

教友通訊

Newsletter

March 2016 三月



Sacramento
Chinese
Catholic
Community

沙加緬度華人
天主教團體

彌撒： 每主日下午三時正

Mass: Sundays 3:00 p.m.

地點： 聖體大教堂

Place: Cathedral of the Blessed Sacrament
1017 - 11th Street
Sacramento, CA 95814

司鐸： 何光榮神父

Priest: Fr. Nicholas Ho
415-727-7880

聯絡： 陳穎怡會長

Contact: Winnie Chan (President)
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Check us out on the World Wide Web: 請瀏覽我們的網頁：

www.sacchinesecatholic.org

VERY GOOD NEWS!

很好的消息！

Recall your lowest moments in life. What made them so terrible? Loss? Humiliation? Death? Suffering? Torment? We can all remember our lowest points and what we needed to hear. It was simple good news. Good News, not just for us, but for those who suffered, died, and were buried.

試回想你人生中處於最低點的時候。是甚麼令它如此可怕呢？損失？屈辱？受苦？折磨？我們也記得自己最失意之時，以及我們需要聽到的。那就是簡單的好消息。這好消息，並不只是給我們，也給受苦的、已歿的，和已被埋葬的人。

Well, here it is. Here's the best news of all: we are not alone in our suffering. God is here with us, in the thick of it. But now the tomb is empty. He is raised, and so are we, and so are all those who live and die in Christ. To be loved like this by the God who created us, to be embraced and lifted like this for eternity. Such very, very good news...The Lord is Risen! He is Risen indeed!

好了，就在這裏。這就是最好的好消息：我們不是一個人在痛苦。在我們最痛苦的時候，天主是與我們在一起。但現在墳墓已空了。祂已復活了，我們也是一樣，而那些在基督內生死的人亦是如此。創造我們的天主是永遠也會這樣的愛我們、懷抱我們和高舉我們。這真是很好的消息。主復活了！祂確實復活了！

They put him to death by hanging him on a tree. This Jesus God raised on the third day (Acts 10:39-40).

他們卻把他懸在木架上，殺死了。第三天，天主使他復活了。(宗徒大使錄 10：39-40)

Happy EASTER to All.

大家復活節快樂。

Chinese New Year Celebration 2016

We celebrated the Year of Monkey with different activities in January.

CNYCA Chinese New Year Celebration

On January 30, we joined the Chinese New Year Celebration organized by the Chinese New Year Culture Association (CNYCA), which was held at Hiram Johnson High School. Besides celebrating the New Year, more importantly, we evangelized our Catholic faith. We obtained a booth on that day, distributing brochures and information about Church. We were happy to chat with other Chinese, and let them know more about us.

Chinese New Year Mass and Tribute to Ancestor Ceremony

On January 31, we celebrated the Chinese New Year. We were honored to have Bishop Myron Cotta to celebrate Mass with us, and it was co-celebrated by Father Ho, Father James from Georgetown and Deacon Wong from Oakland.

The Tribute to Ancestor Ceremony was held after the Mass. We presented flowers, fruit and incense sticks, and then all parishioners came forward and paid tribute to our ancestors.

Chinese New Year Dinner

Our Chinese New Year dinner was held at Hong Kong Islander Restaurant in the evening. Dinner was started off with the lion dance. Everyone was glad and amazed to see the performance by the kids, including the children of Angela! We were happy to see the God of Fortune this year. We were delighted with this annual gathering and the delicious food.

We would like to take this opportunity to thank all the participants of the Chinese New Year Mass and dinner, especially our guests from the Bay Area; as well as those helpers of the CNYCA Chinese New Year Celebration. They would not be successful without your support.

