

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

June 3, 2018 二零一八年六月三日

Body and Blood of Christ

基督聖體聖血節

Last Sunday Collection

上主日奉獻

\$5,201.00



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

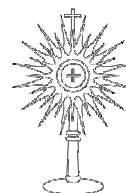
Weekday Mass

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



Body and Blood of Christ

Today's first reading, from Exodus, is on the old covenant between the Israelites and Our Lord; while the second reading, from the letter to the Hebrews, introduces the mystery of Christ as our mediator and covenant maker. And then the gospel tells us how Jesus instituted the Sacrament of Eucharist at the Last Supper, heralding a new covenant between God and man. Today's Liturgy of the Word therefore really helps us to reflect on the theme of "covenant".

Jesus did not use any sheep from his fold as burnt offering. Instead he offered himself as the Lamb to take away the sins of the world. His love for us through his Passion and death sealed a new covenant with us. His voluntary and generous sacrifice for us turned negative events into positive, giving a triumphant meaning to grace, covenant and love.

Jesus laid down his life to atone for our sins, and to purify and sanctify us so that we can properly serve our living God.

This new covenant therefore is a priceless present of love gifted to us by Christ. On this feast of Corpus Christi, let us be joyful as Christ, by his Body and Blood, has triumphed over death. Let us also be grateful to him for having offered himself as sacrifice so that we have a new and lasting covenant with God.

Diocese & Other News



SENIOR'S GET-TOGETHER

June is Senior's Month! The Diocesan Office of Religious Education invites you to join in a special **Pot-Luck Luncheon with Bishop Emeritus Henry at St.**

Joseph Parish (640 - 19 Ave NW, Calgary) on Wednesday, **June 20, from 11:30 AM to 2:00 PM.**

Come enjoy the company of fellow seniors and be enriched with a special talk by Bishop Emeritus Henry. Desserts will be provided - just bring your potluck dish to share with all.

For more information or to register, call 403-218-5501.

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

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
- August 22 at 7:30 PM - Queen's Park Cemetery
- August 23 at 7:30 PM - Mountain View Cemetery.

ROSE PRINCE LEJAC PILGRIMAGE IN BC

The Diocese of Prince George is hosting its **Rose Prince Lejac Annual Pilgrimage on July 6 -8 at Lejac, BC.**

For more information, contact Fr. Vincent James at 250-699-6593 | www.pgdiocese.bc.ca

CALL FOR VOLUNTEERS - COMMUNITY CONNECTIONS FOR NEWCOMERS

Calgary Catholic Immigration

Society invites individuals, families and groups to volunteer for the **Community Connections for Newcomers program** to support newcomer refugee families in their settlement and integration process.

Volunteers help refugee families learn how to use different systems and resources in our city, understand Canadian culture and participate in community life and practice English. They offer moral and emotional support to refugees, in challenging time of change.

Volunteers engage with the families for 6 months to a year, with weekly visits of 2-4 hours. Contact: Rubirose Ong at 403--290-5427 | rong@ccisab.ca

Parish Activities



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

OLPH Youth Group Orchid Sale

OLPH Youth Group will be putting out some rare orchids for sale to raise funds for the parish youth activities.

Date: June 10, 2018 (Sunday)

Time: 11:00am

Venue: OLP Church Upper Hall

All parishioners are encouraged to come and to bring home the beauty of God's creation and show your support for the parish youths.

TIA Fundraising Dinner

On June 30, 2018, Don Bosco Alumni Association of Calgary will host a charity dinner banquet in our upper hall. All expenses will be paid for by the Association.

Ticket is \$30 per person. All proceeds will be donated to this year's OLPH TIA fund. Buy your ticket after the Mass. 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 June 6, 8

OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Fri June 8

OLPH Scout

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

Place: Upper Hall & Lower Hall

Sat June 9

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 June 10

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 Stories



The Mouse Trap

A mouse looked through the crack in the wall to see the farmer and his wife open a package. "What food might this contain?" the mouse wondered. He was devastated to discover it was a mousetrap.

Retreating to the farmyard, the mouse proclaimed the warning: "There is a mousetrap in the house! There is a mousetrap in the house!"

The chicken clucked and scratched, raised her head and said, "Mr. Mouse, I can tell this is a grave concern to you, but it is of no consequence to me. I cannot be bothered by it."

The mouse turned to the pig and told him, "There is a mousetrap in the house! There is a mousetrap in the house!" The pig sympathized, but said, "I am so very sorry, Mr. Mouse, but there is nothing I can do about it but pray. Be assured you are in my prayers."

