

Theme Sharing

30th Sunday in Ordinary Time Love the Lord your God ...and your Neighbour

In today's gospel, a lawyer asked Jesus: Teacher, which commandment in the law is the greatest? Jesus replied spontaneously, You shall love the Lord your God with all your heart, with all your soul and with all your mind; this is the greatest and the first commandment. However, who can honestly say that he or she has truly loved God to such an extent? We can hardly reciprocate God's love the way He loves us, but we must strive to attain as close as possible the high standard of the perfect and unqualified love God has set for us. After giving a direct answer to the Lawyer's question, Jesus went further by saying: And a second commandment is: you shall love your neighbour as yourself; and these two commandments are the law and the prophets. Again, who can say that he has loved his neighbour the same way he loves himself? Subconsciously, all of us love our own selves from the very moment of our birth, and this love of self has become more and more deeply rooted within us as time goes on. It is an undeniable fact that we care more about ourselves than caring for others. We can see from the second reading how Paul lived up to Jesus' commandments. In his letter to the newly converted Thessalonians, Paul expressed his wholehearted love for God and for them, praising them and encouraging them for their faith and acts of charity. "Love the Lord your God!"; "Love your neighbour!"; "Love one another, as I have loved you!" It is only when we set our goals and direct our actions towards this commandment of love that we are able to be in full communion with God and with our brothers and sisters in Christ.

Pope's Monthly Prayers Intention

November General and Missionary Intention

Universal: That all who suffer loneliness may experience the closeness of God and the support of others.

For Evangelization: That young seminarians and religious may have wise and

well-formed mentors.

2015 Year Of Consecrated Life

In The Footsteps Of The Son

The Son, who is the way which leads to the Father calls all those whom the Father has given to him to make the following of himself the whole purpose of their lives. But of some, those called to the consecrated life, he asks a total commitment, one which involves leaving everything behind in order to live at his side and to follow him wherever he goes .

In the countenance of Jesus, the "image of the invisible God" and the reflection of the Father's glory, we glimpse the depths of an eternal and infinite love which is at the very root of our being. Those who let themselves be seized by this love cannot help abandoning everything to follow him . Like Saint Paul, they consider all else as loss "because of the surpassing worth of knowing Jesus Christ", by comparison with which they do not hesitate to count all things as "refuse", in order that they "may gain Christ" . They strive to become one with him, taking on his mind and his way of life. This leaving of everything and following the Lord is a worthy programme of life for all whom he calls, in every age. The evangelical counsels, by which Christ invites some people to share his experience as the chaste, poor and obedient One, call for and make manifest in those who accept them an explicit desire to be totally conformed to him. Living "in obedience, with nothing of one's own and in chastity," consecrated persons profess that Jesus is the model in whom every virtue comes to perfection. His way of living in chastity, poverty and obedience appears as the most radical way of living the Gospel on this earth, a way which may be called divine, for it was embraced by him, God and man, as the expression of his relationship as the Only-Begotten Son with the Father and with the Holy Spirit. This is why Christian tradition has always spoken of the objective superiority of the consecrated life. Nor can it be denied that the practice of the evangelical counsels is also a particularly profound and fruitful way of sharing in Christ's mission, in imitation of the example of Mary of Nazareth, the first disciple, who willingly put herself at the service of God's plan by the total gift of self. Every mission begins with the attitude

expressed by Mary at the Annunciation: "Behold, I am the handmaid of the Lord; let it be done to me according to your word".

Diocese & Other News

COME AND SEE WEEKEND

A priestly vocation discernment weekend will take place at St Joseph Major Seminary in Edmonton on the weekend of November 21 - 23 (It will begin Friday evening and end after the noon lunch on Sunday.) Please register by November 7th. For further information and to register please contact the Office of Vocations at 403-245-2753 or mjgaffney@telusplanet.net.

Mount St. Francis

Redemptorist Vocation Ministry

Is God Calling You?

" The reason we have been called to this Congregation is love Jesus and to draw others to love him as well."-

St. Alphonsus Liguori

Contact us: 416-770-3217 or

vocations@redemptorists.ca

Website: www.redemptorists.ca

Inn From The Cold: Living Your Faith, Serving Your Community. Volunteer and Information Line is 403-536-5682.

Information about parish opportunities, how to volunteer and more. MATTHEW 25: 35 – "I WAS A STRANGER...AND YOU WELCOMED ME..."

