

## 祝各位教友農曆新年

平安快樂! 身體健康!

信望愛常與你們一起!

並祝主寵滿溢!

## Happy Chinese New Year

Praying that God will grant

faith, hope and love to all

parishioners in the coming year!

God bless you!

## Theme Sharing

Jesus Cures the Leper

(6th Sunday in Ordinary Time)

We hear from today's first reading how lepers would be treated in biblical times and then how Jesus in the gospel of Mark cured a leper. In those days, a person with a leprosy disease was considered unclean. He must leave his community and live in isolation from the ordinary folks. The notion of divine punishment and the feeling of abandonment and loneliness would no doubt be more difficult to bear than the physical pain of the disease. In the second reading, Paul exhorts us to do everything for the glory of God, just like Jesus who had cured and cleansed the leper to glorify God. But take note that the leper did not ask Jesus to cure his disease: his plea to Jesus was to "make him clean". Jesus obliged and instructed him to go, show himself to the priest and make offering for his cleansing as a testimony according to the laws of Moses.

For the second week in a row, Paul asks us to imitate Christ: "Take me as your model, just as I have modelled on Christ". By saying so, Paul wants us to follow his own examples to imitate Jesus who had done everything for the glory of God. We should always try to be helpful to others in all that we do, not seeking our own advantage but for the good of others so that they may be saved. We must live our lives in the spirit of the gospel with the twofold commandment of Love: love God and glorify Him in everything we do; and love our neighbours as God has loved us.

## Rejoice in God's Mercy

The Sacrament of Reconciliation –  
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.

Action: If you are afraid to go to Reconciliation, speak about your reservations with a priest or someone you know who does participate in the sacrament.

## 2015 Year Of Consecrated Life

### The Logo

A dove supports on one wing a polyhedral globe, and while resting on the water, it safeguards with the other wing three stars that arise from the water.

The Logo for the Year of Consecrated Life expresses through symbols the fundamental values of consecrated life. In it we recognize the "unceasing work of the Holy Spirit, who in every age shows forth the richness of the practice of the evangelical counsels through a multiplicity of charisms. In this way too he makes ever present in the Church and in the world, in time and space, the mystery of Christ" (VC 5).

In the lines that outline the form of the dove one can intuit the word 'Peace' in Arabic: this is a reminder that consecrated life is called to be the model for universal reconciliation in Christ.

To Be Continued

## Diocese & Other News

### 40 Days For Life Peaceful Prayer

#### Vigils

18 February – 29 March, 7 am – 7 pm  
Pray to save the lives of pre-born babies.

### Stand Up For The Most Innocent

There is no legal protection for the 8,000+ babies aborted every year in Calgary.

Join the Peaceful Prayer Vigils of 40 DAYS for LIFE from 18 February – 29 March, 7 am – 7 pm, across from the Abortion "Kensington Clinic", 2431 – 5th Ave NW Calgary.

For more information: Jairo 403-870-3905  
40daysforlife.calgary@gmail.com

### Office of Vocations

COME AND SEE WEEKEND: A priestly vocation discernment weekend will take place at St Joseph Major Seminary, Edmonton on the weekend of March 6 - 8 (beginning Friday evening, ends after lunch Sunday). Register by Feb 27th. To register contact Office of Vocations at 403-245-2753 or [mjgaffney@telusplanet.net](mailto:mjgaffney@telusplanet.net).

Coldest Night of the Year is happening in 6 days! Walk in solidarity with our homeless brothers and sisters on February 21, 2015. Here's a great video if you are looking for a promotional tool in your parish.

<https://www.youtube.com/watch?v=edUy-N21RyU>. Thank you to all our parishes that have formed teams! We are still looking for Walkers, Route Marshalls and Registration Volunteers. For more information contact Samantha Jones at 403-218-5531 or [samantha.jones@calgarydiocese.ca](mailto:samantha.jones@calgarydiocese.ca).

