

## Theme Sharing

### Trinity Sunday

"I baptize you in the name of the Father, and of the Son and of the Holy Spirit." We, as Christians, are all baptized in the name of the Trinity and become God's children. We are thus able to live in God's grace and share in his glory. God is the source of our very being and all the divine gifts bestowed on us, and so it is fitting for us his children to offer him our unending praise and thanksgiving, particularly on today's solemn Feast of the Holy Trinity.

The mystery of the Trinity has not been revealed in the Old Testament. However, today's first reading, from the *Book of Proverbs*, does speak about the Wisdom of God: "*Before the Lord created the earth, I was brought forth; when he established the earth, I was there.*" The term evidently foreshadows the "Word of God" in the New Testament. In the opening chapter of his gospel, John says, "*In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things came into being through him, and without him nothing came to be.*" St. Augustine, St. Irenaeus and other early Fathers of the Church all marvelled at the similarities of the two passages in the bible. In the second reading, Paul speaks about the fruits of Christ' salvation and, in a way, reveals the mystery of the Holy Trinity. He says, among other things, that we have reconciled with God through our Lord Jesus Christ. He calls Jesus "Lord" and "Christ" because he himself has experienced the mystery of Jesus, the Son of God made man. He explains why Christians can experience joy even in their suffering. Suffering, says Paul, unfolds the presence and working of the Holy Spirit within our hearts, and this bears the fruits of patience, perseverance, hope, faith and love.

In today's gospel, we hear Jesus' parting words with his apostles at the Last Supper, speaking on the role of the Holy Spirit: "*I still have many things to say to you, but right now they will be too much for you. But when the Spirit of truth comes, he will lead you to the complete truth.*" He goes on to say that "*the Spirit will not speak on his own, but will speak whatever he hears.*" This shows that the Father, the Son and the Spirit are one God in three Persons, in what theologians call the doctrine of the Blessed Trinity.

God is Love, and is revealed to us in the divine Persons of the Father, Son and Spirit. In order that we can have access to God's love, the Father sends us his beloved Son, the Word made flesh, so that we can receive the gift of the Holy Spirit and become sharers in the Trinitarian love. Let us therefore acknowledge God's love to us and offer him praise and thanksgiving as in today's Opening Prayer: "Father, you sent your Word to bring us truth and your Spirit to make us holy. Through them we come to know the mystery of your life. Help us to worship you, one God in three Persons, by proclaiming and living our faith in you. We ask this through our Lord Jesus Christ, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen."

### Monthly Prayers Intention

#### June General and Missionary Intention

General: That a culture of dialogue, listening, and mutual respect may prevail among peoples.

Missionary: That where secularization is strongest, Christian communities may effectively promote a new evangelization.

### 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

### Calgary Diocese

#### NRSV Bibles

The Diocese Office of Religious Education has NRSV Bibles for \$15.00 each. The price includes shipping and GST. The Bibles are great for RCIA groups or Bible study groups etc. Call 403-218-5501 if you wish to purchase any.

Newman Theological College is pleased to announce the expansion of its online Certificate in Catholic Studies. We

offer a comprehensive selection of courses on various aspects of the Catholic faith, open to students of all backgrounds and education levels. All courses are offered online, so you can study from the comfort of home and work around your personal schedule. Each course runs five weeks and costs just \$70. Take an individual course for interest, or work toward one of six specialized Certificates in Catholic Studies that will help you in church ministry. Registration opens on May 1. Visit <http://www.newman.edu/NewsEvents/NewsReleases.aspx> for details.

### Acadia Place Spring Clean-Up -

Parish volunteers are needed to assist with the Spring Clean-Up on Saturday, June 8th at Acadia Place. Acadia Place is an affordable housing complex where families at risk of homelessness are housed. It is an opportunity for parishioners and families to work together to build a stronger community and for us to be neighbor to our brothers and sisters in need. Assistance is needed at this community-building event with cleaning driveways and trimming trees. Please contact Deirdre Harris for more information at 403-531-1406 or [deirdre@hesperiancapital.com](mailto:deirdre@hesperiancapital.com)

### Parish Activities

#### Exposition of the Blessed Sacrament on June 1

The June's Exposition of the Blessed Sacrament will be held on June 1 from 10am to 11am.

