

Theme Sharing

Fifth Sunday of Easter

The New Order in a New World

Jesus tells us in today's scriptures that he is making all things new, that there will be a new world. In the Old Testament, Prophet Isaiah has spoken about "a new heaven and new earth", referring to the peace and harmony envisaged in the times of the Messiah. He foretells that, at the fullest of time, God will make a happy Jerusalem and a joyous people.

In today's second reading, John portrays Isaiah's image of the end of times when "the holy city of the new Jerusalem would come down from God out of heaven, as beautiful as a bride all dressed for her husband". In the New Testament, the "new Jerusalem" is generally taken to mean the Church, the spotless spouse of Christ. Paul also speaks of the Church as "our mother". In his letter to the Hebrews, Paul exhorts us to set our eyes on the heavenly Jerusalem "where millions of angels have gathered for the festival, and with the whole Church in which everyone is a first-born son and citizen of heaven." In the Vatican II document "Lumen Gentium" (Dogmatic Constitution on the Church), the relationship between the Church and the heavenly Jerusalem is explained thus: "the Church is that Jerusalem which is above. The Church, while on earth it journeys in a foreign land away from the Lord, is life in exile. It seeks and experiences those things which are above, where Christ is seated at the right-hand of God."

At the Last Supper, Jesus says to his apostles: "If the world hates you, remember that it hated me before you. If you belonged to this world, it would love you as its own; but because you do not belong to the world, and I have chosen you out of the world, the world hates you." (John 15:18-19) Realizing that they do not belong to this world, John reminds all Christians in the second reading that they must be prepared to face persecution for the sake of their faith in this life. And it will be comforting for them to know that God will console them at the end of their earthly sojourn, when God "will wipe away all tears from their eyes; and there will be no more death, and no more mourning, weeping or pain."

The new heaven and new earth described by John in the second reading will appear at

the end of times; and in a way it began to unfold to us when the Word was made flesh and dwelled among us. Jesus founded the Church which has now become a visible sign of the future new world. In today's gospel, Jesus gave us a new commandment: "Love one another, as I have loved you." This sets in motion a new order for all people in the new world. We must bear in mind that "the end of the world" is a surpassing notion in the language of the bible. We have not yet reached the end of times, but the end has begun, and surely the countdown clock is ticking. While we are anticipating the end of times, we must also be prepared for any trials or persecution that may befall on us for the sake of our faith; and we have to wait patiently for such time when God will wipe away our tears. Now that the end has begun, we should bear witness to this new heaven and earth by following Christ's new commandment to love one another. By loving one another, we can truly become the most forceful witnesses to Christ and the new world envisaged in today's scriptures.

Monthly Prayers intention

May General and Missionary Intention

General: That administrators of justice may act always with integrity and right conscience.

Missionary: That seminaries, especially those of mission Churches, may form pastors after the Heart of Christ, fully dedicated to proclaiming the Gospel.

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 National Week for Life and Family, May 12 - 19 2013

Theme-The Family: Facing life's challenges together with Christ

Why celebrate life and the family together?

- Each family is a source of life and a school for life.

- Families whenever possible accompany its members from birth to death, and in both sickness and health.

- Concern for the family and life is essential to the mission of the Christian community, and thus key to the Church's call for a new evangelization.

- As the Church focuses on the new evangelization, the Christian family is called upon to embrace in a unique way the invitation Christ extends to us at his Ascension – to proclaim the Good News of Life to the whole world.

- "The family has a natural vocation to promote life: it accompanies individuals as they mature and it encourages mutual growth and enrichment through caring and sharing.

The Christian family in particular serves as a seedbed for personal maturation according to the standards of divine love... It is in the family that peacemakers, tomorrow's promoters of a culture of life and love, are born and nurtured"

Read More Know More

The Rosary

Why does God wish us to pray to Mary?

We pray to Mary because she is the Mother of God and her prayers are very powerful (Jn.2: 1 -11). When we pray the Hail Mary we combine worship of God and honor of Mary. We combine both our prayers to God and her prayers to God. We do not worship Mary; we only worship God. When we pray to Mary we honor her as the Mother of God, and as our Spiritual Mother (Rev.12: 17, Jn.19: 26,27). When we need help the most, we not only go directly to God by ourselves, we ask others to pray for us and with us.

