

Theme Sharing

Feast of Saints Peter & Paul

It is the Church's traditional belief that St. Peter and St. Paul both suffered martyrdom in A.D. 66, during the severe persecution of the Church under the reign of Roman Emperor Nero. So the Church has decided to celebrate the feast of these two great apostles together on the same day. Today let us commemorate them by recounting from the scriptures the only three occasions they met each other. No doubt, these meetings would not just be socializing events. In fact, each of these encounters reveals significant aspects on the working of the Church. After his conversion, Paul did not pay an immediate visit to the Church in Jerusalem. Instead, he went to Arabia and then to Damascus. Three years went by before he went up to Jerusalem and met Peter for the first time. This would be an historical meeting, as the figurehead of the mainstream Church in Jerusalem was going to meet someone who had been converted from a notorious persecutor of the Church to a zealous evangelist elsewhere in the region. So far Paul had no direct communication with Jesus' apostles under Peter's leadership in Jerusalem. In his letter to the Galatians, Paul neither explained why he made such a visit to Jerusalem nor disclosed what had been discussed between them; but he did admit that he had "conferred" with Peter. On this occasion, Paul stayed with Peter for 15 days. Such visit surely was needed to foster understanding and communion between different people in the same Church serving the same God.

The second encounter between Peter and Paul is recorded both in the Acts of the Apostles and the Pauline letters. The event is commonly referred to as the "Council of Jerusalem". Some 14 years probably had lapsed, and Paul had completed his first missionary journey (to Cyprus, Pamphylia, Pisidia and Iconium) and converted a lot of Gentiles. At this time, dispute arose between converted Jews from Jerusalem and Gentile Christians. Jewish Christians insisted that converted Gentiles must follow the Law of Moses including circumcision. This led to great discussion and debate among the faith community. Paul and Barnabas were therefore sent to Jerusalem to get a clear ruling from the apostles. There they met Peter, the other

apostles and presbyters, and they discussed these contentious issues. With guidance from the Holy Spirit, the Council of Jerusalem decided that the Gentiles had heard the Good News and believed in Christ. The Gentile Christians were thus purified by faith so that they should not be burdened with the old law especially on circumcision. So this second meeting of the two apostles shows that the Church is a community willing to listen, enter dialogue with each other and is ready to invoke the Holy Spirit in search of truth.

The third encounter between the two apostles is reported in Paul's letter to the Galatians. When Peter (also known by the name of Kephas) first came to the radically mixed community of Jewish and Gentile Christians in Antioch, he ate with non-Jews. Apparently under pressure from radical Jews, Peter broke table fellowship with Gentile Christians. Paul considered this patently wrong and was openly critical of Peter. Since the scriptures were lacking in details and we don't have the full background of the dispute, it is therefore difficult for us to comment one way or the other. Nevertheless, it shows Paul's courage to speak out on what he considered to be in the wrong. It also shows that the early Church was open-minded, willing to accommodate different views and ready to work together for the glory of God.

Pope Monthly Prayers Intention **July General and Missionary**

Intention

Universal: That sports may always be occasions of human fraternity and growth.

For Evangelization: That the Holy Spirit may support the work of the laity who proclaim the Gospel in the poorest countries.

Gospel of joy **Evangelii Gaudium**

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

28. The parish is not an outdated institution; precisely because it possesses great flexibility, it can assume quite different contours depending on the openness and missionary creativity of the pastor and the community. While certainly not the only institution which evangelizes, if the parish

proves capable of self-renewal and constant adaptability, it continues to be "the Church living in the midst of the homes of her sons and daughters".[26] This presumes that it really is in contact with the homes and the lives of its people, and does not become a useless structure out of touch with people or a self-absorbed group made up of a chosen few. The parish is the presence of the Church in a given territory, an environment for hearing God's word, for growth in the Christian life, for dialogue, proclamation, charitable outreach, worship and celebration.[27] In all its activities the parish encourages and trains its members to be evangelizers.[28] It is a community of communities, a sanctuary where the thirsty come to drink in the midst of their journey, and a centre of constant missionary outreach. We must admit, though, that the call to review and renew our parishes has not yet sufficed to bring them nearer to people, to make them environments of living communion and participation, and to make them completely mission-oriented.

