

## Theme Sharing

### 4th Sunday in Ordinary Time

In the first reading, Jeremiah received his calling from God and later became one of the four "major" prophets in the Old Testament. He got his calling at a young age and left his family to take up the role of God's spokesman. For forty years, he suffered persecution, ridicule and rejection. He was portrayed by the early Church Fathers as a prefigurement of Christ. The first reading emphasizes Jeremiah's role as "a prophet for all nations", which explains why he was rejected by his own people. Today's gospel makes no mention about Jeremiah. Jesus instead refers to two other prophets, Elijah and Elisha, to reiterate the old saying that a prophet is not welcome in his hometown. "*Truly I tell you,*" says Jesus, "*no prophet is accepted in the prophet's hometown. The truth is that there were many widows in Israel in the time of Elijah, when there was a severe famine over the land because of a prolonged drought of three and a half years; and yet Elijah was sent to none except to a widow at Zarephath in Sidon (i.e. outside the land of Israel). And in the time of the prophet Elisha, there were many lepers in Israel but none of them were cleansed except a Naaman the Syrian.*" We are told that all the people in the synagogue were enraged at Jesus' words, and they drove him out of the town with intent to hurl him off the cliff. No doubt, Jesus was giving a stern warning to his town folks. He declined to perform miracles in his hometown presumably because of the people's selfishness and lack of faith in him. Jesus therefore passed through the midst of them and went on his way. The real message of today's gospel is on the universality of God's love. Jesus was sent, like Elijah and Elisha, not just for the Jews but for "all the nations". After labouring hard on evangelization, Luke and his contemporary apostles came to realize that salvation was meant for

Israelites and Gentiles (Non-Jews) alike. In the second reading, Paul stresses on the importance of love in our daily interaction with others especially when we all have the mission to bring Christ to others. So even if we have the gift of tongues and can speak with the eloquence of an angel or the best

advocate in the world, and yet we have no love but pride and arrogance in our hearts, we would just be like gongs and cymbals that make a lot of noise but produce no melody. And if we have the gifts of prophecy, understanding and knowledge; or if we should have all the faith so that we can remove mountains but again do not have love, we are nothing. And if we should give away all our property to the poor or should even hand over our bodies to be burned like martyrs in Paul's time, and yet are not motivated by love except by a desire for praise and recognition, we really gain nothing for our soul. So if we wish to continue Christ's mission to proclaim the good news to the ends of the earth, we must start with Love: love of God and love of our fellow brothers and sisters.

Let us then pray for the gift of love as in today's Opening Prayer: "Heavenly Father, help us to love you with all our hearts and to love all people as you love them. Grant this through Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen."

## 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 initiative of "24 Hours for the Lord," to be celebrated on the Friday and Saturday preceding the Fourth Week of Lent, should be implemented in every diocese. So many people, including young people, are returning to the Sacrament of Reconciliation; through this experience they are rediscovering a path back to the Lord, living a moment of intense prayer and finding meaning in their lives. Let us place the Sacrament of Reconciliation at the centre once more in such a way that it will enable people to touch the grandeur of God's mercy with their own hands. For every penitent, it will be a source of true interior peace.

To Be Continued.

## News & Others

### Pope Francis The 24th World Day of Sick 2016 Message

Theme: Entrusting Oneself to the Merciful Jesus like Mary: "Do whatever he tells you" (Jn 2:5)

The twenty-fourth World Day of the Sick

offers me an opportunity to draw particularly close to you, dear friends who are ill, and to those who care for you. The theme chosen - Entrusting Oneself to the Merciful Jesus like Mary: "Do whatever he tells you" (Jn 2:5) is quite fitting in light of the Extraordinary Jubilee of Mercy.

Illness, above all grave illness, always places human existence in crisis and brings with it questions that dig deep. Our first response may at times be one of rebellion: Why has this happened to me? We can feel desperate, thinking that all is lost, that things no longer have meaning...

In these situations, faith in God is on the one hand tested, yet at the same time can reveal all of its positive resources. Not because faith makes illness, pain, or the questions which they raise, disappear, but because it offers a key by which we can discover the deepest meaning of what we are experiencing; a key that helps us to see how illness can be the way to draw nearer to Jesus who walks at our side, weighed down by the Cross. And this key is given to us by Mary, our Mother, who has known this way at first hand.

