

# 教友通訊

## Newsletter

September 2015 九月



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 - 11<sup>th</sup> Street  
Sacramento, CA 95814

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## Words from Fr. Nicholas Ho

### WHERE ELSE CAN WE GO?

The Sunday Gospels of August were taken from the sixth chapter of St. John, in which is recorded the Discourse of Jesus on The Bread of Life. At the end of his teaching, people were leaving because they were not happy with Jesus' teaching. Jesus asked Peter and the rest, "Do you also want to leave?"

Peter decided to stay with Jesus and perhaps because there was no better option available. Peter's choice clarifies for us what discipleship and faith are about. Sometimes we think that we believe in God because it will make us happy. Indeed, sometimes it does make us happy, but that is not why we believe. We hold onto faith because it is true, even though that truth does not guarantee our life will be easy. We believe because God is Real.

Faith neither provides all the answers nor promises that we will be pleased with the answers we receive. Faith is as much about persevering as it is about celebrating, and it is much more about trusting, than understanding.

Now, of course, all of us would prefer a life that is simple, clear, and easy. But those are not gifts that discipleship guarantees. Sometimes we merely need to hold on, because there is no better place to go.

Prayer: Jesus, even though it is difficult, even though I am confused, even though it hurts, I will believe in You. Amen.

## 何神父的話

### 我們可以到哪裏去？

八月份主日所用的福音是來自若望福音第六章，所講述的是耶穌的生命之糧的言論。在耶穌講道完畢後，有很多的人離開，因為他們不喜歡祂的教訓。耶穌便問伯多祿和其他門徒：「難道你們也願走嗎？」

伯多祿決定留下與耶穌在一起，或許是因為沒有比這更好的選擇。伯多祿的選擇正好為我們闡明如何作為門徒及甚麼是信德。有些時候我們會認為自己相信天主是因為我們可因此得到快樂。的確，有些時候我們會因此快樂，但這卻不是我們相信的理由。我們守着這信仰是因為它是真實的，縱使這真理不能保證我們生活過得容易。我們相信天主是因為祂是實實在在的。

信仰既沒有提供所有答案，也不會承諾我們對得到的答案而高興。信仰是關於堅持不懈，多於慶祝；它是關於信任，多於要明白。

現在，我們當然寧願要簡單、清晰及容易的生活。但這些都不是作為門徒所應許的賜贈。有些時候我們只可堅持，因為我們沒有更好的地方可前往。

禱文：耶穌，縱使如何艱難，縱使我感到困惑，縱使如何傷痛，我仍會相信祢。亞孟。

## The Retirement of Father Ho

Father Ho was officially retired on July 1, 2015. On June 28, 2015, the last Sunday before he retired, we celebrated our Chinese Mass at his parish, the Our Lady of Grace Parish, in West Sacramento.

On July 19, 2015, we held a retirement dinner for him at Hong Kong Islander Restaurant. We were glad that Bishop Cotta, Monsignor Murphy, Father O'Reilley from the Cathedral, as well as Deacon Jorge and his wife, came all the way from San Diego, joined us at the dinner. We would like to thank the parishioners and our friends from the Bay Area who participated in this event, and supported Father Ho.

We wish Father Ho a happy retirement!

## 何神父榮休

何神父已於七月一日正式榮休。在六月二十八日，他退休前的最後一個主日，我們在他的本堂，西沙加緬度的聖母聖寵堂，舉行了中文彌撒。

在七月十九日，我們在海港酒家為他舉行榮休晚宴。我們很高興大教堂的 Cotta 輔理主教、Murphy 蒙席、O'Reilley 神父，以及專程由聖地牙哥前來的 Jorge 執事和他的妻子，能夠撥冗出席是次晚宴。我們亦感謝各位參加的教友，和來自灣區的朋友。多謝大家對何神父的支持。

在此祝福何神父榮休快樂！



Mass at OLG parish on 6/28/2015  
六月二十八日的中文彌撒



Retirement Dinner on 7/19/2015  
七月十九日的榮休晚宴



Retirement Dinner on 7/19/2015  
七月十九日的榮休晚宴

## The Sacrament of Baptism

On August 30, 2015, one adult and two children received the Sacrament of Baptism. They were Diana Tang, Doris and Jammy from the Wang family. Diana also received the Sacrament of Confirmation, and her first Sacrament of Eucharist.

After the Mass, we prepared a reception to celebrate their new “birthdays” and to welcome them to the Family of God. Congratulations and may God bless you all!

“The LORD bless you and keep you!

The LORD let his face shine upon you, and be gracious to you!