To Be Continued

Apostolic Exhortation Evangelii Gaudium

Diocese & Other News

Bishop's Office

Ordination of Colin O'Rourke to the Priesthood, will take place on Saturday July 5, 11:00am, at St. Mary's Cathedral.

Balkan Flood Relief - If you would like to make a donation towards the Balkan flood relief, please send a cheque payable to your parish, earmarked "D & P – Balkan Floods" or by sending a cheque payable to the RC Diocese of Calgary, earmarked "D & P – Balkan Floods" and sent to the Pastoral Centre at 120 -17th Ave S.W. Calgary AB T2S 2T2. Thank you for your generous contributions!

Social Justice Ministry

St. Mary's University College is pleased to announce the launch of a new continuing education program, Certificate in Catholic Social Thought and Expression. This program is the result of a unique collaboration between St. Mary's CWL Chair for Catholic Studies, the FCJ Christian Life Centre, and the Religious Education Secretariat of the Roman Catholic Diocese

of Calgary. For details on the program please visit the St. Mary's website: <http://www.stmu.ca>.

Parish Activities

OLPH Summer Mass schedule

Mass schedule in July and August will be revised as follows:

Saturday : 5:00pm (in Mandarin)

Sunday: 9:30 am (in English)

11:00 am (in Cantonese)

Tuesday (7:00 pm) English Mass will be suspended

Normal Mass schedule will be resumed from September 7.

Exposition of the Blessed Sacrament on July 5

The July's Exposition of the Blessed Sacrament will be led by Faith Sharing Group on July 5 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. 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 July 2, 4

OLPH Senior Centre

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

Place: OLPH Church, Upper Hall

Fri July 4

OLPH Scout

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

Place: Upper Hall & Lower Hall

Sat July 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 at OLPH Church

Tai Chi Lesson

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

Place: OLPH Church Lower Hall

Young Adults choir practice

Time: 6:00 p.m-8:00p.m.

Place: OLPH Upper Hall

Let There Be Light

May You ...

May you find happiness in every direction your paths take you
 May you never lose your sense of wonder, and may you hold on to the sense of humor you use to brighten the lives of everyone who knows you.
 May you go beyond the ordinary steps and discover extraordinary results.
 May you keep on trying to reach for your stars.
 May you never forget how wonderful you are.
 May you always be patient with the problems of life, and know that any clouds will eventually give way to the sunlight of your most hoped-for days.
 May you be rewarded with friendships that get better and better, and with love that blesses your life forever.
 May you meet every challenge you are faced with, recognize every golden opportunity, and be blessed with the knowledge that you have the ability to make every day special.
 May you have enough material wealth to meet your needs, while never forgetting the real treasures of life are the loved ones and friends who are invaluable to the end.
 May you search for serenity, and discover it was within you all along.
 May you be strong enough to keep your hopes and dreams alive.
 May you always be gentle enough to understand.
 May you know that you hold tomorrow within your hands, and that the way there will be shared with the makings

of what will be your most wonderful memories.

And may you always remember, each step along the way...

You are loved more than words can ever begin to say.

Stories Faith Sharing

My Old Bible

Did you ever have something that meant so much to you; something that was a part of your everyday life; something that you didn't think you could let go of?

That "something" for me was my King James Version, Ryrie Study Bible. The time was May, 2003; and this Bible had been my "familiar friend" since August, 1987. I am certain of the dates because I wrote them down... in my Bible. Contrary to popular belief, it is not a sin to write in your Bible. If it was a sin, I would be the "chief" of sinners.

