

教友通訊

Newsletter

September/October/November 2018 九月/十月/十一月



Mass: Sundays 3:00 p.m.

Priest: Fr. Nicholas Ho
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Words from Fr. Nicholas Ho

October - the Month of The Rosary.

October is the Rosary month. We venerate Mary and we pray to her.

We seek her intercession for Blessings and Graces from God, her Lord.

Our Christian friends have trouble with the idea of praying to Mary.

Jesus is our Saviour and we all believe that.

Our Christian friends believe we should pray for one another. If we can ask others to pray for us and we pray for them, why can't those in heaven also pray for us?

Are we now so separated from those who have died so that they no longer can help us or be concerned about us? If we seek the prayers of sinners on earth, for we are all sinners, why not seek the intercession of the saints in heaven? Why not turn to Mary, the Queen of saints and our Mother?

Jesus pointed out Mary to be the Mother of all on Calvary. He gave her to us to be our Mother.

Jesus said to John, who was a representative of all Jesus' disciples, "Behold your Mother." We know and believe that Mary is concerned about our salvation. We expect Mary to help us and we pray to her.

Holy Mary, Mother of God, pray for us sinners now and at the hour of our death. Amen.

何神父的話

十月 - 玫瑰月。

十月是玫瑰月。我們敬重瑪利亞，我們向她祈禱。

我們尋求她代求天主的祝福和恩惠，她的主。

我們的基督徒朋友對於向瑪利亞禱告的想法有些問題。

耶穌是我們的救主，我們都相信這一點。我們的基督徒朋友相信我們應該為彼此祈禱。如果我們可以請別人為我們禱告，而我們為他們禱告，為什麼天堂裡的人也不能為我們禱告呢？

我們現在是否與那些已經死亡的人分開，以便他們不再能夠幫助我們或關心我們？如果我們在地上尋求罪人的祈禱，因為我們都是罪人，為什麼不尋求在天上的聖人代求呢？為什麼不轉向瑪利亞，聖人的女王和我們的母親？

耶穌在哥耳哥達指出瑪利亞是所有人的母親。祂把她送給我們做我們的母親。

耶穌對約翰說，他是所有耶穌門徒的代表，“看哪，你們的母親。”我們知道並且相信瑪利亞關心我們的救恩。我們期望瑪利亞幫助我們，我們向她祈禱。

天主聖母瑪利亞，求妳現在和我們臨終時，為我們罪人祈求天主。阿們。

天主永恆的陽光

溫旭輝

聖保羅寫給哥林多人（哥林多前書 13 章）的第一封信第 13 章載有關於愛情的美麗經文。我被讀到的東西感動得很激動，我決定寫一首詩來紀念天主的愛。

天主的愛就像永恆的陽光，

因為，

不管我到哪，

它總是閃耀在我心中，

消除我的恐懼和擔憂，

引導我走過黑暗，

領導我走上正確的道路，

一條光之路，

即使我絆倒了，

祂的愛之光永遠伴隨著我，

撫慰我的靈魂，

幫助我度過難關。

這就是為什麼我相信祂和祂奇妙的愛，

這是每天幫助我的陽光。

God's Eternal Sunshine Alex Wan

Chapter 13 of St. Paul's First Letter to the Corinthians (1 Corinthians 13) contains beautiful verses about love. I was so moved by what I read that I decided to write a poem in honor of God's love.

God's love is like an eternal sunshine,

Because,

No matter where I go,

It is always shining brightly into my heart,

Taking away my fears and worries,

Guiding me through the darkness,

And leading me down the right path,

A path of light that remains,

For even when I stumble,

His light of love is always with me,

Soothing my soul,

Helping me through each difficulty.

That is why I trust in Him and His wondrous love,

It is the sunshine that helps me each day.

Ten Things You Must Know about Mass (Very Important)

1. What does mass mean?

A: Mass, also known as the Eucharist, is the gift of the Holy Church to God, whose name comes from the transliteration of Latin Missa. When the ancient church held a Mass, at the end of the ceremony, the priest said to the parishioners: "Ite Missa est" means: "Go, the ceremony is ended, "This is a long time, and the mass" becomes the substitute name for the Eucharist.

