

Theme Sharing

Pentecost Sunday

Pentecost Sunday marks the triumphant end of Christ's Paschal Mystery. The first reading, from the Acts of the Apostles, describes how the Holy Spirit descended upon the apostles on Pentecost Day; whereas the second reading reminds us the important role the Spirit plays in our daily lives. Such role played by the Spirit in the lives of the early Christians in the professing and deepening of their faith is plainly shown in the gospel. One of the symbols of the Holy Spirit is the "tongue". The Spirit loosens the tongue and confers the power of communication and persuasive speech. It was on the day of Pentecost that the apostles were all filled with the Holy Spirit and began to speak foreign languages gifted to them by the Spirit. Through the Holy Spirit, we and other Christians throughout the world will be reunited into one. This is the Spirit's marvelous deed that cannot possibly be accomplished by mere human effort. During the Passion of Christ, Peter denied Jesus three times as he was too scared to identify himself as a follower of Christ. Now filled with the Holy Spirit, Peter spoke boldly and courageously to the Jews about the death and resurrection of Christ and "God's deeds of power." We are therefore confident that, through the Spirit, the Good News will be spread to all the ends of the earth. It should be our goal to follow the Holy Spirit in our lives. We should be led by the Spirit whenever we have important decisions or choices to be made in our lives; and we should pray earnestly to Him to guide and enlighten us and fill us with His love. If we want to live an exemplary life of goodness and joy, we must allow ourselves to be led by the Spirit every step of our way in our earthly sojourn.

Pope's Monthly Prayers Intention

June General and Missionary

Intention

Universal: Immigrants and refugees

That immigrants and refugees may find welcome and respect in the countries to which they come.

Evangelization: Vocations

That the personal encounter with Jesus may arouse in many young people the desire to

offer their own lives in priesthood or consecrated life.

2015 Year Of Consecrated Life

"In Spirit": consecrated by the Holy Spirit

"A bright cloud overshadowed them" (Mt 17:5). A significant spiritual interpretation of the Transfiguration sees this cloud as an image of the Holy Spirit. Like the whole of Christian life, the call to the consecrated life is closely linked to the working of the Holy Spirit. In every age, the Spirit enables new men and women to recognize the appeal of such a demanding choice. Through his power, they relive, in a way, the experience of the Prophet Jeremiah: "You have seduced me, Lord, and I have let myself be seduced" (Jer 20:7). It is the Spirit who awakens the desire to respond fully; it is he who guides the growth of this desire, helping it to mature into a positive response and sustaining it as it is faithfully translated into action; it is he who shapes and moulds the hearts of those who are called, configuring them to Christ, the chaste, poor and obedient One, and prompting them to make his mission their own. By allowing themselves to be guided by the Spirit on an endless journey of purification, they become, day after day, conformed to Christ, the prolongation in history of a special presence of the Risen Lord. With penetrating insight, the Fathers of the Church have called this spiritual path *philokalia*, or love of the divine beauty, which is the reflection of the divine goodness. Those who by the power of the Holy Spirit are led progressively into full configuration to Christ reflect in themselves a ray of the unapproachable light. During their earthly pilgrimage, they press on towards the inexhaustible Source of light. The consecrated life thus becomes a particularly profound expression of the Church as the Bride who, prompted by the Spirit to imitate her Spouse, stands before him "in splendour, without spot or wrinkle or any such thing, that she might be holy and without blemish" (Eph 5:27). The same Spirit, far from removing from the life of humanity those whom the Father has called, puts them at the service of their brothers and sisters in accordance with their particular state of life, and inspires them to undertake special tasks

in response to the needs of the Church and the world, by means of the charisms proper to the various Institutes. Hence many different forms of the consecrated life have arisen, whereby the Church is "adorned by the various gifts of her children ... like a bride made beautiful for her spouse (cf. Rev 21:2)" and is enriched by the means necessary for carrying out her mission in the world.

Diocese & Other News

St. Peter's Parish, Calgary

A Story of Love

The Eucharist is the source and summit of the Catholic faith and hundreds of Eucharistic miracles have been documented. St. Peter's will be hosting the Eucharistic Miracles Exhibition & Conference from June 2 - 7. The exhibit will showcase 50 - 75 placards depicting Eucharistic Miracles. For more information & schedule of events go to www.st-peters.ca. For volunteer and sponsorship opportunities please contact Kusum Di Marco at events@st-peters.ca.

Humanitarian Crisis in Nepal:

The Canadian Catholic Organization for Development and Peace (CCODP) has launched an appeal for donations to help in humanitarian emergency in Nepal. See the following links:

<https://www.devp.org/en/civicrm/contribute/transact?reset=1&id=13>.

