

## Thanksgiving to God!

### 五謝詞

謝天主！生我、養我之恩！

謝天主！降生救贖之恩！

謝天主！賜我進教、引我升天之恩！

謝天主！赦罪之恩！

謝天主！從生至今，無數之恩！

希望大家能每天頌念，以表達對天主的感謝！

### Thanksgiving to God

On this beautiful Thanksgiving Day,  
May this time of fellowship be good,  
And may we all remember to pray,  
With thanks - giving for all the food  
And the many blessings of this day.  
And may we be in a thanks - giving mood.  
Thanks - giving for the miracle of birth,  
Thanks - giving for the blessings of life,  
Thanks - giving for the sky, sea and earth,  
Thanks - giving for help in times of strife,  
Thanks - giving for laughter and myrth,  
Thanks - giving for eternal life.

## Theme Sharing

### 28th Sunday in Ordinary Time True Wisdom and Happiness

Today's first reading tells us that wisdom is more important than wealth. The second reading speaks of the word of God as alive, active and sharp. If we accept the word of God, it will become a living fountain for us, bringing light, courage and strength to our lives, and helping us to march on the road of goodness and love.

The gospel is on Jesus and the rich young man, a story also mentioned in the other two synoptic gospels (Matthew and Luke). This "law-abiding" young man gets a calling from Jesus who challenges him to become a better person, "You still lack one thing: go and sell what you have and give the money to the poor, and you will have treasure in heaven; then come, take up your cross and follow me." Sadly, the young man fails to meet the challenge and walks away from Jesus because he is not prepared to part with what he has. Jesus thus laments how difficult it is for rich people to enter the Kingdom of God.

We need to liberate ourselves from worrying about money and wealth. Instead, we should strive to understand the very

nature and meaning of life: namely, our relationships with God and with our fellow brothers and sisters. In order to enter the Kingdom of God and enjoy true and everlasting happiness, we must get rid of our selfishness, and free ourselves from the bondage of materialism and worldly possessions.

Let us pray for God's grace that, in our earthly sojourn, we can always follow his Way by taking a step forward each day to free ourselves from the pursuit of wealth, to submit ourselves to God's love and to serve our brothers and sisters as best we can.

## 2015 Year Of Consecrated Life

### Apostolic Letter From His Holiness –Pope Francis

To embrace the future with hope should be the third aim of this Year. We all know the difficulties which the various forms of consecrated life are currently experiencing: decreasing vocations and aging members, particularly in the Western world; economic problems stemming from the global financial crisis; issues of internationalization and globalization; the threats posed by relativism and a sense of isolation and social irrelevance... But it is precisely amid these uncertainties, which we share with so many of our contemporaries, that we are called to practice the virtue of hope, the fruit of our faith in the Lord of history, who continues to tell us: "Be not afraid... for I am with you". This hope is not based on statistics or accomplishments, but on the One in whom we have put our trust, the One for whom "nothing is impossible". This is the hope which does not disappoint; it is the hope which enables consecrated life to keep writing its great history well into the future. It is to that future that we must always look, conscious that the Holy Spirit spurs us on so that he can still do great things with us.  
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.  
"For his mercy endures forever." This is the refrain that repeats after each verse in

Psalm 136 as it narrates the history of God's revelation. By virtue of mercy, all the events of the Old Testament are replete with profound salvific import. Mercy renders God's history with Israel a history of salvation. To repeat continually "for his mercy endures forever," as the psalm does, seems to break through the dimensions of space and time, inserting everything into the eternal mystery of love. It is as if to say that not only in history, but for all eternity man will always be under the merciful gaze of the Father. It is no accident that the people of Israel wanted to include this psalm – the "Great *Hallel*," as it is called – in its most important liturgical feast days.

Before his Passion, Jesus prayed with this psalm of mercy. Matthew attests to this in his Gospel when he says that, "when they had sung a hymn" Jesus and his disciples went out to the Mount of Olives. While he was instituting the Eucharist as an everlasting memorial of himself and his paschal sacrifice, he symbolically placed this supreme act of revelation in the light of his mercy. Within the very same context of mercy, Jesus entered upon his passion and death, conscious of the great mystery of love that he would consummate on the Cross. Knowing that Jesus himself prayed this psalm makes it even more important for us as Christians, challenging us to take up the refrain in our daily lives by praying these words of praise: "for his mercy endures forever." To Be Continued.

