

Theme Sharing

25th Sunday in Ordinary Time

(Whoever wants to be first must be last and servant of all)

The first reading shows how easy a godless person can become wicked and vicious. Instead of receiving the righteous and his God, the wicked opposes the righteous and tries every means to put the latter to death. In the second reading, James exhorts us to imitate Christ who is gentle and humble of heart. As children of God, our life should bear the fruits of peace, kindness, gentleness, compassion, impartiality and sincerity.

In the gospel, Jesus told the apostles that he would soon suffer and die. However, they argued among themselves which one of them was the greatest. Thereupon Jesus said, "Whoever wishes to be first must be last of all and servant of all." What an important gospel message for us that true greatness lies in the service of others! Jesus further said, "Whoever welcomes a child in my name welcomes me; and whoever welcomes me welcomes not me but the one who sent me." In other words, service of others entails welcoming and receiving all people especially the vulnerable ones like the children, the weak, the neglected and the marginalized in our society. Jesus is always kind, generous and merciful. However, people's minds have been so corrupted with all kinds of evil that, time and again, Jesus has to suffer criticism, persecution, condemnation and death.

Let us pray for the grace of understanding so that our hearts can be open to Christ's teachings; and, with the help of the Holy Spirit, let us always be gentle and humble of heart so that we may become a true reflection of Jesus in our daily lives.

Consecrated Life

Apostolic Letter From His Holiness – Pope Francis

In a particular way we give thanks to God for these fifty years which followed the Second Vatican Council. The Council represented a "breath" of the Holy Spirit upon the whole Church. In consequence, consecrated life undertook a fruitful journey of renewal which, for all its lights and shadows, has been a time of grace, marked by the presence of the Spirit.

May this Year of Consecrated Life also be an occasion for confessing humbly, with immense confidence in the God who is Love (cf. 1 Jn 4:8), our own weakness and, in it, to experience the Lord's merciful love. May this Year likewise be an occasion for bearing vigorous and joyful witness before the world to the holiness and vitality present in so many of those called to follow Jesus in the consecrated life.

2. This Year also calls us to live the present with passion. Grateful remembrance of the past leads us, as we listen attentively to what the Holy Spirit is saying to the Church today, to implement ever more fully the essential aspects of our consecrated life. From the beginnings of monasticism to the "new communities" of our own time, every form of consecrated life has been born of the Spirit's call to follow Jesus as the Gospel teaches (cf. *Perfectae Caritatis*, 2). For the various founders and foundresses, the Gospel was the absolute rule, whereas every other rule was meant merely to be an expression of the Gospel and a means of living the Gospel to the full. For them, the ideal was Christ; they sought to be interiorly united to him and thus to be able to say with Saint Paul: "For to me to live is Christ" (Phil 1:21). Their vows were intended as a concrete expression of this passionate love. To Be Continued

Extraordinary Jubilee of Mercy

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

3. At times we are called to gaze even more attentively on mercy so that we may become a more effective sign of the Father's action in our lives. For this reason I have proclaimed an *Extraordinary Jubilee of Mercy* as a special time for the Church, a time when the witness of believers might grow stronger and more effective.

The Holy Year will open on 8 December 2015, the Solemnity of the Immaculate Conception. This liturgical feast day recalls God's action from the very beginning of the history of mankind. After the sin of Adam and Eve, God did not wish to leave humanity alone in the throes of evil. And so he turned his gaze to Mary, holy and immaculate in love (cf. *Eph* 1:4), choosing her to be the Mother of man's Redeemer. When faced with the gravity of sin, God responds with the fullness of mercy. Mercy will always be greater than any sin, and no one can place limits on the love of God who is ever ready to forgive. I will have the joy of opening the Holy Door on the Solemnity of the Immaculate Conception. On that day, the Holy Door will become a *Door of Mercy* through which anyone who enters will experience the love of God who consoles, pardons, and instils hope.

