

Theme Sharing



32nd Sunday in Ordinary Time So, Stay Awake

The first reading tells us that Lady Wisdom is bright and never grows dim, and that those who seek Wisdom will find her. She takes notice of those seeking her. In fact, she is quick to reveal herself to those thirsting for her: "Those who rise early to seek her will have no trouble finding her at their doorsteps." Therefore it is not difficult for us to obtain Wisdom as long as we are constantly on the watch for her and are ready to receive her.

In the second reading, the Thessalonians were grieving over their fellow believers who had died for the sake of their faith, and Paul was reassuring them that death would not keep them apart from Christ. Christ has died and has risen; so will everyone of us. When we are grieving over the loss of those near and dear to us, it is comforting to know that one day we will all meet Our Lord and stay with him in his Kingdom forever.

Today's gospel from Matthew is on Jesus' parable of the ten virgins, five wise and five foolish, waiting for the arrival of the bridegroom. This is a reminder for us from Jesus that we must always be prepared for our eventual meeting with him.

All of us are aware that we will meet Our Lord on our last day, but in fact we encounter him any moment in our daily lives. "So stay awake, because you know neither the day nor the hour", says Jesus in today's gospel. The parable teaches us that we must not only stay awake but also be prepared at all time to meet our Creator. A wise and prudent man will never run the risk of waiting until the last moments of his life to repent and return to God. So if we want to be always prepared for our meeting with God, we must act now, respond to his love without further delay and make good use of our graces to serve God and our neighbours.

Diocese & Other News



MARRIAGE PREPARATION WEEKENDS OFFERED BY CATHOLIC FAMILY SERVICE

Catholic Family Service is offering marriage preparation weekends to meet the requirement for engaged couples planning to marry in the Catholic Church. Remaining 2017 dates are Friday, November 17 to Sunday, November 19 at St Cecilia parish, 321 - 90 Ave SE. Time: Fri. 7:00 - 9:15, Sat. 9:00 - 4:00, Sun. 1:30 - 4:30. Cost: \$225/ couple. To register and to see 2018 dates: www.cfs-ab.org/marriage-preparation-program or call 403-233-2360.

FAITH ENRICHMENT FOR SENIORS

The Faith Enrichment for Seniors group will be held on Mondays November, 13, 20, 27, & December 4, 2017 at St. Joseph's Parish from 1:00 pm to 3:00pm. No registration is necessary and all are welcome. For further information contact Hotline at 403-218-5503 or e-mail norline.johnson@calgarydiocese.ca

THE JOY OF LOVE MARRIAGE CONFERENCE & RENEWAL OF VOWS WITH BISHOP MCGRATTAN

The Joy of Love Marriage Conference & Renewal of Vows with Bishop McGrattan will take place on December 8-9 at St. Peter's Parish (541 Silvergrove Dr. NW, Calgary). Dr. Edward Sri, theologian, author and well-known speaker who appears regularly on EWTN will be the conference keynote speaker. Register online at st-peters.ca or for more information contact Kusum Di Marco at events@st-peters.ca.

Parish Activities



Thank you for your support of Catholic Education Sunday

Thank you for your generous support of Catholic Education Sunday last week. We collected a total amount of \$2,100.45 in donations. May God bless you and your family!

2018 Donation Envelopes

2018 Donation Envelopes are available for parishioners to pick up at the Church main entrance (Religious Article Centre). For any concern, please contact parish office (403-265-7926)

Safety driving and parking in OLPH

Sunday school has resumed and winter is drawing near, please be aware of the safety of yourself and other parishioners, drive with care within the prescient of the OLPH, particularly during the snowy days, preferably at a speed of 10kph. When using the parking lots, please park your car within the designated parking space and be considerate for other users. Thank you for your kind attention and co-operation.

