

The Echo 迴聲



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編者的話

迴聲轉眼已出版了十三載，多謝各位歷年的投稿及閱讀。祈願大家一本萬利，文思敏捷，繼續支持迴聲！

Editors' Note

This Lunar New Year marks the thirteenth anniversary of The Echo. Thank you for your continuous support. May God be with your heart, soul and mind when you read and write!

遇上天使

人生總會有幾段記憶令人難忘，而我最深刻的回憶莫過於以下兩段經歷。

二零一五年五月，母親於地中海遊輪上病倒，被送到意大利一個名叫索倫托的小鎮，這裏的公立醫院設施簡陋，且言語不通，醫生堅持母親要以氧氣輔助呼吸，靜心休養，暫時不能返回加拿大。當時陪伴母親的我及外子既憂心又忐忑，不知何時才能回家。每天當我們帶著沉重的心情來到醫院，總會見到一位坐在走廊排枱上的長者，初時我們都不以為意，但幾天後，他開始靠近我們並對我們說話。當時我是有些恐懼，因不知他是否有精神狀況或是存心不良，但看到他一面的慈祥及微笑，戒心也開始減退。之後每天他都坐在我們旁邊，以平和的聲線說著我們不懂的語言，他沒有要求回答，也沒有身體接觸，我也只向他點頭示意。如是者過了六七天，老人家不見了，數天後醫生也准許母親在醫護人員的陪同下，乘坐飛機返家。

二零二二年四月，母親身體變弱，住進長期護理院，五月底情況轉差，需要氧氣輔助呼吸。週末來了一位華裔護士，細心看顧母親，母親因吞嚥有困難，他將有營養的食物混和水攪爛餵給她，以避免母親哽噎，更給她喜愛的營養奶，並以國語及少許粵語與她交談。之前的兩個月內，我們從未遇見過這位護士，院內社工亦從未提及有懂華語的護士，所以遇上他，令我們倍感安慰。那晚夜，我們收到這位護士來電，稱母親已進入彌留狀態。翌晨護士再來電，說母親的情況轉好，已可進食。早上探望母親時再度遇上這位護士，他親切地將營養奶遞給我，並以微笑送上祝福。我感謝他之餘，亦驚訝他仍身在院內，似乎連續當了兩更。三天後，我在革責瑪尼墓園為母親購置了墓地，而母親就在當晚睡夢中離世。

這兩段境遇，經過歲月沉澱後，令我相信是主派遣了天使，化身成慈祥的老伯和體貼的護士，在難過的時刻中，陪伴母親和我，並給予我們安慰與力量。就正如路加福音22:42-43記載：「『父啊！你如果願意，請給我免去這杯罷！但不要隨我的意願，惟照你的意願成就罷！』有一位天使，從天上顯現給他，加強他的力量。」天主的慈愛常在！

迴聲編輯 Teresa Tsui

Editors

Anne Lam, Emily Chan, Jenny Lam, Josephine Li, Peggy Yip, Winnie Lau, Jane Leung, Teresa Tsui

The Echo

Baptism of my niece

As a Religious Sister of the Institute of Daughters of Mary Help of Christians (Salesian Sisters), I am allowed to visit my family once a year for ten days. Presently, my ministry is in a Catholic School, Salesian Elementary and Junior School in Corralitos, California.

Every year I look forward for the family visit and this year it was during the Christmas Break. As soon as I arrived, my youngest sister, Rose asked me to be the godmother of her youngest daughter, Ella who had not been baptized yet. It was my honor and delight to be Ella's godmother and to see her become the beloved daughter of God. Ella was born during the Covid-19 pandemic, so her baptism was delayed and my sister Rose wanted to wait for me. I am so grateful for her genuine respect and trust toward Religious Sisters.

Being Ella's godmother and seeing Ella become God's beloved daughter were my best gifts of Christmas 2022. My parents were so happy to see their only un-baptized granddaughter finally get baptized. This event brought all my siblings, their spouses and children in town, gathering together at the church to witness Ella's baptism. And of course, after that we had a joyful dinner celebration.

We were so grateful to Fr. Nguyen, Deacon Lam and Mrs. Lam who willingly changed their busy schedule so that Ella could be baptized before I went back to California. I thank God for this opportunity to serve my family with unceasing prayers.

