

## Theme Sharing

### Feast of The Most Holy Trinity Fullness of love

A popular expression tells us that "Two is company, three is a crowd". But the gospel would have it otherwise, for there, the figure three symbolises completeness and perfect symmetry, and re-appears at all the key moments of the story of our Lord. His life itself constantly reflected the Trinity. Three figures make up the nativity scene in Bethlehem – the Holy Family of Jesus, Mary and Joseph. Their first visitors were the three wise men. Later, in the desert preparing to begin his public life, Jesus was tempted three times by the devil. A good story should have a beginning, a middle and an end. Christ was a storyteller par excellence and three figures stood out prominently in his parables. The Prodigal Son is about a father and his two sons; the Good Samaritan tells of the behaviour of three passers-by, the priest, the Levite and the Samaritan; the sower sowed his seed in three different types of terrain, yielding three different levels of harvest. The end of his life, as the beginning, has again the three motif. During his Passion, Peter denied him thrice. On the road to Calvary, he fell three times. The crucifixion scene has three figures, Christ between two thieves. Before his resurrection, he spent three days in the tomb.

God is love, as St John so powerfully stated. And in God there are Three Persons, the loving Trinity, the Father, the Son and the Holy Spirit. Together they represent the fullness of love. The Father loves the Son, the Son loves the Father. The Holy Spirit is their love for each other. We are made in the image of a triune God. God the Father, who created us, his Son who saved us, and the Holy Spirit who continues to guide us. Our lives should reflect the Trinity. We should be always creative like the Father, compassionate like his Son, and dispose our talents in the service of others like the Holy Spirit.

## Diocese & Other News

### Consecration of Canada to the Immaculate Heart of the Blessed Virgin Mary

As part of the celebrations marking its 150th anniversary, the Confederation of the

Bishops of Canada will be consecrating our country to the Immaculate Heart of Mary. Bishop McGrattan will consecrate the Diocese of Calgary on 1 July, 2017. All are invited to St. Mary's Cathedral at 10am for a service of Adoration, Scripture, rosary, and the consecration followed by a BBQ. The regular daily Mass at St. Mary's remains at 9 am followed by exposition of the Blessed Sacrament. For more information contact the parish office at 403-228-4170.

### Celebrating World Day of Migrants and Refugees

The Church has been celebrating World Day of Migrants and Refugees since 1914. This year, join us on June 29, the Feast of Saints Peter and Paul, for a special Mass to celebrate World Day of Migrants. This is an opportunity for the faith community to reflect upon the role migration has played in our history and tradition, pray for migrants and refugees around the world, and raise awareness about the causes, challenges, and opportunities involved with migration. Join Bishop William McGrattan on June 29, 7:00 p.m. at St. Mary's Cathedral to celebrate World Day of Migrants and live the words of Pope Benedict: "The Church is God's family on earth" [Deus Caritas Est]. For more information, contact Marilou at 403-218-5519.

### Fireside Prayer at the FCJ Christian Life Centre, Calgary

Fireside Prayer with Sisters of the Diocese, 8 - 9:30 pm, Fri., June 23 and Fri., July 28. An opportunity for young, single women interested in meeting religious to share prayer as well as to have fun roasting marshmallows. On grounds of FCJ Christian Life Centre, 219-19 Avenue SW. For more information call 403-228-3623.

## Sacred Heart of Jesus

### The Sacred Heart of Jesus Solemnity- June 23

Since June is the month dedicated in honour of the Sacred Heart of Jesus, our parish encourages parishioners to pray the Litany of the Sacred Heart of Jesus every day. Parishioners can pick up the Litany of the Sacred Heart of Jesus pamphlet at the Church main and side entrances. In 1899 Pope Leo XIII approved this Litany of the Sacred Heart of Jesus for public use.

This litany is actually a synthesis of several other litanies dating back to the 17th century. Father Croiset composed a litany in 1691 from which 17 invocations were used by Venerable Anne Madeleine Remuzat when she composed her litany in 1718 at Marseille. She joined an additional 10 invocations to those of Father Croiset, for a total of 27 invocations. Six more invocations written by Sister Madeleine Joly of Dijon in 1686 were added by the Sacred Congregation for Rites when it was approved for public use in 1899. This makes a total of 33 invocations, one for each year of life of our Lord Jesus Christ. Devotion to the Sacred Heart was also an essential component of Pope John Paul II's hopes for the "new evangelization" called for by the Church.

