

## Theme Sharing

### 32nd Sunday in Ordinary Time (As Generous as the Widows)

Today's Liturgy of the Word exemplifies the virtue of generosity with two role models for us. Both are widows. In the first reading, to test the widow's generosity and faith, Elijah asks the widow to bring him all that she has. Accepting what Elijah says about divine providence, the widow makes him a cake from the only meal and oil she possesses. Thereupon, God rewards her with abundance and she becomes our model of faith and generosity. In the gospel, a widow puts two small coins into the temple's treasury. Seeing this, Jesus says to his disciples: *"This poor widow has put in more to the treasury than all the other contributors; for all of them have contributed from their excess means, while she, out of her poverty, has put in everything she had, in fact all that she had to live on."* The widow could have told herself: "I am in dire straits and unable to make any contribution to the treasury; what I have can barely keep my family survive." However, the widow doesn't think twice. She offers everything she has, as she realizes that it is far more important for her to serve God and her needy neighbours than worrying about her own self. Being the source of all gifts, God will surely provide for all her needs and ours. In the second reading, we are reminded of what Jesus has done for us: "He sacrificed himself once for all on the cross to take away our sins." So when we receive the Eucharist, we are receiving the love of Christ through his sacrifice. We truly possess more wealth than anyone when we are living in Christ partaking in his generosity.

## 2015 Year Of Consecrated Life

Apostolic Letter From His Holiness,  
Pope Francis  
Expectations for The Year of  
Consecrated Life

I am counting on you "to wake up the world", since the distinctive sign of consecrated life is prophecy. As I told the Superiors General: "Radical evangelical living is not only for religious: it is demanded of everyone. But religious follow the Lord in a special way, in

a prophetic way." This is the priority that is needed right now: "to be prophets who witness to how Jesus lived on this earth... a religious must never abandon prophecy". Prophets receive from God the ability to scrutinize the times in which they live and to interpret events: they are like sentinels who keep watch in the night and sense the coming of the dawn. Prophets know God and they know the men and women who are their brothers and sisters. They are able to discern and denounce the evil of sin and injustice. Because they are free, they are beholden to no one but God, and they have no interest other than God. Prophets tend to be on the side of the poor and the powerless, for they know that God himself is on their side.

So I trust that, rather than living in some utopia, you will find ways to create "alternate spaces", where the Gospel approach of self-giving, fraternity, embracing differences, and love of one another can thrive. Monasteries, communities, centres of spirituality, schools, hospitals, family shelters – all these are places which the charity and creativity born of your charisms have brought into being, and with constant creativity must continue to bring into being. They should increasingly be the leaven for a society inspired by the Gospel, a "city on a hill", which testifies to the truth and the power of Jesus' words.

At times, like Elijah and Jonah, you may feel the temptation to flee, to abandon the task of being a prophet because it is too demanding, wearisome or apparently fruitless. But prophets know that they are never alone. As he did with Jeremiah, so God encourages us: "Be not afraid of them, for I am with you to deliver you".

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.

Jesus affirms that mercy is not only an action of the Father, it becomes a criterion for ascertaining who his true children are. In short, we are called to show mercy because mercy has first been shown to us. Pardoning offences becomes the clearest expression of merciful love, and for us Christians it is an imperative from which we cannot excuse

ourselves. At times how hard it seems to forgive! And yet pardon is the instrument placed into our fragile hands to attain serenity of heart. To let go of anger, wrath, violence, and revenge are necessary conditions to living joyfully. Let us therefore heed the Apostle's exhortation: "Do not let the sun go down on your anger". Above all, let us listen to the words of Jesus who made mercy an ideal of life and a criterion for the credibility of our faith: "Blessed are the merciful, for they shall obtain mercy" (Mt 5:7): the beatitude to which we should particularly aspire in this Holy Year.

As we can see in Sacred Scripture, mercy is a key word that indicates God's action towards us. He does not limit himself merely to affirming his love, but makes it visible and tangible. Love, after all, can never be just an abstraction. By its very nature, it indicates something concrete: intentions, attitudes, and behaviours that are shown in daily living. The mercy of God is his loving concern for each one of us. He feels responsible; that is, he desires our wellbeing and he wants to see us happy, full of joy, and peaceful. This is the path which the merciful love of Christians must also travel. As the Father loves, so do his children. Just as he is merciful, so we are called to be merciful to each other. To Be Continued.

