



OLPH 永援聖母堂 | olph@telus.net

The Echo 週聲

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福傳三步曲

發覺很多信友不敢去傳福音，並找了很多理由。其實最大的原因是不願和主合作，不相信主的德能，甚至有「福傳恐懼症」。如何去克服這個障礙呢？就打個比喻，許多信友都畏懼辦告解，其實這是天主的特賜，好讓我們跟祂修和的聖事。當你開步試第一次後，以後就不覺為難，反之，愈辦愈清晰，因為你跟天主的關係日見密切。

傳福音的工作是基督徒的工作和責任，這個使命是領洗時就被賦予的，是關於自己和他人得救的大事啊！所以我們必須全力以赴，聖史瑪爾谷就是用文字和生命去完成這個使命的。只要我們認定自己的任務，經常靜心跟天主交融，我們的信心自然被強化，產生承受能力，為主作工。

耶穌對祂的門徒說過：「你們往全世界去，向所有人宣講福音」我們要學習耶穌教導西滿伯多祿撒網捕魚的方式。耶穌亦說過：「你要全心、全靈、全意，全力愛上主」「你要愛你的近人如你自己」所以我們要建立橋樑，積極把所有人從另一端帶到天主的羊棧來。

耶穌不要求你背他的十字架，而是你背起你自己的十字架。我們是被召來讓「自我」死去，好讓喜樂和悲傷的奧秘充盈生命，這樣新的生命才會在我們之內和周圍的人心內萌芽。

Teresa Chow Echo Editor



主愛隨筆

我是國語組的Theresa Wu，最近在我的生命中發生了一個重大變故，那是個不幸的消息，就是我得了癌症。這對我們渺小的人來說，多少都會打擾以往內心的平靜，我也不會例外，因為我更弱小。

但主愛從不離開，祂借著眾兄弟姊妹的手，給予無私的幫助和關懷。因我的語言不明，他們中有的陪我看病做翻譯，如Mary、Hellen和Anne，無論是白天或晚上，她們都根據需要，長時間的陪伴及耐心解釋；還有Joseph Liang、何漢輝及西人聖堂不知名的人們，常常接送我去聖堂，並不斷為我獻上祈禱.....等等。不僅如此，他們和附近的一些朋友，不斷為我送來營養品和食物；有的甚至擔心我的安危而徹夜難眠，就連中國的朋友們，也不斷為我在不同的團體祈禱，使我感動不已！

我有何德，竟煩勞眾多人的牽掛？心感愧疚！深思默想，這不正是天主慈愛的彰顯，派給我的一個個天使嗎？在此，我真誠感謝諸位兄弟姊妹的幫助和愛戴。

天主借諸位的關愛，驅逐了我內心的不安，雖然我不知道上主為甚麼給我這個十字架，但我願意面對現實。不過，單憑我的願意是不夠的，所以我誠懇的請大家繼續為我祈禱，求天主加恩惠賜神佑，祈求造我救我者，憐憫我，賜我簡單信賴，傻傻的等待，等待那美好的祝福！

Theresa Wu, Mandarin Group, RCIA Catechist



不一樣的行程

剛過去的星期，一對從卡城來的教友夫婦到了溫哥華探望我和外子，我們略盡地主之誼帶他們遊覽。他們曾到過溫哥華，所以我們去了一些風景優美但並非最熱門的旅遊景點。此外亦去了一些有水準的小店品嘗溫哥華的美食。這天行程的亮點是參觀在溫哥華的天主教聖方濟堂。

由於沒有彌撒和其它禮儀進行，所以聖堂的門鎖上了。幸好堂區辦事處的工作人員還未下班，她建議我們到小堂朝拜聖體。老實說，我只到過這聖堂幾次參與明供聖體（主日都是往列治文的加拿大殉道聖人堂參與感恩聖祭），從未踏足過小堂，這次真是一個好機會讓我多認識聖方濟堂，於是我們去了小堂並作了一個簡單的祈禱。正想離開時，在聖堂門外剛好有一位修女和一位教友經過，修女主動問我們有什麼要幫忙，我大膽的跟修女說：「我這兩位朋友是從卡城來的，我們剛去了小堂朝拜聖體，雖然很想進聖堂祈禱和參觀，但門鎖上了。」修女立刻從衣袋裡拿出了鑰匙，開了門，讓我們進入聖堂。修女離開前只是提醒我們要關門。我在想，剛在小堂裡朝拜過聖體，現在又可以在聖堂裡祈禱，多麼幸運。