The LORD look upon you kindly and give you peace!” (Numbers 6:24-26)



## 聖洗聖事

在八月三十日，三位教友領受了聖洗聖事，他們是梁慧冰，以及王家兩位小孩妍昕與智敏。梁慧冰也領受了堅振聖事，和第一次的聖體聖事。

彌撒過後，大家也為他們慶祝，歡迎他們進入天主的大家庭，作天主的好兒女，愛主愛人。也藉此祝福他們：

「願上主祝福你，保護你；

願上主的慈顏光照你，仁慈待你。

願上主轉面垂顧你，賜你平安。」

(戶 6：24-26)



Doris Wang received the Sacrament of Baptism  
王妍昕小朋友領受聖洗聖事



Diana Tang received the Sacraments of Baptism and Confirmation  
梁慧冰教友領受聖洗與堅振聖事



Jammy Wang received the Sacrament of Baptism  
王智敏小朋友領受聖洗聖事

## 年度避靜

今年的避靜已於八月八日在 Auburn 的 Mercy Center 圓滿舉行。我們很高興能邀請到來自屋崙的黃昌雄執事為主講者。是次避靜的主題是「天國臨近了之平安與喜樂」。

以下是今次避靜的摘要。

天主的國臨近了嗎？路加福音第二章第一至十四節講述耶穌誕生在白冷。當耶穌來臨時，天國已來了。耶穌在強盛的帝國下出生。耶穌這君王在低微的馬槽裏出生，而凱撒高高在上，這對比是天主的安排。

天主的國是天主的統治和王權。天主的國是一個人，那就是主耶穌。住在天國的人會為將來而生活。為現在而生活的人不屬於天國，因為天國不是一個地方，而是天主。天主的國在信仰團體內找到。

在依撒意亞先知書第九章第一至三節和五至六節，先知正安慰以色列人。那黑暗中的光正是耶穌，祂會賜給他們歡樂。祂亦預言一個嬰兒會誕生，祂肩膊擔負着王權，祂是神奇的謀士、強而有力的天主、永遠之父、和平之王。依撒意亞先知沒有預言祂是軍力強大之王，但猶太人不留意，也不相信耶穌是主，只信祂是先知，只期望一位強而有力的默西亞，而不是和平之王。但耶穌是用正義公平來鞏固祂的王國。

主耶穌是普世的君王、和平之王，祂希望門徒傳教時也帶給其他人平安(路 10:5-6)。

耶穌即將被捕時，祂只給門徒平安，不給其他的。這是教徒要有的一個特質，耶穌說在祂內便可得到平安(若 16:32-33)。而耶穌復活後第一句向門徒說的話正是「願你們平安！」

我們彌撒中的平安禮是出自若望福音第十四章二十七節，耶穌賜平安給宗徒。在進行平安禮時，主祭代表耶穌給我們平安，因此我們所接受的是耶穌給予的平安，我們和普世教會一同平安，清除心中的仇恨，要懂寬恕和共融，在基督內團結，互相合而為一。

另外，在瑪竇福音第二十章第一至十六節提到僱工的比喻。當中的主人是有權力花他的金錢，好像天主給人恩寵或懲罰也有祂的安

排。教會是機構，有其權力，耶穌說教會的權力得來是靠服務。要服務他人才有權力，才能做最大的。教友服從主教，主教也明白自己也要有服務的心。教會要有愛心，像耶穌一樣和平公正。權力是實習和平、公正和平安。天主不停邀請人到天國(葡萄園)，我們的工作是將福音傳揚。雖然僱工工作時間不同，但主人給每人相同的工資，與世人的眼光有所不同。我們應為找到救恩而高興。我們是天主國的其中一分子，應當開心回應邀請。葡萄園要人工作，而主人與工人，工人與工人之間要有良好關係。工人們也不用妒忌其他人，尤其是在最後被僱的人，他們正代表社會上被遺棄的一群，而天主亦大方給予恩寵。天主是和平公正的。

最後，耶穌是生命之糧(若 6:41-58)。聖體聖血對基督徒是必然的事，但其他人非常心硬，不明白這回事。耶穌是真的給我們血肉，若不相信，得不到永生。聖體聖血對我們非常重要，在彌撒中我們可和天主在一起。

思想可控制性格，心平氣和做每一件事是有益的。而心靈在靜默與寧靜時，平安會自動傳送到所有生物，包括身邊的人，也會受我們影響。此外，矛盾可造成分裂，引致暴力的發生。若你想着事情是由你管理，不屬於你，而你懂得這樣好好處理，便可避免爭吵。

願你也找到平安與喜樂。



## Annual Retreat

Our Annual retreat was held on August 8, 2015 at Mercy Center Auburn. We were glad to have Deacon Danny Wong from Oakland as our retreat speaker. This year's title was "The Kingdom of God is at Hand- Peace and Joy".

