

愛、憐憫、寬恕

將臨期退省的第三講，亨利主教談到寬恕：是不公平、沒有例外、亦沒有附加條件。這是個非常有趣的題目，其趣味在於知易行難。

主教解釋憐憫是拯救的行為，而寬恕就是憐憫的行為。換言之，要拯救就要寬恕。寬恕要大量，不能斤斤計較，不能有條件，不能討價還價。

主教亦提到意大利Torcello有一著名拼花畫——「最後審判」，世人對此畫有不同理解。究竟它是表達天主判決我們罪人，還是喻意天主憐憫罪人、拯救我們？我曾嘗試在網上閱讀資料，但不得要領，相信要親身去體驗，才能給自己一個結論。但無論結論如何，我信天父是慈悲的，是寬宏的。

在家反覆思量：現今社會，常人會積極爭取公平機會及公平競爭。若受到不平等待遇，就會跟隨以眼還眼，以牙還牙的理論去處理。但天父對我們卻從來沒有要求公平，祂只有付出，賜與我們祂的愛及寬恕。重讀主教的慈悲禧年書信，對天父的慈悲有更深的體會。在此選擇了部分內容，與大家分享。

慈悲禧年的一個重要標誌是「聖門」，基督徒應把握機會以踏進聖門為朝聖的一部分。朝聖帶來恩典，跨過聖門，代表信奉耶穌基督是主，鞏固我們的信德去擁抱主賜的新生命。聖瑪利主教座堂及Corpus Christi 聖堂為教區屬意的卡城朝聖聖堂。

慈悲禧年要求我們重新承諾行慈悲的善工。傳統教誨早已闡釋慈悲的具體意義，並區分及列出形哀矜七端及神哀矜七端。

形哀矜：饑者食之、渴者飲之、裸者衣之、收留旅人、照顧病人、探望囚者、埋葬死者。

神哀矜：解人疑惑、教導愚蒙、勸人悔改、安慰憂苦、赦人侮辱、忍耐磨難、為生者死者祈求。

在天主的國度裏，愛是無條件的。天父因為愛，所以拯救。因為拯救，所以憐憫。因為憐憫，所以寬恕。要回應及學習天父，相信須由寬恕做起。

Teresa Tsui

春滿乾坤福滿堂

天增歲月人增壽



祈禱的力量

本想和大家分享另一個題目，可是寫了一段後便無法寫下去，只好向天主求恩（在這裡感謝 Anne 為我祈禱）。前幾天，看過真福羅蘭衛冠納的生平後，有一股動力驅使我和大家分享她的事蹟。

真福羅蘭的父親若瑟衛冠納是有西班牙血統的智利軍官，出身貴族的他卻娶了出身農民；職業是裁縫的女子麥希德作妻子。由於政局動蕩，若瑟帶著妻子和只有四個月大的羅蘭逃亡到達特木科。幾年後，羅蘭的妹妹朱莉亞雅雯達出生。數月後，若瑟因肺炎病逝。羅蘭的母親麥希德當時只有二十八歲，她再次當起裁縫。之後，用積蓄買了一個小店鋪作裁縫店。可惜，店鋪給賊人洗劫一空，麥希德很沮喪地帶著兩個女兒長途跋涉移居至阿根廷的拉哈斯，最後在安第斯山脈的猶寧定居。麥希德也許因無助，又或許憧憬，再披上嫁衣，加上當地的富有地主莫拉答允給她和兩個女兒有安定豐足的生活，所以她開始與生活放蕩、聲名狼藉的莫拉過著同居的生活。羅蘭雖然年紀小，但憑她與生俱來的直覺，她總覺得母親這樣做是不對的。

麥希德把兩個女兒送到母佑會在猶寧開辦的女校讀書，當羅蘭認識福音後，時常處於虔敬和平安的氣氛中。在第二學年結束前，在聖母無玷始胎節，羅蘭加入了聖母孝女會，領受藍絲帶和聖母聖牌，作為屬於榮福童貞的標記。一天，羅蘭聽到神父講述善牧為羊捨掉自己生命的福音，她想要為母親的悔改向天主獻出自己

