

# 教友通訊

## Newsletter

June/July/August 2017 六月/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 – 11<sup>th</sup> Street  
Sacramento, CA 95814

司鐸： 何光榮神父

Priest: Fr. Nicholas Ho  
415-727-7880

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)

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

## Words from Fr. Nicholas Ho WHAT LOVE JESUS HAS FOR US!

How good is Jesus! How loving! He is not satisfied with saving us by his passion and death. Jesus wants to give his love to the point of making himself our Sacrament.

He promised with an oath that he would give us his flesh to eat and his blood to drink. Read the Gospel of John - chapter 6. The time came for the Eucharist at his last supper. As he celebrated the Passover meal with his followers, Jesus instituted the Eucharist. He substituted the Manna the Jews ate in the wilderness with himself, the Bread of Life. Jesus pronounced these beautiful and powerful words: "Take and Eat. This is My Body. Take and drink. This is My Blood".

The mystery of love made real and genuine at the last supper, furthermore even up to today and forever. What a love this good Savior has for us! Did he not love us enough to deserve our gratitude? What more do we need to do? We need to thank him and approach the Eucharist as often as we can to receive him with reverence, love and devotion.



## 何神父的話

### 耶穌給我們怎樣的愛啊！

耶穌有多好啊！多麼的愛！祂還不滿意用祂的情感和死亡拯救我們。耶穌希望用祂自己成為我們的聖事來展現祂的愛。

祂承諾宣誓，祂會給我們吃祂的肉，喝祂的血。讀若望福音 - 第 6 章。聖體聖事是在祂的最後晚餐時建立的。當祂與祂的追隨者慶祝逾越節餐時，耶穌創立了聖體聖事。祂用自己 - 生命的食糧 - 取代了猶太人在曠野裡吃的瑪納。耶穌宣佈了這些美麗又強大的話：「你們拿去吃，這是我的身體。你們拿去喝，這是我的血。」

在最後晚餐，那奧秘的愛成了真正又真實，甚至到今天和永遠。這個美好的救主給了我們這樣的愛！祂的愛還不值得我們感激嗎？我們還需要多做什麼呢？我們需要感謝祂，而且經常地接受聖體聖血，我們才可以用敬畏、愛和虔誠的方式來領受祂。

## 教宗方濟各 2017 年 5 月 17 日要理講授：瑪利亞瑪達肋納是希望的使徒

親愛的弟兄姐妹，上午好！

這幾週我們的省思可以說駛入了復活奧跡的軌道。今天我們遇到的這位女性，按照福音記載，是第一位看見復活耶穌的人，她就是瑪利亞瑪達肋納。安息日剛剛過去。主受難的那一天不夠時間完成安葬禮儀，於是在那充滿悲傷的黎明，婦女們帶著香料前去耶穌的墳墓。瑪利亞瑪達肋納最先到達，她是陪伴耶穌抵達加里肋亞的門徒之一，為剛誕生的教會服務。她前往耶穌墳墓的路程反映了許多婦女的忠貞，她們長年累月走在墳地間的小徑上，緬懷一些已不在人世的人。最真實的關係連死亡也無法隔斷；雖然摯愛已經永遠離去，但對他的愛始仍在繼續。

《若望福音》在描述瑪達肋納時首先表明（若廿 1-2,11-18），她不是一個容易激動的女性。實際上，當她第一次探望墓穴後，失望地回到門徒們躲藏的地方，報告說墓穴入口的石頭被挪開了，而她的第一假設就是她所能構想的 simplest 的情況：一定是有人偷走了耶穌的遺體。所以，瑪利亞最先報告的不是復活，而是偷竊，有人趁著整個耶路撒冷入眠後做了壞事。然後，福音又敘述了瑪達肋納第二次前往耶穌的墳墓。她很固執！往而復返，因為她無法相信！這一次她走得很慢，腳步十分沉重。瑪利亞瑪達肋納忍受著雙重的悲傷：首先因為耶穌死了，其次是祂的遺體神奇地失蹤了。當她眼裡掛著淚水走近墳墓時，天主以最出乎意料的方式給了她一個驚喜。《若望福音》強調她的盲目是多麼的頑固：她沒有意識到有兩個天使在問她話，更沒有在她看到身後之人時產生絲毫的懷疑，卻認為那是看守墓園的人。最後當有人喊她的名字“瑪利亞”時，她才發現這件徹底扭轉人類歷史的事件（參閱：若廿 6）。