Here is the summary of our retreat.

Is the Kingdom of God here? Luke 2: 1-14 talked about the birth of Jesus. When Jesus came, the Kingdom of God had come as well. Jesus was born under the reign of Roman empire. Jesus the King was born in a humble manger, while Caesar Augustus was the emperor at that time. We can see how God accomplished His purposes with such a contrast.

The Kingdom of God is God's ruling and kingship. The Kingdom of God is a person, and that is Jesus Christ. People who live in the Kingdom of God will live for the future; those who live for today do not belong to the Kingdom of God. For the Kingdom of God is not a place, it is God. We can find this Kingdom within the faith-based communities.

In Isaiah 9:1-3 and 5-6, the prophet was comforting the Israelites. The great light he talked about was referring to Jesus, who would bring them abundant joy. Isaiah also said a child was born to us, upon His shoulder dominion rested. He was the Wonder-Counselor, God-Hero, Father-Forever and Prince of Peace. Isaiah did not say He was the king who owned a big army. However, the Israelites did not aware of this, they did not believe that Jesus was God, they only believed that He was a prophet, all they wanted was a Messiah who was physically strong, rather than the Prince of Peace. Nonetheless, Jesus rules and consolidates His Kingdom with righteousness and justice.

Jesus is the King of the world, He is the Prince of Peace, He also taught His disciples to give peace to people when they went out to evangelize. (Luke 10:5-6)

Before Jesus was arrested, He gave His disciples peace but nothing else. Jesus said "You might have peace in me", this is one of the characteristics of being Jesus' followers. Moreover, the first greeting that Jesus made to His disciples after His resurrection was "Peace be with you."

The Sign of Peace in our Mass is originated from John 14:27, that was when Jesus gave peace to His disciples. During Mass, the Celebrant gives us peace on behalf of Jesus, and we will receive the peace that is given by Jesus. By then we have peace with the Church throughout the world, we have to remove all the hatred,

we have to forgive and be in harmony with the others, we have to unite in Jesus Christ.

In addition, Matthew 20:1-16 talked about the parable of the workers in the vineyard. The landowner in the vineyard had the power to use his money, it is like God who can use the power to give people grace or punishment. Church is an organization, it also has her power, and Jesus said that the power of Church came from serving others. Whoever serves the others can have the power, can be the greatest. As the parishioners obey the Bishop, the Bishop should know he has to serve them. People in Church have to love one another, to be peaceful and just like Jesus. Having power means we have to practise peace and justice. God constantly invite people into His Kingdom (the vineyard), what we have to do is to spread the Holy Words of the Gospel. Although the workers in the parable were hired at different times, the landowner gave them the same daily wage, which was different from the worldly idea. However, we should be grateful that we can find salvation from God. We are part of the Kingdom of God, we should respond happily with God's invitation. When working in the vineyard, a good relationship should be maintained between the landowner and the workers, as well as among the workers. The workers should not be jealous of the other workers, especially those who were hired at last, as they represented those people who were abandoned in the society, and God is generous enough to give them the grace. God is peaceful and fair.

Lastly, Jesus is the Bread of Life. (John 6:41-58) Eucharist is a must for Christian, but some people did not understand and accept it. Jesus indeed gives us His blood and flesh, we would not have eternal life if we do not believe in it. Eucharist is very important to us, we can be with God during Mass.

Our thoughts can affect our personality, it is beneficial to do everything calmly. When we keep ourselves tranquilly and free from any disturbance, peace will transfer to the other living things, and the people around us will also be influenced. What's more, conflict can cause division, and it can lead to violence. If you handle everything as if it does not belong to you, you are just the one who manage it, then it may help you avoid most of the argument or conflict.

May you find your peace and joy!

## Unconditional Love in Difficult Times

Alex Wan

The anniversary of the 9/11 attacks is a very difficult time. Like many of you, I saw the footage of the attacks on television. I can still remember people jumping out of the Twin Towers, the destruction at the Pentagon, and the collapse of the World Trade Center. 14 years have passed, but the images are still vivid. Indeed, when I visited the 9/11 Memorial in New York City last year, I felt quite somber while reading the names of the victims and seeing the memorial pools. The tragedy and brutal murder of nearly 3,000 people will be remembered throughout history.

