

## Theme Sharing

### We walk by Faith not by Sight

The kingdom of God is here! When Jesus said this, He was present and hence the words could be almost taken literally. But now in the age of the church: What do the words mean? Quite a few people will say the kingdom of God is certainly not the church. They are perfectly right because the two, namely the kingdom of God and the church are two different things. The church, however, has to bear witness to the Kingdom of God. When we are scandalized by some of the things that are happening in the church, we must remember, the church is not perfect but called to perfection. The reign of God is a hidden reality. Today's bible reading deals with the church and her expectation in Hope.

In the first reading, Ezekiel consoled his troubled and despairing fellow citizen with the promise of God's kingdom to come. It will be a kingdom of prosperity and peace with a Messiah, an anointed king, as God's vice regent to rule them. Have Hope! It is now a tender shoot but it will grow. God can do whatever seems impossible: "I ... The Lord. ... lift high the lowly tree, and make the withered tree bloom."

When there is this attitude of hopefulness one can understand the response: "O Lord, it is good to give thanks to you." Christian hope implies uncertainty and requires patience. God's Word is the seed within us, scattered in the ground by Jesus Christ. It should bear fruit. But we have to be patient. It is often the case that the church does not bear abundant harvest right now. Some members get disillusioned and leave the church. The reign of God – justice, love, fidelity and peace – is submitted to the slow process of growing (a mustard seed). Its fully realized splendor will appear only in the world to come. Meanwhile we hope in patience. If you want to improve the church, start with yourself.

How are we to do this? The second reading gives us an insight. We walk by faith, not by sight. Paul had this kind of confidence. He was not afraid of suffering and trials, or even dangers. Like the heroes of faith in Hebrew 11, Paul looked to the heavenly city and governed his life by eternal values. Not all members of our community do things our way. Do not blame them! Perhaps there will be fewer surprises when we come before the

throne of God, and our lives are revealed for all to see. Fr. Ronnie D'Souza SJ

## 2015 Year Of Consecrated Life

### "Rise, and have no fear": a renewed trust

"Jesus came and touched them, saying, "Rise, and have no fear". Like the three Apostles in the episode of the Transfiguration, consecrated persons know from experience that their lives are not always marked by the fervour which makes us exclaim: "It is well that we are here". But it is always a life "touched" by the hand of Christ, a life where his voice is heard, a life sustained by his grace.

"Rise, and have no fear". Obviously, the Master's encouragement is addressed to every Christian. All the more does it apply to those called to "leave everything" and thus to "risk everything" for Christ. This is particularly true whenever one descends from the "mountain" with the Master and sets off on the road which leads from Tabor to Calvary. When Luke relates that Moses and Elijah were speaking with Christ about his Paschal Mystery, it is significant that he uses the term "departure": "they spoke about his departure, which he was to accomplish at Jerusalem". "Exodus" is a basic term in Revelation; it evokes the whole of salvation history and expresses the deep meaning of the Paschal Mystery. It is a theme particularly dear to the spirituality of the consecrated life and well expresses its meaning. It inevitably includes everything that pertains to the mysterium Crucis. But this difficult "exodus journey", when viewed from the perspective of Tabor, is seen to be a road situated between two lights: the anticipatory light of the Transfiguration and the definitive light of the Resurrection. From the standpoint of the Christian life as a whole, the vocation to the consecrated life is, despite its renunciations and trials, and indeed because of them, a path "of light" over which the Redeemer keeps constant watch: "Rise, and have no fear".

## Diocese & Other News

Catholic Speed Dating Event: Are you looking for a good Catholic man or woman?

Visit [www.CatholicSpeedDating.ca](http://www.CatholicSpeedDating.ca) or call 403-770-2921, and register for our upcoming Events: Fridays, July 24th at Canadian Martyrs Church in Calgary (Age Range: Women: 24 to 32 & Men: 27 to 35); August 7th at St. Thomas More Church in Calgary (Age Range: Women: 33 to 41 & Men: 36 to 44); August 14th at St. Paul's Church in Airdrie (Age Range: Women: 42 to 50 & Men: 45 to 53). Doors open for sign in at 7:00PM, and Event begins at 7:30pm.