Sponsorship of Syrian Refugees:

Calgary Catholic Immigration Society will be receiving the Diocese' first Syrian refugee families soon. We are seeking short-term financial support from parishes or individuals willing to assist with initial resettlement. If interested, please contact Antoinette Godbout, CCIS Refugee Sponsorship Coordinator at 403-290-5750.

Parish Activities

World Mission Sunday- Thank You

Thank you for your generous support of World Mission Sunday last week. We collected a total amount of \$3,261.25 in donation. Your prayers and donations will make a huge contribution to the growth of the Church and to the well-being of the poor of our world. Please continue to pray for all those who serve in mission countries that they may remain steadfast in their vocation

to bring Christ's message of love to those they serve, the world's most vulnerable. May God bless you and your family!

Exposition of the Blessed Sacrament on November 1

The November's Exposition of the Blessed Sacrament will be led by Catholic Family Fellowship on November 1 from 10am to 11am. Fr. Nguyen will listen to Confession. Parishioners are encouraged to attend

November is the month for all souls:

All Souls Day is on November 2 "Comfort my people" Is.40:1 Remembering our loved ones and those who feel their loss. Fr. Nguyen will pray for the deceased during Masses in November. A Registration Book will be placed at the side entrance of the church in November. Parishioners who wish to pray for their ancestors are invited to write down the names of their deceased ancestors next week.

Father Joseph Nguyen and Pastoral Care Team member will

visit cemeteries to pray for all departed parishioners on:

November 8, Saturday to Queen's Park cemetery after 9 a.m. mass. In the afternoon will go to Mountain View Memorial Gardens. If anyone would like to join us, please contact Sr. Magdalena Chan (403-690-2973) and give her the lot number.

Plenary Indulgence

To obtain the plenary indulgence on November 1-November 8, we must receive Communion and sacramental Confession (and have no attachment to sin, even venial). Communion must be received each day we wish to gain the indulgence, but we only need to go to Confession once during the period. And, as with all plenary indulgences, we must pray for the intentions of the Holy Father (one Our Father and one Hail Mary) each day we perform the work of the indulgence.

Flu Vaccination

Flu shot immunization will be available to parishioners - thanks to Dr. John Poon. Date: November 2 Time: 9:15 a.m. and 11:15 am. Place: Parish office

Price: Free for those who are Albertans aged 9 years and up. Alberta Health Card is needed.

Second Donation In November

On Sunday November 9th Catholics in Alberta will once again celebrate Catholic Education Sunday. Bishop Henry has invited all parishes within our diocese to participate in an annual fund-raising on Catholic Education Sunday. Each parish will be asked to have a second collection at their weekend Masses. Thank you for your support and God bless you for your generosity in helping to sustain Catholic Education in our province!

OLPH Parish Pastoral Council Annual General Meeting

OLPH Parish Pastoral Council Annual General Meeting will be held on November 9th at in the Upper Hall at 12:30pm. All parishioners are welcome to attend.

Movie Night: Life is Beautiful

A charming Italian gifted with a colourful imagination and an irresistible sense of humour, has won the heart of the woman he loves and created a beautiful life for his wife and a lovely son. That life is threatened by World War II and he must rely on those very same strengths to save his wife and son. His unique achievement will lift our spirits and capture our heart.

Date: Nov 1, 2014 (Saturday)

Time: 6:00pm Potluck and 6:30pm start of movie

Place: Upper Hall of OLPH

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

Weekly Activities

Wed, Fri Oct 29,31

OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Sat November 1

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

Place: OLPH Church Lower Hall

Young Adults choir practice

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

Place: OLPH Lower Hall

Movie Night: Life is Beautiful

Time: 6:00 pm potluck, 6:30 pm. movie

Place: OLPH Upper Hall

Sun November 2

Flu Vaccination

Time: 9:15 a.m. and 11:15 am.

Place: Parish office

R. C.I.A

Adult Catechumenate Class

(Cantonese and English)

Time: 9:30 a.m. - 12:30p.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 If the World Was Blind

If the world was blind,
maybe then we'd see
the true side of beauty,
deep within you and me.
No one could judge us
by our outer looks,
like the fancy covers
on expensive books.
We'd see with our hearts,
and not just our eyes,
and what we'd discover
might be a surprise.
There would be no need
to try to impress,
with the way we look,
or the way that we dress.
The only thing that would matter
is the way we would feel,
not phoney or cheap,
but truthful and real.

