

Theme Sharing

Trinity Sunday

"I baptize you in the name of the Father, and of the Son and of the Holy Spirit." We, as Christians, are all baptized in the name of the Trinity and become God's children. We are thus able to live in God's grace and share in his glory. God is the source of our very being and all the divine gifts bestowed on us, and so it is fitting for us his children to offer him our unending praise and thanksgiving, particularly on today's solemn Feast of the Holy Trinity.

The mystery of the Trinity has not been revealed in the Old Testament. However, today's first reading, from the *Book of Proverbs*, does speak about the Wisdom of God: "*Before the Lord created the earth, I was brought forth; when he established the earth, I was there.*" The term evidently foreshadows the "Word of God" in the New Testament. In the opening chapter of his gospel, John says, "*In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things came into being through him, and without him nothing came to be.*" St. Augustine, St. Irenaeus and other early Fathers of the Church all marvelled at the similarities of the two passages in the bible. In the second reading, Paul speaks about the fruits of Christ' salvation and, in a way, reveals the mystery of the Holy Trinity. He says, among other things, that we have reconciled with God through our Lord Jesus Christ. He calls Jesus "Lord" and "Christ" because he himself has experienced the mystery of Jesus, the Son of God made man. He explains why Christians can experience joy even in their suffering. Suffering, says Paul, unfolds the presence and working of the Holy Spirit within our hearts, and this bears the fruits of patience, perseverance, hope, faith and love.

In today's gospel, we hear Jesus' parting words with his apostles at the Last Supper, speaking on the role of the Holy Spirit: "*I still have many things to say to you, but right now they will be too much for you. But when the Spirit of truth comes, he will lead you to the complete truth.*" He goes on to say that "*the Spirit will not speak on his own, but will speak whatever he hears.*" This shows that the Father, the Son and the Spirit are one God in three Persons, in what theologians calls the doctrine of the Blessed Trinity.

God is Love, and is revealed to us in the divine Persons of the Father, Son and Spirit. In order that we can have access to God's love, the Father sends us his beloved Son, the Word made flesh, so that we can receive the gift of the Holy Spirit and become sharers in the Trinitarian love. Let us therefore acknowledge God's love to us and offer him praise and thanksgiving as in today's Opening Prayer: "Father, you sent your Word to bring us truth and your Spirit to make us holy. Through them we come to know the mystery of your life. Help us to worship you, one God in three Persons, by proclaiming and living our faith in you. 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."

Pope's Monthly Prayers Intention

June General and Missionary Intention

Universal: Human Solidarity

That the aged, marginalized, and those who have no one may find—even within the huge cities of the world—opportunities for encounter and solidarity.

Evangelization: Seminarians and Novices

That seminarians and men and women entering religious life may have mentors who live the joy of the Gospel and prepare them wisely for their mission.

Extraordinary Jubilee of Mercy

Jubilee Audience: On Piety

Among the many aspects of mercy, there is one that consists in feeling compassion or being moved in face of those who are in need of love. Pietas – piety – is a concept that was present in the Greco-Roman world, where, however, it indicated an act of submission to superiors: first of all the devotion owed to the gods, then the respect of children for their parents, especially the elderly. Today, instead, we must be careful not to identify piety with that rather defused pietism, which is only a superficial emotion and offends the other's dignity. In the same way, this piety is not to be confused either with the compassion we feel for the animals that live with us, and remaining indifferent in face of the sufferings of brothers. How often do we see people attached to cats and dogs, who then leave their neighbor without

helping him, the woman neighbor who is in need ... This is not right.

