

Theme Sharing

Third Sunday of Lent

Need of Repentance

The themes of today's scripture readings are on God's mercy and compassion with particular emphasis on the need of repentance on our part.

The first reading shows God's compassion on his people suffering from oppression in Egypt and also his readiness to deliver them out of Egypt to a land of milk and honey. In the second reading, Paul warns us about the possible effects of our sinfulness by quoting from the Book of Exodus the story of many Israelites perishing in the desert and unable to enter into the Promised Land. In the gospel, Jesus stresses on the need of repentance. Indeed, God's mercy cannot find its way to us if we shut him out and refuse to admit our sinfulness and to turn away from sin. Although God is always faithful in his promise of mercy and compassion, we still have to respond to his love by true repentance of our sins and omissions.

The stories from Exodus perhaps have been specially written for us so to remind us how we can live a true Christian life. In the words of Paul, they serve as stern warnings to us: "These things occurred as examples for us, so that we might not desire evil as they (the Israelites) did."

Jesus makes it very clear in the gospel that we must mend our way of life. Some people come to Jesus and tell him how some Galileans have been brutally killed by Pilate, believing that the punishment is meted out by God. Jesus then refers to another incident in which 18 people have been crushed to death by the collapsing Siloam Tower. He says to them: "Do you think that these Galileans suffered in this way because they were worse sinners than all other Galileans? No, I tell you; but unless you repent, you will all perish as they did!" Jesus emphasizes that repentance is necessary for the sake of love and mercy. We are doomed if we fail to take stock of our sins and iniquities and convert our sinful attitudes.

Today's gospel ends with the parable of the fig tree, affirming God's mercy while posting a warning. God is patient with us and, although we have time and again sinned against him, he waits for us to repent. Our lives have failed to bear fruit, but God still

gives us the chance to change and be productive again. In the parable, the vineyard owner intends to put down the barren fig tree. However the gardener pleads with his master not to cut the tree down but to give it another year to bear fruit. This is a serious warning that the time for us to repent and turn over a new leaf is not indefinite and may well run out anytime. In fact, we may not live another day and may not have another chance to repent.

Relying on God's mercy does not mean that we sin to our heart's content and then sit back for God's forgiveness. No! We must be truly sorrowful for our sins and omissions, and return his love with our filial love for him. The Church reminds us, through select passages from both the Old and New Testaments, that Lent is a time for repentance. Some of us may feel that we are law-abiding Catholics and that the warnings in the scriptures are only intended for sinners. We must guard ourselves against such self-righteousness, since this is extremely dangerous and deadly to our spiritual lives. Each one of us should feel the need for conversion. In this Season of Lent, God invites us to examine our attitudes and change for the better. This may have to do with our prayer life, our work and our ways of doing things or our personal relationship with those we come into contact with in our daily lives.

Rejoice in God's Mercy

"What did I do to deserve this?" We also often find ourselves asking why bad things happen to good people. Jesus explains in today's Gospel that while suffering is not a punishment for sin, all sin eventually results in suffering. Today's parable of the fig tree reminds us that by our baptism we are called to be fruitful. God is a patient gardener and knows that conversion of heart takes time. Action: Name areas of your spiritual garden that need conversion and invite God to make them fruitful.

Pope's Monthly Prayers Intention

March General and Missionary

Intention

Universal: Families in Difficulty

That families in need may receive the necessary support and that children may grow up in healthy and peaceful environments.

Evangelization: Persecuted Christians

That those Christians who, on account of their faith, are discriminated against or are being persecuted, may remain strong and faithful to the Gospel, thanks to the incessant prayer of the Church.

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.

May the message of mercy is extended to those who either perpetrate or participate in corruption. This festering wound is a grave sin that cries out to heaven for vengeance, because it threatens the very foundations of personal and social life. Corruption prevents us from looking to the future with hope, because its tyrannical greed shatters the plans of the weak and tramples upon the poorest of the poor. It is an evil that embeds itself into the actions of everyday life and spreads, causing great public scandal. Corruption is a sinful hardening of the heart that replaces God with the illusion that money is a form of power. It is a work of darkness, fed by suspicion and intrigue. *Corruptio optimi pessima*, saint Gregory the Great said with good reason, affirming that no one can think himself immune from this temptation. If we want to drive it out from personal and social life, we need prudence, vigilance, loyalty, transparency, together with the courage to denounce any wrongdoing. If it is not combated openly, sooner or later everyone will become an accomplice to it, and it will end up destroying our very existence.

