

Theme Sharing

Ascension of our Lord

The 7th Sunday of Easter

(Go and Make Disciples of all Nations)

The feast of Ascension of our Lord, which occurs 40 days after Easter Sunday, falls on Thursday of the 6th Week of Easter.

However, the Church in Canada, as in many parts of the world, has transferred it to the 7th Sunday of Easter so that more faithful can participate in the celebration, and so we celebrate this great feast today. Christ's ascension into heaven is often regarded as the watershed of Mark's writings, since the event concludes his gospel and opens a new chapter on the Church in the Acts of the Apostles.

In the first reading, Mark summarizes God's plan of salvation: Christ is lifted up to heaven; the Holy Spirit will come and strengthen the apostles, who will start to bear witness for Christ, beginning in Jerusalem, then to Judea and Samaria, and eventually to the ends of the earth. He warns the Jews against their illusion that Christ's ascension will bring about the glorious return of the former Kingdom of Israel. In fact, Mark really portrays the Ascension as the prelude to the Second Glorious Coming of Christ in the fullness of time.

In the second reading, Paul explains the basis of the Church's dogma in the Apostles' Creed on "... He (Jesus) ascended into heaven, and is seated at the right hand of the Father". God has truly revealed his wisdom and power in the Risen and "elevated" Christ. This is a comfort and encouragement for all of us, because God will likewise empower us to answer his call, follow the footsteps of Christ and finally share in the same glory and inheritance. In this reading, Paul sets out clearly the relationship between Christ's ascension and the Church. He says that Christ is the head, the Church is the body and that Christ will ensure fullness in his Church. The term "fullness" likely indicates that Christ's work of salvation will be accomplished in his Body, which is the Church. It may therefore be implied that God's plan of salvation is fulfilled through, and within, the Church. Today's gospel records Jesus' final words to his apostles before he was taken up to heaven. He affirms that all authority in heaven and on earth has been given to him, and he delegates such authority to them "to

go and make disciples of all nations". They are to baptize believers in the name of the Trinity and to teach them to abide by his commandments. Jesus then assures the apostles that he will be with them until the end of time.

The message in today's feast is clear. We must firmly believe in Christ, in his work of salvation and in the Church founded and continually guided by him. So let us reaffirm our belief in this regard by saying with one accord the Apostles' Creed: "..... I believe in Jesus Christ He ascended into heaven, and is seated at the right hand of the Father. He will come again to judge the living and the dead. I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen."

Gospel of joy Evangelii Gaudium

«Gospel of Joy»

Church to open the door, issuing prophetic voice

Taking the first step, being involved and supportive, bearing fruit and rejoicing 24. The Church which "goes forth" is a community of missionary disciples who take the first step, who are involved and supportive, who bear fruit and rejoice. An evangelizing community knows that the Lord has taken the initiative, he has loved us first (cf. 1 Jn 4:19), and therefore we can move forward, boldly take the initiative, go out to others, seek those who have fallen away, stand at the crossroads and welcome the outcast. Such a community has an endless desire to show mercy, the fruit of its own experience of the power of the Father's infinite mercy. Let us try a little harder to take the first step and to become involved. Jesus washed the feet of his disciples. The Lord gets involved and he involves his own, as he kneels to wash their feet. He tells his disciples: "You will be blessed if you do this" (Jn 13:17). An evangelizing community gets involved by word and deed in people's daily lives; it bridges distances, it is willing to abase itself if necessary, and it embraces human life, touching the suffering flesh of Christ in others. Evangelizers thus take on the "smell of the sheep" and the sheep are willing to hear their voice. An evangelizing

