

Theme Sharing

A teaching with authority

(4th Sunday in Ordinary Time)

Today's gospel is on Jesus preaching in Capernaum; while the first reading explains the role of a prophet. Indeed there is a twofold meaning in today's Liturgy of the Word: the prophetic role of Jesus, and the responsibilities of a prophet in the Church. In the first reading, Moses, himself a prophet, spoke to the Israelites about the role of a prophet in their religion. He told them that a prophet would be God's agent who would be speaking on God's behalf. They must heed his words, or else God would punish them. A prophet must not defile God's order to say to the people exactly what He tells him to say. Moses also foretold that God would raise up a prophet like him among his people. But who would be the prophet so spoken of by Moses? In early times, many had already guessed Jesus to be such a prophet. Jesus has said that his teaching is not his own but is from the One who sent him. In his prayer to the Father at the Last Supper, Jesus confirms unequivocally that he is THE prophet foretold by Moses: "Now this is eternal life, that they should know you, the only true God, and the one whom you sent, Jesus Christ".

His teaching is not only new but also so forceful as if it comes from a source of authority. Unlike the scribes, his teaching is not based on the usual interpretation from the sacred books. It in fact comes from God. The message from the Gospel Acclamation is that Jesus' teaching is "God and Life"

Pope's Monthly Prayers Intention

February General and Missionary

Intention

Universal: Prisoners

That prisoners, especially the young, may be able to rebuild lives of dignity.

Evangelization: Separated spouses

That married people who are separated may find welcome and support in the Christian community.

2015 Year Of Consecrated Life

Indulgences for the Year of Consecrated Life

Pope Francis will "concede," as the phrasing goes, plenary indulgences for the Year of Consecrated Life, ending February 2, 2016. This is for all members of the institutes of consecrated life and "other truly repentant faithful moved by a spirit of charity." I believe this means especially those who exhibit a spirit of fraternal charity to those who have given their all to the Lord in the Consecrated Life.

The usual conditions apply: sacramental confession, Holy Communion and prayers for the intentions of the Holy Father. The indulgence may also be offered for departed souls in Purgatory.

Indulgences may be obtained in the following ways:

1. In Rome, by participating in and reflecting on events surrounding the Year of Consecrated Life followed by Lord's Prayer, a Profession of Faith and invocations of the Virgin Mary;
2. By visiting a cathedral or another designated sacred place or a convent church or oratory of a cloistered monastery, and publicly reciting the Liturgy of the Hours or through a suitable period of time of reflection, concluding with the Lord's Prayer, the Profession of Faith and invocations of the Virgin Mary.
3. Consecrated religious who because of ill health or other serious reasons cannot visit these places, may receive a Plenary Indulgence if, completely detached from sin and with the intention of being able to fulfill the three usual conditions as soon as possible, devoutly carry out a spiritual visit and offer their illness and hardships to God through Mary, with the addition of the prayers noted above.

The Apostolic Penitentiary Cardinal Mauro Piacenza, who signed the decree, asked that priests generously offer the faithful the Sacrament of Reconciliation and regularly administer Holy Communion to the sick.

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.

Invitation to take part in a second Survey on the Family

During the extraordinary Synod in 2014, there was an effort to better determine the reality of families today and to identify the challenges the Church must deal with when accompanying families along their journey of life. The Working Paper for the 2015 Ordinary General Assembly of the Synod of Bishops, on *The vocation and the mission of the family in the Church and in the contemporary world* has now been published and we are being consulted and invited to comment on a number of questions: Download the survey from the Diocesan website

<http://www.calgarydiocese.ca>. Please find the Working Paper at the Vatican website. How to participate?

1. Online - Use the online survey prepared for you here: <https://www.surveymonkey.com/s/DTHGBGW>.

2. E-mail - Download MS Word document on our diocesan website (www.calgarydiocese.ca) and see "Message from the Bishop." Send completed questionnaire to lifeandfamily@calgarydiocese.ca.

3. Post Mail - You can either download the document from our website or ask for a hardcopy from your parish priest. Send completed questionnaire to Life and Family Resource Centre (120 17th Ave SW, Calgary T2S-2T2).

If you have any other questions, please feel free to contact Life & Family Resource Centre at 403- 218-5504 or e-mail lifeandfamily@calgarydiocese.ca.

