

Holy Week Schedule 聖週禮儀時間表

April 13* 4 月 13 日	Holy Thursday 聖週四 - The Lord's Supper 主的晚餐	Bi-lingual Mass at 7:30 pm (Mandarin and Cantonese) 國語、粵語彌撒在 晚上七時三十分舉行
April 14* 4 月 14 日	Good Friday 聖週五 - The Lord's Passion (Fast & Abstinence) 基督苦難日(守大小齋)	Tri-lingual Rite at 3:00 pm (English, Mandarin and Cantonese) 英語、國語、粵語禮儀在 下午三時舉行
April 15* 4 月 15 日	Holy Saturday 聖週六 Easter Vigil (復活慶典的夜間禮儀)	Tri-lingual Mass at 9:00pm (English, Mandarin and Cantonese) 英語、國語、粵語彌撒在 晚上九時舉行 (Celebration of Baptism, Confirmation & Eucharist) (施放聖洗、堅振及聖體聖事)
April 16 4 月 16 日	Easter Sunday 基督復活主日	Mass Time as usual 彌撒時間照常

*There will only be one Mass in The *Paschal Triduum*

逾越節三日慶典只有一台彌撒

Tuesday Evening Mass on April 11 & April 18 at 7:00pm will be suspended
週二晚上 4 月 11 日及 4 月 18 日晚上七時彌撒取消

The Paschal Triduum

The *Paschal Triduum* begins with The Lord's Supper on [Holy Thursday](#), and includes [Good Friday](#), [Holy Saturday](#), and [Easter Sunday](#), with the Great Easter Vigil as the high point of the Triduum. According to church tradition, parishioners could obtain a plenary indulgence during the Triduum: Goes to confession and receive Holy Communion

Holy Thursday- The Lord's Supper

It is a day Christians commemorate the Last Supper shared by Christ with his disciples. On this day four events are commemorated: the washing of the Disciples' feet by Jesus Christ, the institution of the Mystery of the Holy Eucharist at the Last Supper, the agony of Christ in the Garden of Gethsemane, the betrayal of Christ by Judas Iscariot. After the Holy Thursday celebration, the communion bread and wine is taken from the altar with no formal closing. Instead, the parish is invited to worship the Holy Eucharist (holy Body of Christ). Father Nguyen encourages all parishioners to spend time in Adoration of the Blessed

Eucharist. You are invited to stay after mass (Holy Thursday evening) or come in the next morning.

The church will open at 9:00am on Good Friday.

Good Friday- Adoration of the Cross Fasting and Abstinence

1. Among Catholics, fasting is a reduction in the normal amount of food consumption per day: one regular meal plus two other smaller meals without the provision of snacks during the Holy Days of observation.
2. Among Catholics, abstinence is the omission of meat and other meat products, except fish, in the diet during the Holy Days of observation.
3. Abstinence is practiced by a wider age group of Catholic individuals 14 and up as opposed to fasting which is practiced by Catholics aged 18 to 59. (Christians remember His crucifixion and burial)
No Mass is celebrated on this day, and the Passion of Jesus Christ is usually celebrated at 3 PM

On Good Friday, the entire Church fixes her gaze on the Cross at Calvary. Each member of the Church tries to understand at what cost Christ has won our redemption.

The Good Friday service corresponds to the divisions of Mass:

Liturgy of the Word - reading of the Passion. Intercessory prayers for the Church and the entire world, Christian and non-Christian.

Veneration of the Cross (delete)

Communion, or the 'Mass of the Pre-Sanctified.'

The Veneration of the Cross

Easter Vigil

The full meaning of Vigil is a waiting for the coming of the Lord. "The entire celebration of the Easter Vigil takes place at night.

The first part consists of symbolic acts and gestures

A suitable place should be prepared outside the church for the blessing of the new fire, whose flames should be such that they genuinely dispel the darkness and light up the night.

The Symbolism of Candles.

Light is pure; it penetrates darkness; it moves with incredible velocity; it nourishes life; it illumines all that comes under its influence. Therefore it is a fitting symbol of God, the All Pure, the Omnipresent, the Vivifier of all things, the Source of all grace and enlightenment. It represents also our Blessed Savior and His mission. He was "the Light of the world" ([John 8:12](#)).

