

### Holy Week Schedule 聖週禮儀時間表

March 29 3月29日	Passion (Palm) Sunday 基督苦難主日 (聖枝主日)	Mass Time as usual 彌撒時間照常
April 2* 4月2日	Holy Thursday 聖週四 - The Lord's Supper 主的晚餐	Bi-lingual Mass at 7:30 pm (Mandarin and Cantonese) 國語、粵語彌撒在 晚上七時三十分舉行
April 3* 4月3日	Good Friday 聖週五 - The Lord's Passion (Fast & Abstinence) 基督苦難日(守大小齋)	Tri-lingual Rite at 3:00 pm (English, Mandarin and Cantonese ) 英語、國語、粵語禮儀在 下午三時舉行
April 4* 4月4日	Holy Saturday 聖週六 Easter Vigil (復活慶典的夜間禮儀)	Bi-lingual Mass at 9:00 pm (Mandarin and Cantonese ) 國語、粵語彌撒在 晚上九時舉行 (Celebration of Baptism, Confirmation & Eucharist) (施放聖洗、堅振及聖體聖事)
April 5 4月5日	Easter Sunday 基督復活主日	Mass Time as usual 彌撒時間照常

\*There will only be one Mass in The *Paschal Triduum*

逾越節三日慶典只有一台彌撒

Tuesday Evening Mass on March 31 & April 7 at 7:00pm will be suspended  
週二晚上3月31日及4月7日晚上七時彌撒取消

### The Paschal Triduum

The *Paschal Triduum* begins with The Lord's Supper on Holy Thursday, and includes Good Friday, Holy Saturday, and Easter Sunday, with the Great Easter Vigil as the high point of the Triduum. According to church tradition, parishioners could obtain a plenary indulgence during the Triduum: Goes to confession and receive Holy Communion

### Holy Thursday- The Lord's Supper

It is a day Christians commemorate the Last Supper shared by Christ with his disciples.

On this day four events are commemorated: the washing of the Disciples' feet by Jesus Christ, the institution of the Mystery of the Holy Eucharist at the Last Supper, the agony of Christ in the Garden of Gethsemane, the betrayal of Christ by Judas Iscariot. After the Holy Thursday celebration, the communion bread and wine is taken from the altar with no formal closing. Instead, the parish is invited to worship the Holy Body of Christ. Father Nguyen encourages all parishioners to spend time in Adoration of the Blessed Eucharist. You are invited to stay after mass (Holy Thursday evening) or come in the next morning.

The church will open at 9:00am on Good Friday.

### Good Friday- Adoration of the Cross

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. (Christians remember Jesus' crucifixion and burial.)

No Mass is celebrated on this day. The Passion of Jesus Christ is usually celebrated at 3 pm.

On Good Friday, the entire Church fixes her gaze on the Cross at Calvary. Each member of the Church tries to understand at what cost Christ has won our redemption.

The Good Friday service correspond to the divisions of Mass:

Liturgy of the Word - reading of the Passion. Intercessory prayers for the Church and the entire world, Christian and non-Christian. Communion, or the 'Mass of the Pre-Sanctified.'

The Veneration of the Cross.

### Easter Vigil

The full meaning of Vigil is a waiting for the coming of the Lord. "The entire celebration of the Easter Vigil takes place at night. The first part consists of symbolic acts and gestures.

A suitable place should be prepared outside the church for the blessing of the new fire, whose flames should be such that they genuinely dispel the darkness and light up the night.

The Symbolism of Candles:

Light is pure; it penetrates darkness; it moves with incredible velocity; it nourishes life; it illumines all that comes under its

influence. Therefore it is a fitting symbol of God, the All Pure, the Omnipresent, the Vivifier of all things, the Source of all grace and enlightenment. It represents also our Blessed Savior and His mission. He was "the Light of the world," (John 8:12)

Even the use of wax has its symbolic meaning. The earlier Fathers of the Church endeavored always to seek out the mystical significance of Christian practices, and one of them thus explains the reason for the Church's law requiring candles to be of wax: Paschal Candles have special decorations to indicate who is represented.

The paschal candle should be prepared, which for effective symbolism must be made of wax, never be artificial, be renewed each year, be only one in number, and be of sufficiently large size so that it may evoke the truth that Christ is the light of the world. It is blessed with the signs and words prescribed in the Missal. The procession, by which the people enter the church, should be led by the light of the paschal candle alone. The light from the paschal candle should be gradually passed to the candles that all present are holding in their hands. The deacon makes the Easter proclamation, which tells by means of a great poetic text the whole Easter mystery, placed in the context of the economy of salvation. The readings from Sacred Scripture constitute the second part of the Vigil. Finally, the resurrection of the Lord is proclaimed from the gospel as the high point of the whole liturgy of the word. After the gospel, a homily is to be given, no matter how brief.

The third part of the Vigil is the baptismal liturgy. Christ's passover and ours are celebrated. The service also includes confirmation and First Holy Communion.

The celebration of the Eucharist forms the fourth part of the Vigil and marks its high point, for it is in the fullest sense the Easter sacrament, that is to say, the commemoration of the sacrifice of the cross and the presence of the risen Christ, the completion of Christian initiation, and the foretaste of the eternal pasch.

### Divine Mercy Sunday, April 12

"According to the teaching of Jesus Christ we human beings not only receive and

experience God's mercy but also are commanded to 'show mercy' to others."

