

# The Echo 迴聲



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## Earth Shook on Good Friday

The sky turned black and the earth trembled with shock when we crucified the Lord of Heaven. Humans killed their God. We should hang our heads, for it was the sin of DEICIDE (Latin for God killing) humans committed against God.

We had all evidence of who Jesus was. We saw His miracles. We saw His power against storms, against demons, against death itself. We heard Him say, "The Father and I are one". How could we have doubted?

Next we saw Him dragged like a criminal and spikes pounded through his feet and wrists. It looks like earthlings did not love the gentle, compassionate and merciful One--our Visitor from Heaven. We crucified His body.

But we also crucified His spirit, His emotions, His undying love for us. But He loved to the end even those who hated Him. Could we do that?

In three calendar days He walked the earth again. Perfect and powerful with no physical limitations. The eternal miracle!

Mary, His Mother never doubted that her Son would rise again. The others lost hope; Even Peter lost hope who heard Jesus say that He would rise again, after laying down His life for His sheep. We are those sheep.

Let us do something really special this Lent to console and compensate the Holy Victim Jesus whose love for us is higher than the Rocky Mountains. God loves us so much that He sacrificed His only Son so we can live forever! Let us strive for His world which will never pass away.

Patrick Owens

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



# Thank You, God!

## I almost lost my life

This past Christmas I got sick with COVID and I had to stay isolated, not going to Mass or doing any work. It was very hard on me, but I was fine. Then I got pneumonia and lost my voice. I was so sick, feeling lousy, with low energy and dealing with a cough that just would not go away.

I do not know how I did it, but I believe it was God's grace that I managed to drag myself to go to see my doctor. My doctor was surprised to see me in such bad shape! He said that if I did not have the pneumonia shots, he did not know how bad I could be. He told me to take every single pill in the bottle of antibiotics that he prescribed.

I prayed very hard to God. I asked Mother Mary to help me. I prayed that the Holy Spirit would protect and strengthen me. I also asked Fr. Joseph to pray for me. I was able to send an email to Ada for my absence in Choir and pledged for their prayers. I love the Choir members a lot!

I am very thankful for everybody and all their prayers. I know that God is with me. His hand is always protecting me. The prayer of Fr. Joseph and all parishioners did help my recovery. This is the eighth time that I could have lost my life, but God restored my life. I am so thankful that I am here today. Thanks be to God! Thanks for everyone's prayer! May God bless you all! I trust in God always! I do pray for all!

Doreen Margaret Mary Francis Rideout, OFS (Ordo Franciscanus Saecularis)

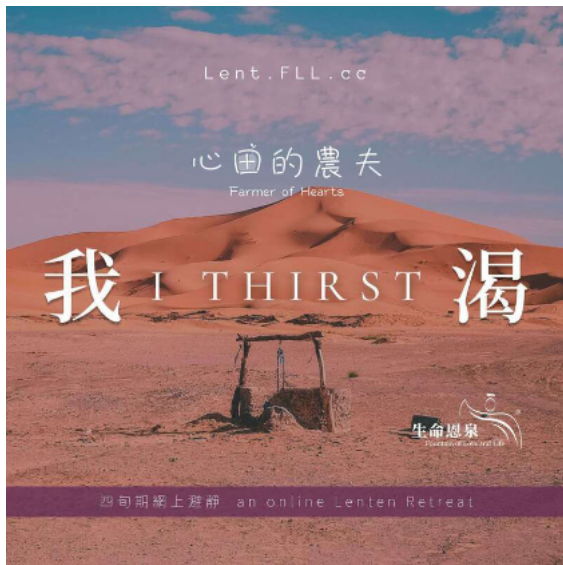
## 「心田的農夫」避靜分享

「生命恩泉」舉辦的「心田的農夫」網上四旬期避靜，今年已是第四年，主題是「我渴」。口渴這個生理訊號通常會促使我們去採取一些行動，去防止身體脫水以至危害健康。在正常情況下，我們不會讓身體長時間缺乏水份或液體。但我們對自己屬靈的乾涸，卻沒有那麼警覺。有時，我們會有意或無意地向他人，甚至向自己隱藏自己的屬靈狀況，尤其是在世界混亂的情況之下及長期的疫情之後。要解屬靈的渴，就要由信德開始。信德的三個行動分別為祈禱、克己守齋及行善工。「祈禱」是提示我們要著緊與天主的關係，騰出時間與主談心，透過祈禱、聖事及靈修中與主相遇，繼而與天主建立親密的關係；「克己守齋」的對象是自己，是透過令自己清心寡慾，除去世俗上不必要的依戀牽掛，從而為自己打開成聖的窗戶；而「行善工」的對象是他人，更重要的是耶穌所愛的所有世人。透過我們無私地去愛其他人，來回報祂對我們無私的愛。



