

# 教友通訊

## Newsletter

September 2014 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

司鐸： 何光榮神父  
Priest: Fr. Nicholas Ho  
916-371-4814

聯絡： 周祖樂會長

Contact: Brian Chow (President)  
916-583-8306  
sccc.contact@gmail.com

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[www.sacchinesecatholic.org](http://www.sacchinesecatholic.org)

## Words from Fr. Nicholas Ho

### 10 SECRETS TO HAPPINESS

In an interview recently, Pope Francis listed his Top 10 tips for bringing greater joy to one's life:

1. ***Live and let live.***

Everyone should be guided by this principle. A similar Italian expression is "Move forward and let others do the same."

2. ***Be giving of yourself to others.***

People need to be open and generous toward others. If one withdraws into himself, he runs the risk of becoming selfish.

3. ***Proceed calmly in life.***

We need to move with kindness and humility, a calmness in life.

4. ***A healthy sense of leisure.***

Parents though work long hours, must set aside time to play with their children.

5. ***Sundays should be holidays.***

Sunday is for the family.

6. ***Find innovative ways to create dignified jobs for young people.***

It is not enough to give people food, dignity is given when you can bring food home.

7. ***Respect and take care of nature.***

Environmental degradation is one of the biggest challenges we have today.

8. ***Stop being negative.***

The need to talk bad about others indicates low self-esteem. To let go of negative things quickly is healthy.

9. ***Respect others' beliefs.***

The Church grows by attraction not by forcing others to accept Christ.

10. ***Work for Peace.***

We are living in a time of many wars. The call for peace must be shouted.

## 何神父的話

### 十個快樂的秘訣

在一個最近的訪問中，教宗方濟各提出了十項使人生活更愉快的建議：

1. **待人以寬：**

每人應按自己的方式生活，並包容他人的生活模式。

2. **慷慨：**

我們應開放自己並多向他人施予，因為離群索居會令人變得自我中心。

3. **平心靜氣：**

我們應當以仁慈和謙遜去行動，在生活中保持平靜。

4. **享受消閒：**

不論父母的工作時間有多長，也要抽時間陪伴子女。

5. **週日是假期：**

因為週日是家庭日。

6. **為年輕人創造有尊嚴的工作：**

只是給予他們食物並不足夠，當他們能供養家庭，便令他們得到尊嚴。

7. **尊重並保護大自然：**

自然環境的惡化是現代社會最大的挑戰之一。

8. **保持正面：**

常說別人壞話是自信心低落的表现，少往壞處想才能保持健康。

9. **尊重他人信仰：**

教會的擴展是透過溝通的過程以智慧啟發別人，而非單方面地強迫他人相信基督。

10. **一同為世界和平而出力：**

我們正處於長期蒙受戰爭陰影的世界，我們應主動地追求和平。

## 年度避靜

今年的避靜已於八月十六日在基督君王避靜中心圓滿舉行。我們很高興能邀請到來自三藩市耶穌聖名堂的凌蕙彤修女為主講者。是次避靜的主題是「聖言默禱，恩上加恩」。

今次避靜分三節進行，當凌修女對聖經章節解釋完畢後，她便讓我們對聖言作反思默禱，然後再進行小組討論。我們渡過了很充實的一天，不但對聖經加深了解認識，也與天主更接近。

這次避靜選用的經文多是大家所熟悉，而關鍵是在於「與主相遇」。在第一節中選用了兩篇經文，第一篇是路加福音 1:39-56--聖母往見表姐依撒伯爾。依撒伯爾上了年紀且懷孕了，而丈夫也應驗了天使的話而因此成了啞巴，她自當憂心。但當懷着耶穌的聖母往探望她時，依撒伯爾卻感到平安，而胎兒就在她的腹中歡躍(41 節)。這是因聖母的帶領而令耶穌與約翰首次相遇，因着聖神感動，胎兒歡躍，是天主給予恩寵的標記。亦由此經文看到，與主相遇，應是平安歡愉，而復活基督會賜予我們平安。

另一篇經文是在路加福音 2:21-38--受割損於聖殿。此段福音提及兩人：西默盎和亞納。今次二人與主的相遇，也是由聖母帶領，加上他們不斷祈禱想見上主，最終也可與主相遇。西默盎開口讚美上主，亞納稱謝上主並帶給他人救贖的喜訊，他們兩人也是歡躍的。雖然兩段福音相遇不同，但結果也是平安和喜樂的。

接着第二節，我們查看瑪竇福音 2:1-15--賢士來朝。今次是三位賢士與主相遇，再不是聖母把耶穌帶來，而是天主主動透過標記(星象)，加上經師們利用聖經(聖言)來告訴他們耶穌在那裏。縱使路不易行，他們也不怕

