



聖母玫瑰月

眾所周知十月乃普世教會敬禮聖母瑪利亞慶典的月份，源於十六世紀教宗聖碧岳五世，鑒於歐洲基督徒聯軍戰勝伊斯蘭教的土耳其，認定是頌念玫瑰經的力量而獲得勝利，因此而定下為慶節，目的是幫助平信徒默想天主的救恩，鼓勵持續念玫瑰經，深入認識天主的奧秘，與耶穌基督和聖母分享他們的苦難和喜樂。於十八世紀初，普及至全球教會都以每年十月為聖母玫瑰月，普世教會冠與聖母瑪利亞很多名稱，因為她是教會的母親，其地位謹次於天主聖三，她的一生充滿玄義奧蹟，其中更給聖母冠以玫瑰，是因為此花有花后之稱，馨香無比，艷麗絕倫，貞潔無瑕，這就是聖母的尊貴之處，但玫瑰花是附在生滿荊棘的樹枝，也是她幾度遭遇痛苦的經歷。

普世教會以玫瑰經祈禱，是全然敬禮瑪利亞為天主之母，更認定聖母是諸聖相通功祈禱中保之首，在迦南婚宴上，聖母祇向主耶穌說主人缺酒款客，主耶穌馬上就把水變成酒，這顯示耶穌重視母親的說話，所以如果我們向聖母祈禱求助，成效必定很大。

近年我曾兩次因一些事情無法解決，馬上在堂區聖母像前祈禱求助，同樣過了一兩天，兩次被困擾的事情都奇蹟地得以完滿解決，我深深感到是聖母給予的恩典。又我當年患病在醫院時，手執一串玫瑰經念珠經常頌念，感覺聖母就在左右保護着，因此全無感到憂慮和恐懼。

有一次在航機遇故障，我馬上拿出玫瑰經念珠頌念，心情很平復，感覺是聖母在慰勉着。此後每當在航機上都頌念玫瑰經。這些都是聖母瑪利亞給我恩典的見證。聖母瑪利亞十分喜歡玫瑰經，在露德對聖女伯爾納德和在花地瑪對露濟亞及三名小童顯現時，都呼籲世人多頌念玫瑰經。堂區在十月份每台彌撒前，都集體頌念玫瑰經，希望我主內弟兄姊妹都能參予，而我很喜歡每天彌撒前集體頌念玫瑰經，希望您都多來參予吧！

Tony Wong

感恩

每年五月，大多會到溫哥華走一趟，因母親大人住在溫市，五月有母親節，亦適逢她老人家生日，一舉兩得。今年亦不例外，五月初如常和太太到溫市探望母親。不覺間原來她已達九十高齡，感恩她身體尚算壯健。家人建議不如讓她出門走走，於是我們便決定帶她回卡城小住一兩個月，一方面可以照顧她，另一方面亦可藉她精神尚可時到處遊玩一下。

然而剛抵卡城，母親便顯得很不適應。先是咳嗽不停，睡眠不穩，繼而全無胃口，身體極為虛弱。我和太太擔心極了，於是帶她去看中醫。感恩中醫說她身體尚可，回家吃了數劑中藥後便見好轉，這使我們放下半擔心頭石；接下來的日子，感恩事還是陸續有來。

一星期後，我們如常參與每月的信仰小團體分享，當我提及母親來訪及抱恙一事時，阮神父劈頭一句就問她領洗了嗎？我當時有點錯愕和糾結。事原母親孩提時曾得一急病，險些兒魂歸天國，她常憶述當時幸得隔壁大媽為她祈求「觀音大士」才救她一命，自此之後，母親便篤信觀音。儘管我們家族大多放領洗信主，多年來她仍堅持到底，我們也有點兒放棄了。感恩得到阮神父及林執事提醒，說我們必須繼續嘗試及為她祈禱。剛巧兩星期後我們安排了家庭誦唸玫瑰經，信仰小組的兄弟姊妹齊到來，母親很興奮地說起她兒時曾在天主教小學念書，還即念出舊式天主和聖母經，眾人當時都喜出望外。其實我也記不起母親有否曾提及她懂得以上的經文。但無論如何，這令我感覺到母親對信仰的堅持將有所突破。當時林執事立即把握時機，問她是否願意領洗入教，母親欣然答應。我其實有些擔心她只是口快快答應了。於是往後的日子，我時常提及待她百年歸老時，我希望仍可照顧她，只要我們一親人都走在同一條通往天堂之路便可。再次感恩母親的心窗被打開了，她終於願意領洗信主！

這次我們真真切切地放下心頭大石，及後更得到阮神父、林執事、施修女及堂區各兄弟姊妹熱心幫忙，使母親能在短短數星期便準備好入門的要理和一切。領洗當日我姊姊還專程從溫市到來當她的代母，母女兩人交換角色，過程非常神聖和順利，我們一家及許多兄弟姊妹也到場祝賀，令當天的入門聖事更覺滿全。

母親能在九十高齡入教，使我深信如經上所說，天父播下的種子，總會有收成的一天。

Paul Mok, St. Gabriel Choir

松柏軒創會十八週年紀念晚宴實錄

本年九月廿四晚，為松柏軒成立十八週年紀念日，該晚六時設宴於上禮堂，筵開十二席，出席者有阮神父、施修女、林偉良執事伉儷、堂委會主席朱樂安伉儷、創會人Ray Poon伉儷、總幹事Tony Ho 伉儷及其他幹事、會友、家人及教友，濟濟一堂，總人數達130多人。承蒙佳播歌詠團團長Joe Shing領導下，製作該晚宴會膳食，令參與者無不大快朵頤。