Stories Faith Sharing

A Miser's Death

A miser had accumulated five hundred thousand dinars and looked forward to a year of pleasant living before he made up his mind how best to invest his money, when suddenly the Angel of Death appeared before him to take his life away. The man begged and pleaded and used a thousand arguments to be allowed to live a little longer, but the angel was obdurate. "Give me three days of life and I shall give you half my fortune," the man pleaded. The angel wouldn't hear of it and began to tug at him. "Give me just one day, I beg of you, and you can have everything I accumulated through so much sweat and toil." The angel was adamant still. He was able to wring just one little concession from the angel -- a few moments in which to write down this note: "Oh you, whoever you are that happen to find this note, if you have enough to live on, don't waste your life accumulating fortunes. Live! My five hundred thousand dinars could not buy me a single hour of life!"

November Month for All souls

Preparing for All Souls Day

November 2 is All Souls Day, the day on which the Roman Catholic Church commemorates all of those who have died and are now in Purgatory, being cleansed of their venial sins and atoning before entering fully into Heaven. At one time, Catholics flocked to their churches on All Souls Day, to offer prayers in memory of their friends and loved ones. These days, however, most All Souls Day Masses are poorly attended. Since praying for the dead is our Christian duty, it's sad to see how little attention is paid to All Souls Day.

What many may not know is that there is a special plenary indulgence that can be gained for the souls in Purgatory on All Souls Day. A plenary indulgence removes all temporal punishment for sin--and so, in effect, releases a soul from Purgatory. All you have to do is visit a church (which you'll be doing anyway), recite one Our Father and the Creed (which you'll do during Mass), receive Communion, and pray one additional Our Father and one Hail Mary for the intentions of the Holy Father.

The final requirement is that you take part in the Sacrament of Confession, but you can do that up to seven days before or afterward. Since most churches offer Confession on Saturday, you can go to Confession the day before All Souls Day, and then fulfill the rest of the requirements on All Souls Day itself. The All Souls Day indulgence is a wonderful way to show your love for a friend or family member who has died. Since you're going to be at Mass on All Souls Day anyway, why not gain the indulgence for your loved one?

主日分享

常年期第三十主日 上愛天主下愛眾人

聖瑪竇福音第 21 和 22 章記載猶太宗教的領導對耶穌的挑釁。他們指出一連串的問題來試探耶穌，引誘祂說出不利於自己的話：你憑什麼權柄在聖殿裏講道？納稅給凱撒，可以不可以？人死後，會不會復活？但是，發問的人雖然不懷善意，耶穌依然耐心回答，而且諄諄善誘，給我們留下寶貴的教訓。

本主日常年期第三十主日的彌撒福音便記載這樣的一問一答。法學士試探耶穌的問題是：「法律上的誠命那一條最大？」在我們今天的基督徒聽來，這是一個簡單的問題，似乎不應該有任何不懷善意的試探作用，但是在耶穌時代，事情不是這樣。我們從剛才所聽到耶穌回答法利塞人的話中，又可以獲得一個寶貴的教訓，那就是愛天主與愛人相輔相承，不可偏廢。本主日彌撒中的讀經一取自出谷紀。在這篇讀經中，慈母教會更表示了在她心目中愛人的優先對象。在今天，社會大眾都熱衷名利，貪圖個人享受，能不苟待也不壓迫外僑，不欺侮，卻救濟寡婦孤兒，關心那被遺棄在社會邊緣上受苦的人，這實在是難能可貴的。今天彌撒中的福音和讀經一的教訓，正是我們這個時代的對症良藥。我們要十分珍惜它，盡力實行它。 錄自梵蒂岡電台

教宗及福傳祈禱意向

十一月祈禱及傳教意向：

祈禱意向：為孤獨的人

願所有孤獨者能體驗到天主的親近和他人的支持。

福傳意向：為修士和會士的培育者

願青年的修士和會士能有明智及成熟的良師益友。

2015 獻身生活年

「藉著聖子」：緊隨聖子的脚步

聖子是走向聖父的道路，祂邀請所有聖父托付給祂的人，一生都跟隨祂。但對那些蒙召度獻身生活的人，祂所要求的則是全然的投身，放下一切，以便在祂身邊，隨時與祂同行。從耶穌的面貌「不可見的天主的肖像」、「天主榮光的反映」，我們能一瞥永恆而無限之愛的深度；這愛就是我們存有的根源。凡容許自己被這愛所攫取的人，情不自禁地會放下一切追隨祂。這些人和保祿一樣，視一切為損失，「祇以認識主耶穌基督為至寶」，毫不遲疑地以一切為「廢物」，以「賺得基督」。他們努力以主的心思為心恩，以祂的生活為生活，盡量與祂結合為一。對祂在每一時代所召叫的人而言，放下一切跟隨基督，是有價值的生活計劃。