## Diocese & Other News

### Mass at the Alberta Children's

#### Hospital

The Health Care Apostolate is pleased to inform all parents that we now have Mass offered at the Alberta Children's Hospital every Tuesday at 12 Noon for all who wish to attend. Fr. Michel Kassas is our regular Children's Hospital Chaplain and will be the regular priest celebrating this Mass. So, should you be at the Children's Hospital on a Tuesdays at noon, you are always most welcome to join in the Eucharist celebrated in the Sacred Space Chapel on the second floor just up the stairs from the main lobby.

### Salt and Light TV free,

You can watch Salt and Light TV free, compliments of your cable and satellite company, starting now till the end of

November 2015. Be sure to catch all our live coverage of the Pope's historic visit to the US and the much anticipated Synod of Bishops on the Family. Please contact your cable company for more details. More info: [saltandlighttv.org/subscribe](http://saltandlighttv.org/subscribe)

### Conference for Families: The Heart of the Matter

The Calgary Catholic Medical Association (CCMA) is hosting "Conference for Families: The Heart of the Matter - Answering Catholic questions pertaining to current family issues". Cost is \$25.00 which includes beverages, snacks and lunch on Saturday, Oct. 17 (10am-5pm) at St Mary's University, McGivney Hall 14500 Bannister Road SE Calgary. Contact: Alida at 403-218-5505 [alida.allen@calgarydiocese.ca](mailto:alida.allen@calgarydiocese.ca)

### WHITE MASS

CCMA is hosting the White Mass: Celebration of the feast day of St. Luke the Physician, will be held 7:00 pm on Friday, Oct 16, St. Anthony's Church, 5340 - 4 St SW, Calgary. Everyone is invited. Reception will follow.

### Worldwide 50th Anniversary of Nostra AETATE

Join us for a talk by Bishop Henry and the Rabbis of Southern Alberta on Second Vatican Council's document *Nostra Aetate*: The Declaration on Non-Christian Religions. Hear of the impact of the Declaration and how to understand our link to our Jewish brothers and sisters in light of the teaching of Jesus and the Jewish Prophets. Wednesday, November 25<sup>th</sup>, 2015 (7-8:30 pm) at St. Gerard's Catholic Parish. Reception to follow.

### Worldwide Marriage Encounter

Nov. 6th - 8th, at the Holiday Inn Calgary Airport. Apply before Oct 11th! Info and application forms at: <http://www.mecalgary.weebly.com/> Application fee is \$60.00 |Contact| [www.mecalgary@gmail.com](mailto:www.mecalgary@gmail.com) | or call 403-208-2299.

### Catholic Speed Dating Event

Are you looking for a good Catholic man or woman? Visit [www.CatholicSpeedDating.ca](http://www.CatholicSpeedDating.ca) and register for our upcoming event: Friday October 23 at Canadian Martyrs Church, 835 Northmount Dr. NW, Calgary (Age Range: Women 24 to 32 & Men 27 to 35).

Doors open for sign in at 7:00 pm, and event begins at 7:30 pm.

## Parish Activities

### World Mission Sunday

October 18<sup>th</sup>, 2015

United in Love...

Let us go to serve

The Church is essentially missionary; it is animated by the Spirit. Inhabited by the breath and dynamism of life, it sends out her apostles to the ends of the earth. The Lord calls us and sends us to share with others the blessings that we have received, starting with the gift of faith, which cannot be considered as a private privilege, but must be seen as a gift to be shared with those who have not yet received it. Today, let us unite through Love and let us show solidarity with the poorest churches in Africa, Asia, Oceania, Europe and South America. Thank you for your generosity and missionary solidarity.

Parishioners can pick up World Mission Sunday Calendar/Prayer Card at the church entrances.

### Donation on World Mission Sunday

There will be a special collection on World Mission Sunday, October 18<sup>th</sup>. Please give generously to support. May God's blessings be with you!

### Parish Pastoral Council Annual

#### General Meeting

Parish Pastoral Council Annual General Meeting will be held on Sunday (Nov. 1, 2015) at 12:30pm in the Upper Hall. All parishioners are welcome to attend.

### 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.  
Parishioners can pick up the donation envelopes at the entrances. Let's take action now!

