

Theme Sharing

Stay Awake

(First Sunday of Advent)

In the first reading, Isaiah saw in a vision a scene of the end times: "At the end of times, the mountain of the Lord's house shall stand as the highest of the mountains; it shall be raised above the hills, and all nations shall stream to it." The future Temple of Jerusalem becomes the focal point of gathering for all peoples who come to seek the Lord and his ways: "Come, let us go up to the mountain of the Lord, to the house of the God of Jacob, so that he may teach us his ways and we may walk in his paths."

What Isaiah saw was a beautiful vision in which all men and women were longing for justice to be found on the paths of the Lord. However, it is sad to note that the present age is quite unlike what Isaiah had envisaged. Our world longs for peace, but wars and armed conflicts are still being waged in many parts of the world, causing widespread destruction, tremendous loss of human lives and untold misery on millions and millions of people.

The house of the Lord is not the man-made temple of Jerusalem which, as foretold by Jesus, was completely destroyed in A.D. 70. The real temple is our Lord Jesus Christ himself, who declares in John's gospel: "Destroy this temple, and I shall raise it up in three days." (John 2:19)

During this season of Advent, let us ask God to draw us nearer to Jesus, with a burning desire to receive Christ into our hearts, and to strive for world peace as well as peace of the human heart.

In today's gospel, Jesus reminds us not to ignore the sign of the times carrying God's message; and he asks us to be prepared at all times for his coming. "Stay awake," says Jesus, "for you do not know when your master will come." "Staying awake" is more than just keeping our eyes open. We need as well to keep our heart and mind open especially on what we ought to be concerned about in life. As children of God, we must do the best we can to promote harmony, love and peace in this world. We need to stay awake so that we can steer our lives to the right direction, loving God and loving our neighbours generously and wholeheartedly.

A similar message, given by Paul to the Romans in the second reading, is also

meant for us. He says: "Now is the time to wake up, for salvation is nearer to us than when we became believers;" and again: "the night is almost over, and daylight is near." Advent is the time to prepare ourselves for the Lord's coming. We know that if we love a person, we would long to see that person. So it is with God. Let us ask God to confer on us the fire of his love so that we are always eager to receive him. During the course of our lives, God comes to us in different ways when he unceasingly showers his graces upon us. He is always present in our lives, noticeably at our happy moments but also at times of our suffering and trials. So we should be eager for the Lord's coming and receive him with gladness and reverence in our hearts. With faith, hope and love, we will surely experience immense joy in the coming of the Lord.

Pope's Monthly Prayers Intention

December General and Missionary Intention

Universal: End to Child-Soldiers

That the scandal of child-soldiers may be eliminated the world over.

Evangelization: Europe

That the peoples of Europe may rediscover the beauty, goodness, and truth of the Gospel which gives joy and hope to life.

Rejoice in God's Mercy

First Sunday of Advent

The readings for this first Sunday of Advent remind us that the spiritual life is a journey. Any trip takes preparation and effort. It can be easier to stay where we are but the journey also brings rewards—new experiences, new friends, great photos, and transformation. Our pilgrim journey is no different. The prophet Isaiah compares the spiritual journey to climbing a mountain. It requires wakefulness and effort to reach the summit. The sacrament of Reconciliation might seem like an insurmountable peak especially if we have been coasting on the plains for a while but this effort need not be a burden if we keep in mind the purpose of the journey and what awaits us at the top. The real reward of the spiritual journey is union with God through Jesus Christ, which we experience as a deep peace. So this Advent put on your hiking shoes and take up your

response to the Psalmist: Let us go rejoicing to the house of the Lord! Action: Stay awake and take note of the call to discipleship in everyday moments.

'Misericordia et Miseria' Apostolic Letter

Pope Francis' Apostolic Letter

'Misericordia et Miseria'

'It is the time of mercy because no sinner can ever tire of asking forgiveness and all can feel the welcoming embrace of the Father'

Pope Francis: To All Who Read This Apostolic Letter-Mercy and Peace

MISERICORDIA ET MISERIA is a phrase used by Saint Augustine in recounting the story of Jesus' meeting with the woman taken in adultery (cf. Jn 8:1-11). It would be difficult to imagine a more beautiful or apt way of expressing the mystery of God's love when it touches the sinner: "the two of them alone remained: mercy with misery". What great mercy and divine justice shine forth in this narrative! Its teaching serves not only to throw light on the conclusion of the Extraordinary Jubilee of Mercy, but also to point out the path that we are called to follow in the future.

