

## Theme Sharing

### Third Sunday of Lent

Slaking our thirst at the fountain of life

The thirsting soul: Our need to drink regularly is obvious; without water we would quickly die. Not so easily recognized is the soul's thirst for meaning, for vision and purpose in life. We can be fully preoccupied with the surface of things, and quite neglect our spirit's obscure longing for eternal life. Like the Israelites, we worry constantly about physical needs, but are often unmindful of God who supplies them. Today, Jesus offers us the refreshing water of eternal life, a power of faith and union-with-God which is our deepest need, and can satisfy the thirst of our soul. How the desert blossoms, when water is brought to it. (We may cite dramatic examples of successful irrigation in Israel, Egypt, California.) The same miracle of growth can take place in the parched soul, if God lets his Spirit flow over me. All the ravages of doubt, fear and sin will yield to the new life of grace.

A sacramental washing: Already in baptism, the sacramental washing with water by the Christian Church was a first contact with the grace of Christ. I was given a good start, planted well in the garden of God, with room to put down roots, and draw vital nourishment from the living spring of the Saviour. Yet, I need continuing help, to keep my spirit alive and pleasing to God as life goes on. Like the desert-wandering Jews, I suffer from thirst; I grow weary in confronting problems and temptations. Jesus guarantees me the "living water" I need. His own Spirit is always at hand, as a force of encouragement and fidelity.

"To dwell in the house of the Lord": Our deep desire remains, something not confined to Christians but shared by the mystic tradition in other religions: namely, the yearning to come into the presence of God, and be welcomed by God. All of us are called by him to drink of that "fountain of water, springing up to everlasting life." In times of widespread religious scepticism, the hope of heaven as eternal life after death is often cast in doubt as wishful thinking. But we cling to this hope, relying on the word of Jesus. For Paul and the early Christians, the hope of eternal life breathed joy into all their efforts and sacrifices. Fidelity until death seemed well worthwhile, "for the weight of glory that will be revealed in us." Our part to play is turning

aside from sin, and trying to live by the gospel. God can be absolutely relied on to fulfil his promise, and will in time satisfy the deep thirst of our spirit.

## Rejoice in God's Mercy

In Lent we contemplate our baptism and our reconciliation with God. God gave us living water at our Baptism. The new life we receive in baptism commits us to a 'holy boldness' by which we can reach out to our community and live this life to the full. Though we often fail, God calls us back and through reconciliation we can continue to live our baptismal graces. Action: Like the woman at the well, reach out to someone in your community; by your actions they will know God.

### 'Misericordia et Miseria' Apostolic Letter

#### Pope Francis' Apostolic Letter

#### 'Misericordia et Miseria'

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

Given this need, lest any obstacle arise between the request for reconciliation and God's forgiveness, I henceforth grant to all priests, in virtue of their ministry, the faculty to absolve those who have committed the sin of procured abortion. The provision I had made in this regard, limited to the duration of the Extraordinary Holy Year is hereby extended, notwithstanding anything to the contrary. I wish to restate as firmly as I can that abortion is a grave sin, since it puts an end to an innocent life. In the same way, however, I can and must state that there is no sin that God's mercy cannot reach and wipe away when it finds a repentant heart seeking to be reconciled with the Father. May every priest, therefore, be a guide, support and comfort to penitents on this journey of special reconciliation.

For the Jubilee Year I had also granted that those faithful who, for various reasons, attend churches officiated by the priests of the Priestly Fraternity of Saint Pius X, can validly and licitly receive the sacramental absolution of their sins.[15] For the pastoral benefit of these faithful, and trusting in the good will of their priests to strive with God's help for the recovery of full communion in the Catholic Church, I have personally decided to extend this faculty beyond the

Jubilee Year, until further provisions are made, lest anyone ever be deprived of the sacramental sign of reconciliation through the Church's pardon.

