

## Theme Sharing

### 8th Sunday in Ordinary Time

The Gospel Reading of today deals with Christian discipleship and what it means to be a follower of Jesus. It reminds us that we are called to a distinct way of life, not a worldly way but a spiritual way. We are called to trust in the loving providence of God who knows what we need and to believe that He will give it to us. "Blessed is he who places his trust in the loving providence of God."

God is always faithful to His people and to His promises. Even when we turn away from Him and place our trust in ourselves or in other persons or in money or material goods, He will not abandon us but will remain faithful. He loves each one of us as if there is only one of us. He always cares for each one of us. But a relationship of love can only be founded upon trust, upon fidelity. But the strange thing about man is that he finds it easier to trust sinful human beings than to trust God, who cannot betray us. God calls us to rest in Him: "Rest in God alone, my soul," the Responsorial Psalm says today. God created us for Himself. He did not create us for ourselves; He did not create us for the pleasures of this world. He created us to be united to Him forever in perfect rest, to behold Him face to face in the Beatific Vision.

Again Jesus says, "Do not worry." It is useless for one to work so hard from early morning until late night, anxiously working for food to eat and clothes to wear, for God gives rest to His loved ones. When we are worrying we are not trusting in the providence of God. And what is providence of God? It is the belief that God is in control of the universe. And specifically as Christians, it means we believe there are no accidents in our lives. Nothing touches us that has not passed through His hands. What then it requires of us today, is to leave all the matters in God's hands. We are a worrying people; we are a weak people; we are people with fears; we are people with limitations; we all often fall and falter in our struggle and meet with disappointments. We need God to overcome all these. Without him we can do nothing and with him we can do anything. Even if in the worst situation we may be in, he can bring us out of it. Let us then today all come forward, put ourselves in God's hands and trust in his

loving and care-taking providence. Let us bring all our worries & concerns, difficulties & problems, pains & sufferings, weaknesses & failures to God and offer them to him. It is he, who knows our minds & hearts, our needs & necessities – he will never disappoint us and will always do what is the best for each one of us. "Blessed is he who places his trust in the loving providence of God." And this is the Good news of today.

### Rejoice in God's Mercy

This Wednesday is Ash Wednesday. The Ash Wednesday Gospel opens the season of Lent by discussing the three practices that we are expected to take up: prayer, almsgiving, and fasting. The Gospel passage is taken from Jesus' Sermon on the Mount wherein he tells the disciples that he has come not to destroy the Law but to fulfill the Law through love. The Law of love is not about external appearances but about the truth in the heart. Perhaps you have been going through the motions of going to Mass but never praying. Maybe you are generous with your friends and family but do nothing to help up the poor. Do you eat and drink differently in company than behind closed doors? Lent is a time to evaluate the integrity of our lives through our relationship with God, with others, and with ourselves. It is less important how we appear to others than how God sees us in secret. If you find any contradictions, use this season to restore wholeness to your life.

Action: How are you going to express prayer, fasting, and almsgiving this Lent? Make a plan.

### Parish Activities

#### Together in Action

".....Faith Working Through Love."

(Galatians 5:6)

The 2014 "Together in Action" will commence on the first Sunday of Lent (March 9<sup>th</sup>). Our parish's portion is \$24,300. In 2014 our parish's target will be identical to our portion from the diocese at \$24,300. We will complete all outstanding TIA projects of our parish in 2014.

This year's TIA is led by Catholic Family Fellow and the theme is ".....Faith Working Through Love." (Galatians 5:6) We plead for your ongoing support. Together we will help thousands within our own communities and

abroad through difficult times. Donation envelopes are being distributed with your 2013 donation tax receipts.

Let's take action now!

### 2013 Donation Tax Receipts

Tax Receipts are ready for parishioners to pick up at the church main entrance now. Please contact parish office if you have any concern on your donation record or you cannot find your Tax receipt.

### 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.

### The Sacrament of Reconciliation

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, 16) from 7:30 pm– 8:30pm.

You shall confess your sins at least once a year

The Second Precept of the Church ("You shall confess your sins at least once a year.") ensures preparation for the Eucharist by the reception of the sacrament of reconciliation, which continues Baptism's work of

conversion and forgiveness.  
Our Parish will cancel the Lent Penitential Service.