The piety we wish to talk about is a manifestation of God's mercy. It is one of the seven gifts of the Holy Spirit that the Lord offers to His disciples to make them "docile in obeying divine inspirations". Reported in the Gospels so many times is the spontaneous cry that sick, possessed, poor and afflicted persons addressed to Jesus: "Have mercy". Jesus responded to all of them with a look of mercy and the comfort of His presence. In these invocations of help or requests for mercy, each one expressed also his/her faith in Jesus. They intuited that there was something extraordinary in Him, which could help them to come out of the sad conditions in which they found themselves. They perceived in Him the very love of God. And even if the crowd thronged about Him, Jesus was aware of those invocations of mercy and He was moved, especially when He saw persons suffering and wounded in their dignity, as in the case of the woman with the hemorrhage. He called them to have faith in Him and in His Word. For Jesus to feel mercy was equivalent to sharing in the sadness of the one He met but at the same time working personally to transform it into joy.

We are also called to cultivate in ourselves an attitude of mercy in face of so many situations of life, shaking off the indifference that impedes our recognizing the needs of brothers around us and freeing ourselves from the slavery of material well-being. Let us look at the example of the Virgin Mary, who looks after each one of her children and is, for us believers, the icon of mercy.

Diocese & Other News

The Church That Goes Forth: Justin and Mercy in the current Migrant Crisis

In his book, *The Name of God is Mercy*, Pope Francis describes "the Church that goes forth" as a field hospital for "those who are wounded, who are in need of an attentive ear, understanding, forgiveness, and love." Dr. Agnes de Dreuzzy will be presenting on this message of hope on May 28th 2016, St. Joseph's Church, 640 19 Avenue NW, 2:00 pm. Representatives from Calgary Catholic Immigration Society will be presenting on how Calgary and the Diocese have responded to this migrant crisis. All are

welcome.

Parish Activities

Exposition of the Blessed Sacrament on June 4

The June's Exposition of the Blessed Sacrament will be led by Adult Catechism on June 4 from 10am to 11am. Fr. Nguyen will listen to Confession.

Parishioners are encouraged to attend.

Movie Night – "Joy Luck Club"

Date: June 4 (Saturday)

Sponsor: Queen of China Club

Time: 6:00 pm – Light Dinner

6:45 pm – Movie and Sharing

Place: OLPH Upper Hall

Through a series of flashbacks, four young Chinese women born in America and their respective mothers born in feudal China, explore their past. This search will help them understand their difficult mother/daughter relationship.

5th Sunday Rosary

Matteo Ricci Council 10119 will be hosting Rosary, 20 min. before the 10:00 & 11:30 Mass on Sunday, May 29, 2016.

A mini K of C rosary ring will also be distributed to the parishioners attending, while quantities last.

Holy Land Gift - Handmade Cross

Please contact your parish group for 4" Olive Tree Crosses, at a donation of \$10 each. Refer to the poster for more detail.

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 25, 27

OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Friday May 27

St. Angela School attend Mass

Time: 9:00a.m.

OLPH Scout

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

Place: Upper Hall & Lower Hall

Saturday May 28

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 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 May 29

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

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

Place: OLPH Church Lower Hall

Youth Career Seminar

Time: 11:00 a.m. - 1:00 p.m.

Place: OLPH Church Upper Hall

Stories Faith Sharing

Seagull and the Mouse

A seagull was flying over a beach in the Black Sea when it saw a mouse. It swooped down from the skies and asked the rodent, "Where are your wings?" Each of them spoke a different language, and the mouse did not understand what the seagull said, but did notice that the animal standing before it had two big strange things emerging from its body. "It must suffer from some disease," whispered the mouse. The seagull noticed that the mouse was staring at its wings and said quietly, "Poor thing! It was attacked by monsters that left it deaf and robbed its wings." Filled with pity, the seagull took the mouse in its beak and swept it away for a ride in the skies. At least this will bring memories of the old days, the seagull thought as they flew higher and higher. Then it very carefully deposited the mouse back on the ground. For a few months the mouse was a very unhappy creature, it had flown

high up in the sky and seen a vast and beautiful world. But as time passed, it eventually grew used to being a mouse again, and thought that the miracle that had taken place in its life was just a dream.

Read More Know More

What is the Trinity?

