

The loveliest masterpiece of the heart of God is the heart of a mother - St. Therese of Lisieux

### Mother's Day Blessings

O God, Who didst instruct the hearts of the faithful by the light of the Holy Spirit, grant all the mothers in the same Spirit to be truly wise, and ever to rejoice in their consolation. Through Christ our Lord. Amen.  
May our Heavenly Mother bless your family!

### 母親祝福語

在此母親節，請為天下的母親祈禱。求主賞賜她們聖神的聰敏，力量和喜樂。

願天上的母皇祝福你們的家庭！

## Theme Sharing

Fifth Sunday of Easter  
The Soul's Aspirations

At the heart of every great civilisation in the history of mankind there has been some form of religion, which when it was declined was followed gradually afterwards by the break-up of that civilisation. Are Western countries, we might ask, on the slide to decadence therefore, because they concentrate their energies almost solely on the gaining of wealth and political power, to the near total exclusion of religious values? Of course we should seek higher standards of living, and work so as to pay for the good things we enjoy, but unless we are ambitious also for the higher gifts of the spirit we can end up as a nation without a soul, devoid of moral values.

As against this, the history of God's chosen people Israel, as we see in the Bible, is proof that a low material culture can become the vehicle of a truly great religious tradition. "Man," one of the Fathers of the early Church (Eusebius) wrote, "man, the beloved creation of the divine Word, is meant to form a bridge between God and the material universe." The first Christian heresies, on the one hand, sought to convert Christianity into a religion of pure spirit, claiming that the material world is essentially evil. The prophets of modern progress, on the other hand, would say, "We must concentrate all our energies on developing our material assets; as for religion, it is immaterial," in

other words it serves no useful purpose in promoting the welfare of the human race. But there are only three great enduring factors which can sustain the true aspirations of the human soul, faith, hope and love, and only these can span the gap between ourselves and the God who created us for himself. The Church, which Christ the eternal Son of God founded, is continually reminding us of the faith which we have received, and of our duty to increase and hand it on to the next generation. As to love, some would even claim that it has been over-stressed in our sermons, to the point of becoming almost a kind of sentimentalism largely divorced from any moral code. However Scripture assures us that the greatest of the cardinal virtues is love. But we should ask ourselves what about the virtue of hope and its significance in our lives. Hope which for the Jews was, and still is, so important, has for Christians become almost the forgotten virtue. "Trust in God still and trust in me," said Jesus in his farewell at the Last Supper. "Hope is to us like an anchor, safe and sure," the Letter to the Hebrews tells us (6:19), and in the ancient world the anchor was the one great symbol of stability for the seafarer, who, relying on sail-power, was forever at the mercy of the uncertain winds. An ancient proverb maintained that "a ship should never depend on one anchor, or a life on one hope" (Epictetus). So it is that the hope mentioned by the writer of Hebrews is anchored in two unalterable truths, first the promise given by God, who cannot lie, to shower blessings on Abraham and all his descendants (and such are we also), and secondly the oath by which God confirmed this promise, so making it into a most solemn and sacred pledge. If throughout our lives we continue to hope and trust in God's mercy then we can pass with confidence through the veil that separates us now from God, that veil through which the risen Christ has passed as our forerunner. Christ's promise to his Apostles at the Last Supper is made to us too, "I am going now to prepare a place for you, and after I have gone and prepared a place for you, I shall return to take you with me so that where I am you also may be." The longing for happiness hereafter is obviously a response to the virtue of hope implanted in us by God. No matter what happens we should continue to trust that with the grace of God we may

persevere to the end, and so obtain the joy of heaven, which God will bestow on us as a reward for the good works accomplished under the guidance of the Holy Spirit, who pleads for us with sighs too deep for words. The great Carmelite saint, Teresa of Avila, whose writings on prayer merited for her the title of Doctor of the Church, composed this little prayer to keep her hope alive: "Hope, Oh my soul, hope. You know neither the day nor the hour. Watch therefore, for everything passes quickly. The more you strive, the more you prove the love you have for God, and the more you will rejoice one day with your beloved One, in a happiness and rapture that can never end."

## Parish Activities

### The Pentecost Novena

The feast day of Pentecost will be coming soon. To prepare ourselves to receive the gifts of the Holy Spirit, Fr. Joseph Nguyen encourages parishioners to pray The Pentecost novena at home.

