

# 堂區通訊

卡城永援聖母堂  
暨華人天主教牧民中心

電話 403-265-7926 傳真 403-234-8480

電子郵件 olph@telus.net

堂區辦事處時間  
星期二至星期五  
上午 10 時至下午 4 時

主任司鐸

阮明聰神父

鄺維揚執事

林偉良執事

堂區牧民議會主席

何漢輝

Website 網址

www.myolph.org



# Bulletin

Our Lady of Perpetual Help  
Catholic Church

400 Edmonton Trail N.E. Calgary, Alberta  
Canada T2E 3S4

Tel 403-265-7926

Fax 403-234-8480

Email olph@telus.net

Parish Office Hours

Tuesday - Friday

10:00 am - 4:00 pm

Pastor

Fr. Joseph Nguyen

Deacon John Wu

Deacon Edward Lam

Parish Pastoral Council Chairman  
Arthur Ho

November 26, 2017 二零一七年十一月二十六日

Christ the King

基督普世君王節

Last Sunday Collection

上主日奉獻

\$3,351



彌撒時間

主日彌撒

星期六 下午五時 國語主日提前彌撒

星期日上午八時三十分英語彌撒

上午十時英/粵語彌撒

上午十一時三十分中文彌撒

平日彌撒

星期一至星期六上午九時

公唸玫瑰經及敬禮聖母英語彌撒

星期二晚上 6 時 30 分

Mass Schedule

Sunday Mass

Saturday : 5:00 pm Mandarin mass

Sunday : 8:30 a.m. English Mass

10:00 a.m. Bi-lingual Mass (English and Chinese)

11:30 am Cantonese mass

Weekday Mass

Monday to Saturday 9:00 a.m.

Tuesday 6:30 p.m.

Rosary and English Marian Devotion mass

Exposition of the Blessed Sacrament  
1st Saturday of each month 10:00 a.m.

顯供聖體

每月首個星期六 上午十時



## Theme Sharing



### Jesus Christ The King of Love

As we reach the last Sunday in the liturgical year, we celebrate the Feast of Christ the King, a deeply caring King for all his people. In the first reading, prophet Ezekiel portrays God as a shepherd who seeks out his sheep and keeps them in his loving care. "Christ must reign", says Paul in the second reading, "until he has put all his enemies under his feet."

In the gospel, Jesus affirms his authority and power and says: When the Son of Man comes in his glory with all his angels, he will sit upon his glorious throne. In the ensuing Judgment on all men, Jesus says the merciful will be rewarded because I was hungry, and you gave me food ..., showing clearly his great compassion and concern for all those in dire need of help.

Speaking through Ezekiel, God promises that He will seek the lost, bring back the strayed, bind up the injured, strengthen the weak and watch over the fat and strong. Jesus fulfils this promise with his care and healing of the weak and the despised, and he declares solemnly that whenever you did it to the least of these brothers and sisters of mine, you did it to me.

Christ is working throughout human history to free us from our selfishness so that we can be filled with His love. With love outpouring and spreading to the ends of the earth, God manifests Himself fully to be the Lord of all. Through the work of our glorious Christ, God's divine plan is entirely accomplished.



The lost I will search out,  
the strays I will bring back,  
the injured I will bind up,  
and the sick I will heal;  
but the sleek and strong I will destroy.  
I will shepherd them in judgment.

## Diocese & Other News



### REFLECTION ON GOD'S MERCY FOR THE SOLEMNITY OF CHRIST THE KING

Catholics celebrate the sacrament of Reconciliation because we recognise that sometimes we fail to do as we ought and because we believe in God's mercy and forgiveness. The priest can help you and you can trust the Holy Spirit to guide you. Even if you don't know how you can change your life, showing up makes you open to the grace that the sacrament brings. The Diocese of Calgary invites you to experience the peace, love, and joy brought by participating in the sacrament of Reconciliation.

Action: If you are afraid to go to Reconciliation, speak about your reservations with a priest or someone you know who does participate in the sacrament. If you celebrate the sacrament regularly, speak about it as a witness to others.

Rejoice in God's Mercy! The sacrament of Reconciliation will be available at parishes throughout the Diocese of Calgary all the Wednesdays of Advent from 7:30-8:30 p.m.

