

Theme Sharing

Easter Sunday

Today is Easter Sunday. The Church celebrates the resurrection of Jesus Christ as well as the rebirth of Christians at their baptism.

Easter commemorates that Jesus has risen from the dead. It also reminds us that we have regained our life in Christ. The first reading, from the Acts of the Apostles, recounts the baptism of Cornelius by Peter. Cornelius, a non-Jew, was a centurion with the Roman Legion. His baptism signifies that salvation would also extend to the Gentiles and all men. In his letter to the Colossians in today's second reading, Paul exhorts us to live a new life together with the risen Christ and set our minds on "things that are above". In the gospel, John emphasizes that the apostles "as yet did not understand the scriptures that Jesus must rise from the dead". We need to ask ourselves if we also understand this part of the scriptures. The true meaning of Easter perhaps may be reflected in the Opening Prayer: "God our Father, by raising Christ your Son, you conquered the power of death and opened for us the way to eternal life. Let our celebration today raises us up and renew our lives by the Spirit within us Amen". Alleluia!

2015 Year Of Consecrated Life

The Special Value Of The Consecrated Life

Within this harmonious constellation of gifts, each of the fundamental states of life is entrusted with the task of expressing, in its own way, one or other aspect of the one mystery of Christ. While the lay life has a particular mission of ensuring that the Gospel message is proclaimed in the temporal sphere, in the sphere of ecclesial communion an indispensable ministry is carried out by those in Holy Orders, and in a special way by Bishops. The latter have the task of guiding the People of God by the teaching of the word, the administration of the sacraments and the exercise of sacred power in the service of ecclesial communion, which is an organic communion, hierarchically structured. As a way of showing forth the Church's holiness, it is to

be recognized that the consecrated life, which mirrors Christ's own way of life, has an objective superiority. Precisely for this reason, it is an especially rich manifestation of Gospel values and a more complete expression of the Church's purpose, which is the sanctification of humanity. The consecrated life proclaims and in a certain way anticipates the future age, when the fullness of the Kingdom of heaven, already present in its first fruits and in mystery, will be achieved, and when the children of the resurrection will take neither wife nor husband, but will be like the angels of God (cf. Mt 22:30). The Church has always taught the pre-eminence of perfect chastity for the sake of the Kingdom, and rightly considers it the "door" of the whole consecrated life. She also shows great esteem for the vocation to marriage, which makes spouses "witnesses to and cooperators in the fruitfulness of Holy Mother Church, who signify and share in the love with which Christ has loved his Bride and because of which he delivered himself up on her behalf". In this perspective, common to all consecrated life, there are many different but complementary paths. Men and women Religious completely devoted to contemplation are in a special way an image of Christ praying on the mountain. Consecrated persons engaged in the active life manifest Christ "in his proclamation of the Kingdom of God to the multitudes, in his healing of the sick and the suffering, in his work of converting sinners to a better life, in his solicitude for youth and his goodness to all". Consecrated persons in Secular Institutes contribute in a special way to the coming of the Kingdom of God; they unite in a distinctive synthesis the value of consecration and that of being in the world. As they live their consecration in the world and from the world, "they strive to imbue everything with an evangelical spirit for the strengthening and growth of the Body of Christ". For this purpose they share in the Church's evangelizing mission through their personal witness of Christian living, their commitment to ordering temporal affairs according to God's plan, and their cooperation in service of the ecclesial community, in accordance with the secular way of life which is proper to them.

Diocese & Other News

Information Day on the Diocesan

Priesthood

This day is for men between the ages of 17 and 35 years. It includes talks given by Bishop Henry and priests of the diocese. Location: Sacred Heart Church, 1307 – 14th St. S.W., Calgary, (Housey Hall). Date: Saturday, April 18, 9:00 a.m. – 1:30 p.m. (lunch provided) For further information and to register contact: Office of Vocations Phone: 403-245-2753 E-mail: mjgaffney@telusplanet.net

News & Others

Pope Declares Extraordinary Holy Year of Mercy

A Holy Year of Mercy from the 8th of December 2015 to November 20, 2016 is intended to use peace and reconciliation in the world and especially in the Middle East as a means of uniting Catholics-Protestants and Others [including Muslims and Jews] under papal moral authority and reconciling religious dissension.

