Theme Sharing

Christ The King Jesus Christ The King of Love

As we reach the last Sunday in the liturgical year, we celebrate the Feast of Christ the King, a deeply caring King for all his people. In the first reading, prophet Ezekiel portrays God as a shepherd who seeks out his sheep and keeps them in his loving care. "Christ must reign", says Paul in the second reading, "until he has put all his enemies under his feet."

In the gospel, Jesus affirms his authority and power and says: When the Son of Man comes in his glory with all his angels, he will sit upon his glorious throne. In the ensuing Judgment on all men, Jesus says the merciful will be rewarded because I was hungry, and you gave me food .., showing clearly his great compassion and concern for all those in dire need of help.

Speaking through Ezekiel, God promises that He will seek the lost, bring back the strayed, bind up the injured, strengthen the weak and watch over the fat and strong. Jesus fulfils this promise with his care and healing of the weak and the despised, and he declares solemnly that whenever you did it to the least of these brothers and sisters of mine, you did it to me.

Christ is working throughout human history to free us from our selfishness so that we can be filled with His love. With love outpouring and spreading to the ends of the earth, God manifests Himself fully to be the Lord of all. Through the work of our glorious Christ, God's divine plan is entirely accomplished.

Rejoice in God's Mercy

Theme: A Hug from God Is All You Need

Committing a brief period every day to reflect upon God's love for us is a great way to approach Advent. We spend so much time running around buying gifts that we sometimes forget all the gifts God has presented to us. Reflection allows us to embrace the gift of love God has given us, specifically the gift of his son, Jesus Christ. Every child loves to be held. We sometimes need to ask ourselves: how are we holding on to Jesus? Action Item: At the end of each day in Advent hold on to Jesus. Name at least three ways Christ has loved you and

others.

The Diocese of Calgary invites you to re-discover the meaning of the sacrament of Reconciliation in your life. In addition to the regular parish schedule, the sacrament of Reconciliation will be available at parishes throughout the Diocese of Calgary all the Wednesdays of Advent from 7:30 – 8:30pm.

2015 Year Of Consecrated Life

"This is my beloved Son": listen to him!

The three disciples caught up in ecstasy

hear the Father's call to listen to Christ, to place all their trust in him, to make him the centre of their lives. The words from on high give new depth to the invitation by which Jesus himself, at the beginning of his public life, called them to follow him, to leave their ordinary lives behind and to enter into a close relationship to him. It is precisely this special grace of intimacy which, in the consecrated life, makes possible and even demands the total gift of self in the profession of the evangelical counsels. The counsels, more than a simple renunciation, are a specific acceptance of the mystery of Christ, lived within the Church. In the unity of the Christian life, the various vocations are like so many rays of the one light of Christ, whose radiance "brightens the countenance of the Church."The laity, by virtue of the secular character of their vocation, reflect the mystery of the Incarnate Word particularly insofar as he is the Alpha and the Omega of the world, the foundation and measure of the value of all created things. Sacred ministers, for their part, are living images of Christ the Head and Shepherd who guides his people during this time of "already and not yet", as they await his coming in glory. It is the duty of the consecrated life to show that the Incarnate Son of God is the eschatological goal towards which all things tend, the splendour before which every other light pales, and the infinite beauty which alone can fully satisfy the human heart. In the consecrated life, then, it is not only a matter of following Christ with one's whole heart, of loving him "more than father or mother, more than son or daughter" — for this is required of every disciple — but of living and expressing this by conforming one's whole existence to Christ in an all-encompassing commitment

which foreshadows the eschatological perfection, to the extent that this is possible in time and in accordance with the different charisms. By professing the evangelical counsels, consecrated persons not only make Christ the whole meaning of their lives but strive to reproduce in themselves, as far as possible, "that form of life which he, as the Son of God, accepted in entering this world

"By embracing chastity, they make their own the pure love of Christ and proclaim to the world that he is the Only-Begotten Son who is one with the Father. By imitating Christ's poverty, they profess that he is the Son who receives everything from the Father, and gives everything back to the Father in love. By accepting, through the sacrifice of their own freedom, the mystery of Christ's filial obedience, they profess that he is infinitely beloved and loving, as the One who delights only in the will of the Father, to whom he is perfectly united and on whom he depends for everything. By this profound "configuration" to the mystery of Christ, the consecrated life brings about in a special way that confessio Trinitatis which is the mark of all Christian life; it acknowledges with wonder the sublime beauty of God, Father, Son and Holy Spirit, and bears joyful witness to his loving concern for every human being.

