

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

June 24, 2018 二零一八年六月二十四日

Birth of St. John the Baptist

聖約翰洗者誕辰

Last Sunday Collection

上主日奉獻

3,262.00



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

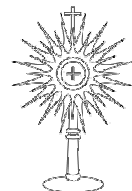
Weekday Mass

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



Birth of St. John the Baptist

The Feast of the Birth of St. John the Baptist, celebrated on June 24 of each year, is a major feast (or Solemnity) of the Church. If it falls on a Sunday, as in today's case, then the Feast will displace an Ordinary Sunday of the year in the Church's liturgical calendar. This is an honour rarely accorded to a saint. John (the Baptist) is the forerunner of Christ; and in the person of John, the Old Testament reaches its climax. Hence, we celebrate this important feast today in place of the 12th Sunday in Ordinary Time.

Today's gospel reading centres on the birth of John and on how this God-chosen name was confirmed by his parents. The other two readings speak about his mission and his ministry. John's birth brought immense joy to mankind. Archangel Gabriel told Zechariah that many would rejoice at his son's birth, itself a most extraordinary event and no less a miracle. When John grew up, he was guided by God to live in the wilderness. He was entrusted with a very special mission; namely, to prepare the way of the Lord.

"the voice in the wilderness, preparing the way of the Lord."

Described in the gospel as a forceful prophet, John proclaimed a baptism of repentance for the forgiveness of sins. Because of John's holiness, the people figured that he might be the long awaited Messiah. However, John quickly dismissed their speculation. With great humility, he told the crowd that he was only "the voice in the wilderness, preparing the way of the Lord." He said, "Someone mightier than I is coming, and I am not worthy to loosen the thongs of his sandals." Indeed, the one to come was Jesus, the true Messiah and God the Son made

flesh.

Truth and blunt messages often are not welcome. No doubt, John would feel the same, and there could have been moments of frustration, disappointment, and a sense of failure during the course of his ministry. In fact, he was arrested, imprisoned and eventually beheaded by Herod. Just like the suffering servant of God in the first reading, John might feel that he had laboured in vain and had spent his strength to no avail. However, it may be comforting for him to know that he had accomplished his mission in the best possible way because he had died for the sake of faith. This is why John is now so deeply revered by the Church.

On the frustration of the servant of the Lord, God says, **"It is too small a thing for you to be my servant, to raise up the tribes of Jacob, and restores the survivors of Israel; I will make you a light to the nations, that my salvation may reach to the ends of the earth."** (Isaiah 49:6) This statement applies aptly to Jesus, but in a way it may also apply to John. By his preaching and martyrdom, John is the light not only for the Israelites, but also for all Christians.

The Feast of the Birth of John the Baptist is immensely popular in many parts of the world, confirming his deep-rooted influence, as forerunner of Christ, on the life of Christians. His teaching deepens our faith and exhorts us to be truly repentant of our sins so that we can receive God's graces and put our trust in God and his divine providence.

We should rejoice in this Feast, and be thankful for all the divine graces gifted to us through St. John the Baptist. By his faithfulness, courage, untiring effort to proclaim God's word as well as his ultimate sacrifice to bear witness for God, John has assumed a forerunner's role in the

Paschal Mystery of Christ. For this, John is now sharing in the glory of this Mystery for all eternity.

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

2018 BISHOP'S DINNER

Join us for an evening with Bishop William T. McGrattan. The Bishop's Dinner has a long history of giving back to the community, and this year we are celebrating Catholic Education and five incredible programs that support some of our most vulnerable students.

This very special gala event will be held Friday, **October 19** at the **Telus Convention Centre**. Bishop's Reception at 5:30 pm, Dinner at 6:30 pm. Tickets are \$185/person and a table of 8 is

\$1480. For more information, e-mail bishopsdinner@calgarydiocese.ca | www.bishopsdinner.ca

JOIN THE SUMMER 2018 LAUDATO SI' ANIMATOR'S PROGRAM

Become Laudato Si' animators and be champions of creation care in your local communities/parishes. You are invited to join online webinars and be grounded in the science and Catholic teachings of Laudato Si. Everyone's talents and involvement are needed!

