

教友通訊

Newsletter

March 2015 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
916-371-4814

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www.sacchinesecatholic.org

LENT - A HOLY WILDERNESS

The Bible often presents the wilderness as a sacred place, a place of resting where people encounter the Lord and come out renewed and strengthened. After their escape from Egypt, the Israelites spent forty years wandering in the wilderness. It was a time of purification and preparation before they entered the Promised Land. Moses spent forty days in prayer and fasting on Mount Sinai in order to prepare to meet the Lord and receive the Ten Commandments. Jesus himself spent forty days in the wilderness fasting and praying. During this time, Jesus experienced not only extreme hunger but also intense temptation from the devil. Coming just after his baptism, this time in the wilderness was a preparation for Jesus' ministry - but it was also a foreshadowing of his Passion, when he would give up his life for our sakes.

During the season of Lent, which is a time of Grace, God invites us into our own personal wilderness. He asks us to separate ourselves from the world to a certain extent, to deny ourselves some of our usual pleasures, so that we can meet the Lord more deeply. If we can combine our Lenten fast with this sense of promise in the wilderness, we will find so many blessings, just as Moses and Jesus did. We will hear God's voice. We will learn his ways. We will find new power to do God's will and reflect his goodness to the people around us.

Let us all pray together for Lenten breakthroughs not only for ourselves but also for our family members, our friends, the Church and the entire world.

四旬期-神聖的曠野

聖經時常將曠野表達為一個神聖的地方，這片給人休息的地方正是人與天主相遇之處，並能使人更生和更強壯。走出埃及後，以色列人在曠野流亡了四十年。這段時間正是給他們進入福地前作淨化和準備。梅瑟在西乃山上用了四十天祈禱和守齋，以預備與天主會面及領受十誡。耶穌在曠野裏四十天禁食和祈禱。在那時，耶穌不但經歷極度的飢餓，也受着魔鬼強烈的試探。在受洗後，耶穌到曠野是為了準備祂的傳教工作，但也預示了祂的苦難，祂是為了我們而犧牲自己的生命。

四旬期是一段恩賜的時期，天主邀請我們進入自己的曠野。祂要求我們在某程度上與世界有所隔離，並拋棄一些日常的娛樂，讓自己能與天主有更深的會面。如果我們能將這種在曠野中的承諾感加上四旬期的守齋，我們將會像梅瑟和耶穌一樣，找到更多的恩典。我們會聽到主的聲音，知道祂的路。我們會找到新的力量去履行天主的旨意，並向周圍的人體現祂的善良美好。

讓我們一同祈禱，在四旬期間不單自己，而且我們的家人、朋友、教會及整個世界也有突破。

Chinese New Year Celebration 2015

We celebrated the Year of Goat with different activities in February.

CNYCA Chinese New Year Celebration

On February 7, 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 February 8, we celebrated the Chinese New Year. We were honored to have Bishop Jaime Soto to celebrate Mass with us, and it was co-celebrated by Father Ho.

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 to see their performance. It seemed everyone missed the God of Fortune this year. We were happy 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. We wish you a prosperous Year of the Goat that is filled with the love of God!

2015年春節慶祝活動

我們今年也有不同的春節慶祝活動。

華人春節聯歡會

首先在二月七日，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二月八日圓滿舉行。我們很高興得到 Jaime Soto 主教為我們慶祝感恩祭，並有何神父一同主持。

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。期望大家羊年豐盛並主愛滿溢！



CNYCA Celebration
華人春節聯歡會



Tribute to Ancestor Ceremony
感恩敬祖儀式

Unity of Love

“There is no fear in love, but perfect love drives out fear because fear has to do with punishment, and so one who fears is not yet perfect in love.” – 1 John 4:18

We are only 3 months into 2015, but the year has been quite eventful in our world. Sadly, some of these events have been quite tragic. For example, there have been terrorist attacks in France and Nigeria¹, the killing of 26-year-old Kayla Mueller, a humanitarian who died while being held by ISIS², and the killings of 3 Muslim-American students (Our Three Winners)³, and the continual usage of barrel bombs on civilian areas by the Assad regime in Syria.⁴ These injustices have led to much heartbreak and, from what I’ve seen, especially in the aftermath of terror attacks and threats, much fear.

Nevertheless, in these difficult times, let us never forget what the Lord has taught us. He has reminded us in the Scriptures that we do not need to fear. For example, Psalm 34:5 states, “I sought the Lord, and he answered me, delivered me from my fears.” Moreover, 1 Peter 5:7 states, “Cast all your worries upon him because he cares for you.” Plus, Jesus reminds us not to worry in Matthew 6:34, “Do not worry about tomorrow; tomorrow will take care of itself. Sufficient for a day is its own evil.” Thus, we do not need to let fear take

control of us because the Lord is always with us and will provide us comfort and peace as well as protect us.