本人家王楚榮有幸擔任司儀，並首先唱松柏軒會歌，歌詞實屬感人，現提供長者及教友分享做人應有態度。會歌歌詞如下：

弦歌奏，松柏茂，勸君應要排愁免憂。
人老益壯，心歡透，唱只歌，不要雙眉皺。
日日唱歌，交友莫忘舊，應當友愛，歡歡笑笑，感情厚。
人雖老，能永壽，養生早去園林探幽，
愁怨悲憤不應有，互愛心，恤老兼扶幼。
服務社會，休要落人後，心安戒燥，溝通老少，親情厚。

晚會Ray Poon先生講述十八年悠長歲月中，無論晴天或許雨天，總幹事何先生都早上六時起床，開車接送有需長者到中心參與活動，很佩服他們這份堅持，祝願他們繼續努力，走向更多個十八週年！但歲月不留人，這更位司儀年事已高，在此呼籲更多生力軍參與接棒，扶持松柏軒，繼續成長！

松柏軒過往的會慶，多在酒樓餐廳舉行，今屆得阮神父的提議，Joe Shing及Tony Ho的支持，在上禮堂舉行，氣氛溫馨、自由，教友們都非常喜歡！當然也要感謝大專青年團專業的服務，音響組幫忙音響及音樂，各教友及善長的參與，出錢出力送贈禮品、利是，以作抽獎，使該晚會順利完成，直至九時多才曲終人散。祈望明年再見，主佑！

王楚榮，松柏軒

經常祈禱

五月中正在國外旅遊的我，忽收到三弟的短訊，說我們廿多年沒有聯系的大姐得了大病，發現腦部有兩個陰影，而且還有乳癌。我立時心感不安，又驚又喜，驚的固然擔心我的血親，喜的是想不到那「鐵閘」竟然打開了！

事原是我的姐姐和姐夫，不明不白的跟我們弟妹四人隔絕廿多年。他們愛「獨家村」的生活方式，住在愛民頓的郊區。沒有兒女，亦罕有朋儕，七十多歲的大姐一向健康欠佳，而姐夫年前又造過三條心臟搭橋的手術，以現今的情況，他們可以應付嗎？

就在這時候，醫生提議大姐拿取我當年患乳癌的資料，好待他作參詳。她就託三弟聯絡我。在旅遊途中，忽然找到一所聖堂，我馬上下跪，滿眶熱淚，感激天主這般快又再賜我恩寵！我還以為很難再跟大姐聚面了，還記得我在「愛是永遠不保留」那篇文章中，告訴大家我正在齊家的使命嗎？我百思不得其解，天主竟要我挑著十人行的小十字架，我唯有每天祈禱，求主助我毅力。現可說是不幸中之大幸，祂又賜我姐弟五人重聚，自問何得何能，一次又一次的得著恩寵？而實屬使命呢！

返加國後，馬上跟大姐電聯，第一次，廿多年沒有聽過她的聲音，覺得她全身虛脫，我要很用心才能了解她的說話。第二星期的週末，迎著大雨如注的公路，駕駛時要特別留神。沿途上，天主肯定用雨水給我清洗，給我作好準備，接受第二個使命，我只有不斷的祈禱。抵步到達他們的家園，大姐已坐在門前久候，一眼見她，絕不相信一向活潑漂亮的大姐，竟變得如斯可憐！那情景我真的不想去回憶...。我倆互相擁抱，彼此不想分開，很傷痛！耶穌給我們作的那富人浪子回頭的比喻，那種失而復得的感覺，全都被一個「愛」字灌滿了。

終於大姐接受我的勸告，造了乳房切除手術，現正等待專科決定用那種治療，而腦科亦在等待檢查中。她是位專業護

士，卻從來不看醫生，不會吃藥。十八年前我接受化療時，也留言囑她提高警覺，她卻不去測試。現在大問題出現了，藥物對她是極大殺傷性的，所以也擔心她下一步的情況。而大弟和二弟亦分別從香港和溫哥華前來探訪，那股凝聚力把大姐和姐夫也軟化下來。

二弟是一位虔誠基督徒，熱心傳教，我倆能在宗教上有所共識，務求宗教合一，所以我倆分別開導那曾是熱心的基督徒大姐，最近得悉她開始作禱告，整個人都開心了、豁達了，還說若今後康復有力，必像我和二弟多做有意義的事。至於將來能否會進一步重返教會做活教徒，就由天主安排好了。

我深信多次的得著，多次的恩寵，全依靠我不斷的祈禱，正如耶穌不時都跟天父作密切的溝通和聯系，我就是仿效祂。愛心、信心及恒心就是最大的力量。天主就藉著我的分享，也希望各弟兄姊妹嘗試執筆，簡單寫下你的經歷、上主如何啓迪你、如何眷顧你，不妨慷慨大膽地作分享，做一個「活教徒」。信我，祂會帶著你寫的，這都是一種福傳啊！

Teresa Chow, Echo editor



聖母升天巡遊慶典暨美食節

今年八月十五日(星期六)是聖母升天節，堂區特於八月十三日(星期六)舉行一年一度的聖母升天慶典及巡遊。為配合教區公益金籌款，巡遊後由本年度贊助善會聖母會及堂區議會活動小組合力籌辦了美食節以作響應。

當天，一早已有不少善會會員在上禮堂忙於準備食物，繼有YAG 自家製的鍋貼及糯米糍；Youth Group忙於預備秘製海卷的材料，以便即場售賣。午膳後，更多善會加入。St Gabriel Choir 努力放湯準備熱騰騰的車仔麵及雲吞麵；信仰小團體亦為自製街邊碗仔翅及愛心蛋糕仔而忙過不停；公教家庭成員親自炮製了美味茶葉蛋、香脆腐皮卷及炸春卷。廚房內外熱鬧非常，大家忙得不可開交。

三時後，各善會負責人及成員紛紛回來加入佈置行列，大伙兒搭營幕、擺枱、鋪電綫及安放音響器材。由於烈日當頭，眾人少不免都滿頭大汗。隨後其他善會也陸續到來，為求更加吸引，各負責組員更忙於精心佈置自己的攤檔。



