



淺談聖母軍的精神

今年是我加入聖母軍，作為工作團員 (active member) 的第十個年頭。這些年來透過聖母軍的週會，工作和靈修活動，給我帶來豐富的靈性增長和恩寵，實是感恩。

信德是需要培育的，首先是要有發自內心的皈依，承認自己的不足和不是，去探討及加深認識主的教誨，做好自己，活出身為天主子女的言行，以彰顯天主的愛德。聖母軍的精神是「成聖自己，聖化他人」，「常為人靈服務」，「祈禱與工作並進」，而我們的工作是由聖母帶領着。當我做探訪或其他牧靈的工作時，我會預備心神，呼求聖母帶領，以我為上主的工具，去做愛主愛人的善功，成就歸於天主。以下是聖母軍“軍券”上後段的經文：

“主！求賜在聖母旗幟下服務的我們，能一心信從祢，並信賴聖母征服世俗。求賜我們充滿愛德的信心，使我們一切的行為，都以愛祢為動機，在我們鄰人身上看見祢，侍奉你。求賜我們堅定不移的信心，作為我們生活中苦難的支柱。求賜我們勇毅的信心，樹立天主的偉業，拯救他人的靈魂。求賜我們團員已火般的信心，到處燃起天主的愛火，光照在黑暗及死亡陰影中的人們，增強冷淡人們的愛心，恢復罪人們的生命。使這信心領導我們，登上和平的大道。使我們在生命的戰鬥結束之後，一個團員也不失散，而同在祢愛情和光榮的王國中聚首。亞孟。”



我們不奢求做我們做不來的大事，只求用愛心做我們能勝任的小事，更何況有聖母替我們導航呢！如果你們對聖母軍的工作有興趣加深認識，歡迎抽空來參加我們的週會，開會時間可見每期堂區通訊。

我靈讚頌主

第一次接觸「我靈讚頌主」(iBreviarium)這個應用程式(Apps)，應該是在2014年參加聖保祿之旅朝聖之前。當我們下載了應用程式在手機後，於朝聖旅途中，參與彌撒、晨禱和晚禱時，只要打開手機的應用程式便可以找到所需的經文，真的很方便。

從那時起，我慢慢將「我靈讚頌主」的內容加入我的信仰生活中。最初，我只是用當中「反省」那部份。我們這些生活忙碌的都市人，很難靜下來閱讀聖經和反思自己的信仰生活。自從發現在「反省」中，每天都放入當天彌撒用的福音經文及一短精簡的反思後，每天我會盡量抽出五至十分鐘去閱讀，為我這些看似很繁忙的教友，總算有少少心靈的洗滌。

大概在一年前，我開始嘗試使用「我靈讚頌主」內的「晨禱」和「晚禱」，和天主作進一步的溝通。我很喜歡「晨禱」和「晚禱」的內容，當中的讚美詩、聖詠和對經都是很美麗的字句，亦說出天主對我們的愛。跟著是讚主曲和禱詞，提醒我們的欠缺、不足，一切都要求主賞賜。如果沒有太多的時間，我會改用在「與主密談」中的「常用經文」，再到「日用經文」裡用「早晨祈禱」或「寢前祈禱」作一個簡短的禱告。在新的一



精神更叫我敬佩。

此外，若我出外旅行的時候，每天早禱後，我會多唸一篇「求旅途平安」的禱文，以求在路途上天主與我同在。遇上自己、家人和朋友的生日，會唸一篇「生日禱文」，求在未來的歲月裡天主能繼續保護和引領我們。在結婚週年紀念的日子，亦會唸「婚慶禱文」以感謝天主賜我們一段美好的婚姻。還有，耶穌聖心禱文、九日敬禮的禱文、苦路善工、修和聖事及思高新、舊約聖經等等，都是一些很好和很有用的材料，只要我們好好利用，都能帶我們去親近天主。

以一顆感恩的心，感謝天主給我今天的生命，並祈求天主可以帶領我這一天；在一天的結束時，祈求天主可以寬恕我今天的過犯，並讓我一夜安眠。

有時間的話，我也喜歡閱讀「聖人」的介紹，聖人的言行當然藉得我去學習；他(她)們為愛主、為傳揚福音甘願受各種困苦，甚至勇敢地為主而殉道的

港澳台行雜談

Josephine Li

去年十月底從香港飛往台北作自由行，我和內子每天在市內到處瀏覽，多次品嚐一間著名食肆的小籠包，但每天不忘到聖家堂望彌撒，也來探訪幾位神長。年前經介紹見過陳建仁副總統伉儷，有一天，他與夫人同來望彌撒，他們很熱情地打招呼，很友善地停下來與我們拍照，原來副總統夫人天天都望彌撒的。她與夫婿竭見教宗方濟各時，穿上黑色套裝，帶上黑頭紗，這些都是傳統竭見教宗的服飾，我是十分欣賞的。我們也探訪寶血女修會，郝院長還留我們與幾位修女共進午餐呢。

