

## Theme Sharing

### Servant of the Lord

(24th Sunday in Ordinary Time)

Isaiah's song on the "Servant of the Lord" in the first reading does not expressly refer to the Messiah. However, the subsequent songs do paint a clearer picture of the identity of the Servant. Isaiah foretells the suffering of the Servant who will show extraordinary courage and firmness in the face of adversities as he puts his trust in the saving power of the Lord God.

In the gospel, Jesus asks his disciples and then his apostles: "Who do people say that I am?" After Peter replies that he is the Messiah, Jesus begins to tell the apostles about his suffering, death and resurrection. And whoever wishes to become his disciple must first deny oneself and abandon the human desires of worldly gains, success and control over others. One must take up his own cross to follow Christ. Therefore, we must bear in mind Jesus' important teaching that we are called to love. God is Love. He creates us and imparts his love on us so that we can all live in love.

In the second reading, James reminds us that our faith must be reflected in our actions. He asks: "what good is it if you say you have faith and yet you do not have works (of charity)? Can faith save you?" In his letter to the Galatians, Paul further says, "In Christ Jesus, it matters not if one is circumcised or uncircumcised; it is faith working through love that counts." In other words, our faith must be backed up by acts of love, without which our faith will simply wither and die.

## 2015 Year Of Consecrated Life

### Apostolic Letter From His Holiness –Pope Francis

#### 1. Aim of the Year of Consecrated Life

A. The first of these aims is to look to the past with gratitude. All our Institutes are heir to a history rich in charisms. At their origins we see the hand of God who, in his Spirit, calls certain individuals to follow Christ more closely, to translate the Gospel into a particular way of life, to read the signs of the times with the eyes of faith and to respond creatively to the needs of the Church. This initial experience then matured and developed, engaging new members in new

geographic and cultural contexts, and giving rise to new ways of exercising the charism, new initiatives and expressions of apostolic charity. Like the seed which becomes a tree, each Institute grew and stretched out its branches.

During this Year, it would be appropriate for each charismatic family to reflect on its origins and history, in order to thank God who grants the Church a variety of gifts which embellish her and equip her for every good work (cf. Lumen Gentium, 12). Recounting our history is essential for preserving our identity, for strengthening our unity as a family and our common sense of belonging. More than an exercise in archaeology or the cultivation of mere nostalgia, it calls for following in the footsteps of past generations in order to grasp the high ideals, and the vision and values which inspired them, beginning with the founders and foundresses and the first communities. In this way we come to see how the charism has been lived over the years, the creativity it has sparked, the difficulties it encountered and the concrete ways those difficulties were surmounted. We may also encounter cases of inconsistency, the result of human weakness and even at times a neglect of some essential aspects of the charism. Yet everything proves instructive and, taken as a whole, acts as a summons to conversion. To tell our story is to praise God and to thank him for all his gifts. To Be Continued

## Misericordiae Vultus

### Extraordinary Jubilee of Mercy

Francis, Bishop of Rome, Servant of The Servants of God to all who read this letter Grace, Mercy, and Peace.

2. We need constantly to contemplate the mystery of mercy. It is a wellspring of joy, serenity, and peace. Our salvation depends on it. Mercy: the word reveals the very mystery of the Most Holy Trinity. Mercy: the ultimate and supreme act by which God comes to meet us. Mercy: the fundamental law that dwells in the heart of every person who looks sincerely into the eyes of his brothers and sisters on the path of life. Mercy: the bridge that connects God and man, opening our hearts to the hope of being loved forever despite our sinfulness. To Be Continued

## Exaltation of the Holy Cross -Feast September 14

Celebrated on September 14 each year. According to legend, on September 14 in the year 320 AD, the mother of Emperor Constantine, Saint Helena found the Lord's holy cross in Jerusalem; In 335 AD, in Jerusalem, in the place where Jesus was crucified, two cathedrals were built : The Cross Church, and The Resurrection Church; Dedication ceremony was held on September 13. On the next day, the Lord's holy cross was exhibited in the church, for public veneration. These stories became the source of this feast. The special prayers for this day's Mass concentrate on the mystery of the Cross: Christ died on the cross, and thus brought us eternal salvation.

