

The Echo 迴聲



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Merry Christmas

Editors' Note

Christmas is a time of joy and thanksgiving. We are thankful to God for everything, especially the birth of Jesus Christ. We are thankful for the continuous support of our readers, enabling us to continue for more than 10 years. We hope you will continue to enjoy our magazine and send us articles.

Merry Christmas!

編者的話

聖誕節是歡欣和感恩的時刻。感謝天主賜給我們的一切，尤其是耶穌基督的誕生。感謝讀者一直以來的支持，使我們能夠堅持10多年。祈盼大家能繼續支持迴聲，並慷慨投稿。

聖誕節快樂！

God Bless You

Editors

Anne Lam, Emily Chan, Jenny Lam, Josephine Li, Peggy Yip, Winnie Lau, Jane Leung, Teresa Tsui



天主聖母，為我等祈

回想加入聖母會已是三十年前的事了。

1988年移民到卡城，我們夫婦二人都很快找到工作，而且買屋、買車，也找到華人天主教聖堂，一切都算安頓下來。但最遺憾是1988 - 1992，四年間我不幸地經歷四次連續小產，失去胎兒，極為悲痛！

堂區一些長者對我的關懷、愛護和關心，使我感覺溫暖。她們勸說我加入聖母會，是會得到聖母媽媽的代禱、祝福和恩寵。當時我不甚明白，但也欣然接受了她們的好意。加入聖母會後，參加了一次例會，大家在唸聖母經時，都特別熱切地求聖母為我家庭轉禱，祈願我快些可以再次懷孕，生一個活潑健康小寶貝。會員們的熱心，使我十分感動！

接著我和丈夫回港渡假一個月，探親訪友，忙碌終日，回加前才發覺已經懷孕，簡直不敢相信，也惶恐萬分，我已經心力交瘁，恐怕不能再負擔多一次小產的考驗了！突然靈光一閃，好像有個聲音告訴我：「你已經加入聖母會，是聖母的人了，不要怕，聖母會陪伴及撫慰，仰賴聖母的助祐吧！」

記得懷孕期間是完全臥床，女兒在27週急不及待「搶閘」出生，體重只得2磅2安士。陪伴早產女兒住院，身為父母的我們，固然非常擔心、緊張和焦慮，當中經歷種種困難、辛勞和挫折，Jenny寶寶終於日漸成長，住院三個月終於達標到體重5磅，可以出院回家了！

聖母會的長者都十分開心雀躍，她們又一次見證了仁慈聖母媽媽的代禱，降福誠心祈求的人。長者們勸說我要感恩，要當聖母會委員做事，以報答及表達對聖母媽媽的忠誠孝愛。我那時回答說：「我的早產女兒太小，需要我悉心照顧和陪伴；待女兒8、9歲時，我一定會全以付，報答聖母大恩。」

當女兒8歲時，果然有人招手，前後邀請我在主日學、青年會及童軍當義工。感恩聖母媽媽聽到了我和丈夫的心聲，讓我們能成為父母，教育女兒，而在堂區做義工時，也能感受到教育更多兒童的責任和樂趣。

今年聖母會會長退任，我有幸被選為今屆的聖母會會長，這對我來說，是一個新嘗試、大挑戰！我願意盡力去做，天主要我做什麼，我就要謙卑服從的聽命；不為名，不為利，只想成為天主合用的工具。為聖母會服務，既可報答聖母的大恩，也讓我的生命更加成長和豐盛，更徹底跟隨主耶穌！亞孟。

牧靈關愛組、迴聲編輯、聖母會會長Anne Lam





Mission Possible at Mission

On the day before Mission Sunday, I had the opportunity to make a pilgrimage together with a friend to Mission, a town in *British Columbia*. Mission is located about 20 minutes north of Abbotsford. It is a small town with a great name and two religious places.

Our first stop was the Grotto of Our Lady of Lourdes. The Grotto is a white hexagonal structure situated at the top of a small hill. We strolled along a winding pathway and headed up the hill. There we waited for the caretaker who opened the door for us. Inside there was the replica of Our Lady of Lourdes and a layer of black dots covering the floor and the table. Although we were warned by the caretaker that there would be a lot of flies inside, it was still quite a surprise for me to see that many. Most of them were dead but some were still moving. The grotto was opened for annual pilgrimage in August and was closed afterwards. So, there were around two months accumulation of flies. The caretaker swept and piled them up before leaving us pray in private. It was quiet and we prayed rosary with Our Lady of Lourdes.

Our next stop was the Westminster Abbey, which is a community of Benedictine monks in Mission. We visited the gardens on the grounds while waiting for the church to open. We prayed and admired the stained glasses and craftings on the walls in the beautiful church. We later strolled along the paths through the woods and enjoyed the breathtaking view of the Fraser River at the lookout point. The moments of tranquility concluded our pilgrimage.

