

## Theme Sharing

### Sixth Sunday in Ordinary Time

#### Making good choices

The first reading suggests the importance of human choice as a theme for a homily. It has been said that we do not make big choices, only a whole series of little ones. The fundamental choice in life according to our first reading is that between fire and water, life and death. That fundamental choice finds concrete expression in the multiple choices of daily life. Each day we try to make choices which are life-giving both for ourselves and others. In the complexities of daily living it is not always easy to discover the way which leads to life. In retrospect, we often realise that we have made bad choices, even though, at the time, we acted in good faith. Both the first and second readings speak about the wisdom of God. We need that wisdom to choose well, a wisdom which comes through the Spirit. Paul reminds us that "the Spirit reaches the depths of everything, even the depths of God." It is the Spirit who enables us to choose "in depth," to make the kind of choices which are most in tune with what is deepest in us and, therefore more life-giving.

Choices which come from what is deepest and best in us will be life-giving, both for ourselves and others. In the gospel reading, Jesus proposes a virtue which goes deeper than that of the scribes and Pharisees, a virtue in depth, from the heart. If our depths are sound, if the heart is good, then the choices which come from the heart will be good. The converse is also true. If we harbour bitterness in our heart towards someone, we will inevitably make choices which damage and hurt them. If we cultivate envy in our heart towards someone, we will tend to make choices which devalue them. Beyond our behaviour lie our choices and beyond them lies the heart in which our choices are rooted. Only the Spirit who reaches the depths of God can really reach our own depths. It is the Spirit who renews and transforms our heart. "God has poured out his love into our hearts by the Holy Spirit, whom he has given us" (Rom 5:5.) If we keep on opening our hearts to the Spirit of God's love they will be recreated in his love. Then our choices will be rooted in love and will have something of the life-giving quality of Jesus himself.

## '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 celebration of mercy takes place in a very particular way in the Sacrament of Penance and Reconciliation. Here we feel the embrace of the Father, who comes forth to meet us and grant us the grace of being once more his sons and daughters. We are sinners and we bear the burden of contradiction between what we wish to do and what we do in fact (cf. Rom 7:14-21). Yet grace always precedes us and takes on the face of the mercy that effects our reconciliation and pardon. God makes us understand his great love for us precisely when we recognize that we are sinners. Grace is stronger than sin: it overcomes resistance, because love conquers all (cf. 1 Cor 13:7).

In the sacrament of Forgiveness God shows us the way to turn back to him and invites us to experience his closeness anew. This pardon can be obtained by beginning, first of all, to live in charity. The Apostle Peter tells us this when he writes that "love covers a multitude of sins" (1 Pet 4:8). Only God forgives sins, but he asks that we be ready to forgive others even as he has forgiven us: "Forgive us our trespasses, as we forgive those who trespass against us" (Mt 6:12). How sad it is when our hearts are closed and unable to forgive! Resentment, anger and revenge gain the upper hand, making our lives miserable and blocking a joyful commitment to mercy. To Be Continued

## Saints Quotes

### February 13- Monday

When the devil reminds you of your past, remind him of his future.-St. Teresa of Avila

### February 14- Tuesday

Make your people known for the unity and profession of their faith.-St. Cyril

### February 15- Wednesday

God will not allow you to be lost if you persist in your determination not to lose him.-St.

Pius of Pietrelcina

### February 16- Thursday

A quarrel between friends, when made up, adds a new tie to friendship.-St. Francis de Sales

### February 17- Friday

Kind words can be short and easy to speak, but their echoes are truly endless.-St. Teresa of Calcutta

### February 18 - Saturday

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

## Parish Activities

### 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 Feb 15, 17

### OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Wed, Thurs Feb 15, 16

### K of C Matteo Ricci 10119 training

Time: 6:00p.m.-9:00p.m.

Place: Feb 15- OLPH Lower Hall

Feb 16- OLPH Upper Hall

Fri Feb 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

Sat Feb 18

### Legion of Mary ( meeting )

Time: 9:45a.m.

