

The Echo 迴聲



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Pastoral Care Ministry

My initial involvement with the Pastoral Care ministry started from volunteering at the George Boyack Nursing Home shortly after my retirement. Typically, ten or more volunteers are required to help facilitate a Holy Mass in the nursing home. There is a list of Catholic patients for each floor. We would then go to their rooms and help them to make their way down to the first level where the Holy Mass will be celebrated. Most of the patients are on wheelchairs and would require assistance to go around. One thing that I noticed from the patients is the excitement and eagerness to go to the weekly Holy Mass. They look forward to receiving the Holy Communion. Some of them are on their last leg of their life journey. Wednesday is an important day.

Music is particularly inspiring to them; the hymns bring back past emotions. We always sing Ave Maria at the end of each mass; it is a favourite song to all. It is such a pleasure to see them receiving the blessing and peace of the Holy Spirit.

When the Diocese of Calgary offer the pastoral care training in May, I jumped right into the registration.

Our Diocese provides an intense and in-depth training for the spiritual care of the sick, the elderly and the end of life spiritual support for the Catholics. It is an important ministry; it is a ministry of pain and suffering. I fully appreciated while my own mother was in the same situation. She suffered a hemorrhagic stroke in early March this year. The physical and emotional changes of my mother demanded major changes to our day-to-day life. Being in the role of care giving, I have a lot to learn in this training.

The Pastoral Care ministry is all about providing care for the aging, the ill and the dying. Providing support in whatever form is appropriate to the person who is going through a critical transition in life. Our understanding and acceptance of the care receiver would provide them with much comfort and security.

We all need pastoral care at one point in our life journey.

Four of the important basic skills I learn from the training include:

1. **LISTENING** – We learn to listen attentively, reflectively, non judgementally, empathetically. We do not attempt to preach, to convert or to problem solve. We will focus on the care receiver and on the prominent issue. We learn to ask open ended questions, share their feeling at a deeper level.
2. **SUPPORTING** – We would provide our support with our presence, care, acceptance of feeling, understanding and trust.
3. **ENCOURAGING** – We try to reinforce their faith and confidence, validate their emotions, reminded them of God's love for them and the Holy Spirit is with them.
4. **BEFRIENDING** – We open ourselves to meaningful relationship and friendship and that we are preparing to journey spiritually with them through pain and suffering.

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Near Death Awareness – we try to understand end of life care for the dying, both physically, emotionally, and spiritually. Having family support, friends, pastors, and health care professional, is of immense importance at this stage of life journeys.

The importance of self care – It is also one of the easiest things to forget, practice self care, with the goal of remaining healthy and resilient. It is important to know that we can not help others if our own reserve is depleted.

Most of all, volunteering brings joy and fulfillment.



Nicole Yuen, Pastoral Care Team

慈母

每年九月八日是聖母誕辰，在聖母軍的週會上，答允負責寫一段關於聖母的事蹟，以及她對全人類的關懷與愛護，並喚醒世人要特別孝愛聖母，更要把自己奉獻給聖母，感謝她對眾人所做和付出的一切。

以我一個微不足道的人來說，這實在是一件難事；因自己的學養膚淺，沒有文化，加上自己孤陋寡聞，對聖母認知不多，雖有聖母軍手冊提示。然而要寫一位超凡脫俗、充滿德能的尊貴聖母，仍難下筆，幸得聖母 - 仁慈之母不嫌棄我的卑微，不斷地指導，並開啓我的心智，始能完成這工作，其實我只是她的一件工具罷了。

因聖母全心相信天主，為孕育聖子 - 耶穌而獻出自己，也縮短了世人與天主的距離，由於耶穌的贖世工程，打開天堂的門，帶領我們全歸屬於天主。可見聖母和聖子為救眾人而犧牲了自己。我更深信她疼愛耶穌，也愛護在世的眾子女，時刻為我們轉求天主，赦罪賜寵之恩。

