

## Theme Sharing

### Baptism of the Lord

(First Sunday in Ordinary Time)

Why was Jesus baptized? Surely, not for the forgiveness of sins. Rather, by his baptism Jesus identifies with us; he takes on our shortcomings. Through his baptism, we identify with Jesus: the words spoken by God about Jesus, "You are my Son, the Beloved: with you I am well pleased," are spoken about us as well.

To know that, like Jesus, we are beloved of God is both awesome and somewhat frightening. What do we fear? Perhaps our fear is our inability to accept that the light of God shines within each of us. God's affirmation of Jesus signals what the mission of Jesus is about. It is a mission which welcomes everyone without preconditions. Somewhere along the way, our experience might have taught us that we had to prove ourselves to parents, family, friends or colleagues. We may be thinking we also have to prove ourselves to God. Not so! God loves us because we are God's sons and daughters — indeed, heirs, as Paul tells us in the second reading.

In today's Eucharist, God once again affirms his unconditional love for us. We have the opportunity to respond to God's love. Receiving the Eucharist dispels the fears we may have and gives us the courage to let our light shine, reaching out to others so that they too may know that they are beloved of God.

*Anthony Chezzi*

## 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

### My Brothers in the Priesthood and Diaconate

Happy New Year!

During this Year of Faith, Pope Benedict has asked that we re-familiarize ourselves with the orientation and teaching of the Second Vatican Council.

In his opening address to the bishops on

October 11, 1962, Blessed John XXIII explained his vision for the Council and proposed five points for achieving that goal. No. 5 - Seek unity within the Church, with Christians separated from Catholicism, with those of non-Christian religions and with all men and women of good will (Blessed Pope John XXIII, Rejoice, O Mother Church). This orientation intensified during the Council, which produced the Decree on Ecumenism, and led the Church to participate in what is now called the ecumenical movement. The word ecumenical means "worldwide" and, in a Catholic understanding, describes efforts "for the reconciliation of all Christians in the unity of the one and only Church of Christ" (UR, no. 24; CCC, no. 822). This is to be a visible communion. "Full unity will come about when all share in the means of salvation entrusted by Christ to his Church" (Pope John Paul II, On Commitment to Ecumenism [*Ut Unum Sint*; UUS], no. 86). "Communion of the particular Churches with the Church of Rome, and of their Bishops with the Bishop of Rome, is—in God's plan—an essential requisite of full and visible communion" (UUS, no. 97).

Ecumenism includes efforts to pray together, joint study of the Scripture and of one another's traditions, common action for social justice, and dialogue in which the leaders and theologians of the different churches and communities discuss in depth their doctrinal and theological positions for greater mutual understanding, and "to work for unity in truth" (UUS, nos. 18, 29).

During the Week of Prayer for Christian Unity, for the past several years, we have organized a prayer service and luncheon for religious leaders in Calgary.

This year, in addition to inviting religious leaders of the various churches in Calgary, we would like broaden the base of participation and invite our parishioners from all parishes in the Calgary area to an evening of worship, at which I will preside, for the week of Christian unity, January 24, 2013 at 7 pm at St. Mary's Cathedral, Calgary.

All Christians are asked to consider the prophet Micah's question: *What Does God Require of Us?* (Micah 6:6-8). The path of Christian discipleship involves walking the path of justice, mercy, and humility. The metaphor of walking has been chosen to link together the eight days of prayer because it

communicates the dynamism which characterises Christian discipleship. Christians of all denominations are encouraged to engage in prayer with one another and for the unity of Christians during this week.

All are welcome and encouraged to attend. Please promote attendance at this event in your parish.

Wishing you all the best, I remain,  
Sincerely yours in Christ,

+ F. B. Henry  
Bishop of Calgary

### Office of Vocations

#### Come and See Weekend:

A priestly vocation discernment weekend will take place at St. Joseph Major Seminary in Edmonton on the weekend of February 1-3, 2013. (It will begin at 7 pm on Friday evening and end on Sunday at 1:30 pm). For further information and to register please contact Fr. Gaffney at 403-245-2753 or [mjgaffney@telusplanet.net](mailto:mjgaffney@telusplanet.net).

### Week of Christian Unity

The week of Christian Unity takes place January 18 - 25, 2013. This year all Christians are asked to consider the prophet Micah's question: What Does God Require of Us? (Micah 6:6-8). The path of Christian discipleship involves walking the path of justice, mercy, and humility. The metaphor of walking has been chosen to link together the eight days of prayer because it communicates the dynamism which characterises Christian discipleship. Christians of all denominations are encouraged to engage in prayer with one another and for the unity of Christians during this week.

