



OLPH 永援聖母堂 | olph@telus.net



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Reserved Sacramental Chapel

It is strongly recommended by the Canadian Conference of Catholic Bishops that the Eucharistic bread be reserved in a chapel, suited to private adoration and prayer, set apart from the main body of church. A room specifically designed and separate from the major worship space will help avoid any confusion between the celebration of the Eucharist and Eucharistic reservation for the purpose mentioned above.

Far from relegating the reserved sacrament to an unimportant place, a Eucharistic chapel, if properly designed and appointed, gives it proper reverence and attention. Its atmosphere should be simple and warm, and be able to support private adoration without distractions.

The chapel of reservation may also house statuary or other art forms, along with living plants and flowers.

Canadian Conference of Catholic Bishops

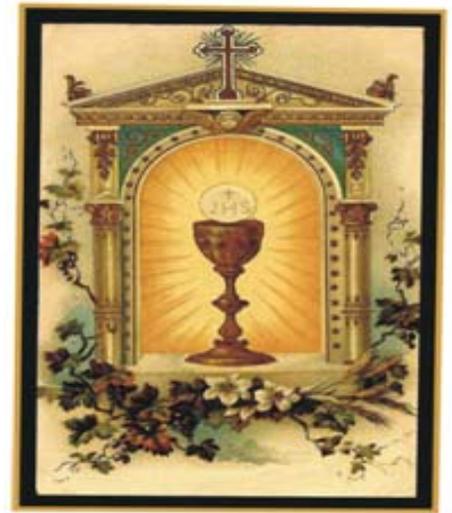


聖體小堂

加拿大天主教主教團非常推薦聖體櫃置於另一小堂內，聖體小堂跟聖堂大堂分隔，較為安寧、寧靜，便於信友個人朝拜聖體及祈禱；同時，也有助於避免混淆感恩禮中的聖體聖事及聖體保存。

聖體小堂不但沒有將聖體貶謫到不重要的地方，若設計及安排得當，實可給予聖體適當的尊重和關注。聖所的氣氛應該簡單溫馨，並且能夠幫助個人朝拜聖體及祈禱而不會分心。聖體小堂也可放聖像或其他藝術形式的聖物，配置植物及鮮花。

林偉良執事翻譯



聖體小堂

感謝天主！我們堂區的聖體小堂建成了！

由項目設計，向教區申請，搭建木框架，訂做鋼化玻璃及彩色玻璃膠片，到最後房間完成，共用了三星期的時間。這當中，當然不是事事順利，無風無浪；但那能平息風浪的天主，那萬軍的天主與我們同在，只要是承行天主旨意的事，還有何懼？只要全心仰賴上主，人只要盡力，難題真的一一解決了。

現在聖體小堂建成了！我不希望它只停留在一個外表漂亮的房間。12月16日亨利主教為堂區教友主持避靜，並祝聖小堂，聖體櫃隨後將被移到小堂；那時候，傳教組會邀請每個善會代表及會員，每天輪流到聖體小堂一小時，與聖體建立密切關係：聆聽天主，認識自己。同耶穌基督一齊，像瑪爾大一樣：“祈禱比工作重要，默觀的修道生活比忙碌的在俗世生活高超。”願我們能輕鬆的、靜靜的坐一個小時，享受祂的平安。這樣就是「朝拜聖體」。

傳教組也會準備一本根據彩色玻璃闡述耶穌的故事和救恩史的小冊子，教友們從聖體小堂內靜坐和默想觀看彩色玻璃，想主事，與主相近。

耶穌比喻自己是一個活水泉，湧出無數恩寵，給所有來到祂聖體面前的人，你願意加入這行列嗎？你願意使聖體小堂更添上生命的色彩嗎？

Fr. Joseph Nguyen 阮明聰神父



給新人：

主持了侄兒的婚禮後，從來賓口中，得知講道中有兩點，頗能共鳴，故記下，以饗讀者。

1. 人要離開父母，兩人成為一體（瑪19:5）

人從受孕到成長，都有不少經歷，或愉快或挑戰，都有助人身心靈的成長，不過，也可以帶有傷痕。故此，天主賜給了我們有自我痊癒的能力，也以他的聖言和聖事，甚至藉著教會和朋友醫治我們。最重要的，是我們要彼此醫治。天主為此更恩賜我們婚姻生活，使男女結合，互作補充。

