

# The Echo 迴聲



卡城永援聖母堂 | ciph@telus.net

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## 編者的話

每年聖誕，堂區都會安排活動，為各位教友準備心靈，慶祝主耶穌來臨。  
今年因新冠疫情影響，所有活動都無法推行。

雖則如此，阮神父非常關心教友，派出「關懷天使」到未能進堂的教友門外，送上聖誕咭和日曆。

迴聲編輯組亦想與大家一起回顧以往十年的聖誕活動，雖然不能互動，但祈望在回憶路上能與各位相聚。

祝願大家有一個平安的聖誕節！

## Editor's Note

Over the past years, our parish has always organized various activities for Advent and Christmas. This year, because of the pandemic, all activities have to be cancelled.

Fr. Nguyen cares about parishioners so much that he has sent "Caring Angels" to deliver Christmas card and calendar to those who cannot come to church.

The Echo editor board has also decided to republish articles of activities from the past Christmases. Although we may not be able to meet in person, we sure hope we can connect through our fond memories.

Wishing all of you a peaceful Christmas!

Editors

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



# The Echo

## 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  
December 2017





## 最後審判

「我實在告訴你們：凡你們沒有給這些最小中的一個做的，便是沒有給我做」(瑪25：45)

約三週前，禮儀年(甲)終結之際，教會慶祝基督普世君王節。是日福音讀經取自聖瑪竇25：31-46有關末日最後審判：當基督再度來臨時，眾生都要接受審判。屆時所有人都會被區分；於君王右邊的羔羊，得以進入永生；而在君王左邊的山羊，將接受永火的懲罰。

其實，我們應做甚麼才能進入天國，得到永生呢？遵守十誡？聖教會的規條？恆常祈禱做熱心的教友？當然，我們都必須熱愛天主、遵守誡命、不能做偷呃拐騙、姦淫邪盜等等犯罪的行為。但是否做一個循規蹈矩的基督徒就足夠進入天國呢？答案顯然是否定的！且看當時法利塞人，他們熟讀經書、謹守梅瑟法律、自以為高人一等、肆意批判他人、毫無惻隱慈悲的心，所以耶穌多次斥責他們，因為『這民族用嘴唇尊敬我，他們的心卻是遠離我』(瑪竇15：8)。聖經亦記載一個富有的少年詢問耶穌永生之道，表明從小循規蹈矩、遵守誡命；當耶穌示意他還須散財行善，該少年便面帶愁容離去，因為他不願捨棄財富(谷10：17-23)。在「富翁與拉匝祿」的比喻，耶穌強烈譴責富翁祇顧自己享樂，而對門外飢餓患病的乞丐置之不理，正是朱門酒肉臭、路有凍死骨，故此富翁死後要受地獄的永火(路16：19-25)。

最後審判的比喻清楚說明甚麼人纔可以進入天國。就是那些有憐憫心、愛心和竭盡所能去做愛德的工作的人。去幫助貧苦大眾、孤獨無助、老弱病患、異鄉客、迷途羔羊、受迫害、在社會邊緣和一切有需要的人士。主耶穌說：「凡你們對我這些最小兄弟中的一個所做的，就是對我做的」；對那些自私祇顧維護一己利益的人、缺乏愛德、冷酷無情、對社會上不公平不公義的事情漠不關心、採取事不關己、保持緘默、甚或指鹿為馬、落井下石，在末日審判時會被基督強烈譴責，因為「凡你們沒有給這些最小中的一個做的，便是沒有給我做」，這等人將被投入地獄的永火。

故此在接受審判時，能否獲得永生進入天國，完

全不在乎個人的財富、功名、地位、信仰或宗教的熱誠；祇在乎我們有否跟隨基督『愛』的教導、履行愛德的責任。雅各伯宗徒清楚說明：「沒有愛德行為的信德是死的」(雅2：14-17)。耶穌亦多次引用舊約聖經，強調上主喜歡仁愛勝過祭獻。

現在是將臨期，期待基督再來之際，我們亦應做好準備，面對死後的審判。讓我們時刻都仁愛待人，遵守愛主愛人的誡命。懇求上主幫助我們能夠做一個言行一致、充滿愛心的基督徒。

主耶穌，您是愛的根源；您給我們一條新誡命：愛天主在萬有之上、及愛人如己。請將這誡命刻在我們心中，使我們成為關愛的基督徒。求您賜給我們意志、力量、謙卑和您灼熱的愛火，去幫助社會上貧困、孤寡、被遺棄和一切有需要的邊緣人士，因為他們就是你的化身。在審判日，請將我們納入你選民的名單，得以進入你光榮的王國。亞孟。