在截稿前一星期，避靜已到了四旬期的第四主日，回顧之前的避靜內容，有兩點對我有很大的吸引和鼓勵。

第一點是「五餅二魚時刻」的概念。它被定義為當我們的愛德行動與天主對我們的慈愛相遇的時刻。我們生命的每一刻都充滿著主耶穌行奇蹟的機會，就只等著我們的五餅二魚奉獻。這個理念給予我很大的鼓舞；平時，我會覺得一些小小愛德行為，是不值一提。但避靜平台設立了每週回顧及檢示愛德行動的程式，我可以將愛德小行動，例如捐出自己的物品給予有需要的人，又例如關注長者或神長的需要，紀錄下來，化作神花，奉獻給主耶穌。這個「五餅二魚時刻」的概念提醒了我這些小恩小惠看似卑微，但其實它們是天主邀請了我與祂合作，以我的生命影響生命，讓這些卑微的奉獻透過主耶穌奇蹟地倍增，不斷蔓延。



第二個觸動我心靈的是「勇氣」。避靜其中一天的題目是「進入曠野的勇氣」，耶穌在曠野中四十天，受到魔鬼試探，是一個耳熟能詳的聖經故事，但我從來沒有想過主耶穌是以怎樣的心情進入曠野；那是需要莫大的勇氣才能毅然進入及逗留於曠野四十日之久。相比之下，我就連辦修和聖事或在困難時求主幫助的勇氣也沒有。在職場上我的敢愛敢做精神沒有在我的靈修上發揮出來，面對天父，我是軟弱、怯懦和畏懼。勇氣正正是我最需要的力量。

避靜提到聖德蘭修女著名的格言「以不平凡的愛做平凡的事！」我也希望以這格言作為我四旬期愛德行動的座右銘，助我從五餅二魚時刻中學習，增加勇氣，與主溝通，建立親密的關係，解我屬靈的渴！

迴聲編輯 Teresa Tsui

## 搶聖體

在家母還在世的時候，我每年都有一兩次返廣州去探望她。因為中國是一個主張無神論的地方，要找聖堂參與彌撒並不容易，由家母住的祈福新邨去石室聖堂來回大約要四個小時。

石室不單只是一個朝拜天主的地方，也是廣州的一個旅遊景點。每個星期日都是人頭湧湧，水洩不通。還有，在這裏參與彌撒；很多時都會見到一些怪現象，就是「搶聖體」。一些由外地來的人會跟著教友們一起排隊去領聖體，但是領到聖體後又不知如何處理，便拿著聖體返回座位，說時遲，那時快，站在送聖體員身旁的彪形大漢便會出手搶回聖體。

我們的聖堂也有類似的事情發生，我已經不只一次收到投訴，有時在地上，有時在跪凳前的書架內，也有時在歌書中找到聖體，真是不可思議。照我所知，這些主要都是小孩所做的，希望各位導師和家長能夠教小朋友尊敬聖體，接到聖體後應該立即放進口裏吞食，並祈禱多謝耶穌再次來臨到我們的心裏。希望我們沒有需要設立一組搶聖體輔祭員。



聖母軍團員 Joseph Yip





## 容貌

最近在網上看到徐錦堯神父推介一個有關「最後晚餐的故事」，是一個值得一看和讓人好好反思的故事。

『名畫《最後晚餐》，是曠世奇才達文西花七年完成的驚世傑作。這幅偉大作品的創作過程裡，原來有段發人心省的故事：

在創作《最後晚餐》的初期，達文西花了很長時間，四處找尋他認為酷似耶穌和十二門徒的模特兒。達文西從幾百個模特兒中，選出一位五官散發著祥和智慧的年輕人，作為繪畫耶穌的模特兒。達文西花了六個月，參照這位年輕人的容貌，首先完成了作品中耶穌的部分。

在接下來的六年裡，達文西陸陸續續找到繪畫不同門徒的模特兒。可是，令他最頭痛的，是找不到一個能代表猶達斯面孔的模特兒。達文西要求很嚴格，因為猶達斯是出賣耶穌的門徒，他希望找一張邪惡和貪婪的面孔，雖然花了許多年，見過許多人，但都不合適。

有天，一位隨從告訴達文西，羅馬的監獄內有一名殺人犯，可能合適當猶達斯的模特兒。達文西特地從米蘭跑到羅馬看這名囚犯。囚犯面容憔悴，頭髮凌亂，眼神透出絲絲邪氣，達文西一看便認為適合，取得批准，將囚犯帶回羅馬作模特兒。

達文西再花了六個月時間，朝夕與囚犯相對，終於完成了猶達斯的部分。在完成那一天，達文西放下畫具，舒一口氣，向隨從說：「我完成了，你可以帶這囚犯回到監獄去。」

六個月來不吭一聲的殺人犯，突然高聲向達文西說：「大師，你能認出我嗎？」達文西看了一會說：「在監獄第一次見你之前，我相信我們素未謀面。」殺人犯說：「大師，我便是六年前那位充當耶穌的模特兒，難道你看不出來嗎？」』

