

Theme Sharing

First Sunday of Lent

Lent is a most opportune time for us to strengthen our faith and devotion to God. Let us pray for graces from our Lord so that we can receive the good news and the fruits of salvation, since Jesus has exemplified his teachings by laying down his life on the cross for us. Therefore we must deepen our faith and trust in Christ as he brings God's love into our lives.

Faith in God is the central message in today's scripture readings. In Deuteronomy, Moses teaches the Israelites how they should honour their God. And in his letter to the Romans, Paul reminds us that "everyone who calls on the name of the Lord shall be saved."

In the first reading, the Israelites were told that they should give thanks and praise to God for having delivered them out of Egypt into the Promised Land. They had been treated as slaves in Egypt, suffering from affliction, toil and oppression. They cried out to the Lord, and the Lord listened to their plea and had mercy on them. God worked great wonders and brought them out of Egypt with his "mighty hand and outstretched arm."

In today's gospel, Jesus overcomes the devil's tests three times, from temptations of material comfort to false idols (worldly power and glory) to manipulation of God. The devil says to Jesus, "If you are the Son of God, command this stone to become a loaf of bread!" To this, Jesus quoted a passage from the scriptures, "*One does not live by bread alone.*" In essence, this simple reply teaches us that it is more important to follow God's Will than to mind our own interests. The devil then offers Jesus glory and authority over the whole world if the latter agrees to worship him. Jesus dismisses the devil by saying, "*You shall worship the Lord your God, and shall serve no other gods.*" He is referring to the First Commandment which stipulates that the world belongs to God, that the Lord is the only God and Lord of all and that we must not worship other false gods. Again the devil tries to persuade Jesus to jump from the top of the temple, quoting from the psalm that "*God will command his angels to protect you; and they will bear you up so you won't dash your foot against a stone.*" In other words, he is trying to force God to make a divine intervention to make

Jesus look good. However, Jesus has no wish for personal glory and rebukes the devil: "*Do not put the Lord your God to the test.*" In the second reading, Paul reminds the Israelites and all Christians that salvation has come to all. And the key to salvation is faith: "*If you confess with your lips that Jesus is Lord and believe in your hearts that God raised him from the dead, you will be saved.*"

News & Others

Pope Benedict XVI is to resign, the Vatican has confirmed

Dear Brothers,
I have convoked you to this Consistory, not only for the three canonisations, but also to communicate to you a decision of great importance for the life of the Church. After having repeatedly examined my conscience before God, I have come to the certainty that my strengths, due to an advanced age, are no longer suited to an adequate exercise of the Petrine ministry.

I am well aware that this ministry, due to its essential spiritual nature, must be carried out not only with words and deeds, but no less with prayer and suffering. However, in today's world, subject to so many rapid changes and shaken by questions of deep relevance for the life of faith, in order to govern the bark of Saint Peter and proclaim the Gospel, both strength of mind and body are necessary, strength which in the last few months, has deteriorated in me to the extent that I have had to recognise my incapacity to adequately fulfil the ministry entrusted to me. For this reason, and well aware of the seriousness of this act, with full freedom I declare that I renounce the ministry of Bishop of Rome, Successor of Saint Peter, entrusted to me by the Cardinals on 19 April 2005, in such a way, that as from 28 February 2013, at 20:00 hours, the See of Rome, the See of Saint Peter, will be vacant and a Conclave to elect the new Supreme Pontiff will have to be convoked by those whose competence it is.

Dear Brothers, I thank you most sincerely for all the love and work with which you have supported me in my ministry and I ask pardon for all my defects. And now, let us entrust the Holy Church to the care of Our Supreme Pastor, Our Lord Jesus Christ, and implore his holy Mother Mary, so that she may assist the Cardinal Fathers with her maternal solicitude, in electing a new

Supreme Pontiff. With regard to myself, I wish to also devotedly serve the Holy Church of God in the future through a life dedicated to prayer.

