

**Happy Chinese New Year
of the Dragon 2012 !
祝大家壬辰龍年
新春快樂!**

辭舊歲感謝主愛，
迎新春祈求神恩。
敬虔度日守真道，
相愛和睦享平安。

五謝詞

謝天主！生我、養我之恩！
謝天主！降生救贖之恩！
謝天主！賜我進教，引我升天之恩！
謝天主！赦罪之恩！
謝天主！從生至今，無數之恩！
希望大家能每天頌念，以表達對天主的感謝！

**A Prayer of thanksgiving
To God!**

Thank God for creating me and sustaining us!

Thank God for being born and for our redemption!

Thank God for leading me into the church & through the church to heaven!

Thank God for forgiveness of sins!

Thank God for the blessings from my conception till now!

Hope everyone can pray every day to give thanks to God.

Theme Sharing

**Repent and Believe in the
Good News
(3rd Sunday in Ordinary Time)**

Today's first reading, from the book of the prophet Jonah, describes how the city of Nineveh was spared from damnation. Through the story of Jonah, God reveals that he is not only God of the people of Israel but also God for the Gentiles.

There are two focal points in today's gospel from Matthew, namely: proclamation of the Kingdom of God by Jesus, and Jesus' calling of his first apostles. We are told that Jesus came to Galilee and proclaimed to the people: "The time is fulfilled, the Kingdom of God has come near; repent and believe in the good news".

The scripture readings remind us that, to

prepare for the coming of Christ, we need to do two things: (i) repent and (ii) believe in the Good News. "Repentance" means acknowledgement of our sins and turning ourselves to God.

Humility leads to a cleansed soul and a readiness to follow guidance of the Holy Spirit, making a person easier to recognize the mark of Jesus' mission and to accept his teachings. "Belief" or "faith" is acceptance of Jesus' teaching of the "Good News" which, in the Church's vocabulary, means the joyful message of the salvation of humankind through our Saviour Jesus Christ.

It is therefore evident that the theme of the Liturgy of the Word in today's mass can be summarized in Jesus' words: "The Kingdom of God is near; repent and believe in the Good News".

Parish News & Activities

Family Ski Trip

Youth Group is organizing a ski trip to Nakiska in Kananaskis on Family Day Monday February 20. Special group rates are available.

Date: (Monday) February 20, 2012

Time: 7:30 a.m. depart OLPH parking lot, 8:45 a.m. meet at Nakiska

5:30 p.m. return OLPH parking lot Location: Nakiska in Kananaskis

All are welcome, please come and join us to celebrate the Family Day long weekend together, spend some quality time with family and loved ones! Deadline to register is Sunday January 29, 2012. For further info and registration please contact Abigail at 403--616-5602 or abigailcyw@hotmail.com.

Diocese & Other News

Office of Vocations

Oblates of Mary Immaculate

Franciscan Discernment Weekend
For men interested in Religious Life: Friday, February 3rd 5:30 pm to Sunday, February 5th, 1 pm. Mount St. Francis Retreat, 41160 Retreat Road, Cochrane, AB.

Contact: Fr. Pierre Ducharme, OFM.
vocations@franciscanfriars.ca or 403-932-2012.

COME AND SEE WEEKEND: A

priestly vocation discernment weekend at St Joseph Major Seminary in Edmonton on the weekend of February 10 - 12.

(7 p.m. Friday evening to Sunday at 1:30 p.m.) Contact Fr. Gaffney at 403-245-2753 or mjgaffney@telusplanet.net.

**From the Assembly of Women
Religious**

Mass to Celebrate the Consecrated Life will take place on Sunday, February 5th at 11.00 am at St. Albert the Great Parish, Calgary. At this Mass all sisters, brothers and priests belonging to religious orders will renew their vows. Bishop Henry will preside. A reception will follow in the parish hall. All are welcome. For more information please contact: Sr. Dorothy Levandosky at sister.dorothy@shaw.ca.