The wedding feast of Cana is an image of the Church: at the centre there is Jesus who in his mercy performs a sign; around him are the disciples, the first fruits of the new community; and beside Jesus and the disciples is Mary, the provident and prayerful Mother. Mary partakes of the joy of ordinary people and helps it to increase; she intercedes with her Son on behalf of the spouses and all the invited guests. Nor does Jesus refuse the request of his Mother. How much hope there is in that event for all of us! We have a Mother with benevolent and watchful eyes, like her Son; a heart that is maternal and full of mercy, like him; hands that want to help, like the hands of Jesus who broke bread for those who were hungry, touched the sick and healed them.

In Mary's concern we see reflected the tenderness of God. This same tenderness is present in the lives of all those persons who attend the sick and understand their needs, even the most imperceptible ones, because they look upon them with eyes full of love. How many times has a mother at the bedside of her sick child, or a child caring for an elderly parent, or a grandchild concerned for a grandparent, placed his or her prayer in the hands of Our Lady! For our loved ones who suffer because of illness we ask first for

their health. Jesus himself showed the presence of the Kingdom of God specifically through his healings: "Go and tell John what you hear and see: the blind regain their sight, the lame walk, lepers are cleansed, the deaf hear, the dead are raised, and the poor have the good news proclaimed to them" (Mt 11:4-5). But love animated by faith makes us ask for them something greater than physical health: we ask for peace, a serenity in life that comes from the heart and is God's gift, the fruit of the Holy Spirit, a gift which the Father never denies to those who ask him for it with trust.

With this prayer for all of you, I send my Apostolic Blessing.

Details at [www.vatican.com](http://www.vatican.com)

## Parish Activities

### 24 th World Day of The Sick February 11

Theme: Entrusting Oneself to the Merciful Jesus like Mary: "Do whatever he tells you" (Jn 2:5)

On February 11, the annual celebration of the Feast of our Lady of Lourdes. On this day, the ill are encouraged to reflect on the Christian meaning of suffering. The occasion also provides an opportunity for those involved in health care to recall the roots of their healing mission. Please pray for the sick!

On February 11, the 9:00am Mass and all the masses on Feb 14 will be dedicated to the sick. Fr. Joseph will anoint those sick parishioners in the mass at 11:30am. We will reserve seats for parishioners who would like to be anointed on that day. Parishioners can pick up World Day of sick prayer cards at church entrances.

### Extraordinary Jubilee of Mercy

For Extraordinary Jubilee of Mercy, our Parish will distribute the Extraordinary Jubilee of Mercy booklet to parishioners. Please pick them up at the church entrances and pray more at Lent.

### ASH Wednesday

According to Bishop Henry's instruction, ashes cannot be distributed on the first Sunday of Lent. Our parish will therefore celebrate Ash Wednesday on: February 10 at 9:00 am Mass(English) and 6:30pm Mass (Chinese)

It is time to get ready for a new Lenten journey. Parishioners are encouraged to join daily mass and Way of the Cross in Lent.

### Fasting and Abstinence

1. Among Catholics, fasting is a reduction in the normal amount of food consumption per day: one regular meal plus two other smaller meals without the provision of snacks during the Holy Days of observation.
2. Among Catholics, abstinence is the omission of meat and other meat products, except fish, in the diet during the Holy Days of observation.
3. Abstinence is practiced by a wider age group of Catholic individuals 14 and up as opposed to fasting which is practiced by Catholics aged 18 to 59.

### OLPH Way of the Cross in Lent

Starting from February 12

English: every Friday 8:30 a.m.

Cantonese & Mandarin:  
every Saturday 4:30 p.m.

### 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.

### 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.

### Chinese New year banners

To celebrate the Chinese New Year, our Parish will distribute the Chinese New Year banners to parishioners. Please pick them up at the church entrances.

### 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

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| Wed, Fri Feb 3, 5 |
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OLPH Senior Centre

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

Place: OLPH Church Upper Hall

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| Friday Feb 5 |
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Knights of Columbus

Time: 6:00pm.-9:30pm

Place: Upper Hall

OLPH Scout

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

Place: Lower Hall

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| Saturday Feb 6 |
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Knights of Columbus

Time: 8:30am.-3:00pm

Place: Upper Hall

Exposition of the Blessed Sacrament

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

Place: OLPH Church

Legion of Mary ( meeting )

Time: 11:00a.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 Lower Hall

R. C.I.A (Mandarin)

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

Place: K of C Room

Young Adults Group

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

Place: OLPH Upper Hall

Movie Night – "Jubilee of Mercy"

Time: 6:00 p.m. potluck

6:30 p.m. movie

Place: OLPH Upper Hall

Sunday Feb 7

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

K of C Matteo Ricci 10119 meeting

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

Place: OLPH Church K of C room

## Stories Faith Sharing

### Understanding

"How shall I get the grace of never judging my neighbor?"

