

Merry Christmas 祝聖誕快樂

Theme Sharing

4th Sunday of Advent

The Mystery of Christmas

The three readings of today's Liturgy of the

Word are all related to the mystery of Christmas. The gospel is on Mary's visit to her cousin Elizabeth. Filled with the Holy Spirit, Elizabeth readily recognizes Mary as the Mother of God: "*How is it that I have the honour of being visited by the mother of my Lord?*" The Visitation reveals to us the true message of Christmas. It showers on us God's infinite love, mercy and bounty with the gift of Jesus being born and living in our midst. The mystery of Christmas is really a mystery of divine grace per the words of Apostle John: "*For God so*

loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life."

Prophet Micah foretells in the first reading the birthplace of our Saviour. It is in a little and unassuming Israeli town called Bethlehem that God unfolds to us his plan of salvation.

The second reading shows that Jesus comes to this world and willingly obeys his Father's Will. He makes it clear that the Father neither desires nor takes pleasure in burnt offerings and sin offerings. "*See, God! I have come to do your Will,*" says Jesus. For the sake of love and for our salvation and redemption, Jesus lays down his life for us and offers himself completely as sacrifice to the Father.

Jesus offers himself totally for us. He would like to see us all willing to offer ourselves for love - love of God and love of our neighbour. So the joy of Christmas is really founded in love. We celebrate Christmas as the beginning of divine grace, which keeps flowing until death is completely conquered

when we celebrate the mystery of Easter on Easter Sunday.

Advent Reflection

4th Sunday of Advent

Mary, do not be afraid. (Luke 1:30)

Are you afraid of being a true disciple of Jesus? To express this discipleship through good stewardship is a radical and counter-cultural life choice. Do not be afraid. The Lord is with you.

2015 Year Of Consecrated Life

Apostolic Letter From His Holiness, Pope Francis

The Horizons of the year of Consecrated Life

We forget that the phenomenon of monasticism and of other expressions of religious fraternity is present in all the great religions. There are instances, some long-standing, of inter-monastic dialogue involving the Catholic Church and certain of the great religious traditions. I trust that the Year of Consecrated Life will be an opportunity to review the progress made, to make consecrated persons aware of this dialogue, and to consider what further steps can be taken towards greater mutual understanding and greater cooperation in the many common areas of service to human life.

Journeying together always brings enrichment, and can open new paths to relationships between peoples and cultures, which nowadays appear so difficult. 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.

The Lord Jesus shows us the steps of the pilgrimage to attain our goal: "Judge not, and you will not be judged; condemn not, and you will not be condemned; forgive, and you will be forgiven; give, and it will be given to you; good measure, pressed down, shaken together, running over, will be put into your lap. For the measure you give will be the measure you get back" (Lk 6:37-38). The

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	聖誕短劇『上禮堂』
		晚上8時30分	英、國、粵語彌撒
December 24 (Christmas Eve)	Thursday	7:00 p.m.	Christmas Play (Upper Hall)
		8:30 p.m.	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

Lord asks us above all not to judge and not to condemn. If anyone wishes to avoid God's judgement, he should not make himself the judge of his brother or sister. Human beings, whenever they judge, look no farther than the surface, whereas the Father looks into the very depths of the soul. How much harm words do when they are motivated by feelings of jealousy and envy! To speak ill of others puts them in a bad light, undermines their reputation and leaves them prey to the whims of gossip. To refrain from judgement and condemnation means, in a positive sense, to know how to accept the good in every person and to spare him any suffering that might be caused by our partial judgment, our presumption to know everything about him. But this is still not sufficient to express mercy. Jesus asks us also to forgive and to give. To be instruments of mercy because it was we who first received mercy from God. To be generous with others, knowing that God showers his goodness upon us with immense generosity.

Merciful like the Father, therefore, is the "motto" of this Holy Year. In mercy, we find proof of how God loves us. He gives his entire self, always, freely, asking nothing in return. He comes to our aid whenever we call upon him. What a beautiful thing that the Church begins her daily prayer with the words, "O God, come to my assistance. O Lord, make haste to help me" (Ps 70:2)! The assistance we ask for is already the first step of God's mercy toward us. He comes to assist us in our weakness. And his help consists in helping us accept his presence and closeness to us. Day after day, touched by his compassion, we also can become compassionate towards others.