Fr. Nguyen will listen to Confession. Parishioners are encouraged to attend.

#### Scouting: 300 Our Lady of Perpetual Help Church Group

Our Parish is sponsoring a Catholic Scout Group, to be set up in September, open to all boys and girls from age 5 – 10.

The group has 2 sections:

Beavers: Children 5 – 7 start in the Beaver colony, supervised by experienced leaders, they get to make an exciting range of craft, games, many community activities, and sleepover.

Cubs: Children 8 – 10 move up to Cubs. Here they take part in competitions, play games, gain exciting badges. With leaders on hand to guide the troop, they get a feel

for adventurous life, camping, hiking (even at night), cooking and a whole range of scouting stuff!

Meeting time: Both Beavers & Cubs meet on Fridays at 7:00 p.m. till 8:30 p.m.

Location: OLPH Lower Hall

We welcome you to join as youth members (ages 5 – 10) or adult volunteers (ages 18 and above). For details, please contact Group Commissioner Glendy Poon (email: gkhpooon@yahoo.ca)

Open registration will be on Sunday June 2 after 10 a.m. Mass in front of the Cove of Mary.

### Sunday School Mass Celebration for First Holy Communion and First Reconciliation

On Sunday June 2, Sunday School students will be receiving First Holy Communion and those who received First Reconciliation this year will be celebrated during the 10 am Mass. A reception for students' families and friends will follow in the Upper Hall at 11 am.

### Movie Night:

#### Left Behind II - Tribulation Force

A desperate world looks to the leadership and guidance of UN Secretary General Nicolae for offering any answers, hope, and plans to restore peace and order. A Tribulation Force made up of a TV reporter, a pastor and father & daughter against all odds helped a renowned Rabbi Ben-Judah give the speech to millions on air to learn the truth about Jesus being the messiah. We welcome all parishioners to bring their relatives and friends to come enjoy the Movie Night with Potluck.

Date: June 1, 2013 (Saturday)

Time: 6pm Potluck and 6:30pm movie

Place: Upper Hall of OLPH

### Together in Action 2013

Theme: "You will be my witnesses"

Our parish's final target is \$50,000. As of May 7, our campaign has received a total of \$12,335. We plead for your ongoing support. Donation envelopes can be picked up from both the front and the side entrances. Let's take action now!

## Weekly Activities

Monday May 27

St. Angela School Attend Mass

Time: 9:00a.m.Mass

Mon, Wed, Fri May 27, 29, 31

OLPH Senior Centre

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

Place: OLPH Church, Upper Hall

Saturday June 1

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

Movie Night

Time: 6:00 p.m Potluck and 6:30pm movie

Place: Upper Hall of OLPH

Young Adults choir practice

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

Place: OLPH Lower Hall

Sunday June 2

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 First Holy Communion and First Reconciliation Celebration

Time: 10:00 am Mass

11:00a.m Upper Hall

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

## Imitating Christ

### Chapter 23: Thoughts On Death

Then you will find more consolation in having prayed devoutly than in having fared daintily; you will be happy that you preferred silence to prolonged gossip.

Then holy works will be of greater value than many fair words; strictness of life and hard penances will be more pleasing than all earthly delights. To Be Continued

## Let There Be Light

### Comprehension

"Every word, every image used for God is a distortion more than a description."

"Then how does one speak of God?"

"Through Silence."

"Why, then, do you speak in words?"

At that the Master laughed uproariously He said, "When I speak, you mustn't listen to the words, my dear. Listen to the Silence."

## Faith Sharing Stories

### Moments For Prayer

One of the great business leaders Mr J. Arthur Rank. He has an elevator straight up to his office, but he does not use it. He prefers the stairs and he calls them his "prayer stairs."