Place: K of C Room at OLPH Church

### 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 Lower Hall

Sun Feb 19

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

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

Place: OLPH Church Lower Hall

## Our Lady of Lourdes

In 1858 in the grotto of Massabielle, near Lourdes, France, the Blessed Virgin Mary appeared 18 times to Bernadette Soubirous,

a 14 year old peasant girl. She identified herself as The Immaculate Conception. She gave Bernadette a message for all: "Pray and do penance for the conversion of the world." The Church investigated Bernadette's claims for four years before approving devotion to Our Lady of Lourdes. Lourdes has since become one of the most famous shrines, attracting more than a million pilgrims each year. There have been thousands of miraculous cures at this shrine. A Medical Bureau was established in 1882 to test the authenticity of the cures. The doctors include unbelievers as well as believers and any doctor is welcome to take part in the examination of the alleged cures. As many as 500 medical men of all faiths or no faith have taken advantage of the invitation each year. Many books and movies tell the story of Lourdes. Even Hollywood made a movie of this remarkable event in the 1940's entitled "The Song of Bernadette" which won six academy awards. No one leaves Lourdes without a gain in faith. Moral and spiritual cures are more marvelous than physical cures. Some go to Lourdes with lifetime prejudices, yet their minds are cleared in a sudden manner. Frequently skepticism gives way to faith; coldness and antagonism become whole hearted love of God. Again and again those who are not cured of bodily pain receive an increase of faith and resignation – true peace of soul. The story of two outstanding miracles that occurred at Lourdes are told below.

## Stories Faith Sharing

The devil is kinda cute!

Sin is always attractive, if it weren't we wouldn't commit sin. What is sinful attracts momentarily and we fall into the trap of believing it will satisfy our needs. But the following day we are still dissatisfied. Why? Because what is sinful never satisfies. The devil deceives us to make us think that sin is attractive but we discover afterwards that sin damages and did not bring the joy we wanted.

One day while walking down the street a highly successful person was tragically hit by a bus and she died. Her soul arrived up in heaven where she was met at the Gates of Heaven by St. Peter himself.

"Welcome to Heaven," said St. Peter. "Before you get settled in though, it seems

we have a problem. You see, strangely enough, we've never once had someone like you make it this far and we're not really sure what to do with you."

"No problem, just let me in" said the woman. "Well, I'd like to, but I have higher orders. What we're going to do is let you have a day in Hell and a day in Heaven and then you can choose whichever one you want to spend an eternity in."

"Actually, I think I've made up my mind, I prefer to stay in Heaven", said the woman. "Sorry, we have rules..." And with that St. Peter put the executive in an elevator and it went down down down to hell. The doors opened and she found herself stepping out onto the putting green of a beautiful golf course. In the distance was a clubhouse and standing in front of her were all her friends - fellow executives that she had worked with and they were all dressed in evening gowns and cheering for her. They ran up and kissed her on both cheeks and they talked about old times. They played an excellent round of golf and at night went to the clubhouse where she enjoyed an excellent steak and lobster dinner. She met the Devil who was actually a really nice guy (kinda cute, he always is) and she had a great time telling jokes and dancing. She was having such a good time that before she knew it, it was time to leave. Everybody shook her hand and waved goodbye as she got on the elevator. The elevator went up-up-up and opened back up at the Gates of Heaven and she found St. Peter waiting for her.

"Now it's time to spend a day in heaven," he said. So she spent the next 24 hours lounging around on clouds and playing the harp and singing. She had a great time and before she knew it her 24 hours were up and St. Peter came and got her. "So, you've spent a day in hell and you've spent a day in heaven. Now you must choose your eternity," he said.

The woman paused for a second and then replied, "Well, I never thought I'd say this, I mean, Heaven has been really great and all, but I think I had a better time in Hell." So St. Peter escorted her to the elevator and again she went down down down back to Hell. When the doors of the elevator opened she found herself standing in a desolate wasteland covered in garbage and filth. She saw her friends were dressed in rags and were picking up the garbage and putting it in

sacks. The Devil came up to her and put his arm around her.

"I don't understand," stammered the woman, "yesterday I was here and there was a golf course and a clubhouse and we ate lobster and we danced and had a great time. Now all there is a wasteland of garbage and all my friends look miserable." The Devil looked at her and smiled. "Yesterday we were recruiting you, today.....you're staff."

