

教友通訊

Newsletter

July/ August 2016 七月/八月



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
415-727-7880

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THE BETTER PART

更好的一份

Giving and Receiving are very important in our lives. If someone were to ask which is more important, most of us would say, “It is better to give than to receive.” The Gospel of July 17 will surprise us (Luke 10:38-43). In the Gospel, Jesus visits Mary and Martha. Martha is the giver. She is busy serving Jesus. Mary on the other hand is the receiver. She sits and listens to Jesus. Clearly, we need the example of both sisters in our lives. But Jesus says, “Mary has chosen the better part, and it will not be taken from her.”

施予和領受在我們的生活中是重要的。若有人問哪一樣更為重要，我們大多會說：「施予比領受更為好。」但七月十七日的福音(路 10：38-43) 會令我們意想不到。福音中提到耶穌探訪瑪利亞和瑪爾大。瑪爾大是施予者。她一直很忙碌地接待耶穌。相反，瑪利亞是領受的那位。她坐着並聆聽着耶穌。很顯然，在我們的生活中也需要這兩姐妹作為榜樣。但是耶穌說：「瑪利亞選擇了更好的一份，是不能從她奪去的。」

When Jesus points to the priority of receiving, he is not encouraging us to be selfish. We must always be ready and willing to serve others. But Jesus is reminding us that receiving deepens our relationship with God. Receiving is opening ourselves to receive the love of God.

當耶穌指出領受是更為優先時，祂並不是鼓勵我們變得自私。我們在任何時間也要準備好並樂意地去服務他人。但耶穌提醒我們領受可以加深我們和天主的關係。領受是開放自己去接受天主的愛。

Let us therefore find some “Mary Time” in our daily lives. Have an honest talk with someone you love- your spouse, your children, your grandchildren or friend. Listen to him or her. Open yourself and let God’s beauty in. Yes, there is much work to be done, and it is important. But also it is necessary to receive. Jesus is to be Trusted-so receive, listen, is the better part.

就讓我們每天也學習瑪利亞去找些時間，和你愛的人作坦誠的對話，那可以是你的配偶、子女、孫兒/女或朋友。也要聆聽他/她。開放自己讓天主的美好進來。沒錯，這的確是要花些功夫，而且是重要的。但領受亦是必需的。耶穌是值得相信的，所以領受和聆聽，就是更好的一份。

Annual Picnic

Our annual picnic was successfully held on June 11, 2016 at William Land Park. We had to thank God for giving us a day with nice weather.

We had to thank those parishioners who arrived at the park early that day to prepare the grill for us. Thank you for those who helped to buy and prepare food, those who bought drinks, utensils, other necessities and prizes. The picnic would not be a success without them.

We were happy to meet our friends, especially friends from Oakland Chinese Catholic Community. We had food like chicken wings and thighs, ribs, hamburger, sausage, corns etc. I hoped you all had enjoyed it!

Thank you very much for your participation. We will have our picnic on June 10 at the same place next year. Please join us then!



年度野餐

團體的年度野餐於六月十一日在威廉公園圓滿舉行。我們要感謝天主賜給我們風和日麗的一天。

我們要感謝那天一早到達公園預備燒烤爐的教友們。也要感謝幫忙購買及預備食物的教友，幫忙購買飲品、餐具、其他用品和獎品的教友。感謝他們的幫助讓野餐可順利舉行。

我們很高興見到不同的朋友，特別是專程從屋崙來的教友們。那天有豐富的食物：雞翼、雞腿、排骨、漢堡扒、香腸、粟米等等，希望大家那天也過得愉快！

謝謝各位參與及支持的教友。下一年的野餐將於六月十日在同一地點舉行。請記着這日子啊！



Healing the World with Love

Alex Wan

“The second is like it: You shall love your neighbor as yourself.” – Jesus (Matthew 22:39, NAB)

The last few months have been very difficult for our world. There has been brutal violence, including attacks in Dhaka, Istanbul, Baghdad, Aleppo, Nice, and Mogadishu and the killing of British Parliament member Jo Cox. At home, there have also been attacks as well, such as the murder-suicide at UCLA; the killings of police officers in Dallas and Baton Rouge; the massacre in Orlando; and the killings of Philando Castile and Alton Sterling. Injustice, terrorism, and violence know no boundaries.

In times like these, there is much pain, anger, and fear. Such brutality, suffering, and violence can cause us to question our own safety and security. It can also leave us with much heartbreak. We are saddened and angered by the loss of life and the atrocities.

Yet, in spite of the pain, we cannot turn to hate and scapegoating. As stated in 1 John 2:9, “Whoever says he is in the light, yet hates his brother, is still in the darkness.” Thus, while we are angered by the violence, giving into the hatred will only lead to more pain. Such hatred will also only lead us further into darkness. Moreover, let us not forget 1 John 4:18, which says, “There is no fear in love, but perfect love drives out fear” (NAB). Love is what leads us away from fear and to work towards peace. We must therefore heed Jesus’ call to love our

neighbors (Matthew 22:39), regardless of their race, religion, gender, or national origin.