Liturgy Office

Need more information about the *International Eucharistic Congress 2012 in Dublin, Ireland?* Come to the Faithlife event "Why Mass is a Must" at St. Mark (Friday, January 27, 2012 - 7 PM to 8:30 PM). The Office of Liturgy will provide any information you need. Come meet some of the parish representatives who are involved.

Religious Education Secretariat

2012 Catholic Conference: Open Wide the Doors...Welcome the New Evangelization. On March 9-10, 2012 in Calgary, Alberta. The keynote speakers at this year's conference are Archbishop Gerard Pettipas and Steve Angrisano. For more information visit www.acsta.ab.ca.

**The Office of Religious Education
is looking to pilot a new
catechetical program for
pre-school children ages 3-6**

entitled: *The Catechesis of the Good Shepherd*. This program is based primarily on Scripture and the Mass. It takes its principle pedagogical style from the Montessori style educational approach. If you are interested in taking part in the initial training program for the Good Shepherd Catechesis from March 2 - 5, 2012 or just want more information, please contact Rachel Huebert in Calgary at 403-239-4456.

Weekly Activities

Wed, Fri 25, 27

OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Friday: Blood Pressure check, activity by

Pastoral care team visit, potluck lunch.

Fri 27

St. Angela School join us for Mass
St. Angela Feast Day

Time: 9:00a.m.

Place: OLPH Church

Saturday 28

Legion of Mary (meeting)
(Immaculate Heart of Mary Praesidium)

Time: 9: 45 a.m.

Place: K of C Room

Tai Chi Lesson

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

Place: OLPH Church Lower Hall

Chinese New Year Banquet

Time: 6:00pm reception, 7:00pm dinner

Place: Cultural Centre Restaurant

Sunday 29

R. C.I.A

Adult Catechumenate Class
(Cantonese, Mandarin 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

K of C Room at OLPH Church

Youth Group

Time: 11:00a.m. - 12:30 p.m.

Place: OLPH Church Upper Hall

Imitating Christ

Chapter 16 : Bearing With The Faults Of Others

UNTIL God ordains otherwise, a man ought to bear patiently whatever he cannot correct in himself and in others. Consider it better thus -- perhaps to try your patience and to test you, for without such patience and trial your merits are of little account. Nevertheless, under such difficulties you should pray that God will consent to help you bear them calmly. To Be Continued

Let There Be Light In Whose Hands

A basketball in my hands is worth about \$19.
A basketball in Michael Jordan's hands is worth about \$33 million.
It depends whose hands it's in.
A baseball in my hands is worth about \$6.
A baseball in Mark Mcguire's hands is worth

\$19 million.

It depends whose hands it's in.
A tennis racket is useless in my hands.
A tennis racket in Pete Sampras' hands is a Wimbledon Championship.
It depends whose hands it's in.
A rod in my hands will keep away a wild animal.
A rod in Moses' hands will part the mighty sea.
It depends whose hands it's in.
A sling shot in my hands is a kid's toy.
A sling shot in David's hand is a mighty weapon.

It depends whose hands it's in.
Two fish and 5 loaves of bread in my hands is a couple of fish sandwiches.
Two fish and 5 loaves of bread in God's hands will feed thousands.
It depends whose hands it's in.
Nails in my hands might produce a birdhouse.
Nails in Jesus Christ's hands will produce salvation for the entire world.
It depends whose hands it's in.
As you see now it depends whose hands it's in.
So we can put our concerns, our worries, our fears, our hopes, our dreams, our families, and our relationships in God's hands because --
It depends whose hands they're in.
May God Bless you and those you love, and keep you safe. Father Pat

Stories Faith Sharing

Equipment

Figure it out for yourself my lad. You've got all that the great have had. Two arms, two legs, two hands, two eyes, and a brain to use if you'd be wise. With this equipment they all began, so start for the top and say "I Can."
Look them over the wise and the great. They take their food from a common plate. With similar knives and forks they use, with similar laces they tie their shoes. The world consider them brave and smart, but you know - you've got all they had, when they made their start.
You can triumph and come to skill, you can be great if you only will. You're well equipped for the fight you choose, you have arms and legs and brains to use. And people who have risen, great deeds to do, started their lives

with no more than you.

