

Happy Chinese New Year!**祝大家新春快樂!**

To You & Your Family

Wishing you all a Prosperous

Year of the snake with every blessing!

恭祝您蛇年

裝滿一車幸福讓平安開道

拋棄一切煩惱讓快樂與你擁抱

存儲所有溫暖將寒冷趕跑

釋放一生真情讓幸福

永遠對你微笑!

Theme Sharing**5th Sunday in Ordinary Time****Be a Fisherman of Men**

The theme of today's scripture readings, taken from *Isaiah 6:1-8*, *1 Corinthians 15:1-11* and *Luke 5:1-11*, is on vocation and acceptance of God's calling for the sake of the gospel.

We can imagine Luke's joy when he wrote the passage of today's gospel. Now at an important moment in his public ministry, Jesus is gathering his disciples. He is set to mobilize his Church to carry out his mission on earth. He assumes his role of Teacher and, for the first time, entrusts responsibilities of his mission to Simon (later to be called Peter). As this is indeed a solemn moment in the Church's history, Luke describes the event vividly in detail in the gospel.

Simon and his fellow fishermen were all amazed at the miracle on the catch of so many fish. In humble adoration with bended knees, Simon said to Jesus: "Go away from me, Lord, for I am a sinner." What follows is the climax of today's gospel, with Jesus saying to Simon, "*From now on, you will be a fisherman of men.*" In other words, Simon would no longer catch fish and would instead catch people and bring them to the Church established by Christ. Simon promptly accepted his calling to be a "fisherman of men". He and his fellow fishermen left everything and followed Christ. A similar picture is painted in the first reading on the calling of Isaiah. Isaiah had a vision inside the temple in Jerusalem and, like Simon, he was overwhelmed with fear. He cried out: "Woe is me! I am doomed to die, for I am a man of unclean lips, and I live among a

people of unclean lips; yet my eyes have seen the King, the Lord of hosts!" Then an angel of the Lord touched Isaiah's mouth with a piece of red-hot coal taken from the altar, and cleansed all his guilt. Thereupon, Isaiah accepted God's calling to be his prophet.

In today's responsorial psalm, from Ps. 138, we praise God for his unceasing love and careful watch over us: "Lord, your steadfast love endures forever; do not forsake the work of your hands." Indeed, God is all-loving and he will never abandon his Church. Even to this day, numerous people receive calling from God who will cleanse them with red-hot coal. Like Isaiah and Simon, these men and women are willing to leave everything behind to follow Christ and be fishermen of people for God.

Jesus energized the apostles with the fish-catching miracle. He is still doing the same for the Church through the Holy Spirit. No persecution can ever stop the Church from doing its work to proclaim the good news to the ends of the earth. This explains why a lot of men and women today are responding to God's calling: "*Whom shall I send?*" with the answer: "Here I am, Lord!"; accepting without hesitation to God's invitation to be "fishermen of men".

News & Others**Pope Benedict XVI's New Year wishes to the world**

Pope Benedict XVI said that he hoped 2013 would be a year of peace and that the world was under threat from unbridled capitalism, terrorism and criminality.

He also spoke of peace after the mass, "A new year is like a trip. With the light and the grace of God, may it be the start of a path to peace for every person, every family, every country and for the entire world."

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

World Day of The Sick**February 11, 2013**

Theme: "Go and do likewise" (Luke 10:37)
February 11, Feast of our Lady of Lourdes, for its annual celebration. On this day, the ill are encouraged to reflect on the Christian meaning of suffering. The occasion also provides an opportunity for those involved in health care to recall the roots of their healing mission. Please pray for the sick!

Diocese of Calgary**Fifth Sunday of Ordinary Time***Come, sit in this chair—be made whole*

This Wednesday is Ash Wednesday. The Ash Wednesday Gospel opens the season of Lent by discussing the three practices that we are expected to take up: prayer, almsgiving, and fasting. The Gospel passage is taken from Jesus' Sermon on the Mount wherein he tells the disciples that he has come not to destroy the Law but to fulfill the Law through love. The Law of love is not about external appearances but about the truth in the heart. Perhaps you have been going through the motions of going to Mass but never praying. Maybe you are generous with your friends and family but do nothing to raise up the poor. Do you eat and drink differently in company than behind closed doors? Lent is a time to evaluate the integrity of our lives through our relationship with God, with others, and with ourselves. It is less important how we appear to others than how God sees us in secret. If you find any contradictions, *Come, sit in this chair—be made whole.*

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 Lent from 7:30 – 8:30pm. *Come, sit in this chair—be made whole.*

Action: How are you going to express prayer, fasting, and almsgiving this Lent? Make a plan.

