

教友通訊

Newsletter

January 2014 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

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

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

www.sacchinesecatholic.org

Words from Fr. Nicholas Ho

OUR FAITH HELPS US COPE

Stress and Worry seem to overwhelm us in life. The world promises to help us cope but unfortunately it seems to increase our stress. So, what can we do in the face of this reality in our lives? Where does our Christian faith fit in to help us cope? Consider these:

"Do not be afraid" ...Scripture is full of reminders to not be afraid. Angels often greet those to whom they appear, and Jesus himself said "Do not be afraid" when he appeared to his disciples after his resurrection. So this worry and stress is not what God wants for us.

"Trust that God is in charge" ... Our Faith reminds us that God is in charge but often we act as though everything depends on us. So we are not being faithful to God when we over-focus on what needs to be done.

It is important to remember to take opportunities for even a few minutes of prayer so that we can ask for help in distinguishing between what is really important and what is unimportant in life. Even if there has been so much stress that there isn't time to pray during the day, make it a habit to take a few minutes before bed to look back at the day and offer thanks and praise for God's blessings.

HAPPY NEW YEAR ...May each of your new day be filled with Joy and the Strength of Jesus.

何神父的話

信德能幫助我們應付困難

生活中的壓力與擔憂常使人感到不知所措。外界很多東西也承諾會幫助人應付，不幸地，它似乎只徒添人的壓力。當我們在生活中面對這樣的情況時，我們可做些甚麼呢？我們的基督信仰如何能配合以協助我們應付呢？試想想：

「不要害怕」--聖經中有很多經文提醒我們不要害怕。天使會問候那些表現害怕的人；而耶穌也在祂復活後顯現給宗徒們，並對他們說「不要害怕」。所以天主並不想我們感到擔憂和承受壓力。

「相信天主掌管一切」.....我們的信仰提醒我們天主是一切的主管，但我們往往表現出所有事情都取決於我們自己。因此，當我們過分地注意我們需要做的事情時，那就是對天主失去信德。

最重要的便是記着要抓緊祈禱的機會，哪怕只有數分鐘的時間，我們可從中尋求天主幫助，去辨別生活中重要與不重要的事情。縱使日常生活的壓力使人不夠時間於日間祈禱，你也可以使自己習慣於睡覺前抽出數分鐘的時間回顧一下當天的生活，感謝與讚美天主的眷顧。

新年快樂！祝願你每天也充滿喜樂和耶穌的力量！

2014年事務委員會

二零一四年已來臨，新一年的事務委員會亦已順利誕生。我們希望藉此機會感謝二零一三年度為團體服務的事務委員會幹事，他們分別是會長周祖樂、副會長汪嘉保、財務吳家軒及文書葉柏君。在他們的熱心服務下，我們渡過了成功及豐盛的一年。也感謝團體中各人在去年以及來年繼續的支持。

今年我們投票選出財務一職。而由於其他三個職位只有一項提名，故他們均自動當選。以下是今年事務委員會幹事名單：

會長： 周祖樂 (916-583-8306)
副會長： 汪嘉保 (415-269-8397)
財務： 吳家軒 (916-220-1768)
文書： 葉蔚然 (916-968-3071)

讓我們在新的一年向上主祈禱，求主賜予新委員智慧與力量去帶領團體為主工作，幫助大家得到靈性上的成長，並讓大家透過今年的不同活動更加彼此認識和了解。也祈求讓更多人認識及加入我們團體，齊為主及每位教友服務。

Executive Committee 2014

The executive committee members for Sacramento Chinese Catholic Community of year 2014 have been established. We would like to take this opportunity to thank the executive committee of year 2013 for their wonderful job. They were President Brian Chow, Vice President Gabriel Wong, Treasurer Kenneth Ng and Secretary Sara Yip. They served our Community wholeheartedly and made it a successful and fruitful year. Thank you to the Community members for their support in the past year and continuous support in the coming years.

This year we had to vote for the position of Treasurer. While no voting was necessary for the other three positions, as there was only one nomination per position. The list of the officers is as follows:

President: Brian Chow (916-583-8306)
Vice President: Gabriel Wong
(415-269-8397)
Treasurer: Kenneth Ng (916-220-1768)
Secretary: Andrew Yeh (916-968-3071)

May God grant the new officers strength and wisdom to lead the Community to serve God, to help the Community to grow spiritually and to let members understand each other better through the activities in the coming year. May we pray to God to let us get known to more people so they will join this Community, to serve Him and the others.