Let us also seek to do good for our world and make it a more just and peaceful place. In Matthew 7:12, Jesus says, “Do to others whatever you would have them do to you” (NAB). This teaching doesn’t just apply to personal conduct, but also to how we would like our world to be. I’m sure we all would like our world to be peaceful and free from hatred and discrimination. That is why we must work with our brothers and sisters from all faiths towards peace, interfaith unity, greater understanding, and love. It’s also why we must speak out for justice. Let us speak out against discriminatory practices (such as racial profiling) and injustice overall. We can do so while also supporting law enforcement and understanding that they face great challenges.

Remember, it’s not about ‘us vs. them’. It’s about seeking peace and justice while never forgetting our common humanity and our love. That is how we can follow the Golden Rule. Let us all do so and implement Jesus’ teachings in our lives.

*“Make a career of humanity, commit yourself to the noble struggle for equal rights. You will make a greater person of yourself, a greater nation of your country, and a finer world to live in.”-
Martin Luther King Jr.*

「第二條與此相似：你應當愛近人如你自己。」-耶穌(瑪 22：39)

過去的數月對世界來說是非常艱難的時期。到處也有殘酷的暴力事件，包括在達卡、伊斯坦布爾、巴格達、阿勒坡、尼斯和摩加迪沙的襲擊。以及英國國會議員柯克斯(Jo Cox)被殺。在美國亦有襲擊，如在加州大學洛杉磯分校的謀殺及自殺案；在達拉斯和巴頓魯治的警員被槍殺案；在奧蘭多的屠殺；及卡斯提(Philando Castile)和史特林(Alton Sterling)被殺案。不公義、恐怖主義，和暴力橫行無忌。

在這樣的時刻，充斥着很多痛苦、憤怒和恐懼。這些暴行、痛苦和暴力可令人質疑自身的安全和保障。這也令人很是悲傷。我們對人命的損失和殘暴的行為感到傷心及憤怒。

不過，即使有痛苦，我們也不能變得仇恨和誘過他人。就如若望一書第二章九節所說：「誰說自己在光中，而惱恨自己的弟兄，他至今仍是在黑暗中。」因此，雖然我們被這些暴力行為所激怒，但妥協於仇恨只會帶來更大的傷痛。這樣仇恨會引領我們步入更深的黑暗。再者，讓我們不要忘記若望一書第四章十八節所言：「在愛內沒有恐懼，反之，圓滿的愛把恐懼驅逐於外。」愛帶領我們由恐懼步向和平。所以我們要聽從耶

穌的教訓，愛近人如自己(瑪 22:39)，不論他們的種族、宗教、性別或國籍。

讓我們尋求為這世界做好事，使之成為更加公正與和平的地方。在瑪竇福音第七章十二節，耶穌說：「凡你們願意別人給你們做的，你們也要照樣給人做。」這教訓不只是應用於個人行為，但也在於我們想世界變成怎樣。我相信我們也想世界得到和平，沒有仇恨和歧視。也因此我們要和其他信仰的兄弟姊妹一同為和平、不同宗教的團結、更深的了解和愛而努力。這亦因此我們要為公義發聲。讓我們站出來反對有歧視成分的做法(例如種族歸納)及整體的不公義。我們可以這樣做，亦同時支持執法人員，並明白他們要面對的極大挑戰。

記着，這並不是「我們對抗他們」。這是關於尋求和平與公義，同時亦不忘記我們共有的人性及愛。這是我們如何去跟隨黃金定律。就讓我們照着做並在生活中實踐耶穌的教訓。

「將人道作為終身事業，全心投入為平等權益而作的高貴鬥爭。你會令自己成為更強大的人，令你的國家更強大，和一個令人活得更好的世界。」

-馬丁路德·金

The Power of Prayer

Each of us can call on God anytime we want, and he will hear our plea. We don't have to be perfect to ask God for our needs and the needs of others. We can't be perfect! But unless we are praying daily, unless we are reading his word daily, we cannot come to know him better, to enter into a personal relationship with him that God himself desires for each one of us. God doesn't want to be a kind of slot machine where we put in our request and then see if we win the prize. God desires a personal relationship with each of us. The choice is left to us. God gave us a free will; God will never coerce, but he longs to draw us close to him and share his plans- his will- step-by-step for us and for those we love.

Spiritual Exercise

1. **Develop a habit of thanking God daily by using one of the Psalms:** Psalms 8, 33, 34, 40, 66, 103, 116, 135, 136, 150. There are many, but this list can be helpful to growing in a daily habit of being grateful for all good things- especially those things we can take for granted.
2. **Carve out at least 15 minutes everyday for just you and the Lord.** Read a passage from one of the Gospels (you can use the Gospel reading for the day at Mass if you want). Remember: "The word of God is living and active..." This word has power to change your life.

(Heb 4:12) Ask God to help you understand it.

