

Happy Chinese New Year
of the Rooster 2017!
祝大家(丁酉)雞年
新春快樂!

Theme Sharing

4th Sunday in Ordinary Time

Today's gospel, what we call the eight beatitudes, is like a summary of Jesus' teaching. It is the gospel in a condensed form and, therefore, requires a great deal of teasing out to get to the simple point-by-point message that it contains. We are all familiar with political manifestos. These are statements about where the political party is at, what they stand for, what is in it for you if you vote for them, and what they intend to achieve if you elect them. Many people are quite cynical about politicians, and politics in general. No matter how sincere their promises are, many of them fail to deliver on those promises. Today's gospel is Jesus' Manifesto. The important thing for us to remember is that, in the words of Jesus, "heaven and earth will pass away before my word passes away." In other words this is a manifesto in which he certainly will keep his side of the bargain. There is a lot of teaching contained in today's gospel, and it would not be possible for us now to reflect on it at any great length. Let me try to put the beatitudes into simple ordinary words, and that, in itself, might help us. They are blessed who are detached, and have a humble attitude. Even if they have great riches, the riches do not possess them, nor are they boastful and proud about them. Grief is the price you pay for love, so, if you have any capacity for love, then you will need to carry some tissues with you. If you never want to cry at a funeral, don't ever love anyone. The meek and the gentle are the opposite to the bully, and they are the ones who are really powerful. Mahatma Gandhi and Martin Luther King refused to fight back, so the only way to stop them was to kill them. They are good people who have a real desire for justice and fair play, and who are prepared to ensure that this is available to others. As you treat others, so you yourself will be treated, so if you want mercy, forgiveness, and compassion, then you must begin by giving this to others. A pure heart is

not devious, deceitful, selfish, and cunning. A pure heart reflects an aspect of God. Jesus did not say that they are blessed who have peace. Rather did he commend those who build bridges of peace and reconciliation between others, and between themselves and others?

Jesus warns us that, if we follow him, we will be treated like he was. There is a cost in Pentecost, and following him means taking up the cross. Right from the beginning when Simeon took the child in his arms in the temple, he announced that Jesus would be a sign of contradiction. Everything he said, everything he did, and everything he stood for, was a contradiction to this world and its values. Those with power, prestige, and control were threatened by him. The religious leaders who ran the show, and who were the final arbiters as to what was right and wrong, were so threatened by him that they planned and succeeded in killing him.

Pope's Monthly Prayers Intention

February General and Missionary Intention

Universal: Welcome the needy
That all those who are afflicted, especially the poor, refugees, and marginalized, may find welcome and comfort in our communities.

Regarding Mass of Installation for the Most Reverend William T. McGrattan

The Diocese is very much looking forward to celebrating Bishop McGrattan's Installation on Monday, February 27, 2017 at St. Mary's Cathedral at 7:30 pm.

Special guests, including the Canadian Council of Catholic Bishops, have been invited to celebrate this special Mass alongside our own Diocesan Priests, Deacons, other Religious and members of the laity. We expect more than 1,000 people to be in attendance at this special occasion in our Diocese. We will also have a live stream over the internet through our Diocesan Website (www.calgarydiocese.ca).

This is a ticketed event. In order to comply with fire code regulations at the Cathedral, admittance will not be given without a ticket. A block of 500 complimentary tickets has been allocated for laity from the Diocese to

attend. These tickets will be available through at www.calgarydiocese.ca beginning February 7. You will only be allowed to register for two tickets. If you cannot access a computer, you may call (403) 218-5531 beginning February 7. Online reservations are preferred. Parishioners may also view the Mass live online via the Diocese's website. As reservations for special guests are confirmed, more tickets may become available. Please continue to check the Diocesan website for updates.

'Misericordia et Miseria' Apostolic Letter

Pope Francis' Apostolic Letter

'Misericordia et Miseria'

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

The Bible is the great story of the marvels of God's mercy. Every one of its pages is steeped in the love of the Father who from the moment of creation wished to impress the signs of his love on the universe. Through the words of the prophets and the wisdom writings, the Holy Spirit shaped the history of Israel as a recognition of God's closeness and love, despite the people's infidelity. Jesus' life and preaching decisively marked the history of the Christian community, which has viewed its mission in terms of Christ's command to be a permanent instrument of his mercy and forgiveness (cf. Jn 20:23). Through Sacred Scripture, kept alive by the faith of the Church, the Lord continues to speak to his Bride, showing her the path she must take to enable the Gospel of salvation to reach all mankind. I greatly desire that God's word be increasingly celebrated, known and disseminated, so that the mystery of love streaming from this font of mercy may be ever better understood. As the Apostle tells us clearly: "All Scripture is inspired by God and profitable for teaching, for reproof, for correction, and for training in righteousness" (2 Tim 3:16).

