

母親祝福語

在此母親節，請為天下的母親祈禱。求主賞賜她們聖神的聰敏，力量和喜樂。

願天上的母皇
祝福你們的家庭！

Mother's Day Blessings

O God, Who didst instruct the hearts of the faithful by the light of the Holy Spirit, grant all the mothers in the same Spirit to be truly wise, and ever to rejoice in their consolation. Through Christ our Lord. Amen.

May Our Heavenly Mother
Bless Your Family!

Theme Sharing

I am the Gate for the Sheep (4th Sunday of Easter)

The first reading, from Acts 2:14, 36-41, notes the effect of Peter's preaching for the first time to the Jews. On the day of Pentecost, the Holy Spirit descended upon Peter and the other apostles. Peter then addressed the crowd and spoke at length about Jesus. The crowd was moved by his speech, and about 3,000 of them who accepted his call for repentance were baptized and became the first Christians. In the second reading, from 1 Peter 2:20-25, Peter exhorted the Christian slaves to be patient when they suffered unjustly at the hand of their masters. He asked them to follow the example of Jesus Christ who had committed no sin and yet had to endure suffering and death for the salvation of man. Likewise for our own salvation, we should accept Jesus' invitation to partake in his suffering.

In today's gospel, taken from John 10:1-10, Jesus speaks the parable of the Good Shepherd in which he mentions "sheepfold", "shepherd of the sheep" and "sheep in the fold". In explaining the parable to his apostles, Jesus portrays himself as the "gate for the sheep". A true shepherd enters through Jesus (the gate) to reach his sheep. The parable also speaks about the close relationship between a good shepherd and his sheep.

There are two important messages from Jesus' self portrayal as the "Gate" for the sheep.

Firstly, Jesus is the true guide for his Church. He says, "I am the gate for the sheep. Whoever enters by me will be saved, and will come in and go out and find pasture." Pasture denotes the Kingdom of God and eternal life. So if we want to enter God's Kingdom, we must follow Christ and his teachings. Jesus is the Good Shepherd and guide for the Church as "The sheep hear his voice; he calls his own sheep by name and leads them out. When he has brought out all his sheep, he walks ahead of them. The sheep follow him because they recognize his voice. They will not follow a stranger; they will run away from him because they do not recognize the voice of strangers". So let us pray that we become Jesus' sheep, recognize his voice and follow his guidance so that he can bring us an abundant life. Secondly, Jesus requires all pastors in the Church to follow his example. He says, "I am the good shepherd, and I will lay down my life for my sheep. A hired hand is not a shepherd and the sheep are not his. When he sees a wolf coming, he will leave his sheep and run away; and the wolf catches and scatters them. This is because he works for pay and does not bother about the well-being of the sheep under his care." So let us pray: "Almighty and ever-living God, give us new strength from the courage of Christ our shepherd, and lead us to join the saints in heaven, where he lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen."

News & Others

Message of Pope Francis for the 51st World Day of Prayer for vocations

Theme:

Vocations, Witness to the Truth

Today too, Jesus lives and walks along the paths of ordinary life in order to draw near to everyone, beginning with the least, and to heal us of our infirmities and illnesses. I turn now to those who are well disposed to listen to the voice of Christ that rings out in the Church and to understand what their own vocation is. I invite you to listen to and follow Jesus, and to allow yourselves to be transformed interiorly by his words, which

"are spirit and life" (Jn 6:62). Mary, the Mother of Jesus and ours, also says to us: "Do whatever he tells you" (Jn 2:5). It will help you to participate in a communal journey that is able to release the best energies in you and around you. A vocation is a fruit that ripens in a well cultivated field of mutual love that becomes mutual service, in the context of an authentic ecclesial life. No vocation is born of itself or lives for itself. A vocation flows from the heart of God and blossoms in the good soil of faithful people, in the experience of fraternal love. Did not Jesus say: "By this all men will know that you are my disciples, if you have love for one another" (Jn 13:35)?

