

迴聲 The Echo

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Summer 2026 | 87



編者的話

暑假來了！

炎炎夏日，是休息的季節，是放鬆與充電的好時機，更是探索與嘗試新事物的契機！

下一期的迴聲將在暑期後九月出版，歡迎大家投稿，把你的照片與文章分享給我們！

Editors' Note

Summer is here!

The scorching summer days are a season for rest, a great time to relax and recharge, and even more an opportunity to explore and try new things!

The next issue of Echo will be published in September after the summer break. We welcome you to submit articles sharing your photos and stories with us!

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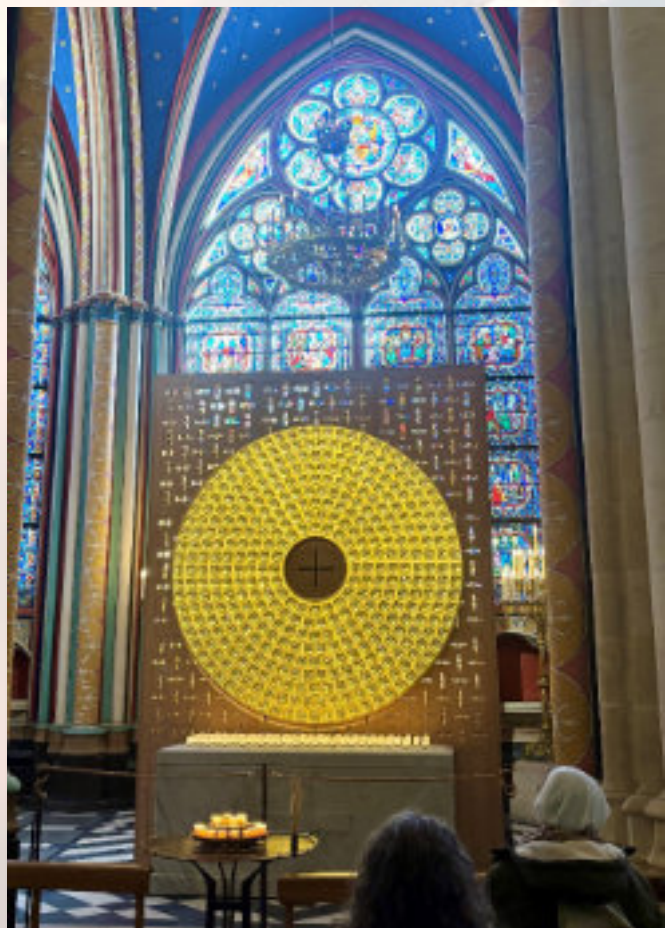
旅遊朝聖四部曲



表親籌備的河輪遊終於在三月成行，十四人浩浩蕩蕩在巴黎開始了十二天的陸地及河輪行程，最後一站是布拉格。整個旅程本身平平無奇，但我卻享受了朝聖的大滿貫。

第一部

巴黎聖母院在2024重開，今次難得在巴黎停留，一定要把握機會到訪。聖堂雖已變成旅遊景點，人聲鼎沸，但可幸聖堂還有不停勸喻減低聲浪的措施，令神聖的地方保持嚴肅。我跟隨著聖堂線上指示，開始了大約四十五分鐘的朝聖之旅。來到了一個特別祈禱區，這處有一個以很多玻璃磚砌成的圓形圖案，在燭光反射下，形成一個大光碟。我在此燃點蠟燭，靜靜祈禱。



巴黎聖母院

第二部

翌日在法國另一城市Reims，參觀了當地的聖母院，外牆有兩個粉紅天使像，互相對望，其中一位面帶笑容，是罕見的天使像。



Reims聖母院

第三部

因河渡修葺，河輪行程需要改道，停泊在德國 Mainz 城市，岸上觀光團亦因此更改為參觀當地的 Gutenberg 博物館。進入館內，才知道這是一所有關印刷發展的博物館，而早期的印刷就是聖經。導賞員解釋歷史後，便進行印刷示範。當她詢問誰人願意幫忙，在她剛說到最後一個字，我的手無意識地舉了起來，於是我做了她的副手，成功印製了一頁，並拿著向在場眾人展示成果。這張佈滿密密麻麻拉丁字體的單張原來是若望福音第一章：「在起初已有聖言，聖言與天主同在，聖言就是天主。...」我當場明白為何我的手臂會自動舉起，主安排我去領受聖言。