To Be Continued.

Diocese & Other News

WEEK OF PRAYER FOR CHRISTIAN UNITY

The Week of Prayer for Christian Unity Catholic service with Bishop Henry will take place during the Week of Prayer for Christian Unity 2016 on Thursday Jan. 21st, 2016 at 7:00-8:30pm at St. Mary's Cathedral, Calgary. Pray with other Christian leaders and Bishop Henry as we explore the week's theme that together Christians of all denominations are "Called to proclaim the mighty acts of the Lord" (1 Pet. 2:9). Reception will follow.

Parish Activities

Tuesday Evening Mass Cancelled

Tuesday Evening Marian Devotion Mass will be cancelled on December 22 and December 29.

Mission Mexico Day

Last Sunday, we collected totally \$2,454 and will forward to the Diocese for the mission in Mexico.

May God bless you!

Rejoice in God's Mercy

The Sacrament of Reconciliation will be available at parishes throughout the Diocese of Calgary on December 23 (Wednesday) from 7:30pm to 8:30pm

Fourth Sunday of Advent

St. John the Baptist leapt in the womb as he encountered Jesus for the first time. Each time we go to Reconciliation we have an intimate encounter with our Lord, one in which we should leap for joy as we experience God's mercy and love. Action: Mary and Elizabeth greeted one another with a hug and kiss. In Reconciliation we receive that ultimate hug from God. Share God's hug with others.

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.

School Supply Drive

Youth Group is organizing a school supply drive to donate school supplies to underprivileged children in China. Bins will be outside the church side entrance before and after each mass, and at parish events throughout December. All school supplies are appreciated.

Exposition of the Blessed Sacrament on January 2

The January's Exposition of the Blessed Sacrament will be led by Pastoral Care Team on January 2 from 10am to 11am. Fr. Nguyen will listen to Confession. Parishioners are encouraged to attend.

Movie Night – "Faustina"

Date: January 2 (Saturday)

Time: 6 pm Potluck, 6:30 pm Movie

Place: OLPH Upper Hall

Faustina (Polish: *Faustyna*) was a Polish nun. When serving in the convent "Sisters of Our Lady of Mercy" in Warsaw, she reported having visions of Jesus and conversations with him, which she wrote about in her diary. Thus devotion to the Divine Mercy was due to the apparitions of Jesus received by Faustina. Faustina was canonized as a saint by Pope John Paul II in 2000.

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)
As of October 27, our campaign has received a total of \$32,645.20
Parishioners can pick up the donation envelopes at the entrances. Let's take action now!

Weekly Activities

Wed Dec 23

Advent Reconciliation

Time: 7:30pm–8:30pm

Place: OLPH Church

Thursday 24

Christmas Eve Mass

7:00 p.m. Hymns & Prayers/

Christmas play

8:30 p.m. English / Mandarin/

Cantonese Mass

Friday 25

Christmas Day Masses

9:30 a.m. English Mass

11:00 a.m. Chinese Mass

Saturday 26

Legion of Mary (meeting)

Time: 9:45a.m.

Place: K of C Room

Faith Sharing Group (Arbour Lake)

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

Contact: Grace Chan 403-208-1806

Let There Be Light

The Future Starts Today, Not Tomorrow

"It is Jesus that you seek when you dream of happiness;

He is waiting for you when nothing else you find satisfies you;
 He is the beauty to which you are so attracted;
 it is He who provoked you with that thirst for fullness that will not let you settle for compromise;
 it is He who urges you to shed the masks of a false life;
 it is He who reads in your heart your most genuine choices, the choices that others try to stifle.
 It is Jesus who stirs in you the desire to do something great with your lives, the will to follow an ideal, the refusal to allow yourselves to be ground down by mediocrity, the courage to commit yourselves humbly and patiently to improving yourselves and society, making the world more human and more fraternal." — Saint John Paul II

Stories Faith Sharing

A Candy Maker's Witness

A candy maker in Indiana wanted to make a candy that would be a witness, so he made the Christmas Candy Cane. He incorporated several symbols for the birth, ministry, and death of Jesus Christ.