"Through prayer."

"Then why have I not found it yet?"

"Because you haven't prayed in the right place."

"Where is that?"

"In the heart of God."

"And how do I get there?"

"Understand that anyone who sins does not know what he is doing and deserves to be forgiven."

## Read More Know More

### Anointing of the Sick

Who may receive the Sacrament?

Canon 998

The anointing of the sick by which the Church commends to the suffering and glorified Lord the faithful who are dangerously sick so that He relieves and saves them, is conferred by anointing them with oil and using the words prescribed in the liturgical books.

Canon 1004

1. The anointing of the sick can be administered to a member of the faithful who, after having reached the use of reason, begins to be in danger due to sickness or old age.

2. This sacrament can be repeated whenever the sick person again falls into a serious sickness after convalescence or whenever a more serious crisis develops during the same sickness.

These canons can be summarized as follows. Those who satisfy three conditions may be anointed:

1. A baptized Catholic,
2. Reached the age of reason,
3. Begun to be in danger from illness or the

infirmities of age, or have become sick again or underwent a further crisis. It should be noted that the danger need only have begun to exist. The person does not have to be "in extremis" (in imminent danger of dying). This is a change from the pastoral practice before the Second Vatican Council.

The ritual gives the following examples:

- "those who are dangerously ill through sickness or old age"
- "a sick person...before surgery whenever the surgery is necessitated by a dangerous illness"
- "elderly people...if they are weak, though not dangerously ill"
- "sick children...sufficiently mature to be comforted by the sacrament"
- "sick people who have lost consciousness or who have lost the use of reason...if ...they would have requested it if they had been in possession of their faculties"

## 主日分享

### 常年期第四主日

讀經一敘述先知被召的故事。耶肋米亞是舊約時代四大先知之一。他年輕時便蒙天主的召叫；於是他離棄了家庭，擔任了先知的任務。在四十年的先知生涯中，他受盡了千辛萬苦。教父們都把他看作耶穌受難的預象。本主日彌撒中的讀經一強調他是萬民的先知，好像是說，這就是為什麼他沒有受到本國人的容忍的緣故。

在本主日的彌撒福音中，耶穌沒有提到耶肋米亞先知，卻說起了厄里亞和厄里叟先知。祂援引了這兩位先知的先例來印證一句古老的諺語：「沒有一個先知，是在自己的家鄉受歡迎的。」彌撒福音這樣記載，說：「我切實告訴你們：沒有一個先知，是在自己的家鄉受歡迎的。我切實告訴你們：厄里亞的時代，以色列中有許多寡婦。那時，天旱了三年另六個月，遍地饑荒，而厄里亞並沒有被派遣到任何一個寡婦那裡去，卻奉派到漆冬市匝爾法特的一個寡婦那裡。先知厄里叟的時代，以色列人中有許多生癩病的人，其中沒有一個得到潔淨，只有敘利亞的納哈曼一人。」會堂裡的人聽了這話，都忿怒填胸，就起來把耶穌推出城外。

耶穌的話是很嚴厲的。祂向自己的鄉

親坦白地承認，祂不在他們中間施行祂在外地陌生人中間施行的奇跡，並且又引用「沒有一個先知，是在自己的家鄉受歡迎的」那句諺語來責斥他們對祂的不友善待遇。但是，在與讀經一的對照之下來讀這篇福音，我們便可發現本主日彌撒福音的主旨並不在此，而在於強調耶穌的使命的普世性。正如耶穌自己所說的，祂像厄里亞和厄里叟一樣，被派遣來，不祇是爲了猶太人。這是聖路加以及與他同時代的宗徒們從他們的傳教經驗中學習到的一個寶貴心得。

在讀經二裡，保祿說：「我若能說人間的語言，和能說天使的語言，但我若沒有愛，我就成了個發聲的鑼，或發響的鈸。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，但我若沒有愛，我什麼也不算。我若把我所有的財產全施捨了，我若捨身投火被焚；但我若沒有愛，爲我毫無益處。」若我們要繼承基督普世傳播的使命，就必須從愛出發：愛主愛人！