Andrew Chau, Toronto  
December 2020





# The Echo

## 古喻今遇

將臨期乃教會禮儀年曆的開端，我們應為基督的再來作準備和預備慶祝「救主降生」的紀念。今年很幸運，阮神父從香港邀請李子忠兄弟，為我們作一星期的神修講座。今日是第一天，主題是“聖經比喻”。

在福音中耶穌很喜歡用比喻去講解天主的奧秘，若只計算真正完全對比的比喻，並以短故事形式為原則的，就有33個。比喻是一種「以其所知，喻其所不知」，以具體說明抽象，以易知說明難知，「而使人知之」的修辭技巧。比喻是聲音，當大家聽過、看過、明白了其信息(言)後，它便大功告成。比喻會消逝，但信息(聖言)卻永遠存留下來。以下是子忠兄弟所講解的比喻：

撒種者的比喻 (瑪13:3-9, 18-23 谷4:1-9,13-20 路8:4-8,11-15)

這比喻是耶穌對宗徒們教訓，他們是天國的撒種者，要像耶穌般慷慨播種天主的說話，不要計較土的質素。身為平信徒的我們，亦應大方撒種聖言種子！應不計成本，只問耕耘，不問收穫。

莠子的比喻 (瑪13:24-30,36-43)

莠子是一種和小麥相似的毒草，其習性是只生長在麥田中。在未吐穗前，僅就莖葉是很難與小麥分辨的。這比喻是說好人與壞人都會在末世受基督的公審判。

芥子的比喻 (瑪13:31-32 谷4:30-32 路13:18-19)

這比喻是叫宗徒們勿因教會(天國)在開始時微不足道而喪氣，但要相信它會很快便茁壯生長發展，遍傳各地。芥子也被耶穌用來描寫信德，只要信德有芥子這麼小，已能成就大事。



撒網的比喻 (瑪13:47-53)

教會在耶穌再來前，傳福音者要努力和慷慨的宣講，雖然加入教會的人良莠不齊，但天主會忍耐地等待他們悔改，然後才是賞善罰惡的審判。

慈善撒瑪黎雅人的比喻 (路10:29-37)

耶穌在這比喻中說出只要是有需要的人，不論種族、宗教、文化、社會地位，都是我們的「近人」，都應「愛他如愛你自己」。

浪子的比喻(路15:11-32)

父親就是天主的象徵，人獲得寬宥和得救，全在於天主的仁慈和樂於寬恕，人所要做的就是不要害羞回到天主那裏，他只須踏出第一步，天主必會助他完成。弟弟是浪子，需要悔改外，其實那不贊成父親寬恕弟弟的長子，也應悔改，因為他沒有反對弟弟分家產，等同同流合污。

當子忠兄弟詳細講解那些比喻時，我彷彿見到耶穌就站在我們面前，向我們解釋天國的道理，令我覺得很容易明瞭。但願我們都能時常記起這些教訓，將我們的信仰實踐在生活中。

---摘錄「古喻今遇」



## 愛、憐憫、寬恕

將臨期退省的第三講，亨利主教談到寬恕：是不公平、沒有例外、亦沒有附加條件。這是個非常有趣的題目，其趣味在於知易行難。

主教解釋憐憫是拯救的行為，而寬恕就是憐憫的行為。換言之，要拯救就要寬恕。寬恕要大量，不能斤斤計較，不能有條件，不能討價還價。

主教亦提到意大利Torcello有一著名拼花畫——「最後審判」，世人對此畫有不同理解。究竟它是表達天主判決我們罪人，還是喻意天主憐憫罪人、拯救我們？我曾嘗試在網上閱讀資料，但不得要領，相信要親身去體驗，才能給自己一個結論。但無論結論如何，我信天父是慈悲的，是寬宏的。

在家反覆思量：現今社會，常人會積極爭取公平機會及公平競爭。若受到不平等待遇，就會跟隨以眼還眼，以牙還牙的理論去處理。但天父對我們卻從來沒有要求公平，祂只有付出，賜與我們祂的愛及寬恕。重讀主教的慈悲禧年書信，對天父的慈悲有更深的體會。在此選擇了部分內容，與大家分享。

慈悲禧年的一個重要標誌是「聖門」，基督徒應把握機會以踏進聖門為朝聖的一部分。朝聖帶來恩典，跨過聖門，代表信奉耶穌基督是主，鞏固我們的信德去擁抱主賜的新生命。聖瑪利主教座堂及Corpus Christi 聖堂為教區屬意的卡城朝聖聖堂。

