

# The Echo 迴聲

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## 永援聖母堂庚子年新年團拜

永援聖母堂農曆庚子新年團拜於大年初八舉行，筵開四十三席。除主內弟兄姊妹，還有教區副主教Fr. Wilbert Chin Jon、其他堂區神父，也有一些不同修會的修女參加，大家濟濟一堂，好不熱鬧！

當晚先由五醒獅舞動賀歲進場，本堂童軍團所扮的一群小獅和幼獅跟隨，向在場的嘉賓拜年。舞獅過後，主日學老師及學生，在台上帶領嘉賓高唱加拿大國歌，接著是本堂司鐸阮明聰神父致歡迎詞和晚宴前的祝禱。

在晚宴開始時，我們期待的餘慶節目立即登場，首先是中國之后聖母會獻唱賀歲歌及福音粵曲，跟著是很吸引的表演，先是年僅九歲Edna Leung 的體操舞，她很淡定、動作純熟，基本上是無瑕疵的，這體操舞也是奧運會的比賽項目，相信她繼續深度練習，不難成為體操舞明日之星。另一位Luna Leung年僅七歲，他表演拉小提琴，十分流暢，將來也會在小提琴上有一定的成就。其他有結他演奏、牧靈關愛組獻唱中、英名曲。

在第一次抽獎後，最為觸目是一組樂隊和歌手以組合形式表演，他們不停演唱，還邀請台下嘉賓到台前跳舞，並且演唱懷舊流行曲，情況令我們回想到上世紀七十年代的士高DISCO。

在牧民議會主席曾煒森致謝詞後，是第二次抽獎，再由阮神父帶領堂區牧民議會的成員上台向嘉賓敬酒，在青少年團演唱之後，本年度的團拜曲終人散。

Tony Wong



# The Echo

## 願我能……

十一月底的某一天，走在西貢的海邊，微風輕吹，秋意正濃，我與海邊的老榕樹打照面的遇上，看着它迎着海風站立，垂下的氣根隨風搖曳，好想同它對話：請你告訴我你對外面紛擾的世界的感覺。每日在鬧市的暴亂叫囂、汽油彈、磚塊滿天飛、警車、消防車哀號的控訴，為什麼和這裡的寧謐有着如此強烈的對比？它說：「願我能……讓失去理性的年輕人，來到我的樹蔭下享受片刻的寧靜、讓海風撫平他們的仇怨，使他們冷靜的思考將來。我也曾經歷風吹雨打、海浪的衝擊，但我仍然可以屹立不倒！」



也是十一月底的某一天，我看到蔚藍的天空下，一隻色彩繽紛的風箏在空中飛舞。放風箏的人，一次又一次的把握着風勢，在收與放之間讓它飛得更高更遠。願我能……化做一隻風箏，能在天空飛舞，感受自由自在的飛翔，彷彿瞬間便能觸碰到造物主的雙手、聽到祂溫柔婉約的許諾：天不常蔚藍，但祂的慈愛常在！

同樣是十一月底的某一天，我看到海面停泊着三數輕舟。海浪拍打着它們的身軀，隨著浪濤它們能夠配合有緻的升降。願我能……化成一葉扁舟，承載著我的使命，明白我和海浪的相連，混成一體。千古不變的定律，水能載舟、亦能覆舟，只要我找到了方向和平衡！



十一月最後的一天，在信徒的禱聲中，慶祝聖安德肋聖徒的瞻禮。我們大多數人只會注意到聖伯多祿宗徒，而忽視了他的兄弟安德肋，原來他是第一位被主召叫的人，是他帶領他的兄弟認識主。願我能……效法聖安德肋，放下身旁的牽掛和羈絆，第一時間回應主的召叫，讓更多人認識主！

