

The Echo 迴聲

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Father's Love Letter

During the 2018 Christmas mass at Christ the Redeemer Church in West Vancouver, the "Father's Love Letter" video which included beautiful Bible verses was shown in the homily. Please allow me to share with all of you this touching letter downloaded from www.fathersloveletter.com.

Teresa Tsui

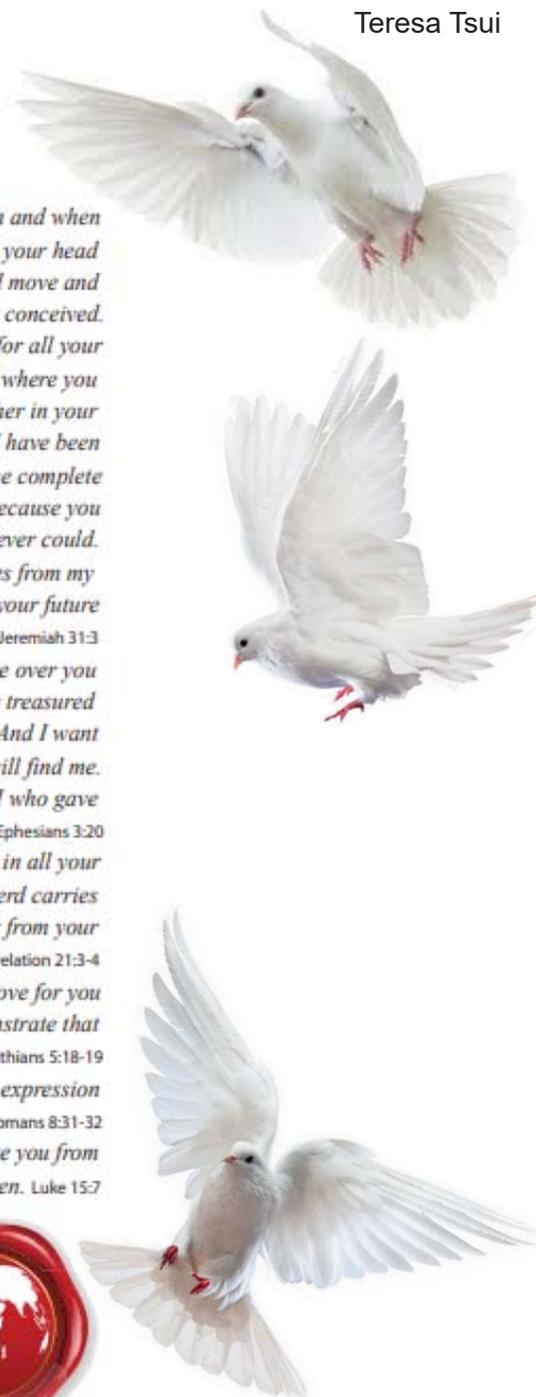
FATHER'S LOVE LETTER

An intimate message from God to you.

