

## Theme Sharing

### Repel Temptation and Reject the Devil (The First Sunday of Lent )

The Lenten Season is the period of forty days before Easter (the feast of Passover), during which Christians will devote themselves to prayers, mortification, penance, fasting, abstinence and acts of charity. They will strive for inner conversion so that they can attain a better relationship with God and with one another.

Lent is also the time when catechumens actively prepare themselves for baptism. In a way, today's scriptures serve as the first of many important sessions for these catechumens to build up a solid foundation for their faith to become good Christians.

The first reading is on the story of the "Fall of Man" in which Adam and Eve, our first parents, succumbed to the Devil's temptation and ate the fruit from the forbidden tree. On the other hand, we hear in the gospel how Jesus repelled temptation and rejected the devil. The second reading connects the two stories by comparing the sinfulness of our first parents with the righteousness of Christ, and teaches us how we should act in the face of temptations.

Paul says, "If death has dominion over the world by the sin of one person, how much more will those who receive the abundance of grace and the free gift of righteousness have dominion in life through one person, Jesus Christ." His statement has a twofold meaning, namely: human is weak but God's grace is abundant. Human weakness is manifest in one's inclination to sin by following one's own desires. It is also the cause of a lot of social evils in our time. No wonder Paul laments that death reigns over the world through our sinfulness. However, by the grace of God, we are able to be released from the bondage of our sins and to have "dominion in life."

Today's scriptures teach us to deny ourselves and overcome temptations in our lives. This is aptly said in the Preface: "Jesus Christ's fast of forty days make this a holy season of self-denial. By rejecting the devil's temptation, he has taught us to rid ourselves of the hidden corruption of evil." So we have to imitate our Lord Jesus Christ, repel any temptation that may come our way and reject the devil resolutely. At the Rite of Election in today's mass, we are asked to

join with the catechumens to pray for our inner conversion, strength and for the Holy Spirit's guidance so that we can overcome all evil temptations and gain a new lease of life.

As Jesus is being tempted in today's gospel, we will also be tempted by the devil relentlessly during the course of our lives. Christ has triumphed over Satan; likewise we will, by the grace of God!

O Lord, let us imitate you, and follow every step of your way. Amen.

## Pope Monthly Prayers Intention

### March General and Missionary Intention

Universal: That all cultures may respect the rights and dignity of women.

Evangelization: That many young people may accept the Lord's invitation to consecrate their lives to proclaiming the Gospel.

## Rejoice in God's Mercy

The readings today present two very different dialogs. In the first reading, Adam and Eve talk with the devil (the serpent) and, believing the lies he tells them, eventually fall into sin. In the Gospel reading Christ rejects all of the devil's approaches and rebukes him. We need to stop negotiating with the devil and turn away because we should have no "common ground" with the devil. Bringing our sins to confession renews our relationship with God and, as today's Psalm says, we are restored to the joy of his salvation.

*Action: Begin your journey in Lent by ending any negotiations with the devil and opening up communication with God.*

## Gospel of joy Evangelii Gaudium

### «Gospel of Joy» Church to open the door, issuing prophetic voice

10. The Gospel offers us the chance to live life on a higher plane, but with no less intensity: "Life grows by being given away, and it weakens in isolation and comfort. Indeed, those who enjoy life most are those who leave security on the shore and become

excited by the mission of communicating life to others".[4] When the Church summons Christians to take up the task of evangelization, she is simply pointing to the source of authentic personal fulfilment. For "here we discover a profound law of reality: that life is attained and matures in the measure that it is offered up in order to give life to others. This is certainly what mission means".[5] Consequently, an evangelizer must never look like someone who has just come back from a funeral! Let us recover and deepen our enthusiasm, that "delightful and comforting joy of evangelizing, even when it is in tears that we must sow... And may the world of our time, which is searching, sometimes with anguish, sometimes with hope, be enabled to receive the good news not from evangelizers who are dejected, discouraged, impatient or anxious, but from ministers of the Gospel whose lives glow with fervour, who have first received the joy of Christ".[6] To Be Continued  
Apostolic Exhortation Evangelii Gaudium

## News & Others

### Pope's Lenten Message 2014 focuses on poverty, sacrifice

Dear Brothers and Sisters,  
As Lent draws near, I would like to offer some helpful thoughts on our path of conversion as individuals and as a community. These insights are inspired by the words of Saint Paul: "For you know the grace of our Lord Jesus Christ, that though he was rich, yet for your sake he became poor, so that by his poverty you might become rich" (2 Cor 8:9). The Apostle was writing to the Christians of Corinth to encourage them to be generous in helping the faithful in Jerusalem who were in need. What do these words of Saint Paul mean for us Christians today? What does this invitation to poverty, a life of evangelical poverty, mean to us today?

