

## Theme Sharing

### Gift of Faith

#### (27th Sunday in Ordinary Time)

In today's gospel (Luke 17:5-10), Jesus speaks on faith and discipleship.

Responding to his apostles' request to increase their faith, Jesus tells them what it means to have faith in God. His reply can also be found in Matthew and Mark, the other two synoptic gospels. In these two gospels, the plea for increase in faith has apparently been made in the context of the power to perform miracles and cast out demons. However, Luke's writings often associate faith with the Word of God: "many of those who heard the word came to believe, and the number of men grew to about five thousand." (Acts 4:4) Again, after Jesus told the Parable of the Sower (Luke 8:5-11) to his disciples, he explains to them that the "seed" is the Word of God. So in Luke's gospel, faith has to do with following Christ; and "increase of faith" is to have a deeper understanding of Jesus' teachings and to follow Christ more closely.

Faith is a gift or grace from God, and we should welcome it with a thankful and humble heart. As with all God-given gifts, we must use it to serve God by serving our brothers and sisters. However, we have to bear in mind that, in our work of service for others, we are merely fulfilling our duty as disciples of Jesus. We cannot be boastful or claim credit or merit for doing our duty. Just like the slave in today's parable, we should be humble to say: "we are worthless slaves; we have done only what we ought to have done."

The first reading, from Habakkuk 1:2-3 and 2:2-4, sets out the dialogue between prophet Habakkuk and God. The prophet complains to the Lord that good and innocent people are being persecuted by bad elements. But when the Lord sends the Chaldeans to punish such wicked guys, Habakkuk complains that these foreigners have been too brutal and merciless to his countrymen. Thereupon, the prophet is told that he should have faith and trust in God. Justice will surely be done, but in God's own time; and until such time comes, he must wait in patience. God instructs Habakkuk to write his vision on tablets that the time will surely come when all the unjust and impious people will be punished, and all the righteous saved.

Today's scriptures teach us that we should (a) constantly pray for God's gift of faith; (b) be thankful for such gift and make good use of it to serve God and our neighbours; and (c) persevere in our faith and trust in God in times of trials and adversities. These teachings exhort us to live in faith amid the crosses, toils and disappointments of our lives. We need not be anxious or be afraid. As long as we place our trust in God, he will grant us faith, courage and strength to overcome all difficulties. May all praise, glory and honour be yours, O Lord Jesus Christ! Amen.

### Stewardship

'O Lord, how long shall I cry for help, and you will not listen?' (Habakkuk 1.2)

Sometimes bad things happen to good people, to those we love, to us. Hurt and anger can keep us from entering into a relationship with a God we have trouble trusting. Yet, stewardship begins with an openness to being in relationship with God and one another, even if we only echo Habakkuk's cry of 'Violence!'

### 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

Prayer, humility, and charity toward all are essential in the Christian life: they are the way to holiness.

### News & Others

#### Pope Francis' Message for World Mission Sunday 2013

Faith is God's precious gift, which opens our mind to know and love him.

Faith! It is a gift that one cannot keep to oneself, but it is to be shared. The proclamation of the Gospel is part of being disciples of Christ and it is a constant commitment that animates the whole life of the Church. "The missionary outreach is a clear sign of the maturity of an ecclesial community"

Missionarity, is not alone about geographical territories, but it is about peoples, cultures and individuals, because the "boundaries" of faith do not only cross places and human traditions, but the heart of each man and each woman.

The work of evangelization often finds obstacles, not only externally, but also from within the ecclesial community. Sometimes there is lack of fervour, joy, courage and hope in proclaiming the Message of Christ to all and in helping the people of our time to an encounter with him.