## Weekly Activities

Wed, Fri 14, 16

### OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Fri 16

### OLPH Scout

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

Place: Upper Hall & Lower Hall

Faith Sharing Group ( Sacred Heart)

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

Contact: Doris Ho 403-271-6884

Saturday 17

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

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 Lower Hall

Sunday 18

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

Catholic Family Fellowship meeting

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

Place: OLPH Church Upper Hall

## Words of Life Reflection

With the faithful you are faithful; with the blameless you are blameless.  
( Psalms 18:26 )

## Let There Be Light

### Help Me Thanksgiving Day Prayer

O God, when I have food,  
help me to remember the hungry;  
When I have work,  
help me to remember the jobless;  
When I have a home,  
help me to remember those who have no home at all;  
When I am without pain,  
help me to remember those who suffer,  
And remembering,  
help me to destroy my complacency;  
bestir my compassion,  
and be concerned enough to help;  
By word and deed,  
those who cry out for what we take for granted. Amen.

## Stories Faith Sharing

### Purpose in Routine

I run with purpose in every step. —1 Corinthians 9:26

A rolling-ball clock in the British Museum struck me as a vivid illustration of the deadening effects of routine. A small steel ball traveled in grooves across a tilted steel plate until it tripped a lever on the other side. This tilted the plate back in the opposite direction, reversed the direction of the ball and advanced the clock hands. Every year, the steel ball traveled some 2,500 miles back and forth, but never really went anywhere.

It's easy for us to feel trapped by our daily routine when we can't see a larger purpose. The apostle Paul longed to be effective in making the gospel of Christ known. "I do not run like someone running aimlessly; I do not fight like a boxer beating the air" (1 Cor. 9:26). Anything can become monotonous—traveling, preaching, teaching, and especially being confined in prison. Yet Paul believed he could serve Christ his Lord in every situation.

Routine becomes lethal when we can't see a purpose in it. Paul's vision reached beyond any limiting circumstance because he was in the race of faith to keep going until he crossed the finish line. By including Jesus in every aspect of his life, Paul found meaning even in the routine of life.

And so can we.

Lord, give us renewed vision and energy to pursue the goal of making Christ known in the midst of our daily routine.

Jesus can transform our routine into meaningful service for Him.

INSIGHT:

To illustrate his unwavering resolve to preach the gospel to as many people as possible (1 Cor. 9:18-23), Paul used two athletic metaphors—a runner who keeps his eye on the finish line, and the targeted and precise punches of a boxer. These examples picture the passion, focus, commitment, dedication, and hard work needed to carry out his resolve. In 2 Timothy 4:7-8, Paul used the same two metaphors. While athletes compete to win a prize bestowed by men, Paul sought to win an eternal crown awarded by Jesus. Faithful believers will receive various types of crowns as their reward (2 Tim. 4:8; James 1:12; 1 Peter 5:4; Rev. 2:10).

## Read More Know More

### General Instruction Of The Roman Missal : The Distribution of Duties and The Preparation of The Celebration

- One and the same priest celebrant must always exercise the presidential office in all of its parts, except for those parts which are proper to a Mass at which the Bishop is present (cf. no. 92).

- If there are several persons present who are able to exercise the same ministry, nothing forbids their distributing among themselves and performing different parts of the same ministry or duty. For example, one deacon may be assigned to take the sung parts, another to serve at the altar; if there are several readings, it is well to distribute them among a number of lectors. The same applies for the other ministries. But it is not at all appropriate that several persons divide a single element of the celebration among themselves, e.g., that the same reading be proclaimed by two lectors, one after the other, except as far as the Passion of the Lord is concerned.

- If only one minister is present at a Mass with a congregation, that minister may exercise several different duties.

- Among all who are involved with regard to the rites, pastoral aspects, and music there should be harmony and diligence in the effective preparation of each liturgical celebration in accord with the Missal and other liturgical books. This should take place under the direction of the rector of the church and after the consultation with the faithful about things that directly pertain to them. The priest who presides at the celebration, however, always retains the right of arranging those things that are his own responsibility.

To Be Continued.