The Lord also reminds us to love. This is especially important in times like these, particularly since fear can lead to hatred. As stated in 1 John 4:18 (the verse at the top of this article), fear involves punishment, but love contains neither fear nor punishment. In addition, Jesus is a perfect example of love in action. He loves everyone, including those who were stigmatized by society, including, but not limited to, tax collectors (Matthew 9:10-13) and lepers (Matthew 8:2-4). If He can express his love for everyone, regardless of their backgrounds, social status, etc, shouldn’t we do the same? Indeed, while there is so much fear in our world, we should take a step forward, take solace in the Lord’s reassurances, speak out against the stereotypes and fear, and have unconditional love for our neighbors. Thus, we should seek interfaith unity, love, and peace.

Doing this will be the best way to honor the Lord as well as to honor those who have been killed. Indeed, Kayla Mueller, and Deah Barakat, Yusor Abu-Salha, and Razan Abu-Salha (also beautifully called Our Three Winners by their loved ones)- are epitomes of the perfect love that is discussed in 1 John 4:18. Kayla was a 26-year-old Christian humanitarian who dedicated her life towards humanitarian work throughout the world. She deeply loved people, wanted to help reduce suffering in Syria, and was driven by her faith and her love to help Syrians.⁵ Her faith remained steadfast to the very end.⁶ Deah was a 23-year-old

¹ Alex’s Reflections. “Uniting for Peace and Interfaith Unity.” Wordpress. January 11, 2015. <https://reflectionsfoalex.wordpress.com/2015/01/11/uniting-for-peace-and-interfaith-unity/>

² CBS News. “Kayla Mueller’s final letter to family: ‘I will not give in.’” CBS News. February 10, 2015. <http://www.cbsnews.com/news/isis-hostage-kayla-muellers-final-letter-to-family-i-will-not-give-in/>

³ Zack Peterson. “Relatives say N.C. man killed because he was Muslim.” Tampa Bay Times. February 16, 2015. <http://www.tampabay.com/news/publicsafety/crime/relatives-say-north-carolina-student-killed-because-he-was-muslim/2217906>

⁴ Priyanka Boghani. “New Reports Detail Assad’s Brutal Tactics in Syria.” Frontline PBS. February 27, 2015. <http://www.pbs.org/wgbh/pages/frontline/foreign-affairs-defense/syrias-second-front/new-reports-detail-assads-brutal-tactics-in-syria/>

⁵ Jessica Glenza. “‘I will not let this suffering be normal’: How Kayla Mueller came to Syria’s aid.” The Guardian. February 7, 2015. <http://www.theguardian.com/world/2015/feb/07/isis-hostage-kayla-mueller-syria-aid>

⁶ CBS News. “Kayla Mueller’s final letter to family: ‘I will not give in.’” CBS News. February 10, 2015. <http://www.cbsnews.com/news/isis-hostage-kayla-muellers-final-letter-to-family-i-will-not-give-in/>

Muslim humanitarian who provided aid for the homeless in North Carolina, raised money for dental care for Syrian refugees, spoke out strongly against bigotry, and deeply loved the world.⁷ Yusor, 21, was his wife, and the two had planned to start dental school at the same time.⁸ She cared deeply about those who were suffering around the world, dedicated her life to service ever since she was a child⁹, and volunteered for the North Carolina Missions of Mercy Mobile Clinics.¹⁰ Razan, her sister, was a 19 year old student, who like Yusor and Deah, also cared deeply for those in need. She also dedicated her life to helping others, and provided support to charities, including those who advocate for the deaf.¹¹ Overall, Kayla, Deah, Yusor, and Razan all had much love for their communities and the world and did whatever they could to help others. We can do the same. Let us honor their lives- and the teachings of our Lord- by speaking out against fear and uniting with others in our communities in interfaith efforts to assist the poor and others in need. Let us also pray for an end to oppression in Syria and around the world. And let us, most of all, share our love and call for peace.

“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)

⁷ Rosslyn Warren. “Here Are The Three Victims of the Chapel Hill Shooting.” BuzzFeed. February 11, 2015. <http://www.buzzfeed.com/rossalynwarren/here-are-the-three-victims-of-the-chapel-hill-shooting#.l1BYxOJP4>

⁸ Ibid.

