

Theme Sharing

Easter Sunday -Share in his Joy

During the past week we have been recalling the last hours on earth of Jesus Christ, our beloved Redeemer. We have followed his agony in the Garden of Gethsemane, his condemnation by Pontius Pilate, his crucifixion, the placing of his body in the tomb. And the feeling uppermost in our minds was one of compassion, the ability and willingness to suffer with a person who suffers, something which is the mark of a love that is truly sincere.

But the ability to rejoice with one who rejoices is even a greater sign of love. For, in certain ways, it is easier to have compassion for those weighed down by affliction and sorrows than to enter honestly and wholeheartedly into the joy of another, to be glad because he / she is glad. So, our prayer during this Easter Mass should be to ask for the grace to be intensely glad, to rejoice in the great glory and joy of Christ Jesus, our Lord, on this blessed day. And not only must we ask for this grace, we must keep on asking, for the joy we are seeking is not something we can arouse in ourselves through our own efforts. It is something which must come from the bounty of God – a pure gift, which will enable us to be intensely glad, and to rejoice at the resurrection of our Lord, at the happiness that he is now experiencing.

Today's liturgy is full of this joy, the joy of a new life. For Christ is alive, and we should never allow anything to fill our hearts with so much grief, that we forget that Christ has conquered death. Whether the day is calm or stormy, whether I am in good health or bad, whatever comes my way, nothing can alter the fact that Christ has left the tomb, that he is present, even now, in all those who have faith in his word. If I can really grasp the significance of the resurrection of Christ, then I shall always be happy. "All I want," said St Paul, "is to know Christ, and the power of his resurrection" (Phil 3:10). Christianity, then, is compounded of far-reaching hope, and of a deep joy, that is not simply a concession to weak human nature, but a privilege and a duty. For a sad Christian is really not an authentic Christian, but a sorry one indeed.

Is it possible for us also to experience the risen Christ in any kind of sensible way. We should remember that Christ when alive had

said, "Destroy this temple (meaning his body), and in three days I will raise it up." In so saying he was promising a sign, but one which was to be a secret sign, for, though many saw the risen Christ, no one witnessed the actual resurrection. It was to be received by many, but on faith alone. "Blessed are those who have not seen, and yet believe," Jesus said to the doubting Thomas. But he had also said much earlier, "Those who have my commandments and keep them, are those who love me, and those who love me will be loved by my Father, and I will love them and reveal myself to them" (Jn 14:21).

The Seven Last Words

The Seven Last Words Of Jesus On The Cross

1. "Father, forgive them, for they do not know what they do."
2. "Truly, I say to you, today you will be with me in Paradise."
3. "Jesus said to his mother: "Woman, this is your son."
Then he said to the disciple: "This is your mother."
But again Jesus rises above the occasion, and his concerns are for the ones that love him.
4. "My God, my God, why have you forsaken me?"
5. "I thirst."
6. They put a sponge soaked in wine on a sprig of hyssop and put it up to his mouth.
When Jesus had received the wine, he said, "It is finished;" and he bowed his head and handed over the spirit.
7. Jesus cried out in a loud voice, "Father, into your hands I commend my spirit."

Diocese & Other News

Retirement Open House - Most Reverend Frederick B. Henry, Bishop Emeritus of Calgary

Wine & Cheese Open House, Sunday, April 30th from 2 - 5 pm at the Commonwealth Centre - 1177-3961 52 Ave NE, Calgary AB . Please RSVP at www.calgarydiocese.ca.

Parish Activities

Tuesday evening Mass Cancelled
Tuesday (7:00 pm) Evening English Mass

will be suspended and will be resumed on April 25.

Divine Mercy Sunday, April 23

According to Guidelines for Divine Mercy Observances from Diocese, no Novenas at all may take place in parishes during the three-day period of the Easter Triduum. Parishioners are encouraged to pray at home. The pamphlets for the Novena of the Divine Mercy can be picked up at the church entrances.