He began with a stick of pure white hard candy. White to symbolize the Virgin Birth and the sinless nature of Jesus, and hard to symbolize the Solid Rock, the foundation of the Church, and firmness of the promises of God.

The candy maker made the candy in the form of a "J" to represent the precious name of Jesus, who came to earth as our Savior. It could also represent the staff of the "Good Shepherd" with which He reaches down into the ditches of the world to lift out the fallen lambs who, like all sheep, have gone astray. Thinking that the candy was somewhat plain, the candy maker stained it with red stripes. He used three small stripes to show the stripes of the scourging Jesus received by which we are healed. The large red stripe was for the blood shed by Christ on the Cross so that we could have the promise of eternal life.

Unfortunately, the candy became known as a candy cane—a meaningless decoration seen at Christmas time. But the meaning is still there for those who "have eyes to see and ears to hear." I pray that this symbol will again be used to witness to the wonder of Jesus and his great love that came down at

Christmas and remains the ultimate and dominate force in the universe today.

Read More Know More

Shares Secret of True Joy

Benedict XVI is encouraging families to go to the Baby Jesus in the Manger, and to learn from him the way to authentic Christian joy. The Holy Father said: "It is necessary to try to live every day what the crèche represents, that is, Christ's love, his humility, his poverty."

The "secret of true joy," he affirmed, "does not consist in having a lot of things, but in feeling loved by the Lord, in making oneself a gift for others, in loving." The Pope explained: "The Madonna and St. Joseph do not seem to be a very fortunate family; they had their first child in the midst of great hardships; and yet they are full of deep joy, because they love each other, they help each other and above all they are certain that God is at work in their history, God who made himself present in the little Jesus."

God's promises

As well, he added, the shepherds have a special reason to rejoice, even though "that newborn certainly would not change the facts of poverty and marginalization in their lives."

Rather, the Pontiff said, "faith helps them to recognize in the 'child wrapped in swaddling clothes, lying in a manger' the 'sign' of the accomplishment of God's promises for all men, 'whom he loves,' even them!"

True joy, he affirmed, consists in "feeling that our personal and communal existence is visited and filled by a great mystery, the mystery of God's love."

The Holy Father said: "To be joyful we do not just have need of things, but love and truth: We need a God who is near, who warms our heart, and responds to our profound desires.

"This God is manifested in Jesus, born of the Virgin Mary. This is why that Baby, whom we place in the stable or the cave, is the center of everything, the heart of the world."

主日分享

將臨期第四主日-

聖誕節的奧跡

今天禮儀中給我們聆聽的三篇讀經都

與聖誕節的奧跡有關係。福音敘述的是聖母往見表姐依撒伯爾的事跡。依撒伯爾認出了瑪利亞是天主的母親：

“吾主的母親駕臨我這裡，這是我那裡得來的福氣呢？”依撒伯爾能夠如此稱呼瑪利亞，因為她充滿了聖神。瑪利亞拜訪表姐這件事跡就構成了聖誕奧跡的準備。準備耶穌來到世界上為散佈愛的活力，為通傳普遍性的仁愛與寬宏大量之情。聖誕奧跡是一個恩賜的奧跡，聖若望說：“天主竟這樣愛了世界，甚至賜下了自己的獨生子”。

第一篇讀經準確指出救世主應當誕生的地點。這裡我們也看到天主選擇極其簡陋的白冷完成大事。

第二篇讀經給我們指出耶穌來到世上是甘心符合與完成天主旨意的情感。耶穌確認古代殺牲祭祀的儀式不能中悅天父。所以祂說：“看，我已來到！天主！我來為承行你的旨意。”為了救援、救贖與愛情，祂奉獻自己。

耶穌奉獻了自己，也是願我們能在愛德中奉獻我們自己。聖誕節的喜樂正是建立在這種活力上。聖誕節是天主恩賜的開端，一直伸展至耶穌復活的奧跡而完全戰勝死亡。

錄自梵蒂岡電台

將臨期反省

將臨期第四主日

瑪利亞，不要害怕。(路 1:30)

