

Theme Sharing

Prepare the Way of the Lord
(2nd Sunday of Advent)

Today is the Second Sunday of Advent, and the Church reminds us to have faith in God and to be ready for the coming of the Lord. In the first reading, prophet Baruck reaffirms God's faithfulness to his people. He assures the Israelites in exile in Babylon that the Lord will pave the way for their eventual return to their homeland.

Today's gospel shows that God is fulfilling his promise to send the Messiah to his people. Echoing Isaiah's prophecy, John the Baptist exhorts us to prepare ourselves for the Lord's coming. We should heed his advice to prepare the way of the Lord, straighten his paths and fill up the valleys. During Advent, we need to reflect upon ourselves how we can change our wayward or indifferent attitudes and mend our way of life.

In the second reading, Paul asks the Philippians to trust in God. "I am confident," says Paul, "that the one who began the good work among you will bring it to completion by the day of Jesus Christ."

He wishes that all of us, through Christ, may produce the harvest of righteousness and give glory and praise to God. We trust that, by the grace of God, our effort and good work will bear fruit in due time. We also recognize with humility that we can hardly bear any fruits of faith without God's graces. At this time of the year, let us make better preparation for the coming of Christ through our lively faith and generous acts of charity towards our brothers and sisters.

Advent Reflection

Second Sunday of Advent

Like a shepherd he feeds his flock; in his arms he gathers the lambs, carrying them in his bosom, and leading the ewes with care. (Isaiah 40:11)

The Lord is gentle and loving in His care for us. He ensures that we have all we truly need. How do you give thanks to God for His care?

"The way to Christmas lies through an ancient gate....It is a little gate, child-high, child-wide, and there is a password: 'Peace on earth to men of good will.' May you, this Christmas, become as a little child again and enter into His kingdom."

2015 年慶祝基督聖誕及新年彌撒時間表
2015 Christmas and New Year Mass Schedule

12月24日 (聖誕夜)	星期四	晚上7時 晚上8時30分	聖誕短劇『上禮堂』 英、國、粵語彌撒
December 24 (Christmas Eve)	Thursday	7:00 p.m. 8:30 p.m.	Christmas Play (Upper Hall) English / Mandarin/ Cantonese Mass
12月25日 (聖誕日)	星期五	早上9時30分 早上11時正	英文彌撒 粵語彌撒
December 25 (Christmas Day)	Friday	9:30 a.m. 11:00 a.m.	English Mass Cantonese Mass
12月31日 (除夕-歲末 謝主彌撒)	星期四	早上9時 晚上5時	英語彌撒 粵語彌撒
December 31 (New Year's Eve Thanksgiving Mass)	Thursday	9:00 a.m. 5:00p.m.	English Mass Cantonese Mass
1月1日 (元旦求恩彌撒)	星期五	早上9時30分 早上11時正	英文彌撒 粵語彌撒
January 1 (New Year's Mass)	Friday	9:30 a.m. 11:00 a.m.	English Mass Cantonese Mass

2015 Year Of
Consecrated Life

Apostolic Letter From His Holiness,
Pope Francis

The Horizons of the year of
Consecrated Life

The Year for Consecrated Life concerns not only consecrated persons, but the entire Church. Consequently, I ask the whole Christian people to be increasingly aware of the gift which is the presence of our many consecrated men and women, heirs of the great saints who have written the history of Christianity. What would the Church be without Saint Benedict and Saint Basil, without Saint Augustine and Saint Bernard, without Saint Francis and Saint Dominic, Saint Ignatius of Loyola and Saint Teresa of Avila, Saint Angelica Merici and Saint Vincent de Paul. The list could go on and on,

up to Saint John Bosco and Blessed Teresa of Calcutta. As Blessed Paul VI pointed out: "Without this concrete sign there would be a danger that the charity which animates the entire Church would grow cold, that the salvific paradox of the Gospel would be blunted, and that the "salt" of faith would lose its savour in a world undergoing secularization" So I invite every Christian community to experience this Year above all as a moment of thanksgiving to the Lord and grateful remembrance for all the gifts we continue to receive, thanks to the sanctity of founders and foundresses, and from the fidelity to their charism shown by so many consecrated men and women. I ask all of you to draw close to these men and women, to rejoice with them, to share their difficulties and to assist them, to whatever degree possible, in their ministries and works, for the latter are, in the end, those of the entire Church. Let them know the affection and the

warmth which the entire Christian people feel for them.

