

母親祝福語

在此母親節，請為天下的母親祈禱。
求主賞賜她們聖神的聰敏，力量和喜樂。
願天上的母皇祝福你們的家庭！

Mother's Day Blessings

O God, Who didst instruct the hearts of the faithful by the light of the Holy Spirit, grant all the mothers in the same Spirit to be truly wise, and ever to rejoice in their consolation. Through Christ our Lord. Amen.
May our Heavenly Mother bless your family!

Theme Sharing

Ascension of the Lord

Today is the 7th Sunday in the Easter Season; and we will celebrate the ascension of the Lord pursuant to the Liturgical Calendar Guidelines so that more faithful are able to participate in the celebration of this solemn feast.

The gospel and the first reading both give an account of Jesus being taken up to heaven. Luke, the common writer of today's gospel and the Acts of the Apostles, describes the Ascension as the end of Jesus' human life on earth and the start of apostolic work by his disciples. Both readings touch on the evangelistic mission Jesus entrusted to his apostles, not only to Jerusalem, Judea and Samaria but to the ends of the earth.

The first reading gives a vivid description of Jesus being lifted up through a cloud into heaven, and corroborated by two angels who appeared in white robes. Responsorial Psalm truly reflects the joyous mood of Christians on this feast day:

"Clap your hands, all you peoples; shout to God with loud songs of joy. For the Lord, the Most High, is awesome, the great king over all the earth. God has gone up amid shouts of joy; the Lord amid trumpet blasts. Sing praises to God, sing praises. For God is king of all the earth; sing hymns of praise. God is king over the nations; God sits upon his holy throne." (Ps. 47)

The second reading, from the letter to the Hebrews, asserts the supremacy of the High Priesthood in Jesus as evident by his ascension into heaven. In the Old Testament, the high priest has to re-enter the Holy of Holies, a man-made sanctuary, each year to offer sacrifice with blood "not his own." However, Jesus the Eternal High Priest offers his own blood as sacrifice, once and

for all, to take away our sins and the sins of all. He enters into the heavenly sanctuary, which is not built by men. The writer of Hebrews exhort us to cleanse the wickedness in our hearts, stay away from sins and put our trust in God. Jesus, as High Priest of God's family, will intercede in heaven for us; and we can rest assured that all our needs will be met.

"Christ did not enter a sanctuary made by human hands, a mere copy of the true one, but he entered into heaven to appear in the presence of God on our behalf. There was also no need for Christ to offer himself again and again, unlike the high priest who has to enter the Holy Place year after year with blood that is not his own; or else Christ would have to suffer over and over again since the foundation of the world. But as it is, he has appeared once for all at the end of the age to remove sin by the sacrifice of himself. Just as men die once, and after that comes the judgement, so Christ, too, offering himself only once to bear the sins of many, will appear a second time, not to deal with sin, but to reward with salvation those who are eagerly waiting for him." (Hebrews 9:24-28)

Having received the Body of Christ at today's mass, let us pray with confidence that we can follow Christ into heaven:

"Almighty and ever-living God, we are thankful to have shared in the divine gift of Eucharist you give to the world. Christ has embraced our human nature and has ascended into heaven, now sitting at your right hand. Help us to follow Christ with love and reach the same heavenly abode one day. We ask this through Christ our Lord. Amen."

News & Others

Pope Francis 50th World Communications Day Message

Communication and Mercy: A Fruitful Encounter

Dear Brothers and Sisters,

The Holy Year of Mercy invites all of us to reflect on the relationship between communication and mercy. The Church, in union with Christ, the living incarnation of the Father of Mercies, is called to practice mercy as the distinctive trait of all that she is and does. What we say and how we say it, our every word and gesture, ought to express God's compassion, tenderness and forgiveness for all. Love, by its nature, is

communication; it leads to openness and sharing. If our hearts and actions are inspired by charity, by divine love, then our communication will be touched by God's own power.

