

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	聖誕短劇『上禮堂』
December 24 (Christmas Eve)	Wednesday	7:00 p.m. 8:30 p.m.	英、國、粵語彌撒 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

Third Sunday of Advent

The spirit of the Lord God has been given to me, for the Lord has anointed me. (Isaiah 60:1)

Gaudete! Rejoice! In baptism the Lord has chosen you. Through your participation in the Eucharist God sends you to fulfill His mission on earth.

"The greatest gift you will ever receive will never be found under a Christmas tree. It is far too valuable to be stored in any other place but in the depths of your heart."

Theme Sharing

Rejoice Always

The Third Sunday of Advent

The liturgy of the mass emphasizes on how we should live our daily lives in preparation for the second coming of Christ. The Church encourages us in the Entrance Antiphon to

be happy at all times: "Rejoice in the Lord always; again I say, rejoice! For the Lord is near."

In the first reading, God spoke through Isaiah, bringing good news to the Israelites. Isaiah proclaimed the year of favour from the Lord, a year of liberty from all kinds of captivity, in which all property forfeited were to be restored to their owners.

Today's gospel of John details the testimony of John the Baptist that he was not the Messiah, but only "the voice" to prepare the way of the Lord as foretold by Isaiah. Bearing witness for Christ, John the Baptist told the Jews that Jesus was the real Messiah who was in fact living in their midst. He declared in all humility that he was "not even worthy to untie the thongs of his (Jesus') sandals."

In the second reading, Paul teaches us the proper attitude to live as true Christians: rejoice always, never stop praying, but give

thanks to God whatever happens in our lives.

Today's Communion Antiphon expresses our joy in putting our trust in God: "Say to the anxious: be strong and have no fear, for the Lord will come to save us".

Theme: A Hug from God Is All You Need

We often forget that we were created in the likeness and image of God and that one of our main responsibilities is to magnify God in and through our own lives. Sadly we sometimes come up short. When we lose sight of God's gifts to us, of the mercy He has shown us, we begin to place ourselves first and leave God behind. God is patient, loving, and merciful. He waits for us to become more aware and he gives us opportunities to lift our voices to the glory of his name. People sing "Happy Birthday" even if they can't carry a tune. The birth of our Saviour is upon us! Let us all lift our voices in song and feel the tender warmth of the Father's hug. Action Item: Christ extended his life before we ever said "sorry". Mercy does not wait for an apology. In whatever way you have been hurt, this week take the first step towards reconciliation with another.

2015 Year Of Consecrated Life

Secular Institutes

The Holy Spirit, who wondrously fashions the variety of charisms, has given rise in our time to new expressions of consecrated life, which appear as a providential response to the new needs encountered by the Church today as she carries out her mission in the world.

One thinks in the first place of members of Secular Institutes seeking to live out their consecration to God in the world through the profession of the evangelical counsels in the midst of temporal realities; they wish in this way to be a leaven of wisdom and a witness of grace within cultural, economic and political life. Through their own specific blending of presence in the world and consecration, they seek to make present in society the newness and power of Christ's Kingdom, striving to transfigure the world from within by the power of the Beatitudes. In this way, while they belong completely to

God and are thus fully consecrated to his service, their activity in the ordinary life of the world contributes, by the power of the Spirit, to shedding the light of the Gospel on temporal realities. Secular Institutes, each in accordance with its specific nature, thus help to ensure that the Church has an effective presence in society. A valuable role is also played by Clerical Secular Institutes, in which priests who belong to the diocesan clergy, even when some of them are recognized as being incardinated in the Institute, consecrate themselves to Christ through the practice of the evangelical counsels in accordance with a specific charism. They discover in the spiritual riches of the Institute to which they belong great help for living more deeply the spirituality proper to the priesthood and thus they are enabled to be a leaven of communion and apostolic generosity among their fellow clergy.

Diocese & Other News

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 1st 2015. This year's theme is, "Revive this Generation." For more information, pricing, updates, speakers and more, please visit www.cco.ca/riseup.

Parish Activities

The Sacrament of Reconciliation – will be available at parishes throughout the Diocese of Calgary all the Wednesdays of Advent. December 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.

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.

Christmas Caroling

Youth Group and YAG will be going Christmas Caroling at Aspen Lodge and Peter Lougheed at 2pm on December 21. We will be meeting at Upper Hall first. All parishioners are invited to join.

Parenting Workshop for Parents and Young Adults

In response to Pope Francis' emphasis on the family and the recent Alberta's Bishops open letter on education, Deacon John Wu and Evangelization Committee would like to share a series of 13 sessions of workshops for parents and young adults. Place: OLPH Upper Hall

Sessions:

1st- Jan. 4, 2015 (Sunday) 2-6 pm
Love's gift – Using a movie to see how a grandfather taught his prodigal grandson, how to live a life of love and service.
2nd – Feb. 1, 2015 (Sunday) 2-5 pm
Effective communication – how to talk so your child wants to communicate with you. Want to talk with you and listen to you. All are welcome and come with your family and friends!

