

## Theme Sharing

### Third Sunday of Advent

Be Happy in the Lord

Be strong, do not fear! Here is your God".

Today is Rejoicing Sunday. Today the candle on the wreath is pink, not purple as on the other Sundays of Advent; to express the joy felt at the nearness of the Lord. Some people seem to be happy by nature; others mournful by nature. Here is the story of a priest who always preached mournful sermons. He was asked by his parish priest to preach about St. Joseph instead, as he was a cheerful man. The following Sunday the priest spoke about Joseph who happened to be a carpenter and as a result spent a lot of his time making coffins and here we go again with sad, sad tales. Three things about happiness: first, happiness is right now. We convince ourselves that life will be better when we get married, have a baby, then another. Then we are frustrated that the kids are not old enough and we will be more content when they are. After that we are frustrated that we have teenagers to deal with. We will certainly be happy when they are out of that stage. We tell ourselves that our life will be complete when our spouse gets his or her act together. The truth is there is no better time to be happy than right now. Second, 'If you are happy, let your face know'. Maybe we could begin to be more joyful by taking a peek in the mirror and asking ourselves: does my face look like the face of someone who has heard the good news of the Gospel, namely that I am loved unconditionally by God? Third, joy will come to us if we set about actively trying to create it for others. If I go about my life demanding that others carry me rather than seeking to carry them; feeding off others rather than feeding them; demanding that others meet my needs rather than trying to meet theirs, joy will never find me no matter how hard I party or try to crank up good cheer. Could John the Baptist have doubted? Why did the Baptist send from his prison cell that urgent question to Jesus: "Are you He that is to come?" Hadn't John recognised our Lord as the Messiah several months previously, at the Jordan, when he proclaimed Him publicly as the Lamb of God? Did John, faced with almost certain death under Herod, have doubts or second

## 2016 年慶祝基督聖誕及新年彌撒時間表 2016 Christmas and New Year Mass Schedule

12月24日 (聖誕夜) 晚上5時主日 國語彌撒暫停 December 24 (Christmas Eve) 5:00pm Mandarin Mass will be suspended	星期六    Saturday	晚上7時 晚上8時30分  7:00 p.m. 8:30 p.m.	聖誕短劇「上禮堂」 英、國、粵語彌撒  Christmas Play ( Upper Hall ) English / Mandarin/ Cantonese Mass
12月25日 (聖誕日)  December 25 (Christmas Day)	星期日  Sunday	早上8時30分 早上10時正 早上11時30分  8:30 a.m. 10:00 a.m. 11:30 a.m.	英文彌撒 英/粵語彌撒 粵語彌撒  English Mass Bi-lingual Mass (English /Cantonese) Cantonese Mass
12月31日 (除夕-歲末謝主及 國語主日提前彌 撒)  December 31 (New Year's Eve Thanksgiving & Mandarin Evening Mass)	星期六  Saturday	早上9時 晚上5時  9:00 a.m. 5:00 p.m.	英語彌撒 國語彌撒  English Mass Mandarin Mass
1月1日 (元旦求恩彌撒)  January 1 (New Year's Mass)	星期日  Sunday	早上8時30分 早上10時正 早上11時30分  8:30 a.m. 10:00 a.m. 11:30 a.m.	英文彌撒 英/粵語彌撒 粵語彌撒  English Mass Bi-lingual Mass (English /Cantonese) Cantonese Mass

thoughts about Jesus? Some say no, John only asked the question for the sake of his followers, who needed confirmation of their faith from Christ himself. But if John did have doubts, it was because of the peaceful way that Jesus behaved, not at all like the violent revolutionary the Jews expected as their Messiah. The answer to his question came when Jesus told him what the true Messiah would be like: healer of the sick, consoler of the suffering, preacher of freedom and truth to the poor. In this way, John's faith in Jesus

was made strong, giving him courage to stand up against Herod, and accept the martyr's death. Sure of salvation, yet able to patiently wait. As St James puts it so well: "Be patient, brethren, until the coming of the Lord." With this spirit of confidence and patience, we can face any number of problems in life, and face even our death in peace, like John the Baptist.

**Rejoice in God's Mercy**

## Third Sunday of Advent, Gaudete Sunday

With God anything is possible. There is the danger to think that God will never forgive you or that you cannot change yourself or the world. In Advent we are reminded that we do not need to do everything ourselves. Jesus has ransomed us and we respond to the psalmist by crying out: "Lord, come and save us." It may be that the healing or the change for which we long does not come quickly enough for us. Advent is also about waiting. In Advent, we have to be patient and trust that the coming of the Lord is near. With God, the blind can see, the lame walk, the sick are cured, the deaf hear, the dead are raised, and the poor receive good news! The Lord continues to do these things for us but we have to put aside all substitutes for God in order to see and receive the healing promised through Jesus Christ. Action: Look for the goodness of God in your life, in the people around you, and in the world.

