

教友通訊

Newsletter

June/July/August 2019 六月/七月/八月



Mass: Sundays 3:00 p.m.

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Words from Fr. Nicholas Ho

Are You Jesus?

I shared this story several times before and I hope you will be touched by this brief sharing.

Paul and his colleagues went to a busy city for a business meeting. At the conclusion of the meeting, they were excited to return and report to their boss. On the morning of their departure, Paul and his friends walked to the airport as they were staying close to it. As they hurried to the airport, they inadvertently knocked down a small produce stand. Paul's friends did not stop to look but Paul stopped to go back.

Paul's colleagues called out to him to hurry but he told them to move ahead without him.

When Paul returned to the produce stand, he found that the vendor's produce were all on the street. The lady vendor stood there crying softly. Paul quickly picked up the fruits and vegetables that were all over the ground. He then approached the lady and apologized for what he and his friends did. Paul then realized that the lady vendor was blind. He also took out a few dollars from his wallet and handed them to the lady. He told her that, that should be enough to cover for the damages.

Paul then turned to rush off. The lady called out to Paul. He stopped to see what she wanted from him. She asked: "Mister, Are you Jesus?" Surprised, Paul replied, "Oh No."

Then the lady spoke up, she said, "I only asked because I prayed for Jesus to help me as I heard and knew that my produce were on the ground. Paul comforted her again. He told her that everything was okay. Paul then left but with tears in his eyes. Paul finally made it to the airport, but he missed his flight. He had no choice but to remain another day in that busy city. That night, Paul spent the entire night reflecting over the lady's question. Paul could not get the lady's question out of his head. He asked himself, "When was the last time someone confused me for Jesus?"

Consider: How much is the sheer busyness of your life preventing you from living and listening to the call of Jesus?

何神父的話

你是耶穌嗎？

我以前曾多次分享這個故事，我希望你會被這個簡短的分享所感動。

保羅和他的同事們去了一個繁忙的城市參加商務會議。在會議結束時，他們很高興回來並向老闆報告。

在他們離開的那天早上，保羅和他的朋友們往機場走。當他們趕到機場時，他們無意中撞倒了一個小農產品攤位。保羅的朋友們沒有停下來看，但保羅停下來走回去。

保羅的同事叫他快點，但他告訴他們先走。

當保羅回到農產品攤位時，他發現東西都在落在街上。女賣家站在那裡輕聲哭泣。保羅很快就拿起了地上的水果和蔬菜。然後他走近那位女士並為他和他的朋友道歉。保羅然後意識到女士是位盲人。他還從錢包裡掏出幾塊錢遞給了那位女士。他告訴她，這應該足以彌補損失。

然後保羅轉身準備跑去趕飛機。那位女士喊住保羅。他停下來看看她想要什麼。她問道：“先生，你是耶穌嗎？”保羅驚訝地回答說，“哦不。”

然後那位女士說話，她說，“我只是問問，因為我祈禱耶穌幫助我，因為我聽到並知道我的商品在地上。”保羅再次安慰她。他告訴她一切都好。保羅然後離開但眼裡含著淚水。

保羅終於到了機場，但他錯過了她的航班。他別無選擇，只能在繁忙的城市中度過另一天。那天晚上，保羅整晚都在思考這位女士的問題。保羅無法理解這位女士的問題。他問自己：“上一次有人把我和耶穌混淆是什麼時候？”

思考：你的生活中充滿了多少繁忙，使你無法生活和傾聽耶穌的召叫？

教宗方濟各 2014 年 4 月 9 日要理講授：聖神的恩典 - 智慧

親愛的弟兄姐妹，上午好！

從今天起，我們開始“聖神恩典”的系列要理講授。你們知道，聖神構成教會及每一個基督徒的靈魂與命脈。祂是天主之愛，把我們的心作為自己的居所，與我們共融。聖神始終與我們同在，始終在我們內，在我們心中。

聖神本身就是最卓越的“天主恩典”（參：若四 10），是天主的一份禮物，祂把各類神恩通傳給接納祂的人。教會將它們分成七項，七的數位象徵圓滿和無缺；這七項恩典在準備堅振聖事時會學到，在誦念《伏求聖神降臨》這古老經文時會念到。聖神的恩典是：上智、聰敏、超見、剛毅、明達、孝愛和敬畏上主。

