

The Echo 迴聲



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新年快樂

HAPPY CHINESE
NEW YEAR
YEAR OF THE OX

2021

編者的話

祝願大家牛年萬象更新，
在基督內活出新的自己！

Editors' Note

Heartfelt wishes for a great Year of the Ox!

Live a new self in Christ!

Editors

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

The Echo

Family Fun during COVID

I would like to share some of our family's activities during the lockdown period. Sincerely hope this can inspire more creativity within our close-knit parish community. And our family would love to hear about your stories and sharing too, so we can brainstorm more together to support each other.

1) Family board games: Our daddy in our family has gone and bought the Monopoly board game and the traditional Chinese plane paper board games to bring everyone together.

2) Exercise together: During weekends, we occasionally spent 45 minutes to an hour to keep ourselves active, by going through a fitness circuit together. It consists of 1 to 2 simple weight routines of around 5-7 pounds. The goal is to have everyone in the family move around and be active for a bit. Exercise produces happy hormones. Especially during such trial period, it is essential that we all stay as active as possible, even when staying indoors.

3) Outdoor activities: We usually walk for 45 minutes in our neighbourhood after lunch to get some fresh air.

During the weekend, we occasionally carry out the marvelous tradition of our Parish's Scout group's outdoor hiking. We have purchased 4 pairs of cleats/crampons to secure under our shoes so that we can walk freely and securely on hills, mountains and beside the river. While we walk/hike, we pray to God and praise for His blessings for bringing our family back to simplicity and close to Him.

We have the downtime to listen to His birds chirping, see His clouds transform into various shapes and sceneries, and witness His amazing creation around us. We are so blessed to have white winters and mountains. Honestly, once we dress in the right type of clothing, we don't feel cold at all. Instead, if anything, sweat is the end result. Praise our Lord!

4) Bible Sharing: Even as a person born to a

Catholic family, I had seldom truly spent time to read through our Bible once and for real. The blessings of this lockdown period are that our former Edmonton church friends and my husband have introduced me to the latest Podcast, "The Bible in a Year, by Fr. Mike Schmitz" (<https://bibleinayear.fireside.fm/>) It provides daily talks as well.

Each night, we sit down with our kids at 9:30pm to listen to Fr. Mike Schmitz's reading from the book of Genesis. Fr. Mike Schmitz has a very special way to bring the Bible into our daily lives. I was totally wowed by the way he taught. Now it has become our family's ritual. We look forward to listening to the Bible stories. Never had I known that Bible stories are so rich and colourful. It has truly amazed me. I feel this is the one best thing that has come out of such lockdown time.

Lord, your way is unpredictable in our human minds and human eyes. We trust you! We are hopeful! We follow you! Please lead us and our families closer to you and get to know you better. Amen.

Grace Wong



Here I am, Lord!

It is hard to believe that we have all been affected by COVID-19 for nearly a year now. Life has drastically changed for many people and looking back, it makes us appreciate what we had pre-COVID. Not being able to attend Church in person and see my fellow parishioners has been difficult. It was a big part of our daily lives and it felt as though a part of me has been missing.

In August, Sister Chan left us to return to the abbey and I was asked by Father Joseph to take over her position as Pastoral Care Coordinator. I was very hesitant and nervous with this task, but with encouragement and support from my family, I decided to take the challenge. What a challenge it has been! Having to learn how the new technology works and navigate my way through Gmail has had its ups and downs. Luckily, we had moved over to my daughter's house and she provided me with some guidance in the world of technology.

I have great appreciation for what Sister Chan did all these years when she was in the Coordinator seat. Organizing meetings and asking people to volunteer to sing, read or do other tasks is not as easy as it looks or sounds! It was always easy in the past when asked to volunteer, I would say yes if I was available, and no if I was not comfortable or busy. I never thought in the shoes of the Coordinator, how difficult it really was to arrange everything.

However, with all the bumps along the road, I have learned a lot and grown in my journey with God. I thank God everyday for the wonderful Pastoral Care Team who are supportive and guided me in times that I needed the help. I have had the opportunity to get to know many more members of our OLPH community and see how everyone's role greatly helps with the growth of our church and our connection to God. This has been an amazing journey and I look forward to continuing to do my part.

I was blessed to have been given this role and it has helped in filling the void of not being able to attend mass at OLPH. Praying that we will all be able to reunite soon.

Elaine Wong,
Pastoral Care Team Coordinator

眼疾後的反思

兩星期前我突然發覺左眼視覺非常模糊，用手掩蓋右眼，驚嚇地發覺左眼竟然看不清前面三尺的影像！接著下來的幾天是約見家庭醫生、眼科醫生、到Rockyview Eye Clinic 做一連串的檢查測試。回想事發的兩三天，心情很忐忑，恐慌左眼會失明，當晚帶領念玫瑰經也數處出錯。過兩天後領悟到天主給我的啟示，心情平復下來，既來之則安之，要發生的事也阻不了，天主會知道我的需要，即使作最壞的打算，我還有右眼可用，還可照顧自己呢！人生是沒有完美的，不是有這樣的不足，便是有那樣的不幸。生命就是如此脆弱。我們要接受自己的十字架，坦然承擔，珍惜所有，活在當下，繼續去做自己能力範圍可做的事和善工。

「慈悲的主，求你垂憐，瑪利亞無玷聖心，請為我們轉求，亞孟。」

謝瑞清

The Echo

The Corona Crown of Jesus

When I meditate on this pandemic and the ways it disrupted the world: lockdowns, isolations, masking, quarantines, unemployment, solitude, business failures and mental stress, I felt some stress also seeing empty shelves in stores and not being able to attend Sunday Mass for the first time in my life. A big cross for God's faithful people. But the Cross of Jesus was much bigger.