⁹ Rana Odeh. “Remember Yusor Abu-Salha as more than just a victim of the Chapel Hill shooting” February 13, 2015. <http://www.theguardian.com/commentisfree/2015/feb/13/yusor-abu-salha-more-than-a-victim-of-the-chapel-hill-shooting>

¹⁰ LinkedIn. “Yusor Abu-Salha.” LinkedIn. 2015. <https://www.linkedin.com/pub/yusor-abu-salha/64/490/a42>

¹¹ Rosslyn Warren. “Here Are The Three Victims of the Chapel Hill Shooting.” BuzzFeed. February 11, 2015. <http://www.buzzfeed.com/rossalynwarren/here-are-the-three-victims-of-the-chapel-hill-shooting#.l1BYxOJP4>

團結愛的力量

溫旭輝

在愛內沒有恐懼，反之，圓滿的愛把恐懼驅逐於外，因為恐懼內含著懲罰；那恐懼的，在愛內還沒有圓滿。」

—若望一書 4:18

我們踏入 2015 年只有三個月，但世界已有很多事情發生。遺憾的是，當中有些是悲慘的事。例如，法國和尼日利亞同受到恐怖襲擊；二十六歲的人道工作者米勒被極端組織伊斯蘭國挾持並殺害；三位回教徒美國學生(我們的三名勝利者)被殺；以及在敘利亞的阿塞德政權不斷利用桶式炸彈傷殺平民。這些不公平的事情令人十分心痛，尤其是在恐怖襲擊和威脅後，我所見到的，是十分的恐懼。

無論如何，在這艱難的時候，讓我們不要忘記天主的教訓。祂在聖經裏提醒我們不需要害怕。例如，聖詠 34:5 道：「我尋求了上主，祂聽了我的祈求：由我受的一切驚惶中，將我救出。」另外，伯多祿前書 5:7 說道：「將你們的一切掛慮都託給他，因為他必關照你們。」此外，耶穌在瑪竇福音 6:34 提醒我們不要憂慮：「所以你們不要為明天憂慮，因為明天有明天的憂慮：一天的苦足夠一天受的了。」故此，我們不要被恐懼所控制，因為天主常與我們在一起，祂會給予我們安慰與平安，並會保護我們。

天主也提醒我們要去愛。而在這個時候尤其重要，因為恐懼可以導致憎恨。

團結愛的力量

溫旭輝

正如在若望一書 4:18 所言(本文章開首的福音章節)，恐懼內含著懲罰，但在愛內沒有恐懼或懲罰。再者，耶穌就是能夠活出愛的完美典範。祂愛每一個人，包括那些被社會看不起的人，如稅吏(瑪 9:10-13) 和癩病人(瑪 8:24)。若祂能夠愛每一個人而不管他的背景和社會地位等等，我們是否應同樣地做呢？其實，世界現在正充滿恐懼，我們應踏前一步，天主的安慰會使我們放心去公開反對所有對人的成見和恐懼，並無條件的愛我們的近人。因此，我們應尋求不同信仰的團結、愛與和平。

這樣做是光榮天主及那些被殺害的人的最好方法。的確，米勒、以及巴拉凱特、尤索和拉珊(被家人美譽為我們的三名勝利者) 正是如若望一書 4:18 所說的完美的愛的縮影。二十六歲的米勒是基督徒和人道主義者，她畢生致力於世界上的人道工作。她熱愛其他人，希望幫助敘利亞的人減低痛苦，她的信仰和愛驅使她去協助那裏的人。她的信德由始至終是那麼的堅定。二十三歲的巴拉凱特是回教徒和人道主義者，他為北卡羅來納州的露宿者提供援助，為敘利亞的難民籌募牙齒保健的經費，公開反對偏執的信念，並熱愛這世界。二十一歲的尤索是巴拉凱特的妻子，他們計劃一同入讀牙科學院。她對世界上受苦的人尤其關注，她從小已致力服務他人，並在北卡羅來納州 Missions of Mercy 的

流動診所當義工。拉珊是尤索的妹妹，她是一位十九歲的學生，和尤索及巴拉凱特一樣，十分關心有需要的人。她也是致力去幫助他人，為慈善團體提供協助，包括對聾人的支持。總括來說，米勒、巴拉凱特、尤索和拉珊都愛他們的社區及世界，亦會盡力去幫助其他人。我們也可同樣去做。讓我們一同向他們致敬，並光榮天主的教導，大力反對恐懼，與在我們社區其他不同信仰的人團結，合力協助貧窮和有需要的人。讓我們一同祈禱，祈求在敘利亞和世界各地的壓迫早日結束。最重要的是讓我們一同分享愛及呼籲和平。

「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



God Is Present

Thursday, September 25, 2014

The Incarnation Mystery is being repeated and represented in the Eucharist. Here we have material reality, in the form of these universal foods of bread and wine, as the hiding place and the revelation place for God. We are reminded that God is always perfectly hidden and perfectly revealed in the material world. This is the Cosmic Christ presence. If we deny that the spiritual can enter the material world, then we are in trouble, since we hope to be just that-spiritual and fully material human beings. We had best encounter Incarnation in one focused, dramatic moment, and then the *particular* truth has a chance of becoming a *universal* truth, and even *my* truth.