7-days Public Praying of the Novena of the Chaplet of Mercy

Date: April 17 to April 23

Time: will be prayed 15 minutes before mass or the day's liturgical celebration.

Divine Mercy Sunday:

Date: April 23, 2016

Time 2:00 pm– 3.30 pm

Place: Our Lady of Perpetual Help Church
It will be celebrated with prayers, hymns, scripture reading, homily, Act of Entrustment to the Divine Mercy and Exposition of the Blessed Sacrament. Priest is available for the Sacrament of Reconciliation.

Family Rosary during the month of May

The month of May is traditionally dedicated to the Blessed Virgin Mary. Fr. Nguyen, OLPH Pastoral Care Team members and sister Chan along with representatives from different church groups, will bring the Statue of the Blessed Virgin Mary on pilgrimage from home to home and pray family rosary in the month of May. Fr Nguyen will also bless the home during the visit upon request by the family. Parishioners are encouraged to invite their godchildren or godparents, friends and relatives to join the family rosary.
To participate as a host family in this devotion, please call Sr. Chan or Parish Office.

Praying the Rosary in May

We will pray the Rosary 20 minutes before each Sunday Mass, and we will pray the Rosary and sing hymns with Choir in front of the Cove of Mary before 11:30 a.m. Mass. Parishioners are encouraged to take part in the Rosary and sing together in dedication to Mother Mary.

Clothing Giveaway**

A group of Scouts of 300 OLPH Scouts Group will organise a charity

project of "Clothing Giveaway" to donate clothing to "Women In Need Society" for helping those who are economically disadvantaged and in need. Clothing will be collected on Sunday May 7, 2017 at Lower Hall from 11:00 am - 1:45 pm
Thank you for your support!

Pottery Painting

To celebrate the colourful season of spring, YAG will be hosting a pottery painting event at Fire Escape.
Date: April 29th, 2017
Time: 3pm- 6pm
Location: Fire Escape (6305 Bowness Rd NW)
Cost: Basic cost will vary depending on the number of participants ranging from \$7 to \$12. The cost for pottery pieces are an additional cost and will also vary depending on the piece picked.
All young adults are invited to attend with their friends and family. For those who are interested, deadline to RSVP on YAG's website (olphyoungadults.weebly.com) is April 25th, 2017 . If you have questions or want more details please contact the YAG Events Team.

Jelly Flowers Making Course.

Date: Choose your date between April 24 to May 31 (Monday to Thursday)
Cost: \$40 -one class course (All proceeds will go to TIA)
If you are interested, please contact Sr. Magdalena

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.

Weekly Activities

Wed, Fri April 19, 21

OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Fri April 21

OLPH Scout

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

Place: Upper Hall & Lower Hall

Sat April 22

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 choir practice

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

Place: OLPH Upper Hall

Sun April 23

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

Divine Mercy Sunday:

Time 2:00 pm- 3.30 pm

Stories Faith Sharing

What Are You Worth?

There is a story that in 75 bc a young Roman nobleman named Julius Caesar was kidnapped by pirates and held for ransom. When they demanded 20 talents of silver in ransom (about \$600,000 today), Caesar laughed and said they obviously had no idea who he was. He insisted they raise the ransom to 50 talents! Why? Because he believed he was worth far more than 20 talents.

What a difference we see between Caesar's arrogant measure of his own worth and the value God places on each of us. Our worth is not measured in terms of monetary value but by what our heavenly Father has done on our behalf.

Our worth is measured by what God paid to rescue us.

What ransom did He pay to save us?

Through the death of His only Son on the cross, the Father paid the price to rescue us from our sin. "It was not with perishable things such as silver or gold that you were redeemed from the empty way of life handed down to you from your ancestors, but with the precious blood of Christ" (1 Peter 1:18-19).

God loved us so much that He gave up His Son to die on the cross and rise from the dead to ransom and rescue us. That is what you are worth to Him.