Sr. Maria Luong, FMA





「水到渠成」

「水到渠成」意思是水一流到，溝渠自然形成。比喻條件具備，事情就會成功。這句四字成語給我有很深的啟示。

我們聖堂的上下禮堂，一向都是堂區的活動中心。在去年聖誕節及新年期間，由於污水渠再度堵塞，使廚房及廁所的污水倒流到下禮堂的地板，十分不合衛生。專門通渠公司雖然處理多次，但也失敗。原因是污水渠長約300多呎，但只能找到一個清理渠口，所以堵塞不能有效清除。由於堵塞的位置在聖堂的範圍內，所以市政府也不受理。這個問題一直困擾舉辦活動的善會組織。

松柏軒聖誕聯歡第二天，下禮堂污水倒流頗為嚴重，阮神父努力清理，同時又擔心除夕及新年的活動能否如期進行。突然阮神父想到用強力吸塵機的吸水功能，在活動人多使用廚房及洗手間時，有專人在污水渠口以人手用吸塵機每半小時吸水一次，也算是解決燃眉之急的方法，使除夕及新年的大型活動可以舉行。

正在無計可施之下，有位弟兄問有什麼可以幫忙呢？我心裏想起「水到渠成」這句話，所以告訴他，我們需要的是祈禱，祈求聖神帶領，尋求解決的辦法。就在這時，有位兄弟在辦事處找到了地下污水渠的位置圖，讓我們了解到有五個渠口被當年鋪設停車場的瀝青覆蓋著。其後我們在停車場用儀器尋找渠口的正確位置，然後義工再挖掘地面瀝青，幾經辛苦，最後要用翻泥車，終於找到了三個渠口，我們便可有效清理堵塞。更幸運地，市政府的渠務部也到來處理；他們不費吹灰之力，在剛掘出的渠口將堵塞通走了。污水排放問題終於得以解決！

真感謝天主聖神的帶領，大家的努力合作，這就是所謂「具備的條件」，然後「事情就會成功」。今天我們的禮堂能「水到渠成」，真有賴大家的祈禱，對天主的信賴及祂的應允。這雖然是生活中的一件小事，若大家能領悟到在生活中活出信仰，這實在是天主的恩賜。大家共勉之。主佑！

林偉良執事



The Echo

聖誕馬槽

堂區的馬槽設計師 – 阮神父，每年都為教友帶來新的驚喜！他精心佈置的馬槽，今年又有新氣象。

馬槽上有三朵玫瑰花，代表著天主聖三光照世界。

「那普照世人的真光，正在進入這世界。」（若望1:9）

「聖言成為了血肉，寄居在我們中的間。」（若望1:14）

在馬槽裏，我們與小耶穌相遇。在馬槽中出生的小耶穌看似貧窮、無助，祂卻是創造天地萬物的天主子；心中不期然想起格林多後書的說話：「祂本是富有的，為了你們卻成了貧困的，好使你們因著祂的貧困而成為富有的。」（格後8：9）

天主聖嬰是何等偉大！祂甘願為罪人作犧牲，成為一個卑微的人，在世間受盡羞辱、拒絕、背叛、嘲諷…甚至最後被釘死在十字架上。這一切都是耶穌基督甘願的，是因為愛，使人類因為祂的聖死可以獲得拯救。

每年教友們都在馬槽旁拍照留下美好回憶，也有很多教友家庭閣家，甚至是三代、四代同堂的一起拍照，確實是難能可貴的。與此同時，也請大家深層的欣賞阮神父每年創作不同的馬槽特色和豐富靈修內涵的馬槽聖景，感受一下真正的「聖誕氣氛」，默觀天主的美善和慈悲。



迴聲編輯Anne Lam

第一次當「送聖體員」的體驗

我是一個從沒有想過自己能夠當送聖體員的平教徒，亦從未想過可以得到這份資格。在沒有心理準備的我，心情感到驚訝，但很感恩得到一位已經服務多年的送聖體員誠意的邀請。她問我有沒有興趣在彌撒當中送聖體。我起初心中猶豫，我反覆自問我是否能勝任呢？我真的可以當上這份重要的差事嗎？縱使我心裏還是覺得自己未合資格，也沒有心理準備，經過這位堂區姊妹十分友好的關愛和鼓勵，我一口便答應了，“Yes, I’m honored to be considered.”。我的心即時感受到非常喜悅，就像被主寵愛著的孩子一樣。

對這方面極少認識的我，很感激堂區的準執事給我們新送聖體員提供了多次訓練，分享這方面的天主教教理、資訊和教育等等，這實在為我們新送聖體員提供了許多信仰及心靈上的重要準備。認識教理之後，使我更明白聖體的意義及其偉大；也慶幸得到堂區一班已經服務多年送聖體員的分享、指導、支持及帶領，使我的身心有充份的準備來迎接第一次的服務。



送聖體員黃思蔚

Journeying under the Providence of God

In Chapter 9 of Gospel of Matthew, something simple yet profound happened. Jesus uttered two words to Matthew, a despised man, an unlikely hero, acted on Jesus' gentle yet powerful request. "Follow me." "Matthew got up and followed him." (Matthew 9:9) Why did Jesus call a man like Matthew? How could he just "got up and followed him"? What was the play between them at the that moment?

