

## Theme Sharing

### All Saints Day

Today we celebrate with great joy the Feast of All Saints. We honour not only those famous saints canonized by the Church and named in the liturgical calendar, but also numerous uncanonized saints unknown to us. Indeed there is a great multitude of people who have gone before us and who are now with God in heaven. These are the ones, likely including many of our dearly beloved relatives and friends, who had been faithful to God and followed Christ's teaching with earnest love all their lives. They are now sharing God's eternal glory and joy in his Kingdom.

The first reading, from the Book of Revelation, depicts a scene with countless saints in God's glory. It is fitting for us to rejoice, not just for these holy people, but also for ourselves because, as Christians, we have likewise been called to holiness.

The second reading, from the letter of John, shows us the real image of our holiness: we are children of God, and we are living as such. Holiness and God are inseparable. God is holy, so should we be; therefore we should strive for holiness in our lives. God's love is revealed to us by his gift of his only Son, who died on the cross for our salvation. Says John, *"See what love the Father has given us: that we should be called children of God; and that is what we are!"* We are truly God's children, and his holiness has been implanted in our hearts.

In today's gospel of Matthew, Jesus proclaims to his followers the Beatitudes, a teaching that may be considered as the "Magna Carta" of holiness. We should really take time to reflect and meditate on the true meaning of the Beatitudes, which is a perfect guideline on how we should live our Christian life. A good understanding of the teaching can foster in us an immense love, hope and joy in serving God and our neighbour.

Holiness does not require extraordinary or heroic acts. As long as we are faithful to God in our daily lives, do our ordinary duties with love and as best we can, we are fulfilling God's Will and are on the right track to holiness.

Today as we celebrate All Saints' Day, let us rejoice and give thanks to God for he has given us a blessed and beautiful life, and has prepared for us, at the end of our earthly

sojourn, a life united with him in love and eternal joy.

### Scripture Reflection

*The reason the world does not know us is that it did not know him. (1 John 3.1)*

The life of discipleship can feel like swimming upstream against the flow of society at large. We can feel not only misunderstood but even reviled and persecuted. Moreover, how do we keep ourselves from being tainted? Our hope is that *when God is revealed, we will be like him, for we will see him as he is.*

## All Souls Day

### November 2

### For the communion of saints, please pray for the souls in Purgatory

Eternal rest grant unto them, O lord.  
And let perpetual Light shine upon them.  
May they rest in peace. Amen  
(Three times)

## 2015 Year Of Consecrated Life

### Apostolic Letter From His Holiness,

### Pope Francis

### Expectations for

### The Year of Consecrated Life

What in particular do I expect from this Year of grace for consecrated life?

We can apply to the consecrated life the words of Benedict XVI which I cited in the Apostolic Exhortation *Evangelii Gaudium*: "It is not by proselytizing that the Church grows, but by attraction". The consecrated life will not flourish as a result of brilliant vocation programs, but because the young people we meet find us attractive, because they see us as men and women who are happy! Similarly, the apostolic effectiveness of consecrated life does not depend on the efficiency of its methods. It depends on the eloquence of your lives, lives which radiate the joy and beauty of living the Gospel and following Christ to the full.

As I said to the members of ecclesial movements on the Vigil of Pentecost last year: "Fundamentally, the strength of the Church is living by the Gospel and bearing witness to our faith. The Church is the salt of the earth; she is the light of the world. She is called to make present in society the leaven

of the Kingdom of God and she does this primarily by her witness, her witness of brotherly love, of solidarity and of sharing with others".

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.

In the parables devoted to mercy, Jesus reveals the nature of God as that of a Father who never gives up until he has forgiven the wrong and overcome rejection with compassion and mercy. We know these parables well, three in particular: the lost sheep, the lost coin, and the father with two sons (cf. Lk 15:1-32). In these parables, God is always presented as full of joy, especially when he pardons. In them we find the core of the Gospel and of our faith, because mercy is presented as a force that overcomes everything, filling the heart with love and bringing consolation through pardon.

From another parable, we cull an important teaching for our Christian lives. In reply to Peter's question about how many times it is necessary to forgive, Jesus says: "I do not say seven times, but seventy times seven times" (Mt 18:22). He then goes on to tell the parable of the "ruthless servant," who, called by his master to return a huge amount, begs him on his knees for mercy. His master cancels his debt. But he then meets a fellow servant who owes him a few cents and who in turn begs on his knees for mercy, but the first servant refuses his request and throws him into jail. When the master hears of the matter, he becomes infuriated and, summoning the first servant back to him, says, "Should not you have had mercy on your fellow servant, as I had mercy on you?" (Mt 18:33). Jesus concludes, "So also my heavenly Father will do to every one of you, if you do not forgive your brother from your heart" (Mt 18:35).