Even the use of wax has its symbolic meaning. The earlier Fathers of the Church endeavored always to seek out the mystical significance of Christian practices, and one of them thus explains the reason for the Church's law requiring candles to be of wax: Paschal Candles have special decorations to indicate who is represented.

The paschal candle should be prepared, which for effective symbolism must be made of wax, never be artificial, be renewed each year, be only one in number, and be of sufficiently large size so that it may evoke the truth that Christ is the light of the world. It is blessed with the signs and words prescribed in the Missal. The procession, by which the people enter the church, should be led by the light of the paschal candle alone. The light from the paschal candle should be gradually passed to the candles that all present are holding in their hands. The deacon makes the Easter proclamation,

which tells by means of a great poetic text the whole Easter mystery, placed in the context of the economy of salvation. The readings from Sacred Scripture constitute the second part of the Vigil.

Finally, the resurrection of the Lord is proclaimed from the gospel as the high point of the whole liturgy of the word. After the gospel, a homily is to be given, no matter how brief.

The third part of the Vigil is the baptismal liturgy. Christ's passover and ours are celebrated. The service also includes confirmation and First Holy Communion.

The celebration of the Eucharist forms the fourth part of the Vigil and marks its high point, for it is in the fullest sense the Easter sacrament, that is to say, the commemoration of the sacrifice of the cross and the presence of the risen Christ, the completion of Christian initiation, and the foretaste of the eternal pasch.

逾越節三日慶典

逾越節三日慶典以主的最後晚餐開始，並以基督苦難日、復活慶典的夜間禮儀及基督復活主日結束。

根據教會的傳統，在這三天內，信友可用下列任何一種方式獲得全大赦：領聖體及辦告解

聖週四彌撒—主的晚餐

聖週四彌撒是在晚間舉行，主要是為紀念主的最後晚餐，祂建立感恩祭，—以及祂出自愛心的服務榜樣為門徒洗腳：是耶穌要我們相親相愛的命令，彼此洗腳，亦即彼此服務和彼此相愛的具體表現。

遷供聖體

在唸完「領聖體後經」以後，主禮及輔祭等隆重地將聖體恭迎到一特設的祭台或聖堂內的一小聖堂中，在此供奉，讓信友來朝拜。本日彌撒後，要撤去祭台上的一切裝飾和用具。

阮神父邀請各位教友，在聖週四彌撒後及聖週五早上，能騰出時間朝拜聖體，作特別默想和敬禮耶穌在十字架上的犧牲。教堂大門將於聖週五上午九時開放。

聖週五參與朝拜十字聖架

教友當日要守大小齋

小齋：教會規定凡已足十四歲的教

友，在每年的聖灰禮儀及聖週內星期五紀念基督聖死日，應守小齋，即在那兩天放棄取用熱血動物的肉類食物。

大齋：教會要求年齡已滿十八至五十九歲的教友在每年的聖灰禮儀及聖週內星期五紀念基督聖死日，應守小齋外，還要守大齋，即在那兩天只可飽食一餐，其他兩餐只可進食少許食物，其餘時間可飲流質飲品，但不能進食其他食物（藥物除外）。

這一天，教會以齋戒、讀經、祈禱，來紀念並參與救主基督的苦難、聖死；但不是在哀悼基督的死亡，而是慶祝基督在十字架上的逾越。藉著這個紀念，十字架上的救恩重新臨現在我們身上。今天沒有感恩禮，舉行的是「紀念救主苦難儀式」。最恰當的時間是下午三點左右，因為第九時辰是若望所載主耶穌基督的受難始末。

主禮及聖職輔禮人員到祭台前，致敬後，伏於地上，或雙膝跪下，全體默禱片刻。我們面對此偉大的十字架救贖人類的奧跡，應該謙卑地伏地朝拜或用雙膝下跪。

今天的禮儀包括三大部分：

1. 聖道禮：聆聽「基督受難史」，是今天禮儀的重點。「信友禱文」部分，是隆重的大祈禱文。
2. 領聖體禮。
3. 「朝拜十字聖架」，因為基督是「一次而永遠」的為我們被釘死在一個十字架上，所以，只朝拜「唯一」的十字架，是更強而有力的標記出此中之深意：一個主、一個救恩、一個教會、一個十字架。朝拜十字聖架的真實意義在於：以聖禮的方式，去經驗基督在十字架上交出自己的生命，為大眾做贖價，而獲得勝利的逾越救恩；並且投身在祂的十字架前，和祂一起，為了別人而存在，而受苦、逾越。

