

Theme Sharing

Following Christ Totally (23rd Sunday in Ordinary Time)

In the gospel, Jesus exhorts his followers to "deny oneself" and "carry the cross". In the passage that forms part of today's reading, Luke seeks to tell the Christians of his time not to have any illusion about glory and fame of being a follower of Christ; and he reminds them exactly what is required from such a follower.

To be a true Christian, the first and foremost requirement is to transcend oneself by placing God above one's own self. Elsewhere in the gospel, Jesus teaches us that no one can serve two masters. He requires absolute loyalty from his followers. We must love God above all things. It follows that, before God, everyone else must fall into insignificance. Our love of our fellow human beings, however noble it may appear to be, must be subordinate to our love of God. Christ demands our total and undivided love. When our love of humankind or earthly things conflicts with our love of God, the latter must prevail. In Luke's time, Christians often had to choose between martyrdom and renunciation of their faith. Today we are seldom required to do such heroic acts of faith in order to follow Christ - except perhaps in those countries like China where religious persecution still exists.

Following Christ entails carrying of the cross. Nowadays, the term "carry the cross" denotes bearing of one's trials or sufferings in life. However, the cross in Jesus' time was the instrument and means of execution of a prisoner, and the term embraces the sacrifice of one's life for the sake of faith. Witnessing their Lord's Passion and death on the cross at Calvary, the apostles knew that some day they would have to partake in the suffering of Christ as well. To them and the early Christians, to follow Christ was to carry the cross, requiring total sacrifice or even martyrdom. Still, what we have to carry today is not any cross but Jesus' cross, and who we have to follow is not anyone but our Lord Jesus Christ. So following Christ may not be an easy or comfortable task. It requires our total commitment every day of our lives.

Today, the Book of Wisdom puts it most aptly: "A perishable body weighs down the soul, and this earthly tent burdens the thoughtful mind." We have to deny ourselves

completely in order to have true freedom; and we must remove our garment of mortal and corruptible earthly desires so that we can follow God's Will.

The scripture readings in today's mass bring a forceful message to us. It is, in a sense, a charter of Christian way of life showing the true values of our Christian faith. It reminds us that we must be vigilant in living out our Christian faith.

It is important to realize that we can hardly rely on our own self to become a good Christian. The Book of Wisdom rightly speaks about our own limitations: "Who has learned your counsel unless you have given wisdom and sent your Holy Spirit from high?" However, with the help of divine grace, we can become a true Christian.

Stewardship

Whoever does not carry the cross and follow me cannot be my disciple. (Luke 14. 27) No one ever said discipleship would be easy. In fact, in today's Gospel, Jesus assures us that the cost of discipleship will be very high. Beware simplistic either/or thinking: I can either be a wretched suffering disciple or a happy-go-lucky heathen or casual Christian. You don't have to choose between discipleship and happiness. As a disciple you will sacrifice, suffer, be challenged, carry the cross AND be free, happy, joyful, alive.

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

Year of Faith Passport by Centennial Committee

Have You Got your Passport? Pick up your Year of Faith Passport from your parish or the Catholic Pastoral Centre, and take time to visit any of the 7 churches, along with special events in the diocese. Have your passport stamped at any of these churches or events, and then follow the instructions on the inside back cover of your passport. If you

have questions please call the Pastoral Centre at 403-218-5500.

Parishioners can pick up the passport at Church entrances

Pope Francis's words

The security of faith does not make us motionless or close us off, but sends us forth to bear witness and to dialogue with all people.

Parish Activities

Day of prayer and fasting for peace in Syria, the Middle East and throughout the world.

Holy Father declared a day of prayer and fasting for peace, to be held on Sept. 7. Our Diocese has set the date of September 14 as the day of prayer and fasting for peace in Syria, the Middle East and throughout the world, and will keep September 7 as a day of prayer for the same intention.

Parishioners can choose any day within next week to pray and fast for peace in Syria, the Middle East and throughout the world.

Syrian Crisis Relief Effort & Calgary Flood Relief

Our Diocese is accepting financial donations to assist Syrian refugee victims and Calgary Flood Relief: Donations can be made as follows:

- Parishioners can donate cash or make your cheque payable to OLPH, and earmarked "Syrian Relief Effort" or "Calgary Flood Relief fund" put it in an envelope (with your Sunday collection envelope number OR name and address marked) and drop it into the Sunday Mass collection basket. The amount will be added to your year-end donation tax receipt issued by the parish.