Diocese & Other News Hostile Media – "Swords of Truth"

Come and join Noli Timere at an evening of discussion and fellowship for young Catholic adults. This is for anyone 18-35 year old age who would like to connect and discuss issues of our faith and especially "Evangelization in a Hostile Media Environment". Come join us on December 5th. 6:30pm at the John Dutton Theater 616 Macleod Trail SE, Calgary. Admission is free. For more information please go to www.nolitimere.ca. Or call 403-278-7556 to reserve a spot.

Join Catholic Connections:

A Restorative Justice Network in Canada: In responding to the call of Christ on the Cross and the example of Pope Francis, Most Rev. Gary M. Gordon, Bishop Liaison for the Correctional Ministry for the CCCB has initiated Catholic Connections: a Restorative Justice Network in Canada. We invite you to join our Canada-wide community of

Catholics involved in prison ministry, re-integration and restorative justice activities. Visit our website at www.ccinrj.ca to find out more.

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

The Sacrament of Reconciliation -

will be available at parishes throughout the Diocese of Calgary all the Wednesdays of Advent. December 3, 10, 17 from 7:30pm–8:30pm.

You shall confess your sins at least once a year

The Second Precept of the Church ("You shall confess your sins at least once a year.") ensures preparation for the Eucharist by the reception of the sacrament of reconciliation, which continues Baptism's work of conversion and forgiveness.

For the Sacrament of Reconciliation, our Parish will follow the Diocese's schedule, and we will cancel the Advent Penitential Service.

Exposition of the Blessed Sacrament on December 6

The December's Exposition of the Blessed Sacrament will be led by Parish Pastoral Council on December 6 from 10am to 11am. Fr. Nguyen will listen to Confession. Parishioners are encouraged to attend.

Light up for Christmas

To celebrate the start of a new liturgical year and the Christmas Season, our Church will hold a Light up for Christmas Ceremony on the first Tuesday in December (Dec 2), after the 6:30pm Marian mass.

Parishioners, friends and families are cordially invited to come out to help celebrate this happy occasion.

Sunday School, Scout, Youth Group & RCIA Christmas Party

Sunday School, Scout, Youth Group and RCIA Christmas Party will be held on Sunday December 21, from 11:00am to 1:30pm at the upper hall.

Complimentary lunch and wonderful performances will be provided. All parishioners are welcome.

Gift donation for Lucky Draw is greatly appreciated. Please drop gifts off at the parish office or give them to one of the parish group leaders.

Movie Event - St. Francis of Assisi Musical DVD

With the permission of Koinonia Music, the producing organization, our Parish will be showing this movie on December 7, 2014 at the Upper Hall. This musical is the enormous achievement led by

Fr. Giovanni Giampietro (Yan Po Tak). It was made possible with the participation of a group of volunteers, numbering almost 250, a lot of whom are Hong Kong's well known actors and actresses. The movie is free of charge, and we sincerely welcome our parishioners and their relatives and friends to come. Delicious snacks will also be supplied that day.

Snack Tickets: \$5.00 each and are on sale at the church entrances.

Date: Dec 7, 2014 (Sunday)
Time: 2 pm - 5:30pm
Place: Upper Hall of OLPH
Please see the displayed Poster

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. Let's take action now to respond to Christ's love and sacrifice for the salvation of mankind.

Weekl y Activities

Wed, Fri Nov 26, 28

OLPH Senior Centre
Time: 9:00a.m.-12:00 noon
Place: OLPH Church Upper Hall

Fri Nov 28

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

Place: Upper Hall & Lower Hall

Sat Nov 29

Legion of Mary (meeting)

Time: 9:45a.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

Yoga 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 Lower Hall

Sun Nov 30

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
<u>Christmas play practice</u>
Time: 11:00a.m. - 1:00p.m.
Place: OLPH Upper Hall

Let There Be Light

Today

Today is Sunday, Sunday is a day of rest. It's a day we go to church. It's a day we give thanks to God for the many blessings He bestows upon us. We thank Him for the sunshine. We thank Him for the rain that falls upon the ripening grain. For the air we breathe in and for so many other things. This world is a happy place. If we know how to thank our Lord. And if we have a problem we bring it to the Lord. He's always there for us. Each hour, each minute of the day. We are blessed by His presence. Do enjoy the special feeling whenever we are praying. His grace is all sufficient for both the young and old.

Stories Faith Sharing Sitting on Your Talent

There was a man who played piano in a bar. He was a good piano player. People came out just to hear him play. But one night, a patron told him he didn't want to hear him just play anymore. He wanted him to sing a

The man said, "I don't sing."

But the customer was persistent. He told the bartender, "I'm tired of listening to the piano. I want that guy to sing!"