而身為子女的我們，更應把聖母當作生母，盡顯子女的孝道，把自己完全奉獻給聖母，就如聖母軍團員的誓詞一樣：「我的母皇，我的母親，我全屬於妳，我所有的一切，都屬於妳。」的確，聖母更勝我們的生母，她終年累月不眠不休的保護我們，因我們的不肖，更為我們流下不少的眼淚，時刻苦口婆心的勸勉我們，要我們悔改遷善。為救人靈，她到處奔波勞碌，跋山涉水，她用盡最大的努力，把罪人搶救出來，並撫慰他們、守衛他們，免他們一再犯錯而喪亡。

作為兒女的我們，理應知恩報愛，盡子女的本份，孝愛聖母，使她欣悅，勿讓慈母再為我們肝腸寸斷，終日傷心悲泣。

鄧筱瓊 聖母軍團員



祈禱有什麼意義

最近，聽了林仲偉神父(香港仔工業學校校監和寄宿部舍監)向寄宿生分享有關「祈禱」的晚禱。我們每天都祈禱，但是否真的了解祈禱的意義呢？讓我們看看林神父的分享吧。

「祈禱有什麼意義？有什麼用？」

我們時時為世界和平祈禱，這些祈禱真的有用嗎？我們似乎看不到世界因這樣祈禱而好到那裡？我們為我們的家庭祈禱，為我們的健康祈禱。我們的家庭也見不到有任何改變；我們的健康亦看不到和祈禱拉上任何關係。老實說，要來的就要來，好像疾病、意外等等，真的要發生便會發生，看不到我們的祈禱可以阻到什麼，所以祈禱真的有用嗎？如果沒有用，我們又何需要祈禱呢？祈禱是不是只是一種自我安慰，自欺欺人，一種心理上的催眠呢？……

我們不如不要問祈禱是否有用這個問題，正如我們不要問宗教信仰是否有用一樣。不如我們問問自己是否遇到所愛的，如果是的話，我們就去追求祂，當我們越追求祂，我們就會越了解祂、越鍾意祂、越想同祂一起，這才是真正的祈禱，真正的基督信仰。

祈禱已不再是去求什麼恩典，祈禱是我們與天主相遇，和祂喁喁細語、和祂談心，就好像和我們至愛的人心對心的接觸。在祈禱中我們和天主講心事、講我們有多掛念祂、講我們近來開心和不開心的事。在我們與天主傾談心事當中，我們自然會問天主想我們做什麼？亦會自然的分享到希望天主幫我們什麼？天主會了解一切，我們亦會承諾滿全天主在我們身上的計劃，這才是祈禱的內容和祈禱的意義，這就是祈禱有沒有用的意思了。……

祈禱是和天主的相遇，一個知心的交談，所以是一個愛情，心心相印的相會。而祈禱的三部曲就是：(一) 要虔誠、要誠心誠意。(二) 首先求問天主要我們做什麼？(三) 以謙卑的心向天主呼求我們每天的需要。」

但願林神父的分享能幫助我們重溫和重新反省祈禱的意義，更讓我們日後的祈禱都是與天主心對心的相遇。

感謝天主！多謝林神父！

迴聲編輯 Josephine Li

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Pilgrimage during Vacation - Whistler

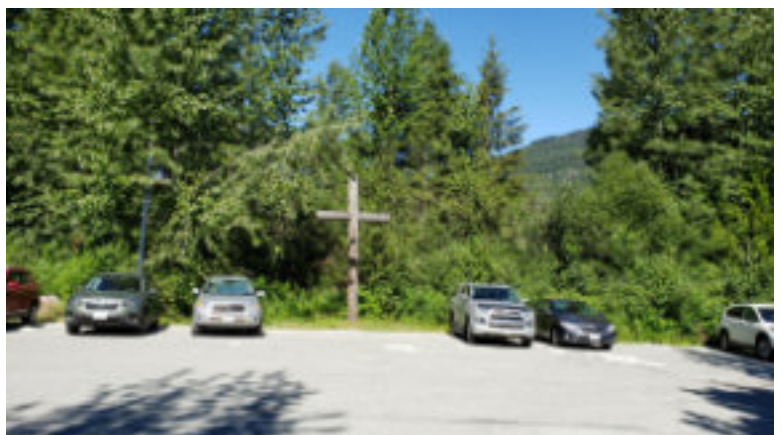
When I rose for the gospel acclamation, the cotton arose from the ground and filled up the sky.

