

## Theme Sharing

### Imitation of Christ

(5th Sunday in Ordinary Time)

Today's first reading, from the Book of Job, is on the lamentation of a suffering soul. The gospel depicts how Jesus showed his compassion on those suffering in agony; and in the second reading Paul shows us how he had imitated Christ in serving others.

In the gospel, Jesus healed the sick and suffering who thereafter no longer need to look into their future with sadness and resignation. It was comforting to them that Jesus would always be with them, would show compassion on them and relieve their pain. Even though there might be times of weariness and difficulties during his public ministry, Jesus would never back off from bringing healing to those who had been sick in body or soul.

Jesus had a full day's work in curing Simon's mother-in-law as well as a great number of the sick and possessed. Still he got up before dawn the next morning and went to a deserted place to pray. He teaches us that we must find time to pray each day no matter how busy we may be each day, because praying to God helps to nourish our soul.

The second reading reminds us that we should follow Jesus' example in reaching out to those in dire need of our care, comforting, attention and assistance. Jesus once said, "Whoever believes in me will do the works that I do, and will do greater ones than these" (John 14:12).

Therefore every Christian should imitate Christ in our daily lives. We must not be just "receivers" of God's graces; we must also walk with Christ and be "givers" to share such graces with other people we come into contact with each day.

## 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.

## News & Others

### Pope Francis' message for 2015

#### World Day of the Sick

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

23<sup>rd</sup> The World Day of Sick being celebrated on 11 February

On this, the twenty-third World Day of the Sick, begun by Saint John Paul II, I turn to all of you who are burdened by illness and are united in various ways to the flesh of the suffering Christ, as well as to you, professionals and volunteers in the field of health care.

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.

Wisdom of the heart means serving our brothers and sisters.

Wisdom of the heart means being with our brothers and sisters.

Wisdom of the heart means going forth from ourselves towards our brothers and sisters.

Wisdom of the heart means showing solidarity with our brothers and sisters while not judging them.

O Mary, Seat of Wisdom, intercede as our Mother for all the sick and for those who care for them! Grant that, through our service of our suffering neighbours, and through the experience of suffering itself, we may receive and cultivate true wisdom of heart!

With this prayer for all of you, I impart my Apostolic Blessing.

## Diocese & Other News

### Assembly of Women Religious

#### Discernment Retreat for men and

women will take place on March 13 & 14, 2015 at St. Luke's Church, 1566 Northmount Dr. NW, Calgary AB., Friday 6pm - 10pm and Saturday 8:45am to 4:30pm. This retreat is open to men and women interested in learning about discerning the will of God according to the charisms of Religious life. \$ 20 donation will be accepted.

For more information contact Sr. Terry Smith, FCJ at 403-228-3623 or email at [tksmithfcj@yahoo.ca](mailto:tksmithfcj@yahoo.ca).

Or register online at:

[www.facebook.com/calgaryvocationsretreat](http://www.facebook.com/calgaryvocationsretreat).

### Development and Peace: 2015 D&P

Share Lent Workshop - "Sow Much Love To Give" will take place on February 14th, 2015 from 10:00am - 2:00pm, at St. Albert Parish, 10 Prestwick Drive SE, Calgary. Come join us for an enjoyable and educational workshop to learn more about the 2015 Share Lent Campaign, and to "sow much love" in your parishes and in your life! Please RSVP to Doreen Thibeault at [dthibeault@shaw.ca](mailto:dthibeault@shaw.ca) or 403-803-6605.

### 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](http://www.calgarydiocese.ca)) and see "Message from the Bishop." Send completed questionnaire to [lifeandfamily@calgarydiocese.ca](mailto: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](mailto:lifeandfamily@calgarydiocese.ca).

## Parish Activities

### World Day of The Sick February 11

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

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.

### ASH Wednesday & The First Sunday of Lent

According to Bishop Henry's instruction, The first Sunday of Lent cannot receive Ashes. Our parish will celebrate Ash

Wednesday on:

February 18 at 9:00 am Mass(English) and 6:30pm Mass (Chinese)

Since Ash Wednesday is Chinese New Year's Eve, parishioners could choose to observe fasting and Abstinence on Friday, February 20 instead.

It is time to get ready for a new Lenten journey. Parishioners are encouraged to join daily mass and Way of the Cross in Lent.

#### Fasting and Abstinence

1. Among Catholics, fasting is a reduction in the normal amount of food consumption per day: one regular meal plus two other smaller meals without the provision of snacks during the Holy Days of observation.
2. Among Catholics, abstinence is the omission of meat and other meat products, except fish, in the diet during the Holy Days of observation.
3. Abstinence is practiced by a wider age group of Catholic individuals 14 and up as opposed to fasting which is practiced by Catholics aged 18 to 59.