From the Vatican, 10 February 2013
BENEDICTUS PP XVI

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

Pope Benedict XVI's Lenten

Message

"The Christian Life Consists in Continuously Scaling the Mountain to Meet God"
Believing in charity calls forth charity
"We have come to know and to believe in the love God has for us" (1 Jn 4:16)
Dear Brothers and Sisters,
The celebration of Lent, in the context of the Year of Faith, offers us a valuable opportunity to meditate on the relationship between faith and charity: between believing in God – the God of Jesus Christ – and love, which is the fruit of the Holy Spirit and which guides us on the path of devotion to God and others.

1. Faith as a response to the love of God
2. Charity as life in faith
3. The indissoluble interrelation of faith and charity
4. Priority of faith, primacy of charity

To Be Continued
From the Vatican

Diocese of Calgary

Come, sit in this chair— reclaim the power of the Spirit

Temptation is neither a sin nor a sign that we are bad. Just look at today's Gospel. Jesus was baptised and received the Holy Spirit. Next, that same Holy Spirit led him into the wilderness where he faced temptation! The devil wants our souls so temptation is a challenge of the Christian life. But in baptism we have been claimed for Christ and sealed by the Holy Spirit to serve God alone. In the

Gospel, the devil offered Jesus power to build himself up and to serve his own interests. When we give in to temptation, we actually give our power away. Through our baptism our power is in God and we demonstrate its strength by living in service to others. If giving in to temptation has weakened you, *Come, sit in this chair—reclaim the power of the Spirit.* 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—reclaim the power of the Spirit.* Action: Spend time this Lent reflecting on the gift of Baptism.

Discover Your Purpose in Life

- (Medicine Hat and Area). You are invited to an evening of praise, worship and reflection. The theme of this evening is the discernment of one's unique purpose in life – and is for youth and young adults.
Speaker: Michael Chiasson.
Testimony: Fr. Matthew Emmelkamp Special Guests:
Jesus Youth
Date: Friday, March 1.
Place: Holy Family Church, Medicine Hat.
Time: 7 p.m.

Parish Activities

The Sacrament of Reconciliation –

will be available at parishes throughout the Diocese of Calgary all the Wednesdays of Lent (February 20, 27 and March 6, 13, 20, 27) from 7:30 pm– 8:30pm.
Our Parish will cancel the Lent Penitential Service.

Together in Action 2013

“..You will be my witnesses..”

Acts 1:8

The 2013 Diocesan's Appeal campaign, "Together in Action", has commenced. This year's Diocesan's target is set at \$2,000,000 while our parish's portion is \$25,428.89. Our parish's final target is \$50,000. The excess amount raised will continue be allocated to an addition of a Handicapped Ramp, 2 Handicapped Bathrooms, and Upgrading of Church Side Entrance. This year's TIA is led by Young Adults Group and the theme: "But you will receive power when the Holy Spirit comes

upon you, and you will be my witnesses in Jerusalem, throughout Judea and Samaria, and to the ends of the earth." (Acts 1:8). We plead for your ongoing support. Together we will help thousands within our own communities and abroad through difficult times. Donation envelopes are being distributed with your 2012 donation tax receipts.

Let's take action now!

2012 Donation Tax Receipts

Tax Receipts are ready for parishioners to pick up at the church main entrance now. Please contact parish office for any concern.

Weekly Activities

Wed, Fri 20, 22

OLPH Senior Centre

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

Wednesday 20

The Sacrament of Reconciliation

Time: 7:30p.m.-8:30 pm
Place: OLPH Church

Saturday 23

Chinese New Year Banquet

Time: Reception from 6 p.m.,
dinner at 6:30 p.m.
Place: Chinese Cultural Centre
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. - 12:30p.m.
Place: OLPH Church Lower Hall

Sunday 24

Fr. Joseph Birthday Blessing Sunday School and Youth Group

Time: 10:00 a.m. Mass

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: OLPH Church Office Building
K of C Room at OLPH Church

Imitating Christ

Chapter 24:

Judgment And The Punishment Of Sin

The patient man goes through a great and salutary purgatory when he grieves more over the malice of one who harms him than for his own injury; when he prays readily for his enemies and forgives offenses from his heart; when he does not hesitate to ask pardon of others; when he is more easily moved to pity than to anger; when he does frequent violence to himself and tries to bring the body into complete subjection to the spirit. To Be Continued

Faith Sharing Stories

PANCAKES

Six year old Brandon decided one Saturday morning to fix his parents pancakes. He found a big bowl and spoon, pulled a chair to the [counter](#), opened the cupboard and pulled out the heavy flour canister, spilling it on the [floor](#). He scooped some of the flour into the bowl with his hands, mixed in most of a cup of milk and added some sugar, leaving a floury trail on the floor which by now had a few tracks left by his kitten. Brandon was covered with flour and getting frustrated. He wanted this to be something very good for Mom and Dad, but it was getting very bad. He didn't know what to do next, whether to put it all into the [oven](#) or on the stove, (and he didn't know how the stove worked!).

Suddenly he saw his kitten licking from the bowl of mix and reached to push her away, knocking the egg carton to the floor. Frantically he tried to clean up this monumental mess but slipped on the eggs, getting his pajamas white and sticky. And just then he saw Dad standing at the door. Big crocodile tears welled up in Brandon's eyes. All he'd wanted to do was something good, but he'd made a terrible mess. He was sure a scolding was coming, maybe even a spanking. But his father just watched him. Then, walking through the mess, he picked up his crying son, hugged him and loved him, getting his own pajamas white and sticky in the process.

That's how God deals with us. We try to do something good in life, but it turns into a mess. Our marriage gets all sticky or we insult a friend or we can't stand our job or our health goes sour. Sometimes we just

stand there in tears because we can't think of anything else to do. That's when God picks us up and loves us and forgives us, even though some of our mess gets all over Him. But just because we might mess up, we can't stop trying to "make pancakes," for God or for others. Sooner or later we'll get it right, and then they'll be glad we tried...

Read More Know More

What is the significances of the 40 weekdays before Easter?

The 40 days of Lent, which precedes Easter is based on two Biblical accounts: the 40 years of wilderness wandering by the Israelites and our Lord's 40 days in the wilderness at which point He was tempted by Satan.

Each year the Church observes Lent where we, like Israel and our Lord, are tested. We participate in abstinence, times of fasting, confession and acts of mercy to strengthen our faith and devotional disciplines. The goal of every Christian is to leave Lent a stronger and more vital person of faith than when we entered.

The Catechism of the Catholic Church states, "The seasons and days of penance in the course of the liturgical year (Lent, and each Friday in memory of the death of the Lord) are intense moments of the Church's penitential practice. These times are particularly appropriate for spiritual exercises, penitential liturgies and pilgrimages as signs of penance, voluntary self-denial such as fasting and almsgiving, and fraternal sharing (charitable and missionary works)." (CCC 1438)

Why is Lent observed in only some Christian Churches?

In the Protestant world, particularly among many evangelical denominations and independent churches, the Church Calendar is not observed. The seasons were omitted along with most of the sacraments and the use of liturgy in their approach to faith. These Christians do observe Christmas and Easter and some might even celebrate Pentecost.

When does Lent end?

Lent officially ends on Holy Thursday. That is when the "Triduum", great three Days of Holy Thursday, Good Friday and Holy Saturday occur leading to Easter. Easter is not only a day but an Octave (eight day) celebration leading to a Season of the

Church, Easter Season, which ends on Pentecost.