我最細的妹妹也從美國聖地牙哥返港，我們姐弟妹一行六人往澳門兩天遊，這是純粹觀光，並尋找正宗的葡國餐。我們翌日早上往主教座堂望彌撒，很幸運當天是澳門李斌生主教主持聖祭，彌撒後他雖然很忙碌，也着我們稍候拍照留念，他對待素未謀面的我們如此友善，使眾姐弟妹如沐春風。

我們在九龍區住的一個月，每天都乘巴士往聖德肋撒堂望彌撒，最近在議會樓內建了一所聖體小堂，明供聖體，每日開放讓信徒祈禱。後來回到卡城，永援聖母堂也新建了差不多形式的聖

我讀創世紀

創世紀第一章：1-5, 14-18

在起初天主創造了天地。大地還是混沌空虛，深淵上還是一團黑暗，天主的神在水面上運行。天主說：「有光！」就有了光。

天主見光好，就將光與黑暗分開。天主稱光為「晝」，稱黑暗為「夜」。…… 天主說：「在天空中要有光體，以分別晝夜，作為規定時節和年月日的記號。要在天空中放光，照耀大地！」事就這樣成了。

天主於是造了兩個大光體：較大的控制白天，較小的控制黑夜，並造了星宿。天主將星宿擺列在天空，照耀大地，控制晝夜，分別明與暗。天主看了認為好。

我們讀過多少次這創世紀的章節，如果以天文學的知識或科學家的理論來審視，心中會問：「科學家相信有神嗎？我們相信天主的存在嗎？」

科學家霍金的著作「時間簡史」- 論述宇宙的形成，他的理論不需要有神的存在，一生還追求一個「萬有理論」(Theory Of Everything)，最終沒有成功。他的自信，信自己的知識，是不相信有神。

科學家愛因斯坦有著名的相對論和物理學知識的貢獻，他追尋宇宙的奧秘時，驚嘆自然定律的和諧所顯示的智能(智慧和能力)，遠遠超越人類一切系統性的思維。他追求真理過程中，能坦然做覺有神的存在。愛因斯坦的做覺令我思考過什麼是有限的知識和天主的無限。

創世紀天主說天空中要有光體，以分別晝夜，作為規定時節和年月日的記號；我們觀察年月日的現象，一年是我們見到太陽(較大光體)的四季時節一循環，一月是月亮(較小光體)圓缺的一週期，一日是看到日出日落的循環。我們定的年月日是一年有十二個月，一個月(陰曆的月)有29天或30天，一年有365日。但這些都不是年月日的絕對常數，陰曆的年有時要加上第十三個月(閏月)，也會一年有366日，反映知識的有限。花無常開，月不常圓，陰晴無定，人有悲歡離合，我們能否放開自己的偏私意願，敞開心靈去連接天主？

讓我們祈禱：永生天主，你是無限仁慈，你慈愛的寶庫取之不竭，求你垂顧我們，使我們在困苦中不致沮喪絕望，而能以莫大信心，承行你的旨意。

John So, 牧靈關愛組

體小堂，真是難得，此後我們可以有一個靜修祈禱的地方，希望主內的弟兄姊妹多些利用小堂，與耶穌基督相遇，向祂盡訴心中情。

回說在香港其他活動，今年是花地瑪聖母顯靈一百周年，我們參加進教之祐堂教友往長洲花地瑪聖母朝聖。我是十分喜愛海產，這次到長洲，與親友來了數次並品嚐多種海產，而每次我們都會到花地瑪聖母堂祈禱，敬禮聖母是我最賞心樂事的。

我們曾探訪幾位認識的高齡神長，當中要提的一位是我母校前校監，也曾是我的老師，他今年三月就九十高齡，曾經歷數個大小手術，身體較弱，並靠心臟起搏器過活。在上世紀五十年代初，他從愛爾蘭經英格蘭坐船到香港，他德高望重，校方各項目需籌款，只要他振臂一呼，就有數千舊生響應，六十多年為母校貢獻良多，他是狄恒神父FR. ALFRED DEIGNAN SJ。2019年是母校創校一百年，預料有很多大型活動，祈求上主眷顧他，使他健康長壽，可以見證母校進入第二個新紀元。

Tony Wong

When I was an Immigrant Our Lady of Perpetual Help welcomed me

I arrived in Canada in mid-September 1965. I was a rustic adolescent then, never having used a phone, nor traveled on a plane, nor ridden in an elevator--all alone in a big North American city. It was cultural shock from the start, with no one to guide me or offer a welcome.

