

Theme Sharing

Third Sunday of Advent

Rejoice in the Lord

Rejoice in the Lord always! This is the message of today's Liturgy of the Word. Who else can we turn to for unfailing love and mercy but to our Lord Jesus Christ? Let our hearts be filled with joy in this season of advent as we prepare for Our Lord's coming. The first reading begins with: "Rejoice, O daughter Zion; shout, O Israel!" The message is similar to that delivered by archangel Gabriel to Mary: "Hail, full of grace!" This is the joy of salvation and so let Mary's joy echo in our hearts as well. "Rejoice in the Lord always! The Lord is near!" proclaims Paul in the second reading. Nothing can keep us apart from Christ except our sinfulness. However, even when we have sinned against him, our merciful lord is still at hand, hoping and waiting for us to turn back to him. In his letter to the Philippines, Paula imparts to them the peace of the Lord, which surpasses all understanding and which will guard their hearts and minds in Christ Jesus. In today's gospel, John proclaims that the Lord's near. We need not fear him coming. Instead, we should prepare for his coming with joy and eager anticipation. "Rejoice in the Lord!" "The Lord is near!" "The Lord your God in your midst is a mighty Saviour!" These statements from today's three readings deliver a clear message to us. That God wishes to fill our hearts with joy so that we can always sing glory and praise to him in all things.

Advent Reflection

Third Sunday of Advent

The spirit of the Lord God has been given to me, for the Lord has anointed me. (Isaiah 60:1)

Gaudete! Rejoice! In baptism the Lord has chosen you. Through your participation in the Eucharist God sends you to fulfill His mission on earth.

2015 Year Of Consecrated Life

Apostolic Letter From His Holiness,

Pope Francis

The Horizons of the year of Consecrated Life

2015 年慶祝基督聖誕及新年彌撒時間表 2015 Christmas and New Year Mass Schedule

12月24日 (聖誕夜)	星期四	晚上7時 晚上8時30分	聖誕短劇『上禮堂』 英、國、粵語彌撒
December 24 (Christmas Eve)	Thursday	7:00 p.m. 8:30 p.m.	Christmas Play (Upper Hall) English / Mandarin/ Cantonese Mass
12月25日 (聖誕日)	星期五	早上9時30分 早上11時正	英文彌撒 粵語彌撒
December 25 (Christmas Day)	Friday	9:30 a.m. 11:00 a.m.	English Mass Cantonese Mass
12月31日 (除夕-歲末 謝主彌撒)	星期四	早上9時 晚上5時	英語彌撒 粵語彌撒
December 31 (New Year's Eve Thanksgiving Mass)	Thursday	9:00 a.m. 5:00p.m.	English Mass Cantonese Mass
1月1日 (元旦求恩彌撒)	星期五	早上9時30分 早上11時正	英文彌撒 粵語彌撒
January 1 (New Year's Mass)	Friday	9:30 a.m. 11:00 a.m.	English Mass Cantonese Mass

In this letter I do not hesitate to address a word to the consecrated men and women and to the members of fraternities and communities who belong to Churches of traditions other than the Catholic tradition. Monasticism is part of the heritage of the undivided Church, and is still very much alive in both the Orthodox Churches and the Catholic Church. The monastic tradition, and other later experiences from the time when the Church in the West was still united, have inspired analogous initiatives in the Ecclesial Communities of the reformed tradition. These have continued to give birth to further expressions of fraternal community and service.

The Congregation for Institutes of Consecrated Life and for Societies of Apostolic Life has planned a number of initiatives to facilitate encounters between members of different expressions of consecrated and fraternal life in the various Churches. I warmly encourage such

meetings as a means of increasing mutual understanding, respect and reciprocal cooperation, so that the ecumenism of the consecrated life can prove helpful for the greater journey towards the unity of all the Churches.

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.

14. The practice of pilgrimage has a special place in the Holy Year, because it represents the journey each of us makes in this life. Life itself is a pilgrimage, and the human being is a viator, a pilgrim travelling along the road, making his way to the desired destination. Similarly, to reach the Holy Door in Rome or in any other place in the world, everyone, each according to his or her ability, will have to make a pilgrimage. This will be a sign that

mercy is also a goal to reach and requires dedication and sacrifice. May pilgrimage be an impetus to conversion: by crossing the threshold of the Holy Door, we will find the strength to embrace God's mercy and dedicate ourselves to being merciful with others as the Father has been with us. To Be Continued.

