

# 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

September 9, 2018 二零一八年九月九日

23rd Sunday in Ordinary Time

常年期第二十三主日

Last Sunday Collection

上主日奉獻

\$3,991.00



### 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.

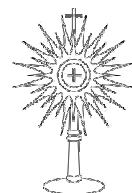
Tuesday 6:30 p.m.

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



### 23rd Sunday in Ordinary Time Cure of Deaf-Mute

Today's gospel is about Jesus curing a deaf-mute, a miracle which has an important bearing on our lives as Christians. Prophet Isaiah foretells in the first reading the coming of a Messiah who will perform miracles and do wondrous things. In the second reading, James exhorts every Christian to lead a life free from bias and discrimination.

A deaf-mute is one who is unable to communicate with others. Quite often he is considered an outcast of the society. The pain of rejection, abandonment and despair is surely hard to bear. This was especially so in biblical times when cure and resources of support were non-existent.

The gospel tells us that a deaf and dumb man was brought to Jesus. Jesus put his fingers into the man's ears, spat and touched the man's tongue. Looking up to heaven, he said: "Be opened!" Thereupon, the man's ears were opened and his tongue was released and he could now talk clearly and freely. The Church has attached great significance of this healing ritual to the Sacrament of Baptism.

For a long time it was part of the baptism liturgy for the priests to touch the ears and the tongue of the person being baptized. This signifies the healing of deafness and the gift of healing and understanding of God's Word. It also confers the gift of speech, the ability to bear witness for God and gives glory to God.

*won't be deaf to Christ's teachings nor dumb to spread the gospel to others*

Let us ask for God's graces that we can put to good use the gifts we received at our baptism, that we won't be deaf to Christ's teachings nor dumb to spread the gospel to others. As good Christians, we should live in faith, truth and love in constant thanksgiving to, and communion with, God.

## Diocese & Other News



### VOLUNTEER AT FEED THE HUNGRY GARDEN HARVEST DAY

Come with your friends and families on Saturday **Sept. 22 at 9 am** to help dig potatoes for Feed the Hungry. Enjoy great company and good food as we celebrate our second harvest. Please RSVP so that we can arrange enough refreshments for all. Closed-toed shoes and water bottles are required. A hat, gloves and folding chair are recommended.

The garden is located at **235021 Range Road 284 E, just southwest of Chestermere**.

RSVP to Linnea at 587-888-9268 or email [fthgarden@calgarydiocese.ca](mailto:fthgarden@calgarydiocese.ca)

### SHARE THE JOURNEY: NO ONE SHOULD BE FORCED TO LEAVE THEIR HOME

Every minute, 31 people are forced to leave their home. Armed conflict, climate change, development of mega projects, persecutions... the causes of forced displacement are multiple, interwoven and complex.

Come to learn more at the **Development and Peace Fall Education workshop**. Save the date: Saturday, **Sept. 29**.

For more information, contact Marilou at 403-218-5519 | [marilou.legeyt@calgarydiocese.ca](mailto:marilou.legeyt@calgarydiocese.ca)

### ONE ROCK EVENING PROGRAM IS FOR ALL AGES!

We're excited to announce those

who are not part of the young adult delegates can now purchase tickets for the Saturday evening program (**Sept. 29 at 7:30 pm**) of One Rock. Come and enjoy inspiring conversations with **Patrick Coffin and Lizzie Reezay**, with music by Access52 and our closing Liturgy. Get tickets at: [www.onerock.ca](http://www.onerock.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.

Learn about the Hutterite way of Christian life, "which comes from Christ and leads back to Christ, belongs by right to the one Church of Christ," (UR 3). Meet at **Catholic Pastoral Centre: 120 17 Ave. SW, Calgary**. Cost: **\$50** (includes lunch at the colony and transportation to and from the event).

RSVP to Nibal Awad (403-218-5501) by Oct. 8 as space is limited. Event may be cancelled if numbers are not met. Only those 18 years and over can attend due to insurance. Participants will be asked to sign a waiver the morning of the event.

### WE ARE FAMILY: WHERE FAITH MEETS LIFE

The Western Conference of Catholic Religious Educators (WCCRE) invites you to a conference for you and all who accompany families as catechists, teachers, clergy, mentors and community.

Keynote speakers **Leif Kehrwald and John Roberto** will explore themes focused on growing in our understanding of the current family trends, and seeing families at the centre of faith formation.