The bartender shouted across the room. "Hey buddy! If you want to get paid, sing a song. The patrons are asking you to sing!" So he did. He sang a song. A piano player who had never sung in public did so for the very first time. And nobody had ever heard the song Mona, Mona Lisa sung the way it was sung that night by Nat King Cole! He had talent he was sitting on! He may have lived the rest of his life as a no-name piano player in a no-name bar, but because he had to sing, he went on to become one of the best-known entertainers in America. You, too, have skills and abilities. You may not feel as if your "talent" is particularly great, but it may be better than you think! And with persistence, most skills can be improved. Besides, you may as well have no ability at all if you sit on whatever talent you possess! The better question is not "What ability do I have that is useful?" It is rather "How will I use whatever ability I have?"

Read More Know More Reign of Christ the King Solemnity

Christ the King Sunday is celebrated on the last Sunday of Ordinary time, before the beginning of Advent that starts the new Church Year. As the last Sunday of the Christian Church Year, Christ the King Sunday is the climax and conclusion of the Church's liturgical journey through the life of Christ and the Gospel message. Its purpose is to celebrate the coming reign of Christ as King of the Earth and his completion of the renewed creation that marks the fullness of the Kingdom of God. That hope is born from the entire life of Christ and his teachings that have been celebrated in the seasons of the Church Year during the past twelve months. In celebrating the Reign of Christ the King, this Sunday also provides an appropriate bridge to the new Church Year that begins the following Sunday on the first Sunday of Advent with an emphasis on hope and expectation, the longing for the coming of the Kingdom of God amid the darkness of a sinful

As such a bridge between the completed year and the beginning of a new year, Christ the King services often use Scripture and song to provide both a retrospective and introductory overview of the journey through the life of

Christ and the Gospel message that the Seasons of the Church Year provides. This offers not only an opportunity for a worshipful reflection on the significance of the life of Christ, it also presents opportunity to remind people of the meaning of the various seasons of the Church Year.

主日分享

基督普世君王節

教會今天慶祝基督普世君王節 彌撒中的兩篇讀經分別取自厄則克耳 先知書;聖保禄宗徒致格林多人前 書。內容都談到世界末日和基督為王。 我們先從讀經二說起。在這篇讀經中 聖保禄宗徒講述耶穌復活的道理。他 說耶穌是死人中第一位復活者。在他 以後,我們信仰祂的人,都要依次復 活。聖保禄宗徒又說:基督必須爲王, 直到祂把所有仇敵屈伏在祂的脚下。 到了那時,祂便把王權交還給天主聖 父。這篇讀經所強調的是基督以及基 督信徒的最後勝利。

在本主日彌撒中的讀經一裏,厄則 克耳先知強調天主對祂的子民以色列 人的愛護和照顧,但也預告祂要對他 們施行審判。祂首先採用了綿羊和山 羊的形像來表示,在世界末日公審判 的時候,得救和不得救的人。

彌撒中的福音取自聖瑪竇福音。在 這篇福音記載中,有一句話概括了全 篇講話的意義。那就是君王對得救的 綿羊致詞後的結論:「凡你們為我的兄 弟姊妹中最小的一個做的,就是爲我 做的。」

2015 獻身生活年

「這是我的愛子」你們要聽從祂

三位門徒在欣喜忘形中,聽到父的指示,服從基督,全心信靠祂,以祂為生活的核心。這從上而來的聲音,為基督的召叫,即基督在公開生活之

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始,要他們跟隨祂,捨棄原來的生活,並和祂建立親密關係的召叫,賦與了新的深度。在獻身生活中,就是因為有這份與主同行的親密之情,才足以使人作出徹底的奉獻,而宣發福音勸諭的誓願。這些勸諭並非祇是一個簡單的割捨,而是刻意地接受教會所活出來的基督奧跡。

不同種類的聖召生活,誠如基督此一 真光所射出的許多光線,其光輝「映 照出教會的面貌」。平信徒因其聖召 的在俗特性,反映出降生聖言的奧 跡,特別在於祂是世界之本與末,是 一切受造物的價值之衡量基礎。神職 人員則是基督-教會的頭及牧人的生 活形象, 祂在這「已經卻尚未」的時 期,引導著祂的子民,期待著祂的光 榮來臨。度獻身生活者的責任,在於 顯出降生的天主子是萬物終向末世目 標,祂的光輝使其餘的光黯然失色, 祂的無限美妙是唯一能滿足人心的。 因此,在獻身生活中,不僅是全心跟 隨基督,愛祂勝於愛親人-這是每一 個門徒所必備的一並且應以自己全方 位投身,以整個存在與基督相契合, 以此預示末世之圓滿是可能的,祇要 適時並與不同神恩相配合。

