

Theme Sharing

Exaltation of the Holy Cross -Feast

We celebrate today the Feast of the Exaltation of the Holy Cross. To the ancient Greco-Roman world, the Catholic claim of the cross was complete foolishness. If you are familiar with Greek mythology, you remember that Zeus might take on human appearance to chase after women, causing more harm than help. Catholics believe that God—all-powerful, all knowing, ever living—assumed a human body and soul, not to find pleasure but to enter into our pain. This is the mystery and the glory of the Holy Cross.

What is the meaning of the cross? The sign of the cross is often reduced to a good-luck charm- around our necks or over our body when we begin a test. The Cross of Jesus Christ does not promise us success, health, or pleasure. The Cross only promises us that Jesus will be with us, no matter how badly we suffer, no matter how badly we fail, and no matter how horribly we feel. Jesus said, "Behold I am with you always until the end of the age." It is through His Cross that Jesus is with us- that is the meaning of the Cross and that is the meaning of our Christian faith. God enters into the depth, the pit of human experience through Jesus' crucifixion and death. We are not alone. We wish that the Holy Cross meant that we don't have to suffer, but it means that God chose to suffer with us. God's ways are not our ways. The lesson of the Holy Cross is still very hard for us. That is why the Holy Cross became THE sign of the Catholic faith. Even in our Churches, known for stained glass, statues, and stations- the only image that is explicitly required is a cross, depicting Christ crucified. How often do we struggle to believe in God when things are going well? How much more do we need to remember that God is with us, even in our sufferings?

The Holy Cross becomes a sign of hope. When we look on the Holy Cross, we can believe that there is hope beyond our suffering, our failures, and our loss. We can believe that there is hope for the single pregnant mother, hope for the terminally ill, and hope for the poor. There is hope because God will not abandon us in our sufferings.

We must always exalt and lift up the Cross of Jesus Christ. The God of Jesus Christ did not fail the city of Houston in the path of

hurricane Ike. The God of Jesus Christ did not fail the faithful parishioner afflicted with cancer. The God of Jesus Christ did not fail Coach Meyer in his accident and diagnosis. The God of Jesus Christ suffers with them. The God of Jesus Christ suffers with us. The God of Jesus Christ is with us.

Posted by Fr. Andre

Year Of Consecrated Life

«Consecrated Life »

When asked about brotherhood, the pope said that this has great power of attraction, and presupposes accepting differences and conflicts.

At time it is difficult to live as brothers, but without it no fruit can be borne. In any case, "we must never act like managers when faced with a brother's conflict: conflict instead must be caressed", he said.

Speaking about relations between religious and the Churches in which they operate, the pope said, "We bishops must understand that consecrated persons are not helpers, but rather charisms which enrich dioceses". The last questions focused on the frontiers of the mission consecrated person's face. "They must be sought on the basis of the charisms", the pope noted.

Situations of exclusion are also a top priority as are the challenges represented by the cultural and educational mission in schools and universities.

For the Pope, education stands on three pillars, namely "transmitting knowledge, transmitting methods, transmitting values. By these means, faith is communicated. The educator must measure up to those he educates, and must give careful thought on how to proclaim Jesus Christ to a changing generation".

Finally, the Pope thanked the superiors general for "for your spirit of faith and your service. Thank you for your witness and also for the humiliations through which you have had to pass."

Parish Activities

September 28: Day of Prayer Announced for Synod on the Family (VATICAN CITY)

Theme: Pastoral challenges to the family in the context of evangelisation.

According to a communique issued by the

Secretariat for the Synod of Bishops, Sunday 28th September will be dedicated to prayer for the Third General Assembly of the Synod of Bishops, to take place from 5 to 19 October on the theme "Pastoral challenges to the family in the context of evangelisation".

"The particular Churches, parish communities, Institutes of consecrated life, associations and movements are invited to pray during Eucharistic celebrations and other liturgical occasions in the days preceding and during the work of the Synod," the statement read.

"The faithful, especially families, may include this intention in their personal prayers, and are recommended to pray the Rosary for the work of the Synod."

The Secretariat of the Synod says it will shortly publish a leaflet in various languages with the prayer of the Holy Family for the Synod, composed by Pope Francis and with other suggested intentions for the prayers of the faithful.

Rosary during the month of October

The month of October is traditionally dedicated to the Blessed Virgin Mary. OLPH Pastoral Care Team Members, along with Sister Chan and Parish Pastoral Council, will bring the Statue of the Blessed Virgin Mary on pilgrimage from home to home and pray family rosary in the month of October. 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 403-690-2973 or Parish Office.