## Diocese & Other News

### Parish support of Refugees

Parishes are encouraged to engage in a long standing campaign of the Calgary Diocese through Calgary Catholic Immigration Society regarding Sponsorship of Refugees. The Southern Alberta Catholic Parishes have helped out many families over the years. Parishes interested in doing more are encouraged to contact Antoinette Godbout, Sponsorship Program Coordinator, Calgary Catholic Immigration Society, [sponsorship@ccis-calgary.ab.ca](mailto:sponsorship@ccis-calgary.ab.ca) or 403-290-5750.

### 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>. There are three teams for Elizabeth House. Come ride with us or volunteer by registering online!

### Forum of Physician Assisted Suicide - Calgary

Calgary Catholic Medical Association (CCMA) and Life & Family Resource Centre (LFRC) present 'Forum on Physician Assisted Suicide'. Presenters: The Most Reverend Bishop Frederick Henry, Justice Centre for Constitutional Freedoms John Carpay, Palliative Care Physician Dr. Leonie Herr and Family Physician - President of CCMA Dr. Martin Owen. Two events: Wednesday, Sept. 23 (7-9 pm) at St. Michael's, Calgary | Thursday, Sep. 24 (7-9 pm) at St. Peter's, Calgary. Contact:

dmcyoungadults@gmail.com or  
martinowenmd@gmail.com

**Calgary – 40 Days for Life.** Join the worldwide movement to protect mothers and their unborn babies at the Kensington (Abortion) Clinic in Calgary, 2431 – 5th Ave NW. Vigil hours are 7:00 am – 7:00 pm, Sept 23 – Nov 1. Get involved and learn more at [www.40daysforlife.com/calgary](http://www.40daysforlife.com/calgary) or contact Jairo at [40daysforlife.calgary@gmail.com](mailto:40daysforlife.calgary@gmail.com).

**CCMA** is hosting "Conference for Families: The Heart of the Matter - Answering Catholic questions pertaining to current family issues" on Sat, Oct 17 (10:00 am - 5:00 pm), at St Mary's University, 14500 Bannister Road SE, Calgary. Cost is \$25.00. To register call 403-218-5505.

## Parish Activities

### Rosary during the month of October

The month of October is traditionally dedicated to the Blessed Virgin Mary. OLPH Pastoral Care Team Members, along with Sister Chan and Parish Pastoral Council, will bring the Statue of the Blessed Virgin Mary on pilgrimage from home to home and pray family rosary in the month of October. Parishioners are encouraged to invite their godchildren or godparents, friends and relatives to join the family rosary. To participate as a host family in this devotion, please call Sr. Chan 403-690-2973 or Parish Office.

### RCIA Adult Catechumenate Class – New Class Notice

The 2015 adult Catechumenate classes are now accepting new applications for enrolment. Any interested party, or adult Catholics who have not yet received the Sacrament of Confirmation, or Christians from other ecclesial communities considering to join the Catholic Church, please contact :  
- The parish office 403-265-7926, or  
- Joseph Yip 403-547-0618 (in the evening).  
They may also pick up a 'RCIA Adult Catechumenate Class Application Form' at the Church entrances, complete it and return to the parish office.  
All parishioners are earnestly encouraged to play their role in evangelization and invite their friends.

### 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 August 28, our campaign has received a total of \$22,570.  
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 16, 18

OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Wed 16

Our Lady of Perpetual Help Harmony Choir

Time: 7:00p.m.-9:30p.m.

Place: OLPH Church Upper Hall

Fri 18

OLPH Scout

Time: 6:30pm.-8:45 pm

Place: Upper Hall & Lower Hall

Faith Sharing Group ( Sacred Heart)

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

Contact: Doris Ho 403-271-6884

Saturday 19

Legion of Mary ( meeting )

Time: 9:45a.m.

