

Theme Sharing

The Ascension of the Lord Not Separated

The Ascension of our Lord and Saviour was an event which must have been recalled with joy and thanksgiving by the Apostles and disciples of Jesus Christ. Reflection on the Ascension of the Lord should make us aware that we live in a world of mystery, with one bright beacon lighting the way ahead, and that oftentimes through a sea of troubles and difficulties. Without this light, which is the glory which surrounds this final event in the earthly history of Jesus, we would not know where we are, what will become of us, what we are to believe, and what the ultimate meaning is of life on earth. But if we have the generosity of heart to risk everything, and accept God's word, then we will be able to go forward in the knowledge that our Redeemer lives, and is even now at the right hand of the Father, making intercession for each and every soul on earth.

"Who shall separate us from the love of Christ?" the New Testament asks (Rom 8:35-39). Indeed nothing can, for in "all things we are conquerors through him who loved us." We can remain certain that "neither death nor life, nor things present nor things to come, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord." "He then led them" – the specially chosen witnesses of his post-resurrection appearances – "out as far as Bethany, and lifting up his hands he blessed them. And it came to pass that while he blessed them, he parted from them and was taken up into heaven" (Lk 24:50f). At that moment every thought and feeling they ever had about him must have come crowding back into their minds.

The cry of their hearts might well have been the plea, "We beseech you, Oh Lord, do not leave us." This was the first reaction on their part, which surely tended to override every other feeling, as Christ ascended into heaven before their eyes.

But, in a truly wonderful way, their sorrow and anxiety gave way to more lofty and noble emotions. For we are told, "they returned to Jerusalem with great joy, and were continually in the Temple praising God." They had seen Christ being raised up on high, and their spirits were lifted up with

him to a new spiritual plane, making them determined and confident in facing up to the prospect of trials such as Christ himself had endured. Christ had suffered and entered into joy, and so would they, after his example, although to a lesser degree. "Was it not necessary," Jesus had asked the disciples on the road to Emmaus, "that the Christ should suffer these things, and so enter into his glory?" And so it was that from the moment of Pentecost onwards, the Apostles would no longer hesitate in the face of opposition and persecution. We are told in the Acts of the Apostles (5:41) that they were even "glad to have the honour of suffering humiliation for the sake of the name," meaning of course Jesus, who by his resurrection had received the name "Lord." Christ suffered and entered into joy; so did the Apostles in their measure, and so do we. The Apostles were not allowed to bask in the glow of this newfound consolation. They were commanded to preach to all the nations, to baptise them and lead them to obey the teachings of Christ. At some point or other in the life of each of us there is pain and sorrow and trouble. But we must be tried in order to triumph, humbled in order to be exalted. "If you can have some share in the sufferings of Christ, be glad, because you will enjoy a much greater gladness when his glory is revealed," St Peter, by way of encouragement, tells us (1 Pet 4:13). Then when the time comes to leave this world, you will also be able to say with St Paul, "I have fought the good fight; I have finished the race: I have kept the faith" (2 Tim 4:7), and "all there is left for me now is the crown of justice reserved for me, which the Lord, the just judge will give to me on that day; and not only to me but to all who have longed for his coming." Lastly Jesus says, "Let not your heart be troubled. I go to prepare a place for you .. and I will come again, and will take you to myself, so that where I am, you also may be" (Jn 14:1+).

Pope's Monthly Prayers Intention

June General and Missionary Intention

Universal: Eliminate arms trade

That national leaders may firmly commit themselves to ending the arms trade, which victimizes so many innocent people.

Diocese & Other News

Walk for ONE ROCK

Please come and join the Walk for One Rock on Friday June 9th from Rockyford to Strathmore. Gather up your friends, your family and your backpack for a day of friendship and comradery. Join the priests and religious of our Diocese and enjoy the Alberta countryside and blue skies as we walk to raise funds and awareness for the One Rock Festival of Faith. You're welcome to walk the whole way, or choose to walk 2km, 5km or 10km. Check out www.onerock.ca for more details and to register.

Parish Activities

Exposition of the Blessed Sacrament on June 3

The June's Exposition of the Blessed Sacrament will be led by Adult Catechism on June 3 from 10am to 11am.

Fr. Nguyen will listen to Confession.

