

Theme Sharing

Resurrection of the Body (32nd Sunday in Ordinary Time)

The first reading and the gospel both touch on the subject of resurrection. The first reading, from 2 Maccabees 7:1-2 & 9-14, is about a family of eight who suffered martyrdom for the sake of their faith. The story shows that, even before the time of Jesus, the Israelites did believe in the resurrection of the body as well as life after death. And today's gospel, from Luke 20:27-38, contains a dialogue between Jesus and the Sadducees (who did not believe in the resurrection of the dead).

There is an old Chinese saying: "Life is a mystery; and even more so for life after death." Critics therefore say that the Chinese don't care much about what happens after one dies. However this is quite wrong, since all cultures in the world including the Chinese, do have certain views on life after death. In Jesus' time, there were two main schools of thought on this subject. The Pharisees believed in the resurrection of the body, but the Sadducees believed otherwise. Jesus clearly stated his position when he spoke to Martha before raising her deceased brother, Lazarus, to life again. He said: "*I am the resurrection and the life; whoever believes in me, even if he dies, will live; and everyone who lives and believes in me will never die.*" This is the basis of our Christian faith, and we confirm this belief each time we recite the Apostles' Creed: "*I believe in the resurrection of the body, and the life everlasting. Amen.*"

The first reading, which is an extract from Chapter 7 of the second book of Maccabees, records the martyrdom of a mother and her seven sons. It details their brutal execution by King Antiochus of Syria because they refused to renounce their faith. The brothers met with increasing cruelty and brutality as they died one by one. The most touching part relates to the mother's last words to her youngest son (which however does not form part of today's reading, since it deals primarily with the theme of resurrection). In the other two synoptic gospels, Matthew and Mark, Jesus rebuked the Sadducees by quoting from the scriptures. He said, "*You are wrong, because you understand neither the scriptures nor the power of God.*" In Luke's gospel, Jesus referred to Moses who spoke of the Lord as "*God, not of the dead,*

but of the living." In other words, if Abraham, Isaac and Jacob had not risen from the dead, why would Moses speak of the Lord as God of the living? This simply shows that there is resurrection of the body after one's death.

St. Augustine, the great Doctor of the Church, said of the mother and sons in today's first reading: "*They were true Christians. Even before the Church was established, their willingness to die for the faith foreshadowed the true spirit of the Church.*" And commenting the same story, the Franciscan Biblical Society said that, in the history of the Church, in China and elsewhere around the world, there had been numerous mothers who, like the Jewish mother, had displayed tremendous courage and faith in the face of religious persecutions. In the words of St. Paul, all such heroic acts by men and women of faith can be attributed to the work of the Holy Spirit who has conferred an abundance of divine graces on each and every one of us.

Stewardship

But the Lord is faithful; he will strengthen you and guard you from the evil one. (2 Thessalonians 2.3-3)
Spreading the Gospel and doing what the Lord commands in pursuit of the life of discipleship makes us targets for the evil one, who wants to derail our good work. Our first defence is to direct our hearts to the love of God and to the steadfastness of Christ.

Pope Francis' words

If we wish to follow Christ closely, we cannot choose an easy, quiet life. It will be a demanding life, but full of joy.

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.

Safety Driving

Due to the frequent snowing in the winter, for the safety of both parishioners and drivers, please drive with care within the parish parking lot and reduce the speed to 10 kmh. Thank you for your co-operation.

Diocese of Calgary

Canada's John Diefenbaker Award

Cardinal Joseph Zen, Bishop Emeritus of Hong Kong, receives Canada's John Diefenbaker Award
His Eminence Joseph Cardinal Zen, S.D.B., Bishop Emeritus of Hong Kong, received the 2013 John Diefenbaker Award for his defence of human rights and freedom. The award was given to him in Vancouver, October 31, 2013, by the Honourable John Baird, Minister of Foreign Affairs, International Trade and Development, accompanied by His Excellency Andrew Bennett, Canada's Ambassador for Religious Freedom. Please see the link to the Minister's full address:
<http://www.international.gc.ca/media/aff/speeches-discours/2013/10/31a.aspx?lang=eng>.