"For evangelization today," he said, "the Heart of Christ must be recognized as the heart of the Church: It is He who calls us to conversion, to reconciliation. It is He who leads pure hearts and those hungering for justice along the way of the Beatitudes. It is He who achieves the warm communion of the members of the one Body. It is He who enables us to adhere to the Good News and to accept the promise of eternal life. It is He who sends us out on mission. The heart-to-heart with Jesus broadens the human heart on a global scale."

### Twelve Promises of Jesus to Saint Margaret Mary

In the apparitions to St. Margaret Mary Alacoque, Jesus had given these twelve promises for those who are devoted to His Sacred Heart.

1. I will give them all the graces necessary for their state of life.
2. I will establish peace in their families.
3. I will console them in all their troubles.
4. They shall find in My Heart an assured refuge during life and especially at the hour of their death.
5. I will pour abundant blessings on all their undertakings.
6. Sinners shall find in My Heart the source of an infinite ocean of mercy.
7. Tepid souls shall become fervent.
8. Fervent souls shall speedily rise to great perfection.
9. I will bless the homes where an image of My Heart shall be exposed and honored.
10. I will give to priests the power of touching the most hardened hearts.
11. Those who propagate this devotion

shall have their names written in My Heart, never to be effaced.

12. The all-powerful love of My Heart will grant to all those who shall receive Communion on the First Friday of nine consecutive months the grace of final repentance; they shall not die under my displeasure, nor without receiving their Sacraments; My heart shall be their assured refuge at that last hour.

## Parish Activities

### OLPH Summer Mass schedule

Mass schedule in July and August will be revised as follows:

Saturday : 5:00pm ( in Mandarin)

Sunday: 9:30 am (in English)

11:00 am (in Cantonese)

Tuesday ( 7:00 pm) English Mass will be suspended

Normal Mass schedule will be resumed from September 3.

### Summer Bulletin Break

The last bulletin before summer will be on June 25. The bulletin will be resumed in the week of September 3.

### TIA Fundarising

Pastoral Care would like to thank all parishioners for their support in our Rice Dumpling, Taro Sales and Breakfast Corner. We collected a total of \$2,538.96 in Dumpling and Taro sales, and \$520.45 from Breakfast Corner.

Thanks again for your support!

### Together in Action 2017

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. Let's give sacrificially, act out our faith, and join Together in Action

## Weekly Activities

Wed, Fri June 14, 16

OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Fri June 16

OLPH Scout

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

Place: Upper Hall & Lower Hall

Sat June 17

Legion of Mary ( meeting )

Time: 9:45 a.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 18

St. Angela School & Sunday School

First Holy Communion & First

Reconciliation

Time: 10:00 a.m. Mass

Parish TIA and Father's Day BBQ

Picnic

Time: 9:30 a.m.-3:00pm

Place: Bowness Park (8900 - 48 Ave, N.W.).

## Let There Be Light

### Rules For Life

When you were born, you didn't come with an owner's manual; these guidelines make life work better.

1. You will receive a body. You may like it or hate it, but it's the only thing you are sure to keep for the rest of your life.
2. You will learn lessons. You are enrolled in a full-time informal school called "Life on Planet Earth". Every person or incident is the Universal Teacher.
3. There are no mistakes, only lessons. Growth is a process of experimentation. "Failures" are as much a part of the process as "success."
4. A lesson is repeated until learned. It is presented to you in various forms until you learn it: then you can go on to the next lesson.
5. If you don't learn easy lessons, they get harder. External problems are a precise reflection of your internal state. When you clear inner obstructions, your outside world changes. Pain is how the universe gets your attention.
6. You will know you've learned a lesson when your actions change. Wisdom is

practice. A little of something is better than a lot of nothing.

7. "There" is no better than "here". When your "there" becomes a "here" you will simply obtain another "there" that again looks better than "here."

8. Others are only mirrors of you. You cannot love or hate something about another unless it reflects something you love or hate in yourself.

9. Your life is up to you. Life provides the canvas; you do the painting. Take charge of your life, or someone else will.

