

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

September 16, 2018 二零一八年九月十六日

24th Sunday in Ordinary Time

常年期第二十四主日

Last Sunday Collection

上主日奉獻

\$5,076.00



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.

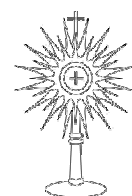
Tuesday 6:30 p.m.

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



24th Sunday in Ordinary Time Servant of the Lord

Trust in the saving power of the Lord God

Isaiah's song on the "Servant of the Lord" in the first reading does not expressly refer to the Messiah. However, the subsequent songs do paint a clearer picture of the identity of the Servant. Isaiah foretells the suffering of the Servant who will show extraordinary courage and firmness in the face of adversities as he puts his trust in the saving power of the Lord God..

Can faith save you?

In the second reading, James reminds us that our faith must be reflected in our actions. He asks: "what good is it if you say you have faith and yet you do not have works (of charity)? Can faith save you?" In his letter to the Galatians, Paul further says, "In Christ Jesus, it matters not if one is circumcised or uncircumcised; it is faith working through love that counts." In other words, our faith must be backed up by acts of love, without which our faith will simply wither and die.

"Who do people say that I am?"

In the gospel, Jesus asks his disciples and then his apostles: "Who do people say that I am?" After Peter replies that he is the Messiah, Jesus begins to tell the apostles about his suffering, death and resurrection. And whoever wishes to become his disciple must first deny oneself and abandon the human desires of worldly gains, success and control over others. One must take up his own cross to follow Christ. Therefore, we must bear in mind Jesus' important teaching that we are called to love. God is Love. He creates us and

imparts his love on us so that we can all live in love.

Diocese & Other News



DIOCESE LAUNCHES SAFE ENVIRONMENT WEB PAGE

Break the cycle of silence. You can choose to talk about it and report abuse.

Talk to someone you trust or call our toll-free number: 1-833-547-8360. Visit: talkaboutit.calgarydiocese.ca

REGISTER FOR PASTORAL CARE COURSE

Pastoral Care is the unconditional caring response to the lonely, shut-ins, the sick and dying to meet their spiritual needs. This course will introduce you to the basic visiting skills for visiting in the health care facilities or parish.

This program runs from **Sept. 27 to Nov. 8** (7 consecutive Thursday evenings, **6:30 to 9:30 pm**). Contact: 403-218-5501.

VOLUNTEER AT FEED THE HUNGRY GARDEN HARVEST DAY

Come with your friends and family on Saturday **Sept. 22 at 9 am** to help dig potatoes for Feed the Hungry program.

Enjoy great company and good food as we celebrate our second harvest. RSVP to **Linnea** at 587-888-9268 or email fthgarden@calgarydiocese.ca

TOUR OF HUTTERITE COLONY WITH FR. ADRIAN

On Monday, **Oct. 22, 9 am – 3 pm** join **Fr. Adrian Martens, E.V.**, Coordinator for Ecumenism, on the local Hutterite colony for an introduction to the Christian denomination of the Hutterian Brethren.

Cost: \$50 (includes lunch at the colony and transportation to and from the event). Only for those 18

years and older.

RSVP to 403-218-5501 by Oct. 8 as space is limited.

MARRIAGE PREPARATION LIFE & FAMILY RESOURCE CENTRE Marriage Preparation upcoming sessions:

Sep. 24 (followed by Oct. 12-13);

Oct. 15 (followed by Nov. 2-3);

Nov. 19 (followed by Dec. 7-8)

at the Catholic Pastoral Centre, Calgary. For more information or to register, contact **Alida** at 403-218-5505. register online at events.calgarydiocese.ca

Parish Activities



Tai Chi Beginner Class

Want to improve your health and mental focus? A new Tai Chi Beginner class welcomes you. Class is on every Saturday Morning at 11:30am.

For details, please contact Peter Poon poonp1315@gmail.com or Church Office.

Breakfast Corner and Movie

Date: Sept 30, 2018 (Sunday)

Place: OLPH Upper Hall

Sponsor: Pastoral Care Team

After 10:00 am & 11:30am mass : breakfast in Hong Kong style (Sausage, French Toast with macaroni and ham soup)

Ticket is \$5 each, sale at Church main entrance.

Journey to Sainthood (movies& talks)– Ignacio De Loyola

"So be perfect, just as your heavenly Father is perfect."

Matthew 5:48

We are called to be saints!

Come join us to explore the journeys to sainthood through movies, talks, discussions about the lives of Saints,

and with sharing and reflections on our life.

