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# The Echo 迴聲

天主受享光榮於高天，主愛的人在世享  
平安！

( 路2:14 )

*Glory to God in the highest and on earth peace  
to those on whom his favor rests.*

( Luke 2:14 )

## 編者的話

聖誕即將來到，馬槽內的耶穌，以謙卑、簡樸和溫暖的心來跟我們接近。讓我們以歡樂和關懷去陪伴家人，並向親友送上聖誕的祝福，以慶祝基督的降生。

祝願聖誕快樂！

## Editor's Note

Christmas is coming soon, and Jesus in the manger will approach us with humility, simplicity and warm heart. Let us accompany our family with joy and care, and send Christmas blessings to relatives and friends to celebrate the birth of Christ.

Merry Christmas!

Editors

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# The Echo



## The Milestone of Lectors

Lector is foundational to the diaconate program and it was through the help of your prayers and the Holy Spirit that all the deacon candidates reached the milestone of Lectors.

The Rite of Lector was instituted by the Church because Lectors play an important role in the liturgy of the Holy Mass. They read out the life-giving Word of God. Lectors need to be faithful to the divine Scripture because it is in the Scripture that we encounter God. Through the works of the Lectors, the parishioners will receive support and vigor, strengthen their faith, nourish their souls with the pure and lasting Word of God, and create strong spiritual life.

Lectors were already instituted in the Old Testament as it is a Jewish tradition to proclaim from the Scripture. For example when Moses gathered the people to read the law (Deut 31:12); also day after day the Law was publicly read by Ezra the Priest (Nehemiah 8:18); and later in the New Testament when Jesus came to Nazareth, where He was brought up, and as a custom, He went into the synagogue on sabbath and stood up to read (Luke 1:16-21) and He read well as all eyes were intensely on Him (Luke 4:20).

Those being admitted as Lectors, young and old, should be trained to read well—full of spirit and sincere piety, devoted, reverend in prayers and deeply embedded in the spirit of the Liturgy as if Jesus was presence speaking through the person. Performing lectio divina will be useful along with daily prayers to help their sanctification and prepare them to become better Lectors. Lector is not a job or function. It is a vocation, a calling of ministerial service. It is one of the seven orders one would need to acquire before Priesthood. i.e. Order, Lector, Acolyte, Ecolyte, Deacon, Sub-Deacon, Priest.

The Canon Law was further conditioned and re-organized, with a minor order, which was inserted into the Ministry of Lector, to include male and female lay persons. Therefore, Lectors should acquire knowledge of the Scripture, through studying and meditation, be a perfect disciple of Christ and be an example for others. They are the bearers of God's Word and people should see the physical presence of Christ in them.

The Church has a well written Lectionary Book now, built up for the Liturgy of the Word, including different volumes for different occasions. The Liturgy of the Word and The Liturgy of the Eucharist form a single mass of worship so we can listen to and receive God's Word, followed by the Sacrament of the Eucharist. The Word of God would be proclaimed at the highly visible Lectern or in its absence, the ambo. The Word of God is no less important than the Body of Christ, thus, should not perish in our reading and from our heart.

Thank you again and please continue to extend your prayers.

Thomas Ha







#### Editor's Note:

One of our parishioners, Thomas Ha, has been under formation of the Diaconate Program in our Calgary Diocese. Thomas was installed into the Ministry of Lector on November 14, 2021 at St. Mary's Cathedral. The Ministry of Lector is an important responsibility, as it will be the duty of the lector to proclaim God's word and show God's love by living it out in their lives. After being instituted into the Ministry of Lector, the men in the Permanent Diaconate program will be able to proclaim the word of God and instruct parishioners in the Catholic faith. Please continue to pray for Thomas, and his spouse, May, and their family as they continue the journey of the Permanent Diaconate.



### 將臨期之「重溫和準備」

各位主內的兄弟姊妹，讓我們懷著感恩、雀躍的心情，以「醒寤、悔改、喜樂、愛和平安」來迎接教會新的禮儀年「將臨期」，因我們的主耶穌基督快要降生到來了。

將臨期是準備聖誕節來臨的前奏，包含著兩個重大的意義，即紀念耶穌基督的第一次降臨；及以虔敬、喜悅的心情來期待基督在末世的光榮中再度來臨。

在將臨期內的四個主日，神父穿的祭衣和祭台上的佈置都是以紫色為主，特意是提醒我們應懺悔，以準備主基督的降生。同時，祭台旁置有蠟燭的四個綠色圓形花環名「將臨圈」；四支蠟燭中一支是粉紅色其餘三支的是紫色的。綠色圓形的將臨圈，象徵著天主的無始、無終、永恆不變及新生命。蠟燭的光是象徵基督之光來到世界，為我們驅散黑暗的真光。紫色的蠟燭是代表期待、渴望及有補贖的意思，粉紅色的一支是代表喜樂，即在將臨期的第三主日；亦稱為喜樂主日，因為主已臨近了。聖保祿宗徒致斐理伯人書更強調這一話「你們應在主內常常歡樂，我再說一次，你們應當歡樂，因為主已臨近了。」