Parishioners are encouraged to attend.

Parish TIA and Father's Day BBQ Picnic

Please invite your family and friends to join our parish TIA and Father's Day BBQ Picnic at the Bowness Park (8900 - 48 Ave, N.W.) on Sunday, June 18 from 9:30 a.m. to 3:00 p.m. Tickets and detail will be available at the Church entrances from May 21 to June 11. Each BBQ bag is \$10.

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. 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 31, June 2

OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Fri June 2

OLPH Scout

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

Place: Upper Hall & Lower Hall

Sat June 3

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 Lower Hall

Sun June 4

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

Let There Be Light

8 Things Catholics Should Do Every Day

1. Start the day with prayer, your Bible, and a talk with your Mother – It sounds so simple, yet I don't understand why some days I can't seem to "fit" in prayer. Our days need to be centered around this habit. Make a date of it. Set your cell phone alarm to a time when you can pray and don't leave God stranded. Mornings are best, but if it doesn't work for you find a time that does. Pull out your Bible and read a line or two.

The daily Mass readings are a great place to start. A goal for every Catholic is to say the rosary every day, but some of us are in a season of life when this isn't possible. If you can't do a rosary, start with at least a Hail Mary and work up to a decade or a chaplet. "Prayer is nothing else than union with God. When the heart is pure and united with God it is consoled and filled with sweetness; it is dazzled by a marvelous light." – St. John Vianney

2. Smile, Use your Manners, Be kind, Give out hugs.

Have you heard the old Hymn, "They will know we are Christians by our love, by our love..."? It's not necessarily true today. Christians have become just as rude and inconsiderate as everyone else, sometimes even more so! Let's reclaim our Christian love by smiling, letting others go first in line or helping old ladies cross the street.

"Let us always meet each other with smile, for the smile is the beginning of love." – Blessed Mother Teresa

3. Go on Social Media (i.e., communicate!), call a friend, visit a friend

Yes, I know we have a bunch of posts about how social media is overused, but go ahead, use it! However, use it in a way that glorifies God. Share a scripture with a friend. Check in on an old classmate. Daily connect with

people to build relationships. (Don't stop there though, make it a weekly goal to get together in person with a friend or family member.)

"Friendship is the source of the greatest pleasures, and without friends even the most agreeable pursuits become tedious." – St. Thomas Aquinas

4. Tell someone you love them and why I don't know anyone who has ever gotten tired of hearing they are loved. It's even better when they are given a list of reasons why! Whether it is your parents, siblings, or your own children, make it a daily habit to tell at least one person in your life how much you love them.

"You learn to speak by speaking, to study by studying, to run by running, to work by working, and just so, you learn to love by loving. All those who think to learn in any other way deceive themselves."

-St. Francis de Sales

5. Talk about God

Make God a part of your whole day, not just your prayer time. Bring Him into conversations with friends, family, even co-workers if you can. We talk about things we love – movies, restaurants, people... but we often fail to talk about God in the same way.

"But this does not mean that we should postpone the evangelizing mission; rather, each of us should find ways to communicate Jesus wherever we are. All of us are called to offer others an explicit witness to the saving love of the Lord, who despite our imperfections offers us his closeness, his word and his strength, and gives meaning to our lives." – Pope Francis

6. Sacrifice something

It's so important that we learn to make daily sacrifices and offer them up to the Lord. It doesn't have to be anything crazy. Eat bread with no butter. Turn off the radio and drive in silence. It's the little things that cultivate our holiness and help us to overcome our attachment to things of the world.

"There is no place for selfishness—and no place for fear! Do not be afraid, then, when love makes demands. Do not be afraid when love requires sacrifice."

– Saint Pope John Paul II

7. Serve in some way

Look for a way to serve someone every day. Again, this doesn't have to be something major like heading to Africa on service trip.

It can be doing the dishes for your mom, paying for a stranger's coffee, or picking up garbage as you walk down the street. Don't let a day go by in which you did not do something for someone else.

"You know that our Lord does not look at the greatness or difficulty of our action, but at the love with which you do it. What, then, have you to fear?" – St. Therese of the Child Jesus

8. Reflect on your day

At the end of every day, take a few minutes to think back over the day. An examination of conscience is a great way to do this. Is there someone you need to forgive? Is there someone you need to seek forgiveness from? Think about the ways in which the Lord provided for you and be thankful for His many blessings. Thank Him! Ask yourself, did I move closer to or further from God through my actions today? How can I do better tomorrow?