Mission was accomplished at Mission!

Teresa Tsui, Echo Editor





服務情誼

今年五月二十八日完成了牧靈關愛課程（Pastoral Care Ministry Training Course）之後的一個月，林執事開始派遣我們出外探訪和送聖體給病弱者。我們四人，組成了一隊關愛小組，分別是May Mi、Fandy Lam、Josephine Tong和我，兩人一隊，輪流在每個星期二彌撒後便出外探訪和送聖體。

我們探訪的對象，都是患重病的人，其中兩位女士住在善終醫院（Hospice Hospital），已經停止用藥治療，藥物只能舒緩病情。我雖然在香港時，也有類似的服務經驗，但往善終醫院探訪卻是第一次，心中不免有些忐忑。一個已知生命將會終結的病人，面對我們的探訪會有什麼情緒？遭受病痛磨難，信仰有否動搖？當人遇到病情不能逆轉時，難免心裡有不安、焦慮、甚至恐懼，被負面情緒所吞噬，失去方向，看不清前路，自然也看不見天主的面容。我們第一位探訪的是葉女士，她躺在床上，由於年事已高，說話不多，但以微笑的眼神歡迎我們的探訪，以虔敬的心與我們一起祈禱及領受基督的聖體，她的女兒也是教徒，每日必抽空陪伴，離開時，她向我們表示謝意，她看見媽媽對我們的探訪及送聖體都顯得很高興。

接著我們探訪另一位姓張的女士，她躺在梳化上，以燦爛的笑容迎接我們，主動的向我們說及自己的病情，她真是一個受到福音光照的病人，以信德來面對自己的疾病，完全的信靠，整個過程沒有聽到任何悲傷的話，她領受基督聖體後告訴我們，基督聖體在她身上形成了一股暖流，使她溫暖和充滿力量，體會到與基督真正的結合。

她們對聖體的渴望和堅定不移的信仰也感染了我們，她們的信德，令我們鼓舞，使我們對日後的探訪顯得更有意義和信心。

這樣探訪的日子過了不久，葉女士於八月二十九日安息於主懷，參加完她的逾越聖祭不足兩個月，張女士也於十月十九日回歸天家。

今天是十月廿四日，我站在張女士的靈堂，顯得特別傷感，她們都先後去世了。雖然我知道死亡並非泯滅而是處於安寧中，也深信「亡者將再生，他們的屍體將要起立；睡在塵埃中的人們都要甦醒歌詠...」（依26:19），保祿也告訴我們：「天主既使主復活了，他也要以自己的能力使我們復活。」（格前6:14）。但當她的丈夫黃先生對妻子說：「Anita 來向你道別」，我的眼睛還是馬上紅了。

我們善終醫院的服務算是暫告一段落，但相信關愛行動不會停止。

教宗方濟各在2020年頒布的通諭「拾穗」，其中一段「宗教為世界的兄弟情誼服務」提及：

「我們希望成為服事的教會，從她的家裡走出來，從她的殿宇裡走出來，從她的聖所裡走出來，陪伴生命，維持希望，成為團結的標記」。

讓我們的關愛行動在現世中實現天主的愛。

牧靈關愛組 Anita Lam



絕不失望

聖母軍手冊內有一個標題是「絕不失望」。講述團員們長期工作，卻有時得不到甚麼成績，怎樣做探訪的工作而絕不失望呢？

凡聖母軍的團員在正常的情況下都是要外出工作：探訪病人或住在護老院的教友、及私人住宅。聽他們的傾訴和抱怨，分享他們的苦與樂。但不一定得到他們的接納和給與的勸慰，經常碰釘，這對被訪者和團員們都不好受。有時團員們會抱著失敗的心情而工作，但當遇到冷待時，團員應自我反省，是否以真誠、開放和信賴的心態去待人，並能耐心聆聽、言詞是否溫良得體，有沒有注意到被訪者的情緒波動及感受。

在出訪之前，應請求聖母的助祐，因為團員是為聖母——我們的總司令而工作的。只有充滿愛心和善意，才有說服力，使人歡慰與鼓舞，能踏出第一步，那怕是棘手的問題，自然迎刃而解，自己也得到莫大的鼓勵。

因為我們探訪的目的是要跟隨聖母拯救人靈。所以一切決定要「以愛為基，以人為本」去服務人，並祈求天主賜我們智慧、愛心和耐性，好能完成每次探訪的工作。

正所謂：「己所欲達，先達於人」，能通情達理，慷慨助人，並以推己及人的待人處事態度，做起事來便無往而不利。

但最緊要的，是要懷著謙遜而懇切的心，用耶穌教給我們的「天主經」向上主祈禱：「不要讓我們陷於誘惑，但救我們免於兇惡。」更懇求天主賜給我們和受訪者有一顆敏銳的心及對天國願景的渴望，義無反顧地追隨基督走向永生之路。

