

Theme Sharing



Third Sunday of Easter Peter, Head of the Church

The gospel is on Jesus making yet another appearance to his apostles following his resurrection. The encounter occurs in Galilee.

There are three distinct sections in today's gospel: the fish catching miracle, the breakfast, and the subsequent dialogue between Jesus and Peter. In giving an account of events in his gospel, John often conveys certain divine truth or message to us. Cases in point are the dialogue between Jesus and the Samaritan woman by Jacob's Well, thereby revealing Christ as the Messiah; and then the story on multiplication of loaves and fishes, signifying the institution of the Sacrament of Eucharist by Christ. So what is John trying to tell us now about Jesus' encounter with his apostles by the Sea of Tiberias?

This passage from John's gospel is full of symbols, according to the following commentary by Don Bosco Biblical Institute (DBBI) of Hong Kong: "*After Jesus has ascended into heaven, the Church he founded on earth needs a head, leader and trustee. Peter is such a trustee to whom Jesus has entrusted his lambs, sheep and all that belong to him. Peter is given the duty and authority to feed and tend the flock under his care until he passes on. By feeding, Peter is to administer sacraments, preach the gospel and nourish the souls of the faithful. By tending, Peter is to lead the Church in the path of Christ, protect her from heresies, materialism and wrongful tendencies that may overshadow her light or defile her holiness.*"

Specifically, DBBI points to these seven symbols:-

(1). *Peter forefront in fishing*: - he was the first to jump into the sea and the first to haul the net ashore. Jesus' subsequent dialogue with Peter clearly unfolds the latter's impending role as head of the Church;

(2). *Catching fish*: - symbolizing the mission of the Church to spread the gospel and draw people to Christ;

(3). *153 fishes*: - symbolizing the universality of the Church (being the number of known species of fishes at Jesus' time);

(4). *Nets remaining intact*: - symbolizing unity of the Church, indestructible by men;

(5). *Breaking of bread at breakfast*: - symbolizing the celebration of the Eucharist to commemorate the resurrection of Christ;

(6). *Jesus' call to Peter to feed and tend his sheep*: - symbolizing the delegation of authority to Peter to lead the Church; and

(7). *Jesus' repeated "Love" questions to Peter*: - reiterating the Church as a community of love; and love as the essence of the Church's mission. John obviously tries to tell us through these gospel passages something about the Church and the papacy. The Church is a community of love. It is universal, one, and mandated to preach the gospel to the ends of the world so that all men will be saved. Christ has entrusted the Church to the care of Peter and his successor popes. Accordingly, the Pope is the supreme head of the Church, serving his flock with love, and ensuring the unity and communion of the universal Church.

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

3 Keys to Pope Francis Humility, Reform, Evangelization

The three keys to his pontificate will be humility, reform and evangelization.

Humility: You saw it. His first act as pope, before blessing his people, was to pray for his predecessor and then to bow down before his flock and ask for their prayers. Even as Cardinal Archbishop of Buenos Aires, Juan Mario Bergoglio lived in a small dwelling, not a palace, cooked for himself, and often took public

transportation. He is a Latin American Jesuit with a huge heart for Social Justice, and yet distanced himself early on from currents of "Liberation Theology," which would have us practice the Gospel seen through a Marxist prism. Such a stance may have made him unpopular in his seminary days. It takes humility to buck trends and stick to the truth. It takes humility to recognize your own weakness and ask for prayers. It takes humility to live humbly as a prince of the Church.

Reform: Pope Francis has worked with the Curia, but he is an outsider, not an insider. He said the cardinals went to the "end of the earth" to find him. And he picks a name not ever used before. This marks something new. Francis of Assisi was asked by God to rebuild his Church. He at first thought it was the run-down church of San Damiano. He soon learned it was the whole Church, through a humble living of the Gospel. Pope Francis I will be a man of reform. He has an Italian last name but a new fresh perspective. It will not be business as usual in Rome for long.

