

Theme Sharing

Repent and Believe in the Good News

(1st Sunday Of Lent)

Lent, for us, is a time for spiritual preparation of our missions on earth. Time and again, the Church urges us to pray earnestly to confront the evil forces of Satan, so that, with God's help, we can be strengthened by divine graces to defeat such satanic forces in our daily lives.

Today's scriptures touch on temptation, repentance, Good News and baptism. The first reading recounts God's promise and His covenant with Noah and his descendants after the Great Flood. The days of Noah are also mentioned in the second reading, with the Flood and its survivors symbolizing Christian Baptism that embraces repentance and redemption. With our plea to God from a good conscience, says Peter, this Baptism by water brings salvation to us through the resurrection of Jesus Christ. In other words, our redemption requires repentance and faith on our part: "Repent and believe in the Good News."

Jesus was in the wilderness for forty days, tempted by Satan." Although Jesus was sinless and need no repentance, he was subjected to trial, by virtue of his human nature, so as to prepare him for his important mission ahead. Hence, immediately after his Baptism, the Holy Spirit drove him out into the wilderness to prepare him for the public ministry he was about to start.

Everything that we have comes from God and so we should walk through this Lenten season with a deeply grateful heart. As Jesus had prayed constantly for 40 days in the wilderness, so must we be constantly faithful to his words. In our earthly sojourn, let us always thirst for God's love and embrace it wholly, a love that will transform our lives and change the whole world.

Pope's Monthly Prayers Intention

March General and Missionary Intention

Universal: Scientists

That those involved in scientific research may serve the well-being of the whole human person.

Evangelization: Contribution of women
That the unique contribution of women to the life of the Church may be recognized always.

Rejoice in God's Mercy

Every time we respond to a call from God, we receive grace and are interiorly strengthened. As we begin Lent, the desert is not a place for us to fear, but a place of encountering the Holy Spirit. The Spirit can reveal what binds us, as well as what steals from our freedom to be the person God created us to be. The beginning of intimacy with God flows through the exercise of the theological virtues: faith, hope, and love. God uses every trial to strengthen us in these virtues and transform us into the image of His Son. *Action:* Throughout the forty days of Lent, pray for an increase in faith, hope, and love. Ask for the grace to see your trials from God's perspective; how are these trials opportunities to develop the virtues you are praying for?

2015 Year Of Consecrated Life

The symbols of the Logo

The dove on the water

The dove is the classical symbol of the action of the Holy Spirit, who is the source of life and the inspirer of creativity. This is a flash-back to the origin of history: in the beginning the Spirit of God moved on the waters (cf Gen 1,2). The dove, gliding above a sea swollen with yet unexpressed life, symbolizes a patient and hope-filled fecundity, while the symbols around it reveal the creative and renewing action of the Spirit. The dove also evokes the consecration of the humanity of Christ through baptism.

To Be Continued

News & Others

Pope Francis Message for Lent

Theme : "Make your hearts firm" (Jas 5:8)

Lent is a time of renewal for the whole Church, for each community and every believer. Above all it is a "time of grace" (2 Cor 6:2). God does not ask of us anything that he himself has not first given us. "We love because he first has loved us" (1 Jn 4:19).

I would like to propose for our reflection three biblical texts.

1. "If one member suffers, all suffer together" (1 Cor 12:26) – The Church

The love of God breaks through that fatal withdrawal into ourselves which is indifference.

2. "Where is your brother?" (Gen 4:9) – Parishes and Communities

All that we have been saying about the universal Church must now be applied to the life of our parishes and communities. Do these ecclesial structures enable us to experience being part of one body? A body which receives and shares what God wishes to give? A body which acknowledges and cares for its weakest, poorest and most insignificant members? Or do we take refuge in a universal love that would embrace the whole world, while failing to see the Lazarus sitting before our closed doors (Lk 16:19-31)?

