

Theme Sharing

Your Redemption is Drawing Near (First Sunday of Advent)

Today marks the start of the Season of Advent. This is the time for us to prepare for Our Lord to come to our midst. It is also the time for us to get ready for the Second (and Final) Coming of Christ.

Whereas in the first reading Jeremiah foretells the birth of Jesus, the other two readings touch on the Second Coming of Our Lord. Jesus has come to the world to bring salvation to all. He will also come to deliver his justice as there is no salvation without justice. So the Messiah will "execute justice and righteousness in the land."

In the gospel, Jesus talks about the end of the world and asks us to prepare for it. We must be prepared at all times for our death and for the coming of Our Lord to render judgment on each one of us. We need not be afraid of such moment as we should always maintain our faith and hope in the Lord. *"When these things (signs) happen,"* says Jesus, *"stand up and raise your heads, because your redemption is drawing near."* As Christians, we should always be hopeful even at the worst of times in our lives. However desperate or stormy situations we may be in, know that Christ, with his mystical power and might, will intervene and save us from all harm.

Advent is likewise a time to foster the spirit of love and mission. There are a lot of people in the world who have never heard about Christ and who need Christ in their lives. So as a sign of our love for all, we must during this Season pray earnestly for missions around the world so that Christ may be born and brought to the hearts of the people in these missionary areas.

Year of Faith

Oct 11, 2012- Nov 24, 2013

Open the Door of Faith

The Goal for Year of Faith in our parish:

Catechetical Studies Refresher;
Spend ten minutes a day to meditate on the Bible and to study the Catechism.
Faith of itself, if it does not have works, is dead. James 2:17

Apostolic Letter-"Year of Faith"

13. One thing that will be of decisive importance in this Year is retracing the

history of our faith, marked as it is by the unfathomable mystery of the interweaving of holiness and sin. While the former highlights the great contribution that men and women have made to the growth and development of the community through the witness of their lives, the latter must provoke in each person a sincere and continuing work of conversion in order to experience the mercy of the Father which is held out to everyone.

During this time we will need to keep our gaze fixed upon Jesus Christ, the "pioneer and perfecter of our faith" (*Heb 12:2*): in him, all the anguish and all the longing of the human heart finds fulfillment. The joy of love, the answer to the drama of suffering and pain, the power of forgiveness in the face of an offence received and the victory of life over the emptiness of death: all this finds fulfillment in the mystery of his Incarnation, in his becoming man, in his sharing our human weakness so as to transform it by the power of his resurrection. In him who died and rose again for our salvation, the examples of faith that have marked these two thousand years of our salvation history are brought into the fullness of light.

By faith, Mary accepted the Angel's word and believed the message that she was to become the Mother of God in the obedience of her devotion (cf. *Lk 1:38*). Visiting Elizabeth, she raised her hymn of praise to the Most High for the marvels he worked in those who trust him (cf. *Lk 1:46-55*). With joy and trepidation she gave birth to her only son, keeping her virginity intact (cf. *Lk 2:6-7*). Trusting in Joseph, her husband, she took Jesus to Egypt to save him from Herod's persecution (cf. *Mt 2:13-15*). With the same faith, she followed the Lord in his preaching and remained with him all the way to Golgotha (cf. *Jn 19:25-27*). By faith, Mary tasted the fruits of Jesus' resurrection, and treasuring every memory in her heart (cf. *Lk 2:19, 51*), she passed them on to the Twelve assembled with her in the Upper Room to receive the Holy Spirit (cf. *Acts 1:14; 2:1-4*). By faith, the Apostles left everything to follow their Master (cf. *Mk 10:28*). They believed the words with which he proclaimed the Kingdom of God present and fulfilled in his person (cf. *Lk 11:20*). They lived in communion of life with Jesus who instructed them with his teaching, leaving them a new rule of life, by which they would be recognized as his disciples after his death (cf. *Jn 13:34-35*). By faith, they went out to the

whole world, following the command to bring the Gospel to all creation (cf. *Mk 16:15*) and they fearlessly proclaimed to all the joy of the resurrection, of which they were faithful witnesses.

