

Theme Sharing

The Day of the Lord (33rd Sunday in Ordinary Time)

It is fitting that the first reading and the gospel both talk about the end of the world, known otherwise as "the day of the Lord".

The Israelites in biblical times had longed for the coming of "the day of the Lord" because it was going to be the day of their deliverance when the Lord would crush all their enemies; and they would become a supreme nation and enjoy lasting peace and prosperity. While they were in eager anticipation of such a time, the Israelites nevertheless had failed to follow the path of righteousness or to observe the Lord's commandments. Accordingly, Amos the prophet delivered a stern warning to them that the day of the Lord would be a day of darkness. Prophet Joel also depicted that it would be the day of the Lord's judgment when justice would prevail. And in the New Testament, the day of the Lord is often associated with the second coming of Christ in all his glory. It is the "last day" and as well the end of the world.

In Luke's gospel today, Jesus mentions the day of the Lord when he speaks about the destruction of Jerusalem. He tells us what will happen, and what we should expect, at the end times. We must not be led astray by false prophets, says Jesus, because many will come in his name and spread the rumour that the end is near. Likewise, we should not construe wars and insurrections as signs of the end times. Global wars and calamities of extraordinary proportion and global in nature such as earthquakes, famines and plagues will happen, says Jesus. So the important message Christ has for us is that we must always hold on to our faith. Jesus says that our faith will be put to severe test. This may not necessarily signify that the end is near, because challenges to our faith may occur at any time in our lives. From our baptism to the second coming of Christ, we and our Church are obliged to bear witness for Christ and to spread the gospel to all corners of the earth. In so doing, our faith may often be challenged. In fact, there had been numerous cases of religious persecution in the history of the Church. Instances still occur in many parts of the world today. Jesus tells us in today's gospel that Christians loyal to their faith will even be

betrayed by their relatives or family members; and that they will be hated by all because of his name. However, he has these reassuring words for all of us: "But not a hair of your head will perish; and by your endurance, you will gain your soul."

Brothers and sisters, let us hope that today's scripture readings on the day of the Lord will help us to awaken our faith and strengthen our spirits, so that we are able to face the trials and tribulations of our daily lives with courageous faith and trust in the Lord; and at the same time, we should always be ready for the day of the Lord.

Rejoice in God's Mercy

Catholics celebrate the sacrament of Reconciliation because we recognize that sometimes we fail to do as we ought and because we believe in God's mercy and forgiveness. Has it been a while since you received the sacrament of Reconciliation? Are you unsure of what to do? Maybe you are embarrassed, afraid, or ashamed? Know that the sacrament is completely confidential and the decision to come is cause for rejoicing. The priest can help you begin and you can trust the Holy Spirit to take over from there. Even if you don't know how you can change your life, showing up makes you open to the grace that the sacrament brings. The Diocese of Calgary invites you to re-discover the meaning of the sacrament of Reconciliation in your life.

Pope Francis' words

For a Christian, life is not the product of mere chance, but the fruit of a call and personal love.

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

News & Others

Francis Pope sent tweets, pray for the Philippines typhoon victims

(Vatican Radio News) super typhoon "Swallow" swept the Philippine Islands. Red Cross confirmed: typhoon killed at least 1,200 people were killed, the Pope Francis disaster that occurred in the Philippines deeply saddened. November 9, the Pope in his English Twitter account expressing concern for the Filipino people. He wrote: "I urge all of you to join me for" Swallow "Typhoon victims prayer, especially my beloved victims of the Philippine Islands." Lai Chi Philippines, the provincial capital alone Lu Wan City (Tacloban City) affected most important, the local building almost entirely razed to the ground. Here is also the region with the largest number of victims. Missing numbers continue to rise, while the number of deaths over time, the rescue team into the hardest hit, is expected to continue to rise. Faced with the world's most powerful "Swallow" Typhoon, tragedy seems unavoidable. Preventive evacuation plan has more than 750 million people to a safe area to avoid heavy casualties. This can not help but think of a similar situation last year, "Bopha" Typhoon. At that time due to the lack of preventive measures, resulting in 2,000 deaths. There are at least 1.3 million inhabitants live in the relief center, and after the typhoon brought heavy rainfall makes the situation worse victims, which for the earthquake in October this year to become homeless people, even worse. Philippine government promised to take concrete and quick action, the Red Cross and UNICEF claimed to have started rescue, Caritas Philippines has also been put into relief work. It is estimated that nearly one third of the approximately 12 million people, suffer from varying degrees of disaster.