- by sending a cheque payable to the RC Diocese of Calgary, earmarked "Syrian Relief Effort" or "Calgary Flood Relief fund" and sent to the Pastoral Centre at 120 17th Ave S.W., Calgary, AB T2S 2T2
May God bless you abundantly for your generosity and compassion!

OneMatch Registration Event

Our parish is holding a stem cell & bone marrow donation seminar & registry next Sunday September 15 from 11:00 a.m. to 12:30 p.m. at Upper Hall.

Thousands of patients with blood cancers

like leukemia and other life-threatening diseases need a bone marrow transplant. One of our parishioners is in urgent need for bone marrow transplant.

To receive a transplant, a "matched donor" is needed. Are you the one?

Anyone between 17 and 50 years old and meet certain health criteria would be eligible. If you are willing to donate, the first step is to join the OneMatch Registry. Please come with your family and friends to help.

Permanent Diaconate Ordination

Parishioners are invited to the Ordination of Permanent Deacon of Edward Lam of our Parish on Sunday October 6 at 3 p.m. at St. Mary's Cathedral by Bishop Frederick Henry. Let us pray for him to become a God's good faithful servant.

Evening Celebration Banquet will be held at Central Grand Restaurant on Sunday October 6 at 6 p.m. Tickets are \$30/person, and will be sold at the Religious Article Centre on Sept 8 & 15 after each mass, or from Parish Group representatives. All parishioners are welcome. For details please contact Walter Yu (403-850-7889)

The Palio –

Diocesan Family Country Fair

Date: Saturday Sept. 14

Place: Strathmore Rodeo Grounds

Tickets: Adult - \$10.00, Senior - \$5.00, Child - \$5.00.

Open air Mass with Bishop Henry at 11 a.m.; horse races begin at 1:30 p.m.

Pastoral Care Team will prepare lunch at cost of \$3/person.

The day is filled with fun activities for all ages. All funds raised will go directly to the building of new or repairing of existing parishes within the diocese.

OLPH Youth Group Registration

OLPH Youth Group Registration is on Sunday September 15 after 10am Mass in the Lower Hall.

If you need more information, please e-mail to OLPHYouthGroup@gmail.com or call Parish Office 403-265-7926. The first activity is the TIA Bazaar on Sunday September 8.

Sunday School Registration

Sunday School Registration for Liturgy and Sacramental classes is on Sunday September 15 from 11:00am - 12:30 pm. Please contact Chrissy Leung, Sunday School Coordinator by phone (403)

500-1218 , email, chrissy@gmail.com or Parish Office 403-265-7926 for details. First day of classes is on September 22.

RCIA Adult Catechumenate Class – New Class Notice

The 2013 adult Catechumenate classes are now accepting new applications for enrolment. Any interested party, or adult Catholics who have not yet received the Sacrament of Confirmation, or Christians from other ecclesial communities considering to join the Catholic Church, please contact :

- The parish office [403-265-7926](tel:403-265-7926), or

- Joseph Yip [403-547-0618](tel:403-547-0618) .

They may also pick up a 'RCIA Adult Catechumenate Class Application Form' at the Church entrances, complete it and return to the parish office.

All parishioners are earnestly encouraged to play their role in evangelization and invite their friends

Together in Action 2013

Theme: "You will be my witnesses"

Our parish's final target is \$50,000. As of July 31, our campaign has received a total of \$ 25,502. 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

Mon, Wed, Fri 9, 11, 13

OLPH Senior Centre

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

Place: OLPH Church, Upper Hall

Thursday 12

St. Angela School Opening Mass

Time: 9:00a.m.

Place: OLPH Church

Saturday 14

The Palio

Time: Mass begin at 11am and horse

Place: Strathmore Rodeo Grounds

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. - 12:00 p.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 15

Sunday School Registration

Time: after 10am Mass

Place: OLPH Church Office Building

Youth Group Registration

Time: after 10am Mass

Place: OLPH Church Lower Hall

OneMatch Registration Event

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

Place: OLPH Church Upper Hall

Imitating Christ

Chapter 25 :

Zeal In Amending Our Lives

"Trust thou in the Lord and do good," says the Prophet; "dwell in the land and thou shalt feed on its riches." To Be Continued

Stories Faith Sharing

What's Love?

