

## 2014 年慶祝基督聖誕及新年彌撒時間表 2014 Christmas and New Year Mass Schedule

12月24日 (聖誕夜)	星期三	晚上7時 晚上8時30分	聖誕短劇『上禮堂』 英、國、粵語彌撒
December 24 (Christmas Eve)	Wednesday	7:00 p.m. 8:30 p.m.	Christmas Play (Upper Hall) English / Mandarin/ Cantonese Mass
12月25日 (聖誕日)	星期四	早上9時30分 早上11時正	英文彌撒 中文彌撒
December 25 (Christmas Day)	Thursday	9:30 a.m. 11:00 a.m.	English Mass Chinese Mass
12月31日 (除夕-歲末 謝主彌撒)	星期三	早上9時	英/粵語彌撒
December 31 (New Year's Eve Thanksgiving Mass)	Wednesday	9:00 a.m.	Bi-lingual Mass (English /Cantonese)
1月1日 (元旦求恩彌撒)	星期四	早上9時30分 早上11時正	英文彌撒 中文彌撒
January 1 (New Year's Mass)	Thursday	9:30 a.m. 11:00 a.m.	English Mass Chinese Mass

### Advent Reflections

#### Second Sunday of Advent

Like a shepherd he feeds his flock; in his arms he gathers the lambs, carrying them in his bosom, and leading the ewes with care. (Isaiah 40:11)

The Lord is gentle and loving in His care for us. He ensures that we have all we truly need. How do you give thanks to God for His care?

"The way to Christmas lies through an ancient gate....It is a little gate, child-high, child-wide, and there is a password: 'Peace on earth to men of good will.' May you, this Christmas, become as a little child again and enter into His kingdom."

### Theme Sharing

#### Prepare the Way of the Lord

(The Second Sunday of Advent)

In the first reading, the Israelites were in exile in Babylon, enduring the pain of a disgraced and displaced people. Isaiah told them that they had been punished all those years because they had sinned against God.

However, it would be comforting for them to know that, once they had served their time and paid their penalty, God would set them free and return them to their motherland. Such a time, Isaiah believed, was imminent. And Mark tells us in today's gospel that John the Baptist was the voice in the wilderness foretold by Isaiah, with the specific mission to prepare the way of the Lord. As Christians, we await the second coming of Christ. When Christ does come, there will be a new heaven and new earth where righteousness will reign forever. Apostle Peter in today's second reading exhorts us to trust in God, saying that God will, in due time, honour His promise. Such time has not yet come, simply because God is patient with us; and He is waiting for us to repent, not wanting anyone unprepared for His coming to perish. So how should we prepare ourselves for the way of the Lord, and for the coming of Christ? The Church, in today's Opening Prayer, exhorts us to remove the things that hinder us from receiving Christ with joy, so that all of us can be filled with heavenly wisdom to follow Christ all the days of our lives.

### Rejoice in God's Mercy

#### Theme: A Hug from God Is All You Need

The confessional is one place we can really be honest. We can let down our guard and look at ourselves. Things sometimes are lousy, we are not always at our best, but in the confessional we can admit our failings and struggles and remember that with God change is possible. Like John the Baptist the "I" in our lives must diminish and Christ must shine forth more and more. Like a carefully formed clay jar with a spigot in the bottom we are called to let the love of God flow through us and into the other. We are perfect in God's eyes; we just don't always make perfect choices. Allow the love of God to flow abundantly through you. Action Item: You have been identifying God's blessings and making room for Christ's love in your heart. This week, turn the tables. Find three opportunities each day to show God's love to others.

### 2015 Year Of Consecrated Life

#### "You have to wake up the world!"

Pope consecrated life, published a letter: "You have to wake up the world!"

Pope Francis issued a letter of Consecrated Life, which will start throughout the universal Church on the first Sunday of Advent, November 30. The observance will end on the Feast of the Presentation of Jesus in the Temple, February 2, 2016.

And Pope Francis is conceding plenary indulgences for the year of Consecrated Life. The indulgence may also be offered for departed souls in Purgatory.