聖週六晚的「復活慶典夜間禮儀」

聖週六，教會靜默的守候在基督的墓穴旁祈禱，默想基督的苦難和死亡，直到舉行「復活節夜間慶典」，這個是禮儀年中最高峰的慶典。

「復活節夜間慶典」是一個光和水的慶節，因為基督的死亡、復活，為我

們帶來了生命之光，讓我們與祂一起出死入生；而水，是進入祂的國度的記號。今晚，我們和所有的新教友一起慶祝重生。所以，今晚慶典的高峰和本質，就是舉行「入門聖事」。

今晚的禮儀，包括四大部份：燭光禮、聖道禮、聖洗禮和聖祭禮。「燭光禮」是序曲。熊熊火燄，讓人不由得震懾於「生命之火」的力量。再由這火燄點燃復活蠟，並傳點每個人手中的小蠟燭。「聖道禮」，是今夜慶典的重要部分。藉著聆聽聖言，再一次重溫救恩史。

宣讀「福音」，是聖道禮的高峰。

聖洗禮儀「成人入門聖事」，包括了聖洗、堅振、聖體聖事，應一起完成。聖洗聖事展開新生命；堅振聖事堅強這生命；聖體聖事以基督的體血，來滋養門徒，使之能日益基督化。

由於這是一個「光」的慶節，燭光禮開始時，都應熄滅所有燈光，只看見新火的亮光。此時，光明與黑暗的對比是十分強烈的。當信友們點燃了手中的蠟燭進堂後，滿堂只見象徵我們生命的燭光。

基督在受難、死亡後，進入光榮的復活，完成了祂的「逾越奧蹟」。我們也透過「聖洗聖事」，死於舊有的自我，分享了基督的永恆生命。並且在生活中，不斷和基督一起，自我逾越。如此，我們才能充滿生命力的慶祝這一年之中最重要的「逾越節三日慶典」。

Theme Sharing

Palm Sunday of the Lord's Passion
No Stranger to Hardship

"He was oppressed and was afflicted, yet he opened not his mouth. Like a lamb that is led to the slaughter, and as a sheep before its shearers is dumb, so he opened not his mouth" (Is 53:7). For the followers of Christ, this Isaiah text evokes a response deep down within us, seeing how they apply to God's only beloved Son, and how he died for all of us. In the words of St Peter, "without having seen him you have come to believe in him, and so you are filled already with a joy so glorious that it cannot be described" (1 Pet 1:8). Without this sincere love of Christ, we are not true followers of his. We cannot

say we fully love him, until we appreciate what he suffered for us.

Today, having heard the Passion narrative there is no real necessity to retrace in great detail the events there described. But it is well to bear in mind that Christ was no stranger to hardship, privation and suffering, long before that final day of his life. "Being in the form of God," as St Paul says, from the moment he came on earth, Jesus emptied himself, taking the form of a slave, becoming as human beings are (Phil 2:6f). He, the most high God, suffered the hardships of the poor, at times not even having a place to lay his head. He endured hunger and thirst, and after long days surrounded by crowds seeking a cure, he often spent whole nights at prayer in the hills. Despite his compassion for all who came to him, he met with hatred and rejection, in particular from Pharisees and priests, who planned to have him killed. How this rejection and hatred must have grieved him. King Lear knew "How sharper than a serpent's tooth it is, to have a thankless child;" and how must Jesus have felt at being rejected by the people he had chosen, above all others.

So terrible was the inner struggle of Jesus as he faced his death, that in the garden his sweat became like drops of blood falling to the ground. Another bitter pill was the knowledge that one of his own circle of twelve would betray him, that most of the others would leave him, and that even the loyal St Peter would repeatedly swear he had never met him. But most terrible of all was his feeling of being abandoned by God, his inner spirit shrouded in a darkness that reflected the murky darkness that enveloped Calvary as the end drew near. "My God, my God, why have you forsaken me?"