In the morning as he walks up, he prays, asking God to guide him in every step he takes that day. As he takes each step separately and deliberately, he prays. He finally arrives at the top in more ways than one. - Charles L. Allen

## Read More Know More

### What is the Trinity?

The word "trinity" is a term used to denote the Christian doctrine that God exists as a unity of three distinct persons: Father, Son, and Holy Spirit. Each of the persons is distinct from the other, yet identical in essence. In other words, each is fully divine in nature, but each is not the totality of the other persons of the Trinity. Each has a will, loves, and says "I" and "You" when speaking. The Father is not the same person as the Son, who is not the same person as the Holy Spirit, who is not the same person as the Father. Each is divine, yet there are not three gods, but one God. There are three individual subsistences, or persons. The word "subsistence" means something that has a real existence. The word "person" denotes individuality and self awareness. The Trinity is three of these, though the latter term has become the dominant one used to describe the individual aspects of God known as the Father, the Son, and the Holy Spirit.

Included in the doctrine of the Trinity is a strict monotheism which is the teaching that there exists in all the universe a single being known as God who is self-existent and

unchangeable (Isaiah 43:10; 44:6,8). Therefore, it is important to note that the doctrine of the Trinity is not polytheistic as some of its critics proclaim. Trinitarianism is monotheistic by definition and those who claim it is polytheistic demonstrate a lack of understanding of what it really is. Another important point about the Trinity is that it can be a difficult concept to grasp. But this does not necessitate an argument against its validity. On the contrary, the fact that it is difficult is an argument for its truth. The Bible is the self revelation of an infinite God. Therefore, we are bound to encounter concepts which are difficult to understand -- especially when dealing with an incomprehensible God who exists in all places at all times. So, when we view descriptions and attributes of God manifested in the Father, the Son, and the Holy Spirit, we discover that a completely comprehensible and understandable explanation of God's essence and nature is not possible. What we have done, however, is derive from the Scripture the truths that we can grasp and combine them into the doctrine we call The Trinity. The Trinity is, to a large extent, a mystery. After all, we are dealing with God Himself.

## 主日分享

### 天主聖三節

「我因父及子及聖神之名，給你付洗。」我們作基督信徒的，都是藉著天主聖三的名領洗進教，成為天主的子女，因而「可以生活在天主的恩寵中，有希望分享天主的光榮」。飲水思源，我們必須不斷頌揚天主聖三的恩情，特別在本主日，天主聖三瞻禮的日子，向天主表示我們作祂的子女的謝忱。

舊約聖經原來並不啓示天主聖三的奧跡，但是本主日彌撒中的讀經一裡，有「天主的智慧」一詞。這一詞，已含蓄地表示了新約聖經中「天主的聖言」的意思。「天主的聖言」就是耶穌，祂是降生成人的天主聖子。其中「上主未造大地，我已誕生，當祂建立諸天時，我就在那裡」這類的話，更使人想起聖若望在他的福音開端所說的「在起初已有聖言，聖言與天主同在，聖言就是天主。聖言在起初就與天主同在。萬物是藉著祂而造成的；

凡受造的，沒有一樣不是由祂而成的。」從前教父們，如聖奧斯定，聖依勒內和戴都良，都早已發現了這個巧合。

在本主日彌撒中的讀經二裡，聖保祿宗徒一面講述了耶穌救世工程的成果，一面也啓示了天主三位一體的奧跡。保祿說：「我們藉著主、耶穌基督與天主和好了。」他稱耶穌為「主」為「基督」，因為他體驗了耶穌是降生成人的天主聖子這個奧跡。至於基督信徒怎麼在磨難中也會歡躍，聖保祿宗徒的經驗是，磨難促使人發現天主聖神在人心中心臨在與活動。