I would like to encourage all, to become bearers of the good news of Christ and I am grateful especially to missionaries, to the Fidei Donum priests, men and women religious and lay faithful - more and more numerous - who by accepting the Lord's call, leave their homeland to serve the Gospel in different lands and cultures. But I would also like to emphasize that these same young churches are engaging generously in sending missionaries to the Churches that are in difficulty -

Finally a thought to Christians who, in various parts of the world, have in difficulty in openly professing their faith and in being recognized and given the right to live with dignity. They are our brothers and sisters, courageous witnesses - even more numerous than our martyrs in the early centuries - who endure with apostolic perseverance the many current forms of persecution. Quite a few also risk their lives to remain faithful to the Gospel of Christ. I wish to assure my closeness in prayer to

individuals, families and communities who suffer violence and intolerance and I repeat to them the consoling words of Jesus: "Take courage, I have overcome the world" (Jn 16:33). From the Vatican

## Diocese of Calgary

### Health Care Apostolate

Bishop Henry will be celebrating our first Diocesan "White Mass" on The Feast of St. Luke, the Physician, at St. Mary's Cathedral on Friday, October 18th at 7:00 pm. All are invited to come and celebrate, especially those involved in health care as professionals or support staff including pastoral care ministers, chaplains and clergy. Following the Mass all are invited to a reception at St. Mary's Hall. If you plan to attend the reception please call us at 403-218-5501.

### The Calgary Catholic Medical Association presents: "Heal the Sick –

100 Years of Catholic Healthcare in Alberta" on Thursday, October 10; 7:00-9:30 pm; at St. Mary's University College, 14500 Bannister Road SE, Calgary. Contact the LFRC at 403-218-5505 or check the website. [www.calgarydiocese.ca](http://www.calgarydiocese.ca).

### Women's Weekend Retreat

Mount St. Francis Retreat Centre  
October 25-27  
Contact Christina at 403-851-1012 or [c.kostiuk@shaw.ca](mailto:c.kostiuk@shaw.ca)

The 2013 "A Song for Rachel" takes place on Friday, October 18, 6:30 pm at St. Joseph's Parish, 640-19 Avenue NW, Calgary. Contact LFRC at 403-218-5505 for ticket reservations.

## Parish Activities

### Share the Faith

#### Bring Hope

### World Mission Sunday October 20th, 2013

World Mission Sunday is on October 20<sup>th</sup> this year. This is a world wide collection for the missionary church that provides emergency aid when disasters strike, cares for refugees in war torn nations, and provides rural health clinics and transportation for priests, catechists, religious and lay pastoral workers.

It provides financial support for the daily needs of all missionaries. Please pray for the missions and be generous on World Mission Sunday.

### World Mission Sunday Calendar/Prayer Card...

Useful, inspirational, and consolidating The Missionary Prayer Intention make us one. A gift for shut-ins, those in hospital, nursing homes...

Parishioner can pick up the prayer card at the main and side entrances.

### Donation on World Mission Sunday

There will be a special collection on World Mission Sunday, October 20. Please give generously to support. May God's blessings be with you!

### OLPH Parish Pastoral Council

#### Election of Lay Councilors

OLPH Parish Pastoral Council Election of Lay Councilors will be held on Sunday, November 17, 2013.

Nominations Forms to fill these positions are now available at the Church entrances/or through Parish Groups. Parish groups may nominate their members to stand for election. A parishioner may "self-nominate" or nominate another parishioner as a lay councilor to the Council. Please note that a written Consent from the nominee is required. Deadline for nomination is November 3, 2013 but the duly completed Nomination/Consent Form must be submitted to the Parish Office under confidential cover by Friday, November 01, 2013 at office hours.

Article 4.2 of the Council's Constitution, which sets out the requirements of council membership (lay councilor), states as follows:

Any member of the parish who satisfies the following requirements is eligible for appointment as a lay councilor. For the effective discharge of the Council's mandate, a parishioner wishing to serve on the Council must be:

- Registered with the parish as a parishioner;
- Over the age of 18;
- Willing to serve on the council at least for a full term of two years;
- Comfortable to work with his or her peers as a team and not be self-seeking;
- Willing to attend, and contribute to, the meetings of the Council and its committees; and

(f) Willing to attend training sessions, camps or programs intended for his or her spiritual or management development.

A copy of the Council's Constitution and its Bylaws is placed on the Notice Board at the back of the church for general information. The documents are also available on the parish website. For further enquiries, please call OLPH Parish Secretary (403-265-7926).