To Be Continued

## Diocese & Other News

### Memorial Liturgy For Those Mourning A Miscarried Or Stillborn Infants

When families lose a baby in the womb, the cries of birth go unheard; the grasp of tiny fingers slips away. This profound loss needs articulation. Join us in a prayer gathering to commend our children communally into the embrace of our merciful God and to support those who are grieving the loss of a child. Memorial Liturgy will be held on Friday, March 24, 2017 at 7pm, at Sacred Heart Church (1307 14 St SW, Calgary, AB). Please register at [www.miscarriageliturgy.ca](http://www.miscarriageliturgy.ca) - or call 403-218-5500. E-mail: [MemorialLiturgy@calgarydiocese.ca](mailto:MemorialLiturgy@calgarydiocese.ca)

## Parish Activities

### Together in Action 2017

The 2017 "Together in Action" commences on the first Sunday of Lent (March 5). The theme this year is:

"Blessed are the merciful, for they will obtain MERCY." (Matthew 5:7)"

Our parish's target is \$22,607 as designated by the Diocese. This year's TIA is led by Pastoral Care Team. We plead for your generous support.

### The sacrament of Reconciliation

The Diocese of Calgary invites you to re-discover the meaning of the sacrament of Reconciliation in your life. 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 Lent ( March22, 29, April 5 and 12) from 7:30 – 8:30pm.

### Breakfast Corner and Movie Afternoon

Date: March 26 (Sunday)

Place: OLPH Upper Hall

Sponsor: Catholic Family Fellowship (CFF)

Breakfast in Cantonese style with congee, soya sauce fried thick rice noodle and 2 pieces of stuffed sticky rice cake will be served after 10:00 am and 11:30 am mass, complimentary muffins and drinks

after 8:30 am mass.

Breakfast ticket is \$5 each, sale at Church main entrance.

Movie is free of charge. Join us in this event of food, socializing, and faith sharing.

Movie Afternoon – 1:00 pm to 3:30 pm.

“The Good Lie” is a deeply touching story about survival, perseverance and hope. In 1983 orphans of the civil war in Sudan journeyed from their devastated homeland in search of refuge. Years later, got accepted into modern America four of these survivors begin their new life with challenges. The Chinese Movie Title is translated as “The Good Life”

### Youth Group and YAG Lenten Retreat

Date: March 25, 2017

Location: FCJ Centre (219 19 Ave SW)

Time: 5PM-10PM

Cost: \$10/person

Theme: MISSION POSSIBLE: F † .

JESUS

Do you dare to accept God's mission for you this Lenten season? Come experience games, skits, spiritual talks and more at our annual Lenten retreat. Dinner will be included.

## Weekly Activities

Wed, Fri March 22, 24

### OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Fri March 24

### Way of the Cross in Lent

English: every Friday 8:30 a.m.

### OLPH Scout

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

Place: Upper Hall & Lower Hall

Sat March 25

### 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

### Way of the Cross in Lent

Cantonese & Mandarin: 4:30 p.m.

### Youth and Young Adults Group

#### Retreat

Time: 5:00p.m.-10:00p.m.

Place: FCJ Centre (219 19 Ave SW)

Sun March 26

### 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

### Breakfast Corner and Movie afternoon

Time: Breakfast Corner

8:30 a.m. - 1:00pm

Movie Afternoon – 1:00 pm to 3:30 pm.

Place: OLPH Church Upper Hall

### Young Adults visit Masion Senior

#### Living

Time: 2:00pm-3:00pm

### Game Night and Potluck

Time: 5:30p.m.- 10:30p.m.

Place: OLPH Church Upper Hall

## Let There Be Light

### What God Won't Ask

1. God won't ask what kind of fancy car you drove. He will ask how many people you took to church who didn't have transportation.
2. God won't ask the square footage of your house. He will ask how many people you helped who didn't have a house.
3. God won't ask how many fancy clothes you had in your closet. He will ask how many of those clothes you gave away to those who didn't have any.
4. God won't ask what social class you were in. He will ask what kindness you displayed.
5. God won't ask how many material possessions you had. He will ask whether those material possessions dictated your life.
6. God won't ask what your highest salary was. He will ask if you trampled over any people to obtain that salary.
7. God won't ask how much overtime you worked. He will ask did you work overtime for your family.
8. God won't ask how many promotions you received. He will ask what you did to promote others.
9. God won't ask what your job title was. He will ask did you perform your job to the best of your ability.

