

Merry Christmas

祝聖誕快樂

“God Is Always With Us”

主與我們同在

Nativity of the Lord

What we have to do is to give up everything that does not lead to God.

(Tit. 2:12)

For our salvation God gave us everything He had – He gave us His only Son, Jesus.

How do we say ‘Thank you’ for a gift like that?

Recognizing the magnitude of God’s gift, this Christmas should change the orientation of our lives. Christmas calls us to make stewardship a way of life.

聖誕節

教導我們棄絕不虔敬的生活，和世俗的貪慾，有節制地，公正地、虔敬地在今世生活。(弟鐸書 2：12)

爲了我們的救援，天主給了我們祂全部所有的 祂給了我們祂的唯一聖子，耶穌。對於這樣貴重的禮物，我們應當如何來感謝呢？在今年的聖誕節，認識天主這一偉大的禮物，將會改變我們生活的導向。聖誕節是呼叫我們度一個聖善的生活

New Year Mass Schedule

Dec 31 Saturday (Thanksgiving Mass)

9:00 a.m. English Mass

5:00 p.m. New Year’s Eve Mandarin Mass

Jan 1 Sunday (New Year’s Mass)

Mass as usual

慶祝新年彌撒時間表

12月31日 星期六

早上 9 時英語謝主彌撒

晚上 5 時國語謝主彌撒

1月1日星期日(元旦求恩彌撒)

彌撒時間照常

Theme Sharing

Nativity of The Lord

Life Implications Sunday:

Despite laments about the commercialism of the Christmas season, the universal instinct of people is correct: at the heart of the mystery of Christmas

is giving and receiving gifts. We sense there is more to life than paying a wage or earning a wage. A gift is always a surprise and a joy because as a present of love, it is unearned. Our hearts indeed are restless until we receive love and give love. A gift is the sacramental, symbolic presence of a person. If my gift of love is accepted, it is I who am accepted; if my gift of love is rejected, it is I who am rejected.

One of the surprises of God’s self-giving to us is that it seems to be so ordinary, and thus can easily be overlooked. The Word that is God’s self-giving to us was to be found not in a royal palace, but in a manger as a helpless baby in need of a mother’s love. Today at our Christ-Mass the Risen Lord gives himself to us as bread and wine. What could be more ordinary, and at the same moment so extraordinary a gift of love? It is through the most simple, ordinary means and in the most humble places that of the gift of love can be exchanged.

I am aware that at least one prison chaplain will be using these reflections to prepare his Christmas homily for those in our society who truly are the least of the brothers and sisters of Jesus. They too must hear the good news that no one has the power to take away our worth and dignity because our worth and our dignity are a gift of God’s love for us. Those who are not able to buy expensive things—prisoners, the sick, the poor, children—remind us that what truly matters is the gift of our loving presence, however ordinary the means of its incarnation. We do have to become gifts of bread and wine for each other because the Lord loves us and becomes bread and wine for us.

Campion P. Gavalier, O.S.B.

Pope’s Monthly Prayers Intention

January General and Missionary Intention

Evangelization: Christians at the service of the challenges of humanity.

That all Christians may be faithful to the Lord’s teaching by striving with prayer and fraternal charity to restore ecclesial communion and by collaborating to meet the challenges facing humanity.

News & Others

Fiftieth World Day Of Peace

Theme : a Style of Politics for Peace

At the beginning of this New Year, I offer heartfelt wishes of peace to the world’s peoples and nations, to heads of state and government, and to religious, civic and community leaders. I wish peace to every man, woman and child, and I pray that the image and likeness of God in each person will enable us to acknowledge one another as sacred gifts endowed with immense dignity. Especially in situations of conflict, let us respect this, our “deepest dignity”, [1] and make active nonviolence our way of life.

This is the fiftieth Message for the World Day of Peace. In the first, Blessed Pope Paul VI addressed all peoples, not simply Catholics, with utter clarity. “Peace is the only true direction of human progress – and not the tensions caused by ambitious nationalisms, nor conquests by violence, nor repressions which serve as mainstay for a false civil order”. He warned of “the danger of believing that international controversies cannot be resolved by the ways of reason, that is, by negotiations founded on law, justice, and equity, but only by means of deterrent and murderous forces.” Instead, citing the encyclical *Pacem in Terris* of his predecessor Saint John XXIII, he extolled “the sense and love of peace founded upon truth, justice, freedom and love”. In the intervening fifty years, these words have lost none of their significance or urgency.

