

Theme Sharing

Second Sunday of Lent

The Transfiguration

Scripture readings are taken from Genesis 15:5-12, 17-18; Philippians 3:17-4:1 and Luke 9:28-36.

The gospel is on the event known as "the Transfiguration". While Jesus is praying on the mountain, the appearance of his face changes all of a sudden and his clothes become dazzling white. Moses and Elijah appear in the presence of Jesus, all in glory; and they talk about Jesus' impending death in Jerusalem.

Whereas the event of Transfiguration is mentioned in all three synoptic gospels, Luke's version is the only one that makes reference to the glory of God. In the scriptures, significant meaning is attached to the term "glory". The other two readings of today also speak in different settings about the glory of God.

The first reading is on the covenant between God and Abram. God appears after sunset in total darkness in the form of a blazing furnace and a flaming torch, passing through Abram's split open offerings. This signifies that God is going to make a covenant with man when he appears in his glory.

In the second reading, Paul tells us that, at the end of our life's journey, Christ will transform us in glory like him.

In today's gospel, the delight of Peter, John and James at the glory of Christ turns into awe with all that have unfolded before them; and a voice from the cloud saying, "This is my Son, my Chosen One; listen to him."

Luke is telling us that, from the very beginning, divine glory has been vested in Christ. It was partially revealed when Jesus performed miracles during his public ministry. Likewise, his glory was also revealed at his resurrection. However, it is at the fullness of time at the Last Judgment that his glory will be fully revealed, by then the covenant between God and man will have been completely fulfilled. As children of God, we do partake in God's glory which has been hidden in us. Although we may suffer trials and tribulations for the sake of our faith in this life, we can rest assured that our body will one day be transfigured in glory like Christ.

In this Season of Lent, let our Lord's Transfiguration be an inspiration and a source of motivation for all Christians,

baptized or to be baptized, to lead a life of faith. To this end, let us pray: "God our Father, help us to hear your Son. Enlighten us with your word, that we may find the way to your glory. We ask this through our Lord Jesus Christ, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen."

Rejoice in God's Mercy

The three Lenten disciplines of prayer, fasting, and almsgiving strip away our delusion of independence and self-sufficiency and help us to see our utter dependence upon God for everything we have and everything we are. Attachment to the things of this world can block the path to our "citizenship in heaven". When noise, food, and money cease to control us, we are conformed more closely to the glory of Jesus Christ. Action: Identify your attachments and idols. Call them by name and turn to God for help in overcoming them.

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.

May the message of mercy reach everyone, and may no one be indifferent to the call to experience mercy. I direct this invitation to conversion even more fervently to those whose behaviour distances them from the grace of God. I particularly have in mind men and women belonging to criminal organizations of any kind. For their own good, I beg them to change their lives. I ask them this in the name of the Son of God who, though rejecting sin, never rejected the sinner. Do not fall into the terrible trap of thinking that life depends on money and that, in comparison with money, anything else is devoid of value or dignity. This is nothing but an illusion! We cannot take money with us into the life beyond. Money does not bring us happiness. Violence inflicted for the sake of amassing riches soaked in blood makes one neither powerful nor immortal. Everyone, sooner or later, will be subject to God's judgment, from which no one can escape. To Be Continued.

Diocese & Other News

COME AND SEE WEEKEND

A priestly vocation discernment weekend will take place at St Joseph Major Seminary in Edmonton on the weekend of February 26-28, 2016. Begins Friday evening and ends after the noon lunch on Sunday. For more information and to register contact the Office of Vocations at 403-245-2753 or mjgaffney@telusplanet.net

Lenten Retreat: Thirsting for Mercy

Young women interested in learning about the Religious life and discerning God's will for their life are invited to participate in the Lenten retreat: *Thirsting for Mercy*. The retreat is presented by Sisters from a number of Religious communities on Saturday, February 27th, 2016 at St. Joseph's Church (640-19 Ave. NW, Calgary). It begins with Morning Mass at 9am and concludes at 4 p.m. with the opportunity for the Sacrament of Reconciliation. A simple lunch will be served. To register, contact Sr. Terry at tksmithfcj@yahoo.ca or call 403-228-3623, or register online at the Events link at [facebook.com/calgaryvocationsretreat](https://www.facebook.com/calgaryvocationsretreat). The Sisters also request that the faithful of Calgary diocese pray for an increase in vocations to the Religious life in our diocese and that they encourage young women to consider this vocation.

