

Theme Sharing

Easter Sunday

"This is the day the Lord has made; let us rejoice and be glad. The Lord's right hand has triumphed; his right hand raised me. I shall not die; I shall live and recount his deeds." (Ps. 118:16-17 & 24)

The above psalm aptly reflects the meaning of our Easter celebrations today: Christ has conquered death, and his resurrection brings us new life. We must therefore stay away from sin, lead a new life to follow Christ and set our minds on things that are above. The resurrection of Jesus is the fundamental faith of all Christians upon which we are baptized. By faith, we die with Christ and are buried with him, but we also rise from the dead with him when we receive our new life in baptism. As we celebrate Easter today, we also commemorate the baptism of all Christians. Our faith is built on two solid foundations: scriptural prophecies and testimony from eye-witnesses. The apostles are eye-witnesses personally chosen by our Lord. In the first reading, Peter testifies about the Risen Christ when he baptized Cornelius and his family (*Acts 10:34 & 37-43*).

The apostles initially failed to understand the meaning of the Passion of Christ. They were frightened, bewildered and disheartened when Jesus was arrested, tried, scourged and put to death. They practically deserted Jesus, and Peter even denied him three times. Following the resurrection of Christ, the apostles suddenly had the courage to proclaim the Risen Christ to the people. They were willing and ready to suffer persecution and death for the sake of the gospel. So what brings such a drastic change in them? Well, Jesus appeared to them on numerous occasions after he had risen from the dead. The apostles experienced so much joy in their encounters with the Risen Lord that they felt obliged to share the experience with others. Today's gospel vividly describes the events that had unfolded on that very morning of Easter Sunday, and shows how the minds of John and Peter were abruptly opened when they saw the empty tomb. Today's second reading is taken from *Colossians 3:1-4*, with alternative reading from *1 Corinthians 5:6-8*. Both passages exhort us to abandon our past sinful or imperfect ways of life, to look upon our Risen Christ and to set our minds

on things that are above. Christ's resurrection signals the end of darkness and the beginning of a new dawn. No doubt, we will still face trials and tribulations in our lives, but let the following prayer be our encouragement and consolation amid all the struggles and turmoil that we may encounter: *"Heavenly Father, by raising Christ your Son, you conquered the power of death and opened for us the way to eternal life. Let our celebration today raises us up and renew our lives by the Spirit that is within us. Grant this through our Lord Jesus Christ your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen."*

Monthly Prayers intention

April General and Missionary Intention

General: That the public, prayerful celebration of faith may give life to the faithful.

Missionary: That mission churches may be signs and instruments of hope and resurrection.

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

The Image of The Divine Mercy

In 1931, our Lord appeared to St. Faustina in a vision. She saw Jesus clothed in a white garment with His right hand raised in blessing. His left hand was touching His garment in the area of the Heart, from where two large rays came forth, one red and the other pale. She gazed intently at the Lord in silence, her soul filled with awe, but also with great joy. Jesus said to her:

Paint an image according to the pattern you see, with the signature: Jesus, I trust in You. I promise that the soul that will venerate this image will not perish. I also promise victory over [its] enemies already here on earth, especially at the hour of death. I Myself will

defend it as My own glory (*Diary*, 47, 48). I am offering people a vessel with which they are to keep coming for graces to the fountain of mercy. That vessel is this image with the signature: Jesus, I trust in You (327). I desire that this image be venerated, first in your chapel, and [then] throughout the world (47). At the request of her spiritual director, St. Faustina asked the Lord about the meaning of the rays in the image. She heard these words in reply:

The two rays denote Blood and Water. The pale ray stands for the Water which makes souls righteous. The red ray stands for the Blood which is the life of souls. These two rays issued forth from the depths of My tender mercy when My agonized Heart was opened by a lance on the Cross. Happy is the one who will dwell in their shelter, for the just hand of God shall not lay hold of him (299). By means of this image I shall grant many graces to souls. It is to be a reminder of the demands of My mercy, because even the strongest faith is of no avail without works (742).