The word "trinity" is a term used to denote the Christian doctrine that God exists as a unity of three distinct persons: Father, Son, and Holy Spirit. Each of the persons is distinct from the other, yet identical in essence. In other words, each is fully divine in nature, but each is not the totality of the other persons of the Trinity. Each has a will, loves, and says "I" and "You" when speaking. The Father is not the same person as the Son, who is not the same person as the Holy Spirit, who is not the same person as the Father. Each is divine, yet there are not three gods, but one God. There are three individual subsistences, or persons. The word "subsistence" means something that has a real existence. The word "person" denotes individuality and self awareness. The Trinity is three of these, though the latter term has become the dominant one used to describe the individual aspects of God known as the Father, the Son, and the Holy Spirit.

Included in the doctrine of the Trinity is a strict monotheism which is the teaching that there exists in all the universe a single being known as God who is self-existent and unchangeable (Isaiah 43:10; 44:6,8).

Therefore, it is important to note that the doctrine of the Trinity is not polytheistic as some of its critics proclaim. Trinitarianism is monotheistic by definition and those who claim it is polytheistic demonstrate a lack of understanding of what it really is.

Another important point about the Trinity is that it can be a difficult concept to grasp. But this does not necessitate an argument against its validity. On the contrary, the fact that it is difficult is an argument for its truth. The Bible is the self revelation of an infinite God. Therefore, we are bound to encounter concepts which are difficult to understand -- especially when dealing with an incomprehensible God who exists in all places at all times. So, when we view descriptions and attributes of God manifested in the Father, the Son, and the Holy Spirit, we discover that a completely

comprehensible and understandable explanation of God's essence and nature is not possible. What we have done, however, is derive from the Scripture the truths that we can grasp and combine them into the doctrine we call The Trinity. The Trinity is, to a large extent, a mystery. After all, we are dealing with God Himself.

主日分享

天主聖三節

「我因父及子及聖神之名，給你付洗。」我們作基督信徒的，都是藉著天主聖三的名領洗進教，成為天主的子女，因而「可以生活在天主的恩寵中，有希望分享天主的光榮」。飲水思源，我們必須不斷頌揚天主聖三的恩情，特別在本主日，天主聖三瞻禮的日子，向天主表示我們作祂的子女的謝忱。

舊約聖經原來並不啓示天主聖三的奧跡，但是本主日彌撒中的讀經一裡，有「天主的智慧」一詞。這一詞，已含蓄地表示了新約聖經中「天主的聖言」的意思。「天主的聖言」就是耶穌，祂是降生成人的天主聖子。其中「上主未造大地，我已誕生，當祂建立諸天時，我就在那裡」這類的話，更使人想起聖若望在他的福音開端所說的「在起初已有聖言，聖言與天主同在，聖言就是天主。聖言在起初就與天主同在。萬物是藉著祂而造成的；凡受造的，沒有一樣不是由祂而成的。」從前教父們，如聖奧斯定，聖依勒內和戴都良，都早已發現了這個巧合。

在本主日彌撒中的讀經二裡，聖保祿宗徒一面講述了耶穌救世工程的成果，一面也啓示了天主三位一體的奧跡。保祿說：「我們藉著主、耶穌基督與天主和好了。」他稱耶穌為「主」為「基督」，因為他體驗了耶穌是降生成人的天主聖子這個奧跡。至於基督信徒怎麼在磨難中也會歡躍，聖保祿宗徒的經驗是，磨難促使人發現天主聖神在人心中心臨在與活動。

本主日的彌撒福音是耶穌在最後晚餐中對祂的門徒們所作出的講話。話題是關於天主聖神。耶穌說，祂還有許

多事要告訴祂的門徒們，但是他們當時承擔不了，等到聖神來了，聖神要指引他們明白一切真理。接著耶穌使用「聽到」和「說出」這樣的話，闡示了天主聖父、天主聖子和天主聖神三位的同一性體，這就是神學家們所說的三位一體的道理。

