

## Holy Week Schedule 聖週禮儀時間表

April 13 4月13日	Passion (Palm) Sunday 基督苦難主日 (聖枝主日)	Mass Time as usual 彌撒時間照常
April 17* 4月17日	Holy Thursday 聖週四 - The Lord's Supper 主的晚餐	Bi-lingual Mass at 7:30 pm (Mandarin and Cantonese) 國語、粵語彌撒在 晚上七時三十分舉行
April 18* 4月18日	Good Friday 聖週五 - The Lord's Passion (Fast & Abstinence) 基督苦難日(守大小齋)	Tri-lingual Rite at 3:00 pm (English, Mandarin and Cantonese) 英語、國語、粵語禮儀在 下午三時舉行
April 19* 4月19日	Holy Saturday 聖週六 Easter Vigil (復活慶典的夜間禮儀)	Tri-lingual Mass at 9:00 pm (English, Mandarin and Cantonese) 英語、國語、粵語彌撒在 晚上九時舉行 (Celebration of Baptism, Confirmation & Eucharist) (施放聖洗、堅振及聖體聖事)
April 20 4月20日	Easter Sunday 基督復活主日	Mass Time as usual 彌撒時間照常

\*There will only be one Mass in The *Paschal Triduum*

逾越節三日慶典只有一台彌撒

Tuesday Evening Mass on April 15 & April 22 at 7:00pm will be suspended

週二晚上 4月15日及 4月22日七時彌撒取消

### The Paschal Triduum

The *Paschal Triduum* begins with The Lord's Supper on [Holy Thursday](#), and includes [Good Friday](#), [Holy Saturday](#), and [Easter Sunday](#), with the Great Easter Vigil as the high point of the Triduum. According to church tradition, parishioners could obtain a plenary indulgence during the Triduum:

#### Goes to confession and receive Holy Communion

#### Holy Thursday- The Lord's Supper

Father Nguyen encourages all parishioners to spend time in Adoration of the Blessed Eucharist. You are invited to stay after mass (Holy Thursday evening) or come in the next morning.

The church will open at 9:00am on Good Friday.

#### Good Friday- Adoration of the Cross

#### 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.

#### Holy Saturday and the Easter Vigil

#### Renew one's baptismal promises

The Easter Vigil is also called the Paschal Vigil. In [Roman Catholic Church](#), the Easter Vigil is the most important [Mass](#) of the [liturgical year](#). The full meaning of Vigil is a waiting for the coming of the Lord. All Catholics should try to attend this beautiful service.

#### 逾越節三日慶典

逾越節三日慶典以主的最後晚餐開始，並以基督苦難日、復活慶典的夜

間禮儀及基督復活主日結束。根據教會的傳統，在這三天內，信友可用下列任何一種方式獲得全大赦：

#### 領聖體及辦告解

#### 聖週四彌撒-主的晚餐

阮神父邀請各位教友，在聖週四彌撒後及聖週五早上，能騰出時間朝拜聖體，作特別默想和敬禮耶穌在十字架上的犧牲。教堂大門將於聖週五上午九時開放。

#### 聖週五參與朝拜十字聖架

#### 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）。

#### 聖週六晚「復活慶典夜間禮儀」

#### 重發領洗誓詞

聖週六，教會靜默的守候在基督的墓穴旁祈禱，默想基督的苦難和死亡，直到舉行「復活節夜間慶典」，這個是禮儀年中最高峰的慶典。

### Theme Sharing

#### Bear Fruits of Light (Fourth Sunday of Lent)

Last week, the scripture reading featured on "water" and its relationship with baptism.

Today, "light" is used to explain the relationship with this Sacrament.

Light is related to one's physical vision. It is a symbol of life. In the Old Testament, light has a special meaning of salvation. Isaiah introduces the Messiah as the "light of all nations" because the Messiah brings salvation to the whole world. In the New Testament, light also denotes God's presence. Apostle John says that God is light, that in God there is no darkness and that whoever abides by God's commandments is walking in the light.

John further says in his gospel that Jesus is the true light shining on everyone. As

children of light having received light and life from Jesus, all Christians should also become light of the world. Light symbolizes holiness, whereas darkness is the absence of light symbolizing evil and sinfulness.

