

Advent Reflections

First Sunday of Advent

It is like a man traveling abroad: he has gone from home, and left his servants in charge, each with his own task; and he has told the doorkeeper to stay awake. (Mark 13:34)
God has left us in charge of His creation on earth. We each have special work that we can do for God. With what has God entrusted you?

Theme Sharing

A Christian's Vigilance

(First Sunday of Advent)

The liturgical theme of the First Sunday of Advent is on the second coming of Christ. In the gospel, Jesus portrays himself as a man going on a journey. Before he leaves home, he entrusts his servants with different tasks. He makes no mention as to when he will return, because he wants them to be vigilant, to be ready. However, we should bear in mind that the essence of vigilance on the part of a Christian is not fear of death but rather trust in the Lord our God. In the first two scripture readings, both Isaiah and Paul stress on the positive meaning of vigilance. Isaiah acknowledges our own weaknesses and praises God's mercy. He reminds us that God is our Father and that we are simply clay; and he pleads with God to be merciful on us, not to turn his face from us and not to forsake us for our sinfulness. According to Paul, a Christian receives sufficient grace at his baptism to be prepared for the second coming of Christ. God is trustworthy; and, as long as we are faithful to his calling and persevere to the end, we will be reunited with Christ at his second coming.

Let us end this Sunday's sharing by following today's Entrance Antiphon and putting our trust in God: "To you, my God, I lift my soul; I rely on you and will never be disgraced. Don't let my enemies laugh at me, for no one who waits for you is ever put to shame." (Psalm 24:1-3)

Pope's Monthly Prayers Intentio

December General and Missionary Intention

Universal: That the birth of the Redeemer

may bring peace and hope to all people of good will.

For Evangelization: That parents may be true evangelizers, passing on to their children the precious gift of faith.

Rejoice in God's Mercy

Theme: A Hug from God Is All You Need

We begin the journey of Advent this year by reflecting on the true meaning of Advent. In the same way we rush around making our house ready for a visitor, we need to make our hearts ready to receive Jesus. We need to get rid of the dust and dirt, the grime, and the trash in our lives so that our house and our hearts are ready for the gift of love that comes only from Jesus Christ. We are the clay God is molding with loving hands. Are we fighting him or working with him? Through our confessions and penances, God holds us lovingly and molds us carefully with his love. Action Item: Last week you reflected on how Jesus blesses you. This week add to your nightly reflection. Name the dust and grime in three areas of your life that need Christ's help to clean out.

2015 Year Of Consecrated Life

Formation in community and for the apostolate

Since formation must also have a communal dimension, the community is the chief place of formation in Institutes of Consecrated Life and Societies of Apostolic Life. Initiation into the hardships and joys of community life takes place in the community itself. Through the fraternal life each one learns to live with those whom God has put at his or her side, accepting their positive traits along with their differences and limitations. Each one learns to share the gifts received for the building up of all, because "to each is given the manifestation of the Spirit for the common good". At the same time, from the moment of initial formation, community life must disclose the essential missionary dimension of consecration. Thus, during the period of initial formation, Institutes of Consecrated Life do well to provide practical experiences which are prudently followed by the one responsible for formation, enabling candidates to test, in the context of the local

culture, their skills for the apostolate, their ability to adapt and their spirit of initiative. On the one hand, it is important for consecrated persons gradually to develop a critical judgement, based on the Gospel, regarding the positive and negative values of their own culture and of the culture in which they will eventually work. On the other hand, they must be trained in the difficult art of interior harmony, of the interaction between love of God and love of one's brothers and sisters; they must likewise learn that prayer is the soul of the apostolate, but also that the apostolate animates and inspires prayer.

Diocese & Other News

Day of Reflection:

An event for young women (18-25) to 'come and see'. Saturday, Dec. 6, 2014 from 11am to 5pm at Divine Mercy Centre, 15205 Township Rd 262 Calgary, AB, T3P 1A7. RSVP by December 1st. Contact Sr. Katrina Le at 403-278-7556 or email mfaustyna@yahoo.com.