My Child,

You may not know me, but I know everything about you. Psalm 139:1 I know when you sit down and when you rise up. Psalm 139:2 I am familiar with all your ways. Psalm 139:3 Even the very hairs on your head are numbered. Matthew 10:29-31 For you were made in my image. Genesis 1:27 In me you live and move and have your being. Acts 17:28 For you are my offspring. Acts 17:28 I knew you even before you were conceived. Jeremiah 1:4-5 I chose you when I planned creation. Ephesians 1:11-12 You were not a mistake, for all your days are written in my book. Psalm 139:15-16 I determined the exact time of your birth and where you would live. Acts 17:26 You are fearfully and wonderfully made. Psalm 139:14 I knit you together in your mother's womb. Psalm 139:13 And brought you forth on the day you were born. Psalm 71:6 I have been misrepresented by those who don't know me. John 8:41-44 I am not distant and angry, but am the complete expression of love. 1 John 4:16 And it is my desire to lavish my love on you. 1 John 3:1 Simply because you are my child and I am your Father. 1 John 3:1 I offer you more than your earthly father ever could. Matthew 7:11 For I am the perfect father. Matthew 5:48 Every good gift that you receive comes from my hand. James 1:17 For I am your provider and I meet all your needs. Matthew 6:31-33 My plan for your future has always been filled with hope. Jeremiah 29:11 Because I love you with an everlasting love. Jeremiah 31:3 My thoughts toward you are countless as the sand on the seashore. Psalm 139:17-18 And I rejoice over you with singing. Zephaniah 3:17 I will never stop doing good to you. Jeremiah 32:40 For you are my treasured possession. Exodus 19:5 I desire to establish you with all my heart and all my soul. Jeremiah 32:41 And I want to show you great and marvelous things. Jeremiah 33:3 If you seek me with all your heart, you will find me. Deuteronomy 4:29 Delight in me and I will give you the desires of your heart. Psalm 37:4 For it is I who gave you those desires. Philippians 2:13 I am able to do more for you than you could possibly imagine. Ephesians 3:20 For I am your greatest encourager. 2 Thessalonians 2:16-17 I am also the Father who comforts you in all your troubles. 2 Corinthians 1:3-4 When you are brokenhearted, I am close to you. Psalm 34:18 As a shepherd carries a lamb, I have carried you close to my heart. Isaiah 40:11 One day I will wipe away every tear from your eyes. Revelation 21:3-4 And I'll take away all the pain you have suffered on this earth. Revelation 21:3-4 I am your Father, and I love you even as I love my son, Jesus. John 17:23 For in Jesus, my love for you is revealed. John 17:26 He is the exact representation of my being. Hebrews 1:3 He came to demonstrate that I am for you, not against you. Romans 8:31 And to tell you that I am not counting your sins. 2 Corinthians 5:18-19 Jesus died so that you and I could be reconciled. 2 Corinthians 5:18-19 His death was the ultimate expression of my love for you. 1 John 4:10 I gave up everything I loved that I might gain your love. Romans 8:31-32 If you receive the gift of my son Jesus, you receive me. 1 John 2:23 And nothing will ever separate you from my love again. Romans 8:38-39 Come home and I'll throw the biggest party heaven has ever seen. Luke 15:7 I have always been Father, and will always be Father. Ephesians 3:14-15 My question is... Will you be my child? John 1:12-13 I am waiting for you. Luke 15:11-32

*Love, Your Dad...
Almighty God*



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Find out more at GodLovesYou.tv



因天之序 - 讓天主編排我的生活程序

因天之序，是中國人養生智慧，因著一天十二時辰，作息有定時。每個時辰等於現在的兩個小時；以子時為第一時辰，是晚上十一點至零晨一點。

創世紀 (1:1-5)：「在起初天主創造了天地。大地還是混沌空虛，深淵上還是一團黑暗，天主的神在水面上運行。天主說：『有光！』就有了光。天主見光好，就將光與黑暗分開。天主稱光為『晝』，稱黑暗為『夜』。過了晚上，過了早晨，這是第一天。」

創世的第一天，天主從黑暗造了光，一天是從黑暗開始，中國人以子時為第一時辰，很符合猶太人稱一天的習慣。子時之前的時辰是亥時，晚上九點至十一點，又稱人定，人定下來休息的意思。

創世紀 (2:2-3)：「到第七天天主造物的工程已完成，就在第七天休息，停止了所作的一切工程。天主祝福了第七天，定為聖日。」

二〇一一年到以色列朝聖，我們仿效猶太人守安息日的虔敬。安息日是每週從星期五日落起至星期六日落，是記念天主、思考生命和陪伴家人的一天。朝聖團友們在星期五晚上，備有無酵麵包，親密地聚在一起，誦讀聖言，分享朝聖感受。

創世紀 (1:16)：「天主於是造了兩個大光體：較大的控制白天，較小的控制黑夜。」以分辨晝夜。

中國人和猶太人都用一種「陰陽合曆」，體會太陽月亮兩大光體的運行。純陰曆只保證每月的時間與月亮運行周期基本一致，是觀察月亮的周期“滿月”定為一個“月”(Lunar Month)，純陽曆只保證一年的時間與地球繞日運行周期基本一致，是地球繞太陽的周期，「陰陽合曆」既保證“每年”與地球繞太陽周期的一致，又保證“每月”與月亮周期的一致，採用陰陽合曆的主要目的是配合季節，因此需要安排閏月來調整。平年十二個月為一年，閏月則有十三個月。猶太人依天主的創造用陰陽合曆，中國人不謀而合也用這種曆法。

中國人採用的農曆都屬於陰陽曆，配合季節及陽光，分一年為二十四節氣。據日照長短，劃分四季，春分和秋分晝夜平分，夏至晝最長，冬至晝最短。農曆亦用於各種民俗活動，如「年節」、

「端午節」、「中秋節」...等節慶活動，是中華文化的象徵。

天主的創造是何等奧妙，日月星宿的運行，和諧有序，晝夜光明黑暗，四季氣候，風霜雨露，滋潤大地，化育萬物，給人安居之所。聖子親臨，降生為人，教導我們，救贖我們，我們不忘大恩，每年有禮儀聖祭，慶祝聖誕及基督復活。

