

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 27, 2018 二零一八年五月二十七日

Trinity Sunday

聖三主日

Last Sunday Collection

上主日奉獻

\$3,151.00



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

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

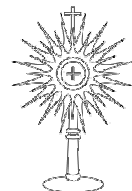
Weekday Mass

Monday to Saturday 9:00 a.m.

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



Trinity Sunday

Trinity Sunday is a Feast of God's Love. God invites us to accept and share his love and to respond to his generous love with our love. The revelation of the Trinity is essential for us to understand that God himself is not an isolated entity but a community of Three Persons in one God: Father, Son and the Holy Spirit. In the whole bible, there is only one passage that mentions God the Father, the Son and the Holy Spirit together. The phrase "in the name of the Father, and of the Son and of the Holy Spirit" is only found in the closing chapter of Matthew's gospel now forming today's main reading. The first reading, from Deuteronomy, gives praise to God's boundless love by his own revelation and through his servant Moses. In the second reading, Paul talks about our relationship with the Father by the power of the Holy Spirit through our Lord Jesus Christ.

To understand that the Holy Trinity is one God in Three Persons is essential for us, but it is far more important to us to live in the communal love of the Trinity. Paul reminds us that the mysteries of incarnation and redemption have been revealed to us through Christ's suffering, death and resurrection. We are thus able to taste and share the Trinity's inner love. If we are not prepared to share Christ's sufferings, we cannot expect to share his glory, for we refuse to share in the Trinity's life of love.

The Spirit himself and our spirit together, says Paul, bear witness that we are children of God. Accordingly, we as children can pray with confidence to our heavenly Father for the special gift of living with him

Diocese & Other News



CEMETERY MASSES

You are invited to the annual Catholic Cemetery Memorial Masses with Bishop McGrattan.

- **June 13 at 7:30 PM - St. Mary's Cemetery**
- **June 14 at 7:30 PM - Eden Brook Cemetery**

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 attend.

Rosary AND ENGLISH MARIAN DEVOTION MASS

Mass on Tuesday at 6:30pm will be cancelled till the end of August.

CATHOLIC FAMILY FELLOWSHIP – Membership Recruitment

Our Mission

- Strengthen ties among

Catholic families

- Foster co-operation, love and Christian Fellowship
- Retreat, bible study & group discussions
- Assist, organize and participate in parish activities

Registration and details:

huichuij@gmail.com or phone (403)295-9491

The Hike For Life

Thank you for your support and participation, we have collected \$935.00 for Calgary Pro-Life Association. God bless!

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 30, June 1

OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Fri June 1

OLPH Scout

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

Place: Upper Hall & Lower Hall

Sat June 2

Legion of Mary (meeting)

Time: 11:00 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 June 3

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

K of C Matteo Ricci meeting

Time: 12:30p.m.-3:00p.m

Place: OLPH Church K of C room

Faith Sharing StoriesTen Cents

I am only one,

But still I am one.

I cannot do everything,

But still I can do something;

and because I cannot do everything,

I will not refuse to do the something
that I can do.

"Miss! Over here!"

"Waitress, could you check on my
order?"

"Could you bring the baby some
more milk?"

I'd been plenty grateful to get this
job the year before. It had been a
godsend to be hired by a better-
than-average restaurant close to a
famous hospital in our city.

As the "new kid" at the restaurant, I
had been started off with the worst
station, a small room at the back of

the building. It was a long way from
the front entrance and equally far
from the kitchen, so service there
was unavoidably slower than in the
front dining area.

Today was one of those days when I
longed for one of the front stations.
Although I was pushing myself to
keep up with the demand, I was
steadily losing ground because of
the hazard of getting through the
mob between my tables and the
kitchen. This was made more
difficult by the fact that both my large
tables were filled to overflowing with
extra chairs and high chairs that
blocked the aisles.

I stopped for a moment and glanced
around to see what were the most
urgent of the many things
demanding my attention.