## 'Misericordia et Miseria'

### Apostolic Letter

#### Pope Francis' Apostolic Letter

#### 'Misericordia et Miseria'

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

Jesus had taught this clearly on another occasion, when he had been invited to dine at the home of a Pharisee (cf. Lk 7:36-50) and a woman, known by everyone to be a sinner, approached him. She poured perfume over his feet, bathed them with her tears and dried them with her hair (cf. vv. 37-38). To the scandalized reaction of the Pharisee, Jesus replied: "Her sins, which are many, are forgiven, for she loved much; but he who is forgiven little, loves little" (v. 47). Forgiveness is the most visible sign of the Father's love, which Jesus sought to reveal by his entire life. Every page of the Gospel is marked by this imperative of a love that loves to the point of forgiveness. Even at the last moment of his earthly life, as he was being nailed to the cross, Jesus spoke words of forgiveness: "Father, forgive them; for they know not what they do" (Lk 23:34). Nothing of what a repentant sinner places before God's mercy can be excluded from the embrace of his forgiveness. For this reason, none of us has the right to make forgiveness conditional. Mercy is always a gratuitous act of our heavenly Father, an

unconditional and unmerited act of love.

Consequently, we cannot risk opposing the full freedom of the love with which God enters into the life of every person.

Mercy is this concrete action of love that, by forgiving, transforms and changes our lives. In this way, the divine mystery of mercy is made manifest. God is merciful (cf. Ex 34:6); his mercy lasts for ever (cf. Ps 136). From generation to generation, it embraces all those who trust in him and it changes them, by bestowing a share in his very life.

To Be Continued.

## Saints' Quotes

### December 12 – Monday

Always stay close to this Heavenly Mother, because she is the sea to be crossed to reach the shores of Eternal Splendour.-St. Pius of Pietrelcina

### December 13– Tuesday

A quarrel between friends, when made up, adds a new tie to friendship.

-St. Francis de Sales

### December 14– Wednesday

Love does not consist in feeling great things but in having great detachment and in suffering for the beloved God.

- St. John of the Cross

### December 15– Thursday

Christ does not force our will. He takes only what we give him. But he does not give himself entirely until he sees that we yield ourselves entirely to him.

-St. Teresa of Avila

### December 16 – Friday

God speaks in the silence of the heart.

Listening is the beginning of prayer.

-St. Teresa of Calcutta

### December 17 – Saturday

The world is a book, and those who do not travel read only a page.

-St. Augustine

## Parish Activities

### Thanksgiving New Year's Eve Mass and Dinner

In thanksgiving for the many graces given to us by God in 2016, Fr. Joseph and Parish Pastoral Council will host a Father's kitchen New Year's Eve party at OLPH Upper Hall. Everyone is welcome.

Date: December 31, 2016 ( Saturday)

Time: After 5:00pm New Year's Eve

Thanksgiving Mandarin Evening Mass

Ticket: \$30 per person.

Tickets are available on sale starting Sunday December 4 at the church entrance or contact Sr. Chan.

### Christmas Charity Concert for Haiti

Come join us for a fun night filled with Christmas music from many different choirs on December 17. All proceeds that we make will go directly to the "Development and Peace" Charity! The tickets will be \$15 each and we are more than welcome if you want to donate more. Tickets will sale at church main entrance. The time for this event would be from 6:30 pm to 9:30 pm. Chicken wings, curry fishballs, tea eggs and beverages will be provided! Come gather your friends and family to enjoy this wonderful time of year with our many OLPH Church choirs! Hope to see you all there!

For more details please contact Joyce

Lam : [joyce.km.lam@gmail.com](mailto:joyce.km.lam@gmail.com)

### 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. December 14 and 21 from 7:30pm-8:30pm

You shall confess your sins at least once a year

You cannot receive the Sacrament of the Eucharist if you fail to go to Confession within one year.

### Christmas Play 2016

OLPH Youth Group will perform "Christmas To Believe In" at Upper Hall on Saturday December 24 at 7:00p.m.

Come listen to the wonderful hymns sung by our choirs, and embrace God's love with our hardworking youths.

All parishioners are encouraged to bring friends and relatives to celebrate the joy of Christmas.