On this occasion, I would like to reflect on nonviolence as a style of politics for peace. I ask God to help all of us to cultivate nonviolence in our most personal thoughts and values. May charity and nonviolence govern how we treat each other as individuals, within society and in international life. When victims of violence are able to resist the temptation to retaliate, they become the most credible promoters of nonviolent

peacemaking. In the most local and ordinary situations and in the international order, may nonviolence become the hallmark of our decisions, our relationships and our actions, and indeed of political life in all its forms.

Details at www.Vatican

'Misericordia et Miseria' Apostolic Letter

Pope Francis' Apostolic Letter

'Misericordia et Miseria'

Pope Francis: To All Who Read This Apostolic Letter-Mercy and Peace

4. We have celebrated an intense Jubilee Year in which we have received the grace of mercy in abundance. Like a gusting but wholesome wind, the Lord's goodness and mercy have swept through the entire world. Because each of us has experienced at length this loving gaze of God, we cannot remain unaffected, for it changes our lives.

We feel the need above all to thank the Lord and to tell him: "Lord, you have been favourable to your land... You have forgiven the iniquity of your people" (Ps 85:1-2). So it is. God has subdued our iniquities and cast all our sins into the depths of the sea (cf. Mic 7:19). He no longer remembers them, since he has cast them behind his back (cf. Is 38:17). As far as the east is from the west, so far has he removed our transgressions from us (cf. Ps 103:12).

In this Holy Year, the Church listened attentively and experienced intensely the presence and closeness of the Father, who with the Holy Spirit has enabled her to see with greater clarity the gift and mandate of Jesus Christ regarding forgiveness. It has truly been like a new visitation of the Lord among us. We have felt his life-giving breath poured out upon the Church and, once again, his words have pointed out our mission: "Receive the Holy Spirit: if you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained" (Jn 20:22-23). To Be Continued.

Diocese & Other News

Catholic Pastoral Centre Christmas Closure

The Catholic Pastoral Centre will be closed for the Christmas holidays from 4.30pm Thursday, December 22 until 8.30am Tuesday, January 3rd. We wish you all a joyful Christmas season!

Volunteers needed urgently

The Foothills Hospital RC Pastoral Care Team is in urgent need of volunteers to bring patients down from the wards for Sunday Mass at 3:30 PM. If you would like to volunteer as a "Chapel Porter" please call Fran, RC Pastoral Care Coordinator at Foothills: 403-944-1681. Volunteer Chapel Porters for an Interdenominational Service at 2 PM are also urgently needed, if you would like to volunteer, please call Kathy at Foothills Spiritual Care: 403-944-0945.

Saints Quotes

December 26– Monday

The Eucharist is not a prize for the perfect, but a powerful medicine and nourishment for the weak. – Pope Francis, *Evangelii Gaudium*

December 27– Tuesday

To love God is something greater than to know him. – St. Thomas Aquinas

December 28– Wednesday

Trust all things to Jesus in the Blessed Sacrament and to Mary, help of Christians, and you will see what miracles are. – St. John Bosco

December 29– Thursday

The way Jesus shows you is not easy. Rather, it is like a path winding up a mountain. Do not lose heart! The steeper the road, the faster it rises toward ever wider horizons. – St. John Paul II

December 30 – Friday

A healthy family life requires frequent use of three phrases: "May I? Thank you, and I'm sorry," and never, never, never end the day without making peace. – Pope Francis

December 31– Saturday

True friendship ought never to conceal what it thinks. – St. Jerome

Parish Activities

Chinese New Year Banquet

Date : Saturday February 4

Time : Reception from 6:00 p.m.,
dinner at 6:30 p.m.

Venue : Regency Palace

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328 Centre Street, SE.

