

## Theme Sharing

### Prayer of the Poor

(30<sup>th</sup> Sunday in Ordinary Time)

*"The Lord hears of the cry of the poor."*

(Psalm 34) This refrain to the Responsorial Psalm sums up the teachings of today's scriptures.

In the Old Testament, the term "the poor" may carry three different meanings. First and foremost, the Israelites did not look upon poverty in a favourable light. They treated the poor as a calamity, a consequence of laziness and an occasion of sins. Secondly, the poor were considered victims of an unjust society. In the Old Testament, their advocates were found in the prophets. In fact, one of the perceived missions of the long-awaited Messiah was to deliver the poor out of their sorrowful plight. Thirdly, "the poor" were regarded as friends or servants of God who had placed their whole trust in the Lord. Poverty and trials would neither dampen their spirits nor affect their inner peace. Rather, these would make them more humble and trusting in God. The prayers of such people who were poor at heart would readily be heard by God.

Today's first reading, from *the book of Sirach*, identifies the poor with the oppressed, orphans and widows. It praises them as pious, humble and righteous people whose prayers would pierce the clouds and receive God's hearing. The Responsorial Psalm that follows truly echoes the same message that the Lord hears the cry of the poor.

The gospel reading, from *Luke 18:9-14*, is on the Parable of the Pharisee and the tax collector. It depicts two different kinds of prayers, one by the Pharisee and the other by the tax collector, with an entirely different result.

In Jesus' time, the Pharisees belonged to the elite class in the Jewish society, while the tax collectors were considered traitors, outcasts and rejected by their own people. In the parable, the tax collector does not protest his innocence nor complain the unfair treatment suffered by him. Instead, he acknowledges his own sinfulness and asks for God's forgiveness. Thus, his contrition and humility renders him a man "poor in spirit" and a friend and servant of God. His prayers have been accepted by God, in the word of Jesus: *"he went home a justified person."*

As Christians and a minority in today's secular world, we live in the fringe of the society. We should be poor in spirit and be God's friends and servants. Poverty and hardships should not disturb our inner peace. On the contrary, they should make us more humble, and help us to put our trust in the Lord our God. That is why the Church, through today's scripture readings, comforts and reminds us that the Lord hears the cry of the poor.

## Monthly Prayers

### Intention

#### November

General: That priests who experience difficulties may find comfort in their suffering, support in their doubts, and confirmation in their fidelity.

Missionary: That as fruit of the continental mission, Latin American Churches may send missionaries to other Churches.

## 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.

## Pope Francis' words

Lord, grant us the grace to weep over our indifference, over the cruelty that is in the world and in ourselves.

## Parish Activities

### World Mission Sunday- Thank You

Thank you for your generous support of World Mission Sunday last week. We collected a total amount of \$4,222.35 in donation. Your prayers and donations will make a huge contribution to the growth of the Church and to the well-being of the poor of our world. Please continue to pray for all those who serve in mission countries that they may remain steadfast in their vocation to bring Christ's message of love to those they serve, the world's most vulnerable. May God bless you and your family!

### Exposition of the Blessed

#### Sacrament on November 2

The November's Exposition of the Blessed Sacrament will be led by Parish Pastoral Council on November 2 from 10am to 11am. Fr. Nguyen will listen to Confession. Parishioners are encouraged to attend.

### Second Donation on November

#### 3rd Catholic Education Sunday

On Sunday November 3rd Catholics in Alberta will once again celebrate Catholic Education Sunday. Bishop Henry has invited all parishes within our diocese to participate in an annual fund-raising on Catholic Education Sunday. Each parish will be asked to have a second collection at their weekend Masses. Thank you for your support and God bless you for your generosity in helping to sustain Catholic Education in our province!

### Flu Vaccination

Flu shot immunization will be available to parishioners - thanks to Dr. John Poon.

Date: November 3

Time: 9:15 a.m. and 11:15 am.

Place: Parish office

Price: Free for those who are Albertans aged 9 years and up.

Alberta Health Card is needed.

