

## Theme Sharing

### Feast of Christ the King

Today is the last Sunday of the liturgical year and we celebrate the Feast of Christ the King. All three readings of today touch on the Kingship of Christ. In the first reading, Daniel foresees in a night vision the coming of the Son of Man receiving dominion, glory and kingship from the Heavenly Father. The second reading, from the *Book of Revelation*, acknowledges that Christ is King and Ruler of all.

In today's gospel, Jesus appears in a state of shame and humiliation before the Roman authorities. He has been arrested, flogged, insulted, cursed and brought before Pilate as if he is a political prisoner, a self-styled Jewish king. "Are you the King of the Jews?" asks Pilate, to which Jesus replies emphatically: *"My kingdom is not from this world. If my kingdom were from this world, my followers would be fighting to keep me from being handed over to the Jewish authorities. But as it is, my kingdom is not from here."*

Amazed at Jesus' answer, Pilate remarks: "So you are a king?" Well, Jesus Christ is indeed a King, but not an ordinary king. Thereupon, Jesus affirms to Pilate that he is King; and he goes on to say, *"For this I was born, and for this I came into the world, to testify to the truth."* Undoubtedly, Jesus is talking about something more than mere scientific truth. It is the Truth about God, revealed to us throughout the human history as an all-loving God.

## 2015 Year Of Consecrated Life

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

I expect that each form of consecrated life will question what it is that God and people today are asking of them. Monasteries and groups which are primarily contemplative could meet or otherwise engage in an exchange of experiences on the life of prayer, on ways of deepening communion with the entire Church, on supporting persecuted Christians, and welcoming and assisting those seeking a deeper spiritual life or requiring moral or

material support.

The same can be done by Institutes dedicated to works of charity, teaching and cultural advancement, to preaching the Gospel or to carrying out specific pastoral ministries. It could also be done by Secular Institutes, whose members are found at almost every level of society. The creativity of the Spirit has generated ways of life and activities so diverse that they cannot be easily categorized or fit into ready-made templates. So I cannot address each and every charismatic configuration. Yet during this Year no one can feel excused from seriously examining his or her presence in the Church's life and from responding to the new demands constantly being made on us, to the cry of the poor.

Only by such concern for the needs of the world, and by docility to the promptings of the Spirit, will this Year of Consecrated Life become an authentic *kairos*, a time rich in God's grace, a time of transformation. 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.

Let us not forget the great teaching offered by Saint John Paul II in his second Encyclical, *Dives in Misericordia*, which at the time came unexpectedly, its theme catching many by surprise. There are two passages in particular to which I would like to draw attention. First, Saint John Paul II highlighted the fact that we had forgotten the theme of mercy in today's cultural milieu: "The present-day mentality, more perhaps than that of people in the past, seems opposed to a God of mercy, and in fact tends to exclude from life and to remove from the human heart the very idea of mercy. The word and the concept of 'mercy' seem to cause uneasiness in man, who, thanks to the enormous development of science and technology, never before known in history, has become the master of the earth and has subdued and dominated it. This dominion over the earth, sometimes understood in a one-sided and superficial way, seems to have no room for mercy... And this is why, in the situation of the Church and the world today, many individuals and groups guided by a lively sense of faith are turning, I would

say almost spontaneously, to the mercy of God".

Furthermore, Saint John Paul II pushed for a more urgent proclamation and witness to mercy in the contemporary world: "It is dictated by love for man, for all that is human and which, according to the intuitions of many of our contemporaries, is threatened by an immense danger. The mystery of Christ... obliges me to proclaim mercy as God's merciful love, revealed in that same mystery of Christ. It likewise obliges me to have recourse to that mercy and to beg for it at this difficult, critical phase of the history of the Church and of the world". This teaching is more pertinent than ever and deserves to be taken up once again in this Holy Year. Let us listen to his words once more: "The Church lives an authentic life when she professes and proclaims mercy – the most stupendous attribute of the Creator and of the Redeemer – and when she brings people close to the sources of the Saviour's mercy, of which she is the trustee and dispenser". To Be Continued.

## Diocese & Other News

### Worldwide 50th Anniversary of Nostra Aetate

Join us for a talk by Bishop Henry and the Rabbis of Southern Alberta and on Second Vatican's 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, Calgary. Reception to follow.