Parish Activities

Mission Mexico Day (December 12)

What's a loonie's worth of education? In our Mission Mexico projects a loonie can make the difference between poverty and self-reliance, between illiteracy and education, between poor health and adequate medical/dental care. With one loonie - just one - from every Catholic in our diocese, we can continue this important missionary work in a poverty stricken community in Mexico. Please bring your loonie to the parish's special collection on the weekend of December 13-14.

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.

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.

Christmas Caroling

Youth Group and YAG will be going Christmas Caroling at Father Lacombe Care Centre on December 6 from 10AM to 12PM. Address: 332 146 Ave SE

All parishioners are invited to join to spread the Christmas joy with the seniors!

New Year Eve Mass and Pastoral Care Team Party

In thanksgiving God gives us many graces in 2014. Fr. Joseph will offer an addition evening Thanksgiving Mass at 5 p.m. on New Year Eve. Following, Pastoral Care Team will host a New Year Eve party at OLPH Upper Hall. Every one is welcome. Price: Under Aged of 6 is free. \$25 per adult. (including Lobster, Roast Beef, Soup, Dessert and lucky draw). Tickets are available on sale starting Sunday November 30 at the church entrances until December 21 or contact Sr. Chan or Parish Office.

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.

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 Dec 3, 5

OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Wed Dec 3

Advent Reconciliation

Time: 7:30pm-8:30pm

Place: OLPH Church

Perpetual Help Harmony Choir

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

Place: OLPH Church, Upper Hall

Fri Dec 5

OLPH Scout

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

Place: Upper Hall & Lower Hall

Sat Dec 6

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

Young Adults and Youth group

Christmas Caroling

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

Place: Father Lacombe Nursing Home

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 Dec7

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

Christmas play practice

Time: 11:00a.m. - 1:00p.m.

Place: OLPH Upper Hall

K of C Matteo Ricci 10119 meeting

Time: 12 :30p.m.-3:00p.m

Place: OLPH Church K of C room

St. Francis of Assisi Musical DVD

Time: 2:00p.m. - 5:30p.m.

Place: OLPH Upper Hall

Stories Faith Sharing

Satan's Sale

Some time ago I heard a story about Satan's garage sale. On display stood many large, shiny, complicated tools. Each was labeled with a tag such as: MURDER, ADULTERY, HATE, STRIFE, etc. Yet in one corner sat a tiny, dull, simple tool with a very high price attached. When asked why that worn out tool was so expensive, Satan replied smugly, "That one is called DISCOURAGEMENT. I can use that one on everybody."

The Apostle Paul said in 2 Corinthians 4:8-10, "We are troubled on every side, yet not distressed; we are perplexed, but not in despair; persecuted, but not forsaken; cast down, but not destroyed;" In other words discouragement may creep in occasionally but it need not be permanent nor overpowering. So long as we keep our focus on our Source Jesus Christ and continue to get up each and every time we are knocked down.

Have you ever been discouraged? Consider this account: There was a man who failed in business in '31. He was defeated for the legislature in '32. He failed again in business in '34. His sweetheart died in '35. He suffered a nervous breakdown in '36. He was defeated in election in '38. He was defeated for Congress in '43, '46, and '48. He was defeated for the Senate in '55. He was defeated for the Vice-presidency in '56. He was defeated again for the Senate in '58. Yet in 1860 Abraham Lincoln became President of the United States of America. Discouragement is Satan's most effective tool. Don't let it keep you from becoming all God intends for you to be.

