

Happy Father's Day

Thank you, friend Jesus,
for God, your father and
mine, who made me and
is always with me.
Grant your blessings to
Fr. Joseph and all fathers
on this special day which
honors them!

Theme Sharing

12th Sunday in Ordinary Time

Calming of the Stormy Sea

We hear from today's gospel how Jesus calmed the stormy sea, a vivid showcase of God's almighty power in Jesus. Such divine power has been revealed to us in the first reading when God sternly lectured Job about his authority over Mother Nature.

There is another important lesson for us from this miracle. Often during dangerous or difficult times when we feel overwhelmed, we may think that Jesus is nowhere to be found, is abandoning us or unwilling to intervene on our behalf. It is then that we should imitate the apostles and bring our fears to Jesus, "Master, do you not care? We are perishing!" However, we must have faith when we pray. Otherwise we will be worse off, because we cannot possibly expect God to grant our petitions if we are lacking in faith in him.

The second reading paints a different picture. In his *letter to the Corinthians*, Paul emphasizes that Jesus died for us on the cross. Although he could if he would, Jesus did not invoke divine intervention to spare himself from suffering and death. Because of his great love for us, he willingly laid down his life in order to obtain a new life for each one of us. Thus we are not entitled to live our lives just for ourselves without regard for other people. We must renounce our own selfishness, since the love of Christ motivates us to live not for our own sake but for the well being of others.

2015 Year Of Consecrated Life

Fostering Holiness

Today a renewed commitment to holiness by consecrated persons is more necessary than ever, also as a means of promoting and supporting every Christian's desire for perfection. "It is therefore necessary to inspire in all the faithful a true longing for holiness, a deep desire for conversion and personal renewal in a context of ever more intense prayer and of solidarity with one's neighbour, especially the most needy". To the degree that they deepen their friendship with God, consecrated persons become better prepared to help their brothers and sisters through valuable spiritual activities such as schools of prayer, spiritual exercises and retreats, days of recollection, spiritual dialogue and direction. In this way people are helped to grow in prayer and will then be better able to discern God's will in their lives and to commit themselves to the courageous and sometimes heroic demands which faith makes of them. Consecrated persons "at the deepest level of their being ... are caught up in the dynamism of the Church's life, which is thirsty for the divine Absolute and called to holiness. It is to this holiness that they bear witness". The fact that all are called to become saints cannot fail to inspire more and more those who by their very choice of life have the mission of reminding others of that call.

Diocese & Other News

Pro-life legislation

www.CampaignLifeCoalition.com

A federal election is scheduled for 19 October 2015.

Electing pro-life MPs & lobbying others to support pro-life legislation is absolutely necessary to restore legal protection for babies in the womb and seniors in the sickbed and also to protect medical professionals' conscience rights.

Access Campaign Life Coalition to find out the pro-life candidates and how to support their campaigns.

This website has the history and current pro-life information that is not covered by the mainstream media.

Let us pray to God and work hard as we bring Canada back to a culture of life for our children & grandchildren.

Feed the Hungry 25th Anniversary Golf Tournament – August 24, 2015. We

are still looking for golfers, silent auction items and sponsors. \$300/person to golf.

Ride for Refuge 2015 – October 3, 2015 in Springbank. Family friendly cycling and walking event in support of Elizabeth House. <https://rideforrefuge.org/location/calgary>.

Parish Activities

OLPH Summer Mass schedule

Mass schedule in July and August will be revised as follows:

Saturday : 5:00pm (in Mandarin)

Sunday: 9:30 am (in English)

11:00 am (in Cantonese)

Tuesday (7:00 pm) English Mass will be suspended

Normal Mass schedule will be resumed from September 6.

Summer Bulletin Break

The last bulletin before summer will be on June 28. The bulletin will be resumed in the week of September 6.

TIA/Stampede Day

Matteo Ricci Council will be sponsoring a TIA Breakfast during Stampede.

Date: Sunday, July 12, 2015

Time: After 9:30 and 11:00 Mass

Place: Upper Hall

Serve: Pancakes, scrambled eggs, sausages, juice....

All parishioners and family and friends are welcome.

Donations are ALL going to the TIA.

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 June 5, our campaign has received a total of \$15,530.

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 June 24, 26

OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Thurs June 25

St. Angela School Year End Mass

Time: 9:00a.m.

