

教友通訊

Newsletter

November 2015 十一月



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
916-803-4172

聯絡： 陳穎怡會長

Contact: Winnie Chan (President)
916-583-8306
sccc.contact@gmail.com

Check us out on the World Wide Web: 請瀏覽我們的網頁：

www.sacchinesecatholic.org

Pope Francis has proclaimed an extraordinary Jubilee, a Holy Year of Mercy, beginning next month on December 8, the Solemnity of the Immaculate Conception. This liturgical feast day recalls God's action from the very beginning of the history of mankind. After the sin of Adam and Eve, God did not wish to leave humanity alone in sin and evil. And so He turned his gaze to Mary, holy and immaculate in love, choosing her to be the Mother of man's Redeemer. When faced with the gravity of sin, God responds with the fullness of mercy.

Pope Francis said: "We need constantly to contemplate the mystery of mercy. It is a wellspring of joy, serenity, and peace. Mercy is the bridge that connects God and humans, opening our hearts to the hope of being loved forever despite our sinfulness."

In the Holy Year, there are varied ways to obtain the graces of this extraordinary year. Pope Francis invites us all to reflect and reawaken in us the Corporal and Spiritual Works of Mercy. Let us rediscover the Corporal Works of Mercy - to feed the hungry, give drink to the thirsty, clothe the naked, welcome the stranger, heal the sick, visit the imprisoned, and bury the dead. The Spiritual Works of Mercy are - to counsel the doubtful, instruct the ignorant, admonish sinners, comfort the afflicted, forgive offenses, bear patiently those who do us ill and pray for the living and the dead.

In the coming Year of God's Mercy, let us pray that this extraordinary year may truly be a year of Grace. We invite all Chinese parishioners and friends to join us in the spiritual activities that we hope to organize throughout this year - December 2015 - November 2016.

教宗方濟各宣佈慶祝一個特別的禧年：慈悲特殊禧年。這禧年將在下個月份，十二月八日的聖母無玷始胎節開始。這禮儀慶節重溫天主自人類歷史肇始的行動。亞當、厄娃犯罪以後，天主不願人類沉淪罪惡。於是祂轉向那聖潔、充滿無瑕之愛的瑪利亞，揀選她作人類救主的母親。面對罪之深重，天主以滿溢的慈悲為報。

教宗方濟各說：「我們需要時刻默觀慈悲這奧蹟。那是喜樂、安寧及和平之泉。慈悲，是把天與人連結起來的橋樑，它打開我們的心，朝向一個永遠都會被愛的希望，縱使我們有罪在身。」

在這聖年，我們有不同的方法獲得這特別年份的恩寵。教宗方濟各邀請我們思索慈悲的神形哀矜善工，並因而得到喚醒。讓我們重新發現這些形哀矜：饑者食之、渴者飲之、裸者衣之、收留旅人、照顧病人、探望囚者和埋葬死者。而神哀矜就是：解人疑惑、教導愚蒙、勸人悔改、安慰憂苦、赦人侮辱、忍耐磨難及為生者死者祈求。

在天主慈悲之年即將來臨之時，讓我們祈求這特別的一年會是真正充滿聖寵的一年。我們希望能在二零一五年十二月至二零一六年十一月期間舉辦一些關於靈性上的活動，並邀請所有華人教友和朋友一同參加。

Committee Members Election

Time flies, the annual election of the committee members for the Sacramento Chinese Catholic Community is soon coming.

We thank God for our current officers who have faithfully served the Community in the year 2015. They are, namely, President Winnie Chan, Vice President Gabriel Wong, Treasurer Ida Tang and Secretary Tina Yeh. We thank them for their good work in the many activities they put together for our Community throughout the year, we also thank many other parishioners who had helped to make them successful.

Our annual election for 2016 is going to take place on December 27 (Sunday) after the Mass. The nomination period is from November and remains open up to the moment of vote casting. As long as the nominated person accepts the nomination, his/her name will be added to the nomination.

Let us pray to the Holy Spirit for our upcoming nomination. May God grant us wisdom and power during the election and throughout next year. And if you have the burden to serve God in this Community in any officer position, please send your nomination to Father Nicholas Ho (916-803-4172) or Gloria Fong (916-442-7178) while the nomination period is still open.

