

Theme Sharing



Second Sunday of Easter Seeing Is Believing

When something strange or tragic happens, for example, the shooting of a president or prominent public figure, people demand an explanation. There is a call for a public enquiry. Usually a supreme court judge is asked to preside over this judicial enquiry. If what happened on Easter Sunday two thousand years ago were to happen today, there would be an immediate call for such an enquiry. Should it be reported that a human being had come back from the dead, it would be headlined around the world and demands would be made for all the facts to be brought out into the open. With the facts as reported in the gospels we could easily visualise such an enquiry. The witnesses who claimed to have seen and met the risen Jesus would be called and thoroughly cross-examined. First of all his death would have to be established. This should not create any problem. It was a public event and there were numerous witnesses. His death was so brutal, it was surprising that he did not die even before he did. This could be testified to by impartial witnesses like the soldiers, the man who helped to carry his cross etc. Then there was the soldier who just to make sure he died, stuck a spear into his side. There was Joseph of Arimathea who put him in the tomb and the women who wrapped his body. About his death there could be no great argument.

His coming back from the dead is a different story altogether. Here the witnesses would be called one by one, in the order they made their extraordinary discovery. Mary of Magdala would be the first to take the witness stand. She discovered an empty tomb. The other women would corroborate this. There could be thousands of rational explanations of that. The only implausible one is that the occupant rose from the dead. Under cross-examination they would admit they saw angels. Imagine the laughter that would cause in a modern courtroom. Mary Magdalen would be

forced to admit that when she met Jesus, she didn't recognise him. It would be easy to demolish her as a credible witness, not to mention her dubious past which would be bound to be brought up. Peter would be sworn in next, followed by John. Peter could be easily discredited. Any expert psychiatrist could demonstrate that both he and John had been deeply traumatised the previous two days. Their lives had been shattered. They had gone into hiding, fearing they might be next. The servant-girl would be found to testify that Peter swore three times that he didn't know Jesus while the trial was in progress. The two disciples on the road to Emmaus spent a few hours in the company of the risen Jesus, without recognising him. So much for the main witnesses.

Finally, Thomas takes the witness stand. He was the one who refused to believe all the rumours that Jesus had risen from the dead. He demanded positive proof. Nothing less than to put his hands into the wounds. Either he is committing perjury or he is telling the truth. He is the only credible witness that would stand up in a modern court. And because of this, he has got a bad press for almost two-thousand years. He has given the expression "doubting Thomas" to the English language and that is not a compliment. And he has earned this reputation unfairly for two reasons. Firstly, Christ submitted himself to Thomas' test. The second reason is given in the last lines of today's gospel: "There were many other signs that Jesus worked and the disciples saw, but they are not recorded in this book. These are recorded so that you may believe that Jesus is the Christ, the Son of God, and that believing this you may have life through his name."

News & Others



Pope Francis Easter Message 2017
Dear Brothers and Sisters, Happy Easter! Today, throughout the world, the Church echoes once more the astonishing message of the first disciples: "Jesus is risen!" - "He is truly risen, as he said!"

The ancient feast of Passover, the commemoration of the liberation of the Hebrew people from slavery, here finds fulfilment. By his resurrection, Jesus Christ has set us free from the slavery of sin and death, and has opened before us the way to eternal life.

In every age, the Risen Shepherd tirelessly seeks us, his brothers and sisters, wandering in the deserts of this world. With the marks of the passion - the wounds of his merciful love - he draws us to follow him on his way, the way of life. Today too, he places upon his shoulders so many of our brothers and sisters crushed by evil in all its varied forms.

The Risen Shepherd goes in search of all those lost in the labyrinths of loneliness and marginalization. He comes to meet them through our brothers and sisters who treat them with respect and kindness, and help them to hear his voice, an unforgettable voice, a voice calling them back to friendship with God.

He takes upon himself all those victimized by old and new forms of slavery, inhuman labour, illegal trafficking, exploitation and discrimination, and grave forms of addiction. He takes upon himself children and adolescents deprived of their carefree innocence and exploited, and those deeply hurt by acts of violence that take place within the walls of their own home.

The Risen Shepherd walks beside all those forced to leave their homelands as a result of armed conflicts, terrorist attacks, famine and oppressive regimes. Everywhere he helps these forced migrants to encounter brothers and sisters, with whom they can share bread and hope on their journey.

Details at Vatican website

Parish Activities



Tuesday Evening Mass

Tuesday evening Marian Devotion Mass will be resumed on April 25.

Collection on Good Friday

On Good Friday, we collected a total amount of \$3,454.15 in donation. This sum will be sent to the Holy Land through our Diocese in support of future

priesthood.
Thanks for your generous support!

