

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
曾煒森

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
William W. Tsang

January 5, 2020 二零二零年一月五日

Epiphany of the Lord

主顯節

Christmas
&
Last Sunday Collection

上主日奉獻
\$11,422.00



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



Theme Sharing



Epiphany of Our Lord Christ is the Light of All Peoples)

Today we celebrate the Feast of Epiphany of Our Lord and commemorate Christ as the light of all peoples.

The same scripture passages are used in the readings for all three liturgical years. So what message is it really trying to convey? It is that salvation is for all, not just for the chosen people – the Israelites. In the Hebrew Testament, God promised the Israelites that Jesus would be sent to them as their Saviour. However, when Jesus was born, his own people rejected him; and it was the Gentiles, the “outsiders” from a foreign land, who first came to adore the new-born Messiah.

Today's gospel shows that the entire human family would be the new chosen people in place of the Israelites who had rejected their God in the first place. The first reading prophesizes that all nations will be drawn to God, while the second reading reveals that salvation will come to all peoples. In the language of the Old Testament, the term “all peoples” or “Gentiles” simply means non-Israelites.

As the chosen people, the Israelites worshipped God and accepted God as their Lord and King. On the other hand, all non-Jews or Gentiles were despised and considered as outcasts who knew nothing about the God of Israel. They worshipped man-made idol gods who “have eyes but cannot see, and have ears but cannot hear.” However, it was prophesized that, at some point of time in the future, all peoples would come to know God and worship him as their Lord.

Although Paul was only called as an apostle following Christ's resurrection and ascension into heaven, he was the first to realize that God's plan of salvation would encompass all humankind. So Paul set his mission to preach the gospel to all nations. In today's second reading, he proclaims that salvation is universal: “the Gentiles have become fellow heirs, members of the same body, and sharers in the promise of Christ Jesus through the gospel.”

Brothers and sisters, it was 2000 years ago when, by the light of a star, the Magi from the East were guided all the way to Bethlehem in Judea to pay tribute to infant Jesus. In fact, this is a sign of what is to come at the second Coming of Christ when all peoples will converge on him, and Jesus will be the King of kings and be adored by all. We are now living between the first and second coming of Christ. Just like the Magi, we are also guided by a star – our Mother Church.

The Second Vatican Council document “Lumen Gentium” states that today's Church is the “pilgrim church”, reflecting the light of Christ and symbolizing the budding and beginning of the Kingdom of God on earth. In close union with God, the Church is a sign and tool for unity of the human family. The liturgy of today's mass explains the universality of salvation and affirms the important role of the Church in God's plan. Our Church is the New Jerusalem prophesized by Isaiah and the mystery mentioned by Paul in the second reading. All peoples will gather within the Church to proclaim the glory of God; and through her preaching of the gospel, all peoples are able to enjoy the fruits of salvation in Christ.

Diocese & Other News



TAKE CHARGE AT HOME: GROWING UP DIGITAL

St. Michael Catholic Community invites parents and grandparents to a session on how to raise kids in the digital age. Topics include Internet safety, healthy digital boundaries, and building trusting relationships with your kids, among many others. When: Thursday, **January 16** at 6:30 pm at St. Michael Catholic Community (800 85 Street SW). For more info, visit saintmichael.ca/events

COLDEST NIGHT OF THE YEAR (CNOY) WALK

Save the date: Saturday, **Feb. 22**, 2020. This is a family-friendly fundraiser to support Feed the Hungry (a Diocesan program) and Bankview Apartments (low-income housing for those at risk of or previously experiencing homelessness). This is the 7th year for the Diocese, in partnership with KAIROS Calgary, to host this event in Downtown Calgary. Join 400 others in walking 2, 5 or 10-km routes and raise funds for these two worthy causes. More info at cnoy.org/location/calgarydowntown

