

Theme Sharing

Easter Sunday

Christ's Resurrection, Our Rebirth
The Church commemorates Jesus' resurrection as well as the rebirth of all Christians through their baptism. In his Letter to the early Christian communities, St. Peter said, "Blessed be God the Father of our Lord Jesus Christ, who in his great mercy has given us a new birth as his sons, by raising Jesus Christ from the dead, so that we have a sure hope and the promise of an inheritance that is imperishable and undefiled, and that can never fade away, because it is being kept in heaven for you." Christ's resurrection is the centre of our Christian faith, such belief being based on the teaching and testimony of the apostles. In fact the Church would not have existed and lasted till today but for such apostolic faith. One may ask how the apostles came to believe in their Lord's resurrection. In today's gospel, John gives a vivid personal testimony of what he saw at the tomb that very morning at Easter.

In the first reading, we are told how Peter proceeded to baptize Cornelius based on the Roman centurion's faith. His baptism signals that salvation would henceforth be open to Gentiles as well. The whole story highlights the relationship between faith and the forgiveness of sins. In other words, it reiterates the connection between the resurrection of Christ and the rebirth of all Christians.

On this very day of double commemoration, we need to reflect seriously on how we should live as a true Christian. In the second reading, Paul has this sound advice for us: "If you have been raised with Christ, seek the things that are above." Now that Christ is dwelling in us and we are living our new life with the resurrected Christ, we must set our minds on the things that are above, and not on things that are on earth. In other words, do not store for ourselves treasures on earth, but store them in heaven, where neither moth nor decay destroy, nor thieves break in and steal.

In a way, the sacraments of Reconciliation and Eucharist liken our second baptism and our rebirth. Going to confession and receiving Holy Communion at Easter reminds us of the sacraments' connection with Christ's resurrection. Our flesh is weak and, since we were first baptized, we have

sinned over and over again. However, if we are truly sorry for our sins and we go to confession and receive absolution of our sins, we can be reconciled with God and obtain our new life again.

Quite often, our faith is weak. Our soul is restless and we don't have peace of mind. We can easily fall into temptations of this world and sin against God. Nevertheless, Christ's conquest over death is a sign of hope for us. It assures us that, with the grace of God, we can likewise triumph over evil. His resurrection therefore strengthens our faith, encourages us to be truly sorry for our sins and failings and exhorts us to seek his forgiveness. When we are reconciled with God, we will have the resolve and strength to live a new life and seek things that are above.

If we have not already done so, let us go before a priest for a good confession so that we are worthy to receive Jesus. At this great feast of Easter, let us cleanse our soul, reconcile with God, welcome our Risen Lord into our lives and so receive peace and joy in our heart.

Gospel of joy Evangelii Gaudium

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

A second area is that of "the baptized whose lives do not reflect the demands of Baptism", [12] who lack a meaningful relationship to the Church and no longer experience the consolation born of faith. The Church, in her maternal concern, tries to help them experience a conversion which will restore the joy of faith to their hearts and inspire a commitment to the Gospel. Lastly, we cannot forget that evangelization is first and foremost about preaching the Gospel to those who do not know Jesus Christ or who have always rejected him. Many of them are quietly seeking God, led by a yearning to see his face, even in countries of ancient Christian tradition. All of them have a right to receive the Gospel. Christians have the duty to proclaim the Gospel without excluding anyone. Instead of seeming to impose new obligations, they should appear as people who wish to share their joy, who point to a horizon of beauty and who invite others to a delicious banquet.

It is not by proselytizing that the Church grows, but "by attraction". [13] To Be Continued
Apostolic Exhortation Evangelii Gaudium

Diocese & Other News

Celebration of Canonization Tuesday April 29, 2014, 7pm, St Mary's Cathedral. Doors open at 6pm. On April 27th Pope Francis will canonize Popes Blessed John XXIII and John Paul II in Rome. Join us in a local celebration of the canonization of these two holy Bishops of our time. All welcome.

Parish Activities

Tuesday evening Devotion Mass will be Cancelled

Tuesday Evening Mass (6:30 pm) will be cancelled on April 22.

Prayer Cards for the Canonization of Pope John Paul II & Pope John

XXIII. To celebrate the canonization of the two popes this month, parishioners can pick up the prayer cards at the main and side entrances.

Divine Mercy Sunday, April 27

"According to the teaching of Jesus Christ we human beings not only receive and experience God's mercy but also are commanded to 'show mercy' to others."