The Roman Catholic Diocese of Calgary is hosting an evening of worship for the week of Christian unity on Thursday, January 24, 2013 at 7 pm at St. Mary's Cathedral, Calgary. Bishop Frederick Henry will be presiding and preaching. All are welcome and encouraged to attend.

### Calgary Meals on Wheels

Do you know someone who needs help with meal preparation? Calgary Meals on Wheels can prepare and deliver nutritious and affordable meals to your door providing you with meals 7 days a week regardless of your age or finances. To order meals for yourself

or someone you love, give our Client Services Department a call at 403-243-2834 or email us your name and phone number to [signup@mealsonwheels.com](mailto:signup@mealsonwheels.com).

## Parish Activities

### Chinese New Year Banquet 2013

Date: Saturday February 23

Time: Reception from 6 p.m.,  
dinner at 6:30 p.m.

Venue: Chinese Cultural Centre, banquet  
by Cultural Centre Restaurant

Ticket: \$30 /adult, \$15/child (age 12  
or below)

Early bird special of \$268 for table of 10 with tickets purchased before January 27, 2013. Banquet tickets will be sold at the Religious Article Centre after each mass beginning January 5. Parishioners can contact Church Group representatives or Sr. Magdalena Chan at 403-690-2973 to purchase tickets. Donation of gifts for Raffle Ticket Draw would be much appreciated, please contact Parish Pastoral Councillors or Parish Office for details.

### Family Ski Trip

Youth Group is organizing a ski trip to Nakiska in Kananaskis on Family Day Monday Feb 18. Special group rates are available due to group booking.

Date: Monday February 18, 2013

Time: 8:30 a.m. meet at Nakiska

Location: Nakiska in Kananaskis

All are welcome, please come and join us to celebrate the Family Day long weekend together and spend some quality time with family and loved ones! Deadline to register is Sunday January 27, 2013. For further info and registration please contact Chelsea at 403-617-0388 or Jenny at 403-869-9462.

### 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 December 30 our campaign has received a total of \$59,336.18. May God bless you for your generous support!

Mon, Wed, Fri 14, 16, 18

OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Friday 18

Faith Sharing Group ( Sacred Heart)

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

Contact: Doris Ho 403-271-6884

Saturday 19

Legion of Mary ( meeting )

( Immaculate Heart of Mary Praesidium )

Time: 9: 45 a.m.

Place: K of C Room

Wing Kei Care Centre ( Mass)

Time: 11:00 a.m.-12.00 noon

Place: 1212 Centre Street, NE.

Tai Chi Lesson

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

Place: OLPH Church Lower Hall

Yoga beginner class

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

Place: OLPH Church Upper Hall

Mandarin Bible Study

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

Place: OLPH Church K of C Room

Young Adults choir practice

Time: 6:00 p.m. - 8:00p.m.

Place: OLPH Upper Hall

Sunday 20

R. C.I.A

Adult Catechumenate Class

(Cantonese, Mandarin and English)

Time: 9:30 a.m. - 1:30 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 Choir- choir practice

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

Place: OLPH Church, Office Building

Bible/Catechism Quiz

Time: Lunch – 12:30pm to 1:15pm

Quiz: 1:15pm to 3:15pm

Place: OLPH Church Upper Hall

## Imitating Christ

### Chapter 22 :

#### Thoughts On The Misery Of Man

The saints of God and all devout friends of Christ did not look to what pleases the body nor to the things that are popular from time to time. Their whole hope and aim centered on the everlasting good. Their whole desire pointed upward to the lasting and invisible

realm, lest the love of what is visible drag them down to lower things.

Do not lose heart, then, my brother, in pursuing your spiritual life. There is yet time, and your hour is not past. Why delay your purpose? Arise! Begin at once and say: "Now is the time to act, now is the time to fight, now is the proper time to amend."

To Be Continued

## Faith Sharing Stories

### Interesting Church Signs

#### Signs from the Church of the Modern Times ....

There was a church that had problems with outsiders parking its parking lots, so they put up a sign:

CHURCH CARPARK - FOR MEMBERS ONLY; Trespassers will be baptized!

"No God-No Peace. Know God-Know Peace."

"Free Trip to heaven. Details Inside!"

"Try our Sundays. They are better than Baskin-Robbins."

"Searching for a new look? Have your faith lifted here!"