不過，這是很奧秘的。天主說：人要離開父母，二人成為一體，亦即是說，人要感謝原生家庭的教養，也要從原生家庭的經驗，靠天主的助佑，逾越出來。無論原生家庭是多麼美好，或不太完美，都不可成為人將來生活的陰影；反過來，該是人成長過程的踏腳石，而不是絆腳石。

俗語說得好：「成家立室」做「新人」，亦即是說新人雙方，都要「斷奶」自立，好能進入人生新階段，建立新家庭，與丈夫或妻子一起，彼此建樹，在天主愛情力量的推動下，共同創造未來的幸福人生。

任何有助人了解和治癒自己及伴侶的一切，都要善用，不過，最重要的，是靠賴在十字架上愛我們到底的基督，所以個別和共同的祈禱與領受聖事，是必須的。

婚姻的祝福首先祝福男女雙方做「新人」，如同教會遇上基督，穿上基督，在基督內做新人。新婚夫婦就要用新人的態度，以新的眼光看自己，看伴侶，看家庭，造就彼此的新人生。

2. 兩人成為一體（瑪19:5）

要成為一體，就要有「兩人」。故此，肯定「兩人」才能「一體」。比方說：「新人」組織「新家庭」，也會有「新房」。「新房」的鑰匙，也是伴侶各持一把；這每人一把的鑰匙，象徵伴侶兩人都需要各有自由和空間；雙方都是獨立的個體，要學會掌握自己，而不操控對方。記得，這兩把鑰匙亦是給伴侶雙方進入同一道門、同一新房的；為組織同一家庭，邁向同一人生目標，無論「早出」或「晚歸」，都要互相溝通、默契；共同建立家庭時，要互相尊重各自的需要，並在接納彼此的長短時，互補長短。

在肯定「兩人」的需要時，更要發展和享受「一體」的親密、樂趣和幸福，包括身、心、靈的親密，即身體的親密，感情的親密，理性的親密，志趣的親密，休閒的親密，工作的親密……最重要的是靈性的親密：一起祈禱，研經，辦告解，參加彌撒，朝聖等等。

「一體」的親密，也不能代替人與「自己」的親密；能與「自己的身心靈」親密，才能保證「兩人」成為「一體」。

「兩人成為一體」是天主愛的牽動和撮合。

其實，以上所講的，不單適合「新人」，也適用於每一個人，無論已婚、獨身，同樣要與主結合成佳偶。每個人都從自己和對方身上，欣賞到天主愛的造就。

祝福大家：藉天主的愛，彼此相愛直到永遠！

羅國輝神父, 香港教區禮儀委員會主任



聖母玫瑰月 - 家庭玫瑰祈禱聚會

我們堂區每年在五月和十月都有舉辦家庭玫瑰祈禱聚會，參加的教友可向堂區報名和選擇適合的日期。神父，修女，執事和數位堂區善會代表或教友會帶同聖母像和耶穌聖心像到受訪者的家庭，大家一起唸玫瑰經和作個別的意向祈禱。

這是一個非常寶貴恭敬聖母和靈修的活動，正如耶穌曾說過：當我們兩個或三個人因祂的名字聚在一起，祂就會臨在我們中間。我們敬禮聖母，誦唸她喜愛的玫瑰經，我們的禱聲能藉著她的代禱上達天父；聖母像和耶穌像到訪也象徵著祂們的臨在，那是何等的喜悅呢！

我的家庭玫瑰祈禱安排在十月十八日，那天是聖路加的瞻禮。當晚大約有十人到我家，我們圍繞著聖母像和耶穌像，一起誦唸玫瑰經和耶穌聖心為家庭頌禱文。之後我邀請在座者提出個人的特別意向，同聲祈求上主俯聽，又唱了兩首讚美聖母的詩歌。最後由神父給我們祝福結束當晚的家庭玫瑰祈禱聚會。感謝上主，讓我們有一個愉快的晚上和感受到天父的愛。

我感謝聖母媽媽給我勇氣去接納她到我家；不要怕麻煩，不須要顧慮，只要我願意，讓天父住進我心中，生活中有如聖母與我同在，我又有何畏懼？

願主祝福你們！

Goretti H. 謝瑞清, 聖母軍團長



Bless Your Soul This Christmas

But what is a soul? My Sunday School students asked me.

Your soul is you. It is an open book. All can see it.

Every time you open your mouth and use words, you reveal part of your soul. People study souls to find out what's inside.