On the following Sunday, the Third Sunday of Advent, the Holy Door of the Cathedral of Rome – that is, the Basilica of Saint John Lateran – will be opened. In the following weeks, the Holy Doors of the other Papal Basilicas will be opened. On the same Sunday, I will announce that in every local church, at the cathedral – the mother church of the faithful in any particular area – or, alternatively, at the co-cathedral or another church of special significance, a Door of Mercy will be opened for the duration of the Holy Year. At the discretion of the local ordinary, a similar door may be opened at any shrine frequented by large groups of pilgrims, since visits to these holy sites are so often grace-filled moments, as people discover a path to conversion. Every Particular Church, therefore, will be directly involved in living out this Holy Year as an extraordinary moment of grace and spiritual renewal. Thus the Jubilee will be celebrated both in Rome and in the Particular Churches as a visible

sign of the Church's universal communion.
To Be Continued

Diocese & Other News

Parish support of Refugees

Parishes are encouraged to engage in a long standing campaign of the Calgary Diocese through Calgary Catholic Immigration Society regarding Sponsorship of Refugees. The Southern Alberta Catholic Parishes have helped out many families over the years. Parishes interested in doing more are encouraged to contact Antoinette Godbout, Sponsorship Program Coordinator, Calgary Catholic Immigration Society, sponsorship@ccis-calgary.ab.ca or 403-290-5750.

Youth Rally 2015 : Generation Mercy

Students in Grade 7 - 12 are encouraged to attend. Sign up through your Youth Group or use the on-line application. October 24, 2015 (all day). St. Luke's Parish 1566 Northmount Dr. NW, Calgary. Registration: <http://youthrallycalgary.com> CONTACT: Mary Ann | 403-218-5516 | maryann.donaleshen@calgarydiocese.ca

Parish Activities

Exposition of the Blessed Sacrament on October 3

The October's Exposition of the Blessed Sacrament will be led by Youth Group and Youth Choir on October 3 from 10am to 11am.

Fr. Nguyen will listen to Confession. Parishioners are encouraged to attend.

The Bishops' Collection for the Needs of the Church in Canada will be held on 26- 27 September 2015

Collection for the Needs of the Church in Canada: Why is there such a collection? Every year, the Bishops of Canada make an appeal for financial assistance to support their work and the work of each diocese by means of the Collection for the Needs of the Church in Canada. The President of the Canadian Conference of Catholic Bishops (CCCB), the Most Reverend Paul-André Durocher, Archbishop of Gatineau, has described this Collection as "an opportunity to all the faithful to help their dioceses collaborate in financing the regional episcopal assemblies (the Atlantic, Quebec,

Ontario, and the West) and also the Canadian Conference of Catholic Bishops (CCCB). These associations support the Bishops in their local ministry and in working together on issues of common concern." Any additional revenues raised help the diocese support its own diocesan pastoral programs and other activities. The CCCB is the national assembly of the Catholic Bishops in Canada, and includes the Bishops of the Eastern Catholic Churches. The Collection for the Needs of the Church in Canada will be held September 26 and 27, 2015. Through your contribution to the Collection, you too can collaborate with the Bishops in their ministry to teach, sanctify and govern.

Rosary during the month of October

The month of October is traditionally dedicated to the Blessed Virgin Mary. OLPH Pastoral Care Team Members, along with Sister Chan and Parish Pastoral Council, will bring the Statue of the Blessed Virgin Mary on pilgrimage from home to home and pray family rosary in the month of October. Parishioners are encouraged to invite their godchildren or godparents, friends and relatives to join the family rosary. To participate as a host family in this devotion, please call Sr. Chan at 403-690-2973 or Parish Office.

October is the month dedicated to Holy Rosary of Mary

There will be reciting of Holy Rosary before each Sunday morning and Saturday evening mass in October.

Please come 20 minutes earlier and join.

Prayer Card

Members of the Legion of Mary and Our Lady Queen of China will distribute the Rosary Card to our parishioners after each Sunday Mass in October. You are asked to pray at home yourself or with your family according to the intention of the Rosary Card.

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. Let's take action now!

Weekly Activities

Wed, Fri 23, 25

OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Wed 23

Our Lady of Perpetual Help Harmony Choir

Time: 7:00p.m.-9:30p.m.

Place: OLPH Church Upper Hall

Fri 25

OLPH Scout

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

Place: Upper Hall & Lower Hall

Saturday 26

Legion of Mary (meeting)

Time: 9:45a.m.

Place: K of C Room at OLPH Church

Tai Chi Lesson

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

Place: OLPH Church Lower Hall

Yoga beginner class

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

Place: OLPH Church Upper Hall

R. C.I.A (Mandarin)

Time: 3:00 p.m. - 5:00p.m.

Place: Office Building

Young Adults choir practice

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

Place: OLPH Upper Hall

Faith Sharing Group (Arbour Lake)

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

Contact: Grace Chan 403-208-1806

Sunday 27

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.-1:00p.m.

