

Theme Sharing

The Third Sunday In Ordinary Time

A Mission Statement

In today's gospel, Luke brings us back to Nazareth where Jesus has been brought up. It is a Sabbath day and Jesus is in the synagogue. He is given the scroll of the prophet Isaiah to read. He finds the relevant passage and begins to read: "The Spirit of the Lord is upon me, because he has anointed me to bring good news to the poor. He has sent me to proclaim release to the captives and recovery of sight to the blind, to let the oppressed go free, and to proclaim the year of the Lord's favour." Jesus then rolls up the scroll, gives it back to the attendant and sits down. With everyone looking at him with eagerness, Jesus declares: "Today this scripture has been fulfilled in your hearing." (Luke 4:16-21) The "year of the Lord's favour" means a year pleasing to God, with salvation open to everyone. Jesus' aforesaid statement is truly a declaration, at the beginning of his public ministry, about his true identity, mission and work here on earth. In essence, he is God the Son; he has come to do his Father's Will and to execute the Father's divine plan. The day has come and Isaiah's prophecy is now fulfilled in the person of Jesus.

Luke's account of Jesus preaching at his hometown of Nazareth continues next Sunday. We will hear that the Nazarenes are initially amazed at his teaching. However they begin to reject Jesus and even attempt to kill him as he declines to perform miracles on his own people on account of their lack of faith. We will go to that in details next week. For now, we will focus on the positive side of today's gospel on the "mission statement" of our Lord Jesus Christ.

As we know, Jesus and his disciples were Jews. So were most of the Christians in the early Church. However, they soon suffered persecution at the hands of their own people. It was during these times that the gospel was spreading rapidly among the Gentiles (non-Jews) in their region and beyond. Naturally, the feelings of the Jews were mixed. On one hand, they were sad about their own persecution and sufferings. On the other hand they were happy to see the Good News reaching out to the Gentiles. Such mixed feelings can be observed throughout the gospels.

Paul reminds us in the second reading that

"through the same Spirit we were all baptized into one body, whether Jews or Greek, slaves or free". In other words, we belong to the same body, and we are parts of the Body of Christ. We are all brothers and sisters, since we have only one father – our Heavenly Father.

But how should we look at the weaker and seemingly irrelevant parts of this Mystical Body of Christ? "The members of the body that seem to be weaker are indispensable," says Paul, "and if one member suffers, all suffer together with it; and if one member is honoured, all rejoice together with it." So if we love God, we must love our brothers and sisters, because we cannot separate one from the other. According to prophet Isaiah, it is our duty and obligation to bring the good news to the poor, release people out of their bondage, restore light to the blind and ignorant, and relieve the sufferings of the under-privileged. And this should have been the mission statement for us and for every Christian

Pope's Monthly Prayers Intention

February General and Missionary Intention

Universal: Care for Creation

That we may take good care of creation—a gift freely given—cultivating and protecting it for future generations.

Evangelization: Asia

That opportunities may increase for dialogue and encounter between the Christian faith and the peoples of Asia.

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 season of Lent during this Jubilee Year should also be lived more intensely as a privileged moment to celebrate and experience God's mercy. How many pages of Sacred Scripture are appropriate for meditation during the weeks of Lent to help us rediscover the merciful face of the Father! We can repeat the words of the prophet Micah and make them our own: You, O Lord, are a God who takes away iniquity and pardons sin, who does not hold your anger forever, but are pleased to show mercy. You,

Lord, will return to us and have pity on your people. You will trample down our sins and toss them into the depths of the sea. The pages of the prophet Isaiah can also be meditated upon concretely during this season of prayer, fasting, and works of charity: "Is not this the fast that I choose: to loosen the bonds of wickedness, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover him, and not to hide yourself from your own flesh? Then shall your light break forth like the dawn, and your healing shall spring up speedily; your righteousness shall go before you, the glory of the Lord shall be your rear guard. Then you shall call, and the Lord will answer; you shall cry, and he will say, here I am. If you take away from the midst of you the yoke, the pointing of the finger, and speaking wickedness, if you pour yourself out for the hungry and satisfy the desire of the afflicted, then shall your light rise in the darkness and your gloom be as the noonday. And the Lord will guide you continually, and satisfy your desire with good things, and make your bones strong; and you shall be like a watered garden, like a spring of water, whose waters fail not". To Be Continued.