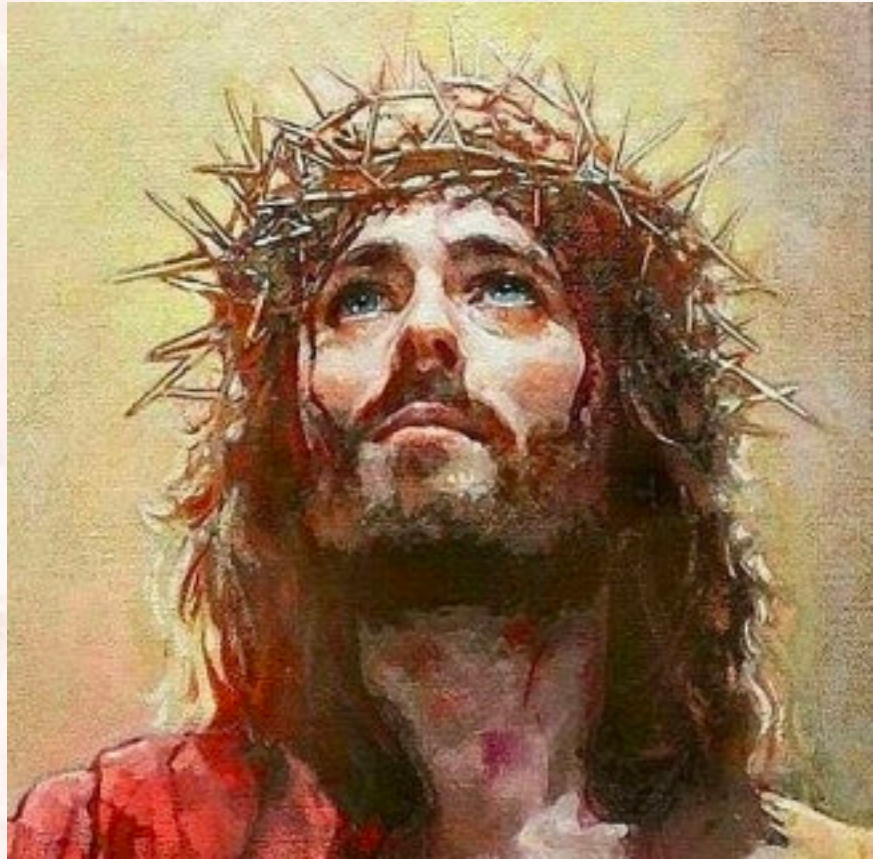
Because remember, a great pandemic hit Jerusalem, infecting people with anger and hatred against Jesus. The leaders accused Jesus of contaminating the nation with his teachings. He was arrested and locked down in a prison by order of the authorities of the Temple. He was examined, tried and found positively guilty. The judge gave his verdict and then sanitized his hands as if to avoid contamination, but did not sanitize his soul.

Jesus was physically distanced from his friends. They ran away, afraid of the virus of anger that struck Jerusalem.

Next, they pierced the head of Jesus with needle-like thorns and blindfolded Him. They injected into Jesus' hands and feet sharp nails and pushed the point of a spear into his heart. When they saw the blood and water coming from His side, they discovered it to be pure, limpid and a powerful healer for the infections of the world.

They sealed his body in a tomb by order of the authorities. But in three days, he overturned death, injury, and illness and came back to the world free and healthy. What flowed from His veins was pure and the ultimate cure of all moral and spiritual illnesses. The arrows of His love inoculate souls, filling them with joy and peace. All glory to God who fills the earth with health and happiness. Come Lord Jesus, and heal us of the pandemic.

Patrick Owens, Church volunteer



人生大慟

在那個ZOOM會上，本想分享在2020年6月及8月，接連失去母親及摯友的「人生大慟」，但未及開腔，已哽咽起來，淚水失控以致無言！平服下來，寫出感受分享。

感謝主恩，媽媽在長者中心已四年多，中心每星期都有彌撒，而我每個主日亦會帶她回到永援聖母堂參加彌撒，見見熟悉的面孔。Edward執事每每稱讚媽媽是開心果，笑容滿面。尤其是每次阮神父跟她握手，她都很驕傲，總是說：「我認得神父。」真是窩心。

2020年3月疫症惡夢開始，長者中心禁止探望，我只能在媽媽的窗外眺望。但她開始情緒低落，不肯進食，送到醫院，我准許探望她一次，成功餵她吃了些食物。但回到中心後，她又拒絕進食，正是鍋上螞蟻般的我，得到中心特准，只讓我一人穿上全身的保護衣，每天每餐帶食物陪伴媽媽和餵她進食，直到六月底她放棄了，安詳地離去，回到主的懷抱。感恩在

疫情中聖堂的朋友、修女的竭力幫忙，阮神父為媽媽舉行了簡單、莊嚴、溫馨的殯葬彌撒及土葬禮，在此感謝大家的關懷。我能夠在媽媽離世前的兩個月，每天待在她身旁盡孝，這是上主賜給我們家庭的一大恩寵。

2019年中，摯友確診癌病，由開始我陪伴她走過每一個的手術療程，道路艱辛、痛苦、悲傷、茫然。但終敵不過病魔，她於2020年8月底返回天鄉。

一切安頓後，我開始心情鬱悶、疲倦，對朋友感覺空洞，對身邊所有事失去興趣及情緒低落。總會有朋友告訴我「不要傷心」，對失去和轉變時，悲傷是必然的，但我知道我要學習面對傷心，更要學習如何處理好心情。對未知何時會消失的傷痛，我交托慈愛的天父，帶領我走出低谷。

Annie Lam, Pastoral Care Team

疫境感受

不經不覺已踏入寒冬，多個月來因疫情嚴峻，個案不斷攀升，大部分時間都是留在家裏，很少外出。今天下午在家發呆，於是決定在附近走走，路上積雪大部份已融退，祇見一兩個行人，或帶着狗散步。微風吹來有點涼，但是感覺清新，藍色天空，白雲依然，四週環境和從前一樣靜。三十分鐘的步行，讓我伸展骨骼，吸吸新鮮空氣，好舒坦。很難想像我們的城市正處於抗疫期間，人人自危。