## Diocese & Other News

### Advent Twilight Retreat with Micheline Pare

Come join us as we begin the "Year of Mercy" with an evening reflective retreat on how our God of Mercy calls us to become instruments of mercy and compassion in this world. Presenter: Micheline Pare, author of "The Passion of Loving" on Monday, December 7 (7-9 pm) at St Cecilia's Church (321-90 Ave SE, Calgary).

## Parish Activities

### Thank you for your support of Catholic Education Sunday

Thank you for your generous support of Catholic Education Sunday last week. We collected a total amount of \$2,745.50 in donations.

May God bless you and your family!

### Drive Safe

A warm reminder for all OLPH parishioners : Winter is coming, for the sake of the safety of everyone, please drive with care within the parking lot of the church, particularly during snowing. Reduce the speed of your vehicle to under 10/kph and maneuver your vehicle with patience , care and due consideration for yourself, other people and vehicles.

### Recruiting Volunteers for Church Carpark Management

To enhance better traffic and parking arrangement and for the safety sake of all parishioners on Sundays and special events at the OLPH Church, it is now calling for volunteers to help manage the church carparks on these days. For those interested, please call Parish Office.

### Youth Night November 14th, 2015

Youth Night will be held on Saturday November 14th, 2015 from 6:00pm-10:00pm at Upper Hall together with the Young Adult Group. Spiritual talk will be from 6:00pm-7:00pm by Deacon Edward. Afterwards, we will be having homemade Korean BBQ and a board games night! The fee will be \$5 per person. All youths, young adults and families are encouraged to attend this event. Please contact John for more details.

### BreakForth Edmonton Expo

Come and join the nation's largest church equipping and renewal conference! Event consists of conferences, presenters and artists. For more information please visit the Young Adults Group webpage: [olphyoungadults.weebly.com](http://olphyoungadults.weebly.com) under faith development. Early bird deadline is November 24. To reserve a spot, please contact Joanne Lam at [olphyoungadults@gmail.com](mailto:olphyoungadults@gmail.com)

### Winter Gala Talent Show Recruitment

The Young Adult Group is looking for talented members in our parish to perform in the World Youth Day Winter Gala Fundraiser to be held on November 28 from 6-9pm in Upper Hall. If you are interested in participating, please contact Joanne Lam at [olphyoungadults@gmail.com](mailto:olphyoungadults@gmail.com) for more details.

### 2016 Donation Envelopes

2016 Donation Envelopes are available for parishioners to pick up at the Church main entrance .

For any concerns, please contact parish office (403-265-7926).

### 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

Tues Nov 10

#### St. Angela School Remembrance

##### Day Mass

Time: 9:00a.m.

Place: OLPH Church

Friday Nov 13

#### OLPH Senior Centre

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

Place: OLPH Church Upper Hall

#### 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

Saturday Nov 14

#### Legion of Mary ( meeting )

Time: 9 :45 a.m.

Place: K of C Room at OLPH Church

#### 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. - 11:00pm

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

#### Catholic Family Fellowship

Time: 4:00 p.m. - 8:00 p.m.

Place: OLPH Church Upper Hall

#### Young Adults choir practice

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

Place: OLPH Lower Hall

#### Faith Sharing Group ( N.W.)

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

Contact: Anna Tam 403-285-5023

Sunday Nov 15

#### 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

Store up treasure for yourself with God, where no moth or rust can destroy it, nor thief come and steal it.

( Mathew 6:20 )

### Let There Be Light

#### When You Feel No Hope

In your times of deep despair,  
Do you feel there is no hope?  
As the darkness closes in on you,  
Do you feel you cannot cope ?  
As you struggle on through every trial,  
Do you say "When will it end" ?  
As you cry yourself to sleep at night,  
Do you wish you had a friend?  
When your body's racked with aches and pains,  
Do you feel you are alone?  
When you think about the future,  
Do you fear the great unknown?  
There is someone who really cares,  
And He hears your every cry.  
His arms are reaching out to you,  
And on Him you can rely.  
When things close in around you,  
He sees your fear and doubt -  
He wants to hold you in His arms,  
And He will never cast you out.  
As you stumble through the darkness,  
He will be your guiding light.  
He wants to wipe away your tears,  
For you are precious in His sight.  
Reach out right now to Jesus,  
And let Him take complete control -  
He'll take that heavy burden,  
And He'll touch and make you whole.  
He's reaching out His arms to you,  
And He wants to be your friend.  
Let Him take you in His loving arms,  
For His love will never end.

