

# 堂區通訊

卡城永援聖母堂  
暨華人天主教牧民中心

電話 403-265-7926 傳真 403-234-8480

電子郵件 olph@telus.net

堂區辦事處時間  
星期二至星期五  
上午 10 時至下午 4 時

主任司鐸

阮明聰神父

鄺維揚執事

林偉良執事

堂區牧民議會主席

何漢輝

Website 網址  
www.myolph.org



# Bulletin

Our Lady of Perpetual Help  
Catholic Church

400 Edmonton Trail N.E. Calgary, Alberta  
Canada T2E 3S4

Tel 403-265-7926

Fax 403-234-8480

Email olph@telus.net

Parish Office Hours

Tuesday - Friday

10:00 am - 4:00 pm

Pastor

Fr. Joseph Nguyen

Deacon John Wu

Deacon Edward Lam

Parish Pastoral Council Chairman  
Arthur Ho

April 15, 2018 二零一八年四月十五日

3rd Sunday of Easter

復活期第三主日

Last Sunday Collection

上主日奉獻

\$3,905.00



彌撒時間

主日彌撒

星期六 下午五時 國語主日提前彌撒

星期日上午八時三十分英語彌撒

上午十時英/粵語彌撒

上午十一時三十分中文彌撒

平日彌撒

星期一至星期六上午九時

公禱玫瑰經及敬禮聖母英語彌撒

星期二晚上 6 時 30 分

Mass Schedule

Sunday Mass

Saturday : 5:00 pm Mandarin mass

Sunday : 8:30 a.m. English Mass

10:00 a.m. Bi-lingual Mass (English and Chinese)

11:30 am Cantonese mass

Weekday Mass

Monday to Saturday 9:00 a.m.

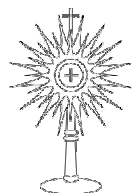
Tuesday 6:30 p.m.

Rosary and English Marian Devotion mass

Exposition of the Blessed Sacrament  
1st Saturday of each month 10:00 a.m.

顯供聖體

每月首個星期六 上午十時



## Theme Sharing



### Third Sunday of Easter

The common theme of today's scriptures is

## ***"The forgiveness of sins".***

Jesus suffered and died to atone for our sins. This is **the Risen Christ's wonderful gift to us**. However, we are only able to recognize the Risen Christ through his teachings.

In the first reading, Peter admonished the Jews in strong language: "you rejected the Holy and Righteous One"; **"you handed over and rejected (Jesus) in the presence of Pilate although he had decided to release him"**; and "you killed the Author of Life". Peter did so to point out how they had wronged Jesus and how they should repent so that their sins could be forgiven.

The second reading further explains how we should act as baptized Christians and therefore members of the fold of Jesus. **We should obey his commandments and refrain from committing sins any further.** We have put on the armour of God's abundant graces in our Risen Christ and we can surely defeat the forces of evil.

The gospel is on Jesus' appearance to the eleven apostles after his resurrection. He greeted them by saying:

## ***"Peace be with you".***

He showed them his physical wounds to prove that he had truly risen from the dead. To strengthen their faith,

Jesus recounted to the apostles everything written about him in the

law, the prophets and the psalms. In fact they had heard Jesus talking on many previous occasions about his suffering, death and resurrection. Likewise, it is only when we understand the scriptures and his teachings that we can recognize **the Risen Christ who has brought us redemption and pardon of our sins.**

## Diocese & Other News



### POPE FRANCIS NEW APOSTOLIC EXHORTATION: GAUDETE ET EXSULTATE

Read Pope Francis' newest **Apostolic Exhortation 'Gaudete et Exsultate'** (Rejoice and be glad - Matthew 5:12) on the call to holiness in today's world. Find link to the letter at <http://news.calgarydiocese.ca>

### YOUTH RALLY 2018 - CANCELLED

The Youth Office, in consultation with Bishop McGrattan and his Presbyteral Council, has made the difficult decision to cancel this year's Youth Rally due to the low number of registrations.

Under the guidance of our new Bishop, all of the Offices of the Pastoral Centre are under review and striving to renew themselves. Please be assured that our office seeks to develop and execute strong youth programs.

The Diocese firmly believes in the youth and remains committed to help the youth grow in their faith. We thank you for your interest in participating / volunteering or chaperoning at the Youth Rally. For more information contact 403-218-5507.

