



## 我的新生命

今年四月十五日，我在堂區參加了由William McGrattan主教主持的堅振彌撒。他這次到訪，給我留下了深刻的印象，主教講道時還為我們打氣，舉出的例證，對教友們有很大的鼓勵。除了看到他的影響力外，同時也看到他的傳播力。作為基督徒，我們有否真的把自己視作在地上寄居的旅客？他提醒我們，在這短暫人生旅程，只有一個目的，那就是天父交付給我們的召叫！今年四月份以耶穌復活的日子作為開始，這個復活節卻多了一份感觸，當我領洗信主後，十字架就成為人生唯一追求的目標，十字架上面的主，為我們而釘死，第三日復活，我們人生的盼望就是從這而來，因我們有著復活的指望。

主教的信息，除了顯淺、易記和易明外；他講道時，無論神情、手勢、站姿、儀容、修辭、以及語態等方面，都配合得十分自然和恰到好處，以至加強信息的認受性。他肅穆的臉容令人起敬，說話時鏗鏘有力及抑揚頓挫的聲調，使聽者心中如被舌錘所擊。

以一個新教友的我來說，對聖經的了解還有很長的路。當我發現生活上出現問題，有朋友開解我，我便開始反思，自己有什麼問題，並開始祈禱，與上主溝通。我會請求上主引領我的路，有時候去到人生的岔路口，連朋友也幫不上忙，唯有尋求天父給予我啟示，引領我前行，向光明真理走去。我慶幸通過電話接收到不同的人與我分享經文及替我禱告。無論面對順境或逆境，靠著天主父的恩典，便能遠離埋怨的漩渦。

在每次閱讀聖經，參與課堂和彌撒當中，都能夠學到很多人生的道理，其實已經知道這些道理，但往往就是遺忘了，或不知怎樣去明解！很感恩，原來主耶穌基督一直都沒有離棄我，反而給了我很多的恩寵。

若問我領洗後的感受，來個總結：感謝主對我的召叫，亦感謝主派遣了很多天使，幫助我順利完成慕道班的課程。這些天使包括了第一天帶我來聖堂的朋友、我的代母、所有導師及神父，他們都是我信仰道路上的天使。願主保佑他們，平安，快樂！

Judy Chan, 2017復活節領洗教友

## 高夏芳修女靈修講座 (2018)

五月十二日早上九時半到了溫哥華聖方濟堂，高夏芳修女靈修講座雖然在十時才開始，三分之一的坐位已被填滿，到講座正式開始時，二百幾個座位都座無虛席。今天講座的主題是「天主伴我行」。

高夏芳修女一開始便引用了舊約有關梅瑟要求天主把道路指示給他的片段，來證明天主不僅給我們指示道路，而且是與我們同行。「天主回答說：『我必親自去，使你獲得安所。』」(出 33:14)。她亦告訴我們，在新約中耶穌許諾會天天與我們同在。「看！我同你們天天在一起，直到今世的終結。」(瑪 28:20)。

我們可以用三種途徑去體會和接近天主：

### (一) 聖言伴我行

從古到今，人都渴求和期待上天的啟示，尤其在低谷時就更想問天意。可惜，天總是不發一言。人看到四時有序、萬物有律，便開始用自己的聰明、智慧去尋求天的奧秘。因為人相信若能了解這些奧秘，便可順天理而生活。這樣，人的生活就會過得暢順、快樂。

我們相信的天主是一位慈善和智慧的天主，祂樂意把自己啟示給人，並使人認識祂旨意的奧秘，祂是透過聖經向我們發言。通過閱讀書本，我們可以看到別人的智慧、使我們更加豐盛、讓我們變得更有氣質。正如希伯來書所寫「天主的話確實是生活的，是有效力的。」所以，聖言能使人潛移默化、棄惡從善而不知。聖言有時亦會使人當頭棒喝，「比各種雙刃的劍還銳利，直穿入靈魂和神魂，關節與骨髓的分離點。」(希 4:12)。

