

## Theme Sharing

### Repent and Believe in the Good News

(3rd Sunday in Ordinary Time)

Today's first reading, from the book of the prophet Jonah, describes how the city of Nineveh was spared from damnation. Through the story of Jonah, God reveals that he is not only God of the people of Israel but also God for the Gentiles.

There are two focal points in today's gospel from Matthew, namely: proclamation of the Kingdom of God by Jesus, and Jesus' calling of his first apostles. We are told that Jesus came to Galilee and proclaimed to the people: "The time is fulfilled, the Kingdom of God has come near; repent and believe in the good news".

The scripture readings remind us that, to prepare for the coming of Christ, we need to do two things: (i) repent and (ii) believe in the Good News. "Repentance" means acknowledgement of our sins and turning ourselves to God.

Humility leads to a cleansed soul and a readiness to follow guidance of the Holy Spirit, making a person easier to recognize the mark of Jesus' mission and to accept his teachings. "Belief" or "faith" is acceptance of Jesus' teaching of the "Good News" which, in the Church's vocabulary, means the joyful message of the salvation of humankind through our Saviour Jesus Christ. It is therefore evident that the theme of the Liturgy of the Word in today's mass can be summarized in Jesus' words: "The Kingdom of God is near; repent and believe in the Good News".

## 2015 Year Of Consecrated Life

### Eschatological dimension of the consecrated life

Since the demands of the apostolate today are increasingly urgent, and since involvement in temporal affairs risks becoming ever more absorbing, it is particularly opportune to draw attention once more to the eschatological nature of the consecrated life.

"Where your treasure is, there will your heart be also" (Mt 6:21). The unique treasure of the Kingdom gives rise to desire, anticipation, commitment and witness. In the early

Church, the expectation of the Lord's coming was lived in a particularly intense way. With the passing of the centuries, the Church has not ceased to foster this attitude of hope: she has continued to invite the faithful to look to the salvation which is waiting to be revealed, "for the form of this world is passing away" (1 Cor 7:31; cf. 1 Pet 1:3-6). It is in this perspective that we can understand more clearly the role of consecrated life as an eschatological sign. In fact it has constantly been taught that the consecrated life is a foreshadowing of the future Kingdom. The Second Vatican Council proposes this teaching anew when it states that consecration better "foretells the resurrected state and the glory of the heavenly Kingdom." "It does this above all by means of the vow of virginity, which tradition has always understood as an anticipation of the world to come, already at work for the total transformation of man. Those who have dedicated their lives to Christ cannot fail to live in the hope of meeting him, in order to be with him for ever. Hence the ardent expectation and desire to "be plunged into the Fire of Love which burns in them and which is none other than the Holy Spirit", an expectation and desire sustained by the gifts which the Lord freely bestows on those who yearn for the things that are above (cf. Col 3:1). Immersed in the things of the Lord, the consecrated person remembers that "here we have no lasting city" (Heb 13:14), for "our commonwealth is in heaven" (Phil 3:20). The one thing necessary is to seek God's "Kingdom and his righteousness" (Mt 6:33), with unceasing prayer for the Lord's coming.

## Diocese & Other News

### The Year of Consecrated Life

February 2 is the Feast of the Presentation of the Lord and the World Day for Consecrated Life. You are all invited to join the diocese as we begin this year's celebration with Mass at 7:30 pm on February 2nd, 2015 at St. Mary's Cathedral, Calgary. After the homily the bishop will invite all religious to renew their commitment and will pray for those discerning.

### Health Care Apostolate

The Diocesan Health Care Office is hosting a special weekend Spiritual Retreat experience for adults of all ages, at Sanctum Retreat in Caroline, Alberta, from Friday February 20 to Sunday Feb. 22, 2015. This

retreat is intended to minister to persons struggling with mental health concerns such as depression, anxiety, mood disorders etc. This year Dr. Magda Czegledi will join us as a specialist in the area of depression. The overall theme is: "Called to Discipleship" and will explore our personal call to continue walking with Jesus especially in our times of personal struggle. If you are interested in attending this retreat or feel you would like to help sponsor this event with a financial contribution to make it more accessible to those with financial hardship, please call Deacon Michael at 403-218-5515 or email: Michael.Soentgerath@calgarydiocese.ca for more information.

