

Theme Sharing

First Sunday of Lent

Lent is a most opportune time for us to strengthen our faith and devotion to God. Let us pray for graces from our Lord so that we can receive the good news and the fruits of salvation, since Jesus has exemplified his teachings by laying down his life on the cross for us. Therefore we must deepen our faith and trust in Christ as he brings God's love into our lives.

Faith in God is the central message in today's scripture readings. In Deuteronomy, Moses teaches the Israelites how they should honour their God. And in his letter to the Romans, Paul reminds us that "everyone who calls on the name of the Lord shall be saved."

In the first reading, the Israelites were told that they should give thanks and praise to God for having delivered them out of Egypt into the Promised Land. They had been treated as slaves in Egypt, suffering from affliction, toil and oppression. They cried out to the Lord, and the Lord listened to their plea and had mercy on them. God worked great wonders and brought them out of Egypt with his "mighty hand and outstretched arm."

In today's gospel, Jesus overcomes the devil's tests three times, from temptations of material comfort to false idols (worldly power and glory) to manipulation of God. The devil says to Jesus, "If you are the Son of God, command this stone to become a loaf of bread!" To this, Jesus quoted a passage from the scriptures, "*One does not live by bread alone.*" In essence, this simple reply teaches us that it is more important to follow God's Will than to mind our own interests. The devil then offers Jesus glory and authority over the whole world if the latter agrees to worship him. Jesus dismisses the devil by saying, "*You shall worship the Lord your God, and shall serve no other gods.*" He is referring to the First Commandment which stipulates that the world belongs to God, that the Lord is the only God and Lord of all and that we must not worship other false gods. Again the devil tries to persuade Jesus to jump from the top of the temple, quoting from the psalm that "*God will command his angels to protect you; and they will bear you up so you won't dash your foot against a stone.*" In other words, he is trying to force God to make a divine intervention to make

Jesus look good. However, Jesus has no wish for personal glory and rebukes the devil: "*Do not put the Lord your God to the test.*" In the second reading, Paul reminds the Israelites and all Christians that salvation has come to all. And the key to salvation is faith: "*If you confess with your lips that Jesus is Lord and believe in your hearts that God raised him from the dead, you will be saved.*"

Rejoice in God's Mercy

Temptation is neither a sin nor a sign that we are bad. Jesus was baptized and received the Holy Spirit. Next, that same Holy Spirit led him into the wilderness where he faced temptation. In baptism we have been claimed for Christ and sealed by the Holy Spirit so that we are protected by God when we enter our own wilderness. Through our baptism our power is in God and we demonstrate its strength by living in service to others. Action: Spend time this Lent reflecting on the gift of Baptism.

News & Others

Pope Francis Message for Lent

Theme : "I desire mercy, and not sacrifice" (Mt 9:13).

The works of mercy on the road of the Jubilee

1. Mary, the image of a Church which evangelizes because she is evangelized. In the Bull of Indiction of the Extraordinary Jubilee of Mercy, I asked that "the season of Lent in this Jubilee Year be lived more intensely as a privileged moment to celebrate and experience God's mercy" (Misericordiae Vultus, 17). By calling for an attentive listening to the word of God and encouraging the initiative "24 Hours for the Lord", I sought to stress the primacy of prayerful listening to God's word, especially his prophetic word. The mercy of God is a proclamation made to the world, a proclamation which each Christian is called to experience at first hand. For this reason, during the season of Lent I will send out Missionaries of Mercy as a concrete sign to everyone of God's closeness and forgiveness.

After receiving the Good News told to her by the Archangel Gabriel, Mary, in her Magnificat, prophetically sings of the mercy whereby God chose her.

2. God's covenant with humanity: a history of

mercy.

The mystery of divine mercy is revealed in the history of the covenant between God and his people Israel.

This love story culminates in the incarnation of God's Son. In Christ, the Father pours forth his boundless mercy even to making him "mercy incarnate" (Misericordiae Vultus, 8).

3. The works of mercy

God's mercy transforms human hearts; it enables us, through the experience of a faithful love, to become merciful in turn. For all of us, then, the season of Lent in this Jubilee Year is a favourable time to overcome our existential alienation by listening to God's word and by practising the works of mercy. In the corporal works of mercy we touch the flesh of Christ in our brothers and sisters who need to be fed, clothed, sheltered, visited; in the spiritual works of mercy – counsel, instruction, forgiveness, admonishment and prayer – we touch more directly our own sinfulness.

