

Theme Sharing

Cure of Deaf-Mute

(23rd Sunday in Ordinary Time)

Today's gospel is about Jesus curing a deaf-mute, a miracle which has an important bearing on our lives as Christians. Prophet Isaiah foretells in the first reading the coming of a Messiah who will perform miracles and do wondrous things. In the second reading, James exhorts every Christian to lead a life free from bias and discrimination.

A deaf-mute is one who is unable to communicate with others. Quite often he is considered an outcast of the society. The pain of rejection, abandonment and despair is surely hard to bear. This was especially so in biblical times when cure and resources of support were non-existent.

The gospel tells us that a deaf and dumb man was brought to Jesus. Jesus put his fingers into the man's ears, spat and touched the man's tongue. Looking up to heaven, he said: "Be opened!" Thereupon, the man's ears were opened and his tongue was released and he could now talk clearly and freely. The Church has attached great significance of this healing ritual to the Sacrament of Baptism.

For a long time it was part of the baptism liturgy for the priests to touch the ears and the tongue of the person being baptized. This signifies the healing of deafness and the gift of healing and understanding of God's Word. It also confers the gift of speech, the ability to bear witness for God and gives glory to God.

Let us ask for God's graces that we can put to good use the gifts we received at our baptism, that we won't be deaf to Christ's teachings nor dumb to spread the gospel to others. As good Christians, we should live in faith, truth and love in constant thanksgiving to, and communion with, God.

2015 Year Of

Consecrated Life

Apostolic Letter From His

Holiness –Pope Francis

Dear Brothers and Sisters in Consecrated Life,

I am writing to you as the Successor of Peter, to whom the Lord entrusted the task of confirming his brothers and sisters in faith (cf. Lk 22:32). But I am also writing to you as a

brother who, like yourselves, is consecrated to God.

Together let us thank the Father, who called us to follow Jesus by fully embracing the Gospel and serving the Church, and poured into our hearts the Holy Spirit, the source of our joy and our witness to God's love and mercy before the world.

In response to requests from many of you and from the Congregation for Institutes of Consecrated Life and for Societies of Apostolic Life, I decided to proclaim a Year of Consecrated Life on the occasion of the fiftieth anniversary of the Dogmatic Constitution on the Church *Lumen Gentium*, which speaks of religious in its sixth chapter, and of the Decree *Perfectae Caritatis* on the renewal of religious life. The Year will begin on 30 November 2014, the First Sunday of Advent, and conclude with the Feast of the Presentation of Jesus in the Temple on 2 February 2016.

After consultation with the Congregation for Institutes of Consecrated Life and for Societies of Apostolic Life, I have chosen as the aims of this Year the same ones which Saint John Paul II proposed to the whole Church at the beginning of the third millennium, reiterating, in a certain sense, what he had earlier written in the Post-Synodal Apostolic Exhortation *Vita Consecrata*: "You have not only a glorious history to remember and to recount, but also a great history still to be accomplished! Look to the future, where the Spirit is sending you in order to do even greater things" (No. 110).

To Be Continued

Misericordiae Vultus

Extraordinary Jubilee of Mercy

Francis, Bishop of Rome, Servant of The Servants of God to all who read this letter Grace, Mercy, and Peace.

1. Jesus Christ is the face of the Father's mercy. These words might well sum up the mystery of the Christian faith. Mercy has become living and visible in Jesus of Nazareth, reaching its culmination in him. The Father, "rich in mercy" (*Eph 2:4*), after having revealed his name to Moses as "a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness" (*Ex34:6*), has never ceased to show, in various ways throughout history, his divine nature. In the "fullness of time" (*Gal 4:4*), when everything had been arranged

according to his plan of salvation, he sent his only Son into the world, born of the Virgin Mary, to reveal his love for us in a definitive way. Whoever sees Jesus sees the Father (cf. *Jn 14:9*). Jesus of Nazareth, by his words, his actions, and his entire person^[1] reveals the mercy of God.