When: **Nov. 15-18 in Kamloop, BC**. For more information, contact: 204-5940-273 | [www.wccre.org](http://www.wccre.org)

## Parish Activities



### Youth Night September 15th, 2018

Youth Night will be held on Saturday, **September 15th** from 6 p.m. - 10 p.m. **Potluck dinner at Upper Hall** will begin at 6:00 p.m. and a spiritual talk will follow. Afterwards, we will be leaving at 8:00 p.m. to **Repsol Sports Centre** for activities.

The fee will be \$5 for youths and \$8 for adults.

All youths, young adults and families are encouraged to attend this event.

### 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](mailto: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.

### 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 12, 14

### OLPH Senior Centre

Time: 9:00 am - 12:00 noon

Place: OLPH Church Upper Hall

Fri Sept 14

### St. Angela School Opening Mass

Time: 9:00 am

Place: OLPH Church

### OLPH Scout

Time: 6:30 pm - 9:30 pm

Place: Upper Hall & Lower Hall

Sat Sept 15

### 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. - 5:00 p.m.

Place: OLPH Lower Hall

### Young Adults Band practice

Time: 4:00 p.m. - 6:00 p.m.

Place: OLPH Lower Hall

### Youth Night

Time: 6:00 pm - 8:00 pm

Place: OLPH Church

Upper/Lower Hall

### Yoga Class Gathering

Time: 6:00 pm - 10:00 pm

Place: OLPH Church

Upper//Lower Hall

Sun Sept 16

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

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

Place: OLPH Church Lower Hall

### Sunday School

Time: 10:00 a.m. - 12:30 p.m.

Place: OLPH Church Office Building

### Queen of China Meeting

Time: 12:30 pm - 2:15 pm

Place: OLPH Boardroom

### St Gabriel Choir Meeting

Time: 12:30 pm - 3:30 pm

Place: K of C Room at OLPH Church

### Catholic Family Fellowship Meeting

Time: 12:30 pm - 3:30 pm

Place: OLPH Upper Hall

## Let There Be Light



### St Theresa 'the little flower'

May today there be peace within.

May you trust God that you are exactly where you are meant to be.

May you not forget the infinite possibilities that are born of faith.

May you use those gifts that you have received and pass on the love that has been given to you...

May you be content knowing you are a child of God.

Let this presence settle into your bones and allow your soul the freedom to sing, dance, praise and love. Amen.

Saint Theresa the Saint of the Little Ways. Meaning she believed in doing the little things in life well and with great love.

"For prayer is nothing else than being on terms of friendship with God."



# Triumph of the Holy Cross - September 14

## History

### A Mother Who Changed History

Helena, Constantine's mother, was a Christian. Constantine's father, Constantius, was emperor of the Eastern Roman Empire. As Constantius' political career developed, he divorced Helena to marry a woman more politically correct. Helena and Constantine were quietly sent away.

When Constantius died, Constantine became emperor. He had always remained close to his mother. Constantine brought her back to court life. In 326 he sent her on a pilgrimage to the Holy Land with unlimited access to his treasury in order to discover and recover the holy places. According to Eusebius of Caesarea, Helena built or expanded churches at Bethlehem, where Jesus was born, and on the Mount of Olives, where he ascended.

### Recovery of the True Holy Cross

Jerusalem had never quite recovered from its destruction by the Roman Emperor Titus in 70 AD. The Roman Emperor Hadrian had built a temple to Roman gods over the site of Golgotha where Jesus died. Helena ordered it be torn down to construct a church there. As the excavation began, three crosses were discovered. When a man who had died was touched to one of them, he came back to life. A woman who was very ill also was healed when she touched this cross. Helena and others therefore concluded this was the true cross.

Part of the cross was sent to Rome, part to Constantinople, and part became the basis for the Church of the Holy Sepulchre in Jerusalem. The cross and church in Jerusalem were dedicated on September 13-14 in 335. The cross was placed in the church on September 14. Thus we celebrate the feast of the Exaltation of the Holy Cross today.

### The Restoration of the True Cross to Jerusalem

In the early seventh century, the Persians conquered Jerusalem, and the Persian king Khosrau II captured the True Cross and took it back to Persia. After Khosrau's defeat by Emperor Heraclius II, Khosrau's own son had him assassinated in 628 and returned the True Cross to Heraclius. In 629, Heraclius, having initially taken the True Cross to Constantinople, decided to restore it to Jerusalem. Tradition says that he carried the Cross on his own back, but when he attempted to enter the church on Mount Calvary, a strange force stopped him. Patriarch Zacharias of Jerusalem, seeing the emperor struggling, advised him to humble himself by removing his royal robes and crown and to dress in a penitential robe instead. As soon as Heraclius took Zacharias' advice, he was able to carry the True Cross into the church.