1. This page of the Gospel could easily serve as an icon of what we have celebrated during the Holy Year, a time rich in mercy, which must continue to be celebrated and lived out in our communities. Mercy cannot become a mere parenthesis in the life of the Church; it constitutes her very existence, through which the profound truths of the Gospel are made manifest and tangible. Everything is revealed in mercy; everything is resolved in the merciful love of the Father. To Be Continued.

Saints Quotes

November 28 – Monday

Who except God can give you peace? Has the world ever been able to satisfy the heart?—St Gerard Majella

November 29– Tuesday

Give something, however small, to the one in need. For it is not small to one who has nothing. Neither is it small to God. If we have given what we could.—

St. Gregory Nazianzen

November 30– Wednesday

Walk with your feet on earth, but in your heart be in heaven.- St. John Bosco
December 1- Thursday

Christians must lean on the Cross of Christ just as travellers lean on a staff when they begin a long journey.-

St. Anthony of Padua

December 2 – Friday

The secret of happiness is to live moment by moment and to thank God for all that be, in his goodness, sends to us day after day.- St. Gianna Molla

December 3- Saturday

Do not look forward to what might happen tomorrow. The same everlasting Father who cares for you today will take care of you tomorrow and every day. Either he will shield you from suffering, or he will give you unflinching strength to bear it. Be at peace then and put aside all anxious thoughts and imaginations.-

St. Francis De Sales

Diocese & Other News

Acadia Place- Call- Out For Help And Donations

The Diocese supports affordable housing and its tenants through our partnership with the local KAIROS chapter and CUPS. CUPS is organizing a Christmas dinner for the tenants of all the units supported by KAIROS on December 9 from 4:00pm - 8:00pm at McDougall United Church, 8516 Athabasca St. SE. If you can help with the dinner, please contact Marilou at marilou.legeyt@calgarydiocese.ca or 403-218-5519. We are also looking for donations of Tim's gift cards for the Christmas stockings to be given to each adult at the dinner.

Parish Activities

Amending Donation Envelopes

Dear Brothers and Sisters in Christ: As you might have noticed, many donation envelopes were not picked up annually. We understand some parishioners may have moved away, while others no longer attend mass at our parish. Still some parishioners are deceased. However, our annual ordering still had to be processed in numerical sequence of the donation envelopes even though many have not been used for years. Selective ordering is more expensive and time consuming to process.

We understand you may be used to your existing donation envelope numbers but in order to eliminate the unused donation numbers and to avoid wasted envelopes, we will need to re-assign a new set of donation envelope numbers to the parishioners starting in 2017.

The new donation envelope number will come into effect on January 1, 2017. If you have any inquiries, please contact the parish office (403-265-7926).

Thank you for your cooperation.

*Parish will inform the members of the donation envelope number changes by letter.

2017 Donation Envelopes

2017 Donation Envelopes are available for parishioners to pick up at the Church main entrance .

Rejoice in God's Mercy

Even with the Extraordinary Year of Mercy behind us, doors across our Diocese remain open for you to experience the peace, love, and joy brought by participating in the sacrament of Reconciliation. 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 Advent. November 30, December 7, 14 and 21 from 7:30pm-8:30pm

You shall confess your sins at least once a year

The Second Precept of the Church ("You shall confess your sins at least once a year.") ensures preparation for the Eucharist by the reception of the sacrament of reconciliation, which continues Baptism's work of conversion and forgiveness. You cannot receive the Sacrament of the Eucharist if you fail to go to Confession within one year.

Exposition of the Blessed Sacrament on December 3

The December's Exposition of the Blessed Sacrament will be led by Parish Pastoral Council on December 3 from 10am to 11am. Fr. Nguyen will listen to Confession. Parishioners are encouraged to attend.

Mission Mexico Day (December 12)

On December 10-11 we will take up a special collection. Mission Mexico is an outreach project to marginalized mountain communities in

southern Mexico. We are asking every parishioner in the diocese to support this missionary outreach.

Light up for Christmas

To celebrate the start of a new liturgical year and the Christmas Season, our Church will hold a Light up for Christmas Ceremony on the first Tuesday in December (Dec6), after the 6:30pm Marian mass. Parishioners, friends and families are cordially invited to come out to help celebrate this happy occasion.

Christmas Caroling

Youth and Young Adults Choir will be Christmas caroling at Father Lacombe Care Centre and Providence Care Centre on December 3 at 9:30AM. All parishioners are welcome to attend. For carpooling from church, please contact John Guo.

Youth and Young Adults Group

Advent Retreat

All youths and young adults are invited to the annual Advent retreat. The theme of this year's retreat is: Reformatting our Hearts for Jesus. Retreat will include spiritual talks, activities, games and dinner.