Place: OLPH Church

Fri June 26

OLPH Scout

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

Place: Upper Hall & Lower Hall

Sat June 27

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 Class

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

Place: OLPH Church Lower Hall

Young Adults

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

Place: OLPH Upper Hall

Faith Sharing Group (Arbour Lake)

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

Contact: Grace Chan 403-208-1806

Let There Be Light

Father's Day Quotes

1. It is easier for a father to have children than for children to have a real father.
Pope John XXIII Quote
2. He didn't tell me how to live; he lived, and let me watch him do it.
3. I've had a hard life, but my hardships are nothing against the hardships that my father went through in order to get me to where I started.
4. I cannot think of any need in childhood as strong as the need for a father's protection.
5. Fatherhood is pretending the present you love most is soap-on-a-rope.
6. Everyone can be a father, but it takes a lot to be a daddy.
7. It is not flesh and blood but the heart which makes us fathers and sons.
8. I've loved one person unconditionally. He's the most caring, and generous, and charming and flat out the funniest guy I'll ever know...he's my father.
9. Dad, you're someone to look up to no matter how tall I've grown.
10. My father always told me, 'Find a job you love and you'll never have to work a day in your life.' »

11. Being a father helps me be more responsible... you see more things than you've ever seen.
12. Fathers, like mothers, are not born. Men grow into fathers – and fathering is a very important stage in their development.

Stories Faith Sharing

I Can Sleep When The Wind Blows

Years ago a farmer owned land along the Atlantic seacoast. He constantly advertised for hired hands. Most people were reluctant to work on farms along the Atlantic. They dreaded the awful storms that raged across the Atlantic, wreaking havoc on the buildings and crops. As the farmer interviewed applicants for the job, he received a steady stream of refusals. Finally, a short, thin man, well past middle age, approached the farmer. "Are you a good farm hand?" the farmer asked him. "Well, I can sleep when the wind blows," answered the little man. Although puzzled by this answer, the farmer, desperate for help, hired him. The little man worked well around the farm, busy from dawn to dusk, and the farmer felt satisfied with the man's work. Then one night the wind howled loudly in from offshore. Jumping out of bed, the farmer grabbed a lantern and rushed next door to the hired hand's sleeping quarters. He shook the little man and yelled, "Get up! A storm is coming! Tie things down before they blow away!" The little man rolled over in bed and said firmly, "No sir. I told you, I can sleep when the wind blows." Enraged by the response, the farmer was tempted to fire him on the spot. Instead, he hurried outside to prepare for the storm. To his amazement, he discovered that all of the haystacks had been covered with tarpaulins. The cows were in the barn, the chickens were in the coops, and the doors were barred. The shutters were tightly secured. Everything was tied down. Nothing could blow away. The farmer then understood what his hired hand meant, so he returned to his bed to also sleep while the wind blew.

Read More Know More

St. John the Baptist

The Feast of the Birth of St. John the Baptist, is celebrated on June 24 of each year. John's birth brought immense joy to mankind.

Archangel Gabriel told Zechariah that many would rejoice at his son's birth, itself a most extraordinary event and no less a miracle. When John grew up, he was guided by God to live in the wilderness. He was entrusted with a very special mission; namely, to prepare the way of the Lord. John proclaimed a baptism of repentance for the forgiveness of sins. Because of John's holiness, the people figured that he might be the long awaited Messiah. However, John quickly dismissed their speculation. With great humility, he told the crowd that he was only "the voice in the wilderness, preparing the way of the Lord." He said, "Someone mightier than I is coming, and I am not worthy to loosen the thongs of his sandals." Indeed, the one to come was Jesus, the true Messiah and God the Son made flesh. Truth and blunt messages often are not welcome. No doubt, John would feel the same, and there could have been moments of frustration, disappointment, and a sense of failure during the course of his ministry. In fact, he was arrested, imprisoned and eventually beheaded by Herod. Just like the suffering servant of God. John might feel that he had laboured in vain and had spent his strength to no avail. However, it may be comforting for him to know that he had accomplished his mission in the best possible way because he had died for the sake of faith. This is why John is now so deeply revered by the Church. On the frustration of the servant of the Lord, God says, "It is too small a thing for you to be my servant, to raise up the tribes of Jacob, and restores the survivors of Israel; I will make you a light to the nations, that my salvation may reach to the ends of the earth." (Isaiah 49:6) This statement applies aptly to Jesus, but in a way it may also apply to John. By his preaching and martyrdom, John is the light not only for the Israelites, but also for all Christians. The Feast of the Birth of John the Baptist is immensely popular in many parts of the world, confirming his deep-rooted influence, as forerunner of Christ, on the life of Christians. His teaching deepens our faith and exhorts us to be truly repentant of our sins so that we can receive God's graces and put our trust in God and his divine providence. We should rejoice in this Feast, and be thankful for all the divine graces gifted to us through St. John the Baptist. By his

faithfulness, courage, untiring effort to proclaim God's word as well as his ultimate sacrifice to bear witness for God, John has assumed a forerunner's role in the Paschal Mystery of Christ. For this, John is now sharing in the glory of this Mystery for all eternity.

