

教友通訊

Newsletter

May 2015 五月



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
916-371-4814

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

The importance of the Holy Spirit is attested throughout the Scriptures. St. Paul said that through the Holy Spirit, we become adopted children of God and heirs to glory. It is the Spirit who guides us through life and enables us to call God "Abba, Father!" In short, we could not live the Christian life without the Spirit of God. Therefore, our constant prayer is, "Come, Holy Spirit come." But how should we imagine the Spirit's arrival? The Scriptures show us that the Spirit comes in different ways. When Jesus appears to his disciples on the evening of the resurrection, He greets them with Peace. This coming of the Spirit is joyful and serene. The Spirit can come to us also in times that are disruptive and perplexing. When your son or daughter informs you that his or her marriage is coming to an end, when you place flowers on the grave of a dear friend, God's Spirit is not absent. The Spirit is still moving through the chaos of our lives. In such times, the Spirit's presence is hidden and mysterious. The Spirit is always with us. So, let us never cease to pray: "Come, Holy Spirit, Come. Come to me on those days when life is good. Come to me in those times when foundation shake, fire descends, and hope is as elusive as a strong driving wind. Amen."

聖神的重要性可以見證在整本聖經裏。聖保祿曾說過，透過聖神，我們成為天主的義子和受光榮的繼承者。聖神在生活中帶領我們，並使我們能夠稱天主為「阿爸，父呀！」。簡而言之，沒有聖神，我們不能渡基督徒的生活。因此，我們應不斷祈禱：「來呀，聖神請降臨！」但是，我們如何想像聖神的到來呢？聖經告訴我們聖神是以不同的方式來臨。當耶穌在祂復活那日的傍晚顯現給自己的門徒時，祂以平安來迎接他們。聖神這樣的來臨是令人喜悅和詳和的。但是聖神也會在人感到紛亂和困惑的時候來臨。當你的兒子或女兒告訴你他/她要離婚；當你在好朋友的墳前作拜祭，聖神並非不在場。聖神仍在我們生命中的混亂時刻活動。那些時候，聖神是隱藏的及神祕的存在着。聖神時刻也與我們同在。所以，讓我們永不停止的禱告：「來呀，聖神請降臨！請在我生活美好的日子到來。請在那些基礎動搖、熱情減退，及希望像強風一樣難之捉摸的時候來臨。亞孟。」

A Pilgrimage to the Holy Land

Father Ho led 23 parishioners from different parishes in Sacramento to a pilgrimage to the Holy Land from April 14 to April 25, 2015. Here are some of the highlight pictures of the trip. Thank you Teresa from our Community shared them with us.



Taken at Jordan River 在約但河留影



Tomb of the Virgin Mary 聖母瑪利亞之聖墓



Jerusalem 耶路撒冷



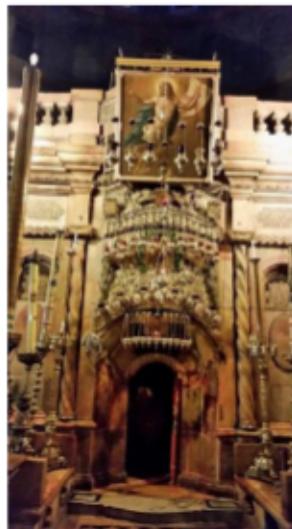
Sea of Galilee 加里肋亞海

聖地朝聖之旅

在四月十四日至四月二十五日，何神父帶領二十三位來自沙加緬度不同堂區的教友，到以色列聖地朝聖。以下是朝聖之旅的一些精華相片。感謝我們團體的教友 Teresa 和我們分享這些相片。



Church of Holy Sepulcher in Jerusalem
耶路撒冷聖墓教堂



Tomb of Jesus 耶穌之聖墓

Brief History of Our Community

Joe Chan

Forwarded by *Brian Chow*

Last two sentences amended by *Brian Chow*

In 1988, Sister Lucy Yau of Canossian Sisters helped organized a monthly Chinese Mass for the Chinese Catholics at the Cathedral of the Blessed Sacrament. Father Stanley Wu was coming in all the way from San Francisco to celebrate the Mass in Mandarin and Cantonese. In about August of the same year, we formally established our group with the name of Sacramento Chinese Catholic Association with Joe Chan as the first president. It remained as such for about 10 years with Joe Chan, Francis Lin, Laurent Chang and Anna Ching as presidents. When Fr. Stanley Wu couldn't continue to come due to personal reasons, Monsignor Ignatius Wang (Now Bishop Wang) took over for 2 years until Father Peter Siu, a Jesuit priest, was assigned to Sacramento's St. Ignatius Loyola Parish. After pleading with the Jesuits, Father Peter was only allowed to celebrate Mass for us at St. Ignatius Church. So we moved our Chinese Mass from the Cathedral to St. Ignatius. We lost part of the membership due to the move, but we gained by having Chinese Mass twice a month instead. We also gained our vision of eventually having our own full-time priest and our own church. The first step was to change our name to Sacramento Chinese Catholic Community, indicating that we are more than just a gathering of Chinese Catholics for social purpose.

