

Theme Sharing

5th Sunday in Ordinary Time

Attracting, not promoting

Today's gospel is about Christian witness. Christianity is about attracting, not promoting. The gospel is implanted by the presence of a Christian living in that area.

When I was growing up, we didn't have fridges or freezers, as we have today. Every year my father killed a pig. The only way we had to preserve the sides of bacon over the months, until we could get around to eating the lot, was to pack the portions into boxes of salt. There was really as much salt as bacon in each box. One of the attributes of salt is to preserve, to keep food from going rotten.

I also remember from back then, we didn't have electricity. We had oil lamps, tilley lamps, hurricane lamps (for outside use) and, on occasions, we had a candle or two. I well remember the arrival of the electricity, and the excitement it generated among us kids. We would even have electric light in the cow house, as well as down at the end of the farmyard. This was exciting stuff for us country kids. To have light anywhere around the house, or outside the house, all one had to do was press a switch. This had profound effects on our daily life. We had a wireless that didn't need to have the battery charged every few weeks. We could do our homework in any corner of the kitchen, or in a bedroom. We no longer lived with the dangers (and the fumes) of oil lamps, of the spirits used in the tilley, or with the danger of a burning candle falling over, or left burning and unattended.

I'm sure you can see that I can readily identify with today's gospel. Among the roughest and toughest ghettos there are some beautiful and special people; and if they were not there, the whole area would be rotten. Most initiatives for self-help and for self-improvement in that area are the inspiration of these few. Neighbourhood Watch, Drug Awareness, investment in facilities for social and recreational needs are to be found in the toughest areas of the toughest towns. If you check into it, I'll guarantee you that the initiative and the impetus came from that small group, who could well be called the salt of that area. Just as a pinch of salt can greatly improve the taste of food, so too much salt would destroy

anything. That is why there can be such a benefit from the presence of just a few.

I'm sure you heard the saying that it's better to light a candle than curse the darkness. One candle doesn't give a great deal of light, but imagine a room in total darkness, and someone enters it bearing a lit candle. It is important to remind ourselves again that the kingdom of God is made up of tiny acts, and most of them are hidden. There is another saying that if each before his own door swept, the whole village would be clean. Today's gospel is just beautiful in its simplicity. Earlier on, Jesus had declared himself as the light of the world. Today he tells us that we are to be the light of the world. I would rather be guided by a lighthouse than to be rescued by a lifeboat. Without preaching from a butter-box in the town square, I can preach the Christian message through everything I do, and every word I say. If the Spirit of God lives within me, then naturally, wherever I go, I bring the Spirit with me. When Jesus ascended into heaven, when he returned to the Father, with mission accomplished, he brought the body he had with him. He then sent his Spirit, and asked us to provide the body. He has no other feet, hands, or voice but ours.

'Misericordia et Miseria' Apostolic Letter

Pope Francis' Apostolic Letter

'Misericordia et Miseria' Pope Francis: To All Who Read This Apostolic Letter-Mercy and Peace

It would be beneficial if every Christian community, on one Sunday of the liturgical year, could renew its efforts to make the Sacred Scriptures better known and more widely diffused. It would be a Sunday given over entirely to the word of God, so as to appreciate the inexhaustible riches contained in that constant dialogue between the Lord and his people. Creative initiatives can help make this an opportunity for the faithful to become living vessels for the transmission of God's word. Initiatives of this sort would certainly include the practice of lectio divina, so that the prayerful reading of the sacred text will help support and strengthen the spiritual life. Such a reading, centred on themes relating to mercy, will enable a personal experience of the great fruitfulness of the biblical text – read in the light of the Church's spiritual tradition – and

thus give rise to concrete gestures and works of charity. To Be Continued

Diocese & Other News

Regarding Mass of Installation for the Most Reverend William T. McGrattan

The Diocese is very much looking forward to celebrating Bishop McGrattan's Installation on Monday, February 27, 2017 at St. Mary's Cathedral at 7:30 pm.