I thank the Lord that the Year of Consecrated Life coincides with the Synod on the Family. Family life and consecrated life are both vocations which bring enrichment and blessings for all. They are spaces where human growth comes about through relationships, and they are also places of evangelization. Each can help the other. 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.

We want to live this Jubilee Year in light of the Lord's words: Merciful like the Father. The Evangelist reminds us of the teaching of Jesus who says, "Be merciful just as your Father is merciful". It is a programme of life as demanding as it is rich with joy and peace. Jesus's command is directed to anyone willing to listen to his voice. In order to be capable of mercy, therefore, we must first of all dispose ourselves to listen to the Word of God. This means rediscovering the value of silence in order to meditate on the Word that comes to us. In this way, it will be possible to contemplate God's mercy and adopt it as our lifestyle.

To Be Continued.

Diocese & Other News

Opening Of The Jubilee Door
At The Cathedral

Please join us for the opening of the Jubilee Door at St. Mary's Cathedral by Bishop Henry on Sunday, December 13, 2015 (Third Sunday of Advent) at 10am Mass. The ritual will be followed by Sunday Eucharistic Celebration.

Parish Activities

Extraordinary Jubilee of Mercy
prayers Cards

Parishioners can pick up the Extraordinary Jubilee of Mercy prayers cards at the church entrances.

Rejoice in God's Mercy

As part of the Year of Mercy the Diocese of Calgary invites you to re-discover the

meaning of the sacrament of Reconciliation in your life. In addition to the regular parish schedule, the Sacrament of Reconciliation will be available at parishes throughout the Diocese of Calgary all the Wednesdays of Advent. December 9, 16 and 23 from 7:30pm-8:30pm

Second Sunday of Advent

When we go out to meet others we take care to put on the right clothes, wash our face, style our hair, and look our best. John the Baptist looked rough on the outside but the message of Jesus was heard through his words and actions. All who have been baptised have a responsibility to proclaim the Gospel and witness the Christian life. This Advent, consider not only your physical appearance but whether your words and actions set an example of Christian discipleship for others to follow. The sacrament of reconciliation is an opportunity to prepare the way of the Lord by preparing ourselves to be more authentic witnesses to the Gospel. Action: This week, go proclaim the Gospel with your actions. Become an agent of love; do a random act of kindness.

OLPH Church Parish Retreat

Topic : "Medicine of Mercy"

Lead by: Bishop Henry

Date: Dec 19, 2015, Saturday

Place: Church

Time: 9:00am Daily Mass.

10:00am -11:00am (Talk 1)

"Walking the path of Brokenness with Jesus"

11:15 am-12:30 pm (Talk 2)

"Forgiveness for You and forgive Yourself "

12:30 pm- 1:30 pm (Lunch)

served in Upper Hall

1:30 pm- 3:00 pm (Talk 3)

"Issues with Forgiveness: Not Fair, No Exceptions, No Strings attached";

3:00 pm- 3:20 pm

Eucharistic Adoration

All parishioners are welcome to attend. For further details please visit the OLPH web site and posters.

Mission Mexico Day(December 12)

On December 12-13 we will take up a special collection.

Mission Mexico is an outreach project to marginalized mountain communities in southern Mexico. We are asking every

parishioner in the diocese to support this missionary outreach.