## Parish Activities

### ASH Wednesday

According to Bishop Henry's instruction, ashes cannot be distributed on the First Sunday of Lent. Therefore, our parish will celebrate Ash Wednesday on:

February 18 at 9:00 am Mass (English)  
and 6:30pm Mass (Chinese)

Since Ash Wednesday is Chinese New Year's Eve, parishioners could choose to observe fasting and Abstinence on Friday, February 20 instead.

It is time to get ready for a new Lenten journey. Parishioners are encouraged to join daily mass and Way of the Cross in Lent.

### Fasting and Abstinence

1. Among Catholics, fasting is a reduction in the normal amount of food consumption per day: one regular meal plus two other smaller meals without the provision of snacks during the Holy Days of observation.
2. Among Catholics, abstinence is the omission of meat and other meat products, except fish, in the diet during the Holy Days of observation.

3. Abstinence is practiced by a wider age group of Catholic individuals 14 and up as opposed to fasting which is practiced by Catholics aged 18 to 59.

### Chinese New Year's Thanksgiving and Blessing Mass

Chinese New Year's Thanksgiving and Blessing Mass will be held on February 19 (Thursday) at 9:00a.m.

### OLPH Way of the Cross in Lent

(Starting from February 20)  
English: every Friday 8:30 a.m.  
Cantonese & Mandarin:  
every Saturday 4:30 p.m.

### The sacrament of Reconciliation

The sacrament of Reconciliation will be available at parishes throughout the Diocese of Calgary all the Wednesdays of Lent (February 25, March 4, 11, 18, 25 April 1) from 7:30 pm– 8:30pm.

### Chinese New Year Banquet on Saturday February 28

We are delighted to have Bishop Henry joining us for the Chinese New Year Banquet this year.

Please come with your family for this meaningful event: "grandparents and grandchildren to join smiles" and receive blessing from Bishop Henry.

### Chinese New year banners

To celebrate the Chinese New Year, our Parish will distribute the Chinese New Year banners to parishioners. Please pick them up at the church entrances.

### Celebrate Chinese New year

To celebrate the Chinese New Year, our Parish will give the traditional Red Packet to all parishioners after Masses on February 21 and 22 in giving you the blessings for the Chinese New Year!

## Weekly Activities

Wed, Fri Feb 18, 20

### OLPH Senior Centre

Time: 9:00a.m.-12:00 noon  
Place: OLPH Church Upper Hall

Wed Feb 18

### Ash Wednesday Mass

St. Angela school will attend  
Time: 9:00a.m.

### The Sacrament of Reconciliation

Time: 7:30p.m. -8:30 p.m.

Thurs, Feb 19

### Chinese New Year Mass

Time: 9:00a.m.

Fri Feb 20

### Way of the Cross in Lent

Time: 8:30a.m

### OLPH Scout

Time: 6:30pm.-8:30 pm

Place: Upper Hall & Lower Hall

Saturday Feb 21

### Legion of Mary ( meeting )

Time: 9:45a.m.

Place: K of C Room at OLPH Church

### Yoga beginner class

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

Place: OLPH Church Lower Hall

### Way of the Cross in Lent

( Cantonese & Mandarin)

Time: 4:30p.m

### R. C.I.A (Mandarin)

Time: 2:30 p.m. - 5:00p.m.

Place: Office Building

### Young Adults

Time: 5:00 p.m. - 7:00p.m.

Place: OLPH Upper Hall

Sunday Feb 22

### Fr. Joseph Birthday Blessing Sunday School and Youth Group

Time: 10:00 a.m. Mass

### R. C.I.A (Cantonese and English)

Time: 9:30 a.m. - 12:30 p.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

Time: After 10am Mass

Place: OLPH Upper Hall

## Stories Faith Sharing

### Taking Charge

Each stage of life has its own beauty...and its own tasks.