FaithLife: Stewardship Forum on Faith – With the season of Lent fast approaching (Ash Wednesday, February 18), we have a special FaithLife session to get everyone prepared for this solemn time. "PFA: Prayer, Fasting and Almsgiving" for Friday, February 6, at Ascension Parish, 1100 Berkshire Boulevard N.W., Calgary, Alberta from 7:00pm to 9:00pm. With questions, please

contact stewardship@calgarydiocese.ca or Eden D'Souza, Stewardship Coordinator at 403-218-5520.

Parish Activities

Celebrate the Year of Consecrated Life

Our parish will celebrate the start of Year of the Consecrated Life on Monday, Feb 1 at 9:00am Mass. Since it is the Presentation of The Lord Feast day, we will be blessing the candles as is the tradition.

Eucharistic Adoration will follow.

Parishioners are encouraged to attend.

Parishioners can pick up the "The Year of Consecrated Life" prayer cards at the entrances.

Some changes in the Liturgy of the Mass

will be introduced starting on February 1, 2015. These changes are necessary to:

-Conform to the General Instruction of the Roman Missal that was published by the Canadian Conference of Catholic Bishops.

-Streamline the flow of the Mass.

-Redirect the attention of the congregation towards the altar and the celebrant.

The following changes will be implemented in the Sunday masses on February 1, 2015:

1. The church announcement will be read by the Announcer at the beginning of each mass before the entrance of the Priest, Deacon and ministers. If necessary, the prayer for the faithful departed will be said at the beginning of the Mass as well.

2. The verse for the Gospel Acclamation will be sung by a member of the choir.

3. For the Cantonese and Mandarin masses, the brief narrative before the First Reading and the Second Reading will be eliminated. At the beginning of the year, the youth choir have been introducing new singing during the Mass. This includes the Alleluia (Gospel Acclamation), the Sanctus (Holy, Holy, Holy), the Amen, and Agnus Dei (Lamb of God). In the coming weeks, a new Kyrie, eleison (Lord, have mercy) and Gloria in excelsis (Glory to God in the highest) will be introduced. Hope you can join in the singing during the Mass!

World Day of The Sick February 11

Theme: "I was eyes to the blind, and feet to the lame" (Job 29:15).

This year's theme invites us to reflect on a phrase from the Book of Job: "I was eyes to the blind, and feet to the lame" (Job 29:15). I would like to consider this phrase from the perspective of "sapientia cordis" – the wisdom of the heart.

It will be on February 11, the annual celebration of the Feast of our Lady of Lourdes. On this day, the ill are encouraged to reflect on the Christian meaning of suffering. The occasion also provides an opportunity for those involved in health care to recall the roots of their healing mission. Please pray for the sick!

On Feb 15 all the masses will be dedicated to the sick. Fr. Joseph will anoint those sick parishioners in the mass at 11:30am.

We will reserve seats for parishioners who would like to be anointed on that day.

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!

Exposition of the Blessed Sacrament on February 7

The February's Exposition of the Blessed Sacrament will be led by Knights of Columbus on February 7 from 10am to 11am.

Fr. Nguyen will listen to Confession.

Parishioners are encouraged to attend

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

Weekly Activities

Mon Feb 2

Celebrate the Year of Consecrated Life

Time: 9:00a.m. Mass

Wed, Fri Feb 4, 6

OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Fri Feb 6

OLPH Scout

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

Place: Upper Hall & Lower Hall

Saturday Feb 7

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

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

Movie Night –

"Marcelino, Bread and Wine"

Time: 6:00 p.m. potluck

6:30 p.m. movie

Place: OLPH Lower Hall

Young Adults

Time: 5:00 p.m. - 7:00p.m.

Place: OLPH Upper Hall

Sunday Feb 8

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

Let There Be Light

Love makes the world go around

A heart that loves is always young.
Where there is great love, there are always miracles.

Love is not getting, but giving.

Life without love is like a tree without blossoms or fruits

Love and you shall be loved.

The love we give away is the only love we keep.

When you give away your love,

That doesn't mean it's gone,

Love will last forever.

So open your heart.....
And pass it on!

Stories Faith Sharing

Killing Truth

One day Mara, who is the ancient Buddhist god of ignorance and evil, was travelling through the villages of India with his attendants. Along the way, he noticed a man doing a walking meditation. The man's face was lit up in wonder. Apparently, the man had just discovered something on the ground in front of him. Mara's attendants, noticing the glow emanating from the man, asked Mara what it was the man had discovered. Mara replied, "He has discovered a piece of truth." "But evil one!" exclaimed one of his entourage, "Doesn't this bother you when someone finds a piece of the truth?" "No," said Mara. "I am not troubled in the least." "But why not?" insisted his attendants. "Because," replied Mara, chuckling, "Right after they discover some truth, they usually make a belief out of it."