—Pope John Paul II

As a further sign of His forgiving love, Jesus called for a Feast of Divine Mercy to be celebrated in the whole church. Jesus said to sister Faustina, "I want this image to be solemnly blessed on the first Sunday after Easter. That Sunday is to be the Feast of Divine Mercy. On that day, the depths of My Mercy will be open to all. Whoever will go to confession and Holy Communion on that day will receive complete forgiveness of sin and punishment. Mankind will not enjoy peace until it turns with confidence to My Mercy."

According to Guidelines for Divine Mercy Observances from Bishop F. B. Henry, no Novenas at all may take place in parishes during the three-day period of the Easter Triduum. Parishioners are encouraged to pray at home. The pamphlets for the Novena of the Divine Mercy can be picked up at the church main and side entrances.

7-days Novena Of The Chaplet of Mercy  
Date: April 6 (Monday) to  
April 12 ( Sunday)

Time: This will be prayed 15 minutes before mass or the day's liturgical celebration.

Divine Mercy Sunday:

Date: April 12, 2015

Time: 2:00 – 3.30 pm

Place: Our Lady of Perpetual Help Church

It will be celebrated with prayers, hymns, scripture reading, homily, Act of Entrustment to the Divine Mercy and Exposition of the Blessed Sacrament. Priest is available for the Sacrament of Reconciliation.

### 逾越節三日慶典

逾越節三日慶典以主的最後晚餐開始，並以基督苦難日、復活慶典的夜間禮儀及基督復活主日結束。

根據教會的傳統，在這逾越節三日慶典三天內，信友可獲得全大赦：領聖體及辦告解

### 聖週四彌撒—主的晚餐

聖週四彌撒是在晚間舉行，主要是為紀念主的最後晚餐，祂建立感恩祭，並以出自愛心的服務榜樣為門徒洗腳：耶穌是要我們遵行相親相愛的命

令，彼此洗腳，亦即彼此服務和彼此相愛的具體表現。

### 遷供聖體

在唸完「領聖體後經」以後，主禮及輔祭等隆重地將聖體恭迎到一特設的祭台或聖堂內的一小聖堂中，在此供奉，讓信友來朝拜。本日彌撒後，要撤去祭台上的一切裝飾和用具。

阮神父邀請各位教友，在聖週四彌撒後及聖週五早上，能騰出時間朝拜聖體，作特別默想和敬禮耶穌在十字架上的犧牲。教堂大門將於聖週五上午九時開放。

### 聖週五參與朝拜十字聖架

#### 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）。

這一天，教會以齋戒、讀經、祈禱，來紀念並參與救主基督的苦難、聖死；但不是在哀悼基督的死亡，而是慶祝基督在十字架上的逾越。藉著這個紀念，十字架上的救恩重新臨現在我們身上。今天沒有感恩禮，舉行的是「紀念救主苦難儀式」。最恰當的時間是下午三點左右，因為第九時辰是若望所載主耶穌基督的受難始末。

主禮及聖職輔禮人員到祭台前，致敬後，伏於地上，或雙膝跪下，全體默禱片刻。我們面對此偉大的十字架救贖人類的奧跡，應該謙卑地伏地朝拜或用雙膝下跪。

#### 今天的禮儀包括三大部分：

1. 聖道禮：聆聽「基督受難史」，是今天禮儀的重點。「信友禱文」部分，是隆重的大祈禱文。
2. 領聖體禮。
3. 「朝拜十字聖架」，因為基督是「一次而永遠」的為我們被釘死在一個十

字架上，所以，只朝拜「唯一」的十字架，是更強而有力的標記出此中之深意：一個主、一個救恩、一個教會、一個十字架。朝拜十字聖架的真實意義在於：以聖禮的方式，去經驗基督在十字架上交出自己的生命，為大眾做贖價，而獲得勝利的逾越救恩；並且投身在祂的十字架前，和祂一起，為了別人而存在，而受苦、逾越。

## 聖週六晚的

### 「復活慶典夜間禮儀」

聖週六，教會靜默的守候在基督的墓穴旁祈禱，默想基督的苦難和死亡，直到舉行「復活節夜間慶典」，這個是禮儀年中最高峰的慶典。

「復活節夜間慶典」是一個光和水的慶節，因為基督的死亡、復活，為我們帶來了生命之光，讓我們與祂一起出死入生；而水，是進入祂的國度的記號。今晚，我們和所有的新教友一起慶祝重生。所以，今晚慶典的高峰和本質，就是舉行「入門聖事」。今晚的禮儀，包括四大部份：燭光禮、聖道禮、聖洗禮和聖祭禮。「燭光禮」是序曲。熊熊火燄，讓人不由得震懾於「生命之火」的力量。再由這火燄點燃復活蠟，並傳點每個人手中的小蠟燭。「聖道禮」，是今夜慶典的重要部分。藉著聆聽聖言，再一次重溫救恩史。

宣讀「福音」，是聖道禮的高峰。聖洗禮儀「成人入門聖事」，包括了聖洗、堅振、聖體聖事，應一起完成。聖洗聖事展開新生命；堅振聖事堅強這生命；聖體聖事以基督的體血，來滋養門徒，使之能日益基督化。由於這是一個「光」的慶節，燭光禮開始時，都應熄滅所有燈光，只看見新火的亮光。此時，光明與黑暗的對比是十分強烈的。當信友們點燃了手中的蠟燭進堂後，滿堂只見象徵我們生命的燭光。基督在受難、死亡後，進入光榮的復活，完成了祂的「逾越奧蹟」。我們也透過「聖洗聖事」，死於舊有的自我，分享了基督的永恆生命。並且在生活中，不斷和基督一起，自我逾越。如此，我們才能充滿生命力的慶祝這

