

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 20, 2018 二零一八年五月二十日

Pentecost Sunday

五旬節主日

Last Sunday Collection

上主日奉獻

\$3,607.00



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.

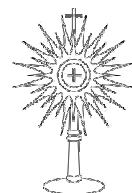
Tuesday 6:30 p.m.

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



Pentecost Sunday

Pentecost Sunday marks the triumphant end of Christ's Paschal Mystery.

The first reading, from the Acts of the Apostles, describes how the **Holy Spirit descended upon the apostles on Pentecost Day**; whereas the second reading reminds us **the important role the Spirit plays in our daily lives**. Such role played by the Spirit in the lives of the early Christians in the professing and deepening of their faith is plainly shown in the gospel.

One of the symbols of the Holy Spirit is the "tongue". The Spirit loosens the tongue and confers the power of communication and persuasive speech.

It was on the day of Pentecost that the apostles were all filled with the Holy Spirit and began to speak foreign languages gifted to them by the Spirit. Through the Holy Spirit, we and other Christians throughout the world will be reunited into one. This is the Spirit's marvelous deed that cannot possibly be accomplished by mere human effort.

During the Passion of Christ, Peter denied Jesus three times as he was too scared to identify himself as a follower of Christ. Now filled with the Holy Spirit, Peter spoke boldly and courageously to the Jews about the death and resurrection of Christ and "God's deeds of power." We are therefore confident that, through the Spirit, the Good News will be spread to all the ends of the earth.

It should be our goal to follow the Holy Spirit in our lives. We should be led by the Spirit whenever we have important decisions or choices to be made in our lives; and we should pray earnestly to Him to guide and enlighten us and fill us with His love.

If we want to live an exemplary life of goodness and joy, we must allow ourselves to be led by the Spirit every step of our way in our earthly sojourn.

Diocese & Other News



MIKE MACDONALD SHARES ABOUT MISSION MEXICO

Mike MacDonald (Mission Mexico representative) will be in Calgary soon and he will share with you about the mission works in La Montaña,

on the good work that you are doing through the support you offer to Mission Mexico! Follow Mike MacDonald's blog at: <http://mike-mmex.blogspot.ca> or get regular updates from him through [Mission Mexico Facebook Page](#).

- **June 16 & 17, 2018 at St. Anthony's Parish**, Calgary - at all the Masses.
- **June 23 & 24, 2018 at Corpus Christi Church**, Calgary - at all the Masses.
- For more information, contact Sr. Rita Kim at 403-218-5513

MARRIAGE PREPARATION "FOR BETTER & FOR EVER"

"For Better & For Ever..." Marriage Preparation, accepts all couples preparing for marriage. The small group setting allows us to focus on couples in one or more of the following circumstances: living together, previously married, beginning marriage with children, couples 45+, or those who wish to have their marriage blessed in the Church.

Upcoming dates: **May 28 + June 15-16; June 4 + June 22-23**. Contact Alida at 403-218-5505 or email lifeandfamily@calgarydiocese.ca, events.calgarydiocese.ca

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."

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

sacredartsguildofalberta.com

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

Parish Activities



Exposition of the Blessed Sacrament on June 2

The June's Exposition of the Blessed Sacrament will be led by Adult Catechism Class on June 2 from 10am to 11am.

Parishioners are encouraged to

*United
in Faith,
Together
in Action*

2018 Annual Bishop's Appeal

attend.

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 23, 25

OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Fri May 25

OLPH Scout

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

Place: Upper Hall & Lower Hall

Sat May 26

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 May 27

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

Faith Sharing Stories



Religion in School

A visitor asked the school principal, "When in your time schedule do you teach religion?"

"We teach it all day long.

We teach it in arithmetic, by accuracy.

We teach it in language, by learning to say what we mean.

We teach it in history, by humanity.

We teach it in geography, by breadth of mind.

We teach it in handicraft, by thoroughness.

We teach it in astronomy, by reverence.

We teach it on the playground by fair play.

We teach it by kindness to animals, by courtesy to others, by good manners to one another, and by helpfulness in all things.

We teach it by showing the young that we, their elders, are their friends."

Pope Francis: Let grace of Baptism bear fruit in your lives

At his general audience on Wednesday Pope Francis concluded his series of reflections on the sacrament of Baptism, speaking of the spiritual fruits that it brings to each believer.