數月前從不同渠道，收到視頻訊息，有針對亞裔人士，認為病毒是因我們而起的。有人在公車上遭到怒視，初而口角，繼而動武，在公園內更被吐口沫，態度非常惡劣。我雖然不是當事人，也感覺被欺負及憤怒。這些都只是冰山一角，相信還有許多類似事情發生在不同的地區，令我們有一段時間，憂慮社區是否安全。

過去幾個月來，因要遵守規例而沒有機會與親人和朋友見面，不能像以往一樣相聚聊天，只能用電話或短訊慰問，握手和擁抱已變成是奢望的互動支持。我更傷痛的是，有親人患重病，不能見最後一面，亦有朋友不幸患病及離世，沒有去探望和送別，也未能伸出援手或給予直接的關心和鼓勵，至今還令我耿耿於懷。近日再接壞消息，有一親友在多倫多護老院內，不幸感染病菌，現要靠氧氣來維持生命，日子不會長了。在此願他身心不會太痛苦，並且可以安然渡過！

疫境未過，人心惶惶，各人都說聽天由命，祈求上主降福我們，使普世平安，疫情早日離去，讓人們重過正常安逸的生活。

Reflections on the Year 2020

What a year it has been!

I remember being in Toronto for New Year's Eve on December 31, 2019, counting down the seconds as we entered the new decade of 2020. I was surrounded by hundreds of Catholic young adults as we rang in the New Year and celebrated with praise and worship music to thank God for His goodness and love. At that time, I was blissfully unaware of the coronavirus that had begun to take hold of the people in Wuhan, China.

As January 2020 went on, there were more and more reports of a new, unknown disease that was rapidly spreading and killing people who were infected. By February 2020, the first cases of coronavirus had been confirmed in Toronto and Vancouver. As a healthcare professional, I braced myself for the worst, because I knew that it wouldn't be long until Calgary would be affected as well. In March 2020, the anxieties continued to mount as the words "unprecedented", "pandemic", "distancing", "masking" became a part of everyday language. Slowly, but surely, coronavirus spread to different countries—Europe, the Middle East, US, Canada, South America, Africa... until it was present in all the corners of the world. Life as we knew it came to a screeching halt when the mandatory lockdown came into effect on March 15, 2020. Businesses were suspended, schools were cancelled, and the majority of people began working from home. The streets of Calgary became eerily quiet. At the same time, after coming in contact with a patient who had recently travelled internationally, I started developing flu-like symptoms and had to self-isolate in my house. Many emotions ran through my head. I felt guilty that I had to be off of work while I saw so many of my coworkers at the front lines fighting this new disease. I felt powerless to change

anything as I was stuck in my room looking at the world through my window of technology. I felt scared that I may have brought such a potent virus to my home and was worried that I could have possibly infected my parents and the patients that I had interacted with.

Thankfully, the Catholic community provided me with strength and courage through different online events. Most notably, one of my good friends, Fr. Edmund Lo, from the Society of Jesus (Jesuits) started hosting daily mass online for a group of young adults from all across Canada. During one of the daily masses, there was a reading from the Book of Daniel that became my inspiration and driving force while navigating the pandemic.

In the book of Daniel, there were three men who were thrown in a fiery furnace when they refused to bow down to the gold idols that their king worshiped. These three men kept their faith in God and believed that God would be able to deliver them. Sure enough, although the king threw them in a furnace that was heated seven times more than usual, there was an angel that came into the furnace with them and shielded them from the flames. The king was speechless to see not three, but four men standing in the fire! These men came out unscathed, not a hair out of place or a piece of clothing burnt. This reading provided me with a lot of hope that God will be with us through whatever difficult situation; He will walk beside us and protect us. Likewise, although I would be taking care of many sick COVID patients in the heat of the pandemic, I knew that God would be with me shielding me from harm. As the pandemic raged on, whenever I felt apprehensive before entering a COVID patient's room, I always brought into mind this story from Daniel. This comforted me



every time I went to work to face another shift filled with patients that were suffering and ill, and it allowed me to be empathetic to the patients as well.

Throughout the summer months, it was nice to be able to interact with friends outdoors at a safe distance. Hiking became one of my favourite activities, and even my parents got into it quite a bit! There's nothing like being able to enjoy God's majestic creation.

Summer turned into fall, and fall became winter. There have been many beautiful memories throughout the year, and even little things like catching up with a friend on the phone, taking a walk along the river or hiking in the mountains brought the normalcy back into my life. It definitely helped me to forget for a brief moment the dire situation that we face from day to day.

This year, the Christmas holidays were also different than previous years. The festivities were dampened by the second lockdown, but it did not change the burning desire and pure happiness that the Lord had been born into the world! One of the most wonderful blessings I had was to pray in front of the tabernacle and converse with Jesus on New Year's Eve. I welcomed the New Year with my earthly family as well as my heavenly family and it was a very peaceful way to celebrate the beginning of 2021. However difficult 2020 may have been, I have also been so grateful for the blessings God has given, despite the circumstances. In the midst of anxiety and worry, there was also a renewed sense of embracing a more simple and quiet life, which helped strengthen my faith. I hope that as you read this article, my dear friend, that you are also able to look for the little blessings that happened in 2020. I pray that you stay safe and stay healthy in 2021! God Bless.