10. God won't ask how many promotions you took to chase a dollar bill. He will ask how many promotions you refused to advance your family's quality of life.
11. God won't ask how many times you didn't run around on your spouse. He will ask how many times you did.
12. God won't ask how many degrees you had. He will ask how many people you thanked for helping you get those degrees.
13. God won't ask what your parents did to help you. He will ask what you did to help your parents.
14. God won't ask what you did to help yourself. He will ask what you did to help others.
15. God won't ask how many friends you had. He will ask how many people you were a friend to.
16. God won't ask what you did to protect your rights. He will ask what you did to protect the right of others.
17. God won't ask what neighborhood you lived in. He will ask what other neighborhoods you visited.
18. God won't ask how many times you told the truth. He will ask how many times you told a lie.
19. God won't ask about the color of your skin. He will ask about the color of your heart.
20. God won't ask how many times your deeds matched your words. He will ask how many times they didn't.

## Stories Faith Sharing

### You Cannot Hide It From Yourself

Two disciples came to a master; they wanted to attain to truth. The master gave each of them a dove and told them 'Go to a place where nobody is witnessing you and kill the dove.'

The first one went just outside the house. There was nobody – it was a hot afternoon and nobody was on the road. He killed the dove, came back.

The other disciple never turned up for three years. The master waited and waited and after three years the disciple came with the dove and said 'I could not find a place where He was not the witness. I have tried all kinds of places, places where there was nobody watching. I had gone into deep dark caves where even if somebody was there he could

not have seen it. But everywhere He was watching from inside me. So I closed my eyes but then He was watching from inside the door. In these three years I have tried all that was humanly possible. I am sorry – I cannot fulfill the mission.'

The master was very happy and he said 'You are accepted and the first is rejected. You have found the very secret of meditation. Live always aware of this witness and God will become available to you. He is available.'

"Zahira." That too is a sufi name for God. It means: the manifest one. Shahido means the hidden one who is looking

from inside, Zahira means the manifest one who is manifest everywhere – in the trees, in the rivers, in the mountains, in people, in animals. God is both, the hidden and the unhidden. He is not only the inside, He is the outside too because He is all.

## Read More Know More

### The Lenten Season

by the Congregation for Divine Worship Pastors should devote themselves to the ministry of reconciliation, and provide sufficient time for the faithful to avail themselves of this sacrament.

"All Lenten observances should be of such a nature that they also witness to the life of the local Church and foster it. The Roman tradition of the "stational" churches can be recommended as a model for gathering the faithful in one place. In this way the faithful can assemble in larger numbers, especially under the leadership of the bishop of the diocese, or at the tombs of the saints, or in the principal churches of the city or sanctuaries, or some place of pilgrimage which has a special significance for the diocese".

"In Lent the altar should not be decorated with flowers, and musical instruments may be played only to give necessary support to the singing"; this is in order that the penitential character of the season be preserved.

Likewise from the beginning of Lent until the paschal Vigil, "Alleluia" is to be omitted in all celebrations, even on solemnities and feasts.

The chants to be sung in celebrations especially of the Eucharist, and also at devotional exercises should be in harmony

with the spirit of the season and the liturgical texts.

Devotional exercises which harmonize with the Lenten season are to be encouraged, for example, "The Stations of the Cross"; they should help foster the liturgical spirit with which the faithful can prepare themselves for the celebration of Christ's paschal mystery.