"You must strive with all possible care to please God in such a manner as neither to do nor behold anything, without first consulting Him, and in everything to seek Him alone and His glory." – St. Alphonsus Rodriguez

Stories Faith Sharing

This Too Shall Pass

One morning, the boy Solomon saw the goldsmith who works for King David's Palace walk out of the palace very desperate and sad. Salomon asked the goldsmith with curiosity, what makes you feel so sad and desperate? The goldsmith answered, I have to provide a solution to the King within seven days. If not I will be taken out of my job. I am really confused because there is no solution for what the King has asked. What is the solution that the King is looking for? Solomon was curious. The goldsmith presented the demand of the King to Solomon as follows: I need to make a gold ring for the king with an inscription on it which should help the king not to be very happy and forget the divine truth at his happy moments. At the same time the inscriptions on it should help him not to lose his heart when he is facing failures and desperations. Immediately Solomon gave what he needs to inscribe on it: He said, write as follows "This too shall pass."

Read More Know More

True peace is not man-made but a gift of the Holy Spirit.

"A peace without a cross is not the peace of Jesus" for it is only the Lord who can give us peace amidst tribulations.

The Holy Father focused on the meaning of the peace given by the Lord.

Jesus emphasizes that the peace He gives is not the one given by the world.

The world wants anesthetized peace to prevent us from seeing the Cross.

"The peace that the world offers us," the Pope said, "is a peace without tribulations. It offers us an artificial peace "reduced to "tranquility". It is a peace "that is only concerned about one's affairs and one's security, lacking in nothing."

"The world teaches us the way to anesthetized peace: it anesthetizes us from seeing another reality of life: the Cross. This is why Paul says that one must enter into the Kingdom of Heaven on the road with many tribulations. But is it possible to obtain peace amidst tribulation? From our side, no; we are unable to make peace that is tranquility, a psychological peace, our peace, because tribulations are there, whether pain, illness or death. But the peace that Jesus gives is a gift: it is a gift of the Holy Spirit; and this peace lasts through tribulations and beyond. It's not a sort of stoicism of the 'fakir'. No, it's something else."

God's peace cannot be bought, without the Cross is not real peace.

According to Pope Francis, God's peace is "a gift that keeps us going."

"God's peace is real peace, that enters the reality of life, that does not deny life; that is life. There is suffering, there are the sick people, there are many bad things, there are wars ... but that peace within, which is a gift, is not lost, but goes ahead bearing the Cross and suffering. Peace without the Cross is not the peace of Jesus: it is a peace that can be bought, that can make. But it does not last; it comes to an end."

Let's ask for the grace of inner peace, a gift of the Holy Spirit.

When I get angry, the Pope said, "I lose peace." When my heart is "troubled," "it is because I am not open to the peace of Jesus," because I am unable to "bear life as it comes, with its crosses and sorrows that accompany it." Rather, we must be able to ask for the grace to ask the Lord for his

peace:

"We must enter the Kingdom of God through many tribulations'. The grace of peace – of not losing that inner peace. Regarding this a saint said, 'The life of the Christian is a journey between the persecutions of the world and the consolations of God' (St. Augustine). May the Lord make us understand well what this peace is which He gives us with the Holy Spirit. "

主日分享

耶穌升天節

做個容易受傷的基督徒

今天第一、二篇讀經提到耶穌受難、死亡、復活、升天及坐在天主的右邊，這是信經中的主要內容。教會早期的宣講著重耶穌的死亡和復活，聖保祿重複強調基督的復活是基督徒信仰的根基，他好像不太理會耶穌升天。為何如此？升天既在信經出現，又似乎應在救恩史上有一地位，今日的讀經其實已給了答案。

