

Theme Sharing

Source of Life

13rd Sunday in Ordinary Times
Today's first reading, from the Book of Wisdom, speaks in no uncertain terms that death does not come from God: "Through Satan's envy, death entered the world; and those who associate with Satan will experience death." This statement is backed up by the gospel reading which proclaims Jesus as the source of life.

In the gospel, Jesus reveals that he has come to the world to do his Father's Will, a Will that encompasses salvation, life and love. We heard how Jarius the synagogue leader, whose daughter was gravely ill, acknowledged Jesus as the source of life. Jarius came to Jesus and pleaded with him to go and lay his hands on his daughter so that she could be healed and live. Jesus obliged and went with him. Then there was the story of the woman, a hemorrhages patient of 12 years. She believed that she would be healed by touching Jesus' garment. With such great and courageous faith, she touched Jesus' cloak and was immediately healed. And Jesus said to her: "Daughter, your faith has made you well; go in peace and be healed of your disease." Jesus told Jarius: "Do not be afraid; just believe." These words are also very reassuring to us. When we encounter difficulties; when God appears to be indifferent to our sorrowful plight, and when we do not see any light at the end of the tunnel, we should remember Jesus' words: "Do not be afraid; just believe." We should bear in mind that times of trials are not times to lose heart or lose faith. On the contrary, these are often opportune moments for us to increase our faith in God.

Pope's Monthly Prayers Intention

July General and Missionary Intention

Universal: Politics

That political responsibility may be lived at all levels as a high form of charity.

Evangelization: The poor in Latin America

That, amid social inequalities, Latin American Christians may bear witness to love for the poor and contribute to a more fraternal society.

2015 Year Of Consecrated Life

Societies of Apostolic Life

Also worthy of special mention are Societies of Apostolic Life or of common life, composed of men or women. These pursue, each in its own particular way, a specific apostolic or missionary end. In many of them an explicit commitment to the evangelical counsels is made through sacred bonds officially recognized by the Church. Even in this case, however, the specific nature of their consecration distinguishes them from Religious Institutes and Secular Institutes. The specific identity of this form of life is to be preserved and promoted; in recent centuries it has produced many fruits of holiness and of the apostolate, especially in the field of charity and in the spread of the Gospel in the Missions.

Diocese & Other News

ONE ROCK OPENS HEARTS - Have you included this premier event as part of your summer plans? You will join in sharing the Gospel message and Catholic tradition in ways that are creative yet genuine, bringing them to life for young people and families. Become part of it today... visit www.onerock.ca to purchase discounted tickets until June 30, volunteer and witness to your faith, make a donation, or share what One Rock means to you. If your service or prayer group would like to offer its services to One Rock, please contact Linnea Ferguson at linnea.ferguson@calgarydiocese.ca or 403-218-5516.

Normal Mass schedule will be resumed from September 6.

Exposition of the Blessed Sacrament on July 4

The July's Exposition of the Blessed Sacrament will be led by Faith Sharing Groups on July 4 from 10am to 11am. Parishioners are encouraged to attend.

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.

Thank You For Supporting World Youth Day

On behalf of the OLPH Youth Group and Young Adult Group, we would like to thank the parishioners who generously donated \$1,850 to the World Youth Day 2016 during the orchid sales.

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

Fri July 3

OLPH Senior Centre

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

Place: OLPH Church Upper Hall

OLPH Scout

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

Place: Upper Hall & Lower Hall

Sat July 4

Exposition of the Blessed Sacrament

Time: 10:00a.m. -11:00 a.m.

Place: OLPH Church

Tai Chi Lesson

Time: 10:00 a.m. - 11:00 a.m.

Place: OLPH Church Lower Hall

Legion of Mary (meeting)

Time: 11:15a.m.

Place: K of C Room at OLPH Church

Pastoral Care meeting

Time: 11:15a.m.

Place: Board Room

Let There Be Light

Our Deepest Fear

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. Is our light, not our darkness, that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be. You are a child of God. Your playing small doesn't serve the world. There's nothing enlightening about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we're liberated from our own fear, our presence automatically liberates others.

Stories Faith Sharing

The Richest Man In The Valley

There was a wealthy landowner who lived in the Scottish Highlands. He was more than richly endowed with this world's goods and had a stately mansion overlooking a beautiful valley. But there was a basic emptiness in his life. He had no religious belief, he lived alone, possessed by his possessions.

In the gate lodge at the entrance to his estate lived John his farm manager. John was a man of simple faith and deep religious commitment. With his family he was a regular church-goer, the Lord's presence was a reality in his home and often at night when John opened the gate to admit his employer, the landowner, the landowner noticed John's family on their knees in prayer.

One morning the landowner was looking out on the valley resplendent in the rising sun.