巡遊後，美食節正式開始。國語組準備了家鄉肉夾饅，清新可口；聖母會的沙羌雞槌、咖喱魚旦和清涼羅漢果水令人垂涎欲滴；聖母軍及RCIA的紅豆沙和炸春卷也實而不華；K of C 售賣往年暢銷的越式湯麵；主日學也不甘示弱，那特色的咸甜夾餅乃即叫即做，甚有一手；還有關愛組準備了七款精美甜品，使大眾選擇多多，更讓它們的攤位熱鬧非常；PPC的甜酸齋數量雖不多，但勝於價廉物美，最早售罄；而童軍的BB串燒由於飽肚兼美味，以致它們的攤檔人流不絕。吃過各種美食之後，還有鮑思高同學會提供解渴宜人的汽水和咖啡，實在是賞心樂事。

當天特別感謝聖母的眷顧，天氣一直放晴，各負責攤檔的教友亦非常齊心和合拍，大家雖然頗為疲憊，但也做得很是起勁。有份出席參與的教友也表現雀躍，一方面品嚐到很多價廉物美的食物，另一方面可以支持教堂籌款及留下來與親朋及教友共話家常，可謂一舉三得。由於當天的美食是籌款關係，各檔主最後皆落力速銷，為求賺得一分一毫。眼下不少教友在速銷後大包小包的拿回家，可謂滿載而歸。



最後，非常感謝各善會負責人及會員的鼎力合作，使到當天活動能順利完成。活動完畢後，大家都異常勞累，但卻毫無怨言，更出錢出力，充份發揮對堂區的歸屬感和愛護。大部份教友都感到相當滿意，並非常期待下一次美食節的再來。

Annie Mok, Parish Pastoral Council

Dear parishioners of Our Lady of Perpetual Help Parish,

Peace be with you! Thank you so much for praying for me as I prepared for my perpetual vows which took place on August 15th, 2016. It has been such a joy to have all you along on my journey in religious life. As Sr. Teresa reminded me, the perpetual vows are not so much an end as a beginning of a whole life given to Jesus, both in the cross and the resurrection.

Please, please keep praying for religious vocations. I know you value religious vocations so very much as several have come from this parish. As Fr. Keith Sorge, the former pastor of St. Patrick's Parish in south Calgary used to say, priests and sisters do not drop down from heaven fully formed. They come from our families and must be encouraged from within one's own family. Too often we are overjoyed when someone else's child enters religious life but would not be willing to make the sacrifice of our own son or daughter. It truly is a sacrifice on the part of the parents as well, and if we truly wish to have vocations in the church, we must be willing to foster them in our own families first.

We have a tradition in my community, the Society of Our Lady of the Most Holy Trinity, that our Lord gives you anything you pray for on the day of your perpetual vows, because He is so pleased with the gift of yourself. To this end, I prayed specifically for three gifts for Our Lady of the Perpetual Help Parish, to help with fostering vocations. The three gifts I asked for were: deep silence, deep reverence and deep thanksgiving. I am telling you about them because you need to be prepared to receive them when our Lord gifts them to you.

The first, deep silence, will help in a desperately noisy world, a world that is full of being connected and the latest information and tweet

and soundbite. How can we hear God, who speaks to us in the silence of our hearts, if we are constantly surrounded by noise? I challenge all of you to have a large chunk of time in your days away from the television, from the internet, from your phones, to be able to experience silence. Exterior silence will help with interior silence, and interior silence is what is necessary to be able to discern the voice of God in our lives. Practice silence in the Mass, in the sanctuary of the church, in your prayer. Practice listening to our Lord in that silence. It might be very uncomfortable to hear what our Lord has to say, but He says it only out of deep love for you.

The second gift, deep reverence, is related to silence. Reverence is the manner of behavior that results from understanding who God is and who we are in truth. God is all powerful, all majestic, all loving, all knowing, and we are but dust and ashes in His sight. Do we act that way in our prayer life? Do we act that way in our churches? When we are deeply reverent to our Lord in the Blessed Sacrament, then we will wish to spend time with Him in Adoration, in silence, in prayer. It is known that the parishes with Adoration have vocations because it is in Adoration that we most easily hear our Lord. We are making time to be silent before Him and He cannot help but come to us in those times.

Finally, I also asked for deep thanksgiving. Our late founder, Fr. James Flanagan, SOLT, always stressed the importance of thanking our Lord constantly for all the blessings in our lives. When we thank our Lord, then He showers blessings upon us. Too often we get caught up in our little trials and difficulties, which really are nothing compared to those who live in destitution, war and persecution. We forget to thank God for everything, even the trials. He

thank God for everything, even the trials. He who loves us so much has built our lives for us. You couldn't be loved more. Thank our Lord after every Mass for the great gift of Holy Communion, for the holy sacrifice of the Mass, for having a priest to offer Mass. Thank Him for everything, especially the gift of your life and your faith.

Thank you again for your support of my vocation. I am deeply grateful to the parishioners of OLPH for your love and your friendship, and for those of you who are benefactors of our community. God bless you all, and may Mary, our Mother of Merciful Love, keep you and guard you all the days of your life.