## 主日分享

### 常年期第二十八主日 真正的智慧和快樂

今天的第一篇讀經告訴我們智慧比財富更加重要。第二篇讀經給我們講述天主的話，這話是生活的、有效的和銳利的。如果我們接受天主的話，它就會成為我們生命的活泉。為我們的生活帶來光明，給我們勇氣和力量

在美善和愛的路上持續前進。

福音給我們介紹一個富有的年輕人，他受到耶穌的召叫，耶穌向他提出一個困難的問題：“你還缺少一樣，變賣你所有的一切施捨給窮人（這恰恰是年輕人所缺少的：放棄），你必有寶藏在天上；然後，來，背著十字架跟隨我”但是年輕人卻沒有勇氣接受，因為他沒有能力棄絕自己的財富。然後耶穌做了個反省：“那些有錢財的人進天國是多麼難啊！”

因此，我們應該將心從錢財的牽掛中解放。應該有勇氣認識什麼對我們的生命是真正本質性的：與天主的愛的關係，與兄弟姐妹的愛的關係。我們應該從自私中解放自己，從物質對我們的束縛中解放。只有這樣我們才會進入天主的國。

讓我們祈求天主，恩賜我們在這條道路上不斷前進。在對物質的解放中，在對天主之愛的依戀上，和對兄弟姐妹的服務中，每一天我們都應該前進一步。  
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

「以希望擁抱將來」。我們都知道不同形式的獻身生活，目前經歷到的困難：聖召減少、會士年長、尤其在西方世界；自全球的金融危機產生的經濟問題；國際化及全球化的問題；相對論帶來的威脅；孤獨感和社會的冷漠等。可是正是在我們與許多同時代的人，共同忍受的這些不安，要求我們練習望德，它是我們對歷史的主宰信賴的果實，祂不斷地告訴我們：「不要怕……，因為我與你同在」。這種希望不是根據統計或成就，而是基於那位我們信賴的主，為祂「沒有不可能的」。這就是不會使人失望的希望，是能使獻身生活在將來繼續寫完偉大歷史的希望。這是我們常該追求的將來，意識到聖神傾注在我們心中，祂和我們一起可以做大事。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

「因為祂的仁慈永遠常存。」這重句不斷重複於聖詠 136 的每句詩節，為述說天主自我啓示的歷史。由於慈悲，舊約的一切事件滿載深邃的救恩意義。由於慈悲，天主與以色列民同在的歷史成為救恩史。聖詠不斷重複「因為祂的仁慈永遠常存」，看來是要突破時間和空間的幅度，將一切注入愛的永恆奧祕之內。這好像說，不止在歷史，更在永恆之中，人人都常得到天父的慈悲垂視。難怪以色列子民將這篇聖詠列於最重要的慶節詠唱，稱為大哈肋耳（大「阿肋路亞」）。耶穌受難之前，以這篇慈悲聖詠祈禱。瑪竇福音指出：「耶穌和祂的門徒唱了聖詠，就出來往橄欖山去」。當耶穌建立聖體聖事，作為祂和祂逾越之祭的永恆紀念時，祂把這啓示的卓越行動，象徵性地置於祂慈悲的光亮中。在慈悲的同一背景下，耶穌意識到這愛的偉大奧蹟要在十字架上完成，於是，耶穌進入了祂的苦難及死亡。知道耶穌會以這聖詠祈禱，為我們作基督徒的，就更為重要，挑戰我們在日常生活中，重複以這讚美之詞來祈禱：「因為祂的仁慈永遠常存。」

## 堂區活動

十月十八日

普世傳教節 2015

「傳教不是勸人改教，

而是對基督和對人的摯愛」

整個教會內的基督徒因受聖神的帶領可以公開重申其對傳教工作的承諾：將信仰與傳播福音宣講到所有的人。因此，普世傳教節是普世教會及福傳的全球標誌。今年，普世傳教節將於 10 月 18 日在全世界的每一個堂區舉行。您的祈禱及奉獻將可支援世界遭遇災害及受戰爭蹂躪國家的難民提供緊急的援助，並提供醫療和運輸給予當地服務的神父、傳道員，信友及牧靈工作人員。它也提供了所有傳教神

父日常生活需要的開支。普世傳教節是我們幫助全世界天主教團體成為一家的機會。藉著所獲信仰恩寵的分享，我們一起將希望與愛心帶給那些有需要的人們，特別是我們在非洲，亞洲，大洋洲，歐洲和南美的兄弟姐妹。請為普世傳教節祈禱，並在普世傳教節慷慨解囊。