Words of Life Reflection

If I had the gift of prophecy, knowing secret things with all kinds of knowledge, and had faith great enough to remove mountains, but had no love, I would be nothing. (1 Corinthians 13:2)

Diocese & Other News

An Evening of Eucharistic Adoration with Silence & Sacred Music

In solidarity with those attending the Eucharistic Congress in Cebu, all in the Diocese of Calgary are invited and encouraged to spend time in prayer before the Blessed Sacrament during this week. An evening of Eucharistic Adoration with silence and sacred music will take place at St. Mary's Cathedral on Wednesday, January 27, 2016 from 6pm – 8pm. You are welcome to attend for the entire time or in part.

Support Catholic Education!

Calgary Catholic Education Foundation's second "Chance 2 Enhance" raffle is selling tickets November 16, 2015 – February 14, 2016

The grand prize is a 2016 Volvo S60. Other prizes include Westjet round-trip flights, hotel packages, cash prizes and Flames and Stampeder tickets. The draw date is February 17, 2016.

Don't miss the opportunity to win amazing prizes, while supporting the education of over 53,000 students in the Calgary Catholic School District.

Visit their website at <https://theccef.ca> to buy tickets and learn more about the work of CCEF.

Retrouvaille Calgary March 2016

By taking the Retrouvaille program married couples can learn to use practical communication tools to bring greater intimacy to their relationship. The Program begins March 11-13, 2016. For information about registering access their website at www.helpourmarriagecalgary.com or call 403-879-7893 if you have further questions.

Our Annual Spring Open House

Wednesday, March 30, 2016 from 2:00 PM - 5:00 PM

FCJ Retreat & Conference Centre invites you to experience all that it has to offer on the afternoon of Wednesday, March 30th from 2-5pm. We welcome friends, new and old, to tour the facility and grounds, mingle while enjoying the live music with our resource team and FCJ Sisters as you sample tasty treats and refreshments from the FCJ Centre's kitchen.

Tours available from 2:30-4:30pm

This is a FREE event. RSVP required.

Parish Activities

Exposition of the Blessed Sacrament on February 6

The February's Exposition of the Blessed Sacrament will be led by Knights of Columbus on February 6 from 10am to 11am.

Fr. Nguyen will listen to Confession.

Parishioners are encouraged to attend.

5th Sunday Rosary

Matteo Ricci Council 10119 will be hosting Rosary, 20 min. before the 10:00 & 11:30

Mass on Sunday, January 31, 2016. A mini K of C rosary ring will also be distributed to the parishioners who attended, while quantity lasts.

Movie Night – "Jubilee of Mercy"

Date: February 6 (Saturday)

Time: 6 pm Potluck,
6:30 pm – Videos,
Presentation, Discussion

Place: OLPH Upper Hall

Pope Francis on December 8, 2015 started "The Jubilee of Mercy" by opening the holy door in St. Peter's Basilica. The Jubilee has three aims:

1. to contemplate the merciful face of Jesus Christ;
2. to have a personal experience of the Mystery of God's Mercy;
3. to proclaim God's Mercy by word and deed.

Celebrate Chinese New year

To celebrate the Chinese New Year, our parish will distribute the traditional Red Packet to all parishioners after Masses on February 6 and 7 in giving you the blessings for the Chinese New Year!

Chinese New Year's Thanksgiving and Blessing Mass

Chinese New Year's Thanksgiving and Blessing Mass will be held on February 8 (Monday) at 9:00a.m.

Weekly Activities

Wed Jan 27

St. Angela School join us for Mass

Time: 9:00a.m.

Place: OLPH Church

Wed, Fri Jan 27, 29

OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Friday Jan 29

OLPH Scout

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

Place: Upper Hall & Lower Hall

Saturday Jan 30

Legion of Mary (meeting)

Time: 9:45a.m.