修道人士宣發福音勸諭的誓願,除了以基督為生活的全部意義之外,還應努力重度「天主子承行父命降世時所採取的生活」。藉貞潔生活,他們取的生活」。藉貞潔生活,他們或甚會經濟學,與父為一者;藉著來力受之於父,並以愛還愛地將一切歸還父;放下私人的自由而接受基督對交受,放下私人的自報基督是永遠的被外的服從,他們宣報基督是永遠的被外的服從,他們宣報基督是永遠的複次為一體,一切信靠父。

度獻身生活的人,就是如此與基督「同面貌」,而宣認聖三,就是所有的基督徒生活的標記;讚賞並公認父子聖神的無人比美,同時為天主對世人的慈愛關懷做喜樂的見証。

堂區活動

將臨期悔罪禮

卡加利教區內所有教堂在將臨期內逢 星期三(12月3、10、17日) 晚上7時30分至8時30分,將開放給教友辦告解聖事。

根據教會規條的第二規,「該告解、每年至少一次」,是爲督促信友們通過修和聖事妥當地准備領聖體。教友應盡量參與與天主修合,以準備主基督的來臨!本堂將臨期告解聖事時間將如教區所定,集體悔罪禮將取消。

聖誕亮燈儀式

為慶祝將臨期及剛踏入新的禮儀年,本堂將在十二月第一個星期二,即十二月二日晚上六時三十分敬禮永援聖母英語彌撒後舉行亮燈儀式。請各教友熱烈支持參加這個慶典。

十二月顯供聖體

永援聖母堂十二月份的顯供聖體由堂 區牧民議會帶領,時間為十二月六日 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。 請各位教友盡量參與!

<u>主日學、童軍、青年會及成人慕</u> 道班聖誕聯歡會

主日學、童軍、青年會及成人慕道班 聖誕聯歡會將於 12 月 21 日星期日上 午 11 時正至下午 1 時 30 分在上禮堂 舉行。

當日有豐富午餐及精彩表演節目,歡 迎堂區教友參加。

我們需要大量捐贈禮物作抽獎之用, 請熱心支持,禮物可交給堂區辦事處 或各組織代表。

電影會-音樂劇 [流芳濟世]

本堂區承蒙 [流芳濟世] 的主辨機構 [共融音樂] 特準於 12 月 7 日下午 2 時在上禮堂播影。

該音樂劇是由恩保德神父呼召 250 位 義工,其中包括許多香港著名藝人在 主的帶領下完成的一項壯舉。 我們歡 迎教友及其親朋免費入座。當日亦有 精美小食供應。

小食卷每位5元現於教堂人口處發售。

日期:十二月七日(星期日)

時間:下午二時 至 五時三十分

地點:永援聖母堂上禮堂 請看在聖堂張貼的海報

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9月9日,捐款已累積至28,680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 11月 26,28 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 11 月 28 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 星期六11月29日

聖母軍

(聖母軍聖母無玷聖心支團)

時間: 早上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 時至 12 時 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 11月 30日

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 聖誕話劇排練

時間:上午11時至下午1時

地點:永援聖母堂下禮堂

聖言的力量

信德是我們主要的戰場

我們信不信天主會供應我們一切? 如果,我們相信上主會親自供給我們 一切所需,我們便不需要偷取糧食, 為提供自己的需要。

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耶穌問祂的門徒:「我以前派遣你們的時候,沒有帶錢囊、口袋及鞋,你們缺少了什麼沒有?」(路二十二 35)但是,如果我們不相信耶穌和祂的許諾,不相信天父會供應我們一切所需,我們會偷竊,或做其他事,意圖滿足自己的需要(箴三十 9)。

耶穌其中一個門徒,猶達斯,在信德 的戰役中戰敗了。

猶達斯為自己的慾望偷竊(若十二6), 玷污了 天主的聖名(箴三十9), 最終在革責瑪尼莊園出賣了耶穌(瑪二十六49)。每天, 恆常地, 更新你的信德, 相信天主是供應者, 耶穌是上主。「百姓, 你們該常向他表示依靠」(詠六十二9)。

心靈小品

渡人如渡己;渡已,亦是渡人

看不開,就背著。 放不下,就記著。 捨不得,就留著。

等有一天...

背不動了,就看開了!

記不清了,就放下了!

留不住了,就捨得了!

