

Theme Sharing

Second Sunday of Easter

Blessed Are Those Who Have Not Seen But Yet Believe!

The Easter Season covers a period of 50 days from Easter Sunday. During this season, the Church celebrates the salvation of the world through Christ's Passion and his victory over death. At the same time, she commemorates the resurrection of Jesus and his ascension into heaven as well as the descent of the Holy Spirit.

Today is the Second Sunday of Easter. The gospel, from John 20:19-31, recounts the two appearances of Jesus to his apostles after his resurrection. Jesus first appeared to them on Easter Sunday. Somehow, Thomas was not in their midst. When Jesus appeared to them again a week later, Thomas was there; and John depicted a dramatic scene of Thomas' proclamation of faith: "*My Lord and my God!*". John made it clear that the gospel was written so that we may come to believe in Christ and may have life in him. To believe in Christ is to acknowledge that Jesus is the Messiah and the Son of God, and to abide by his teachings wholeheartedly in our daily lives. The two appearances no doubt emphasized on faith. However, Jesus had another important message for the apostles. All along, the apostles and the followers were indifferent to Jesus' prediction of his impending suffering and death. They were also oblivious to the prophecy of his resurrection. In his gospel, John acknowledged that it was only when he saw the empty tomb and the linen wrappings on one side on that Easter morning that he came to believe in his Risen Lord. In fact, Peter entered the tomb ahead of John. He saw what had happened, but the gospel does not say if he too believed or otherwise. Throughout the gospel, the apostles had been too slow or prudent in showing their faith. Time and again, they were rebuked by Jesus as "men of little faith". Until he met Jesus face to face and proclaimed his faith, Thomas was a typical cynic or doubter. In fact, our faith may be as shaky as Thomas. Jesus' words to Thomas may as well have been addressed to us: "*Do not doubt, but believe*" and "*Have you believed because you have seen me? Blessed are those who have not seen and yet believe.*" He also told the apostles, "*As the Father has sent me,*

so I send you." By these, Jesus reiterated the foundation of faith and the duty mandated to each Christian to proclaim the faith. Paul once said, "*Faith follows proclamation; proclamation follows the command of Christ.*"

Although we have not seen Christ, we believe in him. We receive our faith from the Church through the teachings handed down from the apostles at the command of Jesus. Our faith is therefore not just knowledge of ideas and concepts; it is a way of life. Each life has its roots, and it must be attached to the roots. Likewise, we must be firmly rooted to the rich soil of the Church if we are to maintain our strong faith and live a healthy Christian life.

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 Francis Easter 2013

Dear brothers and sisters in Rome and throughout the world,
Happy Easter! Happy Easter!
What a joy it is for me to announce this message: Christ is risen! I would like it to go out to every house and every family, especially where the suffering is greatest, in hospitals, in prisons ...
Most of all, I would like it to enter every heart, for it is there that God wants to sow this Good News: Jesus is risen, there is hope for you, you are no longer in the power of sin, of evil! Love has triumphed, mercy has been victorious! The mercy of God always triumphs!
We too, like the women who were Jesus' disciples, who went to the tomb and found it empty, may wonder what this event means (cf. *Lk 24:4*). What does it mean that Jesus is risen? It means that the love of God is stronger than evil and death itself; it means that the love of God can transform our lives and let those desert places in our hearts bloom. The love God can do this!
This same love for which the Son of God

became man and followed the way of humility and self-giving to the very end, down to hell - to the abyss of separation from God - this same merciful love has flooded with light the dead body of Jesus, has transfigured it, has made it pass into eternal life. Jesus did not return to his former life, to earthly life, but entered into the glorious life of God and he entered there with our humanity, opening us to a future of hope.