Ticket: \$35/adult,

\$15/Child (age 12 or under)

[Note: Children would have to purchase Adult tickets should they wish to sit together with their parents at the adult's table]

Banquet tickets will be sold at the Church main entrance after each mass from December 24. Parishioners can contact Church Group representatives to purchase tickets. Donation of gifts for Banquet Draw would be much appreciated. Please contact Parish Pastoral Councilors or Parish Office for details.

Tuesday Evening Mass Cancelled

Tuesday Evening Marian Devotion Mass will be cancelled on December 27, January 3 and January 10.

Exposition of the Blessed Sacrament on January 7

The January's Exposition of the Blessed Sacrament will be led by Pastoral Care Team on January 7 from 10am to 11am. Fr. Nguyen will listen to Confession. Parishioners are encouraged to attend.

Together in Action 2016

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

As of October 14, our campaign has received a total of \$37,140.95. We plead for your ongoing support.

Weekly Activities

Sat Dec 31

Legion of Mary (meeting)

Time: 9:45 a.m.

Place: K of C Room at OLPH Church

Thanksgiving Mass and Dinner

Time: 5:00pm Thanksgiving Mass,
followed by Dinner at Upper Hall

Let There Be Light

Ten Christmas Commandments

1. You shall not leave 'Christ' out of Christmas, making it 'Xmas.' To some, 'X' is unknown.
2. You shall prepare your soul for Christmas. Spend not so much on gifts that your soul is forgotten.
3. You shall not let Santa Claus replace

Christ, thus robbing the day of its spiritual reality.

4. You shall not burden the shop girl, the mailman, and the merchant with complaints and demands.
5. You shall give yourself with your gift. This will increase its value a hundred fold, and the one who receives it shall treasure it forever.
6. You shall not value gifts received by their cost. Even the least expensive may signify love, and that is more priceless than silver and gold.
7. You shall not neglect the needy. Share your blessings with many who will go hungry and cold if you are generous.
8. You shall not neglect your church. Its services highlight the true meaning of the season.
9. You shall be as a little child. Not until you become in spirit as a little one are you ready to enter into the kingdom of Heaven.
10. You shall give your heart to Christ. Let Him be at the top of your Christmas list.

Anyone keeping these commandments is sure to have a blessed Christmas.

Stories Faith Sharing

Spreading Joy

The angel said to them, "Do not be afraid. I bring you good news that will cause great joy for all the people." Luke 2:10

When Janet went to teach English in a school overseas, she found the atmosphere gloomy and depressing. People did their jobs, but no one seemed happy. They didn't help or encourage one another. But Janet, grateful for all that God had done for her, expressed it in everything she did. She smiled. She was friendly. She went out of her way to help people. She hummed songs and hymns.

Little by little, as Janet shared her joy, the atmosphere at the school changed. One by one people began to smile and help each other. When a visiting administrator asked the principal why his school was so different, the principal, who was not a believer, responded, "Jesus brings joy." Janet was filled to overflowing with the joy of the Lord and it spilled over to those around her. Take the joy of Christmas with you every day.

The gospel of Luke tells us that God sent an angel to ordinary shepherds to deliver an extraordinary birth announcement. The angel made the surprising proclamation that the newborn baby "will cause great joy for all the people" (Luke 2:10), which indeed He did.

Since then this message has spread through the centuries to us, and now we are Christ's messengers of joy to the world. Through the indwelling of the Holy Spirit, we continue the practice of spreading the joy of Jesus as we follow His example and serve others.

How might you spread the joy of Jesus to others today?

Share your story at odb.org

Take the joy of Christmas with you every day.

INSIGHT:

Just as the angel appeared in the night sky to give shepherds reason for joy, Jesus also used a dark moment to offer His disciples reason for hope on the other side of His suffering and their confusion. What they didn't yet know would only be revealed in time. Christ's death was a loving Father's way of reconciling a rebel world to Himself. The despair of that night was necessary so that, three days later, a reason for hope now, and fullness of joy later, could be offered to all.

Read More Know More

Secret of True Joy

Benedict XVI is encouraging families to go to the Baby Jesus in the Manger, and to learn from him the way to authentic Christian joy.