An ad for one Church has a picture of two hands holding stone tablets on which the Ten Commandments are inscribed and a headline that reads, "For fast, fast, fast relief, take two tablets."

When the restaurant next to another Church put out a big sign with red letters that said, "Open Sundays," the church reciprocated with its own message: "We are open on Sundays, too."

"People are like tea bags - you have to put them in hot water before you know how strong they are."

"Fight truth decay - study the Bible daily."

"Dusty Bibles lead to Dirty Lives"

"Come work for the Lord. The work is hard, the hours are long and the pay is low. But the retirement benefits are out of this world."

"It is unlikely there'll be a reduction in the wages of sin."

"Do not wait for the hearse to take you to church."

"If you're headed in the wrong direction, God allows u-turns."

"If you don't like the way you were born, try being born again."

"Looking at the way some people live, they ought to obtain eternal fire insurance soon."

"This is a ch\_\_ ch. What is missing?" ----(U R)

## Weekly Activities

"Forbidden fruit creates many jams."  
 "In the dark? Follow the Son."  
 "Running low on faith? Stop in for a fill-up."  
 "If you can't sleep, don't count sheep. Talk to the Shepherd."  
 Faith makes all things possible.  
 Hope makes all things bright.  
 Love makes all things easy.

## 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 he 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.

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

### 主受洗節

#### (常年期首主日)

在常年期的主日感恩禮中，教會把耶穌公開生活中發生的事蹟，一幕一幕地呈現在我們眼前，也一段一段地將祂的宣講播送到我們耳中。這不但引導教會自己信仰基督，也促使她反思，並更深地認識自己的生命。正如教宗保祿六世說的：基督是教會的一面鏡子；在基督身上，教會了解自己。

我們在禮儀中所處身的團體便是教會；耶穌基督臨在於主日福音中，讓我們在祂身上，對教會有更深的認識。那麼，今天記述耶穌受洗的福音，又帶給我們什麼啓示呢？

耶穌在約旦河受洗，是祂公開傳播福音的開始，人類救恩的根源也在此時顯露出來。耶穌受洗之後，天上有聲音說：「這是我的愛子，我因祂而喜悅。」這顯然是來自天主聖父的話語。救恩最終的根源是天主聖父，祂永恆的計畫便是提拔人類分享天主的生命；即使人類有罪，仍要施以救援，使他們不失成爲天主子女的恩惠。這個計畫由降生成人的天主聖子完成，所以當耶穌公開生活之始，在人群中受洗時，天主聖父表達祂的喜悅，因爲愛子耶穌將要以祂的死亡及復活來實現救恩計畫。耶穌整個救援工程，是在聖神的能力中進展，所以在主受洗時，聖神藉著鴿子的形象降在祂上邊。如此看來，人類救恩的根源是天主聖三。

梵二大公會議，稱教會是天主救恩的聖事，這是說天主的救恩臨在教會

成員身上，使他們享有天主子女的生命，同時教會還將天主的救恩傳遍全人類。讀了今天耶穌受洗的福音，我們一定會聯想到教會的根源。既然天主聖三是救恩的根源，教會又是救恩的聖事，那麼它的根源，當然是天主聖三了。

天主在基督內創造及救援的恩惠，自始便賜與人類，不過在人類歷史的進展中，祂揀了以色列民族作爲救恩的標記。這並不是說其他民族不蒙受天主的恩惠，而是說在以色列民族的歷史中，天主以言以行證實祂的救恩。故以色列民族稱爲天主的子民，蒙受召選，便是要透過他們遵守盟約的生活，來爲天主的創造及救援工程作證；但實際上舊約天主子民並沒有充分完成自己的使命，於是耶穌基督被派遣，決定性地實現天主聖父的計畫，並由祂建立一個團體，那便是教會。教會是救恩的聖事，這並不是說教會之外沒有天主的創造與救援的恩惠，而是說她應當作爲一個活生生的標記，宣揚天主的救恩真實地臨在人間，並爲此作證；故教會也稱爲新約天主子民。教會作爲救恩聖事的最後根源是天主聖父，不過，除非教會與耶穌基督結合一體，她也不能成爲救恩的聖事；因爲是祂實現了救恩計畫，是祂以其死亡及復活而成爲救恩的中保；教會因此被稱爲基督的身體，因爲她與救恩的中保基督合而爲一，基督是頭，教會是身體。此外，正如耶穌受洗之後，天主聖神降在祂身上，表示祂將以聖神的能力實現救恩，教會、基督的身體，也從她的頭分享聖神的能力，聖神在她內，推動救恩的實現，這是教會稱爲聖神宮殿的緣故。

