

Theme Sharing

Your Redemption is Drawing Near (First Sunday of Advent)

Today marks the start of the Season of Advent. This is the time for us to prepare for Our Lord to come to our midst. It is also the time for us to get ready for the Second (and Final) Coming of Christ.

Whereas in the first reading Jeremiah foretells the birth of Jesus, the other two readings touch on the Second Coming of Our Lord. Jesus has come to the world to bring salvation to all. He will also come to deliver his justice as there is no salvation without justice. So the Messiah will "execute justice and righteousness in the land." In the gospel, Jesus talks about the end of the world and asks us to prepare for it. We must be prepared at all times for our death and for the coming of Our Lord to render judgment on each one of us. We need not be afraid of such moment as we should always maintain our faith and hope in the Lord. *"When these things (signs) happen,"* says Jesus, *"stand up and raise your heads, because your redemption is drawing near."* As Christians, we should always be hopeful even at the worst of times in our lives. However desperate or stormy situations we may be in, know that Christ, with his mystical power and might, will intervene and save us from all harm.

Advent is likewise a time to foster the spirit of love and mission. There are a lot of people in the world who have never heard about Christ and who need Christ in their lives. So as a sign of our love for all, we must during this Season pray earnestly for missions around the world so that Christ may be born and brought to the hearts of the people in these missionary areas.

Pope's Monthly Prayers Intention

December General and Missionary Intention

Universal: That all may experience the mercy of God, who never tires of forgiving.

For Evangelization: That families, especially those who suffer, may find in the birth of Jesus a sign of certain hope.

Advent Reflection

Gift of Wonder

"Each year, God asks us to shed one more coat of awareness, one more dream state and come alive to the vision of God's plan for each of us and the world-at-large.

"The older we get, the harder this is to do. As children we had a sense of wonder. Our eyes were wide open and drinking in the fascinating gifts we beheld...Our thirsty souls could not have enough of the wonders of creation.

"Then, somehow, we grew too old to dream. We tired of the abundance of the world, or at least grew weary of keeping up with the feast of life, and stepped away from the banquet of life.

"The natural gift of wonder God gave us as children was meant to be kept alive.... Instead we let wonder go to sleep. We entered the typical dream state of most humans.

"Why else does Jesus tell us today, 'Stay awake!' ...Advent says, 'Wake up and realize the gifts of love you have received.'

"...Psychology says, 'Let go.' Spirituality says, 'Wake up.' In both cases there is a withdrawal from the busyness of daily life (our dream state) and a waking up to the subconscious and spiritual depths of ourselves."

News & Others

Jubilee Year of Mercy

The celebration of an extraordinary Holy Year dedicated to Mercy. The Jubilee of Mercy will begin on December 8th, 2015, the Solemnity of the Immaculate Conception and will conclude on November 20th, 2016, Solemnity of Christ the King.

The Holy Father said "I entrust the organization of this Jubilee to the Pontifical Council for the Promotion of the New Evangelization, so that they can animate as a new step in the path of the Church in its mission of bringing the Gospel of mercy to each person," he said.

"I am convinced that the whole Church can find in this Jubilee the joy to rediscover and make fruitful the mercy of God, with which we are all called to give consolation to each man and each woman of our time. We entrust it to the Mother of Mercy, so that She may turn towards us Her gaze and watch over our path."

2015 Year Of Consecrated Life

Apostolic Letter From His Holiness, Pope Francis

The Horizons of the year of Consecrated Life

In this letter, I wish to speak not only to consecrated persons, but also to the laity, who share with them the same ideals, spirit and mission. Some Religious Institutes have a long tradition in this regard, while the experience of others is more recent. Indeed, around each religious family, every Society of Apostolic Life and every Secular Institute, there is a larger family, a "charismatic family", which includes a number of Institutes which identify with the same charism, and especially lay faithful who feel called, precisely as lay persons, to share in the same charismatic reality.

I urge you, as laity, to live this Year for Consecrated Life as a grace which can make you more aware of the gift you yourselves have received. Celebrate it with your entire "family", so that you can grow and respond together to the promptings of the Spirit in society today. On some occasions when consecrated men and women from different Institutes come together, arrange to be present yourselves so as to give expression to the one gift of God. In this way you will come to know the experiences of other charismatic families and other lay groups, and thus have an opportunity for mutual enrichment and support. 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.

The Church is commissioned to announce the mercy of God, the beating heart of the Gospel, which in its own way must penetrate the heart and mind of every person. The Spouse of Christ must pattern her behaviour after the Son of God who went out to everyone without exception. In the present day, as the Church is charged with the task of the new evangelization, the theme of mercy needs to be proposed again and again with new enthusiasm and renewed pastoral action. It is absolutely essential for

the Church and for the credibility of her message that she herself live and testify to mercy. Her language and her gestures must transmit mercy, so as to touch the hearts of all people and inspire them once more to find the road that leads to the Father. The Church's first truth is the love of Christ. The Church makes herself a servant of this love and mediates it to all people: a love that forgives and expresses itself in the gift of oneself. Consequently, wherever the Church is present, the mercy of the Father must be evident. In our parishes, communities, associations and movements, in a word, wherever there are Christians, everyone should find an oasis of mercy.