2. Who is the protagonist in the mass?

A: What we see with the naked eye, in the Mass, there are bishops, priests, and many parishioners, but they are not the protagonists in the mass. The real protagonist is not Catholics, but the Lord the Savior Jesus Christ. The only command from the church to obey to worship God, so we go to the Mass, not to see someone, but to worship God.

3. During a Mass, are parishioners passive audiences?

A: Mass is not a concert, nor performance of any kind. Therefore, the parishioners who come to the mass are not passive audiences but actively participate in the Mass.

4. Since God is everywhere, why should I go to the church?

A: True love couples will never express their love for each other only in their hearts or on the Internet. They will try their best to meet each other, accompany each other and feel the other's love. In the church, we can touch Him with physical senses— In a little while the world will no longer see me, but you will see me because I live, and you will live. (John 14:19-20) That is the most important reason why we are going to the church.

5. On the Holy Sunday, why should I come to the mass?

A: In the third commandment of the Ten Commandments, He asks the people of God to obey the Sabbath-- Observe the sabbath day— keep it holy, as the Lord, your God, commanded you. (Deuteronomy 5:12) Holy Day of the Old Testament Age- Sabbath — Represents the completion of the first creation. The New Testament, the Holy Sunday after the birth of the Lord Jesus, the Lord's Day, commemorates the resurrection of the Lord Jesus Christ to renew Vientiane. On the Lord's Day, we have the responsibility, and more obligation, to celebrate the life, death, and resurrection of the Lord Jesus in the most sacred way - to participate in the Mass.

6. Is it a sin to not attend the Mass on the Lord's Day?

A: It is indeed a sin, and it is a big sin. Unless it is obviously blocked, it is involuntarily and not knowingly (such as getting sick, taking care of the patient). If our church members can choose to absent from the Sunday Mass deliberately, the church clearly states that this behavior is the case of major crimes, it is traditionally called a big sin.

7. Is Mass a very complicated process?

A: Mass is definitely not the kind of "man-made red tape" that non-Catholics seem to be but from the design of Jesus Christ. We listen to the Words of God, just as Jesus Christ personally spoke to us and responded to him. In the holy sacred rite, the Lord Jesus Christ, by the mouths of the bishop, priest, the action of the Holy Spirit, the bread and wine, and the sanctification of His holy blood, dedicated to the Father of God to forgive sins.

8. Is Mass just a repeat of “performance” once and for all?

A: The Lord Jesus personally ordered us at the Last Supper: You must do this to commemorate the Mass of my Catholic Church. This

關於彌撒，你不可不知道的十件事（非常重要）

commemoration is different from replaying a movie or recording and is not listening to an old, long-overdue story of our sacraments. It can lead us, as if passing through the tunnel of time, go to the scene and come into contact with Christ.

9. During a Mass, can I take photos?

A: Generally speaking, most of the churches do not stipulate that the participants must not take pictures, but the photos must not interfere with the usual holding of the etiquette. If you walk around for the sake of taking pictures, turn on the flash, it is not good. Many parishioners and other participants upload photos of beautiful churches and sacred ceremonies to social networks, which is also a kind of “blessing.” Of course, if the church prohibits photographing, then must obey the regulations.

10. If I am not a Catholic, can I attend the Mass?

A: Of course, the church is open to all those who seek God. Those who have not yet baptized to join the church, as well as those who want to understand the Catholic faith, they can come to the church to participate in the mass, because God is the God of all, and will not exclude anyone. But the two most important things to note are, one is to obey the order of the Catholic Church, and the other is that non-Catholics are not allowed to receive the Eucharist.

1. 彌撒是什麼意思？

答：彌撒，亦稱感恩祭，是聖教會祭獻天主的大禮，其名稱來自拉丁文 Missa 的音譯。古代教會舉行感恩祭，禮儀結束時，都要向參禮者說：“Ite Missa est”意思是：“你們去吧，散會了！”這樣久而久之，“彌撒”便成了感恩祭的代用名稱。

2. 誰是彌撒中的主角？

答：。我們肉眼所見的，在彌撒中，有主教神父和諸多教友，但他們都不是彌撒中的主角。真正的主角不是天主教徒，而是天主耶穌。彌撒聖祭是救主耶穌基督，唯一命令教會遵行的朝拜天主大禮，所以我們去參加彌撒，不是去看某個人，而是去朝拜天主。