Sandwiches of Change Charity

In preparation for Advent, Sunday School students and Youth Group members will be making sandwiches for the Calgary Drop in Centre. As an act of charity and alms giving, we will be collecting spare change on November 19 before and after 10:00am and 11:30am mass at the front and side entrances for sandwich ingredients. Thank you for your continued support!

Welcome "Our Lady of Mystical Rose" to My Home

Please be reminded that the statue of Our Lady of Mystical Rose is available for our parishioners to bring home for private devotion. This is an ongoing home-to-home statue pilgrimage. You are welcome to make bookings for your specific intention and your desired dates. The statue is to be kept for 1 week initially and may be extended if available. Your Marian devotion may include private prayers, meditation, gospel reading, pray together with your family members and friends. To make reservation arrangements, please contact Legion of Mary members or OLPH office.

Bulletin Advertisement Recruitment

The placement of advertisements has supported the weekly News Bulletin a lot during the past years. For 2018, we have several spaces for advertisements. Parishioners who are interested in placing your orders please contact the parish office 403-265-7926 or email olph@telus.net.

Together in Action 2017



The theme this year is:
"Blessed are the merciful, for they will obtain MERCY."

(Matthew 5:7)"

Our parish's target is \$22,607 as designated by the Diocese. As of September 20, our campaign has received a total of \$41,809.65.

We plead for your ongoing support.

Weekly Activities



Wed, Fri November 15, 17

OLPH Senior Centre

Time: 9:00a.m.-12:00 noon

Place: OLPH Church Upper Hall

Fri November 17

OLPH Scout

Time: 6:30pm.-9:30pm

Place: Upper Hall & Lower Hall

Faith Sharing Group (Sacred Heart)

Time: 7:30p.m.-10:00p.m.

Contact: Doris Ho 403-271-6884

Sat November 18

Legion of Mary (meeting)

Time: 9:45 a.m.

Place: K of C Room at OLPH Church

Tai Chi Lesson

Time: 10:00 a.m. - 11:00a.m.

Place: OLPH Church Lower 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.-7:30p.m.

Place: OLPH Upper Hall

Sun November 19

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

Christmas Play Practice

Time: 2:00p.m.-4:30p.m.

Place: OLPH Lower Hall

Catholic Family Fellowship meeting

Time: 12:30p.m.-3:30p.m.

Place: OLPH Upper Hall

Let There Be Light



If the World Was Blind

If the world was blind,
maybe then we'd see
the true side of beauty,
deep within you and me.

No one could judge us
by our outer looks,
like the fancy covers
on expensive books.

We'd see with our hearts,
and not just our eyes,
and what we'd discover
might be a surprise.

There would be no need
to try to impress,
with the way we look,
or the way that we dress.

The only thing that would matter
is the way we would feel,
not phoney or cheap,
but truthful and real.

Stories Faith Sharing



Take my Son

A wealthy man and his son loved to collect rare works of art. They had everything in their collection, from Picasso to Raphael. They would often sit together and admire the great works of art.

When the Vietnam conflict broke out, the son went to war. He was very courageous and died in battle while rescuing another soldier. The father was notified and grieved deeply for his only son.

About a month later, just before Christmas, there was a knock at the door. A young man stood at the door with a large package in his hands.

He said, "Sir, you don't know me, but I am the soldier for whom your son gave his life. He saved many lives that day, and he was carrying me to safety when a bullet struck him in the heart and he died instantly. He often talked about you, and your love for art."

The young man held out this package. "I know this isn't much. I'm not really a great artist, but I think your son would have wanted you to have this."

The father opened the package. It was a portrait of his son, painted by the young man. He stared in awe at the way the soldier had

captured the personality of his son in the painting. The father was so drawn to the eyes that his own eyes welled up with tears. He thanked the young man and offered to pay him for the picture. "Oh, no sir, I could never repay what your son did for me. It's a gift."

The father hung the portrait over his mantle. Every time visitors came to his home he took them to see the portrait of his son before he showed them any of the other great works he had collected.