Place: K of C Room at OLPH Church

Tai Chi Lesson

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

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: K of C Room

Sunday Jan 31

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

Let There Be Light

An Apple Tree

Take a look at an apple tree. There might be five hundred apples on the tree, but each apple has just ten seeds. That's a lot of seeds!

We might ask, "Why would you need so many seeds to grow just a few more apple trees?"

Nature has something to teach us here. It's telling us: "Not all seeds grow. In life, most seeds never grow. So if you really want to make something happen, you had better try more than once." This might mean:

You'll attend twenty interviews to get one job. You'll interview forty people to find one good employee. You'll talk to fifty people to sell one house, one car, one vacuum cleaner, one insurance policy, or a business idea. And you might meet a hundred acquaintances just to find one special friend .

When we understand the "Law of the Seed", we don't get so disappointed. We stop feeling like victims. We learn how to deal with things that happen to us.

Laws of nature are not things to take personally. We just need to understand them - and work with them.

Stories Faith Sharing

Is He Listening?

My God, my God, why have you forsaken me? Matthew 27:46

"Sometimes it feels as if God isn't listening to me." Those words, from a woman who tried to stay strong in her walk with God while coping with an alcoholic husband, echo the heartcry of many believers. For many years, she asked God to change her husband. Yet it never happened.

What are we to think when we repeatedly

ask God for something good—something that could easily glorify Him—but the answer doesn't come? Is He listening or not? Let's look at the life of the Savior. In the garden of Gethsemane, He agonized for hours in prayer, pouring out His heart and pleading, "Let this cup pass from Me". But the Father's answer was clearly "No." To provide salvation, God had to send Jesus to die on the cross. Even though Jesus felt as if His Father had forsaken Him, He prayed intensely and passionately because He trusted that God was listening.

When we pray, we may not see how God is working or understand how He will bring good through it all. So we have to trust Him. We relinquish our rights and let God do what is best.

We must leave the unknowable to the all-knowing One. He is listening and working things out His way.

Lord, we don't need to know the reason our prayers sometimes go unanswered. Help us just to wait for Your time, because You are good.

When we bend our knees to pray, God bends His ear to listen.

Read More Know More

The Miracles of Jesus Christ

In the Greek New Testament, the Synoptic word for miracle is δύνάμις (act of power), the origin of our English words dynamic and dynamite. John in his Gospel utilizes the word σημεῖον (sign). The word τέρας (wonder) is found in the works of the Apostles in the Book of Acts.

The symbolic element of the miracle becomes primary in John. For example, in John 9, the interest in giving sight to the man born blind is not just the gift of sight, but in his coming to the spiritual insight of faith, an insight made possible by Jesus, the light of the world. The Gospel of John enumerates seven signs of Jesus: he turns water into wine at the wedding feast of Cana (2:1-12); the healing of an official's son in Capernaum (4:43-54); the healing of a paralytic on the Sabbath by the pool in Bethesda (5:1-47); the feeding of the five thousand (6:1-14); walking on water (6:16-21); the healing of a man born blind (9:1-41); and the resurrection of Lazarus (11:1-57). John also records three appearances of Christ to his disciples following his Resurrection. The Gospels record twelve miracles in Capernaum, more

than anywhere else in the Holy Land.

The third millennium is more receptive to miracles as compared to the skepticism of the post-Enlightenment. Case records of inexplicable cures from cancer, the healings at Lourdes, France, and Fatima, Portugal, and reports of near-death experiences have produced an openness to the miraculous. While Christ Jesus performed innumerable healings and exorcisms (Matthew 8:16-17, Mark 1:32-34, Luke 6:17-19).