—Pope John Paul II

As a further sign of His forgiving love, Jesus called for a Feast of Divine Mercy to be celebrated in the whole church. Jesus said to sister Faustina, "I want this image to be solemnly blessed on the first Sunday after Easter. That Sunday is to be the Feast of Divine Mercy. On that day, the depths of My Mercy will be open to all. Whoever will go to confession and Holy Communion on that day will receive complete forgiveness of sin and punishment. Mankind will not enjoy peace until it turns with confidence to My Mercy."

According to Guidelines for Divine Mercy Observances from

Bishop F. B. Henry, no Novenas at all may take place in parishes during the three-day period of the Easter Triduum. Parishioners are encouraged to pray at home. The pamphlets for the Novena of the Divine Mercy can be picked up at the church main and side entrances.

7-days Novena Of The Chaplet of Mercy
Date: April 21 (Monday) to April 27 (Sunday)
 Time: This will be prayed 15 minutes before mass or the day's liturgical celebration.

Divine Mercy Sunday:

Date: April 27, 2013

Time: 2:00 – 3.30 pm

Place: Our Lady of Perpetual Help Church

It will be celebrated with prayers, hymns, scripture reading, homily, Act of Entrustment to the Divine Mercy and Exposition of the Blessed Sacrament. Priest is available for the Sacrament of Reconciliation.

Family Rosary during the month of May

The month of May is traditionally dedicated to the Blessed Virgin Mary. Fr. Nguyen or Sisters, along with representatives from different church groups, will bring the Statue of the Blessed Virgin Mary on pilgrimage from home to home and pray family rosary in the month of May. Fr. Nguyen will also bless the home during the visit upon request by the family. Parishioners are encouraged to invite their godchildren or godparents, friends and relatives to join the family rosary.

To participate as a host family in this devotion, please call Sr. Chan or Parish Office.

We will pray the Rosary 20 minutes before each Sunday Mass, and we will pray the Rosary and sing hymns with Choir in front of the Cove of Mary before 11:30 a.m. Mass. Parishioners are encouraged to take part in the Rosary and sing together in dedication to Mother Mary.

Exposition of the Blessed Sacrament on May 3

The May's Exposition of the Blessed Sacrament will be led by *Our Lady Queen of China* on May 3 from 10am to 11am. Fr. Nguyen will listen to Confession. Parishioners are encouraged to attend.

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 23, 25

OLPH Senior Centre

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

Place: OLPH Church, Upper Hall

Fri April 25

OLPH Scouts sleepover

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

Place: Upper Hall & Lower Hall

Sat April 26

Legion of Mary (meeting)

Time: 9: 45 a.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

Faith Sharing Group (Arbour Lake)

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

Contact: Grace Chan 403-208-1806

Sun April 27

Fr. Joseph Birthday Blessing Sunday School and Youth Group

Time: 10:00 a.m. Mass

R. C.I.A

Adult Catechumenate Class

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

OLPH Breakfast Corner

Time: After the 8:30 am Mass

Place: OLPH Upper Hall

Divine Mercy Sunday

Time: 2:00 – 3.30 pm

Place: Our Lady of Perpetual Help Church

Stories Faith Sharing

In Love With Her Beloved

A young woman, deeply in love with her beloved, had not seen him for some time, and was missing him greatly. She also had a teacher whom she loved, and looked forward to the day when they would meet again and she would receive her next teaching.

The day came, and she went eagerly to greet the teacher, hoping also perhaps for a blessing. The teacher welcomed the woman, and handed her a huge basket of freshly picked, perfectly ripened strawberries. Then the teacher said, "Do you see that mountain?"

The woman said yes, she saw the huge rocky peak nearby. The teacher said, "Carry this basket of strawberries up that mountain." And turned away.

The woman couldn't protest, or even question. The teacher was gone. Reluctantly, she hefted the basket into her arms and turned her steps to the high mountain.

Slowly she wound her way up the difficult path, wondering what this assignment was about, why she had to do this, what was the teaching, maybe she had come to the wrong teacher, and so on and on. Grouching and grumbling, stumbling now and again, feeling the sun burn hot on her back, the basket of strawberries growing heavy and cumbersome, she nevertheless found something inside that kept her struggling upward.

Finally, as the sun was moving deep into the west, she came to the top of the mountain, and found herself standing in a beautiful, peaceful, flower-filled meadow. She had made it! Furthermore, the basket of strawberries was intact. All the exquisite fruit had made the journey without harm.

The woman looked across the meadow, and saw her beloved moving toward her, gazing at her with eyes of profound love and a smile of sweet welcome.