The man died a few months later. There was to be a great auction of his paintings. Many influential people gathered, excited over seeing the great paintings and having an opportunity to purchase one for their collection.

On the platform sat the painting of the son. The auctioneer pounded his gavel. "We will start the bidding with this picture of the son. Who will bid for this picture?"

There was silence.

Then a voice in the back of the room shouted, "We want to see the famous paintings. Skip this one."

But the auctioneer persisted. "Will somebody bid for this painting? Who will start the bidding? \$100, \$200?"

Another voice said angrily. "We didn't come to see this painting. We came to see the Van Goghs, the Rembrandts. Get on with the real bids!"

But still the auctioneer continued. "The son! The son! Who'll take the son?"

Finally, a voice came from the very back of the room. It was the long time gardener of the man and his son. "I'll give \$10 for the painting." Being a poor man, it was all he could afford.

"We have \$10, who will bid \$20?"

"Give it to him for \$10. Let's see the masters."

"\$10 is the bid, won't someone bid \$20?"

The crowd was becoming angry. They didn't want the picture of the son. They wanted the more worthy investments for their collections.

The auctioneer pounded the gavel. "Going once, twice, SOLD for \$10!"

A man sitting on the second row shouted, "Now let's get on with the collection!"

The auctioneer laid down his gavel. "I'm sorry, the auction is over."

"What about the paintings?"

"I am sorry. When I was called to conduct this auction, I was told of a secret stipulation

in the will. I was not allowed to reveal that stipulation until this time. Only the painting of the son would be auctioned. Whoever bought that painting would inherit the entire estate, including the paintings.

The man who took the son gets everything!" God gave His son 2,000 years ago to die on the cross. Much like the auctioneer, His message today is: "The son, the son, who'll take the son?"

Because, you see, whoever takes the Son gets everything.

FOR GOD SO LOVED THE WORLD HE GAVE HIS ONLY BEGOTTEN SON, WHO SO EVER BELIEVETH, SHALL HAVE ETERNAL LIFE... THAT'S LOVE

Read More Know More



Have you struggled with prayer?

Prayer is not a mysterious practice reserved only for clergy and the religiously devout. Prayer is simply communicating with God—listening and talking to him. Believers can pray from the heart, freely, spontaneously, and in their own words. If prayer is a difficult area for you, learn these basic principles of prayer and how to apply them in your life.

What is the Correct Posture for Prayer?

There is no correct or certain posture for prayer. You may pray with your eyes opened or closed, quietly or out loud—however you are most comfortable and least distracted.

Should I Use Eloquent Words?

Your prayers need not be wordy or impressive in speech.

Ecclesiastes 5:2

Do not be quick with your mouth, do not be hasty in your heart to utter anything before God. God is in heaven and you are on earth, so let your words be few.

Why Should I Pray?

Prayer Develops Our Relationship with God. If we never speak to our spouse or never listen to anything our spouse might have to say to us, our marriage relationship will quickly deteriorate. It is the same way with God. Prayer—communicating with God—helps us grow closer and more intimately connected with God.

John 15:7

But if you stay joined to me and my words remain in you, you may ask any request you like, and it will be granted!

The Lord Instructed Us to Pray.

One of the simplest reasons to spend time in prayer is because the Lord instructed us to pray. Obedience is a natural by-product of discipleship.

Matthew 26:41

"Keep alert and pray. Otherwise temptation will overpower you. For though the spirit is willing enough, the body is weak!"

Luke 18:1

Then Jesus told his disciples a parable to show them that they should always pray and not give up.

Ephesians 6:18

And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints.

What If I Don't Know How to Pray?

The Holy Spirit will help you in prayer when you don't know how to pray.

Romans 8:26-27

In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints in accordance with God's will.