"It is necessary to try to live every day what the crèche represents, that is, Christ's love, his humility, his poverty."

The "secret of true joy," he affirmed, "does not consist in having a lot of things, but in feeling loved by the Lord, in making oneself a gift for others, in loving."

He explained: "The Madonna and St. Joseph do not seem to be a very fortunate family; they had their first child in the midst of great hardships; and yet they are full of deep joy, because they love each other, they help each other and above all they are certain that God is at work in their history, God who made himself present in the little Jesus." God's promises

As well, he added, the shepherds have a special reason to rejoice, even though "that newborn certainly would not change the

facts of poverty and marginalization in their lives."

Rather, he said, "faith helps them to recognize in the 'child wrapped in swaddling clothes, lying in a manger' the 'sign' of the accomplishment of God's promises for all men, 'whom he loves,' even them!"

True joy, he affirmed, consists in "feeling that our personal and communal existence is visited and filled by a great mystery, the mystery of God's love."

He said: "To be joyful we do not just have need of things, but love and truth: We need a God who is near, who warms our heart, and responds to our profound desires."

"This God is manifested in Jesus, born of the Virgin Mary. This is why that Baby, whom we place in the stable or the cave, is the center of everything, the heart of the world."

主日分享

聖誕節

「在起初，已有聖言，聖言與天主同在，聖言就是天主」。一開始若望便把聖言與一切受造物分開。的確，我們主日信經所唸的：「祂在萬世之前，由聖父所生。祂是出自天主的天主，出自光明的光明，出自真天主的真天主。祂是聖父所生，而非聖父所造……」，便是若望要說的。天主聖言，在起初便誕生在永遠的天主聖父懷抱中了；因此福音中稱祂為父的獨生子。

敘述了聖言的永遠生命，若望便一步一步訴說聖言出現在宇宙與人類歷史中的三種形式。

「萬物是藉著祂造成的，凡受造物沒有一樣不是由祂造成的」；這是聖言第一種出現的形式。天主聖父藉著聖言創造世界。從此以後，在天地萬物中，尤其人類生命中，天主聖言臨在著。然而人類因了罪惡，拒絕光明；而整個世界也因此受了蒙蔽，並不認識聖言。

「祂來到自己的領域，自己的人卻沒有接受祂」；這是若望要說的第二種聖言臨於人類歷史的形式。天主把自己的思念，藉著聖言，啓示給了祂的子民；在祂的子民中，聖言臨在著。實在而論，梅瑟的法律也好，先知的宣講也好，後來的智慧傳承也好，都是天主的聖言。但是以色列民族，特殊

地擁有天主聖言的民族，並沒有接受聖言。他們反抗，他們犯罪，破壞了與天主訂立的盟約。

「於是，聖言成了血肉，寄居在我們中間」；這是聖言的第三種形式。天主聖言，永遠地誕生在天父懷抱中；現在祂誕生在歷史中，成了血肉的人，居住在我們中間；這是天主愛情的最高表現。宇宙萬物是藉著聖言而造成的，我們因而得以認識天主，但宇宙萬物並不是天主聖言，因此我們的認識不是完美的。在以色列歷史中間，因為它是聖言特殊興起的民族，因此他們可以認識天主的思念，但是祂最深的、最屬於自己的奧秘，並沒有完全在這部歷史中啓示出來。現在，聖言降生成人，在祂身上，天主向人類說了最完美、也是最末一句話——祂自己的聖言。我們在誕生人間的聖言、耶穌基督內，認識了天主的內心，天主的奧秘，天主自己，因為若望說：「聖言就是天主」。

今天我們慶祝耶穌聖誕，一方面欣賞路加福音的美麗樂章，白冷的天使歌聲，另一方面，也驚訝若望福音上窮永恆，下視救恩歷史的深奧思想。

教宗及福傳祈禱意向

一月祈禱及傳教意向：

福傳意向：為基督徒合一

願所有基督徒藉著努力祈禱和弟兄姊妹之愛，能忠於主的教導，重建教會團體，共同合作回應人類面臨的挑戰。

新聞及其他

教宗元旦和平日文告

主題：以非暴力行動建設和平

教宗指出，眾人處在破碎的世界，戰爭時斷時續，眾人均有義務令世界擺脫暴力。

教宗再次呼籲裁軍和消除核武器，並保證天主教會將繼續支持以非暴力爭取和平的行動。他又籲請所有善心人士讓愛和非暴力來引導「人際關係」，以及「社會和國際關係」；在我們針對家庭和國家關係作出決定時，應讓本屆世界和平日的主題「非暴力」成爲一種生活風範。