### 'A SONG FOR RACHEL' CONCERT

Mark your calendar for "A Song for

Rachel" concert, a fun-filled, family fundraising concert and silent auction to support Project Rachel, which is a post-abortion healing, and reconciliation ministry supported by the Diocese of Calgary. Everyone is invited to attend this event. Silent auction opens at 6:00 pm and concert begins at 7 pm, Friday, **April 27 at St. Michael's Parish, 800 - 85 St. SW**. Tickets on sale at \$15/person or \$35/family. Tickets may be purchased at St. Michael church office (403-249-0423), on-line at

<http://events.calgarydiocese.ca> or 403-218- 5505, and at the door during the evening of the concert. Call 403-218-5505 to donate silent auction items.

### THE BIBLE AND THE VIRGIN MARY

The Bible and the Virgin Mary, unveils the mystery of Our Lady that is woven into the fabric of Sacred Scripture. Do you fully understand the vital role she plays in your life? Can you explain her role in God's plan for the world?

While Catholics know that Mary is important, many never fully grasp how essential she really is. This **12 week study** begins on Tuesday **May 1st to July 17th at 7pm** (optional Mass at 6:30pm).

Location: **Our Lady of Fatima Church** - 4747 30 St. SE, Calgary. For registration and information contact Linda at 403-289-7124 or call 403-700-7124. Cost is \$20 for the textbook and \$25 for the optional journal.

## Parish Activities



### North America Chinese Catholic Apostolate Convention 2018

Theme : The Fountain of Vitality  
Time: May 18-21, 2018  
Keynote Speaker: Sister Maria Ko

Location: Providence Renewal Centre, Edmonton, AB  
 Cost & details:  
<http://www.nacca2018.org/>

There's a one-day carpool tour on Saturday May 19. \$65 fee for each person which covers talks, snack, lunch and dinner. Fee has to be paid in full by April 22 (Sunday)

For details and registration, please contact Sr. Chan.

### Breakfast Corner and Movie Afternoon

Date: **April 22, 2018 (Sunday)**  
 Place: OLPH Upper Hall  
 Sponsor: Catholic Family Fellowship (CFF)

#### **After 8:30 am mass:**

complimentary muffin and coffee

#### **After 10:00 am & 11:30 am**

**mass:** breakfast in Cantonese style,

#### **Movie Afternoon: 1:00pm to 3:30pm.** Movie Title: **St. Philip**

**Neri** - One of the most popular saints of all time, he was widely known for his great charity, deep prayer life and tremendous humour. The founder of the religious congregation, the Oratory, that worked specifically with the youth.

### 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 (403-690-2973) or Parish Office (403-265-7926).

### 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.



### TIA 2018

**"For where your treasure is, there your heart will be also."**  
**Luke 12,34**

This is the slogan for 2018 **TOGETHER IN ACTION**. At the start of Lent, the 2018 TIA starts. This year our target is \$23,480. We have always been blessed. Lent is time for sacrifice and loving care to our neighbors who are less blessed. So please be generous to support the TIA.

### **Weekly Activities**



Wed, Fri April 18, 20

#### OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Fri April 20

#### OLPH Scout

Time: 6:30p.m.-9:30p.m.

Place: Upper Hall & Lower Hall

Sat April 21

#### Legion of Mary (meeting)

Time: 9:45 a.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 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: OLPH Lower Hall

### Young Adults Band practice

Time: 4:00p.m.-6:00p.m.

Place: OLPH Upper Hall

### Young Adults Choir Practice

Time: 6:00p.m.-8:00p.m.

Place: OLPH Upper Hall

Sun April 22

### 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

### Breakfast Corner and Movie Afternoon

Time: 9:30 a.m. - 3:30 p.m.

Place: OLPH Church Upper Hall

## **Pope Francis -**

### **"Gaudete et Exsultate:**

Pope Francis recently released his papal document - **"Gaudete et Exsultate: On the Call to Holiness in Today's World"**. The Latin title, "Rejoice and Be Glad", comes from Matthew 5:12, part of the Sermon on the Mount - "Rejoice and be glad, for your reward is great in heaven". The Sermon on the Mount figures heavily into the document, providing a sort of "roadmap" to holiness.

Here are a few of our favorite quotes from his document - the ones that have inspired us to change and move away from our culture of indifference to a culture of mercy, love, joy, and holiness.