Communication has the power to build bridges, to enable encounter and inclusion, and thus to enrich society. How beautiful it is when people select their words and actions with care, in the effort to avoid misunderstandings, to heal wounded memories and to build peace and harmony. Words can build bridges between individuals and within families, social groups and peoples. This is possible both in the material world and the digital world. Our words and actions should be such as to help us all escape the vicious circles of condemnation and vengeance which continue to ensnare individuals and nations, encouraging expressions of hatred. The words of Christians ought to be a constant encouragement to communion and, even in those cases where they must firmly condemn evil, they should never try to rupture relationships and communication. For this reason, I would like to invite all people of good will to rediscover the power of mercy to heal wounded relationships and to restore peace and harmony to families and communities. All of us know how many ways ancient wounds and lingering resentments can entrap individuals and stand in the way of communication and reconciliation. The same holds true for relationships between peoples. In every case, mercy is able to create a new kind of speech and dialogue. Shakespeare put it eloquently when he said: "The quality of mercy is not strained. It droppeth as the gentle rain from heaven upon the place beneath. It is twice blessed: it blesseth him that gives and him that takes" (The Merchant of Venice, Act IV, Scene I).

Details at www.vatican.va

Diocese & Other News

Vigil for the Protection of Life

Bishop Henry will preside over a Vigil for the protection of human life at St. Mary's Cathedral on Wednesday May 11. The Blessed Sacrament will be exposed for adoration from 6pm. The prayer service begins at 7pm and concludes with benediction at 8pm. All are welcome!

Parish Activities

Special Collection for Fort McMurray on May 14-15 (next Sunday)

We are all deeply shocked and saddened, and share the pain and trauma brought about by the destructive wildfire in Fort McMurray. We will have a Special collection on May 14-15 to support the people of Fort McMurray. Parishioners also can donate directly to relief for fire victims through the Red Cross.

Confirmation Mass

It is our great privilege to have Bishop Henry coming to our church to celebrate Confirmation Mass with us on May 22. Bishop will also be joining us at Upper Hall for a gathering after Mass. We sincerely invite all parishioners to join us for a complimentary lunch and performances. The schedule for Sunday Masses on May 22 is revised as follows:

8:30 am : English Mass

10:00 am : Confirmation Mass

(Celebrant: Bishop Henry)

11:30 am : Mass cancelled

Holy Door pilgrimage

Pope Francis has announced an opportunity for Catholics to obtain a plenary indulgence during the Year of Mercy by passing through a designated Holy Door, receiving sacramental Confession and the Holy Eucharist, praying for the intentions of the Holy Father and performing charitable work of mercy. Queen of China Club is organizing Holy Door Pilgrimage.

Date: Saturday July 16

Time: Mass at 9 a.m., depart OLPH parking lot at 10 a.m.

Return OLPH parking lot at 5 p.m.

Cost: Coach \$20/person. (Please prepare your own lunch)

Pilgrims will gather at OLPH for Mass at 9:00 a.m. We would visit Divine Mercy Centre, Mount St. Francis Retreat Centre, Corpus Christi Church and St. Mary's Cathedral. The trip will return to Our Lady of Perpetual Help Church at 5 p.m. Tickets are available on sale after each Mass on May 14 & 15 at the church main entrance or contact Queen of China Club.

Matteo Ricci Council 27th Anniversary Dinner

Date: Saturday, June 25, 2016

Time: 18:30 (after 17:00 Mandarin Mass)

Venue: Upper Hall, OLPH Church

Menu: Live lobster (from Halifax)
Chef's soup, bread, corn, and dessert
Cost: \$30.00 per head
Deadline: June 1, 2016
Please refer to the poster for details.

Young Adult Hiking Trip

The Young Adult group is having a hiking trip on May 22 after the lunch with Bishop Henry. To sign up, go onto the Young Adult's website (www.olphyoungadults.weebly.com) under Events by May 15. For more information, check the website or contact Joyce Lam.

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. As of April 4, our campaign has received a total of \$14,630. We plead for your ongoing support. Parishioners can pick up the donation envelopes at the entrances.

Weekly Activities

Wed, Fri May 11, 13

OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Wed May 11

YAG visit Wing Kei Greenview

Time: 6:00p.m.-8:00pm

Place: 307- 35 Ave. N.E

Friday May 13

Wing Kei Greenview Mass

Time: 10:00a.m.

Place: 307- 35 Ave. N.E

OLPH Scout

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

Place: Upper Hall & Lower Hall

Saturday May 14

Legion of Mary (meeting)

Time: 9:45a.m.