Place: K of C Room at OLPH Church

Tai Chi Lesson

Time: 10:00 a.m. - 12:30pm

Place: OLPH Church Lower Hall

Yoga beginner class

Time: 11:30 a.m. - 12:45p.m.

Place: OLPH Church Upper Hall

R. C.I.A (Mandarin)

Time: 3:00 p.m. - 5:00p.m.

Place: Office Building

Young Adults choir practice

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

Place: OLPH Upper Hall

Sunday 20

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.-1:00p.m.

Place: OLPH Church Office Building

Catholic Family Fellowship meeting

Time: 12:30 p.m.-3:00pm

Place: OLPH Church Upper Hall

## Words of Life Reflection

His evil intent recoils upon his head;  
his wicked design comes back in his face. ( Psalms 7:17 )

## Stories Faith Sharing

### Wondrous Powers

An old man had three children, all boys. When they had grown up to manhood, he called them together and told them that now he was very old and no longer able to provide, even for himself. He ordered them to go out and bring him food and clothing. The three brothers set out, and after a very long while they came to a large river. As they had gone on together for such a time, they decided that once they got across they would separate. The eldest told the youngest to take the middle road, and the second to go to the right, while he himself would go to the left. Then, in a year's time, they would come back to the same spot. So they parted, and at the end of a year, as agreed, they found their way back to the riverside. The eldest asked the youngest what he had gotten during his travels, and the boy replied: "I have nothing but a mirror, but it has wonderful power. If you look into it, you can see all over the country, no matter how far away." When asked in turn what he had gotten, the second brother replied: "Only a pair of sandals that are so full of power, that if one puts them on one can walk at once to any place in the country in one step." Then the eldest himself, said: "I, too, have obtained but little, a small calabash of medicine, that is all. But let us look into the mirror and see how father fares." The youngest produced his mirror, and they all looked into it and saw that their father was already dead and that even the funeral custom was finished. Then the elder said: "Let us hasten home and see what we can do." So the second brought out his sandals, and all three placed their feet inside them and, immediately, they were borne to their father's grave. Then the eldest shook the medicine out of his bag, and poured it over the grave. At once their father arose, as if nothing had been the matter with him.

Now which of these three sons has performed the best?

## Read More Know More

### General Instruction Of The Roman Missal : The Duties and Ministries in the Mass

-A priest also, who possesses within the Church the power of Holy Orders to offer sacrifice in the person of Christ,[81] stands for this reason at the head of the faithful people gathered together here and now, presides over their prayer, proclaims the message of salvation to them, associates the people with himself in the offering of sacrifice through Christ in the Holy Spirit to God the Father, gives his brothers and sisters the Bread of eternal life, and partakes of it with them. When he celebrates the Eucharist, therefore, he must serve God and the people with dignity and humility, and by his bearing and by the way he says the divine words he must convey to the faithful the living presence of Christ.

-After the priest, the deacon, in virtue of the sacred ordination he has received, holds first place among those who minister in the Eucharistic Celebration. For the sacred Order of the diaconate has been held in high honor in the Church even from the time of the Apostles.[82] At Mass the deacon has his own part in proclaiming the Gospel, in preaching God's word from time to time, in announcing the intentions of the Prayer of the Faithful, in ministering to the priest, in preparing the altar and serving the celebration of the Sacrifice, in distributing the Eucharist to the faithful, especially under the species of wine, and sometimes in giving directions regarding the people's gestures and posture.

To Be Continued.