他在文告中悲痛地承認，在上個世紀遭受「兩次兇殘的世界大戰」後，我們今天正面對「一場可怕的時斷時續的世界戰爭」。這種「支離破碎的暴行造成了巨大的痛苦」：從「恐怖主義」到「難以預料的武裝襲擊」，從移民遭受侵犯到「環境被破壞」都是。

文告指出，以上情況反映，導致人命喪亡的衝突在不斷增長，唯有少數「軍閥」從中受益。大量的資源用於軍事目的，而世界上絕大多數居民的需求卻得不到滿足。

教宗強調，耶穌也會生活在暴力的時代，但祂「不知疲倦」地宣講天主無償的愛，爲人指出一條非暴力途徑，並在這條路上走到底，直到被釘在十字架上；耶穌藉著十字架實現了和平，摧毀了仇恨，「今天，做耶穌的真門徒意味著也應接受祂的非暴力建議」，愛仇人乃是基督信仰革命的核心。詳細的內容請參閱梵蒂岡電台訊

《慈悲與憐憫》宗座牧函

教宗方濟各《慈悲與憐憫》宗座牧函：讓慈悲傾注於整個世界

“我們度過了轟轟烈烈的一年，其間我們領受了豐厚的慈悲恩寵。上主的仁愛和慈悲有如一股有益的大風吹拂著整個世界”。現在，我們應跟從聖神繼續在這條路上行走；聖神總是爲我們指出新道路，幫助我們把救恩的福音帶給所有人。教宗重申，慈悲處在感恩祭和天主聖言的中心地位，邀請我們利用禮儀年的一個主日深入研究聖經。

待續

堂區活動

永援聖母堂新春團拜晚宴

日期：2月4日(星期六)

時間：晚上6時恭候，
6時30分入席

地點：富麗宮大酒樓

票價：成人每位35元、
12歲或以下小童每位15元。

(註：小童如欲與成人同桌，他們則需購買成人餐券)

教友可於12月24日每台彌撒後到聖堂正門入口處購買或直接與各善會代

表購票。春茗晚宴將設有大抽獎助興，盼望教友熱烈捐贈及贊助抽獎禮物，詳情請與堂區牧民議會各委員或堂區辦事處聯絡。

星期二黃昏彌撒取消

12月27日、1月3日及1月10日
星期二晚上黃昏彌撒取消。

一月顯供聖體

永援聖母堂一月份的顯供聖體由牧靈關愛組帶領，時間爲一月七日上午十時至十一時。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！

2016 教區公益金，齊來獻愛心

2016年教區TIA籌款的主題爲：「憐憫的人是有福的。截至10月14日，捐款已累積至37,140.95元。捐款信封可在聖堂入口處索取。

活動一週

星期六 12月31日

聖母軍

時間：上午9時45分(開會)

地點：聖堂二樓騎士會室

除夕感恩彌撒及聚餐

時間：下午5時感恩彌撒，彌撒後在上禮堂聚餐

心靈小品

聖誕節的祈禱

天使說：“我報給你們大喜的信息，是關乎萬民的。今天在達味的城裡，爲你們生了救主，就是主基督。”

主耶穌，我好興奮！

聖誕節是這麼偉大的日子——

有好多好多的禮物和意外的驚喜。

而你是這一切中最大的一項驚喜，因爲沒有人會想到你會以小嬰孩的樣子降臨，又出生在馬槽這樣貧賤的地方。

你也是所有禮物裡最好的一個，是從天主而來、帶給我們一份永生的禮物。謝謝你給我們最大的驚喜和一份最好的禮物。

我有何物可送給祂爲禮物呢？

我若是牧羊人，會獻上一隻小羊；
我若是智慧的人，會竭盡我所能；
但我所能獻上的，祇是一顆心！

靈修小故事

擁有一個共同的父親

有一個有趣的故事這樣講：傳教士揚伊格頓（Young Egerton）第一次前往印地安人居住區，向他們宣講天主的愛。當他講完之後，酋長問道：“我聽你稱那偉大的靈為‘我們的父’，對嗎？”伊格頓回答說：“是的，我是稱祂為父。”

