

教友通訊

Newsletter

November/December 2016 十一月/十二月



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

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Words from Fr. Nicholas Ho

CHANGE

This month, the present Liturgical (Church) year ends and a new one begins. Fall is now with us but soon winter arrives. As we face a dawning new year, perhaps we need to ask ourselves if we are ready for a change in our lives?

Self-control is probably one of the hardest things to master. How often have we been defeated by a bad habit or a lousy attitude. We ask someone to hold us accountable. But deep inside, we know that we don't have the will or the ability to change.

Thankfully, God knows our weakness, and he also knows the remedy. The Bible says, "The fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control". The only way to gain self-control is by allowing the Holy Spirit to control us.

Are we ready for a change? You can change, for God is in you. As you surrender control to him, he will help you bear the fruit of his likeness.

May our attempts to change our lives make us better people to our loved ones and those around us.

何神父的話

轉變

今個月，教會現在的禮儀年會結束，新的一年即將開始。現在我們正值秋天，但是冬季很快會到來。當我們面對新的一年，是否要問問自己預備好在生活上的轉變沒有？

自我節制似乎是其中一樣難以駕馭的東西。想想我們有多少次被壞習慣或惡劣的態度所打敗。我們要求有人使我們負起責任，但在內心深處，我們知道自己沒有這意志和能力去改變。

很感恩地，天主知道我們的弱點，祂也知道如何彌補。聖經上說：「聖神的果實是仁愛、喜樂、和平、忍耐、恩慈、善良、信實、溫柔與節制。」唯一途徑去得到這自我節制便是讓聖神來管理我們。

我們預備好作出改變沒有？你有能力作出改變，因為天主在你內。當你讓主控制你，祂會幫助你結出像祂一樣的果實。

願我們為生活嘗試作出的改變，可以令我們對所愛的人及周圍的人做得更好。

Committee Members Election

Time flies, the annual election of the committee members for the Sacramento Chinese Catholic Community is soon coming.

We thank God for our current officers who have faithfully served the Community in the year 2016. They are, namely, President Winnie Chan, Vice President Kenneth Ng, Treasurer Ida Tang and Secretary Gabriel Wong. We thank them for their good work in the many activities they put together for our Community throughout the year, we also thank many other parishioners who had helped to make them successful.

Our annual election for 2017 is going to take place on December 18 (Sunday) after the Mass. The nomination period is from November and remains open up to the moment of vote casting. As long as the nominated person accepts the nomination, his/her name will be added to the nomination.

Let us pray to the Holy Spirit for our upcoming nomination. May God grant us wisdom and power during the election and throughout next year. And if you have the burden to serve God in this Community in any officer position, please send your nomination to Father Nicholas Ho or Barbara Chow while the nomination period is still open.

事務委員會選舉

轉眼間二零一六年快到尾聲，而沙加緬度華人天主教團體一年一度的事務委員會選舉也將舉行。

我們衷心感謝天主，賜給我們應屆的會長陳穎怡、副會長吳家軒、財務鄧文蘭和文書汪嘉保。他們已勤勞地在團體服務了快一整年，相信大家在過去一年都看到他們的工作成績。二零一六年真是多姿多采的一年，由農曆新年聚餐、愉快的公園野餐、提高靈修的避靜、團體成為大教堂的一分子，到每月的生日慶祝，不同的福傳活動，成人查經班和慕道班，皆能圓滿舉行。我們不單要感謝各委員，也謝謝曾幫忙的各位教友。

我們的二零一七年度選舉將到，日期定於十二月十八日(星期日)，於彌撒後舉行。提名時期是由十一月開始一直公開到選舉投票前。只要被提名的人願意接受提名，他/她的名字就會被加到選單上讓大家投票決定。

讓我們為這提名過程向聖神禱告，求主在選舉中保佑我們，賜給我們智慧和力量，讓我們團體未來一年一切順利。既然提名還沒有截止，如果你願意在這團體內為主工作，請儘快與何神父或周葉柏茵聯絡。

Daily Thanksgiving

Alex Wan

“In all circumstances give thanks, for this is the will of God for you in Christ Jesus.” (1 Thessalonians 5:18)

It's amazing how quickly time flies. Thanksgiving and Christmas is just around the corner, and soon, we will be celebrating the arrival of the New Year. Thus, we will be busy preparing for the holidays and trying to squeeze enough time to get everything done. Yet, in spite of our busy lives and all that is happening at home (i.e. elections) and abroad (i.e. the daily atrocities in Syria), we must each take time to be grateful.