## Let There Be Light

### Teach Me To Pray

Please teach me, Lord ...  
I want to know  
Exactly how to pray.  
I need some words  
Which ones are right?  
Please tell me what to say.  
I've bowed my head  
I have knelt down, But ...  
should I be upright?  
I've closed my eyes,  
I've raised my hands, Or ...

should I fold them tight?  
Do I stand up?  
Should I sit down?  
Dear Lord ... what do you like?  
Are lights turned on  
Or are they off? Maybe ...  
candle light?  
Wear my glasses?  
Take them off?  
Be at my desk or table?  
Should I whisper?  
Speak out loud?  
Do I quote the Bible?  
What do you think about the time?  
Do You prefer the dawn?  
Should I pray fast,  
Or keep it slow?  
Better short ... or long?  
I'm new at this  
What are the rules?  
I want to do it right.  
How do I know  
You'll even hear  
That I am in Your sight?  
And while I sat there quietly,  
Waiting for some sign,  
I heard a gentle voice say,  
"Oh, dearest child of mine ...  
Do you think I really care  
About the time of day,  
Or whether you are standing up,  
Or kneeling when you pray?"  
"I don't care about your posture,  
Or about the place you choose;  
Just open up your soul to me,  
I have no other rules.  
Tell me what is in your heart,  
And tell me what you seek;  
Tell me of your sorrows,  
And of those things that made you weak."  
"Speak to me in private  
About what concerns you most;  
I know about your good deeds ...  
You have no need to boast.  
My child, you don't need lessons,  
Just talk to me each day;  
Tell me anything you want, dear child,  
Anyone can pray."

## 主日分享

### 上主的僕人

#### (常年期第二十四主日)

在本主日的第一篇讀經，依撒意亞關於上主僕人的斷語並沒有點出默西亞，卻留下作各種解釋的入口。無論如何，他宣佈了上主僕人的痛苦命運：上主僕人堅信有上主協助他。因此不失去勇氣，反而表現出超凡的堅定。

在福音中，耶穌問自己的門徒，人們說祂是誰，然後又問門徒們他們說祂是誰；在伯多祿作出表白後，祂宣佈了自己的苦難。耶穌說人必須棄絕自己，因此要放棄自己人性上對勝利、成功和統治權的渴望，背著自己的十字架，跟隨祂。為懂得耶穌的這個重要原則，我們該記住，人的召叫是去愛：天主是愛，祂造了我們為把祂的愛傳給我們，使我們有能力在愛中生活。

第二篇讀經談信德該在行為中表現出來。雅各伯宗徒問道：“我的兄弟們，若有人說自己有信德，卻沒有行為，有什麼益處？難道這信德能救他嗎？”保祿甚至在寫給迦拉達人的書信中有這樣一段話：“因為在基督耶穌內，割損或不割損都算不得什麼，惟有以愛德行事的信德，才算什麼。”（迦5：6）。這句話符合雅各伯的訓導，他要求我們在行為中體現信德，產生愛的行為。如果沒有行為，信德就會死去。

錄自梵蒂岡電台

## 2015 奉獻生活年

### 教宗方濟各致全體虔獻身生活者書函

#### 一、獻身生活年的目的

1. 第一個目的是「以感恩的心」面對過去。我們所有的修會，都是富有神恩歷史的繼承者。在它們的開始，我們看到天主的手，祂在聖神內，召叫一些人更密切地追隨基督，把福音詮釋為一種生活方式，以信德的眼光，看時代的訊號，並以創意回應教會的需要。這種起初的經驗逐漸成熟和發展，在新的地理和文化的背景中，汲取新的成員，並且興起實踐神恩的新



途徑，表達使徒愛德的新方法。就像種子成了大樹，每個修會成長而伸展它們的樹枝。

在這一年中，每一個神恩家庭，適合反省它們的創始和歷史，為了感謝天主賜給教會美化她的不同恩典，並裝備她作各種善事（參《教會憲章》12）。為了保持我們的特色，加強我們結合如一個家庭，以及我們共同的歸屬感，細說我們的歷史是必要的。這不但是一種考古，或是單純的懷舊，也要求追隨前輩們的足跡，為的是把握啟發會祖及初創團體的崇高理想、遠見和價值。如此，我們可以看出神恩如何在過去年代中生活出來，它如何激勵了創意，遭遇到的困難，以及克服那些困難的方法。我們也可能遇到矛盾的情況，那是人性弱點的結果，有時是疏忽了神恩的某些主要觀點。可是概括而論，一切都是有益的，可作為悔改的召喚。細說我們的歷史，就是讚美天主，感謝祂的一切恩惠。