Place: OLPH Church Office Building

Youth Choir-choir practice

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

Place: Office Building

Words of Life Reflection

Those who walk blamelessly and do what is right, who speak truth from their hearts. (Psalms 15:2)

Stories Faith Sharing

That's Not My Problem

A mouse looked through a crack in the wall to see the farmer and his wife opening a package; what food might it contain?

He was aghast to discover that it was a mouse trap!

Retreating to the farmyard, the mouse proclaimed the warning, "There is a mouse trap in the house, there is a mouse trap in the house."

The chicken clucked and scratched, raised her head and said, "Mr. Mouse, I can tell you this is a grave concern to you, but it is of no consequence to me; I cannot be bothered by it."

The mouse turned to the pig and told him, "There is a mouse trap in the house."

"I am so very sorry Mr. Mouse," sympathized the pig, "but there is nothing I can do about it but pray; be assured that you are in my prayers."

The mouse turned to the cow, who replied, "Like wow, Mr. Mouse, a mouse trap; am I in grave danger, Duh?"

So the mouse returned to the house, head down and dejected to face the farmer's mouse trap alone.

That very night a sound was heard throughout the house, like the sound of a mouse trap catching its prey. The farmer's wife rushed to see what was caught.

In the darkness, she did not see that it was a venomous snake whose tail the trap had caught.

The snake bit the farmer's wife.

The farmer rushed her to the hospital.

She returned home with a fever. Now everyone knows you treat a fever with fresh chicken soup, so the farmer took his hatchet to the farmyard for the soup's main ingredient.

His wife's sickness continued so that friends and neighbors came to sit with her around the clock. To feed them, the farmer butchered the pig.

The farmer's wife did not get well, in fact, she died, and so many people came for her funeral. The farmer had the cow slaughtered to provide meat for all of them to eat.

So the next time you hear that someone is facing a problem and think that it does not concern you, remember that when the least of us is threatened, we are all at risk.

Read More Know More

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

The duties of the people of God

-In the celebration of Mass the faithful form a holy people, a people whom God has made his own, a royal priesthood, so that they may give thanks to God and offer the spotless Victim not only through the hands of the priest but also together with him, and so that they may learn to offer themselves.[83] They should, moreover, endeavor to make this clear by their deep religious sense and their charity toward brothers and sisters who participate with them in the same celebration.

Thus, they are to shun any appearance of individualism or division, keeping before their eyes that they have only one Father in heaven and accordingly are all brothers and sisters to each other.

- Indeed, they form one body, whether by hearing the word of God, or by joining in the prayers and the singing, or above all by the common offering of Sacrifice and by a common partaking at the Lord's table. This unity is beautifully apparent from the gestures and postures observed in common by the faithful.

-The faithful, moreover, should not refuse to serve the People of God gladly whenever they are asked to perform some particular ministry or function in the celebration.

Particular Ministries

The Ministry of the Instituted Acolyte and Lector

-The acolyte is instituted to serve at the altar and to assist the priest and deacon. In particular, it is his responsibility to prepare the altar and the sacred vessels and, if it is necessary, as an extraordinary minister, to distribute the Eucharist to the faithful.[84] In the ministry of the altar, the acolyte has his own functions (cf. nos. 187-193), which he must perform personally.

-The lector is instituted to proclaim the readings from Sacred Scripture, with the exception of the Gospel. He may also announce the intentions for the Prayer of the

Faithful and, in the absence of a psalmist, proclaim the Psalm between the readings. In the Eucharistic Celebration, the lector has his own proper office (cf. nos. 194-198), which he must exercise personally. To Be Continued.

主日分享

常年期第二十五主日

(服侍人才是真正的偉大)

在本主日的第一篇讀經,我們看到人的思想是如何容易變壞變惡:不僅不收留義人和天主,反而仇視義人並設法將義人殺死。

在第二篇讀經中,雅各伯勉勵我們相似於耶穌聖心的良善心謙。他要我們的行為舉動以和平、寬仁、柔順、充滿仁慈和美好果實的智慧為基礎,要不偏不倚,絕不偽善。

福音中,耶穌預告祂將受苦難。但門徒們卻在想誰最大,討論誰應該坐首位。耶穌因此說:「誰若願意在你們中為首,就當作你們的僕役。」(見瑪 20, 27)這便是福音的精神所在:服侍人才是真正的偉大。

