

# The Echo 迴聲

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God be praised!

Starting with a joke.

After the fall of man, the devil told God how he has ruined the future of Man. But the devil said to God, if He can use one word to change Man's destiny, he will admit his defeat. God the Father said, "Jesus".

In the beginning was the Word,  
and the Word was with God,  
and the Word was God.  
He was in the beginning with God.  
All things came to be through him,  
and without him nothing came to be.  
What came to be  
through him was life,  
and this life was the light of the human race;  
the light shines in the darkness,  
and the darkness has not overcome it.

One parishioner hearing her colleague said, "Oh, God" immediately added the words, "be praised". She looked at her and said sorry. The next week her colleague said, "O Jesus." She again immediately added the words, "be praised". This time the colleague turned and said, "I guess I should not be saying that?"  
This is evangelizing. This is using the faith God has given you, to turn an unnecessary use of God's name, into a praise and prayer.

Deacon John Wu



## 天父不離不棄的愛

在未遷至高貴林之前，我已開始在網上搜查大溫哥華地區華人天主教堂，得到的結論是有兩間教堂，但都離開我家甚遠，約三十至三十五分鐘車程。我選擇了加拿大殉道聖人堂，但其彌撒時間，因受疫情影響，都不跟常規。我與母親參與了星期六晚上六時十五分的彌撒，彌撒結束後已是七時半，正常用餐時間已過，於是往美食廣場趕快點餐，誰知多間快餐店在疫情下不是關鋪便是收早，於是最後仍要到八時許才開始吃晚餐，我想，這彌撒時段不太適合我們。

繼續在網上搜查附近英語週日彌撒，發現離家不遠的花地瑪聖堂在星期日下午會舉行一台粵語彌撒，但網上資料有限，未知彌撒會否在疫情影響下取消。詢問堂區辦事處後得知中文彌撒如常，不用預先登記。我想，或許平時參與的人數少，所以不用登記。後來從加拿大殉道聖人堂堂區通訊得知他們其中的一位神父會隔周到高貴林開彌撒，再查詢辦事處後得知神父開彌撒的聖堂正是花地瑪堂，辦事處並給我負責預先登記的教友的聯絡電話。於是經過多番的兜兜轉轉，我終於能平靜地參與彌撒。

十月一日星期四，我參與花地瑪聖堂的英語彌撒，適逢是聖女小德蘭慶日，很慶幸也很高興。十月四日星期日，我以後備身份到達聖堂，又一個慶幸，我能順利參與粵語彌撒。平靜的彌撒結束後，我站在花地瑪聖母像前，深深感受到天父不離不棄的愛，祂引導我一步一步發掘祂的殿宇。

人生路途就算幾崎嶇不平，就算遇到多少困難，天父都會憐憫我，照顧我，指導我。正如這次一樣，祂引導我將問題解決。十月十二日是我的生日，也是感恩節，我相信若要日日快樂，就應天天感恩。順意的時候，應該感恩。不順意的時候，亦應感恩；應慶幸沒有更差的情況出現，應感激之前得到的順境，應感謝天父給予愛及支持去面對逆境。儘管當下事情不順遂，有天父的扶持，最終必能解決。

『何事擾你意？何物亂你心？萬般皆易逝，唯主不移真。心有天主者，堅忍百事成。夫復何所求，有主心意稱。』（聖德肋撒·亞維拉）。細味主保聖人的禱文，誠心參與十月十五日的聖人瞻禮，願將一切煩擾交給主，祈望天父帶領我勇敢地面對困難，繼續向前走人生路。



Teresa Tsui, Echo editor

## 十字架的愛

那時候，耶穌說：「凡勞苦和負重擔的，你們都到我跟前來，我要使你們安息。你們背起我的軛，跟我學吧！因為我是良善心謙的：這樣你們必要找得你們靈魂的安息，因為我的軛是柔和的，我的擔子是輕鬆的。」(瑪竇福音 11:28-30)

