

# 教友通訊

## Newsletter

July 2014 七月



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

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916-583-8306  
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Check us out on the World Wide Web: 請瀏覽我們的網頁：

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

## Words from Fr. Nicholas Ho

### THE EUCHARIST

Sunday, June 22nd was the Solemnity of the Most Holy Body and Blood of the Lord or Corpus Christi. It was a day we celebrated with gratitude the gift of the Eucharist - Jesus in sacramental signs. In actual fact, every Sunday and every day whenever Mass is celebrated, Jesus gives us the Miracle of himself so that we be Happy, Holy, and living in Peace and Love. Do we really appreciate and thank God for this Miracle of Jesus?

Someone once said in confession, "Forgive me, father, for I find Mass boring..." I very recently read an article on the Eucharist. The writer asked: "Why do some people find Mass boring, while others risk their lives to attend?" The writer provided the answer. He said: "Boredom is due to ignorance about the meaning of the Eucharist". He then explained. Fans are excited about American Football because they understand how it is played. To outsiders (perhaps including us), football is odd and boring because we know little or nothing about the game.

Similarly, the more we understand what truly happens at Mass, the more excited we will become. The more we learn about the parts of the Mass, about signs and symbols, the richer our experience of the Eucharist. There are many books and pamphlets that help us discover the Real and Rich meaning of the Eucharist. A new book offers lots of insights and will definitely help us get more out of Mass. Check it out with book stores or Amazon.com. The book is "Behold the Mystery: A Deeper Understanding of the Catholic Mass" and its author is Mark Hart.

## 何神父的話

### 耶穌聖體聖血

六月二十二日的主日是基督聖體聖血節。這一天，我們懷着感恩的心來慶祝耶穌聖體聖事的恩賜。事實上，每逢主日，或是每天慶祝彌撒之時，耶穌也在實踐奧蹟，將祂的聖體聖血給予我們，讓我們得到喜樂、神聖，並活在平安和愛之中。我們有沒有真正地因着這耶穌基督的神蹟而感激天主呢？

有人曾在修和聖事中這樣說過：「天父請原諒我，我覺得彌撒很沈悶.....」我最近閱讀了一篇有關聖體聖事的文章。作者問道：「為甚麼有些人覺得彌撒很沈悶，但有些人冒着生命危險也要參加呢？」然後作者提出了答案。他說：「人們所以沈悶是出於他們的無知，對聖體聖血的意義並不了解。」他跟着解釋，球迷對美式足球的熱烈愛戴是由於他們明白比賽規例。但對於門外漢(當中或包括我們)來說，美式足球很是古怪和沈悶，因為我們對這運動認識不深甚或一無所知。

同樣地，當我們越真正了解彌撒是甚麼一回事，我們越會為之雀躍。當我們越多學習關於彌撒的不同部分、標記和象徵意義，我們對聖體聖事的經歷越發加深。有不少書籍和小冊子可幫助我們明白聖體聖事那真正和豐富的意思。有一本新書正提供了很多深入見解，讓人從彌撒中獲益更多。你可到書店或 Amazon.com 查看一本名為 "Behold the Mystery: A Deeper Understanding of the Catholic Mass" 的書，而那本書的作者是 Mark Hart。

## Asian Pacific Heritage Spring Festival

Brian Chow

This year, the community had a booth at the Asian Pacific Heritage Spring Festival in the town of Locke, located 30 miles outside of Sacramento. The booth that we had was in the middle of Main Street where we had anticipated there would be lot of foot traffic. Our goal was to promote our community to let people from Stockton and it's surrounding area know that there are Chinese Catholics in the greater Sacramento area celebrating Mass every Sunday at the Cathedral of the Blessed Sacrament. Compared to Chinese New Year Culture Association (CNYCA) event and the Chinatown Mall Culture Fair event, this event in Locke was not crowded at all. There were not a lot of people walking down Main Street to visit any of the booths and the people that attended were more interested in sitting at the center of Main Street to watch all of the live performances. Despite the low attendance, we were still able to sell a religious figurine and solicit information from an interested party in learning more about our community and attending our Mass. Someone was also gracious enough to donate to our community. Let's pray and hope that the next time we have a booth at another event, we will have a better response. Thank you to the parishioners that devoted their time to help out at the booth.

## 樂居春季文化藝術節

周祖樂

今年，團體參加了在樂居鎮舉行的春季文化藝術節，並設立了一攤位。而樂居是距離沙加緬度三十英里外的小鎮。我們的攤位正位於大街的中央，也預料會有不少的人流。我們參加的目的是為了讓士德頓市和附近地區的居民認識我們團體，使他們知道有華人天主教徒在沙加緬度地區，而且每主日也在聖體大教堂舉行彌撒。但是和華人春節聯歡會及沙加緬度華埠文化慶祝節相比較之下，這裏不是很擠擁。這兒很少人到大街的攤位參觀，他們大都熱衷於坐在大街中欣賞表演節目。縱使人流不多，我們亦賣出了一聖像，並與有興趣的人講解關於我們團體和彌撒的資料。有人更慷慨地捐獻給團體。讓我們一同祈禱，期望下一次有相類似的活動時，會得到較好的反應。在此亦感謝當天抽空在攤位協助的教友們。



## May Bible Study *Oliver Wan*

Our adult Bible Study in May was different. We had it in a natural environment. It was in Tony Wong's house in Rancho Murieta. It was far, but we gathered together. It was the first time I went to the town.