The clues are there to read. The eyes are one, they are the windows of the soul. The ears also, they observe what a soul listens to. And the feet, if you notice, reveal the direction a soul wants to go: to good or bad places. Do feet carry souls to church on the Sabbath, or to worldly events? What about the mind? What does it read and view? What is the love of its heart? And the hands of a soul? Does it take, or does it give? What about the face? It is the mirror of the soul. It reflects an honest soul, a suffering soul, a hard-working soul, an innocent soul, a worried soul, an indifferent soul on its countenance. Virtue is seen in the eyes and on the lines of a face. The face is an X-ray of the soul. It displays what is contained, a good and honest soul.

May God bless our soul this Christmas; we all go to church and worship the new born Christ!

Patrick Owens



Affirming my Faith following the footsteps of Jesus

My husband and I recently returned from a pilgrimage to the Holy Land. During those two weeks, we walked the footsteps of Jesus and I had a faith renewing and enlightenment experience. My eyes are opened and my ears are opened, just like the hymn Open My Eyes Lord. "Open my eyes, Lord, help me to see your face. Open my ears, Lord, help me to hear your voice". I like to share some of my thoughts with our parish community.

1. Sea of Galilee

Jesus started his ministry around the Sea of Galilee. At the Sea of Galilee, Jesus called his first disciples, Simon who was called Peter and Andrew his brother. Jesus said to them "Follow me, and I will make you fishers of people" (Matthew 4:19).

When our pilgrim group went on a forty minutes boat ride on the Sea of Galilee, I was in awe about the tranquility of the sea and what struck me most was the hazy sky over the sea. I could hardly see over to the other side; then suddenly my eyes and ears were opened.

I immediately recollected the gospel reading about Jesus walking on water and Peter thought he saw a ghost. "When the disciples saw Jesus walking on the sea, they were terrified saying "it is a ghost!" Jesus said "Take heart, it is I, do not be afraid" and then Jesus commanded Peter to walk on water, Peter began to sink and Jesus said, "You of little faith, why did you doubt?" (Matthew 4:22-33).

As I sat on the boat, the images of Peter walking on water came into my mind. What Jesus said to Peter applied to all of us. We have very little faith, most of the time we have doubts about

God. I have doubted God's plan. I have always forced and demanded God to listen to my plans and asked God to make my plans become His plans.

Father David Wathen, our tour guide and Holy Land pilgrimage spiritual leader, read the Gospel about how Jesus calmed the Storm, the disciples said "Lord, save us, we are perishing" and Jesus said "Why are you afraid, you of little faith?" (Matthew 8:25).

That day the sea was very calm and there was a light breeze, it is hard to imagine the stormy sea that Jesus calmed. But this is exactly what God had in mind, there will be storms amid the calm days. Our life may not be smooth sailing all the time and there will be stormy days, there will be days when we are just like Peter crying out to our Lord saying "save us Lord, for we are perishing" God, help me to open my eyes and ears to see your face and hear your voice.

2. Via Dolorosa - Way of the Cross

The most powerful experience occurred on November 13th, Monday. This was the day when we had an early mass at 7:15am at the Holy Tomb inside the Church of the Holy Sepulcher. The Holy Tomb is the last Station of the Cross (Station 14). Jesus laid in a tomb. The tomb site is divided into two parts, ante-room (outer room) and the inner room. We had Mass in the ante room (Chapel of the Angel). During the readings and the homily, we had the chance to go inside the inner room where the tomb was. When I was inside the tomb and placed my hand on the slab of rock - the tomb, I was speechless and so overcome with emotions that I forgot all the prayers that I wanted to say, so I



just blurted out and said “Thank you Jesus for dying for us”.

After Mass, we followed the Via Dolorosa (Way of the Cross) which was the route followed by Jesus from the Roman Judgement Hall to Mount Calvary. We began the Stations of the Cross at the Church of Flagellation (site of old Roman Judgement Hall). This Church was in the old Muslim quarter in the northeast corner of the old city of Jerusalem and the last station was inside the church of Holy Sepulcher in the Christian quarter of the old city of Jerusalem. Our pilgrim group had the chance to take turns to carry a large wooden cross. As we walked the Via Dolorosa, we sang “Jesus, remember me when you come into your kingdom.” At each station, we paused and say prayers. When it was my husband and my turn to carry the cross, I thought how painful and heavy it must be for Jesus to carry the cross because the road from the judgement hall to Mount Calvary was not easy. It was windy and tortuous, with many steep uphill and downhill sections. If I were to carry the cross in Jesus’ time, I would have fallen more than three times.

