

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

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

October 14, 2018 二零一八年十月十四日

28th Sunday in Ordinary Time

常年期第二十八主日

Last Sunday Collection

上主日奉獻

\$3,663.00



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.

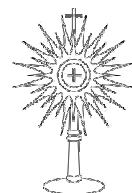
Tuesday 6:30 p.m.

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



28th Sunday in Ordinary Time ***True Wisdom and Happiness***

Today's first reading tells us that wisdom is more important than wealth. The second reading speaks of the word of God as alive, active and sharp. If we accept the word of God, it will become a living fountain for us, bringing light, courage and strength to our lives, and helping us to march on the road of goodness and love.

The gospel is on Jesus and the rich young man, a story also mentioned in the other two synoptic gospels (Matthew and Luke). This "law-abiding" young man gets a calling from Jesus who challenges him to become a better person, "You still lack one thing: go and sell what you have and give the money to the poor, and you will have treasure in heaven; then come, take up your cross and follow me." Sadly, the young man fails to meet the challenge and walks away from Jesus because he is not prepared to part with what he has. Jesus thus laments how difficult it is for rich people to enter the Kingdom of God.

We need to liberate ourselves from worrying about money and wealth. Instead, we should strive to understand the very nature and meaning of life: namely, our relationships with God and with our fellow brothers and sisters. In order to enter the Kingdom of God and enjoy true and everlasting happiness, we must get rid of our selfishness, and free ourselves from the bondage of materialism and worldly possessions.

Let us pray for God's grace that, in our earthly sojourn, we can always ***follow his Way by taking a step forward each day to free ourselves from the pursuit of wealth***, to submit ourselves to God's love and to serve our brothers and

sisters as best we can.

Diocese & Other News



DONATIONS FOR NATURAL DISASTERS

Over the past month the world has been witness to immense sufferings as a consequence of natural disasters: Earthquake and tsunami in Sulawesi, Indonesia and flooding in Kerala, Indonesia.

Donations can be made through the Diocese website:

<http://donate.calgarydiocese.ca> or via cheques to the Pastoral Centre - 120-17 Ave SW, Calgary, AB T2S 2T2, earmarked: "Tsunami in Indonesia" and/or "Flooding in Kerala."

SEXUAL MISCONDUCT ALLEGATIONS

The Diocese of Calgary was informed by the Archdiocese of Vancouver that they have recently received a report of allegations of sexual misconduct towards a minor and an adult by Fr. Peter Hung Cong Tran, OP when he was the Associate Pastor of St. Joseph Parish in Vancouver from 1998 - 2003. Read the full statement at <http://news.calgarydiocese.ca>

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

Parish Activities



World Mission Sunday - Oct 21st, 2018

Together with young people, let us bring the Gospel to all

Next Sunday, WORLD MISSION SUNDAY, we are called to be part of the Church's missionary efforts, supporting mission priests, religious Sisters and Brothers, and lay catechists who provide loving service to those most in need.

As Catholics around the world — here at home and in the Missions —

gather at the Eucharist around the table of the Lord, let us...

PRAY for the Church's worldwide missionary work

OFFER financial HELP through The Society for the PROPAGATION OF THE FAITH for vulnerable communities throughout Asia, Africa, Latin America and the Pacific Islands.

Donation on World Mission Sunday

There will be a special collection on World Mission Sunday, October 21st. Please give generously to support. May God's blessings be with you!

Mini Concert - Perpetual Harmony Choir

Parishioners and their friends are invited to enjoy the mini concert performed by Perpetual Harmony Choir.

Date : **Oct. 27, 2018**

Time: **7:00 pm**

Place: **OLPH upper hall**

Admission.: **Free**

Snack will be provided from 6pm-7pm.

Please contact Lisa Ma lisama

@live.ca or text 403-828-3693 with number of people.

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 17, 19

OLPH Senior Centre

Time: 9:00 am -12:00 noon

Place: OLPH Church Upper Hall

Fri Oct 19

OLPH Scout

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

Place: Upper Hall & Lower Hall

Sat Oct 20

Legion of Mary (meeting)

Time: 9:45 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 21

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

vacation or something hilarious his child did at the Christmas concert or about someone famous he has met. "Did you get it on film?" I ask. "I'd love to see the photo." "Next time," comes the reply. "I didn't have time to pick up a new roll. But let me try and describe what happened to you."