## Weekly Activities

Wed, Fri Mar 5, 7

### OLPH Senior Centre

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

Place: OLPH Church, Upper Hall

Wed Mar 5

### St. Angela School Ash Mass

Time: 9:00a.m.

Place: OLPH Church

Fri Mar 7

### Way of the Cross in Lent

Time: 8:30a.m. (English)

Place: OLPH Church

### OLPH Scout

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

Place: Upper Hall & Lower Hall

Sat Mar 8

### Legion of Mary ( meeting )

Time: 9: 45 a.m.

Place: K of C Room

### Faith Sharing Group ( N.E )

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

Contact: Sr. Sze 403-230-3801

### 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

### Way of the Cross in Lent

Time: 4:30p.m. (Cantonese & Mandarin)

Place: OLPH Church

### Young Adults choir practice

Time: 5:00 p.m-7:00p.m.

Place: OLPH Upper Hall

### Faith Sharing Group ( N.W. )

Time: 7:30p.m.-10:00p.m.

Contact: Wendy Tai 403-208-2268

Sun Mar 9

### 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

### Parish Pastoral Council Meeting

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

Place: K of C Room

## Imitating Christ

### Chapter 25 :

#### Zeal In Amending Our Lives

When a man reaches a point where he seeks no solace from any creature, then he begins to relish God perfectly. Then also he will be content no matter what may happen to him. He will neither rejoice over great things nor grieve over small ones, but will place himself entirely and confidently in the hands of God, Who for him is all in all, to Whom nothing ever perishes or dies, for Whom all things live, and Whom they serve as He desires. To Be Continued

## Stories Faith Sharing

### **"Blessed is He who places his trust in the loving providence of God!"**

Emperor Frederick the Great (1712-86) of Germany, once visited a town school in Branderburg. When he entered into a classroom, the teacher was giving a geography lesson to the children. The emperor called on one of the boys and asked if he knew where his town was located.

"In Prussia," the child replied.

"And where is Prussia?" continued the emperor.

"In Germany."

"And Germany?"

"In Europe."

"And Europe?"

"In the world."

"And the world?"

The boy thought for a moment, but at last looking right at the emperor, replied: "The world is in the hands of God."

This is an answer from a child; but how true it is - 'The world is in the hands of God.' It means that we all are in God's hands and are totally dependent upon him. That is to say that we are under God's loving providence and that he greatly loves us, takes care of us and protects us; He is always with us and never abandons us.

### Read More Know More

#### Why we receive the ashes

Following the example of the Ninevites, who did penance in sackcloth and ashes, our foreheads are marked with ashes to humble our hearts and reminds us that life passes

away on Earth. We remember this when we are told "Remember, Man is dust, and unto dust you shall return."

Ashes are a symbol of penance made sacramental by the blessing of the Church, and they help us develop a spirit of humility and sacrifice.

### The Ashes

The ashes are made from the blessed palms used in the Palm Sunday celebration of the previous year. The ashes are christened with Holy Water and are scented by exposure to incense. While the ashes symbolize penance and contrition, they are also a reminder that God is gracious and merciful to those who call on Him with repentant hearts. His Divine mercy is of utmost importance during the season of Lent, and the Church calls on us to seek that mercy during the entire Lenten season with reflection, prayer and penance.

## 主日分享

### 常年期第八主日

#### 要先尋求天主的國

在本主日彌撒福音中，耶穌並不鼓勵我們不謀求事業的成功、或家庭的安全。祂勸勉我們信賴天主，要先尋求天主的國。

「誰也不能事奉兩個主人」，耶穌把金錢比作別的神，說：「人不能事奉天主又事奉財神」。

耶穌又講了「天空的飛鳥」和「地上的花朵」的比喻，來闡述神貧的精神。神貧與貪戀財富相對，其價值是在解脫財富對人心的束縛，使人能無拘無束地走向天國。原來在聖經中，財富一向被視作不但虛幻，而且是有害的東西。神貧的根基是信賴天主。耶穌說：「你們該先求天主的國和它的義德，這一切自會加給你們。」這句話的意思是要我們依賴天主的上智，一心追求天鄉永福。