In his message, the Pope underlined the aims of the Year of Consecrated Life, namely to look to the past with gratitude, to live the present with passion and to embrace the future with hope.

The Pope then expressed his expectations for the yearlong observance: that consecrated men and women would be witnesses of communion, of joy and the Gospel, and go evermore to the peripheries to proclaim the Good News.

"I am counting on you 'to wake up the world', since the distinctive sign of consecrated life is prophecy," he wrote. "This is the priority that is needed right now."

He urged religious communities to guard against gossip, jealousy and pettiness in community life, to live "in synergy" with other vocations in the Church, and to "step more courageously from the confines of our respective institutes and to work together." The Pope said he also expected consecrated men and women to examine their presence in Church life and to respond to the "new demands constantly being made on us, to the cry of the poor."

## Diocese & Other News

### The Stewardship Office is pleased to announce that online registration for the 2015 Western Canadian Catholic

Stewardship Conference is now open. The conference is in Calgary this year on June 12-14, 2015. Early Bird Registration is \$195, after April 30<sup>th</sup>, Registration is \$235. Visit [www.wccsc.ca](http://www.wccsc.ca) to for more information and to register. Please contact Samantha Jones if you have any questions about registration at 403-218-5531 or [samantha.jones@calgarydiocese.ca](mailto:samantha.jones@calgarydiocese.ca). For general conference questions, please contact Eden D'Souza at 403-218-5520 or [eden.dsouza@calgarydiocese.ca](mailto:eden.dsouza@calgarydiocese.ca).

### Youth Ministry

Rise Up Conference coming to Calgary, Alberta! Catholic Christian Outreach would like to extend an open invitation to university students and young adults aged 18-30 to join us for our Annual Rise Up conference from December 28th 2014 - January 1<sup>st</sup> 2015. This year's theme is, "Revive this Generation." For more information, pricing, updates, speakers and more, please visit [www.cco.ca/riseup](http://www.cco.ca/riseup).

## 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 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.

### 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 now at the church entrances until December 21 or contact Sr. Chan or Parish Office. Evangelization Committee encourage God Parents and God Children together can attend for this meaningful Mass.

### Christmas Play ( A Fairy Tale Christmas Carol)

Sunday School will be held "A Fairy Tale Christmas Carol". All the famous fairy-tale characters take on all of the memorable roles of Dickens's *A Christmas Carol*. You'll never know who will show up next as the Big Bad Wolf (as Ebenezer Scrooge) meets his old business partner Jacob Midas, who could turn anything to gold. Midas warns Big Bad that he'll be visited by The Ghosts of Christmas Past, Present, and Future (played by a Fairy Godmother, Old King Cole, and the Queen of Hearts respectively). The ghosts make Big Bad Wolf realize what a scoundrel he's been to the Charming family — including Prince Philip, Cinderella and their kids, Hansel, Gretel and Tabitha, their Little Match Girl— and help him to remember what the Christmas spirit is all about. This fun-filled adaptation stays true to the warmth and heart of the classic.

The play will be performed on Wednesday, December 24 from 7pm to 8:30pm. All parishioners are welcome.

### 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 10, 12

OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Wed Dec 10

Advent Reconciliation

Time: 7:30pm–8:30pm

Place: OLPH Church

Fri Dec 12

OLPH Scout

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

Place: Upper Hall & Lower Hall

Sat Dec 13

Legion of Mary ( meeting )

Time: 9:45a.m.

Place: K of C Room at OLPH Church  
Faith Sharing Group ( N.E)

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

Contact: Sr. Sze 403-230-3801

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

R. C.I.A

Adult Catechumenate Class  
(Mandarin)

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

Place: Office Building

Young Adults Group

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

Place: OLPH Upper Hall

Faith Sharing Group ( N.W.)

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

Contact: Wendy Tai 403-208-2268

Sun Dec 14

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 Group

Time: 11:00a.m. - 12:30p.m.

Place: OLPH Upper Hall

Christmas play practice

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

Place: OLPH Upper Hall

St. Gabriel Choir gathering

Time: 1:00p.m. - 9:00p.m.