藉著福音勸諭，基督邀請某些人分享祂的經驗，也成為貞潔、貧窮、服從者，要求凡是接受的人，都展現一清楚的心願，願意完全與祂相結合。獻身者「以服從、赤貧和貞潔的生活」，宣稱耶穌是諸德的典范和圓滿。他的貞潔、貧窮與服從的生活之道，便是在世上將生活福音化的最徹底之道。此道可稱之為「神道」，因為它是神而人的基督所擁抱的；藉此表達其「獨生子」與父及聖神的關係。因此之故，基督信仰的傳統都會談及獻身生活的客觀優越性。

無可否認，奉行福音勸諭，是參與基督使命的一條深入且能結果實的途徑；也是效法納匝肋的瑪利亞的善表，她是主的第一位門徒，全然自獻於上主，以表彰主的工程。任何使命的奉行，都以聖母領受天使報喜時的

態度為起點：「上主的婢女在此，願照你的話成就於我！」。

堂區活動

感謝支持普世傳教節

多謝大家在上週普世傳教節的慷慨奉獻，我們共籌得\$3,261.25。您的祈禱及奉獻對教會的成長及普世的貧困者都有巨大的貢獻。請繼續為所有福傳國家傳播福音的人祈禱，使他們都能堅持他們的聖召，將基督愛的信息傳給那些在世上福傳地方最軟弱的人們。願主與你們同在！

十一月顯供聖體

永援聖母堂十一月份的顯供聖體由公教家庭帶領，時間為十一月一日上午十時至十一時。當天除了朝拜聖體外，阮神父將為教友聽告解。

十一月為煉靈月

十一月二日為追思亡者日
「你們安慰，安慰我的百姓罷」
十一月為煉靈月，為追思已亡之信友，阮神父會於彌撒中為亡者祈禱，如教友想為先人獻上祈禱，請在下主日開始在教堂側門入口處的名冊上寫上先人之名字。

阮神父及牧靈關愛組成員將於煉靈月前往墓地為已亡教友祈禱：

11月8日(星期六) 九時彌撒後到女王公園墓地(Queen's Park Cemetery)祈禱。
午膳後到山景紀念花園 (Mountain View Memorial Gardens) 祈禱。

任何教友想參與祈禱，或想牧靈關愛組到你親友墓地祈禱，請提供地段號碼並請聯絡陳修女(403-690-2973) 或堂區辦事處。

在煉靈月裏，特別是11月1-8日，教會給我們特殊的恩典，在聖堂、家中、墓地為煉獄靈魂祈禱，每天都能得到一個全大赦。但必須符合得大赦的條件：第一，辦一個妥當告解；第二，得大赦的當天恭領聖體；第三，按教宗的意向祈禱，念天主經、聖母經各一遍，而且沒有犯罪的傾向，沒有思戀和傾向小罪的意思，這樣才能得到一個全大赦。

堂區牧民議會週年大會

堂區牧民議會週年大會將於十一月九日十二時三十分於上禮堂舉行，請各堂區主內兄弟姊妹出席參加。

預防感冒注射

潘醫生將為教友注射預防感冒疫苗

日期：11月2日

時間：9時15分及11時15分

地點：堂區辦事處

凡亞伯達省居民，年齡為9歲或以上，費用全免。請攜帶醫療卡。

天主教教育日

11月9日為天主教教育日，我們將進行第二次捐獻以支持天主教教育經費之用，籌得善款將給與我們教區的天主教教育局。

亨利主教呼籲各位教友能踴躍支持，主佑！

電影晚會：美麗人生

電影講述一位意大利人，富於想像力和幽默感，憑他的機靈活力，追求他喜愛的一位美麗教師。終於打動芳心，共同組織家庭，養下一個活潑的孩子。好景不常，二次世界大戰，德軍佔領他們的家園。父子被送進納粹集中營，父親不忍兒子受驚，利用自己豐富的想像力說他們正身處一個遊戲，必須接受集中營的規矩以取得大獎。影片笑中有淚，將一個大時代小人物的故事，轉化為一個扣人心弦的悲喜劇。

日期：十一月一日(星期六)

時間：晚上六時 Potluck、六時半放映

地點：永援聖母堂上禮堂

2014 教區公益金

「讓我們一起來行動」

主題：「...以愛德行事的信德。」
迎拉達書：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 10月29, 31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

星期六 11月1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時至12時30分

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：永援聖母堂下禮堂

電影晚會 一美麗人生

時間：下午六時 (potluck)

