

Theme Sharing

Sixth Sunday of Easter

Before he returned to the Father, Jesus bade farewell to his disciples at the Last Supper with words of reassurance and encouragement. These parting words have been recorded in great details in Chapters 14-17 of John's gospel. Chapter 14 contains the dialogues between Jesus and three of his apostles: Thomas, Philip and Judas (son of James; not Judas Iscariot the traitor). Thomas said to Jesus, "Lord, we do not know where you are going, so how can we know the way?" Philip said, "Lord, show us the Father, and we will be satisfied." Judas asked: "Lord, why is it that you reveal yourself to us and not to the whole world?" The question posed by Judas probably echoed similar thinking of the other apostles, namely that Jesus should reveal himself as well to other people (presumably by speaking in clearer language or performing more miracles) so to attract more followers. It may well be that most people in this world have their own priorities in life and are unwilling to know or love Jesus or follow his teachings. Not surprisingly, because of their hardened hearts, it is difficult for them to accept the word of God. In today's gospel, Jesus does not give a direct answer to Judas' question. However, he reassures all the faithful that God will come to them and dwell in them, that the Holy Spirit will be sent to them, and that they will truly experience the peace of God.

In the next two Sundays, the Church will celebrate the feasts of Ascension and Pentecost. This is perhaps a good time to take notice of how the Holy Spirit works in our lives. Jesus tells us that, through the Holy Spirit, he will always be with us; and the Holy Spirit will remind us of all the teachings of Christ. The first two readings in today's Liturgy of the Word also carry the message that God is always with us.

The first reading, from the Acts of the Apostles, recalls the dissension and great debate in the early Church over the observance of the law and customs of Moses by the Gentile converts. Under the guidance of the Holy Spirit, the apostles and the elders resolved the dispute once and for all. They declared in the name of the Holy Spirit that the Gentiles, among other things, need not be circumcised upon their conversion to the Christian faith: "It has been

decided by the Holy Spirit (and us) not to impose on you any further burden other than these essentials: that you are to abstain from food offered to idols; from blood and from the meat of strangled animals as well as from fornication. If you stay away from these, you will do well. Farewell!"

The second reading paints the picture of the City of God, the New Jerusalem coming down from heaven. There is no temple in the city, since its temple is the Lord God and the Lamb. The city also has no need of the sun or moon to shine on it, for the glory of God is its light, and Christ Jesus is its lamp.

The church is the visible sign that Christ is always with us. All through the ages, Jesus leads and guides us, through the Holy Spirit and the Church so that, despite all the trials and temptations of this world, we are able to remain faithful to Christ and be living witnesses of God's love for us.

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 Prayer for Life and Family

We adore you,
Father of Jesus Christ, our Father.
Source of all communion,
bless and protect our families
so that they may be places
of true communion between spouses
and of abundant life shared
by parents and children.
We contemplate you,
Artisan of all perfection and of all beauty.
Grant us just and dignified work,
work which provides our families
with the food we need and
enables us to collaborate with you
in building up the world.
We glorify you,

Cause of our joy and celebration.
Guide our families along the path of
happiness and rest,
that they might taste even now
the perfect joy promised
by the risen Christ.

Thus our days of work and of fellowship
will reflect the love and light
which Christ your Son has revealed to us
and which the Holy Spirit
helps us to discover.

We will then live happily as your family,
journeying together toward you,
who are God – Father, Son and
Holy Spirit – for ever and ever.
Amen.

Parishioners can pick up the Life and Family
prayer cards at the church entrances.

*(Adapted from the prayer of the World
Meeting of Families in Milan (May 30 to June
3, 2012).*

Read More Know More

Family devotions during the month of May

Marian devotions may take place within the family, around a "May Altar" consisting of a table with a Marian picture decorated with many May flowers. The family would pray together the [rosary](#). This specific devotion has been supported by several popes including [Pope Pius XII](#) in his encyclical [Ingruentium Malorum](#):

The custom of the family recitation of the Holy Rosary is a most efficacious means. What a sweet sight - most pleasing to God - when, at eventide, the Christian home resounds with the frequent repetition of praises in honor of the High Queen of Heaven! Then the Rosary, recited in the family, assembled before the image of the Virgin, in an admirable union of hearts, the parents and their children, who come back from their daily work. It unites them piously with those absent and those dead. It links all more tightly in a sweet bond of love, with the most Holy Virgin, who, like a loving mother, in the circle of her children, will be there bestowing upon them an abundance of the gifts of concord and family peace.