Thanksgiving New Year's Eve Mass and Dinner

In thanksgiving for the many graces given to us by God in 2015, Fr. Joseph will offer an additional evening Thanksgiving Cantonese Mass at 5 p.m. on New Year's Eve. Following Mass, Parish Pastoral Council will host a Father's kitchen New Year's Eve party at OLPH Upper Hall. Everyone is welcome.

Ticket: \$20 per person. (Clam Chowder Soup, French Bread, Beef and Tomato Salad, Shrimp in Wine, Sea Cucumber and Abalone, Vietnamese Style Cappuccino, Sesame Seed Cracker and lucky draw) Tickets are available on sale starting Sunday December 6 at the church entrances or contact Sr. Chan.

Christmas Play 2015

OLPH Scout Group will present Christmas Play -"Encounter with Baby Jesus", together with all Parish Choirs singing Christmas Carols on Thursday December 24 from 7pm to 8:15pm.

All parishioners are encouraged to bring friends and relatives to celebrate the joy of Christmas.

YAG Christmas Party

YAG will be holding their Christmas Party on December 13 at Upper Hall starting at 6:30pm. For more information, or to RVSP please email Joyce Lam or on our webpage olphyoungadults.weebly.com.

Weekly Activities

Wed, Fri Dec 9, 11

OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Friday Dec 11

Wing Kei Greenview Mass

Time: 10:00a.m.

Place: 307- 35 Ave. N.E

OLPH Scout

Time: 6:30pm.-9:30pm

Place: Upper Hall & Lower Hall

Saturday Dec12

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. - 11:00a.m.
 Place: OLP Church Lower Hall
Yoga beginner class
 Time: 11:30 a.m. - 12:45p.m.
 Place: OLP Church Upper Hall
R. C.I.A (Mandarin)
 Time: 3:00 p.m. - 5:00p.m.
 Place: K of C Room
Young Adults choir practice
 Time: 5:00 p.m. - 7:00p.m.
 Place: OLP Upper Hall
Faith Sharing Group (N.W.)
 Time: 7:30p.m.-10:00p.m.
 Contact: Anna Tam 403-285-5023

Sunday Dec 13

R. C.I.A (Cantonese and English)
 Time: 9:30 a.m. - 12:30 p.m.
 Place: OLP Church Lower Hall
Sunday School
 Time: 10:00a.m.-1:00p.m.
 Place: OLP Church Office Building
OLPH Scout
 Time: 12:30p.m.- 2:30 p.m.
 Place: OLP Church Lower Hall
Young Adults Group Christmas party
 Time: 6:30p.m.
 Place: OLP Church Upper Hall

Stories Faith Sharing

Dervish and the Money

A dervish was praying silently. A wealthy merchant, observing the dervish's devotion and sincerity, was deeply touched by him. The merchant offered the dervish a bag of gold. "I know you will use the money for God's sake. Please take it." "Just a moment," the dervish replied. "I'm not sure if it is lawful for me to take your money. Are you a wealthy man? Do you have more money at home?" "Oh yes. I have at least one thousand gold pieces at home," claimed the merchant proudly. "Do you want a thousand gold pieces more?" asked the dervish. "Why yes, of course. Every day I work hard to earn more money." "And do you wish for yet a thousand gold pieces more beyond that?" "Certainly. Every day I pray that I may earn more and more money." The dervish pushed the bag of gold back to the merchant. "I am sorry, but I cannot take your gold," he said. "A wealthy man cannot take money from a beggar." "How can you call yourself a wealthy man and me a beggar?"

the merchant spluttered. The dervish replied, "I am a wealthy man because I am content with whatever God sends me. You are a beggar, because no matter how much you possess, you are always dissatisfied, and always begging God for more."

Read More Know More

What is the significance of the Holy Door?

Since the year 1300 when Pope Boniface VIII declared the first Holy Year, the Catholic Church has regularly celebrated "Holy Years," usually every twenty-five years (at least since 1470), except for special circumstances, like in 1983 when a Holy Year was declared to mark the 1950th anniversary of the death and resurrection of our Lord. A major aspect of the Holy Year has been that of pilgrimage to Rome to make reparation for sin and to renew the conversion of one's life.

