

寬恕---節錄自「治癒生命的創傷」一書

如果我只能看到一段記憶的傷痛之處，例如被朋友批評，卻無法發現蘊藏其中的恩賜，那就代表這份記憶一定要被治療，因為忍隱憤怒常會造成自我厭惡與沮喪。要是我們堅持自己從不生氣，那憤怒遲早會轉化成疾病。憤怒像是一種警告，讓我知道自己受了傷，知道自己有疏遠神、疏遠人的危險；因為這個警告，我才能主動地跟神、跟人分享讓我生氣的創傷。

某些創傷可能惡化成憤怒，聖經路加福音內的蕩子向父親要求分家，遠走高飛，然後用糜爛的生活來掩蓋問題，然而，這些舉動終究沒能化解他的憤怒。父親亦一定為兒子離家傷心痛苦過、憤怒過；或許是因為他憤怒自己讓兒子想離家，所以在兒子回家時，他才大宴賓客，希望能彌補過去的錯誤。蕩子和父親都選擇在憤怒中經驗愛與同情，但另一方面，蕩子的長兄卻選擇在憤怒中經驗敵意。所謂「大罪」，並不是感到憤怒，而是縱容未處理的憤怒滋長，最後讓你產生了敵意，開始用不得宜的幽默、尖酸刻薄的批評，或是其他缺乏愛的行為，去傷害別人。我們可以和那慈父一樣，雖然感到憤怒，卻用愛來回應他的兒子。這位父親就跟天主一樣，不懂得討價還價，只會無條件地寬恕。

治癒的方法是能與基督心神相會。無論是讀經、祈禱、拜苦路、唸玫瑰經，或是主動想像當自己受傷時，基督會對我們說些甚麼、做些甚麼，能與基督相會的方法，便是治癒之所在。總之，最重要的步驟是面對創傷，把自己的感受告訴基督，藉基督的心超越自我，傾聽基督的回應，然後依基督的指引而行。

基督就跟蕩子的父親一樣，祂的寬恕也是無條件的，即使有人不跟從祂，如伯多祿不認祂、猶達斯出賣祂、士兵把祂釘上十字架，基督還是無條件地寬恕了他們，更希望他們能接受自己的寬恕。基督早已做好被傷害七十個七次的準備（瑪竇18：22），也隨時準備寬恕我們，所以在懺悔之時，我們能得到寬恕。耶穌將他的生命給了我們，也在感恩聖事之中，不斷為寬恕我們的罪一再獻上自己（瑪竇26：28）。基督之所以愛我們，並不是因為我們有了改變，而是因為我們就是自己，正是這樣的愛，給了我們改變的力量。我們要開放自己，好接受祂無限的寬恕。在我們敞開心胸接受祂的寬恕後，就能像祂對待冒犯祂的人一樣，寬恕那些傷害我們的人。如果我們不能愛弟兄中最小的一個，那我們便是不愛基督，也難以接受祂的寬恕了。

我們也能藉著自己的憤怒，進一步看到對方的軟弱，進而深刻地寬恕別人。當我們無條件地寬恕別人，過去的創傷將不再讓人傷痛，反而能成為成長的跳板。我們會變得像基督一樣，不再自憐自艾、只關心自己的創傷，反而會說：「父啊，寬赦他們吧！因為他們不知道他們做的是甚麼。」（路加23：24）轉化為寬恕之愛後，反而能靠近傷害我們的人，向他伸出雙手，並經驗基督的所思所感。更重要的是，我們要以基督的心為心，藉祂的寬恕行寬恕。讓我們能像基督一樣地愛人，不僅原諒自己的軟弱，也原諒別人的軟弱。

“Healing Life's Hurts” by Matthew Linn 、Dennis Linn

Emily Chan, Echo Editor

The Echo

Rejoice and Be Glad

當該做的都做了，該說的都說了.....，人生唯一的悲劇是不能成聖！

這是亨利主教於三月十六日在本堂帶領我們在今年四旬期避靜的第一道講題。

多震撼的題目！好一個不客氣的題目，把沉睡在自我滿足中的我喚醒過來。

亨利主教當日引用了教宗方濟各於2018年所寫的一本書「Rejoice and Be Glad」的主要內容為我們做避靜，因在此篇幅有限，不能把三個講題的內容一一道來，我倒想把我的感悟與大家分享：

成聖並不是那些呆板而嚴肅的雕像人物的專利，反之，在基督內的生活是在聖神內的喜樂。(羅馬書 14:17)

我們常有個想法，就是成聖之路太難、太遙遠，並非我們常人所能達至的境界。然而天主在呼喚我們說：「你們應當是成全的，如同你們的天父是成全的一樣。」(瑪竇福音5:48)

成聖是我們每個人應走的路！成聖不是單純的自我提升，不是只求避開邪惡歪事，並非單單做善行，亦非屢做齋戒，更非單純感覺天主的臨在而飄飄然。

成聖並非將來去到天家時的事，亦包涵我們現在在地球上的生活。在天主內沒有時間，只有現在。

關於愛主

首先，我們必須自問是否全心、全意、全靈地愛我們的主，讓祂成為我們生活的一部分，帶領我們走每一步，我們做的每一件事，都祈求在行祂的旨意。我們必須放下自我，以主為先，以主為中心。