Father, thank You for the love You have shown to me and for the price You paid for my forgiveness. Help my life to be an ongoing expression of gratitude, for You are the One whose worth is beyond measure. Our worth is measured by what God paid to rescue us.

Let There Be Light

THE DEATH OF JESUS

At the age of 33, Jesus was condemned to the death penalty. At the time crucifixion was the "worst" death. Only the worst criminals were condemned to be crucified. Yet it was even more dreadful for Jesus, unlike other criminals condemned to death by crucifixion. Jesus was to be nailed to the cross by His hands and feet.

Each nail

was 6 to 8 inches long.

The nails were driven into His wrist. Not into His palms as is commonly portrayed.

There's a tendon in the wrist that extends to the shoulder. The Roman guards knew that when the nails were being hammered into the wrist that tendon would tear and break, forcing Jesus to use His back muscles to support himself so that He could breathe.

Both of His feet

were nailed together. Thus He was forced to support Himself on the single nail that impaled His feet to the cross. Jesus could not support himself with His legs because of the pain

so He was forced to alternate between arching His back then using his legs just to continue to breathe.

Imagine the struggle, the pain, the suffering, the courage.

Jesus endured this reality for over 3 hours.

Yes, over 3 hours! Can you imagine this kind of suffering? A few minutes before He died, Jesus stopped bleeding. He was simply pouring water from his wounds.

From common images

we see wounds to His hands and feet and even the spear wound to His side. But do we

realize His wounds were actually made in his body.

A hammer driving large nails through the wrist, the feet overlapped and an even large nail hammered through the arches, then a Roman guard piercing His side with a spear. But before the nails and the spear Jesus was whipped and beaten.. The whipping was so severe that it tore the flesh from His body.. The beating so horrific that His face was torn and his beard ripped from His face.

The crown of thorns cut deeply into His scalp..

Most men would not have survived this torture. "

He had no more blood to bleed out, only water poured from His wounds.

The human adult body contains about 3.5 liters (just less than a gallon) of blood.

Jesus poured all 3.5 liters of his blood; He had three nails hammered into His members; a crown of thorns on His head and, beyond that, a Roman soldier who stabbed a spear into His chest.

All these without

mentioning the humiliation He passed after carrying His own cross for almost 2 kilometers, while the crowd spat in his face and threw stones (the cross was almost 30 kg of weight, only for its higher part, where His hands were nailed).

Jesus had to endure this experience, so that you can have free access to God.

So that your sins could be "washed" away.

All of them, with no exception!

Don't ignore this situation.

JESUS

CHRIST DIED FOR YOU!

Read More Know More

To Pray The Divine Mercy Every Day:

To experience God's merciful love for the human race, we need to have some knowledge of what "Divine Mercy" actually means. The phrase presents us with a semantic problem right from the start. After all, the word "mercy" in contemporary English has a very restricted meaning. It is usually used to refer to an act of pardon, as in "Let me off, judge; have mercy!" or "He threw himself at the mercy of the court." In the Catholic tradition of theology, however, mercy means more than just the cancellation of

punishment, far more than that.

Divine Mercy is God's love reaching down to meet the needs and overcome the miseries of His creatures.

How to pray the Divine Mercy every day:

Our Father

Hail Mary

Apostle's Creed

On Large Bead before each Decade

Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your dearly beloved Son, Our Lord Jesus Christ, in atonement for our sins and those of the whole world.

On the 10 Hail Mary Beads say the following:

For the sake of His sorrowful Passion, have mercy on us and on the whole world.

Conclude by saying three times

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and the whole world.