看完這個故事，我為這年輕人感到難過，一個原本散發著祥和智慧的年輕人，不知發生了何事，多年後竟變成一個邪惡和貪婪的殺人犯。古語有云：「近朱者赤，近墨者黑」，若我們在主日回到聖堂參與實體彌撒，領受聖體聖事、每天抽時間閱讀聖經，並且跟隨耶穌基督的教導去生活、時時走到聖體前與耶穌談心，我相信必定會慢慢相似耶穌慈愛與祥和的容貌。相反，當我們遠離耶穌的教導，在日常的生活中忙忙碌碌而忘記了祈禱生活，並且遠離教會，我們會漸漸失去了戰勝魔鬼誘惑的能力，最後我們真的有機會變成猶達斯那張邪惡和貪婪的模樣。

迴聲編輯 Josephine Li





## I BELIEVE

As a former student under Catholic education system since kindergarten, I strongly believe that Baptism is an important step in establishing relationship with the Holy Trinity. It is a way that I can begin to understand and accept the Father, the Son and the Holy Spirit are a unity, although they exist separately from one another in their roles.

Baptism also helps me understand that I am part of God's family and therefore am mandated with a responsibility to help and love others in need.

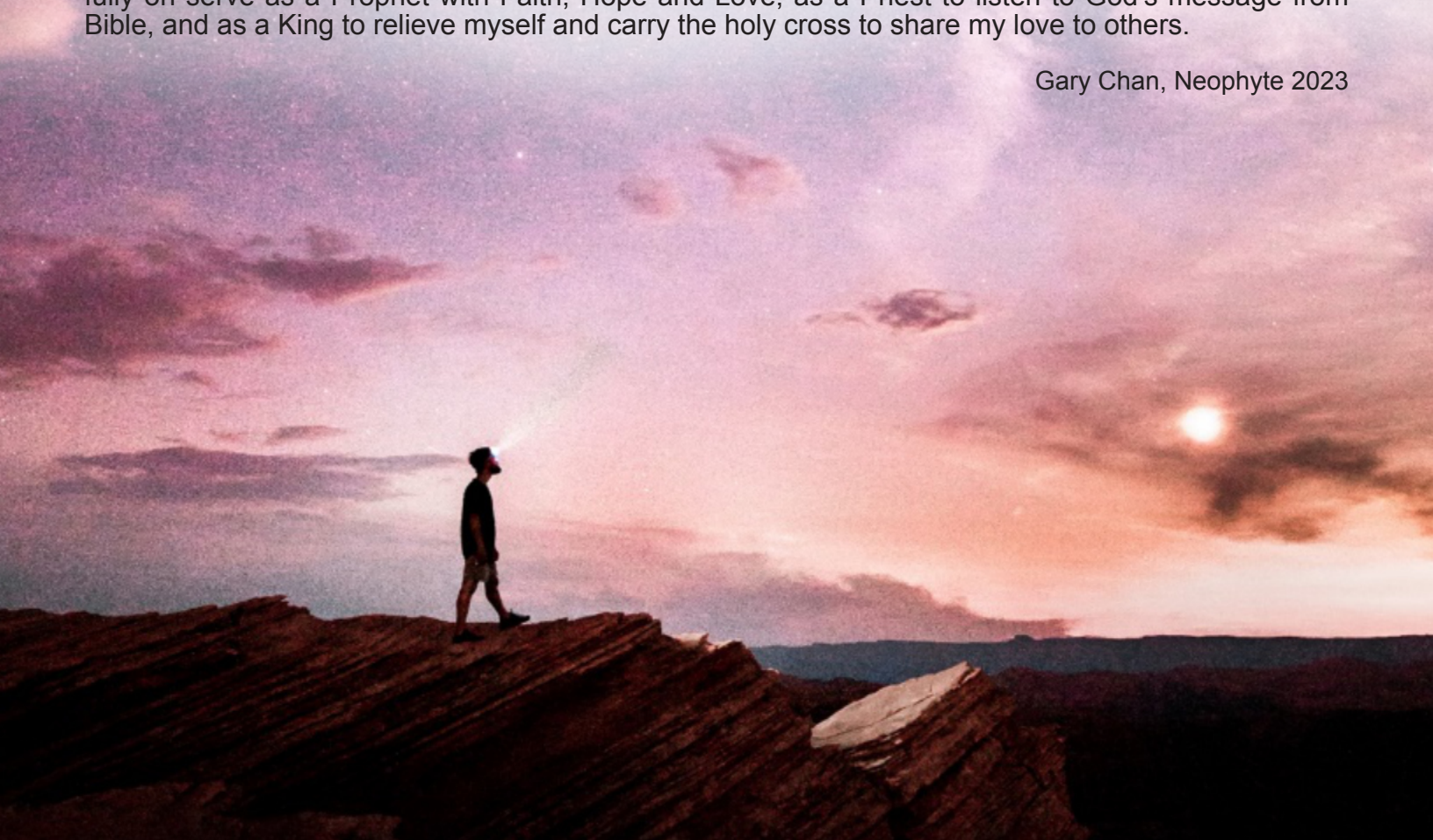
It is also that I declare my faith toward my belief in Christ through baptism. Baptism also acts as a faith builder that ensures my faith in God is strengthened. By Baptism, it means I have publicly accepted Christ and identified with Him.

