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# The Echo 迴聲

## 編者的話

基督復活了，阿肋路亞！

願大家都能用心聽見主的聲音，繼續將平安、喜樂傳給親朋好友及鄰人。請踴躍投稿見證信仰，抒發心聲。

## Editor's note

Jesus is risen, alleluia!  
May we continue to spread the good news of the risen Christ to our friends, relatives and neighbors.  
Your continuous article submission can witness and share our faith in God with others!

Editors

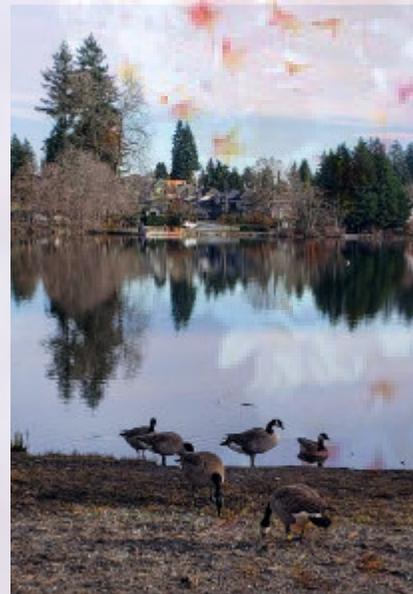
Anne Lam, Emily Chan, Jenny Lam, Josephine Li, Peggy Yip, Winnie Lau, Jane Leung, Teresa Tsui

# The Echo

## 守心

今天是立春，天氣轉晴，真有春回大地的感覺，決定在往聖堂祈禱之前，到湖畔散步。

驅車至附近的科莫湖，一踏出車外，便聽到陣陣號角聲，還以為自己身在瑞士呢！踏入湖畔步行徑，清脆的沙沙聲夾著嬉笑聲此起彼落。在碎石路上，小孩興奮地跑動，耆老努力推著助行器向前走。我被碎石反映的金光所吸引，於是往樹叢中走去。原來太陽溶化了一角雲霧，透過樹梢灑下閃閃金光。我擠身於林木之間眺望遠方，一片水平如鏡的湖色盡入眼簾；藍白色的湖水，將樹木及其倒影接連一起，配合被薄霧蓋掩的藍天，水天一色。返回步行徑繼續前行，碎石路換作木板路，沙沙聲變成嘎吱聲，板隙中的青苔和枯枝製造了一個濕地的環境。轉過彎，木板路再變成紅泥路，一羣加拿大鵝就站在眼前草地上，休閒安靜地覓食。離岸不遠處，一雙鴨兒正懶洋洋地暢泳。我欲靠近觀看，卻被微弱但清脆的風鈴聲分散注意，當我想尋找風鈴的所在時，鈴聲卻又被鴨聲掩蓋，原來一羣鴨子正向著同伴游來。鴨子的頭頂著草綠色的羽毛，在乍現的陽光下亮麗悅目。置身於此情此景，真令人煩惱盡除，心曠神怡。不禁令我想起來致遠的〈峭遍〉：「嫌貧污耳，與鳥忘機。…綠頭鴨黃鶯兒啁七七。」我帶著輕鬆的心情走完步行徑，一邊感受著大自然帶來的喜悅，一邊讚嘆造物主的奇妙化工。



離湖不遠就是花地瑪聖母堂，這座造物主的殿宇既沒有氣勢逼人的建築，也沒有富麗堂皇的裝修，但卻有壯嚴及親切的聖像供教友瞻仰敬禮。由於疫情關係，卑詩省的公開彌撒被禁止，私人祈禱便成為唯一可在教堂內逗留的途徑。我懷裏安靜的心情，坐在耶穌聖心像前，閱讀今日的彌撒讀經。主耶穌以慈悲和善的眼神俯視著我，擁抱著我。我的心是溫暖的，我的靈是清新的，我感受到主耶穌在聽我的禱告，在解開我的心結。我由耶穌聖心像轉移到聖母像前祈禱，聖母的顏容是慈祥的，聖母的笑容是溫柔的。我將禱告寫在紙上，放進祈禱箱中，再誦念聖母經，求聖母帶領及轉求，然後帶著安靜的心情回家。