Evangelization: For a Jesuit, the first Francis that comes to mind would not be the *Poverello* of Assisi, but St. Francis Xavier, one of St. Ignatius' first "Company of Jesus," whose native language, Spanish, Jorge Bergoglio shares. Converted as a young man in college, St. Francis Xavier went to the ends of the earth to preach the Gospel, including Japan, before dying on his way to China. At the upcoming World Youth Day in Rio de Janeiro, you will hear the new Pope tell the youth of the world that story and challenge them to be like Francis Xavier. Bet on it. This will be a pontificate that is marked by a reinvigorated New Evangelization. The world press has spent weeks speaking of scandal and troubles in the Church. I watched hundreds of college students tear up because they have a new Father in the Faith. We are not seeing the same reality. The Holy Father, stunned as any humble man would be by such a weight, is not blind to Church problems, but sees the Church I saw today at Benedictine College: young, faithful, vibrant. He is the man the Holy Spirit has chosen to lead

this young Church through troubled seas with humility, reform and above all evangelization!

Zenit.org Dr. Edward Mulholland



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.

Information Day on the Diocesan Priesthood

This day is for men between the ages of 17 and 35 years. It includes talks given by Bishop Henry and priests of the diocese, as well as the celebration of the Eucharist.

Location: Sacred Heart Church, 1307 – 14th St. S.W., Calgary, (new Lower Hall/14th Street entrance)

Date: Saturday, May 11th, 9:00 a.m. – 2:00p.m.

For further information and to register contact: Office of Vocations
Phone: 403-245-2753; E-mail: mjgaffney@telusplanet.net.

Jesuits Ministries

Journey with Christ in Prayer: a 5 day Silent Directed Ignatian Retreat. Sunday April 28 – Friday May 3, 2013.

Facilitators: Fr. Charles Pottie-Pâté, sj and Ron Klok.

Place: King's Fold Retreat and Renewal Centre.

Contact: 403-932-3174 or

Email: retreat@kingsfoldretreat.com.

33rd Annual Hike for Life –

Calgary Pro-Life Association on Saturday May 11, 2013

Place: Prince's Island Park, Calgary;

Time: 8:30 am – Noon; Contact:

403-243-0691 or www.calgaryprolife.com.



Special Donation on Good Shepherd Sunday (April 21)

There will be a special collection on Good Shepherd Sunday (April 21).

All the monies that we receive in 2nd collection will be submitted to Diocese for our priests and Vocations.

Let us give generously to respond to the needs of the Church.

Family Rosary during the month of May

The month of May is traditionally dedicated to the Blessed Virgin Mary. Fr. Nguyen or Sisters, along with representatives from different church groups, will bring the Statue of the Blessed Virgin Mary on pilgrimage from home to home and pray family rosary in the month of May. Fr Nguyen will also bless the home during the visit upon request by the family.

Parishioners are encouraged to invite their godchildren or godparents, friends and relatives to join the family rosary. To participate as a host family in this devotion, please call the Parish Office. We will pray the Rosary 20 minutes before each Sunday Mass, and we will pray the Rosary and sing hymns with Choir in front of the Cove of Mary before 11:30 a.m. Mass. Parishioners are encouraged to take part in the Rosary and sing together in dedication to Mother Mary.

Youth Night

Youth Night will be on Saturday April 20, 7:00 – 10:00 p.m. The first hour will be Deacon Rob McLean sharing his experience at Upper Hall on the Missionaries of the Precious Blood to help the poor to build water project. Activity of the night will be at Village Square Leisure Centre, featuring a safari-themed water park with a wave pool, slides and splash zone. For more info, please call Jenny Lam or Porscha Lau of Youth Group Committee. All are welcome.

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.

Let's take action now!



