

# 教友通訊

## Newsletter

January/February 2017 一月/二月



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  
916-803-4172

聯絡： 陳紹強會長

Contact: Ellis Chan (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](http://www.sacchinesecatholic.org)

## Words from Fr. Nicholas Ho Anne, Lydia, Teresa, Helen and John

Five names. Five Persons. Better still, five Children of God. Who are they? They are our sisters and brother who were baptized, received into the Catholic Church and who received the Sacraments of Holy Eucharist and Confirmation on January 22<sup>nd</sup> 2017. Congratulations! Welcome to God's Family!

Thanks be to God, our Catholic Chinese Community is still growing, though not at a rapid pace. This shows that we are still witnessing and directly or indirectly leading others to embrace Jesus as Lord and Savior of the World.

Though we are not many at our weekly Sunday worship, yet it is amazing to see the energy and enthusiasm fill our Cathedral Church. For quite some time, I had been encouraging our Catholic Chinese Community to read at least one of the 4 Gospels of Jesus. My next encouragement to you is: in your free time, find an empty church near your residence and sit with Jesus for an hour. Do not place great plans or expectations on that time you choose to be at church. Just sit with Jesus. It may be uncomfortable at first. You may want to live after a few minutes.

We live in a world that says that we always need to be active. However, most importantly, God wants us to live in his power now. So sit with HIM and allow HIM to inspire you and fill you with His Holy Spirit. God does not empower us just by reading great books or studying. God wants us to be with HIM and thus fill us and send us out to inspire others.

Who will you inspire today?

## 何神父的話

Anne, Lydia, Teresa, Helen 和 John

五個名字。五個人。更好的是，五位天主的兒女。他們是誰？他們就是我們的兄弟姐妹，他們在二零一七年一月二十二日接受洗禮，進入天主教教會，以及領受聖體聖事和堅振聖事。恭喜！歡迎加入天主的大家庭！

感謝天主，我們的華人天主教團體仍繼續發展，雖然增長的速度不是很快。這顯示出我們仍然見證着，並直接或間接地帶領他人相信耶穌是天主和世界的救主。

雖然每週的主日我們不是有很多人一起敬拜天主，但是那充滿大教堂的活力和熱忱使人讚嘆。不久以前，我鼓勵華人天主團體的教友至少閱讀關於耶穌的四本福音其中的一本。我下一個對你們的鼓勵就是：在你的空閒時間，找一間在你家附近，不太多人的教堂，與耶穌同坐一小時。不要選擇在教堂的時候立下甚麼大計劃或期望。只是與耶穌同坐。起初你或會感到不安，你或會在幾分鐘後想離開。

我們活在一個需要我們常常活躍的世界。不過，更重要的是，天主想我們活在祂的力量之中。因此，與祂坐在一起並讓祂激勵你，讓祂的聖神充滿你。天主給予我們力量，不只是透過閱讀偉大的書或學習而得到。祂希望我們與祂在一起，因而充滿我們，並派遣我們去激勵其他人。

今天你會激勵甚麼人？

## 2017年事務委員會

二零一七年已來臨，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二零一六年度為團體服務的事務委員會幹事，他們分別是會長陳穎怡、副會長吳家軒、財務鄧文蘭及文書汪嘉保。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。

由於今年每個職位只有一位教友願意接受提名，故被提名的教友均自動當選。以下是今年事務委員會幹事名單：

會長： 陳紹強  
副會長： 吳家軒  
財務： 鄧文蘭  
文書： 汪嘉保

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 2017

The executive committee for Sacramento Chinese Catholic Community of year 2017 has been established. We would like to take this opportunity to thank the executive committee of year 2016 for their wonderful job. They were President Winnie Chan, Vice President Kenneth Ng, Treasurer Ida Tang and Secretary Gabriel Wong. 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.

Since only one parishioner was willing to accept the nomination for each position of the executive committee, voting was not necessary. The list of the committee members is as follows:

President: Ellis Chan  
Vice President: Kenneth Ng  
Treasurer: Ida Tang  
Secretary: Gabriel Wong

May God grant the new committee members with 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 2016 *Ida Tang*

# 2016年財務報告

鄧文蘭

Balance Brought Forward as of 1/1/2016 截至 1/1/2016 結餘

CD 定期存款	\$	4,296.81
Savings 儲蓄戶口	\$	6,000.26
Checking 支票戶口	\$	8,419.96
<b>Total 共計</b>	<b>\$</b>	<b>18,717.03</b>
Checking (Treasurer's Book Balance) 支票戶口(財務賬簿記錄)	\$	7,134.35

