

教友通訊

Newsletter

September/October 2016 九月/十月



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
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www.sacchinesecatholic.org

<https://www.facebook.com/853027988147579/>

Words from Fr. Nicholas Ho

ALL TOGETHER NOW

A man boarding a train has his one foot caught in the gap between the platform and the train. When safety officials could not free him, they coordinated the efforts of about 50 passengers who lined up and, on the count of three, pushed against the train. Working in unison, the passengers shifted the train just enough to free the trapped foot.

St. Paul recognized the power of Christians working together. In many of his letters to the early Christians, unity with other believers enables us to broadcast God's greatness and also helps us to endure difficulties and trials. Satan loves to divide and conquer but his efforts fail when, with God's help we "make every effort to keep the unity of the Spirit through the bond of peace" (Ephesians 4:3).

The Sacramento Catholic Chinese Community started many years ago. All along the community was an independent and autonomous body. However, as of the first weekend of September 2016, SCCC incorporates herself with the family community of the Cathedral Parish.

SCCC with the Cathedral Parish continues to reach out not only to Chinese friends but to all others in our effort to build the Kingdom of a God here and now. SCCC hopes that more people, through us, would experience the blessings of unity and fellowship in Jesus Christ, Our Lord and Savior.

何神父的話

現已同在一起

有一位男士在登上火車之時，一隻腳被夾在月台與列車之間的縫隙。當保安人員未能把他拉出來的時候，他們協調了五十位乘客的力量，他們排成一列，在數到三時，他們一同把火車推到一邊。當大家行動一致之時，乘客們移動了列車，剛剛足夠將他的腳拉出來。

聖保祿意識到基督徒一同合作的力量。他寫給早期基督徒的書信中，提到和其他的信徒團結時，使我們更能夠宣揚天主的偉大，並幫助我們忍受困難及考驗。撒殫喜歡分裂和攻擊，但他的努力會白費，因為靠着天主的幫助，我們「盡力以和平的聯繫，保持心神的合一。」(厄弗所書 4：3)

沙加緬度華人天主教團體在很久以前成立，一直是獨立及自主的團體。不過，在二零一六年九月的第一個週末，我們團體正式加入大教堂堂區，成為這家庭的一分子。

沙加緬度華人天主教團體及大教堂堂區不單會繼續聯繫華人朋友，也會聯繫其他的人，以我們的力量在這裏、在現在建立天主的國。我們團體希望更多的人能透過我們，體驗到團結帶來的恩賜，以及和耶穌基督，我們救世主，的友情。

On June 12, 2016, the members of our Community voted to join the Cathedral of the Blessed Sacrament parish. On July 31, Father Ho shared his thoughts about the Community joining the Cathedral parish and supported this move. As Father Ho mentioned in his article on p.1 of this Newsletter, we joined the Cathedral parish on the first Sunday of September 2016.

After becoming part of the Cathedral parish, Father Ho remains our spiritual director and pastor of our congregation, while Father Michael O'Reilly is our parish pastor. You can register as a parishioner of the Cathedral. You can find the form in the weekly bulletin or register online at www.cathedralsacramento.org/parishioner-registration. You can request for envelopes for the weekly Mass collection

Our weekly Mass collection will go to the parish. We will have second collection in accordance with the Cathedral. We are allowed to have a second collection and other fund raising activities to raise fund for our Community. This second collection will be on the third Sunday of every month.

We can keep our bank account and all the donations that are made to SCCC. For audit purposes, we will provide the Cathedral with a monthly statement of our bank account.

We can publish our activities in the Cathedral bulletin.

Thank you for your support to our parish and Chinese Community.

在二零一六年六月十二日，團體的教友為加入聖體大教堂堂區事宜投票。在七月三十一日，何神父分享了他對團體成為大教堂堂區一分子的想法，並表示支持。而何神父在這教友通訊的第一頁提到，我們於九月第一主日成為了大教堂堂區的一分子。

加入了大教堂堂區後，何神父仍是我們教友的神師和牧者，Michael O'Reilly 神父是堂區的牧者。你可以登記成為大教堂的教友。登記表格刊於大教堂每週的通訊。你也可以上網到 www.cathedralsacramento.org/parishioner-registration 登記。你可要求收取信封用於每週的彌撒奉獻。