By faith, the disciples formed the first community, gathered around the teaching of the Apostles, in prayer, in celebration of the Eucharist, holding their possessions in common so as to meet the needs of the brethren (cf. *Acts 2:42-47*).

By faith, the martyrs gave their lives, bearing witness to the truth of the Gospel that had transformed them and made them capable of attaining to the greatest gift of love: the forgiveness of their persecutors.

By faith, men and women have consecrated their lives to Christ, leaving all things behind so as to live obedience, poverty and chastity with Gospel simplicity, concrete signs of waiting for the Lord who comes without delay. By faith, countless Christians have promoted action for justice so as to put into practice the word of the Lord, who came to proclaim deliverance from oppression and a year of favour for all (cf. *Lk 4:18-19*).

By faith, across the centuries, men and women of all ages, whose names are written in the Book of Life (cf. *Rev 7:9, 13:8*), have confessed the beauty of following the Lord Jesus wherever they were called to bear witness to the fact that they were Christian: in the family, in the workplace, in public life, in the exercise of the charisms and ministries to which they were called.

By faith, we too live: by the living recognition of the Lord Jesus, present in our lives and in our history.

To Be Continued

Come, sit in this chair—Lay your burden down.

Come, sit in this chair—Discover God's peace. Today's gospel reminds us that the weight of sin and the worries of this life are a trap. That undercurrent of uneasiness, that vague feeling of unworthiness or that persistent gnawing of regret keeps us from knowing God's peace. In the words of absolution spoken at the end of the sacrament of Reconciliation, the priest says "may God give you pardon and peace". *Discover God's peace*, a peace that comes from leaving your sin behind, being made free, and being reconciled to the Lord.

In addition to the regular parish schedule, the sacrament of Reconciliation will be available

at parishes throughout the Diocese of Calgary all the Wednesdays of Advent and Lent from 7:30 – 8:30pm. *Come, sit in this chair—Discover God's peace.*

Action: As we approach the Advent season, the commercial world tempts us with –isms that weigh us down: consumerism, materialism, hedonism, and individualism are a few examples. This week, devise an action plan to avoid getting caught up in the burden of these–isms and instead to stay grounded in the truth of service to Jesus, the King.

Parish Activities

The Sacrament of Reconciliation –

will be available at parishes throughout the Diocese of Calgary all the Wednesdays of Advent (December 5, 12, and 19) from 7:30 pm– 8:30pm.

Our Parish will cancel the Advent Penitential Service.

Light up for Christmas

Our Church will hold a Light up for Christmas Ceremony on Tuesday in December 4 after the 7:00pm mass/prayer service. Parishioners are encouraged to attend.

Mission Mexico Day(December 9)

On December 8-9 we will take up a special collection.

Mission Mexico is an outreach project to marginalized mountain communities in southern Mexico. We are asking every parishioner in the diocese to support this missionary outreach.

Christmas Caroling

Youth Choir and Young Adult Choir will go Christmas Caroling on Saturday Dec 8 to Father Lacombe at 9.45am and Sunday Dec 23 to Aspen Lodge and Carewest Dr. Vernon Fanning from 2pm. All Youths and Young Adults are welcome to join.

Sunday School, Youth Group,

Young Adult Group & RCIA

Christmas Party

Sunday School, Youth Group, Young Adult Group & RCIA Christmas Party will be held on Sunday, December 16th from 11:00 to 1:30pm at the Upper Hall.

We offer free admission, delicious lunch.

All parishioners are welcome to join for the celebration of the coming of our Lord Jesus Christ. Gifts donations for Lucky Draw are

greatly appreciated. Please drop gifts off at the parish office or give them to Chrissy Leung.

Christmas play

We are presenting our annual Christmas play called 'A Christmas Carol' on Monday, December 24 at 7pm at Upper Hall. Please come join us to celebrating the joy of Christmas. Everyone is welcome. For further details, please contact Abigail Wong.

2013 Calendar

2013 Parish Calendars are available now. Parishioners can pick them up at church entrances.

2013 Donation Envelopes

2013 Donation Envelopes are available for parishioners to pick up at the Church main entrance (Religious Article Centre).