慈悲禧年要求我們重新承諾行慈悲的善工。傳統教誨早已闡釋慈悲的具體意義，並區分及列出形哀矜七端及神哀矜七端。

形哀矜：饑者食之、渴者飲之、裸者衣之、收留旅人、照顧病人、探望囚者、埋葬死者。

神哀矜：解人疑惑、教導愚蒙、勸人悔改、安慰憂苦、赦人侮辱、忍耐磨難、為生者死者祈求。

在天主的國度裏，愛是無條件的。天父因為愛，所以拯救。因為拯救，所以憐憫。因為憐憫，所以寬恕。要回應及學習天父，相信須由寬恕做起。

Teresa Tsui  
December 2015





# The Echo

## Advent Talk by Diocese Youth Retreat Team

On Sunday November 27 Mark, Mary and Charles from the Diocese Youth Retreat Team came to our church to prepare us for Advent and the Christmas season. They taught us many things and showed us a video about giving Christmas gifts. In the video I learned that every year we spend a lot of money on Christmas gifts, but the best gift of all is actually your time and love. Now if you think about it, Christmas is all about giving presents that come from the heart, they are not things that you buy. Wouldn't it mean much more if someone gave you a present on just an ordinary day instead of Christmas?

After learning about the gifts we played many fun games. My favourite game was the icebreaker game where we would all sit in a circle. There would be a person in the middle holding a pillow and they would try to hit somebody. The person who is going to be hit must say their name and who they want the the person in the middle to hit. If a person gets hit they would need to take the place of the person in the middle. We ended the lesson with grace and ate a delicious lunch.

In the end I was really grateful that they came and I hope that they will come to visit again.

Theresa Lam, Youth Group  
November 2010


## Winter Gala 2015

This year, one of the major fundraising events for World Youth Day was the Winter Gala that was held in the Upper Hall on November 28, 2015. It was put together by the youth group and young adult group and thanks to their time and dedication, it turned out to be a great success! The hall was filled with familiar faces and was packed with at least a hundred people.

The performances showcased the many talents that we have at church: from hip hop dancing, to poetry reciting, to singing. One of my favourite performances would be the acapella rendition of "Mary, Did You Know?", that brought a fresh perspective on using voices to create music. As well, the food exceeded my expectations and the combination of soup, steak and mashed potatoes danced in my taste buds.

Overall, it was an enjoyable night with great entertainment! I hope you all had fun too, and for those of you that didn't join, come join our next event so you don't miss out on the excitement.

Jenny Lam, Young Adult Group, Echo Editor  
November 2015





## Christmas Play 2013

During the past Christmas season, the OLPH Young Adults Group (YAG) was given the privilege to conduct the annual Christmas Play as a way to gather the parish family together for a night of reflection and to meditate upon the Holy Night and the birth of our Baby Jesus. The play this year was an adaption of the poem "How the Great Guest Came" by Edwin Markham, which focused on the gift of giving and preparing ourselves for the Coming of Christ through the charity work we do for others. The play centered on a poor cobbler and his wife as they prepare their dinner table on Christmas Eve for a visit from the Lord Jesus as the cobbler dreamt that he would come. They wait patiently throughout the night, but their only visitors were a beggar, an old woman and a child. Each of the visitors was in need, and so the cobbler and his wife shared their goods and time with each visitor. At the end of the night, the cobbler confides in the Lord and asks for his forgiveness that the evening was not spent in prayer. The Lord answers him saying that he had visited three times that evening, and each time, he had been treated with love and respect.

This production was made possible with the tireless help from volunteers throughout the parish; the various choir groups; as well as dedicated performers who were willing to donate their time each week to attend rehearsals. YAG would like to thank all those who helped in the assembly and execution of the play and to those who attended the screening as it could not have been done without you.

We shall let the Christmas message dwell in our hearts as we continue on our day to day activities and remember to always lend a hand to those that may require our physical and emotional support.

Janette Mi, Young Adults Group  
December 2013



# The Echo

## 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  
December 2017



## 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 carolling 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 carolling, 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  
December 2019





# The Echo

## The Last Judgment

“Truly I tell you, just as you did not do it to one of the least of these brothers or sisters of mine, you did not do it to me.” (Matt. 25:45)

The year 2020 will soon draw to a close. For many, this may be a year that one will rather like to forget. First and foremost on our mind no doubt is the Covid-19 pandemic, which has infected over 60 million people with 1.5 million dead. This reminds us that life is uncertain, that it may end abruptly at any time, and so we must always be ready.