A correction. In Montreal, as I stood waiting to clear customs, somewhat bewildered by my new urban surroundings, I was surprised to see a young woman walk up to me and say, "Welcome to Canada." She gave me a folded card with a colored picture of Our Lady of Perpetual Help on its face. Inside were listed places where immigrants could stay in cities across Canada. I was bound for Toronto. But I treasured the picture. I was delighted to receive it. Where did this person come from and how did she know I was Catholic? And why did she give me this picture of Our Lady of Perpetual Help? She vanished as quickly as she came. I read on the back, Catholic Women's League of Canada. So, the immigrant farm boy was given a welcome to Canada by Our Lady of Perpetual Help. Her picture was in my hand, put there by a kind stranger. Later, I discovered that I had boarded my ship, the Franconia, on September 8 which is the Nativity of the Blessed Virgin Mary, and that I reached the city of my destination, Toronto, on September 15, feast of Our Lady of Sorrows. The picture I still have to this day. It is in my archives. And I credit that same Mother with the multitude of blessings that have descended upon me since the day I came to this magnificent land of Canada.

On the first night of my six-day voyage, I knelt to pray by the side of my bunk bed. As I knelt there, a powerful thought presented itself to me. It was like a question from on High, "Now that you are cut loose from your parents and homeland, will you still be faithful to Me?" And I recall pledging myself firmly and fervently to be

faithful to God and my Faith, received during my nineteen years in the land of saints and scholars - a title then proudly claimed by the people of Ireland.

I finished my prayers and went to bed. The Franconia ploughed on westwards. I had just made a pledge to my Creator, the One who ruled the seas around me, and the other wonders I would encounter in the land I was heading for.

I was now in Montreal waiting for a train. It was a Canadian National passenger train. It travelled overnight for another three hundred and thirty miles inland to another big city on the north shore of Lake Ontario. When we came to a halt at Union Station in the heart of Toronto, I felt very remote from the green pasturelands of home. I had arrived in a new world where my promise of loyalty to God, made on the waves of the sea, would be put to the test many times—as often as the snowflakes that fall on the land of Canada. Would my pledge endure? That depended on my own Freewill—the gift that makes us winners or losers forever. The losers just throw away the instructions. The winners keep them and studied them carefully.

Many years later I was invited by Deacon John Wu to be janitor at Our Lady of Perpetual Help Parish. I jumped at the offer. Because I never forgot the mysterious welcome Our Lady of Perpetual Help had given me many years before, after I just arrived in Canada.

Patrick Owens.



老人院當義工之雜感

Margaret九十一歲了，每個星期四都從自己所住的老人院推著步行輔助器來到Aspen Lodge參與彌撒，近年身體轉差，來到時已氣喘至不能說話；但她仍堅持讀經，她想在還有少少力氣時，盡能力侍奉天主。最近一次，她只能站在自己坐位，一手扶著椅背，另一手拿著聖經誦讀。原來她的身體內有個動脈瘤，由於年紀太大，醫生也不贊成動大手術。而動脈瘤，就像一個計時炸彈，隨時會破裂，奪去生命。

每次彌撒後，她都告訴我們，下星期可能不能來，或許是最後一次了，但她仍是開開心心的離開。有一天，她的樣子很哀傷、落寞，原來她六十多歲的小兒子前幾天去世，她每遇見人，都告知兒子噩耗，可想而知她的心是極之放不下，時刻都想著這心愛的小兒子；她萬萬想不到，兒子會比自己行快一步，白頭人送黑頭人是最痛的，看見她也覺心酸，今天她就帶著哀傷離開。

全能的天主，求你撫慰所有亡者的家人，因倚靠著你，而更有勇氣的活下去，並教曉我們珍惜眼前人。

A.A. Milne曾說：「如果還有明天，而當我們不在一起，你必須始終記住，你比你自己的勇敢，比你自己的以為的更強，比你想像的更聰明，但最重要的是，即使我們分開的時候...我會永遠和你在一起。」

