

Livestream Masses on Optik TV

TELUS will continue to broadcast Masses from some of our parishes for the duration of the ban on public celebrations. The following masses will be available to Telus Optik TV viewers on Channel 8915. We will let you know when the first Mass will be aired. Please share this information with anyone you know who has difficulty following the masses on Facebook or on our website:

- Monday: 8:30 am Mass (St. Peter's, Calgary)
- Tuesday: 8:30 am Mass (St. Peter's, Calgary); 7 pm Mass (St. Francis De Sales, High River)
- Wednesday: 8:30 am Mass (St. Peter's, Calgary); 6 pm Mass (St. Francis De Sales, High River)
- Thursday: 8:30 am Mass (St. Peter's, Calgary)
- Friday: 8:30 am Mass (St. Peter's, Calgary)
- Saturday: 8:30 am Mass (St. Peter's, Calgary)
- Sunday: 11 am Mass (St. Peter's, Calgary)

Do you have loved ones in the hospital?

When you can't visit the hospital, here's a link to send well wishes to patients. Your kind words of encouragement will be delivered by the volunteers of Alberta Health Services and Covenant Health facilities. Visit: <https://www.albertahealthservices.ca/info/wellwishes.aspx>



WITH GRATEFUL HEARTS, WE GIVE THANKS FOR
TODAY'S HEROES IN THESE VARIOUS SECTORS

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我們懷著感謝的心向面對疫情而不斷為大家服務的所有員工以及勇於幫助他人的人們表示感謝。他們都是當今的英雄，他們孜孜不倦地在這些行業內為大眾服務：能源和公用事業，資訊和通訊技術，金融，醫護，食品，水，運輸，安全，政府，製造業，慈善事業以及用善良和愛心幫助他們身邊的人。

— WE GIVE THANKS WITH GRATEFUL HEARTS FOR TODAY'S HEROES —



THANK YOU
FOR HAVING
THE HEART OF
Jesus

O SACRED HEART OF JESUS,

fountain of eternal life,
your Heart is a glowing
furnace of love. You are
my refuge and my
sanctuary. O my adorable
and loving Saviour,
consume my heart with
the burning fire with which
Yours is inflamed. Pour
down on my soul those
graces which flow from
Your love. Let my heart be
united with Yours. Let my
will be conformed to Yours
in all things. May Your will
be the rule of all my desires
and actions. Amen.

#HEARTOFJESUS
#7PMCHEER
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Parish Information

堂區消息



*To every family of the OLPH parish
Praying the Rosary*

為堂區各教友家庭誦唸玫瑰經

Daily

10 am, 5 pm and 7:30 pm

每天

上午十時，下午五時及晚上七時三十分

聖母月 - 2020年5月

阮明聰神父

陳煥顏修女

永援聖母堂牧靈關愛組

Marian Month - May 2020

Father Joseph Nguyen

Sister Magdalena Chan

OLPH Pastoral Care Team



The Rosary

Why does God wish us to pray to Mary?

We pray to Mary because she is the Mother of God and her prayers are very powerful (Jn.2: 1 -11). When we pray the Hail Mary we combine worship of God and honor of Mary. We combine both our prayers to God and her prayers to God. We do not worship Mary; we only worship God. When we pray to Mary we honor her as the Mother of God, and as our Spiritual Mother (Rev.12: 17, Jn.19: 26,27). When we need help the most, we not only go directly to God by ourselves, we ask others to pray for us and with us. When we pray the Rosary, we have Mary, the Holy Mother of God, pray to God for us and with us. God wishes us to honor Mary because of her special role in God's plan of salvation. He wished her to contribute to the redemption of man, just as much as Eve contributed to the fall of man. As a father is filled with joy at the love and respect others give to his children, so too is God the Father overjoyed and seeks for us to honor His daughter Mary, the mother of His Son Jesus.

Why should we pray the Rosary? Because it has been used and encouraged for centuries by the greatest saints and Popes, and because of its good effects - like a good tree it bears good fruit (Mt.7: 17). Also, because she appeared at Lourdes and Fatima to ask us to pray the Rosary. The Rosary has helped and changed thousands of lives, why not give it a chance to help yours.