2016年春節慶祝活動

在猴年我們也有不同的春節慶祝活動。

華人春節聯歡會

首先在一月三十日，我們參加了由華人春節聯歡會主辦的慶祝活動。除了慶祝新歲，更重要的是為了福傳的工作。那天我們設置了攤位，派發團體的單張與教會資料。我們很高興能和不少華人攀談，讓他們對我們有更多的認識。

新春彌撒暨感恩敬祖儀式

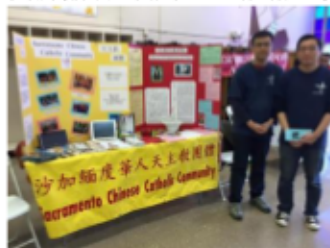
今年的新春彌撒及敬祖儀式於一月三十一日圓滿舉行。我們很高興得到 Myron Cotta 主教為我們慶祝感恩祭，並有何神父、由 Georgetown 來的 James 神父和屋崙來的黃執事一同慶祝。

彌撒後，我們便舉行感恩敬祖儀式。在奉上鮮花、水果和清香後，大家便接着上香向祖先致敬。

春節晚宴

晚宴於彌撒後在海港酒家舉行，並在醒獅表演下揭開序幕。大家飽嘗佳餚之餘，也能和朋友攀談共聚。當晚氣氛熱鬧，喜氣洋洋！

在此感謝各參加新春彌撒及晚宴的教友，特別是來自灣區的朋友；也感謝在華人春節聯歡會義務協助的教友。謝謝大家的支持！



CNYCA Celebration
華人春節聯歡會



Tribute to Ancestor
Ceremony
感恩敬祖儀式

God's Continual Presence

Alex Wan

“God created mankind in his image; in the image of God he created them.” (Genesis 1:27)

I've been thinking a lot about what God has made, especially recently. I remember watching the films “Interstellar” and “The Martian” and being amazed by the visuals of the planets and space overall. I also remember seeing pictures of space while visiting the Tech Museum in San Jose and was in awe over what I saw. I then thought about the fact that God was the one who created such a wonderful universe. He has made the stars, planets, and galaxies. It's quite beautiful, isn't it?

As we think about the beauty of God's creations, let us not forget that God is everywhere among us. We may not be able to see Him with our own eyes, but, His presence is all around us. This is because He created all life and the entire universe as a whole. Indeed, we see His creations every day. From the planets to the trees to the people we interact with each day, we can see God everywhere.

As we think about God's universal presence, let us not forget what Jesus taught us. In Luke 6:31 (NAB), He said, “Do to others as you would have them do to you.” This is known as The Golden Rule and it should apply in how we interact with others, ourselves, and our environment overall. After all, as mentioned before, God is in everyone and everything.

Thus, we should treat one another with respect, compassion, and kindness and love one another. We are reminded of this in St. Paul's

letter: “Finally, brothers, rejoice. Mend your ways, encourage one another, agree with one another, live in peace, and the God of love and peace will be with you” (2 Corinthians 13:11).

I understand that this can be difficult to do. For example, when someone cuts you off while driving or when an angry customer confronts you, it is easy to feel upset and difficult to forgive. Yet, that is not how Jesus would like us to react. Rather, we should take time to let go of the anger and seek constructive solutions. We should also, especially in the Year of Mercy, seek ways to help those in need and build bridges of love. In particular, we should increase interfaith unity, be a voice for those who are silenced, and speak against hate.

We should also reflect on how we can better care for our environment. There are many steps that we can take, such as planting trees and not using energy or water excessively. We can also look into alternative options to driving, such as biking, walking, or public transit. While God has provided us many resources, we cannot afford to use them wastefully. We should therefore take time to think about our environmental impact and what we can do to improve our environment.

Overall, as we continue through Lent, let us be mindful of God's universal presence. He is in all of His creations and he takes care of us. The least we can do is to appreciate His love and take care of one another as well as our environment. By doing this, we honor His work and serve Him with our stewardship.

「天主於是照自己的肖像造了人，就是照天主的肖像造了人。」-創世紀 1:27

和睦；這樣，仁愛與平安的天主必與你們同在。」(格林多後書 13：11)

最近，我常想及天主所創造的一切。我記得看過電影「星際啟示錄」和「火星任務」，其中關於行星及太空的視覺效果令我大為驚嘆。我也記起在聖荷西的科技博物館曾看過太空的照片，令我很是敬畏。跟着我便想到是天主創造了這樣美妙的宇宙。祂創造了星星、行星和銀河。這不是相當的美麗嗎？

當我們想起天主創造物的美麗，讓我們不要忘記天主常臨在我們中間。或許我們不能以肉眼親自看到祂，但是，祂不停的圍繞我們而存在。因為祂創造了一切生物和整個宇宙。的確，我們每天也看見祂所創造的。由行星到樹木，到我們每天接觸到的人，我們在何處何地也見到天主。