John Paul II, Letter to the Elderly, 1999

A young priest was asked by a tired looking husband to visit his wife who was critically ill at home. Standing in the bedroom, filled with the paraphernalia for the gravely ill, the pastor noticed the husband's gentle care for his wife. But even in sickness, the wife seemed to be concerned for her husband. "Jim, you look tired. Are you getting enough sleep?"

Soon she turned this care to the visiting priest when she discovered that he was new

to the parish. "I hope everyone is making you feel at home Father? She listened to the prayers, received the Sacrament of the Sick and the Eucharist, and felt blessed by her husband and the pastor. The young priest went away feeling equally anointed by this encounter with a person who was sick and by her caregiver. Illness may sometimes make us feel we are losing control, or may even challenge some of our long held beliefs.

It can force us to grapple with fear, anger, and the unknown. Still, we need not see ourselves as victims.

We can take charge of our illness. We can find small ways to continue to live life fully and meaningfully with the people we encounter each day. A smile, a kind word, a concern even for those who are concerned for us, brings peace.

We never lose the power to influence another person. Relatives, nurses, medical Technicians, and cleaning staff, often report how they are encouraged by the courage and goodness they observe in a person who is sick. Our own pain can make us more willing to forgive others, so it may be a good time to reach out to someone who has something against us.

Gracious God, through our own troubles may we grow more sensitive to the suffering of others. Help us to show them your compassion.

An excerpt from Living with Hope in Times of Illness.

## Read More Know More

### What is Prayer

It has been said that the Christian has only one problem and that is prayer. Today I want to speak about prayer.

The first thing we have to understand as an absolute essential, if we are to grow in prayer, is the pivotal place of time because that's what prayer demands, and somehow it's the one thing we find hard to give to God. We can go to a movie and spend an entire afternoon looking at the big screen, we can spend hours on the golf course chasing that little white ball, we can drive for an hour to get to a football game, but we cannot give daily time to God in prayer. For some reason, our day seems to arrange itself in such a way that there is room for everything else except our prayer time; we always have this

awful trouble finding time for prayer. Some people solve this problem by just writing in their diary a specific time during which they have to be in the church, or in the bungalow, or in their bedroom. As the years go by these people find that their routine becomes a habit and their spiritual life 'takes off' and grows stronger day by day. Other people solve their problem by saying it's all too difficult and just give up. One thing's for sure, their spiritual life is not going anywhere. Most of us, however, want to make prayer a regular part of our lives, we just need encouragement and to be shown a 'way' to pray fruitfully. When we find ourselves in the presence of God we have to remember that there is nothing really that we can give him that he hasn't already got. Like money, for example. God does not have an account at the bank; he does not have a credit card; he doesn't go bargain hunting at K-Mart. The whole cosmos is his; he made it all and the whole lot belongs to him. All God wants from you is your time. He needs your time so that you can be with him and so that he can be with you. Only you can give God your time. Isn't it funny how often we will do other things, charity work, 40 hour famines, collect money at major intersections, we will do virtually anything, even give money, so long as we don't have to pray. We try to buy God off. 'Lord, you know how I would love to spend time with you in prayer but I'm so busy doing good things for you, you know.' And we forget that God can get lots of other people to collect that money or do that charity work, but he can't get our time from anyone else but us. So an important fact to remember is that we can't substitute anything else for time with God. Even reading holy books or gaining a degree in theology will not substitute for giving time to prayer. When we give God time we give God access to our inner selves, to our hearts. We place ourselves on the operating table of God's divine surgery and he can get to work on us. There he can deal with our problems, our weaknesses, our fears, our bad habits, our hardness of heart, our confusions and uncertainties, our angers and lack of forgiveness, our jealousies and insecurities, our lack of self esteem, our sexual urges, our compulsions, our lack of faith - our whole