### Stories Faith Sharing

Stone and the Flower

"You have hardened", said the flower, bending her petals downward toward the half stone at her roots. "These rains should have softened you, made you more fertile and receptive to the seeds of the fields; but no. You have accumulated minerals and have become more silent and full of calcium. Why do you stay here? Why do you resist the brook that gives us water?"

The stone said nothing.

A number of clouds passed by, the sun set and the night arrived with an immense bronze-coloured freckled moon with acne scars upon her worn face and in this manner reflected down upon the silent stone which still had not fallen asleep. The flower, by now, had tucked-in her petals and slept profoundly, and at this time the stone began to answer:

"I stay here because your roots have made me yours. I stay here because it is no longer about my feeling the earth rather because I have become part of that which functions as a support of your stem which resists the wind and the rain. Everything changes, my sweet flower", said the stone, "but I stay here because love is that microscopic space between your feet and my salted skin. You would only be able to feel it if destiny were ever to separate the two of us."

The moon followed the fade of the stars.

Dawn gave a yawn as the sun began to burn its horizon on the lower lip of the mouth of a new day. The flower awoke and extended her beautiful petals. "Good morning", she said, "I dreamt that you were singing to me. How foolish of me, don't you think?"

The stone said nothing.

## Read More Know More

### Prayer as God's gift

"Prayer is the raising of one's mind and heart to God or the requesting of good things from God." But when we pray, do we speak from the height of our pride and will, or "out of the depths" of a humble and contrite heart? He who humbles himself will be exalted; humility is the foundation of prayer. Only when we humbly acknowledge that "we do not know how to pray as we ought," are we ready to receive freely the gift of prayer. "Man is a beggar before God."

"If you knew the gift of God!" The wonder of prayer is revealed beside the well where we come seeking water: there, Christ comes to meet every human being. It is he who first seeks us and asks us for a drink. Jesus thirsts;

his asking arises from the depths of God's desire for us. Whether we realize it or not, prayer is the encounter of God's thirst with ours. God thirsts that we may thirst for him. "You would have asked him, and he would have given you living water." Paradoxically our prayer of petition is a response to the plea of the living God: "They have forsaken me, the fountain of living waters, and hewn out cisterns for themselves, broken cisterns that can hold no water!" Prayer is the response of faith to the free promise of salvation and also a response of love to the thirst of the only Son of God.

## 主日分享

### 常年期第三十二主日

#### 慷慨的寡婦

這個主日的禮儀介紹給我們兩個慷慨的楷模，她們是兩個寡婦。

在第一篇讀經，厄里亞請求寡婦將她所有的都帶來給他。考驗她的慷慨和信仰。寡婦相信他，慷慨的對待他，將僅有的麵和油拿來給他做小餅。由此，寡婦成了信仰和慷慨的楷模。福音又介紹給我們另外一個慷慨的寡婦。在聖殿裡，一個寡婦，祇是獻了兩個小錢，耶穌看到了，對門徒們說：“這個寡婦比所有向銀庫投錢的人，投的更多，因為眾人都拿他們所餘的來投，而這位寡婦卻由自己的不足中，把所有的一切，全部的生活費，都投上了”。

這位寡婦可以這麼想：“我沒有能力奉獻獻儀，也不能向銀庫投幣，因為我自己僅有一點點剛夠生存的必需品”。但是寡婦並沒有做這樣的理論，而是給出一切。她明白能夠服務於天主和幫助自己的兄弟是非常美好的事情。因為天主是所有恩賜的起源。致希伯來人書，重新提示我們耶穌的奉獻：“祂一次性的奉獻自己，消除所有人的罪過”。當我們領受聖體時，我們同時也領受了耶穌帶給我們的勇於奉獻自己的那種愛。與耶穌合一生活在慷慨中，是一個比任何巨大財富的擁有更加珍貴的財富。

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

#### 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？

我指望你們「喚醒世界」，因為獻身生活的特徵是先知性。我會對總會長們說過：「徹底的福音生活，不祇是為會士的，也要求每個人如此。可是會士們以特殊方式跟隨主，以先知性方式追隨祂。」這是現在優先需要的：「成為先知去作證耶穌是如何生活在世的…一個會士總不應該放棄做先知」。

先知們自天主接受細察他們生活時代的能力，並詮釋事件：他們就像哨兵，在黑夜中守望，並感受晨曦的到來。先知認識天主，也認識男人及女人，這些人是先知們的弟兄和姊妹。先知們能辨別和揭發罪惡和不公。因為他們是自由的，他們除了天主外，不欠任何人，他們祇對天主關注。先知們趨向於窮人和弱者，因為他們知道天主自己站在他們一邊。

