

## Theme Sharing

### Second Sunday of Lent

Pilgrim's Progress: Life as Journey

The years of our life pass smoothly by, each one seeming shorter than the last. We are on a journey from youth to age, from the cradle to the grave. In his dream-like poem, *The Lotus Eaters*, Alfred Tennyson describes a sense of weary resignation, one option we might take, in face of the passing years: "Let us alone. Time driveth onward fast, And in a little while our lips are dumb. Let us alone. What is it that will last? All things are taken from us, and become Portions and parcels of the dreadful past." Through eyes of faith, the passing of the years looks somewhat different. We believe our journey is going somewhere: instead of simply terminating with death (full stop, finis), we will emerge into the life of heaven (welcome, transition into God's presence.) We are pilgrims, like Abraham, moving toward the land of promise. Like St Paul, we try to deal with the problems and setbacks along the way, with the help of the Lord. And in the end, if we are faithful, we will share the total joy of joining Christ in glory, as the reward of life's pilgrimage.

Pilgrim's Progress: In our many journeys today (the age of mobility) we tend to move around a lot, without showing much signs of spiritual progress; indeed, in that respect we often appear to be going backwards. Our goals and desires are short-term, narrow, superficial. Moved by a restless urge for money, for celebrity, novelty, success and pleasure, we go round in rapid circles. But the pilgrims' sights are set on a higher destination, and like Martin Luther King they can say: "I have a dream..." However far-off and hard to reach this dream may be, it is worth more than all the short-term desires we follow. Each step on the journey takes on meaning in light of the goal God sets before us.

A personal, inward journey: Our whole

life can be made a pilgrimage towards God. Just as he called Abraham, so he calls each of us to be his own. His call to us is quiet but insistent. Not exactly in the form of: "leave your country and your father's house," but "leave your old ways, the pride and selfishness, the hardness of heart, the angry temper, the envy and the falsehood. And go to the land I shall show..." The direction of

our pilgrimage is not geographical but moral: "Go towards charity, purity, sharing in truth and prayer and good-will. Go in the way of the gospel. Go to heaven."

Meaningful Living: Having God's command, and submitting entirely to it, made Abraham the first great pilgrim. Henceforth all his activity took on the value of obedience to God; he was on the high road towards Yahweh, the living God. The same spirit would give the deepest meaning to our lives too. Far from being absurd or useless, the pilgrim's efforts to follow the gospel of his Master are full of meaning. Progress along this way is the real formula for peace of mind. Augustine said it profoundly: "You have made us for Yourself, O Lord; and our hearts can never be at rest, until they rest in You."

## Rejoice in God's Mercy

Like Abraham, we need to trust in God to help us live the life God has laid out for us. God will transform us if we let go of what is holding us back. What is God asking us to leave behind? What barriers are stopping us? Action: Pray for an increase of faith and hope so you can act on the sacrifice God has asked of you.

## 'Misericordia et Miseria' Apostolic Letter

### Pope Francis' Apostolic Letter

#### 'Misericordia et Miseria'

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

The Sacrament of Reconciliation must regain its central place in the Christian life. This requires priests capable of putting their lives at the service of the "ministry of reconciliation" (2 Cor 5:18), in such a way that, while no sincerely repentant sinner is prevented from drawing near to the love of the Father who awaits his return, everyone is afforded the opportunity of experiencing the liberating power of forgiveness.

A favourable occasion for this could be the 24 Hours for the Lord, a celebration held in proximity to the Fourth Sunday of Lent. This initiative, already in place in many dioceses, has great pastoral value in encouraging a more fervent experience of the sacrament of Confession.

To Be Continued

## Diocese & Other News

### Memorial Liturgy for Those Mourning a Miscarried or Stillborn Infants

When families lose a baby in the womb, the cries of birth go unheard; the grasp of tiny fingers slips away. This profound loss needs articulation. Join us in a prayer gathering to commend our children communally into the embrace of our merciful God and to support those who are grieving the loss of a child. Memorial Liturgy will be held on Friday, March 24, 2017 at 7 pm, at Sacred Heart Church (1307 14 St SW, Calgary, AB). Please register at [www.miscarriageliturgy.ca](http://www.miscarriageliturgy.ca) - or call 403-218-5500. E-mail: [MemorialLiturgy@calgarydiocese.ca](mailto:MemorialLiturgy@calgarydiocese.ca)

### Prison Ministry Workshop

The workshop continues on March 21st, 7:00 pm to 9:00 pm at the Catholic Pastoral Centre, 120 – 17 Ave SW. The workshop is open to current volunteers or anyone interested in prison ministry. This second session will be on "prison ministry and our faith" with Friar Dan Gurnick. To register or for more information, please contact Marilou at 403- 218-5519 or [marilou.legeyt@calgarydiocese.ca](mailto:marilou.legeyt@calgarydiocese.ca).