The road to Rancho Murieta was long and it was in the countryside. I thought I was lost, but when I arrived at the hill, I felt close to God. There was a lot of nature. So, I kept going. Finally, we reached the town.

We had a great time with sharing our thoughts about God's Word during our Bible Study. The great thing about it was that we had a nice view. We could see the lake and much scenery. That brought us closer to each other and we felt that God was there with us. We also thanked God for giving everyone talents in making food for the potluck. Everything was delicious and enjoyable. It was such a good time that we did not want to leave. God blessed us with a great Bible Study and potluck. Thank you Tony for your generosity and hospitality.



## 五月份查經班 *溫悅民*

我們五月份的查經班跟以往有些不同。今次是處於大自然的環境，是在教友黃思興(Tony) 位於 Rancho Murieta 的家中舉行。雖然路途遙遠，但難得大家可聚首一堂。而這也是我首次到訪此城鎮。

Rancho Murieta 處於郊區位置，路途頗遙遠。當我駕車時，我想自己已迷了路，但當我抵達小山時，我感到和天主很接近。那裏有很多自然景色，我一直往前走，終於也到達那城鎮。

我們能夠在查經班中一同分享對天主聖言的看法，感到非常愉快。加上我們面對湖景，在如此美好的環境下，讓大家更加接近，並感受到天主與我們同在。我們也感謝主賦予大家天份去做美味的食物作晚餐，所有東西很可口，令人大快朵頤。大家亦樂而忘返。感謝天主賜給我們很好的一課查經班和一頓合作晚餐。我們非常感謝 Tony 的慷慨與殷勤招待。



## Activities

### Annual Picnic

Our annual picnic was held on June 21, 2014 at William Land Park. This year, the barbecue was held at area 20, 21 and 22, which was different from the area we had in the previous years. Although this spot had a smaller barbecue grill and fewer tables and benches, we all had a good time together. We enjoyed the great food and the people. It was nice we could spend time to chat with different parishioners and played some games together. Thank you very much for participating in this event. We also thanked those parishioners who prepared for the picnic and made it a huge success.

### 年度野餐

一年一度的燒烤野餐已於六月二十一日在威廉公園舉行。今年野餐在第二十、二十一及二十二區舉行，有別於以往數年的所在位置。雖然那裏的燒烤爐較小，檯和長椅數目也不多，但大家能聚首一堂共享美食、談天說地、玩玩遊戲，已是賞心樂事。在此感謝當天參與的教友，也很感謝為野餐作事前準備的教友們，讓今年的野餐再次成功舉行！



## 團體活動

### Mass Celebration with New Auxiliary Bishop

We were honored to have the new Auxiliary Bishop of the Diocese of Sacramento, Bishop Myron Cotta, to celebrate Mass with us on June 22, 2014, the Solemnity of the Most Holy Body and Blood of Christ. He was ordained on March 25, 2014.

In his homily, he reminded us the true meaning and importance of the Eucharist, and to say the word "Amen" at Communion. He also expressed several times that he was glad to celebrate Mass with us. We were grateful to have him in our diocese.

### 新輔理主教和我們慶祝彌撒

在六月二十二日的基督聖體聖血節，我們很榮幸能邀請到沙加緬度教區的新輔理主教 Myron Cotta 主教和我們慶祝彌撒。他是於本年三月二十五日被委任。

在彌撒的講道中，他提醒我們基督聖體聖血的真意義與其重要性，並應在領聖體時說聲「亞孟」。他並多次表示很高興能和我們慶祝彌撒。我們非常感恩能有這位新任主教。



The World Cup is an event that unites the world. Like the Olympics, millions of people around the world gather around television sets to watch a football (soccer) tournament. Although fans cheer for different squads throughout the competition, they are united by their love of the game. The unity is beautiful and it inspires me to reflect about the world that we live in today. Indeed, although our world is afflicted with strife and tension, I believe there is much we can do to further increase unity in our communities.

Indeed, as mentioned in 2 Timothy 1:7, “For God did not give us a spirit of cowardice but rather of power and love and self-control.” Thus, God has given us all the ability to love as well as to overcome fear and prejudice. Moreover, as I mentioned a couple months before, Jesus called on all of us to “love your neighbor as yourself” (Mark 12:31). As a result, we must seek to unite with, and love not just our friends and family, but also those who live in our neighborhoods, cities, and world overall. Of course, this isn’t always an easy task, especially when others have different religious beliefs and/or backgrounds than our own. Nevertheless, these differences can be overcome.

Pope Francis is a great example of this. During a Holy Thursday Mass in March 2013, he washed the feet of a dozen prisoners, two of whom are Muslim.<sup>1</sup> He was non-

judgemental and chose to wash their feet to both show his love and exemplify Jesus’ message of service.<sup>2</sup> He also encouraged them and raised their spirits.<sup>3</sup> Thus, he put aside the differences to implement Jesus’ message of love, hope, and unity.

