

The Echo 迴聲



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期待四旬期

兩年前，世衛宣布新冠肺炎疫情為大流行，卡城彌撒取消，後改為網上舉行。去年復活節前，卑詩省衛生部恩准四天有限人數的宗教活動，我急急報名，期待聖週來臨並參與逾越節慶典。可惜疫情反彈，宗教活動又被取消。

今年的四旬期，雖然疫情繼續，但感謝主，實體彌撒沒有被取消。我以期待及忐忑的心情踏入四旬期，期待是因為能參與聖灰禮儀，忐忑是因為擔心室內人多密集。想得太多了，便將一切交託主。聖灰瞻禮那天我比平時遲起床，以為會錯過彌撒，但早餐後剛好有足夠時間出發望彌撒，不多也不少。於是我不再猶豫，驅車前往花地瑪聖堂。早上九時是法語彌撒，有很多學生參與，接近滿座。正當躊躇是否留下之際，帶位員指出閣樓亦已開放，我於是放開心懷，在人稀的閣樓坐下，參與彌撒。靜默中懷緬在卡城聖保祿堂的日子，那時歌詠團的位置正是閣樓；也想起於女兒小學時代參加的法語開學彌撒。時間過得真的很快！彌撒後到堂區附屬的學前學校做義工，老師正準備講解四旬期及聖灰，看見我額上的聖灰，即邀請我向學生顯示，作為活動教材，我當然義不容辭。

回家後，立刻進行『心田的農夫』的第一天避靜。『心田的農夫』是生命恩泉於兩年前開始舉辦的網上避靜，它不但在疫情中為教友提供難得的服務，也成為我的心靈雞湯。今年的主題是「混亂中找秩序」，正正反映現今社會的心態。避靜完畢，我便開始準備下一個主日的讀經。四旬期第一主日是我參加花地瑪堂讀經組後的第一次讀經，能再度在彌撒中服務，既興奮也緊張；因時隔多年未有站在讀經台前面向教友，我的手震時，口也震。幸好一切順利，沒有讀錯字。

很慶幸能以一顆盼望及熾熱的心，開始了四旬期。求聖神帶領，讓我帶著克己的心繼續四旬期的旅程，期待基督的復活。

迴聲編輯 Teresa Tsui



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羅神父靈修講座 — 我的四旬期洗禮

由永援聖母堂安排，香港聖母聖衣堂羅國輝神父主講的四旬期網上靈修講座---於 3月18日舉行了，題目是基督徒的挑戰和幸福。對於現今世界各地的疫情、天災和戰亂，我感到困苦焦慮，我熱切地投入參與這次靈修。

羅神父以瑪利亞和若瑟的苦與樂開始：

瑪利亞的困苦是身為童貞女生子，天使告知是聖神感孕，她就毅然接受：「願照你的話成就於我罷！」這使她成為後世稱頌的萬福瑪利亞。若瑟的困惑是他未過門的妻子懷孕，他想休退她，天使報夢說那在瑪利亞內受生的是出於聖神，不要害怕娶她為妻，他就照著辦了，成為聖家之長。

羅神父這樣開始了有力的點題：苦與樂，基督徒的挑戰和幸福。



我們的挑戰和幸福又怎樣？羅神父和我們討論，以香港的實況說起，同時也問及我們加拿大的情況。嬰兒依賴父母的親暱和照顧，是幸福；孩童的好奇求知，是幸福；青少年用功學業，得不到父母和師長的善誘教導？渴望交友，能否建立友情友誼，是苦是樂？隨著年齡成長，努力事業、找尋伴侶、締結良緣婚姻、建立家庭、培育子女，都是挑戰和幸福。及至更年期退休年齡，最大挑戰是更換方向，要放緩步伐，優悠享樂。晚年時盼望子女親情回報，又開始回顧人生意義，能否做到，也是挑戰和幸福。神父將各階段放在圓形的周邊，天主之愛在圓的中心，連繫著每個階段的親情、友情、愛情、恩情，是天主給我們的恩賜。——我反思天主之愛一直在我經歷的苦與樂、挑戰和幸福。