Place: K of C Room at OLPH Church

Faith Sharing Group (N.E)

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

Contact: Sr. Sze 403-230-3801

Tai Chi Lesson

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

Time: 5:00p.m.-8:00p.m.

Place: OLPH Upper Hall
Faith Sharing Group (N.W.)

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

Contact: Anna Tam 403-285-5023

Sunday May 15

Sunday School

Time: 10:00a.m.-1:00p.m.

Place: OLPH Church Office Building

R. C.I.A (Cantonese and English)

Time: 9:30 a.m. - 12:30 p.m.

Place: OLPH Church Lower Hall

Catholic Family Fellowship

Time: 12:30p.m.-4:30p.m.

Place: OLPH Upper Hall

Let There Be Light

A Mother's Day Thought

Today is Mother's Day

To honor you in a special way.

I thank you for all your love...

For all that you do and say.

I thank you for the warm hugs.

For cleaning my wounded knees.

I love you for always being there.

For being so easy to love & please.

I thank you for the many years

you worked to keep me fed.

I think about the unnecessary tears that I caused you to shed.

I thank you for being a great chef.

Oh those pies you made for me.

I thank you for being the chauffeur

that took me places I wanted to be.

Oh those times you fixed my jeans

when I tore them on the playground.

It was so wonderful just to know...

Momma was always around.

Oh, Momma, look how time has passed us by.

I now have children of my own.

It's just that today is YOUR day for me.

It doesn't change just because I'm grown!

I wish all Mothers A very Happy Mother's Day.

Stories Faith Sharing

Jokes on Mother

-A mother is trying to get her son to eat carrots. "Carrots are good for your eyes," she says.

"How do you know?" the boy asks.

The mother replies, "Have you ever seen a rabbit wearing glasses?"

-One early morning, a lady went in to wake up her son. "Wake up, son. It's time to go to

school!"

Son: "But why Mom? I don't want to go."

Mom: "Give me two reasons why you don't want to go."

Son: "Well, the kids hate me for one, and the teachers hate me, too!"

Mom: "Oh, that's no reason to not to go to school. Come on now and get ready."

Son: "Give me two reasons why I should go to school."

Mom: "Well, for one, you're 52 years old. And for another, you're the Principal!"

Read More Know More

The Gifts And The Fruit Of The Holy Spirit Working Together

In this message I am placing before you the importance of the Gifts and the Fruit of the Holy Spirit working together. It is one thing to have revelation from the Holy Spirit for someone else (Gifts) ~ it is entirely another thing to be able to administer or deliver that revelation according to the Fruit of the Holy Spirit. When we can know the two working together we shall see and experience a much greater impact of the Kingdom of God in our midst than ever before.

Gifts can be instant. Developing Fruit takes time. Prophetic Ministry and the exercising of the Spiritual Gifts (1 Corinthians 12:7-11) should be a growing and maturing ministry that sees us becoming more effective and accurate as we allow the Fruit of the Spirit to come forth within us. Often the Prophetic Ministry is spoiled and discredited by the mannerism of the delivery rather than the accuracy of what is being said or done. Hence the need for us to understand more of what the Fruit of the Spirit really means. For the Gifts to be developed in us in a God-glorifying way we need to also demonstrate a consistency in displaying the Fruit, i.e. love, joy, peace, long suffering, kindness, goodness, faith/faithfulness, gentleness and self-control (Galatians 5:22-26). It is easy to love some times. It is easy to be joyful some times. But, what about our demonstrating an ongoing consistency in these Fruits? It is obvious that life is not simply love, joy and peace; for other Fruits speak strongly of the need for endurance (when things are going against us); for self-control (when we feel like giving in to temptations, etc.); for faithfulness (when it seems others are not remaining faithful), etc.

The Gifts display the revelation and power of God available to bless and edify others. The Fruit will bring the cross of Jesus Christ to bear in our lives, for it will cause us to deny ourselves, as well as guard ourselves against those who would want to manipulate us to live differently. Those who live "carelessly" do not like to be in the presence of a disciplined follower of Jesus for long!