陰天,不一定會下雨。

分手,不一定最傷心。 憎恨,不一定會一輩子。

失望,不一定是絕望。

面對,不一定最難過。

孤獨,不一定不快樂。

擁有,不一定要廝守。

沉默,不一定是冷漠。

失去,不一定不再擁有。

失敗,不一定會放棄。

奇蹟,不一定不出現。

靈修小故事

鞋子

一名十歲大,光著脚板的小男孩站在 百老匯街上的皮鞋店前,在寒風中打 冷顫,還眼巴巴盯著櫥窗猛看。

一位女士靠近那個可憐的小男孩,問道:「我的小伙伴,爲什麼你這麼認真 地看這個櫥窗呢?」

「我請求天主能給我一雙鞋子。」小 男孩回答。 這位女士牽著小男孩的手走進店裡, 請售貨員拿來半打的半統襪,接著, 女士又要求店員儘快給她一臉盆的水 和毛巾。

她帶著小男孩走到鞋店的後方,脫下自己的手套,跪下來,把小脚洗乾淨,並且用毛巾擦乾。

這時候,店員帶著襪子過來,把其中的一雙穿在小男孩的脚上,她為小男孩買了一雙鞋,把其餘的襪子打包起來,送給了小男孩,她輕拍小男孩的頭,問道:「你覺得舒服了嗎?」當她轉身要離去的時候,受寵若驚的小朋友,用手抓住她,仰望她的臉,淚水在他的眼裡打轉,小男孩困惑地說出他心中的疑問:「妳是天國之后嗎?」

知多一點點

基督普世君王節的意義

今日是教會禮儀年最後一個主日,我們在這個主日中慶祝基督普世君王節。這個節日本身的目的就指出復活的耶穌是人類的大領袖,是人類歷史趨向的目標,是人類理想和願望的滿足。

如果我們探討一下這個節日背景本身 的意義,就會更加清楚了。1925年, 教宗庇護十一世訂立這個節日。在那 個時代,即是在二十年代中,是很混 亂的。當時,在世界上,有很多國家 遇上經濟和政治上嚴重的危機。還 有,在一些國家中,獨裁的權威開始 破壞社會的自由和控制教會的活動。 那時候,教會訂立慶祝基督君王節, 是為了強調這個訊息。即是說明,除 了耶穌之外,沒人可以帶領人類的歷 史去達到完滿的救恩。耶穌超越人世 間所有的邪惡和混亂,只有祂可以帶 給人類真正的和諧和真正的和平。 雖然,由二十年代到現在,在世界上 有數不清的改變,但基督君王節的訊 息,仍有很適合我們的意義。在現世 上,還有很多事情表露了邪惡的存 在。人的生命仍然受著很多的威脅, 仍有大多數人生活得很痛苦,很多國 家有戰爭,或缺乏公正和自由。還有, 在我們的環境中,也有很多社會問題。 在這樣的情況下,我們有可能缺乏希

望,或者覺得這麼大的問題,我們平 凡的人沒有辦法解決,而以為是政府 或者有權勢的人,又或者是特別聰明 的人應該去解決的。

其實,因爲我們宣認耶穌基督是普世的君王,我們對人類對未來有很大的希望。基督是所有領袖的領袖,他帶領人類去達到永恒的救恩,沒有邪惡能戰勝天主對人類的愛心和忠信。雖然邪惡會用不同的方式,一直出現在我們的周圍;但是,我們相信邪惡都只是暫時的,只有耶穌的國度才是超勝的,永遠的。

另一方面,耶穌君王不會等到世界末日來到,才展示出的祂的統治來。耶 穌在現世上已經一直在建立祂的國 度,已經帶領著人類達到更加豐富的 生命和幸福。如果我們按照信德的眼 光,細心體察自己的生活和世界的情 況,我們一定會見到真的有標記來指 出耶穌的救恩是出現的。

在這方面來說,基督普世君王節亦強 調我們應該和耶穌一起合作來發展祂 的國度。我們因為領了聖洗和堅振聖 事,已分享了耶穌君王的職務,相信 耶穌的人亦和祂一起做君王。即是 說,我們有能力服務所有人,有能力 令到耶穌的福音更加能夠將社會的生 活定型。

如果我們在家庭,在學校和工作地點,或者當我們參加社會上的不同活動時,能夠忠誠地實踐和傳揚福音的道路,特別是願意為人們服務,我們就會成為耶穌君王統治的標記。耶穌透過我們,會更加具體表示出祂仍然帶給人類的救恩。祂透過我們會改善社會上的生活,令到世界更加配合天主的願望。

願天主把聖神給我們,堅強對耶穌君 王的信德,使我們積極地成為祂國度 的明顯標記。