Financial Report for 2013

2013 年財務報告

Balance Brought Forward as of 1/1/2013 直至 1/1/2013 結餘

Checking (Treasurer's Book Balance) 支票戶口(財務賬簿記錄) \$ 3,826.05

CD 定期存款 \$ 9,191.83
Savings 儲蓄戶口 \$ 1,002.55
Checking 支票戶口 \$ 4,450.95
Total 共計 \$ 14,645.33

INCOME 收入

Second Collection to Feeding America 捐助慈善團體 Feeding America 第二次奉獻 \$ 1,138.03
Mass Collection 彌撒奉獻 \$ 8,290.97
Collections for One Campaign 捐助「壹」運動之奉獻 \$ 432.75
Collections for World Youth's Day 捐助普世青年節之奉獻 \$ 187.10
Chinese New Year Dinner Participation 春宴門票收入 \$ 2,720.00
Donations 捐款 \$ 1,670.00
Summer Retreat Participation 避靜報名收入 \$ 785.00
Thanksgiving Dinner Participation 感恩節晚餐報名收入 \$ 386.00
Parking Lot Sale 停車場義賣活動 \$ 472.00
Total 共計 \$ 16,081.85

EXPENSES 支出

Donation to Feeding America 捐助慈善團體 Feeding America \$ 1,138.03
Collections for World Youth's Day 捐助普世青年節 \$ 187.10
Collections for One Campaign 捐助「壹」運動 \$ 432.75
Fr. Ho's Monthly Including Substitute Fathers 何神父每月支出(包括支助其他神父) \$ 2,650.00
Utilities 水電費 \$ 600.00
Chinese New Year Dinner and Associated Expenses Including Gifts, Laises etc 春宴支付酒席及相關費用如禮物和利是等等 \$ 3,280.81
Summer Picnic and Related Expenses 野餐及相關費用 \$ 439.84
Booth in CNYCA 華人春節聯歡會攤位租金 \$ 150.00
Summer Retreat and Related Expenses 避靜及相關費用 \$ 1,108.00
Retreat Center Reservation for 2014 付避靜中心 2014 年之定金 \$ 240.00
Thanksgiving Party and Related Expenses 感恩節晚餐及相關費用 \$ 728.10
Newsletter/Stationery/Postage 教友通訊(印刷、信封及郵費) \$ 241.62
Park Reservation for Church Picnic in 2014 付公園定金 (2014 年週年野餐) \$ 70.00
Christmas Dinner Utensils, Gifts and Miscellaneous Expenses 聖誕節晚餐用具、禮物及其他支出 \$ 725.71
Sympathy for Elisa's Step-Father 致 Elisa 家庭之弔唁 \$ 100.00
Check and Deposit Ticket Re-order 定支票、銀行存款單及相關費用 \$ 186.71
Miscellaneous Non-classified Expenses Including Supplies, Monthly Birthday Cakes, After-Mass Refreshments etc 其他未分類支出包括用品、每月生日蛋糕、彌撒後茶點等等 \$ 2,251.12
Total 共計 \$ 14,529.79

Balances as of 12/31/2013 直至 12/31/2013 結餘

Checking (Treasurer's Book Balance) 支票戶口(財務賬簿記錄) \$ 5,726.72

CD 定期存款 \$ 9,216.73
Savings 儲蓄戶口 \$ 927.55
Checking 支票戶口 \$ 7,120.01
Total 共計 \$ 17,264.29

是很久很久以前的事了，約六十年吧，在一個主日近黃昏的時刻，一群十二、三歲的男孩剛從山上回到寄宿的天主教學校。因為他們習慣了每個主日午飯後都步行數小時去山上或海邊玩，所以都不感到太累，但卻很髒。舍監便要他們往樓上的宿舍洗澡。我因在山上採摘了一束野薔薇，獲准先去聖堂放置好花朵，才回宿舍。