A picture truly is worth a thousand words. Photographs capture and record life's greatest memories so that we can re-live them as the years go by. As I grew up, my father constantly took pictures of our family. Whether it was a family picnic, the first time I took his car out for a spin, or a simple gathering with friends, he was there taking pictures. Often, while he asked us to smile for the camera, I would grow impatient and gently ask him to take the photo quickly. "You don't need to take so many photos, Dad," I would say "What are we going to do with them all?"

Well now, as the years have quietly slipped by, I know what to do with all those photos. They have gone into albums that form part of the story of life's passage. They provide my own children with endless hours of amusement and offer our entire family a wonderful way to reflect on the simple things that have meant so much to us.

Take more picture, record the best times of your life. Collect photographs of the things that have made you smile or cry or appreciate the many blessings this world provides. Always carry a disposable camera in your car and two in your luggage when you travel. You might be surprised how good you will feel when you go through your albums years from now.

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

Let There Be Light



Take More Pictures

Every life is worth living. And given this, every life is worth recording. So often a friend will tell me about a breathtaking sight on a recent

World Mission Sunday 普世傳教節

World Mission Sunday is the one Sunday in the year when the entire global Church comes together in support of mission. And all the donations from these worldwide Masses go entirely to support churches, hospitals, schools and vocations in countries where the Church is new, young or poor.

World Mission Sunday, usually on the penultimate Sunday in October, is our chance to show love and solidarity to our family in faith overseas. Through our prayers, we support missionaries everywhere in spreading the Good News. And by donating we respond to Christ's call to feed the hungry and clothe the naked.

World Mission Sunday was instituted by Pope Pius XI in 1926 at the request of the Society for the Propagation of the Faith as a day of prayer and offerings for and promotion of mission. It is celebrated in every diocese, parish and institute of the whole Catholic world. Pope John Paul II wrote in his encyclical, *Redemptoris Missio*, that it is a time to remind the whole Catholic faithful of the permanent validity of the missionary mandate the Lord proclaimed in John 20:21: "As the Father has sent me, so I send you."

Christ's act of sending is as timely today as it was when he sent out his apostles. On World Mission Sunday we recommit ourselves to sharing in the mission of Christ. The pastoral theologian, Michael Downey, has said that it is not so much that the Church has a mission, but that the mission has a Church. The Church grew out of the mission that Jesus gave to his apostles and that the Church was born out of the missionary effort of the apostles.

The Second Vatican Council made it clear that the Church is missionary by its very nature! For some people it means going to another country and culture where people speak another language and have other customs. For all of us who are baptized it means witnessing to the love of Christ right where we are.

[Message Of His Holiness Francis For World Mission Day 2018](#)



Pope Benedict XV 本篤 15 世



Pope Pius XI 碧岳 11 世

普世傳教節

通常在 10 月的倒數第二個星期天，是我們在海外信仰中向家人表達愛心和團結的機會。通過我們的祈禱，我們支持世界各地的傳教士傳播福音。通過捐贈，我們回應基督的呼召，為飢餓的人提供食物並為他們穿上衣服。

教會舉辦普世傳教節來自 1926。1914 年教宗「本篤 15 世」Pope Benedict XV 登基，由於第一次世界大戰爆發而阻礙傳教事業的發展；大戰結束後，教宗「本篤 15 世」就在 1919 年公佈了著名的「夫至大通諭」(Maximum Illud)。

這份「夫至大通諭」亦被稱為「傳教的大憲章」直接影響教會本地化的發展。教宗本篤 15 世向傳教士強調，傳教應該超越國界，傳教是為擴張基督的神國，傳教是為了增加天國的子民，傳教是要培訓領導本地教會的人才。

繼本篤 15 世之後，碧岳 11 世(Pius XI)繼位。有「傳教的教宗」的雅號。他動員整個天主教會一齊參加傳教工作，他邀請所有的修會派人到傳教區去，連隱居的苦修會也不例外。1926 年碧岳 11 世建立「傳教節」，他希望所有的教友，都能覺悟而意識到傳教事業人人有責。他喚起群眾，大規模動員群眾，來幫助傳教事業，他邀請全球每一個教堂要隆重地慶祝「傳教節」。

「傳教節」的目的就是

1. 邀請所有的教友一齊關心傳教工作
2. 為傳教事業和傳教士祈禱
3. 培養傳教的聖召
4. 也為傳教事業慷慨捐獻

[2018 年普世傳教節文告](#)