Mass of the Angels will be celebrated at St. Albert the Great on Thursday, November 21st at 7pm. Everyone is invited to attend this special mass for those who have been touched by the loss of a child, before or after birth.

Parish Activities

Thank you for your support of Catholic Education Sunday

Thank you for your generous support of Catholic Education Sunday last week. We collected a total amount of \$2,769.00 in donations.
May God bless you and your family!

TIA Winter Gala

In support of the TIA fundraiser goal, our

parish will be hosting a Winter Gala, which will be held on November 30, 2013 from 6:00pm – 9:00pm at Upper Hall. The evening will consist of a detailed western style dinner followed by live performances and various other special entertainments. Tickets are \$30.00 a person and will be on sale starting Sunday November 3, 2013 at the Religious Article Booth. All proceeds raised will be used to complete the Handi-Cap washroom for our facility as well as other parish related initiatives. We are now also recruiting all parishioners who wish to showcase their talents, to perform at the Gala. All those interested can fill out a registration form available at the religious article booth, or by sending a request email (below). Forms must be returned before November 23, 2013 as time slots are limited. All performances must be accompanied by a minimum \$100.00 sponsorship by friends/family. For all inquiries related to ticket purchases and performance registration please contact the Young Adults Group at olphyoungadults@gmail.com

2013 OLPH Christmas Play

The annual Christmas Play will be held on Christmas Eve and this year's play is titled "*Waiting for the Christmas Guest*" and it focuses on a poor cobbler and his wife who prepare their table on Christmas Eve for a visit from the Lord Jesus. Practices will begin on Sunday November 17 at 11:15am in Upper Hall.

Youth Night November 16, 2013

Youth Night will be held on Saturday November 16 from 6pm -10pm at Upper Hall. Complimentary dinner will begin at 6pm and spiritual talk on "Following the Footsteps of Christ" by Deacon Edward Lam is at 7pm. We will be going to the Olympic Oval afterwards and the fee for entry and skate rentals will be \$6 per youth and \$12 per adult. All youths are encouraged to attend this event.

2014 Calendar

2014 Parish Calendars are available now. Parishioners can pick them up at church entrances.

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. Let's take action now!

Weekly Activities

Wed, Fri 13, 15

OLPH Senior Centre

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

Place: OLPH Church, Upper Hall

Tues 12

St. Angela School Remembrance

Day Mass

Time: 9:00a.m.

Place: OLPH Church

Wed 13

Perpetual Help Harmony Choir

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

Place: OLPH Church, Upper Hall

Friday 15

Faith Sharing Group (Sacred Heart)

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

Contact: Doris Ho 403-271-6884

Saturday 16

Legion of Mary (meeting)

Time: 9:45a.m.

Place: K of C Room

Wing Kei Care Centre (Mass)

Time: 11:00 a.m.-12.00 noon

Place: 1212 Centre Street, NE.

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

Sunday 17

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
K of C Room at OLPH Church

Youth Choir- choir practice

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

Place: OLPH Church, Office Building

Catholic Family Fellowship meeting

Time: 12:00 p.m. - 3:30p.m.

Place: OLPH Church Upper Hall

Let There Be Light

Something beautiful for the day

1. Prayer is not a "spare wheel" that you pull out when in trouble, but it is a "steering wheel" that directs the right path throughout.
2. Do you know why a Car's WINDSHIELD is so large whereas the REARVIEW MIRROR is so small? Because our PAST is not as important as our FUTURE. Look ahead and move on!
3. Friendship is like a BOOK. It takes few seconds to burn, but it takes years to write
4. All things in life are temporary. If going well, enjoy it, they will not last forever. If going wrong, don't worry, they can't last long either.
5. Old Friends are Gold! New Friends are Diamond! If you get a Diamond, don't forget the Gold! Because to hold a Diamond, you always need a Base of Gold!
6. Often when we lose hope and think this is the end, GOD smiles from above and says, "Relax, sweetheart, it's just a bend, not the end!"
7. When GOD solves your problems, you have faith in HIS abilities; when GOD doesn't solve you problems HE has faith in your abilities.
8. A blind person asked Swami Vivekanand: "Can there be anything worse than losing eye sight?" He replied: "Yes, losing your vision!"
9. When you pray for others, God listens to you and blesses them, and sometimes, when you are safe and happy, remember that someone has prayed for you. WORRYING does not take away tomorrow's TROUBLES, it takes away today's PEACE.