Palio of Calgary -- Family Event will be celebrated this year on Saturday, September 19, 2015. Mark your calendars for this fun filled family day at the Strathmore Rodeo Grounds. The event will feature an open air Mass (5pm) with Bishop Henry, the running of the horses, entertainment and children's activities. Tickets will be available at the gate. Check your parish notice boards for information and go to [www.palio.ca](http://www.palio.ca) or [www.facebook.com/palioofcalgary](http://www.facebook.com/palioofcalgary) for details.

## Parish Activities

### OLPH Summer Mass schedule

Mass schedule in July and August will be revised as follows:

Saturday : 5:00pm ( in Mandarin)

Sunday: 9:30 am (in English)

11:00 am (in Cantonese)

Tuesday ( 7:00 pm) English Mass will be suspended

Normal Mass schedule will be resumed from September 6.

### Summer Bulletin Break

The last bulletin before summer will be on June 28. The bulletin will be resumed in the week of September 6.

### Youth Group Seminar on Growing Beautiful Orchids

Date: June 21, 2015

Time: 11:15am to 12:00 noon

Place: Lower Hall

### The Sacred Heart of Jesus

Since June is the month dedicated in honour of the Sacred Heart of Jesus, our parish

encourages parishioners to pray the Litany of the Sacred Heart of Jesus every day. Parishioners can pick up the Litany of the Sacred Heart of Jesus pamphlet at the Church main and side entrances.

### 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. As of June 5, our campaign has received a total of \$15,530.

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 June 17, 19

#### OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Fri June 19

#### OLPH Scout

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

Place: Upper Hall & Lower Hall

#### Faith Sharing Group ( Sacred Heart)

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

Contact: Doris Ho 403-271-6884

Sat June 20

#### Legion of Mary ( meeting )

Time: 9:45a.m.

Place: K of C Room at OLPH Church

#### Tai Chi Lesson

Time: 10:00 a.m. - 12:00noon

Place: OLPH Church Lower Hall

#### Yoga 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: K of C Room at OLPH Church

#### Young Adults

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

Place: OLPH Lower Hall

Sun June 21

#### Youth Group Seminar

Time: 11:15a.m. - 12:00noon

Place: OLPH Church Lower Hall

## Let There Be Light

### The Grace of God

Heavy rains remind us of challenges in life. Never ask for a lighter rain, just pray to God for a better umbrella. - That is the attitude! Life is not about finding the right person, but creating the right relationship. It's not how we care in the beginning, but how much we care till the very end.

Some people always throw stones in your path. It depends on what you make with them; a Wall or a Bridge? - Remember you are the architect of your life.

Search for a good heart, but don't search for a beautiful face, coz beautiful things are not always good, but good things are always beautiful.

It's not important to hold all the good cards in life, but it's important how well you play with the cards you hold.

Often when we lose all hope & think this is the end, remember God and pray, it's just a bend, not the end.' -

Have faith and have a successful life.

One of the basic differences between God and human is, God gives, gives and forgives. But the human gets, gets, gets and forgets. Be thankful in life...

If you think it is your alarm clock that woke you up this morning, try putting it beside a dead body and you will realise that it is the Grace of God that woke you up.

If you are grateful to God, forward this to all your friends to inform them that it is JUST BY THE GRACE Of God that we are alive...

### Stories Faith Sharing

#### Leaving the City of Regret

I had not really planned on taking a trip this time of year, and yet I found myself packing rather hurriedly. This trip was going to be unpleasant and I knew in advance that no real good would come of it. I'm talking about my annual "Guilt Trip."

I got tickets to fly there on Wish I Had airlines. It was an extremely short flight. I got my baggage, which I could not check. I chose to carry it myself all the way. It was weighted down with a thousand memories of what might have been. No one greeted me as I entered the terminal to the Regret City International Airport. I say international because people from all over the world come to this dismal town.

As I checked into the Last Resort Hotel, I noticed that they would be hosting the year's most important event, the Annual Pity Party. I wasn't going to miss that great social occasion. Many of the town's leading citizens would be there.

First, there would be the Done family, you know, Should Have, Would Have and Could Have. Then came the I Had family. You probably know ol' Wish and his clan. Of course, the Opportunities would be present, Missed and Lost. The biggest family would be the Yesterday's. There are far too many of them to count, but each one would have a very sad story to share.

