

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

February 3, 2019 二零一九年二月三日

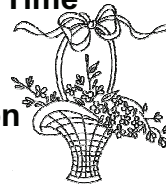
4th Sunday in Ordinary Time

常年期第四主日

Last Sunday Collection

上主日奉獻

\$3,320.00



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

公唸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





祝各位教友農曆新年

平安快樂! 身體健康!

信望愛常與你們一起!

並祝主寵滿溢!

Happy Chinese New Year

**Praying that God will grant
faith, hope and love to all
parishioners in the coming year!
God bless you!**

Theme Sharing



4th Sunday in Ordinary Time

In the first reading, Jeremiah received his calling from God and later became one of the four "major" prophets in the Old Testament. He got his calling at a young age and left his family to take up the role of God's spokesman. For forty years, he suffered persecution, ridicule and rejection. He was portrayed by the early Church Fathers as a prefigurement of Christ. The first reading emphasizes Jeremiah's role as "a prophet for all nations", which explains why he was rejected by his own people.

Today's gospel makes no mention about Jeremiah. Jesus instead refers to two other prophets, Elijah and Elisha, to reiterate the old saying that a prophet is not welcome in his hometown. "Truly I tell you,"

says Jesus, "no prophet is accepted in the prophet's hometown. The truth is that there were many widows in Israel in the time of Elijah, when there was a severe famine over the land because of a prolonged drought of three and a half years; and yet Elijah was sent to none except to a widow at Zarephath in Sidon (i.e. outside the land of Israel). And in the time of the prophet Elisha, there were many lepers in Israel but none of them were cleansed except a Naaman the Syrian." We are told that all the people in the synagogue were enraged at Jesus' words, and they drove him out of the town with intent to hurl him off the cliff.

No doubt, Jesus was giving a stern warning to his town folks. He declined to perform miracles in his hometown presumably because of the people's selfishness and lack of faith in him. Jesus therefore passed through the midst of them and went on his way. The real message of today's gospel is on the universality of God's love. Jesus was sent, like Elijah and Elisha, not just for the Jews but for "all the nations". After laboring hard on evangelization, Luke and his contemporary apostles came to realize that salvation was meant for Israelites and Gentiles (Non-Jews) alike.

In the second reading, Paul stresses on the importance of love in our daily interaction with others especially when we all have the mission to bring Christ to others. So even if we have the gift of tongues and can speak with the eloquence of an angel or the best advocate in the world, and yet we have no love but pride and arrogance in our hearts, we would just be like gongs and cymbals that make a lot of noise but produce no melody. And if we have the gifts of prophecy, understanding and knowledge; or if we should have all the faith so that we can remove mountains but again do not have love, we are nothing. And if we should give away all our property to

the poor or should even hand over our bodies to be burned like martyrs in Paul's time, and yet are not motivated by love except by a desire for praise and recognition, we really gain nothing for our soul. So if we wish to continue Christ's mission to proclaim the good news to the ends of the earth, we must start with Love: love of God and love of our fellow brothers and sisters.

Let us then pray for the gift of love as in today's Opening Prayer: "Heavenly Father, help us to love you with all our hearts and to love all people as you love them. Grant this through Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen."

Diocese & Other News



A VISIT TO BETH TZEDEC SYNAGOGUE WITH FR. ADRIAN MARTENS

You are invited to a visit to Beth Tzedec Synagogue with **Fr. Adrian Martens**. When: Friday, **March 1 at 9 am to 1 pm**. Meeting place: **Catholic Pastoral Centre** (120 17 Ave SW, Calgary, AB). Cost: \$40 (includes kosher lunch and transportation to and from event), open to those who are 18 years and older. RSVP or register by Feb. 22: 403-218-5501