This is the opportune moment to change our lives! This is the time to allow our hearts to be touched! When faced with evil deeds, even in the face of serious crimes, it is the time to listen to the cry of innocent people who are deprived of their property, their dignity, their feelings, and even their very lives. To stick to the way of evil will only leave one deluded and sad. True life is something entirely different. God never tires of reaching out to us. He is always ready to listen, as I am too, along with my brother bishops and priests. All one needs to do is to

accept the invitation to conversion and submit oneself to justice during this special time of mercy offered by the Church.

To Be Continued.

Diocese & Other News

Assisted Suicide and euthanasia

Please read the declaration on Euthanasia and Assisted Suicide as proposed by the Canadian Conference of Catholic Bishops and the Evangelical Fellowship of Canada. If you support this DECLARATION and would like to add your signature, you are invited to do so using the following link:

English -

<http://www.euthanasiadeclaration.ca/sign-the-declaration/>

French -

<http://www.euthanasiadeclaration.ca/fr-signer-la-declaration/>

Fr. Kohler's Bible Study

Join the series of beginner workshops on the Bible and see God's Word come to life. All are welcome! Bring your Bible! The theme is: The Gospels of St. Matthew, St. Mark and St. Luke.

Sessions on Thursday (7 pm) March 3: (St. Joseph, Calgary), March 10 (Holy Trinity, Calgary). Session on Saturday (10am - Noon) March 5: (Holy Family, Medicine Hat). For more information, contact: john.kohler@calgarydiocese.ca

Parish Activities

Together in Action 2016

The 2016 "Together in Action" The theme this year is: "Blessed are the merciful, for they will be shown Mercy."

Our parish's target is \$22,133, as designated by the Diocese. This year's TIA is led by Queen of China Club. We plead for your generous support. Donation envelopes are being distributed with your 2015 donation tax receipts. Let's give sacrificially, act out our faith, and join Together in Action.

Legion of Mary Year of Mercy

Pilgrimage March 5 (Saturday)

In response to Pope Francis' call, the Legion of Mary will organize a pilgrimage to St. Mary's Cathedral on Saturday, March 5. We will enter the Jubilee Holy Door of the Cathedral, join in the Eucharistic celebration, pray to the God of Mercy and also pray for the Pope's intention. We will then proceed to

OLPH Parish for Eucharistic Adoration and Benediction. Confession is available at OLPH to those wishing to obtain a Plenary Indulgence for the Jubilee Year of Mercy. The Legion of Mary invites all parishioners to join this pilgrimage. Prior registration is not required. Please arrive on time (8.40 a.m.) For enquiries, please contact Sally Olivieri (403-547-1770), Mary Tsang (403-241-3867), Joseph Yip (evening 403-547-0618) or any member of the Legion of Mary.

The sacrament of Reconciliation

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 Lent (March 2, 9, 16, and 23) from 7:30 pm - 8:30pm.

Exposition of the Blessed Sacrament on March 5

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

Movie Night - "Dead Man Walking"

Date: March 5 (Saturday)

Time: 6 pm Potluck,
6:30 pm - Movie

Place: OLPH Upper Hall

A convicted murderer on Death Row writes to Sister Helen asking her help to gain a stay of execution from the governor or the courts. She establishes a special relationship with him. In addition to her temporal help, Sister Helen also tries to reach out spiritually and assist as a guide to salvation. He reads the Bible about Jesus and asks the Lord's mercy on his sin.

Weekly Activities

Wed, Fri March 2, 4

OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Wed March 2

The Sacrament of Reconciliation

Time: 7:30p.m. -8:30 p.m.

Friday March 4

Way of the Cross in Lent

Time: 8:30a.m

Knights of Columbus

Time: 6:00pm.-9:30pm

Place: Upper Hall

OLPH Scout

Time: 6:30pm.-8:30pm

Place: OLPH Lower Hall

Saturday March 5

Knights of Columbus

Time: 8:30am.-3:00pm

Place: Upper Hall

Legion of Mary Year of Mercy

Pilgrimage

Time: 8:40am.at St. Mary's Cathedral

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. - 12:30p.m.

Place: OLPH Church Lower Hall

Yoga beginner class

Time: 12:30 a.m. - 2:00p.m.