在大學的生活時，差不多每一個暑假都要搬屋，搬屋時一箱箱的書，捧着走相當困難。有時拿到一個手推車更方便得多了。

我們生活的重擔如果只背負在肩膀上，一定比放在一個手推車上，我們拖着手推車行困難得多。

若那隻牛沒有軛，根本沒有可能把向前走的力量，變成向下的力量而爬出深深的一個可以下種子的泥坑。

基督徒工作能夠成功一定要背着耶穌給我們的軛，那個軛便是十字架，但我們要記着以色列的農夫的軛是為兩隻牛的，主耶穌邀請我們背他的軛時，他依然會是站在另外一邊。耶穌說：「誰要做我的門徒一定要捨棄自己，天天背着十字架跟隨我。」不過如果我們這樣看耶穌給我們的軛，有點令我想起Elvis Presley 初出道時唱的那首歌，” you’ ll never walk alone”。有基督陪伴我們，我們的擔子怎不會是輕鬆的？

上主是我的牧者，我將一無所缺。

我們的擔子是輕鬆的，我們的軛是柔和的，如果我們用天主給我們的恩寵和愛心，背起我們每天的责任和使命，我們一定不會覺得那擔子是重的。看看初生嬰兒的父母，那一個抱着孩子或者用背帶背着孩子時會覺得很重？甚至他們會覺得出生的孩子如果十磅重，他們會比抱着一個七磅重的孩子更喜歡。能夠愛得多我們更加覺得擔子輕。父母為子女供書教學，擔子是多麼重，但那一個會埋怨為子女成材作犧牲，有愛的時候擔子便會輕鬆起來，因為有愛的地方，天主也在那裏，因為天主是愛。

基督甘願捨身受難時，拿起麵餅祝謝了分給他的門徒說：「你們大家拿去吃：這就是我的身體，將為你們而犧牲。」

我們接受聖體後，我們也甘願為天主為鄰人做什麼？

Deacon John Wu

# The Echo

## UNANSWERED PRAYERS

### Country Singer Garth Brooks' version of "Unanswered Prayers"

A man and his wife ran into his old high school flame at a football game.  
The past came back to him that every night he prayed for her to be his dame.  
If God granted his wish, he would never ask for anything again.  
Now seeing that she's not quite the angel he remembered in his dreams,  
As she walked away and he looked at his wife,  
There he thanked the good Lord for the gifts in his life.



### My version of Answered Prayer

I have an accounting background. I used to advise clients to make contribution of spousal RRSP (Registered Retirement Savings Plan) in order to even out income when they are withdrawn and clients will pay less tax. My husband with a higher income base would want no part of this. He consequently had much more contribution to his RRSP. I used to complain in my mind to God why his RRSP savings were so much higher than mine. At the time his RRSP was administered by a vice president of a major investment firm. To our dismay his investment had a big tumble and our RRSP savings were comparable to each other.

Insight: God has answered my prayers! Ouch I forgot to "tell" HIM to raise my savings and not deflate my husband's. Be careful what you pray for and God has a sense of humor!

### My version of Unanswered Prayers

When we had our house built in Edgemont, we had a walkout basement and it eventually became my accounting office. My everyday voluntary outing was to go to mass and then I came back to the office, met up with my assistant and started working and seeing clients. Eventually my brother's family moved close by. His house was in a nice cul-de-sac while mine was on the main road. Once again,

the Lord had to hear "my complaint" of why I could not have a nice location like my brother's. The day of awakening came when my brother moved out of his location. He told me that every time there was blowing snow, his visitors' cars would be stuck and he had his fair share of helping to push their vehicles out of the rut and the whole length of the cul-de-sac. Can you imagine me asking my clients to come to my office and their cars got stuck? I ran my office from home for 15 years without complaint from any client or neighbors. I could be there for my children when they came back from school and their friends also gathered around. Could I ask for more?

### I would like to end by quoting Garth Brooks

*Sometimes I thank God for unanswered prayers  
Remember when you are talkin' to the Man upstairs  
That just because he doesn't answer doesn't mean he doesn't care  
Some of God's greatest gifts are unanswered prayers*

Sally Mary Olivieri, member of Legion of Mary

## Angels

I have always loved reading about angels. Just today, I read about the Archangels and Guardian Angels from the “Deacon-structing” series of Salt and Light Media. It was so fascinating that I wanted to share my affection about angels in the past 10 years.