一年之中最重要的「逾越節三日慶典」。

## 神聖慈悲瞻禮

### 四月十二日(星期日)

教宗若望保祿二世按照耶穌顯現給聖女傅天娜時的指示，在二零零一年將規定在復活主日後的第一個星期日舉行神聖慈悲瞻禮。那正是基督復活後的第八天。從主耶穌顯現給聖女傅天娜的訊息中，教友在當天參與神聖慈悲瞻禮、領聖體及辦告解，可得全大赦。

為回應亨利主教的指示，所有教堂在復活期三天內的主日，不可在教堂內舉行其他慶典，但教友可於家中誦念。因此本堂誦念慈悲串經的日期有以下更改：

本堂將從四月六日(星期一)至四月十二日(星期日)連續七天，在中、英文彌撒或當天禮節前五分鐘向慈悲的天主作七日敬禮，誦念慈悲串經。此外，教友可在家中作神聖慈悲敬禮九日祈求，經文小冊子可在教堂正門及側門入口處拿取。

本堂並於四月十二日(星期日)下午二時至三時三十分在永援聖母堂慶祝神聖慈悲瞻禮，內容包括祈禱，歌詠，聖經誦讀，講道，托付救主慈悲禱文及顯供聖體，並舉行修和聖事，希望各教友以積極投入的精神，參與祈禱，來回應基督在聖死與復活的奧跡中對人類所顯示的無限仁愛。

## Theme Sharing

5th Sunday of Lent

A Covenant With All Peoples

Today's gospel is a moving passage that recounts the spreading of Christian faith to the Gentiles. It tells us that it was the Greeks, not the Jews, who wished to see Jesus. The prospect of salvation is repeated in the second reading which says that Jesus, through his obedience in suffering and death, becomes the source of eternal salvation for all those who obey his teachings. The first reading proclaims a new covenant - a universal covenant - between God and all men: "All shall know me, from the least of them to the greatest". The universality of this new covenant is based on a close

relationship with God, not confined to a particular race or nation. In this covenant, all geographical boundaries or barriers have been removed. Filled with God's love deep in their heart, all may get to know God and to embrace one another.

Jesus responded to the Greeks' request to see him by declaring that the hour had come for him to be glorified. Jesus promised everlasting life to those who believed in him; and he would be glorified with the spreading of faith to non-believers. Hence, evangelization and man's salvation through faith may contribute to his glory.

On the other hand, Jesus knew well that his hour of glory would also be the hour of his suffering. No doubt, his glory was attained through his Passion. And he so loved us that he gave up his life for our sake. Therefore, let our mind and heart be completely transformed so that we can truly be in communion with God and with our fellow brothers and sisters in Christ.

## Rejoice in God's Mercy

A seed must die to produce new life. In Christianity death is not always physical. Often it is a spiritual relinquishing of self that simultaneously liberates. Death can be the giving up of our need to be right, in control, or to blame others. It can be the releasing of attachments and placing one's trust in God. Death can be giving up excuses, fears, and complaints to embrace instead the freedom to delight in weakness because in weakness we are made strong. How can it be that death glorifies God? In death, our ultimate trust in God is made manifest. In dying to self we choose to trust and to exercise faith, hope and love. These virtues lead us into intimate contact with God and transform us into the image of Christ. Action: What can you do to die to self during this week of Lent and which virtues will help you to glorify God in this way?

## 2015 Year Of Consecrated Life

### The Logo

Evangelium: this indicates the fundamental rule of consecrated life, which is the "sequela Christi as taught by the Gospel" (PC 2a). First of all as "a living memorial of Jesus' way of living and acting" (VC 22), and then as vital wisdom in the light of the

multiple counsels that the Lord gave to his disciples (cf LG 42). The Gospel shows the way ahead and is a source of joy (EG 1). Propheta: reminds us of the prophetic character of consecrated life, which "takes the shape of a special form of sharing in Christ's prophetic office, which the Holy Spirit communicates to the whole People of God" (VC 84). This is an authentic prophetic ministry that is born from the Word and is nourished by the Word of God when this is welcomed and lived out in the various circumstances of life. This function is carried out through courageous denunciation and in announcing new 'visits' by God; also, "through the exploration of new ways to apply the Gospel in history, in expectation of the coming of God's Kingdom" (ibid.). Spes: reminds us of the ultimate fulfillment of the Christian mystery. We are living through an era that is characterized by widespread uncertainties and a lack of projects with a long-term vision: hope is needed in a context of cultural and social fragility, at a time when the horizon is dark because "it often seems that the signs of God's presence have been lost from sight" (VC 85). Consecrated life is permanently projected toward the eschatology: it witnesses that every hope will eventually have its definite fulfillment, and transforms the waiting "in work and mission, that the Kingdom may become present here and now" (VC 27). As a sign of hope consecrated life needs to be close to people and to show mercy; to be a paradigm of a future free from all kinds of idolatry. "Encouraged by the charity that the Holy Spirit pours in our hearts" (Rm 5,5) the consecrated persons are therefore called to embrace the universe and to become a memorial of the Trinitarian love, catalysts of communion and unity, praying sentries on the peak of history, and to become one with humanity in its anxieties and in its silent search for the Spirit.