The mouse turned to the cow and said, "There is a mousetrap in the house! There is a mousetrap in the house!" The cow said, "Wow, Mr. Mouse. I'm sorry for you, but it's no skin off my nose."

So, the mouse returned to the house, head down and dejected, to face the farmer's mousetrap alone.

That very night a sound was heard throughout the house – like the sound of a mousetrap catching its prey. The farmer's wife rushed to see what was caught. In the darkness, she did not see it was a venomous snake whose tail the trap had caught. The snake bit the farmer's wife. The farmer rushed her to the hospital and she returned home with a fever.

Everyone knows you treat a fever with fresh chicken soup, so the farmer took his hatchet to the farmyard for the soup's main ingredient. But his wife's sickness continued, so friends and neighbors came to sit with her around the clock. To feed them, the farmer butchered the pig. The farmer's wife did not get well; she died. So many people came for her funeral, the farmer had the cow slaughtered to provide enough meat for all of them.

The mouse looked upon it all from his crack in the wall with great sadness. So, the next time you hear someone is facing a problem and think it doesn't concern you, remember, when one of us is threatened, we are all at risk. We are all involved in this journey called life. We must keep an eye out for one another and make an extra effort to encourage one another. Each of us is a vital thread in another person's tapestry.

Read More Know More



The Eucharist, Body and Blood of Jesus Christ.

The Eucharist or "Holy Communion", is a Sacrament that is a vital part of Holy Mass, celebrated by Roman Catholics. We believe that during "Holy Mass" (Sacrifice of Praise), bread and wine are placed on the altar. A Priest then recites an Offertory, offering God the Creator the same bread and wine, made with human hands from gifts given to man by God the Creator. The Priest then recites the "Consecration": the words and acts of Jesus Christ on the evening of "The Last Supper" at the Jewish Feast of the Passover.

After the "Consecration", it is believed that through the invocation of the Holy Spirit; the bread and wine are transformed into the Flesh and Blood of Jesus Christ. Not visibly seen, but disguised as bread and wine. The Body and Blood of Jesus Christ is then offered to God His Father for the sins of men. Then, under the direction of Jesus Christ as recorded in the Gospels, the Body and Blood hidden and disguised as bread and wine, is consumed.

It is the words of Jesus Christ taken literally that has become the whole basis of the Eucharist.

"Take this and eat, this is my body, which will be given up for you,"

"This cup is the cup of my blood, the blood of the new and everlasting Covenant, which will be shed so that sins will be

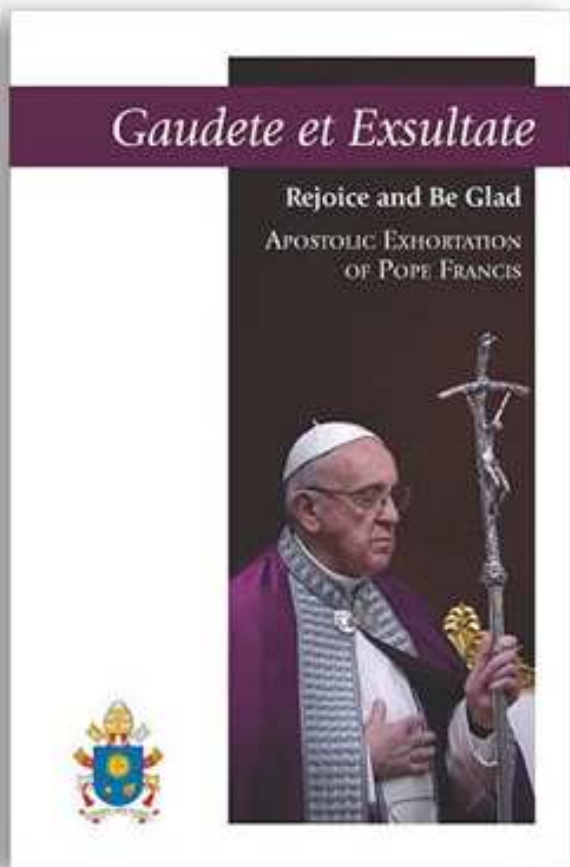
forgiven. Do this in memory of me"

Luke 22

To non-believers and even many Christians of various faiths, the possibility of bread and wine being transformed into the Flesh and Blood of Jesus Christ, is deemed impossible, ridiculous and not true. The atheists simply laugh or gives such a notion no thought, whereas skeptical Christians believe Jesus

Christ did not mean that the bread and wine were his "Body" and "Blood" in a literal sense.