Advent Know more

Advent

The word "advent," from the Latin *adventus* (Greek *parousia*), means "coming" or "arrival." The season of Advent is focused

on the "coming" of Jesus as Messiah (Christ or King). Our worship, scripture readings, and prayers not only prepare us spiritually for Christmas (his first coming), but also for his eventual second coming. This is why the Scripture readings during Advent include both Old Testament passages related to the expected Messiah, and New Testament passages concerning Jesus' second coming as judge of all people. Also, passages about John the Baptist, the precursor who prepared the way for the Messiah, are read. All of these themes are present in Catholic worship during Advent, which The Catechism succinctly describes:

When the Church celebrates the liturgy of Advent each year, she makes present this ancient expectancy of the Messiah, for by sharing in the long preparation for the Savior's first coming, the faithful renew their ardent desire for his second coming. By celebrating the precursor's birth and martyrdom, the Church unites herself to his desire: "He must increase, but I must decrease" (524).

Since Advent looks forward to Christ's birth and Incarnation, it is an appropriate way to begin the Church Year. However, Advent is *not* part of the Christmas season itself, but a preparation for it. Thus, Catholics do not sing Christmas hymns, or use Christmas readings, in Mass until December 25th, the first day of the Christmas season.

The liturgical color for Advent is violet (except for the Third Week of Advent, often called *Gaudete Sunday*, in which rose may be used), and the season is somewhat penitential, similar to Lent, although not so explicit and emphatic. The character of worship during Advent is more solemn, quiet, and less festive than during other times of the year. In the Catholic Church, for example, the *Gloria in Excelsis* is not used. The use of violet reflects the general themes of Advent: penitence (generally expressed more in terms of expectant hope) and royalty. Some prominent feasts fall within the Season of Advent, including the Feast of the Immaculate Conception and the Feast of Our Lady of Guadalupe.

Secular culture and many non-Catholic churches celebrate the day of Christmas, but take it outside of the context of Advent and Christmastide. However, Christmas is not meant to be an isolated day, but a festival of the Incarnation in the midst of the Church year. Christmas is only properly understood

after having the preparation provided by Advent. In the midst of the secular excesses leading up to Christmas, Advent provides a welcome solace and an opportunity to continually re-orient ourselves to God's will as we expectantly wait with patriarchs, prophets, and kings for the true meaning of Christmas: the Incarnation of God the Son.

將臨期反省

將臨期第一主日

正如一個遠行的人，離開自己的家時，把權柄交給自己的僕人，每人有每人的工作；又囑咐看門的須要醒寤。(谷 13：34)

天主把權柄交給我們管理在地上的一切受造物。我們每一個人都有特別的工作，那是可以為天主做的。天主付託給你什麼呢？

主日分享

將臨期第一主日

將臨期是一個等待的時期：在這時期中，我們要為基督的再度來臨做好準備。基督要在聖誕節時再來，我們應該準備好來迎接祂。今天彌撒中的三篇讀經說的正是如何等待基督的來臨。在第一篇讀經中，依撒意亞先知表達了對主的來臨的熱切期待，他這樣說：「求你為了你的僕人，為了你產業的各支派，回心轉意吧！啊！望你衝破諸天降下，諸山在你面前震盪。」在第二篇讀經中，保祿邀請我們等待「主耶穌基督的出現」。今天的福音中，耶穌則要我們警醒，好能在祂再度來臨時已經準備好來迎接祂。第一篇讀經表達了對主的再度來臨的強烈期望。依撒意亞先知使我們明白人民正處在極度艱難的境況中：似乎天主已經拋棄了他們，任由他們在遠離祂的道路上流蕩。在第二篇讀經中，我們看到保祿所面對的，是一些信仰積極的格林多的教友，這令他不斷的為此而感謝天主。他說：「我時時為你們，對天主在基督耶穌內所賜予你們的恩寵，而感謝我的天主，因為藉著祂，你們在一切事上，在一切言論和知識上，都成了富有的。」由此