- 1. "My modest goal is to repropose the call to holiness in a practical way for our own time, with all its risks, challenges and opportunities." (2)
- 2. "The important thing is that each believer discern his or her own path, that they bring out the very



best of themselves, the most personal gifts that God has placed in their hearts, rather than hopelessly trying to imitate something not meant for them." (11)

- 3. "It is not healthy to love silence while feeding interaction with others, to want peace and quiet while avoiding activity, to seek prayer while disdaining service." (26)
- 4. "The presence of constantly new gadgets, the excitement of travel and an endless array of consumer goods at times leave no room for God's voice to be heard. We are overwhelmed by words, by superficial pleasures and by an increasing din, filled not by joy but rather by the discontent of those whose lives have lost meaning." (29)
- 5. "How many people suffer injustice, standing by powerlessly while others divvy up the good things of this life." (78)
- 6. "Seeing and acting with mercy: that is holiness." (82)
- 7. Hedonism and consumerism can prove our downfall, for when we are obsessed with our own pleasure, we end up being all too concerned about ourselves and our rights, and we feel a desperate need for free time to enjoy ourselves. (108)
- 8. "We can get so caught up in ourselves that we are unable to recognize God's gifts." (126)
- 9. "Consumerism only bloats the heart. It can offer occasional and passing pleasures, but not joy." (128)
- 10. "Let us rethink our usual way of doing things; let us open our eyes and ears, and above all our hearts, so as not to be complacent about things as they are, but

unsettled by the living and effective word of the risen Lord." (137)

<http://saltandlighttv.org/blogfeed/getpost.php?id=80831>

#### For complete APOSTOLIC EXHORTATION

[http://w2.vatican.va/content/francesco/en/apost\\_exhortations/documents/papa-francesco\\_esortazione-ap\\_20180319\\_gaudete-et-exsultate.html](http://w2.vatican.va/content/francesco/en/apost_exhortations/documents/papa-francesco_esortazione-ap_20180319_gaudete-et-exsultate.html)

### Stories Faith Sharing



#### Sand and Stone

Two friends were walking through the desert. During some point of the journey, they had an argument; and one friend slapped the other one in the face. The one who got slapped was hurt, but without saying anything, wrote in the sand: "Today my best friend slapped me in the face."

They kept on walking, until they found an oasis, where they decided to take a bath. The one who had been slapped got stuck in the mire and started drowning, but the friend saved him. After he recovered from the near drowning, he wrote on a stone: "Today my best friend saved my life."

The friend who had slapped and saved his best friend asked him, "after I hurt you, you wrote in the sand and now, you write on a stone, why?" The friend replied "when someone hurts us we should write it down in sand where winds of forgiveness can erase it away. But, when someone does something good for us, we must engrave it in stone where no wind can ever erase it."

## 主日分享



### 復活期第三主日

在第一篇讀經中，伯多祿向猶太人百姓講道，是這個百姓曾要求判耶穌釘十字架死刑。伯多祿宗徒用強烈堅定的話語向他們提出這個該受譴責的事件：“你們否認了那聖而且義的人”；“他就是你們所解送，並在比拉多前所否認的；雖然那人原判定要釋放他”；“你們殺害了生命之原”。伯多祿以他的這席話激起了聽眾的懺悔和悔改的心。

第二篇讀經補充其他兩篇讀經的訓導，更加確切地描述了基督徒在領洗之後，也就是他們歸屬於耶穌後的狀況。他們不能夠也不應該再犯罪，因為他們領受了恩寵和復活的力量，能抵制住一切邪惡的力量，獲得勝利。

福音則再次把我們帶入晚餐廳，那是耶穌顯現給 11 位門徒的地方，祂首先問候他們：

**“願你們平安！”**

正如若望福音中（20：19，21，26）所說的，復活的基督帶給我們平安，正是因為祂將罪過的赦免，與天主修和的恩賜給了我們。祂帶給我們的是內心的平安，也是人們彼此間的平安。聖路加敘述這個段落的時候非常執著復活的現實。這個現實不單純是耶穌的靈魂的復活，也實實在在地顯示了祂身體的復活。

今天的禮儀邀請我們增強我們信仰復活的基督的基本態度，增強對祂戰勝一切邪惡勢力的信德和接受祂救贖的願望。耶穌願意將祂戰勝邪惡的勝利通傳給我們，讓我們在祂的愛中進步。我們應該增強我們的基本態度，知道它是我們基督信仰生活的根本。

節錄自梵蒂岡廣播電台講稿

## 堂區活動



### 2018北美天主教華人使徒大會

主題: 活力泉源

日期: 5月 18-21日, 2018

地點: 亞省愛民頓市天佑靜修中心

主講師: 高夏芳修女

費用和詳情:

<http://www.nacca2018.org/>

(粵語主講, 國語即時傳譯)