還要一提的是在聖方濟堂的正門口側有一個中式亭子，亭子裡矗立著佘山聖母像。有一位在聖物部工作的教友給我們說，溫哥華的天主教聖方濟堂是佘山聖母朝聖地，她還送了一本中華聖母聖地的小冊子給我。想不到這次的參觀竟成了朝聖。就是這樣，天主總會在不知不覺中將最好的、最合適的送給我們。一天的行程在最完滿的情況下結束，真要感謝天主的安排！

後記：回到家中，急不及待的翻閱小冊子，原來小冊子對上海佘山聖母的介紹很詳盡，現與大家享。



佘山聖母像的聖嬰耶穌挺胸直視，雙臂平直伸展，既象徵著聖子在受難時伸開雙手，以戰勝死亡顯示復活的全能，也向世界展示祂對世人的深愛與祝福。同時張開雙臂的聖子，遠看完全是十字架形，暨聖母高舉十字架（耶穌）戰勝魔鬼（毒龍）。

聖母低頭向下俯視，正如「又聖母經」上所說的「憐視我眾」。這既是表達聖母垂視了在涕泣之谷的民眾，又體現了聖母的謙遜服從，承行主旨的懿德。

毒龍雖然昂首怒視，呲牙咧嘴，尾巴也高高揚起，但也奈何不了。只因盤曲的身體已被聖母及聖子耶穌牢牢地踏在腳下，一對翅膀也似乎因受到壓迫而近乎豎立，顯出垂死掙扎之狀。

Josephine Li, Echo Editor

'Mother's cross - a pursuit'

We are all looking forward to the hot summer days, planning a trip somewhere or even spending quality time with our loved ones. We probably remember our Easter weekend that just passed. This Triduum has engraved a special memory in my life, it taught me a lot and helped me realise how blessed I am.



Like most Albertans, I also made it on the unemployed list over a year ago. It didn't sink in well at all, as a single mother surviving with no income in Calgary was going to be a huge challenge, considering the current economic crisis. However, after a good thought, I took it as a challenge and was ready to face the battle. But every passing moment with no positive result was draining my energy. The Earth's gravity had just dialled it up a notch as I struggled to walk the same path every day. I knew God had plans for me, but I complained and whined and questioned 'why me?' Was this part of his plan? If so, it definitely was not a good plan. What did I do wrong that my cross seems to be getting heavier by the minute? I knocked every possible door, but none opened. I felt my world grew smaller. I stressed and it started to show. I felt as if I was letting my girl down. You know that feeling when it's past your bedtime and you feel your brain is trying to shut down for the night? How everything becomes difficult if you are fighting sleep? Now it feels like that all the time, all hours of the day as your brain is constantly trying to go down as you are trying to get it to go up. Every waking moment is a battle. We had a routine, a tough one, but we had one. Now it had all changed. However, I still did the groceries, cooked spent quality time with my loved ones, but I had this sword lingering over my head, praying it would just go away.

This Triduum, I was blessed with the privilege of being chosen as one of the disciples of Jesus. When I was sitting on the chair facing the congregation, I looked at everyone and pondered that we all carry our crosses in some way or another. At that point I knew we all were present in the temple of the Lord on this special day, with hope in our eyes and faith in our hearts praying to our Lord to ease our burden. Our Lord did it and didn't complain. He took all the pain and suffering and didn't protest or whine. I have to rise from this and not let shortfall challenge my faith. I know there is light at the end of this long dark tunnel. My battle is probably nothing compared to many of my fellow parishioners, so what was I whining about? I know he won't abandon me; all I need to do is keep trying until I set my ship to sail in this stormy sea. The fact that we celebrate Easter is victory over death, this shortfall is just another chapter in my book, and it's going to be a lesson of inspiration and strength. I also learnt that it is good to count the blessings rather than to mull over our problems. Just like a cuss jar if I put coins in the jar every time I complained, it would fill up quick. However, looking at the jar from a different perspective, it makes me realize that I am blessed with many things. Although we tend to question and complain when hardships come, God blesses us with unique experiences and gifts that help reshape our character. Behind the complaints and hardships is God's miracle at work to make me a better person.