Mon, Wed, Fri 15, 17, 19

OLPH Senior Centre

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

Place: OLPH Church, Upper Hall

Wed 17

OLPH Adults Choir

Time: 7:00p.m.-9:00 pm

Place: OLPH Upper Hall

Friday 19

At. Angela School Attend Mass

Time: 9:00a.m.Mass

Faith Sharing Group (Sacred Heart)

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

Contact: Doris Ho 403-271-6884

Saturday 20

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. - 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

Youth Night

Time: 7:00pm-10:00pm

Place: OLPH Upper Hall

Sunday 21

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 Choir- choir practice

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

Place: Office Building

Catholic Family Fellowship

Time: 12:30p.m.-3:30p.m

Place: OLPH Upper Hall

Imitating Christ



Chapter 23: Thoughts On Death

The present is very precious; these are the days of salvation; now is the acceptable time. How sad that you do not spend the time in which you might purchase everlasting life in a better way. The time will come when you will want just one day, just one hour in which to make amends, and do you know whether you will obtain it? To Be Continued

Pope Francis Quote



"And now let us begin this journey, [together] as bishop and people. This journey of the Church of Rome, which is to preside over all the Churches in charity. It is a journey of fraternity, of love, of trust between us. Let us always pray for one another. Let us pray for the world, so that a great brotherhood may be created. I hope that this journey of the Church, which we begin today and in which my Cardinal Vicar who is present here will assist me, will be fruitful for the Evangelization of this beautiful city."
- His Holiness, Pope Francis

Let There Be Light



Funny

Funny how simple it is for people to trash God and then wonder why the world's going to hell.
Funny how we believe what the newspapers say, but question what the Bible says.
Funny how everyone wants to go to heaven provided they do not have to believe, think, say, or do anything the Bible says.
Funny how someone can say "I believe in God" but still follow Satan who, by the way, also "believes" in God.
Funny how we are quick to judge but not to be judged.
Funny how you can send a thousand 'jokes' through e-mail and they spread like wildfire, but when you start sending

messages regarding the Lord, people think twice about sharing.
Funny how the lewd, crude, vulgar and obscene pass freely through cyberspace, but the public discussion of God is suppressed in the school and workplace.
Funny how someone can be so fired up for Christ on Sunday, but be an invisible Christian the rest of the week.
Funny how I can be more worried about what other people think of me than what God thinks of me.

Faith Sharing Stories



Supernatural Surveillance

Not far from my house, authorities have rigged a camera to snap pictures of drivers who race through red lights. The offenders later receive in the mail a ticket along with a "red-light photo," which is visual proof of their traffic violation. Sometimes I think of God in the same way I think of that camera—He's up there, just waiting to catch me doing the wrong thing. While God does see our sin (Heb. 4:13), He sees and takes interest in our good deeds as well. Due to His supernatural surveillance, God sees the size of our sacrifice when we give money to the church or to those in need (Mark 12:41-44). He hears our private prayers (Matt. 6:6). And when we fast, we can carry on as usual being assured that our "Father . . . sees in secret" (v.18). Knowing that God sees everything frees us from thinking about the watchful eyes of others. When we do what is right, we need no applause from onlookers; when we sin, we do not need to worry about our reputation once we settle the issue with God and anyone we've harmed. We can rest knowing that "the eyes of the Lord run to and fro throughout the whole earth, to show Himself strong on behalf of those whose heart is loyal to Him" (2 Chron. 16:9). Lord, thank You for Your all-seeing nature. You know everything I think and do. Help me to value Your approval and live according to Your standards, no matter what anyone else may think. Others see what we do, but God sees why we do it.

