

Theme Sharing

Third Sunday of Easter

The Precious Gem of Faith

The most precious thing we have as Christians is our faith, our firm belief that God exists, that he has revealed himself in the person of Jesus Christ, his divine Son, that by our following of Christ we attain the privilege of being accepted as children of God, and that having lived in communion with God, in him alone we will ultimately find true happiness. When we are completely united with God, then there will be no more sorrows or trials; we will become sharers in his divine life, and our own lives will be complete. The articles of this our faith are more certain than all the discoveries of human wisdom, because they are founded on the word of God, who cannot lie. Of course divine revelation, and the articles of faith which are based on it, can seem obscure and at times difficult to grasp, but as Cardinal Newman once said, "Ten thousand difficulties do not make one doubt" (*Apologia Pro Vita Sua*). And as to difficulties, even the chosen disciples of Jesus himself had a number of these, in particular in coming to terms with his resurrection from the dead. He had said to them at the Last Supper, "I will see you again, and your hearts will rejoice, and that joy no one will take from you" (Jn 16:22).

But the two disciples on the road to Emmaus were anything but joyful. Very obviously they were not leaders in the community, but they represented all the followers of Christ generally. The two were troubled, and as yet did not understand why Jesus' body was missing from the tomb. Neither, at first, did they recognise Jesus, but once recognition came they did not hesitate to believe. This was in complete contrast to the Apostles, who recognised the risen Jesus straightaway, but hesitated to trust their senses. The two at Emmaus, we are told, recognised him in the breaking of bread, and the words used leading up to this, "took, blessed, broke, handed," are precisely the terms used by Luke in describing the institution of the Eucharist at the Last Supper.

This has a special message for us, as to where principally we should seek to find Jesus. For we can take as addressed to us also the promise of Jesus to his disciples, "I will not leave you orphans; I will come to you. Yet a little while and the world will not see

me, but you will see me; because I will be alive, and you also will live" (Jn 14:18). Christ is telling his followers, ourselves included, that they will have a new life, a life which will be the result of Christ's Holy Spirit dwelling within them. At the moment the disciples at Emmaus recognised Christ, we are told that he had already vanished from their sight. This statement is probably intended to bring home to us that Jesus' miraculous appearance is hardly necessary when one has his presence in the Holy Eucharist. Of course we cannot see Christ, or be aware of his presence in any physical manner. We cannot look at him, hear him, or converse with him. But still in a spiritual, immaterial, inward way, we can really possess him, be aware of him. And, wonderful to say, such possession and awareness can be more real and more present than that which the Apostles enjoyed in the days of his flesh, precisely because it is spiritual, because it is invisible.

Luke says that while Jesus spoke with the two on the road, their hearts burned within them. But at the time this was happening they were not aware of it. Afterwards when Jesus had said the blessing over the bread, it was then their eyes were opened, their faith in him renewed. This is a clear declaration that it is only by faith that the presence of the risen Jesus is recognised, and not by visual means, because Jesus, we are told, had already vanished from their sight when they recognised him. He had passed from being seen without being known, to that of being known without being seen.

This simple and charming story has one great lesson for us all. It tells how the two disciples begged Christ to stay with them, and how they enjoyed his companionship. The word "companion" derives from two Latin words, "cum" meaning "together with," and "panis" which means "bread," implying that companionship is the result especially of eating together, breaking bread together, something which is at the heart of the Eucharist. Like the disciples who begged Christ to stay with them, we too must really want him to be present in our hearts and in our lives in order to share in his companionship. This we should do every time we celebrate the Eucharist together.

Pope's Monthly Prayers Intention

May General and Missionary Intention Evangelization: Christians of Africa, witnesses for peace

That Christians in Africa, in imitation of the Merciful Jesus, may give prophetic witness to reconciliation, justice, and peace.