主日分享

耶穌復活主日

尋找復活的基督

若望福音的主要信息是：“天主降生成人，居住在我們中間”。復活的基督不再像以往一樣，在人間宣講及行奇跡，祂以另一方式存在。整個教會都努力去尋找及經驗居住在我們中間的基督。今日福音記載教會內有三種人，他們合作尋找復活的基督。

(I) 瑪利亞瑪達肋納：她對耶穌懷有感恩的心，因為耶穌寬恕了她，改變了她的一生。感恩的心使她站在十字架下，給予耶穌無言的安慰，也使她參與安葬耶穌。這份感恩的心使她安息日一過，天還未亮就上墳，成為第一個發現空墓的人。在尋找復活基督的旅途上，她功不可沒，四部福音都提到她，承認她的地位。

(II) 伯多祿：雖然他曾因軟弱而跌倒，畢竟他仍是教會的領袖，曉得自己有責任為教會找尋真相。這份責任心使他不顧危險跑上墳去看個究竟，他看後卻不明白。他的尋找帶來一連串的疑問。

(III) 若望：他與基督有一份心靈相通的愛心。他與伯多祿一起跑去尋找耶穌基督，但他沒有停在推敲詢問的層次，他一看見墓中的情形，就相信基督復活了。

整個事件給了我們很大的啓示。教會需要不同的人合作，去尋找在我們中間復活的基督。首先，感恩的心很重要。不少基督徒深深感受到天主的眷顧，積極地將此好消息轉告別人，像瑪達肋納一樣，不辭勞苦大清早去為基督服務。此外，有出自一份責任心去尋找的，如神職人員、修道人、導師、公教家庭的父母，他們自覺有責任為教會、為家庭找尋復活的基督。有以上兩種還不夠，教會需要與基督有心靈相通的人，他們以一份神秘的經驗，一份不能以理性邏輯解釋的經驗，幫助人認出：“這就是主”。三種人各有其重要性，三種經驗的配合，使教會發現基督在人間的臨在。尋找復活的基督應有一份迫切性。瑪達肋納、伯多祿、若望三人都“跑著”去尋找基督。無論人多麼感恩，多具責任心及與天主有溝通的經驗，但缺乏迫切性去追尋，他也找不到復活的基督。

今日福音最後有一句話：“原來他們一直不明白經上所載‘耶穌必須從死者中復活’的那句話”。原來找尋耶穌是要借助聖經的。倘若門徒多注意聖經，恐怕不需尋找得如此辛苦。復活的基督以不同的標記存在於我們中間，聖經的啓示，提供了最佳的尋找指示。

讓我們急切地去尋找，藉著聖經去尋找，連同教會內不同恩賜的人去尋找，我們會發現，復活的基督原來在我們中間。

耶穌架上七言

重溫耶穌在十字架上說了最後的七句話：

- (一) 父啊！赦免他們，因為他們所作的，他們不曉得。
- (二) 我實在告訴你，今日你要同我在樂園了。
- (三) 母親，看你的兒子-----看你的母親-。
- (四) 我的天主！我的天主！為甚麼捨棄我？
- (五) 我渴了。
- (六) 成了！。
- (七) 父啊！我將我的靈魂交托在你的

手裏。
這七言有禱告、應許和囑咐，更顯示主代贖的工作已在十字架上成就。

堂區活動

星期二黃昏彌撒暫停

星期二晚上七時黃昏彌撒將取消直至四月二十五日開始彌撒將照以往時間舉行。

神聖慈悲瞻禮四月二十三日

本堂誦念慈悲串經的日期將從四月十七日(星期一)至四月二十三日(星期日)連續七天，在中、英文彌撒或當天禮節前十五分鐘向慈悲的天主作七日敬禮，誦念慈悲串經。此外，教友可在家中作神聖慈悲敬禮九日祈求，經文小冊子可在教堂入口處拿取。並於四月二十三日(星期日)下午二時至下午三時三十分在永援聖母堂慶祝神聖慈悲瞻禮，內容包括祈禱，歌詠，聖經誦讀，講道，托付救主慈悲禱文及顯供聖體，並舉行修和聖事，希望各教友以積極投入的精神，參與祈禱，來回應基督在聖死與復活的奧跡中對人類所顯示的無限仁愛。