10 years ago I found a children’s book about angels called “The Angels - God’s Messengers and Our Helpers”. I loved it so much that it became one of my keepsake books. Since it is a book for kids, it uses simple words to portray the angels and their deeds.

Then 7 years ago, I heard from a singing contest on TV a beautiful song called “Angels”. Not only was the song performed well, the lyrics were very touching.

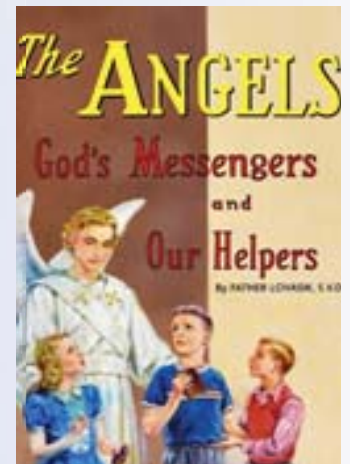
Angels - written by Robbie Williams and Guy Chambers

...When I'm feeling weak  
 And my pain walks down a one-way street  
 I look above  
 And I know I'll always be blessed with love  
 And as the feeling grows  
 She breathes flesh to my bones  
 And when love is dead  
 I'm loving angels instead...

During my trips to Europe, I visited a lot of churches in different cities. Many of them are named after St. Michael. One of them which I remember fondly is Basilika St. Michael in Mondsee, Austria. Not just it was featured in a famous movie, it was also a magnificent church with tons of exquisite wall paintings. The painting I liked most was about St. Michael fighting the devils.

Last but not least, 3 years ago I watched a Korean drama which storyline was built on a tour to Mont Saint Michel in France. Mont Saint Michel is a tidal island on which a gorgeous and enormous abbey was built. The abbey has St. Michael’s statue hoisted at the top of the church soaring into the sky. The scenery in the drama was so stunning that I decided I should go on a pilgrimage there in the near future.

Teresa Tsui, Echo editor



## Finding the Lord through the Sacraments amidst the COVID-19 Pandemic

March 15, 2020. The government announced that all schools and public facilities are to be shut down due to the COVID-19 crisis. Our beloved city was in a state of emergency. Questions, confusion, fear and vulnerability swept through my body and mind. I thought to myself, what's going to happen now? The pandemic that started in Wuhan, China back in December 2019 seemed so distant, yet in less than 3 months, the virus struck the world ruthlessly. Loved ones lost, normalcy was stolen from us. "Physical distancing" and "self-isolation" became terms used in our everyday conversations. March 15, 2020 marked the last time I stood in one of the cozy classrooms in our parish teaching our little ones in person. It also put a temporary halt to being able to attend Mass in person. However, with perseverance, prayers, and the amazing dedication of all of the members of our city, we gradually learned to live with this virus, slowly getting back into our normal routines.

In June, it was announced by our Diocese that we could prepare our students for the Sacraments that were supposed to be received in the spring. My heart became very excited; although I was not able to meet my students in person, I could continue my mission to teach our little ones about Jesus' unconditional love virtually. This also meant that our confirmation students that I watched grow up through the years can ultimately say their final YES in being soldiers for Jesus in Evangelization. The heart that trembled with fear and feeling helplessness in the ambiguous situation with the pandemic was lit on fire again!

After numerous online meetings and consulting with Fr. Nguyen and other parish groups, it was decided that October would be the month when our little ones could return to the parish for their long-awaited Sacraments. Together, as a team,

we compiled a crash course for our First Holy Communion/ First Reconciliation children, as well as our Confirmation students. After four weeks of hard work in teaching online, we finally finished teaching them about the importance of the Sacraments they were about to receive. Although it was quite tiring to rush from church back to my own home and teach for about an hour online, all of the hard work was worth it. It meant I was helping bring our little ones closer to the Lord, even if it was just by a little bit!

On October 17, 2020, I was extremely excited and worried. Excited that I would be meeting my beloved students in person once again. Worried about maintaining the needed physical distance and a safe environment for the students to have their retreat. Yet, when my students appeared and we began the retreat, my worries disappeared. Not only did the Lord send us amazing volunteers to help with keeping the safety measures, I had a great time reviewing the steps to receive the Eucharist with the little ones. I am reminded in the Lord, anything can be achieved, even in the most unprecedented times.