Let us not waste this season of Lent, so favourable a time for conversion! We ask this through the maternal intercession of the Virgin Mary, who, encountering the greatness of God's mercy freely bestowed upon her, was the first to acknowledge her lowliness (cf. Lk 1:48) and to call herself the Lord's humble servant (cf. Lk 1:38).

Details at www.vatican.va

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.

During Lent of this Holy Year, I intend to send out Missionaries of Mercy. They will be a sign of the Church's maternal solicitude for the People of God, enabling them to enter the profound richness of this mystery so fundamental to the faith. There will be priests to whom I will grant the authority to pardon even those sins reserved to the Holy See, so that the breadth of their mandate as confessors will be even clearer. They will be, above all, living signs of the Father's readiness to welcome those in search of his pardon. They will be missionaries of mercy because they will be facilitators of a truly human encounter, a source of liberation, rich with responsibility for overcoming obstacles and taking up the new life of Baptism again.

They will be led in their mission by the words of the Apostle: "For God has consigned all men to disobedience, that he may have mercy upon all" (Rom 11:32). Everyone, in fact, without exception, is called to embrace the call to mercy. May these Missionaries live this call with the assurance that they can fix their eyes on Jesus, "the merciful and faithful high priest in the service of God" (Heb 2:17).

I ask my brother Bishops to invite and welcome these Missionaries so that they can be, above all, persuasive preachers of mercy. May individual dioceses organize "missions to the people" in such a way that these Missionaries may be heralds of joy and forgiveness. Bishops are asked to celebrate the Sacrament of Reconciliation with their people so that the time of grace made possible by the Jubilee year makes it possible for many of God's sons and daughters to take up once again the journey to the Father's house. May pastors, especially during the liturgical season of Lent, be diligent in calling back the faithful "to the throne of grace, that we may receive mercy and find grace" (Heb 4:16). To Be Continued.

Diocese & Other News

40 Days for Life

Join the worldwide movement to protect mothers and children at the Kensington (Abortion) Clinic, 2431 – 5th Ave NW, Calgary. Vigil hours are 7:00 am – 7:00 pm, Feb 10 – Mar 10. Get involved and learn more at www.40daysforlife.com/calgary or contact Jairo at 40daysforlife.calgary@gmail.com.

The 33rd Annual Outdoor Way of the Cross

Lent started this week and Good Friday, March 25th, 2016 will quickly be upon us. This event starts at 9:30am at St. Mary's Cathedral. The Sacrament of Reconciliation will be available from 8:30am. We need cross carriers, readers, first aiders, and people to assist with crowd control. Please call Marilou LeGeyt at 403-218-5519 for more information or visit www.wayofthecross.ca to register as a volunteer.

Coldest Night of the Year

Feed the Hungry and the Diocese are pleased to once again be partnering with Acadia Place and the Mustard Seed to host this family friendly walking event. Volunteer, walk or sponsor the event to benefit these three agencies working hard to serve our brothers and sisters experiencing homelessness and poverty. February 20, 2016. Registration begins at 4:00 pm, Walk at 5:00 pm. Visit

<https://coldestnightoftheyear.org/location/calgary> to sign up or contact Samantha Jones, Location Director. 403-215-5531 or samantha.jones@calgarydiocese.ca

Parish Activities

Together in Action 2016

The 2016 "Together in Action" commences on the first Sunday of Lent (February 14). The theme this year is: "Blessed are the merciful, for they will be shown Mercy." Our parish's target is \$22,133, as designated by the Diocese. This year's TIA is led by Queen of China Club. We plead for your generous support. Donation envelopes are being distributed with your 2015 donation tax receipts. Let's give sacrificially, act out our faith, and join Together in Action.

2015 Donation Tax Receipts

Tax Receipts are ready for parishioners to pick up at the church main entrance now. Please contact parish office if you have any concern on your donation record.

The sacrament of Reconciliation

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 Lent (February 17, 24, March 2, 9, 16, and 23) from 7:30 – 8:30pm.

Words of Life Reflection

If we confess our sins, he who is faithful and just will forgive us our sins and cleanse us from all wickedness. (1 John 1:9)

Weekly Activities

Wed, Fri Feb 17, 19

OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Friday Feb 19

OLPH Scout

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

Place: Upper Hall & Lower Hall

Faith Sharing Group (Sacred Heart)

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

Contact: Doris Ho 403-271-6884

Saturday Feb 20

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

Young Adults choir practice

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

Place: OLPH Upper Hall

Sunday Feb 21

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

Stories Faith Sharing

Damned Devotee

The devotee knelt to be initiated into discipleship. The guru whispered the sacred mantra into his ear, warning him not to reveal it to anyone.