主日分享



常年期第二十八主日

真正的智慧和快樂

今天的第一篇讀經告訴我們智慧比財富更加重要。第二篇讀經給我們講述天主的話，這話是生活的、有效的和銳利的。如果我們接受天主的話，它就會成為我們生命的活泉。為我們的生活帶來光明，給我們勇氣和力量在美善和愛的路上持續前進。

福音給我們介紹一個富有的年輕人，他受到耶穌的召叫，耶穌向他提出一個困難的問題：“你還缺少一樣，變賣你所有的一切施捨給窮人（這恰恰是年輕人所缺少的：放棄），你必有寶藏在天上；然後，來，背著十字架跟隨我”但是年輕人卻沒有勇氣接受，因為他沒有能力棄絕自己的財富。然後耶穌做了個反省：“那些有錢財的人進天國是多麼難啊！”

因此，我們應該將心從錢財的牽掛中解放。應該有勇氣認識什麼對我們的生命是真正本質性的：與天主的愛的關係，與兄弟姐妹的愛的關係。

我們應該從自私中解放自己，從物質對我們的束縛中解放。
只有這樣我們才會進入天主的國。

讓我們祈求天主，恩賜我們在這條道路上不斷前進。在對物質的解放中，在對天主之愛的依戀上，和對兄弟姐妹的服務中，每一天我們都應該前進一步。

錄自梵蒂岡電台

堂區活動



普世傳教節 2018

十月二十一日

讓我們偕同青年人，
將福音帶給每一個人。

整個教會內的基督徒因受聖神的帶領可以公開重申其對傳教工作的承諾：將信仰與傳播福音宣講到所有的人。因此，普世傳教節是普世教會及福傳的全球標誌。今年，普世傳教節將於10月21日在全世界的每一個堂區舉行。

您的祈禱及奉獻將可支援世界遭遇災害及受戰爭蹂躪國家的難民提供緊急的援助，並提供醫療和運輸給予當地服務的神父、傳道員，信友及牧靈工作人員。它也提供了所有傳教神父日常生活需要的開支。普世傳教節是我們幫助全世界天主教團體成為一家的機會。藉著所獲信仰恩寵的分享，我們一起將希望與愛心帶給那些有需要的人們，特別是我們在非洲，亞洲，大洋洲，歐洲和南美的兄弟姐妹。請為普世傳教節祈禱，並在普世傳教節慷慨解囊。

願主永遠降福您們！

普世傳教節捐獻

10月21日將進行第二次捐獻作普世傳教節之用，請慷慨支持及回應。

Perpetual Harmony Choir 小型音樂會

誠意邀請各教友及其家人和朋友一起齊來欣賞 Perpetual Harmony Choir 小型音樂會

日期：十月二十七日 星期六

時間：晚上七時

地點：聖堂上禮堂

免費入場，下午六時至七時茶點招待。請聯絡 Lisa Ma 以便安排欣賞人數。

電郵：lisama@live.ca，傳訊 403-828-3693。

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14, 19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19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 10月20日

聖母軍

（聖母軍聖母無玷聖心支團）

間：上午 9 時 45（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21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：聖堂二樓及聖堂騎士會室

靈修小故事



生命無高下

一位有德之士一直為住在城市的東區而苦惱。他舉止文雅，行為中正，而東區的人們粗俗隨意；他生活有規律，從不過分，但東區的人們卻喜歡肆意狂放；他品質高潔，從不能容忍自己有微小的不檢點，東區的人們則似乎不太注重這些，市儈氣功利心重。

于是他向一位智者求助，究竟是搬遷別處，還是做其他打算。

智者聽完他的敘述，靜靜地過了一會兒，一句話也不說，便帶著他去了一個山谷。那個山谷空氣清新，景色優美，更有成千上萬只烏鴉在這裏盤旋、靜立、打鬧、棲息，整個山谷異常和諧。可是，黃昏的時候，來了一只蒼鷹，情況就發生了變化。

蒼鷹仗著自己身強體壯，飛翔能力強，氣焰囂張地一會兒擠占這群烏鴉的地盤，一會兒啄咬那一群烏鴉。和諧熱鬧的烏鴉群變得混亂驚慌起來。它們四處逃竄，驚慌失措。騷擾了一陣後，蒼鷹似乎很不屑與烏鴉們為伍，又趾高氣揚地飛走了。