To be baptized and join God's family, it will be a milestone in my life.

Throughout my life journey, God has introduced me to a lot of family members in Christ. Pastor Mak always treated me like I was already part of the family with a lot of love and faith. Not to mention my God parents Kevin and Yvonne, they both treat me with their unconditional love which make me become who I am today.

After Baptism, I will live as a fervent Catholic. That is to first, follow the Ten Commandments and live to be a better person. I will also attend Mass every week to establish my relationship with God. I will be fully on serve as a Prophet with Faith, Hope and Love, as a Priest to listen to God's message from Bible, and as a King to relieve myself and carry the holy cross to share my love to others.

Gary Chan, Neophyte 2023





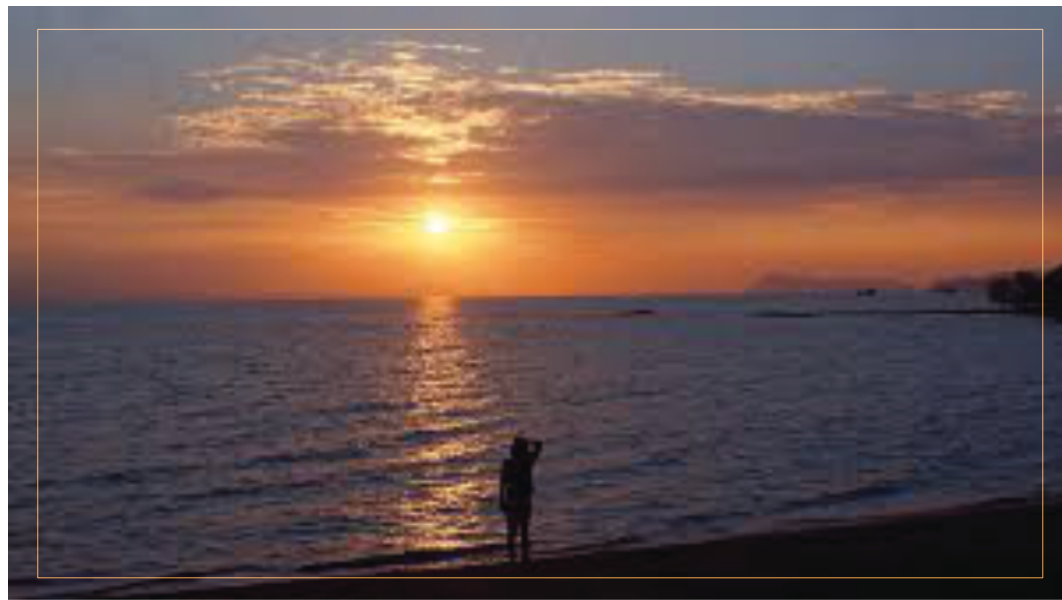
## 向母親的傾訴

母親，此刻獨自坐在妳的屋子裡，面對著妳的遺照，妳的面容仍然是那麼慈祥，照片旁邊放有妳喜愛粉紫色的桔梗花，心中有無限的思念，有很多說話想向妳傾訴，千頭萬緒、百感交集卻不知道從何說起！

上次回來是去年的六月份，原以為回來是替妳祝壽，慶祝妳九十六歲的生辰，也買了生日禮物給妳，誰料到回來卻是奔喪，心中的哀傷難以言喻。雖然我們明白到生、老、病、死是人生難免，也知道死亡並不是人生的終結，但一時之間還是無法接受。

今次回到家中的感覺同以往是截然不同，以往當我搭了十多小時的飛機抵達家中，總有妳的呵護說：「女兒，妳回來了，辛苦了吧！」，而今眼前只是一片寂靜。因為妳的離世，照顧了妳二十多年的家傭Siti也請辭回到老家印尼，一方面妳的離開她非常傷心難過，另一方面她曾經對逝去的九弟，承諾過要照顧到妳百年歸老，現在她已經實踐了她的諾言，我們也早已把她視為家庭的成員，當然是依依不捨，但也非常感動讓我們體會到人間有情，也祈求上主祝福她有美好的將來！