Like the commemoration of Good Friday during Holy Week, the feast of the Triumph of the Holy Cross reminds us of the wondrous contradiction at the heart of our faith: that we are redeemed by the suffering and the sacrifice of Jesus Christ, offered to God the Father.

As Pope Benedict XVI remarked during his general audience on Oct. 29, 2008:

"The Cross, for all it represents, hence also for the theological message it contains, is scandal and folly. The apostle says so with an impressive force that it is good to hear directly from his words:

**'for the word of the Cross is folly to those who are perishing, but to us who are being saved it is the power of God ... it pleased God through the folly of what we preach to save those who believe. For Jews demand signs and Greeks seek wisdom, but we preach Christ crucified, a stumbling block to Jews and folly to Gentiles'**

**1 Cor 1:18-23."**

## 主日分享



### 常年期第二十三主日

#### 痊癒聾啞人

本主日的聖道禮儀在福音中為我們敘述了聾啞人痊癒的事蹟，這個事蹟為我們的基督徒生活有很深刻的意義。在第一篇讀經中已經為這件奇事作了準備，依撒意亞的章節宣佈了天主行的奇跡。

他向流放者說：“鼓起勇氣來，不要畏懼！”希伯來人被流放到巴比倫，但是，先知現在看到因百姓的罪過造成的這個痛苦即將結束。

依撒意亞所宣告的在耶穌的使命中實現了，耶穌本著無限的仁慈治癒所有的病人和殘疾者。本主日的福音段落敘述了有人給祂帶來一個又聾又啞的人，求祂給他覆手。

### 因為我們相信天主的愛 我們就會付出愛

第二篇讀經是雅各伯宗徒對具有基督徒該當有的態度作出的勸勉。第二篇讀經同福音中的敘述沒有直接關係，但同基督徒的生活，同信德和愛德生活有關。這兩個品德之間有密切的關係。因為我們相信天主的愛，我們就會付出愛。福音中的話向我們傳遞信德，推動我們去行愛德。雅各伯告誡我們在我們的舉止態度上缺少信德和愛德的表現，他說：“你們既信仰我們已受光榮的主耶穌基督，就不該按外貌待人。”我們該保持純潔完整的信德，不沉溺於個人的偏愛，它既不符合信德，也不符合愛德。

我們該當更好地聆聽使徒們傳給我們的天主的話，不要聽而不聞，但把這話放在心內。那麼，讓天主的話指引我們，讓我們在信德和愛德中不斷成長。

(錄自梵蒂岡電台)

## 堂區活動



### 青年晚會

青年晚會將於9月15日(星期六)6時至10時舉行。晚餐於6時在上禮堂開始，靈修講座由7時開始。講座後出發前往 Repsol Sports Centre 活動。青少年入場費為5元，成年入場費為8元。  
歡迎堂區所有青年及兄弟姊妹參加。

### 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。

### 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12,14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14日

### St. Angela School 開學彌撒

時間:上午9時  
地點:永援聖母堂  
永援聖母堂董軍  
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15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

### 青年晚會

時間:下午6時至8時  
地點:永援聖母堂上或下禮堂

### 瑜珈班聚會

時間:聚會6時至10時  
地點:永援聖母堂上或下禮堂

星期日 9月16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

### 聖母會開會

時間:下午12時30分至2時15分  
地點:永援聖母堂會議室

**佳播聖詠團**

時間下午 12 時 30 分至 3 時 30 分  
地點：聖堂騎士會室

**公教家庭協會**

時間下午 12 時 30 分至 3 時 30 分  
地點：永援聖母堂上禮堂

**靈修小故事****堅持**

一位名叫薛瓦勒(Ferdinand Cheval)的鄉村郵遞員，每天徒步奔走在各個村莊之間。有一天，他在崎嶇的山路上被一塊石頭絆倒了。

他發現，絆倒他的那塊石頭樣子十分奇特，他抬起那塊石頭，左看右看，有些愛不釋手了。

於是，他把那塊石頭放進自己的郵包裡。村子裡的人們看到他的郵包裡除信件之外，壓有一塊沉重的石頭，都感到很奇怪，便好意地對他說：“把它扔了吧，你還要走那麼多路，這可是一個不小的負擔。”