教宗方濟各說：「耶穌叫我們：『不要怕！』(馬爾谷福音 6:50)，『我同你們天天在一起，直到今世的終結。』(瑪竇福音 28:20)」所以我們對此可以大膽地、熱切渴望及有所要求的。

成聖是每天不斷地在主內自我更新，對我們基督徒來說，成聖就是達至主內的完美，以至能和天主結合為一體，祂在我內，我在祂內。

關於團體

天主創造我們，讓我們各有各的位置與獨特性，我們就該在自己的位置上，以天主賦與我們的特



質與才能，做到自己在祂眼裏的最好。

例如：我是一個身體的腳趾頭，我就要做到腳趾頭的平衡功夫；我是眼睛，就要清晰地看清一切，協助腳和手做它們該做的事；各在其位，各盡其能，讓整個身體自由健康地成長。我在家庭內是一個丈夫，就要供給及保護好家庭；我是妻子，就要照顧好家庭，教育好子女。

因此，成聖不可能是自己的事，而是整個團體的事，我們不可能只求自己成聖，還要協助並帶領身邊人走成聖之路。

關於十字架

我們生活在世上，各有各的磨難。生活中，難免遇上悲歡離合、身體病痛、路途阻滯或前路茫茫；又或同事、上司甚或身邊人的不可理喻或不同看法。其實，這些磨難或擔子，都是幫助我們邁向成聖之路的最佳考驗。我們要戰勝的，不單是如何面對這些磨難，更要調整自己的心態，要好好的擔起這些磨難，走好每一步，把它們及自己做到為最好的祭品，奉獻給天主。

試想想，我們，包括我們所討厭的人，不都已是耶穌承擔起的磨難，祂把我們的罪擔在祂的十字架上，一並奉獻給了天主，洗脫我們的罪；我們並不比我們討厭的人優越，耶穌尚且愛我們，甚至為我們犧牲，難道我們還有資格討厭別人嗎？反之，我們更應愛他們，如同耶穌愛了我們一樣。

關於禱告

然而，說時容易做時難，我們常有缺失，常常跌倒。我們來自塵土，有我們的軟弱，而天主卻說：「我還沒有在母腹內形成你以前，我已認識了你。」(耶肋米亞1:5)

就因如此，我們應時刻禱告，時時刻刻與天主對談，請求祂時刻臨在，求祂幫助，給予我們力量及智慧，擔起我們的十字架，為我們身邊人甚至

我們討厭的人禱告，祈求天主幫助我們去愛他們，祈求所有人都能走向主內的完美。因為「凡是求的，就必得到；找的，就必找到，敲的，就給他開。」(瑪竇福音 7:8)

最後，亨利主教提出了一個很實際而直接的方法：就是每當遇到任何人或事，都想想耶穌會如何想、如何做、如何說，就比較容易找到正確的方向了。

在此四旬期間，我們紀念耶穌在荒野受的磨鍊與試探，我們陪伴基督走祂背負十字架的路；但也讓我們以歡欣喜悅的心情去迎接基督與我們一起超越一切磨難，超越我們的弱點，邁步走向天主！

Ada Yam, Parish Pastoral Councilor

注：教宗方濟格的Rejoice And Be Glad可在網上自由免費下載

http://w2.vatican.va/content/francesco/en/apost_exhortations/documents/papa-francesco_esortazione-ap_20180319_gaudete-et-exsultate.html

懷念楊鳴章主教

四旬期第一次考核禮的福音，是關於撒瑪黎雅婦人及活水的故事，讀到這篇經文，令我想起楊鳴章主教。幾年前楊主教為我們堂區舉行的退省，其中一節就是以此為題材。楊主教以聲如洪鐘的聲音，繪聲繪影地講述及解釋這個故事：

當時地似洪爐，天似火，萬里黃沙，耶穌偏向撒瑪黎雅行。究竟為何？耶穌碰上了婦人，究竟是人遇上了主？還是主尋找著人？這關係是誰在締造？當我去服務人，是我為那人提供機會？或是那人為我提供機會？



楊主教在過去二十年，曾多次到卡城探親，而每次都抽出時間探訪我們堂區。究竟是我們幸運遇上他？還是主藉著他向我們說話？

懷念楊鳴章主教，也懷念麥振群神父及其他已亡的卡城華人天主堂先驅，願他們安息主懷。

Teresa Tsui

Kudos to the OLPH Parishioners

There is an African proverb: it takes a village to raise a child. In the context of Christianity, I would say it takes a parish to raise a child of God.

After reading the last issue of the Echo, I was very impressed by the young adults in our parish. They serve our community as Sunday school teachers and youth leaders. They celebrated faith with young parishioners from different parts of the world. They learned and they shared.

I would like to salute everyone in our parish. Together you play a significant role in the religious journey of our young generation. You are the parents who bring your children to church every Sunday. You are the Sunday School teachers who introduce God's wisdom to them. You are the ministers who teach them serve the Mass. You are the leaders who welcome and accept them into the youths and young adults groups. You are the ones who follow God's will and raise them to become children of God, role models of the youngsters, and responsible adults in the society. Kudos to all of you!



