

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

May 13, 2018 二零一八年五月十三日

Ascension of the Lord

耶穌升天節

Last Sunday Collection

上主日奉獻

\$4,009.00



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.

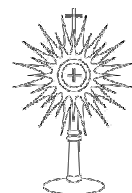
Tuesday 6:30 p.m.

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



Ascension of Our Lord

Today we celebrate the Feast of the Ascension of Our Lord. The first reading, from the Acts of the Apostles, details the final moments of Christ on earth before he was lifted up into heaven. The other two readings also speak about the Ascension, with Matthew giving an account of Jesus' last appearance to the apostles.

For us, this feast really means the start of our active apostolate: to fulfill the mission of evangelization entrusted to us by our Risen Lord. With the power of the Holy Spirit, we are to proclaim our faith to the ends of the earth and so to change the whole world according to God's divine plan – a plan that can only be accomplished through the grace of God. Thus some of us are given gifts and graces to be either apostles, prophets, evangelists, pastors or teachers; and we need to make full use of such gifts to complete the various missions designated to us.

In today's gospel, Jesus entrusted to the eleven apostles the Herculean mission of evangelization: "Go out to the whole world and proclaim the Good News to all creation." To date, this mission has not yet been accomplished, and it requires our active involvement, cooperation and constant prayers.

Jesus' Ascension really is a huge sign of hope for us: not only will we one day meet face to face with Christ in heaven, we are at this very moment receiving the graces necessary for us to lead a good and righteous life here on earth and compatible with God's calling for each one of us.

Our Risen Lord has promised graces to people of all ages. If we are loyal to his teachings, we can

rest assured that our life will be a fountain of immense joy for us.

Diocese & Other News



MARY, MOTHER OF THE CHURCH – NEW MARIAN FEAST

Pope Francis has decreed that the Memorial of the Blessed Virgin Mary, Mother of the Church, should be inscribed in the Roman Calendar on the Monday after Pentecost and celebrated every year. **This year's Memorial is on Monday, May 21.** For more information, visit the Catholic Pastoral Centre blog: blog.calgarydiocese.ca

ALZHEIMER'S WORKSHOP

You are invited to attend a workshop about Alzheimer's Disease and related dementias. This workshop will be held on **Saturday, June 9, from 9 AM to 2:30 PM at Mary, Mother of the Redeemer Parish** (1714 – 14 Ave NE). For more information, contact 403-218-5501 events.calgarydiocese.ca

ONE ROCK 2.0 WITH PATRICK COFFIN, LIZZIE REEZAY AND BRIAN HOLDSWORTH

One Rock 2.0 is excited to announce that Patrick Coffin, Lizzie Reezay, and Brian Holdsworth will be joining us this September! We're inviting Catholic young adults in Calgary ages 18-35 to register now and take advantage of this amazing opportunity to hear from our keynote speakers about living out the Catholic faith in today's culture. Preregister now and learn more about our speakers at www.onerock.ca

CHILDREN'S RETREAT WITH THE SISTERS OF DIVINE MERCY

It's a fun day for your child to know and love our Lord through songs, catechesis, prayer and Adoration,

snacks, arts and crafts.

For **children Gr. 2 – 5, starts with 12:30 PM Mass and ends at 3:30 PM.** Cost \$20. Limited space. The Children's retreat will take place on **Saturday, May 26 at the Divine Mercy Centre** (15206 Township Road 262, Calgary). For more information, contact Sr. Gabrielle at 587-755-1019 sistersofdivinemersey.org

SACRED ARTS LECTURE

The Sacred Arts Guild of Alberta is pleased to host a sacred arts lecture by Dr. Topping, Academic Dean at Newman Theological College.

Theme: Catechism in Stone: The Renewal of Sacred Architecture – Principles and Challenges.

In particular, Dr. Topping will address the principles that may shape the renewal of sacred architecture today and some of the challenges that face us today.

Date: **Thursday, June 7 (7 PM), at St. Stephen's Ukrainian Catholic Parish** (4903 45 St. SW, Calgary). Admission by donation. For more information, contact 403-993-3439 sacredartsguildofalberta.com

Parish Activities



The Pentecost Novena

The feast of Pentecost Novena begins on May 11 (Friday) and ends on May 19 (Saturday). To prepare ourselves to receive the gifts of the Holy Spirit, Fr. Joseph Nguyen encourages parishioners to pray The Pentecost Novena at home.

Honoring the Holy Spirit is the oldest of all novenas, and it is still the only novena officially prescribed by the Church. Addressed to the Third Person of the Blessed Trinity, it is a powerful plea for the light and strength and love so sorely needed by every Christian.