That story reminds me of a fact of life. Sin is always attractive, if it weren't we wouldn't commit sin, but what is sinful attracts momentarily and we fall into the trap of believing it will satisfy our needs. But the following day we are still dissatisfied. Why? Because what is sinful never satisfies. The woman in the story was deceived. That's the way it is with the devil and sin. The devil deceives us to make us think that sin is attractive but we discover afterwards that sin damages and did not bring the joy we wanted. The woman in the story was confused, and we in our times we are confused. We do not seem to know anymore that sin is sin. Sin is inviting us and God is inviting us, we have to choose.

## Read More Know More

The Mass and Holy Communion

Q. So the Liturgy of the Eucharist in the Mass is simply a memorial service? That is what we believe, you know.

Catholics, too, believe that the Eucharist is a memorial. But as the following quotation from Vatican II shows, the term memorial in the Catholic understanding means a great deal more than "simply a memorial service." In its Constitution on the Liturgy, Vatican II begins its chapter entitled "The Most Sacred Mystery of the Eucharist" with these beautiful words:

"At the Last Supper, on the night when He was betrayed, our Savior instated the Eucharist Sacrifice of His Body and Blood. He did this in order to perpetuate the sacrifice of the Cross throughout the centuries until He should come again, and so to entrust to His beloved spouse, the Church, a memorial of His death and resurrection: a sacrament of love, a sign of unity, a bond of charity, a paschal banquet in which Christ is consumed, the mind is filled with grace, and a pledge of future glory is given to us." (Liturgy, 47)

This mystery is the very center and culmination of Christian life. It is the "source and apex of the whole work of preaching the Gospel... the very heartbeat" of the community of faith. (Priests, 5)  
In every Mass Christ is present, both in the person of his priest and especially under the form of bread and wine. In every Mass his death becomes a present reality, offered as our sacrifice to God in an unbloody and sacramental manner. As often as the Sacrifice of the Cross is celebrated on an altar, the work of our redemption is carried on.

To Be Continued

## 主日分享

### 常年期第六主日

繼常年期第四主日福音選讀的真福八端，以及第五主日鹽與光的比喻之後，接下來的兩個主日，我們恭聽主耶穌如何以新的精神成全舊的法律。「即使天地過去了，一撇或一劃也絕不會從法律上過去，必待一切完成。所以，誰若廢除這些誠命中最小的一條，也這樣教訓人，在天國裡，他將稱為最小的；但誰若實行，也這樣教訓人，這人在天國裡將稱為大的。」(瑪 5:18-19) 主耶穌強調，祂絕不是來廢除或取代法律，而是教導民衆體現法律的真精神——天主的誠命，藉以成全法律。祂超越經師和法利塞人，是真正具有權威的法律詮釋者。  
瑪 5:21-48，聖史瑪竇以六組「對仗」，即「你們一向聽說過……，我卻對你們說……」的句型，引入誠命的真精神。本主日探討前四個主題：憤怒、姦淫、休妻和發誓，不可報復和愛仇的教導，留待下個主日聆聽。  
天主頒給梅瑟「不可殺人」的誠命。耶穌要求門徒在關係還未惡化到殺人之前，就要消除憤怒，努力和解。耶穌以三個例證，明確指出實行的方向。其一，「誰若向自己的弟兄說『傻子』，就要受議會的裁判，誰若說『瘋子』，就要受火獄的罰」(22)，意思是要避免互相侮辱。其二，在獻祭之前，必須先去跟兄弟姊妹們和好(23-24)。其三，「當你和你的對頭還在路上，趕快與他和解，免得對頭把你交給判官，判官交給差役，把你投在獄裡」

(25)，是警告不要讓衝突加深；讓憤怒醞釀滋長，最後闖下大禍的人，將要接受天主的審判。

如同憤怒導致殺人，貪戀女色的眼神，是姦淫的前奏。關於「不可姦淫」的誠命，耶穌的教導超越行為的層面，要求的是內心的潔淨。十誡禁止的不祇是姦淫，還包含了貪戀他人的配偶和財產。「若是你的右眼使你跌倒，剷出它來，從你身上扔掉，因為喪失你一個肢體，比你全身投入地獄裡，為你更好」(29)，主耶穌以放縱貪慾的下場——地獄的永罰，告誡門徒們心思要純潔，不要貪戀非份的人、事、物。