主日分享



復活期第三主日

伯多祿是教會之首

本主日的福音記述耶穌復活後又一次顯現給祂的門徒，與祂的門徒們在加里肋亞相會。

福音記載可分三段：第一段講捕魚的奇蹟，第二段講奇蹟後的早餐，第三段講早餐後耶穌與聖伯多祿宗徒的會話。我們知道，聖若望宗徒經常藉著敘說故事，闡發超性的真理。他曾記錄耶穌在雅各伯井畔與撒瑪黎雅婦人的會話，說明了耶穌的默西亞身份；他又會描述五餅二魚的奇蹟，預示了耶穌要建立的聖體聖事。現在，他記述耶穌復活後與宗徒們在提庇裏亞海邊的會晤，是宣佈什麼道理呢？

這一章的聖經記載富有象徵性。思高聖經學會給它作出樸實確切的注釋說：「吾主耶穌升天以後，祂留於世上的教會，需要一位元首，一位領袖，一位耶穌的代理人。這位合法的代理人就是伯多祿。耶穌把祂的小羊和大羊，換句話說，就是屬於耶穌的一切羊群，都交給了伯多祿。為此伯多祿的職務，直到他為羊捨命，是餵養和牧放。餵養是說，給信友施行聖事，宣講福音，養活他們的靈魂；牧放是說引導教會，使她跟隨耶穌，保護她，免得邪說的烏煙遮掩了她的光明，罪惡的名利鎖損害了她的聖潔。」

香港天主教聖經學院給了我們一個明白的回答。它指出七點象徵。那就是：
一，伯多祿領導捕魚；首先跳下海中，把網拉上岸；耶穌三次問他等，都指出伯多祿在教會內元首的地位。
二，捕魚：漁網象徵教會傳福音及拯救人類的使命。
三，一百五十三條魚：象徵教會的普遍性。
四，網沒有破：象徵教會的合一，人無法完全破壞她。
五，早餐時耶穌「拿起餅來，遞給他們」：表明教會以「擘餅禮」，即感恩祭，紀念耶穌的復活。
六，耶穌叫伯多祿「餵養」，「牧放」祂的羊：是指授給他領導教會的職

務。

七，耶穌問伯多祿「你愛我嗎？」：是強調教會是愛的團體。以及愛是教會牧職的真諦。

從這七點象徵中，我們不難認出聖若望宗徒這次的寫作用意。他要向我們宣佈有關教會和教宗的道理。教會是愛的團體，她是普世性的，不可分裂的，她的使命是傳福音及拯救人類。基督將祂的教會委托給聖伯多祿宗徒及其繼任人羅馬教宗。所以，在教會內，教宗有首席地位，他要為愛德服務，為普世教會的合一共融作保證。

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

我們要實踐教宗方濟各的教導

在教宗方濟各就職之際，在“信德年”的大好時期中，如何緊密團結在教宗的領導下善度信仰生活？如何激發活力見證基督，做好福傳？如何實踐“以真誠和謙卑服務人群，以善良和愛心守護世界”？

謙卑服務是做人處事之道，是邁向成功之路，更是基督信仰的要求。聖而公教會常常記得基督的醇醇教誨：

“人子來不是來受服事，而是來服事人，並交出自己的生命，為大眾作贖價”（谷 10:45）；“不論誰，若不背著自己的十字架，在我後面走，不能做我的門徒。”（路 14:27）。沒有基督信仰的有力支撐，就沒有全體天主子民謙卑服務的熱誠，一個信徒、一個堂區、一個信仰團體也就不可能展現基督的精神。

聖神引導教會生生不息，成為照耀這個世界和我們每個人奮勇前進的不滅燈塔。今天，教會藉著教宗方濟各的就任已經進入一個新時代、謙卑服務的新時代、熱誠福傳的新時代。猶如“梵二”所教導的，一切基督信徒都享有“先知、司祭和君王”的三重職務和使命。面對紛繁複雜的變幻世

界，如何在全球各地，尤其是在我們中華大地實踐我們基督信徒的團結共融，奔向合一呢？面對艱巨而又神聖的福傳使命，我們如何以更大智慧與勇氣見證基督、活出信仰呢？響應教宗號召，就需要我們不斷祈禱，增強正能量；就需要我們大家手攜手，團結一心，勇敢前進。