I was reminded of this recently when I read the book, *Gratitude* by the late neurologist Dr. Oliver Sacks. In his book, Dr. Sacks wrote that he was diagnosed with terminal cancer and did not have much time to live. Nevertheless, Dr. Sacks felt very grateful for the many blessings he received in life and did his best to live his life to the fullest. I recall reading that he still continued to swim even after his diagnosis and reflected on the beauty of the world. Although he passed away last year, his example of remaining grateful regardless of the circumstances is timeless.

There is much that we can learn from Dr. Sacks' example. Regardless of the challenges that we endure, there is much to be grateful for. We have the precious blessings of life and family. We also live in an area free from war and instability. Many of us also have the blessing of good health as well as blessings of nature around us, like fresh air, beautiful parks, and trees. God has provided us so many blessings- and we should appreciate all of our blessings each day.

While all of these blessings may seem obvious, there are many in the world who are enduring much more difficult circumstances. In Syria, for example, people are being killed daily by the Assad regime and ISIS. Many are living through airstrikes and brutal sieges and are enduring starvation. Children have been orphaned

and families are displaced and slaughtered. Hospitals have been destroyed and people are living in fear. Thus, we should remember to put our lives in perspective and appreciate God's blessings, especially when many are going through horrifying conditions.

Let us therefore follow Jesus' example. Although Jesus is powerful, He remained humble and grateful to God. For example, in John 6:11, He gave thanks to God right before feeding at least 5,000 hungry people. Likewise, Jesus expects us to be grateful to God. In Luke 17:17-19, He observed in disappointment that of the ten lepers He cured, only one of them, a Samaritan, returned to praise and thank God. That leper was the one who was saved by faith (Luke 17:19). Therefore, it is our duty to be grateful and express our gratitude to God.

While we share our joy and gratitude with God, it is also our duty to be merciful like Him. Just as He has shared His blessings with us, He expects us to do the same with those in need. Through the parable of the Good Samaritan (Luke 10:29-37), Jesus has taught us that we must be merciful and do what we can to help people, regardless of their background. We can do this by praying and advocating for peace and an end to atrocities worldwide. We can also raise money for organizations assisting Syrian refugees and organizations assisting the homeless in the United States. Most of all, we should stand in solidarity with all who are suffering through injustice, violence, and/or poverty. They are our fellow brothers and sisters.

Altogether, we should serve the Lord through daily thanksgiving and mercy. We should praise Him for all that He has done for us. We should also repay His Love- and we can do so by sharing our love with others and helping all who are in need. By doing this, we are able to experience, live in, and share God's Love.

Happy Thanksgiving.

「事事感謝：這就是天主在基督耶穌內對你們所有的旨意。」-得撒洛尼前書 5：18

時光的飛逝令人嘖嘖稱奇。轉眼感恩節和聖誕節快要來臨，不久之後，我們便慶祝新的一年。因此，大家亦忙着準備假期到來，並試着把握時間將要做的事情辦妥。然而，儘管我們生活有多忙碌，以及一切發生在家園(如選舉)和海外(如每天在敘利亞發生的暴行)的事情，我們一定要用些時間來感恩。

最近我在讀一本名為「感恩」的書，由已故神經病學家 Oliver Sacks 醫生所寫，並給了我這提醒。在書中，醫生提到他被診斷患有末期癌症，命不久矣。不過，他仍然對他在生命中所得到的祝福非常感激，他並盡最大的努力令自己活得最充實。我想起他在得知自己患病後依然繼續游泳，他亦對世界的美麗作出深思。雖然他在去年過身，但是他在任何情況下也保持感恩的心，這個榜樣是不受時間限制。

我們在 Sacks 醫生身上學到不少事情。不論我們面對多少的困難，也有很多東西值得我們感恩。我們有珍貴的生命和家庭。我們也活在沒有戰爭和動盪的地方。我們很多人也有健康的身體這恩賜，並得到大自然環繞我們這恩賜，例如清新空氣、美麗的公園和樹。天主給了我們很多的祝福，而我們應當每天也作出感謝。