Any concern, please contact parish office (403-265-7926)

TIA Vietnamese noodle soup and snacks breakfast

Pastoral Care Team thank you for all your support & generosity! The event raised \$3,008.84 net profit. After each Mass today, the Pastoral Care Team member will give each parishioner a bookmark to thank you for your support.

Together in Action

Theme is "Love Never Ends."

(1 Corinthians 13:8)

Our parish's final target will remain at \$50,000. Donation envelopes can be picked up from both the front and the side entrances. As of November 27 our campaign has received a total of \$52,800.

May God bless you for your generous support!

Weekly Activities

Mon Wed, Fri 3, 5, 7

OLPH Senior Centre

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

Place: OLPH Church, Upper Hall

Wednesday 5

The Sacrament of Reconciliation

Time: 7:30p.m.-8:30 pm

Place: OLPH Church

Saturday 8

Legion of Mary (meeting)

(Immaculate Heart of Mary Praesidium)

Time: 9:45a.m.

Place: K of C Room

Tai Chi Lesson

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

Place: OLPH Church Lower Hall

Yoga beginner class

Time: 2:00 p.m. - 3:30 p.m.

Place: OLPH Church Upper Hall

Young Adults choir practice

Time: 6:00 p.m.

Place: OLPH Upper Hall

Faith Sharing Group (N.W.)

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

Contact: Wendy Tai 403-208-2268

Sunday 9

R. C.I.A

Adult Catechumenate Class

(Cantonese, Mandarin and English)

Time: 9:30 a.m. - 1:30p.m.

Place: OLPH Church Lower Hall

Sunday School

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

Place: Office Building

Parish Pastoral Council Meeting

Time: 12:30p.m.

Place: K of C Room at OLPH Church

Youth Group Seminar and

Christmas play practice

Time: 11:00a.m.

Place: OLPH Church Upper Hall

Imitating Christ

Chapter 21 : Sorrow Of Heart

Consider yourself unworthy of divine solace and deserving rather of much tribulation. When a man is perfectly contrite, the whole world is bitter and wearisome to him.

A good man always finds enough over which to mourn and weep; whether he thinks of himself or of his neighbor he knows that no one lives here without suffering, and the closer he examines himself the more he grieves.

The sins and vices in which we are so entangled that we can rarely apply ourselves to the contemplation of heaven are matters for just sorrow and inner remorse.

To Be Continued

Let There Be Light

Advent

Advent is a time of grace given us by the Church to prepare our hearts for Jesus' coming. Don't miss out on the grace God is waiting to give you this Advent. Use Advent

as a time to deepen your relationship with God, to prepare your heart for meeting God when you are called from this life and to prepare your heart for our celebration of Christmas. There is only one gift at Christmas, and that gift is Jesus. The shops are promoting Christmas because they make money out of it. Jesus said, "Watch yourselves or your hearts will be coarsened with debauchery and drunkenness and the cares of life..." Instead Advent is a time to "stay awake, praying at all times..." and to "make more and more progress in the kind of life that we are meant to live: the life that God wants..." I would like to share with you this poem.

Take time to think –
It is the source of power.
Take time to read –
It is the foundation of wisdom.
Take time to be quiet –
It is the opportunity to seek God.
Take time to be aware –
It is the opportunity to help others.
Take time to love and be loved –
It is God's greatest gift.
Take time to laugh –
It is the music of the soul.
Take time to be friendly –
It is the road to happiness.

Stories Faith Sharing

An Everyday Survival Kit

Rubber band, Band-aid, Pencil, Eraser, Chewing gum, Toothpick, Mint, Candy Kisses, Tea Bag

Here's why:

Rubber band - to remind you to be flexible, things might not always go the way you want, but it will work out

...Romans 8:28

Band Aid - to remind you to heal hurt feelings, yours or someone else's

...Col. 3:12-14

Pencil - To remind you to list your blessings everyday ...Eph 1:3

Eraser - to remind you that everyone makes mistakes, and it's okay.... Gen 50:15-21

Chewing gum - to remind you to stick with it and you can accomplish anything ...Phil 4:13

Toothpick - to remind you to pick out the good qualities in others ...Matt 7:1

Mint - to remind you that you are worth a mint to your heavenly father ..John 3:16-17

Candy Kisses - to remind you that everyone needs a kiss or a hug everyday...1 John 4:7

Herb Tea Bag - to remind you to relax daily and go over that list of God's blessings. ...1 Theses 5:18

To the world, you may just be somebody...but to somebody, you may be the world.