Just a few weeks ago, the Church ended Liturgical Year A with the celebration of the Feast of Christ the King. The gospel reading, from Matt. 25: 31-46, reminds us of the second coming of Christ when everyone will face judgment before God. On this Judgment Day, will we be among the sheep on the Lord's right-hand and enter his Kingdom? Or will we be like goats on his left and suffer eternal damnation?

So what must one do to enter the Kingdom of Heaven? By obeying God's Commandments? By following the Precepts of the Church? By piety and constant prayers? Naturally, we have to be faithful and prayerful, and we have to abide by the Commandments and teachings of the Church. We have to love and worship God. We must refrain from killing, stealing, lust and other sinful acts. But is dutiful observance of such laws good enough for admittance to God's kingdom? Obviously not! In Jesus' time, the Pharisees were ardent observers of the laws of Moses. Yet they were denounced by Jesus as they “honour me with their lips, but their hearts are far from me” (Matt.15:8). They sat in judgment and showed little compassion to others. On one occasion, Jesus met a rich young man who wished to inherit eternal life and confessed to having followed the Mosaic law all his life. However, when asked to give up his wealth to the poor to follow Jesus, he went away sadly as he was unwilling to part with his possessions (Mark 10:17-23). In another parable, Jesus condemned the rich man who ignored the plight of the poor and sick Lazarus at his doorstep (Luke 16:19-25).

The parable of the Last Judgment clearly shows

who will be admitted to God's kingdom. It will go to those who have shown loving care to the marginalized people in the society: the hungry, thirsty, stranger, sick as well as the needy and the lost. Thus says Jesus: “As long as you did it to one of the least of these brothers of mine, you did it to me.” He condemns those who fail to show love, compassion and care to those in need: “As long as you did not do it to one of these least ones, you did not do it to me”. Sure enough, at our Judgment Day, we will be judged not by our wealth, status, accomplishment, not even by the degree of our religious piety. Instead, we are only judged by how much love, mercy and compassion we have shown to our brothers and sisters in need.

We are often reminded that God loves mercy more than burnt offerings. Apostle James puts it more plainly: “What good is it, my brothers, if someone says he has faith but does not have works? Can that faith save him? If a brother or sister has nothing to wear or no food for the day; and one of you says to them ‘Go in peace, keep warm and eat well’, but does nothing to meet their need, what good is it? So faith itself without works is thoroughly lifeless.” (James 2:14-17)

With Christmas only about two weeks away, let us also prepare for Christ' second coming with examination of our conscience. Let us see if we have faithfully followed the true greatest commandment proclaimed by Jesus: LOVE - love of God through love of our neighbours. Let us stop committing the deadly sin condemned by Jesus in his parable of the Last Judgment: “INDIFFERENCE”, the sin of complete disregard and apathy towards the suffering and cry of the poor, sick, oppressed and marginalized in our midst, in our community and around the world. Let us pray to God to help us to be a loving, caring and compassionate Christian.

Andrew Chau, Toronto  
December 2020



## 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.

Rose Wong, parent of 300 OLPH Scout Group. December 2019



# The Echo

David Attenborough - A life on our planet

## 大衛愛登堡－地球上的一段生命旅程 電影介紹

九十三歲的大衛從年青時已到處探索地球的荒野。見證了地球上的變化，以下是他的部份陳述：

地球四十億年的歷史中，發生過五次大規模的物種滅絕事件，對上一次是恐龍消失的時代。一顆隕石的墜落，百分之七十的物種從地球上消失，生命唯有從新開始，生命不斷重建，直至演變成我們認識的生物世界，科學家稱為〈全新世〉。這是地球氣候環境最穩定的時期，整整十萬年以來，平均氣溫上下波動未曾超過一度。而豐富多彩，朝氣蓬勃的生物世界是穩定氣候的關鍵。馬賽語中“塞倫蓋蒂”意思是“無邊無際的平原”，來形容塞倫蓋蒂平原的生態，是最適合不過。假設你在這平原的某個點停駐，週圍一個動物也沒有，但在隔天的清晨，放眼望去，竟然看到一百萬頭角馬，五十萬頭瞪羚，二十五萬頭斑馬。幾天後的清晨，卻全數消失在地平綫上。認為這些平原“無邊無際”一點也不為過。