## 主日分享

### 四旬期第三主日：從不信到信

福音描述了一個撒瑪黎雅婦人歸依基督的過程，這個歷程實有助每一位基督徒，特別是候洗者，對自己的信仰作反省。

1. 信仰是天主的恩賜：不要以為是我們選擇天主，其實是天主選擇我們；天主常是主動，祂有能力打破所有限制。故事中，耶穌主動打破宗教、政治、風俗上的限制。猶太人與撒瑪黎雅人宗教上對抗，各自建立朝拜的中心，政治上因互相攻伐而成世仇，風俗上猶太男子不會在公眾場所與女子交談，更何況是不潔的外邦女子？耶穌主動打破界限：“請給我一點水喝！”耶穌用懇求去挑動女人樂於助人的善心。祇可惜積怨太深，連耶穌也沒馬上成功，但祂沒有因而放棄。
2. 信仰是建在耶穌基督的身上：耶穌從實用的層次跳到信仰的層次（活水）去吸引她，並指出真正有需要的，是她而不是祂，而屬靈信仰的生命是建在耶穌的身上：“若是你知道天主的恩賜，和現在向你要水喝的是誰”，是祂給人活水。女人被實際的利益（不需再打水）打動了，忘記了深仇大恨，要求來自耶穌的活水。不少人信耶穌也許是從實際物質利益開始，但耶穌總要求人回到祂的身上。
3. 信仰要求人離開罪惡：人若接受天主的恩賜，必須清除生活上相反天主的行為，故耶穌要求女人先解決自己罪惡的生活：“你去叫你的丈夫，然後再到這裡來！”這女人大概私生活不太好，有過五個丈夫，現在又和另一男人同居；有人猜測她可能是個妓女，由於名聲不好，刻意躲開別人，至中午才來打水；也有認為撒瑪黎雅人跟隨外邦人拜邪神，甚至拜五個之多。耶穌現在要她與罪惡一刀兩斷。

信仰耶穌要求人離開罪惡及偶像，不能左右逢源，既信耶穌，又拜關帝，又信風水。

耶穌耐心地帶領這女人走向祂，她也接受耶穌領導，甚至連稱呼也慢慢改變，顯出她信仰耶穌的歷程：你→先生→先知→默西亞。她接受耶穌為默西亞後就放下水桶，表示她已得到來自耶穌的活水。

4. 信仰要求人為耶穌作証：接受了耶穌，人就有責任為祂作証，帶領別人到耶穌跟前。那女人不再害怕人群，她返回人群中，承認過去罪惡生活的錯誤：“你們來看！有一個人把我過去所做的一切都說了出來”。因她的緣故，許多撒瑪黎雅人來到耶穌跟前，開始另一個信仰歷程。這篇豐富的福音，表現了人從不信到信的歷程。信仰基本上是一個恩賜，天主主動打破一切界限召叫我們。我們信仰的動機最初很複雜，甚至不純正，但耶穌基督能改變我們，使我們的信仰建在祂的身上。真正接觸到基督的人，自會承認自己的不善之處。像撒瑪黎雅婦人一樣，一個不完美的人，同樣可成為別人認識耶穌的工具。畢竟，信仰是建在耶穌身上：“我們現在信了，不是由於你的話，而是因為我們親自聽見了祂的話，知道祂確實是世界的救主。”

## 堂區活動

### 2017 教區公益金，齊來獻愛心

2017 年教區 TIA 籌款的主題為：『憐憫人的人是有福的，因為他們要受憐憫。』瑪竇福音：第五章七節  
本堂所須籌募的數目為教區指定的 22,607 元，今年公益金將由牧靈關愛組負責統籌，懇請各位慷慨解囊，繼續支持教區公益金，讓我們無私奉獻，活出信仰，攜手一起行動！

### 青少年團及大專青年團四旬期避靜

日期：2017 年 3 月 25 日

地點：FCJ Centre (219-19 Ave SW)

時間：晚上 5 時至 10 時

費用：每人 10 元正

主體：MISSION POSSIBLE: F□. JESUS

在這四旬期內，你有勇氣接受天主給你的使命嗎？

我們誠意邀請你來參加一年一度的四旬期避靜，內容有遊戲，幽默小品，信仰講座等。並提供晚餐。

### 四旬期悔罪禮

卡加利教區內所有教堂在四旬期內逢星期三

3月22、29、4月5及12日) 晚上7時30分至8時30分，將開放給教友辦告解聖事。教友應盡量參與與天主修合，以準備主基督的來臨！

### 早餐交流會及電影欣賞

日期：3月26日(星期日)

地點：永援聖母堂上禮堂

贊助善會：公教家庭

早餐交流會 - 早上十時，十一時三十分彌撒後有早餐供應，八時三十分彌撒後免費茶水及muffin。

早餐包括燒豬骨粥，鼓油皇苟菜花炒河粉及兩件糯米飽。

早餐票每位5元，可於各主日在教堂正面入口購票。

聚會將包括有美食、生活交談及信仰分享

電影欣賞 - 《原來活得很精彩》

下午1時至3時30(免費)

一個關於生存、毅力和希望的故事。始於1983年蘇丹殘酷的內戰令他們成為孤兒，徒步走過上千里的路程為要尋求安全的容身之所。15年後，數千名的倖存者受美國收容開始他們的新生活。請看其中四名如何在新環境接受挑戰，活出很精彩的人生。