自從在將臨期學習到「守心」，我便盡量每週到聖堂，為自己安排一個安靜及獨處的環境，陪伴天主，與天主對話。在疫情期間，心緒難免起伏不定，要在家找到安靜及獨處的環境，對我來說絕非易事。但在大自然和聖堂裏，我找到了。由碎石磨擦聲至木板嘎吱聲，由風鈴聲至鴨子聲，由耶穌聖心像的眼神至聖母像的笑容，這一切都要心靈恬靜才能聽到及感受到。我會繼續練習守心，願主常常與我一起，無論順逆，無論悲歡，無論甘苦！



迴聲編輯 Teresa Tsui

## 治癒胎生瞎子的奇蹟

奇妙救恩何等甜蜜，救我可憐罪人；  
我曾失喪今復皈依，瞎眼今得看見。  
我的心裡原來在黑暗中，但是，主耶穌給我光明，我現在看見了！

治癒胎生瞎子的奇蹟（若望福音9章：1-41）的故事，胎生瞎子原來在黑暗中過日子，耶穌在路上看見了他，可憐他，『治癒』他，讓他看見！

瞎子看見東西後，有沒有為他帶來益處呢？他開始就被那些當時在社會上有權、有勢力的人審問和對抗，他的父母只把責任推在他身上，沒有替他說句公道話，到最後他更被趕出了會堂。在這樣的困境中，瞎子在信仰上卻繼續成長，而導致瞎子能夠宣示信仰，並藉著「俯伏朝拜」的行動；表達他相信及明認耶穌就是天主。

真的看見始於相信。每個人都在看，但看過之後的反應和結果卻可以有天淵之別。耶穌看見了，那生來瞎眼的看見了，旁邊的人看見了，宗教領袖們看見了，你看見了嗎？

真實的信仰包含公開承認信仰，因為承認信仰可以激發人的信仰；就如這瞎子無論法利塞人怎樣問他，他只不斷地重說在他身上發生的事實：「我曾是個瞎子，他叫我去那個地方（史羅亞水池），我去了、洗了，就看見了，這是事實。我以前看不見，現在我看見了，這是事實。」他沒有屈服於邪惡勢力之下。

我們在宣認信仰之時，亦同樣會面對各種反對的勢力。例如：反基督的批評、恐懼、憂慮、貧窮、災難、疾病……。

這樣的信仰有什麼好處呢？為什麼我們要堅持下去呢？這值得問一問我們自己啊！我領洗後，我堅持這信仰直到今天。究竟什麼原因吸引我呢？

信仰小團體Anna Lau



# The Echo

## God Works in Mysterious Ways

“God works in Mysterious Ways.  
Don't question why things happen  
because the majority of the time  
it is a Blessing in Disguise.”

*Unknown*

I recently came across this quote and it has really resonated with me; it brought to mind a few instances when I questioned why certain things happened and realized later that they were actually blessings in disguise.

While I have always considered myself an optimist and I always try to see the positives over negatives, the knee injury I suffered in January of 2017 really tested this resolve. On January 3, 2017, my family and I were at a ski resort, on the first day of our annual holiday ski trip. It was a beautiful morning, full of sunshine and blue skies. I felt so blessed to be there with my family and to be able to enjoy one of our favorite pastimes together. My husband and I decided to start off the day with some easier runs to warm up and try out our new skis. Unfortunately, on the third run, I momentarily lost focus and took a tumble. I initially thought it was a small fall and I could get right up and keep going, but it turned out I fell awkwardly and completely tore the ACL on my right knee. Many thoughts ran through my mind as the doctor at the hospital told me that I may never be able to ski again unless I get reconstructive surgery on my knee. My first thought was how I have just ruined this ski trip for my family, as well as any subsequent ones. I was afraid I will never be able to join my family to ski or any other similar activities again to create new memories and experiences together. I was really disappointed and questioned why I did not make different choices that morning to have avoided the accident. At the time, it was extremely hard for me to see any good that will come out of the situation. In hindsight, the accident was in fact a blessing in disguise.



