

教友通訊

Newsletter

November 2014 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
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www.sacchinesecatholic.org

Words from Fr. Nicholas Ho NOVEMBER- Month of Holy Souls

October was the month of the Holy Rosary and I believe that most of you are aware that this month we commemorate our dearly departed. Commemoration of Holy Souls is another aspect of the truth handed on to us by the Apostles. We are in union with those members of the Church who have died in faith and in friendship with God but are being purified from their sins. Our faith tells us that those who die in the faith and friendship of God cannot see him as he is until they are purified from their sins. This process of purification is known as Purgatory and those undergoing it are called the souls in Purgatory.

Because of our union with all who believe, we are united with those who have died and are being purified from their sins. These brothers and sisters of ours will certainly see God, but not until they have been purified. It is for this reason that the Church urges us to help them. How can we help them? By our prayers, by giving alms and above all by celebrating the Eucharist for them.

So, relying on the presence of the Holy Spirit in the teaching of his Church, we join with the whole Church throughout the world and in union with the saints in heaven, in praying for the Holy Souls, that is for all those who have died but who need to be purified from their sins. We pray not only for them but that we ourselves may be helped by their prayers.

Eternal Rest grant unto them O Lord, and let Perpetual Light shine on them.

何神父的話 十一月-亡靈的月份

十月是玫瑰月，我相信你也知道本月是紀念那些已離開了我們的摯親。紀念亡靈是由宗徒傳下來給我們的。我們與那些對天主充滿信德和友誼而過了身的教友仍有聯繫，只是他們需要淨化他們的罪。我們的信仰告訴我們這些教友要淨化了他們的罪，才能得見天主。這淨化過程是在煉獄，那些正接受淨化的稱為煉靈。

正因我們和所有信友也有聯繫，我們和那些已死亡及正在淨化罪愆的信友亦是聯繫着的。這些兄弟姊妹必然可見到天主，但要直至他們得以淨化。故此，教會便勸勉我們去幫助這些信友。但我們可以怎樣幫助他們呢？那就是通過祈禱、施與他人，最重要便是為他們慶祝聖體聖事。

因此，靠着聖神的臨在來教化祂的教會，我們聯同整個教會，並聯合天上的聖人，一同為亡靈祈禱，就是那些已死亡但仍要淨化罪愆的人。我們不僅只為他們祈禱，也希望通過他們的祈禱而令我們獲得救助。

求主賜給他們永遠的安息，及永光照之。

平安與喜樂

葉馬玉枝

隨着神父 Fr. Ho 和 Fr. Jerry，我們一共有 25 人出發到中國七大城市朝聖及觀光。在這十四天的旅行，我們都忙碌地東奔西跑，忙碌可使人忘記天主，忘記生命中唯一絕對需要的。我很感謝 Fr. Ho，他活着耶穌傳授的良方，使人心常保持活潑青春不老、不累、不忙。

我們到了北京的天主教大堂、上海的主教座堂(St. Ignatius Cathedral)、佘山聖母大殿、西安教區方濟各主教堂及我們在沒有教堂的城市，也在兩位神父的房間舉行彌撒(“Home Church”)。

當然在旅途中，我們也有一些小事發生，如在西安錯失了飛機。多謝天主的計劃，給我們在西安多留一天，最好是可以到西安主教堂參加天主的聖宴。也很多謝 Angelita Fan 姊妹的聯誼性開會，能增進共融，天主喜歡團隊合作，互相勉勵，共同負責。

在這旅遊中，我能看到中國民族的進步，一日千里，一年小變，五年大變。祝中國及世界的人民能蒙主的祝福，安享平安與繁榮。主佑。



佘山聖母大殿

National Shrine and Minor Basilica
of Our Lady of Sheshan

Peace and Joy

Catherina Yip

Along with Father Ho and Father Jerry, 25 people joined the pilgrimage and sightseeing trip to China. We had visited seven cities. We had a hectic schedule during our fourteen days of travel. As we know, being so busy would make us forget about God, forget the one who is the most important in our lives. I was grateful to Father Ho, he lived as what Jesus had taught him, and he kept us lively, youthful, not feeling tired nor fully occupied at all.

