

教友通訊

Newsletter

March/April/May 2020 三月/四月/五月



Mass: Sundays 3:00 p.m.

**Priest: Fr. Nicholas Ho
415-727-7880**

地點：聖體大教堂

聯絡：溫悅民會長

**Place: Cathedral of the Blessed Sacrament
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Words from Fr. Nicholas Ho **EASTER - New Life!**

We all experience moments of dying in our lives.

We hear of it especially in this Trying Times of the Coronavirus.

We also experience death when there is bitterness around us.

When we experience loneliness, fear, sadness, and moments of dying overwhelms us.

In those moments we feel that we are one foot in the grave already.

But we also experience moments of Resurrection in our lives.

It is when we experience true love, when we are accepted and when we are forgiven.

In this Sad and Painful time of the spread of the Coronavirus,

We see lots of neighbors and strangers opening up their hearts to others,

Hope and New Life returns.

How Long will this Trying Time be?

Our Loving God will watch over us and protect us.

We pray that very soon there will be New Life and Resurrection for everyone in our troubled world. We will all emerge from the tomb to a Glorious and Better Future.

Happy Easter

何神父的話

復活節 – 新生命!

我們所有人都經歷過生命中死亡的時刻。尤其是在新冠狀病毒肆虐的時期。

當我們周圍充滿痛苦時，我們也會感覺到死亡。

當我們經歷孤獨、恐懼、悲傷和臨終的時刻，我們不知所措。

在那些時刻，我們覺得自己的一隻腳已踏入了墳墓。

但是我們在生活中也會經歷復活的時刻。就是當我們經歷到真愛、被接受和被原諒的時候。

在這新冠狀病毒傳播的悲傷和痛苦時刻，我們看到許多鄰居和陌生人向他人敞開心扉。希望與新生。

這段艱難的時間會持續多久？

愛我們的天主會看顧我們和保護我們。

我們祈禱在這動蕩的世界中，每個人都將很快就會有新的生命和復活。

我們都將從墳墓中走向光榮和更美好的未來。

復活節快樂

教宗方濟各 2017 年 3 月 29 日要理講授：在絕望中堅持希望

親愛的弟兄姐妹，早上好！

我們剛剛聆聽的《聖保祿宗徒致羅馬人書》給了我們一個大恩典。實際上，我們已習慣把亞巴郎當作我們的信德之父；今天聖保祿宗徒叫我們明白亞巴之外也是信德之父，也是望德之父；因為我們從他的事蹟中已經能夠領悟到復活的宣報，新生命戰勝邪惡與死亡的宣報。

保祿書信說明：亞巴郎相信天主“叫死者復活，叫那不存在的成為存在的”（羅四 17）；並且明確表示：“他明知自己的身體已經衰老，撒辣的胎也已絕孕；但他的信心卻沒有衰弱”（19 節）。這是我們蒙召也應活出的經驗。天主向亞巴郎啟示他是拯救的天主，使人走出絕望和死亡的天主，使人對我們而言，我們此刻承認並慶祝這一切在復活奧上，在亞巴郎的事蹟中，所有一切都在歌頌那使人獲得自由和重生的天主，一切都是先知之言。天主確實“使耶穌由死者中復活了”（24 節），為叫我們也能藉著耶穌從死亡走向生命。亞巴郎現代真可謂“萬民之父”，宣告了新人類的誕生，即我們！基督將我們從罪惡和死亡中贖回，一勞永逸地把我們約會天主愛的懷抱。

在這方面，聖保祿提醒我們關注信德和希望之間的緊密關係。他證實，亞巴郎“在絕望中仍懷著希望而相信了”（18 節）。我們的希望不能基於人的推理，預見和承諾；這希望在不再有希望的地方，不再有任何指望的情況下顯示出來，就如亞巴郎懷著希望而相信了那樣，雖然明知自己已經衰老，而且他的妻子撒辣也已絕孕。他們已經年邁，無法生育子女。在這種情況下，亞巴郎在絕望中仍懷著希望而相信了。這很偉大！偉大的望德根植於信德，正因為有信德在這層意義

上，我們蒙召跟隨亞巴郎的榜樣，他雖然面對一種注定無法挽回的現實，但是，因為它的基礎不是我們的話語，而不是天主聖言。，，仍信賴天主，“滿心相信天主所應應的，必完成完成”（21 節）。

我想問你們一個問題：我們大家相信這一點嗎？我們相信天主愛我們，他所應許的必完成完成嗎？“你們要敞開心門，天主的德能將引導你們前行，而且能做出奇事，教導你們什麼才是希望。這就是你們唯一要做的：向信德敞開心門，天主會完成其餘的一切。