Gutenberg 博物館

第四部

多年前曾到訪布拉格的小耶穌聖堂，對它一直念念不忘，得悉在此尾站只逗留一天，於是決定放棄行程安排的團遊，與丈夫到勝利之后聖母堂朝拜小耶穌。姨母得悉後，也加入行列。

我們乘坐免費電車，由酒店出發，十五分鐘直達聖堂。到埗時早晨彌撒剛剛結束，我得以靜靜地在小耶穌腳前祈禱，在準備離開之際，姨母看見一羣人有秩序地坐在祭台前，前去查詢，原來他們是來自英國利物浦的朝聖團，即將參與一台特別為他們團體舉行的英文彌撒，再次詢問能否讓我們也參與，他們欣然答允。

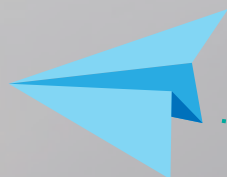
彌撒進入聖祭禮儀，我跪在木板上，在只有三度的氣溫下，手腳及膝蓋都寒冷如冰，但心卻熾熱如火。我突然感到一陣激動，眼淚隨即奪眶而出，欲制止也不能，一直至彌撒完畢，心情才平復。正想向朝聖團感謝他們的包容，團長卻給予我們另一驚喜，我們被邀請參加在祭衣房舉行的祝福。團長介紹年長團員與我們認識，她雀躍到告訴我們她與女兒及孫兒同行；然後再介紹我們給Victor神父認識。祝福時段開始，神父首先說他在此聖堂等待我們已二十六年了，然後祝福了利物浦的朝聖團、美國的姨母及加拿大的我，更讓眾人與祭衣房的小耶穌像拍照。之後，我與姨母向熱情的朝聖團員一一道謝，才離開祭衣房。我飛奔到在聖堂門口等了一個半小時的丈夫身旁，急不及待告訴他我的經歷及喜樂，並高興得再度流淚。心情再次平復後，丈夫提醒我參觀小耶穌衣服博物館，欣賞不同國家送贈的小耶穌祭衣後，才不捨地離去。

這個旅遊朝聖經驗再一次彰顯了天父的安排與恩寵。從來未參加過朝聖團的我，在某年某月某日某地得到聖母轉求，微笑天使同行，然後領受聖言，參與朝聖活動，體驗了乾硬的心如何被主愛溶化。這一切都是主的恩賜，感謝主的眷顧！

迴聲編輯 Teresa Tsui



勝利之后聖母堂（小耶穌聖堂）



老人院彌撒點滴 ♡ ♡ ♡ ♡ ♡ ♡ ♡ ♡

不經不覺，原來我參與Aspen Commons的彌撒已超過十個年頭了。看著住客們一個一個的返回天主的家，當然有不捨，但令我最印象深刻的，是經過幾年的冠狀病毒病的隔離期後，在重開彌撒的一天，已面目全非了。讓我最難忘的，是一位雙目幾近失明的鄧女仕，她是從隔鄰院舍摸索過來的，每次她都幫助我移枱搬櫈，做好彌撒前之準備。有一次我年老的朋友們想看看城內的老人屋，於是她以住客的身份，帶我們四處參觀她住的老人屋，她很熱心地講解，之後朋友們才知道她雙眼祇剩餘一成的視力。疫情後，她已搬往很遠的老人院了。

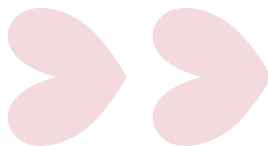
重開彌撒後，參與的人數已大不如前。但現有幾位熱心的院友，讓我十分敬重的。



Winnie已很年老，她特別熱切期待彌撒的來臨，若她不能參與，仍然好期待我們送聖體給她，就像是生命中重要的一環，不能缺少的。雖然她步履不穩，且中氣不足，但仍堅持在彌撒中站著讀經。記得在一個暴風雪的早上，她坐在三樓的露台，雙眼望著大門口，當我們拿著大包小包進入院舍時，她除即下來告訴我們以為彌撒會被取消，我們笑著告訴她：「唔會呀，我們是不會放棄的。」



胖胖的Helen，常常見她在大堂內向院友介紹有彌撒舉行，她很熱心參與彌撒，常拿些好文章在我們彌撒後與眾人分享。有時彌撒後，又會給義工們和神父，每人派一粒糖。她一見我，會輕輕抱一抱，叫我「my angel」，她的行為非常可愛而又暖心。她的膝蓋及心臟有嚴重問題，有一次，她告訴我不能參與彌撒，要上房休息。我告訴她祇需安靜坐下，但她仍堅持要回房休息，隔了一段短時間，她已回到天主的家了。原來到生命將盡時，甚至祇是坐著都會感到困難的，而她卻堅持下樓，專程來告訴我不能參與彌撒...。Helen好掛念你，願你在天享平安。