### FEED THE HUNGRY CHRISTMAS GIFT CARD APPEAL

Feed the Hungry needs your help to give our 500 guests a \$10 gift card at our 4th annual Christmas Dinner! Gift cards or money (for us to shop for you) can be dropped off at St. Mary's Cathedral Hall on Sundays only or the Catholic Pastoral Center (120 17 Ave SW) during the week by December 8. For more information, contact Sartre at [feedthehungry@calgarydiocese.ca](mailto:feedthehungry@calgarydiocese.ca)

### ADVENT RETREAT WITH BISHOP EMERITUS FREDERICK HENRY

Development & Peace Diocesan Council is inviting you to a very special Advent retreat with Bishop Emeritus Henry at Mount St. Francis on Saturday, December 9, 2017, at 9 AM. Join us as we celebrate the positive peace built by women and reflect on how we can all continue to play a vital role in creating a more peaceful world, "for nothing will be impossible with God" - Luke 1:37. Cost: Free will offering

### EFFECTIVE CO-PARENTING: PUTTING KIDS FIRST

'Effective Co-Parenting: Putting Kids First' is an educational 5-week program for separated and divorced parents to help raise their children through this difficult time and increase the understanding of needs of children for developing self-esteem and security. It will offer skills about managing diverse shared parenting situations and provide strategies for improving communication, resolving conflict, and managing day to day children's issues between parenting partners. Parents are encouraged to attend separately. The next program will run 7:00 pm - 9:00 pm on Wednesdays, February 21 - March 21. For more information or registration contact the Life & Family Resource Centre at 403-218-5505 or email [lifeandfamily@calgarydiocese.ca](mailto:lifeandfamily@calgarydiocese.ca).

## Parish Activities



The Sacrament of Reconciliation – will be available at parishes throughout the Diocese of Calgary all the Wednesdays of Advent. December 6, 13, 20 from 7:30pm–8:30pm.

You shall confess your sins at least once a year

The Second Precept of the Church ("You shall confess your sins at least once a year.") ensures preparation for the Eucharist by the reception of the sacrament of reconciliation, which continues Baptism's work of conversion and forgiveness.

For the Sacrament of Reconciliation, our Parish will follow the Diocese's schedule, and we will cancel the Advent Penitential Service.

### Exposition of the Blessed Sacrament on Dec 2

The December's Exposition of the Blessed Sacrament will be led by Parish Pastoral Council on May 2 from 10am to 11am.

Fr. Nguyen will listen to Confession. Parishioners are encouraged to attend.

### YAG Christmas Event:

Lions Festival of Lights and Hot Pot Night

Come join YAG for a fun night of Christmas lights viewing and warm hot pot dinner right after!

Please register and RSVP for the event on YAG's website

(<http://olphyoungadults.weebly.com/>) or

Contact Joyce Lam for more details.

Deadline to RSVP will be November 26th, 2017. All Young adults and friends are welcome.

Date: December 3rd, 2017

Time: 6pm- 10pm

Location: Confederation Park (NW) and OLPH Upper Hall

### Light up for Christmas

To celebrate the start of a new liturgical year and the Christmas Season, our Church will hold a Light up for Christmas Ceremony on the first Tuesday in December (Dec 5), after the 6:30pm Marian mass.

Parishioners, friends and families are cordially invited to come out to help celebrate this happy occasion.

### 2017 Youth and Young Adults Advent Retreat

For Advent this year, Youth Group and Young Adults Group will be having a joint retreat. The theme for this retreat is: "HOTSPOT: Jesus".

Come join us in learning how to be the "Ultimate Hotspot", connecting others to Jesus during this Advent season. All parishioners in Grade 6 to university are welcome to join. For details and registration please contact Jenny (403) 869-9462 or Jason (403) 554-1557.

Date: December 9th, 2017 (Saturday)

Time : 5:00pm- 9:30pm

Location: FCJ Centre

Cost: \$10 per person (Light dinner included)

### Mission Mexico Day(December 12)



On December 9-10 we will take up a special collection.

Mission Mexico is an outreach project to marginalized mountain communities in southern Mexico. We are asking every parishioner in the diocese to support this missionary outreach.

### OLPH Church Parish Retreat

Lead by: Bishop Henry

Date: Dec 16, 2017, Saturday 9am - 4pm

Place: Church

First Talk : "The Meaning of Advent"

Second Talk : "Mary, the Mother of Jesus and the Mother of Believers"

Third Talk : "Mothers in Faith"

All parishioners are welcome to attend. For further details please visit the OLPH web site and posters.

### 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 September 20, our campaign has received a total of \$41,809.65.

We plead for your ongoing support.

## Weekly Activities



Wed, Fri November 29, Dec1

OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Fri December 1

OLPH Scout

Time: 6:30pm.-9:30pm

Place: Upper Hall & Lower Hall

Sat December 2

Legion of Mary ( meeting )

Time: 11:00 a.m.