聖誕節定在陽曆十二月二十五日（古羅馬的冬至），以該日為日照時間由最短增長 - 表示耶穌誕生帶給我們光明。

復活節由陰陽合曆及星期而定，是春分月圓後的第一個星期日。春分之後便開始日長夜短，月圓表示連黑夜也充滿光明，耶穌於七日的第一日(星期日)復活。表示耶穌復活，戰勝罪惡黑暗。

永援聖母堂的年曆最後一頁是「陰陽合曆」，我每年都留下來，細察天主給我們的一年秩序表。

天主眷顧以色列人，特別啟示了他們敬奉一神，「天主只有一個」。耶穌恩許的聖教會和祂的恩寵施及普世，有傳教士來到我們的居住地澳門或香港，是我們的福樂，若我們堅定信仰，以天主放入中國人的文化中，「因天之序」就是把天主創造的秩序，納入我們的生活節拍中。

John So, Pastoral Care Team

親情

日前我重讀一則報導：教宗方濟各去年接見一批孤兒院青少年，邀請他們提出心中的疑難和困擾，他會嘗試為他們解答。由於各人的疑問都發自內心深處，教宗表明他未必能提供完美的答案，因為惟有上主纔擁有絕對完美的答案。現在讓我和大家分享教宗對其中兩個青少年的提問所作出的回應。

一位相信是因身體殘障而被遺棄的少年問：為甚麼有些父母偏心，只愛正常和健康的孩子，而嫌棄有缺陷或身心不健全的兒女？

教宗說：被遺棄的感覺是很難受的，他指出每個人身心都有脆弱的時刻，孩童如是，成年人亦如是。所以當中有些父母的心靈相當脆弱是不足為奇的，因為每個人都有短處、

Living Nativity

On December 15th, I visited the Bethlehem village in the backyard of St. James Church in Okotoks. The journey started when I followed the Roman soldiers on horses to the entrance of the village. At the entrance, I participated in the census and did the registration. Once I was in, I saw more than a dozen houses showcasing different functions of the village. There was the tax collector and the soldiers in front of the guard house and the jail. There was the synagogue, the candle shop and the bakery where I enjoyed a cookie. In the middle of the village, there were carpenters and blacksmiths working hard for the night. Fire was burning. Hundreds of mini shepherd hooks and crosses were made and distributed to visitors. Around the corner, I visited the wine shop and was served their special of the day, apple juice. At the other end, the shepherds were herding the sheep and the donkeys. Then not far away, I heard the innkeeper shouting that the inn was full. And right beside the inn where a star was shining above, I saw the holy family resting in the stable. When I got closer to baby Jesus, he smiled, winked and waved at me. More and more visitors crowded around the manger and

we all smiled and waved back. With no doubt, that was the highlight of my journey. I left the village with joy, peace and hope in my heart. Thank you, God, for giving me the chance to be that close to you, and for a magical experience that I will cherish forever.

Teresa Tsui



弱點、罪惡感，可能自小並沒有得到任何開導或支援去克服他們的缺失；因此當他們為人父母時，就未能面對和處理他們有缺陷或殘障的兒女，以致偏愛其他健全的孩子。

另一位青年訴說自幼喪父，被親母送到孤兒院，多年後尋親得見生母一面，但只得到冷淡對待，他問教宗為甚麼母親不接納他，是否他本人的過錯以致未能得到或感受到母愛？

教宗和藹地對他說，這並非他本人或母親的過錯；問題同樣在於成年人的軟弱、物質貧乏或精神上的貧乏。在物質層次而言，不公平和不公義的社會制度導致貧富懸殊，生活重擔令低層人士和弱者被壓得透不過氣；而精神貧乏令人混亂、絕望而做出痛苦和悲慘的決定，拋棄骨肉就是很好的例子。教宗安慰該青年，他的母親當年可能認為孤兒院對他是唯一或是最好的選擇；正如很多母親一樣：她愛兒女在心底，但不懂得如何去愛，或如何去表達她的愛。

教宗向在場的青少年祝平安，鼓勵他們要將心中的不安和怨恨化為關愛，為天下父母，並特別為所有破碎或有問題的家庭祈禱，求上主賜給每人都能有一個溫暖、和睦及相親相愛的家庭。讓我們亦為同一意向祈禱。亞孟。

♥ Andrew Chau

The Echo



惠一澤群

In Service to One In Service to All 惠一澤群—是騎士會一貫信仰服務宗旨。今年改革更新，濃縮“Faith in Action — 信仰行動”為四大服務項目：

