

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.mylolph.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 29, 2018 二零一八年四月二十九日

5th Sunday of Easter

復活期第五主日

Last Sunday Collection

上主日奉獻

\$3,850.00



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.

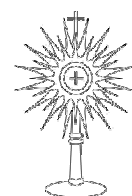
Tuesday 6:30 p.m.

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



5th Sunday of Easter

Today's gospel from John speaks about Jesus as the "true vine". We are asked to be one with Christ so that we can bear fruits.

The first reading tells us how Paul preached openly and courageously in the name of Jesus. Truly he bore fruit right after his conversion.

The second reading says **that we must love "not in word or speech, but in truth and action"**. This echoes the gospel message that labour of love brings abundant fruits.

Jesus proclaims in the gospel that he is the true vine. He issues a stern warning that we, as branches, must yield fruits since "(the Father) removes every branch in me that bears no fruit". We should heed the warning and live a good Christian life.

To be forever Our Lord's branches, we have to bear fruits or we will be cut off from the vine. Our Heavenly Father cannot tolerate a barren branch of the Body of Christ. So we must follow Jesus' teachings, and be a true Christian both in name and in fact. If we live a life of faith and love, we can rest assured that our hearts will always be filled with peace and joy.

Diocese & Other News



LAY ASSOCIATIONS SPRING SEMINAR

Join Bishop McGrattan in the Spring Seminar for the Lay Associations in the Diocese of Calgary with theme: Vocations & Youth Apostolates. There is a limit of 5 attendees per organization.

Date: Saturday, **May 5 from 10 am to 2 pm. Cost: \$10** including BBQ

lunch. You can also pay at the door, but please still register online so we can manage our numbers

Location: **Mary, Mother of the Redeemer Church, 1714-14 Ave NE, Calgary.** Hosted by God Squad. To register visit <http://events.calgarydiocese.ca> or call Caroline at 403-218-5523.

DIOCESAN PASTORAL CARE COURSE

The Health Care Apostolate will be hosting the Spring Diocesan Pastoral Care Course **Thursday evenings May 3 - June 14 from 6:30 - 9:30 pm.** The program will be held at **St. Cecilia's Parish, 321 - 90 Ave SE.** This course will introduce you to the basic visiting skills required for Pastoral Care Ministry in the health care facilities or parish. Registration fee: \$50. For more information and to register, call 403-218-5501, or register online under News & Events at <http://events.calgarydiocese.ca>

CALGARY CATHOLIC MEDICAL ASSOCIATION

The Calgary Catholic Medical Association **invites all healthcare workers** to attend a talk by *Dr. David Sabapathy*, BSc (Eng), MSc, MBA, MD, FRCPC on *The Unexamined Life of Public Health* on **Tuesday, May 1 at 7pm at the Catholic Pastoral Centre.** This talk will discuss the Christian Worldview as a Foundation for Public Health Practice. This is a free event. Contact alida.allen@calgarydiocese.ca or 403-218-5505 to register.

Parish Activities



Church Van Donation Campaign

The Church Van/Bus broke down recently; and would wish to appeal to all parishioners who could donate their used one to enable the bus service to continue. A receipt will be

issued for the tax purposes. Cash donation for supporting the bus service and replacement are also welcome. Please contact the Church Office (Tuesdays to Fridays) @403 265 7926 and/or Knights of Columbus, Matteo Ricci Council 10119 at, Kofc10119@gmail.com. God bless!

Exposition of the Blessed Sacrament In May

The May's Exposition of the Blessed Sacrament will be led by Queen of China on May 5 from 10am to 11am. Fr. Nguyen will listen to Confession. Parishioners are encouraged to attend

Mother's Day Potluck Dinner

Come celebrate "Mother's Day". Mandarin Group will hold a Mother's Day potluck dinner for everybody on Sunday, May 6 from 5pm at Upper Hall. Karaoke will be provided. Don't miss the special dishes to be served by Father Nguyen. All parishioners are welcome. Please register with Mary Ku (tsaohelen@hotmail.com) or John Lu (conglu@yahoo.com)

The Hike For Life

This is an annual event organized by Calgary Pro Life, which financially supports their Respect Life programs.

