

Theme Sharing

33rd Sunday in Ordinary Time Be On Guard

In the gospel, Jesus speaks about the destruction of Jerusalem and the end of the world, and he exhorts his disciples to be on guard. So must we also be always on guard and be prepared. It should not matter too much to us as to when the end of the world will happen. What really matters is whether or not we, as Christians, are ready at all times for the second coming of Christ. Echoing Jesus' warning of the end of the world, Daniel describes in the first reading what the scenario would be like: "There shall be a time of anguish, such as has never occurred since nations first came into existence." He also foretells the resurrection of the dead: "Many of those who sleep in the dust of the earth shall awake, some to everlasting life, and some to shame and everlasting contempt." On the timing of this fateful event, Jesus says: "No one knows what day or hour this will occur - neither the angels in heaven, nor the Son; only the Father knows." For this reason, we must always be prepared at all times to face our judgment before God. And in our sojourn on earth, we must maintain our faith in Christ and be one with him in serving our brothers and sisters.

The second reading explains the sacrifice of Jesus and what it means to us. Jesus sacrifices himself once and for all to atone for our sins. As his offering is perfect and complete, Jesus is seated at the right hand of the Father, now and for all eternity. The liturgical year is about to end. Let us always be ready for the coming of Christ. We must always live, and grow, in faith and love. With the saving grace of Christ, we can surely fulfill our mission in life.

2015 Year Of Consecrated Life

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

I also expect from you what I have asked all the members of the Church: to come out of yourselves and go forth to the existential peripheries. "Go into all the world"; these were the last words which Jesus spoke to

his followers and which he continues to address to us (cf. Mk 16:15). A whole world awaits us: men and women who have lost all hope, families in difficulty, abandoned children, young people without a future, the elderly, sick and abandoned, those who are rich in the world's goods but impoverished within, men and women looking for a purpose in life, thirsting for the divine... Don't be closed in on yourselves, don't be stifled by petty squabbles, don't remain a hostage to your own problems. These will be resolved if you go forth and help others to resolve their own problems, and proclaim the Good News. You will find life by giving life, hope by giving hope, love by giving love. I ask you to work concretely in welcoming refugees, drawing near to the poor, and finding creative ways to catechize, to proclaim the Gospel and to teach others how to pray. Consequently, I would hope that structures can be streamlined, large religious houses repurposed for works which better respond to the present demands of evangelization and charity, and apostolates adjusted to new needs.

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.

Mercy is the very foundation of the Church's life. All of her pastoral activity should be caught up in the tenderness she makes present to believers; nothing in her preaching and in her witness to the world can be lacking in mercy. The Church's very credibility is seen in how she shows merciful and compassionate love. The Church "has an endless desire to show mercy".[8] Perhaps we have long since forgotten how to show and live the way of mercy. The temptation, on the one hand, to focus exclusively on justice made us forget that this is only the first, albeit necessary and indispensable step. But the Church needs to go beyond and strive for a higher and more important goal. On the other hand, sad to say, we must admit that the practice of mercy is waning in the wider culture. In some cases the word seems to have dropped out of use. However, without a witness to mercy, life becomes fruitless and sterile, as if sequestered in a barren desert. The time has come for the Church to take up

the joyful call to mercy once more. It is time to return to the basics and to bear the weaknesses and struggles of our brothers and sisters. Mercy is the force that reawakens us to new life and instills in us the courage to look to the future with hope. To Be Continued.

Diocese & Other News

Temporary Closure of The Library and Archives

The Library & Archives at the Pastoral Centre will be closed from now until end of January 2016 due to on-going construction. You may still return books however if you would like to keep them please do so until then. Thank you for your patience.

Come And See Weekend

A priestly vocation discernment weekend will take place at St Joseph's Major Seminary in Edmonton on the weekend of Nov. 20 – 22, 2015. (Beginning Friday evening and ending after the noon lunch on Sunday.) For further information and to register CONTACT | Office of Vocations | 403-245-2753| migaffney@telusplanet.net

Parish Activities

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 under faith development. Early bird deadline is November 24. To reserve a spot, please contact Joanne Lam at 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 for more details.

Christmas ornament making

On November 22 and 29 after 10am mass, Youths and Young Adults will be making ornaments in preparation for this year's Christmas carolling. We would like to invite

all parishioners to come and join us.

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).

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.

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 18, 20

OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Friday Nov 20

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 Nov 21

Legion of Mary (meeting)

Time: 9 :45 a.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

St. Gabriel Choir

Time: 1:00 p.m. - 10:00 p.m.