<http://events.calgarydiocese.ca>

VOLUNTEERS WANTED FOR THE OUTDOOR WAY OF THE CROSS

The 36th annual Outdoor Way of the Cross takes place at 9 am on Good Friday, **Apr. 19 at St Mary's Cathedral**, Calgary. We are currently looking for readers, first aiders, crowd control, and volunteers to help with lost persons and to carry the cross. Contact Marilou at: 403-218-5519

marilou.legeyt@calgarydiocese.ca

FILM SCREENING OF "FATAL FLAWS: LEGALIZING ASSISTED DEATH"

Filmmaker and pro-life speaker **Kevin Dunn** will be on hand for a screening of his new film, *Fatal Flaws: Legalizing Assisted Death*. Kevin travelled to four countries to see how euthanasia and assisted suicide laws are shaping the culture around us and what we can do to stem the tide. When: Thursday, **Feb. 21, at 7 pm.** Where: **Holy Spirit Parish**(10827 24 St SW, Calgary); discussion at 8 pm. For more information, call 403-281-6626. See the trailer at <https://fatalflawsfilm.com/>

Parish Activities



Chinese New Year's Thanksgiving Mass

Chinese New Year's Thanksgiving Mass will be held on February 5 (Tuesday) at 9:00a.m.

The 27th World Day of The Sick February 11, 2018

February 11, it is the annual celebration of the Feast of our Lady of Lourdes. The ill are encouraged to reflect on the Christian meaning of suffering. The occasion also provides an opportunity for those involved in health care to recall the roots of their healing mission. Please pray for the sick!

On **Feb 10** all the masses will be dedicated to the sick. Fr. Joseph will anoint those sick parishioners in the 11:30a.m. mass.

TIA 2018

**"For where
your treasure
is, there your
heart will be also."**

*United
in Faith,
Together
in Action*
2018 Annual Bishop's Approval

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 December 31, 2018, our campaign has received a total of \$37,975.00. We plead for your ongoing support

Weekly Activities



Wed, Fri Feb 6, 8

OLPH Senior Centre

Time: 9:00 am -12:00 noon

Place: OLPH Church Upper Hall

Thu, Feb 7

Perpetual Harmony Choir Practice

Time: 7:00 p.m.-9:00 p.m.

Place: OLPH Upper Hall

Fri Feb 8

OLPH Scout

Time: 6:30p.m.-8:30p.m.

Place: Upper Hall & Lower Hall

Sat Feb 9

Legion of Mary (meeting)

Time: 9:45 a.m.

Place: OLPH Church K of C room

Tai Chi Lesson

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

Place: OLPH Church Lower 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 Upper Hall

Sun Feb 10

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

Sunday School - Praise & Worship

Session

Time: 11:15 a.m.-12:30 p.m.

Place: OLPH Upper Hall





You received without payment;
give without payment.

Matthew 10:8

你們白白得來的，
也要白白分施。

瑪竇福音 10:8

第二十七屆世界病患日，將於 2019 年 2 月 11 日在印度加爾各答隆重慶祝；教會身為她所有子女的母親，尤其是病弱者的母親，提醒我們：如同慈善的撒瑪黎雅人那樣慷慨大方的行為，是最為令人信服的福傳途徑。照顧病患，必須專業與溫柔兼備，殷勤侍奉，不求回報，猶如輕柔的撫觸，使人深感受到鍾愛。

生命是來自天主的恩賜

聖保祿曾問說：「你有什麼不是領受的呢？」（格前四 7）。正因為人的生命是一份恩賜，所以絕不能被貶低為一件個人物品或私人財產。尤其今日醫學發達，生物科技突飛猛進，極有可能陷我們於操控「生命樹」的誘惑。（參閱：創三 24）

我們每個人都是匱乏、貧困和極需幫助的

我們一誕生就需要父母的照顧才能存活；同樣地，在我們生命中的每個階段，都無法完全不求助於他人，而是一直必須仰賴他人的幫助。身為「受造物」，我們在他人面前，或遭逢各種境遇時，經常會察覺到自己的限度。只要我們願意坦白承認此一事實，我們便能保持謙卑，更勇毅地實踐團結互助的精神，將之視為生命中絕不可缺的美德。

