

Theme Sharing

Your Sins Are Forgiven

Today is the 11th Sunday in Ordinary Time. The gospel is on a story familiar to us: a sinful city woman weeping before Jesus, wiping her tears away from Jesus' feet with her hairs, kissing them and anointing them with expensive ointment. Simon, a Pharisee who has invited Jesus to his house is apparently uneasy and skeptical that his prophet-like guest should so receive the woman. Jesus therefore tells a parable of the two debtors to dispel the doubt of Simon and to demonstrate God's mercy to sinners who have repented.

In the first reading, King David had committed grave sins of murder and adultery. God therefore sent the prophet Nathan to admonish David. David repented and acknowledged his sinfulness. Thereupon his sins were forgiven.

The two stories on forgiveness of sin still hold true today. God has not wavered in his attitude towards sinners. As long as there is repentance, there is forgiveness. The two examples may help us to reflect on our habit of going to confession.

A lot of Christians are reluctant to go to confession because they don't have a clear understanding about the Sacrament of Penance. Using human intellect to ponder God's work, they liken confession as going to court as if God is the judge ready to pronounce judgment and mete out punishment. However, confession is truly an act of reconciliation with God, an act of faith and devotion that should be conducted in an atmosphere of joy and reverence. This is why the Church, after the Second Vatican Council, introduces the penitential rites during a communal celebration. This is set out in the Catechism of the Catholic Church below:

"The sacrament of Penance can also take place in the framework of a communal celebration in which we prepare ourselves together for confession and give thanks together for the forgiveness received. Here, the personal confession of sins and individual absolution are inserted into a liturgy of the word of God

with readings and a homily, an examination of conscience conducted in common, a communal request for forgiveness, the Our Father and a thanksgiving in common. The

communal celebration expresses more clearly the ecclesial character of penance. However, regardless of its manner of celebration, the sacrament of Penance is always, by its very nature, a liturgical action, and therefore an ecclesial and public action." In these communal celebrations of Penitential Rites, personal confession and individual absolution are still retained (except in the case of grave necessity which will not be discussed here). However, it highlights the ecclesial nature of the sacrament of Penance and truly restores the meaning of the sacrament. The sacrament of Penance is a sacrament of reconciliation; an event of humanity reconciling with God that should rightly be held as a liturgical action of the Church with joy and reverence.

Extraordinary Jubilee of Mercy

This Is His name "Merciful God"

Finally, the Lord proclaims Himself "abounding in steadfast love and faithfulness." How lovely is this description of God! Everything is here, because God is great and powerful, but His greatness and power are displayed in loving us, we who are so little, so incapable. The word "love" used here indicates affection, grace and goodness. It is not the love of soap operas ... It is love that takes the first step, which does not depend on human merits but is of immense gratuitousness. It is the divine solicitude that nothing can stop, not even sin, because it is able to go beyond sin, to overcome evil and forgive it.

A "faithfulness" without limits: here is the last word of God's revelation to Moses. God's faithfulness never fails. Because the Lord is the Guardian that, as the Psalm says, does not fall asleep but watches constantly over us to lead us to life:

"He will not allow your foot to slip;
or your guardian to sleep.

Behold, the guardian of Israel
never slumbers nor sleeps.

The LORD will guard you from all evil;
he will guard your soul.

The LORD will guard your coming and going
both now and forever."

And this merciful God is faithful in His mercy and Saint Paul says a lovely thing: if you are not faithful to Him, He will remain faithful because he cannot deny Himself.

Faithfulness in mercy is proper to God's being. And therefore God is totally and

always trustworthy — a solid and stable presence. This is the certainty of our faith. And then, in this Jubilee of Mercy, we entrust ourselves totally to Him, and experience the joy of being loved by this "God merciful and gracious, slow to anger and abounding in steadfast love and faithfulness."

Pope Francis

Diocese & Other News

Cemetery Masses for 2016 are as follows:

St. Mary's Cemetery

Tuesday, June 14

Edenbrook Cemetery, Holy Family

Wednesday, June 15

Queens Park Cemetery, St. Joseph -

Tuesday, August 9

Mountain View Cemetery, Good Shepherd

Wednesday, August 10

All Masses start at 7:30pm.

The Pontifical Council For Promoting Christian Unity Mass and Presentation

Join members of The Pontifical Council for Promoting Christian Unity Dialogue with the Christian Church - Disciples of Christ from the Papacy and around the world. The Mass at St. Mary's Cathedral will be with Bishop David Ricken and is scheduled for Sunday June 19 at 10 am, presentation and light lunch to follow at 11:30 am.