Reflecting on my experience in participating in the Way of the Cross, I realized that I am a person with very little faith. I need to touch and see before I can fully experience Jesus sufferings, death and resurrection. This Way of the Cross has helped me to connect to Jesus. Help me Lord, for I am weak in faith.

3. Afterthoughts

After this pilgrimage, I felt my faith has been renewed and regenerated. There is a new fire burning in my heart and I felt a need to share my new found faith and strength to others. Now

when I read the gospels about Jesus ministry, his entry to Jerusalem, his Passion, his Death and Resurrection, I can say to myself: I was there. My faith has been strengthened.

This is what Fr. David Wathen said in our last day of the pilgrimage, “May this pilgrimage strengthen our faith and bring peace to our home and may we go back home and talk about this pilgrimage and start the process of evangelization”.

Note: Fr. David Wathen is our tour guide in Israel, he is a very experienced pilgrimage spiritual leader. Fr. David Wathen resides at the Franciscan Monastery of the Holy Land in Washington D.C. The Franciscan Monastery is in the Brookland neighbourhood near the Catholic University and the Basilica of the National Shrine of the Immaculate Conception. Fr. David’s order is responsible for looking after the holy sites in the Holy Land. My husband and I are very blessed to have Fr. David Wathen as our spiritual leader during our Holy Land pilgrimage.

Betty Leung, Parish Pastoral Councillor





Being a Catholic Nurse

For those of you that I haven't had the chance to discuss my occupation with, I am currently a Registered Nurse working at the Foothills Hospital. Coming out of high school, I did not have a clue of what I wanted to be in the future, except that the medical field was where my interests belong. I went through the nursing program at the university and graduated in 2015, but I was still not fully convinced that my end goal for my career is to be a nurse. I am a person that loves to help others; whether it be with assignments during school, sending class notes or even helping friends share their burdens and troubles, so I figured that I would be in the right place to at least make a small difference in another person's life. After I started working in the hospital, I promptly realized that being a nurse is not an easy road as I had originally expected. Every day is filled with new challenges and obstacles to overcome.

One day, while dealing with a rather difficult patient, the magnitude of my job and its impact on my faith all became apparent to me. With the long shift hours and stressful workload, my colleagues and I had started to become very burnt out. Constantly coming in and out of that patient's room had worn us down. However, on that particular day, I looked past all my frustrations and preconceived notions to really see my patient for who they were. I saw a person that was scared, lonely, anxious and lost. I looked further into this patient's eyes and his soul, and realized that who I was really taking care of, was Jesus. It reminded me of the bible passage "...I was sick and you took care of me... Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me." I was truly touched and moved! From then on, no matter how frustrated, how tired and how beat down I felt, I remember what happened that day and keep on giving it my all.

What does it mean to be a Catholic in your every day life and carrying your faith into your occupation? Take some time this Advent season to reflect on your life and bring the light of your faith to those around you!

Jenny Lam, Echo Editor, YAG Member

Cubs Fall Camp

The OLPH300 Scout Group's Cubs division recently had a Fall Camp at Camp Evergreen on the weekend of November 11, 2017. As a parent of a cub scout and a beaver scout, I had the pleasure of attending the camp with my children and their OLPH300 Scouts family.

We arrived at Camp Evergreen on the morning of Saturday, November 11th and was immediately welcomed by a Camp Evergreen staff. We moved into our assigned cabins and met with rest of the Scout group for a quick orientation of what to expect during our stay. After the orientation, we split up into three groups and started a fun filled day of activities. We enjoyed archery, orienteering, bouldering, horseback riding, zip lining, low ropes, and much more. It was an amazing weekend!

The camp provided a good opportunity for those who attended to learn new skills or to

Youth Night Archery Tag in November

I attended the November's youth night event to the archery tag activity. The Youth Group first had dinner together at upper hall of the church. Then, we listened to a talk delivered by Tim Mok, a guest that we've invited to share his life experience. I was greatly inspired by his speech, listening to his experience of staying in Africa and what he had learned there.

Later on, we headed to our archery tag activity. Since it was my first time playing archery tag, it was a brand new and fun experience. I've only played archery by itself as an individual sport, so doing archery that are embedded in a team game was very interesting and enjoyable. Everyone got to play in teams most of the time, trying to eliminate the other team's members. Through the activity, I got closer with some youth members that I didn't talk much with before, as all the youths and YAGs were mixed together into two teams.