These words indicate that the Image represents the graces of Divine Mercy poured out upon the world, especially through Baptism and the Eucharist.

Many different versions of this image have been painted, but our Lord made it clear that the painting itself is not what is important. When St. Faustina first saw the original image that was being painted under her direction, she wept in disappointment and complained to Jesus: "Who will paint You as beautiful as You are?" (313).

In answer, she heard these words: "Not in the beauty of the color, nor of the brush lies the greatness of this image, but in My grace" (313).

So, no matter which version of the image we prefer, we can be assured that it is a vehicle of God's grace if it is revered with trust in His mercy.

Calgary Diocese

Health Care Apostolate

The Health Care office is providing a one-day workshop on Compassion Fatigue and/or Burnout on Saturday, April 13, 2013 at Our Lady of Perpetual Help Parish (400 Edmonton Trail N.E. Calgary). The workshop starts at 8:30am and ends at 1:00pm. Registration is \$30. For more information, and to register

please call (403) 218-5507 or email healthcareprograms@calgarydiocese.ca.

The Diocesan Palliative Care Education Program will take place at the FCJ Christian Life Centre over two weekends: April 26 & 27, and May 3 & 4, 2013. The Diocesan Palliative Care Education Program will also take place at St. Francis de Sales Parish in High River, Alberta over two weekends: May 24 & 25 and May 31 & June 1, 2013. Both programs are held on the two Friday evenings and all day Saturdays. Registration fee is \$75 for either program. For more information or to register, please call (403) 218-5507 or email: healthcareprograms@calgarydiocese.ca.

Prison Ministry - Individuals are needed to assist with Bible reflection and leading in prayer of the rosary. If you are interested, please contact our Prison Ministry Chaplain Deacon Luis at 403-695-2099 or email at luis.hong@gov.ab.ca.

Parish Activities

Divine Mercy Sunday, April 7

"According to the teaching of Jesus Christ we human beings not only receive and experience God's mercy but also are commanded to 'show mercy' to others."

—Pope John Paul II

As a further sign of His forgiving love, Jesus called for a Feast of Divine Mercy to be celebrated in the whole church. Jesus said to sister Faustina, "I want this image to be solemnly blessed on the first Sunday after Easter, that Sunday is to be the Feast of Divine Mercy. On that day, the depths of My Mercy will be open to all. Whoever will go to confession and Holy Communion on that day will receive complete forgiveness of sin and punishment. Mankind will not enjoy peace until it turns with confidence to My Mercy." According to Guidelines for Divine Mercy Observances from Bishop F. B. Henry., no Novenas at all may take place in parishes during the three-day period of the Easter Triduum. Parishioners are encouraged to pray at home. The pamphlets for the Novena of the Divine Mercy can be picked up at the church main and side entrances.

7-days Novena Of The Chaplet of Mercy

Date: April 1 to April 7

Time: This will be prayed 15 minutes before

mass or the day's liturgical celebration.

Divine Mercy Sunday:

Date: April 7, 2013

Time: 2:00 – 3.30 pm

Place: Our Lady of Perpetual Help Church
It will be celebrated with prayers, hymns, scripture reading, homily, Act of Entrustment to the Divine Mercy and Exposition of the Blessed Sacrament. Priest is available for the Sacrament of Reconciliation.

Tuesday evening Mass Cancelled

Tuesday Evening Mass (7:00 pm) will be cancelled on April 2

April's Exposition of the Blessed Sacrament

The April's Exposition of the Blessed Sacrament will be held on April 6 from 10:00am-11:00am. Father Nguyen will be available for the Sacrament of Reconciliation.

April Movie Night

April Movie Night will be cancelled and the next Movie Night will be held on May 4th, please stay tuned.

Together in Action 2013

Theme: "... 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. 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!

Weekly Activities

Wed, Fri April 3, 5

OLPH Senior Centre

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

Place: OLPH Church, Upper Hall

Saturday April 6

Exposition of the Blessed Sacrament

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

Place: OLPH Church

Legion of Mary (meeting)

Time: 11:00a.m.