A Man of God's Mercy

The 19th annual God Squad men's conference explores what it means to be A Man of God's Mercy. Bishop Henry says the theme suggests commitment and compassion. In any state of life, at any age a man sets a fatherly example of protecting life. Come to St Bonaventure Parish, 1600 Acadia Dr SE, Calgary, Friday, March 4 (7-9pm) & Saturday, March 5 (9am-4pm). Speakers are Tom Peterson (CatholicsComeHome.org), Ben Akers (Augustine Institute in Denver), our own Fr Myles Gaffney, and Joe Zambone: music and talk for youth 14 and over. Contact www.godsquad.ca or 587-896-2891. \$50 includes Saturday lunch.

Parish Activities

Together in Action 2016

The 2016 "Together in Action" 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.

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

Breakfast Corner & Talk on Iceland Photography

YAG and Youth Group will be hosting a Breakfast Corner on Sunday, February 28 at OLPH Upper Hall after 10am and 11:30am Mass. Complimentary tea and muffins will be served after 8:30am Mass.

Ticket price: \$5.00 each

Tickets are available at the main entrance. Photographer Tony Wong will deliver a talk on "A photo tour of Iceland" at 12pm-2pm. All Parishioners and friends are welcome. For more information, please contact John Guo (johnld.guo@gmail.com).

Movie Night – "Dead Man Walking"

Date: March 5 (Saturday)

Time: 6 pm Potluck,

6:30 pm – Movie

Place: OLPH Upper Hall

A convicted murderer on Death Row writes to Sister Helen asking her help to gain a stay of execution from the governor or the courts. She establishes a special relationship with him. In addition to her temporal help, Sister Helen also tries to reach out spiritually and assist as a guide to salvation. He reads the Bible about Jesus and asks the Lord's mercy on his sin.

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.

Words of Life Reflection

What will one gain by winning the whole world if he destroys his soul?
(Mathew 16:26)

Weekly Activities

Wed, Fri Feb 24, 26

OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Wed Feb 24

The Sacrament of Reconciliation

Time: 7:30p.m. -8:30 p.m.

Friday Feb 26

Way of the Cross in Lent

Time: 8:30a.m

OLPH Scout

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

Place: Upper Hall & Lower Hall

Saturday Feb 27

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

Way of the Cross in Lent

(Cantonese & Mandarin)

Time: 4:30p.m

Young Adults visit Masion Senior

Living

Time: 4:00pm-4:45pm

Young Adults choir practice

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

Place: OLPH Upper Hall

Faith Sharing Group (Arbour Lake)

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

Contact: Grace Chan 403-208-1806

Sunday Feb 28

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

Should He Bite Me

One time a large stone fell upon Snake and covered her so that she could not rise. A white man, it is said, came upon her and lifted the stone, but when he had done so, she wanted to bite him. The White Man said, "Stop! Let us first go to someone wise." They went to Hyena, and the White Man asked him, "Is it right that Snake should want to bite me, even though I helped her so much?" Hyena (who was looking for his own share of the White Man's body) said, "If you were bitten, what would it matter?" So Snake thought that settled it, but the White Man said again, "Wait a little, and let us go to other wise people, that I may hear whether this is right." They went and met Jackal, and the White Man put the same question to him. Jackal replied, "I don't believe that Snake could ever be so covered by a stone that she could not rise. Unless I saw it with my two eyes, I wouldn't believe it. Take me to the place where you say it happened so I can see for myself whether it can possibly be true."

They went together to that place, and Jackal said, "Snake, lie down, and let yourself be covered." Snake did so, and the White man covered her with the stone; and although she tried with all her strength Snake couldn't get up. Then the White Man wanted to let Snake go again, but Jackal stopped him saying, "Don't lift the stone. She wanted to bite you, therefore, let her get up and lift it herself."

Then they both went away and left Snake there, just as before.

Read More Know More

The meaning of Lent

At the beginning of the Lenten journey, the Word of God addresses to the Church and to each one of us two invitations.