About 10 years ago, I started to attend Mass at different churches whenever I was on vacation. I look at that as my pilgrimage and a way to renew my faith. I gain peace and contentment every time. And just not too long ago, I had another chance to receive my nourishment.

During a short vacation in Whistler, I attended the Sunday Mass at Our Lady of Mountains Church. It was located in a cozy and quiet neighbourhood, only 5 minutes away from the village. In the parking lot, there was a wooden cross standing in the middle of the side parking stalls. Inside the church, there were around 100 chairs facing a simple altar beneath a large window stretching from the ceiling. At 9 am, the Mass began. The celebrant introduced himself as Fr. Richard Conlin from the Corpus Christi Church in Vancouver. He was leading a retreat for a group of 12 youths in Whistler. The Mass continued on to the Word of God when a magical moment happened. We all rose at Alleluia and suddenly the large window above the altar was covered with tons of flying cotton. For the one minute, it just felt like a host of angels were ascending in the sky. I was totally astonished. But the amazement did not stop there. In the next 45 minutes, the praise of the love and mercy of God filled the whole church when Fr. Richard shared his journey to priesthood in his homily.

Fr. Richard was a golfer in the national team at a young age. He spent his university days at parties and described himself as akin to the Prodigal Son. He called those days his darkest days. Then his mother was diagnosed with cancer. Inspired by her faith to God, she remained hopeful for her son. One year, as her birthday present, she asked him to go to confession. He did as asked. He had a long talk with the priest and confessed his sins. After hearing that he was forgiven, he felt that the darkness of his sins was wiped away and he was freed. Later on, he found himself spending more time in an adoration chapel than going to work or spending time with his girlfriend. He entered the seminary and spent 6 years there. He was ordained to the priesthood in December 2020. In his homily, Fr. Richard explained that life is like a Hide and Seek game. When we are worried and doubtful, we tend to hide from God. But in fact, we should open our heart and seek The Lord, and invite Him to come inside us. His advice was that if we are doubtful, go to confession.

The Mass ended in one and a half hours. It was long but it was inspiring and refreshing.





What do you see?

I stepped out to the parking lot. The big wooden cross was standing there in front of me. I saw it when I first came here. But now I found it. I found love from Jesus and I found blessing from God, our Lord.

Teresa Tsui, Echo Editor



Photo taken at Sasamat Lake in Belcarra, BC
I see the image of Divine Mercy.

Teresa Tsui

LOVE THE LORD YOUR GOD
WITH ALL YOUR *heart.*
WITH ALL YOUR *soul.*
AND WITH ALL YOUR *strength.*

DEUTERONOMY 6:5

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Reflection on the Feast Day of St. Matthew

In today's Gospel (Matthew 9: 9-13), Jesus told us that "I did not come to call the righteous but sinners." Jesus came to heal all of us sinners.

Jesus also said, "Those who are well have no need of a physician, but those who are sick." Matthew and you and I all share the same sickness. It is our sins. Thanks to our God, we all go to the same physician. Jesus himself is the physician, who cures our sins.