When the storyteller came to the end of the tale, he added to the teaching by telling us some of the woman's thoughts: "If I had only known that the strawberries were for the Beloved, that the journey was toward my Beloved, I would not have been so fussy or puzzled or grown so weary, or complained so much, or failed to notice the beauty of the mountain I was climbing."

Let There Be Light

Attitude

The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people

think, say, or do. It is more important than appearance, giftedness, or skill. It will make or break a company, a church, a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day.

We cannot change our past. We cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude. I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you. We are in charge of our attitudes.

Read More Know More

The Image of The Divine Mercy

In 1931, our Lord appeared to St. Faustina in a vision. She saw Jesus clothed in a white garment with His right hand raised in blessing. His left hand was touching His garment in the area of the Heart, from where two large rays came forth, one red and the other pale. She gazed intently at the Lord in silence, her soul filled with awe, but also with great joy. Jesus said to her:

Paint an image according to the pattern you see, with the signature: Jesus, I trust in You. I promise that the soul that will venerate this image will not perish. I also promise victory over [its] enemies already here on earth, especially at the hour of death. I Myself will defend it as My own glory (Diary, 47, 48). I am offering people a vessel with which they are to keep coming for graces to the fountain of mercy. That vessel is this image with the signature: Jesus, I trust in You (327). I desire that this image be venerated, first in your chapel, and [then] throughout the world (47). At the request of her spiritual director, St. Faustina asked the Lord about the meaning of the rays in the image. She heard these words in reply:

The two rays denote Blood and Water. The pale ray stands for the Water which makes souls righteous. The red ray stands for the Blood which is the life of souls. These two rays issued forth from the depths of My tender mercy when My agonized Heart was opened by a lance on the Cross. Happy is the one who will dwell in their shelter, for the just hand of God shall not lay hold of him (299). By means of this image I shall grant many graces to souls. It is to be a reminder of the demands of My mercy, because even

the strongest faith is of no avail without works (742).

These words indicate that the Image represents the graces of Divine Mercy poured out upon the world, especially through Baptism and the Eucharist.

Many different versions of this image have been painted, but our Lord made it clear that the painting itself is not what is important.

When St. Faustina first saw the original image that was being painted under her direction, she wept in disappointment and complained to Jesus: "Who will paint You as beautiful as You are?" (313).

In answer, she heard these words: "Not in the beauty of the color, nor of the brush lies the greatness of this image, but in My grace" (313).

So, no matter which version of the image we prefer, we can be assured that it is a vehicle of God's grace if it is revered with trust in His mercy.

主日分享

耶穌的復活，我們的重生

今天是耶穌復活瞻禮。教會紀念耶穌從死者中復活，同時也紀念信友們在領受聖洗聖事時所獲得的重生。

耶穌復活是我們基督徒信仰的核心，而我們基督徒所以相信耶穌復活，歸根究底，是由於宗徒們的宣講和見證。所以，如果沒有宗徒們的信德，就不會有今日的基督教會。那麼，宗徒們是怎樣相信耶穌的復活呢？在今天的福音中，聖若望宗徒給了我們一個解釋。他敘述了他自己的經驗。事情發生在耶穌埋葬後第一週的第一日。那天清晨，瑪利亞瑪達肋納跑來向西滿伯多祿和他報告說："人們從墳裡把主搬走了"。伯多祿和他趕去探明了究竟，便相信耶穌真的復活了。

讀經二選自聖保祿宗徒致哥羅森人書第三章，內容勸勉我們同復活了的主一起度新的生活，一心追求天上的事。聖保祿宗徒勸勉我們說：

弟兄們：你們既然與基督一同復活了，就應該追求天上的事，在那裡有基督坐在天主的右邊。你們要思念天上的事，不要思念地上的事，因為你們已經死了，你們的生命已與基督一起藏在天主之內了；當基督、你們的生命顯現時，你們也要和他一起在光