### Movie Night: Evan Almighty

In this sequel to Bruce Almighty, newscaster Evan Baxter has traded in the news desk for a post in Washington as a congressman. Though his campaign was based on the idea of changing the world, when he has a strange encounter with God, God tells him to build an ark, just as Noah did thousands of years ago. Though Evan is skeptical, he

finally accepts the task after being hounded by dozens of animals that follow him, two by two. By obeying God, Evan risks his family, career, and sanity--but will a flood actually come and prove him right?

Date: November 2, 2013 (Saturday)

Time: 6pm Potluck and

6:30pm start of movie

Place: Upper Hall of OLPH

### November is the month for all souls:

All Souls Day is on November 2

"Comfort my people" Is.40:1

Remembering our loved ones and those who feel their loss.

Fr. Nguyen will pray for the deceased during Masses in November. A Registration Book will be placed at the side entrance of the church in November. Parishioners who wish to pray for their ancestors are invited to write down the names of their deceased ancestors.

### Father Joseph Nguyen and Pastoral Care Team members will visit cemeteries to pray all departed parishioners on:

November 2, Saturday to Queen's Park cemetery after adoration.

November 9, Saturday to Mountain View Memorial Gardens after 9 a.m. mass

If anyone would like to join with us, please contact Sr. Magdalena Chan (403-690-2973) and give her the lot number.

### Plenary Indulgence

To obtain the plenary indulgence from November 1-November 8, we must receive Communion and sacramental Confession (and have no attachment to sin, even venial). Communion must be received each day we wish to gain the indulgence, but we only need to go to Confession once during the period. And, as with all plenary indulgences, we must pray for the intentions of the Holy Father (one Our Father and one Hail Mary) each day we perform the work of the indulgence.

### OLPH Parish Pastoral Council Annual General Meeting

OLPH Parish Pastoral Council Annual General Meeting will be held on November 24th at in the Upper Hall at 12:45pm. All parishioners are welcome to attend.

### 2014 Donation Envelopes

2014 Donation Envelopes are available for parishioners to pick up at the Church main entrance (Religious Article Centre).

Any concern, please contact parish office (403-265-7926)

### 2014 Sunday Missal

2014 Sunday Missals are now on sale at the church side entrance for \$3.50.

### Bibles ( Old & New Testament)

Our Parish has ordered the Old Testament \$30.00, New Testament \$15 (Simplified Chinese) and New Testament \$ 20 (Traditional Chinese) for our parishioners.

These Bibles are combined with English and Chinese. Parishioners can buy them at the Religious Article Centre now.

### Bulletin Advertisement

We have several spaces for advertisement in our 2014 News Bulletin. Parishioners who are interested in placing their orders please contact the parish office 403-265-7926 or email [olph@telus.net](mailto:olph@telus.net).

Price is \$150.00 /box per year.

### 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 28, 30 Nov 1

OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Wed Oct 30

Perpetual Help Harmony Choir

Time: 7:00p.m.-9:00p.m.

Place: OLPH Church, Upper Hall

Saturday Nov 2

Exposition of the Blessed Sacrament

Time: 10:00a.m. -11:00 a.m.

Place: OLPH Church

Father Joseph Nguyen and Pastoral Care Team member

after adoration to pray for all departed parishioners at Queen's Park cemetery Legion of Mary ( meeting )

(Immaculate Heart of Mary Praesidium )

Time: 11:00a.m.

Place: K of C Room at OLPH Church  
Tai Chi Lesson

Time: 10:00 a.m. - 12:30p.m.

Place: OLPH Church Lower Hall

Yoga beginner class

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

Place: OLPH Church Lower Hall

Movie Night – Evan Almighty

Time: 6:00 p.m. potluck

6:30 p.m. movie

Place: OLPH Upper Hall

Young Adults Group Night

Time: 7:00 p.m.-9:30p.m.

Place: OLPH Lower Hall

Sunday Nov 3

Flu Vaccination

Time: 9:15 a.m. and 11:15 am.

Place: Parish office

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: OLPH Church Office Building

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.-3:00p.m

Place: OLPH Church K of C room

Queen of China meeting

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

Place: Office Board Room

### Imitating Christ

#### Chapter 25 :

#### Zeal In Amending Our Lives

A fervent religious accepts all the things that are commanded him and does them well, but a negligent and lukewarm religious has trial upon trial, and suffers anguish from every side because he has no consolation within and is forbidden to seek it from without. The religious who does not live up to his rule exposes himself to dreadful ruin, and he who wishes to be more free and untrammelled will always be in trouble, for something or other will always displease him.