To Be Continued.

Saints Quotes

January 30– Monday

Let your intentions in the fulfillment of your duties be so pure that you reject from your actions every other object but the glory of God and the salvation of souls. -St. Angela Merici

January 31– Tuesday

Trust all things to Jesus in the Blessed Sacrament and to Mary, help of Christians, and you will see what miracles are. -St. John Bosco

February 1– Wednesday

Always keep lifting your foot to climb the ladder of holiness, and do not imagine that you can mount even the first step. All God asks of you is good will. -St. Therese of Lisieux

February 2– Thursday

If you try to live in the presence of God for one year, you will see yourself at the end of it at the height of perfection, without your even knowing it. -

St. Teresa of Avila

February 3– Friday

O my God, let me remember with gratitude and confess to you your mercies towards me. - St. Augustine

February 4 – Saturday

Love our Lady, And she will obtain abundant grace to help you conquer in your daily struggle. St. Josemaria Escriva

Parish Activities

25th World Day of The Sick

February 11, 2017

Amazement at what God has accomplished:

Theme : "The Almighty has done great things for me..." (Lk 1:49)

Pope Francis encourage all of you, the sick, the suffering, physicians, nurses, family members and volunteers, to see in Mary, Health of the Infirm, the sure sign of God's love for every human being and a model of surrender to his will. May you always find in faith, nourished by the Word and by the Sacraments, the strength needed to love God, even in the experience of illness.

On Feb 12 all the masses will be dedicated to the sick. Fr. Joseph will anoint those sick parishioners attending the 11:30am Mass. We will reserve seats for parishioners who would like to be anointed on that day.

Exposition of the Blessed Sacrament on February 4

The February's Exposition of the Blessed Sacrament will be led by Knights of Columbus on February 4 from 10am to 11am.

Fr. Nguyen will listen to Confession. Parishioners are encouraged to attend.

Family Day Ski Trip

Youth Group will be hosting the annual Family Day Ski Trip at Nakiska on Monday, February 20. Registration will be on Sunday, January 22 and January 29 after 10:00 AM Mass and 11:30 AM Mass at Upper Hall. The deadline for registration will be on January 29. All youths, young adults and families are welcome to attend! Please contact John, Corwin or Marcus for more details.

5th Sunday Rosary

Matteo Ricci Council 10119 will be leading the Rosary, 20 min. before the 10:00 and 11:30 Mass on Sunday, January 29, 2017. A mini K of C rosary ring will also be distributed to the parishioners who will be attending, while quantities last.

Weekly Activities

Wed, Fri Feb 1, 3

OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Fri Feb 3

OLPH Scout

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

Place: Upper Hall & Lower Hall

Sat Feb 4

Exposition 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

R. C.I.A (Mandarin)

Time: 3:00 p.m. - 5:00p.m.

Place: K of C Room

Chinese New Year Banquet

Time : Reception from 6:00 p.m.,
dinner at 6:30 p.m.

Venue : Regency Palace

Sun Feb 5

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

K of C Matteo Ricci 10119 meeting

Time: 12 : 30p.m.-3:00p.m

Place: OLPH Church K of C room

Let There Be Light

The Value of Time

Imagine there is a bank that credits your account each morning with \$86,400. It carries over no balance from day to day. Every evening the bank deletes whatever part of the balance you failed to use during the day. What would you do? Draw out every penny, of course!!!! Each of us has such a bank. Its name is TIME. Every morning, it credits you with 86,400 seconds. Every night it writes off, as lost, whatever of this you have failed to invest to good purpose. It carries over no balance. It allows no overdraft. Each day it opens a new account for you. Each night it burns the remains of the day. If you fail to use the day's deposits, the loss is yours. There is no going back. There is no drawing against the "tomorrow." You must live in the present on today's deposits. Invest it so as to get from it the utmost in health, happiness, and success! The clock is running. Make the most of today.

To realize the value of ONE YEAR, ask a student who failed a grade.

To realize the value of ONE MONTH, ask a mother who gave birth to a premature baby.

To realize the value of ONE WEEK, ask the editor of a weekly newspaper.