待續

## 慈悲面容

### 慈悲特殊禧年詔書

天主眾僕之僕、羅馬主教方濟各願所有閱讀本函的人士，充滿恩寵、慈悲及平安

2. 我們需要時刻默觀慈悲這奧蹟。那是喜樂、安寧及和平之泉。我們的救恩依靠這奧蹟。慈悲一詞，揭示至聖天主聖三的莫大奧蹟。慈悲，是天主到來與我們相偕的終極和至高行動。慈悲，是存在每人心底的基本定律，能使我們誠摯地看待生命中遇到的每位兄弟姊妹。慈悲，是把天與人連結起來的橋樑，它打開我們的心，朝向一個永遠都會被愛的希望，縱使我們有罪在身。

待續

## 光榮十字架節 九月十四日

在每年 9 月 14 日慶祝光榮十字架節。據傳說，君士坦丁皇帝之母聖婦赫肋納公元 320 年 9 月 14 日在耶路撒冷找到了主的十字架；公元 335 年在耶路撒冷耶穌受難的地方建了兩座大教堂：十字架與復活堂；9 月 13 日舉行了聖堂奉獻禮，次日在聖堂中展示了主的十字架，供教友敬拜。這些事跡成了本瞻禮的來源。

## 堂區活動

### 聖母玫瑰月家庭玫瑰經聚會

十月是聖母玫瑰月，陳修女將會偕同堂區牧靈關愛組會員及堂區牧民議會代表於十月帶同聖母像探訪教友家庭，誦唸家庭玫瑰經。我們並鼓勵主持家庭玫瑰的家庭，邀請其代子女或代父母一同參與。有意誦唸家庭玫瑰經的教友，請致電陳修女 403-690-2973 或堂區辦事處。

### 成人慕道班新班報名

2015 新一屆成人慕道班現正接受報名。有興趣者，或已領洗但仍未領受堅振聖事的成人教友，或正考慮加入天主教會的任何基督徒團體人士，皆請聯絡堂區辦事處 403-265-7926 或 Joseph Yip 403-547-0618 (晚間) 亦可在教堂入口處索取「成人慕道班申請表」，填妥後交回堂區辦事處。期盼教友能善盡本份，熱心介紹親友參加，為傳福音出一分力。