他取出那塊石頭，炫耀地說：“你們看，有誰見過這樣美麗的石頭？”人們都笑了：“這樣的石頭山上到處都是，夠你撿一輩子。”

回到家裡，他突然產生一個念頭，如果用這些美麗的石頭建造一座城堡，那將是多麼美麗啊！

於是，他每天在送信的途中都會找幾塊好看的石頭。不久，他便收集了一大堆，但離建造城堡的數量還遠遠不夠。

於是，他開始推著獨輪車送信，只要發現中意的石頭，就會裝上獨輪車。

此後，他再也沒有過上一天安閒的日子，白天他是一個郵差和一個運輸石頭的苦力，晚上他又是一個建築師。他按照自己天馬行空的想像來構造自己的城堡。

所有的人都感到不可思議，認為他的大腦出了問題。

20 多年以後，在他偏僻的住處，出現了許多錯落有致的城堡，有印度神教式的、有基督教式的……當地居民都知道有這樣一個性格偏執、沉默不語的郵差，一直在幹著一些如同小孩建築沙堡的遊戲。

1905 年，美國波士頓一家報社的記者偶然發現了這群城堡，這裡的風景和城堡的建造格局令他慨歎不已，為此寫了一篇介紹薛瓦勒的文章。文章刊出後，薛瓦勒迅速成為新聞人物。許多人都慕名前來參觀，連當時最有聲望的大師級人物畢卡索也專程參觀了他的建築。

在城堡的石塊上，薛瓦勒當年刻下的一些話還清晰可見，有一句就刻在入口處的一塊石頭上：“我想知道一塊有了願望的石頭能走多遠。”

據說，這就是那塊當年絆倒薛瓦勒的第一塊石頭。

其實有了願望的不是石頭，而是我們的內心有了一股強大的信念，這個信念就是要過自己嚮往的生活。

許多人之所以不平凡，是因為他們能夠清醒地認識到一點：自己想過什麼生活，想要什麼樣的人生。

很多人抱怨生活中缺少或沒有光明，這是因為他們自己缺少或沒有希望的緣故。無論在多麼艱難的困境中，只要活在希望中，就會看到光明。這光明也將會伴隨我們的一生。

希望是生活的燈塔，沒有希望的人生就如同在黑暗中行進；希望具有鼓舞人心的造性力量，她激勵人們去盡力完成自己的事業；希望可以增強人們的才智，能夠使夢幻變成現實。

**由家庭開始實踐生態通諭**

生態通諭問了一句話：「我們希望留給子孫一個怎樣的世界呢？」(LS159) 孩子由婚姻而來，故此從家庭中開始實踐生態通諭是必然的。

**建立喜樂家庭**

家庭是社會最小的細胞，有愉快的家庭，才有健康的社會。通諭一再強調，現在的生態危機，出於人類太過自我中心，除了沒有善待大自然及其他受造物，與家人相處的時候，總是希望家人遷就自己，喜歡由自己主宰一切，以自己為中心，沒有尊重家人感受，家庭又怎會和諧呢？(LS34, 65, 66)！

父母應該教導孩子從家中開始學懂尊重，身教是對孩子最好的教育。

**直接交談**

隨著科技的發展，家人及朋友之間減少了直接的對話，改為用電子媒體來溝通。教宗認為：真正的智慧，是透過反省及交談，從與其他人溝通的過程中學習得來的。但現今的科技，容許我們隨意篩選或剔除人與人的關係(LS47)。舉例：臉書的「取消朋友」或 What's app 的「離開群組」等功能，讓人隨意躲避他人，而不是學習與人和諧共處。

父母要與孩子多交談，使孩子學習與人正面溝通之法；一家人同桌吃飯，卻各自看著手機，是多可悲的事！

摘自天主教香港教區

<https://laudato-si.catholic.org.hk/?p=380>

教宗方濟各《願祢受讚頌》通諭 LAUDATO SI' 中文版 (PDF 下載)  
<https://laudato-si.catholic.org.hk/wp-content/uploads/2016/03/%E6%95%99%E5%AE%97%E6%96%B9%E6%BF%9F%E5%90%84laudis.pdf>



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利瑪竇騎士會 Knights of Columbus

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主日學 Sunday School

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永援聖母青年團 Young Adult Group

國語基信團 Mandarin Group

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任何查詢, 請聯絡堂區辦事處。

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