Dear brothers and sisters, may this Lenten season find the whole Church ready to bear witness to all those who live in material, moral and spiritual destitution the Gospel message of the merciful love of God our Father, who is ready to embrace everyone in Christ. We can do this to the extent that we imitate Christ who became poor and enriched us by his poverty. Lent is a fitting time for self-denial; we would do well to ask

ourselves what we can give up in order to help and enrich others by our own poverty. Let us not forget that real poverty hurts: no self-denial is real without this dimension of penance. I distrust a charity that costs nothing and does not hurt.

May the Holy Spirit, through whom we are "as poor, yet making many rich; as having nothing, and yet possessing everything" (2 Cor 6:10), sustain us in our resolutions and increase our concern and responsibility for human destitution, so that we can become merciful and act with mercy. In expressing this hope, I likewise pray that each individual member of the faithful and every Church community will undertake a fruitful Lenten journey. I ask all of you to pray for me. May the Lord bless you and Our Lady keep you safe. Details at [www.vatican.com](http://www.vatican.com)

## 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 Fellowship 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.

### 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.

### Youth Night March 15th, 2014

Youth Night will be held on Saturday March 15<sup>th</sup>, 2014 from 6pm -10pm at Upper Hall. Complimentary dinner will begin at 6pm and spiritual talk will follow at 7pm. We will be going to Mountain View Bowl for glow-in-the-dark-bowling at 8:00pm. The fee will be \$15 for two games including shoe rental. All youths are encouraged to attend this event!

### Weekly Activities

Wed, Fri Mar 12, 14

OLPH Senior Centre

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

Place: OLPH Church, Upper Hall

Fri Mar 14

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 15

Legion of Mary ( meeting )

Time: 9: 45 a.m.

Place: K of C Room

Wing Kei Care Centre ( Mass)

Time: 11:00 a.m.-12.00 noon

Place: 1212 Centre Street, NE.

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

Sun Mar 16

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 Practice

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

Place: Office Building

## Imitating Christ

### Chapter 25 :

#### Zeal In Amending Our Lives

Always remember your end and do not forget that lost time never returns. Without care and diligence you will never acquire virtue. When you begin to grow lukewarm, you are falling into the beginning of evil; but if you give yourself to fervor, you will find peace and will experience less hardship because of God's grace and the love of virtue.

A fervent and diligent man is ready for all things. It is greater work to resist vices and passions than to sweat in physical toil. He who does not overcome small faults, shall fall little by little into greater ones.

To Be Continued

## Stories Faith Sharing

### How to catch a monkey

African hunters have a clever way of trapping monkeys.

They slice a coconut in two, hollow it out, and in one half of the shell cut a hole just big enough for a monkey's hand to pass through. Then they place an orange in the other coconut half before fastening together the two halves of the coconut shell. Finally, they secure the coconut to a tree with a rope, retreat into the jungle, and wait.

Sooner or later, an unsuspecting monkey swings by, smells the delicious orange, and discovers its location inside the coconut. The monkey then slips his hand through the small hole, grasps the orange, and tries to pull it through the hole. Of course, the orange won't come out; it's too big for the hole. To no avail the persistent monkey continues to pull and pull, never realizing the danger he is in.

While the monkey struggles with the orange, the hunters simply stroll in and capture the monkey by throwing a net over him. As long

as the monkey keeps his fist wrapped around the orange, the monkey is trapped. It's too bad the poor monkey could save its own life if it would only let go of the orange. It rarely occurs to a monkey, however, that it can't have both the orange and its freedom. That delicious orange becomes a deadly trap. Jesus said, "You cannot serve both God and money."