玫瑰經

教宗保祿六世所發表的「敬禮聖母瑪利亞」的勸諭中曾經申明：「玫瑰經是『全部福音大綱』的熱心神工。它所提供的各項奧跡及主要的格式都是來自福音。…在玫瑰經中我們可以和諧地繼續看出在基督身上完成的主要救世事跡，從童貞懷孕及童年期的奧跡，直到逾越期的最高峰，神聖的受難及光榮的復活，以及五旬期節對初生教會的效力，及在聖母結束塵世生活、靈魂肉身被舉升天時，對於聖母的效力。」

而聖母瑪利亞在法地瑪六次顯現中，更吩咐三小童天天唸、不斷唸玫瑰經，為求得世界平安和戰爭的結束。相信，很多教友還沒有知道玫瑰經的重要。此外，當三小童之一的露濟亞進入了聖母聖衣隱修會後，聖母也曾經給她顯現。其中有一次，就是聖母向她頒下首瞻禮七的敬禮那一次，聖母盼望在每月首週六的敬禮中，用十五分鐘時間陪伴她，用什麼方法呢？就是默想十五端玫瑰奧跡。我們除了勤唸玫瑰經外，更應該重視這一點，默想經中的奧跡。

聖母瑪利亞代表著一切受造，謙遜地與天主合作，參與了這項偉大的救贖工程，所以當我們默想奧跡的意義時，不但在讚美聖母這位至聖貞女，也在默念福音中處處動人的奧跡。

Saint Joseph the Worker-May 1



On May 1, 1955, Pope Pius XII instituted the liturgical feast of May 1st, in honor of Saint Joseph the Worker.

He assured his audience and the working people of the world: “You have beside you a shepherd, a defender and a father” in Saint Joseph, the carpenter whom God in His providence chose to be the virginal father of Jesus and the head of the Holy Family. He is silent but has excellent hearing, and his intercession is very powerful over the Heart of the Saviour.

We can conclude from the role for which Saint Joseph was chosen and named by Heaven that he was a man of tried virtue and consummate holiness. No other mortal man would ever hold a higher office. Saint Joseph surpassed all the Saints of the Old Law in sanctity; in him the virtue of his ancestors reached its culmination and perfection. Like Abraham, he was a

man of faith and obedience; like Isaac, one of prayer and vision; like Jacob, he was patient and self-sacrificing; like Joseph of Egypt, his chastity was inviolable. And like David, of whom he is the direct descendant, he is a royal intercessor according to the heart of God. *Ite ad Joseph — Go to Joseph*; to Joseph of Egypt, the pharaoh told the needy to go for assistance to receive the grain that would save their lives. To the new Joseph, the *just man* to whom the Son of God Himself was subject as to a father, all Christians can go with confidence, and he will see to their spiritual and temporal needs with paternal goodness.

大聖若瑟勞工主保（5月1日）



大聖若瑟；聖母的淨配、耶穌的養父聖若瑟，依照聖經的描述是一個「義人」：滿全了義德的人；照我們中國人的說法，是一個「完人」。他充沛的信心，全心信賴天主，無保留地服從天主。心地仁厚慈祥，愛人如己。工作勤奮，盡忠職守，全心全力照顧家庭：是聖母堅貞的伴侶，耶穌人間的好父親；是人品的極致，無瑕可指。我中華教會奉他為中國大主保，教會不僅奉他為勞動者主保，更奉之為普世教會大主保。他實在當得起我們的信賴和敬愛，他也真有力量的福佑我們，因為聖母以下，他是聖中之聖，耶穌最親近的人。

5月1日是國際勞動節，聖教會特規定在本日舉行大聖若瑟模範工人節，將勞動階級置於聖若瑟的大力護佑下，正如1955年5月1

日教宗比約十二世在意大利天主教工人協會慶祝會上對全世界工人階級所肯定的那樣，“在你們身邊的是一位牧者、一位護衛者和一位養育者。”我們知道大聖若瑟是一位工人，天主特將降生為人的聖子托付這位模範工人聖若瑟照管撫養。

聖若瑟是勞動階級最理想的主保。他屬於工人階級，他為了自己和聖家飽嘗了貧窮的苦況……在忠實地完成每日工作的生活中，他給每一位以雙手勞作換取麵包的人們樹立了良好的榜樣。

這位納匝肋的謙虛工人不僅在天主的教會面前代表了一切用雙手勞動者的尊嚴，而且他也是你自己和家庭的堅實的守護者。

工人都應以聖若瑟為楷模，他是教友工人們的榜樣。聖若瑟是工人們的主保，他特別關心工人並為他們轉求天主。

Together in Action 2020



The 2020 "Together in Action" has officially commenced. Parish's target is \$28,618 as designated by the Diocese. As of April 20, our campaign has received a total of \$6,665.