World Migrant & Refugee Day Mass With Bishop Henry

On June 20th, we will be celebrating the many contributions of forcibly displaced people throughout the world with a Mass at St. Mary's Cathedral, at 7 pm presided by Bishop Frederick Henry. With this Jubilee Year of Mercy celebration, we will not only recognize refugees, past and current, but the many people dedicated to helping them. An international potluck will follow in the Church Hall. For more information and RSVP: Marilou.legeyt@calgarydiocese.ca or call 403-218-5519.

Feed the Hungry Golf Tournament Diocesan Golfers - Silvertip is calling!

Do you love to golf? Have you always wanted to experience the amazing Silvertip Resort in Canmore? Here's your chance! Once again, Feed the Hungry is holding its annual golf tournament at Silvertip in

Canmore, August 8. Golf for \$350 (\$100 tax receipt) and this includes breakfast, lunch, dinner, tee gift, 18 holes & cart. We also need sponsors. For more information or to register online, visit my.calgarydiocese.ca/fthgolf or contact Samantha Jones at 403-218-5531 or samantha.jones@calgarydiocese.ca

Parish Activities

OLPH Summer Mass schedule

Mass schedule in July and August will be revised as follows:

Saturday : 5:00pm (in Mandarin)

Sunday: 9:30 am (in English)

11:00 am (in Cantonese)

Tuesday (7:00 pm) English Mass will be suspended

Normal Mass schedule will be resumed from September 4.

Tuesday (7:00 pm) English Mass will be resumed from September 27.

Father Bill Trienekens Heartfelt Thank You

Father Bill Trienekens wishes to give his cordial Thanks to all parishioners of OLPH parish for their prayers during his illness and kind gestures of flowers and get-well cards. He has now moved to:

Providence Care Centre, 149 Providence Blvd, SE. Calgary.

His Phone number: 403-251-9423

Father wishes the best for all of us and we will pray for one another. Thanks.

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 June 15, 17

OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Friday June 17

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 June 18

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

Place: OLPH Upper Hall

Sunday June 19

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

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

Place: OLPH Church Lower Hall

Parenting Workshop-Deacon Wu

Time: 12:30 p.m. - 2:30 p.m.

Place: OLPH Church Lower Hall

Let There Be Light

Life's Tug Of War

Life can seem ungrateful and not always kind.

Life can pull at your heartstrings and play with your mind.

Life can be blissful and happy and free.

Life can put beauty in the things that you see.

Life can place challenges right at your feet.

Life can make good of the hardships we meet.

Life can overwhelm you and make your head spin.

Life can reward those determined to win.

Life can be hurtful and not always fair.

Life can surround you with people who care.

Life clearly does offer its ups and its downs.

Life's days can bring you both smiles and frowns.

Life teaches us to take the good with the bad.

Life is a mixture of happy and sad.

SO...

Take the life that you have and give it your best.

Think positive be happy let God do the rest.

Take the challenges that life has laid at your

feet.

Take pride and be thankful for each one you meet.

To yourself give forgiveness if you stumble and fall.

Take each day that is dealt you and give it your all..

Take the love that you're given and return it with care.

Have faith that when needed it will always be there.

Take time to find the beauty in the things that you see.

Take life's simple pleasures let them set your heart free.

The idea here is simply to even the score.

As you are met and faced with Life's Tug of War.

Stories Faith Sharing

Forgiveness of the King

Once upon a time there was a King in a country who was on a tour with his Ministers, including his royal security and others. He was taking rest, under the shade of the mango tree at the mango garden with his team when suddenly a stone hit him directly on the forehead. Immediately he started bleeding. The king had no idea who threw the stone at him, but he did know that he was experiencing an intolerable pain. The royal securities left right away to find the person who threw the stone at the king. After searching they found only one old lady there, and they asked if she had thrown any stones recently. "Yes," she replied. "I threw a stone at the mango tree." They asked her, "Did you throw any stone at the king?" The woman's face showed how terrified she was, so the guard forcefully told her that she would be punished. The woman was arrested and presented before the King. She trembled with immense fear and prayed that they would not kill her. After seeing the blood flow down the King's face, she became more upset and felt hopeless. "What will happen to me?" she thought. The king, very calmly asked her, "Did you throw the stone at me?" She replied, "Your majesty, I threw the stone at the mango tree." "Why?" the king asked. She replied weeping, "Your majesty, my child has been starving for two days. I was collecting food for him but could not find any. I hoped that when I threw the stone at the mango tree, a mango would fall so that I could feed my son. Your majesty, by mistake

the stone hit your forehead and that is my unknowing mistake." The woman bowed down before the king begging pardon for her mistake. The king was a kind hearted one and understood the situation very clearly. He forgave her mistake and ordered his security personnel not punish her in any way. Instead of punishment he said to give her money, food, and return her safely to her home.