艱辛，見到耶穌更俯伏朝拜，獻上禮物，亦聆聽往另一條路走，比任何人更要虔敬。另外，若瑟帶家人星夜逃離，也見其信德。由此可見，天主主動顯示給人，使人與其相遇，但也要經歷困難，放棄一些東西，有信仰去追尋，詢問這事為我有甚麼意思，不只問為甚麼，天主自會醫治、帶領，與我們同在。

第三節選用的經文是若望福音 4:1-42--向撒瑪黎雅婦人顯示自己。今次是耶穌主動接觸那婦人，首先開腔和她談話，繼而令她慢慢察覺要處理好自己的私生活，才會得到活水。水是生命的標記，得到活水是耶穌的祝福，活水永遠也在，有永生的平安與喜樂。當耶穌向她表現自己是默西亞後，她更為其作證。因此我們應以心神真理去朝拜天主，體驗天主的存在，與祂相遇。祈禱時也留意天主渴望我們做些甚麼。

總括而言，我們要謙遜，生活縱有困難、有動搖也要繼續信靠上主。我們應要每天靜下來給予耶穌多點優質的時間，感受祂並幫助他人認識祂。最後，我們要深化信仰，對主有更深的愛。



## Love and Interfaith Unity

Alex Wan

**“Beloved, let us love one another, because love is of God; everyone who loves is begotten by God and knows God.” (1 John 4:7)**

The murder of journalist James Foley shook the world. It was brutal, barbaric, and disgusting. Sadly, many other people have been killed in Syria and Iraq. ISIS, a terrorist organization, has slaughtered people of different religious and ethnic groups in Syria and Iraq, including Yazidis, Kurds, Assyrians, Turkmen, Shabaks, and Sunni and Shia Muslims.<sup>1 2 3</sup> Likewise, the Assad regime in Syria is also responsible for massacres and other horrific atrocities overall. For instance, a defector who uses the name Caesar, provided photographic evidence that the regime brutally tortured and murdered thousands of detainees, including many children.<sup>4</sup> There are no words for the atrocities committed by both ISIS and Assad. I sometimes wonder what we can do. It can feel hopeless at times.

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<sup>1</sup> Human Rights Watch. “Iraq: ISIS Abducting, Killing, Expelling Minorities.” Human Rights Watch. July 19, 2014.

<http://www.hrw.org/news/2014/07/19/iraq-isis-abducting-killing-expelling-minorities>

<sup>2</sup> VOX. “The 9 Biggest Myths about ISIS.” VOX. August 23, 2014. <http://www.vox.com/cards/isis-myths-iraq/isis-islam>

<sup>3</sup> Luke Harding and Fazel Hawramany. “Isis accused of ethnic cleansing as story of Shia prison massacre emerges.” The Guardian. August 25, 2014.

<http://www.theguardian.com/world/2014/aug/25/isis-ethnic-cleansing-shia-prisoners-iraq-mosul>

<sup>4</sup> Tom Bowman. “For Two Years, He Smuggled Photos of Torture Victims Out of Syria.” NPR. July 29, 2014.

<http://www.npr.org/2014/07/29/336228277/photos-from-syria-may-show-killing-on-an-industrial-scale>

Nevertheless, after much reflection, I believe the best thing to do is to honor the memories of those who have been killed. There are many ways to do this, including speaking out against sectarianism, oppression, and atrocities. As I have written in previous articles, Jesus stated, “You shall love your neighbor as yourself” (Mark 12:31). Thus, we should love not only our fellow Christian neighbors, but also our neighbors of different faiths, including, but not limited to, Muslims, Jews, and Hindus. We should also stand with them and speak out against atrocities of all kinds. While there are differences in religious beliefs, there are also core similarities, especially in the shared belief in peace and love.

The shared belief shined brightly during a solemn vigil for James Foley in Rochester, New Hampshire. This vigil was attended by people of different sects, including Christians and Muslims.<sup>5</sup> The attendees stood together to condemn the atrocities and violence as well as show support for the Foley family.<sup>6</sup> Attendees of all faiths also held signs expressing their love and mourning.<sup>7</sup> It was a beautiful symbol of solidarity and unity. Let us all follow their example and pray for peace, freedom, and healing in Syria, Iraq, and the entire region altogether.

Let us also honor the lives of those who have been killed by using our gifts to help people. Some may say this is difficult and that it would be easy to lose hope, especially given how brutal crimes continue. Nevertheless,

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<sup>5</sup> Zarah Magazine. “James Foley, You Are My True Hero.” August 27, 2014.