## News & Others

### Pope Francis Announces Jubilee Year of Mercy

Pope Francis announced the celebration of an extraordinary Holy Year dedicated to Mercy. The Jubilee of Mercy will begin on December 8th, 2015, the Solemnity of the Immaculate Conception and will conclude on November 20th, 2016, Solemnity of Christ the King.

The Holy Father's announcement was greeted with an applause by those present in the Basilica.

"I entrust the organization of this Jubilee to the Pontifical Council for the Promotion of the New Evangelization, so that they can animate as a new step in the path of the Church in its mission of bringing the Gospel of mercy to each person," he said.

"I am convinced that the whole Church can find in this Jubilee the joy to rediscover and make fruitful the mercy of God, with which we are all called to give consolation to each man and each woman of our time. We entrust it to the Mother of Mercy, so that She may turn towards us Her gaze and watch over our path."

According to the Holy See Press Office, the Jubilee Year of Mercy takes place on the 50th anniversary of the closing of the Second Vatican Council in 1965. "This is of great significance, for it impels the Church to continue the work begun at Vatican II," a communique from the Holy See stated. The official and solemn announcement of the Holy Year will take place on Divine Mercy Sunday, April 12th.

While an ordinary Jubilee year is celebrated every 25 years, an extraordinary Jubilee may be announced on the occasion of an event of significant importance. The last ordinary Jubilee took place in the year 2000 while the last extraordinary year was proclaimed in 1983 by John Paul II.

Throughout his pontificate, mercy has been a major theme close to the Pope's heart; his episcopal motto – *Miserando atque eligendo* – refers to the merciful gaze of Christ towards St. Matthew upon choosing him. Zenit.org

## The Way of Cross

### Meditation on the Way of The Cross

#### Station Ten : Jesus is Stripped

##### Christ Speaks:

Behold, my other self,  
the poorest king who ever lived.  
Before my creatures I stand stripped.  
The cross – my deathbed –  
even this is not my own.  
Yet who has ever been so rich?  
Possessing nothing, I own all –  
my Father's love.  
If you, too, would own everything,  
be not solicitous about your food, your

clothes, your life.

#### Station Eleven : Jesus is Crucified

##### Christ Speaks:

Can you imagine what a crucifixion is?  
My executioners stretch out my arms;  
they hold my hand and wrist against the  
wood, and press the nail until it stabs my  
flesh. Then, with one heavy hammer smash,  
they drive it through – and pain  
bursts like a bomb of fire in my brain.  
They seize the other arm; and agony again  
explodes. Then raising up my knees so that  
my feet are flat against the wood, they  
hammer them fast, too.

#### Station Twelve: Jesus Dies

##### Christ Speaks:

The cross becomes a pulpit now – "Forgive  
them, Father...  
You will be with me in Paradise...  
There is your mother...  
There... your son...  
I thirst...it is complete.

To speak I have to raise myself by pressing  
on my wrists and feet, and every move  
engulfs me in new waves of agony.  
And then, when I have borne enough,  
have emptied my humanity, I let my mortal  
life depart.

#### Station Thirteen: Jesus is Taken Down

##### Christ Speaks:

The sacrifice is done.  
Yes, my Mass is complete; but not my  
mother's and not yours, my other self.  
My mother still must cradle in her arms  
the lifeless body of the son she bore.  
You, too, must part from those you love,  
and grief will come to you. In your  
bereavement think of this: a multitude of  
souls were saved by Mary's sharing in my  
Calvary. Your grief can also be  
the price of souls.

#### Station Fourteen: Jesus is Buried

##### Christ Speaks:

So ends my mortal life.  
But now another life begins for Mary and for  
Magdalen, for Peter and for John and  
for you.

My life's work is done. My work within and  
through my church must now commence. I  
look to you, my other self.  
Day in, day out, from this time forth,  
be my apostle – victim – saint.

##### Conclusion

##### Christ Speaks:

I told you at the start, my other self,  
my life was not complete until I crowned it by  
my death. Your "way" is not complete unless

you crown it by your life.  
Accept each moment as it comes to you,  
with faith and trust that all that happens has  
my mark on it. A simple fiat, this is all it takes;  
a breathing in your heart, "I will it, Lord." So  
seek me not in far-off places.  
I am close at hand. Your workbench, office,  
kitchen, these are altars where you offer love.  
And I am with you there.  
Go now! Take up your cross and with your  
life complete your way.

## Diocese & Other News

### Development and Peace

remains concerned about the Ebola epidemic in Guinea, Sierra Leone and Liberia, and is still closely following the situation. This is a complex humanitarian crisis resulting from a combination of multiple factors, and the response by the international community has been considered to be too slow and inadequate. Please see the D&P website for updated information about this situation <http://www.devp.org/en/emergencies/ebola>.

### 32nd Annual Outdoor Way of the

Cross: Join thousands as we walk the city of Calgary to celebrate the death of Our Lord and Savior, Jesus Christ in the Stations of the Cross: April 3<sup>rd</sup>, Good Friday, 9:30-12:30pm, in front of St. Mary's Cathedral.

Syrian crisis: It has been four years since war started in Syria with no sign that the conflict will end soon. Read the statement at the Development & Peace website; consider signing the petition calling upon our Government to help bring about peace and security in the region. And please keep the people of the region in your prayers: See <http://www.devp.org/en/emergencies/syria/petition> for more information, stories, and video.