Teresa Tsui

花地瑪聖母的訊息

這次從香港來卡城探望亞姨，有機會到永援聖母堂參與彌撒，從正門入口處，看到一個很大的花地瑪聖母像，非常欣喜，也勾起種種對花地瑪聖母的回憶。

我在1988年暑期前往葡萄牙花地瑪朝聖，深深被那些熱心的教友所吸引。他們在聖堂前面通往聖母大殿的路徑之上，以跪拜的形式進入聖堂，這表示他們多麼熱切的懇求聖母，而聖母的代禱是多麼的有效力啊！從那時開始，我對聖母在花地瑪顯現的事蹟也多加留意。

原來在聖母第一次：即1917年5月13日顯現給三位牧童之前[方濟各(Francisco)、雅仙達(Jacinta)和路濟亞(Lucia)]，聖彌額爾天使曾親自教導他們念下列經文：「我的天主，我相信祢，欽崇祢，依靠祢並愛慕祢，我求祢寬赦那些不相信，不欽崇，不依靠和不愛慕祢的人。至聖聖三，父子及聖神，我深深地欽崇祢，並將這存於世界每一個聖體龕內的耶穌基督，至尊聖體寶血，靈魂和天主性全獻於祢，為補償祢因他人之冒犯所受的侮辱，褻瀆以及慢待，並透過耶穌至聖聖心和瑪利亞無玷之心，我懇求祢賞賜罪人悔改。亞孟。」(天使的祈禱)

在第三次顯現之中，聖母顯示地獄的慘況給牧童看。聖母說因為有很多靈魂沒有人為他們祈禱而進入地獄，所以聖母希望我們多為他們祈禱和做補贖，免他們往地獄裏去，使他們得救。現時，我們在每端玫瑰經之後也加念：「吾主耶穌，請寬赦我們的罪過，救我們於永火之中。求你把眾人的靈魂，特別是那些需要你憐憫的靈魂，領到天國裡去。」(花地瑪聖母禱詞)

花地瑪聖母勸籲：

1. 每日將自己的思、言、行為和所受的勞苦奉獻於無玷聖心。
2. 每日誦念玫瑰經及默想玫瑰經的奧蹟。
3. 恆常佩帶加爾默羅聖母聖衣。(是聖母親自授與加爾默羅會的，聖衣實際上乃是縮小了的隱修士服裝，棕色小聖衣是由細索串連的兩塊方形小布，佩戴在胸前及背後。)
4. 多做克己及補贖。
5. 連續五個月，在首瞻禮七日(首星期六)，以賠補聖母聖心所受的凌辱、作下列事情：

1. 誦念玫瑰經
2. 在聖堂內用十五分在聖體前，默想玫瑰經奧蹟。
3. 領聖體
4. 領修和聖事(在首瞻禮七日前八天內作妥當告解便可)

此外，花地瑪聖母的訓言——凡作上述善功，聖母會賞賜他獲得善終，獲得在臨終時所需的一切聖寵和恩佑，使他的靈魂得救。

為了紀念聖母在花地瑪顯現一百週年，教宗方濟各在2017年1月11日祝聖了六個同款的聖母像。聽說聖母後來再顯現給其中的一個牧童(Lucia)路濟亞。她加入了聖衣會，成為修女。聖母顯現給她，告知她聖母的心受了很多的凌辱。所以這些聖母像也如耶穌聖心像，是有荊棘環繞著她的聖心的。

教宗祝聖了這六個聖母像後，由幾位神父和教友陪伴聖像前往五大洲(包括南美洲、亞洲、北美洲、澳洲及歐洲)，探訪二十二個國家。由國到國、省到省、城市到城市，他們帶著花地瑪聖母像到堂區、學校、安老院和醫院，帶領著教友、學生、長者及病人向聖母祈求。每當神父舉行感恩祭之時，都重新講述花地瑪聖母顯現的訊息，重點包括 1) 奉獻自己、家庭、社會及國家給聖母無玷聖心。2) 渡聖潔的生活，將自己完全奉獻給聖母無玷聖心。3) 熱心參與感恩聖祭，並為罪人的歸依而奉獻我們的痛苦。4) 熱心誦念玫瑰經及默想其中的奧蹟。5) 熱心朝拜及明供聖體。





6) 勤領修和聖事。 7) 為賠補聖母無玷聖心所受的凌辱而做克己和補贖。 8) 因為聖母聖心與耶穌聖心是息息相關的，所以我們也最好奉獻我們的家庭給聖母聖心和耶穌聖心。

花地瑪聖母像在2017年1月13日抵達香港，首先放置在九龍的進教之佑堂，供教友前往恭敬聖母。能觀賞到這麼尊貴的聖母像，是聖母給我們更好的機會，更親密地向她祈禱和談心，真是難能可貴啊！在花地瑪聖母像逗留在香港的兩個星期內，神父和教友陪伴聖母像往不同的聖堂、學校、安老院、恆久朝拜及明供聖體中心，神父為花地瑪聖母像加冕皇冠、施行感恩祭，在感恩祭中講及花地瑪聖母顯現的訊息，派發聖母聖衣，帶領聖母像出巡和主持徹夜明供聖體。我很幸運，因為可以參加各項節目。