To Be Continued

Diocese & Other News

Secular Franciscan Order, Calgary

Come and See – Sunday, September 20 at 1:45 – 2:45 pm at St. Luke's Parish, 1566 Northmount Drive NW – We are men and women, singles and couples, young and old, from all walks of life, united in our desire to embrace the spirituality of St. Francis of Assisi. In responding to God's call in our lives, we strive to live a Gospel-infused life in our secular world, in our homes, communities and workplaces. Come and see if God is calling you to this way of life. Contact Linda Schultz at 403-245-8549, linsch@telus.net or visit www.ofscalgary.com.

Parish Activities

Tuesday evening Mass

Tuesday (6:30 pm start of Rosary) English Mass will be resumed from September 8.

Sunday School

Sunday School registration will be held next Sunday, September 13 from 11am to 12:30pm at Lower Hall. Cost is \$10 per student, and \$25 per family with three or more children.

Sunday School is now recruiting teachers and assistants for both Liturgy (held during 10am mass) and Sacramental (held during 11:30am mass) classes.

For more information, please contact Teresa Lau through email at teresastlau@gmail.com or in-person during the Sunday School registration in Lower Hall next Sunday, September 13.

RCIA Adult Catechumenate Class –

New Class Notice

The 2015 adult Catechumenate classes are now accepting new applications for enrolment. Any interested party, or adult Catholics who have not yet received the Sacrament of Confirmation, or Christians from other ecclesial communities considering to join the Catholic Church,

please contact :

- The parish office 403-265-7926, or
- Joseph Yip 403-547-0618 (in the evening).

They may also pick up a 'RCIA Adult Catechumenate Class Application Form' at the Church entrances, complete it and return to the parish office.

All parishioners are earnestly encouraged to play their role in evangelization and invite their friends

Youth Group Registration will be on September 13

Time: 11:00am to 12:30pm

Place: OLPH Upper Hall

We encourage all youths from grades 7 to 12 to sign up for the activities and events in the year. Events this year include monthly sporting events, board game nights, spiritual talks, ski trip, choir performances and much more!

All youths and parents are welcome.

For more information please contact John Guo (johnld.guo@gmail.com)

Young Adults Group Registration and Bake Sale

Young Adults Group in Our Lady of Perpetual Help Church invites parishioners between post-secondary to those considering family life to be members of this parish group and join in our upcoming events.

For all those who are interested in the OLPH Young Adult Group, we will be holding a registration session where you can learn more about our group after 5:00pm mass (September 12) and 8:30am, 10:00am and 11:30am mass (September 13) in Upper Hall. There are many exciting events this year so come find out what our group is all about! There will also be a small bake sale after 10am mass in Upper Hall to help our group fundraise for World Youth Day. For information on World Youth Day please visit worldyouthday.com

World Youth Day meeting

There will be a short World Youth Day meeting after registrations on September 13 at 12:30pm. All who are interested are invited to join. Please feel free to contact us at olphyoungadults@gmail.com.

Altar Servers

All of the Sunday Masses, especially the 8:30am mass are currently looking for altar servers. If you or someone you know is interested in serving during the 8 or 10 am mass, please contact Colleen at colleen.kam8832@gmail.com, for 11:30 am mass, please contact Agnes at atwshing@gmail.com. Servers should have already received the sacrament of communion.

Registration Day

There will be a small reception after the 10:00am and 11:30 am registration at Upper Hall held by Sunday School, youth group and YAG, all friends and family and friends are invited

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)
As of August 28, our campaign has received a total of \$22,570. 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.

Weekly Activities

Wed, Fri Sept 9, 11

OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Fri Sept 11

St. Angela School Opening Mass

Time: 9:00a.m.

Place: OLPH Church

Wing Kei Greenview Mass

Time: 10:00a.m.

Place: 307- 35 Ave. N.E

OLPH Scout

Time: 6:30pm.-8:45 pm

Place: Upper Hall & Lower Hall

Sat Sept 12

Legion of Mary (meeting)

Time: 9:30a.m.

