堂區通訊

卡城汞援聖母堂 要某人天主教牧民中心

電話 403-265-7926 傳真 403-234-8480

電子郵箱 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

鄔維揚執事

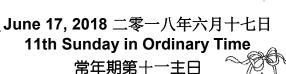
林偉良執事

堂區牧民議會主席 何漢輝

Website 網址 www.myolph.org







Last Sunday Collection 上主日奉獻 \$4,123.00



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



Our Lady of Perpetual Help

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



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





Thank you, friend Jesus, for God, your father and mine, who made me and is always with me.
Grant your blessings to Fr. Joseph and all fathers on this special day which honors them!

Theme Sharing



Walking by Faith not by Sight

The kingdom of God is here! When Jesus said this, He was present and hence the words could be almost taken literally. But now in the age of the church: What do the words mean? Quite a few people will say-

the kingdom of God is certainly not the church.

They are perfectly right because the two, namely the kingdom of God and the church are two different things. The church, however, has to bear witness to the Kingdom of God. When we are scandalized by some of the things that are happening in the church, we must remember, the church is not perfect but called to perfection. The reign of God is a hidden reality. Today's bible reading deals with the church and her expectation in Hope.

"I the Lord have brought down the high tree, and exalted the low tree: and have dried up the green tree, and have caused the dry tree to flourish."

In the first reading, Ezekiel consoled

his troubled and despairing fellow citizen with the promise of God's kingdom to come. It will be a kingdom of prosperity and peace with a Messiah, an anointed king, as God's vice regent to rule them. Have Hope! It is now a tender shoot but it will grow. God can do whatever seems impossible

When there is this attitude of hopefulness, one can understand the response: "O Lord, it is good to give thanks to you."

Christian hope implies uncertainty and requires patience. God's Word is the seed within us, scattered in the ground by Jesus Christ. It should bear fruit. But we have to be patient. It is often the case that the church does not bear abundant harvest right now. Some members get disillusioned and leave the church.

The reign of God – justice, love, fidelity and peace – is submitted to the slow process of growing (a mustard seed). Its fully realized splendor will appear only in the world to come. Meanwhile we hope in patience. If you want to improve the church, start with yourself.

How are we to do this? The second reading gives us an insight. We walk by faith, not by sight. Paul had this kind of confidence. He was not afraid of suffering and trials, or even dangers. Like the heroes of faith in Hebrew 11, Paul looked to the heavenly city and governed his life by eternal values. Not all members of our community do things our way. Do not blame them! Perhaps there will be fewer surprises when we come before the throne of God, and our lives are revealed for all to see.

Fr. Ronnie D'Souza SJ

Diocese & Other News



28TH ANNUAL BISHOP'S GOLF TOURNAMENT

Golf with us on Monday, **August 27**, **2018** and help support our unsponsored dinners at Feed the Hungry. The tournament will be held at the **Silvertip Resort**, **Canmore**. For more information, contact Sartre at 403-218-5522 |

fthgolf@calgarydiocese.ca golf.feedthehungrycalgary.ca

SENIOR'S GET-TOGETHER

June is Senior's Month! 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 Norline or Nibal at 403-218-5501 events.calgarydiocese.ca

CHOOSE TO REFUSE SINGLE-USE PLASTIC

Summer is a time of rest and a time to spend outdoors appreciating and experiencing this beautiful environment we live in. Let us continue to take care of our common home by living more simply and reducing waste. One way to do this is to avoid single use plastic. Take the 4-week challenge - Live without plastic: bags, bottles, takeaway coffee cups and straws — for a month!

For more information, visit: https://plasticfreeyyc.com/ (Get Involved / Take the 4-Week Challenge)

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:

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

Year End Party

Sunday School, Scouts, Youth Group, and RCIA will be holding a Year End Party. Food, Fun and Games all around.

Date: Sunday, June 24th Time: 11:00 am to 1:30 pm.

Place: OLPH Upper and Lower halls

Family and friends are invited to join

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

OLPH Summer Mass schedule

Mass schedule in July and August will be revised as follows:

Saturday: 5:00pm (in Mandarin) Sunday: 9:30 am (in English)

11:00 am (in Cantonese)

Tuesday (6:30 pm) English Mass will

be suspended

Normal Mass schedule will be resumed from September 2.

Summer Bulletin Break

The last bulletin before summer will be on June 24. The bulletin will be resumed in the week of September 2nd.