本主日的彌撒福音是耶穌在最後晚餐中對祂的門徒們所作出的講話。話題是關於天主聖神。耶穌說，祂還有許多事要告訴祂的門徒們，但是他們當時承擔不了，等到聖神來了，聖神要指引他們明白一切真理。接著耶穌使用「聽到」和「說出」這樣的話，闡示了天主聖父、天主聖子和天主聖神三位的同一性體，這就是神學家們所說的三位一體的道理。

總之，天主是「愛」：父、子、聖神。祂為使我們分享祂的愛，父派遣子降生成人，使我們領受聖神的恩賜，而得以進入天主聖三愛的共融當中（《天主教教理》（1992）50-53, 198-267條）。正如今日的集禱經所祈求的：天主聖父，你派遣聖言來教導我們真理，並賜下聖神聖化我們，使我們得以認識你--造世贖世的真天主，願我們明認三位一體的奧跡，全心全靈欽崇朝拜你。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

### 六月祈禱及傳教意向：

**祈禱意向：**為各民族能夠弘揚對話、傾聽和彼此互相尊重的文化祈禱。  
**傳教意向：**為基督信仰團體懂得在受世俗化強烈影響的地方，能有效促進新福傳祈禱。

## 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

## 堂區活動

### 顯供聖體

聖體敬禮是耶穌基督的真實臨在，信徒對聖體要表達應有的崇敬，但這同時也是信德的宣示。『雖然主基督建立這件聖事的目的是為讓人作為食糧去領受，但也不應減低對其朝拜之情。當教友日益加深對基督真實臨在於聖體聖事內的信德，便會意識到默默朝拜親臨聖體聖事內之主的深意。再者，這也不單只是信德的宣示，而且還因著這行動而醒覺自己的信德，加強主基督在我們生活中臨在的意識，也由此而進一步深化我們的信仰。而永援聖母堂六月份的顯供聖體時間為六月一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！

### 永援聖母堂第 300 旅公教童軍

永援聖母堂第 300 旅公教童軍，將於本年九月在堂區成立，歡迎 5 - 10 歲男女小童參加。

本旅有 2 個支團：

海狸 (Beavers)：適合 5 - 7 歲的兒童參加，由經驗豐富的童軍領袖帶領，包括各種活動如手工藝、唱遊、參與社區活動及童軍宿營。

小狼 (Cubs)：適合 8 - 10 歲的兒童參加，資深童軍領袖帶領野外及大自然生活，活動如露營、遠足、戶外烹飪及多項童軍活動，透過比賽、遊戲、專章考核，挑戰個人及團體的材能。

聚會時間：逢星期五晚上 7 時至

8 時 30 分

地點：永援聖母堂下禮堂

歡迎 5 - 10 歲兒童加入童軍團員或 18 歲及以上成人作義務童軍領袖。

公開註冊日期為 6 月 2 日（星期日）10 時彌撒後於聖母岩前。

有興趣加入公教童軍 300 旅，請與 Glendy Poon 聯絡（電郵：

gkhpooon@yahoo.ca)

## 主日學慶祝初領聖體及初辦告解

主日學將於 6 月 2 日 (星期日) 上午 10 時彌撒為小朋友慶祝初領聖體及初辦告解, 彌撒後 (11 時) 於上禮堂慶祝。歡迎所有初領聖體及初辦告解小朋友的親戚及朋友參加。

### 電影晚會:

#### 末日謎踪 II 之亂世奇兵

恐慌在一步步地將世界陷入絕境, 這時, 聯合國秘書長尼科拉挺身出來, 安撫市民才稍微得到了一點安寧和希望。而實際上, 卡帕斯亞才是真正的罪魁禍首, 他才是一切災難的幕後製造者。只有四個人包括一個電視記者、一個牧師, 還有是飛行員父女。他們對聖經·默示錄理解得特別透徹, 指出卡帕斯亞是基督的敵人。正義和邪惡之間開始了一場力量懸殊的戰鬥, 正義的人們最終能戰勝邪惡。片上有中文字幕, 歡迎大家邀請親友一同前來欣賞!

