

## Theme Sharing

### 7th Sunday in Ordinary Time

Be perfect, just as your heavenly Father is perfect. (Matthew 5:38)

Phew! This is a tall order!

Jesus does not say "TRY to be perfect". He does not say "Do your very best" or "Try your hardest". No, he says, "Be perfect".

They seem hard words, and we shrink from them. But there is no mistake here.

Think of the act of contrition which follows confession. The words which nowadays we usually teach to school children and have printed on cards for penitents run like this: "O my God, because you are so good, I am very sorry that I have sinned against you, and by the help of your grace I will not sin again."

Again and again I hear people say "by the help of your grace, I will TRY not to sin again". Of course, we think. We can only do our best! But that is not what the prayer says. What is going on here?

It is very simple, and very important.

Perfection is not about trying - it is about being. Living in Christ is not about our own efforts, but about God's love. Entering into heaven is not something we achieve, but something which he achieves. Goodness is not what happens through my hard work, but through the work of the Holy Spirit in us.

It might seem strange to begin with, but then we realise that this is really what Christian life is all about. If heaven is for those who have done best, achieved the most, worked the hardest, then it will be a place for those who are spiritually the strongest, a place of arrogance and superiority, a place for human pride. It cannot be so.

No. In fact it is those who believe they have no sin, who should be pitied the most.

Christ has told us, blessed are the poor in spirit, for they shall see God. Blessed are those who know their need of God, who know their own sin, who are aware of their need for God's grace, who know that Heaven is a Gift not a prize. Blessed are those who say "Have mercy on me a sinner". Blessed are those who live in humility not in pride. Blessed are those who realise that their greatest achievements are always not their achievements, but the work of Christ within them.

We become holy, not through our works, but through His sacraments.

We are made perfect, not by our efforts, but

because He is Perfect. By Fr. Peter

## Rejoice in God's Mercy

### The Sacrament of Reconciliation –

Catholics celebrate the sacrament of Reconciliation because we recognise that sometimes we fail to do as we ought and because we believe in God's mercy and forgiveness. Has it been a while since you received the sacrament of Reconciliation? Are you unsure of what to do? Maybe you are embarrassed, afraid, or ashamed? Know that the sacrament is completely confidential and the decision to come is cause for rejoicing. The priest can help you begin and you can trust the Holy Spirit to take over from there. Even if you don't know how you can change your life, showing up makes you open to the grace that the sacrament brings. The Diocese of Calgary invites you to re-discover the meaning of the sacrament of Reconciliation in your life.

Action: If you are afraid to go to Reconciliation, speak about your reservations with a priest or someone you know who does participate in the sacrament. In addition to the regular parish schedule, the sacrament of Reconciliation will be available at parishes throughout the Diocese of Calgary all the Wednesdays of Lent (March 12, 19, 26, April 2, 9) from 7:30 pm– 8:30pm.

## Gospel of joy

### Evangelii Gaudium

#### «Gospel of Joy»

#### Church to open the door, issuing prophetic voice

8. Thanks solely to this encounter – or renewed encounter – with God's love, which blossoms into an enriching friendship, we are liberated from our narrowness and self-absorption. We become fully human when we become more than human, when we let God bring us beyond ourselves in order to attain the fullest truth of our being. Here we find the source and inspiration of all our efforts at evangelization. For if we have received the love which restores meaning to our lives, how can we fail to share that love with others?

II. The delightful and comforting joy of evangelizing

9. Goodness always tends to spread. Every authentic experience of truth and goodness seeks by its very nature to grow within us, and any person who has experienced a profound liberation becomes more sensitive to the needs of others. As it expands, goodness takes root and develops. If we wish to lead a dignified and fulfilling life, we have to reach out to others and seek their good. In this regard, several sayings of Saint Paul will not surprise us: "The love of Christ urges us on" (2 Cor 5:14); "Woe to me if I do not proclaim the Gospel" (1 Cor 9:16).

To Be Continued

Apostolic Exhortation Evangelii Gaudium

## Parish Activities

### ASH Wednesday & The First Sunday of Lent

We shall celebrate Ash Wednesday on March 5 at 9:00 a.m. Mass. Please be observant of fasting and abstinence.