That's when I saw her. She was
seated at the farthest table, jammed
into a corner, her enjoyment of the
view hampered by the unappetizing
remains of someone else's meal in
front of her. She appeared to be
about 70 years old, with white hair, a
deeply lined face, and hands that
testified to a lifetime of hard work.
She wore an old-fashioned navy
straw hat, and a cotton housedress
under a shabby brown coat that
appeared inadequate for the
weather. She sat quietly, with an air
of dejection and an expression of
terrible sadness.

I hurried over, and as I cleared the
table, I began a monologue—
scolding the hostess for not telling
me the woman was waiting and
complaining about the busboy for
not clearing the table. "He'll get no
dessert tonight for that kind of work!"
I added.

She smiled to tell me she knew I
was joking, but the smile did not
reach her eyes.

"It's all right," she said. "I live on a
farm and out that window it almost
looks like home."

"I'd love to live in a pretty place, too," I said, but she was not interested in continuing the conversation.

All she had ordered was a cup of tea. I made sure her tea was hot, and told her I hoped she'd come back when we weren't so busy. Then the voices around me called for my attention:

"Waitress! Where is my coffee?"

"Over here! It's been 20 minutes since we ordered!"

And I was back on the treadmill, even farther behind.

When I looked over again, the old woman was gone. I couldn't help but wonder what had made her so terribly sad.

A few moments later I heard my name called and I looked up to see her pushing her way through the crowded aisles. "I have something for you," she said, and she held out her hand. I put down the plates I was carrying and dried my hands so she could give me a dime.

She didn't know that most waitresses here laughed at people who left only small change for a tip. Then I thought about how far she had to come, pushing her way through the crowd just to give me her money, and how she probably couldn't afford even that little bit.

I smiled and said, "You really didn't have to do that."

She answered, "I know it isn't much, but you went out of your way to be nice to me. I just wanted you to know that I appreciated it."

Somehow my simple "thank you" didn't seem adequate, so I added, "and God bless you."

Her response was sudden and unexpected. She grabbed my hand and started to cry. "Thank you, Lord," she sobbed. "You knew how

much I needed to know there was another Christian nearby."

Leaving the dishes where they sat, I led her to a chair and said, "Tell me what is wrong, and if there is any way I can help."

She shook her head and answered in a rush. "There is nothing anybody can do. I brought my husband here for an operation. They thought it was a hernia but now they tell me he has cancer and I don't know if he will survive the operation. He is 72 and we have been married over 50 years. I don't know anyone here to talk to and the city feels like such a cold and unfriendly place. I tried to pray over it but I couldn't seem to find God anywhere around here."

She managed to stop crying. "I almost didn't come in here because it looked so expensive. But I just had to get out of the hospital for a while. When I was looking out the window in back, I tried praying again. I asked Jesus to show me just one other Christian so I would know I wasn't alone and that he was listening."

Still holding her hand I said, "Tell me your husband's name and I will pray for both of you every day for a week."

She smiled and responded, "Please do. His name is Henry."

With that she stood up and left. I went back to work with renewed energy. Somehow I didn't feel tired any more. For some reason, none of my other customers complained about the delay. I knew that God had conspired that the two of us meet and help each other. I was happy to offer her my prayers. And I hoped she knew she'd given me far more than 10 cents.

It was suddenly an absolutely beautiful day.

Jeanne Morris

From Chicken Soup for the Christian Soul

Read More Know More



Retreat

A retreat is a withdrawal from ordinary activities for a period of time to commune with God in prayer and reflection.

A retreat might be designed around a theme of scripture or some spiritual writing that seems suited to the needs of the individuals involved. The Spiritual Exercises of St. Ignatius of Loyola enable retreatants to consider creation, repentance for sin and redemption. They contemplate the life of Christ, his passion and resurrection. Through prayer and discernment they come to a realization of and surrender to God's great plan of salvation in Christ.

Another form of retreat is based on the daily Scripture readings assigned in the Lectionary of the Roman Missal. Some make charismatic retreats opening themselves to the gifts of the Spirit. In Cursillos an overview of the Catholic way of life is given, and community is formed.