When asked "What's love?" children have some great answers. Noelle, age 7, said, "Love is when you tell a guy you like his shirt, then he wears it every day." Rebecca, who is 8, answered, "Since my grandmother got arthritis, she can't bend over and polish her toenails anymore. So my grandfather does it for her all the time, even after his hands got arthritis too. That's love." Jessica, also 8, concluded, "You really shouldn't say 'I love you' unless you mean it. But if you mean it, you should say it a lot. People forget." Sometimes we need reminding that God loves us. We focus on the difficulties of life and wonder, Where's the love? But if we pause and consider all that God has done for us, we remember how much we are loved by God, who is love . Psalm 103 lists the "benefits" God showers on us in love: He forgives our sin , satisfies us with good things , and executes righteousness and justice. He is slow to anger and abounds in mercy . He doesn't deal with us as our sins deserve and has removed our sin as far as the east is from the west . He has not forgotten us! What's love? God is love, and He's pouring

out that love on you and me.

Read More Know More Ten Commandments

The Second Commandment

1. What is the Second Commandment? "You shall not take the Name of the Lord your God in vain."
 2. What is forbidden by this Commandment? It is forbidden to use the Name of God in any profane or irreverent way, as by cursing and blasphemy.
 3. Among all the words of Revelation, there is one which is unique: the revealed name of God. God confides his name to those who believe in him; he reveals himself to them in his personal mystery. The gift of a name belongs to the order of trust and intimacy. "The Lord's name is holy." For this reason man must not abuse it. He must keep it in mind in silent, loving adoration. He will not introduce it into his own speech except to bless, praise, and glorify it.
 4. The second commandment forbids the abuse of God's name, i.e., every improper use of the names of God, Jesus Christ, but also of the Virgin Mary and all the saints.
 5. What is an oath? An oath is a calling upon God to witness the truth of what we say. "The second commandment forbids false oaths. "Taking an oath or swearing is to take God as witness to what one affirms. It is to invoke the divine truthfulness as a pledge of one's own truthfulness. An oath engages the Lord's name. 'You shall fear the LORD your God; you shall serve him, and swear by his name.'
- Example: When a person places his hand on the Holy Bible in a courtroom and testifies to tell the truth, he is making an oath.
6. What is perjury: Perjury is a false oath; calling upon God to witness the truth of something we know to be false.
 7. A person commits perjury when he makes a promise under oath with no intention of keeping it, or when after promising on oath he does not keep it. Perjury is a grave lack of respect for the Lord of all speech. Pledging oneself by oath to commit an evil deed is contrary to the holiness of the divine name."
 8. What is a vow? A vow is a solemn promise made in the Name of God to do something pleasing to Him.
 9. What are the things usually promised in a

vow? Men and women who enter religious communities usually promise in the form of a vow to live in Chastity, Poverty, and Obedience.

Note: A lay-person, living in the world, should not make a vow of any kind except after careful consideration and with the advice of an experienced priest.

主日分享

毫無保留地追隨基督 (常年期第二十三主日)

在本主日的彌撒福音裡，耶穌講了兩句話和做了兩個比喻。那兩句話是「跟隨我」和「背自己的十字架」；那兩個比喻，一個是「建造一座城」，另一個是「同另一個國王交戰」。聖路加把這兩句話和這兩個比喻連接在一起，看來是有他的道理的。他是在訓誨與他同時代的信友，要消除他們的一切幻想，向他們指出做基督信徒真正必要的條件。

耶穌曾說過：人不可同時奉事兩個主人。這是所有基督信徒都必須接受的條件。聖路加十分強調這一點。在本主日的彌撒福音裡，祂把它說得咄咄逼人，甚至不合我們的心理。祂說：「如果誰來跟隨我，而不惱恨自己的父親、母親、妻子、兒女、兄弟、姊妹，甚至自己的性命，不能做我的門徒。」

耶穌要求祂的門徒對祂要絕對忠誠。在與祂對比之下，對任何人的愛都處於次要的地位了。由於愛耶穌在萬有之上，棄絕一切便不可避免地成為必要了。

基督信徒首先要是超脫自己的人，這是作耶穌的門徒的第一個條件。人不可同時事奉兩個主人，這是所有基督信徒必須接受的條件。

讀經一說得好，「這個必腐朽的肉體，壓抑著靈魂；這個用泥土造的帳棚，是心靈的負累。」我們必須排除一切才能獲得絕對的自由，必須脫去我們的肉身和私見所構成的土作外套，才能隨從天主的聖意。