Place: K of C Room

Faith Sharing Group (N.E)

Time: 10:30a.m.-12:00noon.

Contact: Sr. Sze 403-230-3801

Tai Chi Lesson

Time: 10:00 a.m. - 12:30pm

Place: OLPH Church Lower Hall

Yoga beginner class

Time: 11:30 a.m. - 12:45p.m.

Place: OLPH Church Upper Hall

Young Adults choir practice

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

Sun Sept 13

Sunday School Registration

Time: 11:00am

Place: OLPH Church Lower Hall

Young Adults Group Registration

Time: after every Mass

Place: OLPH Church Upper Hall

Youth Group Registration

Time: 11:00am

Place: OLPH Church Upper Hall

RCIA meeting

Time: 12:00 noon- 2:30p.m.

Place: OLPH Lower Hall

Parish Pastoral Council Meeting

Time: 12:30p.m.-3:00pm

Place: OLPH Church K of C room

Words of Life Reflection

Blessed is the one who does not go where the wicked gather, or stand in the way of sinners, or sit where the scoffers sit. Instead, he finds delight in the law of the Lord and meditates day and night on his commandments. (Psalms 1:1 ~ 2)

Stories Faith Sharing

Buddha Threatened By Death

Buddha was once threatened with death by a bandit called Angulimal.

"Then be good enough to fulfill my dying wish," said Buddha. "Cut off the branch of that tree."

One slash of the sword, and it was done!

"What now?" asked the bandit.

Put it back again," said Buddha.

The bandit laughed. "You must be crazy to think anyone can do that."

"On the contrary, it is you who are crazy to think that you are mighty because you can wound and destroy. That is the task of children. The mighty know how to create and heal."

Read More Know More

General Instruction Of The Roman Missal : The Duties and Ministries in the Mass

The Eucharistic celebration is an action of Christ and the Church, namely, the holy people united and ordered under the Bishop. It therefore pertains to the whole Body of the Church, manifests it, and has its effect upon it. It also affects the individual members of the Church in different ways, according to their different orders, offices, and actual participation. In this way, the Christian people, "a chosen race, a royal priesthood, a holy nation, God's own people," expresses its cohesion and its hierarchical ordering. All, therefore, whether they are ordained ministers or lay Christian faithful, in fulfilling their office or their duty, should carry out solely but completely that which pertains to them.

1. The Duties Of Those In Holy Orders

Every legitimate celebration of the Eucharist is directed by the Bishop, either in person or through priests who are his helpers. Whenever the Bishop is present at a Mass where the people are gathered, it is most fitting that he himself celebrate the Eucharist and associate priests with himself as concelebrants in the sacred action. This is done not to add external solemnity to the rite, but to express in a clearer light the mystery of the Church, "the sacrament of unity." Even if the Bishop does not celebrate the Eucharist but has assigned someone else to do this, it is appropriate that he should preside over the Liturgy of the Word, wearing the pectoral cross, stole, and cope over an alb, and that he gives the blessing at the end of Mass.

To Be Continued

Let There Be Light



St Theresa 'the little flower'

May today there be peace within.
May you trust God that you are exactly where you are meant to be.
May you not forget the infinite possibilities that are born of faith.
May you use those gifts that you have received and pass on the love that has been given to you...

May you be content knowing you are a child of God.

Let this presence settle into your bones and allow your soul the freedom to sing, dance, praise and love. Amen.

Saint Theresa the Saint of the Little Ways. Meaning she believed in doing the little things in life well and with great love "For prayer is nothing else than being on terms of friendship with God."