我們每週的彌撒奉獻會交予堂區，並跟隨大教堂的日子收集第二次奉獻。我們可以通過收集第二次奉獻及其他籌款活動來為團體籌募經費。而為團體收集的第二次奉獻將於每月第三主日舉行。

我們可保留團體的銀行賬戶和所有給「沙加緬度華人天主教團體」的捐款。我們每月會向大教堂提供賬戶月結單作審計之用。

我們亦可於大教堂的通訊中刊登我們的活動。

謝謝大家對我們的堂區和華人團體的支持。

分享

于菊芬

我要介紹一篇感人的追思彌撒證道詞，因為這證道詞深深地安慰了當事人，他的慈悲的話語更感動了許多在場的外教人士！詞中並讓我們知道在各種生活上，在不同的人身上，我們處處可見到主耶穌的身影！此證道的是一位來自法國巴黎外方傳教會的神父，Fr. Pierre de La Bigne, MEP. 中文名字是陸有望神父。他來台灣才一年，所以用很緩慢但非常標準的國語，一字一句很用心專注地講完。地點在南松山天主堂 (Our Lady of SongShan Catholic Church)。

我的妹夫林我龍先生，長的高大英挺，健康樂觀，生前事業有成，擅長打高爾夫球。為人正直，樂善好施講義氣！他與我的小妹二十五年前在天主教堂結婚，婚姻幸福美滿，育有一女一子。當年我們移民來美國，他是第一位來探視我們的親人，每每我們回台也總是受他親切接待，對於晚輩更是愛護有加！在去年他發現罹患舌根癌，小妹獨自一人承擔莫大的照顧責任，衣不解帶陪伴直至最後，於最艱困的臨終前，感謝台灣主教團 (Chinese Regional Bishops' Conference) 秘書長陳科神父趕來為之領洗，我為妹夫取了聖名-若翰(洗者)。享年五十八。其後由本地代理神父，陸神父為其做殯葬追思彌撒。下面就是這篇感人的證道詞：

「親愛的兄弟姊妹：

我們今天都很難過，因為我們的兄弟林我龍(若翰)還在壯年就離開了，去見我

們的天父。可是我們也相信耶穌基督說的：『凡是他交給我的人，要我連一個也不失掉，而且在末日還要使他復活。』這就是我們對林我龍的希望，因為他在去世以前領洗了，他已經得到天主的生命。我們相信他現在活在天主內，等待著肉身的復活。

我頭一次走進林我龍的房間，我有兩個感覺。第一個是非常憐憫，因為他受了很多苦，就像耶穌在十字架上的樣子。我對他懷著深深的尊敬，因為他離我們的天父很近，很快就要去見他，所以默默的喊他『我的兄弟』。

第二個感覺是，我很敬佩林我龍跟他太太之間的深厚愛情。你一直握著你先生的手，溫柔的跟他說話。我心想：這段痛苦的時間也證明了他們婚姻的成功，這份深厚的愛永遠不會死。因為耶穌來到世上，為我們獻出他的生命，所以愛比死亡更堅強。此外，你讓你的先生領洗：這就是婚姻的成功，你們現在分享一樣的信仰，你們的連結永遠存在耶穌內。

我們真的相信耶穌在這兒，在聖體裡面。每次舉行彌撒，天國就會來到我們中間。林我龍現在住在天國，但是在領聖體的時候，你們是在一起的，所以你們在領聖體的時候，可以跟耶穌說話，也可以跟林我龍說話。因為他在耶穌內，他離你們很近。
阿們。」

My Sharing

Jenny Yu

I would like to share a homily from a Memorial Mass, as it deeply comforted the family with the loss, the merciful speech also touched the non-Christians there. We understood from the homily that Jesus would be in different walks of life, in different people and everywhere. This homily was written by a French priest, Fr. Pierre de La Bigne, MEP. He also has a Chinese name. He came to Taiwan for one year, and he delivered his speech attentively, he spoke with accurate Mandarin slowly, and sentence by sentence. The Mass took place at Our Lady of SongShan Catholic Church.

