

## Theme Sharing

### First Sunday of Lent

During Lent we may reflect on our Baptism as a sharing in the life of Jesus. Our growing in the image of God has an aspect of dying to self and another aspect of rising to God's new life of love. The seed of this movement or growth was planted in us when we were first reconciled to God in the grace and sacrament of our rebirth.

#### Shun not the Struggle

A reflective way of looking at life is to see it as a struggle between sin and grace, selfishness and holiness. Our time on earth will be successful in the measure that we put aside sin and try to live by the grace of God. Today's Scriptures show two contrasting reactions to temptation. The first humans, Adam and Eve, are imagined as preferring their own inclinations to the will of God. Jesus, the Saviour, on the contrary resisted temptation, remaining faithful to what God the Father required of him. St Paul reflects on how these choices affect ourselves: Adam's sin brought trouble on all, but we are saved and offered new life because of the fidelity of Christ.

An old priest who was blind for many years before his death, liked to urge his penitents to renew their efforts with these inspirational lines:

"We are not here to play,  
to dream, to drift.

We have good work to do,  
and loads to lift.

Shun not the struggle.

Face it. 'Tis God's gift."

Temptation in one form or another is an unavoidable part of life. If we honestly examine our daily experience, we can find many aspects of temptation: impulses or tendencies counter to the right way of doing things. To rationalise away these temptations, so that they become socially acceptable and politically correct—is itself an insidious temptation. We want to dictate for ourselves what is right and wrong, to draw for ourselves the boundaries of "acceptable" behaviour, unencumbered by any notional commandments of God. This is rather like Adam demanding to eat of the tree of knowledge of good and evil. Our real growth to Christian maturity comes by acknowledging and accepting the vocation of struggling against temptation, to achieve the kind of behaviour and attitudes Jesus

expects. We must submit our behaviour to his gospel. Christ and Adam show the two opposite reactions in face of temptation: Adam, archetype of sinful, evasive, self-seeking humanity, finds plausible reasons to yield to it, and rebels against God's will. Jesus, archetype of the new God-seeking man, resists temptation even repeatedly. It can only be conquered by this blend of patience and loyalty, supported by trust that what God requires of us is what is best for us.

## Rejoice in God's Mercy

The readings today present two very different dialogues. In the first reading, Adam and Eve speak with the devil (the serpent) and, believing the lies he tells them, fall into sin. In the Gospel reading Christ rejects all of the devil's approaches and rebukes him. We need to turn away from sin and be faithful to the Gospel. Bringing our sins to confession renews our relationship with God and restores us to the joy of his salvation. Action: Begin your journey in Lent by ending any negotiations with the devil and opening up communication with God.

### 'Misericordia et Miseria'

#### Apostolic Letter

#### Pope Francis' Apostolic Letter

#### 'Misericordia et Miseria'

#### Pope Francis: To All Who Read This

#### Apostolic Letter-Mercy and Peace

Let us recall with renewed pastoral zeal another saying of the Apostle: "God has reconciled us to himself through Christ and has entrusted to us the message of reconciliation" (2 Cor 5:18). We were the first to be forgiven in view of this ministry, made witnesses at first hand of the universality of God's forgiveness. No law or precept can prevent God from once more embracing the son who returns to him, admitting that he has done wrong but intending to start his life anew. Remaining only at the level of the law is equivalent to thwarting faith and divine mercy. The law has a propaedeutic value (cf. Gal 3:24) with charity as its goal (cf. 1 Tim 1:5). Nonetheless, Christians are called to experience the newness of the Gospel, the "law of the Spirit of life in Christ Jesus" (Rom 8:2). Even in the most complex cases, where there is a temptation to apply a justice

derived from rules alone, we must believe in the power flowing from divine grace.

We confessors have experienced many conversions that took place before our very eyes. We feel responsible, then, for actions and words that can touch the heart of penitents and enable them to discover the closeness and tenderness of the Father who forgives. Let us not lose such occasions by acting in a way that can contradict the experience of mercy that the penitent seeks. Rather, let us help light up the space of personal conscience with God's infinite love (cf. 1 Jn 3:20). To Be Continued

## News & Others

### 2017 Lenten Message of

#### Pope Francis

Theme: The Word is a gift. Other persons are a gift.

