

# The Echo 迴聲

OLPH 永援聖母堂 | olph@telus.net



2020-07-01

## 信靠上主

本年初，肺炎疫情突如其來，席捲全球，導致數百萬人染疫，數十萬人死亡，令世界各國措手不及。教宗方濟各於三月二十七日，舉行特別祈禱禮儀，祈求疫情儘快過去。在禮儀講道中，教宗回顧耶穌平息風浪的事跡（谷 4：35-40），告誡我們避免虛假的安全感，應全心信靠上主。

耶穌很多門徒一向在加里肋亞海捕漁維生，可以說對該海域瞭如指掌，但面對當晚突發的暴風雨和驚濤駭浪，認識到憑個人力量，船隻必然沉沒，在極度無助之下，唯有叫醒耶穌，向祂求救。耶穌起來斥責風浪，暴風雨就即時平息，隨後指出門徒不應膽怯和缺乏信德。

在講道中，教宗一再提醒我們：切勿被世間虛假的安全感蒙蔽了眼睛。的確很多世人勞勞役役，希望築造一個安全網；我們風馳電掣，悉力賺錢積聚財富，帶來成功感和安全感，自以為明智強大和無所不能。滿以為自己建立了一個安全網，就可以高枕無憂、吃喝玩樂、享受人生。其實這些人世間的安全感是虛幻的：面對生命的無常、自然災禍、絕症重病、戰爭暴亂、金融海嘯、交通意外等，都能令人苦心經營和積聚多年的健康、事業、財富等等，瞬息間煙消雲散。訓道篇開宗明義說：虛而又虛，萬事皆虛（訓 1：2）。在富人屯積糧穀的比喻裡，耶穌亦告誡我們，世間的安全感是絕對愚蠢的（路 12：16-20）。

既然如此，怎樣纔能獲得真正的安全感和心靈的平安？要知道我們不應完全依賴自己的能力，因為脫離了主，我們就不能有任何作為。耶穌平息風浪的事跡教訓我們要信靠祂；要堅信在生命的旅途中，無論遇到任何風浪、逆境、絕境，主耶穌一直都在我們左右，只要我們有信德，全心信靠祂，正如門徒在暴風雨中向祂呼求一樣，將一切痛苦和掛慮交托給主，祂必然會以最合適的方式和時間回應我們，使我們脫離險境、得到身心平安和舒暢；事實上唯有主耶穌纔能賜給我們真正心靈的平安。

讓我們不要追尋虛幻人世間的安全感，而應尋求天國的義德；讓我們不要害怕，全心信靠上主，對祂說：「縱使我應走過陰森的幽谷，我不怕凶險，因你與我同在。」（詠 23：4）

Andrew Chau

# The Echo

## Reflections triggered by COVID-19

2020-05-02

I believe in God the Father almighty, creator of heaven and earth, all things visible and invisible. Human has always questioned and mused about, where we come from? How can things exist? How does something come from nothing?

Do I really believe in God the Father almighty and creator of all? If not, look at COVID-19. It is a new creation. Yet do we have more believers in God after experiencing the impact of this new life form called COVID-19? I doubt it. Yet may be some of these people who do not believe God exists are also the persons, who blame God for COVID-19. Illogical?

This obviously is not the faith we are talking about. No, because our God is much more than just a creator. We can never understand creation, because to do that we have to understand God. We believe that God is Love and He is a creator with love. You are created simply because He loves you the way you are. It is He who chose you. You did not choose Him. You are created unique and special with a special mission in life. Do you try to find this mission?

Let me expand this a bit more.

Do you think that the devil believed in God? The letter of James verses 19 -20, wrote, "You believe that God is one, Good for you! Even the demons believe that –and tremble. O foolish man, do you want evidence that faith without deeds is worthless?" What then is faith? How do you describe God? How do we develop a true faith, the faith that is the way, the truth and life, which is one of the statements that Christ made because Thomas the Apostle asked the Lord to show him the way to God our Father? Thomas also is one who said to the rest of the apostles about going up to Jerusalem with Christ before the Passover, "Let us go with Him and die with Him." Relationships with others bring us into a deeper understanding about God. That is because when we choose to love, we understand love a bit more and if God is love, then loving makes us understand God a bit more. Here I must caution us about the English word love, because we can say I love ice cream, I love my parent or my children. But the word love here must be the Greek word Agape, the unconditional and total self-giving love.