### Men of Integrity. Lead by Example!

Called to Holiness. Become the Man, God has Called You to Be. Conference held on February 6-7, 2015, at Holy Trinity Parish, Spruce Grove.

For more information or to register: [www.catholicfamilyministries.com](http://www.catholicfamilyministries.com) or call 780-961-3346.

## Parish Activities

### Movie Night - "Marcelino, Bread and Wine"

A newborn baby is abandoned at the door of a Franciscan monastery. After baptizing him and giving him the name of Marcelino, the friars try to find a family to adopt him. It was without success. The orphan grew up to a boy. See how he fulfilled his wish to see his mother.

Date : February 7 (Saturday)

Time : 6 pm Potluck, 6:30 pm Movie

Place : OLPH Upper Hall

### Pre-celebrate Chinese New Year Breakfast Corner

OLPH Pastoral Care Team will be hosting a Pre-celebrate Chinese New Year Breakfast Corner on Sunday, February 15 at OLPH Upper Hall after every Mass.

Ticket price: \$5.00 each

Tickets are available at the main entrance until February 8. All Parishioners and friends are welcome.

For more information, please contact Sr. Magdalena Chan.

### Family Ski Trip

Youth Group would like to invite all youths and families to join the annual Family Day Ski Trip on February 16 (Monday) at Nakiska in Kananaskis.

Registration and collection of the forms will be accepted on Jan 25 and Feb 01 (Sundays) at Upper Hall from 11:00am to 11:45am.

Deadline of registration is Feb 01.

Please contact John Guo (johnld.guo@gmail.com) or Chelsea Lau (chelsealau@gmail.com) for further information and registration.

### Together in Action 2014

".....Faith Working Through Love."

(Galatians 5:6)

Our parish's portion is \$24,300. As of December 30, our campaign has received a total of \$39,125.

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

Thank You for your Support!

May God Bless You and Your Family!

## Weekly Activities

Tues 27

At. Angela School Mass

Time: 9:00a.m. Mass

Wed, Fri 28, 30

OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Fri 30

OLPH Scout

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

Place: Upper Hall & Lower Hall

Saturday 31

Legion of Mary ( meeting )

( Immaculate Heart of Mary Praesidium )

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 beginner class

Time: 2:00 p.m. - 3:15p.m.

Place: OLPH Church Lower Hall

R. C.I.A (Mandarin)

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

Place: Office Building

Young Adults choir practice

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

Place: OLPH Upper Hall

Sunday Feb 1

R. C.I.A (Cantonese and English)

Time: 9:30 a.m. - 12:30 p.m.

Place: OLPH Church Lower Hall

Sunday School

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

Place: OLPH Church Office Building

K of C Room at OLPH Church

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

Parenting Workshop for Parents and

Young Adults

Time: 2:00 p.m. - 6:00p.m.

Place: OLPH Upper Hall

## Let There Be Light

### Teach Me To Pray

Please teach me, Lord ...

I want to know

Exactly how to pray.

I need some words

Which ones are right?

Please tell me what to say.

I've bowed my head

I have knelt down, But ...

should I be upright?

I've closed my eyes,

I've raised my hands, Or ...

should I fold them tight?

Do I stand up?

Should I sit down?

Dear Lord ... what do you like?

Are lights turned on

Or are they off? Maybe ...

candle light?

Wear my glasses?

Take them off?

Be at my desk or table?

Should I whisper?

Speak out loud?

Do I quote the Bible?

What do you think about the time?

Do You prefer the dawn?

Should I pray fast,

Or keep it slow?

Better short ... or long?

I'm new at this

What are the rules?

I want to do it right.

How do I know

You'll even hear

That I am in Your sight?