為迎接將臨期的到來，我想要作自我準備的是「要多反省，常向上主祈禱，陳述我的不是和憂心，哀求祂的指引，改變自己的生活態度，作有愛德和與人分享的事，與天主和好，承認並悔改自己的罪過，常以喜樂、期待的心迎接耶穌的到來。」

將臨期是耶穌進入我們的生命當中，開始改變我們，幫助我們革新。既然我們從醒寤中悔改了，就要在生活中有所轉變和實踐出來。

身為天主至愛的子女們，在將臨期內，你們又該如何預備迎接救主的到來呢？再反思耶穌基督的誕生，對我們是不是一個好消息呢？

公教家庭協會會長 James Hui





## Legion of Mary Presidency

All officers of our Legion of Mary, the Immaculate Heart of Mary Praesidium, are nominated for a 3-year term, with possibility of renewal for a second term, after which he/she will have to relinquish the position. September 2021 marked the end of my 6-year term as Secretary of the Praesidium, and I was happily waiting for that big day. I loved giving my service to Mother Mary, and I did enjoy my Secretaryship all those years, especially when I got “praised” for achieving good performance. Vanity is my weakness! However, there were times when things seemed to get routine, times when I found it boring in preparing those weekly meeting minutes, or even times when I would feel reluctant to do them. That is why I was anxiously looking forward to the date when I would be relieved of my responsibility.

However, Our Lord Jesus and dear Mother Mary surely had a different plan for me. Yes, I terminated my position as Secretary, but I was nominated as the President instead! Having worked with our previous President, Goretti, for the past six years, I fully understood what was required of her. I had always marvelled at how she aptly accomplished her duties, both within the Praesidium, towards our Curia, and to our OLPH Church. It involved a lot of dedication, initiative, desire to evangelize, selfless service to others, and even the ability to drive. Honestly, I really do not have much of these fine qualities in me. How will I be capable of filling in the role of President?

In my doubt and hesitation, I was given marvellous assurances from current and past officers, as well as active members of our Legion of Mary, that I will be capable of doing a good job. I even got advice from our Curia President, telling me that there is nothing to fear or worry about, that all I need to do is to ask for Mother Mary’s help before I do anything. She will be there for me without doubt. Hence, in humble obedience, I courageously accepted my new position.

I had so far led my 6<sup>th</sup> Legion meeting as President, and the experience had been unexpectedly pleasant. Sure enough, our past President and Vice-President were there for me, ushering me along, directing and pointing out what I missed, guiding me all the way. I am so spoiled! Our Legion members were also very supportive, not minding my mishaps and errors. My fear and worry are gradually fading away, replaced by anticipation, joy, and more confidence. My prayers to Mother Mary have been heard. With unflinching assistance from our group, and with heavenly blessings, I hope to be able to offer my services to the best of my ability.

Mary Tsang, Legion of Mary





## 聖人羅格 ( St. Roch )

感謝天主！終於可以回到聖堂參與彌撒，領受耶穌基督的體血了。

在不能到聖堂參與實體彌撒期間，我選擇參與由澳門教區社會傳播中心錄製，由李斌生主教舉行的主日感恩聖祭。每當彌撒禮成後，李主教都會聯同教友一起誦念「聖人羅格除疫主保誦」。因此，讓我有機會去認識並與大家分享聖人的生平事蹟。

羅格在1925年於法國出世，他是家中的獨生子。由於父母都是熱心教友，所以羅格自幼已經遠離世俗的娛樂，常常做敬愛天主的事，亦樂意去做補贖。

在12歲那年，羅格的父母相繼去世。由於父親是一位總督，所以羅格繼承了一大筆遺產，但他最渴望做的事就是到羅馬朝聖，20歲那年，他將所有的財產施捨給窮人後，便隻身沿途行乞露宿，展開他的朝聖之旅。

當羅格快要到羅馬的時候，經過厄瓜濱汀城，那裡正有瘟疫爆發，他並沒有離開，反而留下來照顧和安慰患病者。傳說他只以耶穌的聖名劃十字架並祝福病人，病人就會不藥而癒。最後，羅格自己也染了病，為怕傳染給別人和不想成為他人的負擔，他靜靜地離開了，隱居在森林中，等待死亡的來臨。天主卻派一隻小狗每天帶食物給羅格。小狗的主人看到小狗每天都啣著一塊麵包離開堡壘感到很奇怪，於是跟蹤著小狗，當主人看到羅格後便把他帶回家，直至他康復。