聖母月家庭玫瑰經聚會

五月是聖母月，阮神父、牧靈關愛組會員、陳修女及堂區善會代表，將於五月帶同聖母像探訪教友家庭，誦唸家庭玫瑰經。如有需要，阮神父會同時為教友家庭舉行聖屋儀式。我們並鼓勵主持家庭玫瑰經的家庭，邀請其代子女或代父母參與家庭玫瑰經。有意邀請聖母到家中誦唸家庭玫瑰經的教友，請致電陳修女或堂區辦事處(403-265-7926)。

公唸玫瑰經

我們特別恭敬聖母，並在主日每台彌撒前 20 分鐘公唸玫瑰經，並在十一時三十分彌撒前於戶外聖母岩前誦唸玫瑰經。

捐贈衣物

一組本堂區的公教童軍現正組織一個捐贈衣物慈善活動，所有收集的衣物將捐送給 "Women In Need Society" 幫助一些窮困及有需要的人士。

衣物收集將於五月七日(星期日)於下禮堂由上午 11 時至下午 1 時 45 分施比受更有福。多謝大家支持！

遮哩花製作課程

遮哩花製作課程，由牧靈關愛組主辦，課程於 2 小時 30 分完成，每堂收費 40 元。有興趣者，可於 4 月 24 日至 5 月 31 日(星期一至星期四)任擇一天上課。詳情請參閱堂區海報。一切收益將全數捐助教區公益金。

陶藝繪畫

為慶祝春天的來臨，大專青年團將於四月二十九日舉行陶藝繪畫。

日期：二零一七年 四月二十九日

時間：下午 3 時至晚上 6 時

地點：Fire Escape

(6305 Bowness Rd NW)

費用：基本費用每位大概 7 元至 12 元，陶器品額外收費(基本費用會因參與人數而有所不同)

歡迎堂區所有青年和朋友或家人參加。若有興趣，請到大專青年團的網站 olphyoungadults.weebly.com 報名及查詢。

有興趣者也可以與大專青年團活動小組聯絡。報名截止日期為 四月二十五日。

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
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，讓我們無私奉獻，活出信仰，攜手一起行動！

活動一週

星期三、五 4 月 19, 21 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 4 月 21 日

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 4 月 22 日

聖母軍

(聖母軍聖母無玷聖心支團)

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 4 月 23 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

神聖慈悲瞻禮

時間：下午 2 時至 3 時 30 分

心靈小品

逾越奧蹟

人生的意義終究為何？為我們基督徒來說。人生的意義就是要活出「逾越奧蹟」。所謂「逾越奧蹟」，簡單地說，首先廣義地是指耶穌的整個降凡拯救世人的一生事蹟；祂從天降下，是為帶領人類上升天鄉。而狹義地則特指祂受苦受難、死而後復活升天的重要事件；藉由祂的全部犧牲，使人能獲得嶄新的生命，即能使人獲享所希望的真正「永生」。這是耶穌給人類帶來的真正的「福音」。

身為基督徒，如何活出此一奧蹟？簡單地說，就是在生活中經歷一些「失而後得」、「苦而後樂」、「辱而後榮」、「死而後生」等等的過程。耶穌一生中經歷了這一切。祂要其門徒也如此做：「誰不背起自己的十字架來跟隨我，不配作我的門徒」(瑪 10:38)。這裡所說的十字架當然是象徵性的。它指的是我們生活中所遭遇的種種困難、疾病等不如意的事件。總

之祂要我們追隨祂一生的脚步，邁向永生的道路。基督徒在生活中，主要在透過教會年度中的禮儀活動，尤其彌撒聖祭，幫助我們一步一趨地跟隨耶穌活出其奧蹟。教會的禮儀主要在藉由一些標記來紀念、表達、慶祝耶穌的一生重要事蹟，幫助我們具體地追隨耶穌，以達到逾越奧蹟最後的目標，在天上與主耶穌會晤。