So the face cruelly disfigured was the face of the Son of God. The forehead streaming with blood, the hands and feet nailed to the Cross, the body lacerated with scourges, the side pierced with a lance, these were the forehead, the hands and feet, the sacred body, the side of the eternal Word, made visible in Jesus. Why such suffering? We can only say with Isaiah, "It was for our transgressions he was smitten, for our sins he was brought low. On him lay the punishment that brings us healing, through his wounds we are made whole" (53:5ff). God, our Father, grant that your Son's suffering for us may not be in vain.

Rejoice in God's Mercy

With Passion Sunday we begin the final week of Lent and prepare ourselves to celebrate the Paschal Triduum. Rejoice in God's Mercy has aimed to invite you to participate more readily and more easily in the sacrament of Reconciliation. Reconciliation is a sacrament that Catholics can receive at any time. In addition to Rejoice in God's Mercy on Wednesdays and scheduled diocesan penitential services, most parishes have a regularly scheduled time for Reconciliation throughout the year. If you are not available at the scheduled time or if your situation is complicated and you think you might need more time than usual, the sacrament is always available by appointment with the priest. Jesus never said it would be easy to follow him but he also gave us this sacrament to help us own up to our failings, receive his strength, and start anew. Action: Take concrete steps to make the sacrament of Reconciliation an integral part of your life as a disciple of Christ.

Diocese & Other News

Retirement Open House - Most Reverend Frederick B. Henry, Bishop Emeritus of Calgary

Wine & Cheese Open House, Sunday, April 30th from 2 - 5 pm at the Commonwealth Centre - 1177-3961 52 Ave NE, Calgary AB. Please RSVP at www.calgarydiocese.ca.

34th Annual Outdoor Way of the Cross

The 34th Annual Outdoor Way of the Cross will take place on Good Friday, April 14th starting at 9:00am, St. Mary's Cathedral (219 - 18th Ave SW). Please join us for this event.

Parish Activities

Chrism Mass 2017

Monday April 10, 7:30 pm, St. Mary's Cathedral. Doors open at 6:30pm. During this Mass, the Bishop blesses the oil of catechumens and the oil of the sick. He also prepares and consecrates the oil of chrism that is used in the sacraments of baptism, confirmation, and holy orders.

Tuesday evening Mass Cancelled
Tuesday Evening Mass (7:00 pm) will be cancelled on April 11 and April 18.

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 this last Wednesday of Lent April 12 from 7:30 - 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.

Special Donation on Good Friday (April 14)

There will be a special collection on Good Friday April 14 for the Holy Land in support of Christian communities, the works of the Holy Land, the upkeep of the Holy Sites and the formation of future Priests. Let us give generously to respond to the needs of the Church in the land of Jesus

Divine Mercy Sunday, April 23

According to Guidelines for Divine Mercy Observances from Diocese, no Novenas at all may take place in parishes during the three-day period of the Easter Triduum. Parishioners are encouraged to pray at home. The pamphlets for the Novena of the Divine Mercy can be picked up at the church entrances.

7-days Public Praying of the Novena of the Chaplet of Mercy

Date: April 17 to April 23

Time: Will be prayed 15 minutes before mass or the day's liturgical celebration.

Divine Mercy Sunday:

Date: April 23, 2017

Time 2:00 pm- 3:30 pm

Place: Our Lady of Perpetual Help Church
It will be celebrated with prayers, hymns, scripture reading, homily, Act of Entrustment to the Divine Mercy and Exposition of the Blessed Sacrament. Priest is available for the Sacrament of Reconciliation.

Jelly Flowers Making Course.

Choose your date between April 24 to May 31 (Monday to Thursday)

Cost: \$40 (one-class course)

(All proceeds will go to TIA)

Please contact Sr. Magdalena for details.

Weekly Activities

Wednesday April 12

OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Good Friday - Centre is closed

The Sacrament of Reconciliation

Time: 7:30p.m.-8:30 p.m.

Place: OLPH Church

Thursday April 13

Holy Thursday – The Lord's Supper

Time: 7:30 p.m.

Friday April 14

Good Friday – The Lord's Passion

(Fast & Abstinence)

Time: 3:00 p.m.

Saturday April 15

Holy Saturday – Easter Vigil

Time: 9:00 p.m.

Legion of Mary (meeting)

Time: 9: 45 a.m.