的生命，並將意願告知神父。起初神父沒有答覆她，但經過祈禱和默想後，神父終於答應了她的要求，從那天開始，羅蘭的健康突然轉壞。

羅蘭時常請求母親離開莫拉，母女三人可以一起遷到另一地方居住，建立一個家，展開新的、有尊嚴的生活，再次成為天主的子女。可是麥希德沒有理會女兒的要求，而且對她冷淡起來，使她感到很難過。在羅蘭病重領受臨終聖體後，很溫柔向母親說：「我一直為你向耶穌奉獻生命，至今將近兩年了……這是我為你祈求悔改的恩寵。」母親聽後，跪下來說：「我現在發誓，必會答應你的要求……我要改過……天主要為我的承諾作證……。」母女相擁抱後，羅蘭親吻十字架，微笑地喃喃道：「感謝耶穌！感謝聖母！我現在死而無憾了！」終於在一九〇四年一月二十二日下午六時，羅蘭與世長辭。

年紀小小的羅蘭為了母親的悔改不斷向主祈求，雖然母親不領情，但她並沒有放棄，且甘願獻出自己的生命，天主是仁愛的，必會聽我們的禱告，麥希德最後也得到悔改的恩寵。我每天過得平安、喜樂，不是天主覺得我做得好，所以賜與我特別的恩寵；反之，因為我做得不足夠，所以有很多人不停的為我祈禱。透過羅蘭的生平，使我懂得為別人祈禱的力量，在這裡感謝所有為我祈禱的人，我也樂意繼續為那些有需要的人祈禱。

Josephine Li, Echo Editor

生命之光

很多生物，都會用不同的方式來保護自己，例如一些昆蟲身上的顏色就像身處的環境顏色一樣，免被發現。但螢火蟲就將自己暴露於各生物眼前，不是很容易被攻擊嗎？造物主創造每種生物，都有其意義。原來螢光是求偶的訊號，亦有對敵人有警示的作用，但最重要的是牠們要在一個沒有污染的地方生活，有大自然就等於有螢火蟲，當牠們的數目減少時，便給人類一個警醒。

最近，我看了一個時事資訊的電視節目，其中兩輯名為「螢之光」，主角 Mark 在大嶼山大浪村開設一間螢火蟲的保育館，原來螢火蟲主要食糧是螺和蝸牛，但交配期間只喝水，所以只得一至兩星期壽命。在長時間的研究保育中，Mark 發現了全球獨有的品種「雌光螢」，雌性的身體像蠶蟲一樣，不會飛，尾部像點了燈一樣，不像其他螢火蟲的一閃一閃，但產卵時，共有三十三個發光體包圍身體。而雄性的外形像普通昆蟲一樣，並不會發光。

又在二〇一四年，他與渠務處合作，在粉嶺一條已荒廢的河，展開了生態復修的工作。一年後，很多昆蟲都被吸引而棲息於此。更發現百年前在文獻中曾有記錄的「黃緣螢」，牠是對環境要求很高的品種，又是全球二十種水生螢火蟲之一，是香港唯一的水生螢火蟲。

Mark 每年有二、三次到日本的九州市合馬川的螢火蟲保育館，向七十多歲的館長學習有關保育的工作。他第一次參加這裏的夜間導賞團時，就被這千多隻螢火蟲吸引，身在其中，三百六十度被閃閃螢光包圍，耳邊還聽到拍翼的聲音，Mark 就被這點點螢光，改變了他的生命。二歲已喪父的他，又因館長無微不至的教導，讓他認識螢火蟲的背後意義和使命，從老師中感受到爸爸的感覺，他們深厚的情誼，已超越了師徒的關係。

Mark 的生活都環繞著螢火蟲，他是那麼的投入，在我看來，真是可以用一個「痴」字來形容。村內的義工炳嫂形容他在研究方面是很有智慧，而且知識很豐富的人，但作為女性，嫁給他便大件事了，真是諷刺。雖然這樣，他們一家三口都生活得平靜和快樂。

Mark 忘我的付出及尊重生命的態度，使我想起加爾各答兒童之家，貼在牆上的標示，其中幾句：「．．．你耗盡經年所建設的，可能會毀於一旦，不管怎樣，總是要建設．．．將你所擁有最好的東西獻給世界。」

我相信只要有生命，就有生存的意義。正如我們人類中弱小的一群，他們亦需要尊重，我們或許不能像 Mark 一樣，但我們可以在生活中，表現出我們的愛德；看見身邊需要幫忙的時刻，不要猶豫，不要想：就算我不參與，總會有人做的。