因此我相信，不是活在什麼烏托邦中，你們常會找到製造「其他可選擇的空間」的方法，在其間福音的自我奉獻、手足之誼、接納不同的、彼此相愛，能夠繁盛。隱修院、團體、靈修中心、學校、醫院、家庭居所，這些都是你們的神恩產生的愛德和創意，要以不斷的創新，繼續讓它們存在。它們應該不斷地成為，受福音啟發的社會的酵母，一座「山上的城」，它證明耶穌的話的真實和力量。

有時，你們會像厄里亞和約納一樣，感到要逃跑的誘惑，放棄做先知的工作，因為太苛求，使人厭煩，或似乎是沒有成果的。可是先知們知道他們絕不孤獨。就如天主對耶肋米亞般，鼓勵我們說：「不要怕他們，因為我和你在一起將你脫困」。 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

耶穌確認慈悲不單是天父的行動，更成為分辨誰是天父真正子女的準則。簡單來說，我們都被召去顯示慈悲，

因為我們都先被慈悲地對待了。慈悲之愛的最清楚表達，就是寬恕過犯，而為我們基督徒，更是責無旁貸，不可推諉。寬恕，有時看來多 困難！但是寬恕已被置於我們脆弱的雙手裡，為使我們心靈獲得平安。人必須放下憤怒、憤恨、暴力及復仇，才能喜樂地生活。故此，我們當留心宗徒的訓誨：「不可讓太陽在你們忿怒時西落」。耶穌把慈悲看成生活的理想，及測試我們信仰真偽的準則，我們要特別聆聽耶穌的話。祂說：「憐憫的人是幸福的，因為他們要受憐憫」；這是我們在這聖年尤其嚮往的真福。我們從聖經見到，慈悲是表達天主對待我們的關鍵詞。天主不局限自己於單單申明祂的愛，且要把祂的愛成為可見的，可觸摸的。愛，從來不可以祇流於抽象概念。愛，基於其本質，具體流露於日常生活的意向、態度及行為。天主的慈悲就是祂對我們每一位慈愛的關顧。祂自覺有責任，意思是，祂渴望我們幸福，並願意看見我們開心，充滿喜樂和平安。這是基督徒以慈悲之愛所必須走的旅途。正如父去愛，祂的子女也去愛。同樣，父是慈悲的，我們也蒙召叫，以慈悲彼此相待。 待續

## 堂區活動

### 感謝支持天主教教育主日

多謝大家上週在天主教教育主日的慷慨奉獻，我們共籌得\$2,745.50 願主與你們同在！

### 小心駕駛

溫馨提示：冬季臨近，特別在下雪時，務請各位在聖堂停車場範圍內小心駕駛，將車速減至每小時 10 公里以下，保持耐性、小心及考慮自己、他人及其他車輛之安全。

### 招募管理聖堂停車場之志願人士

為更加妥善管理主日及特別禮儀日子聖堂停車場的交通及車輛停泊之安排，並確保行人及車輛安全使用停車場設施，現招募志願者協助服務此項工作，有意參與的教友請聯絡堂區辦事處(403-265-7926)

## 青年晚會

青年晚會將於 11 月 14 日(星期六) 6 時至 10 時舉行。6 時於上禮堂靈修講座，7 時開始韓國燒烤晚餐及玩桌上遊戲。青年及成年人收費是 5 元。歡迎堂區所有青年及兄弟姊妹參加。

## Breakforth 愛蒙頓世博會

請大家來參加加拿大最大的教會設施和更新會議！欲知詳情，請上網到 [olphyoungadults.weebly.com](http://olphyoungadults.weebly.com)。晨鳥優惠限期 是十一月二十四日。如果有興趣請聯絡 Joanne Lam at [olphyoungadults@gmail.com](mailto:olphyoungadults@gmail.com)

## 冬季晚會天才表演

大專青年團誠意邀請堂區內的兄弟姐妹來參加我們的冬季晚會，晚會內容包括天才表演。晚會將於十一月二十八日晚上六時至九時舉行。如想報名或想知道詳情，請聯絡 Joanne Lam at [olphyoungadults@gmail.com](mailto:olphyoungadults@gmail.com)

## 2016 年奉獻信封

2016 年奉獻信封開始分發，請捐獻信封用戶，到教堂正門入口處領取。如有任何疑問，請與堂區辦事處聯絡 (403-265-7926)