In today's gospel, Jesus spat on the ground, and made mud with the saliva. He then spread the mud on the eyes of the man born blind, telling the latter to go and wash in the pool of Siloam. The man did as he was told, and came back with his sight restored. The story is full of symbolism, but the early Fathers of the Church generally regarded it as symbolic of the sacrament of Baptism. Commenting on the use of such ritual in baptism, St. Ambrose said, "It reminds us to reflect upon our conscience, acknowledge our sinfulness and atone for our sins. We must always be conscious of our sorrowful plight prior to our baptism. We were then sinners, but our sins were forsaken without the need to go to confession when we were baptized. Through baptism, we are justified by faith and we are transformed from sinners to children of God "in a state of grace."

In the second reading, Paul exhorted the newly baptized Ephesians to lead a life of holiness. Hitherto they had been living in darkness and, like many others in those times, would have committed acts they should not have committed. Now that they had been baptized as Christians, they became children of light and they should live their lives accordingly. Paul encouraged them to bear the fruits of the light – goodness, righteousness and truth. Today's gospel acclamation is taken from John 8:12 when Jesus says, "I am the light of the world; whoever follows me will never walk in darkness and will have the light of life." The Church therefore exhorts us not to engage in further pursuit in the dark of worldly desires now that we have become Christians through our baptism. So as children of light, we must "bear the fruits of light" in our lives.

## Pope Monthly

### Prayers Intention

#### April General and Missionary Intention

Universal: That governments may foster the protection of creation and the just distribution of natural resources.

For Evangelization: That the Risen Lord may fill with hope the hearts of those who are being tested by pain and sickness.

### Rejoice in God's Mercy

In today's second reading, Paul quotes an early baptismal hymn, "Sleeper, awake! Rise from the dead, and Christ will shine on you!"

In our baptism, God reaches out to us to anoint us, to heal us, and make us whole. This overflowing of grace calls us to be children of light and to do great things for God. In confession we allow the light of Christ to expose the darkness in our life so that we can be set free to do God's will. Action: Reach out and touch someone in your life, or a stranger, by performing a random act of kindness.

### Gospel of joy

#### Evangelii Gaudium

##### «Gospel of Joy»

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

13. Nor should we see the newness of this mission as entailing a kind of displacement or forgetfulness of the living history which surrounds us and carries us forward. Memory is a dimension of our faith which we might call "deuteronomic", not unlike the memory of Israel itself. Jesus leaves us the Eucharist as the Church's daily remembrance of, and deeper sharing in, the event of his Passover (cf. Lk 22:19). The joy of evangelizing always arises from grateful remembrance: it is a grace which we constantly need to implore. The apostles never forgot the moment when Jesus touched their hearts: "It was about four o'clock in the afternoon" (Jn 1:39). Together with Jesus, this remembrance makes present to us "a great cloud of witnesses" (Heb 12:1), some of whom, as believers, we recall with great joy: "Remember your leaders, those who spoke to you the word of God" (Heb 13:7). Some of them were ordinary people who were close to us and introduced us to the life of faith: "I am reminded of your sincere faith, a faith that dwelt first in your grandmother Lois and your mother Eunice" (2 Tim 1:5). The believer is essentially "one who remembers".

To Be Continued  
Apostolic Exhortation Evangelii Gaudium

## Parish Activities

### Exposition of the Blessed Sacrament on April 5

The April's Exposition of the Blessed Sacrament will be led by Don Bosco Alumni Association on April 5 from 10am to 11am. Parishioners are encouraged to attend.

### Parish Lenten Retreat

In order to prepare our hearts for Easter, our parish has invited Former Archbishop Ti-kang from Taipei to lead the Lenten Retreat on Saturday April 12, 10 a.m. – 4 p.m. (Mandarin) We sincerely invite parishioners to join the Lenten Retreat.

### The Sacrament of Reconciliation

The sacrament of Reconciliation will be available at parishes throughout the Diocese of Calgary all the Wednesdays of Lent (April 2, 9, 16) from 7:30 pm– 8:30pm.