這樣看來，教會的根源是天主聖三；我們生活在教會中，不能不經驗到我們分享的是天主聖三的生命，與天主聖三有密切關係。張春申神父

## 信德年

2012年10月11日

2013年11月24日

打開信德之門

**本堂爲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

## 我們懷疑嗎？

懷疑天主的存在和死後的生命，的確是一個不幸的處境。不可知論者聲稱，我們無法認識物質世界以外的東西，他們把生命建立在懷疑上。但是為獲得圓滿的幸福，生命必須積極而有目標。

懷疑是成長和發展的條件，它們就像是青澀年紀的苦惱。懷疑和煉獄或青春期的煩惱一樣，都不應該是永遠的狀態。

聖經上有許多疑惑的義人的例子。梅瑟由於懷疑而被禁止進入福地；洗者若翰的父親匝加利亞也因為懷疑而成了啞巴。

當基督教導聖體聖事的教義時說，他是從天上降下來的生活的食糧，並要把他的肉賜給人吃。有些跟隨他的人問道：「這怎麼可能？」他們堅持停留在他們的懷疑上，結果離開了他。聖多默宗徒是懷疑的典型，他被稱為「懷疑的多默」。近來他被指定為二十世紀的聖人，不只因為這是一個充滿宗教懷疑的世紀，也是因為多默似乎代表了現代的男女。他似乎是重實證，而且講實際的那種人。當接近公開宣講的尾聲，敵人的氣燄遂漸囂張時，基督提到他要前往耶路撒冷附近的伯達尼。門徒知道，這是危險地區，於是反對說：「辣彼，近來猶太人圖謀砸死你，你又要往那裡去嗎？」（若十一 8）但是多默說：「我們也去，同他一起死罷！」（若十一 16）

當吾主提到在他的父的家裡有許多住處時，他補充道：

「我去了，為你們預備了地方以後，我必再來接你們到我那裡去。為的是我在那裡，你們也在那裡。我去的地方，你們知道往那裡去的路。」（若十四 3-4）

多默，跟以前一樣實際，對這個答案並不滿意。多默說：「主！我們不知道你往那裡去，怎麼會知道那條路呢？」（若十四 5）

基督回答說：「我是道路、真理、生命。」（若十四 6） 待續

資料來源：「夜盡天明」書

Rev. John C. Dowd 著

## 堂區活動

### 永援聖母堂 2013 年新春團拜

日期：2月23日(星期六)

時間：晚上6時恭候，6時30分入席

地點：中華文化中心禮堂，晚宴由中華大酒樓安排

票價：成人每位30元，12歲以下小童每位15元

為答謝各教友多年來鼎力支持，將特設晨鳥優惠，凡1月27日前購票一席，只須268元；欲免向隅，購票從速。購票詳情，請與Sr. Magdalena Chan (403-690-2973) 聯絡。

門票將於1月5日開始發售，教友可於每台彌撒後到聖物部購買，或直接與善會代表購票。春茗晚宴並設有大抽獎助興，盼望教友熱烈捐贈及贊助抽獎禮物，詳情請與堂區牧民議會各委員或堂區辦事處聯絡。

### 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18日(星期一)

時間：早上8時30分在Nakiska 集合  
目的地：Kananaskis 的 Nakiska 滑雪場

讓我們和你的家人和朋友，一起渡過一個難忘的家庭日。請於1月27日前報名登記，詳情請與青年會聯絡。Chelsea (403-617-0388) 或 Jenny (403-869-9462)

### 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12月30日，捐款已累積至59,336.18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 14,16, 18

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 18

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 19

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

榮基護老中心(彌撒)

時間：上午11時至正午12時

地點：1212 Centre Street, NE.

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

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

國語組聖經研習

時間：下午2時30分至4時30分

地點：聖堂二樓騎士會室

永援聖母青年團練習聖詩

時間：下午6時至8時

地點：永援聖母堂上禮堂

星期日 20

成人慕道班(粵語、國語及英語)