10. You always get what you want. Your subconscious rightfully determines what energies, experiences, and people you attract; therefore, the only foolproof way to know what you want is to see what you have. There are no victims, only students.

11. There is no right or wrong, but there are consequences. Moralizing doesn't help. Judgments only hold the patterns in place. Just do your best.

12. Your answers lie inside you. Children need guidance from others; as we mature, we trust our hearts, where the Laws of Spirit are written. You know more than you have heard or read or been told. All you need to do is to look, listen, and trust.

13. You will forget all this.

14. You can remember any time you wish.

## Faith Sharing Stories

### A Baseball Game

"How many of you would like to go to a baseball game with me?" said the enthusiastic parish priest to a bunch of teens. "I have twenty tickets to a Red Sox game tomorrow afternoon" – (Cubs fans will tell you that free tickets for Sox games are easy to find). About twenty five kids, even some girl kids, put up their hands. "Well," said the priest, "we can't take everyone." He almost said girls can't come because they don't understand baseball. But his guardian angel intervened and shut his mouth. "Instead" he said, "I tell you what, how many of you are Cubs fans?" More than half the kids put up their hands, some would say because they had excellent taste, others would say because of genetic programming. "Cubs fans can't go," the priest said (thinking he had a way out). "Sorry." Nine hard core Sox fans approached him with their hands out. He still had eleven tickets. "I'll tell you what," he said, "how many of you Cub fans want to

convert and be Sox fans for this afternoon only?" Well, you know what Cub fans are like? So the priest went to the game with the nine hardcore Sox fans. That night when he explained what happened, the wise old monsignor said, "You might have flipped a coin." "You know, I never thought of that" said the young priest. "It's hardly right to ask people to convert to the other team for an afternoon." Alas, how often we have used methods like that against those who are not Catholic, even against those who marry into our families.

## Read More Know More

### Courageous in our weakness

Temptation, curiosity, fear, and finally, grace, are four situations that can occur when you are faced with a difficulty, said the Pope in his homily.

The Holy Father reflect on the four possible attitudes with which one may deal with difficult situations would do us good. The first attitude is illustrated by the "slowness" of Lot's reaction when the angel tells him to leave the city, before the destruction of Sodom and Gomorrah. He was determined to leave, but when the time came he was cautious and "lingered", even when the angel had urged him to flee. "It is very hard to cut ties with a sinful situation. It is hard!... But the voice of God tells us this word: Flee! You cannot fight here, because the fire, the sulfur will kill you. Flee!". The Pope emphasized the importance of escaping from sin without nostalgia, so that we may "go forward on the path of Jesus".

The second attitude is also based on the story of Lot's escape. "The angel", the Pope said, "told him: Flee for your life, do not look back, go forward". Here we are given the advice to "overcome the nostalgia for sin". The Holy Father also quoted the Exodus of the People of God in the desert, stressing that "they had everything, promises of the Lord, everything", and yet they continued to have nostalgia for the "onions of Egypt", forgetting that they had eaten them on "the table of slavery". The angel's advice, the Pope said, "is wise: Do not look back! Keep going!". We must "leave behind all nostalgia, because there is also the temptation of curiosity.... We must flee and not look back, "for we are all weak and must protect ourselves".

The third attitude Pope Francis addressed

was fear. He referred to the episode of the Apostles in the boat recounted in Matthew's Gospel. When there is a storm at sea, waves swamp the boat. "Save us, Lord, we are perishing!" they say. Fear is also a temptation of the devil: to be afraid to continue on the Lord's path. Fear, however, said the Pope, "is not a good counselor". Jesus, he added, "said so many times: "Do not be afraid".

The fourth attitude "is the grace of the Holy Spirit". When Jesus calms the sea, the disciples on the boat are filled with awe. When "faced with sin, nostalgia, fear", said the Pope, we must always "look at the Lord" and "contemplate the Lord". We must say: "Save us Lord, we are perishing". He concluded by saying, "yes we are weak, but we must be courageous in our weakness".