After my knee surgery, I worked hard to rehabilitate my knee. It was very painful and uncomfortable at first, but I was determined to recover, get stronger and continue joining my family in their adventures rather than sitting on the sidelines. Through the strengthening exercises during the rehabilitation process I came to the realization that I had neglected my own health and fitness prior to the accident. I failed to pay attention to my own body and did not see how weak my knees had become. I realized that I needed to put more time and effort into taking care of myself, to stay healthy and strong in order to continue to be there for my family. The injury was a wake-up call for me. Now, 4 years after the accident and over 3 years after knee surgery, I feel stronger and healthier than I have ever felt before. I have returned to the ski hill and skied down the same hill where the accident happened. I even learned how to skate and play ice hockey, something I never imagined I would be able to do, so that I could enjoy the same sport that my children and husband love. I am no longer sitting on the sidelines.

More recently, my husband lost his job last June due to the economic downturn caused by COVID-19. While the uncertainty has definitely caused some stress and anxiety, I found that having my husband stay at home has actually helped reduce the stress, rather than increase the stress during these difficult



times. Having my husband at home have been a blessing that has helped us navigate the unpredictability of school for our children during a pandemic. They are happy to have their Dad doing school drop-offs and pick-ups, and both agree that it is better to spend time with Dad after school rather than having to go to after-school care. I can see that they also appreciate being able to spend more time playing sports and games with Dad and learning different skills from him. I am grateful for that. I do believe that when one door closes another will open, and my husband will find another opportunity when the time is right. In the meantime, we will cherish and make the most of the situation.



Finally, another instance the quote brought to mind is my brother and sister-in-law's journey to starting a family. My brother and his wife got married a few years ago and were looking forward to starting a family. However, life did not happen as they had planned. After 3 years, they still struggled to start the family that they very much wanted. In early 2020, they decided to pursue help. Coincidentally, the day before their appointment, the government of Alberta enforced a province wide shutdown of services in an attempt to curb the spread of COVID-19. By the time services resumed in April of 2020, they found out that they were already expecting. It turned out they did not need help after all. Perhaps, it just was not the right time yet. On January 1, 2021, they welcomed a

precious baby girl. I am so happy for them to be blessed with a child. The two of them are a wonderful aunt and uncle to my children and I am sure they will be amazing parents to their daughter.

Truly, God works in mysterious ways! Over the years, I have learned that there will be many occasions when things do not happen as we would like or planned. We need to continue to have faith that He is always there for us and what we perceive as roadblocks or bumps on the road may actually be blessings in disguise!

Jane Leung, Echo Editor

# The Echo

## Blessings in Disguise

I am glad that 2020 has gone. I welcomed 2021 with new hope.

This COVID-19 pandemic plundered the entire world since the beginning of 2020, causing great pain to humankind in every facet of life as we all entered into new uncharted territories.

The lockdown had brought many challenges and inconveniences to my lifestyle. At the beginning of the lockdown in March of 2020, I was very worried about the spread of this new and totally unknown virus. My worry gradually turned into confusion, fear and anger. I was upset because my husband and I had originally planned to go on a pilgrimage in May of 2020. This pilgrimage following “The Footsteps of St. Francis of Assisi” was supposed to be a trip of a lifetime – touring the best parts of North Italy, Tuscany, Umbria and Lazio. The itinerary covered St. Francis of the Desert Island, Assisi, La Verna, Gibbio, Rieti Valley, Greccio and Fonte Colombo. Great cities that we would visit were Milan, Verona, Venice, Padua, Bologna, Florence and Rome. The World Health Organization (WHO) declaration on March 11, 2020 that COVID-19 was a global pandemic alongside with the recommended restriction of world travel especially to and from Italy prompted the cancellation of this pilgrimage on March 13, 2020.

I kept asking myself: Why did God let this happen to the world? Why is there so much suffering and so many deaths? Is God testing our faith? Above all, is this a wake-up call for us?

One priest (during one of the homilies) had said that the COVID-19 pandemic is not a period, it is a comma. At that time, I did not fully comprehend the meaning of this, but in retrospect, he nailed it right on the head. The past twelve months had not been wasted and cancelled but rather, I believe that they were God’s blessings in disguise.