1) Faith 信仰 2) Family 家庭 3) Community 社區 及 4) Life 活命。

信仰行動 — 騎士會鼓勵及支持兄弟們去實踐信仰理念，努力實行美好家庭、堂區和社群之服務計劃。

Life 活命 — 活念信仰，光耀生命

前言：Pro Life 親生活 — 生命開始至結束，這是每個人人生必經旅程，懷著信仰去努力支持反對終止懷孕、反對安樂死、拯救母親、嬰兒和維護善終。



活命服務計劃包括：

<1> March for Life

今年五月九日（星期四），在亞省愛民頓市將舉行巡行活動，騎士會應允卡城主教 Bishop William McGrattan的邀請，租用兩部巴士共壹佰個座位，參與這次支持維護生命權益活動。



<1a> Hike for Life

每年五月母親節前一日（星期六），Calgary Pro Life 主辦皇子島公園步行籌款，用作支持教育經費。去年本堂區共籌得贊助款項超過九佰多元。



<1b> Ultrasound Initiatives

美國明尼蘇達州獲騎士會捐贈第壹仟台超音波機，好使母親們親身體驗嬰兒活生生地存在其體內。



<1c> Pregnancy Support Center

卡城騎士會已着手籌辦孕嬰支援中心，方便母親們照顧自己及嬰孩出生前後期間的所需，現大量徵求義工。

<2> Special Olympics

參與特奧運會，值以鞏固每個人內在的價值和尊嚴。亞省特奧會于二零一九年二月八日至十日主辦八項卡城冬季奧運會：分別為 Bowling 五樽保齡球、Figure Skating 花樣滑冰、Alpine Skiing 高台滑雪、floor Hockey 地板曲棍球、Cross Country Skiing 越野滑雪、Snowshoeing 雪鞋、Curling 冰壺和 Speed Skating 速度滑冰。亞省騎士會贊助壹萬元給于五樽保齡球賽。



<3> Christian Refugee Relief

幫助拯救世界各處受迫害和面臨滅族危機的信徒們，尤其是中東等地。利瑪竇騎士會曾售賣聖地桃木十字架，獲堂區教友們支持，全數捐贈救濟基督徒難民。



<4> Mass for People with Special Needs

舉行彌撒，歡迎未能參與平日/主日彌撒的個人或家庭教友。



朝拜聖體

阮神父每星期為護老院、安老院等主持平日彌撒，而南北騎士會附屬堂區，每月亦為特別需要的信徒們奉獻彌撒。

<5> Silver Rose

分享瓜達盧佩聖母信息，促進及參與朝聖之旅，顯示我們對活命之尊重。每年三月至十二月中，巡行遍及加拿大、美國甚至墨西哥。騎士會擔當 Silver Rose 的計劃，負責運送及祭典，藉以表揚對瓜達盧佩聖母及人類尊嚴之禱告服務。



<6> Novena for Life

帶領社區心靈上奮鬥，建立活命文化。



依賴堂區和教友們的支持，參與九日敬禮、四十日活命運動.....等等，騎士會將提供 Novena 禱文咭。

上述各項信仰行動 — 活命計劃，全仗堂區兄弟姐妹們的支持、鼓勵及參與。主佑!

利瑪竇騎士會分會陸立慶

行動計劃網址:
AlbertaMarchforLife.com
CalgaryProLife.com
SpecialOlympics.ca/Alberta
GAKofC.org/Programs/Silver-Rose
KofC.org/EN/Programs/Life/index.html
 Q & A - Send to KofC10119@gmail.com

一月廿十五日是聖保祿宗徒歸化的瞻禮。這晚參與感恩聖祭和明供聖體後，我在聖堂門外遇上安排「個人朝拜聖體一小時」的負責人。她感謝我在過去的半年，每逢星期一的下午，都會到聖堂的小堂朝拜聖體。我對她說千萬不要感謝我，要感謝的是主耶穌基督，因為是祂邀請我去作伴。

記得大約在半年前，神父在感恩聖祭的講道中，邀請教友參與朝拜聖體一小時。回家後，自己在想：既然有時間去當義工幫助有需要的人和回饋社會；也有時間去學太極、做運動來保持健康，為怎麼不能安排一些時間去朝拜聖體呢？主那麼慷慨、大方，給我這麼多恩寵，祂只想我去作伴，難度我就這樣吝嗇嗎？若要靈魂保持健康，多些接近主耶穌基督，相信是最有效的方法。