Diocese & Other News

An Evening of Prayer for Vocations

On Sunday May 7, 2017 there will be an evening of prayer for vocations held at Sacred Heart Church in Calgary (1307 14 Street SW). Exposition of the Blessed Sacrament will begin at 7:30 pm. A small reception will be held after the service. For more information, please contact Fr. Colin O'Rourke at the Vocations Office: 403-245-2753.

The 2017 One Million Rosaries for Unborn Babies

On May 5-7, everyone is invited to take part in a multinational pro-life prayer event. Participants are asked to pray at least one Rosary for an end to abortion.

Hike for Life

Calgary ProLife is holding its 37th Annual Hike for Life on May 13, 2017 at Princes Island Park from 8:30 to 12 Noon. Register on line at www.calgaryprolife.com or call 403 243 0691 or pick up a pledge sheet in the back of the church for yourself or sponsor a priest. HELP US EDUCATE THE CHILDREN in our schools that life is a gift from God which begins from conception to natural death. This fundraiser helps to send a resource consultant to schools and groups in Calgary. Last year, almost 6000 people in over 200 presentations were reached and double that came in contact with our message via volunteering, trade shows, the hike and in our parishes.

Mount St. Francis Retreat Centre

41160 Retreat Road, Cochrane, AB

Silent Day Retreat

"Prayer in Our Lives."

Thursday, May 11 -Enjoy a silent day away in the beautiful setting of Mount St. Francis Retreat

(9:00 a.m. – 3:00 p.m.). This year's theme is different aspects of Prayer. Please call or email ahead to register. Come at 8:30 to

enjoy a coffee or tea and muffins before we begin the program. Suggested contribution is \$30.00 or \$40.00 with a private room. To register please Phone 403-932-2012, or email: mtfrancis@shaw.ca

Parish Activities

Exposition of the Blessed Sacrament on May 6

The May's Exposition of the Blessed Sacrament will be led by Queen of China on May 6 from 10am to 11am.

Fr. Nguyen will listen to Confession.

Parishioners are encouraged to attend

TIA Fundraising

Pastoral Care Team will organize a special sales of two different kinds of Rice Dumplings and Taro Pies. They are now taking pre-orders at the church entrance. Thank you for your support. For details please see the poster.

Youth Night

Youth Night will be held on Saturday May 13th, 2017 from 6pm -10pm at Upper Hall. Complimentary dinner will begin at 6pm and a spiritual talk will follow at 7pm. Afterwards, we will be going to Archery Tag. The fee will be \$15 per person. All youths, young adults and families are encouraged to attend this event.

Sunday School will be selling roses on Mother's Day

Mothers play an irreplaceable role in our lives. To help us show our appreciation to our mothers, Sunday School will be selling roses on Mother's Day (May 14). The beautiful roses will be sold before and after mass for \$5.00 each. The increased price will help generate funds to subsidize the purchase of books for Sunday School. Please show your support for Sunday School and appreciation for your mother by buying her a rose! May our Heavenly Mother bless your family!

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. As of April 17, our campaign has received a total of \$6,600. This year's

TIA is led by Pastoral Care Team. We plead for your ongoing support. Together we will help thousands within our own communities and abroad through difficult times. Let's give sacrificially, act out our faith, and join Together in Action

Weekly Activities

Wed, Fri May 3, 5

OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Fri May 5

OLPH Scout

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

Place: Upper Hall & Lower Hall

Sat May 6

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

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 Upper Hall

Sun May 7

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

Queen of China meeting

Time: 12: 30p.m.-2:30p.m

Place: OLPH Upper Hall

Let There Be Light

Sometimes We Say

Sometimes we say, "It's impossible."

But Jesus says in Luke 18:27,

"Things that are impossible for men are possible for God."

Sometimes we say, "I'm too tired."

But Jesus says in Matt 11:28

"Come to me all you who labor and are overburdened and I will give you rest."

Sometimes we say, "Nobody really loves me."