You are the handicap you must face. You are the one who must choose your place. You must say where you want to go. How much you'll study the truth to know. God has equipped you for life, but he lets you decide what you want to be.
The courage must come from the soul within, you must furnish the will to win. So figure it out for yourself my lad, you were born with all the great have had. With your equipment they all began, so start for the top and say "I Can."
By Edgar A. Guest

Read More Know More

Praying in words and signs:

The Sign of the Cross

Christian prayer is modeled after the prayer of Jesus. Like his, it should come from the heart. When we prayed Jesus used words and signs and sometimes cries, as expressions of his heart. And so do we when we pray; our hearts too look for an outward voice.

In the Catholic church and other Christian churches the Sign of the Cross is an important part of personal and public prayer. It originated in the earliest days of Christianity and so it is centuries old. It is the first sign made on us at Baptism and the last sign made as we pass to our future life. It's a vital part of liturgical prayer and the sacraments. With the Sign of the Cross we begin and end our prayers.

A Blessing of the Triune God

We call it a blessing. We say we "bless ourselves." Tracing with our hand the figure of the cross on our forehead, our breast, our shoulders, we bless ourselves:

In the name of the Father,
and of the Son, and of the Holy Spirit.
Amen.

The Sign of the Cross expresses blessing. It symbolizes God blessing us, God embracing us with blessings. And in this same sign we express our belief in God from whom all our blessings flow. In the Sign of the Cross we embrace our good God with mind and heart and all of our strength.

God blesses. The Jewish scriptures describe God as, above all, the One who blesses. God blessed Noah and saved the world from the flood. God blessed Abraham and Sara with blessings more than the stars in the sky. God blessed the Jewish people, redeeming them from the slavery of Egypt. Life itself

and all creation are God's gifts.

And so the Jewish tradition of prayer always approaches God as One who blesses. "I will bless the Lord at all times," the psalmist prays. As we are blessed by God, so we bless the Lord in return.

The Christian tradition of prayer follows this same pattern, but in addition it praises the One who blesses for another incomparable blessing: the blessing of Jesus Christ. "Blessed be God, the Father of our Lord Jesus Christ, who has bestowed on us in Christ every spiritual blessing." (Eph 1,3) He is "the Word who made the universe, the Savior sent to redeem us." In Jesus Christ God appears as our Friend and Brother. With the Father he sends the Holy Spirit upon us "to complete his work on earth and bring us the fullness of grace." In Jesus, God has revealed to us the source of all blessings.

When we bless ourselves with the Sign of the Cross we remember the One who blesses us: the triune God, Father, Son and Holy Spirit.

Blessed by the Cross

With the Sign of the Cross we recall in particular the blessing of the life, death and resurrection of Jesus Christ. We trace a cross on ourselves, the cross of Jesus. His death on the Cross was an outpouring of love for us. The Sign of the Cross is a reminder of his love, a love found not only in the past, but here and now, as we make this sign upon ourselves; for the love of Jesus Christ abides forever.

The Sign of the Cross is a wonderful daily expression of our relationship with God. God is the One who blesses. This prayer reminds us that each day, in good times and bad, in danger and sorrow, God's care and blessings are never far from us.

Tracing this holy sign on our forehead, our hearts and our shoulders, we remember we are blessed in mind and heart and all our being. We can approach God with confidence through Jesus Christ whose ever present love this holy sign recalls. "Come to me," God says through this prayer, "do not be afraid. Before you take one step, I reach to embrace you with blessings in my hands."
by Victor Hoagland, C.P.