當我們想起天主的無處不在，也別忘記耶穌的教訓。在路加福音第六章三十一節，祂提到：「你們願意人怎樣待你們，也要怎樣待人。」這就是黃金定律，我們要將它應用於對待他人、自己，以及我們的環境。說到底，就如之前所說，天主在所有人 and 事物之中。

因此，我們應該對他人尊重、憐憫、仁慈，並愛他人。聖保祿的書信中提醒我們：「此外，弟兄們！你們要喜樂，要勉力成全，要服從勸勉，要同心合意，要彼此

我明白這是很難做到。例如，在你駕車時給人切線，或是一位憤怒的顧客在質問你，很是容易令人不高興並難以作出寬恕。但這不是耶穌想我們作出的反應。相反，我們應花點時間去釋放怒火和尋求建設性的解決方法。特別在這慈悲禧年，我們應尋求辦法去幫助有需要的人，並築起愛的橋樑。我們尤其要加強不同宗教之間的團結，為沉默的人發聲，以及反對一切憎恨。

我們亦要反省如何能好好保護環境。有很多的措施我們是可以採用的，如種植樹木及不過份地使用能源或水。我們也可用其何方法代替駕車，例如踏單車、步行或乘坐公共交通工具。天主為我們提供了這麼多的資源，我們承擔不了浪費地使用它們。因此，我們應花些時間想想我們對環境的影響，以及我們可以做些甚麼來改善我們的環境。

總括來說，在四旬期之中，讓我們記着天主一直的臨在。祂存在於祂所創造的一切，並照顧着我們。我們至少可做的就是感謝祂的愛，彼此照顧，也愛護環境。這樣做，我們可以對祂所做的一切表示敬意，以及用我們的管理能力來侍奉祂。

*At the beginning of a New Year, and the Holy Year of Mercy, we followed Jesus' teaching and helped to feed the hungry on January 23, 2016. The following is the sharing from our parishioner, **Oliver Wan**.*

“I am so happy that we had a great opportunity to serve God today by serving others at the Cathedral of the Blessed Sacrament. Today, our Sacramento Chinese Catholic Community got to serve a friendly lunch for our less fortunate friends. It was sponsored by our long time leader of Sacramento, a great aunt. It was our pleasure to have our former Mayor Mr. Jimmie Yee and Don Lee (He was from the Asian Sports Foundation and provided food) as our guest.

The lunch was very tasty. We even had Chinese roasted pork, chow mein, fried rice, broccoli beef, and sweet sesame ball for dessert. There was a Chinese lion dance too. It was performed by Angela's children and their young friends.”



在新年及慈悲禧年伊始，我們遵從了耶穌的教導，在一月二十三日的中午服務了在社會上弱勢的一群，饑者食之。以下是教友**溫悅民**的分享。

「我很高興今天有一個好機會讓我服務天主，那就在聖體大教堂服務其他人。今天，沙加緬度華人天主教團體為其他不太幸運的朋友服務了一頓友好午餐。這午餐是由沙加緬度一位很好的太太所贊助。我們很高興得到前市長 Jimmie Yee 及 Don Lee(他來自今天供應食物的 Asian Sports Foundation) 作為嘉賓。

今天的午餐很美味。我們有燒豬、炒麵、炒飯、西蘭花牛肉，以及煎堆作甜品。今天更有舞獅表演，是教友 Angela 的孩子，和其他小朋友一同演出的。」



四旬期

在四旬期間，你可曾嘗試以不同的角度或方法去守齋？通常我們守齋習慣是放棄我們喜愛的食物或電視節目，現有一些新的構思，可讓我們接受主耶穌的幫助去潔淨我們的心靈。以下是一些建議，可作參考：

1. 減少忿怒和仇恨，每天給家人多點愛。
2. 減少去判斷別人。在判斷別人前，請不要忘記主耶穌是如何不計較我們的缺點。
3. 不要氣餒，記着主耶穌的承諾，祂在我們每一個人身上都有完美的計劃。
4. 減少抱怨。當我們想抱怨時，閉上眼睛，回想主耶穌給我們的快樂時光。
5. 減少怨忿和憂苦，努力去忘記別人給我們的傷害。
6. 減少花費。將我們的消費減低10%，把它幫助有需要的人。

祝你有一個充滿和平、愛和喜樂的四旬期，並常歡笑，天主是多麼愛你的！

資料來源 Resource:

Canadian Martyrs Catholic Church

<http://cmartyrs.rcav.org>

Lent

Do you ever think about the Season of Lent from a different perspective, or use different methods for fasting? We usually fast by giving up our favorite food or TV show. Here are some ideas that can help us purify our hearts with the help of Jesus Christ.