### Together in Action 2013

Theme: "You will be my witnesses"

Our parish's final target is \$50,000. As of September 8, our campaign has received a total of \$ 32,821.25. 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 7, 9, 11

OLPH Senior Centre

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

Place: OLPH Church, Upper Hall

Friday 11

St. Angela School Thanksgiving

Mass

Time: 9:00a.m.

Place: OLPH Church

Saturday 12

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 13

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

## Imitating Christ

### Chapter 25 :

#### Zeal In Amending Our Lives

Remember the purpose you have undertaken, and keep in mind the image of the Crucified. Even though you may have walked for many years on the pathway to God, you may well be ashamed if, with the image of Christ before you, you do not try to make yourself still more like Him.

To Be Continued

## Stories Faith Sharing

### Meaning of Life

Once upon a time there was a young man who used to meditate all day about the meaning of life. Most of the time he was pondering about the most important thing in life, because he thought the gravity of important issues could more easily lead people beyond the exterior of existence, and disclose to them the reason of things. No matter how long he meditated and observed, he could get no result. To clear his doubts, he decided to go and see an old sage, who lived alone in a far away forest. When he finally met the old man, the sage asked him what brought him there. The young man replied he was searching for the most precious deed one person could do to get close to God.

"What did you do on your way here?" asked the sage.

The young man thought he did not get the question, and repeated his demand.

Then the sage asked again: "What did you do on your way here?"

"I toiled," said the young man, "because the road up the hill was very steep. I gasped and felt very thirsty. But I made an effort to patiently endure that troubled walking."

"What did you do next?"

"I meditated, as I do every day. Today I pondered about imperturbability, that can be both a virtue and a fault."

"What did you do next?"

"I helped an old man by taking his bundle of wood to his place. This meant a long detour on my route, but he was too weak for that burden."

"What did you do next?"

The young man hesitated, then admitted: "I sat on a stone for a moment, and played with a marble that my father gave me when I left school. I apologize for wasting my time like that."

"What action made you feel lighter?" asked the old man.

The young man, puzzled, looked at the sage. "Please answer my question", the young man said, "I came to you with a demand."

The sage repeated, as if he had not heard this last objection: "What action made you feel lighter?"

"Playing with the marble," said the confused young man, "I was really free and happy; I had no thoughts - no worries."

"That was the best time today," said the sage, "when you yielded to play." "Play is a light yet serious activity, because then God is near you. You go beyond the surface of existence in the very same moment as you rise above it."

### Read More Know More

#### Ten Commandments

#### The Fifth Commandment (Cont'd)

#### Thou Shall not Kill

5. Intentional euthanasia, whatever its forms or motives, is murder. It is gravely contrary to the dignity of the human person and to the respect due to the living God, his Creator.

6. When is it permitted to take the life of another person?

a. If lawful authority commands it in punishment for graves crimes. Although statistics have proven that the application of the death penalty does not serve as a deterrent to crimes.

b. In a just war. A "just war" is normally viewed as defending one's nation against an invasion. Invading another nation is rarely considered as a "just war."

c. In self-defense in order to save one's life, or to save the life of another who is unjustly attacked.

7. Is it permitted to take one's own life? No. Suicide is a grave sin. We have no dominion over our own life.

8. Suicide contradicts the natural inclination of the human being to preserve and perpetuate his life. It is gravely contrary to the just love of self. It likewise offends love of neighbor because it unjustly breaks the ties of solidarity with family, nation, and other

human societies to which we continue to have obligations. Suicide is contrary to love for the living God.