## INCOME 收入

Second Collection to Feeding America 捐助慈善團體 <u>Feeding America</u> 第二次奉獻	\$	671.00
Mass Collection 彌撒奉獻	\$	7,474.54
Collections for One Campaign 捐助「壹」運動之奉獻	\$	756.36
Chinese New Year Dinner Participation 春宴門票收入	\$	2,840.00
Donations 捐款	\$	3,050.00
Summer Retreat Participation 避暑報名收入	\$	640.00
Thanksgiving Dinner Participation 感恩節晚餐報名收入	\$	376.00
Community T- Shirt selling 售賣團體T恤	\$	5.00
Book selling 售賣書本	\$	32.50
Interest Paid (checking) 利息(支票戶口)	\$	3.98
<b>Total 共計</b>	<b>\$</b>	<b>15,849.38</b>

## EXPENSES 支出

Donation to Feeding America 捐助慈善團體 <u>Feeding America</u>	\$	671.00
Donation for One Campaign 捐助「壹」運動	\$	756.36
Fz. Ho's Monthly (Including Substitute Fathers) 何神父每月支出(包括支助其他神父)	\$	3,908.00
Utilities 水電費	\$	300.00
Chinese New Year Dinner and Associated Expenses (Including Gifts, Laisces etc) 春宴支付酒席及相關費用 (如禮物和利息等等)	\$	3,919.00
Summer Picnic and Related Expenses 野餐及相關費用	\$	544.32
Booth in CNYCA 華人春節聯歡會攤位租金	\$	60.00
Summer Retreat and Related Expenses 避暑及相關費用	\$	934.74
Thanksgiving Party and Related Expenses 感恩節晚餐及相關費用	\$	659.32
Newsletter/Stationery/Postage 教友通訊(印刷、信封及郵費)	\$	192.50
Park Reservation for Church Picnic in 2017 付公園定金 (2017 年週年野餐)	\$	70.00
Christmas Dinner Utensils, Gifts and Misc Expenses 聖誕節晚餐用具、禮物及其他支出	\$	146.48
Cathedral Christmas Function "Festival of Trees & Lights" 大教堂聖誕節義賣籌款活動	\$	68.59
Bibles x 5 購買五本聖經	\$	162.50
Columnar Accounting Extra-Durable Bound Book 會計用數簿	\$	82.76
Donation to Our Lady of Grace Catholic Church 給聖母聖堂之捐款	\$	100.00
Sympathy for Gloria Fong's husband (Walter Fong) and Jenny Sun's mother 致 Gloria Fong 及 Jenny Sun 家庭之弔唁	\$	200.00
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)	\$	1,258.81
<b>Total 共計</b>	<b>\$</b>	<b>14,034.38</b>

Balances as of 12/31/2016 截至 12/31/2016 結餘

CD 定期存款	\$	4,318.35
Savings 儲蓄戶口	\$	6,000.78
Checking 支票戶口	\$	9,138.17
<b>Total 共計</b>	<b>\$</b>	<b>19,457.30</b>
Checking (Treasurer's Book Balance) 支票戶口(財務賬簿記錄)	\$	8,951.15

## Chinese New Year Celebration 2017

We celebrated the Year of Rooster with different activities in January.

### Chinese New Year Mass and Tribute to Ancestor Ceremony

On January 15, we celebrated the Chinese New Year. We were honored to have Bishop Jamie Soto to celebrate Mass with us, and it was co-celebrated by Father McMahan and Father Ho.

The Tribute to Ancestor Ceremony was held after the Mass. We offered incense sticks flowers and fruit to the ancestors to express our sentiments and our gratitude towards them and our communion with them in Lord.

### Chinese New Year Dinner

Our Chinese New Year dinner was held at Yue Huang Restaurant in the evening. Dinner was started off with the lion dance. Everyone was glad and amazed to see the performance by the kids. We were happy to see the God of Fortune as well. We were delighted with this annual gathering and the delicious food.

### Chinese New Year Friendship Lunch

On January 21, we helped at the Chinese New Year Friendship Lunch for the Needy at Luther Burbank High School. It was the second year of this event, which was sponsored by a generous lady. We volunteered as helpers to feed those who were less fortunate. It was blessed to have a chance to serve the others.