Sunday School Christmas Holiday

There will be no Sunday School classes on December 21 and 28. Class will resume on January 4. For more information, please contact Teresa Lau at olphsscalgary@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.

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

Weekly Activities

Wed, Fri Dec 17, 19

OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Wed Dec 17

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 19

At. Angela School Advent Mass

Time: 9:00a.m. Mass

OLPH Scout

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

Place: Upper Hall & Lower Hall

Sat Dec 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

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

Sun Dec 21

Sunday School, Scout, Youth Group & RCIA Christmas Party

Time: 11:00 a.m-1:30p.m.

Place: OLPH Upper Hall

Christmas Caroling

Time: 2:00 p.m

Place: Aspen Lodge and Peter Lougheed

Stories Faith Sharing

Christmas Is for Love

Christmas is for love. It is for joy, for giving and sharing, for laughter, for reuniting with

family and friends, for tinsel and brightly decorated packages. But mostly, Christmas is for love. I had not believed this until a small elf-like student with wide-eyed innocent eyes and soft rosy cheeks gave me a wondrous gift one Christmas.

Mark was an 11 year old orphan who lived with his aunt, a bitter middle aged woman greatly annoyed with the burden of caring for her dead sister's son. She never failed to remind young Mark, if it hadn't been for her generosity, he would be a vagrant, homeless waif. Still, with all the scolding and chilliness at home, he was a sweet and gentle child. I had not noticed Mark particularly until he began staying after class each day (at the risk of arousing his aunt's anger, I later found) to help me straighten up the room. We did this quietly and comfortably, not speaking much, but enjoying the solitude of that hour of the day. When we did talk, Mark spoke mostly of his mother. Though he was quite small when she died, he remembered a kind, gentle, loving woman, who always spent much time with him.

As Christmas drew near however, Mark failed to stay after school each day. I looked forward to his coming, and when the days passed and he continued to scamper hurriedly from the room after class, I stopped him one afternoon and asked why he no longer helped me in the room. I told him how I had missed him, and his large gray eyes lit up eagerly as he replied, "Did you really miss me?"

I explained how he had been my best helper. "I was making you a surprise," he whispered confidentially. "It's for Christmas." With that, he became embarrassed and dashed from the room. He didn't stay after school any more after that.

Finally came the last school day before Christmas. Mark crept slowly into the room late that afternoon with his hands concealing something behind his back. "I have your present," he said timidly when I looked up. "I hope you like it." He held out his hands, and there lying in his small palms was a tiny wooden box.

"It's beautiful, Mark. Is there something in it?" I asked opening the top to look inside. "Oh you can't see what's in it," He replied, "and you can't touch it, or taste it or feel it, but mother always said it makes you feel good all the time, warm on cold nights, and safe when you're all alone."

I gazed into the empty box. "What is it Mark,"

I asked gently, "that will make me feel so good?" "It's love," he whispered softly, "and mother always said it's best when you give it away." And he turned and quietly left the room.

So now I keep a small box crudely made of scraps of wood on the piano in my living room and only smile as inquiring friends raise quizzical eyebrows when I explain to them that there is love in it.

Yes, Christmas is for gaiety, mirth and song, for good and wondrous gifts. But mostly, Christmas is for love.

Advent Know more

Why is Advent Important

Preparation for Christmas is an important theme for Advent, but more is involved. Advent gives us a vision of our lives as Christians and shows us the possibilities of life.

The vision of life that Advent gives us is twofold; it looks back to the first coming of Christ at Bethlehem, and it looks to the future when Christ will come again. In the interval between these two events we find meaning for our life as a Christian.

First we celebrate Christ-become-human. We view his life and experience his presence as a human being in our history. Christ came to show us what life can and should be. He gave us true and valid principles by which we can live true and valid lives. But Jesus knew that the human heart could not live in isolation. He formed the Church around the concept of a people held together by love. In that community we discover unlimited possibilities and meaning. Alone we can do nothing. Together we find real meaning.

When Christ left this earth, he did not abandon us. He remains with us in his Spirit, the Church, the sacraments, the Scriptures and each other. He lives in community with us and keeps his vision of life before us.

When Christ comes again, his presence will no longer be hidden behind the signs and symbols of the liturgy or the words of the Scriptures. His presence among us will be revealed in all its fullness, a presence that will never end, a presence that will perfect and complete our community.

This is the "greater significance" of Advent. In these few short weeks we take in the sweeping panorama of time - from Christ's birth to his Second Coming. The season of

Advent brings us the magnificent vision of life and hope for the future given to us by Christ.