這天行至老人院門口，一輛的士停在我面前，John從的士行出來，手中拿著一束白色玫瑰花，一拐一拐的進入老人院。他每星期三都搭車來陪伴坐在輪椅的太太參與彌撒，有時他會輕輕地掃太太的背，又輕聲地問她的需要，接了聖體後又餵她飲水，他的注意力都集中在太太身上，看得出他們好恩愛；而義工們都羨慕不已，彌撒後亦陪她坐在小餐廳內享受午餐。最近太太去世了，他帶束玫瑰來在彌撒中獻給太太，在整個彌撒過程中，他都帶著黑眼鏡，或許他的雙眼已哭至紅腫，不願被人看見，好難得的一對恩愛夫妻！弗5:21-33「你們作妻子的，應當服從丈夫，如同服從主一樣...作丈夫的也愛自己的妻子，如同愛自己的身體一樣...因為從來沒有人恨過自己的肉身，反而培養撫育它...你們應當各愛自己的妻子，就如愛自己一樣，至於妻子，應當敬重自己的丈夫。」



某主持人問：「你覺得老公有缺點嗎？」老太太答道：「多如天上繁星，數都數不清。」主持人又問：「你老公優點多嗎？」老太太說：「很少！少的就像天上的太陽！」主持人問：「那你為甚麼可以與他結褵半世紀又如此恩愛？」老太太說：「因為太陽一出來，星星就看不見。」.....獻給天下的夫妻。

Mary很老了，手腳又不靈光，扶著輔助步行器又行得好慢，頭腦又不清醒，時常告訴我們捐八十元去聖堂。這天她坐在我旁邊，她的另一邊坐著另一位老太太，我不知她們說了些甚麼，只見Mary伸手入老太太背內幫她搔癢，搔完後又問她好些嗎？舒服嗎？哈哈，我看見也覺好笑，Mary年紀比這老太還大，手腳亦不靈活。使我記起一句說話：每個人都可以成為另一個人的天使，只要你願意。

今天來了一位新的院友參加彌撒，在禮儀中，林執事跪下的時候，這位院友亦立即雙膝跪著，義工們隨即走到他身旁，跪完後他想站起來，但因雙膝沒力，而放軟地差些跌倒在地上，幸好義工在旁扶著了他，否則後果不堪。看見他，我不禁汗顏，自己比他年輕，又行得，有時卻抱怨在彌撒中站得太多太久，真要多多向他學習。

全能的天主，感謝你，使我能在生命中，遇上這麼多好棒的人，讓我時刻提醒自己，好好地跟著你的聖言來生活，在未來的歲月裏，求你加強我的愛德、信德和望德。亞孟。

Emily Chan, Echo Editors



On my Way to St. Dominic's Church in Shibuya, Tokyo

Near the end of October, I took a trip to Hong Kong, Japan, and Taiwan. My family and friends often ask me, what was the highlight of your trip? Often times, when people are asked about their travels, they might say the food, or the sites they have been to. However, for me, it was the adventure in finding God's House in the busy and jammed packed city of Tokyo. This is my 2nd visit to Tokyo and unlike last time where I was with a tour group, I got a chance to really experience the friendly and fun culture of the Japan. It was truly a blessing to be able to spend one of my Sundays of my trip in Tokyo, so I knew it meant that I had to find a church to attend my Sunday mass. After all, there is no time more important than the time spent with our Lord. Since I knew I was in the Shibuya area of Tokyo, I found a church that held mass celebrations in full Japanese. Unfortunately, I do not know very much Japanese besides the basic phrases I learned back in my University years. Much of it sounds like "mumble jumble" to me. Similar to what most travelers would do when trying to find a new place, I used the Google Map app trying to navigate in a foreign place. However, with my limited Japanese and the pouring rain, it made finding St. Dominic's Church quite an adventure...

As I left the Shibuya train station and stepped out onto the streets, heavy rain began to pour. One of the station officers was at the exit and I quickly showed him my cellphone with the map hoping he could direct me to the right direction towards the church. Although the station officer was very kind and took time to explain to me how to get there, all I could really understand was "...yellow building..." I thanked the station officer and headed towards the yellow building across the bridge and headed left since the station officer had pointed that way. I wandered in the inner streets, but I could not find St. Dominic's Church. As I kept confusingly wandering about, I saw a kind lady that was setting up her restaurant for the day. I greeted her and showed her my cellphone map. However, she kindly told me in very simple Japanese that she was not sure where the church was. I felt disappointed but thanked her and went on my way. A part of me wanted to give up and head back to the station where my friend was waiting. However, another part of me kept saying, you must go to church! Therefore, I decided to continue trying to find the church. As I wandered out of the inner streets, I came across another exit of the Shibuya station.