你害怕做一個真正耶穌的門徒嗎？以好的行動來表達這種門徒性，是一種根本的及對抗文化的生命選擇。不要害怕，天主與你同在。

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

我們不能忘記隱修制度的生活，以及所有偉大宗教中其他的宗教團體。有一些實例，有些是經年累月的，包括天主教會和某些大的宗教團體隱修院之間的對話。我深信獻身生活年，將是一次機會，檢視已有的進度，使獻身生活者覺察這類對話，並且看看可以採取那些步驟，走向更大的彼此

了解，在許多服務人類生命的共同領域上，有更大的合作。

一齊行走帶來充實富裕，並能對人民和文化之間的關係，打開新的途徑，這一點今日看來似乎是那麼困難。
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

主耶穌告訴我們朝聖的步驟，以達到我們的目的：「你們不要判斷，你們也就不受判斷；不要定罪，也就不被定罪；你們要赦免，也就蒙赦免。你們給，也就給你們；並且還要用好的，連按帶搖，以致外溢的升斗，倒在你們的懷裡，因為你們用什麼升斗量給人，也用什麼升斗量給你們」（路 6:37-38）。主給我們最重要的要求是不要判斷和不要定罪。任何人若不想受天主的判斷，自己就不要判斷弟兄或姊妹。人判斷時，無非只看外表，然而天父卻看到靈魂的深處。在猜忌和嫉妒情緒下所講的話，多麼傷人。講別人壞話，無異抹黑、壞人名聲，使人成為流言蜚語的獵物。不要判斷和不要定罪，正面來說，是懂得接納每個人的長處，不讓我們的片面判斷和成見傷害他人。但這仍不足以表現慈悲。耶穌要求我們寬恕和施予。我們應成為慈悲的工具，因為我們首先獲享天主以慈悲相待。我們應慷慨待人，因為天主慷慨大方地沛降恩澤給我們。

故此，如同天父滿懷慈悲是聖年的「格言」。在慈悲中，我們找到天主愛我們的證據。祂完全交出自己，恆常地，甘願地，不求回報。我們呼求祂，祂即來救助。教會每天祈禱的開端詞，是多麼美麗：「天主，求 快來拯救我。上主，求 速來扶助我！」（詠 70:2）我們所呼求的救助，已是天主向我們施予慈悲的第一步。當我們軟弱時，天主來救助我們。天主的救助，在於幫助我們接受祂的臨在和祂與我們的親近。日復一日，當我們被天主

的憐憫所觸動，我們對待他人也會更憐憫寬大。
待續

堂區活動

星期二黃昏彌撒取消

12月22日(星期二)及12月29日(星期二)晚上黃昏彌撒取消。

墨西哥傳教日

在上主日的墨西哥傳教日，我們共籌得\$2,454元，將全數交給教區作墨西哥傳教工作之用。

願主降福您們！

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23日)晚上7時30分至8時30分，將開放給教友辦告解聖事。

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。

每日聖言及聖經金句

為配合慈悲禧年，堂區福傳組特別訂購「每日聖言 2016」鼓勵教友「每日讀經，生活聖言，見證福音」，學習耶穌的仁愛及寬恕。教友可在聖堂側門入口處拿取，自由奉獻。並且每月隨堂區通訊附上「每日聖經金句」讓大家在生活中實踐福音，傳揚天國的喜訊。

一月顯供聖體

永援聖母堂一月份的顯供聖體由牧靈關愛組帶領，時間為一月二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！

電影晚會-傅天娜修女

日期: 1月2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
傅天娜 (Faustyna)，波蘭修女，因在波蘭華沙仁慈之母女修會 (Sisters of Our Lady of Mercy) 的服侍，以及多次見證