And while I sat there quietly,

Waiting for some sign,

I heard a gentle voice say,

"Oh, dearest child of mine ...

Do you think I really care

About the time of day,

Or whether you are standing up,

Or kneeling when you pray?"

"I don't care about your posture,

Or about the place you choose;

Just open up your soul to me,

I have no other rules.

Tell me what is in your heart,

And tell me what you seek;

Tell me of your sorrows,

And of those things that made you weak."

"Speak to me in private

About what concerns you most;

I know about your good deeds ...

You have no need to boast.

My child, you don't need lessons,

Just talk to me each day;

Tell me anything you want, dear child,

Anyone can pray."

## Stories Faith Sharing

### The Law of the Seed

Take a look at an apple tree. There might be five hundred apples on the tree, but each apple has just ten seeds. That's a lot of seeds!

We might ask, "Why would you need so many seeds to grow just a few more apple trees?"

Nature has something to teach us here. It's telling us: "Not all seeds grow. In life, most seeds never grow. So if you really want to make something happen, you had better try more than once."

This might mean:

You'll attend twenty interviews to get one job.

You'll interview forty people to find one good

employee. You'll talk to fifty people to sell

one house, one car, one vacuum cleaner,

one insurance policy, or a business idea.

And you might meet a hundred

acquaintances just to find one special

friend .

When we understand the "Law of the Seed",

we don't get so disappointed. We stop

feeling like victims. We learn how to deal

with things that happen to us.

Laws of nature are not things to take

personally. We just need to understand them

- and work with them.

## Read More Know More

## The Sacraments-Baptism

### Which of the Sacraments is the most necessary ?

Baptism is the most necessary of the sacraments, because without Baptism we cannot enter Heaven, and without Baptism we cannot receive the other sacraments.

### What is Baptism ?

Baptism is a sacrament instituted by our Lord Jesus Himself, which destroys all sin, both original and actual, in those who sincerely come into the Church, remits whatever punishment they have deserved, makes them children of God and of the Church, and renders them capable of receiving the other sacraments.

### Who are catechumens ?

Catechumens are those who sincerely wish to join the Church, to abandon their superstitions and to learn the Catholic doctrine.

### Are catechumens obliged to observe the rules of the Catholic Church?

Although they have not a strict obligation to do so, still they should accustom themselves to observe these rules.

### Must we have sorrow for our sins at Baptism ?

If we have committed actual sins, we must have sorrow for them at Baptism, otherwise we receive only the spiritual character, but our sins are not forgiven.

### When should the children of the faithful Be baptized ?

The sooner, the better; if they are not sick, they should be baptized within eight days.

### Who can baptize a person ?

To baptize is primarily the duty of the priest; but in time of necessity any person, male or female, young or old, Christian or pagan, can baptize. The correct method of giving Baptism must, however, be served.

### What is the correct method of giving baptism?

The correct method of giving Baptism is this: Begin with a saint's name then pour water over the forehead of the person to be baptized, saying at the same time: "I baptize thee in the name of the Father and of the Son and of the Holy Ghost".

### Why is a god-father or a god-mother selected at Baptism ?

Their office is to teach the baptized person to perform the duties of a Christian.

### What kind of persons should be selected as god-father or god-mother ?

They should be fervent Catholics, who know

the Catholic doctrine well and who themselves obey the commandments of God and of the Church.

### What persons contract spiritual relationship at Baptism?

The person who baptizes contracts spiritual relationship with the one who is baptized, also the god-parents with their god-child.

This spiritual relationship is an impediment to marriage between these persons.

### What is the duty of those who have been baptized ?

They must firmly believe all Catholic doctrines and must keep the commandments of the Church.