To register, contact 403-218-5519 | marilou.legeyt@calgarydiocese.ca

ROSE PRINCE LEJAC PILGRIMAGE IN BC

The Diocese of Prince George is hosting its Rose Prince Lejac Annual Pilgrimage on **July 6 -8, 2018 at Lejac, BC.**

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

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

YAG Year-End BBQ

YAG will be hosting a year-end BBQ on Saturday July 7, 2018 from 3-9 pm at Sandy Beach Park. Food, beverages, and games will be provided so come out and join us on a fun-filled day.

To RSVP, please contact Joyce Lam or visit the YAG website at <http://www.olphyoungadults.weebly.com> by July 4th.

Exposition of the Blessed Sacrament on July 7

The July's Exposition of the Blessed Sacrament will be led by Faith Sharing Groups on July 7 from 10am to 11am.

Parishioners are encouraged to attend.

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.

Lower Hall Retiling

Retiling of Lower Hall will be in progress from Jun 27 to mid- August. Facility will be closed during that period.

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 June 13, 2018, our campaign has received a total of \$17,640.00.

We plead for your ongoing support.

Weekly Activities



Wed, Fri June 27, 29

OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Thu June 28

St. Angela School Year End Mass

Time: 9:00a.m.

Place: OLPH Church

Sat June 30

Legion of Mary (meeting)

Time: 9:45 a.m.

Place: K of C Room at OLPH Church

TIA Fundraising Dinner

Time: 3:30p.m.-10:00p.m.

Place: OLPH Upper Hall

Faith Sharing Stories



Butterfly

A man found a cocoon of a butterfly. One day a small opening appeared. He sat and watched the butterfly for several hours as it struggled to force its body through that little hole. Until it suddenly stopped making any progress and looked like it was stuck.

So the man decided to help the butterfly. He took a pair of scissors and snipped off the remaining bit of the cocoon. The butterfly then emerged easily, although it had a swollen body and small, shriveled wings.

The man didn't think anything of it and sat there waiting for the wings to enlarge to support the butterfly. But that didn't happen. The butterfly spent the rest of its life unable to fly, crawling around with tiny wings and a swollen body.

Despite the kind heart of the man, he didn't understand that the restricting cocoon and the struggle needed by the butterfly to get itself through the small opening, were God's way of forcing fluid from the body of the butterfly into its wings to prepare itself for flying once it was out of the cocoon.

Struggles in our life develop our strengths. Without struggles, we never grow and never get stronger, so it's important for us to tackle challenges on our own, and not be relying on help from others.

St. John the Baptist

John the Baptist was a contemporary of Christ who was known for evangelization and his baptizing of Jesus Christ.

John the Baptist was born through the intercession of God to Zachariah and Elizabeth, who was otherwise too old to bear children. According to scriptures, the Angel Gabriel visited Elizabeth and Zachariah to tell them they would have a son and that they should name him John. Zachariah was skeptical and for this he was rendered mute until the time his son was born and named John, in fulfillment of God's will.

When Elizabeth was pregnant with John, she was visited by Mary, and John leapt in her womb. This revealed to Elizabeth that the child Mary carried was to be the Son of God.

John began public ministry around 30 AD, and was known for attracting large crowds across the province of Judaea and around the Jordan River. When Jesus came to him to be baptized, John recognized him and said, "It is I who need baptism from you."

Jesus told John to baptize Him anyway, which he did, whereupon the heavens opened, and the Spirit of God was seen like a dove. The voice of God spoke, saying, "This is my beloved Son, in whom I am well pleased."

John instructed his followers to turn to Christ, calling Him the "Lamb of God" and these people were among the first Christians.

John the Baptist's feast day is June 24, and the anniversary of his death is August 29 and is sometimes celebrated with a second feast.