Peter是個高大而斯文的男仕，看得出他年青時，是一個好好先生。但近年因身體太弱，不能下樓參與彌撒，我們便到他的房中送聖體，每次他都告訴我們，血壓不能控制，而令他暈眩，八十多歲而又失明的他，祇能臥在椅上。有一次他很不開心，跟了他多年的結他，給人偷走了。因為他看不見，有時地上有用過的紙巾，有時身上留有殘留的食物，但他仍想留在這個可獨立自主的老人院。我初來Aspen時，Peter的雙眼已瞎，但他憑著記憶，在每次彌撒中用結他來為我們伴奏，當歌曲接近結尾時，義工會輕輕握一握他的手臂，示意他到此為止，後來因為他的缺席，在沒有伴奏下，我們祇好清唱。義工們都不善長唱歌，有時唱得太沉或太高音，雖然不大好聽，但我們仍開心地歌頌天主。直至最近，阮神父說他有一個電子豎琴，可以在彌撒中伴奏，這個訊息實在太好了，我來不及反應呀，神父叫我揀選歌曲以便練習。好期待老人院彌撒的來臨。當天神父早了些來預備，他以流暢的旋律為我們彈奏及詠唱，在場的每一位都非常開心，很投入地唱，彌撒完畢，各人都給神父掌聲，大家都在談論有音樂伴奏真好，讓整個彌撒的氣氛都不同了。一位負責人來告訴我們，她們在房外也聽到讚主的音樂，還訴說下次一定要找個機會來參加，謝謝阮神父。



有一天，當彌撒完結後，我推開玻璃門時，看見一位清潔工人，她在門前向著臨時的祭台祈禱，可見她十分尊敬而重視天主。

老人家能前來參與彌撒是一個極大的恩典；他們晚上時常睡不好，要他們早上能準時起床，是會遇到好多挑戰的。昨天致電提醒他們，到第二天已完全忘記了。他們身體上會有不同程度的疼痛及疾病，或要覆診、看專科，有著千萬種理由。我曾早一天致電一位男仕，他說明天一定會出席的，當我們彌撒完結後，看見他才開始享用早餐，這一切，我們是明白的。

有些院友礙於身體問題，未能參與，甚至有兩位老人家是從隔鄰老人院來的，我們都會送聖體給他們，神父亦會替他們辦告解及傅油，在他們心中，這些聖事是他們所渴望及必須的。

全能的天主，我們經歷過低潮，參與彌撒的人數寥寥可數，希望藉著海報、院友和義工的傳揚，我們對天主的依賴及天主的護佑，能有更多人前來參與，來分享禱對人的恩澤。並請天主保守院內老人平安、喜樂，保守他們餘下的健康，在院內開開心心的度過晚年，感謝天主！

迴聲編輯 Emily Chan



What I Am Truly Grateful For



Last year marked two deeply meaningful milestones in my life: the fifth anniversary of my marriage to my wife, Edrienne, and the birth of our first child, Vera. God has showered me with many blessings throughout my life, but my inordinate self-reliance has prevented me from always being willing to properly receive them.

I have always been a highly organized person, attentive to schedules and structure. I liked knowing how the day would unfold. As my parents observed of me, everything had to be “just so.” In many ways, I found comfort in order, in planning, and in the sense that (I thought) life could be managed if only I worked hard enough to keep it all together.

This past year was filled with many moments of joy, as well as the challenges of being a new parent. No matter how hard I worked, I could not always keep everything together. I often had to choose between keeping a clean house, keeping up with work, and being a patient, loving and attentive husband and father. But with God’s grace, I have grown in this area and become more at peace, knowing that my wife and daughter are cared for, even when everything is not in perfect order.

Through this peace, I have been able to reflect more deeply: where do these blessings come from?

As Catholics, we know the answer. They come from God the Father, our Creator. Without Him, none of this is possible. It is not from our lives, not the people we love, not the experiences that shape us, and not the gifts we hold dear. And yet, knowing this, why do we so often forget about God? Why has He gone missing in so much of our society? Why do we so often try to do everything on our own?

I know that temptation well. Like so many

others, I often try to rely on myself. And each time, I eventually find myself wanting more. It is an emptiness that only He can satisfy.