Parish Activities

Philippine Typhoon Haiyan Relief -

It is estimated that 9.5 million people are in need and 600,000 people have been displaced from their homes. The Canadian Catholic Organization for Development and Peace is working with Caritas Philippines - NASSA to coordinate the distribution of food, water, and shelter in the affected areas. A second collection will be taken up in all parishes this weekend, Nov. 16th & 17th, for

Philippine Typhoon Relief. The Canadian Government has announced it will match these funds. All Philippine Typhoon Relief funds must be forwarded to the Diocese before December 8th. Donations can also be made as follows:

- Parishioners can donate cash or make your cheque payable to OLPH, earmarked "Philippine Typhoon Relief" 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 "Philippine Typhoon Relief" and sent to the Pastoral Centre at 120 17th Ave S.W., Calgary, AB T2S 2T2.

- Online: Use PayPal or Credit cards to donate by clicking the Donate Now button on our website. After stating the donation amount, you will be asked where you would like the fund to be directed. Please put "Philippine Typhoon Relief".

Thank you for your generosity and solidarity with the people experiencing hardship in the Philippines!

May God Bless You!

OLPH Parish Pastoral Council

Annual General Meeting

OLPH Parish Pastoral Council Annual General Meeting will be held on November 24th (next Sunday) at in the Upper Hall at 12:45pm.

All parishioners are welcome to attend.

Calgary Diocese Centennial

Closing Mass

We are now approaching the end of our Diocesan Centennial Year. We invite you to come to the Centennial Closing Mass and represent our parish in this historical Eucharistic Celebration. The Closing Mass will be held on Friday, November 29th at 7:00 pm at St. Mary's Cathedral. Please bring your Centennial Passport and receive the final stamp! Reception to follow in the parish hall. During the reception you will hear about the centennial passport journey of the faithful in our Diocese and acknowledge the completion of their journey. Centennial Passport:

If you have completed 3 stations (or more) and will be attending the Centennial Closing

Mass at the Cathedral, you may e-mail Monique Achtman (monique@adita.ca) or call (403) 295-8124 in the Carillon - to have your name acknowledged as Diocesan Pilgrims in the next Carillon issue.

The deadline for parishioners to submit their copies of the Centennial passport is now extended to Monday, November 18, 2013. Copies of the Centennial Passport can be sent via e-mail (receptionist@calgarydiocese.ca) or faxed to (403) 264-0526, or via postmail (must be received by Nov. 18) to Catholic Pastoral Centre (attention Sonia) 120 17th Ave SW, Calgary, AB T2S-2T2.

The Sacrament of Reconciliation –

will be available at parishes throughout the Diocese of Calgary all the Wednesdays of Advent. December 4, 11, 18 from 7:30pm–8:30pm

OLPH Youth Group Birthday Party

On November 24, Youth Group will be having a birthday party for the youth members whose birthdays are in November. "Computer Talk" will begin at 11:15 am, lunch and cake will follow. All members are encouraged to attend.

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 20, 22

OLPH Senior Centre

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

Place: OLPH Church, Upper Hall

Saturday 23

Legion of Mary (meeting)

Time: 9:45a.m.

Place: K of C Room

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 (Arbour Lake)

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

Contact: Grace Chan 403-208-1806

Sunday 24

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

Sunday School

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

Place: OLPH Church Office Building
K of C Room at OLPH Church

Youth Group party

Time: 11:15a.m.-12:45p.m

Place: OLPH Upper Hall

Christmas play practice

Time: 11:15a.m.-12:45p.m

OLPH Parish Pastoral Council

Annual General Meeting

Time: 12:45p.m

Place: OLPH Upper Hall

Imitating Christ

Chapter 25 :

Zeal In Amending Our Lives

When a man reaches a point where he seeks no solace from any creature, then he begins to relish God perfectly. Then also he will be content no matter what may happen to him. He will neither rejoice over great things nor grieve over small ones, but will place himself entirely and confidently in the hands of God, Who for him is all in all, to Whom nothing ever perishes or dies, for Whom all things live, and Whom they serve as He desires. To Be Continued

Stories Faith Sharing

Differ-ability

I admire Leslie for his positive attitude and outlook even with MS. I was "able" one day and the next day "disabled" due to a brain tumor I didn't know I had. It was discovered one day, removed the next, but left me unable to do the things I was accustomed to doing. I planned a great pity party, but guess what? Nobody came!