可惜現在人類持續不斷地消耗地球，直至消失殆盡。一旦某個物種成為人類的目標，地球就沒有牠們藏身之處了。但我們拯救某種動物，只是杯水車薪，整個生態遲早走向滅絕。

婆羅洲的雨林到現在已減少了一半，地球上大半的生物都生存在這裏的。

1990年拍攝海洋時，還有很多魚類品種，大型捕魚船都進駐公海，將90%的大魚撈走。

1998年珊瑚的共生藻離開或死亡後，珊瑚便白化，意味失去生命。科學家發現海洋的溫度升高，氣候專家針對（地球暖化）的問題警醒世人。

冰川的減少，盲目傷害樹木，野生動物的減少，過度的魚類捕捉，都是問題所在。

1937年世界人口是23億，大氣層碳含量是百萬分之280，僅存荒野面積達至66%。

2002年世界人口已達至78億，大氣層碳含量是百萬分之415，僅存的荒野面積只剩35%，若這個情況持續下去，人類便會走上這不歸之路。





# Save the Earth

其實我們是可以改變的，日本在1975年，平均每個家庭有兩個孩子，生育率下降，生活水準上升。

摩洛哥在2000年之前是依靠石油的，現在已成為世界最大依靠太陽能的國家，乾淨而且清新，甚至輸去歐洲的國家。

帕勞是太平洋的一個島國，經濟依賴漁業和旅遊業，當察覺魚類減少時，便全面禁止漁民在多個海域捕魚，受保護的魚種數量，很快便恢復正常水平。我們亦可用同樣的方法，在世界最大的公海水域設立禁魚區。挽救捕撈殆盡的海洋。

森林是生物多樣化的心藏地帶，亦是用來清除二氧化碳的，森林越原始，生物多樣化越豐富，越能過濾大氣層中更多的二氧化碳。一百年前哥斯達黎加超過四分之三的土地是被森林覆蓋的，但到了1980年，伐木業失控，只餘四分一的森林，政府為了森林的保護而向林木業補貼，僅25年時間，森林又回來了，國家再次有一半的土地覆蓋在綠蔭之下。

我們更可改變飲食習慣，世界是無法承擔太多食肉者。荷蘭在新舊科技下，利用較小的土地去生產較多的農作物，減少用水、農藥、肥料及碳排放。三十年前蘇聯的切爾諾貝爾的核電洩漏事故，兩天之內撤離所有居民，如今已成為稀有野生動物的天堂。證明即使人類在地球上消失，生物世界是會頑強地活下去的。我們應該成為一個與大自然共生共利、互惠互利、共生共亡的物種，重點不是拯救地球，而是自己。如果我們照顧大自然，大自然也會照顧我們，重新恢復老祖宗繼承下來的這個繽紛世界。

看完這片後，很諷刺的是，全球的二氧化碳排放以及氣候變化問題卻因冠狀病毒疫情的影響而得到改善。希望令更多的國家向清潔和再生的能源出發，協助大自然繁衍，讓我們的後代和受造物者，共享慈愛天父賜給我們的世界。





# The Echo

## 關懷天使

新冠肺炎病毒肆虐全球，嚴重影響人類健康及活動。

卡城天主教教區，三月中至五月底也暫停平日及主日公開彌撒及任何形式的宗教聚會及活動，以竭力控制疫情蔓延。對基督徒來說，這段日子是艱難和痛苦的，但我們服從及遵守教會的臨時法規，以確保大眾健康、安全及減低受感染的風險。

彌撒六月重開至現在，參與感恩祭的人數只可佔聖堂通常容納人數的三分之一為上限，彼此要遵守保持兩米社交距離及戴上口罩，這「不得走近」的守則，令大家都有疏離、冷淡的感覺。

將臨期第一主日，堂區開始發放2021年的堂區月曆和聖誕咭。心思細密的阮神父，心裏記掛著未能進堂的教友，組織了十多個關懷天使，將2021年的堂區月曆和聖誕咭逐家逐戶的送到久別的教友家庭中。這樣的關懷及傳遞溫暖，實在令人感動！

有一位老太太，先生中風至半身不遂，所以已有一段時間不能到聖堂。她感到失望、無助、痛苦，也不期然埋怨天主放棄了他們。當她收到教友送來的堂區月曆和聖誕咭，她很高興，感受到天主的愛，也開始明白到在困境中，天主沒有放棄我們，而是我們離棄了天主；天主並沒有忘記我們，而是我們忘記了天主！

我們作了關懷天使，只是盡一點綿薄之力，開車兜風。當看到接受小禮物時，教友們的喜樂和歡欣，心中感覺很踏實，是天主的愛將我們聯繫，因著基督我們合一！感謝天主，賜我們恩寵，有幸參與這項有意義的行動！

Anne Lam, Echo Editor  
December 2020