Fr. Joseph Nguyen's Blessings and Thank You

Blessings and Congratulations to our new members of the Church who received the Sacraments of Initiation at the Easter Vigil, in sharing the death & resurrection of Christ to newness of life! I would like to express my heartfelt thanks to all the catechists and assistants of the Adult & Children Catechetical Team for their efforts in the faith formation of these new brothers & sisters.

I am also offering my thanks to the parishioners who assisted with all aspects of this festive celebration. Lastly, I would like to thank you all godparents, who are firm believers of our Christian Faith, to sponsor their godchildren in Baptism and commit themselves to walk with their godchildren on the road to a Christian life. May we pray to the Lord who has nourished us with His Easter Sacraments, fill us with the Spirit of His love, and make us all one in heart.

Pennies for Heaven

The purpose of the Pennies for Heaven program is to raise funds to aid seminarians. From freewill donations at council meetings and campaign to growth-oriented investment funds, Knights give to support vocations. The Knights split the proceeds among the 5 Alberta Dioceses to support seminarians and vocations programs. Thank you for your donation, we raised \$625.00 on Palm Sunday Event.

5th Sunday Rosary

Matteo Ricci Council 10119 will be hosting Rosary, 20 min. before the 10:00am & 11:30am Mass on Sunday, April 30, 2017. A mini K of C rosary ring will also be distributed to the parishioners who will be attending while quantities last.

TIA Fundraising

Pastoral Care Team will organize a special sales of two different kinds of Rice Dumping and Taro Pies. They are now taking pre-orders at the church

entrance. Thank you for your support. For details please see the poster.

Family Rosary during the month of May

The month of May is traditionally dedicated to the Blessed Virgin Mary. Fr. Nguyen, OLPH Pastoral Care Team members and sister Chan along with representatives from different church groups, will bring the Statue of the Blessed Virgin Mary on pilgrimage from home to home and pray family rosary in the month of May. Fr Nguyen will also bless the home during the visit upon request by the family. Parishioners are encouraged to invite their godchildren or godparents, friends and relatives to join the family rosary.

To participate as a host family in this devotion, please call Sr. Chan or Parish Office.

Praying the Rosary in May

We will pray the Rosary 20 minutes before each Sunday Mass, and we will pray the Rosary and sing hymns with Choir in front of the Cove of Mary before 11:30 a.m. Mass. Parishioners are encouraged to take part in the Rosary and sing together in dedication to Mother Mary.

Exposition of the Blessed Sacrament on May 6

The May's Exposition of the Blessed Sacrament will be led by Queen of China on May 6 from 10am to 11am. Fr. Nguyen will listen to Confession. Parishioners are encouraged to attend

Clothing Giveaway**

A group of Scouts of 300 OLPH Scouts Group will organise a charity project of "Clothing Giveaway" to donate clothing to "Women In Need Society" for helping those who are economically disadvantaged and in need. Clothing will be collected on Sunday May 7, 2017 at Lower Hall from 11:00 am - 1:45 pm
Thank you for your support!

Pottery Painting

To celebrate the colourful season of spring, YAG will be hosting a pottery painting event at Fire Escape.
Date: April 29th, 2017

Time: 3pm- 6pm

Location: Fire Escape
(6305 Bowness Rd NW)

Cost: Basic cost will vary depending on the number of participants ranging from \$7 to \$12. The cost for pottery pieces are an additional cost and will also vary depending on the piece picked. All young adults are invited to attend with their friends and family. For those who are interested, deadline to RSVP on YAG's website (olphyoungadults.weebly.com) is April 25th, 2017. If you have questions or want more details please contact the YAG Events Team.

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 April 26, 28

OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Fri April 28

OLPH Scout

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

Place: Upper Hall & Lower Hall

Sat April 29

Legion of Mary (meeting)

Time: 9:45a.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

Pottery Painting

Time: 3pm- 6pm

Place: Fire Escape

Sun April 30

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

Let There Be Light**If I Had My Life To Live Over...**

I would have talked less and listened more.

I would have invited friends over to dinner even if the carpet was stained and the sofa faded.

I would have eaten the popcorn in the 'good' living room and worried much less about the dirt when someone wanted to light a fire in the fireplace.

I would have taken the time to listen to my grandfather ramble about his youth.

I would never have insisted the car windows be rolled up on a summer day because my hair had just been teased and sprayed.

I would have burned the pink candle sculpted like a rose before it melted in storage.

I would have sat on the lawn with my children and not worried about grass stains.

I would have cried and laughed less while watching television and more while watching life.

I would have shared more of the responsibility carried by my husband.

