

# 教友通訊

## Newsletter

September/October/November 2017 九月/十月/十一月



Sacramento  
Chinese  
Catholic  
Community

沙加緬度華人  
天主教團體

Mass: Sundays 3:00 p.m.

地點：聖體大教堂

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## Words from Fr. Nicholas Ho

### Take Up Your Cross.

September has two feasts related to the cross of Jesus.

September 14th is the feast of The Exaltation of the Cross.

September 15th is the feast of Our Lady of Sorrows.

Jesus commanded that if we are to be his disciples, we must take up our cross and follow Him.

Taking up our cross was often referred to as denying ourselves of things we enjoy. But there is a more correct way of understanding the cross.

Jesus publicly spoke of his sufferings and ultimately his death on the cross. But Jesus trusted that His Father's love will be with Him through it all.

Jesus' suffering was not the end of the story. Cruelty, pain, and death did not have the final say. It all led to Transformation: Resurrected life, joy and peace.

In life we experience challenges, pain, sorrow, heartbreaking disappointments but they are not the end. Just as the cross of Jesus end up in transformed Glory so also our bitter experiences will end in Glory.

The feast of Our Lady of Sorrows is celebrated just a week after the celebration of Mary's birthday (September 8th). While Mary's birth led to her sorrow on Calvary, it also led to her Assumption into heaven. As we carry our cross, let us trust in God's love and always make an effort to focus on God's transforming love and goodness in our lives.

## 何神父的話

### 背起我們自己的十字架

9月有兩個與耶穌十字架有關的節日。

9月14日是光榮十字聖架。

9月15日是痛苦聖母紀念日。

耶穌吩咐說，如果我們想要成為他的門徒，我們必須拿起我們的十字架，跟隨他。

背起我們的十字架往往被認為是拒絕我們所享受的事物。但是，有一種更正確理解十字架的方法。

耶穌公開說出了祂的痛苦，且最終祂在十字架上死了。但耶穌相信祂父親的愛將通過這一切與祂同在。

耶穌的苦難不是故事的結束。殘酷、痛苦和死亡不是最後的結局。這一切都帶動了轉變：復活、喜樂與平安。

在生活中，我們經歷了挑戰、痛苦、悲傷令人心碎的失望，但它們並不是最終的結果。正如耶穌的十字架最後變成了榮耀，所以我們的痛苦經歷最後也將變成榮耀。

痛苦聖母紀念日是在瑪利亞生日（9月8日）後一周才會慶祝。而瑪利亞的誕生導致她對哥耳哥達的悲傷，卻也使聖母蒙召升天。當我們背起自己十字架的時候，讓我們相信天主的愛，並且一直努力專注天主在我們生命中愛與仁慈的蛻變。



## 教宗方濟各 2017 年 8 月 2 日要理講授：教會生活是光明的感染

親愛的弟兄姐妹，上午好！

曾經有一段時間聖堂都是朝東而建的。人們從西邊的門進入聖所，朝東走向祭台。這對古人具有重要的象徵意義，是一種寓意，但在歷史演進中漸漸消失了。我們現代的人非常不善於領悟宇宙的偉大標記，幾乎從未覺察到類似的細節。西方是日落之處，是光明消失的地方。東方則是黑暗被第一縷曙光打敗的地方，這讓我們想到基督，由高天向我們照耀的旭日（參閱：路一 78）。

古代的聖洗禮儀要求候洗者首先面向西方宣誓自己的信仰。在這樣的姿勢中他們被問道：“你們棄絕魔鬼，及魔鬼的一切行為和誘惑嗎？”候洗者一起答道：“棄絕！”然後，他們面向後殿，朝向東方，光明誕生的地方，候洗者再次被問道：“你們信天主教、聖子及聖神嗎？”他們答道：“我信！”