"What will happen if I do?" asked the devotee.

Said the guru, "Anyone you reveal the mantra to will be liberated from the bondage of ignorance and suffering, but you yourself will be excluded from discipleship and suffer damnation."

No sooner had he heard those words, than the devotee rushed to the marketplace, collected a large crowd around him, and repeated the sacred mantra for all to hear. The disciples later reported this to the guru and demanded that the man be expelled

from the monastery for his disobedience. The guru smiled and said, "He has no need of anything I can teach. His action has shown him to be a guru in his own right."

Read More Know More

What is the significances of the 40 weekdays before Easter?

The 40 days of Lent, which precedes Easter is based on two Biblical accounts: the 40 years of wilderness wandering by the Israelites and our Lord's 40 days in the wilderness at which point He was tempted by Satan.

Each year the Church observes Lent where we, like Israel and our Lord, are tested. We participate in abstinence, times of fasting, confession and acts of mercy to strengthen our faith and devotional disciplines. The goal of every Christian is to leave Lent a stronger and more vital person of faith than when we entered.

The Catechism of the Catholic Church states, "The seasons and days of penance in the course of the liturgical year (Lent, and each Friday in memory of the death of the Lord) are intense moments of the Church's penitential practice. These times are particularly appropriate for spiritual exercises, penitential liturgies and pilgrimages as signs of penance, voluntary self-denial such as fasting and almsgiving, and fraternal sharing (charitable and missionary works)." (CCC 1438)

Why is Lent observed in only some Christian Churches?

In the Protestant world, particularly among many evangelical denominations and independent churches, the Church Calendar is not observed. The seasons were omitted along with most of the sacraments and the use of liturgy in their approach to faith. These Christians do observe Christmas and Easter and some might even celebrate Pentecost.

When does Lent end?

Lent officially ends on Holy Thursday. That is when the "Triduum", great three Days of Holy Thursday, Good Friday and Holy Saturday occur leading to Easter. Easter is not only a day but an Octave (eight day) celebration leading to a Season of the Church, Easter Season, which ends on Pentecost.

主日分享

四旬期第一主日

耶穌三退魔鬼試探

四旬期是適合加深信仰和朝拜天主的時期。讓我們祈求主賜予恩寵，使我們能接受祂的救恩喜訊，或更好說，自基督不再滿足於祂的話語，而為我們的得救交付了祂的生命時，祂的救恩工程。為此我們必須有一個深厚的信德，因為祂把天主的愛帶入我們的生命。

彌撒的兩篇讀經表達對天主，唯一救主的信德。在申命紀的篇章中，梅瑟曉諭以色列民向主致敬的方式。在致羅馬人書中，保祿告訴我們“主對一切呼號祂的人，都是富有慈惠的。”第一篇讀經把這感激的態度提示給經過可憐、痛苦、和受壓迫的生活，來到預許的福地的以色列民。他們在埃及及像奴隸一樣受到了虐待、屈辱、和壓迫。於是他們向上主、祖先的天主呼號，上主俯聽了他們的哀聲。上主看到了他們的痛苦和所受的壓迫，就“以強力的手，伸展的臂”，藉行神跡奇事，介入了此事。

福音給我們指出耶穌受洗後，被聖神領到曠野裏去。魔鬼來到祂面前，說：“你若是天主子，就命這塊石頭變成餅吧！”耶穌回答魔鬼說：“人生活不只靠餅”。這句簡短的答覆使人知道，為耶穌還有比本身利益更重要的事，那就是承行天主的旨意。第二個誘惑，魔鬼把一切權勢許諾給耶穌。耶穌引用了聖經上的一段話，退卻這第二個誘惑，就如祂為第一個誘惑所做的一樣：“經上記載：‘你要朝拜上主，你的天主；唯獨侍奉祂’”這裏耶穌講的是十誡中的第一誡。世界祇屬於天主，祂是一切的主人，是唯一的主。第三個誘惑，魔鬼自己引用聖經上的一段話，對耶穌說：“你若是天主子，從這裏跳下去吧！因為經上記載：”祂為你吩咐了自己的天使保護你，他們要用手托著你，免得你的腳碰在石頭上。”這是勸人信賴上主的一篇美麗聖詠中的一節。這裏魔鬼建議耶穌去“試探天主”，若耶穌做了魔鬼建議祂做的，就是試探天主，如此去做，便強迫天主為了祂而