When I was coming out of age, I saw being a Catholic as just one of many hobbies. Perfectly content with the lack of true faith. I went to mass, as a hobby, not regularly. I joined church youth groups in Edmonton and later in Calgary. I did it for myself. The concept of a biblical God, a suffering God, a redeemer, never entered my thoughts. Never understood the message or considered its impact. In the next decade or two, I was preoccupied with navigating through the different stages of MY life. Only I mattered. I prayed, for things that I wanted- wealth, pleasure, power, and honor, even grudgingly. Even in my limited mind, I questioned the efficacy of praying. Wouldn't God know what I wanted? What's the point of praying? Not realizing I was praying to a god that does not exist. Unknowingly, I joined the secular religion; 'you can do whatever you want'. Where is God in this equation? With divine grace, God planted seeds in my heart.

Fast forward to the COVID pandemic. I had even more questions. Why did God create (allow) COVID? Why does an Almighty God allow suffering and even gone through ultimate suffering Himself? The god I imagined in my head, is not a reasonable God.

With time to kill, I started seeking answers. The planted seeds started to grow in my heart; I started to thirst for Jesus. I really missed attending mass, missing the weekly renewal of the Eucharist. I read and read... started with news, then followed academic literature on the virus, ran literally in circles. By grace, I learned about and started reading books from St. Augustine, St. Thomas Aquinas, Cardinal Ratzinger (later Pope Benedict XVI), G.K Chesterton and C.S. Lewis. I learned the tradition of the Church and knew I could approach faith with reason. Jesus, after all, is LOGOS. I am inspired with awe.

Then, I picked up Bible in a Year, a daily podcast going through the Bible. The journey changed me, bit by bit. The seeds continue to grow, I started to understand what a Biblical God truly is. Catholicism, as a salvation religion, started to become very reasonable. I started to understand why Matthew got up and followed him. God called out to Noah, Abraham, Jacob, Moses, Elijah, Jonah, Saul, David, Solomon, Ezekiel, Jeremiah, Isiah, John the Baptist. They all responded with wonderment and awe, emptied themselves, to truly live. Life is not about ME. Life is about living in the light of God's providence. HE must increase, I must decrease.

I'm not a single man but one with a family. God gave me a family. My primary responsibility lies with them. With my family's blessing, I got up and started my first step of a new journey with joy.

St Paul wrote beautifully about his own experience. "It is no longer I who live, but Christ who lives in me" When Jesus invades one's heart, HE leaves no room for doubts.

David Chan, P.P.C. Chairman

The Echo

Family

In 2015, when I was still in Hong Kong, my daughter, Valerie, came to Calgary to start her high school education. At the same time, she started to go to Our Lady of Perpetual Help Church. She joined the Youth group and attended the Youth choir. One day, she called me and asked, “Dad, I am really confused! Why do so many people say they know you? They asked me how you are doing, and they refer me as William’s daughter”. My daughter was puzzled with her dad’s secret past and at the same time, happy that people knew her and gave her a special warm welcome.

Two years went past. In 2017, I came back to Calgary and started to go to OLPH. I was initially worried that people might not remember me or how I should present myself this time around. But in fact, they recognized me right away and embraced me with warm welcome. They treated me like family. I re-connected with many and some of them only realized then that Valerie was my daughter. “Oh, that girl with the lovely voice is your daughter! You are Valerie’s dad”. I felt proud that people praised my daughter and appreciated her tiny contribution to the church community.