This is what Easter is: it is the exodus, the passage of human beings from slavery to sin and evil to the freedom of love and goodness. Because God is life, life alone, and we are his glory: the living man (cf. Irenaeus, *Adversus Haereses*, 4,20,5-7). Dear brothers and sisters, to all of you who are listening to me, from Rome and from all over of the world, I address the invitation of the Psalm: "Give thanks to the Lord for he is good; for his steadfast love endures for ever. Let Israel say: 'His steadfast love endures for ever'" (*Ps 117:1-2*).

Details at www.vatican.va

Calgary Diocese

World Day of Prayer for Vocations:

You are invited to a holy hour of prayer for vocations to the priesthood and religious life on Sunday April 21, 2013. Exposition of the Blessed Sacrament will begin at 7:30 p.m. Homilist: Fr. Pius Harding, O.S.B., Place: St. Anne's Parish, Calgary. For further information contact Fr. Gaffney at 245-2753.

Calgary Pro-Life Association is raising funds to support our educational resource programs. Get sponsors and come walk with us at the Hike for Life on May 11, 2013 at Prince's Island Park 8:30 to Noon. Also buy our Mother's Day Roses being sold after all Masses May 11 & 12. Call 403-243-0691 or email pro-life@shaw.ca or visit www.calgaryprolife.com.

Stewardship Office

Saturday, April 27, 2013 from 7:00 to 10:00pm join us at St. Mary's Cathedral Hall for an evening of fun, food and music! The Stewardship Office in partnership with the University of Calgary Catholic Community is hosting the annual Charity Benefit Concert featuring local artists to raise funds and awareness in support of Mission Council's international mission project called the

Renewal Centre in Lahore, Pakistan. Sponsorship opportunities and tickets for the event are available. For more information contact Eden D'Souza at stewardship@calgarydiocese.ca or 403-218-5520.

Social Justice Ministry

Everyone is invited to attend the 2013 Development and Peace Benefit Gala! We are excited to announce that Bishop Frederick Henry will be our keynote speaker this year. The event will take place on April 13, 2013 at Our Lady of Grace Parish starting at 6pm. It will be a full catered dinner with cultural entertainment. Tickets are \$25 per adult, \$17 for youth (11-17) and kids under 10 are free. Please call or email Doreen for tickets - 403-803-6605 or doreenonly@bell.net.

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

Fr. Joseph Nguyen's Blessings and Thank You

Blessings and Congratulations to our new members of the Church who received the Sacraments of Initiation at the Easter Vigil, in sharing the death & resurrection of Christ to newness of life!

I would like to express my heartfelt thanks to all the catechists and assistants of the Adult & Children Catechetical Team for their efforts in the faith formation of these new brothers & sisters.

I am also offering my thanks to the parishioners who assisted with all aspects of this festive celebration.

At last, I would like to thank you all godparents, who are firm believers of our Christian Faith, to sponsor their godchildren in Baptism and commit themselves to walk with their godchildren on the road to a Christian life.

May we pray to the Lord who have nourished us with His Easter Sacraments, fill us with the Spirit of His love, and make us all one in heart.

Collection on Good Friday

On Good Friday, we collected a total amount of \$4,872 in donation. This sum will be sent to the Holy Land through our Diocese in support of future priesthood.

Thanks for your generous support!

Pastoral Care "Compassion Fatigue and /or Burnout" open to All Parishioners

Date: Saturday, April 13, 2013

Time: 8:30 a.m. to 1:00 p.m.

Venue: OLPH Church Upper Hall

Registration Fee: \$30.00

Please write cheque payable to: "RC Bishop of Calgary, Health Care"

Parish Contact: Sr. Magdalena Chan

Youth Group Seminar

University students from our parish in Business, Engineering, Nursing and Science will be giving a seminar on Sunday April 14 after 10 AM mass at Upper Hall to share about their experiences and tips regarding university. All youths are strongly encouraged to attend and to bring any questions that they might have. Birthday party will follow.