Place: OLPH Church Lower Hall

R. C.I.A (Mandarin)

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

Place: K of C Room

Way of the Cross in Lent

(Cantonese & Mandarin)

Time: 4:30p.m

Young Adults choir practice

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

Place: OLPH Upper Hall

Movie Night - "Dead Man Walking"

Time: 6:00 p.m. potluck

6:30 p.m. movie

Place: OLPH Upper Hall

Sunday March 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 Upper Hall

Stories Faith Sharing

The Dog, The Stick, and the Sufi

A man dressed as a Sufi was walking along one day when he saw a dog on the road, which he struck hard with his staff. The dog, yelping with pain, ran to the great sage Abu-Said. Throwing himself at his feet and holding up his injured paw, he called for justice against the Sufi who had maltreated him so cruelly. The wise one called them together. To the Sufi, he said: "O heedless one! How is it possible for you to treat a dumb animal in this manner? Look at what you have done!" The Sufi answered: "Far from it being my fault, it is that of the dog. I did not strike him from a mere whim, but for the reason that he had fouled my robe." But the dog persisted in his complaint. Then the peerless one addressed the dog: "Rather than waiting for the Ultimate Compensation, allow me to give you a compensation for your pain." The dog said: "Great and wise done! When I saw this man garbed as a Sufi, I was able to conclude that he would do me no harm. Had I seen instead a man wearing ordinary dress, I would naturally have given him a wide berth. My real mistake was to assume that the outward appearance of a man of truth indicated safety. If you desire his punishment, take away from him the garment of the Elect. Deprive him of the costume of the People of Righteousness..."

Read More Know More

Significance of the Sign of the Cross

Christians at all times should mark their foreheads with the sign of the cross. I can imagine that Christians would make a little sign of the cross with their thumb and forefinger on their foreheads, to remind themselves that they were living a life for Christ.

The Sign of the Cross means a lot of things. The sign of the cross is: a confession of faith; a renewal of baptism; a mark of discipleship; an acceptance of suffering; a defense against the devil; and a victory over self-indulgence.

When you make the sign, you are professing a mini version of the creed -- you are professing your belief in the Father, and in the Son and in the Holy Spirit. When you say the words and pray in someone's name you are declaring their presence and coming into

their presence -- that's how a name is used in Scripture.

As a sacramental, it's a renewal of the sacrament of baptism; when you make it you say again, in effect, "I died with Christ and rose to new life." The sign of the cross in baptism is like a Christian circumcision, which united Gentile converts to the Jewish nation. The sign links you to the body of Christ, and when you make it you remember your joining to the body with Christ as the head.

The sign of the cross is a mark of discipleship. Jesus says in Luke 9:23, "If any man will come after me, let him deny himself, and take up his cross daily, and follow me." The word that the Fathers of the Church used for the sign of the cross is a Greek word that is the same as what a slave owner put on a slave, a shepherd put on a sheep and a general put on a soldier -- it's a declaration that I belong to Christ. Self-denial is not just giving up little things; to be a disciple you are under Christ's leadership and you don't belong to yourself. By doing the sign of the cross, you're saying to the Lord, "I want to obey you; I belong to you. You direct all my decisions. I will always be obedient to God's law, Christ's teachings and the Church."

When suffering comes, the sign of the cross is a sign of acceptance. It's remembering that Jesus became a man and suffered for us and that we participate in Christ's suffering. The sign of the cross says, "I am willing to embrace suffering to share in Christ's suffering."

When you're suffering, when you're feeling like God is not there, the sign of the cross brings him there and declares his presence whether you feel it. It is a way of acknowledging him at that time of trial.

One of the main teachings of the early Church Fathers is that the sign of the cross is a declaration of defense against the devil. When you sign yourself, you are declaring to the devil, "Hands off. I belong to Christ; he is my protection." It's both an offensive and defensive tool.

I've found that the sign of the cross is a way to put to death self-indulgence -- those big problems we have, the stubborn things we can't get rid of. The Church Fathers say if you are angry, full of lust, fearful, emotional or grappling with fleshly problems, make the sign when tempted and it will help dispel the problem.

I began to make it to gain control with a problem with anger. Signing myself is a way of destroying the anger, putting on patient behavior, imitating Jesus' practice of virtue. To Be Continued

主日分享

四旬期第三主日

悔改的必要

今天的禮儀跟我們談天主的仁慈與我們的悔改，特別再三地講到這第二個主題。第一篇讀經表示天主的仁慈，因祂憐憫祂在埃及受壓迫的子民。第二篇讀經提出出谷紀的幾個故事，為我們那是警誡。在福音裏耶穌堅持必須悔改。的確，天主的仁慈不能施展出來，如果我們向它封閉，如果沒有悔改。可是基本要素常是天主的寬仁與慈悲。因此悔改成爲一個堅固的希望的基础。“現在——保祿解說——這些事都是我們的鑒戒，爲叫我們不貪戀惡事，就如他們貪戀過一樣”我們基督徒應該留意這些故事，這些警誡爲我們的生命非常有用。事實上，所有這些事正是爲我們寫的，爲了光照我們基督徒的聖召生活。