Advent is our time to become more involved, more caught up in the meaning and the possibilities of life as a Christian community. Thus we are preparing not only for Christmas but also for Christ's Second Coming. This means that when he comes again, we will be awake and watchful. He will not find us asleep.

將臨期反省

將臨期第三主日

吾主上主的神臨到我身上，因為上主給我傳了油。（依 61：1）

喜悅吧！在聖洗時天主已揀選了你。經由你參與的聖祭禮儀中，天主派遣你去完成祂在世上的使命。

"你在聖誕能收到最大的一份禮物，不是放在聖誕樹下的。這禮物太寶貴了，不能隨便放置；最值得放置的地方，就是你心靈的深處。"

主日分享

將臨期第三主日

本主日的福音向我們介紹了洗者若翰的見證。洗者若翰非常明確地顯出了他的謙虛。福音告訴我們，司祭和肋味人從耶路撒冷來到他那裏向他詢問，因為他的使命令人困惑。他退避到曠野中，為了過嚴謹的刻苦生活，也為召喚人們改過遷善歸於天主。司祭和肋味人問他：「你是誰？」若翰的回答雖不是他們所問的，卻是他們真正想知道的。他說：「我不是默西亞。」若翰馬上猜到他們想他是默西亞第一篇讀經更透徹地說出了這位救主的使命。在依撒意亞先知的的神諭中，基督自己這樣說：「吾主上主的神臨到我身上，因為上主給我傳了油。」在希伯來文中，「默西亞」的意思是「傅油」，就是以傅油的方式來祝聖，因此，依撒意亞的神諭所說的話指的是「默西亞」。

在第二篇讀經中，保祿邀請我們為「我們的主耶穌基督來臨」做準備，在天主的恩寵助佑下保持無暇可指。保祿宗徒勸勉我們在日常生活中，要常常

歡樂，不斷祈禱，事事感謝。他向得撒洛尼人說：「這就是天主在基督耶穌內對你們所有的旨意。」實際上，這也是天主對我們的要求。

我們應該懷著喜樂、感恩的心來為聖誕節作準備。在今天的彌撒中，我們祈求天主打開我們的心來迎接祂的恩寵，使我們得以在生活中常常喜樂和感恩，並勤於祈禱。節錄梵蒂岡電台

2015 獻身生活年

在俗團體

賜與各種神恩的聖神，在我們這個時代又使獻身生活興起新的表現；這正是上主在眷顧教會回應在今日世界進行福傳使命所需的新要求。

首先我們想到在俗團體的成員，他們在俗世現況中，宣發福音勸諭聖願，為了在世俗中獻身天主的生活；他們希望能以這種方式在文化、經濟、政治等生活中，作智慧的酵母，作恩寵的見證人。他們藉著自身在俗世中特殊的臨在和獻身，謀求基督王國的新貌及其德能在社會上呈現出來；努力以真福八端的力量改變世界的面貌。以此方式他們全屬於天主，並完全為主服務，使得他們的俗世生活借助聖神的力量，能讓福音之光普照俗世現況。在俗團體各依其特有的性質，確保教會是實際而有效地活於社會中。在俗的聖職團體也扮演著重要的角色。有些屬於教區的司鐸們，甚至其中有的是在團體中晉升鐸品的，他們秉持同一的特殊神恩，奉行福音勸諭而自獻於基督。他們在所屬團體的靈修寶藏中，找到極大助益，以更深入地活出司鐸特有的靈修生活，進而能在司鐸中成為共融和使徒工作的酵母。

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！

主日學聖誕假期

主日學將於12月21日及28日放聖誕假期並於1月4日恢復上課。如有任何查詢，請聯絡 Teresa Lau

olphscalgary@gmail.com。

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。

親子關係工作坊

為回應教宗方濟各強調家庭的重要性及最近亞省主教團對教育使命的公開信，鄔維揚執事及福傳小組將會主持一系列13堂講座，適合父母及在職年輕人參與。

地點：永援聖母堂上禮堂

第一講於1月4日星期日，下午2時至6時

主題：「愛的禮物」，從一部電影展示爺爺關懷及教導孫子，使他浪子回頭，以愛及服務而生活。

第二講於2月1日星期日，下午2時至5時

主題：「有效的溝通」，成功的親子溝通，才能貼近孩子的心，也才能有效教導他們。

歡迎所有教友帶同親友參加。

聖誕報佳音

青少年團聯同青年團將於十二月三十一日下午二時到 Aspen Lodge 及 Peter Lougheed 聖誕報佳音。下午二時於上禮堂集合並誠邀有興趣的教友一同參與！

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

星期三 12月17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19日

St. Angela School 將臨期彌撒

時間：早上9時

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20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

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30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