Place: K of C Room at OLPH Church

Tai Chi Lesson

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

Place: OLPH Church Lower Hall

Young Adults choir practice

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

Place: OLPH Lower Hall

Sunday April 7

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

Youth Choir-choir practice

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

Place: Office Building

K of C Matteo Ricci 10119 meeting

Time: 12:30p.m.-2:30p.m

Place: OLPH Church K of C room

Divine Mercy Sunday

Time: 2:00p.m. – 3.30 p.m.

Place: OLPH Church

Imitating Christ

Chapter 23: Thoughts On Death

How happy and prudent is he who tries now in life to be what he wants to be found in death. Perfect contempt of the world, a lively desire to advance in virtue, a love for discipline, the works of penance, readiness to obey, self-denial, and the endurance of every hardship for the love of Christ, these will give a man great expectations of a happy death.

To Be Continued

Let There Be Light

No Regrets About Today

If I knew it would be the last time that I'd see you fall asleep, I would tuck you in more tightly, and pray the Lord, your soul to keep. If I knew it would be the last time that I see you walk out the door, I would give you a hug and kiss, and call you back for one more.

If I knew it would be the last time I'd hear your voice lifted up in praise, I would video tape each word, so I could play them back day after day.

If I knew it would be the last time, I could spare an extra minute or two to stop and say "I love you," instead of assuming you would KNOW I do.

If I knew it would be the last time, I would be

there to share your day, well I'm sure you'll have so many more, so I can let just this one slip away.

For surely there's always tomorrow to make up for an oversight, and we always get a second chance to make everything right. There will always be another day to say our "I love you." And certainly there's another chance to say our "Anything I can do?" But just in case I might be wrong, and today is all I get, I'd like to say how much I love you and I hope we never forget.

Tomorrow is not promised to anyone, young or old alike. And today may be the last chance you get to hold your loved one tight... So if you're waiting for tomorrow, why not do it today? For if tomorrow never comes, you'll surely regret the day,

That you didn't take that extra time for a smile, a hug, or a kiss and you were too busy to grant someone, what turned out to be their one last wish.

So hold your loved ones close today, whisper in their ear, Tell them how much you love them and that you'll always hold them dear.

Take time to say "I'm sorry," "please forgive me." "thank you" or "it's okay." And if tomorrow never comes, you'll have no regrets about today. She has been there, and done that.

Faith Sharing Stories

Going For The Prize

Every March, the Iditarod Trail Race is held in Alaska. Sled dogs and their drivers, called "mushers," race across a 1,049-mile route from Anchorage to Nome. The competing teams cover this great distance in anywhere from 8 to 15 days. In 2011, a record time was set by musher John Baker who covered the entire route in 8 days, 19 hours, 46 minutes, and 39 seconds. The teamwork between dogs and driver is remarkable, and those who compete are tenacious in their efforts to win. The first-place winner receives a cash prize and a new pickup truck. But after so much perseverance in extreme weather conditions, the accolades and prizes may seem insignificant and transient. The excitement of a race was a familiar concept to the apostle Paul, but he used competition to illustrate something eternal. He wrote, "Everyone who competes for the prize is temperate in all things. Now they do it to obtain a perishable crown, but we for an

imperishable crown" (1 Cor. 9:25). Sometimes we are tempted to place our emphasis on temporal rewards, which perish with the passing of time. The Scriptures, however, encourage us to focus on something more permanent. We honor God by seeking spiritual impact that will be rewarded in eternity.

Here we labor, here we pray,
Here we wrestle night and day;
There we lay our burdens down,
There we wear the victor's crown.
Run the race with eternity in view.