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>

Life and Family Resource Centre (LFRC)The Calgary Diocesan

Marriage Preparation program "For Better and For Ever", accepts all couples preparing for marriage. Smaller group settings allow us to focus on couples in one or more of the following circumstances: living together, previously married, beginning marriage with children, couples 45+, or those who wish to have their marriage blessed in the Church. Next available session is Mon., May 27 and Fri. June 21-22. For information and/or to register call the Life and Family Resource Centre at 403-218-5504 email lifeandfamily@calgarydiocese.ca.

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. Visit www.calgaryprolife.com.

One Rock & World Youth Day at Home 2013

Are you going? One Rock has a new home at Mt. St. Francis Retreat Centre in Cochrane this year on July 26 th – 28th. It is a 3-day event that will give you the

spiritual energy to meet new challenges. You can hear Dan DeMatte or Audrey Assad, attend Mass with the six bishops from Alberta and the North West Territories and see the live feed of Pope Francis at World Youth Day in Rio. We will be there. Will you? Go to Onerock.ca for information and early ticket prices.

Parish Activities

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.

Readers , Altar Servers and Eucharistic Mininster Need

8:30 am English Mass is looking for somebody who are interested in serving as Readers , Altar Servers and Eucharistic Ministers.

If you are interested, please contact Mila at 403-293-7402 or Parish Office for details.

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 May 6,8, 10

OLPH Senior Centre

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

Place: OLPH Church, Upper Hall

Saturday May 11

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. - 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-8:00p.m.

Place: OLPH Upper Hall

Faith Sharing Group (N.W.)

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

Contact: Wendy Tai 403-208-2268

Sunday May 12

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

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

Place: OLPH Church Upper Hall

Imitating Christ

Chapter 23: Thoughts On Death

Every vice will have its own proper punishment. The proud will be faced with every confusion and the avaricious pinched with the most abject want. One hour of suffering there will be more bitter than a hundred years of the most severe penance here. In this life men sometimes rest from work and enjoy the comfort of friends, but the damned have no rest or consolation.

To Be Continued

Pope Francis Quote

"The cross of Christ, embraced with love, never brings sadness with it, but joy, the joy of being saved and of doing a little of what he did on the day of his death."

Pope Francis

Let There Be Light

If the World Was Blind

If the world was blind,
maybe then we'd see
the true side of beauty,
deep within you and me.
No one could judge us
by our outer looks,
like the fancy covers
on expensive books.
We'd see with our hearts,
and not just our eyes,
and what we'd discover
might be a surprise.
There would be no need
to try to impress,
with the way we look,
or the way that we dress.
The only thing that would matter
is the way we would feel,
not phony or cheap,
but truthful and real.

Faith Sharing Stories

Faithful To The Finish

After running 32 kilometers (20 miles) of the Salomon Kielder Marathon in Great Britain, a runner dropped out and rode a bus to a wooded area near the finish line. Then, he re-entered the race and claimed third prize. When officials questioned him, he stated that he stopped running because he was tired. Many of us can relate to the exhaustion of a worn-out athlete as we run the race of the Christian faith. The book of Hebrews

encourages us to "run with endurance the race that is set before us" (12:1). Running with endurance requires that we lay aside the sin that stands in our way and shed the weights that hold us back. We may even have to press on through persecution (2 Tim. 3:12).

To prevent weariness and discouragement in our souls (Heb. 12:3), the Bible urges us to focus on Christ. When we pay more attention to Him than to our struggles, we will notice Him running alongside us—supporting us when we stumble (2 Cor. 12:9) and encouraging us with His example (1 Peter 2:21-24). Keeping our eyes on "the author and finisher of our faith" (Heb. 12:2) will help us stay close to the source of our strength and remain faithful to the finish.

Turn your eyes upon Jesus,
Look full in His wonderful face;
And the things of earth will grow strangely dim

In the light of His glory and grace.
We can finish strong when we focus on Christ.

主日分享

復活期第六主日

聖神必要教導一切

耶穌在升天前曾向祂的門徒告別，對他們說了一些安慰和鼓勵的話。聖若望宗徒把這些話收集了，寫在他所記錄的福音第 14 到第 17 章裡。第 14 章記載的，是耶穌同多默、斐理伯和猶達斯的對話。多默向耶穌提出駁難說：「主！我們不知道你往哪裡去，怎麼會知道那條路呢？」斐理伯要求耶穌把父顯示給他們。猶達斯（不是那出賣耶穌的依斯加略人），則向耶穌表示驚異說：「主！究竟為什麼你要將自己顯示給我們，而不顯示給世界呢？」據思高聖經學會的註解，猶達斯的問題很像從前耶穌的弟兄們向祂所提出的意見：「你既然行這些事，就該將自己顯示給世界。」依思高聖經學會譯者的揣測，耶穌可以這樣回答猶達斯：「認識耶穌，愛慕祂，遵守祂的命令，這不是世界願意去做的事，因為世界只願意憎恨祂和祂的門徒。既然這樣，耶穌怎能將自己顯示給世界呢？」