當我回想到花地瑪聖母像拜訪香港的一段美好的時光，還是歷歷在目，非常回味！我真的十分感謝天主！感謝教宗方濟各在記念聖母在花地瑪顯現一百週年而祝聖這六個聖母像。而當花地瑪聖母抵達香港之時，我真的萬分喜悅！真的有受寵若驚的感覺；真的有如聖經記載聖母往見表姐依撒伯爾所說的那句話：「吾主的母親到我這裡，這是我那裡得來的呢？」（路1:43）讓我再感謝聖母，主耶穌和天主聖三！願天主永受讚美！

Lidia Wong 寄自香港

聖母七苦玫瑰經



當我們知道在信仰小團體有一位姊妹患上癌症時，我們大家都希望能為她獻上祈禱，於是有人提議頌唸聖母七苦玫瑰經，懇求藉聖母的轉禱，望上主垂允眷顧，賜這位姊妹和她的家人力量，能面對痛苦。我們齊集在祈禱室時，大家都感受到兄弟姊妹間互相支持的重要，我們深信祈禱的力量、因為主曾說：「你們如果兩三人，因我的名聚在一起，我必在你們當中，賞賜你們聖寵和神恩！」

聖母七苦玫瑰經 (The Rosary of the Seven Sorrows) 是教會敬禮聖母在人世間所受的苦難的經文，我們在遭遇痛苦和困難時，默想主耶穌和祂母親所受的痛苦時，我們知道有他們的陪伴同行，不但不會感到孤單，而是會增強信心與力量！

根據路加福音2:34-35的記載，聖母獻耶穌於主

堂時，西默盎曾對聖母預言：要有一把利劍刺透她的心靈，預言聖母作為基督的母親，一生要承受許多苦難！

聖母的七苦是：

1. 西默盎預言之苦
2. 流亡埃及之苦
3. 與耶穌失散之苦
4. 耶穌被士兵痛打之苦
5. 站在十字架旁之苦
6. 懷抱耶穌屍體之苦
7. 埋葬耶穌聖屍之苦



頌唸方法：先誦唸痛悔經，然後每端先默想聖母的苦難，共有七端，每端一遍天主經和七遍聖母經，並誦唸：極寬仁的母親，請幫助我們，使我們常常想起妳聖子耶穌為我們所受的苦難。

在誦唸的過程中，除了為受苦的兄弟姊妹祈求之外，我認為也可以加入每人自己的默想，默想每端聖母的痛苦和我們信仰的關係，例如：我們可以效法聖母的信德，事事默存心中，反覆思量，學習接受天主的旨意，和回應天主的召叫。又或者是當有人傷害了我，對我作出惡意的批評時，學習寬恕和包容。聖家的逃難，也可以令我默想到人生中總有高低起伏，要怎樣以堅強的意志去克服困阻，才能平安抵達目的地，同時也提醒我要努力行善避惡，在光明中行走。聖母與主耶穌失散三天已經非常憂心，我們不要讓自己與耶穌分散，時常緊緊追隨主基督，因為祂是我們的道路、真理、生命！聖母目睹聖子的死亡，是何等哀傷，當有親人離世時，我們都會感到難受，但在思考死亡的意義之餘，更要注目永恆的天鄉！

讓我們懷著虔敬的心情，常常想起主耶穌為我們所受的苦難，以感恩之情，將自己所受的痛苦，也一一呈獻於主，也為所有在病中或痛苦無助的人，祈求主賜平安！亞孟。

Maria Leung, Faith Sharing Group coordinator



The Echo

Bishop Henry's Lenten Retreat

This year's Lenten retreat hosted by Bishop Henry gave me some insights that I would never forget.

As per his storytelling style, Bishop Henry recounted two particular stories that stuck out in my mind. The first one told of his experience on an airplane with a woman who sat beside him holding a bible. This eventually led to a religious conversation that he did not expect nor want, but later, realized that he needed. The morale of the story was that God never does anything unnecessarily, even if it may seem so at first.

The second story involved farm animals, all of which decided to not help a certain mouse and met their end as one thing led to another. The lesson was that we should always strive to help one another as we are all connected as one community.

Lastly, Bishop Henry shared with us his life as a retired bishop. We got a glimpse on how he



deals with the sudden quietness in his life and his mentality going forward. I found this to be inspiring on how he keeps his mind active at his age. Bishop Henry shared his fondness for reading as one of his favorite past times, saying how he has a pile of books he wants to read and another that is slightly higher for the books others wanted him to read. Occasionally, he would get invited to speak at retreats or seminars, which he still thoroughly enjoys as a way to keep connected. It comforted me to hear Bishop Henry speak to us again and I hope to get another chance to see him in the near future.

Jason Yeung, Young Adult Group President



Young Adult Group and Youth Group Lenten Retreat

On Saturday, March 30, 2019, I attended the OLPH Young Adult Group and Youth Group Lenten Retreat held in Upper Hall. It was a night filled with spiritual talk, fun activities, faith development, and praise and worship. The theme of this retreat was "Children of God: I am a son/daughter of God." We examined the parable of the prodigal son as a wonderful example of God's love for His children. This parable also illustrated the Lenten themes of repentance and renewal. Through activities and group discussions, we learned that the father's love for the younger son in the parable is like our Heavenly Father's love for us. No matter what sins we have committed, and how far we have walked away from God, as long as we repent and turn back to God, He will welcome us back with open arms and lots of love.