If God is love, then why COVID-19? I do not know, but I prayed for HK riot to stop and we never could figure out how it will end. Yet now with COVID-19, it just stopped. We prayed for war to stop, now any country wanting to continue in war will find their soldiers getting sick quickly. Once a non-Christian asked me why God let Pharaoh's army die in the Red Sea. God had sent them so many signs before finally Pharaoh let the Israelites go. Even before the Red Sea was parted, the cloud that stood for the whole night long between the Egyptians and the Israelites was another sign of warning. God did not make the Egyptians go into the parted Red Sea. Just like doctors were sending out warnings about this COVID-19, but the politicians chose to ignore it and in fact persecuted them very much like prophets were persecuted. Even when it spread to other countries, several leaders of other

countries did not act immediately and that led to further spread in their countries. Even when government ordered shutdown, self-isolation, people chose to ignore the warning and continued to gather. It is just like the prophets of the Old Testament, who send out warnings, but people chose to ignore it. God loves you and you are created. But God gives us free will, and we can choose not to follow God's plan. When we do not follow the warning and trouble happens, we blame others, the government, and we blame God. Sometimes those who blame God are also the ones who do not believe God exists. Is this illogical or in fact insanity?

40 years ago, when HIV started to show up, we were frightened. Yet through the research in HIV we have learned so much and some of the technical advances such as gene therapy came from that. We now talked about using serum from patients who have recovered from COVID-19 to treat patients severely ill with COVID-19. We are hopeful but we do not dare to say this definitely would work, because we learned from HIV that the HIV antibody in patients with HIV does not result in getting rid of the HIV. In fact, we also learned that there are certain persons who are naturally immune to HIV. The experience in SARS which is another Corona virus also gave us a lot of understanding about the COVID-19. We know that some of the deaths from COVID-19 are caused by the inflammation the body developed against the virus and not just the virus, meaning if the body did not overreact to the virus they may not have died.

All in all, we have seen more co-operation, more appreciation of the needs to be hygienic. We learn we are so interdependent on others. We learn to appreciate the health care workers, specially the cleaning staff, the truckers who bring us the food and other daily necessities, the grocery store clerks, and many others. We see the inadequacies of the long-term care facilities, which we have ignored for so long. We learned of our own racial prejudices, selfishness, doubts and fear. We see now how much importance we put on economics when some of the governments push for early release of locked down. We failed to realise what Christ talks about, when calamity comes, do not go back to take your possessions from your home. We fail to realise that in certain parts of the world there is no testing, no screening, so no isolation. The people there must choose self isolation and no work so no food on the table. They must choose between risk of dying from starvation or to die of infection. Would this open our hearts more to the poverty around the world? Like the many signs that God sent to Pharaoh during the time of Moses, like the many signs that Jesus gave to the Israelites during the three years of public ministry, let us also learn from this pandemic, and become a better person, a better, more understanding, compassionate and just family, community, country and human race.

In many ways, this can be a blessing. The Chinese term for risk 危機 is “danger opportunity”, 化危機為轉機, do we use this opportunity to learn more about humility, trust in God's love and providence, learn to be more self giving, learn more about social justice, learn more about the cross and through the cross death and resurrection, learn more to die to self, so that we can more and more sincerely say, “I live, but not I, but Christ lives in me”?

## 四旬期網上避靜日記

二月二十六日，聖灰瞻禮，天晴。收到妹妹轉發的連結，標題是網上避靜。我好奇地打開《生命恩泉》「心田的農夫」的網頁，原來每日只需抽出十分鐘時間去參與，何妨一試？



二月二十七日，四旬期第二日，天晴。看完及聽完《心田的農夫》，今日的『反思』不斷在腦海中迴響：「我對天主聖言有多饑餓？還是我餓得太久，已忘了自己有多餓？」心靈頓覺感恩，想起我的好友，不知他們是否也忘記了有多餓？於是將網上連結發給他們，希望得到他們的關注。

當生活及工作壓力大，腦袋就像塞滿了東西，無從思考。我相信心靈同腦袋一樣，若不懂得放下，騰出空間，聖言如何能進入？於是人在不自知的情況下，形成聖言饑餓的狀態。想到這裏，覺得很需要到外走走，舒緩腦筋。於是趁著天朗氣清，到市中心圖書館逛逛，讓書卷替我洗滌心塵，打開心窗。



三月七日，四旬期第十日，下雪。「相信」才能「明白」。在我退休的小型歡送會上，同事問及對多年工作的感想，我毫不猶豫地答：有信任才會成功。在職場上如是，在靈修上也是如是；當你有信念、有愛德，才會明白信仰的內涵。

打開聖經閱讀多俾亞傳，原本只想重溫女兒婚禮上的讀經（多俾亞傳8：4-8），但讀了經文後，很想知道上文下理，於是由第八章開始讀，但還覺意猶未盡，於是將整個多俾亞傳讀完。讀完後有一個很奇怪的想法，多俾亞傳很像一部韓劇，它具有家庭倫理、社會責任，又有悲歡離合，亦有親情愛情，最後是大團圓結局。但與韓劇不同之處，是這書之所以有完滿結局是因為有天主的恩寵，天主垂允了老多俾亞及撒辣的哀禱，派遣天使從困難中解救了他們，使他們轉憂為喜。