My Bible looked like a road map that had every tiny town, village, hamlet, and back road listed on it. I thought all this was normal until somebody would make a comment such as: "How in the world do you read that?"; or "Are you crazy - writing all over your Bible like that?" You'd have thought I'd committed the unpardonable sin!! I guess you could call me a "serial dater", because every date of every day of every year (for a lot of years) was written down multiple times, by verses that meant a lot to me. Precious promises of God; other favorite verses; notes about marriage, divorce, births, deaths, personal struggles and triumphs were all written down on the flyleaves of my "familiar friend."

I think there were a few tear stains on some pages of my old Bible. Some of the pages were torn and were starting to fall out; the cover was coming apart, but I fixed that with duct tape. I got a lot of grief from my kids about the duct tape.

I also wrote, in my old Bible some personal symbols that meant different things to me. I wrote !!! with a circle around it; that is pretty self-explanatory. Oh, but my favorite was a triangle with a small dot in the center. This symbolized The Father, The Son, and The Holy Spirit surrounding me. God gave me this, and it is very special to me. These symbols that God allowed me to write beside His holy scripture enhanced the importance of those words to me. I also used different colored "highlighters" for extra emphasis on some scriptures.

It finally got to the point that I knew it was time to let my old friend go.

I don't mind telling you that "retiring" my old Bible was a very hard thing to do. I went to the Christian bookstore; looked at several different Bibles; but walked out with a King James Version, Ryrie Study Bible - the same as my "old friend" - minus the dates, symbols, highlights, and other things, of course. It is now March 31, 2008; and my "new friend" has a strong resemblance to my "old friend." I remember watching a news show several years ago about the "Lost Boys of Sudan." The show was about a group of mostly teenage boys that had been forced to leave their homes because of war. They had walked over 1000 miles; with only the clothes on their back, and what small amount they could carry. I think they had reached some sort of refugee camp. A reporter was talking to one of the young men. That young man was holding a Bible, and the reporter asked why he had carried that Bible with him for over 1000 miles. The young man, grinning from ear to ear, said "Because, it is my life!" I know what that young man meant...

主日分享

聖伯多祿和聖保祿瞻禮

根據教會中非常可靠的傳統，伯多祿和保祿都在公元六十六年，羅馬皇帝尼祿迫害教會時殉道，所以教會禮儀在同一天上慶祝這兩位大宗徒。今天教會既然同時紀念兩人，所以我們採取一些同時論及他們的篇幅，作為向他們致敬的據點。我們假定教友對於二聖都有初步的認識了。

新約記載伯多祿和保祿應該有三次彼此見面的機會。這三次見面實在不是私人的交際，每次都含有重大的教會意義。

保祿歸依之後，沒有立刻上耶路撒冷，他先去阿拉伯，然後又回到大馬士革，三年之後，才在聖京拜見了伯多祿。伯多祿是當時耶路撒冷教會的領導人物。雖然保祿在自己寫的致迦拉達書中，沒有詳述為何拜訪伯多祿，同他討論些什麼，不過字裡行間，表示此行具有極大的共融意義。過去他曾是迫害教會者，大家聽說過他歸依的事情，以及獻身基督的傳道工作；另一方面這樣特殊的一個風雲人物，究竟還未與教會的領導中心，那些耶穌的嫡門弟子溝通過；所以這一次保祿拜訪伯多祿，在耶路撒冷住了

十五天，誠是教會共融性的要求，為同一天主的教會而工作的人，應當彼此認識、溝通。

至於第二次伯多祿與保祿會面，不但保祿自己在書信中有記載，而且宗徒大事錄也有記載。我們把兩方面所記載的作為同一件事來說明。這是有名的耶路撒冷會議。保祿已經完畢了他的初次傳播福音旅程，不少外邦人歸依基督。從耶路撒冷來了一些猶太基督徒，他們認為外邦人歸依應當遵守梅瑟慣例，行割損禮，於是造成了保祿和他們之間的爭辯。結果保祿和他的同伴巴爾納伯一起上耶路撒冷去討論這個重大問題。當時伯多祿也在耶路撒冷，他們同其他宗徒與長老，在天主聖神光照下決定了外邦人歸依不必領受割損禮；因為他們相信基督，已經加入了新的救恩團體，毋須再受古禮。伯多祿和保祿兩位大宗徒，第二次見面表示教會是彼此聆聽、交流，共同尋求來自聖神的真理的團體。