When we pray the Rosary, we have Mary, the Holy Mother of God, pray to God for us and with us. God wishes us to honor Mary because of her special role in God's plan of salvation. He wished her to contribute to the redemption of man, just as much as Eve contributed to the fall of man. As a father is filled with joy at the love and respect others give to his children, so too is God the Father overjoyed and seeks for us to honor His daughter Mary, the mother of His Son Jesus. Why should we pray the Rosary? Because it has been used and encouraged for centuries by the greatest saints and Popes, and

because of its good effects - like a good tree it bears good fruit (Mt. 7: 17). Also, because she appeared at Lourdes and Fatima to ask us to pray the Rosary. The Rosary has helped and changed thousands of lives, why not give it a chance to help yours.

Calgary Diocese

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

The Canadian daily Mass readings are finally online

<http://novalis.rightbrainmedia.com/portals/11/Novalis/mobile.aspx?page=readings>

Parish Activities

The World Day of Prayer For Vocation

On The World Day of Prayer For Vocation, we collected a total amount of \$2,696.00 in donation. This sum will be sent to our Diocese' Seminary Fund in support of our Diocese' future priesthood. Thanks for your generous support!

Exposition of the Blessed Sacrament on May 4

The May's Exposition of the Blessed Sacrament will be led by Queen of China on May 4 from 10am to 11am. Fr. Nguyen will listen to Confession. Parishioners are encouraged to attend

Movie Night-Mother Teresa: In the name of God's Poor

This is the true story of Mother Teresa, beginning in Calcutta, India, where she faces adversity from every direction and where she lays the foundations for her crusade to help the poorest of God's poor.

Date: May 4, 2013 (Saturday)

Time: 6:00pm Potluck and
6:30pm start of movie
Place: Upper Hall of OLPH

The Pentecost Novena

Jesus Christ and the Father gave us the Holy Spirit so we may be sanctified. Our sanctification is achieved through our daily personal communion with God and the Church. As we spiritually grow in Christ, God is pleased and the Holy Catholic Church benefits. If we receive gifts as the disciples received gifts on Pentecost, it is for the benefit of the whole Body of Christ. Through the growth of the Body of Christ, we grow alongside the other faithful members of the Church. If the Body of Christ suffers because of the neglect of some, we all suffer.

The feast day of Pentecost will be coming soon. To prepare ourselves to receive the gifts of the Holy Spirit, our parish encourages parishioners to pray The Pentecost novena at home. Honoring the Holy Spirit is the oldest of all novenas, and it is still the only novena officially prescribed by the Church. Addressed to the Third Person of the Blessed Trinity, it is a powerful plea for the light and strength and love so sorely needed by every Christian.

The Novena begins on May 10(Friday) and ends on May 18 (Saturday). Parishioners can pick up the Pentecost Novena booklet at the Church main and side entrances.

Together in Action 2013

Theme: "You will be my witnesses"
Our parish's final target is \$50,000. As of April 14th, our campaign has received a total of \$8,265.00

We plead for your ongoing support. Together we will help thousands within our own communities and abroad through difficult times. Donation envelopes can be picked up from both the front and the side entrances. Let's take action now to respond to Christ's love and sacrifice for the salvation of mankind.

Weekly Activities

Mon, Wed, Fri 29, May 1, 3

OLPH Senior Centre

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

Place: OLPH Church, Upper Hall

Saturday May 4

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. - 12:30 p.m.

Place: OLPH Church Lower Hall

Yoga beginner class

Time: 2:00 p.m. - 3:15p.m.

Place: OLPH Church Lower Hall

Young Adults choir practice

Time: 6:00 p.m.

Place: OLPH Upper Hall

Sunday May 5

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

Parish Pastoral Council Meeting

Time: 12:30p.m.

Place: OLPH Church Lower Hall

K of C Matteo Ricci 10119 meeting

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

Place: OLPH Church K of C room

Queen of China meeting

Time:12:30p.m.

St. Gabriel Choir Practice

Time:12:30p.m. -4:00p.m.

Place: Board Room, OLPH Church

Catholic Family Fellowship party

Time: 1:00 p.m. - 6:00p.m.

Place: OLPH Church Upper Hall

Imitating Christ

Chapter 23: Thoughts On Death

For a man will be more grievously punished in the things in which he has sinned. There the lazy will be driven with burning prongs, and gluttons tormented with unspeakable hunger and thirst; the wanton and lust-loving will be bathed in burning pitch and foul brimstone; the envious will howl in their grief like mad dogs. To Be Continued

Pope Francis Quote

"To protect Jesus with Mary, to protect the whole of creation, to protect each person, especially the poorest, to protect ourselves: this is a service that the Bishop of Rome is called to carry out, yet one to which all of us are called, so that the star of hope will shine brightly. Let us protect with love all that God has given us!" Pope Francis

Let There Be Light Gardening God's Way

Plant three rows of peas:
Peace of mind
Peace of heart
Peace of soul
Plant four rows of squash:
Squash gossip
Squash indifference
Squash grumbling
Squash selfishness
Plant four rows of lettuce:
Lettuce be faithful
Lettuce be kind
Lettuce be obedient
Lettuce really love one another
No garden without turnips:
Turnip for meetings
Turnip for service
Turnip to help one another
Water freely with patience and cultivate love
There is much fruit for your garden
Because you reap what you sow.
To conclude our garden
We must have thyme:
Thyme for God
Thyme for study
Thyme for prayer
Thyme for each other
Thyme for friends

Faith Sharing Stories

Are Your Potatoes Heavy?

