

# 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.mylph.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 30, 2018 二零一八年九月三十日

26th Sunday in Ordinary Time

常年期第二十六主日

Last Sunday Collection

上主日奉獻

\$3,556.00



### 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.

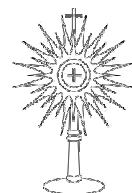
Tuesday 6:30 p.m.

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



### 26th Sunday in Ordinary Time Embracing and Acceptance

The message of today's gospel is loud and clear on how we should handle our relationship with other religions. It is surely helpful in the ecumenical movement of the church. The first reading, from the Book of Numbers, also steers us to the same direction of embracing and accepting people of good faith or people of other faiths. The second reading denounces meanness and injustice of the "haves" over the "have-nots".

In the gospel, John said to Jesus, "Teacher, we saw someone casting out demons in your name; we tried to stop him because he was not one of us". Jesus said to him, "Do not stop him, because anyone who performs a miracle in my name is unlikely to speak evil of me. And anyone who is not against us is for us". This is an important lesson for us to realize that ecumenism needs to be tackled with certain degree of flexibility. We should accept and support good works done by other faiths and acknowledge that God can indeed use anyone to do His work. Other religions may also receive God's graces by the work of the Holy Spirit. Whilst we do strive to bring other religions to our fold, we should treat people of other faiths with warmth and respect and must never adopt a condescending sectarian attitude toward them.

Having said that, there are also times that we must take an uncompromising stand. Jesus cited a few graphic examples to demonstrate how we must guard against people and things that may lead us astray and away from God. It is very important for us to be able to discern what these people and things are.

Let us take a few moments to reflect on today's scripture readings. Let us ask God to grant us courage to stand firm, love and humility to be accommodating and wisdom to discern between the two sets of circumstances in our lives.

## Diocese & Other News



### WHITE MASS

Celebrate the White Mass with **Bishop McGrattan** on Thursday, **Oct. 18 at 7 PM, at St. Anthony's Church** (5340 4 St. SW, Calgary). Gather and pray on the feast day of St. Luke, patron saint of physicians, for those who have dedicated their lives to the sick, to caring for those who are ill in our community: physicians, nurses, technicians, pastoral care ministers and all health care workers. All are welcome, especially those working in medicine and health care.

### 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.

### REGISTER FOR MARRIAGE PREPARATION

"For Better & For Ever..." Marriage Preparation is for all couples preparing for marriage, including couples in special circumstances (living together; previously married; beginning marriage with children; couples 45+; or those already married in a civil ceremony seeking to validate their marriage in the Catholic Church).

Upcoming sessions: **Oct. 15 (followed by Nov. 2-3); Nov. 19 (followed by Dec. 7-8)** at the **Catholic Pastoral Centre, Calgary**. Contact 403-218-5505 or register online at [events.calgarydiocese.ca](http://events.calgarydiocese.ca)

### EFFECTIVE CO-PARENTING: PUTTING CHILDREN FIRST

is a five-week parents education program that encourages separated and divorced parents to put the needs of the children first as the family adjusts to a new type of lifestyle in two separate homes. Sessions begin on Tuesday evenings, 7 to 9 pm on **Oct. 30, Nov. 6, 13, 20 & 27**. Call 403-218-5505 | [lifeandfamily@calgarydiocese.ca](mailto:lifeandfamily@calgarydiocese.ca)

## Parish Activities



### Driving Safety and parking in OLPH

Sunday school was resumed. Please be aware of the safety for yourself and other parishioners, drive with care within the precinct of the OLPH. Please be considerate and drive at speed of 10 kph. When using the parking lots, please park your car within the designated parking space and be considerate for other users. Thank you for your kind attention and co-operation.

### Week day Mass Cancelled

Since Fr. Joseph Nguyen will attend Clergy Fall Study Days, the following Masses will be cancelled:

October 2 (Tuesday) to October 5 (Friday) at 9:00am.

October 2(Tuesday) at 6:30pm.

### Exposition of the Blessed Sacrament on October 6

The October's Exposition of the Blessed Sacrament will be led by Youth Group & Youth Choir on October 6 from 10am to 11am.