主日分享

痊癒聾啞人

(常年期第二十三主日)

本主日的聖道禮儀在福音中為我們敘述了聾啞人痊癒的事蹟，這個事蹟為我們的基督信徒生活有很深刻的意義。在第一篇讀經中已經為這件奇事作了準備，依撒意亞的章節宣佈了天主行的奇跡。他向流放者說：“鼓起勇氣來，不要畏懼！”希伯來人被流放到巴比倫，但是，先知現在看到因百姓的罪過造成的這個痛苦即將結束。依撒意亞所宣告的在耶穌的使命中實現了，耶穌本著無限的仁慈治癒所有的病人和殘疾者。本主日的福音段落敘述了有人給祂帶來一個又聾又啞的人，求祂給他覆手。

第二篇讀經是雅各伯宗徒對具有基督徒該當有的態度作出的勸勉。第二篇讀經同福音中的敘述沒有直接關係，但同基督徒的生活，同信德和愛德生活有關。這兩個品德之間有密切的關係。因為我們相信天主的愛，我們就會付出愛。福音中的話向我們傳遞信德，推動我們去行愛德。雅各伯告誡我們在我們的舉止態度上缺少信德和愛德的表現，他說：“你們既信仰我們已受光榮的主耶穌基督，就不該按外貌待人。”我們該保持純潔完整的信德，不沉溺於個人的偏愛，它既不符合信德，也不符合愛德。我們該當更好地聆聽使徒們傳給我們的天主的話，不要聽而不聞，但把這話放在心內。那麼，讓天主的話指引我們，讓我們在信德和愛德中不斷成長。

(錄自梵蒂岡電台)

2015 奉獻生活年

教宗方濟各致全體度獻身生活者書函

親愛的度獻身生活的弟兄姊妹們：我以伯鐸繼承人的身分寫信給你們，主會託付伯鐸，堅定他弟兄和姊妹們的信德（參路廿二 32）。可是我也以弟兄的身分寫信給你們，因為我也如你們一樣，奉獻給了天主。

我們一起感謝天父，祂召叫了我們跟隨耶穌，完全接受福音並服務教會；祂又將聖神傾注我們心中，聖神是我們的喜樂之源，是我們在世界上，見證天主的愛和慈悲。

為了回應你們中不少的人，以及獻身生活及使徒團體部的要求，我決定了在《教會憲章》公佈第五十週年，宣佈為獻身生活年，該憲章在第六章，以及有關修會生活革新的《完美愛德法令》中談到修會會士。獻身生活年將於2014年11月30日將臨期第一主日開始，並於2016年2月2日獻耶穌於聖殿慶日結束。

在與獻身生活及使徒團體部討論後，我選擇了聖若望保祿二世，在第三個千年開始，給予整個教會的目標。以某種意義來說，他重申先前在世界主教代表會議後，所寫的《獻身生活》勸諭，他說：「你們不僅有可記憶和細說的光榮歷史，還有要完成的偉大歷史！瞻望將來，聖神派遣你們要做更偉大的事。」（110號） 待續

慈悲面容

慈悲特殊禧年詔書

天主眾僕之僕、羅馬主教方濟各願所有閱讀本函的人士，充滿恩寵、慈悲及平安

1. 耶穌基督是天父慈悲的面容。這話可綜合基督信仰的奧蹟。在納匝肋人耶穌身上，慈悲成為活生生的、可見的，且在祂內達到高峰。富於慈悲的天父（弗 2:4），向梅瑟啓示了自己的聖名：慈悲寬仁，緩於發怒，富於慈愛信實（出 34:6），從此祂就不斷在歷史中，以不同方式，給我們顯示祂的神性。「時期一滿」（迦 4:4），當一切已按天主的計劃準備就緒，天主就

派遣了自己的獨生子來，生於童貞瑪利亞，為決定性地啓示祂對我們的愛。誰看見了耶穌，就是看見了父（參若 14:9）。納匝肋人耶穌，以祂的言行和祂整個人來啓示天主的慈悲。