總之，天主是「愛」：父、子、聖神。祂為使我們分享祂的愛，父派遣子降生成人，使我們領受聖神的恩賜，而得以進入天主聖三愛的共融當中（《天主教教理》（1992）50-53, 198-267條）。正如今日的集禱經所祈求的：天主聖父，你派遣聖言來教導我們真理，並賜下聖神聖化我們，使我們得以認識你--造世贖世的真天主，願我們明認三位一體的奧跡，全心全靈欽崇朝拜你。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

教宗及福傳祈禱意向

六月祈禱及傳教意向

總意向：為人類的團結

願在世界各大城市中的年長者、邊緣人及孤獨者能找到彼此相遇與團結的機會。

福傳意向：為修士與初學生

願修士和修會初學生能有活出福音喜悅精神的導師，使他能明智地培育他們的使命感。

慈悲禧年

虔誠不是虔誠主義，而是天主慈悲的體現

教宗表示，虔誠不是虔誠主義，而是天主慈悲的體現。我們應該效法耶穌，關切弟兄姐妹的需求，擺脫物質財富的束縛。

當我們聽到虔誠（Piety）這個詞時，會想到宗教情懷或某種敬禮，但它的意義更為深刻，它具有憐憫和慈悲的意味。虔誠一詞源於希臘-羅馬時代，原意是對上級權威的順從：首先是對神的順從，其次是對父母和長輩的順

從，即孝愛。教宗提醒道，今天我們不可將虔誠和虔誠主義相混淆，因為虔誠主義只是一種膚淺的情感。

教宗說，我們所謂的虔誠是天主慈悲的一種表達方式。福音中，耶穌關切人們對祂的呼求。祂體恤人的需求，以同情心和愛予以回應。祂鼓勵我們相信祂和祂的話。我們也應當效法耶穌，以慈悲的態度對待生活中的各種情況，摒棄那阻礙我們意識到周遭弟兄姐妹的需求的冷漠無情，擺脫物質財富的束縛。

最後，教宗為信眾指明聖母瑪利亞的虔誠。教宗說：「聖母照料她的每一個子女，對我們信徒而言她就是虔誠的寫照。」

堂區活動

六月顯供聖體

永援聖母堂六月份的顯供聖體由成人慕道班帶領，時間為六月四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！

電影晚會- 喜福會(Joy Luck Club)

日期：6月4日（星期六）

贊助善會：聖母會

時間：6時 — 輕便晚餐

6時 45分 — 電影及分享

地點：永援聖母堂上禮堂

影片以四對母女關係探討了女性意識的時代流變，對於女性的弱者的地位，與女性為求改變的不斷抗爭，進行了描摹。

第五主日頌念玫瑰經

利瑪竇騎士會於五月二十九日主日，十時正及十一時三十彌撒前二十分鐘帶領頌念玫瑰經。

同時將有迷你念珠環送與眾信友，先到先得。

聖地手製十字架

請與各善會聯絡，捐獻每枚十元正。詳情參閱海報。主佑！

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拿取。

活動一週

星期三、五 5 月 25, 27 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 5 月 27 日

St. Angela School 參與彌撒

時間：上午 9 時

地點：永援聖母堂

永援聖母堂童軍

時間：晚上 6 時 30 分至 8 時 30 分

地點：永援聖母堂上禮堂及下禮堂

星期六 5 月 28 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 5 月 29 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

青年講座

時間：上午 11 時至 1 時

地點：永援聖母堂上禮堂

心靈小品

如果你不開心，就看看聖經中的他們吧！

你再壞，也不會比雅各伯更壞。

他連親兄弟都騙使他失去長子的名分，遇到難時把妻子、孩子都推在前面。可是天主拿他有辦法：天主使他變成了以色列，天主的勇士。

你脾氣再不好，也不能比若望更暴躁。

有人祇對主嘟囔了一句，他就叫主吩咐天上降火來滅他。可是天主拿他有辦法，不久後這個雷霆之子深情地說：天主愛世人！天主如此愛了世界！聖經裡祇有這個暴躁的人說：天主就是愛！粗鄙的、不可愛的人天主都愛！