#### 1. The other person is a gift

The parable first invites us to open the doors of our heart to others because each person is a gift, whether it be our neighbor or an anonymous pauper. Lent is a favorable season for opening the doors to all those in need and recognizing in them the face of Christ. Each of us meets people like this every day. Each life that we encounter is a gift deserving acceptance, respect and love. The word of God helps us to open our eyes to welcome and love life, especially when it is weak and vulnerable. But in order to do this, we have to take seriously what the Gospel tells us about the rich man.

#### 2. Sin blinds us

The lowest rung of this moral degradation is pride. The rich man dresses like a king and acts like a god, forgetting that he is merely mortal. For those corrupted by love of riches, nothing exists beyond their own ego. Those around them do not come into their line of sight. The result of attachment to money is a sort of blindness. The rich man does not see the poor man who is starving, hurting, lying at his door.

Looking at this character, we can understand why the Gospel so bluntly condemns the love of money: "No one can be the slave of two masters: he will either hate the first and love the second, or be attached to the first and despise the second. You cannot be the slave both of God and of money" (Mt 6:24).

#### 3. The Word is a gift

The parable goes on to offer a message for all Christians. The rich man asks Abraham to

send Lazarus to warn his brothers, who are still alive. But Abraham answers: "They have Moses and the prophets, let them listen to them" (v. 29). Countering the rich man's objections, he adds: "If they will not listen either to Moses or to the prophets, they will not be convinced even if someone should rise from the dead" (v. 31).

Dear friends, Lent is the favorable season for renewing our encounter with Christ, living in his word, in the sacraments and in our neighbor. The Lord, who overcame the deceptions of the Tempter during the forty days in the desert, shows us the path we must take. May the Holy Spirit lead us on a true journey of conversion, so that we can rediscover the gift of God's word, be purified of the sin that blinds us, and serve Christ present in our brothers and sisters in need. I encourage all the faithful to express this spiritual renewal also by sharing in the Lenten Campaigns promoted by many Church organizations in different parts of the world, and thus to favor the culture of encounter in our one human family. Let us pray for one another so that, by sharing in the victory of Christ, we may open our doors to the weak and poor. Then we will be able to experience and share to the full the joy of Easter.

## Parish Activities

### Together in Action 2017

The 2017 "Together in Action" commences on the first Sunday of Lent (March 5). The theme this year is:

"Blessed are the merciful, for they will obtain MERCY." (Matthew 5:7)"

Our parish's target is \$22,607 as designated by the Diocese. This year's TIA is led by Pastoral Care Team. We plead for your generous support. Donation envelopes are being distributed with your 2016 donation tax receipts. Let's give sacrificially, act out our faith, and join Together in Action.

### 2016 Donation Tax Receipts

Tax Receipts are ready for parishioners to pick up at the church main entrance now. Please contact parish office if you have any concern on your donation record.

### OLPH Way of the Cross in Lent

English: every Friday 8:30 a.m.

Cantonese & Mandarin:

every Saturday 4:30 p.m.

### The sacrament of Reconciliation

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 8, 15, 22, 29, April 5 and 12) from 7:30 – 8:30pm.

### Breakfast Corner and Movie

#### Afternoon

Date: March 26 (Sunday)

Place: OLPH Upper Hall

Sponsor: Catholic Family Fellowship (CFF)

Breakfast in Cantonese style with congee, soya sauce fried thick rice noodle and 2 pieces of stuffed sticky rice cake will be served after 10:00 and 11:30 mass, complimentary muffins and drinks after 8:30 mass.

Breakfast ticket is \$5 each, sale at Church main entrance.

Movie is free of charge. Join us in this event of food, socializing, and faith sharing.

Movie Afternoon – 1:00 to 3:30 pm.