這些恩賜看似很明顯，但世上仍有很多人要忍受更困難的情況。例如在敘利亞，每天也有人被阿塞德政權及伊斯蘭國殺害。很多人在空襲及暴力圍困下生活，並要忍受飢餓。兒童成為孤兒，家庭流離失所，家人被屠殺。醫院被摧毀，人民活在恐懼

之中。所以，我們要正確地看待生命，並感激天主的恩賜，尤其當我們見到這麼多人也活在令人恐懼的環境之中。

所以，讓我們跟隨耶穌的榜樣。雖然耶穌很強大，但祂依然是謙遜和對天主心存感恩。例如，在若望福音第六章十一節裏，祂在給最少五千名飢餓的群眾吃飽前，先感謝天主。同樣地，耶穌也希望我們對天主感恩。在路加福音第十七章十七至十九節中，耶穌對十個被祂治癒的癩病人，只有一個撒瑪黎人回來感謝祂並光榮天主，感到失望。那個癩病人的信德救了他(路 17:19)。因此，我們有責任去感謝並對天主表達感恩之心。

當我們與天主分享了喜樂和感恩，也有義務像祂一樣慈悲。正如祂和我們分享了祂的恩賜，祂亦期望我們對有需要的人同樣地做。透過慈善的撒瑪黎雅人比喻(路 10:29-37)，耶穌教導我們要慈悲，不論其他人的背景，亦盡力幫助他們。我們可以祈禱，提倡和平及停止全球的暴行。我們可捐款給協助敘利亞難民的機構，和協助美國露宿者的機構。最重要的是，我們一同支持所有遭受不公義、暴力和貧困的人，他們是我們的兄弟姊妹。

總之，我們要透過每天的感恩和慈悲來服務天主。我們要讚美祂為我們所做的一切。我們亦要報答祂的愛，就是和其他人分享這愛，並幫助有需要的人。當我們這樣做，便可經歷、住在，和分享天主的愛。

感恩節快樂！

The Power of Praying for Others

There is a need for intercession and it is powerful. In order for intercession to be truly effective, each person needs to make some specific decisions in order to be fruitful in prayer. These principles apply whether you are praying for an individual, a group or a specific cause.

1. **Make sure your own life-as far as possible-is submitted to God's will.** Day by day, offer your life to Him-your relationships, responsibilities, desires, hopes and fears. We won't be completely obedient this side of heaven, but we should be "on the way."
2. **Make sure you have a daily prayer time-** Time alone with God when you read His word and give Him time to speak to your heart, showing you the truths by which He wants you to live.
3. **When you see a need for which you feel called to pray, or someone brings you a need, go to the Lord first!** Ask, "Lord, what is your will for this person? How can I pray according to your will?" Sometimes, it may take a while before getting a sense of why this particular person needs prayer. What does God want to accomplish?
4. **If you can, make Eucharistic adoration in a nearby church or chapel a frequent part of intercessory prayer.** God extends much grace-that is, He shares Himself with us- when we fix our gaze on Him. Don't look for some kind of spiritual experience. Just know that, as St. John Paul II told us, adoration of the Blessed Sacrament can be likened to radiation therapy. As we look at Him, and He at us, we receive power to see ourselves and/or the situation for which we pray in a new light. We gain wisdom, insight, hope and courage-step by step. Don't look at God

as some fast-food server or slot machine. "Be still and know that I am God." (Ps 46:11)

5. **The Mass is the highest form of worship and intercession you can give to God.** Offering Mass for your particular intentions is the most powerful way to pray for those for whom you have been called to pray.
6. **The Rosary and the Divine Mercy Chaplet are excellent ways to intercede.** Remember, it is not the number of rosaries you pray, it is how attentive you are in fighting distractions and really focusing on the very familiar words of rosary or the chaplet. You will get distracted, but, as soon as you realize it, just bring your mind back to the intention and the words you are praying.
7. **Think about joining an intercessory prayer group in your parish.** If you genuinely seek God's will, pray that God reveals it and helps each person to grow in love for God, you will be amazed at what will happen. It may take two or three years before you begin to see real change. Just be faithful and keep praying.