按照這個列表，聖神的第一項恩典就是智慧。智慧不是單純的人的聰明，不是學識和經驗的結果。聖經記載說，撒羅滿在他成為以色列王的加冕典禮中，祈求了智慧的恩典（參：列上三 9）。智慧正是這樣的：它是能夠用天主的眼光看待萬物的恩寵。就是這樣：用天主的眼光看待世界，看待形勢、狀況和問題。這就是智慧。有時候，我們看問題，是出於自己的喜好，或按照自己的心境，懷著愛或恨，懷著嫉妒……。不！這不是天主的眼光。智慧是聖神在我們內做工，好讓我們用天主的眼光去看待一切事物。這才是智慧的恩典。

顯然，這恩典源自與天主的親密，源自我們與天主的密切關係，源自子女與父親的關係。當我們擁有這種關係時，聖神便賜予我們智慧的恩典。當我們與上主共融時，聖神就在改變我們的心靈，使其覺察上主全部的熱情與偏好。

因此，聖神使基督徒成為“智者”。但這並不意味著他能解決所有問題，知曉一切，而是說“認識”天主，知道天主如何行動，瞭解某個事物是否屬於天主；獲得了天主賜予我們心靈的聰明。在這個意義上，人的聰明之心有了天主的滋味和味道。我們團體中有這樣的基督徒實在太重要了！整個團體藉著他們談論天主，成為天主的臨在與愛的美好與生活的標記。這不是我們能夠現

編和自製的東西，而是天主賜給那些順從聖神的人的恩典。

在我們內、在我們的心中，有聖神的臨在；我們可以聽從祂，也可以不聽從祂。如果我們聽從聖神，祂將傳授我們這條聰明之道，賜給我們用天主的眼光去看、用天主的耳朵去聽、用天主的心去愛、用天主的判斷力去評判事物的聰明。這是聖神賦予我們的智慧，我們都可以擁有它，只須向聖神祈求便可獲得。

你們設想一位母親與她的孩子在家裡，一個在忙這事，另一個在想那事，可憐的媽媽忙前忙後，孩子卻在旁邊搗亂。當母親疲憊不堪時，便沖著孩子發火，這是智慧嗎？沖著孩子發火——我問你們——是智慧嗎？你們說：是智慧嗎？不是！反之，如果母親抱著孩子，溫柔地指正他，告訴他：“這樣做不對，因此……”，耐心地向他解釋，這是天主的智慧嗎？是的！這是聖神在生活中賜予我們的恩典！

再比如說婚姻，夫妻兩人——丈夫和妻子——吵架，誰都不看對方一眼，或者看，卻拉著臉看：這是天主的智慧嗎？不是！相反，如果說：“哎！暴風雪已經過去了，我們和好吧”，然後他們重新走上和睦的道路：這是智慧嗎？〔人群：是！〕看，這才是智慧的恩典。願智慧降臨家庭、與孩子們同在，與我們大家同在！

智慧不是學得的，而是聖神的一份禮物。因此，我們要祈求上主賜予我們聖神，賜予我們“聰明”的恩典，天主的“聰明”，這“聰明”教導我們用天主的眼光去看，用天主的心去感受，用天主的話說話。這樣，憑藉這種智慧，我們將向前邁進，建設家庭，建設教會，我們所有人都將成聖。今天讓我們祈求智慧的恩寵。讓我們向聖母，智慧之所，祈求這個恩典：求她賜予我們這恩寵。謝謝！

資料來源：<http://caritas.catholic.org.tw>

Pope's April 9, 2014 Message: Grace of the Holy Spirit - Wisdom

Dear Brothers and Sisters, Good morning!

Today we begin a series of catecheses on the gifts of the Holy Spirit. You know that the Holy Spirit constitutes the soul, the life blood of the Church and of every individual Christian: He is the Love of God who makes of our hearts his dwelling place and enters into communion with us. The Holy Spirit abides with us always, he is always within us, in our hearts.

The Spirit himself is “the gift of God” par excellence (cf. Jn 4:10), he is a gift of God, and he in turn communicates various spiritual gifts to those who receive him. The Church identifies seven, a number which symbolically speaks of fullness, completeness; they are those we learn about when we prepare for the Sacrament of Confirmation and which we invoke in the ancient prayer called the “Sequence of the Holy Spirit”. The gifts of the Holy Spirit are: wisdom, understanding, counsel, fortitude, knowledge, piety and fear of the Lord.