Baptismal garment

The Pope noted that right from the first centuries of Christianity; it became a tradition to dress those who had received the waters of Baptism in a new, white clothes to symbolize the new and transfigured life received through Christ and the Holy Spirit.

If we are clothed in Christ, **St Paul reminded the early believers in his letter to the Colossians, we must take on the virtues of "compassion, kindness, humility, gentleness and patience"**. Bear with each other, he said, and forgive each other as the Lord forgave you. Above all, put on the virtue of love, which binds all together in perfect unity.

Baptismal candle

Those being baptized are also given a candle, lighted from the Easter candle, as the priest says the words, **"Receive the light of Christ"**. These words, the Pope said, **remind us that we are not the light, but rather we are called to receive the light of Christ who has risen from the dead and overcome the shadows of evil.**

Just as the Easter candle gives light to all our individual candles, so the love of the Risen Lord inflames the hearts of all the baptized. That is why, in the first centuries, Baptism was known as the sacrament of Illumination.

This is our Christian vocation, Pope Francis continued, to walk as sons and daughters of the light, persevering in faith. If children are being baptized, then it is the task of parents and godparents to nurture the flame, helping them to persevere in their faith. **Christian education, he said, is a right of each child so that they can gradually come to know the plan of God for them.**

The living presence of Christ in us, the Pope said, is the lamp which lights our way, guides our decision-making and warms our hearts as we travel together towards our encounter with the Lord. On that day, he said, there will be no more night and we will no longer need our lamps because the light of God will illuminate everything.

Read More Know More



The Proper Name Of The Holy Spirit

Fire. While water signifies birth and the fruitfulness of life given in the Holy Spirit, fire symbolizes the transforming energy of the Holy Spirit's actions.

The prayer of the prophet Elijah, who "arose like fire" and whose "word burned like a torch," brought down fire from heaven on the sacrifice on Mount Carmel. This event was a "figure" of the fire of the Holy Spirit, who transforms what he touches. John the Baptist, who goes "before [the Lord] in the spirit and power of Elijah," proclaims Christ as the one who "will baptize you with the Holy Spirit and with fire." Jesus will say of the Spirit: "I came to cast fire upon the earth; and would that it were already kindled!"

In the form of tongues "as of fire," the Holy Spirit rests on the disciples on the morning of Pentecost and fills them with himself.

The spiritual tradition has retained this symbolism of fire as one of the most expressive images of the Holy Spirit's actions. "Do not quench the Spirit."

Cloud and light. These two images occur together in the manifestations of the Holy Spirit. In the theophanies of the Old Testament, the cloud, now obscure, now luminous, reveals the living and saving God, while veiling the transcendence of his glory - with Moses on Mount Sinai, at the tent of meeting, and during the wandering in the desert, and with Solomon at the dedication of the Temple.

In the Holy Spirit, Christ fulfills these figures. The Spirit comes upon the

Virgin Mary and "overshadows" her, so that she might conceive and give birth to Jesus.

On the mountain of Transfiguration, the Spirit in the "cloud came and overshadowed" Jesus, Moses and Elijah, Peter, James and John, and "a voice came out of the cloud, saying, 'This is my Son, my Chosen; listen to him!'" Finally, the cloud took Jesus out of the sight of the disciples on the day of his ascension and will reveal him as Son of man in glory on the day of his final coming.

The seal is a symbol close to that of anointing. "The Father has set his seal" on Christ and also seals us in him. Because this seal indicates the indelible effect of the anointing with the Holy Spirit in the sacraments of Baptism, Confirmation, and Holy Orders, the image of the seal (sphragis) has been used in some theological traditions to express the indelible "character" imprinted by these three unrepeatable sacraments.

The hand. Jesus heals the sick and blesses little children by laying hands on them. In his name the apostles will do the same. Even more pointedly, it is by the Apostles' imposition of hands that the Holy Spirit is given. The Letter to the Hebrews lists the imposition of hands among the "fundamental elements" of its teaching. The Church has kept this sign of the all-powerful outpouring of the Holy Spirit in its sacramental epicleses.

The finger. "It is by the finger of God that [Jesus] cast out demons." If God's law was written on tablets of stone "by the finger of God," then the "letter from Christ" entrusted to the care of the apostles, is written "with the Spirit of the living God, not on tablets of stone, but on tablets of human hearts." The hymn Veni Creator Spiritus invokes the

Holy Spirit as the "finger of the Father's right hand."