In the spring of 2020, with the lockdown and the restriction of in-person attendance to actual



church mass, I resorted to attending online mass. During those first few weeks of lockdown (March 17 to end of May), the Calgary daily mass was live-streamed from St. Peter’s Parish only. In the midst of new uncertainty, worry and confusion, participating in daily online mass nourished and fed me with spiritual food that allowed me to stay focused and open myself to the grace of God. The online mass surprisingly became a new channel for me to connect to God. The many priests that offered daily mass at St. Peter’s Parish gave me the blessings to listen to God’s words being delivered by a variety of God’s chosen messengers - namely priests and deacons. It was truly a blessing in disguise.

The Responsorial Psalm on March 31, 2020 resonated with me; Psalm 102: “Hear my prayer, O Lord; let my cry come to you. Do not hide your face from me in the day of my distress. Incline your ear to me; answer me speedily in the day when I call”.

I found solace and great joy in receiving and browsing through the OLPH weekly bulletin. With the lockdown and more stay-at-home time, I read over the bulletin from front to back. Reading the bulletin calmed me and eased my anxiety. One may think that the Chinese version of the bulletin was merely a translation from the English version of the bulletin. But in fact, they were not the same. The inspiring stories about faith development were entirely different. For

the longest time, I thought that there was a team of volunteers who gathered and compiled the weekly bulletin. I was amazed to find out that the bulletin (both Chinese and English version) was compiled and edited by our pastor Father Joseph Nguyen alone. Thank you, Father Joseph!

At the height of the pandemic, I came across a cartoon about “a man carrying the cross”. This cartoon impacted me for a long time because of its astonishing ending. The cartoon started with a group of people carrying crosses over their shoulders. All walked in a very slow pace because of the burden of the heavy cross. One man pleaded to God saying, “Lord, it’s too heavy, please let me cut it down a little”, so he sawed down his cross. Now, his cross is lighter and he can walk in a faster pace than the rest of the group. But he pleaded to God again, “Lord, please let me cut it down a little more, I’ll be able to carry it better.” He sawed his cross again and his cross became so light that it was not a burden to him at all. The group finally came to a dead end at the edge of a cliff. There was no bridge to cross to the other side. The rest of the group used their heavy and long cross as a bridge to walk to the other side. The man with



his shortened cross was left behind and he regretted that he had trimmed down his cross.

This cartoon reminded us that we all have a cross to carry and our cross (although heavy) is actually preparing us for what lies ahead. Jesus said “If any want to become my followers, let them deny themselves and take up their cross daily and follow me.” (Luke 9:23).

Father Abanto’s homily at St. Peter’s Parish on April 17, 2020 summed it up all very meaningfully about our worry and anxiety during this pandemic time when he asked us to reflect on two things:

- (1). Do I follow the footsteps of Christ and continue the mission of Jesus in good time as well as in bad time?
- (2). Despite my frustration, do I realize that God is there no matter what?

Betty Leung, Pastoral Care Team



# The Echo



## 我的主保聖人 - 大聖若瑟

今年是聖若瑟年，編輯邀請我寫一篇為何選擇聖若瑟為主保的文章。

這就回想五十多年前，當時才十一歲，準備領洗時，導師要我選一聖人作主保，少年的我什麼也不懂，但想到我最尊敬的神長陳日君神父（樞機），他的主保是大聖若瑟，我就選了大聖若瑟作我的主保。

我對聖人的認識不多，在福音書有關他的事蹟也不多，只知道他是耶穌的養父，聖母的淨配；但人漸漸長大並在堂區工作時，每逢有活動我都負責「擔擔抬抬」，因為明白每人都有自己的崗位，只要盡力，任何的位置都是重要的。

後來移民加拿大，有點像聖若瑟帶同聖母及耶穌去埃及的感覺，前面有很多未知的事，但相信天主會帶領，現在已二十多年的移民生活，更感受天主已將最好的安排給了我。在這，希望大聖若瑟繼續保護我家，使我們像他一樣，對天主完全的信賴，在信仰的路途上與基督同行。