在現代，這個禮儀的魅力有所減少，我們失去了對宇宙語言的觸覺。但這種依循洗禮詢問傳統而舉行的信仰宣誓被保留了下來，成了幾件聖事的固定部分。無論如何，它的意義始終不變。那麼，成為基督徒意味著什麼呢？意味著注視光，在光中繼續宣認信仰，即使世界被籠罩在黑夜和陰暗時依然如此。

基督徒並未免於內外的黑暗，並未脫離世界，但藉著聖洗聖事所領受的基督的恩寵，他們成了“定出方向”的男人和女人；他們不相信陰暗，但相信陽光；不屈服於黑夜，卻希望黎明；不被死亡所擊敗，卻渴望復活；他們不被惡所折服，因為他們始終信賴善的無限能力。這正是我們基督徒的希望！耶穌的光，耶穌以祂的光帶給我們的救恩將我們從黑暗中解救出來。

我們相信天主教是父親：這就是光！我們不是孤兒，我們擁有一位父親；我們的父親是天主。我們相信耶穌降臨在我們當中，走在我們的生活中，尤其陪伴窮人和脆弱者：這就是光！我們相信聖神為了人類和世界的益處日夜勞作，即使是歷史上最大的痛苦也將被消除；這就是每天清晨重新喚醒我們的希望！我們相信每個情感、每個友誼、每個善意，以及每個愛，即使再微小和不起眼，有一天也能在天主內達致圓滿；這就是推動我們熱情接納每天生活的力量！這是我們的希望；生活在希望中，生活在光明中、在天主父的光明中、在救主耶穌的光明

中，推動我們在生命道路上不斷前行的聖神的光明中。

此外，聖洗禮儀的另一個美好標記提醒我們光明的重要性。在禮儀結束時，嬰兒受洗者的父母，或成年受洗者本人領受一支蠟燭，並從復活蠟燭點燃。在復活前夕彌撒中，復活蠟燭進入漆黑一片的聖堂，以彰顯耶穌復活的奧跡；眾人紛紛從復活蠟燭上點燃自己的蠟燭，並把這燭光傳給周圍的人。這象徵著耶穌復活的喜訊在眾基督徒生活中漸漸傳揚開來。我用一種較為強烈的語氣說，教會生活是光明的傳染！我們基督徒擁有多少耶穌的光明，教會生活中就有多少耶穌的光明，教會生活就有多麼活躍。教會生活是光明的傳染！

我們對彼此最美好的勉勵就是始終牢記自己的洗禮日。我問你們：你們中有誰記得自己受洗的日子？你們不必回答，因為有人會感到慚愧！你們想想，如果忘記了，今天我給你們留一個家庭作業，回去問你的媽媽、爸爸、孀孀、叔叔、奶奶、爺爺：“我是哪天受洗的？”之後再不要忘記了！明白嗎？你們會做嗎？今天的功課就是弄清楚並記住自己領洗的日子，自己重生的日子，光明的日子。請允許我這麼說，在那一天我們被基督的光明感染。

我們誕生了兩次：第一次是本性的生命；第二次是在聖洗池與基督相遇的生命。我們在那裡死於死亡，好在這世界上成為天主的子女。我們在那裡成了未曾想像過的新人。這就是為什麼我們大家應該散發在受洗那天被傳予的聖油的馨香。在我們內，耶穌的聖神在生活和工作中，祂是眾弟兄姐妹的長兄，是所有反對黑暗與死亡必然性的人的長兄。

一個基督徒若能成為真正的“克里斯託福羅”（cristoforo），意思是世上“攜帶基督的人”，這將是多大的恩寵！對於那些正在經歷哀傷、絕望、黑暗和仇恨境況的人而言更是如此。我們可以從諸多細節中意識到這一點：例如一個基督徒眼神中閃爍的光芒，即使在最複雜的情況中依然從容不迫，經過多次沮喪後始終願意重新去愛。在未來書寫我們今天的歷史中，人們會怎樣敘述我們呢？他們會說我們有希望的能力，還是說我們把自己的燈放在斗底下？如果我們忠於自己的聖洗，傳播希望之光，聖洗聖事就是希望的開端，那份對天主懷有的希望，我們就能把生命的意義傳給後代子孫。

資料來源 <http://zht.radiovaticana.va>

## Pope's August 2, 2017 Message: The Life of the Church is a Contamination of Light

Dear Brothers and Sisters, Good morning!