不一樣的語言，五種愛之語

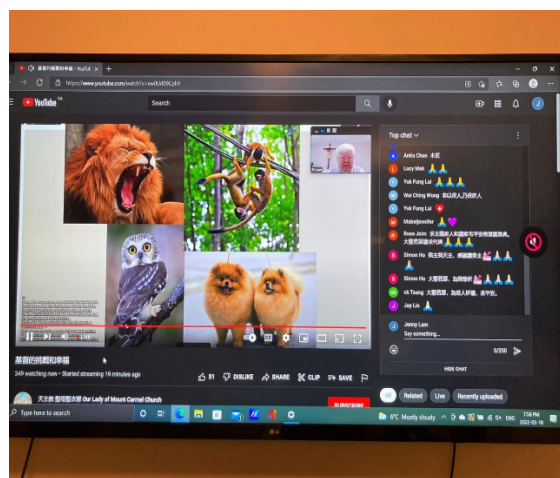
有五種愛的語言，和伴侶相處時，要了解對方的優次排列，就懂得彼此表達的方式而得到協調。

- (一) 肯定的言詞 - 對別人讚賞肯定，是最受歡迎的示愛方式。
- (二) 精心的時刻 - 付出優質的時間全心去陪伴。
- (三) 接受禮物 - 精心準備的禮物是人最喜歡接受的。
- (四) 服務的行動 - 實際的示愛行動比言語更貼心。
- (五) 身體的接觸 - 擁抱、牽手、親吻都是示愛方式。

我問自己，懂得向別人表達愛意的方式嗎？我學會那幾種愛的語言？

我的祈禱 (四旬期洗禮)

上主，求你不斷憐憫，灑上清水，潔淨我的罪污，淨化我脫離各種罪惡；求你垂顧，賜我智慧和一顆新心，好能時刻受教，學習以相稱的生活來讚頌你；望你時加恩佑，予以扶助。因父、及子、及聖神之名。亞孟。



John So, Pastoral Care Team

Are minor miscommunications really minor?

The 5 languages of love by Gary Chapman that Father Law spoke about on the retreat on Friday March 18, 2022, has been a basic part of the marriage preparation course in our Calgary Diocese.

It is important to find the common language of love so that the real message is accurately delivered. Realizing what your normal language of love is, means you know yourself a bit better. Knowing what the love language you normally use, allows you to recognize where you are likely to overreact or not receiving the message, hence awareness of how one receives messages is important.

An effective communicator must mean that you also need to recognize what is not your normal language of love. Be aware of that for your students or colleagues, whose language of love is not your common ones, as you will need to use the language of love that you do not often use if you wish to be more effective in teaching or correcting. Effective communication in small groups, particularly one to one, is always other centred.

Deacon John Wu

Transportation

This morning I got my second-hand “new” car. It is a hybrid. The electric energy stored can give me about 28 km, which is usually sufficient for my day-to-day use. I am grateful for this nice car. After I picked up the car from the dealer, I drove to Sacred Heart Church for noon mass. During the mass I thanked God for giving me this “donkey”. Then I asked God to give me a transportation to go to Him. Following that I asked God if He would give me a bus so I could go to Him with other people, Then I said maybe I should have a train then I could take more people than a bus could. Further along, I asked that maybe I should have a 747 plane, to carry even more people to God. Finally, I asked if a ship would be better. Then I realized that one of the symbols for mother church was the boat.

Yes, a symbol of the mother church is a boat and we are all passengers in the boat. We are all part of the mystical body of Christ and we need to journey together and help one another. Is that not what Pope Francis wants to discuss in the upcoming Synod? Yes, our salvation is personally and individually achieved through the mercy of God, but we do not go to heaven alone. We always bring others with us as God uses us as His instrument of peace and grace. Or we are brought by others to God because God uses them as instrument of peace for us.

May God make us instrument of His peace for our family members and all whose path of life crosses with ours. Lord, have mercy. Christ, have mercy. Lord, have mercy.

March 23, 2022. Two days before the feast of the annunciation.
Deacon John Wu

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明東苑

去年 Fr. Bill 將他擁有多年的渡假屋轉讓給阮神父，而愛羊心切的阮神父，成為屋主後，不是計劃甚麼時候或怎樣享用渡假屋；而是開始一連串的大計，希望渡假屋可以容納更多的教友，可以在這景色怡人的地方舉辦多些靈修及友誼活動。

阮神父首先將屋前旱廁及擺放雜物的鐵皮屋移放到屋後，讓渡假屋外貌更為美觀。而旱廁更是全新裝修，設計及建造廁所、鋪地板及牆板，美觀實用，既可方便教友戶外活動時之用，也是節省用水的好方法！



