

Happy Father's Day

Thank you, friend Jesus,
for God, your father and
mine, who made me and
is always with me.
Grant your blessings to
Fr. Joseph and all fathers
on this special day which
honors them!

Theme Sharing

The Body and Blood of Christ His Presence Among Us

Jesus is living food for us, sent from the Father in heaven. Unlike ordinary food, which just sustains life, this food gives a life that is eternal. From the burning bush to the gentle breeze, God has made his presence known among us since the beginning of time. Being among us as food for body and spirit is a significant way of being present. Christ's Eucharistic presence is in bread and wine, among the commonest elements of food and drink in his day. The Lord is present among us through everyday things.

Bread comes from a process that begins with seeds of wheat mixed with water. These are brought together as dough and, after several stages of development, they end up as a unity which we call bread. Wine begins as a cluster of grapes which, when they are processed, they end up as what we call wine. A group of people gather together for prayer, each of them unique. After a process which is the work of God's Spirit, they become a unity, which we call church, or the Body of Christ. In communion, the (community) Body of Christ is being nourished by the (sacramental) Body of Christ.

If someone invited you all to gather around me, as close as you can, because he was going to whisper to you, something else would take place that might surprise you. You'd notice that the closer you come to me the closer you'd be to each other. If you gathered closely around one person, you would be touching shoulders with each other. That is how community or the Body of Christ is formed. It is a question of bringing people closer to the Lord and, as a direct result of that, they end up being closer to each other.

Throughout history, God has spoken to his people in surprising ways. He spoke to Elijah through the gentle breeze, and he spoke to Moses in the burning bush. The natives of Bethlehem weren't too excited that a new baby had been born and, later on, Herod would mock Jesus as a fool, and the soldiers would jeer him as a king. After the resurrection, Mary Magdalene thought he was a gardener, Peter thought he was a ghost, and the disciples on the road to Emmaus thought he was a stranger passing through. That he should present himself in so simple a form as food and drink is just what we might expect from "The God of Surprises."

Parish Activities

Famine Relief Fund

The Canadian Conference of Catholic Bishops (CCCCB), has joined other faith leaders in Canada in launching a national appeal to help address the famines in South Sudan and the extreme food shortages in Yemen, northeast Nigeria and Somalia. All funds will be forwarded to the Catholic Organization for Development and Peace (CCODP). Also, the Government of Canada will match all donations made until June 30th deadline.

- Parishioners can donate cash or make your cheque payable to OLPH, and earmarked "Famine Relief Fund" put it in an envelope (with your Sunday collection envelope number OR name and address marked) and drop it into the Sunday Mass collection basket.

The amount will be added to your year-end donation tax receipt issued by the parish.

- by sending a cheque payable to the RC Diocese of Calgary, earmarked "Famine Relief Fund" and sent to the Pastoral Centre at 120 17th Ave S.W., Calgary, AB T2S 2T2

May God bless you abundantly for your generosity and compassion!

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. 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." Parishioners can pick up the Litany of the Sacred Heart of Jesus pamphlet at the Church main and side entrances.

Exposition of the Blessed Sacrament on July 1

The July's Exposition of the Blessed Sacrament will be led by Faith Sharing Group on July 1 from 10am to 11am. Fr. Nguyen will listen to Confession. Parishioners are encouraged to attend.

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.

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 June 14, our campaign has received a total of \$28,231.41. 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

Fri June 23

OLPH Senior Centre

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

Place: OLPH Church Upper Hall

OLPH Scout

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

Place: Upper Hall & Lower Hall

Sat June 24

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 25

R. C.I.A (Cantonese and English)

Time: 9:30 a.m. - 12:30 p.m.

Place: OLPH Church Lower Hall

Young Adults visit Masion Senior

Living

Time: 2:00pm-3:00pm

Let There Be Light

The Story of Life

Sometimes people come into your life and you know right away that they were meant to be there, to serve some sort of purpose, teach you a lesson, or to help you figure out who you are or who you want to become. You never know who these people may be, your neighbor, your coworker, a long lost friend, or a complete stranger. When you lock eyes with them, you know at that very moment they will affect your life in some profound way.

Sometimes things happen to you that may seem horrible, painful, and unfair at first, but in reflection you find that without overcoming those obstacles you would have never realized your potential, strength, willpower, or heart.

Everything happens for a reason. Nothing happens by chance or by means of good luck.