本主日彌撒的教訓的確十分有力。它給我們提供了全部基督信仰生活的大憲章，指出了基督信仰的絕對價值。作基督信徒絕不是輕鬆的事。信徒的

生活是要求認真的實踐。

節錄自梵崗電台

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

卡加利教區信德年朝聖團護照

教宗本篤十六世將給予全體信友信德年的全大赦。

卡加利教區所編制的教區朝聖團護照，有助於教友獲得此恩寵，此外參與朝聖團的教友也有機會獲得享利主教祝福紙及信德年玫瑰念珠。詳細資料，請聯絡教區百年籌備委員會。電話(403) 218-5500 或電郵

receptionist@calgarydiocese.ca

教友可在教堂入口處領取教區朝聖團護照，作為防身之用！

教宗方濟各的話

信德之堅固，不使我們停滯不前及自我封閉，反而推動我們向所有人作証，與所有人對話。

堂區活動

為敘利亞及世界和平舉行守齋和祈禱日

教宗說，在那“殉難的國家”裡正發生的事“深深刺痛”了他的心。因此，他宣佈9月7日為敘利亞及世界和平舉行祈禱和守齋日。他也邀請所有基督信徒、其他宗教信徒和善意人士當天在聖伯多祿廣場參加這一活動。

加拿大主教團為響應教宗的呼吁，定於9月14日為敘利亞及世界和平舉行守齋和祈禱日並於9月7日為敘利亞及世界和平祈禱。教友可於下星期內選擇一天為敘利亞及世界和平祈禱和守齋。

援助敘利亞及卡加利水災的救援工作

卡加利教區現正發起募捐，作為援助敘利亞及卡加利水災的救援工作之

用。請大家慷慨解囊！捐款方法：
 一請以現金或支票抬頭“OLPH”，附註“Syrian Relief Effort”或“Calgary Flood Relief fund”，放入信封內(請寫上捐獻信封號碼，或姓名及地址)，然後放進主日奉獻籃內。捐款數目將加入堂區發給你的年終捐獻報稅收條總額內。
 一直接寄支票到教區中心，支票抬頭“RC Diocese of Calgary”
 附註“Syrian Relief Effort”或“Calgary Flood Relief fund”
 地址：120 17th Ave S.W., Calgary, AB T2S 2T2
 願你的慷慨及愛心獲得天主豐厚的祝福！

骨髓捐贈活動

血液幹細胞及骨髓捐贈講座及登記，將於下主日九月十五日上午十一時至下午十二時三十分在上禮堂舉行。成千上萬罹患性血癌如白血病和其他危及生命的疾病，都需要進行骨髓移植，我們的一位教友也正急需尋找適合的骨髓捐贈者。你願意幫忙嗎？任何身體健康，年齡 17 至 50 人士，均可報名登記配對，希望大家告知家人朋友，踴躍支持及登記。

終身執事慶典

卡城亨利主教將於十月六日星期日下午三時，在聖瑪利主教座堂授予本堂林偉良弟兄 (Edward Lam) 終身執事。歡迎所有教友參加，並繼續為他祈禱，使他成為天主善良忠信的僕人。晚上六時於亞洲軒酒家晚宴，每位 \$30 元，可於 9 月 8 日及 15 日在聖物部購買，查詢請與 Walter Yu (403-850-7889) 聯絡。

教區賽馬日暨堂區同樂日

日期：九月十四日星期六
 地點：Strathmore Rodeo Grounds
 門票：成人每位十元，小童每位五元，長者每位五元
 亨利主教會於當日十一時正主持露天彌撒，下午一時三十分賽馬開始。牧靈關愛組為教友預備豐富午餐，每位三元。
 當天有多種適合不同年齡的活動及遊戲，萬勿錯過此闔家歡聚的好機會。門票收益將用作興建新聖堂及修葺舊

聖堂之用。

卡城永援聖母堂青年會報名

報名日期九月十五日上午十時彌撒後在下禮堂進行，報名查詢請電郵：OLPHYouthGroup@gmail.com 或堂區辦事處 403-265-7926 聯絡。第一個活動是請熱心參與 TIA 籌款賣物會。

永援聖母堂招收 新年度主日學學生

報名日期九月十五日上午十一時至下午十二時三十分，報名查詢請與 Chrissy Leung 403-500-1218
 Email :chrissy@gmail.com
 或堂區辦事處 403-265-7926 聯絡。
 上課日期由九月二十二日開始。

成人慕道班新班報名

2013 新一屆成人慕道班現正接受報名。有興趣者，或已領洗但仍未領受堅振聖事的成人教友，或正考慮加入天主教會的任何基督徒團體人士，皆請聯絡：堂區辦事處 403-265-7926 或 Joseph Yip 403-547-0618
 亦可在教堂入口處拿取「成人慕道班申請表」，填妥後交回堂區辦事處。期盼教友能善盡本份，熱心介紹親友參加，為傳福音出一分力。