We visited the Nantang Cathedral in Beijing, St. Ignatius Cathedral in Shanghai, National Shrine and Minor Basilica of Our Lady of Sheshan and St. Francis Cathedral in Xian. When we could not find a church at the cities we were visiting, we had Mass in the priests' hotel rooms (“Home Church”).

During our trip, we had some incidents, for example, we missed the flight in Xian. We were thankful to God for His plan, we could stay one more day in Xian, so we could go to Cathedral of Xian for Mass. I would also like to thank our sister Angelita Fan. She arranged some meetings for us to socialize and we had the chance to communicate with each other. God would like us to cooperate, to encourage each other and be responsible as a team.

Also in this trip, I could see China's progress by leaps and bounds, it seemed like she had little change in a year, and then a drastic change in five years. I wish people in China and all over the world would be blessed by God, enjoy their peace and prosperity. May God bless you.

很幸運，能夠出席一個在意大利米蘭舉行的會議，可以用公費順便遊覽。主辦會議的機構更安排了些觀光節目。第一個觀光的名勝便是在聖母院內的「最後晚餐」壁畫。站在這幅舉世知名的達文西巨作之前，有一種被它震撼的感覺。我不懂藝術，不會因這幅名作的畫藝而被感動，亦不是因這畫有數百年的歷史而有感。更古老的，價值連城的文物我在中國看過不少。震動我心絃的是畫中的聖經事件。雖然畫的是各門徒聽到耶穌說他們當中有一人出賣祂時的反應表情，但不知怎的，我卻想到了畫中情景後接著發生的事情。這是最後的晚餐，但同時亦是首次人類中最重要的聖餐。在晚餐將結束前，耶穌把麵包和酒化成了祂的肉和血賜給眾人，而且由耶穌親自賜與，神恩浩蕩。世界首台彌撒，真是一等一的盛事。我木木然地看著壁畫，但卻思潮起伏。

耶穌被猶達斯出賣，是極悲慘之事。它啟動了接着而來的連串苦難和耶穌最終被釘死在十字架上；而耶穌將麵包和酒變成祂的身體賜給信眾卻是大喜事。我們教中一件極悲之事和一件極喜之事竟在同一晚餐中先後發生。正如俗語所說的先苦後甜。只是苦的是無罪的耶穌，而甜的是有罪的我們。在短短的一頓飯中，我們看到了耶穌開始接受苦難來拯救我們，和最後利用自己的聖體使我們能與神合一的整個過程。達文西選擇了悲的那刻作畫，但我們常見的最後晚餐藝術品多是表達喜的那刻(包括我們聖體聖事總堂的彩色玻璃窗)。不知達文西有沒有想過與聖體有關的題材？他又會怎樣表達最後晚餐中的喜悅呢？

耶穌教信眾們的天主經中有一句：「求你今天賞給我們日用的糧食」。在那晚餐

中，耶穌滿足了經中的祈求。祂將天主經中的「糧食」和聖體連貫了。使人能直接地領受到神糧。我們視每個人的初領聖體為人生大事，在那晚，人類初領聖體。二千年來，我們仍在彌撒中或其他的情況下求取日用的糧食，而神父亦能像耶穌般將麵包和酒化為聖體聖血來賜給我們，真是幸福。

大概是身在意大利和想著聖體罷，從聖母院前往米蘭大教堂時，我想起一個意大利少年聖人多明尼沙維奧 (St. Dominic Savio) 與聖體有關的兩件軼事。當他七歲初領聖體時便立下畢生遵守的「寧死也不犯罪」格言。另一個依稀記起的是他有一次在道上遇到聖體(應是聖體巡遊或是替病人送聖體)，他立刻下跪，但身旁的一個成年人因路面泥濘而仍然站著。他便將手帕鋪在地上，請那人下跪。他小小年紀便懂得對聖體如此尊崇，而自己有時竟將望彌撒和領聖體視作一件隨隨便便的例行公事，不禁汗顏。