Imitating Christ

Chapter 25 :

Zeal In Amending Our Lives

If there were nothing else to do but praise the Lord God with all your heart and voice, if you had never to eat, or drink, or sleep, but could praise God always and occupy yourself solely with spiritual pursuits, how much happier you would be than you are now, a slave to every necessity of the body! Would that there were no such needs, but only the spiritual refreshments of the soul which, sad to say, we taste too seldom!

To Be Continued

Stories Faith Sharing

Saints Among Us

My father died several years ago at the age of 91. He did nothing that the world would call special in his life. He was the father of a large family. He worked hard and endured a loss of hearing for many years. And he always tried to follow the straight and narrow path as he saw it.

My father found real joy in going to Mass and celebrating the festivals of the Church. He was always the one who was there for us, saying the kind and understanding word, offering help when needed and knowing when to let go. God was very real in his life. His faith was always strong, and people said of him the most important thing one can say of a man, "He was a good man."

I doubt if my father ever thought about being a saint. I do know that in his own way, he was one. And he, more than any priest or bishop or canonized saint, taught me what it means to live the humble, simple life of faith. We laypersons must recognize our call to holiness. There are no class distinctions in the Church or in the Christian life. Nor are there any obstacles in the lay life that prevent one from striving and achieving a deep spiritual life.

We need to look at the obstacles and see them for what they are: opportunities. There are enough opportunities, enough suffering, enough challenges and, above all, enough grace for all of us to be as passionate about God as the saints are.

Read More Know More

Ten Commandments

The ninth Commandment

1. What is the Ninth Commandment? "You shall not covet your neighbour's wife."
2. What is forbidden by this Commandment? All sensual, impure thoughts and desires are forbidden; such things are sinful if they are wilfully and deliberately kept in one's mind.
3. "Every one who looks at a woman lustfully has already committed adultery with her in his heart." [Mt. 5:28] "Evil plans are an abomination to the Lord, but gracious words are pure." [Prov. 15:26]
4. Are involuntary, impure thoughts sinful? No. But we should strive to banish such thoughts as soon as we realize their nature, and turn our attention to other things.
5. The heart is the seat of moral personality:

"Out of the heart come evil thoughts, murder, adultery, fornication...." [Mt 15:19] The struggle against carnal covetousness entails purifying the heart and practicing temperance.

主日分享

肉身的復活

(常年三十二主日)

彌撒中的讀經一記述瑪加伯母子八人壯烈殉道的故事，內容涉及舊約時代以色列子民對人的肉身死後復活的信仰。

我們基督信徒相信耶穌的話，在我們日常頌念的信經中，我們宣誓說：「我信肉身之復活，我信常生，阿們。」本主日福音記述耶穌與否認復活的撒杜塞人的對話。在這篇對話中，耶穌明白地肯定了人死後肉身復活的道理。

聖瑪竇和聖馬爾谷福音也記載了上面的對話。兩部福音的記載都強調耶穌援引聖經的權威來駁斥撒杜塞人的詭辯說：「你們錯了，不明了經書，也不明了天主的能力。」在我們剛才聽到的彌撒福音中，聖路加祇加上一句解釋說：「天主不是死人的天主，而是活人的天主。」

最後，我們援引聖奧斯定稱讚瑪加伯母子八人殉道壯舉的這句話：「他們是真正的基督信徒！以他們的偉大精神，在基督的教會尚未成立以前，預先發揚了基督的教會精神。」思高聖經學會的編者，在談到同一故事時，也這樣注釋說：在我國的教會中「也有不少母親像瑪加伯七兄弟的母親那樣」，接著又說：「聖教會的歷史到處可以見到如此勇敢的母親，原因是，正如聖保祿宗徒所說的：『都是出於一個天主聖神所賜給的豐富的恩寵。』」

節錄自梵崗電台

教宗方濟各的話

如果我們想緊隨基督就不能尋求安逸的生活。這將是一個需要付出努力卻充滿喜悅的生活。

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亨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索取教區朝聖團護照，作為防身之用！