Preceding the launch of the Holy Year the Pope will confer with US president Obama in Washington and address a joint session of congress calling for Middle East peace. He will also address the UN General Assembly calling for peace

Marking the second anniversary of the election of Pope Francis, Pope Bergoglio told the faithful at St Peter's Basilica that the Catholic Church can make clear its mission of being a witness of mercy with an Extraordinary Jubilee that has the mercy of God at its center. A Holy Year of Mercy, one of the most important themes of his papacy with which all Catholics are called to give consolation to every man and every woman. Francis entrusted the Holy Year to Mary, Mother of Mercy.

December 8 2015 is the 50th anniversary of the end of the Second Vatican Council and the Feast of the Immaculate Conception, while November 20 is the Feast of Christ the King.

The Holy Year, or Jubilee, is one of the Catholic Church's most important events, in which faithful make pilgrimages to Rome. The last one, declared by John Paul II, was in 2000 and about 25 millions of pilgrims came to Rome to take part in religious festivities throughout the year. It was especially important because it purported to

celebrated the 2000th anniversary of the birth of Christ and because it was the first Holy Year marking the turn of a millennium: the earliest Jubilee was proclaimed by Pope Boniface VIII in 1300.

This will be the 29th Holy Year in the Catholic Church since the tradition started more than 700 years ago.

Holy Years normally take place every 25 years unless a pope decrees an extraordinary one to bring attention to a particular topic or need. The next one had been scheduled for 2025.

Any faithful who make pilgrimages to religious sites during a Holy Year will receive indulgences for sins.

The Vatican said the official proclamation of the Holy Year, a document called a papal bull, is to be published in April.

The last extraordinary Holy Year was called in 1983 by Pope John Paul II to mark the supposed 1,950 years after the death of Jesus. The "special" Holy Year does not alter the recurrence of Ordinary Jubilees.

This "Holy Year" is about far more than world peace; it is about uniting all religions under the moral banner of the Pope, and most especially about ecumenism and bringing the Protestants to accept the pope as their moral authority.

Parish Activities

Tuesday evening Mass Cancelled

Tuesday Evening Mass (7:00 pm) will be cancelled on April 7.

Divine Mercy Sunday, (April 12)

"According to the teaching of Jesus Christ we human beings not only receive and experience God's mercy but also are commanded to 'show mercy' to others."

—Pope John Paul II

As a further sign of His forgiving love, Jesus called for a Feast of Divine Mercy to be celebrated in the whole church. Jesus said to sister Faustina, "I want this image to be solemnly blessed on the first Sunday after Easter. That Sunday is to be the Feast of Divine Mercy. On that day, the depths of My Mercy will be open to all. Whoever will go to confession and Holy Communion on that day will receive complete forgiveness of sin and punishment. Mankind will not enjoy peace until it turns with confidence to My Mercy."

According to Guidelines for Divine Mercy Observances from Bishop F. B. Henry., no Novenas at all may take place in parishes during the three-day period of the Easter Triduum. Parishioners are encouraged to pray at home. The pamphlets for the Novena of the Divine Mercy can be picked up at the church main and side entrances.

7-days Novena Of The Chaplet of Mercy

Date: April 6 (Monday) to
April 12 (Sunday)

Time: This will be prayed 15 minutes before mass or the day's liturgical celebration.

Divine Mercy Sunday:

Date: April 12, 2015

Time: 2:00 – 3.30 pm

Place: Our Lady of Perpetual Help Church

It will be celebrated with prayers, hymns, scripture reading, homily, Act of Entrustment to the Divine Mercy and Exposition of the Blessed Sacrament. Priest is available for the Sacrament of Reconciliation.

Together in Action 2015

Theme: "Let us hold fast to the confession of our hope without wavering for he who has promised is faithful." (Hebrews 10:23)

In 2015 our parish's target will be identical to our portion from the diocese at \$22,297. We plead for your ongoing support. Together we will help thousands within our own communities and abroad through difficult times. Parishioners can pick up the donation envelopes at the entrances. Let's take action now!