「誰若因我的名字,收留一個這樣的小孩子,就是收留我;誰若收留我,就是收留那派遣我來的。」耶穌的話讓我們明白:服侍人包括了收留人,尤其是接待卑微弱小的人,收留兒童。耶穌受苦難是因為人的心腸壞。耶穌是如此善良,祂對所有人都如此慷慨、如此慈愛。也正因為這樣,祂受人批評,被人迫害、指責、判刑。我們祈求天主賞賜我們恩寵,使我們得以明白祂今天所要給我們的教誨,也使我們順從聖神的推動,令我們日益相似於良善心謙的耶穌。

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

一、獻身生活年的目的

我們特別感謝天主,梵二大公會議後的這五十年。大公會議象徵了聖神授予整個教會的一口「氣息」。因此,獻身生活進行了革新的有利途程,儘

管有其光明和黑暗，會是恩寵的時刻，顯示聖神的臨在。

希望獻身生活年，也是謙卑地承認我們軟弱的機會，完全信靠天主，因為祂是愛（參若十四 8），在軟弱中，我們經歷到主的慈愛。願這一年，能成為將有力而又喜樂的見證聖德和活力展現於世界的機會。這些聖德和活力，顯示在許多獻身生活中追隨耶穌的人身上。

2. 這一年也叫我們「能以熱情活在當下」。以感恩的心紀念過去，同時仔細聆聽今日聖神給教會所說的一切，引導我們更完全地實施我們獻身生活的要點。

從隱修制度開始到現代的「新興團體」，每種形式的獻身生活，都是出於聖神而跟隨耶穌的召叫，一如福音所教導的（參《完美愛德》2）。為許多會祖和會母來說，福音是絕對的規律，其他規律祇是福音的一種表達，且是圓滿地度福音生活的方法。為他們來說，理想就是基督；他們致力於內心與基督的結合，然而可以像聖保祿一樣的說：「為我來說生活就是基督」（斐一 21）。他們的聖願就是這種熱愛的具體表現。 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

3. 有時，我們被呼叫去更用心注視慈悲，好使我們更能成為天主在我們生命中行動的有效標記。為此，我宣佈了慈悲特殊禧年，作為教會的特別時刻，讓信徒加強見證，使之更有成果。聖年將於 2015 年 12 月 8 日聖母無玷始胎節開始。這禮儀慶節重溫天主自人類歷史肇始的行動。亞當、厄娃犯罪以後，天主不願人類沉淪罪惡。於是祂轉向那聖潔、充滿無瑕之愛的瑪利亞（參弗 1:4），揀選她作人類救主的母親。面對罪之深重，天主以滿溢的慈悲為報。慈悲常大於罪；天主總願意寬恕；誰也無法給天主的愛設限。在聖母無玷始胎節當日，我將歡欣地開啓聖門。在那一天，聖門將成

為慈悲之門；所有經過慈悲之門進來的人，都要經驗天主的愛；天主要施以安慰、寬仁，並注入希望。

其後的主日——將臨期第三主日，羅馬的主教座堂，即聖若望拉特朗大殿的聖門，將要開啓。其後的數週，其他宗座聖殿的聖門也要開啓。同一主日，我將宣佈，所有地方教會的主教座堂——地方教會的母堂，或選「副座堂」，或選有特殊意義的另一座聖堂，也會在聖年期間，打開一扇慈悲之門。按本地教長的決定，任何經常接待朝聖者的朝聖地聖堂也可開啓類似的聖門，因為前往這些朝聖地，常是充滿恩寵的時刻，而人們往往在朝聖過程中，找到悔改的途徑。所以，每個地方教會都直接參與和生活出聖年，作為恩寵與靈性更新的特殊時刻。這樣，禧年將同時在羅馬及地方教會慶祝，成為普世教會共融的可見標記。 待續

堂區活動

為加拿大教會的需要而舉行的 主教奉獻將於下週 (9月26及27日)舉行

所籌集的款項將交給我們的教區。教區將會將所有籌得的款項用於支付加拿大主教團 (CCCB) 之年度奉獻。加拿大主教團支持全國主教們的牧靈及國際性的牧靈，福傳，信仰教育，泛基督教主義，社會正義，禮儀，神學，婚姻法庭等……工作。請大家慷慨解囊。教友如需要報稅收條，請填寫姓名、地址或信封號碼。

十月顯供聖體

永援聖母堂十月份的顯供聖體由青少年團及青少年聖詠團帶領，時間為十月三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！