3. 彌撒中的信友，是不是被動的觀眾？

答：彌撒不是一場演唱會，也不是任何形式的演出，所以，來參與彌撒的信友們絕不是被動的觀眾，而是要主動參與到彌撒中去。

4. 天主既然無處不在，那為什麼還要去聖堂？

答：真心相愛的情侶，絕不會只在心裡或只在網絡中表達對對方的愛意，而是想盡辦法與對方見面，陪伴對方，感受對方的愛。在聖堂內，我們卻能以身體感官接觸祂——世界就再看見我，你們卻要看見我。（若十四 19-20）這就是我們要到聖堂的最重要原因。

5. 主日，為什麼要來參與彌撒？

答：天主十誡第三誡，要求天主子民遵守聖日——當照上主，你的天主吩咐的，遵守安息日，奉為聖日（申五 12）舊約聖時代的聖日——安息日——代表第一次創造的完成。新約，即主耶穌降生以後的聖日——主日——紀念主耶穌基督的復活使萬象更新。我們在主日，有責任，更有義務，以最神聖的方法——參與彌撒聖祭——紀念主耶穌的生活，死亡和復活所完成的救世工程。

6. 主日不參加彌撒，是一種罪嗎？

答：確實是罪過，而且是大罪，除非明顯受阻，身不由己及不是明知故犯（比如生病，照顧病人）如果我們教友有能力而選擇故意缺席

關於彌撒，你不可不知道的十件事（非常重要）

主日彌撒，教會清楚提示，這種行為是在重大事情上明知故犯，傳統上就稱之謂大罪。

Shared by Oliver Wan

<https://mp.weixin.qq.com/s/l3DoXjFOGyB4BsCszhmulw>

7.彌撒是很繁複的流程嗎？

答：彌撒絕對不是外教人看起來的那種“人為的繁文縟節”，而是源自耶穌基督的設計聖道禮中，我們聆聽天主的聖言，就如同耶穌基督親自對我們講話以及人們對他的回應；聖祭禮中，主耶穌基督，會借主教神父的語言，聖神的行動，把麵餅及葡萄酒，祝聖為祂自己的聖體聖血，奉獻給天主聖父以赦免罪過。

8.彌撒是單純的一次一次的重複“表演”嗎？

答：主耶穌在最後晚餐上親口命令我們：。你們要這樣做，來紀念我天主教的彌撒，這種紀念不同於重播電影或錄音，也不是在聽一個古舊的，早已過去的故事我們的聖事可以帶領我們，好像穿過時光的隧道，去親臨現場，和基督接觸。

9.彌撒中，我可以拍照留念嗎？

答：一般來說，大部分聖堂沒有規定參禮者不得拍照，但拍照一定不得干擾禮儀的正常舉行，如果為了拍照而隨意走動，開啟閃光燈，就不好了。很多教友和非教友將美麗的聖堂和神聖禮儀的照片上傳到社交網絡，也是一種“福傳”。當然，如果所在堂區明確禁止拍照，那麼則必須遵守該堂區規定。

10.不是天主教徒，可以參加彌撒嗎？

答：當然可以，聖堂向所有尋求天主的人開放，尚未領洗加入教會的人士，以及希望了解天主教信仰的人士，可以來到聖堂參與彌撒，因為天主是眾人的天主，不會把任何人排除在外。但需要注意的最重要的有兩點，其一是遵守天主教堂的秩序，其二是非天主教徒不得領聖體。

『凡事包容，凡事相信，凡事盼望，凡事忍耐』(格前 13:7)

自從 2000 年加入教會團體後，上主不但帶給我兩名子女和一份平安，更額外送給我多一個家 - 堂區團體。每週除了一至五上班時間外，週末和週日很多時間也在堂區渡過，包括週末下午的慕道班，孩子則同一時間上主日學，主日則和孩子參與彌撒，之後和教友午餐或參加聖言宣讀員及其他善會的活動。就這樣兩名小孩自幼便在堂區和其他小朋友一起成長，而我亦在這個家多了一班比親姊妹更親的弟兄姊妹，每逢大小節日幾個家庭一起過節，每年幾個學校假期幾個家庭大大小小的跑到外地一起旅行，越南，泰國，海南島，深圳等地都玩過了。而我亦和一班堂區弟兄姊妹組成隊伍挑戰每年一度的 48 小時行山活動毅行者。