Place: OLPH Church Upper Hall

Sunday Nov 22

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

Church Activity Meeting

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

Place: OLPH Church Upper Hall

Words of Life Reflection

Do not be afraid of those who kill the body, but have no power to kill the soul. Rather be afraid of him who can destroy both body and soul in hell.

(Mathew 10:28)

Let There Be Light

When Jesus Looks

When Jesus looks upon my life,

What picture does He see?

Does He see His own reflection,

Or does He just see me?

Does He see His likeness,

The product of His hand.

Or just another Christian,

Who never took a stand.

Does He see a child of God,

A child that He set free.

Living life to honor Him,

Or does He just see me.

What about the other folks,

I meet along the way.

Do I show them Jesus,

To brighten up their day.

When someone looks into my eyes,

Can they truly see.

That calm and gentle peace of God,

That dwells inside of me.

When I reach out and shake a hand,

Is He right there in my grip.

Can they feel that strength from God,
That steadies when I slip.

When folks are in my presence,

Do they know His Spirit's there?

Can they see that He's the one,

Who guides me everywhere.

When other people think of me,

What is on their mind?

Do they think of Jesus Christ,

So gentle and so kind.

I try to be like Jesus,

Every single day.

Spreading love and kindness,

All along my way.

I'm afraid that I have failed,

I could not pass the test.

Deep inside my heart I know,

I haven't done my best.

I have had to fight my flesh,

Since the day that I was born.

It's always causing trouble,

And being such a thorn.

That's why His Spirit dwells in me,

He's helping me to learn.

In every situation,

Where I need to turn.

He knew I'd never pass the test,

That's why He took my place.

He gave His life to save my soul,

He suffered my disgrace.

Now I try to be like Him,

I must present Him well.

So other folks will want His gift,

And turn their backs on hell.

Other folks should see the joy,

That Christ has given me.

They should want to have it too,

Especially since it's free.

They should begin to ask me,

What is it they must do.

Just how it is they go about,

Getting Jesus too.

Then I get to tell them,

This wondrous gift is free.

It only takes a humble heart,

A prayer on bended knee.

Someday when I'm face to face,

With the Lord who set me free.

Will He see His own reflection,

Or will He just see me?

Stories Faith Sharing

Love and the Cabbie

I was in New York the other day and rode with a friend in a taxi. When we got out, my friend said to the driver, "Thank you for the ride. You did a superb job of driving."

The Taxi driver was stunned for a second. Then he said, "Are you a wise guy or something?"

"No, my dear man, and I'm not putting you on. I admire the way you keep cool in heavy traffic."

"Yeah," the driver said and drove off.

"What was that all about?" I asked.

"I am trying to bring love back to New York," he said. "I believe it's the only thing that can save the city."

"How can one man save New York?"

"It's not only one man. I believe I have made that taxi driver's day. Suppose he has 20 fares. He's going to be nice to those 20 fares because someone was nice to him. Those fares in turn will be kinder to their employees or shopkeepers or waiters or even their own families. Eventually the goodwill could spread to at least 1,000 people. Now that isn't bad, is it?"

"But you're depending on that taxi driver to pass your goodwill to others."

"I'm not depending on it," my friend said. "I'm aware that the system isn't foolproof so I might deal with ten different people today. If out of ten I can make three happy, then eventually I can indirectly influence the attitudes of 3,000 more."

"It sounds good on paper," I admitted, "but I'm not sure it works in practice."

"Nothing is lost if it doesn't. It didn't take any of my time to tell that man he was doing a good job. He neither received a larger tip nor a smaller tip. If it fell on deaf ears, so what? Tomorrow there will be another taxi driver I can try to make happy."

"You're some kind of a nut," I said.

"That shows how cynical you have become. I have made a study of this. The thing that seems to be lacking, besides the money of course, for our postal employees, is that no one tells people who work for the post office what a good job they're doing."

"But they're not doing a good job."

"They're not doing a good job because they feel no one cares if they do or not. Why shouldn't someone say a kind word to them?"

We were walking past a structure in the

process of being built and passed five workmen eating lunch. My friend stopped. "That's a magnificent job you men have done. It must have been difficult and dangerous work."

The workmen eyed my friend suspiciously. "When will it be finished?"

"June," a man grunted.

"Ah. That's very impressive. You must all be very proud."

We walked away. I said to him, "I haven't seen anyone like you since The Man From La Mancha."

"When those men digest my words, they will feel better for it. Somehow the city will benefit from their happiness."