community is also supportive, standing by people at every step of the way, no matter how difficult or lengthy this may prove to be. It is familiar with patient expectation and apostolic endurance. Evangelization consists mostly of patience and disregard for constraints of time. Faithful to the Lord's gift, it also bears fruit. An evangelizing community is always concerned with fruit, because the Lord wants her to be fruitful. It cares for the grain and does not grow impatient at the weeds. The sower, when he sees weeds sprouting among the grain does not grumble or overreact. He or she finds a way to let the word take flesh in a particular situation and bear fruits of new life, however imperfect or incomplete these may appear. The disciple is ready to put his or her whole life on the line, even to accepting martyrdom, in bearing witness to Jesus Christ, yet the goal is not to make enemies but to see God's word accepted and its capacity for liberation and renewal revealed. Finally an evangelizing community is filled with joy; it knows how to rejoice always. It celebrates every small victory, every step forward in the work of evangelization. Evangelization with joy becomes beauty in the liturgy, as part of our daily concern to spread goodness. The Church evangelizes and is herself evangelized through the beauty of the liturgy, which is both a celebration of the task of evangelization and the source of her renewed self-giving.

To Be Continued

Apostolic Exhortation Evangelii Gaudium

Parish Activities

The Pentecost Novena

The feast day of Pentecost will be coming soon. To prepare ourselves to receive the gifts of the Holy Spirit, our parish encourages parishioners to pray The Pentecost novena at home.

Honoring the Holy Spirit is the oldest of all novenas, and it is still the only novena officially prescribed by the Church.

Addressed to the Third Person of the Blessed Trinity, it is a powerful plea for the light and strength and love so sorely needed by every Christian.

The Novena begins on May 30 (Friday) and ends on June 7 (Saturday).

Parishioners can pick up the Pentecost Novena booklet at the Church main and side entrances.

Exposition of the Blessed Sacrament on June 7

The June's Exposition of the Blessed Sacrament will be led by Adult Catechism on June 7 from 10am to 11am.

Fr. Nguyen will listen to Confession.

Parishioners are encouraged to attend.

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. Donation envelopes can be picked up from both the front and the side entrances.

Weekly Activities

Wed, Fri 4, 6

OLPH Senior Centre

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

Place: OLPH Church, Upper Hall

Wed 4

Don Bosco Event

Time: 3:00p.m.-10:00p.m.

Place: OLPH Church, Upper Hall

Fri 6

OLPH Scout

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

Place: Upper Hall & Lower Hall

Sat 7

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 at OLPH Church

Tai Chi Lesson

Time: 10:15 a.m. - 11:15 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

Sun 8

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

Let There Be Light

The Promise of God's peace

The peace of God . . . will guard your hearts and your minds in Christ Jesus.

"Anything to get me through the night."

According to one story, these were the words of Frank Sinatra after many long nights of tossing and turning. The man who seemed to have it all, who had fame and fortune and sang, "I did it my way," lacked one of the most important things in life. He had no peace of mind.

Millions of people, both rich and poor, go through life without God's gift of peace.

Some search nearly everywhere and never find it. Others try almost everything imaginable—without success. No amount of alcohol or pills can help us obtain it. No measure of fame or pleasure can guarantee it. Only God himself can give it.

Paul tells us where and how to find this peace. We need to know the Lord Jesus Christ and have a personal relationship with him. Says Paul, "In everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

God's gift of peace is available for the asking. Turn your life over to the Lord Jesus Christ and believe in him as your Savior. Commit to living for the Lord each day and ask for the Spirit's guidance. When you do, you have the guarantee that the peace of God will flood your heart and mind. Don't go another day without it.

PRAYER-Father in heaven, we thank you for the gift of peace that we can enjoy because of Jesus Christ. Help us to live for you and to help others find **your peace. In Jesus' name, Amen.**

Stories Faith Sharing

Time

There was sudden light and then I saw time coming towards me. In fact he was *running* towards me. I said, "Hey stop and just have a word with me." He replied, "Look my friend, I can't stop for you or anyone else. If you want to have a word with me you will have to run along with me." Before I could ask why, I found I had started running with him.

We ran and ran together, until we lost count of the miles. We ran in the morning, ran in the evening and also ran at night.

Together we saw the most beautiful sites that God ever made.

Together we bared the most painful pains that man ever knew.

Together we bathed in holy waters,

Together we rolled in the mud.