The first is that of Saint Paul: "Be reconciled with God". Christ knows how fragile and sinful we are, He knows the weakness of our heart; He sees it wounded by the evil we have committed and right away, He knows how much we need forgiveness, He knows that we must feel loved to do good. He defeats sin and lifts us from our miseries, if we entrust ourselves to Him. It is for us to acknowledge ourselves in need of mercy; it is the first step of the Christian journey; it is

about entering through the open door that is Christ, where He Himself, the Savior, awaits us and offers us a new and joyful life. There can be some obstacles, which close the doors of the heart. There is the temptation of armouring the doors, namely, of living with one's sin, minimizing it, always justifying oneself, thinking one is no worse than others; thus, however, the locks of the heart are closed and one remains closed inside, prisoners of evil. Another obstacle is the shame to open the secret door of the heart. In reality, shame is a good symptom, because it indicates that we want to detach ourselves from evil; however, it must never be transformed into dread or fear. And there is a third snare: that of distancing ourselves from the door: it happens when we remain in our miseries, when we brood continually, linking negative things among themselves, until we sink into the darkest cellars of the soul. Then we even become familiar with the sadness we do not want, we are discouraged and we are weaker in face of temptations. This happens because we remain alone with ourselves, closing ourselves and fleeing from the light, whereas only the Lord's grace frees us. Let us then be reconciled, let us listen to Jesus who says to those who are tired and oppressed "Come to me". Do not remain in yourselves but go to Him! There is restoration and peace.

There is a second invitation of God, which says, through the prophet Joel: "Return to me with all your heart". If there is need to return it is because we have distanced ourselves. It is the mystery of sin: we are distanced from God, from others and from ourselves. It is not difficult to realize it: we all see what an effort it is to really trust in God, to entrust ourselves to Him as Father, without fear; how arduous it is to love others, sooner than thinking evil of others; how hard it is to do our true good, while we are attracted and seduced by so many material realities, which vanish and in the end leave us poor. Beside this history of sin, Jesus has inaugurated a history of salvation. The Gospel that opens Lent invites us to be protagonists, embracing three remedies, three medicines that heal sin.

In the first place prayer, expression of openness and trust in the Lord: it is the personal encounter with Him, which shortens the distances created by sin. To pray means to say: "I'm not self-sufficient, I need You,

You are my life and my salvation."

In the second place is charity, to overcome extraneousness in dealing with others. True love, in fact, is not an external act; it isn't to give something in a paternalistic way to quiet our conscience, but to accept one who is in need of our time, of our friendship, of our help. It is to live service, overcoming the temptation to satisfy ourselves.

In the third place is fasting, penance, to liberate us from dependencies in facing what is happening and to train us to be more sensitive and merciful. It is an invitation to simplicity and to sharing: to take something from our table and from our goods to rediscover the true good of freedom.

主日分享

四旬期第二主日

耶穌顯聖容

今天是四旬期第二主日。彌撒中的兩篇讀經和福音分別取自舊約創世紀第 15 章第 5 到 12 以及 17 到 18 節，聖保祿宗徒致斐理伯人書第 3 章第 17 到第 4 章第 1 節（短式：第 3 章第 20 到第 4 章第 1 節），聖路加福音第 9 章第 28 到 36 節。福音敘述耶穌在山上祈禱，面容改變，祂的衣服潔白發光，忽然梅瑟和厄里亞也顯現在光耀中，和耶穌談論祂去世的事。這就是我們老教友所習慣聽說的「耶穌顯聖容」。

三部對觀福音都記載了這件事，但是只有聖路加福音用了「光耀」這個名詞。「光耀」就是「光榮」，在聖經中，它有豐富和特殊的意義。本主日彌撒中的讀經一和讀經二，也在不同的意義下，談到了「光榮」。

本主日彌撒中的讀經一敘述天主與亞巴郎立約的故事。在這則故事中，天主的光榮顯現在太陽西沉後令人害怕的黑暗中，又顯現在那從亞巴郎擺設好的兩行肉塊中間經過的、冒煙的火爐和燃燒的火炬上。（故此，當天主的光榮出現時，也就是天主與人立盟約之日。）

在讀經二裡，聖保祿宗徒談基督信徒的肉身復活，說那時他們將相似基督的「光榮」。

在本主日彌撒福音的記載中，伯多祿、若望和雅各伯看見了耶穌的光耀，先驚喜，後害怕。有聲音從雲中

告訴他們說：「這是我的兒子，我所揀選的。你們應當聽從祂！聖路加告訴我們，在耶穌的身上，從起初便隱藏著祂的天主性的光榮，在祂復活時和在公開傳教時所行的奇跡中也隱約顯露了。但是這光榮要等到世界末日祂再次來臨審判人類時，才昭彰地顯現；這時也將是天主與人的盟約徹底完成之時。同樣，今日我們做基督忠實信徒的，目前雖然在塵世蒙難，但是正如聖保祿宗徒所說的，有朝一日，我們終會在我們身上顯示出相似基督的光榮，而且即使在今天，在我們的身上已隱藏著做天主子女的光榮了。這是信德告訴我們的道理。