人生不要有太多的計劃，只要信賴上主，祂自會給你平安與喜樂。願與主內的兄弟姊妹共勉。主佑！

聖佳播聖詠團 Joe Shing

## 主恩常在

在無數日常散步的途中，常驚訝於天空的雲彩幻變，那非筆墨所能表達的畫意……，總覺得只可能是上主的藝術創作。

在2017年1月的一個早晨，我在山腳醫院手術後的首次覆診後，步行往山邊的泊車處時，竟見到在灰暗的晨光中出現了一顆明亮的心，高高掛在天上，頓覺是主給我的啟示、支持和鼓勵，帶來一股暖意和被受護蔭的感覺，令我對將要開始的電療充滿希望和信心，把之前心中的忐忑不安都驅走了，深信只要保持信德和誠心地祈禱，主必會帶領我再踏上光明大道。



現在，讓我們一起和唱“主慈頌”：

祂未曾應許天常蔚藍，祂未曾應允花兒常開，祂卻恩許祂的慈愛常在。是的，仁慈的主，懷念你的恩德，就是絕妙的禱詞。讓我們於悠悠的歲月中，引吭詠唱。

聖佳播聖詠團 Edith Mak

# The Echo

## Pray, and Let the Holy Spirit Work!

Thy Will be Done!” Countless times have I prayed this prayer, sometimes simply uttering it out without really thinking. Very often I meant it, but deep down I still have slight traces of my personal desires, wishing that God’s mercy may touch down upon me.

### God’s timing - 10-year landmark



My faith journey started 10 years ago...

In the summer of 2011, Deacon Wu (who had been my daughter’s doctor since she was one year old) brought me and my daughter into RCIA at OLPH, under the instruction of Simon Har, during a time when we were in complete ignorance of the Catholic faith.

I was so attracted to the Catholic teachings and thirsted to know more. Not only do the Catholic teachings encompass whatever I treasured from the philosophical teachings of Buddhism and the Taoist emphasis on Nature and its relationship with humans, it goes farther beyond to answer my doubts of human origins. It hits closer to home for me to have Jesus, a real human like us who lived among us, solely for the purpose of loving us! I was baptized during Easter of 2013.

Later, through the strong encouragement and guidance of our instructor Simon Har, my daughter applied for medical school in Ireland. A step and a place we would never think of. My daughter, Bonnie, a seemingly very timid and shy girl and always lingering at mom’s side, boldly took the step to apply, while we as parents, took it lightly and saw the application process as part of her experience. Nevertheless, we thought that she would continue her studies in one of the universities in Canada.



During Easter in April 2014, Bonnie was baptized.

(Note that it is very important that it happened during that time!)

Shortly after, she received a confirmation letter in May 2014 that she was accepted to medical school in Ireland! Totally unprepared and not even having the time to sync with reality, we sent our only daughter to Ireland at the end of August.

Other than her physical health, my major concerns were her emotional needs and her moral direction. Especially when she had to live in a foreign country, having to deal with problems or personal doubts alone while she was still a teenage girl and had never been away from home.

Realizing that she was out of my reach, I entrusted her to God and Mary our Mother.

### Stresses and Burdens



During that time, our family business of managing a property constantly required huge expenses to upkeep the property. Also, our retail business required extremely long hours of operation and encountered long term losses. On top of these, Bonnie’s high tuition fees and living expenses caused extra burden that we could only live on every penny because of accumulating debt.



Numerous problems seemed to come all at the same time since the property management business faced numerous legal encounters, huge constructions requiring mobilization of different construction teams, tenant issues, etc...

The retail business continued to encounter huge losses. We had to hire fewer hands and work on our own with much longer hours with no pay.

Added to these losses was when my father-in-law fell sick in 2017, so we had to free up my husband from work so that he could accompany the ill and aging father during his last stage of life.

Faced with all these stresses, I was on the verge of collapse and pleaded to God for help. Not knowing how the whole situation would end up, I only had to rely more and more on God. Praying to Him every day asking for His Mercy, strength and courage to do my very best, given the situation.

God, the forever faithful one, sustained me and walked with me through these difficult years. Thanks and praise be to God!

### Pandemic, a Turning Point

In January 2020, after paying the very last batch of Bonnie's tuition fee, I felt a little relieved knowing that I no longer had to accumulate further debts.