Together we thought the most sinful thoughts

Together we served with blood.

Together we fought the most useless battles

Together we made the most passionate love.

Together we made our first million.

Together we went bust.

Together we got burnt and were left for dead.

Together we rose and stood again.

Together we saw the most selfless acts.

Together we saw the most moving, cruel sights.

Together we lived with fame for long.

Together we played host to shame.

Together we saw the new take birth,

Together we saw the old die away.

Then one day, only I felt old, slow and tired.

But time was still the same - young and fast.

Together we had done everything,

Only together it seemed we won't last.

I asked him will he stop for me now, because I simply couldn't run as fast. "No," he said, "I can't stop for you. I have told you that before.

All I can do for you now, is walk instead of run."

I said that will suit me just fine.

Now time and I walk day and night.

Together we see the morning sunrise,

Together we say our bedtime prayers.

Together we go for slow evening walks.

Together we engage the youth in old talks.

Together we act old and mean.

Together we bless the kids all around.

Together we are happy our bills are paid.

Together we search for our missing pills.

All this went for a while.

Then one day there was suddenly a very bright white light.

After that, Time was with me no more.

[Read More Know More](#)

Who is the Holy Spirit?

The Holy Spirit is the bridge to God within you. It is the part of your mind—the part of your Spirit—that is joined with the Mind of God. The Holy Spirit is the Voice for God and acts as a reminder to all of God's children of the unconditional love that God has for them.

God loves His children so much that He wanted His children to always know that they are safe, they are loved, and they are whole. God created the Holy Spirit as a way to ensure that God's children would always know these things. God gave this Voice to His children, and this Voice is now a part of them. It is the eternal perspective of Truth, Love, and Reality that cannot be taken from God's children. The Holy Spirit's function and purpose is to bring God's Voice to each of God's children, guiding them, directing them, loving them, and restoring their thinking to God's.

Little by little, as you hear, recognize, understand, and become aware of the Holy Spirit in different ways—through your thinking, correcting a thought with this Voice, recognizing this Voice in another, sharing this Voice with a friend, and so on—the Holy Spirit is brought into the world and given to each of God's children. This Voice is recognized in each of God's children and used as a reminder for God's children of the Truth so that they can overcome the world. The Holy Spirit was given to each of God's Children by God, put within each one, and is now a part of them. It is not to think that the Holy Spirit is separate from you, is really only a part of God, or will one day be separate, because in Truth, the Holy Spirit is a part of you. It has now been blended and melted into you. That is why it is important to recognize this Voice of God in everyone you meet because it is part of them as well.

The Holy Spirit is within each of God's children and cannot be extracted. It is there as a constant Resource, Companion, and speaker of Truth no matter what you think you have done, what you think you are doing, or what you think you might do. This Voice for Love within you holds no judgments, never condemns, and only remembers your true Perfection. In that is the impossibility of sin or anything related to it.

It is not possible for the Holy Spirit to judge you in any way because this part of God can only see the Truth of who you are and not who you think you are. God's Voice is within your mind and is ever available to you to restore your thinking to Truth. In any moment you decide that you do not want to participate in the belief of separation—if you decide you want peace, if you decide you want to remember Who you are and What you are—the Holy Spirit is there within you waiting to join with you in Truth. It has been within you since your first step into the world and offers you an alternative to pain and suffering, to fear and loathing, to vengeance and death. This Voice for Love within you offers you Peace, Oneness, Truth, and everlasting Life.