Movie: Ignacio De Loyola (In English with Chinese Sub-Titles)

Date: **Sept 30, 2018**

Time: (after Breakfast Corner) **1:00pm to 3:45pm**

All Parishioners, families and friends are encouraged to attend.

Family Rosary during the Month of October

OLPH Parish Pastoral Council Members together with Sr. Chan and members of other church groups will bring the Statue of the Blessed Virgin Mary on pilgrimage from home to home and pray family rosary in the month of October.

Fr. Nguyen will also bless the home during the visit upon request by the family.

Parishioners are encouraged to invite their god children or godparents, friends and relatives to join.

To participate as a host family in this devotion, please contact the Council Members or Parish Office.

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 September 1, 2018, our campaign has received a total of \$23,195.00. We plead for your ongoing support

Weekly Activities



Wed, Fri Sept 19, 21

OLPH Senior Centre

Time: 9:00 am -12:00 noon

Place: OLPH Church Upper Hall

Fri Sept 21

OLPH Scout

Time: 6:30 pm - 9:30 pm

Place: Upper Hall & Lower Hall

Sat Sept 22

Legion of Mary (meeting)

Time: 9:45 am

Place: K of C Room at OLPH Church

Tai Chi Lesson

Time: 10:00 am - 12:30 pm

Place: OLPH Church Lower Hall

Yoga Class

Time: 11:30 am - 12:45 pm

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 Sept 23

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

The man said, "I don't sing."

But the customer was persistent. He told the bartender, "I'm tired of listening to the piano. I want that guy to sing!"

The bartender shouted across the room, "Hey buddy! If you want to get paid, sing a song. The patrons are asking you to sing!"

So he did. He sang a song. A piano player who had never sung in public did so for the very first time. And nobody had ever heard the song Mona, Mona Lisa sung the way it was sung that night by Nat King Cole!

He had talent he was sitting on! He may have lived the rest of his life as a no-name piano player in a no-name bar, but because he had to sing, he went on to become one of the best-known entertainers in America.

You, too, have skills and abilities. You may not feel as if your "talent" is particularly great, but it may be better than you think!

And with persistence, most skills can be improved. Besides, you may as well have no ability at all if you sit on whatever talent you possess!

The better question is not "What ability do I have that is useful?" It is rather **"How will I use whatever ability I have?"**

By Steve Goodier

Let There Be Light



Sitting on Your Talent

There was a man who played piano in a bar. He was a good piano player. People came out just to hear him play. But one night, a patron told him he didn't want to hear him just play anymore. He wanted him to sing a song.

Let Us Never Forget 17 Years Ago

Fr. Thomas Rosica, CSB



○ God of love, compassion, and healing, look on us, people of many different faiths and religious traditions, who gather today on this hallowed ground, the scene of unspeakable violence and pain.

We ask you in your goodness to give eternal light and peace to all who died here:

the heroic first-responders: our firefighters, police officers, emergency service workers, and Port Authority personnel, along with all the innocent men and women who were victims of this tragedy simply because their work or service brought them here on September 11, 2001.

We ask you, in your compassion, to bring healing to those who, because of their presence here fourteen years ago, continue to suffer from injuries and illness. Heal, too, the pain of still-grieving families and all who lost loved ones in this tragedy. Give them strength to continue their lives with courage and hope.

We are mindful as well of those who suffered death, injury, and loss on the same day at the Pentagon and in Shanksville, Pennsylvania.

Our hearts are one with theirs as our prayer embraces their pain and suffering.

God of peace, bring your peace to our violent world: peace in the hearts of all men and women and peace among the nations of the earth.

Turn to your way of love those whose hearts and minds are consumed with hatred and who justify killing in the name of religion.

God of understanding, overwhelmed by the magnitude of this tragedy, we seek your light and guidance as we confront such terrible events.

Grant that those whose lives were spared may live so that the lives lost here may not have been lost in vain.

Comfort and console us, strengthen us in hope, and give us the wisdom and courage to work tirelessly for a world where true peace and love reign among nations and in the hearts of all.

Prayer of Pope Francis
Ground Zero, New York
Friday, September 25, 2015

The date of September 11 offers us an opportunity to reflect deeply on how we as a Christian community respond to evil in the world, how we forgive, and how we show mercy. Fifteen years ago, the world stopped, and the terror and horror of September 11, 2001, led us into the depths of the mysteries of evil, human suffering, and death on a great scale. Many asked where God was in the midst of such devastation and destruction on September 11. Yet with God's grace we also experienced the height of human sacrifice and the ability of our brothers and sisters to manifest heroic love.