In order to receive what God gives us and to make it bear abundant fruit, we need to press beyond the boundaries of the visible Church in two ways.

In the first place, by uniting ourselves in prayer with the Church in heaven.

In the second place, every Christian community is called to go out of itself and to be engaged in the life of the greater society of which it is a part, especially with the poor and those who are far away.

3. "Make your hearts firm!" (James 5:8) – Individual Christians

As individuals too, we are tempted by indifference. Flooded with news reports and troubling images of human suffering, we often feel our complete inability to help.

What can we do to avoid being caught up in this spiral of distress and powerlessness?

First, we can pray in communion with the Church on earth and in heaven. Let us not underestimate the power of so many voices united in prayer! The 24 Hours for the Lord initiative, which I hope will be observed on 13-14 March throughout the Church, also at the diocesan level, is meant to be a sign of this need for prayer.

Second, we can help by acts of charity, reaching out to both those near and far through the Church's many charitable organizations. Lent is a favourable time for showing this concern for others by small yet concrete signs of our belonging to the one human family.

Third, the suffering of others is a call to conversion, since their need reminds me of the uncertainty of my own life and my dependence on God and my brothers and sisters.

During this Lent, then, brothers and sisters, let us all ask the Lord: Make our hearts like yours. In this way we will receive a heart which is firm and merciful, attentive and generous, a heart which is not closed, indifferent or prey to the globalization of indifference.

It is my prayerful hope that this Lent will prove spiritually fruitful for each believer and every ecclesial community. I ask all of you to pray for me. May the Lord bless you and Our Lady keep you.

From the Vatican

Diocese & Other News

The Drop Box Movie – March 4th and 5th:

The Drop Box is a new documentary from Focus on the Family Canada that tells the story of Pastor Lee Jong-rak and his heroic efforts to embrace his community's most vulnerable children. By installing a drop box outside his home, Pastor Lee provides a safe haven to babies who would otherwise be abandoned on the streets to die. The film is a heart-wrenching exploration of the physical and emotional toll associated with providing refuge to those forgotten by the surrounding culture. Call Deacon Adrian Martens for more info 403-215-5519.

Together in Action 2015

Theme: "Let us hold fast to the confession of our hope without wavering for he who has promised is faithful." (Hebrews 10:23)
The 2015 "Together in Action" commences on the first Sunday of Lent (February 22nd). In 2015 our parish's target will be identical to our portion from the diocese at \$22,297. This year's TIA is led by K of C Matteo Ricci council. We plead for your ongoing support. Together we will help thousands within our own communities and abroad through difficult times. Donation envelopes are being distributed with your 2014 donation tax receipts.

Let's take action now!

2014 Donation Tax Receipts

Tax Receipts are ready for parishioners to pick up at the church main entrance now.

Please contact parish office if you have any concern on your donation record.

Exposition of the Blessed Sacrament on March 7

The March's Exposition of the Blessed Sacrament will be led by St. Gabriel Choir on March 7 from 10am to 11am. Fr. Nguyen will listen to Confession. Parishioners are encouraged to attend

The sacrament of Reconciliation

The sacrament of Reconciliation will be available at parishes throughout the Diocese of Calgary all the Wednesdays of Lent (February 25, March 4, 11, 18, 25 April 1) from 7:30 pm– 8:30pm.

Movie Night - The Robe

This film tells the story of a Roman military tribune who commands the unit that crucifies Jesus. What happened to him after he won Jesus' robe through a dice game?
Date: March 7 (Saturday)
Time: 6 pm Potluck, 6:30 pm Movie
Place: OLPH Upper Hall

Standard First Aid Course

OLPH 300 Scout Group is organizing a Standard First Aid Course for youths and adults.
Date: (Saturday) March 7 and (Sunday) March 8
Time: 9 a.m. – 5 p.m.
Venue: Upper Hall
Fee: \$130 + GST per Non- Member; \$75 + GST per Scout or Leader
Please contact Pak Tong:
pak_tong01@hotmail.com for further details.