Weekly Activities

Wed, Fri 8, 10

OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Fri 10

OLPH Scout

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

Place: Upper Hall & Lower Hall

Saturday 11

Legion of Mary (meeting)

Time: 9:45a.m.

Place: K of C Room at OLPH Church

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. - 12:30p.m.

Place: OLPH Church Lower Hall

Yoga beginner class

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

Place: OLPH Church Lower Hall

R. C.I.A (Mandarin)

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

Place: Office Building

Young Adults choir practice

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

Place: OLPH Lower Hall

OLPH Scout (Sleepover)

Time: 5:00pm.-10:00 am(Sunday)

Place: Upper Hall & Lower Hall

Faith Sharing Group (N.W.)

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

Contact: Wendy Tai 403-208-2268

Sunday 12

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

Place: OLPH Upper Hall

K of C Matteo Ricci 10119 meeting

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

Place: OLPH Church K of C room

Divine Mercy Sunday,

Time:2:00p.m.-3:30p.m

Place: OLPH Church

Stories Faith Sharing

God's Cake

Sometimes we wonder, "What did I do to deserve this?" or "Why did God have to do this to me?" Here is a wonderful explanation! A daughter is telling her mother how everything is going wrong, she's failing algebra, her boyfriend broke up with her and her best friend is moving away. Meanwhile, her mother is baking a cake and asks her daughter if she would like a snack, and the daughter says, "Absolutely, mom, I love your cake."

"Here, have some cooking oil," her mother offers. "Yuck", says her daughter. "How about a couple of raw eggs?" "Gross mom!" "Would you like some flour then? Or maybe baking soda?" "Mom, those are all yucky!" To which the mother replies: "Yes, all those things seem bad all by themselves. But

when they are put together in the right way, they make a wonderfully delicious cake! God works the same way. Many times we wonder why He would let us go through such bad and difficult times. But God knows that when He puts these things all in His order, they always work for good! We just have to trust Him and, eventually, they will all make something wonderful! God is crazy about you. He sends you flowers every spring and a sunrise every morning. Whenever you want to talk, he'll listen. He can live anywhere in the universe, and He chose your heart."

"I hope your day is a 'piece of cake!'"

Life may not be the party we hoped for, but while we are here we might as well dance. God bless you!

Read More Know More

Background of the Divine Mercy Devotion

From the diary of a young Polish nun, a special devotion began spreading throughout the world in the 1930s. The message is nothing new, but is a reminder of what the Church has always taught through scripture and tradition: that God is merciful and forgiving and that we, too, must show mercy and forgiveness. But in the Divine Mercy devotion, the message takes on a powerful new focus, calling people to a deeper understanding that God's love is unlimited and available to everyone — especially the greatest sinners. The message and devotion to Jesus as The Divine Mercy is based on the writings of Saint Faustina Kowalska, an uneducated Polish nun who, in obedience to her spiritual director, wrote a diary of about 600 pages recording the revelations she received about God's mercy. Even before her death in 1938, the devotion to The Divine Mercy had begun to spread. The message of mercy is that God loves us — all of us — no matter how great our sins. He wants us to recognize that His mercy is greater than our sins, so that we will call upon Him with trust, receive His mercy, and let it flow through us to others. Thus, all will come to share His joy. It is a message we can call to mind simply by remembering ABC.

A — Ask for His Mercy. God wants us to approach Him in prayer constantly, repenting of our sins and asking Him to pour His mercy out upon us and upon the whole world.

B — Be merciful. God wants us to receive His mercy and let it flow through us to others. He wants us to extend love and forgiveness to others just as He does to us.

C — Completely trust in Jesus. God wants us to know that the graces of His mercy are dependent upon our trust. The more we trust in Jesus, the more we will receive.