Through the one-hour session of archery tag, I also improved in terms of strategies in the game. For instance, working with my team and having different people to be mainly responsible for different roles such as: saving our members by shooting arrows at specific targets and



for different roles such as: saving our members by shooting arrows at specific targets and shooting arrows to eliminate the other teams' members.

Some of the games were also played individually. For instance, we got to choose whichever side (the area was separated into two sides) we wanted to play on whenever we want to during the game, to eliminate other players and protect ourselves. That game helped me to learn how to work individually and think of strategies to win the game against everyone else. Overall, I enjoyed the archery tag youth night event a lot not only did I get to have fun but I also got a chance to get to know other youths more too. I look forward to the next youth night event!

Sonia Wong, Youth Group



try something new. For me, this was the first time I tried archery and orienteering, and I am so happy that I was able to experience them for the first time with my children. I was also pleased to see the comradery between all the Cubs, Beavers, leaders and parents: they cheered and supported each other to help overcome fears, encouraged others to try some thing for the very first time and they worked together to complete challenges. Finally, everyone came together to help clean the dining hall and cabins when it was time to leave. I am grateful that my children could be a part of such a wonderful community. This is only possible because of the great group of leaders who volunteer their time and efforts to run the weekly meetings and organize such fantastic trips for the children and youths.

My heartfelt thanks to all the OLPH300 Scout Group leaders: your leadership, dedication and patience is much appreciated.

Jane Leung, Echo Editor, Cub Parent

The Echo 47

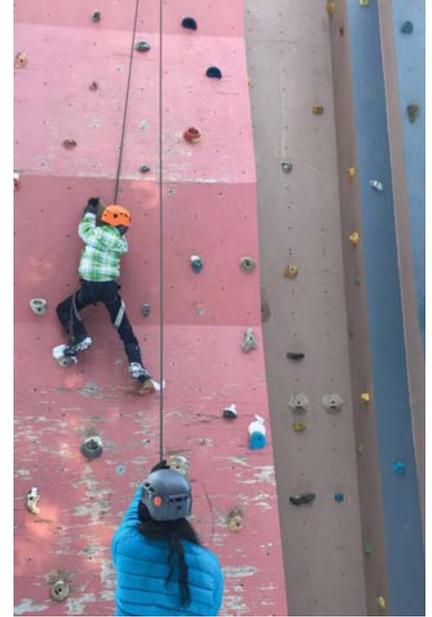
Camp Evergreen

For our Cub Fall Camp this year we chose to book Camp Evergreen to be our first exciting adventure. Looking back, it still feels fresh, especially the excitement all the kids showed. Everyone felt ecstatic even before we reached the camp.

Camp Evergreen was a great choice for our group as they had very engaging activities and all their staff members were very child-friendly and knowledgeable. The facilities were very tidy and well kept, and the feeling of being out in the great outdoors gave the children a sense of adventure and playfulness.

We had many activities, some of which included team building games, survival skills, archery, low & high ropes challenge courses, and horse rides. The activities tested character, challenged fears and inspired adventure in the kids. It was great to see all the kids develop, and I would like to share two of my favorite memories of these activities with you.

My first favorite memory was being able to see the children tackle the high ropes challenges course. Some kids were brave, some were terrified, and yet everyone stepped up to the challenge. It was very heartwarming to see these kids face this challenge despite their fears, and also to see them encourage each other when they were afraid. I think they grasped at a very important lesson in this activity. No matter what the challenge, the



important thing is to give it your best. You shouldn't fear failing, because you'll miss out on an exciting experience. When we challenge our fears, and step out of our comfort zones, we find new ways to grow. Growth is an awesome thing!

My second favorite memory was horseback riding. Personally for me, it would have been my second time being on a horse; the first time being when I was a lot smaller and a lot younger. Needless to say, when we were being assigned our "noble steeds" I found myself being a part of the newbies with some of the lesser experienced Cubs. What a humbling experience! Aside from my humorous fate, the part that made this experience so amazing was that we were able to bond with our horses, our people, and nature itself. Being able to ride our horses on the trails to the woods connected us to nature. It awakened our five senses; the smell of pine, the sound of hooves clacking, the taste of the cold fall air, the feeling of control in the horses reins, and the sight of the beauty in God's creation all around us. This experience was definitely one of the most unique and memorable.