1. The first gift of the Holy Spirit according to this list is therefore wisdom. But it is not simply human wisdom, which is the fruit of knowledge and experience. In the Bible we are told that Solomon, at the time of his coronation as King of Israel, had asked for the gift of wisdom (cf. 1 Kings 3:9). And wisdom is precisely this: it is the grace of being able to see everything with the eyes of God. It is simply this: it is to see the world, to see situations, circumstances, problems, everything through God's eyes. This is wisdom. Sometimes we see things according

to our liking or according to the condition of our heart, with love or with hate, with envy.... No, this is not God's perspective. Wisdom is what the Holy Spirit works in us so as to enable us to see things with the eyes of God. This is the gift of wisdom.

2. And obviously this comes from intimacy with God, from the intimate relationship we have with God, from the relationship children have with their Father. And when we have this relationship, the Holy Spirit endows us with the gift of wisdom. When we are in communion with the Lord, the Holy Spirit transfigures our heart and enables it to perceive all of his warmth and predilection.

3. The Holy Spirit thus makes the Christian “wise”. Not in the sense that he has an answer for everything, that he knows everything, but in the sense that he “knows” about God, he knows how God acts, he knows when something is of God and when it is not of God; he has this wisdom which God places in our hearts.

The heart of the wise man in this sense has a taste and savour for God. And how important it is that there be Christians like this in our communities! Everything in them speaks of God and becomes a beautiful and living sign of his presence and of his love. And this is something that we cannot invent, that we cannot obtain by ourselves: it is a gift that God gives to those who make themselves docile to the Holy Spirit. We have the Holy Spirit within us, in our heart; we can listen to him, we can listen to him. If we listen to the Holy Spirit, he teaches us this way of wisdom,

Pope's April 9, 2014 Message: Grace of the Holy Spirit - Wisdom

he endows us with wisdom, which is seeing with God's eyes, hearing with God's ears, loving with God's heart, directing things with God's judgement. This is the wisdom the Holy Spirit endows us with, and we can all have it. We only have to ask it of the Holy Spirit.

Think of a mother at her home with the children; when one does something the other thinks of something else, and the poor mother goes to and fro with the problems of her children. And when mothers get tired and scold the children, is that wisdom? Scolding children — I ask you — is this wisdom? What do you say: is it wisdom or not? No! Instead, when the mother takes her child aside and gently reproves him, saying: "Don't do this, because...", and explains with great patience, is this the wisdom of God? Yes! It is what the Holy Spirit gives us in life! Then, in marriage for example, the two spouses — the husband and wife — argue, and then they don't look at each other, or if they do look at each other, they look at each other with displeasure: is this the wisdom of God? No! Instead, if one says: "Ah well, the storm has passed, let's make peace", and they begin again and go forward in peace: is this wisdom? [the people: Yes!] Now, this is the gift of wisdom. May it come to our homes, may we have it with the children, may it come to us all!

And this cannot be learned: this is a gift of the Holy Spirit. Therefore, we must ask the Lord to grant us the Holy Spirit and to grant us the gift of wisdom, that wisdom of God that teaches us to see with God's eyes, to feel with

God's heart, to speak with God's words. And so, with this wisdom, let us go forward, let us build our family, let us build the Church, and we will all be sanctified. Today let us ask for this grace of wisdom. And let us ask Our Lady, who is the Seat of Wisdom, for this gift: may she give us this grace.

Thank you!

Resource:

http://w2.vatican.va/content/francesco/en/audiences/2014/documents/papa-francesco_20140409_udienza-generale.html

Jesus' power over worry

Alex Wan

“Do not worry about tomorrow; tomorrow will take care of itself. Sufficient for a day is its own evil.” – Jesus (Matthew 6:34)

We all have many worries in life. From worries about school and work projects to concerns about high cost of living, they can occupy our minds. They take a toll on our well-being and leave us stressed out. Yet, even in the midst of these problems, we are not alone. We have Jesus by our side.

It may not always seem that way, especially because He is in Heaven. Even when He is reaching out to us, we may not be aware of it, especially worries blind us. However, He is in all of our hearts through the Holy Spirit, who guides us and helps us remember Jesus' teachings (John 14:26). Jesus, the Holy Spirit, and God provide us reassurance and comfort too. As He stated in John 14:27, “I leave with you; my peace I give to you. Not as the world gives do I give it to you. Do not let your hearts be troubled or afraid.”