A teacher once told each of her students to bring a clear plastic bag and a sack of potatoes to school. For every person they refuse to forgive in their life's experience, they chose a potato, wrote on it the name and date, and put it in the plastic bag. Some of their bags were quite heavy. They were then told to carry this bag with them everywhere for one week, putting it beside their bed at night, on the car seat when driving, next to their desk at work.

The hassle of lugging this around with them made it clear what a weight they were carrying spiritually, and how they had to pay attention to it all the time to not forget and keep leaving it in embarrassing places. Naturally, the condition of the potatoes deteriorated to a nasty smelly slime. This was a great metaphor for the price we pay for keeping our pain and heavy negativity! Too often we think of forgiveness as a gift to the other person, and it clearly is for ourselves!

主日分享

復活期第五主日

新世界的新秩序

彌撒禮儀講到耶穌帶給人類新的事物：一個「新天新地」。「新天新地」是依撒意亞先知提出的一句話，原來指默西亞時代的太平景象。依撒意亞先知說，在新天新地出現的同時，天主要造一座令人喜悅的耶路撒冷，和一個令人歡樂的百姓。

在本主日彌撒中的讀經二裡，聖若望宗徒援引依撒意亞先知的話，來描寫世界末日的情景，說那時有「新的耶路撒冷，來自天主，從天而降，像打扮好的新娘，前來迎接她的丈夫。」「新耶路撒冷聖城」，在新約聖經裡，是指基督的淨配聖教會。聖保祿宗徒稱她為「我們的母親」。致希伯來人書指她為人生的目的，說在她那邊有「千萬天使的盛會和那些已被登錄在天上的首生者的集會」。梵二大公會議的《教會憲章》解釋今日的教會與天上的耶路撒冷之間的關係說：「教會又稱作天上的耶路撒冷。但是今世的教會，仍在距離天主甚遠的旅途中，好像充軍者，只渴求天上的事物，向往坐在天主之右的基督。」

聖若望宗徒對現今世界持比較消極的態度。他記得耶穌說過：「世界若恨你們，你們該知道，在你們以前，它已恨了我。若是你們屬於世界，世界必喜愛你們，但因你們不屬於世界，而是我從世界中揀選了你們，為此，世界才恨你們。」所以他特別強調，忠貞的基督信徒要在今世遭受迫害，但在將來末世時，將獲得天主的親自安慰。他說：天主要擦乾他們的一切眼淚，他們不再有死亡，也不再有悲傷、

哭泣和痛苦。

據聖若望宗徒在讀經二裡所描述的，那「新天新地」是要在世界末日才出現。但是，由於天主聖子的降生成人，世界的末日事實上已經開始。今世的教會，就是世界末日已經開始的有形標記。

本主日的彌撒福音記載耶穌在最後晚餐中的講話。在這講話中，耶穌給祂的門徒們頒佈了一條新命令，「你們要彼此相愛」。這條新命令就是耶穌給人類帶來的新世界中的新秩序。

要明白本主日彌撒的教訓，我們要記得，在我們基督教會的聖經語言中，

「世界末日」是一個超越的觀念。世界末日還沒有到，同時卻已經開始實現了。因為它還沒有到，所以我們應該期待，應該甘心接受作基督門徒不可避免的迫害，耐心等待天主親自擦乾我們的眼淚。因為帶來新天新地的世界末日已開始實現了，我們應該歡欣地為這要來的新天新地作見證，那就是應該遵守耶穌留給我們的新命令：「要彼此相愛」。