To Be Continued.

## Diocese & Other News

### Do You Have A Vocation To Live A Consecrated Life

Come to a Concert with the internationally acclaimed Friar Alessandro of Assisi, Italy.

Hear his outstanding voice and hear his testimony, along with Friar Eunan McMullan OFM, Fr. Mike Pace SDB, and Sister Madeleine Gregg FCJ as they share the Joy of Consecrated Life. Monday, November 16th from 7:00-9:00 pm. at St. Mary's Cathedral, Calgary. Musical accompaniment by St. Mary's High School Band. Free will donation. All are welcome! CONTACT | St. Mary's Cathedral | 403-228-4170|

## Parish Activities

### Movie Night – "CATHOLICISM – Journey to the Heart of Faith"

Date: November 7 (Saturday)

Time: 6 pm Potluck, 6:30 pm Movie

Place: OLPH Upper Hall

Journey with Fr. Robert Barron to more than 50 locations of the world's culture and treasures, we learn what Catholics believe, and discover the full meaning of the faith. First 2 Episodes of the series: "The Revelation of God Become Man"; "The Teachings of Jesus"

### Exposition of the Blessed Sacrament on November 7

The November's Exposition of the Blessed Sacrament will be led by Sunday School & Young Adults Group on

November 7 from 10am to 11am.

Fr. Nguyen will listen to Confession.

Parishioners are encouraged to attend

### Bulletin Advertisement Recruitment

The placement of advertisements has supported the weekly News Bulletin a lot during the past years.

For 2016 we have several spaces for advertisements. Parishioners who are interested in placing your orders please contact the parish office 403-265-7926 or email [olph@telus.net](mailto:olph@telus.net).

### Sunday Missal

2016 Sunday Missals will be on sale today at the church side entrance for \$4.00.

### 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 October 27, our campaign has received a total of \$32,645.20  
Parishioners can pick up the donation envelopes at the entrances. Let's take action now!

## Weekly Activities

Wed, Fri Nov 4, 6

### OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Friday Nov 6

### OLPH Scout

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

Place: Upper Hall & Lower Hall

Saturday Nov 7

### Exposition of the Blessed Sacrament

Time: 10:00a.m. -11:00 a.m.

Place: OLPH Church

### Father Joseph Nguyen and Pastoral Care Team member visit cemeteries to pray for all departed parishioners

Time: 11:30 a.m.

Place: Queen's Park cemetery  
Columbarium Chapel.

In the afternoon, we will go to Mountain View Memorial Gardens .

### Legion of Mary ( meeting )

Time: 11:00a.m.

Place: K of C Room at OLPH Church

### Yoga beginner class

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

Place: OLPH Church Upper Hall

### Tai Chi Lesson

Time: 10:00 a.m. - 11:00pm

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

### Movie Night – "CATHOLICISM – Journey to the Heart of Faith"

Time: 6:00 p.m. potluck,

6:30 p.m. movie

Place: OLPH Lower Hall

Sunday Nov 8

### 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

## Words of Life Reflection

Take my yoke upon you and learn from me, for I am gentle and humble of heart and you will find rest.

( Mathew 11:29 )

## Let There Be Light

### LIFE

Stay away from Anger.

It hurts only You and nobody else.

If you are right, then there is no need to get angry, and if you are wrong

then you don't have any right to get angry.

Patience with family is love,

Patience with others is respect,

Patience with self is confidence and

Patience with GOD is faith.

Never think hard about the past, it brings tears.

Don't think more about the future, it brings fear.

Live this moment with a Smile, it brings cheer.

Every test in our life makes us bitter or better,

Every problem comes to

make us or break us, The choice is ours

whether we become victims or

victorious.

Search for a beautiful heart not a beautiful face.

Beautiful things are not always good, but good things are always beautiful.

Do you know why God created gaps between fingers?

So that someone who is special to you comes and fills those gaps by holding

your hand forever.

Never forget this advice!

Happiness keeps You Sweet, Trials keep

You Strong, Success keeps You

Glowing, and But Only God keeps You

Going!

## Stories Faith Sharing

### Saints Among Us

My father died several years ago at the age of 91. He did nothing that the world would call special in his life. He was the father of a large family. He worked hard and endured a loss of hearing for many years. And he always tried to follow the straight and narrow path as he saw it.