Venue: Prince Island Park

Date: Saturday, May 12, 2018

Time: 8:30 - 12:30

Join them in the 10Km Walk with complimentary lunch, music and prizes.

Everyone with family and friends can attend. See the poster for more details and registration.

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.

OLPH 300 Scouts Registration

Anyone aged from 5 – 25 wants to learn something new with fun or start a new adventure?

OLPH 300 Scouts may be the right group for you.

Registration for new scout year 2018-2019 will start from May 15.

For more details please contact parish office or email

olph300scouts@gmail.com

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. As of April 13, 2018, our campaign has received a total of \$5,755.00. We plead for your ongoing support.

Weekly Activities



Wed, Fri May 2, 4

OLPH Senior Centre

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

Place: OLP Church Upper Hall

Fri May 4

OLPH Scout

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

Place: Upper Hall & Lower Hall

Sat May 5

Legion of Mary (meeting)

Time: 11:00 a.m.

Place: K of C Room at OLP Church

Queen of China

Time: 11:00 a.m.

Place: Boardroom at OLP

Church

Tai Chi Lesson

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

Place: OLP Church Lower Hall

Yoga Class

Time: 11:30 a.m. - 12:45p.m.

Place: OLP Church Upper Hall

R.C.I.A (Mandarin)

Time: 3:00 p.m. - 5:00p.m.

Place: OLP Lower Hall

Young Adults Band practice

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

Place: OLP Upper Hall

Young Adults Choir Practice

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

Place: OLP Upper Hall

Sun May 6

R.C.I.A (Cantonese and English)

Time: 9:30 a.m. - 12:30 p.m.

Place: OLP Church Lower Hall

Sunday School

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

Place: OLP Church Office Building

Stories Faith Sharing



The Weight of the Glass

Once upon a time a psychology professor walked around on a stage while teaching stress management principles to an auditorium filled with students. As she raised a glass of water, everyone expected they'd be asked the typical "glass half empty or glass half full" question. Instead, with a smile on her face, the professor asked, **"How heavy is this glass of water I'm holding?"**

Students shouted out answers ranging from eight ounces to a couple pounds.

She replied, "From my perspective, the absolute **weight of this glass doesn't matter. It all depends on how long I hold it.** If I hold it for a minute or two, it's fairly light. If I hold it for an hour straight, its weight might make my arm ache a little. If I hold it for a day straight, my arm will likely cramp up and feel completely

numb and paralyzed, forcing me to drop the glass to the floor. In each case, the weight of the glass doesn't change, but **the longer I hold it, the heavier it feels to me.**"

As the class shook their heads in agreement, she continued, "

Your stresses and worries in life are very much like this glass of water.

Think about them for a while and nothing happens. Think about them a bit longer and you begin to ache a little. Think about them all day long, and you will feel completely numb and paralyzed – **incapable of doing anything else until you drop them.**"

It's important to remember to let go of your stresses and worries. No matter what happens during the day, as early in the evening as you can, put all your burdens down. **Don't carry them through the night and into the next day with you.** If you still feel the weight of yesterday's stress, it's a strong sign that it's time to put the glass down

Pope at Mass: 'Without love the Church cannot move or grow'

In his homily at Mass in the Casa Santa Marta on Thursday morning, Pope Francis recalls the Last Supper, in which Jesus teaches love in the Eucharist and service in the washing of the feet.

By Devin Watkins

Pope Francis at Mass on Thursday said no servant is greater than the master, reminding the faithful that Jesus left us an example of service and love at the Last Supper. He was reflecting in his homily on the day's Gospel, which contains Jesus' words after the washing of the feet at the Last Supper (Jn 13:16-20).