我們可以從天主向以色列民發言的格調，看到天主怎樣向我發言。天主在日常生活中會以不同的聲音、不同的發言方法跟我們講話，當我們認識天主發言的格調，就可以在生活中尋找天主的妙，這也是基督徒的生活情趣。

### (二) 聖神引我路

在聖經中往往用「氣」、「風」、「火」等象徵性的文字來描寫聖神，因為我們很難去定義聖神，所以我們只能去感受。

有天主的氣息，人才有生命。「上主天主用地上的灰土形成了人，在他鼻孔內吹了一口生氣，人就成了一個有靈的生物。」(創 2:7)。只要注入氣息，枯骨也能復活。(則 37: 1-10)。耶穌復活後向門徒顯現，給他們噓了一口氣，叫他們領受聖神(若 20:21-22)。聖神有時會喚醒我們，使我們記得是天主的子女。(羅 8:16)。聖神亦會代我們轉求(羅 8:26-27)。所以，要有天主的氣息、要相似天主、要成為天主的子女，我們就要親近聖神。只要我們打開心扉迎接聖神的噓氣，讓聖神充滿我們，我們便可以在聖神的氣場內，締造一個充滿生氣、靈氣的氛圍下生活。

### (三) 聖母牽我手、領我路

聖經中描述聖母瑪利亞的文字雖然不多，卻表現出聖母清純之美、精細之美。若望福音中亦只提及聖母瑪利亞兩次，但這兩次的記載是極具意義。

聖母第一次的出現是耶穌公開使命的開始，耶穌在加納婚宴中以水變酒，行了第一個奇蹟。以水變酒是代表著天主與人建立新的盟約。聖母瑪利亞在加納婚宴中說了兩句話，「他們沒有酒了」(若 2:3)。可以看到聖母的細心，並且願意為我們的需要向她的聖子轉求。「他無論吩咐你們什麼，你們就作什麼。」(若 2:4)。這是聖母在聖經裡唯一一句向我們說的話，而聖母自己都是恆常的這樣做，「願照你的話成就於我罷！」(路 1:38)。所以聖母叫我們要聽從她聖子耶穌基督所說的話去做。

聖母第二次的出現是耶穌公開使命的結束，這次聖母只站在十字架傍，不說一句，陪著耶穌一起受苦。耶穌在十字架上對母親說：「女人，看，你的兒子！」又對那門徒說：「看，你的母親！」(若 19: 25-27)。耶穌知道要離世回到天父那裡，因捨不得我們所以留下了很多禮物：祂給門徒洗腳，留下給我們要彼此服務和相愛的誠命；在最後晚餐時，祂建立了聖體聖事，留下自己的體血作我們的食糧；在十字架上，耶穌給我們最後的禮物就是留下聖母作我們的母親。

在加納婚宴時，聖母把人帶到耶穌那裡；在十字架上，耶穌把人交給聖母瑪利亞，所以她既是耶

耶穌之母，也是眾人之母。聖母往往在背後推我們投奔耶穌，做耶穌的朋友。

高夏芳修女學識淵博，著作亦多，但無論是她的作品還是講座，她總是以深入淺出和輕鬆易明的方法、語言帶我們認識天主。真是一個非常豐富和難得的講座，讓我可以反思、細味天主怎樣伴我行？我怎樣才可與天主同行？

Josephine Li, Echo Editor

## Happy Anniversary

On this past March 20th, I wholeheartedly greeted my dear husband with “Happy Anniversary”!

One would be guessing that it was our Wedding Anniversary, but it could not be any further from the truth. It was the anniversary of the start of William’s chemotherapy treatment on March 20, 2017. Yes, it has been one full year; a year of pain, anxiety, frustration and trials.

The blood report in William’s December 2016 annual physical showed abnormality, and in January 2017, he was diagnosed with incurable leukemia. He has to undergo a week of chemo injections every month, for as long as he lives. The news was surely an explosive bombshell. The immediate questions that came to my mind was “WHY?”, “WHAT DID WE DO WRONG?”, “OH GOD, WHY HAVE YOU FORSAKEN US?”, followed by sleepless nights and ceaseless crying. We were desperately doubting and searching for God’s love for us.