We will pray the Rosary 20 minutes before each Sunday Mass

Parish Finance Council

Fr. Nguyen would like to sincerely thank our retired Parish Finance Council Committee:

David Lee-Chairman

Peter Leung-Counciler

Annie Lam-Counciler

And Welcome our New Parish Finance Council Committee:

Thomas Ha-Chairman

Jane Liang- Counciler

Alina Wong-Counciler

Your generosity and sharing with others of God's gifts, is a perfect example of our

response to the call of Jesus: "You are my witnesses." Love is the soul of mission and we are first and foremost invited to be credible witnesses by the way we live as Disciples of Christ, May the grace of the Lord Jesus Christ be with your spirit and wishing you a joyful and peaceful life!

Youth Night September 27th, 2014

Youth Night will be held on Saturday September 27th, 2014 from 6pm -10pm at Upper Hall. Complimentary dinner will begin at 6pm and a spiritual talk from Simon Har will follow at 7pm. Afterwards, we will be going to Talisman Centre for basketball and badminton! The fee will be \$4 per youth and \$6 per adult. All youths, newly confirmed brothers and sisters and family members are encouraged to attend this event.

New Sunday School Teachers

Sunday School is now recruiting teachers and assistants for both Liturgy (held during 10am mass) and Sacramental (held during 11:30am mass) classes. For more information, please contact Teresa Lau at teresastlau@gmail.com.

RCIA Adult Catechumenate Class – New Class Notice

The 2014 adult Catechumenate classes are now accepting new applications for enrolment. Any interested party, or adult Catholics who have not yet received the Sacrament of Confirmation, or Christians from other ecclesial communities considering to join the Catholic Church, please contact :

- The parish office 403-265-7926, or
- Joseph Yip 403-547-0618 (in the evening).

They may also pick up a 'RCIA Adult Catechumenate Class Application Form' at the Church entrances, complete it and return to the parish office.

All parishioners are earnestly encouraged to play their role in evangelization and invite their friends

Youth Group is looking for donations

Youth Group is looking for donations of used ping pong tables, foosball tables, ice hockey tables and board games. These will be stored in Upper or Lower Hall for monthly game nights. If you are interested in donating any of these items, please contact

John Guo (johnld.guo@gmail.com).

OLPH Young Adults Group

Young Adults Group in Our Lady of Perpetual Help Church invites parishioners between post-secondary to those considering family life to be members of this parish group and join in our upcoming events.

Mission Statement: As young adults, we strive to unify the Church by providing leadership within our Parish while building a stronger faith in God.

For more information about any of the upcoming events or to register for OLPH Young Adults Group, please feel free to contact us at olphyoungadults@gmail.com.

Together in Action 2014

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

(Galatians 5:6)

Our parish's portion is \$24,300. As of September 9, our campaign has received a total of \$28,680.

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 Sept 17, 19

OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Fri Sept 19

OLPH Scout

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

Place: Upper Hall & Lower Hall

Faith Sharing Group (Sacred Heart)

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

Contact: Doris Ho 403-271-6884

Sat Sept 20

Legion of Mary (meeting)

Time: 9:45a.m.

Place: K of C Room at OLPH Church

Wing Kei Care Centre (Mass)

Time: 11:00 a.m.-12.00 noon

Place: 1212 Centre Street, NE.

Tai Chi Lesson

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

Place: OLPH Church Lower Hall

Young Adults choir practice

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

Place: OLPH Upper Hall

Sun Sept 21

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 A Prayer For You

Special prayers for you!

Special blessings for you, too!

God bless you today and always with great peace, hope, happiness, love and health!

You are very special to God and to me!

Prayer is powerful, and prayer is one of the best gifts we receive. There is no cost but a lot of rewards. Let's always pray for one another.

Our Almighty Father,

Thank You for each and every day

You have blessed us here on earth.

Thank You for Your tender mercies.

Thank You for giving us friends and family with whom to share these blessings.

I ask You to bless all of them !

Where there is joy, give them continued joy.

Where there is pain, give them

Your peace and mercy.

Where there is self doubt,

release a renewed confidence.

Where there is need, fulfill their needs.

Bless their homes, families, finances,

their goings and their comings.

In Jesus' name. Amen.

Stories Faith Sharing The Mighty Oak

As a young boy stares in bewilderment at an old enormous oak tree, he asks his father, " How did that tree grow so big and so high?"