Then Shattered Dreams would surely make an appearance. And It's Their Fault would regale us with stories (excuses) about how things had failed in his life, and each story would be loudly applauded by Don't Blame Me and I Couldn't Help It.

Well, to make a long story short, I went to this depressing party knowing that there would be no real benefit in doing so. And, as usual, I became very depressed. But as I thought about all of the stories of failures brought back from the past, it occurred to me that all of this trip and subsequent "pity party" could be cancelled by ME! I started to truly realize that I did not have to be there. I didn't have to be depressed. One thing kept going through my mind, I CAN'T CHANGE YESTERDAY, BUT I DO HAVE THE POWER TO MAKE TODAY A WONDERFUL DAY. I can be happy, joyous, fulfilled, encouraged, as well as encouraging. Knowing this, I left the City of Regret immediately and left no forwarding address. Am I sorry for mistakes I've made in the past? YES! But there is no physical way to undo them.

So, if you're planning a trip back to the City of Regret, please cancel all your reservations now. Instead, take a trip to a place called, Starting Again. I liked it so much that I have now taken up permanent residence there. My neighbors, the I Forgive Myself and the New Starts are so very helpful. By the way, you don't have to carry around heavy baggage, because the load is lifted from your shoulders upon arrival. God bless you in finding this great town. If you can find it -- it's in your own heart -- please look me up. I live on I Can Do It street.

## Read More Know More

### Hope

Hope is the theological virtue by which we desire the kingdom of heaven and eternal life as our happiness, placing our trust in Christ's promises and relying not on our own strength, but on the help of the grace of the Holy Spirit. "Let us hold fast the confession of our hope without wavering, for he who promised is faithful." "The Holy Spirit . . . he poured out upon us richly through Jesus Christ our Savior, so that we might be justified by his grace and become heirs in hope of eternal life."

The virtue of hope responds to the aspiration to happiness which God has placed in the heart of every man; it takes up the hopes that inspire men's activities and purifies them so as to order them to the Kingdom of heaven; it keeps man from discouragement; it sustains him during times of abandonment; it opens up his heart in expectation of eternal beatitude. Buoyed up by hope, he is preserved from selfishness and led to the happiness that flows from charity.

Christian hope takes up and fulfills the hope of the chosen people which has its origin and model in the hope of Abraham, who was blessed abundantly by the promises of God fulfilled in Isaac, and who was purified by the test of the sacrifice. "Hoping against hope, he believed, and thus became the father of many nations."

Christian hope unfolds from the beginning of Jesus' preaching in the proclamation of the beatitudes. The beatitudes raise our hope toward heaven as the new Promised Land; they trace the path that leads through the trials that await the disciples of Jesus. But through the merits of Jesus Christ and of his Passion, God keeps us in the "hope that does not disappoint." Hope is the "sure and steadfast anchor of the soul . . . that enters . . . where Jesus has gone as a forerunner on our behalf." Hope is also a weapon that protects us in the struggle of salvation: "Let us . . . put on the breastplate of faith and charity, and for a helmet the hope of salvation." It affords us joy even under trial: "Rejoice in your hope, be patient in tribulation." Hope is expressed and nourished in prayer, especially in the Our Father, the summary of everything that hope leads us to desire.

We can therefore hope in the glory of heaven promised by God to those who love

him and do his will. In every circumstance, each one of us should hope, with the grace of God, to persevere "to the end" and to obtain the joy of heaven, as God's eternal reward for the good works accomplished with the grace of Christ. In hope, the Church prays for "all men to be saved." She longs to be united with Christ, her Bridegroom, in the glory of heaven:

Hope, O my soul, hope. You know neither the day nor the hour. Watch carefully, for everything passes quickly, even though your impatience makes doubtful what is certain, and turns a very short time into a long one. Dream that the more you struggle, the more you prove the love that you bear your God, and the more you will rejoice one day with your Beloved, in a happiness and rapture that can never end.