As William endured his monthly chemo injections, and reacted well with the treatment, we started to think back in time, trying to rediscover peace of mind and heart. We came to realize that in fact God has been with us, caring and helping us all the time. We all know how the Alberta Health System works, and how long it takes for people to get on the waiting list before they could see a specialist. However, it only took two months since William’s diagnosis for him to start on his treatment. This is truly exceptional. God was definitely watching over us when our family doctor became overly concerned and sent William to the Emergency, when the doctor then on duty went out of the way to get William’s blood tested without delay, and when the hematologist immediately commenced the appropriate treatment. These surely are the three angels that God sent to us, all graces from God.

While William is patiently suffering in his bad days and enjoying his good days, we thank God for opening up our hearts to accept His will, trying to understand that He is giving us a chance to do penance in reparation for our sins, and maybe even offering our sufferings for the good of others. All we are asking of Him is for Him to walk with us in this difficult journey of life, to give us courage to carry our cross with endurance, and to maintain our faith, hope and trust in Him.

Mary Tsang, Legion of Mary

## 旅遊朝聖

復活主日那天，我身在Fort Lauderdale，準備開始郵輪假期。在出發前，我到酒店附近的聖堂參與彌撒。由酒店步行二十分鐘，便到達Church of Little Flower，九時半的彌撒座無虛席。彌撒前歌詠團男高音獻唱聖詩，歌聲繞樑三日。彌撒由兩位老神父主禮，其中一位要用步行輔助架走動，但這個不便沒有減少他為主服務的熱忱，在感恩禮中，他轉為坐在輪椅上，為教友送聖體。在整個彌撒中，歌詠團在管風琴伴奏下，以娓娓動聽的歌聲讚美主。

當天下午我登上了遊船，開始十日的旅程。第一港口在牙買加，外子與我計劃漫步十五分鐘至當地一天主教堂，可是行了兩三條迂迴曲折的道路便已迷路，突然有人自動請纓，幫我們帶路。當時心開始慌，但事已至此，若退縮，可能會帶來更多麻煩。心只想著我要去的是天主教堂，天主會帶領我的。我們轉了幾條街，最後由側門進入聖堂範圍，突然又有另一人出現，他自稱是由菲律賓來的Nonito神父，交談過後，我將恐懼放下。天主召選了他千里迢迢來到這個小鎮，為八十個教友服務。我們得此機會認識他，是我們的榮幸。

到了第二個港口，我們參加了旅行團遊覽哥倫比亞的卡塔赫納，行程包括了參觀Sanctuary of Saint Peter Claver。聖人St. Peter Claver就是安葬於此聖所，其真身清楚地顯現在祭台下。此城市擁有著濃厚的宗教氣息，離聖所只兩個街口，就是主教座堂。當日是星期四，但仍有百多人參與早上彌撒。

遊船來到哥斯達黎加的檸檬市，我們再一次漫步至市內的教堂Catedral Sagrado Corazon de Jesus，教堂佔地整整一條街。內裏寧靜陰暗，微微的日光從彩色玻璃淡淡照著跪凳，好像要讓教友細意欣賞彩色玻璃刻劃的故事。祭台的另一邊有個小小靜室，內裏有一耶穌像及一天使像背著侍立，我望著聖像良久，也猜不透是甚麼意思。外子看了一眼，便說那只是暫時安放聖像的地方，應該沒有特別意思。我想，那也是個合理解釋：祭台側擺放了慈悲敬禮，很有可能是將耶穌像和天使像暫時移放的。

旅遊結束，回來後參與的第一個彌撒是堅振彌撒，我再次得到提醒：由入門聖事開始，身為教徒的我踏上了耶穌指引的道路。在人生旅程中，每次的旅遊朝聖都為我的生命添上靈修的姿彩。