31-32 節，耶穌禁止人休妻，但除了受姦污、犯姦淫的理由之外，沒有更進一步的說明。瑪 19:1-12 提出了耶穌關於不准休妻的教導：婚姻是天作之合，夫妻雙方結為一體，因此天主所結合的，人不可拆散；而梅瑟准許休妻，祇是因為民衆心硬，不能以此為休妻背書，忽略天主的教導。

關於發誓，誠命說：「不要奉我的名妄發虛誓，而褻瀆你天主的名字」(肋 19:12)，但耶穌的教導是「總不可發誓」，因為基督徒之間的關係當真誠、透明，所以不需要以發誓，讓他人相信自身言語的可信度。「你們的話該當是：是就說是，非就說非」(37)，這句話是基督徒光明磊落、心中無欺詐的具體寫照。

天主賜下理智，無非是要人探究天主的奧秘，但可惜「今世的智慧」並不如此，否則就不會將基督釘在十字架上了(參閱：讀經二，格前 2:6-10)。今世的智慧，傾向於鞏固自身的利益，隱藏行為背後真正的意圖，為自己的惡行合理化；甚至不惜曲解上主的話語，刻意忽略誠命的真義。因此，耶穌闡明誠命真正的精神，以成全法律，彰顯了天主奧秘的智慧。讀經一上說，「生死善惡，都在人面前；人願意那樣，就賜給他那樣」(德 15:18)，又說：「祂從未吩咐人作惡，祂從未准許人犯罪。」(21) 讓我們隨從聖神的推動，在福音真光的引導下，走上生命之道。

反省與行動：

1. 我如何化解憤怒和仇恨，與兄弟姊妹

和好？

2. 我努力保持心思的純潔，不貪戀世俗的人、事、物，看重天主結合的婚姻嗎？

3. 我是否言行一致，為人真誠正直，遵行天主誠命的真精神？

## 露德聖母

### 露德聖母顯現

1858年2月11日至7月16日

(共18次) 地點：法國露德

伯爾納德是一個14歲，目不識丁的貧窮女孩子，聖母卻揀選了這卑微的女孩來傳達天主的訊息，顯揚上主的大能。

1858年2月11日(星期二)，天氣陰冷。午飯後，伯爾納德、妹妹及一位鄰居女孩一起去撿枯枝。她們來到一個山洞，伯爾納德的妹妹和鄰居女孩拾了一些木柴，便沿著河走了。她拿了幾塊石子投在水裏，想踏著石子走過去，但沒有用，便決定脫了鞋子走過去。

突然一聲巨響，猶如暴風之聲，她轉身看見岸上的樹木一絲不動，以為聽錯了。當她繼續脫襪子時，又一陣暴風巨響，她害怕地立起身來，抬頭看見洞口上有一叢野玫瑰，一朵金黃色的雲彩，從山洞裏飄來。接著，一位年輕貌美的夫人站在野玫瑰上，向她微笑，並示意她往前走，她不由自主地從口袋裏拿出唸珠。

她跪在地上，夫人也把唸珠拿在手裏，當她劃聖號開始唸經時，手臂卻不能動彈，直到夫人先劃聖號，她才能做到。夫人讓她獨自唸經，卻不作聲，每唸完十遍聖母經後，才同她一起唸「願光榮歸於父，及子及聖神；起初如何，今日亦然，直到永遠。亞孟。」唸完玫瑰經，夫人走進洞裏，金色的雲彩也與她一同消失。

在二月十八日，聖母顯現對伯爾納德說：「你願意一連十五日到這裏來嗎？」又說：「我許給你的幸福，不在此世，而在來世。」

在聖母顯現期間，伯爾納德再三追問這位夫人是誰，每次夫人都微笑點頭，沒有回答。當她第四次求她時，她顯得嚴肅而謙遜，然後把雙手放在

胸前，仰望天上，徐徐伸開雙手，俯身向她，用戰抖的音調向她說：「我是始胎無玷原罪。」(1854年，教宗比約九世頒定了「聖母無原罪的信條」。) 7月16日是聖母最後一次顯現，前後共18次。