經歷數世紀才建成的米蘭大教堂不愧為世界上數間最大，最美的教堂之一。外觀和內部都莊嚴華麗。欣賞完大堂後，乘升降機登上教堂的頂部。從數百尺的高處下望，廣場上的人都變得渺小。看著巨大的教堂和細小的人，很奇怪，我竟將人和教堂比較起來。教堂雖巍峨和美麗，但只是人類所造的一件精品。但人卻是上主所造的精品。看來人並不比眼前的教堂渺小，而且更比它美麗。

一件好的藝術品不但能滿足觀者的視覺享受，更能進入人的心靈，發人深省。米蘭就是這樣的一個啟人思潮的藝術城市，也是我喜愛它原因之一。

Reflections on My Trip to Milan

Anthony Wong

I was lucky to have a chance to attend a conference that was held in Milan, Italy, and I could tour around the city. The organizing committee of the conference arranged some tours for us. The first stop was to visit the mural painting “The Last Supper” at the Convent of Santa Maria delle Grazie. I was shocked by this world famous mural by Leonardo Da Vinci. I did not know much about art, I was not moved by how it was painted, nor its several hundred years of history. As I had seen many more ancient and priceless antiques in China. What touched me was the Biblical story behind it. Though the painting showed the reaction of the apostles when they knew that one of them would betray Jesus, I, somehow, was thinking about what happened after this. That was the Last Supper, as well as the first and the most important Holy Communion in the history of human. By the end of the Supper, Jesus instituted the Eucharist, He shared the bread and wine as His body and His blood. This was the very first Mass in the world, and it was offered by Jesus in person, what a divine and important event. As I stared at this very painting, a train of thoughts was in my mind.

It was a tragedy that Judas betrayed Jesus. It caused the sufferings of Jesus and His crucifixion. However, it was good news to us that Jesus offered bread and wine as His body and blood to His followers. As we could see, the most tragic and the best event happened in this same supper. As the saying “First there’s bitter, then there’s sweet” went, innocent Jesus had the bitter part, but we who were sinful had the sweet part. In this Last Supper, we saw that Jesus began to accept His sufferings in order to save us, and He offered us the Eucharist, so we could be united with God again. Da Vinci chose to paint this tragedy, while most of the other artworks of The Last Supper were about the institution of the Eucharist (including the stained glass in the Cathedral of the Blessed Sacrament). I wonder if Da Vinci had ever thought about to use the Eucharist as the subject of his artwork. If he did, how would he express it in the Last Supper?

A sentence in the Lord’s Prayer said “Give us this day our daily bread.” And in the Last Supper, Jesus fulfilled this need that we prayed for, He linked up the “Bread” in the prayer with the Eucharist, so we could

have this “Holy Food” in person. Since we all considered the first Holy Communion as an important event in our lives, and at that night, humans had their first Holy Communion. Throughout these 2000 years, we still prayed for our daily bread during Mass or under other circumstances, and the priests could turn the bread and wine into the Eucharist for us, just like Jesus. How blessed we are.

Probably due to the fact that I was in Italy and thought about the Eucharist, on my way from the Convent to the Milan Cathedral, I thought of St. Dominic Savio, an adolescent Italian Saint, and two incidents about him with the Eucharist. He received his first Holy Communion at the age of seven, he made a resolution of “death rather than sin”. Another incident that I vaguely remembered was he came across the Eucharist on the street (probably there was a procession of the Blessed Sacrament or a delivery of the Eucharist to the sick). He immediately knelt down, while a grown-up beside him was still standing because of the muddy road. He then put his handkerchief on the ground and told that person to kneel down with him. He showed such a great respect to the Eucharist at this young age. I was ashamed when I sometimes regarded myself as going to the Mass and receiving the Holy Communion as a causal routine.