To Be Continued.

Diocese & Other News

Opening Of The Jubilee Door At The Cathedral

Please join us for the opening of the Jubilee Door at St. Mary's Cathedral by Bishop Henry on Sunday, December 13, 2015 (Third Sunday of Advent) at 10am Mass. The ritual will be followed by Sunday Eucharistic Celebration.

Parish Activities

Rejoice in God's Mercy

As part of the Year of Mercy the Diocese of Calgary invites you to re-discover the meaning of the sacrament of Reconciliation in your life. In addition to the regular parish schedule, the Sacrament of Reconciliation will be available at parishes throughout the Diocese of Calgary all the Wednesdays of Advent. December 2, 9, 16 and 23 from 7:30pm-8:30pm

First Sunday of Advent

Today's gospel reminds us that the weight of sin and the worries of this life are a trap. That undercurrent of uneasiness, that vague feeling of unworthiness or that persistent gnawing of regret keeps us from knowing God's peace. In the words of absolution spoken at the end of the sacrament of Reconciliation, the priest says "may God give you pardon and peace". Discover God's peace, a peace that comes from leaving your sin behind, being made free, and being reconciled to the Lord. Action: In Advent, prepare not only for the coming of Jesus at Christmas and at the end of time but especially for the coming of our Saviour

each day.

Mission Mexico Day(December 12)

On December 12-13 we will take up a special collection.

Mission Mexico is an outreach project to marginalized mountain communities in southern Mexico. We are asking every parishioner in the diocese to support this missionary outreach.

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 salmons 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.

YAG Christmas Party

YAG will be holding their Christmas Party on December 13 at Upper Hall starting at 6:30pm. For more information, or to RVSP please email Joyce Lam or on our webpage olphyoungadults.weebly.com. Please RVSP by Nov 30

2016 Calendar

2016 Parish Calendars are available now. Parishioners can pick them up at church entrances.

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 Dec 2, 4

OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Friday Dec 4

OLPH Scout

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

Place: Upper Hall & Lower Hall

Saturday Dec5

Exposition of the Blessed Sacrament

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

Place: OLPH Church

Legion of Mary (meeting)

Time: 11:00a.m.

Place: K of C Room at OLPH Church

Tai Chi Lesson

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

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

Movie Night – "March of the Penguins"

Time: 6 pm Potluck, 6:30 pm Movie

Place: OLPH Upper Hall

Young Adults choir practice

Time: 5:00 p.m. - 9:00p.m.

Place: OLPH Lower Hall

Sunday Dec 6

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

K of C Matteo Ricci 10119 meeting

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

Place: OLPH Church K of C room

Queen of China meeting

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

Place: OLPH boardroom

OLPH Scout

Time: 12:00 noon - 3:00 p.m.

Place: OLPH Church Lower Hall

Stories Faith Sharing

Sultan and the Sheikh

Many years ago the sultan of the Ottoman Empire visited one of the great sheikhs of Istanbul. He was deeply impressed with the wisdom and sincerity of the sheikh and began coming regularly to the sheikh's gatherings. After some time the sultan said, "I have come to love you and your teachings. If there is ever anything you want or need, please ask me and I will provide it for you if it is in my power." That was, in effect, a blank check from one of the wealthiest and most powerful men on earth. The sheikh replied, "Yes, there is one thing you can do for me. Please do not come back." The astonished sultan asked, "Have I done anything to offend you? If so, please accept my apologies." The sheik replied, "No, the problem is not you; it is my dervishes. Before you began visiting us, they would pray and chant to God, seeking only God's blessings. Now their minds are occupied with thoughts of pleasing you and receiving a reward from you. I have to ask you not to come back because we are not spiritually mature enough to handle your presence here."

Read More Know More

Advent

Advent is a time of grace given us by the Church to prepare our hearts for Jesus' coming. Don't miss out on the grace God is waiting to give you this Advent. Use Advent as a time to deepen your relationship with God, to prepare your heart for meeting God when you are called from this life and to prepare your heart for our celebration of Christmas. There is only one gift at Christmas, and that gift is Jesus. The shops are promoting Christmas because they make money out of it. Jesus said, "Watch yourselves or your hearts will be coarsened with debauchery and drunkenness and the cares of life..." Instead Advent is a time to "stay awake, praying at all times..." and to "make more and more progress in the kind of life that we are meant to live: the life that God wants..."