主日分享

常年期第三主日

本主日的福音和我們談耶穌開始傳

教。耶穌在受洗又在曠野中受了試探後，以一個重要的訊息和一個重要的行動：召叫首批門徒，開始了祂的傳教工作。

耶穌的訊息是：「時期已滿，天主的國臨近了，你們悔改，信從福音吧！」耶穌的這個訊息要將我們的生命走向徹底改變。這是一個非常迫切的訊息，耶穌深深知道，不可再耽誤時間，必須立刻有所行動；天主的國已經臨近了，必須迎接天主的國。

選自約納先知書的第一篇讀經，解說了悔過這個主題。這段讀經記述了約納在尼尼微城進行的使命。先知向尼尼微城的居民宣佈他們很快要受到懲罰：「還有四十天，尼尼微就要毀滅了」，他規勸他們悔過遷善。

在第二篇讀經中，保祿向格林多人所說的話，從某種意義來說，反映了耶穌在福音中說的話。耶穌說：「時期已滿，天主的國臨近了。」保祿說：「時限是短促的。」保祿的意思是：天主要實現祂的愛的計畫，因此應該只想這件事。

衡量我們所做的事有沒有價值，應該看做這事的時候，是否忠於耶穌的召叫。我們在做任何決定前，應該先思考以下天主要我們做什麼，並選擇天主要我們做的。這樣，我們便能完全生活在祂的愛中。

我們應該跟隨耶穌。每一個基督徒都必須不斷擯棄自己的私心來迎接耶穌的愛；放下對自己的過分掛慮，來以基督的愛德關注所有的人。這樣，便能將世界逐漸改變。耶穌來到世上，正是為了以祂的愛來改變世界。我們需要大量的人接受祂的召叫並跟從祂的啟迪，這樣，和平、喜樂和愛才能來到世界上，世界也才能逐漸改變。 節錄自梵蒂岡廣播電台講稿

堂區活動

家庭滑雪同樂日

青年會誠意邀請各青年及教友一同參與每年一度的家庭滑雪同樂日：

日期：2月20日（星期一）

時間：早上7時30分從聖堂停車場出發，8時45分Nakiska 集合

5時30分返低聖堂停車場

地點：Kananaskis 的 Nakiska 滑雪場

讓我們和你的家人及朋友，一起渡過一個難忘的家庭日。請於1月29日前報名登記，詳情請聯絡青年會 Abigail (403-616-5602) 或 abigailcyw@hotmail.com。

活動一週

星期三、五 25, 27

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：大食會聚餐，牧靈關愛組探訪-運動及遊戲，測量血壓

星期五 27

St. Angela School 參與彌撒

時間：上午9時

地點：永援聖母堂

星期六 28

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時至下午12時30分

地點：永援聖母堂下禮堂

龍年(壬辰)新春團拜

時間：晚上6時恭候，7時入席

地點：中華大酒樓

星期日 29

成人慕道班(粵語、國語及英語)

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

青年會

時間：上午11時至下午12時30分

地點：永援聖母堂上禮堂

師主篇

第十六章 忍耐他人的缺點

自己的短處，或他人的毛病，願意改而改不了，就該安心忍耐，等待天主別樣的措置。你該想：恐怕如此，更能考驗你的忍耐。沒有忍耐，我們的善功，不算什麼大事。雖然如此，你該為此苦求天主幫助，賞你有忍耐力。

待續

心靈小品

如何親近天主：委身

「將身體獻上，當作活祭，是聖潔的，是天主所喜悅的……」

「生命的重心不是在你！」新年伊始，我們要謹記，在這一年當中，生命的重心不在我們，而是在於天主，以及祂在我們生命中的旨意，在於我們如何明白這個旨意。

若要與天主親近，我們必須明白天主賜我們新的一年，是叫我們可以為祂而活。我們要將身體獻給天主，當作活祭。把你每天的生活——睡覺、吃喝、工作，及一切活動——交給天主，當作獻祭。

與天主親近，需要一個降服天主的心。我們必須願意把生命的主權交給天主，必須把我們的盼望、我們的渴求，以及我們的需要都交給天主。我們必須學習如此說：「不要成就我的意思，只要成就你的意思」。

要做到這一點，是需要天主的恩典的。對我們大多數人來說，把絕對的主權交給天主，是一生的掙扎，因為我們都喜歡自己作主。我們需要聖神叫我們願意向天主委身，而這是我們真正經歷天主與我們親近的唯一方法。所以，今天就求天主施恩，叫你把主權交給祂吧。