I know someday I will bounce back and look back at this year and be grateful for the strong woman it's going to make me. I hope someday, I could be an inspiration to someone looking for that rainbow on rainy day and try and make a difference in someone's life.

On Easter Monday we get our breakfast ready. Sitting on the table chit chatting with my kid, enjoying every minute of it, there it hits me ruminating the past year: the hardships we survived, the sacrifices we made. We pulled through an entire year!!! God Bless!

Carol Coutinho

2017 特別的復活節

時光如水，歲月如梭，不知不覺中在加拿大已經度過了十幾個復活節，卻從未有像2017年這個復活節如此令人期待，如此富有深意。這個復活節是我的女兒Isabella（天主的承諾）和兒子Jonathan（天主的禮物）接受洗禮成為天主教徒的日子，是兒子的生日，更是我這個領洗十年的基督徒永生難忘的日子。

面對我們的天主，內心充滿了感激、感動和感恩。因著天主的救恩，洗淨了我的心靈，賜予了我的寶貝們新的生命。藉此機會我想真誠的感謝一路以來每一位幫助過我們的OLPH教友。感謝天主的召喚和引領，由OLPH的教友Vivian把我這個迷失的基督徒羔羊領回我們教會這個家；感謝Fr. Nyugen和Joseph一路以來對我們的無盡關懷和幫助；感謝Helga, Mary 和 Patrick老師們讓我的孩子們認識天主，了解天主；感謝Agnes, Patrick, Betty 和 Frances 讓我們感受來自教會大家庭的愛和溫暖。因為天主是愛，也因為教友們充滿愛心，充滿熱情的奉獻和付出，這一切都深深地吸引著我們，使我們慢慢地向天主靠近，融入教會，且樂在其中。在此我也想特別要感謝我的老師Simon Har 和Deacon John Wu每周風雨無阻，孜孜不倦的為我們傳道、授業和解惑。他們多年以來堅持不懈，默默無聞的無私奉獻，不僅讓我更深入的了解天主教的教義和道理，更讓我堅定了作為基督徒的信念，懂得了作為基督徒的意義和使命，同時也提升了我對工作、學習、生活、物質等等事物的處理態度和方法。每個週末來聖堂參加Sunday School、Bible Study Group和RCIA 慕道班，已經成為我和孩子們最期盼的事情。

感謝天主，耶穌基督和聖神對我們這個家庭的賜福，指引我們融入OLPH這個大家庭。路漫漫其修遠兮，吾將上下而求索，接受洗禮只是一個美好的開端，領洗之後，我們會藉著讀經、祈禱、敬拜、見證等等，慢慢成長。在追求快樂和永恆的生命的道路上，我們定將珍惜和遵從天主的旨意，宣揚主的美德與福音，愛人如己，珍視健康和教育，不斷的努力成為最好的自己。最後還有個好消息和大家分享：我們要加入OLPH的童子軍啦 -- We promise to love God and help take care of the world ! 衰心祝福OLPH的每一位教友平安和喜樂。每一天都是天主賜予我們的禮物，願天主的愛與我們和我們的教會同在！

Jasmine Xu, Jonathan Su and Isabella Su,
Catholic Neophyte 2017

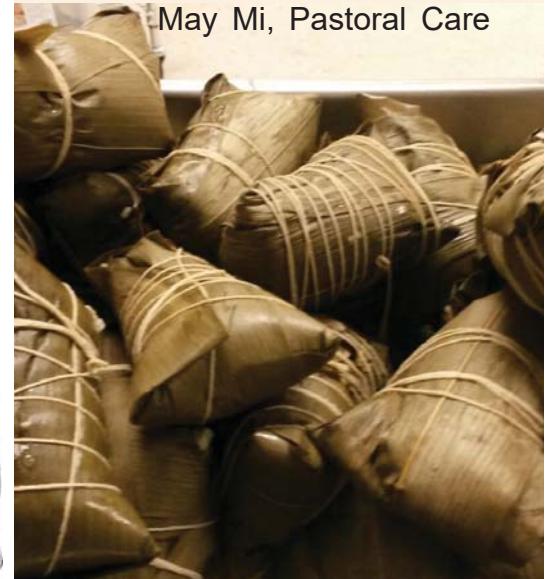
裹糉子的經驗分享

在五月六日牧靈關愛組的例會上，得知包糉子是我們為 Together in action (TIA) 簿款的其中一項活動。當時心中告訴自己：我沒有可能幫到手，因為我從來沒有包糉子的經驗，更何況陳修女說要包六百隻，我還是不要參與吧。但是很快在我心裡又有聲音說：你沒有試過，又怎知沒有可能？就這樣我參與了三天的包糉活動。