父親節快樂

願我們在天上的父親受讚頌，
願我們在教會內的父親受讚頌，
願我們在地上的父親受讚頌。
多謝主耶穌基督恩賜給我們愛我們的父親，愛我們的司鐸，願你的祝福常與他們同在！

主日分享

常年期第十二主日

本主日的福音向我們介紹耶穌展示祂天主全能的一個舉動：平息風浪。第一篇讀經為這篇福音作了準備，記述天主跟約伯說話，提起他駕馭海洋的威能。

平息風浪這奇蹟對我們還有一個意義。當我們身處危險境況時，當我們被任何形式的暴風雨襲擊時，我們總以為耶穌不在，不要或不願意干預。但是，我們要像門徒們一樣走到祂跟前，懷著大信德對祂說：“師傅！我們要喪亡了，你不管嗎？”這句話我們必須懷著信德去說。如果我們沒有信德，我們的情況就會真的變成絕望，因為我們信德的欠缺阻礙主的干預。

第二篇讀經給我們呈現一個不同的景象。保祿使格林多信友記起基督為我們死了。耶穌並未用祂奇蹟般的能力，逃避死亡；在十字架上沒有為祂自己顯示任何奇蹟。耶穌愛了我們，為了我們把自己交付於死亡。祂為了愛而為我們死了，我們就沒有為自己自私地生活的權利，而是應該為祂生活，接受祂以祂的苦難和死亡為我們獲得的新生命，一個標誌著極度的愛的新生命。那麼我們就應該完全棄絕我們的自私，接受在我們內的基督的愛動力，這動力促使我們為了他人而生活，寧願謀求他們的得救，而不

是自己的利益。

2015 奉獻生活年

培養聖德

獻身者以革新的心投身聖德，在今日比已往更為必要；這同時也是一個方法，以推動並支持每位基督徒止於至善的願望。「有必要激勵全體信眾有成聖的心願，深深地願意悔改，並以持續加深的祈禱，和鄰人、尤其是有需要的人相團結，以促成個人的革新。獻身者與天主的關係越深，越能為周遭的人提供靈修服務，諸如祈禱中心、各類避靜、靈修談話或輔導等。這麼做，人們在祈禱方面有進步，也就較有能力在生活中明辨上主的旨意，並且勇敢地回應即使是英雄般的要求。獻身者「在其生存的最深處，與教會的生命動力相係，此生命動力即渴求企盼絕對者和止於聖境。而他們就是要為此聖境作証」。所有的人都蒙召成聖，此一事實勢必不停地激勵那些自願選擇負使命的人；而他們的使命便是喚醒其他人注意成聖的召喚。

堂區活動

暑期主日彌撒

七、八月之主日彌撒將更改如下：

星期六主日提前彌撒：五時(國語)

星期日早上彌撒：九時三十分(英文)

十一時(粵語)

星期二黃昏彌撒暫停

九月六日開始，主日早上彌撒及星期二黃昏彌撒將照以往時間舉行

暑期堂區通訊

六月二十八日的堂區通訊將為本暑期前最後一期，堂區通訊將於九月六日再刊。

教區公益金牛仔節同歡日

利瑪竇騎士會主辦

日期：二零一五年七月十二日星期日

時間：主日彌撒後

地點：上禮堂

牛仔節早餐

歡迎堂區親友同聚

自由捐獻教區公益金

『聖母媽媽，請到我家』

【玄義玫瑰】聖母敬禮簡介

本堂區聖母軍為推行家庭敬禮聖母，現在邀請教友把【玄義玫瑰】聖母像接回家；阮神父希望藉著聖母媽媽巡迴到訪教友家庭，能加深堂區教友對聖母及主耶穌的認識和敬愛、促進家庭互愛共融，使每人都能做一個熱心、愛主愛人的基督徒。