October 18th and October 25th marked the biggest milestone for many children. For some, it would be their first time receiving the Lord wholly and truly through the consecrated Eucharist. For others, it was their final milestone in their Sunday school journey, becoming soldiers for Jesus, ready to spread the gospel through the gifts of the Holy Spirit after Confirmation.

I have to be honest; the Sacrament Masses were quite stressful to plan and coordinate. However, the Lord never leaves you to struggle on your own. With great cooperation and an amazing team, we were able to have our



Sacrament Masses successfully. As a coordinator and teacher, I felt so overjoyed. I felt proud of our students. Proud that even amidst this weird year, they did not give up on getting to know the Lord and kept their promise in attending all the online courses and arrived ready as ever to receive the Lord and the Holy spirit with an open heart. The moment I saw the students approach the altar to receive the Lord or to get anointed with Chrism, I felt like parent watching their child graduate. I couldn't stop myself from grinning ear to ear. Unfortunately, this grin was covered by my face mask.

I also want to take this time to thank the parents that gave us their tremendous support and patience. Thank you for your understanding as we tried to navigate through the uncertainty. Thank you for sending us messages of encouragement and gratitude. Thank you for letting us know as teachers that we had your full support! Furthermore, thank you to my amazing Sunday school coordinator buddy, Keith. Thank you for your great organizational skills and

always keeping our team in check. Thank you to our teaching team for your dedication and hard work in making this year's Sunday school a possibility. The words "Thank you" simply cannot express how grateful I am. Last, but not least, THANK YOU LORD. You are truly amazing. You never give us struggles that we cannot handle. I pray that you continue to help and guide us as we begin our new journey for the new Sunday School year. Enlighten our minds, keep us safe and healthy, walk with us as we continue to battle this virus. Let us continue to glorify your name through our works and missions. AMEN!

It is so true, even though we are living in a strange and difficult time, God never leaves. He is always present. He is always ready to provide for us. We as His believers just have to look, and we can find him everywhere, especially through the Sacraments.

Peggy J. Yip, Echo Editor, Sunday school Coordinator and Teacher



## 好人好事

最近從 WhatsApp 看到這一個短片，Kevan 是一個脊髓肌肉萎縮症 (Spinal Muscular Atrophy) 的病患者，他的身軀同其他青年人一樣，但手腳卻萎縮至不能活動，所以長期都要坐在輪椅上。Kevan 有個夢想，就是好想去歐洲看看，但輪椅是不能進入一些景點的，Kevan 的六個好友不願意留下 Kevan，便設計了一個特別的背架，又經過一些訓練，於是便背著他往歐洲去。從 2016 年回來後，他們計劃去探索一個更大、更令人興奮的地方 --- 中國，更要背著 Kevan 走上萬里長城。他們替 Kevan 繫好頸墊，戴上帽子，讓他坐上背架上，一同行上長城，城上的梯級長而且斜，甚至有些樓梯是要爬上去的，看見特別的背架已經感覺好重，還要背著成人一般重量的 Kevan，有時，背著 Kevan 的朋友，要伸出雙手，握著其他人的手掌，借助他人的力量，才能登上斜的樓梯。

Kevan 是成人的高度，坐在背架上，顯得特別高，在進入公共的車廂時，朋友會用手掌護著他的頭頂，這些細心的舉動，盡心的付出，令坐輪椅的 Kevan 的夢想，終能因他的好友們而一一實現。因著他們的付出，理想的實現，一個名為 (We carry Kevan) 的不謀利團體誕生，目的是讓四肢有殘疾的人去探索外面的世界，義工們背著他們四處遊覽，擴闊他們的視野和活動範圍。(We carry Kevan) 一書，便是講述他們背著 Kevan 的經歷和感受。

當我將這個短片轉載給朋友分享時，他留言：That reminds me of a beautiful old song call "He Ain't Heavy, He's My Brother"。