[Read More Know More](#)

### What Is The Purpose of Lent

Forty days and forty nights make up the bulk of Lent. A famous comedian once said, "I do not know why they call it a fast, when it goes so darn slow." Fasting is an essential key to the Lenten experience. What is the purpose of fasting? It teaches us patience. It teaches us discipline. It teaches us the value of mortification. All three are so badly needed in our Church today. Jesus chose to fast from all food for 40 days. At the end of the fast, Satan manifested himself in order to tempt Our Lord. He offered him control, praise and power. Everyone of these are eagerly sought by contemporary man.

### Satan Hates Fasting

Who wouldn't want complete control of your own life and that of others? Who doesn't like to seek the praise and attention of others? Who wouldn't want an endless supply of money? These Satan has to offer, because he has temporal authority right now, over the things of the Earth. Fasting is an essential defense against Satan. He hates our fasting, especially for the sake of our growth in the Holy Spirit. Church law requires those between the ages of 18 and 59 to fast in between meals, and abstain from meat on Ash Wednesday and Good Friday. All Fridays during Lent require us to abstain from meat. And the Catechism indicates that we abstain from meat on all of the other Fridays of the year, unless you perform an act of charity or mercy in its place. These acts include working at the soup kitchen, working in a place taking care of the poor and other acts of mercy. Hardly ever, do I hear of Catholics keeping the latter discipline. Seek the Lord while He may be found. Call to Him while He is still near. Run to Him in times of trial and tribulation. And know that He waits for all of us to return fully to HIM. Entrusting you to the care of Our Lady,  
Fr. Mark Bozada

## 主日分享

### 退卻誘惑，克勝魔鬼

(甲年四旬期第一主日)

今天是四旬期第一主日。四旬期是指逾越節（耶穌復活瞻禮）前的四十天準備時期。在這個時期內，基督信徒為不斷皈依，而特別祈禱、克己、作補贖，尤其禁食、守齋和行愛德；為能改善與天主、與自己，和與他人的關係。

今天彌撒中的福音內容雖然有關耶穌四十晝夜的禁食，它的主旨卻是在說明耶穌退卻誘惑，克勝魔鬼。為了突出這克勝魔鬼和誘惑的主題，我們要從今天彌撒中的讀經二開始。

今天彌撒中的讀經二，選自聖保祿宗徒致羅馬人書，在這篇讀經中，聖保祿宗徒拿耶穌來與亞當相對比，給我們解釋了耶穌戰勝罪惡和死亡的救世工程的意義：內容雖然有關耶穌四十晝夜的禁食，聖保祿宗徒所說的「一個人的罪」，無疑地是指亞當的過犯。今天彌撒中的讀經一內容記述：魔鬼藉著蛇的形像，引誘人類的原祖：亞當與厄娃，在地堂裏偷吃禁果的故事。總之，正如彌撒中的頌謝詞所指示的，今天的彌撒給我們這樣的一個教訓。「基督四十天的嚴齋，樹立了克己順命的典範。祂摧毀了魔鬼的陷阱，以教導我們戰勝罪惡的誘惑。」是的，追隨基督，退卻誘惑，克勝魔鬼：這原是我們基督信徒，在這個世界的旅程上的重要課題。因此，今天教會舉行候洗者甄選禮，並要求教友與候洗者一起，再度藉著良心的反省、福音的光照，加強力量，克勝魔鬼的誘惑，以獲得逾越新生。