母親，妳離開不經不覺快一年了，但今次回來是帶著另一種心情。一向在妳的身上我們學懂怎樣照顧家人，在這段日子，三個弟妹都分別染病了，由於遺傳，八妹和九弟都因癌病先後去世，這半年間老五，老六和十一妹都先後患病，我身為他們的姐姐實在非常擔憂，除了為他們祈禱之餘，便立即放下身邊的事情，回來探望他們，希望為他們打氣！



今次，天父又再給我們一家考驗，最初是得悉老五突然昏迷入院，醫院通知家人盡快去見他，長姐便請神父為他傅油，我在這邊也請堂區的兄弟姊妹為他祈禱。天父垂聽了我們的禱告之後，他終於甦醒了，並且找到原因，是他感染了抗藥性的病毒。五弟以前身體算是健康的，但幾年前得到鼻咽癌，經過長期的治療終於是康復了，但抵抗力就大不如前。今次雖然是跨過危險，病情受控，但仍然需要慢慢治療。

媽媽，老五一向對妳非常孝順，而妳亦特別疼愛他，他現在慢慢康復中，妳也可以暫時放心。但六妹情況就不太樂觀，她的癌症已經拖了多年，現在應該是末期時刻。她自少體弱多病，那年她剛學走路，但不小心從樓梯摔下來傷及腦部，得了痙攣症，生命中經歷不少病痛，幸好她生性純厚，對一切都逆來順受，就算在病痛中都不忘記時常問候妳。



我回來之前，在新春期間十一妹照以往的和我通電話閒話家常，誰料從女兒口中我才知道有壞消息，十一妹也得了癌症，我非常震驚和難過。她今年才剛剛退休，我還替她高興可以放下繁忙的工作過退休生活，但偏偏是發生了她意想不到的打擊，腦部發現了有腫瘤，並且需要盡快切除，不單是腦部，肺亦有癌細胞，突然而來的事情令她措手不及。妹妹以前是一位熱心的教友，後來不知道為什麼冷淡下來，但今次的發病令她醒覺到自己是一隻失落了的羊，天父要找回她，讓她知道過往的忙碌生活令她失去方向，藉著這次的病讓她知道一切要信靠，她願意接受天父所給的十字架、她相信天父會給她力量的。

所以媽媽，我向妳訴說我的感受和擔憂，相信妳會比我更憂心，但我更相信妳會將妳的兒女，他們的健康、他們的挫折一一交托給天父照顧。我還記得在九弟離世後，妳便開始每晚祈禱、手中拿著祈禱冊子、口中誦唸祈禱經文的樣子，一位慈母的轉禱，就如聖母媽媽為我們塵世的子女的禱告，一定獲得俯聽悅納。我也忘不了以往同妳一起參與彌撒的情景，每主日妳都叫Siti陪妳早些去聖堂，唯恐坐不到接近祭台的位置，妳也從不理會其他人的眼光，妳總是大聲的同聖詠團歌唱讚美主，忘不了在誦唱天主經時妳牽著我的手。

母親，這一切一切我都珍藏在心中，妳給我們的愛就如上主給我們的恩典，夠我們一生受用，縱使在崎嶇的人生路上，妳繼續守護著我們!

信仰小團體Maria Leung





## Lent

Lent is a 40-day season, (46 including the Sundays). Lent is when you prepare yourself for the death and resurrection of Jesus. We can do that by practicing the three traditional pillars of Lent: fasting, almsgiving and prayer.

Fasting is when you cut down on how much you eat each day. However, that tradition is mainly for people who are 15 years old and over. You could also give up something you like to show how you value God. However, you don't give up something you hate, but instead it should be something you value. For example, you don't give up broccoli if you hate it, you should give up something like candy if you like candies.

Almsgiving is when you give to people in need, like people in debt, or people who are homeless. We do this because it is unfair if others have more rights and freedoms than people who don't have as many.

Prayer is not as simple as it seems. You don't just do it; you have to do it and mean it. There is a specific way to pray, here are the steps: 1) Gratitude, tell God what you are most grateful for today. 2) Awareness, revisit the times when you were the best version of yourself today.

Then revisit the times when you were the worst version of yourself. 3) Significant Moments, identify something you experienced today, and see what God was trying to say to you through that event. 4) Peace, ask God to forgive you for something you've done; to yourself, to others, or to God. 5) Freedom, speak with God about how He is inviting you to be the best version of yourself. 6) Others, ask God to pray and guide others. 7) Our Father, finish your prayer by saying the Our Father.



Annabelle Leung

## Cub Camp Evergreen

On the weekend of March 17-19th our 300 OLPH Cubs Scout section had the joyous opportunity of attending a 2-night camping trip at Camp Evergreen. This was our first camp of the 2023 year and all our Cubs were very excited to camp there.

For those unfamiliar with Camp Evergreen, it is a fully serviced year-round camp which offers its beautiful site, amenities and activities to youth, schools, families, and faith-based retreats. We had the pleasure of attending numerous years back and just like the previous group of Cubs at that time, our group this year had a great time camping here too.