Mr. Lin Wo Long, my brother-in-law, was tall and handsome, healthy and optimistic. He had a successful career, he was good at playing golf. He was a righteous man, benevolent and had a sense of justice. He married my younger sister at a Catholic church 25 years ago, they had a blessed marriage, with one daughter and one son. When we immigrated to the United States, he was the first of the relatives to visit us. Whenever we went back to Taiwan, he extended hospitality to us. He showed lots of care for the younger generation. He was diagnosed with tongue cancer last year, my little sister bore the burden and took care of him by herself until the last minute. It was thankful that Fr. Chen Ke from Chinese Regional Bishops' Conference baptized him before his passing. I chose John (the Baptist) as his Christian name. He was 58 years old. Then Fr. Pierre celebrated his Memorial Mass. The following is the touching homily of the Mass:

“Dear Brothers and Sisters,

We are all very sad today, as our brother Lin Wo Long (John) passed away in the prime of life, he went back to our God. Though we have to remember what Jesus had said: ‘that I should not lose anything of what he gave me, but that I should raise it [on] the last day.’ This is our hope to Lin Wo Long, because he was baptized before he passed away, he got the life of God. We believe that he’s now living in God, waiting for the resurrection of the body.

I had two feelings when I entered into his room for the first time. The first feeling was very compassionate, as he suffered a lot, he looked like Jesus on the cross. I had deep respect for him, because he was so close to God, he would see Him soon, so I quietly called him ‘my brother’.

The second feeling was that I admired the love between Lin and his wife. You kept holding your husband’s hand, and spoke softly to him. I thought: This difficult time also proved the success of their marriage, this true love would never die. It is because Jesus came to this world and sacrificed His life for us, love is stronger than death. In addition, you let your husband get baptized, and this is the success of the marriage, you both now share the same faith, the connection between you two will stay forever in Jesus.

We believe Jesus is here, in the Eucharist. Every time we celebrate Mass, God’s Kingdom will be among us. Lin Wo Long was now living in heaven; but when you receive the Eucharist, you are together with him. So when you receive the Eucharist, you can talk to Jesus, you can talk to Lin, as he was in Jesus, he was so close to you. Amen.”

年度避靜

二零一六年的年度避靜，已於八月六日(星期六)在 Loomis 的 Marello Youth Retreat Center 圓滿舉行。今年我們很高興邀請到灣區的徐世強執事作為主講者。今次的主題是「慈悲禧年」。徐執事以互動的方式和我們深入了解「慈悲」的意義。例如他為我們介紹了教宗方濟各的徽章，然後便要大家設計屬於自己的徽章，並和其他人分享當中的意義，為的是讓我們多認識自己及其他教友。而我們亦一同認識慈悲禧年的禱文。以下是今次避靜的一些摘要。

「禧年早在以色列的時代出現，在舊約中，禧年是每七年慶祝一次。依撒意亞先知書中提到「帶罪的身，今年得赦罪。」而耶穌來到，宣告自由，人們不要被其他東西俘虜。當我們穿越慈悲聖門，便得到洗滌。現在教會是每二十五年慶祝一次。

慈悲之心是有孝愛敬。當天主要消滅罪惡之城時，亞巴郎向天主不斷請求赦免的人數。慈悲的天主也答應。耶穌曾向撒瑪黎亞婦人顯示自己，並給予活水。耶穌有慈悲之心，給予每個人機會去改過。像那婦人敬畏天主，也可發起我們慈悲的心。中國民間流傳二十四孝的故事，亦讓人見到慈悲的心可在小孩或老年人身上找到。

慈悲是懂得感同身受。在教宗慈悲禧年的禱文中，我們見到主耶穌基督、匝凱、瑪竇、瑪達肋納、伯多祿、若望、撒

瑪黎亞婦人、無知的人、犯罪的人、窮苦者、俘虜、受壓迫的人及瞎子。你是當中的哪一種人呢？你又會如向天主祈禱呢？當你切身處地，便發覺不要判斷他人，因為只有天主才可審判。不應着眼看你的處境如何困難，更重要是你如何應付它。天主永遠也和我們一起，祂給我們最好的安排。

慈悲是寬恕，這包括自我反省及與其他人的修和。原諒是要相向，這讓相方也可維繫好的關係。維繫關係是耗時的，要溫和的去做，不一定要用自己的方式做事，要多為人設想。禧年便是提醒我們要這樣做，這是一個終生的學習過程。而且天主會安排一切，我們要做的便是跟隨祂。

慈悲是需要每天、每分、每秒都在實踐。我們要醒覺，尤其是幫助他人之時，不要將一切事情作出假設，因為這會讓人在適當的時候不作幫忙，又或選擇不去做正確的事情。我們要用清醒的態度對人，用信徒的身份待人。」



Annual Retreat

Our annual retreat was held successfully on August 6, 2016 (Saturday) at Marelo Youth Retreat Center in Loomis. We were so glad to have Deacon Simon Tsui from the Bay Area as our speaker. The topic of this year's retreat is "Jubilee of Mercy". Deacon Tsui presented it in an interactive way to help us learnt more about "Mercy". For example, he introduced us to the coat of arms of Pope Francis, and then we had to design one that represented ourselves and shared with the others about the meaning behind it. This helped us to better understand ourselves and other parishioners. We also learnt about the prayer for this Jubilee. The following is a summary of this retreat.