This year's TIA is led by Catholic Family Fellowship.

We plead for your ongoing support. Together we will help thousands within our own communities and abroad through difficult times. Let's

give sacrificially, act out our faith, and join Together in Action.

Let's take action now!

2020 教區公益金，齊來獻愛心

「讓我們一起來行動」



2020 年教區公益金 TIA 籌款正式展開。本堂所須籌募的數目為教區指定的 28,618 元，截至 4 月 20 日，捐款已累積至 6,665 元。今年公益金將由公教家庭負責統籌，懇請各位慷慨解囊，繼續支持教區公益金，合力幫助本土社區及國外成千上萬的勞苦大眾。讓我們無私奉獻，活出信仰，攜手一起行動！慷慨解囊！

The 3rd Sunday of Easter

The Disciples of Emmaus

The gospel reading, from Luke 24:13-35, is probably one of the most beautiful passages in the four gospels. The story of the disciples on the way to Emmaus, some 11 kilometers outside Jerusalem, may be divided into four parts for our reflection.

The first part relates to the dialogue between Jesus and the two disciples. The latter had just left Jerusalem for Emmaus, dejected about the death of their master three days ago as well as rumours of the empty tomb. While they were on the way to the village, Jesus joined them and talked to them, but they did not recognize the resurrected Christ. In the second part, Jesus explained to the disciples the scriptures, how the Messiah must first suffer and die and so enter into his glory. The third part is really the highlight of the whole story in which the disciples recognized Jesus at the breaking of the bread. Then the last part shows how the excited and overjoyed disciples returned to Jerusalem and shared with the others their encounter with Christ. The apostles by then had come to believe in the resurrected Christ: "The Lord has risen indeed, and he has appeared to Simon." Simon, the other name for Peter, was the head of the apostles to whom Jesus had said, "Once you have turned back, you must strengthen your brothers."

If the testimony of the women who first attended Jesus' empty tomb has not convinced believers in the resurrection of our Lord, then surely the eyewitness account from the apostles particularly from Peter will strengthen our faith in this regard. The two disciples' encounter with Jesus at Emmaus clearly shows Christ's presence in the scriptures, the sacrament of the Eucharist and the testimony of the Church. Jesus always walks with us and renews our faith so that, together with the Church, we may bear witness for Christ in our new life. This is most probably the key message Luke wants to convey to us in today's gospel.

The two disciples recognized Jesus at the breaking of the bread. Likewise, whenever we attend

mass on Sunday or any day, our Risen Lord is present among us in the Liturgy of the Word, the Eucharist and the testimony, prayer and service of the Church. Jesus will empower us and strengthen our faith so that we can lead a life of holiness.

There are three lessons that we can learn from today's gospel. Firstly, Jesus Christ and the Paschal Mystery (i.e. his death and resurrection) is the focus of our faith: "Was it not necessary that the Messiah must suffer these things and then enter into his glory?" Secondly, our faith is based on the testimony of the apostles and that of Peter: "The Lord has risen indeed. He has appeared to Simon!" Lastly, the pastoral ministry of the Church enables us to constantly renew our faith and encounter Christ through the Liturgy of the Word in the Eucharist, so that we can join the Church to bear witness for our Risen Lord to the ends of the earth.

復活期第三主日

厄瑪烏的弟子

本主日是復活期第三主日，彌撒福音取自聖路加福音第 24 章。內容記述耶穌的兩個弟子，在老師死後第三天，往厄瑪烏村去，中途遇見復活了耶穌，與祂交談並一同進餐，在認出祂後，興高采烈地回歸耶路撒冷。那時，留在耶路撒冷的宗徒們早已相信耶穌的復活。他們說：「主！祂真的復活了，並且已顯現給西滿了。」西滿就是伯多祿，他是宗徒之長。耶穌曾對他說過：「待你回頭，要堅定你的兄弟們。」這是全部福音中最美麗的一頁。

經過細心反省，我們可從本主日的彌撒福音的記載中，汲取三點教訓。第一點關於我們信仰的對象，那就是耶穌基督，耶穌基督的死亡和復活，也就是所謂「逾越奧蹟」——「基督豈不是必須受這些苦難，才進入他的光榮嗎？」

第二點關於我們信仰的基礎，那就是宗徒們的見證，尤其宗徒之長聖伯多祿的見證，卻奠定了我們教會的信德——「主！祂真的復活了，並且已顯現給西滿了。」

第三點關於教會的牧靈服務。厄瑪烏弟子的遭遇，顯示復活的基督不斷藉聖言和分餅聖事，在教會的見證中，與我們相遇，重振我們的信德，使我們與教會一起，在新生活中，作祂復活的見證。