TIA 2018

"For where

vour

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 June 13, 2018, our campaign has received a total of \$11,885.00. We plead for your ongoing support.

Weekly Activities



Wed, Fri June 20, 22

OLPH Senior Centre

Time: 9:00a.m.-12:00 noon Place: OLPH Church Upper Hall

Fri June 22

OLPH Scout

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

Place: Upper Hall & Lower Hall

Sat June 23

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 24

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

Time: 9:30 a.m. - 12:30 p.m. Place: OLPH Church Lower Hall

Year End Party

Time: 11:00a.m.-1:30p.m.

Place: OLPH Upper / Lower Hall

CATHOLIC FAMILY

FELLOWSHIP – 5th Meeting Time: 12:30p.m.-3:00p.m. Place: Office Board Room

Faith Sharing Stories



FACT VS FAITH

The rector was preaching a sermon relationship between fact on the and faith.

"That you are sitting in front of me in church here is a fact," he said. "That I am speaking to you from the pulpit is fact. But it is only faith that makes me believe that any of you is listenina."

MOMENTS FOR PRAYER

One of the great business leaders of our time is Mr. J. Arthur Rank. He has an elevator straight up to his office, but he does not use it. He prefers the stairs and he calls them his "prayer stairs."

In the morning as he walks up, he prays, asking God to guide him in every step he takes that day. As he takes each step separately and deliberately, he prays. He finally arrives at the top in more ways than one.

-. Charles L. Allen

Read More Know More



Why Pray the Rosary Why does God wish us to pray to Mary?

We pray to Mary because she is the Mother of God and her prayers are very powerful (Jn.2: 1-11). When we pray the Hail Mary we combine worship of God and honor of Mary. We combine both our prayers to God and her prayers to God. We do not worship Mary; we only worship God. When we pray to Mary we honor her as the Mother of God, and as our Spiritual Mother.

When we need help the most, we not only go directly to God by ourselves, we ask others to pray for us and with us. When we pray the Rosary, we have Mary, the Holy Mother of God, pray to God for us and with us.

God wishes us to honor Mary because of her special role in God's plan of salvation. He wished her to contribute to the redemption of man, just as much as Eve contributed to the fall of man. As a father is filled with joy at the love and respect others give to his children, so too is God the Father overjoyed and seeks for us to honor His daughter Mary, the mother of His Son Jesus.

Why should we pray the Rosary?

Because it has been used and encouraged for centuries by the greatest saints and Popes, and because of its good effects - like a good tree it bears good fruit (Mt.7:17). Also, because of the 15 Promises of Mary to Christians who pray it and because she appeared at Lourdes and Fatima to ask us to pray the Rosary. The Rosary has helped and changed thousands of lives, why not give it a chance to help yours?

How do we pray the Rosary?

By meditating on the 15 mysteries, by praying ten Hail Mary's on the beads, and one Our Father and the Glory Be at each mystery.

How do we meditate on the Mysteries of the Rosary?

We meditate on the mysteries of the rosary by using our imagination to picture the mystery occurring right in front of us. Then we keep this image fresh in our minds as we say the Hail Mary prayers. As we meditate we repeat our prayers, as Jesus did (Mt.26:44).

In the Rosary, we basically say, "Jesus and Mary, I love you" over again and again. As we do, we grow in our love of God. Saying, "I love you" never grows old. When we truly love, it just grows deeper. How should we start to pray the Rosary on a daily basis? By praying just a decade, one mystery with 10 Hail Mary's each day until we feel we want to pray more.

Written by Rev. H.T. Burke

15 Promises of Mary to Christians who pray it



- 1. Whoever shall faithfully serve me by the recitation of the Rosary, shall receive signal graces.
- I promise my special protection and the greatest graces to all those who shall recite the Rosary.
- 3. The Rosary shall be a powerful armor against hell, it will destroy vice, decrease sin, and defeat heresies.
- 4. The Rosary will cause virtue and good works to flourish; it will obtain for souls the abundant mercy of God; it will withdraw the hearts of men from the love of the world and its vanities, and will lift them to the desire for eternal things. Oh, that souls