We can all do the same in our lives. One way to do so is to reach out to others and seek common ground. As I mentioned last year, I attended a vigil for the late Ambassador Christopher Stevens. Many of different faiths- including both Christian and Muslim- attended the memorial and united in condemning his killing as well as calling for peace. In addition, I personally have worked, and with both Christians and Muslims in advocating for peace and freedom in Syria as well as raising money for charities that help displaced Syrians. Thus, there is much we can do to show our love for one another, unite, and seek to improve the world we live in. By doing these tasks, we use our God-given ability to love and implement Jesus’ teachings.

**“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)**

<http://www.catholicherald.co.uk/news/2013/03/28/pope-washes-young-offenders-feeet-at-holy-thursday-mass/>

<sup>2</sup> Ibid.

<sup>3</sup> Ibid.

<sup>1</sup> Carol Glatz. “Pope washes young offenders’ feet at Holy Thursday Mass.” Catholic Herald. March 28, 2013.

## 全球性的團結

溫旭輝

世界杯，像奧運一樣，是讓全世界團結起來的運動比賽。世界超過百萬的人也圍坐電視機前觀看足球賽事。雖然球迷為不同的隊伍喝采，但是他們因着熱愛這運動的心而團結在一起。這樣的合一很是美好，也喚起我對現今世界的一些反思。其實，縱使世界被紛爭與衝突所折磨着，我相信我們仍有很多可做的事情來進一步加強社會上的團結。

事實上，在弟茂得後書第一章七節中提到：「因為天主所賜給我們的，並非怯懦之神，而是大能、愛德和慎重之神。」。因此，天主賜給了我們去愛的的能力，也令我們克服恐懼與偏見。再者，我在數月前的文章中也提到耶穌呼籲我們「應當愛近人如你自己」（谷 12:31）。所以，我們應尋求和他人的團結，不只愛我們的朋友和家人，也要愛我們的鄰居、住在同一城市及全世界的人。當然，這不是容易做到的事，尤其有些人和我們有着不同宗教信仰或不同背景。無論如何，這些差異總能夠被克服。

教宗方濟各便是一個最好的例子。在二零一三年三月，聖週四的彌撒期間，他為十二位囚犯洗腳，當中有兩人是回教徒。他並沒有批評，更選擇去為他們洗腳，顯出了他的愛心，並且體現了耶穌教人服務他人的信息。他亦鼓勵他們，且提高他們的士氣。因此，他放下

一切的分歧而實踐耶穌所提及的愛、希望和團結的教導。

我們也可照樣地做。其中一方法便是去接觸其他人並尋求共同點。我去年也提及過曾經參與已故美國大使史蒂文斯的晚間祈禱會。很多不同信仰的人，包括基督徒和回教徒，亦參加那紀念活動，攜手譴責殺害他的暴行，也一同尋求和平。再者，我亦親自和其他基督徒與回教徒一起為敘利亞的和平及自由作出呼籲，並籌款捐給慈善團體，用以幫助流亡的敘利亞人。因此，有很多事情我們可以做來表現對他人的愛，一同團結，一同尋求改善我們所居住的世界。這樣做，我們可利用天主賦予的能力去愛，並實踐耶穌的教訓。

**「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。」(若望一書 4:7)**



AllPosters

## 會務報告 Announcement

1. Our next business meeting will be held July 20, 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七月二十日(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. Our community retreat will be held on Saturday, August 16, 2014 from 9:00 am to 7:00 pm at Christ the King Passionist Retreat Center at 6520 Van Maren Lane, Citrus Heights, CA 95621. The cost for each participant is \$40, which includes lunch and dinner. We have invited Sister Esther Ling from the Bay Area as our guest speaker. The topic will be "The Words of the Lord and Silent Prayer, Grace upon Grace". If you are interested in attending the retreat, please contact Gloria Fong (916-442-7178) or Barbara Chow (916-396-9783).  
 年度避靜將於八月十六日(星期六)由早上九時至晚上七時舉行。地點為基督君王避靜中心(6520 Van Maren Lane, Citrus Heights, CA 95621)。費用為每位\$40, 包括午餐及晚餐。我們邀請了來自灣區的凌蕙彤修女為主講者, 主題是「聖言默禱, 恩上加恩」。若你有興趣參加, 請聯絡鄺陳秀玲(916-442-7178)或周葉柏茵(916-396-9783)。
3. Adult Bible study will be held once every month. For details, please contact Oliver Wan (916-205-2105) or Jenny Yu (707-592-9133)  
 成人查經班會於每月舉行一次。詳情請聯絡溫悅民(916-205-2105) 或于菊芬(707-592-9133)。
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, 以期籌集五千萬美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
年度避靜 Annual Retreat	八月十六日(星期六) 上午九時至下午七時 8/16/2014 (Sat) 9:00am – 7:00pm	基督君王避靜中心 Christ the King Passionist Retreat Center
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