<https://www.youtube.com/watch?v=4brs6VJ8-8w&app=desktop>

<sup>6</sup> Ibid.

<sup>7</sup> Ibid.

「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。」-若一 4：7

despite the challenges, it is not impossible. James Foley, remained steadfast in his faith throughout his life and frequently took time to study Scripture and pray.<sup>8</sup> His faith inspired him to do what he could to be a voice for those who were silenced.<sup>9</sup> Indeed, throughout his life, he used his journalistic gifts to raise awareness of the suffering. Thus, like him, we can use our gifts to make a difference as well as to stay faithful and determined. Whether it is raising money for Syrian refugees or advocating for the poor and oppressed, there is much we can do to help those in need.

Finally, let us always remember the beautiful verses from 1 Corinthians 13: “Love is patient, love is kind, It is not jealous, [love] is not pompous, it is not inflated, it is not rude, it does not seek its own interests, it is not quick-tempered, it does not brood over injury, 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” (1 Corinthians 13: 4-8). Let us express true love for our brothers and sisters in the Middle East and the world altogether. Thank you and God bless you.

**“I give you a new commandment: love one another. As I have loved you, so you also should love one another.”- Jesus (John 13:34)**

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<sup>8</sup> David McKay Wilson. “James Foley: Beheading victim had deep faith.” USA Today. August 24, 2014.  
<http://www.usatoday.com/story/news/nation/2014/08/24/james-foley-beheading-victim-had-deep-faith/14544151/>

<sup>9</sup> Ibid.

記者詹姆斯·福利被謀殺令世界震驚。這是殘酷、野蠻及令人噁心的行為。不幸地，同樣有很多在敘利亞和伊拉克的人亦遭受殺害。「伊斯蘭國」是一個極端宗教恐怖組織，它已經在敘利亞和伊拉克屠殺了很多不同宗教和種族的人，包括亞茲迪人、庫爾德人、亞述人、土庫曼人、夏巴克斯人，以及伊斯蘭教的遜尼派和什葉派。同樣地，在敘利亞的亞塞德政權也要對其作出的大屠殺和恐怖暴行負上責任。例如，一位化名為凱撒的逃兵，提供了相片證明這政權殘暴地折磨和謀殺上千的拘留者，當中還包括小童。對於伊斯蘭國和亞塞德所幹的暴行，確實非筆墨所能形容。有些時候我也懷疑我們可做些甚麼，這有時也令人感到絕望。

無論如何，在反省過後，我相信最好的方法便是紀念這些死者。當中的方法包括大聲反對宗派主義、壓迫和暴行。我之前的文章中亦提過，耶穌說：「你應當愛近人如你自己。」(谷 12：31) 所以我們不應只愛基督徒近人，而是不同宗教信仰的近人，包括但不限於回教、猶太教和印度教。我們要與他們同一陣線，一同反對任何暴行。縱使不

## 愛與不同信仰的團結

溫旭輝

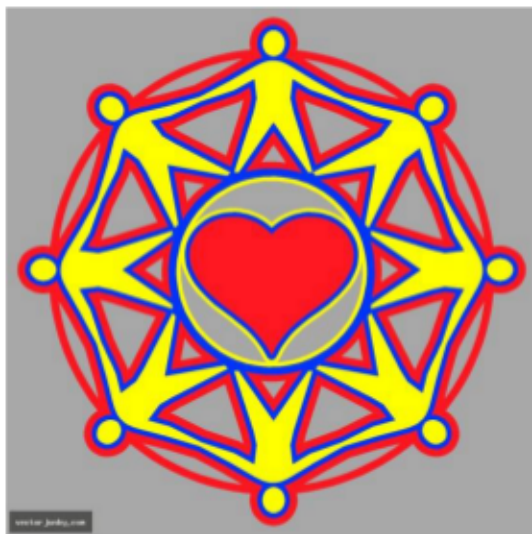
同的宗教信仰有其不同之處，但也包含相似的核心價值，尤其是一同信仰的和平與愛。

這種共有的信仰在新罕布什爾州的羅徹斯特市，為福利舉行的莊嚴祈禱晚會中表現出來。不同宗派的人也參加祈禱晚會，包括基督徒和回教徒。參加者聚在一起譴責這殘酷的暴行，也對福利的家人表示支持。不同信仰的參加者亦手持標牌來表達他們的愛與哀悼。這是團結合一的美麗象徵。讓我們也跟着這例子，一同為了和平、自由、敘利亞和伊拉克及整個地區的復原而祈禱。