主日分享



常年期第三十二主日

十個童女的比喻

本主日的彌撒福音取自聖瑪竇福音。在這篇福音記載中，耶穌講了一個比喻，說明有關末日或天國的道理。耶穌自比新郎。祂說：新郎姍姍來遲，以致等候祂的十個童女都打盹了。其中五個糊塗的，五個明智的。那五個糊塗的，拿了燈，卻沒有隨身帶油，臨時出門去買油，買油回來，門已關了，不能進去參加婚宴。別的明智的，拿著燈，也把油裝在瓶裏帶

來。新郎一到，她們便準備好了，隨著新郎進去參加婚宴了。

在這比喻中，新郎來得既遲又突然，格外強調了常常警醒的必要。何況，在講完這個比喻後，耶穌也結論說：「所以你們要警醒著，因為那日子和那時辰，你們都不知。」

本主日彌撒中的讀經一取自智慧篇，內容涉及尋覓智慧，找到智慧，沉思智慧，為它而守夜不寐。讀經一強調愛慕智慧的人容易看見智慧，因為智慧到處尋找配得上它的人，它在路上親切地把自己顯示給他們，關切地迎接他們。

教會的禮儀年度即將結束，暗示著總有一天，我們在世的路程也快走完了。基督姍姍來遲，是為考驗我們的恆心，考驗我們對祂始終不渝的忠貞，也是為給予我們回頭改過的機會。「所以你們要警醒著，因為那日子和那時辰，你們都不知道。」

。」（錄自梵蒂岡電台）梁煜寧供稿

堂區活動



感謝支持天主教教育主日

多謝大家上週在天主教教育主日的慷慨奉獻，我們共籌得\$2,100.45 願主與你們同在！

2018 年奉獻信封

2018 年奉獻信封開始分發，請捐獻信封用戶，到教堂正門入口處(聖物部)領取。如有任何疑問，請與堂區辦事處聯絡 (403-265-7926)。

安全駕駛及停泊車輛

主日學已復課，冬天也臨近，請各位車輛駕駛者，特別在下雪天，聖堂停車場範圍內將車速減慢，不超過每小時十公里(10kph)為宜，小心駕駛，以策安全。如需要停泊車輛，請停放在已劃定車位或指定範圍內。並希能為其他使用者考慮，切勿隨意停放，多謝合作。

零錢布施製三文治

主日學及青年會將製作三文治捐增卡加里收容中心；活動的目的是培育青少年，在將臨期多做善事及救濟。青少年將於 11 月 19 日上午 10 時及 11 點 30 分彌撒前及彌撒後在聖堂前門及側門向教友收集零錢，作為製作三文治材料費用，感謝大家的支持

迎接「玄義玫瑰」聖母像到我家

「玄義玫瑰」聖母像自 2015 年夏天開始巡迴訪問教友家庭，教友可考慮預約或選擇對你有意義的日期，如特別紀念日子、求恩或謝恩等。【玄義玫瑰】聖母像在每個家庭停留的時間，以一星期為限（可以延長）；聖母敬禮可採用不同形式，例如祈禱、默想、閱讀聖言、與家人或親友一起誦唸玫瑰經、作信仰分享等。在聖母到臨家庭期間，每天能抽出部份時間敬禮聖母，並儘可能與家人一起祈禱，為家庭加增神益。有意恭請聖母像到臨的家庭，請致電堂區辦事處或聖母軍工作團員。

堂區通訊招收廣告

本堂十分感謝各位堂區通訊廣告客戶的支持。2018 年尚餘少量廣告篇幅，有興趣者請盡快聯絡堂區辦事處。
電話：403-265-7926 或電
郵 olph@telus.net
費用：\$150.00/1 欄/一年

2017 教區公益金，齊來獻愛心

2017 年教區 TIA 籌款的主題為：『憐憫人的人是有福的，因為他們要受憐憫。』瑪竇福音：第五章七節
截至 9 月 20 日，捐款已累積至 41,809.65 元。
懇請各位教友繼續支持，慷慨解囊！

活動一週



星期三、五 11 月 15, 17 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 11 月 17 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

信仰小團體 (Sacred Heart)