慈悲是「鹽」，給她的善工增添滋味；也是「光」，照亮許多人的黑暗

本屆世界病患日將在印度隆重慶祝，我懷著喜樂之心及景仰之情，希望能喚起眾人對加爾各答的聖德蘭修女的記憶——她是愛德的楷模，使人看見天主對窮人和病人的愛。在她的宣聖典禮時，我曾說：「不論就德蘭修女生命中的哪一個層面來看，她都是一位慷慨的分施者，大方地給予人天主的慈悲——因為她總是親切待人，又挺身捍衛那些未出生的胎兒和那些被遺棄的生命，一生為他人而活。她俯身親近那些被消磨殆盡、被任意棄置路邊的可憐人們，在他們身上認出天主賦予他們的尊嚴；她使世上的權勢，在聽到她發聲以後，在面對他們一手造成的貧窮，所衍生的各種犯罪行為時，能夠承認自己有罪。」

慷慨服務的精神驅使很多志工們，在健康照護中以令人折服的方式體現慈善撒瑪黎雅人的靈修，並支持他們的工作。志工服務所要傳遞的，是慷慨付出的價值觀、行為和生活方式，發自內心，並使健康照護更加人性。

在此，我將你們所有的人托付于瑪利亞——病人之痊。願她幫助我們，秉持相互對談和彼此接納的精神，分享我們所領受的各樣恩賜，如同弟兄姊妹般地生活，互相關照，以慷慨的心大方分施，體驗捨棄己利服務他人的喜樂。我懷著對你們的感情，向你們保證，我和你們所有人在祈禱中緊密相連，並全心賜予你們宗座遐福。

教宗方濟各 梵蒂岡

http://w2.vatican.va/content/francesco/zh-tw/messages/sick/documents/papa-francesco_20181125_giornata-malato.html

On the XXVII World Day of the Sick, to be solemnly celebrated on 11 February 2019 in Calcutta, India, the Church – as a Mother to all her children, especially the infirm – reminds us that generous gestures like that of the Good Samaritan are the most credible means of evangelization. Caring for the sick requires professionalism, tenderness, straightforward and simple gestures freely given, like a caress that makes others feel loved.

Life is a gift from God

Saint Paul asks: “What do you have that you did not receive?” (1 Cor 4:7). Precisely because it is a gift, human life cannot be reduced to a personal possession or private property, especially in the light of medical and biotechnological advances that could tempt us to manipulate the “tree of life” (cf. Gen 3:24).

Each of us is poor, needy and destitute.

When we are born, we require the care of our parents to survive, and at every stage of life we remain in some way dependent on the help of others. We will always be conscious of our limitations, as “creatures”, before other individuals and situations. A frank acknowledgement of this truth keeps us humble and spurs us to practice solidarity as an essential virtue in life.

Mercy was the ‘salt’ which gave flavor to her work; it was the ‘light’ that shone in the darkness

In light of the solemn celebration in India, I would like to recall, with joy and admiration, the figure of Saint Mother Teresa of Calcutta – a model of charity who made visible God’s love for the poor and sick. As I noted at her canonization, “Mother Teresa, in all aspects of her life, was a generous dispenser of divine mercy, making herself available for everyone through her welcome and defense of human life, of those unborn and those abandoned and discarded... She bowed down before those who were spent, left to die on the side of the road, seeing in them their God-given dignity; she made her voice heard before the powers of this world, so that they might recognize their guilt for the crime – the crimes! – of poverty they created.”

Generosity inspires and sustains the work of the many volunteers who are so important in health care and who eloquently embody the spirituality of the Good Samaritan. Volunteer work passes on values, behaviors and ways of living born of a deep desire to be generous. It is also a means of making health care more humane.

I entrust all of you to Mary, *Salus Infirmorum*. May she help us to share the gifts we have received in the spirit of dialogue and mutual acceptance, to live as brothers and sisters attentive to each other’s needs, to give from a generous heart, and to learn the joy of selfless service to others. With great affection, I assure you of my closeness in prayer, and to all I cordially impart my Apostolic Blessing.