羅格痊癒後便返回自己的家鄉，由於容顏憔悴，衣衫襤褸，所以沒有人認出他，加上他說話含糊，故被鄉民誤以為他是敵國的間諜，把他囚在監獄裡，最後更死在獄中。羅格死時，據說有一道奇異的光照亮房間。之後，人們在他身上發現他胸前的紅色十字形胎印，才知道他是誰。

耶穌曾向一位少年人說：「你去，變賣你所有的一切，施捨給窮人，你必有寶藏在天上，然後來，背著十字架，跟隨我！」(谷 10:21) 在聖人羅格的身上，讓我清楚看到他如何實踐了主耶穌的教導。羅格只是路過疫症的地方，他可以選擇離開，繼續朝聖的旅程，但為了見證天主的愛，他義無反顧，不怕危險、不怕為自己帶來不便及麻煩，甘願留下來以一個慷慨、犧牲的心去幫助及服務痛苦的人、染病的人、等待接受安慰的人。

疫情在世界各地仍然反覆未消，讓我們仰賴天主的仁慈，繼續向聖人羅格為我們轉求，但願疫情早日結束吧！

### 「聖羅格除疫主保誦」

天主，您曾垂允聖羅格懇切之祈求，恩賜他作瘟疫之主保；使凡因聖人之名，求他保佑者，俱得免疫症之害；我們懇求您，賜我們因記念聖羅格聖人和他的功勞，賴他的轉求，除免我們神形諸疫。以上所求是靠我們的主基督。亞孟。大聖羅格，請為我們祈禱。







## 珍惜與感恩

今天是基督普世君王節，彌撒中神父提及到六七十年代在香港大球場舉行的基督君王瞻禮，頓時勾起我的小時回憶。

已故的父親是位中文教師，依稀記得他兼任教授聖經科，每年都會帶同學生與二萬教友一起參與大球場的隆重彌撒。有一年我也跟隨父親兼老師參與，記得當時只覺得彌撒很長、很沉悶。完結後，我隨父親步行至銅鑼灣一上海菜館用餐，小時候的我認為享用一頓美食就是參與冗長彌撒的報酬。



回憶火速來到二零一零年，卡加利教區舉辦了首屆賽馬日。我一向對賽馬缺乏興趣，但因有任務在身，要將是日活動報導，發放報章，於是唯有抖起精神，一早出發。活動的序幕是露天彌撒，主教與一眾神父舉行了千人的感恩祭。簡潔的彌撒既親切又溫馨，不但成為是次活動的重點，更在我心裏成為參與賽馬日的報酬。

回憶再將我帶到今年五月，我再次有機會參加露天彌撒。這次既不是大型慶典，也不是活動重點，而是新冠肺炎疫情限制令下，重啟的公開彌撒。因彌撒人數上限為五十人及必須於戶外舉行，在初春時分能否舉行及參與，都有賴天時地利人和。我以期待、興奮和渴望的心情踏進神父住宅的後園，參與彌撒。我的手是寒冷的，但我的心是熾熱的，我珍惜這個機會，我感謝天父的恩典。

幾個月前，政府已將宗教崇拜的限制解封。彌撒可在聖堂內舉行，人數已再沒有上限，彌撒中亦可詠唱，但教友仍需要佩戴口罩。在彌撒中每當琴聲奏起，各人包括我在內，便會很努力一齊詠唱。但由於口罩封嘴令氧氣不足，大家都跟不上節拍，於是便造成全民以自由拍歌唱。初時，我覺得很無奈、很尷尬，於是只作輕聲詠唱，但後來我學會了不再拘泥，放膽用歌聲去讚美主。

不經不覺已到了本禮儀年的最後一個主日，在這個基督君王瞻禮，我要大聲詠唱。就算走音，就算不合拍，我再不忸怩猶豫，因為我學懂珍惜，學懂感恩。能參與彌撒是主的恩賜，能用歌聲讚美主就是我最大的報酬。

迴聲編輯 Teresa Tsui



## 信靠

耶穌說：「世俗的焦慮…把（話）蒙住了，結不出果實」（谷4：19）。（話）是耶穌講的話，憂慮太多，焦慮足以阻礙「聖言」在我們心內成長，傷害了我們與主的關係。所以，要把「無常」視為人生必然有的階段、過程，時有發生。在不開心、憂傷的時刻，請相信，明天會更好，難過時不用想得太久，快樂時好好珍惜、感恩，困難時堅持信念。因為「你們所受的試探，無非是普通人所能受的試探；天主是忠信的，祂決不許你們受那超過你們能力的試探，天主如加給人試探，也必開一條出路，叫你們能夠承擔」（格前10：13）。