The 16th question in the Baltimore Catechism, "Where is God?" is answered straightforwardly: "God is everywhere." The summit of Christian prayer is accomplished when you can trust that you are constantly in the presence of God. You cannot *not* be in the presence of God! Where would you go? As the psalmist says (Psalm 139:7-9), if you go up to the heavens or underneath the earth, you still can't get away from God. God is either in all things, or God is in nothing.

In the Eucharist, we slowly learn how to surrender to the Presence in one place, in one thing, in one focused moment. The priest holds up the Host and says, "See it here, believe it here, get it here, trust it here." Many people say they believe it here, but they don't make the transference to everywhere-which is the whole point! They don't seem to know how to recognize the Presence when they leave the church, when they meet people who are of a different religion or race or somehow strangers. They cannot also trust that this person-every person-is created in the image of God. Jesus spent a great deal of his ministry trying to break down the false distinctions between "God is here" and "God is not there." He dared to see God everywhere, even in sin, in enemies, in failures, and in outsiders. Usually, early stage religion is not yet capable of that, but fortunately God is patient.

(Adapted from *Eucharist as Touchstone*.)

Translated into Chinese by a parishioner at Bay Area.)

天主在這裏臨現

星期四，2014年9月25日

「道成肉身」(天主降生成人) 這奧祕，重複地在聖體聖事中表現出來。在這裏，我們看到物質的現實，在麵包和酒這些普遍食物的形式內，成為天主的藏身之處和啟示的地方。這個事實提醒我們，天主總是完美地隱藏着，但同時也在物質世界內，完美地揭示出來。這是宇宙性的基督的臨在。如果我們否認精神可以進入物質世界，那麼，我們就有麻煩了，因為我們所渴望的正是這樣-充滿靈性而同時完全物質的人。我們在一個心神集中的、戲劇性的一刻，與「道成肉身」來一個完美的相遇。然後，這次具體經驗到的「真理」，將有可能成為一個「全面的真理」，甚至「我的真理」的機會。

「要理問答」第 16 條問：「天主在哪裏？」，直截了當的答案是：「天主無處不在。」要抵達基督徒祈禱的高峰，就是當你能夠相信，你是不斷地處於天主的臨在中。你是沒有可能「不在天主的臨在中」！你還能走得到哪裏去呢？正如聖詠說：「我往何處，才能脫離你的神能？我去那裏，才能逃避你的面容？我若上升於高天，你已在那裏，我若下降於陰府，你也在那裏。我若飛往日出的東方，我若住在海洋的西方，你的雙手仍在那裏引導着我，你的右手還在那裏扶持着我。」(聖詠 139:7-10) 天主是在所有的事物內，或天主甚麼地方都不在。

在聖體聖事中，我們慢慢學會如何在一個地方，一件事上，在一個心神集中的時刻，向天主的臨在，交托出自己。神父舉起聖體，並說，「在此看，在此相信，在此來取罷，在此信賴罷。」很多人會說，他們當時在此相信了，但他們沒有把這份經驗轉移到所有事物上-這才是關鍵呢！當他們離開聖堂後，當他們遇見不同宗教或種族的人，或某些陌生人，他們似乎不知道如何在他們身上，認出天主的臨在。他們也無法相信這個人-每個人-是按照天主的形象造成的。耶穌用了祂很多傳道的工夫，去嘗試打破「天主在這裏」和「天主不在那裏」，這種虛假的區別。他敢去看見天主無處不在，即使在罪人裏，在敵人裏，在失敗裏，和被排斥在外的人裏。在通常情況下，初級階段的宗教生活是沒有能力領會這些的。但幸運的是，天主是有耐心的。

6 (摘自 *Eucharist as Touchstone*.)

他中文翻譯自一位灣區教友。)

會務報告 Announcement

1. Our next business meeting will be held March 15, 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三月十五日(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. During the season of Lent, we will have Stations of the Cross every Sunday prior to our Mass, starting March 1 through March 29 at 2:30 pm. Please come earlier before Mass to join us.
 四旬期間，由三月一日開始至三月二十九日，我們會於彌撒前下午二時半舉行拜苦路。敬請各教友前來大教堂一同參加。
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
	四月四日上午十時至十一時半 4/4/2015 10:00-11:30am	Belle Coolegge 圖書館 Belle Coolegge Library
	五月二日上午十時至十一時半 5/2/2015 10:00-11:30am	Belle Coolegge 圖書館 Belle Coolegge 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 its 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，以期籌集五千萬美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
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