Illness, injury, love, lost moments of true greatness, and sheer stupidity all occur to test the limits of your soul. Without these small tests, whatever they may be, life would be like a smoothly paved, straight, flat road to nowhere. It would be safe and comfortable, but dull and utterly pointless. The people you meet who affect your life, and the success and downfalls you experience, help to create who you are and who you become.

Even the bad experiences can be learned from. In fact, they are probably the most poignant and important ones. If someone hurts you, betrays you, or breaks your heart, forgive them, for they have helped you learn about trust and the importance of being cautious when you open your heart. If someone loves you, love them back unconditionally, not only because they love you, but because in a way, they are teaching you to love and how to open your heart and eyes to things.

Make every day count. Appreciate every moment and take from those moments everything that you possibly can for you may never be able to experience it again. Talk to people that you have never talked to before, and actually listen.

Let yourself fall in love, break free, and set your sights high. Hold your head up because you have every right to. Tell yourself you are a great individual and believe in yourself, for if you don't believe in yourself, it will be hard for others to believe in you.

You can make of your life anything you wish. Create your own life and then go out and live it with absolutely no regrets.

Most importantly if you Love someone tell him or her, for you never know what tomorrow may have in store.

Learn a lesson in life each day that you live.

Faith Sharing Stories

A Father's Promise

In 1989 an 8.2 earthquake almost flattened Armenia, killing over 30,000 people in less than four minutes.

In the midst of utter devastation and chaos, a father left his wife securely at home and rushed to the school where his son was supposed to be, only to discover that the building was as flat as a pancake.

After the traumatic initial shock, he remembered the promise he had made to

his son: "No matter what, I'll always be there for you!" And tears began to fill his eyes. As he looked at the pile of debris that once was the school, it looked hopeless, but he kept remembering his commitment to his son. He began to concentrate on where he walked his son to class at school each morning. Remembering his son's classroom would be in the back right corner of the building, he rushed there and started digging through the rubble.

As he was digging, other forlorn parents arrived, clutching their hearts, saying: "My son!" "My daughter !" Other well meaning parents tried to pull him off of what was left of the school saying:

"It's too late!"

"They're dead!"

"You can't help!"

"Go home!"

"Come on, face reality, there's nothing you can do!"

"You're just going to make things worse!"

To each parent he responded with one line: "Are you going to help me now?" And then he proceeded to dig for his son, stone by stone.

The fire chief showed up and tried to pull him off of the school's debris, saying, "Fires are breaking out, explosions are happening everywhere. You're in danger. We'll take care of it. Go home." To which this loving, caring Armenian father asked, "Are you going to help me now?"

The police came and said, "You're angry, distraught and it's over. You're endangering others. Go home. We'll handle it!" To which he replied, "Are you going to help me now?" No one helped.

Courageously he proceeded alone because he needed to know for himself: "Is my boy alive or is he dead?"

He dug for eight hours . . . 12 hours . . . 24 hours . . . 36 hours . . . then, in the 38th hour, he pulled back a boulder and heard his son's voice. He screamed his son's name, "ARMAND!" He heard back, "Dad!?! It's me, Dad! I told the other kids not to worry. I told 'em that if you were alive, you'd save me and when you saved me, they'd be saved. You promised, 'No matter what, I'll always be there for you!' You did it, Dad ! "

"What's going on in there? How is it?" the father asked.

There are 14 of us left out of 33, Dad.

We're scared, hungry, thirsty and thankful you're here. When the building collapsed, it

made a wedge, like a triangle, and it saved us."

"Come on out, boy!"

"No, Dad! Let the other kids out first, 'cause I know you'll get me! No matter what, I know you'll be there for me!"

"Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you."

-Deuteronomy 31:5

HAPPY FATHER'S DAY TO EVERYONE

Read More Know More

The Eucharist, Body and Blood of Jesus Christ.

The Eucharist or "Holy Communion", is a Sacrament that is a vital part of Holy Mass, celebrated by Roman Catholics.

We believe that during "Holy Mass" (Sacrifice of Praise), bread and wine are placed on the altar. A Priest then recites an Offertory, offering God the Creator the same bread and wine, made with human hands from gifts given to man by God the Creator. The Priest then recites the "Consecration": the words and acts of Jesus Christ on the evening of "The Last Supper" at the Jewish Feast of the Passover.