Place: OLPH Upper Hall

**Stories Faith Sharing****The Shepherds and the Angels**

And there were shepherds in the same country abiding in the field, and keeping watch by night over their flock. And an angel of the Lord stood by them and the glory of the Lord shone round about them: and they were sore afraid. And the angel said unto them, Be not afraid; for, behold, I bring you good tidings of great joy which shall be to all the people: for there is born to you this day in the city of David a Saviour, which is Christ the Lord. And this is the sign unto you; ye shall find a babe wrapped in swaddling clothes, and lying in a manger. And suddenly there was with the angel a multitude of the heavenly host praising God and saying: Glory to God in the highest, And on earth peace, Good will toward men. And it came to pass, when the angels went away from them into heaven, the shepherds said one to another, Let us now go even unto Bethlehem, and see this thing that is come to pass, which the Lord hath made known unto us. And they came with haste, and found Mary and Joseph and the babe lying in the manger. And when they saw it, they made known concerning the saying which was spoken to them about this child. And all that heard it wondered at the things which were spoken unto them by the shepherds. But Mary kept all these sayings, pondering them in her heart. And the shepherds returned glorifying and praising God for all the things that they had heard and seen, even as it was spoken unto them. And when eight days were fulfilled his name was called: JESUS

**Advent Know more****Advent Wreath**

The symbolism of the Advent wreath is beautiful. The wreath is made of various evergreens, signifying continuous life. Even these evergreens have a traditional meaning which can be adapted to our faith: The laurel signifies victory over persecution and suffering; pine, holly, and yew, immortality; and cedar, strength and healing. Holly also has a special Christian symbolism: The prickly leaves remind us of the crown of thorns, and one English legend tells of how the cross was made of holly. The circle of the wreath, which has no beginning or end, symbolizes the eternity of God, the immortality of the soul, and the everlasting life found in Christ. Any pine cones, nuts, or seedpods used to decorate the wreath also symbolize life and resurrection. All together, the wreath of evergreens depicts the immortality of our soul and the new, everlasting life promised to us through Christ, the eternal Word of the Father, who entered our world becoming true man and who was victorious over sin and death through His own passion, death, and resurrection. The four candles represent the four weeks of Advent. A tradition is that each week represents one thousand years, to sum to the 4,000 years from Adam and Eve until the Birth of the Savior. Three candles are purple and one is rose. The purple candles in particular symbolize the prayer, penance, and preparatory sacrifices and goods works undertaken at this time. The rose candle is lit on the third Sunday, Gaudete Sunday, when the priest also wears rose vestments at Mass; Gaudete Sunday is the Sunday of rejoicing, because the faithful have arrived at the midpoint of Advent, when their preparation is now half over and they are close to Christmas. The progressive lighting of the candles symbolizes the expectation and hope surrounding our Lord's first coming into the world and the anticipation of His second coming to judge the living and the dead. The light again signifies Christ, the Light of the world. Some modern day adaptations include a white candle placed in the middle of the wreath, which represents Christ and is lit on Christmas Eve. Another tradition is to replace the three purple and one rose candles with four white candles, which will be lit throughout Christmas season.

**將臨期反省****將臨期第二主日**

祂必如牧人，牧放自己的羊群，以自己的手臂集合小羊，把牠們抱在自己的懷中，溫良地領導哺乳的母羊。(依40：11) 在天主對我們的照顧中，獲得是柔和及慈愛的。祂確保我們真正所需的一切。你應怎樣來感謝天主對你的照顧？

"通往聖誕的，是一道古老的門。這門很小，像小孩子的身體，而進門的密碼是：'世上平安，歸與願意尋求的人。'在"在這個聖誕，願你回復像個小孩一樣，謙卑地進入天主的國。"