主日分享

復活期第七主日耶穌升天節

往訓萬民，使獲得同一嗣業

本主日是復活期第七主日，我們依照在意大利的天主教會的習俗，在這主日慶祝耶穌升天節。

在本節日的讀經一裡，聖路加再次扼要陳述他心目中的天主救世計劃：耶穌被接升天，聖神就要降臨，宗徒們要在耶路撒冷開始、猶太和撒瑪黎雅全境，直至天涯海角，為基督作證。聖路加首先警告他的猶太同胞，不可把耶穌的升天和他們祖國以色列的復興混為一談，接著他告訴我們，耶穌升天是祂日後光榮地再來的節奏。

在讀經二裏，聖保祿宗徒給我們闡釋了信經中「我信祂升了天，坐於全能天主父的右邊」這句話所宣示的真理。在復活升天的耶穌身上，天主顯示了自己的智慧和能力。對我們說來，這是安慰，也是鼓勵，因為天主也以同樣的能力，召叫了我們，叫我們跟隨基督，獲得同一的嗣業。

福音記載耶穌升天前留給宗徒們的遺囑。耶穌首先肯定祂自己的權柄，天上地下的一切權柄都交給祂了。祂憑祂的權柄派遣宗徒們到世界各地去傳佈福音，吩咐宗徒們要去使萬民成為門徒，要給他們授洗，要教訓他們遵守祂所吩咐的一切。祂又許諾天天跟宗徒們一起，直到天地終結。

在今天彌撒的集禱經中，稱耶穌升天為「我們將來升天的先聲」，又

在領聖體後經中，領導信友這樣祈求天主說：「全能永生的天主，感謝你恩賜我們在現世分享你神聖的生命。基督已經帶著我們的人性升天，坐在你的右邊；求你也激發我們熱切地追隨基督，來日到達同一的居所。」

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 苦難和試練

我們所面對的苦難和試練，並不是完全由迫害我們的人造成的。有些可以「是天主公義審判的明證」(得後一 5)，為我們不願悔改的罪。

所以，迫害和試練會加速我們悔改。我們悔改以後，我們會忍受迫害。這樣，我們才能以不一樣的，強而有力的方式，建立天主的國(得後一 5)。祈禱、講道、醫治、教導，和事奉，都比不上悔改和為救贖所忍受的苦難，更能擴展天主的國。我們所獲得的救贖，不是來自耶穌的宣講，而是祂的苦難。

所以，「為了基督的緣故，賜給你們的恩賜，不但是為相信祂，而且也是為祂受苦」(斐一 29)。

受苦「反而要喜歡，因為分受了基督的苦難，這樣好使你們在祂光榮顯現的時候，也能歡喜踴躍。」(伯前四 13)

「惟願你們中誰也不要因做兇手，或強盜，或壞人，或做煽亂的人而受苦。但若因為是基督徒而受苦，就不該以此為恥，反要為這名稱光榮天主」(伯前四 15-16)。

堂區活動

聖神九日敬禮

聖神降臨節將至，本堂藉此鼓勵堂區內所有的教友，能夠在聖神降臨節將至的時刻，在家中誦念聖神九日敬禮禱文，藉此幫助信友在聖神的九日敬禮中，讓聖神更新我們的心思念慮，獲得所預許的豐富生命，充滿聖神的德能，結出常存的果實，並歸光榮於天父。

聖神九日敬禮小冊子將擺放在教堂正

門及側門入口處，希望大家能夠藉著這個九日敬禮，渴求充滿聖神，尤其是在聖神降臨節前，可以透過這小冊子的禱文，藉著基督，偕同聖母瑪利亞，向天父懇禱，祈求祂把聖神傾注到我們每個人身上，澆灌整個教會，使萬象更新，眾人歸依！“你們縱然不善，尚且知道把好東西給你們的兒女，何況在天之父，有不更將聖神賜與求祂的人嗎？”（路 11：13）

「聖神九日敬禮」就是在聖神降臨前做九日敬禮，即由 5 月 30 日(星期五)開始至 6 月 7 日(星期六)結束。

顯供聖體 (六月七日)

永援聖母堂六月份的顯供聖體時間為六月七日上午十時至十一時由成人慕道班帶領。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！

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 6 月 4, 6 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 6 月 4 日

鮑斯高同學會

時間：下午 3 時至下午 10 時

地點：永援聖母堂上禮堂

星期五 6 月 6 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 6 月 7 日

聖母軍

(聖母軍聖母無玷聖心支團)