#### Fasting and Abstinence

1. Among Catholics, fasting is a reduction in the normal amount of food consumption per day: one regular meal plus two other smaller meals without the provision of snacks during the Holy Days of observation.

2. Among Catholics, abstinence is the omission of meat and other meat products, except fish, in the diet during the Holy Days of observation.

3. Abstinence is practiced by a wider age group of Catholic individuals 14 and up as opposed to fasting which is practiced by Catholics aged 18 to 59.

If parishioners cannot attend on Wednesday, they can receive the ash on March 9 (The First Sunday of Lent ).

It is time to get ready for a new Lenten journey. Parishioners are encouraged to join daily mass and Way of the Cross in Lent.

### OLPH Way of the Cross in Lent

(Starting from March 7)

English: every Friday 8:30 a.m.

Cantonese & Mandarin:

every Saturday 4:30 p.m.

### Exposition of the Blessed

#### Sacrament on March 1

The March's Exposition of the Blessed Sacrament will be led by St. Gabriel Choir on March 1 from 10am to 11am.

Fr. Nguyen will listen to Confession.

Parishioners are encouraged to attend.

### Movie Night: Tuesdays with Morrie

Mitch, a sport commentator, ignored his girlfriend and did not make time to do things in life that are of the most value to a human being. Morrie was one of Mitch's professors in college. One day Mitch was watching television and saw Morrie saying that he is dying of Lou Gehrig disease or ALS. He came to see his teacher Tuesdays to learn from him again.

Date: March 1, 2014 (Saturday)

Time: 6pm Potluck and

6:30pm start of movie

Place: Upper Hall of OLPH

### Weekly Activities

**Wed, Fri 26, 28**

OLPH Senior Centre

Time: 9:00a.m.-12:00 noon

Place: OLPH Church, Upper Hall

**Wed 26**

Perpetual Help Harmony Choir

Time: 7:00p.m.-9:00p.m.

Place: OLPH Church, Upper Hall

**Fri 28**

OLPH Scout

Time: 6:30pm.-8:30 pm

Place: Upper Hall & Lower Hall

**Sat Mar 1**

Exposition of the Blessed Sacrament

Time: 10:00a.m. -11:00 a.m.

Place: OLPH Church

Legion of Mary ( meeting )

Time: 11:00a.m.

Place: K of C Room at OLPH Church

Tai Chi Lesson

Time: 10:00 a.m. - 12:00 noon

Place: OLPH Church Lower Hall

Yoga beginner class

Time: 2:00 p.m. - 3:15p.m.

Place: OLPH Church Lower Hall

Young Adults choir practice

Time: 6:00 p.m-8:00p.m.

Place: OLPH Upper Hall

**Sun Mar 2**

R. C.I.A

Adult Catechumenate Class  
(Cantonese, Mandarin and English)

Time: 9:30 a.m. - 1:30p.m.

Place: OLPH Church Lower Hall

Sunday School

Time: 10:00a.m.-12:30p.m.

Place: Office Building

Youth Choir-choir practice

Time: 11:00a.m.-12:30p.m

Place: Office Building

K of C Matteo Ricci 10119 meeting

Time:12:30p.m.-2:30p.m

Place: OLPH Church K of C room

Catholic Family Fellow meeting

Time:12:30p.m.-3:00p.m

Place: Upper Hall

### Imitating Christ

#### Chapter 25 :

#### Zeal In Amending Our Lives

If there were nothing else to do but praise the Lord God with all your heart and voice, if you had never to eat, or drink, or sleep, but could praise God always and occupy yourself solely with spiritual pursuits, how much happier you would be than you are now, a slave to every necessity of the body! Would that there were no such needs, but only the spiritual refreshments of the soul which, sad to say, we taste too seldom!

To Be Continued

### Stories Faith Sharing

#### Elimelech and the Blessing

A Bracha, (a blessing), what is a blessing? We Jewish people have been making blessings for thousands of years. But what is a blessing. Are we giving a blessing to God for what he has given us?