很喜歡這書，很高興認識到天使辣法耳。



三月十一日，四旬期第十三日，天陰、小雪。沒有殺人放火，是否就不用辦告解？今天的祈禱提及認清思、言、行為上的過犯與缺失，鄔執事也曾在講道時提到人很多時忘記或避談缺失。在四旬期內我應多反省。



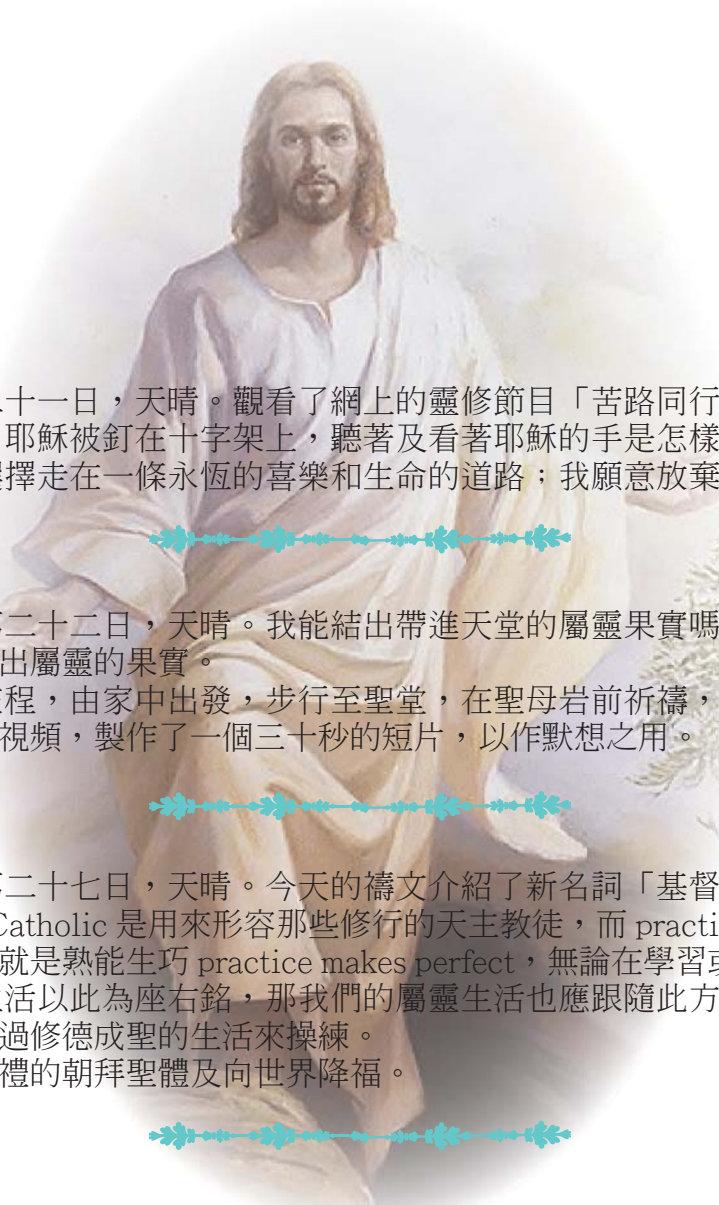
三月十五日，四旬期第三主日，寒冷。疫症蔓延，全卡加里教區彌撒取消。第一次參與網上彌撒，求天父賜與國家、社區及每人力量，同心協力去抵抗疫情。



三月十九日，四旬期第二十日，下雪。當我們轉移焦點，以天主為優先，聆聽祂的聖言，遵從祂的旨意，其他一切要操心的事都會歸位，心靈便會得到平靜安寧。

下午二時，與妹妹及好友視像通話，一起與全球天主教徒誦念玫瑰經，為世界健康祈禱。





三月二十日，四旬期第二十一日，天晴。觀看了網上的靈修節目「苦路同行」，這是我十年以來首次參與拜苦路。第十一處，耶穌被釘在十字架上，聽著及看著耶穌的手是怎樣被釘貫穿，那是多麼痛苦與震撼！天主，幫助我選擇走在一條永恆的喜樂和生命的道路；我願意放棄看韓劇一星期，作為我的克己。

三月二十一日，四旬期第二十二日，天晴。我能結出帶進天堂的屬靈果實嗎？我要按照天主的旨意、聽聖神的呼喚去生活，結出屬靈的果實。今天做了一個小小祈禱旅程，由家中出發，步行至聖堂，在聖母岩前祈禱，然後一路誦念聖母經回家。並利用在聖母岩前拍的視頻，製作了一個三十秒的短片，以作默想之用。