靈修小故事

與眾不同的挪亞

挪亞在天主面前是一個蒙恩的人。他信而順服，愛天主愛人，向主忠心。他遵天主的吩咐造方舟，帶全家入方舟，傳道一百二十年。挪亞是今天基督徒，傳道人的榜樣。

一、信人所不信的道

挪亞時代，人們由於情慾和強暴在心中發動，地上的罪惡便泛濫無度，道德敗壞，不虔不義。人拒絕天主的話，不信天主的話。天主愛人，但人拒絕接受天主的愛。惟有挪亞動了敬畏天主的心，完全相信天主和祂的話語。因此挪亞在天主眼前蒙恩。挪亞得救的第一原因，是因為他聽了信了天主的話。今天求天主給我們柔軟之心，能相信接受天主的道。希伯來書說，人非有信就不能得天主的喜悅。

二、作人所不作的事

天主吩咐挪亞造方舟。挪亞就照樣行了。人們犯罪放縱，挪亞不作。而天主吩咐當作的事，挪亞去作了。他是止所當止，行所當行。挪亞把天主創造的各種活物帶進方舟，逃避要來的洪水。據計方舟可以容納 7000 種動物。天主又吩咐挪亞把全家帶進方舟。挪亞完全遵主的話。今天天主吩咐我們去作的，我們作了嗎？別人不肯按天主的意思作，你肯去作嗎？

三、得人所難得的福

洪水泛濫在地上 40 日，方舟外面是一片可怕的情景。而挪亞全家在方舟內，平靜安穩，得人所得不到的祝福，得人所得不到的平安。希伯來書 11:7 節提示方舟是基督的預表，它預表勒令信徒接著耶穌基督得蒙救贖。許多信徒自己入方舟，有平安了，但還未帶全家進入，求主給我們愛心和信心。

為主作証！

知多一點點

讓我們一起每天誦唸慈悲串經

耶穌曾許諾說：「我渴望把你們難以想像的恩寵，賜給信賴我的慈愛的靈魂。讓他們懷著極大的信心來到慈悲的汪洋吧。罪人會稱義，正義的人會得到肯定。不論誰信賴我的慈悲，也會在臨終時充滿我所賜的平安。」

耶穌告訴傅天娜修女說：「要獲得我的慈悲所包含恩寵，只有一個方法，就是要信賴我。靈魂越信賴我，便會獲得更多的恩寵。對我充滿信賴的靈魂，能給我極大的安慰，因為我會把寶貴的恩寵賜給他們。如果他們的祈求多，我便雀躍萬分，因為我渴望賜下大量的恩寵。信賴我的仁慈的靈魂真有福，因為我會親自照顧他們。沒有任何靈魂呼求我的慈悲後會失望而回或蒙受羞辱。人靈若信靠我的美善，我便以他們為樂。」

你可用玫瑰唸珠來誦唸它。開始時，先唸一遍「天主經」、「聖母經」和「信經」。

在每粒大珠上唸：「永生之父，我把你至愛之子，我們的主耶穌基督的聖體、聖血、靈魂及天主性奉獻給你，以賠補我們及普世的罪過。」

在每粒小珠上唸：「因祂的至悲慘苦難，求你垂憐我們及普世。」

結尾時，唸三次：「至聖天主，至聖強有力者，至聖長存者，求你垂憐我們及普世。」

教宗方濟各向信眾說：“我們受邀在復活耶穌的傷痕中默觀天主的慈悲，天主的慈悲超越人的一切局限，在邪惡和罪過的黑暗中閃耀”。讓我們把目光停留在耶穌身上，祂始終尋找我們，等待我們，寬恕我們。祂如此仁慈，不受我們的可憐處境驚嚇。在祂的傷痕中，祂治癒我們，寬恕我們的一切罪過。願聖母瑪利亞幫助我們，像耶穌仁慈待我們那樣，仁慈待人。