十二月的第一天，在聖安德肋聖堂參與主日彌撒。從聖堂的停車場入口處由下往上行便是聖堂的正門，拾級而上沿途便是主的十四處苦路，引領我們從主的山園祈禱，一步步的經驗與主同行，走過祂的苦難、聖死、從而戰勝死亡、顯示祂的光榮復活。願我能……每次參與彌撒都懂得感恩祂的奉獻與救贖、明白痛苦的真正意義，在生活中跨越痛苦、戰勝困難與挑戰，才能享受到自由與平安。即如香港幾百萬人面對的衝擊和考驗，願望大家能同心協力，跨越這深谷，回復以往辛苦所建設的和諧社會，生活在自由、喜樂、平安之中！



Maria Leung, Faith Sharing Group Coordinator

## 墨西哥瓜達盧佩聖母朝聖之旅

今次墨西哥瓜達盧佩聖母顯現朝聖之旅，使我更懂得感恩及珍惜。感恩是天主賜給我的一切，祂賜給我這次同行的旅伴，我珍惜今天大家的相遇，這是大家的緣份。49位堂區兄弟姊妹由阮神父帶領，一起同行這次墨西哥瓜達盧佩聖母顯現朝聖之旅。在開始天主已給我們一些考驗了，已報名參加的因病不能成行，因名額已滿未能報名的，只要耐心等待及堅持，天主亦會成全。這是我們人生必經之旅，只要信靠天主，祂一定為我們安排，賜予我們最合適的。我們在這次旅程中，能夠體驗到聖母媽媽與我們同行，帶領我們走向天父，行走生命的每一步，與我們一起面對生命中的每一個困難經歷，使我們能肩負基督徒的使命，效法聖母謙卑及勇於承擔的精神。

聖母於1531年顯現給印第安人若望狄雅哥（Juan Diego），在12月9日那個清晨，若望與聖母相遇。聖母向他說：「我親愛的孩子，我愛你，我就是童貞聖母瑪利亞，天主的母親」，若望體驗到生命中的希望及天主的慈悲。其中，聖母最貼心話就是，當若望狄雅哥擔心生病的叔叔時，聖母對他說，「難道這裡的我，不是你的母親嗎？」這是母親的安慰與召喚。她讓若望不要憂慮、擔心、害怕，要完全信靠她。聖母揀選他去守護並幫助興建一所聖堂，若望屢次向聖母表示他不適合做這件事，因為他目不識丁，若聖母願意繼續這項工作的話，就另請別人，揀選有學問或勝任的人。聖母卻非常果斷地告訴若望，他就是被揀選做自己傳遞重要訊息的人。

若望的事跡告訴我們，即使是最卑微的人，也能成為建設天主聖所的工具。天主的聖所就是祂所有子女的生命，尤其是那些看不到前途，忍受無數痛苦、冒著風險的青年生命，那些得不到認可，被遺忘在各角落的老年人生命，聖母瑪利亞使受苦者的眼淚不會白流。朝聖的目的就是要我們增進靈修和聖德，天主之母邀請我們做她的信差，要我們去陪伴許多人，擦乾他們的眼淚，我們來到這顯現的地方，同聖母這麼接近，我們應該怎樣回應呢？

同時若望患重病的叔父，也奇蹟地得到痊癒。這些奇蹟很快傳揚開去，在短時間內令很多印第安原住民領洗成為基督徒，天主透過聖母的顯現，令美洲的各民族感受到天主的愛，轉化了他們的心靈，然後透過他們把天主的愛與福音繼續傳揚開去，令墨西哥成為一個天主教國家。基督的福音從那時起就在當地紮根，直到今日。墨西哥瓜達盧佩聖母不單是墨西哥，也是整個中美洲的主保。瓜達盧佩聖母，請為我們祈禱，亞孟。