三月二十七日，四旬期第二十七日，天晴。今天的禱文介紹了新名詞「基督運動員」，令我茅塞頓開。在英語裏，practising Catholic 是用來形容那些修行的天主教徒，而 practise 也有練習的意思。從細到大得到的教導就是熟能生巧 practice makes perfect，無論在學習或工作上，都證明這是正確的。若我們的日常生活以此為座右銘，那我們的屬靈生活也應跟隨此方式。我要做一個基督運動員，要以祈禱、讀聖經和過修德成聖的生活來操練。上午十一時參與了教宗主禮的朝拜聖體及向世界降福。

三月三十一日，四旬期第三十日，天晴。昨天明白了『祂使我們的杯爵滿溢』的意思。今天談到雖然我們有滿瀉的愛，很想把愛和喜樂與他人分享，但在與人分享時，往往會忽略了福傳對象的需要和感受，而流於口舌之爭。要有效地傳福音是需要愛和謙遜這兩個德行。基督愛的信息須以真誠的愛來分享。我們須謙遜地接受成功與失敗，因為造就人心轉化的是天主，而不是人。

四月十一日，四旬期第四十日，天晴。今天是四旬期最後一天，主題是：『當基督對我們的愛的渴求，與我們對基督的渴求相遇時，就是我們與耶穌關係最親密的時刻。』基督死前說：『我渴。』是渴求我們的愛。我要下決心，選擇主作為我內心的渴望，珍惜及跟隨主。願光榮歸於父、及子、及聖神，起初如何，今日亦然，直到永遠，亞孟。

## Coldest Night of the Year Experience

Imagine walking outside in the middle of winter, hungry, directionless and freezing. With only a light jacket, every gust of wind hits like a hammer and sends chills down to the bone. What can we do to help? Well, just this February, myself along with several others from our parish took part in The Coldest Night of the Year (CNOY). On February 22nd, we participated in a fundraising Walkathon outdoors in the cold. As we experienced a tidbit of what the homeless deal with on a day to day basis, it really put their hardships into perspective.

We met up at the Eau Claire Market downtown as the sun began setting. In a gathering of over 250 walkers, we mingled with the support of the volunteers. As the event began, we were graced by Mayor Nenshi. He gave a very inspirational speech, with much emotion and the occasional lighthearted joke. And then we set off. Travelling as a group, we walked along the Bow River. Although the weather was not the 'coldest' I have experienced, the quiet walk along the river really got me thinking. Even with the provided CNOY toque and precautionary warnings to dress warmly, by the end of the walk I was still very grateful to get indoors. It is hard to imagine having to continue to walk, without having a warm destination in mind, and to be forced to stay outdoors, in the cold, every day.



Overall the event was very successful. According to the final reported values, we raised over \$70,000 at the Calgary downtown location alone. Along with over 140 locations across Canada, over 6 million dollars was raised. The next walk will be on February 20th 2021. It's cold out there! Let's all work towards a warm future for everyone.

Editor's note: Way to go YAG for raising \$3,020 for the event.

Edwin Li, VP Young Adults Group



## Latin Mass in February

Back in February, I had the opportunity to attend Latin mass for the first time at St. Anthony's Parish. Latin Mass is very unique in that the priest does not face the congregation like our normal mass celebrations. The atmosphere is more solemn, which allows the participant to participate and reflect in a peaceful manner. One of the challenges that I faced during the Latin mass was that I was not able to understand all the prayers and words that were said throughout the mass. Although I had an English translation book to follow along, I sometimes felt lost and struggled to follow along.

Latin mass gave me a feeling that the priest was having a conversation with the Lord with a humble heart, praising God with his actions. I felt intrigued at how participants received the Eucharist as well. Rather than receiving the Eucharist with our hands and standing in line, we knelt before the altar and without touching it, the host was laid onto our tongues. We as humble servants knelt before the Lord, asking him to come into our hearts.

With COVID-19 pandemic forcing us to stay distanced from others and preventing us from participating fully in the mass at Church, my heart yearns and longs for the Eucharist more than ever. Although I know that Jesus is fully present while participating during virtual mass, I truly miss receiving the Lord fully and truly through the Eucharist. When our battle with the pandemic comes to an end and when we can finally attend mass again, I hope to return to going to Latin Mass and expand my understanding of the mystery of the prayers and liturgy. I pray with all my heart for the frontline workers who are working ever so hard during these unprecedented times in keeping us safe and healthy. Until we can all meet again in person, may each and every parishioner stay safe and healthy.

