

教友通訊

Newsletter

June/July/August 2020 六月/七月/八月



Sacramento
Chinese
Catholic
Community

沙加緬度華人
天主教團體

Mass: Sundays 3:00 p.m.

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Words from Fr. Nicholas Ho Come to Me.....Matthew 11:28

Much of California returned to ‘ShutDown’ mode on July 14th, 2020.

The earlier ‘Shut Down’ was mandated about 2 months ago.

The current ‘Shut Down’ was issued to 29 Californian Counties because Coronavirus Cases surged and more deaths were recorded. In an effort to slow down the surge of Coronavirus cases, this unpleasant step has to be taken once again.

To be Home Bound most of the time and with little to do, Californians are certainly unhappy. Californians and all are used to get around and this restriction of freedom to be where one wants to be is something very difficult to accept.

No matter how painful and unpleasant ‘Shelter-In Place’ Mandate is, it is an Order that is meant to save lives. Instead of brooding over the lost of mobility and freedom, let us capitalise on this Stay Home Order and turn it into a Golden Opportunity where we can ‘Come Closer to Jesus’. Let us spend our God-given free time to unite with Jesus in Prayer, Meditation and Reflection. When was the last time we open the Book of Gospels and come nearer to Our Saviour and Lord? He promised us that when we approach Him, He will give us Strength, Goodness, Joy, Love and Peace. Do not resent it and miss this beautiful opportunity to Come to Jesus for He will fill us with Rest and Goodness.

何神父的話

到我跟前來..... 瑪竇福音 11:28

加利福尼亞州的大部分地區在 2020 年 7 月 14 日回到了“關閉”模式。

較早的“關閉”命令於 2 個月前。

由于新冠病毒病例增加並且更多死亡人數，當前的關閉模式已發布給 29 個加州的縣市。為了減緩新冠病毒病例的增加，必須再次採取這令人不愉快的作法。

人們大多時間都在家，而且幾乎無所事事，加州人當然不高興。加州人都習慣到處走走，這種對人限制自由的條例是很難接受的。

“就地避難令”無論多麼痛苦和令人不愉快，這都是為了挽救生命。我們不要因為失去自由而苦思，我們應該利用這居家令將其轉變為千載難逢的機會來更加接近耶穌。讓我們將這天主賜予的自由時間，花在禱告、冥想和反思中與耶穌結合。我們上一次打開聖經閱讀福音來接近我們的救主是什麼時候？祂向我們保證，當我們接近祂時，祂會給我們力量、良善、喜悅、愛與和平。不要怨恨這居家令，不要錯過這個美好的機會來到耶穌跟前，因為祂會讓我們心安和美好。

教宗方濟各 2016 年 8 月 17 日要理講授：慈悲是共融的工具

親愛的弟兄姐妹，早上好！

《瑪竇福音》記述這事蹟時遺址，耶穌剛剛獲悉洗者若翰的死訊，於是他棄岸登船去尋找“一個荒野地方”（瑪十四 13）。但是，群眾知道後，就步行追趕他去了。“耶穌一下船，看見一大夥群眾，便對他們動了憐憫的心，治好了他們的病人”（14 節）。耶穌就是這樣，總是懷著一顆一顆顆顆珍珠的心，處處為他人著想。人群的決心令人印象深刻，他們害怕被丟下，成為被遺棄者。洗者若翰這位擁有超凡魅力的先知死後，人群更加信靠耶穌，因為若翰曾說過：“在我以後要來的那一位比我更強”（瑪三 11）。因此，耶穌走到哪，有人便跟到哪，聽他講道，卻尋求他醫治病人。看見這幅景象，耶穌動了憐憫的心。耶穌並不冷血，他的心並不冷漠。耶穌會被感動。造成，他覺得離不開人群，不願他們離去，他需要獨處，祈禱，與天父同在。耶穌常常徹夜祈禱，與天父同在。

那一天，老師照樣把自己奉獻給了一群。他的憐憫不是空洞的情感；相反地，他不遺餘力地顯示願意親近和拯救我們。耶穌非常愛我們，願意親近我們！

耶穌照顧這些跟隨他的人，並且願意讓他的門徒也參與進來，便對他們說：“你們給他們吃的罷！！”（耶穌向他們表明，他們所擁有的幾塊餅，幾條魚在信德與祈禱的力量下也可以讓所有人分享。這是耶穌行的一個奇蹟，而是信德的奇蹟，祈禱的是耶穌“把餅擘開，遞給門徒，門徒再分給給人群”（19 節）。耶穌滿足人們的需要，但他要我們每個人都實際參與他的憐憫行動。