## 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.

## YAG Kick Start Party

Come join us at the YAG start of the year party! We will be going to IPG paintball in Strathmore on October 13, 2018 from 12pm-4pm. We will meet at Church at 11AM to carpool. Paintball game is free. After paintball we will return to church for games and food. For more information and to sign up for the event please visit our website at [www.olphyoungadults.weebly.com](http://www.olphyoungadults.weebly.com)

## 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 \$31,050.00. We plead for your ongoing support

## Weekly Activities



Wed, Fri Oct 3, 5

### OLPH Senior Centre

Time: 9:00 am -12:00 noon

Place: OLPH Church Upper Hall

Fri Oct 5

### OLPH Scout

No Meeting

Sat Oct 6

### Exposition of the Blessed

#### Sacrament

Time: 10:00a.m. -11:00 a.m.

Place: OLPH Church

### Legion of Mary (meeting)

Time: 11:00 am

Place: OLPH Church K of C room

### 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 Oct 7

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

Time: 9:30 a.m. - 12:30 p.m.

Place: OLPH Church Lower Hall

### K of C Matteo Ricci 10119 meeting

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

Place: OLPH Church K of C room

### Sunday School

No Class

## Let There Be Light



### Practice the Action Habit

**"Wisdom is knowing what to do next,**

**skill is knowing how to do it, and virtue is doing it,"**

observed David Starr Jordan

Most of us know what we need to do in order to live happier, healthier and more fulfilling lives. The real problem is that we don't do what we know. I

have heard many motivational speakers say,

**"Knowledge is power." I disagree.**

*Knowledge is not power. Knowledge is only **potential** power.*

It transforms itself into actual power the moment you decisively act on it.

The mark of a strong character lies not in doing what is fun to do or what is easy to do. The sign of deep moral authority appears in the individual who consistently does what he ought to be doing rather than what he feels like doing. A person of true character spends his days doing that which is the right thing to do.

Rather than watching television for three hours after an exhausting day at work, he has the courage to get up off the couch and read to his kids. Instead of sleeping in those cold wintry mornings, this individual exercises his natural reserves of self-discipline and gets out of bed for a run. And since action is a habit, **the more positive actions you take, the more you will feel like taking.**

All too often, we spend our days waiting for the ideal path to appear in front of us. We forget that **paths are made by walking, not waiting.** Dreaming is great. But thinking big thoughts alone will not build a business, pay your bills or make you into the person you know in your heart you can be. In other words of Thomas Carlyle,

**"The end of man is an action and not a thought, though it were noblest."**

**The smallest of actions is always better than the boldest of intentions.**

*"Who Will Cry When You Die?"  
by Robin Sharma*



# History of Our Lady of Perpetual Help

The image of Our Lady of Perpetual Help is an icon, painted on wood, and seems to have originated around the thirteenth century.

Traditionally, the image is also known as "*Our Lady of Perpetual Succour*." The icon (about 54 x 41.5 centimeters) depicts our Blessed Mother Mary, under the title "Mother of God," holding the Child Jesus.

The Archangels Michael and Gabriel, hovering in the upper corners, hold the instruments of the Passion— St. Michael (in the left corner) holds the spear, the wine-soaked sponge, and the crown of thorns, and St. Gabriel (in the right corner) holds the cross and the nails.

The intent of the artist was to portray the Child Jesus contemplating the vision of His future Passion. The anguish He feels is shown by the loss of one of His sandals. Nevertheless, the icon also conveys the triumph of Christ over sin and death, symbolized by the golden background (a sign of the glory of the resurrection) and the manner in which the angels hold the instruments, i.e. like trophies gathered up from Calvary on Easter morning.

In a very beautiful way, the Child Jesus grasps the hand of the Blessed Mother. He seeks comfort from His mother, as He sees the instruments of His passion. The position of Mary's hands— both holding the Child Jesus (who seems like a small adult) and presenting Him to us— convey the



reality of our Lord's incarnation, that He is true God who became also true man. In iconography, Mary here is represented as the Hodigitria, the one who guides us to the Redeemer. She also is our Help, who intercedes on our behalf with her Son. The star painted on Mary's veil, centered on her forehead, highlights her role in the plan of salvation as both the Mother of God and our Mother.

According to popular tradition, a merchant acquired the icon of Our Lady of Perpetual Help from the island of Crete and had it shipped to Rome towards the end of the fifteenth century. During the voyage, a terrible storm arose, threatening the lives of all on ship. The passengers and crew prayed to our Blessed Mother, and were saved.