Together in Action 2013

Theme: "You will be my witnesses"

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

Mon, Wed, Fri 8, 10, 12

OLPH Senior Centre

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

Place: OLPH Church, Upper Hall

Saturday 13

Pastoral care workshop

Time: 8:30 a.m. - 1:00 p.m.

Place: OLPH Church Upper Hall

Legion of Mary (meeting)

(Immaculate Heart of Mary Praesidium)

Time: 9:45a.m.

Place: K of C Room

Faith Sharing Group (N.E)

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

Contact: Sr. Sze 403-230-3801

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 Lower 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 14

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: Office Building

Youth Group Seminar

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

Place: OLPH Church Upper Hall

Imitating Christ

Chapter 23: Thoughts On Death

You can do many good works when in good health; what can you do when you are ill? Few are made better by sickness. Likewise they who undertake many pilgrimages seldom become holy.

Do not put your trust in friends and relatives, and do not put off the care of your soul till later, for men will forget you more quickly than you think. It is better to provide now, in time, and send some good account ahead of you than to rely on the help of others. If you do not care for your own welfare now, who will care when you are gone?

To Be Continued

Let There Be Light

A Friend...

(A)cccepts you as you are

(B)elieves in "you"

(C)alls you just to say "Hi"

(D)oesn't give up on you

(E)nvvisions the whole of you (even the unfinished parts)

(F)orgives your mistakes

(G)ives unconditionally

(H)elps you
 (I)nvites you over
 (J)ust "be" with you
 (K)eeps you close at heart
 (L)oves you for who you are
 (M)akes a difference in your life
 (N)ever Judges
 (O)ffers support
 (P)icks you up
 (Q)uiets your fears
 (R)aises your spirits
 (S)ays nice things about you
 (T)ells you the truth when you need to hear it
 (U)nderstands you
 (V)alues you
 (W)alks beside you
 (X)-plains thing you don't understand
 (Y)ells when you won't listen and
 (Z)aps you back to reality

Faith Sharing Stories

Time

There was sudden light and then I saw time coming towards me. In fact he was *running* towards me. I said, "Hey stop and just have a word with me." He replied, "Look my friend, I can't stop for you or anyone else. If you want to have a word with me you will have to run along with me." Before I could ask why, I found I had started running with him. We ran and ran together, until we lost count of the miles. We ran in the morning, ran in the evening and also ran at night. Together we saw the most beautiful sites that God ever made. Together we bared the most painful pains that man ever knew. Together we bathed in holy waters, Together we rolled in the mud. Together we thought the most sinful thoughts Together we served with blood. Together we fought the most useless battles Together we made the most passionate love. Together we made our first million. Together we went bust. Together we got burnt and were left for dead. Together we rose and stood again. Together we saw the most selfless acts. Together we saw the most moving, cruel sights. Together we lived with fame for long. Together we played host to shame. Together we saw the new take birth, Together we saw the old die away. Then one day, only I felt old, slow and tired. But time was still the same - young and fast.

Together we had done everything,
 Only together it seemed we won't last.
 I asked him will he stop for me now, because I simply couldn't run as fast. "No," he said, "I can't stop for you. I have told you that before. All I can do for you now, is walk instead of run."
 I said that will suit me just fine.
 Now time and I walk day and night.
 Together we see the morning sunrise,
 Together we say our bedtime prayers.
 Together we go for slow evening walks.
 Together we engage the youth in old talks.
 Together we act old and mean.
 Together we bless the kids all around.
 Together we are happy our bills are paid.
 Together we search for our missing pills.
 All this went for a while.
 Then one day there was suddenly a very bright white light.
 After that, Time was with me no more.