在個人朝拜聖體時，我會和主耶穌基督談話、誦念一些經文、亦會閱讀一些幫助自己反省和祈禱的書籍。當我越多看書籍就越感到自己在信仰上原來有很多的缺失、不足、軟弱。同時亦讓我越來越感到天主的慈悲、寬恕、仁愛。不論我犯罪多少次、犯的罪有多大，只要我願意真心悔改，仁慈的天主必會寬赦。只要我能打開心窗，讓主耶穌基督進入我的生命，祂就會改變我。今天紀念聖保祿宗徒歸化，他原是一位仇恨基督的人，在他與復活的主耶穌基督相遇後，他竟然變成了基督的信徒，決心並盡力保護基督的教會，終其一生去傳揚主的救恩，他的轉變就是最好的見證。

能在忙碌、煩瑣的生活中，暫時拋卻世俗的事務，在沒有人騷擾的環境下與主相遇，靜靜的向主耶穌基督傾訴和聆聽祂的話，讓我感到寧靜和平安，那是一份福氣。正如聖經所載「瑪爾大，瑪爾大！你為了許多事，操心忙碌，其實需要的，唯有一件。瑪利亞選擇了更好的一份，是不能從她奪去的。」(路10:41-42)

Josephine Li, Echo Editor

The Echo

My World Youth Day Experience: Panama 2019 with Catholic Christian Outreach

As some of you may know, I have had the opportunity to attend World Youth Day in the past. I have been to World Youth Day in Madrid 2011, Krakow 2016, and now, Panama 2019. I had never planned on going to World Youth Day in Panama, mainly because it would be happening in January and the young adults at Our Lady of Perpetual Help would not be organizing a trip due to school conflicts. However, I was asked by a campus missionary from Catholic Christian Outreach to apply for the mission trip to go to World Youth Day. Without really knowing what I was getting into, I applied online and was accepted to go.

The theme for this World Youth Day was “I am the servant of the Lord. May it be done to me according to Your will.” It was all about Mary’s “Yes” and Mary’s fiat to submit to God’s will. When I look back, it was very fitting that I gave my “Yes” to go on mission. At first, I did not feel equipped or worthy of God’s call for mission. Throughout the trip, God showed me that I am worthy and that He had a great plan for me, utilizing the talents that He had spent years cultivating.



So, what is Catholic Christian Outreach? Catholic Christian Outreach is a university student movement that is dedicated to evangelization of the Catholic faith, especially through creating strong student leaders that can help renew the world. My role as a missionary at World Youth Day: to talk with young people about their faith, to share the Gospel in a clear and simple way, and to invite people to live a Christ Centered life. Our team consisted of 2 full time CCO missionaries, the CCO president and 11 other CCO alumni from all across Canada. It was amazing to see complete strangers come together with the same faith and a united mission—by the end of the mission, we became a closely knit family!

On the first day, we attended a Canadian gathering of all pilgrims from Canada. I was given the opportunity to share my testimony of faith with approximately 300 Canadian pilgrims, and again during catechesis in front of 600 English-speaking pilgrims from all across the world. As well, our mission team was in charge of leading the English Catechesis events, which included leading praise and worship, organizing talks from Bishops, preparing for mass and facilitating small group discussions. As a mission team, we were able to talk to many people about their faith journeys and we shared the four-point gospel, also known as the Kerygma. It is quite simple and it is something that you could also share with your family

and friends, or even with a stranger that asks about your Catholic faith! Take a look:

- 1) God created us to have a relationship with Him
- 2) Our relationship is broken through sin
- 3) Jesus can restore our relationship with the Father
- 4) We have free will to choose a Christ Centered relationship

It was amazing to see the impact that these four simple points had while in conversation with the young people!



If I were asked to summarize my biggest take away from my experience in Panama, I would say “God is real!” This statement may seem silly and absurd to some people, but it is a simple and profound at the same time. Go ahead; sit on it for a couple seconds.