To be continued

## 主日分享

### 常年期第三主日

本主日的福音和我們談耶穌開始傳教。耶穌在受洗又在曠野中受了試探後，以一個重要的訊息和一個重要的行動：召叫首批門徒，開始了祂的傳教工作。

耶穌的訊息是：「時期已滿，天主的國臨近了，你們悔改，信從福音吧！」耶穌的這個訊息要將我們的生命走向徹底改變。這是一個非常迫切的訊息，耶穌深深知道，不可再耽誤時間，必須立刻有所行動；天主的國已經臨近了，必須迎接天主的國。

選自約納先知書的第一篇讀經，解說了悔過這個主題。這段讀經記述了約納在尼尼微城進行的使命。先知向尼尼微城的居民宣佈他們很快要受到懲罰：「還有四十天，尼尼微就要毀滅了」，他規勸他們悔過遷善。

在第二篇讀經中，保祿向格林多人所說的話，從某種意義來說，反映了耶穌在福音中說的話。耶穌說：「時期已滿，天主的國臨近了。」保祿說：「時限是短促的。」保祿的意思是：天主要實現祂的愛的計畫，因此應該只想這件事。

衡量我們所做的事有沒有價值，應該看做這事的時候，是否忠於耶穌的召叫。我們在做任何決定前，應該先思考一下天主要我們做什麼，並選擇天主要我們做的。這樣，我們便能完全生活在祂的愛中。

我們應該跟隨耶穌。每一個基督信徒

都必須不斷擯棄自己的私心來迎接耶穌的愛；放下對自己的過分掛慮，來以基督的愛德關注所有的人。這樣，便能將世界逐漸改變。耶穌來到世上，正是為了以祂的愛來改變世界。我們需要大量的人接受祂的召叫並跟從祂的啓迪，這樣，和平、喜樂和愛才能來到世界上，世界也才能逐漸改變。 節錄自梵蒂岡廣播電台

## 2015 奉獻生活年

### 獻身生活的末世含義

今日使徒工作的要求越來越急迫，對現世事務的投入也越來越深入；在此再次提醒獻身生活的末世性質是很恰當的。

「你的財實在哪裡，你的心也在哪裡」（瑪六 21）。天國此一獨特的財寶激起人的心願、預期、投身及作證。教會初期信友生活在強烈地期待主的來臨。數世紀之後，教會仍未停止培養這個希望，它持續地邀請信眾展望那有待揭示的救恩，「因為這世界的局面正在逝去」（格前七 31）（注四四）這樣的透視能讓人清楚了解獻身生活末世性標記的角色。事實上，我們常說獻身生活是來日天國的預示。梵二大會議又再次提出這一點，它表明獻身生活「更能預示將來的復活及天國的光榮。」（注四五）為做到這一點，最重要的是藉著貞潔聖願，傳統上也認定這是未來世界之預嘗，並已為人類的全然蛻變進行工作中。

已獻身基督的人總是活在與主相遇的希望中，為求能與主永遠相偕。因此便強烈地願意「深深地投入在心中燃燒著的愛火；這愛火即是聖神」，（注四六）天主自由地賜與那些渴望天主之事的人各種恩賜，以加強此意願（參哥三 1）沉浸在主的事情中，獻身者總記住：「在此沒有常存的城邑」（希十三 14），因為「我們的家鄉在天上」（斐三 20）。唯一必要的事是「尋求天主的國和它的義德」（瑪六 33），為主的來臨而不停地祈禱。

## 堂區活動

### 電影晚會 - "小孩、麵包與酒"

一個嬰孩被發現遺棄在方濟修會門前。衆修士給嬰孩付洗後起名瑪撒連諾，並盡力為他尋找一主好人家收養，但沒有成功。嬰孩長大為小孩，看他自己怎樣實現尋找母親的願望。  
日期：2月7日(星期六)  
時間：下午六時 Potluck,  
六時三十分電影  
地點：永援聖母堂上禮堂