"If my people, who are called by my Name humble themselves and pray and seek my face, and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land. Now my eyes will be open and my ears will be attentive to the prayer that is made in this place..." (2 Chron 7:14-15)

(Excerpted from Catholic Herald July/August 2016, written by Sister Ann Shields)

為他人祈禱的力量

為他人代禱是有需要的，而且也是很有力量的。為了讓代禱真的有效，每人也要作一些具體的決定，好使禱告更有成果。不論你是為個人、小組或特別的意向祈禱，這些原則也可適用。

1. **盡量地確保你的生命是遵從天主的旨意。**日復一日，也將你的生命獻給祂-你和他人的關係、你的責任、渴望、希望和恐懼。我們不會完全地服從，但亦應努力地嘗試。
2. **確保你每天也有祈禱的時間。**讓自己有時間和天主獨處，讀祂的聖言，給祂時間向你內心說話，告訴你祂希望你如何活出真理。
3. **當你見到一個需要而覺得要祈禱，或是有人給你帶來需要，首先到天主前！**問一問：「天主，你對這人有甚麼旨意？我怎樣按照你的旨意來祈禱？」有時候，你要花些時間才領悟到為甚麼這人需要禱告。天主想成就些甚麼呢？
4. **若可以的話，常常到附近教堂或小聖堂朝拜聖體，並把它視為代禱的一部分。**天主把祂的恩寵伸延-即祂把自己與我們分享-當我們注視着祂時。不要尋找某種心靈上的體驗。只要知道，聖若望保祿二世曾說過，朝拜聖體好比放射治療。當我們望着祂，祂望着我們時，我們接受了力量，從新的角度去見到自己所作的祈禱或為某情況作的禱告。我們逐步得到智慧、洞察能

力、希望和勇氣。不要視天主為一些快餐服務員或角子老虎機。「你們要停手！應承認我是天主。」(詠 46:11)

5. **彌撒是你可給予天主最高形式的朝拜和代禱。**將彌撒呈獻給你的特別意向，是為他人祈禱最有力量的方法。
6. **玫瑰經和慈悲串經是代禱的極好方法。**記着，不是你唸了多少遍的玫瑰經數目，而是你有多專心去對抗周圍使你分心的事，集中在玫瑰經和串經那熟悉的辭彙上。你是會分心的，但是，當你一旦意識到，只要將注意力帶回你所祈禱的意向和話語便可。
7. **考慮加入在你堂區內的代禱小組。**如果我們真誠地尋求天主的旨意，祈求天主會揭示它，並幫助每個人漸漸愛天主，你會驚訝將要發生的事。在開始見到真正轉變之前，那或許要花上兩至三年的時間。只要保持信德和繼續祈禱。

「這稱為我名下的百姓，如果謙遜祈禱，尋求我的面，遠離自己的惡行，我必從天上俯聽，寬恕他們的罪過，使他們的土地生產。自今以後，我必睜眼垂顧，側耳諦聽在此處發出的祈禱。」(編下 7:14-15)

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

會務報告 Announcement

- Our next business meeting will be held November 27, 2016 (Sun) at 4:30pm at the Cathedral basement meeting room. All are welcome to attend.
下一次事務會議將於十一月二十七日(星期日)下午四時三十分在聖體大教堂樓下的會議室舉行。歡迎各位踴躍參加。
- Our annual Christmas potluck dinner will be held on December 18, 2016 (Sun) 6:00 pm at the Cathedral Mercy Memorial Hall. To contribute a dish or RSVP, please contact Winnie Chan (916-583-8306; email: sccc.contact@gmail.com).
一年一度的聖誕節合作晚餐將於十二月十八日(星期日) 下午六時，於聖體大教堂交誼廳舉行。如欲於當晚提供菜餚或報名，請聯絡陳穎怡(916-583-8306; 電郵: sccc.contact@gmail.com)。
- We will have our Christmas Caroling on December 17, 2016 (Sat) to spread the joy of Christmas. Caroling practices will be held on Friday nights 12/2, 12/9, 12/16 from around 7:00-9:00pm. If you are interested to join us or for more details, please contact Winnie Chan (916-583-8306; email: sccc.contact@gmail.com).
團體的報佳音活動將於十二月十七日(星期六) 舉行。我們會於十二月二日、九日和十六日(星期五)晚上大約 7:00 至 9:00 練習歌曲。若你有興趣參加或想得知多些資料，請聯絡陳穎怡(916-583-8306; 電郵: sccc.contact@gmail.com)。
- 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
	十二月三十一日上午十時至十二時 12/31/2016 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
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