Read More Know More

We Don't Really Eat Christ's Body...or Do We

When you understand that, you get a little better understanding of people who go to Mass every day. They're not just going to sit down, stand up, mumble prayers and kneel. They're going to receive the body, blood, soul and divinity of Christ. They're going to drink Him into their lives, literally, so that He remains present to them. They're going so that, with Him constantly present, they'll be better able to love as He loves. They'll be stronger Christians and live better lives. They don't go because they're really good people. At least that's not why I go. I go because I need a lot of help.

All of this tells us something about how we should approach Communion. He said, "Do this in remembrance of Me." Not "Do this thinking about your homework," or "Do this without paying attention."

Receiving the Eucharist is a profound act. It's as close as you'll get to God in this life. If we want to receive all the benefit we can from it, we need to have the right attitude. Our approach needs to be prayerful, respectful and reverent.

We also need to approach the Eucharist "clean." We can't just sin all week, and then expect to receive the body and blood of Christ.

Receiving worthily means that going to Him with a clear conscience.

If you've committed a serious sin which you haven't confessed, to go to Communion would be another serious sin. It's a "slap in the face" to God. Far from strengthening your faith, receiving Communion unworthily will diminish it. I believe it was Voltaire who said that the way to lose your faith is to commit a serious sin and then go to Communion. It's a "grace drain" and it's really wrong.

So the Eucharist is serious business. It's the

best thing we have going in our day to day life - - constant, ongoing contact with the living God. It's our "daily bread" that nourishes our spiritual life. It provides our USDR of grace. Don't take the Eucharist lightly. Pay attention to the consecration. Something really incredible is happening. And don't settle for "starvation rations." Receive the Eucharist often. It's your spiritual food. You need it.

主日分享

你的罪赦了

本主日常年期第十一主日。福音的內容敘述一個大家所熟悉的故事：有個婦人，是城中的罪人，用眼淚滴濕了耶穌的腳，用自己的頭髮擦乾，又熱切地口親祂的腳，然後抹上香液。但是它的主旨是耶穌在那個場合上所講的一個比喻。那個婦人是在一個名叫西滿的法利塞人的家裡遇見了耶穌。西滿疑惑耶穌是先知，因為耶穌好像不知道那個婦人是一個罪人。耶穌講了一個比喻來解釋他的疑惑。本主日彌撒中的讀經一講述達味犯罪後，天主打發納堂先知去譴責他。達味認罪悔過，天主便即刻赦免了他的罪。

婦人及達味獲得罪赦的故事，到今天還有意義。基督對罪人的態度並未改變；有悔改就有寬恕，在今天仍不斷地重演著。本主日彌撒福音和讀經一中所講的，是兩個過去的例子，但是可以幫助我們改善今天辦告解的習慣。

今天許多基督徒所以怕辦告解，主要原因是不明白告解聖事的原有意義。他們以人的見識去探究天主的事，把辦告解看做上法庭，把天主看做法庭裡的判官。其實，辦告解是與天主和好，是信德的行為，所以是一種敬禮，應該在喜悅和虔誠的氣氛中進行的。所以教會，在梵二大公會議以後，就提出了在團體慶典中集體舉行告解聖事的措施。新編《天主教教理》(1992) 1482 條介紹這種措施說：懺悔聖事也可在團體慶典中舉行。以團體慶典的方式舉行時，會眾一同準備告明，並且為所接受的寬恕，一起感謝天主。這樣，個別告明和赦罪的

部分安排在聖道禮當中：讀經、講道、共同省察、一起祈求天主的寬恕、以天主經祈禱、【個別告明和赦罪】，然後同謝主恩。以團體慶典的方式來舉行這聖事，更能清楚表達出懺悔的教會性。不論慶典以什麼方式舉行，懺悔聖事按照它本身的性質，是一項禮儀行動，故常是公開的教會行動。在團體慶典中集體舉行告解聖事並不取消個別告明和領受赦罪，卻強調了告解聖事的教會性，更好說，恢復了告解聖事的原有意義。告解是和好聖事，是人與天主的和好，應該在教會的禮儀行動中愉快虔誠地舉行的。