Growing up in the Catholic Church, God may sometimes seem like a far away, omnipotent being. You can’t see Him, you can’t meet Him, but yet by faith, we believe that we are created in His image and likeness. During World Youth Day, I witnessed many glory stories where I personally saw God working in people’s lives and felt His powerful presence. I saw God moving through my mission team and I to reach other pilgrims through our testimonies and conversations. I would like to share two glory stories in particular:

There was a pilgrim that I met during the Canadian gathering. He approached me to chat since he had heard my testimony earlier that day and he wanted to ask me some questions. He told me that he had been struggling with depression at home, but had begun to feel God’s presence during his time in Panama. I had the opportunity to share the four-point gospel with him before we had to part ways. When I was following up with him upon returning to Canada, he told me that after World Youth Day he sees the world in a different perspective. He felt the love of God, experienced confession for the first time since doing his first Holy Communion and was told that his sins are forgiven. He had experienced so much love that all his pain, depression, and anxiety disappeared. He told me that he never knew God was the answer to the struggles that he had been going through. And in his words, “I’ve been a Catholic since I was a baby, but I never really understood the point of God, until now! And my gosh it feels good having him in my heart forever”. Wow! Isn’t that beautiful?



There was another pilgrim from Saskatchewan that our mission team saw often. Four CCO missionaries, including myself, separately approached him to talk about his faith. Before talking to him, we had no idea that another missionary from the team had already spoke with him! While I was getting to know him, I could see his strong desire to put Jesus at the centre of his life, despite his fear of fully trusting God. This really moved me, and it was wonderful to see God pursuing him with such love and passion through us!

I am so grateful to have been a part of World Youth Day Panama 2019. I was really blessed to be a witness to the greatness of God working in the youth and young adults that attended. Despite the

challenges of walking countless kilometers through the heat and trekking through the crowds of people, I was able to encounter many young people that were ablaze with the Holy Spirit and that will continue to inspire me. I hope to continue my mission with the youth and young adults in our parish and to help others grow in their faith & love for God.

I challenge you to reflect about your own faith and to take action in becoming an active Catholic. Like Mary, say “Yes” to what God is calling you to do!

If you would like to learn more about my experience, do not hesitate to come talk to me, or email me at jenny_lam_9@hotmail.com.



Rise Up Conference 2018 “Come and See”

Praise and Worship during Rise Up 2018

From December 28, 2018 to January 1st, 2019 I had the opportunity to attend a Catholic conference for young adults across Canada at the Hyatt Hotel in Calgary. This conference is held at the end of each year, which gathers many young adults whether attending university or working together to celebrate and strengthen their faith through various keynote speakers and workshops. Each of the talks and workshops are geared to prepare and inspire young adults to take charge and be active in their faith.

I grew up as a “cradle Catholic” which means that the Catholic faith had always been a part of my life because I was brought to church at a very young age and attending the Catholic mass was something of a routine. The idea of taking my Catholic faith to a whole new level never really crossed my mind up until I graduated from university. Going to church with my family was just a usual thing that needed to take place. I always thought I was a good Catholic girl. I would go to school on the weekdays and spend my weekends at church. Attending the various activities at church with Youth group was really just a means for me to socialize and make friends. Going to mass was boring and it was just something I had to do, because that was what the commandments told us to do...”



to keep the Sabbath holy.” My faith was rather dull and superficial. God was never really at the center of my life. He was there, but only a small part of my life.

In 2016, shortly after graduating from nursing school, my life plans were thrown off due to a setback. I felt that life was hard, unfair, and ambiguous. I was afraid, and ashamed due to my failures and setbacks. I despised and envied those who were successful. I felt angry with God that things did not turn out the way I planned. I was a strong believer that I worked hard and I should deserve success. Failure was not an option. My faith journey took a turn during World Youth Day in Krakow 2016. During the pilgrimage, I learned about the Divine Mercy of Jesus and how we should always put our trust in Him despite the obstacles we face in life. It was during World Youth Day that I decided that I would try to trust in God more, and to pray to him more often.

Shortly after World Youth Day, my close friend from Catholic Christian Outreach (CCO) introduced me to the organization and I began to attend events such as Summit. Summit is a night of Eucharistic adoration, reconciliation and worship. Soon after, I also took part in a faith study called “Discovery”. It was through the faith study that I renewed my faith and decided to put Jesus at the center of my life, rather than just asking God for help when I needed it. I began to put God first in everything I do. Unfortunately, I was unable to attend Rise up in 2017, but I prayed and prayed to God that I would be able to attend this year’s Rise up Conference and God had answered my prayers. During the last few days of 2018, I was able to spend time with over 800 young adults in learning about how to be active in our Faith.

One of the talks that really inspired me to become active about my faith was the one by

Father Emmanuel who currently works with marginalized in the busy city of New York. During Fr. Emmanuel's talk he asked us a question. Why do we follow others on social media? It is often because we are curious or interested in similar things. Similarly, the apostles were intrigued by Jesus' invitation and wanted to know Jesus on a personal level. The word "come" is inclusive and is inviting. Often times when we interact with our friends not of the Catholic Faith they ask us many questions we some times struggle to answer. We may be afraid and unsure sometimes, it may only take a small invitation of "come and see" and introduce our friends about God's amazing love.