After the "Consecration", it is believed that through the invocation of the Holy Spirit; the bread and wine are transformed into the Flesh and Blood of Jesus Christ. Not visibly seen, but disguised as bread and wine. The Body and Blood of Jesus Christ is then offered to God His Father for the sins of men. Then, under the direction of Jesus Christ as recorded in the Gospels, the Body and Blood hidden and disguised as bread and wine, is consumed.

It is the words of Jesus Christ taken literally that has become the whole basis of the Eucharist.

"Take this and eat, this is my body, which will be given up for you," then he took the cup: "This cup is the cup of my blood, the blood of the new and everlasting Covenant, which will be shed so that sins will be forgiven. Do this in memory of me" (Luke 22).

To non-believers and even many Christians of various faiths, the possibility of bread and wine being transformed into the Flesh and Blood of Jesus Christ, is deemed impossible, ridiculous and not true. The atheists simply laugh or gives such a notion no thought,

whereas skeptical Christians believe Jesus Christ did not mean that the bread and wine were his "Body" and "Blood" in a literal sense.

How to interpret the words of Jesus is up to the individual. But, it is wise to at least examine all of the words recorded in Scripture, before any judgment of interpretation should be made. Interpretation by examination is wiser than interpretation in ignorance.

父親節快樂

願我們在天上的父親受讚頌，
願我們在教會內的父親受讚頌，
願我們在地上的父親受讚頌。
多謝主耶穌基督恩賜給我們愛我們的父親，愛我們的司鐸，願你的祝福常與他們同在！

主日分享

基督聖體聖血節

信德、愛德與共融的標記

初期基督徒是兼領聖體聖血的，後來發展為祇領聖體，節日也稱為“基督聖體”瞻禮 (Corpus Christi)。梵二後，教會恢復從前兼領聖體聖血的習慣，因為意識到聖血包含了重要意義。舊約提到，以色列人把動物的血倒在祭壇上，表示與天主訂立盟約。以色列人相信血代表生命，為動物放血時，生命隨著血的傾流而失去。天主既是生命的主人，人不該飲血。難怪當耶穌說：“你們要吃人子的肉，喝祂的血”時，猶太人便很反感。他們不明白耶穌要人喝祂的血，正是要得到祂的生命，祂以自己的血，訂立了天人之間的新約。

今天我們領基督體血時，不光是紀念這意思，尤應注意下面幾個意義：

(1) 信德的標記：有人曾問，外教人領了聖體會怎樣？老鼠偷吃了聖體，耶穌是否也在它內？其實，沒有信德，聖體不會成為生命的食糧，像人患病，不能吸收食物，並非因為食物本身無用，而是因為身體功能損壞，不能吸取食物中的養料。基於根深蒂固的信念，猶太人覺得聖體聖血的道理難以接受。耶穌不加解釋，反

而向自己的門徒挑戰：“你們也要離去嗎？”這是考驗門徒對基督的信賴程度如何。今天，聖體聖血仍是我們信仰的考驗。我們每次領受時，都表達了“我相信”。信仰冷淡時，第一件放棄的，就是不再參與感恩祭及不去領聖體。(2) 愛德的標記：耶穌在愛自己的門徒愛到極點時，才建立這件愛情的聖事，亦要求我們以愛心去領受。人對天主有諸多保留時，就有不堪當領受聖體的感覺。這件愛情聖事幫助我們用愛惠及他人，增加世界的愛。金口若望曾說：“你要尊敬基督的身體嗎？不要在聖堂內為祂穿上絲綢衣服而忽略了祂在外面寒冷赤身。”美國曾以一個叫 Corpus Christi (意即“基督的身體”) 的城去為一艘核子潛艇命名，引起基督徒群起抗議，因為以一個代表著愛的名字去稱呼一艘具有毀滅全世界生命能力的核子潛艇，是對基督的一種褻瀆。

(3) 團結合一的標記：聖體在英文可稱為 Holy Communion，即神聖的共融。聖體使我們在基督內團結共融。我們以飲食的方式去領受聖體聖血，而飲食本身已經包含了共融的意義。動物祇會共食，吃不到便會搶，惟有人才會共同宴飲。真正的宴飲，祇能同朋友，即心神能溝通的人；否則，會像茶樓的“搭客”一樣，同桌共食而各自修行。這樣的飲食因缺乏共融，變得沒有意義。最後晚餐中，猶達斯祇與耶穌及其他宗徒共食，但因心懷不軌，尊貴的飲食頓時失去意義。早期的基督徒在領受了聖體聖血之後，選擇分享所有去表達在基督內的共融，今天我們會選擇甚麼去表達彼此之間的愛、團結共融呢？