節錄自梵蒂岡電台

慈悲禧年

天主的名字是慈悲

上主自稱“富於慈愛忠誠”。天主的這一稱號是多美啊！這句話意味深遠，因為天主偉大而有力，但這偉大和有力祂卻用來愛我們，我們是如此弱小、如此無能。此處使用的“慈愛”一詞表明情感、恩寵及仁慈，它不是電視劇中的愛情。愛先走出第一步，愛不是憑人的功勞獲取，而是天主無限的白白賜予。愛是天主的一份熱心腸，任何事物，甚至罪都阻擋不住天主的愛，因為天主曉得越過罪，戰勝惡並予以寬恕。

無止境的“忠誠”：這是天主啓示給梅瑟的最後一個詞。天主的忠誠絕不會減少，因為上主是保護者，一如《聖詠》所說的，祂不打盹，而是一直守護著我們，為把我們帶向生命：“祂決不讓你的腳滑倒；保護你的也決不睡覺。看，那保護以色列者，不打盹也不會睡著。上主保護你於任何災患，上主保護你的心靈平安。上主保護你出外，保護你回來，從現在起一直到永遠”。

這個慈悲的天主忠於祂的慈悲，聖保祿說得好：如果我們不忠信，祂仍然是忠信的，因為祂不能否認自己（弟後二 13）。在慈悲上忠信正是天主的本性。因此，天主是完全及始終忠信的。祂的臨在堅實穩固，這就是我們信仰的可靠保障。在這慈悲禧年當中，但願我們完全仰賴天主，體驗到蒙受這

“慈悲寬仁、緩於發怒、富於慈愛忠誠的天主”所愛的喜樂。

教宗方濟各

堂區活動

暑期主日彌撒

七、八月之主日彌撒將更改如下：

星期六主日提前彌撒：五時(國語)

星期日早上彌撒：九時三十分(英文)
十一時(粵語)

星期二黃昏彌撒暫停

九月四日開始，主日早上彌撒將照以往時間舉行

星期二黃昏彌撒將九月二十七日照以往時間舉行

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 6 月 15, 17 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 6 月 17 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 6 月 18 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：永援聖母堂禮上堂

星期日 6 月 19 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

鄺執事講座

時間上午 12 時 30 分至 2 時 30 分

地點：永援聖母堂下禮堂

心靈小品

泥問天主

泥問天主：

“我以全部的生命滋養荷，荷高貴美麗，享盡人間一切榮華富貴，而我卻飽受譏嘲冷落，難道我不嫉妒、不為自己抱屈嗎？”

天主說：

“從來沒有做母親的嫌棄女兒出眾，也從來沒有做父母的嫉恨兒子的成就超過自己。

愛裡沒有包容，愛就不完全了。”

泥又問天主：

“與荷相比，她有美麗的外形，有芬芳的氣息，有亭亭的風姿。

古今中外，多少騷人墨客吟詩作詞頌讚她，多少畫家、藝人描繪她，多少人欣賞她，多少人喜愛她，而我呢？我什麼都沒有。”

天主說：

“你錯了，你有荷全部生長的經歷。她的萌芽新生，你分享她的期望她的青澀歲月，你體會她的苦悶；她的含羞待放，你分擔她隱藏的心事；她的風華絕代，你默享她的榮譽和掌聲；她的飽滿圓熟，你們一同歡呼豐收的喜悅；一直到她枯殘死亡，你仍為她擔負哺育下一代的責任。

你知道嗎？你們所有的了解，不過是荷外在的形象，而你卻擁有她整個生命！

泥再一次問天主：

“我委身在地，無聲無息，受人踐踏，又無華彩的外衣，

難度我不覺得自己一無是處嗎？”

天主說：

“真正的智慧在於隱藏，真正的才華在於沉默。

你讓花草樹木蓬勃生長，供應她們成長的養分，

你無窮的生命力還不夠顯現嗎？”泥笑了。

靈修小故事

水終有澄清的一天！

在我童年居住的三合院裡，沿著屋檐滴水的溝槽下，擺了一排大水缸。水缸有半人高，缸口大到雙手不能環抱過來，是為接盛從屋頂流下來的雨水。

剛下過雨的水缸是渾濁的，放一些明礬進去，等個兩三天，水就會慢慢地清澈。因此，媽媽嚴格規定我們不能去玩缸裡的水。可是，不玩自己家的水，並不表示別人不玩別人的水。我們家正好在去中學必經的路上，每天有成百上千的學生走過。有一些喜歡惡作劇的孩子，路過的時候就會突然沖進院子，每個水缸都攪一下，然後呼嘯著跑走。