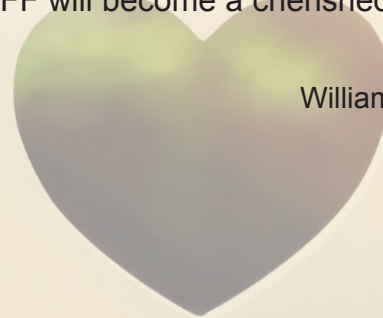
OLPH is always like a family to me. When I first came to OLPH around 1990, I was a foreign student from Hong Kong. I didn’t know much about Canada and did not have a car. It was the people from this church who helped me to enjoy life in Calgary. Then I got married at OLPH and started to form my own family. When I came back the second time, I was welcomed by everyone the same way as twenty some years ago.



To me, family is an important part of my life, and I am deeply connected with my own family as well as the OLPH family. Might be because of that, when I came back to OLPH, I chose to join CFF, Catholic Family Fellowship. CFF is a family-oriented group, and all their activities are focused on God and family. I really enjoyed the atmosphere and the people of the group. Therefore, when James invited me to be the successor of the chairman of the group, I was more than happy to accept the challenge.

Recently, many families joined CFF. They are energetic and enthusiastic people who not only brought a lot of joy to the group, but also contributed time and effort to assist in different church events. I am very glad that God has led them to OLPH and I wish CFF will become a cherished memory to them in the coming years.

William Ng, C.F.F. Chairman



December Praise and Worship Night

Happy New Year! With the end of 2022 comes a new 2023. The celebration of a new year is always a great time for gathering, reflection, and new resolutions. It is a time of gathering with friends and family; it is a reflection of the past, the present, and what is to come, and a welcoming of new hope. It is also a celebration of the birth of Jesus Christ, a time for reflection on our individual faith, and a welcoming of our journey ahead.

On December 17th, several choirs from Our Lady of Perpetual Help Church joined together for a night of Praise and Worship. It was a memorable gathering filled with song, meditation, and prayer. The cold winter night was warmed by the vocals of each choir. Backed with a set of carefully chosen English, Cantonese, and Mandarin songs, the congregation was encouraged to participate in the Sacrament of Reconciliation with ongoing confessions with Fr. Nguyen at the back of the church. With the spirit of reflection and prayer, the YAG choir, St Gabriel Choir, English and Mandarin choir came together to sing and praise the Lord. With the accompaniment of drums, guitar and piano, the choirs praised the Lord with renditions of worship songs such as “10,000 Reasons”, “Lord, I need you”, and “Amazing Grace”. Each song sung in four-part harmony and lead by a soloist. Between each medley, Chinese harmonies resonated with 這是天父世界 and 主基督請來 followed by a classic singing of Ave Maria.

The night then moved on with the Eucharistic Exposition of the Blessed Sacrament and Benediction. Starting with a solemn spoken prayer of Holy Rosary of the Virgin Mary and a singing rendition of the Chaplet of Divine Mercy. Continuing with the Taize prayers, everyone was synchronized in solemn prayer and awaited the exposition of the Holy Eucharist. Alongside the singing of the Salutaris, the Eucharist was exposed and adored. In silence, the Tantum Ergo was sung and the Divine Praises chanted. A moment of reflection, prayer and adoration filled the parish. The night ended off with the Repositioning of the Blessed Sacrament as “Holy God We Praise Thy Name” hymn was sung.

The night was memorable for the coming together of many groups to celebrate and adore our Blessed Jesus Christ. Amidst the troubling pandemic, it is a rekindling of community and the building of spirit. May we all journey on into 2023 with open hearts, unity and health as we reflect, adore and celebrate in Christ.

YAG President Edwin Li





永援聖母堂300 公教童軍 - 雜談

十年了，猶記得2013年九月，永援公教童軍第一次聚會，人數不多，只得兩個sections-beaver 及 cub，自始展開我們童軍的第一章。

於疫情前，我們童軍已經達到差不多有六十多人，而領袖有十數人。去年重開，人數亦有一半以上，有幸我們沒有被忘記。家長的支持，給予我們很大的鼓勵。

由始至此，自年紀輕輕的童軍到今天穿著紅色制服的青年童軍領袖，希望童軍的精神會於此地延續下去。

野外求生技能，是一個非常有趣的話題。有人希望將自己十多歲的小童，於童軍中學到野外獨自求生技能。於我們印象中，繩結、生火等技能，是學習的重點。但生活中，一切最重要的生存技能，是怎樣坦然面對一些未知的改變，簡單一句，就是怎樣可以不驚慌地面對事情。

其實我們的行為，就是他們要學習的東西。這不單是於野外的態度，也是生活的一種態度。

話題很多，總是說不完，有緣再續。

永援聖母堂300 公教童軍總長Scouter Pak