現在我們看看耶穌祝福的舉動。他“拿起那五個餅和兩條魚，望天祝福了；把餅擘開，遞給

門徒”（19 節）。那時大家所見，這是耶穌在基督徒團體在這共融感恩祭中不斷誕生和重生。最後晚餐時所做的舉動，也是每位司鐸在主持感恩祭時所做的舉動。

與基督共融絕不是叫我們處於消極狀態，距離日常；反之，我們應該與今天人類建立越來越緊密的關係，在他們中間做基督慈悲與成為的具體標記。當我們以基督為食糧時，我們所慶祝的感恩祭將逐漸把我們轉化為基督的身體，弟兄姐妹的神糧。耶穌願意走近每個人，把天主的愛帶給眾人。因此，他叫每位信徒都做慈悲的僕人。

在感恩祭中同樣如此，我們這些信徒領受聖體神糧，在耶穌的催促下懷著他的憐憫之心為他人提供這項服務。這就是我們適當走到路。

五餅二魚奇蹟的敘述，以眾人吃飽且有剩餘作為結束（參見：20 節）。當耶穌以他的憐憫和愛賜予我們恩寵，寬恕我們的罪，擁抱我們，愛我們時，不會有所保留，總是傾其所有。一如福音中所發生的，眾人都吃飽了。耶穌用他的愛，寬恕和憐憫填滿我們的心靈和生活。

總而言之，耶穌讓他的門徒圓滿完成了他的命令。門徒們經過這件事，認清了該走的道路：飽飫人民，保持他們團結，也就是“為生命和共融服務”。因此，我們懇求上主使他的教會常能為首要的服務事業效勞，讓我們每個人都能成為各自的家裡，工作場所，堂區和自己所屬的各個內部的共融工具，讓眾人切實看到天主的天主不願任何一個人孤獨和有所欠缺；天主願意恢復人與人之間的和平與共融，以及人與天主之間的共融，因為這共融是所有人的生命。

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

Pope's August 17, 2016 Message: Mercy as the Instrument of Communion

Dear Brothers and Sisters, Good morning!

Today we wish to reflect upon the miracle of the multiplication of the loaves. At the beginning of the narrative given by Matthew (cf. 14:13-21), Jesus has just received word of the death of John the Baptist, and he crosses the lake by boat in search of a “lonely place apart” (v. 13). The people understand, however, and precede him on foot and thus, “as he went ashore he saw a great throng; and he had compassion on them, and healed their sick” (v. 14). That’s how Jesus is: always compassionate, always thinking of others. The determination of the people — who fear being left alone, as if abandoned — is striking. John the Baptist, the charismatic prophet, is dead; [the crowd] trusts in Jesus, about whom John had said: “he who is coming after me is mightier than I” (Mt 3:11). Thus the crowd follows him everywhere, to listen to him and to bring him the sick. And seeing this, Jesus is moved. Jesus is not cold, he does not have a cold heart. Jesus is capable of being moved. On the one hand, he feels a bond with this crowd and does not want them to leave; on the other, he needs a moment of solitude, of prayer, with the Father. Often he spends the night praying to his Father.

Thus, that day too, the Master attends to the people. His compassion is not a vague sentiment; instead he shows all the strength of his will to be close to us and to

save us. Jesus loves us so much and wants to be close to us.

As evening falls, Jesus is concerned about feeding all those tired and hungry people, and looks after those who follow him. He wants his disciples to be involved in this. Indeed he says to them: “you give them something to eat” (Mt 14:16). He shows them that the few loaves and fish that they have, by the power of faith and of prayer, can be shared with all of those people. Jesus works a miracle, but it is the miracle of faith, of prayer, created by compassion and love. Thus, Jesus “broke and gave the loaves to the disciples, and the disciples gave them to the crowds” (v. 19). The Lord meets the needs of mankind, but wants to render each one of us a concrete participant in his compassion.

Now let us pause on this, Jesus’ gesture of blessing: “taking the five loaves and the two fish he looked up to heaven, and blessed, and broke and gave the loaves” (v. 19). As you see, they are the same signs that Jesus performed at the Last Supper; and they are also the same gestures that each priest performs when he celebrates the Holy Eucharist. The Christian community is born and reborn continually from this Eucharistic communion. Living communion with Christ is therefore anything but being passive and detached from daily life; on the contrary, it includes us more and more in the relationship with

Pope's August 17, 2016 Message: Mercy as the Instrument of Communion

the men and women of our time, in order to offer them the concrete sign of mercy and of the attention of Christ. While we are nourished by Christ, the Eucharist which we celebrate transforms us too, step by step, into the Body of Christ and spiritual food for our brothers and sisters. Jesus wants to reach everyone, in order to bring God's love to all. For this reason he makes every believer a servant of mercy. Jesus sees the crowd, feels compassion for them and multiplies the loaves; thus he does the same with the Eucharist. We believers who receive this Eucharistic bread are spurred by Jesus to take this service to others, with his same compassion. This is the way.