As he gazed on the beautiful scene he was saying to himself, 'It is all mine' when he heard the doorbell ringing. Going down he found John on the door step. 'What's the matter John?' he asked, 'are the horses all right?'

John looked embarrassed. 'Yes sir,' he replied. 'Sir, could I have a word with you?' He was invited in on to plush carpet, a striking contrast between their life-styles. 'Sir,' said John hesitantly, 'last night I had a dream, and in it the Lord told me that the richest man in the valley would die tonight at midnight. I felt I should tell you. The dream was very vivid, Sir, and the message was that the richest man in the valley would die at midnight tonight. I just had to come to you, sir, as I felt you should know.'

The landowner dismissed him, but John's words kept bothering him, so much so that at eleven o'clock he took out his car and went to the local doctor for a complete check-up. The doctor examined him, pronounced him fit as a fiddle and said he'd give him another twenty years. The landowner was relieved but a lingering doubt caused him to invite the doctor around for dinner and a few drinks that evening. They enjoyed a sumptuous meal together and shortly after 11.30 the doctor got up to leave but the landowner prevailed on him to remain on for a few night-caps.

Eventually when midnight passed and he was still in the land of the living he saw the doctor to the door and then went up the stairs muttering, 'Silly old John...upset my whole day... him and his damned dreams!' No sooner was he in bed when he heard the doorbell ringing. It was 12.30. Going down he found a grief-stricken girl at the door whom he recognized instantly as John's teenage daughter.

'Sir,' she said, looking at him through her tears, 'Mammy sent me to tell you that Daddy died at midnight.'

The landowner froze as it was suddenly made clear to him who was the richest man in the valley.

Read More Know More

What is prayer

Am I using ten minutes to pray?

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

In my own prayer time, I've started reading

Genesis again and was soon confronted with the image of the ark which Noah built to save himself and his family from the flood. I reflected that I too am called to build an ark to save myself (and others) from the rising waters of evil in this world. This ark is inner, it is within, and the hammer it is built with is the hammer of prayer. So let's think a little about this topic which concerns our spiritual survival.

Fr Doug Lorig, an American priest, he makes it the non-negotiable place of time in every Christian's prayer life. 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.' (I have seen quite a few marriages break up because he insisted on working hard to get money to buy her things, to make her understand how much he loved her. She on the other hand just wanted him to spend a little time with her.)

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 Speekman

主日分享

常年期第十三主日

生命的泉源

本主日的讀經一取自智慧篇，它毫不遲疑地說：「死亡不是從天主而來，而是：『由於魔鬼的嫉妒，才進入世界，凡與魔鬼結緣的人，都將經歷死亡。』」福音回應這篇讀經，因為耶穌表示祂就是生命的泉源。

在福音中耶穌表示祂來到世上是為了承行天父的旨意，那是一個拯救的旨意，生命和愛的旨意。會堂長，來到祂面前，因為他的小女兒快要死了。他懇切地求耶穌說：「請你來給她覆手，治好她，叫她活下去。」他承認耶穌是生命的泉源。耶穌立即欣然地答應同他一起到他家中去。一個婦人，患血漏已有十二年，她心想：「我只要一摸祂的衣裳，必然會好的。」這婦人顯示出一個偉大的信德，一個大膽的信德。她摸了耶穌的衣裳之後，耶穌便向她說：「女兒，你的信德救了你，平安去罷！你的疾病必得痊愈。」

「不要怕，只管信！」這些話對我們也非常重要。幾時我們有困難，幾時好像天主不願干預，幾時我們看不到問題的解決之道，我們就應聽從耶穌對我們說的話：「不要怕，只管信！」困難該是信德增進的機會，而不是放棄信德與望德的時候。

錄自梵蒂岡電台

教宗及福傳祈禱意向

七月祈禱及傳教意向

總意向：為政治

願政治責任能在各層面，呈現高度的博愛。

福傳意向：為拉丁美洲的窮人

願生活於不平等社會中的拉丁美洲基督徒，能在愛窮人與建立更友愛的社會上，做出見證及貢獻。

2015 奉獻生活年

使徒生活團

同樣特別值得一提的是使徒生活團或共同生活團，由男性或女性組合而成的。各有其特屬的使徒或福傳的目標。他們中大多數做一種清楚的對福音勸諭的承諾，且為教會正式認可。雖然如此，他們的奉獻有別於修會團體或在俗團體。這種特殊的生活形式，要保留也要推廣；近世紀以來，這種生活團產生許多聖善的及使徒性的果實，特別是在慈善工作上及在傳教區的廣傳福音上佳果累累。

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)

星期二黃昏彌撒由六月三十日開始暫停。

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。

七月顯供聖體

永援聖母堂七月份的顯供聖體由信仰小團體帶領，時間為七月四日上午十時至十一時。請各位教友盡量參與！

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』是聖母衆多尊貴稱號之一，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。