Special guests, including the Canadian Council of Catholic Bishops, have been invited to celebrate this special Mass alongside our own Diocesan Priests, Deacons, other Religious and members of the laity. We expect more than 1,000 people to be in attendance at this special occasion in our Diocese. We will also have a live stream over the internet through our Diocesan Website (www.calgarydiocese.ca). This is a ticketed event. In order to comply with fire code regulations at the Cathedral, admittance will not be given without a ticket. A block of 500 complimentary tickets has been allocated for laity from the Diocese to attend. These tickets will be available through at www.calgarydiocese.ca beginning February 7. You will only be allowed to register for two tickets. If you cannot access a computer, you may call (403) 218-5531 beginning February 7. Online reservations are preferred.

Parishioners may also view the Mass live online via the Diocese's website. As reservations for special guests are confirmed, more tickets may become available. Please continue to check the Diocesan website for updates.

Single Women's Retreat

A retreat for single women "Strength for the Journey" will take place on Saturday Feb. 11, 2017, from 10:30am to 4pm, at the Divine Mercy Centre, 15206 Township Rd 262, Calgary AB, T3P-1A7. Cost \$30 includes lunch and conferences. For more information and to register please contact Sr. Katrina at 587-755-1019 or email:

dmccalgary@gmail.com

40 Days for Life Kick-Off

The 40 Days for Life Kick-Off will be held on Friday, February 17, 7:00 - 8:45 PM at St. Peter's Parish, 541 Silvergrove Dr. NW Calgary. Everyone is invited. Guest speakers: Dr. Martin Owen (VP World Federation of Catholic Physicians & Pres.

Calgary Catholic Medical Assoc) and Dr. Carlos Fajardo (Neonatal-Perinatal Medicine). The 40 Days for Life Lenten Campaign runs from Ash Wednesday to Palm Sunday. For more info: Jairo 403-870-3905 or 40daysforlife.calgary@gmail.com.

News & Others

25th World Day of Sick Message
Amazement at what God has accomplished: "The Almighty has done great things for me..." (Lk 1:49)

Dear Brothers and Sisters,
On 11 February next, the Twenty-fifth World Day of the Sick will be celebrated throughout the Church and in a special way at Lourdes. The theme of this year's celebration is "Amazement at what God has accomplished: 'The Almighty has done great things for me...'" (Lk 1:49). Instituted by my predecessor Saint John Paul II in 1992, and first celebrated at Lourdes on 11 February 1993, this Day is an opportunity to reflect in particular on the needs of the sick and, more generally, of all those who suffer. It is also an occasion for those who generously assist the sick, beginning with family members, health workers and volunteers, to give thanks for their God-given vocation of accompanying our infirm brothers and sisters. This celebration likewise gives the Church renewed spiritual energy for carrying out ever more fully that fundamental part of her mission which includes serving the poor, the infirm, the suffering, the outcast and the marginalized (cf. John Paul II, *Motu Proprio Dolentium Hominum*, 11 February 1985, 1). Surely, the moments of prayer, the Eucharistic liturgies and the celebrations of the Anointing of the Sick, the sharing with the sick and the bioethical and theological-pastoral workshops to be held in Lourdes in those days will make new and significant contributions to that service. Even now, I am spiritually present at the grotto of Massabielle, before the statue of the Immaculate Virgin, in whom the Almighty has done great things for the redemption of mankind. I express my closeness to all of you, our suffering brothers and sisters, and to your families, as well as my appreciation for all those in different roles of service and in healthcare institutions throughout the world who work with professionalism, responsibility and dedication for your care,

treatment and daily well-being. I encourage all of you, the sick, the suffering, physicians, nurses, family members and volunteers, to see in Mary, Health of the Infirm, the sure sign of God's love for every human being and a model of surrender to his will. May you always find in faith, nourished by the Word and by the Sacraments, the strength needed to love God, even in the experience of illness.
Pope Francis

Details at www.Vatican

Saints Quotes

February 6– Monday

God is a spring of living water which flows unceasingly into the hearts of those who pray.-St. Louis de Montfort

February 7– Tuesday

One should first show them in deeds rather than words all that is good and holy.- St. Benedict of Nursia