至於兩人第三次見面，依照保祿致迦拉達書信，好像伯多祿缺少膽量，為了避免極端的猶太份子干擾，不再同外邦基督徒共桌來往。因此保祿當眾指斥了他。有關這件事的真相，因為我們只有一面之詞，不易認清真相。無論如何，伯多祿身為宗徒之長，保祿非但不顧情面，勇於公開表達自己認識的真理，顯出初期教會中的膽肝相照，不對權威曲義奉承。

錄自梵蒂岡電台

教宗及福傳祈禱意向

七月祈禱及傳教意向：

祈禱意向：為體育活動

願運動賽事常能成為人類友愛與成長的場合。

福傳意向：為平信徒傳教士

願聖神能支持在最貧窮國家從事傳播福音工作的平信徒。

福音的喜樂

「福音的喜樂」
教會要敞開大門
我實在一無所缺，

主，我要跟隨你！

《上主是善牧》——更好的一份是真正的、平靜的生活在天主的身邊，尋找祂的聲音，聽祂的聲音，這實在是一無所缺。

上主是善牧

上主是我的牧者，

我實在一無所缺。

我們的世界忙碌不停，羊忙碌不停的是什麼？草，水，做頭領，躲避對頭。如果羊一心想著這些，忙碌這些，眼裏便沒有看到牧人，沒有聽到牧人呼喚自己的聲音。如果羊沒有把對自己世界的思慮看的很重，而把自己的眼睛、耳朵都投向牧人那裏，自己又是什麼樣的呢？——我實在一無所缺，直至悠遠的時日。“我將住在上主（牧人）的殿裏，直至悠遠的時日。”

這就是羊的選擇：是選擇有限的時日操心忙碌，還是選擇牧人——一無所缺至永遠。選擇牧人，將安坐在牧人的腳前，聽祂的聲音，分享祂的喜樂與憂愁，是何等的榮耀與美善。我們有了這善牧（我是善牧：善牧為羊捨掉自己的性命。（若 10：11）），還能缺什麼，還有什麼去值得忙碌的勝於坐在美妙的腳前。

這所說的更好的一份是：拋棄現世的一切好處，背起十字架為賺取永生的好處。現世的諸多好處和快樂都是短暫的，為這許多事操心忙碌祇能賺取這有限一生的快樂。“其實需要的唯有一件。”這唯有一件，更好的一份是：高瞻遠矚去賺取永生的好處和快樂。

耶穌說：“這話不是人人所能領悟的，祇有那些得了恩賜的人，才能領悟。”（瑪 19：11-12）

是什麼讓我們放不下，我們的天主什麼都給我們，甚至自己親子——天主子的生命，我們為什麼不肯給天主。細數自己的珍寶，我們有什麼比天主更貴重的珍寶？看看我們的珍寶：天主、生養無育我們的父母親人、伴隨成長和一生的奮鬥不息的事業，這些是。情感？金錢？位置？這些不是。是珍寶的阻礙了我們的腳步了嗎？不是，我的珍寶盡歸天主的珍寶，我的奮鬥和事業沒有走出天主事業的邊界。為什麼我不能把自己的一切全部