In the love of the Trinity,
Sr. Mary of Holy Hope, SOLT

A lovely two minute video of my final vows are at:
https://youtu.be/A44_ajvH2nI



聖門朝聖後感

舊約時代，只有首生子是蒙父親祝福的，當厄撒烏知道他的孿生弟弟雅各伯偷了父親的祝福後。他感慨的問父親：「我父，你只有一個祝福嗎？我父，你也得祝福我（創廿七：三八）。」直至耶穌的來臨，祂的祝福也不限以色列民，而是覆蓋全人類。這就是「因父及子及聖神之名給他們授洗，我同你們在一起，直到世界的終結（瑪廿八：十九）。」

耶穌籍著傅天娜修女傳揚祂是「慈悲君王」的訊息。有一天，耶穌對傅天娜修女說：「你相信我是天主，連魔鬼也確信無疑，但牠們卻懷疑我的慈悲。」又一次，有位修女經常懷疑自己的罪是否得到赦免，便托傅修女問耶穌，耶穌回答她：「我已忘記了她的罪。」（傅天娜日記）

七月十六日星期六，聖母會主辦了慈悲禧年跨越聖門朝聖一天遊，歡迎堂區所有教友參加，當日有約一百人，在阮神父帶領下，兩輛大旅遊巴士十時從堂區停車場出發。旅程第一站是DIVINE MERCY CENTER，在這裏阮神父為我們開彌撒。可敬的阮神父知道那兩位修女正因籌謀中心每月的營運開支而疲於奔命，他便以身作則地大解慳囊幫助她們，還勉勵我們努力行善。

令我最難忘的一站是「聖方濟各避靜中心」，入口處便擺放「浪子回頭」的畫像。原註的版本是當浪子回家時，父親手執菜蔬趕他走，然而耶穌版的「浪子回頭」，祂以慈悲吸引浪子回頭，消滅他的罪債。而畫裏的一雙大小不一樣的手，象徵父母親的慈愛。

天主對世人的愛無窮無盡，祂沒興趣知道我們的罪過，只要我們願意回頭，祂便擁我們入祂的懷內。

但願我們每天都懷著「朝聖」及「朝拜」天主的心靈。亞孟

Rosalina Chung, Pastoral Care Team

德蘭修女

二〇一六年九月四日為天主教教會和天主教徒來說是一個值得感恩和高興的日子，因為一位充滿仁愛，被世人尊為「貧困者之母」，並在一九七九年榮獲諾貝爾和平獎的德蘭修女被封為聖人。

一九一〇年德蘭修女生於南斯拉夫，父母都是天主教徒。十二歲那年，因看了亞西西聖方濟各服務被人遺棄的痲瘋病者的事蹟後，使她有侍奉天主的意念。十八歲那年，她跟洛雷托修會老院長談話後，獲准到印度的孟加拉傳教區（加爾各答）的洛雷托修道院當修生。

為了爭取獨立，在印度各地發生了很多戰爭，在洛雷托修院附近到處都是可憐的難民。他們露宿街頭，就算是病了、死了也沒有人理會，這使德蘭修女很痛心。可是她當時身為教會學校的校長，很多校務工作正等待發展。幫助窮人，還是繼續教育工作呢？在她心裡起了很大的掙扎。直到一九四六年，德蘭修女在一次避靜中聽到天主對她說：「妳要到貧民區幫助天主，為街上的最貧困者作些工作。」在得到教宗碧岳十二世的允許後，她可以離開洛雷托修院，開始獨自到貧民區工作。

德蘭修女學習了一些照顧病人、棄嬰等專門知識和技術後，她開始探訪有病患者的家庭、照料病人、教導貧民區孩子讀書。之後，她收容和照顧棄嬰，並為垂死的人服務。由於德蘭修女在貧民區的工作傳開了，有人會帶著食物和金錢來找她，她把所有的東西和金錢毫無保留的分給貧民區的人，自己仍然過著最貧窮的生活。有一些年輕的女孩子看到德蘭修女的服務後，願意加入為主服務的行列，仁愛傳教女修會終於在一九五〇年成立。德蘭修女於一九九七年因心臟病在加爾各答去世，享年八十七歲。

「因為我餓了，你們給了我吃的；我渴了，你們給了我喝的；我作客，你們收留了我；我赤身露體，你們給了我穿的；我患病，你們看顧了我；我在監裡，你們來探望了我……。凡你們對我這些最小兄弟中的一個所做的，就是對我做的。」（瑪25：35-40）在德蘭修女身上可以清楚看到她將基督的教導生活了出來。

德蘭修女的仁愛當然是我學習的好榜樣，而她有很多說話更值得我去深思和細味的：「這一生裡，我們做不了偉大的事；我們只能心懷大愛做小事。」「如果你判斷他人，你就沒有時間去愛他們。」「我只是天主手中的小鉛筆，祂正在向世界寄出一封情書。」「在小事上要有信德，因為你的力量卻原於此。」……。

我絕對相信德蘭修女的愛德是從天主的大愛泉源裡得來的，要獲得這份無私、無條件去愛的力量，除了信德外，更要學習德蘭修女及其它聖人，要和主保持一份親密的關係，因為單靠自己的力量是無法去愛，只要不斷的從天主這個愛的泉源裡吸取力量，才能軟化我的心硬而可以心懷大愛做小事。



Youth Group & Young Adult Group

World Youth Day 2016

World Youth Day 2016 in Poland left me so many memories that I would never be able to capture in one article. I will mention some of my most memorable moments, in hopes that other youths of our parish will know what this pilgrimage has to offer them.

Romans 15:7 says: Welcome one another, therefore, just as Christ has welcomed you, for the glory of God. When we first arrived in Jasło (pronounced yas-woh), we were greeted with music and handmade English signs by our host families. Keith and I stayed with host parents Piotr and Ewa, along with their two nieces from New York, Aleksandra and Zuzanna (who ended up being our translators whenever we needed). During our Days in the Diocese in Jasło, we were treated with overwhelming hospitality, which in Poland typically means being fed until you can't eat anymore! Keep in mind that we were complete strangers to our families before we met them, yet they had been preparing for over a year to receive us as pilgrims. This generosity helped us feel welcome in a place where we couldn't speak the language of the locals, and truly made me feel a sense of community as part of the universal Church. Over the course of less than a week, we had experienced Polish culture, shared our stories of Canada and OLPH, and made good friends halfway across the world.