主日分享

耶穌升天

(復活期第七主日)

按梵二後，1969 年《禮儀年曆總則》指示，為方便信友參與，耶穌升天瞻禮可移於復活期第七主日舉行。

福音和讀經一都敘述耶穌的升天，而且都出自聖路加的手筆。聖路加記述耶穌升天，把它說作是耶穌在世生活的結束，同時也是祂的門徒傳教活動的開始。在宗徒大事錄和福音中，他都提及耶穌授給宗徒們傳教的使命，並且強調這使命的普及性。

比較讀經一，宗徒大事錄和福音，前者的記載更形像化。它描述了耶穌怎樣在一朵雲彩的遮掩下被接升天，又談到了兩位穿白衣的天使。答唱詠援引聖詠第 47 首，恰好唱出今日基督信徒在耶穌升天日所感覺的喜樂心情。萬民，請你們鼓掌，以歡呼的歌聲，頌揚上主，因為上主至高至尊，可敬可畏，是統治大地的偉大君王。在歡呼聲中，天主上升；在號角聲中，上主騰空。請歌頌，歌頌我們的君王。天主是普世的君王，請詠唱詩歌讚美祂。天主坐在神聖的寶座上，天主治理天下萬國。

本節日彌撒中的讀經二取自致希伯來人書。在這裡，致希伯來人書的作者首先援引耶穌升天，來證明基督大司祭職的超越性。舊約的大司祭每年應帶著不是自己的血進入聖殿，基督的升天，是進入一座非人手所造的聖殿，祂一次而為永遠以自己作犧牲，消滅了罪過，免除了所有人的罪過。然後，書信的作者便勸勉我們清除良心邪惡，一心依賴天主，基督是天主家庭的偉大司祭，有祂在天上，在天主面前為我們說情，我們的盼望決不落空。

致希伯來人書說：基督所進入的，並不是一座人手所造的聖所。人手所造的聖所，只不過是真聖所的影像。耶穌是進入了上天，為我們親自來到天主台前。大司祭年復一年地帶著不屬於自己的血進入至聖所，基督卻無須一次又一次地奉獻自己，否則創世以來，祂就得多次受難了。事實上，基督是在如今、時代的末期方才出現，祂一次祭獻了自己，就竟全功，一勞永逸地除除了罪惡。人祇死一次，死後就受審判；同樣，基督也是奉獻自己一次，就除除了眾人的罪惡。祂將再次出現，但再與罪惡無關，而是為給等待祂的人帶來救恩。

因此，我們滿懷信心，以今天的領聖體後經祈禱說：全能永生的天主，感謝你恩賜我們在現世分享你神聖的生命；基督已經帶著我們的人性升天，坐在父的右邊，求你也激發我們熱切地追隨基督，來日到達同一的居所。因主耶穌基督之名，求你俯聽我們的祈禱。阿們。 節錄自梵蒂岡電台

新聞及其他

2016 年第 50 屆世界傳播日文告

「傳播與慈悲：成果豐富的相遇」

親愛的兄弟姊妹們，慈悲禧年邀請我們每一個人，一同思考傳播與慈悲的關係。教會蒙召與基督——降生成人的慈悲天主，結為一體，去實踐慈悲，作為她的臨在和祂行動的特殊標記。無論我們說什麼和如何說話，我們的每一個用字及手勢，都應當體現天主對眾人的憐憫、溫柔和寬恕。愛，就其本質而言，就是傳播，它通往開放與分享。如果我們的心與行動是被慈善、被天主的愛所啟發，那麼我們的傳播也將被天主的力量所觸動。

傳播具有建造橋梁、促進相遇與包容的力量，所以豐富了這個社會。每當人們謹言慎行，致力於避免誤解、治癒受創傷的記憶和建設和平與和諧時，那是多麼美好。語言能在個人之間、家庭、社群和人群中搭起橋梁；無論在現實世界或虛擬世界中，都能實現。我們的言行應該幫助所有人走出報復與譴責的惡性循環，因惡性循