Chinese New Year Banquet on Saturday February 28

We are delighted to have Bishop Henry joining us for the Chinese New Year Banquet this year.

Please come with your family for this meaningful event: "grandparents and grandchildren to join smiles" and receive blessing from Bishop Henry.

Weekly Activities

Wed, Fri Feb 25, 27

OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Wed Feb 25

The Sacrament of Reconciliation

Time: 7:30p.m. - 8:30 p.m.

Fri Feb 27

Way of the Cross in Lent

Time: 8:30a.m

OLPH Scout

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

Place: Upper Hall & Lower Hall

Saturday Feb 28

Legion of Mary (meeting)

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

Way of the Cross in Lent

(Cantonese & Mandarin)

Time: 4:30p.m

R. C.I.A (Mandarin)

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

Place: Office Building

Chinese New Year Banquet

Time : Reception from 6 p.m.

Place: Chinese Cultural Centre

Sunday March 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

Queen of China meeting

Time:12:30p.m.-2:30p.m

Place: OLPH boardroom

Stories Faith Sharing

Breaking the Silence

"How did you do it, Dad? How have you managed to not take a drink for almost 20 years?" It took me almost 20 years to have the courage to even ask my father this very personal question. When Dad first quit drinking, the whole family was on pins and needles every time he got into a situation that, in the past, would have started him

drinking again. For a few years we were afraid to bring it up for fear the drinking would begin again.

"I had this little poem that I would recite to myself at least four to five times a day," was Dad's reply to my 18-year-old unasked question. "The words were an instant relief and constant reminder to me that things were never so tough that I could not handle them," Dad said. And then he shared the poem with me. The poem's simple, yet profound words immediately became part of my daily routine as well.

About a month after this talk with my father, I received a gift in the mail from a friend of mine. It was a book of daily affirmations with one affirmation listed for each day of the year.

It has been my experience that when you get something with days of the year on it, you automatically turn to the page that lists your own birthday.

I hurriedly opened the book to November 10 to see what words of wisdom this book had in store for me. I did a double-take and tears of disbelief and appreciation rolled down my face. There, on my birthday, was the exact same poem that had helped my father for all these years! It is called the Serenity Prayer: God, grant me the Serenity to accept the things I cannot change; the Courage to change the things I can; and the Wisdom to know the difference.

Read More Know More

Forty Days of Lent Forty Days of New Life

This article covers why Lent has forty days, the meaning of the number 40 in the Old and New Testament, and the meaning of the fasting and temptation of Jesus Christ in the Desert. It was originally written as a commentary on the scripture readings for the first Sunday in Lent.

We do penance for forty days because Jesus fasted forty days in the wilderness. But did you ever wonder why he was out there for forty days rather than seven or ten or fifty?

Think back to the Old Testament. Noah and company in the Ark watched rain fall for 40 days and forty nights. Moses was up on Sinai receiving the 10 commandments for 40 days. The Israelites wandered around the desert for 40 years.

All these "forties" are a necessary and

not-so-comfortable prelude for something new. In Noah's case, it's the rebirth of a sinful world that had been cleansed by raging flood waters. In Moses' case, it was the birth of the people of the covenant. For the nomadic Israelites, it was the start of a new, settled existence in the Promised Land. And Jesus? What did his forty days mean? The birth of a new Israel liberated from sin, reconciled to God, and governed by the law of the Spirit rather than a law chiseled in stone.

Since the sixties, it has been fashionable in some quarters to dismiss the devil as a relic of ancient mythology or medieval fantasy. The guy with the pointy tail and the pitchfork comes in handy in cartoons and costume parties, but how can we take such an image seriously? In the Bible, they say, let's read "Satan" merely as a symbol of human evil. Such a view is clearly at odds with Scripture, Tradition, and recent teaching of the Magisterium. Our battle is not against flesh and blood, says St. Paul. If you don't know your enemy and his tactics, you are bound to lose.