At the beginning of March 2020, Bonnie phoned home and said that she was accepted into residency in a hospital in Ohio, United States. We were so happy, knowing now that the effort through those years was not put in vain.



In the meantime, the Covid-19 pandemic had swept across the world and the situation became increasingly tense. Towards the end of March 2020, the pandemic got worse and with the advice of the school and a decision made overnight, Bonnie had to fly back home.

Here at home, we had to close the store due to the pandemic lockdown. Suddenly, everything came to a halt. Since we weren't able to operate while continuing to incur unavoidable expenses, we decided to shut down the business and put out advertisements for inventory clearance.

Surprisingly, the stay home order during the lockdown brought us unfathomable peace and comfort. We no longer had to worry about all the issues related to work and realized that life went on well without any of the worries we had accumulated over time.

On April 22, 2020 Bonnie formally graduated from medical school through an online ceremony. Coincidentally, on that very same day, all the retail business inventory was cleared and sold out! By God's grace, the vacant unit of the retail business was later leased out to a national brand business, enhancing the position of the property.

Could all these be a coincidence?

# The Echo

## God's Work - Mystery Revealed



Thanks and praise be to God that Bonnie graduated and then started her residency in Ohio in July 2020. She found this to be the best destination to start the pursuit of her dream (of integrating work with her love of art and philosophy). She loves the job so much that she enjoys working, though with very long hours and prolonged days of work. Thanks be to God that she has until now been able to keep her faith and is attending Masses; no matter how busy or tired from work she is.

Had it not been that she was led to the embrace of God since she was first introduced to the Catholic faith in 2011, she would not have been able to embark on this journey of medical practice. Had it not been that she was baptized just before she left for Ireland in 2014, she would have encountered much difficulty finding an anchor and refuge for her emotional needs and moral direction.



May God the Mercy never forget her, continue to guide, protect and accompany her through her journey. May she find her direction in the guidance of God and walk boldly in God's will.