主日分享

復活期第二主日

不見而信的，才是有福的

復活期是從耶穌復活瞻禮算起的五十天，包括七個主日。在這時期教會慶祝基督救世工程的成功，同時紀念耶穌的苦難、死亡、復活、升天以及聖神降臨。

本主日是復活期第二主日，彌撒福音取自聖若望福音第 20 章第 19 到 31 節，內容敘述耶穌復活後第二次顯現給他的門徒們。這第二次顯現發生在他復活後第八天；第一次顯現是在復活當天。在第一次顯現時，聖多默宗徒沒有在場。聖若望福音強調這項情節，來發揮耶穌顯現給祂的門徒們的特別意義。

福音作者說得很清楚，他著作福音，記述耶穌的言論和事跡，是為要我們信仰耶穌，並藉著信仰耶穌而獲得救恩，也就是所謂「升天堂，免下地獄」。信仰耶穌，就是相信耶穌是救世主，是降生成人的天主聖子，並全心跟隨祂生活。

但是除了這教訓之外，耶穌復活後顯現給祂的門徒們，還有一個別的重大理由。耶穌的門徒們，就是宗徒們，原來對耶穌的受難並不感興趣，對耶穌所預言的復活，也並不在意。聖若望宗徒說，他自己是在安葬了耶穌的

遺體之後，一個星期天的清晨，進入了耶穌的墳墓，看見了放著的殮布，也看見耶穌頭上的那塊汗巾，不同殮布放在一起，而耶穌又不在了，他就相信了。伯多祿先若望進入空了的耶穌的墳墓，也看見了同樣的情境，他那時就相信了嗎？若望福音沒有告訴我們。一般而論，在福音的記載中，宗徒們，有的心情雖然衝動急躁，但對奧秘的信仰上，卻是謹慎，和過於遲緩的。多少次耶穌曾責備過他們是「小信德的人」。聖多默宗徒在看見耶穌的前後，他滑稽和尷尬的表現，不過是一個比較特殊的例子，其實這是很足以代表所有宗徒們的心情的。耶穌對他說的話，也是對所有宗徒們說的：「不要不信，卻是要信。」又說：「你因為見了我，才信嗎！不見而信的，才是有福的！」在這最後一句話中，耶穌把我們一般信徒與宗徒們對立起來。這不是抬舉我們，說我們比宗徒們更幸福，這不過是一種說法，其目的在指出信仰的本質，以及宗徒們在傳遞信仰上所享有的不可替代的使命和任務。聖保祿宗徒說得好：「信仰出於宣佈，宣佈出於基督的命令。」

我們雖然沒有看見過基督，卻信仰了祂，我們的信仰是經過教會得到的。教會所以有此作用，是因為她是由宗徒傳下來的。她是「出於基督的命令。」原來我們基督徒的信仰，不僅是知識，更是生命；生命有根源，要不斷與根源保持聯絡，我們要有純正的信仰，健全的超性生命，就必須牢固地植根在道地的教會土壤中。

節錄自梵蒂岡電台

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

教宗方濟 2013 年復活節文告

在羅馬和全世界親愛的弟兄姐妹：復活節快樂！復活節快樂！
 我懷著極大的喜樂向你們宣報：「基督復活了！」願這個宣報能夠傳到每一個房舍，每一個家庭，特別是有痛苦

的地方、醫院、監獄……

我尤其希望這個宣報能傳到所有人心中，因為那裡是天主願意撒下這喜訊種子的地方；耶穌復活了，你有希望了，你不再受罪和邪惡的宰制了！愛已經得勝，仁慈已經得勝！天主的仁慈永遠得勝！

我們也像前往耶穌墓穴發現墓是空的婦女門徒一樣，可以問問自己，這件大事的意義何在（參閱：路廿四4）。耶穌復活的意義何在？它的意義是：天主的愛比邪惡和死亡更強大；它的意義是：天主的愛可以轉變我們的生活，令我們心靈的沙漠地帶開出花朵。天主的愛能成就這事！

正是因著這愛，天主聖子降世成人，祂徹底地謙遜和奉獻自己，直至進入陰府，那與天主分離的深淵。正是這充滿仁慈的愛令耶穌的遺體充滿光輝，並將之轉變，令其進入永恆的生命。耶穌並非回到先前的生命，並非回到塵世的生命，而是進入了天主光榮的生命，而且與我們人類一同進入這生命，為我們打開了一個充滿希望的未來。