All four Gospels recognize in John the start of the Christian era, and each in its own way tries to reconcile John's precedence in time and Jesus' acceptance of his message and of a baptism of repentance from his hands (elements suggesting subordination to John) with the author's belief in Jesus as the Messiah and Son of God. The Gospel According to Mark presents John as the one who had to "come first to restore all things" but who also remained hidden and suffered death with little acknowledgment of his true status (Mark 9).



聖若翰洗者

「慶死不慶生」，是聖教會慶祝聖人聖女的禮儀原則。他們塵世生活結束，正是他們誕生於天之日；而他們入世之時，靈魂帶著原罪的污點，正是天主的仇敵，毫無慶祝之可言。

天國諸聖中，聖教會慶祝誕生者有二：一是聖母，一是聖若翰洗者。聖母是始胎無染原罪的。聖若翰雖然未能逃避原罪的厄運，但他在胎中時，聖母探訪聖婦依撒伯爾（若翰的母親）時，聖子耶穌就赦免他的原罪；所以他在誕生時，靈魂純潔，已是無罪的聖者。今天所慶祝的瞻禮，便是依據這個意義。

若翰的父親匝加利亞是猶太的司祭。他的母親名叫依撒伯爾。二人都是亞隆的後裔。他們二人都上了年紀，他們還沒有孩子。

當匝加利亞輪著他的班次，在天主前盡司祭的職務時，按著司祭的常例，他抽中了籤，得進上主的聖所獻香。獻香的時候，衆人都在外面祈禱。有一位上主的天使顯現給他，站在香壇右邊。匝加利亞見了，驚惶失措。天使對他說：「你的妻子依撒伯爾要生一個兒子，你給他取名叫若翰，你將要喜樂歡躍。許多人也因他的誕生而喜樂。因為他在上主面前將是偉大的，而且他在母胎中就要充滿聖神。他要使許多以色列子民歸向上主。他將以厄里亞的精神和能力在祂面前行走。他要為上主準備一個完善的民族。」匝加利亞對天使說：「我憑著什麼能知道這事呢？因為我和我的妻子也上了年紀。」天使答道：「我特來向你報告這喜訊。因為你沒有信我的話，你必成為啞子，不能說話，直到這些事成為事實的那一天，我的話屆時必將應驗。」

衆人在聖所外面等候著，他們覺得很奇怪，為什麼匝加利亞還未出來。他出來了，一句話也說不出口，只能向他們打手勢，人們才知道他在聖所中見了異象。

六個月後，聖母到依撒伯爾家裏去探訪。依撒伯爾一聽到聖母問安，胎兒（即聖若翰）就在母胎中歡躍。依撒伯爾充滿了聖神，大聲呼喊說：「在女人中，你是蒙祝福的。你的胎兒也是蒙祝福的。吾主的母親駕臨我這裏，這是我哪裡得來的呢？看！你問安的聲音一傳入我耳，胎兒就在我腹中歡喜踴躍。」

人們意欲照她父親的名字給他取名叫匝加利亞。大家就向匝加利亞打手勢，問他應給孩子取什麼名字。匝加利亞要了一塊小板，寫道：「孩子的名字，應當叫若翰。」就在那時候，他能夠恢復說話，讚美天主。

主日分享



聖若翰洗者誕辰

今天教會慶祝基督的前驅，若翰洗者的誕辰。這是一個重要的節慶，因為在若翰身上舊約達到了它的頂峰。今天的彌撒福音敘述若翰的誕生，以及怎樣給他取了天主選定的名字。其他兩篇讀經分別提起他的任務和宣講，談到他後來的生活。