I should have known better. I know too much about the love of the Lord to wallow in self-pity. So I can't do what I use to do; but God has given me the ability to do different things - things I never could do before! So I

stop saying I have a disability - I have a differ-ability!
 And it's great! I've met people I never would have before, discovered hidden talents, made differences in the lives of others. No, I can't claim that everyday has been sunshine and roses, or that I don't occasionally miss the life I had or don't get frustrated about the things I can no longer do. But those times are becoming fewer and fewer.
 One important lesson I've learned is humility. I was so self sufficient, divorced, an ex-husband who did not pay child support as ordered. Two children to raise on my own. But through the grace of God, I did it. They are adults now and I had planned the rest of my life out for me.
 But then, the illness. All my plans for living on my own, doing for myself, gone. I now have to allow others to help me do even menial task - when I want to do it myself! I always have! But I've learned to be humble, accept love and help from others and just say "thank-you" and not feel ashamed. It's a humbling experience that I didn't know I needed.
 However, I thank God for showing me my differ-ability, the different things I can do, the difference I can make.

[Read More Know More
Ten Commandments](#)

The Tenth Commandment

You shall not covet your neighbour's goods.

What is forbidden by the Tenth Commandment?

-It is forbidden to envy the good fortune of another, and to desire seriously to have what belongs to another.

-Envy is sadness at the sight of another's goods and the immoderate desire to have them for oneself. It is a capital sin.

-The sensitive appetite leads us to desire pleasant things we do not have, e.g., the desire to eat when we are hungry or to warm ourselves when we are cold. These desires are good in themselves; but often they exceed the limits of reason and drive us to covet unjustly what is not ours and belongs to another or is owed to him.

-The tenth commandment forbids greed and the desire to amass earthly goods without limit. It forbids avarice arising from a passion for riches and their attendant power. It also forbids the desire to commit injustice by

harming our neighbor in his temporal goods. -Does the Tenth Commandment forbid other things? Yes.

- It forbids merchants from desiring a shortage of a certain supply so their selling price may rise.
- It forbids wishing that someone will become poor so that his belongings can be purchased at a very low price because of the poor person's need for money.
- It forbids doctors from wishing that disease will spread.
- It forbids lawyers who are eager for many important cases and trials.

主日分享

上主的日子

(常年期第三十三主日)

對舊約時代的以色列子民來說，「上主的日子」原來是偉大和使人嚮往的日子，因為在這日子，天主要拯救他們，使他們不但享受太平，而且還要戰勝萬邦，成為一枝獨秀的強國。但是由於許多以色列人陶醉在這種美好的幻想中，而忘卻實行正義，遵守上主的誠命，先知亞毛斯便開始報告「上主的日子」將是可怕黑暗的日子。在新約中，「上主的日子」與耶穌的光榮再來相提並論。它也成為「最後的日子」，也就是「世界末日」。在本主日彌撒福音中，耶穌從耶路撒冷聖殿的毀滅談到「上主的日子」的來臨。福音中，耶穌首先告訴我們將要發生的事件，並勸導我們要怎樣去應付它們。祂首先警告我們，要提防兩樁事。第一，不輕信那些假先知，他們假冒基督的名字，捏造謠言說：世界末日來到了；第二，不誤認所有的戰爭和叛亂都是世界末日快要來到的訊號。讀經一也給予我們一個類同的訊息。於是，在讀經一中，瑪拉基亞先知便向他們宣告「上主的日子」來喚醒他們的信德，鼓起他們的勇氣。對我們現代基督信徒來說，本主日彌撒禮儀所宣講的「上主的日子」的道理，也應該喚醒我們的信德，並有助於鼓起我們的勇氣。 節錄自梵崗電台