的奉獻到天主的祭台？爲什麼我不肯給那給我一切的天主？是我對天主的信心太小嗎？不，我堅信天主！可是我真的那麼堅信天主嗎？如果對天主足夠的堅信，對祂有什麼不放心的，祂會怎樣對待我那放不下的一切呢？我一呼求，祂什麼都給我！難道祂會不去照料我那爲祂放不下的嗎？——雖然我們自身的軟弱，走不出世俗這卻是真的。寬愛仁義的天主早就知道我們這些人：“…（你們）心神固然切願，但肉身卻軟弱。”（瑪 26：40-42）；爲此，祂仍然願意原諒我們的軟弱，原諒我們的“小氣”不肯爲祂做祂喜悅的事。祂說：“能領悟的，就領悟罷！”（瑪 19：12）。也因這些，使得我真真敬佩羨慕那戰勝人性軟弱、戰勝世俗的得天主恩賜的人。在這個世界，爲經營生命的，我最是敬佩羨慕他們！

以前，在讀到伯多祿背主時，耶穌護佑他已爲他祈禱了，挽救了他的信德。他回心轉意了，成了一個謙遜且熱誠的門徒，從此，一生忠心耿耿的愛主，侍主，爲主服務。當他被羅馬士兵逮捕時，要求倒釘死在十字架上。伯多祿的事跡同樣反映我們，我們跌倒、軟弱時要立志再起來、藉著主的護佑，努力向前進！（“因爲我幾時軟弱，正是我有能力的時候。”（格後 12：10）天主不會不管我的。）

因此，我也懇求主護佑並爲我祈禱吧！在我軟弱的時候，請禱來也給我能力吧！我願聽從你，耶穌，我信賴你！

堂區活動

暑期主日彌撒

七、八月之主日彌撒將更改如下：

星期六主日提前彌撒：五時(國語)

星期日早上彌撒：九時卅分(英文)

十一時(廣東話)

星期二黃昏彌撒暫停

九月七日之主日開始，主日早上彌撒及星期二黃昏彌撒將照以往時間舉行

顯供聖體 (七月五日)

永援聖母堂七月份的顯供聖體時間爲七月五日上午十時至十一時由信仰小

團體帶領。當天除了朝拜聖體外，阮神父將爲教友聽告解。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

今年本堂的配額爲\$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索取。就讓我們立即行動，慷慨解囊！

活動一週

星期三、五 7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

星期五 7月4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 7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15分至11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

心靈小品

生命是奇妙的

天主：哈囉，你是不是找我？

我：找你？沒有啊，你是誰？

天主：我是天主，我想是時候要和你談談。

我：其實我很忙，現在正忙著處理一些事情...

天主：你在忙甚麼？螞蟻也很忙呢...

我：不知道，只是覺得沒有時間。

生活變得很忙碌，時常都是匆匆忙忙的。

天主：那當然。太多的活動令你匆忙，它佔用了你全部時間。

我：我也明白。但總是處理得不好。

對了，我沒想到你會這時候出現和我對話。

天主：是的，我想幫你解決“沒時間”