Place: K of C Room at OLPH Church

Tai Chi Lesson

Time: 10:00 a.m. - 11:00a.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: OLPH Lower Hall

Young Adults Band practice

Time: 4:00p.m.-6:00p.m.

Place: OLPH Lower Hall

Young Adults Choir Practice

Time: 6:00p.m.-7:30p.m.

Place: OLPH Lower Hall

Young Adults Choir Practice

Time: 6:00p.m.-7:30p.m.

Place: OLPH Upper Hall

Sun December 3

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

Christmas Play Practice

Time: 2:00p.m.-4:30p.m.

Place: OLPH Upper Hall

## Let There Be Light



There was a farmer who sold a pound of butter to a baker. One day the baker decided to weigh the butter to see if he was getting the right amount, which he wasn't. Angry about this, he took the farmer to court.

The judge asked the farmer if he was using any measure to weigh the butter. The farmer replied, "Honor, I am primitive. I don't have a proper measure, but I do have a scale."

The judge asked, "Then how do you weigh the butter?"

The farmer replied;

"YOUR HONOR, LONG BEFORE THE BAKER STARTED BUYING BUTTER FROM ME, I HAVE BEEN BUYING A POUND LOAF OF BREAD FROM HIM. EVERY DAY WHEN THE BAKER BRINGS THE BREAD, I PUT IT ON THE SCALE AND GIVE HIM THE SAME WEIGHT IN BUTTER. IF ANYONE IS TO BE BLAMED, IT IS THE BAKER."

In life, you get what you give. Don't try and cheat others.

## Stories Faith Sharing



### Not To Change The World

Once upon a time, there was a king who ruled a prosperous country. One day, he went for a trip to some distant areas of his country. When he was back to his palace, he complained that his feet were very painful,

because it was the first time that he went for such a long trip, and the road that he went through was very rough and stony. He then ordered his people to cover every road of the entire country with leather. Definitely, this would need thousands of cows' skin, and would cost a huge amount of money.

Then one of his wise servant dared himself to tell the king, "Why do you have to spend that unnecessary amount of money? Why don't you just cut a little piece of leather to cover your feet?"

The king was surprised, but he later agreed to his suggestion, to make a "shoe" for himself.

There is actually a valuable lesson of life in this story: to make this world a happy place to live, you better change yourself - your heart; and not the world.

## News & Others



### Pope: Every Mass means entering into the Risen Lord's victory

The Pope explained that in the Bible, a "memorial" is more than a mere remembrance of a past event; It is he said, "the making present of that event, which enables us to share in its saving power."

Jesus, the Holy Father stressed, pours out his mercy upon us at every celebration of the Eucharist, "in order to renew our hearts, our lives and our entire world."

Every Mass, said Pope Francis, is a ray of the sun where there is no sunset and participating in this celebration, especially on Sunday, means entering into the Risen Lord's victory, and being illuminated by his light..."

By making present the Lord's paschal mystery, he continued, "the Eucharist strengthens us to bear witness, like the martyrs of old, to his triumph over death and to love others as he does, freely giving of ourselves for their good."

Mass is not a show

The Mass, underlined the Pope "is not a show". We don't chat or take photos during the celebration because it is the memorial of the Jesus' Passion, which he accomplished for us, in order to free us from oppression and to enter into the promised land of eternal life. Concluding his Catechesis, the Holy Father said, that when we enter a church to

celebrate Mass, let us think about Jesus giving his life for us. "The show disappears, the gossip, the comments and the things that lead us away from this beautiful thing, which is the Mass, the triumph of Jesus.

-- <http://en.radiovaticana.va>

## Inspirational



### A Change Of Perspective

On October 4th 2016, my best friend's dad passes away unexpectedly from a brain aneurysm, he was like a second dad to me. I never realized how big of an impact he had on my life until he wasn't there anymore. Because of this, I now have a whole new perspective on the people around me that I see every day, and how much they mean to me and how much I would miss them if I woke up one day and they weren't there anymore. From that day on I've learned to cherish the time that I spend with my friends and family, because you never know when you'll get to see them again or if you'll ever see them again. Because time is not a given, it is a gift.



"Your word is a lamp for my feet  
a light for my path."