"The Good Lie" is a deeply touching story about survival, perseverance and hope. In 1983 orphans of the civil war in Sudan journeyed from their devastated homeland in search of refuge. Years later, got accepted into modern America four of these survivors begin their new life with challenges. The Chinese Movie Title is translated as "The Good Life"

## Weekly Activities

Wed, Fri March 8, 10

### OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Fri March 10

### Way of the Cross in Lent

English: every Friday 8:30 a.m.

### 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 March 11

### Legion of Mary ( meeting )

Time: 9:45a.m.

Place: K of C Room at OLPH Church

### Faith Sharing Group ( N.E)

Time: 10:30a.m.-12:00noon.

Contact: Sr. Sze 403-230-3801

### 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

### Way of the Cross in Lent

Cantonese & Mandarin: 4:30 p.m.

### Young Adults choir practice

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

Place: OLPH Lower 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 March 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

### Parish Pastoral Council Meeting

Time: 12:30p.m.

Place: OLPH K of C Room

## Stories Faith Sharing

### Dervish and the Money

A dervish was praying silently. A wealthy merchant, observing the dervish's devotion and sincerity, was deeply touched by him. The merchant offered the dervish a bag of gold. I know you will use the money for God's sake. Please take it.

Just a moment, the dervish replied. I'm not sure if it is lawful for me to take your money. Are you a wealthy man? Do you have more money at home?

Oh yes. I have at least one thousand gold pieces at home, claimed the merchant proudly.

Do you want a thousand gold pieces more? asked the dervish.

Why yes, of course. Every day I work hard to earn more money.

And do you wish for yet a thousand gold pieces more beyond that?

Certainly. Every day I pray that I may earn more and more money.

The dervish pushed the bag of gold back to the merchant. I am sorry, but I cannot take

your gold, he said. A wealthy man cannot take money from a beggar.

How can you call yourself a wealthy man and me a beggar? the merchant spluttered. The dervish replied, I am a wealthy man because I am content with whatever God sends me. You are a beggar, because no matter how much you possess, you are always dissatisfied, and always begging God for more.

## Read More Know More

### Season of Lent

During the Season of Lent, it is the custom of the Church to re-read and re-live the great events of salvation history in the "today" of her liturgy. This demands that catechesis help the faithful to open themselves to the spiritual understanding of the economy of salvation as the Church's liturgy reveals it and enables us to live it. [C.C.C. # 1095] In accordance with the tradition of the Church, during the Lenten Season, we as believers are called to repent of our sins that offend God. We are called to frequently remember the triumph of Jesus. We are called to triumphantly live our faith in Christ as baptized children of God. We are called to go forward and shine by our obedience, our servitude, our charity towards others, through prayers, sacrifices, all in the love of God.

By doing so, we know that in the end, our triumph shall also be glorious through the Kingdom of God that we shall inherit as children of the Lord.

During the coming week, let us reflect on the actions of Jesus who was led by the Spirit in the wilderness. As Jesus resisted the temptations in the desert, we too are called to resist the daily temptations that cross our path and seek to destroy our communion with God. We are called to repent of past sins, to be sanctified in Christ, to perform spiritual works through the power of the Holy Spirit, to resist all glory and authority that may separate us from the love of God Who greatly desires to see the fulfillment of our adoption as His children. Let us reflect upon these things during the coming week.

May the grace of God be with you all as you search your hearts with great sincerity and allow yourselves to be transformed in Christ.

## 主日分享

### 四旬期第一主日

#### 不盡的誘惑

誘惑是人一生面對的挑戰，連天主子耶穌也不例外，誘惑跟著祂直至十字架上。表面看來，福音記載的誘惑是食物、名譽和財富，這是每個基督徒都經驗過的。那一個不為食物而操勞？但如果把“搵兩餐”看成生活上最重要的事，其他包括天主在內只屬次要，食物便變成遠離天主的誘惑。人總有留名的願望，最常見的是在石上或樹幹上留名，連孫悟空也在佛祖的五指山上，寫下“齊天大聖到此一遊”的字句。現代人做很多不可思議的事，也只為留名於健力士紀錄大全內。名譽的確是人生中一大誘惑。財富的誘惑更明顯，財富成為不少人生命中最重要價值或行事和取捨的標準，甚麼正義、仁愛、真理的價值都要靠邊站。