To realize the value of ONE HOUR, ask the lovers who are waiting to meet.

To realize the value of ONE MINUTE, ask a person who missed the train.

To realize the value of ONE SECOND, ask a person who just avoided an accident.

To realize the value of ONE MILLISECOND, ask the person who won a silver medal in the Olympics.

Yesterday is history. Tomorrow is mystery. Today is a gift. That's why it's called the present!!

Stories Faith Sharing

Where God Ain't

He was just a little boy, on a week's first day.
He was wandering home from Sunday School, and dawdling on the way.
He scuffed his shoes into the grass; he found a caterpillar.
He found a fluffy milkweed pod, and blew out all the filler.
A bird's nest in a tree over-head, so wisely placed on high
Was just another wonder that caught his eager eye.
A neighbor watched his zig-zag course, and hailed him from the lawn;
Asked him where he'd been that day and what was going on.
"I've been to Bible School," he said and turned a piece of sod.
He picked up a wiggly worm replying, "I've learned a lot of God."
"M'm very fine way," the neighbor said, "for a boy to spend his time."
"If you'll tell me where God is, I'll give you a brand new dime."
Quick as a flash the answer came! Nor were his accents faint.
"I'll give you a dollar Mister, if you can tell me where God ain't"

Read More Know More

Thank You God !

"Do not be anxious about anything, but in everything, through prayer and petition, with thanksgiving, present your requests to God, and the peace of God, that transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things." -
Philippians 4:6-8

Most of us have been born in catholic cities, religion has become a part of our lives since childhood, we've been taught to believe in god, to have him always present, that he is the way and that he's always by our side. In real life, as we grow and do all the things we have to do, we grow apart from God and forget how vital and important it is to have him in our lives and in our mind.
Some people only turn to God when they're going through sad moments, which is not

correct according to our beliefs. We should think of God in every moment, whether it's good or bad, let's not forget he's the one who gave us life and allows us to share our love with other people.

主日分享

常年期第四主日

真福八端的挑戰

山中聖訓(瑪 5-7 章)濃縮地道出基督徒應有的生活,真福八端是山中聖訓的序言、天國大憲章的開始。瑪竇有意突出這是新開始,因此以梅瑟來作比較。梅瑟在山上接受十誡,使以色列子民開始新生活;耶穌卻以自己的權威,在山上“頒佈”新約憲章,指出基督徒生活的準則。真福八端每端都具革命性,挑戰人以全新的態度去生活。

(一) 神貧:“貧”指有所欠缺,神貧是指極需要天主,把一切希望交托於祂手中。富貴的人較難成為神貧,因財富為他帶來一切,不須依賴天主。神貧的人對財富有一全新的態度,財富祇是事主愛人的工具。若財富成為事主愛人的障礙,則願意捨棄它。對財富有如此逍遙的態度,才懂得甚麼是神貧。

(二) 哀慟:指強烈地感到傷心,痛哭自己的罪過或世界的苦難及罪惡。人若未能哀慟,大概未到傷心處,還未深深領略天主的愛。聖經記載伯多祿三次不認主後,耶穌回頭看了看他,他感受到基督的慈愛,哀慟痛哭起來。對世界的災難與不幸,也許我們變得麻木。如果我們為別人、為世界的不幸與罪惡而哭,像耶穌為拉匝祿、為耶路撒冷而痛哭一樣,這顯示出我們愛之所在,我們會受安慰。

(三) 溫良:是指相信溫良力量的人,無論甚麼情況,都像基督一樣,不記仇、不報復、不以暴易暴。祇有溫良的人堪當承受天國的土地。以色列人以武力維護自己的土地,不明白真正的福地不需要武力維護,溫良的人永遠不會失去它。

(四) 飢渴慕義:“義”是指“因信成義”的義,指天主的恩寵,我們渴慕義德,渴慕天主的恩寵,好像渴望飲食那麼殷切、那麼自然嗎?我們會否

對天主說:“主啊!我需要你!”天主怎會不令我們飽饌?