Overall, I believe that our time in Camp Evergreen has given us amazing memories and adventures. Our Cubs group definitely bonded closer together, and I can't wait to see what our next adventure will show us!

Keith Leung, Cub Scouter 300 OLP Scout Group, YAG member





形哀矜

上星期彌撒中聽到瑪竇福音25:31-46，令我記起兩年前探訪過的意大利那不勒斯小聖堂 Pio Monte della Misericordia，此聖堂體積不大，但有攝人心魄的魅力。祭台前掛了一幅名為 The Seven Works of Mercy 的大油畫，作者Caravaggio 以一畫包含了形哀矜七種行為及相關的聖經故事。

饑者食之，探望囚者：

畫中的右邊有女人為監獄中老人哺乳；這是引用了羅馬時代的故事，父親被判禁食之刑，女兒每天到獄中探望，並以乳汁餵哺挨餓的父親。

埋葬亡者：

女人後面有一工人埋葬死者。

裸者衣之，照顧病人：

畫之前方有赤裸及行動不便的乞丐得到聖馬爾定的照顧及半件衣袍。

收留旅人：

聖馬爾定旁有朝聖者向旅館主人詢問住宿。

渴者飲之：

朝聖者旁有三松喝水以解口渴。

能將複雜概念融滙在一幅畫中，作者的功力當然是非同凡響。但再想，耶穌以形哀矜教導門徒，並囑咐：『凡你們對我這些最小兄弟中的一個所做的，就是對我做的。』（瑪25:40）那是很清楚說明要我們對受苦或身陷困境者行愛德。這些善行天主會一一紀錄，在公審判時，義人將進入永生。

將臨期給我們一個反省及行善的好機會；以愛德的行為，扶助弱小及受困苦的人，在「最小者」身上與耶穌相遇及聯繫。在公審判時，加入耶穌右邊的一群，承受天主的國度，得享永生。『我父所祝福的，你們來罷！承受自創世以來的國度罷！』（瑪25:34）

Teresa Tsui



痛苦聖母

看到愛子背着沉重的十字架，且血流滿面，蹣跚地一步一步往受死時，身為母親的聖母內心當然如刀割，我想到這情景雙眼含淚紅了起來。耶穌基督乃由聖母瑪利亞孕育生產出來，母子血肉是相連，此情此景的母親悲痛是十分理解，到了髑髏山站在耶穌基督受刑的十字架下，眼看着愛子受苦近死亡，母親的痛楚不為外人所道，想到這階段我也為聖母難過。耶穌基督死後聖母抱着自己的骨肉痛苦萬分，我也感受到。耶穌基督最後經包裹放在墓穴內，這一刻我感覺聖母非常痛苦地與自己骨肉離別。

這是在網站看到聖心插着七把短劍的聖母七苦聖像所默想的過程。教會鼓勵平信徒多些默想聖母所受的痛苦，在中世紀就定下聖母七苦瞻禮，後來認為聖母一些痛苦是與耶穌基督同受，不必多提，祇集中耶穌基督受苦難聖死令聖母受苦痛，改為痛苦聖母瞻禮。

Tony Wong



怡姐

怡姐是我在幼兒園工作時，認識的其中一位姐姐，姐姐負責園內的煮食和清潔。小朋友們一整天都留在園內，所以姐姐的工作好繁重而且辛苦。她們輪流擔任不同的工作。老師們都好喜歡怡姐做正廚，到中午午膳時，都期待她煮的餸菜，她真是好有心機去煮每一度菜，包括成人的及兒童的。而且她是好有義氣的人，任何事找她，都會做得妥妥當當，包括園內及園外的事。

原來怡姐年幼時，父親非常嗜酒，酒後常打她的弟妹，因怡姐要煮飯和做家務，而不用受皮肉之苦。在她五歲時，媽媽生最小的妹妹，因留血過多而留院，兩位聖德肋撒的修女得知她家中還有幾位幼兒要人照顧，便常帶食物給她們，又帶去聖堂，當時頭上要披上白紗，她感覺是神聖的，但長大了出外工作，便忘記了這一切。

怡姐的奶奶初期是拜神的，一次病重住進鏡湖醫院，修女們向她傳道，替她受洗，洗禮後，竟奇蹟地康復起來。所以她婚後便同家人一同去望彌撒，但後來丈夫不忍早上叫醒兒女，亦不想強迫，最後，只有怡姐和最小的女兒去。所以，小女兒好有信德，甚至找工作都求天父指引她。