### 花開富貴闔家歡早餐交流會

為促進堂區教友情誼，永援聖母牧靈關愛組特設花開富貴闔家歡早餐交流會。

日期：二月十五日(星期日)  
時間：八時三十分彌撒後有茶點招待，十時及十一時半彌撒後有精美合家歡早餐供應

地點：卡城永援聖母堂上禮堂  
費用：每位五元

由即日起至二月八日在聖堂正門入口處購票。祈望各教友攜同親友擁躍參加。詳情請與陳修女聯絡

### 家庭滑雪同樂日

青少年團將於2月16日(星期一)到Kananaskis Nakiska 滑雪聖地，舉行每年一度的家庭滑雪同樂日，我們誠意邀請所有青少年與家人一起參加。請於1月25日及2月1日(星期日)，上午11時至11時45分，到上禮堂報名登記。截止報名日期為2月1日。詳情請與青少年團 John Guo (johnid.guo@gmail.com) 或 Chelsea Lau (chelsealau@gmail.com) 聯絡。

### 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12月30日，捐款已累積至39,125元。捐款信封可在聖堂入口處拿取。  
多謝各位教友慷慨解囊！  
願主祝福你們！

### 活動一週

星期二 27

St. Angela School 彌撒

時間：早上9時

星期三、五 28, 30

### 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 30

### 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 31

### 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

### 楊式太極班

時間：上午10時至下午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

### 大專青年團練習聖詩

時間：下午6時至8時

地點：永援聖母堂上禮堂

星期日 2月1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12時30分

地點：寫字樓大廈，聖堂騎士會室

### 青年聖詠團練習聖詩

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

### 親子關係工作坊：「愛的禮物」

時間：下午2時至6時

地點：永援聖母堂上禮堂

## 心靈小品

### 中國哲人

離開中國哲學史，雖然諸子的論述從未有正面、直接地談論神的事情，但從他們的言論教誨中，均不難理出一個共同點，就是各哲人都意味到宇宙間有一超然的力量，影響著宇宙和人的內心世界。於是，靠著這力量運行

不止，生生不息。而人生於世，無論處世待人，都常受到一種無形的、發自內心的力量所左右。

△老莊之「道」——：首先老子以為天地的生存，一定有它的來源和原理，他描述這個原理：「有物混成，先天地生，寂兮、寥兮，獨立不改，周行而不殆，可以為天下母，吾不知其名，字之曰道。」就是說老子認為這個先天地而存在的「物體」，是萬物之母，就是「道」。其後莊子在知北遊篇中說：道是無所不在的，在萬物中，在螻蟻中，甚而在屎溺中。從這一點更可推知這無所不在的道更在人心內，因為莊子主張尋求「道」的方法是靜心，要人從忘我的境界悟道。所以老莊的哲學是：指出先天地萬物而存在的、作為天地萬物根源的就是「道」；而這道既存在宇宙之間，作為宇宙的根源，也存於人心之內，作為人的根本，所以莊子又稱這道為「大本大宗」(天道篇)。

△孔孟主張——孔子論道，大抵是以「仁」為主，「子曰：富與貴是人之所欲也，不以其道得之，不處也。貧與賤是人之所惡也，不以其道得之，不去也。君子去仁，惡乎成名。」(論語里仁)又說「仁者人也」，意思是說：仁是人的根本，是人做人處事的原則，是一切行為和判斷的動力，是人與生俱來的。孟子認為「人之初，性本善。」又說：「惻隱之心，人皆有之。」所以他教人「盡心以知性，知性而知天。」然後更進一步「存心養性以事天」。孟子先點出人的根本是「善」，也就是孔子所說的「仁」。如果能按著他自己的本心行事待人，他就能由他的善行追溯到他自己的本性，而這本性也就是天的本性，於是可知人和天的本性都是「善」。總括來說，孔孟哲學是先從人的善行來體驗人的根源是善，天的根源也是善。

綜觀以上各人所持的論點，不外承認宇宙萬物以至人心道德的準繩，均與冥冥中有一力量相連，作為動力的根源。姑勿論稱它為道、為仁、為善也好，只是名稱上的不同罷了。其實他們都承認有一個超越的存在，只不過他們只從現世階層來看它，把它解釋為推動宇宙的力量，和支配人心的道