一位醫生曾說，告訴病人有嚴重的疾病是困難的，但同時要像天主一樣，必須讓病人保有盼望。每當遇到困難時，向十字架上的耶穌訴說面對的困境，有時可藉天主來解決，有時卻不，但祂會用另一個方式教我們面對，但無論得與否，有祂在，甚麼也不懼怕。好多時當你表現出沒驚怕、沒事的樣子，總有一天煩惱也會悄悄地像泡沫一樣消失的。況且每一個經歷，使我們更加成熟，更加堅強，反而成了一個恩賜、一個祝福，豐盛了我們的人生，更有勇氣面對更大的困境。

聖奧斯定：「把過去交託給天主的慈悲，把現在交託給祂的愛，把未來交給祂的照顧與引導。」「因為我深信：無論是死亡，是生活…是現存的或將來的事物…，都不能使我們與天主的愛隔絕，即是與我們的主耶穌基督之內的愛相隔絕」（羅：8：38-39）。

耶穌經歷過我們將要經歷的，唯有不恐懼，才能真正享受人生，對甚麼都不懼怕，亦不要逃避，甚至是死亡。「逃家小兔」Runaway Bunny繪本講述：「小兔子想離家，可是不管牠到那裏去。媽媽都能找到牠，甚至在那裏等牠，例如牠變成魚，媽媽就變成漁夫，把牠撈回家。大概經過十多次，小兔說我不再逃了，媽媽說我們回家吧，我已為你準備好紅蘿蔔。」一位臨終病人聽了後說，我不用逃避了，愛我們的天主已為我準備好。

香港天主教生命倫理源資中心等單位，為寧安善終的服務現在就做問卷調查，在推行政策及牧靈工作上，更切合他們的需要，更重視長者與善終的服務。所以，不需擔心，我們有安寧服務。

「你們的得救是在於歸依和安靜，你們的力量在於寧靜與信賴」（依 30：15）。

慈愛的天父是會看顧我們的，甚麼也不懼怕，也不需要想，只是想在餘下的日子，做好一個天主的子民，隨著真理，跟著耶穌的帶領，做天主想要我們做的，用行動做一個快樂的基督徒。日子到了，我們一定能平安渡過，返回天鄉，做個天國的子民。用平靜、平安的心過好每一天，因為主與我們同在，直至世界的終結。

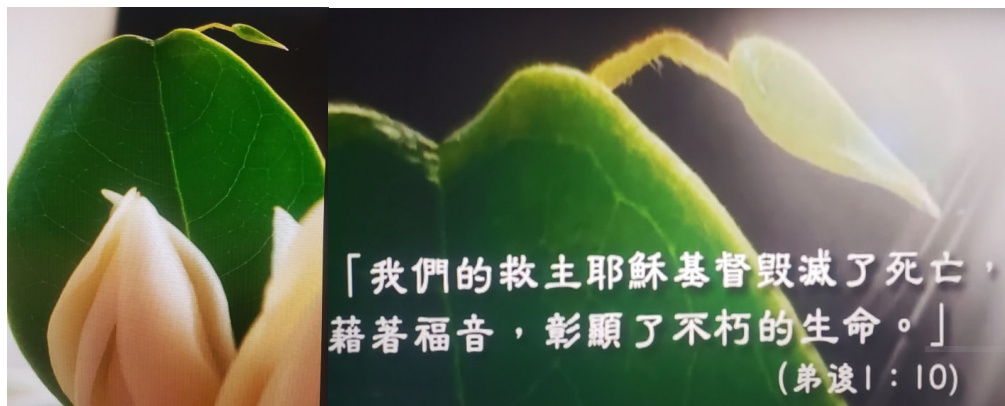
將臨期已到，讓我們大家醒寤，讓天主的「話」豐富我們，努力去幫助別人，尋求真理與正義，讓愛蓋過一切憂慮。耶穌說：「一粒麥子如果不落在地裏死去，仍只是一粒；如果死了，纔結了許多粒子來」（若12：24）。

Emily Chan



# The Echo

悼念我的好友 - 陳美蓮



白蘭花在香港十分常見，很多人只愛聞它的濃郁香味，我相信很少人會望它，因為這花沒有華麗色彩和花姿，不值得花時間去觀看，但我的好朋友，陳美蓮姊妹，卻細心觀察到這花生長出「葉中葉」，([https://youtu.be/zPqVe\\_GIFdo](https://youtu.be/zPqVe_GIFdo)) 就是一塊葉尖上生出另一棵幼葉來，從中她領悟到這棵注入新生命的白蘭花葉，彷彿患肺癌的她，因著認識耶穌基督，得著永恆生命，經歷喜樂平安，無懼死亡，她感恩讚頌創造生命的主！