My father found real joy in going to Mass and celebrating the festivals of the Church.

He was always the one who was there for us,

saying the kind and understanding word,

offering help when needed and knowing

when to let go. God was very real in his life.

His faith was always strong, and people said

of him the most important thing one can say

of a man, "He was a good man."

I doubt if my father ever thought about being

a saint. I do know that in his own way, he was one. And he, more than any priest or bishop or canonized saint, taught me what it means to live the humble, simple life of faith. We laypersons must recognize our call to holiness. There are no class distinctions in the Church or in the Christian life. Nor are there any obstacles in the lay life that prevent one from striving and achieving a deep spiritual life.

We need to look at the obstacles and see them for what they are: opportunities. There are enough opportunities, enough suffering, enough challenges and, above all, enough grace for all of us to be as passionate about God as the saints are.

## Read More Know More

### Seven Characteristics of the Saints

All saints are filled with the love of God.  
They have chosen God above all others and made a definite commitment to God.  
All saints love other human beings.

It cannot be any other way. In the First Letter of John (4:20) we read: "If anyone says, 'I love God,' but hates his brother, he is a liar; for whoever does not love a brother whom he has seen cannot love God whom he has not seen."

All saints are risk-takers.

When God called, they answered. For some it was taking a chance on a new way of life in a new place as the example of Abraham. Others, whose names are not well-known, lived simple lives among their families and friends, serving God with all their hearts, but never making a splash in the world.

The saints are humble, willingly and lovingly attributing to God all that they have and all that they will ever be.

The saints showed their humility by using whatever gifts they had to perfection, but never attributing these gifts to themselves.

Saints are people of prayer.

Some, especially members of religious orders, had entire days of prayer. Others found their time with God in other ways.

The saints are not perfect.

Each of the saints had human flaws and faults. They made mistakes. Even at the end of their lives, they still found themselves in need of contrition, pardon and reconciliation.

The saints are people of their times.

One wonders how anyone escapes being of his or her time. There were injustices around the saints that they did not speak out

against.

If we look at the lives of all the saints, we can certainly find faults. Far from discouraging us, this can give us courage. Perfection is not what we are striving for, unless it is as perfect a love as possible.

## 主日分享

### 諸聖瞻禮

我們無限歡欣地慶祝隆重的諸聖瞻禮。在這節日上，我們紀念的不僅是那些列入了瞻禮名冊中的聖人們，而且也包含所有其他不被紀念的聖人。他們不可勝數：許許多多男女基督信徒因忠於他們聖洗的恩寵，懷著熱愛追隨了基督，現在跟祂一同在天國的光榮與喜樂中。

第一篇讀經告訴我們聖人們多得不可勝數。知道有這麼多的聖人，而我們亦被召去成聖，這為我們是無比喜悅的。

第二篇讀經給我們指出聖德的主要面貌：在於我們是天主的子女，像天主子女般生活。聖德是與天主的一種親密關係；天主是聖的，祂的子女也應當是聖的，他們應該日益聖潔。這一切都是天主大愛的顯示。若望為此驚訝不已地讚嘆道：“請看父賜給我們何等愛情，使我們得稱為天主的子女，而且我們也真是如此！”我們真的是天主的子女，我們內具有那因為是天主子女的聖德的根源。

在福音中耶穌給我們介紹真福八端，頒佈成聖的“大憲章”。這篇內容值得我們長時間存思默想，它該當作我們基督徒生活中指導我們，並賦予我們激情、信心與喜樂。

成聖不是非要做些特殊的事才行，在每日生活中忠於上主，深切渴望符合祂愛的旨意就能達到。平常的事情，用愛心去做，符合天主的意旨，都是成聖的機會。

我們應當歡欣鼓舞，無限地感激天主，因為祂召喚我們過一個如此美麗的生活，並為我們準備了一個永無止境的喜樂，永遠結合於祂愛的生命。

錄自梵蒂岡電台

## 追思亡者日

## 十一月二日

籍著諸聖相通功的功效，

請為煉靈祈禱：

願主賜伊等永安，及永光照之，  
 息止安所，亞孟。(念三遍)