Jenny Lam (Youth Group Leader)

不一樣的一年

不經不覺疫情的擴散已快將一年了，這一年裡每個人的生活都有所改變，大家不可以坐飛機去外地旅行、不可以面授上學、不可以和朋友聚會、更不能外出用膳。大家都要戴著口罩，再也見不到大家的歡笑臉了。

雖然初時會覺得，大家都要留在家裏，生活一定會感覺很悶。但我卻覺得自己的生活反而變得更充實；多了時間和小朋友一同作親子煮食，我更學會焗麵包和做幾款新菜式。現在多了時間和小朋友相處，每天看到他們一點一點的進步和長大，內心感到非常欣慰。由於多了時間在家，我更可以進行「斷捨離」，找出家裏不再用的東西，捐獻給有需要的人。而令我最開心的是我們一家去了兩次「Staycation」，和家人及小朋友一起去遊玩，去沙灘、玩水戰、踩單車、行山... 等等。平時我們只會想著約同朋友一同出國遊玩，卻忘記了亞省也有很多美麗風景的地方。2020年就正好讓我們再一次回望自己的家，再一次感受主的恩典。

最後，祝大家在新一年裏身體健康，希望疫情可以早日得以控制，大家也不再需要口罩了。

Finding my new path

2020 was supposed to be my year. After four years of childbearing and child-rearing, I wanted to focus on myself and get back to where I was physically, mentally, professionally, and spiritually. If you are a mom, you know how easy it is to throw yourself on a back burner. You blinked and realized years have passed.

The more I tried to get back to my old self, the more I realized that I can never go back to who I was. When I realized this, I was devastated and lost, and trying to rediscover myself during a pandemic added an extra layer of challenge. There were days when I had to ask my husband to watch the kids so that I could spend some time to grieve, rest and realign. As much as I wanted to numb out and distract myself with all the noises in our world, I knew I had to quiet my heart, come face-to-face with my problems, and listen to His whispers. After spending several weeks climbing every mountain and fording every stream, like Maria from the Sound of Music, I found my new direction, my new dream. Rather than returning to my previous career in human resources, I returned to school and began my Masters in Counselling Psychology. My mother named me after St. Therese of Lisieux with hopes that I will serve God by helping others with my little ways. By becoming a counselling therapist, I hope to assist others in overcoming their internal struggles, so they can grow into the person God intended them to be.

Aside from finding my new path, I realized that my body is amazing, my mind is powerful, what I wanted before no longer suits who I am, and no matter what, He will always have my back. It is not an exaggeration when I say, "thank God for all my people"! Without their support and encouragement, I do not think I would have applied for and completed my first semester at school! As 2020 comes to a close, I wanted nothing more than to toast my family and friends in person! However, given our new COVID restrictions, we were stuck at home, separated from the people we love. As my boys and I had an early countdown with party poppers, sparkling juice, and cake with tons of sparklers, I reflected on the important lessons I have learnt this year. I have learnt that we should always be grateful and treasure who and what we have, that what has worked before does not mean it will work again, and that we need to constantly reinvent ourselves so that we can continuously be the best version of ourselves!

2020 was a challenging year for many of us. Rather than dwelling on the past or worrying too much about our future! I pray that you, too, can pray and listen to God's whispers, and that you will have the courage to enact His plans for you. As Pope Benedict XVI once said, "The world promises you comfort, but you are not made for comfort. You are made for greatness." And remember, "nothing is small in the eyes of God. Do all that you do with love", St. Therese of Lisieux. So, do something GREAT in 2021 and do it with all your LOVE!

Teresa Lau, Sunday School Teacher

Keeping Faith in the Unknown

Many people say, "You don't really understand something until you've experienced it." The COVID-19 pandemic swept the world so rapidly that the seemingly normal life we were all having was put to a halt. Unable to meet friends like usual, go out to eat like usual, and do activities we love like usual; everything came to a full stop. While some struggle with trying to wrap their head around what is going on and trying to adapt to this new way of life, some people fight with all their strength against this invisible, tasteless, and odorless virus. As a nurse, I can relate to those who work in the medical field and front lines. Battling with an enemy you cannot see is frightening; after all, we are just humans.

As a Registered Nurse working in the community with family patients, I see patients across the lifespan, from newborn babies to older adults. As a healthcare professional, it is my duty to make sure that the care I provide is safe for my patients, myself, and my coworkers. Since March 2020 when the virus began to spread at an unimaginable rate in our beloved city, our clinic placed in strict guidelines to ensure that everyone would be safe, especially doctors and nursing staff. I thought to myself, "it's okay, as long as I follow the guidelines, wear my protective equipment and frequently hand wash, I'll be okay." My patients will be okay. My colleagues will be okay. It seemed that from March till November, our clinic was doing an excellent job in keeping everyone safe. I felt reassured and less stressed when going to work.

Unfortunately, things took a turn at the end of November when we were informed that two of our staff at the clinic tested positive. When I received the news, my heart sank. I was shocked. Many thoughts ran through my mind. I thought "what went wrong? How did they end up with the virus? We were all wearing PPE and didn't even interact at lunch. How? Why?" Work reassured us that no staff were considered close

contact since we all had PPE on. In fact, I did not interact or work closely with those colleagues. However, just knowing that the virus was so close to me gave me chills. Luckily, after completing the swab test, it was confirmed I was negative.

Consequently, with the already reduced number of staff, the workload increased and I had to take on more duties to cover for the missing staff. Each night after I returned from work was extremely tiring. While having to still study for a nursing course I was doing online, I felt like I was an overstretched elastic. The only source that gave me strength was constant prayer. I prayed to God asking him to give me strength to get through these difficult times. It reminded me of what Jesus had once said, "the spirit is willing, but the flesh is weak." Each day I told myself, stay diligent. Yet my body would be so tired. However, God is so good. He never gives me something I can't handle. Amidst the stressful and tiring shifts, God always sent me angels to keep me in check. My friends would constantly text me to see if I was doing okay. Though I could not meet them personally or see them, it felt reassuring that someone still cared about me while I was fighting my own little battle. I may just be a human. However, I am a human loved and protected by God. With God always listening to my prayers and always granting me the strength and knowledge I need for my work, it feels like I have the biggest army behind my back in this never-ending battle.

The virus is still out there, but I believe that one day, our normalcy will return. Keep praying, follow government guidelines, and remember to smile (even behind the mask). We will get through this!