YOU: LIFE, LOVE & THEOLOGY OF THE BODY

St. Michael's Catholic Community invites you to YOU: Life, Love and the Theology of the Body program on Wednesdays, **Jan 22 to Feb. 26**, 2020 from 6:30 to 8 pm. Where: St. Michael's (800 85 St. SW, Calgary). Open to anyone 13+, especially teens and their families. YOU introduces participants to the truth that life is not, in fact, all about them; it is about going out of themselves to be a sincere gift for others. Sign up at saintmichael.ca/faithformation

MARRIAGE PREPARATION DATES

Catholic Family Service provides Marriage Preparation programs for the Diocese of Calgary. Next dates: **Jan 10-12**, at St. Mary's Cathedral and Jan 31 to Feb. 2 at St. Albert the Great, Calgary. More info at <https://www.cfs-ab.org>
<https://www.cfs-ab.org>

Parish Activities



Tuesday Evening Mass Cancelled

Tuesday Evening Marian Devotion Mass will be cancelled from December 31 to January 14. Will resume on Jan 21.

2020 Chinese New Year Banquet

Date: Saturday, February 1st, 2020
Time: Reception from 6 pm
Dinner at 6:30 pm
Venue: Regency Palace Seafood Restaurant
Ticket: \$38 /adult, \$15/Child (aged 12 and below)

Banquet tickets will be sold from December 21st to January 26th.

Donation of gifts for Banquet Draw would be much appreciated.

Youth Night January 11th, 2020

Youth Night will be held on Saturday, January 11th, 2020 from 6 p.m. - 10 p.m. at Upper Hall. Potluck dinner will begin at 6:00 pm and a spiritual talk will follow. Afterwards, we will be leaving at 8:00 p.m. to Olympic oval for skating. The fee will be \$4 for youths under 18 and \$7 for adults. Skate rentals, including helmets, will be \$6.50 and helmets rentals will be \$2.50.

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

Together in Action 2019

"The Lord has anointed me to bring Good News to the poor." (Isaiah 61:1)



This is the slogan for **2019 TOGETHER IN ACTION**. At the start of Lent, the 2019 TIA starts. This year our target is \$24,357. We have always been blessed. As of Dec 31, 2019, our campaign has received a total of \$ 49,774.05. Thank You for your support. May God's blessings always with you!

Weekly Activities



Wed Jan 8

OLPH Senior Centre

Time: 9:00 a.m.-12:00 noon
Place: OLP Church Upper Hall

Fri Jan 10

OLPH Senior Centre

Time: 9:00 a.m.-12:00 noon
Place: OLP Church Upper Hall
OLPH Scout
Time: 7:00 p.m.- 8:30 p.m.
Place: Upper Hall & Lower Hall

Sat Jan 11

Legion of Mary (meeting)

Time: 9:45 a.m.
Place: OLP Church K of C room

Tai Chi Lesson

Time: 10:00 a.m. - 12:30 a.m.
Place: OLP Church Lower Hall
R.C.I.A (Mandarin)
Time: 9:00 a.m. - 10:00 p.m.
Place: OLP Lower Hall
Young Night
Time: 6:00 p.m.-8:00 p.m.
Place: OLP Upper Hall

Sun Jan 12

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

Time: 9:30 a.m. - 12:30 p.m.
Place: OLP Church Lower Hall

Sunday School

Time: 10:00 a.m.-12:30p.m.
Place: Office Building & K of C room



[Our Lady of Perpetual Help Calgary](#)
[卡城永援聖母堂](#)

Faith Sharing Stories



The Pastor Comes by Your House

A pastor went out one Saturday afternoon to visit his church members. At one house, it was obvious that someone was home, but nobody came to the door even though the preacher knocked several times. Finally, the preacher took out his card, wrote out 'Revelation 3:20' on the back of it, and stuck it in the door:

"Behold, I stand at the door and knock. If anyone hears my voice and opens the door, I will come in to him and dine with him, and he with me."

- Revelation 3:20

The next morning, the card turned up in the collection plate. Below the preacher's message was written the following notation:

"I heard your voice in the garden, and I was afraid because I was naked; and I hid myself."