Unfortunately, two years later, Father Peter was re-assigned to Berkeley. We were left in limbo with no priest and no place to worship. Father Peter was gracious enough to keep driving in from Bay area once a month to

celebrate Chinese Mass for us for another year. We were also blessed to have the generous support of Father Charles Brady of Holy Spirit Church to let us use the church for free. During the time, Francis Lin and Peter Wan were the presidents of our Community.

Throughout the years, both Bishop Francis Quinn and Bishop William Wiegand were actively looking for a Chinese speaking priest for our group. By the grace of God, Father Nicholas Ho came from Singapore to serve in the Diocese of Sacramento and was assigned immediately to serve one-third time with our Community. One of the first things Father Ho did was increasing the frequency of Chinese Mass to weekly.

On April 22, 2007, almost 5 years after Father Nicholas' service with the group and at the urging of Bishop Wiegand, our Community moved back to the Cathedral, into the open arms of Monsignor James Murphy. This was accomplished under the leadership of Gloria Fong as president. Since Chinese Catholic Community is a Diocesan organization, moving back to the Cathedral is meaningful as it can reflect the Diocesan nature better in this location. The arrangement was also be more convenient for Father Ho since he had served the other two-third time with the Cathedral before being reassigned to serve Our Lady of Grace Catholic Church in West Sacramento. As of today, Chinese Mass still continues to be held at the Cathedral at our current time of 3:00 pm.

我們團體的簡短歷史

陳鼎美 撰文

周祖樂 轉發

最後兩句由周祖樂修改

於一九八八年，嘉諾撒仁愛女修會的邱倩文修女協助安排每月一次的中文彌撒，讓華人天主教徒可在聖體大教堂參加彌撒。當時吳頌先神父專程由三藩市來，用國語及廣東話慶祝彌撒。大約在同年的八月，我們正式組成沙加緬度華人天主教聯誼會，陳鼎美為第一任會長。這樣維持了大概十年，其間陳鼎美、林和愷、張靜及成妮燕也曾當過會長。其後吳神父因私人理由，不能再來為大家主持彌撒，汪中璋蒙席(現為汪主教) 接任兩年，直至耶穌會的神父-蕭見忠神父，被委任到沙加緬度的聖依納爵羅耀拉堂區。在懇求耶穌會後，蕭神父只可於聖依納爵堂為我們慶祝彌撒。因此我們的中文彌撒由大教堂搬到聖依納爵堂。因為這搬遷我們流失了一些教友，但卻獲得了每月兩次的中文彌撒。我們亦得到一個念頭，就是最終能擁有一位全職的神父和屬於我們的教會。第一步就是改名為沙加緬度華人天主教團體，以表明我們不只是為社交目的而聚會的華人天主教徒。

不幸地，在兩年後，蕭神父被調往柏克萊。我們處於沒有神父，也沒有地方朝拜的境地。蕭神父亦仁慈地每個月從灣區來一次和我們慶祝彌撒，就這樣維持了一年。我們也得到保守，聖靈堂

的 Charles Brady 神父讓我們免費使用教堂。在那段時間，林和愷及溫志雲是我們團體的會長。

那些年裏，Francis Quinn 主教和 William Wiegand 主教兩位均積極替我們團體找尋會說中文的神父。蒙天主的恩典，何光榮神父從新加坡來為沙加緬度教區服務，我們團體亦立即被分配到他的三分之一時間為我們服務。何神父首先做的事就是將中文彌撒加至每星期一次。

在二〇〇七年四月二十二日，大約在何神父為團體服務了五年之後，因着 Weigand 主教的催促，團體返回大教堂，並受到 James Murphy 蒙席的熱烈歡迎。這是在鄭陳秀玲作會長領導下而完成的。因為華人天主教團體是屬於教區的組織，返回大教堂是分外有意義，這地點正好反映我們屬於教區的性質。這安排亦可方便何神父，在他被調往西沙加緬度的聖母聖寵堂以前，他有三分之二的時間是在大教堂服務。直至今日，中文彌撒仍然是每主日下午三時在大教堂舉行。