He said it contains three foundational truths for the Church: Jesus teaches us love through the Eucharist, he teaches us service in the washing of the disciples' feet, and says **no servant is greater than his master**.

Two institutional gestures: love and service

Pope Francis said Jesus makes two "institutional gestures" at the Last Supper.

Jesus, he said, gives his body to eat and his blood to drink in the Eucharist. He also washes the disciples' feet.

"These two actions reveal two commandments that will make the Church grow, if we are faithful," he said.

The first commandment is love. The Pope said it is no longer "love your neighbor as yourself", because Jesus takes a step further, saying

"love one another as I have loved you."

"Love is without limits. Without it, the Church cannot move forward; the Church cannot breathe. Without love, she cannot grow, and is transformed into an empty institution, made up of appearances and actions without fecundity. In his bodily actions, Jesus tells us how we should love, that is, until the end."

The second commandment, Pope Francis continued, is borne out in the washing of the feet:

"serve one another".

A warning: humility in service

Pope Francis said the third lesson is a warning. **"You can serve, but only I send you and give you a mandate. You are not greater than I."** The Holy Father said this is true and simple humility.

"The awareness is that He is greater than all of us, and that we are servants who cannot go beyond Jesus. We cannot use Jesus. He is the Lord, not us. This is the Lord's will. Giving himself to eat and drink, he tells us to love one another in this way. Washing the feet, he tells us to serve each other in like manner. But beware: no servant is greater than the one who sent him, the master. These blunt words and actions are the foundations of the Church. If we proceed in like fashion with these three points, we shall never fail."

Saints and martyrs

Pope Francis went on to say that martyrs and many saints acted "with the awareness of being servants." At the end of the day's Gospel, Jesus warns his disciples that there is one among them who will betray him.

So, Pope Francis concluded with an invitation to take a moment of silence to allow the Lord to look at us.

Abide in me, and I in you.

John 15:4

主日分享



復活期第五主日

在本主日的若望福音裡，我們聽到耶穌講了一個比喻，祂說祂是真葡萄樹，但是這棵真葡萄樹並不是獨影孤枝的，因為有我們作為祂的枝子。葡萄枝條與樹幹本身有著一份密不可分的聯繫，並且彼此生命相屬，枝條若不連在葡萄樹上，憑自己是結不了果實的。

這篇如此美麗的比喻是耶穌和門徒們吃完最後晚餐之後，透過伯多祿的大哉問，而所開展的一系列「臨別贈言」中的一段贈言。伯多祿的問題是：

「主！祢往哪裡去？」

若 13:36

在這篇比喻裡，耶穌一開始就說：

「我是真葡萄樹。」耶穌之所以強調「真」，那是因為舊約聖經曾多次以「葡萄樹」來代表以色列，而天主揀選以色列這棵葡萄樹的目的是要透過他們而將祂的救恩像葡萄汁液一般流液出去，分享及賜福給萬邦萬國。然而，他們卻是違背了天主的心意，長成了一棵令天主失望的不結果實的假葡萄樹。因此，耶穌祂來，就是要來順服以及完成天主的心意，成為天主救恩計畫裡的那一棵結實纍纍的「真葡萄樹」，並

將生命 且是更豐富的生命賜給那些與祂生命相連結的人。

而這棵真葡萄樹到底與我們有何關係？在耶穌有關真葡萄樹比喻的這一席話當中，我們可以看見我們與耶穌的雙重關係，而這雙重關係正是我們生命的明燈，能為我們的生命成長指引方向，同時也構成讓生命結實纍纍的要素：

第一重關係「剪」：果子是生命最明顯、也是最具體的記號，因此這位栽種的園丁、種植的天主，**就要修剪那些能結果子的枝條，好讓枝條能夠結更多的果實，甚至是結長存的果實。**