在福音中耶穌更加堅持悔改的必須性。史羅亞塔倒塌，壓死十八個人。人們把這些事看成神對那些受害者的一個懲罰，耶穌斥責這種態度是幻想。“你們以爲這些加里肋亞人，比其他所有的加里肋亞人更有罪，才遭此禍害嗎？不是的。我告訴你們：如果你們不悔改，你們都要同樣喪亡。”耶穌強調悔改的必需是爲了愛，爲了憐憫：因爲如不悔改，就會沉淪。本篇福音的結尾又談到仁慈的前景。耶穌講了一個種植在葡萄園中的無花果樹的比喻。

這裏展示出調整的仁慈，祂讓人有時問悔改。儘管我們生命不結果子，天主有耐心，祂還給我們一個改變和進步的機會，此外，這裏也展示出悔改的緊急性。園丁對主人說：“主人，再容它這一年罷！”悔改的機會不是無限期的。所以需要立刻接受悔改；否則可能會永遠失去。

我們可以依賴天主的仁慈，其意義不在原諒我們靈性的懶惰，而在增長我

們對天主以兒女孝愛之情回應天主如此仁慈的憂慮。

總之，整個總結在此意義上：天主滿懷仁慈，我們應該以誠心努力悔改來回報。

我們在四旬期內，這是教會叫我們悔改的一個時期，不斷以舊約和新約聖經中的話呼籲悔改。我們可能傾向於認為這些呼籲不是為了我們，只對罪人有用。這是危險的態度。我們每個人都必須覺得受到悔改的召喚。在四旬期內我們每人都受到天主的邀請去改正他的生活形式中的某些事情，修正一些他祈禱、行動、和工作的方式，以及跟他人的生活關係。

(節錄自梵蒂岡電台)

教宗及福傳祈禱意向

三月祈禱及傳教意向

總意向：為陷入困境的家庭

願陷入困境中的家庭能獲得所需的支持，願他們的孩子能在健康與平安的環境中成長。

福傳意向：為受迫害的基督徒

願那些因他們的信仰而受歧視或受迫害的基督徒，仍能堅強地忠實於福音，並感謝教會持續的祈禱。

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

願慈悲的訊息同時也送達籌謀或參與貪污的人。貪污這潰爛的傷口是嚴重的罪，所引發的怨聲上達天廷，因為它威脅到個人和社會生活的基礎。貪污使我們不能對將來有所希望，因為它專橫的貪婪，粉碎弱小者的計劃，踐踏窮人中的窮人。貪污這種惡，滋生和撒播於日常生活的種種行動，造成社會的極大惡表。貪污是使人心硬的罪惡，妄想以金錢的威力，來代替天主。這是黑暗的行為，被奸詐和陰謀所養肥。「最高尚的人也敗壞了，便是最可悲的事」(Corruptio optimi pessima)，聖大額我略此話言之有理，肯定無人能免於這誘惑。如果我們要將貪污從個人及社會生活中驅除，我

們需要明智、醒覺、赤誠、光明磊落，以及果敢堅決檢舉任何的錯誤行為。如果不公開與貪污搏鬥，人遲早會同流合污，最終被吞噬。

這是改變我們生命的好時機！這是讓我們的心被觸動的時候！當面臨邪惡的行徑，尤其在嚴重罪行面前，正是要聆聽無辜者呼喊的時刻；他們被剝削財產、被褫奪尊嚴、被冷視感受，甚至被橫奪生命。人怙惡不悛，最後只會受矇騙，落得淒慘下場。真正的生命會截然不同。天主從不厭倦於尋找我們。祂常樂於俯聽，正如我和我的主教及司鐸弟兄，也要樂於聆聽。在教會提供這慈悲的特殊時刻，人只需做的，是接受邀請去悔改和順服正義。 待續

堂區活動

2016 教區公益金，齊來獻愛心

2016 年教區 TIA 籌款的主題為：『憐憫的人是有人福的，因為他們會獲得憐憫。』本堂所須籌募的數目為教區指定的 22,133 元，今年公益金將由聖母會負責統籌，懇請各位慷慨解囊，繼續支持教區公益金，捐款信封現正與 2015 年退稅收條一起發出。讓我們無私奉獻，活出信仰，攜手一起行動！

本堂聖母軍『慈悲禧年』本地朝聖三月五日(星期六)

本年為慈悲禧年，教宗鼓勵每個基督徒應盡力做一次朝聖，到達羅馬或本地教區指定教堂的聖門。因為慈悲是每人要達到的目標，我們應為此奉獻和犧牲。為響應教宗的召喚，本堂聖母軍將於下星期六(三月五日)舉辦本地朝聖，到卡城聖瑪利主教座堂朝聖，跨過慈悲禧年聖門、參與彌撒聖祭、祈禱和歌詠，隨後返回永援聖母堂，參與明恭聖體和聖體降福。