God's Beautiful Gift: The Environment

Alex Wan

“Learn from the way the wild flowers grow. They do not work or spin. But I tell you that not even Solomon in all his splendor was clothed like one of them.” – Matthew 6:28-29

Have you ever thought about the presence of technology in our lives? It seems that wherever we go, we will see someone looking at smartphone or tablet. Many of us are the same. Whether it is during a break or running an errand, many of us (young and old) will be scrolling through our phones and/or posting or reading social media items. I am guilty of this as I've used the internet to read social media posts and read the news. While there is nothing intrinsically wrong with technology use itself, I believe that it has also prevented us from seeing and appreciating one of God's greatest gifts to us- our environment and nature overall.

Take a moment to think about what God has created. He has given us a continuous air to breathe and so many different kinds of trees, which both reduce pollution and are beautiful to look at in general. He has also provided us rivers and oceans as well as animals, such as birds whose chirping can be quite pleasant to listen to. In all, He has provided for our needs and has brought much beauty in this world. What's also amazing is how He maintains the natural cycles- i.e. sunrises, sunsets, flow of rivers, etc.- for so many years. It is easy to take this for granted, especially since God quietly maintains our natural world. Yet, without God's direction, we wouldn't have such beauty and our needs- as well as the needs of animals- wouldn't be provided for. After all, He creates the plants and seeds and is the One who provides for us.

That is why we should take the time to appreciate what He has created. I know it can be difficult to this, especially with the understandable appeal of technology (especially apps) and busy lifestyles. Nevertheless, all of us can take some time each day to think about what God has created and appreciate the beauty of His creations. We can also take some time to immerse ourselves in nature by taking walks where we put down our phones and

focus on the environment around us. Walking to the park would be a great way to do this. I remember walking to Southside Park in midtown Sacramento and enjoying the beauty of the trees, grass, ponds, and ducks. I also remember visiting Central Park in New York and, despite the freezing temperatures at the time, I was blown away by its beautiful design and the trees as well as the various ponds there. Overall, there is much to reflect on and appreciate.

We should also show our appreciation by doing what we can to be environmentally friendly. From climate change to the California drought to pollution in cities such as Beijing, there are many environmental problems of great concern. Pope Francis himself has called for reducing emissions and expressed concerns about how climate change has impacted those in need.¹ Thus, we should pray for environmental sustainability as well as a clean environment overall. We should also continue our prayers for rain in California and for God to guide us through these environmental problems. In addition, we can take steps to ensure environmental sustainability in our own lives. For example, we can reduce water and electricity usage- and only use as much water and electricity as necessary- and take some time to review how much energy we use in our own homes. This review can help us reflect on where we can reduce unnecessary energy usage. We can also speak with our families and local community members and/or local nonprofits about ways to improve the environment in our communities. Perhaps you- or your children- could participate in a tree-planting initiative, encourage more recycling, or collect waste in neighborhoods or parks. Regardless of what you choose to do, there are many ways to help our environment. Let us express our appreciation for the beautiful environment that God has created and let us do what we can to ensure a better environment for future generations.

¹ Liz Core. “Pope Francis forces the issue on climate change.” *Grist*. April 24, 2015. <http://grist.org/living/pope-francis-forces-the-issue-on-climate-change/>

「你們觀察一下田間的百合花怎樣生長：它們既不勞作，也不紡織；可是我告訴你們：連撒羅滿在他極盛的榮華時代所披戴的，也不如這些花中的一朵。」-瑪 6：28-29

你有否想過科技的存在對我們生活的影響？每當我們到哪裏去，也會見到有人看着他的智能電話或平板電腦。我們大多數人亦是這樣。不管我們正在休息或辦些日常事務，很多人(年青人及老年人)也會不斷移動電話屏幕，及/或張貼或閱讀社交網站的帖文。我感到慚愧，因為我也有上網去閱讀社交網站的帖文和新聞。我們使用科技在本質上是沒有甚麼錯，但我相信它也阻礙我們看見和欣賞天主給予我們其中一樣最棒的禮物：我們的大自然環境。