在本主日的讀經一裡，依撒意亞先知以代表以色列子民的熙雍，與他們的上主天主之間的對話，很動人地重申了這條真理。 雍說：「上主已經拋棄我，我主已經忘掉我。」母親怎能忘記她的嬰兒？初為人母的，怎能忘記親生的兒子？縱然她們忘記，我也不會忘記你啊！

「要先尋求天主的國」並不意味著不

關心世界的進步和社會的福利。相反，基督的教訓恰好是在這裡介入我們的生活。天主在創世之初，便命令人「生繁殖，充滿大地」，便是要我們關心世界，把治理世界當作我們的本份。所以，基督徒有責任積極促進社會和世界的進步。借口「要先尋求天主的國」而漠視世界的進步，是不懂得本主日彌撒福音的真正意義。

## 堂區活動

### 2013年退稅收條

教友可在教堂正門入口處領取。教友如有任何查詢或尋找不到報稅收條，請與堂區辦事處聯絡。

### 教區公益金，齊來獻愛心

「…以愛德行事的信德。」**迦拉達書：第五章六節**

2014年教區公益金「讓我們一起來行動」(TIA)，將於四旬期第一主日(3月9日)開始，今年本堂的配額為\$24,300。至於我們堂區今年的目標與堂區配額同是\$24,300，我們將於2014年內完成堂區未完成的公益金承諾的工程。

今年公益金將由公教家庭負責統籌，而主題是「…以愛德行事的信德。」

**迦拉達書：第五章六節**

懇請各位教友繼續支持，合力幫助本土社區及國外成千上萬的勞苦大眾。捐款信封現正聯同2013年奉獻退稅收條一起分發。請立即行動！

### 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、16日)晚上7時30分至8時30分，將開放給教友辦告解聖事。

根據教會規條的第二規，「該告解、每年至少一次」，是為督促信友們通過修和聖事妥當地準備領聖體。

教友應盡量參與與天主修合，以準備主基督的來臨！

本堂四旬期集體悔罪禮將取消

### 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。

## 活動一週

星期三、五 3月5、7日

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 3月5日

St. Angela School 參與聖灰彌撒

時間：上午9時

地點：永援聖母堂

星期五 3月7日

英語拜苦路

時間：上午8時30分

地點：永援聖母堂

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8日

聖母軍(聖母軍聖母無玷聖心支團)

時間：早上9時45分(開會)

地點：聖堂二樓騎士會室

東北區信仰小團體聚會

時間：早上10時30分至12時

聯絡：施修女 403-230-3801

楊式太極班

時間：上午10時至12時

地點：永援聖母堂下禮堂

瑜珈初班

時間：下午2時至下午3時15分

地點：永援聖母堂下禮堂

粵語國語拜苦路

時間：下午4時30分

地點：永援聖母堂

永援聖母青年團練習聖詩

時間：晚上5時至7時

地點：永援聖母堂上禮堂

信仰小團體(西北區)

時間：晚上7時30分至10時

聯絡：Wendy Tai 403-208-2268

星期日 3月9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

堂區牧民議會會議

時間：下午12時30分

地點：聖堂騎士會室

## 師主篇

### 第二十五章、勤於改過自新

人若修到不貪世榮的地步，才能完全嘗著天主的神樂，才能隨遇而安。不論什麼事物，得的多，也不喜歡；得的少，也不憂愁；把自己整個的交付於天主，一心依靠天主；在萬物當中，天主就是他的萬物。在天主台前，什麼也敗壞不了，什麼也滅亡不了，萬物全生活於天主，全隨祂的聖意，全事奉祂，一點也不遲延。 待續