主日分享

你們的救援近了

(將臨期第一主日)

今天開始將臨期，這是一個準備迎接上主來臨的時期。也是一個準備上主最後來臨的時期。

在第一篇讀經中我們可以看到宣佈上主的降臨。其他兩篇讀經都談論上主的第二次來臨。祂來是為救贖。祂來也是為了執行正義，因為沒有正義就沒有救贖。所以這位默西亞“要在地上執行公道和正義”。

在福音中耶穌也預言那最後的時日，並建議人們如何為那些時日作準備。我們應該天天在我們的生活中準備好主耶穌的來臨，特別是在我們臨死的時候。耶穌教我們不要害怕，而要懷抱信心充滿希望。耶穌說：“這些事開始發生時，你們應當挺起身來，抬起你們的頭，因為你們的救援近了”

身為基督信徒的我們，即使在逆境中，也該當樂觀。我們知道無論在任何情況下，基督都用奧秘但有效的方式予以干預，一切都是為了我們的得救，為了我們的解放。

將臨期是一個在博愛上和傳教愛情上的時期。所以在這個時期應多為傳教區祈禱，因為基督應該在傳教區中誕生，以充滿那些尚未認識祂的心靈。有多少人需要基督，而他們並不知道。我們應該為他們祈禱，並表示我們普遍性的愛。錄自梵蒂岡電台

教宗及福傳祈禱意向

十二月祈禱及傳教意向

總意向：體驗天主的仁慈

願所有人能體驗天主的仁慈，祂永不止息的寬恕我們。

福傳意向：為家庭

願家庭，尤其是受苦的家庭，能在耶穌的誕生中找到希望的記號。

將臨期反省

將臨期

將臨期不祇是慶祝基督降生的預備期，更應視為基督徒的「日常生活」。我們每天都積極地修德成聖，擴展基

督的國度，目的就是預備基督的再來，讓祂重整一切，建立新天新地（詳看默示錄廿一章），使天主的救恩達至圓滿。因此，基督徒每天的生活都應有「將臨期」的精神，為隨時準備主的來臨。

新聞及其他

慈悲聖年

今年 12 月 8 日聖母始胎無染原罪瞻禮開啓「特殊禧年」；它將於今年 12 月 8 日聖母始胎無染原罪瞻禮展開，於 2016 年 11 月 20 日基督普世君王節閉幕。教宗把這個特殊禧年視為大好良機，「教會能在這段期間更加彰顯她為慈悲作見證的使命」。教宗說：「教會非常需要領受慈悲，因為我們全是罪人。我堅信整個教會能在這個禧年期間找到天主慈悲的喜樂，那重新去發覺並使天主慈悲結出碩果的喜樂。藉著這份喜樂，我們眾人蒙召給當代男男女女帶來安慰。」

2015 奉獻生活年

教宗方濟各致全體度獻身生活者書函

獻身生活年的願望

我以這封信，我們不但向度獻身生活的人說話，我也願向平信徒說話，他們與獻身生活者分享同樣的理想、精神和使命。有的修會對此有長久的傳統，其他修會的經驗較近代。的確，在每個修會，每一個使徒生活團和俗世會，都有一個大家庭，一個「神恩性家庭」，它包括認同同一神恩的修會，尤其是感覺被召的平信徒，分享同一的神恩的事實。

我敦促你們身為平信徒，度此獻身生活年，是使你們更意識到是自己領受到恩惠的一項恩寵。要與你們的「大家庭」一起慶祝，使你們今日在社會中成長，並一起回應聖神的激勵。在不同修會獻身的男女會士聚在一起時，你們自己要設法臨在，作為對天主的一種恩惠的表示。這樣，你們會認識其他神恩家族和其他平信徒團隊的經驗，因而有機會彼此充實和支持。

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

教會受委託傳報天主的慈悲；這慈悲是福音跳動的心，必以自己的方式，貫穿每人的心思。基督的淨配必須調整自己的行為模式，以仿效天主子，主動去接觸每一個人，無一例外。今日，教會既肩負新福傳之責，必須以新的熱忱，及更新的牧民行動，一次又一次提出慈悲這主題。爲了教會，又爲了她所傳揚之訊息的可信性，教會絕對需要活出慈悲，見證慈悲。教會的語言、態度，必須傳達慈悲，好能觸動所有人的心，再次啓迪他們尋找回歸天父的途徑。

教會的首要真理就是基督的愛。教會成爲這愛的僕人，將這愛通傳給所有人：這愛是樂於寬恕的，並甘願把自己交付。因此，那裡有教會的臨在，天父的慈悲就有了佐證。簡而言之，在我們的堂區、團體、協會和運動，那裡有基督徒，人就應該找到慈悲的綠洲。