主日分享

四旬期第一主日

耶穌三退魔鬼試探

四旬期是適合加深信仰和朝拜天主的時期。讓我們祈求主賜予恩寵，使我們能接受祂的救恩喜訊，或更好說，自基督不再滿足於他的話語，而為我們的得救交付了祂的生命時，他的救恩工程。為此我們必須有一個深厚的信德，因為他把天主的愛帶入我們的生命。

彌撒的兩篇讀經表達對天主，唯一救主的信德。在申命紀的篇章中，梅瑟曉諭以色列民向主致敬的方式。在致羅馬人書中，保祿告訴我們“主對一切呼號祂的人，都是富有慈惠的。”

第一篇讀經把這感激的態度提示給經過可憐、痛苦、和受壓迫的生活，來到預許的福地的以色列民。他們在埃及像奴隸一樣受到了虐待、屈辱、和壓迫。於是他們向上主、祖先的天主呼號，上主俯聽了他的哀聲。上主看到了他們的痛苦和所受的壓迫，就“以強力的手，伸展的臂”，藉行神跡奇事，介入了此事。

福音給我們指出耶穌受洗後，被聖神領到曠野裏去。魔鬼來到他面前，說：“你若是天主子，就命這塊石頭變成餅吧！”耶穌回答魔鬼說：“人生活不只靠餅”。這句簡短的答復使人知道，為耶穌還有比本身利益更重要的事，那就是承行天主的旨意。第二個誘惑，魔鬼把一切權勢許諾給耶穌。耶穌引用了聖經上的一段話，退卻這第二個誘惑，就如他為第一個誘惑所做的一樣：“經上記載：‘你要朝拜上主，你的天主；唯獨奉侍他’”這裏耶穌講的是十誡中的第一誡。世界只屬於天主，他是一切的主人，是唯一的主。第三個誘惑，魔鬼自己引用聖經上的一段話，對耶穌說：“你若是天主子，從這裏跳下去吧！因為經上記載：”他為你吩咐了自己的天使保護你，他們要用手托著你，免得你的腳碰在石頭上。”這是勸人信賴上主的一篇美麗聖詠中的一節。這裏

魔鬼建議耶穌去“試探天主”，若耶穌做了魔鬼建議他做的，就是試探天主，如此去做，便強迫天主為了他而介入。

第二篇讀經給我們指出，基督信徒生活其中的情況與以色列人的那個情況相同。他們也因十字架和耶穌的復活，得到拯救。保祿使我們明白被拯救的秘密是信德。他肯定地說：“如果你口裏承認耶穌是主，心裏相信天主使他從死者中復活起來了，你便可獲得救恩。”（節錄自梵蒂岡電台）

新聞及其他

教宗本篤十六世宣佈遜位

教宗本篤十六世 2 月 11 日上午在梵蒂岡主持了樞密會議，宣佈三位真福為聖人。在樞密會議結束時，教宗用拉丁語向在場全體樞機宣佈將辭去伯多祿的牧職。以下是這份聲明的全文：極可愛的弟兄們，

我給你們召集這次樞密會議不僅為 3 個列聖品案件，也告訴你們一項為教會生活極為重要的決定。在天主面前經過屢次反省後，我得出肯定的結論，即由於年邁，我的體力不再適合以相應的方式來履行伯多祿牧職。我十分清楚，這項職務因其精神本質不僅靠言行來完成，也靠受苦和祈禱。總之，今日世界變化神速而且因來自為信仰生活極其重要的爭端而處在動蕩之中。在這種情況下，為聖伯多祿的船掌舵和宣講福音也需要有充沛的體力和精神，這一精力近幾個月來在我身上漸弱，以致我得承認我已無能力勝任受委托的牧職。為此，儘管意識到這一舉止的嚴重性，我仍以完全的自由宣佈辭去樞機們在 2005 年 4 月 19 日委托給我的羅馬主教、聖伯多祿繼承人的牧職，如此一來，從 2013 年 2 月 28 日 20 時起羅馬主教的席位，聖伯多祿的宗座將進入空缺期，有關人士該當召集選舉教宗的樞機會議，選出新教宗。