We invited Father Cristino Bouvette, the vocation director of the Diocese of Calgary, to come share a talk about vocation. The first part of his talk was very deep and philosophical and began with Aristotle's four causes (material cause, formal cause, final cause, and agency). At the end of the presentation, I understood that everything artificial, as well as natural fulfills the four causes. My main take away was that humans were not made by accident or by chance, but rather, we were designed and therefore, we are wanted. If we are wanted, that means we were made for a reason, a purpose, a final cause. We as humans try and figure out what our purpose is on earth, and that is what it means by discerning our vocation.

Sandwich Day

On Sunday, 24th of March, Youth Group and Sunday School students had a sandwich making session before our monthly birthday party. We made approximately 200 sandwiches for the Calgary drop-in centre. We had around a total 30 youths, Sunday school students, and youth group committee members participate in the event.

We separated our production process into 5 steps. First, we assigned each youth and student to different stations to make the process more efficient. In our first station, we had some students and youths help spread the mayo and butter on the bread slices. Next, people assigned to the second station, helped to lay the cheese on the bread. In our third station, we dried the ham from excess moisture. In the fourth station, we had youths put the ham slices onto the cheese and bread. Last but not least, we had some people be quality control to make our sandwiches look good. Unfortunately, we were in a mess at the start as we had some miscommunication between the different stations.

However, our youth and Sunday school students were able to solve the misunderstandings and became very efficient! It was a bit unfortunate that we do not have balanced supply of food, as we had way too much ham and not enough bread! The experience was not affected even with the small issues here and there. Everyone helped to solve the problem and made sure the sandwiches were tasty enough for the marginalized! The Sandwich Making Day was a great success and everyone had a blast.

Xerxes Ng, Youth Group Committee Member



The activity that I enjoyed the most during the retreat was when we each received a small clay flowerpot, painted the pot and then planted a small seed in the pot. Fr. Cristino insisted we continue to paint as he started the second part of this talk, and this made the activity even more enjoyable and calming. In the second part of Fr. Cristino's talk, he shared the story of how he discerned the vocation of priesthood. As I was listening to Fr. Cristino and painting my flowerpot, I reflected on my own vocation. I believe God has led me to where I am today and I pray that He will continue to guide me everyday. This flowerpot is now resting on the windowsill in my room and serves as a reminder to pray and ask God to continue guiding me in my life's vocation.

The night ended with an amazing praise and worship session lead by YAG Band Truth 5:19. I sang along with the songs I knew, and tried to learn the songs I wasn't familiar with. I made an effort to focus on the lyrics and what they meant. It was a very spiritual and prayerful experience. I was especially struck by the lyrics of the songs 'When You Prayed Beneath the Trees' and 'Reckless Love'. They reminded me of how great God's love for me is, that He would send his only begotten Son to die for my sins. To conclude, this experience has helped me grow deeper in my faith and I am grateful to everyone who made the Lenten retreat a success!

Sally Cheung, Young Adult Group, Sunday School Teacher



My Rewarding Rosary Making Experience

When my daughter came home one day at the start of Lent with a note from her teacher asking for parent volunteers to join the class in rosary making; I jumped at the opportunity and signed up right away. I've always enjoyed volunteering in my children's classes and was happy to see that the rosary making session happen to fall on my day off.

On the day of the rosary making session, I joined the other volunteers in the school library to wait for the grade 2 and 3 classes to join us. Just as I walked into the library, a rosary lady with the Totus Tuus Rosary Makers Association welcomed me warmly and explained my responsibilities as a parent volunteer and how I can help the students in their rosary making. I was very excited when she informed me that I will also get a chance to make my own rosary later! As the students filed into the library, I was impressed with how orderly and well behaved they were. My daughter's face lit up when she saw me with the other volunteers, and I felt very glad to be there.

First, we opened with an opening prayer after all the students were settled in. Then, the rosary lady started to explain the different parts of the rosary and showed us all the different rosary bead colors. She asked the children if they could guess the meaning of each color and it was wonderful to see how excited all the children were to share their guesses and their knowledge of the Bible. The rosary lady further described the meaning of each color and showed us samples of rosary color combinations and patterns to help us decide which colors we want for our own rosaries. She explained that we could make a rosary with just one color, or make a rosary using a pattern of 2 or 3 colors, or we could make a rosary with all different colors up to a maximum of 7 colors; a color for each of the 5 decades, a different color for the first three Hail Mary beads and another color for the Our Father beads. Like the children, I found myself listening intently to each of the color meanings and reflecting on which colors resonated the most for me; there was purple for prayer, aqua for baptismal water, blue for Mary, red for love and the blood of Christ, green for faith, pink for trust and childlike innocence, yellow for joy and black for the power of God.