How to interpret the words of Jesus is up to the individual. But, it is wise to at least examine all of the words recorded in Scripture, before any judgment of interpretation should be made. Interpretation by examination is wiser than interpretation in ignorance.



Gaudete et Exsultate (Rejoice and Be Glad) Apostolic Exhortation

In his third Apostolic Exhortation, *Gaudete et exsultate* ("Rejoice and Be Glad"), published April 9, 2018, Pope Francis aims "to repropose the call to holiness in a practical way for our own time, with all its risks, challenges and opportunities" (No. 2).

Gaudete et exsultate is organized in five chapters:

- 1) The Call to Holiness
- 2) Two Subtle Enemies of Holiness
- 3) In the Light of the Master
- 4) Signs of Holiness in Today's World
- 5) Spiritual Combat, Vigilance and Discernment

Code : 184-959 ISBN : 978-0-88997-827-0

主日分享



基督聖體聖血節

基督聖體聖血節彌撒禮儀中的三篇讀經：第一篇出自出谷紀，內容與舊盟約的訂立有關；第二篇是希伯來書中一個片段，介紹基督的奧秘也就是中保的奧秘和盟約的奧秘；第三篇是福音，談到聖體聖事的建立，有如盟約的奧秘。所以整個聖道禮儀在使我們反省這個深具意義的主題：盟約。

訂立盟約是天主的目的，早在舊約時代已確認。上主從埃及解救了他的子民，便為了跟他們訂立一個盟約。出谷紀使我們記起那西奈山的盟約是如何建立的。

福音則告訴我們耶穌怎樣建立了新盟約。這是祂生命中一個非常重要的事件。所以聖史們都十分詳盡地敘述其準備過程。耶穌生命中的其他片斷，從未如此描述過。耶穌為了人們的罪惡作了死亡的奉獻，為我們贏得了我們所需要的內在的潔淨。此外，祂的犧牲也通傳給我們為侍奉生活的天主所需要的聖化。

致希伯來人書認出在這事件上訂立新盟約的意義。該書作者宣稱耶穌作了“新盟約的中保”。因了祂的血，或更確切地說，因了祂的犧牲奉獻，賦予了聖血當有的一切代價，而成為中保。

這個新盟約首先是一個愛的禮物。是耶穌的聖愛為給我們獲取的。我們在這基督聖體聖血大瞻禮上應該為祂的勝利而感到無限喜樂，並為祂以無限的愛獻出了自己，來建立一個天主和我們之間的永久盟約，而感激不盡。

節錄自梵蒂岡廣播電台講稿

堂區活動



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 huichuij@gmail.com 或致電(403)295-9491

青少年團蘭花義賣

為堂區青少年活動籌款，青少年團將舉辦蘭花義賣

日期：2018年6月10日（星期日）

時間：上午11時

地點：永援聖母堂上禮堂

歡迎所有會員、家長及有興趣之教友們前來觀賞及踴躍支持堂區青少年。

鮑思高同學會 TIA 慈善籌款晚宴

鮑思高同學會在六月三十日星期六晚上，在本堂上禮堂舉辦主教公益金慈善籌款晚宴。是日一切支出由鮑思高同學會捐贈。門券每位三十元，所有門券收入均撥入堂區本年度主教公益金。

行善最樂，闔府統請。名額有限，請立即行動！每主日彌撒後售券，或致電堂區辦事處訂購。

教區公益金

2018

主說：「你們的寶藏在這裡，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 6月6,8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8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 6月9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 6月10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