【玄義玫瑰】聖母像在每個家庭停留的時間，暫以一星期為限；聖母敬禮可採用不同形式，例如祈禱、默想、閱讀聖言、與家人或親友一起誦唸玫瑰經、作信仰分享等。阮神父鼓勵教友在聖母到臨家庭期間，每天能抽出部份時間敬禮聖母，並儘可能與家人一起祈禱，為家庭加增神益；事實上，已故教宗聖若望保祿二世亦說過：『一同祈禱的家庭，必能保持同心合一』。

「玄義玫瑰」是聖母眾多尊貴稱號之一，象徵聖母一生含有許多意義深玄的奧理：例如始胎無染原罪、童貞女懷孕產子、身為受造物卻是天主之母、並在塵世旅程結束後，靈魂肉身一同升天等等。在凝視【玄義玫瑰】聖母像時，可以默想聖母一生經歷的痛苦和喜樂，有助我們對聖母的認識、效法她的德行，並藉著她的領導和轉禱，引領我們到主耶穌的台前。這座聖母像於1993年在德國製造和祝聖，由該地【玄義玫瑰】堂送給前任主任司鐸麥振群神父，麥神父再轉贈永援聖母堂作巡迴教友家庭祈禱之用。

「玄義玫瑰」聖母像現在開始巡迴訪問教友家庭，有意恭請聖母像到臨的家庭，請聯絡聖母軍團員或致電堂區辦事處登記，電話：403-265-7926。

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\$15,530 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 6月 24, 26 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

星期四 25

St. Angela School 學年完結彌撒

時間：上午 9 時

地點：永援聖母堂

星期五 6月 26 日

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 6月 27 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 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

大專青年團

時間：下午 5 時至 7 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

心靈小品

給孩子的備忘錄

我兒：

寫這備忘錄給你，基於三個原則：

- (一) 人生福禍無常，誰也不知可以活多久，有些事情還是早一點說好。
- (二) 我是你的父親，我不跟你說，沒有人會跟你說。
- (三) 這備忘錄裡記載的，都是我經過慘痛失敗得回來的體驗，可以為你的成長省回不少冤枉路。

以下，便是你在人生中要好好記住的事：

1 對你不好的人，你不要太介懷，在你

一生中，沒有人有義務要對你好，除了我和你媽媽。至於那些對你好的人，你除了要珍惜、感恩外，也請多防備一點，因為，每個人做每件事，總有一個原因，他對你好，未必真的是因為喜歡你，請你必須搞清楚，而不必太快將對方看作真朋友。

2. 沒有人是不可代替，沒有東西是必須擁有。看透了這一點，將來你身邊的人不再要你，或許失去了世間最愛的一切時，也應該明白，這並不是甚麼大不了的事。
3. 生命是短暫的，今日你還在浪費著生命，明日會發覺生命已遠離你了。因此，愈早珍惜生命，你享受生命的日子也愈多。
4. 雖然，很多有成就的人士都沒有受過很多教育，但並不等如不用功讀書，就一定可以成功。你學到的知識，就是你擁有的武器。人，可以白手興家，但不可以手無寸鐵，緊記！
5. 我不會要求你供養我下半輩子，同樣地我也不會供養你的下半輩子，當你長大到可以獨立的時候，我的責任已經完結。以後一切，都要自己負責。
6. 你可以要求自己守信，但不能要求別人守信，你可以要求自己對人好，但不能期待人家對你好。你怎樣對人，並不代表人家就會怎樣對你，如果看不透這一點，你只會徒添不必要的煩惱。
7. 親人只有一次的緣份，無論這輩子我和你會相處多久，也請好好珍惜共聚的時光，下輩子，無論愛與不愛，都不會再見。

你的爸爸

靈修小故事

愛天主卻惱恨祂的子女人們，可能嗎？

一個法國婦女講述她在二次世界大戰美軍登陸希特勒佔領的法國時的經歷：

那是 1944 年六月五、六日的夜間。我十一歲。夜深了，但我還同家人坐在

廚房裡。我們的家孤立在一個荒涼的地方，離村子很遠。諾曼底海岸一片寂靜。

突然我們聽到飛機馬達的隆隆聲，從響聲來判斷，應該有許多架飛機。大約五分鐘過後，廚房門突然被打開了，進來一個蒙著臉的男人，以一支機關槍威脅我們。我們僵立在那裡，驚愕多於害怕。