Read More Know More

Anointing of the Sick

Who may receive the Sacrament?
Canon 998

The anointing of the sick by which the Church commends to the suffering and glorified Lord the faithful who are dangerously sick so that He relieves and saves them, is conferred by anointing them with oil and using the words prescribed in the liturgical books.

Canon 1004

1. The anointing of the sick can be administered to a member of the faithful who, after having reached the use of reason, begins to be in danger due to sickness or old age.

2. This sacrament can be repeated whenever the sick person again falls into a serious sickness after convalescence or whenever a more serious crisis develops during the same sickness.

These canons can be summarized as follows. Those who satisfy three conditions may be anointed:

1. A baptized Catholic,
2. Reached the age of reason,
3. Begun to be in danger from illness or the infirmities of age, or have become sick again or underwent a further crisis. It should be

noted that the danger need only have begun to exist. The person does not have to be "in extremis" (in imminent danger of dying). This is a change from the pastoral practice before the Second Vatican Council.

The ritual gives the following examples:

- "those who are dangerously ill through sickness or old age"
- "a sick person...before surgery whenever the surgery is necessitated by a dangerous illness"
- "elderly people...if they are weak, though not dangerously ill"
- "sick children...sufficiently mature to be comforted by the sacrament"
- "sick people who have lost consciousness or who have lost the use of reason...if ...they would have requested it if they had been in possession of their faculties"

主日分享

常年期第四主日

本主日的第一篇讀經取自申命紀，天主藉梅瑟的口向祂的人民許諾要給他們派遣一位像梅瑟一樣的先知：「上主你的天主，要由你中間，由你兄弟中，為你興起一位像我一樣的先知，你們應聽信他。」

福音告訴我們耶穌開始傳教之初的事。祂在安息日進了會堂，教導人們。耶穌的第一個活動是教導人，因為祂要向我們揭示天主的計畫，這個計畫是向我們通傳新生命的奧秘。今天的福音告訴我們耶穌的確是那位已經宣佈要來的先知。伯多祿在耶穌復活後所做的一個演講中說耶穌是和梅瑟一樣的先知，更好說，是超越梅瑟的先知，是天主所預許的，因此，我們應該聽從祂。（見宗 3，21—22）斯德望在死前在公議會講話時也提醒在場的人這個事實

在第二篇讀經中，保祿告訴我們，人的最佳狀況是只掛慮天主的事。這位宗徒希望基督的門徒不掛慮人性的事，而只掛慮天主的事。他說：「沒有妻子的，所掛慮的是主的事，想怎樣悅樂主.....沒有丈夫的婦女和童女，所掛慮的是主的事，一心使身心聖潔。」

這樣的狀況是人的最佳狀況。但我們也必須承認，要進入這個狀況，必須有特殊的恩召。實際上，天主沒有讓

所有的人都度如此充滿靈性如此慷慨的生活。人們一般度的都是較複雜的生活，就是，一方面尋找天主，一方面也尋找世俗的事物。

我們要接納保祿的這個教導。他知道他說這些話是爲了信徒們的好處，他不是要給他們設圈套，而是爲指導、鼓勵他們按照每一個人的聖召，儘量與主在一起。

節錄自梵蒂岡廣播電台

教宗及福傳祈禱意向

二月祈禱及傳教意向

總意向：爲受刑人

願受刑人，尤其是年輕者，能重建有尊嚴的生活。

福傳意向：爲婚姻分居者

願在婚姻中的分居者能在基督徒團體中受到接納與支持。

2015 奉獻生活年

獻身生活年全大赦

爲信友的神益，特別爲度獻身生活者的神益，教宗方濟各恩准，凡在「獻身生活年」期間（二零一四年十一月三十日至二零一六年二月二日）滿全下列甲項及乙項條件者，均可獲得全大赦：