時間：上午 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 15 分至 11 時 15 分

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

星期日 6 月 8 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 分至 2 時 30 分

地點：聖堂騎士會室

心靈小品

心靈的歸依

離別了，才知道相聚時的短暫，分開了，才知道團聚時的快樂。曾經這樣想過：如果能夠重新開始，我一定會珍惜每一分每一秒的時間去感悟那份來自天上的愛，認真的體驗與朋友們在一起時的那份快樂、真誠與友誼；可是這一切都已成為過去，成為不可再來的回憶。就讓我把這份回憶珍藏，從心中默默的為他們——為所有關愛我們的人、為所有和我一樣的人祈禱和祝福。

我還未來得及去細細地體味和品嚐，還未來得及透徹人生的真諦，甚至我還未來得及認識所有的人，時間已悄悄走過，走的是那樣的匆忙。時間，讓我學到了很多。是它幫我找回了迷失的靈魂，迷失的自己，重新讓我回到了天主的懷抱，體驗了愛的真諦。

當晚上，我跪在耶穌面前的時候，一種感恩從心底湧起，我整個人似乎隨著歌聲上升，我真的感到天主在與我說話，那是心的交流，心的體驗，心的感受；那一刻，淚掛上我的雙眼。我祈禱說：主，我來了，求你治愈我，求你幫助我，求你開啓我。那一刻，我多麼希望地球不再轉動，時間不再行走；真的希望那一刻成爲一種永恒。那一刻，我感動著，我幸福著；那一刻，我在主內生活著。

時間在一分一秒的走著，它不會因爲某個時刻有意義而爲你停留。但是我會，我會讓這份感動永藏心底，成爲我心中的永恒。於是，從那時起，我打開了信仰的大門，我不再害怕承認我——是一名教友；從那時起，我不想再作沉睡的小鹿，我要作清醒、善良的羔羊；從那時起，我不想再因失意而哭泣，因爲我相信天主——給我力量。這一切，我以怒而開始，以感動和愛而結束。

靈修小故事

時間鑽戒

據說，偉大的所羅門王有一天晚上做了一個夢，一位先聖在夢裏告訴他一句話，這句話涵蓋了人類的所有智慧，讓他高興的時候不會忘乎所以，憂傷的時候能夠自拔，始終保持勤勉，兢兢業業。但是，醒來後卻怎麼也想不起那句話來，於是，他召來了最有智慧的幾位老臣，向他們說了那個夢，要他們把那句話想出來，並拿出一顆大鑽戒，說：“如果想出來那句話，就把它雕刻在戒面上。我要把這顆戒指天天戴在手上。”

一個星期後，幾位老臣來送還鑽戒。戒面上已刻上了一句簡單的話：

“這也會過去。”

是的，無論是痛苦與快樂、成功與失敗，一切都將在時間無聲的腳步中成爲過去。我們不必爲暫時的不如意而痛苦不休，因爲“這也會過去”，我們更不必爲一時的成功而自命不凡，因爲“這也會過去”；成功時不必驕矜，失意時也不必氣餒，因爲一切終將成爲過去。時間如流水，流走的是光陰和生

命，它比任何鑽石都寶貴，鑽石可以在這世界留住，但是生命不能。珍惜現在的光陰，珍愛短暫的生命。樂觀豁達地對待生命中的潮起和潮落，從從容容地度過人生中的每個冬日和春天，以積極的心態面對生活，你的人生會更加美好。

知多一點點

褻瀆聖神的罪永不得赦免！

「我告訴你，一切罪過和褻瀆，人都可得赦免；但是褻瀆聖神的罪，必不得赦免。凡出言干犯人子的可得赦免；但出言干犯聖神的，在今世及來世，都不得赦免。」（瑪十二 31~32）