## Parish Activities

### 5th Sunday Rosary

Matteo Ricci Council 10119 will be hosting Rosary, 20 min. before the 10:00 & 11:30 Mass on Sunday, November 29, 2015. A mini K of C rosary ring will also be distributed to the parishioners attended while quantities last.

### Light up for Christmas

To celebrate the start of a new liturgical year and the Christmas Season, our Church will hold a Light up for Christmas Ceremony on the first Tuesday in December (Dec1), after

the 6:30pm Marian mass.  
Parishioners, friends and families are cordially invited to come out to help celebrate this happy occasion.

### Exposition of the Blessed Sacrament on December 5

The December's Exposition of the Blessed Sacrament will be led by Parish Pastoral Council on December 5 from 10am to 11am. Fr. Nguyen will listen to Confession. Parishioners are encouraged to attend.

### Movie Night –

#### "March of the Penguins"

Date: December 5 (Saturday)

Time: 6 pm Potluck, 6:30 pm Movie

Place: OLPH Upper Hall

God created fish and birds in their own species. God blessed them, saying, 'Be fruitful, and multiply'. You may have seen how salmon struggle to the breeding ground, this documentary depicts the yearly arduous journey of the emperor penguins of Antarctica to their breeding grounds, to carry out the holy mission and blessing given by God.

### 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 25, 27

#### OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Friday Nov 27

#### OLPH Scout

Time: 6:30pm.-9:30pm

Place: Upper Hall & Lower Hall

Saturday Nov 28

#### Legion of Mary ( meeting )

Time: 9:45 a.m.

Place: K of C Room at OLPH Church

#### 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

#### Winter Gala Talent Show

Time: 6:00 p.m. - 9:00 p.m.

Place: OLPH Church Upper Hall

#### Faith Sharing Group (Arbour Lake)

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

Contact: Grace Chan 403-208-1806

Sunday Nov 29

#### 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

Not everyone who says to me, 'Lord! Lord!' will enter the kingdom of heaven, but the one who does the will of my heavenly Father. ( Mathew 7:21 )

## Let There Be Light

### Difference Between Reputation and Character

Character is the one thing we make in this world and take with us into the next. The circumstances amid which you live determine your reputation; the truth you believe determines your character.

Reputation is what you are supposed to be;  
Character is what you are.

Reputation is the photograph;

Character is the face.

Reputation comes over one from without;

Character grows up from within.

Reputation is what you have when you come to a new community;

Character is what you have when you go away.

Reputation is made in a moment;

Character is built in a lifetime.

Your reputation is learned in an hour;

Your character doesn't come to light for a year.

Reputation grows like a mushroom;

Character grows like the oak.

A single newspaper report gives you your reputation;

A life of toil gives you your character.

Reputation makes you rich or makes you poor;

Character makes you happy or makes you miserable.

Reputation is what men say about you on your tombstone;

Character is what angels say about you before the throne of God.

## Stories Faith Sharing

### The Old Monk

It can be hard to understand why we need to pray and nurture a healthy spiritual life. "I don't have time to pray," is what many of us might genuinely feel and say. Reflect again after reading the following story.

A young monk had been living in a monastery for two years and was at his wits end because he did not feel that he knew and understood the art of prayer. One day, in a moment of desperation, he approached a very old monk who was sitting by a river which ran through the monastery grounds. The young monk asked the old monk to explain prayer – what it is and how to do it. Immediately, the old monk grabbed the younger by the scruff of the neck and thrust his head underneath the water. The young monk tried with all his strength to break free but was unable to do so. As the old monk intuited that the younger was about to drown, he yanked the younger out of the water. The young monk gasped for breath like he had never done so before, at which point the old monk said calmly, "That is prayer, my son. It is the very breath of life. Make time for prayer, even if it is difficult at times, because for our inner selves, it is as important as oxygen for the lungs. Without it, we spiritually die."

You don't have to be in a special place to pray, or necessarily assume a particular posture. Anyone can pray anywhere. If you don't know where to start, you're not alone. To help, please see some of the free resources provided below.