基督信徒們的彼此相愛，是我們給耶穌及其帶來的新事物所能作出的最有力見證。 節錄自梵蒂岡電台

福傳祈禱意向

五月祈禱及傳教意向：

祈禱意向：為執掌司法的人始終恪守公正廉潔和正直良知祈禱

傳教意向：為修院，特別是傳教區教會的修院按照基督之心培養全部獻身福音宣講的牧人祈禱

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

2013 年國際生命和家庭週

5月12日 - 19日 - 主題：家庭 - 面對生活的挑戰與基督一起。

為什麼將生命及家庭聯在一起呢？

每個家庭及學校都是由生命所組成，家庭的成員都應盡量伴隨其家庭成員從出生到死亡，無論疾病或健康。

關心家庭和生命是天主教社區不可缺

少的任務，這就是教會號召一個新福傳的關鍵。

教會關注新的福傳，基督家庭被召邀請其他的人加入這個大家庭，將基督新生命的信息傳遍整個世界。

我們這個天主的家庭通過關愛和分享，並透過共同鼓勵和成長，將天主的愛帶給每一個人。

知多一點點

玫瑰經

教宗保祿六世所發表的「敬禮聖母瑪利亞」的勸諭中曾經申明：「玫瑰經是『全部福音大綱』的熱心神工。它所提供的各項奧跡及主要的格式都是來自福音。…在玫瑰經中我們可以和諧地繼續看出在基督身上完成的主要救世事跡，從童貞懷孕及童年期的奧跡，直到逾越期的最高峰，神聖的受難及光榮的復活，以及五旬期節對初生教會的效力，及在聖母結束塵世生活、靈魂肉身被舉升天時，對於聖母的效力。」

而聖母瑪利亞在法地瑪六次顯現中，更吩咐三小童天天唸、不斷唸玫瑰經，為求得世界平安和戰爭的結束。相信，很多教友還沒有知道玫瑰經的重要。此外，當三小童之一的露濟亞進入了聖母聖衣隱修會後，聖母也會經給她顯現。其中有一次，就是聖母向她頒下首瞻禮七的敬禮那一次，聖母盼望在每月首週六的敬禮中，用十五分鐘時間陪伴她，用什麼方法呢？就是默想十五端玫瑰奧跡。我們除了勤唸玫瑰經外，更應該重視這一點，默想經中的奧跡。

聖母瑪利亞代表著一切受造，謙遜地與天主合作，參與了這項偉大的救贖工程，所以當我們默想奧跡的意義時，不但在讚美聖母這位至聖貞女，也在默念福音中處處動人的奧跡。

堂區活動

顯供聖體 (五月四日)

永援聖母堂五月份的顯供聖體由聖母會帶領，時間為五月四日上午十時至十一時，當天除了朝拜聖體外，阮神父將為教友聽告解。請各位教友盡量參與！

世界聖召祈禱日奉獻

世界聖召祈禱日所取得的奉獻為 \$2,696.00，本堂將全數交給教區，作為資助我們的教區培育更多的善牧之用。並願主降福您們！

電影晚會: 德蕾莎修女

德蕾莎修女原本隸屬一家天主教修會，這家修會雖位於印度，一開大門就是殘破不堪的加爾各答街頭，德蕾莎修女覺得她的職責是在街頭，跟最窮的人在一起，因此她決意出去為窮人服務。片上有中文字幕，歡迎大家邀請親友一同前來欣賞！

日期：五月四日(星期六)

時間：晚上六時 Potluck、六時半放映

地點：永援聖母堂上禮堂

聖神九日敬禮

聖神降臨節將至，本堂藉此鼓勵堂區內所有的教友，能夠在聖神降臨節將至的時刻，在家中誦念聖神九日敬禮禱文，讓聖神更新我們的心思念慮，獲得所預許的豐富生命，充滿聖神的德能，結出常存的果實，並歸光榮於天父。

聖神九日敬禮小冊子將擺放在教堂正門及側門入口處，希望大家能夠透過這小冊子的禱文，藉著基督，偕同聖母瑪利亞，向天父懇禱，祈求祂把聖神傾注到我們每個人身上，澆灌整個教會，使萬象更新，眾人歸依！“你們縱然不善，尚且知道把好东西給你們的兒女，何況在天之父，有不更將聖神賜與求祂的人嗎？”(路 11:13)

「聖神九日敬禮」就是在聖神降臨前做九日敬禮，即由 5 月 10 日(星期五)開始至 5 月 18 日(星期六)結束。

2013 教區公益金，齊來獻愛心

主題:「...為我作證人...」

2013 年教區公益金 (TIA)，籌募經已展開。本堂今年的目標是 50,000 元，截至 4 月 14 日，捐款已累積至 8,265.00 元。捐款信封可在聖堂入口處索取。就讓我們立即行動，慷慨解囊。

活動一週

星期一、三、五 4 月 29, 5 月 1, 3 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 5 月 4 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

瑜珈初班

時間：下午 2 時至下午 3 時 15 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 5 月 5 日