## 活動一週

星期三、五 3月22, 24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 3月24日

四旬期苦路善功

早上8時30分

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 3月25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

四旬期苦路善功

時間：下午4時30分

青少年團及大專青年團四旬期避靜

時間：下午5時至10時

地點：FCJ Centre (219-19 Ave., SW)

星期日 3月26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

早餐交流會及電影欣賞

時間：早餐 - 早上8時30分至下午1時

電影欣賞 - 下午1時至3時30

地點：永援聖母堂上禮堂

大專青年團探訪 Masion Senior

Living

時間：下午2時至3時

大專青年團遊戲及 Potluck

時間晚上5時30分至10時30分

地點：永援聖母堂上禮堂

## 心靈小品

### 熱心事主

在事奉主的道路上，我們常常信心軟弱，愛主冷淡，不肯愛主。因此，保祿在這節經文裡對我們的勸勉極有幫助。讓我們愛主的心更多

一、熱心的方法--"殷勤不可懶惰"

俗話說："百行動為先，萬惡懶為首"。又說："一日之計在於晨，一年之計在於春，一家之計在於和，一生之計在於勤。"

聖經中也常勸勉我們要殷勤，不可懶惰。要像螞蟻預備糧食，又如蜜蜂殷勤採蜜。基督徒事奉主要殷勤，勤讀

聖經，勤禱告，勤作主工。有一位姐妹說："一個人愛主的心有多少，要看他在床和主中間的揀選，揀選床多就多睡一點，揀選愛主就早起一點。"讓我們都成為忠心又良善的僕人，不要成為那被主責備的"又惡又懶的僕人"。二、熱心的地點--"心裡"熱心事主，不是在"十字路口"，也不是在"山洞裡"，也不是在"嘴唇上"，而是在"心裡"火熱服事主。耶穌為什麼責備法利賽人"你們有禍了"，因為他們注重外表，墨守陳規，外面表現出十二分熱心，而心卻遠離主，充滿詭詐，貪婪和自私。今天我們的愛主愛人是否從"心裡"發出？我們的奉獻是否從"心裡"發出？我們的禱告是否發出"心裡"？馬丁路德說："你禱告的時候，天主不是看你的手，而是看你的心"。熱誠乃是由心發出，有心無力固然不好，但有力無心更不好。愛主應當盡心盡力。

三、熱心的程度--"火熱"

"火熱"是聖神所感動的熱，是強烈的愛的熱，是"眾水不能熄滅、大水也不能淹沒"的，是最動人，也是有效的熱。"火熱"不是"狂熱"，不是失去理智的熱。某地方有幾個人變賣財產，等候耶穌再來，結果等到半夜耶穌沒有來。這種沒有知識的做法給教會帶來損失，給人們帶來極壞的影響。這種所謂的"熱心"是極端錯誤的。"火熱"也不是不冷不熱。乃是留心禱告讀經，追求靈性生命的長進。生活聖潔，見証有力，信心剛強，靈眼明亮。

四、熱心的時間--"常常"

熱心事主不是一天、二天、一月、二月，而是常常如此，終生服事主。不是時冷時熱，不是隨己意，而是以主為中心，一生一世住在天主的殿中。不是遇順境要主，遇逆境離主而去。不是像"寒暑表"一樣，不是因環境改變而改變，當以不變應萬變。有一位老弟兄告訴我，他在熱心的時候，一夜之間禱告38次之多。但在冷淡的時候，一個多月沒有禱告。這難道不是沒有常常嗎？聖經教導我們要常常禱告，常常守道，常常喜樂，常常感謝，常常讚美。

五、熱心的目的--"服事主"

熱心不是為得人的稱讚，不是為肚腹得飽，不是為了得銀錢，不是為得名

譽地位，熱心的目的乃是為服事主，服事教會，服事眾人。也有些人為名利而“心裡火熱”，卻沒有為主的教會復興，為信徒靈性的需要，為眾人靈魂的得救而“心裡焦急，如同火燒”。今天我們各人要捫心自問，省察自己，為義為審判，要自己責備自己。