林偉良執事



## 都靈之行

1月31日是聖若望鮑思高神父的瞻禮，讓我想起去年九月曾到意大利的威尼斯、米蘭及都靈旅遊。威尼斯與米蘭確有大城市的風範，滿街都是餐廳和商店，遊客處處，重要的旅遊景點除了排隊外，有些地方還要經過安檢才可進入，交通亦非常方便。當家人和朋友知道我去威尼斯、米蘭及都靈旅遊，絕大部份人都會問我都靈有什麼好玩？更有些人未必認識都靈。我選擇去都靈的原因有三：(一)作為一個天主教教徒，我渴望看看耶穌的殮布，雖然我知道殮布只會在特別日子才拿出來公開給教友瞻仰，在平常的日子，殮布是收藏在一玻璃房內。(二)小學時曾就讀於慈幼會所辦的小學，當然要去看看聖鮑思高神父出生、成長、服務及長眠的地方——進教之佑聖母大殿(聖鮑思高神父遵照聖母瑪利亞的意思而興建的教堂)。(三)根據網上的資料，都靈是義大利統一之後的第一個首都(1861年—1865年)，所以都想去看看這個昔日的首都。

都靈的街道上有很多舊建築物，可惜大部份都沒有錢翻新，加上這裏的餐廳一般都是依照意大利人的作息時間，只在中午及晚上七時半才開始營業，所以街上總覺有點冷清。市內的主要交通工具只是電車和巴士，從一個景點到另一景點都要花一些時間和體力，難怪來都靈旅遊的人比威尼斯與米蘭明顯少很多。無論如何，都靈卻是我整個旅程最想到的地方。

9月22日來到藏有耶穌殮布的都靈主教座堂。一進入聖堂便看到很多電視機正不斷重覆播放有關耶穌殮布的介紹。教堂的盡頭，一邊是耶穌被釘十字架的小堂，另一邊遙遙相對的就是放置耶穌殮布的玻璃室。雖未能一見整塊殮布，但可以看到印有耶穌聖容的臉巾高掛在玻璃室內。在殮布玻璃室前的跪椅上放了不同語言的禱文，讓我們反省在耶穌身上的苦難，祂對我們的愛和默想祂復活的喜樂。當我在耶穌殮布的玻璃室前跪著祈禱時，因為玻璃的反光作用，可以看到耶穌被釘十字架的影像就在耶穌聖容臉巾的旁邊，這個設計真的很巧妙和很有意思，亦有助我的祈禱與默想。

9月23日終於來到進教之佑聖母大殿。當我進入教堂看到祭台後方的聖母進教之佑大壁畫後，

心中充滿喜悅、親切及平安。因為這幅壁畫正是我每天打開「我靈讚頌主」的網頁時所出現的畫像，那份感覺就好像從很遠的地方回到家鄉見到親人一樣。在來這教堂的路上，當我們在橫街小巷行走時，街道有些髒、很多人手裡拿著啤酒、香煙站著，當你經過他們面前時，他們會不停地注視你，心中起了自我保衛和不安的情緒，可是一踏進教堂後心裏便平靜下來了。原來這壁畫是聖鮑思高邀請畫家Lorenzone Tommaso繪畫，Lorenzone用了三年多時間才把畫像畫完；當作品完成時，他驚嘆道：「真的太美了！這畫不是我繪的，是有另一隻手帶領著我完成它的！」



由於教堂正進行彌撒，所以我先到聖母大殿下層的小堂參觀。小堂的設計及壁畫都很美麗，而且小堂保存了大量聖物。可能由於參觀的人不多，當我四處參觀時，那裏的管理員很主動的走向我，並且很耐心的告訴我那處是鮑思高神父在夢中聖母瑪利亞向他顯現的地方，亦告訴我在這小堂擺放的大十字架中的小十字架，是昔日聖海倫娜

尋找到的真十字架取下的一小塊。很感謝那位的管理員的介紹，否則我會錯過這些寶貴的體驗了。

走回大殿，來到安放聖鮑思高神父遺體的小堂，坐下來想到昔日他窮一生之力來照顧都靈的街童，成立華道角青年中心，為不同需要的青少年服務，興建學校讓他們讀書、建造很多工房教給青少年一門手藝，亦教授天主的道理，準備他們將來可能領受鐸品，聖鮑思高神父確是一位偉大的教育家。