讓我們用本主日的集禱經作結束：上主，我們的天主，願我們全心敬拜你，並以基督的愛，愛所有的人。祂和你及聖神，是唯一天主，永生永王。亞孟。  
節錄自梵蒂岡電台

## 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

每個教區，應在四旬期第四主日前的星期五及星期六，舉行「奉獻廿四小時給天主」。這樣，衆多人，包括青年，回來參加和好聖事；藉此經驗，他們重新發現回歸上主的道路，善度熱切祈禱的時刻，找到生命的意義。讓我們再度將和好聖事置於中心，好讓衆人親身體驗天主慈悲的寬宏大量。爲懺悔者，和好聖事將是獲得內心真正平安的泉源。 待續

## 新聞及其他

## 教宗方濟各 2016 年世界病人日 文告

教宗方濟各第 24 屆世界病人日文告，主題是：「如同聖母那樣信賴仁慈的耶穌：祂無論吩咐你們什麼，你們就作什麼。（若 2:5）」

教宗方濟各指出，疾病，尤其是嚴重疾病總是使人陷入危機，苦思冥想：為什麼恰恰發生在我身上？這抗拒的心理很容易使病人屈服於失望的誘惑，心想一切都喪失了。然而，正是在這些時刻對天主的信德揭示出它全部的積極潛力。信德並不消除疾病和痛苦，但它提供一把解讀痛苦的鑰匙，病人用這把鑰匙能夠發現自己處境的最深層意義。這把鑰匙是精通這條路的天主之母瑪利亞交給我們的，好使我們更接近耶穌。

本屆世界病人日的核心是福音中關於加納婚宴的記述，教宗方濟各稱之為「教會的聖像」。仁慈的耶穌位於中間，圍在祂身邊的是門徒們和聖母瑪利亞，「天佑之母」，「安慰之母」，留神及善於關注別人、懷有母親心腸及充滿慈悲的殷勤女人。聖母瑪利亞的殷勤是天主溫柔的反映，這溫柔也臨在於許多人身上，他們照顧病人，懂得病人的需求，包括那些難以察覺的需求，因為他們以充滿愛的眼光注視病人。

教宗提到守護患病子女的母親、照顧年邁父母的子女、留在祖父母身邊的晚輩，他們都信賴聖母。那麼，我們為病苦的親人求什麼？當然是健康，因為耶穌也透過治癒人的疾病彰顯了天主的國。可是，我們也應求得一些更重要的事：發自內心的平安及寧靜，這是天主的恩賜。

教宗在文告結尾呼求聖母瑪利亞仁慈地垂顧世人，在痛苦時刻尤其如此。

詳細內容請參閱梵帝岡電台網址

## 堂區活動

### 第 24 屆世界病人日 2 月 11 日

主題是：「如同聖母那樣信賴仁慈的耶穌：祂無論吩咐你們什麼，你們就作什麼。（若 2:5）」

第 24 屆世界病人日將於 2016 年 2 月 11 日舉行，這天正是露德聖母顯現

日。請大家為所有病人祈禱！

本堂將於 2 月 11 日早上九時彌撒及 2 月 14 日的主日彌撒中特別為病患者祈禱，而阮神父將在十一時三十分彌撒中為有需要的病人教友傅油祝福。當天本堂將預備部分座位給予傅油的教友。教友可於教堂入處領取世界病人日祈禱卡。

### 慈悲特殊禧年小冊子

為了響應慈悲特殊禧年，本堂特別編印慈悲禧年小冊子，教友可於教堂入口處領取並在四旬期多作祈禱！

### 聖灰瞻禮

二月十日星期三是聖灰瞻禮。本堂將於當日九時彌撒(英文)為教友施放聖灰。此外，根據亨利主教的指引，在四旬期第一主日不可施放聖灰，阮神父將於聖灰瞻禮當天晚上六時三十分加開中文彌撒，以方便教友領受聖灰，請各位教友能盡量參與。

在四旬期內，我們可作特別的努力，每天參與彌撒、每天朝拜聖體或拜苦路。

### 教友當日要守大小齋

小齋：教會規定凡已足十四歲的教友，在每年的聖灰禮儀及聖週內星期五紀念基督聖死日，應守小齋，即在那兩天放棄取用熱血動物的肉類食物。

大齋：教會要求年齡已滿十八至五十九歲的教友在每年的聖灰禮儀及聖週內星期五紀念基督聖死日，應守小齋外，還要守大齋，即在那兩天只可飽食一餐，其他兩餐只可進食少許食物，其餘時間可飲流質飲品，但不能進食其他食物（藥物除外）。