You may also contribute by sending your cheques through the Office of the Diocese to CCODP - simply mark "Nepal" (to the address: Catholic Pastoral Centre, 120-17th Ave. SW, Calgary, AB, T2S-2T2). Thank you.

Parish Activities

Exposition of the Blessed Sacrament on June 6

The June's Exposition of the Blessed Sacrament will be led by Adult Catechism on June 6 from 10am to 11am. Fr. Nguyen will listen to Confession. Parishioners are encouraged to attend.

Youth Night May 30th, 2015

Youth Night will be held on Saturday May 30th, 2015 from 6pm -10pm at Upper Hall. Complimentary dinner will begin at 6pm and

a spiritual talk will follow at 7pm. Afterwards, we will be going to Extreme Air Park for some extreme trampoline. The fee will be \$7 per youth and \$10 per adult. All youths, young adults and families are encouraged to attend this event.

Movie Night - Stolen Summer

A [drama film](#) about a [Catholic](#) boy who befriends a terminally ill [Jewish](#) boy and tries to convert him, believing that it is the only way the Jewish boy will get to [Heaven](#).

Date: June 6 (Saturday)

Time: 6 pm Potluck, 6:30 pm Movie

Place: OLPH Upper Hall

OLPH Parish Pastoral

Council Election of Lay Councillors

The OLPH Parish Pastoral Council is made up of the Pastor, Deacons and lay members. The terms of office of Councillors will expire at end of this year. Fr. Nguyen and the OLPH Parish Pastoral Council decided that a general election will be held on Sunday, November 1, 2015.

Nomination Forms to fill these positions are now available at the Church entrances. Parish groups may nominate their members to stand for election. A parishioner may "self-nominate" or nominate another parishioner as a lay councillor to the Council. Please note that a written Consent from the nominee is required. The duly completed Nomination/Consent Form must be submitted to the Parish Office under confidential cover by Friday, September 20, 2015 at office hours.

Article 4.2 of the Council's Constitution, which sets out the requirements of council membership (lay councillor), states as follows:

Any member of the parish who satisfies the following requirements is eligible for appointment as a lay councillor. For the effective discharge of the Council's mandate, a Parishioner wishing to serve on the Council must be:

- Registered with the parish as a parishioner;
- Over the age of 18;
- Willing to serve on the council at least for a full term of two years;
- Comfortable to work with his or her peers as a team and not be self-seeking;
- Willing to attend, and contribute to, the meetings of the Council and its committees; and

(f) Willing to attend training sessions, camps or programs intended for his or her spiritual or management development.

A copy of the Council's Constitution and its Bylaws is placed on the Notice Board at the back of the church for general information.

The documents are also available on the parish website. For further enquiries, please call OLPH Parish Secretary (403-265-7926).

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. As of April 12, our campaign has received a total of \$9,260.

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 May 27, 29

OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Fri May 29

St. Angela School Mass

Time: 9:00a.m.

Place: OLPH Church

OLPH Scout

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

Place: Upper Hall & Lower Hall

Sat May 30

Legion of Mary (meeting)

Time: 9:45a.m.

Place: K of C Room at OLPH Church

Tai Chi Lesson

Time: 10:00 a.m. - 12:00noon

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: K of C Room at OLPH Church

Young Adults choir practice

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

Place: OLPH Lower Hall

Sun May 31

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
Breakfast Corner

Time: After 8:30a.m.Mass

Place: OLPH Upper Hall

Let There Be Light

Twenty-nine very useful reminders for Christians

- Next time when you think you are terrific, try walking on water.
- When the devil reminds you of your past, remind him of his future.
- You are not lucky, you are blessed.
- If you really want to live, you must go through the experience of death first.
- Opportunity may only knock once, but temptation is always at the door bell.
- When we are strong, we often forget God.
- Those who call out for "Heavenly Father" only on Sunday live like orphans the rest of the week.
- Do not be self-centered, be Christ-centered.
- No Christ, no peace; know Christ, know peace.
- Why we don't mention God to our friends?
Because we don't mention our friends to God. To Be Continued

Stories Faith Sharing

Work in the Field

A young man crossed the desert and finally came to the monastery of Scete. There, he asked to hear one of the abbot's lectures - and was granted permission. That afternoon, the abbot's discourse was about the importance of work in the field. After the lecture, the young man said to one of the monks: "That was amazing. I thought I would hear a fine sermon about virtues and sins, and the abbot spoke only of tomatoes, irrigation and so forth. Where I come from, all believe that God is merciful: all one must do is pray." The monk smiled and replied: "Here we believe that God has already done His part; now it is up to us to continue the process."