比較

帶孩子去操場上玩，經過宣傳欄時，看到同事的孩子正在認讀宣傳欄上的漢字。同事的孩子兩歲多，卻能認識那麼多漢字，而自己的女兒都已經三歲半了，遠遠沒有人家認識的多。

突然有些急躁，好像自己的孩子除了會瘋玩，什麼東西也不會，原本覺得挺幸福的你，突然不快樂了，怎麼自己的孩子和人家差這麼多呢？

和朋友聊天，聽說她家新買了一輛車，出門再也不用排隊等公交，假期還可以自駕遊。想想自己，到現在出門，

還是一輛自行車，遠遠沒有人家的富足。

突然有些煩心，一直都是工薪族，沒有能力大富大貴，車和自己無緣。原本覺得挺知足的你，突然不快樂了，怎麼自己的家庭條件和人家差這麼多呢？

晚上上網，常去的群裡，文友們在曬這個月收到的稿費和發表的文章數量。看看自己，稿費收入比不上人家的五分之一，發表的文章數量更是比不上人家的零頭。

突然有些難過，一直在認真寫作，卻沒有能力讓自己的文章遍地開花，芬芳滿天。怎麼自己的文字和人家差這麼多呢？

原本覺得挺開心的你，突然不快樂了

這樣的時刻，你有過，我也有過，而我們的煩惱就這樣比出來了，開始覺得自己的生活簡直糟透了，沒有任何的樂趣可言，根本就是一團亂麻。

如果不是看到同事的孩子認識那麼多字，也許那個傍晚會和孩子很好地相處，享受屬於親子的簡單小快樂，可是因為比較，沒心思和孩子好好玩了。

如果不是聽到朋友新換了車，也許每天騎自行車出門，還是很快樂。可是因為比較，出門看景毫無情趣。

如果不是聽到文友們發了那麼多文章，也許那個夜晚會一如既往地寫字看書，享受和文字相處的和諧時光。可是因為比較，看不進去一頁書，寫不出一個字。

仔細想想，我們的煩惱常常都是比較出來的。和別人比較是煩惱的根源，因為比較，我們的煩惱人為地被擴大；因為比較，我們的煩惱突兀地顯現；因為比較，我們的生活亂了陣腳。

也許我們應該做的是和自己比較，只要自己的生活今天比昨天好，只要自己的孩子今天比昨天懂事，這不就是希望，這不就是進步嗎？

知多一點點



基督臨在的地方

基督真正的臨在：『被祝聖後的麵餅和血的意義』

因著主的恩寵，基督以種種不同的方式臨在：誦讀、宣讀、研讀、祈禱、用聖經來默想，以福音的說話與主交談、在貧窮、弱小、病弱和被囚禁的人當中(瑪 25：31~46)。而基督臨在的最高峰，是祂真正臨在於祝聖後的餅酒形下。

基督臨在餅和酒內的奧蹟意即整個基督真正地、真實地、實體地臨在，是指祂的寶血、肉身、靈魂、天主性、人性、所有關於基督都臨在於祝聖後的餅和酒內。真實的臨在是指向實質的轉變。麵餅和葡萄酒在祝聖後，形態雖沒有轉變，但它們的本質卻徹底地轉變了。我們不是用肉眼去看，而是用信德眼光去看。所以，在彌撒聖祭中，當主禮高舉聖體、聖血時，我們便是『信德的奧蹟』的見證人。

基督臨在餅和酒內的完整性祝聖後整個基督都存在於二形〔餅和酒〕之中任何一形之內。如我們單單領受聖體，便已是領受了完整的基督；同樣單領受聖血，效果也是一樣。同時整個基督都臨在於餅和酒的每一個部份內。即使是一小碎塊的麵餅，一滴寶血，都是完整的耶穌基督的身體。聖人多瑪斯說：『一滴寶血已足夠拯救全人類的罪過。』基督臨在餅和酒形下的方式是獨一無二的。因此在七件聖事當中，基督把聖體聖事提昇成為最高貴的一件聖事。

基督臨在的持續性餅和酒一被祝聖，便即成為基督的體血，直至失去了形味(即變壞)，基督的臨在亦因而消失。因此，聖體聖血進入我們體內臨在的時刻，是很短暫的(約 10 分)，所以我



們應好好珍惜基督聖體在體內的時刻。耶穌拿起餅來，祝謝了，擘開，遞給他們說：

「這是我的身體，為你們而捨棄的。你們應行此禮，為紀念我。」

路加福音 22:19

- 47 我實實在在告訴你們：信從的人，必得永生。
- 48 我是生命的食糧。
- 49 你們的祖先在曠野中吃過「瑪納」卻死了；
- 50 這是從天上降下來的食糧，誰吃了，就不死。
- 51 我是從天上降下的生活的食糧；誰若吃了這食糧，必要生活直到永遠。」「我所要賜給的食糧，就是我的肉，是為世界的生命而賜給的。」
- 52 因此，猶太人彼此爭論說：「這人怎能把他的肉，賜給我們吃呢？」
- 53 耶穌向他們說「我實實在在告訴你們：你們若不吃人子的肉，不喝他的血，在你們內，便沒有生命。
- 54 誰吃我的肉，並喝我的血，必得永生，在末日，我且要叫他復活，
- 55 因為我的肉，是真實的食品；我的血，是真實的飲料。
- 56 誰吃我的肉，並喝我的血，便住在我內，我也住在他內。
- 57 就如那生活的父派遣了我，我因父而生活；照樣，那吃我的人，也要因我而生活。
- 58 這是從天上降下來的食糧，不像祖先吃了「瑪納」仍然死了；誰吃這食糧，必要生活直到永遠。」

若望福音: 6:47-58

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