### 四旬期苦路善功

在四旬期內二月十二日開始，按教會傳統，將舉行苦路善功，以紀念耶穌基督為拯救人類，所受的苦難聖死。

請教友盡量抽出時間前來參與。

英語拜苦路：

逢週五早上彌撒前 8 時 30 分。

粵語國語拜苦路：

逢週六下午彌撒前 4 時 30 分。

### 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，時間為二月六日上午十時至十一時。當天除了朝拜聖體外，阮神父將為教友聽告解。

請各位教友盡量參與！

### 慶祝農曆新年

為了慶祝農曆新年，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！

### 新年揮春

為了慶祝農曆新年的來臨，本堂將派發揮春給予各位教友，揮春將擺放在教堂正門及側門入口處供教友索取。

### 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。為何有這慈悲禧年？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、五 2 月 3, 5 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 2 月 5 日

騎士會開會

時間：晚上 6 時至 9 時 30 分

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：永援聖母堂下禮堂

星期六 2 月 6 日

騎士會開會

時間：上午 8 時 30 分至 3 時

地點：永援聖母堂上禮堂

**顯供聖體**

時間：上午 10 時至 11 時

地點：永援聖母堂

**聖母軍**

時間：上午 11 時(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：永援聖母堂下禮堂

**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**

時間：下午 5 時至 7 時

地點：永援聖母堂下禮堂

**電影晚會-善度“慈悲禧年”**

時間：6 時 potluck

6 時 30 分

地點：永援聖母堂上禮堂

星期日 2 月 7 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

**利瑪竇騎士會 10119 開會**

時間：下午 12 時 30 分至 3 時

地點：聖堂騎士會室

**心靈小品****人種的是什麼，收的也是什麼**

「人種的是什麼，收的也是什麼」聖保祿宗徒這句話，其實是一個規律。

**自然界的規律**

農民按自己的意願，選購種籽，播種穀物、蔬菜、水果以及其他作物。勤加耕耘、培育、灌溉，到時收成。種什麼、收什麼，絲毫不爽。我國自古也有“種瓜得瓜，種豆得豆”的成語，家喻戶曉。

晝夜的變化、四季的更替、氣向上升、水往下流，人的生老病死過程等等，都是自然界的規律使然，固不以人們的意志為轉移。

規律先於人類而存在，顯非人的作

為。規律包涵著高度的思維與能力，祇能是天主所創立。人們不住探索、發現物質世界存在的規律，以使用來為人類服務。人祇能服從規律，不能違反規律。人種的是什麼，收的也是什麼。

**靈修小故事****椰子樹**

「在指望中要喜樂，在患難中要忍耐。禱告要恆切。」羅 12：12

有一個人經過一棵椰子樹，一隻猴子從上面丟了一個椰子下來，打中他的頭，這人摸了摸腫起來的頭，然後把椰子撿起來，喝椰子汁，吃果肉，最後還用外殼做了一個碗。

**默想：**

你可以用不同的態度面對別人的批評。思想一下最近所受到的委屈和難堪遭遇，在心中轉換心情，以健康積極的態度去化解它吧。

**知多一點點****病人敷油聖事****誰可領敷油？**

任何人如在病重、或遇有意外、或年老體弱等，都可領受傅油聖事。這聖事最好能在家中或聖堂，與家人及教友共同舉行。開始的時候，先誦讀一段聖經，再由神父給病人覆手，然後把聖油擦在病人額上及手上說：「藉此神聖的傅油，並賴天主的無限仁慈，願天主以聖神的恩寵助佑你。(亞孟。)赦免你的罪，拯救你，並減輕你的病苦。(亞孟。)

信徒團體也可藉此機會來陪伴病者以減輕獨自受苦的感覺。

**敷油聖事對病人有甚麼益處？**

藉著敷油及祈禱(基督建立這聖事的目的)，是為恢復病人的健康：「主必要使他起來」(雅 5:15)，並為減輕人的病苦。所以病人不可把這聖事視為「催命符」。事實上，是基督藉神父之身來臨病榻，醫治人的病痛，增強他的精神力量，使能忍受病苦、堅心信賴天主；基督也赦免病人的罪過，減輕或免除病人的痛苦，甚至有時使病人完全痊癒。這些都是敷油聖事的功效。病人欲獲得聖事的效果，應有信德和

悔罪的心情。

此外，若病人已有一段很長的時間被纏在病榻中，他可以要求在家領修和及聖體聖事。生命垂危的信徒，可從領聖體中得到精神的力量及安慰。所以，如可能的話，病者應領臨終聖體，以獲得永生的保證。