「是朋友還是敵人？」不速之客問道。從口音可立刻明白他是美國人。我五歲的弟弟克洛德答道：「我們都是朋友。」

那外國人的面容舒展開來。「您，是從那裡來的？」我父親問道。

「從天上，乘降落傘下來的。」那個美國人裂嘴微笑道。

「終於發動了等候已久的進攻？」我父親問道。「是的，是進攻行動。」美國士兵答說。

那天夜裡，為了使美國和英國的船隻能夠靠岸，空降了無數的傘兵。

兩名美國人，著陸時受了傷，被我家收留，住在第二層樓上：中尉必須躺在床上，因為腿部傷口發炎；另一個，名叫克里，是個討人喜歡的大個子，他的一隻足踝脫臼，不過可以跳著走。

次日早晨我起身時，看見窗外有三個男人向著我們的家走來：一個軍官扶著兩個傷勢嚴重的士兵。我跑下樓去，叫我父親。

父親從廚房窗口向外觀看，說：「他們是德國人，我不要理睬他們。」我母親卻說：「那兩個人的傷勢嚴重，我們必須幫助他們。路濟亞，妳去拿草蓆，我們把他們安置在這廚房裡，降落傘可用來做床單。」我們遵照吩咐去做。

與此同時德國人來到了門口，他們沒帶武器。「太太，這孩子流失了很多血。」軍官以懇求的口氣說。我母親盡可能地照顧兩個受傷者，我則煮了一壺咖啡，端給德國人喝。

這時克里一瘸一拐地走進廚房，他沒帶武器，驚愕地說不出話來。克里還不會見過一個德國人，但立刻明白了所發生的事。克里與軍官互相對望，一語不發。而後，德國人自動地向美國人伸出手來，克里猶豫了一剎那，但看見我母親向他點頭示意，就握住

了德國人的手，兩人友善地注視了許久。

我們的家不再有敵人，只有受痛苦的人。

德國人和美國人懷著好感的對望著，我驚愕地看呆了。現在他們一同喝咖啡，可是，他們該互相射擊，廝殺的，就像外面他們的同胞所行的一樣。但這裡，在我們小小的家裡，則完全不同：它是天主子女們的家。

知多一點點

若翰洗者

6月24日是教會慶祝基督的前驅，若翰洗者的誕辰。這是一個重要的節慶，因為在若翰身上舊約達到了它的頂峰。

若翰的誕生給人帶來極大喜樂。天使早已告訴匝加利亞，許多人要因這孩子的誕生而喜樂。

若翰長大後受著天主的默啓到曠野裏去生活。他負有一個十分重要的使命：預備默西亞的來臨。

他是強有力的先知，宣講悔改的洗禮，為得罪之赦。若翰表示出極大的謙遜。他說，他只是荒野中的呼號者的聲音，喊人預備上主的道路；又說，“但是我強的一位要來，就是解祂的鞋帶，我也不配”。要來的一位是耶穌，祂是真的默西亞，是降生成人的天主聖子。

若翰可能覺得自己虛度一生，沒有成功，終究失敗。但是天主聖神安慰他，叫他知道，他奉獻了自己的生命，這是最有效最有力不過的方式實踐了他的使命。老實說，如果他當時不是殉道而逝世的話，今日他聖德的名譽便不會是這麼崇高。

對上主的僕人的消極感覺，天主的反應是：“你作我的僕人，復興雅各伯支派，領回以色列遺留下的人，還是小事，我更要使你作萬民的光明，使我的救恩達於地極。”這句話首先應當拍合在耶穌身上，但是我們也可以把它看作也是對若翰洗者說的。因為借著他的宣講，更借著他的殉道，若翰洗者不但是以色列民族的光明，而且也成為所有基督信徒的光明了。

若翰作耶穌的前導的使命今日依舊合時。由於他，我們對耶穌的信仰有更深的根基。由於他，我們更覺得有必要，以真誠的悔改，準備接受天主的恩寵，滿心依賴天主，聽任祂的上智安排。

若翰洗者誕辰的節慶在教會的禮儀裏佔有重要的地位，甚至可以在星期天主日上慶祝。對一位聖人來說，這是少有的例子。

所以我們要因這個節慶而喜樂。接受天主在這個節慶上，通過這位聖人的榜樣賜給我們的種種恩寵。若翰洗者忠貞，勇敢，不辭勞苦，宣講天主的話，不惜犧牲性命，為主作證。他在事先參與了基督的逾越奧蹟。現在他永遠地生活在這奧蹟的光榮當中。