酋長說：“我們從來沒想過要把神明稱為父親。祂常常以雷聲向我們說話，又以閃電和暴雨的方式跟我們見面，所以，我們很怕祂。現在聽你把祂叫作‘我們的父’，真是太美了。”

沉默了一會兒，酋長似乎突然明白了其中的奧妙，他又問道：“傳教士，你說那偉大的靈是你們的父親？”伊格頓肯定地說：“是的。”酋長又問道：“你說祂也是印地安人的父親？”伊格頓更肯定地說：“當然。”

這時，酋長像突然發現了一個寶藏似的，他伸開雙手，按住伊格頓的肩膀，欣喜地說：“那麼，我和你，便是親兄弟了！”

是的，我和你，就是親兄弟了；我們和他們，也都是親兄弟了。因為我們同出一源，擁有一個共同的父親。

唯有世人都成為天主的孩子——成為親兄弟時，人類才能在基督裡合一，和平才有指望，而“彼此相愛”的新天新地，才有可能變成我們的眼睛所能看見的最明亮的現實。

這也是馬丁路德·金的夢想：“我夢想有一天，在佐治亞州的紅色山崗上，昔日奴隸的兒子能夠同昔日奴隸主的兒子同席而坐，親如手足。我夢想有一天，我的四個小女兒將生活在一個不是以皮膚的顏色，而是以品格的優劣作為評判標準的國家裡。……我夢想有一天，深谷彌合，高山夷平，歧路化坦途，曲徑成通衢，天主的光華再現，普天下生靈共謁。……那時，天主的所有孩子，黑人和白人，猶太教徒和非猶太教徒，基督教徒和天主教徒，將能攜手同唱那首古老的黑人

靈歌：‘終於自由了！終於自由了！
感謝全能的天主，我們終於自由了！’”

知多一點點

聖誕馬槽耶穌聖嬰態像

的意義

聖誕馬槽內耶穌聖嬰所象徵的意義，也就是基督的愛、祂的謙遜、以及祂的貧窮。祝福耶穌聖嬰像叫我們想起聖誕馬槽乃是生活的學校，在這個學校裏我們可以學習到真正喜樂的秘訣。喜樂不在於擁有許多東西，而在於感受到天主的愛，在於把自己奉獻給他人，在於彼此相親相愛。我們看看聖誕馬槽：聖母瑪利亞和聖若瑟不像是富裕的人，他們的孩子出生在諸多不便當中。雖然如此，他們的心充滿喜樂，因著他們彼此相愛，互相幫助，尤其知道天主在他們的生活歷史中施展作為，這位天主就臨在小耶穌身上”。

至於聖誕馬槽四周的牧童呢？他們有什麼理由喜樂呢？那位剛誕生的嬰兒當然無法改變他們貧困的生活環境。但信德卻能幫助他們看出裹著繸襪、躺在馬槽中的嬰兒，乃是天主給他所愛的眾人、包括牧童在內的許諾已經實現的標誌。

真正的喜樂在於什麼：在於感受到我們個人和團體的存在蒙受一個偉大的奧跡所眷顧，所充滿，這個偉大的奧跡就是天主的愛。要能夠歡欣喜悅，我們需要的不僅是東西，更包括愛和真理的事物；我們需要接近我們的天主，祂能夠溫暖我們的心，能夠回應我們內心的期待。這位天主顯示在生於童貞瑪利亞的耶穌身上。因此，我們安放在聖誕山洞馬槽中的耶穌聖嬰態像乃是一切的中心，是世界的中心。所以，讓我們祈禱，好使每個人，就如童貞瑪利亞一樣，能夠接納成嬰兒的天主為生活的中心，祂是真正喜樂的泉源”。