Praying the Rosary

Praying the Divine Mercy

Praying in front of the Eucharist

Sacred Space: Ten Minute Daily Prayer

Reflections

Pray as you go: Daily Prayer For Your Mp3 Player

Getting Started

Radiant Light: Paintings For Meditation And Reflection

Different Ways Of Praying

Expressions Of Prayer

The Rosary: A Garland Roses

The Liturgy Of The Hours: Pray Without Ceasing.

## Read More Know More

### The Origin And Change In The Relationship Between God And Humans and how God Prepared the Way for a Savior

God the Father is the Lord and Creator of heaven and earth. He made all of the material universe and human beings, as well as all immaterial and spiritual beings. Without beginning or end, the omnipotent, all good God has a good and perfect plan for every creature. Yet because of pride and arrogance humans did not follow God the Father's will, as a result suffering, death, and sin entered the world. Nevertheless, God did not give up on the human race, but made a plan of salvation that would save humans from sin and suffering. His plan of salvation began with Creation. Therefore God chose a special people with Abraham as their father and through Abraham extended this salvation to the whole human race. God Prepared the Way for a Savior Who is the Savior?

The Savior is the only Son of God, Jesus Christ.

When did the Savior come?

The Savior came about the beginning of the first century, A. D.

How does God treat those who were born before the Savior came and those who do not know him?

God loves and takes care of those who seek salvation, He will not reject anyone.

Why did God wait so long before sending the Savior?

God wanted humans to desire, accept, and prepare to welcome the arrival of the Savior. How did God help prepare people for the coming of the Savior?

In every race and culture God prepared prophets, and leaders who would seek an ideal spiritual life, in order to find the creator of all.

What clear method did God use to prepare for the coming of the Savior?

God chose the Jewish people out of every other nation and race, preserved their faith in the one true God, and prepared the way for the Savior (among them)

## 主日分享

### 基督普世君王

本主日是禮儀年的最後一個主日，教會邀請我們慶祝基督普世君王節。今天的三篇讀經都向我們講到這個王國。第一篇是達尼爾先知的預言，他在一個夜晚的視像看到一個相似人子者，在從天主父接受一切權柄。第二篇讀經是末世錄，承認基督為王，統治一切。

在福音片斷中，耶穌處於被屈辱的狀態，祂在羅馬政權前受到指控。祂被逮捕，捆綁，侮辱，指責，祂的敵人將祂押到比拉多前，如同一個政治犯，如同一個自稱的猶太王。比拉多質問耶穌：“你是猶太人的王嗎？”耶穌肯定地回答比拉多：“我的國不屬於這個世界，假使我的國屬於這個世界，我的臣民早已反抗了，使我不致於被交給猶太人；但是，我的國不屬於這個世界”。

比拉多很驚訝耶穌的話，就作結說：“那麼你就是王了？”這是另外一種類型的王，但是無論如何是王。耶穌肯定的說：“你說的是，我是君王”。祂對比拉多說：“我為此而生，為此而來到世界上，為給真理作證”。很顯然，這裏耶穌指的是天主的真理；祂不是指某種科學真理，而是一個更加深刻的真理，天主的真理：事實上是一個愛的啓示的真理。

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

我希望每一種形式的獻身生活團體詢問，今天天主和大眾要求他們的是甚麼。

隱修院和主要是默觀的團體，可以相聚交換祈禱生活的經驗，設法加深與整個教會的共融，支援受迫害的基督徒，歡迎並幫助那些尋求深切靈修生活的人，或要求道德的或是物質幫助的人。

那些從事慈善工作，教學和文化事業，宣傳福音或是負責特殊牧職的修

會也可以這樣做。俗世會，它們的成員存在社會的各個層面，也可以這樣去做。聖神的創新會產生不同的生活方式和活動，無法容易地將它們歸類，或歸納在現成的樣板中。因此我無法向每一個形式的神恩說話，在這一年，沒有人可以逃避嚴正地審查他或她在教會生活中的臨在，回應不斷要求我們的新需求，以及窮人的哭訴。唯有以這種對世界需要的關切，以及對聖神鼓吹的順服，此獻身生活年才能成為真正的 Kairos，就是富有天主恩寵的時刻、改變的時刻。 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