她常將她朝聖的相片和與主相遇的故事，在醫院中與醫生、護士、院友們分享，使在疫情下的逆境中，為每位生命戰士打氣，繼續倚靠那位為我們死而復活的主耶穌，活出美好的人生。

我嘗試引用訓道篇去看美蓮姊妹在人生的最後6個月：

「事事有時節，天下任何事皆有定時」(3:1)

當她得知她患有癌症時，她欣然接受，她相信天主在適當的時候會安排好一切，所以她說：「為何不可以是我？」

「天主原把智慧、學問和歡樂，賜給他所喜愛的人。」(2:26)

她明瞭能夠享受福樂是天主的恩賜，她將充滿愛心的微笑，像一杯水滿溢著天主的愛湧現在她生活的病房中，舒緩房內的沉重氣氛，寫了生命與生命的見證雜。

「你應觀察天主的作為：他所彎曲的，誰能使之正直？」(7:13)

天主所訂立的，沒有人可以更改，所以她在最後3個月，製作youtube短片，內容是她怎樣開始信仰天主，倚賴天主，為主作証，交托一生，直至她將回歸主懷的感受分享，去堅強那她認識或未認識的朋友去信賴天主！

「愚人的口舌卻自招滅亡：他口中的語言，開始是愚昧，最後卻是殘忍的狂語。」(10:12-13)

說話多是愚昧的，她從祈禱中發明了與病人創作「合作畫」。美蓮從來不會畫畫，她首先要求院友隨心去畫畫，不管好醜，然後她會祈禱，之後她將天主告訴她的東西加入畫中，然後送給院友，她稱之為「合作畫」。(賞畫 <https://youtu.be/GxQtEHZgIII>) 有一次一位婆婆中風後不可以說話同人溝通，美蓮要求婆婆畫「合作畫」，她們畫出婆婆的童年事，大家都很驚訝呢！

終於2021年7月29日美蓮在親人陪同下，安然回歸天父的永恆家鄉，我很懷念這位好姊妹，盼望他日天家重逢！

(葬禮<https://youtu.be/uBn3jDZ7Fn8>)

慕道班導師Anna Lau

## 感恩之心·感恩之行

回想1992年移居卡加里，得到聖堂朋友的關懷及悉心的照顧和指引，很快便融入聖堂這個大家庭。自此常懷感恩之心，每當在聖堂見到新面孔便不期然前去問好，打開對話框框。

近月來見到好幾個帶着孩子的年青父母家庭，就好像有一個聲音在耳邊響着要把愛送給這班離鄉別井的教友。畢竟我們已是祖父母輩，怎樣溝通呢？幸好接觸小孩子時，他們也親切自然，像是公公婆婆在身邊的感覺，把我們的疑慮頓時一掃而空，大家互相交流詳談。本堂司鐸阮神父十分支持，請兩位執事領導我們這"支援小組"，迅速行動，設計海報、開通WhatsApp，好讓這些家庭可以聯絡上，互相認識。我們更為了使新朋友能盡快適應加拿大生活，舉行視像會議和邀請不同的講者出席，包括有關行業的退休人士；卡城天主教移民服務 (Calgary Catholic Immigration Service) 及移民輔助 (Immigration Aid) 也有參與分享。

有熱心教友更把海報發送到香港天主教區海外資訊網站，讓計劃到卡城的朋友到步後可以聯絡我們。



在此衷心感謝參與教友的支持，他們在百忙中對新家庭們管接管送、安排咖啡或午餐等聚會，使新朋友們感到大家庭的溫馨及支持。更不忘多謝各教友的關注及隨時準備做我們的後援，猶如"全民皆兵"，見證了主的帶領和賜予我們力量，感謝主給我們在這年頭能夠付出一點心意，使有需要的一群共享。

Annie Lam, Pastoral Care Team

## 我的退休計劃

聖經中唯一提到退休這個名詞是在戶籍紀八章廿三到廿六節，上主訓示梅瑟說：「這是關於肋未人的法令：由二十五歲以上，應來服役，在會幕內工作；到了五十歲就退休，不再服役；以後在會幕內輔助自己的兄弟照管該遵守的事，自己卻不必服勞役。關於肋未人的職務，你應這樣安排。」

我理解以上的經文，退休並非不需要工作；而是上主有祂的計劃，要我們轉做另一階段的工作。我們要細心聆聽從上主的召叫；去做不同的工作，將時間好好重新分配。

我十多年前將生意賣掉，本以為可多打羽毛球，多做運動，做自己喜愛的活動。但天主往往有祂意想不到的完美的計劃，要我嘗試做我完全沒有經驗的護理院工作，投身全職服務老人家及日托學校照顧幼兒，要我多分配時間給華人社群。不經不覺已做了十多年。近期因身體及年齡關係，要認真為未來的退休生活作打算，工作方面要作交棒準備，更要為退休後的生活安排。把時間留給家人，陪伴我的另一半及兒孫們，給他們多些支持。