事務委員會選舉

轉眼間二零一五年快到尾聲，而沙加緬度華人天主教團體一年一度的事務委員會選舉也將舉行。

我們衷心感謝天主，賜給我們應屆的會長陳穎怡、副會長汪嘉保、財務鄧文蘭和文書葉怡婷。他們已勤勞地在團體服務了快一整年，相信大家在過去一年都看到他們的工作成績。二零一五年真是多姿多采的一年，由農曆新年聚餐、愉快的公園野餐、何神父榮休晚宴、提高靈修的避靜，到每月的生日慶祝，不同的福傳活動，成人查經班和慕道班，皆能圓滿舉行。我們不單要感謝各委員，也謝謝曾幫忙的各位教友。

我們的二零一六年度選舉將到，日期定於十二月二十七日(星期日)，於彌撒後舉行。提名時期是由十一月開始一直公開到選舉投票前。只要被提名的人願意接受提名，他/她的名字就會被加到選單上讓大家投票決定。

讓我們為這提名過程向聖神禱告，求主在選舉中保佑我們，賜給我們智慧和力量，讓我們團體未來一年一切順利。既然提名還沒有截止，如果你願意在這團體內為主工作，請儘快與何神父(916-803-4172)或鄺陳秀玲(916-442-7178)聯絡。

A Compassionate Thanksgiving

Alex Wan

“Blessed are the merciful, for they will be shown mercy.” – Jesus (Matthew 5:7)

It’s nearly the end of the year. By the time you read this, it will be November 2015. It’s hard to believe that another year is nearly over. So much has happened over the year too. As we reflect about the year though, let us not forget that there are many who are in need. It can be overwhelming to think about them, but let us not forget that Jesus thought about people in need each day and did so much to help them. Thanksgiving, which is quickly approaching, is the perfect time to think about this. Thus, during our reflections over Thanksgiving (and beyond), we should follow Jesus’ example and think about those in need with a compassionate heart.

There are many people both at home and abroad who are going through incredibly difficult challenges. We’ve seen many of them with our own eyes. For example, when one walks downtown in our community, one can see many homeless people in the parks, streets, and in the downtown library as well. In addition, as we’ve seen on news reports, millions of people, including many young children, have fled Syria. One of the most heartbreaking images is that of Alan Kurdi. He is the young Syrian boy whose lifeless body was found lying face-down on the beach. He, his brother, and his mother had drowned while fleeing Syria. Words cannot describe the tragedy- or of the suffering that many Syrians continue to face.

As we see the images of refugees and, closer to home, the homeless in our community, we should remember Jesus’ teachings of compassion. I know that it seems obvious. However, how often have we passed by a person in need without thinking much about them? When we are in a rush to go somewhere or to run an errand, it’s easy to ignore those who are in need, even if they are standing right next to us. In a way, they become invisible, especially when we’re thinking about our errands or staring at our phones. I admit, I’ve been guilty about that too, especially when I see something interesting on my phone or am rushing to complete an errand. Yet, as I take more time to reflect about the world around us, it’s become more apparent to me about how easy it is to ignore our fellow brothers and sisters in need.

In addition, news reports often don’t seem interpersonal. While there certainly are news reports that focus on the stories of the people, many reports seem more superficial. We see pictures of destruction and see numbers of casualties. It can be very dehumanizing and can make one feel numb.

Yet, we can’t forget that the people who are suffering both at home and abroad aren’t numbers or invisible. They’re human beings created by God. They’re our brothers and sisters and they deserve the same rights that we do. They are fathers, mothers, brothers, sisters, sons, and daughters. In short, they’re part of our global community- and they too seek a peaceful world.

That is why we must take more time to not just be aware of those in need, but also to have compassion and share our love. Matthew 25:35 captures this lesson perfectly. In that verse, Jesus stated, “For I was hungry and you gave me food, I was thirsty and you gave me drink, a stranger and you welcomed me.” (NAB). In addition, in Matthew 25:40, Jesus said, “Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me.” (NAB). Let us also not forget that Jesus ministered to people who were marginalized in society, including those who were poor and/or sick. Shouldn’t we show the same compassion and love?