但這些粗俗的誘惑怎會在耶穌身上產生作用？在表面誘惑背後，可能潛伏著凌厲的誘惑。

第一個是不勞而獲的誘惑。魔鬼誘惑耶穌不走十字架的苦路，而用奇跡替代，就像把石頭變成麵包一樣輕而易舉，反正猶太人喜歡看奇跡，祇要滿足他們的好奇，他們自會死心塌地跟隨祂，何必自討苦吃？當然，這個誘惑背後，是要人感受到天主是愛。

第二個是信心動搖的誘惑。耶穌本來與天父的關係密切，但魔鬼能做成假像，天父好像離開了耶穌，以致耶穌要向天父要求保證——從聖殿頂跳下，看看是否有天使來托住祂的腳。第三個是權勢的誘惑。猶太人常想用權勢重建王國，耶穌的門徒也有同感，魔鬼正利用這個猶太人共同的理念，使耶穌忘記自己的使命，而去成為一個依賴權勢政治性的默西亞。

這些誘惑為今天的我們仍具威力。每人都有不勞而獲的誘惑，誰人不想中六合彩？誰不想一夜斷窮根，以後無憂無慮地生活？在信仰上，福音的要求太高，最好有一條不用背十字架而直達天國的康莊大道。作為基督徒，我們有信心動搖的時刻，祈禱不見效，天主像歸隱了，我們渴求奇跡作

保證，但奇跡亦不發生，我們會轉向風水算命或其他宗教求助，忘記了耶穌才是我們最大的保證。其實基督的信仰不要求保證，而是要求信賴——信賴主耶穌基督。最後，權勢的誘惑以不同的形式出現。人不不論是甚麼身分或做甚麼事，總有點權；權愈多，誘惑愈大，人總會妄用權勢或依附權勢。每次我們不循正途而要靠“拉關係”、“走後門”，都是順從權勢誘惑的表現。

誘惑是無盡的，一生都跟著我們；我們不能要求沒有誘惑，那是不切實際的。我們祇能謙虛的求天主“不要讓我們陷於誘惑”。

## 新聞及其他

### 教宗方濟各 2017 年四旬期文告

主題是：「聖言是一份恩典；他人是一份恩典」。教宗指出，我們遇到的每個人都是一份恩典，都應受到款待、尊重和愛護。教宗也勉勵基督徒聽從天主聖言，祂是激勵人心歸依的強大力量，將人重新引向天主。

#### 1. 「他人是一份恩典」

文告指出：「拉匝祿不是一個沒有名字的人，而是一名有個人經歷，我們所熟知且具有面容的人物。這樣的人是一份恩典，一份無價之寶，一個天主所喜愛和記得的人，儘管他遭到人的拒絕。我們與別人的正確關係在於以感恩之情承認他的價值。那個躺在富翁門前的窮人並非惹人討厭的人，他號召我們懺悔和改變生活，向他人敞開我們的心門，因為每一個人都是一份恩典，無論他是我們的近人還是陌生的窮人。有鑒於此，四旬期是一個有利時機，幫助我們向每個需要幫助的人敞開大門，在他身上認出基督的面容。」

教宗提醒道：「我們每一個人在自己生命旅程中都會遇到需要幫助的人。我們遇到的每個生命都是一份恩典，應受到款待、尊重和愛護。天主聖言幫助我們開啓心目，接納和愛護生命，在生命脆弱時更是如此。」

#### 2. 「罪使我們盲目」

關於比喻中的富翁，福音凸顯了矛盾的一面。這富翁雖然沒有名字，但我

們從他的富有、奢華無度，卻能了解到罪惡使他變得多麼盲目啊！的確，從富翁身上我們隱約看到罪惡的腐敗恰恰體現在貪戀錢財、虛榮和驕傲上。教宗引用保祿宗徒的話，指出「貪愛錢財乃萬惡的根源」(弟前 6:10)，腐敗的主因，以及嫉妒、爭吵及猜疑的禍首。