### OLPH Way of the Cross in Lent

(Starting from February 20)  
English: every Friday 8:30 a.m.  
Cantonese & Mandarin:  
every Saturday 4:30 p.m.

### Chinese New Year's Thanksgiving and Blessing Mass

Chinese New Year's Thanksgiving and Blessing Mass will be held on February 19 (Thursday) at 9:00a.m.

### Celebrate Chinese New year

To celebrate the Chinese New Year, our parish will give the traditional Red Packet to all parishioners after Masses on February 21 and 22 in giving you the blessings for the Chinese New Year!

### Credit Card or Direct Debit for Sunday and other Collections

Due to poor response from parishioners, the Credit Card or Direct Debit for Sunday and other Collections will be cancelled.

### 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

Wed, Fri Feb 11, 13

### OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Fri Feb 13

### OLPH Scout

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

Place: Upper Hall & Lower Hall

Saturday Feb 14

### Legion of Mary ( meeting )

Time: 9:45a.m.

Place: K of C Room at OLPH Church

### Yoga beginner class

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

Place: OLPH Church Lower Hall

### Young Adults

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

Place: OLPH Upper Hall

### Faith Sharing Group ( N.W.)

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

Contact: Wendy Tai 403-208-2268

## Let There Be Light

### Transforming Power

Many people love to play games that test their knowledge. Recently, a colleague and I were testing a Bible-knowledge game. Since we were seated in an open area of our office, those nearby could hear our conversation.

Soon questions ranging from Noah's ark to the woman at the well were being answered by those within earshot of us. It was a delight to hear various staff members volunteering responses to Bible questions.

A knowledge of the Bible is important, but God desires us to be saturated with His Word and to internalize it so we can grow in our relationship with Him. The Holy Spirit uses the Word to make us more like Christ (Eph. 4:20-24). Consider these benefits of internalizing the Bible: joy and rejoicing (Jer. 15:16); spiritual success (Josh. 1:8); a tool in spiritual warfare (Matt. 4:1-11); correction (2 Tim. 3:15-16); light for our path (Ps. 119:105); wisdom with problem solving (Prov. 1:1-2); and stimulating faith (Rom. 10:17).

Learning about the Bible just to increase our knowledge can lead to spiritual pride (1 Cor. 8:1). But allowing the Holy Spirit to transform

us by the Word helps us navigate through life's twists and turns and respond in love to God and to each other.

## Stories Faith Sharing

### The Most Important Body Part

My mother used to ask me what is the most important part of the body? Through the years I would take a guess at what I thought was the correct answer. When I was younger, I thought sound was very important to us as humans, so I said, "My ears, Mommy." She said, "No. Many people are deaf. But you keep thinking about it and I will ask you again soon." Several years passed before she asked me again. Since making my first attempt, I had contemplated the correct answer. So this time I told her, "Mommy, sight is very important to everybody, so it must be our eyes." She looked at me and told me, "You are learning fast, but the answer is not correct because there are many people who are blind." Stumped again, I continued my quest for knowledge and over the years, Mother asked me a couple more times and always her answer was, "No. But you are getting smarter every year, my child." Then last year, my grandpa died. Everybody was hurt. Everybody was crying. Even my father cried. I remember that especially because it was only the second time I saw him cry. My Mom looked at me when it was our turn to say our final good-bye to Grandpa. She asked me, "Do you know the most important body part yet, my dear?" I was shocked when she asked me this now. I always thought this was a game between her and me. She saw the confusion on my face and told me, "This question is very important. It shows that you have really lived in your life. For every body part you gave me in the past, I have told you were wrong and I have given you an example why. But today is the day you need to learn this important lesson." She looked down at me as only a mother can. I saw her eyes well up with tears. She said, "My dear, the most important body part is your shoulder." I asked, "Is it because it holds up my head?" She replied, "No, it is because it can hold the head of a friend or a loved one when they cry. Everybody needs a shoulder to cry on sometime in life. I only hope that you have enough love and friends that you will always have a shoulder to cry on when you need it." Then and there I knew the most

important body part is not a selfish one. It is sympathetic to the pain of others. –

## Read More Know More

### Ash Wednesday

Receive ashes on our forehead is filled with spiritual allusions and is an important sign of conversion and inner renewal. Considered in itself, it is a simple liturgical rite, but very profound because of its penitential meaning; with it the Church reminds man, believer and sinner, of his weakness in the face of evil and especially of his total dependence on God's infinite majesty.

The liturgy calls for the celebrant to say these words as he places ashes on the foreheads of the faithful: "Remember, man, you are dust and to dust you will return"; or, "Turn away from sin and be faithful to the Gospel".