To Be Continued

## Stories Faith Sharing

### Donkey, a Rooster, and a Lamp

A Rabbi Moshe took a trip to a strange land. He took a donkey, a rooster, and a lamp. Since he was a Jew, he was refused hospitality in the village inns, so he decided to sleep in the woods. He lit his lamp to study the holy books before going to sleep, but a fierce wind came up, knocking over the lamp and breaking it. The rabbi decided to turn in, saying, "All that God does, he does well." During the night some wild animals came along and drove away the rooster and thieves stole the donkey. Moshe woke up, saw the loss, but still proclaimed easily, "All that God does, he does well." The rabbi then went back to the village where he was refused lodging, only to learn that enemy soldiers had invaded it during the night and killed all the inhabitants. He also learned that these soldiers had traveled through the same part of the woods where he lay asleep. Had his lamp not been broken he would have been discovered. Had not the rooster been chased, it would have crowed, giving him away. Had not the donkey been stolen, it would have brayed. So once more Rabbi Moshe declared, "All that God does, he does well!"

## Read More Know More Ten Commandments

### The Seventh Commandment You shall not steal

1. What is forbidden by this Commandment?  
a. It is forbidden to take what justly belongs to another.  
b. It is forbidden to destroy or injure the property or possessions of another.  
2. Is it ever permitted to take what belongs to another?  
In dire necessity it is permitted to take what is necessary to preserve life, if there is no other way to obtain these necessities.  
3. The seventh commandment forbids theft, that is, usurping another's property against the reasonable will of the owner. There is no theft if consent can be presumed or if refusal is contrary to reason and the universal destination of goods. This is the case in obvious and urgent necessity when the only way to provide for immediate, essential needs (food, shelter, clothing...) is to put at one's disposal and use the property of

others.  
4. Even if it does not contradict the provisions of civil law, any form of unjustly taking and keeping the property of others is against the seventh commandment: thus, deliberate retention of goods lent or of objects lost; business fraud; paying unjust wages; forcing up prices by taking advantage of the ignorance or hardship of another.  
5. The following are also morally illicit: speculation in which one contrives to manipulate the price of goods artificially in order to gain an advantage to the detriment of others; corruption in which one influences the judgment of those who must make decisions according to law; appropriation and use for private purposes of the common goods of an enterprise; work poorly done; tax evasion; forgery of checks and invoices; excessive expenses and waste. Willfully damaging private or public property is contrary to the moral law and requires reparation.

## 主日分享

### 窮人的祈禱

#### (常年期第三十主日)

「困苦的人」，更好說「窮人」。本主日彌撒中的讀經一把窮人與被壓迫者、孤兒和寡婦，相提並論，把他們稱為誠心誠意恭敬天主的人、謙卑的人，和義人。所以說，他們的祈禱上徹雲霄，必蒙天主的俯聽。  
本主日彌撒福音取自聖路加福音第 18 章第 9 到 14 節。內容敘述法利塞人和稅務員（稅吏）的兩種不同身份，兩種不同的祈禱，以及兩種不同祈禱的效果。  
在耶穌時代的猶太社會中，法利塞人是上等階級；稅務員（稅吏）則被擠在社會的邊緣上。耶穌所講的比喻中的稅務員，並不因此忿忿不平，卻知道反躬自問，承認自己的過錯，哀求天主憐憫。他這樣自謙自卑，可說是屬於聖經中所說的：「是天主的朋友和僕人」這類的窮人。耶穌說：「這個稅吏回到家裡，成了正義的人。」天主俯聽了他的祈禱。  
在今日的中國社會中，我們作天主教徒的，也生活在社會的邊緣上。我們也是聖經中所說的：「是天主的朋友

和僕人」這類的窮人。所以，貧窮和困難只應該使我們變得更謙遜，決不可讓它們打擾我們內心的平安。慈母教會在本主日的彌撒中安慰並教訓我們，向我們保證說：窮人的祈禱，必蒙天主俯允。 節錄自梵崗電台