Psalms 119:105

## 主日分享



### 基督普世君王節

教會今天慶祝基督普世君王節

彌撒中的兩篇讀經分別取自厄則克耳先知書；聖保祿宗徒致格林多人前書。內容都談到世界末日和基督為王。我們先從讀經二說起。在這篇讀經中聖保祿宗徒講述耶穌復活的道理。他說耶穌是死人中第一位復活者。在祂以後，我們信仰祂的人，都要依次復活。聖保祿宗徒又說：基督必須為王，直到祂把所有仇敵屈伏在祂的腳下。到了那時，祂便把王權交還給天主聖父。這篇讀經所強調的是基督以及基督信徒的最後勝利。

在本主日彌撒中的讀經一裏，厄則克耳先知強調天主對祂的子民以色列人的愛護和照顧，但也預告祂要對他們施行審判。祂首先採用了綿羊和山羊的形像來表示，在世界末日公審判的時候，得救和不得救的人。

彌撒中的福音取自聖瑪竇福音。在這篇福音記載中，有一句話概括了全篇講話的意義。那就是君王對得救的綿羊致詞後的結論：「凡你們為我的兄弟姊妹中最小的一個做的，就是為我做的。」

本主日基督普世君王節彌撒禮儀的教訓，一方面是重申耶穌對祂的忠實門徒的認同，另一方面是警告世人：判別他們是否得救，是要依照他們各自的信仰態度和生活，以及他們是否接納，或拒絕基督派遣到他們那裏的使者們，所宣講的福音生活。

錄自梵蒂岡電台

## 堂區活動



### 將臨期悔罪禮

卡加利教區內所有教堂在將臨期內逢星期三(12月6、13、20日)

晚上7時30分至8時30分,將開放給教友辦告解聖事。

根據教會規條的第二規,「該告解、每年至少一次」,是為督促信友們通過修和聖事妥當地準備領聖體。教友應盡量參加與天主修合,以準備主基督的來臨!本堂將臨期告解聖事時間將如教區所定,集體悔罪禮將取消。

### 顯供聖體(十二月二日)

永援聖母堂十二月份的顯供聖體由堂區牧民議會帶領,時間為十二月二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!

### 大專青年團聖誕燈飾火鍋派對

為慶祝聖誕的來臨,大專青年團會到 Confederation Park 觀賞聖誕燈飾,之後會到上禮堂吃火鍋。歡迎堂區所有大專青年以及朋友參加。

請在11月26日前到YAG的網站報名或與Joyce Lam聯絡。

日期:2017年12月3日

時間:晚上6時-晚上10時。(晚上5時40分卡城永援聖母堂上禮堂集合)  
地點:Confederation Park 以及卡城永援聖母堂上禮

### 聖誕亮燈儀式

為慶祝將臨期及剛踏入新的禮儀年,本堂將在十二月第一個星期二,即十二月五日晚上六時三十分敬禮永援聖母英語彌撒後舉行亮燈儀式。請各教友熱烈支持參加這個慶典。

### 墨西哥傳教日(十二月十二日)



在我們的墨西哥福傳計劃中,從我們教區每一位教友的捐獻,我們就可以在墨西哥的一個受貧窮折磨的社區,令到文盲、體弱的人,得到

適當的醫療照顧及牙齒醫護。為繼續此一重要的福傳工作。請在十二月九日或十二月十日捐出你的一分力吧!

適當的醫療照顧及牙齒醫護。為繼續此一重要的福傳工作。請在十二月九日或十二月十日捐出你的一分力吧!

### 卡城永援聖母堂一堂區避靜

主講:亨利主教

日期:2017年12月16日(星期六)上午9時至下午4時

地點:聖堂

第一講:將臨期的意義

第二講:瑪利亞,耶穌的母親及信徒之母

第三講:信仰之母

歡迎所有教友參加

詳細資料,請留意本堂區網頁和海報

### 2017 青年/大專青年將臨期避靜

為準備聖誕的來臨,永援聖母堂青年及大專青年團將舉行避靜。主題為:無線熱點:主耶穌(Hotspot: Jesus)當晚會有不同的講座,遊戲, Praise and Worship, 修和聖事,和 Eucharistic Adoration。歡迎堂區所有青年(六年級以上)及大專青年來參加。

讓我們來學學如何變成一個獨一無二的“無線熱點”去幫助別人與主耶穌聯繫吧!若有興趣報名參加或查詢請與Jenny(403)869-9462或Jason(403)554-1557聯絡。

日期:12月9日(星期六)

時間:晚上5時至9時30分

地點:FCJ Centre

費用:每位\$10(包晚餐)

### 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  
截至9月20日,捐款已累積至41,809.65元。

懇請各位教友繼續支持,慷慨解囊!