這的確是耶穌的意思，可是祂卻沒有

這樣地說出來。祂只藉著猶達斯問話的機會，宣佈了天主聖三真實地居住在基督信徒的心靈中，同時也許給了祂的門徒們以天主聖神和真正的平安。

我們在耶穌升天和聖神降臨瞻禮之前誦讀這一段聖經，我們自然特別注意到耶穌所許給我們的聖神。祂說：祂要藉著聖神常常與我們同在，又說：聖神要使我们想起祂對我們所說的一切。本主日彌撒中的讀經一和讀經二也給予我們同樣的教訓。

讀經記載宗徒和長老們怎樣在天主聖神的引導下，處理了初期教會中一場有關紀律的激烈爭執和辯論，使外邦人在皈依基督信仰時，不用按猶太習俗受割損禮。同時，又以聖神和他們的名義發表了他們的決定。

聖神和我們決定，除了下列幾項重要之事外，不再加給你們其他重擔，即戒食祭過偶像的食物，戒食血和被勒死的牲畜，並戒避奸淫。如果你們戒避這一切，那就好了。祝你們平安！

（宗 15：28-29）

讀經二描述那從天上由天主那裡降下的聖城耶路撒冷。那城內沒有聖殿，也不需要太陽和月亮，因為基督就是它的聖殿和明燈。

教會是耶穌與我們常常同在的有形證據。今天，一如從前，耶穌藉著聖神和教會，不斷地指引我們，使我們能在人間世俗的誘惑中，活出我們對基督的信仰和忠誠，並為基督的愛作生活的見證。 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

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。
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。

為家庭祈禱禱文

三位一體的天主，愛情和生命的根源。你結合了夫婦，聖化了婚姻，求你降福我們的家庭，使為父母者，能同心合意，為家庭的幸福與子女的教育而努力。使為子女者，能克盡孝道，兄友弟恭。萬民的慈父，家庭的溫暖、天倫之樂全是你所恩賜的。願我們今生在你的照顧之下，全家共享幸福快樂，將來也能永遠與你團聚，同享天上家庭的無窮福樂。亞孟。

知多一點點

家庭玫瑰經

玫瑰經是祈禱也是默禱。它向天父、童貞聖母及天主聖三問候，是一項以基督為中心的默禱。

「今日更勝於往昔，這世界迫切需要祈禱及默禱，因為人們已忘記了天主，所以需要祈禱，這世界若沒有天主，將陷其本身於絕境，這也是為什麼聖母所傳達的訊息，一直是在祈禱上得堅持，沒有天主的助佑，撒旦將獲勝。這世界也需要默禱，因為如果基督徒偉大的真理被遺忘了，靈魂將變得空虛，這樣的空虛將被魔鬼逮住，牠以謊言取代之，結果放眼望去今天迷信及神秘學四處橫行。」

「今天我們的社會最明顯的危機就是家庭的向下沉淪，今日世界的節奏已破壞了家庭的合一，相聚的時間甚短，而且甚至於當家庭成員聚在一起時，家人並不交談，因為電視在說話，有哪些家庭在晚上一同念玫瑰經呢？教宗碧岳十二世在位時曾說：『如果你們一同念玫瑰經，你們將經驗到家庭的平安，你們會確保合一。』裴頓神父（Father Peyton）曾說：『家庭一同祈禱，將保有合一。』且孜孜不倦地倡導家庭玫瑰經。」撒殫渴望戰爭，而玫瑰經是為世界帶來和平的武器，因為它是一項祈禱及一種默禱形式，能夠改變人心及擊敗敵人。」

堂區活動

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拿取。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。就讓我們立即行動，慷慨解囊，以回應基督捨命救贖人類的大愛。

活動一週

星期一、三、五 5月6, 8, 10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11日

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12時30分

地點：永援聖母堂下禮堂

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

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 5月12日

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分至

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

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

沒有一樣毛病，不受相稱的罰。驕傲人，受極大的羞辱；慳吝人，受極大的貧窮。在那裏受片刻的苦，比在世上做一百年的大補贖還利害。在那裏受苦，沒有一時停止，沒有半點兒的安慰；不像在世上，雖然受苦，但有停止的時候，有親戚朋友們的安慰。