這個希望建立在一個許諾上，在人看來這許諾似乎不確定和不可預料，但即使面對死亡它也絕不會衰減半分，因為這是復活和生命的天主造成的許諾。做出這許諾的不是張三李四，而是復活和生命的天主。

親愛的弟兄姐妹，讓我們今天向上主祈求恩寵，不要把基礎建立在我們的安全感，我們的能力之上，而要建立在源於天主許諾的望德之上，做真正的亞巴郎後裔。天主若做出許諾，必定言出必行，從不食言。如此，我們的生活將被新的光明照亮，從而那使聖子復活的必將使我們復活，讓我們偕同信德內的眾弟兄姐妹與他真正地成為一體。我們都相信這事。今天，我們眾人聚集在廣場上，同聲讚美上主，誦念《天主經》，然後接受降福。這雖然都會消逝，卻也是一個是希望的許諾。若我們今天敞開心門，我敢保證我們眾人將會在天國永不消逝的廣場上相聚。這是天主的許諾，若我們敞開心門，這就是我們的希望。謝謝！

資料來源：<http://www.archivioradiovaticana.va/storico>

Pope's March 29, 2017 Message: Hope Against Hope

Dear Brothers and Sisters, Good morning!

The passage from the Letter of Saint Paul to the Romans that we have just heard offers us a great gift. Although we are used to recognizing in Abraham our father in the faith; today the Apostle enables us to understand that Abraham is for us a father in hope; not only father in faith, but father in hope. And this is so because in his life story we are already able to perceive an announcement of the Resurrection, of the new life that conquers evil and death itself.

In the text, it states that Abraham believed in God “who gives life to the dead and calls into existence the things that do not exist” (Rom 4:17); and then it explains: “He did not weaken in faith even when he considered his own body, which was as good as dead ... or when he considered the barrenness of Sarah’s womb” (v. 19). Indeed, this is the experience we too are called to live. The God who reveals himself to Abraham is the God who saves, the God who delivers from despair and from death, the God who calls into life. In the story of Abraham, everything becomes a hymn to the God who sets free and regenerates, everything becomes prophecy. It becomes so for us, because we now recognize and celebrate the fulfilment of all of this in the mystery of Easter. God in fact “raised from the dead Jesus” (v. 24), so that in Him we too might pass from death to life. Thus, truly, Abraham can be called the “father of many nations”, inasmuch as he shines as an

announcement of a new humanity — us! — delivered by Christ from sin and from death, and introduced once and for all into God’s loving embrace.

At this point, Paul helps us to focus on the extremely close bond between faith and hope. In fact, he states of Abraham that “in hope he believed against hope” (v. 18). Our hope is not based on rationale, foresight and human confidence; it appears where there is no longer hope, where there is no longer anything to hope in, just as happened to Abraham, facing his imminent death and the barrenness of his wife Sarah. The end was approaching for them; they could not have children, in that situation. Abraham believed and had hope against all hope. And this is great! Great hope is rooted in faith, and for this very reason it is able to transcend all hope. Yes, because it is not based upon our words, but on the Word of God. In this sense too then, we are called to follow the example of Abraham, who — despite all the evidence of a reality in which he seems bound to die — trusts in God, “fully convinced that God was able to do what he had promised” (v. 21). I would like to ask you a question: Are we, all of us, convinced of this? Are we convinced that God loves us and that he is willing to bring to fulfilment all that he promised us? But Father, how much do we have to pay for this? There is a single price: “open your heart”. Open your hearts and this power of God will lead you forward; he will do miraculous things and will teach you what

Pope's March 29, 2017 Message: Hope Against Hope

hope is. This is the single price: open your heart to faith, and he will do the rest.

This is the paradox, and at the same time the strongest element, our highest hope! A hope based on a promise that, from the human point of view, seems uncertain and unpredictable, but which never fails, not even in the face of death, when the One who promises is the God of the Resurrection and Life. Not just anyone promises this! The One who promises this is the God of the Resurrection and life.

Dear Brothers and Sisters, today we ask the Lord for the grace to remain grounded, not so much in our own certainties, our own abilities, but in the hope that springs from God's promise, as true children of Abraham. When God promises, he brings to fulfilment what he has promised. He never fails to keep his word. Then our lives will take on a new light, in the awareness that the One who resurrected his Son, will also raise us and will truly make us one with Him, together with all our brothers and sisters in faith. We all believe. Today we are all in the Square; let us praise the Lord. We will sing the Our Father, then we will receive the blessing.... But this passes. This too is a promise of hope. If today we have an open heart, I assure you that all of us will encounter, in the Square, the Heaven that never ends; it is forever. This is God's promise and this is our hope, if we open our hearts. Thank you.