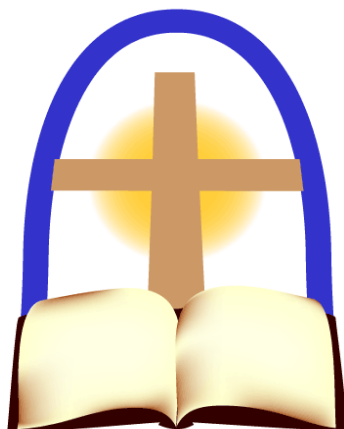
反省與實踐

一、本主日福音中往厄瑪烏去的門徒的故事提醒我們，復活的基督願意透過聖事、聖經與我們相遇，堅強我們的信德，使我們認出祂的臨在，並與祂的教會在一起，藉著新生活來為祂作證。現在，請回顧並默想：

請回想一下自己與復活基督相遇的經驗。

復活的基督總是願意透過聖經、聖事臨在我們心中。但在平日生活中，我是否能夠把握與祂相遇機會，勤讀聖經、勤領聖事，特別是參與感恩禮呢？

二、天主總是在我們身旁，只是我們能否認出祂來。我們是否像往厄瑪烏的門徒一樣，即使有復活的基督在我們身邊，與我們邊走邊談，使我們的心火熱起來，卻還是不認識祂。足見，勤讀聖經、勤領聖事仍然不夠，我們需要對復活基督的經驗，體驗祂臨在我們中間。然而，信德是天主的恩賜，為此，我們要不斷祈禱，懇求天主派遣聖神與我們同在，給我們力量，使我們能夠克服人性的軟弱，信心堅定地與人分享自己的經驗，勇敢為主作見證。



每日聖言反思

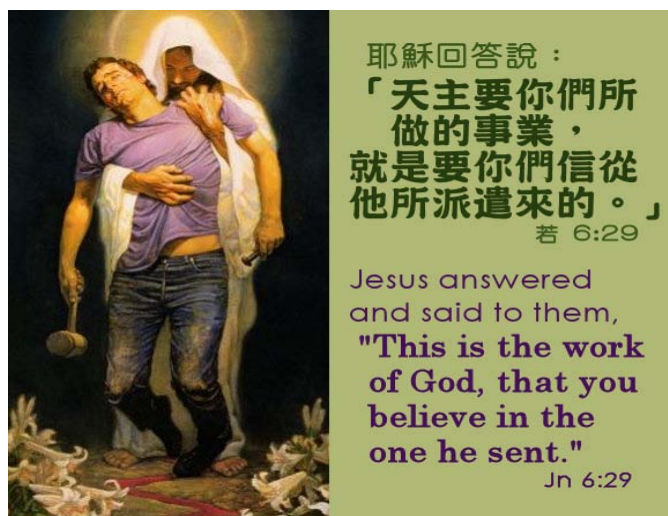
Daily Words of Life Reflection



April 26 4 月 26 日



April 27 4 月 27 日



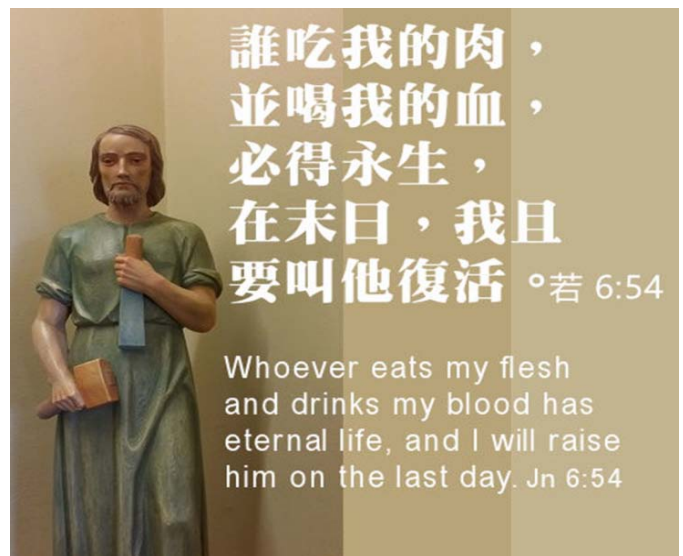
April 28 4 月 28 日



凡看見子，並信從子的，
必獲得永生。 若 6:40

That everyone who sees the Son and
believes in him may have eternal life. Jn 6:40