每一天都有很多姊妹和弟兄一齊參與包糉，雖然我們包得大小不一，不甚好看，但是每一位弟兄姊妹們都十分努力和用心去包這些愛心糉。到了第三天，在聖神的指引和努力下，終於完成五百八十隻糉子。我覺得參予這一次包糉活動，是十分珍貴的好經驗，使我能學習新的事物，更瞭解到只要肯嘗試，我是會學到新知識的。

多謝各位教友踴躍訂購糉子為 TIA 簿款，更多謝所有參與這次活動的弟兄姊妹們。願主祝福你們！

May Mi, Pastoral Care





Concert for the Centennial of the Apparitions of Our Lady of Fatima

On May 10th, St Gabriel Choir was invited to join the concert for the celebration of the Centennial of the Apparitions of Our Lady of Fatima. It was held at the church of Our Lady of Fatima, Calgary.

We received a warm welcome from Fr. Fabio Desouza of Our Lady of Fatima. The celebration began with the praying of the Rosary and was followed by a Mass and a concert.

The concert included songs sung in different languages by other parish choirs in Portuguese, Chinese, Ivorian, French and English. In total there were more than 20 parishioners to represent OLPH to sing in the concert. We sang two songs in Cantonese called "Ave Maria" and "Our Lady of Fatima. (聖母頌及花地瑪聖母)

One of the choirs was from the Ivory Coast. Their costumes and lively performance really captivated my attention. Although I didn't understand some of the other languages, I was truly touched when I heard other choirs singing praises to our Holy Mother in their own languages. The languages to express our heartfelt thanks were different but the purpose was the same. We all wanted to praise Mary our Holy mother for her unconditional love and devotion to God. Overall, I felt that this was a wonderful experience for our parish and myself by being involved with the greater church community in the city.

Judy Yuen, St. Gabriel Choir

交通意外---後記



五月十六日星期二，早上七時四十五分，像平常一樣，丈夫開車送我上班，車行至大學附近，交通有點緩慢，且行且停，突然一聲隆然巨響，車身發生猛烈撞擊，感覺到了世界末日一樣！

由於事出突然，心裡當然慌亂，不期然就唸天主經、聖母經及光榮經，祈禱天主聖神的陪伴、幫助、保護，使我們平安。這一刻，頓然想起楊鳴章主教十多年前的一個教訓，那時他還未升主教，來卡城主要探望親人，但也慷慨的抽出時間，為教友們主持信仰分享。楊主教鼓勵教友們要恆心唸經祈禱，天天祈禱，使成為生活的一部份。遇到需要或生命受到威脅的時候，我們便會自然的祈禱，因為那已經是我們的一部份，也即是我們的本能了。慢慢心也安定下來，心中只想：耶穌，我信賴你！

不久救護車到達現場，由於我感覺肩頸痠痛，手部麻痺，救護人員便小心翼翼、慢慢、逐步

地放我在長背硬板上，套上頸圈予以固定，還在額頭、雙手、雙腳貼上強力膠布，盡量使脊椎固定，以免造成更大傷害。這樣，簡直好像五花大綁，動彈不得！短時間是可以的，但幾個小時都在等候醫生到來，我卻動彈不得，不能吃、不能飲、也不能上洗手間，慘哉！回心一想，耶穌基督被釘十字架時，雙手、雙腳被巨釘穿透釘在木上，不是更痛苦和殘酷嗎？怎麼這小小的考驗、試煉，我也不能忍耐、接受？是的，我應該好好忍耐著，接下來便閉上眼睛，感謝天主，賜我這一個機會，分擔主耶穌的苦難，感受一下祂對人類最深層的慈愛！

最後，醫生證實頸脊椎沒有骨折，可以鬆綁回家了！至於頸椎韌帶扭傷、肌肉拉傷，可以日後慢慢做物理治療康復的。感謝天主！

我相信，藉著一次又一次的練習，對於天主愛的渴望也會逐漸加深。人生旅途上點點滴滴的經驗，都將領我走向那個更美好的終極目標！

"A mother is like a flower, each one beautiful and unique."