聖若望一書：我們應該愛，因為天主先愛了我們．．．那愛天主的，也該愛自己的兄弟．．．凡信耶穌為默西亞的，是由天主所生的；凡愛生他之父的，也必愛那由他所生的。

Emily Chan, Echo Editor

*'I am the light of the world.
Whoever follows me will never
walk in darkness, but will have
the light of life'*

John 8:12



再到台北參訪和朝聖 (一)

2015年底再次到台北朝聖和參訪，首先到聖家堂探訪主任司鐸王秉鈞神父及幾位神長，並在該堂參加一個聖母軍支團的常會，及一位神長的靈修講座，又見證一個50名慕道者收錄儀式。該儀式的特色是所有被收錄者在聖堂大門外等候主任司鐸開啟大門迎接他們進入聖堂，以表示接納他們，我們更與中青會的弟兄姊妹餐聚。又曾探訪寶血修會、方濟各靈修中心、洪總主教公署和台北總教區秘書處及天主教亞洲真理電台，最後是探訪狄剛總主教。令堂區弟兄姊妹欣慰的是他老人家精神很好和思路清晰，他更托我們問候阮神父和各弟兄姊妹。本來也想探訪王榮和副主教，但得悉他剛開刀做手術，故沒去探訪。

我們曾往位於苗栗縣頭屋鄉的洛雷托聖母聖屋，這裏有一間沒有甚麼家具的小平房，平房的四壁圖案很特色，這平房完全仿照意大利市鎮洛雷托LORETO一間從耶路撒冷納匝肋展轉移

來，是聖母瑪利亞出生成長至育養耶穌基督所居住的小平房。於公元十三世紀土耳其攻打聖城時，當時有一說是天主恐怕耶路撒冷很多地方遭破壞，故由眾天神把聖母整個故居平房包括牆壁全部搬移，經過幾次地方的搬移，最後約在十四世紀或十五世紀之間移到洛雷托，這聖屋是經歷史和考古學家確認的。數年前幾位曾到聖母聖屋朝聖的高層神職人員回來後，決定在台北建造一間完全仿效聖屋的平房並命名洛雷托聖母聖屋，這裡便成為朝聖地。及後，又獲聖屋管理當局送出一些聖屋牆壁的磚塊。聖屋旁小聖堂祭台有一尊黑色面聖母像，黑面聖母最初是從黑色樹木雕刻成，普世教會認為聖母瑪利亞是大地之母沒有膚色之分，故稱之為大地之母，或病患者之母，也稱為非洲之母，黑色面聖母像便廣泛流傳。

..... 待續

Tony Wong

主的恩賜

日前，和許多失聯的小學同學聯絡上，當大家正沉浸在敘舊的快樂中，竟傳來一則壞的消息：一位年輕有為的同學，生命正處於美好的年華時，因舌癌而離世。離世前，還好有一位同學一直陪伴在他身邊。我覺得，這位同學，就像主所恩賜的天使。但再細想：究竟主所給予我們的恩賜是什麼？

離世的同學有一個女朋友，但在離世前，懇請女朋友忘記他，另擇佳偶。其實他已經得到了主的恩賜，因為他有一顆溫柔善良以及為他人著想的心，正是主所恩賜的。

那麼，主在我身上的恩賜是什麼？透過仰望教堂裡十字架上的耶穌，透過不斷的祈禱，我想，我知道我的恩賜是什麼.....主在我身上所行的恩典實在太多太多；關愛我的雙親、和樂的手足、相互砥礪的好友。曾經離開教會多時，但主讓我有重新審視自己的信仰，並引導我回到主內。因為發生困境才體會平安的喜樂，因為生命中的壓力而認知責任的意義；現在我可以盡情發揮內心的喜悅，發掘人格的智慧和生命的意義...