Parish Activities**ASH Wednesday &****First Sunday of Lent**

We shall celebrate Ash Wednesday on

February 13 at 9:00 a.m. Mass. Please be observant of fasting and abstinence. If parishioners cannot attend on Wednesday, they can receive the ash on February 17 (The First Sunday of Lent). It is time to get ready for a new Lenten journey. Parishioners are encouraged to join daily mass and Way of the Cross in Lent. Abstinence. The law of abstinence requires a Catholic 14 years of age until death to abstain from eating meat on Ash Wednesday and Good Friday in honor of the Passion of Jesus. Salt and freshwater species of fish, amphibians, reptiles and shellfish are permitted. Fasting. The law of fasting requires a Catholic from the 18th Birthday (Canon 97) to the 59th Birthday (i.e. the beginning of the 60th year, a year which will be completed on the 60th birthday) to reduce the amount of food eaten from normal. The Church defines this as one meal a day, and two smaller meals which if added together would not exceed the main meal.

OLPH Way of the Cross in Lent

(Starting from February 15)
English: every Friday 8:30 a.m.
Cantonese & Mandarin:
Every Saturday 4:30 p.m.

Weekly Activities

Wed, Fri 13, 15

OLPH Senior Centre

Time: 9:00a.m.-12:00 noon
Place: OLPH Church Upper Hall

Wednesday 13

Ash Wednesday

St. Angela School will be attending Mass
Time: 9:00a.m

Friday 15

Faith Sharing Group (Sacred Heart)

Time: 7:30p.m.-10:00p.m.
Contact: Doris Ho 403-271-6884

Saturday 16

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. - 3:15 p.m.

Place: OLPH Church Upper Hall

Mandarin Group-Social gathering

Time: 6:00 p.m. - 8:30p.m.

Place: OLPH Upper Hall

Young Adults choir practice

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

Place: OLPH Lower Hall

Sunday 17

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

Youth Choir- choir practice

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

Place: OLPH Church, Office Building

Imitating Christ

Chapter 24:

Judgment And The Punishment Of Sin

IN ALL things consider the end; how you shall stand before the strict Judge from Whom nothing is hidden and Who will pronounce judgment in all justice, accepting neither bribes nor excuses. And you, miserable and wretched sinner, who fear even the countenance of an angry man, what answer will you make to the God Who knows all your sins? Why do you not provide for yourself against the day of judgment when no man can be excused or defended by another because each will have enough to do to answer for himself? In this life your work is profitable, your tears acceptable, your sighs audible, your sorrow satisfying and purifying. To Be Continued

Faith Sharing Stories

The Secret

One day, one friend asked another, "How is it that you are always so happy? You have so much energy, and you never seem to get down."

With her eyes smiling, she said, "I know the Secret!"

"What secret is that?"

To which she replied, "I'll tell you all about it, but you have to promise to share the Secret with others."

"The Secret is this:

I have learned there is little I can do in my

life that will make me truly happy.

I must depend on God to make me happy and to meet my needs.

When a need arises in my life, I have to trust God to supply according to HIS riches.

I have learned most of the time I don't need half of what I think I do.

He has never let me down.

Since I learned that 'Secret', I am happy."

The questioner's first thought was, "That's too simple!"

But upon reflecting over her own life she recalled how she thought a bigger house would make her happy, but it didn't!

She thought a better paying job would make her happy, but it hadn't.

When did she realize her greatest happiness?

Sitting on the floor with her grandchildren, playing games, eating pizza or reading a story, a simple gift from God.

Now you know it too!

We can't depend on people to make us happy.

Only GOD in His infinite wisdom can do that. Trust HIM!

And now I pass the Secret on to you!

So once you get it, what will you do?

YOU have to tell someone the Secret, too!

That GOD in His wisdom will take care of YOU!

But it's not really a secret...

We just have to believe it and do it...

Really trust God!

Let There Be Light

The Holy Alphabet...

Continue in thanksgiving....."I AM Too blessed to be stressed!"

This is the best..... The Holy Alphabet... This is Beautiful

Whoever came up with this one must have had some Divine guidance!