Peggy Yip
Echo editor, Sunday school Coordinator

The Echo

Chicken Soup for the Mother's Soul 2 - The Miracle Baby by Ronna Rowlette

心靈雞湯母親篇II - 神奇的BB

「信德是所希望之事的擔保，是未見之事的確證。」希11：1

1967 年早產的傑夫在一個炎熱的8月出生，僅得四磅十一安士的他好快便被放入一個嬰兒的照燈箱，BB得了非常嚴重的黃膽病。富有經驗的醫生爸爸卡特知道BB最多能存活48個小時。醫護人員都握著父母的手去安慰和鼓勵他們，但大家都知道若傑夫的肝臟不能夠立刻運作，傑夫的腦部將會受到永久的損害。

母親當娜告訴每一個人，傑夫是會沒事的。當娜接觸BB的小身軀時，她告訴BB他是會逐漸長大，成為一個健康而強壯的男士；小小的傑夫微笑。當娜告訴護士，但所有人都知道這是不可能的。

家庭的成員和神父已開始商討如何安排BB的葬禮。62小時後，護士再次檢查BB的血液，黃膽病看來好了些，便開始了每隔兩小時的餵食，當娜盡量去親近小BB。他的黃膽指數漸漸下跌，三個星期後，傑夫可以回家了，但他的故事還未完結。

六個星期後回院檢查，醫生說傑夫的雙眼受到傷害，甚至會瞎，當娜確信傑夫曾用雙眼來跟著她走。做了一些測驗後，原來只是虛驚一場。

在傑夫的第一年內，他發展比較慢，當娜心中猶豫是否因黃膽病而傷害了他。

第十三個月時，傑夫突然有個小小的抽搐，並證實他患上「腦積水」，需要做一個在當時只是在實驗階段的手術，但只有這樣才能保住性命。在手術的前三天，當娜告訴所有親友，甚至請每一個親友去聯絡他們所認識的，在手術前的每一個晚上七時正，為傑夫祈禱。

手術當天，她已知有數百人；甚至遠及以色列，都有人為兒子祈禱。她和丈夫坐著等候。忽然，一位神經外科醫生手中搖著X光片，氣沖沖的說：「真是好神奇呀，X光片顯示沒有腦積水。」各人都又哭又笑的擁抱，醫生也不能解釋原因。回家後，所有為他祈禱的人都被感謝及通知，以後傑夫再沒有出現抽搐了。

在一般兒童發展的時間表內，傑夫的發展顯然好慢好慢，三歲的他，醫生堅決要將他送到社署的院舍寄養，當娜感覺震驚，當然拒絕。

當娜將家中的地下室佈置成一個「蒙特梭利」的教育環境，因為兒子沒法學習語言，她便利用他的五官來學習。當娜相信兒子是正常的，只是未能跟從一般人的學習時間表。她利用M&M朱古力教曉傑夫顏色。三歲半的他講第一句完整句子是：請給我茄汁。他不像姊姊般一點一點學，而是一組一組的學，所有的步驟，他一下子便學懂，這便是他學習模式。

四歲的傑夫進入了正常的學校，但他整年都玩飲水機的開關水掣。當娜請求學校讓兒子繼續留校。在下一年的秋天，傑夫開始砌出結構上錯綜複雜的建築物，亦開始認識每一塑膠

恐龍的名稱，更將它們分類，對於數學上的方塊發生濃厚的興趣。他不斷的講話、發問，社交漸漸多了，再不獨自去玩飲水機，老師們都不敢相信。

又是傑夫檢查的時刻，醫生說他發展緩，更是一個自閉的兒童。當娜感覺已受夠了，自兒子出生後，就被斷定瞎眼、腦積水、癲癇、弱智，現在更稱是自閉症。當娜好有禮貌地謝過醫生。

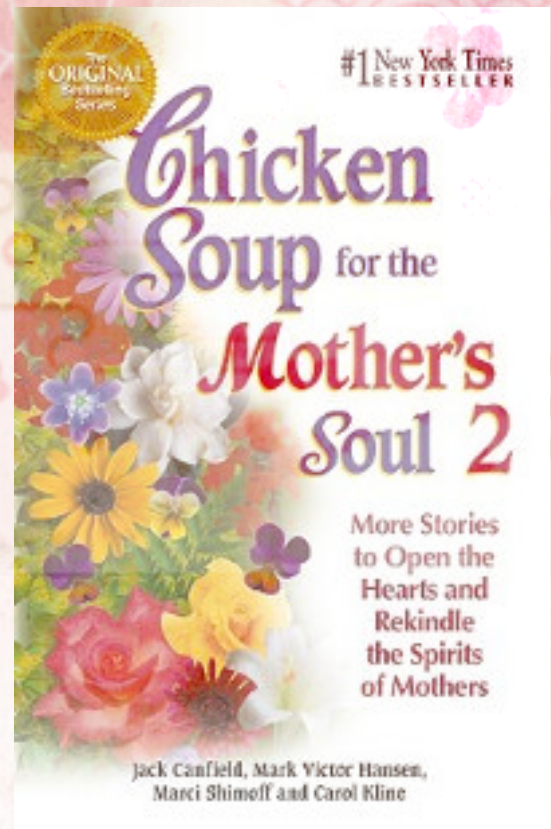
雖然傑夫協調不好，在一些技能上仍然發展比較慢，但在小學中仍然是不尋常的，他是童子軍的成員，一個優等的學生。在高中，他為學校和自己取了三個獎學金，每個人都為他的成績而驚嘆。但他的故事還未完結。

當娜時常告訴兒子，他的生命是具有特殊的使命，是應該去幫助更多的人。在中學取得榮譽畢業後，便進入了醫科學院。完成後，在一間好有聲望的診所工作。

一天，一個患有嚴重自殺傾向的老人來到診所，他剛剛離了婚，好悲傷，又失去多年的工作，他感覺好絕望，生命已經完蛋，甚麼也不能做。傑夫和他傾談了一會，開了藥給他，好等他平安渡過這艱辛的幾天，更將他轉介到有關機構。