耶穌基督的顯靈，並與其對話且記載在日記裡，奉耶穌之命向世人宣揚救主慈悲敬禮（神聖慈悲敬禮），2000年被教宗宣為聖人。

學校用品募捐

少年團正籌辦學校用品運動，為中國貧困兒童募捐學校用品。收集箱將於本年十二月份內的所有彌撒前後及堂區活動設置於教堂側門，望各教友為中國貧困兒童解困。

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。截至 10月 27日，捐款已累積至 \$32,645.20元。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 12月 23日

將臨期悔罪禮

時間：晚上 7時 30分至 8時 30分
地點：永援聖母堂

星期四 12月 24日

聖誕夜彌撒

晚上 7時聖誕劇
晚上 8時 30分英、國、粵語彌撒

星期五 12月 25日

聖誕日彌撒

早上 9時 30分英文禮儀
早上 11時正中文禮儀

星期六 12月 26日

聖母軍

(聖母軍聖母無玷聖心支團)

時間：9時 45分(開會)
地點：聖堂二樓騎士會室
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

靈修小故事

美好的事物

我的兒子連恩喜歡摘採蒲公英給他的媽媽，我太太總是很開心地接受，且樂此不疲。大人眼中的雜草，孩子卻當成美麗花朵。

然而，有人看到荊棘雜草就會想起亞當的犯罪。因為吃了分別善惡樹的果子，亞當和厄娃進入了墮落世界，使自己受到咒詛，須要面對工作的勞苦、生產的痛苦，以及生命的終止。然而，小連恩的眼光卻提醒我，即使在荊棘雜草裡也能看見美好的事物。生產的痛苦為我們帶來新生命的希望；死亡已經被擊敗。上主在創世記中提到的「後裔」，將會與蛇的後代爭戰。這「後裔」指的就是那位救我們脫離死亡咒詛的耶穌基督。這世界也許破碎不完美，但到處都有美好的事物等著我們發覺。即使是雜草也提醒我們上主救贖的應許，以及一位愛我們的創造主。

天父，幫助我們在人生極大的痛苦中也能尋求你。

求你饒恕我們，因我們時常忽略你在各處為我們而設的美好事物。

天地萬物都在提醒我們上主救贖的應許。

知多一點點

聖誕馬槽耶穌聖嬰的意義

教宗談到耶穌聖嬰說：“每日活出聖誕馬槽所象徵的意義，也就是基督的愛、祂的謙遜、以及祂的貧窮。

教宗繼續談耶穌聖嬰小態像說：“祝福耶穌聖嬰像叫我們想起聖誕馬槽乃是生活的學校，在這個學校裏我們可以學習到真正喜樂的秘訣。喜樂不在於擁有許多東西，而在於感受到天主的愛，在於把自己奉獻給他人，在於彼此相親相愛。我們看看聖誕馬槽：聖母瑪利亞和聖若瑟不像是富裕的人，他們的孩子出生在諸多不便當中。雖然如此，他們的心充滿喜樂，因著他們彼此相愛，互相幫助，尤其知道天主在他們的生活歷史中施展作為，這位天主就臨在小耶穌身上”。

至於聖誕馬槽四周的牧童呢？教宗說：“他們有什麼理由喜樂呢？那位剛誕生的嬰兒當然無法改變他們貧困的生活環境。但信德卻能幫助他們看出裹著繸褸、躺在馬槽中的嬰兒，乃是天主給他所愛的眾人、包括牧童在的許諾已經實現的標誌”。

教宗因此向擠滿聖伯多祿廣場的各國信友結論說：“親愛的朋友們，看，真

正的喜樂在於什麼：在於感受到我們個人和團體的存在蒙受一個偉大的奧跡所眷顧，所充滿，這個偉大的奧跡就是天主的愛。要能夠歡欣喜悅，我們需要的不僅是東西，更包括愛和真理的事物；我們需要接近我們的天主，祂能夠溫暖我們的心，能夠回應我們內心的期待。這位天主顯示在生於童貞瑪利亞的耶穌身上。因此，我們安放在聖誕山洞馬槽中的耶穌聖嬰態像乃是一切的中心，是世界的中心。所以，讓我們祈禱，好使每個人，就如童貞瑪利亞一樣，能夠接納成嬰兒的天主為生活的中心，祂是真正喜樂的泉源”。（梵蒂岡電臺訊）