Peggy Yip,  
Echo Editor, Sunday School Coordinator, YAG member



## 當好人遇上壞事一書介紹（二）

摘自「當好人遇上壞事」〈When Bad Things Happen To Good People〉

作者：Harold S. Kushner

中國有一則古老故事：一位婦人的獨生子死了，她去問一名聖賢：「你可有甚麼祈禱、神奇的符咒可以讓我的兒子起死回生？」聖賢說：「向素不知哀傷為何物的一戶人家，要一粒芥菜種子給我。我們將用它祛除你的哀傷。」婦人立刻出發去找這粒神奇的芥菜種子。

她先到一幢富麗堂皇的宅邸敲門，說：「我正在尋找從不知哀傷滋味的人家，是這裏嗎？」他們告訴她：「你肯定走錯地方。」接著這戶人家開始細述最近遭遇到的悲劇。婦人告訴自己：誰會比我這個親身經歷厄運的人，更有能力幫助這一家比我更不幸的人呢？於是她留下來安慰他們，接著再趕去尋找從不知哀傷的人家。但是，無論她走訪簡陋的棚舍或如皇宮般宏偉的宅第，都只發現一個又一個悲傷和不幸的故事。最後，她深深投入服事其他人的哀傷中，以致忘了尋找神奇的芥菜種子，也從不明白這一粒芥菜種子，已經驅走了她生命中的哀傷。痛苦與心碎可能並未在世上呈公平的分配狀態，但卻分佈得極其廣泛，每個人都有一份。如果我們知道這事實，就會發現鮮少有人的生活是值得羨慕或嫉妒的。

我當了肢障兒阿倫的父親十四年，直到他過世為止。在令人失望的不完美世界，在充滿不公、殘酷、疾病、罪惡和天災的世界裏，你有沒有能力用愛去原諒、接受事實？你能否原諒且愛會傷害過你的人，因為無法愛不完美的人，只會使人陷入孤單的刑罰中。亞倫和他的一生已教導我，使我明白，我損失了多少，又得著多少。昨日看來已不那麼痛苦，於是我也不再害怕明天。

生與死無所謂好壞，苦難會有正面或負面的意義，全歸因於我們的回應。疾病、意外、悲劇使人喪命，但是這些不幸，卻不一定抹煞得了人的生命素質或信仰。如果心愛的人過世、受苦，讓我們產生苦毒、嫉妒、反對所有宗教、悒鬱終日，不就是將已故的人轉化為（撒旦的烈士）嗎？如果與我們親近的人受苦、死亡，激發我們探索自己堅強、愛和快樂能力的極限，促使我們發現素不相識的安慰之源，如此我們便是讓他成為肯定生命價值、而不是拒斥生命的見證人。我們無法留住心愛人的生命，也許甚至無法減輕其痛苦，但是在他們過世之後，我們可以做的重要大事，就是讓他們見證天主和生命的可貴，他們能否得著天主的救贖及永生，端賴我們。

猶太人的一個傳統，哀悼者所使用的感恩經非常特別，它不是在哀悼死者，而是在頌讚生命，並且讚美主創造了一個美好、適合人居的世界。藉誦唸這禱文，提醒哀悼者人生所有美好的事及值得活著的因由。這禱文堅信凡事皆是盡善盡美，且從整个人生內涵的角度去看悲劇，將眼光和心思放在使你的性靈變得富足上，而不是只注意到你失去甚麼。我們愛天主乃是出於祂是天主，是所有美善、秩序的創造主，是我門力量、希望和勇氣的來源；我們愛天主，因為祂是我們和世界最美善的那部份，這才是愛的意義。

當天主容許祂的世界有厄運、疾病和殘酷的事，甚至讓這些不幸的事發生在你身上，以致使你失望時，你能不能像約伯一樣愛祂？如果你能做到這些事，你是否能夠確認原諒和愛的力量，是天主給人最有力的武器？為要使我們在這個並不完美的世界上，能活得完全、勇敢、有意義。



## Our Lady of Perpetual Help Icon

During the pandemic, I prayed in front of Cove of Holy Mary and noticed a loose sandal as part of the statue of Mary and Jesus. I was curious of the meaning and did a research on the internet. The research shows that the statue follows the design of the Our Lady of Perpetual Help icon, which I find it very interesting.

The entire golden background is a symbol of Heaven, where both Jesus and Mary are now enthroned; this Light of Heaven radiates through both of their clothing: an indication of the heavenly joy they bring to human hearts.

Our Lady's Golden Crown is a symbol of the many miracles performed by Our Lady while invoked under the title of "Our Lady of Perpetual Help". The star in the centre of Mary's Veil is indicative that she is the "Star of the Sea" who bore the light of Christ into our darkened world. This star leads us to the safe port of Heaven.

Mary's red tunic underneath is the color worn by Virgins during the time of Jesus. The Blue Garment is the color worn by mothers in Palestine. They symbolize Mary is both Virgin and Mother.

