

## Theme Sharing

### Pentecost Sunday

#### One Spirit, One Mission

Today is the Feast of Pentecost, and we celebrate the descent of the Holy Spirit upon the Church.

The first reading describes the dramatic signs, and outcome, of the coming of the Holy Spirit – a sound like the rush of a violent wind and a tongue of fire resting on everyone gathered in the room. Wind indeed signifies the Lord's presence at a number of noted events in the Old Testament, and Jesus has also used "wind" to describe the Holy Spirit. Likewise in the Old Testament, "fire" is a sign of God's appearance as well as a means of purification. In the gospel of Matthew and Luke, John the Baptist in fact foretells a baptism of "the Holy Spirit and fire" by Jesus. In today's gospel, the tongues of fire symbolize the "gift of tongue" to the apostles. The gift empowers them to break the language barrier in proclaiming the Good News to everyone, and shows the power of the working of the Holy Spirit.

Both the first reading and the gospel speak on the gift of the Holy Spirit, each looking from a different angle. The first reading, from Acts 2:1-11, focuses on the outpouring of God's Spirit upon the Church; whereas the gospel reading, from John 20:19-23, emphasizes on the mission of the Church now armed with such powerful gift. In the second reading, from 1 Cor. 12:3-7 & 12-13, Paul reminds us that we receive the same Spirit at our baptism such that all of us belong to one and the same Church. The Church is one, but her members are numerous, spreading among all nations. The Spirit is one, with gifts outpouring upon the whole world, filling the hearts of all the faithful and renewing the face of the earth, thus completing God's wonderful works. Members of the Church are one and in communion with each other. "There is only one Body, and one Spirit," says Paul, "just as you have one and the same hope when you are chosen. There is one Lord, one faith and one baptism; and there is only one God and Father of all, who is above all, through all and in all."

John's gospel in today's reading provides a somewhat different perspective from Luke's regarding Jesus' appearance to his apostles after his resurrection. In Luke's gospel, Jesus shows his hands and feet to the

apostles and asks for something to eat in order to remove their fear that he is a ghost! However, the message of Jesus to his apostles in today's reading is essentially one of peace. He says to them, "Peace be with you!" and then shows them his hands and his side. This indicates that his suffering, death and resurrection are really the source of their peace, and that his sacred wounds are but testimony of his love for all men. Unlike Luke, John tells us that the apparition of Jesus occurs in the evening of the first day of the week, meaning the day of the resurrection. So John is trying to remind us that the coming of the Holy Spirit is closely associated with the Passion, death and resurrection of Christ. Let us remember that we have received the same Spirit, and so we are also entrusted by Christ with one and the same mission to proclaim the gospel to others as best we can.

### Gospel of joy Evangelii Gaudium

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

II. Pastoral activity and conversion  
25. I am aware that nowadays documents do not arouse the same interest as in the past and that they are quickly forgotten. Nevertheless, I want to emphasize that what I am trying to express here has a programmatic significance and important consequences. I hope that all communities will devote the necessary effort to advancing along the path of a pastoral and missionary conversion which cannot leave things as they presently are. "Mere administration" can no longer be enough. Throughout the world, let us be "permanently in a state of mission".  
To Be Continued  
Apostolic Exhortation Evangelii Gaudium

### Diocese & Other News

**Ordination of Colin O'Rourke will be** held on July 5, at St. Mary's Cathedral, at 11:00 a.m., with Bishop Henry presiding. (wrong time was published in The Carillon)

**Feed the Hungry 24th Annual Golf Tournament** on Monday, August 11. Join Bishop Henry for a spectacular day of golf, steak dinner, and prizes at the beautiful Silvertip Resort in Canmore and raise funds

for Feed the Hungry. For more information see

[www.calgarydiocese.ca/feed-the-hungry-golf-tournament.html](http://www.calgarydiocese.ca/feed-the-hungry-golf-tournament.html) or contact Sam, (403)

218-5531 or

[samantha.jones@calgarydiocese.ca](mailto:samantha.jones@calgarydiocese.ca)

**Arcatheos Summer Boys Camp** is scheduled to run for boys 13 - 17 from July 30 - August 9; and for boys ages 7 - 12 from August 4 - 9. See [www.arcatheos.com](http://www.arcatheos.com) for details.