路加記載升天發生在復活後四十日。四十這數字，在聖經往往代表新時代的開始，如以色列民在曠野四十年才進入福地，耶穌在曠野四十天才開始傳道生涯。現在復活後四十天，因著耶穌的升天，門徒接受了新使命。我們先從耶穌的角度看升天的含義。首先，升天表示耶穌在世的公開使命結束了，祂的工作將由教會繼續。第二，祂以另一方式臨於我們中間，我們不再用肉眼去接觸祂，而用信德去感受祂，如在聖事、禮儀或祈禱裡。第三，祂成為宇宙的主宰。這就是保祿在書信中所稱：“祂坐在天主的右邊，超越一切”，或瑪竇福音所寫：“天上地下一切權柄全交給我”的意思。瑪竇沒有提及升天，可能怕人誤解升天表示基督不存在，但祂聲明祂和門徒“天天在一起，直到世界的終結”。

對我們基督徒來說，耶穌升天有何意義？基督的死亡復活使基督徒產生徹底改變，升天卻表示接受使命；沒有使命感的基督徒是有所欠缺的。耶穌升天前清楚要求門徒：“要在耶路撒冷、猶太和撒瑪黎雅全境，直到地極，做我的証人。”基督徒不能像天使所

說的“站著向天觀看”，望天打卦不做事便不是基督徒。

我們不像當日的門徒親眼見到復活的基督，我們能做甚麼証人？我們能對世人說：我們是不見而信的門徒，我們相信基督的話，祂的話在我們身上起了作用，否則今日的我們不會如此。我們是祂慈愛的証人，我們願以愛的生活顯示祂先愛了我們。每當世人譏笑我們，問我們天主在哪裡，世界上不是還有些地方鬧飢荒、有些地方戰火不停嗎？我們更該以愛的生活為主作証，因為那裡有愛，那裡就有天主。另一方面，升天是對我們信仰的深度挑戰，因為我們要相信無論甚麼環境，基督雖不一定以奇跡解救我們，但祂會和我們一起度過。

每個人總有幻想，在幻想世界裡，我們可以是所有能力的化身。因為社會仍有各樣不幸的天災人禍，故此有人因應需要替我們製造出超人、蝙蝠俠、黃飛鴻、原振俠等替人消災解困的英雄。基督徒難免受其影響，也愛看這類電影或小說。其實這類幻想是不健康的，它使我們躲縮在安全的幻想世界裡，事事逢凶化吉，天主並不輕易地免除我們生活的困苦。如果祂連自己的兒子及其宗徒也不憐惜，為甚麼祂要特別優待我們？幻想能減弱基督徒的使命感，使人不行動，成為呆立望天的人，企圖在幻想中求安慰。耶穌升天給予基督徒作証的使命，我們須相信福音的力量及愛的力量，為了基督甘願做容易受傷的基督徒。

教宗及福傳祈禱意向

六月祈禱及傳教意向

總意向：為國家領袖

願國家領袖能堅決致力終止那傷害許多無辜者的武器交易。

堂區活動

六月顯供聖體

永援聖母堂六月份的顯供聖體由成人慕道班帶領，時間為六月三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！

TIA 堂區及父親節燒烤同樂日

本堂將於 6 月 18 日父親節舉行堂區 TIA 燒烤同樂日。盼各教友能踴躍參加，並邀請親友同度一個愉快父親節。
日期：6 月 18 日（星期日）
時間：早上 9 時 30 分至下午 3 時
地點：Bowness Park (8900 - 48 Ave, N.W.)

交通：自備。若需要接送，可代安排。

燒烤包：每份 10 元正

5 日 21 日開始，可以在聖堂入口處向牧靈關愛組會員購票及查詢詳情。

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，奇蹟使她不但沒有受傷，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。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 31, 6 月 2 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 6 月 2 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 6 月 3 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 6 月 4 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

靈修小故事

心田上的花開百合

在一個偏僻遙遠的山谷裡，有一個高達數千尺的斷崖。不知道什麼時候，斷崖邊上長出了一株小小的百合。百合剛剛誕生的時候，長得和雜草一摸一樣。但是，它心裡知道自己並不是一株野草。

它的內心深處，有一個內在的純潔的念頭：“我是一株百合，不是一株野草。唯一能證明我是百合的方法，就

是開出美麗的花朵。”

有了這個念頭，百合努力的吸收水分和陽光，深深的扎根，直直的挺著胸膛。終於在一個春天的清晨，百合的頂部結出第一個花苞。

百合的心裡很高興，附近的雜草卻很不屑，它們在私底下嘲笑著百合：“這家伙明明是一株草，偏偏說自己是一株花，還真以為自己是一株花，我看它頂上結的不是花苞，而是頭腦長癩了。”