Dear brothers and sisters, this "high standard of ordinary Christian living" (cf John Paul II, Apostolic Letter *Novo Millennio Ineunte*, 31) means sometimes going against the tide and also encountering obstacles, outside ourselves and within ourselves. Jesus himself warns us: the good seed of God's word is often snatched away by the Evil one, blocked by tribulation, and choked by worldly cares and temptation (cf Mt 13:19-22). All of these difficulties could discourage us, making us fall back on seemingly more comfortable paths. However, the true joy of those who are called consists in believing and experiencing that he, the Lord, is faithful, and that with him we can walk, be disciples and witnesses of God's love, open our hearts to great ideals, to great things. "We Christians were not chosen by the Lord for small things; push onwards toward the highest principles. Stake your lives on noble ideals!" (Homily at Holy Mass and the Conferral of the Sacrament of Confirmation, 28 April 2013). I ask you bishops, priests, religious, Christian communities and families to orient vocational pastoral planning in this direction, by accompanying young people on pathways of holiness which, because they are personal, "call for a genuine 'training in holiness' capable of being adapted to every person's need. This training must integrate the resources offered to everyone with both the traditional forms of individual and group assistance, as well as the more recent forms of support offered in associations and movements recognized by the Church" (*Novo Millennio Ineunte*, 31). Let us dispose our hearts therefore to being "good soil", by listening, receiving and living out the word, and thus bearing fruit. The

more we unite ourselves to Jesus through prayer, Sacred Scripture, the Eucharist, the Sacraments celebrated and lived in the Church and in fraternity, the more there will grow in us the joy of cooperating with God in the service of the Kingdom of mercy and truth, of justice and peace. And the harvest will be plentiful, proportionate to the grace we have meekly welcomed into our lives. With this wish, and asking you to pray for me, I cordially impart to you all my Apostolic Blessing.

Details at www.vatican.com

Gospel of joy

Evangelii Gaudium

«Gospel of Joy»

Church to open the door, issuing prophetic voice

17. Here I have chosen to present some guidelines which can encourage and guide the whole Church in a new phase of evangelization, one marked by enthusiasm and vitality. In this context, and on the basis of the teaching of the Dogmatic Constitution Lumen Gentium, I have decided, among other themes, to discuss at length the following questions:

- the reform of the Church in her missionary outreach;
- the temptations faced by pastoral workers;
- the Church, understood as the entire People of God which evangelizes;
- the homily and its preparation;
- the inclusion of the poor in society;
- peace and dialogue within society;
- the spiritual motivations for mission.

18. I have dealt extensively with these topics, with a detail which some may find excessive. But I have done so, not with the intention of providing an exhaustive treatise but simply as a way of showing their important practical implications for the Church's mission today. All of them help give shape to a definite style of evangelization which I ask you to adopt in every activity which you undertake. In this way, we can take up, amid our daily efforts, the biblical exhortation: "Rejoice in the Lord always; again I will say: Rejoice" (Phil 4:4).
To Be Continued

Apostolic Exhortation Evangelii Gaudium

Diocese & Other News

Assembly of Women Religious

An Invitation to Single, Young Women – Are you between the ages of 16 and 35? Have you ever wondered about religious life? Do you have questions? Come spend a day with a small group of Sisters: Sunday, June 1st from 12.30 to 5.30 pm. at St. Luke's Parish, 1566, Northmount Drive NW, Calgary. Register at: www.facebook.com/vocationsretreat2014 or call Sr. Terry: 403-228-3623.

FCJ Christian Life Centre, Calgary Information Evening:

Newly Revised – Together Enabling Adult Ministry (TEAM) Program
Thursday May 29 & Wednesday June 18, 2014

With: FCJ Centre, St. Mary's University College and the RC Diocese of Calgary
Time: 7:00 - 8:00 pm
Contact: FCJ Centre at 403-228-4215.