February 8– Wednesday

If you remain constant in your faith in the face of trial, the Lord will give you peace and rest for a time in this world, and forever in the next.-St. Jerome Emiliani

February 9– Thursday

Listen and attend with the ear of your heart.- St. Benedict

February 10– Friday

God has promised forgiveness to your repentance, but he has not promised tomorrow to your procrastination.-St. Augustine

February 11 – Saturday

The rosary helps us to be conformed ever more closely to Christ until we attain true holiness.- St. John Paul II

Parish Activities

25th World Day of The Sick

February 11, 2017

Amazement at what God has accomplished:

Theme : "The Almighty has done great things for me..." (Lk 1:49)

On Feb 12 all the masses will be dedicated to the sick. Fr. Joseph will anoint those sick parishioners attending the 11:30am Mass.

We will reserve seats for parishioners who would like to be anointed on that day.

Parishioners can pick up World Day of Sick prayer cards at church entrance.

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

Wed, Fri Feb 8, 10

OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Fri Feb 10

Wing Kei Greenview Mass

Time: 10:00a.m.

Place: 307- 35 Ave. N.E

OLPH Scout

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

Place: Upper Hall & Lower Hall

Sat Feb 11

Legion of Mary (meeting)

Time: 9:45a.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: 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: K of C Room

Young Adults Faith Sharing

Time: 5:00p.m.-8:00p.m.

Place: OLPH Upper Hall

Faith Sharing Group (N.W.)

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

Contact: Anna Tam 403-285-5023

Grace Chan 403-208-1806

Sun Feb 12

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.-12:30p.m.

Place: OLPH Church Office Building

Fr. Joseph anointing of the sick

Time: 11:30 a.m. Mass

Catholic Family Fellowship meeting

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

Place: OLPH Upper Hall

Stories Faith Sharing

My God is called Love

One Day Mother Teresa took a woman off the streets in Calcutta. She had sores infested with bugs. Mother Teresa cleaned and dressed her sores while the woman never stopped shrieking and even using swear words and insults. Finally the woman asked Mother Teresa, "Sister, why do you do this? Not everyone behaves like you. Who taught you?" Mother Teresa replied, "My God taught me." The woman said she wanted to know her God. Mother Teresa kissed her on the forehead and said, "You know my God. My God is called love."

A number of times Blessed Mother Teresa reflected on Christ's love on the Cross and by way of conclusion I quote her words, Jesus wants me to tell you again...how much is the love He has for each one of you - beyond all what you can imagine...Not only He loves you, even more - He longs for you. He misses you when you don't come close. He thirsts for you. He loves you always, even when you don't feel worthy.... Why does Jesus say "I thirst"? What does it mean? Something so hard to explain in words—"I thirst" is something much deeper than just Jesus saying "I love you." Until you know deep inside that Jesus thirsts for you - you can't begin to know who He wants to be for you. Or who He wants you to be for Him (Mother Teresa: Come Be My Light p42)

Read More Know More

The Mass and Holy Communion

Q1. Why are Catholics supposed to go to Mass every Sunday?

Keeping holy the Lord's Day is a practice that goes back to Jewish observance of the Sabbath. Christians changed this day from Saturday to Sunday because that is the day the Lord rose. Catholics attend Mass every Sunday out of fidelity to this tradition of communal worship.

Q2. But why does your communal worship take the form of the Mass? Why not simply pray, sing, and preach?

Catholic Sunday liturgy includes congregational singing as well as times for silence and communal prayer. The Liturgy of the Word, the first part of the Mass, focuses on Scripture passages from the Old and New Testaments, and includes a homily by a priest or deacon to help the community live out the scriptural message. Unlike most

Protestant services, Catholic worship then goes on with the Liturgy of the Eucharist. This memorial of the Lord's Supper is done in fidelity to the words in Luke 22:19. To Be Continued