這就是復活節的意義：走出去，是人走出罪與惡的奴役，過渡到愛與善的自由。因為天主是生命，純是生命，祂的光榮就是我們，生活的人（參閱：聖依勒內《反異端論》4,20,5-7）。親愛的弟兄姊妹們，你們所有在羅馬和世界各地聆聽我的人，我向你們作出這一個來自聖詠的邀請：「請你們頌謝上主，因為祂美善寬仁，祂的慈愛永遠常存。願以色列子民說：上主的慈愛永遠常存。」（聖詠一一七 1-2）

節錄自梵蒂岡廣播電台

堂區活動

阮神父的祝福及感謝

我祝福及歡迎於復活節夜間慶典的禮儀中領受入門聖事的弟兄姊妹，他們藉著基督的聖死及復活，而獲享新生命！

在此特別多謝成人及兒童慕道班各導師和助教們，對這些新弟兄姊妹在信仰培育方面所付出的努力。同時，我也衷心感謝所有為這慶典在各方面盡力幫忙的教友們。

我也祝願各位代父母，願他們懷著堅定的信德，願意為代子女的聖洗聖事作見證，並肩負培育代子女邁向基督道路的使命。

最後，願我們在聖體奧跡中與復活的基督結合，從而獲享天主子女的恩寵！

聖週奉獻

基督苦難日所收得的奉獻\$4,872，本堂將經教區將全數交給聖地作為支持培訓未來神父之用。

牧靈關愛組與卡城天主教牧靈部合辦公開講座：

主題：同情心和/或倦怠

日期：2013年4月13日

時間：上午八時卅分至下午一時

地點：永援聖母堂上禮堂

歡迎堂區教友參加。登記費：\$30.00

支票抬頭請書寫：“RC Bishop of Calgary, Health Care”

報名及查詢請致電：Sr. Magdalena

Chan 陳修女(690-2973) or (265-7926)

青年分享

堂區的商科、工程科、護士和理科大專生將在4月14日10時彌撒後於上禮堂為我們分享大專生活和入讀大專的技巧。歡迎堂區所有青年參加。

2013 教區公益金，齊來獻愛心

主題：「...為我作證人...」

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

星期一、三、五 8, 10, 12

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 13

牧靈關愛組公開講座

時間：上午8時30分至下午1時

地點：永援聖母堂上禮堂

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

東北區信仰小團體聚會

時間：早上10時30分至12時

聯絡：施修女 403-230-3801

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：永援聖母堂下禮堂

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 14

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1時30分

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

青年會分享及聚餐

時間：上午11時至下午12時30分

地點：永援聖母堂上禮堂

師主篇

第二十三章、默想死亡

乘你身體健康時，你能多立功勞：若是害起病來，還能做什麼呢？人害起重病來，改過的很少！就如時常參拜聖地的人，少有成聖的一樣。

你不要依仗親戚朋友，耽擱你救靈魂的大事，因為你想不到他們會很快的忘記你。與其等到死了以後盼望別人救助，那知現今早為自己打算，早立功勞呢？如果現在你不為你靈魂的大事操心，到你死了以後，誰還為你操心呢？

待續

心靈小品

假先知的真面目

誰是假先知

西方受中古時代文化的影響，對魔鬼有一種觀念，以為是頭上雙角，脚下偶蹄；甚至對於怪異的人，會不自覺的低頭下去看看對方的腳，以判定是否魔鬼化身。華人對於妖魔邪祟，也有傳統的看法，觀察狐狸尾巴等。當然這都近於迷信。如果這樣來斷定假先知，多半會不正確。