May God richly bless you.

主日分享

你們的救援近了

(將臨期第一主日)

今天開始將臨期，這是一個準備迎接上主來臨的時期。也是一個準備上主最後來臨的時期。

在第一篇讀經中我們可以看到宣佈上主的降臨。其他兩篇讀經都談論上主的第二次來臨。祂來是為救贖。祂來也是為了執行正義，因為沒有正義就沒有救贖。所以這位默西亞“要在地上執行公道和正義”。

在福音中耶穌也預言那最後的時日，並建議人們如何為那些時日作準備。我們應該天天在我們的生活中準備好主耶穌的來臨，特別是在我們臨死的時候。耶穌教我們不要害怕，而要懷抱信心充滿希望。耶穌說：“這些事開始發生時，你們應當挺起身來，抬起你們的頭，因為你們的救援近了”身為基督信徒的我們，即使在逆境中，也該當樂觀。我們知道無論在任何情況下，基督都用奧秘但有效的方式予以干預，一切都是為了我們的得救，為了我們的解放。

將臨期是一個在博愛上和在傳教愛情上的時期。所以在這個時期應多為傳教區祈禱，因為基督應該在傳教區中誕生，以充滿那些尚未認識祂的心靈。有多少人需要基督，而他們並不知道。我們應該為他們祈禱，並表示我們普遍性的愛。 錄自梵蒂岡電台

信德年

2012年10月11日

2013年11月24日

打開信德之門

本堂為教友實行再慕道的金句：

每日十分鐘默想聖經及研習教理；
信德若沒有行為，自身便是死的。

雅各伯書 2:17

《信德之門》宗座手諭

13.信德年中最關鍵的一件事，將會是回顧我們信仰的歷史——聖德和罪惡交織而成的難解奧蹟。前者強調男男女女經由他們的生活見證，使團體成長和發展所作的貢獻，後者則必須激起個人誠心和不斷的悔改，為能體驗到天父對每個人的慈悲。

在這段時間，我們應注目看耶穌基督，「祂是我們信德的創始者和完成者」(希十二2)：在祂內，人心的一苦悶和渴望都找到滿足。愛的喜悅、對痛苦和受苦的答覆、面對侮辱顯出寬恕的力量、生命戰勝死亡的空虛，所有這一切，都在基督降生成人、在祂分擔我們人性的軟弱、藉著復活的力量改變人類軟弱的奧蹟中，得以實現。這些信德的榜樣在為了我們的得救死而復活的主基督身上光芒四射，標記了我們救恩史的兩千年。由於信德，瑪利亞接受了天使的話，並且相信，她應在獻身的服從中成為天主之母(參路一38)。她在探訪依撒伯爾時，向至高者頌揚，因為祂向信靠祂的人施展了大能(參路46-55)。她懷著喜悅和惶恐，誕生了她的獨生子，卻保存了她的童貞(參路二6-7)。她信賴她的夫婿若瑟，帶耶穌到埃及逃難以避免黑落德王的迫害(參瑪二13-15)。在主耶穌講道時，她以同樣的信德跟隨著祂，並與祂一起走上加爾瓦略山(參若十九25-27)。瑪利亞以信德品嚐了耶穌復活的果實，並將一切默存在她心中(參路二19,51)，把這一切傳達給集合在晚餐廳中，期待領受聖神的十二位宗徒(參宗一14；二1-4)。

由於信德，宗徒們拋下一切跟隨師主(參谷十28)。他們相信了祂講述天國的話語——天國已來臨，並在祂身上實現(參路十一20)。他們與耶穌度過了團體生活，祂以祂的教誨培訓他們，留給他們新的生活規律，藉此規律，在祂死後，他們將被認出來是祂的門徒(參若十三34-35)。由於信德，宗徒們往普天下去，遵守向所有的受造物傳播福音的命令(參若十六15)，並毫不畏懼地向眾人宣報復活的喜樂，忠實地為主的復活作見證。由於信德，門徒們組成了第一個團體，聚集一起聆聽宗徒們的教誨、祈