### Movie Night: Have A Little Faith

Mitch Albom, author of previous works that include "Tuesdays with Morrie" and "The Five People You Meet in Heaven", has a pretty great life. Then two men come into his life, and he realizes something's missing. The two men are Rabbi Albert Lewis and pastor Henry Covington. Moving between their worlds—Christian and Jewish, African-American and white, impoverished and privileged—Albom witnesses firsthand how these two very different men not only live life, but celebrate life.

What do rabbi and reverend have in common? Albom comes to realize they both take profound comfort in believing that there's a divine spark in all of us, and that everyone can make a big difference in others' lives, as long as they Have A Little Faith.

Date: April 5, 2014 (Saturday)

Time: 6:00pm Potluck, 6:30pm movie

Place: Upper Hall of OLPH

### Together in Action

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

(Galatians 5:6)

Our parish's portion is \$24,300. We will complete all outstanding TIA projects of our parish in 2014. We plead for your ongoing support. Together we will help thousands within our own communities and abroad through difficult times.

Let's take action now!

## Weekly Activities

Wed, Fri April 2, 4

### OLPH Senior Centre

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

Place: OLPH Church, Upper Hall

Wed April 2

### The Sacrament of Reconciliation

Time: 7:30p.m.-8:30 pm

Place: OLPH Church

Fri April 4

### 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 April 5

### 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

### 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 Lower Hall

### Movie Night – Have A Little Faith

Time: 6:00 pm potluck, 6:30 pm.movie

Place: OLPH Upper Hall

Sun April 6

### 3rd Rite of Scrutiny

Time: 11:30a.m. Mass

### 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

## Stories Faith Sharing

### Is Church attendance Important?

A pastor heard that one of his parishioners was going about announcing to one and all that he would no longer attend church services. This rebellious parishioner was advancing the familiar argument that he could communicate with God just as easily out in the fields with nature as his setting for worship. One winter evening, the pastor called on this reluctant member of his flock for a friendly visit. The two men sat before the fireplace making small talk, but studiously avoiding the issue of church attendance. After a while, the pastor took the tongs from the rack next to the fireplace and pulled a single coal from the fire. He placed the glowing ember on the hearth. As the two watched in silence, the coal quickly ceased burning and turned an ashen gray, while the other coals in the fire continued to burn brightly. The pastor's silent message was not lost on the parishioner. After a long pause, he turned to the pastor and said "I'll be back at services next Sunday."

### Read More Know More

#### Imitate Christ

If you read the writings of St. Paul, he makes it very clear that one of the secrets of happiness is to imitate the mind of Christ. If you analyze that expression, the mind of Christ, it simply means his value system, his principals and his convictions.

If you study the life of Christ you see that he only spent three years of his public life in active ministry. Much of the time was spent in prayer and meditation. If you read the New Testament you will find he taught charity, compassion and consideration. He wrote no books. He had no pulpit. He just preached and lived these qualities. These same qualities have outlasted any book for over two thousand years.

This same Christ taught us the value of the sacred. We all know he underwent an agony, a scourging, a crowning and a crucifixion. As suffering did not pass by Christ, it will not pass by us. He taught us very clearly that suffering is not always meaningless.

The life of Christ demonstrates a man who lived with hope. This was a man who could cure and forgive ten lepers knowing that ninety percent of them would walk away

without thanking him. A man who, from the cross, could completely forgive the crowd of men and women who on Palm Sunday threw palm branches in his path while singing "Hosanna", then shouted "Crucify him!" on Good Friday.

This person called Jesus Christ was more than an historical figure. This same person, Jesus Christ, must become a reality in our lives. Without the mind of Christ influencing our mind there is chaos and confusion. With our mind being united with the mind of Christ, however, we can fulfill what St. Paul said, "With Christ I can do everything."