Let us follow Jesus’ example and do what we can to implement it in our lives. Let’s pray for people in need both at home and abroad. We should not only pray for the needs of refugees, but also pray for an end to the oppression, bombings, and slaughter that have forced them to flee. We should also pray for God to provide for, and give strength, to people who are homeless in the U.S. and around the world. In addition, we should also do what we can to help. Whether it’s donating to a charity; advocating for peace, freedom, and more compassionate policies towards refugees; or raising money for people in need, there is much we can do. Most of all, let us remember our common humanity, and treat each other, especially our brothers and sisters most in need, with compassion and kindness. Thank you. God bless you and Happy Thanksgiving.

“Blessed are you who are poor, for the kingdom of God is yours.” – Jesus (Luke 6:20)

充滿憐憫的感恩節

溫旭輝

「憐憫人的人是有福的，因為他們要受憐憫。」-耶穌(瑪 5:7)

這一年快將終結，當你讀到這篇文章時，應會是二零一五年十一月。真的很難相信一年就快完結，而這一年有很多事情發生。當我們反思今年的一切，也不要忘記很多人是需要幫助的。這想法可能會令人感到沉重，但我們不要忘記耶穌每天也想着有需要的人，並做了很多事情來幫助他們。感恩節將快來臨，也是讓我們想想幫助人的好時機。因此，當我們作感恩節(或更多)反省的時候，我們應跟隨耶穌的榜樣，並用憐憫的心去想想有需要的人。

不論在國內或海外，也有人正在經歷艱難的挑戰。我們也都曾經親身目睹這些人。例如，當你經過市中心，你會在公園、街上，以及在圖書館內見到露宿者。此外，當我們看新聞報道時，上百萬的人，包括小孩，正逃離敘利亞。其中一個令人心痛的畫面，便是 Alan Kurdi 的相片。他就是那位被發現面部朝下，伏屍在沙灘上的敘利亞小男孩。他，和他的哥哥及母親在逃離敘利亞時一同溺斃。這樣的慘劇，以及敘利亞人所受的苦難，實在無法用言語來形容。

當我們見到這些難民的圖片，和在我們社區中見到的露宿者，亦應記起耶穌教導我們的憐憫之心。我知道這看似很明顯。然而，當我們擦身有需要的人時，你有多少次沒有想到他們的需要？當我們急着要去某個地方或辦些事情，很容易地會忽略那些有需要的人，即使他們是站在我們的旁邊。在某程度上，他們變成隱形了，尤其是當我們想着要做的事情或是正看着我們的手提電話。我承認我對此是感到內疚的，特別是當我見到電話上一些有趣的資訊，或是我趕着要完成想做的事情。但是，當我花些時間反思在世界所發生的事情，便很明顯地見到那是如何容易地忽略這些有需要的兄弟姊妹。

此外，新聞報道似乎不太着重人際的關係。當然有新聞報道是集中於關於人的故事，但很多似是流於表面。我們見到的是破壞的圖片，以及傷亡者的數字。這樣會貶低人性，使人麻木。

然而，我們不要忘記這些在國內或海外受苦的人並不只是一堆數字或隱形的。他們也是天主所創造的人類。他們是我們的兄弟姐妹，並應得到和我們同等的權利。他們是父親、母親、兄弟、姊妹、兒子和女兒。簡單來說，他們是世界的一部分，他們同樣也在尋求一個和平的世界。

因此，我們不單要用多點時間去注意有需要的人，也要有同情心和分享我們的愛。瑪竇福音二十五章第三十五節正將這教訓完美地刻畫出來。耶穌在這節說道：「因為我餓了，你們給了我吃的；我渴了，你們給了我喝的；我作客，你們收留了我。」另外，在瑪竇福音二十五章第四十節，耶穌說：「我實在告訴你們：凡你們對我這些最小兄弟中的一個所做的，就是對我做的。」讓我們也不要忘記耶穌亦向在社會中被忽視的人傳教，包括貧窮及/或病人。我們不是也應表現同樣的憐憫之心和愛嗎？

讓我們一同跟隨耶穌的榜樣並用可行的方法在生活中加以實踐。讓我們為國內和海外有需要的人祈禱。我們不僅祈求難民能得到所需，也要為一切壓迫、炸彈襲擊以及因屠殺而令人民逃亡能夠早日結束而祈禱。我們也應向天主祈求在美國及全世界沒有家的人能得到需要的，並給予他們力量。另外，我們亦應盡己所能去幫助他人。不管是捐獻給慈善機構、提倡和平、自由以及對難民更慈悲的政策，或是為有需要的人籌款，有很多事情我們是可以做的。最重要的是，讓我們記着大家同是人，便要以憐憫及仁慈來對待大家，尤其是有需要的兄弟姊妹。謝謝，主佑大家和感恩節快樂。