But in John 3:16 we read that God so loved the world that he gave his only Son.

Sometimes we say, "I can't go on."

But Jesus told Paul, "My grace is enough for you: for power is at full stretch in weakness."

(2 Cor. 12:9)

Sometimes we say, "I can't figure things out."

But in Prov 20:24 we read that God guides human steps.

Sometimes we say, "I can't do it."

But Paul wrote in Phil 4:13, "I can do all things in Him who strengthens me."

Sometimes we say, "I'm not able."

But Paul wrote in 2 Cor 9:8, "There is no limit to the blessings which God can send you –

he will make sure that you will always have all you need for yourselves in every possible circumstance, and still have something to spare for all sorts of good works."

Sometimes we say, "I can't forgive myself."

But Paul wrote in Rom 8:1, "Those who are in Christ Jesus are not condemned, the law of the spirit of life in Christ Jesus has set you free from the law of sin and death."

Sometimes we say, "I can't manage."

But Paul wrote in Phil 4:19, "God will fulfill all your needs in Christ Jesus as lavishly as only God can."

Sometimes we say, "I'm afraid."

But in 2 Tim 1:7 we read, "God's gift was not a spirit of timidity, but the Spirit of power and love and self-control."

Sometimes we say, "I'm always worried and frustrated."

But Peter wrote in 1 Pet 5:7, "Unload all your worries onto God since he is looking after you."

Sometimes we say, "I'm not smart enough."

But Paul wrote in 1 Cor 1:30 "God has made you members of Christ Jesus and he is our wisdom."

Sometimes we say, "I feel all alone."

But in Heb 13:5 God says, "I will never fail or desert you."

Stories Faith Sharing

A Miracle

Tess was a precocious eight year old when she heard her Mom and Dad talking about her little brother, Andrew. All she knew was that he was very sick and they were completely out of money. They were moving to an apartment complex next month because Daddy didn't have the money for the doctor's bills and our house. Only a very costly surgery could save him now and it was looking like there was no-one to loan them the money. She heard Daddy say to her tearful Mother with whispered desperation, "Only a miracle can save him now."

Tess went to her bedroom and pulled a glass jelly jar from its hiding place in the closet. She poured all the change out on the floor and counted it carefully, three times. The total had to be exactly perfect, no chance here for mistakes. Carefully placing the coins back in the jar and twisting on the cap, she slipped out the back door and made her way 6 blocks to Rexall's Drug Store with the big red

Indian Chief sign above the door. She waited patiently for the pharmacist to give her some attention but he was too busy at this moment. Tess twisted her feet to make a scuffing noise. Nothing. She cleared her throat with the most disgusting sound she could muster. No good. Finally she took a quarter from her jar and banged it on the glass counter. That did it! "And what do you want?" the pharmacist asked in an annoyed tone of voice. "I'm talking to my brother from Chicago whom I haven't seen in ages," he said without waiting for a reply to his question. "Well, I want to talk to you about my brother," Tess answered back in the same annoyed tone. "He's really, really sick... and I want to buy a miracle." "I beg your pardon?" said the pharmacist. "His name is Andrew and he has something bad growing inside his head and my Daddy says only a miracle can save him now. So how much does a miracle cost?" "We don't sell miracles here, little girl. I'm sorry but I can't help you," the pharmacist said, softening a little.

"Listen, I have the money to pay for it. If it isn't enough, I will get the rest. Just tell me how much it costs." The pharmacist's brother was a well dressed man. He stooped down and asked the little girl, "What kind of a miracle does your brother need?" "I don't

know," Tess replied with her eyes welling up. "I just know he's really sick and Mommy says he needs an operation. But my Daddy can't pay for it, so I want to use my money." "How much do you have?" asked the man from Chicago. "One dollar and eleven cents," Tess answered barely audibly. "And it's all the money I have, but I can get some more if I need to." "Well, what a coincidence," smiled the man. "A dollar and eleven cents - the exact price of a miracle for little brothers." He took her money in one hand and with the other hand he grasped her mitten and said "Take me to where you live. I want to see your brother and meet your parents. Let's see if I have the kind of miracle you need."