節錄自梵蒂岡電台廣播稿節

## 教宗及福傳祈禱意向

### 三月祈禱及傳教意向：

祈禱意向：為尊重婦女

願所有文化都能尊重婦女的權利與尊嚴。

福傳意向：為聖召

願青年能接受主的邀請，奉獻他們的生命，傳揚福音。

## 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

[四] 福傳員們應該忠誠盡責

福傳員們是為天主工作，為了教會工作，為了榮主救靈而工作，並不是為其他目的；因此，對於自己的職務應該盡忠職守，十分負責，絕不可以潦草塞則，敷衍了事；同時處處都要為天主的光榮和人靈的救援而著想。如果一位福傳員敷衍了事，那麼教會的發展不但不會興旺反而會有遭受停頓冷落的危險。就如一輛汽車，假如剎車失靈，不但不會駕駛自如，反而會有翻車墮入深谷的危險。有一則故事，從前某堂區有一位福傳員，祇要神父不在，便不講道理，僅僅聊聊天講講故事，這樣過了一年之後，為了在神父面前逞些功，硬拉了一批人領了洗，可是這位福傳員竟然向領洗的教友說，「你們星期五不妨吃肉，連聖體聖事前也不必守空心齋……祇要不使神父知道就好。」請想，如此這樣的福傳員為天主，為聖教會，為人靈，有什麼益處呢？ 待續

## 新聞及其他

### 教宗發表四旬期文告強調

### 關懷窮人與福傳

教宗方濟各在四旬期文告中鼓勵基督徒勇於跟隨基督去關心窮人與宣講福音，也要不怕犧牲去幫助和治愈他人。四旬期文告的主題取自「祂成了貧窮的，好使我們因著祂的貧窮而成為富有的」(參格後八9)。文告指拯救世界不是靠迫切的人力資源和救濟品，卻祇能透過基督的貧窮——祂虛空自己，並讓世界因著天主的慈愛而變得富有。本年四旬期於三月五日開始。教宗指貧窮有許多種形式，例如是物質匱乏能摧毀人性面貌，道德匱乏讓自己成為罪惡奴隸；但「真正的貧窮祇有一種，就是無法成為天主子女和主內的弟兄姊妹」。

文告指出，精神上的匱乏令人覺得自己不需要天主，而「福音正是精神匱乏的真正解藥」，最大的寶藏即是對天主的無限信心及承行祂旨意的渴望。教宗強調每位基督徒受召「宣講使人自由的信息，就是犯罪的有機會獲得寬恕，天主勝過我們的罪惡，祂無時無刻自如地愛護我們，創造我們以賜予共融及永生」。他說福音的喜樂能為人帶來希望。請參閱梵帝岡電台網址

## 堂區活動

### 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！

### 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。

### 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

### 青年晚會

將於3月15日星期六晚上6時至10時舉行。6時於上禮堂開始晚餐，7時是靈修講座。其後往 Mountain View Bowl 打保齡，入場及租鞋的費用是

15元。歡迎堂區所有青年參加。

## 活動一週

星期三、五 3月12, 14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

星期五 3月14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15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

榮基護老中心(彌撒)

時間：上午11時至正午12時

地點：1212 Centre Street, NE.

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

星期日 3月16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

青少年團練習聖詩

時間：上午11時至下午12時30分

地點：寫字樓大廈

## 師主篇

### 第二十五章、勤於改過自新

你該常記著你的死期，你妄費的光陰，永遠不再回來。又該知道，不費

力勞神，修不成德行。你若稍稍懈怠，必定覺著心神不安。你若熱心事主，便更覺得安樂。又因著天主的聖寵及修德的心火，困難事也容易忍受了。天主不論怎樣安排，熱心勤謹的人，全是甘心承受。須知改毛病，勝私慾，比勞力出汗還覺著辛苦。一個人不躲避小過，慢慢的心犯大罪。 待續

## 心靈小品

### 敵人

魔鬼非常害怕十字架、聖人的名號(尤其是聖母)。

魔鬼的能力是有限的。如果他們想要而且也被允許攻擊我們時，我們就不再能自由了。雖然他們強而有力，但是他們都是「帶著鏈條的狗」。然而，在他們所能及的範圍內，我們沒有人能逃出牠們的魔掌，因為我們總需要祈求天主的幫忙。或許這在某種程度上是要給我們一個警告，基督也曾經容許自己受誘惑。聖人們也經常到麻煩和試探——不是附魔，而是受騷擾。聖若望維雅奈有時也受到肉體的攻擊。他說他知道，當有一個大罪人要來向他告解時，魔鬼總是給他找麻煩。像在魔鬼崇拜和附魔這類可怕的事件，對我們是一記當頭棒喝，它提醒我們失落園和墮落天使的存在。它也提醒我們，我們有善用天賦自由意志的嚴重責任。因為由於自由意志的濫用，人能夠走向可怕的極端，即選擇將他的意志向終極的惡投降。