讓我們花少許時間想想天主創造了甚麼。祂給了我們不止息的空氣讓我們能夠呼吸，祂給了我們不同種類的樹木，既可減低污染，而且看起來亦很美麗。祂也給了我們河川及海洋，以及各種動物，例如啁啾聲相當悅耳的鳥兒。總之，祂給了我們所需要的，也為世界帶來美麗。更令人驚嘆的是祂如何在這麼多年的時間維持着大自然的循環，例如日出、日落、河川的流動等等。我們很容易視之為理所當然的，尤其當天主是這樣靜靜地管理這大自然世界。但是，沒有天主的指引，我們不會有這樣的美景，而我們和其他動物亦得不到所需要的一切。說到底，祂創造了植物和種子，也是供給我們所需的那「一位」。

這就是為甚麼我們應該花些時間去欣賞祂所創造的一切。我明白這是相當困難，尤其是當你理解到科技(特別是手機應用程式)是那麼的有吸引力，以及大家的生活是如何的繁忙。無論如何，我們應每日也花些時間來想想天主所創造的一切，並欣賞這些事物的優美之處。我們可利用一些時間沉浸在大自然之中，好像放下手機出外散步，使自己專注於周圍的環

境。步行到公園是一個很好的方法。我記得步行到沙加緬度市中心的 Southside 公園，並欣賞那裏漂亮的樹木、草、池塘和鴨子。我也記得參觀紐約的中央公園，儘管那時天氣極為寒冷，我被那裏美麗的設計、樹木及形形色式的池塘深深地吸引着。總括來說，真是有很多事情可以令人反思及欣賞。

為了表達我們的感激之情，我們也應盡己之力去保護環境。從氣候轉變到加州乾旱，到城市如北京的污染，實是有很多環境問題值得關注。教宗方濟各曾提醒大家減少排放廢氣，及關注到氣候轉變如何影響窮困的人。因此，我們應為環境的可持續性和清潔的環境而祈禱。我們亦要繼續祈求加州多些下雨，以及天主能指引我們解決這些環境問題。再者，我們可採取方法來確保在我們生活中環境的可持續性。例如，我們可以減少水和電的用量，只用我們需要的水和電，並花些時間複核家中能源的用量。這樣可幫助我們檢討那裏可以減少不必要的能源用量。我們也可以向家人、社區中的成員和/或非牟利團體講解改善環境的方法。或許你或你的子女可以參加植樹活動、鼓勵回收，或在居所附近、公園收集廢物。不論你選擇怎樣做，總會有很多方法改善我們的環境。就讓我們對天主創造的優美環境表示讚賞，並盡我們的每一分力確保下一代有更好的環境。



(Central Park, NYC- Photo taken by me in March 2014)
(紐約市中央公園-我在 2014 年三月拍攝)

會務報告 Announcement

1. Our next business meeting will be held May 17, 2015 (Sun) at 1:00 pm at the Our Lady of Grace Parish meeting room in West Sacramento. All are welcome to attend.
 下一次事務會議將於五月十七日(星期日)下午一時在西沙加緬度聖母聖寵堂的會議室舉行。歡迎各位踴躍參加。
2. May is the Month of Mary, we will pray the rosary every Sunday prior to our Mass, starting May 3 through May 31 at 2:30 pm. Please come earlier before Mass to join us.
 五月份是聖母月。由五月三日開始至五月三十一日，我們會於每主日彌撒前下午二時半誦念玫瑰經。敬請各教友前來大教堂一同參加。
3. Our community picnic is coming up and will be held on Saturday, June 13, 2015 at the William Land Park Area 9, located at 3800 South Land Park Drive, Sacramento, CA 95822. We will start serving food at 11:30 am. Please spread the word, bring your family or friends and come early to enjoy the people and the park. For more information, please contact Gloria Fong (916-442-7178).
 一年一度的燒烤野餐將於六月十三日(星期六)，於威廉公園第九區舉行(地址：3800 South Land Park Drive, Sacramento, CA 95822)。野餐將於上午十一時半開始。請大家將消息廣傳，並帶你的親友同來。欲知詳情，請聯絡鄭陳秀玲(916-442-7178)。
4. 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
	六月六日(星期六)上午十時至十一時半 6/6/2015 (Sat) 10:00am-11:30am	Belle Cooleedge 圖書館 Belle Cooleedge Library
	七月十八日(星期六)上午十時至十一時半 7/18/2015 (Sat) 10:00am-11:30am	Belle Cooleedge 圖書館 Belle Cooleedge 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	六月十三日(星期六) 上午十一時半時至下午三時 6/13/2015 (Sat) 11:30am – 3pm	威廉公園第九區 William Land Park Area 9
年度避靜 Annual Retreat	八月八日(星期六) 上午九時至下午八時 8/8/2015 (Sat) 9am – 8pm	Mercy Center Auburn