Place: K of C Room at OLPH Church

Easter Sunday April 16

Mass as usual

Stories Faith Sharing

Lasting Rewards

Ukrainian gymnast Larisa Latynina held the record of 18 Olympic medals. She won them in the 1956, 1960, and 1964 Olympics. The 48-year-old record was surpassed when Michael Phelps swam for his 19th gold in the 4 x 200-meter freestyle relay in the 2012 London Games. "[Latynina] kind of got lost in history," the publisher of the *International Gymnast* magazine said. When the Soviet Union broke up, "we had forgotten about her."

Paul, the apostle, reminds us that sometimes hard work is forgotten. Athletes subject their bodies to great discipline as they train to win perishable medals for their effort (1 Cor.9:25). But it is not just that the medals are perishable. Over time, people's memory of those achievements dim and

fade. If athletes can sacrifice so much to achieve rewards on the earth, rewards that will eventually be forgotten, how much more effort should followers of Christ exert to gain an imperishable crown? (1 Tim. 4:8).

Athletes' sacrifice and determination are rewarded with medals, trophies, and money. But even greater, our Father in heaven rewards the discipline of His children (Luke19:17).

God will never forget our service done out of love for Him who first loved us.

I thank You, Lord, for the opportunities to use the gifts You have given me for Your service today.

Help me to do so in obedience, expecting nothing more than Your "well done" as reward. Sacrifice for the kingdom is never without reward.

主日分享

聖枝主日 (基督苦難主日)

基督苦難的力量

耶穌的受難始末，不應把它當作歷史故事去讀，它與我們息息相關，裡面處處有我們的影子。今天就讓我們撇開那些像司祭長、猶達斯、伯多祿、比拉多等重要人物，而從一些次要人物的作為，去看他們為我們帶來的啟示。

(I) 巴辣巴：瑪竇說他是個囚犯，馬爾谷說他曾在暴動中殺人，若望稱他為強盜。總之，他並非善男信女，是個死囚，一個等待死刑來臨的人。現在耶穌替他死，是名副其實的救他脫離死亡，恢復他的自由。從這個角度看，每一個基督徒都是巴辣巴，我們都是罪人，但耶穌的死，使我們自由而獲得新生。後代不少小說及電影，構想巴辣巴出獄後的生活是如何如何。其實，這個人物從此在聖經裡消失，可能聖經作者願我們知道自己就是巴辣巴，巴辣巴日後的歷史，就由每個基督徒自己寫吧！

(II) 基勒乃人西滿：羅馬人強迫他背耶穌的十字架。被迫背東西已是一種侮辱，提醒猶太人亡國及被統治的事實，加上背的東西是死囚的刑具，不但使自己不潔，更是奇恥大辱，沒齒難忘。人人都不願受侮辱，但有時為環境所迫，侮辱是無可避免。與其

在心內詛咒，或像阿 Q 一樣作無聊的發泄，不如藉侮辱事件作為接近基督的機會。西滿心中可能咒罵羅馬人，但他的確為基督背了十字架；光是這個行動，基督也賞報了他，使他在福音留名，他的兒子亞歷山大和魯富，極有可能是早期教會的重要人物。我們有沒有把握為基督背十字架的機會呢？

(III) 十字架下的士兵：他們的職業使他們變得毫無感情，對別人的痛苦無動於衷，他們祇關心自己的利益。當十字架上發生了一件驚天動地、關乎世人命運的事時，他們滿不在乎，祇管理首賭博，看誰取得囚犯的衣服。但慈悲的天主，仍不捨棄他們。當他們賭博完畢，回首看到基督的死亡及跟著發生的事，瑪竇清楚記載百夫長和士兵們一齊說：“這個人真是天主子！”不管人如何祇顧自己的利益或沉迷賭博，祇要他們停下來，仰望十字架上的基督，天主的恩寵就有能力使他們改變。

(IV) 阿黎瑪特雅人若瑟：他是一個富翁，礙於利害關係，一直不敢公開承認自己基督徒的身分。不過，當耶穌死時，他卻大膽地站出來，向比拉多領取耶穌的遺體。基督的死，使懦弱的基督徒變成意志堅強的証人。基督的死會改寫了很多人生命的歷史。基督徒相信祂苦難的力量今天仍持續著，我們就是巴辣巴、西滿、士兵、若瑟，祇要我們瞻仰十字架上的基督，感受到他的愛，他的恩寵有足夠的力量幫助我們去寫自己未來的歷史。