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

佳播聖詠團練習聖詩

時間：下午 12 時 30 分至下午 4 時

地點：會議室及教堂

堂區牧民議會會議

時間：下午 12 時 30 分

地點：永援聖母堂下禮堂

利瑪竇騎士會 10119 開會

時間：下午 12 時 30 分至 2 時 30 分

地點：聖堂騎士會室

聖母會開會

時間：下午 12 時 30 分

公教家庭開會

時間：下午 1 時至 6 時

地點：永援聖母堂上禮堂

師主篇

第二十三章、默想死亡

在什麼事上犯罪犯的重，就在那個罪上要受相稱的罰。懶惰的人，被用燒紅的鐵錐子催逼；貪饕的人，受饑渴的苦。貪淫好色的人，用溶化的臭味硫磺澆灌他；嫉妒的人，心裏難受，疼痛哀號，如同瘋狗一樣。 待續

停一停...諗一諗

人的聖召

聖召是...基督徒

我可能會想：

做基督徒，只是主日到教堂參與彌撒，有時祈禱，捐錢幫人……想不到跟我生活做人有何關係……

我可會想：

領洗、做基督徒都不是偶然的……就像父母早在嬰孩出生前，已準備了最好的……成爲基督徒，是在天的大父爲我人生準備了最好的一份禮物，好讓我認識耶穌基督……

耶穌基督降生成人，以具體的生命，引導我如何好好做人，活出天父在我生命中的心思、心血……今天，我作爲基督徒，就是認識耶穌基督，學習他的生活方式，去完成我人生的旅程……耶穌的生命有哪些地方觸動了我去跟隨和學習呢？ 待續

心靈小品

成爲一位司鐸

維雅內神父有什麼高明的方法來治理堂區？他怎樣做堂區分析？他制定了哪些堂區牧靈計劃？一個詞：沒有！他祇有自己的司鐸職責不離左右，他爲此而生活，隨著時光的推移，漸漸地，他成爲了“另一個基督”。他的司鐸身份帶領他達到一個崇高的地步。“司鐸是非常重要的，”他寫道：“祇有在天堂上，我們才能明瞭司鐸的意義。如果我們在現世就明了司鐸的身份，我們會因這愛的恩賜震驚而死。”“除了天主，就數神父了。如果讓一個堂區 20 年沒有司鐸，各種

‘獸的偶像’將會在那裡受人膜拜。”沒有人比他表達得更好：“做真正的司鐸是一件令人惶恐的事。”司鐸有赦免人罪的權柄，能使天主臨現於人群中。維雅內神父總是在清晨舉行彌撒聖祭，明顯昭示出天主子在十字架上的祭獻，他絕對確信彌撒就是一切，因爲正是通過聖祭，救恩臨現出來，正是在這個時刻，天主受到了應得的欽崇。他說過：“如果我同時遇到一位司鐸和一位天使，我將先向司鐸致意，然後才是天使……如果沒有司鐸，主耶穌的苦難和死亡將無法在聖祭中達到其目的。如果沒有人能夠打開一個百寶箱，即使它裝滿了金子，又有什麼用處呢？司鐸持有打開天國寶庫的鑰匙。”

維雅內神父用他整個的生命向我們呼喊：“司鐸被派遣到人間，是爲了把基督的生命賜給人。”他也給司鐸職一個簡單且極有深度的定義，他說：“司鐸職是耶穌聖心中深藏的愛。”
維雅內神父

靈修小故事

一天與一生

有一個孩子，他是個自小生活在農村，不知道遊戲機與肯德基有什麼區別的孩子。在村裏他與其他孩子一樣過早地擔負起了生活的重擔。稍顯不同的是，他是個沒有明天的人。因爲遺傳心臟病會隨時奪走他的生命，他總是怕晚上睡下去就再也睜不開眼看明天的太陽。他的每一天都力求過得充實而愉悅，因爲每一天都可能是他人生的最後一天。無論生活多麼艱辛，他都微笑著接受，努力地改變。他把每一天都看得那麼重要，宛如一生。在那個小村落裏是不會有奇跡發生的。後來，還是那個結局。那個一輩子沒進過城的孩子臨終前努力地伸出手想抓住那絢麗的夕陽，然後他輕輕地說：“太陽，太陽多美麗啊！”把每一天都當作一生來過的孩子，死的時候他是那樣的安詳，因爲在他已走過的生命中，沒有一絲空白，他用心在上面畫了世界上最美的圖畫，他沒有給自己的生命留下任何的遺憾。有價值的生命有很多種，但只要你做

到此生無悔，它便沒有什麼不同了。