Once in Rome, the merchant, dying, ordered that the image should be displayed for public veneration. His friend, who retained the image, received further instructions: in a dream to his little daughter, the Blessed Mother appeared and expressed the desire for the image

to be venerated in a Church between the Basilicas of St. Mary Major and St. John Lateran in Rome. The image, consequently, was housed at the Church of St. Matthew, and became known as "The Madonna of Saint Matthew." Pilgrims flocked to the church for the next three hundred years, and great graces were bestowed upon the faithful.

After Napoleon's troops destroyed the Church of St. Matthew in 1812, the image was transferred to the Church of St. Mary in Posterula, and remained there for nearly forty years. There, the image was neglected and forgotten.

By divine providence, the forgotten image was rediscovered. In 1866, Blessed Pope Pius IX entrusted the image to the Redemptorists, who had just built the Church of St. Alphonsus, down the street from St. Mary Major. As a boy, the Holy Father had prayed before the image in the Church of St. Matthew. He ordered the public display and veneration of the image, and fixed the feast of Our Lady of Perpetual Help as the Sunday before the Feast of the Nativity of St. John the Baptist. In 1867, when the image was being carried in a solemn procession through the streets, a young child was cured, the first of many recorded miracles attributed to Our Lady of Perpetual Help.

To this day, the Church of St. Alphonsus displays the icon of Our Lady of Perpetual Help and welcome pilgrims for prayer. May each of us never hesitate to invoke the prayers and intercession of Our Blessed Mother in time of need.

## 主日分享



### 常年期第二十六主日

#### 寬容和接納

本主日的福音給我們的教誨適合當今的現實狀況，對大公合一極有助益。為福音做準備的第一篇讀經取自戶籍紀，其內容導向同一個思想路線。第二篇讀經談的則是不正直的富人。

福音口述若望告訴耶穌說：“老師，我們看見一個人因你的名字驅魔，就阻止了他，因為他不跟從我們。”耶穌對他說：“不要禁止他，因為沒有任何人，以我的名字行了奇跡，就會立即譏諷我的，因為誰不反對我們，就是傾向我們。”在教會大公合一的問題上，必須具有彈性。我們不可有宗派的態度，不接納不屬於天主教會的人的一切好評；我們應該承認這些人同樣得到天主的恩寵。當然，我們更希望他們也加入我們的教會，不過，絕不可有宗派的態度，反而應以熱忱對待他們。

耶穌隨後又教導我們在什麼情況下不可妥協。耶穌所舉的那些情況都是一些令人『反感』的情況。令人『反感』，因為是將他人引入歧途。在我們的生活中擁有這種識別能力是非常重要的。

總之，今日的彌撒讀經給了我們極有意義的訓導。讓我們祈求聖體聖事中的天主，賞賜我們力量，使我們能在必要的時刻絕不妥協；同時知道，在愛德的要求下，靈活措施。

錄自梵蒂岡電台

## 堂區活動



**溫馨提示：安全駕駛及停泊車輛**  
主日學已經復課，請各位車輛駕駛者在聖堂停車場範圍內將車速減慢，**不要超過每小時十公里 (10kph)**，為人為己，小心駕駛。如需要停泊車輛，請停放在已劃定車位或指定範圍內，並希能為其他使用者考慮切勿隨意停放，多謝合作。

### 平日彌撒取消

因阮神父參與司鐸進修，十月二日(星期二)至五日(星期五)之早上九時彌撒及十月二日(星期二)之晚上六時三十分彌撒取消。

### 顯供聖體 (10月6日)

永援聖母堂十月份的顯供聖體時間為10月6日上午十時至十一時由青年會及青年聖詠團帶領。當天除了朝拜聖體外，阮神父將為教友聽告解。請各位教友盡量參與！

### 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。

### 卡城永援聖母堂大專青年團 Kick Start Party

大專青年團將於十月十三日下午十二時至四時到 Strathmore 的 IPG 彩蛋遊戲場，費用全免。早上十一時於上禮堂集合然後一同前往 Strathmore。彩蛋遊戲之後將回到上禮堂，備有小吃和遊戲。歡迎堂區所有青年參加。有興趣者請到大專青年團的網站報名及查詢。 [www.olphyoungadults.weebly.com](http://www.olphyoungadults.weebly.com)

## 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 31,050.00 元。懇請各位教友繼續支持，慷慨解囊！

## 活動一週



星期三、五 10月3,5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 10月5日

### 永援聖母堂董軍

暫停一週

星期六 10月6日

### 顯供聖體

時間：上午 10 時至 11 時  
地點：永援聖母堂

### 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  
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 10月7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