原來，所有的恩賜是淡淡地，默默地，緩緩地被主施予。真的感到好滿足，真的很喜悅有這樣的恩賜。

Leila Cheng

祈求

接到友人的電郵，分享「恩寵聖時」，很感恩，因為我需要在宗教知識上極度的增值。

在此也介紹這個特恩：在意大利的蒙地基亞里的地方，由1946年11月24日起至1947年12月8日，聖母向畢耶蓮娜修女顯現了11次。聖母告訴修女，她願世人稱她為「玄義玫瑰」，她還要世人在12月8日那天正午在全世界所有天主教堂裡守一個恩寵的聖時。

1947年11月6日修女參與彌撒，領聖體時見到一道強光，接著又在神視中看見「玄義玫瑰」聖母。聖母的美麗實在令人驚嘆，修女深受感動，便向聖母說起話來，忽然有一股輕柔的力量推動她雙膝跪在聖母面前，聖母對她說：「世人的罪，尤其是不潔的罪，嚴重地冒犯著我的聖子，祂正打算降下大災難，來消滅世人，但我求祂大發慈悲，不要降下消滅的災禍。所以我來顯現，要求大家贖罪，為不潔的罪而做補贖」。其後，聖母要修女屈尊就卑，用舌頭在聖堂的四塊石上，各劃一個十字聖號。聖母說：「這樣人們就會記得我曾在這裡顯現...。」



11月22日修女覺得有股無可抗拒的力量，要她四時到聖堂去，那時還有她的長上，四位修女和一班朋友在場，大家正誦唸玫瑰經時，聖母一如以往，又向修女顯現，聖母吩咐修女在那四塊大石上劃十字號，然後用圍欄把它們隔開。聖母一再要求世人做補贖，她說：「補贖不外乎如此，就是要天天甘心接受自己的十字架。不論它們怎樣微不足道，都要懷著愛去接受」，且吩咐修女在12月8日正時再來，她說：「這將是我的恩寵聖時」，修女問她自己該怎樣去準備這個恩寵的聖時，聖母回答：「要祈禱，要做補贖。唸聖詠第51(50)篇3次，要張開雙臂唸。在這個恩寵的聖時裡，天主會賜下許多靈性上的恩寵，連那些心腸最硬的罪人，也會被天主的恩寵所觸動。」聖母許下，不論在這個恩寵聖時內向她求什麼，只要跟永生之父的旨意相符，她必賞賜。

12月8日從晨早起已有無數人群從附近小鎮蜂擁而至，到了中午，修女如常地跟眾人誦唸玫瑰經，忽然一道白光從聖堂頂部射出來，聖母容光煥發，身穿白衣，雙手合攏，站在背後通是紅、黃、白色玫瑰花的樓梯間，她那充滿溫柔的聲音說：「我是始胎無染原罪的，我是一切恩寵的母親，也是我愛子耶穌的母親，我願你們稱我為玄義玫瑰。我盼望在每年12月8日正午制定一個「恩寵聖時」，那些在這個小時內不受干擾而專心祈禱的人，會得到許多靈性上和肉身上的恩寵...」。之後，聖母為當場的病人祈禱，不少男女老少都在那一刻霍然而癒，聖堂裡的人在靈性方面得到祝福。最後聖母說：「這是我在這裡最後的一次顯現，你們要祈禱，把這些石塊保存。」

聖母如斯愛我們，把這恩寵賜給我們，好讓我們把它傳遍普世。孔子道：「學而時習之」，雖說現在才是2016年度的開始，我會繼續每個早晨就跟我們的天父交談、祈禱，就如我們起床應向父母請安一樣。誦唸玫瑰經，祈望得我們天上母親的支持，並事事與主同行，心中有主，由祂作主，做補贖的擔子也可輕鬆一些呢！

Teresa Chow, Echo Editor

Bishop Henry “Medicine of Mercy” Advent Retreat

On Dec 19, 2015, Our Lady of Perpetual Help Church was blessed to have Bishop Henry to host an advent retreat for the parishioners, youth, and young adults of our parish. As we know, Bishop Henry’s homilies and talks are often very lively, insightful and powerful. Thus, many people were looking forward to the event. In total, there were approximately 80-90 people that were able attend!

The day started off with daily mass, presided by Bishop Henry and Fr. Joseph Nguyen. Next, the “Medicine of Mercy” retreat was split into three separate talks titled “Walking the Path of Brokenness with Jesus”, “Forgiveness for You and Forgive Yourself”, and “Issues with Forgiveness: Not Fair, No Exceptions, No Strings Attached”.