禱、舉行感恩祭、把一切皆歸為公用 (參宗二 42-47)。

由於信德，殉道者獻出他們的生命，為福音的真理作見證——福音改變了他們，並使他們獻上偉大愛的禮物：寬恕他們的迫害者。

由於信德，男女人士向基督奉獻了他們的一生，放棄一切，以福音的純真度聽命、神貧和貞潔的生活，作為期待主即將來臨的具體標記。由於信德，許許多多的基督信徒，推動正義的行動，將主的話付諸實施——祂是宣告釋放壓迫，宣佈上主恩慈之年 (參路四 18-19)。

由於信德，數世紀以來，不同年齡的男男女女——他們名字已寫在生命冊上 (參默七 9；十三 8)，公認了追隨主耶穌的美好，就是說，他們到處活出基督信徒的見證：在家庭、在職場、在公眾場所、在行使托付給他們的神恩和職權時。

我們也由於信德而生活：為了要有活力地承認主耶穌臨在我們的生活和歷史中。

待續

堂區活動

將臨期悔罪禮

卡加利教區內所有教堂在將臨期內逢星期三 (12月5、12、19日)

晚上7時30分至8時30分，將開放給教友辦告解聖事。

教友應盡量參與與天主修合，以準備主基督的來臨！

本堂將臨期集體悔罪禮將取消。

聖誕亮燈儀式

為慶祝將臨期及剛踏入新的禮儀年，本堂將在十二月第一個星期二，即十二月四日晚上七時彌撒/祈禱會後舉行亮燈儀式。請各教友熱烈支持參加這個慶典。

墨西哥傳教日(十二月九日)

在我們的墨西哥福傳計劃中，從我們教區每一位教友的捐獻，我們就可以在墨西哥的一個受貧窮折磨的社區，令到文盲、體弱的人，得到適當的醫療照顧及牙齒醫護。為繼續此一重要的福傳工作。請在十二月八日或十二月九日捐出你的一分力吧！

聖誕報佳音

青年會和大專青年會將於12月8日，星期六早上和12月23日，星期日下午去 Father Lacombe, Aspen Lodge 及 Carewest Dr. Vernon Fanning 聖誕報佳音。現歡迎堂區各青年及成人參加。

主日學，青年會及成人慕道班聖誕聯歡會

主日學，青年會，大專青年會及成人慕道班聖誕聯歡會將於12月16日星期日上午11時正至下午1時30分在上禮堂舉行。包括豐富午餐，精彩節目表演及遊戲，費用全免，歡迎各教友參加，齊來迎接普天同慶的聖誕節。大會需要捐贈禮物作抽獎之用，請各位熱心支持，禮物可交給堂區辦事處或 Chrissy Leung。

聖誕話劇

我們將於12月24日，晚上7時在上禮堂舉行聖誕話劇，‘A Christmas Carol’，現歡迎堂區所有弟兄姐好來觀賞。詳情請聯絡 Abigail Wong。

2013年月曆

本堂2013年月曆開始派發，教友可於教堂入口處拿取。

2013年奉獻信封

2013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)

[愛心] 越南粉早餐

牧靈關愛組為答謝各位慷慨支持上週24及25日TIA(教區公益金)早餐活動，在本週每份彌撒後派發愛心書簽。扣除開支外，共籌得款項\$3,008.84。

教區公益金，齊來獻愛心

主題是「愛永存不朽」(格林多人前書第十三章八節)2012年教區公益金「讓我們一起來行動」(TIA)，籌募經已展開。本堂今年的目標是50,000元，捐款信封可在聖堂入口處拿取。截至11月27日，捐款已累積至\$52,800元。就讓我們立即行動，繼續慷慨解囊。在此感謝各位教友，並願主降福您們！

活動一週

星期一、三、五 3, 5, 7

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

星期三 5

將臨期悔罪禮

時間：下午7時30分至

下午8時30分

地點：永援聖母堂

星期六 8

聖母軍

(聖母軍聖母無玷聖心支團)