本堂區將於五月十九日(星期六)安排一天來回。每位費用為65元, 包括大會場費, 小食, 午及晚膳。

報名及詳情請聯絡陳修女並於四月廿二日前支付全數費用。

### 早餐交流會及電影欣賞

日期: 2018年 4月 22日 (星期日)

地點: 永援聖母堂上禮堂

贊助善會: 公教家庭協會

早餐交流會 - 八時三十分彌撒後有免費 coffee 及 muffin 招待。

早上十時, 十一時三十分彌撒後有早餐供應。

聚會將包括以上美食、生活交談及信仰分享

**電影欣賞** - 下午 1時 至 3時 30 (免費觀賞)

片名: 窮小孩的天堂--

描述"喜樂聖人"聖內利關懷及幫助流浪貧苦的孩子及他成立祈禱會所的經歷。

### 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的家庭, 邀請其代子女或代父母參與家庭玫瑰。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(403-690-2973)或堂區辦事處 (403-265-7926)。

### 五月公唸玫瑰經

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。



### 教區公益金 2018

主說: 「你們的寶藏在那裡, 你們的心也必在那裡」這是本年度教區公益金的口號。關愛貧窮弱少的社群是我們教徒一貫的使命, 亦是見證分享我們的寶藏。

今年教區公益金在本主日正式展開, 本堂分擔的數目為\$23,480。教區公益金自 1992 成立至今, 本堂兄弟姊妹都為善不後人, 今年請繼續踴躍支持, 並向本地及國內外有需要的團體給予援助。

## 活動一週



星期三、五 4月 18, 20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 20日

永援聖母堂董事

時間: 晚上 6時 30分至 9時 30分

地點: 永援聖母堂上禮堂及下禮堂

星期六 4月 21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: 永援聖母堂下禮堂

大專青年團樂隊練習

時間: 下午 4時至 6時

地點: 永援聖母堂上禮堂

大專青年團練習聖詩

時間: 下午 6時至 8時

地點: 永援聖母堂上禮堂

星期日 4月 22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: 聖堂二樓騎士會室

早餐交流會及電影欣賞

時間: 上午 9時 30分至 3時 30分

地點: 永援聖母堂上禮堂

## 靈修小故事



### 人生最深的滋味

蘇東坡在最落難的時候, 在岸邊寫下“大江東去, 浪淘盡”, 寫了最好的詩句出來。受到皇帝賞識時, 他的書法漂亮、工整、華麗, 而且得意。因為他是一個才子, 才子總是很得意的。但是他從來沒有想過, 他讓很多人受過傷。他得意的時候, 很多人恨得要死, 別人沒有他的才氣, 當然要恨他。但是他落難寫的書法, 這麼笨、這麼拙, 歪歪倒倒無所謂, 卻變成中國書法的極品。

此時苦味出來了, 他開始知道生命的苦味, 並不是你年輕時得意忘形的樣子, 而是在這麼卑屈、所有的朋友都不敢見你的時候, 在河邊寫出最美的詩句。

他原來是一個翰林大學士, 但因為政治, 朋友都避得遠遠的。當時他的朋友馬夢得, 不怕政治上受連累, 幫蘇



軾夫婦申請了一塊荒蕪的舊營地使用，所以蘇軾就改名叫蘇東坡。

蘇東坡開始在那裡種田、寫詩，他忽然覺得：我何必一定要在政治裡爭這些東西？為什麼不在歷史上建立一個光明磊落的生命情感？

蘇軾變成了蘇東坡後，他覺得醜都可以是美。他開始欣賞不同的東西，他那時候跑到黃州的夜市喝點酒，碰到一身刺青的壯漢，那個人把他打在地上說：“什麼東西，你敢碰我！你不知道我在這裡混得怎樣？”他不知道這個人是蘇東坡，然而倒在地上的蘇東坡，忽然就笑起來，回家寫了封信給馬夢得說：“自喜漸不為人知。”他是才子，全天下都要認識他，然而他常常不給人好臉色，可是落難之後，他的生命開始有另外一種包容，有另外一種力量。

所以我覺得，蘇東坡酸甜苦辣鹹百味雜陳最後出來的一個味是“淡”，所有的味覺都過了，你才知道淡的精采，你才知道一碗白稀飯、一塊豆腐好像沒有味道，可是這個味覺是生命中最深的味覺。