讓我們利用自己的才能來幫助他人，藉以紀念被殺害的人。有人或會說這是十分困難，也容易令人失去希望，尤其是當暴力罪行持續的發生。無論如何，儘管有幾多的挑戰，事情也不是沒有可能發生。詹姆斯·福利的一生也對其信仰堅定不移，他常常看聖經和祈禱。他的信仰更驅使他為沈默的一群人發聲。事實上，他在生時便利用他作為新聞工作者的才能，提高其他人對受苦的人的關注。因此，我們可以效法他，讓自己的才能有所作為，並保持信德與堅定。不論是為敘利亞難民籌款，或是支持貧困及受壓迫的人，我們也有很多渠道去幫助有需要的人。

最後，讓我們記着這段來自格林多前書第十三章的漂亮經文：「愛是含忍的，愛是慈祥的，愛不嫉妒，不誇張，不自大，不作無禮的事，不求己益，不動怒，不圖謀惡事，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。」(格前 13:4-8) 讓我們向在中東，以及全世界的兄弟姊妹表達真正的愛。謝謝大家，主佑。

**「我給你們一條新命令：你們該彼此相愛；如同我愛了你們，你們也該照樣彼此相愛。」-耶穌(若 13:34)**



## Annual Retreat

Our annual retreat was held on August 16, 2014 at Christ the King Passionist Retreat Center. We were glad to have Sister Esther Ling as our guest speaker. She was from Holy Name of Jesus Church in San Francisco. The title of this retreat was “The Words of Lord and Silent Prayer, Grace upon Grace.”

The retreat was run in 3 sessions. After Sister Ling explained the scriptures from the Bible, she let us reflect on it, then we discussed about it. We learnt a lot on that day, had more understanding towards the Bible and the most important, we were closer to God.

We were all familiar with the scriptures that were used in this retreat, and the key words of them are “encounter with God”. In the first session, we looked at two scriptures, the first one was Luke 1:39-56-Mary Visits Elizabeth. Elizabeth had conceived a son at her old age, and her husband was unable to talk as the angel had told him, Elizabeth was worried. However, when Mary visited her and greeted her, she was peaceful and the infant leaped in her womb (Luke 1:41). Since Mary visited Elizabeth, John could meet Jesus for the very first time. When Elizabeth was filled with the Holy Spirit, the infant leaped, it was the sign that God blessed her. From what we learnt here, when we encounter God, it should be peaceful and joyful.

The other scripture was Luke 2:21-38-The Circumcision and Naming of Jesus. Two persons were mentioned here: Simeon and Anna. Mary also brought Jesus to them, so they could encounter with God. In addition, they kept praying for seeing the Messiah, and they finally had the chance to encounter with God. Simeon praised the Lord, while Anna gave thanks to God and spoke out about the child to all who were awaiting the redemption of Jerusalem. They were also full of joy. Though the encounters were different, they all had peace and joy.

In the second session, we looked at Matthew 2:1-15-The Visit of the Magi. This time the Magi

encountered with God. Mary did not bring Jesus to them, it was God who gave them a sign (the star), and the scribes used the Scriptures to let them know where to find Jesus. Even though this was a hard journey, they were not afraid of it and finally saw Jesus. They prostrated themselves and did Him homage, as well as offering Him gifts. They then listened and departed for the country by another way, we could see how faithful they were. On the other hand, Joseph took his family and fled to Egypt by night, we could also see his faith in God. From this Scriptures, we know that God will show Himself to us so we could encounter Him. However, we might have to endure hardship and make sacrifices. We have to seek our faith, ask what things means to us instead of always asking why it happens. God will heal us, lead us and be with us all the time.

In the third session, we had a look at John 4:1-42- The Samaritan Woman. This time we could see that Jesus talked to the Samaritan woman first, the encounter was initiated by Jesus. Through their conversations, the woman slowly realized that she had to handle her private life well, then she would be able to get the living water. Water was a sign of life, getting the living water would be a blessing from Jesus, it was more desirable and gave one peace and joy. After Jesus revealed Himself as Messiah to the woman, she was presented as the missionary and testified for Jesus. Thus we also have to worship the Father in Spirit and truth, to experience the existence of God and to encounter with Him. When we pray, we can pay attention to what God wants us to do.

All in all, we have to be humble. Although there are ups and downs in life, we ought to be faithful in God. We have to give some quality time to Jesus everyday, to learn to experience Him and then help the others to know more about Him. Finally, we have to deepen our faith, deepen our love to God.

## 會務報告 Announcement

1. Our next business meeting will be held September 21, 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九月二十一日(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. October is the Month of the Holy Rosary. We will pray the rosary every Sunday prior to our Mass, starting October 5 through October 26 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，即十月五日至十月二十六日下午二時半，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)。
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. 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)。
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
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 and 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