德準繩，而不直接說明它就是「神」。

## 靈修小故事

### 留些柿子與自然共享

在以色列農村，每當莊稼成熟的時候，靠近路邊的莊稼地，都要留出一部份不收割；只要需要，任何人都可以享用。他們認為，是天主給了多災多難的猶太民族今天的幸福生活，爲了感恩，就用留下莊稼的方式報答今天的擁有。這樣，報答了天主，又爲那些路過此地、沒有飯吃的貧困路人撿取。

莊稼，是自己種的，留一點給別人收割，他們認為，分享是一種感恩，是一種美德。

韓國北部的鄉村，公路邊有很多柿子園；金秋時節，隨處可見農民們忙著採摘柿子。但是，有些熟透的柿子是不會被摘下來，這些留在樹上的柿子，成了一道特別的風景。

遊人經過這裏都會說，這些柿子又大、又紅，不摘，豈不可惜？

當地的果農則說，不管柿子長得多麼誘人，也不會摘下來；因爲，這是留給喜鵲的食物。

這是怎樣的一種習慣呢？原來，這裏是喜鵲的棲息地，每到冬天，喜鵲都在果樹上築巢過冬。有一年冬天，天特別的冷，雪下得很大，幾百隻找不到食物的喜鵲，一夜之間都被凍死了。第二年的春天，柿子樹重新吐綠發芽，這時，一種毛蟲突然氾濫成災，那年的柿子幾乎絕產。

從那以後，每年秋天，收穫柿子的時候，人們都會留下一些柿子，做爲喜鵲過冬的食物。

喜鵲也知道感恩，春天來了，牠也不飛走，整天忙著捕捉樹上的蟲子，保證了這一年柿子的豐收。

秋藏後，留幾枚柿子在樹上吧！那是人間最美的一道風景，自然界的一切都是相互依存的，一榮俱榮，一損俱損。

給別人留有餘地，往往是給自己留下了生機與希望。早期，在台灣也有這樣的習慣；蕃薯收成的時候，媽媽總會交代，靠近路邊的蕃薯不要撿。媽媽說，自己有能力時候，要想著幫

助別人；人要有刻苦、感恩、惜福、分享和謝天的情懷。  
適度的給予是睿智，更是永續收穫的門票。

## 知多一點點

### 聖洗聖事

問：那件聖事是最要緊的？

答：聖洗聖事是最要緊的，因爲不領洗，不能升天堂，也不能領別的聖事。

問：聖洗是什麼？

答：是吾主耶穌親定的聖事，爲消滅願奉教人原本諸罪，並赦其所當受之罰，能成天主、及聖教會的義子，也能領其餘的聖事。

問：什麼人算是望教的人？

答：凡人真心願意奉教，棄絕異端，學習要理，就算望教的。

問：望教的人也該守聖教會的規矩麼？

答：雖然沒有嚴重的本分，到底也該學習遵守。

問：領洗的時候應該發痛悔麼？

答：若有本身自犯的罪，必該發痛悔，不發痛悔，領洗只得神印，不得赦罪的恩典。

問：奉教人的孩子幾時該領洗？

答：越早越好，就是沒有病，也不可過八天。

問：誰可以給人付洗呢？

答：付洗本是神父的職分，但在要緊的時候，不論男女老幼、教友外教，只要遵守付洗的規矩，都可給人代洗。

問：給人代洗有什麼規矩？

答：先起一個聖名，然後在額上倒水，同時念：「我洗爾，因父、及子、及聖神之名」。

問：領洗的時候、爲什麼請代父代母？爲指教領洗的人，好盡教友的本分。

問：該請什麼人做代父代母？

答：該請一個明白聖教道理，熱心守規矩的教友。

問：領洗的時候、什麼人彼此結神親？

答：付洗的，同領洗的，代父代母、同他的代子代女結神親；故此有婚配的阻擋。

問：領過洗的人有什麼本分？

答：該全信聖教會的道理，又當遵守聖教會的規誡 待續