

Theme Sharing



Eighth Sunday in Ordinary Time

How Not to Worry?

Although it is impossible for us to penetrate to the inner make-up of the mind of Jesus, we can nevertheless gain insights into it from meditating on passages of the New Testament, such as today's gospel reading. "I am telling you not to worry about your life and what you are to eat, nor about your body and how you are to clothe it. Surely life means more than food and the body more than clothing. Set your heart first on the kingdom of God and his righteousness, and all these other things will be given you as well. So don't worry about tomorrow; tomorrow will take care of itself. Sufficient for each day are the things that go wrong on that day." From all these sayings, and from the recorded events of his public mission, the thing which strikes us especially is the absence of constraint in the life of Christ. He seemed to pass as free as the wind through all our man-made structures of duty and obligation. He steadily disobeyed the demands of what we regard as self-interest and self-preservation. His whole manner of life, and even more so his manner of dying, was a challenge to necessity, to the order of toil, hunger, passions, the struggle against nature, the struggle to hang on to life. Christ confounded his critics by conforming to no set pattern. It did not worry him that he was criticised for consorting openly with publicans and sinners, the despised ones of Jewish society. By so doing, he is telling us that people do not have to be good for God to accept them. God bestows his gifts freely. He is, under no constraint to distribute them in the manner of wages by way of reward for good behaviour. Even while the human race was still in sin, God loved it, by sending his own divine Son to redeem it. The secret of Christ's influence on people with whom he came in contact was, perhaps, the unmistakable difference between him and all others, the fact that although he was in this

world, he appeared to be motivated and governed by values nowhere found in it. He was beyond comparison with others, nor did he try and offer concrete proof of his credentials, like the prophets of the Old Testament.

Today's gospel says that whether we are rich or poor, whether we are good or bad, whatever the activity we are engaged in, our lives are intended to bear witness to the supreme generosity, love, and freedom of the providence of God which watches over all of us. Our spirits, then, must always be free to reach out to God, and not become bogged down by concern for purely material needs, the daily demands of life. Because if we become engrossed in the provision of the necessities of life, we can, so easily, lose sight of the value of life itself. This does not mean that we should never take all the necessary steps for the prudent handling of life. But worry must not cloud out our vision of life's meaning. Each day should be lived as it comes, each task fulfilled as it appears, and then the sum of all our days will enable us to partake finally of the glorious freedom of the children of God.

Rejoice in God's Mercy



This Wednesday is Ash Wednesday. The Ash Wednesday Gospel opens the season of Lent by discussing the three practices that we are invited to take up: prayer, almsgiving, and fasting. The Gospel passage is taken from Jesus' Sermon on the Mount wherein he tells the disciples that he has come not to destroy the Law but to fulfill the Law through love. The Law of love is not about external appearances but about the truth in the heart. It is less important how we appear to others than how God sees us in secret. If you find any contradictions, use this season to restore wholeness to your life. Action: How are you going to express prayer, fasting, and almsgiving this Lent? Make a plan.

Pope's Monthly Prayers Intention



March General and Missionary Intention

Evangelization: Help persecuted Christians

That persecuted Christians may be supported by the prayers and material help of the whole Church.

'Misericordia et Miseria' Apostolic Letter



Pope Francis' Apostolic Letter

'Misericordia et Miseria'

Pope Francis: To All Who Read This Apostolic Letter-Mercy and Peace

I invite priests once more to prepare carefully for the ministry of confession, which is a true priestly mission. I thank all of you from the heart for your ministry, and I ask you to be welcoming to all, witnesses of fatherly love whatever the gravity of the sin involved, attentive in helping penitents to reflect on the evil they have done, clear in presenting moral principles, willing to walk patiently beside the faithful on their penitential journey, far-sighted in discerning individual cases and generous in dispensing God's forgiveness. Just as Jesus chose to remain silent in order to save the woman caught in adultery from the sentence of death, so every priest in the confessional should be open-hearted, since every penitent is a reminder that he himself is a sinner, but also a minister of mercy. I would like us all to meditate upon the words of the Apostle, written towards the end of his life, when he confesses to Timothy that he was the greatest of sinners, "but for this reason I received mercy" (1 Tim 1:16). Paul's words, powerful as they are, make us reflect on our lives and see God's mercy at work in changing, converting and reforming our hearts. "I thank him who has given me strength for this, Christ Jesus our Lord, because he judged me faithful by appointing me to his service, though I formerly blasphemed and persecuted and

insulted him. But I received mercy" (1 Tim 1:12-13). To Be Continued

Parish Activities



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. This year's TIA is led by Pastoral Care Team. We plead for your generous support. Donation envelopes are being distributed with your 2016 donation tax receipts. Let's give sacrificially, act out our faith, and join Together in Action.