- Genesis 3:10

EPIPHANY 主顯節

Epiphany is a solemnity or major feast celebrated on 6th January, though – since the reform of the liturgical calendar – it is now marked by many Catholic churches on the Sunday between the 2nd and 8th January, where 6th January is not a holy day of obligation.

Nowadays in the West the feast goes by the name Epiphany and celebrates the visit of the Magi and while in the East it is called Theophany and celebrates the appearance of God at the Baptism of Jesus.

The word epiphany was used in Greek religion to indicate the appearance or manifestation of a god or goddess in human form along with the suggestion that the person or persons who had the epiphany would be delivered from danger and/or their enemies defeated. Theophany is a less frequently used word meaning the same thing. In the New Testament epiphany is used to refer to both the first and the final comings of Jesus (Titus 2:11, 13). The word then came to be used of the miracles of Jesus as manifesting divine power.

As a Christian celebration on 6th January the feast is first mentioned by Clement of Alexandria around 215 AD. He mentions the Basilidians, a gnostic Christian group, commemorating the baptism of Jesus on that day (PG 8:885).

A pagan feast of the sun-god was already celebrated in Egypt for the winter solstice on 6th January. On the previous night, the pagans of Alexandria commemorated the birth of their god Aeon, supposedly born of a virgin. They also believed that on this night the waters of rivers, especially the Nile, acquired miraculous powers and even turned into wine. It is possible that such beliefs could have prompted the addition of the themes of the birth of Jesus and the miracle of Cana to the Christian feast.

But by the fourth century AD the feast in the East had acquired a combination of four themes – Jesus' birth, his baptism, the miracle of Cana and the coming of the Magi. St Epiphanius, bishop of Salamis in Cyprus (315-402) says that 6th January is "the day of Jesus' birth, that is, of his epiphany" (PG 41:935-940), but he also mentions the miracle of Cana and the Magi. Probably because of the multivalency of the term "epiphany", it easily gathered a multiplicity of themes.

主顯節原本是東方教會慶祝耶穌誕生的節日。在古代的思想脈絡中「主顯」(Epiphaneia)一詞的希臘文原意是：一位神出現，使人肉眼可以看見；或是一位被當作神崇拜的皇帝，到他王國的某一城市拜訪，使當地的居民能看見他。關於主顯節最早的記載，可以回溯到第三世紀。當時有些諾斯底派的人在二月六日慶祝「耶穌受洗節」，並主張耶穌在受洗時才真的誕生為天主子。埃及亞歷山大城的 **Clemens** 為了保護教會信仰，駁斥諾斯底派的這個錯誤教導，呼籲教會一起慶祝主顯節，因而在東方教會形成慶祝耶穌誕生的節日。至於教會選定於二月六日慶祝這個節日的原因，則可能是由於當時的外教人在這一天慶祝「時間之神」的生日；以一個教會的節日來取代在教外流行的民俗或宗教慶節，是古老教會常見的現象，也是最早期的「本位化」的嘗試。

這個原本是東方教會慶祝「耶穌誕生」的節日，很早便和「耶穌受洗」連結在一起，後來又融入耶穌在加納「變水為酒」的紀念。由第四世紀開始，羅馬天主教會便固定在十二月二十五日慶祝耶穌聖誕，並在二月六日慶祝主顯節，紀念耶穌把自己顯示給世人的三個核心事件：賢士來朝、耶穌受洗、變水為酒。

禮儀年不論甲、乙或丙年主顯節的福音選讀，都是瑪竇敘述的「賢士來朝」的故事（瑪二 1-12）。這是一個戲劇性非常豐富的故事，可以分許多不同的場景：賢士來到耶路撒冷（1-2）、和黑落德王相見（3-6）、黑落德王的指示（7-8）、異星的導引（9-10）朝拜嬰兒（11）、賢士返鄉（12）。