你再苦惱，也不會比保祿更苦惱。

立志行善由得他，行出來都由不得他，他說自己是個“苦惱的人！”可是天主拿他有辦法：他關在羅馬監獄裡，還勸勉探監的和自由的人說：“你們要喜樂，我再說你們要喜樂！”

你再凶，也不可能凶過保祿。

他拿著繩子去捆綁耶穌的弟子，並且參與了迫害，深愛天主的他卻成了天主的仇敵。可是天主拿他有辦法：天主使他變成了新約最大的使徒，卻又是最謙卑的，他說自己是罪人中的罪魁，比眾聖徒中最小者還小的。

你再可憐，也可憐不過伯多祿。

他三次否認主之後，一聽到雞鳴就哭泣，既可悲又可憐到認為自己沒有希望了，然而天主拿他有辦法：主重新呼召他，還委給他宗徒之長領導整個教會的重任。

你再委屈，也沒有耶穌委屈。

他是萬物的創造者，唯一無罪而完美的人，卻被他的受造之物釘在十字架上，聖潔全能的天主被剝奪了衣服，與強盜同列。他不僅被無辜地處死，更是被羞辱地處死。然而他卻向天父祈禱說，父啊，赦免他們吧。

最後，你再對，也不可能比耶穌更對。

從祂的口中查不到任何的不義，然而耶穌卻說，不要稱呼我為師傅，祇有

一位師傅，就是天上的父。又說，為什麼要稱我為良善的呢？祇有一位是良善的，就是天上的父。

生活在感恩的世界裡

感激斥責你的人，因為他助長你的定慧。

感激絆倒你的人，因為他強化你的能力。

感激遺棄你的人，因為他教導你應自立。

感激鞭打你的人，因為他消除了你的業障。

感激欺騙你的人，因為他增進了你的見識。

感激傷害你的人，因為他磨練了你的心志。

感激所有使你堅定成就的人。

靈修小故事

木槿花感人的故事

一到夏天，院子裡的木槿就開花。母親一見潔白的木槿花，就會眼含淚水，哆嗦著說：“我那時好糊塗，好糊塗啊！”

我五歲那年，右腿忽然青腫了一塊，痛得我成天哭喊。母親見我熬不過，就背著我去廖醫生的家。廖醫生是個老中醫，退休後在家裡開了個小診所。他醫術好，心也善良。廖醫生看了我的腿，責怪我母親：“再晚來兩天，右腿就廢了。這是骨髓炎，嚴重了就得截肢！”母親不敢出聲。其實不能怪母親，父親去世後，母親終日為三餐發愁，哪有閒錢給我治腿？母親擔心地問能否治好，得到廖醫生的肯定回答後，臉色晴朗了許多，可片刻後，又一臉的陰雲。

廖醫生給我敷了草藥，又交給母親兩帖中藥，說兩天後再來換藥。母親顫聲問要付多少錢，廖醫生說五塊錢，母親的臉紅了，母親借不到錢，但我的腿不能不治。母親祇好揣著八個雞蛋去廖醫生的家。那時雞蛋很便宜，幾分錢一個。廖醫生不肯收，母親鼻子一酸，眼淚就掉下來了。廖醫生的眼睛也濕了，安慰母親：“好，我收下。錢的事，不要說起了！”看了幾次腿，母親已欠廖醫生 28 塊錢了，這在當時，不是一個小數目。