禱告

主啊，求禱幫助我們把生命交給禱，又施恩給我們，叫我們知道，生命的重心不是在我們，而是在於奉行禱的旨意。求禱幫助我們每天的生活都能榮耀禱，阿們。

靈修小故事

護守天使

一九五四年的聖誕節，在德國多爾蒙有兩列火車互撞，其中一列運送著工人，另一列則載滿了五百個去度聖誕假的兒童，這是一次破天荒的大車禍。人們從運載工人的殘破車廂中，拖出了十五具死屍，卅五位重傷者；

而那運送度假兒童的車子也在互撞時，發生了強烈的震動，幸運的是，沒有讓人痛哭的死亡及重傷者，只有幾個孩子受到些微的傷害。在多爾蒙，死者家屬為親人的蒙難痛哭流涕，傷者家屬也面有憂色；在杜塞多福則為兒童們的大難不死慶幸著，大家異口同聲地說：「啟程前，孩子們聽了媽媽的叮囑，懇求護守天使一路保護，這是護守天使建立的奇功。聖詠及福音曾說過：「祂命令祂的天使在一切道路上看守著您。」

二次世界大戰快結束時，英國飛機轟炸了德軍佔領區的一座大壩，堤毀壩倒，大水奔流，怒浪狂飆，溢滿淺谷，灌入了村莊。一位婦人發現大水已經包圍了房間，趕緊抓了被水沖來的倉庫大門門板，將三個年幼的孩子放在上面，並要他們呼求護守天使幫助；她自己卻留了下來，因為門板小，載不動四個人。整個夜晚，門板隨波浮盪，最後被沖上河岸，孩子們安全獲救了。是偶然嗎？絕對不！因為孩子中的一個，聽了母親的話曾呼求護守天神。其實，孩子不呼求，護守天使也會在天父許可下，保護孩子安全的。

馬戲團帶了一批野獸，正在一個小城表演。這樣盛大的表演，對小城來講，是很新鮮的事。一天，有隻猛獅從馬戲團的樊籠逃了出來，這消息比火還更快地傳開了，居民們都不寒而慄地緊閉門窗，只有警察和馬戲團的人在沿街尋找。這時，在鄰近的村子裡，猛獅穿越了街道，走進一戶人家的庭院內就不見了。家主婦慌忙地關上了門。然而她突然大叫：「天主啊！我的小娃娃在院內！警察和馬戲團的人匆忙趕來，持著手槍，小心地從門縫中窺探獅子的動靜。出乎意料的是，他們看到獅子正柔順地俯臥在小孩身旁，孩子正微笑地用手撫摸著這條「大狗」。馴獸師技巧地撫慰獅子，將牠平安地牽回馬戲團。聖經論天使說：「眾天使豈不都是奉職的神，被派遣給那些要承受救恩的人服務嗎？」（希一 14）

一個美麗的七月天，在美佳樂林

群山中的農莊裡，兩個小兄弟正背著九個月大的弟弟去採黑莓子，他們將小弟安放在一塊空曠的草皮上，心想這樣可以一面工作，一面照顧弟弟。忽地裡，他們嚇了一跳！一條巨大的毒蛇——響尾蛇，爬近了小弟弟那裡。小孩子舉起小手敲打著身邊使人反感的大蛇，唱著啦啦啦……兩個十歲、十一歲的少年驚呆了，不動地停在那裡，不知到該做什麼？想趕走大蛇，又怕惹火了牠、傷了小弟？最後他們決定不輕舉妄動，靜觀其變。想不到一會兒工夫，大蛇慢慢地滑開了。哥哥們看到這結果，直道不可能！不可能！

不論自然或偶然的因素都不能解釋。是的，這實在是個謎！而世界上有好多事情都是這樣。

通常，小孩子看到這怪模樣的東西，常會嚇得大哭，可是這小弟弟卻一點不怕？是不是小手的拍打，平伏了毒蛇的凶氣而變得柔和？我想這應該是護守天使的保護，讓小娃娃獲得了平安。