## 2015 奉獻生活年

教宗方濟各致全體度獻身生活者書函

獻身生活年的期望

我特別希望從這獻身生活恩寵年得到什麼？

我們可以將本篤十六世的話，應用到獻身生活上，我在《福音的喜樂》勸諭中，曾引用過他的話說：「教會成長並非取決於誘人入教，而是靠吸引力」。獻身生活的繁榮，不是輝煌的聖召計畫的結果，而是因為我們遇到的青年人，覺得我們有吸引力，因為他們看到我們快樂！同樣，獻身生活的使徒工作成果，不是依靠其方法的效率。它是靠你們的生活打動他們，你們那散發喜樂，和活出福音的美妙，以及充分地跟隨基督。

猶如我在去年聖神降臨節的前夕，向教會各個運動的成員說過的：「基本上，教會的力量是依福音而生活，為我們的信仰作證。教會是地上的鹽，世界的光。她被召在社會中，成為天主國的酵母，她主要以其見證，她手足之愛的見證，以與別人分享和守望相助而臨在」。 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

在有關慈悲的比喻中，耶穌揭示天主的本質如同一位父親，從不放棄，直到祂以憐憫和慈悲寬赦過錯，克勝拒絕。我們都熟悉以下三個比喻：亡羊、失錢、浪子（參路 15:1-32）。在這些比喻中，天主常被形容為滿懷喜樂，尤其在祂寬恕罪過時。在這些比喻中，我們找到福音和我們信仰的核心，因為慈悲被形容為能克勝一切的

力量，使內心充滿著愛，並藉寬恕帶來安慰。

從另一比喻，我們找到基督徒生活的一項重要教導。伯多祿問需要寬恕多少次；耶穌回答他說：「我不對你說：直到七次，而是到七十個七次」（瑪 18:22）。接著耶穌講了「惡僕」的比喻：僕人被主人催還巨債，他俯伏在地求主人開恩。主人動心把他釋放，也免除了他的債。隨後僕人遇見一位欠他小額的同伴，同伴俯伏在地哀求開恩，但第一位僕人拒絕了，且把這位同伴關在監裡。主人聽到這事，感到氣憤，叫來第一位僕人，說：「難道你不該憐憫你的同伴，如同我憐憫了你一樣嗎？」（瑪 18:33）耶穌最後說：「如果你們不各自從心裡寬恕自己的弟兄，我的天父也要這樣對待你們。」（瑪 18:35） 待續

## 堂區活動

### 電影晚會 -

#### 天主教信仰的見證旅程

日期: 11月7日 (星期六)

時間: 6時 POTLUCK; 6時30分電影

地點: 永援聖母堂上禮堂

巴倫神父 (Fr. Robert Barron) 帶領我們遊歷世界各地, 探索天主教教會的信仰和文化生活, 來見證我們的信德。第一、二集: “天主降世的啓示”; “耶穌的教誨”

### 十一月顯供聖體

永援聖母堂十一月份的顯供聖體由主日學及大專青年團帶領，時間為十一月七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！

### 堂區通訊招收廣告

本堂十分感謝各位堂區通訊廣告客戶的支持。2016年尚餘少量廣告篇幅，有興趣者請盡快聯絡堂區辦事處。

電話：403-265-7926 或電郵

[olph@telus.net](mailto:olph@telus.net)

費用：\$150.00/1欄/一年

### 主日彌撒經書

2016年主日彌撒經書現在開始在教堂側門入口處出售，售價為\$4.00。

## 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 10月 27日，捐款已累積至\$ 32,645.20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 11月 4, 6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 11月 6日

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 11月 7日

顯供聖體

時間：上午 10 時至 11 時

地點：永援聖母堂

阮神父及牧靈關愛組成員往墓地為已亡教友祈禱

時間：11 時 30 分

地點：女王公園墓地骨灰菴小聖堂 (Queen's Park Cemetery

Columbarium chapel) 祈禱。

午膳後到山景紀念花園 (Mountain View Memorial Gardens) 祈禱。

聖母軍

(聖母軍聖母無玷聖心支團)

時間：上午 11 時(開會)

地點：聖堂二樓騎士會室

楊式太極班

時間：上午 10 時至上午 11 時

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

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：永援聖母堂下禮堂

電影晚會-天主教信仰的見證旅程

時間: 6 時 POTLUCK;