The terrorist attacks on Washington, D.C., Pennsylvania, and New York City were not just attacks on the United States of America. In the words of **St. John Paul II**, "**they were crimes against humanity.**" The victims of these tragedies came from dozens of countries. Any simplistic connection between Islam and terrorism must be rejected. September 11th presents a challenge to the Church as well as our government to come to a deeper level of understanding and engagement with Islam.

The "enemy" in a war against terror is difficult to define, we have to be careful to avoid that everyone becomes a potential enemy. We have to avoid the war against terror becoming a war against the other. A society built on fear and mistrust of the other will never be a peaceful society. Only when legality, the rule of law, and peaceful coexistence are re-established will we taste victory.

God, bring your peace to our violent world

On the seventeenth anniversary of the tragic events of September 11, 2001, let us repeat the prayer offered by **Pope Francis** during his historic and moving visit to Ground Zero in New York City on Friday, September 25, 2015.

Salt & Light

主日分享



常年期第二十四主日 上主的僕人

在本主日的第一篇讀經，依撒意亞關於上主僕人的斷語並沒有點出默西亞，卻留下作各種解釋的入口。無論如何，他宣佈了上主僕人的痛苦命運：上主僕人堅信有上主協助他。因此不失去勇氣，反而表現出超凡的堅定。

如果沒有行爲，信德就會死去

第二篇讀經談信德該在行爲中表現出來。雅各伯宗徒問道：“我的兄弟們，若有人說自己有信德，卻沒有行爲，有什麼益處？難道這信德能救他嗎？”保祿甚至在寫給迦拉達人的書信中有這樣一段話：“因為在基督耶穌內，割損或不割損都算不得什麼，惟有以愛德行事的信德，才算什麼。”（迦 5：6）。這句話符合雅各伯的訓導，他要求我們在行爲中體現信德，產生愛的行爲。如果沒有行爲，信德就會死去。

背著自己的十字架，跟隨祂

在福音中，耶穌問自己的門徒，人們說祂是誰，然後又問門徒們他們說祂是誰；在伯多祿作出表白後，祂宣佈了自己的苦難。耶穌說人必須棄絕自己，因此要放棄自己人性上對勝利、成功和統治權的渴望，背著自己的十字架，跟隨祂。為懂得耶穌的這個重要原則，我們該記住，人的召叫是去愛：天主是愛，祂造了我們為把祂的愛傳給我們，使我們有能力在愛中生活。

錄自梵蒂岡電台

堂區活動



太極初班

想要改善您的身體和精神健康嗎？太極初班歡迎你，現已開始接受報名。

上課日期為每週六上午 11 點 30 於下禮堂進行。

詳情請聯絡 Peter Poon

poonp1315@gmail.com 或堂區辦事處。

早餐交流會及電影欣賞

日期: 2018 年 9 月 30 日 (星期日)

地點: 永援聖母堂上禮堂

贊助善會: 牧靈關愛組

早餐交流會 - 早上十時, 十一時三十分
彌撒後有港式早餐供應(香腸, 火腿通粉 和 西多士)。

聚會將包括以上美食、生活交談及信仰分享。

成聖之路(電影欣賞及研討)-依納爵·羅耀拉

“所以你們應當是成全的，如同你們的天父是成全的一樣。”

瑪竇福音 5：48

我們都被召叫成聖！

請來和我們一起通過電影欣賞，研討及反思，與聖人們一起經歷成聖之路。

電影欣賞: 聖依納爵·羅耀拉(語言: 英語, 中文字幕)

日期: 9 月 30 日 (星期天)

時間: 下午一時到三時四十五分。

請所有教友，家人及朋友踴躍參加。

玫瑰聖母月家庭玫瑰經聚會

十月是玫瑰月，為恭敬聖母舉行家庭玫瑰經聚會，阮神父、堂區牧民議會成員、陳修女及堂區善會代表，將於十月帶同聖母像探訪教友家庭，誦念家庭玫瑰經。有意邀請聖母到家中誦念家庭玫瑰經的教友，請致電善會代表或堂區辦事處。

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 9 月 1 日，捐款已累積至 23,195.00 元。

懇請各位教友繼續支持，慷慨解囊！

活動一週



星期三、五 9 月 19, 21 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 9 月 21 日

St. Angela School 開學彌撒

時間: 上午 9 時

地點: 永援聖母堂

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 9 月 22 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 9 月 23 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: 寫字樓大廈, 聖堂騎士會室

靈修小故事



用幽默塑造智慧

羅斯福在當選美國總統之前，家裡被竊，朋友寫信安慰他。

羅斯福回信說：“謝謝你的來信，我現在心中很平靜，因為：

第一，竊賊只偷走了我的財物，並沒有傷害我的生命。

第二，竊賊只偷走一部分東西，而非全部。

第三，最值得慶倖的是：做賊的是他，而不是我。”