安全駕駛

鑑於冬季來臨，堂區停車場內經常因積雪路滑，為確保行人及駕駛者的安全，籲請各駕駛人士小心駕駛，在堂區停車場內將車速減至每小時 10 公里，多謝合作！

堂區活動

感謝支持天主教教育主日

多謝大家上週在天主教教育主日的慷慨奉獻，我們共籌得\$2,769.00 願主與你們同在！

教區公益金齊來獻愛心

冬日晚會

為支持「齊來獻愛心」計畫的籌款目標，本堂將會在十一月三十日(星期六)晚上六時至九時舉辦冬日晚會，地點為上禮堂。當晚晚膳為正式西餐，而各位用膳後將會有現場表演及其他娛樂活動。門票於十一月三日(星期日)起在聖物部發售，票價為每人三十元，收入將全數用於教堂內加建殘疾人士洗手間及教堂內其他設施之用。對於欲展現才華的朋友，這是你們的大好機會。本堂現正邀請你成為晚會表演嘉賓。有興趣者可到聖物部填妥報名表格，或撰寫一封電郵至 olphyoungadults@gmail.com 提出申請。由於表演時間有限，故各位必需在十一月二十三日(星期六)前交回表格或提出申請。所有表演者均需從朋

友及家人中籌得至少一百元。有關門票和表演的查詢，同樣可以電郵至永援聖母年輕成人團(YAG)電郵地址 olphyoungadults@gmail.com

聖誕話劇

本堂週年聖誕話劇將於平安夜舉行。今年聖誕話劇為「等待·聖誕的來賓」，主角為一位貧窮的鞋匠和準備迎接耶穌在平安夜到來的妻子。本劇首次綵排將於十一月十七日(星期日)上午十一時十五分在上禮堂舉行。任何查詢，請聯絡永援聖母年輕成人團(YAG)電郵地址。

青年晚會

青年晚會將於 11 月 16 日星期六晚上 6 時至 10 時舉行。6 時於上禮堂開始晚餐，7 時林偉良執事帶領講座，題目是「跟隨基督的足跡」；其後往 Olympic Oval 溜冰，入場及租用溜冰鞋青年每位 6 元，成人每位 12 元，歡迎堂區所有青年參加。

2014 年月曆

本堂 2014 年月曆開始派發，教友可於教堂入口處索取。

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

星期三、五 13, 15

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

星期二 12

St. Angela School 榮軍紀念日彌撒

時間：上午 9 時

地點：永援聖母堂

星期三 13

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

星期五 15

信仰小團體 (Sacred Heart)

時間：晚上 7 時 30 分至 10 時

聯絡：Doris Ho 403-271-6884

星期六 16

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

榮基護老中心(彌撒)

時間：上午 11 時至正午 12 時

地點：1212 Centre Street, NE.

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

永援聖母年輕成人團練習聖詩

時間：晚上 6 時至晚上 8 時

地點：永援聖母堂上禮堂

星期日 17

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 12 時 30 分

地點：寫字樓大廈，聖堂騎士會室

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

公教家庭開會

時間：下午 12 時 30 分至 3 時 30 分

地點：永援聖母堂上禮堂

心靈小品

生命中的有限和無限

你看，生命有極限嗎？

你可能知道你的身高，

你的體重，

你眉眼的位置，

你指節的長短。

然而，你卻不知道，

你的韌力有多強，

你的能力有多大，

你的潛力有多深，

你的耐力有多久；

你能學多少，用多少，

愛多少，付出多少，

原諒多少，發揮多少，

除非你嘗試。

我們的愛心，

都是從人身上培養出來的；

我們的信心，

都是從一次次失敗中學習出來的；

我們的忍耐，

都是從最不堪的環境裏磨練出來的；

我們的潛力，

都是從最大的壓力下發揮出來的。

我們不斷摸索，

不斷學習，

不斷發現，

不斷獲得，

不斷為克服重重難關而殫精竭慮，

不斷為經歷一個新的里程而歡愉。

就在這不斷的挑戰中，

將我們的生命的極限擴展至無限，

* 我們的力量和愛，也無限！

師主篇

第二十五章、勤於改過自新

哎！盼望能脫身一切，全心讚美天主。盼望能不吃、不喝、不睡、常能讚揚天主，專務靈魂的事情。若果然能夠這樣，必定比現今經營肉身一切需要的事情，更覺著有福氣。巴不得沒有這等需要的事情，只管靈魂的神糧。啊！這神糧的滋味，我們嘗著的時候甚少！