甲. 基本條件：

妥辦告解、善領聖體、按教宗的意向祈禱，並擺脫對任何罪惡的依戀。

乙. 履行以下其中一項善工：

1. 在羅馬

每次出席宗座獻身生活會及使徒生活團部於「獻身生活年」日曆上所指定的國際大會或其他慶典，並用一段充份時間作默想反省，並誦念天主經、信經，及向聖母祈求，作爲總結。

2. 在「獻身生活年」內，每次虔誠地前往巡迴供奉「獻主於聖殿」聖像畫的修院或隱修院的小堂，在該處公念日課經，或至少逗留一段適當的時間作默想反省，並以誦念天主經、信經及祈求聖母，作爲總結。

3. 基於患病或嚴重理由而未能參與上述慶典的度獻身生活的會士或一般信友（例如住在隱修院的修女、長者和在醫院或安老院當值的護理人員等），如真誠懺悔己罪和願意盡快滿

全上述甲項三個條件，並虔誠地在「心神上」完成上述乙第 2 項的善工，同時在修院或醫院等地點誦念天主經及信經各一遍、為「獻身生活年」的意向祈禱，並向天主奉獻自己的痛苦辛勞，亦可獲全大赦。

註：

(一) 信友於「獻身生活年」期間，每次踐行各項指定善工時，都可享到全大赦，惟每日祇可獲得一項全大赦，並可用來裨益自己，或轉讓給煉靈。

(二) 妥當告解，善領聖體及為教宗的意向祈禱這三個條件，可在履行規定的善工之前或之後大約二十日內滿全；然而，領聖體及為教宗的意向祈禱，較適宜於履行善工的當日滿全。

(三) 為獲取數個全大赦，一次告解已足夠，惟領聖體及為教宗意向祈禱的條件，必須在每次獲取全大赦時滿全。

(四) 為教宗的意向祈禱的條件，可以誦念天主經及聖母經各一遍滿全，但誦念其他經文亦可。

(五) 按照有關大赦的規定，如某項為獲得大赦須履行的祈禱或善工亦是獻身生活會及使徒生活會團的成員按會憲、會規或上司的命令應履行的本份，則有關人士履行該等本份時，亦可獲得大赦。

堂區活動

慶祝獻身生活年

本堂將於二月二日早上九時彌撒慶祝獻身生活年的開始。當天也是獻耶穌於聖殿日，本堂將按照傳統祝聖蠟燭。彌撒後將朝拜聖體。請各位教友能盡量參與！教友可於教堂入口處拿取獻身生活年祈禱卡。

彌撒禮儀的一些變動

變動原因：

- 根據羅馬彌撒書及加拿大主教會議的指引
- 因應彌撒進行更為順暢
- 教友可更專注於祭台及主祭，從而以心神參與彌撒聖祭

彌撒禮儀將於 2015 年 2 月 1 日

開始有少許變動：

1. 堂區報告及為亡者祈禱將於神父、執事和送聖體員及輔祭於進入聖堂前誦讀
2. 福音前歡呼將由聖詠團的一位成員帶領。
3. 廣東話和普通話彌撒的讀經一及讀經二的簡短敘述將被刪除。

在今年年初，青年聖詠團已因應禮儀的需求而開始轉換了一些不同旋律的禮儀歌曲。這包括 Alleluia (福音前歡呼)，歡呼歌 (Holy, Holy, Holy)，阿門 (Amen) 和祝聖後的歡呼 (Lamb of God)。在未來幾週內，新版本的求主垂憐經 (Lord, have mercy) 和光榮頌 (Glory to God in the highest) 將會推出。希望大家能在彌撒時一同用歌聲讚美天主！

世界病人日 2 月 11 日

主題取自《約伯傳》：“我作了盲人的眼，跛者的腳” (約二十九 15)

教宗強調，使人相信某些人的生命不值得活著，是一個大謊言。第 23 屆世界病人日將於 2015 年 2 月 11 日舉行，這天正是露德聖母顯現日。請大家為所有病人祈禱！

本堂將於 2 月 15 日的主日彌撒中特別為病患者祈禱，而阮神父將在十一時三十分彌撒中為有需要的病人教友傳油祝福。當天本堂將預備部分座位給予傳油的教友。

二月七日顯供聖體

永援聖母堂二月份的顯供聖體由騎士會帶領，時間為二月七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。

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。眾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 6 時 Potluck,

6 時 30 分電影

地點：永援聖母堂上禮堂

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

星期一 2 月 2 日

慶祝獻身生活年彌撒

時間：上午 9 時

星期三、五 2 月 4, 6 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 2 月 6 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 2 月 7 日

顯供聖體

時間：上午 10 時至 11 時

地點：永援聖母堂

聖母軍

時間：上午 11 時(開會)

