

## 向一切受造物宣傳福音

耶穌說，給一切的人宣傳福音的意思是給整個人類。耶穌的眼目注視著每一個人，祂為每一個人戴了茨冠，背了苦架，被釘十字架，被槍刺，受惡人的輕視，無限的憂傷，無數的痛苦，曾經昏厥了，嚐到臨終的劇苦。

祂說：「你們往普天下去，向一切受造物宣傳福音。」耶穌的寶血既然為每一個人流盡了，現在應該使它流到每一個人身上！羅馬主場教宗的言詞和講道：教會由親近羊群的牧人組成，要做一個身上“帶有羊味”的牧人！

他向世界傳遞的主要訊息是仁慈和寬恕，天主了解我們並且等待我們，祂不厭其煩的寬恕我們，只要我們懺悔，以開放的心回到祂懷抱，千萬不要害怕，我們的天主是慰藉人心的天主，是親切和善的主，天主的寬恕從不休止。他談及信仰生活中兩個轉化的基本元素，第一是個人的更新，人的價值基於自己是怎樣的人，基於自己擁有什麼，讓我們回到基礎上必須分辨：已被罪惡破壞的生命與及被恩寵照亮的生命，皈依的人心來自天主，並衍生各種善行。第二元素就是保留主基督的愛，天主的愛永無窮盡，因為來自天主本身，而它清除所有罪惡，給予眾人新開始，天父不吝嗇愛，祂目不轉睛地注視回家的小徑，期望著離家迷路的兒子回頭，我們可以談論天主期望，天主時常等待我們，祂不但打開大門，祂還親自等待我們歸家！藉著天主的愛，我們應該將福音宣傳到遙遠的地方，接近人靈，踏入那14億人的國土共融，藉著聖神的引領，基督的恩許和天主的恩賜向前邁進.....！

Winnie Liang, Legion of Mary



### 聖母軍

「我主，祢將開啟我唇，  
我口將讚美我主，  
懇主俯允我的請求，  
上主，求祢速來助我。」

這是聖母軍於展開工作前，對天主的信賴與依靠的祈禱，  
並呼求天主幫助。

因此，我們全賴天主的助祐與扶持，  
許多工作得以順利進行並完成。

聖母軍 鄧筱瓊





## Prayer is powerful

Drugs controlled my cousin's life for more than 10 years, a habit that started when he was only sixteen. He tried marijuana, cocaine and some other drugs out of curiosity and in search of his identity. His Dad passed away when he was young, and he grew up with his mom. He did not want his friends to look down on him, so he wanted to show them that he was brave. He wanted them to know that he was a hero!

He stole, robbed, cheated and even began dealing drugs to pay his growing addiction. Money and drugs became the center of his life. Throughout these dark years of his life, his mother never gave up on her son. She was a devout Catholic, she kept praying to God, asking for His mercy and forgiveness for her son. Ten years later, he was finally out of the darkness, when he met a priest, who prayed, cared and loved for him. He not only quit drugs, but also believed in God. My cousin had experienced barren, dark life of suffering, but finally, breaking a difficult predicament, he had new life, totally relying and trusts in Him.

When I reflected the gospel of Luke (18:1-8), Jesus tells us a parable, urging us to pray persistently. Prayer always works if we persevere and allow God to act. Sometimes we may not see its effects immediately. However, don't stop praying because it has not been answered within a few days or weeks. Our prayers do not work like dialing 911 for emergency call. Let us keep pressing on. This is exactly what Jesus commands his disciples and all of us in Luke's

Gospel (18:1) "you ought always to pray and not lose heart".