教宗解釋道：「錢財能宰制我們，因此成爲暴虐的偶像。錢財本應成爲我們行善和關懷他人的工具，但它卻驅使我們和整個世界臣服於自私的邏輯，不讓愛發揮作用，也阻礙和平。此外，這富翁除了貪婪外，也喜好外表的虛榮，以此遮掩內心的空虛。他的生活成了外在、膚淺及短暫生命的俘虜。這種道德敗壞導致的驕傲使這富翁忘記自己只是一個凡人，卻因貪愛財物而腐敗，只看到自己卻看不到周圍的人。可見，貪戀錢財是一種『盲症』：這富翁看不到那個飢餓、滿身瘡痍並躺在那裡受屈辱的窮人。」

### 3. 「聖言是一份恩典」

教宗強調：「拉匝祿在死後才得到一種真實的公平，善彌補了他一生遭受的惡。對所有基督徒而言，這個比喻所傳達的訊息很明確：富翁的真正問題，他的惡的根源在於不聆聽天主聖言，這導致他不再愛上主和漠視近人。天主聖言是一種強大的力量，激勵人在內心皈依，重新將人引向天主。誰若向天主的恩典關閉心靈，便也向弟兄這個恩典關閉心靈。因此，四旬期也是我們藉著聖言、聖事和近人與生活的基督再次相遇的有利時期，同時走上一條真正歸依的道路，重新發現天主聖言的恩典，使我們從罪惡中得到淨化，在需要幫助的弟兄姐妹身上服事基督。」

最後，教宗勉勵衆基督徒：「依靠教會提供的成聖途徑，即守齋、祈禱和行哀矜，在心靈上得到更新；同時也要積極參加在全世界發起的四旬期運動，在人類大家庭中增進相遇文化。」

## 堂區活動

### 2017 教區公益金，齊來獻愛心

2017 年教區 TIA 籌款的主題爲：『憐憫人的人是有福的，因爲他們要受憐

憫。』瑪竇福音：第五章七節  
籌款運動將於 3 月 5 日（四旬期首主日）正式展開。本堂所須籌募的數目爲教區指定的 22,607 元，今年公益金將由牧靈關愛組負責統籌，懇請各位慷慨解囊，繼續支持教區公益金，捐款信封現正與 2016 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！

### 2016 年退稅收條

教友可在教堂正門入口處領取。教友如有任何查詢，可與堂區辦事處聯絡。

### 四旬期苦路善功

按教會傳統，將舉行苦路善功，以紀念主基督爲拯救人類，所受的苦難聖死。請教友盡量抽出時間前來參與。英語拜苦路：

逢週五早上彌撒前 8 時 30 分。

粵語國語拜苦路：

逢週六下午彌撒前 4 時 30 分。

### 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 8、15、22、29、4 月 5 及 12 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！

### 早餐交流會及電影欣賞

日期：3 月 26 日（星期日）

地點：永援聖母堂上禮堂

贊助善會：公教家庭

早餐交流會 - 早上十時，十一時三十分彌撒後有早餐供應，八時三十分彌撒後免費茶水及 muffin。

早餐包括燒豬骨粥，鼓油皇苟菜花炒河粉及兩件糯米飽。

早餐票每位 5 元，可於各主日在教堂正面入口購票。

聚會將包括有美食、生活交談及信仰分享

電影欣賞 - 《原來活得很精彩》

下午 1 時至 3 時 30（免費）

一個關於生存、毅力和希望的故事。

始於 1983 年蘇丹殘酷的內戰令他們成爲孤兒，徒步走過上千里的路程爲要尋求安全的容身之所。15 年後，數千名的倖存者受美國收容開始他們的新生活。請看其中四名如何在新環境