主日分享

常年期第三主日

今天的福音說：「耶穌來到了自己生長的地方--納匝肋，照祂的習慣，在安息日進入會堂，站起來要誦讀。有人遞給祂依撒意亞先知書，祂展開書卷，找到一處寫著：「主的神降臨在我身上，因為祂給我傳了油，派遣我向窮人宣講福音，向俘虜宣佈釋放，向盲者宣告復明，解放被壓迫的人，宣佈主的恩寵之年。」祂把書捲好，交還執事，坐下來。會堂內眾人都定睛注視著祂。祂便開始對他們說：「你們剛才聽到的這段經文，今天應驗了。」（路 4:16-21）「恩寵之年」就是喜年，是上主普施救恩的日子。耶穌說：「你們剛才聽到的這段經文，今天應驗了。」這是祂傳教生活開始前的一個宣言，說出祂的身份、使命和工作：祂自己是天主、祂要承行天父的旨意、要執行天父的計劃。這一切，今天應驗了！來到了！實現了！

據聖路加福音的記載，耶穌在家鄉納匝肋首次講道，頓時博得同鄉們的同情，但是他們要求祂施行奇蹟，耶穌不答應，於是便發生了不愉快的事件。耶穌被他們趕出城外，幾乎被祂們從山崖上推下去，將祂處死。但是，正如讀經一上所指示的，本主日彌撒禮儀的主旨是在強調這故事積極方面的教訓。

原來，耶穌和祂的門徒們都屬於猶太民族；初期教會的第一批信友也大都來自這個民族；但是不久他們就受到自己同胞們的迫害，而同時基督的福音卻在異邦人當中迅速地傳開了。這現象一面使他們高興，一面也令他們傷心。這樣的心情，我們可以從四部福音中體驗得到。

在讀經二裡，保祿說：「我們眾人，不論是猶太人、希臘人、為奴的、或自由的，都因同一聖神受洗，成爲一個身體。」我們都屬於同一的身體，是基督奧體中的肢體，我們彼此都是兄弟姊妹，因為我們祇有一個天父。在這身體中，我們又怎樣看那些軟弱的、不重要的肢體呢？保祿繼續說「其實，身體上那些似乎較軟弱的部份，更是不可缺少的。若是一個肢體受苦，所有的肢體都一同受苦，若是一個肢體蒙受尊榮，所有的肢體都一同歡樂。」爲此，因著天主的愛，我們應對那些貧、苦、疾、缺的兄弟姊妹履行依撒意亞先知所說的：「主派遣我向窮人宣講福音，向俘虜宣佈釋放，向盲者宣告復明，解放被壓迫的人。」

節錄自梵蒂岡電台

教宗及福傳祈禱意向

二月祈禱及傳教意向

總意向：爲照顧天主的創造

願我們能細心照顧天主所賜的宇宙萬物，並爲了未來的世代，用心培育並保護它們。

福傳意向：爲亞洲福傳

願基督信仰與亞洲人民交談與相遇的機會逐漸增加。

慈悲面容

慈悲特殊禧年詔書

天主衆僕之僕、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

我們要熱心善度這禧年的四旬期，使成爲慶祝和經驗天主慈悲的特殊卓越時刻。聖經中許多章節，都適合用於四旬期各週的默想，幫助我們重新發現天父慈悲的面容！我們可重複米該亞先知的話，使成爲我們的心聲：「那裡有神相似，赦免罪惡，寬宥他的基業——遺民的過錯，不堅持憤怒於永遠，反而喜愛仁慈（慈悲）？必再憐憫我們，將我們的邪惡踏於足下，將我們的一切罪過投入海底。」在這祈禱、齋戒、行愛德善工的四旬期內，可更具體地默想依撒意亞先知的話：「我所中意的齋戒，豈不是要

人解除不義的鎖鏈，廢除軛上的繩索，使受壓迫者獲得自由，折斷所有的軛嗎？豈不是要人將食糧分給饑餓的人，將無地容身的貧窮人領到自己的屋裡，見到赤身露體的人給他衣穿，不要避開你的骨肉嗎？若這樣，你的光明將要射出，有如黎明，你的傷口將會迅速地復原；你的救援要走在你前面，上主的光榮要作你的後盾。那時，你如呼喊，上主必要俯允；你若哀求，祂必答說：『我在這裡！』你若由你中間消除欺壓、指手畫腳的行為和虛偽的言談，你若把你的食糧施捨給饑餓的人，滿足貧窮者的心靈；那麼，你的光明要在黑暗中升起，你的幽暗將如中午。上主必要時常引領你，在乾枯之地，使你心滿意足，並使你的骨頭堅強有力；你將成爲一座灌溉的樂園，一個總不涸竭的水泉。」 待續