There are three general formats for retreats: preached, directed, and private. In a preached retreat, there is a leader who offers conferences each day, leads prayer and is available for private counselling. In directed retreats, each person meets with a spiritual director who may suggest scripture passages for prayer and reflection. Private retreats are made without a leader or director.

In most retreats, some degree of silence is maintained and there is an emphasis on the practice of a healthful lifestyle in regard to food, relaxation, and exercise.

主日分享



天主聖三節

隆重的至聖聖三瞻禮必然使我們的心充滿莫大的喜樂。這是天主聖愛的節日，它邀請我們分享祂的愛，接受祂慷慨的愛，並以愛還愛。

天主聖三的啓示非常重要，因為祂使我們明白天主不是一個單獨的個體，而是一個三位：父、子、聖神的共融體。

今天的福音把新約聖經中唯一一段將“父、子和聖神”三個名字一起介紹的經文提供給我們。有許多其他經文分別談到這三位，但惟有瑪竇福音的結束語介紹“因父及子及聖神之名”這個公式。

讀經一申命紀給這篇福音作了準備，它讚揚天主通過自我啓示和通傳祂的愛來顯示祂的慷慨大量。第二篇讀經是保祿的一段經文，談到我們藉著聖神，經由基督，與天父的關係。

復活的耶穌派遣祂的門徒們往訓萬民，並因父及子及聖神之名給他們付洗。我們基督徒都是因這三位而受洗的。所以我們的洗禮把我們置入聖三的親密生活中。因著洗禮我們成了天主大家庭的一員：我們與天父有關係，因祂給我們再造一個新生命；與子有關係，因祂拯救了我們，與聖神有關係，因祂把天主性的生命通傳給了我們。天主的聖愛好像一團火；所以是苛求的。但是我們不應因而恐懼；我們可以勇往直前，因為有天主的恩寵扶持我們，使我們在這愛的生命中進步，這就是分享至聖聖三的同生命。

節錄自梵蒂岡廣播電台講稿

永援聖母堂下禮堂重鋪地板工程招標

永援聖母堂下禮堂重鋪地板工程將在七月中進行，現正進行公開投標。本堂教友若從事該行業而有意投標者，請速與維修組 Peter Law 或堂區辦事處聯絡，截標日期為六月四日下午五時前電郵至 olph@telus.net. 實地考察日期為五月二十八日(星期一)。

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！

公唸玫瑰經及敬禮聖母英語彌撒

星期二晚上 6 時 30 分之彌撒將取消直到 8 月底。

公教家庭協會招募新會員

旨在增強各公教家庭間之聯系，發揮互助互愛精神，增強神修和推動教會內各項事務。
登記或查詢，請電郵 huichiuj@gmail.com 或致電(403)295-9491

10 公里步行籌款

多謝堂區教友支持及參與，今次步行籌款共得善款玖佰〇拾伍元，已交予卡城生命權益會”。主佑！

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 30 日，6 月 1 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 6 月 1 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 6 月 2 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

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 6 月 3 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

利瑪竇騎士會 10119 開會

時間：下午 12 時 30 分至 3 時

地點：聖堂騎士會室

靈修小故事**錯誤的東西**

有一天，幾位分別了多年的同學相約去拜訪大學時的老師。

老師見了大家後很高興，問他們生活得怎麼樣。沒想到，這一句話就勾出了大家的滿腹牢騷。大家紛紛訴說著生活的不如意：工作壓力大呀，生活煩惱多呀，做生意的商戰失利呀，當官的仕途受阻呀……仿佛都成了時代的棄兒。

老師笑而不語，從廚房裡拿出了一大堆杯子，然後擺在茶几上。這些杯子各式各樣，形態各異，有瓷器的，有玻璃的，有塑膠的，有的杯子看起來豪華而高貴，有的則顯得普通而簡陋……

老師說：“大家都是我的學生，我就不把你們當客人看待了。你們要是渴了，就自己倒水喝吧。”