看著眼前這一切，智者緩緩開口說：“蒼鷹以為自己和烏鴉相處是受了委屈，殊不知烏鴉並不樂意與蒼鷹在一起。對於生命而言，其實沒有高下，只是生活方式存在差別。所以，你不應該嫌棄東區，而應持有感謝之心，感謝他們對你這個不同類人的容納。你自以為居住東區是一種恥辱，而對東區的人們來說，你的生活方式和所謂的道德優越其實是一種‘騷擾’，與蒼鷹對烏鴉群的行為無異啊。”

有德之士很慚愧。他以為自己卓爾不群，沒想到實際上只是需要別人接納才能生存的可憐蟲。自己嫌惡想要離之而去的人們，恰恰是自己最珍貴的財富。

生活甘泉



讓泥砂沉澱，水會變成乾淨的

一個人生活在世界上，單靠自己的力量很難去解決生活中的各種危機。很多時候，當人在面臨挫折、痛苦和心靈上的困惑時，很難平靜地想辦法去解決。「你平靜平靜……」這句話說起來簡單，做起來不容易。就像一盆水，裡面有泥土砂石將它污染了，如果我們一直舀這個水，舀來舀去，只會讓水越來越渾濁，看不清水下到底有什麼東西。唯一的辦法就是放在那兒，別去動它，讓水裡的泥砂沉澱下去；慢慢就會發現，渾濁的水會變成乾淨的水，人的心也是如此。

念頭越多，困擾越大

遇到逆境的時候，人比較容易衝動。這種恐懼和無助感，會帶動負面情緒爆發出來，雜念會非常多，而且是極不理智的，就像渾濁的水，怎麼舀也還是渾濁的。隨著念頭越想越多，反而會給我們造成更大的困擾。這個時候不是不能解決問題，而是因由過多的妄念，太多故作聰明的假設，反而會將人帶入如泥沼般的誤區——也許不會發生的事，因為你的預設，最後把自己套進去了。

就像兩個人爭吵，爭吵是突然發生的危機，兩個人也都想很快地解決這個問題，很多人卻來不及沉澱，來不及冷靜下來，馬上就想去解釋剛才的誤會。但是，由於剛才的火氣還沒消，越解釋對方越不領情；你的解釋越多，他們就越會反駁。如果你認為自己是正確的，就很容易變得衝動，因此發脾氣。大家可以去觀察，兩個人在很快速的衝突當中，越是想解決問題，越是解決不了；只會讓那個衝突一再地加大，越來越大。只有沉澱了一段時間之後，哪怕只是半個小時、一個小時，事情就會得到很大的緩和。

在這個世界上，出現任何危機，只要不牽涉生老病死，都還是有辦法的。

當你遇到一件困難的事，不要以為這就是倒楣。「塞翁失馬，焉知非福」，門被堵住了，開窗，窗被堵住了，那就開另一扇門，總會有辦法的。

所以，人類的大腦不能停留在單一的思維上，如果只用一種方式去思考問題，就沒有出路。很多人在面對危機和困難時喜歡鑽牛角尖，鑽到裡面出不來，就是以單一的思維來解決複雜的問題，不知道換個方法試一試。

一個人的力量有限，人類活在這個世界上必須要有很多的顧問，在精神上，宗教修行是最好的。世間有很多經歷非常豐富、對世間人事物瞭若指掌的哲人，這種人不一定讀過很多書，但他的影響力很大。我們周邊需要很多這種有智慧的人。但智慧不等於聰明。

很多時候，當人們遇到困難挫折，都會絞盡腦汁地去想：我該怎麼辦？當情緒過度雜亂時，就沒有辦法清晰思路。這時候，最好找一個人，哪怕他什麼都不會，你只須把情緒告訴他，把這種像海上浪花泡沫一樣的情緒稍微沉澱一下，也許就會靈光一現；如果找到一個智者，會得到更多幫助。

把心放一放，一直揪著心，就會提心吊膽。訓練我們的心，儘量讓自己在發生狀況的第一時間沉澱下來。不要衝動，稍微安靜一下，冷靜地思考一下，並不是人人都能做到的。有修行的人，才會在一些事情發生時不至於像常人那麼衝動，這是長期訓練的結果。我們也可以做到，這種遇事不慌，沉澱心情的訓練。談話也是一樣，當人家講一句話時，我們先通過大腦思考幾秒鐘再回應，不要人家講出來就馬上對應過去。給自己一個緩衝的時間。

**讓水裡的泥砂沉澱下去；
慢慢就會發現，
渾濁的水會變成乾淨的水，
人的心也是如此。**

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