最後，想以今天彌撒的集禱經與大家共勉：天主！你曾召選聖鮑思高，使他成為青年的慈父，兒童的導師；求你恩賜我們效法聖人，用同樣的愛火拯救人靈，專心服務。因你的聖子、我們的主耶穌基督，他和你及聖神，是唯一天主，永生永王。亞孟。

Josephine Li , Echo Editor

## 瓜達盧佩聖母朝聖之旅

我和丈夫很感謝本堂主辦的墨西哥朝聖團，我們一行共49人。  
。行程包括探訪不同的聖堂，更親臨聖母在當地不同地方的顯現和事蹟。

在行程中的第三天，我們到訪一小鎮Tlaxcala的聖堂開彌撒，彌撒後我們步出聖堂時，其中一團友指示我們這處的小教堂亦是朝拜瓜達盧佩聖母之處，所以我們便入內參觀。當我第一眼看到聖母的圖像掛在小堂內的牆壁時，內心很激動，眼淚已不能自控！事情是發生在數年前的一個晚上，睡夢中看見聖母從我們聖堂內的耶穌聖心聖像中行走至祭台前的耶穌十架停下，當時夢中所見的聖母個子細小，身披藍色披肩，身旁兩邊發出很光很光的色彩，但她很快就從耶穌十字架回到原處的耶穌聖心像中消失。當日早上告知丈夫在夢中所見的一切，當時他說：「這只是發夢。」而我亦沒有再和他討論這事情了。但及後在一次電影欣賞會中，再次看到我在夢中的聖母，樣子完全一樣（註：以前從未在現實中任何地方看見過夢中的聖母形像）。當時，我便告知其中一名在同場看電影的朋友。以後我內心仍然不忘在夢中相遇的聖母形像，時常都懷疑在夢中所遇的一切？？但直至在朝聖的第三天，在現實中親眼看見在夢中的聖母像掛在小堂內，很感動，當時我再沒懷疑在夢中相遇聖母一事。因此，在我返回旅遊車前告知Deacon Edward這一切的經歷，他指示我可和阮神父分享這一切，最後阮神父同意我可和各團友分享。



在此亦很感謝 Deacon Wu 當時的指引，不要再徘徊在丈夫說：「這只是夢」，而應要思考為何聖母顯現在耶穌十字架旁？這是否提示我要勇敢地背起自己的十字架，忠誠地追隨主耶穌基督，要活出基督徒的見證？願一切榮耀及讚美都歸於天主！亞孟。

Judy Yuen, St. Gabriel Choir

# The Echo

## My Rise Up Experience 2020

Rise Up is a national Catholic young adult conference organized by Catholic Christian Outreach. Catholic Christian Outreach is a university group that is on 16 campuses across Canada which helps to renew faith and build up missionary disciples in our society. I had the opportunity to attend Rise Up in Toronto from December 28, 2019- January 1, 2020. There were relatable talks from charismatic speakers, Eucharistic Adoration, praise & worship, prayer time and even free time to explore the city! This was my third year attending and as always, it was such a blessing to end the year and start the new decade learning about my faith, encountering Jesus personally and praising God for everything He has done! This time, my experience was focused introspectively and allowed me to self-reflect on my faith journey. As a constant thread throughout my life, I could see God's grace bringing joy and blessings, as well as his never-ending mercy when I fall down and sin (quite frequently, might I add).

As a little side story, I'm sure everyone has had an experience in mass that goes a little something like this: The priest is speaking during the homily and your mind wanders to what you are planning to do after mass. The priest is saying the Eucharistic prayers up on the altar, then your mind starts checking off a to do list. Your stomach growls a bit, then you start dreaming of what you are going to eat for lunch. And oops...your attention snaps back to the reality of what is really going on during the mass as the priest is saying the words of consecration, changing the bread into the Body of Jesus and the wine into the Blood of Jesus, "Take this, all of you, and eat of it: for this is my body which will be given up for you."..."Take this, all of you, and drink from it: for this is the chalice of my blood, the blood of the new and eternal covenant, which will be poured out for you and for many for the forgiveness of sins. Do this in memory of me".