主日分享

耶穌復活瞻禮

這是上主選定的一天，我們要歡欣鼓舞。上主高舉右手，大顯威能。我不會死亡，必要生存，我要宣揚上主的豐功偉業。（詠 118）

以上是耶穌復活瞻禮彌撒中的答唱詠。它給我們指出了本瞻禮的意義。那就是：基督戰勝了死亡。他從死者中復活，給我們帶來了新生命。為此，我們要潔身自好，度一個新生活；要效法復活了的耶穌，一心向往天鄉。耶穌自死者中復活，是基督信徒的基本信仰；也是我們因而受洗的信仰。藉此信仰，在洗禮中，我們與基督同死、同葬，也與祂一起復活，在新生活中度生。正因為如此，今天耶穌復活的瞻禮，也就是所有基督徒洗禮的紀念日。這信仰有兩個基礎。一個是聖經上的預言，另一個是目擊證人的見證。宗徒們是天主所特別揀選的見證人。本瞻禮彌撒中的讀經一選自宗徒大事錄第 10 章第 34 以及 37 到 43 節，內容是聖伯多祿宗徒在給外邦人科爾乃略全家施行洗禮前的講話。宗徒們原來也不很懂得耶穌受難的意義的。耶穌受難時，他們都害怕、沮喪，各自分散了。聖伯多祿宗徒甚至三次否認了耶穌。他們後來怎樣又會以死作見證來宣佈耶穌的復活呢？這是因他們會與復活的基督相遇，並體驗了基督的復活。本瞻禮的彌撒福音選自聖若望福音第 20 章第 1 到 9 節。在這幾節福音中，聖若望宗徒描寫耶穌復活日的清晨所發生的事，以及這事在他和聖伯多祿宗徒的心靈上所產生的效果。

本瞻禮有兩篇讀經二，可以任意選擇其中之一。兩篇都取自聖保祿宗徒的書信。第一篇是聖保祿宗徒致格林多人前書第 5 章第 6 到 8 節，它勸我們過復活節要用純潔和真誠的無酵餅，就是要潔身自好，度一個新生活。第二篇是聖保祿宗徒致哥羅森人書第 3 章第 1 到 4 節，它勸我們效法復活的耶穌，度復活者的生活，常向往天上的事。耶穌復活標誌了雨過天晴。對我們尚在風雨中掙扎和奮鬥的基督信徒，下面的集禱經是一個鼓勵和安慰：天父，今日你的聖子戰勝了死亡，引導我們踏上永生之路。我們歡欣慶祝祂的逾越奧跡，求你以聖神更新我們，使我們與祂一同復活，並生活在光明中。以上所求，是因你的聖子，我們的主耶穌基督，祂和你及聖神，是唯一天主，永生永王。阿們。

節錄自梵蒂岡電台

福傳祈禱意向

四月祈禱及傳教意向：

祈禱意向：為公開的信仰禮儀生活和祈禱成為教友們的生命泉源祈禱。

傳教意向：為傳教區的地方教會成為希望與復活的標志和工具祈禱。

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

慈悲串經

將平凡生活變為不平凡—真福傳天娜修女通向完美之路及使命。

主耶穌告訴傳天娜修女：

主耶穌許諾說：「無論他們以這串經向我求甚麼，我也願意賜給他們。」祂補充說：「如果這些意向跟我的旨意相符。」

這些特殊許諾與臨終時有關，也就是善終的恩寵。除了懷著信心堅持不懈地念誦慈悲串經的人外，臨終的人祇要床邊有人為他誦念串經，也能獲得這恩寵。

主耶穌說：「司鐸該把這慈悲串經推薦給罪人，作為他們最後的希望。就連最心硬的罪人，如果他祇念一次這串

經，也會從我無限的慈悲中獲得恩寵。」對那些一生最少誦念了一遍慈悲串經的人，主耶穌許諾都賜給他們恩寵，只要他們作這祈禱時，懷著完全的信心，態度謙遜誠懇，並深深痛悔自己的罪過。

一九九三年四月十八日，復活節後首主日，教宗若望保祿二世於羅馬聖伯多祿廣場宣告列她為真福品。翌日，他向群衆講話時表示：「天主借著真福傅天娜修女豐富的靈修經驗向我們講話。她留給世界神聖慈悲的偉大訊息；鼓勵我們向創造者完全地交付自我。天主賜她非凡的恩寵，使她能夠借著與天主神秘的相交以及默觀祈禱的特殊恩賜，經驗祂的仁慈。」