主日分享

復活主日

今天，我們慶祝主的復活。復活節是整個禮儀年中最重要的節日。是一個光的節日：復活了的主光照我們，在我們的心中注入了無限的喜樂、無限的希望，並使我們的心充滿了愛。福音告訴我們在復活主日早上發生的事。這段福音要我們知道，門徒們並沒有預料到耶穌復活。他們想，一切都隨著耶穌的去世而完了，他們沒有明白耶穌有關祂復活的預言。在第一篇讀經中，伯多祿宣報了耶穌復活的信息。伯多祿進入百夫長科爾乃略家中，祂發言宣佈說：耶穌巡行各處，施恩行善，治好一切受魔鬼壓制的人，因為天主與祂同在。然而祂卻被人不公平地殘酷地殺死，但第三天，天主使祂復活，顯現給許多的人。在第二篇讀經中，保祿向我們揭示了基督的復活為我們的生命所帶來的效果：他斷言我們和基督一同復活了。因此，我們有義務度符合所得到的這非凡恩典的生活。保祿這樣斷言：「你們既然與基督一同復活了，就該追求天上的事，在那裏有基督坐在天主的右邊。你們該思念天上的事，不該思念地上的事。」

我們應該追求的天上的事，都是一些非常具體的事。追求天上的事，是說，要慷慨、要有服務精神、要關注別人的需要，我們的生活要能相稱於耶穌，因為祂為我們獻出了性命。我們要因這非凡的恩典而全心感謝天主。 節錄自梵蒂岡廣播電台講稿

2015 奉獻生活年

獻身生活的特有價值

在眾神恩的和諧光輝中，每一生活形式都受委托以各自的方式表達同一的基督奧跡的不同面。平信徒有其特殊的使命，確保福音信息在俗世得以傳報；而在教會共融的層面，則由聖秩人員履行其不可缺少的職務，特別是由主教們擔當。主教們的任務是藉著宣講福音、施行聖事，並在聖統架構下的教會共融中執行他們的神聖職權等方式，領導照顧天主的子民。獻身生活既反映了基督的生活，成為表彰教會的聖德的一個方法，那麼，我們應該承認獻身生活本身具有客觀的卓越性。它對福音價值作特別豐富的展現，對教會聖化人類的目標也給與更完全的表達。獻身生活宣報也預示現今已現初果，而將在來日圓滿實現的天國，屆時復活的子女不娶不嫁，都像上主的天使一般。教會一向推崇為天國而獨身的杰出性，並視之為整個獻身生活的「門戶」。教會也同樣重視婚姻生活的聖召，度婚姻生活者「成為慈母教會繁殖力的証人與合作者，他們象征並且分享基督鐘愛祂的淨配，並為之舍命的愛情。」對各種的奉獻生活而言，都有許多不同而互補的途徑。度完全靜觀生活的男女修會，特別反映的是山上祈禱的基督。從事使徒工作的修會團體則反映基督「向群眾宣布天國，治愈疾病與苦痛，使罪人洗心革面，祝福兒童，向一切人施恩行善」。在俗團體的獻身者對天國來臨有其特殊的貢獻，他們將獻身的價值和置身俗世，綜合為一。他們的獻身既是在世俗中，也是離開世俗。「他們努力在一切事上注入福音精神，以增強基督奧體的成長」。為了這個目的，他們分擔教會的福傳使命，親身為基督徒生活作見証，盡力按天主的旨意安排俗務，同時也各按自己的在俗生活崗位參與教會團體的服務。

新聞及其他

教宗方濟各宣佈特殊禧年：
慈悲聖年

“慈悲禧年”簡介：慈悲使世界少一點冷漠、多一點正義

“你們應當像天父那樣慈悲”。教宗方濟各宣布的“慈悲特殊禧年”以《路加福音》中的這句話作為指導。“慈悲禧年”從 2015 年 12 月 8 日聖母始胎無染原罪瞻禮開始，到 2016 年 11 月 20 日基督普世君王節結束，旨在邀請普世信徒積極參與修和聖事。

教宗方濟各表示：“只要些許仁慈，就能使世界少一點冷漠、多一點正義。”這句話描繪了他的訓導方針——慈悲。從另一方面講，寬恕的主題對教宗而言十分重要：事實上，教宗方濟各在被任命為主教時，就選擇“因仁愛而被揀選”為自己的座右銘。當他成為教宗後，在《福音的喜樂》宗座勸諭中甚至有 31 處提到“慈悲”一詞，並且在 2015 年的四旬期文告中勉勵信友成為“冷漠大海中的慈悲之島”。