That well dressed man was Dr. Carlton Armstrong, a surgeon, specializing in neurosurgery. The operation was completed without charge

and it wasn't long until Andrew was home again and doing well. Mom and Dad were happily talking about the chain of events that had led them to this place. "That surgery," her Mom whispered "was a real miracle. I wonder how much it would have cost?" Tess smiled. She knew exactly how much a miracle cost... one dollar and eleven cents plus the faith of a little child.

Read More Know More

Saint Joseph the Worker

On May 1, 1955, Pope Pius XII instituted the liturgical feast of May 1st, in honor of Saint Joseph the Worker.

He assured his audience and the working people of the world: "You have beside you a shepherd, a defender and a father" in Saint Joseph, the carpenter whom God in His providence chose to be the virginal father of Jesus and the head of the Holy Family. He is silent but has excellent hearing, and his intercession is very powerful over the Heart of the Saviour.

We can conclude from the role for which Saint Joseph was chosen and named by Heaven that he was a man of tried virtue and consummate holiness. No other mortal man would ever hold a higher office. Saint Joseph surpassed all the Saints of the Old Law in sanctity; in him the virtue of his ancestors reached its culmination and perfection. Like Abraham, he was a man of faith and obedience; like Isaac, one of prayer and vision; like Jacob, he was patient and

self-sacrificing; like Joseph of Egypt, his chastity was inviolable. And like David, of whom he is the direct descendant, he is a royal intercessor according to the heart of God. *Ite ad Joseph — Go to Joseph*; to Joseph of Egypt, the pharaoh told the needy to go for assistance to receive the grain that would save their lives. To the new Joseph, the *just man* to whom the Son of God Himself was subject as to a father, all Christians can go with confidence, and he will see to their spiritual and temporal needs with paternal goodness.

主日分享

復活期第三主日

經驗復活的基督

耶穌復活的消息傳到耶路撒冷教會，反應並非想像中熱烈，相信的人不多，甚至伯多祿也生疑惑，不知發生了甚麼事。往厄瑪烏去的兩個門徒，代表教會內失望的一群。他們聽到婦女的報告，但不相信女人的話，最後離開耶路撒冷教會。從耶路撒冷到厄瑪烏有一象徵意義：厄瑪烏在耶京的西面，兩門徒向西行，正走向落日。“夕陽無限好，祇是近黃昏”，黃昏雖美，總帶點哀傷，因為黑暗快將來臨。兩門徒認出復活的基督，星夜返回耶路撒冷，即朝著東方走，從黑暗走向光明。

兩門徒離開耶路撒冷教會，是因希望幻滅，他們原希望耶穌復興以色列國。這就是有些人跟隨耶穌的動機及離開教會的問題。不純正的動機，不該有的願望，往往是離開的原因。有些人認為教會既是至聖，遇到眾多壞榜樣教友時，便失望得離去；忘記教會的至聖性，是來自至聖的耶穌，至聖的基督常臨在於罪人的教會。今日的福音提到：“主真的復活了，並向西滿顯現”，耶穌並沒有因為伯多祿的不承認祂而捨棄祂。