There was a time when churches were oriented toward the East. You entered the sacred building from a door at the west end and, walking along the nave, you moved eastward. It was an important symbol for old-world man, an allegory which, in the course of history, has gradually died out. We men and women of the modern epoch, much less accustomed to grasping the great signs of the cosmos, hardly ever notice details of this sort. The West is the cardinal point of the setting sun, where the light dies out. The East, however, is the place where the shadows are overcome by the first light of dawn and it reminds us of Christ, the Sun risen on high, at the world's horizon (cf. Lk 1:78).

The ancient Rites of Baptism called for the catechumens to pronounce the first part of their profession of faith keeping their gaze turned to the West. And in that stance, they were asked: "Do you renounce Satan, his service and his works?" — And the future Christians repeated in chorus: "I do!". Then they turned toward the apse, in the direction of the East, where the light is born, and the candidates for Baptism were again questioned: "Do you believe in God the Father, Son and Holy Spirit?" And this time they responded: "I do!"

In modern times, the appeal of this Rite has been partially lost: we have lost sensitivity to the language of the cosmos. Naturally there remains the profession of faith made according to the Baptismal interrogation, which is proper to the celebration of several

sacraments. However, its significance remains intact. What does it mean to be Christians? It means looking to the light, continuing to make the profession of faith in the light, even when the world is enveloped in darkness and shadows.

Christians are not exempt from external and even internal shadows. They do not live outside of the world, however; by the grace of Christ received in Baptism they are "oriented" men and women: they do not believe in darkness, but in the dim light of day; they do not succumb to the night, but hope in the dawn; they are not defeated by death, but yearn to rise again; they are not cowered by evil, because they always trust in the infinite possibilities of good. And this is our Christian hope: the light of Jesus, the salvation that Jesus brings to us with his light that saves us from the darkness.

We are those who believe that God is Father: this is the light! We are not orphans; we have a Father and our Father is God. We believe that Jesus descended among us; he shared our life, making himself companion above all to the poorest and most frail: this is the light! We believe that the Holy Spirit works unceasingly for the good of humanity and of the world, and that even the worst suffering of history will be overcome: this is the hope that awakens us each morning! We believe that every affection, every friendship, every good yearning, every love, even the most minute and neglected, one day will find fulfillment in God: this is the power that spurs us to embrace our daily life with enthusiasm! And this is our hope: to live in hope and live

## **Pope's August 2, 2017 Message: The Life of the Church is a Contamination of Light**

in light, in the light of God the Father, in the light of Jesus the Saviour, in the light of the Holy Spirit who urges us to go forth in life.

There is then another very beautiful sign of the baptismal liturgy that reminds us of the importance of light. At the end of the Rite, the parents — if it is a child — or the baptized themselves — if they are adults — are consigned a candle, whose flame is lit from the Paschal Candle. It is a large candle that on Easter night enters the completely dark church, to demonstrate the mystery of Jesus' Resurrection; from that candle, everyone lights their own candle and passes the flame on to those nearby: in that sign is the slow propagation of the Resurrection of Jesus in the lives of all Christians. The life of the Church — I will say a rather strong word — is contagious light. The more light of Jesus we Christians have, the more light of Jesus there is in the life of the Church, the more alive she is. The life of the Church is the contagion of light.