The time I spent in Krakow showed me the importance of the Holy Father in the world today. Saint Pope John Paul II was regarded as a hero in Poland, as he gave the country hope during the time Poland was under communist rule and many citizens had lost morale and confidence in themselves. My favorite story is when he survived an assassination attempt and later returned to personally forgive the man who tried to kill him. Surely, this man showed the world what it means to be a disciple of Jesus. Hearing the homilies of Pope Francis was no different – he tackled many important problems that youths face today, including laziness, being distant from God, and loving our neighbours. A memorable quote from his homily during the closing mass was: "Some people confuse happiness with a couch". In today's world, it is easy to be content with things that give us instant gratification and comfort. But he identified that the youths who will become leaders of tomorrow and bring great change to the world; they will have to work hard and be diligent in their values. I hope to pass on this resounding message with the youths who read this.

World Youth Day was a wonderful pilgrimage full of fond memories and laughter. Although each pilgrimage comes with its hardships, I'm so grateful I was given this opportunity to grow closer to God and to learn how to better serve those around me.

John Guo, YAG, Youth Group Committee

**Blessed are
THE MERCIFUL**
for they
shall obtain mercy
(Mt 5:7)

World Youth Day in Poland

World Youth Day was held in Krakow, Poland on July 26-31 of this year. For myself, it was my second experience on a World Youth Day pilgrimage since Madrid, Spain in 2011. Although I had a sense of how the event would be structured, I went into the World Youth Day with an open heart and soul for God to give me guidance within my life and my path in the future.

After touring Warsaw for several days, our group arrived at Jaslo for Days of the Diocese where we were placed into a Polish home with parishioners from the Church of the Assumption. Our assigned family welcomed us with outstretched arms and open hearts into their homes and treated us like we were a part of their family. In a short span of five days, we laughed together, we cried together; we prayed together, we attended church together and created many wonderful memories. Their acts of generosity, hospitality, love, kindness and selflessness will stay forever in my heart and never be forgotten. I hope that I will be able to carry forth the same qualities within my own life.

We went onto World Youth Day at Krakow, where the homilies and catechesis with the priests, bishops, cardinals and Pope Francis touched my heart profoundly. One of the most moving experiences for me was walking through the Pilgrimage of Mercy. First, we journeyed to the St. John Paul II Sanctuary, where there were displays of bible stories mosaics, St. John Paul II's bloody robes from the attempted assassination and relics of his blood. Next, we walked to the Divine Mercy Sanctuary while praying the Chaplet of Divine Mercy. Inside the sanctuary, there **was a** large painting of the Divine Mercy depicting Jesus with his right hand extended in blessing and his left hand touching his heart where two rays are flowing forth: one of

blood and one of water. The rays depict the sacraments of Mercy through baptism and penance. Although there were many pilgrims present at the time, I found peace and solace within the Divine Mercy Sanctuary as I began to understand the depth of God's mercy and His willingness to heal us from the wounds of our sins, as long as we open our hearts up to Him and allow Him to do so. To end off the pilgrimage, confessions were heard by priests in the Field of Mercy behind the sanctuary.



As a whole, I feel that World Youth Day reignited the fire of my faith in God and helped me to develop new habits to build on my relationship with Him everyday. It can start from small things like reaching to someone that you haven't spoken with for a long time (or at all), taking time to say the rosary every day, or even simply thanking God for another day on this earth. I invite you to let God into your life to feel His mercy and grace, one step at a time, one day at a time. After all, you are worth it! No matter what happens, God will be there with open arms to give you His unconditional love, mercy and forgiveness. Amen.

Jenny Lam, Echo editor, YAG



Youth Group & Young Adult Group

World Youth Day

Before I came back to OLPH, I have never even heard of World Youth Day, and I confess that I was minutely skeptical on what I signed up for. However, the experiences that I had during this global event blew my mind. Just the sheer sight of the multitude of youths who made the effort to attend was enough to move my heart and change my perspective on Christianity forever. Saying that it was a pilgrimage would not do it justice, for it was so much more than that; it was a celebration of faith, a test of devotion, and an inspiring concert of Jesus' love for us. Having Pope Francis to hold mass for us was an eye opening privilege that I will remember for the rest of my life. He gave us guidance, wisdom, and healing where we needed it and inspired us all to action with his sermon. The part that touched me the most was when he told us not to be "couch potatoes"! As youths and young adults, we should not be so easily satisfied and hence, stop seeking improvement. We should not give up on what we are passionate about just for the sake of comfort, for we have a duty to show the world our drive and willingness to make a difference. Our passion should ignite (or reignite) the spark within the younger and older generation alike and inspire all of us to build the city of God here on this earth. That is our ultimate goal as members of Christ's family. I implore all our youths and young adults who have not yet experienced World Youth Day to really consider going to the next one in Panama. It will change your life.

Jason Yeung, YAG coordinator

WYD Reflection

This summer, a group of 16 young adults from OLPH had the privilege and opportunity to attend World Youth Day in Krakow, Poland.

I believe that World Youth Day is an experience where the results of the pilgrimage are dependent on the mindset, worries and goals of an individual at that time. As such, my experience during World Youth Day Madrid 2011 was much different than my experience in 2016.

In 2011, my expectations for WYD were high. I've seen all of the promotional videos and listened to testimonies of those who experienced a "life-changing moment" during their trip. I wanted our pilgrimage to be perfect so that I can experience those life-changing moments myself. During WYD 2011, we met people from around the world and waved our flags, attended masses and catechism, and even saw the Pope drive by. I thought WYD was a great experience, but even so, I did not have the life-changing moment I expected, and as such, I was a bit disappointed. WYD was not a vacation with friends (the days are long, hot and tiring), and I was not sure if I would attend another one again.

Four years later, the possibility of attending WYD came to my mind. Since graduation, life and work have taken me through different experiences and challenges. I wanted WYD to be an opportunity where I can take time off and dedicate my time to focus on God and listen to what He has to say. This time, my expectations were simple, and I started to plan our pilgrimage.