漫長的冬天終於結束了，春天來了。在這春暖花開之際，我們國語組也開始活躍起來，舉辦了一場聚餐。

聚會總得有理由吧，來看看我們國語組這次聚會的理由是不是很充份：

- 慶祝母親節的到來，給每位媽媽提前祝福；
- 阮神父將要回越南探親，為阮神父餞行；
- 春天來了，萬象更新，大家借機活動起來。

真沒想到我們的邀請，得到了廣大教友的積極響應。早在聚會一兩週前，大家就紛紛報上姓名及要準備的菜餚。有什麼紅紅綠綠盤、藥膳醉雞煲、荷葉金龍、家傳炆冬菇……單看這些五花八門的菜名，就已經讓人急不可耐、望眼欲穿了。還有什麼燒鵝、烤肉、酥餅、涼菜...等等，種類之多就連最著名的中餐館菜單，恐怕都要自歎不如，甘拜下風。

其實在這些眼花繚亂的菜單之外，大家最期盼的，還是阮神父一直在保持神秘的野味佳餚。早就聽說阮神父的廚房裡有不少山珍野味，都是有心的教友，在打獵後為神父獻上的珍品，而阮神父更珍而重之，留待和教友們一同分享。而且每年的神父廚房，大家也都多次品嚐神父精湛的廚藝，因此我們也都期盼着這次聚會，神父會端出怎樣的特色美食呢！

聚會終於開始了，大家的心情早已迫不及待了。許多人很早便來到了上禮堂，大概約有一百多人，非常熱鬧。各人端出了自己精心準備的菜餚，真的是豐富多彩、琳琅滿目。有熱的、有涼的、有稀的、有乾的、有甜的及有鹹的。大大小小、各式各樣的盤子、鍋子和各種器皿，將臨時搭建起來的長桌擺得滿滿的。隨着主持人白蕾姐姐悠揚地宣佈聚會開始，阮神父的神秘佳餚也終於得以揭曉。真不敢相信，居然有熊肉、鹿肉、還有野豬肉。看來阮神父是拿出了他的珍藏，其他就不說了，單是那燉了大半天的熊肉、鹿骨、山藥湯，喝上一口，就已經是齒頰留香，讓人流連忘返了。

為了給聚會助興，這次國語組還特別安排了卡拉OK歌詠活動。許多歌迷們也都踴躍登場，一展歌喉，給大家帶來了許多樂趣，為聚會增添了愉快的氣氛。當然，我們也看到許多辛勤忙碌的身影，穿梭於廚房和大廳之間。他們默默地為大家端菜、洗碗、擦桌、掃地和收拾垃圾。不敢想像，沒有這些人的無私付出，哪有這次聚會的成功呢？我們國語組全體也想對那些不辭辛勞；至始至終幫助我們的朋友說聲感謝。天主保佑！

國語組John Lu

有幸與眾姊妹們齊往遊輪之旅，父母健在時，旅行時必有一家留守，方便照顧老人家，所以一起旅行的機會不多，而這次真是難能可貴的機會！畢竟各人都已是長者了，不知還可有機會再聚首。

卡城的四家人，和多市的一家，齊飛往羅省與大家姐一家會合，一同上船。由羅省南下，最後以溫市為終點。難得聚首，我們首兩天都心情愉快，齊齊參與船上的活動，靜下來時，談天說地，盡訴心中情，又想當年，盡享童年的回憶、趣事，這情景實在令我們難忘。

第三天早餐時，見到一對外籍男女，不懼別人奇異的眼光，進食前虔誠地劃十字聖號。這表現使我感慚愧，因著害羞，我有時卻怕在眾人前做這餐前祈禱呢！我於是鼓起勇氣與他們交談，原來他們與一班教友，組團在船上避靜，也邀請我翌晨參與他們安排的彌撒。彌撒以拉丁文和英文舉行，眾人都很投入，更有明供聖體，真的很感恩！哈，天主真有祂的計劃！在離開卡城時，恐無法參與主日彌撒，特向阮神父申准。他說：「冇緊要，天主會明白的。」