The temptation of Jesus in the desert shows us the tactics of the "Dark Lord." Bread, a symbol for all that sustains our physical life, is a great blessing. But Satan tries to make material things the ultimate, distracting us from a deeper hunger and a more enduring food. Political power and all leadership is intended by God for the sake of serving the common good; Satan twists things to make leaders self-seeking, oppressive tyrants like himself. The lust for power and fame ironically leads not to dominion but to slavery to the Dark Lord (remember what happened to the Nazghoul in the Lord of the Rings).

Then there's religious temptation, the trickiest of them all-- Manipulating God for our own glory, using his gifts to make people look at us rather than at Him. Sounds a lot like the Pharisees.

Jesus triumphs in this first wrestling match. He shows us how to keep from being pinned. Fasting breaks undue attachments to material blessings and stimulates our spiritual appetite. Humble service breaks the stranglehold of pride. The reverent worship of authentic faith breaks the full nelson of superstition, magic, and all arrogant religion. And the word of God is shown as the sword of the Spirit, the secret weapon that slashes through the enemy's lies.

So our forty days? Time to use the tactics modeled by our captain and break the strongholds. Prayer, fasting, humble service, the heavenly bread of the Eucharist and the Word of God. If we make use of them diligently during this season, pregnant with possibilities, we can enter into greater freedom. Darkness can give way to increasing light. Something new and wonderful can be born in us.

主日分享

四旬期第一主日

四旬期第一主日，讀經談了試探、悔改、好消息和洗禮這些主題。第一篇讀經為我們闡述了洪水過後天主的許諾和盟約，因此是大難之後來到的一個好消息。

本主日福音的內容提到試探、悔改和福音這些主題。對我們來說，四旬期是為我們的使命作靈性準備的時期。教會再三要求我們，該當在天主的助佑下，在祈禱中親自面對邪惡勢力，好能讓天主的恩寵堅固我們，使我們有能力面對生活中同樣的邪惡勢力。事實上，邪惡勢力在我們的生活中，在我們周圍的世界相當活躍，還有戰爭、暴力和不正義環繞著我們。

在第二篇讀經中，伯多祿講述了耶穌死後去給在獄中的靈魂宣講，他提起諾厄的時日，即洪水和救贖，並說明這些是基督信仰洗禮的預表，其中有悔改和救贖。洗禮使我們感到內心的喜樂，它使我們同基督真正結合，並藉著基督與天主結合。我們被徹底地從邪惡中解救出來。雖然如此，這並非意味著從那個時刻起我們便免予各種試探。我們仍處在受試探的時期，在這個時期中我們該為保持在受洗時穿上的潔淨白衣而戰鬥，這件白衣象徵著內心的純潔。為此，我們所處的是需要繼續不斷地悔改的時代。

因此，我們應該懷著極度感激天主的心情走在四旬期的旅途上，因為這一切都是天主的恩賜。我們該以對他的聖言的無比忠貞，如耶穌在曠野中那樣的持續祈禱走在這一旅程上。我們該懷著完全接納來自天主的愛的渴望向前走，這個愛要改變我們的生命和整個世界。 節錄自梵蒂岡廣播電台

教宗及福傳祈禱意向

三月祈禱及傳教意向

總意向：為科學家

願從事科學研究者能為全人類的福祉而服務。

福傳意向：為婦女的貢獻

願婦女對教會生活的獨特貢獻常受到重視。

2015 奉獻生活年

獻身生活年的徽標

水面上的鴿子

鴿子是生命之源和富有創造力的聖神臨在的傳統象徵。這讓我們想起歷史的起源：在起初，天主的神在水面上運行（創 1：2）。飛翔在海洋之上的鴿子飽含生機與活力，象徵著充滿耐心和希望的激情，而其周圍的象徵物體現出聖神富於創造和更新的能力。鴿子也讓我們憶起基督的人性借著洗禮得到聖化。