The father replies, " Well, it didn't start out that way! First, it was a seed that soaked up water and sunlight and then it formed roots to give it strength to grow even stronger. It would then have to survive the cold snow of the long winters but that snow also provided that seed with protection and water that it would need to survive. After the first winter would pass, the seed's roots would grow stronger and bigger. With each passing summer, the seed would

stretch its roots and would start to produce leaves. Although the tree would lose its leaves every fall, they would always grow back from where they came. So, as each year passes, nature performs its perfect job and the seed transforms itself into a tree each year by growing stronger, bigger and more beautiful than the year before."

Read More Know More The Obligations And Rights Of All The Christian Faithful

-Since they participate in the mission of the Church, all the Christian faithful have the right to promote or sustain apostolic action even by their own undertakings, according to their own state and condition. Nevertheless, no undertaking is to claim the name Catholic without the consent of competent ecclesiastical authority.

-Since they are called by baptism to lead a life in keeping with the teaching of the gospel, the Christian faithful have the right to a Christian education by which they are to be instructed properly to strive for the maturity of the human person and at the same time to know and live the mystery of salvation.

-Those engaged in the sacred disciplines have a just freedom of inquiry and of expressing their opinion prudently on those matters in which they possess expertise, while observing the submission due to the magisterium of the Church.

-All the Christian faithful have the right to be free from any kind of coercion in choosing a state of life.

-No one is permitted to harm illegitimately the good reputation which a person possesses nor to injure the right of any person to protect his or her own privacy.

-The Christian faithful can legitimately vindicate and defend the rights which they possess in the Church in the competent ecclesiastical forum according to the norm of law.

-If they are summoned to a trial by a competent authority, the Christian faithful also have the right to be judged according to the prescripts of the law applied with equity.

-The Christian faithful have the right not to be punished with canonical penalties except according to the norm of law.

-The Christian faithful are obliged to assist with the needs of the Church so that the Church has what is necessary for divine worship, for the works of the apostolate and of charity, and for the decent support of ministers.

-They are also obliged to promote social justice and, mindful of the precept of the Lord,

to assist the poor from their own resources.

-In exercising their rights, the Christian faithful, both as individuals and gathered together in associations, must take into account the common good of the Church, the rights of others, and their own duties toward others.

-In view of the common good, ecclesiastical authority can direct the exercise of rights which are proper to the Christian faithful.

主日分享 光榮十字架慶節

在每年 9 月 14 日慶祝。據傳說，君士坦丁皇帝之母聖婦赫肋納公元 320 年 9 月 14 日在耶路撒冷找到了主的十字架；公元 335 年在耶路撒冷耶穌受難的地方建了兩座大教堂：十字架與復活堂；9 月 13 日舉行了聖堂奉獻禮，次日在聖堂中展示了主的十字架，供教友敬拜。這些事跡成了本瞻禮的來源。本日彌撒的專用經文多集中於十字架的奧跡：基督死在十字架上，並由此為我們帶來了永遠的救恩。

反思：

十字架在我們生活中，我們經常會遇到，有時我們都感到不知所措，有時也令我們感到百般無奈。作為基督徒，十字架為我們就別具意義。因為這個刑具成為我們信仰中的核心，同樣十字架也是一個讓我們經驗到天主慈愛的地方。

在每天背十字架的經驗，讓我體會到自己的軟弱；同樣十字架讓我經驗到天主與我同行和對我的不離不棄。

生命中我們都有一個天主為我們準備的十字架，我們又有勇氣擁抱它嗎？

祈禱：主，你拯救一切轉向你的人。請你救贖我們，使我們能夠歸向你。

獻身生活年

「獻身生活年」

談到友愛問題，教宗指友愛具有特別的吸引力。談到修會與地方教會關係時，“我們主教應該懂得度獻身生活者不是援助物資，而是豐富教區的神恩”。

最後，教宗指出了度獻身生活的傳教使命“應從神恩著眼”。除上述挑戰外，還有學校和大學中的文化與教育工作。教宗感謝修會長上們的“信德精神

和服務努力”；“感謝你們的見證，也感謝你們所蒙受的屈辱”。

堂區活動

9 月 28 日：為以家庭為題的世界 主教會議祈禱日

主題：「在福傳背景下的家庭牧靈挑戰」

教宗方濟各宣佈今年 9 月 28 日主日是為世界主教會議第三屆非常會議祈禱日。這場會議將於今年 10 月 5 日至 19 日在梵蒂岡召開。世界主教會議邀請地區教會、堂區團體、獻身生活團體，以及所有聯會和運動，在會議前和會議期間的彌撒聖祭及其它禮儀中為大會祈禱。