journey to maturity. Only God can do this for us and only if we give him time. Now how much time would you say is a fair thing? 5 minutes a day? 10 minutes? Half an hour? An hour a day? I can't tell you how much time for prayer you need to set aside but I do know ten minutes a day just won't do it. Ten minutes exercise won't give you a healthy body; ten minutes study won't give you a pass in your exams; ten minutes practice on the golf course won't lower your handicap; 10 minutes practice on the footy field won't get you a game on Saturday. Can you imagine watching 10 minutes a day of your favourite TV show? Or worse still, can you imagine spending just 10 minutes a day with your boyfriend or your girlfriend, or your fiancé or your spouse? The time you spend at prayer each day must tell God that you are serious about him and that you are putting him first. Our world values activity, achievement, profit. In this kind of world where time equals money, prayer makes no sense at all. In this kind of world time spent on prayer is wasted time. If you are a child of this secular, material world you will never pray. If you allow the world to give you your set of values and to dictate the meaning of your life you will never pray. Prayer will not hold any meaning for you. So we seriously have to question ourselves. We have to ask: Where does our lifestyle come from? Who sets our agenda? What drives our life? Is it our fitness program? Is it our work? Is it our recreation? Is it our hobby? Or is it our desire for union with God?

by Fr John Speakman

## 主日分享

### 常年期第六主日

本主日的第一篇讀經告訴我們舊約時代如何看患癩病的人。癩病人的處境的確非常痛苦，因為他覺得天主在懲罰他，他也因為遠離其他的人而寂寞孤單。這種痛苦比疾病本身帶來的痛苦更加厲害。本主日的福音向我們敘述了一個癩病人痊癒的事蹟。福音記述，當耶穌看到那癩病人，便動了憐憫的心。我們很容易瞭解耶穌為什麼動了憐憫的心，這是因為癩病人狀況非常悲慘，

教人望而生憐。耶穌的心充滿了對那人的憐憫。在耶穌撫摸那癩病人的這件事上，不是癩病人影響耶穌，將不潔的狀況和癩病傳染給耶穌，而是耶穌影響癩病人，痊癒了他。耶穌的聖潔具有非常好的傳染力，那癩病人因為與耶穌接觸而獲得潔淨。從另一方面來說，罪也真是一種癩病，罪令人在天主面前不潔。因此，我們必須潔淨。我們可以也應該像那癩病人一樣向主耶穌說：「你若願意，就能潔淨我！」第二篇讀經中，保祿要我們效法基督。他用以下的話間接地向我們作了這個邀請，他說：「你們該效法我，如我效法了基督一樣。」保祿宗徒說自己是基督的效法者，來推使信友們效法主基督。因此，我們要學習耶穌的榜樣，「一切都要為光榮天主而作。」此外，也要像保祿所做的，「在一切事上使眾人喜歡，不求我自己的利益，只求大眾的利益。」我們要常常生活在福音的雙重愛的精神中：愛天主，一切事為光榮天主而作，並和天主結合在一起來愛他人。 節錄自梵蒂岡廣播電台

## 2015 奉獻生活年

### 獻身生活年的徽標

一隻鴿子用一扇翅膀托起一個多面球體，身體接觸到水面，又用另一扇翅膀護住從水面上升起的三顆星。奉獻生活年的徽標通過象徵手法來體現出奉獻生活的基本價值，從中我們看到“聖神永不間斷的工作，在每一時代，借著多樣的神恩，顯示奉行福音勸諭的豐碩果實。也借著這個方式，時時處處，在教會，在世間，顯示基督奧跡的臨在。”（《奉獻生活勸諭》5）我們可以從描繪鴿子的線條中看到一個阿拉伯文的“和平”سلام，這提醒我們奉獻生活就是蒙召成為在基督內讓世界和好的標記。

## 堂區活動

## 聖灰瞻禮

二月十八日星期三是聖灰瞻禮。本堂將於當日九時彌撒(英文)為教友施放聖灰。此外，根據亨利主教的指引，在四旬期第一主日不可施放聖灰，阮神父將於聖灰瞻禮當天晚上六時三十分加開中文彌撒，以方便教友領受聖灰，請各位教友能盡量參與。本堂鑑於二月十八日為中國農曆年團年，教友可自行選擇在二月二十日(星期五)守大小齋。