臨離去的一刻，這個老人凝望著傑夫衣服上的名牌，說：「傑夫卡特？你媽咪是否叫當娜？」「是呀，你怎麼會知？」「你是一個神奇的BB，當你還是BB在醫院時，我為你祈禱，噢！你現在是醫生。」傑夫證實他是在明尼蘇達州出生的。這個老人澄視著傑夫並檢視他身體上的每一處，然後說：「每星期三，晚上七時祈禱，我們假設是在手術前祈禱的，但我和一部份人持續了一年多的時間。」傑夫驚訝地說：「你為我祈禱了整年的時間？」老人答：「是。」他的眼淚開始在眼內打轉。傑夫伸出雙手擁抱這個剛剛失去所有信念的老人。「好多謝你為我祈禱，這麼關注我…你看，全因為你，我現在才可以在這裏。」一股強烈的信念在兩個大男孩的內心流動。

這個母親在這事件上的堅持，好值得我們學習。若不幸的事件發生在我們身上，過份的悲傷和埋怨，會將我們和天主隔離。只要我們相信，天主自有祂的計劃，天主是不會離棄我們的。我們還要相信祈禱，德蘭修女：「天主告訴我們，要讓我們自己發光。而要讓這燈繼續發光，我們需要不斷加添燈油，所以要祈禱、祈禱、祈禱。」



The Echo

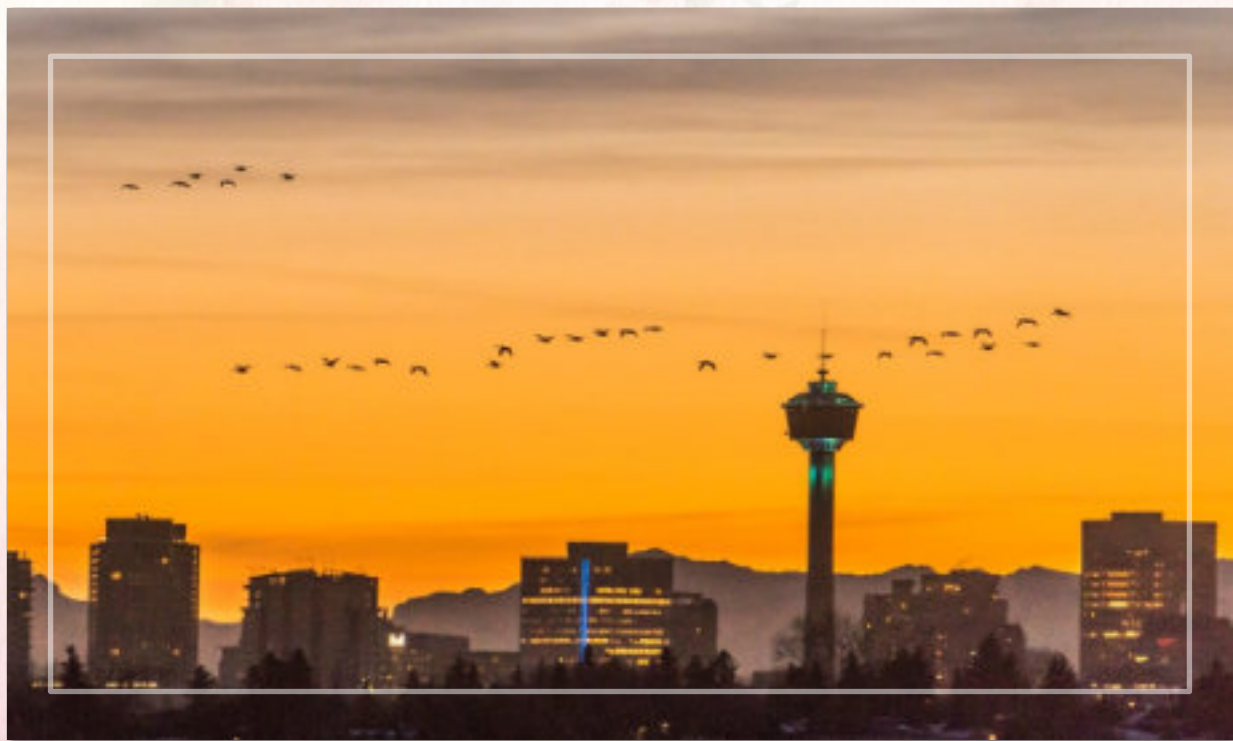
捕捉真善美

卡城地理位置優越，四季分明，雲的分佈和移動有一定規律，只要留意天氣預報，查明日出日落的時間和風向，一般都可以捕捉到美麗的朝暉或夕陽景色。秋冬之際，更經常可見到候鳥遷徙，很是壯觀。一般雁群 (Canada geese) 飛過都會飛得很高，若拍照的話，只會拍到藍天上的幾粒小黑點。為了增加照片的趣味性，我喜歡將天上的鳥和地上的一些地標一同拍入鏡，卡城最觸目的地標就是卡城高塔 (Calgary Tower) 了。

十月初我選了一個晴天的傍晚，去到 Deerfoot Trail 以東一處稍高的地點拍攝，架起三腳架和長鏡頭，守候機會。太陽下山後，一群接一群的雁便從北往南飛，有的離我很近，亦有離我很遠；幸運的是，偶然有些雁群；其飛行軌跡恰到好處的在卡城塔上飛過，被我拍下來了，可題名為“夕陽歸雁”。

大家只要抽空到室外觀看，便可免費欣賞到美景；看看天，看看地，窺視宇宙萬物的奧秘。

Tony Wong, 熱心攝影師



編者分享：看過Tony 拍攝的照片無數次，有山、有水、有雲、有雪、有極光，每次都令人感到震撼！

凝望「夕陽歸雁」畫面，日落西山之際，鑲上金邊的雲彩，雁群飛翔，不超前，也不落後，有條有理到達目的地。實在深感天主創造的奇妙、偉大！照片不只顯示了藝術的美，我看到一種神聖的美，一種信仰的美！