## 堂區活動

### 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

星期三、四 2月15, 16日

利瑪竇騎士會 10119 訓練

時間：晚上6時至9時

地點：2月15日永援聖母堂下禮堂

2月16日永援聖母堂上禮堂

星期五 2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 2月18日

聖母軍

時間：上午9時45分(開會)

地點：聖堂二樓騎士會室

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：永援聖母堂下禮堂

星期日 2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

## 心靈小品

### 痛苦的價值

痛苦，一個看起來並不惹人喜愛的字眼兒，伴隨著我們一步步的前進，一天天成長，在我們的生活中或許沒有人喜歡痛苦的過程，因為人們往往想像不到痛苦的價值。

曾經聽到過這麼一個故事：在安逸閑適的海岸邊，無數的沙粒舒服地伸展著自己的身體，沐浴著陽光的溫暖，享受著徐徐海風帶來的清新。有一顆小沙粒卻不甘於享受如此安逸卻平庸的生活，他縱身躍入了大海，漸漸沉入了深海，隨著海流闖進了一隻海蚌的世界，海蚌合上了自己的外殼，小沙粒永遠留在了裡面，陪伴他的祇有黑暗……

不知道過了多久，海蚌被人們撬開了嘴巴，耀眼的陽光刺得小沙粒睜不開眼睛，祇聽的周圍的人們發出一陣陣驚嘆的聲音。小沙粒揉了揉眼睛，發現自己已經變成了一顆渾圓的珍珠，散發著無與倫比的光芒。他高興極了，他所承受的痛苦終於改變了他的生活，這或許就是痛苦的價值吧。是的，這就是痛苦的價值！河蚌忍受這巨大的痛苦與苦惱，但是卻孕育出了舉世無雙的珍寶；小沙粒忍受這無盡的黑暗與孤寂，但是終於修煉成了一顆舉世矚目的珍珠。他們忍受了痛苦的過程，收獲了自我的價值，這就是痛苦的價值！

我們的生活中充滿了挑戰與困難，充滿了艱險與苦難，我們可以選擇逃避來繼續維持閑適的生活，過著沙粒們的平庸生活；也可以選擇面對問題，迎難而上，在痛苦的過程中追求著小沙粒那成功的生活。在我們的一年之間，決定了我們生活的方向，我們需要的是一個成功的明天，而不是碌碌無為的生活，即使這個過程痛苦萬分，我們依然在不懈的努力著，因為痛苦是有價值的。

“貝殼爬上沙灘看一看世界有多麼大，毛毛虫期待著明天有一雙美麗的翅膀……”小小的毛毛虫都在為自己羽化成蝶的瞬間努力著，我們能做什

麼呢？好好努力吧，終有一天，我們會看到痛苦的奮鬥是有意義的！這就是痛苦的價值！

## 靈修小故事

### 如果我不大聲……

二十世紀初，俄羅斯帝國境內一個小村落裡，住著一個猶太小男孩。那時候，沙皇的軍隊——哥薩克人，正在各地對少數民族的猶太人進行大規模的迫害。每天市集上熱鬧時，全村的人都聚集在大廣場上交易買賣，哥薩克人就會在這個時候，騎著高大驃悍的馬來到市集上，打翻猶太人的貨物、商品，接著宣佈沙皇限制猶太人自由的最新敕令，然後騎著馬揚長而去。

小男孩和祖父的感情非常親密，他的祖父正好是這個村子裡的老教士。村子裡的猶太人都相信，他們的教士和猶太人的祖先亞伯拉罕或摩西一樣睿智。小男孩每天都陪祖父從他們簡樸的家散步到集市去。哥薩克騎兵總是揮鞭而至，掀起漫天塵土，宣讀當天的事物命令：“今天起，任何猶太人購買馬鈴薯，一次不得超過五個。”或是：“沙皇有令，所有猶太人必須將他們最好的牛立刻賣給國家。”每天，同樣的故事不斷重演——老教士和其他人一起聽著沙皇的敕令，然後他向那些哥薩克人揮舞著他的拐杖，大聲叫道：“我抗議！我抗議！”然後其中一個哥薩克人就會騎著馬過來，用馬鞭狠狠地抽向老教士，臨走之前還要吼一聲：“閉嘴，你這老蠢貨！”老教士捱不住鞭子，就會倒在地上，他的教徒們會沖過去扶他起來，幫他拍掉衣服上的泥土，然後他