本主日的集禱經正好表達出以上所述耶穌顯聖容對候洗者和信友的信德生活所帶來的鼓舞作用：

天主，你命令我們聽從你聖子的教導，求你使我們由你的聖言中領悟生命的道理，得到心靈的淨化，享見你的榮耀。以上所求，是因你的聖子、我們的主耶穌基督，祂和你及聖神，是唯一天主，永生永王。阿們。

（節錄自梵蒂岡電台）

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

願慈悲的訊息送達每一個人，並祈盼沒有人會對經驗慈悲的號召無動於衷。我尤其誠摯邀請在行為上遠離天主恩寵的人，及早悔改。我想起加入任何類型犯罪組織的男女，為他們的益處，我請求他們改變自己的生命。我因天主子之名請求他們，天主子拒絕罪惡，卻從不拒絕罪人。千萬不要跌進可怖的羅網，誤以為生命依靠金錢，並以金錢至上，而貶抑其他價值或尊嚴。這無非是幻象！我們不能攜帶金錢進入永生。金錢不能帶給我們幸福。為積聚染滿血腥的金錢而行使暴力時，斷不能使人強大或不朽。每個人遲早都要受天主的審判，誰也逃不了。

待續

堂區活動

2015 年退稅收條

教友可在教堂正門入口處領取。如有任何查詢，可與堂區辦事處聯絡。

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。』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！

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！

早餐交流會及健康飲食講座

大專青年團聯同青少年團將於二月二十八日(星期日)在永援聖母堂上禮堂聯合籌辦早餐交流會。

時間：早上 8 時 30 分彌撒後開始，有免費茶水和 muffins 招待，早餐於各彌撒後持續進行。

費用：每位 5 元

購票地點：教堂正門入口處

早餐後於正午十二時講座

講者：營養師 Tony Wong

講題：“冰島的照片之旅”。

歡迎所有教友帶同其朋友光臨。

詳情請與 John Guo

(johnid.guo@gmail.com) 聯絡。

電影晚會—“死囚漫步”

日期：3月5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

一個犯了殺人罪的死囚在接近行刑的日子，寫信給海倫修女求助，海倫修女多方接觸律師和政要，希望能替犯人減刑，在這過程中，修女在靈性上教導犯人閱讀聖經，認識耶穌，祈求基督的慈悲拯救懺悔的罪人。

每週生活聖言反思

人縱然賺得了全世界，卻賠上了自己的靈魂，為他有什麼益處？(瑪 16:26)

活動一週

星期三、五 2月24,26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

星期三 2月24日

四旬期悔罪禮

時間：晚上 7 時 30 分至 8 時 30 分

星期五 2月26日

四旬期苦路善功

時間：上午 8 時 30 分

永援聖母堂童軍

時間：晚上 6 時 30 分至 8 時 30 分

地點：永援聖母堂上下禮堂

星期六 2月27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

四旬期苦路善功(廣東話及國語)

時間：上午 4 時 30 分

大專青年團探訪 Masion Senior

Living

時間：下午 4 時至 4 時 45 分

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 (Arbour Lake)

時間：晚上 7 時 30 分至 10 時

聯絡：Grace Chan 403-208-1806

星期日 2月28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

懺悔

「浪子回頭金不換」，言傳幾許「失而復得」幸福的故事。

懺悔的行動都是感人的。心境並不灰暗，反而積極、樂觀、喜悅和解脫。當你說你錯了，那是光明的一刻。你見到自己不對，那是最寶貴不過的，為你帶來最強有力的一股力量，去革新自己。

試想，即使和你最要好的朋友相處，也不容易見到他們直言不諱，道出你的缺點。表白的一方不難，接受的一方總是不易。甚至自己能說出：請隨意批評、指點的話，也不一定見得度量就大。人家說個真實以後，自己或許能打個圓場；究竟尚耿耿於懷，或以別人對自己的看法有偏差，或因一己之缺陷不快，大不乏人。