Nonetheless, as we remember those who were killed on 9/11, we should also remember Jesus' teachings. In Matthew 11:29-30 (NAB), He said, "Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for your selves. For my yoke is easy, and my burden is light." Thus, Jesus will comfort us and provide us peace, strength, and solace through all difficult times. He is always there for us.

In addition, the Lord reminds us about the importance of love. 1 John 4:8 states, "Whoever is without love does not know God, for God is love." I know that it can be difficult to feel love when atrocities, such as the 9/11 attacks, occur. Often times, people respond to such atrocities with hatred and fear. Yet, neither of these emotions will result in positive outcomes. Rather, they only increase anger, prejudice, hostility, and anxiety. Indeed, following 9/11, many Muslims and Sikhs have been harassed, attacked, and stereotyped as terrorists.<sup>1 2</sup> Such actions are

appalling, divisive, and go against Jesus' teachings of love. Altogether, hatred and fear results in greater tension, suffering, and violence.

Jesus does not want us to live in fear or hatred. Instead, he wants us to be examples of His unconditional love. Again, let us not forget that **God is love**. As St. Paul wrote in Corinthians (1 Corinthians 13:4, 6-8, NAB), "Love is patient, love is kind...it does not rejoice over wrongdoing but rejoices with the truth. It bears all things, believes all things, hopes all things, endures all things. Love never fails." Thus, God's love does not support violence, hatred, or fear. Instead, God's love is resilient and the Lord calls on all of us to love one another as well as to build bridges of peace. After all, Jesus once said, "Blessed are the peacemakers, for they will be called children of God" (Matthew 5:9, NAB). On the 14<sup>th</sup> anniversary of 9/11, let us dedicate ourselves to creating a more peaceful world.

Jesus also calls on us to show our love by helping those in need. In Matthew 25:40 (NAB), Jesus told a parable and stated, "Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me." Thus, we should follow Jesus' example and open our hearts to people in need both at home and around the world. For example, let's pray for our Syrian brothers and sisters. The Assad regime and ISIS continue to slaughter many Syrians each day and millions of Syrians are displaced. Let us pray for

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<http://mic.com/articles/98674/heartbreaking-posts-by-muslim-americans-show-another-side-of-9-11-we-must-never-forget>

<sup>2</sup> Hannan Adley. "Ten Years after 9/11, U.S. Muslims still battling stereotypes." NorthJersey.com. September 9, 2011. <http://www.northjersey.com/story-archives/ten-years-after-9-11-u-s-muslims-still-battling-stereotypes-1.1205043> .

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<sup>1</sup> Derek Clifton. "Heartbreaking Posts by Muslim Americans Show Another Side of 9/11 We Must Never Forget." Mic. September 11, 2014.

peace and freedom in Syria and do what we can to help with humanitarian needs. Let us also pray for and support people in need at home, including the millions of people who are hungry and homeless in California.<sup>3</sup> There is so much we can do. Let us follow Jesus' example and augment our peace building efforts with humanitarian efforts. I will list organizations that you can donate to underneath the quote.

**“For I was hungry and you gave me food, I was thirsty and you gave me drink, a stranger and you welcomed me.” (Matthew 25:35, NAB)**

**Organizations to donate to (in alphabetical order):**

- Feeding America (provides food for many in need in the U.S.):  
<http://www.feedingamerica.org/ways-to-give/>
- Karam Foundation (does great work to empower Syrian Refugees):  
<http://www.karamfoundation.org/donate/>
- Loaves and Fishes (provides aid to those in need in Sacramento):  
<https://sacloaves.org/donate.php>
- NuDay Syria (also does great work to empower Syrian Refugees):  
<http://www.nudaysyria.net/support.html>

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<sup>3</sup>Elaine Com. “Food Insecurity’ Grows in Sacramento County.” Capital Public Radio. November 28, 2011.  
<http://archive2.cpradio.org/articles/2011/11/28/food-insecurity-grows-in-sacramento-county>

九一一恐襲的週年紀念是令人難過的時刻。像你們一樣，我從電視上看到襲擊的片段。我仍然記得人們從雙子大廈跳出來，五角大樓的破壞，以及世界貿易中心塌毀。十四年過去了，但這些影像仍然歷歷在目實在地，當我於去年到紐約市的九一一國家紀念館，在我閱讀遇難者的名字，和看見紀念的池塘時，我感到悶悶不樂。這超過三千人被殘酷的殺害和災難，將永遠長留歷史裏。