可知，基督信徒常沐浴在天主的恩寵中。

我們今天所聆聽的天主聖言推動我們做出必須的舉動，來誠心誠意地迎接主，與主相會，也令我們的生活因著這個具決定性的相會而轉變。

錄自梵蒂岡電台

教宗及福傳祈禱意向

十二月祈禱及傳教意向：

祈禱意向：為慶祝聖誕節

願救主的誕生能為所有善心人士帶來平安與希望。

福傳意向：為父母

願父母能成為真正的福傳者，將珍貴的禮物—信仰傳給子女。

2015 獻身生活年

團體中與使徒工作的培育

由於培育本身必須要有它團體的層面，生活團體是培育獻身修會和使徒生活團的主要場所。體驗團體生活的考驗和喜悅的入門場所就在團體本身，經由團體共享共擔的生活，學習與天主所安排的身邊人共處，接受各自的差異限度和特長。各自貢獻所得的天賦，以求整體的建設。因為「聖神顯示在每人身上雖然不同，卻是為人的好處」。但在入門培育的開始，團體生活也要展現獻身生活中使徒服務的一面。在初期培育期修會要提供具體機會，在負責人的伴隨下，讓受培育者在當地文化中測試使徒工人工作的能力、適應的能力和創新的精神。一方面，獻身者逐步發展一種批判性的審斷是很重要的；對自身的文化及其將來服務所在地的文化，以福音標準批判其積極及消極價值。另一方面，他們應該在內在的和諧及在愛天、愛人之間互動等困難的工夫上接受訓練；同時他們必須學習使祈禱成為使徒工作的核心，而使徒工作也激勵祈禱。

堂區活動



墨西哥傳教日
(十二月十二日)

在我們的墨西哥福傳計劃中，由我們教區的每一位教友捐出一加元，我們就可以在墨西哥的一個受貧窮折磨的社區，令到文盲、體弱的人，得到適當的醫療照顧及牙齒醫護。為繼續此一重要的福傳工作，請在十二月十三日或十四日捐出你的一加元吧！

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」，是為督促信友們通過修和聖事妥當地準備領聖體。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！

聖誕報佳音

青少年團聯同青年團將於十二月六日上午十時至十二時，到 Father Lacombe Care Centre (地址: 332-146 Ave SE) 聖誕報佳音。

我們誠邀本堂區所有會友與我們一起把聖誕之歡樂帶給長者。

牧靈關愛組除夕感恩祭及聚餐

為感謝天主在2014年內賜給我們各式各樣、大大小小的恩寵及照顧，牧靈關愛組特別邀請阮神父加添一台除夕晚間中文感恩聖祭。並於彌撒後在上禮堂舉行聚餐。歡迎全堂區朋友參加。由於數量非常有限，售完即止。務請預早購票。

日期: 2014年12月31日(星期三)

時間: 晚上5時正除夕感恩彌撒，隨隨

後在上禮堂舉行聚餐。

票價: 6歲以下免費成人 \$25 (包括龍蝦、燒牛肉、甜品及抽獎)。

售票日期: 11月30日起至12月21日
在每台彌撒後於教堂入口處發售，亦可以聯絡陳修女或堂區辦事處。
若耆英教友需要接送，本組將會儘量安排。

主日學、童軍、青年會及成人慕道班聖誕聯歡會

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。

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索取。就讓我們立即行動，慷慨解囊！

活動一週

星期三、五 12月3、5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 12月3日

將臨期悔罪禮

時間: 晚上7時30分至8時30分

地點: 永援聖母堂

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 12月5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 12月6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

大專青年團及青年聖詠團

聖誕報佳音

時間: 上午10時至12時

地點: Father Lacombe Nursing Home

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

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 12月7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

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

聖誕話劇排練

時間: 上午11時至下午1時

地點: 永援聖母堂上禮堂

利瑪竇騎士會 10119 開會

時間: 下午12時30分至3時

地點: 聖堂騎士會室

音樂劇(流芳濟世)

時間: 下午2時至5時30分

地點: 永援聖母堂上禮堂

聖言的力量

救接近了

你們應當挺起身來，抬起你們的頭，因為你們的救接近了。(路二十一 28) 在日月星辰上，將有異兆出現；在地上，萬國要因海洋波濤的怒號而驚惶失措。眾人要因恐懼，等待即將臨於天下之事而昏絕，因為諸天的萬象將要搖動。那時，他們要看見人子，帶著威能及莫大光榮乘雲降來。這些事開始發生時，你們應當挺起身