**主日分享****將臨期第二主日**

將臨期是一個熱心等待的時期。我們以不同的形式等候主的來臨：在紀念主誕生的耶誕節等候祂；在日常生活中等候祂；我們也等待世界窮盡時祂光榮的再來。

第一篇讀經是依撒意亞先知說的預言，這預言讓人明白，主的來臨給人帶來極大的喜樂。這段讀經結束的那段話則說到一個「喜訊」，一個先來的福音：「給熙雍報喜訊的啊！請登上高山！給耶路撒冷報喜訊的啊！請大聲疾呼！高呼吧！不要畏懼！向猶大各城報告說：你們的天主來了！」天主來臨，是我們從內心深處喜悅歡騰的緣由。

從第二篇讀經中伯多祿這樣說：「是祂對你們含忍，不願任何人喪亡，只願眾人回心轉意。」伯多祿勉勵我們在天主面前潔白無瑕、無可指責，來等候主的來臨。這番勉勵的話令今天的第二篇讀經與第一篇讀經和福音的思想相貫通。

從福音中，我們看到洗者若翰用新穎的方式來實現依撒意亞的宣報。若翰正是那在曠野中呼喊的聲音，他呼喊說：「預備上主的道路，為祂修平一條大路！」

洗者若翰這樣說：「我以水洗你們，祂卻要以聖神洗你們。」因此，我們所等待的救主，是一位有權威大能的救主，祂可以透過聖神的力量、透過愛的力量，將我們的整個生命改變。這

愛，是聖神不斷在我們的心中傾注的，這樣，我們心中便能不斷地充滿了天主的愛。 錄自梵蒂岡電台

## 2015 獻身生活年

### 你們要喚醒世界！

教宗為奉獻生活年發表信函：“你們要喚醒世界！”

“我期待你們喚醒世界，因為構成奉獻生活的特點是說先知話”。這是教宗方濟各寫信給度奉獻生活及使徒生活的修會團體人士，對他們作出的勉勵。聖座於 11 月 28 日公佈了教宗的信函，將這信函作為奉獻生活年的序曲。教宗方濟各也宣報從將臨期的第一個主日即 11 月 30 日開始直到奉獻生活年結束的一天 2016 年 2 月 2 日將可獲得全大赦。全大赦也可以為煉獄的靈魂。

教宗方濟各的信函汲取了聖若望保祿二世教宗《奉獻生活》勸諭中的思想，列出奉獻生活年的目的、期待及遠景。教宗為度奉獻生活的人士提出實現他們聖召的三個首要目標：首先，“心懷感恩看過去”，永遠保持自己的身份，對言行不一，人性軟弱甚或忘卻神恩的主要內容，不可視而不見。其次，“滿腔熱忱地活在當下”，以共融精神圓滿地度福音生活。最後，“對未來寄予希望”，面對奉獻生活中遇到的眾多困難，尤其是聖召危機，不灰心喪氣。

教宗告誡較年輕的修會會士，不要陷入數目和效率的誘惑，更不可只依靠他們自己的力量。愛德的想像力沒有限度，但它需要熱情，把福音的氣息帶到各種文化和不同的社會範圍。若曉得在團體中傳播信仰上所體驗到的喜樂和幸福，就能使教會增進她的吸引力。

賦予教會價值的是兄弟友愛、關懷及分享的見證。教會必須是說先知話者的熔爐。說先知話的人能夠洞察他們所生活的歷史，解釋其中的事件，揭露罪惡和不義。教宗並不期待度奉獻生活的人活在“烏托邦”的夢幻裡，但應知道創建“其它場所”，讓贈與、友愛、差異、彼此相愛的福音邏輯在那裡居住。

這場所是理想之地，而不該是孤立現實的後果，因為使它實現的是修會團體。教宗而且寄望，奉獻生活年能成為不同團體，乃至不同教會日益密切合作的時機，在接納難民、關懷窮人、宣講福音、開啓祈禱生活上攜手並進。教宗在寫信給度奉獻生活及使徒生活的修會團體人士的信函中，不忘提到平信徒的重要角色，他們與度奉獻生活的人共同分享理想、意志和使命。教宗在信中也勉勵主教弟兄們，應在各自的團體中殷勤地推動“不同神恩”，支持、鼓勵及幫助信友進行分辨，好使奉獻生活的美妙及聖德在教會中煥發出光芒。