禧年又稱聖年。教宗方濟各宣佈的慈悲禧年，是自上個世紀以來的第三個“特殊”禧年。前兩個特殊禧年分別由庇護十一世和若望保祿二世在 1933 年和 1983 年宣佈，目的是慶祝基督救贖世界 1900 週年和 1950 週年。迄今為止，天主教會已經慶祝了 26 次常規聖年，其中大部分相鄰聖年的間隔時間為 25 年。最近一次常規聖年是若望保祿二世在 2000 年舉行的千禧年。

2015 年 12 月 8 日聖母始胎無染原罪瞻禮，聖伯多祿大殿舉行的聖門開啓儀式將是“慈悲禧年”的象徵性的舉動。聖門在平時是被封死的，只有在聖年期間才被打開，為信徒提供一條獲得救恩的特殊途徑。根據儀式，教宗方濟各將用錘子在封閉聖門的磚牆上敲 3 次，待聖門打開後，教宗將從這裡進入聖伯多祿大殿。

聖伯多祿大殿的聖門開啓後，羅馬另外 3 座宗座大殿，即聖若望拉特朗大殿、聖母大殿和城外聖保祿大殿的聖門也將開啓。聖年期間，常年期主日的讀經將取自《路加福音》，聖史路加記載了亡羊和蕩子的比喻，因此也被稱為“仁慈聖史”。

身為伯多祿繼承人，教宗方濟各此舉也是為了紀念他兩位前任的訓導。事實上，是若望保祿二世特別提出了仁慈的主題：1980 年頒佈了《富於仁慈

的天主》通諭；將復活節後第八天定為天主慈悲主日。因此，教宗方濟各決定於今年 4 月 12 日天主慈悲主日隆重正式宣布“慈悲禧年”也並非出於偶然。屆時，他將在聖伯多祿大殿聖門前頒佈相關詔書。

慈悲禧年對本篤十六世的懷念，涉及他於 2012 年宣布的信德年。信德年開始時正值梵二大公會議召開 50 週年，其結束時間為 2013 年 11 月 20 日，基督普世君王節，而慈悲禧年的結束時間也是基督普世君王節，3 年後的一天，並且正值梵二大公會議閉幕 50 週年。 梵蒂岡電台訊

堂區活動

週二黃昏彌撒取消

四月七日週二晚上七時彌撒取消。

神聖慈悲瞻禮

四月十二日(星期日)

教宗若望保祿二世按照耶穌顯現給聖女傅天娜時的指示，在二零零一年將規定在復活主日後的第一個星期日舉行神聖慈悲瞻禮。那正是基督復活後的第八天。從主耶穌顯現給聖女傅天娜的訊息中，教友在當天參與神聖慈悲瞻禮、領聖體及辦告解，可得全大赦。

為回應亨利主教的指示，所有教堂在復活期三天內的主日，不可在教堂內舉行其他慶典，但教友可於家中誦念。因此本堂誦念慈悲串經的日期有以下更改：

本堂將從四月六日(星期一)至四月十二日(星期日)連續七天，在中、英文彌撒或當天禮節前五分鐘向慈悲的天主作七日敬禮，誦念慈悲串經。此外，教友可在家中作神聖慈悲敬禮九日祈求，經文小冊子可在教堂正門及側門入口處拿取。

本堂並於四月十二日(星期日)下午二時至三時三十分在永援聖母堂慶祝神聖慈悲瞻禮，內容包括祈禱，歌詠，聖經誦讀，講道，托付救主慈悲禱文及顯供聖體，並舉行修和聖事，希望各教友以積極投入的精神，參與祈禱，來回應基督在聖死與復活的奧跡中對人類所顯示的無限仁愛。

2015 教區公益金，齊來獻愛心

主題是「藉可忠信那位的許諾，堅持著不動搖的希望。」希伯來書 10 章 23 節，「讓我們一起來行動」(TIA) 現已開始，我們堂區今年的目標與堂區配額同是 \$22,297。請立即行動！

活動一週

星期三、五 8, 10

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 10

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 11

聖母軍(開會)

(聖母軍聖母無玷聖心支團)