環會令個人與國家不斷地鼓吹仇恨。基督徒的言語應該持續鼓勵共融，甚至在那些必須要強烈譴責邪惡的情況下，也應儘量試著不要讓關係破裂，導致溝通中斷。

為此原因，我想要邀請所有心存善念的各位，重新發現慈悲的力量能夠治癒曾被傷害的關係，並為家庭與社群重建平安與和諧。我們都知道早年的傷害與揮之不去的忿恨，能在很多種情況下，輕易的使人陷入羅網，阻礙溝通與和解。這對人與人之間的關係也是如此。在各種情況下，慈悲能夠建立一種新的言語和對話方式。莎士比亞曾經非常有說服力的這樣說，「慈悲的本質不是勉強。它是像甘霖一樣從天上降下塵世；它是雙重的祝福：不但祝福施者，受者也同得祝福。」（《威尼斯商人》，第四幕第一場）詳情請參閱梵蒂岡廣播電台

堂區活動

援助 Fort McMurray

Fort McMurray 近日因郊野山火所帶來的痛苦和創傷，我們都深感震驚和悲痛。卡加利教區將於 5 月 14 及 15 日(下主日) 進行特別籌款以支持 Fort McMurray 的人們。教友也可直接捐贈給紅十字會救濟災難者。

2016 堅振禮儀及聚餐

卡城教區亨利主教將於五月二十二日蒞臨本堂為教友施放堅振聖事。彌撒時間為早上十時正。彌撒後，主教會在上禮堂與教友共聚。本堂將備有午餐及節目表演，費用全免，誠意邀請各位教友參加。

是日彌撒時間更改如下—

上午八時三十分：英文主日彌撒

上午十時正：堅振彌撒

(主禮人亨利主教)

上午十一時三十分：彌撒取消

慈悲禧年朝聖活動

聖母會將舉辦【慈悲禧年朝聖活動】，朝聖參加者先齊集在永援聖母堂，一同參與九時彌撒，十時啓程前往神聖慈悲中心、Cochrane 的聖方濟退修中心、Corpus Christi 聖堂及 St. Mary's 主

教座堂，約於下午 5 時返抵永援聖母堂。走過聖門，朝聖者可在領聖體、辦告解、以教宗意向祈禱及做善功，可獲得禧年大赦。

日期：7 月 16 日星期六

時間：上午 9 時彌撒，10 時聖堂停車場出發

下午 5 時返抵聖堂停車場

費用：旅遊巴士車費每位 20 元，自備午餐

誠意邀請堂區所有教友參加，下主日（5 月 14 及 15 日）開始發售旅遊巴士車票，有興趣參加的兄弟姊妹，請到聖堂正門購票，或與聖母會報名。名額有限，報名從速。

利瑪竇騎士會廿七週年聚餐

日期：二零一六年六月二十五日（星期六）

時間：晚上六時三十分（國語彌撒後）

地點：上禮堂

菜單：生猛龍蝦餐

費用：每位三十元

截止報名：六月一日前

詳情請參閱海報

大專青年團徒步旅行

大專青年團將於 5 月 22 日堅振禮儀及參與亨利主教聚餐後徒步旅行。報名及欲了解更多大專青年團活動，請查看大專青年團網站或聯絡 Joyce Lam（www.olphyoungadults.weebly.com）

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。

截至 4 月 4 日，捐款已累積至 14,630 元。懇請各位教友繼續支持，合力幫助本土社區及國外成千上萬的勞苦大眾。讓我們無私奉獻，活出信仰，攜手一起行動，慷慨解囊！

捐款信封可在聖堂入口處索取。

活動一週

星期三、五 5 月 11,13 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

星期三 5 月 11 日

大專青年團探訪榮基翠景護老中心

時間：下午 6 時至 8 時

地點：307- 35 Ave. N.E

星期五 5 月 13 日

榮基翠景護老中心（彌撒）

時間：上午 10 時

地點：307- 35 Ave. N.E

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 5 月 14 日

聖母軍

時間：上午 9 時 45 分(開會)