1. Reducing our anger and hatred, and we have to love our family more everyday.
2. Try not to judge the others so much. Whenever we try to judge the others, please remember that Jesus Christ is never judgmental to our faults.
3. Don't give up. We have to remember the promise of our Lord, He has tailor-made a plan for each of us.
4. Try not to complain so much. Whenever you want to complain, close your eyes and think about the happy moments that was given by Jesus.
5. Letting go of resentment and sorrows, we have to try our best to forget who had harm us before.
6. Spend less. We can lower our spending by 10% and use it to help those who are in need.

Wish you have a Season of Lent that is filled with peace, love and joy. Keep smiling as God loves you very much!

會務報告 Announcement

1. Our next business meeting will be held March 20, 2016 (Sun) after Mass at Cathedral of the Blessed Sacrament meeting room. All are welcome to attend.
 下一次事務會議將於三月二十日(星期日) 彌撒後在聖體大教堂的會議室舉行。歡迎各位踴躍參加。
2. Please note the change in location and time for our Chinese Mass on April 3, 2016 (Sun). We will be having our Chinese Mass at **2:00 pm at Our Lady of Grace Parish** located in West Sacramento. The address is 911 Park Blvd., West Sacramento, CA 95691. Please spread the word to everyone about the change in venue and time for this date.
 請大家留意：四月三日(星期日) 的中文彌撒地點改為在**西沙加緬度聖母聖寵堂**(911 Park Blvd., West Sacramento, CA 95691) 舉行，時間是下午**二時正**。請大家將這消息廣傳。
3. In the Jubilee Year of Mercy, we are planning to have a one-day pilgrimage to Abbey of New Clairvaux in Vina. It will be held on one Saturday in May. Stay tuned for more information.
 在慈悲禧年，我們正計劃到 Vina 的 New Clairvaux 修院作一天的朝聖。現暫定於五月的一個星期六舉行。請大家繼續留意活動詳情。
4. Adult Bible study will be held once every month. For details, please contact Gabriel Wong (415-269-8397).
 成人查經班會於每月舉行一次。詳情請聯絡汪嘉保(415-269-8397)。

成人查經班時間表 Bible Study Schedule	日期 Date	地點 Venue
	四月十六日上午十時至中午十二時 4/16/2016 10:00am-12:00pm	Martin Luther King Jr 圖書館 Martin Luther King Jr Library

5. A reminder to everyone to contribute to our second collection every first Sunday of every month to feed the hungry through the organization Feeding America.
 再次提提大家我們每月第一主日也會收集第二次奉獻，以捐助慈善團體 Feeding America。
6. A reminder to everyone to contribute to our second collection every third Sunday of every month to the ONE campaign, which will help the Diocese of Sacramento raise \$50 million for needed programs within the Diocese and it's parishes.
 在此提提大家我們每月第三主日也會收集第二次奉獻，用以捐助沙加緬度教區的「壹」運動，以期籌集五千萬元用於教區有需要的項目上。
7. As a reminder, Father Ho is offering the Sacrament of Reconciliation at the Cathedral on the first Sunday of every month before Mass, from 2:30 pm to 2:50 pm.
 再次提提大家何神父會於每月第一個主日替大家辦修和聖事，時間為彌撒前二時半至二時五十分。
8. Save the date calendar:
 以下是團體將舉行之活動，希望大家能預留時間參加！

ACTIVITY 活動	DATE 日期	VENUE 地點
野餐 Picnic	六月十一日(星期六) 上午十一時半時至下午三時 6/11/2016 (Sat) 11:30am – 3pm	威廉公園第九區 William Land Park Area 9
年度避靜 Annual Retreat	八月六日(星期六) 上午九時至下午八時 8/6/2016 (Sat) 9am – 8pm	Marello Youth Retreat Center at Loomis