### Information Day on the Diocesan Priesthood

This day is for men between the ages of 17 and 35 years. It includes talks given by Bishop Henry and priests of the diocese. Location: Sacred Heart Church, 1307 – 14th St. S.W., Calgary, (Housey Hall). Date: Saturday, April 18, 9:00 a.m. – 1:30 p.m. (lunch provided) For further information and to register

contact: Office of Vocations  
Phone: 403-245-2753  
E-mail: [mjgaffney@telusplanet.net](mailto:mjgaffney@telusplanet.net)

### Certificate in Catholic Studies

The Benedict XVI Institute at Newman College offers a comprehensive selection of courses on various aspects of the Catholic faith. All are offered online, so you can study from the comfort of home and work around your personal schedule. Each course runs five weeks and costs just \$70. Take an individual course for interest, or work toward one or all of the six specialized Certificates in Catholic Studies. This program is open to adults and youth of all backgrounds and education levels.

<http://www.newman.edu/CCS>

### "Alberta 100th Anniversary Remembrance Service of the Armenian Genocide"

Join Archbishop Hovakimian (Armenian Orthodox Bishop of Canada), Fr. Agathon Shayb (Coptic Orthodox), and other Catholic and government leaders as we remember, with our Orthodox brothers and sisters, the great travesty of the first modern Christian genocide. Pray, learn, and remember those who died for the name of Christ: May 9<sup>th</sup> 5:00pm at St. Boniface Church, Calgary, 1923 Broadview Rd NW. Reception to follow.

### Sisters of Our Merciful Jesus, Calgary

Day of Reflection with Sisters of Our Merciful Jesus, Saturday April 25, starting with 11:30am Mass and ending at 5:00pm, at the Divine Mercy Centre, 15206 Township Road 262 Calgary, AB T3P 1A7. An event for single young women (18-35). Donations will be accepted. Please RSVP by Saturday April 18th, 2015 by calling Sr. Katrina Le at 587-755-1019 or email: [mfaustyna@yahoo.com](mailto:mfaustyna@yahoo.com).

## Parish Activities

### Bishop Michael Yeung Ming-cheung (楊鳴章主教)

will be visiting our parish during the Holy Week (April 2-5). He would celebrate Masses and lead three spiritual talks (Cantonese) as followings:  
April 2 (Thursday) –  
5:30 pm- Welcome Dinner (Upper Hall)  
7:30 pm -The Lord's Supper Mass (Church)  
April 3 (Friday) –

3:00 pm-The Lord's Passion Rite (Church)  
4:30 pm Talk (1) (Upper Hall)  
6:30 pm Light Dinner (Fast and Abstinence from meat)  
7:00 pm Talk (2) (Upper Hall)  
April 4 (Saturday) –  
10:00 am-Talk (3) (Upper Hall)  
12:00 noon Lunch (Upper Hall)  
9:00pm Easter Vigil Mass (Church)  
April 5 (Sunday) –  
10:00am-Easter Sunday Mass  
All parishioners are cordially invited to join the Mass, talks, lunch and dinner with Bishop Michael Yeung Ming-cheung.

### The sacrament of Reconciliation

The sacrament of Reconciliation will be available at parishes throughout the Diocese of Calgary all the Wednesdays of Lent (March 25 April 1) from 7:30 pm– 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. You cannot receive the Sacrament of the Eucharist if you fail to go to Confession within one year.

### Chrism Mass 2015

Monday March 30, 7:30 pm, St. Mary's Cathedral. Doors open at 6:30pm. During this Mass, the Bishop blesses the oil of catechumens and the oil of the sick. He also prepares and consecrates the oil of chrism that is used in the sacraments of baptism, confirmation, and holy orders. As the Bishop is the only minister who can consecrate the oil of chrism, this liturgy ritualises his presence through the chrism that will be used for baptisms by priests and deacons throughout the diocese all year.

### Special Donation on Good Friday (April 3)

There will be a special collection on Good Friday, April 3 for the Holy Land in support of Christian communities, the works of the Holy Land, the upkeep of the Holy Sites and the formation of future Priests. Let us give generously to respond to the needs of the Church in the land of Jesus.

## 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)  
In 2015 our parish's target will be identical to our portion from the diocese at \$22,297. We plead for your ongoing support. Together we will help thousands within our own communities and abroad through difficult times. Parishioners can pick up the donation envelopes at the entrances. Let's take action now!

## Weekly Activities

Wed, Fri Mar 25, 27

### OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Wed Mar 25

### The Sacrament of Reconciliation

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

Fri Mar 27

### Way of the Cross in Lent

Time: 8:30a.m

### OLPH Scout

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

Place: Upper Hall & Lower Hall

Sat Mar 28

### Legion of Mary ( meeting )

( Immaculate Heart of Mary

Praesidium )

Time: 9 :45 a.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

### 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

### Young Adults

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

Place: OLPH Lower Hall

### Faith Sharing Group (Arbour Lake)

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

Contact: Grace Chan 403-208-1806

Sun Mar 29

### 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 Group

Time: 11:00a.m.-12:30p.m

Place: Upper Hall

### Parenting Workshop for Parents and

Young Adults- "Movie"

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

Place: OLPH Upper Hall

## Let There Be Light

### Lessons of Failure

Lord, are you trying to tell me something?

For...

Failure does not mean I'm a failure;

It does mean I have not yet succeeded.

Failure does not mean I have accomplished nothing;

It does mean I have learned something.