## 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.

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

### Youth Group and YAG Lenten Retreat

Date: March 18, 2017

Location: FCJ Centre (219 19 Ave SW)

Time: 5PM-10PM

Cost: \$10/person

Theme: MISSION POSSIBLE: F † . JESUS  
Do you dare to accept God's mission for you this Lenten season? Come experience games, skits, spiritual talks and more at our annual Lenten retreat. Dinner will be included.

### 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 15, 17

OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Fri March 17

Way of the Cross in Lent

English: every Friday 8:30 a.m.

OLPH Scout

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

Place: Upper Hall & Lower Hall

Faith Sharing Group ( Sacred Heart)

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

Contact: Doris Ho 403-271-6884

Sat March 18

Legion of Mary ( meeting )

Time: 9:30a.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

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

Sun March 19

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

### Let There Be Light

#### We Put God First

When we put God first in everything and live by the word of the Lord instead of living from the bread of the world

then we:

Fast from fear;

Feast on Faith

Fast from despair;

Feed on hope.

Fast from depressing news;

Feed on prayer.

Fast from discontent;

Feast on gratitude.

Fast from anger and worry;

Feed on patience.

Fast from negative thinking;

Feast on positive thinking.

Fast from bitterness;

Feed on love and forgiveness.

Fast from words that wound;

Feast on words that heal.

Fast from gravity;

Feast on joy and humor.

### Stories Faith Sharing

#### What is important

A young boy watched as his father walked into the living room...

The boy noticed that his younger brother, John, began to cower slightly as his father entered. The older boy sensed that John had done something wrong. Then he saw from a distance what his brother had done. The younger boy had opened his father's brand new hymnal and scribbled all over the first page with a pen.

Staring at their father fearfully, both brothers waited for John's punishment. Their father picked up his prized hymnal, looked at it carefully and then sat down, without saying a word. Books were precious to him; he was a minister with several academic degrees. For him, books were knowledge.

What he did next was remarkable. Instead of punishing his brother, instead of scolding, or yelling, his father took the pen from the little boy's hand, and then wrote in the book himself, alongside the scribbles that John had made. Here is what that father wrote: "John's work, 1959, age 2. How many times have I looked into your beautiful face and into your warm, alert eyes looking up at me and thanked God for the one who has now scribbled in my new hymnal. You have made the book sacred, as have your brother and sister to so much of my life." "Wow," thought the older brother, "This is punishment?" Since that time, the hymnal has become a treasured family possession. It is tangible proof that their parents love them. It taught the lesson that what really matters is people, not objects; patience, not judgment; love, not anger.

### Read More Know More

#### Why Pray the Stations of the Cross?

##### 8 Reasons from Pope Francis

The Stations of the Cross are an ancient tradition in the Catholic Church going back to the fourth century when Christians went on pilgrimage to the Holy Land.

Like many of our Catholic traditions, the Stations of the Cross can be rich, deep, and meaningful, but at the same time we can lose sight of their significance and how to relate them to our everyday lives.

Continuing the idea of Pope Francis as our spiritual director this Lent, here are 8 reasons from our Holy Father on why we should pray the Stations of the Cross.

1. They Allow Us to Place Our Trust in Him  
"The Cross of Christ contains all the love of God; there we find his immeasurable mercy. This is a love in which we can place all our trust, in which we can believe.... let us entrust ourselves to Jesus, let us give ourselves over to him, because he never disappoints anyone! Only in Christ crucified and risen can we find salvation and redemption."

2. They Put Us into the Story

"And you, who do you want to be? Like

Pilate? Like Simon? Like Mary? Jesus is looking at you now and is asking you: do you want to help me carry the Cross? Brothers and sisters, with all the strength of your youth, how will you respond to him?"

3. They Remind Us That Jesus Suffers with Us

"The Cross of Christ bears the suffering and the sin of mankind, including our own. Jesus accepts all this with open arms, bearing on his shoulders our crosses and saying to us: 'Have courage! You do not carry your cross alone! I carry it with you. I have overcome death and I have come to give you hope, to give you life' (cf. Jn 3:16)."