設想耶穌復活後的首次顯現竟然如此的人性化，這多麼美好啊！有人認識我們，看得見我們的痛苦，憐憫我們，呼喚我們的名字。我們

在許多福音章節中都能找到這條令人深刻的定律。在耶穌周圍有許多人尋找天主，但殊不知天主在很早之前就在為我們的生命操勞，願意挽救我們的生命，為此祂呼喚我們的名字，認得我們每個人的面容。每一個人都是一部天主寫在這個世界上的愛的歷史。我們每一個人都是一部天主之愛的歷史。天主呼喚我們每一個人的名字：祂知道我們的名字，祂注視我們，等待我們，寬恕我們，並且耐心對待我們。天主難道不正是這樣嗎？我們每一個人都有這樣的經歷。

耶穌呼喚她：“瑪利亞！”這是她生命的革命，這場革命終將改變每個人的生命，從空墳墓園中迴蕩的名字開始。福音為我們描述了瑪利亞瑪達肋納的喜樂：耶穌復活帶來的喜樂不是透過滴管一點一滴流出來的，而是有如瀑布般傾注在我們整個生命中。基督徒生命的幸福感並非如軟軟細絲，而是好像橫掃一切的巨浪。此刻，你們每個人也試著想一想，帶著自己內心失望和失敗的包袱；我們有一位接近我們且呼喚我們名字的天主，祂對我們說：“起來，別哭了，因為我來釋放你了！”這多美好！

耶穌不是一個順應世界的主，祂不允許世界上持續存在著死亡、悲傷、仇恨，以及人的道德被摧毀。我們的天主並不呆滯；請允許我這樣說，我們的天主是一個夢想家；祂夢想改變世界，而且藉著復活奧跡實現了這夢想。

瑪利亞瑪達肋納希望擁抱她的主，但主耶穌先得升到在天之父那裡去，而她被派遣向弟兄們報告消息。這個婦女，在遇到耶穌之前，曾被魔鬼控制（參閱：路八 2），現在卻成了新而最大希望的使徒。願她的代禱能幫助我們也活出這樣的經驗：在哀痛和被遺棄的時刻，聆聽復活的耶穌呼喚我們的名字，滿懷喜樂地去宣報說：“我看見了主！”（若廿 18）。我的生命改變了，因為我看見了主！現在的我與從前不同了，我成了另一個人。我能脫胎換骨，因為我看見了主。這就是我們的力量，這就是我們的希望。謝謝！

資料來源 <http://zht.radiovaticana.va>

## Pope's May 17, 2017 Message: Mary Magdalene as an Apostle of Hope

Dear Brothers and Sisters,  
Good Morning!

In the last few weeks, our reflection has been moving, so to speak, within the orbit of the Paschal Mystery. Today we meet the one who, according to the Gospels, was the first to see the Risen Christ: Mary Magdalene. The Sabbath had ended not long before. On the day of the Passion, there had not been enough time to complete the funeral rites. For this reason, at that sorrow-filled dawn, the women went to Jesus' tomb with aromatic oils. The first to arrive was Mary Magdalene. She was one of the disciples who had accompanied Jesus from Galilee, putting herself at the service of the burgeoning Church. Her walk to the sepulchre mirrors the fidelity of many women who spend years in the small alleyways of cemeteries remembering someone who is no longer there. The most authentic bonds are not broken even in death: there are those who continue loving even if their loved one is gone forever.

The Gospel describes Magdalene by immediately highlighting that she was not a woman easily given to enthusiasm (cf. Jn 20:1-2, 11-18). In fact, after her visit to the sepulchre, she returns disappointed to the Apostles' hiding place. She tells them that the stone has been removed from the entrance to the sepulchre, and her first hypothesis is the simplest that one could formulate: someone must have stolen Jesus' body. Thus, the first announcement that

Mary makes is not the one of the Resurrection, but of a theft perpetrated by persons unknown while all Jerusalem slept.

The Gospels then tell of Magdalene's second visit to Jesus' sepulchre. She was stubborn! She went, she returned ... because she was not convinced! This time her step is slow and very heavy. Mary suffers twice as much: first for the death of Jesus, and then for the inexplicable disappearance of his body.

It is as she is stooping near the tomb, her eyes filled with tears, that God surprises her in the most unexpected way. John the Evangelist stresses how persistent her blindness is. She does not notice the presence of the two angels who question her, and she does not become suspicious even when she sees the man behind her, whom she believes is the custodian of the garden. Instead, she discovers the most overwhelming event in the history of mankind when she is finally called by her name: "Mary!" (v. 16).

How nice it is to think that the first apparition of the Risen One — according to the Gospels — took place in such a personal way! To think that there is someone who knows us, who sees our suffering and disappointment, who is moved with us and calls us by name. It is a law which we find engraved on many pages of the Gospel. There are many people around Jesus who search for God, but the

## Pope's May 17, 2017 Message: Mary Magdalene as an Apostle of Hope

most prodigious reality is that, long before that, in the first place there is God, who is concerned about our life, who wants to raise it, and to do this, he calls us by name, recognizing the individual face of each person. Each person is a love story that God writes on this earth. Each one of us is God's love story. He calls each of us by our name: he knows us by name; he looks at us; he waits for us; he forgives us; he is patient with us. Is this true or not true? Each of us experiences this.