In the station was a young lady who was also a station officer. Seeing how I looked very lost and drenched with rain she quickly offered to help me. I showed her once again the map on my cellphone in which she looked at for a very long time. I thought that she was also going to give me a disappointing answer. However, just as I was about to leave, she pulled out 2 big maps with photos of landmarks and explained to me in very simple English that I had to cross a bridge! I thanked her and went on my way. It turns out that I had to



Sunday School

cross a bridge! I thanked her and went on my way. It turns out that I had to take an elevator up towards this pedestrian bridge to get to the other side of Shibuya in order to find the church.

As I continued to walk in the rain, the map app on my cellphone kept telling me I was 5 minutes away from the church. My heart raced and I felt so excited knowing that I was almost at God's house. However, for some reason, a lot of the narrow inner streets in Tokyo seemed confusing and similar to me. I felt worried that I wasn't able to get to mass on time. I looked at my watch and I had exactly 10 minutes before the start of mass, yet I still didn't really know if I was going the right way. I quickly prayed in my heart to God and asked him to continue to be my compass and lead me to his house. As I prayed and continued to wander I noticed there were 2 women from afar walking straight towards the end of the street. I had a strong feeling those women were probably heading to church, so I took a chance and followed them. I followed them for about 5 minutes and as they turned left onto another street—VOILA! There was St. Dominic's Church! I felt so blessed that I made it to mass on time.

Although I understand maybe 0.01% of Japanese, I was so glad that no matter where you are in the world, the format of the Catholic mass celebration never changes. Being able to listen to the hymns and prayers in Japanese was definitely a fresh experience for me. I also learned a very important lesson through this adventure. God never promised us that we would get what we wanted the easy way. Although trying to find the church was full of confusion, heavy rain, and slippery roads, God never left me alone. We may not notice but he will always send us angels along the way to help us to get where we need to be. Now that it is Lent, become that angel that will help others get closer to Jesus. Look too for those angels among us and don't forget to thank them for the love and kindness they have shared with us!

Peggy Yip, Echo Editor, YAG Member

Volunteering with Sunday School has been a significant part of my life. After completing my sacraments, I was encouraged to continue my faith journey with the church. Instead of joining the Youth Group and continuing with my peers, I decided to spend my time serving the church through Sunday School. At the age of 13, I was no longer a student in Sunday School but an Assistant Teacher. A few years later, I was planning lessons and teaching my own Reconciliation class. I love my role as a teacher in Sunday School because I learned to become a leader and a role model. Because of this, I discovered my passion for teaching which led me to pursue it as a career. In the last two years, I took on the role of Sunday School Coordinator. This position pushed me to learn more about the parish community and the importance of our roles as leaders in the church.

One of our goals as teachers in Sunday School is to have the students truly understand what it means to be a part of the church. We also want our student to know that growing and shaping our faith can be done in many ways, like serving the church in different parts of our community. We hope to inspire our children to find their place in our church and eventually lead the next generation.

I am very thankful for the experience and opportunity that Sunday School has provided me. Thank you to all the current and previous teachers for inspiring me with your love and compassion for all our students. Thank you to all my students who have grown up to become caring, strong, and involved youths. I am especially thankful to Father Nguyen for supporting me and believing in me. Even though I am a young teacher, he saw my potential and helped me grow.

I pray that our children and youths continue to grow and strengthen our church through their faith, commitment, and service.

Helga Tsui, Sunday School Coordinator

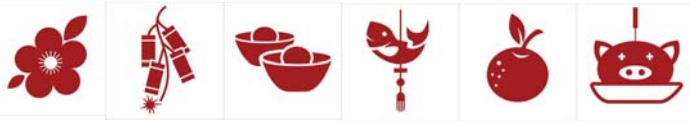
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My Faith