接受挑戰，活出很精彩的人生。

## 活動一週

星期三、五 3 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 3 月 10 日

四旬期苦路善功

早上 8 時 30 分

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 3 月 11 日

聖母軍

時間：上午 9 時 30 分（開會）

地點：聖堂二樓騎士會室

東北區信仰小團體聚會

時間：早上 10 時 30 分至 12 時

聯絡：施修女 403-230-3801

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

四旬期苦路善功

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

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 3 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

堂區牧民議會開會

時間：下午 12 時 30 分

地點：聖堂騎士會室

## 靈修小故事

### 我最後的覺醒

有什麼能像從惡夢中醒來看到心愛的人可愛的笑臉更讓人快樂呢？我願意相信這就是我們從世間到天堂覺醒時將會看到的。

我相信靈魂的不朽，因為我有那不朽的渴望。我相信我們死後處的狀態取決於我們現在的動機、思想和行為。我相信當我軀體內在的雙眼在另一個世界睜開的時候，我將會生活在我心中的國度裡。離開這種信仰，我的生命將失去意義。

我相信每一位死去的朋友都連接著今生和來世。一時間，我為不能再感受他們雙手的撫慰，聽到他們溫柔的聲音而傷心；但我心中的信念永遠不會消逝，我振作起來，為他們獲得了自由而高興。

我不能理解人們害怕死亡，懼怕死亡。活著有時比死更殘忍。生命造成分裂、隔離，而死亡，實際是永生，是統一和協調。我堅定地追隨著一種最高的境界，直到我的靈魂帶著精神世界的光輝高呼，生和死是一會事兒。

在我回顧自己的生命歷程的時候，我似乎最應該感謝那些我從未見過的人們。我最真的情感是那思想中的；我最忠貞、最得益的朋友是那些精神上的朋友。

當我徘徊在黑暗之中，迎接著各種困難的時候，我感受到了那來自精神世界的令人振奮的聲音在對我輕聲述說。我感到來自蒼穹的神聖的情感。我為那與神一起跳動的音樂而振驚。通過與日月星辰無形的聯系，我感到靈魂中那永恆的火焰。每一天，我都能感到那上蒼飄渺的雨。我感到那連著塵世和天堂萬物的那分瑰麗。圍困於沉寂和黑暗之中，我擁有一種光明，在死亡使我自由後，它將給我千倍的睿智。

海倫 凱勒

## 知多一點點

### 四旬期教會禮儀知多少

每一年從四旬期到復活期，教會都舉辦一連串的禮儀，鼓勵大家在這段期間應行刻苦，領悟基督救世的奧秘，以期度聖善的生活。基督的死亡與復活，既是我們得救的保證，為此，若能明白從四旬期到復活期之間所行的禮儀及彌撒，那麼，這段期間所遵行的一切，對我們而言是否更具意義呢！

四旬期第一主日該為候洗者舉行「甄選禮」。

甄選禮的經文把今天作為候洗者和我們一起進入四旬期的開始，勉勵他們偕同代父母及信眾一起革新自己，積極準備領受洗禮的大恩。甄選禮是四旬期首主日的禮儀的重點，彌撒中的講道及信友禱文都該以此為主題，好使這禮儀深入各人的腦海及團體的祈禱中，幫助信友在生活中不斷反省和革新。當天的福音不論甲、乙、丙年都是耶穌在曠野抗拒魔誘的記述，繼續顯示四旬期的意義。透過在耶穌身上的三次誘惑，我們得到更具體及更深入的反省：與天主同在（曠野經驗），以唯一天主為中心（基督拒誘），走犧牲的道路（基督在誘惑中辨別了自己的使命，拒以世俗的威權拯救世界）。

四旬期內的星期五，大部分堂區都舉行苦路儀式，我們可以在這大家庭共同祈禱，如果不能出席堂區的苦路善工時，可在家中祈禱、思過悔罪、多做克己，藉苦路圖像默想重溫基督的救贖工程，並配合今天生活作反省等，都能幫助我們作好心靈準備，步武基督，與他共死同生，一同復活。