The child Jesus is depicted not as an infant, but as a "miniature adult", signifying Christ's divinity and His humanity.

Mary's hands hold the child Jesus possessively and lovingly, because she is his Mother. Her hand does not clutch the hands of Jesus' tightly, but remains open, inviting us to her son, Jesus.

Jesus' hands are turned downward, a symbol of His placing the Graces of Redemption in her hands. These Graces are available to any and to all who implore her for them through prayer.

Jesus' sandal falling from his foot is indicative of the haste with which he has run to her in fear, gazing at the angels who hold the instruments of his Passion and death. The loose sandal also represents Christ's divine nature, untied from the bounds of earth. The sandal that remains secure is symbolic of His human nature.

The angel on the left, St. Michael, is depicted holding the lance and gall-sop, foreshadowing Christ's Passion and death. The angel on the right, St. Gabriel, holds the cross and the nails, foreshadowing of His Passion and death. The hands of the angels are covered in a veil much like that which the priest holds while blessing with the Blessed Sacrament in the monstrance during Benediction.

Reference :

<http://www.ourladyofperpetualhelpparish.com/the-meanings-behind-the-our-lady-of-perpetual-help-icon.html>



Teresa Tsui, Echo Editor

## 漁夫

就是在2019年9月4日， 跟我兒時一齊長大的契妹秀萍從溫哥華傳來惡耗，她告訴我近月健康轉差，體重驟降，清減了20多磅，需要兩次接受輸血，連一匙水也不能下嚥，頻頻嘔吐。我二話不說，翌日跟相公飛去溫哥華。

當我見到秀萍，真是名符其實的「瘦瓶」，幾乎認不了她！六個月前見過她，為何一瞬間，病魔的力量來得那麼凶？

9月11日，我們五人(他們的女兒蒂斯也回來了)同去烈治文的癌症中心，主診癌症科專家當時的說話猶言在耳，說甚麼「乾脆...」，語調來得毫不客氣。我扶掖過若干癌症病友，見過若干癌症專家，這位絕對是欠人情味的一位。他說：「我告訴你們，我幫不到什麼，她會死於癌病，超惡性的腫瘤，現已17cm，能活的日子可能只有兩三天，絕不會超過兩星期！」之後他就走了，真是晴天霹靂！

9月14日，由於院方床位有限，秀萍被迫返家或入住靈養院去。求存之法，她選了後者。其間有位其他堂區的王神父送聖體，秀萍都領受了。

9月20日，我獨自再到溫哥華，我知道我的使命，雖然秀萍母女二人已領洗，但早已多年沒有去聖堂，唯秀萍內心仍敬愛聖母；而蒂斯是支持身心靈健康的工作者，所以我跟她們重溫露德聖母在1858年顯現給名叫伯爾納德的少女故事。

9月26日，眼見秀萍精神和胃口大有進展，大概是因為那嗎啡止痛貼，她完全沒感到痛楚，無奈院內醫生到來開家庭會議時，說明她的腫瘤奇特，不清楚源頭，但已擴散至將近21cm，附在胃和肝臟上，她是沒可能戰勝這病魔了。由那天開始，她完全不願聽聖歌，不作禱告，也不肯接受代禱，謝絕友人探訪，並要求在卑斯省是已通過的安樂死！

9月28日，陳先生(契妹夫)對秀萍說：「醫生幫不了，我們幫自己！」接著就拉起她那皮包骨的身軀，替她做運動，跟著要她飲這、吃那的。愛妻不想去世前令丈夫不安，其實她是很辛苦呀，想起來也很心痛啊！

9月28日，主日彌撒中忽然想起有急切的事去辦：秀萍跟親姐有瓜葛，移民後互不聯絡，我要勸解她，上天家是要修行的。這時，蒂斯從網上找到解結聖母的資料，她馬上訂購兩份照片和畫框，一枚放在櫃頂，好讓母親每天跟聖母媽媽溝通，逐步把心結解開；一枚送給我，太好了！

10月4日，那早上循例帶鮮榨四蔬果汁去探望她，但她不肯飲，並問：「昨晚聖母媽媽來找我，為什麼不帶走我呀？」我回應：「可能你的功課未做完吧，也別忘記你的丈夫呢。」那天因要返卡城一趟，而蒂斯亦要趕回香港工作，唯有將「耶穌我們信賴你」小冊子交給陳先生，希望他能接棒，學習與太太分享內容。

11月23日，每日視像中見秀萍體力急降，不願進食，我馬上又飛溫哥華去。盡力扶掖秀萍，朝天家的路走，也不時讓陳先生領略天主對他們是多麼厚愛，與我們素未謀面，只憑電郵通訊的王神父，也替秀萍辦妥臨終聖事。