This past Mother's Day, Sunday School sold roses to help raise money for books and resources for the upcoming school year. This year we raised over \$1,800 for Sunday School. All the proceeds will go towards supporting Sunday School education in the purchase of new bibles, updated resources and materials for all Sunday School students, helping them in their journey towards learning more about their faith.

We would especially like to thank Anna Chau for her generous donation of flowers and time, along with the many volunteers who helped package the roses and the Sunday School children who helped selling the roses. Many of our students came out to sell the roses which helps them practice community engagement and to understand what service for the community means. They also learned the importance of taking time out to honour their mother figures and our Mother Mary during this special day.

We were overjoyed with the support that we received and thank everyone who came up to purchase roses. We hope that each mother, godmother, grandmother, or aunt who received a rose felt the love and appreciation from their loved ones and Sunday School.

Sunday School thanks for your continuous support! We hope that everyone had a wonderful Mother's Day this year!

Helga Tsui, Sunday School Coordinator



Reconnecting with God through RCIA

Easter Vigil 2017 was an amazing and unforgettable day for me because during mass, I was confirmed. I was originally baptized in OLPH when I was a baby. However, my family and I moved to Hong Kong when I was still very young. As a kid, my dad would bring me to church with him for mass on Sundays. I remember seeing other kids attending Sunday School, but I never had the chance because it would clash with my other extra-curricular activities. As I grew older, I started to go to church less often due to my overly occupied schedule. I never realized how this had negatively affected my relationship with God until I moved back to Calgary about two years ago. I started attending mass with my grandparents every Sunday again and getting more involved in parish activities. I told my godmother that I wanted to be closer to God once again. And she started to help me ask other parishioners about how to get me to be confirmed. Not long later, I was told to attend RCIA class and that it would help me learn more about God and Catholicism and I could decide for myself whether or not I would be suitable, both mentally and spiritually, to be confirmed after the class.

After attending RCIA regularly every week for a year, I have made the decision that I would get confirmed and truly become a part of God's family. RCIA class has really taught me a lot about God. For example, his works of miracles, grace, mercy, and unconditional love are some of the things that I learned. I have also been reminded that God is very selfless as he has done so much for us that he even sacrificed himself for our salvation. I also learned about how to interpret the Gospel and other bible readings and how the words of God apply to my everyday life. All the knowledge and wisdom that my teacher, Uncle Simon has taught me, I will never forget them! I am truly grateful to have



Archery Night with Scouts and Venturers

On April 26th, the Scouts and Venturers of the OLPH 300 Scout Group made their way to Jim-bows Archery to learn how to shoot arrows indoors. As most of the Scouts had already gained the knowledge of shooting bows and arrows from last year's trip to Jim-bows and from their own school as well, we got started right away. First, we were split in half, separating the left and right eye dominant people. Afterwards, we were split into smaller groups of three. From what I noticed, there were a lot more left eye dominant people than there were right. We were all lined up 6 people at a time to shoot the bow and arrow. The Scouts and Ventures were really good at shooting! Many already got bullseyes on the first turn and while we were not shooting, we stayed near the back of the room talking amongst ourselves.

I believe that activities such as these help us to bond with one another and create stronger friendships. We can also take the time to appreciate how we are so fortunate to be able to shoot arrows for fun while some people around the world need to know this skill for survival.

him as my teacher because I would not have asked for any better teachers. He did not just teach us about the gospel, he gave us guidance through the different interpretations of the gospel. I really enjoyed the class and even made some friends that were also catechumens like me, trying to learn more about God.

RCIA has allowed me to rebuild my relationship with God. It was truly a blessing to be confirmed on Easter Vigil. It was a very special day for me and I will never forget how magical it felt to receive the sacrament of confirmation. Thank you Lord for giving me a chance to grow closer to you again! I also want to thank everyone who has helped make that day possible.