地點：聖堂二樓騎士會室

東北區信仰小團體聚會

時間：早上 10 時 30 分至 12 時

聯絡：施修女 403-230-3801

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

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

大專青年團信仰分享

時間：下午 5 時至 8 時

地點：永援聖母堂上禮堂

信仰小團體（西北區）

時間：晚上 7 時 30 分至 10 時

聯絡：Anna Tam 403-285-5023

星期日 5 月 15 日

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

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

公教家庭開會

時間下午 12 時 30 分至 4 時 30 分

地點：永援聖母堂上禮堂

感謝聖母媽媽

聖母媽媽，這是寫給您的

我想祝您母親節快樂

感謝您作我的主保，一直愛護我

感謝您保護我的家人，如我向您祈求的那樣

感謝您代我向天主轉求，因您的愛和

光榮，天主俯允了卑微的我的禱告；
感謝您守護著我，支持我保有希望；
感謝您時時處處傾聽我的呼求；
感謝您安慰我，我在哪裏，您也在哪裏；

感謝您，犧牲了您的愛子，讓我們時時有所依托；

在母親節，您和所有母親一樣，迎接一個屬於你的新生命，那是美妙的恩賜。現在這生命屬於所有人，您把您的愛子給了所有人，同時，也分施了您的愛和您的守護。

聖母媽媽，母親節快樂！

現在我們藉著聖母月，是普世教會特別敬禮聖母的日子，也是我們取悅天主、向天主感恩的表達。因此，我們以感恩的心勤領聖體與和好聖事；照耶穌說的話去做，在生活中為耶穌作見證；每天與聖母一齊讚美並感謝天主；與聖母一同陪伴十字架上的耶穌接納生活中的苦難；唸玫瑰經：為教宗意向，普世教會，家庭，老弱貧病者，及福傳等意向祈禱；並懇求聖母，在上主面前代我們轉求。

願聖母助佑我們！

靈修小故事

自信的媽媽

『神恩雖有區別，卻是同一聖神所賜，職分雖有區別，卻是同一主所賜。』（格前 12：4-5）

劉媽媽是個家庭主婦，她有三個兒子，個個都是博士級的醫生。他們在美國醫療界從事醫療的研究工作。某天當他們在母親家中聚餐完畢後，母親與媳婦們把餐桌清理乾淨，他們便在桌上擺起電腦，拿出一些文件，開始討論起 SARS 疫苗的問題。

三個媳婦在廚房清洗碗盤時互相談論說：『他們三個男人談個不休、談得很起勁，他們談的竟是我們不能想像或不能懂的事，豈不覺得自己太笨嗎？』劉媽媽在一旁聽了，發現三個媳婦蠻自卑的，遂講了一段話，這才恢復了她們的自信。

她說：『我起先也覺得自己很笨，可是

後來想起去年秋天，他們三個大男人花了整個下午才把家裡的窗簾裝好，我就不再那麼想了。』

反省：

您是不是常覺得自己不如他人，自卑、沒有用呢？

其實每個人都有長處與短處，不要被別人的長處給嚇到了，因為你本身覺得不起眼的長處在別人眼中會是了不起的本領。

天主絕不會將所有的長處放在一個人身上。

況且人的價值不在於您擁有多少才華，而在於您善用了多少。

知多一點點

天主聖神

在天主聖三中，天主聖神往往是最受基督徒忽略的一位。無論是祈禱、教導或個人的敬禮，多數基督徒往往祇強調天主聖父和聖子，對天主聖神卻較不重視。然而，天主聖神是天主聖三的第三位；聖父和聖子派遣祂來與我們同在，幫助我們成聖。

天主聖神的定義很難說清楚，或許這也是我們較少談到天主聖神的原因之一。我們很容易指出聖父是天地萬物的創造者；聖子耶穌是我們的救主；但是想到天主聖神時，腦海中卻祇有一些模糊不清的形象。

天主聖神是誰？

在天主聖三中，天主聖神是聖父與聖子間結合的力量。聖父與聖子之間的關係是那麼完美，是永恒、神聖的愛。這種發自聖父與聖子之間的「愛」，是如此真實、如此完美、如此完整，這愛是天主聖三中的一位，即第三位，我們稱為聖神。所以我們可以說，聖神是天主的愛，是聖父與聖子之間神聖的愛。這愛使祂們合而為一，不能分開，因為天主是一體的。

「天主聖神發自聖父及聖子，是聖父聖子之間神聖愛的完美表達。因此天主聖神是聖父與聖子間的愛的精神，這『愛』使父與子結合為一。天主聖神就是愛的神。」