可惡的舉動，使我們又憤怒，又緊張。為了防止水被弄渾，我們終日都坐在院子裡，等待惡作劇的孩子。媽媽看我們被水缸弄得心神不寧，就安慰我們說：“你們的心比水缸的水還容易混亂。那些惡作劇的孩子，根本不用理，時間一久，他們自然就覺得沒什麼好玩了。做自己該做的事，水，終有澄清的一天。”

“水終有澄清的一天！”媽媽的教誨，常常在我被誤解、扭曲、誣陷的時刻，從水缸中浮現出來。我的心像水一樣容易混亂，但在混亂之際，不需要過度的緊張和辯白，需要的是安靜如實的生活。當我們的心清明，水缸的水自然就澄清了。

每次走過鄉下的三合院，童年院子裡的水缸都歷歷在目，就會想到一個潔身自愛的人，他的心境就如水缸裡的水，來自天地，自然澄清。生命中的曲解，是一時一刻的，智慧與心境的

清明追求，卻是生生世世的。
一秒鐘的混亂，可能要三天才能清明，但祇要我們能夠邁向更高的境界，水，終有澄清的一天。

知多一點點

與基督相遇 -- 聖體聖事

聖體聖事是合一共融的標記

所謂「合一共融」，是指兩個層面：一個是縱線的，是指天主與人的合一共融；另一個是橫線的，是指人與人之間的合一共融。

天主與人合一共融相信尚未忘記，創世紀中所記載人類的原祖破壞了天主與人之間的共融，而失去了天主子女的地位。所以，天主才派遣耶穌降生成人，拯救人類。天主使有過錯的人與祂合一，大可不必使用這方法，但是，祂卻用這最能具體地表達愛的行動來完成拯救人類的工作：耶穌的降生成人，最後死在十字架上。在他與門徒吃最後晚餐時，爲了要與人類長相守，永不分離，他立了聖體聖事。將自己隱藏在麵酒形中，進入信友心中，與他們生活在一起，這是一個最大的合一共融的方法。既透過有形的物質，藉著感官領受了耶穌，繼而在人靈上發生內在的效果，與主耶穌結合。透過這結合，我們便被提昇到進入與天父共融合一的境界；因爲耶穌說：「就如父派遣了我，我因父而生活；照樣，那吃我的人，也要因我而生活。」(若.6：57) 所以說，聖體聖事是天人合一共融的標記。

人與人合一共融由橫的一面看，一如最後晚餐時，是十二位宗徒一同吃永生的食糧。今天，我們在感恩祭中，亦分享同一的聖體神糧，因著來自同一

基督的愛，使我們成爲天父的子女，彼此都是兄弟姊妹。每次領聖體時，我們是與十字架上犧牲的基督結合；每一次都能增加我們與天主的新關係，與此同時，也拉近了與其他基督徒相互間的關係。這都是聖體聖事留給我們的最具體、最有效的方法。

聖體聖事的神恩

領聖體是我們與基督完全結合，成爲基督肢體的聖事標記。就是說：透過

「領聖體」這有形的行動，來完成我們與基督的實在合一共融。同時，由於基督的親臨，給予我們無比的勇力，去面對生活的挑戰，使我們的生活在基督內成了祭品，一同獻給天主聖父。因此，我們不僅是在領聖體時與基督結合，更將這結合於生活中延續下去，將這份恩寵活出來，發揮效用。

結語

聖體聖事是基督在十字架上的祭獻；同時也是我們與基督結合，和他一齊奉上給天父的祭獻；因爲當基督藉著聖體聖事與我們合而爲一時，他使我們的生活在他內成爲天父悅納的祭獻。所以，聖體聖事是基督徒入門聖事的高峰，是天人合一共融的國滿標記。

*聖體聖事是耶穌親定的至尊聖事：將餅酒變爲自己的血肉，獻給天主，養活人靈，滋養、聖化人的超性生命。

撮要

聖經中有多處地方預言和記述有關聖體聖事的事蹟：舊約中的「瑪納」，天主在曠野降瑪納養活以色列人。這瑪納就是聖體神糧的象徵。新約中耶穌多次預言聖體聖事：用五餅二魚飽饗了五千人；若望福音中生命之糧的言論。

當神父在祭台上說：「這是我的身體」「這是我的血」時，餅和酒便變成了基督的聖體聖血，這是一個信德的奧蹟。

聖體聖事是天人合一共融的標記，同時也是人與人間合一共融的方法。

討論、反省

-- 聖體聖事是合一共融的標記，你怎樣解釋「合一共融」這名詞？

-- 你可以接受聖體聖事的奧理嗎？