"But you can't do this alone!" I protested.

"You're just one man."

"The most important thing is not to get discouraged. Making people in the city become kind is not an easy job, but if I enlist other people in my campaign..."

"You just winked at a very plain-looking woman," I said.

"Yes, I know," he replied. "And if she's a schoolteacher, her class will be in for a fantastic day."

Read More Know More

Prayer as covenant

Where does prayer come from? Whether prayer is expressed in words or gestures, it is the whole man who prays. But in naming the source of prayer, Scripture speaks sometimes of the soul or the spirit, but most often of the heart (more than a thousand times). According to Scripture, it is the heart that prays. If our heart is far from God, the words of prayer are in vain.

The heart is the dwelling-place where I am, where I live; according to the Semitic or Biblical expression, the heart is the place "to which I withdraw." The heart is our hidden center, beyond the grasp of our reason and of others; only the Spirit of God can fathom the human heart and know it fully. The heart is the place of decision, deeper than our psychic drives. It is the place of truth, where we choose life or death. It is the place of encounter, because as image of God we live in relation: it is the place of covenant. [2699, 1696] 2564 Christian prayer is a covenant relationship between God and man in Christ. It is the action of God and of man, springing forth from both the Holy Spirit and ourselves, wholly directed to the Father, in union with the human will of the Son of God made man.

主日分享

常年期第三十三主日

時刻警醒

在福音中，耶穌借耶路撒冷聖殿的毀滅和世界末日，要求弟子們警醒。我們需要時刻注意，時刻警醒。世界末日到底是近還是遠，這並不是非常重要，我們需要的是時時刻刻準備好迎接天主的來臨。

第一篇讀經，達尼爾先知預言世界末日：「那將是一個災難的時期，是自開國以來，直到那時從未有過的」他還預言復活：「許多長眠於塵土中的人，要醒起來；有的要入於永生，有的要永遠蒙受羞辱」。同樣耶穌在福音中也宣告末世大災難，祂又說：「至於那個日子和那個時刻，除了父以外，誰也不知道，連天上的天使和子都不知道」。

為此，我們需要保持信心，從先知預言中受到警醒，更加負擔起作為基督徒的責任，與基督合一，服務於兄弟姊妹。

第二篇讀經向我們講述耶穌的獻祭以及這獻祭對我們的意義。耶穌一次性的奉獻贖罪祭，便永遠的坐在天主的右邊，因為祂的奉獻是完滿的，足以賠補眾人的罪過。

在禮儀年的結尾，讓我們在這種信任和警醒的氣氛中準備自己。生活在信仰和警醒內，在愛內持續的發展，因為這就是我們基本的聖召，耶穌的奉獻幫助我們有能力實現這一切。

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

我也期待你們如同我向教會的所有成員所要求的：走出你們自己，邁向生活的周遭。「走向全世界」，這是耶穌向祂的門徒們說的最後幾句話，祂繼續向我們說這些話(參谷十六 15)。整個世界在等我們：那些失去希望的人、困難中的家庭、被遺棄的兒童、沒有將來的青年人、長者、病人及被棄的人、那些富有世上財物而內心卻

窮困的人、爲了追求生活的男女、渴求天主的人等。

你們不要封閉自己，不要因瑣碎的小事而消沉，不要爲你們自己的問題所綁架。假如你們走出去，幫助別人解決他們的問題，且宣報福音，以上的一切都會解決。你們因爲給予生命而得生命，給人希望而有希望，給予愛而獲得愛。

我要求你們具體地歡迎難民，接近窮人，尋找講授要理，宣揚福音和教人如何祈禱的創新方法。爲此，我希望結構可以簡化，廣大的修會會院，爲了工作而重新整理，使更好的回應目前福傳和慈愛的需求，使徒工作依新的需求而調整。 待續

慈悲面容

慈悲特殊禧年詔書

天主衆僕之僕、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

慈悲正是教會生活的基礎。教會的一切牧靈活動都應專注於對信友那份體貼，讓信友體驗得到；教會在世界中的宣講和見證絕不能缺少慈悲。教會是否可信，在於教會如何展示慈悲和憐憫。教會「具有無盡的渴望去展現憐憫之情」。或許我們忘記已久：如何展現和活出慈悲。一方面，我們被誘惑，祇注重公義，卻忘記公義祇是必須又不可或缺的起步。但是，教會仍需更進一步，追求更崇高和更重要的目標。另一方面，令人難過的是，我們得承認慈悲的行徑正在普遍的文化中消逝。有時慈悲一詞已近絕跡。然而，沒有慈悲的見證，生命變得貧瘠，不會結果，猶如被丟棄於不毛的荒漠。時候到了，教會應歡欣地重拾慈悲的召叫。時期已到，應回歸基本，並擔待我們弟兄姊妹的軟弱和掙扎。慈悲，是喚醒我們重慶新生的力量，並給我們注入勇氣，懷著希望迎向將來。 待續