Diocese & Other News

Advent Celebration with Bishop Henry

"Come & celebrate the beginning of Extraordinary Year of Mercy in an Advent Celebration with Bishop Henry at City Hall. It will take place on the fourth Sunday of Advent, December 20th, 2015 at 3 PM. We will have a sung vespers (Evening prayer) and an Advent reflection from Bishop Henry. Please invite your friends and families!"

Parish Activities

Extraordinary Jubilee of Mercy

prayers Cards

Parishioners can pick up the Extraordinary Jubilee of Mercy prayers cards at the church entrances.

Rejoice in God's Mercy

The Sacrament of Reconciliation will be available at parishes throughout the Diocese of Calgary all the Wednesdays of Advent. December 16 and 23 from 7:30pm-8:30pm
Third Sunday of Advent, Gaudete Sunday
Our Holy Father, Pope Francis, reminded us in his encyclical, *Laudato Si'*, that the baptised are called to care for our common home. The sacrament of Reconciliation invites us to consider not only the sins we have committed but also what we have failed to do. From our comfortable vantage point it is easy to become indifferent to the suffering of others. Gratitude for our blessings reminds us to share and do more for others. Action: Apologise or make reparation for something you failed to do.

OLPH Church Parish Retreat

Topic : "Medicine of Mercy"

Lead by: Bishop Henry

Date: Dec 19, 2015, Saturday

Place: Church

Time: 9:00am Daily Mass.

10:00am -11:00am (Talk 1)

"Walking the path of Brokenness with Jesus"

11:15 am-12:30 pm (Talk 2)

"Forgiveness for You and forgive Yourself "

12:30 pm- 1:30 pm (Lunch)

served in Upper Hall

1:30 pm- 3:00 pm (Talk 3)

"Issues with Forgiveness: Not Fair, No Exceptions, No Strings attached";

3:00 pm- 3:20 pm

Eucharistic Adoration

All parishioners are welcome to attend. For further details please visit the OLPH web site and posters.

Sunday School, Scout, Youth Group & RCIA Christmas Party

The 2015 Christmas Party will be held on Sunday, December 20, 2015 from 11:00am to 1:30 pm at the Upper Hall.

All parishioners are welcome. Please join us by attending this wonderful event filled with great tasting lunch and wonderful and talented performances. Best of all, the admission is FREE.

Christmas Play 2015

OLPH Scout Group will present Christmas Play –"Encounter with Baby Jesus", together with all Parish Choirs singing Christmas Carols on Thursday December 24 from 7pm to 8:15pm.

All parishioners are encouraged to bring friends and relatives to celebrate the joy of Christmas.

Thanksgiving New Year's Eve Mass and Dinner

In thanksgiving for the many graces given to us by God in 2015, Fr. Joseph will offer an additional evening Thanksgiving Cantonese Mass at 5 p.m. on New Year's Eve.

Following Mass, Parish Pastoral Council will host a Father's kitchen New Year's Eve party at OLPH Upper Hall. Everyone is welcome.

Ticket: \$20 per person. (Clam Chowder Soup, French Bread, Beef and Tomato Salad, Shrimp in Wine, Sea Cucumber and Abalone, Vietnamese Style Cappuccino, Sesame Seed Cracker and lucky draw) Tickets are available on sale starting Sunday December 6 at the church entrances or contact Sr. Chan.

Weekly Activities

Wed, Fri Dec 16, 18

OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Wed Dec 16

Advent Reconciliation

Time: 7:30pm-8:30pm

Place: OLPH Church

Friday Dec 18

At. Angela School Advent Mass

Time: 9:00a.m.Mass

OLPH Scout

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

Place: Upper Hall & Lower Hall

Faith Sharing Group (Sacred Heart)

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

Contact: Doris Ho 403-271-6884

Saturday Dec19

OLPH Church Parish Retreat

Lead by: Bishop Henry

Time: 9:00am-3:20pm

Place: Church

Legion of Mary (meeting)

Time: 9:45a.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

R. C.I.A (Mandarin)

Time: 3:00 p.m. - 5:00p.m.

Place: K of C Room

Sunday Dec 20

Sunday School, Scout, Youth Group & RCIA Christmas Party

Time: 11:00 p.m. - 1:30p.m.

Place: OLPH Upper Hall

OLPH Scout

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

Place: OLPH Church Lower Hall

Stories Faith Sharing

A Miser's Death

A miser had accumulated five hundred thousand dinars and looked forward to a year of pleasant living before he made up his mind how best to invest his money, when suddenly the Angel of Death appeared before him to take his life away.