2016 Donation Tax Receipts

Tax Receipts are ready for parishioners to pick up at the church main entrance now. Please contact parish office if you have any concern on your donation record.

ASH Wednesday

Our parish will celebrate Ash Wednesday on:

March 1 at 9:00 am Mass (English) and 6:30pm Mass (Chinese)

It is time to get ready for a new Lenten journey. Parishioners are encouraged to join daily mass and Way of the Cross in Lent.

Ash Wednesday and Good Friday Fasting and Abstinence

1. Among Catholics, fasting is a reduction in the normal amount of food consumption per day: one regular meal plus two other smaller meals without the provision of snacks during the Holy Days of observation.
2. Among Catholics, abstinence is the omission of meat and other meat products, except fish, in the diet during the Holy Days of observation.
3. Abstinence is practiced by a wider age group of Catholic individuals 14 and up as opposed to fasting which is practiced by Catholics aged 18 to 59.

OLPH Way of the Cross in Lent

Starting from March 3

English: every Friday 8:30 a.m.

Cantonese & Mandarin:
every Saturday 4:30 p.m.

Exposition of the Blessed

Sacrament on March 4

The March's Exposition of the Blessed Sacrament will be led by St. Gabriel Choir on March 4 from 10am to 11am. Fr. Nguyen will listen to Confession. Parishioners are encouraged to attend.

Weekly Activities



Wed March 1

ASH Wednesday

9:00 am Mass (English)
and 6:30pm Mass (Chinese)
St. Angela School Ash Mass
Time: 9:00a.m.

Wed, Fri March 1, 3

OLPH Senior Centre

Time: 9:00a.m.-12:00 noon
Place: OLPH Church Upper Hall

Fri March 3

Way of the Cross in Lent

English: every Friday 8:30 a.m.

OLPH Scout

Time: 6:30pm.-8:30pm
Place: Upper Hall & Lower Hall

Sat March 4

Exposition of the Blessed Sacrament

Time: 10:00a.m. -11:00 a.m.
Place: OLPH Church

Legion of Mary (meeting)

Time: 11:00a.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

Way of the Cross in Lent

Cantonese & Mandarin: 4:30 p.m.

Young Adults choir practice

Time: 5:00p.m.-7:00p.m.
Place: OLPH Lower Hall

Sun March 5

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
Youth Choir

Time: 11:00a.m.-1:00p.m.

Place: OLPH Church Office Building
K of C Matteo Ricci 10119 meeting

Time: 12 : 30p.m.-3:00p.m

Place: OLPH Church K of C room

Queen of China meeting

Time:12: 30p.m.-2:30p.m

Place: OLPH Board Room

Stories Faith Sharing



Let Tomorrow Take Care of Itself

While working in Paris I was taking a stroll one summer's evening. I am a creature of habit and I usually followed the same route. An old man once advised me always to take a circular route as every step outwards is a step homewards. That evening I made a slight diversion to pass by an Irish pub where I had to leave a message. Just as I was heading up the narrow street where the Irish pub was situated, I was faintly aware of a young man walking almost parallel to me in the middle of the street. Suddenly, he swung round and began to attack me. He held me by my jacket and struck me with his fist several times. I cannot remember the details clearly as it was totally unexpected when it happened and I was deeply shocked when it was over. I thought his fist landed three times but when I counted the bruises the following morning, they were five. I never struck back. I must be a pacifist deep down or too long a priest. He knocked me to the ground. I began to shout "Help!" and then, realising I was in Paris, I changed to "au secours!" I was only ten yards from the pub where I could see a face peering out at me. Frightened by my screams, my assailant took off. I picked myself up, dusted myself down – two buttons had been wrenched off my jacket – and with all the dignity I could muster, I walked into the pub. When I recounted my story there, the owner of the face at the window told me he heard the shouting and when he looked out he saw what he took to be a

drunk lying on the Street. What a shoddy end it might have been for the Irish chaplain in Paris! It was the only time I was ever mugged. Ever since I have been looking over my shoulder.

One thing is sure, somebody up there was looking after me. As Isaiah puts it: Does a woman forget a baby at the breast?

or fail to cherish the son of her womb? Yet even if these forget, I will never forget you.