4. They Compel Us to Action

"But the Cross of Christ invites us also to allow ourselves to be smitten by his love, teaching us always to look upon others with mercy and tenderness, especially those who suffer, who are in need of help, who need a word or a concrete action."

5. They Help Us Make a Decision for or Against Christ

"[The Cross] reveals a judgment, namely that God, in judging us, loves us. Let us remember this: God judges us by loving us. If I embrace his love then I am saved, if I refuse it, then I am condemned, not by him, but by my own self, because God never condemns, he only loves and saves."

6. They Reveal God's Response to Evil in the World

"The Cross is the word through which God has responded to evil in the world. Sometimes it may seem as though God does not react to evil, as if he is silent. And yet, God has spoken, he has replied, and his answer is the Cross of Christ: a word which is love, mercy, forgiveness."

7. They Give Us the Certainty of God's Love for Us

"What has the Cross given to those who have gazed upon it and to those who have touched it? What has the Cross left in each one of us? You see, it gives us a treasure that no one else can give: the certainty of the faithful love which God has for us."

8. They Guide Us from the Cross to the Resurrection

"O, Our Jesus, guide us from the Cross to the resurrection and teach us that evil shall not have the last word, but love, mercy and forgiveness. O Christ, help us to exclaim again: 'Yesterday I was crucified with Christ; today I am glorified with Him. Yesterday I died with Him, today I live with Him.

Yesterday I was buried with Him, today I am raised with Him'."

## 主日分享

### 四旬期第二主日

#### 耶穌慈愛的臉戰勝一切

在往耶路撒冷路上，耶穌顯現自己的聖容。為耶穌來說，這事跡肯定了祂受洗時所選擇的受苦僕人的道路。梅瑟和厄裡亞出現，代表了舊約的法律和先知，他們同樣是在苦難中完成使命。顯聖容時有雲彩和聲音，重複了耶穌受洗時的現象，天父喜歡這個選擇。耶穌再一次得到支持，從容地走向耶京。為門徒來說，他們一路上心情沉重，不知有無跟隨錯了師傅。但耶穌的聖容透露出天主性，雲彩顯示天主的臨在，聲音指出耶穌的身分，並吩咐門徒聽從耶穌。整件事使他們重拾信心，跟隨耶穌。

在反省顯聖容的事跡時，我們往往把注意力放在發光的臉上，信息可能並非在此。伯多祿看到耶穌發光的臉，覺得“真好”，很想停留在那經驗上，這是猶太人喜看奇跡的天性，但耶穌不想人因而忘卻自己應走的路。祂要人注視的，是祂“人性”的臉，因為“誰看見了我，就看見了父”。保祿也肯定“基督的臉上，閃耀著天主的光榮”。

耶穌人性的臉，反映了甚麼？祂的臉是慈祥的，小孩喜歡走近祂，接受祂祝福。祂的臉流露著寬恕，當伯多祿三次不認主時，耶穌回頭看他；那副寬恕的臉，令伯多祿再也忍受不住，跑到外面痛哭。耶穌的臉充滿正氣，令人不敢仰視。猶太當權者窺伺祂是否會在安息日治病，祂環視他們，令他們受不了，跑到外面設計陷害祂；兵士鞭打祂時，要蒙著祂的臉；當比拉多說“看，這個人！”他的臉暴露了人的醜惡，人們祇能大聲喊“釘死祂！”但耶穌的臉最能反映天主對人的愛。祂不是靠發光的臉去救贖，而是靠一副人性慈愛的臉，去贏取人的愛。祂死時的臉，一定不是咬牙切齒，而是仁愛寬恕，天主的光榮是在這副面容內顯露出來。難怪祂充滿信心說“當我從地上被舉起時，我要吸引所

有人歸向我”。的確，連釘死祂的百夫長也受這面容感動“這人真是個義人”；祂的死對頭也良心發現，“捶著胸膛回去”。耶穌慈愛的臉戰勝一切。

中國人重視相貌，人內心的狀況，可反映到面上。疑犯總用東西遮住臉面，內心羞愧，面目也無光。項羽戰敗，也以“無面目見江東父老”而自刎。京劇的面譜，也用紅面表示忠，白面表示奸。我們也以面容的描寫，表達內心，如□拉長了臉表示不高興，黑口黑面表示不友善，木口木面表示不關心。但是，當人內心充滿愛時，他的面容是最燦爛的，也是他最漂亮的時候，最能反映天主肖像的時候。讓我們在四旬期，效法基督人性的臉。祂以面容反映天主的光榮，吸引人歸向主。當我們和顏悅色對人，使人從我們的面容感受到慈愛、溫暖、友善、寬恕、諒解時，我們的面上，同樣閃耀著天主的光榮，也能吸引人歸向天主。