I will share with you the most salient knowledge that I took away from the retreat:

1. Forgiveness is a gift we give to ourselves. When you are angry with someone, you are the one that is suffering in hurt and hatred. By being able to forgive and let go, you are no longer a prisoner to the constraints that you have created for yourself.
2. Forgiveness may not seem “fair” because we can still feel hurt by what has happened. But if we live by the saying “eye for an eye, tooth for a tooth”—we would all be blind and toothless!
3. God wants to heal our brokenness. God may hate the sin, but God still loves the sinner, which is both you and me!



There were many more deep and meaningful short stories that Bishop Henry told us that day. I would love to include all of them, but that would make this article way too long! If you missed the retreat, there is a recorded version that you can listen to.

Lastly, the retreat ended off nicely with Eucharistic Adoration and time for reflection together with Jesus. I am very thankful for having this wonderful opportunity to listen to the teachings of Bishop Henry. I look forward to seeing him again! And for those of you that were present at the retreat... **REMEMBER THE DUCK!**

Jenny Lam, Echo Editor & Young Adult

Fundraising for World Youth Day 2016 - Clock Sale and Showcase

I am one of the thirteen young adults from our parish who will be going to World Youth Day 2016 in Krakow, Poland. To help fundraise for our pilgrimage in July, we organized a few events which included: a bake sale, selling curry fish balls and shumais, a winter gala, orchid sales by Simon Har, and lastly a clock sale and showcase. On the third weekend of December, we held a clock sale and showcase in Lower Hall which featured many clocks built and repaired by Fr. Nguyen. He collected clocks over the course of a few months and fixed them all up! Who would've known Fr. Nguyen had such an interesting hobby?



There were all sorts of clocks on display at the showcase, from small alarm clocks and tabletop clocks to large wall hanging clocks and grandfather clocks. Some had pendulums that swung back and forth in a mesmerizing fashion, while others had chimes that rang throughout the hall. Fr. Nguyen decided to sell some of his clocks to help us fundraise for World Youth Day, while the rest of the clocks were for display only. We raised more than \$6000 from the clock sales over that weekend. Combining this with our other fundraising events, as well as donations from parishioners, we reached our goal of having a subsidy of at least \$1000 per pilgrim! On behalf of all of the young adults going to World Youth Day, I would like to offer a huge thank you to Fr. Nguyen for his assistance and all of the wonderful clocks! We are also extremely grateful to all of our parishioners for their generous support! Thank you!



Sally Cheung, Young Adult Group

Youth Group & Young Adult Group

The Echo

New Years Eve Dinner 2015

At the end of the year, many people may gather with friends and family to celebrate the end of a year and welcome a new beginning. What can be more fun than to celebrate the wrap up of the year with food and song?

This year, my family and I participated in a fun-filled New Years Eve Dinner with other parishioners. The New Years Eve Dinner hosted by Fr. Nguyen gathered 21 tables, more than 170 parishioners together.

The evening started with a Thanksgiving Mass, a good opportunity to wrap up the year with praise and thanks to God's unfailing love, amazing grace and continual blessings.

After Mass, parishioners gathered together at the Upper Hall for a dinner of delicious food. Father Nguyen himself was the head chef for the event and prepared special Vietnamese dishes and Chinese dishes.

In fact, the St. Gabriel Choir, Mandarin Choir, and Harmony choir sang classical Chinese pop songs and Italian classics. The Scouts and Sunday school children even shared their musical and martial arts talents —from playing the piano to showing their awesome karate skills. It was definitely a joyful night filled with laughter, fun, and most important of all, sharing. Being able to celebrate the end of the year with friends and family is perhaps one of the greatest blessings of all!

Peggy Yip, Young Adult Group and Echo Editor

Choir Gathering 2015

On November 21, the different Choirs of OLPH gathered together to celebrate and share their interest in music together. The different choirs of OLPH parish celebrated the night with yummy food and performances. The St. Gabriel Choir, 8:30 English Mass Choir, Perpetual Harmonic Choir, and Young Adults Group Choir all came together to perform different pieces of music and celebrated a successful year of serving the parish through song and music. This event was a very special one because it enabled the different choir members to have a chance to meet other people. During the welcoming speech by Uncle Joseph Shing, he mentioned: "As the choirs of OLPH, our job is to lead the congregation in prayer. He hopes that all the choirs will continue to sing with their hearts and bring joy and love to the parish members." This comment made me realize how being in choir is



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not just for the singing, but rather, for praying and praising God! One of my most favorite performances was the one by the 8:30 English Mass choir where they sang the song "In His Time" with Father Bill. It was a very beautiful song praising the wonderful works of God. The Choir gathering event has also enabled me to meet new friends and people. It was truly a fun and musical night!