Vatican City, 25 November 2018 Pope Francis

http://w2.vatican.va/content/francesco/en/messages/sick/documents/papa-francesco_20181125_giornata-malato.html

The World Day of the Sick was initiated on May 13 in 1992 by Pope John Paul II to encourage people to pray for those who suffer from illness and for their caregivers. The Pope himself had been diagnosed with Parkinson’s a year before, in 1991, and it is considered that his own illness was impetus for his designation of the day. Beginning on 11 February 1993, it is celebrated every year on the commemoration of Our Lady of Lourdes. The feast of Lourdes was chosen because many pilgrims and visitors to Lourdes have reportedly been healed by intercessions of the Blessed Virgin.

In 2013, Pope Benedict XVI announced his resignation during this feast day, and he cited his declining health as his reason for retiring.

教宗若望保祿二世於 1991 年被診斷出患有帕金森症。翌年他於 5 月 13 日發起世界病患日，鼓勵人們為患有疾病的人和他們的照顧者祈禱。世界病患日便從 1993 年開始於 2 月 11 日(亦即露德聖母慶日)開始，祈求病患者在聖母的轉禱之下，心靈及肉體皆獲得天主賜下的平安與舒緩，至今已經 27 年。

2013 年，教宗本篤十六世在這一天宣布，他因健康理由辭職。

主日分享



常年期第四主日

讀經一敘述先知被召的故事。耶肋米亞是舊約時代四大先知之一。他年輕時便蒙天主的召叫；於是他離棄了家庭，擔任了先知的任務。在四十年的先知生涯中，他受盡了千辛萬苦。神父們都把他看作耶穌受難的預象。本主日彌撒中的讀經一強調他是萬民的先知，好像是說，這就是為什麼他沒有受到本國人的容忍的緣故。

在本主日的彌撒福音中，耶穌沒有提到耶肋米亞先知，卻說起了厄里亞和厄里叟先知。祂援引了這兩位先知的先例來印證一句古老的諺語：「沒有一個先知，是在自己的家鄉受歡迎的。」

耶穌的話是很嚴厲的。祂向自己的鄉親坦白地承認，祂不在他們中間施行祂在外地陌生人中間施行的奇跡，並且又引用「沒有一個先知，是在自己的家鄉受歡迎的」那句諺語來責斥他們對祂的不友善待遇。但是，在與讀經一的對照之下來讀這篇福音，我們便可發現本主日彌撒福音的主旨並不在此，而在於強調耶穌的使命的普世性。正如耶穌自己所說的，祂像厄里亞和厄里叟一樣，被派遣來，不祇是為了猶太人。這是聖路加以及與他同時代的宗徒們從他們的傳教經驗中學習到的一個寶貴心得。

在讀經二裡，保祿說：「我若能說人間的語言，和能說天使的語言，但我若沒有愛，我就成了個發聲的鑼，或發響的鈸。我若有先知之恩，又明白一切奧秘和各種知識；我若有全備的信心，甚至能移山，但我若沒有愛，我什麼也不算。我若把我所有的財產全施捨了，我若捨身投火被焚；但我若沒有愛，為我毫無益處。」若我們要繼承基督普世傳播的使命，就必須從愛出發：愛主愛人！

讓我們用本主日的集禱經作結束：上主，我們的天主，願我們全心敬拜

你，並以基督的愛，愛所有的人。祂和你及聖神，是唯一天主，永生永王。亞孟。

節錄自梵蒂岡電台

活動一週



農曆新年感恩彌撒

二月五日(星期二) 早上九時。

歡迎所有教友一同參加，共同感謝天主過去一年及新一年的眷顧！

二月十一日為第 27 屆世界病患日
這天正是露德聖母顯現日。請大家為所有病人祈禱！

本堂將於二月十日的主日彌撒中特別為病患者祈禱，而阮神父將在十一時三十分彌撒中為有需要的病人教友傳油祝福。當天本堂將預備部分座位給予傳油的教友。

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 12 月 31 日，捐款已累積至 37,975.00 元。