離開教會的原因還有很多，我按今日的福音特別提出一點：離開者缺乏一份真實的信仰經驗。耶穌一步步帶領兩門徒獲得這份信仰經驗，最後使他們返回耶路撒冷教會。

耶穌不從譴責開始，祂主動走近兩門徒，邀請他們講出對信仰的期望。祂

用聖經開解他們，讓我們知道聖經是認識祂、了解祂最好的途徑，而天主也特別眷顧時常接觸天主聖言的人。耶穌引起兩門徒好客的善心，待兩人誠意邀請時，才把握機會，藉分餅禮，讓兩人經驗祂、認出祂。本來經驗到基督的渠道很多，但基督願意人藉著聖事，特別是感恩祭宴去接觸祂，領受祂的恩寵。聖經與聖事都是手段，接觸基督、經驗基督才是最重要的。基督徒總聽過聖經，領過聖事，但都能因自己的軟弱、準備不足或其他原因，經驗不到基督。兩門徒最初也“聽到”基督復活的報告，但沒有“經驗到”復活的基督，故仍生離去之心。到耶穌親自解釋時，他們的心“火熱起來”，再加上擘餅禮，使他們感通起來，認出基督的臨在。雖然基督在他們面前隱去，但復活的基督已臨在他們心中。這份對基督的經驗，催迫他們立刻起程，返回耶路撒冷教會。信仰不是知識，不少基督徒懂很多道理，甚至熟讀聖經，並不表示有深刻的信仰。在信仰歷程上，基督徒必須對基督有一份經驗，信仰才有穩固的根基，有了它，信仰才經得起風吹雨打；有了它，我們才會覺得罪人的教會也有可愛之處；有了它，我們才有信心與人分享自己的經驗，有信心去為基督作証。

教宗及福傳祈禱意向

五月祈禱及傳教意向：

福傳意向：為非洲基督徒
願非洲基督徒效法仁慈的耶穌，能為修和、正義與和平做先知性的見證。

堂區活動

顯供聖體 (五月六日)

永援聖母堂五月份的顯供聖體由聖母會帶領，時間為五月六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！

2017年教區公益金(TIA) 義賣籌款

牧靈關愛組為繼續支持[教區公益金]，特別精心泡製三種食物：蛋黃咸肉粽、

蓮蓉鹹水粽及芋蝦。請各位教友鼎力支持。由本週起，在聖堂入口處開始派發預定表格。詳細資料請參閱堂區海報。

青年晚會

青年晚會將於 5 月 13 日(星期六) 6 時至 10 時舉行。6 時於上禮堂開始晚餐，7 時是靈修講座。講座後往射箭場。場費是 15 元。歡迎堂區所有青年及兄姊妹參加。

母親節主日學售賣玫瑰花

為表揚和感謝母親對我們無窮的奉獻，主日學將於五月十四日每堂彌撒前和後售賣玫瑰花，每枝五元，所有淨收入會為主日學購買上堂用的課本，請踴躍支持！願我們天上的母親祝福你們的家庭！

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，截至 4 月 17 日，捐款已累積至 6,600 元。

今年公益金將由牧靈關愛組負責統籌，懇請各位教友繼續支持，合力幫助本土社區及國外成千上萬的勞苦大眾。讓我們無私奉獻，活出信仰，攜手一起行動，慷慨解囊！

活動一週

星期三、五 5 月 3, 5 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 5 月 5 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 5 月 6 日

顯供聖體

時間：上午 10 時至 11 時

地點：永援聖母堂

聖母軍

(聖母軍聖母無玷聖心支團)