Religion has become a rather contentious subject in recent decades. As a student who has studied the sciences for many years, and is now studying medicine, many people find it surprising that I belong to a faith. Some people, particularly those who are atheistic, seem to find it difficult to reconcile that a scientist or a future physician could be religious, as if science has somehow managed to disprove or invalidate religious beliefs. However, as my favourite author, Dr. Kalanithi once wrote, "Science may provide the most useful way to organize empirical, reproducible data, but its power to do so is predicated on its inability to grasp the most central aspects of human life: hope, fear, love, hate, beauty, envy, honor, weakness, striving, suffering, virtue." Science may provide us with explanations for how the world is and how it works. It may be able to explain the molecular basis of a disease, or the principles that guide the movement and mechanics of all objects on Earth and in the universe as we have come to understand it so far. It may be able to provide solutions that better our lives, such as drugs that can treat illnesses, or the blueprints for how to create tools and devices that harness the principles that govern how all atoms must behave on a biological, chemical, and physical basis. However, the concepts with which we all grapple as human beings remain unanswered despite advances in science. Indeed, science is inherently incapable of providing us with the answers we all seek throughout our entire lives: how to foster enriching relationships, how to navigate and understand the pain and suffering that we observe, how to behave righteously, how to live a meaningful life. I believe that it is precisely during the occasions when we struggle with these questions that faith intervenes in our lives. Science plays no role in validating or invalidating faith, and faith does not divulge scientific explanations because the two are independent, and certainly, they are supposed to be.

There are many friends whom I have known for many years who were unaware for a long time that I was religious, though I didn't attempt to hide my faith. At school, among my peers and classmates, the subject of faith simply rarely arose in conversation, and I never sought to initiate a conversation about religion. It wasn't until I began to wear a cross around my neck that some friends even suspected that I was religious. However, I wasn't ashamed of my faith, or the reality that I am a person of faith. The reasoning underlying my decision originated from the respect that I have for other faiths, including atheism and agnosticism, and my fear that conversations about faith might have insidiously been interpreted as a means of encroaching on others' perceptions about faith, or their journeys with their faith, or lack thereof. I humbly believe that faith is a deeply personal thing, including how it manifests in people's lives, how they interpret their faith, to what extent and in what manner they allow their faith to guide their decisions and behaviour, and to what extent and in what fashion they decide to pursue their faith. The judgment of whether or not other people are faithful, or are sufficiently committed to their faith, or are living lives that adequately abide by the principles preached by their faith, is really a decision that isn't for us to make. We don't have the right to cast our judgments on others according to how often they attend mass, or how often they pray, or how well they can recite passages from the Bible. That decision has always belonged and will always belong to God. We all grapple and struggle with our faiths. We all trek our personal journeys with our faith, and waver as experiences or observations that we encounter sow seeds of frustration or doubt within us. It is more than enough of a battle to reconcile our own faith with ourselves. We needn't use others' progress or journeys with their faiths as a metric against which to measure our own. We needn't defend our faith and our beliefs against criticism



demonstrated by those who are unfamiliar with our faith, or those who condemn people of faith. As Yann Martel once wrote, “People fail to realize that it is on the inside that God must be defended, not on the outside. ... The main battlefield for good is not the open ground of the public arena but the small clearing of each heart.”

As I progress along my personal and internal journey with my faith, I often waver and grapple with it. I struggle and toil with it at times, and at other times, I am overwhelmed with trust and gratitude in my faith. I integrate science and religion into my understanding of the world, the same way that anyone else of any other occupation needs to integrate their discipline and their faith into their understanding of the world. I am a scientist and a future physician, and I couldn't be any prouder that I am Catholic. For anyone of faith, to have faith is enough, and it's enough for me.

Tina Guo

Youth Night in January

On January 13, 2018, both Youth Group and Young Adults Group joined together for a special night of spiritual talk and dinner. The Sisters of Providence came over to talk to us about what a vocation meant, how to pray the rosary of Our Lady of Sorrows, and how God reached out to a lady that is on her journey to be a nun.

A vocation is a sort of calling. It could be both a calling for a profession (teacher, firefighter etc.), and it could also be a calling for religious life(nun,priest,etc.). Essentially, it is a calling from God. We are called to listen to God and discover what our calling is. After learning about what a vocation is and how Sister Mary discerned for her religious life, we prayed the Rosary of Our Lady of Sorrows. The Rosary of Our Lady of

Sorrows is a rosary, but with seven knots instead of ten beads. There is a bigger knot in the middle to start with the First Sorrow, then the Our Father prayer. For each knot we pray Hail Mary. After, we would announce the Second Sorrow, and so on. After all the seven sorrows have been announced we close with three Hail Mary prayers.

After the Spiritual Talk, we had dinner. I really enjoyed eating tortilla chips and guacamole. The guacamole was delicious as always! After we filled our tummies with food, we headed out to U of C to skate at the Olympic Oval. Once we arrived, to our disappointment it turns out the whole rink was closed off to the public. Although we had already paid and booked in advance, they couldn't and wouldn't let us skate. We tried to tell them that we have a verification email to skate; unfortunately, there was a last minute reservation made for other people. The front desk apologized and gave us a stack of free skating cards for another day. Many of us did not want to just go home. Therefore, we decided to go to Lloyds, a rollerblading arena. Everyone seemed a bit disappointed because everyone had ransacked their closets to find a helmet and some skates but at the end we were not able to skate.