Although things are not perfect

Because of trial or pain

Continue in thanksgiving

Do not begin to blame

Even when the times are hard

Fierce winds are bound to blow

God is forever able

Hold on to what you know

Imagine life without His love

Joy would cease to be

Keep thanking Him for all the things

Love imparts to thee

Move out of "Camp Complaining"

No weapon that is known
On earth can yield the power
Praise can do alone
Quit looking at the future
Redeem the time at hand
Start every day with worship
To "thank" is a command
Until we see Him coming
Victorious in the sky
We'll run the race with gratitude
X alting God most high
Yes, there'll be good times and yes some will
be bad, but...
Z ion waits in glory...where none are ever
sad!
"I AM Too blessed to be stressed!" The
shortest distance between a problem and a
solution is the distance between your knees
and the floor. The one who kneels to the
Lord can stand up to anything. Love and
peace be with you forever, Amen.

Read More Know More

ASHES

Let us do a little thinking about what happens on Ash Wednesday. When the priest puts ashes on your head, he speaks the solemn, serious words: *"Remember man that thou art dust and unto dust thou shalt return."*

Ashes tell us more loudly than words that death will reduce our bodies to a little handful of dust or ashes. Ashes remind us that this body, no matter how beautiful, no matter how brawny, no matter how healthy, will break down, will wither and die and turn to ashes.

FASTING

For forty days our Lord fasted. He ate nothing. For this reason Mother Church asks those who can to fast also, to cut down on food and drink, in imitation of Jesus. But, kind Mother that she is, the Church realizes that many of us, weak children of Adam, working for our bread in the sweat of our brow, or even worse, not being able to work when we want to, cannot keep the strict fast from food.

Accordingly she dispenses those who work hard, the sick and convalescent, and others who have some valid excuse. However, do not take it upon yourself to dispense yourself. Ask your priest either in or out of the confessional to dispense you and to give you some other penance as a substitute. Too often lukewarm Catholics excuse

themselves from fasting and then do no penance at all. Everybody must do some penance.

主日分享

常年期第五主日

漁人的漁夫

本主日是常年期第五主日。彌撒中的兩篇讀經和福音分別取自依撒意亞先知書第 6 章第 1 到 8 節，聖保祿宗徒致格林多人前書第 15 章第 1 到 11 節（短式：第 15 章第 3 到 8 以及 11 節），聖路加福音第 5 章第 1 到 11 節。福音與讀經一都講一個聖召的故事。

我們很容易感覺到聖路加在撰寫本主日的福音記載時的內心快樂。耶穌在聚集了他的門徒之後，要開始在群眾中間履行自己的任務。他已動員了他的教會，現在要以群眾老師的身份親自出場。這是一個重要的時刻。在這時刻，聖伯多祿宗徒要從耶穌手中領受他的使命。聖路加特意佈置了一個隆重的場面，把耶穌的話語記錄得特別莊嚴，來強調這一事件在教會歷史上的重要性。

西滿和他的同伴，見到了捕魚奇跡，都十分驚訝。伯多祿十分謙遜地崇拜了無窮偉大的天主。他謙遜地說：「主啊！請遠離我吧！因為我是個罪人腳！」

接著便是本主日彌撒福音記載的頂峰。「從今以後，你要做漁人的漁夫！（你將網羅的，是人。）」從此，宗徒們拋棄了一切，去跟隨耶穌，聖伯多祿則領受了他作「漁人的漁夫」的使命。在本主日的彌撒福音中聖路加已經描繪了教會的藍圖。這教會將在聖神降臨那天彰顯出來。

讀經一記載依撒意亞先知蒙召的故事。

在耶路撒冷聖殿裡所經驗的一個神視中，看見了天主的聖德。他也像聖伯多祿宗徒一樣，驚恐失色，喊著說：「我有禍了！我命不久矣！因為我是唇舌不潔的人，住在唇舌不潔的人民中間，竟親眼看見君王、萬軍的上主！」跟著天使用一塊火紅的炭，消除了他的罪孽，派給了他先知的任務。

本主日彌撒中的答唱詠援引聖詠第 138 首的話語祈求仁慈的天主，說：「上

主，你的慈愛永世無窮，不要放棄你親手創造的傑作！」是的，天主無窮慈愛，並沒有放棄祂的教會。今日仍有許多人，接觸了天主的崇高聖德。天主也用火紅的炭，潔淨他們；他們也便拋棄了一切，去跟隨基督，去作漁人的漁夫。