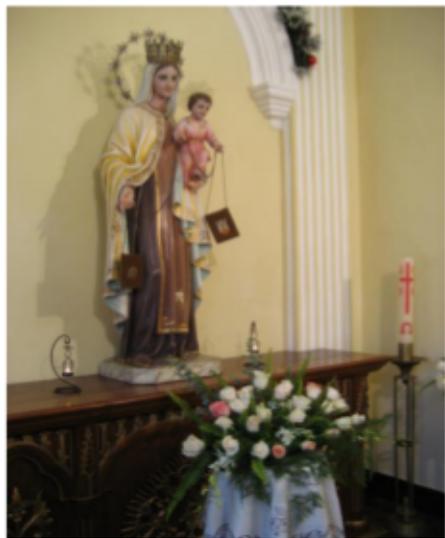
從聖堂的什物室中取了花瓶，插好了花和注了水，便將花瓶放在聖母像前。那時，夕陽從寬闊的大窗照進堂內，落日的餘暉將簡樸的小教堂照耀得金碧輝煌，如同宮殿般華麗莊嚴。祭台上栩栩如生的聖像都向著我微笑。野薔薇花後的聖母像更好像要開口說話。我凝望著聖母慈祥的面孔，心中突然感到極度無比的喜悅和滿足，覺得自己是個獲得上主和聖母特別疼愛的幸運兒。

如今，當日的小孩已垂垂老矣。數十年內，有過不少愉快的日子和美好的經歷。但心中感到的喜悅和滿足卻不及那次在小教堂的遭遇。我是知道原因的，小教堂中的黃昏美景雖然引發起我的感受，但感受的來源卻始自我當時的生活和行為。雖然家中的經濟困境和學業的緊迫給我強大的壓力，但在神職人員耳提面命下，和修道院式的寄宿生活中，我很輕易的將我的一切完全交給上主和聖母，所作所為也依著神的意旨。很自然地便達到無憂無慮的境界。

在過往歲月中，自問並不是個壞人，甚至算得上是個好人，因自身的軟弱和其它的因素，總未能將自己百分之百地托付與上主，完全生活在主內。相對地，也無法感受到童年時的極度喜悅和滿足。現在，多謝天主，使我能踏入晚年。當年很多作為藉口的因素已不存在，自身的軟弱也應戒徐。是返璞歸真，重新完全活在主內的時刻了。但願我真能大徹大悟，全心全意地去做一個積極的教徒，重拾昔日的喜悅和滿足，也許可以預早淺嘗一下未來的極樂。

後記:

以上寫的，與儒家的「君子坦蕩蕩，小人長戚戚」，有些吻合。虛度了數十年，希望有些經歷和感受能與大家分享。



(請翻到下一頁閱讀英文譯本。)

(Please turn over to p.5 for English translation on this article.)

Lives in God

Anthony Wong

As I remembered, it happened a long long time ago, probably 60 years ago. It was an evening on a Sunday, a group of 12 to 13 year-olds boys returned to their Catholic boarding school from the hill. They used to spend hours to walk up to the hill or played by the seaside after lunch on every Sunday. They were not really tired, but were rather dirty, and the superintendent of the dormitory required them to take a bath. Since I had picked a bunch of wild roses, I was allowed to place them in the chapel before going back to the dormitory.

I took a vase out from the storeroom of the chapel, filled it with water and put the roses in it. I put the vase in front of the statue of Our Lady. At that moment, sunset shone in through the large window, it was so magnificent, as if turning this austere chapel into a resplendent and solemn palace. On the altar, those lifelike statues of saints were smiling at me. The Our Lady statue behind those roses seemed like talking to me. While I gazed at the kind face of Our Lady, I suddenly felt great joy and satisfaction, I was thinking myself as a lucky person whom was especially loved by God and Our Lady.

Nowadays, that kid is already an old man. In the past decades, I had a lot of happy days and wonderful experiences, but I never experienced that joy and satisfaction as I had in that chapel. I think I know the reason behind this. The beautiful sunset at the chapel made me feel in a certain way, but the source of this feeling came from the way of how I lived and behaved at that time. Though I was under a lot of stress from the

financial difficulties in my family, and the pressing schoolwork, the priests gave me plenty of advice, and my life in the boarding school was like living in a monastery, I could easily hand over everything to God and Our Lady, and lived in accordance to their will. Therefore, I did not have to worry anything, and this came so naturally.

I reflected on my past, I was not a bad person, I would even say I was a good man. However, due to my weakness and some other factors, I could not entrust myself to God one hundred percent, and lived in God totally. Therefore, I could not feel the joy and satisfaction that I once had in my childhood. Thanks to God that I am now in my senior years of life. The excuses that I had in my earlier life were no longer existed, and I have to get rid of my weakness. This is the time for me to return to God and lives in Him. I wish I can achieve this and be an active Christian wholeheartedly, so I can regain the joy and satisfaction that I had in the past. Maybe I can experience the bliss in the near future.