Date: December 10, 2016

Time: 5PM-10PM

Location: FCJ Centre (219 19 Ave SW)

Cost: \$10/participant

For more information, please contact John Guo.

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 October14, our campaign has received a total of \$37,140.95. We plead for your ongoing support. Parishioners can pick up the donation envelopes at the entrances.

Weekly Activities

Wed, Fri Nov 30, Dec 2

OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Fri Dec 2

OLPH Scout

Time: 6:30pm.-9:30pm

Place: Upper Hall & Lower Hall

Sat Dec 3

Christmas Caroling

Time: 9:30am. carpooling from church

Place: Father Lacombe Care Centre
Providence Care CentreExposition of the Blessed Sacrament

Time: 10:00a.m. -11:00 a.m.

Place: OLPH Church

Legion of Mary (meeting)

Time: 11:00a.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.

Yoga party:

Time: 3:00 p.m. - 10:30p.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: 3:30p.m.-7:00p.m.

Place: OLPH Lower Hall

Sun Dec 4

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.-12:30p.m.

Place: OLPH Church Office Building

Youth Choir

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

Place: OLPH Church Office Building

Upcoming Church events meeting

Time: 12:40pm-2:30pm

Place: OLPH Church Lower Hall

Stories Faith Sharing

The Devil's Beatitudes

If the devil were to write his beatitudes, they would probably go something like this:

1. Blessed are those who are too tired, too busy, too distracted to spend an hour once a week with their fellow Christians
– they are my best workers.
2. Blessed are those Christians who wait to be asked and expect to be thanked
– I can use them.
3. Blessed are the touchy who stop going to church
– they are my missionaries.
4. Blessed are the trouble makers
– they shall be called my children.
5. Blessed are the complainers

- I'm all ears to them.
6. Blessed are those who are bored with the minister's mannerisms and mistakes
– for they get nothing out of his sermons.
 7. Blessed is the church member who expects to be invited to his own church
–for he is a part of the problem instead of the solution.
 8. Blessed are those who gossip
– for they shall cause strife and divisions that please me.
 9. Blessed are those who are easily offended
– for they will soon get angry and quit.
 10. Blessed are those who do not give their offering to carry on God's work
– for they are my helpers.
 11. Blessed is he who professes to love God but hates his brother and sister
– for he shall be with me forever.
 12. Blessed are you who, when you read this think it is about other people and not yourself
– I've got you too!

Read More Know More Advent

Advent is a time of grace given us by the Church to prepare our hearts for Jesus' coming. Don't miss out on the grace God is waiting to give you this Advent. Use Advent as a time to deepen your relationship with God, to prepare your heart for meeting God when you are called from this life and to prepare your heart for our celebration of Christmas. There is only one gift at Christmas, and that gift is Jesus. The shops are promoting Christmas because they make money out of it. Jesus said, "Watch yourselves or your hearts will be coarsened with debauchery and drunkenness and the cares of life..." Instead Advent is a time to "stay awake, praying at all times..." and to "make more and more progress in the kind of life that we are meant to live: the life that God wants..." I would like to share with you this poem.

Take time to think –
It is the source of power.
Take time to read –
It is the foundation of wisdom.
Take time to be quiet –
It is the opportunity to seek God.

Take time to be aware –
It is the opportunity to help others.
Take time to love and be loved –
It is God's greatest gift.
Take time to laugh –
It is the music of the soul.
Take time to be friendly –
It is the road to happiness.

主日分享

將臨期第一主日

我期待天主的國來臨嗎？

我們日常生活中有很多期待：期待男女朋友來電、期待子女成才、期待經濟好轉、期待假期來臨可以“嘆世界”。期待總帶著憧憬與興奮。

將臨期正是天主子民等待救主來臨的時期。我們等待得熱切與否，反映出自己與基督的關係，反映基督在自己生命中的重要性，試出自己是否真的需要基督。

第二、三篇讀經總帶有警告的味道：不要祇顧吃喝玩樂，掛念肉身的事；人錯失了機會，甚麼親人也幫不了你，如父子或兄弟在田裡工作，如母女或姊妹在磨坊工作，“一個被接去，另一個被遺棄”。警告為我們這一代人有用嗎？香煙有警告、愛滋病有警告，但人總存僥倖心理，不會那麼巧是自己。今人似乎較易接受積極的鼓勵。救主來臨不論是指紀念基督過去的降臨、意識到基督現時的臨在，抑或期待基督將來的來臨，都能幫助我們善渡現世的生活。天主的救恩，天主的能力，誰不想要？將臨的準備，就是要我們切勿錯過天主的恩賜。