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

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：永援聖母堂上禮堂

星期日 5 月 7 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

聖母會開會

時間：下午 12 時 30 分至 2 時 30 分

地點：永援聖母堂上禮堂

心靈小品

長大了，我們是成熟了
還是虛偽了

不知道從什麼時候起

我們不再是那個講話的時候不安的盯著脚尖的那個害羞的小男孩或小女孩了

現在的我們可以談笑自如的應付一個個熟悉的抑或陌生的面孔

笑靨如花

不知道從什麼時候起

我們要靠一個又一個的謊言來填補

我們的前一個謊言

厭惡卻又樂此不疲

不知道從什麼時候起

我們學會了一臉真誠的和我們很討厭

的人親密的聊天

仿佛如多年的好友

心裡卻煩躁的希望快點逃離他的視線

不知道從什麼時候起

朋友好像是有了新的含義
 我們身邊的那些朋友不再是那麼的無話不談
 我們會思考哪些話可以說，哪些話卻是不能講的
 我們知道了什麼是互惠互利
 我們知道了有些人祇是一個時期的朋友而已
 長大了，我們是成熟了還是虛偽了呢
 我們知道了誰會在我們困難的時候幫助我們
 我們知道了誰會在我們一無所有的時候依然不離不棄
 我們知道了哪些祇是我們得勢時候的朋友
 我們長大了
 我們變得很有體面了
 我們也很會應酬了
 我們做事相當的井井有條
 我們開始享受別人對我們羨慕的目光了
 可是我們卻不快樂
 一點都不快樂

靈修小故事

非走不可的彎路

在青春的路口，曾經有那麼一條小路若隱若現，召喚著我。母親攔住我：“那條路走不得。”我不信。“我就是從那路走過來的，你還有什麼不信？”“既然你能從那條路上走過來，我為什麼不能？”“我不想讓你走彎路。”“但是我喜歡，而且我不怕。”母親心疼地看我好久，然後嘆口氣：“好吧，你這個倔強的孩子，那條路很難走，一路小心。”上路後，我發現母親沒有騙我，那的確是條彎路，我碰壁，摔跟頭，有時碰得頭破血流，但我不停地走，終於走過來了。坐下來喘息的時候，我看見一個朋友，自然很年輕，正站在我當年的路口，我忍不住喊：“那路走不得。”她不信。“我母親就是從那條路上走過來的，我也是。”“既然你們都從那條路上走過來了，我為什麼不能？”“我不想讓你走同樣的彎路。”“但是我喜歡。”我看了看她，看了看自己，然後笑了：“一路小心。”我很感激她，她讓我發現自己

不再年輕，已經開始扮演“過來人”的角色，同時患有“過來人”常患的“攔路癖”。在人生的路上，有一條路每一個人非走不可，那就是年輕時候的彎路。不摔跟頭，不碰壁，不碰個頭破血流，怎能煉出鋼筋鐵骨，怎能長大呢？

知多一點點

大聖若瑟勞工主保（5月1日）

大聖若瑟；聖母的淨配、耶穌的養父。聖若瑟，依照聖經的描述是一個「義人」：滿全了義德的人；照我們中國人的說法，是一個「完人」。他充沛的信心，全心信賴天主，無保留地服從天主。心地仁厚慈祥，愛人如己。工作勤奮，盡忠職守，全心全力照顧家庭；是聖母堅貞的伴侶，耶穌人間的好父親；是人品的極致，無瑕可指。我中華教會奉他為中國大主保，教會不僅奉他為勞動者主保，更奉之為普世教會大主保。他實在當得起我們的信賴和敬愛，他也真有力量福佑我們，因為聖母以下，他是聖中之聖，耶穌最親近的人。

5月1日是國際勞動節，聖教會特規定在本日舉行大聖若瑟模範工人節，將勞動階級置於聖若瑟的大力護佑下，正如1955年5月1日教宗比約十二世在意大利天主教工人協會慶祝會上對全世界工人階級所肯定的那樣，“在你們身邊的是一位牧者、一位護衛者和一位養育者。”我們知道大聖若瑟是一位工人，天主特將降生為人的聖子托付這位模範工人聖若瑟照管撫養。

聖若瑟是勞動階級最理想的主保。他屬於工人階級，他為了自己和聖家飽嘗了貧窮的苦況……在忠實地完成每日工作的生活中，他給每一位以雙手勞作換取麵包的人們樹立了良好的榜樣。

這位納匝肋的謙虛工人不僅在天主的教會面前代表了一切用雙手勞動者的尊嚴，而且他也是你自己和家庭的堅實的守護者。

工人都應以聖若瑟為楷模，他是教友工人們的榜樣。聖若瑟是工人們的主保，他特別關心工人並為他們轉求天

主。