「真福傅天娜修女，謝謝你提醒世界神聖慈悲的偉大奧秘，這是使人驚嘆的奧秘，是屬於天父，且不能言喻的奧秘，是今天每一個人和整個世界也極之需要的。」

堂區活動

神聖慈悲瞻禮

教宗若望保祿二世按照耶穌顯現給聖女傅天娜時的指示，在二零零一年將規定在復活主日後的第一個星期日舉行神聖慈悲瞻禮。那正是基督復活後的第八天。從主耶穌顯現給聖女傅天娜的訊息中，教友在當天參與神聖慈悲瞻禮、領聖體及辦告解，可得全大赦。

為回應亨利主教的指示，所有教堂在復活期三天內的主日，不可在教堂內舉行其他慶典，但教友可於家中誦念。因此本堂誦念慈悲串經的日期有以下更改：

本堂將從四月一日(星期一)至四月七日(星期日)連續七天，在中、英文彌撒或當天禮節前十五分鐘向慈悲的天主作七日敬禮，誦念慈悲串經。此外，教友可在家中作神聖慈悲敬禮九日祈求，經文小冊子可在教堂正門及側門入口處拿取。

並於四月七日(星期日)下午二時至三時三十分在永援聖母堂慶祝神聖慈悲瞻禮，內容包括祈禱，歌詠，聖經誦讀，講道，托付救主慈悲禱文及顯供聖體，並舉行修和聖事，希望各教友

以積極投入的精神，參與祈禱，來回應基督在聖死與復活的奧跡中對人類所顯示的無限仁愛。

星期二晚上七時彌撒取消

復活主日週二(4月2日)晚上七時彌撒取消。

四月份顯供聖體

永援聖母堂四月份的顯供聖體時間為四月六日上午十時至十一時，請各位教友能盡量參與。阮神父將為教友聽告解。

四月份電影晚會

四月份電影晚會將取消，下次電影晚會將於五月四日晚上進行，敬請留意。

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。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！

活動一週

星期三、五 4月3, 5日

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

星期六 4月6日

顯供聖體

時間：上午 10 時至 11 時

地點：永援聖母堂

聖母軍

(聖母軍聖母無玷聖心支團)

時間：上午 11 時(開會)

地點：聖堂二樓騎士會室

楊式太極班

時間：上午 10 時至 12 時 30 分

地點：永援聖母堂下禮堂

永援聖母青年團練習聖詩

時間：晚上 6 時至晚上 8 時

地點：永援聖母堂下禮堂

星期日 4月7日

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 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 時至下午 12 時 30 分

地點：寫字樓大廈，

佳播聖詠團

邀請教友一同參與練習聖詩

時間：上午 11 時

利瑪竇騎士會 10119 開會

時間：下午 12 時 30 分

地點：聖堂騎士會室

神聖慈悲敬禮

時間：下午 2 時至下午 3 時 30 分

地點：永援聖母堂

師主篇

第二十三章、默想死亡

一個人盼望善終，就勉勵善生，他是多麼有福，多麼明智啊！凡現今輕賤世俗，切望前進，守好會規，多行苦工，爽快聽命，不隨私情，為愛耶穌的緣故甘心忍受各樣的艱難，像這樣的人，臨終的時候，有大希望。

待續

心靈小品

祈禱是心靈的光明

沒有比祈禱和與天主交談更值得的事。因為祈禱是與天主結伴，並合而為一。正如我們的肉眼，一見光，就會被照亮；同樣，我們的心靈，一注視天主，也就受到祂那無限之光的照耀。我說的祈禱，不是那機械式的祈禱，而是指那發自內心的祈禱：不是指某時某刻的祈禱，而是指日夜不斷的祈禱。

原來，我們不僅在默禱時，該聚精匯神，一心瞻仰天主，而且在我們工作時，如果照顧窮人，或其他善工，或從事任何其他工作時，也要時時念及天主。這樣我們的工作藉天主之愛所調合，猶如藉食鹽調味一樣，而成為美味可口的食品，以獻給宇宙的主宰。如果我們這樣善用時間，我們便