最後順便提及筆者姊姊的奇事。我的二姐在兩歲時也遇到同樣的事情。當時，比她年歲大的兩個哥哥正幫大人在田裡收麥子，他們把妹妹放在兩個豎起來的麥捆下，那裡能夠遮陽。好一會兒工夫，回來了，看到妹妹手中正拿著一條小七吋的毒蛇玩著。小七吋蛇也叫草上飛，一被咬即死亡。兩個哥哥嚇壞了，而她卻笑著叫蟲蟲！蟲蟲！還拿蛇叫他們看，非常高興。哥哥們不敢叫他放下，怕驚嚇了的蛇咬傷妹妹。直到她放開手，小七吋才飛也似地跑走了。

另一次，也是這個姊姊。在她三歲一個人玩時，一不小心落入深水井裡。有人看見了立刻大喊大叫，家人都驚呆了。然而，井內的二姐不但不哭，還用小手拍打著水，浮在水面上。家人救起她時，她還一直在笑。這件事大家都說是奇蹟，說是護守天使在保護她。

平常大家幾乎都忘了護守天使，這是不對的，我們不但不可忘記祂，並且

要從小教孩子有護守天使保護他，要他學會問候護守天使！
作為對護守天使的感謝。

知多一點點

聖經上有句話：“太陽之下，決無新事”（訓 1:9）。無數的事在世上早已發生。所謂“新”只不過是對我們來說是新的。譬如新的經驗，新的感觸，新的瞭解，新的研究，新的心得，新的人員和人才等等。

天主教有深奧的教理，需要學習和研究才能瞭解。我們對教理的知識是越廣越好，對認識是越清楚越有意義。但是我們的信仰不在理智的一方面，而是在多面性的生活中。信仰不只是學說，信仰是把教理在生活中實踐起來。天主與人之間有關係，人與人之間有關係，人與萬物之間也有關係。有信仰的生活是我們和天主，和人，和萬物建立一個良好的關係。有了關係，就會有感情。關係不好，生活就脫節。關係和感情是多面性的，並且時時處處要深入，還要從許多角度來改進和賞識。

以下三個舉例是另一種的看法，可能給我們一些心得，加強我們對信仰的賞識。

1 天主聖神：聖神是我們靈感的泉源。聖神是智慧之神，是剛毅之神，是勇敢之神。我們需要靈感，智慧，剛毅，勇敢時，我們去求天主聖神。其實聖神是天主的氣，也是天主的呼吸，我們接受聖神，就是呼吸天主的氣，與天主一起呼吸，那就是活著天主的生命。這也是所謂在聖神內領洗的事實。

2 教會：天主教是耶穌親自建立在聖伯多祿宗徒身上的。是至一，至聖，至公，從宗徒傳下來的。有二千年的歷史。有系統性的組織。有聖經的研究。有深奧的教理。有美麗的禮儀。有無數的聖人聖女。有傳教的熱忱。在貧窮地區，常有慈善機關。是一個偉大的宗教！對我來說，教會是家，是我的家，那裏天主是慈父，瑪利亞是聖母，耶穌是長兄，還有不少的兄

弟姊妹。教會是我每天在那裏生活的家，是我在那裏生，老，病，死的家。對這樣的教會，我決不會講她的壞話，我也決不會想離開她。

3 七件聖事：這是成聖的七大工具。要進教，用聖洗聖事。要成長，用堅振聖事。要赦罪，用告解聖事。要神糧，用聖體聖事。臨終時，用傅油聖事。要結婚，用婚配聖事。要做執事，神父，主教，用聖秩聖事。

聖事的確像大工具一樣的有極大的功效，但是聖事不是外在的工具，而是我的生命和生活。聖洗聖事是我的誕生，我出在天主家。堅振聖事是我的成長，不是短期性的，而是長久性的。和好聖事（告解）有類似吃葯打針和動手術的痛苦，但是更有恢復健康的快樂。聖體聖事是吃神糧，有像吃維他命和補葯的作用。但是聖體聖事更是我們與耶穌共融的聚餐，有一起吃飯的喜樂。病人傅油不是送終，而是把自己打扮得衣冠楚楚，面貌清秀，有禮貌的和天主見面。婚配聖事是使一男一女共度夫妻恩愛的愉快生活。聖秩聖事是使我時常能得到神職人員的服務。