Parishioners can pick up the Pentecost Novena booklet at the Church main and side entrances.

Fr. Joseph – Retreat and Away

Since Fr. Joseph will attend Clergy Retreat from May 14 to 18, all Mass during these days will be cancelled. From May 22- Jun 24 Fr. Joseph will be away on vacation, all Mass will be celebrated by Fr. Lima and assisted by Deacon John Wu during this period of time.

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 16, 18

OLPH Senior Centre

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

Place: OLP Church Upper Hall

Fri May 18

OLPH Scout

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

Place: Upper Hall & Lower Hall

Sat May 19

Legion of Mary (meeting)

Time: 9:45 a.m.

Place: K of C Room at OLP Church

Tai Chi Lesson

No Class this week

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 20

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

PPC Meeting

Time: 12:30 p.m.- 3:30p.m.

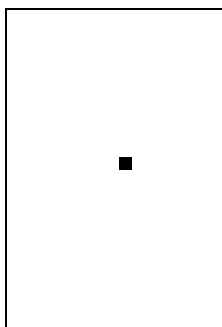
Place: K of C Room

Stories Faith Sharing



The Black Dot

One day, a professor entered the classroom and asked his students to prepare for a surprise test. They all waited anxiously at their desks for the exam to begin.



The professor handed out the exams with the text facing down, as usual. Once he handed them all out, he asked the students to turn over the papers. To everyone's surprise, there were no questions – just a black dot in the center of the sheet of paper.

The professor, seeing the expression on everyone's faces, told them the following: "I want you to write about what you see there." The students, confused, got started on the inexplicable task. At the end of the class, the professor took all the exams, and started reading each one of them out loud, in front of all the students.

All of them, with no exception, defined the black dot, trying to

explain its position in the center of the sheet.

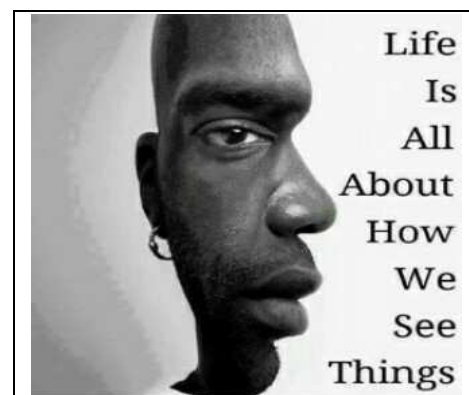
After all had been read, the classroom silent, the professor started to explain: "I'm not going to grade you on this, I just wanted to give you something to think about.

No one wrote about the white part of the paper. Everyone focused on the black dot – and the same happens in our lives.

We have a piece of paper to observe and enjoy, but we always focus on the dark spots. Our life is a gift, and we always have reasons to celebrate – nature renewing itself daily, friends around us, the job that provides our livelihood, etc. However, we insist on focusing only on the dark spot – the health issues that bother us, the lack of money, the complicated relationships with others, or the disappointment with a friend. The dark spots are very small when compared to everything we have in our lives, but they're the ones that pollute our mind.

Take your eyes away from the black dots in your life. Enjoy each one of your blessings and each moment that life gives you.

Be happy and live a life such that even the undertaker will be disappointed when it is your time to go.



'Is My Dad In Heaven?'



Young boy asks Pope Francis: Is my father in heaven?

ROME (CNS) — After circling a massive, crumbling public housing complex on the outskirts of Rome, Pope Francis had an emotional encounter with the neighborhood's children.

Question-and-answer sessions with youngsters are a standard part of Pope Francis' parish visits. And, at St. Paul of the Cross parish April 15, there were the usual questions like, "How did you feel when you were elected pope?"

But then it was Emanuele's turn. The young boy smiled at the pope as he approached the microphone. But then froze. "I can't do it," Emanuele said.

Msgr. Leonardo Sapienza, a papal aide, encouraged the boy, but he kept saying, "I can't."

"Come, come to me, Emanuele," the pope said. "Come and whisper it in my ear."

Msgr. Sapienza helped the boy up to the platform where the pope was seated. Emanuele was sobbing by that point, and Pope Francis enveloped him in a big embrace, patting his head and speaking softly to him.

With their heads touching, the pope and the boy spoke privately to each

other before Emanuele returned to his seat.

"If only we could all cry like Emanuele when we have an ache in our hearts like he has," the pope told the children.

"He was crying for his father and had the courage to do it in front of us because in his heart there is love for his father."

Pope Francis said he had asked Emanuele if he could share the boy's question and the boy agreed.