從前耶穌在捕魚的奇蹟中給予宗徒們的生命活力，今日仍在教會內繼續產生作用，歷史上的任何迫害都不能撲滅它。「你要做漁人的漁夫！」這句話在今日的世界上仍舊不斷地響亮著，任何事件或人物都不能削弱它的號召力。
節錄自梵蒂岡電台

新聞及其他

教宗本篤十六世：新年是我們彼此接納天主愛的時刻

教宗本篤十六世說：“如果我們彼此接納基督賜給我們的愛”，這將是一個真正的好年。教宗隨後誦讀了聖經中古老的祝福經文：“願上主轉面垂顧你，賜你平安”（戶 16；26）。如果上主的慈顏光照你，祂的光即為人類的福分。教宗然後談到：“誰是締造和平的人？他們日復一日努力用善、真理的力量、祈禱與寬恕的武裝、誠實且盡善的勞作、服務生命的科學研究、身體和精神的憐憫之行來戰勝邪惡。締造和平的人很多，但他們都不喧囂。他們如同是麵團中的酵母，按照天主的計劃使人性成長。”教宗還說：“新的一年如同是一次旅行，若乘坐天主光明和恩典的列車，每個人、每個家庭、每個國家和整個世界都能獲享一次和平之旅。”教宗本篤十六世也在元旦佳節發佈一條新的推文，他寫道：“願上主降福你們，在新的一年護佑你們。”

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

世界病人日(二月十一日)

主題:「“你去,也照樣做吧!”(路加福音第十章三十七節)。世界病人日於每年2月11日舉行,這天正是露德聖母顯現日。請大家為所有病人祈禱!

堂區活動

聖灰瞻禮四旬期封齋期

2月13日星期三為聖灰瞻禮。本堂將於當日九時彌撒為教友施放聖灰。教友當日要守大小齋。

2月17日是四旬期第一主日,本堂將會為未能在星期三領聖灰的教友施放聖灰。

小齋

教會規定凡已足十四歲的教友在每年的聖灰禮儀及聖周內星期五紀念基督聖死日應守小齋,即在那兩天放棄取用熱血動物的肉類食品。

大齋

教會要求年齡已滿十八至五十九歲的教友在上兩個日子除了守小齋外,還要守大齋,即在那兩天祇可飽食一餐,其它兩餐祇可進食少許食物,其餘時間可飲流質飲品,但不能進食其它食物(藥物除外)。

守齋有何意義?

第一是彌補罪過;

第二是促使教友皈依基督的心愈益成長,引導教友思想像基督,行動肖似基督。

如此,我們將會體驗到從未經歷過的平安。

注:聖灰禮儀和耶穌苦難日守大小齋

四旬期苦路善功

在四旬期內二月十五日開始,按教會傳統,將舉行苦路善功,以紀念主基督為拯救人類所受的苦難聖死。請教友提早前來參與。

英語拜苦路:逢週五早上彌撒前
8時30分舉行。

粵語國語拜苦路:逢週六
下午彌撒前4時30分

活動一週

星期三、五 13, 15

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 13

St. Angela School 參與聖灰瞻禮彌撒

時間:上午9時

星期五 15

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 16

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15分

地點:永援聖母堂上禮堂

國語組聯歡

時間:下午6時至8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時至8時

地點:永援聖母堂下禮堂

星期日 17

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

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

師主篇

第二十四章

審判之嚴和罪過之罰

在所有的上,你該顧到它們的結局,並且要顧到你在嚴厲的法官前將怎樣受審;因為什麼也瞞不過天主,祂不受賄賂,也不聽你推辭的話,或善或惡,全按公義判斷。哎!愚蒙的

罪人!你有時在發怒的人面前,還嚇得發抖,在全知的天主臺前,你將怎樣應付呢?你為什麼不預防審判的日期呢?到了那一天,任何人也不能替別人答辯,也不能保護別人。各人管各人的罪惡,已夠管的了。你現在勞苦,能得益處;現今哭泣,能受賞報;現今歎息,天主聽你;現今疼痛,能補贖罪過,潔淨靈魂。 待續

心靈小品

也談更新

「除夕」按詞海釋義:舊俗陰曆十二月末日之夜為「除夕」,明日即另換新歲也。

舊式中國家庭 — 偶間有等長者輩仍有如斯傾向,對舊東西都依依不捨,棄置之前,必三思而後行。要知,破舊的東西,會有礙家居衛生之嫌;而且堆積得多,也令居室有侷促之感,在這個情況之下,「除夕」前的大掃除風俗,允稱明智。而且,在風俗習慣的熏陶之下,大家自動自覺的去做,更屬上乘。昔日更加上燃點鞭炮,不期然的把蛇、蟲、鼠、蟻,驅除得一乾二淨。居住環境的清潔衛生工作,幹得有聲有色。