接著是土庫工程，阮神父在土庫加建兩個房間，從地板到牆壁再到天花板，全都是阮神父親力親為的製作，既省錢，美觀又別緻，牆上三面掛著巨型壁畫，畫面有瀑布、流水、森林，讓人有置身世外，心曠神怡的感覺。

渡假屋在郊區，不在城市供水範圍；為了解決水源問題，阮神父自資三萬元，僱用專家公司掘地安置巨型五千加侖地下蓄水池，這工程是大項目，卻能在一星期完工，現在蓄水池已有足夠的水供大家使用，但每次運水車送來的三千加侖水也要二百多元呢！知道嗎？我們每次使用渡假屋，便宜的租金是聖堂奉獻，真希望租用的教友，每人能付三、五元的水費，幫助神父買水之用呢！



翻泥動土後，從前的草地已經滿目蕭然，看上去一片荒地，處處石頭。神父再動腦筋，檢去能檢的石頭，叫來六大貨車的土壤覆蓋沙石，準備五月天氣回暖時便下草種，期待屋前屋後一片片綠草如茵，夕陽斜照靜園的美麗景色！

弟兄姊妹們，阮神父已經盡心盡力為我們準備好舒適幽美的渡假屋，給大家休閒避靜，清新靜謐的環境能洗滌心靈，也可知己共聚，把酒言歡。大家會珍惜嗎？大家會回應神父的的一番美意嗎？

Anne Lam, Echo Editor



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Teresa and Joe 金婚

走在一起是緣份，一起在走是幸福。

2022年3月19日，我們一班友好共同見證、分享他們一起走過五十年和睦幸福的婚姻，風雨同舟五十年，吵吵嚷嚷五十年。銀婚好，銅婚好，總不及金婚好，半世紀啊！

平日鬼馬的 Joe Sir，難得與Teresa 在感恩彌撒中，認真地在教堂攜手慢步，奉獻鮮花至祭台前，接受阮神父的祝福，大家不其然感到那份溫馨、窩心和恩寵滿溢。

禮堂早已佈置得美輪美奐，二仔 Simon 跟太太 Kaman 及孩子一家人徹夜未眠，盡心盡力裝飾佈置，打點一切，難能可貴。媳婦Kaman 親手為老爺奶奶製作了幻燈特輯，一張張的舊照片呈現眼前，其中最珍貴的是身在海外的仔、細仔及各家人送來的衷心祝福，真情流露，贏盡嘉賓的掌聲。不期然大家都沉醉和回味他們那悠長而甘甜的愛情之路。

幸好疫情暫緩，近百位朋友在禮堂暢聚，享受著點心、燒豬、蛋糕和各種美食。廚房的朋友們也在享受那忙碌的歡樂氣氛。盡興之後，嘉賓們不捨地跟主人家道別離場。收筆之餘，讓我們一起祝福 Joe and Teresa 互敬互愛至永遠，期待十年之後，他們的鑽石婚慶典。



Annie Lam 陳念慈



「執子之手，與子偕老」

老爺 (Joe) 和奶奶 (Teresa) 已經共同走過了半個世紀，他們的感情日久常新，有增無減，他們正正用行動詮釋了「執子之手，與子偕老」這詩詞。

兩位寶貝於2022年3月18日，踏入50週年「金婚」紀念的日子。金婚的意思是指夫妻兩人，一起經歷過無數次的風風雨雨後，雙方的感情，就像黃金一樣堅固，並價值連城，這是難能可貴的。

當老爺告知我們，將在19日那天早上，參與感恩彌撒、舉辦茶會和晚宴時，我腦中已開始計劃著宴會的安排；如禮物、佈置、流程、短片等等，雖然在籌備的過程中，一點也不易也很累，但感謝天主聽我的禱告。宴會當天流程順利，看見兩位寶貝在宴會中笑容滿面、春風得意的樣子，便發現即使累，也是值得的。

當宴會完結後，我們一家來了個小型的「事後檢討」，檢討的過程中，我發現沒跟老爺奶奶來一張合照，我即時作出投訴，奶奶安慰我說：「你當天是工作人員，很難安排合照嘛！」好吧！就讓我這位「工作人員」來為你們準備5年後的55週年「翠玉婚」紀念晚宴吧！那時候，請你們記著要跟我來一張合照呀！

最後，希望藉此機會，感謝天主帶領老爺奶奶攜手渡過50年婚姻，多謝阮明聰神父、鄔維揚執事及林偉良執事為他們祝禱，多謝為他們的茶會作預備的 Uncle、Auntie、兄弟姐妹，感謝你們抽出時間打點一切，令這茶會能順利進行。

在此送上一句我很喜歡的金句給老爺奶奶：

This is my commandment : love one another as I love you.