The dove. At the end of the flood, whose symbolism refers to Baptism, a dove released by Noah returns with a fresh olive-tree branch in its beak as a sign that the earth was again habitable. When Christ comes up from the water of his baptism, the Holy Spirit, in the form of a dove, comes down upon him and remains with him. The Spirit comes down and remains in the purified hearts of the baptized. In certain churches, the Eucharist is reserved in a metal receptacle in the form of a dove (columbarium) suspended above the altar. Christian iconography traditionally uses a dove to suggest the Spirit.

www.vatican.va



If one has the answers to all the questions - that is the proof that God is not with him.

It means that he is a false prophet using religion for himself.

The great leaders of the people of God, like Moses, have always left room for doubt.

You must leave room for the Lord, not for our certainties; we must be humble.

Pope Francis

主日分享



聖神降臨節

聖神降臨主日代表復活奧跡的勝利結束。宗徒大事錄記述了在五旬節聖神降臨這件事。第二篇讀經指出聖神在我們基督徒生活中的重要性，在福音裏耶穌揭露聖神在基督徒的見證和基督信仰的深化中所擔任的角色。聖神的一個象徵是舌頭，聖神解開舌頭，賜予說話的能力。五旬節那天：「衆人都充滿聖神，照聖神賜給他們的話，說起外方話來。」藉著聖神，我們和全世界的基督信徒合而為一。這是聖神的奇妙工程，以我們人簡單的力量是不可能實現的。

在五旬節同一天，我們立刻看到，在耶穌受難時，沒有勇氣為耶穌作證，甚至否認了祂三次的伯多祿，現在充滿勇氣，大膽地向全猶太人講話，為耶穌的苦難與復活，以及聖神的恩賜作證。藉著聖神，基督信仰傳遍了整個世界。

我們的理想是隨從聖神而生活。當我們必須作一選擇或決定時，應該讓聖神來指導我們。所以我們必須祈禱。透過祈禱，我們接受聖神。祂賜予我們的光照，經由祈禱而看見。祂傾注在我們心中的愛，也透過祈禱而領受到。

所以我們應該讓聖神引導我們，那麼我們就必能有一個美好的生活，一個充滿喜樂的生活，而且對所有我們所接觸的人也顯示十分有益。

錄自梵蒂岡電台

堂區活動



六月顯供聖體

永援聖母堂六月份的顯供聖體由成人慕道班帶領，時間為六月二日上午十時至十一時。

請各位教友盡量參與！

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 23, 25 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 25 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 26 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 5 月 27 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



謊言與真實

曾經，真實穿着美麗的衣裳，虛假穿着樸實的服裝。

有一天，虛假穿走了真實的美麗衣裳，而真實卻無奈的穿上了樸實的服裝。自那時候起人們只接受穿着美麗衣裳的虛假，而不理會樸實服裝的真實，哪怕人們也知道穿着美麗衣裳的已經不再是真實。

因為人們看見的，只有那美麗的美麗衣裳，哪怕穿上它的是虛假。他們永遠不想面對穿着樸實服裝的真實，因為他們認為，接受樸實外表的真實，會讓自己變得不再高高在上，變得低微。

人啊，只有在面對樸實的真實的時候，才會讓自己更加亮麗，可是又有多少知道並且去做到的呢？

教宗方濟各： 接受基督信仰教育 是孩子們的一項權利

教宗方濟各 5 月 16 日上午在聖伯多祿廣場主持週三公開接見活動，強調父母和代父母們應幫助兒童持守信德。教宗在要理講授中解釋了聖洗聖事的最後兩個要素：穿白衣和領受點燃的蠟燭，以此結束關於這件聖事的省思。教宗指出，領洗白衣和點燃的蠟燭是在表達聖洗聖事的效果。

領洗白衣

自公元初世紀起，新領洗的教友就穿上潔白的衣裳，象徵在基督和聖神內獲得生命的光輝。白衣表明“在天主的光榮中被改變容貌者的境況”。因此，穿上基督便意味著培養溫柔、善良和寬恕的德行，尤其是愛德。