A very important symbolic act performed by each pilgrim has been to pass through the Holy Door. Christ identified Himself as "the door." In his bull Incarnationis Mysterium proclaiming this Holy Year, Pope John Paul II stated that the Holy Door "...evokes the passage from sin to grace which every Christian is called to accomplish. Jesus said, 'I am the door' (John 10:7) in order to make it clear that no one can come to the Father except through Him. This designation which Jesus applies to Himself testifies to the fact that He alone is the Savior sent by the Father. There is only one way that opens wide the entrance into this life of communion with God: This is Jesus, the one and absolute way to salvation. To Him alone can the words of the psalmist be applied in full truth: 'This is the door of the Lord where the just may enter' (Psalm 118:20)."

Therefore to pass through the door from the outside of St. Peter's into the basilica is to pass from this world into the presence of God, just as in the old Temple of Jerusalem, the High Priest on the Feast of Yom Kippur passed through the veil covering the doorway of the Holy of Holies to enter into the presence of God to offer the sacrifice of atonement. Moreover, to pass through the door is to confess with firm conviction that Jesus Christ is the Son of God, the Lord, and the Savior who suffered, died, and rose for our salvation. With great courage, a person freely decides to cross the threshold

leaving behind the kingdom of this world so as to enter the new life of grace of the Kingdom of God.

主日分享

預備主的道路(將臨期第二主日)

在這將臨期的第二主日，教會邀請我們滿懷信心並承擔義務。

第一篇讀經取自巴路克先知書，他邀請我們滿懷信心。天主給流亡的以色列人準備了路途，為的是能安穩喜樂地回到自己的家園。

在今天福音中我們可以看見天主的許諾正在完成。依照依撒意亞先知的預言，聖若翰的聲音促使著一種認真的準備義務。我們應在這聖誕前的幾個星期內聽取這聲音。應該準備上主的道路，修直彎路，填滿深谷。聖若翰所宣講的道理邀請我們自我反省：在這幾個將臨期主日內，在什麼事上我們該糾正態度？

在第二篇讀經裡，保祿也邀請我們要有信心。他說：「我深信，在你們內開始這美好工作的那位，必予以完成，直到耶穌基督的日子。」最後保祿祝望斐理伯人「賴耶穌基督滿結義德的果實，為光榮讚美天主」我們應該意識到，我們的一切努力和作為，因天主的聖寵皆可成為可能的。同時這種意識也讓我們謙虛並持有信心。謙虛是因為我們不能把保祿論及的

「信德果實」歸功於我們自己。而應該歸功於天主的聖寵。本主日的禮儀邀請我們加強準備過聖誕節，方法是懷有信心地生活，且寬宏大量地努力去。錄自梵蒂岡電台

將臨期反省

他必如牧人，牧放自己的羊群，以自己的手臂集合小羊，把牠們抱在自己的懷中，溫良地領導哺乳的母羊。(依 40：11)