I would have gone to bed when I was sick instead of pretending the earth would go into a holding pattern if I weren't there for the day.

I would never have bought anything just because it was practical, wouldn't show soil or was guaranteed to last a lifetime.

Instead of wishing away nine months of pregnancy, I'd have cherished every moment and realized that the wonderment growing inside me was the only chance in life to assist God in a miracle.

When my kids kissed me impetuously, I would never have said, "Later. Now go get washed up for dinner."

There would have been more "I love you" .. more "I'm sorry "

But mostly, given another shot at life, I would seize every minute...look at it and really see it... live it...and never give it back.

Stories Faith Sharing**My God is called Love**

One Day Mother Teresa took a woman off the streets in Calcutta. She had sores infested with bugs. Mother Teresa cleaned and dressed her sores while the woman never stopped shrieking and even using swear words and insults. Finally the woman asked Mother Teresa, "Sister, why do you do this? Not everyone behaves like you. Who taught you?"

Mother Teresa replied, "My God taught me." The woman said she wanted to know her God. Mother Teresa kissed her on the forehead and said, "You know my God. My God is called love."

A number of times Blessed Mother Teresa reflected on Christ's love on the Cross and by way of conclusion I quote her words,

Jesus wants me to tell you again...how much is the love He has for each one of you - beyond all what you can imagine...Not only He loves you, even more - He longs for you. He misses you when you don't come close. He thirsts for you. He loves you always, even when you don't feel worthy....

Why does Jesus say "I thirst"? What does it mean? Something so hard to explain in words—"I thirst" is something much deeper than just Jesus saying "I love you." Until you know deep inside that Jesus thirsts for you - you can't begin to know who He wants to be for you. Or who He wants you to be for Him.

主日分享**復活期第二主日：基督的教會
(救主慈悲主日)**

由本主日至耶穌升天，所有主日讀經皆來自新約，其中第一篇是選自宗徒大事錄。這個編排是要我們知道，復活的基督如何改變了門徒，更新了教會。讓我們以教會為主題作反省。

(I) 教會的誕生：傳統的三種說法皆有其意義。第一種是耶穌在十字架上，交付了靈魂，教會這個新厄娃就在耶穌被刺開的肋旁誕生了；第二種是復活主日晚上，耶穌顯現，向門徒噓氣，賜他們聖神；第三種是五旬節日，門徒經驗到聖神的力量，向外傳揚福音喜訊。三種說法像人生命的不同階段：受孕之初是生命的開始，但母親是感覺不到的，到有感覺時，已經經驗到生命的動力；最後孩子誕生時，是他生命在世上的展開。今日的福音顯示，因著復活的基督，使快要解散的教會，感受到生命的動力、生命的喜樂。

(II) 教會的使命：教會接受基督派遣，把喜訊帶給別人；“父怎樣派遣了我，我也怎樣派遣你們”。宗徒就是奉差遣傳喜訊的人。基督徒基本上都是使徒，教會傳福音的使命就是每個基督徒的使命。教會意識強的，其使命感也會強。做使徒的人，會得到天主特別的祝福，“其名已刻在天上”，他的信仰也不會有問題，因為他的力量來自聖神。

(III) 教會的態度：復活的基督面對離棄祂的門徒，並沒有譴責，祇有祝福與寬恕：“願你們平安”、“你們赦免誰的罪，誰的罪就得赦免”，祂也要求門徒同樣的去祝福與寬恕。已故教宗保祿六世會到紐約聯合國總部演講，他引用今日的福音；聽說有些猶太人不高興，因為裡面提到門徒關上門，“因為害怕猶太人”，暗示猶太人迫害基督徒。其實，這段福音的精神，正是要求彼此祝福與寬恕。未能祝福與寬恕的，便愧為基督徒。

(IV) 教會是獲得信仰的橋樑：多默在信仰路上舉步維艱，是因為復活的

基督顯現時，他不在教會團體中；後來耶穌也選擇在教會團體內才顯現給他。這表示教會是獲得信仰的橋樑，耶穌特別願意人在教會團體內找到祂。有人有此奇想：信仰到了沒有感受、沒有新意時，不如離開一段時期，好使自己重回的時候有新鮮感。而福音的啓示似乎是：離開教會團體，信仰祇會更壞，不會轉好，基督願意在教會內祝福我們。

讓我們求天主賞賜我們一份強烈的教會意識，教會不光是屬於神職人員的，也屬於每一個基督徒。教會的使命就是我們的使命；教會祝福寬恕，我們也應祝福寬恕；我們信仰的獲得與成長都在教會內，即使跌倒，也倒在教會的懷裡。