Honoring the Holy Spirit is the oldest of all novenas, and it is still the only novena officially prescribed by the Church. Addressed to the Third Person of the Blessed Trinity, it is a powerful plea for the light and strength and love so sorely needed by every Christian.

The Novena begins on May 26 ( Friday ) and ends on June 3 ( Saturday ).

Parishioners can pick up the Pentecost Novena booklet at the Church main and side entrances.

### Week day Mass Cancelled

Since Fr. Joseph will attend Clergy Retreat from May 16 to 19, the following Masses will be cancelled:

9:00 a.m. Mass from May 16 (Tue) to May 19 (Fri)

7:00 p.m. Tuesday Mass on May 16

### Breakfast Corner and Movie

#### Afternoon

Date: June 4 (Sunday)

Place: OLPH Upper Hall

Sponsor: Pastoral Care Team

Breakfast in Cantonese style Congee with shredded pork and preserved egg, two rolls of stuffed sticky rice and one fried taro shrimp will be served after 10:00am and 11:30am mass; complimentary muffins and drinks after 8:30am mass.

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

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

Movie Afternoon – 1:00pm to 3:30 pm.

“Miracles from Heaven” (Chinese Subtitle) is a deeply touching story about Anna Beam who lives with a rare, incurable disease. Everything changes when Anna tells an amazing story of a visit to heaven after surviving a headlong tumble into a tree. She begins to show signs of recovering from her fatal condition.

### 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. 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 17, 19

OLPH Senior Centre

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

Place: OLP Church Upper Hall

Fri May 19

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 May 20

Legion of Mary ( meeting )

Time: 9:45a.m.

Place: K of C Room at OLP Church

Yoga beginner class

Time: 11:30 a.m. - 12:45p.m.

Place: OLP Church Upper Hall

Young Adults choir practice

Time: 5:00p.m.-7:00p.m.

Place: OLP Lower Hall

Sun May 21

Catholic Family Fellowship party

Time: 2:00p.m.-8:00p.m.

Place: OLP Church Upper Hall

## Let There Be Light

### MOTHERS

Real Mothers don't eat quiche; they don't have time to make it.

Real Mothers know that their kitchen utensils are probably in the sandbox.

Real Mothers often have sticky floors, filthy ovens and happy kids.

Real Mothers know that dried play dough doesn't come out of carpets.

Real Mothers don't want to know what the vacuum just sucked up.

Real Mothers sometimes ask 'Why me?' and get their answer when a little voice says, 'Because I love you best.'

Real Mothers know that a child's growth is not measured by height or years or grade...

It is marked by the progression of Mommy to Mom to Mother...

The Images of Mother

4 YEARS OF AGE - My Mummy can do anything!

8 YEARS OF AGE - My Mum knows a lot! A whole lot!

12 YEARS OF AGE - My Mother doesn't really know quite everything.

14 YEARS OF AGE - Naturally, Mother doesn't know that, either.

16 YEARS OF AGE - Mother? She's hopelessly old-shioned.

18 YEARS OF AGE - That old woman? She's way out of date!

25 YEARS OF AGE - Well, she might know a little bit about it!

35 YEARS OF AGE - Before we decide, let's get Mum's opinion.

45 YEARS OF AGE - Wonder what Mum would have thought about it?

65 YEARS OF AGE - Wish I could talk it over with Mum.

## Stories Faith Sharing

### Jesus Promises

A priest once described an experience he had in London some years ago. The whole city was fog-bound. He came out of a convent where he had celebrated Mass, only to discover that he literally couldn't see his hand in the fog. The community house in which he lived was less than a mile away, but there was no way he could even attempt to walk down the road. Footpaths, lampposts, parked cars, etc., were all enveloped and invisible in the fog. He had decided to return to the convent when he heard footsteps approach from his left. He stood still, and

listened. Suddenly, out of the fog came a man, walking briskly and confidently. He spoke to the man, who stopped and bade him goodnight and made to continue on his way. It was a few seconds before it dawned on the priest that the man was blind and was totally oblivious of the fog. The priest explained his predicament, and the man said, "Oh, I know that place well. Here, take my arm, and I'll bring you there." And that was how the priest got home. He knew the way alright, but he couldn't find it!