## 靈修小故事

### 磨難前後

信心在經過生命嚴峻考驗後，會產生什麼樣的改變呢？我在讀到一則悲慘的故事以後，想到了這個問題。在牙買加有一位父親，他在試圖保衛家人

不受闖入者傷害時，意外射殺了他 18 歲的女兒。

新聞報導說，事發隔天，他內心雖然傷痛欲絕，但他仍尋求上主的幫助，如同往常的習慣到教會去。從前，他信靠上主來引導他的生命，事發之後，他知道上主仍然會扶持他。我也曾失去一個十幾歲的女兒，這讓我不禁反思自己的信心歷程。爲了知道梅麗莎去世前，我是如何看待生命和對上主的信心，我從電腦檔案庫裡，找出她在 2002 年 6 月去世前，我寫的最後一篇文章。那時我所寫的是否與現在我所認知的一致？嚴峻的考驗是否改變了我對上主的信心？那年 5 月我寫了這段文字：「達味並不懼怕，他毫無畏怯地來到上主面前，對祂傾訴心意……我們並不需要害怕對上主吐露心裡真正掛念的事。」未經歷磨難以前，我向上主傾心吐意，祂也垂聽我的禱告；磨難過後，我發現祂仍然聽我的禱告、安慰我、扶持我，因此我繼續以信心向祂禱告。我們的信心不受動搖，反而更加穩固，因爲無論是磨難之前或磨難之後，祂都是那位永不改變的上主。

## 知多一點點

### 聖灰禮儀有什麼意義？

“聖灰禮儀”是四旬期的第一天。這一天舉行聖灰禮儀，就是將上一年聖枝主日所祝聖過的樹枝燃燒成灰，再由主教或神父祝聖，然後用這灰在信友前額上劃十字聖號，同時念說：“人哪！你要記住：你原來是灰土，將來仍要歸於灰土。”（創三 19）聖灰禮儀，在工業化的地區，大都在四旬期第一個主日舉行。

聖灰禮儀也提醒教友要謙誠認罪、悔改、做補贖。

謙誠認罪及悔改最好的方式，就是辦一妥當告解，真心實意和天主、他人、自己的良心以及受造之物合好，痛改前非，並以具體的行動補償已往的過犯缺失。如果侵犯了他人的名譽、權利、財物，就應該求人原諒寬恕，並以適當的方式，彌補別人的損失。教會要求成年教友在聖灰禮儀當天守大小齋，以補償罪惡缺失。

此外，教會也勸告教友多行愛德工

作，以彌補過犯缺失。許多熱心的教友，在四旬期間，將節衣縮食以及犧牲娛樂的錢，施捨給窮人，並去撫慰老、弱、貧、病的人。甚至經濟能力並不好的教友，也盡力將自己所有些微的衣食和比自己更窮的人分享。愛德不但使人更接近天主更相似天主，而且也能補償過犯缺失，如同聖伯鐸所說：“因爲愛德遮蓋許多罪過。”（伯前四 9）

聖灰禮儀也提醒人反省人生的終向和目標，現世的一切很快就要過去，使人好好地準備善終。孔子說：“不知生，焉知死”，我們信仰基督的人可以反過來說：“不知死，焉知生”。的確死亡可以教導人怎樣生活，使人有更清楚及更正確的人生觀及價值觀。爲此主教或神父給人在額上抹聖灰時說：“人哪！你要記住：你原來是灰土，將來仍要歸於灰土！”

## 心靈小品

### 何者爲重

曾經看過一段短文寫著：「高莫高於天主的光榮，大莫大於人靈的得救，急莫急於福音的傳播」。也看過一副對聯：「得普世失己靈何益之有，求功名棄真福再愚也無」。相信有信仰的兄弟姐妹均能接受以上的觀念，畢竟人生之終極目的就是爲得永生。教會要理問答第一條就問：你爲什麼生在世上？

答：爲恭敬天主救自己靈魂，並福傳救他人靈魂。

教友兄弟姐妹們當彼此共勉，不可讓自己家人受世俗、魔鬼、肉身三仇之影響，而使自己或家人偏離了永生之路。主耶穌在公開傳教前在曠野守了四十天的嚴齋，受魔鬼三種人世間最嚴厲的誘惑，一個是把石頭變餅，這是「需要」的誘惑，要填飽肚子是天經地義的事，其二是「從聖殿頂上跳下去」，這是「名」的誘惑，一跳成名，這是從沒有人試過的，其三是「世上的一切國度及榮華」給你，這是「利」的誘惑。

兄弟姐妹們仔細默想，你會發現人世間追求的一切均在這三種「誘惑」之內，而且常常是「擋不住的」、「天經地義」

的誘惑。我們不認爲它是有什麼不對的，這就是魔鬼最厲害的地方。兄弟姐妹們應當很小心，求天主讓我們能分辨是救靈爲重？或是「需要」「名」「利」爲重？讓我們反觀自己及家人，有否有爲了這些「天經地義」的事，而忘了天主遠離了教會，而我們還渾然不知？