3. **As you read, ask God to give you grace to do his will.** Ask God to give you a love for his will. (I can hear you saying, "I am afraid, I don't know what God will ask of me; I am afraid to get too close...") I promise you that his will has the power to bless you beyond anything you can imagine.
4. **Ask God to increase your faith in his love for you;** God is always faithful; he will never abandon you-never! Remember: you and I only see "In a mirror dimly, but then face to face. Now I know in part; then I shall understand fully even as I have been fully understood." (1 Cor 13:12)

As you pray this way daily, and as you begin to see the peace that comes when we surrender to God's will- God's way- you will grow in faith. You don't have to have it all together, just be on the road to loving God's will and trusting him.

Even while we are on the way, God enables us to begin to pray for the needs of others: family, friends, co-workers, parish, neighborhood...

Jesus tells us in John 15:7: "**If you abide in me and my words abide in you, you may ask what you will and it shall be done for you!**"

(Excerpted from Catholic Herald May/June 2016, written by Sister Ann Shields)

祈禱的力量

我們每人也可隨時呼求天主，而祂會聽到我們的懇求。向天主要求我們或他人的需要，我們不必要是完美的。我們不可能是完美的！不過，除非我們每天也祈禱，除非我們每天讀祂的聖言，我們不能更認識祂，不能和祂建立更個人的關係，而這關係是天主想親自和每個人所建立的。天主不希望成為一種角子老虎機，我們將自己的要求加入，跟着看看是否得獎。天主想親自和每個人建立個人的關係。而選擇權在我們手中。天主給予我們自由意志；天主從不強迫我們，但祂渴望把我們和祂拉得更接近，並一步一步的分享祂的計劃、祂的意願給我們和我們愛的人。

心靈的練習

1. **養成每天也用以下的聖詠來感謝天主的習慣：**聖詠第 8、33、34、40、66、103、116、135、136 和 150 篇。當然還有其他的，但這數篇可以幫助我們養成每天習慣向天主感謝所有美好的事情，特別是那些我們覺得理所當然的事情。
2. **每天騰出十五分鐘的時間和天主獨處。**讀一篇福音(你可以用當天彌撒的福音讀經)。記着：「天主的話確實是生活的，是有效力的……」這些話足以改變你的生命(希 4:12)。祈求天主幫助你明白祂的話。

3. **當你閱讀時，祈求天主給你恩寵去承行祂的意願。**祈求天主讓你愛祂的意願。(我聽到你說：「我害怕，我不知道天主要我做甚麼：我害怕和祂太接近……」。我保證祂所意願的有力量能保守你，並超越一切你能想像的事情。
4. **祈求天主在祂愛內加強你的信德。**天主永遠也是忠誠的，祂永遠也不會遺棄你。記着：你和我只見到「鏡子模糊不清，到那時，就要面對面的觀看了。我現在所認識的，只是局部的，那時我就要全認清了，如同我全被認清一樣。」(格前 13:12)

當你每天也這樣祈禱，當你聽從天主的意願，天主的方向，你會開始見到平安的來臨，你的信德也得以增長。你不必擁有一切，只需要一直的愛天主的意願並相信祂。

即使我們只是在途上，天主也能夠讓我們開始為他人的需要而祈禱：家人、朋友、同事、教區、鄰居……

耶穌在若望福音第十五章七節告訴我們：「你們如果住在我內，而我的話也存在你們內，如此，你們願意什麼，求罷！必給你們成就。」

(摘要並翻譯自 Catholic Herald, 由 Ann Shields 修女撰寫)

會務報告 Announcement

1. Father Ho will share his thoughts about the Community becoming part of the parish of the Cathedral of the Blessed Sacrament after Mass on July 31 (Sunday). Please come and join us and spread the words to other parishioners.
何神父將於七月三十一日(星期日)彌撒後分享團體加入聖體大教堂堂區的看法。請大家同來參加，並告知其他教友。
2. Our next business meeting will be held August 21, 2016 (Sun) after Mass at Cathedral of the Blessed Sacrament meeting room. All are welcome to attend.
下一次事務會議將於八月二十一日(星期日) 彌撒後在聖體大教堂的會議室舉行。歡迎各位踴躍參加。
3. Adult Bible study will be held once every month. For details, please contact Gabriel Wong (415-269-8397).
成人查經班會於每月舉行一次。詳情請聯絡汪嘉保(415-269-8397)。

成人查經班時間表 Bible Study Schedule	日期 Date	地點 Venue
	八月二十七日上午十時至十一時半 8/27/2016 10:00am-11:30am	Martin Luther King Jr 圖書館 Martin Luther King Jr Library
	九月十七日上午十時至十二時 9/17/2016 10:00am-12:00noon	Martin Luther King Jr 圖書館 Martin Luther King Jr 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 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. 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
年度避靜 Annual Retreat	八月六日(星期六) 上午九時至下午六時 8/6/2016 (Sat) 9am – 6pm	Marello Youth Retreat Center in Loomis
感恩節晚餐 Thanksgiving Dinner	十一月二十日(星期日) 下午六時至九時 11/20/2016 (Sun) 6:00pm – 9:00pm	聖體大教堂交誼廳 Mercy Memorial Hall
聖誕節晚餐 Christmas Dinner	十二月十八日(星期日) 下午六時至九時 12/18/2016 (Sun) 6:00pm – 9:00pm	聖體大教堂交誼廳 Mercy Memorial Hall