極可愛的弟兄們，我衷心感謝你們對我的一切愛以及你們藉著愛和工作同我一起擔當我牧職的重擔，我並為我的一切不足請求寬恕。現在，我將聖教會托付給她的最高牧人吾主耶穌基

督照顧，祈求聖母瑪利亞以她母親的慈愛協助樞機們選出新教宗。至於我自己，即使在未來我也將全心全意以祈禱生活服務天主的聖教會。

梵蒂岡電台訊

信德年 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

2013 年教宗四旬期文告：

相信仁愛便激發愛德

「我們認識了，且相信了天主對我們所懷的愛。」（若壹四 16）

親愛的弟兄姊妹們，

在信德年過四旬期，給我們一個很寶貴的機會，可以默想信德與愛德之間的關係；也就是信仰主耶穌基督以及愛——聖神的果實之間的關係，而這愛能在我們為天主及他人奉獻的道路上引導我們。

- 一、信德是對天主之愛的回應
- 二、愛德是在信德內的生活
- 三、信德與愛德兩者有彼此相連不可分解的關係
- 四、信德優先、愛德至高 待續

堂區活動

2013 教區公益金，齊來獻愛心

主題：「...為我作證人...」

（宗徒大事錄第一章八節）

2013 年教區公益金「讓我們一起來行動」(TIA)，籌募經已展開。今年教區的目標為\$2,000,000，而我們堂區的配額是\$25,428.89。本堂今年的目標是\$50,000，我們將繼續撥出任何剩餘數額資助堂區建造殘疾人士斜坡路徑，兩個殘疾人士衛生間，及同時改善教堂側面入口工程。今年公益金將由永援聖母青年團負責統籌，而主題是「但當聖神降臨於你們身上時，你們將充滿聖神的德能，要在耶路撒冷及全猶太和撒瑪黎雅，並直到地極，為我作證人」（宗徒大事錄第一章八節）。懇請各位教友繼續支持，合力幫助本土社區及國外成千上萬的勞苦大眾。捐款信封現正聯同 2012 年奉獻退稅收條一起分發。請立即行動！

2012 年退稅收條

教友可在聖堂正門入口處領取退稅收條。如有任何疑問，可與堂區辦事處聯絡。

四旬期悔罪禮

卡加利教區內所有教堂在四旬期內逢星期三(2月20、27日

3月6、13、20、27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！

本堂四旬期集體悔罪禮將取消

活動一週

星期三、五 20, 22

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 20

四旬期悔罪禮

時間：下午7時30分至8時30分

地點：永援聖母堂

星期六 23

永援聖母堂新春團拜

時間：晚上6時

地點：中華文化中心禮堂

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時至下午12時30分

地點：永援聖母堂下禮堂

星期日 24

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

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

師主篇

第二十四章

審判之嚴和罪過之罰

世界好比煉獄，忍耐的人能補贖罪過；他受了別人的凌辱，也難過，但他難過另外是因為那個人得罪了天主；誰反對他，他必甘心為那個人祈禱，真心寬恕；若自己得罪了別人，就快去認錯。這樣的人，只會憐憫，不會惱恨；常克制自己，勉強肉身，傾聽靈魂的命。 待續

心靈小品

每一天

每一天讀三章聖經，一年可以讀完一遍。

每一天為牧者禱告，他的講道會格外有能力。

每一天清晨花時間與天主交談，天天天藍！

每一天晚寢前懇禱洗滌靈魂，自然有平靜的睡眠。

每一天抓住一節聖經的應許，生活就有力量。

每一天向一個人分享基督的恩典，喜樂滿溢。

每一日的交託

主的軛容易，主的擔子輕省，因為有主同負一軛。

人間成敗，我主自有定斷，世上是非，我神必然清楚，交託吧！

在我們還沒有學會「每一日」與主同活之前，我們不可能做一個好基督徒。不會每一天親近主，就不可能忽然有一天成聖。

靈修小故事

魔鬼與農夫

俄國大文豪托爾斯泰寫了一本寓言故事集《呆子伊凡》，裏面有一個故事是這樣的：有個老魔鬼看到人間的生活過得太幸福了，他說：「我們要去擾亂一下，要不然魔鬼就不存在了。」他先派了一個小魔鬼去擾亂一個農夫。因為他看到那農夫每天辛勤地工作，可是所得卻少得可憐，但他還是那麼快樂，非常知足。