When we give a blessing to a friend, it's like wishing that good things should happen to him. Is this the same towards God? Can we do such a thing? What is it that God lacks, that our blessing can do something? To answer these questions, there is a famous story about Rabbi Elimelech, the Rabbi of Lesinsk who lived about two hundred years ago. Another Rabbi came to visit Rabbi Elimelech, who was known far and wide for being a Tzaddik (a pure and righteous man).

As they sat together conversing, the visiting Rabbi, who was a distinguished scholar, yet did not achieve the level of holiness and saintliness that Rabbi Elimelech had reached. "Tell me, Rabbi Elimelech, we both are scholars, well versed in the Jewish law. Yet you have reached a level of saintliness and holiness far beyond me. Explain to me, please, what is the difference between us? What is it that you possess that I don't?"

Rabbi Elimelech pointed to the bowl of fruit, set before them on the table. "When you want to eat an apple, do you make a blessing to God?"

"Certainly I do!" the visiting Rabbi answered.

"Ah, that's the difference. You see, when I want to make a blessing to God, I eat an apple. When you want to eat an apple you first make a blessing. That is the difference." What this story is coming to tell us is that blessing is a method that we can use to become close to the creator of the world. True, it thanks him for His goodness. But it can also bring us to a higher level of consciousness in being aware of God.

The visiting Rabbi used the blessing to thank God for His goodness, which is quite acceptable and commendable. But Rabbi Elimelech used the blessing in a different way. He used it to get close to God. The apple was just a medium for being able to do this. We too, when the opportunity comes for making a blessing, we can use it to increase our awareness of the Supreme Power of the universe. The more blessings that we make, the more we can increase our awareness. That's the point of making a blessing. It is like we do something for God; we cause him to be with us down here on earth instead of hidden up there in the heavens.

[Read More Know More](#)

#### Lent Called a Time to Strip Away Masks

It Is a Season for Truth

Lent is a good time for self-discovery -- a season to live "without masks."

On that occasion, the Pope considered how a pastor of souls has a special role, since people come to him "without masks," in their truth, without hiding behind the role they have in society.

"Lent should be lived in this spirit," he stressed. "It is a time for presenting ourselves to God without masks, to try to put our relationship with him back at the center of each of our lives and to simplify our interests and words, returning them to what is truly important."

The spokesman recalled how on Ash Wednesday, the Pontiff said that "Jesus is in the depths of our heart. Our relationship with him is present even when we speak and act in our professional duties. ... This relationship sometimes becomes explicit prayer."

And in his Lenten message, Father Lombardi recalled the value of fasting, inviting the faithful to find appropriate forms for it in daily life, as an exercise of freeing ourselves from attachment to ourselves to open ourselves to the love of God and charity in solidarity with others.

"Thus," Father Lombardi concluded, "this is a time to rediscover the right place for God and attention to others with the help of simple concrete and daily gestures: prayer, fasting, almsgiving. It is a time to rediscover ourselves too and our truth, without masks. Let us not miss these opportunities!"

Father Lombardi

## 主日分享

### 常年期第七主日

#### 報仇與愛仇

道德與福音，同出一源，原來不相對立。但是道德的判斷必須運用人的理智，而人理智的運用，往往受私慾感情的干擾以及環境的影響。所以，實際上，某地某時的傳教道德很可能與福音的教訓相抵觸。在耶穌時代的猶太社會中，便會出現這樣的現象。

在福音中，祂一再強調福音的超越性。祂說「我不來廢除，而來成全」。本主日福音引用的關於「報仇」和「愛仇」都說明福音的超越性。「以眼還眼；以牙還牙」、「愛你的近人；恨你的仇人」。這很可能是耶穌時代多數猶太人的道德觀。但舊約中，梅瑟勸勉以色列子民效法天主的聖德說：「你們應該成聖，因為我、上主、你們的天主是聖的。不可報復，不可惱恨你的同胞，要愛人如己。」在瑪竇福音中，耶穌說：「愛你的仇人！為迫害你們的人祈禱！使你們成為你們在天之父的兒女，因為祂使太陽光照惡人，也光照善人；降雨水給義人，也給不義的人。」