## 靈修小故事

地球上罪惡的根源：就是自己  
一位老婦人死後被天使們帶到審判席前。法官在審視她的記錄時發現，除了給挨餓的乞丐一根胡蘿白之外，她沒有行過一次善。

不過，就憑著這一點愛心的力量，法官判定，她可以借著那根胡蘿白之力飛上天堂。那根胡蘿白被帶上庭來，拿給了老婦人。她一抓到胡蘿白，蘿白就開始上升，仿佛有一根無形的繩子在牽引著它，蘿白帶著老婦人朝天上飛去。

這時，一個乞丐出現了，他抓住了老婦人的衣角，和她一起往天上飛。又有第三個人拽住了乞丐的腳，也開始升天。很快，胡蘿白下面跟了一連串被帶往天堂的人。

不過，奇怪的是，老婦人並沒有感到脚下這些人的重量。事實上，因為她一直朝著天堂看，所以沒有注意到這些人。

他們越升越高，就快到天堂門口了。就在此時，老婦人扭過頭，最後瞥了一眼地球，發現了脚下的這根人鏈。她勃然大怒，傲慢地揮了揮手，大叫道：“滾開！你們都滾開！這根胡蘿白是我的！”

就在揮手的一剎那，她鬆開了胡蘿白——於是，她和眾人一起跌了下去。地球上所有罪惡的唯一根源：“就是我們自己呢！”

## 知多一點點

### 怎樣渡四旬期？

封齋期的開始，是聖灰禮儀日，至耶穌復活瞻禮，為期四十天的齋期，齋期在勉勵教友多克苦，多祈禱，潔淨心身為思念我們的主耶穌基督的苦難，迎接復活瞻禮。

“人哪！你當記得，你原來是土，將

來還歸於土。”在聖灰禮儀時，神父向教眾的額前搽聖灰時如此念。教友則唱下列的：“我們當換衣服、帶灰塵、穿苦衣、守齋涕泣，在上主前悲嘆；因為我們的天主多賜恩寵，寬赦我們的諸罪。”這已經說明了封齋之意，及信眾應如何渡此封齋期。

聖教會以聖灰禮儀作為封齋期的開始，其意義是非常深長的。因為聖灰禮儀明白的告訴我們要死亡，死亡以後就歸於塵土。所以神父在教友額前灑聖灰，便是在警告我們，不要驕傲，世間的一切不是長久。所以我們領聖灰時，應當自謙自卑，承認自己是個罪人，懇求仁慈的天主寬赦我們。我們要承認天主自無中，以灰土創造了我們，在祂的面前，我們祇是虛無而已，是天主的仁慈，才把我們的地位提高，以祂的肖像賦予我們靈魂。而我們大部分的時間花費在追求肉體的享樂，到頭來肉體不過是灰土一堆，因為每個人都要死亡的呀！

我們都是罪人，原罪加上本罪，使我們的肉身死亡，靈魂下地獄，若要消滅罪過，應當依靠主耶穌基督救世之恩寵，真切痛悔定改，並加補贖。當我們犯罪的時候，心裏面不願意服從天主的命令，而外表又缺少了在天主台前的本份。所以內外兩方面，都有虧缺。我們內心要回心歸向天主，悔改己罪，並定誌再不敢犯；外表要守齋克苦，賠補天主所受凌辱。

封齋期共四十天之久，是提醒我們紀念耶穌的苦難。吾主耶穌四十天在曠野嚴齋補贖，祂一粒不食，一滴不飲。祂跪在岩石上，作長時間禱告；睡在堅硬的山地上，作澈夜默想。祂為我們受苦，祂為我們祈禱。我們是耶穌的信徒，雖然不能像耶穌那樣克苦的情形，最少應當守聖教所定的齋期，多祈禱，多克己，多到聖堂中去拜苦路，想想耶穌為我們受難而死的情景。耶穌的受苦受難，為的是補贖世罪，拯救我們，難道我們為了自己的罪過，不願多做些克苦犧牲嗎？

肉身的克苦，為我們的靈魂也發出了光輝，肉身有一天死亡了，靈魂登天堂享見天主。所以教友總應是禁絕世樂，犧牲克己，修飾靈魂。在此封齋期中，正是我們潔淨靈魂的時候。