榮中出現。

本節日的領聖體後經說的好：

「天主，你藉著逾越節奧跡恩賜你的教會新的生命，求你顯示你的慈愛，不斷眷顧我們，領導我們也進入復活的光榮境界。亞孟。」

節錄自梵蒂岡電台廣播稿節

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

(三) 福傳的典型人物——「中華公教進行會」總會長，實在堪稱福傳典型。他雖是個富商，兼管幾家慈善機構，可以說是日理萬機，可是他每天早上參與兩台彌撒，每天作默禱，彌撒後便巡視他所建三家醫院，看望院中老少，殘疾，苦患的孤兒，如果遇見嬰兒將死，馬上為之付洗；看到新入教的信友，就立刻開導他們，為他們講解聖教會道理。這樣經他引入聖教會懷抱的每年不下數千。因此，我們做福傳員的，更應該在福傳的神火上，事主的虔誠上，處處為人樹立善表，比如，主日，瞻禮日以及平日祈禱，總要守好時間，盡可能早點到聖堂，或祈禱拜聖體，或領教友們念經祈禱。此外，朝拜聖堂，畫十字，念經祈禱，要態度庄重，外表虔誠，為教友們和外教人樹立良好榜樣。教友們或者慕道者的家庭，如有急事發生，作福傳員的更應該不辭勞苦，立刻踴躍幫助，努力奔走，務使他們感受到福傳員們的愛德善良，更乘機認識拯救人靈的重要性。

待續

堂區活動

週二晚敬禮永援聖母彌撒取消

4月22日晚上六時三十分彌撒取消

教宗若望保祿二世及若望二十三世祈禱

為慶祝這兩位已故教皇將於本月被冊封，歡迎教友於正門及側門入口處拿

取祈禱喲。

神聖慈悲瞻禮

教宗若望保祿二世按照耶穌顯現給聖女傅天娜時的指示，在二零零一年將規定在復活主日後的第一個星期日舉行神聖慈悲瞻禮。那正是基督復活後的第八天。從主耶穌顯現給聖女傅天娜的訊息中，教友在當天參與神聖慈悲瞻禮、領聖體及辦告解，可得全大赦。

為回應亨利主教的指示，所有教堂在復活期三天內的主日，不可在教堂內舉行其他慶典，但教友可於家中誦念。因此本堂誦念慈悲串經的日期有以下更改：

本堂將從四月二十一日(星期一)至四月二十七日(星期日)連續七天，在中、英文彌撒或當天禮節前十五分鐘向慈悲的天主作七日敬禮，誦念慈悲串經。此外，教友可在家中作神聖慈悲敬禮九日祈求，經文小冊子可在教堂正門及側門入口處拿取。

並於四月二十七日(星期日)下午二時至三時三十分在永援聖母堂慶祝神聖慈悲瞻禮，內容包括祈禱，歌詠，聖經誦讀，講道，托付救主慈悲禱文及顯供聖體，並舉行修和聖事，希望各教友以積極投入的精神，參與祈禱，來回應基督在聖死與復活的奧跡中對人類所顯示的無限仁愛。

聖母月家庭玫瑰經聚會

五月是聖母月，阮神父或修女們，及堂區善會代表，將於五月帶同聖母像探訪教友家庭，誦唸家庭玫瑰經。如有需要，阮神父會同時為教友家庭舉行聖屋儀式。

我們並鼓勵主持家庭玫瑰的家庭，邀請其代子女或代父母參與家庭玫瑰。有意邀請聖母、阮神父或修女們到家中誦唸家庭玫瑰經的教友，請致電陳修女或堂區辦事處。

我們特別恭敬聖母，並在主日每台彌撒前 20 分鐘公唸玫瑰經，並在十一時三十分彌撒前於戶外聖母岩前誦唸玫瑰經。

顯供聖體 (五月三日)

永援聖母堂五月份的顯供聖體時間為

五月三日上午十時至十一時由中華聖母會帶領。當天除了朝拜聖體外，阮神父將為教友聽告解。請各位教友盡量參與！

教區公益金

「讓我們一起來行動」

主題：「…以愛德行事的信德。」
迦拉達書：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23, 25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 4月25日

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26日

(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

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

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

信仰小團體 (Arbour Lake)

時間：晚上7時30分至10時

聯絡：Grace Chan 403-208-1806

星期日 4月27日

阮神父祝福生日的主日學、

青年會會員

時間：10時彌撒

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

早餐交流會及講座

時間：8時30分彌撒後有茶點招待

地點：永援聖母堂上禮堂

慶祝神聖慈悲瞻禮

時間：下午2時至下午3時30分

地點：永援聖母堂

靈修小故事

耶穌與肥皂

有兩個人一起散步，其中一個是傳教士，另一個是肥皂製作者。這位肥皂製作者滔滔不絕地說，而那位傳教士卻一直在聽。

肥皂製作者對傳教士說：「請告訴我，信耶穌有什麼好？教會有什麼好？你的講道有什麼好？聖經有什麼好？人活在世上盡是麻煩！有人偷竊、有人互相殘殺、有人彼此怨恨。教會至今已設立二千年，講道也講了二千年，人們閱讀聖經也二千年、相信耶穌也二千年了；但卻沒有使一切更美好。人，還是跟二千年前所做的事一樣，他們仍然在你爭我奪、偷竊、殺害、仇恨。」