怡姐妹妹早年患上癌症，她好勤力的和妹妹一同唸玫瑰經，但妹妹始終死了。她開始信心不定，懷疑天主有否聽她禱告。小女兒告訴她，天主不是黃大仙有求必應；不是有求就要得，順你意就信祂，不給你便不信。信就是要信，一切都要交給祂，想想看，便覺合理，天主或者祂的安排，就求天主看顧著她，帶領她。怡姐的丈夫年紀大她很多，又是獨子，大女兒出世後，奶奶老來得孫，有些縱容。大女在中一時，性格非常反叛，認識了屋邨內的飛仔，時常逃學，後更離家出走。她只好祈求天主看顧著女兒，不要行差踏錯，帶她行條正確的路。女兒沒有作任何壞事，亦去找工作生活，當然沒有讀書，但每次與她談起女兒，她都眼紅紅的。後來女兒回家，她好感謝天主，又覺得天主不是不理她的。近年這女兒患上憂鬱症，搬上大陸居住，每星期怡姐都帶食物給她，女兒向她說，若不是有父母，早就尋死了，試問做父母的聽了，是何等的傷心？她亦不斷祈禱，慢慢地憂鬱症也有好轉；但轉個頭，又患了癌症，且是第四期了。初時聽了這消息，感到

好難受，好辛苦。但近來覺得天主給了她好大的信心，告訴她女兒會沒事的，不用驚惶，忽然間覺得放開了很多，也輕鬆很好多。

近年丈夫患了老人失智症，兒子的婚姻亦出了問題，要幫照顧孫兒。憑她簡單的相信，不斷的祈禱，每星期五都會參加粵曲班，星期天去望彌撒。怡姐受教育不多，但從沒怨言，只為家出力，是家中的靈魂。有小女兒的互相鼓勵，她們的信德日漸堅強，換了別人，也未必能承受這麼多的困境，但七十歲的她仍是開開心的生活。

在我幼兒工作的生涯中，最開心是與怡姐共事的時刻，當時這幼兒園規模頗小，自然工作人員也不多，所以大家關係很好，也很親近，更有幸認識怡姐。

記得第一個兒子出生時，我甚麼也不懂，怡姐從石蔭邨帶著紅色的大膠盆，老遠的來到屯門，教我如何替初生嬰兒沖涼。移民後，每次回港都找她，有一次電話打不通，便姑且上門去找她，原來女兒受騷擾更換了電話號碼，慶幸能重遇她，不想失去她這樣的一位朋友。亦有一次，回港參加一位神父的晉鐸三十五週年紀念彌撒，竟然在這個場合看見她，好開心。

怡姐，你好叻呀。每晚我都會為你祈禱，期望天主看顧你及你的家人，求主增加你的信德，賜你每天開開心心。這幾年裏，見你的身形縮了一個碼，想你必為這個家付出很多，你要好好保重呀！主佑！

「你們甚麼也不要掛慮，只在一切事上，以懇求和祈禱，懷著感謝之心，向天主呈上你們的請求；這樣，天主那超乎各種意思的平安，必要在基督耶穌內固守你們的心思念慮。」斐四：6-7

後記：
寫好初稿後，給怡姐看看有何修改。她不停地說：「寫得我咁好，我那有這麼好啊？我信德好薄弱呀！」怡姐，你只顧做，你自己不知道的了。其實，你已做了好多人守護天使，加油呀！這是天主最喜歡看見的，我們在異地一起祈禱吧，求主祝福我們友誼長存。

Emily Chan, Echo Editor

2017 聖堂大事回顧

1月28日(星期六)大年初一
大年初一早上九時舉行農曆新年中文求恩彌撒

2月4日(星期六)
新春團拜晚宴

2月20日(星期一)
青少年團到Nakiska舉行家庭滑雪同樂日

3月18日(星期六)
青少年團及大專青年團於FCJ Centre舉行四旬期避靜

3月26日(星期日)
公教家庭贊助早餐交流會及電影欣賞《原來活得很精彩》

4月9日聖枝主日
騎士會主辦天上善糧活動，午餐後播放電影《受難曲》

4月23日(星期日)
牧靈關愛組泡製蛋黃咸肉粽，蓮蓉鹼水粽及芋蝦，為2017年教區公益金(TIA)義賣籌款。

5月聖母月
阮神父、陳修女及牧靈關愛組的成員帶著耶穌聖心像和聖母像到訪教友家庭。

5月7日(星期日)
公教童軍組織捐贈衣物慈善活動，收集的衣物捐贈 "Women In Need Society"