眾人正好都說得口乾舌燥了，便紛紛拿了自己看中的杯子去倒水喝。等大家手裡都端了一杯水時，老師說話了他指著茶几上剩下的杯子說：“你們注意了沒有，你們手裡的杯子都是最好看最別緻的杯子，而像這些塑膠杯卻沒有人去選它。”

當然，大家對此都不覺得奇怪，因為誰不希望自己拿著的一只好看的杯子呢？

老師繼續說：“這就是你們痛苦和煩惱的根源。大家需要的是水，而非杯子，但我們總是會有意無意地去選擇漂亮的杯子。這就如同我們的生活——如果生活是水，那麼工作、金錢、地位這些東西就是杯子，它們只是我

們盛起生活之水的工具。其實，杯子的好壞，並不影響水的品質。如果將心思花在杯子上，我們哪裡還有心情去品嚐水的苦甜啊。這，不就是自尋煩惱嗎？”

財富、地位、名利，這些讓很多人欲罷不能的東西，其實只是生活的裝飾、生活的虛相而已，並不是生活本身。可惜，很多人把生活的重點放錯了，忘記了此生的目的，把心思都放在了追求錯誤的東西上，痛苦自然難免。

真正的幸福，是杯子裡的水，而不是裝水的杯子。

人之所以痛苦，在於追求錯誤的東西；人之所以煩惱，在於對生活捨本逐末。

天主聖三 是一個奧秘

有一個關於聖奧思定在沙灘散步時思考天主聖三奧秘的故事，描述聖人看見男孩在沙中掘了一個洞，男孩不斷走到海邊把海水帶來，倒進洞裡。男孩告訴聖奧思定他要把整個海洋倒進洞裡。當聖奧思定說那洞容不下海洋的時候，男孩答道：「你細小的腦袋容不下天主聖三」。故事的結尾，就是男孩不見了。據說和聖奧思定談話的，其實是個天使。(Jacobus de Voragine 著 The Golden Legend)

這個主日是天主聖三節。天主聖三這奧秘是超過人類所能理解的。作為基督徒，我們憑著信德來相信天主聖三一三位一體的天主——聖父、聖子及聖神。耶穌自己要求祂的宗徒相信「你們要相信我：我在父內，父也在我內」(若 14:11) 和在未有世界以前，祂已經在聖父的光榮內(參閱 若 17:5)。耶穌亦告訴他們，天主聖神「就是父因我的名所要派遣來的聖神，他必要教訓你們一切，也要使你們想起，我對你們所說的一切」(若 14:26)。的確，在五旬節那天，門徒們接受了

「散開好像火的舌頭，停留在他們每人頭上」的天主聖神」(宗 2:3)。

在主日的福音讀經，我們聽到耶穌對宗徒們說：「所以你們要去使萬民成為門徒，因父及子及聖神之名給他們授洗」(瑪 28:19)。我們這些得到信德的恩賜而相信並接受洗禮和堅振的人，已得到救贖；我們的罪已被赦免。我們成為天主的義子義女(讀經二)。耶穌要祂的宗徒教導我們要「遵守我所吩咐你們的一切」(瑪 28:20)。現在是時候讓我們服從和忠誠地活出耶穌的教導，在聖善中生活，好讓我們堪當被稱為天主的子女。

在日常生活中宣認我們的信德，外在的記號非常重要。你可有考慮在適當時候劃十字聖號，例如在餐廳用膳之前，讓自己的信仰更顯而易見？當我們劃十字聖號時，我們正自豪地告訴別人，我們是天主教徒，而我們相信天主聖三的奧秘。

生命恩泉

Intercession 通功

**Please join us to pray for**

Mr. Kenneth Fong, he passed away on May 21, 2018 at Foothills Medical Centre at the age of 74.

Vigil Prayer: Thursday, May 31 at 6:30pm at Our Lady of Perpetual Help Church

May his soul and the souls of all the faithful departed, through the mercy of God, rest in Peace.

通功

請為 Kenneth Fong 祈禱，他於 5 月 21 日去世。

守靈祈禱：5 月 31 日(星期四)

晚上 6 時 30

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