"Remember, ... to dust you will return".

Earthly life is marked from its beginning by the prospect of death. Our bodies are mortal, that is, subject to the inevitable prospect of death. We live with this end before us: every passing day brings us inexorably closer to it. And death has something destructive about it. With death it seems that everything will end for us. And here, precisely in the face of this disheartening prospect, man, who is aware of his sin, raises a cry of hope to heaven: O God, "create in me a clean heart and put a new and right spirit within me. Cast me not away from your presence, and take not your Holy Spirit from me".

Today too, the believer who feels threatened by evil and death calls on God in this way, knowing that he has reserved for him a destiny of eternal life. He knows that he is not only a body condemned to death because of sin, but that he also has an immortal soul. Therefore he turns to God the Father, who has the power to create out of nothing; to God the Only-begotten Son, who became man for our salvation, died for us and now, risen, lives in glory; to God the immortal Spirit, who calls us to life and restores life.

"Repent and believe in the Gospel". This invitation, which we find at the beginning of Jesus' preaching, introduces us into the Lenten season, a time to be dedicated in a special way to conversion and renewal, to prayer, to fasting and to works of charity.

St. John Paul II

## 主日分享

### 常年期第五主日

本主日的第一篇讀經取自約伯傳，內容充滿了哀傷。他說，人在世界上服苦役，有如奴工切望蔭涼，又有如傭工期待工資。他必須承擔失意的歲月和苦痛的長夜。當他躺下時想：「幾時天亮？」當他起來時，則受到無止無休的痛苦折磨。他因此向天主說：「請你記住：我的生命無非像一口氣，我的眼再也見不到幸福。」

第二篇讀經告訴我們，基督信徒不應該只做耶穌慈愛的受益人，只被動地接受耶穌的慈愛，我們應該學習耶穌的榜樣，去受苦的人那裡，協助有困難的人。保祿以自己為例，他模仿耶穌，到各處宣講福音；他所走的旅程比耶穌的長得多。從另一方面來說，耶穌自己會這樣說：「凡信我的，我所做的事業，他也要做，並且還要做比這些更大的事業。」

保祿因此大聲呼喊說：「我若不傳福音，我就有禍了！」他並說，他傳福音不求報酬。愛德是不求酬報的，不謀私利，卻為他人而慷慨獻出自己。我們在福音中則看到耶穌滿足受苦者的需要。這段敘述所展示的前景不再悲觀。所有受苦的人都能知道耶穌和他們同在，祂同情他們，減輕他們的痛苦。祂為了安慰痛苦的人，幫助病人，減輕所有人的苦痛，即使面對艱難困苦的情況也絕不退避。

每位基督信徒都應該想想，在他四周的人有哪些最需要他的幫助，哪些人是他可以令他們幸福的，並用言語、尤其是用行為來使啓發他們。他要這樣做，來效法福音向我們描繪的耶穌。

節錄自梵蒂岡廣播電台

## 2015 奉獻生活年

### 獻身生活年全大赦

為信友的神益，特別為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，作為總結。

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，作為總結。

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足上述甲項三個條件，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。

## 新聞及其他

### 教宗方濟各世界病人日文告：我作了盲人的眼，跛者的腳

教宗方濟各第23屆世界病人日文告，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。世界病人日將於2015年2月11日舉行。

教宗在文告中指出，他願意向身患疾病並以各種方式與受苦的基督相結合的人以及照顧他們的人說話。教宗表示，他要從“內心智慧”的視角默想這句話。內心的智慧就是服事弟兄，與弟兄在一起。內心的智慧就是要走出自己，走向弟兄。

談到愛德，教宗表示，行愛德需要花費時間，照顧病人的時間和探訪他們的時間。但是，不可如同約伯的朋友們那樣，“內心隱藏著對他的負面評斷”，認為“他的不幸是天主對他罪過的懲罰。相反地，真正的愛德是分擔而不是判斷，不強求改變別人；愛德是擺脫那暗中尋求稱贊，為行善而得意的虛偽的謙遜。”

痛苦的經驗“隻有在耶穌的十字架上才能找到真正的答案。”教宗表示：“憑著信德進入痛苦奧跡的人也能成為信德的活見證，這信德能夠使人與痛苦共存，儘管人憑自己的理智對它尚無法徹底地了解。 梵蒂岡電台訊

## 堂區活動

### 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。

### 聖灰瞻禮四旬期封齋期

二月十八日星期三為聖灰瞻禮。本堂將於當日九時彌撒(英文)為教友施放聖灰。此外，根據亨利主教的指引，在四旬期第一主日不可施放聖灰，阮神父將於聖灰瞻禮當天晚上六時三十分加開中文彌撒，以方便教友領受聖灰，請各位教友能盡量參與。