Resource:

http://w2.vatican.va/content/francesco/en/audiences/2017/documents/papa-francesco_20170329_udienza-generale.html

What We Can Do During These Difficult Times? *Alex Wan*

We are living in difficult and scary times. As of March 24, 2020 (the date that this article was written), there are 422,915 cases of coronavirus, including over 55,000 cases in the United States, and over 18,000 people have died as a result of the virus. Medical staff have expressed concern over supply shortages and hospitals worldwide have been overwhelmed. Moreover, the news reports on the virus daily. Thus, it is easy and understandable to be anxious. I too have been worried, especially since, at this time, the virus continues to spread. Nevertheless, despite the fears, we need to remember is that God is always with us. He always has been. As Jesus mentioned in Matthew 28:20, "I am with you always, until the end of the age." No matter how challenging life can be, Jesus will always be our side. We can always turn to Him for guidance, comfort, and light. He will guide us in handling our fears and lead us through every struggle. So, let us pray and trust in Him. Let us also continue reading the Bible and watching daily Mass (<https://www.scd.org/coronavirus/livestream-mass>).

In addition, there is much we can do during these times to both strengthen our health and make a difference (which is a great way to share Jesus' love). I've provided a list of these actions below.

- **GIVE** to organizations helping the poor, like Feeding America, Loaves and Fishes, Meals on Wheels, and the Sacramento Food Bank. With the economic slowdown, there will be many people in need of hot meals and other assistance.
- **DONATE** N95 facemasks if you have them. As I indicated earlier, medical staff are lacking key supplies, including N95 masks. If you have these types of masks, donate them to your local hospital. You can also check out this website for more information on how to donate masks: <https://www.thecut.com/2020/03/how-to-donate-face-masks-ppe-amid-coronavirus-pandemic.html>

- **BUY GIFT CARDS** from your favorite small businesses (i.e. restaurants, cafes, or bookstores). Since it's important to stay inside, see if it is possible to purchase them online. This is a great way to support struggling businesses, especially small businesses in our area whose sales have plummeted as a result of coronavirus. You can redeem the gift cards later on (after the coronavirus crisis is over, but the purchase will provide the business with sales to help sustain them).
- **TAKE BREAKS** away from the news. I understand the need to stay informed – and I struggle with this myself – but watching too much news can increase anxiety and worries. Some suggestions that can help is to have time limits for how long you read/watch the news (i.e. 15-30 minutes) or to not read or watch the news at all on some days (i.e. weekends). Use the time saved to pray or read Scripture.
- **SOCIAL DISTANCING**. Stay home as much as possible and stay away from large gatherings. If you do need to go outside (i.e. to buy groceries or pick up prescriptions), keep your distance from other people (at least 6 feet). At the time that this article was written, it is still okay to go for a walk outside for exercise, but again, stay at least six feet from others.
- **WASH YOUR HANDS** for at least 20 seconds and be sure to wash them thoroughly with soap and water. Wash them often. This will help reduce germs and protect you against the virus.

You can find more tips here:

<https://www.washingtonpost.com/nation/2020/03/21/how-you-can-help-during-coronavirus/?arc404=true>

God bless you. Stay healthy and safe.

在這困難時期我們能做些什麼

溫旭輝

我們現在生活在艱難和可怕的時代。截至 2020 年 3 月 24 日（撰寫本文之日），共有 422,915 例新冠狀病毒病例，其中美國有超過 5.5 萬例，超過 1.8 萬人死於該病毒。醫護人員對供應短缺表示擔憂，世界各地的醫院都人滿為患。此外，每天都有關於這病毒的新聞報道，因此焦慮是很容易理解的。我也一直很擔心，特別是因為在此時病毒還在繼續傳播。

然而，儘管恐懼，我們需要記住的是天主總是與我們同在。祂一直都是。正如耶穌在瑪竇福音 28 章 20 節所說：「我同你們天天在一起，直到今世的終結。」無論生活多麼艱難，耶穌永遠在我們身邊。我們總是可以向祂尋求指導、安慰和光明。祂會引導我們克服恐懼，帶領我們度過每一次的困境。所以，讓我們祈禱並相信祂。讓我們也繼續閱讀聖經和觀看每日彌撒