星期日 12月21日

主日學、童軍、青年會及成人慕道班聖誕聯歡會

時間：上午11時至1時30分

地點：永援聖母堂上禮堂

聖誕報佳音

時間：下午2時

地點：Aspen Lodge 及 Peter Lougheed

靈修小故事

我認錯

一九七一年七月的一個早晨，一名男子向他住家附近的警方投案，他承認

在二十一年前殺害了一個女子。他說這件事一直是他內心極大的困擾，尤其是在夜間。他準備為他的罪行接受任何的處罰。

他說：「我生命的過去這二十一年已經被毀了。只為了兩分鐘的酒後亂性或瘋狂，竟使自己的生命成了一場夢魘。現在我覺得好多了，我能用清楚的意識想到它的可怕隱情。我現在很平安，我好像獲得了重生。」

當作家切斯特頓有一次被問道，他為什麼會成為天主教徒時，他答道：「為了消除我的罪。」他說這話時態度很認真。他說告解是天主重新造人的方法，被赦免的罪人成了一個新的創造，他再次成為一個純潔的小孩。「他雖然年邁而痛風，但是他好像只出生了五分鐘。」

告解意即靈魂從所有它意識上儲存的罪惡中被釋放，罪的負擔和良心的壓力被舉起來了，因此它是心理和精神健康的必需品。如果罪沒有被消除，它遲早會產生傷害性的影響——失望和絕望感。未告解的罪會進一步癱瘓所有的努力，就像被壓縮的蒸氣，是非常危險的。累積悲傷或任何強烈的情緒都是不好的。

吾主了解，一個人的懊悔越真實，他越沒有勇氣征服罪，而靈魂也就越難確信它已經獲得寬恕。在他的許多比喻中，他強調天主的仁慈。祂自己總是鼓勵悔改的罪人：「孩子，你放心！你的罪赦了。」（瑪九 2）「我也不定你的罪。」（若八 11）基督把祂運用過的寬恕的能力給了祂的教會：「你們赦免誰的罪，就給誰赦免。」（若廿 23）我們應該經常告解嗎？

住在貧民窟和污染的空氣中的人們，通常不會意識到髒亂和異味。那些很少去告解的人，似乎也記不起任何的罪，即使他們可能極端自私、貪婪、懶惰、自滿和無情。他們的良心由於缺乏使用而變得十分遲鈍而萎縮。告解可以淨化他們的良心。

告解是一件聖事，它賦予靈魂恩寵。這個恩寵有一個治癒、恢復的效果，而且它可以建立起抵抗罪惡的防禦工事呢！

將臨期知多些

將臨期的意義

將臨期至少有以下幾層意義：

一：將臨期幫助我們思想等候的重要性和必要性。許多人都希望能一下子獲得成功、希望想要的東西能馬上得到、希望不必太努力就能拿到學位或找到不錯的工作。但將臨期提醒我們日出之前必有黎明，黎明之前必有黑夜。我們往往得先經過一段安靜等待、蟄伏、無所作為的時間，之後才能破繭而出，迎向光明。連天主的兒子也不走一條心急、速成的路，而是「及至時候滿足，才為女子所生」。對比聖誕節期間社會上急於營造節日氣氛刺激消費、教會界也不落人後忙於辦活動的情況，我們更要學習忍耐等候的功課。生命的成熟沒有捷徑的。

二：將臨期期間，我們不祇等候，更將眼目專注於來臨的耶穌基督本身。以色列人苦苦等候「那將要來的」，但耶穌基督真的來臨時，他們卻不認識祂，也不接待祂；門徒們一直期待耶穌「復興以色列國」，甚至希望在祂的榮耀國度中有一席之地，但耶穌清楚說明祂的國不屬這世界，跟從祂的人是要在祂的背十字架和受苦中學習。換句話說，重要的不是我們自身的期望，而是耶穌基督自己以及祂要為我們成就的事。我們應學習少將自己心意強加在耶穌身上，卻更多尋求明白順服耶穌的心意。

三：將臨期提醒我們期盼將再臨的耶穌基督。那已經來臨的耶穌基督也正是那將要再臨的那一位，因此我們基督徒現今在世，不單回憶那位已臨者，更盼望那位、同一位的將臨者。耶穌離世升天時天使明確宣告「這離開你們被接升天的耶穌，你們見祂怎樣往天上去，祂還要怎樣來。」在啟示錄中耶穌基督更多次應許「我必快來。」作為基督徒，我們積極承擔今世各種角色和責任，同時也熱切盼望耶穌基督再來，終結被罪玷污的此世，將那完美的來世帶進人間。我們信心的創始者終必成終，也因此「主耶穌啊，我願你來」這將臨期的禱告成為我們最終極的呼求。

值此將臨期佳節，願你我學習更加安

靜等候，堅持定睛已臨的救主，也更加熱切期盼那將臨的耶穌基督。