- would sanctify themselves by this means.
- The soul which recommends itself to me by the recitation of the Rosary, shall not perish.
- 6. Whoever shall recite the Rosary devoutly, applying himself to the consideration of its sacred mysteries shall never be conquered by misfortune. God will not chastise him in His justice, he shall not perish by an unprovided death; if he be just he shall remain in the grace of God, and become worthy of eternal life.
- Whoever shall have a true devotion for the Rosary shall not die without the sacraments of the Church.
- 8. Those who are faithful to recite the Rosary shall have during their life and at their death the light of God and the plenitude of His graces; at the moment of death they shall participate in the merits of the saints in paradise.
- I shall deliver from Purgatory those who have been devoted to the Rosary.
- The faithful children of the Rosary shall merit a high degree of glory in Heaven.
- 11. You shall obtain all you ask of me by the recitation of the Rosary.
- 12. All those who propagate the Holy Rosary shall be aided by me in their necessities.
- 13. I have obtained from my Divine
 Son that all the advocates of
 the Rosary shall have for
 intercessors the entire
 celestial court during their
 life and at the hour of death.
- 14. All who recite the Rosary are my sons and daughters, and brothers and sisters of my only Son Jesus Christ.
- 15. Devotion of my Rosary is a great sign of predestination.

主日分享



常年期第十一主日

今天的彌撒給我們的教導是信心和勇敢。三篇讀經都以此為目標。福音告訴我們天國是一個力量,它以勢不可擋的勁力,穿過一切困難和各種情況向前進。

第一篇讀經選自厄則克耳先知書,所 談的也是一個非凡的成長。第二篇讀 經中,保祿宣稱他滿懷信心,並本著 這信心繼續努力討天主的喜悅。

厄則克耳先知在以色列民處於流亡的 嚴峻考驗時向他們說話。這處境很可 能會令他們喪失希望,而先知的神諭 則要在他們中間激起極大的信心。因 此,我們必須信賴天主聖言和天主恩 寵的力量。天主將祂聖言的種子撒在 我們的土地也就是我們的生存中。我 們可以安心,確知無論在任何情況, 卽使是最艱難的情況中,這種子都要 結出果實。

福音向我們展示了耶穌所說的幾個比喻。耶穌喜歡用比喻,把天國與現實生活中的事物,特別是農業方面的事物相比。祂把天國比作撒在地裏的一粒種子。種子本身並不重要,它微小像一粒小石子。雖然如此,它卻具有極大的生命力,這是石子所沒有的。

保禄提醒我們,衆人都要到基督的審判台前。他的話令我們感到自己對所做的一切事需要負責。在我們的一生中應該常有這樣的責任感,同時也確知天主會以最有效的方式來協助我們這樣,我們便能夠達到那在等候我們的美好目標,就是,與基督在永恆生命中,也就是在與天主一起的愛的生命中建立永不中斷的關係。

節錄自梵蒂崗廣播電台講稿

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 huichiuj@ gmail.com 或致電(403)295-9491

學年結束聯歡會

主日學,童軍,青年團和 RCIA 將於 六月二十四日上午 11 時至下午 1 時 30 分,於上下禮堂舉辦學年結束聯歡 會,提供食物,遊戲及無限歡樂。 歡迎教友家人和朋一同友參加,費用 全免。

<u>鮑思高同學會 TIA 慈善籌款晚宴</u>

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。

暑期主日彌撒

七、八月之主日彌撒將更改如下: 星期六主日提前彌撒:五時(國語) 星期日早上彌撒:九時三十分(英文) 十一時(粵語)

星期二黃昏彌撒暫停

九月二日開始, 主日早上彌撒及星期 二黃昏彌撒將照以往時間舉行

暑期堂區通訊

六月二十四日的堂區通訊將為本暑期 前最後一期,堂區通訊將於九月二日 再刊。

教區公益金

2018

主說:「你們的實藏在那裡,你們的心也必

United in Faith, **Together** in **Action** 2018 Annual Blakop's Appeal 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 6 月 13 日,捐款 已累積至 11,885.00 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 20,22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22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23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

成人慕道班(粵語及英語)

星期日 6月24日

時間上午 9 時 30 分至 12 時 30 分

地點:永援聖母堂下禮堂

學年結束聯歡會

時間:上午 11 時至 1 時 30 分 地點:永援聖母堂上下禮堂 公教家庭協會-第五次會議

時間:上午 12 時 30 分至 3 時

地點:永援聖母堂會議室

没有什麼是

應該的

今天我們要講《格林多前書》第七 章的二十九節。這裡聖保祿這樣講 他說:

「時限是短促的,今後有妻子的,要像沒有一樣。」

是不是做丈夫的以後就不能有妻子啊?