Motherhood Matters, Catholic Family Service

It can be tough to make it on your own as a young mom. Sometimes you need to hear someone say, you are doing a good job! Contact us if you are under 24 years and expecting a baby or already a mom and want to connect with other moms and mentors. Contact us if you believe young parents can be great parents and would like to volunteer as a mentor! You can reach us at 403-205-5220 or e-mail sara.thompson@cfs-ab.org

LADIES TWILIGHT RETREAT AT MOUNT ST. FRANCIS:

FRANCIS: Please join us for a WOMEN'S EVENING RETREAT, led by Fr. Bob Mitchell OFM, on Tuesday, May 13. Registration begins at 6:00pm.

Dinner is served at 6:30. At 7:30 Fr. Bob will lead a talk entitled "Setting Out an Active Freedom – Christian adventure on our Journey" which will be followed by 30 minutes of silent reflection. We will wrap the evening up in the chapel with a few moments to reflect as a group with Fr. Bob. Cost for the evening is \$25 per person, including dinner. Dietary restrictions can be accommodated with advance notice. To register, please contact Cindy MacKenzie at 403-851-0917 or cindymackenzie@telus.net

Parish Activities

Together in Action 2014

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

(Galatians 5:6)

Our parish's portion is \$24,300. As of April 27th, our campaign has received a total of \$13,870.

We plead for your ongoing support.

Let's take action now to respond to Christ's love and sacrifice for the salvation of mankind.

Weekly Activities

Wed, Fri 14, 16

OLPH Senior Centre

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

Place: OLPH Church, Upper Hall

Fri 16

OLPH Scout

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

Place: Upper Hall & Lower Hall

Sat 17

Legion of Mary (meeting)

Time: 9:45a.m.

Place: K of C Room at OLPH Church

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 18

R. C.I.A

Adult Catechumenate Class

(Cantonese, Mandarin and English)

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

Place: OLPH Church Lower Hall

Let There Be Light

Children Learn What They Live

If a child lives with CRITICISM, he learns to CONDEMN.

If a child lives with RIDICULE, he learns to be SHY.

If a child lives with SHAME, he learns to FEEL GUILTY.

If a child lives with TOLERANCE, he learns to be PATIENT.

If a child lives with ENCOURAGEMENT, he learns CONFIDENCE.

If a child lives with PRAISE, he learns to APPRECIATE.

If a child lives with FAIRNESS,

he learns to be JUST.
 If a child lives with SECURITY,
 he learns to have FAITH.
 If a child lives with APPROVAL,
 he learns to like HIMSELF.
 If a child lives with
 ACCEPTANCE AND FRIENDSHIP,
 he learns to find LOVE in the world.

Stories Faith Sharing

My Hero

There once lived an angel
 Who watched over me day by day
 For I once was her little angel
 When I went out to play
 And when the sun went down
 She tucked me into sleep
 For she was the one who had the crown
 And who will always be mine to keep
 She made me laugh and cry with her
 And was always my best friend
 For one day when I was not to stir
 Her life on this earth would end
 I spent sleepless nights thinking alone
 "Why God did you take my only one?"
 and he never answered or called on the phone
 "For her time on this earth was done"
 My hero conquered her toughest fear
 This earth she did adjourn
 I know today that she is near
 For my angel taught me to learn
 One day I know that I will see
 My angel, my hero, my mom
 I follow her footsteps, for one day I want to be
 My angel, my hero, my mom

[Read More Know More](#)

How to Discern a Vocation

There are a few things recommended to those who desire to be more certain regarding the possibility of a vocation. Indeed these practices are recommended for everyone, since we all are called by God in baptism to holiness of life, and because these practices are nothing more than fidelity to our baptismal promises. At the present you may practice one or more of these, or even none of these. Are you required to practice them all? Is that necessary to know for certain your vocation?