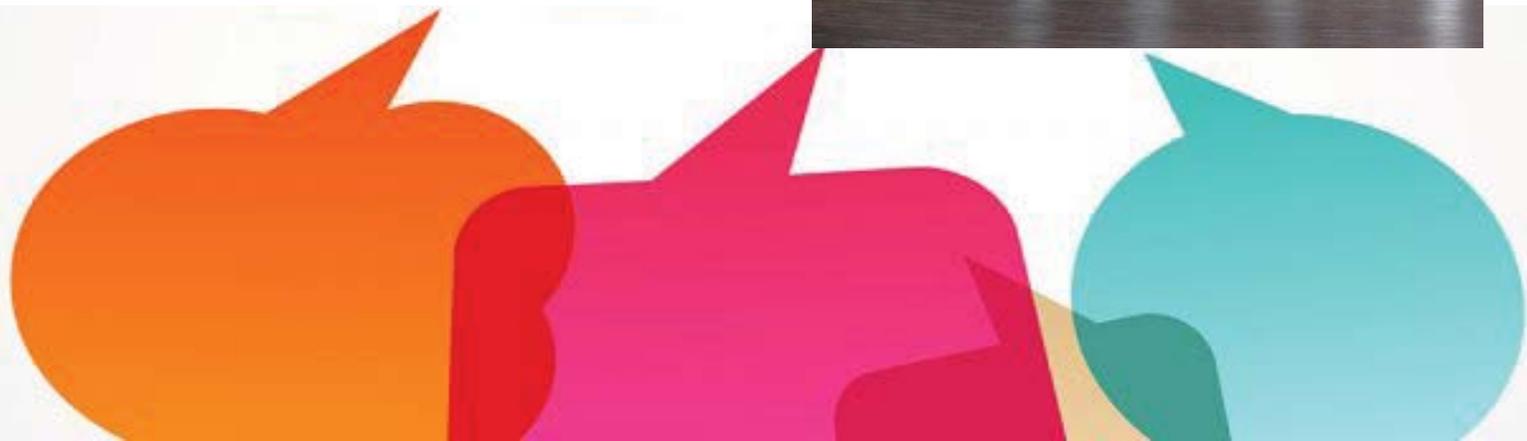
During WYD, most pilgrims experience some type of struggle. This may be stress from school



During WYD, most pilgrims experience some type of struggle. This may be stress from school or work, getting sick and wanting to keep up with the group, trying to gain direction on life, or perhaps even wanting to experience that “life-changing moment”. “Jesus, I trust in you”, was a phrase that was repeated during WYD 2016, stayed with me for the duration of our trip. At the overnight vigil, it seemed like the Pope was aware of my struggles and directed his homily to me. WYD 2016 made me realize that perhaps I should trust Jesus to provide me with the experiences I needed, in order to hear His message. Perhaps I needed to attend WYD 2011 to appreciate WYD 2016 and hear that simple phrase.

I was very lucky to have the chance to lead a group of 16 pilgrims from OLPH. Whether their experiences were similar or different than mine, attending WYD is an unforgettable experience. It is amazing that we are fortunate enough to have the opportunity to attend an event such as World Youth Day with the support of our Parish and parishioners – thank you.

Candy Lam, leader of WYD 2016





Youth Group & Young Adult Group

World Youth Day 2016

In this Year of Divine Mercy I was blessed with the opportunity to go to WYD 2016. The experience was nothing short of fruitful and I am grateful to be able to share a bit of my experience in this article.

During the stay with my host family in the “Days in the Diocese” in Jaslo, I had the opportunity to experience the love and hospitality of those who I am comfortable calling my Polish “mum and dad”. As a stranger in their home, they welcomed me unconditionally and made me feel a part of their family. This was incredibly eye opening and it dawned upon me that many families don’t necessarily always share that kind of love, a love that is crucial for every family, and a love that exemplifies God’s love for us. Reflecting on this notion, I’ve realized that a strong faith and love for God goes hand-in-hand with a strong sense and love of family life. The two are one and the same, a part of each other. Hence with much gratitude to my Polish host family for teaching me this, it is my hope to bring forward this love to my own family and share it among other families as well.

In various areas of Poland, I also had the chance to see many historical places, which gave me a deeper insight and understanding of Catholicism. The sites that I visited highlighted the standing and involvement of the Polish in the war against Hitler in World War II. Many Polish families sheltered Jews from the persecution of the Germans, and many of them were persecuted alongside the Jews for doing so. As grim and as sorrowful

was the past of Poland in WWII, history has taught us what happens when there is an absence of love for people and for God. Hitler’s ideal for the Aryan race was skewed because he believed only certain people were deemed worthy in his eyes and that he believed that it was truly so. However, in God’s eyes, everyone is worthy, and everyone deserves love. The Polish that sheltered the Jews knew that and they stood up for them and for God. Having being immersed in the rich and emotional past of Poland, I am reminded of how God’s love requires me to extend my love to others, regardless of personality, race, gender or social standing. I hope I can treat the people that I encounter with the unbiased love that God intends me to share with others and rear away from the footsteps of discrimination and hate, and the absence of love.

Pope Francis declared this year to be the Year of Divine Mercy. Through the talks that Pope Francis and the other cardinals gave during the World Youth Days, I learned about the mercy that God has given us. God’s mercy is a gift and it’s only tangible if we truly open ourselves to it. The sacrament of reconciliation is an embodiment of God’s mercy and once we truly open ourselves to the sacrament, only then will we feel the return of God’s love in us. The forgiving, and more importantly, the transfiguring of our sins is the act of God’s mercy which transforms us into individuals of not what we were before sin, but individuals of beauty and mercy who know the pains and sorrows of sin. Because we have sinned, we will always be reminded of our previous

suffering so that we may impart our wisdom and guidance to those who suffer in the sins that we have once known. This was a powerful revelation to me; with my newfound understanding I hope to impart the knowledge and wisdom to others.