（<https://www.scd.org/coronavirus/livestream-mass>）。

此外，在這段時間裏，我們可以做很多事情來保持健康並也可以有所作為（這是一個分享耶穌之愛的好方法）。我在下面提供了這些方式

- 向那些幫助窮人的組織捐款，比如 Feeding America, Loaves and Fishes, Meals on Wheels, 和 Sacramento Food Ban。隨著經濟怠工，將有許多人需要食物和其他幫助。
- 捐贈 N95 口罩，如果您有的話。如前所述，醫護人員缺乏醫療用品，包括 N95 口罩。如果您有這些類型的口罩，請將其捐贈給您當地的醫院。您也可以通過這個網站了解更多關於如何捐贈口罩的信息：

<https://www.thecut.com/2020/03/how-to-donate-face-masks-ppe-amid-coronavirus-pandemic.html>

- 從您最喜歡的小型企業（例如，餐館，咖啡館或書店）購買禮品卡。由於呆在家裏很重要，看看是否有可能在網上購買。這是支持陷入困境的企業好方法，特別是在我們所在地區因新冠狀病毒而銷售額暴跌的小型企業。您可以之後使用禮品卡（在新冠狀病毒危機結束後，但購買禮品卡可以幫助企業維持銷售額）
- 不要時常的看新聞。我知道有必要保持了解情況，而且我自己也為此感到困難，但是看太多新聞會增加焦慮和擔憂。有用的建議是對您閱讀/觀看新聞的時間（例如 15-30 分鐘）有時間限制，或者在某些天（例如周末）完全不讀或不看新聞。把省下來的時間用來祈禱或閱讀聖經。
- 保持社交距離。儘可能呆在家裏，遠離大型聚會。如果您確實需要出門（例如買東西或配藥時），請與他人保持一定的距離（至少 6 英尺）。在寫這篇文章的時，去外面散步鍛鍊身體還是可以的，但同樣請與他人保持至少六英尺的距離。
- 洗手至少 20 秒鐘，並確保用肥皂和水徹底清洗。經常洗手，這將有助於減少細菌並保護您免受病毒感染。

您可以在此連結找到更多方法：

<https://www.washingtonpost.com/nation/2020/03/21/how-you-can-help-during-coronavirus/?arc404=true>

天主保佑。保持健康和安全。

SCCC Annual Financial Report 2019

Balance Brought Forward (From January 01, 2019 Bank Statement)

CD	4,332.70
Saving	6,001.85
Checking	5,391.95
Total	15,726.50
Checking (Book Balance)	5,135.20

Income

1 Mass Collection	2,470.03
2 Check Donation	2,945.00
3 Friendship lunch donation	700.00
5 T-shirt selling	14.00
6 Chinese New Year Dinner (cash \$1965 to Hong Kong Islander)	2,710.00
7 Father Ho's birthday dinner	1,345.00
8 Thanksgiving dinner collection (cash \$156 to buy 4 turkeys)	305.00
9 Summer retreat collection	760.00
10 Fundrasing - Recycle Bag	165.00
11 Fundrasing - Red envelope	258.00
12 Interest Received (checking account)	2.54
Total Income:	11,674.57

Expenses

1 Father Ho (birthday dinner, cake, lai see)	2,363.73
2 Monthly birthday cake	385.07
3 After mass refreshment	785.46
4 Friendship lunch - Lion dance	250.00
5 Chinese New Year dinner (including dinner in Hong Kong Islander, Lion dance, lai see & gifts)	3,727.00
6 Thanksgiving dinner expenses (food and drink)	233.83
7 Summer picnic (including permit and food expenses)	510.65
8 Summer retreat (including \$300.00 for Simon Tsui)	1,100.00
9 Food for serving homeless on 4/9/19	543.75
10 Advertising (CNYCA booth) 2020	60.00
11 Friendship lunch expense	160.42
12 Lai see for Fr. Tsui on 2/17/19 mass	100.00
13 Saint cards for Fathers' Day	20.00
14 Celebrate mass on CNY, Mother's day	82.29
15 Christmas dinner expenses (gifts and food)	381.65
16 X'mas tree donation to church	134.88
17 Speaker	129.89
18 A cake for Deacon Omar	36.99
19 Stationery, printer toner, check order	319.95
20 Fr Poon Funeral	199.00
Total Expenses:	11,524.56

Net Income: **150.01**

Balance as of December 31, 2019

CD	4,339.11
Saving	6,002.37
Checking	5,540.81
Total	15,882.29
Checking (Book Balance)	5,285.21