Fortunately, once we got to the Lloyds, it seemed everyone had forgotten the little skating hiccup that took place. We got our rentals and started looping the rollerblading rink. In my opinion rollerblading and roller-skating is very similar to skating on ice. We had just as much fun at the Lloyds than at the Olympic Oval. My mission was to have fun. Mission accomplished. What a special night!

Hailey Chan, Youth Group

Rise Up Ottawa 2017

I recently had the life-changing opportunity to attend a Catholic Christian Outreach conference called Rise Up, which took place in Ottawa from December 28-January 1. Rise Up is a conference for university students and young adults where both Catholic and non-Catholics alike are invited to learn more about Catholicism and explore why we believe in what we believe. Although the conference was only for 5 days, it completely changed my perspective on my faith.

Throughout high school and university, I struggled with my faith and was faced with determining the extent that my faith should influence my life. Despite attending church every Sunday and volunteering with various groups at OLPH, I felt that my relationship with God and Jesus was distant. Even though I felt that it was a problem, I did not know how to go about repairing that relationship.

During the conference, some important questions were brought to my attention: What role does Jesus play in my life? How important is my faith in my day-to-day life? How do I live out my faith?

Before my experience in Ottawa, the answers to these questions would be:

- 1) Jesus wasn't number one in my life, I put many other priorities ahead of him
- 2) I tried to pray daily and before meals, but I didn't make a strong effort to be active in my faith outside of the church environment
- 3) Living out my faith was hard, so often times I chose to conform to society and not speak out about my beliefs

Little did I know, it was in God's plan to completely change my heart!

At Rise Up, we were challenged to live out our faith, despite the possibility of trials that we may face everyday as Catholics. We were called to



allow God to have dominion in our lives and to give our "Yes" to God. We were called to totally surrender to Him and to allow God to have dominion from sea to sea. We heard testimonies from charismatic speakers that were both knowledgeable and inspirational. In particular, one speaker stood out to me. Immaculee Ilibagiza brought her tale of faith, hope and forgiveness, detailing her account of surviving the Rwandan genocide and how the key to her strength came from her belief in God and devotion to Mary.

On the second evening of the conference, we were invited to the sacrament of reconciliation and to spend time with Jesus during Eucharistic Adoration. This opportunity allowed me to acknowledge how I had broken my relationship with God and to ask for forgiveness, bringing a sense of tranquility and peace into my soul. It was comforting to personally experience God's mercy and love, no matter how much I had sinned. This prepared me for the next evening where we had the chance to be one of the first people to meet the relic of St. Francis Xavier on his pilgrimage throughout Canada. St. Francis Xavier is an exceptional saint who lived over 400 years ago and baptized upwards of 100,000 people. He worked many miracles in his lifetime including healing the sick and raising people from the dead. After meeting St. Francis



Xavier's relic, I was filled with a missionary spirit and made the commitment to have real, authentic conversations about my Catholic faith, with strong conviction and confidence, to inspire others to also be on fire with God's love. This was a commitment that I would have never thought to make prior to my Rise Up experience!

All in all, Rise Up was a blessing and it seemed that every day I was receiving an outpouring of God's grace. I am so glad to have been a part of such an amazing journey and to have met a group of friends who are also truly devoted to God.

Now, after this part of my faith journey, the answers to those questions I asked earlier have completely changed...

- 1) I am currently trying to make Jesus the center of my life and the one whom I base my every day decisions
- 2) Faith is so important, along with daily prayer, regular confession and reading the Scriptures
- 3) Living out my faith is still hard, but I am no longer afraid to share what I believe with others



In December 2018, Rise Up will be coming to Calgary. I have already been counting down the days until I can attend and YOU ARE INVITED TO JOIN! In the meantime, I challenge you to deeply desire for a relationship with Jesus and to make Jesus your

personal friend, because it is through Him that we will be led closer to God. Surrender yourself to Him and allow God to have dominion over your life. If you have any questions or if you are curious, I invite you to come speak to with Aisha or myself about our personal experiences with Rise Up and respond with a "YES" to the invitation to attend Rise Up 2018!