每週生活聖言反思

我若有先知之恩，又明白一切奧秘和各種知識、我若有全備的信心，甚至能移山；我若沒有愛，我什麼也不算。(格前 13:2)

堂區活動

二月顯供聖體

永援聖母堂二月份的顯供聖體由騎士會帶領，時間爲二月六日上午十時至十一時。當天除了朝拜聖體外，阮神父將爲教友聽告解。請各位教友盡量參與！

第五星期日頌念玫瑰經

利瑪竇騎士會將於一月三十一日第五星期日，十時正及十一時三十分彌撒前二十分鐘 領頌念玫瑰經。同時將有迷你念珠環送 信友，先到先得。

慶祝農曆新年

爲了慶祝農曆新年，本堂將在二月六日及七日主日彌撒後派贈紅封包與教友，以表示對大家在農曆新年的祝福！

農曆新年感恩彌撒

二月八日(星期一) 早上九時。
歡迎所有教友一同參加，共同感謝天主過去一年及新一年的眷顧！

電影晚會-善度“慈悲禧年”

日期: 2月6日(星期六)
時間: 6時 POTLUCK;
6時30分 - 映片, 分享及討論
地點: 永援聖母堂上禮堂
教宗方濟各於2015年12月8日開啓聖伯多祿大殿聖門, 並開始了慈悲禧年。爲何有這慈悲禧年? 它的意義是什麼? 我們如何善度這聖年? 慶祝慈悲禧年有三個目的: 默觀基督的面容; 見證慈悲的奧蹟; 宣講慈悲的天主。我們可以閱讀聖經, 朝聖, 告解, 做寬恕、憐憫和福傳的事。

活動一週

星期三 1月27

St. Angela School 參與彌撒

時間: 上午9時
地點: 永援聖母堂

星期三、五 1月27, 29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 1月29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 1月30日

聖母軍
時間: 上午9時45分(開會)
地點: 聖堂二樓騎士會室
楊式太極班
時間: 上午10時至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: 聖堂二樓騎士會室

星期日 1月31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

靈修小故事

帶來希望的天燈

和朋友去東部旅行時，偶然間在蘇花公路旁看見有人放天燈，朋友便告訴我們，他去放天燈時發生的故事：那天，一羣朋友去放天燈，許完願之後，每個人的天燈逐漸放逐到天際的另一邊，好像藉由天燈將我們的願望，傳達給上天知曉，希望祂達成我們心中的願望，祇有一個女孩的天燈，墜入水面了，她很失望，眼直直地望著隨著水流飄浮的天燈，每個人的心中難免惆悵，載浮載沈的天燈，突然間，翻覆了，引起衆人驚恐，沒想到，天燈也是充滿毅力的，不久，它便在衆人的期望中，爬了起來，每個人的心似乎都被這個天燈牽動著，尤其是這個女孩，可是，天燈還是在衆人期望下再次翻覆了，這次的翻覆，使得大家都放棄了，沒人覺得它會再堅強地爬起，於是，便有人安慰她說，可能是妳的願望太沈重了，祂需要考慮一下。友人便問她，妳許了什麼願望？她哽咽地回答：我希望我的病人都能幸福。就在這個時候，天燈堅強地豎立起來，並且緩緩的升起，終於飛向天際了。女孩再也忍不住眼淚，簌簌落下。朋友告訴我，這女孩是個護士，她服務的工作地點是「安寧病房」(癌症末期)，她不敢奢求她的病人都能健康地走出病房，她祇希望她的病人都能生活得幸福，幸福，對我們而言，似乎總是唾手可得，卻又轉眼即逝，但是對於這些久病不起的人，卻是多麼珍惜又怕失去。這不是一個故事，而是真實發生的情感，聽了之後真的很感動，多少人在自己獲得幸福之後，還能期望別人也能獲得幸福呢？願你我知福惜福，再造福：多爲別人奉獻一點。