(John 15:12)

「這是我的命令：你們該彼此相愛，如同我愛了你們一樣。」（若15：12）



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The Beauty of a Mother's Love

March 20, 2020

It is my birthday. But unlike other birthdays, on this date, at around 3 am in the morning, I clearly remember sitting in a cramped little board room at the hospital. My family all sat around the table, waiting anxiously for a doctor to come in with some news.

We were fortunate enough to all be together that day, given that the world just shut down a week prior due to a new pandemic, and strict restrictions on the number of people gathered had just been implemented.

Fortunate, if you can call it that at the time.

Maybe it was too early on for hospitals to implement policies on this. Or maybe the staff felt compassion for us. But my whole family was able to be there in that little room. All, except one.

As the doctor walked in, we all perked up a little in our chairs while the doctor pulled out a chair and took a seat, letting out a little sigh as he began to tell us the news.

The aneurysm had caused too much bleeding in my mother's brain, and there's nothing else they could do. She is currently on life support and is unconscious, so she won't be able to hear us, but they will give us some time to say our goodbyes.

His eyes started to tear and his voice started to crack as he continued to update us. Clearly, working in a hospital ICU has not yet de-sensitized him to the difficulties of telling family that their loved ones have passed.

He asked if we had any questions, but then a nurse hastily burst in through the door and told us that her condition is deteriorating quickly, and we should immediately go to see her. So, we all get up and gather around her hospital bed for one last farewell.



After saying our goodbyes, I stood outside the room, too shocked to really feel much emotion. I felt cold and unemotional. Perhaps it was a way for me to try and deal with the pain of losing my mother, but I just pushed aside my sadness and stood there.

"Happy Birthday, Rocky", I sarcastically thought to myself.

Just the day prior, I sat in my childhood home with my mom at her dinner table. We chatted about how the family restaurant was holding up during the lockdowns. How they were not able to pull in enough money now that people weren't eating out. She told me about her fears of this new virus and of getting sick. It was a time of many great worries for her.

As we continued to talk, I glanced over and saw a fresh batch of mangoes, which I mentioned that I've been craving lately. Without hesitation, she got up, grabbed a paring knife, and started to peel the mangoes for me. She always wanted to make sure I was fed and happy, no matter what was going on in her life.

Maybe that is why I was always chubby growing up. In fact, if ever I started to lose weight, she would get worried that I wasn't eating enough and would want to feed me more. As a child, I hated being chubby, but thinking back on it, I find it funny. I was chubby because my mom loved me too much.

The conversation shifted and my mom asked me what kind of food I wanted to eat for my birthday coming up. I told her I'd love to eat her Bún Gà, which is a Vietnamese chicken noodle soup. It is, without a doubt, one of my favourite things to eat.

Do you know that little thought exercise where someone would ask you if you were on death row and you could ask for one last meal, what would it be? It was a way to find out a person's favourite type of food or cuisine. And I would always answer with my mom's cooking. That's how much I enjoyed her food.



I can remember waking up on Sunday mornings, hearing Vietnamese music and the kitchen hood fan blaring outside, as the smell of delicious food came wafting into my bedroom. "Time to get up and eat", I would think. That was my mom's way of waking up the family.

Growing up, eating my mom's cooking was always so satisfying. Every time I told her about a meal I was craving, she would then make it for me within the next couple days. Even if she didn't know how to make it, she would look up recipes and try to make it for me.

At times, I wouldn't even need to tell her the food I liked. She would just pay attention to the things I order at restaurants or the types of food I make for myself, and she would take it upon herself to make those dishes so that I can eat from her instead. Feeding me was how my mom, and I assume how most mothers, showed their love to their children.

So, as I grew up, I started to find comfort in the meals that she made. Especially after moving out on my own, I looked forward to the times that I could come back home and enjoy a home cooked meal made by my mom. I even told myself that one day, if my future wife does not know how to cook, I will get my mom to teach her how, so that I didn't have to go without my mom's cooking.



My wife has never been able to meet my mom. My mom wasn't there for our wedding. She won't be there for the birth of our child, her first grandchild. She won't be there for any more future milestones. And unfortunately, my mom passed too soon to pass on her recipes to us. So as the days, months, and years pass, I find myself yearning for her home cooked meals.