教宗方濟各的話

對基督徒而言，生命不是純粹偶然的產物，而是召叫和愛每個人的結果。

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

新聞及其他

教宗方濟各為菲律賓

颱風遇難者祈禱

(梵蒂岡電台訊) 超強颱風“海燕”席卷菲律賓群島。紅十字會証實：颱風造成至少 1200 人死亡，教宗方濟各對發生在菲律賓的災難深感悲痛。11 月 9 日，教宗表達了對菲律賓人民的關懷。他寫道：“我懇請你們所有人與我一同為“海燕” 颱風的遇難者祈禱，尤其是我心愛的菲律賓群島的遇難者。”菲律賓禮智省的省會獨魯萬市 (Tacloban City) 受災最重，當地建築物幾乎全部被夷為平地。這裡也是遇難人數最多的地區。失蹤人數仍在增加，而死亡人數隨著時間的流逝，在救援隊進入重災區後，預計仍會上升。面對今年全球最強悍的“海燕” 颱風，悲劇似乎無法避免。預防性疏散計劃已將 750 多萬人帶到安全地區，避免了慘重的人命傷亡。這不禁讓人想到去年情況類似的“實霞” 颱風。當時由於缺乏預防性措施，導致 2000 人死亡。目前至少有 130 萬居民住在救濟中心，而颱風過後帶來的強降雨使得災民情況更加惡化，這對於在今年 10 月地震中成為無家可歸的人來說，更是雪上加霜。菲律賓政府承諾將採取具體、快速的行動，紅十字會和聯合國兒童基金會聲稱已經展開救援，菲律賓明愛會也已投入救災工作。據估計，全國近三分之一約 1,200 萬人，遭受了不同程度的災害。

堂區活動

援助菲律賓颱風災民

菲律賓現正面臨嚴重的颱風災禍。卡加利教區現正發起募捐，作為緊急援助菲律賓風災之用。卡加利教區所有教堂將於本主日(11月16及17日)進行第二次捐獻，此外所有捐獻，請於12月8日前寄回，加拿大政府將加以同等善款，以作振災之用。多謝大家伸出援手，慷慨解囊！

願主祝福你們！

其他捐款方法：

—請以現金或支票抬頭“OLPH”，附註“Philippine Typhoon Relief”，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。

—直接寄支票到教區中心，支票抬頭“RC Diocese of Calgary”

附註：“Philippine Typhoon Relief”

地址：120 17th Ave S.W., Calgary, AB T2S 2T2

—教友也可作網上捐獻，詳情請參閱RC Diocese of Calgary 網頁。

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。

卡加利教區慶祝百年閉幕彌撒

卡加利教區慶祝百年閉幕彌撒將於11月29日(星期五)下午7時在聖瑪利大教堂舉行。卡加利教區邀請所有教友能夠參與這個具有歷史性的彌撒，以表達我們對基督的感謝。

當天請帶同你的百年紀念朝聖團護照以收到最終的印鑒。彌撒後，在教堂的禮堂將有茶點招待，席間，將有參與百年紀念朝聖團護照教友的信心分享，並承認他們的旅程完成。

百年紀念朝聖團護照

教友如果已完成了3個朝聖站以上，並將參加百年閉幕彌撒，他們可電郵：Monique Achtman (monique@adita.ca) 或致電 Carillon (403) 295-8124 以確定你的名字在 Carillon 的教區朝聖者上登載。

教友提交百年紀念護照副本的截止日期現已延長至2013年11月18日(星期一)。百年護照的副本可以通過 e-mail (receptionist@calgarydiocese.ca) 發送或傳真至 (403) 264-0526，或送往卡加利教區牧民中心 (Sonia 收) 地址：120 17th Ave SW, Calgary, AB T2S-2T2

將臨期悔罪禮

卡加利教區內所有教堂在將臨期內逢星期三(12月4、11、18日)晚上7時30分至8時30分，將開放給教友辦告解聖事。教友應盡量參與與天主修合，以準備主基督的來臨！

青年會慶祝生日會

九月二十四日上午十時彌撒後，青年會將在上禮堂進行十一月生日會，內容包括「電腦講座」及 potluck，歡迎堂區內所有青年及家長參加。

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

星期三、五 20, 22

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 23

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

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

信仰小團體 (Arbour Lake)

時間：晚上7時30分至10時

聯絡：Grace Chan 403-208-1806

星期日 24

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

青年會慶祝生日會

時間：上午11時15分至12時45分

地點：永援聖母堂上禮堂

聖誕話劇排練

時間：上午11時15分至12時45分

堂區牧民議會週年大會

時間：下午12時45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

人若修到不貪世榮的地步，才能完全嘗著天主的神樂，才能隨遇而安。不論什麼事物，得的多，也不喜歡；得的少，也不憂愁；把自己整個的交付於天主，一心依靠天主；在萬物當中，天主就是他的萬物。在天主臺前，什麼也敗壞不了，什麼也滅亡不了，萬物全生活於天主，全隨祂的聖意，全事奉祂，一點也不遲延。 待續