雖然我們都害怕、也都不情願被整枝修剪，因為修剪常令人感到痛苦，以致無法忍受。但是，如果不甘於讓生命一直處在荒年的欠收景況中，那麼就必須接受園丁的修剪。然而天主這位園丁要修剪甚麼呢？祂要在我們的驕傲上修剪我們；祂要在我們的苦毒上修剪我們；祂要在我們的任性上修剪我們；祂也在我們的壞脾氣上修剪我們；祂還在我們的嫉妒上修剪我們……等。

第二重關係是「住」：葡萄枝條本身並不能結果子，它必須連結到葡萄樹幹上，時時接受葡萄樹汁液的養分供應，才能結出果子來，因此耶穌這樣說：

「你們住在我內，我也住在你們內。」

耶穌說這樣的話並不是在耍弄玄虛，而是要表達出祂和門徒們之間，以及門徒們彼此之間的合一共融關係，同時也表達出祂就是我們的「生命泉源」。

這「住」在基督內的經驗正是若望宗徒非常寶貴的生命經驗。從他最初聽了若翰的作證之後，就與安德肋一起來尋找耶穌，並且當耶穌邀請他們來看看的時候，按若望福音的記載，

「他們於是去了，看了祂住的地方；並且那一天就在祂那裏住下了。」

（若一 35-42）經過三年與耶穌住下的經驗，他終於真正地認識了耶穌。所以在他的第一封書信中，他就是用了耶穌在今天福音中的類似表達，而這樣向我們分享這「住」的生命經驗，他說：「誰遵守天主的命令，就住在天主內，天主也住在他內。」（若壹三 24）在這篇書信中，若望正是以「住」來作為自己與耶穌彼此關係的註解，他住在耶穌內，同時也讓耶穌住在他內，而使得自己的生命隨時暢通上耶穌的生命，因此，他的生命活得何等不同。

「住」而與耶穌的生命連結上關係的門徒，他們的生命被轉化了。耶穌打開了他們的耳朵為瞭解福音，打開他們的心靈為接受福音，最後甚且以擘

餅的舉動打開他們的眼睛，讓他們具體地經驗到這福音的實現。

如此，耶穌十字架的道路在他們的生活經驗中，乃成了一條通往新生命的道路。

天主教台灣地區主教團網頁

全文：

<http://sliturgy.catholic.org.tw/H/H79.pdf>

堂區活動



堂區小巴捐獻運動

現邀請堂區教友們捐獻現金或舊車；代替目前日久失修和不能運作的小巴，好使巴士服務得以延續。堂區會發回報單收條。有意捐贈者請聯絡堂區辦事處（星期二至五）/電話：403 265 7926，或電郵至利瑪竇騎士會 kofc10119@gmail.com。主佑！

顯供聖體（五月五日）

永援聖母堂五月份的顯供聖體由聖母會帶領，時間為五月五日上午十時至十一時，當天除了朝拜聖體外，阮神父將為教友聽告解。請各位教友盡量參與！

母親節 Potluck 聚餐

為提前慶祝母親節，國語組將於五月六日（星期日）下午五點在上禮堂舉辦 Potluck 聚餐，誠意邀請每位聖堂教友參加。當天將有卡拉 OK 歌詠活動。屆時阮神父將有特別野味呈獻給大家。歡迎各位教友踴躍參加。如有興趣請向 Mary Ku