11月29日，我的相公及蒂斯早一天已趕來了。九月底時，因應秀萍的意願，早已預辦妥離世後的殯儀、墓地等事。今早我亦跟殯儀館作過聯絡，唯未找到王神父。殊不知腳踏院門，只見陳先生已和王神父在傾談，而神父揮手要我過去，要我勸他「放手」，他始終捨不得妻子離他而去，立時我的腦海湧出能量，正氣凜然地對他說：「你快去洗個臉，告訴秀萍，安心上天家吧！你要讓她安心去見天主啊。」他像如夢初醒，馬上便去。當時秀萍不正常的呼吸逐漸平和，醫生看後表示是24小時的事，終在下午3時45分蒙主寵召了。

11月30日，王神父應允幫忙至最後一步，為秀萍舉行殯葬彌撒。天主就是要陳先生和蒂斯肯定祂的大能；當我們到了殯儀館，經理人告訴我們下週完全沒有空間給我們治喪，人手不足，三部靈車壞了一部。此外，神父只能在週二或四上午在 St. Monica Church 舉行彌撒。各人就像鍋上的螞蟻，治喪是不能拖的，蒂斯和我兩都要在12月6日離開呢！怎辦啊？我合掌對他們說：「讓我們一齊祈禱，希望天主給我們安排吧！」說時遲那時快，經理人要出去接一個電話，回來時滿頭大汗，說：「12月3日星期二，有一戶人家要改期，上午11時可以嗎？」是真的嗎？治喪日訂了也會改期？竟又配合我們各方面的要求！跟著經理人更四處張羅找外借靈車和人手，只見陳先生合上眼睛，深深禱告。

12月3日，王神父在聖堂安排了聖詩班，雖然該堂區的人全不認識秀萍，但也有不少教友出席，整個彌撒充滿了「愛」，一切都達成秀萍的遺願，肯定天主給了我一個答案，我做了個小漁夫。



耶穌在加里肋亞海對西滿和安德肋說：「來，跟隨我！我要使你們成為捕人的漁夫。」我比較喜歡個人去做福傳的工作，因材施教，乃孔子教育的原則；同樣，我們時刻緊抓機會，不單只祈禱，不單只公式化的探訪，甚至可在堂區或以外的人群凝聚中，實踐耶穌對我們的祈望。時時反省，領受了天主恩寵和祝福，應以甚麼樣的方式和態度善用它們？既然我們肩負基督徒之名，就要推行使命。我們僅僅滿足於「擁有」，還是在日常生活中付諸實踐？我們以「不犯罪」為最高目標，還是讓自己的生命充滿活力，彰顯福音的價值，及天主的光榮？

## Story behind the Picture of Jesus

Mr. Sean Doyle, resident of Aspen Lodge, is the artist of the Picture of Jesus. He presented this picture to Fr. Hubka, when they chatted after the Aspen Lodge Mass Celebration while Fr. Nguyen was away on vacation.

Sean is a retired art teacher. One day in July 1985, he was working at his summer job as a security guard at The Bay in downtown Calgary, when he caught a man stealing a can of salmon.

It turned out, Sean had caught Charles Ng, who was a wanted wicked serial killer. Ng was accused of killing and dismembering a dozen kidnapped victims, including two infants, on a ranch in northern California. He fled to Calgary where his sister lived, and was hiding out in Calgary's Fish Creek Park.

But that day, Sean did not know the man he arrested was involved in serial murders. As he walked Ng back into the store following the arrest, Ng pulled out a gun, Sean grabbed and pushed the gun away, but it went off! Although shot through the hand, Sean still held Ng down until police arrived. Sean was saluted as a hero for arresting Ng, but as he learned the details about the man that he caught, the nightmares began.

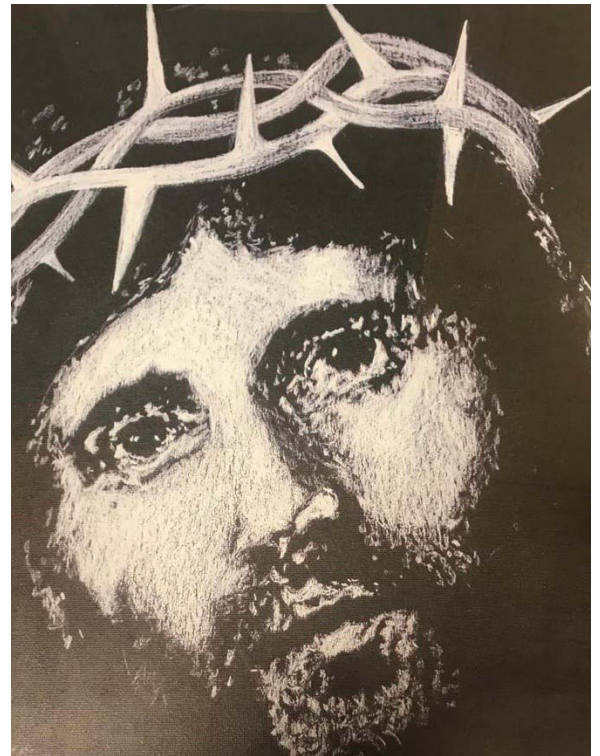
Every night Sean dreamt about putting Ng in the crosshairs and pulling the trigger of the gun, the bullet ripped into Ng's chest and slammed him on the ground.