感謝仁慈造物主的恩典及帶領，請指示我們通往豐盛生命之路的方向，盼望能讓我們如勇士般奔路，完成天主的使命後欣然回歸於祢！亞孟。

迴聲編輯Anne Lam

疫情下的感與悟

庚子鼠年剛過去，迎來辛丑牛年，藉這機會祝願大家新春愉快、身體健康、出入平安、工作順利、主恩滿盈！更願疫情能早日平復，大家可以如常生活，家家樂團圓！

在疫情蔓延全球之下，過去一年有很多人痛失親友、失去工作；亦有很多經營多年的中小企業、餐飲業、與旅遊相關的行業，都因為封城而要相繼倒閉；更有很多人，特別是老年人因不能與家人、朋友見面而得了抑鬱，突然之間整個世界起了翻天覆地的變化。困在家中的日子裡，自己堅持每日祈禱、誦唸玫瑰經及參與網上彌撒，經過一段時間的沉澱後，讓我看到天主在疫情中是與我們同行的，祂和我們一起經歷憂傷和悲痛。此外，亦讓我對很多人和事物更加珍惜。

我看到那些醫護人員冒著生命的危險，作出無私的奉獻，日夜努力不懈、奮力作戰，為的是要盡力搶救每一個染病者的生命。我亦看到一些餐廳老闆、廚師為了答謝醫護人員的辛勞，他們主動為醫護人員送上美味、健康和熱騰騰的免費飯盒。在疫情初期，到處都買不到口罩時，我看到一些熱心的市民，為醫護人員免費送上口罩和保護物資；亦有一些充滿愛心的朋友，到處找尋、購買合適的布料，然後去裁剪和縫紉口罩，並將口罩送給有需要但無力購買醫用口罩的人士。疫症無情，人間有愛，在這些善行當中，我相信他們的愛心和背後的力量是來自那位真善美和無限慈愛的天主。

在疫情之下，原來一些我們經常做、每天做的事情都變成了一種奢侈。每天要上學的學生現在不能回校上課了。我們經常跟親人和朋友飲茶、吃飯、相聚都要暫停了。往醫院探望患病的親友、參加婚宴、參與葬禮都被限制了。更甚的是，作為教徒的我們現在已不能到聖堂參加感恩聖祭和領受耶穌聖體了。疫情前，或許我們會說很忙而放棄陪伴親友的機會；放棄到聖堂與天主相遇的機會……。到今天，讓我明白到每一個時刻都是寶貴的、是來得不易的、不是必然的、是要好好珍惜的。

「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。」主，我們正面對生命的大風浪，請保護我們，並讓我們緊握著禰的手一起邁過這洪濤駭浪，因為只有在禰內才有平安和喜樂。感謝天主！

迴聲編輯 Josephine Li

疫流而上

我們堂區在過去十多年來，逢星期四上午，都會到聖堂附近Bridgeland 社區內的 Aspen Lodge (A seniors supportive living facility) 為天主教信仰的院友舉行彌撒和誦念玫瑰經。但自去年三月中旬，政府宣佈新冠肺炎疫症大流行後，便依例停止了，也不能內進探訪，只能偶爾和較熟識的院友通過電話慰問。去年十二月初，得知堂區訂印的月曆已準備派發，覺得正好趁此機會向那裏的院友表示關懷，便向阮神父和林執事領取了二十份，每份用膠套包好並貼上他們個人的名字後，送到 Aspen Lodge 的聖誕物件接收處，請他們代為派發。

希望藉著這份關心，給他們送上暖流！

Goretti Hung, 聖母軍團員

The Echo

疫情最緊張的時候，我去醫院做了手術...

10月30日（星期五），大約晚上六時左右，我準備將做好的蛋糕放入焗爐，沒有留意地上原來有一攤水，自己不小心連人帶著拖鞋一同滑倒，臀部坐在腳踝上，扭傷了大腿，當時感覺好痛，第一時間腦海閃出：天主，你要幫我呀。當時我只是全心全意地交給天主，不斷地祈禱，祈求上主賜給我一個好的醫療團隊。

隔天，手術安排在11時左右，丈夫Arthur一早趕去聖堂，獻上一台彌撒，當然我是日後才知道的，在這裏很多謝阮神父給我的祝福。原來我的左邊大腿骨折斷，需要將一枝鐵管放入大腿骨內，頭尾加上螺絲來鞏固。手術好順利，只是輸了一包血，過些時間，我完全可以坐、企，更可用步行輔助器來活動，一切都進展得好好。心想三天後我便可出院了。當晚雙人房的鄰床病人好嘈吵，使我睡不安寧。原來雖然天主關了一處門，但又開了一個好大的窗給我。兩天後，我被安排搬去一個有大窗的私家病房，環境一片寧靜，還可看到日落日出，室內有梳化和椅子，多謝天主！

兩日後，醫生告訴我，根據他的經驗，我的右邊大腿，日後也會有同樣的問題發生，為了安全起見，所以明天要進行同樣的手術。我知是天主給我最好的安排，我隨即答應了。手術後才知道，原來做一隻腳的手術，同做兩隻是有好大的分別的，做一隻可以利用另一隻輔助步行，但現在是完全不能行的，唯有用手掌撐著身體上落床和椅子。但我知道有一天，我一定可以再次步行的，只是時間的問題。這些信念、力量，全部是來自天主的。

施修女曾經說：「人生路是一個歷程，包括天堂、煉獄和地獄。當你滿心歡喜，快樂時，這就是你的天堂。當你經歷失望、痛苦時，便感覺處於地獄。但我們都需要面對、接受及堅持的；我們所受的衝擊，是對自己或對別人的一個補贖；這樣的經歷，煉淨了我們的心靈，這就是煉獄。當我們做完所有補贖之後，便可以平靜地返回天主的身邊。」