待續

堂區活動

敬禮永援聖母星期二黃昏彌撒

九月八日(星期二晚上六時三十分頌念玫瑰經)開始。

成人慕道班新班報名

2015 新一屆成人慕道班現正接受報名。有興趣者，或已領洗但仍未領受堅振聖事的成人教友，或正考慮加入天主教會的任何基督徒團體人士，皆請聯絡堂區辦事處 403-265-7926 或 Joseph Yip 403-547-0618 (晚間)亦可在教堂入口處拿取「成人慕道班申請表」，填妥後交回堂區辦事處。期盼教友能善盡本份，熱心介紹親友參加，為傳福音出一分力。

主日學

主日學將於下一主日9月13日上午11時至12時30分在下禮堂進行新學年註冊，費用為每人\$10或3位學生的家庭為\$25。

主日學現招募導師及助教，請電郵至 teresastlau@gmail.com 聯絡 Teresa Lau 查詢詳情。或於下一主日9月13日到下禮堂面談。

永援聖母堂大專青年團

永援聖母堂大專青年團誠意邀請所有即將步人大學校園及所有年輕成人的教友參加這個為我們而設的組織。我們將於9月12日(星期六)下午5時及9月13日(星期日)上午8時30分、10時和11時30分彌撒後於上禮堂報名及互相認識。

當天大專青年團還會有一個烘烤糕點籌款。所有收益會幫助2016年的世界青年節的旅遊開支。我們並於下午12時30分在上禮堂舉行世界青年節會議，歡迎所有有興趣的人參與。

有關世青節詳情，請上網到 worldyouthday.com。

欲了解更多有關以上活動的詳細內容

及加入我們這個年輕人的大家庭，請隨時與我們聯絡；

olphyoungadults@gmail.com

卡城永援聖母堂青年會將於9月13日報名

時間上午十一時至下午十二時三十分
地點：永援聖母堂上禮堂

我們鼓勵從7年級到12年級的所有青少年報名參加。請快來結交新朋友，了解我們的青年會領袖，並享受一些小吃。歡迎所有的青少年和家長參加。詳情請與 John Guo

(johnld.guo@gmail.com) 聯絡。

註冊日

十時和十一時三十分的註冊後，主日學、青年會及大專青年團將會在上禮堂舉辦一個小小聚會。歡迎所有家人和朋友來參加。

招募輔祭

所有主日彌撒，特別上午八時三十分的彌撒需要輔祭。如果你或你認識的朋友有興趣，請聯絡 Colleen 電郵 colleen.kam8832@gmail.com。

上午十一時三十分的彌撒，請聯絡 Agnes 電郵 atwshing@gmail.com。所有輔祭必須已經接受了聖體聖事。

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) 截至 8 月 28 日，捐款已累積至 \$ 22,570 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。

活動一週

星期三、五 9月9, 11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 9月11日

St. Angela 學校開學彌撒

時間：上午9時

地點：永援聖母堂

榮基翠景護老中心(彌撒)