(五) 憐憫:指寬恕慈悲的心腸,把慈悲放在公義之上。聖經中慈善的撒瑪黎雅人撇開和猶太人之間的恩怨,對一個有需要的猶太人,“動了憐憫的心”而去幫忙他。我們能寬恕和慈悲待人,因為天主先寬恕和慈悲待我們。

(六) 心地純潔:不光是指心中無惡念,更指行為動機純正,出自真誠的心。法利塞人被斥責,就是因為祇重外表的潔淨;耶穌卻要求人內心潔淨,意向純正。天主將來會按我們的內心和動機審判我們。

(七) 締造和平:一方面指內心的平安,另一方面指人與人之間的和平。不單是“愛好”和平,更要“締造”和平。耶穌是和平之子,把耶穌帶到生活工作的圈子,必能締造人與人之間的和平。

(八) 為義而受迫害:伸張正義,往往要吃苦頭。大則受迫害,小則被取笑、被排擠。人要靠天主的恩寵,才有“雖千萬人,吾往矣”的道德勇氣。耶穌並沒有說,八種基督徒的生活態度與質素,任君選擇。祂要求人八樣皆備。八端並非祇屬理想,達不到的理想是沒有意義的。真福八端是接觸到天主的人的倫理生活,有天主的愛及恩寵,人有能力達到,並可經驗到:“喜樂吧,因為天國是你們的”。

教宗及福傳祈禱意向

二月祈禱及傳教意向:

總意向:為接納受苦者

願所有受苦者,尤其是窮人、難民和社會邊緣人,都能在我們的團體中找到接納與安慰。

新聞及其他

教宗祝賀農曆新年

教宗方濟各 1 月 22 日主日在三鐘經祈禱活動中預先問候了遠東和世界許多地區將於 1 月 28 日慶祝農曆新年的人們。

教宗說:“我衷心祝賀他們每個人的家庭,願家庭越來越成為學習相互尊重、溝通、以無私的精神彼此呵護的

學校。願愛的喜樂在家庭內發揚光大，並從家庭延伸至整個社會。”

《慈悲與憐憫》宗座牧函

教宗方濟各《慈悲與憐憫》宗座牧函：世界窮人日

教宗表示，禧年結束了，聖門也已關閉，但我們心靈的慈悲之門仍將大大敞開。我們看到了天主俯身餵養我們，為使我們也效法祂俯身去服事弟兄姐妹，尤其是窮人和受苦者。“我們不可忘記窮人”；為此，教宗通令整個普世教會把常年期第 33 主日定為世界窮人日。“只要拉匝祿還躺臥在我們的門前”（參：路十六 19-21），世界“就不會有公義及和平”。待續

堂區活

25 屆世界病人日

2 月 11 日

主題：「病人總是賦有自己的使命。」

教宗方濟各鼓勵眾人，包括“病患、疾苦者、醫生、護士、病人家屬、義工，要瞻仰病人之痊聖母瑪利亞，天主溫柔對待每個人的擔保者，順從天主旨意的模範；即使在患病時也要藉著聖言和聖事所滋養的信德找到愛天主和兄弟姐妹的力量”。

世界病人日於每年 2 月 11 日舉行，這天正是露德聖母顯現日。請大家為所有病人祈禱！

本堂將於 2 月 12 日的主日彌撒中特別為病患者祈禱，而阮神父將在十一時三十分彌撒中為有需要的病人教友傅油祝福。

當天本堂將預備部分座位給予傅油的教友。

二月顯供聖體

永援聖母堂二月份的顯供聖體由騎士會帶領，時間為二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！

家庭滑雪同樂日

青少年團將於 2 月 20 日(星期一)到 Nakiska 滑雪聖地，舉行每年一度的家庭滑雪同樂日。請於 1 月 22 日及 1 月 29 日(星期日) 10 時及 11 時 30 分彌撒後到上禮堂報名登記。截止報名日期為 1 月 29 日。我們誠意邀請所有青少年與家人一起參加！詳情請與青少年團 John, Corwin 或 Marcus 聯絡。

第五主日頌念玫瑰經

利瑪竇騎士會於一月二十九日主日，十時正及十一時三十分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。

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。

活動一週

星期三、五 2 月 1, 3 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 2 月 3 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

星期六 2 月 4 日

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

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

永援聖母堂新春團拜晚宴

時間：晚上 6 時恭候，

6 時 30 分入席

地點：富麗宮大酒樓

星期日 2 月 5 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

利瑪竇騎士會 10119 開會

時間：下午 12 時 30 分至 3 時

地點：聖堂騎士會室

心靈小品

在新的一年中

你有信心做到這十件事嗎？

1. 每天祈禱一會

祈禱，不是我們漫不經心的念念經，而是我們與天主心與心的溝通。每天祈禱一會，不必太久，貴在堅持，天主等著我們與祂談心。

2. 每天誦念日課

誦念日課，通常在早晨或晚上，這是我們一天開始之際或一天即將結束之時向天主打個招呼，讚美祂、感謝祂，並把一切都交付給祂。

3. 每天誦念一串玫瑰經

玫瑰經是最好的祈禱方式，我們在重復一遍又一遍的《聖母經》時，其實就像是將一朵朵漂亮的玫瑰花送給聖母。在誦念中，我們加入自己的意向，堅持每日都誦念，對我們維持信仰生活的熱心很有好處。