第二篇讀經會引發一個美麗的故事。聖奧斯定在他的《懺悔錄》中提到他一個奇特的經驗：有一天，他聽到有聲音對他說：“拿起來念”。他開始不明白指的是甚麼，後來看到桌上的聖經，他就拿起來念，剛巧是今日保祿致羅馬人書的話：“現在是你們從夢中醒來的時刻了，因為我們的救恩，比我們初信主時更為接近。”恩寵使他豁然貫通，了解過去生活所關心的，都是短暫而易失去的。他突然覺得基督的重要，有了祂，自己才有力量裝備自己，拋棄黑暗的行為。奧

斯定的改變，是由回應呼召拿起聖經來念開始。讀聖經使他由睡夢中醒過來，發現天主不再是生活中的點綴，可有可無，祇有天主才能滿足他內心的渴求。

假如我們期待耶穌聖誕，是渴望長假期多於渴望天主國的來臨，我們的信仰狀態並不樂觀。讓我們學奧斯定，通過念聖經，使自己與基督的關係熾燃起來，天主總喜歡祝福閱讀天主聖言的人。很多倫理行為，理念上我們都知道應該實行：“不可淫亂放蕩，不可爭鬥嫉妒；不要祇掛念肉身的事，以滿足私慾”，但往往無力執行。天主聖言祝聖我們，賜我們力量，讓我們發現自己的不足，轉而依賴基督，對祂的來臨有一份真摯的期待。從將臨期第一主日開始，每天閱讀天主的聖言，有足夠時間讓天主的聖言接觸自己內心深處，保證你今年的將臨期有意想不到的收穫。

教宗及福傳

祈禱意向

十二月祈禱及傳教意向：

總意向：為終止兒童士兵

願徵召兒童士兵的醜聞，在世界上消除。

福傳意向：為歐洲福傳

願歐洲民族重新發現給予生命喜樂與希望的福音，及它蘊含的真善美。

慈悲與憐憫

宗座牧函

教宗方濟各《慈悲與憐憫》宗座牧函：法律的中心是天主之愛，而非法律條文

教宗方濟各在《慈悲與憐憫》宗座牧函中強調“今天正是慈悲的時代”。這份牧函於 11 月 21 日公諸於世，其中涵蓋四大創新：所有司鐸從今以後都有權為墮胎者施行罪赦；慈悲使者將繼續履行他們的使命；聖庇護十世團體的信徒將能通過聖事繼續有效地獲得罪赦；最後是建立世界窮人日。

1. 罪人與慈悲的相遇

教宗方濟各把耶穌與罪婦的相遇作為

慈悲禧年的圖像，闡明這圖像所表達的“不是罪與公義的一次抽象會晤，而是罪婦與救主相遇”，正如聖奧斯定所言，是“罪人與慈悲”的相遇。 待續

堂區活動

奉獻信封重組

親愛主內的兄弟姐妹：大家可能察覺到每年有許多奉獻信封沒有人領取，原因是有些教友搬離本埠或居住太遠，也有些年長的教友不能獨自返回教堂或離世等等。然而，我們每年的奉獻信封必須要按照捐贈信封的號碼順序排列而訂購，為了消除未使用的奉獻信封號碼，並避免浪費信封，我們將重新分配奉獻信封號碼。

新的捐款信封號碼將於 2017 年 1 月 1 日開始生效。如有任何查詢，請聯絡堂區辦事處(403-265-7926)，不便之處，敬請原諒！* 本堂將以信函通知捐款信封號碼更改的教友。

2017 年奉獻信封

2017 年奉獻信封開始分發，請捐獻信封用戶，到教堂正門入口處領取。

將臨期悔罪禮

卡加利教區內所有教堂在將臨期內逢星期三

(11 月 30 日、12 月 7、14、21 日) 晚上 7 時 30 分至

8 時 30 分，將開放給教友辦告解聖事。根據教會規條的第二規，「該告解、每年至少一次」，是為督促信友們通過修和聖事妥當地準備領聖體。教友應盡量參與與天主修合，以準備主基督的來臨！本堂將臨期告解聖事時間將如教區所定，集體悔罪禮將取消。

十二月顯供聖體

永援聖母堂十二月份的顯供聖體由堂區牧民議會帶領，時間為十二月三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！

墨西哥傳教日(十二月十二日)