We would like to take this opportunity to thank all the participants of the Chinese New Year Mass and dinner, especially our guests from the Bay Area; as well as those helpers of the Chinese New Year Friendship Lunch. They would not be successful without your support. Also, we still have an upcoming event on February 18. It is the CNYCA Chinese New Year Celebration. If you can help at the booth, please don't hesitate to contact our President Ellis Chan.

## 2017 年春節慶祝活動

雞年伊始，我們有不同的春節慶祝活動。

### 新春彌撒暨感恩敬祖儀式

今年的新春彌撒及敬祖儀式於一月十五日圓滿舉行。我們很高興得到 Jamie Soto 主教為我們慶祝感恩祭，並有大教堂的 McMahan 神父和何神父一同慶祝。

彌撒後，我們便舉行感恩敬祖儀式。我們奉上清香、鮮花和水果來表達我們對祖先的情感和感恩，並通過他們和天主共融。

### 春節晚宴

晚宴於彌撒後在粵煌酒家舉行，並在醒獅表演下揭開序幕。大家飽嘗佳餚之餘，也和朋友攀談共聚，亦喜見財神大派紅封包。當晚氣氛熱鬧，喜氣洋洋！

### 新春友誼午餐

新春友誼午餐於一月二十一日在 Luther Burbank 高中舉行。這活動為社會上的弱勢人士提供一頓午餐，並慶祝新春。午餐是由一位慷慨的女士贊助，今年已是第二屆。我們能夠在當天幫忙服務他人，是一種恩寵。

在此感謝各參加新春彌撒及晚宴的教友，特別是來自灣區的朋友；也感謝在新春友誼午餐義務協助的教友。謝謝大家的支持！另外，我們在二月十八日會在華人春節聯歡會主辦的慶祝活動中設置攤位，若你想幫忙，請聯絡會長陳紹強。



## A New Year, A New Life

*Alex Wan*

**“I am the way and the truth and the life.” – Jesus (John 14:6)**

A New Year has just begun. As with seemingly the beginning of all years in recent times, people make resolutions that they seek to follow. It appears that many- though not all- of these resolutions are unfulfilled, leading to more disappointment. More resolutions are made towards the end of the year again, starting the cycle once more. Thus, while the New Year often brings new hopes, it can also bring much stress as well as old problems.

Yet, it doesn't have to be that way. The New Year can also be used as an opportunity to renew our life in Christ. As Jesus stated in John 14:6, He is the source of life itself. Indeed, as stated in John 1:3, “All things came to be through him, and without him nothing came to be.” He is our Creator- Creator of our physical life and our spiritual life. It is through Him that we can be made anew once more.

However, the demands of life often overwhelm us and can cause us to take Jesus' blessings for granted. The day-to-day demands of work, family, and physical life overall can lead us to neglect our spiritual needs. Other times, we forget to turn to our Lord, and try to solve problems on our own. Also, during our free time, it is easy to turn to entertainment, such as Netflix or cat videos on YouTube. Instead of turning to God to renew our lives or help us, we neglect Him.

While there is nothing inherently sinful with relaxation or being hardworking, we must not forget about our Lord. He is our

creator, friend, brother, and best friend and will always be there for us. We should pray to Him not just with our needs, but also with praise for His kindness and faithfulness (Psalm 105). Also, as indicated in Hebrews 4:1-5, 11, He will provide us with rest and peace. Let us therefore make room for Him every day through prayer and through reading His Word. Our faith will grow and with it will bring a renewed life.

This renewal can have a major impact. For me, reading Bible passages and praying to God everyday has positively changed my life. I feel closer to God than I did before. I also see more of the beauty of God's creation- whether it is through nature or acts of kindness. Moreover, I've begun to see how invaluable Jesus' teaching of love is- and it has inspired me to further follow His footsteps. Nonetheless, I still have a long way to go and the journey has had many obstacles. Still though, I feel that my life in Him is being gradually renewed- and it is a worthwhile process.

It is also a lifelong process- and the New Year is a great time to begin. Let us all start the New Year right and dedicate ourselves towards renewing our lives in Christ. He is waiting for us with open arms, patience, and faithfulness. While the process is long- we do not need to fear because Christ will always be with us. After all, His name is Emmanuel, which, as stated in Matthew 1:23, “means ‘God is with us.’”