4. 每天讀三十分鐘聖經

前三條說得都是祈禱，祈禱是我們主動去尋找天主，主動去和祂交談，但我們總會有不知道該祈禱些什麼的時候。聖經是天主的聖言，我們每天讀一讀聖經，就能明白天主對我們說了些什麼、要求了什麼。

5. 每天誦念一串慈悲串經

讓我們慈悲如同天上的父親。讓我們每天誦念一串慈悲串經吧！

6. 主日及瞻禮日保證進堂

聖教會規定教友們應在主日及瞻禮日進堂參與彌撒。教會的一年中，大大小小的節日、瞻禮不少，能做到每次都進堂的人的確了不起，即使這頂任

務看起來簡單。

7.不輕易生氣

“生氣”雖然是我們日常生活總不可避免的情緒。但我們要努力克制自己的脾氣，不要因為一時的沖動而造成無法挽回的局面。

8.不說他人閑話

與自己無關的人或事情，如果沒有經過調查，就不要隨便評說。說閑話能毀滅我們的團結，這是一種犯罪。

9.至少接觸一位真正的窮人

你看到過真正的窮人嗎？不要害怕，努力地靠近他們，讓他們感受到溫暖與愛。不要嫌棄他們，因為我們都是天主的兒女。

10.盡可能多讀書

鳥欲高飛先振翅，人求上進先讀書。讀書對於我們來說有著太重要的意義，讀好書、多讀書，已經是人們的共識。

靈修小故事

總有一些暖心的人，讓你堅信：

“天主”，就是愛！

在美國加州的一個孤兒院，有一個叫湯姆的小男孩，當他看到經常一起玩的小伙伴哈利被人領養走，只剩下自己的時候，感到非常難過。於是，他給天主寫了一封信：“親愛的天父，您好！您知道我是一個聽話的好孩子，可是，您昨天送給哈利一個爸爸，一個媽媽，為什麼我還留在這裡呢？這太不公平了！”

這封寫有“天父親啟”的信被轉交到神學博士摩羅·邦尼的手中，摩羅博

士經過慎重考慮，給湯姆回了一封信：“親愛的湯姆：我不期望你現在就讀懂這封信，不過我還想現在就告訴你，天父永遠是公平的，我的公平在於免費向人類供應三樣東西：生命、信念和目標。不論你是王子還是貧兒，生活在何處，祇要想擁有它們，我都隨時讓你們據為己有。這就是我在人間的公平所在，也是我作為天主的最大智慧。但願有一天，你能理解。你的天父！”

知多一點點

常懷感恩之心

知恩圖報乃彰顯美好品性。常言道：「投之以桃報之以李」，「滴水之恩將湧泉相報」，這也是我們中華民族的傳統美德。事實上，感恩不分國界，不分種族，不分宗教，更不論何時與何地，都應當感恩。為此，讓我們常懷「感恩之心」，並常向周圍的人們「道聲謝謝！」

感恩是我們生命的主旋律和做人處事的基礎。

感恩是因為我們相信一切都是上天最好的安排。讓我們每天都生活在感恩的世界裡。

在人生的道路上學會感恩，我們會感到無限美麗，滿懷幸福，最後是結束語。

回首歲月，感慨萬千。近年來，不論是在教會內那首一直被傳唱的《感恩的淚》，還是在社會中唱遍大江南北的《感恩的心》，“感恩的心，感謝有你，伴我一生，讓我有勇氣做我自己……”這類歌曲不知曾經感動過多少的人。在生活中，上天的恩賜、父母的關愛、朋友的幫助、老師的指導、失敗的啓迪、痛苦的領悟，以及死亡的警醒……都無不讓我們的人生變得多彩多姿，富有意義。

在生活中，最讓我們感動的是真神——天主的創造、養育、救贖、聖化、引導、寬恕、陪伴和照顧我們。正所謂：「天恩浩蕩，無以回報；唯有感恩，吾輩記牢。」