難怪作家韓素普在自傳中寫道：做了朋友，就永遠不能背棄他們，就算你知道你的朋友是惡名昭彰的流氓無賴，你還是會借錢給他們，給他們忠告。

在報章上我又看到這篇報導：

在台灣，從事殯葬的阿強承辦了一個七歲女童的喪禮，他面對早逝的生命，也會格外的心酸和不捨，好想為她做點事。得知女童生前好喜歡吃麥當當的薯條，幾經辛苦，才得到原來在早上七時沒供應薯條的店舖，特別破例提供兩份熱騰的炸薯條和麥樂雞，還有兒童玩具。店舖經理說：

「這是我們店裏的一點心意，送給女孩，祝福她。」阿強坦言說：「很多事情並非是每個人的責任，但人人做多一步，可以成為最有力的關心，在這事上，更讓家屬感到安慰，也許是一樁善的巡環。」

而在我身上也曾遇上這些好人好事：

在我年青時，普遍的家庭都很窮困，孩子又多，年紀輕輕便出外工作賺錢，當時最盛行的有電子、製衣、假髮、塑膠廠等等。記得在我工作的製衣廠便有十多部旅遊廠車，每天來往九龍、新界各地，接送工友，規模頗大。我和很多年輕人一樣，日間工作，晚間讀書。夜中學的規模，儼如一間日校一樣，單是中一便有四班，中五亦有兩班。在當時香港的學制裏，要取得香港中學會考證書合格，必須取得五科合格，其中必須包括中、英、數三科。英文不是我的母語，夜校每晚只上三小時課，還要兼顧其他科目，而夜校的教師都是兼職的，沒有太多時間去批改功課，所以，功課較少。因此，我做了一個好大膽的事，就是邀請外籍的老神父校長，每星期幫我修改一篇英文文章，想不到，他沒有遲疑，一口答應，令初時戰戰兢兢的心情立刻放鬆下來，我還記得當時真的好開心。就這樣持續了三年的時間，但他從沒有怨言，亦沒有覺得我帶給他麻煩。他知我不是基督徒，亦從來沒給我說教（哈哈，可能是語言上的不通）





，他無條件而長時間的付出，是需要好大的愛心，直至現在我還記得他，是他讓我得到好成績，繼而可以做自己喜歡的工作，一生都能受惠。

前伯明翰總主教威廉博士：宗教是感染，而不是傳授的。它好比一把火，從這人身上燒到那人身上，它是用愛德來推行的，任何別的方法都不行。

各兄弟姊妹，想你在過去的生活中，也曾有位守護天使在你身邊，請投稿來，也讓我們也能分享你的好人好事。

Emily Chan, Echo Editor

## 修整生命的枯枝

雖然大樹好遮陰，但聖堂停車場有些老樹，因為與毗鄰大廈相近，有時候的確會伸展到他們的生活空間，到秋天的時候，滿樹葉子又有一大堆落在隔隣草地，所以近年也常收到毗鄰大廈的投訴。大樹真的要修剪了！

修剪樹的事終於提上了堂區牧民議會議事日程，也計劃了數年。但堂區牧民議會成員，大多年屆退休年齡，沒有人主動幫忙幹這種爬高爬低、又累又危險的活兒了。又或請專業公司來砍樹、剪樹枝也可以，他們腳穿鐵鞋，頭帶安全帽，帶來長電動梯、長鋸，幹得乾淨利落，但卻收費高昂，一棵樹動輒幾百元，十數棵樹也算不清要付多少錢呢！沒有預算，沒有撥款，萬萬不能！這樣下來，問題還未解決！

今年因新冠肺炎的疫情嚴重，三月中教區宣布暫停平日及主日彌撒，並取消各項群聚活動。聖堂只剩下神父一人，每天舉行彌撒聖祭，為世界、社會、堂區及教友祈禱。

沒有彌撒，沒有活動，沒有教友，自然便沒有垃圾了！眼見停車場的大垃圾箱空空如也，但垃圾費也要照付。聰明的阮神父，很快便滿腦大計，處理樹木修剪、清理廢物。

四月底一個天朗氣清的日子，阮神父、Edward 和我，一起進行大型修樹工程。阮神父是當然的總工程師及爬高爬低的首席修樹員，Edward 是安全顧問及第二修樹員，職責主要是扶梯及剪一些較低的枝條，而我的工作十分輕巧，職務是清潔員，將剪鋸下來的樹枝放到大大的垃圾箱中，共計也放滿了三個大垃圾箱；因垃圾車隔週才收一次，所以也要六星期才將所有樹枝清理妥當。