待續

停一停...諗一諗 人的聖召

聖召是...在俗生活奉獻

我可能會想：

每天生活都像做著類似的事情，忙忙碌碌，沒有人留意自己，明白自己，欣賞自己，感到孤獨，沒有甚麼意義似的……

我可會想：

耶穌天主子深愛我們，甘願捨棄尊榮，降生成人，與我們相似，在窮鄉

僻壤的納匝肋平淡地度過了大半生，每天為身邊的人付出生命、時間和青春，努力做好最平凡、最微小、最普通的事情……

我如何像耶穌一樣，『在平凡中活出不平凡』，以最大的愛感動人心，吸引人歸向天主？
待續

心靈小品

天災人禍

為什麼天主放棄我們？

●某年，有人提出，學校內不可祈禱，因為學校應宗教中立，學校無權要求學生祈禱。

我們說：「無問題！」

●某月，有人覺得教導人「不可殺人、不可偷盜、要愛鄰舍」的聖經落伍，不如把它從學校中拿走。

我們說：「無問題！」

●某日，有人說：「孩子的自尊心很脆弱，我們不應使用體罰。」（說這話的人，他的孩子最終自殺身亡。）

我們說：「無問題！」

●某刻，有人說：「時代變了，老師、校長不應責罰學生，學生承受太大壓力了。」因怕惹怒家長，引起傳媒報導，學校不敢處罰學生。

我們說：「無問題！」

●又有人說：「孩子有人權，他們有權接受墮胎手術，更沒有責任通知父母。」

我們說：「無問題！」

●他說：「與其閃閃縮縮，不如主動教孩子如何使用安全套。反正孩子都是好奇嘛，婚前性行為，沒甚麼大不了！」

我們說：「無問題！」

●有人說：「工作跟私人生活應分開，只要那總統能搞好經濟……我們幹嗎要管人家的私生活？人人都有私隱嘛！」

我們說：「無問題！」

●有人說：「瀏覽色情網站是個人自由，即使是兒童色情網站又如何？這都是個人言論自由，關你甚麼事！」

我們說：「無問題！」

●有人說：「現代人應有開放思想，電視、電影的色情、暴力，只不過在反映社會實況。關於毒品、強姦、謀

殺、惡魔的歌詞，也不過是宣洩情緒、紓緩壓力……為何要大驚小怪？想去做就去嘛！」

我們說：「無問題！」

●成年人為社會訂下以上種種「社會制度」後，我們又要追問：為甚麼現今孩子沒有良知？為何孩子持槍殺人？為何13歲的孩子已為人父母？為甚麼911慘劇要發生？

天主無奈地答：「孩子呀！是你們不許我踏入你們的生命。」若細心思索，不難發現這一切是我們自己做成的，我們親手摧毀了自己所栽種的。

●有趣的是，人們離棄天主，卻又質問天主，為何整個世界正走向地獄的門口。

●有趣的是，我們相信報紙所說的，卻質疑經上所說的。

●有趣的是，你可以透過電郵發出笑話，並且很快被廣傳，但當你發出與天主有關的信息時，人們卻猶豫。

●有趣的是，不雅及色情的文章在網上自由地發放；但在學校及工作環境中，對於天主的公開討論卻被抑制。

●有趣的是，當你這封郵件轉送出去時，你不會發給很多人，因你不知道其他人會怎樣看你。

●有趣的是，你對別人怎看你比對天主怎看你更加在意。

靈修小故事

玫瑰經的故事

一個原是良善的青年，因結識了損友而學壞，一天夜裡做了一個惡夢，夢見自己死後到天主的法庭。在他面前出現一個天秤，天秤左右兩端掛著一個秤盤，左秤盤上放著很多[過犯]，而右秤盤上只留下一點[善工]。有過犯的秤盤，當然重得傾向不利的一面而下垂。

幸好，他的護守天使在天主面為他辨護，說他受誘惑過多，難以克服，故情有可原。正當宣判罪狀的時刻，天使卻告訴天主，說那青年生時曾多次孝敬聖母；於是公義的判官一天主感動過來，注視祂的聖子之母，好像徵求她的意見，如何處理那青年。聖母一言不發，走近天秤右端=[善工]的秤

盤上滴下[一滴眼淚]，秤盤立即下垂，那青年也就因此而得救。夢到這裡，那青年就從夢中醒過來。他覺悟這是聖母託夢警告他，他便從此改過遷善，虔誠地恭敬聖母及勤唸[玫瑰經]。