## 堂區活動

### 2017 教區公益金，齊來獻愛心

2017 年教區 TIA 籌款的主題為：『憐憫人的人是有福的，因為他們要受憐憫。』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為教區指定的 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！

### 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 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，以準備基督的來臨！  
青少年團及大專青年團四旬期避靜  
日期：2017 年 3 月 18 日  
地點：FCJ Centre (219-19 Ave SW)

時間：晚上 5 時至 10 時

費用：每人 10 元正

主體：MISSION POSSIBLE: F□.

JESUS

在這四旬期內，你有勇氣接受天主給你的使命嗎？

我們誠意邀請你來參加一年一度的四旬期避靜，內容有遊戲，幽默小品，信仰講座等。並提供晚餐。

### 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為孤兒，徒步走過上千里的路程為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 15, 17 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 17 日

四旬期苦路善功

早上 8 時 30 分

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

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 3 月 18 日

聖母軍

時間：上午 9 時 30 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

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

星期日 3 月 19 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

## 心靈小品

是無，也是有

你拿一個杯子，裡面裝滿著水，然後你把水倒掉，你會怎麼描述它？你會說它是空的杯子？還是說它是滿的杯子？

你進入一個房間，裡面擺著家具和雜物，然後有人把這些東西都搬走。當你再度進入這個房間時，你會怎麼描述它？你會說裡面沒有東西？還是說它是滿的？

你會說什麼都沒有，對嗎？因為水被倒掉、東西被搬走，裡面空空的，所以你認為裡面什麼都沒有。但是，怎麼會沒有呢？杯子裡沒有水，卻裝滿著空氣；當家具被拿掉之後，整個房間都變大，你擁有了更多的空間。是什麼都沒有嗎？不，當沒有時，你其實是擁有更多。你覺得“沒有”，那是因為你祇看到那些存在的實物，卻沒看到存在的空間；你祇看到看得見的，卻沒看到看不見的。

牆壁是看得見的，但房子之所以有用，並不在於周邊的牆壁，而在其中的空間。你祇能使用牆壁與牆壁之間

的房間，生活在那些空無的部分，你無法住在牆壁裡，不是嗎？你從哪裡進入房子？從那裡呼吸到新鮮的空氣？從門、從窗，從空無，從“看不見”牆壁的地方，對嗎？

當你用罐子來裝東西，你用的是哪裡？你用的是罐子的“牆壁”還是其中的空間？當你用杯子裝水來喝，你用的是哪裡？你用的是杯子中空的部分，對嗎？所以，真正重要的是空間。人們實在太過執著於東西，祇知不斷地抓，不斷地要，不斷地想擁有、想佔有，卻沒有意識到當你抓得愈多，空間就愈小；要得愈多，空間就愈窄。這世界已日益擁擠、日益壓迫，原因就出在人們不懂得捨。你必須先捨棄，把不要的東西清空，那些美好的事物才能進來。

空，是無，也是有。“沒有”往往比“佔有”擁有更多。

倒空自己，才有聖神進入。

## 靈修小故事

你沒有罪嗎？

神父向一個法官傳福音，講到人有罪，當悔改信天主。法官很不以為然，說：“我經常指出別人有罪，當判多少刑，從來沒有想到自己有罪。”神父說：“你真以為自己沒有罪麼？請先聽我講個故事：

某人來教堂參與彌撒，回家後發現自己錢包忘在教堂了。就急匆匆地來到神父跟前查詢，神父說：“姐妹，不要急，剛才清潔時是有人拾到一個錢包，不過已經被我們打開看過了，你說錢包是你的，那麼請你說說裡面都有些什麼？”那姐妹一五一十地說清楚了錢包裡的款項。神父認為確實無異，便把錢包還給了她。

故事並沒有講完。神父接著說：

有一位女青年來教堂，回家後發現自己丟了一樣重要的東西，她摸摸胸口，發現自己的“心”忘在教堂裡了，於是急忙返回教堂。神父說：“的確，有人檢到一個“心”，但不知是不是你的，請你說說你的‘心’藏了