Read More Know More

Pentecost.

"Pentecost," what does it mean? The word "Pentecost" means the "fiftieth day" after Easter. Yes, seven weeks have already passed since Easter. It seems like Easter was just a couple of weeks ago, but no, it was nearly a couple of months ago. Why do we celebrate "Pentecost?" It is because on that day nearly two thousand years ago, the Holy Catholic Church was made known to the world by the outpouring of the Holy Spirit.

In summary, the celebration of Pentecost represents the fiftieth day on which:

- 1) The Church received the outpouring of the Holy Spirit;
- 2) The founding of the One, Holy, Catholic and Apostolic Church that has the fullness of the means of salvation;
- 3) The beginning of the age when Jesus communicates His work of salvation through the liturgy of the Church;
- 4) The beginning of the dispensation of the Church Sacraments;
- 5) The ordained ministry in apostolic succession; and,
- 6) The arrival of the invisible Kingdom of God on earth in Jerusalem, a Kingdom already inherited though not yet consummated.

There comes a time when we must ask ourselves, "Am I spending more time towards my spiritual growth than I am spending towards gaining wealth?" If our minds are continuously preoccupied with fame, pleasures and wealth versus adoring, seeking and knowing God and obeying His commandment of love towards our neighbours, then we have a serious problem that can lead to our condemnation. There comes a time when we must allow ourselves to be led by the Spirit of God in order to qualify to be called children of God. Through our faith in Christ and the Sacrament of Baptism, we received a spirit of adoption so we may qualify to be called children of God and heirs of God, joint heirs with Christ. To inherit these titles, we must be ready to "suffer with Christ so that we may also be glorified with Him." [Rom. 8:17] Jesus and the Father gave us the Holy Spirit so we may be sanctified. Our sanctification is achieved through our daily personal communion with God and the Church. As we spiritually grow in Christ, God is pleased and the Holy Catholic Church benefits. If we receive gifts as the disciples received gifts

on Pentecost, it is for the benefit of the whole Body of Christ. Through the growth of the Body of Christ, we grow alongside the other faithful members of the Church. If the Body of Christ suffers because of the neglect of some, we all suffer.

This week, let us reflect upon the purpose of the Holy Spirit in the Church. As Advocate, what can the Holy Spirit do for the Church and for each and everyone of us? In view of what He can do, let us ask ourselves if we have allowed the Holy Spirit to freely flow through us so He can guide and teach us according to the purpose that He has been sent by the Lord God.

主日分享

聖神降臨節

聖神降臨主日代表復活奧跡的勝利結束。一切都指向聖神的恩賜。若耶穌受了苦，戰勝了死亡，並復活了，這是爲了把聖神通傳給我們，使我們與天主聖三的生命親密的接觸。

聖神降臨節有不同的面貌，它們表達在今天的讀經中。宗徒大事錄記述了這件事。第二篇讀經指出聖神在我們基督徒生活中的重要性。在福音裏耶穌揭露聖神在基督徒的見證和基督信仰的深化中所擔任的角色。

宗徒大事錄裏指出聖神的三個象徵是暴風、火和舌頭。

聖神賦予強烈的衝動，一種強大的動力。我們必須在我們的生活中接受這衝動，以便不停留在靜止不動或精神的懶散中。

聖神也是火。事實上，祂不是一種物質的，而是精神的衝動，是愛的推動。保祿說：“天主的愛，藉著聖神已傾注在我們心中了。”天主是愛，聖神是愛之神，凡與祂接觸的都予以改變的愛之火。

關於聖神的第三個象徵是舌頭。我們在宗徒大事錄中讀到“有些散開好像火的舌頭，停留在他們每人頭上”。事實上，聖神解開舌頭，賜予說話的能力。五旬節那天：“衆人都充滿聖神，照聖神賜給他們的話，說起外方話來。”