時間：上午10時

地點：307- 35 Ave. N.E

永援聖母堂童軍

時間：晚上6時30分至8時45分

地點：永援聖母堂上禮堂及下禮堂

星期六 9月12日

聖母軍開會

時間：上午9時45分

地點：聖堂二樓騎士會室

東北區信仰小團體聚會

時間：早上10時30分至12時

聯絡：施修女 403-230-3801

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

時間上午11時30分至12時45分

地點：永援聖母堂上禮堂

永援聖母大專青年團報名

時間：晚上5時至7時

地點：永援聖母堂上禮堂

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

星期日 9月13日

新年度主日學學生報名

時間：上午11時

地點：永援聖母堂下禮堂

永援聖母大專青年團報名

時間：每台彌撒後

地點：永援聖母堂上禮堂

青年會報名

時間：上午11時

地點：永援聖母堂上禮堂

成人慕道班開會

時間：正午12時至下午2時30分

地點：永援聖母堂上禮堂

堂區牧民議會會議

時間：下午12時30分至下午3時

地點：聖堂騎士會室

每週生活聖言反思

凡不隨從惡人的計謀，不插足於罪人的道路，不參與譏諷者的席位，而專心愛好上主法律的，和晝夜默思上主誠命的，像這樣的人才是有福的！（詠 1:1、2）

靈修小故事

以後你就會知道

十歲的我，面對天真的隔壁小女孩，她說：「大哥哥，長大後我要嫁給你，我會對你好，以後你就會知道。」

二十歲的我，面臨聯考的挫折，只聽見父親說：「大頭，不努力考上好學校，將來怎麼找到好工作，現在貪玩，以後你就會知道。」

三十歲的我，第一次相親，媒人告訴我：「小嬋是個好女孩，聰明、孝順，會煮一手好吃的飯菜，娶了她有幫夫運的啊，會好運一輩子，以後你就會知道。」

四十歲的我，收到滿是紅色的身體檢查報告，醫生告訴我：「大頭先生，你應該減少應酬，少抽煙喝酒，少吃肉類和生猛海鮮，多運動，作息要正常。你要再不好好保重自己的身體，以後你就會知道。」

五十歲的我，喝了自己兒子的喜酒，鄰座的阿尚告訴我：「親家！恭喜你呵！娶了一個這麼能幹的媳婦，但是，能幹的媳婦難管，以後你就會知道。」

六十歲的我，參加了小學同學的葬禮。看到浮雲蒼狗，它彷彿告訴我：「……以後你就會知道……。」

現在的我，祇擁有一本相簿夾著幾張泛黃的照片；幾張忘記要寄出、也不記得要寄給誰的情書；幾件參加過無數喜喪的西裝；一紙成績單包著數十年努力後的退休金；還有一直陪在自己身邊的老伴。

我告訴我自己：「其實，你很富有；所以，把握當下，珍惜一切，努力為人群去付出，至於以後，你——根本不須知道。」

默想：其實明天如何、你們還不知道。你們的生命是甚麼呢。你們原來是一片雲霧、出現片刻就不見了。你們祇當說、主若願意、我們就可以活著、也可以作這事、或作那事。

知多一點點

彌撒經書總論

彌撒中的職責和任務

舉行感恩祭（彌撒、感恩慶典是基督和教會共同的行動，也即是在主教領

導下聚集並組織起來的神聖子民的行動。為此，彌撒是屬於教會全體的行動，同時也彰顯並影響整個教會；而對教會個別的成員，彌撒是以不同方式，按每人的職位、職務以及實際參與的程度，而與其互動。這樣，基督信徒「特選的民族、王者的司祭、聖潔的邦國、得救的子民」，就是以這種方式，表現出教會的團結和聖秩體系。所以，無論是聖職人員或是平信徒，都應按自己的職責或職務，祇盡自己的一份，且要盡力做到最好。

一、聖職人員的職務

所有合法舉行的感恩聖祭均由主教本人，或他的助手——司鐸們主禮。會眾參與的彌撒，每當主教在場時，極宜由主教親自主禮，並聯同其他司鐸一起舉行共祭。如此舉行，並非為增加禮節外表的隆重，而是為使教會的奧蹟——「合一的聖事」，更明確地顯示出來。即使主教本人在感恩祭中不主禮，而是由受他委託的人主禮，主教亦宜穿長白衣、佩胸十字、披上領帶和禮披（圓氅衣），親自主持聖道禮儀，並在禮成式中給與祝福。

心靈小品

找一句珍藏起來…

1. 每天告訴自己一次，『我真的很不錯』
2. 生氣是拿別人做錯的事來懲罰自己
3. 生活中若沒有朋友，就像生活中沒有陽光一樣
4. 明天的希望，讓我們忘了今天的痛苦
5. 生活若剝去了理想、夢想、幻想，那生命祇是一堆空架子
6. 發光並非太陽的專利，你也可以發光
7. 愚者用肉體監視心靈，智者用心靈監視肉體
8. 獲致幸福的不二法門是珍視你所擁有的、遺忘你所沒有的
9. 貪婪是最真實的貧窮，滿足是最真實的財富
10. 你可以用愛得到全世界，你也可以用恨失去全世界

待續