Here are some recommended things you can do:

1. Consecrate yourself to the Blessed

Virgin Mary and ask Her for all the graces and lights you need to please Her Son best of all.

2. Resolve to spend some time each day in prayer. The more definite the time and place the better.
3. Receive the sacrament of penance frequently and worthily.
4. If you are not conscious of having committed a mortal sin which you have not confessed, then receive the Eucharist and with devout attention and participation at the Holy Sacrifice of the Mass. Keep free from all sin, especially mortal sin, and strive to receive worthily often.
5. Pray to the Blessed Virgin Mary each day; and strive to acquire the habit of saying Her Rosary each day.
6. Pray often to one's guardian angel and to one's patron saints for the light of guidance and the grace of help.
7. Avoid everything that might destroy one's love of God and Heaven, especially, impure pictures, films and immodest clothing or friends. (This practice is of course not optional, but obligatory, for "He who lives by the sword is doomed to die by the sword.")
8. Read the lives and/or writings of canonized saints. Especially those who were outstanding priests, religious and founders of religious orders.
9. Study the catechism.
10. Take up some work of charity for your neighbor, in so far as your present duties allow.
11. Frequently ask God for the grace to know and love Him more and more.
12. If there is a priest who in his actions is faithful to the Pope and a man of prayer ask for his advise and counsel. If you think you need advice concerning a vocation to religious life choose a priest who does not in any way despise the religious vocation.
13. Be faithful to your present duties in life, even making sacrifices to fulfill them without negligence.

主日分享

復活期第四主日

我是羊的門

本主日是復活期第四主日。讀經一敘述聖伯多祿宗徒在五旬節日，領受天主聖神之後，首次講道的效果。在那一天，約有三千人，聽了他的講道，悔改，受洗，成為基督信徒。

在讀經二裡，聖伯多祿宗徒鼓勵信奉了基督福音的奴隸，甘心忍受主人的無理虐待。他勸勉他們效法耶穌基督。耶穌沒有罪，忍受苦難和死亡，拯救了我們。我們為救自己的靈魂，也該忍受冤屈和苦難。

今天彌撒福音的主題是：耶穌是羊的門。這是什麼意思呢？耶穌自己為我們解釋了。祂講了一個比喻，內容涉及「羊棧」、「羊的牧人」和「羊棧裏的羊」。耶穌為了說明這比喻的意思，又提出了「羊的門」的觀念。由門進入羊棧，是牧人接近祂的羊群的正常途徑。它意味著牧人和祂的羊群之間的親密關係，是指祂是好牧人的意思。我們可由耶穌是羊的門這句話裡體會出兩個訊息來。

第一：耶穌是教會的真正領導。祂說："我就是門，誰若經過我進來，必定得救；可以進，可以出，也可以找到草場。"第二：耶穌要求祂教會內的所有神長都以祂自己為模範。

"我是善牧：善牧為羊捨掉自己的性命。傭工，因為不是牧人，羊也不是祂自己的，一看見狼來，便棄羊逃跑，狼就抓住羊，並把牠們趕散了，因為祂是傭工，對羊漠不關心。"

讓我們以本主日的集禱經祈求：「全能永生的天主，求你引導我們共同邁向永恆的家鄉，與諸聖同樂。願我們弱小的羊群，能跟隨勇毅的善牧、我們的主耶穌基督，抵達同一的歸宿。」

節錄自梵蒂岡電台廣播稿節

新聞及其他

教宗方濟各第 51 屆國際

聖召節文告

主題：“聖召，真理的見證”

本屆聖召節於 5 月 11 日舉行。教宗在文告中指出：“我們不必害怕。天主將祂為我們制定的計劃放在心上。”教宗表示，聖召在精心耕種彼此相愛的莊田上，在切實的教會生活環境中得以成熟。