主日分享

常年期第五主日

不是鹽不是光，不是基督徒

福音的信息直接清楚：基督徒必須是鹽與光。山中聖訓的地點在加裡肋亞湖邊，附近有鹽城，方便漁民把魚獲腌咸保存；湖邊有山，山上的屋晚上有燈光，湖邊的人清楚看到。耶穌就地取材，以老百姓每日見到的東西作比喻。作鹽作光並非一個泛泛的邀請，而是向每人堅決的要求。基督徒必須是鹽是光，不是鹽不是光，就不是基督徒。

比喻很簡單，不需從深奧處想。每個猶太人都知道鹽色白，比喻純潔，他們有時用鹽作奉獻以表純潔；鹽可用來保存食物，咸魚也是一般人常吃的東西。鹽最重要的作用大概是調味了，福音的比喻似乎也著重此點：“鹽若失了味，怎麼使它再咸呢？它必毫無用途，祇好拋在外邊，任人踐踏吧了。”福音中的塔冷通比喻及葡萄樹比喻，都是說明自我廢棄的結果，是判決了自己。不是天主丟棄他們，而是他們捨棄自己。

鹽的比喻用在我們身上，我們自問有鹽的純潔嗎？真福八端說：“心裡潔淨的人是有福的”。多少次我們像法利塞人一樣祇著重外表，忘記天主判斷的是我們的內心。鹽用來保存食物，我們有像鹽一樣保存福音的價值嗎？當家庭的價值、婚姻的價值、公義的價值、忠信的價值、和平的價值受到挑戰時，我們有盡過力維護它們嗎？鹽用來調味，我們的信仰有令生命加添味道，令它更豐盛、更光采、更可愛嗎？早上起來，我們能否對天主說：“主，感謝您賜給我新的一天”？抑或無可奈何地說：“唉！又要開工捱世界了”？德蘭修女令生命平添不少味道，人們從她身上感受到希望與安慰，拾回生命的尊嚴。我們的信仰能令別人的生命放出彩虹，其味無窮嗎？

基督是世界的光，基督徒分沾了這份照亮世界的使命。光是為別人而存在的，使人看到世界的面貌。我們的時代很少用蠟燭，可能忘記了“燃燒自己，照亮別人”的意義。基督徒的光應使人看到事物的真相，真理是甚麼、生命的價值何在、上主臨在哪裡。光是無我的，它挑戰現代人必須有我的心態。基督徒要成為世界的光，不是為光榮自己，而是讓人看到世界的真善美，轉而光榮天父：“他們看見你們的善行，光榮你們在天之父。”行善而受人稱讚是免不了的，但行善的動機是甚麼，正是無我或有我的分別。做鹽做光，是基督對每一位追隨者的要求，絕無例外。求天主以恩寵提醒我們不做乏味的鹽，祇照耀自己的光。當我們豐富別人的生命時，自己的生命也特別有味道；當我們照亮別人尋找天主的道路時，自己也發現天主的臨在。

《慈悲與憐憫》宗座牧函

教宗方濟各《慈悲與憐憫》宗座牧函：發揮慈悲的想像力，掀起一場真正的文化革命

最後，教宗勉勵我們發揮慈悲的想像力，通過日常生活中微小的舉動，讓“仁慈及溫柔對待弱小和無自衛能力者、孤獨和被遺棄者的具體標記”能在整個世界“掀起一場真正的文化革命”。

新聞及其他

教宗方濟各第 25 屆

世界病人日文告：

為天主所完成的一切大感驚奇：

「全能者在我身上行了大事…」(路一49)

教宗在文告中首先向病患們表示：

“我從現在起在精神上來到馬薩比

(Massabielle)岩洞的聖母像前。我願意向你們所有人，處在病苦中的弟兄姐妹和你們的親人表達關懷之情；我也向所有在世界各醫療機構從事不同工作的人員表達讚佩之情，他們憑著專業能力、責任感和奉獻精神盡忠職守，設法減輕你們的痛苦，照顧你們，使你們每日能感到舒適。”

教宗然後鼓勵眾人，包括“病患、疾苦者、醫生、護士、病人家屬、義工，要瞻仰病人之痊聖母瑪利亞，天主溫柔對待每個人的擔保者，順從天主旨意的模範；即使在患病時也要藉著聖言和聖事所滋養的信德找到愛天主和兄弟姐妹的力量”。