Being a fully serviced camp, we had some awesome facilities during this camping trip including flushable toilets, showers, running water, and heating lodges with electricity. All of the facilities



made this trip into more of a “glamping” trip – also known as “glamorous camping”, rather than our typical definition of camping. Did I also mention that we had amazing camp staff providing our meals for us? Certainly, on this camping trip we were very blessed to have our needs generously met!

With that being said, even though we got to experience some of our familiar creature comforts, our Cubs did experience their fair share of challenges on this trip. It was our first time doing a two-night trip and for some of our younger Cubs, they experienced their first time being away from their parents and families for an extended time in an unfamiliar place. Other challenging times throughout the trip included overcoming fears of trying something new and unfamiliar, learning a new skill, learning the importance of packing properly for camp, battling the fatigue of a two-night camp, and making new friends. All of which our Cubs did an amazing job as the trip progressed.

In this new camp adventure, our Cubs got to experience many different things for the first time, and for some of these events our Cubs had to learn to overcome their fears. The highlights of the activities that we did during camp included: archery, horseback trail rides, climbing wall, and the vertical playground & zipline. For those Cubs with fear of heights and horses, each of those Cubs stepped up to conquer their fears and displayed beautiful feats of courage in doing so. All our Cubs were also so encouraging and supportive of their fellow members, just like a proper Wolf Cub pack. In conquering their fears, the Cubs got to enjoy the experience of these exciting and fun activities!

All in all, our Cub pack had a great time at Camp Evergreen for our super-early Spring Camp. Many Cubs experienced something new, learned lots, persevered through challenges, and grew new friendships. We look forward to our next adventure!

Keith Leung, Sunday School Coordinator, Cub Section leader





## OLPH Sunday school Lenten Retreat 2023

On March 26, Sunday school hosted the Lenten Retreat for the students. Focusing on forgiveness and renewal, students got a chance to understand the meaning of Lent and what Jesus' death on the cross meant for their lives as young Catholics. Students also got a chance to do the Stations of the Cross through tableau format. All students and teachers had a great time connecting to the Lord through games, prayer and reflection.

Peggy J. Yip, OLPH Sunday School coordinator



## 主與我們同行

「星期二，早上9點半，我車你哋一齊到老人院送聖體啦。」

「星期三，早上10點，你哋去老人院幫手做彌撒義工，我車埋你哋去啦。」

「星期三下午，我哋去Costco，大統華同阿差館，車埋你哋一齊去大採購，你哋無車，冰天雪地一定要買定糧餉呀。」

「D囡囡返學緊要，明早10點，我揸車送你哋去天主教教育局辦手續及面試啦！」

「2月8號，朝早到邊境Flagpole 申請工作簽證，我8點半係你哋大廈門口等啦，記住著夠衫同帶水呀，到咗邊境，我請你哋食炸魚薯條啦。」

「遇到困難無論點都好，只要做好本份，天父自會為你哋安排的，唔駛擔心，只管依從天父的安排就得㗎嘞。」

「我哋教友們都時時為你哋祈禱及祝福，你哋都要多D祈禱，自然個心就可感平安得智慧了！」



「你哋放心，個單位已經幫你哋租咗嘞，教友送出的傢俱都搬咗去.....。你哋唔洗租AIRBNB 嘞。」

以上天使般的勉勵及窩心的安排，使我們從容面對新移民的挑戰，也正好滿足了我們初期到埗的需要呢。原先計劃在2022年10月到埗，最終要1月尾才到達。

到卡加里生活，大家或許對「原居地」的生活抱着或多或少的不滿或疑慮，或許嚮往工作與生活的平衡，又或許追尋福利國家的生活，林林總總的原因，使大家在此滙合。但離鄉背井，總會面對很多心理、生理及社交的挑戰，更遑論經濟上的考驗；幸好，在教會這個磐石，我們彼此相遇上。小天使在分享貼身的移民經歷當中，不單讓我們有更好的準備來面對新挑戰，還給我們情緒上的支援，在發揚守望相助的精神，真的感謝天使們的幫忙並與我們一起同行，使我們不會感到孤單呢！

移民別國，猶如來到曠野，要另建新的家園及生活，我們期待着4個10年；每次當上義工，我們期待着當上主的僕人；面對工作上的挑戰，我們期待着活出作為的機會；面對挫敗時，我們期待着反省信主的決心；每次回到聖堂也好像回到天父的家，我們期待着與家人的相聚呢。在教友天使般的支持下，我們不再感到孤單，相反點燃起信與希望的燭光，這道燭光協助我們築起了光明的移民道路。