再去廖醫生家，母親帶上了家裡惟一的母雞。廖醫生死活不肯收，母親哽咽著再三哀求。廖醫生拗不過，說：“好，就算我買你的，十塊錢，好嗎？”說著，硬塞給母親十塊錢。那時一隻雞最多賣四、五塊錢。母親說她不肯接錢。回到家裡，母親發現中藥紙包裡有十塊錢，當晚就去了廖醫生家，把錢從門縫裡塞進去了。兩天後，又該去換藥，可是母親不敢去，祇默默地流淚。不料廖醫生竟找上門來了。談話間，廖醫生驚喜地發現了院子裡的木槿花，說：“木槿花是上好的中藥，一兩值兩塊錢呢！摘了賣給我，好嗎？”母親驚喜萬分，連忙摘木槿花。廖醫生拿秤一稱，竟有一斤。他說：“這下好了，你再也不欠我錢了。”此後，去廖醫生家治腿，母親就帶點木槿花去。母親不用欠廖醫生錢，廖醫生反而每次給母親一點錢。不久，我的腿治好了。第二年，廖醫生竟不幸去世了。母親十分傷心，去廖醫生家弔唁。母親從他家門口裡知道了一個天大的秘密：木槿花是不能做中藥的。母親：“哇！”的一聲嚎哭起來：“我的恩人呀……！”

朋友們，要把握機會幫助人；但是，要記得：也要讓受助者有尊嚴。

知多一點點

天主聖三與救恩工程

天主是愛，祂在創世以前，由於愛，在基督內揀選了我們，預定了我們借祂愛子而獲得義子的名份。而使我們得到這名份及光榮的，就是我們所領受的聖神。這聖神讓人享受天主自由傳授給我們的幸福生活的光榮；天主父是這樣愛了我們，竟賜下祂的獨生子為我們作贖罪祭，作世界的救主，使人類獲得更豐盛的生命。梵二《教會憲章》序言中宣告：“聖父委托聖子在世間應完成的工作結束後，聖神在五旬節日被遣來，永久聖化教會……聖神以福音的效能，使教會保持青春活力，不斷地使他更新，領他去和淨配耶穌作完美的結合……所以，普世教會就好像一個在聖父、聖子、聖神的統治之下集合起來的民

族。”

天主聖三在整個救恩工程中的行動是共同的又是個別的。這都是基於同一的天主性：三位無先無後、無大無小、無始無終的同一天主的行動。但是，每一位依照其本身的特性而完成共同工作，因為祇有一個天主，就是聖父，萬物都出於祂而存在；祇有一個主，就是耶穌基督，萬物都借祂而存在；祇有一個聖神，萬物都在祂內而存在。這種特有行動尤其在聖子降生、基督受洗以及恩賜聖神的神聖派遣中，顯露出天主位格。無論如何都不能把祂們分開，因為祂們是同性同體的天主。

“誰”光榮聖父是透過聖子在聖神內光榮祂；“誰”跟隨基督，都是受到聖父的吸引和聖神的推動的結果。

天主是愛，那存在愛內的，就存留在天主內。我們存在祂內，祂就存在我們內，是出於祂賜給我們的聖神。借著聖神的引導、助佑、聖化而進入聖三的共融中，在基督內分享天主的生命，開始參與聖三愛的共融，邁向永生。

生活的共融是三位一體的完美肖像

我們彼此相愛、接納、寬容、關懷、溝通，不控制、不強求他人，不扼殺任何神恩，不阻礙他人身心的成長，不斷地突破自己的極限和人際關係的種種障礙，積極投入社會建設，尋求公義，維護公德，愛國愛民……學習與人共處，又保持自己的獨特性格，對別人的所需所是感同身受，以信德和愛德在團體中實踐共融生活，在有限中邁向永恆圓滿：天主聖三。這種體驗就是一種死而復活的生活。

三位一體是完美和共融的生命。我們和別人建立和諧的關係，並懂得如何和他人分享時，便是生活著的三位一體的天主奧跡。父母、子女、夫妻、長幼、兄弟、姐妹、婆媳、民族與民族、國家與國家、宗教與宗教間的溝通和共融，正反映出天主三位一體的完美肖像。