你可能會問，十多天獨留在醫院，感覺悶嗎？因為疫情，丈夫不能陪伴，亦沒有人探望。但我會用正面的想法；丈夫不用每天來來回回的那麼辛苦，亦不用麻煩家人和朋友的探望。我更可以用手機和孫仔視像通話，每天向家人和朋友報告病情的進展，又可做一些康復的鍛練。房間是在走廊的盡頭，亦因為這個疫情，院內變得寧靜。而最重要的是，我可以靜心地唸經及祈禱，在這寧靜的環境裏，更加親近上主，真是值得感恩的。

回家幾天之後，我已能扶著步行輔助器去到家中的每一角落。在這漫長的康復路上，有頗長的時間不能外出，但在這疫情下，不是每個人都要待在家裏嗎？哈哈，我又在自我安慰。在這裏多謝幾位好友，不辭勞苦地每天供應早餐和湯水。Arthur是不懂煮食的，但他也藉著這個機會的磨練，對於烹煮三餐現已毫無難度了，哈哈，又多了一位「疫境廚神」。可幸的是，在這個經歷裏，是有很多得著呢！

在今次的事件上，很多謝堂區的阮神父、修女、執事和弟兄姊妹為我祈禱，家人朋友在電話中的問候、安慰和支持。更多謝丈夫的不離不棄，貼心的服侍，早晚都替我按摩雙腳。最後更加多謝天主賜給我這份堅持、信靠、平安和喜樂的心。

口述：Doris Ho
筆錄：Emily Chan, 迴聲編輯

疫境中的體會

「天主所行的一切事宜，都很適時，並賜給人認識時事的經歷，但人仍不能明瞭。」訓道篇3:11

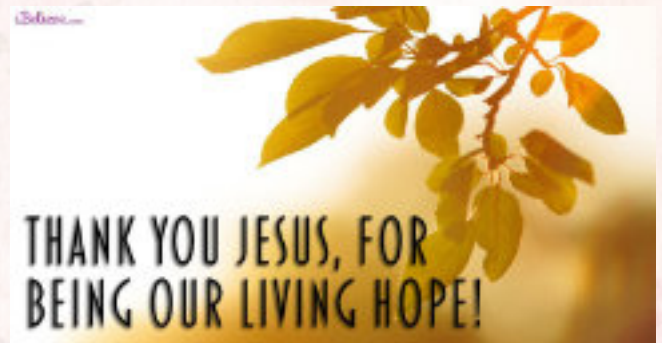
新冠肺炎至今整整一年多，在這疫情期間的所見所聞，都不是我們曾經歷過的，以往風平浪靜的生活，給我們掀起了前所未有的變動，全人類都生活在恐慌和痛苦之中，我們不知道將會面臨什麼的景況！

我仍然記得3月27日，教宗方濟各在梵蒂岡聖伯多祿大殿前，為新冠疫情帶領特殊的祈禱。那天傍晚，淒風苦雨，我們慈愛的牧者，拖著蹣跚的身軀，步向主耶穌的苦像前，帶領我們祈禱說：「主，我們恐懼害怕，求祢拯救我們！染病和死亡的人數急升，求主垂憐飽受痛苦的人類，在黑暗和巨浪中，求主平息風浪。在暴風雨中揭露了我們的軟弱……」他呼籲我們天主的子民同心祈禱，情懇意切，至今難忘。

的確，這次世紀的疫症，給我們人類一個非常大的警惕，我們這地球村的人妄自尊大，彼此爭奪不休，霸權仇恨充斥，與主教導的愛背道而馳，是時候好好的作反省。

「哭有時，笑有時，哀悼有時。」訓道篇3:4

疫症期間，每天的新聞報導中，有很多人特別是長者，在沒有家人探望、陪伴、安慰之下離開這世界，甚至死後遺體也未獲得適當處理。每次聽到，內心非常難過，想到主耶穌也曾慨嘆：「狐狸有穴，天上的飛鳥有巢，但是人子卻沒有枕頭的地方。」（路9：58）祈求天父憐憫這些去世的人，賞賜他們在完結人生旅程後，賞他們永享天福。



在四、五月期間先後都有朋友去世，其中一位是我的慕道生。她因癌病去世，她早已知道時日無多，所以希望可以盡快領洗，但偏偏在疫症期間，她不能前來聖堂上課，我只好到她家為她講授教理。她常擔心時間來不及，但天主俯聽了她的祈禱，在她臨終時，因醫院也要隔離，天主派遣了Rosalina姊妹為她付了洗，達成了她的心願，成為天父所接納的好女兒。我雖然未能同她道別，但總有一天願我們在天鄉重逢。

「舞蹈有時，...擁抱亦有時，...保存有時。」訓道篇3:4-6

雖然生活中看到的大多數是擔憂多於喜樂，由疫症開始至七月份，都是被困在家中與人隔離，但天主並沒有離棄我們，雖然不能去聖堂和參加彌撒，幸好科技發達，我們可以網上祈禱和避靜，更可以在不同時段參與彌撒，無論加拿大、香港、梵蒂岡都有感恩祭，能不讚美主和感謝主嗎？

八月份，二女兒不惜辭去工作，專程回來探望我們，她不但要承擔搭航機的風險，並且要接受來回二十八天的自我隔離，幸好她生性樂觀和懂得安排時間。我們一家九口加上親家，浩浩蕩蕩的駕車到BC省。除了享受陽光、海灘、美食、勝景之外，最重要的是一家人能齊齊整整的共聚，在這非常時期，更是難能可貴，我們非常感恩和珍惜，在陰霾的日子裏，讓我們體驗到上主的愛，何其美妙。

是的，生活中無論是苦是甜、是喜是悲，雖然主的計劃我們未必能完全明白，但祂就是要我們透過一點一滴，去慢慢體會與細味，我們只需用心聆聽，作出回應，祂必與我們同在。