聖母軍團員鄧筱瓊



聖母親自設計的一件聖物

時間過得真快，轉眼這已是二十多年前，我們一羣教友和麥神父一起去默主哥耶朝聖，散團後我在巴黎多留了一天作自遊行。當年的自遊行並不自由，我左手一件行李，右手一袋骯髒衣物，在一個大部份人只講法文的國家自遊行真不容易，比起手提紅白藍袋的大嬸逛街不相伯仲。幸好在朝聖前我曾經看過一些文章，說及在歐洲有那些朝聖的好去處，便貪方便選擇了一處近旅館的聖堂去逛。這聖堂的地址是140 Rue du Bac，街名比較短且容易記。我到達後發覺聖堂的外型並不是一座大殿，而是一所小堂，外牆看起來像一間修院，不覺有點兒失望。這座小堂就是“Chapel of Our Lady of the Miraculous Medal”。



這個小堂的容量並不大，跟永援聖母堂的容量差不多，但是十分美麗和幽雅，小堂內最觸目的便是祭台則的玻璃棺木，裏面放著聖女加大利納沒有腐化的遺體，她是在1876年去世的，到現在已過了146年。（請留意：小堂內還有其他的玻璃棺木，它們內置的只是假像，只有聖女加大利納的遺體是真身。）

跟據聖人的行實，聖母第一次顯現給聖女加大利納是在1830年7月18日，而第二次顯現是在同年的11月27日。這次聖母顯現時將她親自設計了一個聖牌展示給聖女加大利納，並吩咐她說：「按照這個模樣去製造聖牌吧！凡佩戴這個聖牌的人將會獲得很多恩寵，尤其是那些常把它帶在頸上，誠心依靠的人，將會得到豐富的聖寵。」

聖母在這次顯現時伸出雙手，手指間戴滿閃閃生輝的珠寶，珠寶的光芒照射在她腳下的地球。然後聖母又凝望著聖女加大利納。聖母雖然沒有開口說話，但聖女加大利納卻聽到聖母的聲音說：「妳看到的這個球代表著世界，特別是法國和每一個人。〔當時法國正面臨非常困難的時期〕。這些光芒象徵著我為那些向我祈求的人所傾注的恩寵。而那失色沒發亮的珠寶，卻象徵著沒有傾流出去的恩寵，因為那些人沒有向我祈求此恩。」

這就是顯靈聖牌的由來，而顯靈聖牌的瞻禮是在每年的11月27日。現在，就讓我們誠心依靠聖母，信賴她，多向她祈求，不要再浪費聖母為我們預備好的恩寵。

你如果想免費得到一個顯靈聖牌的話，可以向 Gemma Leung 或 Joseph Yip 索取，先到先得，派完即止。

聖母軍團員 Joseph Yip





300 OLPH Cubs Fall Camp

This fall of November 2022, the OLPH Cub Scouts group had the opportunity to experience a challenging and new overnight camping trip. This camping trip allowed the Cubs to adapt, learn, and experience how to live outdoors away from the comfort of a warm home, electricity, and oh-so-wonderful flushable toilets. This trip was certainly an adventure to remember and a step forward out of each Cub's comfort zones.



The Cub group stayed over at the Lost Lakes Scout Campsite for our trip, which was about an hour drive away from Calgary. Our place to stay overnight was at a rustic cabin located down the hill which overlooked a beautifully frozen over Lost Lake. When most of our group had arrived to site it was already well after sundown, and at the time, the temperature was averaging -10 degrees Celsius. Buckets of snow had already fallen in the previous week making this feel more like an early-winter camp than a fall camp.

As the early darkness of the evening had already set in, the Cubs quickly had to learn to navigate through the dark to get to the cabin and set up their sleeping quarters. In the middle of the cabin was a small wood burning furnace to provide heat, which the Cubs learned how to start and maintain the fire to keep them warm. Once the Cubs had settled in and got a quick tour of the surrounding facilities, they found themselves going through their biggest obstacle for the trip: the cold night.



Some Cubs learned that no matter how much they had packed, it was more important to pack the correct types of clothing for colder environments and to have the right equipment. Having the appropriate sleeping bag for colder temperatures was a must and even having wool socks could help keep their little toes warm. For some Cubs, this camping experience was a first, and for others even though they had camped in the summer, they had to learn that correctly using a sleeping bag made a huge difference between warm and

cold. Although sleeping through the cold was tough, we believe the Cubs had learned some invaluable lessons having gone through this experience.