## 活動一週



星期三、五 11月29,12月1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 12月1日

永援聖母堂童軍

時間:晚上6時30分至9時30分

地點:永援聖母堂上禮堂及下禮堂

星期六 12月2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: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11時

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:永援聖母堂上禮堂

大專青年團樂隊練習

時間:下午4時至6時

地點:永援聖母堂上禮堂

大專青年團練習聖詩

時間:下午6時至7時30分

地點:永援聖母堂上禮堂

星期日 12月3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

聖誕話劇排練

時間:下午2時至4時30分

地點:永援聖母堂上禮堂

## 心靈小品



有一天我去圖書館,看見一位舉動有些不方便的老先生,牽著一個可愛的小男孩,小男孩走一步說一句「沒問題」,我當時覺得是他的口頭禪,他說著玩的,但是就在我們沒趕上下樓電梯時,他爺爺一句「沒問題」,

他笑了。我才知道這句口頭禪是他爺爺的。

等到出了電梯門要下階梯時，爺爺一個不注意，差點摔下，「爺爺沒問題」小男孩說著，兩人都笑了。真是有趣的「沒問題祖孫」！

常把「沒問題」掛嘴邊，真的會沒問題喔！你試試看吧！

## 靈修小故事



### 魔術師和他的三個徒弟

從前有一位魔術師，他會表演很多精彩的魔術，娛樂很多的觀眾。一天他把他的三位徒弟叫來，對他們說：「我快要退休了。你們是我最喜愛的徒弟，你們可以向我要任何的東西，我都會給你們的。」

大徒弟說：「師父，我想要你的魔術棒和帽子。這樣我就可以表演很多精彩的魔術。」二徒弟說：「師父，我想要你那本魔術大全；我會把大全內所有的魔術都表演出來。」最後到三徒弟了，他說：「師父，請把你娛樂觀眾的心給我。」

師父說：「好吧，你們拿去，從今以後就是你們的了。」

三位徒弟得到了師父的祝福，就各奔前程去了。……不久，大徒弟的帽子已經變不出來甚麼新的東西出來；二徒弟書裡面的魔術也很快的全都表演過了；最後，連表演的興緻都失去……魔術表演也就停止了。只有小徒弟，興致勃勃，日新月異地表演；繼承師父的職志。

從今天的故事，教會和我們每一位成員應當堅定自己的信心：耶穌就是我們每個人以及整個世界的真正統治者；但同時我們也得小心，不要「獨自享受」；「讓我們也到別處去，到鄰近的村鎮去……因為我們也是為這事來的。」 吳新豪神父

## 新聞及其他



教宗方濟各 11 月 22 日週三在聖伯多祿廣場主持公開接見活動。教宗在要理講授中繼續解釋彌撒慶典的意義，表明彌撒是對基督逾越奧跡的紀念。教宗指出，紀念不僅是對過去的回憶。耶穌藉著祂的死亡和復活，使逾越的意義達致圓滿，“彌撒正是為紀念祂的逾越。彌撒不僅是一個回憶。不，它的意義更為深刻，是重現 2000 年前發生的事”。

教宗解釋道：“彌撒總是把我們帶到天主救恩行動的高峰，即主耶穌為我們而成了餅並被掰開，向我們傾注了祂全部的仁愛，一如祂在十字架上所做的那樣，從而更新我們的心、我們的生命，改善我們與祂及弟兄姐妹相處的方式。”

每一次彌撒慶典都是一束永不西沉的陽光，這太陽就是復活的耶穌。因此，參與彌撒，尤其是主日彌撒，也就意味著參與基督復活的勝利。教宗說：“在彌撒中，我們經歷逾越；在彌撒中，我們與死而復活的耶穌同在，祂帶我們前行，走向永恆的生命；在彌撒中，我們與祂合而為一，更準確地說，基督住在我們內，我們也住在祂內。”

基督把祂的死亡轉化為至高的愛的行動，因而戰勝了死亡，並且在彌撒中把這種勝利的愛通傳給我們。我們若以信德接納這份愛，就能像祂愛我們並為我們舍棄性命那樣，也去愛天主和近人。

“這就是彌撒：進入耶穌的苦難、死亡、復活和升天。我們參與彌撒，我們就如同走在加爾瓦略山上，這是一樣的。你們想一想：如果我們走到加爾瓦略山，在那一刻，我們知道在那裡的那個人就是耶穌。那麼，我們怎能允許自己閒聊、照相，就像是觀看表演一樣呢？不會的！因為耶穌就在那裡！我們一定會靜默、悲痛，也會為獲得救恩而喜悅。”

教宗最後總結道，這就是為什麼說彌撒是紀念：“彌撒是重現加爾瓦略山，耶穌在那裡為我舍棄了自己的性命”。

- 梵蒂岡廣播電台



### 綿羊和山羊

有人指出比喻中用綿羊和山羊是很合乎事實的。綿羊性格溫良，傾向合群聽話；山羊性格冷漠，喜歡獨處冒險。