After the discussion on colors, the volunteers and students were grouped and assigned to a table. As parent volunteers, we were responsible with guiding the students through the process of counting out the beads and placing them on the cords. All the students worked hard and focused well on the task at hand. In fact, the children recorded their color choices on a worksheet along with the meanings of each color so that they could remember them later. When they were done, there were beautiful rosaries of all different colors and patterns. Once all the rosaries were completed, we gathered around the rosary lady again to hear about the mysteries of the rosary and learn how to pray the rosary. She pointed out that we don't have to pray the entire rosary all at once; we could choose to say a decade or two at different times during the day, and we could pray the rosary anywhere! Finally, we ended the rosary making session by praying a decade of the rosary together. I found the experience very peaceful and calming, it allowed me to reflect on my own faith and I felt a sense of spiritual renewal and fulfillment. I realized that just by volunteering a few hours of my time and spending it with a group of children who has complete trust and faith in God, I was greatly rewarded in return with joy, peace, renewed faith and spiritual fulfillment.

This experience has reminded me that we should always make time for God. Despite our busy schedules, it is important to set aside time to tend to our spiritual wellness by talking to God, reflecting, attending mass, doing community service and praying the rosary.

While our special handmade rosaries are still at school waiting to be blessed before we can bring them home; my children and I look forward to using the beautiful rosaries that we made to pray the rosary together more regularly.

Jane Leung, Echo Editor

你會把握機會嗎？

大家都可能經常聽過身邊的朋友分享，現在機票大減價，來回香港機票包稅只要六百多元。遊輪旅行又平宜，每日也不過一百元。所以大家把握機會，及早報名。特別是那些快要退休，快將「登六」的朋友分享：身體健康一年比一年不濟了，所以要趁行得走得，及時行樂。我們都很懂得把握時間，一個接著一個旅遊行程，每年可以計劃多去幾次旅行度假呢！其實這也是好事。但是，我們基督徒又會不會趁我們還是健康、有活力、有魄力的時候，好好把握機會，去準備我們將來天國的永生呢？

相信大家每年都有去找家庭醫生做全身健康檢查的習慣呢！檢查自己有沒有「三高」，血壓是否正常，血糖指數又如何？這些都是我們關心的。那麼我們又有沒有為自己的靈性健康去做檢查呢？聖保祿曾在致迦拉達人書裏說出聖神的果實，就是仁愛、喜樂、平安、忍耐、良善、溫和、忠信、節制...等等。這些都是一些屬靈的健康指標。那麼我們這些指標是否正常呢？每年四旬期都是一個好機會去檢查看看自己靈性生命的健康。

天主時常給予我們許多機會，只可惜我們有沒有好好把握呢？我們在人生旅途中，時常都會遇到大大小小不幸的事。所以我們應該隨時作好準備，不斷要檢討自己的生活，勇敢悔改，背着十字架跟隨基督。我們相信生命在世間上只是短暫的過旅，最終是將來獲得天國永恆的生命。耶穌在福音中亦教導我們「如果你們不悔改，你們都要同樣喪亡。」換句話說，誰若不願悔改得救，那便是他自己定自己的罪過了。

在意大利西西里島有一囚禁犯人的船。一位新任總督到職，想要釋放一些知罪悔改的犯人，親自上船詢問每一位犯人。大部分的犯人都說：「總督，冤枉啊！我真是沒有犯什麼的罪，我是個好人。」只有一位犯人在他面前認罪說：「總督，我犯了重罪，我是一個壞人，我願悔改，懇求總督赦免我的罪。」總督說：「你既然是個壞人，不可和這些好人同在，趕快出去。」於是命令把他趕了出去；他遂得釋放回家。正正因為他把握悔改的機會，所以重獲自由。

四旬期就是好機會讓我們反省，悔改更新，與天主修和，與兄弟姐妹和好，辦好告解，閱讀聖言，祈禱及服務善功。所以，讓我們祈求天主聖神，幫助我們珍惜天主所賜的機會，因為機會有時錯失了，便不會再來。機會已給了我們，恩寵就在這裡，問題是我們有否珍惜和把握？

林偉良執事

步行籌款對我的意義

2月23日溫哥華的室外溫度雖然不太冷，但在這一個星期六的晚上，很多人會選擇與家人或朋友相聚，去吃飯、看電影、唱卡拉OK、做運動等等，我和外子卻在這個晚上參與一個步行籌款活動。不會吧！一般的慈善步行都會在早上或下午舉行，怎會在晚上呀？這個步行籌款是為了幫助露宿者的需要，選擇在晚上舉行，相信是希望參與者能感受露宿者所身處的境況。

當我們到達步行籌款活動場地時，發現參加者都不少，因為很快便要在這區選出國會議員，所以有機會親見其中一位參選者 Jagmeet Singh。大家浩浩蕩蕩的出發，參加者可按自己的能力步行2公里、5公里或10公里，我和外子選擇步行5公里，大概花了一個鐘頭便回到籌款場地。

雖然天氣有點凍；但我的內心卻很溫暖，因為：

1. 在決定參與這次步行籌款時，很擔心找不到贊助者。從卡城移居溫哥華雖已三年，認識的朋友卻不多，只好找卡城的好友幫忙。使自己感動的是，一班好友收到我的信息後，二話不說的紛紛給予支持，使我感受到在教會的大家庭內，那一份兄弟姊妹之情。所以，想借此機會再一次感謝他(她)們的支持和替受患者多謝他(她)們的慷慨。此外，在籌款的過程中，有朋友跟我說只能略盡綿力，捐少少吧。我對他(她)們說：「多少不要緊，因為天主只看人的心，就如耶穌稱讚窮寡婦的故事(谷12:41-44)」。