我慶幸得到天主的眷顧，在我的人生旅途中起起跌跌，得到慈愛的天主用我作祂的工具服務社群。我感謝天主的扶持，陪伴引領我大半生的旅程，願我能繼續跟隨天主走我未來退休生活的道路。

財委會主席 Walter Yu





## 善度將臨期

教會的禮儀年從將臨期第一主日開始。在將臨期的四週內，直至耶穌聖誕。基督徒滿懷期待，默想耶穌基督兩次來臨的奧蹟。彌撒的經文，從追憶基督第二次來臨的末世景象，到基督第一次來臨，謙卑降生為人，瑪利亞領受天使向她報喜，她回答說：「上主的婢女，願照你的話成就於我吧！」她給我們一個謙卑的模範。

讓我們細讀一篇將臨期彌撒的經文：路加福音 21 章 (21:9-11, 25-28, 34-36)



那時，耶穌對門徒們說：「你們幾時聽見戰爭及叛亂，不要驚惶！因為這些事必須先要發生，但還不即刻是結局。民族要起來攻打民族，國家攻打國家，許多地方會發生大地震、饑荒和瘟疫，並出現恐怖的現象和來自天上的大異兆。日月星辰將出現異兆，地上萬民會困苦憂傷，因大海波濤的怒吼而驚惶失措。人人恐懼，想到即將降臨世界的事而昏暈，因為諸天的力量已在震盪。那時，他們會看見人子帶著威能和極大的光榮，從雲彩中降臨。當這些事開始發生時，你們應當挺起身來，抬起頭來，因為你們的救贖近了！你們要謹慎：不要讓自己的心靈沉溺於享樂、狂飲醉酒和世俗的憂慮，以免那日子像羅網一樣突然捕捉你們，因為那日子要臨到世上所有的居民身上。所以你們要警醒，不斷祈禱！好使你們能逃脫將要發生的這一切，並能站立在人子面前。」

## 反省

經文中描述末世的災難景象，不就是發生在現今世代嗎？戰爭和暴亂，民族和國家互相攻擊，地震、饑荒和瘟疫，都正在發生。我能否感到恐懼、疑惑和憂慮嗎？我心中極渴求平安！

耶穌宣佈喜訊：「看！人子帶著威能和光榮，從雲彩中降臨，人們的救贖近了！」祂囑咐我們要醒悟，不再沉溺於世俗的宴樂或憂慮中，要擺脫罪惡的羅網。

末世的或是今世的，不是我們知道。重要的是心靈的聖化，要時刻醒悟，以正確的心態期盼救恩，以敏銳的洞悉力察覺天主悄無聲息的來臨。所以我們要警醒，不斷祈禱！好使我們時刻臨在天主面前。

我的祈禱（參考答唱詠：聖詠16；聖詠25）

上主，我一心仰望你，我只投靠你。

你預示末世的災難景象，為警醒我，沉溺罪惡就是遠離於你。

上主仁慈又公義，你的來臨和救恩，使我聖化，得以成全。

上主，求你使我認識你的法度，你為每人都有一張藍圖，  
請你將生命的道路，指示給我；在我迷途時，你領我歸回你的正途。

我心高興，我靈喜歡，連我的肉軀，也無憂安眠。

唯有在你面前，才有喜悅；在你右邊，才有福樂。

上主，我一心仰望你，我只投靠你。

牧靈關愛組 John So

## 想當年

前幾天早上，我乘公共汽車去聖堂。剛坐下來，見前面一位外籍男仕手持念珠在誦玫瑰經。幾個站後便下車朝目的地走，我想他可能是上班一族，因工作忙，無法抽空吧。而我也曾試過在車上唸經，好幾次因錯過了下車，結果由市中心急步跑回聖堂，幸好都能趕上參與彌撒。現在乘車時只誦簡短的經文，到站下車，就鬆容得多了。有見及此，每年教會都為教友舉辦神修活動---退省。信友們可放下繁重的業務、工作或家務，真真正正過靜修的生活，淨化個人的心靈，與主密談，為贖己罪，過克己的生活，做天主喜悅的事，如誦經、守齋、翻閱新舊約經文、拜苦路、默想主耶穌的救世史和默想實踐老師諸聖宗徒們的基督使命。