One of the personal struggles I have been experiencing prior to Rise Up was feeling that I wasn't placing enough reverence on the true presence of Jesus during mass, especially when the bread becomes the Body of Jesus and the wine becomes the Blood of Jesus. It was something that I brought into prayer with me during daily mass throughout the week at Rise Up and I asked God to help me feel the truth of the Eucharist deep in my heart. Then, it happened. It was at Sunday mass with all 1300 participants of Rise Up, during the consecration of the Eucharist. As the priest was saying the sacred words, "Take this, all of you, and eat of it..." and holding up the Eucharist, I heard the voice of a man directly behind me exclaim softly, "This is Jesus! This is truly Him!". Startled, I was taken aback for a second, but the gravity of truth behind those words sunk deeply into my heart. That person was right! It is truly Jesus present on the altar right now! When the priest started to consecrate the wine with the prayer, "Take this all of you, and drink from it...", again the man directly behind me exclaimed again, "This is Jesus! This is truly Him!". This time, I exclaimed the same words together with him inside my heart. When I received the Eucharist that day, it was a humbling and transformative experience to know and feel the truth and the gravity of Jesus' sacrifice. Going to mass has never returned to a "weekly thing that I do" but has turned into "my weekly coffee date with Jesus". So, the next time you attend mass, I hope this story can help you focus on the wonderful essence of the meaning behind the mass and that you will also encounter the beauty of the presence of Jesus. Don't be afraid to also exclaim in your hearts, "This is Jesus! This is truly Him!"

Jenny Lam  
Youth Group Leader, Young Adult Group,  
Echo Editor

## Volunteering at Marian Centre In Edmonton

Back on January 25th, a few friends and I went up to Edmonton to volunteer at the Marian Centre for a soup kitchen. This was the first time I participated in such a meaningful event! My friend, Grace, from Edmonton, invited us to join her in serving the homeless population on Chinese New Year Day. The menu we served that day was chili, stew, rice, and bread. Through this activity I learned a lot about how to safely prepare food, prevent cross contamination, and being involved in teamwork!

Volunteering at the Marian Centre reminded me of how we can see Jesus in each and every person. While volunteering with my friends and meeting the needy people, I was reminded of how we are made in the image and likeness of God and how we should respect each other, despite our backgrounds. One of the beatitudes that Jesus mentioned was: "I was hungry and you gave me food to eat." Often times, in our busy society full of expectations, we tend to judge others depending on how they look or appear. If a person was rather dirty and appeared less fortunate, they may be subject to judgement of others. However, we are reminded that while we judge others, we may be judging Jesus as well. After all, Jesus is in each and every person.

Meeting the lay people who live in the Marian Centre also reminded me that no earthly things can satisfy our hungry hearts for truth and closeness to God. The lay people who live and work at the Marian Centre all live from the donations and providence of others. They dedicate their life to simplicity, trusting that God will provide for them. I had the opportunity to tour the Centre with Jude and she told me that the Foundress of the Marian Centre had struggled to collect enough financial funding to build the Marian Centre back in the 1950s. Fortunately, at the time when down payment was needed, an anonymous donator sent a cheque to the Foundress, enabling her to carry out her mission of building the Centre for the needy.

God is the only one who understands and knows our deepest needs and desires, it is only through him can we fulfill our longings and hopes. In this new year, I hope that each and every one of us will take the time to help those around us, whether it be the poor or homeless or close friends who are struggling. Let us be reminded that we are brothers and sisters for one another and that we should care for one another just like Jesus cares for each and every single soul.



## High Class Visit of High Class People

On Saturday Dec 14, 2019

A group of OLPH parishioners arrived at the Providence Care Centre to sing Christmas Carols to entertain the priests in the St. John Vianney wing. There unfolds a great and pleasant welcome. It makes one feel happy to see so many acquaintances again. It is a Christmas gift in itself!