願主永遠降福您們！

歡迎教友在教堂入口處拿取普世傳教節日曆祈禱咭。

普世傳教節捐獻

10 月 18 日將進行第二次捐獻作普世傳教節之用，請慷慨支持及回應。

### 堂區牧民議會週年大會

堂區牧民議會週年大會將於星期日（十一月一日）下午十二時半在上禮堂舉行、歡迎各堂區教友出席參加。

### 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 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 14, 16

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 16

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

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 17

聖母軍(開會)

時間：上午 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

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

星期日 18

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

公教家庭開會

時間：12 時 30 分至 3 時

地點：永援聖母堂上禮堂

## 每週生活聖言反思

仁慈的人，你待他仁慈；正直的人，你待他正直。（詠 18:26）

## 靈修小故事

有何意義

我奔跑，不像無定向的。-格林多前書 9 章 26 節

當我在大英博物館看到滾球時鐘時，我頓時明白了為何規律的循環，會使人變得麻木而失去活力。這個時鐘就是一個生動的例子，一顆小鋼珠在一面傾斜的軌道平板座上滾動，直到抵達另一端的槓桿。此時，那塊傾斜的板座就會朝反方向翹起，讓鋼珠反彈回滾，並使時鐘的指針前進一格。每一年，那顆鋼珠都要來回滾動約 4,023 公里的距離，但始終還在原處。當我們看不見規律生活中的意義時，很容易被每日的例常事務所困。使徒保祿渴望有效地傳揚基督的福音，他說：「我奔跑，不像無定向的；我鬥拳，不像打空氣的」（格林多前書 9 章 26 節）。做任何的事，無論是旅行、傳道或教導，都可能變得單調乏味，尤其被禁錮於牢獄中更是如此。但保祿卻相信，在各樣景況中都能服事他的主耶穌基督。當我們看不見規律生活中的意義時，日常的事務就會對我們造成危害。然

而，保祿的視野已超越任何環境的限制，因他放眼於屬靈的獎賞，在奔跑信心的路上努力不懈直到終點。藉著為主而活，保祿能在日復一日的規律生活中發現其意義。

我們也可以像他那樣！

主啊，請更新我們的視野及精力，讓我們能在日常規律的生活中向著標竿直跑，傳揚基督的聖名。

耶穌能將規律的生活，轉變為深具意義的服事。

## 知多一點點

### 彌撒經書總論：

#### 職務分配及籌備聖祭

—除了主教在場時應由他本人執行屬於他的部分外，同一位主禮司祭，須親自執行彌撒內屬於主禮的全部職務。

—若有多人可以執行同一職務時，則不妨由他們分別執行這同一職務的不同部分。例如：一位執事可司歌唱部分，另一位執事可專司祭台上襄禮的部分；若有多篇讀經時，更好由不同讀經員分別讀出每篇讀經，餘可類推。然而，卻不宜由多人分割同一個部分，例如把同一篇讀經一分為二，由兩個讀經員來宣讀；但恭讀「受難史」，則不在此限。

—有會眾參與的彌撒，若祇有一位輔禮人員時，他可執行不同的職務。

—對於任何禮儀慶典，凡有關禮節、牧靈和音樂方面的安排，都必須在堂區主任的督導下，遵照彌撒經書及其他禮書的規定，並聽取信友有關其所負職責的意見，同心協力並認真地去準備，方能奏效。然而，禮儀慶典中的主禮司祭，常有權安排他份內的一切。

## 心靈小品

### 感恩生活

希望大家不僅是在感恩節，就是在平常也能夠向天父獻上感恩，過一個感恩的生活。

—凡事謝恩。因為這是天父在基督耶穌裡向你們所定的旨意。

—應當一無掛慮，祇要凡事借著禱

告，祈求，和感謝，將你們所要的告訴天父。

—凡以感謝獻上為祭的，便是榮耀我。那按正路而行的，我必使他得著我的救恩。

—無論作什麼，或說話，或行事，都要奉主耶穌的名，借著祂感謝天父。

—淫詞，妄語，和戲笑的話，都不相宜，總要說感謝的話。

—你們獻感謝祭給天父，要獻得可蒙悅納。

—當稱謝進入祂的門，當讚美進入祂的院。當感謝祂，稱頌祂的名。

—凡事要奉我們主耶穌基督的名，常常感謝天父。

—你們要以感謝向天父歌唱，用琴向我們的主歌頌。