記得在香港時，每年的避靜（退省），要去堂區指定的地點---修院、神學院或渡假營，遠離繁囂鬧市，過幾天靜修生活。在那時頓覺身心寧靜，再沒有俗務困擾，盡覽大自然景色，如置身世外桃源，呼吸清新的空氣，享受田園的風味，吃著修院所種的蔬果和其他農作物，或到附近的農場，選購親手採摘的農產品，吃那無污染或添加劑的健康食物，喝的是山澗水或井水，返樸歸真。在園野間靜聽神師講道，就如耶穌在郊野教導門徒無異，真是娓娓動聽，大家都津津樂道。回家後，感到整個人似脫胎換骨，精神煥發，再沒煩惱，疾苦全消。

現在因環境所限，疫情影響，舉辦網上避靜，可說是為己為人的好方法。

聖母軍團員鄧筱瓊

## What we need to do at Advent and Christmas adapted from homily of Fr. Denis Hanly, MM (1932-2014)

We are now halfway through Advent, and Christmas is close at hand. Let me share with you a homily on the First Sunday of Advent delivered by Fr. Denis Hanly, a Maryknoll Father some time ago.

To many people, the world seems to be a dark and terrible place. There are armed conflicts, injustice, persecutions, natural disasters, pandemics and deaths all over the place. When we think of these things, we tend to look at the dark side of things. We worry what will happen to us and our children, and we wonder what the future holds for us. So what can we fall back on?

Well, we have Advent. Advent is the season of hope because Jesus has promised that he will be with us until the end of times! No matter what happens, or how dark the world may become, Jesus is always with us. His light will shine through, leading us in our pilgrimage here on earth.

So what are we supposed to do especially at this time of Advent and soon-to-be Christmas?

Fr. Hanly told us a sad, true and loving story witnessed by Nobel Peace Prize winner Mr. Elie Wiesel, a Jew and Holocaust survivor. During World War 2, Mr. Wiesel, then in his teens, was rounded up along with many other Jews and sent to the Nazi concentration camp in Auschwitz. Upon arrival at the camp, the Jews were separated into groups. The old people were put to one side and led to the gas chambers to be killed. The young and healthy ones (Wiesel included) were spared death for the time being because they were needed to work as labourers and other odd jobs at the camp.



# The Echo



At this time, the Jewish children were put in another line inside the camp to await their turn. In the meantime, a guard was assigned to watch the children and keep them quiet. All the children looked at this guard with great fear, apprehensive of what would likely happen to them soon. This guard, himself a Jewish prisoner, decided what he could do and should do. He began to teach the frightened children little songs and melodies. For a while, the songs lasted and the children were somewhat uplifted, but a little later they got tired. The guard, who was a mimic by profession, then began to mimic, did various acts, told them stories and made them laugh. For a while, their laughter filled the air. But soon fear and fatigue set in. The guard then taught them to say prayers in Jewish. The children began to pray. Shortly after, even the prayers became silent as all were all exhausted. In the end, all the children could do was to cry. The guard then sat down and cried with them.

Suddenly the whistle blew, and all the children were ordered to line up in the front of the gas chambers to be taken in one by one. In the circumstances, what more could the guard do? With great sadness, he went to the front, then hugged, kissed and blessed each of them as they stepped inside the gas chambers.

When it was all over, the guard slowly walked back to the camp with a heavy heart. All the other guards laughed at him because he was such a silly man to waste so much time on just a bunch of little children that didn't matter anything to anyone.

To end the story, Fr. Hanly reminded us that Advent is the time when we discover hope in the midst of emptiness and desolation. It is the time when we need to think hard on the question: "What can, and what should, I do?" Still, there is one important step to consider before we decide what to do. This important step is that, in the midst of desolation, we must continue to love and to serve, and to serve and to love.

There is a lesson to learn from the Jewish guard at Auschwitz. What matters is not what you do to keep order. What matters is that you are there with the children. You take care of them as best you can, offer your last bit of energy and love them until the end. When it is all ended, you can look up to God and say, "Take them back, Lord. They are yours. You will not let them have any more harm."

Fr. Hanly reminded us that Jesus has come to this world to teach us how to love, how to live, and what it means to be a human being. At that horrible concentration camp, only one person really understood what it means to love, what it means to be a human being, what it means to have faith, and what it means to embrace God when God seems nowhere to be found.

Christmas is a happy event. For many people, it is full of toys and full of joy. It brings families together. However, we must remember there are a lot of people in our midst who are suffering either physically, mentally, emotionally or financially. Many are facing different challenges in life. Some may have lost, or separated from, their loved ones through sickness, accidents or other causes. For them, this Christmas will be an empty one and a most difficult one for them. We have to reach out to all these people and help them as best we can. We must put these acts of mercy as first on our agenda of things to do for us to celebrate Christmas.