在天主對我們的照顧中，獲得是柔和及慈愛的。祂確保我們真正所需的一切。你應怎樣來感謝天主對你的照顧？

2015 奉獻生活年

教宗方濟各致全體虔獻身生活者書函

獻身生活年的願望

獻身生活年不但關係獻身生活的人，也關係到整個教會。為此，我請求整個基督子民，不斷意識到我們許多男女修會士臨在的恩典，他們是繕寫基督宗教歷史的大聖人們的後裔。假如教會沒有聖本篤和聖巴西略，沒有聖奧思定和聖伯爾納，沒有聖方濟和聖道明，聖依納爵樂耀拉和聖大德蘭，聖安琪里加、梅利奇，以及聖萬桑保祿，教會會成什麼樣子。聖人名單可以追溯到聖鮑思高和加爾各達的真福德蕾莎。真福保祿六世曾指出：「沒有這些具體的標記，那激勵整個教會的愛德，有逐漸冷卻的危險，福音的救恩警世言詞不再鋒利，信仰的『鹽』會在走向俗化的世界失去味道。因此，我邀請每個基督徒團體，體驗這一年，作為感謝天主及記起我們不斷領受恩惠的時刻。由於會祖和會母們的聖德，以及那麼多的獻身生活者表露出他們對神恩的忠誠。我要求你們與他們更接近，與他們一起高興，分擔他們的困苦並盡量幫助他們的職務及工作，因為這些工作也是整個教會的工作。讓他們知道，整個基督子民對他們的愛和熱情。」 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

我們要以主的話：如同天父滿懷慈悲，來善度禧年。聖史提醒我們耶穌所教導的：「你們應當慈悲，就像你們的父那樣慈悲」。這是生活的內容，有所要求，亦富於喜樂平安。耶穌的命令是指給所有願意聆聽祂的人。為能慈悲為懷，那麼，我們就要首先放下自己，聆聽天主聖言。這意味著重新發現寧靜的價值，好能默想那來到我們內的聖言。這樣，才能默觀天主的慈悲，並採納慈悲作為我們的生活方式。」 待續

堂區活動

墨西哥傳教日(十二月十二日)

在我們的墨西哥福傳計劃中，從我們教區每一位教友的捐獻，我們就可以在墨西哥的一個受貧窮折磨的社區，令到文盲、體弱的人，得到適當的醫療照顧及牙齒醫護。為繼續此一重要的福傳工作。請在十二月十二日或十二月十三日捐出你的一分力吧！

將臨期悔罪禮

卡加利教區內所有教堂在將臨期內逢星期三(12月9, 16, 23日)晚上7時30分至8時30分，將開放給教友辦告解聖事。

根據教會規條的第二規，「該告解、每年至少一次」，是為督促信友們通過修和聖事妥當地準備領聖體。教友應盡量參與與天主修合，以準備主基督的來臨！本堂將臨期告解聖事時間將如教區所定，集體悔罪禮將取消。

卡城永援聖母堂一堂區避靜

講題：寬恕 - 靈藥

主講：亨利主教

日期：2015年12月19日(星期六)

地點：聖堂

時間：上午9時(平日彌撒)

上午10時至11時(講座1)

崎嶇路上與主同行

上午11時15分至12時30分

(講座2) 恕人以求己獲恕

下午12時30分至1時30分

(上禮堂午餐)

下午1時30分至3時(講座3)

寬恕之道應：不論公道、毫無

例外、沒有條件地寬恕

下午3時至3時20分

顯供聖體

歡迎所有教友參加

詳細資料,請留意本堂區網頁和海報

慈悲聖年祈禱

歡迎教友在教堂入口處拿取慈悲聖年祈禱，在慈悲聖年內能多作祈禱並更新自己。

2015 聖誕話劇

永援聖母堂公教童軍將於12月24日(星期四)晚上7時至8時15分，演

出一年一度的聖誕話劇「救主降生」，及由堂區各聖詠團演唱聖誕歌。歡迎教友踴躍蒞臨參加及支持，也可邀請親朋好友一起來慶祝聖誕，普天同慶。

除夕感恩彌撒及聚餐

為感謝天主在2015年內賜給我們各式各樣大大小小的恩寵及照顧，阮神父特別加添一台除夕晚間中文感恩聖祭。堂區牧民議會並於彌撒後在上禮堂舉行神父廚房聚餐。歡迎堂區教友及其朋友參加。由於數量非常有限，售完即止。務請預早購票。

日期：2015年12月31日(星期四)