## Thy Will Be Done!

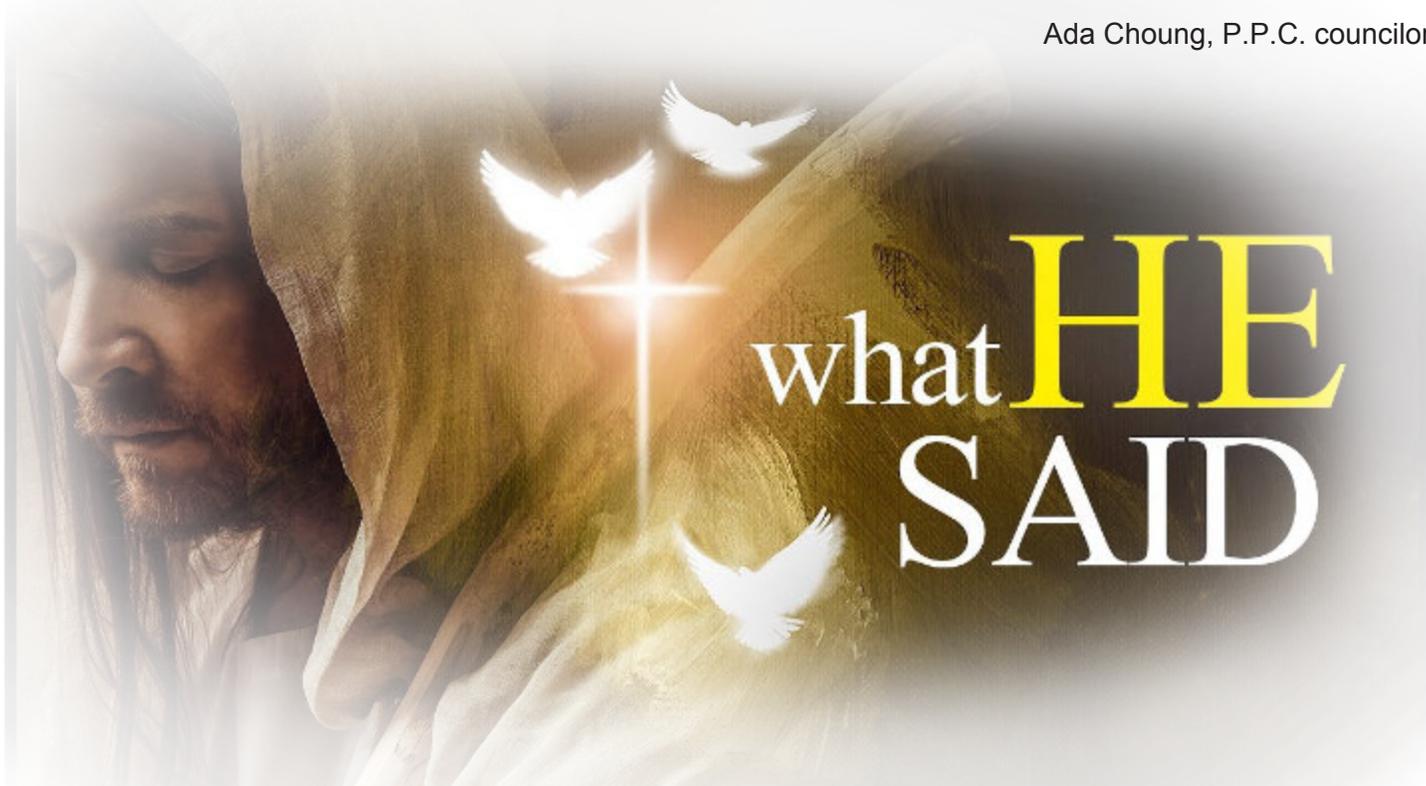


Things happened so that God's works might be revealed. Knowing that God is good and loving in nature, He will surely provide the very best to each of us. Just pray, cooperate, and let the Holy Spirit work!

For God being so good to us, do we have to ask everything in need in our prayers?

Well, the Will of God on us is "sin no more", and "be perfect, as my Heavenly Father is perfect"!

Ada Choung, P.P.C. councilor



## 天主的恩典

我的大兒子在嬰孩時便接受了洗禮，直至他建立家庭後，一家四口也只是兒子一人是天主教徒，他的太太是沒有宗教信仰的。兩小孫兒出生時，兒子及媳婦都認為，應該給孩子將來自由選擇宗教信仰，我倆老當然非常失望，但只能為這小家庭不斷祈禱了。

記得大孫兒出生後，首次來到我家探望爺爺嫲嫲時，我把小孫兒抱到聖母像前，把這小生命交托在聖母媽媽懷抱，祈求她保守和帶領小孫兒的道路，及改變他父母的心。

得到慈母的轉求，兩小孫兒入學時，兒子和媳婦為孩子選擇了入讀天主教學校接受教育，兩孫兒在天主教學校的培育下，天天學習唸經，每天在學校唸的十遍聖母經，一星期就是一串玫瑰經了，他們有時也會參加校內的彌撒。在天主聖神的光照下，兩小孫兒幾年前自動要求父母，希望領受洗禮，成為天主的兒子，於是兩小孫兒便接受了洗禮，感謝上主！多謝聖母媽媽的代禱！

這四口小家庭，只有媳婦還未加入天主教的大家庭，只有為她繼續祈禱。多年前媳婦開始發病，幾年來都是在疾病煎熬中，手術、化療……身心的痛苦，起落的情緒，可幸的是她也很積極面對。身邊的朋友、親人不斷的鼓勵、支持，孫兒校內的一群家長朋友及教職員，更為她獻上祈禱、彌撒，從困難病苦中使她感受到，在天主教大家庭內的愛，開始漸漸懂得依靠天主，身體也慢慢康復。風雨後的一道彩虹，天主的光照亮了她的心，開始一家人參加的主日彌撒。

記得有一天，我收到她的訊息，告訴我她預備參加慕道班，邀請我做她的代母，及陪同她一起參加每星期二晚上的慕道課程，我當然是萬二分願意，感謝天主的恩典，不能言語的喜悅，祂俯允了我們的祈禱！