"A little while ago my father passed away. He was a nonbeliever, but he had all four of his children baptized. He was a good man. Is dad in heaven?"

"How beautiful to hear a son say of his father, 'He was good,'" the pope told the children. "And what a beautiful witness of a son who inherited the strength of his father, who had the courage to cry in front of all of us. If that man was able to make his children like that, then it's true, he was a good man. He was a good man."

"That man did not have the gift of faith, he wasn't a believer, but he had his children baptized. He had a good heart," Pope Francis said.

"God is the one who says who goes to heaven,"

The next step in answering Emanuele's question, he said, would be to think about what God is like and, especially, what kind of heart God has. "What do you think? A father's heart. God has a dad's heart. **And with a dad who was not a believer, but who baptized his children and gave them that bravura, do you think God would be able to leave him far from himself?"**

"God is the one who says who goes to heaven," the pope explained. **"Does God abandon his children?" the pope asked. "Does God abandon his children when they are good?"**

The children shouted, "No."

"There, Emanuele, that is the answer," the pope told the boy. "God surely was proud of your father, because it is easier as a believer to baptize your children than to baptize them when you are not a believer. Surely this pleased God very much."

Pope Francis encouraged Emanuele to "talk to your dad; pray to your dad."

<https://www.americamagazine.org/fai/2018/04/16/my-dad-heaven-little-boy-asks-pope>

Youtube Clip

<https://www.youtube.com/watch?v=I9CctWgR690&feature=youtu.be>



Pope Francis – A Man of His Word

Release Date : MAY 18, 2018

Film Length: 1h 36m

Released on the 5th anniversary of his Pontificate, a new film entitled "Pope Francis – A Man of His Word" opens a unique window onto the Holy Father's ideas and his encounters with people from all walks of life.,

<https://www.vaticannews.va/en/pope/news/2018-03/pope-francis- -a-man-of-his-word.html#play>

Mother's Day Blessings

O God, Who didst instruct the hearts of the faithful by the light of the Holy Spirit, grant all the mothers in the same Spirit to be truly wise, and ever to rejoice in their consolation. Through Christ our Lord. Amen. May our Heavenly Mother bless your family!



母親祝福語

在此母親節，請為天下的母親祈禱。求主賞賜她們聖神的聰敏，力量和喜樂。
願天上的母皇祝福你們的家庭！

MOM, I LOVE YOU

Age 10 : I Love You, Mom!

Age 14 : My Mom is so annoying!

Age 18 : I Wanna Leave This House.

Age 25 : Mom, You Were Right.

Age 30 : Mom, Forgive me?

Age 50 : I Don't Wanna Lose My Mom.

Age 70 : Mom. I Love You So Much.



A short clip for everybody – To love your mom..not only on Mother's Day

給每位母親及她的家庭成員。
請珍惜與媽媽的時間。

<https://www.youtube.com/watch?v=WpZh30QXLiI>

主日分享



耶穌升天節

今天我們慶祝耶穌升天節，結束耶穌一系列的顯現。在宗徒大事錄中，路加說耶穌受難以後，四十天之久顯現給門徒們，以表示自己還活著，而後被接升天。

今天的第一篇讀經，是宗徒大事錄記載的耶穌升天的故事。

「加里肋亞人！你們為什麼站著望天呢？這位離開你們，被接到天上去的耶穌，你們看見他怎樣升了天，也要怎樣降來。」

其他兩篇經文，在致厄弗所人書中，保祿提到

他賜與這些人作宗徒，那些人作先知，有的作傳福音者，有的作司牧和教師，為成全聖徒，使之各盡其職，為建樹基督的身體。

這教會就是基督的身體，是基督在一切內，充滿一切的圓滿。

瑪爾谷福音的結束篇，則記述耶穌在升天前的最後一次顯現，並提及耶穌被提升天。

在瑪爾谷福音中，耶穌把傳教使命托付給十一宗徒後，便立刻升天。這是一項超越人力的巨大使命。

耶穌對門徒們說：“你們往普天下去，向一切受造物宣傳福音。”

耶穌是向加里肋亞的一小撮人，也就

是大羅馬帝國中一小群微不足道的人民；向十一位沒有具備任何才能的普通人，托付此項往普天下去，向一切受造物宣傳福音的任務。

事實上，聖神降臨後，宗徒們遂開始去實現這使命，

按照耶穌的吩咐，先向耶路撒冷，而後向猶大、撒瑪黎雅，直到地極去傳教。

設想這樣的一個計劃，似乎真的太大膽，但是這個使命實現了。宗徒們開始的這工程，而後由他們的繼任人繼續，如此耶穌托付給門徒的使命便通過世世代代往前推進。

今天這使命還未結束。它要求我們的合作，也要求我們祈禱。雖然如此，我們不應該自負，自以為我們是耶穌托付給宗徒們使命的實現者，倒是應該只感到自己是這使命的卑微工具。或更好說，耶穌本人能通過我們而實現祂那直達地極的救恩工程