## 主日分享

### 常年期第十一主日

今天的彌撒給我們的教導是信心和勇敢。三篇讀經都以此為目標。福音告訴我們天國是一個力量，它以勢不可擋的勁力，穿過一切困難和各種情況向前進。第一篇讀經選自厄則克耳先知書，所談的也是一個非凡的成長。第二篇讀經中，保祿宣稱他滿懷信心，並本著這信心繼續努力討天主的喜悅。

厄則克耳先知在以色列民處於流亡的嚴峻考驗時向他們說話。這處境很可能會令他們喪失希望，而先知的神諭則要在他們中間激起極大的信心。因此，我們必須信賴天主聖言和天主恩寵的力量。天主將祂聖言的種子撒在我們的土地也就是我們的生存中。我們可以安心，確知無論在任何情況，即使是最艱難的情況中，這種子都要結出果實。

福音向我們展示了耶穌所說的幾個比喻。耶穌喜歡用比喻，把天國與現實生活中的事物，特別是農業方面的事情相比。祂把天國比作撒在地裏的一粒種子。種子本身並不重要，它微小，像一粒小石子。雖然如此，它卻具有極大的生命力，這是石子所沒有的。保祿提醒我們，眾人都要到基督的審判台前。他的話令我們感到自己對所做的一切事需要負責。在我們的一生中應該常有這樣的責任感，同時也確

知天主會以最有效的方式來協助我們。這樣，我們便能夠達到那在等候我們的美好目標，就是，與基督在永恆生命中，也就是在與天主一起的愛的生命中建立永不中斷的關係。

節錄自梵蒂岡廣播電台講稿

## 2015 奉獻生活年

### 「起來，不要害怕」：一種更新的信任

「耶穌遂前來，撫摸他們說：『起來，不要害怕！』」度獻身生活的人和顯聖容事蹟中的三位門徒一樣，從經驗得知生活並非常常能讓人歡呼：「我們在這裡真好！」。然而生活卻總是為基督之手所觸及，祂的聲音總是可以聽得見，生活總是有祂的恩寵來支持維系。

「起來，不要害怕！」主的這句話，很顯然是對每一個基督徒說的；但對蒙召「放棄一切」，為基督「事事冒險」的人，此話更為真切。尤其當一個人與主一起從山上下來，取道加爾瓦略之旅時，此話尤顯真實。

路加福音記述梅瑟、厄裡亞和耶穌談論祂的踰越奧跡：「談論耶穌的去世，即祂在耶穌撒冷必要完成的事」。此處「離去」一詞是啓示中的一個基本辭匯，它喚起整個救恩史，也表明踰越奧跡的深度意義。這主題也是獻身者的靈修最感親切的；凡是與十字架奧跡有關的一切，都在此主題範圍內。從加博爾山的角度透視這「出谷之旅」，可以說這段道路是界於兩道光芒之間的：顯聖容的預示之光，和復活的決定性之光。

就基督生活之整體而言，獻身生活的聖召雖有捨棄與磨練，也實在因著它們，而成為一條救主耶穌經常照顧的光明的途徑：「起來，不要害怕！」

## 堂區活動

### 暑期主日彌撒

七、八月之主日彌撒將更改如下：  
星期六主日提前彌撒：五時(國語)  
星期日早上彌撒：九時三十分(英文)  
十一時(粵語)

星期二黃昏彌撒暫停

九月六日開始，主日早上彌撒及星期二黃昏彌撒將照以往時間舉行

### 暑期堂區通訊

六月二十八日的堂區通訊將為本暑期前最後一期，堂區通訊將於九月六日再刊。

### 如何照顧蘭花研討會

日期：六月二十一日

時間：上午 11 時 15 分至 12 時

地點：永援聖母堂下禮堂

### 敬禮耶穌聖心

六月為耶穌聖心月，本堂藉此鼓勵堂區內所有的教友，盡可能每天頌念耶穌聖心禱文，以獲得更豐盛的恩寵！耶穌聖心禱文將擺放在教堂正門及側門入口處，歡迎大家拿取。

### 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。截至 4 月 12 日，捐款已累積至 \$15,530 元。懇請各位教友繼續支持，合力幫助本土社區及國外成千上萬的勞苦大眾。捐款信封可在聖堂入口處拿取。就讓我們立即行動，慷慨解囊！