(tsaohelen@hotmail.com) 或 John Lu (conglu@yahoo.com) 報名。

10 公里步行籌款

每年一度由「卡城生命權益會」主辦步行活動，財政上支持其現有[尊重生命]項目。

地點：皇子島公園

日期：五月十二日，星期六

時間：早上八時半至中午十二時半

步行活動後，免費午餐招待，及音樂會和獎品助慶。

誠意邀請個人，家庭和朋友们報名參與。詳情請閱海報，致電堂區辦事處 (403-265-7926) 或各組聯絡人。

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。

永援聖母300童軍註冊

任何年滿5至25歲的朋友，想學習新的有趣東西或開始新的冒險。

請參加永援聖母300童軍。

2018-2019年童軍註冊將從5月15日開始。

詳情請聯絡堂區辦事處或電郵 olph300scouts@gmail.com

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。

今年教區公益金本堂分擔的數目為 \$23,480。截至 4 月 13 日，捐款已累積至 5,755.00 元。

懇請各位教友繼續支持，慷慨解囊！

活動一週



星期三、五 5 月 2, 4 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 5 月 4 日

永援聖母堂童軍

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 5 月 5 日

聖母軍

(聖母軍聖母無玷聖心支團)

時間：上午 11 時(開會)

地點：聖堂二樓騎士會室

聖母會

時間：上午 11 時

地點：永援聖母堂會議室

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 5 月 6 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

靈修小故事



尊重

我以為別人尊重我，是因為我很優秀。慢慢的我明白了，**別人尊重我，是因為別人很優秀**；優秀的人更懂得尊重別人。對人恭敬其實是在莊嚴你自己。懂得尊重別人是做人最起碼的要求。真正做到尊重別人，則是一種境界，一種美德。

孟子有云：“愛人者，人恆愛之；敬人者，人恆敬之。”

此話強調了尊重他人的重要性，一個人在與別人交往中，如果能很好的理

解別人，尊重別人，那麼他一定會得到別人百倍的理解和尊重。

優秀的人對誰都會尊重。

尊重領導是一種天職，
尊重同事是一種本分，
尊重下屬是一種美德，
尊重客戶是一種常識，
尊重對手是一種大度，
尊重所有人是一種教養，
可以說尊重的魅力無限。

任何人都不可盡善盡美，我們沒有理由以高山仰止的目光去審視別人，也沒有資格用不屑一顧的神情去傷害別人的自尊，假如自己某些方面不如別人，我們也不必以自卑或嫉妒去代替應有的自尊。只有學會尊重別人，才能贏得別人的尊重。其實尊重別人就是尊重自己。

一家生意紅火的蛋糕店門前站著一位衣衫襤褸身上散發著難聞氣味的乞丐。旁邊的客人都皺眉掩鼻，露出嫌惡的神色來。伙計喊著‘一邊去，快走吧。’乞丐卻拿出幾張臟乎乎的小面額鈔票小聲地說：“我來買蛋糕，最小的那種。”

店老闆走過來，熱情的從櫃子裡取出一個小而精緻的蛋糕遞給乞丐，並深深地向他鞠了一躬，說：“多謝關照，歡迎再次光臨！”乞丐受寵若驚般離開，要知道他從來沒有受過如此殊榮。

店老闆的孫子不解，問道：“爺爺，你為什麼對乞丐如此熱情？”

店老闆解釋說：“雖然他是乞丐，卻也是顧客呀。他為了吃到我們的蛋糕，不惜花去很長時間討得的一點點錢，實在是難得，我不親自為他服務怎麼對得起他的這份厚愛？”

孫子又問：“既然如此，為什麼要收他的錢呢？”

店老闆說：“他今天是客人不是來討飯的，我們當然要尊重他。如果我不收他的錢，豈不是對他的侮辱？我們

一定要記住，要尊重我們的每一個顧客，哪怕他是一個乞丐；因為我們的一切都是顧客給予的。”小孩若有所思的點點頭。

可以想像，這裡的“尊重”絕不是社交場合的禮貌，而是來自於人心深處對另一個生命深切的理解、關愛、體諒與敬重，這樣的尊重絕不含有任何功利的色彩，也不受任何身份地位的影響；惟其如此，才最純粹最質樸也最值得回報。

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這是一種勇氣更是一種智慧！

你們該彼此相愛，如同我愛了你們一樣。

人若為自己的朋友捨掉性命，再沒有比這更大的愛情了。

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