Sources : <https://www.ccreadbible.org/> , <https://www.catholicireland.net>

主日分享



主顯節-基督是萬民之光

我們今天慶祝主顯節，即「三王來朝瞻禮」。在這瞻禮，教會紀念耶穌是「萬民之光」。

主顯節對我們基督信徒來說，是一個意義非常重大的節日。我們基督信徒，一般不是來自猶太民族，而是來自外邦。對外邦人，天主沒有做許諾。主顯節則顯示了天主也願意召叫所有的外邦人信仰基督，好得到救援。因此，這個節日具有非常深刻的意義。

瑪竇所記載的事令人驚訝。一些賢士從東方來到耶路撒冷，來朝拜新誕生的猶太君王。他們都是星象學家，他們看到他的星出現在天上，於是馴服地啟程前來朝拜他。不過他們所見到的那顆星沒有指示出新生王誕生的確切地方，因此，他們去了耶路撒冷，尋找經書上所提供的其他有關資料。賢士們詢問默西亞誕生的地方，他們從耶路撒冷的大司祭和經師們那裏得知：「在猶大的白冷，因為先知（米該亞）曾這樣記載：『你，猶大地白冷啊！你在猶大的郡邑中，決不是最小的，因為將由你出來一位領袖，他將牧養我的百姓以色列。』」有了這個資料，賢士們便能夠繼續他們的旅程。

在這裏，我們可以看到不同的人物所表現出的不同態度。賢士們原是在遙遠的地方，卻不辭辛苦離鄉背井，長途跋涉去尋找新誕生的猶太君王。而那些大司祭和經師們雖然有天主的啟示，卻一動也不動，他們雖然把啟示傳給了別人，自己卻不去朝拜默西亞。

黑落德的態度更差。當時，他管轄整個猶大和加里肋亞地區，是一個有才幹的人，但野心非常大。他為了保障

自己的權力，不惜殺死所有的敵對者，甚至還殺了一些自己的親人。黑落德只把新生的猶太王看作是影響自己權力的危險，因此他假裝地向賢士們說：「你們去仔細尋訪嬰孩，幾時找到了，給我報信，好讓我也去朝拜他。」其實，他有意要殺死這可能的敵人。

賢士們在星星的指引下，來到了白冷，並進入了屋內，看見嬰兒和祂的母親瑪利亞，便俯伏朝拜了祂。賢士們的這個舉動具有先知性的意義，因為向人指出了這嬰兒是天主的聖子，也預報了將有大量的人從外邦前來朝拜主基督。

賢士們不僅前來朝拜，還帶來了貴重的禮物，就是：黃金、乳香和沒藥。這三樣禮物具有象徵性的意義，黃金代表了耶穌的王權，乳香代表了耶穌的天主性，沒藥則代表了祂會死亡的人性。

以後，賢士們從另一條路返回他們的家鄉，因為他們在夢中得到指示，要他們不要回黑落德那裏。兩篇讀經從兩方面強調耶穌救世工程的普遍性。讀經一預言世界各國都要崇拜天主；讀經二聲明各國人民都要獲得救恩。

聖保祿宗徒是耶穌復活後才蒙召的宗徒。他最早明白耶穌救世工程的普遍性。他以向萬民宣揚福音為自己的職務，他主張外邦人在基督內與猶太人同為繼承人，同為一體，同為恩許的分享人。

其實，天主一開始便向人表示，祂的計畫是為所有的民族的。祂曾這樣對亞巴郎說：「萬民都要因你獲得祝福。」（創 12, 3）不過，關於這一點，舊約中說得比較含蓄，因此不太為人注意，人們對其中的意義也不完全瞭解。

保祿卻瞭解到那是給予萬民的啟示，這啟示帶領所有的人與天主親密結合。這是一件美妙的事，一定要令我

們興奮的！我們蒙召受天主恩許的祝福，那些似乎是為選民所保留的，天主也要以無限的慷慨通傳給我們。

節錄自梵蒂岡電台主日

堂區活動



星期二黃昏彌撒取消

由 12 月 31 日至 1 月 14 日，星期二晚上黃昏彌撒暫時取消。1 月 21 日恢復彌撒。

庚子鼠年新春團拜晚宴

日期：2 月 1 日(星期六)