你會發現他在做官的時候，從來沒有感覺到清風徐來，但是從他的詩中看到，因為他不做官，才感覺到清風。

我覺得蘇東坡應該感謝的是：他不斷被下放，每一次的下放就更好一點。因為整個生命被現實的目的性綁住了，所以被下放的時候，才可以回到自我，才能寫出這麼美的句子來。

他可以感受到：歷史上那些爭名爭利，最後變成一場虛空。可以“多情應笑我，早生華髮”，是因為他回到自我。

我相信，美是一個自我的迴圈。美到最後不管你是富貴，或是貧窮，有自我，才有美可言，如果這個自我是為別人而活著，其實感覺都不會美。

所以這個“淡”是你經歷酸、甜、苦辣、鹹以後，才知道淡的可貴。所以

他寫過一首很有名的詩，“回首向來蕭瑟處，也無風雨也無晴”。我回頭看我走來的這一生，心很靜，也就無所謂了。

## 《你們歡喜踴躍吧！》 宗座勸諭簡介

2018年4月9日，教宗方濟各於頒布宗座勸諭《你們歡喜踴躍吧！》**Gaudete et Exsultate**，邀請信眾在當代世界回應成聖的普遍召叫。這道勸諭總共分成5章、177個段落號碼，指明真福八端是成聖的康莊大道，因為它與世俗背道而馳。許多「鄰家」的聖人展現出人人皆能成聖，聖德的生活與慈悲的生活息息相關。慈悲乃是「天國的鑰匙」，因此聖人會受到感動，採取行動協助不幸的人。

### 第一章

教宗在第一章開門見山談論「成聖的呼召」，強調每個人都有一條成全之路，在默觀各種「看似困難的成聖型式」時，切莫灰心喪志（11號）。已面見天主的諸位聖人會給予我們鼓舞和陪伴（4號）。再者，天主召喚我們透過日常生活的「微小舉動」來培養聖德（16號），「我們生活周遭的人」經常為此作出見證（7號）。

### 第二章

在第二章中，教宗譴責了「聖德的兩個微妙敵人」，即諾斯底主義和白拉奇主義；它們源自基督信仰的兩個宿敵，具備「令人不安的當代特徵」（35號）。當代諾斯底主義是「愛慕虛榮的膚淺態度」，妄想著以冰冷的邏輯來「操弄天主的奧跡」，以至於偏好一種「沒有基督的天主、沒有教會的基督、沒有子民的教會」（37-39號）。新興的白拉奇主義則會導致信友們因遵守某些教會「規範」而自視過人（49號）。相反地，天主的恩寵總是

促使人們超越「人的智力和意志力」（54號）。教宗警惕道，我們有時「將福音變得複雜，自己成了某個規範的奴隸」（59號）。

### 第三章

這道勸諭的第三章以真福八端為核心。耶穌「簡淺明瞭地解釋了何謂聖人」（63號），而教宗逐一闡述每一端的涵意。舉例而言：「神貧」也意味著生活簡樸（70號）；在「到處都有爭執」的世界上，「要謙遜而溫良地作出反應」（74號）；「憐憫」則是基督徒「最大的行事準則」，誠如《瑪竇福音》第25章所言，它是「最後審判」的標準。

### 第四章

為了在當今世界善度聖德生活，教宗在勸諭的第四章裡提出「不可或缺」的特徵，諸如「含忍、耐心、溫良、喜樂、幽默感、勇敢、熱情」。此外，成聖之路也要求人們「過團體生活」和「不斷祈禱」（110-152號）。

### 第五章

基督徒必須「持續」奮鬥，對抗那「使我們遲鈍、庸俗的世俗思想」（159號）。因此，教宗在第五章中鼓勵眾人「與邪惡搏鬥」（160-161號），保持「警覺」，善用祈禱和聖事的「利器」，常行愛德（162號）。在一個活動和娛樂繁多的時代，「分辨」顯得格外重要。教宗最後總結道：「作分辨不是為了發現我們今生還能做什麼來獲得收益，而是為了辨別如何能更好地完成洗禮託付給我們的使命。」（174號）

轉載自

<http://saltandlighttv.org/blogfeed/getpost.php?language=ch&id=19613>

英文《你們歡喜踴躍吧！》**Gaudete et Exsultate** 全文

[http://w2.vatican.va/content/francesco/en/apost\\_exhortations/documents/papa-francesco\\_esortazione-ap\\_20180319\\_gaudete-et-exsultate.html](http://w2.vatican.va/content/francesco/en/apost_exhortations/documents/papa-francesco_esortazione-ap_20180319_gaudete-et-exsultate.html)

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