節錄自梵蒂岡廣播電台講稿

堂區活動



聖神九日敬禮

聖神降臨節由5月11日(星期五)開始至5月19日(星期六)結束。本堂藉此鼓勵堂區內所有的教友，能夠在家中誦念聖神九日敬禮禱文。

「聖神九日敬禮」就是在聖神降臨節前做九日敬禮，聖神九日敬禮小冊子將擺放在教堂入口處。

神父避靜及遠行

因阮神父在5月14日(星期二)至18日(星期五)參與司鐸避靜，由5月14日至18日之早上及晚上彌撒將取消。

阮神父將於5月22日(星期二)至6月24日(星期日)遠行，彌撒將由Fr. Lima及鄺執事主持。

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 16, 18 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 18 日

永援聖母堂董軍

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 19 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

暫停一週

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

青年晚會

時間：下午 6 時至 8 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 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：聖堂二樓騎士會室

堂區牧民議會

時間：下午 12 時 30 分至 3 時 30 分

地點：聖堂二樓騎士會室

靈修小故事



一群人能走到一起不容易，有的強勢，有的隨和，有的厲害，有的溫順，有的計較，有的大度，有的伶俐，有的深沈，有的鋒露，有的狡黠，有的憨厚。

人有一百，形形色色。人的相處，沒有天生合適做朋友，需要的是，彼此包容，理解，改變。風風雨雨的磨合，改變著不合適的彼此。尊重他人，莊嚴自己，幫助他人，成就自己！

孔子很好的一段話：

“人不敬我，是我無才；
我不敬人，是我無德；
人不容我，是我無能；
我不容人，是我無量；
人不助我，是我無為；
我不助人，是我無善！”

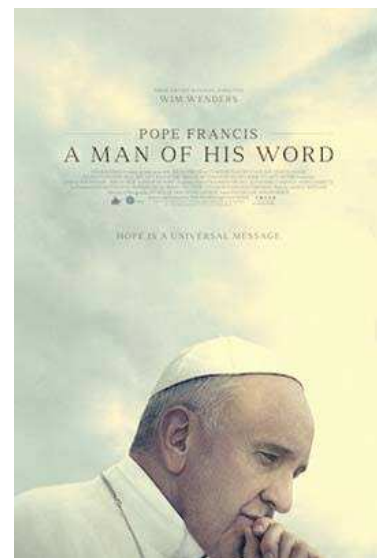
凡事，不以他人之心待人，你會多一份付出，少一份計較；凡事不以他人之舉對人，你會多一份雅量，少一份狹隘；凡事不以他人之過報人，你會多一份平和，少一份糾結，堅持內心的平和，不急不躁不驕，多一份雅量，一切隨緣！感恩生命中遇到的所有人。很棒的批注……

眼睛看得到的地方叫——視線；

眼睛看不到的地方叫——視野。

嘴裏說得出來的話叫——內容；

嘴裏說不出來的話叫——內涵。
手上比劃出來的動作叫——手勢；
手上比劃不出來的動作叫——手段。
腦子裏測得出的東西叫——智商；
腦子裏測不出來的東西叫——智慧。
耳朵聽得到的動靜叫——聲音，
耳朵聽不到的動靜叫——聲譽。
證件上印出來的叫——文憑；
證件上印不出來的叫——文化。
溫度計量得出來的叫——溫度，
溫度計量不出來的叫——溫暖；
手指寫得出來的文字叫——文章；
手指寫不出來的文字叫——文學。
鏡子裏看得到的是——自己；
鏡子裏看不到的是——自我。
金錢衡量得出的是——價格；
金錢衡量不出的是——價值。
存款顯示出來的叫——財□；
存款顯示不出來的叫——財富。
牽挂在嘴上的叫——情話；
牽挂在心裏的叫——情感。
看完後轉發出去的叫——分享；
看完後不轉發出去的叫——獨享。
獨享不如共享，獨樂樂不如□樂樂！



Pope Francis – A Man of His Word
一部關於教宗方濟各的電影，將於 5 月 18 日上映。

詳情及預告片

<https://www.vaticannews.va/en/pope/news/2018-03/pope-francis--a-man-of-his-word.html#play>

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