April 29 4 月 29 日



誰吃我的肉，
並喝我的血，
必得永生，
在末日，我且
要叫他復活 若 6:54

Whoever eats my flesh
and drinks my blood has
eternal life, and I will raise
him on the last day. Jn 6:54

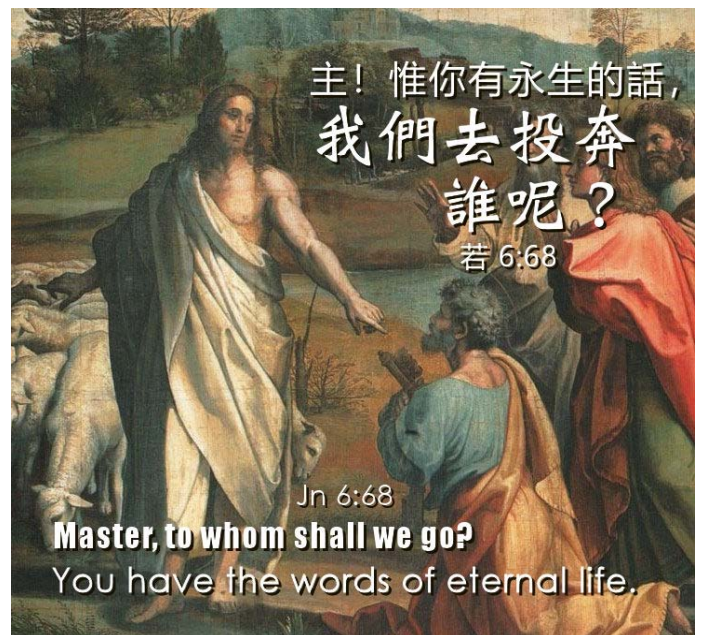
May 1 5 月 1 日



誰若吃了這食糧，必要生活直到永遠。
若 6:51

Whoever eats this bread will live forever.
Jn 6:51

April 30 4 月 30 日



主！惟你有永生的話，
我們去投奔
誰呢？
若 6:68

Jn 6:68
Master, to whom shall we go?
You have the words of eternal life.

May 2 5 月 2 日

Every Day Saints Quote 每日聖人蜜語

April 27(Monday):

Imitation is not a literal mimicking of Christ; rather, it means becoming the image of the beloved, an image disclosed through transformation. This means we are to become vessels of God's compassionate love for others. – St. Clare of Assisi

4月27日(星期一):

模仿並不是對基督的表面的模仿。相反，它意味著成為心愛的人的形象，通過改造而揭示祂的形象。這意味著我們將成為天主對祂所憐憫的人愛的器皿。 – St. Clare of Assisi

April 28(Tuesday):

Mary has produced, together with the Holy Spirit, the greatest thing which has been or ever will be – a God-Man; and she will consequently produce the greatest saints that there will be in the end of time. – St. Louis Grignion de Montfort

4月28日(星期二):

瑪利亞與聖神一起創造了一位；已經或會是永遠最偉大的事情——人神；所以，她將產生末日所能擁有的最偉大的聖人。 – St. Louis Grignion de Montfort

April 29(Wednesday):

Nothing great is ever achieved without much enduring. – St. Catherine of Siena

4月29日(星期三):

沒有持久耐力，就沒有偉大的成就。 – St. Catherine of Siena

April 30(Thursday):

May Jesus Christ, our Lord, be forever the sole possessor of our hearts, as he will be if we love and seek only him in all things. – St. Marie of the Incarnation

4月30日(星期四):

願我們的主耶穌基督永遠是我們心中唯一的擁有者，如果我們在所有事情上都有愛和尋求祂，祂將會成為我們唯一的擁有者。 – St. Marie of the Incarnation

May 1(Friday):

Joseph of Nazareth is a “just man” because he totally “lives by faith.” He is holy because his faith is truly heroic. – St. John Paul II

5月1日(星期五):

納匝勒的若瑟是一位“義人”，因為他完全“靠信仰生活”。他是聖潔的，因為他的信仰確實是信實。 – 聖若望保祿二世 St. John Paul II

May 2 (Saturday):

Christians, instead of arming yourselves with swords, extend your hands in prayer. – St. Athanasius

5月2日(星期六):

基督徒不是用劍武裝自己，而是伸出雙手祈禱。 – St. Athanasius

翻譯內容以英文版本為依據