Read More Know More



ASHES

Let us do a little thinking about what happens on Ash Wednesday. When the priest puts ashes on your head, he speaks the solemn, serious words: "Remember man that thou art dust and unto dust thou shalt return."

Ashes tell us more loudly than words that death will reduce our bodies to a little handful of dust or ashes. Ashes remind us that this body, no matter how healthy, will break down, will wither and die and turn to ashes.

FASTING

For forty days our Lord fasted. He ate nothing. For this reason Mother Church asks those who can to fast also, to cut down on food and drink, in imitation of Jesus.

But, kind Mother that she is, the Church realizes that many of us, weak children of Adam, working for our bread in the sweat of our brow, or even worse, not being able to work when we want to, cannot keep the strict fast from food.

Accordingly she dispenses those who work hard, the sick and convalescent, and others who have some valid excuse. However, do not take it upon yourself to dispense yourself. Ask your priest either in or out of the confessional to dispense you and to give you some other penance as a substitute. Too often lukewarm Catholics excuse themselves from fasting and then do no penance at all. Everybody must do some penance.

主日分享



常年期第八主日

在現代社會中生活，不管我們要還是不要，我們都得為將來做些計劃。這就是問題所在。我們常以憂慮未來可能的不足來計劃未來，追求未來。因此，我們想方法設法囤積貯存，越積越多，貪得無厭，捨不得施舍一點來幫助困苦中的人。

這就是福音中耶穌明確指出的：「沒有人能事奉兩個主人；你們不能事奉天主而又事奉錢財」。在這種情況下，人其實並不否認天主，他仍然宣認天主的偉大，但他卻不給天主留下空間，因為一切都已經為自己安排妥當。在這種情況下，信德無法成長，施展不了任何作為；太多的憂慮，尤其是對未來的憂慮佔據了人的心思，人的生活也因而變得空虛、毫無意義。

然而，有一種生活不但可以好好計劃未來，追求理想，同時又不被憂慮窒息。這種生活讓人活得充實和有意義；它教人相信每天都是繼續生活下去的契機，給人希望去歡迎生命中的每一天，努力過好每一天，受足一天的苦。這才是耶穌要教導我們的生活態度：「你們不要為明天憂慮，因為明天有明天的憂慮：一天的苦足夠一天受的了」。耶穌也這樣教導我們祈禱：「我們的天父，求禱今天賞給我們日用的食糧」。

在這正確的生命意識下，耶穌勉勵我們先該尋求「天主的國和它的義德」。這是真正的財富，心靈的財富，事奉天主的財富。當我們有了這真正的財富，我們就是自由的人；那時，其它的財富將協助我們事奉天主、歸向天主，而不是與天主對立。耶穌不是教導我們過苦行、棄世、厭世的生活，而是自由、寬闊、有救恩的生活，常常給天主留下空間。如此，我們的生命將是整合的，生活將是真誠的，而不是分裂的，虛偽的；信仰生活是一套，經濟生活又是另一套；人前是一套，私下又是另一套。讓我們祈求聖神賜給我們有活力的信德的恩寵，幫助我們真心和專心地事奉天主，在喜

樂和自由中活出生命的每一天。阿們。

教宗及福傳 祈禱意向



三月祈禱及傳教意向：

福傳意向：為支持受迫害的基督徒願受迫害的基督徒能得到全教會的祈禱支持和物資援助。

堂區活動



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

籌款運動將於 3 月 5 日（四旬期首主日）正式展開。本堂所須籌募的數目為教區指定的 22,607 元，今年公益金將由牧靈關愛組負責統籌，懇請各位慷慨解囊，繼續支持教區公益金，捐款信封現正與 2016 年退稅收條一起發出。讓我們無私奉獻，活出信仰，攜手一起行動！

2016 年退稅收條

教友可在教堂正門入口處領取。教友如有任何查詢，可與堂區辦事處聯絡。

聖灰瞻禮

三月一日星期三是聖灰瞻禮。本堂將於當日早上九時彌撒(英文)為教友施放聖灰。此外阮神父將於聖灰瞻禮當天晚上六時三十分加開中文彌撒，以方便教友領受聖灰，請各位教友能盡量參與。