Peggy Yip, Young adults Group & Echo Editor



Why me!?

From Christmas play invite – personal struggles – spiritual transformation – volunteerism

About 1 year ago, as a scouter administrator, I was invited by Fr. Joseph Nguyen to initiate and co-ordinate the 2015 Christmas Play with our OLPH 300 Scout League. Immediately after his invite, I started to feel the self-inflicted pressure & internal personal struggles. These feelings deepened especially when the actual Christmas Play kicked off in October 2015.

Knowing deep inside that it is indeed an invitation from our almighty Father, our big brother Jesus & the Holy Spirit & HIS opportunity for me & our scout league to serve others & help spreading HIS Love to other brothers & sisters, I had been constantly having internal conflicting thoughts, internal complaints & questions in my mind & heart. "Why me!?" "Why ask me!" "How come it cannot be someone else, who is a lot more capable than me?"

Praise to our Lord that when Bishop Yeung Ming Cheung's two-day spiritual talk in April 2015, only had I started to be more assure that our heavenly Father had chosen me & the OLPH 300 scout league to be HIS tool, to spread HIS words of Love. Then, my direction started to shift to I was (we were) honored, meanwhile, humbled to be HIS tools & to be of service to others.

No doubt were there obstacles; from

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logistics, scheduling, attendance administrations, communications, people relationships, etc. Only through all of these obstacles had I realized how inexperienced and unorganized I was. I learned to surrender to prayers to ask for help from our big brother Jesus for HIS direction, HIS help & HIS support spiritually, because I truly realized how vulnerable I was emotionally, spiritually & physically.

Praise to HIS blessing & help, a couple of senior scout leaders offered their devoted supports to help me started and get things gradually organized, planned & going. The truly touching & inspiring movement came as all of these supports, love & help had gotten the angelical scout kids' enthusiasm and excitement, which had even touched many more scout parents' hearts, which had then transpired into a very powerful form of volunteering movement. For example, parents creating & sewing costumes. Some parents spent over 30 hours of knitting the little sheeps' head pieces. That's it! I was deeply touched & inspired by these parents' contributions & volunteering spirits.

During all these times, I realized that the demon inside me continue to keep questioning myself, why me!? Why did I have to spend so much extra personal time to co-ordinate all these? Praise to our Lord, each time I had an internal conflict, my conscience (indeed the Holy Spirit's backing) reminded me how blessed and fortunate I have been in my whole life. I was aware of how rebellious I have been inside me, like a rebellious teenager talking and fighting back to my merciful heavenly Father. To genuinely share with all of you, these internal struggles was happening at least 15 times per day over the course of three months. Only then, I got to truly realized how fearful & rebellious inside me. Such experience and realization had truly been



humbling.

Breakthroughs -- As more practices went on, I was deeply touched by the kids' maturity and growth during the Christmas play, my heart & mind started to feel the joy for others. This joy had really helped me to overcome my earlier complains and internal personal conflicts. Now, I got it, I got it! God had given me and our OLPH 300 Scout League a very precious opportunity to mature spiritually, to know HIM better, and to be much closer to HIM. More importantly is to be HIS tool, to spread HIS love, to be HIS lights of the world. Now I got it, what a true honor & an unforgettable scout group experience that I & our scout league have been granted to!

Prayers: Dear Father, please feel free to use me, to spread your love. Meanwhile, helping me to balance my family, my livelihood with what Fr. Nguyen has been teaching us: to「修身」、「齊家」, I do not ever expect to「治國」nor「平天下」, but with Work-Life balance, I'm humbled to be YOUR tool to serve others & to spread YOUR love.

Please teach me and our scout children not to be afraid! Please guide us to learn how to be the light of the world.