**Captivenia Summer Girls Camp** is scheduled to run for girls 13 - 16 from July 16 - 26 and for girls ages 9 - 12 from July 21 - 26. See [www.captivenia.com](http://www.captivenia.com) for more details.

**Volunteering with Inn From the Cold** - Are you interested in volunteering with Inn from the Cold to assist those who are homeless? There are many ways in which you can use your gifts and talents within this fulfilling ministry. For more information call 403-536-5682.

### Parish Activities

#### OLPH Scout Group Selling Key Chains

OLPH Scout Group will be selling Key Chains on Saturday June 14 & Father's Day June 15 for fund raising, and take the opportunity of Father's Day to honour all fathers and tell them how much they are loved and appreciated.

We would also be registering new members for our Scout Troop. We offer programs for Beavers, ages 5-7, and for Cubs, ages 8-10, and Scouts, ages 11-14. Our goal is to offer fun while instilling confidence, leadership, and responsibility in our youth members. We use crafts, games, badge work, skill training, camps, outings, teamwork, and other activities to reach these goals.

If you would be willing to donate any used camera & bicycles to OLPH 300 Scout Group, items can be dropped off on June 14 & 15, or contact Pak at the 403-991-8896. Scouts would learn photography with the used cameras, and bike repair, maintenance & assembly with the used bicycles.

#### OLPH Breakfast Corner

OLPH Pastoral Care Team will be hosting a Breakfast Corner on Sunday, June 29<sup>th</sup> at OLPH Upper Hall after every Mass. Ticket price: \$5.00 each

Tickets are available at the religious article counter until June 22, 2014.

Ms. Yvonne Hau, Diversity Liaison, Public Health Alberta Health Services will be hosting a talk on "Hepatitis C, Hepatitis B and HIV at 1:00 p.m.

All Parishioners and friends are welcome!

### Thank you for your support of Balkan Flood Relief

Thank you for your generous support of Balkan Flood Relief last week.

We collected a total amount of \$1,095.55 in donations.

May God bless you and your family!

### 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. Together we will help thousands within our own communities and abroad through difficult times. Donation envelopes can be picked up from both the front and the side entrances. Let's take action now to respond to Christ's love and sacrifice for the salvation of mankind.

### Weekly Activities

Wed, Fri 11, 13

OLPH Senior Centre

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

Place: OLPH Church, Upper Hall

Wed 11

Perpetual Help Harmony Choir

Time: 7:00p.m.-9:00p.m.

Place: OLPH Church, Upper Hall

Fri 13

OLPH Scout

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

Place: Upper Hall & Lower Hall

Sat 14

OLPH Pastoral Care Team and Health Care Apostolate Workshop "Basic Understanding of Mental Health Issues and Illness & Spirituality"

Time: 9:30 a.m. to 2:30 p.m.

Place: OLPH Church Upper Hall

Legion of Mary (meeting)

Time: 9:45a.m.

Place: K of C Room at OLPH Church

Faith Sharing Group (N.E)

Time: 10:30a.m.-12:00noon.

Contact: Sr. Sze 403-230-3801

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

Faith Sharing Group (N.W.)

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

Contact: Wendy Tai 403-208-2268

Sun 15

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

### Let There Be Light

#### If Tomorrow Never Comes

If I knew it would be the last time that I'd see you fall asleep, I would tuck you in more tightly and pray the Lord, your soul to keep.

If I knew it would be the last time that I see you walk out the door, I would give you a hug and kiss and call you back for one more.

If I knew it would be the last time I'd hear your voice lifted up in praise, I would video tape each action and word, so I could play them back day after day.

If I knew it would be the last time, I could spare an extra minute or two to stop and say "I love you," instead of assuming, you would know I do.