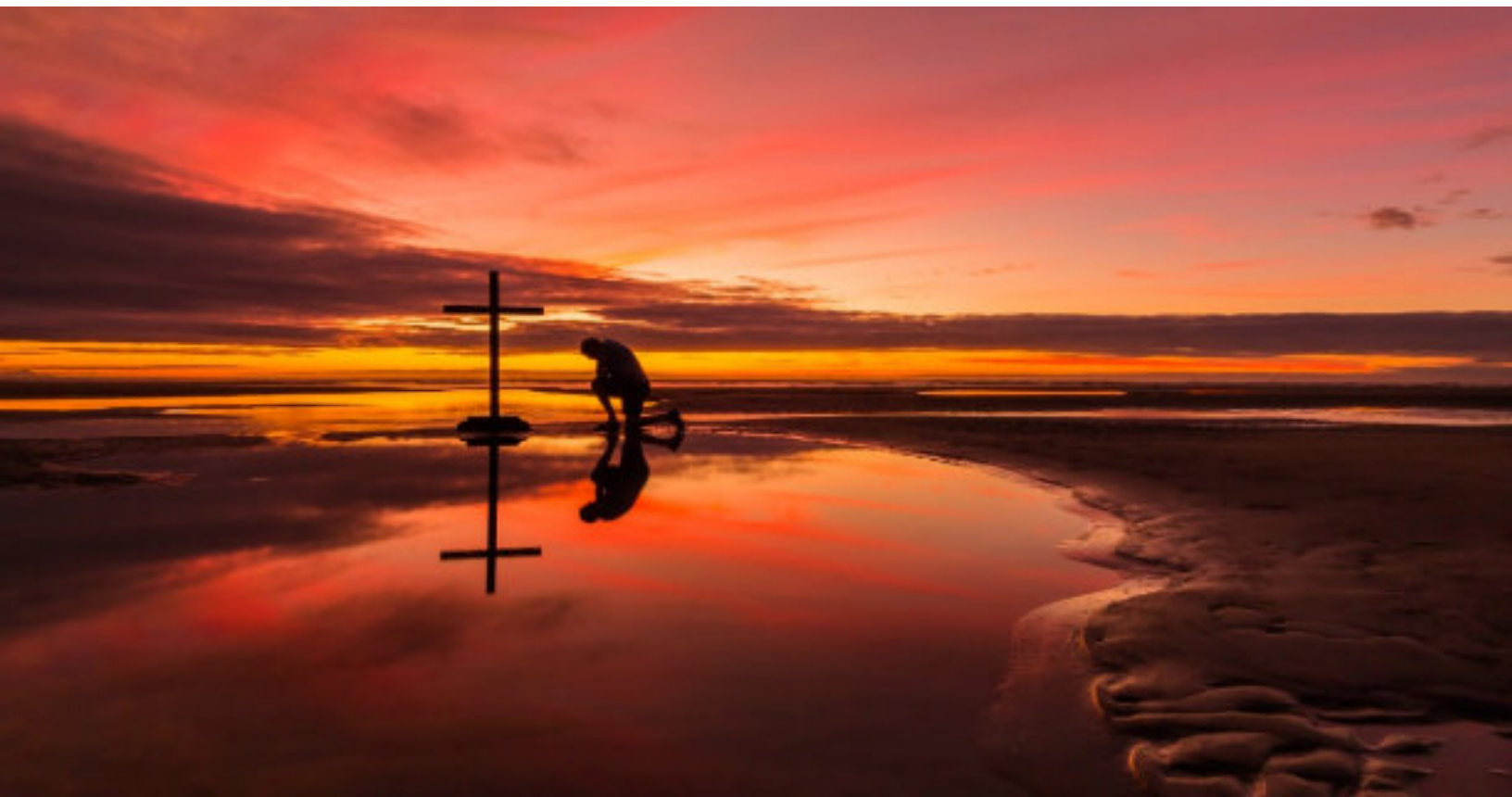
The Church is not like a courtroom to judge but like a hospital to care for the sinners. We are the patients, the sinners. And Jesus has established the hospital and continues to give care and love to His patients. Jesus paid the price for all sinners with His holy, precious blood. The health care provided by Jesus is free, and it is universal. Everyone is covered. No one is left out. Jesus Christ has already secured our salvation on the cross! We just must accept His gift of love and follow Jesus with faith and hope.

We are all like Matthew; we are sinners and we are in need of God's mercy. Jesus called Matthew to follow Him; today we too are being called by Jesus to follow Him. We need to welcome Him each day in our prayer, in the Scripture, in the Eucharist, and in serving and loving our brothers and sisters. However, our attitude toward sinners cannot be like that of the Pharisees who judged them harshly. They were completely unaware the log in their own eye.

Today the church celebrates the feast of St. Matthew. We need to be like Matthew, who, after encountering Jesus, left everything to follow Him. He then gathered his family and friends at the table so that they could also encounter Jesus and share the Word of salvation.

Now Jesus asks us to follow Him, to leave behind our sinfulness and He will give us rest. Do we hear these words? How do we answer?

Deacon Edward Lam





The Way I came to love the Rosary

Somewhere in the West

I left Toronto and spent two days and nights on a train that labored its way through the vast forests of northwestern Ontario and over the flat prairies of Manitoba, Saskatchewan and Alberta before reaching Calgary.