新年、新春、新人,多有意義的詞。新年,帶給人新的機會,去嘗試幹好以前未能幹得好的事。

新春,為農事人家,是耕作開始的時候,在它身上他們都寄託著豐收的希望。在四季分明的地域,新春極富「希望」的象徵意義。在冰封世界,新春更是再生之機,萬物復甦,蠢蠢欲動。新人,是修行的人的理想,日日新,作新民。今日之我,已非昨日之我,意味更豐富生命的成長。春天,使人對德性上的境界的想像有立體感。「春風得意馬蹄疾」,「踏花歸去馬蹄香」,既寫景,又描人。

教會的春天 — 復活節的時期是四旬期,教友們守齋、克己,務使死於罪惡,活於基督,打個「蟬蛻」之姿。

靈修小故事

天堂雜貨店

我沿著人生的公路走著。

一天我看到一塊寫著「天堂雜貨店」

的招牌。

當我靠得更近一些，店門大開，然後，我發現自己正站在店裡。

我看到一大群的天使，每一個地方都有天使的蹤影，其中一位遞給我一個籃子，並且說：「我的孩子，謹慎購買你要的東西。」

每一個人所需要的東西，這間雜貨店裡都有，如果你沒有辦法帶走全部的東西，可以改天再回來買更多。

首先，我拿了一些耐心，愛與之並排在一起，更遠處放的是體諒，無論你往何處去，你都會需要它。

我要了一兩盒的智慧，一兩袋的信仰，我絕對不會錯過聖神，因為祂充滿整個地方。

我停下來去取一些堅強和勇氣，幫助我跑完這場比賽。

就在我的籃子越來越滿的時候，我記起我還需要天主的恩典。

我沒有忘記救贖，因為救贖是免費，所以我設法多拿一些足夠你跟我用的救贖。

然後我準備去櫃台付清我的購物帳單，因為我想我已經有了一切配備，好去實行天主的心願。

當我行走在走廊上，我看見了祈禱，我正好可以放一些到籃子裡，因為我知道當我在塵世行走時，我也許很快就會深陷在罪惡裡。

平安和喜悅是如此的豐富，它們在架上的尾端，歌聲和讚美正掛在附近，所以我正好幫自己拿一些。

那時，我對一位天使說：「現在，我該付多少錢呢？」天使又微笑了，並且回答我說：「我的孩子，天主在很久、很久以前，已經為你付清全部的帳單了！」(嘉爾默羅在俗修會供稿)

(瑪 9: 15)。但是耶穌已升天，回到自己的光榮中。我們在期待祂的光榮再來時，禁食就成為我們期待的記號。為何聖母要重新教育我們呢？相信是因為這個時代太注重物質、利益、財富和貪婪。聖母邀請我們祈禱和禁食。藉著祈禱，我們依附天主；藉著禁食，我們從束縛我們的世物中釋放出來。禁食可以令我們心靈自由，禁食是幫助肉身的歸依。私慾偏情令我們內心受束縛。當我們不受身外物束縛時，便是由私慾偏情中釋放出來。這種自由會讓位給一些更高的價值，至令我們平安快樂。

當我們自以為是生命的主人，好像不需要天主時，我們便顯示了無神主義危險記號。當我們禁食時，便更加認識到自己的軟弱和不足之處，同時也更易明白天主的旨意。真福八端的第一端說：

「神貧的人是有福的，... ..」用另一個方式來說，就是：「尋求和渴望天主的人真有福。」如果有人認為自己已能自給自足，不需要自身以外的任何事物，這人在天主前不算是神貧。因為他相信他不需要天主，祈禱也為他有困難。但當我們禁食時，這種假信念會幻滅，我們會對天主更加開放。換句話說：當我們禁食時，我們更易祈禱；當我們祈禱時，我們更易禁食。

公教報

知多一點點

為何要禁食

在舊約時代，人們悔改時都有用禁食的方法轉化天主的義怒。耶穌自己也用禁食的力法克制魔的三個試探。聖五傷方濟各更敦促他的修士們每年守三次四十日的齋戒再加上每星期五守齋。

關於禁食的問題；耶穌說：「伴郎豈能當新郎與他們在一起的時候悲哀？」