## 主日分享

### 信德的恩寵

#### (常年期第二十七主日)

彌撒中的福音的第一段記載是「對一個請求的答覆」；第二段記載的是一個「比喻」。我們先研討的是第一段記載有關「對一個請求的答覆」。它這樣記載說：那時，宗徒們向主說：「請增加我們的信德吧！」主說：「你們若有一粒芥籽般的信德，就是對這棵桑樹說：『你連根拔起，移到海裡去』，它也會聽從你們！」(路 17:5-6) 第二段所記載的「比喻」這樣說：你們中，有誰在僕人耕田或牧羊之後，當他從田間回來時，會對他說：『快快坐下吃飯吧！』而不是對他說：『替我預備晚飯，束上腰來伺候我。等我吃喝完了，你再吃喝呢？』難道僕人做了主人吩咐的事，主人還要感謝他嗎？同樣，你們做完了吩咐你們的一切之後，仍當說：『我們是無用的僕人，我們只做了應該做的事。』(路 17:7-10)

讀經一選自哈巴谷先知書，天主的答覆是，先命令先知把自己的答覆寫在版上，然後說出自己啓示的內容說：一切不公義和不虔敬的人必要受懲罰，但公義虔敬的人，必獲拯救。這樣，本主日彌撒福音中的兩段記載和讀經一分別提出了以下三點教訓：第一，要不斷的祈求天主賞賜我們信德的恩寵；第二，在獲得這恩寵之後，不可自高自大，卻要謙遜地感謝天主；第三，要在困難中堅持信德，不失對天主的信賴。 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

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，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索取教區朝聖團護照，作為防身之用！

## 教宗方濟各的話

祈禱、謙遜以及對眾人的愛德，是基督徒生活中的基本要素，也是成聖的道路。

## 新聞及其他

### 教宗發表傳教節文告

「信德是天主的寶貴恩賜，「這一恩賜不應該被據為己有，而應該被分享」。文告中指出，每個團體都必須把耶穌傳至地極，而這也是基督徒生活的「首要任務」。「所有人都受邀與兄弟姐妹在世界的道路上同行，並宣認和見證我們對基督的信德。」此外，教宗還勉勵：「福傳工作通常不僅會碰到外在的阻礙，還會遇到教會團體內部的阻礙。有時候，我們在向大家宣講耶穌，在幫助我們時代的人與耶穌相遇時，缺乏熱誠、喜悅、勇氣和希望。」

教宗念及那些「離開自己的祖國，在不同地域和文化中為福音服務」的傳教士們。他說：「獻身作為傳教士永遠不是一個損失，而是一份收穫」，他鼓勵主教和修會團體幫助那些需要司鐸、會士和平信徒的教會，從而「加強基督徒團體」。而「那些擁有眾多聖召的教會，應該慷慨地幫助那些缺少聖召的教會」。教宗方濟各最後也不忘關切在世界各地遭受迫害的基督徒們，指出今天比教會初期有更多的殉道者。教宗保證，他將以祈禱來陪伴他們，並向他們重複耶穌安慰的話說：「不要怕，我已戰勝了世界」。

## 堂區活動

### 普世傳教節

十月二十日

#### 「分享信德、以福音傳遞希望」

普世傳教節是普世教會及福傳的全球標誌。全世界的每一個堂區都會在十月慶祝。您的祈禱及奉獻將可支援世

界遭遇各種災禍及受戰爭蹂躪國家的難民提供緊急的援助，並提供醫療和運輸給予當地服務的神父、傳道員，信友及牧靈工作人員。它也提供了所有傳教神父日常生活需要的開支。普世傳教節是我們幫助全世界天主教團體成為一家的機會。藉著所獲信仰恩寵的分享，我們將希望與愛心帶給那些有需要的人們。請為普世傳教節祈禱，並在普世傳教節慷慨解囊。願主永遠降福您們！

### 普世傳教節主日日曆/祈禱

既有用處，又能啟發及團結心靈，傳教的祈禱意向能使我們合一，是探訪家居、醫院及護老院的好禮物。歡迎教友在正門及側門入口處索取。

### 普世傳教節捐獻

10月20日將進行第二次捐獻作普世傳教節之用，請慷慨支持及回應。主佑！

## 永援聖母堂堂區牧民議會

### 平信徒委員選舉

本堂堂區牧民議會平信徒委員選舉將於本年十一月十七日(星期日)舉行。本堂現已開始接受提名，提名表格可在聖堂正門及側門入口處索取。堂區各善會可提名會員參選；堂區教友可提名另一教友或自我提名參選。所有被提名者(參選人)必須簽署參選同意書。提名截止日期為十一月三日但填妥的提名表格及參選同意書需於本年十一月一日(星期五)前或當日，在辦公時間內以密件方式交回堂區辦事處。