Grace Wong, 300 OLPH Scout

信仰小團體的聚會

感謝主，在將臨期第三週的週六晚上，西北區信仰小團體的兄弟姐妹，在我家舉行了聚會，出席的人數也比平時多，因為我們也邀請了其他地區信仰小團體的兄弟姐妹，而且還有神父、修女和執事的參與，所以非常熱鬧。傍晚時，我們以potluck開始，分享了彼此用愛心泡製的美食，其後便以數首聖歌作祈禱，並且分享了該主日的聖經。聖經的主題是喜樂，因為按照傳統，將臨期第三主日為「喜樂主日」，我們應以喜樂的心來迎接主的來臨。大家都分享了對喜樂的定義和感受，神父指出快樂和喜樂的分別，快樂只是一種短暫的感受，而喜樂則是發自內心，是源自天主的。縱使在困難和痛苦之中，因為有上主作為我們的依靠和力量，我們便懷著信心和希望，就如聖保祿宗徒在給斐理伯信友的信中提到，要我們歡欣喜樂，因為主已臨近了。只要在一切事上，懷著感恩的心，藉著懇求和祈禱，向天主陳述你們的需要，這樣天主必將以超越我們理解的平安，藉著基督，賜予我們。跟著我們亦分享了聖若翰

在曠野的呼聲：「你們當悔改，因為天國臨近了。」為警醒我們要修直彎曲的道路，崎嶇的要開成坦途、深谷要填滿。而只有透過修和聖事，我們才獲得恩寵、平安。另一方面，我們要效法聖若翰，肩負著先驅的使命，向未認識主的人宣示基督的救恩；並在生活中，以言行為主作見證。部份兄弟姐妹認為，我們也該如同聖若翰一樣，盡量度簡潔的生活。

由於生活當中有太多的包袱，有物質上的、有心靈上的，唯有拋開這些包袱，我們才會得到自由與平安！最後我們回應教宗方濟各的宣布，從2015年12月8日至2016年11月20日為「慈悲特殊禧年」，我們齊心誦唸慈悲禧年禱文，祈求天父賜我們能效法祂滿懷慈悲。這個晚上，我們就在真誠、友愛的氣氛中渡過，在神父降福後，我們都懷著溫暖、平安的心回家。外面的天氣雖然寒冷，但我們的心是熾熱的，並期待著下一次的聚會！

Maria Leung, Faith Sharing Group Coordinator





神父廚房除夕愛心大餐

去年除夕晚上，阮神父為教友們舉行感恩聖祭，大家都懷著感恩的心參與彌撒，感謝天主在過去一年裏給我們的恩寵和照顧。

堂區牧民議會並於彌撒後在上禮堂招待教友，大家一同享用阮神父為我們下廚，精心泡製的除夕大餐。當晚的食物十分豐富，有越式牛肉沙律、花雕醉蝦、海參鮑魚、越南咖啡，教友們都吃得津津有味。令我們驚奇的是，阮神父平常多是祈禱、唸經、舉行彌撒聖祭，怎麼煮差不多二百人的晚餐，還是那麼氣定神閒、不慌不忙呢？

享用過豐富美味的晚餐後，教友們都邀請阮神父發表一下煮大餐的感受，當時大家都高聲呼叫：「阮神父，阮神父！」嘩！大家情緒之高漲，實在是這麼多年來，在上禮堂舉辦眾多活動前所未見的；這大概是大家都深受阮神父在美味佳餚中傳播的關懷和愛心所感動，大家都既開心，又興奮！

感恩祭是共融的宴會、仁愛的聖事、團結的標記、愛德的聯繫，在此宴會中我們以基督為食糧，使心靈充滿恩寵，並獲賜將來榮福的保證。感恩祭後的神父廚房，主內弟兄姊妹共聚一堂，就像家庭成員一起享用父母為我們準備的晚餐，每一口都散發著歡樂和溫情的味道，心中無限溫暖，也想到神父為我們付出的心力，那豈止一頓晚餐那樣簡單呢？我們讚美、感謝天主，也多謝阮神父的辛勞！

Anne Lam, Echo Editor



Editors' Note:

Happy Chinese New Year!

As we celebrate the Chinese New Year, the Echo team wishes all parishioners increase in faith, love of God and our neighbors. Joy & Peace in the year of the Monkey!

編者的話：

又是一年新春佳節，謹向各位致以衷心祝福，祝願大家猴年快樂！生命散發著基督的馨香、愛心，恩寵滿溢，時常平安、喜樂、健康！

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