懇請各位教友繼續支持，慷慨解囊！



堂區活動



星期三、五 2 月 6, 8 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 2 月 7 日

Perpetual Harmony Choir 練習

時間：下午 7 時至 9 時

地點：永援聖母堂上禮堂

星期五 2 月 8 日

永援聖母堂童軍

時間：下午 7 時至 8 時 30 分

地點：永援聖母堂上下禮堂

星期六 2 月 9 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

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

星期日 2 月 10 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 時至下午 12 時 30 分

地點：聖堂二樓及聖堂騎士會室

主日學 Praise & Worship Session

時間：上午 11 時 15 分至下午 12 時 30 分

地點：永援聖母堂上禮堂

愛，
凡事包容，凡事相信，
凡事盼望，凡事忍耐



Thank you for your sponsorship! 謝謝你的贊助!

 查詢電話
277 3888

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總校監: 杜綺玲

校長: 梁小薇

法律顧問: 黃群大律師

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上列高中學生考畢 IB 試合格者可於當年內申請退回學費, 多間大學接受中文 IB 學分作為該大學學分

- 亞省教育部認可國語(繁體字/簡體字班)及粵語課程: 設幼稚園、小學、初中各級、高中 G10 至 G12 (即 CH10, CH20, CH30) 及高中(老師指導獨立研習)課程, 每級 5 個學分, 共可獲十五學分, 幫助學生申請入讀大學及申請獎學金
 - 初學中文班 Chinese for Beginners: 初學粵語或國語中、小學班及學分班
 - 興趣小組(非學分班): G12 英文提高班、英文強化班、數學補習班、高中物理、化學及初中理科班、國語口才訓練班、英文演講口才班、雅思培訓課程、日語文化班、韓語文化班、中學數學強化班、美術班、空手道班、武術班、羽毛球班、乒乓球班、兒童舞蹈班、歌唱技巧班/兒童合唱團、棋藝班、國語親子班及中國繩結班
 - 成人班: 普通話會話、粵語會話、韓語文化班、健康舞、交誼舞班及武式太極拳健身班、瑜伽
 - International Certificate: 學生可在英文或中文學校修讀三班中文課加 Project(項目), 可得卡城公立教育局國際證書, 可申請獎學金及幫助入大學
 - 校舍 Campuses: John G. Diefenbaker High School 6620 - 4 Street NW Calgary 星期六 Saturday 9 am - 4 pm
Sir John A. Macdonald School 6600 - 4 Street NW Calgary 星期六 Saturday 9 am - 4 pm
- 校務處及通訊地址 Office & Mailing Address:**
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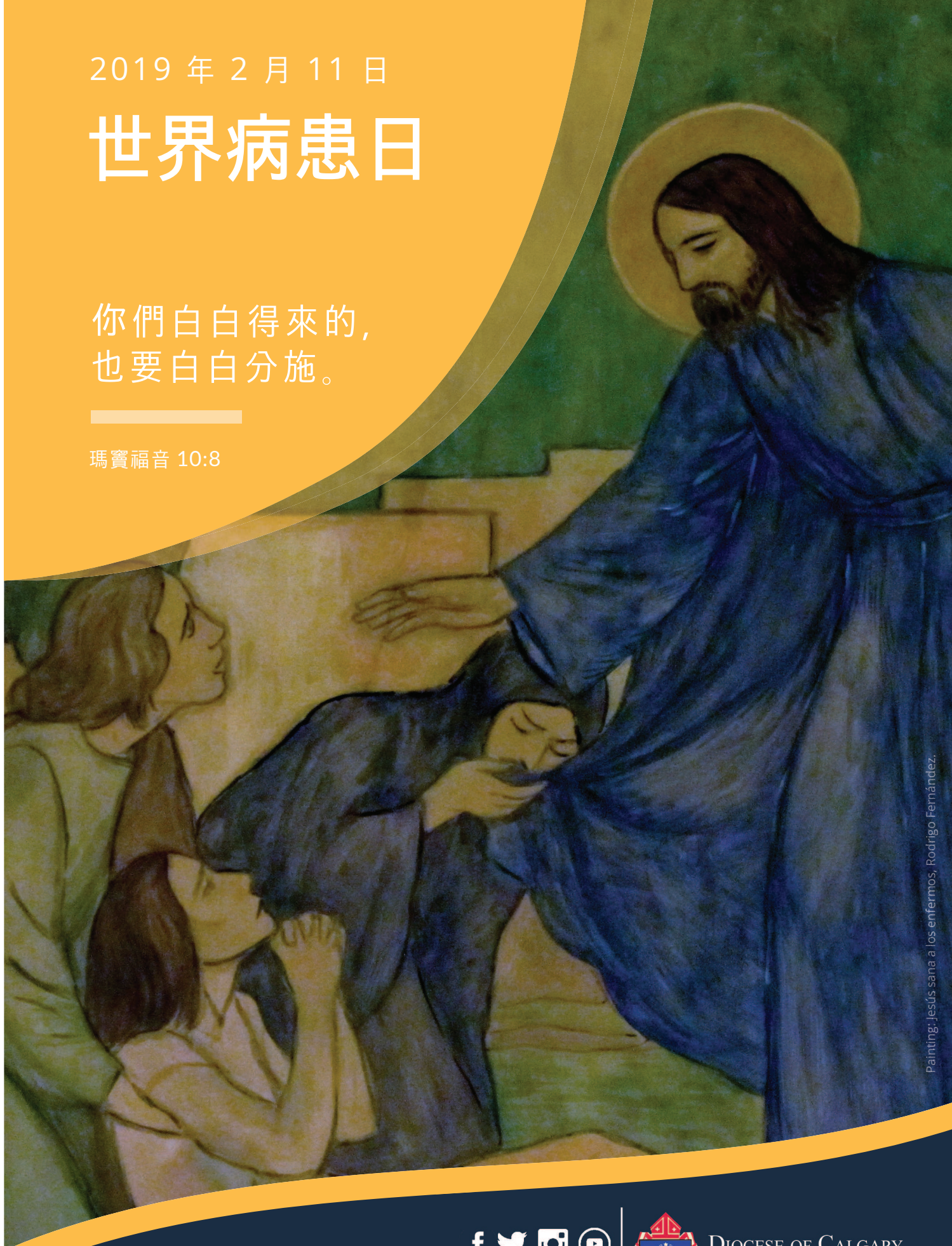