上：代表堂區參與教區的足球比賽

下：與堂區兄弟組隊參加 48 小時毅行者活動



Melody 和 Justin 領洗



**“Love bears all things, believes all things,
hopes all things, endures all things.”**

- 1 Corinthians 13:7

Since I joined the church in 2000, our Lord not only gave me two kids and a peaceful mind but also an extra home - our parish community. Except during my work from Monday to Friday, I spent most of my weekend and Sunday at the parish - helping at the RCIA on Saturday afternoon while my kids were at Sunday school, going to mass with my kids on Sunday and then having lunch with parishioners or joining activities of the Lectors or other Ministries. My kids grew up in the parish together with other children since their infancy and I was getting more close with those brothers and sisters in the parish than my natural ones. We celebrated festivals together and we went for vacations with all the kids during school holidays - Vietnam, Thailand, Hai Nam and Shen Zhen. I also teamed up with some parishioners and took the challenge to participate the 48 hours Trail Walker hiking activity.



**Hiking with the kids from the parish
on a rainy day at Chinese New Year
(3rd Day of the New Year)**



**Upper : Couple of families from our parish on
vacation to Phuket, Thailand**



**Left : Award of Diploma in Catechetical Training
by the Bishop**

讓我再分享一個堂區生活的實況。一天當我正在辦公室工作時，為了趕緊籌備堂區一個善會交流日的活動，在互聯網上跟一位善會代表的兄弟對話，最後大家更激辯至有點不愉快。正當此時，突然另一位堂區議會的兄弟加入討論，但他將話題忽然轉到別處，問我們有否試過尖沙咀某餐廳的歡樂時光，食物很特別，價錢超優惠。說著說著，還提議大家當天下班後馬上去試。說也奇怪，我和另一位正在爭論中的兄弟不約而同都說好。可能要感謝聖神的感召，我們三兄弟當晚真的渡過了很歡樂的時光。



上：與慕道者協助堂區參與明愛賣物會籌款活動動

左：Justin 初領聖體

下：Melody 初領聖體



Who Am I?

Ellis Chan

and I didn't wait to say yes unanimously. Thanks to the blessing of the Holy Spirit, three of us did enjoy many hours of happy time together that night.



Let me share an incident of our life at the parish. One day while I was at work in my office and kept emailing with some parishioners to coordinate for an upcoming Ministry Fair of the whole parish. For unknown reason my dialogue with one of the parishioners developed into a heated argument, but at the same time another Council member joined in the chat. Yet he changed the discussion to food and asked whether we had tried a restaurant at Tsim Sha Tsui where it offered a super deal at Happy Hours and food was very special. He even suggested we all go after work that day. Strange enough, both the other parishioner



Again, those families from parish on vacation.

**Upper : Saigon, Vietnam
Left : Nha Trong, Vietnam
Lower : Bangkok, Thailand**





上和下：星期六慕道班

下：慕道班導師兩日一夜辟靜



其實我們都是普通人，都有情緒，都會發脾氣，但只要『凡事包容，凡事相信，凡事盼望，凡事忍耐』(格前 13:7)，大家彼此以愛擔待，信仰團體內的兄弟姊妹必常存喜樂。雖然我在主內的家已由香港的青衣堂區搬到了二埠的華人天主教團體，仍希望各位主內的弟兄姊妹能貫切『團體是我家，建設齊參加』，大家加油喔！



Upper : Our parish celebrate the Feast Day of St. Thomas

Lower : Meeting and potluck of the Lectors



Below: Another trip to Bangkok with parish families



Actually, we are just human beings, we all have emotion and we all have temper. Yet if we know “Love bears all things, believes all things, hopes all things, endures all things” (1 Corinthians 13:7) and treat each other with love, brothers and sisters in our community will always cherish in joyful moments.

Now my home in Christ has moved from the parish in Tsing Yi, Hong Kong to our Chinese Catholic Community in Sacramento, I do hope we all remember “Community Our Home, Together We Own”. Let’s keep it up!