聖經中的假先知，不一定是面目猙獰，綠頭髮，紅眼睛，而且多半可能不是可怕或可憎的外貌。使徒保祿對他自己的刻畫是“言語粗俗，氣貌不揚”；而說到假先知，則說：“連撒但也裝作光明的天使，所以它的差役，裝作仁義的差役，也不算稀奇。”

先看真使徒的榜樣

保祿得天主揀選為使徒，確有他可取的地方。保祿說到他自己：

我們的勸勉不是出於錯誤，不是出於污穢，也不是用詭詐；但天主既然驗中了我們，把福音託付我們，我們就照樣講，不是要討人喜歡，乃是要討那察驗我們心的天主喜歡。因為，我們從來沒有用過諂媚的話，這是你們知道的；也沒有藏著貪心，這是天主可以作見證的；我們作基督的使徒，雖然可以叫人尊重，卻沒有向你們或向別人求榮耀。

大多數的領袖們，很願意擺出一副英雄姿態，引人跟從；因為有跟從的人，才是領袖；跟從的人多，就是大領袖。他們大言炎炎，頌揚自己的偉大。但保祿可不是這樣。保祿作了許多工作，受了許多苦難，是一個在任何時代，以任何標準來衡量，都可算有為的人；但在這裏所提到的，是他的“不為”，或說有守。

前面這段經文，可稱為“七不”：不是錯誤，不出污穢，不用詭詐，不討人喜，不說諂媚，不存貪心，不求自榮。

真先知的來源，不是自己找個職業，而是先要經過了天主的“驗中”。甚麼是驗中呢？意思是說，天主揀選了那個人，試驗他，而以他為合格；然後，天主才把福音託付他。就如：你有寶貴的財物，必須深信某人忠心可靠，才託付給他。那麼，天主寶貴的福音信息，豈不更應該審慎，證明所

託得其人嗎？

聖經說：“藉愚昧人手寄信的，是砍斷自己的腳，自受損害。”又說：“忠信的使臣乃醫人的良藥。”天主絕不會錯誤，保祿說：“我感謝那給我力量的我們的主基督耶穌，因祂以我有忠心，派我服事祂。”這是作先知的條件。

待續

靈修小故事

鉛筆

鉛筆製造者對鉛筆說：

『在我送你到世界之前，有五件事，你一定要記得；只要你牢牢記住這些提醒，你會成為全世界最棒的鉛筆。』

第一點：你將會完成許多很棒的工作，只要你願意將自己交在一個人的手中。

第二點：隨著時間的過去，你會經歷一次又一次的刀削與刻痕；如果，你想成為一支更棒的鉛筆，這是絕對必要的過程！

第三點：製造者給了你橡皮擦，讓你有修改任何你所犯錯誤的能力。

第四點：你所擁有最重要的部份，是在你的裡面，不是外面。

第五點：不論你的處境如何，你一定要持續不斷地寫字，即使，在艱困的環境，你仍要盡力留下清楚而明瞭的字跡。鉛筆明白製作人的提醒；它被放進了鉛筆盒裡，滿懷期待的進入這世界。現在，把鉛筆換成你自己！

只要你記得這些提醒，你會成為全世界最棒的人！

第一點：你有能力完成許多很棒的事，只要你願意讓你自己接受引導與扶持，並且，願意讓更多人從你所擁有的才能獲得幫助。

第二點：歲月會在你的身上留下尖銳的考驗，困難會磨鍊你的韌度，這是創造者使你成為強者的必經路程。

第三點：你一定會犯錯！但是，天主賜你有能力去改過與修正錯誤。

第四點：你生命中最重要部份是在你的心裡面。

第五點：凡走過必留下痕跡；不論，你的處境如何，總要盡力留下你美

好、可以服事別人的足跡。

每個人都像一支鉛筆...我們受造，是有一個獨特而美好的目的。

每天，記住這些要點，你的生命就能成為祝福別人的泉源！

你是一支獨一無二的鉛筆！

寧可在天主的手中被人捏得很痛，也不要不在天主的手中被人摔得更慘！