Most of my generation grew up on promises. We were always making promises to God, renewing baptismal promises, making Lenten and New Year promises, etc. It would, indeed, be a real conversion if we were to turn that around, and begin to give top priority to the promises that Jesus makes to us.

## Read More Know More

### The Pentecost Novena

After Jesus ascended to Heaven His Apostles, together with Mary and other members of the original Christian Church, continued to pray together until the feast of Pentecost when, in accordance with Jesus' promise, "they were all filled with the Holy Spirit." These nine days of prayer, reported in Acts 1:14 and 2:3-4, were the first Novena on which all later Novenas have been based. No one could possibly love you more than God the Holy Spirit. You have given and received only natural love. God's love is supernatural. His love for you is unlimited. He created you. Just as you are. Just as He wanted you to be. He wants you to know Him. He wants you to be happy and enjoy this world and this life He gave you.

With His gifts, He gives you all you need to accomplish this. He wants to give you unlimited WISDOM, KNOWLEDGE and UNDERSTANDING. He wants to COUNSEL you and give you FORTITUDE. He wants to make it easy for you to be close and intimate with Him through His gift to you of PIETY. He wants to create in you a love for Him that will satisfy every want and desire you have.

IN THE YEAR 1879

Pope Leo XIII issued an encyclical on the Holy Spirit, in which he ordains that a novena should be held throughout the Church in preparation for the feast of Pentecost.

It is the desire of the Supreme Pontiff that all the faithful should unite in imploring a new abundant outpouring of the Holy Spirit, since it

is only through this divine Spirit that the blessings of redemption can be brought to the world.

When Jesus lived as a man He could only be touched and seen and known by as many as humanly possible. By sending His Spirit He could be present, in Spirit, to all, at all times. The Holy Spirit speaks to you in your thoughts. He prompts or speaks to you in your language, using your grammar and the words you are familiar with and use daily. These thoughts or promptings that come from the Holy Spirit are so natural that unless you are sensitive to His promptings you could easily ignore them or not recognize them as important.

A Novena to the Holy Spirit is the most excellent of all novenas and most appropriate for our times, to give new impetus to devotion to the Holy Spirit.

During these nine days reflection on the Holy Spirit, you will pray, meditate, contemplate, ponder, concentrate, reflect, use your imagination and listen.

## 主日分享

### 復活期第五主日

#### 獲得真理與生命的道路

今日福音碰到基督信仰最中心之處，由“信”基督開始，也以“信”基督總結，指示出我們的信仰完全建在基督身上。最後晚餐中，接二連三的壞消息使氣氛緊張，門徒心煩意亂，不知何去何從。耶穌在此情況下要求門徒信賴祂？

門徒要信賴祂為他們準備地方，將來可永遠與祂在一起。世上任何困苦都是短暫過渡的，惟有與基督在一起才是永遠的。在基督內有真理與生命，而基督就是通向真理與生命的道路。這種說法很傳神，耶穌並非“指示”一條道路給我們，祂本人就是道路本身。指示道路有出錯的可能，祂是道路就永不會出錯，因為是他本人帶領我們從祂身上走，問題祇是我們是否相信祂。

門徒很想認識天父，耶穌石破天驚的說：“誰看見了我，就是看見了父”。猶太人強調天主的超越性，認為天人之間有一道鴻溝，天主是不可見的，見到的人祇有死。人不可能直接接觸天主，祇能通過一些像天使的媒介，或像梅瑟一樣天主指定的代言人。超越的天主是沒有形象，任何為天主造

像的人都要死。強調天主的超越性自有其好處，人對天主常有驚奇的感覺，會對祂誠惶誠恐，必恭必敬，但也做成天人之間的隔離，人不敢自己面對天主。

耶穌的來臨，把天主另外一面顯示出來。天主一方面是超越的，但同時內在於人間，耶穌把天人之間的帳幔揭開：“誰看見了我，就是看見了父”。這是具震撼性的話，耶穌與天父的關係如此密切，見到基督就是見到天父。難怪門徒念念不忘耶穌的面容，正如保祿所說“基督的面上，閃耀著天主的光榮”（格後 4:6）。基督徒很早就喜歡畫耶穌的面貌，顯示出他們已離開了猶太人對天主恐懼戰栗的心態，轉而重視內在於人間的天主，一個與人生活、讓人觸摸、供人瞻仰的天主。我們所信仰的耶穌，不是由人的地位，把自己提升到天主的地位；祂本來與天父同在，卻願降生成人，居於我們中間，因此祂有資格說，祂是通向真理與生命的道路；誰看見祂，就是看見了父。