A few Saturdays later I found myself in St. Mary's Cathedral, head down, examining my conscience, in a new city, preparing to go to confession to an unknown priest.

Confession for me in those days was like having to plunge into ice cold water. But, after the plunge, how warm and refreshing my soul felt. I emerged from the ice-cold water with a strong, exuberant spirit, reinvigorated and ready for combat against the legions of hell.

I was twenty-two years old, self-opinionated and stuffed with youthful pride. Yet, I knew my soul needed to be washed clean now and again, or my limited spiritual life would drain away, and my spirit would enter a state of rigor mortis.

The priest was very kind to me in confession. He blessed my new rosary beads and also sprinkled it with holy water which he kept in his confessional. I always had the rosary beads in my pocket, but since leaving home I seldom recited it.

Cathedral Rosary

My first residence in Calgary was in Crescent Heights, which presents the most spectacular panorama of Calgary's downtown skyscrapers and the almost touchable but distant Rocky Mountains beyond.

My landlady, a Protestant from Colorado, did not know where the Catholic Church was but referred me to a boarder from New Zealand, who gave me transportation to Sunday Mass at Our Lady of Perpetual Help Parish, a few blocks east of Centre Street. It was the first time I knelt in this church, then run by the Redemptorist Fathers.

A few Sundays later we went to St. Mary's Cathedral for Mass. On my way out I picked up a copy of St. Mary's bulletin and my eyes fell on one item: 'Daily Rosary and Night Prayers at 7.30 p.m.' I decided to check that out as I had never known a church to have daily rosary and evening prayers as a separate service.

One evening, overcoming my after-work inertia, I took a bus down Centre Street, through Chinatown to the Hudson's Bay Store. From there I walked to the Cathedral and saw Father Violini and a small group reciting the Rosary in the chapel of the Blessed Virgin Mary. I listened to how he prayed. His voice was full of fervor and his heart was full of confidence as he prayed the Rosary.

At the end of the Rosary, we sang "Mother Dear O pray for me," and received the blessing of Father Violini who laid his hands on each of our heads, holding the relics of St. Bernard and St. John the Evangelist. We kissed the picture of Our Lady of Good Counsel, and went home.

It was the Rosary, offered at St. Mary's that brought me into the orbit of Father Violini. It opened a door



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for me. I walked through that door and discovered something wonderful—that I might one day become a citizen of the Kingdom of Heaven.

When I joined Our Lady of Perpetual Help Parish in 2005, Father John Mak introduced the Rosary before morning Mass. We came one morning and there was Father Mak all alone reciting the Rosary. From then on, we came earlier and joined him in praying the Rosary. When he was away, lay people continued the Rosary which he had initiated.

Thanks to Father John Mak and Father Gino Violini I came to know and love the power of the Rosary of the Blessed Virgin Mary.

To this day the Rosary draws blessings on Our Lady of Perpetual Help parish, our diocese of Calgary and on all who are devoted to that scriptural prayer.

Had I not come to Calgary I would never have experienced such spiritual wonders, emanating from the holy Rosary.

Patrick Owens, Rosary volunteer

不要怕只要信

從沒有想過會離開香港。放棄穩定的生活、家人及所建立的一切，來到這個從沒有踏足的國度重新開始。內心掙扎了一段時間，雖不想放棄一切，但現實的環境及內心，總是有個強烈的感覺告訴我們應該要離開。

最終都選擇了離開，大半年前已買了機票，最困難的是跟家人道別。而最不捨和不放心的是從小照顧Lily長大的太嫲（她已經104歲），突然說要離去，她不理解，一次又一次地叫我們不要離開。我們安慰她說：「現在科技進步，可以經常視像，要不然你和我們一起過來吧！」她笑說：「好啊，但怎麼可能呀？」我們說：「上主是無所不能的！只要相信！」但內心其實覺得很難過和慚愧，因為我們也覺得，這不可能吧…只有我們回香港探望她了。