在四旬期內，我們可作特別的努力，每天參與彌撒、每天朝拜聖體或拜苦路。

阮神父並鼓勵教友在農曆新年期間，用守齋祈求天主在農曆新年賜予我們平安及喜樂並感謝天主過去一年對我們的眷愛。

### 教友當日要守大小齋

小齋：教會規定凡已足十四歲的教友，在每年的聖灰禮儀及聖週內星期五紀念基督聖死日，應守小齋，即在那兩天放棄取用熱血動物的肉類食物。

大齋：教會要求年齡已滿十八至五十九歲的教友在每年的聖灰禮儀及聖週內星期五紀念基督聖死日，應守小齋外，還要守大齋，即在那兩天只可飽食一餐，其他兩餐只可進食少許食物，其餘時間可飲流質飲品，但不能進食其他食物(藥物除外)。

## 四旬期苦路善功

在四旬期內二月二十日開始，按教會傳統，將舉行苦路善功，以紀念主基督為拯救人類，所受的苦難聖死。

請教友盡量抽出時間前來參與。

英語拜苦路：

逢週五早上彌撒前 8 時 30 分。

粵語國語拜苦路：

逢週六下午彌撒前 4 時 30 分。

## 農曆新年謝主及求恩彌撒

二月十九日(星期四) 早上九時歡迎所有教友一同參加，共同感謝天主過去一年及新一年的眷顧！

## 四旬期悔罪禮

卡加利教區內所有教堂在四旬期內逢星期三(2月25、3月4、11、18、25、4月1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！

## 新春團拜晚宴

亨利主教將於2月28日蒞臨本堂席設文化中心的新春團拜晚宴，請各位教友攜同府上老幼參與這項堂區共融、與眾同樂的活動，其中一環節是「祖孫攜手笑咪咪」，接受亨利主教的祝福。

## 新年揮春

為了慶祝農曆新年的來臨，本堂將派發揮春給予各位教友，揮春將擺放在教堂正門及側門入口處供教友索取。

## 慶祝農曆新年

為了慶祝農曆新年，本堂將在二月二十一日及二十二日主日彌撒後派贈紅封包與教友，以表示對大家在農曆新年的祝福！

## 活動一週

星期三、五 2月18, 20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 2月18日

聖灰彌撒—St. Angela School 參與

時間：上午9時彌撒

四旬期悔罪禮

時間：晚上7時30分至8時30分

星期四 2月19日

農曆新年感恩彌撒

時間：上午9時彌撒

星期五 2月20日

四旬期苦路善功

時間：上午8時30分

永援聖母堂童軍

時間：晚上6時30分至8時30分

地點：永援聖母堂上禮堂及下禮堂

星期六 2月21日

聖母軍(開會)

(聖母軍聖母無玷聖心支團)

時間：早上9時45分

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

四旬期苦路善功(廣東話及國語)

時間：上午4時30分

成人慕道班(國語)

時間下午2時30分至5時

地點：寫字樓大廈

大專青年團

時間：下午5時至7時

地點：永援聖母堂上禮堂

星期日 22

阮神父祝福生日的主日學及

青年會會員

時間：10時彌撒

成人慕道班(粵語及英語)

時間：上午9時30分至12時

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

青年會

時間：10時彌撒後

地點：永援聖母堂上禮堂

## 靈修小故事

### 從人間幸福到天上真福

劉太出身於清貧家庭，結婚後十年，丈夫終於從打工仔的日子，克勤克儉的，當起老板來。劉太和丈夫帶著三個兒子建立起一個幸福富裕的家庭。朋友們都羨慕劉太有今日的生活，劉太卻從不驕恣，因為以前嚐過苦，知道窮困的味兒，現時雖富有，卻仍能安分守己地生活。上星期忽然在聖堂見到她，追問之下，原來她搬家了，因為劉先生生意失敗，連房子也沒有了，故此暫時在母親家裡住。正想安慰她幾句，不料她卻說：「以前也不是一樣嗎？挨窮也挨過了，富有的日子也享受過了，我原是一無所有的，如今就算再挨苦，也只不過是再過以前的日子吧！我是絕對不怨天的。當然，最初幾天也有點不是滋味，於是到聖堂祈禱，求點力量和指引。現在，我反而覺得好平安，好像天主就在我身邊似的！」