Rev. Mark Connolly

## 主日分享

### 四旬期第四主日

#### 閃爍的光輝

光，正如水，也是新、舊約聖經中常見的一個名詞。在上星期日的彌撒禮儀中，慈母教會會藉著水的形象，闡發了聖洗聖事的效果。今天，四旬期第四主日的彌撒禮儀，也談到聖洗聖事，但是用來解釋聖洗聖事及其效果的，則是光。

光與人的視覺有關，是生命的象徵。在舊約聖經中，光特別意謂救恩。依撒意亞先知稱默西亞為“萬民的光明”，因為他將把救恩帶給全人類。在新約聖經中，光也象徵神的臨在。聖若望宗徒簡直稱天主為光，說：在祂內沒有一點黑暗；又說：凡遵守祂的誡命的人，都在光明中行走。同樣，祂也稱耶穌為光，說：耶穌是普照每一個人的真光。基督信徒則為光明之子。他們是從耶穌那裡取得了生命與光。所以，他們本人也應該成為世界的光。

今天的福音講述耶穌吐唾沫在地上，用唾沫和了一些泥，抹在一個生來的瞎子的眼上，對他說：「到西羅亞水池裡去洗洗罷！」這人去洗了。回來的時候，就看見了。這件事的象徵意義很濃厚，教父們多數把它看作聖洗聖事的預像。

在今天的讀經二中，聖保祿宗徒引用初期教會禮儀中的一篇經文：『你這睡眠的人，醒來罷！從死者中起來罷！基督要光照你』，來勸勉厄弗所城新領洗的信友們度聖善的生活。

在今天福音前的歡呼詞裡，耶穌說：「我是世界之光；跟隨我的，決不在黑暗中行走，必有生命之光。」

### 今天讀經出現的名字葉瑟

葉瑟這個名字的意思就是「上主的人」或「上主的僕人」，他出生於白冷，屬於猶大支派。根據經上記載，他是達味的父親。達味是葉瑟七個孩子中最小的兒子，當撒烏爾王悖離上主的時候，上主親自選拔達味成為以色列的王，為祂管理以色列的人民。

在依撒意亞先知書 11:1 有如此記載：「由葉瑟的樹幹將生出一個嫩枝，由它的根上將發出一個幼芽。」這個幼芽就是默西亞，我們的耶穌基督。

這是因為耶穌基督除了是亞巴郎的子孫，即歷代猶太人期待的救世主外，亦是達味家族的成員，「達味王座將屬於祂」，默西亞君王將會再來，並且以正義和公理管理世界。

在耶穌基督的身上，我們看到天主信守自己的諾言，保護及拯救自己的百姓，並且由亞巴郎開始一代一代的傳到達味，再由基督身上達到高峰。願上主賜予我們，期待基督君王的再來，以愛與公義治理大地。

## 教宗及福傳祈禱意向

### 四月祈禱及傳教意向：

祈禱意向：為生態及正義

願政府能倡導保護所有受造物，並公平正義地分配自然資源祈禱。

福傳意向：為病人

願復活的主以希望來充滿那些遭受痛苦和疾病者的心祈禱。

## 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【四】

第六講 善表與福傳

(一) 福傳成功的秘訣

福傳首先在於以身作則，先給普通教友作示範，也給教外人樹立榜樣。福傳員應該以自己虔誠的熱心，嘉言懿行感召人，引領教外人棄邪歸正，勸化冷淡的教友回頭改過。督導教友熱

心前進。如果福傳員品格低下，言行不檢，甚至對家族，近鄰，還有宿怨，這樣，縱然聖教會的道理熟悉，精通，講起來口若懸河，說得天花亂墜，結果還是干打雷不下雨，收不到成績。見不到果效。俗話說「口講千裡遠，寸步不立行」的人，不會給人留下好的印象。不但沒有好的影響，反而會起壞的作用。這就是古人雲「其身正，不令而行，其身不正，雖令而不行」。所以傳教者的聖德，熱心，嘉言懿行，虔誠，才是傳教成功的先決條件。

待續

## 堂區活動

### 顯供聖體 (四月五日)

永援聖母堂四月份的顯供聖體由鮑思高同學會帶領，時間為四月五日上午十時至十一時。請各位教友盡量參與！

### 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(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！

### 堂區四旬期退省講座

在四旬期間，為妥善準備心靈迎接復活節的來臨，堂區特別邀請前台北教區狄剛總主教，為我們主持四旬期國語退省講座。請教友盡量抽空參與，為復活節作好準備。

日期：四月十二日(星期六)

時間：上午10時至下午4時

地點：永援聖母堂聖堂

### 電影晚會：一點小信仰

在最困難的時候，你能不能把自己放下，相信希望？..... 歷經八年探索，暢銷書作者米奇(Mitch Albom)深入兩個真實人物的生命，帶給我們一個關於「希望、堅持、認錯與相信」的故事。老猶太牧師，因著信仰而無懼於死亡迫近；黑人基督教牧師，倚靠