若翰的誕生給人帶來極大喜樂。天使早已告訴匝加利亞，許多人要因這孩子的誕生而喜樂。因為若翰的誕生不尋常，是一件出奇的事情----

若翰長大後受著天主的默啟到曠野裏去生活。他負有一個十分重要的使命：預備默西亞的來臨。

但是比我強的一位要來，就是解祂的鞋帶，我也不配

福音說他是強有力的先知，宣講悔改的洗禮，為得罪之赦。再說，若翰自持很謙虛。由於他出眾的表現，人們以為他可能是默西亞；他堅決否認，表示出極大的謙遜。他說，他只是荒野中的呼號者的聲音，喊人預備上主的道路；又說，“但是比我強的一位要來，就是解祂的鞋帶，我也不配”。要來的一位是耶穌，他是真的默西亞，是降生成人的天主聖子。

若翰可能覺得自己虛度一生，沒有成功，終究失敗。但是天主聖神安慰他，叫他知道，他奉獻了自己的生命，這是以最有效最有力不過的方式實踐了他的使命。老實說，如果他當時不是殉道而逝世的話，今日他聖德的名譽便不會是這麼崇高。

對上主的僕人的消極感覺，天主的反應是：“你作我的僕人，復興雅各伯支派，領回以色列遺留下的人，還是小事，我更要使你作萬民的光明，使我的救恩達於地極。”這句話首先應當拍合在耶穌身上，但是我們也可以把它看作也是對若翰洗者說的。因為借著他的宣講，更借著他的殉道，若

翰洗者不但是以色列民族的光明，而且也成為所有基督信徒的光明了。

若翰洗者誕辰的節慶，在許多地區，普及流行。這表明它對基督信徒的宗教生活仍舊很有影響。若翰作耶穌的前導的使命今日依舊合時。由於他，我們對耶穌的信仰有更深的根基。由於他，我們更覺得有必要，以真誠的悔改，準備接受天主的恩寵，滿心依賴天主，聽從祂的上智安排。

若翰洗者誕辰的節慶在教會的禮儀裏佔有重要的地位，甚至可以在星期天主日上慶祝。對一位聖人來說，這是少有的例子。

所以我們要因這個節慶而喜樂。接受天主在這個節慶上，通過這位聖人的榜樣賜給我們的種種恩寵。若翰洗者忠貞，勇敢，不辭勞苦，宣講天主的話，不惜犧牲性命，為主作證。他在事先參與了基督的逾越奧蹟。現在他永遠地生活在這奧蹟的光榮當中。

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

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。

大專青年團年終燒烤大會

大專青年團將於七月七日下午三時至晚上九時在 Sandy Beach Park 舉行

年終燒烤大會。活動包括遊戲、食物、及飲品，費用全免。歡迎堂區所有青年及朋友參加。

若有興趣參與請到 YAG 網站 www.olphyoungadults.weebly.com 報名參加或與 Joyce Lam 聯絡。報名截止日期為七月四日。

七月顯供聖體

永援聖母堂七月份的顯供聖體由信仰小團體帶領，時間為七月七日上午十時至十一時。請各位教友盡量參與！

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。

下禮堂-更換地板

由六月廿七日至八月八日下禮堂將會暫停使用，以便進行地板更換工程。

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 6 月 13 日，捐款已累積至 17,640.00 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27, 29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

星期四 6月28日

St. Angela School 學年完結彌撒

時間：上午9時

地點：永援聖母堂

星期六 6月30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

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

TIA 慈善籌款晚宴

時間：下午3時30分至10時

地點：永援聖母堂上禮堂

靈修小故事



感恩，什麼是感？什麼是恩？

感恩，是一種生活態度，常懷感恩之心，以德報德，知恩圖報，無愧於心，瀟灑坦然在人世間走一回！

有一個故事說：有一天，有人問一位老先生，太陽和月亮哪個比較重要。那位老先生想了半天，回答道：「是月亮，月亮比較重要。」「為什麼？」「因為月亮是在夜晚發光，那是我們最需要光亮的時候，而白天已經夠亮了，太陽卻在那時候照耀。」

你或許會笑這位老先生的糊塗，但你不覺得很多人也是這樣嗎？每天照顧你的人，你從不覺得有什麼，若是陌生人偶爾幫助你，你就認為他人好；你的父母家人一直為你付出，你總覺得理所當然，甚至有時候還嫌煩；一旦外人為你做出了類似行為，你就會特別感激。這不是