無論如何，在紀念於九一一遇難者的同時，我們亦應記着耶穌的教訓。在瑪竇福音第十一章二十九至三十節，祂說道：「你們背起我的軛，跟我學吧！因為我是良善心謙的：這樣你們必要找到你們靈魂的安息，因為我的軛是柔和的，我的擔子是輕鬆的。」所以，耶穌會安慰我們，並在困難的時候給予我們平安、力量和慰藉。祂時常與我們在一起。

此外，天主時常提醒我們愛的重要性。若望一書第四章第八節提到：「那不愛的，也不認識天主，因為天主是愛。」我知道當這些暴行發生，如九一一恐襲，是很難令人感受到愛。很多時候，人們以仇恨和恐懼來回應這些暴行。然而，以這兩種情緒來回應是不會帶來正面的結果。相反，這只會令人增加憤怒、偏見、敵意和焦慮。的確，在九一一事件之後，很多伊斯蘭教徒和錫克教徒也受到騷擾、襲擊，和被標籤為恐怖分子。這樣的行為是可怕的，並引起分歧，更是與耶穌所教導的愛背道而馳。總括來說，仇恨和恐懼只會帶來更緊張的關係、更多的痛苦和暴力。



耶穌並不想我們活在恐懼或仇恨之中。相反，祂希望我們能以祂對人那無條件的愛作其他人的榜樣。再者，讓我們不要忘記**天主是愛**。正如聖保祿在格林多書所寫(格林多前書第十三章第四及六至八節)：「愛是含忍的，愛是慈祥的……不以不義為樂，卻與真理同樂：凡事包容，凡事相信，凡事盼望，凡事忍耐。愛永存不朽。」因此，天主的愛並不支持暴力、仇恨或恐懼。反之，天主的愛是堅忍的，祂勸籲我們彼此相愛，並建立和平的橋樑。畢竟，耶穌曾說過：「締造和平的人是有福的，因為他們要稱為天主的子女。」(瑪竇福音 5:9) 在九一一事件的十四週年，讓我們一心一意去建造更和平的世界。

耶穌也勸籲我們幫助有需要的人來表達我們的愛。在瑪竇福音第二十五章第四十節，耶穌說了一個比喻並說道：「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。」所以，我們應效法耶穌，並用心對國內和世界上有需要的人。例如，我們可以為敘利亞的兄弟姐妹祈禱。亞塞政權和伊斯蘭國每天也在屠殺很多的敘利亞人，令上百萬的敘利亞人流離失所。讓我們為敘利亞的和平與自由祈禱，並盡己之力為他們的人道需要提供協助。讓我們為國內有需要的人祈禱和作出支持，包括在加州數百萬的飢餓和無家可歸的人。有很多事情我們能夠做到的。讓我們效法耶穌，並以人道主義的行動來增強我們建立和平的行動。在引文後，我會列出你們可捐助的機構。

「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。」-瑪竇福音 25:35

### 你可捐助的機構：

- Feeding America (為美國有需要的人提供食物)：  
<http://www.feedingamerica.org/ways-to-give/>
- Karam Foundation (幫助敘利亞難民得到更多的自主而做了很好的工作)  
<http://www.karamfoundation.org/donate/>
- Loaves and Fishes (為沙加緬度有需要的人提供援助)：  
<https://sacloaves.org/donate.php>
- NuDay Syria (幫助敘利亞難民得到更多的自主而做了很好的工作)：  
<http://www.nudaysyria.net/support.html>



## 會務報告 Announcement

1. Our next business meeting will be held September 20, 2015 (Sun) at 4:30pm at the Cathedral basement meeting room. All are welcome to attend.  
 下一次事務會議將於九月二十日(星期日)下午四時三十分在聖體大教堂樓下的會議室舉行。歡迎各位踴躍參加。
2. October is the Month of the Holy Rosary. We will pray the rosary every Sunday prior to our Mass, starting October 4 through October 25 at 2:30 pm. Please come earlier before Mass to join us.  
 十月是玫瑰月。我們將於每主日彌撒前，即十月四日至十月二十五日下午二時半，誦唸玫瑰經。敬請各教友前來大教堂一同參與。
3. 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
	十月三日(星期六)上午十時至十一時半 10/3/2015 (Sat) 10:00am-11:30am	Belle Cooledge 圖書館 Belle Cooledge Library
	十一月七日(星期六)上午十時至十二時 11/7/2015 (Sat) 10:00am-12:00pm	North Natomas 圖書館 North Natomas Library

4. 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。
5. 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。
6. 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。
7. 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: 待定 Mass: The Cathedral Dinner: To be determined