我們不要忘記教宗聖若望保祿二世在他第二份通諭《富於仁慈的天主》的偉大教訓。這通諭的問世，是大家意想不到的；其主題也是出乎意料之外的。我請大家留意其中兩段。首先，聖若望保祿二世提出，在今日的文化環境中，我們已忘記了慈悲這主題：「現代人的心態，似乎較過去人的心態，更加與仁慈的天主相對立。事實上，現代人傾向從生活和人心中剝掉『仁慈』這概念。『仁慈』似乎在人心中引起不安。因為由於科技的龐大發展，人已史無前例地變成大地的主人，征服了大地，支配了大地。這種對大地的統馭，有時被片面的膚淺解釋，致使似乎沒有給『仁慈』留有餘地……」。因此，在當前教會和世界的情況，受到活潑的信仰意識所引導，許多個人及團體，可以說，正自然轉向天主的仁慈。」

再者，聖若望保祿二世大力推動，今日世界需要更迫切的宣揚和見證慈悲：「慈悲是友愛他人的一項要求，為造就合乎人性的一切，而這一切，正如許多當代人憑直覺所見，正面臨威脅，危機重重。基督的奧蹟……，迫使我去宣講慈悲，正如基督奧蹟所啓示的『天主仁慈之愛』。基督的奧蹟也迫使我奔向這仁慈並祈求仁慈，尤其是在這教會和世界歷史所面臨的

艱難和關鍵時刻。」這教導史無前例地更形迫切，值得在這聖年再度提出：「當教會宣認和宣講『慈悲』，並把人帶到救主的慈悲之源，教會才活出她真實無 的生活，作為救主慈悲之源的信託者和分施者；這慈悲是『造物主』和『救世主』的最驚人屬性。」 待續

## 堂區活動

### 第五主日頌念玫瑰經

利瑪竇騎士會將於十一月二十九日主日，早上十時正及十一時三十分彌撒前二十分鐘 領頌念玫瑰經。同時將有迷你念珠環送 信友，先到先得。

### 聖誕亮燈儀式

為慶祝將臨期及剛踏入新的禮儀年，本堂將在十二月第一個星期二，即十二月一日晚上六時三十分敬禮永援聖母英語彌撒後舉行亮燈儀式。請各教友熱烈支持參加這個慶典。

### 十二月顯供聖體

永援聖母堂十二月份的顯供聖體由堂區牧民議會帶領，時間為十二月五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！

### 電影晚會 -

#### 企鵝踏上神聖的生命旅程

日期: 12月5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

天主造人之前已造了魚和飛鳥，祝福牠們要孳生繁殖。我們可能有機會看過三文魚回流繁殖，這電影則是企鵝的生態紀錄片，讓我們看到南極洲的皇帝企鵝每年如何踏上這艱苦的生命旅程，去完成天主的祝福和任命。

### 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 25, 27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 27日

永援聖母堂童軍

時間：晚上 6 時 30 分至 9 時 30 分

地點：永援聖母堂上禮堂及下禮堂

星期六 11月 28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

冬季晚會天才表演

時間：下午 6 時至下午 9 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 11月 29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

不是凡向我說：主啊！主啊！的人，就能進天國；而是那承行我在天之父旨意的人，才能進天國。(瑪 7:21)

## 靈修小故事

### 一個感人的小故事

20 世紀初，美國費城浸信會教會門口有一個啼哭的小女孩，牧師看見了就上前問她：『你怎麼了？！』小女孩哽咽的說：『有太多小朋友了，教室沒有位置了！』……

牧師看著這位小女孩衣衫破舊、也不似其他小朋友被父母裝扮的乾淨整潔。

牧師心想，主日學孩子多了，這位從貧民窟來的孩子自然地就被擠出教室了！……於是，牧師牽起女孩小小的手，走進教室找了個位置讓小女孩坐下來上主日學。這位小女孩因為牧師的愛很受感動，心裡很感恩，在她心中暗暗下了一個決定…

兩年後，在貧民窟的這個小女孩因為生病而死亡了！女孩的父母知道小女孩生前常常到這個教會上主日學，於是請了牧師來幫小女孩舉行告別式。牧師抱起了小女孩，有東西從小女孩身上滑落。牧師撿起來，是一個破舊的錢包，從裡頭抽出一張字條，幾個歪歪斜斜的字落在上頭：『這是獻給神，要把小小教會建得大一點，讓更多的小朋友能上主日學』。錢包裡頭的總共有五毫七分。