本堂鑑於二月十八日為中國農曆年團年，教友可自行選擇在二月二十日(星期五)守大小齋。

在四旬期內，我們可作特別的努力，每天參與彌撒、每天朝拜聖體或拜苦路。

阮神父並鼓勵教友在農曆新年期間，用守齋祈求天主在農曆新年賜予我們平安及喜樂並感謝天主過去一年對我們的眷愛。

### 教友當日要守大小齋

小齋：教會規定凡已足十四歲的教友，在每年的聖灰禮儀及聖週內星期五紀念基督聖死日，應守小齋，即在那兩天放棄取用熱血動物的肉類食物。

大齋：教會要求年齡已滿十八至五十九歲的教友在每年的聖灰禮儀及聖週內星期五紀念基督聖死日，應守小齋外，還要守大齋，即在那兩天只可飽食一餐，其他兩餐只可進食少許食物，其餘時間可飲流質飲品，但不能進食其他食物（藥物除外）。

### 四旬期苦路善功

在四旬期內二月二十日開始，按教會傳統，將舉行苦路善功，以紀念基督為拯救人類，所受的苦難聖死。請教友盡量抽出時間前來參與。英語拜苦路：

### 農曆新年謝主及求恩彌撒

二月十九日(星期四)早上九時歡迎所有教友一同參加，共同感謝天主過去一年及新一年的眷顧！

### 慶祝農曆新年

為了慶祝農曆新年，本堂將在二月二十一日及二十二日主日彌撒後派贈紅封包與教友，以表示對大家在農曆新年的祝福！

### 信用咭或自動扣賬式捐獻

由於教友反應並不熱烈，本堂區決定取消信用咭或自動扣賬式捐獻方式。

## 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

星期三、五 2 月 11, 13 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 13 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 14 日

聖母軍(開會)

時間：上午 9 時 45 分

地點：聖堂二樓騎士會室

大專青年團

時間：下午 5 時至 7 時

地點：永援聖母堂下禮堂

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

## 靈修小故事

### 痛苦何價

陳太有五個兒女，但其中一個是患有癲癇兼先天低能的，有人提議送那孩子入一間修女辦的醫院，陳太連聲道謝說：「我捨不得讓他離開我，因為在眾兒女中，他在我們夫婦兩人心裡佔有特別的地位。」

亞祥是個熱心教友，才三十六歲便遭遇到兩次喪偶的痛苦，每次都給他留下一個未滿月的孩子。當第二個妻子死於車禍時，亞祥給媽媽寫信說：「我不知道我犯了什麼錯，天主竟這樣對待我。」那位母親卻給他回信說：「孩子，勇敢些吧！天主不是不愛你的，你知道嗎？祂一直和你在一起呢！不然，你怎會經得起考驗啊？」

這就是痛苦的價值：疾病雖令人痛苦，但它使那對夫婦充分的發揮了他們對兒女的愛心。喪妻之痛雖然令亞祥一度躊躇天主對他的照顧，但他媽媽卻為他另找出答案來。

世界上每天發生的痛苦事情太多了，無論肉體上的、或心靈上的痛苦，只要有人存在的地方，便有痛苦相隨著。好像人的出生，就是為了受苦而來到世界上似的。究竟痛苦的意義在那裡？人可以逃避痛苦嗎？受了苦又有什麼價值？關於這個痛苦的意義，耶穌用自己的一生給我們說明白了。

## 知多一點點

### 聖灰瞻禮

聖灰瞻禮是帶領信友進入一條走向巴斯卦的旅途中，所以必須用守齋來走這條歸依的道路，並借著懺悔與補贖的武器來對抗罪惡的魔鬼。

聖灰禮儀這一天在頭上撒聖灰並不是要給教友製造悲觀消極、聽天由命的氣氛，而是要邀請大家不要受到物質世界的約束，因為物質世界固然有它的價值，畢竟是要消失的。只有在天主內，人才能重新完全找到自己，並發現自己存在的最後意義。

以聖灰禮儀開啓的封齋期邀請人悔改歸依，因此誰知道自己被罪過所壓迫，也承認自己毫無功德可言，就請進入聖門吧！誰覺得自己虛無得像灰塵，就請進入聖門吧！虛弱、缺乏信心的人請從基督的心中汲取新的活力吧！。

守齋刻苦不僅僅是外表的規矩或外在的禮節行為，更是感到需要改變生活的有力標記；守齋刻苦要求人放棄合理的物質享受，使內心獲得更多的自由，以便更容易聆聽天主的聖訓，也更能夠慷慨地幫助有需要的人。

聖若望保祿二世