介入。

第二篇讀經給我們指出，基督信徒生活其中的情況與以色列人的那個情況相同。他們也因十字架和耶穌的復活，得到拯救。保祿使我們明白被拯救的秘密是信德。他肯定地說：“如果你口裏承認耶穌是主，心裏相信天主使祂從死者中復活起來了，你便可獲得救恩。”（節錄自梵蒂岡電台）

新聞及其他

教宗 2016 年四旬期文告：

主題為：「我喜歡仁愛勝過祭獻」（瑪九 13）

1 瑪利亞——教會的圖像，因為教會被福傳而傳播福音
在慈悲特殊禧年詔書中，我懇請各位信友能「更熱心善度這禧年的四旬期，使成為慶祝和經驗天主慈悲的特殊卓越時刻」（《慈悲面容》17）。我請求大家用心地聆聽天主聖言，也鼓勵大家「奉獻廿四小時給天主」，藉此強調在祈禱中聆聽天主聖言的重要性，特別是先知性的話語。天主的慈悲是要向世人宣告，但每一位基督徒卻先被召叫去體驗天主的慈悲。為此，在四旬期間，我將派遣慈悲傳教士作為天主親近和寬恕所有人的具體標記。聖母瑪利亞從總領天使佳播領受了喜訊後，在讚主曲中以預言的方式歌頌天主的仁慈，她是因天主的仁慈被揀選。

2. 天主與人類所立的盟約：

一部慈悲史

在天主與以色列子民的盟約史中，啓示了上主慈悲的奧祕。這愛情故事在降生成人的天主子身上達到巔峰。天父在基督內傾注了無窮

無盡的慈悲，甚至使祂的聖子成為「化身成人的慈悲」（《慈悲面容》8）。

3. 慈悲善工

天主的慈悲能轉變人心，使人因經驗到信實的愛而變為滿懷慈悲。因此，對所有人而言，這慈悲特殊禧年的四旬期是一個良機，藉著聆聽天主聖言及慈悲善工，好能擺脫生命的失落感。藉著形哀矜，我們就在那些需要被餵養、被著衣、被收留、被探

望的弟兄姊妹身上觸摸到基督；我們實踐神哀矜——解人疑惑、教導愚蒙、赦人侮辱、勸人悔改和為生者死者祈禱，這些善工便直接地觸及到我們自己的罪人之身。

我們千萬不要錯過今年四旬期悔改的良機！讓我們藉著童貞聖母瑪利亞慈母的轉禱，祈求天主，她是第一個在天主偉大的慈悲，無條件地賜予她時，承認了自己的卑微（參看路—48），又自稱為上主卑微的婢女。（參看路—38）

詳細內容請參閱梵蒂岡電台訊

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

在這聖年的四旬期內，我打算派遣慈悲傳教士。他們是教會慈母般熱切尋找天主子民的標記，為使天主子民得以進入富饒的慈悲奧蹟，因為慈悲是信仰的基本。我將授權這些司鐸，連保留給宗座赦免的罪，他們也能赦免，使他們作為聽告解者的權限範圍，更為明顯。最重要的，是他們要成為慈父的活標記，隨時準備歡迎尋求寬恕者。他們是慈悲的傳教士，因為他們將是真正與人性接觸的促進者，釋放的泉源，任重道遠，為排除障礙，使人重拾洗禮後的新生。宗徒的話將引領慈悲的傳教士：「因為天主把人都禁錮在背叛之中，是為要憐憫眾人」（羅 11:32）。其實，所有人，無一例外，都被召去擁抱慈悲的召叫。願這些慈悲傳教士雙目注視耶穌：「仁慈和忠信的大司祭」（希 2:17），活出這召叫。

我請主教弟兄們歡迎這些慈悲傳教士；最重要的，是讓他們能夠成為有說服力的慈悲宣講者。希望個別教區組織「向天主子民佈道的聚會」，使這些慈悲傳教士能成為喜樂和罪赦的通報者。請主教們與他們的子民一起舉行和好聖事，使禧年所提供的恩寵時刻，能促使眾多天主子女重新踏上回歸父家之路。願牧者們尤其在四旬

期努力召回信友「走近恩寵的寶座，以獲得仁慈，尋到恩寵。」（希 4:16）
待續

堂區活動

2016 教區公益金，齊來獻愛心

2016 年教區 TIA 籌款的主題為：『憐憫的人是有福的，因為他們會獲得憐憫。』籌款運動將於 2 月 14 日（四旬期首主日）正式展開。

本堂所須籌募的數目為教區指定的 22,133 元，今年公益金將由聖母會負責統籌，懇請各位慷慨解囊，繼續支持教區公益金，捐款信封現正與 2015 年退稅收條一起發出。讓我們無私奉獻，活出信仰，攜手一起行動！