地點：聖堂二樓騎士會室

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

楊式太極班

時間：上午 10 時至 12 時

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

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

大專青年團練習聖詩

時間：下午 5 時至 7 時

地點：永援聖母堂下禮堂

永援聖母堂童軍

時間：晚上 5 時至明天 10 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 12

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：上午 11 時至 12 時 30 分
 地點：永援聖母堂上禮堂
 利瑪竇騎士會 10119 開會
 時間下午 12 時 30 分至 2 時 30 分
 地點：聖堂騎士會室
 神聖慈悲瞻禮
 時間：下午 2 時至 3 時 30 分
 地點：永援聖母堂

靈修小故事

天堂雜貨店

我沿著人生的公路走著。
 一天我看到一塊寫著「天堂雜貨店」的招牌。
 當我靠得更近一些，店門大開，然後，我發現自己正站在店裡。
 我看到一大群的天使，每一個地方都有天使的蹤影，其中一位遞給我一個籃子，並且說：「我的孩子，謹慎購買你要的東西。」
 每一個人所需要的東西，這間雜貨店裡都有，如果你沒有辦法帶走全部的東西，可以改天再回來買更多。
 首先，我拿了一些耐心，愛與之並排在一起，更遠處放的是體諒，無論你往何處去，你都會需要它。
 我要了一兩盒的智慧，一兩袋的信仰，我絕對不會錯過聖神，因為祂充滿整個地方。
 我停下來去取一些堅強和勇氣，幫助我跑完這場比賽。
 就在我的籃子越來越滿的時候，我記起我還需要天主的恩典。
 我沒有忘記救贖，因為救贖是免費，所以我設法多拿一些足夠你跟我用的救贖。
 然後我準備去櫃台付清我的購物帳單，因為我想我已經有了一切配備，好去實行天主的心願。
 當我行走在走廊上，我看見了祈禱，我正好可以放一些到籃子裡，因為我知道當我在塵世行走時，我也許很快就會深陷在罪惡裡。
 平安和喜悅是如此的豐富，它們在架上的尾端，歌聲和讚美正掛在附近，所以我正好幫自己拿一些。
 那時，我對一位天使說：「現在，我該付多少錢呢？」天使又微笑了，並且回答我說：「我的孩子，天主在很

久、很久以前，已經為你付清全部的帳單了！」

知多一點點

救主慈悲敬禮的精髓

信賴

信賴是我們對天主應有的情感。信賴不但是指望德，還要包括活潑的信德、謙遜、堅忍和痛悔己罪的精神，就像孩子一樣，無論在任何環境也對天父的慈愛和全能充滿信賴。信賴是救主慈悲敬禮非常重要的一部分，沒有信賴之心，便沒法實行這個敬禮，因為朝拜救主慈悲首要的事，就是表達我們的信賴之心。只要懷著信賴之心，即使沒有實踐敬禮的其他行為，這個信賴天主的靈魂也必能獲得恩寵，接受天主的仁慈。耶穌曾許諾說：「我渴望把你們難以想像的恩寵，賜給信賴我的慈愛的靈魂。讓他們懷著極大的信心來到慈悲的汪洋吧。罪人會稱義，正義的人會得到肯定。不論誰信賴我的慈悲，也會在臨終時充滿我所賜的平安。」

信賴不但是敬禮的主要精神，也是獲取恩寵的條件。耶穌告訴傅天娜修女說：「要獲得我的慈悲所包含恩寵，只有一個方法，就是要信賴我。靈魂越信賴我，便會獲得更多的恩寵。對我充滿信賴的靈魂，能給我極大的安慰，因為我會把寶貴的恩寵賜給他們。如果他們的祈求多，我便雀躍萬分，因為我渴望賜下大量的恩寵。信賴我的仁慈的靈魂真有福，因為我會親自照顧他們。沒有任何靈魂呼求我的慈悲後會失望而回或蒙受羞辱。人靈若信靠我的美善，我便以他們為樂。」

仁慈

仁慈是我們對所有人應抱的態度。耶穌告訴傅天娜修女說：「我要你為愛我的緣故，實施仁慈的行為。你應該時時處處仁慈地對待近人，不得畏縮不前，或是諸多推託。我要教你三個仁慈地對待近人的方法：第一是行為，第二是言語，第三是祈禱。這三種方法充份地表達了仁慈，而且還無容置疑地證明你對我的愛。人靈能藉

著這三種行為，光榮和恭敬我的仁慈。」