仁愛善良始終是耶穌基督宣講的主題。“我喜歡仁愛勝過祭獻”（瑪 9:13）；“凡受勞苦和負重擔的，你們都到我跟前來，我要使你們安息。你們背起我的軛，跟我學習吧！因為我是良善心謙的”（瑪 11:28-29）。聖而公教會會歷經風雨，不管是在初期遭受磨難——滅頂之災，還是在近代四分五裂——破壞合一，可是，聖神引導的強大力量更加彰顯，仁愛善良的基督精神延綿不斷。一個基督信徒祇有懷著仁愛善良才能與基督緊密相連，一個信仰團體祇有實踐仁愛善良才能彰顯基督的神聖光輝。熱愛基督，熱愛教會，是每位基督信徒的本分和職責。所以，從我做起，嚴格要求自己，並以仁愛善良充實每一天。基督信仰的本質內涵就是要努力謙卑服務、仁愛善良、愈顯主榮、天人合一。

教宗方濟各強調：“真正的權力”是謙卑地為窮人服務，以仁愛溫柔守護全人類；可以說這句話道出了新教宗的“執政綱領”，也是他今後領導普世教會的路線和大方向。夏景曉神父

堂區活動



善牧主日(4月21日)第二次捐獻

4月21日為善牧主日(世界聖召日)，請為世界聖召祈禱。當日會有第二次捐獻，所得款項全部捐作教區神職人員培訓及神修、工作坊等費用。請大家慷慨支持及回應！

聖母月家庭玫瑰經聚會

五月是聖母月，阮神父或修女們，及堂區善會代表，將於五月帶同聖母像探訪教友家庭，誦唸家庭玫瑰經。如有需要，阮神父會同時為教友家庭舉行聖屋儀式。

我們並鼓勵主持家庭玫瑰的家庭，邀請其代子女或代父母參與家庭玫瑰。有意邀請聖母、阮神父或修女們到家中誦唸家庭玫瑰經的教友，請致電堂區辦事處。

我們特別恭敬聖母，並在主日每台彌撒前 20 分鐘公唸玫瑰經，並在十一時三十分彌撒前於戶外聖母岩前誦唸玫瑰經。

青年晚會

青年晚會將於四月二十日星期六晚上七時至十時舉行，包括 Deacon Rob McLean 於上禮堂與青年作一個小時講座，分享到落後國家幫助水務工程經驗及渠道，其後往 Village Square Leisure Centre 游泳及玩浪，詳情與青年會幹事 Jenny Lam 或 Porscha Lau 聯絡。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。請立即行動！

活動一週



星期一、三、五 15, 17, 19

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 17

永援聖母歌詠團

時間：晚上 7 時至 9 時

聯絡：永援聖母堂上禮堂

星期五 19

St. Angela School 彌撒

時間：早上 9 時

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 20

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

青年晚會

時間：晚上 7 時

聯絡：永援聖母堂上禮堂

星期日 21

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

青少年聖詠團-練習聖詩

時間上午 11 時至下午 12 時 30 分

地點：寫字樓大廈

公教家庭開會

時間下午 12 時 30 分至 3 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

現時的，極其實貴。聖經上說：現時是能得聖寵的時候，現時是能救靈魂的時候(格後：陸、二)。現今的光陰，若你善用，就能以得常生，你偏不用，真是可嘆！那知後來你雖然求一天或一小時來痛悔改過，也不一定能得到。

待續

停一停... 諗一諗 人的聖召



聖召是... 做人

我可能會想：

『聖召』是個高深莫測或與我無關的事……

像我這樣平凡的人，怎會有『聖召』的……

我可能會想：

每人都有聖召，我誕生在此時、此日、此處、此刻……並有身邊的這些人，作父母、兄弟姊妹、朋友……生養我、教導我、孕育我成長，與我在一起，我生命的一切都是天主的悉心安排，就像一份別具心思的禮物……正如天主在創造天地萬物時，每一樣創造，都有上主的心思，為祂所欣賞，「看了祂造的一切，認為樣樣都很好。」(創 1:8, 12, 18, 21, 25, 31)