陸勝龍  
牧靈關愛組李美珊

## 上主的安排

首先很感謝天主，把我們領到祂的殿堂，來聽從祂的言語，讓我們對生命有一個新的認識。

### • 主的小羊 •

2019年夏天，我們一家三口從香港移民 / 回流到卡加利。不到一年，新冠疫情肆虐，學校停課，唯有待在家裡較安全。有一天，兒子對媽媽說：我很想認識天主啊！

媽媽：為什麼呢？

兒子：因為我是主的小羊。

媽媽：你要是主的小羊，要如何做？

兒子：要親近天主，去教堂，星期日要上主日學。

媽媽：可是暫時不能出外，我們有沒有其他辦法？

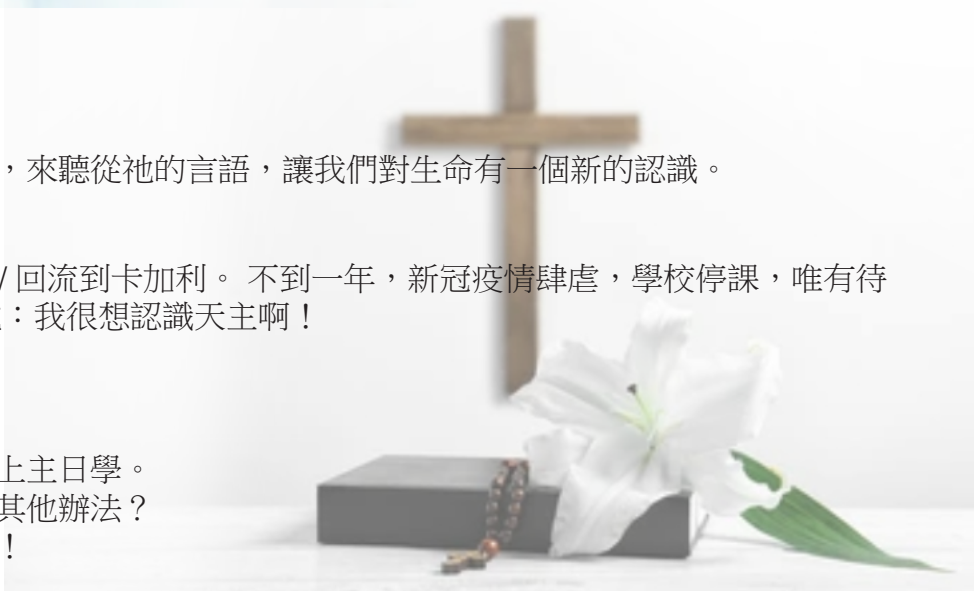
兒子：買一些關於天主耶穌的書給我吧！

### • 行動 •

網購了一些兒童聖經故事及有關書籍給兒子。他很喜歡看書，也喜歡我們陪他看！閱讀時，他總會有很多疑問。由於我們對天主教認識有限，只靠網上的資料解答兒子的提問並不足夠。我們商量後，決定讓兒子上主日學，而我們則報讀成人慕道課程。

### • 天主的安排 •

天主讓兒子引領我們來到這個大家庭。受天主降福，兒子已在2022年復活節領洗。他有幸比我們更早成為天父的兒女。





## • 我們的大日子 •

在這一年多裡，導師悉心教導我們種種禮儀，學懂天父對我們的慈愛，耶穌基督的偉大救贖工程，聖神的感召，更加深了我們對天主的感知。經過了慕道前期、收錄禮、慕道期、甄選禮、淨化光照期及考核禮，終於成為候洗者。感受到和天主的距離越來越近了！我們很高興能攜手奔向主前，有著同一信仰，朝著同一目標，在思言行為上也多了一點共融，夫妻關係又跨進一大步。神父說過，洗禮有如婚姻，是我們與教會的盟約，最大目的是要我們成為正義，喜樂和平安的人！我們萬般期待接受入門聖事，每天祈禱，堅守三德！

2023候洗者Rachel Ng & Gary Wong



## 我也不定你的罪

今日（3月27日）彌撒的讀經取自若望福音，以下是讀後隨想，同大家分享。

今日福音節錄如下：

《..... 耶穌便直起身來，向（經師和法利塞人）說：「你們中間誰沒有罪，先向她投石吧！」..... 他們一個一個地都溜走了，只留下耶穌一人和站在那裡的婦人。耶穌遂直起身來向她說：「婦人！他們在那裡呢？沒有人定你的罪嗎？」她說：「主！沒有人。」耶穌向她說：「我也不定你的罪；去吧！從今以後，不要再犯罪了。」》（若望 8:3-11）

三部對觀福音都有提及：法利塞人和經師等人假意詢問耶穌，應否納稅給羅馬凱撒大帝？他們打算尋找祂的錯處；事實上，無論耶穌給是或否的答案，他們都可以有話柄陷害祂。耶穌洞悉他們的詭計，借用皇帝頭像的硬幣巧妙地解答這個難題。