對基督有這份信仰的人，基督答應過可以做比祂更偉大的事，這是指我們能做基督沒有做過的工作。耶穌出道後似乎沒有接觸過巴勒斯坦外的世界，沒有碰過不信神的人，沒有遇到龐大的反宗教勢力，我們要代祂去繼續未完成的工作，把喜訊帶給所有人。要完成這項工程，關鍵是要相信基督。我們每人都有生活迷惘、前路茫茫、心煩意亂的時候，耶穌邀請我們相信祂、跟隨祂，祂的道路使我們得到真理，獲得生命，完成祂沒有做到的工作。

## 感謝聖母媽媽

### 聖母媽媽，這是寫給您的

我想祝您母親節快樂

感謝您作我的主保，一直愛護我

感謝您保護我的家人，如我向您祈求的那樣

感謝您代我向天主轉求，因您的愛和光榮，天主俯允了卑微的我的禱告；

感謝您守護我，支持我保有希望；

感謝您時時處處傾聽我的呼求

感謝您安慰我，我在哪裏，您也在哪裏

感謝您，犧牲了您的愛子，讓我們時時有所依托

在母親節，您和所有母親一樣，迎接一個屬於你的新生命，那是美妙的恩賜。現在這生命屬於所有人，您把您的愛子給了所有人，同時，也分施了您的愛和您的守護

聖母媽媽，母親節快樂！

現在我們藉著聖母月，是普世教會特別敬禮聖母的日子，也是我們取悅天主、向天主感恩的表達。因此，我們以感恩的心勤領聖體與和好聖事；照耶穌說的話去做，在生活中為耶穌作見證；每天與聖母一齊讚美並感謝天主；與聖母一同陪伴十字架上的耶穌接納生活中的苦難；唸玫瑰經：為教宗意向，普世教會，家庭，老弱貧病者，及福傳等意向祈禱；並懇求聖母，在上主面前代我們轉求。

願聖母助佑我們！

## 堂區活動

### 平日彌撒取消

因阮神父在 5 月 16 日至 19 日參與司鐸避靜，以下彌撒將取消：

5 月 16 日(星期二)至 19 日(星期五)之早上九時彌撒

5 月 16 日之晚上七時彌撒

### 聖神九日敬禮

聖神降臨節將至，阮神父藉此鼓勵堂區內所有的教友，能夠在聖神降臨節將至的時刻，在家中誦念聖神九日敬禮禱文，藉此幫助信友在聖神的九日敬禮中，讓聖神更新我們的心思慮，獲得所預許的豐富生命，充滿聖神的德能，結出常存的果實，並歸光榮於天父。

聖神九日敬禮小冊子將擺放在教堂正門及側門入口處，希望大家能夠藉著這個九日敬禮，渴求充滿聖神，尤其是在聖神降臨節前，可以透過這小冊子的禱文，藉著基督，偕同聖母瑪利亞，向天父懇禱，祈求祂把聖神傾注到我們每個人身上，澆灌整個教會，使萬象更新，眾人歸依！“你們縱然不善，尚且知道把好东西給你們的兒

女，何況在天之父，有不更將聖神賜與求祂的人嗎？”（路 11：13）

「聖神九日敬禮」就是在聖神降臨節前做九日敬禮，即由 5 月 26 日（星期五）開始至 6 月 3 日（星期六）結束。

### 早餐交流會及電影欣賞

日期：6 月 4 日（星期日）

地點：永援聖母堂上禮堂

贊助善會：牧靈關愛組

早餐交流會 - 10 時, 11 時 30 分 彌撒後有早餐供應； 8 時 30 分彌撒後免費茶水及 muffin。

早餐包括皮蛋瘦肉粥、菜飯兩條及芋蝦一個。

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 - 《天堂奇癒記》(中文字幕) 下午 1 時 至 3 時 30 分 (免費)

真實故事中安娜患上了一種罕見的不治之症，一次奇怪的意外，奇蹟使不但沒有受傷，其不治之症也自然痊癒。

### 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。

懇請各位教友繼續支持，活出信仰，攜手一起行動，慷慨解囊！

### 活動一週

星期三、五 5 月 17, 19 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 19 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 5 月 20 日