It took centuries to complete the building of the Milan Cathedral, and it was really one of the biggest and most beautiful cathedrals in the world. The exterior and interior decoration was solemn and grand. After we visited the nave, we took the elevator to the roof. When I looked down from several hundred feet above, people at the plaza became so tiny. I felt odd when I looked at this huge cathedral and those people and could not help myself comparing this cathedral and the people. Although the cathedral was magnificent and beautiful, it was only a building constructed by people, God finely made human beings. It seemed humans were not that insignificant when comparing with this cathedral, I would say we were more beautiful.

A piece of fine artwork not only could provide visual enjoyment, it could strike you and stimulated your thoughts. Milan was such an artistic city that would make you think, and this was one of the reasons that I loved it.

Thanksgiving Blessings

Alex Wan

“Blessed be God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavens.”- Ephesians 1:3

Thanksgiving is quickly approaching. It is a joyous occasion and a wonderful time for family gathering and relaxation. Nevertheless, while we prepare for the holiday by buying food, inviting family, and looking to see which football games will be on TV, we should also remember that there are many people in far more difficult situations.

As of September 2014, there are over 9 million people who are unemployed in our country.¹ Moreover, many are struggling to provide for their families. I witnessed a glimpse of this firsthand in 2011. During November of that year, I saw a very long line of people standing outside the Sacramento Food Bank. They were all waiting to get turkey. It was very humbling and moving. I was left speechless.

Overseas, the situations in different countries are also dire and difficult. In Syria, many individuals have been kidnapped. One of these individuals is Austin Tice. He is a veteran who served in the U.S. Marine Corps.² After he completed his military service, he went to law school, and later became a journalist.³ He went to Syria and bravely reported on the Syrian Revolution.⁴ Sadly, over two years ago, he was kidnapped, and has been missing since then.⁵

Nonetheless in spite of all of the hardships mentioned above, there is hope, which comes from our Lord. Indeed, despite not having heard from their son, Austin Tice’s parents have not lost their faith.^{6,7} They are very strong and their hopes remain steadfast.⁸ Moreover, they are very proud of their son and have received much support.⁹

Thus, let us also show our support for them and others who are going through difficult situations in our country and around the world. Indeed, while there is much suffering, God has blessed us with the blessings of compassion and love. Therefore, we should use these blessings to help others. Specifically, pray for Austin Tice’s safe return and pray that the Lord continues to provide strength and comfort to him and his family. Pray also for those who are oppressed and whose lives have been destroyed by war and atrocities. In addition, pray for the poor.

Most of all, remain faithful and remember that God has blessed each of us. He has provided us the gift of life as well as our own unique abilities. We should use them to help others, especially by expressing our love and support for them. Thus, let us praise the Lord for providing us many blessings and let us also make a difference. Happy Thanksgiving.

¹ Bureau of Labor Statistics. “The Employment Situation—September 2014”. U.S. Department of Labor. October 3, 2014. <http://www.bls.gov/news.release/pdf/emp/sit.pdf>

² Debra Tice and Marc Tice. “Austin Tice, two years later.” Washington Post. August 13, 2014. <http://www.washingtonpost.com/blogs/worldviews/wp/2014/08/13/austin-tice-two-years-later/>

³ Ibid.

⁴ Ibid.

⁵ Ibid.

⁶ Ibid.

⁷ Debra Tice. Twitter Post. April 20, 2014, 9:27 AM. <https://twitter.com/DebraTice/status/457918475848388608>

⁸ Debra Tice and Marc Tice. “Austin Tice, two years later.” Washington Post. August 13, 2014. <http://www.washingtonpost.com/blogs/worldviews/wp/2014/08/13/austin-tice-two-years-later/>

⁹ Ibid.