Sean opposed the death penalty and spoke out loud at Ng's trial in California. But he couldn't reconcile his murderous dream, which tore him apart. It went on for years until Sean, a devout Catholic, turned to his faith for salvation.

"I got out of bed and I prayed for the Lord's power to forgive Ng," Sean said. "And just like that, it was over." The transformation was powerful!

Sean has since travelled to California, where Ng remains on death row. Sean wanted to give his message to the killer in person. However, the State denied the request of Sean to see Ng, but allowed a letter to be passed on to him in jail.

"I learned a very good lesson from this whole experience," Sean said. "That forgiving others frees our hearts from burden." Sean Doyle has been credited with capturing one of the world's most wanted men in Calgary 31 years ago, but it was years before he was freed from the traumatic effects of the encounter by forgiving.



Reported by Anne Lam, Echo Editor

## Counting Our Blessings

While the last few weeks has been stressful to say the least, it has also given my family and I a moment to pause, reflect and renew our relationships.

This is usually my favorite time of year, the season of Spring! This is when days start to get longer, weather starts to feel warmer and all of nature seems to be waking up from a long winter slumber.

This is also the season of Lent, a time for repentance, reflection, and renewal. However, through the years, since becoming a working mother with two school aged children who are involved in many activities, I've often found myself being pulled in many directions and never really been able to find the time to truly slow down to reflect and renew.

As difficult as this Coronavirus pandemic has been, the social distancing has given me the opportunity to slow down and spend more meaningful time with my family. It has also allowed me to reorganize spirituality in my daily life, to set aside time to reflect, repent and ask for forgiveness.

Without the need to run from one activity to another, my family and I have found more time to take daily walks around the neighborhood and spend evenings playing boardgames together. On our walks, we've enjoyed beautiful Spring days, where we could hear the birds chirping and the wind gently blowing through the trees, we could also see leaves starting to bud on tree branches and snow melting, creating little creeks along the sidewalks. Seeing this reminds us that Spring represents rebirth, renewed life and hope! All of nature is resuming and preparing for the coming days of summer. Soon trees will come alive again to continue its growing, butterflies will emerge from their cocoons, and baby animals of all types will appear!

To be honest, spending days and days, 24/7 confined to the house with my family could be trying at times and have tested my patience. Nevertheless, it has reminded us of how fortunate we are, that we are safe and healthy, and we have each other no matter what. We've recognized that there are others who are less fortunate than us and we've prayed for them.

Although we do not know how long this pandemic and social distancing will last, it is not something we can control. So, we will focus on what we can control and we will treat each day as a gift where we can connect more deeply with each other, with ourselves and with God. Through it all, we will continue to count our Blessings.

Jane Leung, Echo Editor

Depend on the Lord;  
*trust him,*  
and he will take care of you.

Psalms 37:5





今年3月16日，因新冠肺炎疫情嚴峻，威廉主教宣佈取消所有卡加里教區彌撒，改為網絡直播進行，以避免病毒進一步擴散。這些決定，都是為了保障大眾教友的健康，但對教友信仰生活實在是一個大挑戰！

因此原訂4月出版的迴聲，也未能出版。6月的迴聲，嘗試電子版形式，希望利用新科技帶來高效率，懇請教友們繼續支持迴聲，你們的閱讀、投稿及意見分享，都是對我們的鼓勵與支持！

On March 16, Bishop William announced that all public Masses were suspended throughout the Diocese of Calgary due to the pandemic of Covid-19. To avoid further spread of the virus, parishioners are encouraged to watch livestreamed or recorded masses to worship at home. It has been a challenge to our faith life as a community.

Consequently, the Echo scheduled to be published in April has thus been suspended. Now in June, we are trying to send electronic version to parishioners, with new technology to bring high efficiency!

We are extremely grateful to our readers, parishioners submitting articles and sharing of your ideas! Thank you for your continuous support!

Editors

•••

Anne Lam, Emily Chan, Jenny Lam, Josephine Li, Peggy Yip, Winnie Lau, Jane Leung, Teresa Tsui