在我們的墨西哥福傳計劃中，從我們教區每一位教友的捐獻，我們就可以在墨西哥的一個受貧窮折磨的社區，令到文盲、體弱的人，得到適當的醫

療照顧及牙齒醫護。為繼續此一重要的福傳工作。請在十二月十日或十二月十一日捐出你的一分力吧！

聖誕亮燈儀式

為慶祝將臨期及剛踏入新的禮儀年，本堂將在十二月第一個星期二，即十二月六日晚上六時三十分敬禮永援聖母英語彌撒後舉行亮燈儀式。請各教友熱烈支持參加這個慶典。

聖誕報佳音

青年合唱團及大專青年合唱團將於 12 月 3 日上午 9 時 30 分從教堂出發，到 Father Lacombe 護理中心及 Providence 護理中心聖誕報佳音。歡迎堂區所有教友參加。詳情請聯絡 John Guo。

青年團及大專青年團

將臨期退省

歡迎所有青年及大專青年參加一年一度的將臨期退省。今年退省的主題是：重新淨化我們的心靈與基督結合。退省將包括靈修講座，活動，遊戲和晚餐。

日期：2016 年 12 月 10 日

時間：下午 5 時至 10 時

地點：FCJ 中心 (219 19 Ave SW)

費用：每位 10 元

詳情請聯繫 John Guo。

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 10 月 14 日，捐款已累積至 37,140.95 元。捐款信封可在聖堂入口處索取。

活動一週

星期三、五 11 月 30, 12 月 2 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 12 月 2 日

永援聖母堂童軍

時間：晚上 6 時 30 分至 9 時 30 分

地點：永援聖母堂上禮堂及下禮堂

星期六 12 月 3 日

聖誕報佳音

時間：上午 9 時 30 分從教堂出發
地點：Father Lacombe 護理中心及 Providence 護理中心。

顯供聖體

時間：上午 10 時至 11 時
地點：永援聖母堂

聖母軍

時間：上午 11 時(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
瑜珈派對：

時間下午 3 時至 10 時 30 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 3 時 30 分至 7 時
地點：永援聖母堂下禮堂

星期日 12 月 4 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 12 時 30 分
地點：寫字樓大廈, 聖堂騎士會室

青年會練習聖詩

時間：上午 11 時至 1 時
地點：寫字樓大廈

堂區活動會議

時間下午 12 時 40 分至 2 時 30 分
地點：永援聖母堂下禮堂

靈修小故事**渴慕家鄉**

有一天，妻子走進房間，見我正埋頭在家中的落地型老爺鐘裡。「你在做什麼？」她問道。「這座鐘有我爸媽以前住的房子的味道。」我紅著臉回答，隨手關上了老爺鐘的門。我對妻子說：「妳就當作我剛回家一趟吧！」氣味能勾起無窮的回憶。這座鐘是大约 20 年前千里迢迢從我父母的老家搬過來的，但老爺鐘裡木頭的味道仍能

讓我回憶童年時光。

希伯來書的作者談到另一些人，他們渴慕家鄉的方式卻截然不同。他們並不是向後看，而是帶著信心向前遠望他們在天上的家鄉。雖然他們所渴慕的家鄉看來仍遙不可及，但他們相信上主是信實的，必會持守祂的約，帶他們到天家永遠與祂同住。

斐理伯書 3 章 20 節提醒我們，我們是「天上的國民，並且等候救主，就是主耶穌基督從天上降臨」。期盼能與耶穌相見、並藉由祂而領受上主所應許的一切，能使我們的人生有正確的焦點。因為若與那擺在我們前面的相比，無論是過去或現在有多美好，都無可比擬！

* 最簡單成聖的捷徑---時時祈禱以及天天陪伴聖體，聖母說天天陪伴聖體是買最棒的保險，今生立即享用，死後更有天堂的保障。物超所值！

知多一點點**將臨期基督徒的生活反省**

身為基督徒，應效法基督，事事以天父的旨意為依皈，一心信賴天父的慈愛與安排。

- ※ 我們和天主的交往是通過祈禱和領聖事。
- ※ 每天應有適當的個人及家庭的祈禱，並閱讀聖經。
- ※ 運用天父給與我們的智慧、健康、財富等恩賜，去創造一個仁愛正義的社會，一個美好的世界。工作是神聖的，互助互愛是基督徒的天職。
- ※ 主日彌撒是基督徒信仰的核心，是基督徒生活的靈魂。
- 是十字架祭獻的重演，我們紀念基督的救恩。
- 在感恩祭中，我們與基督一起朝拜天父。
- 在彌撒聖餐中，我們飽餐天主羔羊，獲得永生的憑証。
- 主日彌撒的參與能發揮出基督徒對慈母教會的皈依，團結及愛護。