日期: 六月一日 (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

#### 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 5 月 7 日, 捐款已累積至 \$12,335 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 5 月 27 日

St. Angela School 彌撒

時間: 早上 9 時

星期一、三、五 5 月 27, 29, 31 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 6 月 1 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

電影晚會

時間: 晚上 6 時 Potluck、

6 時 30 分放映

地點: 永援聖母堂上禮堂

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 6 月 2 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

主日學慶祝初領聖體及初辦告解

時間: 上午 10 時彌撒及上午 11 時

地點: 永援聖母堂上禮堂

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 分至 2 時 30 分

地點: 聖堂騎士會室

### 師主篇

#### 第二十三章、默想死亡

熱心祈禱, 比豐盛宴席更有滋味。靜默寡言, 比彼此閒談更覺暢快。高談雄辯, 比不上聖善事功。世俗的快樂, 比不上克己苦身更能叫人喜歡。  
待續

### 停一停... 諗一諗 人的聖召

#### 聖召是... 修會生活

我可能會想:  
為著人和人的疏離、阻隔和分裂, 感到失落和感慨……

我可會想:

耶穌說:「凡你們對我這些最小兄弟中的一個所做的, 就是對我做的。」(瑪 25:40)……耶穌渴望世界上所有人, 特別是最微小的, 都備受關心, 不被遺棄……

主耶穌不分種族、性別、階級、貧富或文化, 召叫了十二人, 成為他的門徒, 與他一起生活……他一生竭力把分散各處的人, 團聚一起, 為使眾人都在天父的愛下, 合而為一……

每一個開創「修會團體」的人, 在聖神的帶領下, 像主耶穌一樣, 以不同的神恩和方式, 去服務眾人, 特別是那些卑微貧困的人, 在現世建設天國。同時地, 不同種族、個性和背景的會士團聚一起, 共融分享的團體生活, 亦預示天國的喜樂……

我有否被某些「修會」會祖的生命, 或「修會團體」的精神、他們的服務工作或團體生活所吸引? 我願意加入這些「修會團體」, 以生活的具體言行, 服務臨在於最弱小弟兒姊妹身上的耶穌基督?  
待續

### 心靈小品

#### 我們懷疑嗎?

懷疑能夠是一種騷擾和傷害, 它削弱和破壞我們與別人的關係。例如當我們懷疑某人的誠意、忠實或愛時。懷疑能癱瘓我們的活動。莎士比亞說:「我們的懷疑是個出賣者, 而由於害怕嘗試, 使我們經常失落了許多我們可能贏得的好處。」

有宗教上的疑惑, 懷疑天主的存在和死後的生命, 的確是一個不幸的處境。不可知論者聲稱, 我們無法認識物質世界以外的東西, 他們把生命建立在懷疑上。但是為獲得圓滿的幸福, 生命必須積極而有目標。

聖保祿有時也會在一些微不足道的事上經驗到疑惑, 但是他在那些真正重要的事上卻總不動搖他的信念:「我們知道: 天主使一切協助那些愛他的人, 就是那些按他的旨意蒙召的人, 獲得益處。」(羅 8:28)「我知道我所信的是誰……」(弟後 1:12)「因為我深信: 無論是死亡, 是生活, 是天使, 是掌權者, 是現存的或將來的事物,

是有權能者，是崇高或深遠的勢力，或其他任何受造之物，都不能使我們與天主的愛相隔絕，即是與我們的主耶穌耶穌之內的愛相隔絕。」(羅八 38-39)

有時在我們這個懷疑、不信的時代，我們可能必須像福音中那個代兒子請求耶穌治癒的父親一般謙卑地祈求：「我信！請你補助我的無信罷！」(谷九 24)但是在彌撒中，我們總應該毅然把我們的疑惑放在一旁，並全心全靈地說：「我主！我天主！」(若廿 28)那時我們是站立在生活的基督面前，祂為我們，就如同祂對多默一樣，是「道路、真理、生命。」(若十四 6)