All in all, I am forever grateful for partaking in my journey in WYD 2016. It was truly God's blessing to which I was able to bear fruit from this experience, and I hope that those who have read this reflection can take something away for themselves about their own mission and be inspired to take action.

Jesus, I trust in you. God Bless!

Keith Leung, YAG



Come and
join us!

God Bless!

Stampede Breakfast

Much of Calgary's tradition lies in the Stampede Festival held annually in the month of July. Although OLPH does not have its own rodeo show, we always manage to provide a free breakfast during that weekend of the Stampede. It is more than just tradition that we prepare this event, for it is great opportunity to practice our hospitality and give back to our great city, especially those who need it.

This year was the first time I took charge of planning out most of the details for our Young Adults Group, who were tasked with cooking and serving the food. During this process, I truly witnessed how marvelous our team of young adults are at our church. Those who knew how to cook took charge in the kitchen, others who knew how to set up helped to maximize the use of space for serving, and everyone was willing to fall in line to help make this breakfast a success. I came to the realization how lucky we are to have a young adults group with such a diverse skill set and who are willing to help without asking for anything in return. I know that I can rely on every single one of the YAG members to get the job done, which is the answer God has given me during this event as I learn how to do my job better as their president.

Jason Yeung, YAG coordinator



與基督同行

八月二十日，公教家庭協會、信仰小團體和佳播合唱團共五十位成員，參加了一年一度的避靜。我們很幸運的得到林執事和施修女作我們的神師，而避靜的主題是「如同天父滿懷慈悲」。當日天朗氣清，陽光普照，我們早上約十時十五分抵達南部的 Lake Bonavista，在林執事的帶領下，以聖詠「真光照着我」作開始的祈禱，提醒我們要打開心扉，讓聖神帶領與主相遇。

接下來施修女和我們分享了怎樣才能在主內活出喜樂，她讓我們靜默思考在生命的過程中，有什麼事我們會感到歡欣喜樂的，經過分享之後的結論是：無論是經歷苦與樂，只要能與主在一起，能接受主的安排和承行主的旨意，便能得到喜樂。隨後，我們以歌聲唱出幾首有關歡欣和喜樂的歌曲，以表達我們的心情。到了午餐時間，大家一起分享由幾位姊妹早已預備好的三文治，一面吃着簡便的食物，一面安靜地欣賞慈悲禧年的主題音樂。

午餐後，開始了避靜的下半部，林執事同大家先分享慈悲禧年的主旨，接著引用聖經很多的章節，特別是路加福音，向我們指出天主無條件的愛了我們，不求回報，我們呼求祂，祂即來救援，當我們犯錯時，祂更寬容的對待，所以我們亦要如同天父一樣寬恕得罪我們的人。

為了讓我們更思念天父的慈悲恩寵，林執事讓我們每人靜心的默想同天父的關係，有什麼地方需要祂寬恕，同時默想與他人的關係，有什麼需求修和的，在大自然的氛圍之中，每人都真誠的面對自己，和細心向主訴說心聲。在這環節中我特別有感觸，回想過去我曾跌倒失落，是主對我不離不棄，常伸出援手把我拉起，提醒我要全心依靠，不禁潸然淚下！同時也令我想到了，信仰就如同生命，需要不斷向前！

最後，林執事用一些個案帶動我們去分享和交流，在生活中我們有可能遇到的問題，和當一些問題出現時，作為一個基督徒，我們怎樣活出天父的慈悲。因為是生活中確實會出現的困難和問題，所以大家都很投入分享，雖然大家意見未必完全相同，但如果我們本着效法天父的慈悲，讓人看到天父的面容，我們就會找到合適的途徑，達到靜修的目的。最後，我們詠唱方濟各的禱詞，作為我們對主的回應，藉著林執事的手，我們得到主的降福，感恩祂的臨在，感恩祂的同行！

Maria Leung, Faith Sharing Group Coordinator

Pastoral Care Team Retreat

The pilgrimage started with a visit to the St. Mary's Church in Cluny. Fr. Long Vu was our retreat speaker. He spoke several topics to us. After the lunch, the team headed to the Holy Trinity Church, one of the designated sites for Diocesan Pilgrimage for the Jubilee Year of Mercy.

The Holy Trinity Church is located in the Siksika Nation, Cluny. It has a long history in that region. A group of Oblate brothers laid its foundation for today's parish when they built a small residence at Blackfoot Crossing in 1881. For the next two years, priests from Calgary served the mission, which Bishop Grandin had blessed as the Mission of the Most Holy Trinity. After floods washed it away in 1883, Siksika volunteers rebuilt the mission under the direction of Fr. Lacombe. Soon thereafter, Fr. Doucet moved into the building, remaining as resident missionary. In 1887, the Oblate Fathers constructed a larger mission house. By 1900, when the Sisters of Providence arrived to run a Catholic boarding school that the Federal Government had recently erected, an embryonic Catholic community was taking shape around the Holy Trinity mission. By 1914, 450 of the 700 member Siksika National belonged to the Catholic faith.

In the year 2000, the Diocese twinned St. Mary's (Cluny) and the Siksika Nation's Holy Trinity Church. Jesuit Fr. Max Oliva accepted the appointment as Dominical Victor, caring as well for St. Columba, Bassano. At the present, Fr. Long Vu continues the mission work.

During the pilgrimage, Our team reflected on the Mercy of Works (Acts of Mercy). Pope Francis has said: the works of corporal and spiritual mercy are to be resumed in order to "reawaken our conscience, too often grown dull in the face of poverty. And let us enter more deeply into the heart of the Gospel where the poor have a special experience of God's mercy."