Valerie Ng, Youth Group/Young Adults Group

Michelle Lee, 300 OLPH Venturer Scout





OLPH 300 Bowling Night

On the 26th of May the OLPH 300 Cubs went to Lets Bowl. When we arrived we could see a dark room with colorful lights shining down from the ceiling with pumping music. You could see a lot of people bowling with full of laughter. The bowling area was very big, there were more than twenty bowling lanes. Once we met up, we went to an area for renting shoes. These shoes are special for bowling use and were used for stepping on the wooden floor avoiding sliding. We couldn't wait to start to bowl after changing these special shoes. We were told to go to the last three lanes with a corner area. We were split into three groups and each group had one leader. The lanes were long and smooth. At the end of the lane, ten pins stood tall and on top to keep our score was a scoreboard. The balls were placed on a rack, at first they looked quite light, but as soon as we tried holding them it was actually heavy! Every lane got bowling balls that were a lot lighter. Every ball has its amazing patterns, colors and designs. Three holes were punched in for us to put three fingers in. I held the ball, went straight down towards the lane, bent my knee and tried to roll the ball out in front of the foul line. First try, I hit zero pins. Second try, I hit five pins. I was so happy and started to like the game of bowling. I am sure everyone was trying hard to hit all ten pins.

During our bowling game we also had pizza for dinner. A Let's Bowl staff brought us a Hawaiian and Pepperoni pizza for each lane. We also had a choice orange juice or coke for refreshing drinks. Time flew by rather quickly; at around 8:30pm it was time for us to go home. Overall the experience was fun! We learned how to do bowling and learned a little bit more about ourselves. Bowling at Lets Bowl was one of the most entertaining activities we've done. Thank you Scouter Anne and Deacon Edward organizing this event, as well as to all leaders who helped us during bowling!

Camelia Lau , OLPH300 Cub





RCIA Class: Learning to Forgive

RCIA has really helped me a lot to become a better person. The class has been practical in showing how Christian teachings can be used in everyday to live a more fulfilling life.

The biggest thing I have taken away is that we are meant to live a happy life in the time we are on earth, and the best way to achieve this is to practice forgiveness. This goes beyond just saying, "I forgive you." The path to inner peace is to truly forgive someone in your own heart so that you can move forward, just as God continues to forgive you. I still often struggle to forgive and it still leaves me with uneasy feelings and a heavy heart.

However, RCIA has also taught me that we are only human and the Christian teachings are something that I can always fall back on whenever I am feeling lost. I know that I can continue to pray to Jesus to help me find the strength to forgive those who have done others or me wrong.

RCIA has also helped me realize that forgiveness transcends my own life to find peace, and the world itself needs more forgiveness to find peace. Although I am only one person and I cannot change the world on my own, I can continue to make those lives around me better by continuing to practice forgiveness.

As a Catholic, I am also called to help and open the eyes of my enemies to do the same. Forgiveness and understanding are the keys to creating a better and more loving world. RCIA has enabled me to understand the importance of seeing Christ's love in my everyday life.



Adrian Leung, Young Adults Group

羊和狐狸相愛了，可是他們卻遇上了死神。死神說：「你們兩個只能活一個，你們猜拳吧，輸的就得死。」最後，狐狸輸了...羊抱著死去的狐狸說：「說好了一起出石頭的，為甚麼我出了剪刀，你卻出了布。」這就是現實，這就是人心。狐狸的自私，羊的傻。現實的世界，現實的人類，算計別人最後也算計了自己。當有人傻乎乎地想輸時，其實他已經贏了！所以一直善良下去...你就贏了。

我相信很多人都嘗試過，一心想幫人，卻是被人利用的。又或原來你幫他，反而給機會他來傷害自己和家人。曾有一位教友，請求我幫她，我當然義不容辭啦，幫了多次，她忽然說：大家是教友，是會幫忙的。從她的語氣和平常的行為，便知她原來是打正旗號，你幫她是應該的，因為大家都是教友。她是專找人好處、利益的，你的仁慈就成了她的點心。

亦有一次，朋友家中出現問題，因為自己會有過類次的經驗，便主動提出幫忙，但原來他認為是你提出的，不關他的事，他認為自己好聰明，好似有人自願上鉤，因為他做事的態度，而令我更認識他的本質如何。他以為成功地利用了我，他不知道，到頭來失去了真正關心他的朋友，就好像狼和羊的故事一樣。以後，我們的關係只是大家客客氣氣，保持一定的距離。