看見一堆堆修整下來的敗枝和生長雜亂的枝樞，不禁想到我們也需要在生活中常作整理和修正，過程也許困難，但修整枯枝後，重建的生命，一定會比以前更好、更結實！

若望福音十五章二節說：「凡在我身上不結實的枝條，他便剪掉；凡結實的，他就清理，使他結更多的果實。」



Anne Lam, Echo Editor

## 敬禮聖母



每年堂區都會舉行好多活動--- 去敬禮我們的聖母。若要敬禮聖母，便應設法了解聖母的每一方面和她的每一個任務，並效法聖母的謙卑善行，只是念經來敬禮是不夠的。要敬禮聖母便要和她聯合在一起，跟聖母度共同的生活，把主耶穌的救恩---聖寵傳達世人，她並不只是使我們仰慕，她的主要任務是做人靈的母親，這才是她真正的生活，並履行天主救世的目的。

聖母是基督的母親，也是一位全職的母親，初期她的母職只局限於納匝肋；孕育聖嬰、乳養、教導、照顧和保護他。直至耶穌為救贖人類被釘在十字架上，祂把母親托付給愛徒若望，從此，聖若望就侍奉聖母如自己的母親。從那一刻起，聖母便成為「眾人之母」，也是世上唯一最忙的母親，她要照顧全人類的靈魂。

就是為了這個工作，天主聖三從永恆中已決定要準備她，造化她，由天神來報的那一天起，聖母便開始了她這項奇特的工作，並負起母親的一切任務。直至現在她仍不停地工作，繼續向前推進，將來也是一樣，從不間息。由此可知世上許多事情，沒有一件不是經她而完成的。人人都知她是基督奧體的母親，也是個宗徒，耶穌的好助手。聖母曾說：「我是始胎無染原罪。」我們若要孝愛聖母，便把自己獻給她。正如聖母軍的誓詞：我的女皇，我的母親，我全屬於妳，我所有的一切，都屬於妳。我們要分擔她的工作，與聖母結合，為人靈服務。

天主聖子使祂的母親閃耀天主的光榮，並提升她為仁慈之母，諸寵中保，天主聖寵的分施者。實際上她具有無限能力。為此，我們如要獲得恩寵，便得追隨她，聽從她的指令，與她緊密合作，拯救人靈。

鄧筱瓊—聖母軍

## One Man went to Mow a Meadow.

A man with one arm was trying to start an engine to mow a rood of land. A passer-by stopped near him and gave him a lot of advice about engines and how to start them. He then walked off without touching the machine.

Another man came by and tried to help. He pulled the starting cord many times but the engine would not start. He got tired and walked away.

A third passer-by came and felt sorry for the one-armed man who was still pulling the starter cord. This third man did not know anything about engines, but wanted to help all the same. He read the starting instructions and followed them carefully step by step. After the third pull of the cord, to his great surprise, the engine started. Rather than let the engine die again, he began mowing the quarter acre and did not stop

till the job was done. He parked the mower and went his way, without waiting for a special word of thanks.

Secret of story: The first passer-by who gave advice knew the Golden Rule but did not practice it. The second helper tried out the Golden Rule but did not persevere in it. The third helper never heard of the Golden Rule, but studied it carefully and applied it successfully. His ego did not desire a 'thank you.' He found more joy in giving than in receiving.



Personally, I found more joy in giving too. We have two hands. One to help ourselves, the second to help others.

Patrick Owens

### 編者的話

轉眼間，我們已經戴了數個月口罩，多少適應了勤洗手、注意個人衛生的新日常。順應教區抗疫規定，迴聲繼續以電子期刊出版，敬請見諒！有賴投稿教友的貢獻，讓迴聲得以繼續，衷心致謝；並懇請大家踴躍投稿及繼續支持迴聲！主佑平安、喜樂。

### Editors' Note

We have been wearing masks for several months now. Slowly and gradually, we are adapting to the new normal of masks in and handshakes out! Following the Diocese directives for the pandemic, Echo will continue to publish electronically. We are very grateful for the submission of articles by our parishioners! Thank you for your continuous support! Wishing you peace & joy!