在四旬期內，我們可作特別的努力，每天參與彌撒、每天朝拜聖體或拜苦路。

教友當日要守大小齋

小齋：教會規定凡已足十四歲的教友，在每年的聖灰禮儀及聖週內星期五紀念基督聖死日，應守小齋，即在那兩天放棄取用熱血動物的肉類食物。

大齋：教會要求年齡已滿十八至五十九歲的教友在每年的聖灰禮儀及聖週

內星期五紀念基督聖死日，應守小齋外，還要守大齋，即在那兩天只可飽食一餐，其他兩餐只可進食少許食物，其餘時間可飲流質飲品，但不能進食其他食物（藥物除外）。

四旬期苦路善功

在四旬期內三月三日開始，按教會傳統，將舉行苦路善功，以紀念主基督為拯救人類，所受的苦難聖死。

請教友盡量抽出時間前來參與。

英語拜苦路：

逢週五早上彌撒前 8 時 30 分。

粵語國語拜苦路：

逢週六下午彌撒前 4 時 30 分。

三月顯供聖體

永援聖母堂三月份的顯供聖體由聖佳播聖詠團帶領，時間為三月四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！

活動一週



星期三、五 3月1日

聖灰瞻禮

早上九時彌撒(英文)

晚上六時三十分中文彌撒

St. Angela School參與聖灰瞻禮

時間：上午 9 時

星期三、五 3月1,3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 3月3日

四旬期苦路善功

早上 8 時 30 分

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 3月4日

顯供聖體

時間：上午 10 時至 11 時

地點：永援聖母堂

聖母軍

時間：上午 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 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

四旬期苦路善功

時間：下午 4 時 30 分

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

星期日 3月5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

青年會練習聖詩

時間：上午 11 時至 1 時

地點：寫字樓大廈

利瑪竇騎士會 10119 開會

時間：下午 12 時 30 分至 3 時

地點：聖堂騎士會室

聖母會開會

時間：下午 12 時 30 分至 2 時 30 分

地點：永援聖母堂會議室

靈修小故事



一枝竹子

有一枝竹子不停地抱怨著，抱怨工匠手裡拿著尖銳的刀子，在它身上一刀刀的削刻、穿洞。竹子痛得哇哇大叫，央求工匠住手。工匠感嘆的對竹子說：“如果我不在你身上鑿一個洞的話，你永遠也祇是一根普通的竹子而已；一枝光溜溜的竹子，是無法發出美妙的聲音來的。”

竹子很委屈的訴苦著：“但是真的很痛！”

工匠肅然道：“雖然我穿這些洞會讓你受傷，但你若忍不住痛的話，你永遠不能成爲一支簫。我的刻削是爲了你，讓你成爲一個有價值、有用途的樂器啊！”

一支普通的竹子，若不經過琢磨穿洞

的痛苦，哪能成爲一支發出悅耳之聲的簫或笛子？不經過一番寒徹骨，怎得梅花撲鼻香。一個人的成長，若非經歷無數的磨練，哪能培養出健全和諧的人格；若非聖神之斧的雕刻，哪有來自生命深處所發出來的讚美呢！

知多一點點



爲何要禁食

在舊約時代，人們悔改時都有用禁食的方法轉化天主的義怒。耶穌自己也用禁食的力法克制魔的三個試探。聖五傷方濟各更敦促他的修士們每年守三次四十日的齋戒再加上每星期五守齋。

關於禁食的問題；耶穌說：「伴郎豈能當新郎與他們在一起的時候悲哀？」(瑪 9: 15)。但是耶穌已升天，回到自己的光榮中。我們在期待祂的光榮再來時，禁食就成爲我們期待的記號。爲何聖母要重新教育我們呢？相信是因爲這個時代太注重物質、利益、財富和貪婪。聖母邀請我們祈禱和禁食。藉著祈禱，我們依附天主；藉著禁食，我們從束縛我們的世物中釋放出來。禁食可以令我們心靈自由，禁食是幫助肉身的歸依。私慾偏情令我們內心受束縛。當我們不受身外物束縛時，便是由私慾偏情中釋放出來。這種自由會讓位給一些更高的價值，至令我們平安快樂。

當我們自以爲是生命的主人，好像不需要天主時，我們便顯示了無神主義危險記號。當我們禁食時，便更加認識到自己的軟弱和不足之處，同時也更易明白天主的旨意。真福八端的第一端說：

「神貧的人是有福的，……」用另一個方式來說，就是：「尋求和渴望天主的人真有福。」如果有人認爲自己已能自給自足，不需要自身以外的任何事物，這人在天主前不算是神貧。因爲他相信他不需要天主，祈禱也爲他有困難。但當我們禁食時，這種假信念會幻滅，我們會對天主更加開放。換句話說：當我們禁食時，我們更易祈禱；當我們祈禱時，我們更易禁食。