Praise and Worship during Rise Up 2018

Just like Sr. Amata Filia mentioned in her talk, we are chosen by God and known personally by him. He knows us by name and claims us to be his beloved child. As his beloved child, we carry within our hearts the identity of Christ and we are called to pursue the life of a saint. Saints are great examples of how suffering brings them closer to God. Many of the saints whom we all dearly know and love did not have easy lives. Obstacles were thrown at them but their faith remained strong. In order to become close to God, we must let go of the baggage of sin we hold onto. For me, the baggage of sin that I carry is often becoming jealous and envious of others' success and not trying to understand

God's plans for me. However, God promises us that if we truly submit to His plans, we will discover greater joys in life than the earthly worries we always submit to. Although God's plans for me were not what I had in mind and His timing of events are totally different from what I had planned or expected, I know that his plans are truly for my good.

Being a child of God is my true identity and I am called to share this joy that I have found in the Lord. In this New Year, I will strive to share this newfound joy in the Lord not only with my peers but also with the little ones that I work with in our Parish. God's love is so personal and fulfilling that I desire for all of those I meet to encounter this unconditional love.

Peggy Yip,
YAG Member,
Sunday school Coordinator,
Echo Editor





Rise Up 2018

Rise Up 2018, a five-day year-end Catholic conference for young adults. This year, I had the opportunity to attend the frequently mentioned conference, admittedly after much persuasion from my friends, Jenny, Mark and Aisha, who all attended the conference previously. At the time, I did not really understand the ‘hype’ that everyone shared, and I was hesitant about the money I needed to spend and the time I would have to give up. It was at the end of the year and New Year’s would be spent away from family and loved ones, so naturally, it was a tough decision to make. Nevertheless, I knew something was amiss in my life. I was drained by work, schooling and religious life, and I wasn’t achieving the goals I set out for myself. I was stuck in a rut of complacency, instant gratification, and apathy. My faith felt stagnant and I was losing my connection with God. I wanted to change that, and I guess you could say I was hoping for that change to occur at Rise Up.

Just to establish a bit of a background, the last large-scale Catholic event I attended was back in 2016 during World Youth Day (WYD) in Poland. I clearly remember feeling God’s grace then. I had a good confession there, I walked with thousands of young adults and youth in pilgrimage, and I experienced the warmth and love of my host family. I felt that my heart was renewed, and my focus re-established. That was almost 3 years ago, and as cliché as it might sound, life moved on and it weathered me down. The result? A hardened heart and a not so 20/20 outlook of what the future held for me. So here we are now, the next round, Rise Up 2018. My experience, reflection and words of wisdom going forward.

Let’s talk about the first day. It was a completely different experience than WYD 2016. I didn’t expect it. The event opened with praise & worship, there was upbeat music and the

energy of the conference was electric. Many people were singing loudly, and hands were in the air. These people were on “fire”. I was definitely out of my comfort zone; I mean I am the kind of person who only raises his hands up when he’s asking a question in class. I am a total wall-flower in these situations. However, uncomfortable as it was initially, things changed as the conference continued.

Every day opened with either Mass or praise & worship in the morning, I personally favored the former. I remember during one of those masses one homily really resonated with me. The bishop who conducted the homily talked about storms in our life. Society constantly throw storms at us. Storms that test us and weather us down but are necessary for us to create change. We need to be the lightning that strikes light into the darkness. Powerful stuff.

In addition to mass, there were guest speakers who shared with us their wisdom each day. Through the talks, I learned quite a few things that I could apply to my life. Some of the most noteworthy lessons were: beautiful truths, shedding our masks, and St. Ignatius’ Rules of Living a Discerning Life.

The idea of beautiful truths is simple; to perform them we just remind others about what is beautiful about them. Quite often, we degrade ourselves with condescending and detrimental remarks. “I’ll never be able to...”, “I’m not beautiful...”, “I always fail...”. To share beautiful truths, we are reminding others that they are indeed beautiful because God created them. We are created in the image and likeness of God; hence we are perfect in God’s eyes.

Masks, we all wear them. I wear the masks of being a good son, a good student, a good boyfriend, a Cub Scout leader, a Sunday school teacher and many more. However, how is

wearing all these masks good for us? Frankly, I think wearing all those masks can get tiring. We are children of God, so if we strip away all these masks, we are being true what we were created to be. So, in essence, if we just lived our lives as dedicated children to God, I think we would feel a lot happier and less tired.