### 2017 Calendar

2017 Parish Calendars are available now. Parishioners can pick them up at church entrances.

### Together in Action 2016

The 2016 "Together in Action" The theme

this year is: "Blessed are the merciful, for they will be shown Mercy."

As of October 14, our campaign has received a total of \$37,140.95. We plead for your ongoing support.

## Weekly Activities

Wed, Fri Dec 14, 16

OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Fri Dec 16

OLPH Scout

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

Place: Upper Hall & Lower Hall

Faith Sharing Group ( Sacred Heart)

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

Contact: Doris Ho 403-271-6884

Sat Dec 17

Legion of Mary ( meeting )

Time: 9:30a.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

Christmas Charity Concert for Haiti

Time: 6:30p.m.-9:30p.m.

Place: OLPH Church Upper Hall

Sun Dec 18

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

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

Place: OLPH Church Lower Hall

Sunday School Christmas party

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

Place: OLPH Church Upper Hall

Young Adults visit Masion Senior

Living

Time: 2:00pm-3:00pm

## Stories Faith Sharing

### Reap What You Sow

You can't harvest what you don't sow. So plant your desires, gently nurture them, and they will be rewarded with abundance. ~

Vivian Elisabeth Glyck

The story is told of two boys who were walking through a field and found some corn seeds scattered across the ground. They

each took one of the seeds home and planted it.

When the first boy didn't see a tiny sprout after the second day, he dug up the seed to see if it had sprouted. Each day he dug up the seed and replanted it, but the corn would not grow. The seed had germinated; yet the boy had not allowed it to maintain contact with the soil, take root, and obtain nutrients. So, it died.

The second boy planted his seed and left it alone. He imagined a tall stalk of corn where he had planted the seed. He waited patiently as rains came and sunshine bathed the ground with warmth. In ten days, a small sprout had broken through the ground, its curled leaves reaching toward the sky.

Achieving any desire, whether large or small, begins with a seed sown in the mind. That seed is the vision of its fulfillment. It also requires the commitment to allow the vision to grow—the faith in God to do His part through storm, rain, and sunshine.

Commitment in daily life allows life's storms to strengthen resolve. Resolve allows us to nurture a new dream, improve an existing dream, or even begin over if necessary.

Faith allows acceptance of any circumstance as God's blessing for ultimate growth.

A seed sown must be nourished with faith and belief. When you hold a picture of the final creation in your mind, you hold and maintain faith. You honor God's desire to create something wonderful, and you honor His choice of your hands to help do the job.

How often do we plant the seed of a beautiful dream in the fertile soil of our minds, and then dig it up? What could you achieve if you allowed your seed to grow, continuing to focus your spiritual eyes on the harvest?

If it were not possible for you to achieve a dream, God would not have placed it in your heart and mind. Sow your seed, allow it to grow, and see an abundant harvest.

## Read More Know More

### True Meaning of Christmas

The significance of Advent as a time to prepare for the celebration of Christ's birth. In Advent, the liturgy often repeats and assures us, as though seeking to defeat our mistrust, that God 'is coming'. He comes to be with us, in each one of our situations; he comes to live among us, to live in and with us; he comes to fill the distances that divide and separate us; he comes to reconcile us

with himself and with one another; comes in the history of humanity to knock on the door of every man and woman of good will to offer individuals, families and peoples the gift of fraternity, concord and peace.

Therefore, Advent is par excellence the time of hope, in which believers in Christ are invited to remain in vigilant and active expectation, nourished by prayer and by a concrete commitment to love, Joy and peace. Benedict XVI

## 主日分享

### 將臨期第三主日：新時代的喜訊

今天的福音表面上是談若翰洗者，連耶穌也稱讚他：“婦女所生的，沒有一個比洗者若翰更偉大”。不少人把注意力放在若翰洗者派遣門徒去見耶穌的理由上：是不是他對耶穌的身份產生懷疑？他希望門徒直接從耶穌口中得到答案？他催促耶穌快些行動？這些推測都是多餘的，瑪竇是藉這段聖經，指出耶穌就是默西亞，祂就是福音，祂就是新時代的來臨。若翰洗者再一次是配角，由祂襯托出耶穌的偉大。難怪門徒有沒有回去報告若翰，他聽後反應如何，瑪竇覺得無關重要而不加記載了。