就在我們離開香港前的一個月，太嫲入了急症室，我們到達的時候，遠處望見她坐在病床上，當時內心還覺得她是清醒的，應該沒有太大問題。但我們還是請了神父前來，為她傅油及祈禱，完成後她就躺下來休息。後來護士前來進行入院檢查時，發現太嫲的心跳停止了，搶救後不久，天主就把她接走了。難過了好一段時間，突然回想起當天跟她的對話，果然天主讓她用另一種方式陪伴在我們身邊。

現時已在加拿大四個月了。想起這些日子發生的種種問題及挑戰，無論是找工作、買車、找地方住，生活中大大小小的問題，感恩天主總會適時地安排一些天使在我們身邊。遇上困難時就會想起這段經文：「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，他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。」格林前書10:13。我們相信一切遇到的試探，都是天主最好的安排。

主日學導師、青年歌詠團團員 Lily Chan 及 Anson Kwok



你我的契約

請不要忘記當初領養時對我的承諾，我的生命只得十多個年頭，無論在任何情況及任何時間與你分離，對我來說，都是痛苦的。

請耐心地明白我，讓我有足夠時間去明白你對我的要求，稍後，你和我互動時，在我身上會感受到開心、快樂，讓我們和諧地生活下去。

請不要向我發怒，或鎖著我作為懲罰，我只擁有你，我十分希望時常與你親近。

在用暴力對待我時，亦不要忘記，我有鋒利的牙齒去吃掉你給我的骨頭，但我仍選擇不去襲擊你。

請常與我傾談，你有你的朋友、娛樂，但我只有你，你是我的全部，雖然我不明白你的言詞，但我能體會你的語調、溫柔。

我的韌力好強，一天待在家裏，可以忍著待你回來才給我解決，亦請你還記得我在家中等待你放工或放學後回到家裏。

每天我最期盼的是你帶我出外邊的世界走走，是我最開心的時刻，讓我接觸到同類及新奇的事物。

當你罵我不合作、懶惰時，請明白是否有原因困擾著我，或許我當時痛苦或生病，又或者我的身體已越來越虛弱，但我不能夠告訴你。

當我在痛苦艱辛時，請不要說：「我不能忍受及不想見到這情況。」你知道嗎？當你遺棄我時，我是多麼的痛苦，只有你與我在一起，甚麼痛苦對我來說都變得容易。

最後，好想告訴你，亦請你永遠記著：我愛你。 當我離你而去後，請不要難過太久，我在天主懷中，一直為你祈禱。

在沒有我的日子，亦希望你在世上開開心心地生活，正如我一樣，好快好快便忘記任何痛苦、任何經歷，好快又投入開心的生活，享受此刻，這是我們狗狗的特性呀，望你也能好好享受天主賜給我們的每一刻。主佑！

「因為上主良善寬仁，他的慈愛直到永恆，他的忠信世世長存。」聖詠100：5

迴聲編輯 Emily Chan

上主的祝福

剛過去的九月二日，便是我和Peter的結婚紀念日，算一算，五十年是半個世紀，是等於一萬八千二百五十天，真的毫不簡單啊！

回想當年我倆攜手步入教堂，在雙方家長和親友的見證下，許諾無論環境順逆、健康疾病，都要彼此愛護，一生互相扶持。經過漫長的婚姻生活，五十年的相依相伴，我們總算實踐了承諾。猶記起當日的情景，穿著自己親手縫製的婚紗，踏入教堂的紅地毯，由叔父將我交託給準新郎。家人和朋友都笑意盈盈，一切都象徵著新生活的開始。歌詠團選唱了一首詩歌，至今仍然感到溫馨幸福。藉著婚姻聖事，得到上主的祝福是何等奇妙！歌詞是：「百年好合成佳禮，琴瑟和諧愛日深，舉案齊眉情切切，白頭偕老意綿綿，天主締結鴛鴦侶，聖澤盈門百世昌！」

我們的婚姻也可算是天主所撮合的，當年我和Peter都居住在同一地區－觀塘，而且更住在同一條街，同屬於一個堂區。他是歌詠團的團長，我也是孝女會的會長，由於堂區神父有意栽培年青人多參加堂區的工作，故此每個善會都要派代表擔任堂區委員會和青年聯會的職務，由於組織堂區的活動和工作，我們便有機會接觸，並且透過工作，有更多瞭解和認識。我們每天都和一班年青人跟隨神父去晨運，行完山便一起回聖堂參與彌撒，感情也就慢慢培養起來，當時欣賞Peter對服務的熱誠和幹勁、對父母的孝愛和對家人的盡責、對我的細心照顧...等等。拍拖沒多久便步入教堂，轉眼間已經過了五十年，兌現了歌詞中的「白頭偕老」！