### 聖母軍

時間：上午 9 時 30 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

### 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

星期六 5 月 21 日

### 公教家庭派對

時間：下午 2 時至 8 時

地點：永援聖母堂上禮堂

### 心靈小品

你留意過自己的父母嗎？

如果你在一個平凡的家庭長大，如果你的父母還健在，不管你有沒有和他們同住：

如果有一天，你發現媽媽的廚房不再像以前那麼乾淨；

如果有一天，你發現家中的碗筷好像沒洗乾淨；

如果有一天，你發現母親的鍋子不再雪亮；

如果有一天，你發現父親的花草樹木已漸荒廢；

如果有一天，你發現家中的地板衣櫃經常沾滿灰塵；

如果有一天，你發現母親煮的菜太咸太難吃；

如果有一天，你發現父母經常忘記關爐頭；

如果有一天，你發現老父老母的一些習慣不再是習慣時，就像他們不再想要天天洗澡時；

如果有一天，你發現父母不再愛吃青脆的蔬果；

如果有一天，你發現父母愛吃煮得爛爛的菜；

如果有一天，你發現父母喜歡吃稀飯；

如果有一天，你發現他們過馬路行動反應都慢了；

如果有一天，你發現在吃飯時間他們老是咳個不停，千萬別誤以為他們感冒或著涼，(那是吞嚥神經老化的現象)；

如果有一天，你發覺他們不再愛出門……

如果有這麼一天，我要告訴你，你要

警覺父母真的已經老了，器官已經退化到需要別人照料了。

如果你不能照料，請你替他們找人照料，並請你請你千萬千萬要常常探望，不要讓他們覺得被遺棄了。

每個人都會老，父母比我們先老，我們要用角色互換的心情去照料他，才會有耐心、才不會有怨言，當父母不能照顧自己的時候，為人子女要警覺，他們可能會大小便失禁、可能會

很多事都做不好，如果房間有異味，可能他們自己也聞不到，請不要嫌他骯髒或嫌他臭，為人子女的祇能幫他清理，並請維持他們的“自尊心”。

當他們不再愛洗澡時，請抽空定期幫他們洗身體，因為縱使他們自己洗也可能洗不乾淨。當我們在享受食物的時候，請替他們準備一份大小適當、容易咀嚼的一小碗，因為他們不愛吃

可能是牙齒咬不動了。

從我們出生開始，喂奶換尿布、生病時不眠不休照料、教我們生活基本能力、供給讀書、吃喝玩樂和補習，關心和行動永遠都不停歇。如果有一天，他們真的動不了時，角色互換不也是應該的嗎？

為人子女者要切記，看父母就是看自己的未來，孝順要及時。樹欲靜而風不止、子欲養而親不在！

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### 靈修小故事

天主要甚麼？

從前，有五兄弟姊妹都是孤兒。

有一天，國皇說要收養他們，村子裡的人知道了，都很為他們高興，並對他們說：「你們定要為國皇預備點什麼，總不能空空地去見他吧！」那五兄弟姊妹聽了，覺得很對。

於是，很會雕刻的大哥便埋首苦幹，要為國皇作個最好的雕像；很會畫畫的二姊亦預備為國皇畫幅最美的圖畫；很有智慧的三哥努力讀書，要在國皇前作個智者；擁有甜美聲線的四姊亦勤練歌，要在國皇前獻上最好聽的歌；但五妹……她沒有什麼藝術天份，亦不懂得多少個字，她只懂為過路的旅客照顧馬匹，又或是慰問和關心旅客他們的旅程，和他們談談天，她覺得她也需要如兄姊一樣，要為國

皇作些什麼，於是她去找他們，希望他們能教她一點東西。但每一次也令她失望，因為哥哥姐姐全都為著不同的預備而忙得不願與她說話，五妹只有繼續自己的生活。

有一天，一個旅客經過這條村子，五妹看見他，便如常上前為他照顧馬匹，又如常和他談天。原來這是一個由遠方來的旅客，是來找人的。「你辦完事還會來嗎？」五妹問他，「你再來，讓我再為你照顧馬匹吧！」談了一會兒之後，這旅客便走了。