## 主日分享

### 聖三主日（聖三節）

#### 天主創造、救贖、啓迪我

復活期後的常年期以天主聖三節開始，教會願信友知道天主聖三在基督徒生活上的重要。聖三的道理很難懂，不少人會嘗試以概念、實物，或形象去解釋，例如：三角形、火舌、河流和樹木等；表面上似乎可把道理解釋過去，但實際上仍有不安善之處，因為有限的語言總無法把無限的天主解釋清楚。

跟隨耶穌的宗徒，都是社會上很普通的人。最受歡心的新約作者若望與保祿，一位是漁夫，另一位是織帳幕的工人，在當時知識分子的圈子裡是不入流的。但他們寫福音或書信時，為甚麼從不埋怨聖三道理難懂？我們所受的教育，一定比若望和保祿多，而吸收知識的工具又比從前先進，為甚麼我們覺得聖三道理如此難理解？問題是天主聖三並非靠理性去理解，而是靠信德去感受和接受的天主啓示。

早期基督徒對天主聖三感受甚深，根本不需寫下信條要求信徒去相信；但經驗隨著時間被遺忘，所以教會在數世紀後把天主聖三道理訂為信條，幫助基督徒日後亦能感受到早期門徒那份原始經驗。初期門徒經驗到和天主有三種清楚而又不同的關係，即創造

他的天父，救贖他的聖子，啓迪他的聖神。

門徒記得耶穌稱天主為父。為猶太人，父親是生命之源。人不是自有的，他的生命是天父所賜予。天父解答了人存在的問題及世界存在的問題。天主不但創造了世界，還進入了人類歷史。信經稱耶穌“為了我們的得救，從天降下”。保祿在致羅馬人書中，具體地指出基督救他脫離法律、罪惡、死亡的束縛。每位基督徒都可像保祿一樣感受到這份得救的經驗，他有軟弱跌倒的時候，祇要他深信基督，相信基督仍然愛他，感受到基督那份無盡的愛，他便有力量離開自我而得救。基督不是一個過去的歷史人物，祂是救人離開困境的天主。

人藉天主聖神才有認識、接納和相信耶穌基督的能力。每人可回想自己從不信到信的經驗，這種改變是奇妙的，難以解釋。聖保祿曾經說：沒有聖神的啓迪，沒有人能稱“耶穌是主”。基督徒以不同的神恩建樹教會，而神恩皆來自聖神。

初期門徒從這三種關係經驗到天主聖三，他們不覺得用文字寫訂為信條的需要。讓我們不要停留在理性的推敲，或三角形、火舌、河流的比喻上去理解天主聖三，而返回啓示中耶穌的話，再以經驗去印証三種具體關係的存在：天父創造我、聖子救贖我、聖神啓迪我。三種關係，但祇是一個天主。

## 耶穌聖心

### 敬禮耶穌聖心瞻禮

六月二十三日

六月為耶穌聖心月，本堂藉此鼓勵堂區內所有的教友，盡可能每天頌念耶穌聖心禱文，以獲得更豐盛的恩寵！耶穌聖心禱文將擺放在教堂正門及側門入口處，歡迎大家拿取。

為了紀念耶穌聖心，教宗碧岳十一世發表鄭重聲明，指耶穌聖心最能深入主基督；敬禮耶穌聖心最能使人們更熱切地愛祂，更忠實地效法祂。

對這個敬禮，歷代教宗都備加讚揚與推崇。如碧岳九世曾將聖心敬禮推廣到全聖教會，勸勉全部的主教將自己的教區奉獻給聖心。教宗良十三世於



一八九九年奉獻了全人類給聖心。耶穌聖心的敬禮早在第十二世紀便開始了。一六七五年耶穌在「往見修女會」會院的聖堂內，數次顯現給聖女瑪加利大，敞開胸懷，手指著有茨冠的聖心說：「你看，這顆心愛人之情有多深摯，而人卻不知情，傷害它。……」耶穌隨即許下敬禮祂的聖心之後，可得到的十二種殊恩：

1. 凡敬禮我聖心的人，我要給他們生活崗位上所需的恩寵。
2. 我要賞賜他們全家平安。
3. 在他們很艱難困苦時，我要安慰他們。
4. 我要在他們一生中，尤其在他們臨終時做他們的安息所。
5. 我要在他們的工作事業上賜予豐富的恩寵。
6. 罪人在我心中能獲得無限仁慈的泉源。
7. 冷淡的人會變成熱心的人。
8. 熱心的人將達到完善的境地。
9. 我要降福供奉我聖心的任何地方及家庭。
10. 我要賜予神父們感化硬心罪人的恩寵。
11. 凡提倡傳揚敬禮我聖心的人，他們的名將刻記在我心中。
12. 凡一連九個月，每月首星期五恭領聖體的人，我要賞賜他們悔改善終的大恩，不會死於罪惡中或領不到聖事，我的心是他們最後安全的棲身所。