面對時下在醫護和技術領域的挑戰，教宗重申每個病人都具有不可剝奪的尊嚴，總是賦有自己的使命，決不能淪為純粹的物體，即使他們身患嚴重的殘疾。教宗籲請眾人透過世界病人日“找到傳播一種尊重生命、健康和環境文化的新動力，為使人的尊嚴和完整性受到尊重而不斷努力奮鬥，同時運用正確方法來對待生物倫理問題，保護最弱小者和照料環境”。教宗最後祝願眾人“常做天主臨在和祂仁愛的喜樂標記，效法許多天主之友的光輝見證”。在這些人當中有“天主的聖若望 (Giovanni di Dio) 和聖加米祿 (Camillo de' Lellis)，他們是醫院和醫護人員的主保，以及加爾各答的聖德肋撒修女，她是天主仁愛的使徒”。

詳細的內容請參閱梵蒂岡電台訊

堂區活

25 屆世界病人

2 月 11 日

為天主所完成的一切大感驚奇：
「全能者在我身上行了大事…」
(路一 49)

世界病人日於每年 2 月 11 日舉行，這天正是露德聖母顯現日。請大家為所有病人祈禱！

本堂將於 2 月 12 日的主日彌撒中特別為病患者祈禱，而阮神父將在十一時三十分彌撒中為有需要的病人教友傳油祝福。

當天本堂將預備部分座位給予傳油的教友。

教友可於教堂入處索取世界病人日祈禱卡。

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

星期三、五 2 月 8, 10 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 2 月 10 日

榮基翠景護老中心 (彌撒)

時間：上午 10 時

地點：307- 35 Ave. N.E

永援聖母堂童軍

時間：晚上 6 時 30 分至 8 時 30 分

地點：永援聖母堂上禮堂及下禮堂

星期六 2 月 11 日

聖母軍

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 12 時 30 分

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：聖堂二樓騎士會室

大專青年團信仰分享

時間：下午 5 時至 8 時

地點：永援聖母堂上禮堂

信仰小團體 (西北區)

時間：晚上 7 時 30 分至 10 時

聯絡：Anna Tam 403-285-5023

Grace Chan 403-208-1806

星期日 2 月 12 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 12 時 30 分

地點：寫字樓大廈，聖堂騎士會室

阮神父為有需要的病人教友

傳油祝福

時間：上午 11 時 30 分

公教家庭開會

時間：下午 12 時 30 分至 3 時

地點：永援聖母堂上禮堂

心靈小品

我夢見我和天主站在一道橋上
昨夜，我夢見我和天主站在一道橋上。我渴望與主一起跨越，以分享我的試探和苦惱。

「天主，我發現我的周圍有那麼多的不公義。」我的心沉溺於悲傷，默然流淚。

「是的，我的孩子在夜裡淚流不止，但是喜悅會伴隨明天一起來臨。」

「什麼事是當我走過這道橋時一定要做的？」我帶著孺慕之情問天主說。

「這真的非常簡單，孩子，」天主回答的時候帶著微笑。

「你一定要從兄弟跟你作對的仇恨中解脫出來，我離開前，交給你最後一個誠命：[彼此相愛。]」

「去愛那些愛我們的人是多麼的容易。天主」我深深的嘆口氣說「我一定得去愛那些給我痛苦，讓我落淚的人嗎？」

主對我微笑，我又再一次從主攻手的微笑裡看到強而有力的愛情和真理

「我的孩子.....你知道我曾經寬恕你多少次嗎？」

「我想我已經了解情況了，」我紅著臉說，接下來我意識到我清醒過來而且是躺在床上。

我想起過去曾被我傷害過的人，假若我期望被寬恕，那麼我必須先伸出寬恕的手。

我從來不會理解過明天，明天可不會附上保證書，

昨天發生過的事屬於歷史陳跡，我不能預測未來，我無法改變過去，我有的就祇是現在這一刻，我必須待它像是我的最後一刻，

我必會用智能度過這一刻，因為時間馬上就會消逝，如同昨天的一部份永遠地逝去，我一定鍛煉憐憫心，幫助跌倒的人站起來，為缺乏友誼的人帶來友誼，讓空乏的生活充實起來，我今天會作過不好的事，希望以後能不再犯，我不強求別人的友誼，我也許沒有另外一個機會跪下來祈禱，用一顆謙卑的心向天主表達謝意，因為祂送給我這一天。