可惜過了一天，遇到大風浪，所有活動都要取消。到最後一天的早餐時再遇到他們，互相道別，順便請他們為我們堂區祈禱，而他們更提出會為梵蒂岡和中國大陸的和平、共融祈禱，真感謝他們的心意。

在怒海中有想起伯多祿求耶穌平息風浪的情景。這是我第一次坐遊輪，共七天，但有兩天半暈船浪，真是怕怕了！如再有機會與眾姊妹們齊去旅遊，我一定反對坐遊輪呀！

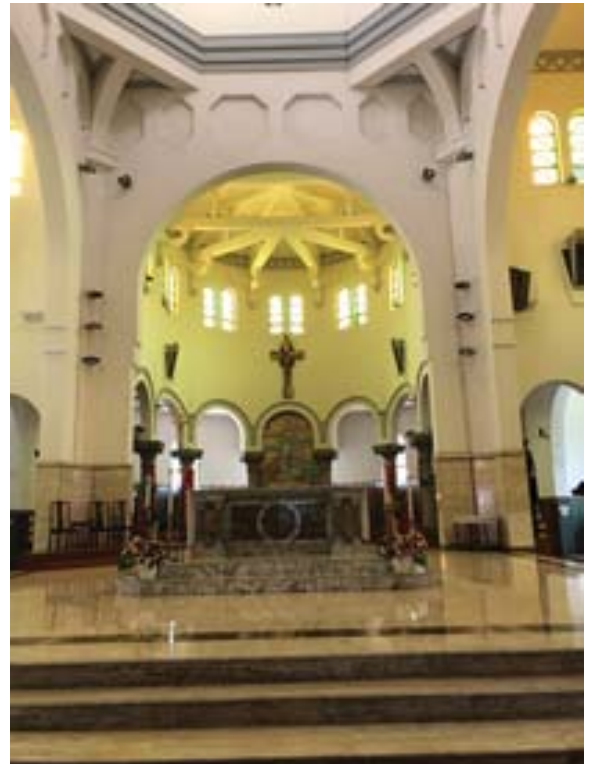
Margaret Chow



## “He truly is Everywhere” A Short visit to St. Teresa Of the Child Jesus Church in Mong Kok

Hong Kong holds a very special place in my heart because it the place that my parents were born and raised in. It was also the place where my mother first encountered Jesus in her life—through my grandma. Each time I go to a different city or country I try to find a church that I can visit. Although the traveling schedule may not allow me to participate in Mass all the time, I still aim to find a church to pray and do meditation. For my short 2 weeks family trip, our first stop was in Taiwan. There, I was with a tour group and was not able to find a Catholic parish. Therefore, when we headed for our second stop of the trip (Hong Kong), I longed to go to a church.

At first, I was weary that we would be able to find a church since we only had 4 days in Hong Kong to visit family. However, inside my heart, I longed to find my Father’s place. I secretly hoped that I would be able to find a church to bring my prayer intentions to my Father. I know that I could have just prayed them to God, but to me, being able to do it in His house makes all the difference.



On our 3rd day in Hong Kong, my parents decided to visit Kowloon Walled City and since the weather was extremely sunny and nice, we decided to walk from Mong Kok (where we stayed) to this historic site. Our plan for that day was to visit the historic site and go for lunch. As we visited the flower market and took pictures my dad suddenly said, “If my memory is correct, there is a Catholic parish near by! We should go to it, your mother and I used to walk around that area a lot when we were younger!” As soon as I heard that my heart felt so joyful and I wanted to find the church right away. As we walked in the humid and hot weather we finally made it to the gates of the church. I felt so happy that we would be able to visit a church that I knew our original plans and lunch could be put on hold. After taking a few very touristy pictures of the amazing classical architecture outside, I entered the church with a very prayerful heart.

The church was built many years ago in 1932, so it was filled with a classical and elegant touch. As you enter the church, you are welcomed with the beautiful altar and just behind is where the tabernacle resides.