會章 4.2 節說明作為一個堂委會委員所需具備的條件，現轉載如下：

- 已在本堂區註冊的教友
- 已年滿十八歲
- 願意完成堂委會兩年的任期
- 不標榜自己，認同團隊精神，樂意與其他委員合作
- 願意出席及服務堂委會及屬下小組
- 願意出席拓展牧靈及行政管理的訓練課程或訓練營

有關區委會的會章及則例，教友可參閱放在聖堂後面的佈告板，或登入堂區網頁瀏覽。

## 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9月8日，捐款已累積32,821.25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 7, 9, 11

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

星期五 11

St. Angela 感恩彌撒

時間：上午9時

地點：永援聖母堂

星期六 12

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 13

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

地點：永援聖母堂下禮堂

## 師主篇

### 第二十五章、勤於改過自新

你該時常記住你所定的志向，把耶穌的苦像放在眼前。你一看他的行為，就羞愧難堪了：因為你跟隨祂已經多年，但效法祂還不算多。 待續

## 靈修小故事

**沒有烏雲，沒有暴風雨，便沒有美麗的彩虹。」**

有一朵看似弱不禁風的小花，生長在一棵高聳的大松樹下。小花非常慶幸有大松樹成為她的保護，為它擋風擋雨，每天可以高枕無憂。有一天，突然來了一群伐木工人，兩三下的功夫，就把大樹整個鋸了下來。小花非常傷心，痛哭道：「天啊！我所有的保護都失去了；從此那些囂張的狂風會把我吹倒，滂沱的大雨會把我打倒！」遠處的另一棵樹安慰她說：「不要這麼想，剛好相反，少了大樹的阻擋，陽光先會照耀妳、甘霖會滋潤妳；妳弱小的身軀將長得更茁壯，妳盛開的花瓣將一一呈現在燦爛的日光下。人們會看到妳，並且稱讚妳說，這朵可愛的小花長得真美麗啊！」

默想～當失去了一些以為可以長久依靠的東西，自然會有難過及割捨的痛苦，但其中卻隱藏著無限的祝福和機會。日後回首時，你才驚訝自己成長的痕跡，是那麼清晰明顯，甚至是令人滿心喜悅的。

## 知多一點點十誡

### 第五誡 不可殺人

8. 可接受合乎人道的器官捐贈、移植在取得捐贈者或合法代理人的明確同意下，捐贈、移植器官在道德上是可接受的。而且也是一個功績。若是為了延續某人生命，而直接引發另一個人的傷殘或死亡，在道德上是不能接受的。

9. 避免各式各樣的行為對生命的威脅  
杜絕一切發憤怒的罪：仇恨、復仇、吵嘴、凌辱、殘忍、爭鬥、殺人、放火……，荒唐的飲食行為、吸煙、酗酒、吸毒、作息無定時、危險駕駛和運動……都是危害生命的。

凡是在酒精的狀態下或由於過分的喜好快速在路上、海中、空中使他人和自己的安全陷於危險的行為都構成嚴

重的罪過。

不能虐待自己與他人。虐待人會打倒人的尊嚴、自信，導致被虐待的人極度恐慌、自卑、精神分裂、憤怒、報復、不信任、暴力傾向、不寬恕。他們的行為使自己的心硬，並形成暴力傾向，不斷毀滅他人生命。

逼供、懲罰罪犯、使異己分子懼怕、發泄仇恨……所施行的酷刑，誘拐、綁架、擄人作為人質、恐嚇威脅、製造恐怖主義，對身體及精神上的施暴，都是蔑視人性與其尊嚴。

故意仇恨人，希望對方遭遇重大的不幸，罪過更為嚴重。”如果憤怒的程度，致使人堅決願意殺害近人或嚴重地傷害對方，則是嚴重地違反了愛德，也是大罪。憤怒是復仇的願望，願對應受懲罰者施予報復，是不許可的。 值得一提，寬恕是寬恕，但為糾正惡習，並為了維護正義，要求補償是值得讚揚的。