待續

堂區活動

將臨期悔罪禮

卡加利教區內所有教堂在將臨期內逢星期三(12月2、9、16、23日)晚上7時30分至8時30分，將開放給教友辦告解聖事。

根據教會規條的第二規，「該告解、每年至少一次」，是爲督促信友們通過修和聖事妥當地準備領聖體。教友應盡量參與與天主修合，以準備主基督的來臨！本堂將臨期告解聖事時間將如教區所定，集體悔罪禮將取消。

墨西哥傳教日(十二月十二日)

在我們的墨西哥福傳計劃中，從我們教區每一位教友的捐獻，我們就可以在墨西哥的一個受貧窮折磨的社區，令到文盲、體弱的人，得到適當的醫療照顧及牙齒醫護。爲繼續此一重要的福傳工作。請在十二月十二日或十二月十三日捐出你的一分力吧！

聖誕亮燈儀式

爲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，時間爲十二月五日(星期六)上午十時至十一時。當天除了朝拜聖體外，阮神父將爲教友聽告解。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。

大專青年團聖誕派對

大專青年團將會在十二月十三日舉行一個聖誕派對。節目包括晚餐和禮物交換。想報名請到大專青年團的網站。請大家十一月三十日前報名。資料詳情請到大專青年團的網站
olphyoungadults.weebly.com

2016 年月曆

本堂 2016 年月曆開始派發，教友可於教堂入口處拿取。

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 12 月 2, 4 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 12 月 4 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 12 月 5 日

顯供聖體

時間：上午 10 時至 11 時

地點：永援聖母堂

聖母軍

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

電影晚會

企鵝踏上神聖的生命旅程

時間：6 時 POTLUCK; 6 時 30 分電影

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 9 時

地點：永援聖母堂下禮堂

星期日 12 月 6 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

利瑪竇騎士會 10119 開會

時間：下午 12 時 30 分至 3 時

地點：聖堂騎士會室

聖母會開會

時間：下午 12 時 30 分至 2 時 30 分

地點：聖堂會議室

永援聖母堂童軍

時間：正午 12 時至下午 3 時

地點：永援聖母堂上禮堂

靈修小故事

人的道路

一個建築師承包了大型遊樂園的設計工作，當遊樂園的主體工程完成後，

建築師卻遇到瓶頸，因為景點與景點之間的路徑設計，他已修改了無數次，但沒有一次讓他滿意。

迫於無奈，他通知施工部門：撒上草種，提前開放。樂園很快便開放了，在沒有道路景點與景點之間，縱橫交錯，美不勝收。沒有多久，這位建築師就按照這些踩出的痕跡，鋪出了一條條的人行道。

默想：我們雖然不斷地規劃人生的道路，卻沒有一條路能讓我們感到最滿意。當我們順著主的帶領往前走，一條最適合你的道路就會意外地出現。更別忘了，耶穌就是道路，仰望祂的就必走在正路當中。

知多一點點

將臨期基督徒的生活

身為基督徒，應效法基督，事事以天父的旨意為依皈，一心信賴天父的慈愛與安排。

- ※ 我們和天主的交往是通過祈禱和領聖事。
- ※ 每天應有適當的個人及家庭的祈禱，並閱讀聖經。
- ※ 運用天父給與我們的智慧、健康、財富等恩賜，去創造一個仁愛正義的社會，一個美好的世界。工作是神聖的，互助互愛是基督徒的天職。
- ※ 主日彌撒是基督徒信仰的核心，是基督徒生活的靈魂。
- 是十字架祭獻的重演，我們紀念基督的救恩。
- 在感恩祭中，我們與基督一起朝拜天父。
- 在彌撒聖餐中，我們飽餐天主羔羊，獲得永生的憑証。
- 主日彌撒的參與能發揮出基督徒對慈母教會的皈依，團結及愛護。

心靈小品

從良心到神的存在

人不分善、惡，都有良心。雖然我們對善惡的定義未必一致，但「行善！避惡！」或「善要行！惡要戒！」這原則，卻是無人不遵守的。我們做了自認為是善的事，良心就會誇讚；做

了自認為是惡的事，良心就會責備。有些人甚至為了追隨良心的呼喚，而置死生於度外。更奇怪的是：無人能夠真的「埋沒」這個良心。即使大奸大惡的人，也無法完全壓制良心的抗議。良心是那樣地獨立於我們主觀控制之外，每當午夜夢迴，或在面臨死亡時，就是最惡的人，也難逃良心的譴責。

這個良心的來源就是神。梵蒂岡第二屆大公會議說：「在良心深處，人發現法律的存在……這法律的呼聲告訴人應當『好善、行善、戒惡』……人擁有天主在其心內銘刻的法律，而人性尊嚴就在於服從這法律（即按良心的驅使去行事）……良心是人最秘密的核心和聖所，在這聖所內，人獨自與天主會晤；而天主的聲音，響徹於良心至秘密的角落。」（現代．16）