If I knew it would be the last time I would be there to share your day, well I'm sure you'll have so many more, so I can let just this one slip away.

For surely there's always tomorrow to make up for an oversight, and we always get a second chance to make everything right.

There will always be another day to say our "I love you's", And certainly there's another chance to say our "Anything I can do's?"

But just in case I might be wrong, and today is all I get, I'd like to say how much I love you and I hope we never forget, Tomorrow is not

promised to anyone, young or old alike, And today may be the last chance you get to hold your loved one tight.

So if you're waiting for tomorrow, why not do it today?

For if tomorrow never comes, you'll surely regret the day, That you didn't take that extra time for a smile, a hug, or a kiss and you were too busy to grant someone, what turned out to be their one last wish.

So hold your loved ones close today, whisper in their ear, Tell them how much you love them and that you'll always hold them dear, Take time to say "I'm sorry," "please forgive me," "thank you" or "it's okay".

And if tomorrow never comes, you'll have no regrets about today

### Stories Faith Sharing

#### The Weight of Holy Mass

The following TRUE STORY was related to Sr. M. Veronica Murphy by an elderly nun who heard it from the lips of the late Reverend Father Stanislaus SS.CC.

One day many years ago, in a little town in Luxembourg, a Captain of the Forest Guards was in deep conversation with the butcher when an elderly woman entered the shop.

The butcher broke off the conversation to ask the old woman what she wanted. She had come to beg for a little meat but had no money. The Captain was amused with the woman and the butcher. "Only a little meat, but how much are you going to give her?" he wondered.

"I am sorry I have no money but I'll hear a Mass for you," the woman told the butcher. Both the butcher, and the Captain were indifferent about religion, so they at once began to scoff at the old woman's idea.

'All right then," said the butcher. "You go and hear a Mass for me and when you come back I'll give you as much as the Mass is worth". The woman left the shop and returned later. She approached the counter and the butcher said. "All right then, we'll see."

She took a slip of paper and wrote on it: "I heard a Mass for you."

He placed the paper on the scales and a tiny bone on the other side, but nothing happened. Next he placed a piece of meat instead of the bone, but still the paper proved heavier. Both men were beginning to feel ashamed of their mockery but continued

their game. A large piece of meat was placed on the balance, but still the paper held its own.

The butcher, exasperated, examined the scales but found they were correct.

"What do you want my good woman? Must I give you a whole leg of mutton? At this he placed the leg of mutton on the balance, but the paper outweighed the meat. A larger piece of meat was put on, but again the weight remained on the side of the paper. This so impressed the butcher that he was converted and promised to give the woman her daily ration of meat.

As for the Captain, he left the shop a changed man and became an ardent lover of daily Mass.

Two of his sons became priests, one a Jesuit and the other a Father of the Sacred Heart.

Father Stanislaus finished the story by saying, "I am from the Religious of the Sacred Heart and the Captain was my father." From the incident the Captain became a daily Mass attendant and his children were trained to follow his example. Later, when his sons became priests, he advised them to say Mass well every day and never miss the Sacrifice of the Mass through any fault of their own.

[Read More Know More](#)

### **The seven gifts of the Holy Spirit**

During Lent we explored the moral virtues, and now during Easter season we are going to explore the seven gifts of the Holy Spirit. It is especially in the sacrament of confirmation that we receive the infusion of these heavenly gifts into our souls.

According to St. Thomas Aquinas the gifts dispose us to obey divine influence and inspiration, whereas the virtues enable us to carry out the works of this obedience.

Sails of the soul

The gifts can be compared to the sails of a boat. Father Gabriel of St. Mary Magdalen, OCD, wrote: "Just as the ship, by means of its sails, can be driven by the wind, so our souls, by means of the gifts, have the capacity to be moved and directed by the Holy Spirit.

"If a mariner sets the sails on his boat, he intends to move it not only by rowing, but also by the force of the wind. In like manner, when God infuses the gifts of the Holy Spirit into our souls, He wishes them to advance, not only by an active practice of the virtues,

but also by the intervention of the Holy Spirit."