教宗在文告中指出：“一切來自天主：世界、生命、死亡、現今、未來都是祂的恩典，但保祿宗徒向我們保證你們卻是基督的，而基督是天主的（格前 3:23）。”教宗在此重點強調，歸屬天主是藉著與耶穌建立的“獨特和個人”關係才能實現。為此，“每個聖召，儘管面臨多種選擇，都不斷要求我們走出自己，將自己的生活集中在基督身上。”“無論婚姻生活，還是修會乃至司鐸生活，都要求我們克服不符合天主旨意的思言行為。”教宗指出：“我們不必害怕，天主在我們生命的每個階段，都孜孜不倦地注視著祂手中的工程。祂決不遺棄我們！天主將祂為我們制定的計劃放在心上，卻也願意徵得我們的同意及合作。”

接著，教宗更直接轉向有意“了解自己有何聖召”的人，勉勵他們懷著信賴參加“團體行程”，提醒他們沒有一個聖召“為自己而萌生或存在”。聖召在精心耕種彼此相愛的莊田上，在切實的教會生活環境中得以成熟。教宗然後強調哪些可能是我們內外的阻力，稱所有這一切有時意味著“逆流而行”。耶穌告誡我們“天主聖言的好種子經常被惡者奪取，被磨難困住，因焦慮和世俗的迷惑，結不出果實。”“所有這些困難會令我們氣餒，使我們選擇表面上較舒適的路。”可是教宗方濟各提醒我們“蒙受召叫的真正喜樂，在於相信並體驗上主是信實的，我們與祂同行，成為祂的門徒，見證天主的愛，向偉大的事敞開心懷。”

教宗最後要求主教、司鐸、會士、教會團體和基督信仰家庭，“將聖召牧靈指向這個方向，陪伴青年走成聖的

路。”這需要“能適合每個人生活步伐的成聖教育”。教宗要求眾人，使自己的心成為結果實的“良田”：

“我們越是藉著祈禱、讀聖經、參加感恩祭、領聖事與耶穌結合，在我們身上就越增加與天主合作的喜樂。”收成將是豐盛的，與我們將能接納的恩寵成正比。

詳細內容請參閱梵帝岡電台網址

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

福傳與獨善其身

“你們要堅定不移，在主的工程上該時常發憤勉力，因為你們知道，你們的勤勞在主內決不會落空。”（格前 15:58）

如今，許多基督徒都很“時髦”地認為，現今世界是宗教信仰自由的世界，宗教信仰祇能是“私人”的事，無論自己信仰什麼都礙不著別人。不過，“礙不著別人”有兩層意思：一是指信仰的自由，就是說，無論自己信仰什麼，別人都管不著；二是指無論自己信仰什麼，都不能管別人信不信——不應該“打擾”別人，想辦法讓別人接受自己的信仰。因此，祇要自己可以安安靜靜地信奉自己的宗教便萬事大吉了，至於福傳，則似乎是極端的宗教行為，與自己的信仰沒什麼關係。然而，教宗若望保祿二世卻說：“福傳是信仰問題，它是我們信仰耶穌基督及其對我們的愛的指標。”在《《救主的使命》通諭，第 11 號）既然如此，一個基督徒又怎麼能夠同時相信基督，相信天主對自己及一切人的愛，而不去傳播福音呢？倘若作為基督徒，我們必須要福傳，那麼我們從那裡獲得福傳的熱情和動力，在福傳中應當抱有怎樣的態度，又該如何具體地進行福傳呢？