It can be difficult to let go of our worries though. Even with Jesus' reassurances, we all have moments where the worries can be overwhelming. Regardless of how strong they are, it is helpful to read what Jesus said about worry itself. In Matthew 6, He reminds us that just as God provides for the flowers and birds, He will always provide us with everything we need (27-34).

He also tells us, as seen in the opening quote, to not worry about tomorrow (Matthew

6:34). While it is understandable to be concerned about tomorrow, we cannot control it. We can only control what we do in the present. With Jesus' guidance, we can focus on how to make the most of our present and live our lives to the fullest. Doing this is much more productive than worrying.

Prayer, reading God's Word, and mindfulness/gratitude help as well. When we pray, we get to connect with Him. He will help lighten the load off our shoulders. Reading the Bible helps because Jesus speaks to us through his Word – and His teachings help us learn how to deal with worries and other problems. Finally, we can each take time daily to be mindful of his blessings. Even if it is just for a couple of minutes, we should note the blessings He provides us daily. By focusing on these blessings, we can help to focus our minds on Him and positivity overall.

Altogether, worry can be a difficult struggle, but Jesus helps us through it. His peace, love, kindness, and guidance sustains us through the battle. We will face many challenges and worries throughout our lives, but He will be there with us all the way. He is our Lord, hero, and best friend.

God bless you.

耶穌的力量超越了憂慮

溫旭輝

“所以你們不要為明天憂慮，因為明天有明天的憂慮！一天的苦足夠一天受的了。” - 耶穌（瑪竇福音 6:34）

我們生活中都有許多憂慮。從對學校和工作的憂慮到對生活費用高昂的憂慮，它們可以佔據我們的心靈。它們對我們的幸福感增加負擔，讓我們感到壓力。然而，即使在這些問題中，我們並不孤單。我們有耶穌在我們這邊。

可能並不總是這樣，特別是因為祂在天堂。即使祂正在向我們伸出援助之手，我們也可能沒有意識到這一點，特別是憂慮使我們看不見。然而，祂通過聖神在我們心中，引導我們並幫助我們記住耶穌的教導（若望福音 14:26）。耶穌，聖神，天主為我們提供了安心和舒適。正如祂在若望福音 14:27 中所說，“我把平安留給你們，我將我的平安賜給你們；我所賜給你們的，不像世界所賜的一樣。你們心裡不要煩亂，也不要膽怯。”

儘管如此，我們還是可能很難放下憂慮。即使有了耶穌的保證，我們所有人都有憂慮的時刻。無論它們有多強大，讀耶穌關於煩惱本身的内容都是有幫助的。在瑪竇福音 6 章中，祂提醒我們，就像天主為花鳥所做的一樣，祂將永遠為我們提供我們所需要的一切（27-34）。

祂還告訴我們，正如本篇引文所示，不要為明天憂慮（瑪竇福音 6:34）。雖然在乎明天是可以理解的，但我們無法控制它。我們只能控制我們現在所做的事情。在耶穌的指導下，我們可以專注於如何充分利用我們的現在並充分享受生活。這樣做比擔心更有成效。

祈禱，讀天主的話，和正面/感激會有幫助。當我們祈禱時，我們就會與祂聯繫在一起。祂將幫助我們減輕肩膀的負擔。讀聖經是有幫助的，因為耶穌通過祂的話語向我們說話 - 祂的教導也幫助我們學習如何處理憂慮和其他問題。最後，我們每個人每天都要花時間去了解祂的祝福。即使只是幾分鐘，我們也要注意祂每天給我們的祝福。通過關注這些祝福，可以幫助我們的思想集中在祂和整體的積極性上。

總而言之，憂慮可能是一場艱難的鬥爭，但耶穌會幫助我們度過難關。祂的和平、愛、良善和指導使我們在奮鬥中堅持。我們將在生活中面臨許多挑戰和憂慮，但祂將一直與我們在一起。祂是我們的上主，英雄和最好的朋友。

天主祝福你。



春遊,在加州大學戴維斯植物園

Spring Trip, at University of California, Davis



SCCC Annual Picnic
BBQ

SCCC 年度野餐
BBQ