One catechism points out: "The gifts of the Holy Spirit enable us to catch the breath of the Holy Spirit, moving the ship of our soul much faster and farther than we could ever sail it by using the virtues ourselves."

"For example, we can use the virtue of faith by making an act of faith. But to use this virtue constantly, being aware of God's presence in us and about us at all times, is more than we can do ourselves unless the Holy Spirit does it in us."

Just as the teachings in elementary school prepare a student for higher forms of instruction, so the seven gifts prepare the soul for the higher influence of the Holy Spirit.

Mind and will

The seven gifts of the Holy Spirit are: wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord.

The gifts of wisdom, understanding, counsel, and knowledge enlighten the understanding. "They tend to remove from the soul that black cloud of ignorance with which sin has darkened our understanding."

The gifts of fortitude, piety, and fear of the Lord strengthen the will. "They serve to heal the wounds inflicted by sin in the human will, to extinguish the fire of concupiscence, and to enable us to walk with courage and fidelity in the way of the divine commandments."

Author Father John Hardon, SJ, points out that the Holy Spirit is constantly acting on our minds and wills by His actual grace. These divine visitations are called "holy thoughts" and "holy desires."

Holy thoughts, or illuminations of the mind, are momentary insights we receive from the Holy Spirit, whereas holy desires, or inspirations of the will, are momentary impulses we receive from Him.

Father Hardon teaches us that the secret of responding to holy thoughts and desires is to keep ourselves ever ready to say "yes" to the graces sent by God.

Father Gabriel reminds us: "[The gifts] are the sails of the soul, but these sails can be let down, weighted by our egoism, our self-love, and attachment to ourselves and to creatures. Charity, on the contrary, frees them from every impediment and turns them toward the gentle breeze of the Holy Spirit. The more open and full the sails are, the better they will be able to receive the least impulse of the divine Paraclete."

## 主日分享

### 五旬節主日

#### 同一的聖神，同一的使命

本主日是五旬節，或者說聖神降臨節。讀經一取自宗徒大事錄。記述聖神降臨的現象及其效果。現象是彷彿暴風的聲音和將在每人頭上如火舌的形像。「風」在舊約聖經中象徵天主的來臨，耶穌也把聖神比做的「風」。「火」在舊約聖經中是天主顯現的外面現象，止淨化的行為。洗者若翰已預言耶穌所施的洗禮是「以聖神和火」。火舌的形像停留在宗徒和其他聚在樓房中的人頭上，表示賜給他們說萬國方言的恩典。這是聖神降臨的一個效果。在讀經二裡聖保祿宗徒講述闡述有關神恩的道理。神恩是天主聖神賜給人的才能。聖保祿宗徒把教會和人身相比，來說明聖神分賜各種神恩不是為某人的個人私益，而是為對全教會的服務。

福音講述耶穌在復活的當天晚上，顯現給他的門徒們，他賜給他們聖神，授予他們赦罪的權柄，並對他們說：祝你們平安！「我派遣你們，一如父派遣了我。」在若望福音中，耶穌的動作應該是為強調祂所說的話；耶穌對自己的門徒們說：「祝你們平安！」然後把手和肋膀指給他們看，這是向他們表示：祂的受難、死亡和復活，是祂給他們帶來平安的根源；祂手和肋膀的傷痕，是祂深愛世人的證明。

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

#### 不要讓人用任何方法欺騙你們

有許多謊言使人相信錯誤的東西，或是不相信對的東西。

有些沒有考驗那些神是出於天主（若壹四 1），就相信了「什麼神恩、什麼言論、或是什麼書信」（得後二 2）。一些沒有堅守我們由聖經所學得的傳授（得後二 15）。

一些沒有堅守我們透過教會的聖言和宗徒書信所傳授（得後二 15）的道理。

如果我們不遵從聖經的教導，我們就會被蒙騙，「因為不認識聖經，即不認識基督」如果我們只依從聖經，我們也可能會被蒙騙。

我們需要教會作為「真理的柱石和基礎」(弟前三 15)。要避免人用「任何方法」欺騙我們(得後二 3)，我們就要親身認識耶穌，和奉獻我們的生命。我們需要聖神，祂是真理之神，把我們引入一切真理(若 十六 13)，保護我們免受欺騙。