(可辦修和聖事獲取全大赦)
歡迎堂區所有教友參加，無須事先報名，但須準時上午八時四十分到主教座堂正門集合。如有任何查詢，請致電：Mary Tsang 曾太 (403-241-3867), Gemma Leung 梁太(403-288-7421), Andrew Chau 周先生(403-247-1670), Joseph Yip 葉先生(晚間

403-547-0618) , Goretta Hung 謝瑞清 (403-874-1288) 或任何聖母軍團員。

三月顯供聖體

永援聖母堂三月份的顯供聖體由堂區牧民議會帶領，時間為三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！

四旬期悔罪禮

卡加利教區內所有教堂在四旬期內逢星期三(3月2、9、16及23日)晚上7時30分至8時30分，將開放給教友辦告解聖事。教友應盡量參與與天主修合，以準備主基督的來臨！

電影晚會—“死囚漫步”

日期：3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

一個犯了殺人罪的死囚在接近行刑的日子，寫信給海倫修女求助，海倫修女多方接觸律師和政要，希望能替犯人減刑，在這過程中，修女在靈性上教導犯人閱讀聖經，認識耶穌，祈求基督的慈悲拯救懺悔的罪人。

活動一週

星期三、五 3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

星期三 3月2日

四旬期悔罪禮

時間：晚上7時30分至8時30分

星期五 3月4日

四旬期苦路善功

時間：上午8時30分

騎士會

時間：晚上6時至9時30分

地點：永援聖母堂上禮堂

永援聖母堂童軍

時間：晚上6時30分至8時30分

地點：永援聖母堂下禮堂

星期六 3月5日

騎士會

時間：上午8時30分至下午3時

地點：永援聖母堂上禮堂
 聖母軍『慈悲禧年』本地朝聖
 時間：上午 8 時 40 分 主教座堂
 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 12 時 30 分

地點：永援聖母堂下禮堂

瑜珈初班

時間：下午 12 時 30 分至 2 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

四旬期苦路善功(廣東話及國語)

時間：下午 4 時 30 分

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

電影晚會- ”死囚漫步”

時間：6 時 POTLUCK;

6 時 30 分 - 映片

地點：永援聖母堂上禮堂

星期日 3 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：永援聖母堂上禮堂

當時戰火激烈，一條重要的電線被炸斷了一截，情況十分緊急，這位士兵急忙捉住電線兩頭，任憑電流從他身上通過，使電報可以繼續拍發。

第二天，他就因傷重而死了，但是全營的士兵卻因他得救。

默想：基督為我們的罪釘死在十字架上，使我們可以因祂得救。也唯有透過祂，我們才能到天主面前，祂是唯一的道路，也是唯一的拯救。

知多一點點

十字架的真義

有一天一位小姐在珠寶店挑選十字架的項鍊，在店主人給她看了各式各樣的精美十字架之後，她突然看到有耶穌像掛在上面的一個小十字架，她說：「我很喜歡這個十字架，上面掛個小人像看起來好可愛喔！」

對耶穌基督的門徒來說，十字架一點也不可愛，十字架是羅馬帝國用來嚇阻那些對羅馬帝國的統治與和平造成威脅的強盜或叛亂罪行所設計出來最羞辱最殘酷的死刑刑具。當一個罪犯被判釘十字架罪刑確定之後，他還要被迫自己扛著該十字架的橫槓遊街示眾，從最熱鬧的城市中心走到刑場，然後才被當眾釘上十字架。十字架被豎立起來以後，該罪犯就全身赤裸的被懸掛在十字架上，受到圍觀群眾的嘲諷與譏笑，受到飛鳥昆蟲的啄食與圍繞，然後在太陽的烤炙之下，逐漸虛脫，無力支撐自己的體重而窒息死亡。有些比較身強體壯的受刑犯可能在十字架上懸掛三、四天還在苟延殘喘，執刑兵便會拿棍子打斷他們的小腿，讓他們加速死亡。

當我們瞭解在耶穌的時代十字架的歷史背景之後，便比較能夠體會當耶穌挑戰門徒說：「若有人要跟從我，就當捨己，天天背起他的十字架來跟從我。」(路 9:23)。 待續

靈修小故事

一張珍貴的照片

經文：「因為人子來，並不是要受人的服事，乃是要服事人，並且要捨命，作多人的贖價。」

英國倫敦博物院裡，有張珍貴的照片，那是大戰時一個士兵兩手握住電線的鏡頭。