### 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)。截至 8 月 28 日，捐款已累積至 \$22,570 元。捐款信封可在聖堂入口處索取。就讓我們立即行動，慷慨解囊！

## 活動一週

星期三、五 16, 18

### 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 16

### 永援聖母歌詠團

時間：晚上 7 時至 9 時 30 分

地點：永援聖母堂上禮堂

星期五 18

### 永援聖母堂童軍

時間：晚上 6 時 30 分至 8 時 45 分

地點：永援聖母堂上禮堂及下禮堂

### 信仰小團體 (Sacred Heart)

時間：晚上 7 時 30 分至 10 時

聯絡：Doris Ho 403-271-6884

星期六 19

### 聖母軍(開會)

時間：上午 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

時間上午 11 時 30 分至 12 時 45 分

地點：永援聖母堂上禮堂

### 成人慕道班 (國語)

時間：下午 3 時至 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：永援聖母堂上禮堂

星期日 20

### 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 1 時

地點：寫字樓大廈，聖堂騎士會室

### 公教家庭開會

時間：12 時 30 分至 3 時

地點：永援聖母堂上禮堂

## 每週生活聖言反思

他的兇惡必反轉到自己頭上，他的橫暴必降落在自己頂上。

（詠 7:17）

## 靈修小故事

### 人間小天使

今天中午忽然想和我同學一起去吃一頓好的。我同學就決定要去吃喜憨兒餐廳。那是一家自助式的餐廳，沒有服務費，我吃的咖哩豬排，感覺普普通通，可是沙拉吧的麵包不錯喔。

其實吸引我的不是那裡好吃的麵包點心，而是裡面的服務生，有一半以上是喜憨兒，我看桌面那張餐紙上寫著：「對不起，因為這些孩子大多一次祇能接受一個指令，所以發生過下面的一些事情，有一次一個顧客請服務生收盤子，那孩子說，對不起，我是負責倒水的，讓顧客感到不受尊重；又有一次，一個孩子在幫顧客備妥餐具後，一直點頭說，請慢用！請慢用！請慢用！說了不下數十次不停的說，讓顧客嚇得跑走，其實，那是因為他沒有聽到顧客對他說謝謝，所以他不敢離開……。」看了以後，更覺得的這些小孩好可愛，好單純，所以在他們幫我們服務的時候，我更細心觀察他們，在他們的臉上，我發現了很不一樣的東西：認真。在他們的世界中，他們似乎就祇想認真的做完眼前的工作，那就是他們的全部。看他們在收完我們桌上的東西時，我的一聲謝謝和一個微笑，對他們來說，是無限大的酬勞，我知道，我的表情和短短兩個字已帶給他們很大很大的快樂，我看得出來，就在他們的眉間和他們的頰上，他們是這樣的透露著：「我做到了！」

對我們來說那可能是一個簡單又枯燥的工作，可是對他們來說，那可能要花很多時間，才能訓練他們到熟練。餐廳裡麵包，點心和湯很好吃，可是我喜歡的是裡面的氣氛，那種與世無爭，沒有機心的感覺，祇有在他們的臉上還流傳著，也唯有在他們臉上，我才能找回絕跡已久的純真，那份曾經在你我臉上都存在過的感情。

## 知多一點點

### 彌撒經書總論：

#### 彌撒中的職責和任務

-司鐸在教會中享有來自聖秩的職權，以基督的名義奉獻聖祭。他的職務是主持此時此地信友的聚會，領導祈禱，宣佈救恩喜訊；他聯合會眾，經由基督，在聖神內，向天主聖父奉獻聖祭；他將永生之糧分給弟兄姊妹，並與他們一起共享。所以，當他舉行感恩聖祭時，要莊重地、謙恭地為天主和會眾服務，藉自己的舉止和宣讀禮儀經文的態度，使信友們感受到基督活生生的臨在。

-繼司鐸之後，感恩聖祭的輔禮人員當中，執事居於首位。由宗徒時代開始，執事聖秩已享有崇高的地位。執事在彌撒中的固有職務是：宣讀福音，有時宣講天主聖道，提示信友禱詞中的祈禱意向，襄助司祭，預備祭台並協助聖祭進行，給信友分送共融的聖事，尤其是分送聖血，並不時提示信友團體參禮的舉止態度。

## 心靈小品

### 找一句珍藏起來…

- 11.人的價值，在遭受誘惑的一瞬間被決定
- 12.年輕是我們唯一擁有權利去編織夢想的時光
- 13.青春一經典當即永不再贖
- 14.沒有了愛的語言，所有的文字都是乏味的
- 15.真正的愛，應該超越生命的長度、心靈的寬度、靈魂的深度
- 16.愛的力量大到可以使人忘記一切，卻又小到連一粒嫉妒的沙石也不能容納
- 17.當一個人真正覺悟的一刻，他放棄追尋外在世界的財富，而開始追尋他內心世界的真正財富
- 18.祇要有信心，人永遠不會挫敗
- 19.不論你在什麼時候開始，重要的是開始之後就不要停止
- 20.不論你在什麼時候結束，重要的是結束之後就不要悔恨