## 福傳祈禱意向

### 十一月祈禱及傳教意向：

**祈禱意向：**為面臨困境的司鐸們在艱難中得到安慰、在疑惑中得到支持、在忠貞中得到堅定祈禱。  
**傳教意向：**為身為傳教成果的拉丁美洲教會向其它教會派遣傳教士祈禱。

## 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

### 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。從 2012 年 10 月 11 日開始，直至 2013 年 11 月 24 日結束，在這期間全大赦是有效的。  
有鑒於此，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](mailto:receptionist@calgarydiocese.ca)  
教友可在教堂入口處拿取教區朝聖團護照，作為防身之用！

## 教宗方濟各的話

上主，請賜給我們恩寵，使我們哭泣自己的冷漠，以及現世和我們心中的殘酷。

## 堂區活動

### 感謝支持普世傳教節

多謝大家在上週普世傳教節的慷慨奉獻，我們共籌得\$4,222.35。您的祈禱及奉獻對教會的成長及普世的貧困者都有巨大的貢獻。請繼續為所有福傳

國家傳播福音的人祈禱，使他們都能堅持他們的聖召，將基督愛的信息傳給那些在世上福傳地方最軟弱的人們。願主與你們同在！

### 十一月顯供聖體

永援聖母堂十一月份的顯供聖體由堂區牧民議會帶領，時間為十一月二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！

### 天主教教育日

11月3日為天主教教育日，我們將進行第二次捐獻以支持天主教教育經費之用，籌得善款將給與我們教區的天主教教育局。

亨利主教呼籲各位教友能踴躍支持，主佑！

### 預防感冒注射

潘醫生將為教友注射預防感冒疫苗

日期：11月3日

時間：9時15分及11時15分

地點：堂區辦事處

凡亞伯達省居民，年齡為9歲或以上，費用全免。請攜帶醫療咭。

### 電影晚會—Evan Almighty

上主往往透過不同的途徑去讓我們認識祂的愛。今次放映的電映是「冒牌天使：第二集」天主使「諾厄方舟」重現。給我們指出，要改善世界必須由我們每個人開始。劇情雖純屬虛構，但訊息正面，值得大家同來欣賞！

日期：十一月二日（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

### 十一月為煉靈月

十一月二日為追思亡者日

「你們安慰，安慰我的百姓罷」

十一月為煉靈月，為追思已亡之信友，阮神父將於彌撒中為亡者祈禱，如教友想為先人獻上祈禱，請在十一月開始在教堂側門入口處的名冊上寫上先人之名字。

### 阮神父及牧靈關愛組成員將於煉靈月前往墓地為已亡教友祈禱：

11月2日(星期六) 明恭聖體後十一時十五分到女王公園墓地(Queen's Park

Cemetery)祈禱。

11月9日(星期六)九時彌撒後約九時三十分到山景紀念花園(Mountain View Memorial Gardens)祈禱。

任何教友想參與祈禱，或想牧靈關愛組到你親友墓地祈禱，請提供地段號碼並請聯絡陳修女(403-690-2973)或堂區辦事處。

### 全大赦

在煉靈月裏，特別是11月1-8日，教會給我們特殊的恩典，在聖堂、家中、墓地為煉獄靈魂祈禱，每天都能得到一個全大赦。但必須符合得大赦的條件：第一，辦一個妥當告解；第二，得大赦的當天恭領聖體；第三，按教宗的意向祈禱，念天主經、聖母經各一遍，而且沒有犯罪的傾向，沒有思戀和傾向小罪的意思，這樣才能得到一個全大赦。

### 堂區牧民議會週年大會

堂區牧民議會週年大會將於十一月廿四日十二時四十五分於上禮堂舉行，請各堂區主內兄弟姊妹出席參加。

### 2014年奉獻信封

2014年奉獻信封開始分發，請捐獻信封用戶，到教堂正門入口處(聖物部)領取。如有任何疑問，請與堂區辦事處聯絡(403-265-7926)