Lately, I have come to realize that what I am truly grateful for is not only what God has given me, but that He has allowed me to know Him at all. I am grateful that He has drawn me to Himself and that, however imperfectly, I have come to follow Him.

And that leaves me with another question: why me?

Why do I have this clear and persistent longing for God, when so many people I know have drifted away from the Church? When I myself once came close to doing the same, why was I able to follow God who patiently and gently led me back? Why did He lead me to my wife, to five years of marriage, and then to the gift of fatherhood through the birth of our daughter Vera?

The only answer I can give is grace.

It is only by God’s grace that I can give a weak but sincere “yes.” A simple yes, repeated again and again despite my failures, my distractions, and my shortcomings.

And that is what I am most grateful for: that God did not leave me to myself and that He gave me the grace to seek Him, to return to Him, and to remain in His Church. The same grace He offers to all of us.

Bradley Abel

In Memory of My Father

Months before the birthday of my late father, I registered for an offering of a memorial mass at my church in Coquitlam. The day came and it fell on a weekday. Expecting a quiet Mass with 20 to 30 parishioners or so, I walked in the church and was astonished to see a full house. I realized right away that it was the monthly school Mass for the elementary school next door. For a moment, I hesitated to join in because of the crowding. But I am glad I made the right choice to stay.

Father Au's homily started by asking the students what the monthly dedications in the liturgy calendar were. One of the students answered their brother's birthday, which gave everyone a good laugh. When it came to the month of May, Father deliberately asked if a kindergarten's student could answer. And the little kid did not disappoint.

Homily was followed by the Prayer of the Faithful which was recited by the students. When my dad's name was mentioned in one of the prayers, I felt a warm touch to my heart for there were 250 people praying for the repose of the soul of my father.

The communion touched and knocked on my heart again when the student choir began to sing "Servant Song": What do you want of me, Lord? Where do you want me to serve you? Jesus, you are the way.

I brought home some precious learnings.

The dedication for each month:

- December: Immaculate Conception
- January: Holy Name of Jesus
- February: Passion of Our Lord
- March: St. Joseph
- April: The Holy Eucharist
- May: The Blessed Virgin Mary
- June: Sacred Heart of Jesus
- July: Most Precious Blood of Jesus
- August: Immaculate Heart of Mary
- September: Our Lady of Sorrows
- October: Holy Rosary
- November: Holy Souls in Purgatory

"Speak, Lord, for your servant is listening." 1 Samuel 3:9

Teresa Tsui, Echo Editor

神長共慶鐸職90載

5月24日堂區慶祝Fr. Bill晉鐸65週年，並慶祝主任司鐸阮明聰神父晉鐸銀禧25載，早上10時感恩祭由阮神父主祭，Fr. Bill共祭；由於Fr. Bill年事已高，雙腿關節疼痛無力，整個感恩祭全程也只能坐在輪椅上。這兩位神長共慶鐸職90載，實在是難能可貴！

上午10時感恩祭結束後，參與彌撒的教友及Fr. Bill前往上禮堂，出席慶祝午餐，包括由Fr. Bill 主持切燒豬和蛋糕儀式。高潮是觀看Fr. Bill 和阮神父多年牧職的懷舊紀錄片，由他們出生、領洗、修生、晉鐸至現在，一直在天主聖神的帶領下，堅守神職聖召之路，當中的忍耐和剛毅，在世上發光發熱，顯揚天主的光榮，他們數十年堅持聖召和實踐福傳的使命，為天主和教會服務，引領數之不盡的教友進入主的羊棧。

上午11時30分感恩祭結束後，阮神父為堂區新成立的蒙特梭利幼兒中心主持祝聖典禮，教友喜見堂區為幼兒教育貢獻力量，悉心培育未來社會的棟樑，祈願小孩們在愛中成長，結出信仰中良善、信實、和平、仁愛、喜樂的果實，也能保存中國優良的傳統文化！

接著是在上禮堂舉行慶祝阮神父晉鐸25週年的午宴，教友都十分歡喜踴躍，上禮堂擠得水洩不通！我們衷心感謝天主，也感謝阮神父，在過去的二十多年，告別家鄉，隻身遠渡重洋來到卡加利，迎接不少語言、文化及牧民的挑戰，唯獨依恃天主滿溢的恩寵，帶領永援聖母堂及卡城華人天主教團體信仰的成長！這是天主的安排，也是阮神父的絕對服從及奉獻，承行天主的旨意。

迴聲編輯Anne Lam