一個信徒在懺悔禮儀中，心如止水，不慌不忙，不偏不倚，不浮誇，不失實，把自己心靈的光暗面，描繪得「濃淡總相宜」，輪廓既清晰，層次又分明，成而不驕，敗而不餒，整個人不知不覺存在聖三的氛圍，悲歡交集。既有自知之明又能懺悔的人可有福了！「求你寬恕我們的罪過」，這是扣心弦的經句。

靈修小故事

一塊蛋糕的啓示

一位女兒告訴她母親，她最近的狀況是如何的糟糕：這次的期末考試她幾乎不合格，認識交往了三年的男友離她而去，卻選擇了她的好友，而她摯愛的恩師也罹病過世。媽媽沒多說甚麼，祇想做一件讓女兒開心的事。媽

媽帶著女兒，一起走入廚房，開始準備做蛋糕的器具和材料。

媽媽溫柔的說：「你喜不喜歡吃媽媽做的蛋糕啊？」

女兒說：「媽，你知道我最愛吃你做的蛋糕了！」

「那好吧！」媽媽笑笑的說：「你先嚐嚐這些橄欖油如何？」

女孩有點難以置信的回答：「爲甚麼？我才不要喝！」

「那先吃兩顆蛋吧？」

女孩說：「媽，你是不是在開玩笑啊？」

「那吃點麵粉吧？」

「吃了會生病吧？媽！」

這時候媽媽說：「所有未煮的材料，味道都很難吃，可是當你把它們加在一起的時候，便會變成美味好吃的蛋糕！」

天父也像這位廚師一樣，當我們問自己，爲何天父讓我們經歷痛苦的時候，其實，一時之間我們無法理解，但最終必然明白祂的美意。

聖經上說：「萬事都互相效力，叫愛天主的人得益處。」

讓我們選擇相信祂、等候祂，看看祂所要爲我們成就的新事！

知多一點點

四旬期的意義

教會在這段旅程中邀請我們每一個人“與天主和好”並“全心歸向祂”。“基督知道我們是多麼的脆弱，知道我們是罪人；祂知道我們需要感受到被愛才能完成善行”。“基督戰勝了罪，若我們將自己的貧乏交在祂手中，祂就扶起我們。我們應當承認自己需要慈悲：這是基督信仰旅程的第一步，是進入基督這道敞開之門的一步”。

基督爲我們提供喜樂的新生命，但有一些阻礙卻使我們關閉心門：

第一個阻礙：是“封閉心門的誘惑”。這就是說“與自己的罪共存，將之淡化，總是爲自己辯解，認爲自己並不比別人差。這樣一來，我們的心靈就上了一把鎖，將自己禁錮在裡面，做了惡的俘虜”。

第二個阻礙：是“不好意思敞開心中的秘密之門”。教宗對此表示：“感

到羞愧其實是一個好徵兆，這表明我們願意與惡一刀兩斷。不過，我們絕不可讓羞愧變成畏懼或顧慮。”

第三個誘惑：是“疏遠慈悲之門”，它使我們祇生活在悲哀和洩氣的境遇中，“與自己獨處”。教宗說：“若我們躲藏在自己的貧乏之中，天天苦思苦想，把負面事物糾葛在一起，乃至墮入心靈最黑暗的地方，我們就會疏遠慈悲之門。”讓我們與耶穌和好，不要“自我封閉，卻要到祂那裡去！祂能使我們感到慰藉和平安。罪使我們遠離天主，遠離他人及我們自己，導致我們很難“信賴天主”，很難“愛他人”，甚至“對別人無好感”。教宗說，“我們受到許多物質現實的吸引和誘惑”，這些現實總有一天會消逝，使我們落得一無所有。“在這罪的歷史中，耶穌卻開啓了救恩的歷史，邀請我們做這歷史的主角，接納3個克勝罪的補救方法，3劑醫藥”。

教宗提出的3劑醫藥是：祈禱、行愛德和守齋。他解釋說：

祈禱是在表達信賴上主，與祂單獨相遇並向祂敞開心靈。“祈禱就是：我不自以爲是，而說我需要主，主是我的生命，我的救恩”。

行愛德則是爲克服事不關己，高高掛起的心態。真正的愛德“不是外在行爲，讓自己心安理得”。真正的愛德是爲人服務，克服祇讓自己心滿意足的誘惑。

守齋和做補贖，這劑藥幫助我們學會清心寡慾，訓練我們“做更有同情心和慈悲的人”。“守齋邀請我們度簡樸和與人分享的生活：我們若從自己的飯桌和財物中除去一些東西，就能找到自由的真善”。