The man begged and pleaded and used a thousand arguments to be allowed to live a little longer, but the angel was obdurate.

"Give me three days of life and I shall give you half my fortune," the man pleaded. The angel wouldn't hear of it and began to tug at him.

"Give me just one day, I beg of you, and you can have everything I accumulated through so

much sweat and toil."

The angel was adamant still.

He was able to wring just one little concession from the angel -- a few moments in which to write down this note:

"Oh you, whoever you are that happen to find this note, if you have enough to live on, don't waste your life accumulating fortunes. Live!

My five hundred thousand dinars could not buy me a single hour of life!"

Read More Know More

The Spirit of Advent

Advent is marked by a spirit of expectation, of anticipation, of preparation, of longing.

There is a yearning for deliverance from the evils of the world, first expressed by Israelite slaves in Egypt as they cried out from their bitter oppression. It is the cry of those who have experienced the tyranny of injustice in a world under the curse of sin, and yet who have hope of deliverance by a God who has heard the cries of oppressed slaves and brought deliverance!

It is that hope, however faint at times, and that God, however distant He sometimes seems, which brings to the world the anticipation of a King who will rule with truth and justice and righteousness over His people and in His creation. It is that hope that once anticipated, and now anticipates anew, the reign of an Anointed One, a Messiah, who will bring peace and justice and righteousness to the world.

Part of the expectation also anticipates a judgment on sin and a calling of the world to accountability before God. We long for God to come and set the world right! Yet, as the prophet Amos warned, the expectation of a coming judgment at the "Day of the Lord" may not be the day of light that we might want, because the penetrating light of God's judgment on sin will shine just as brightly on God's people.

Because of this important truth, especially in the Eastern Orthodox Churches, the Season of Advent has been a time of fasting and penitence for sins similar to the Season of Lent.

So, we celebrate with gladness the great promise in the Advent, yet knowing that there is also a somber tone as the theme of threat is added to the theme of promise. This is reflected in some of the Scripture readings for Advent, in which there is a strong

prophetic tone of accountability and judgment on sin. But this is also faithful to the role of the Coming King who comes to rule, save, and judge the world.

Because of the dual themes of threat and promise, Advent is a time of preparation that is marked by prayer. While [Lent](#) is characterized by fasting and a spirit of penitence, Advent's prayers are prayers of humble devotion and commitment, prayers of submission, prayers for deliverance, prayers from those walking in darkness who are awaiting and anticipating a great light!

主日分享

將臨期第三主日(常常喜樂)

在這將臨期的第三主日教會邀請我們常常喜樂。誰能比得上耶穌基督更使人心愛呢？更寬宏大量呢？所以在將臨期，讓喜樂進入我們的心中是理所當然的事。

讀經一這樣開始說：“熙雍女子，你應歡樂！以色列，你應歡呼！”這句話很相似聖母領報中天使所說的：

“萬福，充滿恩寵者”讓我們把瑪利亞的喜樂接受到我們心中吧！這是得救的喜樂，

在第二篇讀經裡保祿說“你們在主內應當常常喜樂！因為上主臨近了！”

除了罪惡，沒有任何情況能使我們遠離祂。即使是當我們犯了罪，祂仍舊繼續以祂的慈悲接近我們，等候我們求祂寬恕。最後保祿祝望斐理伯人，願天主那超乎各種意思的平安，必要在基督耶穌內固守你們的心思念慮。今天的福音邀請我們繼續以喜樂的心情準備祂的來臨。最後若翰宣報耶穌基督的來臨。為此我們以莫大希望，而不是以恐懼害怕的心情，等待耶穌的來臨。

讓我們將福音與本主日其它兩篇讀經的主題聯係起來：“你們在主內喜樂吧！”；“上主臨近了！”；“上主你的天主在你中間是一位大能的救世主”。祂願意我們的心充滿喜樂。如此我們能以美妙的方式光榮天主。

錄自梵蒂岡電台

將臨期反省

將臨期第三主日

吾主上主的神臨到我身上，因為上主給我傅了油。(依 61:1)

喜悅吧！在聖洗時天主已揀選了你。經由你參與的聖祭禮儀中，天主派遣你去完成祂在世上的使命。

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

在此書信中，我毫不遲疑地向其他屬於非天主教傳統教會的獻身生活的人和團體，說一句話。隱修制度是未分開的教會的遺產之一，在東正教會和天主教會中，還是非常活躍。隱修傳統，以及西方教會尚是合一的時代的經驗，啓發了更正教會團體中的類似創意。這些繼續產生更多的友愛團體和服務。