Surviving past the cold night, we had a few activities that we planned to do with the Cubs in the new day. We made meals together and learned about knots and first aid to name a few. Their favorite activity however, happened to be about starting a campfire. As we were challenged with winter & wet conditions, learning how to start a campfire in this setting was a new experience for everyone. They had especially enjoyed that they were able to cook hot dogs and make smores with the campfire, which made all their efforts with building the campfire more rewarding.



Overall, we are proud of the Cubs for going through a challenging fall/winter camp trip. The skills that they acquired and the knowledge and experience they gained will hopefully carry with them for the rest of their scouting adventures to come. With a trip like this, the Cubs will definitely have a story to tell for years to come!

Keith Leung (Cub Scout Leader, Sunday School Coordinator, Young Adult Group member)



Sunday School Advent Retreat 2022

On November 27, Sunday School students from the various sacramental preparation classes gathered for an Advent retreat. Each student participated in team building games like the human knot and even played a Kahoot game that tested their knowledge about the Advent season. Students were also given a talk about the origin of Advent and what all the different colours and symbols mean. Near the end of the retreat, each student made their own Christmas tree ornament that represented the holy trinity/ Christmas tree. It has been a very long time since the Sunday School community gathered together for a retreat and both students and teachers had a lot of fun getting to know each other better. Since the pandemic, group activities like this retreat were on halt and as a coordinator, I feared that the children would lose their sense of belonging to the parish community. However, through this weekend's retreat, I was able to see the students have fun and learn in an interactive environment!

Although using Zoom for the past 2 years was convenient, it just did not feel the same as in person classes and retreats. Recently, our parish had an influx of new immigrants from Hong Kong. Many of the new young members have joined the Sunday School community. Not only did we gain a lot of new students this year, but we also gained quite a few new volunteers and teachers as well! I feel extremely blessed to have such a supportive team of teachers and volunteers who dedicate their personal time in helping God's little ones! I pray that every family of the Sunday school community and parish community will have a wonderful Christmas season ahead!

Peggy Yip, Sunday School Coordinator, YAG member, and Echo editor



跟隨基督君王

常年期第三十四主日，是教會紀念基督普世君王的節日。為什麼當天的福音（路加福音23: 35-43）卻記載耶穌被釘在十字架上的事蹟？其實耶穌在十字架上展現了祂的王權與世俗的不同，天主的權威，是耶穌在十字架上為我們犧牲的愛中顯示出來。可想而知，耶穌基督普世君王是有別於這世界上的君王。

耶穌作為君王，沒有財富、沒有軍隊，唯一擁有的就是愛。當人人憎恨那些罪人的時候，耶穌卻說：「我不是來召義人，而是來召罪人。」祂更到罪人的家，接納和寬恕他們。當人人怕見病人，驚怕被他們傳染時，耶穌卻走近他們，治好他們的病，使他們回復人的尊嚴。當人人看輕一些卑微弱小的孩子時，耶穌卻指天國是屬於小孩子的。當人人對仇人懷有報復心時，耶穌卻指出寬恕之道。所以祂在當天的福音中，寬恕了願意悔改的罪犯，對他說：「今天你就要和我一起在地獄裏。」耶穌就是一位仁愛君王，祂來到世界，是為給真理作證，而那真理就是愛。當我們生活出愛的時候，天主的國就在我們中間。

我們會問：「在哪裡可以找到我們仁愛的君王呢？」原來祂就在我們身邊：家裡的親人、工作的同事、街頭的乞丐、鄰居的老人、醫院的病人...。因為當我們學習我們仁愛的君王去接待服務他們時，仁愛的君王就在我們中間。

我們堂區有不同的善會：牧靈關愛組、聖母軍、聖母會及哥倫布騎士會的兄弟姐妹，都肩負基督的仁愛精神，用行動實踐基督的愛。他們經常去醫院及安老院探望患病及年長的教友，為他們祈禱、安慰及為他們送上聖體。他們為居住在保祿樓、榮基、翠景、George Boyack 及 Aspen老人院的長者服務，帶領玫瑰經及唱聖歌，用車接送他們去聖堂參與彌撒，使他們感受到人間的溫暖及生命的希望。在十一月煉靈月也去墓地為已亡教友的靈魂祈禱。在殯葬彌撒中亦為亡者祈禱及安慰家人。你願意接受天主的召叫，加入堂區的善會，加入基督愛的行動嗎？

記得領洗的時候，我們同時亦領受了先知、司祭和君王的使命。而其中君王的使命，就是叫我們學習耶穌君王的謙遜和仁愛。所以藉著基督君王節，仁愛的君王再次喚醒我們，使我們意識到基督門徒的神聖使命。每人可以自問：我最近一次，幾時在卑微弟兄姊妹身上看到耶穌呢？我最近一次，幾時關心過貧弱的弟兄姊妹呢？

林偉良執事