我們也需要認識聖經和活出聖經。

天主的話就是真理(若十七 17)。

最後，我們需要教會。

許多充滿聖神、相信聖經的基督徒不認同一些重要的真理。

我們人性的軟弱需要教會的護佑。

我們需要耶穌的真理(若十四 6)、聖神的真理(若十六 13)、和聖言的真理(若十七 17)，和教會——真理的柱石和基礎(弟前三 15)。

## 堂區活動

### 永援聖母堂童軍 300 旅售賣精美鑰匙扣

為表示對父親們致敬，永援聖母堂童軍 300 旅將於六月十四日(星期六)下午五時彌撒後及十五日(星期日)父親節每台彌撒後，售賣童軍自製精美鑰匙扣，以籌募活動經費，請各位多多支持。

是日亦為童軍公開註冊日，歡迎 5 - 14 歲兒童加入童軍，18 歲以上可申請當義務童軍領袖。我們提供具創作性的活動，能幫助青少年發掘自信、團隊合作精神和領導才能，並發展關心和尊重環境、社區和世界的正確態度。查詢或報名，請電郵：

[gkhpoon@yahoo.ca](mailto:gkhpoon@yahoo.ca) 與 Glendy Poon 聯絡。

如你願意捐出舊相機和單車給 OLPH 童軍 300 旅團，可於在 6 月 14 日及 15 帶回聖堂，或致電 403-991-8896，與 Pak 聯絡。童軍會以舊相機學習攝影，並以舊單車學習維修，保養及裝嵌。

### 早餐交流會及講座

為促進堂區教友情誼，永援聖母牧靈關愛組特設早餐交流會。

日期：六月二十九日(星期日)

時間：八時三十分彌撒後有茶點招待，十時及十一時半彌撒後有精美中式早餐供應

地點：卡城永援聖母堂上禮堂

購票：費用每位五元，由即日起至六月二十二日在聖物部購買。

講座：下午一時由亞省公共健康部 Yvonne Hau 主講乙型、丙型肝炎及人體免疫缺陷病毒(HIV)

祈望各教友攜同親友擁躍參加。

### 感謝巴爾幹半島水災的奉獻

多謝大家上週在巴爾幹半島洪水災難的慷慨奉獻，我們共籌得 \$1,095.55

願主與你們同在！

### 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

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 11, 13 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 11 日

永援聖母歌詠團

時間：晚上 7 時至晚上 9 時

地點：永援聖母堂上禮堂

星期五 6 月 13 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 14 日

卡城天主教牧靈部與永援聖母牧

靈關愛組將會合辦公開講座

主題：精神健康，情緒及靈性工作坊

時間上午 9 時 30 分至下午 2 時 30 分

地點：永援聖母堂上禮堂

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

東北區信仰小團體聚會

時間：早上 10 時 30 分至 12 時

聯絡：施修女 403-230-3801

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

信仰小團體(西北區)

時間：晚上 7 時 30 分至 10 時

聯絡：Wendy Tai 403-208-2268

星期日 6 月 15 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

## 靈修小故事

### 別人的嘴巴，自己的道路

有一群青蛙在比賽誰能爬上最高的鐵塔，比賽開始了，一大群的青蛙看著那高大的鐵塔異論紛紛：「這太難了！我們絕對爬不到塔頂的……」、「塔太高了！我們不可能成功……！」聽到這些話，有些青蛙便放棄了。

看著那些仍然繼續爬的青蛙，大家又繼續說：「這太難了！沒有誰能爬上塔頂的……」就這樣你一言我一語，越來越多的青蛙退出了比賽。但有一隻卻越爬越高，最後當其他的青蛙都無法再前進的時候，牠卻成為唯一到達頂點的選手。