聖神的語言不是一種平常的語言，而是表達超自然的事實，表達天主隱秘的事實，及表達精神生活的事實的一

種語言。這語言在教會之初領受火舌時已顯示了出來。

藉著聖神，我們同全世界的基督信徒合而爲一。這是聖神的奇妙工程，以我們人簡單的力量是不可能實現的。

教宗及福傳祈禱意向

六月祈禱及傳教意向

總意向:爲移民與難民

願移民與難民能在他們移居的國家裡受到接納與尊重。

福傳意向:爲聖召

願藉著個人與耶穌的相遇，使年輕人在心中激起獻身於司鐸職務，或度奉獻生活的渴望。

2015 奉獻生活年

「在聖神內」：因聖神而聖化

「一片光耀的雲彩遮蔽了他們」。顯聖容時所出現的這片雲彩被視爲聖神的形象，是很具象徵意義的靈修詮釋。獻身生活像整個的基督徒的生活與聖神運作的緊緊連結。在每一時代，聖神推動不同的男女辨識這樣的一種召叫。這些人藉聖神的德能，重活耶肋米亞先知的經驗：「上主，你引誘了我，我讓自己受了你的引誘」。聖神喚醒人心回應召叫，也引導人增強這個心願，牽引出人的主動性而忠實地化心願爲行動；聖神塑造蒙召者的心，使之轉換成貧窮、貞潔、服從的基督面貌，並以基督的使命爲使命。獻身者在這條無止境地淨化自己的路上，放手讓聖神帶領，日益肖似基督，在歷史上延續著復活之主的特別的臨在。

教父們以其深度的見解，稱此靈性旅程爲「喜愛天主的美」，天主的美也反映天主之善。蒙召叫的人在聖神的潛移默化下，越來越肖似基督，逐漸在身上反映出無與倫比的光輝。在世上的朝聖之旅中，他們朝向無盡的光源奮勇前進。因此獻身生活變成一種很深的表達，表明教會之爲新娘，在聖神激勵下盡力肖似她的淨配，亮麗地在祂面前「沒有瑕疵、沒有縐紋，或其他類似的缺點，她是聖潔和沒有污點的。」

對於父所召叫的人，聖神不但不將他們引離人群，反而引導他們各按其特殊的生活情況而為人類服務；激勵他們，按照各團體不同的特有神恩，針對教會及世間的需要，而承擔不同的任務。因此之故，不同形式的獻身生活相繼出現；教會則「由其子女的各種才能而美化，就如一位為丈夫裝飾好了的新娘」，且因履行其在世使命所需的多種方式而愈顯充實富足。

堂區活動

六月顯供聖體

永援聖母堂六月份的顯供聖體由成人慕道班帶領，時間為六月六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！

青年晚會

青年晚會將於 5 月 30 日(星期六) 6 時至 10 時舉行。6 時於上禮堂開始晚餐，7 時是靈修講座。講座後往 Extreme Air Park。青年人入場費是 7 元，成年人入場費是 10 元。歡迎堂區所有青年及兄弟姊妹參加。

電影晚會-孩子夢天堂

一個天主教男孩為了幫助一位患上白血病的猶太男孩，和他結為好朋友，並利用夏天的假期廣行鍛煉，信奉天主，好能死後上天堂。
日期: 6 月 6 日 (星期六)
時間: 6 時 POTLUCK;
6 時 30 分 電影
地點: 永援聖母堂上禮堂

永援聖母堂堂區牧民議會

平信徒委員選舉

本堂堂區牧民議會(以下簡稱「堂委會」)各委員的任期將於本年底屆滿。阮神父聯同堂委員議決於本年十一月一日(星期日)舉行委員選舉。本堂現已開始接受提名, 提名表格可在聖堂正門及側門入口處索取。堂區各善會可提名會員參選; 堂區教友可提名另一教友或自我提名參選。所有被提名者(參選人)必須簽署參選同意書。填妥的提名表格及參選同意書需於本年九月二十日(星期五)前或當日, 在辦公時

間內以密件方式交回堂區辦事處。

會章 4.2 節說明作為一個堂委會委員所需具備的條件, 現轉載如下:

- 已在本堂區註冊的教友
- 已年滿十八歲
- 願意完成堂委會兩年的任期
- 不標榜自己, 認同團隊精神, 樂意與其他委員合作

- 願意出席及服務堂委會及屬下小組
- 願意出席拓展牧靈及行政管理的訓練課程或訓練營

有關區委會的會章及則例, 教友可參閱放在聖堂後面的佈告板, 或登入堂區網頁瀏覽。

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。截至 4 月 12 日, 捐款已累積至 9,260 元。懇請各位教友繼續支持, 合力幫助本土社區及國外成千上萬的勞苦大眾。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 27, 29

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 29

St. Angela School 彌撒

時間: 上午 9 時

地點: 永援聖母堂

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 30

聖母軍(開會)

地點: 聖堂二樓騎士會室

時間: 早上 9 時 45 分

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: 聖堂二樓騎士會室

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

星期日 31

成人慕道班(粵語及英語)