美國前總統雷根，在任初期，有一次被槍擊中，身負重傷，子彈穿入了胸部，情況危急。

在生死攸關的時刻，雷根面對趕來探視的太太所說的第一句話竟是：“親愛的，我忘記躲開了。”

美國民衆得知總統在身受重傷時仍能保持幽默本色，康復應該指日可待。他的幽默穩定了因受傷而可能產生的動盪局勢。

發生事情的好壞不重要，重要的是從哪個角度去切入。

英國首相威爾遜，在一次演講中，在剛剛進行到一半時，台下突然有個搗蛋分子高聲打斷了他：“狗屎！垃圾！”

威爾遜雖然受到了干擾，但他情急生智，不慌不忙地說：“這位先生，請稍安勿躁，我馬上就會講到你所提出的關於環保的問題。”

全場人不禁爲他的機智的反應鼓掌喝彩。

掌握自己的情緒，才能掌握自己的未來。

一次，英國首相邱吉爾在公開場合演

講，從台下遞上一張紙條，上面只寫了兩個字“笨蛋”。

邱吉爾知道台下有反對他的人等著看他出醜，便神色從容地對大家說：

“剛才我收到一封信，可惜寫信人只記得署名，忘了寫內容。”

邱吉爾不但沒有受到不快情緒的控制，反而用幽默將了對方一軍，實在是高！



教宗公開接見：人的“自我”是最惡劣的奴役

教宗方濟各 9 月 12 日上午在聖伯多祿廣場主持週三公開接見活動，繼續講解天主十誡第三誡“守安息日”的意義。教宗表示，“愛也會使坐監、軟弱和受限制的人獲得自由”，唯有耶穌賜予我們的愛才能折斷罪惡奴役的鎖鏈，尤其是“人的自我”的束縛。

教宗在要理講授中首先闡明，《出谷紀》中記載了天主十誡的頒布，之後又在《申命紀》中“再次以幾乎完全相同的方式”提出，只有這第三句話例外。“守安息日”的理由在《出谷紀》中是對受造界的祝福，而在《申命紀》中則是紀念奴役生活的結束。

接著，教宗指出我們有各種“外在和內在的奴役形式”。事實上，存在著“外在的強迫，例如壓迫、因暴力和其它不義而被扣留的生命”；也存在著“內在的束縛，例如心理障礙、情結和性格的局限”。這是一系列我們在表面上無法擺脫的存在的現實。然而，歷史告訴我們，有些人即使坐監也能活出一種心境上的極大自由，“將陰暗的壓制轉化爲光明的場

所”，認出來自“慈悲的安息”，柯爾貝（Massimiliano Kolbe）神父和阮文順（Nguyen Van Thuan）樞機就是其中的典範。

教宗說：“天主的慈悲使我們自由。你一旦與天主的慈悲相遇，你就有一種內心的極大自由，你也能傳遞這自由。因此，向天主的慈悲敞開心懷，不成爲我們自己的奴隸是多麼重要。”

教宗特別提醒信友們，要警惕自己的“自我奴役”，這是一種“比監禁、比恐慌的危機更令人感到受束縛的奴役”。“‘自我’能成爲一個獄吏，使人處處受到折磨和最沉重的壓迫，那就是被稱爲‘罪’的壓迫，它不是單純地違犯一項法則，而是人的生存的失敗和人處於奴隸的境地”。

無數的罪能將人捆綁住，例如爲了饞嘴我們就不停地吃東西，“因爲貪吃是胃的虛偽，明明是滿了，卻讓我們相信它是空的”；“占有的焦慮使守財奴身敗名裂”；“憤怒的火焰和嫉妒的蛀蟲損害與別人的關係”。

“作家們說，嫉妒使人的身體和靈魂變成黃色，就好像患了肝炎的人一樣：他成爲黃色的。嫉妒的人的心靈是黃色的，因爲他們絕不會享有心靈健康的清新。”

教宗最後總結道，“真正的奴隸”是不懂得愛的人，對基督徒而言，這第三條誡命是“主耶穌的預言，祂打破了罪的內在奴役，使人能夠去愛”。“真愛乃是真自由：這就是要擺脫占有慾，懂得接納和尊重近人，將各種辛勞轉化爲喜悅的恩典並活出共融。愛也使坐監、軟弱和有局限的人獲得自由。” 梵蒂岡新聞網

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申命紀 5:12, 15

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