My eyes filled with tears of joy and relief because God heard my small plea and lead me to his house once again. After saying my greeting prayer, I walked to the statue of the

Sacred Heart of Jesus and I prayed with sincerity to Jesus about my worries and concerns, and as I looked up towards the Statue I noticed there was a large picture of the Divine Mercy with the words “Jesus, I Trust in You” in Chinese. I smiled and knew in my heart that Jesus was truly waiting for me to visit all this time.

It does not matter where you are in the world, if you desire to find the Lord he will make and lead the way. Never doubt my friends about his unfailing love because he even answered my small plea of visiting His house! Perhaps, make this your next travel goal, to seek God’s house wherever you are. Trust me, making a visit to His house, even if it’s in a foreign country will make you feel like you have found your home. He truly is everywhere; it is only up to us to seek for His presence and face in the most unlikely places!

Peggy Yip, Echo Editor & YAG member



## My Experience in Hong Kong and Macau

I went on a trip with my parents to Hong Kong and Macau for three weeks in May. Even though I lived there many years before I moved to Canada, this trip was an eye-opener in terms of my faith. We went to a different church every Sunday, and each church offered a different experience.

St. Alfred’s Church in Tai Wai made the biggest impression on me because of two main reasons. First, when I stepped into the sanctuary, the first thing I noticed was that the main altar was placed in the centre instead of the front, and the congregation were seated surrounding the altar. I felt like I was truly placing Jesus at the centre of my life, and thus, that mass felt especially intimate. The mass at St. Alfred’s was the first mass I went to on this trip, and so I was shocked by the amount of participation during the hymns and parts of mass. Secondly, during Gloria, I stopped singing for a few seconds to listen to the rest of the congregation, and I was nearly moved to tears because it sounded like everyone was giving Glory to God with their loudest voice. It did not matter whether they are good singers or not, everyone just wanted to praise the Lord.

On the second Sunday, we went to Our Lady of China Church in Tai Kok Tsui. This church was a relatively small church, and because of that, the sanctuary was very hot. However, it did not stop parishioners from coming to mass. All the pews were packed before mass even started, and the back of the church was filled with people standing. It is mind-blowing knowing that churches are closing down drastically, yet there are other churches in the world that are overwhelmed with church-goers.

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On the last Sunday, we went to St. Teresa's Church on Prince Edward Road. This was the only English mass that we went to on this trip. Even though it was in English, the mass was still full of people. There were probably just as many Chinese people as non-Chinese people. Similar to the first Sunday in Hong Kong, the congregation also sang very loudly, but this time in English. This mass felt very close to home because it was in English. It reminded me that this is one of the reasons why I love being Catholic: Masses are celebrated in the same way all around the world.

Lastly, we spent a few days in Macau, and this was the biggest highlight of my entire trip. To many, Macau is known for the casinos. However, I was excited to see all the churches because the churches are full of history. I was even more excited when I found out that the humerus bone of St. Francis Xavier is located in St. Joseph's Seminary and Church. I saw and touched the arm of St. Francis Xavier multiple times in Ottawa and Calgary, so this Saint is very special in my heart. When I saw his humerus bone in Macau, I felt like I was reunited with an old friend. I did not think that I would have a chance to see a relic of St. FX again; unless I go to Goa, where his body is located, or Rome, where his arm is displayed. It was a physical reminder that God's work is tangible and physically visible despite China being a country that is not typically associated with Christianity. God sent St. Francis Xavier from Europe to India to preach the Gospel; I also must say to God, "Send me wherever You like."

Aisha Cheung, Young Adult Group

## YAG YOUTH GROUP



### 編者的話

炎炎夏日，漫長的兩個月暑假，不知道大家有什麼計劃？「迴聲」編輯組祝大家以各式各樣的活動，讓一家大小清涼一夏！迴聲十月再刊，祈盼教友投稿支持，分享信仰及生活。

### Editor's Note

As summer approaches, we hope you are all taking the time to get out and enjoy the sun and good weather.

Echo editors will have summer break and resume in October. We look forward for your articles for Echo!

### Editors:

Anne Lam  
Emily Chan  
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Winnie Lau  
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