新聞及其他



教宗方濟各 2017 年復活節文告

親愛的弟兄姐妹們，復活節快樂！

今天，教會在全球重申首批門徒們充滿驚喜的宣報：「耶穌復活了！」「正如祂所預言，祂真的復活了！」

古代的逾越節，猶太民族紀念他們從奴役中獲得釋放的日子，現今達致圓滿：藉著祂的復活，耶穌基督把我們從罪惡及死亡的奴役中解救出來，為我們開啓了抵達永生的道路。

世世代代以來，基督善牧不辭勞苦地尋找我們，祂在這些現世荒漠中迷失的弟兄們。祂藉著苦難的標記，慈悲聖愛的創傷，吸引我們走上祂的道路——生命的道路。今天，祂也背負著我們如此衆多受到各種罪惡壓迫的弟兄姐妹。

復活的善牧去尋找走失在孤獨和被邊緣化迷宮裡的人；祂藉著那些懂得以尊敬和溫柔相待的弟兄姐妹與他們相遇，讓他們聆聽祂的聲音，一個令人難忘且呼喚他們與天主建立友誼的聲音。

祂背起那些新舊式奴役的受害者的重擔：包括非人的工作、人口販賣、剝削、歧視，以及嚴重毒癮。祂背起那些兒童和少年的重擔，他們無憂無慮的童年生活被剝奪；祂也背起那些因家庭暴力而心靈受傷的人。

願復活的基督善牧陪伴那些因武裝衝突、恐怖攻擊、饑荒和政權壓迫而被迫離鄉背井的人，讓這些強制性移民無論走到哪裡都能遇到弟兄姐妹們，在同行中與他們分享食糧與希望。

詳細內容請參閱梵蒂岡電台

堂區活動



星期二黃昏彌撒

星期二晚上七時黃昏彌撒將於四月二十五日照以往時間舉行。

聖週奉獻

基督苦難日所收得的奉獻 \$3,454.15，本堂將經教區將全數交給聖地作為支持培訓未來神父之用。

阮神父的祝福及感謝

我祝福及歡迎於復活節夜間慶典的禮儀中領受入門聖事的弟兄姊妹，他們藉著基督的聖死及復活，而獲享新生命！

在此特別多謝成人及兒童慕道班各導師和助教們，對這些新弟兄姊妹在信仰培育方面所付出的努力。同時，我也衷心感謝所有為這慶典在各方面盡力幫忙的教友們。

我也祝願各位代父母，願他們懷著堅定的信德，願意為代子女的聖洗聖事作見證，並肩負培育代子女邁向基督道路的使命。

最後，願我們在聖體奧跡中與復活的基督結合，從而獲享天主子女的恩寵！

天上善糧

目標：資助亞省教區神職人員。騎士會每次活動或大小分會/區會/省會例會都自願捐獻，交由省會投資發展支援聖召牧民工作。騎士會將平均分配亞省五大教區去支援神職人員及聖召牧民。聖枝主日活動共得善款 625 元。衷心多謝堂區教友支持，主佑。

第五主日頌念玫瑰經

利瑪竇騎士會於四月三十日主日，十時正及十一時三十分彌撒前二十分鐘帶領頌念玫瑰經。

同時將有迷你念珠環送與各信友，先到先得。

2017 年教區公益金(TIA) 義賣籌款

牧靈關愛組為繼續支持[教區公益金]，特別精心泡製三種食物：蛋黃咸肉粽，蓮蓉鹼水粽及芋蝦。請各位教友鼎力支持。由本週起，在聖堂入口處開始派發預定表格。詳細資料請參閱堂區海報。

聖母月家庭玫瑰經聚會

五月是聖母月，阮神父、牧靈關愛組會員、陳修女及堂區善會代表，將於五月帶同聖母像探訪教友家庭，誦唸家庭玫瑰經。如有需要，阮神父會同時為教友家庭舉行聖屋儀式。我們並鼓勵主持家庭玫瑰的家庭，邀請其代子女或代父母參與家庭玫瑰。有意邀請聖母到家中誦唸家庭玫瑰的教友，請致電陳修女或堂區辦事處（403-265-7926）。

五月公唸玫瑰經

我們特別恭敬聖母，在主日每台彌撒前 20 分鐘公唸玫瑰經，並在十一時三十分彌撒前於戶外聖母岩前誦唸玫瑰經。

顯供聖體 (五月六日)

永援聖母堂五月份的顯供聖體由聖母會帶領，時間為五月六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！

捐贈衣物

一組本堂區的公教童軍現正組織一個捐贈衣物慈善活動，所有收集的衣物將捐送給 "Women In Need Society" 幫助一些窮困及有需要的人士。衣物收集將於五月七日（星期日）於下禮堂由上午 11 時至下午 1 時 45 分施比受更有福。多謝大家支持！