### 活動一週

星期三、五 6 月 17, 19 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 6 月 19 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

信仰小團體 (Sacred Heart)

時間：晚上 7 時 30 分至 10 時

聯絡：Doris Ho 403-271-6884

星期六 6 月 20 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 12 時

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：聖堂二樓騎士會室

大專青年團

時間：下午 5 時至 7 時

地點：永援聖母堂上禮堂

星期日 6 月 21 日

如何照顧蘭花研討會

時間：上午 11 時 15 分至 12 時

地點：永援聖母堂下禮堂

### 心靈小品

真不可思議？

一張一百元正的鈔票在教會奉獻時施捨窮人時是多大的面額，心疼好不捨！但在行街購物時卻是如此的細小？幾百幾千元揮手一擲！真不可思議？

兩小時在教堂過就好長，但看電視電影打牌就好短？真不可思議？

當祈禱時要找一個字都好難，但與人聊天時卻口若懸河？真不可思議？

有人覺得讀一章聖經又難又悶，卻很容易地就看完百多頁的小說？真不可思議？

人人都想在演唱會或在遊戲時坐在前排，但他們無論如何都會在教會坐後排？真不可思議？

念晚課時祇要由劃十字聖號開始，就眼睛困睜不開呵欠連天？但上網遊戲看連續劇時卻眼睛圓睜，精神抖擻？真不可思議？

我們要預先兩三個星期被通知教會的活動，才能安排在自己的時間表，但我們祇需用兩三分鐘就安排好參加娛樂 K 歌的活動？真不可思議？

我們好困難從主學到的真理並與人分享，卻好容易就學到講閒話罵髒話，甚至謠言滿天飛？真不可思議？

我們相信在報紙網絡中講的每件事，卻懷疑聖經和天主的真實性？真不可思議？

人人都想上天堂，卻不願為進天堂而做或講任何事情？真不可思議？

我們可以為應酬任何朋友吃喝玩樂，但常常拒絕天主的邀請到教堂參與彌撒領受生命神糧和祝福喜樂？真不可思議？

我們常常將笑話從電郵傳來傳去，但當我們要將天主的信息傳給別人時，卻要再三思量？真不可思議？

### 靈修小故事

隱修士

在很早以前，有一位隱修士。他整天在曠野中生活，藍天是被，大地是床，野果是食，他生活得悠閑自在，他在祈禱默想中常與天主契合。

有一天，他在一棵大樹下乘涼，撒旦來了，說你這隱修是沒有價值的，隱修必須是吃苦，服務他人更是修大德行，修士一聽覺得蠻有道理，我這樣祇和天主在一起而沒有做任何事情，也許是自己的幻覺，說不定天主根本就不會和我在一起。這時，他忽然站起來，心神不安，天主一定在人多的地方，我的志向是要和天主在一起，我要動身去找天主。

他打起包收拾了簡單行李去尋找天主。他來到了一個熱鬧非凡的城市，這裡有許多人，天主必定在這裡。他就逐個逐個地去探訪，他問商人，商人祇關心是否買他的貨物，他問老師，老師祇關心你是否想學習哪門知識，他問孩童，孩童祇關心那裡好玩，他問農民，農民祇關心他田裡莊稼。這人走到了一座教堂，堂裡的經師正在講道，正好講到十誡四規中第一誡，欽崇天主萬有之上，第一規瞻禮主日該望全彌撒。他想第一誡我算做到了，第一規我可沒做好，因為居住在曠野根本不能進堂。他連忙去辦告解，司鐸說，你不進堂，就休想進天國等等。那人為了今後能進堂，輪為乞丐，每天在教堂附近乞討。

這時撒旦又來了，說：“你這樣過寄生蟲生活，天主不會悅納。你應該投入到這些生活的人群中去，才是現實有意義的生活。”這人又不安起來，我不能獨身了，我要跟人結合，天主不是說，你們有兩三人在一起祈禱，

我就在你們中間嗎？這人馬上收拾了行李，變賣了值錢東西，來到一家理髮店，理了髮，換了衣，倒是一表人材的美青年。來到街市上，很多美貌女郎向他投來愛慕眼神。這時他不自覺地走進了妓院，一群姑娘擁著他，他哪還脫得了身。完事後，需付錢，他唯一值錢的是一尊金十字架，沒辦法祇得抵押現金付款。他走在市街路上，心裡總是想著那群可愛的姑娘，根本就不記得今天是主日，該進堂的日子。