Failure does not mean I have been a fool;

It does mean I had enough faith to experiment.

Failure does not mean I have disgraced;

It does mean I have dared to try.

Failure does not mean I don't have it;

It does mean I have something to do in a different way.

Failure does not mean I am inferior;

It does mean I am not perfect.

Failure does not mean I have wasted my life;

It does mean that I have an excuse to start over.

Failure does not mean that I should give up;

It does mean that I should try harder.

Failure does not mean that I will never make it;

It does mean that I need more practice.

Failure does not mean that you have

abandoned me;

It does mean that you must have a better idea/

## Stories Faith Sharing

### The Big Debate

Ten centuries ago, the Pope decided that all the Muslims had to leave Jerusalem.

Naturally there was a big uproar from the Muslim community. So the Pope made a deal. He would have a religious debate with a member of the Muslim community. If the Muslim won the debate, all the Muslims could stay. If the Pope won, all the Muslims would have to leave. The Muslims realised that they had no choice. They looked around

for a champion who could defend their faith, but no one wanted to volunteer. It was too risky. But they finally picked their representative, an old Mullah who unknowingly agreed without knowing what he was getting himself into. He agreed only on the condition that neither side be allowed to talk but communicate by miming only. The pope agreed. The day of the great debate came. The Mullah and the Pope sat opposite each other for a full minute before the Pope raised his hand and showed three fingers. The Mullah looked back at him and raised his middle finger. The Pope waved his fingers in a circle around his head. Mullah Nasruddin pointed to the ground and stamped his foot. The Pope pulled out a wafer and a glass of wine. Mullah pulled out an apple. The Pope stood up and said, 'I give up. This man is too good. The Muslims can stay.' An hour later, the cardinals were all around the Pope asking him what happened. The Pope said: "First I held up three fingers to represent the Trinity. He responded by holding up one finger to remind me that there was still one God common to both our religions. Then I waved my finger around me to show him that God was all around us. He responded by pointing to the ground and stamping on it, showing that God was also right here with us. I pulled out the wine and the wafer to show that God absolves us from our sins. He pulled out an apple, reminding me of the first sin. He had an answer for everything. What could I do?" Meanwhile, the Muslim community had crowded around the Mullah in total astonishment. "What happened?" they asked. "Well," said the Mullah, "First he said to me that we Muslims had three days to leave Jerusalem. I told him up yours. Then he told me that this whole city would be cleared of Muslims. I said none of us leaving this land!" "And then?" asked a woman. "He took out his lunch and I took out mine," said the Mullah.

## 主日分享

### 四旬期第五主日

本主日彌撒中的福音段落頗為感人，宣告也在外邦人當中傳佈基督的信仰。聖使若望述說，有些希臘人上來過節。他們一定是些虔誠的人，被猶太人崇敬唯一天主的信仰所吸引，並且聽人說到耶穌，現在渴望拜見祂。

他們來到十二位門徒之一的斐理伯前，這些希臘人請求斐理伯說：“先生！我們願拜見耶穌。第一篇讀經宣佈訂立新盟約，一個普世盟約，因為天主說：“不論大小，人人都必認識我。”這篇讀經為我們顯示了這是天主的計畫。在以色列子民歷史上最可怕的時刻，屢次出現反叛，招致災難臨頭（聖殿被摧毀，耶路撒冷被攻佔和流亡），上主放棄了同以色列結的盟約的計畫，宣佈同它訂立新盟約，比西奈山的盟約還要美很多。上主說：“看，時日將到，我必要與以色列家和猶大家訂立新約。”第二篇讀經取自希伯來人書信，為我們揭示了耶穌面臨祂的苦難的態度。祂處在一個死亡逼近的極度焦慮的狀況，向天主獻上祈禱和懇求。耶穌不僅祈禱，也大聲哀號和哭泣：“以大聲哀號和眼淚”向天主獻上祈禱和懇求。祂不僅在這一極端痛苦的時候這樣做，也在十字架上同樣做了，祂大喊一聲，就斷了氣。耶穌的苦難是頂卓越事件，改變了人的信仰處境，並且是個愛的事件：耶穌愛我們竟然為我們獻出自己的性命。祂的愛是普世性的，願意徹底改變我們的思想和我們的內心，使我們切實同天主同我們的一切兄弟共融。節錄自梵蒂岡廣播電台講稿

## 2015 奉獻生活年

### 獻身生活年的徽標

福音：奉獻生活最基本的原則乃是“按照福音的教導來追隨基督”（《修會生活革新法令》2a），這首先“是對耶穌生活與行動之道的活生生的紀念”（《奉獻生活勸諭》22），其次是“主在福音內建議給他的門徒們遵守的勸諭”（《教會憲章》42）。福音不但指明了前進的道路而且也是喜樂的源泉。（《福音的喜樂》1）先知：提醒我們奉獻生活的先知性特色，“它通過一種特別的形式分擔基督的先知職務，這職務原是聖神通傳給全體天主子民的”（《奉獻生活勸諭》84）。在各種環境中被生活出來時，這一真正的先知性使命來自天主聖言並接受其滋養。這樣的使命通過