Spiritual works of mercy are acts of compassion by which we help our neighbors with their emotional and spiritual needs. It includes:

1. Instruct the ignorant;
2. Be patient with those in error;
3. Pray for the living and the dead;
4. Counsel the doubtful;
5. Forgive offenses willingly;
6. Admonish the sinner;
7. Comfort the sorrowful.

Corporal works of mercy includes:

1. Feed the hungry;
2. Shelter the homeless;
3. Bury the dead;
4. Give drink to the thirsty;
5. Visit the Sick;
6. Ransom the captive;
7. Clothe the naked.

May we all respond to those suffering with love, compassion and mercy, while performing the works of corporal and spiritual mercy.

Henry Li, Pastoral Care Team



電影欣賞《德蘭修女》

九月份的電影欣賞融合在早餐交流會中進行。由大專青年團、青少年團和信仰小團體一同合作舉辦。9月25日當天有140多人出席早餐交流會，下午1時電影開始，約有70人欣賞。

電影描寫德蘭修女，一個簡單樸實的修女成為今世的重要人物。她生於前南斯拉夫首都，是阿爾巴尼亞人，後來卻成為印度「加爾各答的天使」。童年受父親影響，敢於為正義而盡心盡力，又慷慨而永遠帶着微笑做事。在中學時，家鄉有耶穌會的神父們被派到印度的孟加拉服務，她很受感動。1928年追隨天主的聖召，到愛爾蘭羅雷托修女會（Sisters of Loreto）做初學生，因她知道此修女會在印度的「加爾各答」教區有修院，她決意到那裏去。1931年發初願，1937年發永願，後被派到加爾各答的羅雷托修女會中學教地理和宗教課。這座學校雖然座落在加爾各答的貧民窟旁，但學生都是富家女孩。學校高大的圍牆，隔離的是兩個世界。

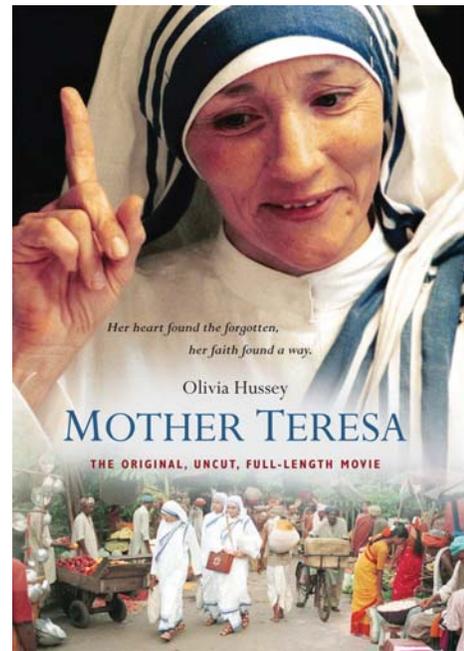
1946年德蘭修女在車站看到一個乞丐不斷地說：「我渴……我渴……」這個情境不斷在她的腦海裡浮現。她回到修院後，感到耶穌說：「我渴……我渴……」在呼喚她為貧窮人服務。1948年德蘭修女寫信給羅馬梵蒂岡的總會，請求許她離開羅雷托修女會，專心為印度窮人服務，教宗庇護十二世許她可以自由修女身份行善。

德蘭修女接受護士訓練後，在加爾各答為失學窮苦兒童辦了一所露天學校。起初，由於個人力量有限，而需要救助的人太多，因此困難重重。但德蘭修女咬緊牙關，凡事依靠天主，終於有善心人士受修女善行感召，捐助場所、設備、食物，還有人奉獻心力，協助德蘭修女的工作，其中不少是她曾教過的富家小姐學生。更有11個女孩決定奉獻一生，追隨德蘭修女。1950年，教宗批准德蘭修女與12位修女成立仁愛傳教修女會（Missionaries of Charity），德蘭修女將修會制服改為用白粗布鑲上樸素的藍邊，是印度社會最底層階級的衣服，穿著與貧民相同的衣服為他們服務。這個修會除了天主教修會傳統的貧窮、貞潔、服從三個誓願以外，還加上要全心全意，不要酬勞，為最貧苦的

人，也就是基督受難的化身而服務。

1952年開始，德蘭修女開始了最引人注目的善行，就是建立了世界知名、讓窮人得以善終的收容之家 ---「垂死之家」。垂死病人得到收容之家的修女、醫生、護士、義工的細心照顧，平靜安詳而有尊嚴地離開人世。1979年，德蘭修女榮獲諾貝爾和平獎，她上台致詞說：「有很多破壞和平的東西，今天和平最大的破壞者是墮胎，生命就是生命，如果有人不能照顧生命，就交託給我。」

播放電影之前，我們這樣祈禱：主耶穌基督，祢教導我們「凡給口渴的人飲水，給飢餓的人食物，給赤身的人衣服，就是給我做了。」德蘭修女都做到了，是我們的好榜樣，今天我們向她學習，求主賜給我們精神和力量，去服務貧苦和有需要的人，他們就是祢的化身。我們將生活和工作奉獻給祢，因父及子及聖神之名，阿孟。



John So, Parish Pastoral Council

編者的話

十月的「迴聲」，是新學年的第一炮，也是很精彩的開始。今年堂區暑期節目十分豐富，希望大家在閱讀富趣味性的文章的時候，也能對堂區多增一些親切感和歸屬感。編輯們實在滿懷感恩之情，感謝天主的眷顧，感謝阮神父的支持及教導，感謝教友們的投稿及取閱，我們只有付出努力，作為回報！你們的支持，就是我們付出的推動力！

Editor's note

Thanksgiving was tied to the end of a hopeful plentiful harvest.
We are still filled with the Thanksgiving spirit from last week.
So it's time to say thanks to all parishioners who sent in their articles to enrich the Echo magazine of our parish.
Remember, you made a difference! Without your continuous support and contribution, we would not be able to go this far, having a bi-monthly magazine of our own parish.

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