The caroling starts. The clergy join in with the faithful and friends together; a celebration of oneness, even sacred. Why? We sing about a Divine Person, accepting our human nature. Is God sharing the virtue of humility, by wanting to be like us? It is mysterious, joyous and eventually very painful. The Child Jesus brings us the Love of the Father, also mercy for which the God man will be crucified!

All of us participate but then every priest is asked to sing solo a carol of his choice, Fr. Bill chooses a Gregorian hymn to St. Joseph, one he learned in elementary school. Why the hymn to St. Joseph? Is St. Joseph somewhat in the background during the Christmas season until the flight into Egypt?

All keep caroling, a great sign of unity, then pictures are taken, gifts given, and a heartfelt goodbye happens.

A great thanks to all who participated, who with the angel sang "Glory to God in the highest heaven, and peace to all of good will. (Luke 2:14)

Fr. Bill Trienekens interviewed  
by Peggy Yip and Jenny Lam



### 塔冷通 = 天賦

塔冷通的比喻是常年期第三十三主日的甲年讀經。從前每次聽完這篇瑪竇福音，都不太明白，主人為何對那不事生產的僕人那麼憤怒，直至一天，我閱讀了英文的版本，得到了啟示。

「塔冷通」英文是Talent，其字典解釋為：

1. A marked natural ability or skill.
2. (historical) A unit of weight and money used in ancient times in Greece, the Roman Empire, and the Middle East.

羅馬帝國時期，Talent 是一種貨幣，今天 Talent 的意思是天賦。我想，瑪竇福音的比喻換了現今的解釋，就是主人分別賜予僕人十種、五種及一種的天賦，那得到一種天賦的僕人埋藏了給與的才華，沒有利用才華為主人服務，甚至連顯示對主人的寵愛也沒有做到，令到主人大怒。

天父賜給我們不同的恩寵，好能將福音傳播給世人。在我們中間，每人得到的恩寵各異，但都有責任利用天賦，為主作證。請勿小覷自己的才華，小莫小於每日的言行，細莫細於對人的關心，每樣看似微不足道的事，其實都能彰顯天父給與我們的使命。

Teresa Tsui, Echo Editor





## I love the Christmas Season

I love the Christmas season. Christmas is a time for family reunions, bonding, renewing friendships, exchanging gifts and eating a lot of yummy food. Christians around the world celebrate Christmas in different ways, following their beliefs and their traditions. Christmas is a time to celebrate! Foremost, it is the celebration of the birth of Jesus Christ. It is meant to bring a message of peace and hope, but this is now overshadowed by the stress in preparing for Christmas. The commercialism that had been attached to the otherwise religious celebration has taken away the simplicity of the meaning of Christmas – buying gifts, decoration, entertaining, etc.

At Our Lady of Perpetual Help Church (OLPH), we have a tradition that reminds all of us the importance of Christmas while giving us the opportunity to come together to see the miracles that can happen when we are all bonded together by one cause – the celebration of Jesus Christ's birth. The tradition is OLPH's annual Christmas Play.



On December 24, 2019, OLPH 300 Scout put on a heartwarming Christmas Musical called the "Arrival". The Play is about Jesus Christ's birth from the perspective of the Beavers (age 5-7), Cubs (age 8-10) and Scouts (age 11-14). The effort and time from the Scouters, to their parents and Scout Leaders, to all participating church parishioners was evident through the success of the Play. Many of us were very nervous, even up to the official curtains opening on December 24. It is not unfitting to say that we all were truly blessed with Jesus watching over us that day – a touch of miracle.

As I was watching the play from the back, I also noticed how impactful the Christmas Play is to the kids and adults participating in the Play. I noticed the joy in the kids when they completed each of their scenes, the kids' excitement to see the reactions of their parents and audience, the supporting adults' energy in making sure all the kids participate, feel involved and especially, are having fun, the smile on everyone's faces as they listen and sing along to the beautiful songs sung by the amazing choirs of OLPH, and to see the audience's reactions...was priceless.