來，抬起你們的頭，因為你們的救援近了。(路 二十一 25~28)

心靈小品

忠心沒有憂慮

我們為明天實在不能作甚麼，只有等到明天。

當日子來到，滿有憂患，我們只有面對，天主必有恩惠的安排。

但是責任仍是我們的，我們日日得忠心殷勤地奉行天主的旨意。

其他的事是天主來作，我們的憂慮就成為不信的了。

我們的父必照顧我們，我們祇要忠心，便能除去憂慮。

做你的事，盡你的責任，讓天主的旨意成全在每一天，然後等待天主照顧你，天主的平安必保守你的心懷意念。

靈修小故事

小瓢蟲

話說動物也知道救主誕生了，大家就一起去給耶穌送禮物，並且還要比擬誰送的禮物最好和最有價值。孔雀很得意的送上牠漂亮的羽毛，花豹則送上牠的皮，犀牛送牠很值錢的角……

最後小瓢蟲也來了。牠在馬槽前猶豫了一下，因為覺得自己這麼小，怎麼比得上其他動物。然而牠很快就爬到馬槽上面，用盡全身的力氣，拔出一根稻草，然後把稻草放在小耶穌身上，讓祂暖和一些，不要著涼。

小耶穌滿意地向小瓢蟲微笑，接著伸出小手，從天上摘了一顆星星，黏在小瓢蟲的屁股上。從那時起，小瓢蟲所到之處，都用牠閃爍的螢火，給那地方帶來一絲光明。

今天在依撒意亞先知的口中，耶路撒冷——天主的子民就很像那被上主所寵幸的螢火虫：「耶路撒冷啊！起來炫耀罷！因為……上主的榮耀已經照耀在你身上。看啊！黑暗籠罩著大地……；但上主卻照耀著你，他的榮耀要彰顯在你的身上。萬民要奔赴你的光明，眾王要投奔你升起的光輝。」

聖保祿宗徒也清楚地表明「我的職分；就是藉著啓示，使我得知祂的奧秘；這奧秘在以前的世代，沒有告訴

過任何人，現在卻藉聖神，啓示給祂的聖宗徒和先知；這奧秘就是：外邦人藉著福音，在基督耶穌內，與猶太人同為承繼人，同為一身，同為恩許的分享人。」

今天，我們每一位基督徒，能不能達成梵二大公會議深切的期望，就是：

「向萬民宣佈福音，使教會面目上所反映的基督之光，照耀到每一個人，使基督成為萬民之光。」？

將臨期知多些

將臨期的意義

“將臨期”一詞按原拉丁文的意義為“來臨”，依照教會禮儀傳統，它有兩層重大的意義。第一，將臨期首先準備慶祝基督的第一次降臨（祂的誕生），第二，是期待迎接基督第二次光榮的來臨。

教會最初強調將臨期是懺悔和禁食的節期。但到中世紀初期，普遍地定為四個星期（包含四個主日）。將臨期是教會禮儀年的開始。

將臨期的重點，是準備基督的降生，並展望基督的再來，懷著希望，對教會及今日的社會有所建樹。將臨期是一種聯係，它是今日的世界與未來的國度的聯係；是舊約和新約人盼望的聯係；它更是人和天主的聯係。

此節期的顏色是採用紫色，紫色象徵悔罪、警醒和準備。

在大家熟悉的聖誕節來臨前，教會安排了將臨期，它的意思是“來到”、或“駕臨”。

不錯，將臨期確是一段準備時期，不僅僅是準備如何歡渡聖誕，更重要的是為我們的將來做準備。我們的一切希望，祇有在基督內才得以圓滿，因此我們渴望祂的來臨。

我們的存在，我們的生活，我們所做的一切，皆是為基督的再來作準備。我們應通過我們的日常生活，將此訊息向世人宣示。將臨期的重點，是展望基督的再度來臨，懷著希望，建樹今日的教會，慶祝基督降生成人。