每年的結婚紀念日，我們都請神父為我們獻彌撒，今年也不例外，當天Fr.Emanuel不單只為我們獻彌撒，更在彌撒中鄭重的向教友宣報，邀請堂區的朋友為我們見證，他代表天主給我們祝福，給我們一份意外的驚喜。當神父宣讀格林多人前書愛的訓示時，真的令我感動落淚，我感恩上主對我們的眷顧，從婚姻開始時的一無所有，成為今日的一無所缺。

五十年的婚姻，人們稱為「金慶」，我想是因為黃金是需要時間的試煉。本來兩個來自不同家庭、不同性格、不同興趣的人，要去建立自己的家庭，當中需要極大的付出和考驗，幸好我們有共同的信仰、相同的價值觀，縱使生活中有很多的考驗，我們都有信心去克服和跨越，因為我們深信，上主安排我們成為一體、一個家庭，就是要去學懂什麼是愛、什麼是包容、什麼是忍耐。願我們繼續用一生去愛，去見證上主的愛，因為「愛」永存不朽！

Maria Leung, Faith Sharing Group Coordinator





信德的考驗

來到加拿大不知不覺已經一年了，回顧這一年，經歷了我人生的低谷，因為入境時，我們沒有順利地獲發工作簽證，小朋友因此也不能拿到讀書簽證，我們來到後，都不能工作和讀書。但我也安慰自己，就當作一個機會，讓我們一家人多些時間相處，因為在香港，先生都忙於工作，很少時間一家人在一起。因為簽證問題，我們一家也只能耐心等待，沒有其他方法可以解決。

直到11月的某天，我在面書看到，卡城永援聖母堂有個WhatsApp，可讓新來的教友或香港人認識，於是我便膽粗粗發電郵過去，誰知幾日後便有回覆。很感恩天主讓我看到當日的面書發文，我可以有機會來到這個聖堂，認識很多很多熱心的教友，也得到他們無私的幫助，正因為他們的熱誠，感動了我先生，他是一個沒有信仰的人，但他踏出了認識天主的第一步——上慕道班。而我自己其實也是新教友，領洗只有一年多的時間，幸得身邊有很多資深教友一直扶持，受着他們信仰的培育，令我每日懷着愛德、信德，繼續祈禱和依靠天主。

半年時間過去，先生和三個小朋友的簽證突然奇蹟地獲批了，只有我還沒有，但我們已經很感恩。他們很快便上班上學，開始他們的新生活。但其實這半年時間並不容易過，我每天也懷着忐忑的心情，不知這樣的生活可以支持到何時，同時也不敢和香港的家人說，怕他們會擔心。每次自己也感到很大的壓力，有窒息的感覺！亦都曾經想過放棄留在加拿大，回香港或轉去英國。但是，天主派了很多天使，藉著他們的口告訴我，祂一定會開一道門給我的。最後我也經歷一輪艱苦才拿到工作簽證，期間的無助、恐懼、困難和擔心，都全部交托給天主，相信祂自會帶領！

現在回想一切，或許這是天主給我們一家的考驗，經歷艱苦，失去才會懂得珍惜。這也令我感受到天主的臨在和恩寵，我學會了交托。在此，我想多謝天主派遣來到我身邊的天使們，他們給我無限支持、鼓勵及教導。還要多謝我的家人，在我最焦慮不安的時候，願意一起誦唸玫瑰經，這個畫面真的很美麗！期望先生和大仔能順利完成慕道班，一起成為天主的兒女，一家人都能在信德、望德和愛德中一起生活成長。

最後，很高興和感謝給我機會，在這裏分享我的心路歷程。祈求天主繼續帶領，眷顧和光照我一家人和教友們，願我們平安、健康。感謝天主！

Carol Lam 公教家庭會員





編者的話

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願大家感恩節快樂！

Editors' Note

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