獻身生活及使徒團體部計劃了一些相聚的辦法，幫助不同教會中的獻身制度和團體的人。我誠懇地鼓勵這種聚會，作為增加彼此了解、尊重和彼此合作的途徑，為使獻身生活的大公運動，能有助於所有教會的合一行程。

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

朝聖在聖年有特殊的地位，因為朝聖代表我們每個人在此生的旅程。人生本身是朝聖之旅，人是過客、旅途中的朝聖者，邁向渴望的目的地。同樣，每人該按自己能力所及，做一趟朝聖，抵達在羅馬的聖門，或抵達在世界其他地方的聖門。這是一個標記，指出慈悲是要達到的目標，要求奉獻和犧牲。願朝聖成為一股悔改的動力：跨過聖門，尋獲力量，去擁抱天主的慈悲，並奉獻自己，以慈悲待人，正如天父慈悲地看顧了我們。

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」，是為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。

卡城永援聖母堂—堂區避靜

講題：寬恕 - 靈藥

主講：亨利主教

日期：2015 年 12 月 19 日 (星期六)

地點：聖堂

時間：上午 9 時 (平日彌撒)

上午 10 時至 11 時 (講座 1)

崎嶇路上與主同行

上午 11 時 15 分至 12 時 30 分

(講座 2) 恕人以求己獲恕

下午 12 時 30 分至 1 時 30 分

(上禮堂午餐)

下午 1 時 30 分至 3 時 (講座 3)

寬恕之道應：不論公道、毫無

例外、沒有條件地寬恕

下午 3 時至 3 時 20 分

顯供聖體

歡迎所有教友參加

詳細資料，請留意本堂區網頁和海報

慈悲聖年祈禱

歡迎教友在教堂入口處領取慈悲聖年祈禱，在慈悲聖年內能多作祈禱並更新自己。

主日學、童軍、青年會及成人慕道班聖誕聯歡會

主日學、童軍、青年會及成人慕道班聖誕聯歡會將於 12 月 20 日星期日上午 11 時正至下午 1 時 30 分在上禮堂舉行。

費用全免，有豐富午餐及精彩表演節目，歡迎堂區教友參加。

2015 聖誕話劇

永援聖母堂公教童軍將於 12 月 24 日 (星期四) 晚上 7 時至 8 時 15 分，演出一年一度的聖誕話劇「救主降生」，及由堂區各聖詠團演唱聖誕歌。歡迎教友踴躍蒞臨參加及支持，也可邀請親朋好友一起來慶祝聖誕，普天同慶。

除夕感恩彌撒及聚餐

為感謝天主在 2015 年內賜給我們各式各樣大大小小的恩寵及照顧，阮神父特別加添一台除夕晚間中文感恩聖祭。堂區牧民議會並於彌撒後在上禮堂舉行神父廚房聚餐。歡迎堂區教友及其朋友參加。由於數量非常有限，售完即止。務請預早購票。

日期：2015 年 12 月 31 日 (星期四)

時間：晚上 5 時正除夕感恩彌撒，隨後在上禮堂舉行神父廚房聚餐。

票價：每位 \$20 大小同價 (包括蛤蜊海鮮湯、法國麵包、越式蕃茄牛肉沙律、花雕醉蝦、海參鮑魚、越式

Cappuccino 及芝麻薄脆餅並添加抽

獎)。售票日期：12 月 6 日起每份彌撒後於教堂入口處發售，亦可聯絡陳修女或堂區辦事處。

活動一週

星期三、五 12 月 16, 18 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

星期三 12 月 16 日

將臨期悔罪禮

時間：晚上 7 時 30 分至 8 時 30 分

地點：永援聖母堂

星期五 12 月 18 日

St. Angela School 將臨期彌撒

時間：早上 9 時

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

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 12 月 19 日

堂區避靜 - 主講：亨利主教

時間：上午 9 時至下午 3 時 20 分

地點：聖堂

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

成人慕道班 (國語)

時間：下午 3 時至 5 時

地點：聖堂二樓騎士會室

大專青年團練習聖詩

時間：下午 5 時至 7 時

地點：永援聖母堂上禮堂

星期日 12 月 20 日

主日學、童軍、青年會及成人慕道班聖誕聯歡會

時間：上午 11 時至下午 1 時 30 分

地點：永援聖母堂下禮堂

永援聖母堂童軍

時間：下午 12 時 30 分至 2 時

地點：永援聖母堂上禮堂

靈修小故事

恩典

有一個善心人士，常常賙濟他住處附近的一個乞丐，每個禮拜經過都會給他二百塊錢，後來那個善心人士結婚了，賙濟的錢就減為一百塊錢，過了一段時間，他有了小孩，祇能給那乞丐二十元，沒想到這次乞丐居然把錢丟回來，並且很不高興地說：「這些錢哪裡夠用！」善人很不好意思地說：「因為我結婚生子了，所以能給你的錢變少了。」