堂區活動

救濟飢荒籌款

加拿大天主教主教團 (CCCB) 已加入加拿大其他宗教信仰領袖，一同發起全國呼籲，協助解決南蘇丹、也門、尼日利亞及索馬里的飢荒及極度糧食短缺的問題。

所有籌款將轉交給天主教發展與和平組織 (CCODP)。此外，凡於6月30日前的捐款，加拿大政府將以同等金

額捐贈予以上國家。

捐款方法：

—請以現金或支票抬頭“OLPH”，附註“Famine Relief Fund”，放入信封內（請寫上捐獻信封號碼，或姓名及地址），然後放進主日奉獻籃內。捐款數目將加入堂區發給你的年終捐獻報稅收條總額內。

—直接寄支票到教區中心，支票抬頭“RC Diocese of Calgary”

附註“Famine Relief Fund”地址：120 17th Ave S.W., Calgary, AB . T2S 2T2

多謝大家慷慨解囊，主佑！

顯供聖體 (七月一日)

永援聖母堂七月顯供聖體由信仰小團體帶領，時間為七月一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！

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！聖心敬禮以「奉獻與補贖」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，我們履行補贖的義務，更是奉獻自己，以取悅耶穌聖心。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。

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。

2017 教區公益金，齊來獻愛心

2017 年教區 TIA 籌款的主題為：『憐憫的人是有福的，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 6 月 14 日，捐款已累積至 28,231.41 元。

懇請各位教友繼續支持，慷慨解囊！

活動一週

星期五 6月23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

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24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

太專青年團練習聖詩

時間：下午 5 時至 7 時

地點：永援聖母堂上禮堂

星期日 6月25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

太專青年團探訪 Mission Senior

Living

時間：下午 2 時至 3 時

心靈小品

忘記與紀念

在基督徒的生活中應該學習“忘記”和“紀念”的功課。有些事我們要忘記它，而還有些事必須要紀念它。

一、忘記過去的成功與失敗

忘記背後，努力面前。“忘記背後也就是忘記昨天，忘記以往。每個人都有成功和失敗的經歷，成功和失敗都應忘掉。若不忘記以往的成功，人可能會自滿自足，可能會鬆懈不再努力。

所以不能滿足於現狀，有一句話說：“逆水行舟，不進則退。”我們常說，一時的奉獻不等於一生的奉獻，一刻的輝煌也不等於輝煌一世，一次代價的付出也不等於永遠的擁有。祇有不斷的努力才能進步。同時我們要忘記過去的失敗。失敗不可怕，可怕的是失敗以後不肯重新站立，不肯悔改。主有赦罪之恩，祇要悔改，在那裡跌倒，就要在那裡爬起來。

二、忘記別人的虧欠

格林多前書 13：5 節“愛是不計算人的惡”。這節聖經在現代中文譯本是這樣的“愛是不計較人的過錯。”要把人家的過錯，把別人加在你身上不利的事，把他人對你的虧欠，都把它忘記。一個不計算人的惡，肯忘記別人過錯的人，他是一個會謙讓，肯吃虧，有恩慈的人。門徒伯多祿問耶穌：“饒恕別人七次可以嗎？”耶穌回答說，饒恕到七十個七次。伯多祿認為饒恕七次已經盡了人的所能，但耶穌的意思是要完全饒恕。舊約的若瑟被兄弟們出賣，後來他作了宰相，兄弟們落在他手中，他卻沒有以牙還牙，以惡報惡，反而以愛相待，忘記過去的仇恨。

三、要紀念造物之主

“你趁著年輕，當紀念創造你的主。”這裡的紀念包括思想、敬畏、認識、愛慕等意義。耶肋米亞先知曾提到以色列忘記了天主，遭遇外禍，卻向埃及求救，耶肋米亞說他們像迷失的羊，“從大山走到小山，竟忘了安歇之處”，人如果離開天主，就像游魚出水一樣。人的心靈永遠得不到安息。據說有一次馬克吐溫帶著太太和 11 歲的女兒到外地旅行，受到許多名人款待。旅行結束在歸途的車廂上，馬克吐溫得意洋洋地將這次招待過他的名人一一說出來給別人聽，最後他的 11 歲女兒說：“爸爸，除了天主之外，凡值得你認識的人，你都認識了。”意思就是把天主摒棄於他的朋友之外。今天天主在我們的心中佔據主位的時候有多少？你每天紀念天主有多少？