些什麼，以便對証”。那女青年就把心中諸如善良、友愛、正直等光明一面的東西都說了出來。神父問：“還有嗎？”青年人爲了取回屬於自己的“心”，祇好硬著頭皮把平時不願說、不敢說、不想承認的一些東西都說了出來。她說，表面上我很大方，但我自己知道我心裡的“嫉妒”是蠻強烈的，誰要是那一方面比我好一些，我心裡就說不出的不舒服，就連自己姐姐比我長得漂亮些，我心裡也常不是滋味。在人看來，我是一個規矩的女孩，可是誰知道我內心深處藏有污穢的念頭？……

神父對法官說：“基督教對罪的概念不僅僅是法律意義的罪；法律追究人的行爲，但天主的律法卻要追究到人的思想。”法官打斷神父的話說：“我懂了，從這個意義上講，人人都有罪，我也有罪，的確需要悔改了。”聖經中的“罪”，該做的沒有做是罪，不該做不該想的在做在想也是罪。聖經指出人的罪，旨不在貶低人的價值，而是讓人認識自己的本相，從而去依靠替人贖罪的羔羊耶穌基督，真正恢復人被造之初的聖潔形象和崇高地位。

## 知多一點點

### 拜苦路的意義－教宗方濟各

跟隨教宗方濟各的思路，列出八個拜苦路的原因：

1. 拜苦路讓我們將自己的信賴寄託在祂內

基督的十字架蘊藏著天主所有的愛，在那裡我們找到了祂無限的仁慈。這是一種能夠讓我們呈上所有信賴，完全的信賴……讓我們把自己交託給耶穌，讓我們向耶穌交出我們自身，因爲祂絕不會讓任何人失望！只有被釘死在十字架上和復活的基督裡，我們才能找到救恩和拯救。

2. 苦路將我們置入耶穌的行實

至於你，你想要成爲甚麼人呢？像比拉多那樣？像西滿？或像瑪利亞嗎？現在耶穌正注視你，問你：你想要幫我背負十字架嗎？兄弟姐妹們，用你們年輕人的所有力量，你將要怎樣回應祂呢？

3. 苦路提醒我們：耶穌是與我們一起受苦

基督的十字架忍受了我等人類的痛苦和罪惡。耶穌以張開的雙臂接受了這一切，將我們的十字架放在祂的肩膀上，對我們說：「鼓起勇氣來！你們不是獨自背負自己的十字架！我與你一起背負。我已經戰勝了死亡，來給予你們希望，給予你們生命」(參閱若 3:16)。

4. 苦路催迫我們作出行動

然而，基督的十字架邀請我們也允許自己被祂的愛所痴迷，教導我們總是以仁慈和柔情來看待別人，尤其是那些遭受痛苦的，急需幫助的，需要一句安慰話語或一個實際行動的人。

5. 苦路幫助我們在接受和反對基督之間作出抉擇

十字架揭示了審判，也就是天主審判我們、愛我們。讓我們牢記：天主因著愛我們而審判我們。如果我擁抱祂的愛，那麼，我就得救了；如果我拒絕，那麼我就被定罪了；不是祂，而是我自己定罪，因爲天主絕不譴責，祂僅僅愛和拯救。

6. 苦路揭示了天主對世界罪惡的答覆  
十字架是天主藉此對世界罪惡回應的話語。有時，看起來天主對罪惡好像沒有反應，好像祂是沉默的。然而，天主已經說了話，祂已作了回覆，而且祂的回答是基督的十字架：一個愛、仁慈和寬恕的話語。

7. 苦路給予我們，天主對我們的愛的肯定

十字架究竟給予那些仰天凝視它和觸摸到它的人甚麼呢？十字架給我們每個人留下了什麼呢？你們請看，它給我們一個任何人不能給予的寶藏：天主對我們忠信的愛的確定性。

8. 苦路引導我們從十字架走向復活

噢，我們的耶穌，指引我們從十字架走向復活，教導我們最終的話語權將不是罪惡，而是愛、仁慈和寬恕。噢，基督幫助我們再次大聲宣認：「昨天我已經與基督同釘在十字架上了，今天我與祂同受光榮。昨天我與祂同死了，今天我與祂同生。昨天我與祂同葬了，今天我與祂同復活」。