約六時半放映

地點：永援聖母堂上禮堂

星期日 11月2日

預防感冒注射

時間：9時15分及11時15分

地點：堂區辦事處

成人慕道班 (粵語及英語)

時間：上午9時30分至12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

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

聖言的力量

當我陷入危險時

(瑪廿六：36-42)

耶穌同他們來到一個名叫革責瑪尼的莊園裏，便對門徒說：「你們坐在那裏，等我到那邊去祈禱。」遂帶了伯多祿和載伯德的兩個兒子同去，開始

憂悶恐怖起來，遂對他們說：「我的心靈憂悶得要死，你們留在這裏同我一起醒寤吧！」祂稍微前行，就俯首至地祈禱說：「我父，若是可能，就讓這杯離開我吧！但不要照我，而要照你所願意的。」祂來到門徒那裏，見他們睡著了，便對伯多祿說：「你們竟不能同我醒寤一個時辰嗎？醒寤祈禱吧！免陷於誘惑；心神固然切願，但肉體卻軟弱。」祂第二次再去祈禱說：「我父！如果這杯不能離去，非要我喝不可，就成全你的意願吧！」

靈修小故事

窮人的遺囑有多少錢？

我做律師，印象最深刻的案子是處理一位老神父的遺產。

那時，南部一位姓張的年輕神父，找我去見證老神父的遺囑。我到達時老神父已經不能說話，而遺囑主要是對接班的張神父寫的，裡面一再叮囑他，比方說：有教友失業了，要幫他找一份工作；幫另一個酗酒的戒酒；一個國中生不想念書，成天混，老神父希望新神父好好地管教這孩子；另有年輕人在外地打工，很可能參加幫派，務必誘導他……案例大概有六、七個……遺囑最後的一句話是：「我的財產全部留給張神父」。

幾天以後，得知老神父過世，我就趁機問張神父，老神父究竟有多少財產。張神父說，二百元新台幣，一些舊衣物和書……之後，張神父盡力執行遺囑所托付的事情，這個案子也就算結束。

二十年過去了，一天秘書在檔案裡發現了這個案件：我就再聯絡張神父，並去看他。

我到了之後，就感覺到這個小村落的每個人都是他要照顧的：神父在招呼我之際，我們談話不到幾分鐘，就會有人來找他。

於是我就進一步問張神父：「老神父明明所有二百元新台幣，為什麼要說將財產遺給你？」張神父說他起初以為是老神父老來糊塗，但是慢慢地搞懂了。

他說，從美國念了個生化碩士回來，總以為會到大學去教書或輔導學生，

沒有想到被派來這個完全用不著的地方，不免有點失望。

可是當他照老神父的遺囑去做，開始全心投入關懷村民的工作時，他發現有好多人需要他，他也就整天幫助他們。

有一天，他忽然感覺到，他擁有一個特別的東西，就是平安；而他知道，一個人即使功成利就 — 其中不乏他的同學 — 但是如果沒有去愛人，是不會有這平安的。這應該就是老神父說的遺產了。我回台北時，決定要將那份遺囑好好地保存起來，因為它所牽涉到的是一份無比巨大的財富。

十一月煉靈月

煉靈月

為什麼奉獻彌撒是最有效的救煉靈的方法？

彌撒聖祭是最神聖、最主要的一個禮儀，教會整個的禮儀都是圍繞彌撒聖祭，因為它代表著耶穌重行加爾瓦略山的祭獻，重行拯救人類的祭獻，所以這個祭獻對救助煉靈是最有效的。對我們活著的人有什麼啟示呢？

在煉靈月追思亡者時，教友們藉著先人的祈禱，其實也在反省自己的生活，祛除惡行，不斷加深我們的信仰，這個過程不僅是為煉靈祈禱，也是淨煉我們。

煉靈月讓我們想到死亡，但死亡不是痛苦，因為基督已經戰勝了死亡，並從死者中復活，祂在復活中顯示出真正的生命，祂又鼓勵世人要不斷地死於自己、空虛自己、活於天主。死於自己意味著，心裏不斷反省，不斷清理開始墮落的自我，特別是當今社會中自由主義、拜金主義和世俗潮流對人的影響，人變得特別浮躁、空虛，而生活節奏的加快，使我們不能靜下心來。我們每次死於自己就是重新開始做人，由於人是軟弱的，新的自我因為世俗生活的影響很快又會腐化、跌倒，所以藉著煉靈月，我們再一次的進行自我反省吧！