靈修小故事

輪椅上的畫家

有一本書，書名叫「輪椅上的畫家」，寫一個遭遇嚴重打擊的女孩子。沒有人能幫助她，直到有一天她領悟到聖經一個寶貴的真理，「萬事都互相效力，叫愛天主的人得益處」。她從此仰望天父，力量也跟著來。她本來是一個活潑的女孩子，精力充沛，很喜歡運動。

這個女孩子，一次在游泳跳水時撞到水底的石頭，弄傷了頸骨，從此全身不能動彈。

感謝天父，她領悟了萬事互相效力的道理，開始仰望祂。

結果，到現在她還是不能動，環境沒有變，但心境變了。

她在輪椅上靠著天主加給她的力量，用唯一能動的嘴巴啣著筆，畫畫為天主作見證。

照人看，她是個殘廢了的人，但是在天主那裡，她卻是殘而不廢，能到處為天主作美好的見證，安慰，鼓勵了無數傷殘和健康的人。

天父承擔了她的壓力。

有人訪問她，現在這麼出名，心靈還有沒有頹喪的時候。

她回答說，她還是人，人總是有灰心的時候，但每一次頹喪的時候，她總是仰望天父，支取從上面來的力量。

知多一點點十誡

第十誡 毋貪他人財物

你的財寶在那裡，你的心也必在那裡——第十誡禁止貪心及對地上財富過度的貪婪；禁止對財富及權勢無節制的貪婪。

—第十誡要求從心裡消除嫉妒。當納堂先知想要刺激達味悔罪時，對他講述了一個故事：有一個窮人祇有一隻小羊，待它猶如自己的女兒，而富人雖有牛羊成群，卻嫉妒窮人，終於奪走了他的小羊。嫉妒可能招致更大的壞事。就是因了魔鬼的嫉妒，死亡才進入了世界(智 2:24)：

我們彼此攻擊，嫉妒使我們持刀相向……如果我們如此猛烈攻擊，致使基督的身體動搖，我們將至於何地？我們將使基督的身體軟弱無力……。我們聲稱是同一身體的肢體，而我們相互吞食，猶如猛獸。

聖奧思定視嫉妒為「特別屬於魔鬼的罪」。「從嫉妒生怨恨、誹謗、誣陷、幸災樂禍…等」。

—法律和恩寵的救恩計劃使人心放棄貪婪和嫉妒；引導人心渴望「至善」；教導人聖神的願望，聖神滿足人心。向人屢屢作許諾的天主常要人提防，那從開始就顯示出「好吃，好看，令人羨慕」(創 3:6)的誘惑。

—耶穌吩咐祂的門徒，要愛祂勝過任何事物及任何人，並要他們為了祂和福音的緣故，「捨棄他們的一切所有」基督的所有信徒，「每人都要正確地誘導自己的情感，以免違反福音的貧窮

精神，去享用世物及依戀財富，而阻止其追求完全的愛德」。

「神貧的人是有福的」(瑪 5:3)。真福八端啓示出幸福與恩寵、美麗與和平的境界。耶穌稱揚窮人的喜悅，因為天國已經是他們的了：

上主為富貴人悲傷，因為他們把安慰置於大量的財富上(路 6:24)。「驕傲人追求地上的權勢，而神貧的人卻尋求天國」。投靠天父的眷顧足以解除明日的焦慮。信賴天主是準備人得到窮人的真福。他們要看見天主。

—「我願看見天主」

對真正幸福的渴望，使人解脫對現世財物的過分依戀，而在享見天主及在天主的真福中得到滿足。「享見天主的許諾，超過一切真福。在聖經裡，看見就是擁有。看見天主的人，就是已經得到一切可能想像的財富」。

—天主的聖民還要靠從天上來的恩寵奮鬥，以獲得天主所許的財富。為了擁有天主、瞻仰天主，基督信徒消除自己的貪欲，並靠天主的恩寵，戰勝安逸和權勢的誘惑。

在成全的路上，聖神與新娘都在召喚，凡聽見的，都要與天主有圓滿的共融！