信友可以在個人和家庭祈禱中一起為這個意向祈禱；教會也鼓勵信友為世界主教會議誦念玫瑰經。世界主教會議秘書處即將發表一份不同語言的簡短輔助文件，內含教宗方濟各去年 12 月 29 日主日親手撰寫的《聖家禱詞》。

在這篇祈禱文中，教宗祈求我們的家庭能成為「共融的場所」，「讓家庭永遠不再經歷暴力、封閉和分裂；讓每位受傷和失足者盡快獲得安慰和痊癒」；並祈願「即將召開的世界主教會議讓眾人重新意識到家庭神聖是不可侵犯的特質以及它在天主計劃中的美麗」。（梵蒂岡電台訊）

聖母玫瑰月家庭玫瑰經聚會

十月是聖母玫瑰月，陳修女將會偕同堂區牧靈關愛組會員及堂區牧民議會代表於十月帶同聖母像探訪教友家庭，誦唸家庭玫瑰經。

我們並鼓勵主持家庭玫瑰的家庭，邀請其代子女或代父母一同參與。

有意誦唸家庭玫瑰經的教友，請致電陳修女 403-690-2973 或堂區辦事處。我們為特別恭敬聖母，並在主日每台彌撒前 20 分鐘恭唸玫瑰經。

堂區財務委員會

阮神父衷心感謝即將卸任堂區財務委員會主席及委員：

李國生—主席

梁煜寧—委員

林念慈—委員

並歡迎新委任主席及委員：

夏慶祥－主席

梁潔貞－委員

王朱貞明－委員

願主耶穌基督的恩寵與你們的心神同在，並祝大家平安快樂！並繼續為主作見證。

青年晚會將於9月27日(星期六)

6時至10時舉行。6時於上禮堂開始晚餐，7時是靈修講座。講座後往Talisman Centre玩羽毛球及打籃球。青年人入場費是4元，成年人入場費是6元。歡迎堂區所有青年及剛領堅振聖事的弟兄姊妹參加。

成人慕道班新班報名

2014 新一屆成人慕道班現正接受報名。有興趣者，或已領洗但仍未領受堅振聖事的成人教友，或正考慮加入天主教會的任何基督徒團體人士，皆請聯絡：堂區辦事處 403-265-7926 或 Joseph Yip 403-547-0618 (晚間) 亦可在教堂入口處索取「成人慕道班申請表」，填妥後交回堂區辦事處。期盼教友能善盡本份，熱心介紹親友參加，為傳福音出一分力。

青年會現正尋求捐贈

青年會現正尋求捐贈二手乒乓球桌，桌上足球，冰球桌及各類棋盤遊戲型等。我們將以上捐贈存放在上禮堂或下禮堂作為每月遊戲之夜之用。有興趣捐贈以上物品的教友，請與 John Guo (johnld.guo@gmail.com) 聯絡。

主日學老師招募

堂區現正招募青少年或年輕成年人參加主日學老師行列的隊伍！有興趣者請與主日學 Coordinator Teresa Lau at teresastlau@gmail.com 聯絡。

永援聖母堂大專青年團

永援聖母堂大專青年團誠意邀請所有即將步人大學校園及所有年輕成人的教友參加這個為我們而設的組織，並參與我們即將舉辦的活動。宗旨：作為年輕人，通過加深對信仰的認識及教堂的服務，從而促進個人的成長及加強我們與天主的關係。

欲了解更多有關以下活動的詳細內容及加入我們這個年輕人的大家庭，請隨時與我們聯絡：
olphyoungadults@gmail.com

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。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9月9日，捐款已累積至28,680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 9月17, 19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 9月19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
信仰小團體 (Sacred Heart)

時間：晚上7時30分至10時

聯絡：Doris Ho 403-271-6884

星期六 9月20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

榮基護老中心(彌撒)

時間：上午11時至正午12時

地點：1212 Centre Street, NE.