堂區活動

主教祝聖聖油彌撒

日期：四月十日 (星期一)

時間：晚上七時三十分

(晚上六時三十分開放)

地點：St. Mary's Cathedral

教會在每年聖週四或提前幾天在主教座堂，由主教祝聖聖油。請各位教友盡量參與。

週二黃昏彌撒取消

四月十一日及四月十八日週二晚上七時彌撒取消。

四旬期悔罪禮

卡加利教區內所有教堂在四旬期內最後一個星期三

4月12日晚上7時30分至8時30分，將開放給教友辦告解聖事。

「該告解、每年至少一次」

現凡於一年內未有妥當辦告解聖事的教友，不可領受聖體聖事。

基督苦難日捐獻 (4月14日)

是日所收的奉獻，將全部呈上羅馬教廷以支持及培育聖地未來的神父。請慷慨支持及回應！

神聖慈悲瞻禮四月二十三日

本堂誦念慈悲串經的日期將從四月十七日(星期一)至四月二十三日(星期日)連續七天，在中、英文彌撒或當天禮節前十五分鐘向慈悲的天主作七日敬禮，誦念慈悲串經。此外，教友可在家中作神聖慈悲敬禮九日祈求，經文小冊子可在教堂入口處拿取。並於四月二十三日(星期日)下午二時至下午三時三十分在永援聖母堂慶祝神聖慈悲瞻禮，內容包括祈禱，歌詠，聖經誦讀，講道，托付救主慈悲禱文及顯供聖體，並舉行修和聖事，希望各教友以積極投入的精神，參與祈禱，來回應基督在聖死與復活的奧跡中對人類所顯示的無限仁愛。

遮喱花製作課程

遮喱花製作課程，由牧靈關愛組主辦。課程於2小時30分完成，每堂收費40元。有興趣者，可於4月24日至5月31日(星期一至星期四)任擇一天上課。詳情請參閱堂區海報。一切收益將全數捐助教區公益金。

活動一週

星期三 4月12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 14日聖週五休息

四旬期悔罪禮

時間：晚上7時30分至8時30分

地點：永援聖母堂

星期四 4月13日

聖週四-主的晚餐

時間：晚上7時30分

星期五 4月14日

聖週五-基督苦難日(守大小齋)

時間：下午3時

星期六 4月15日

聖週六

(復活慶典的夜間禮儀)

時間：晚上9時

聖母軍

時間：上午9時45分(開會)

地點：聖堂二樓騎士會室

星期日 4月16日復活主日

彌撒時間照常

心靈小品

好好想想你自己

無論你過去做過什麼，無論你已經做了什麼……魔鬼總是把它摔在你臉上……無論是什麼事(撒謊、欺騙、過失、憂慮、惡習、惡意、憤怒、怨恨等等)……你要知道，耶穌就站在窗口，祂看到了全部。不光是我們已經做了的，我們還沒有做出來，我們心裡意念和動機耶穌全都知道了。不要再掩藏了，這樣你就會落到魔鬼的控告和控制之下。

祂已看過你的一生...祂要你知道，祂愛你，你被饒恕了。祂祇是奇怪你要忍受魔鬼的奴役到什麼時候。主耶穌渴望拯救你脫離魔鬼的控制，讓你得享自由，享受被釋放的快樂和平安。

耶穌的偉大在於，當你請求饒恕的時候，祂不但樂意饒恕你，而且還要賜下聖神幫助你勝過罪惡和誘惑。

我們正是因為主耶穌的饒恕之愛和能力而得救。

耶穌就在窗口等著你！

當耶穌死在十字架上的時候，祂正想著你！

靈修小故事

精神病人

有一所精神病院的院長，有一天他叫了一個病人來，對他說：「根據我們的觀察，你這幾個月有很大的改變，你開始會說謊、會偷東西還會欺負新來

的...，很多正常人會做的壞事，你都會做了，所以我們決定讓你提早出院。」病人回答：「院長，可不可以遲幾天，因為再過兩天，我就可以領到生活津貼了。」

院長大怒：「你馬上給我出院，你簡直就是一個正常人了，沒有資格再住精神病院。」

默想：這是一個很諷刺的笑話，正常人必然會做許多的壞事，是許多精神異常的人做不到的；在靜默禱告中求主光照、鑒察我們的心，不容任何惡念在我們裡面橫行。