的小孫子再攙著他回家。

日復一日，月復一月，小男孩驚悚地看著這一幕再三重演。終於他再也忍不住了，有一天，他送滿身烏泥的祖父從集市回家時，小男孩鼓起了勇氣問：“親愛的老教士，”小男孩的聲音帶著點微微的顫抖：“您明知道那些士兵一定會打您，為什麼還要每天在他們面前抗議沙皇呢？您為什麼不能保持沉默呢？”

老教士對孫子慈祥地笑道：“因為明知是錯的事情，如果我不大聲抗議，我就會漸漸和他們一樣了……。”

## 知多一點點

### 感恩（聖體）聖事

問題三：如何了解彌撒聖祭和感恩（聖體）聖事的關係？

答：彌撒聖祭（主的晚餐）與感恩（聖體）聖事是分不開的。主耶穌基督就是在祂受難前的晚餐中，建立了祂體血的聖事，並吩咐門徒，要這樣做，來紀念祂。故此，領聖體（聖血）是參加主的餐（彌撒聖祭）的一項行動。

問題四：彌撒聖祭（主的晚餐）有什麼意義？

答：1. 首先，主耶穌曾多次與門徒共餐，例如稅吏瑪竇；匝凱；加納婚宴；五餅二魚等，以顯示祂寬恕人、愛人、帶給人生命；又多次以共餐、婚宴的言論和行動，來顯示天國的來臨和參與祂的使命（參閱瑪 9:14-17 新郎在，不禁食；13:33 天國好比酵母；15:21-28 吃主人的食物；20:20-24 飲我爵；22:1-13 婚宴比喻；25:1-13 十童女與婚宴）。

2. 然後，主耶穌在受難前夕，與門徒共進逾越節晚餐時，以分享同一個餅（聖體）和同一杯酒（聖血），來說明祂一生的愛，並體現祂為救贖我們，所作的犧牲，同時，吩咐門徒要這樣做，來紀念祂。

3. 耶穌在十字架上，實現了祂在晚餐中所說明的犧牲和盟約；復活後，祂又以與門徒吃喝（谷 16:14；路 24:13-25 耶穌在十一門徒坐席時顯現；路 24:36-42 厄瑪烏顯現；若 21:1-23 拿起餅和魚來，遞給門徒），來顯示自己與門徒的關係。

4. 聖神降臨後，教會時常團聚，聽取宗徒的訓誨，擘餅、祈禱，並把一切皆歸公用。他們常常讚頌天主，也獲得全民眾的愛戴；上主也天天使得救的人，加入會眾（參閱宗 2:42-27）。漸漸，一周的第一天：主復活的日子，便成為基督徒每周舉行擘餅：主的餐（參閱宗 20:7-12；格前 11:20）的日子，亦稱為主日（默 1:20）。

5. 保祿宗徒綜合地說：「這是我從主所領受的，我也傳授給你們了：主耶穌在祂被交付的那一夜，拿起餅來，祝謝了，擘開說：『這是我的身體、為你們而捨的，你們應這樣行，為紀念我。』晚餐後，又同樣拿起杯來說：『這杯是用我的血所立的新約，你們每次喝，應這樣行，為紀念我。』的確，直到主再來，你們每次吃這餅，喝這杯，你們就是宣告主的死亡。」（格前 11:26）

6. 於是，「主的餐」比對於舊約所預許的盛宴（歐 2:1-25；岳 4:18；依 25:6-9；則 34:1-16），是「默西亞」的筵席、末世的筵席，展示救主帶來的豐盛生命，預嘗最終的永恆盛宴。「主的餐」，使基督徒與主基督不斷相遇和結合，得到力量，共同邁向新約的福地：天主的國，一起參加那自作犧牲的羔羊婚宴（參閱路 14:15；默 19:6-9）。

待續

Revised: 23-12-2005

## Intercession 通功

Please join us to pray for

Fr. John C. K Mak

Fr. Mak passed away on Feb 8, 2017

May his soul and the souls of all the faithful departed, through the mercy of God, rest in Peace. Amen

### 通功

請為麥振群神父祈禱，麥神父在 2 月 8 日辭世。

願他安息主懷並祈求主賜力量及安慰其家人