其他的青蛙都想知道，牠是怎麼做到的？於是便跑上前去詢問，才發現原來牠是個聾子！

朋友，你知道這個故事告訴你什麼嗎？是的，嘴巴是別人的，但人生卻是自己的！

雖然我們不必做個真正的聾子，但卻要永遠充滿希望、樂觀和積極，不要只聽那些消極、悲觀的話，因為他們

只會潑別人的冷水，澆熄你的毅力。要將充滿力量的話，時時記在心裡，因為這將影響你往後的一生。

嘴巴長在別人嘴上，但自己卻要走屬於自己的道路。

在這個現實的社會裡，即使是遭受旁人無情的冷落、批評、否定，甚至排擠，也不能表示你就必須哀聲歎氣、自怨自悲，唯一能否定你的人，只有你自己！

因此，絕不能因為別人的幾句批評或冷言冷語，就要難過痛苦，或者氣得跳腳，因為那只會對自己更沒信心而已。

有人的地方就有是非，只要有嘴巴，就會有意見和批評。

太在意別人的批評，不僅越活越痛苦，也會失去自己的看法和堅持，到最後甚至連人生的意義，都將因此而猶疑、朦朧，若果真走到這樣的地步，自我變成別人嘴巴的奴隸，豈不是很可悲？

別人的嘴巴，永遠不能幫你走過人生的路，無論是康莊坦途，還是崎嶇難行，都只能自己走，在那當中，如果得到的是鼓勵和支持，就要永遠感恩在心，並同樣的去幫助別人；但是在那當中，若聽到的是批評和閒語，也不要太難過，學學那隻青蛙，不斷的奮勇直前，走好自己人生的大道吧！生命因為珍惜而可貴，生活因為學習而豐富！

## 知多一點點

### 聖神七恩

「四旬期」，我們探討了有關德行，在「復活期」，我們談談「聖神七恩」。特別在領受「堅振聖事」時，聖神天恩就傾注在我們的靈魂內。聖多瑪斯指出：「聖神七恩」幫助我們易於遵從超性的感召，而德行則幫助我們把所遵從的，付諸行動。

#### 靈魂的風帆

「聖神七恩」有如船隻的風帆。赤足聖衣會會士佳播神父寫道：「船隻靠風帆藉風力而前進，我們的靈魂也靠聖神之恩，讓聖神指引和推動。航海員不獨利用櫓槳行舟，同時依靠風力，讓船隻加速前行；同樣，在修德

的路上，天主傾注聖神七恩於我們的靈魂，是要我們不單靠實踐德行，也靠聖神的介入而前進。」

一本教理書解釋：「聖神之恩讓我們接受聖神的氣息（風），驅使我們靈魂的船隻行得更快、更遠，勝於單靠己力來修德。」又譬如，我們可用信德去發出信仰的熱情。但要不斷地用此信德，時時刻刻認到天主的臨在，我們不能單靠己力，而要依靠聖神在我們內工作。

#### 理志和意志

「聖神七恩」是：敬畏、孝愛、聰敏、剛毅、超見、明達、上智。

聰敏、超見、明達、上智，能光照我們的明悟和理解，「能驅走無知的烏雲，和因罪惡籠罩著我們明悟的陰霾。」敬畏、孝愛、剛毅，能堅強我們的意志和力量，「治療我們犯罪造成的創傷，熄滅我們的私慾偏情，使我們更有勇力在天主誠命下，貞忠地前進。」

耶穌會會士若望·赫頓神父指出，在天主的寵祐中，聖神不斷地在我們的理志和意志作工，衍生聖善的思想和願望。

聖善的思想，是來自聖神的光照，讓我們瞬間有所領悟或洞悉。聖善的願望，是來自聖神的啓迪，讓我們瞬間接收到祂的驅使。

佳播神父提點著我們：「雖然聖神七恩是我們超性生命的風帆，但我們的自負自利、追逐私慾和世俗，足以壓制這風帆；相反，愛德能剔除風帆的障礙，讓風帆迎向聖神的柔風。風帆越開越廣，就越能接受師保聖神最柔和的推動。」