世界青年日籌款

蘭花義賣共籌得1,850元，堂區青少年及青年團多謝大家慷慨的支持。

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

星期五 7月3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

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 7月4日

顯供聖體

時間：上午10時至11時

地點：永援聖母堂

楊式太極班

時間：上午10時至11時

地點：永援聖母堂下禮堂

聖母軍

(聖母軍聖母無玷聖心支團)

時間：上午11時(開會)

地點：聖堂二樓騎士會室

牧靈關愛組開會

時間：上午11時15分(開會)

地點：聖堂會議室

心靈小品

漫步舒懷

睡眠使我們的身體得到力量和恢復，再生作用。

祈禱使靈魂得到力量和快樂的泉源。一個人，若不睡眠，不能生活下去。一個教友若不祈禱，不能放射熱愛，不能散佈愉快。

我們要同耶穌，同聖母結合起來，一塊兒祈禱。

我們把我們的心，給他們敞開，把我們心裏所有的一切，都送給他們：把我們的快樂和憂慮、我們的健康和疾病、我們的工作和休息、

我們的善功和罪惡、完全都獻給他們。善與惡、好與壞的界線，

不是劃在人民與人民、國家與國家之間；

善與惡、好與壞的界線，乃是在人們的心裏。

人們都是從天主得到最高的價值。

所有的人，都是天主的兒女，在天主跟前，所有的人都同樣相等。所有的人，都是我們的兄弟姐妹。我們應當為所有的人祈禱。

靈修小故事

知足

天主對某人的祈禱已感到煩倦。有天神出現在他面前說：「我決定答允你任何三個要求。那之後我不會再給你任何東西了。」

這人很高興地立即提出他的第一個請求。他要求他的妻子死去，好讓他娶另一個更好的女人。他的請求如願了。

可是當他的朋友和親戚們參加葬禮時，他們開始回想他妻子所有美好的品德，這人瞭解自己太匆促草率了。所以他要求天主讓她活過來。他的請求如願了。

這人因此只剩下唯一一個請求。他決定這次不再犯錯，因為他沒有機會再更正了。他聰明地找人商量。

他的一些朋友告訴他要求長生不死。可是有些人說「如果健康不佳，不死又有何用？而且如果你沒有錢，健康良好又有何用？如果你沒有朋友，有錢又有何用？」

幾年過去，他仍然無法下決定他到底應該要求什麼：生命、健康、財富、權力或是愛。最後，他對天主說：「請告訴我該要求什麼。」

天主笑道：「該要求無論人生帶給你什麼，你都會知足。」

知多一點點

祈禱是什麼

我有十分鐘用來祈禱嗎？

有人說，基督徒只有一個問題，就是祈禱。今天，我想談談祈禱。

在我自己的祈禱時間，我開始重讀創世紀，並很快就面對諾亞為避免洪水而建的方舟這個形象。我反省，在現世罪惡上升的水域裡，我也是被召叫去建造一艘諾亞方舟來拯救自己和其他人嗎？這艘方舟是內在的，用以建造它的是祈禱的種子。

Fr Doug Lorig 是一名美國神父，他強調基督徒祈禱時間的重要。我們必須明白，如果我們要在祈禱中成長，關鍵就是時間。因為這是祈禱必須的，但不知為何，這也總是一樣我們很難給天主的東西。

我們可以去看電影，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。

為解決這問題，有些人就在日記中劃出固定的時間到教堂或到臥室祈禱。漸漸的，這些人發現祈禱已成為習慣，他們的靈性生活“起飛”並日漸強壯。有些人說這太困難了，就乾脆放棄。有一件事是肯定的，他們的靈性生活不會有好進展。對我們大多數人來說，在日常生活中是想有定期的祈禱時間。但我們需要他人的鼓勵，並指出有效祈禱的方式。

當我們面對天主時，我們必須記住，天主沒有什麼缺乏，而我們可以給祂的。例如金錢，天主沒有銀行帳戶，祂沒有信用卡，祂不會到百貨公司揀平價貨。整個宇宙是祂的，祂創造萬物，所有的一切都屬於祂。

天主想要的，是你的時間。

祂需要你的時間，好使你可以與祂一起，祂也可以與你在一起。只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，飢餓四十，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。”（我見過不少婚姻破裂，因為他堅持努力工作賺錢為她買東西，讓她知道他多愛她。但她卻只希望他能花一些時間陪她。）

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。

當我們給天主時間時，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。只有天主可以做到這些，而祇要我們給祂時間的。

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？或者更糟的是，你能想像一天只有十分鐘與你的男友或女友，或你的配偶一起嗎？

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，祈禱成了沒有意義的事。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。祈禱也不會給你任何意義。

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呢？