6 時 30 分 電影

地點: 永援聖母堂上禮堂

星期日 11月 8日

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

## 每週生活聖言反思

你們背起我的軛跟我學吧，因為我是良善心謙的；這樣你們必要找得靈魂的安息。（瑪 11:29）

## 靈修小故事

### 堅持到底

「我要盡心竭力，使你們在我去世以後，時常紀念這些事。」

四十多年以前，有一位女游泳選手，她立志要成為世界上第一位橫渡英吉利海峽的人。為了達成這目標，她天天都用心地練習，要為這歷史性的一刻做最好的準備。這一天終於來臨了。女選手充滿自信，在眾多媒體記者的注視下，滿懷信心地跳入大海中，朝對岸英國的方向前進。剛開始時，天氣非常好，女選手很愉快地向目標前進。但是隨著越來越接近英國對岸，海上起了濃霧，而且越來越濃，幾乎已到了伸手不見五指的程度。她處在茫茫大海中，完全失去了方向感，不曉得到底還要多遠才能上岸。她越游越心虛，越來越筋疲力盡，最後她終於宣佈放棄了。當救生艇將她救起時，她才發現祇要再一百多公尺就到岸了。眾人都為她好惋惜，距離成功就那麼近了。她遺憾地說：「要是我知道距離目標只剩一百多公尺，無論多辛苦，我一定可以堅持到底，完成目標的。」

默想：

成功，是給能夠堅持到最後的人。我們不一定知道成功的目標何時會出

現，但是堅持到底的決心是許多人所缺少的。

## 知多一點點

耶穌說.....

聖人們都是跟從耶穌所說的話來完成了他們人間旅程，回歸天鄉，現在就讓我們一起重溫反省吧：

耶穌說：我來是為承行天父的旨意。

（希 10：7，9）

因此，祂道成人身，為死而生。給生活在黑暗無明中的生靈，帶來一道照亮亙古的皓光，和永恆的希望。

耶穌說：那聽天主的話而遵行的人，是有福的。（路 11：28）

因此，祂超越財富、權勢的誘惑，成為社會和時代的良心與先知。

耶穌說：我給你們一條新命令：你們該彼此相愛。（若 13：34）

因此，祂使瞎子看見，聾子聽見，受束縛的人得到自由，心靈破碎的得到醫治。

耶穌說：天國是以猛力奪取的，以猛力奪取的人，就攫取了它。

（瑪 11：12）

因此，祂孑然一身，連枕頭的地方都沒有，卻行走天下，力行仁愛，廣揚福音。而在愛德之外，祂也有義怒。祂驅離了把聖殿當賊窟的商人；也嚴詞抨擊法利塞人，毫不在意自己被視為拔之而後快的眼中釘。

耶穌說：一粒麥子，如果不落在地裏死了，仍只是一粒；如果死了，才能結出許多子粒來。（若 12：24）

因此，祂成為這一粒落在地裏死了的麥子，完成了人間旅程，回歸天鄉。並且，結出你和我，這許多子粒基督徒來。

耶穌做了祂所說的，那麼，我們這些從祂所出的子粒呢？

耶穌說：誰若願意跟隨我，該棄絕自己，天天背著自己的十字架跟隨我。

（路 9：23）

因此，我們怎能不學耶穌的樣兒，捨下自我，走他的路呢？

耶穌說：我喜歡仁愛勝過祭獻。

（瑪 9：13）

因此，我們怎能對孤苦貧病的小兒

弟、姊妹視而不見？我們怎能口中說著同情的話語，卻沒有實際的行動？

耶穌說：你應當愛近人如你自己。

（谷 12：31）

因此，我們怎能在人我之間築起一道藩籬，祇徧狹自私的營建自己的王國，而不顧別人的成長和需要？

耶穌說：憐憫人的人是有福的，因為他們要受憐憫；締造和平的人是有福的，因為他們要稱為天主的子女。

（瑪 5：7，9）

因此，我們怎能坐視民間的不正義而不悲憫眷顧？甚至，我們怎能讓自己竟然心硬得成為不正義的根源？

耶穌說：如果你們不悔改，都要喪亡。

（路 13：3）

因此，真誠的回顧過往，也回到內心，深刻自省我們這些小麥子，是否真的成為耶穌基督的縮影？祂做了祂說的，我們呢？對我們該做未做的、該愛未愛的、該挺身而未挺身而出的.....，讓我們一起真心悔改，重新出發。

耶穌說：那承行我在天之父旨意的人，才能進天國。（瑪 7：21）

因此，讓我們除盡心中冷硬的石頭，讓天主的慈愛源源流入我們漸行荒蕪的心田，好讓我們能秉持十字架的精神，努力愛人，使這片樂土，成為「豺狼和羔羊將要一起牧放，獅子要如牛犢一般吃草；再也沒有誰作惡，也沒有誰害人」的新天新地吧！

教友生活周刊