信仰來帶領他和他教會的信眾渡過艱難的每一日。藉兩個人的故事，米奇與我們一起思索這些人生的難題。... “做錯事的人也能重新來過嗎？”... “有可能與信奉不同宗教的人和諧相處嗎？”... “信仰，真的有辦法帶領人渡過難關嗎？”

日期：四月五日(星期六)

時間：晚上六時 Potluck、六時半放映

地點：永援聖母堂上禮堂

## 教區公益金

### 「讓我們一起來行動」

主題：「...以愛德行事的信德。」

迎拉達書：第五章六節

今年本堂的配額為\$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。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。請立即行動！

## 活動一週

星期三、五 4月2, 4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 4月2日

四旬期悔罪禮

時間：下午7時30分至8時30分

地點：永援聖母堂

星期五 4月4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 4月5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：永援聖母堂下禮堂

**電影晚會 — 「一點小信仰」**

時間：下午六時 (potluck)

約六時半放映

地點：永援聖母堂上禮堂

星期日 4 月 6 日

**候洗者第三次考核禮**

時間：早上 11 時 30 分彌撒

地點：永援聖母堂

**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 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

地點：聖堂騎士會室

**靈修小故事****有求必應**

有一女士習慣把各種需要寫在清單上，夾在聖經裡求天主恩賜。她每過一段時間，就查看一下求恩的清單。她每次都驚奇地發現，天主恩賜了她許多的恩惠，雖然有些與原先所求的大有出入；但事後看來，還是天主所賞賜的比她所要求的高明多了。當我們求了很久仍得不到，或所得到的恩惠，與所求的不完全相同時，我是否仍持續不斷地祈禱？其實，恆心祈禱的真諦不是要天主俯聽我們，而是要我們聽從天主！

「你們縱然不善，尚且知道把好的東西給你們的兒女，何況你們在天之父

豈不更將好的賜與求祂的人？」(瑪七 11)。

**知多一點點****父的恩惠在基督內**

主命令我們，因父、子及聖神之名付洗；就是說，在洗禮中，我們明認對造物主及獨子、及「恩惠」的信仰。萬物的造物主是唯一的，因為，只有一位天主父，萬物都從祂而來；只有一位獨生子，吾主耶穌基督，萬物藉祂而存在；只有一位聖神，是廣施於萬物內的天主的恩惠。

所以，萬物都由天主的大能和措施而佈置有序，唯一的大能，萬物都由它而來；唯一的後嗣，萬物藉祂而存在；唯一的恩惠，賜與圓滿的希望。在父、及子、及聖神內的這一圓滿的共融中，一無所缺；因為，在永遠的父內有無限性；在肖像內看到自己的面貌，在恩惠內可享歡樂。

主為使人了解許多事理，其中包括施恩者的意向、恩惠的性質和接受恩惠的條件並為了我們人性軟弱，不能了解父和子，就賜給了我們聖神，做為我們的中介及保護者；祂能光照我們的信德，幫助我們了解那難以理解的降生成人的奧跡。

我們領受聖神是為了認識天主；比如：人體的本性，當它所服務的對象消失時，人體便停止活動。如果，沒有光亮或白晝，眼睛將一無所用；又比如嘴巴，如果不發出聲音或言語，也毫無職務可盡；如果，沒有任何氣味發出來，鼻子也不知要做什麼。這些官能並不時由於某種原因而喪失其本性，毋寧說是由於某種理由才加以使用。同樣，人的理性，除非，藉信德汲取聖神這一恩賜，否則，徒具有了解天主的這一性能，沒有知識的光亮。那在基督內的唯一恩惠，完整地賜與所有的人，因為，這恩惠總不匱乏，是按照每人願意接受的多寡而賜與人；它是按照每人願望的程度而居住在他內。這恩惠與我們同在，直到世界窮盡；這恩惠在我們的期待中安慰我們；這恩惠藉它產生的種種效果，成為我們對將來的希望的保證；它光照人的理性，點亮人的心靈。

選讀 聖怡樂主教聖三論