### 2014主日彌撒經書

2014年主日彌撒經書現在開始在教堂正門入口處(聖物部)出售，售價為\$3.50。

### 新舊約聖經

本堂現訂購天主教舊約(每本30元)、新約(每本15元 簡體中文)和新約(每本20元 繁體中文)給教友。這些“聖經”是中文和英文對照。教友現可於聖物部購買。

### 堂區通訊 2014 招收廣告

本堂十分感謝各位堂區通訊廣告客戶的支持。現在尚有少量廣告編幅，有興趣者請盡快聯絡堂區辦事處：

電話：403-265-7926 或電郵

olph@telus.net

費用：\$150.00/1 欄/一年

每格：6.75 x 3.25 公分。

### 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拿取。就讓我們立即行動，慷慨解囊。

### 活動一週

星期一、三、五 28, 29  
11月1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

星期三 Oct 30

永援聖母歌詠團

時間：晚上7時至晚上9時

地點：永援聖母堂上禮堂

星期六 11月2日

顯供聖體

時間：上午10時至11時

地點：永援聖母堂

阮神父及牧靈關愛組明恭聖體後到女王公園墓地(Queen's Park

Cemetery)祈禱

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時至下午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—「冒牌天使」

時間：下午6時(potluck)

約6時30分放映

地點：永援聖母堂上禮堂

永援聖母青年團晚會

時間：晚上7時至晚上9時30分

地點：永援聖母堂下禮堂

星期日 11月3日

成人慕道班(粵語、國語及英語)

時間：上午9時30分至

下午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  
 預防感冒注射  
 時間：9 時 15 分及 11 時 15 分  
 地點：堂區辦事處  
 青年聖詠團練習聖詩  
 時間：上午 11 時至 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 3 時  
 地點：聖堂騎士會室  
 聖母會開會  
 時間：下午 12 時 30 分至  
 下午 2 時 30 分  
 地點：寫字樓會議室

## 師主篇

第二十五章、勤於改過自新  
 熱心修道人什麼也能承擔，命他的事，無不順從。冷淡修道人，心裏沒有神樂，外面的樂趣又不許他貪，所以常常憂愁，處處有受拘束的苦。修道人守規矩，常有墮落的危險。他既然求著鬆懈，必定常覺著愁悶，因為無論什麼事都不能稱他的心。

待續

## 靈修小故事

**不要害怕你的生命會結束，而要害怕它從未開始。**

有一個人搭船到英國，途中遇到暴風，全船的人驚慌失措，他看到一個老太太非常平靜地在禱告，神情十分的安詳。等到風浪過去，全船脫離了險境，這人很好奇的問這老太太，為什麼一點都不害怕。老太太回答：「我有兩個女兒，大女兒叫馬大，已經被上帝接走，回到天家，二女兒叫馬利亞住在英國。剛才風浪大作時，我就向上帝禱告，如果接我回天家，我就去看大女兒，如果留我性命，我就去看二女兒，不管去那裡我都一樣，所以我怎麼會害怕呢？」

默想～無論是甚麼樣的遭遇任何事，總不致懼怕。把命運交託上主，充實

而用心的過好每一 天。

## 知多一點點十誡

### 第七誡 毋偷盜

今天我們把第七誡應用在各種形式的偷竊上。搶銀行，挪用公款，闖入他人家中，偷竊他人的財物，這些都是不對的行為，大家對此也都沒有異議。《天主教教理》第 2409 號，則指出另外幾種形式的偷竊，或許是我們不太想到的，例如：故意不歸還借來的財物或撿到的物品、商業上的欺騙、把企業的公司財物佔為己有及私用、對他人的工作沒有支付合理的工資、造假帳或偽造支票及發票、哄抬物價、過度消費和浪費、有意地造成私人或公共財產的損失等等。

現代人觸犯第七誡的行為還包括：行賄、欺騙、知情卻仍購買贓物、不實廣告、濫用個人的才華、豪賭、內線交易、公器私用、順手牽羊、偷人錢包或偷竊智慧財產，如盜版書籍、錄影帶、錄音帶等。一位當代神學家也提到「偷竊」時間和「偷竊」人與人之間的關係，也都應該被視為違反第七誡。如果一個人上班時遲到早退，或在上班時間不認真工作，這也是一種偷竊。一個人如果太沈迷於工作，而「偷竊」了原本應與家人相處的時間，或「偷竊」了其他重要的「關係」，也都是犯了偷竊罪（註 2）。

按照第七誡的規定，犯了偷竊罪的人，必須把偷竊的東西歸還。