耶穌一方面借用依撒意亞先知的話，指出默西亞來臨時的現象已發生：瞎子復明、跛子行走、麻瘋病人獲得了潔淨、聾子復聰；換句話說，祂就是預言的默西亞。另一方面，耶穌更超出依撒意亞先知所預言的，祂使死人復活，使窮苦人聽到福音。在瑪竇福音第八、九章，作者記載一連串的奇蹟，包括死人復活，他希望人從這些標記中，認出耶穌是默西亞，是救主。奇蹟自有其重要性，往往能引發信德。今日奇蹟仍能發生，仍有其作標記的作用。不過，今天的科技某程度也能帶來治療：眼角膜移植使人恢復若干視覺、跛子裝上義肢也能行走、藥物可根治麻瘋、戴了助聽器有助聽覺。福音記載的奇蹟在今天能有另一層次的了解：受罪惡蒙蔽的人，祇看到自己，看不到別人，更看不到天主，看不到道路與真理，但耶穌的福音使他的眼開了，他曉得為天主、為別人而生活；人因為自己的軟弱，像跛子一樣，不能站起來行走，福音使他有

力量站起來，讓他頂天立地，重新做人；麻瘋象徵罪惡，扭曲人的臉面，但福音使人潔淨，恢復天主的肖像，使人返回人群；罪惡遮蔽人的良心，像聾子一樣聽不到天主在人心中的呼喚，福音使人聽到天主的聲音，聽到有需要的人的哀求；罪惡使人失去超性生命，但耶穌的福音使人復活，過著有目標的新生活，不再是行屍走肉。

若翰震撼的呼喚，催促大家悔改，惟有耶穌的宣講，才能帶來福音，他讓人經驗到天主的慈愛。若翰讓人知道天主的公義，惟有耶穌能讓人領悟公義的天主，更是慈愛的天主。公義不算是福音，惟有天主那麼愛世界，甚至賜下獨生子耶穌，使人不致喪亡，反因信耶穌而獲得永生，這才是福音。若翰早逝，無緣目睹天主在十字架上彰顯的慈愛。讓我們這些新時代的人，明白自己比若翰幸福，因為我們經驗到天主慈愛的偉大，我們聽到了完整的福音。

## 《慈悲與憐憫》宗座牧函

教宗方濟各《慈悲與憐憫》宗座牧函：

法律的啓蒙作用

教宗解釋道：“任何法律和規則都無法阻止天主再次擁抱祂的子女，因為他們承認自己錯了並回到父親身旁，決意重新做人。倘若我們祇停留在法律層面，那就抵消了信德和天主慈悲。法律具有一種啓蒙作用（迦三24），法律的目的就是愛（參：弟前一5）。”

“基督徒蒙召活出福音的新意，在基督內活出‘生命之神的法律’（羅八2）。即使在最複雜的情況下，有一種祇求規範的公義試圖佔據上風時，我們也要相信那來自天主恩寵的力量。”

待續

## 堂區活動

### 除夕感恩彌撒及聚餐

為感謝天主在2016年內賜給我們各式各樣大大小小的恩寵及照顧，阮神父及堂區牧民議會將於除夕夜國語主日感恩彌撒後在上禮堂舉行神父廚房聚

餐。歡迎堂區教友及其朋友參加。由於數量非常有限，售完即止。務請預早購票。

日期：2016年12月31日（星期六）  
時間：晚上5時正除夕感恩國語主日提前彌撒，隨後在上禮堂舉行神父廚房聚餐。

票價：每位\$30 大小同價。

售票日期：每台彌撒後於教堂入口處發售，亦可聯絡陳修女或堂區辦事處。

### 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

(12月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！

### 海地籌款聖誕音樂晚會

永援聖母堂大專青年團誠意邀請你來參加及支持海地籌款聖誕音樂晚會！

日期：12月17日

時間：晚上6時30分至9時30分

地點：永援聖母堂上禮堂

門票：\$15 提供小吃（雞翅，茶葉蛋，咖哩魚蛋和飲品）

門票將於教堂正門入口處發售，請攜同家人及親友齊來與我們永援聖母堂合唱團共享這個美好時光！

一切收益將直接撥入加拿大天主教發展與和平組織（The Canadian Catholic Organization for Development and Peace）。

如果你想捐贈更多，我們非常歡迎！

購票詳情請聯絡 Joyce Lam：

[joyce.km.lam@gmail.com](mailto:joyce.km.lam@gmail.com)