感恩節的祝福

溫旭輝

「願我們的主耶穌基督的天主和父受讚美！祂在天上，在基督內，以各種屬神的祝福，祝福了我們。」- 厄弗所書 1：3

感恩節快要來臨。這是一個快樂的節日，也是給家庭聚會和放鬆一下的美好時間。無論如何，當我們忙着為這節日準備食物、邀請親人到訪，以及看看電視有哪一場足球賽事的同時，我們也不要忘記很多人仍處於困境。

直至 2014 年九月，我們國家還有超過九百萬人失業。此外，他們大多很艱苦地供養家庭。在 2011 年，我便親身目睹這樣的情景。那年的十一月，我見到很多的人在沙加緬度的食物銀行外排隊，他們正等待拿取火雞。這是何等的謙卑，並令人動容，實在令我無言。

在海外，其他國家的情況也是很可怕和困難。在敘利亞，很多人被綁架，其中一位便是 Austin Tice。他是一位曾於美國海軍陸戰隊服役的退伍軍人。在他完成兵役後，便到法學院修讀，其後成為一名記者。他前往敘利亞並勇敢地報道關於敘利亞的革命。不幸地，他於兩年多前被綁架，至今仍然失蹤。

儘管以上所提及的一切困難，我們仍有天主賜予的希望。即使 Austin Tice 的父母沒有兒子的消息，他們並沒有失去信心。他們還很堅強，也有着堅定的希

望。此外，他們對自己的兒子引以為榮，並得到很多人的支持。

所以，讓我們對他們，以及在國內或世界上遭遇困境的人表示支持。事實上，雖然世界有很多痛苦，但天主賜給了我們憐憫和愛他人的恩典。因此，我們應利用這些恩典去幫助其他人。特別為 Austin Tice 平安回家而祈禱，也祈求天主繼續給予他和其家人力量與安慰。我們為被壓迫與生活被戰爭和暴行而摧毀的人祈禱。另外，我們亦為貧窮的人祈禱。

最重要的，便是要保持我們的信德，並記着天主會保守我們每一位。祂賜給了我們生命及每人有着獨特的能力。我們應利用它來幫助別人，尤其要多表示我們的愛與支持。因此，讓我們齊讚美上主，祂給了我們很多的恩典，也讓我們有所作為。感恩節快樂。



會務報告 Announcement

1. Our next business meeting will be held November 30, 2014 (Sun) at 1:15pm 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十一月三十日(星期日)下午一時十五分在西沙加緬度的聖母聖寵堂會議室舉行。歡迎各位參加。
2. Join us in for our annual Thanksgiving dinner for some great fun and some great food! It is on November 23, 2014 (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) or Barbara Chow (916-396-9873) by November 16.
 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二十三日(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，請於十一月十六日前聯絡鄭陳秀玲(916-442-7178) 或周葉柏茵(916-396-9783)。
3. Our annual Christmas potluck dinner will be held on December 21, 2014 (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二十一日(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. It is that time of year again to start nominating committee members for next year. If you have someone in mind that you feel can take on the role of President, Vice-President, Treasurer or Secretary for our community, please submit your nominations to Gloria Fong or Father Ho. Election will take place after Mass on December 28, 2014.
 現在是時候開始提名 2015 年事務委員會的成員。若你心中有主席、副主席、財務及文書職位的人選，請向何神父或鄭陳秀玲作出提名。選舉將於十二月二十八日彌撒後舉行。
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)。
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 its 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. Our Community newsletter publishes every two months. If you have any stories, topics, personal experience that you would like to share with our Community, we invite you to submit paragraphs or articles to us. Feel free to contact our editor Winnie Chan (916-747-9486) for submission of articles or questions.
 團體的教友通訊是每兩個月印製一次。若你有任何故事、感想或個人經歷想和大家分享，歡迎作出投稿。如有關於投稿或其他問題，請聯絡陳穎怡(916-747-9486)。
9. 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。
10. 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	十一月二十三日(星期日) 下午六時至九時 11/23/2014 (Sun) 6:00pm - 9:00pm	聖體大教堂交誼廳 Mercy Memorial Hall
聖誕節晚餐 Christmas Dinner	十二月二十一日(星期日) 下午六時至九時 12/21/2014 (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 & Dinner	二零一五年二月八日(星期日); 彌撒:下午三時; 晚宴:下午六時 2/8/2015 (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