其實在第七章二十四節裡面,聖保 禄這樣講,他說:「弟兄們,個人在 什麼身份上蒙召,就在天主前安於 這身份吧。」他的意思是說,做丈 夫的如果是已經有妻子的,要善度 自己的家庭生活。

做丈夫的經常有時候對待妻子說

「這不是應該的嗎?」

丈夫對妻子經常會覺得,她所做的 那一份,都是應該的。聖保祿這個 話,告訴**我們不要把妻子所做的事** 情都認為是應該的,好像沒有什麼 特別的。

妻子是天主的祝福

在這裡,當我們這樣去想的時候, 我想分三點來講。我講第一個是說 妻子是天主的祝福。妻子,不是自 然而然就應該有的,而是天主的祝 福我們,才有妻子。在這裡我們講 到《箴言篇》十八章二十二節,這 樣講:「誰覓得了賢妻,便覓話說, 還得了上主恩眷。」換句話說,是 覺得妻子的人,是覓得了幸福,是 覺得多天主所給你的那一份恩寵 養仔的天主所給你的那一份恩寵 養願。所以,妻子本身就是你 麼恩的事。你有一個妻子, 應恩的事。這是第一件。

妻子的那一份付出,照顧自己的

孩子,然後照顧自己的家庭,使 這一份沒有收入的工作,變得更 加的珍貴。

第二件事情,當兩個人組成家庭, 後來有孩子以後,特別是在孩子出 生以後,往往是做母親的妻子會花 更多的時間照顧孩子,然後打理家 裡的事情。這個時候,丈夫往往這 個時候在外面工作,提供家庭所需 你會發現,丈夫在外面工作有收入 妻子—邊照顧孩子,—邊燒飯、打 理很多家庭的事情,這個時候是沒 有收入的。但是我們要知道,並不 是說有收入的工作就比沒有收入的 工作更加高貴。因為在天主的眼睛 裡面,妻子的那一份付出,照顧自 己的孩子,然後照顧自己的家庭, 使這一份沒有收入的工作,變得更 加的珍貴。這個是第二點我要 講。

每一件事情,都應該有感恩的心。

第三個是說,當孩子或者是老人生 病的時候,這個時候往往是做妻子 的要請假,照顧老人照顧孩子。這 個時候丈夫就講說:「哎呀,這還不 是應該的嗎?」比如說如果是那個 妻子不工作,那丈夫就更加講說: 「哎呀,她在家裡嘛,那當然就是 更加應該的。」其實沒有什麼真正 是應該的,因為孩子生病的話,做 丈夫的也可以請假照顧自己的孩子 或者照顧自己的老人。而且說當妻 子主動這樣去做的時候,要有那份 感恩的心。感謝妻子爲這個家庭所 做的付出。所以在這個地方我們看 到是說,沒有什麼真正是應該的, 而是每一件事情,都是應該有感恩 的小小。

基本的尊重

最近我們知道有一個非常有名的愛情專家叫 John Goodman,他做了很多的研究,三十多年的研究以後,他其中給丈夫有一個很好的建議,他說:「如果你能對待自己的妻子,就像你對待客戶那樣有一份那種最最基本的那一點點尊重,也可能使你的婚姻生活大有改進。」他說,

假如說你的一個客戶,來到你的這個地方,走的時候忘了拿雨傘,那很簡單你會說:「哎,你的雨傘忘記了,請你拿一下你的雨傘,忘說你的妻子出去什麼地方,忘就你會是去什麼地方,你就沒有帶雨傘,你就沒有帶雨傘,你就您這麼會忘事情,把就你不要不够,你不不要這樣對任何你的客戶講話。」,也就如果一個做丈夫的知道對手不做以使我們的婚姻生活有最基本的尊重,有那份基本的禮貌,也可以使我們的婚姻生活有很大的助益。

因此在這個地方,我們要記得聖保 禄所講的這句話說:「時限是短暫 的」,換句話說人生短暫;「今後有 妻子的,要像沒有一樣」,換句話說, 對待自己的妻子像沒有一樣,妻子 爲你做的每一件事情,有感恩的心。 所以以後不要再講「這是應該的啊, 這還不是應該的嗎」。

沒有什麼是應該的,而是我們一 切都懷著感恩的心。

牛命恩泉

http://fll.cc/video/open-scripture-taking-things-for-granted/

它好像一粒芥子,種在地裡的時候,比地上一切的種子都小;當下種之後,生長起來,比一切蔬菜都大;並且長出大枝,以致天上的飛鳥能棲息在它的蔭下。

馬爾谷福音: 4:31-32

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