楊式太極班

時間：上午10時至12時

地點：永援聖母堂下禮堂

永援聖母大專青年團練習聖詩

時間：晚上6時至8時

地點：永援聖母堂上禮堂

星期日 9月21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

青少年聖詠團-練習聖詩

時間：上午11時至下午12時30分

地點：寫字樓大廈

心靈小品

主是愛

當你願意為天主作犧牲時，祂一定給你無限的安慰。
當你不畏懼眼前的風浪而倚靠天主時，祂一定賜予你極大的平安。
當你面對工作的壓力而寧願靜下來祈禱時，祂一定讓你看到意想不到的成功。
當你認為自己再也走不下去而願意接受天主的旨意時，祂一定不會讓你失望。
當你以為自己已經失去一切而投奔天主時，祂會讓你你知道你做了最好的決定。
當你發現成功與失敗在天主內並無太大意義時，祂會讓你你知道天國才是最終的歸處。
當你意識到自己獲得了許多恩寵，不要忘記時時讚美感謝天主。
因為一切來自於祂，終將歸向祂。

聖言的力量

當我覺得苦惱時(羅五 3-8)

我們連在磨難中也歡躍，因為我們知道：磨難生忍耐，忍耐生老練，老練生望德，望德不叫人蒙羞，因為天主的愛，藉著所賜與我們的聖神，已傾注在我們心中了。當我們還在軟弱的時候，基督就在指定的時期為不虔敬的人死了。為義人死，是罕有的事；為善人或許有敢死的；但是，基督在我們還是罪人的時候，就為我們死了，這證明了天主怎樣愛我們。

當我受到試探考驗時(格前十 13)

你們所受的試探，無非是普通人所能受的試探；天主是忠信的，他決不許你們受那超過你們能力的試探，天主如加給人試探，也必開一條出路，叫你們能夠承擔。

靈修小故事

高智慧的人的行爲

一個少女，有了身孕，父母逼問少女，孩子的父親是誰。少女被逼無奈，說孩子父親是附近廟裏的一位高僧。孩子出世後，這家人抱著孩子找到了高僧。高僧只說了一句“這樣子啊！”便默默地接下孩子。此後，高僧每天抱著孩子挨家挨戶討奶喝。小鎮裏的人，說什麼的都有。高僧被人指指點點，甚至辱罵。一年後，少女受不住內心的煎熬，承認孩子的父親是另一個人，與高僧無關。少女及家人慚愧地找到高僧，看到高僧很憔悴，但孩子白白胖胖。少女滿心愧疚。高僧淡淡地回了一句“是這樣子啊！”便把小孩還給了少女。高僧被冤枉名聲掃地，卻始終不辯解，爲什麼呢？高僧說：“出家人視功名利祿爲身外之物。被人誤解於我毫無關係。我能解少女之困，能拯救一個小生命，就是善事。”當我們被誤解時，會花很多的時間去辯白。但沒有用。沒人會聽，沒人願意聽。人們按自己的所聞、理解做出判別，每個人其實都很固執。他若理解你，一開始就會理解你，從始至終的理解你，而不是聽你一次辯白而理解。與其努力而痛苦的試圖扭轉別人的判別，不如默默承受，給別人多一點時間和空間，省下辯解的功夫，去實現自身更久遠的人生價值。

知多一點點

基督信徒之義務與權利

— 基督信徒，既分享教會的使命，有權利自動自發，依照個人的身分和條件，去發展或支援使徒工作；但任何工作計劃，非經教會主管當局的同意，不得擅用教會名義。
— 基督信徒既因聖洗而蒙召，以度符合福音訓導的生活，就有權利接受天主教教育，學習培養人格使之成熟，同時並認識救贖的奧跡而度此生活。
— 從事研究聖學的人，享有合理的自由去探究，並將其所擅長者謹慎發表

己見，但對教會之訓導須保持應有的順從。

- 基督信徒有選擇生活中的身份，不受任何強迫。
- 不准任何人非法損害他人既得的良好名譽，亦不得侵犯個人維護自己的隱私權。
- 基督信徒得依法爭取，並按法律規定向教會主管法庭，維護其在教會內享有的權利。
- 基督信徒在被主管當局傳喚應訊時，有權遵照法律之規定，接受公平審訊。
- 基督信徒除非依法律之規定，有權不受教會刑法之處罰。
- 基督信徒有義務支援教會的需要，以使教會具備對敬禮天主、傳教和慈善事業，以及職員的合理的生活費用。
- 信徒亦有義務推動社會公義，並應記取主的誡命，由個人的收入救濟窮人。
- 基督信徒在行使自己的權利時，無論是個人或在善會內，應注重教會的公益，別人的權益及自己對他人的職責。
- 教會當局有權針對公益，節制基督信徒應有權利之行使。