心靈小品

由美善之國的追尋到神的存在

人都在追求真、善、美，或至少追求他以為的真、善、美。

許久以前有一齣電影叫「夢斷城西」，講述兩幫流氓互相鬥爭的故事，後來愈爭愈烈，終至弄出人命。男女主角原本分屬兩幫，但愛情使他們走近了，而且願意化解雙方的仇恨，但可惜故事的發展，使雙方仇恨有增無減，悲劇終於到了無法化解的地步。他們在末了祇能無奈地共唱一首歌：何時有一個地方，一個時間，讓我們有一個新的開始，讓大家互相寬恕，互相扶持、互相愛護？

其實，他們心底裡所要求的，正是一個美好的國度，一個洋溢著正義、和平的美善之國，那裡沒有仇恨，沒有爭鬥，祇有愛、寬恕和接納。可惜，直至電影的終場，這個國度始終未曾出現。受苦的人仍在受苦，悲劇祇是暫告一個段落，它還要不斷的延續下去。城西的夢斷了，追求人間天國的願望，終於還是落了空。

這個美善之國會出現嗎？千萬年來，人類年年月月地期待著的美善之國，叫它世外桃源也好、叫它香格里拉也好，難道就祇能是詩人、文藝工作者的幻想嗎？如果真的是這樣，人類追求幸福的願望，不就成了套趣劇、鬧劇，或甚至是悲劇嗎？萬物之靈的人類，不比冥頑的無靈之物更可憐嗎？如果人生不是一個大悲劇，那麼，默示錄的話便是一個真正的喜訊：「隨後，我看見了一個新天新地……天主要同人們住在一起……祂要拭去他們眼上的一切淚痕；以後再也沒有死亡，再也沒有悲傷，沒有哀號，沒有苦楚，因為先前的都過去了。」（默 21：1-4）

知多一點點

耶穌顯示的奇蹟與祂的神能

為什麼現在沒有很多如耶穌或宗徒時代的奇蹟發生？為什麼奇蹟很少在神父、主教、教宗身上發生？

a) 天主通常顯現給初信的人，以增加他們的信心。若是信仰多年之後仍然

期待奇蹟，是信仰不足也不正確的表現（若 4:48 除非你們看見神蹟和奇事，你們總是不信）

b) 如同聖經是人一生的寫照，聖經也是整個人類反省與天主的關係的過程，耶穌及宗徒時代，基督宗教的信仰正在萌芽，奇蹟的發生能夠增強他們的信心，但是在主後二千多年，如果我們仍然期待奇蹟，就是信仰不足也不正確的表徵

如何讓奇蹟發生？(三不四要)

a) 三不：

1. 不要抱著看魔術表演的之心
(信德 -- 沒有看見就相信的是有福的 - 若 20:29)
2. 不要存著買賣交易的功利之心
(望德 -- 凡不試探天主的,必能找到天主 - 智 1:2)
3. 不要懷著守株待兔的懶惰之心
(愛德 -- 沒有行動的信德是死的 - 雅 2:17)

b) 四要：

1. 要用感恩的心去體認自身及週遭的，我們將發現原來我們已擁有許多奇蹟。(信德：天主所造樣樣美好)
2. 要用喜樂的心去迎接天主將給予我們的一切,我們將發現奇蹟時時出現。(望德：天主給的我都要、天主要的都給)
3. 要用愛人的心將奇蹟帶給我們的近人
當德勒莎修女握著一個被遺棄,滿身蛆蟲,的垂死之人的手，對那人,就是奇蹟，因此他說：修女，我已經準備好了，回去天國（愛德：願你的國來臨)
4. 要全心、全意、全靈、全力的愛主，我們的天主 -- (谷 12:30)
他無論吩咐你們什麼，你們就作什麼 (若 2:5)