The overall message is clear. Christmas means spending more time with family, showing gratitude and love, sharing and making people happy, and remembering the birth of the Savior, Jesus Christ. OLPH's annual Christmas Play is truly a significant and valuable tradition to carry on during times when it is easy to get wrapped up in the craziness of the holiday season. I hope each of you can take in OLPH's annual Christmas Play this year and enjoy the simplicity, heart-warming feeling you will get watching the wonderful re-enactment of the birth of the Savior, Jesus Christ.

Although many people have almost forgotten what Christmas really means, there are still plenty of people young and old around the world, who give their time and effort to remind those around them the true meaning of Christmas.

Every year, OLPH Christmas Play is led by the many different groups in OLPH. On Christmas 2018, it was Sunday School and this past Christmas, it was OLPH 300 Scout. Join us this Christmas, on December 24, 2020 to see Youth Group presenting the Play and their perspective of Jesus Christ's birth.

## Journeying Through Sorrow in Faith

What is sorrow? I have gone through it in various stages of my life. Painful experiences of poverty in my childhood and youth, losing my parents and my two brothers-in-law, all contributed to my past sorrow. But losing my beloved husband eight months ago really brought my sorrow to a whole new level beyond description. I went through the most agonizing times, and I had repeated periods of darkness in my faith. I still went to Mass and fulfilled my Catholic obligations, but my heart and soul were not there.

I grieved, I questioned, and I was filled with guilt. The questioning was of course why God took William away from me sooner than I expected. His dad lived to be 83 and his mom to be 93, but he did not make it to 80. Don't good genes count? I have to keep reminding myself that only God has control over our lives, and He knows what is best for us.

It was most fortunate that I received enlightening advice from various priests during my sorrowful days, which really helped me to view my painful situation with eyes of faith.

I was asked to remember Mother Mary as she stood at the foot of the Cross, imagine her pain, join mine with hers, offer up my sorrow to her, and let her heal my wound. Yes, that touched my heart.

Being left alone made life extremely difficult. I yearned for a minute of companionship, for one kind word, and was disappointed when I seemed to be forgotten. The priestly advice was that I should open myself up by calling my friends instead of waiting for them to call, as it is a sensitive situation, and they might be hesitant in approaching me, for they may not know what to say. He does have a point. From this personal experience though, I have learned to be more aware of loving and caring for those who are going through sufferings.

Much of my sadness comes from guilt. Why haven't I appreciated my devoted husband a lot more than I did, and thus would have been a better wife? Surely it is now too late to regret. I was told half-jokingly by a kind priest that God has given me to William as a means for him to do his penance on earth, as he endured living with me all through his married life. Therefore, I had been doing my husband a favour, as well as carrying out God's plan of salvation for him! What a comforting thought. The priestly advice was to continue praying for William, now that he could not pray for himself.

In all seriousness, looking back with the eyes of faith and trusting in the good Lord, I am truly grateful for His continuous blessings in spite of my loss. In his thoughtfulness, William had me comfortably settled in my new home before he left me. My daughter and son had provided me with the utmost possible care and love when my grief was at its worst. I did have good friends who were there to support me as well. God had not deserted me, but had been there with me all through this painful journey. Putting back my trust in Him did help me find comfort and confidence.

As my widowed friend aptly said, "I may not be lonely, but I am still alone." The journey ahead will definitely continue to be rough and tough. May God abide with me and give me strength. Amen.