靈修小故事

荒蕪的花園

貝爾太太是美國一位有錢的貴婦人，她在亞特蘭大城外修了一座花園。花園又大又美，吸引了許多遊客，他們毫無顧忌地跑到貝爾太太的花園裡遊玩。

年輕人在綠草如茵的草坪上跳起了歡快的舞蹈；小孩子走進花叢中捕捉蝴蝶；老人蹲在池塘邊垂釣；有人甚至在花園當中支起了帳篷，打算在此過他們浪漫的盛夏之夜。貝爾太太站在窗前，看著這群快樂得忘乎所以的人們，看著他們在屬於她的園子裡盡情地唱歌、跳舞、歡笑。她越看越生氣，就叫僕人在園門外掛了一塊牌子，上面寫著：私人花園，未經允許，請勿入內。可是這一點也不管用，那些人還是成群結隊地走進花園遊玩。貝爾太太祇好讓她的僕人前去阻攔，結果發生了爭執，有人竟拆走了花園的籬笆牆。

後來貝爾太太想出了一個絕妙的主意，她讓僕人把園門外的那塊牌子取下來，換上了一塊新牌子，上面寫著：歡迎你們來此遊玩，為了安全起見，本園的主人特別提醒大家，花園的草叢中有一種毒蛇。如果那位不慎被蛇咬傷，請在半小時內採取緊急救治措施，否則性命難保。最後告訴大家，離此地最近的一家醫院在威爾鎮，驅車大約 50 分鐘即到。

這真是一個絕妙的主意，那些貪玩的遊客看了這塊牌子後，對這座美麗的花園望而卻步了。

幾年後，有人再往貝爾太太的花園去，卻發現那裡因為園子太大，走動的人太少而真的雜草叢生，毒蛇橫行，幾乎荒蕪了。孤獨、寂寞的貝爾太太守著她的大花園，她非常懷念那些曾經來她的園子裡玩的快樂的遊客。

我們每個人心中都有一座美麗的大花園。如果我們願意讓別人在此種植快樂，同時也讓這份快樂滋潤自己，那麼我們心靈的花園就永遠不會荒蕪。

知多一點點

感恩（聖體）聖事

問題一：感恩（聖體）聖事是什麼？

答：感恩（聖體）聖事，是指在感恩祭宴（即「主的晚餐」）（格前 11:20）所奉獻、祝聖和領受的麥麵餅（基督聖體）和葡萄酒（基督聖血）。這些被天主所祝聖的麥麵餅和葡萄酒，只要餅形還存在，永遠都是基督的聖體；只要「葡萄酒」形還存在，永遠都是「基督的聖血」。

問題二：何時可以領受聖體（聖血）？

答：正常情況下，教友當在參與彌撒聖祭時，通過獻禮，跟隨基督奉獻自己，並領受當次彌撒聖祭中所奉獻和祝聖的聖體聖血（《彌撒經書總論》（2002）85 條）。

當然，領受上次彌撒所奉獻和祝聖的聖體聖血，也確實是領受了基督。

在特殊情況下，有正當理由，例如，因疾病、老弱、懷孕、被囚，不能到聖堂參加彌撒，亦可在彌撒之外，給他們送聖體（聖血）（參閱《天主教法典》918 條）。不過，牧靈上，如有可能，最好每年有幾次到他們的地方，為他們舉行彌撒，或安排接他們前往參加彌撒，使他們有機會與教友一起，參加聖祭，和領受聖事，好能更深體驗與教會的共融和奉獻。

同時，在某些情況下，例如不能進食固體食物或酒精飲品時，可只領聖體，或只領聖血；如果完全不能進食，就不用送聖體（聖血），只好幫助他們神領聖體。 待續

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