時間: 上午 9 時 30 分至 12 時 30 分

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

早餐交流會

時間: 8 時 30 分彌撒後

地點: 永援聖母堂上禮堂

心靈小品

對基督徒非常有用的 29 個提醒

1. 下次如果你覺得自己了不起時, 試試在水面上行。
2. 當魔鬼提醒你的過去時, 請提醒牠的未來。
3. 你不是幸運, 而是蒙福。
4. 你若真正活於天主, 就得先要死於自我。
5. 機會也許只敲一次門, 但試探卻總是在按門鈴。
6. 我們常在堅強時, 忘記了天主。
7. 那些祇在主日呼喚「天父」的人, 在一星期餘下的日子裏活得像孤兒。
8. 不要唯我獨尊, 要以主為尊。
9. 沒有基督, 沒有平安; 找到基督, 找到平安。
10. 為什麼我們不會向朋友提起天主? 因為我們不會向天主提起我們的朋友。 待續

靈修小故事

做不了?

上床睡覺前, 四歲大的伊蓮娜正幫忙媽媽收拾一些她自己的東西。當媽媽要她把床上的衣服拿走時, 伊蓮娜不耐煩了, 她轉過身, 把小手叉在腰間, 說:「我怎能做所有的事呢?」對上主指派給你的任務, 你是否會有類似的感受? 教會事奉、傳福音、養

家活口，往往使我們忙得喘不過氣來。為此，我們可能無奈地嘆息，禱告說：「主啊，我怎能做所有的事呢？」但聖經告訴我們，上主對我們的期望決不會讓我們負荷過重。例如：當我們與他人交往時，祂告訴我們「若是能行，總要盡力與眾人和睦」。上主知道我們的能力有限，祂也說：「無論做甚麼，都要從心裡做，像是給主做的，不是給人做的」。祂沒有要求我們達到完美，讓人刮目相看，乃是單單要我們透過所做的來榮耀祂。除此之外，「各人應該省察自己所作的，這樣，他引以為榮的，就祇在自己而不在別人了」。我們做事不是要與他人競爭，而是應當做好自己的本分。滿有智慧的上主，會裝備我們去完成祂要我們做的事——當然不是要我們做所有的事！

知多一點點

聖神降臨節

聖神降臨瞻禮是教會每年隆重慶祝的瞻禮之一。可是我們對聖神究竟知道多少？可能不多，我們是否向聖神祈禱過呢？

聖神降臨節和聖神有著親密關係呢？大概沒有。真的，為許多教友，天主聖神是位“未識之神”、“不知之神”、“陌生之神”。

在這“聖神時代”，聖神不祇是教會的靈魂，也是我們每位信友超性生命的靈魂；天主聖神是聖父、聖子在互愛中所共發的“愛之神”，是聖神使我們成為天主的子女。

聖神是光，祂照亮我們的理智；聖神是火，祂炙熱我們的心靈。不論我們有什麼困難和需要，徑可放心大膽向祂呼求：“伏求聖神降臨。”

在我們不知怎樣祈禱時，念“伏求聖神降臨”，聖神會代替我們向天父表達孺慕孝愛之情。

在誦讀和聆聽天主聖言前，念“伏求聖神降臨”，聖神會使我們看清天主在我們身上的旨意，並幫助我們努力去實踐。在我們對信仰疑惑時，念“伏求聖神降臨”，聖神會使我們的疑惑，雲消霧散，重見天日。在我們心神憂慮，飽受創傷時，念“伏求聖神

降臨”，聖神會來安慰我們，醫治我們。在我們感到疲勞、無力、無奈時，念“伏求聖神降臨”，聖神會使我重獲興奮、喜樂和信心。在我們墮落犯罪，遠離天主時，念“伏求聖神降臨”，聖神會幫助我們誠心悔改，回歸天父的懷抱。耶穌對尼苛德摩說：“人除非由水和聖神重生，不能進天主的國。”（若三 5）由聖神重生的人將是什麼樣的人呢？保祿宗徒在致迦拉達人信中回答說：“一個隨從聖神引導行事的人，是一個‘仁愛、喜樂、平安、忍耐、良善、溫和、忠信、柔和、節制’的人。”這真是一個為天主所寵愛，同時也是一個人見人愛的人。在聖保祿宗徒所列舉的聖神的效果中仁愛居第一位。愛原是基督信徒做人處世的基本態度。對我們基督信徒說來，克制本性私欲，隨從天主聖神的引導，並不祇是一種理想，而是一種本份。聖保祿宗徒說：凡事屬於基督耶穌的人，已把自己連同私欲偏情一齊釘在十字架上了。我們既然因聖神而生活，就讓我們依照聖神的引導行事。

在今天聖神降臨日，願各位都充滿聖神，一生成為隨從聖神引導而生活的人！