忘了，忘記最初修道志向，忘記聖堂司鐸講道，更是忘記他一生最愛的主。一心祇想我明天還要去約會那群可愛的姑娘，可是沒有錢，怎麼辦？偷是來得最快的錢，一位純潔、可愛的青年淪為一名小偷。

孩子啊，天主是無形無像隱藏者，祇有在靜默中才能尋找到祂，而魔鬼也常扮成很善良的人對你講話，而且說的話很具有人情味，極對世人胃口，所以不少人上當受騙。天主介紹的道路是一條艱難十字架之路，曲折不平坦，但越走越寬、越走越光明。魔鬼介紹的是一條寬廣道路，但越走越窄，越走越黑暗。人生就是這兩條不同的道路，何去何從？任人選擇，自由爭取。

(人生必須在兩條路中選一條，你選哪條呢？魔鬼無孔不入，一步一步拉人下水，你退一步，它進一步。祇有堅持到底的人才能得救。)

## 知多一點點

### 望德

望德是超性的德行，藉著望德我們期盼天國和永生，視之為我們的幸福；我們所信靠的是基督的許諾，所依賴的不是我們自己的力量，而是聖神恩寵的助佑。「應該堅持所明認的望德，毫不動搖，因為應許的那位是忠信的」(希 10:23)。「這聖神是天主藉我們的救主耶穌基督，豐富地傾注在我們身上的，好使我們因祂的恩寵成義，本著希望成為永生的繼承人」(鐸 3:6-7)。望德是回應人對幸福的嚮往，這嚮往是天主放置在人心內的；望德接受那激發人行動各種希望，並予以淨化，

使之導向天國；望德保護人不致陷於敗興；望德在無依無靠中給予支持；望德使期待永福的人心花怒放。望德的熱情奔放預防自私，導向愛德的幸福。

基督徒的望德重振並滿全選民的希望。這希望始於亞巴郎，並以亞巴郎的希望為典型，亞巴郎在依撒格身上蒙受天主很多的許諾，並因祭獻獨子的試探得到淨化。「他在絕望中仍懷著希望而相信了，因此便成了萬民之父」(羅 4:18)。

基督徒的望德自耶穌傳道之初，即在宣告真福之時，就開始展開。真福引起我們對天鄉的盼望，一如嚮往新的預許之地；真福為耶穌的門徒指出到達天鄉之路，他們須經歷各種試探。但是，因著耶穌基督的功績和苦難，天主在望德中保護我們，「望德不叫人蒙羞」(羅 5:5)。望德是「靈魂的鐵錨」，既穩妥又堅固，「深深地拋入了……作前驅的耶穌已為我們進入了的那帳幔的內部」(希 6:19-20)。望德也是一種武器，在爭取救恩的戰鬥之中保護我們：「穿上信德和愛德作甲，戴上得救的望德作盔」(得前 5:8)。即使在試探中，望德也帶給我們喜樂：「論望德，要喜樂；在困苦中，要忍耐」(羅 12:12)。望德在祈禱中得以表達並獲得滋養，尤其在主禱文(天主經)中，「我們的天父」是望德教我們期望的一切的綱要。

因此，我們可以期盼天主對那些愛祂，並承行祂旨意者所應許的天上的光榮。在任何情況下，每一個人應依賴天主的恩寵，期盼「恆心到底」和獲得天上的喜樂，作為天主對那些因基督的恩寵所完成的善功，所給予的永遠賞報。在望德中，教會祈求「所有的人都得救」(弟前 2:4)。教會渴望在天上的光榮中，與其淨配基督結合為一：

希望吧！我的靈魂啊，希望吧！你不知那日子和那時間。你要悉心注意，一切會很快地過去，雖然你的不耐把確實的認為可疑，把短促的當作長久。請想一想，你越戰鬥，越能對你的天主証實你的愛，有一天你就越能與你的「至愛」，生活在幸福中，在欣喜若狂中，永無盡期。