待續

靈修小故事

給忙碌的人

我一向痛恨那些做了還要再做，毫無創造性的事情，因此家裡的整潔工作常是能省則省，不明白為何要將寶貴的光陰花在這些無謂的事上。終於，家裡積滿了灰塵，臥房也感覺像是廠房。天天因過敏而鼻塞出痰，但還過得去，就得過且過。到了今天，我再也無法忍受了！似乎每吸進一口氣都同時吸進大量的灰塵，我怎能讓自己再活在這樣的環境裡呢？加上心靈上的重擔和一些不滿，我爆發了，受夠了，坐在天父面前眼淚直流。在天父面前清除了心中一切的抑鬱之

後，我禱告說，「我要甘心樂意地去做這些維持性的工作，雖然我不喜歡，但這是你目前所量定的（直到這世界與我們的身體一同得救贖）。」

忽然，聖神照明我心中的眼睛，使我明白「維持」是何等的重要。我們內裡的環境就像外面的環境一樣，若疏於維護，可能一時之間還過得去，但久而久之必到一個難以收拾的地步。天主要我藉著外面看得見的環境養成一個隨時保持最佳狀態的習慣—看見（或察覺）有什麼不該在的就丟掉，有什麼被玷污的就潔淨。不要想以後再來大掃除，而是要保持整潔！外在環境如此，心靈更是如此。

你要保守你心、勝過保守一切（或作你要切切保守你心）因為一生的果效、是由心發出。箴 4:23

這是我們唯一需要積極去做的事。因為，當我們的心靈明淨，與天主的交流就沒有攔阻，其他需要做的事祂必定指教，並賜力量給予我們其他一切所需，我們完全不需要操心。

感謝主，原來，再怎麼看似無聊的事，只要是天父所允許的，都是有意義的。

知多一點點十誡

第九誡 毋貪戀他人妻

第九誡的中心是保持內心的純潔。已婚夫婦跟未婚者，或是受召過獨身生活的人一樣，都必須保持潔德。在這幾種不同的生活形態中，貞潔的表達方式或有不同，但其實質是一樣的。《天主教教理》中就提醒我們：「所有受洗的人都被召守貞潔。」在今天的社會中，「對肉體的膜拜」不斷地衝擊著我們，因此我們一定要記住，對基督徒來說，一個人的身體不是祇屬於他自己的，而是屬於天主的。其次，由於洗禮，我們的身體被天主的恩寵所提升，成為天主聖神居住的宮殿。天主住在每一個基督徒的心中，以我們的身體為家。因此貞潔不僅僅是一種理想，而且是為中悅天主所必須做到的。

貞潔是一種德行。我們愈實踐此一美德，生活中就會加倍結出果實。天主已藉著聖洗的聖寵，把保持心靈純潔的方法給了我們：「聖神賜給領洗而重生的人，效法基督的純潔」（註8）。

第九誡提醒我們，要回應成聖的召叫，並不在於我們做了什麼或沒有做什麼。人們之所以能做什麼或不能做什麼，是有其原因的。對基督徒來說，一個人的行為，其動機應來自願意與天主契合。第九誡特別指點我們，為了能專心事主，我們必須保持純潔的心。

「純潔的心能使人看見天主，所以耶穌希望人們都能有一顆純潔的心。心地純潔的人，心無雜念，只知一心一意愛天主....。對天主的愛不摻水的人，才能把愛天主的經驗轉為對他人的真愛。真愛並不會想要利用與他人的關係而獲得益處。為了對他人純正的愛，可排除任何功利主義的思想，也就是說，對於與他人的關係，不會只想到經濟、政治或性愛方面的好處。因為具有潔德的人，能以單純之心享受愛天主之樂，所以他們也能同樣全心全意地愛其他人....這種在愛中的結合，其精髓存在於我們的內心，因此必須以最小心的態度來檢查我們的內心」。