2015 年退稅收條

教友可在教堂正門入口處領取。教友如有任何查詢，可與堂區辦事處聯絡。

四旬期悔罪禮

卡加利教區內所有教堂在四旬期內逢星期三（2 月 17、24、3 月 2、9、16 及 23 日）晚上 7 時 30 分至 8 時 30 分，將開放給教友辦告解聖事。教友應盡量參與與天主修合，以準備主基督的來臨！

每週生活聖言反思

若我們明認我們的罪過，天主既是忠信正義的，必赦免我們的罪過，並洗淨我們的各種不義。

（若壹 1:9）

活動一週

星期三、五 2 月 17, 19 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 19 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

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 2 月 20 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

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

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 2 月 21 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

心靈小品

值得珍藏的好話

一個今天勝過兩個明天

要銘記在心；每天都是一年中最美好的日子

樂觀者在災禍中看到機會；悲觀者在機會中看到災禍

有勇氣並不表示恐懼不存在，而是敢面對恐懼、克服恐懼

肯承認錯誤則錯已改了一半

明天是世上增值最快的一塊土地，因它充滿了希望

理想的路總是為有信心的人預備著

所有欺騙中，自欺是最為嚴重

的人生最大的錯誤是不斷擔心會犯錯

把你的臉迎向陽光，那就不會有陰影

經驗是由痛苦中粹取出來的

用最少的悔恨面對過去

用最少的浪費面對現在

用最多的夢面對未來

快樂不是因為擁有的多而是計較的少

你的選擇是做或不做，但不做就永遠不會有機會

如你想要擁有完美無暇的友誼，可能一輩子找不到朋友
 不如意的時候不要儘往悲傷裡鑽，想想有笑聲的日子吧！
 把自己當傻瓜，不懂就問，你會學的更多
 要糾正別人之前，先反省自己有沒有犯錯

靈修小故事

無法滿足的貪心慾望

有一位農夫，早出晚歸耕種一塊貧瘠的土地，他勤奮的工作，午餐也顧不得吃，太陽要下山的時候，就嘆息時間太短，也常常自言自語的說：我務必積蓄五穀，以備不時之需。

有一位天使聽到了，覺得農夫很可憐，就靠近對他說：「你很認真，對父母有孝行，對子女有愛心，對鄰居和睦相助，所以天主要賞賜你更多的土地，讓你富足。今天，從這做起點，你能力所及的去跑，等你繞一圈子回到原點時，我會將圈圈以內的土地贈送給你，讓你飽足。」這個農夫真是高興極了，馬上就開始跑，也忘了帶飲水，只顧往前跑。當他跑了半個鐘頭後，往後看，啊！真高興，他想：我這輩子夠用了，這塊地所產的五穀能供我一輩子。他想停下來了，但是又想到這是千載難逢的機會，我應該為我的兒女再跑一段路，讓他們也有一點的家產才是，於是又跑了一個鐘頭，他又渴又累、汗流浹背。他往後看，離起點的地方已經很遠了，也許應該折回。可是他又想起了他的兄弟姐妹，他再往前跑了一段。他的胸口開始有一點悶熱，頭有一點暈。他開始想：唉！我畢竟年紀大了，身體狀況大不如從前，我退休了以後怎麼辦呢？也許我應該再多跑一點路。可是就在這個時候，他體力不支倒地，不久就死了，連回到原點的機會也沒有。當然，什麼土地都沒有得到。

知多一點點

四旬期的意義

今天，四旬期的要素，並不拘泥於四十天之數，而是把四十天齋期與準備

復活慶典相連。這期間，不僅祇效法並紀念耶穌曠野守齋祈禱，對抗誘惑，而是應該準備身心善度復活佳節，以紀念基督逾越死亡，光榮復活。所以，四旬期充滿著除舊迎新的氣息，我們該有認罪及悔罪的誠意，與候洗者所懷的革新及皈依精神連在一起，使它變成一個充滿喜樂及希望的行動。

四旬期的重點是要聯同基督拒絕魔鬼誘惑，戰勝罪惡；為慕道者及已領洗的教友都同樣重要。

四旬期所提的事件：

耶穌繼續宣揚天國的福音，為補贖我們的罪而犧牲自己、受難受死。

祂勸我們避惡做補贖、潔淨我們的心，以得善終，並和祂一起復活。

應發的善情：要把我自己的本份盡得完善，不論我喜歡與否，要不辭勞苦；將它結合於耶穌的苦難，奉獻給天主父。