## 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，以準備基督的來臨！

### 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：現在起至 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。

為感謝天主在 2014 年內賜予我們無限的祝福及恩賜，福傳組特別鼓勵各位代父母邀請代子女一同參與！

### 聖誕話劇—「童話故事報佳音」

主日學將演出一年一度的聖誕劇「童話故事報佳音」。狄更斯筆下的著名的童話人物會在劇中出現。從點石成金的 Jacob Midas, 灰姑娘到賣火柴的女孩等。

時間：12 月 24 日 (星期三)

晚上 7 時至 8 時 30 分。

歡迎所有的教友參加。

### 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 12 月 10, 12 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 10 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

星期五 12 月 12 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 13 日

聖母軍(開會)

(聖母軍聖母無玷聖心支團)

時間：早上 9 時 45 分

地點：聖堂二樓騎士會室

東北區信仰小團體聚會

時間：早上 10 時 30 分至 12 時

聯絡：施修女 403-230-3801

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

#### 成人慕道班（國語）

時間下午 2 時 30 分至 5 時

地點：寫字樓大廈

#### 永援聖母大專青年團

時間：晚上 6 時至 8 時

地點：永援聖母堂上禮堂

#### 信仰小團體（西北區）

時間：晚上 7 時 30 分至 10 時

聯絡：Wendy Tai 403-208-2268

星期日 12 月 14 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

#### 青少年團

時間：上午 11 時至下午 12 時 30 分

地點：永援聖母堂上禮堂

#### 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

#### 佳播聖詠團練歌及聯歡

時間：下午 1 時至下午 9 時

地點：永援聖母堂上禮堂

## 靈修小故事

### 窮苦的富人

一窮人，常埋怨自己命不好。有一天魔鬼說：“好，我會給你一個魔袋。這袋裡永遠有拿不完金幣，但在你覺得夠了時，就把袋扔掉，才可開始花錢。”說完，他身邊真的有一個錢袋。於是，他不斷地往外掏金幣。掏著，掏著，整整一個晚上，金幣已有一大堆了。他想：啊，這些錢已經夠我用一輩子了。次日，他肚子很餓，但想到在花錢以前，必須把袋扔掉。就說：“我才不這麼傻呢，這樣的袋子可以隨便扔掉嗎？”於是，他掏啊掏！日子一天天過去，他完全可以去買吃的、買房子、買車子。可是，他還是說：“等錢再多一些吧。”金幣快堆滿屋子了。然而他自己也變得又瘦又弱，臉

色好像金子一樣的黃，極其憔悴的他，還是抖著手在往外掏金子……直掏到他虛弱得一動也不會動了！在貪婪人的字典裡，永遠沒有“知足”一詞。可是，丟了生命，這一切又有何意義呢？

## 將臨期知多些

### 將臨圈

將臨圈的習慣從德國開始，雖然只有數百年，已傳到世界各地。所謂「將臨圈」是用常青樹枝編織而成的圓圈或花冠（Advent Wreath），圈上按置四支蠟燭。其傳統的意義：象徵基督真光來照耀那「坐在黑暗與死亡蔭影下的人群」（路；一，79）。花圈本身象徵「時期已滿」時基督就來到了人間，也象徵天主的永恒存在與無始無終；常青樹象徵永生與天主的不變性。四支蠟燭代表將臨期四週，每一週點燃一支蠟燭。基督的降來是爲了帶給我們真光，使我們分享天主的永恒生命。每個教友家庭、教會團體、以及聖堂中均適於在將臨期開始佈置一將臨圈

將臨期四個主日的蠟燭顏色以紫色爲主，象徵基督君王的身份，也同時預表基督受難拯救；第三個主日的顏色轉爲粉紅，代表喜樂之意，而「將臨圈」中間白色的蠟燭則代表耶穌的聖潔無罪。讓我們一同重尋將臨期的意義，記念主的降生並期盼祂的再臨，把希望的信息帶到人間每個角落。將臨期四週象徵基督降臨前四千年的黑暗，將臨期彌撒中神父穿著紫色祭衣，表示悔罪刻苦，以準備主的降生，教友應告解與天主修合。