Andrew Chau

## 感恩回顧2021年聖神恩典

2021年是疫情考驗我們信德的一年！也是我們念玫瑰經最多的一年，是我們將一切交給天主聖母及世人主保的一年。是聖母軍建軍一百週年的紀念。是OLPH聖母軍新舊會長順利交接的一年，也是我們慶祝這個支團開會一千次。自2019年4月開始為Canmore 的 The Shrine Church of Our Lady of Rockies 的建成和籌款祈禱，頌念「託付聖母」Memorares禱文，在這一年已經達成了八百萬次的目標。

今年聖母軍一百週年紀念，我們去了很多聖堂進行慶祝，例如 St. Michael Catholic Church、St. Luke's Catholic Church、St. Elizabeth of Hungary Catholic Church、St. Mary's Cathedral Church 及OLPH等。感恩阮神父為聖母軍的祝聖，他用聖歌讚美天主和聖心，給我們聖母軍留下深刻的印象。感恩Bishop William McGrattan 為聖母軍獻上一百週年的彌撒，是日在 St. Mary's Cathedral Church舉行，儀式令人感動，並為聖母軍頒發了為朝聖教堂頌念八百萬次「託付聖母」的証書。我們在彌撒前頌念一串玫瑰經文，隨著大教堂的優美音樂演奏，Bishop McGrattan與一群年輕的輔祭進入教堂，主教讚頌聖母媽媽的謙虛與慈愛及祝福聖母軍，這是那麼令人感動，聖母是聖堂的母親，彌撒在聖母軍的軍歌中禮完，一個充滿祝福和感恩的恩典時刻！

2021年多少的悲歡離合，何常不是靠聖母的慈愛和轉禱、天主的恩典、我們的祈禱、聖神的引領而得到慰藉和祝福，讓我們繼續帶著這份珍貴的恩典，靜待「將臨期」的恩寵時刻，靜待救世主耶穌的誕生。

聖母軍團員 Winnie Liang







## The Sunday Morning Struggle (An Advent/ Christmas Reflection)

“**Sunday morning**, what a great day to sleep in! Let me hit that snooze button....” Let’s be honest here, how many of us are tempted to do this each and every Sunday morning when we know the next day Monday is a workday or school day, we can’t help but think that Sunday is the **END** of our anticipated weekend, and we’ll have to wait another whole 5 days before we can embrace our beloved weekend and not have to do our work or go to school.


2021 seriously went by in a blink of an eye, with the world still battling this Pandemic and people still living cautiously trying to keep each other safe, we can’t help but think about the times we’ve used COVID as a reason to stop going to church. It is true though, keeping ourselves, our families, and those around us safe is our obligation and utmost priority. However, let’s be honest with ourselves, when was the last time you used COVID-19 as a reason to skip out on an important meeting or even attending church/virtual church and hit the snooze button to sleep in. I’ll be honest, I have.

“I can’t go to church cause capacity is full.” “I’ll just stay home, it’s safer that way.” So many times, these thoughts run through my mind and the battle of trying to get out of the warmth of my bed covers is something I face on Sundays. However, it seems like St Paul knew that there will be trying times where we as humans will face and choosing whether we go to Church and stay with our church community. In St. Paul’s letters to the Hebrews (Hebrews 10:19-25) St Paul encourages us to give each other hope and to not neglect meeting each other. The fact that me choosing not to go to church prevents me from seeing my beloved brothers and sisters in Christ and most of all, Jesus himself. Sure, Jesus is everywhere, but the fact that I try to meet the King of Kings makes every Sunday so much more special.

With the Advent season started and Christmas just around the corner, it makes it so much more meaningful to meet with our friends and families during this special time. Though the pandemic prevents us from meeting one another normally, we all yearn to be able to have those Christmas gatherings with one another, sharing the joy and love of the blessed season. So why not try like St Paul encourages us to? To give, to reflect, to attend the Sabbath and be closer to God during this time of preparation, giving, and ultimately love—love for baby Jesus who is to come and our friends and families that have been with us through thick and thin?

Think of it this way, you want to attend church because Someone wants you to be there and needs you to be there. No, I am not just talking about the need to do our tasks like lecturing or being a Eucharistic minister (those are certainly important too!), but the fact that the Lord wants and yearns for you to be in his house, to celebrate together his love and to show our thanksgiving to our amazing Father. You show your appreciation to your friends and coworkers by saying thank you or giving them a thoughtful gift during Christmas, why not do the same for God by giving him your time and presence when that’s all he asks of you?

May this Advent and Christmas be a blessed time for you all! May the Lord’s love and joy be with your hearts this season of giving. As always, please stay safe and healthy! I can’t wait to see you all back in OLPH when we finally win the battle with the pandemic!



Peggy Yip  
Echo Editor, Sunday School Coordinator