聖心敬禮以「奉獻與賠補」為主體，這是碧岳十二世所指出的。藉著領聖體、舉行聖事、善過聖心瞻禮及首瞻禮六等，我們履行賠補的義務，更是奉獻自己，以取悅耶穌聖心。

## 堂區活動

### 暑期主日彌撒

七、八月之主日彌撒將更改如下：  
星期六主日提前彌撒：五時(國語)  
星期日早上彌撒：九時三十分(英文)  
十一時(粵語)

星期二黃昏彌撒暫停

九月三日開始，主日早上彌撒及星期二黃昏彌撒將照以往時間舉行

### 暑期堂區通訊

六月二十五日的堂區通訊將為本暑期前最後一期，堂區通訊將於九月三日再刊。

### 卡城鮑思高同學會週年晚會

卡城鮑思高同學會將於六月十七日，星期六，晚上六時在永援聖母堂舉行成立十五週年晚會。  
並邀請本會神師蘇志超神父由香港蒞臨卡城 共享晚餐。餐券每位十五元。  
訂位請電郵 dbaac@shaw.ca 或致電 Simon 403-888-5377, Alex 403-680-3975

### 2017年教區公益金(TIA) 義賣籌款

牧靈關愛組感謝大家支持我們的售粽及芋蝦的籌款。並感謝大家對早餐交流會的支持。我們共籌得 2,538.96 元及 520.45 元。多謝大家！

### 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。

## 活動一週

星期三、五 6月14, 16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16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17日

聖母軍

(聖母軍聖母無玷聖心支團)

時間：9時45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

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

卡城鮑思高同學會週年晚會

時間：晚上6時

地點：永援聖母堂上禮堂

星期日 6月18日

St Angela School 及 主日學初領

聖體及初辦告解彌撒

時間：上午10時彌撒

TIA 堂區及父親節燒烤同樂日

時間：早上9時30分至下午3時

地點：Bowness Park

(8900 - 48 Ave, N.W.)

## 心靈小品

### 一齊增長

我們基督徒要學習耶穌一齊增長。以靈、德、智、體、群各方面共同勉勵。一、靈

耶穌是天主的兒子。祂是靈、是生命。祂沒有需要在靈性上追求。然而《聖經》告訴我們，"天主的恩寵在祂身上"，祂從小以父的事為念，明白天父的旨意，樂意照天父的旨意行。祂所走的路和所做的事沒有一樣不是按照天主所預定的路程去行。基督徒要得勝的喜樂，最重要的是愛天主勝於愛一切。為什麼有時禱告沒有能力？聽道沒有味道？讀《聖經》會打瞌睡？心裡為何憂愁、怨天尤人？原因在於靈裡的光景不好。所以要追求靈命長進，要與天主親近。不要在形式上。

### 二、德

耶穌是完全的神，也是完全的人。祂的品德完美。作為人子，祂盡到作為人子的責任，照顧家庭，愛護弟妹，孝敬父母。沒有人曾經超越耶穌所顯明的人性的溫柔、人性的真實、人性的善良、人性的愛。歌德說："任憑人間的道德和文化繼續不斷演進下去，且達到最高峰的地步，也沒有辦法超越在四福音中所記載耶穌所顯明的品格。"基督徒要效法基督，以基督為榜樣，建立完美的基督徒人格。

### 三、智

耶穌是智慧的源頭。祂 12 歲在耶路撒冷聖殿裡坐在教師中間，一面聽一面問，凡聽見祂的都希奇祂的聰明和祂的應對。耶穌那樣謙卑，把自己擺在學生的位置上。今天許多人之所以不能進步，缺乏智慧，很大的原因就是不肯接受別人的意見和勸勉。《聖經》說：“敬畏天主是智慧的開端，認識至聖者，便是聰明。”(箴 9:10)