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

主日學

暫停一週

## 靈修小故事



### 平息風浪

今天有事外出，在搭捷運時，感覺身體有點累，就小休片刻，也不知道睡了多久的時間。醒來的時候，旁邊座位已經坐著一位中年的先生。雖然還有點睡眼惺忪，想抬頭確認一下到底到哪一站了，可能是我抬頭的動作稍大，所以坐在一旁的先生也意識到我醒了。

正當覺得一切都沒事時，突然眼前出現了一份簡介，是這位中年先生遞給我的。標題是：《誰能平靜人生的風浪？》圖案是：一艘在波濤洶湧的海上努力要穩住的帆船。內容是：社會發展迅速，各個有保障的工作都越來越沒有保障，生活越來越辛苦，力越來越大，但在變動劇烈的風暴時代，誰能給我穩定的承諾和不變的倚靠？好讓我們能夠平息風浪呢？簡介上附了一段聖經：路加福音第八章 22-25 節「耶穌平息風浪」。

我猜想是這位中年有信仰的先生看我好像很累的樣子，也可能覺得我疲倦的外表，很像正處在暗潮洶湧的生活環境中，所以給了我簡介。他還附帶了一句：「請看看吧！」

我立刻向他說了：「謝謝你！我是天主教的教友！」但我並沒有把全部內容都仔細看完，之後我們都沒有再交談，直到我下車。

回來後，我思考反省著：最近的生活，確實有著層層風浪要我去迎接。

但我都採用「最保守穩健」的心態去處理，總是先觀望，等到覺得自己全部都可以了之後才會慢慢行動。這似乎比較不像我平時的態度：只要準備好了，就勇於面對並堅持到底。不過，每當遇到任何人或事物時，我的基本原則是：「做之前祈禱、做當中祈禱、做完後祈禱」。讓祈禱成為我的起點、過程、完成的支持力量。其實就是這麼單純的堅持，卻也伴隨著我越過大大小小的風浪，但不知道爲了什麼緣故，最近的心情就是有點隨波擺盪的起起伏伏……

晚上，在做睡前祈禱時，我好好的重新讀了這段福音內容：路加福音第八章 22-25 節：

**22 有一天，耶穌和門徒上了船，對他們說：「我們渡到湖那邊去。」他們便開了船。**

**23 正在航行時，他睡著了。忽然有狂風降到湖上，進入船中的水，使他們處於危險中。**

**24 門徒們前來叫醒耶穌說：「老師！老師！我們要喪亡了！」他醒起來，叱責了狂風和波浪，風浪就止息平靜了。**

**25 遂對他們說：「你們的信德在那裡？」他們又害怕又驚奇，彼此說：「這人到底是誰，因為他一出命，風和水也都服從他。」**

當我不夠保溫的內心再次觸碰到這炙熱的聖言時，我再次被天主聖言感動了！我發現原來：我的謙虛，還不足以擁抱我們的天主；但謙虛的耶穌，卻早已將我擁抱在祂懷中！

雖然生活中的風浪模糊了我的視線，祂也似乎從我的眼前隱沒，但其實是祂進入到我的內心駐守著，也邀請我在面對風浪考驗時，能划向深處並在心靈深處找到祂，並再次讓祂成為我生命中的掌舵者、引航者。

當下的我才發覺到：我的起伏之心，其實早就安穩在祂慈愛的懷抱中！而我這划在耶穌心海中的小船，看似忽

上忽下，卻在祂愛的洗禮中，化爲煉淨自我的美麗浪濤。看似載浮載沉，卻在祂愛的召喚中，尋獲明亮心境的堅固燈塔；看似忽近忽遠，卻在祂愛的力量中，開創合一行動的神聖空間。

感謝天主，在這「煉、明、合」的旅程中，使我再次的被天主聖言更新。祈禱中，我特別爲這位有信仰的中年先生祈禱（也讚美祂的福傳勇氣）。我深深的感謝祂，因爲在祂身上，我看見了天主面貌的彰顯，看見信仰內的弟兄友愛。他是我的好弟兄，而我們也真的都是天主的子女，共融於主愛內。

願主耶穌這份平息風浪的力量，伴隨著彼此生活中的每一步，並能繼續勇往直前，也願主耶穌讓這份平安的愛情，也隨著我們的步伐，而傳遞給更多需要的弟兄姊妹。阿們！

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