「我實在告訴你們：世人的一切罪惡，連所說的任何褻瀆的話都可得赦免；但誰若褻瀆了聖神，永遠不得赦免，而是永久罪惡的犯人。」（谷三 28~29）

耶穌時代的猶太人，早已信仰聖神之存在，並承認聖神具有兩大功能：(一)把天主的真理啓示給世界；(二)幫助人去了解及接受這些真理。

但問題是，這些聖神所啓示的真理，若長期被疏忽及輕視，久而久之，必將漸趨衰弱，甚至可能完全消失。人的各種器官若長期不用，必將失去功能：如人長年臥床不走動，腿部必將萎縮；在校內所學的外文：如法語或日語，若長期不使用，也將漸漸變得生疏。一切記憶及知識皆如此，聖神的功能也不例外，因此人若長期緊閉心扉，不讓自己去認識聖神所默示的真理，到最後可能會變得善惡不分，有理的變成無理，無理的反面變得有理！這種極端的心理矛盾，正是當年那些法利塞黨人及經師們所遭遇的厄運。明明耶穌爲了救人而驅魔，他們反誣告祂藉魔王驅魔！

出言干犯人子的罪可赦免，出言干犯聖神的罪永遠不得赦免！什麼樣的罪稱是得罪人子，因此可以赦免？什麼樣的罪又是冒犯聖神，因此永遠不得赦免？當年聖熱羅尼莫曾巧妙地替耶穌回答了這個問題：「出言反對人子的人，是因爲我的肉體而跌倒，因此說我是木匠的兒子，說我有兄弟雅各

伯、若瑟，猶達，說我如同別人一樣也吃也喝酒；這樣的意見和褻瀆，雖然不無罪過，但都可以赦免，因爲那是出於肉身的軟弱。但是那些清清楚楚看見天主作爲的人，無法否認這種神力的人，竟出於嫉妒而誹謗天主，把聖神的作爲歸元於「魔王貝耳則步」的人這種人是無法赦免的。」之所以無法赦免，因爲他們昧著良心，明明是耶穌靠天主大能驅魔，他們卻誹謗這是魔鬼的事，如此善惡不分且至死不悟，不知悔改當然就沒有寬恕赦免的可能，即使天主無限的慈悲也已無計可施！人生一世誰能無過，過而能改善莫大矣，只有那些至死不悔的人，才是最可憐的人。

最後，瑪竇用了一個「善樹結善果、惡樹結惡果」的比喻，結束了這段話。種瓜得瓜種豆得豆，本是萬物最基本的因果律，因此耶穌終於責備法利塞人說：「毒蛇的種類啊！你們既是惡的，怎能說出善來？因爲心理充滿什麼，口裡就說什麼。善人從善庫裡取出善來；惡人從惡庫裡取出惡來。但我告訴你們：人所說的每句廢話，在審判之日，都要交帳，因爲憑你的話，要定你爲義人，也憑你的話，要定你爲罪人。」（瑪十二 33~37）若每句廢話，來日在審判時都得交帳，更何況是那些人惡意誹謗，他們又當如何交待！

好樹好果的比喻，瑪竇早在第七章內就已提過。那時，耶穌曾警告祂的門徒，當提防那些言行不符的假善人，他們掛羊頭賣狗肉，外披羊皮，內心卻是一隻兇殘的豺狼。因此耶穌告訴他們，可從這些偽君子的果實中來辨別真偽：「荆棘上豈能收到葡萄？或者蒺藜上豈能收到無花果？壞樹既不能結好果子，凡不結好果子的樹，必要砍倒，投入火中！」（瑪七 15、19）

在這段福音對我們有什麼關係？首先，我們千萬不可昧著良心說話或行事。天主給每個人一顆良心，它有監督及鼓勵的作用。但經驗告訴我們，這顆良心也很脆弱，每當我們想犯罪作惡時，我們的良心可能會強力反抗，但若我們充耳不聞，久而久之，良心的呼聲將漸趨衰弱，最後甚至完全消失。那時，我們也可能變得像法

利塞人一樣，不但善惡不分，甚至做了惡事還沾沾自喜，自以爲是，喪盡天良。那時我們要千萬當心，因爲良心一旦被泯沒，悔改之心也將不翼而飛，不知悔改，正像那些不結善果的樹一樣，早晚將被砍掉投入火中去燃燒。
呂漁亭