公開場合，它們則譏諷百合：“你不要做夢了，即使你真的會開花，在這荒郊野外，你的價值還不是跟我們一樣。”偶爾也有飛過的蜂蝶鳥雀，它們也會勸百合不用那麼努力開花，

“在這斷崖邊上，縱然開出世界上最美的花，也不會有人來欣賞呀！”百合說：“我要開花，是因為我知道自己有美麗的花；我要開花，是為了完成作為一株花的莊嚴使命；我要開花，是由於自己喜歡以花來證明自己的存在。不管有沒有人欣賞，不管你們怎麼看我，我都要開花！”

在野草和蜂蝶的鄙夷下，百合努力地釋放內心的能量。有一天，它終於開花了，它那靈秀的白和秀挺的風姿，成為斷崖上最美麗的風景。這時候，野草與蜂蝶再也不敢嘲笑它了。

百合花一朵一朵的盛開著，花朵上每天都有晶瑩的水珠，野草們以為那是昨夜的露水，祇有百合自己知道，那是極深的歡喜所結的淚滴。

年年春天，百合努力地開花、結籽。它的種子隨著風，落在山谷、草原和懸崖邊上，到處都開滿潔白的百合。幾十年後，遠在百里外的人，從城市，從鄉村，千里迢迢趕來欣賞百合開花。許多孩童跪下來，聞嗅百合花的芬芳；許多情侶互相擁抱，許下了“百年好合”的誓言；無數的人看到這從未見過的美，感動的落淚，觸動內心那純淨溫柔的一角。那裡，被人稱為“百合谷地”。

不管別人怎麼欣賞，滿山的百合花都謹記著第一株百合的教導：“我們要全心全意默默的開花，以花來證明自己的存在。”

知多一點點

耶穌的平安是真實的

不是使人麻醉的世俗安逸

我們無法制造真正的平安，因為它是聖神的恩典。教宗強調，“沒有十字架的平安不是耶穌的平安”，唯有上主能在苦難中賜予我們平安。

耶穌所賜的平安不是世界所給的平安。“世界提供我們的平安是一種沒有苦難的平安；它給我們的是一個人造的平安”，一種簡化為“安逸”的平安。這種平安“祇關注自己的事，自己的保障，希望自己一無所缺”，有點像富翁奢華宴樂的安逸。這樣的安逸使人“封閉”，無法看得“更遠”。

世界教導我們走上令人麻痺的平安之路，它麻痺我們，使我們看不見生命的另一個現實——十字架。為此，保祿說：我們必須經過許多苦難才能進入天主的國。然而，我們在苦難中可以有平安嗎？靠我們自己是不行的，我們無法制造安寧的平安、心理的平安、我們自制的平安，因為苦難始終存在，它或是痛苦、疾病，抑或死亡，苦難常有。耶穌所賜的平安是一份禮物，是聖神的恩典。這種平安可以穿越重重苦難，始終向前。天主的平安是“使我們前行的恩典”。耶穌賜予門徒平安後，在橄欖園痛苦萬分，“把一切托付於天父的旨意，祂雖然受了苦，卻不乏天主的安慰”。

“天主的平安是進入現實生命、不否定生命的真平安。生命就是如此：有痛苦，有病人，有很多不好的事，有戰爭，但也有內在的平安。這平安是一份恩典，使我們不慌亂，積極應對十字架和苦難。沒有十字架的平安不是耶穌的平安，而是可以購買的平安，我們可以制造的平安，但它不會持久，必會消亡。”

當一個人生氣時，他就“失去了平安”。我若“心煩意亂，是因為我沒有向耶穌的平安開放”，因為我沒有能力“正視原本的生活，面對生活中遇到的十字架和痛苦”。相反地，我們應該向上主懇求祂的平安之恩。

我們必須經過許多苦難才能進入天主的國。願我們享有平安之恩，不失去

內在的平安。一位聖人會說：‘基督徒在世俗的難為及天主的安慰中度日’（聖奧斯定《天主之城》十八卷51章）。願上主使我們明白祂藉聖神賜予我們的平安。”