The most beautiful exhortation that we can address to each other is to always remember our Baptism. I would like to ask you: how many of you remember the date of your Baptism? Do not answer because some may feel embarrassed! Think, and if you do not remember it, today you have homework to do: go to your mom, to your dad, to your aunt, to your uncle, to your grandma, grandpa, and ask them: "What is the date of my Baptism?". And never forget it again! Is that clear? Will you do it? Today's task is to learn or remember the date of Baptism, which is the date of rebirth; it is the date of light; it is the

date in which — allow me to say — in which we were infected by the light of Christ. We are born twice over: the first time into natural life; the second, thanks to the encounter with Christ, at the Baptismal font. There we died unto death, in order to live as children of God in this world. There we became human as we never could have imagined. This is why we all must spread the fragrance of the Chrism, with which we were anointed on the day of our Baptism. In us lives and operates the Spirit of Jesus, first born of many brothers and sisters, of all those who oppose the inevitability of darkness and death.

What a grace it is when a Christian truly becomes a "cristo-foro," which means "bearer of Jesus" in the world! Above all for those who are experiencing situations of grief, of despair, of darkness and of hate. This can be understood from many fine details: from the light that a Christian conserves in his eyes, from the foundation of peace which is not undermined even on the most complicated of days, from the wish to begin to love again even when we have experienced many disappointments. In the future, when the story of our days is written, what will it say about us? That we were capable of hope, or that we put our light under a bushel? If we are true to our Baptism, we will spread the light of the hope — Baptism is the beginning of hope, that hope — of God, and we will be able to pass on to future generations the meaning of life.

*Resource: [https://w2.vatican.va/content/francesco/en/audiences/2017/documents/papa-francesco\\_20170802\\_udienza-generale.html](https://w2.vatican.va/content/francesco/en/audiences/2017/documents/papa-francesco_20170802_udienza-generale.html)*

## Love in the Midst of Hardship

Alex Wan

**“The second is this: ‘You shall love your neighbor as yourself.’ There is no other commandment greater than these.”**

**- Mark 12:31**

I was 16 years old on September 11, 2001. It was a day that I still remember quite clearly. I recall feeling shocked and horrified as I saw the images from the terrorist attack that day. I could not believe what I was seeing, especially after seeing footage of the towers crumbling. These are images that I will never forget; they have been etched in my mind forever.

As I reflect on what I saw that day, I also think about what has happened in the world since then. There has been violence across the globe. Countless terrorist attacks have happened as well, including in the U.S., the U.K., Germany, India, Turkey, Nigeria, Somalia, Iraq, Afghanistan, France, Syria, Egypt, Mali, Kenya, and elsewhere. One of the most recent attacks that has hit close to home was the Neo-Nazi terrorist attack in Charlottesville, which took the life of 32-year-old Heather Heyer. The current environment is also very worrisome. I'm particularly worried about hate groups espousing xenophobia, Islamophobia, and anti-Semitism, to say the least.

Yet, in spite of my worries and the tensions in our world, I find comfort in our Lord. As mentioned in Matthew 1:23, Jesus' name is Emmanuel, which means "God is with us". Indeed, God is always with us and will guide and protect us always. I pray to our Lord for peace and an end to racism and violence. Although we may not see this happen in our lifetimes, God will hear our prayers. As He mentioned in Luke 11:9, "ask and you will receive; seek and you will find; knock and the door will be opened to you." I believe that at the

very least- even if He does not end atrocities, violence, and/or racism in our world- He will hear us and guide us to make a difference.

He has set the perfect example for us to follow. Jesus is very loving and opened His heart to everyone. Despite the fact that He was shunned for doing so, He preached to Gentiles, the sick, the poor, and sinners. He is merciful, caring, kind, compassionate, and loving. For instance, even though Paul (then known as Saul) was oppressive towards Christians, He forgave him, gave him a second chance, and transformed him into becoming a devoted, loving, and faithful apostle. Most of all, Jesus died for humanity's sins and never gave into hatred.

We can all learn from Jesus' example of love. It is up to all of us to do so. One of the first steps that we can take is to recognize any hatred and biases that we hold within ourselves and work to overcome them. We must also speak out against racism, oppression, violence, and discrimination and atrocities overall. We must also seek to learn about one another and work to overcome stereotypes and prejudices in our society. Moreover, we can also seek to be compassionate and loving, just like our Lord. It may not be easy to take all of the aforementioned actions- and it can take a while. I personally have a way to go myself in trying to emulate Christ's example. However, there is much that we can all do to be more like Christ, to spread His love and compassion, and make the world a better place.