時間：晚上 7 時 30 分至 10 時

聯絡：Doris Ho 403-271-6884

星期六 11 月 18 日

聖母軍

(聖母軍聖母無玷聖心支團)

時間：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 11 時

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

大專青年團練習聖詩

時間：下午 6 時至 7 時 30 分

地點：永援聖母堂上禮堂

星期日 11 月 19 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

聖誕話劇排練

時間：下午 2 時至 4 時 30 分

地點：永援聖母堂上禮堂

公教家庭開會

時間：下午 12 時 30 分至 3 時 30 分

地點：永援聖母堂上禮堂

心靈小品



生命中的有限和無限

你看，生命有極限嗎？
你可能知道你的身高，
你的體重，

你眉眼的的位置，
你指節的長短。
然而，你卻不知道，
你的韌力有多強，
你的能力有多大，
你的潛力有多深，
你的耐力有多久；
你能學多少，用多少，
愛多少，付出多少，
原諒多少，發揮多少，
除非你嘗試。

我們的愛心，
都是從人身上培養出來的；
我們的信心，
都是從一次次失敗中學習出來的；
我們的忍耐，
都是從最不堪的環境裏磨練出來的；
我們的潛力，
都是從最大的壓力下發揮出來的。
我們不斷摸索，
不斷學習，
不斷發現，
不斷獲得，
不斷為克服重重難關而殫精竭慮，
不斷為經歷一個新的里程而歡愉。
就在這不斷的挑戰中，
將我們的生命的極限擴展至無限，
我們的力量和愛，
也無限。

靈修小故事



真正的價值

一九一二年四月十四日晚上十點鐘刪過，當時海上最大的郵輪鐵達尼號 (Titanic) 撞上大西洋的一座冰山，四小時後沈入海底。關於那四個小時中所發生的事，已經有許多的報導。生還者述說著船長、大副和船員的冷靜和英勇，他們提到樂隊演奏著聖歌「與主更加接近」。據說許多婦女原本可以獲救，但是她們拒絕提供的協助，寧願和她們的丈夫一起溺斃。

他們還講了另一個不那麼勇敢，卻比這些故事中的任何一個更傳奇的故事。有一個女子，她已經被分配到一艘救生艇的一個位子，她要求是否可以奔回她的臥艙，他們答應給她三分鐘做這件事。她沿著已經傾斜了一個危險角度的通道飛奔，然後穿過大客廳。錢和貴重物品散落一地，有些人手上抓著他們的珠寶邊跑邊掉。

在她的臥艙中，她看到了自己許多貴重物品等著她去拾取——然而她對它們視若無睹。相反的，她抓了三個橘子奔回救生艇上的位子。

這個小事件很發人深省。幾個小時前，似乎很難想像那個女人會選擇三個橘子，而不要她的所有貴重物品。但是當死神降臨鐵達尼號時，在一瞬間所有的價值都改變了。寶貴的東西成了一文不值的，一文不值的東西成了寶貴的。

基督徒總是應該努力從永遠的觀點來看所有的事物，以超性的亮光而不是以本性的亮光來看它們。這是把握事物真正意義和價值的唯一方式。馬爾谷和路加敘述了一個事件，它說明了天主和我們人類對於一件事情的評價是如何的不同。有一天，吾主或許是累了，坐在耶路撒冷聖殿的迴廊下，他正看著崇拜者所作的奉獻。他們中有些人非常富有，因此炫耀地投了很多錢。隨後來了一個窮寡婦，偷偷地投了兩個小銅板，那是最少的奉獻。

多麼微不足道的事件被記錄了下來，供千千萬萬人閱讀，而許多遠比它更重大的事情卻被忽略！但是基督獨對這個婦人感興趣。沒有別人注意到她，宗徒們可能也羨慕和稱讚那些富人所作的鉅額奉獻。他們是用世界的標準來判斷，吾主卻以截然不同的觀點來看它。