可以終生坐享其成果。

祈禱是心靈的光亮，是人對天主的真正認識，也是天主與人之間的中介。心靈藉祈禱而繫於高天，並以不可言喻的熱情擁抱上主。就如嬰孩哭啼著呼求母親，人靈呼求天上的乳汁。人靈渴望求得個人的需要，所接受的恩惠遠超過世上任何可見的事物。

事實上，祈禱好似是在天主台前的一位可敬的使者。它使人靈歡欣，而使心情平靜。我所謂的祈禱，你不要想，只是有口無心的祈禱。祈禱是人心對天主的仰慕，一種無言可喻的愛火；這不是出於人，而是出於天主的恩寵。保祿使徒會加以說明。他說：「我們不知道，我們該求什麼，但聖神自己，用他無言可喻嘆息，親自為我們轉禱。」

這樣的祈禱，如果天主賜予誰的話，誰的心靈就會擁有別人不可奪取的富裕，一種令人飽飫的天上食糧。品嘗到這食糧的人就會燃起對天主永久渴望之情：他的靈魂好似在烈日中燃燒。你要開始這樣祈禱時，先應用你的端莊、謙遜，來裝飾你心靈的內室，使它發出正義的光芒。還要以善工的金飾裝飾它，以信德和慷慨的精神美化它的牆壁：最重要的，要以祈禱作為它的屋頂。這樣，你才能使它成為天主居住的完美住所；你才能夠在一所堂皇的宮殿接待天主；這樣，你已經藉著祂的恩寵，擁有祂；祂的肖像已安坐在你心靈的宮殿中。

作者：聖人金口聖若望

靈修小故事

贏得獎賞

凡較力爭勝的……不過是要得能壞的冠冕；我們卻是要得不能壞的冠冕。—
格林多前書 9 章 25 節

每年三月，美國阿拉斯加都會舉辦長程狗拉雪橇大賽。每名參賽的橇夫要趕著一隊雪橇犬，從阿拉斯加最大的城市安克拉治出發，拖滑雪橇到諾姆，賽程長達 1688 公里，比賽隊伍須花上 8 到 15 天的時間才能跑完全程。2011 年，橇夫約翰·貝克(John Baker)創下了 8 天 19 小時 46 分鐘又 39 秒的記錄。所有參賽隊伍都以鍥而不捨地

精神爭取勝利，橇夫和雪橇犬堪稱合作無間。冠軍隊伍可以得到獎金和一台全新的小貨車。但是在酷寒氣候下如此堅毅不懈地競賽，這樣的獎品和榮譽似乎顯得既短暫又微不足道。

使徒保祿對比賽的心情並不陌生，他還用競賽來描繪某些永恆的事。他寫道：「凡較力爭勝的，諸事都有節制，他們不過是要得能壞的冠冕；我們卻是要得不能壞的冠冕。」(格林多前書 9 章 25 節)

有時候，我們會看重短暫的獎賞，即使它們會隨時間消逝。然而，聖經鼓勵我們將焦點放在永久的事上。當我們尋求屬靈上的影響力，我們便榮耀上主，並能得永恆的獎賞。

在地上，我們做工禱告；

在地上，我們日夜掙扎。

在天上，我們卸下重擔；

在天上，戴上得勝冠冕。

讓我們專注永恆，完成人生賽程。

生活甘泉

耶穌打開了天門

不是領了洗就沒事了，領了洗之後要在職進修，神父是講師，聖經是一本必須終身閱讀的教科書，彌撒則一定要參與。領洗是把人領進門，能不能畢業，能不能進天國，這是一條漫長的路，需要一點一點灌溉。領洗之後是告訴我們，心裡沒有罪了，可以跟著耶穌一起走。

耶穌如何升天？是靈魂升天，還是肉體升天？耶穌明明是人，祂幾次給門徒看，祂是人不是鬼，也不是靈，那麼祂如何升天？耶穌升天是在告訴我們，祂打開了天門，這條路通了，我們可以跟著祂的脚步走。