蠟燭

其次，從復活蠟取火點燃的火苗則象徵我們蒙召從基督那裡接受祂的光。的確，上主的愛燃起領洗者的心火，就如復活蠟點燃每只蠟燭那樣。正因為如此，聖洗聖事自初世紀起也曾被稱為“啓迪”，領洗者稱為“受啓迪的人”。《基督徒成人入門聖事禮典》提醒我們，基督徒的聖召乃是在光明中行走，持守信德。

談到領洗的兒童，教宗表示：“父母的職責乃是與代父代母們共同關心他們的孩子，使他們領受聖洗聖事恩寵的火苗持續點燃，幫助他們持守信德。**接受基督信仰教育是孩子們的一項權利；孩子們有權接受基督信仰教育！**”

基督信仰教育也帶領兒童“親自認可他們藉著領洗所接受的信仰”。教宗最後總結道，基督在我們當中活躍的臨在是“照亮我們步伐的燈火，指引我們選擇的光明，在我們前去與上主相遇中溫暖心靈的火焰”，使我們能

夠幫助他人。我們因此應“一次又一次地”選擇天主（《你們歡喜踴躍吧！》宗座勸諭）

梵蒂岡電台訊

火舌 的溝通能力

信經裡「我信聖神，祂是主及賦予生命者……祂會藉先知們發言」這幾句話，指出聖神的身份，祂是天主，亦指出祂賜與生命的能力，同時祂藉不同的人物傳遞訊息，與人溝通。聖神既是天主，祂不會在五旬節主日才開始活動。

教父聖啓祿說：「第一個有生命的人接受了聖神。」創世紀記載：「天主用塵土形成了人，在他的鼻孔內吹了一口生氣，人就成了一個有靈的生物。」（創 2：7）教父把上主的氣息，看成是聖神的標記，確是很有見地。

舊約其實處處留下聖神的痕跡。當上主的神臨到民長或君王身上時，他們脫胎換骨，戰無不勝；倘若上主的神離開他們時，他們只是凡人一個，不堪一擊。

新約宗徒大事錄形象化地描述聖神的來臨。首先是暴風響聲，充滿整座房屋。暴風響聲，一方面是耳能聽到的，同時是觸覺能感受到的，香港人不難想像颱風吹襲時的經驗。風與聖神在希臘文能用同一個字表達，作者有意借助外在的標記，顯示聖神的臨在與力量。隨之而來的，是火舌停留在每人的頭上，這種視覺經驗，舊約屢見不鮮。天主在焚而不毀的荊棘中與梅瑟對話，之後在西乃山上在雷電交作，濃雲密佈中，天主藉火降臨，與梅瑟談話。五旬節的現象，有點與西乃山上發生的相似，不同的是火以「舌頭」形狀出現。

聖神以火舌的形象來臨並非偶然。人用舌頭說話，人也往往用舌頭犯罪，用舌頭破壞彼此的關係。亞當犯罪後，

把責任推到天主和妻子身上：「是你給我作伴的那個女人給了我那樹上的果子，我才吃了。」（創 3：12）創世紀巴貝耳塔的故事亦顯示出，因為罪惡的緣故，彼此在地面上分散，言語不通。五旬節聖神以火舌來臨，恢復人類互相交談的局面。首先，門徒們充滿聖神，說起其他語言來；此外，來自天下各國的人，都聽見門徒們用他們的方言講論天主的工程。其實，整件事的重點不在乎講方言的現象，而在乎他們能夠溝通，聽到同一的、來自聖神的福音訊息。罪惡破壞關係，使人分裂；聖神重建關係，使人共融合一。

聖神使初期的教會充滿生命力，基督並沒有說聖神的恩寵是暫時的，教會一有了基礎便不需要。教會不論甚麼時代都需要聖神的恩典。每個基督徒都需要經驗聖神，人接觸聖神後不能不改變，才有真正的感染力，成為屬神的人。有聖神的恩寵，人不會陶醉於個人的小天地裡。聖神的恩寵總是為眾人的好處，為建樹教會，像五旬節的宗徒們闖進外面的世界。讓我們特別重視來自聖神的溝通能力，多媒體雖然日新月異，但天人之間及人與人之間的溝通、認識，不見得突飛猛進。我們祈求聖神再以五旬節的火舌燃點我們，使我們以說話促成天人之間及人際間有深度的交談。

生命恩泉

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