基督對他們說：「這個窮寡婦比眾人投入的都多。」（路廿一 3）宗徒們一定百思不解，他們尚未學到天主的價值和我們的不同。因此吾主解釋道：「因為眾人都是拿他們多餘的投入，而這個寡婦卻是從她的不足中，把她所有的一切生活費都投上了。」（路廿一 4）客觀上，她的獻儀是沒什麼價值的——收集這兩枚銅板的麻煩

還超過它們的價值。但是對她而言，那意味著了她的晚餐，她可能下一餐必須挨餓或作工補賺回來。

我們不知道基督是否對她說了什麼，或給她一句鼓勵的話，或施捨給她一些救濟金。那個窮婦人甚至不知道吾主正注意到她並讚美著她。然而這個客觀上不重要的行為，卻受到了鍾愛的注意。細微而似乎不具意義的一件事，竟產生出如此偉大的精神價值，因為它是來自一個充滿個人奉獻和深度信仰的心靈。更重要的是，它還包含了個人的犧牲。「她是從她的不足中，把她所有的一切生活費都投上了。」（路廿一 4）

這簡單的一幕，對我們這些天天過著毫不起眼的、例行而乏味生活的芸芸眾生，是何等的安慰！它提醒我們，天主的道路和價值與我們的是何等的不同！它應該如何的鼓勵我們堅忍，以便蓄積財寶在天上！

我們容易陷於誘惑，認為天主大概只注意我們英勇的行為、冗長的祈禱，和偉大的犧牲。我們平淡無奇的生活、零碎的祈禱和無關緊要的行動，一定被全能的天主所不屑一顧。那麼讓我們想想窮寡婦的捐獻吧。天主的算術和我們的不同，為他沒有一件事太小或太不重要，他在隱密中查看我們，連我們的每一根頭髮他都數過了。每一個熱心，每一個信、望、愛和感激的簡短祈禱，每一個對罪惡和自私的抵抗，每一個對別人的仁慈，天主絕不輕忽。他看重我們取悅他、愛他和事奉他的誠心，尤其是如果當中包含了真正的犧牲。

第二種方法就是回答問題。在福音中，主耶穌給人問了許多問題，諸如：「你們說我是誰？」「你愛我嗎？」等等，把這些問題當作是向你發問的，你會怎樣回答？這已是很好的祈禱了。

第三種方法，實在非常簡單，就是看完一段聖經之後，有甚麼東西想跟天主說的，就說出來。其實，這個方法就像跟朋友閒談一樣，對方說了，自己也說。

第四種用聖經來祈禱的方法就是在讀完一段聖經之後，找一句最吸引自己的經文，不斷在心中重覆誦唸。例如：因為離了我，你們甚麼也不能作。當自己覺得誦唸夠了，便可停下來，如果喜歡的話，可以繼續自由地與主閒談或唸一些經文（如天主經、聖三光榮經等等）。這種方法可適用於任何一段聖經，各位可以多多練習。

第五種方法就是默觀。做默觀的時候，先將手上的東西放在一旁，甚至可以連眼鏡也除掉（如有需要），然後放鬆自己，亦可慢慢數算自己的呼吸（例如：由一數到十），或留意週圍有甚麼聲音。做了這些使自己放鬆、安靜下來的工夫之後，就可以默觀你所選用的聖經經文了，通常會想像當時的情景（包括地點、人物，然後想像自己也身在其中，靜默地觀看整件事情的發生經過，甚至與其中的人物（例如：主耶穌）交談...。

知多一點點



怎樣用聖經祈禱

你有沒有用聖經來祈禱呢？

第一種方法就是直接用聖經的字句作為自己祈禱的說話。用這種方法時，最常用的聖經莫過於聖詠了，例如：聖詠「是他赦免了你的各種愆尤，是他治愈了你的一切病苦，」禱文可變成：「主啊！」是「你」赦免了「我」的各種愆尤，是「你」治愈了「我」的一切病苦。