### 2016 聖誕話劇

永援聖母堂青年團將於12月24日（星期六）晚上7時於上禮堂演出「聖誕的真諦」，並籍著這個基督降臨的大日子，能讓青年團及聖詠團將聖誕的喜訊與大家分享。

歡迎教友踴躍蒞臨參加及支持，也可邀請親朋好友一起來慶祝聖誕，普天同慶。

### 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。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拿取。

### 2017 年月曆

本堂 2017 年月曆開始派發，教友可於教堂入口處拿取。

## 活動一週

星期三、五 12月14, 16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16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

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 12月17日

聖母軍

時間：上午9時30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

海地籌款聖誕音樂晚會

時間：下午6時30分至9時30分

地點：永援聖母堂上禮堂

星期日 12月18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

主日學派對

時間：上午11時至1時

地點：永援聖母堂上禮堂

大專青年團探訪 Mission Senior

Living

時間：下午2時至3時

## 靈修小故事

### 邪惡是天主創造的嗎？

在一所著名高等學府的課堂上，教授向學生提出一道挑戰性的問題：「世上的萬事萬物都是由天主創造的嗎？」一位學生勇敢地回答說：「是，都是祂創造的！」

教授又問：「天主真的創造一切嗎？」那位學生回答：「是的！教授，當然一切都是祂創造的。」

教授接著問：「如果天主真的創造萬物，那麼邪惡也是天主所創造的。既然邪惡存在，根據外在行為反映一個人內心的原理，我們可以假定天主是邪惡的。」

那位學生沉默不語，沒有回答教授這個假設性的陳述。那位教授非常自豪地向學生誇口說，他又再一次證明基督教的信仰祇是個神話。

另一位學生舉手發言：「教授，我可以請教您一個問題嗎？」

「當然可以！」教授回答。

那位學生站起來說道：「教授，寒冷存在嗎？」

「這是什麼問題？它當然存在。難道你從不覺得冷嗎？」

其它學生紛紛竊笑那位年輕人的問題。

年輕人回答說：「教授，事實上寒冷並不存在。依據物理定律，我們之所以會感覺冷，是因為缺少熱能的緣故。每個人或物體對能量的獲得或傳送的情況，都可以測得出來，而熱能就是這個使人體或物體獲得或傳遞能量的東西。當絕對零度（攝氏零下 273 度）時就完全沒有熱能的存在。在這個溫度時，所有物體分子都呈現靜止狀態，不會發生任何反應。所以實際上寒冷並不存在，我們創造這個詞匯是為了描述沒有熱能的感覺。」

那位學生接著又問：「教授，黑暗存在嗎？」

教授回答說：「它當然存在！」

那位學生說：「您又錯了！教授，黑暗也不存在。黑暗其實是因為缺少光的緣故，我們可以研究光線，但無法研究黑暗。我們可以用牛頓的三稜鏡把白光分成許多顏色的光，並研究每種光的波長。不過我們卻無法測量黑

暗，因為祇要一道光線就可以劃破並照亮一個黑暗的世界，所以我們如何能知道一個空間有多黑暗？我們祇能夠測量光的強度，不是嗎？黑暗是人類用來描述沒有光線存在時的一個詞匯。」

最後這位年輕人問教授：「教授，那邪惡存在嗎？」

這回教授的回答不太確定了，他說：「當然！就像我之前所說的，我們每天都會看到邪惡。每天都有人類以不人道的方式對待他人的例子。它存在於世界各地的許多罪行和暴力之中，這些不是邪惡是什麼！」

那位學生回答道：「邪惡並不存在，教授，至少可以說邪惡本身並不存在。會有邪惡祇是因為心中沒有天主，就像黑暗與寒冷一樣，邪惡是人類所創造的一個名詞，用來描述心中沒有天主的情況。所以天主並沒有創造邪惡，它是人類心中缺乏天主之愛的結果，就好比寒冷源自於沒有熱能，黑暗源自於沒有光線。」

教授坐了下來並問道：「年輕人，你到底是誰？」

「教授，我的名字叫做艾爾伯特·愛因斯坦。」

## 知多一點點

### 將臨期的真義

將臨期禮儀常常向我們重複並向我們保證天主要來臨，來和我們在一起，不論我們處在那種情況下。天主來居住在我們中間，與我們一起生活，在我們內生活；天主來填滿令我們分離的距離，祂來使我們與祂以及我們互相間得以和好。天主來到人類的歷史中，祂敲每一個善心的男人和女人的門，為帶給每一個人、每一個家庭、每一個民族友愛、和諧與和平。為此，將臨期是一個最好的期望的時期，在這時期中，基督信徒受邀在警醒和不斷工作下等待，勤於祈禱多行愛德。從而令基督聖誕在所有基督信徒心中注滿喜樂、安寧與和平。 本篤十六