這位傳教士沒說什麼，他只是聆聽。過了一會兒，他們路過一個地方，那兒有不少小朋友在泥漿中玩耍。這位傳教士就和肥皂製作者說：「你說肥皂可使人乾淨？我不相信。你看看這些小朋友，他們多髒啊！肥皂有什麼好？肥皂已經存在幾千年了，可是，即使世上到處都有肥皂，這些小朋友卻還是被泥漿所弄髒。」那位肥皂製作者就說：「傳教士呀傳教士！除非人把肥皂拿來使用，否則它發揮不了功用。」「完全正確！」傳教士說：「肥皂本身無法使人乾淨，除非人拿來使用才行。這個道理和耶穌的道理是相同的。耶穌的道理沒辦法改變人，除非人們把祂所說的道理實行出來。」

默思：
他們一聽見這些話，就心中刺痛，遂向伯多祿和其他宗徒說：「諸位弟兄！我們該作什麼？」伯多祿便對他們說：「你們悔改罷！你們每人要以耶穌基

督的名字受洗，好赦免你們的罪過，並領受聖神的恩惠。

心靈小品

爲了你

爲了你，我放下了天上的光榮，
爲了你，我選擇了客店的馬棚，
爲了你，我拒絕了衆人的擁戴和稱讚，
爲了你，我由無限的富有變成了貧窮，
爲了你，我在那一夜沉痛地分了杯和餅，
爲了你，我在那一夜會叮嚀了又加叮嚀，
爲了你，我抵受了鞭打、凌辱和嘲諷，
爲了你，我像羔羊似的被牽到宰殺之地，
爲了你，我底靈魂不死，我至終捨了性命。
如今，多少人仍然在變相出賣我，
多少人依然在傾軋、紛爭，
多少人都嫌這條路窄而退了去啊！
今晚，我實在有說不出的傷慟，說不出的傷慟！
我豈能沒有傷痕
如果海蠔必須經過沙粒的刺激，才能產生光亮的珍珠；
如果達味必須經過撒烏耳的追殺，才能鍛煉信靠的美德；
如果若瑟必須經過兄長的出賣，才能領悟饒恕的真諦；
如果耶穌必須經過十字架的死亡，才能譜出救恩的樂章；
我豈能沒有傷痕！
如果天主需要用地上的眼淚來構成天上的彩虹；
如果天主的心用物質的損失來牽引靈性的豐富；
如果天主計劃用人間的無情來襯托天父的恩惠；
如果天主堅持用苦難的爐火來煉淨人格的雜質；
我豈能沒有傷痕！
禱文
天主，
求你賜給我一顆寧靜的心去接受我不能改變的事實。
求你賜給我勇氣去改變我能改變的事。
求你賜給我智慧去分辨兩者！

【摘自賣血靜院】 陳德雄神父

知多一點點

慈悲串經

將平凡生活變爲不平凡—真福傅天娜修女通向完美之路及使命

主耶穌告訴傅天娜修女：

主耶穌許諾說：「無論他們以這串經向我求甚麼，我也願意賜給他們。」
祂補充說：「如果這些意向跟我的旨意相符。」

這些特殊許諾與臨終時有關，也就是善終的恩寵。除了懷著信心堅持不懈地念誦慈悲串經的人外，臨終的人只要床邊有人爲他誦念串經，也能獲得這恩寵。

主耶穌說：「司鐸該把這慈悲串經推薦給罪人，作爲他們最後的希望。就連最心硬的罪人，如果他只念一次這串經，也會從我無限的慈悲中獲得恩寵。」

對那些一生最少誦念了一遍慈悲串經的人，主耶穌許諾都賜給他們恩寵，只要他們作這祈禱時，懷著完全的信心，態度謙遜誠懇，並深深痛悔自己的罪過。

一九九三年四月十八日，復活節後首主日，教宗若望保祿二世於羅馬聖伯多祿廣場宣告列她爲真福品。翌日，他向群眾講話時表示：「天主借著真福傅天娜修女豐富的靈修經驗向我們講話。她留給世界神聖慈悲的偉大訊息；鼓勵我們向創造者完全地交付自我。天主賜她非凡的恩寵，使她能夠借著與天主神秘的相交以及默觀祈禱的特殊恩賜，經驗祂的仁慈。」

「真福傅天娜修女，謝謝你提醒世界神聖慈悲的偉大奧秘，這是使人驚嘆的奧秘，是屬於天父，且不能言喻的奧秘，是今天每一個人和整個世界也極之需要的。」