時間：晚上5時正除夕感恩彌撒，隨後在上禮堂舉行神父廚房聚餐。

票價：每位\$20 大小同價(包括蛤蜊海鮮湯、法國麵包、越式蕃茄牛肉沙律、花雕醉蝦、海參鮑魚、越式

Cappuccino 及芝麻薄脆餅並添加抽

獎)。售票日期：12月6日起每台彌撒後於教堂入口處發售，亦可聯絡陳修女或堂區辦事處。

大專青年團聖誕派對

大專青年團將於十二月十三日6時30分在上禮堂舉行聖誕派對，節目包括晚餐和禮物交換。報名及資料詳情請到大專青年團的網站

olphyoungadults.weebly.com 或聯絡

Joyce Lam。

活動一週

星期三、五 12月9, 11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

星期五 12月11日

榮基翠景護老中心(彌撒)

時間：上午10時

地點：307- 35 Ave. N.E

永援聖母堂童軍

時間：晚上6時30分至9時30分

地點：永援聖母堂上禮堂及下禮堂

星期六 12月12日

聖母軍

(聖母軍聖母無玷聖心支團)

時間：上午9時45分(開會)

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 時至上午 11 時

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：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：永援聖母堂上禮堂

信仰小團體（西北區）

時間：晚上 7 時 30 分至 10 時

聯絡：Anna Tam 403-285-5023

星期日 12 月 13 日

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

永援聖母堂童軍

時間：下午 12 時 30 分至 2 時

地點：永援聖母堂上禮堂

大專青年團聖誕派對

時間：下午 6 時 30 分

地點：永援聖母堂上禮堂

靈修小故事

雪花

一隻野鴿和一隻麻雀在對話，野鴿問道：「可否告訴我，雪花有多重？」麻雀：「比沒有重量再重一點。」

「我告訴你一件事情，」野鴿說：「我會站在一顆巨大粗重的大樹上，當時雪花一片片的落下，不過不太強勁，似有似無的緩緩飄著，無聲無息，由於無事可做，我便數著雪花，一片、兩片……。直到三百五十七萬二千九百五十一片，一切看來正常，不料，就在三百五十七萬二千九百五十二片時，整個樹枝突然都斷裂下來。」

默想：有時一些微小的罪行和意念，就如同雪花一樣，剛開始似乎沒有什麼感覺，甚至會不以為意，但是日積

月累，有一天才發現罪的可怕和嚴重。在默想中，再次自我省察和認罪，不容一絲小罪成為內心的控告。所以不要容罪在你們必死的身上作王，使你們順從肉身的情慾。

知多一點點

「慈悲禧年」聖門的標記意義

今次（2015-2016）特殊聖年，全名是「慈悲特殊禧年」，而教宗方濟各在宣佈的詔書中，提及在 2015 年 12 月 8 日，他將要開啓聖伯多祿大殿的聖門，並稱「聖門將成為慈悲之門」。同樣，他也邀請各地教會於將臨期第三主日開啓主教座堂，或有特殊意義的聖堂，甚至朝聖地聖堂的聖門，並稱之為「聖年期間的一扇慈悲之門」，讓朝聖者找到悔改的途徑。

這樣，今次禧年聖門的意義已非常清楚，就是「慈悲之門」。

按記載，歷史上第一次開啓聖門是在 1423 年。當時教宗馬爾定五世按三十三年一個循環，定 1423 年為聖年，並親自開啓拉特朗大殿的聖門。

第一次開啓聖伯多祿大殿的聖門是在 1499 年聖誕節前夕。當時教宗亞歷山大六世頒佈 1500 年為聖年，並希望除拉特朗大殿外，也同時開啓聖伯多祿大殿、聖母大殿和城外聖保祿大殿的聖門。於是，他就在聖伯多祿大殿大門右側相若今日的位置，擴大了一扇便門作為聖門，並親自開啓。

1500 年禧年是在 1499 年聖誕節前夕開啓聖門，並在 1501 年主顯節關閉聖門。教宗亞歷山大六世指示宗座禮節司編訂開啓和關閉聖門的儀式。當時所編訂的聖門儀式，除了在 1525 年所作的少許改動外，基本上就是後來開啓和關閉聖門儀式的範本。