小魔鬼就開始想，要怎樣才能把農夫變壞呢？他就把農夫的田地變得很快

硬，讓農夫知難而退。那農夫敲半天，做得好辛苦，但他只是休息一下，還是繼續敲，沒有一點抱怨。小魔鬼看到計策失敗，只好摸摸鼻子回去了。老魔鬼又派了第二個去。第二個小魔鬼想，既然讓他更加辛苦也沒有用，那就拿走他所擁有的東西吧！那小魔鬼就把他午餐的麵包跟水偷走，他想，農夫做得那麼辛苦，又累又餓，卻連麵包跟水都不見了，這下子他一定會暴跳如雷！

農夫又渴又餓地到樹下休息，想不到麵包跟水都不見了！

「不曉得是哪個可憐的人比我更需要那塊麵包跟水？如果這些東西就能讓他得溫飽的話，那就好了。」又失敗了，小魔鬼又棄甲而逃。

老魔鬼覺得奇怪，難道沒有任何辦法能使這農夫變壞嗎？這時，第三個小魔鬼出來了。他對老魔鬼講：「我有辦法，一定能把他變壞。」

小魔鬼先去跟農夫做朋友，農夫很高興地和他作了朋友。因為魔鬼有預知的能力，他就告訴農夫，明年會有乾旱，教農夫把稻種在濕地上，農夫便照做。結果第二年別人沒有收成，只有農夫的收成滿坑滿谷，他就因此而富裕起來了。

小魔鬼又每年都對農夫說當年適合種什麼，三年下來，這農夫就變得非常富有。他又教農夫把米拿去釀酒販賣，賺取更多的錢。慢慢地，農夫開始不工作了，靠著經濟販賣的方式，就能獲得大量金錢。

有一天，老魔鬼來了，小魔鬼就告訴老魔鬼說：「您看！我現在要展現我的成果。這農夫現在已經有豬的血液了。」只見農夫辦了個晚宴，所有富有的人都來參加；喝最好的酒，吃最精美的餐點，還有好多的僕人侍候。他們非常浪費地吃喝，衣裳零亂，醉得不省人事，開始變得像豬一樣癡肥愚蠢。

「您還會看到他身上有著狼的血液。」小魔鬼又說。這時，一個僕人端著葡萄酒出來，不小心跌了一跤。農夫就開始罵他：「你做事這麼不小心！」

「唉！主人，我們到現在都沒有吃飯，餓得渾身無力。」

「事情沒有做完，你們怎麼可以吃

飯！」

老魔鬼見了，高興地對小魔鬼說：

「唉！你太了不起！你是怎麼辦到的？」

小魔鬼說：「我只不過是讓他擁有比他需要的更多而已，這樣就可以引發他人性中的貪婪。」

默想：但願主不要讓我們陷於誘惑，但救我們免於兇惡。阿們

知多一點點

四旬期的意義

今天，四旬期的要素，並不拘泥於四十天之數，而是把四十天齋期與準備復活慶典相連。這期間，不僅祇效法並紀念耶穌曠野守齋祈禱，對抗誘惑，而是應該準備身心善度復活佳節，以紀念基督逾越死亡，光榮復活。所以，四旬期充滿著除舊迎新的氣息，我們該有認罪及悔罪的誠意，與候洗者所懷的革新及皈依精神連在一起，使它變成一個充滿喜樂及希望的行動。

四旬期的重點是要聯同基督拒絕魔鬼誘惑，戰勝罪惡；為慕道者及已領洗的教友都同樣重要。

四旬期所提的事件：

耶穌繼續宣揚天國的福音，為補贖我們的罪而犧牲自己、受難受死。

他勸我們避惡做補贖、潔淨我們的心，以得善終，並和祂一起復活。

應發的善情：要把我自己的本份盡得完善，不論我喜歡與否，要不辭勞苦；將它結合於耶穌的苦難，奉獻給天主父。