跟「感激月亮，否定太陽」一樣糊塗嗎？

有個女孩跟媽媽大吵了一架，氣得奪門而出，決定再也不要回到這個討厭的家了！一整天她都在外面閒逛，肚子餓的咕嚕咕嚕叫，但偏偏又沒帶錢出來，可又拉不下臉回家吃飯。一直到了晚上，她來到一家麵攤旁，聞到了陣陣香味。她真是好想吃一碗，但身上又沒錢，只能不住的吞口水。

忽然，麵攤老闆親切的問：「小姑娘，你要不要吃麵啊？」她不好意思地回答：「嗯！可是，我沒有帶錢。」老闆聽了大笑：「哈哈，沒關係，今天就算我請客吧！」

女孩簡直不敢相信自己的耳朵，她坐下來。不一會兒，麵來了，她吃得津津有味，並說：「老闆，你真好！」

老闆說：「哦？怎麼說？」女孩回答：「我們素不相識，你卻對我那麼好，不像我媽，根本不了解我的需要和想法，真氣人！」

老闆又笑了：「哈哈，小姑娘，我不過才給你一碗麵而已，你就這麼感激我，那麼你媽媽幫你煮了二十幾年的飯，你不是更應該感激她嗎？」

聽老闆這麼一講，女孩頓時如大夢初醒，眼淚瞬間奪眶而出！她顧不得吃剩下的半碗麵，立刻飛奔回家。

才到家門前的巷口，女孩遠遠地看到媽媽，正焦急地在門口四處張望，她的心立刻揪在一起！女孩感覺有一千遍一萬遍的對不起想對媽媽說。但她還沒來得及開口，就見媽媽已迎上前來：「哎呀！你一整天跑去哪裡了啊？急死我了！快進家把手洗一洗，吃晚飯了。」

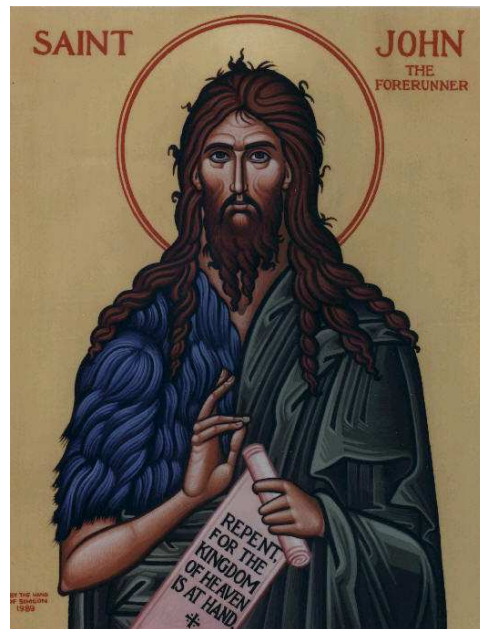
這天晚上，這個女孩才深刻體會到媽媽對她的愛。

當太陽一直都在，人就忘了它給的光亮；當親人一直都在，人就會忘了他們給的溫暖。

一個被照顧得無微不至的人反而不會去感恩，因為他認為，白天已經夠亮了，太陽是多餘。

在現實生活中，我們往往忽視了自己已有的，認為他們是理所當然，對於自己沒有的，又會抱怨命運的不公，彷彿這個世界欠我們很多。

其實，感恩也可以是一種積極的生活態度。正如有些人聽說，要感激那些傷害你的人，因為他磨練了你的意志；感激那些欺騙你的人，因為他豐富了你的經驗；感激那些輕視你的人，因為他覺醒了你的自尊…要懷著一顆感恩的心，感謝命運，感激一切是你成熟的人，感恩周圍的一切。



我不是你們所猜想的那位，但是，看，他在我以後要來，我不配解他腳上的鞋。

宗徒大事錄 13:25

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