Mary Tsang, member of Legion of Mary



## 當好人遇到壞事一書介紹（一）

節錄自「當好人遇到壞事」<When bad things happen to good people>

原文作者：Harold S. Kushner

譯者：楊淑智

當不幸發生時，我們不應該問：「為甚麼這種不幸會發生在我身上？我做了甚麼事得受這種報應？」這實在是沒有意義的問題。更好是試著超越質疑「為甚麼會發生這種事」的範疇而改問：「這事已經發生，現在我應該怎麼辦？」

不要以為一切惡果都直接肇因於我們的錯或行為不檢。我們的能力真的沒有這麼大，並非世上發生的每件事都是我們做成的。

為承擔不堪忍受之事的力氣與勇氣去祈禱，記念自己還有甚麼而非損失甚麼的恩典而祈禱，經常會蒙天主垂聽應允。去禱告之後，發現自己變得比想像中更堅強和更有勇氣，更有能力可以應付艱苦難當的事。在絕望中敞開心門祈禱，發現許多人都圍繞在你身邊，知道神也與受苦、意志消沉的人站在一起，你內心的力量幫助你在這個不幸中求得生存。當有人生病或疼痛時，我卻看見天主給這樣的人力量去過好每一天，為著充滿陽光或比較不疼痛的日子而心懷感恩。聖詠集：「我舉我目向聖山瞻望，我的救助來自何方？我的救助來自上主，...上主保護你於任何災患，上主保護你的心靈平安。」聖121

疼痛是我們活著必須付出的代價，我們可能不瞭解自己為甚麼會受苦，或無法控制導致痛苦的因素，但痛苦使某些人變得充滿苦毒和嫉妒，另一些人卻因此變得敏銳體貼、富同情心。有些人的痛苦經驗變得有意義，另一些人的受苦經驗卻沒有意義且具破壞性。

幫助別人紓解痛苦時，總會遇到事情糟糕透頂、一籌莫展的時候，然而有一件事可以做：縱然只是坐在傷心的人旁邊，幫助他放聲哭出來，好讓他不致於孤孤單單地暗自飲泣。臺灣作者巫錦輝的兩個兒子得了罕見疾病，沒有藥可以醫治，最終身體會漸漸僵硬，器官也會慢慢

退化，這個晴天霹靂的宣告，讓他們夫婦陷入黑暗裏，生活亂了方向，一切變得茫然失序...。他們接到不少不當的安慰，例如：「不要難過，還有人比你更倒楣。」「天主要用你，先讓這苦難來考驗你。」...等等。但印象最深刻是：有位教友看到我，就把我帶到走道旁，牽著我的手，深情地看著我說：「我的兄弟，你辛苦了...。」剎那間，我苦悶的情緒崩潰了，抱著他嚎啕大哭，說：「是的，我好辛苦啊！我不知道如何安慰太太及孩子，也不知要如何帶領這個家走下去...。」他抱著我、陪著我哭，拍著我的背說：「是的，我知道，我知道，我們上帝也知道...。」約十多分鐘後，等我情緒慢慢平穩下來，他再陪我一起祈禱。這是多麼溫馨的關懷與安慰。當時帶給我很大的支撐力與鼓勵。一個生命受傷的人，真正想要的就是朋友的憐憫，並不是解釋不幸事故的來龍去脈，最需要的是安慰，一個溫馨的擁抱和幾分鐘耐心的傾聽，就更能讓人紓懷解鬱了。

聖經描述了約伯的朋友探訪他，他們不言不語和約伯同坐了數日，讓約伯將哀傷與憤慨一吐為快，這是他們這趟探訪最有用的地方。其實每個人一生中總會遇到不公平的事，無辜的人也可能遭遇苦難。但是只要等候，我們相信必能看見天主計劃中的公義顯現。就讓我們學習中世紀一位受難者的祈禱：主啊！不要告訴我為甚麼我必須受苦，姑且讓我相信，我乃是為你而受苦。

Emily Chan, Echo Editor



金豬去，福鼠來，  
時間匆匆如流水，  
過去一年我們有快樂、也有煩憂；  
有收穫、也有失去；  
有努力奮鬥、也有祥和平靜。  
在新的一年裏，  
祝大家新年蒙福，  
主恩常在，福杯滿溢，身體健康！

The Pig went, and the blessed Rat leapt.  
In the past year,  
we had joy, worry and fear;  
gain and loss;  
hard work and peace.  
May all the blessings of the Lord  
be yours in abundance  
in the year of the Rat!

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