這個問題，給你一些清晰的觀點。在這個互聯網時代，我想用一些令你比較舒適的方法來溝通。

我：可否告訴我，爲甚麼現在生活變得這麼複雜？

天主：不要去分析生命，只要好好過你的生活，分析會令生活變得複雜。

我：爲何我們常常都不快樂？

天主：你的今天是在昨天時爲明日而憂慮的。因你分析生命，所以你憂慮，它已經成了一個習慣，因此你不快樂。

我：生命有太多的無常，又教我如何不憂慮？

天主：無常是不可避免，但憂慮與否是可以選擇。

我：但是，無常往往帶來很多痛楚。

天主：痛楚是不可避免，受苦與否是可以選擇的。

我：如果受苦可以選擇的話，爲何那麼多好人遭遇到苦難？

天主：不經過打磨的鑽石就不會有光澤。不經過火燒的黃金就不純淨。好人要經過試煉，但不受苦。他們會變得更好而不是更苦。

我：你是說那些試煉是有益的？

天主：是的。所有的試煉都是好的。

經驗是一個嚴謹的好老師，它先給你試驗然後再教你功課。

我：雖然如此，我還是覺得爲何一定要經過試煉？難道不能完全沒有問題嗎？

天主：生命上的挫折就像是有含意的路障，提供令人得益處的功課，能淨化意志上的力量，內心堅毅的力量就是從奮鬥及忍耐當中得

著的，不是“事事如意”所能學習到的。

我：很坦白說，身處在那麼多的問題中，我們都已迷失了。

天主：如果你往外看，你不知要去那裏。要往內看。往外看，你會夢想。往內看，會醒悟。眼睛讓你有視覺，內心會令你醒覺。

我：有時不能很快走上成功之路比走對了方向更帶來傷害。應如何處理？

天主：成功是別人給你的衡量。滿不滿足則是你自己的決定。知道當走的路比走在前端更能帶來滿足。

我：在艱苦的日子，怎樣可以保持動力而不沮喪？

天主：要常常從你已經走了多少路的角度來看，而不要看前面還有多遠的路要走。要數算天父的恩典，別數算你的不足。

我：你覺得人有甚麼地方令你驚訝？

天主：當他們受了一點苦就喊說“為何偏偏選中我？”當他們事事如意時從來不會喊“為何偏偏選中我？”每個人都希望有真理在背後支持自己，很少有人一開始就站在真理那一方。

我：我常問，“我是誰？”

在這裏幹甚麼？”我找不到答案！

天主：不要去找“你是誰，”但要肯定你要成為甚麼。別再找尋你存在的目的。要創造它！生命不是一個發現的過程，而是一個創造的旅程。

我：怎樣才能好好利用我的生命？

天主：面對過去，不要追悔。充滿信心，迎接今天。摒棄恐懼，策劃將來。

我：最後一個問題。有時候我覺得禱告不蒙垂聽。

天主：從來沒有禱告不蒙垂聽。因當時的答復是不行！

我：多謝這麼美好的傾談。很高興得到嶄新的屬靈意義來開始新的一天。

天主：記住，保守你的信心，摒棄恐懼。不要相信你的懷疑，而要懷疑你的信心不足。

生命是一個要解開的奧秘，不是一個要解決的問題。相信我，如果你學會如何生活，生命是美妙的！

祝你有美好的一天！

靈修小故事

失落的一角

美國名作家希爾·弗斯坦寫了一個<<失落的一角>>的故事。

從前有一個三角形，像是被人拋棄般的躲在一個角落裏，它終日鬱鬱悶悶的躺在那裏，等著別人來跟它合併，彌補它的稜角，好讓它能繼續的朝前滾動。

就這樣一天一天的過去了，它望穿秋水也等不到這樣的形體到來。

有一天，它看到一個大圓向它滾來，它向大圓訴苦：「你可憐可憐我吧！你就是我日夜所期盼的啊！我一定是你失落的一角吧！」

大圓笑著說：「我本身就很圓滿啊！從沒失落什麼角！」

失落的一角求著說：「讓我和你融而為一吧！帶我走吧！」

大圓很無奈的道：「我真的容不下你啊！你為什麼不自己走呢？」

失落的一角說：「我自己不會走，因為我無法滾動啊！」

大圓說：「誰說的，我也不是天生就圓滿。以前我也是跟你一樣，有稜有角的。請問：你努力過嗎？」

失落的一角說：「我也會努力過啊！可是我一動就會摔倒」

大圓專注的說：「努力不一定會成功！」然後停了下來，再繼續語重深長的說著：「但是成功卻永遠需要努力！」

大圓滾著離開了。留下失落的一角獨自深思。

失落的一角開始試著滾動。它一爬起來就馬上摔倒在地，於是它咬緊牙根，一次次的爬起，也一次次的摔倒。在爬起與摔倒之間，它的稜角漸漸被磨圓，也開始能往前滾動了。終於，失落的一角變成了一個小圓，可以往前滾動了。

心靈迴響：

人的一生是充滿挫折和考驗的。每當我們在挫折前跌倒了，能擦乾眼淚，勇敢地爬起身，才能一步一步成長。

在人生路上，我們能從困厄中悟得智慧，再邁步路途上，便能達致圓滿和成功了！