那乞丐竟然忿忿地說：「誰叫你把我的錢拿去養家活口！」

默想：

天主的恩典是因祂的憐憫而白白賜下，我們理當時時存感恩的心，不可認為天主恩待我們是理所當然的；讓我們為天主每天的賜福，以恭敬的心領受和感謝，因這些都不是我們配得的，實在是出於祂的慈愛。

「因此祂對梅瑟說：我要憐憫誰，就憐憫誰，要恩待誰，就恩待誰。」

知多一點點

將臨期中重新發現我們

所寄予希望的是天主

將臨期是一個極其重要的等待和準備時期，所希望的不是某個事物，而是“某人”，是對與我們同在的天主，那要來的天主寄予希望。這希望是具有連合與支撐性的德行，因為我們的信德是放眼未來，是在今天生活出愛德，來為天國

來臨做準備。

問：在今天這個企圖擁有一切而且馬上得到的社會中，“等待”意味著什麼？

答：這是我們時代想度真正懷有希望的人的一大困難。我們希望我們的期待在我們自己計劃的未來中實現，而我們所計劃的未來則是適合我們自己的智慧和能力。然而，真正的希望，基督信仰的希望，卻是絕對的未來，也就是在我們意料不到時來到的未來，是天主的未來。聖誕節是一個絕對未來的大慶節，就是天主在意料不到時來到我們中間的大慶節。從某些方面來說，它打亂了我們的等待，也正因為這樣，我們的等待變得更加可靠，更能夠獲得恩典。

問：我們如何能夠在準備與天主相遇時不斷更新自己？

答：首先，要消除“擁有一切而且馬上得到”的邏輯，進入聆聽、等待的邏輯，也進入天主在為我們選定的時間以他所選的形式賜予我們他的愛的邏輯；這是說，要找出時間來聆聽、朝拜、默觀天主。在這個祈禱與禮儀的方式外，另一個重要的層面是走成聖的路，這可以協助我們在人的今天提前到達天主的明天，天主的明天是愛和美善的明天。

問：我們應該如何做好準備來慶祝天主對人無限大愛的奧秘？

答：每天都要等待。在信德經驗中重要的是，今天該做的不要等到明天才做。今天該做的，是在今天就生活出與天主的愛的相遇，在整個教會的朝拜中朝拜天主；今天就做出你對近人的愛德舉動，總的來說，就是把每一天都當作天主的日子，當作獲得恩寵的“今天”，在今天，時間被天主的恩典和與前來的天主所作的愛的相遇所改變。

問：在為迎接基督降生成人的這個準備時期，您願意向教友們說些什麼話？

答：我請他們向一個大希望打開心扉，此刻，國際情況引人陷入悲觀和某種畏懼中，因此，更加需要加強希望，神學上的希望，知道天主不會拋棄他的子民，不會讓我們的心孤獨；知道和他一起能夠做出美好的事，做出天主的明天的事，做出天主的美好

的事。

問：您對聖誕節的祝願？

答：我祝願聖誕節是慶祝天主年少時期的真正節日，是他在我們生活和心靈中新的開始的節日。正因為這個緣故，將臨期是一個準備的時期，是重新發現默觀自己的生命、從事卑下活動和每日行愛德的時期。

意大利神學家布魯諾·福爾特總主教

Intercession 通功

Please join us to pray for

Mrs. Mrs. Wai Ming Fong, she passed away on December 3, 2015

Vigil Prayer: Thursday, Dec 17 at 6:00pm
at Chapel of the Bells

Address: 2720 Centre St. North

Funeral Mass: Friday, Dec 18 at
12:00noon

Venue: Our Lady of Perpetual Help
Church

May her soul and the souls of all the faithful departed, through the mercy of God, rest in Peace.

通功

請為馮梁慧明女士祈禱，她在
12月3日去世。

守靈祈禱：12月17日（星期四）

晚上6時在Chapel of the Bells

地址：2720 Centre St. North

殯葬彌撒：12月18日（星期五）

正午12時

地點：永援聖母堂

願她安息主懷並祈求主賜力量及安慰
其家人！