勇敢地指摘一切違反天主旨意的事，並在歷史中發掘實踐福音的新方法，以期天國的來臨時得以實現。希望：這讓我們想起基督奧秘最終的圓滿。我們生活在充滿了廣泛的不確定性和缺乏有遠見的行動的時代。面對新的文化和社會，當前景“因天主臨在的標記仿佛常常從視線中消失”（《奉獻生活勸諭》85）而一片黑暗時，我們需要希望。奉獻生活總是指向末世景象：它為每一個希望都將獲得圓滿而作見證，而且把所期待的“通過福傳和工作”，轉變為“天國在此時此地的實現”（《奉獻生活勸諭》27）。作為希望的標記，奉獻生活必須接近人群並體現出仁慈，為一個沒有任何偶像的未來提供一種示范。在“聖神已傾注在我們心中了”（羅5：5）的大愛鼓勵下，度奉獻生活者就是蒙召來擁抱整個宇宙並成為聖三之愛的紀念碑、團結和共融的催化劑、在歷史頂峰祈禱的哨兵。與此同時，也與在焦慮和沉默中尋求聖神的人類休戚與共。

## 新聞及其他

### 教宗方濟各宣佈特殊禧年：慈悲聖年

教宗方濟各3月13日下午在聖伯多祿大殿的懺悔禮儀中，宣佈將於今年12月8日聖母始胎無染原罪瞻禮開啓「特殊禧年」；那將是「慈悲聖年」。這項消息一出，全場頓時掌聲如雷。教宗說：「我決定宣佈一個以天主慈悲為中心的特殊禧年，那將是慈悲聖年。上主說：『你們應當慈悲，就像你們的天父那樣慈悲。』我們要在上主聖言的光照下，善度這個慈悲聖年。它將於今年12月8日聖母始胎無染原罪瞻禮展開，於2016年11月20日基督普世君王節閉幕。我們的主耶穌基督是天父慈悲的活生生的面容。」教宗把這個特殊禧年視為大好良機，「教會能在這段期間更加彰顯她為慈悲作見證的使命」。教宗說：「我將這禧年的籌備工作託付給聖座促進新福傳委員會，期許他們把這禧年推展成教會向每個人傳遞慈悲福音的使命中新的旅途中繼站。教會非常需要領

受慈悲，因為我們全是罪人。我堅信整個教會能在這個禧年期間找到天主慈悲的喜樂，那重新去發覺並使天主慈悲結出碩果的喜樂。藉著這份喜樂，我們眾人蒙召給當代男男女女帶來安慰。」（梵蒂岡電台訊）

## 十字架苦路

### 十字架苦路的默想

#### 第十處 耶穌被人剝去衣服

默想：基督信仰給我們的恩典，並非健康或功名利祿，而在於讓我們發現生命的意義和死後永恆的幸福。唯有全心依恃上主的祝福，人才有真正的解放，才有真正的喜樂。耶穌淡泊一生，死前連自己的衣服也一一捨棄，正清楚地表達了此一意義。

#### 第十一處 耶穌被釘在十字架上

默想：耶穌已被釘在十字架上了，那疼痛我們能體會嗎？兵士對耶穌的侮辱與剝削，我們都很忿怒！然而，日常生活中，我們是否像兵士剝削過耶穌？當我們不尊重別人、自以為是、歧視貧窮弱小、過量的逸樂、為一己之私而壟斷過多的資源，使別人喪失生活的必需時，我們便是那瓜分耶穌衣衫的兵士！

#### 第十二處 耶穌死在十字架上

默想：耶穌在十字架上，以身作則，實踐了祂所講的：「要愛你們的仇敵，善待恨惡你的人；應祝福詛咒你們的人，為迫害你們的人禱告。」耶穌的死，表面上是被打敗，但他甘心付出無比的愛直到最後一刻，顯示仁愛力量的勝利。愛仇敵實在不容易，但能夠實踐這個教訓便可認出跟隨耶穌的決心。

#### 第十三處 耶穌屍體從十字架卸下

默想：耶穌斷氣後，百夫長後悔了，群眾覺悟了，懦弱的信徒也鼓起勇氣去認領耶穌的遺體。一切都似乎因為耶穌的死而有了改變。但是，這種轉變能維持多久？這就像現在的我們一樣：每當重大事故發生後，我們都會反省、檢討，甚至於說要改過。但是，這種轉變能維持多久呢？

#### 第十四處 耶穌葬於墳墓

默想：耶穌為我們的罪過而死，也帶著我們的罪過一同埋葬。

在生活中，我們埋葬了甚麼？是把我們的貪婪、私慾、忿怒、自我中心、驕傲自大偏見、無知、懶惰，加以埋葬；抑或埋葬了天主的旨意、對人的尊重、謙遜、勤勞、諒解、節制？到底是我們埋了罪惡，抑或反被這些私慾埋葬了個人的良知而不能自拔呢？

#### 禱詞

主耶穌，你替我們埋葬了我們的罪過求你幫助我們不被罪惡所埋葬，並繼續使罪惡被埋葬。

上主，求你垂憐。

主耶穌，你為眾人死，你的死治死了罪惡；然而，你的復活，卻是活於天主。我們也要這樣看自己是死於罪惡，在基督耶穌內活於天主的人。

上主，求你垂憐。

## 堂區活動

### 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(3月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！

### 「該告解、每年至少一次」

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。現凡於一年內未有妥當辦告解聖事的教友，不可領受聖體聖事。

### 楊鳴章主教將於聖週(四月二日至五日)到訪卡城永援聖母堂，主持聖週彌撒及粵語靈修講座，時間如下：

四月二日(聖週四)：

下午 5:30 歡迎晚宴(上禮堂)

晚上 7:30 主的晚餐紀念彌撒(聖堂)