時間上午9時30分至1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

青年聖詠團-練習聖詩

時間：上午11時至12時30分

地點：寫字樓大廈

信德年聖經教理問答比賽

時間：午餐-下午12時30分至1時15分

問答比賽 -下午1時15分至3時15分

地點：永援聖母堂上禮堂

## 師主篇

### 第二十二章 世人之苦

真聖真賢，以及耶穌的密友，總不介

意肉體的快樂和世上的榮華；他們所渴想的，只是永遠的真福。他們所貪戀的，是天上永遠無形的大事，他們不讓地下有形的事物纏擾住他們。親愛的神兄，為修德前進，你別失望：你還有工夫，來得及哩！你為什麼把已定的志向拖到明天呢？你起來罷，馬上就該動手，並且說：現在就是幹的時候，鬥爭的時候，改過的時候。

待續

## 靈修小故事

### 不要背負魔鬼的重擔

有一位信主多年的中年婦人，因為飽嘗人生許多苦楚，遭遇不少憂患，所以終日面帶愁容。她的兒子雖然常常勸她，用盡不少方法要她歡喜，總是無效。一天早晨，她下樓來吃早飯，滿面堆著愁容，與平時大不相同。兒子心中非常詫異，就問她說：“媽媽！我喜歡看見你的笑臉，究竟是什麼事情叫你這樣喜樂？”她說：“孩子，昨天夜裡我作了一個奇異的夢。夢見自己跟一大群背著重擔極其疲倦的人，走在一條大路之上。在前面有許多形狀可怕的惡魔，故意把許多黑色的包袱撒在地上，要讓我們拾起背上。我自己也和別人一樣，一邊行走，一邊彎腰拾起那些黑色的包袱背在身上。越走越覺沉重，甚至壓得透不過氣來。過了一會兒，我抬起頭來，看見一位人子，帶著榮耀的慈顏，在人群中走來走去，最後走到我的身邊。我仔細一看，原來就是我的救主。我就呼叫：‘主啊！我非常疲倦，實在背不動了。’他同情含笑的對我說：‘親愛的孩子啊！你用不著背負這些重擔，因為那是魔鬼給你的，不是我給你的，所以要將你的重擔丟掉，摸也不要摸它，就會覺得道路容易，好像生了翅膀一樣的輕鬆。’他說完了話，用手一摸，我的重擔就都脫了，喜樂平安立刻充滿了我心。正想跪在他的腳前感謝，忽然醒了，我的一切憂慮完全消失了。”從這天起，直到她離世的日子，她是全家最喜樂的人。

## 知多一點點

### 為什麼最好每天參與彌撒

「彌撒（感恩聖祭）乃是最完美的祈禱方法。」保祿六世。

為了我們熱心地望每天彌撒，我們的主，要在我們死時打發一位聖人來。

（耶穌啓示給聖女大潔如）

聖五傷畢奧神父說：「世界缺少陽光容易存在，缺少彌撒則不易存在。」

亞爾斯本堂聖若翰·衛雅說：「假如我們知道彌撒的價值，我們會高興死了。」

聖安生乃教會偉大的聖師，他聲明道：為人在生前僅奉獻一台彌撒比在死後按同一意向奉獻一千台更有價值。聖梁納迪支持這一說法，他說：生前的一台彌撒比死後的許多台彌撒更獲益多。

「假如人在生前求作神聖彌撒，總比死後為救助靈魂求作彌撒有更大益處。」教宗本篤第十五。

有一次，聖女德蘭深受天主的慈愛感動，她詢問我們的主：怎樣感謝祂。我們的主則答道：「望一台彌撒。」

聖母瑪利亞有一次對她忠僕亞蘭（Alain）說：「我的兒子這樣愛慕那些參與彌撒聖祭的人，如果必要的話，祂們參與多少台彌撒，祂竟要為他們死多少次。」（摘錄加布遣會士講彌撒聖祭）

在永生裡我們才完全曉得，參與每天的彌撒是值得的。你為司鐸們祈禱吧，使得他們以聖潔的敬愛奉獻彌撒。基督啓示聖女大潔如說：每次，人領聖體，在天堂，在地上以及在煉獄，為每人總有某種益處。

亞爾斯本堂說：一次善領聖體，比給窮人兩萬新法郎更有價值。

獲得普世彌撒聖寵之祈禱文

永遠的父，我們謙卑地把我們貧陋的參與彌撒以及全世人從世界伊始到終結，所參與或將參與的一切彌撒，都獻給禱。我們將生活中的痛苦、災害、祈禱、犧牲、喜樂和休閒，同我們可愛的主，耶穌基督在世的一切結合，全獻給禱。希望基督至尊寶血，祂所流的血，所受的傷痛和愁苦，藉著瑪

利亞憂苦和無玷的心，解救我們。阿們。（該端經文應該天天唸，並宣揚出去）節錄自『超級祈禱文集』