誰說劉太現時不幸福？她富有時，大家都認為她是有福的，這是人世間的

幸福，如今生活上的轉變，使她得到另一種福樂，就是天上的真福。這就是從人間幸福到天上真福的最好例子。基督徒的幸福，應指向天上的真福，而世間生活上的幸福，應該成為我們走向天上真福的橋樑。

## 知多一點點

### 祈禱是什麼？我有十分鐘用來祈禱嗎？

基督徒祈禱是必須的，但不知為何，也總是一樣我們很難給天主的東西。我們去看電影，花上整個下午瞪著大銀幕；我們可以用幾小時在高爾夫球場上追逐小白球；我們可以駕車一小時去看一場球賽，但我們不能每天讓出一些時間向天主祈禱。我們的每天似乎能自我安排到有時間給所有的事情，除了祈禱；找時間祈禱，往往是困難重重的。有一件事是肯定的，當我們面對天主時，我們必須記住，我們沒有什麼給天主而是祂缺乏的，而我們可以給天主的，是你的時間。祂需要你的時間，好使你可以與祂，祂也可以與你在一起。祇有你可以給天主你的時間。

有趣的是，我們做很多事，愛德工作，飢饉四十，募集善款；我們幾乎做盡所有事情，甚至捐錢，祇要我們不用祈禱。我們試圖與天主做交易。“主啊，你知道我喜歡與你在祈禱中相遇，但我要處理這些為你做的好事，你明白的。”我們忘記了，其實天主能找很多人來收集善款，或做慈善工作，但祂不能讓別人把我們的時間給祂。因此，要記住的是，我們不能以任何其他的東西代替與天主共處的時間。即使讀屬靈書籍或攻讀神學都不能取代祈禱的時間。

我們就讓天主進入我們的心和內裡的我。我們把自己放在天主神聖的手術台上，讓祂可以作工。在那裡，祂可以處理我們的問題，我們的軟弱，我們的恐懼，我們的壞習慣，我們的硬心，我們的混亂和不明確，我們的憤怒和缺乏寬恕，我們的嫉妒和不安，我們的缺乏自尊，我們的性慾，我們的衝動，我們的缺乏信心----我們整個通往成熟的旅程。祇有天主可以做到

這些，而祇有如果我們給祂時間的話。現在你會問，多少時間是恰當的？每天五分鐘？十分鐘？半小時？一小時？我不能告訴你，多少時間禱告才足夠。但我知道一天十分鐘是不夠的。十分鐘的運動不會給你一個健康的身體；十分鐘的研究不會令你考試及格；十分鐘的練習不會提高你的球技；你能想像一天看十分鐘你最喜愛的電視節目嗎？你能想像一天祇有十分鐘與你的男友或女友一起嗎？你每天用在祈禱的時間必須能告訴天主，你是認真的，你把祂放在第一位。

我們的世界重視活動，成就，利潤。在這時間等於金錢的世界裡，祈禱成了沒意義的事。在這樣的世界，花時間祈禱就是浪費時間。

如果你是這世俗，物質世界的孩子，你將永遠不會祈禱。如果你讓世界給你一套價值觀和支配你的生活的含義，你永遠不會祈禱。祈禱不會給你任何意義。因此，我們必須認真的問自己。我們不得不問：我們的生活方式從何而來？誰規定我們的日程？究竟推動我們生活的是什麼？是我們的健身計劃嗎？是我們的工作嗎？是我們的娛樂嗎？是我們的興趣嗎？抑或是我們願與天主結合的期望？