四月三日(聖週五)：

下午 3:00 主的受難紀念儀式(聖堂)

下午 4:30 第一講：

從貧乏的關係(上禮堂)

晚上 6:30 簡便晚餐(守齋禁肉)

晚上 7:00 第二講：

超越片面認知(上禮堂)

四月四日(聖週六)：

上午 10:00 第三講：

到福音的喜樂(上禮堂)

中午 12:00 午餐(上禮堂)

晚上 9:00 復活前夕彌撒(聖堂)

四月五日(復活主日)：

上午 10:00 英/粵語彌撒(聖堂)

誠邀請各教友踴躍參加聖週彌撒、粵語靈修講座、午餐及晚餐，及與楊鳴章主教共聚。

### 主教祝聖聖油彌撒

日期：三月三十日(星期一)

時間：晚上七時三十分

(晚上六時三十分開放)

地點：St. Mary's Cathedral

教會在每年聖週四或提前幾天在天主堂，由主教祝聖聖油。通常教區全體神父也都參加祝聖禮。祝聖聖油是在隆重的彌撒中進行。這表示教會對聖油的重視。請各位教友盡量參與。

### 基督苦難日捐獻(4月3日)

是日所收的奉獻，將全部呈上羅馬教廷以支持及培育聖地未來的神父。請慷慨支持及回應！

### 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) 現已開始，我們堂區今年的目標與堂區配額同是 \$22,297。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。捐款信封可在教堂入口處拿取。請立即行動！

## 活動一週

星期三、五 3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 3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 3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 3月28日

聖母軍

(聖母軍聖母無玷聖心支團)

時間：上午 9 時 45 分(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

四旬期苦路善功(廣東話及國語)

時間：下午 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

永援聖母青年團

時間：下午 5 時至 7 時

地點：永援聖母堂上禮堂

信仰小團體(Arbour Lake)

時間：晚上 7 時 30 分至 10 時

聯絡：Grace Chan 403-208-1806

星期日 3月29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

青年會

時間上午 11 時至下午 12 時 30 分

地點：永援聖母堂上禮堂

親子關係工作坊：「電影」

時間：下午 2 時至 6 時

地點：永援聖母堂上禮堂

## 心靈小品

### 謙遜忍耐

誰親向你，誰反對你，不必過於介意，你祇該努力在一件事上，就是使天主同你在一起。

你當使良心無罪，天主自然保護你；天主願意保護的人，不論甚麼兇惡也害不了他。

若你會不言不語地忍耐，天主必來幫助你。天主知道在甚麼時候救你，並且怎麼樣救你；你祇一心讓祂照管就夠了。祇有祂能幫助你，免除你的一

切羞辱。

有時候別人知道我們的過失，責備我們，這為保護我們的謙遜大有益處。一個人因為自己有缺點，就自卑自賤，這最容易息人的怒，得罪了的人，也可以稍稍地賠補。

天主所保護的是謙遜人；救援的是謙遜人，愛慕安慰的還是謙遜人。謙遜人能得天主的聖寵。天主用苦難試探他以後，便顯揚他。天主把自己的奧妙事情默啟謙遜人，溫和地將他延入自己的心中。

謙遜人受了凌辱，心裡還是平安，因為他不依靠世人，惟獨依靠天主。你若不想自己是在眾人以下，在德行上休想有進步。

## 靈修小故事

### 最寶貴的東西

從前，有一個人一直想得到一件全世界最寶貴和最有意義的東西。有一天晚上，他夢到一個人對他說：你明天到村子的大樹那邊，會碰到一個人，他會給你想要的東西。

第二天一大清早，那人就立刻跑到大樹那邊。果然有一個人在等他，並且說：「我知道你是要來拿一件東西的。看，就在這裡，拿去吧！是你的了。」那人把東西接過來，立即跑回家；急不及待地把包裹打開一看，竟然是一塊碩大無比，價值連城的寶石！頓時他高興得手舞足蹈，樂到不可開交……但過了一會，他又立即跑回大樹那邊，因為他忽然想到，那人能毫不猶豫的把這麼寶貴的東西送人，依然怡然自得；使他快樂的一定是另有其他的「東西」。

人間的福樂建基於衣食住行的榮祿上，有錢有勢的人常為人所羨慕；但在天主眼裡，這一切都是微不足道，是次要的。因為，這些東西很可能，成為我們尋找天主的障礙物。一個家財萬貫的人，可能整天對著天文數字的錢財來精打細算，以求能賺得更多。反之，一個貧如洗的窮光蛋，當他相信他不可能再會比現時更窮的時候（因為已到達了窮的極點），他心內真的是無牽無掛，他不必為股市行情而失眠，也不用為未來的社會動向而

操心。如果天主就在此兩人的面前，那一個會首先找到祂？

誠然，人都希望有一個更好的生活，如果有機會升學升職，這不失為一件好事，也是天主賞賜的，應該好好享用。然而，這一切不應作為基督徒的幸福標準和追求的目標，因為最大的福樂是「與天主在一起」。古語說：「滿招損，謙受益」，要與主在一起，便首先謙下自己，要成為一無所有，要不執著於富貴榮華的享受。因此，那些不擁有什麼的人，是比較容易找到天主的。

切勿以為天主要我們都變成了窮光蛋才接受我們，而是要我們從現世的「幸福」環境中去追求天上的福樂。這是最難而又是最重要的，不過實行起來時，說易不易，話難亦不難。