The narrative of the multiplication of the loaves and fish ends with the verification that everyone is satisfied and with the collection of the leftover pieces (cf. v. 20).

When Jesus, with his compassion and his love, gives us a grace, forgives us our sins, embraces us, loves us; he does nothing halfway but completely. As it happens here: all are satisfied. Jesus fills our heart and our life with his love, with his forgiveness, with his compassion. Thus, Jesus allows his disciples to carry out his command. In this way they know the path to follow: to feed the people and keep them united; that is, to be at the service of life and of communion. Therefore, let us invoke the Lord, that he always make his

Church capable of this holy service, and that each one of us may be an instrument of communion in our own family, at work, in the parish and the groups we belong to, a visible sign of the mercy of God who does not want to leave anyone in loneliness and in need, so that communion and peace may descend among mankind and the communion of mankind with God, because this communion is life for all.

Resource:

http://www.vatican.va/content/francesco/en/audiences/2016/documents/papa-francesco_20160817_udienza-generale.html

Enduring through Faith and Love

Alex Wan

The last few months have been difficult for all of us. With a global pandemic, economic recessions, and injustices, there is a lot that weighs on our hearts and minds. We also have had to keep distance from one another and that adds the challenge of loneliness. These challenges often feel overwhelming.

Even so, we can always find peace with Jesus. As He mentioned in Matthew 11:28, “Come to me, all you who labor and are burdened, and I will give you rest.” No matter what challenges we face, He will provide us the strength and comfort to get through them. There is no pressure from Him either. In Matthew 11:30, He mentioned, “My yoke is easy, and my burden is light”. Let us therefore turn to Him, especially during these difficult times and beyond.

We should also live in His love. Jesus told us to love one another (John 13:34). An excellent way to express our love during the pandemic is to be considerate of each other’s health (and public health) by wearing a mask in public and practice social distancing. Masks help to prevent spread of droplets, and, as a result, are key to helping to stop the spread of the virus. Moreover, because COVID-19 and other diseases are often spread through close contact, it is imperative for all of us to keep distance from one another and

only leaving home when necessary. So, by wearing a mask and practicing social distancing, we not only protect our own health, but also show our care for the health of others – and our care stems from our love.

Our love should also guide us to stand against hatred and injustice. As we’ve seen with the killing of George Floyd, racial injustice is prevalent and pervasive. We must all speak out against systemic racism and advocate for equality, justice, and civil rights. Also, as difficult as it is, we must reflect on our own biases and work to overcome them. We must also take time to listen and learn from the voices and experiences of Black, Indigenous, and People of Color. All of these actions take time – and are part of a lifelong process of growth (and are just a few of the many actions that one can take) – but they are key towards helping us live out Jesus’ message of love and His call for all of us to love one another.

God bless you.

通過信仰和愛堅持

溫旭輝

最近幾個月對我們所有人來說都很困難。在疫情、經濟蕭條和不公義的情況下，很多事情困擾著我們的心。我們還必須彼此保持距離，這增加了孤獨感的挑戰。這些挑戰通常讓人感到不知所措。

即使這樣，我們總能在耶穌內找到平安。正如祂在瑪竇福音 11:28 中所提到的，“凡勞苦和負重擔的，你們都到我跟前來，我要使你們安息。”無論我們面對什麼挑戰，祂都會為我們提供克服挑戰的力量和慰藉。祂也不會給我們壓力。祂在瑪竇福音 11:30 中提到：“因為我的軛是柔和的，我的擔子是輕鬆的”。因此，讓我們朝向祂，尤其是在這些困難時期及以後的日子。

我們也應該生活在祂的愛內。耶穌告訴我們要彼此相愛（若望福音 13:34）。在公共場合戴口罩並保持社交距離是在疫情時期一種極好的方式表達我們的愛，考慮到彼此的健康（和大眾的健康）。口罩有助於防止飛沫傳染，因此是阻止病毒傳播的關鍵。此外，由於新冠肺炎和其他疾病通常是通過密切接觸傳播的，因此我們所有人必須保持距離，並且僅在必要時才離開家。通過戴上口罩與保持社交距離，我們不僅可以保護自己的

健康，還可以為他人的健康著想，我們的關懷源於我們的愛。

我們的愛也應該引領我們反對仇恨和不公。正如喬治·弗洛伊德（George Floyd）被殺害那樣，種族不平等的現象普遍存在。我們所有人都必須反對種族歧視，倡導平等、正義和民權。同樣，儘管困難重重，我們必須反思自己的偏見，並努力克服它們。我們還須花時間了解黑人、原住民和有色人種的遭遇。所有這些行動都需要時間，並且是終生成長過程的一部分（這些是可以採取的許多行動中的一小部分），我們要遵從耶穌愛的誠命，祂告訴我們所有人應當彼此相愛。

天主保佑。