待續

新聞及其他

教宗 2015 年四旬期文告：

主題為：“你們該堅固你們的心”（雅五 8）

教宗請眾基督徒默想福音中的三句話，以此陪伴四旬期的旅程。第一句話取自《格林多前書》：“若是一個肢體受苦，所有的肢體都一同受苦”（格前十二 26）。教宗表示，天主的愛是對抗冷漠最強大的武器，教會以其見證將這愛獻給了我們。

“你弟弟在哪裡”（創四 9）？這是教宗請眾基督徒默想的第二句話，取自《創世紀》，令人反思堂區和教會團體的角色。教宗指出，首先我們在祈禱中與天上的教會聯合在一起。塵世的教會每次祈禱時，就建立一種彼此服務和直達天主跟前的善的共融。每位基督徒應邀默想的第三句話取自《雅各伯書》：“你們該堅固你們的心”（雅五 8）！教宗解釋，面對在我們眼前展現的人類痛苦及令人震驚的畫面，我們每個人會感覺到畏懼和無能為力。在這種情況下，我們首先應依靠眾多人祈禱的力量，並同時進行具體，即使是微小的愛的舉動。為此，

將於三月十三和十四日舉行二十四小時獻給上主的活動。

四旬期是為表達我們參與教會團體活動及關懷他人的恰當時期。教宗表示，我們必須抵制魔鬼的誘惑，它使我們相信單靠自己就能自救並能拯救世界。教宗請眾基督徒把四旬期當作一段接受心靈培育的歷程，正如本篤十六世所指出的那樣，使我們能認識到自己的貧乏並為他人盡心盡力。最後，教宗祈求上主“讓我們相似你的心思意念”，賜予我們一顆強健、仁慈、醒悟和慷慨的心，使它不自我封閉，不陷入令人眼花繚亂的冷漠全球化境遇。

梵蒂岡電台訊

堂區活動

2015 教區公益金，齊來獻愛心

主題是「藉可忠信那位的許諾，堅持著不動搖的希望。」希伯來書 10 章 23 節，「讓我們一起來行動」(TIA)於四旬期第一主日(2 月 22 日)開始，我們堂區今年的目標與堂區配額同是\$22,297。今年公益金將由利瑪竇哥倫比亞騎士會負責統籌，懇請各位教友繼續支持，合力幫助本地社區及國外成千上萬的勞苦大眾。捐款信封現正聯同 2014 年奉獻退稅收條一起分發。

請立即行動！

2014 年退稅收條

教友可在教堂正門入口處領取。教友如有任何查詢，可與堂區辦事處聯絡。

顯供聖體（三月七日）

永援聖母堂三月份的顯供聖體由聖佳播聖詠團帶領，時間為三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。請各位教友盡量參與！

四旬期悔罪禮

卡加利教區內所有教堂在四旬期內逢星期三（2 月 25、3 月 4、11、18、25、4 月 1 日）晚上 7 時 30 分至 8 時 30 分，將開放給教友辦告解聖事。教友應盡量參與與天主修合，以準備主基督的來臨！

電影晚會- 聖袍千秋

本片講述的是一個監督將耶穌釘在十

字架上的護民官，在驚恐之中了解了天主的旨意，繼而相信上主，成為上主的信徒，寧願放棄自己的生命也不與罪惡妥協的故事。

日期：3 月 7 日（星期六）

時間：6 時 potluck；6 時 30 分電影

地點：永援聖母堂上禮堂

急救證書課程

永援聖母堂童軍 300 旅將舉辦急救證書課程，青年及成人均可參加。

日期：三月七日(星期六)及

三月八日(星期日)

時間：上午九時至下午五時

地點：上禮堂

費用：每位\$130+GST/非會員

\$75+GST/童軍或領袖

詳情請與 Pak Tong：

pak_tong01@hotmail.com 聯絡

新春團拜晚宴

亨利主教將於 2 月 28 日蒞臨本堂席設文化中心的新春團拜晚宴，請各位教友攜同府上老幼參與這項堂區共融、與眾同樂的活動，其中一環節是「祖孫攜手笑咪咪」，接受亨利主教的祝福。