## 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 11 月 10 日

St. Angela School 榮軍紀念日彌撒  
時間：上午 9 時  
地點：永援聖母堂

星期五 11 月 13 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

## 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 11 月 14 日

## 聖母軍

(聖母軍聖母無玷聖心支團)

時間：上午 9 時 45 分(開會)

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

## 公教家庭開會

時間：下午 4 時至 8 時

地點：永援聖母堂上禮堂

## 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

## 信仰小團體 (西北區)

時間：晚上 7 時 30 分至 10 時

聯絡：Anna Tam 403-285-5023

星期日 11 月 15 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

但該在天上為自己積蓄財富，因為那裏沒有蟲蛀，沒有銹蝕，那裏也沒有賊挖洞偷竊。(瑪 6:20)

## 靈修小故事

鵝卵石

在一次上「時間管理」的課上，教授在桌子上放了一個裝水的罐子。然後又從桌子下面拿出一些正好可以從罐口放進罐子裡的「鵝卵石」。當教授把石塊放完後問他的學生道：「你們說這罐子是不是滿的？」

「是，」所有的學生異口同聲地回答說。

「真的嗎？」教授笑著問。然後再從桌底下拿出一袋碎石子，把碎石子從罐口倒下去，搖一搖，再加一些，再問學生：「你們說，這罐子現在是不是滿的？」這回他的學生不敢回答得太快。

最後班上有位學生怯生生地細聲回答道：「也許沒滿。」

「很好！」教授說完後，又從桌下拿出一袋沙子，慢慢的倒進罐子裡。倒完後，於是再問班上的學生：「現在你們再告訴我，這個罐子是滿的呢？還是沒滿？」

「沒有滿，」全班同學這下學乖了，大家很有信心地回答說。

「好極了！」教授再一次稱讚這些「孺子可教也」的學生們。稱讚完了後，教授從桌底下拿出一大瓶水，把水倒在看起來已經被鵝卵石、小碎石、沙子填滿了的罐子。

當這些事都做完之後，教授正色問他班上的同學：「我們從上面這些事情得到什麼重要的功課？」

班上一陣沈默，然後一位自以為聰明的學生回答說：「無論我們的工作多忙，行程排得多滿，如果要逼一下的話，還是可以多做些事的。」

這位學生回答完後心中很得意地想：

「這門課到底講的是時間管理啊！」

教授聽到這樣的回答後，點了點頭，微笑道：「答案不錯，但並不是我要告

卵石」放進罐子裡的重要性。什麼是我們生命中的「鵝卵石」？是和我們心愛的人常相廝守？是我們的信仰？教育？夢想？值得奮鬥的目標？做年輕人的好榜樣？為下一代留一些值得的回憶？

也許在今晚上床之前，或一個人安靜的時候，我們都該想想「什麼是我生命中的鵝卵石」這個問題。

## 知多一點點

### 祈禱是天主的恩賜

「祈禱是舉心嚮往天主，或者向天主求適合的恩惠」。祈禱時，我們從何處說起呢？是從我們的高傲和我們自己的願望嗎？抑或是從謙虛和懺悔的心的「深處」呢？「誰若謙抑自下，將被高舉」。

謙虛是祈禱的基礎。「我們不知道該怎樣祈禱才好」。祈禱是我們無功而得的恩惠。謙虛才是接受此恩惠的最佳心態。人在天主面前是個乞丐。

「你若認識天主的恩惠！」。祈禱的妙義就妙在這裡：我們來到井邊汲水，就在那裡，基督來與每個人相遇。祂先來尋找我們，開口向我們要水喝。耶穌口渴；祂的要求來自天主的內心深處：天主渴望我們。不管我們知道或不知道，事實上，祈禱就是天主的渴望與我們的渴望相遇。天主渴望我們渴望祂。

「你要向祂求水喝，祂就會給你活水」。我們的祈求原是一個吊詭性的回應。回應生活的天主的抱怨：「他們離開我這活水之泉，去掘漏水的水池！」，以信德回應天主無條件給予的恩許，以愛回應天主獨生子的口渴。

訴你們的重要信息。」說到這裡，這位教授故意頓住，用眼睛向全班同學掃了一遍說：「我想告訴各位最重要的信息是，如果你不先將大的「鵝卵石」放進罐子裡去，你也許以後永遠沒機會把它們再放進去了。各位有沒有想過，什麼是你生命中的鵝卵石？」我們都很會用小碎石加沙和水去填滿罐子，但是很少人懂得應該先把「鵝