It's up to all of us to be ambassadors of God's love each day. Every action- from devoting oneself to standing against atrocities and violence to taking time to listen to someone in need- helps. As Gandhi said, 'Be the change you wish to see in the world.'



**「第二條是：『你應當愛近人如你自己。』再沒有別的誠命比這兩條更大的了。」 - 馬爾谷 12:31**

在 2001 年 9 月 11 日的時候我是 16 歲。這是我還記得很清楚的一天。回想起當天看到恐怖襲擊的影像，我感到震驚和恐懼。我不敢相信我所看到的，特別是看到高樓崩場的鏡頭。這些是我永遠不會忘記的情景，它們將永遠刻在我的腦海裡。

當我反思那天所看到的，我也開始思考這世界到底發生過什麼事情。全球都有暴力事件。美國、英國、德國、印度、土耳其、尼日利亞、索馬里、伊拉克、阿富汗、法國、敘利亞、埃及、馬里、肯尼亞等地也發生了無數恐怖襲擊事件。最近一次襲擊事件是夏洛特維爾的新納粹恐怖襲擊事件，奪走了 32 歲的希瑟·海爾（Heather Heyer）的生命。目前的環境也很令人擔憂。我特別擔心有仇恨團體擁護著排外主義，反伊斯蘭主義和反猶太主義的仇恨群體。

然而，在我的憂慮和世界的緊張局勢中，我仍在我們的天主裡尋找到安慰。正如瑪竇福音 1:23 所述，耶穌的名字是厄瑪奴耳，意思是：天主與我們同在。果真，天主永遠與我們同在，並將永遠引導和保護我們。我向我們的主祈求和平，結束種族歧視和暴力。雖然我們的在生之年可能看不到這種情況，但主會聽到我們的禱告正如祂在路加福音 11:9 中提到的，「你們求，必要給你們；你們找，必要找著；你們敲，必要給你們開。」我至少相信即使祂不在我們這個世界結束暴力，

暴力和種族歧視。祂會聽到我們的祈禱，並指引我們做出改變。

祂為我們樹立了完美的榜樣。耶穌對每一個人都是非常有愛和大方。儘管祂這麼做令人避諱，但祂卻傳道給外邦人，病人，窮人和罪人。祂是仁慈的、關懷的、善良的、慈悲的、有愛的。例如，即使保祿（後來被稱為掃祿）曾經迫害基督徒，祂赦免了他，給了他第二次機會，並將他轉變為一個忠誠有愛的忠實使徒。最重要的是，耶穌為了人類的罪而死且從來沒有怨恨。

我們都可以從耶穌的愛中吸取教訓。我們可以選擇要不要這樣做。我們可以採取的首要措施之一就是承認我們自己所擁有的仇恨和偏見，並努力克服它們。我們也要全面反對種族歧視、壓迫、暴力、歧視和暴行。我們也必須尋求向彼此學習，努力克服社會中的刻板印象和成見。此外，我們也可以像我們的天主一樣擁有同情心和愛心。採取上述所有行動可能並不容易可能需要一段時間。我有自己嘗試仿效基督的榜樣。但是，我們都可以傳播祂的愛和憐憫，讓我們更像基督，使世界變得更美。

這是由我們自己來決定是否要成為一個天主的使徒。每一個行動，像是從自己的角度來反抗暴力和暴行，花時間去聆聽需要幫助的人。像甘地說的，「成為你想要看到的改變。」

## 團體活動照片 Community Events Photos



上圖：團體年度避靜在 Christ the King Retreat Center  
Top: Annual Retreat at Christ the King Retreat Center

下圖：何神父 70 歲壽宴  
Bottom: Fr. Ho's 70 Years Old Birthday Celebration Dinner