活動一週

星期三、五 2 月 25, 27 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 2 月 25 日

四旬期悔罪禮

時間：晚上 7 時 30 分至 8 時 30 分

星期五 2 月 27 日

四旬期苦路善功

時間：上午 8 時 30 分

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 28 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

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

四旬期苦路善功(廣東話及國語)

時間：上午 4 時 30 分

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

新春團拜晚宴

時間：晚上 6 時恭候

地點：中華文化中心禮堂

星期日三月一日

成人慕道班(粵語及英語)

時間：上午 9 時 30 分至 12 時

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

聖母會開會

時間：下午 12 時 30 分至 2 時 30 分

地點：聖堂會議室

靈修小故事**尋寶**

秘魯有一小孩在廢棄的養珠場裡尋獲一個價值連城的珍珠。他心想，只要賣掉那顆珍珠，一輩子就不必工作了。可是珠寶商給他出的價格太低，只好多問幾家。殊不知樹大招風，被一些不明人士盯上了。小孩坐臥不寧，他慢慢意識到，必須在珍珠和性命之間做一選擇：他急忙跑到海邊，把那顆頭痛的珍珠扔到海中，一切煩惱剎那間都煙消雲散了。

所謂「捨得」，有「捨」才有「得」。耶穌要一個富貴少年變賣所有，分給窮人，把財寶儲存在天上，然後跟隨祂。但被少年拒絕了，因為他很富有（谷十 21-22）。門徒們放棄了一切跟隨耶穌。基督許給他們在世得百倍賞報，來世並獲得永生（谷十 30）。

丟掉財富，算不得什麼；丟掉健康，小有損失；若丟掉靈魂，就等於全軍覆沒。

知多一點點**聖灰禮儀到四旬期**

“聖灰禮儀”是四旬期的第一天。這一天舉行聖灰禮儀，神父用這灰在信友前額上劃十字聖號，同時念說：“人哪！你要記住：你原來是灰土，將來仍要歸於灰土。”（創三 19）

爲了準備虔誠地慶祝復活節，教會定了四旬期，以聖灰禮儀開始，表示在四旬期教友們應多追思默想耶穌的苦難與死亡，與耶穌同悲同傷，在頭上抹灰，放棄娛樂，在四旬期內爲紀念基督的苦難與死亡而守喪，以期待復活節的來臨，與祂同歡同樂。聖灰禮儀也提醒教友要謙誠認罪、悔改、做補贖。謙誠認罪及悔改最好的方式，就是辦一妥當告解，真心實意和天主、他人、自己的良心以及受造之物合好，痛改前非，並以具體的行動補償已往的過犯缺失。如果侵犯了他人的名譽、權利、財物，就應該求人原諒寬恕，並以適當的方式，彌補別人的損失。教會要求成年教友在聖灰禮儀當天守大小齋，以補償罪惡缺失。

此外，教會也勸告教友多行愛德工作，以彌補過犯缺失。許多熱心的教友，在四旬期間，將節衣縮食以及犧牲娛樂的錢，施捨給窮人，並去撫慰老、弱、貧、病的人。甚至經濟能力並不好的教友，也盡力將自己所有些微的衣食和比自己更窮的人分享。愛德不但使人更接近天主更相似天主，而且也能補償過犯缺失，如同聖伯鐸所說：“因爲愛德遮蓋許多罪過。”聖灰禮儀也提醒人反省人生的終向和目標，現世的一切很快就要過去，使人好好地準備善終。

孔子說：“不知生，焉知死”，我們信仰基督的人可以反過來說：“不知死，焉知生”。的確死亡可以教導人怎樣生活，使人有更清楚及更正確的人生觀及價值觀。