「你們貧窮的是有福的，因為天主的國是你們的。」-耶穌(路 6:20)

Prayer of Pope Francis for the Jubilee

Lord Jesus Christ,
you have taught us to be merciful like the heavenly Father,
and have told us that whoever sees you sees Him.
Show us your face and we will be saved.
Your loving gaze freed Zacchaeus and Matthew from being enslaved by money;
the adulteress and Magdalene from seeking happiness only in created things;
made Peter weep after his betrayal,
and assured Paradise to the repentant thief.
Let us hear, as if addressed to each one of us, the words that you spoke to the Samaritan woman:
“If you knew the gift of God!”

You are the visible face of the invisible Father,
of the God who manifests his power above all by forgiveness and mercy:
let the Church be your visible face in the world,
its Lord risen and glorified.
You willed that your ministers would also be clothed in weakness
in order that they may feel compassion for those in ignorance and error:
let everyone who approaches them feel sought after, loved, and forgiven by God.

Send your Spirit and consecrate every one of us with its anointing,
so that the Jubilee of Mercy may be a year of grace from the Lord,
and your Church, with renewed enthusiasm, may bring good news to the poor,
proclaim liberty to captives and the oppressed,
and restore sight to the blind.

We ask this of you, Lord Jesus, through the intercession of Mary, Mother of Mercy; you who live and reign with the Father and the Holy Spirit for ever and ever.

Amen.

Resource: www.im.va

教宗方濟各-慈悲禧年禱文

主耶穌基督，
祢教導我們要如同天父滿懷慈悲，
並告訴我們：看到祢，就是看見天父，
請向我們顯示祢的面容，我們就能得救。
祢慈愛的目光，把匝凱和瑪竇從金錢的奴役中釋放出來，
使罪婦和瑪達肋納不再只從受造物中尋找幸福，
令伯多祿在背主後痛哭，
又把天堂應許給悔改的右盜。
讓我們每人都能聽到祢對撒瑪黎雅婦人所說的：

「如果你知道天主的恩賜。」

祢是不可見的天父可見的面容，
彰顯天主寬恕和慈悲的力量；
願教會成為祢在世上可見的面容；
祢是世界的光榮、復活之主。
祢容許祢的僕人也會陷入軟弱，
好使他們對無知和犯錯的人，能感同身受，
讓向他們求助的人，能體會到被天主所尋覓、
眷愛和寬恕。

請派遣祢的聖神，以祂的傅油聖化我們每一個人，
願慈悲禧年是上主廣施恩寵之年，
願祢的教會，以更熱忱，
為窮苦者帶來喜訊、
向俘虜和受壓迫的人宣告自由、
使瞎子復明。

我們借瑪利亞，慈悲之母的轉禱，向祢祈求：
祢為聖父及聖神，是唯一天主，永生永王。

亞孟。

來源：www.chinacath.com

恭賀 Sara 和 Ryan 新婚之喜

恭喜！恭喜！教友葉柏君(Sara)已於二零一五年十月二十四日和先生 Ryan 共諧連理，一同進入人生一個新的奇妙旅程。

我們在此恭祝兩位新人白首偕老，並恭喜兩位新人的家庭，祝賀他們添了孝順及有愛心的好成員。

願 Sara 和 Ryan 在主愛內共同成長，並因着祈禱使他們的愛更深厚和甜蜜，永遠幸福！

「可愛的諸位，我們應該彼此相愛，因為愛是出於天主；凡有愛的，都是生於天主，也認識天主；那不愛的，也不認識天主，因為天主是愛。天主對我們的愛在這事上已顯出來：就是天主把自己的獨生子，打發到世界上來，好使我們藉著他得到生命。愛就在於此：不是我們愛了天主，而是他愛了我們，且打發自己的兒子，為我們做贖罪祭。可愛的諸位，既然天主這樣愛了我們，我們也應該彼此相愛。從來沒有人瞻仰過天主；如果我們彼此相愛，天主就存留在我們內，他的愛在我們內纔是圓滿的。」 - 若望一書 4:7-12



Congratulations to Sara and Ryan

Congratulations to our parishioner Sara and Ryan on their wedding! They tied the knot on October 24, 2015 and began their wonderful journey of marriage together.