過了一段日子，這旅客再次回來。

「找到要找的人嗎？」五妹問。

旅客答：「我要找的人，第一個把自己關在屋內，好似在趕著做什麼，不肯見任何人；第二個在山上繪畫，山下的村民說她不願與人傾談，怕會趕走她的靈感；第三個人找也找不到，村民說他搬到了大城市，去追求更多學問；第四個在遠處已聽見她美麗的歌聲，但她身邊有太多人圍著，我根本沒機會與她傾談。」

「難道你就是國皇？」五妹驚訝地問，「我還以為國皇祇會在皇宮內辦事，不會出宮的！」

國皇笑著說：「對，我會在皇宮內辦事，但我也想知道我的人民在作什麼呀！我也想和他們傾談呀！」

「那，你會收養我嗎？」五妹問。「我什麼也不會，但你會愛我嗎？」

「當然會」國皇答，「因為你是一個肯花時間，肯用心去與我相交的人。」

## 知多一點點

### 聖神九日敬禮

教會的第一個九日敬禮始於耶穌基督，在祂升天之前，祂教導門徒在耶路撒冷等待天主聖神的來臨（宗一 4、14）。於是，在耶穌升天後及至五旬節日之前的一段日子，“宗徒們偕同耶穌的母親瑪利亞同心合意地專務祈禱”（宗 1:14）。直至五旬節那天，聖神傾注在每人身上，他們才借著聖神賜予的德能、勇毅、智慧及力量，到處宣講福音，這也是向聖神行九日敬禮的開始。

不少人會問，既然我們領洗時已經領受了聖神，為什麼我們還要再祈求聖

神的充滿呢？在初期教會，信友們熱心地敬禮聖神，教會也在聖神的德能中蓬勃發展，慕道者領受入門聖事時，大多有被聖神充滿和領受運用神恩的經驗。但隨著時間的流轉，教會因為愈來愈龐大和趨向制度化，以致信友對聖神的敬禮及聖神的恩賜也日漸疏忽，神恩的經驗逐漸消退，所以，慕道者在領洗時，很少經驗神恩；因此，在教會日常的信仰生活中，也很少經驗到聖神。因為我們領洗時沒有充滿聖神的德能，我們仍隨從肉性生活，聖神被困鎖住，沒有發揮祂能力的機會。主耶穌知道我們活在罪惡和敗壞的世代，若要保持堅強的信心和剛毅有力的見證，就需要有「來自高天的能力」去掌管我們的生命。只有當我們願意棄絕自己，隨從聖神引領，讓祂掌管生命，聖神的德能才能展現。

### 聖神在教會歷史

在教會歷史中，十九世紀的最後一位教宗良十三世出了聖神通諭，很重視聖神。他對當時教會聖神意識不強而惋惜。他說聖神成為大家所不認識的神，常為人遺忘，包括主教、神父及教友中很多人對聖神毫無知識。他重新恢復一個很古老的習慣，就是在聖神降臨前做九日敬禮，求聖神降臨。

若望二十三世召開梵諦岡二次大公會議前，發了公告說：「天主教應把窗打開，希望在祈禱詞中，求天主再次聖神降臨。」

### 聖父、聖子及聖神

因為我們所相信的唯一的天主是三位，父、子及聖神。我們向父、向耶穌祈禱；聖神在我們的經驗中，沒有明確的經驗。這種沒有明確的經驗也影響我們與父、子的關係，如三角鼎缺一角。任何領了洗的教友，因水和聖神重生。不論成人或嬰兒都領受聖神，但意識都不強。在聖經中說：誰不受聖神感動，不能承認基督是主。除了承認耶穌是天主外，如何在靈修或生活中活出來？聖神也扶助了我們的軟弱，幫助我們心中呼喊阿爸。領洗的教友，沒有人不唸天主經的。但唸天主經和從心中體會到而呼喊阿爸，體會到自己是天主的子女是有一

段距離。當我們聖神充滿，我們對天主聖三、經驗天主是三位一體的經驗加強。

在彌撒信友禱詞的代禱中，好像有口無心的為世界、我們同聲祈禱；也好像公式化。代禱實在是天主、在耶穌基督內血脈流通。憑信德非憑所看到的。我們基督徒不但有為教會代禱的責任，因為我們相信耶穌基督；我們也有責任為全世界的人祈禱，因為我們好像是祂的代表，有人不認識祂，但是他們還是需要耶穌。天國好比一個教會，可能我們看不到，但我們相信在聖神內，有祂的能力和作用。