媳婦很積極參加慕道班，每星期的課程從沉默到漸漸開始積極參與，讀聖經及分享...等。在一次上課中，她分享了今次病痛的感受，認為是天主恩寵的帶領，把她帶到上主的身邊，使她內心起了變化，這顆種子似乎已在土中發芽生長了，感謝天主！本來她是預備在去年的復活節行浸洗禮的，但因疫情的關係，終於在五月時，在簡單儀式中接受了洗禮，成為天主的女兒，願天主的光照亮她的前路，祈求上主引領，給她力量，在信德之路上，陪伴並保守她的信仰。也願這個小家庭，在天主的恩典中攜手同行，一起跟隨上主，得到天主的祝福！

其實在媳婦參加慕道班的過程中，是天主賜的恩典，給我重慕道的機會，是媳婦陪伴了我。領洗多年，這慕道過程中，使我再一次了解及加深認識天主教的道理，引發閱讀聖經的興趣，感謝天主！

牧靈關愛組 Angela Yu



# The Echo

## 四旬期反思

2月28日 星期日 晴

是日天高雲淡，冬日暖陽。早上參與彌撒後，我們一家決定到公園散步，舒展筋骨。突然想起 Weaselhead Flats，是女兒小學時，老師常帶同學們去走動的地方；作為母親的我，也想體驗一下呢！

沒想到卻不慎在雪地上滑倒，還摔斷了右手手腕，急症室醫生作閉合復位後，便在右手打了石膏，用繃帶支撐著手臂。

醫生說骨折要六星期才癒合，也就是說這石膏手會伴我六星期了！這幾個星期正是四旬期，右手廢了武功，也是給我靜下來思考、感受天主的愛的好機會。

這次意外受傷，實在痛得不得了，立刻去醫院求醫，車上女兒已給我吃止痛藥，減輕痛楚。想到耶穌被



嚴刑鞭打，劇痛和失血令祂處於接近休克狀況；然後雙手、雙腳被釘十字架上時，有著火燒撕裂般劇痛，簡直痛不可擋！為甚麼耶穌不喝苦膽調和的酒以作止痛？我想當中有很重要的原因，主基督要承擔世人的罪罰，祂要百分百完全清醒地背負人的罪，完成救贖。主耶穌的血洗淨我們一切的罪，這是何等偉大的救恩！

右手打了石膏不能用力，才發現在日常生活中諸多不便，簡單如梳頭、拿筷子吃飯、簽名、寫字、開樽蓋……等，真是數之不盡，令我苦惱萬分，也覺百般不值，本來「想當然」擁有的能力，到了那裏去？想想耶穌是天主子，祂卻被人擊傷，受盡苦痛到極點。耶穌基督雖具有天主的形體，並沒有以自己與天主同等，祂取了奴僕的形體，形態也完全與人一樣；他謙抑自下，聽命至死，且死在十字架上。所以便不難發現耶穌祂那忍耐、包容及極信賴天主的情懷，試問我現在生活上遇到一點的挑戰，為何如此這般的煩躁、苦惱？

主耶穌，我願意擔起這小小的十字架跟隨祂。藉著天主的恩寵，跌倒後能夠再站起來，讓我在苦路中更能學習忍耐、信靠。亞孟。

迴聲編輯 Anne Lam

## The Plank in my Eye

This really happened. A gospel parallel of one who sees faults in others but not in themselves. This story I heard from a friend who got it from the police officer involved.

A lady (we will call her Molly Madden) lived in an affluent neighborhood of Calgary. She complained many times to the police about traffic speeding through her community. The cop arrived and set up his equipment. He trained his radar gun on every vehicle coming down the street. He waited and waited but found no vehicle registering above the posted speed limit. He was about to pack up his camera when suddenly a car came speeding towards him over the speed limit. The first one! He pulled over the vehicle and was surprised to see Molly Madden, the complainer, behind the wheel. The cop told her that she was the only speedster he could nab and took out his notebook. "Surely you are not going to give me a ticket!" she demanded. "O yes, Madam I surely am," the cop replied.

She saw the sin of speeding in other drivers, but not in herself. In Matthew Jesus says: "The judgments you give are the judgments you get. Why do you observe the splinter in your brother's eye, and never notice the plank in your own? Matt 7:1-5.

Patrick Owens, church volunteer