今日他們又試圖套取耶穌的答案：如何去處置一個被捉姦的婦人？根據梅瑟法律，犯姦淫的婦女可被處死。與繳稅的問題一樣，主耶穌並無直接回答他們的問題，反而連消帶打對他們說：誰自認沒有罪過缺失，可以投第一塊石頭！隨著，婦人的控告者逐一離開現場，最後只剩下她和耶穌。婦人在沒有原告的情況下，未嘗否定自身的罪過，同時明認耶穌是主，耶穌於是說明祂也不打算定她的罪，但告誡她要重新做人，以後不要再犯罪。

至於為何經師等人放棄質問耶穌、或不再追究該罪婦，若望福音未有明言；其實他們當初亦志不在罪婦，而志在尋找耶穌的罪證。很多人感興趣耶穌到底在地上寫甚麼字，早期教會的教父推測，耶穌正逐一列出經師等人常犯的罪過和缺失，令他們感到羞愧而自動離去。

這故事提醒我們不可判斷他人，應謹記主耶穌在『山中聖訓』的教導：不應祇看見你兄弟眼中的木屑，卻對自己眼中的大樑視而不見。（瑪竇 7：3）

事實上，沒有人能在上主面前自稱為義，我們全部都是罪人，祇是罪過的程度深淺而已！復活節後的主日是救主慈悲主日，提醒我們上主無限的寬仁和慈愛，祂一再寬恕我們的罪過，使我們每次跌倒都能再度站起來，重新做人，讓我們衷心感謝慈悲的主、我們的救主！

聖母軍Kin Chau



## 四旬期退省講座

為幫助教友在四旬期反省及更新心靈，堂區今年在3月24日舉行四旬期退省，邀請了夏志誠主教在網上為我們作退省講座，主題是「回家」。

夏主教身在香港，我們在卡城，但因為科技發達，我們可以在線上看到及聽到夏主教精闢獨到，深入淺出的分享。沒有了地域的限制，夏主教也不用舟車勞動，越萬水千山之苦來到卡城，實在感恩！

有些教友反映實體聽講座好些，因為有氣氛、有目標，又可以互相鼓勵和分享。善察民意的阮神父，便決定雙線進行；喜歡在家的教友可以安坐家中參加講座，而上禮堂亦安排了場地、投射螢幕、穩定網絡，方便願意實地集體分享講座的教友。最重要的是很多不懂上網連線的長者有交通接送，可以在上禮堂一起參加退省。有小朋友的家長可以留孩子在下禮堂參加幼童軍的木頭車滑翔賽；更遇到的是在講座前教友可以享用簡便素食晚餐，因四旬期週五大部份教友都有守齋的習慣。

當晚約有一百位教友參加在上禮堂的實體在線講座，這樣既有現場氣氛，又能與同伴同行，更能即時回應分享；堂區網上參加退省的約有六十人，而跨越時空在其他地區網上參加的主內弟兄姊妹約有一百二十人，可說是盛況空前，其一是主內弟兄姊妹求道的「渴」，其二是慕夏主教之名而來的！

夏主教分三部份分享「回家」。

首先是納敖米的回家。納敖米的丈夫厄里默肋客由於故鄉白冷發生飢荒，帶妻子及兩個兒子離鄉背井，離開天主許下的福地，也就是離開天主，去到一個異俗拜邪神的摩阿布，他們背叛了天主的盟約。在摩阿布納敖米的丈夫和兩個兒子去世，納敖米極度悲苦，決定返回白冷，而納敖米媳婦盧德受到納敖米的溫和、仁慈和信德所感動，不願與婆母分離。她們一起回到白冷的家，回到天主的福地。後來納敖米精心安排波阿次與盧德的婚事，他們生了一名男嬰，就是達味的曾祖父。他們不單得到新生命，整個民族都得到了祝福。

第二部份是保祿的回家。保祿自幼受到優良的教育，是十分熱心的猶太教教徒。他忍受不了耶穌新興教會的存在，不想在耶路撒冷，而且要去大馬士革，逼害耶穌的門徒，更加以消滅。他在走近大馬士革城的時候，被耶穌以奇蹟歸化了他，領他回歸父家。他檢視生命，覺今是而昨非，領洗成為基督徒。他由一位基督徒的迫害者，變成滿腔熱火的宗徒，傳揚福音。

第三部份是我的回家。由浪子回家的故事，帶我們做一個意識省察，在細意呼吸中，我們放鬆自己，體會寧靜的時刻。當中體會到天主的觸動，感受到主與我們同在，祈求天主光照、幫助及醫治我們，讓我們全心交託於上主，回歸父家。最重要是回家後能走向世界，在生活中向家人、朋友及鄰人活出我們的信仰。







The Lord is Risen, let us Rejoice and be Glad!

Happy Easter to all!

Let the light of the risen Christ radiate in  
our lives and families.

主已復活，讓我們歡欣鼓舞！

祝大家復活節快樂！

讓復活基督的光照進

我們的生活和的家庭。