我們已受到警告。許多世紀以前，聖保祿就向我們提出忠告：「要穿上天主的全副武裝，為能抵抗魔鬼的陰謀，因為我們戰鬥不是對抗血和肉，而是對抗率領者，對抗掌權者，對抗這黑暗世界的霸主，對抗天界裡邪惡的鬼神。」(弗六11-12)

教宗保祿六世說魔鬼是一個「活生生的精神存在，他曾經墮落而且不斷在引人墮落……他是頭號敵人，舉世無雙的誘惑者，他一直在人類歷史中播種錯誤和災難。」

魔鬼的影響力圍繞在我們四周，我們生活在被敵人佔領的疆域。許多人被「撒謊者的父親」(若八44)所欺騙，開始相信他不再存在。有些人不再相信精神世界，不再相信有善天使和惡

天使，雖然聖經和基督自己清楚提到牠們。

「但救我們免於凶惡」，是天主經的最後一個祈求，我們更應該經常這樣熱切地祈求。聖西比廉說：「當我們要求天主的保護去抵抗邪惡，並已經獲得回應之後，那麼我們就立於穩固和安全的地位，來抵抗魔鬼和世界所能做的任何反對我們的事。因為如果天主看顧我們，我們此生還何懼之有？」 Rev. John C. Dowd：「夜盡天明」

## 靈修小故事

### 接受

一位偉大女社會工作者的生平說明了這一點。她和他的丈夫在歐洲度假，他們唯一的孩子——一個小女孩——正熱切地等待著他們回家。他們回家的那天晚上，雖然小女兒已經上床，但一聽到他們返抵家門的聲音，立刻跳下來，衝到欄杆扶手邊，跳上去，然後滑下來。但是由於失去平衡，結果摔了下去！巴特勒（Butler）太太說：「我永遠忘不了那一幕——跌了下來，放聲尖叫，然後歸於沈寂。看到她無助地被抱在她爸爸的懷裡，下垂的可愛的小腦袋搭在她爸爸的肩膀上，漂亮的金髮，沾滿了血跡，從她爸爸的臂彎間垂了下來，多麼令人憐惜啊！我真的願意代她而死。要是我們能再見最後一面，即使只是片刻，該有多好！」

對這件令人肝腸寸斷的傷心事，她是如何反應的呢？憤怒、自憐或逃避？都不是，她從這件事上站了起來，獻身於照顧無數性格乖僻、失去母愛的女孩。我們看到了接受的完美反應，而且將損失轉變成獲得。莎士比亞說：「據說最好的人，是從罪惡的爐子裏鑄造出來的。」貝多芬之所以能創作那麼偉大的音樂，托爾斯泰和但丁之所以能寫出曠世的傑作，很可能是因了他們坎坷的命運。

## 知多一點點

### 善度四旬期

四旬期內的星期五，大部分堂區都舉

行苦路儀式，我們可以在這大家庭共同祈禱，如果不能出席堂區的苦路善工時，可在家中祈禱、思過悔罪、多做克己，藉苦路圖像默想重溫基督的救贖工程，並配合今天生活作反省等，都能幫助我們作好心靈準備，步武基督，與他共死同生，一同復活。

四旬期是否有意義，全在於我們是否重視傳揚福音、慕道及謹守慕道各階段的禮儀精神。成人的皈依是指心靈轉向天主的過程，領洗使他們得到一個新的身分，成為天父的子女，教會的成員，他們要死於舊我，即放棄世俗的人生觀及行為。同時在思想上要順從聖經及教會的講授，且在生活上實踐所領受的真道，並與主密切交往；成為教會的一員。

善度四旬期的先決條件是堂區內要有真正反映今日教會入門聖事各階段精神的培育和禮儀，及教友對傳福音方面的參與及對慕道者的支持。以四旬期內的禮儀作為樞紐。四旬期也是罪人願意與教會修好，做補贖的時期，基督徒需要不斷認識自己的軟弱，承認己罪、抓緊四旬期的機會，再一次自我更新，視自己為「再慕道」的人，再一次聯同候洗者走上皈依的道路。