And Jesus calls her: "Mary!": the revolution of her life, the revolution destined to transform the life of every man and every woman begins with a name which echoes in the garden of the empty sepulcher. The Gospels describe Mary's happiness. Jesus' Resurrection is not a joy which is measured with a dropper, but a waterfall that cascades over life. Christian life is not woven of soft joys, but of waves which engulf everything. You too, try to imagine, right now, with the baggage of disappointments and failures that each of us carries in our heart, that there is a God close to us who calls us by name and says to us: 'Rise, stop weeping, for I have come to free you!'. This is beautiful.

Jesus is not one who adapts to the world, tolerating in it the persistence of death, sadness, hatred, the moral destruction of people.... Our God is not inert, but our God — allow me to say — is a dreamer: he dreams of the transformation of the world,

and accomplished it in the mystery of the Resurrection.

Mary would like to embrace her Lord, but he is already oriented towards the heavenly Father, whereas she is sent to carry the news to the brethren. And so that woman, who, before encountering Jesus, had been at the mercy of evil (cf. Lk 8:2) now becomes the Apostle of the new and greatest hope. May her intercession also help us live this experience: in times of woe and in times of abandonment, to listen to the Risen Jesus who calls us by name and, with a heart full of joy, to go forth and proclaim: "I have seen the Lord!" (v. 18). I have changed my life because I have seen the Lord! I am now different than before. I am another person. I have changed because I have seen the Lord. This is our strength and this is our hope. Thank you.

*Resource: <http://www.news.va/en/news/general-audience-of-17-may-2017>*

## The Awesome Greatness of God

Alex Wan

**“And what is the surpassing greatness of his power for us who believe, in accord with the exercise of his great might, which he worked in Christ, raising him from the dead and seating him at his right hand in the heavens, far above every principality, authority, power, and dominion.” (Ephesians 1:19-22)**

I recently read the book, “The Science of Interstellar,” which provides explanations of the scientific concepts of the film “Interstellar.” Topics discussed includes black holes, the formation of planets and stars, gravity, and wormholes. I was fascinated not just because I’ve always been interested in space, but also because of how complex the universe is. As I reflected on what I learned, I began to marvel about the brilliance of God’s creations.

The complexity of God’s work is quite amazing. As Pope Francis stated in October 2014, the Big Bang would not have been possible without God<sup>1</sup>. Also, since God created the universe, He set the laws of gravity and guided the creation of numerous galaxies. On a much smaller level, He has created the basic building blocks of matter, including atoms. Moreover, He has created the elements

that are vital to life on Earth, such as carbon and oxygen. Thus, God’s creation and work is impressive and incredible beyond words. While science has helped us understand the universe, there are still many questions- and much that we may never understand.

Indeed, God is so great. His greatness is, as indicated by St. Paul’s letter to the Ephesians, more powerful than anything in the universe. As our creator, Father, and Lord, He is above all and everything is under his feet (Ephesians 1:22). His mercy is so wonderful and great as well. As stated in John 3:16, “For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life.”

That is why we should take time each day to appreciate, praise, and honor Him. He is not just incredibly powerful and intelligent, but also is our loving and merciful Heavenly Father. He is the one who created our beautiful universe, gave us life, and saved us from sin and death. Let us take time each day to worship Him and show our gratitude. Let us also take time to marvel His creation and honor it by being good shepherds of the environment and our world overall. Finally, let us further honor Him through sharing his greatest creation of all- love. His love is what led Him to create us and should be what guides us through our lives.

<sup>1</sup> Patrick Cusworth. “Pope Francis’s comments on the Big Bang are not revolutionary. Catholic teaching has long professed the likelihood of human evolution.” Catholic Herald. October 31, 2014. <http://www.catholicherald.co.uk/commentandblogs/2014/10/31/pope-francis-comments-on-the-big-bang-are-not-revolutionary-catholic-teaching-has-long-professed-the-likelihood-of-human-evolution/>

## 天主令人驚嘆的偉大

溫旭輝

**「他對我們虔信的人，所施展的強有力而見效的德能是怎樣的偉大。正如他已將這德能施展在基督身上，使他從死者中復活，叫他在天上坐在自己右邊，超乎一切率領者、掌權者、異能者、宰制者，以及一切現世及來世可稱呼的名號以上；又將萬有置於他的腳下，使他在教會內作至上的元首。」 - 厄弗所書 1：19-22**