We wish their love lasts forever. We also congratulate both families of having this nice young couple as new family member.

May God bless Sara and Ryan, may their love grow deeper and sweeter with prayers everyday!

"Beloved, let us love one another, because love is of God; everyone who loves is begotten by God and knows God. Whoever is without love does not know God, for God is love. In this way the love of God was revealed to us: God sent his only Son into the world so that we might have life through him. In this is love: not that we have loved God, but that he loved us and sent his Son as expiation for our sins. Beloved, if God so loved us, we also must love one another. No one has ever seen God. Yet, if we love one another, God remains in us, and his love is brought to perfection in us." - 1 John 4:7-12



會務報告 Announcement

1. Our next business meeting will be held November 29, 2015 (Sun) at 4:15pm at the Cathedral basement meeting room. All are welcome to attend.
 下一次事務會議將於十一月二十九日(星期日)下午四時十五分在聖體大教堂樓下的會議室舉行。歡迎各位踴躍參加。
2. Join us in for our annual Thanksgiving dinner for some great fun and some great food! It is on November 22, 2015 (Sun) at 6:00 pm at the Cathedral Mercy Memorial Hall. Relatives and friends are welcomed! Cost for each parishioner is \$5. Cost for each guest is \$2. Please RSVP with Gloria Fong (916-442-7178) by November 15.
 一年一度的感恩節晚餐快將舉行，請大家同來參加！當日的火雞大餐將於十一月二十二日(星期日)下午六時在聖體大教堂交誼廳舉行。歡迎各教友帶同親友參加。費用為教友每位五元，嘉賓每位兩元。如欲報名，請於十一月十五日前聯絡鄭陳秀玲(916-442-7178)。
3. Our annual Christmas potluck dinner will be held on December 20, 2015 (Sun) 6:00 pm at the Cathedral Mercy Memorial Hall. To contribute a dish or RSVP, please contact Gloria Fong (916-442-7178).
 一年一度的聖誕節合作晚餐將於十二月二十日(星期日)下午六時，於聖體大教堂交誼廳舉行。如欲於當晚提供菜餚或報名，請聯絡鄭陳秀玲(916-442-7178)。
4. We will have our Christmas Caroling on December 19, 2015 (Sat) to spread the joy of Christmas. Caroling practices will be held on Friday nights 12/4, 12/11, 12/18 from 7:30-9:30pm. If you are interested to join us or for more details, please contact Winnie Chan (916-583-8306).
 團體的報佳音活動將於十二月十九日(星期六)舉行。我們會於十二月四日、十一日和十八日(星期五)晚上 7:30 至 9:30 練習歌曲。若你有興趣參加或想得知多些資料，請聯絡陳穎怡(916-583-8306)。
5. Adult Bible study will be held once every month. For details, please contact Oliver Wan (916-205-2105).
 成人查經班會於每月舉行一次。詳情請聯絡溫悅民(916-205-2105)。

成人查經班時間表 Bible Study Schedule	日期 Date	地點 Venue
	十二月五日(星期六)上午十時至十二時 12/5/2015 (Sat) 10:00am-12:00pm	North Natomas 圖書館 North Natomas Library
	二零一六年一月十六日(星期六)上午十時至十二時 1/16/2016 (Sat) 10:00am-12:00pm	Belle Cooledge Library Belle Cooledge圖書館

6. 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.
 再次提醒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。
7. 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.
 在此提醒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。
8. 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.
 再次提醒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。
9. 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
感恩節晚餐 Thanksgiving Dinner	十一月二十二日(星期日) 下午六時至九時 11/22/2015 (Sun) 6:00pm – 9:00pm	聖體大教堂交誼廳 Mercy Memorial Hall
聖誕節晚餐 Christmas Dinner	十二月二十日(星期日) 下午六時至九時 12/20/2015 (Sun) 6:00pm – 9:00pm	聖體大教堂交誼廳 Mercy Memorial Hall
新春彌撒及晚宴 Chinese New Year Mass and Dinner	二零一六年一月三十一日(星期日) 彌撒:下午三時; 晚宴:下午六時 1/31/2016 (Sun) Mass: 3:00pm, Dinner: 6:00pm	彌撒: 聖體大教堂; 晚宴: 海港酒家 Mass: The Cathedral Dinner: Hong Kong Islander