今天，我生而為這樣的一個人，也是天主別出心裁的創造，祂的心血結晶。我認識到天主的這份心思嗎？我如何回應這份心思呢？

心靈小品



假先知的真面目

假先知怎麼樣？

再看假先知，就完全不同了。

首先，他們不是主所差遣的，使徒伯多祿論到他們：

私自引進陷害人的異端，連貫他們的主也不承認，自取速速的滅亡。將有許多隨從他們邪淫的行為，便叫真道因他們的緣故被毀謗。他們因有貪心，要用捏造的言語，在你們身上取利。(伯後二：1-3)

他們是出於自己，出於錯誤和污穢，不是傳福音，叫人悔改得生命，而是隨意捏造的話，是虛謊或笑話；既為了貪心得利，就討人喜歡，像巴蘭一樣，出賣信息；“隨從自己的情慾而行，口中說誇大的話，為得便宜諂媚人。”他們是誇大榮耀自己，為了得財利，不敢說得罪人的話，只說好話，以諂媚為成功之道。這樣，自然不能講到罪；沒有罪就不需要悔改，十字架討厭的地方就沒有了；只是沒有罪，就沒有滅亡，也就不需要得救，救主還有甚麼用？豈不是不承認買他們的主了嗎？

保祿說到在厄弗所工作三年之久：

“天主的旨意，我並沒有一樣避諱不傳給你們的”，因為他沒有貪心，“未曾貪圖一個人的金，銀，衣服”，因為他親手勞苦作工，所以不必看人的臉色，討誰的喜歡，只要討救他差遣

他的主喜歡：主才是他事奉的對象。愛財不僅是品德問題，還有更深的毛病，就是“國籍”的問題。屬地的人，沒有屬天的盼望，自然不能怪他，愛地上的財物。“他們的神就是自己的肚腹，他們以自己的羞辱為榮耀，專以地上的事為念。”他們是事奉肉體，不是事奉主。工作可以相同，而動機不同。“我們卻是天上的國民，並且等候救主，就是主耶穌基督從天降臨。”

待續

靈修小故事



祂必鑒察

你父在暗中察看，必然報答你。

瑪竇福音 6 章 18 節

在我家不遠處，有個交警部門安裝的照相機，能拍下那些闖紅燈車子的照片。那些違規的司機過後就會收到罰單，以及一張他們闖紅燈的照片，作為他們違反交通規則的證據。

有時候，我覺得上主好像就是那樣的照相機——祂俯視萬事，等著逮到我作錯事的證據。然而，上主不但看見我們的罪行(希伯來書 4 章 13 節)，祂也同時觀察和關注我們的好行為。因著上主鑒察萬事，我們在教會奉獻金錢或幫助有需要的人時，祂知道我們付出了多少犧牲(馬爾谷福音 12 章 41-44 節)；祂也聽見我們私底下的禱告(瑪竇福音 6 章 6 節)；當我們禁食的時候，也無須聲張，因為我們的「父在暗中察看」(18 節)。

知道上主鑒察萬事，能讓我們不在乎別人會怎樣看待我們。當我們作正確的事時，不需要其他人讚賞的掌聲；當我們犯罪後，不要只顧慮自己的聲譽，而是要向上主認罪悔改，並解決與人的爭端，向被我們傷害的人認錯，那麼我們的心中必有平安，因為知道「上主的眼目遍察全地，要顯大能幫助向祂心存誠實的人」(編年紀下 16 章 9 節)。

主，謝謝你的全知全見，知曉我一切所思所行，幫助我能不管其他人的眼光，看重所讚同的，祇按你的標準而活。