#### 四、體

耶穌作為人子，與我們一樣，身體增長。祂有喜怒哀樂。祇是祂沒有犯罪。今天我們是主把我們從罪惡中救贖回來，保祿說，我們的身體是聖神的宮殿。當把自己的身體分別為聖，獻給基督。不可貪圖罪中之樂。有的人不愛護自己的身體，苦待自己。有的是放縱情慾。這些都是不得天主的喜歡。

#### 五、群

耶穌與喜樂的人同樂，與哀哭的人同哭。祂幫助弱者，愛護窮人。眾人都喜愛祂。基督徒當與人和睦相處。有人說：我們祇要討天主的喜歡，不要討人的喜歡。這是錯誤的。“榮主益人”四個字的意思就是要使天主喜悅，也要使人喜悅。基督徒不可脫離現實生活，要在人群中彰顯天主的愛。

## 靈修小故事

### 你可懂天主的良苦用心！

天主看到麥子豐收在望，非常開心。一位農夫看到天主了，就說：“仁慈的天主，您可不可以允諾我的請求，祇要一年的時間，不要有大風雨、烈日干旱和虫害？”天主說：“好，明年不管別人如何，一定如你所願。”第二年，這位農夫的田地果然結出許多麥穗。因沒有任何狂風暴雨烈日與虫害，長勢喜人，麥穗比往年多了一倍，農夫興奮不已。

可等到收穫的時候，奇怪的事情發生了。農夫的麥穗裡竟是癟癟的，沒有什麼籽粒。農夫含著眼淚跪下來向天主問道：“這是怎麼回事，您是不是搞錯了什麼？”天主說：“我沒搞錯呀，因為你的麥子避開了所有的磨礪，所以變得十分無能。對於一粒麥子來說，努力奮鬥是不可避免的。一些風雨是必要的（風能傳播花粉使小

麥受精結果，雨能滋潤營養它）；烈日更是必要的（小麥要經陽光的光合作用才能長大，通過烈日的暴晒才能耐嚴寒）；甚至蝗虫也是必要的（小麥經過與蝗虫的搏鬥才能增強抗病害的能力）。這所有的一切，能讓小麥汲取生長成熟不可缺少的因子，喚醒麥子內在的靈魂。”

## 知多一點點

我們不要害怕，要始終仰望上主。教宗方濟各在彌撒講道中強調有時候我們必須承認自己是弱者，必須毫不留戀、頭也不回地逃離罪惡。

教宗指出人在困境中可能持有的四種態度：反應遲緩、轉身顧後、感到害怕和仰望上主。教宗說，我們的態度有時候也會反應遲緩。我們願意走出去，而且也下了決心，“但是有某些東西在拖著我們的後腿”。

教宗說，“與罪惡撇清關係非常艱難，擺脫誘惑也極為不易。天主的聲音告訴我們‘快快逃命！’因此，你切不可在此時執拗，因為火和硫磺將使你喪亡。聖女小德蘭教導我們說，有時候面對某些誘惑，唯一的方法便是逃跑，並且不要以逃跑為恥；我們要承認自己是弱者，承認必須得逃跑，而逃跑是為了走上耶穌的道路。”教宗然後談到第二種態度——轉身顧後。天使告訴我們“不要向後看”，趕快逃跑，向前看。這指的是戰勝對罪惡的留戀。我們要“捨棄一切留戀，因為在留戀中還有好奇的誘惑”。教宗談到第三種態度——感到害怕。他說，這種誘惑告訴我們“最好還是留下來”，留在有把握的地方。我們“害怕前進，害怕上主將帶我們前去的地方”。可是害怕“不是一個好顧問”。“耶穌常說：‘你們不要害怕！’害怕無濟於事”。

教宗最後談到第四種態度——仰望天主。他說：“仰望上主，默觀上主。這將帶給我們一個如此美妙的驚訝，一個與上主再次相遇的驚訝。門徒們在遇到大風浪時仰望了上主，懇求上主說：‘主！救命啊！我們要喪亡了。’之後，他們便體嘗了與耶穌再次相遇的驚訝。教宗說，我們不是無

知的，也不是冷淡的基督徒；我們是火熱、勇敢的基督徒。雖然我們是弱者，但我們要在弱點中顯示出勇敢。我們的勇敢應該常常體現在逃跑和回頭看，以使我們不陷入罪惡的留戀。我們不要害怕，而要始終仰望上主！”