陶藝繪畫

為慶祝春天的來臨，大專青年團將於四月二十九日舉行陶藝繪畫。

日期：二零一七年 四月二十九日

時間：下午 3 時至晚上 6 時

地點：Fire Escape

(6305 Bowness Rd NW)

費用：基本費用每位大概 7 元至 12 元，陶器品額外收費（基本費用會因參與人數而有所不同）

歡迎堂區所有青年和朋友或家人參加。若有興趣，請到大專青年團的網站 olphyoungadults.weebly.com 報名及查詢。

有興趣者也可以與大專青年團活動小組聯絡。報名截止日期為 四月二十五日。

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。

今年公益金將由牧靈關愛組負責統籌，懇請各位教友繼續支持，合力幫助本土社區及國外成千上萬的勞苦大眾。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 4 月 26, 28 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 4 月 28 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 4 月 29 日

聖母軍

(聖母軍聖母無玷聖心支團)

時間：上午 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

陶藝繪畫

時間：下午 3 時至晚上 6 時

地點：Fire Escape

星期日 4 月 30 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

靈修小故事



被天主咬過的蘋果

有一個盲人，小時候深為這一缺陷煩惱沮喪，認定這是老天主在懲罰他，自己這一輩子就算完了。後來一位老師開導他說：“世上每個人都是被天主咬過一口的蘋果，都是有缺陷的人。有的人缺陷比較大，是因為天主特別喜愛他的芬芳。”他很受鼓舞，從此把失明看做是天主的特殊鐘愛，開始振作起來，向命運挑戰。若干年後，他成了一位著名的盲人推拿師，為許多人解除了病痛，他的事跡被寫進當地的小學課本。

把人生的缺陷看成“被天主咬過一口的蘋果”。這思路太奇特了，儘管這有點自我安慰的阿 Q 精神。可是，人生不如意事十之七八，這個世界上誰不需要自我安慰自我激勵呢？而且，這個理由又是這樣的善解人意，幽默可愛。

世界文化史上有著名的三大怪傑，文學家彌爾頓是瞎子，大音樂家貝多芬是聾子，天才的小提琴演奏家帕格尼尼中年後是啞巴，如果用“天主咬蘋果”的理論來推理，他們也都是由於天主特殊喜愛他們，狠狠地咬了一大口的緣故。

就說帕格尼尼吧，4 歲出麻疹，險些喪命；7 歲患肺炎，又幾近夭折；46 歲牙齒全部掉光；47 歲視力急劇下降，

幾乎失明；50 歲又成了啞巴。天主這一口咬得太重了，可是也造就了一個天才的小提琴家。帕格尼尼 3 歲學琴，即顯天分；8 歲已小有名氣；12 歲舉辦首次音樂會，即大獲成功。之後，他的琴聲幾乎遍及世界，擁有無數的崇拜者，他在與病痛的搏鬥中，用獨特的指法弓法和充滿魔力的旋律征服了整個世界。著名音樂評論家勃拉茲稱他是“操琴弓的魔術師”。歌德評價他“在琴弦上展現了火一樣的靈魂”。有人說，天主像精明的生意人，給你一分天才，就搭配幾千倍天才的苦難。這話真不假。

當你遇到不如意時，不必怨天尤人，更不能自暴自棄，頂好的辦法，就是像那個老師那樣去自動自慰；我們都是被天主咬過的蘋果，祇不過天主特別喜歡我，所以咬的這一口更大些罷了。

知多一點點



聖母月

五月是聖母月，是普世教會特別敬禮聖母的日子。在這復活期中慶祝聖母月，也是我們取悅天主、向天主感恩的表達。耶穌來到世間的唯一目的，是承行天父的旨意，就是讓全人類得救（若三 16）。藉著聖母的謙卑與服從，我們看見了天主聖三之間的愛，也體會了天主聖三對人類的愛。因此，在這復活期間，當普世教會慶祝人類的得救和耶穌因服從至死的忠愛時，天主 聖三親自啓示並教導教會要敬禮聖母。

我們要如何敬禮聖母呢？

以感恩的心勤領聖體與和好聖事；

照耶穌說的話去做，在生活中為耶穌作見證；

每天讀一遍謝主曲(路一 46-55)，與聖母一齊讚美並感謝天主；

與聖母一同陪伴十字架上的耶穌接納生活中的苦難；

唸玫瑰經(個人、家庭、團體)，為罪人、為自己的悔改祈禱；帶領其他人一同敬禮聖母。