基督徒的愛仇，並為迫害他們的人祈禱，不是因為他們在道德上勝人一籌，而是因為他們信天主，愛天主。正如本主日的答唱詠所說的：「天主是愛，祂是極其仁慈的。」

## 福音的喜樂

### 「福音的喜樂」

#### 教會要敞開大門

#### 發出先知性的聲音

### 福傳手冊【二】愛的使徒

#### 第四講：福傳員的責任

#### 〔三〕腳踏實地的福傳工作

認真的宣傳福音，推廣教務，輔助神長執行拯救人靈的工作，才稱的起是一位稱職的福傳員。傳教，開教並不是空談的，而是腳踏實地的努力的去講，勸戒。不分階級，不論貧富。一視同仁，與任何人都能夠打成一片，換言之，福傳員總不能離開大眾。福傳員應該有聖保祿宗徒的精神，在任何場合下不惜犧牲，不怕吃苦，會適應，能夠遷就他人，事不論順逆，都能應付自如。聖保祿宗徒曾說，‘為羅馬人成為羅馬人，為希臘人成為希臘人。’言外之意就是，‘為一切人成為一切人。’

## 堂區活動

### 聖灰瞻禮四旬期封齋期

3月5日星期三是聖灰瞻禮。本堂將於當日九時彌撒為教友施放聖灰。

#### 教友當日要守大小齋

**小齋：**教會規定凡已足十四歲的教友，在每年的聖灰禮儀及聖週內星期五紀念基督聖死日，應守小齋，即在那兩天放棄取用熱血動物的肉類食物。

**大齋：**教會要求年齡已滿十八至五十九歲的教友在每年的聖灰禮儀及聖週內星期五紀念基督聖死日，應守小齋外，還要守大齋，即在那兩天只可飽食一餐，其他兩餐只可進食少許食物，其餘時間可飲流質飲品，但不能進食其他食物（藥物除外）。

3月9日是四旬期第一主日，本堂將會為未能在星期三領聖灰的教友施放聖灰。

在四旬期內，我們可作特別的努力，每天參與彌撒、每天朝拜聖體或拜苦路。

## 四旬期悔罪禮

卡加利教區內所有教堂在四旬期內逢星期三（3月12、19、26、4月2、9日）晚上7時30分至8時30分，將開放給教友辦告解聖事。

教友應盡量參與與天主修合，以準備主基督的來臨！

## 四旬期苦路善功

在四旬期內三月七日開始，按教會傳統，將舉行苦路善功，以紀念主基督為拯救人類，所受的苦難聖死。

請教友盡量抽出時間前來參與。

英語拜苦路：

逢週五早上彌撒前8時30分。

粵語國語拜苦路：

逢週六下午彌撒前4時30分。

## 顯供聖體（三月一日）

永援聖母堂三月份的顯供聖體由聖佳播聖詠團帶領，時間為三月一日上午十時至十一時。阮神父將為教友聽告解。請各位教友盡量參與！

## 電影晚會：

### 最後14堂星期二的課

一位疲於奔命的體育新聞記者，每日都為了拼命賺錢而忽略了女友，更忘記了當年初出校門時對生命的熱情和理想。直到某天，知道大學時代他的莫瑞教授因有疾病，每天都掙扎在死亡的邊緣，痛苦不堪。他和老師見面，並開始了每週二下午的最後十四堂課。

日期：三月一日（星期六）

時間：晚上六時 Potluck、  
六時三十分放映

地點：永援聖母堂上禮堂

## 活動一週

星期三、五 26, 28

永援聖母松柏軒

時間：上午9時至正午12時

地點：永援聖母堂上禮堂

星期三 26

永援聖母歌詠團

時間：晚上7時至晚上9時

地點：永援聖母堂上禮堂

星期五 28

永援聖母堂童軍

時間：晚上 6 時 30 分至 8 時 30 分

地點：永援聖母堂上禮堂及下禮堂

星期六 3 月 1 日

顯供聖體

時間：上午 10 時至 11 時

地點：永援聖母堂

聖母軍

(聖母軍聖母無玷聖心支團)