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 7 月 31 日，捐款已累積至 \$25,502 元。捐款信封可在聖堂入口處拿取。就讓我們立即行動，慷慨解囊。

活動一週

星期一、三、五 9, 11, 13

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

星期四 12

St. Angela 學校開學彌撒

時間：上午 9 時
 地點：永援聖母堂

星期六 14

教區賽馬日暨堂區同樂日

時間：上午 11 時彌撒，
 地點：Strathmore Rodeo Grounds
聖母軍
 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
 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
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 15

新年度主日學學生報名

時間：上午 10 時彌撒後
 地點：永援聖母堂大廈
青年會報名
 時間：上午 10 時彌撒後
 地點：永援聖母堂下禮堂
骨髓捐贈活動
 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

第二十五章、勤於改過自新

先知(達味)說過：你只管依賴天主，恒心行善，安居聖地，天主必然要用自己的富源養育你(詠：參拾渠、三)。
 待續

靈修小故事

愛和禱告

在一本童話書中，小熊維尼看著袋鼠媽媽跳著離開。牠心想：我希望能跳得像牠那麼高。可惜有些人行，有些人卻不行，事實就是如此。我們常看見年輕或能幹的人做了一些了不起的事，是我們做不到的。他們行，但我們卻不行，事實就是如此。過去輕而易舉就能完成的事，一旦做不到了，很容易讓我們覺得自己不中用。或許我們不能再像從前「跳」得那麼

高，但因為時間和經驗的累積，我們更懂得如何去愛人，懂得如何禱告。「愛」是我們能夠給上主、給人最棒的禮物。這絕不是微不足道的，因為透過愛上主和愛鄰舍，我們就遵守了最重要的誡命。我們對一個人施慈愛或許只是舉手之勞，然而聖經提到最大的恩賜就是「愛」。

不僅如此，我們還能夠禱告，使徒保祿鼓勵教會的弟兄姊妹們「要恆切禱告，在此警醒感恩」。我們的禱告是世界上強而有力的力量。

實際上愛和禱告是大有能力的服事，也是任何人都能勝任的最有能力的服事。為什麼呢？因為我們的上主，就是那位藉著我們行事的天父，祂是大有慈愛和全能的主。

知多一點點十誡

第二誡 毋呼天主聖名以發虛誓

不可妄呼上主你天主的名；因為凡妄呼他名的人，上主決不讓他們免受懲罰。

宣誓或發誓

明確宣誓或發誓要點

宣誓或發誓，就是呼號天主的名為真理作證，但除依照真理、明辨及正義外，不得宣誓。

發假誓

發假誓，就是宣誓作出一個不履行的承諾或不宣誓（即是內心裏面）所作出的承諾，即是呼號或用天主的聖名、信實、真誠和權威為自己的謊言作證。

辱罵（咒罵）天主

辱罵（咒罵）天主是一種嚴重的罪過。辱罵天主就是以心思念慮、言語或行動來凌辱、咒罵天主，說懷恨、指責、藐視天主的話、講天主的壞話、在言談中對天主說失敬的話，並妄呼天主的名字。這些嚴重罪行常常透過現實生活與網絡平台表現出來，如：

教友公然領主的聖體和聖血；之後用腳踩主的聖體與聖血或倒在地上任人踐踏；

公然表態自己後悔做了一輩子主教、神父、修女等；

公然毆打上主的受傳者——教宗、主教、神父、執事等；

反基督宗教及神聖事物的文辭；迫害基督徒與度奉獻生活的會士（注：修女也是會士）；

借用天主的話為遮掩自己所犯下的滔天罪行；

為鞏固自己的地位與權力，運用天主所授予的權力阻撓上主的僕人前往不屬於他權力範圍內的地方傳教，理由是“祇因為你不服從我”；

口口聲聲稱為教會節約開支而阻止或扼殺或不提供上主的僕人使用福傳工具（如：通信工具、交通工具等）及經費（如：車費、醫療費、通訊費等）；暗地裏借助“世界的內在力量”號令“諸侯”，實則是撒旦的合作者與幫凶，進行分化或摧毀教會實體；

為了自己的地位、金錢、權力、面子和所受的“傷害”，運用主所授予的權力，看似是天主正義權力的運用，實則犧牲自己的同事、屬下，扼殺、迫害聖召的滔天罪行，理由是“祇因為聲稱你不守紀律……不忠守向天主所發的誓願（如：公開願、私願、終身願）”；

借用天主的名來詛咒人；在現實生活抑或在網絡平台捏造事實進行誹謗度奉獻生活者犯第六誡，並散佈……；分裂或破壞教會團體……