## 新的一年，新的生活

溫旭輝

「我是道路、真理、生命。」  
-耶穌(若 14:6)

新的一年剛剛開始。近年似乎在新年開始之際，人們便立下新年的大志，並決意跟從。但是好像很多人(雖不是全部)，都未能夠達成這些志向，令到自己失望。因此在接近年終的時候又再立下志向，讓這循環再度開始。故此，新年雖然帶來新希望，它也為人帶來壓力及老毛病。

然而，那不一定要這樣的。新年也是一個讓我們在基督內更新生活很好的機會。正如耶穌在若望福音第十四章第六節所說，祂自己就是生命。的確，在若望福音第一章第三節說道：「萬有是藉著祂而造成的；凡受造的，沒有一樣不是由祂而造成的。」祂是我們的創造者-創造我們肉身生命和靈性的生命。通過祂我們可以再次更新。

但是，生活中的需要會令人吃不消，也令我們視耶穌的恩典為理所當然的。那工作上、家庭上、肉身生活上日復一日的需要，會導致我們忽略心靈上的需要。有些時候，我們忘記要向天主求助，並嘗試自己解決問題。此外，在空閒時間，我們會轉向娛樂，例如看 Netflix 電視或在 YouTube 看關於貓的視頻。我們不單沒有靠向天主去更新生活或尋求協助，反而忽視了祂。

放鬆消遣或勤力工作在本質上不是罪過，但我們不可忘記天主。祂是創造者、朋友、兄長，以及好朋友，祂與我們永遠

同在。我們向主祈禱，不只為了我們的需要，也應讚頌祂的仁慈和忠信(聖詠 105 章)。此外，在希伯來書第四章一至五、十一節中提到，祂會給我們安息與平安。就讓我們每天也透過祈禱及閱讀祂的聖言來騰出空間給祂。我們的信德可因而增長，並帶給我們更新的生活。

這個更新有着重大的影響。對於我來說，每天閱讀聖經及向天主祈禱，讓我的生活有着正面的改變。我感到比以前更加接近天主。我也見到天主所創造的更美好一面，可能是透過大自然，或是善良的行為。此外，我亦開始見到耶穌對於愛的教導是何等的寶貴，這亦激勵我去跟隨祂的腳步。無論如何，我還有很長的路要走，這旅程仍有很多的障礙。然而，我感到在主內的生命正逐漸地更新，這是一個值得的過程。

這也是一個終身的過程，而新年正是開始的好時機。就讓我們在新一年有對的開始，並致力於在基督內重生我們的生命。祂張開雙手、耐心地、忠誠地等待着我們。雖然這過程很漫長，但我們不用害怕，因為基督與我們常在。畢竟，祂的名字是厄瑪奴耳，而瑪竇福音第一章二十三節提到，「意思是：『天主與我們同在。』」

## 會務報告 Announcement

1. Our community will have a booth at the annual Chinese New Year Culture Association Chinese New Year Celebration held on Saturday, February 18, 2017 from 11:00 am to 5:00 pm located at Hiram Johnson High School on 6879 14th Ave, Sacramento, CA 95820. The event celebrates Chinese New Year with a dragon dance, martial arts, music, singing and dance performances, food bazaar, children's games, social services and vendor booths. Please stop by to see and support us.

華人春節聯歡會將於二月十八日(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。我們將會在活動中設立攤位，與聯歡會一起慶祝春節，節目包括舞獅、武術、音樂、歌唱與舞蹈表演，食品小檔、兒童遊戲、社區服務和攤位展出等。歡迎大家同來參加和支持我們!

2. During the season of Lent, we will have Stations of the Cross every Sunday prior to our Mass, starting March 3 through April 7 at 2:30 pm. Please come earlier before Mass to join us.

四旬期間，由三月三日至四月七日，我們會於彌撒前下午二時半進行拜苦路。敬請各位教友前來一同參與。

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)。

4. We will have our second collection on the first Sunday of every month for fund raising to our Community. Thank you for your continuous support.

我們每月第一主日會收集第二次奉獻，作為團體的經費籌募，謝謝大家不斷支持。

5. 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.

何神父會於每月第一個主日替大家辦理修和聖事，時間為彌撒前二時半至二時五十分。

6. Save the date calendar:

請預留時間參加以下團體活動：

ACTIVITY 活動	DATE 日期	VENUE 地點
野餐 Picnic	六月十日(星期六) 上午十一時半時至 下午三時 6/10/2017 (Sat) 11:30am – 3pm	威廉公園第九區 William Land Park Area 9
年度避靜 Annual Retreat	八月五日(星期六) 上午九時至下午六 時 8/5/2017 (Sat) 9am – 6pm	基督君王避靜中心 Christ the King Retreat Center in Citrus Heights