時間：晚上 6 時恭候，6 時 30 分入席

地點：富麗官海鮮大酒家

票價：成人每位 38 元、12 歲或以下小童每位 15 元。

餐券發售於每台彌撒後在聖堂正門入口處售賣或直接與各善會代表購票。

春茗晚宴將設有大抽獎助興，盼望教友熱烈捐贈及贊助抽獎禮物。

青年晚會將於 1 月 11 日

青年晚會將於 1 月 11 日(星期六) 6 時至 10 時舉行。晚餐將於 6 時在上禮堂開始，靈修講座將由 7 時開始。講座後將出發前往 Olympic Oval，青少年 18 歲下入場費為 4 元，成年入場費為 7 元。滑冰鞋，包括頭盔，費用為 6.50 元，頭盔費用為 2.50 元。歡迎堂區所有青年及兄弟姐妹參加。

2019 教區公益金，齊來獻愛心

『上主給我傳了油，派遣我向貧苦的人傳報喜訊。』依撒意亞 61: 1



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 \$24,357。截至 12 月 31 日，捐款已累積至 49,774.05 元。

衷心感謝各位教友的支持，
願主耶穌的恩寵與你們的同在！

活動一週



星期三 1 月 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

星期五 1 月 10 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

永援聖母堂童軍

時間：晚上 7 時至 8 時 30 分

地點：永援聖母堂上下禮堂

星期六 1 月 11 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

青年晚會

時間：下午 6 時至 8 時

地點：永援聖母堂上禮堂

星期日 1 月 12 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

靈修小故事



喝彩

人生就像是一個大舞台，每個人都在飾演著不同的角色，不管是主角或是配角，都是讓人生恨還是催人淚下。

我們都在用熾熱的心感受來自生活的點點滴滴。我們被多少英雄事蹟感動，我們為生活的不屈者鼓掌，但我們是否想過我們自己也需要掌聲？

每個人都有軟弱的一面，都需要精神的安慰。在寂靜無眠的深夜，露出一個微笑，期待明天的太陽。

請為自己喝彩，我們將勇往直前。當我們碰壁時，我們低下已昂得高高的頭；當我們遭遇失敗時，當我們灰心喪氣時，萬分沮喪；當我們為現實回頭張望時，我們或許已失去了自尊。

繼續我們的人生之旅。或許勝利的旗幟就在前方向我們揮手；或許下一站就是成功；或許明天又是美好的一天。所以我們應該不怕困難，勇往直前去開拓通往未來的七彩之路。

請為自己喝彩，生活多姿多彩。很多時候都是我們在為別人喝彩，但當我們為自己喝彩時，我們會有不同的感受，不同的心情，就像窗外吹來的涼風夾著桂花帶來的芬香給人清爽的感覺，扣人心弦。

失敗讓我們氣餒，如果你從此一蹶不振，那你就錯了。失敗乃成功之母，我們真心努力過，失去何嘗不是一種美？

請為自己喝彩，真心感受生活的每一次感動。黛玉葬花，是無奈花的凋零，還是憐惜青春的流逝？在前進的路上，我們會碰到花開花落，人生的聚聚匆匆。朋友給我們關切的目光，給我們無微不至的關懷，甚至一個眼神，一句話的問候都讓我們潸然淚下，增添無窮的活力。

請為自己喝彩，也是給那些關心我們的人帶來希望。不僅給我們信心，而且讓我們更加的明白，人生處處充滿

真情。珍惜每一個關心你的人，投放裝滿囑咐的瓶中，讓它飄向夢想的彼岸。

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當你滿心疲憊的時候，請別忘記有一盞心燈將照亮你回家的路，指引你走向光明。

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