牧師大哭 ……這件事被寫下來，傳了出去… 有一位地主看到了，決定要將一塊地賣給這個教會，以『五毫七分』的價錢賣出。

如今這塊地成為 3,300 人教會、主日學大樓還有一座醫院… 小女孩費盡全力到她死前才存五毫七分。

實在沒法估量五毫七分到底 是『多麼的少』，但它卻成就『何等大的事』…。您是否常常認為自己很渺小，凡事覺得無能為力？很多的想法還沒付諸行動前，就被現實的困難壓死了？我們活得比這位貧民窟的小女孩辛苦嗎？

看這篇感動到哭了，更想到小女孩得到一點愛就可以如此感恩，而身為基督徒又做了多少？

要把握每個機會將基督愛的福音廣傳出去。

## 知多一點點

### 天父與人類關係的起源與演變 及如何準備救世主的來臨

天父創造了一切有形的宇宙萬物和人類，也造了無形的精神體。無始無終，全能全善的天主對一切受造物有美好而完善的計劃，但因為人驕傲自大沒有遵行天父的旨意，所以痛苦、死亡和罪惡來到世界上。然而天父沒有因此就遺棄人類，卻安排了救世的計劃，願意把人從罪惡和痛苦中拯救出來。這個計劃在舊約中開始：天主揀選了一個民族，在他們中進行祂的計劃，以這個民族代表全人類，因為祂的救恩是為普世人類準備的。

天主準備救主的道路

救世主是誰？

救世主只有一位，就是耶穌基督。

救世主什麼時候來的？

救世主在公元初來到這個世界上。

天主怎樣對待以前或現在還不認識救主的人？

天主眷愛照顧那些尋求救恩的人，祂絕不遺棄任何人。

為什麼經過這麼久，天主才派遣救世主？

天主願意人渴望救世主，接受救世主，妥善地準備迎接救世主的來臨。

天主怎樣幫助人預備救世主的來臨？

天主在每個民族和文化中興起了一些賢士，來領導人追求精神生活的理想，以尋求造物主。

天主運用了什麼顯著的途徑，以準備救世主的來臨？

天主擇選了猶太民族，使他們在多神的各國各民族中，保持唯一真神的信仰，並在他們中間預備救主的道路。

## 心靈小品

### 有情世界有情天

當我們說有神的時候，我們不是在說一個哲學上的、理念上的、抽象的神，祂也不是一個高高在上，冷若冰霜，無視人間疾苦的神。祂是有情、有心，能感受到我們所感受的，能同情我們的神。祂進入了人類的歷史，分享了人類的命運。祂會降生成人，擁有一個和我們相同的生命。當我們面對人

生的挑戰，被壓到透不過氣來，又感念到人間種種的淒愴、不平、怨憤、是非，罪孽的時候，我們很難沒有「念天地之悠悠，獨愴然而涕下」的感慨。但那邊，那位身懸十字架的耶穌，同時亦在悲痛地哀鳴：「我的天主，我的天主，你為什麼捨棄了我？」這真是一位洋溢著悲情的大主宰，深切地領會和感受到人間一切的悲哀和惆悵。這時人類所有的憂愁、痛楚、罪惡和污穢，全都壓在祂身上，祂的最後吶喊，正代表了祂承擔著人類的一切重擔，祂終於在無比寂寞和淒涼中死去了。

如果耶穌就這樣地死了，那不過祇是衆多歷史悲劇之一，就如屈原、岳飛、文天祥、蘇格拉底、甘地等等一樣，但耶穌的死卻完全不同，祂復活了，祂不單是一個偉人，祂更是神，祂戰勝了死亡，痛苦和一切不幸。祂告訴我們，我們在世上所經歷的一切，卻不會是白受的，因為一切都有導向新生命的可能。罪惡、痛苦與死亡並不是那麼的可怕，因為復活的生命將會由此而激射、迸發、穿越而出。

這位有情的主宰其實在告訴我們：「世界是有情的、人生是有情的，一切都是是有情的，祇要我們努力地活，努力地進入他的國度中，一切束縛著我們的東西，最終都會被解除和鬆脫，那為一切人而預備了的美好日子，是終會來臨的。」