2019 年 2 月 11 日

世界病患日

你們白白得來的，
也要白白分施。

瑪竇福音 10:8



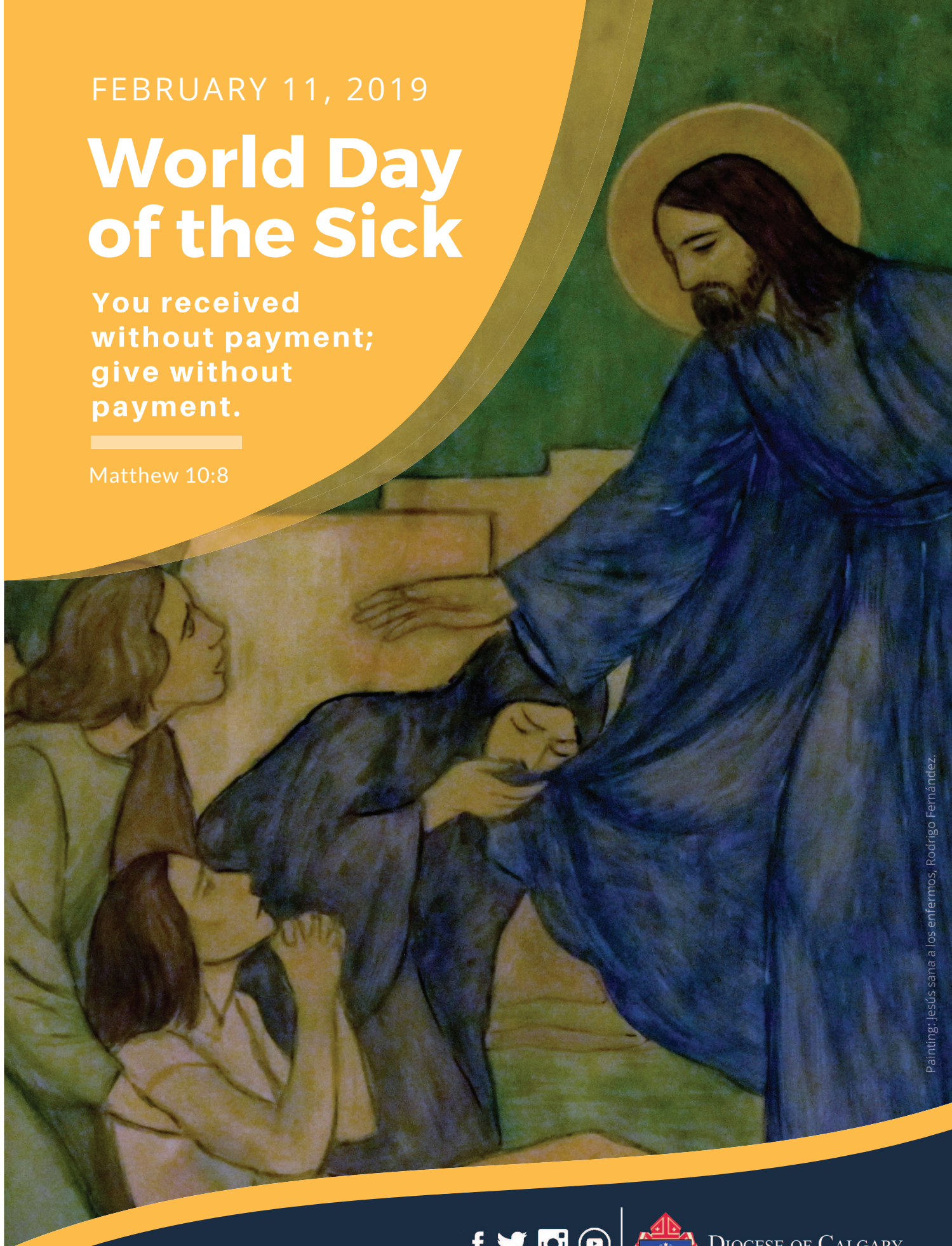
Painting: Jesús sana a los enfermos, Rodrigo Fernández.

FEBRUARY 11, 2019

World Day of the Sick

You received
without payment;
give without
payment.

Matthew 10:8



Painting: Jesús sana a los enfermos, Rodrigo Fernández.

A Visit to the Beth Tzedec Synagogue

➤ *with Fr. Adrian Martens*

FRIDAY, MARCH 1, 2019
AT 9 AM TO 1 PM

Meet at the Catholic Pastoral Centre
120 - 17 Ave SW, Calgary.

Cost: \$40 (includes kosher lunch and transportation to & from event). This event is open to those who are 18 years and above. Event may be cancelled if numbers are not met. Participants will be asked to sign a waiver the morning of event.

RSVP to 403-218-5501 by February 22 as space may be limited. **Register online at** <http://events.calgarydiocese.ca>

Fr. Adrian Martens is the Inter Religious & Ecumenical Coordinator and Vicar for Lay Associations for the Diocese of Calgary.



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The background of the entire poster is a large, detailed mosaic of the Virgin Mary. She is depicted with a serene expression, her head slightly tilted, and a halo around her head. The mosaic is composed of many small, irregular tiles in various shades of brown, tan, and gold, giving it a traditional, aged appearance. The text is overlaid on the left side of the mosaic.

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