Lately, my wife and I have been trying to recreate my mom's recipes. With every dish, I would try to remember the little details that my mom had told me about the dish and how to make it. And we've recently been able to recreate her Bún Gà fairly well. A comfort food for me that brings me back to those Sunday mornings as a child again.

We're still working to recreate other recipes, but we have a long way to go. However, it is worth it to try and keep the memory and legacy of my mom alive.

It is as if my mom is still loving me through every recipe of hers that I recreate. And as an extension, she is still spreading her love to my wife and family through the memories of the food she served us, despite never meeting them.



On that dreadful day that my mom passed, my family was gathered back at our childhood home after leaving the hospital. We were all still struck with grief and sadness, but we told stories and relived

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memories of my mom to ease the sorrow. It was then that my dad opened the fridge door and told us that this is all the food that she prepared in the prior days. Let's take it out, heat it up, and sit down to eat.

Even in her death, my mom still fed us, one last time.

As I sat down to enjoy the last meal that my mom ever prepared, I smiled to myself while picking up a spoonful of food,

"Happy Birthday, Rocky"

Rocky Nguyen



St. Francis Xavier Chaplaincy Young Professionals Lenten Retreat

On March 26, 2022, my husband and I attended a Lenten retreat at the Shrine of Our Lady of Rockies in Canmore that was organized by the St. Francis Xavier Chaplaincy. For those of you who are not familiar with the Chaplaincy, it aims to connect Catholic young people from university age, to those who are building a career and those who are in young families. They have planned events to help young people build their faith with others who are in similar stage in life.

During this retreat, it was nice to get away from the city and be able to marvel at the beauty of God's creation in the mountains of Canmore. I found myself gazing in awe at the snow-covered mountains outside the church windows.



This retreat focused on the heart of Lent: the three things that are most important to incorporate into the Christian life during this season; Prayer, Almsgiving, and Fasting. Fr. Nathan Siray, the pastor of Our Lady of the Rockies and the speaker for this event, provided some great reminders and also new insight into the Lenten season. He stated that Lent is a period that helps prepare us for our death and for the time when we will be reunited with our Father in Heaven. Instead of only focusing on prayers, almsgiving, and fasting during the Lenten season, we should also bring these practices with us into our day to day lives. Fr. Nathan spoke about a good way to structure our prayer with the acronym "A.C.T.S."

"A" stands for adoration, which is where we praise the Lord for His creation and all the good works that He has done in our lives.

"C" stands for contrition, where we humble ourselves and apologize for the wrongdoings that we have committed against God.

"T" stands for thanksgiving, where we thank God for the small things, the big things and even the difficult things that have come into fruition in our lives.

Lastly, "S" stands for supplication, which is a time where we can pray for our own intentions, such as asking for God's intercession for the friends and family in our lives.

I found that this simple acronym has really helped enrich my prayer to God, even though it has been a

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short time since I have implemented it. It allows for my prayers to be more well-rounded, and it helps me to organize my thoughts during my conversations with God.

Fr. Nathan also spoke on the importance of almsgiving and the significance of giving back to the Catholic community, especially our own parishes, to support the good work that is being done. We were challenged to reflect on where we were being called to provide almsgiving in our own lives and I found that it helped me think outside of myself to consider the needs of others.

Finally, with fasting, Fr. Nathan invited us to fast beyond our normal Lenten time frame. For example, if someone was currently fasting from social media for the entire Lent, he also suggested that the fast could be done outside of Lent for one day per week or a week out of a month so that we could remove things that are distracting us from our relationship with God and draw closer to Him.

Overall, this retreat was wonderful for reconnecting with other Catholic young people and to feel encouraged in continuing the Lenten journey. I felt edified and enriched after attending, and I hope that in passing on some of the knowledge I gained will also help your Lenten journey as well!
God Bless!

Jenny Nguyen



編者的話

基督復活了，阿肋路亞！

耶穌是我們的信、望、愛，因我們對祂的信心，使我們充滿平安、喜樂！
願我們以生活的言行，為主耶穌作見證！誠意邀請大家投稿迴聲，分享見證。

Editor's note

Jesus is risen, alleluia!

Jesus is our faith, hope, and love, and our faith in Him fills us with peace and joy!
May we bear witness to the Lord Jesus by our words and deeds! Sincerely invite you to send
Echo your witness.

Editors

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