## 靈修小故事

### 成功的秘訣

開學第一天，古希臘大哲學家蘇格拉底對學生們說：「今天我們只學一件最簡單也是最容易的事，每人把胳膊盡量往前甩，然後盡量往後甩。」

說著，蘇格拉底示範做了一遍，「從今天開始，每天做三百下。大家能做到嗎？」

學生們都笑了：這麼簡單的事，有什麼做不到的？

過了一個月，蘇格拉底問學生們：「每天甩手三百下，那位同學堅持了？」有 90% 的同學驕傲地舉起了手。

又過了一個月，蘇格拉底又問，堅持下來的同學們只剩下 80%。一年過後，蘇格拉底再一次問大家：「請告訴我，最簡單的甩手運動，還有那幾位同學堅持了？」

這時，整個教室只有一個人舉起了手，這個學生就後來成為古希臘大哲學家柏拉圖。世間最容易的事是堅持，最難的事是堅持。

默啓：

祈禱是最容易的事也是最難的事，基督徒祈禱是否堅持呢？

## 知多一點點

### 天主聖三與救恩工程

天主是愛，祂在創世以前，由於愛，在基督內揀選了我們，預定了我們借祂愛子而獲得義子的名份(弗 3-9)。而使我們得到這名份及光榮的，

就是我們所領受的聖神(羅八 15，迦四 6-7)。這聖神讓人享受天主自由傳授給我們的幸福生活的光榮；天主父是這樣愛了我們，竟賜下祂的獨生子為我們作贖罪祭，作世界的救主，使人類獲得更豐盛的生命。梵二《教會憲章》序言中宣告：“聖父委托聖子在世間應完成的工作結束後(若十七 4)，聖神在五旬節日被遣來，永久聖化教會……聖神以福音的效能，使教會保持青春活力，不斷地使他更新，領他去和淨配耶穌作完美的結合……所以，普世教會就好像一個在聖父、聖子、聖神的統治之下集合起來的民族。”

天主聖三在整個救恩工程中的行動是共同的又是個別的。這都是基於同一的天主性：三位無先無後、無大無小、無始無終的同一天主的行動。但是，每一位依照其本身的特性而完成共同工作，因為祇有一個天主，就是聖父，萬物都出於祂而存在；祇有一個主，就是耶穌基督，萬物都借祂而存在；祇有一個聖神，萬物都在祂內而存在(格前八 6，DS421)。這種特有行動尤其在聖子降生、基督受洗以及恩賜聖神的神聖派遣中，顯露出天主位格。無論如何都不能把祂們分開，因為祂們是同性同體的天主。

“誰”光榮聖父是透過聖子在聖神內光榮祂；“誰”跟隨基督，都是受到聖父的吸引(若六 44)和聖神的推動(若八 14)的結果。

天主是愛，那存在愛內的，就存留在天主內。我們存在祂內，祂就存在我們內，是出於祂賜給我們的聖神(若壹四 7-13)。借著聖神的引導、助佑、聖化而進入聖三的共融中，在基督內分享天主的生命，開始參與聖三愛的共融，邁向永生。

生活的共融是三位一體的完美肖像

我們彼此相愛、接納、寬容、關懷、溝通，不控制、不強求他人，不扼殺任何神恩，不阻礙他人身心的成長，不斷地突破自己的極限和人際關係的種種障礙，積極投入社會建設，尋求公義，維護公德，愛國愛民……學習與人共處，又保持自己的獨特性格，對別人的所需所是感同身受，以信德和愛德在團體中實踐共融生活，在有

限中邁向永恆圓滿：天主聖三。這種體驗就是一種死而復活的生活。

三位一體是完美和共融的生命。我們和別人建立和諧的關係，並懂得如何和他人分享時，便是生活著的三位一體的天主奧跡。父母、子女、夫妻、長幼、兄弟、姐妹、婆媳、民族與民族、國家與國家、宗教與宗教間的溝通和共融，正反映出天主三位一體的完美肖像。 天主教網頁