當然亦有開心的經驗，香港的朋友急需金錢應急，當時我想：借出去的金錢，不要期待可收回，再想深一層，他借了錢沒還，總不會再借吧！若他不怕再問，我也可以拒絕呀，就一次罷，況且他今次真是急需的。之後，每次回港，我們大家都會相聚，但大家都從沒提起借錢的事。事隔了十多二十年，他忽然說現在還一半的錢給我們，我實在太開心了，開心不只是得回金錢，而是友人從未忘記欠人的。因為太突然，我還口快快說其餘一半不用還了，哈哈！

主說：「我賜你一個可思考的頭腦，一顆可以愛的心，一副能受苦和為善的身軀...。」所以，我們不能錯過幫人的機會，因為幫了真正需要的人，我們便無悔了，且更讓人看見我們是天主的兒女呀。

德蘭修女亦說：懷大愛，做小事。我們做事不是要求別人看見的，懷著愛心去幫助人，天主是會知道的，盡我們的能力去做吧！其他的事交給天主好了。欺騙你的人，我相信自有主宰，況且問題不是自己而是他。

聖伯多祿前書：「親愛的諸位：若你因行善而受苦，而堅心忍耐，這纔是中悅天主的事。你們原是為此而蒙召的，因為基督也為你們受苦，給你們榜樣，叫你們追隨祂的足跡。」

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Emily Chan, Echo Editor

五月家庭玫瑰

阮神父、陳修女及多位弟兄姊妹，帶著耶穌和聖母像一同來到我家恭唸玫瑰經，祈求聖母代為轉禱，希望帶給我和家人平安，而我雖然已是天主教徒多年，但從未有過這些體驗。所以，從知道神父和陳修女會來探訪我家時，心情開始有點不知所措，不知道有什麼要準備呢？

後來我想起教會內一些曾有過這經驗的朋友，於是便請教她們該如何作好準備，她們也很詳細地跟我說明，要準備些什麼東西。

當天我的心情非常緊張，不斷反覆想著，還有什麼仍未準備好呢？到了晚上六時半，當我恭敬地接過耶穌、聖母像來到我家時，心情真的好像在聖經上記載一樣，耶穌會去各處的家庭講道，而我那時就像要迎接耶穌來到我家，心中的那份欣喜，難以形容。