待續

堂區活動

2014 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。

截至 4 月 27 日，捐款已累積至 13,870 元。捐款信封可在聖堂入口處拿取。就讓我們立即行動，慷慨解囊！

活動一週

星期三、五 14, 16

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 16

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 17

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

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

星期日 18

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

靈修小故事

「媽媽，為什麼…？」

「媽媽，為什麼妳不跟我玩？」一個六歲的小女孩，萊莉問道。

「因為我沒有時間。」

「為什麼妳沒有時間？」

「因為我在工作。」
 「為什麼工作？」
 「因為我必須賺錢。」
 「為什麼妳必須賺錢？」
 「爲了可以買東西給妳吃。」
 「可是，媽媽，我並不餓呀！」

牽著我們的手

執子之手、與子偕老，這句話：有好多時都會用作一對新婚夫妻身上的祝福語。其實這兩句話，在我來講，意義更大，令我更明白母愛的偉大。媽媽…是妳牽著我們的手，帶著我們走過漫長的路，媽媽…今年已經七十多歲的妳，女兒看著滿頭白髮的妳，心感能夠多孝順妳幾年呢！雖然常常和妳見面去喝茶，談談天、說說地，但這些日子又可以去到何時呢！真不想看到那一天，亦很珍惜現在還可以牽著妳的手。母親節快到了，一般人都會和母親去吃一餐。在我心，只想每天都能和她一起吃著飯，看著她滿心歡喜的樣子，牽著她暖暖的手。媽媽，祝願妳每天開心快樂！

知多一點點

教區司鐸聖召簡介

不同的聖召，都反映出耶穌基督的不同面貌。

司鐸不是職業或工作，而是獻身事主的生活方式，建基於天主的召叫，使人以愛還愛，作主教（宗徒的繼承人）的助手，以基督善牧、導師、司祭的身分，宣揚天主的國。故此，信友考慮司鐸聖召時，首要注意的，是透過祈禱，在內心深處體味天主的愛、聖神的召喚和驅使……，並謙遜地參考神師的意見，分辨天主的旨意……

教區聖職人員：是教會最基本的聖職人員；他們以基督的名義，分擔宗徒之職，建立並服務地方教會。教區司鐸聖召，是天主以獨特的愛，召喚人追隨基督。教區司鐸，作教區主教的助手，奉主教派遣，於教區和堂區，宣揚天國，牧養天主的羊群。他們對一切人，成爲一切（格前 9:22），照顧男、女、老、中、青、幼的身、心、靈。教區司鐸聖化別人的

同時，也聖化自己；他們能夠如同保祿對教友所說：「我在基督內，藉著福音，生了你們」（格前 4:15），名副其實是「神父」。

爲聖召祈禱

主耶穌！世人的善牧！你降臨世上，是爲尋找亡羊，使他們得救。你又曾召宗徒們作漁人的漁夫。我們懇求你，召選那些熱忱慷慨的青年作地上的鹽，世界的光，實行福音全德的願望，奉獻自己，共同努力，建設你的奧體聖教會，及拯救世人。求你也賞賜那些已蒙召者以明智、忍耐和剛毅，在世間顯揚你的光榮，拓展你的神國，領導你付託給他們的靈魂，得到永遠的生命。亞孟。

爲司鐸祈禱禱文

全能的天主聖父，求 因聖子耶穌基督的功勞，和祂大司祭的愛心，垂顧召選的司鐸。仁慈的主！請不要忘記，他們亦是軟弱的受造物。求 激發在主教覆手時所給予他們的恩寵，使他們能緊緊地追隨，不要被仇敵所戰勝，永遠不做任何不相稱神聖使命的事。

主耶穌，我爲忠信和熱心的司鐸祈禱，也爲不忠信和不熱心的司鐸祈禱；爲在本地或在外地工作的司鐸祈禱；爲在受誘惑、孤獨、頹喪的司鐸祈禱；並爲年輕的、病弱的、臨終的和在煉獄中的司鐸祈禱。更爲我所愛、給我付洗、赦免我罪，爲我主持彌撒，將聖體聖血分給我的司鐸，也爲開導、訓誨、幫助、鼓勵我的司鐸祈禱。（默禱片刻，加上你所祈求的司鐸的名字。）

主耶穌，求 將他們緊密地放置於的聖心內，賜予他們無限量的祝福，從現在直到永遠無窮世之世。阿們。