聖母玫瑰月家庭玫瑰經聚會

十月是聖母玫瑰月，陳修女將會偕同堂區牧靈關愛組會員及堂區牧民議會代表於十月帶同聖母像探訪教友家庭，誦唸家庭玫瑰經。我們並鼓勵主持家庭玫瑰的家庭，邀請其代子女或代父母一同參與。

有意誦唸家庭玫瑰經的教友，請致電陳修女 403-690-2973 或堂區辦事處。

十月敬禮聖母玫瑰月

十月份每台主日彌撒(包括星期六下午五時彌撒)前二十分鐘，本堂將會集體誦唸玫瑰經。

玫瑰經卡

聖母會及聖母軍將於十月每台彌撒後派發玫瑰經卡，請教友按卡中祈禱意向在家中自行或與家人一齊誦唸玫瑰經。

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。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。就讓我們立即行動，慷慨解囊！

活動一週

星期三、五 23, 25

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 23

永援聖母歌詠團

時間：晚上 7 時至 9 時 30 分

地點：永援聖母堂上禮堂

星期五 25

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 26

聖母軍(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

瑜珈初班

時間：上午 11 時 30 分至

下午 12 時 45 分

地點：永援聖母堂上禮堂

成人慕道班 (國語)

時間：下午 3 時至 5 時

地點：寫字樓大廈

大專青年團練習聖詩

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 27

成人慕道班(粵語及英語)

時間上午 9 時 30 分至 12 時 30 分

地點：永援聖母堂下禮堂

主日學

時間：上午 10 時至 1 時

地點：寫字樓大廈，聖堂騎士會室

青少年聖詠團練習聖詩

時間：上午 11 時至下午 12 時 30 分

地點：寫字樓大廈

每週生活聖言反思

只有那行爲正直，作事公平，從自己心裡說誠實話的人（詠 15:2）

靈修小故事

每一朵烏雲都有一道銀色的鑲邊

每一朵烏雲都有一道銀色的鑲邊。現在，我們先來看這個人一生中的層層烏雲：

他連小學都沒有畢業就輟學了。

他開了一家雜貨店，但是經營不善而倒閉，於是他花了十五年的時間才還清債務。他競選地方公職，兩次鐵羽。他競選參議員，也落選過兩次。

他每天都要忍受報紙的攻擊。全國有一半的民衆唾棄他，他的身體到處都是病痛，相貌醜陋，在他的總統任內，正是他的國家最動盪不安的時期。

即使他發表的演說成爲千古傳頌的名言，當時的聽衆不是不在意，就是嫌太短了。但是一百多年來，這個人不知鼓舞多少世人的心靈。他的名字是：亞伯拉罕·林肯。所以，不要放棄，每一朵烏雲都有一道銀色的鑲邊。林肯的功業自有史家定論。在他越挫越勇的過程中，支持他堅持下去的有許多因素，也許影響他最深的是他的母親和繼母。而你呢？你是想放

棄，還是尋找鼓舞的力量，勇敢去克服困難？

知多一點點

彌撒經書總論：

彌撒中的職責和任務

二、天主子民的職務

—舉行彌撒時，信友們組成一個神聖的邦國、得救的子民、王者的司祭，爲向天主謝恩，同時，不但經由司祭之手，而且與司祭一起，奉獻無玷的祭品，並學習自我奉獻。他們應致力將此意義，藉對天主的深切崇敬，和對參禮者的友愛，表達出來。

所以，應避免一切個人主義或分歧，謹記我們共有唯一的天父，大家因此是兄弟姊妹。

—信友們在聆聽天主之聖言，在祈禱和歌唱，特別在一起奉獻祭品，以及在共享主的聖誕時，應表現團結一致。這種合一，藉信友們同樣的舉止和態度，完美地表現出來。

—信友若被邀請在彌撒聖祭中執行某種職責或任務時，切勿拒絕，而應欣然爲天主子民服務。

三、特殊職務

受任命的輔祭員及讀經員

—輔祭員乃接受任命，服務祭台、輔助司祭與執事。其職務是預備祭台、祭器；在需要時，可充任非常務（特派）送聖體員。

在服務祭台一事上，輔祭員有其固有職份，應由其本人執行。

—讀經員乃受任命宣讀聖經，福音除外。他也可提示信友禱詞中的祈禱意向。聖詠員缺席時，他亦可領念或領唱讀經之間的聖詠。

讀經員在彌撒聖祭中，有其固定的職務，應由讀經員本人執行。 待續