"Jubilee Year was celebrated as early as the time of Israelites. In the Old Testament, it was celebrated every 7 years. The prophet Isaiah also mentioned 'the sins would be forgiven this year'. When Jesus came, He proclaimed freedom to all, people should not be prisoners to other things again. When we passed through the Holy Door of Mercy, we detached from our sins. Now the Church celebrates Jubilee year every 25 years.

Mercy is filial piety, love and respect. When God wanted to destroy the sin city, Abraham interceded for it, and the merciful God gave him a promise. Jesus showed Himself to a Samaritan woman and gave her the water that led to eternal life. Jesus was compassionate, He gave people the opportunity to repent; while that woman's fear of God also helped her to have mercy. Moreover, the Chinese folk stories about the 24 people who had filial piety also

demonstrated that mercy could be found in children and elderly.

Mercy is showing empathy. In the Prayer of Pope Francis for the Jubilee, we can see that it mentions about Lord Jesus Christ, Zacchaeus, Matthew, Magdalene, John, the Samaritan woman, the ignorant people, the sinners, the poor, the captives, the oppressed and the blind. If you are one of them, who would it be? How would you pray for them? When you have empathy, you should not be judgmental, as only God can judge. We should not emphasize how hard the situation is, it is more important on how you deal with it. God is always with us, He has the best arrangement for us.

Mercy is to forgive, it is both intrapersonal and interpersonal, i.e. be able to reconcile with one another. Forgiveness is bilateral, it helps each other to maintain a good relationship. Maintaining a good relationship is time-consuming and we need to be gentle in doing so. We do not have to do anything our own way, it will be better to think about the others as well. Jubilee year reminds us that this is a life-long learning process. Once again, God will arrange everything, all we have to do is to follow Him.

Mercy should be practised every day, every minute and every second. We need to be awoken, especially when we help the others. We should not make any assumption when we help the others, as this may cause us not to be helpful in the correct situation; or choose not to do the right thing. We have to treat others with clear minds and as good Christians."

會務報告 Announcement

- October is the Month of the Holy Rosary. We will pray the rosary every Sunday prior to our Mass, starting October 2 through October 30 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，即十月二日至十月三十日下午二時半，誦唸玫瑰經。敬請各教友前來大教堂一同參與。
- Please note there will be no Chinese Mass on October 23, 2016 (Sunday) at the Cathedral, as Father Ho will be on leave and there will be a planned large Mass and reception by Bishop Soto at the Cathedral. Parishioners are advised to attend Mass at their own convenience for this Sunday. Please spread the word to everyone.
請大家留意：十月二十三日(星期日)在大教堂將沒有中文彌撒，因為當日何神父休假，而 Soto 主教會在大教堂慶祝大彌撒。各教友可到方便自己的教堂參加彌撒。請大家將消息告訴其他教友。
- 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
	十月一日上午十時至十一時半 10/1/2016 10:00am-11:30am	Martin Luther King Jr 圖書館 Martin Luther King Jr Library
	十一月二十六日上午十時至十二時 11/26/2016 10:00am-12:00noon	Martin Luther King Jr 圖書館 Martin Luther King Jr Library

- After we have joined the Cathedral Parish, our weekly Mass collection will go to the Cathedral parish, and we will have the second collection in accordance with the Cathedral. Thank you for your attention.
在加入大教堂區後，團體每週的奉獻會交給堂區，我們亦會跟隨大教堂收集第二次奉獻的日子，敬希垂注。
- We will have our second collection on the third Sunday of every month for fund raising to our Community. Thank you for your support.
我們每月第三主日也會為我們團體收集第二次奉獻作經費籌募，謝謝大家的支持。
- 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。
- 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
新春彌撒及晚宴 Chinese New Year Mass and Dinner	二零一七年一月十五日(星期日) 彌撒: 下午三時; 晚宴: 下午六時 1/15/2017 (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