Postscript:

Confucius said, “The gentleman is free and bountiful. The petty man is bound and grieving.” There is some agreement between this quote and my article. I thought I had wasted many years of time, but at least I could share my experiences and thoughts with you.

Bible Study Schedule

成人查經班時間表

Date 日期	Time 時間	Venue 地點
February 8, 2014 (Sat) 二〇一四年二月八日(星期六)	10:00am -12:00pm 上午十時至中午十二時	Belle Cooledge Library Belle Cooledge 圖書館
March 8, 2014 (Sat) 二〇一四年三月八日(星期六)	10:00am -12:00pm 上午十時至中午十二時	North Natomas Library North Natomas 圖書館
April 12, 2014 (Sat) 二〇一四年四月十二日(星期六)	10:00am -12:00pm 上午十時至中午十二時	Belle Cooledge Library Belle Cooledge 圖書館
May 10, 2014 (Sat) 二〇一四年五月十日(星期六)	10:00am -12:00pm 上午十時至中午十二時	Belle Cooledge Library Belle Cooledge 圖書館



Announcement

會務報告

1. Our next business meeting will be held January 19, 2014 (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一月十九日(星期日)下午一時在西沙加緬度的聖母聖寵堂會議室舉行。歡迎各位踴躍參加。
2. Our annual Chinese New Year Dinner will be held on Saturday, January 25, 2014 at 6:00 pm at Hong Kong Islander (5675 Freeport Blvd., Sacramento, CA 95822). The cost per person is \$20/ adult, \$10/child (5-12 yrs old). For reservations to the dinner, please contact Gloria Fong (916-442-7178).
新春晚宴將於一月二十五日(星期六)舉行。時間是晚上六時，地點為海港酒家(5675 Freeport Blvd., Sacramento, CA 95822)。費用為成人每位二十元正，兒童(五至十二歲)每位十元正。如閣下有興趣參加，請向鄺陳秀玲(916-442-7178)報名。
3. Our annual Chinese New Year Mass and Tribute to the Ancestors will be held on Sunday, January 26, 2014 at 3:00 pm at the Cathedral of the Blessed Sacrament, 1017 11th Street, Sacramento, CA 95814.
我們一年一度的新春彌撒暨敬祖儀式將於一月二十六日(星期日)下午三時在聖體大教堂舉行。

(Please turn over to p.7 請翻閱至第七頁)



祝大家馬年進步，主恩滿溢！
Happy New Year of the Horse!

會務報告 **Announcement** (Continue from p.6 續第六頁)

4. Our community will once again have a booth at the annual Chinese New Year Culture Association Chinese New Year Celebration held on Saturday, February 15, 2014 from 11:00 am to 5:00 pm located at Hiram Johnson High School on 6879 14th Ave, Sacramento, CA 95820. The festival celebrates Chinese New Year with a dragon dance, martial arts, music, singing & dance performances, various Chinese food, vendor booths, and children's games. Please stop by to see and support us.
華人春節聯歡會將於二月十五日(星期六)上午十一時至下午五時在 Hiram Johnson High School (6879 14th Ave, Sacramento, CA 95820)舉行。當天我們將會設立攤位。聯歡會將會慶祝春節，節目包括舞獅、武術、音樂、歌唱與舞蹈表演，不同的中國食品、攤位和兒童遊戲。歡迎大家同來參加和支持我們!
5. 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)。
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。
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 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。
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。
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
新春晚宴 Chinese New Year Dinner	一月二十五日(星期六) 下午六時 1/25/2014 (Sat) 6pm	海港酒家 Hong Kong Islander
新春彌撒 Chinese New Year Mass	一月二十六日(星期日) 下午三時 1/26/2014 (Sun) 3pm	聖體大教堂 Cathedral of the Blessed Sacrament
野餐 Picnic	六月二十一日(星期六) 上午十一時半至下午三時 6/21/2014 (Sat) 11:30am – 3pm	威廉公園第九區 William Lank Park Area 9
年度避靜 Annual Retreat	八月十六日(星期六) 上午九時至下午八時 8/16/2014 (Sat) 9am – 8pm	基督君王避靜中心 Christ the King Passionist Retreat Center