隨後大家先自我介紹，閒談幾句，當中有很熟識的面孔，是經常在教會內遇見的，然而經過這次一聚後，大家就更加熟識對方了。

在誦唸玫瑰經時，因為我要誦讀其中一段，既緊張，又怕讀錯，不過隨後其他弟兄姊妹便接著一齊誦唸！

當大家開始誦唸玫瑰經，在這寧靜的室內，彷彿靜化了整個空間！能夠得到了這祝禱，我真是感恩！

完成誦唸玫瑰經後，我亦準備了一些食物給大家分享，邊食邊談，十分愉快。不管樂與憂，生活就是要大家分享！我非常感謝這次能到來我家的弟兄姊妹！

主佑大家！

Mandy Yip, Youth Group Parent



愛心糉

想食糉，十分容易，只要到超市，便可購到各式各樣的糉子。

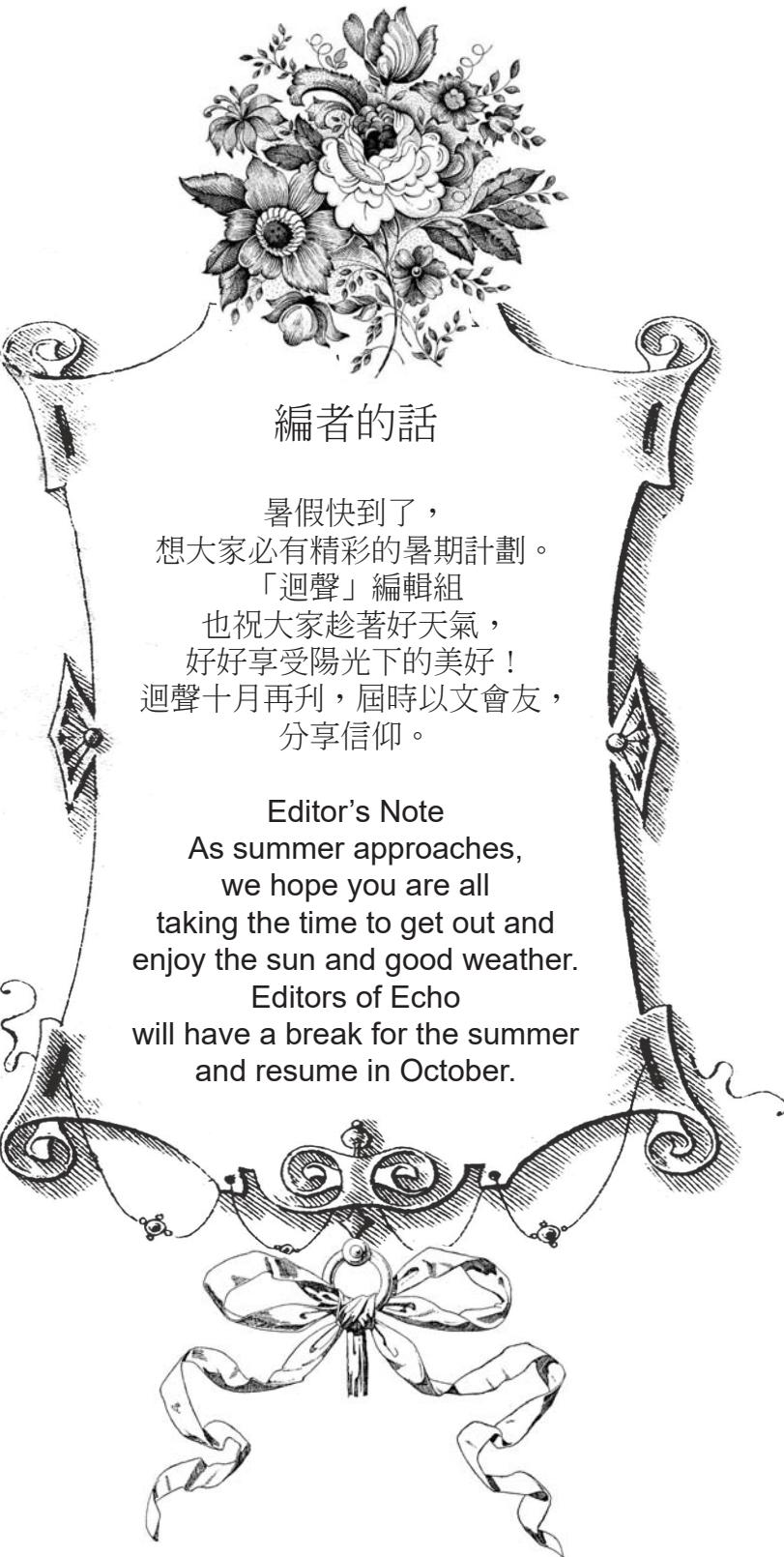
但今年端午節，有一款很特別的糉，只有在卡城永援聖母堂才可購到。這糉子是永援聖母牧靈關愛組為Together in Action (TIA) 簿款，特為應節而製作的愛心糉。

為響應陳修女的召集幫忙裹糉，十多位牧靈組成員及其他教友在上禮堂廚房忙過不停。有會員負責分配材料，其他的人負責裹糉，亦有新手在學習。師傅級的教友負責睇火、加水、計算每一鍋糉子的數量及所需的時間，各人真是忙過不停，這是包糉子三天的實況。事前幕後預備工作的教友，其功勞亦不少，因今次要製作580隻糉子，單是洗糉葉，也超過兩千多塊，策劃人陳修女要將每塊葉都洗擦得乾乾淨淨，洗完又要出水，務使消毒殺菌，才可使用來包糉。其他如浸豆、洗米、醃肉...等，全部都是要花上數天時間。當糉子熟了，另一班牧靈組成員幫助裝袋，分發給預購的教友們。

觀看各人的工作，令我感受到，只是一隻小小的糉子，內裏的餡料就好像陳修女和所有幫助包糉者的愛心和細心，而糉葉就像參與包糉子的牧靈組成員及教友的齊心和愛心。雖然是一隻小小的糉子，卻包含著大大的愛心和合作精神。

這隻糉子有豐富美味的食料，又衛生，沒有任何防腐劑，又有愛心，只有在永援聖母堂才可購到。

Josephine Kun



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