時間：早上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時至上午11時

地點：永援聖母堂下禮堂

瑜珈初班

時間：下午2時至下午3時30分

地點：永援聖母堂上禮堂

永援聖母青年團練習聖詩

時間：下午6時

地點：永援聖母堂上禮堂

信仰小團體 (西北區)

時間：晚上7時30分至10時

聯絡：Wendy Tai 403-208-2268

星期日 12月2日

阮神父祝福生日的主日學、

青年會會員

時間：10時彌撒

成人慕道班 (粵語、國語及英語)

時間：上午9時30分至

下午1時30分至

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：寫字樓大廈

堂區牧民議會會議

時間：下午12時30分

地點：聖堂二樓騎士會室

青年會生日會及聖誕話劇排練

時間：上午11時

地點：永援聖母堂上禮堂

師主篇

第二十一章 熱情和痛悔

當知，你本來當不起受天主的神慰，只該受許多患難。人若深自愧悔，世上的福樂，就變成苦難了。

所以善人常有傷心涕泣的資料。因為或看自己，或看別人，他知道人在世上沒有不受苦的。況說，越想自己，越夠傷心的。

傷心苦惱的緣由，就是我們的罪惡和我們的毛病；這兩樣纏擾着我們，使我們屢次不能默想天上的事理。待續

心靈小品

將臨期基督徒的生活反省

身為基督徒，應效法基督，事事以天父的旨意為依皈，一心信賴天父的慈愛與安排。

- ※ 我們和天主的交往是通過祈禱和領聖事。
- ※ 每天應有適當的個人及家庭的祈禱，並閱讀聖經。
- ※ 運用天父給與我們的智慧、健康、財富等恩賜，去創造一個仁愛正義的社會，一個美好的世界。工作是神聖的，互助互愛是基督徒的天職。
- ※ 主日彌撒是基督徒信仰的核心，是基督徒生活的靈魂。
 - 是十字架祭獻的重演，我們紀念基督的救恩。
 - 在感恩祭中，我們與基督一起朝拜天父。
 - 在彌撒聖餐中，我們飽餐天主羔羊，獲得永生的憑証。
 - 主日彌撒的參與能發揮出基督徒對慈母教會的皈依，團結及愛護。

靈修小故事

永不復返

兩條魚在海浪中游來遊去。突然間在他們面前出現一條又肥又美的虫子。一條魚對它的同伴說：「你看到那條肥美的虫子嗎？它被插在一根勾子上，這勾子被一根桿子所垂放下的一條線拴著，桿子有個人握著。如果我們哪個吃了那虫子，勾子會叉入口中，這可憐虫便被拉出水面，下鍋煮了吃。

同伴答道：「故事多麼有趣！我小時候也聽我奶奶說過，可是我不相信童話故事！因為到現在都沒有一條魚回來證實，這樣的事怎麼可以確定呢？如果你不要吃這條虫，我來享受！」牠就做了，結果被下到鍋中。因此，沒有再回來敘述牠的經驗。

許多人說：「由於沒有人從陰間回來過，對地獄絕對是一無所知。」這話說得對。但耶穌要我們提防永火，我們不可對此事漠不關心，但要遵守他的話而生活。

不願悔改的罪人死後是什麼命運？他們要下地獄受苦。

告解—超性生命失而復得

你有沒有看報紙，或聽或看新聞呢？新聞版中佔偌大部分的新聞是甚麼呢？是仇恨、殘殺、憤怒等……你有沒有犯上過失呢？

這些都是顯示出人的軟弱，換言之人迫切地需要天主救世的行動。我們也必須承認，人需要不斷的改惡遷善，歸依天父→是我們一生所應不斷努力之事。

只有相信和了解天主的仁愛，偉大與聖潔之後，人才會了解罪的真正意義。天主時常耐心地期待罪人的悔改，樂於寬恕悔改的罪人。

真誠的悔改是修和聖事的主要條件。這不單是一種恐懼或後悔或感覺做錯了事，而且實在是內心的歸依。這歸依基於我們體會到自己得罪了天主和他人。因此，悔改需要堅信天主的仁慈和寬恕，並且期望藉天主的教會而得到修和。這要求人有一份真誠的渴望和努力，願意讓天主的恩寵在我們的生活中重新工作。