Jenny Lam (Echo Editor, Young Adult Group)

聖誕蠟燭馬槽



耶穌基督的真光普照我們每一個人，在若望福音第一章中敘述「光在黑暗中照耀，黑暗決不能勝過祂...那普照每人的真光，正在進入這世界。」

讓我們看看阮神父去年設計的聖誕蠟燭馬槽，你有沒有看過呢？若有看過，那又有沒有想想其中的意義呢？

阮神父今年的設計，是寓意基督的降生，將光帶到世界，馬槽外型是一枝發光的大蠟燭，裏面臥著嬰孩耶穌降生在世上。祂將天主的真光帶來世界，使整個世界由黑夜進入黎明。蠟燭是開門的，就像我們打開心門，讓耶穌住進來，讓基督進入我們的生命裏；光進入我們每個人的心內，帶領我們走出黑暗，不再生活在黑暗中，不再盲目地摸索生命的意義。

可是很多時我們被自己內心的黑暗所困惑，以致不能感受及接納基督的真光。每當我們困苦時我們或會問：天主在哪裏？其實天主在每一個地方，天主在我們每個人心裡，無論我們在困苦時，在喜樂時，天主都與我們在一起。

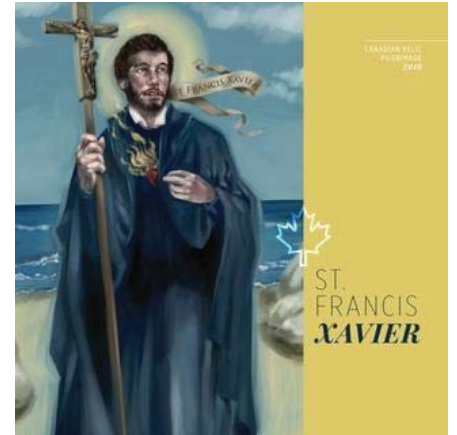
耶穌基督降生就是向我們世人宣布愛的真諦，祂為救贖我們罪人，最後被釘十字架上而死，這份無私的愛，當然比任何一份的禮物大得多。耶穌告訴我們，愛比一切誠命為大。祂又教導我們如何愛人如己，如何愛我們的仇敵；孝順父母、愛我們的弟兄姊妹和鄰人。祂的愛讓我們有平安、喜樂和盼望。所以我們要學習基督的愛，不單止掛在口邊，是要通過我們每日的生活去實踐的。讓大家彼此互勉，願大家代禱！

林偉良執事

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聖方濟·沙勿略的右手臂

夜色已沉，冷風如刀，平時這樣的一個晚上，絕大多數人會留在溫暖的家中。這是今年一月二十二日星期一晚上。從朋友口中得知 St. Francis Xavier 的右手臂會於該晚在 St. Michael Catholic Community 供人們瞻仰。這珍貴的聖髑本是存放在羅馬天主教廷內，絕不輕易被送到別處的。這次的蒞臨，原因是加拿大150週年國慶；是首次到訪卡城，亦是首次來到加拿大，沿途會到訪十五個城市，由魁北克市開始至域多利為終點。St. Francis 於1552年終於中國，因他的遺體死後長期不腐爛，被天主教廷認為這是聖人的標誌。St. Francis Xavier 是其中一位最受尊敬的聖人，他擁有非凡的信心與勇氣，並將耶穌的福音在東南亞及印度果阿與成千上萬的信眾分享。羅馬、印度果阿和澳門聖若瑟修院都珍藏着沙勿略的部份遺髑。



當晚用膳後，我們便驅車前往 St. Michael church，怎料在離聖堂三條街前，便開始塞車；大家都是晚飯後前來吧。我們花了四十五分鐘在鄰近的商場將車子泊好，再步行七分鐘才到達聖堂。一進大門，便看見人頭湧湧的在排隊，好不容易找到龍尾，然後之字形的轉來轉去，一個半小時後才從接待大堂走到聖堂大殿的入口！往裡面一看，情況跟大堂一般的躋躑，但比較有組織。這是難得崇敬聖髑的機會，辛苦也是值得的！在教堂內再輪候約一個小時，才能兩個一組地上前輕觸裝著聖髑的玻璃盒，我用派發的聖相輕碰玻璃盒及默默短禱；我還將玫瑰念珠放於聖髑盒後的祭台上，接受聖手的祝福。但願 St. Francis 能用他的右手再次為這世界帶來平安與和諧，願天主祝福世人。

Jolanda chan George Boyack Volunteer

迴聲全體編輯在此
祝讀者狗年身體健康、平安喜樂、
天天與主同行！

All Echo Editors would like to
express our love, gratitude and
appreciation to our readers with Happy
New Year message.
May the Year of the Dog
bring you joy, love and peace!

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