時間：上午 11 時(開會)

地點：聖堂二樓騎士會室

楊式太極班

時間：上午 10 時至 12 時

地點：永援聖母堂下禮堂

瑜伽初班

時間：下午 2 時至下午 3 時 15 分

地點：永援聖母堂下禮堂

永援聖母青年團練習聖詩

時間：晚上 6 時至 8 時

地點：永援聖母堂上禮堂

星期日 3 月 2 日

成人慕道班 (粵語、國語及英語)

時間上午 9 時 30 分至 1 時 30 分

地點：永援聖母堂下禮堂

主日學

時間：上午 10 時至下午 12 時 30 分

地點：寫字樓大廈

青年聖詠團練習聖詩

時間：上午 11 時至下午 12 時 30 分

地點：寫字樓大廈

佳播聖詠團

邀請教友一同參與練習聖詩

時間：上午 11 時

利瑪竇騎士會 10119 開會

時間下午 12 時 30 分至 2 時 30 分

地點：聖堂騎士會室

公教家庭開會

時間：下午 12 時 30 分至下午 3 時

地點：永援聖母堂上禮堂

能夠這樣，必定比現今經營肉身一切需要的事情，更覺著有福氣。巴不得沒有這等需要的事情，只管靈魂的神糧。啊！這神糧的滋味，我們嘗著的時候甚少！

待續

## 心靈小品

### 比計畫更好！

計畫被打亂是件稀鬆平常的事，我們很少有哪一天是按著計畫順利過完的。

生活中有許多麻煩事，我們的計畫常常被無法控制的外力阻撓，原因五花八門、層出不窮，像是生病、意見不合、塞車、健忘、機器故障、沒禮貌、懶惰、沒耐心和力不從心等等。

然而，我們卻看不見這些麻煩事的另一面。我們總覺得這些阻礙，只是會打擊我們、增加生活中的困難，以及干擾我們的計畫，此外毫無益處。事實上，這些麻煩事可能是上主為了保護我們，讓我們避開一些看不見的危險；也可能是一個機會讓我們去展現上主的恩典和饒恕；還有可能是某些比我們想得更好的計畫開端；亦有可能考驗我們如何面對逆境。我們雖不明白上主的用意，但無論目的為何，我們都可以確定祂的動機：就是要讓我們更像耶穌，更進一步拓展祂的國度。

古往今來，若說歷來跟隨上主的人只是遇到「麻煩事」就太輕描淡寫了。但是上主有祂的旨意，瞭解這一點之後，我們可以向祂獻上感恩，並要確信祂正給我們機會去善用時間（厄弗所書 5 章 16、20 節）。

主啊，生活中總有瑣事攬擾我，並且比我想像的多很多。  
每當我受試探要發怒、發怨言或放棄時，求你幫助我得以見到。  
你所遭遇的事，乃是上主要塑造你、使用你。

## 靈修小故事

### 撒但的聚會

撒但說：我們無法使基督徒不去教會。我們也沒辦法讓他們不讀經、不明白情理。

我們甚至不能讓他們遠離他們的救主。

若是他們與基督耶穌產生緊密聯結我們的權勢就敗落了！

所以讓他們去教會！

讓他們去吧！

我們所要做的就是竊取他們的時間，讓他們沒有時間來與主親近聯結……這就是我要你們做的！

又說：叫這些人無法和他們的救主有天天緊密的聯結。

惡魔邪靈大喊：我們該怎麼做？

撒但回答說：讓他們忙碌啊！

讓他們為了生活上的小事忙碌，製造無盡的虛華來佔滿他們的腦袋！

引誘他們去花錢！

盡情地花錢吧！

讓他們因花錢而不停地借錢、借錢吧！

讓妻子外出長時間工作，讓丈夫一周工作七天，每天十到十二個小時，這樣才有足夠的錢滿足他們虛華的生活方式。

讓父母們沒有時間陪伴孩子，漸漸地使家人們疏遠，好讓他們的家再也無法紓解工作帶來的壓力！

讓他們的腦子裏裝滿世界的事，叫他們再也聽不見那微小的聲音，讓他們隨到之處都響著靡靡之音，他們的家隨時都開著電視、放著 VCD，他們的電腦日夜開著，叫所有商站、餐館時時播放世界音樂！