2. 看到那麼多參加者放棄留在溫暖的環境，冒著寒冷步行，臉上更掛著燦爛的笑容，為的是希望替露宿者提供一個改善生活的機會，可見人間有愛。讓我想起「因為我餓了，你們給了我吃的；我渴了，你們給了我喝的；我作客，你們收留了我；我赤身露體，你們給了我穿的；我患病，你們看顧了我；我在監裡；你們來探望了我」(瑪25:35-36)。若果人人都可以不分政治、種族、宗教的差異，彼此能相愛、互助，相信天國很快便會臨到這世界。

Josephine Li, Echo Editor



The Echo

Retrouvaille (Marriage program)

We have been attending Retrouvaille for three years and we are core members of this program. We decided to join this program three years ago when I read a bulletin regarding Retrouvaille. Since joining, our relationship has grown in profound ways and we received the best grace bestowed from our God. His will was to give us a joyful relationship with each other and to our children as well, in this life till eternity.

Retrouvaille is a Catholic Christian lay ministry. It is designed around the sacramental covenant of marriage (CCC:1601). We are thankful to the Bishop Henry who strongly supported this programme because it is a “road map” to help many couples strengthen their loving marriage life by teaching communication skills and providing the tools to improve their relationships. After marriage and as years pass, many couples tend to neglect each other’s feelings and needs. Unintended words and actions may take place causing the relationship to slowly and quietly shift apart.

We believe a happy and joyful marriage life that leads us to eternity life. One day when we all stand before God’s judgement, God will ask us about relationships within our family first. As Mother Teresa said, “It doesn’t matter how many times we fall as far as we can stand up again.” Father Gray was an exorcism priest and he was told by devils that they gained their strengths by breaking up marriages and families and took possession of them.

During the program, on the first night of the Weekend Retrouvaille, we were asked to share “the best quality of our spouse”. It astounded every one of us because we often take the relationship for granted and we tend to forget each other’s best quality.

Retrouvaille also strengthened my volunteer experiences in hospice and hospital. Three years ago, a lady always sighed and shared her troubling thoughts about the poor relationship with her dying husband. She told me her husband wanted her to quit her job and accompany

his last journey. I could feel her pain because she did not want to let her husband know she was emotionally stripped. The lady tried her best not to cry because she did not want to show her husband her vulnerability. Her refusal to give up to crying shows her strong love for her husband. I told her that her husband is also showing his love to her by requesting her to leave her job and accompanying him on his last journey. Otherwise, her husband would not have asked her to do this for him when he was at his deathbed. After hearing my words, the lady broke down crying.

We knew there were no sins in Heaven, whether big or small. However, many couples live in a stage of “Married Single Life” and many are married in name only. It is sinful to neglect their relationships and their children by self-seeking. Retrouvaille (French for “rediscovery”) helps couples put the pieces back together and rebuild loving relationships. A famous psychologist in Hong Kong, Dr. Yu, saw a man who was in a wheel-chair but always showed up in his talks regardless of weather or terrible road conditions. Eventually, he approached the disabled man to find out his motivation. The man told him that he did not want to know Jesus in the last minute like the prisoner who was crucified beside Jesus. He wanted to “enjoy” his life with Jesus in this world now till eternity..

Last but not the least the reason we joined the program was for our children’s sake, we thought we should do it for them because we brought them into this world. We quoted Thornton Wilder’s play, “The Skin of our Teeth”. Maggie confronted her husband who was going to leave for another woman. She said, “I didn’t marry you because you were perfect. I married you because you gave me your promise that made a remedy for your faults and so did my promise to you. We, two imperfect people, made the marriage because of the promise. And the promise which



王楚榮先生結婚六十週年慶典

built a strong refuge to protect our children when they were growing up instead of a house and our love”.

Love is a decision. Retrouvaille is not a quick fix program; it is a program that allows the transforming “process” of a relationship take place. Many couples want to work together to change their attitude towards one another. One time, one of lay parishioners went to Mexico to ask Father Pedio to perform miracles. However, Father Pedio told the man that he could not perform miracles and disappointed him. On the contrary, Father Pedio told the man that everyone could perform miracles by working “together” with God. We believe that once we make our decision to work together with our families and our God, miracles will happen in our relationships.