5月14日(星期日)
母親節主日學售賣玫瑰花

6月4日(星期日)
牧靈關愛組贊助早餐交流會及電影欣賞《天堂奇癒記》

6月17日(星期六)
卡城鮑思高同學會舉辦15週年晚會，並邀請蘇志超神父由香港蒞臨卡城共慶。

6月18日(星期日)
牧靈關愛組贊助父親節TIA燒烤同樂日

7月16日(星期日)
堂區停車場舉行牛仔節早餐，包括班戟，炒蛋，薯仔和香腸。

8月12日(星期六)
慶祝聖母升天及花地瑪聖母顯現一百週年，四時三十分誦念玫瑰經，五時彌撒聖祭及聖母像出遊，禮儀後將有戶外燒烤(BBQ)。

9月13日(星期三)
香港榮休主教陳日君樞機蒞臨本堂，下午三時三十分奉獻彌撒，五時講座，晚上六時三十分在上禮堂晚宴。

9月24日(星期日)
聖母會贊助早餐交流會及電影欣賞《平民教宗方濟各》

10月玫瑰聖母月
阮神父、堂區牧民議會及堂區善會代表，帶同耶穌聖心像和聖母像探訪教友家庭，一同誦唸玫瑰經。

10月22日(星期日)
From Everlasting to Everlasting He is God Concert，由Perpetual Harmony 合唱團、青年合唱團及卡城聖樂團團員共60人攜手舉辦讚美詩歌音樂會。

10月29日(星期日)
堂區牧民議會週年大會，並宣布新一屆牧民議會委員。

11月11日(星期六)
阮神父及牧靈關愛組成員往墓地為已亡麥神父及教友祈禱

11月11日(星期六)
松柏軒十九週年紀念晚宴，於上禮堂筵開十二席。

11月19日(星期日)
主日學及青年會向教友收集零錢，製作三文治捐贈卡加里收容中心。

12月9日(星期六)
青年/大專青年於FCJ Centre舉行將臨期避靜

12月16日(星期六)
亨利主教主持將臨期避靜，並祝聖聖體小堂及擴建洗手間。

12月24日
聖誕話劇

12月31日
神父廚房聚餐

跨越禮儀年的福音

慶祝基督普世君王節後，就是將臨期第一主日，聖教會禮儀年從甲年跨越到乙年。



基督普世君王節甲年的福音讀經是瑪竇福音第25章31-46節：人子要坐在光榮的寶座上，把義人和惡人分開，君王要對那些

在祂右邊的義人說：「凡你們對我這些最小兄弟中的一個所做的，就是對我做的。」然後祂又對那些在祂左邊的說：「可咒罵的，凡你們沒有給這些最小中的一個做的，便是沒有給我做。這些惡人要進入永罰，而那些義人卻要進入永生。」

乙年禮儀年開始是將臨期第一主日，讀經是馬爾谷福音第13章33-37節：「你們要醒寤，因為你們不知道，家主什麼時候回來；我對你們說的，我也對眾人說：你們要醒寤！」

從禮儀年甲年的瑪竇福音到乙年的馬爾谷福音，耶穌基督教誨我們義人和惡人的分別，和君王要光榮再來審判我們，這時刻不是“時間線”上將來的一個日子，而是當下的每一刻，這時刻我們都要醒寤！

梵蒂岡第二次大公會議之後，聖教會編訂禮儀年三年一個循環的福音讀經，甲年以瑪竇福音為主，乙年以馬爾谷福音為主，丙年以路加福音為主，若望福音在重大的時期和節日誦讀。福音前第一篇讀經選自與福音主題有關聯的舊約章節，第二篇讀經選自新約，這樣讓我們有機會讀遍聖經新舊約全書的重要書本。這是我粗略的描述，當然聖教會有周詳的編排讓我們能在彌撒聖祭中吸取聖言、堅定信仰和聖化生活。在此，向上主祈求，讓我們善度每個禮儀年，勤於聆聽聖言，以聖言指導生活，讓生活見證聖言。

John So, Pastoral Care Team



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