四、紀念遭遇困難的人

希伯來書 13：3 節“你們要紀念遭遇苦難的人，要想到自己也在肉身之內。”我們要以實際的行為紀念，不是空口說些祝福的話，有的人口號喊得很響”

人人爲我，我爲人人”，實際上他祇想人幫助，而不想幫助人。保祿在寫信給格林多教會的時候，他曾說：“有誰軟弱，我不軟弱，有誰跌倒，我不焦急呢？”(林後 11:29)。因爲我們也在肉身之內，也隨時可能有軟弱會跌倒的時候，今天你紀念別人，明天也會得到別人的紀念。

靈修小故事

靠山

人生道路上難免會遇到挫折，需要某些事物的幫忙，才可以度過難關，這些便是所謂的「靠山」。靠山可以是一個人、一個團體，或是一種無形的憑藉及信念，而我最可靠的靠山就是我的爸爸。

爲什麼我的靠山是我爸爸呢？爸爸的身材胖胖的，挺著一個大大的啤酒肚，肩膀結結實實的，看起來就是一座可以依靠的大山，但他肚子裡的墨水也濃得不得了，真材實料，絕不虛假。他飽腹經綸，思想獨樹一幟；他內心柔軟，包容一切，這就是我爲何認爲他是我的靠山的原因。

高三的我，站在人生的交叉口上，徬徨不安、焦慮不已！對於未來只有茫然及不確定。繁重的功課壓力，使我開始憤世嫉俗，想逃避學校。當時我並沒有告訴任何人我的想法，認爲自己的煩惱何必麻煩別人，但內心卻焦躁不安，越是焦躁不安，越會在行爲中不知不覺地表露無遺，然而，爸爸察覺到了，他找我聊天，在這個靠山前面我完全不會隱藏自己，我掉下淚來，告訴他所有的憤怒及不滿。靠山只是聆聽，在我像機關槍一樣一連串的發洩之後，他安慰我、指引我，就像一盞明燈照亮我前方的路，增強我的信念。現在，我心情平穩、開朗、積極。我真的很感謝我的靠山二十四小時全日營業，三百六十五天的全年無休。

靠山是一個港灣，讓疲累的我們得到一個喘息的機會；靠山是一個休息站，提供食物及茶水，讓喪氣的我們得到能量；靠山是一座燈塔，在遠方指引我們這些迷途的羔羊，走向正道，穩穩邁進。

知多一點點

基督真正的臨在

『被祝聖後的麵餅和血的意義』

基督臨在的地方

因著主的恩寵，基督以種種不同的方式臨在：誦讀、宣讀、研讀、祈禱、用聖經來默想，以福音的說話與主交談、在貧窮、弱小、病弱和被囚禁的人當中(瑪 25：31~46)。而基督臨在的最高峰，是祂真正臨在於祝聖後的餅酒形下。

基督臨在餅和酒內的奧蹟意即整個基督真正地、真實地、實體地臨在，是指祂的寶血、肉身、靈魂、天主性、人性、所有關於基督都臨在於祝聖後的餅和酒內。真實的臨在是指向實質的轉變。麵餅和葡萄酒在祝聖後，形態雖沒有轉變，但它們的本質卻徹底地轉變了。我們不是用肉眼去看，而是用信德眼光去看。所以，在彌撒聖祭中，當主禮高舉聖體、聖血時，我們便是『信德的奧蹟』的見證人。

基督臨在餅和酒內的完整性祝聖後整個基督都存在於二形（餅和酒）之中任何一形之內。如我們單單領受聖體，便已是領受了完整的基督；同樣單領受聖血，效果也是一樣。同時整個基督都臨在於餅和酒的每一個部份內。即使是一小碎塊的麵餅，一滴寶血，都是完整的耶穌基督的身體。聖人多瑪斯說：『一滴寶血已足夠拯救全人類的罪過。』基督臨在餅和酒形下的方式是獨一無二的。因此在七件聖事當中，基督把聖體聖事提昇成爲最高貴的一件聖事。

基督臨在的持續性：餅和酒一被祝聖，便即成爲基督的體血，直至失去了形味(即變壞)，基督的臨在亦因而消失。因此，聖體聖血進入我們體內臨在的時刻，是很短暫的(約 10 分)，所以我們應好好珍惜基督聖體在體內的時刻。

願耶穌至聖之體，常受讚美稱謝。
至聖聖體，天主聖體，稱頌感恩，永歸於。