堂區活動

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。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

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

製造聖誕節裝飾品

十一月二十二日和十一月二十九青年團和大專青年團將會製造聖誕裝飾品作爲聖誕報佳音之用。我們邀請堂區所有的兄弟姐妹來幫助。

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)

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

爲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)

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 10 月 27 日，捐款已累積至 \$32,645.20 元。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 18, 20 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 20 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

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 11 月 21 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

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

聖加俾額爾聖詠團

時間：下午 1 時至下午 10 時

地點：永援聖母堂上禮堂

星期日 11 月 22 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

堂區活動會議

時間：下午 12 時 30 分至 2 時 30 分

地點：永援聖母堂上禮堂

每週生活聖言反思

你們不要害怕那殺害肉身，而不能殺害靈魂的；但更要害怕那能使靈魂和肉身陷於地獄中的。

(瑪 10:28)

靈修小故事

一輛新車

有位父親剛買了一輛新車，他非常寶貝這部車，每天都洗車打蠟。有一天，車子因為淋了雨而顯得髒，但父親實在太累了，便想改天再洗車吧！五歲的兒子見父親這麼累，就興沖沖地要幫爸爸洗車，父親見他人小志氣大，心中感到欣慰，便放手讓兒子洗。小兒子要洗車，卻找不到抹布，他走進廚房，想起母親平常炒完菜洗鍋子時，都是用鋼刷使勁刷才刷乾淨，所以既然沒有抹布，就用鋼刷吧！他拿起鋼刷用力的洗起車來，一遍又一遍，就像刷鍋子一樣刷車。等他洗完之後，「哇！」他大哭失聲，車子怎麼都花了？這下慘了，他急忙跑去找父親，邊哭邊說：「爸爸，對不起，爸爸，你來看！」父親疑惑地跟著兒子走到車旁，他也「哇！」一聲，「我的車！我的車！」氣得走進房間，跪在地上禱告：「天父啊！請你告訴我，我該怎麼做？那是我買的新車，一個月不到，就變成這樣，我該怎麼處罰我的孩子？」

禱告完，他心裡出現一個聲音：「世人都是看表面，而我卻是看內心！」突然間，他像是被點醒了。他走出房間，兒子正害怕地流著淚，動也不敢動。父親急忙把孩子擁在懷裡，對他說：「謝謝你幫爸爸洗車，爸爸愛你，勝過愛那部車子。」

「天主不像人看人；人是看外貌，天主是看內心。」 撒 16：7

知多一點點

祈禱是盟約

人從哪裡發出祈禱？無論用甚麼語言(姿勢或言語)，總是整個人在祈禱。但為了指出祈禱從那裡湧現出來，聖經有時說是靈魂或心神，而提及心的次數最多(超過千次)。的確，是人的心在祈禱。如果心遠離天主，外表的祈禱就虛而不實。(按照閃族和聖經的說法：我投宿心中) 心是居所，我在此，我居此。心是理性抓不到，別人也摸不著的隱密

中樞，只有天主的神才能洞察和認識它。心是作決定的地方，在我們心靈欲望的最深處。心是真理所在，是我們選擇生或死的地方。心亦是相遇之處，因為按天主的肖像，我們活於關係中：心是結盟之所在。

基督徒的祈禱是天主與人在基督內結盟的關係。它是天主的行動，也是人的行動；它發自聖神，也出自我們，並與降生成人的天主子的人性意願相結合，而完全指向天主聖父。

心靈小品

值得花時間的事一

花時間思考，它是力量的來源。
 花時間閱讀，它是智慧的基礎。
 花時間休閒，它是維持年輕的秘訣。
 花時間安靜，它是尋求天父的時刻。
 花時間關懷，它是助人的良機。
 花時間愛人與被愛，它是天主給我們最美好的禮物。
 花時間開懷大笑，它是心靈美妙的樂章。
 花時間善待他人，它是快樂之道。
 花時間夢想，它是未來的藍圖。
 花時間禱告，它是世上最強大的力量。
 「要愛惜光陰，因為現今的世代邪惡。」 弗 5：16