這樣就足以讓他們的腦袋無法與基督聯結。

讓他們的桌上擺滿各樣雜誌與報紙，用 24 小時新聞來佔滿他們的意念，當他們開車時，用各式各樣的看板來吸引他們的注意力。

讓他們的信箱塞滿各種垃圾郵件，各大超市百貨公司的減價單，各樣的抽獎單、免費產品、免費服務，各式各樣虛假的希望，還要讓那些身材綽好、年輕貌美的女人不停地出現在雜誌與電視上，叫丈夫們相信外在美最

## 師主篇

### 第二十五章、勤於改過自新

哎！盼望能脫身一切，全心讚美天主。盼望能不喫、不喝、不睡、常能讚揚天主，專務靈魂的事情。若果然

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重要，這樣他們就對自己妻子感到不滿意，讓他們的妻子忙碌到無法愛他們的丈夫，讓他們頭痛！

若是妻子們無法讓丈夫得到愛，那麼

丈夫們就會到其他地方去找愛，這樣一來，家庭便變得非常脆弱。

讓聖誕老人迷惑他們，叫他們的孩子不懂得耶誕節的真正意義，給孩子們復活節的小兔子，讓他們不懂得復活大能可勝過罪與死。

讓他們在遊樂場所瘋狂遊戲，回來時筋疲力盡，讓他們忙著去兒童樂園，忙著去看球賽、戲劇、電影、音樂會，叫他們沒有時間去神所創造的大自然。

讓他們忙碌、忙碌、忙碌！而當他們去聚會時，讓他們搞小圈圈、講閒話，這樣一來，就有無窮盡的問題發生，讓他們的生活中有無盡的理由，叫他們不從基督得力，很快地，他們就會只懂得靠自己。

犧牲自己的家庭、健康，只為滿足自己所要的一切！

惡魔們大喊：“這實在是個好辦法！”

可行！太有用了吧！

的確，這個計畫實在太棒了！

於是，撒但們急忙在他們的崗位上開始行動，讓基督徒越來越忙，生活越來越趕，讓他們來回奔走，沒有時間敬拜神或陪伴自己的家人，也沒有時間傳福音救更多的人。

我想，我的疑問是：撒但的計畫成功了嗎？

答案就看你自己了！

## 知多一點點

### 除去面具

四旬期是幫助我們探索我們自己是誰的時期：哲學家帕斯卡爾說過：“世界分成兩種人：認為自己是罪人的義人和認為自己是義人的罪人。”在現今社會，教會建議我們走改過遷善的道路，除去外表，重新發現生命的本質：愛天主和愛近人。

教宗同羅馬的本堂神父們談話時說，靈魂牧人的任務很特別，因爲人們在他面前“不戴防護面具”，揭開他們的真相，不以在社會中扮演的角色來

隱藏或保護自己。教宗執著於一個事實，即如果宣講信德的人用自己生活的經歷來宣講，用純樸的方式來宣講，而不用淵博的學問使它過於沉重，對今天男男女女的宣講才會有效力。

四旬期是要本著這個精神來渡過。這段時期是要除去防護面具，來到天主面前，重新把與他的關係放在我們每個人生命的中心，簡化我們的行為和語言，把它們引向確實重要的方向上。教宗在星期三聖灰瞻禮的禮儀中說：“耶穌在我們的心底。同祂的關係即使我們按照自己的職業本分說話、行動時，也存在著…這種關係逐漸也變成了明確的祈禱。”在四旬期文告中他提醒我們守齋的價值，邀請我們在日常生活中重新發現它的適當形式，把它作為擺脫我們私慾偏情的一種操練，好使自己向天主的愛和關懷他人的愛德開放。

可以說，這是一段重新找到天主的正確位置和關注他人的時期，經由祈禱、刻苦、行哀矜這些日常具體簡單舉動的幫助。也是一段重新發現我們自己和我們的真相，除去防護面具的時期。我們不可失去這個機會。

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