Please go to following website for more information about Retrouvaille
www.HELPOURMARRIAGECALGARY.COM

Rosalina and Stephen Law, Pastoral Care Team



。接着每位家人道出衷心話，場面感動。雖然二仔在香港未能出席，也送來一段感人的祝賀，賺得父母熱淚。六位孫兒也送上一首「Lucky」的英文歌恭賀。

朋友們歇力演出歌唱節目，氣氛高漲。永援聖母堂的佳播歌詠團送上溫馨歌曲，另外 Paul Mok 更特別唱出王先生的愛曲－「我的名字你的姓氏」，帶動大伙兒禁不住齊齊來一個大合唱。

現場所見每位賓客都溶化在王先生及王太溫馨、美麗、和諧、感人的家庭上，得到上主光照的恩典。更值得寫出來的是，在尾聲時一個特別場面，六個孫兒難得齊集，載歌載舞直到DJ 先生關機，看得兩老不想離場。

熱鬧過後，靜下來執筆記下美麗回憶。昨天是回憶，今天是幸福，永遠是愛情。祝王生王太結婚六十載快樂，願今後年年如願以償，在你們鑽石婚紀念日之際，向你們表示祝賀，祝你們有更多的美好歲月。

Annie Lam, Pastoral Care Team

九二年夏天移民到卡城，當然第一時間約見銀行經理辦理開戶，但到達後，經理竟然不在行內，而接見的職員有點怠慢，我們正在猶疑如何是好，一個響亮的聲音從天而降，只見一位陌生男士手持一隻「龜」，當時流行的手機，義正詞嚴的說：「唔駛驚，經理是我細侄女。」他馬上給我們接上，約了第二天見面。之後互相介紹，交換聯絡電話號碼，這位義士正是王楚榮，跟住當然是「正常起底」，得知我們是新移民，他更是熱誠地邀請我們到他家，好讓我們進一步的認識卡城。見到王太第一個問題便是：「你哋係咪天主教徒？我哋有華人聖堂㗎。」傾談下，她更教導我們如何給女兒報讀天主教學校，這可幫了我們燃眉之急。主的恩典將我們兩家人拉在一起。

認識了廿多年，王生王太的六十週年鑽婚紀念，我跟 Doris, Stella, Cecilia 及 Carol 一力承擔。在短短幾天，盡力做到「前無古人，後無來者！」

當天早上阮神父特別為王楚榮及陳少玲夫婦主持彌撒，而林執事在講道中分享及祝福他們夫婦二人，令人感動，也搏得一片掌聲。

由於晚會場地有限，王先生接到朋友們的祝賀電話時，只能說聲多謝，內心不安不能宴請他們，見他眼泛淚光般，我們便決定由原定的二十席加到二十二席。當晚賓客們把整個場地擠得水洩不通，但每位都很熱情，久違了的朋友互相問好。回禮是由大兒媳從香港帶來到卡城的小型公公婆婆枱燈，十分別緻。

在幻燈片中，王先生坦白說當年沒有求婚，在此時間，精靈的司儀馬上要求「做嘢」，很有趣地，王先生的同事們把指環及鮮花都送上，王先生亦非常樂意即時跪下，換來王太一句窩心話：「無求婚都嫁咗六十年啦！」賓客們更是鼓掌如雷

The Echo

How it feels to be a Godmother

Throughout my childhood I have had the same godparents with me ever since I was baptized. They have accompanied me through my journey of faith following Jesus' footsteps all the way to adulthood. Even though I am an adult now who feels a strong connection to God, it was not always like this. As a child I didn't understand the true meaning of being Catholic. Now that I have thought it over, I realized how well my godparents guided me through my journey of faith. When I was younger, I never understood what the true role of being a godmother was. I thought it was the formality to be on paperwork or just a title.

That all changed one afternoon last year when I received a phone call from my best friend, whom I have known for over 20 years. She asked me to be her godmother/sponsor. I was excited at that time but also wondered what my responsibilities would be in her Christian life. God is very important to me and I want my goddaughter to know how important she is to Him as well. Upon receiving the request, I searched online of 'the role of a godmother' and it states that the role is to spiritually walk with the candidate during the preparation for the sacrament and assist the candidate in being a true witness and disciple of Jesus. The role of being a godparent does not end at the Confirmation liturgy. Rather, the sponsor/godparent will help the candidate fulfill her baptismal promises after Confirmation with the help of the Holy Spirit. My goddaughter and I often share our personal stories and faith together on a regular basis. It is truly a wonderful adventure in both of our spiritual life.

This year, I felt very honoured to be asked by RCIA to be a sponsor of a catechumen. Mentally, I had a deep thought before I agreed to be a sponsor this time because I did not know this catechumen personally. Unlike my previous experience with my friend, I knew I ought to get to know her first. However, I pondered on many questions such as: How do I approach her? What gift should I buy? How do I encourage her in every way possible? This is absolutely a big challenge for both of us. I



admit, I am not at spiritual perfection. My knowledge is limited; however, I am ready to take up on this challenge, a mission from God, to accompany this new candidate on her journey of faith. This confirmation process is certainly a time of spiritual and religious renewal and transformation for both of us. I feel that I can overcome this challenge with Jesus by my side.

Being a sponsor is both a very rewarding and challenging process. These two precious opportunities of being a godparent for someone's spiritual journey have enabled me to reflect on what my identity of Catholic is. I am sure that the Spirit of God walks with me to complete this process and be closer to God.

Helena Chan, Parish Pastoral Council Vice-Chair

編者的話

四旬期提醒我們反思，邀請我們瞻仰十字架上的耶穌，並默想我們犯的過錯，再一次釘死主耶穌；讓我們痛心悔過，重歸聖善的主，慶祝基督的復活！

Editor's note

Lent is a season reminded of the crucifixion of Christ for our sins. Let us repent and ask God to forgive us. Let us prepare our heart and minds for the celebration of Christ's resurrection!

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