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

電影晚會 — 「小孩、麵包與酒」

時間：下午 6 時 (potluck)

約 6 時 30 分放映

地點：永援聖母堂上禮堂

大專青年團

時間：下午 5 時至 7 時

地點：永援聖母堂下禮堂

星期日 2 月 8 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

心靈小品**愛讓世界轉動**

有愛的心永遠年輕。

那裏有真愛，那裏就有奇蹟。

愛是付出，不是佔有

缺少愛的生命，就像從未開花結果的枯樹。

愛人，你就會被人愛。

我們付出的愛是我們唯一能長久擁有的愛。

當你付出你的愛，

並不意味著愛的消逝，

愛將天長地久。

所以，打開你的心扉吧，

把愛傳遞開去！

靈修小故事**關懷大眾的默觀者**

多瑪斯·麥純(Thomas Merton)生於第一次世界大戰期間。他少年時代的生活，相當散漫，也沒有正式的接觸過宗教信仰。多瑪斯的父母都是藝術家，有著典型的藝術家脾氣。自六歲喪母後，多瑪斯便隨父親到處流浪，這也是他得不到有系統教育的原因。某一次週末，多瑪斯推卻了一個好朋友的約會，在星期日早上參與了生平第一次的感恩祭。就在他聆聽著神父解釋天主的愛時，他內心起了莫大的變化，他覺得他像是甦醒過來似的。那是他歸化的一刻。當他從教堂走出來站在大街上時，他告訴自己他正走入了一個新世界。多瑪斯像是跌入了愛河中一樣，他開始努力去尋找這愛。於是，他要求聽道。在領洗時，他把自己交託給天主，同時開始尋找為祂服務的最好方式。終於他加入了熙篤會的苦修院。

在修院中，多瑪斯過著嚴峻的默觀生活，他成了一個模範的、真正的隱修士。從他的許多著作裡，我們發現他不是一個脫離世界的隱修士，而是一個投身社會、關懷大眾的默觀者。他分享他的經驗說：「在路易士鄉，就在第四街和核桃街交接處，在購物中

心，我忽然被一陣強烈的感覺所壓倒。我意識到我愛這些人，他們是屬於我的，我也屬於他們。」這經驗使他本來深湛的祈禱生活，變得更豐富和更廣闊。多瑪斯做了十年初學師之後，便隱居在樹林的小屋裡。每天清晨三時起床祈禱，在他的日記裡，愉快地記述那些破曉前的寧靜時刻。他的生活越來越趨向默觀格調；他默觀的題材往往是一片樹葉，一堆空罐頭。他不安排東西，就讓它們以本來面目對他。他以為聆聽是默觀生活的要素。他說：「事實上，隱修士離棄這個世界，為的只是更專注的聆聽那最深刻的、最被忽略的、發自最深處的聲音。」

祈禱使我們常抱著一個嶄新的心來開始每一日的生活。

知多一點點**病人敷油聖事****誰可領敷油？**

任何人如在病重、或遇有意外、或年老體弱等，都可領受傅油聖事。這聖事最好能在家中或聖堂，與家人及教友共同舉行。開始的時候，先誦讀一段聖經，再由神父給病人覆手，然後把聖油擦在病人額上及手上說：「藉此神聖的傅油，並賴天主的無限仁慈，願天主以聖神的恩寵助佑你。(亞孟。)赦免你的罪，拯救你，並減輕你的病苦。(亞孟。)信徒團體也可藉此機會來陪伴病者以減輕獨自受苦的感覺。

敷油聖事對病人有甚麼益處？

藉著敷油及祈禱(基督建立這聖事的目的)，是為恢復病人的健康：「主必要使他起來」(雅 5:15)，並為減輕人的病苦。所以病人不可把這聖事視為「催命符」。事實上，是基督藉神父之身來臨病榻，醫治人的病痛，增強他的精神力量，使能忍受病苦、堅心信賴天主；基督也赦免病人的罪過，減輕或免除病人的痛苦，甚至有時使病人完全痊癒。這些都是敷油聖事的功效。病人欲獲得聖事的效果，應有信德和悔罪的心情。

此外，若病人已有一段很長的時間被纏在病榻中，他可以要求在家領修和及聖體聖事。生命垂危的信徒，可從

領聖體中得到精神的力量及安慰。所以，如可能的話，病者應領臨終聖體，以獲得永生的保證。