我最近讀了這本書《星際效應中的科學》，其中提供了關於電影《星際效應》的科學概念的解釋。討論的主題包括黑洞、行星和星星的形成、重力和蟲洞。我非常的著迷，不僅因為我一直對外太空感興趣，還有因為宇宙的複雜程度。當我反思所學到的東西時，我開始驚嘆天主創作的輝煌。

天主的工作複雜性是相當的驚人。正如教宗方濟各在 2014 年 10 月所說的話，如果沒有天主，大爆炸是不可能發生的。另外由於天主創造了宇宙，祂設立重力定律，也引導許多星系的創造。在較小的層面上，祂創造物質的基本構件，包括原子。此外祂也創造了對地球上生命至關重要的元素，如碳和氧。因此，天主的創造和工作令人印象深刻且難以置信，無法用言語表達。雖然科學幫助我們了解宇宙，

但仍有許多問題我們可能永遠不會理解。

的確，天主是如此的偉大。正如聖保祿給厄弗所的信所說，祂的偉大比宇宙中的任何東西都強大得多。作為我們的創造者、主和父親，祂是在萬有之上且一切都置於在祂的腳下（厄弗所書 1:22）。祂的慈愛也是如此美妙而偉大。正如若望福音第 3 章 16 節所述：「天主竟這樣愛了世界，甚至賜下了自己的獨生子，使凡信他的人不至喪亡，反而獲得永生。」

這就是為什麼我們每天都要花時間感謝、讚美和尊敬祂。祂不僅僅是非常強大和有智慧的，而且也是我們慈愛和仁慈的天父。祂創造我們美麗的宇宙，給了我們生命，救我們脫離罪惡和死亡的人。讓我們每天都花時間去敬拜祂，並表示感謝。讓我們也花點時間來讚嘆祂的創造，並通過成為環境和世界的好牧羊人來尊敬祂。最後，讓我們通過分享祂最偉大的創造 - 愛，來進一步的尊敬祂。祂的愛引導祂創造了我們，也引領著我們的生活。

## 會務報告 Announcement

1. 下一次事務會議將於六月二十五日(星期日)彌撒後在聖體大教堂會議室舉行，歡迎大家踴躍參加。  
Our next business meeting will be held June 25, 2017 (Sun) after Mass at the meeting room of Cathedral of the Blessed Sacrament. All are welcome to attend.
2. 一年一度的團體野餐將於六月十日(星期六)在威廉公園第九區舉行(地址為 3800 South Land Park Drive, Sacramento, CA 95822) 我們將於上午十一時半開始燒烤，請大家將消息廣傳，並聯同你們的親友一起前來，享受相聚時刻及美好環境。欲知詳情，請聯絡鄺陳秀玲(916-442-7178)或陳紹強(916-272-9093)，六月四日截止報名。  
Our community picnic is coming up and will held on Saturday, June 10, 2017 at the William Land Park Area 9, located at 3800 South Land Park Drive, Sacramento, CA 95822. We will start serving food at 11:30 am. Please spread the word, bring your family or friends and come early to enjoy the people and the park. For more information, please contact Gloria Fong (916-442-7178) or Ellis Chan (916-272-9093). Please sign up by June 4, 2017.
3. 團體的年度退省將於八月五日(星期六)早上九時至下午六時在 Christ The King Passionist Retreat Center (6520 Van Maren Lane, Citrus Heights, CA 95621) 舉行，費用為每位\$40，包括午餐及晚餐。我們邀請了何神父作為我們的神司。若有興趣參加，請聯絡陳紹強 (916-272-9093)。  
Our community retreat will be held on Saturday, August 5, 2017 from 9:00 am to 6:00 pm at Christ The King Passionist Retreat Center at 6520 Van Maren Lane, Citrus Heights, CA 95621. The cost for each participant is \$40, which includes lunch and dinner. We have invited Father Ho as our spiritual director. If you are interested in attending the retreat, please contact Ellis Chan (916-272-9093).
4. 成人查經班會於每月舉行一次，詳情請聯絡汪嘉保 (415-269-8397)。Adult Bible study will be held once every month. For details, please contact Gabriel Wong (415-269-8397).
5. 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。  
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.
6. 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。  
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.
7. 請預留時間參加以下團體活動：  
Save the date calendar:

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
感恩節晚餐 Thanksgiving Dinner	十一月十九日(星期日)下午六時至九時 11/19/2017 (Sun) 6pm – 9pm	聖體大教堂友誼廳 Mercy Memorial Hall
聖誕節晚餐 Christmas Dinner	十二月十七日(星期日)下午六時至九時 12/17/2017 (Sun) 6pm – 9pm	聖體大教堂友誼廳 Mercy Memorial Hall