Ever struggle with prayer life, spiritual lows, and sin? I do, and I think we all do too. Well here's the answer for 2019: St. Ignatius' 14 Rules for living a discerning life. Logically it works, so I'm sharing them. The rules created by St. Ignatius are a guide for us to understand the movements of our soul (good or bad), and how we should respond to them. To highlight the two most important rules: the 5th rule is to never make a change to the promises you made beforehand even if you are spiritually not feeling it (ex. praying everyday); and the 13th rule is to seek and be accompanied by a spiritual director. Never hold back on your fears, doubts, temptations, and burdens with them. These two rules are the key to navigating through any darkness in life.

So that's a lot of writing I just put down and not enough article space. There are a lot more things I could share about Rise Up, but if I could sum it all up, it would be that Rise Up gave me more tools to become a better Catholic. Throughout the five-day journey, I was initially closed off and towards the end, I opened up and decided to trust God to take care of what lies ahead for me. I've connected with great people, made friends, and overall experienced the "fire" that lit up my heart again.

If you're reading this and would like to know more about my experience, feel free to reach out to me at keith.leung@hotmail.com or perhaps say hi to me at church. I'm the co-coordinator with Sunday School and you can usually find me at the front of the congregation during 10am mass with the kiddos.

Hope you enjoyed the read! God Bless,

Keith Leung
Sunday School Coordinator,
Young Adult Group Member





永援聖母堂春節團拜晚宴

農曆己亥年大年初六，本堂於富麗宮酒樓舉辦新年團拜晚宴。參加者除本堂區教友外，還邀請了一些教區神父和修女，而令我們十分雀躍的兩名貴賓，分別是卡城教區前主教亨利和現任主教威廉麥格拉坦的蒞臨，兩名主教同時出席宴會是十分難得，我們真是有福。

今年大會節目由青年會策劃，大專青年團負責音響，大會司儀更由幾位年青小伙子擔任，真是後生可畏！大會節目開始，舞獅鼓聲隨即響起，二十多名小獅很有秩序地列隊，跟隨三頭醒獅舞到台前，三獅在台上舞動，這些年齡在五至七歲間的小獅，有隊形地環繞着餐桌向眾人拜年，他們的表現明顯是訓練有數，原來他們都是本堂300旅的幼童軍；接著他們到台上領唱加拿大國歌，然後是阮神父致歡迎詞，並恭請偉廉主教致詞，他感謝被邀請來到這個晚會，同時為我們祈禱和祝福。



大會節目揭幕是快樂古箏團的表演，樂曲流水行雲，非常悅耳。接著是Catherine及Carol以粵曲唱出福音，這樣另類的福傳十分有意思。繼而由關愛組合唱賀年歌，部份表演者更在台上載歌載舞，大專青年團隨即以類似歌劇的形式表演，Harmony 歌詠團更詠唱賀年歌，他們的歌聲吸引一些教友到台前聞歌起舞，場面熱鬧；之後阮神父便進行第一次的抽獎。

抽獎過後是Raymond Yee獨唱粵語金曲，其後是青年組的英文曲Then Sings My Soul，再由佳播聖詠團聯同國語組高歌的福臨門。這時，台上歌唱者越唱越情緒高漲，現場氣氛甚是喜氣洋洋。

壓軸節目是阮神父的魔術表演，他請主教特別助理莊錢威伯神父做他的助手，他的魔幻技巧是把汽水變成紅酒、水，及牛奶。另一個魔術是他拿著一個完整的橙，經一名青年的驗證，把橙切開兩邊，在橙內找出一張撲克牌，阮神父簡直具專業魔術師的技巧，神乎其技！

在牧民議會主席何漢輝致謝詞後，所有牧民議會成員及各善會代表齊上台祝酒，最後隨着第二次抽獎的歡笑聲中，這次宴會完滿結束，在此謹向大專青年團、青年會及大會工作人員致謝！

Tony Wong

編者的話：

新春伊始，歡騰喜氣慶新年，迴聲編者們祝福大家喜樂平安，豬事順利，福恩滿溢，信德日深，主愛綿延！

謹祝堂區教友日漸增多，一同為主作見證！

但願福音天下頌，主愛萬邦傳！

Editor's note:

May the Year of the Pig be filled with prosperity, wealth and health to each and every one of you! Thank you for your support to Echo!

Editors: Anne Lam, Emily Chan, Jenny Lam, Josephine Li, Peggy Yip, Winnie Lau, Jane Leung