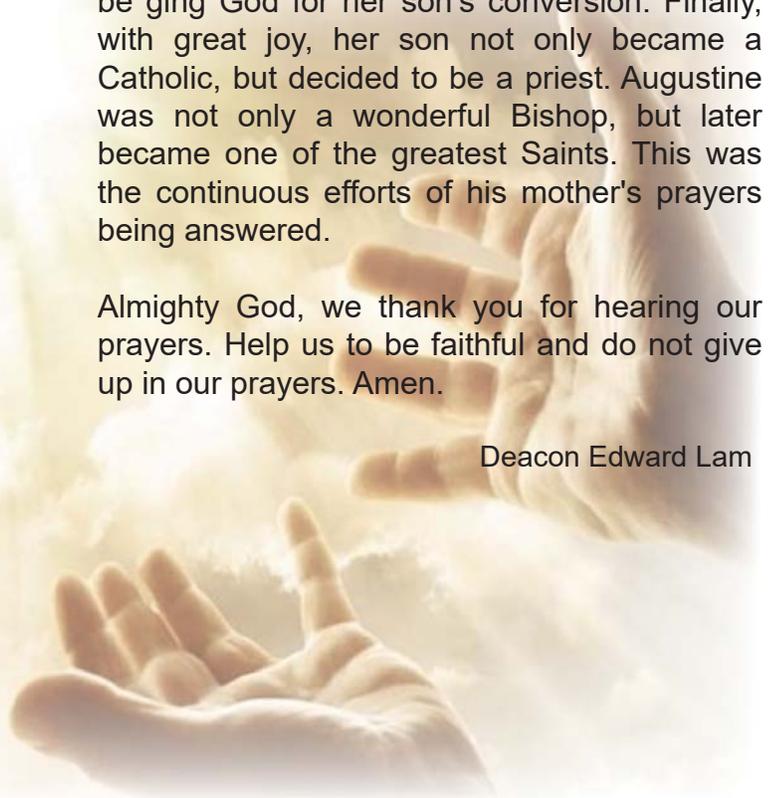
God always hears our prayers. However, the response of God to our prayer is not according to our own timetable. This is often our misunderstanding that God should act on when and how we want Him to be. That is according to our timetable rather than His. In fact, our vision is near-sighted and limited. We are unable to see the end from the beginning. We must trust that God always gives us all the good things we need. We just need to pray to God faithfully.

When we talk about the perseverance in prayer, I always remember Saint Monica; she does not give up hope and her faith in God when facing all difficulties in her family life.

Saint Monica also never gave up in praying for her son, Augustine. She kept fasting, crying and begging God for her son's conversion. Finally, with great joy, her son not only became a Catholic, but decided to be a priest. Augustine was not only a wonderful Bishop, but later became one of the greatest Saints. This was the continuous efforts of his mother's prayers being answered.

Almighty God, we thank you for hearing our prayers. Help us to be faithful and do not give up in our prayers. Amen.

Deacon Edward Lam





## St. Francis of Assisi and Me

My Mom enrolled me at St. Francis of Assisi School in Kowloon, Hong Kong when it first opened in 1954. There I learned my Catholic faith and was baptized and confirmed in Grade 4 in the year 1958. Then I moved on to St. Mary's Canossian College and graduated in 1966. My only connection with the saint was that I went to Sunday Mass at St. Francis of Assisi Church and knew him as the saint with the five wounds of Jesus.

In 1978 I was to marry my Italian husband in Vancouver, B.C. and Fernando's parents asked if their family priest could marry us. Thus, we ended up marrying at St. Francis of Assisi Church in Vancouver. We have two children that we named after the grandparents, Armida and Mario. I was not content to name my son after "an old man", the grandfather. I therefore also gave him a nice sounding name of Francesco. Armida and Mario are two years apart and they went through the same schools. Both ended up at St. Francis of Assisi High School. However, it was when Mario was at St. Francis that he brought me from school a small book on the biography of St. Francis of Assisi. It was then that I started to learn more about one of the best loved saints of the Church. He was born in 1182 to one of the richest men of Assisi, Italy, the great cloth-merchant, Pietro de Bernardone. A legend says that while Madonna Pica's hour with Francis was come, the child could not be born. Then a pilgrim knocked at the door, and, when it was opened said that the child would not be born until the mother left the beautiful bedroom, went into the stable, and there lay upon straw in one of the stalls. Thus, Francis' first cradle, like that of the Savior, was a manger full of straw in a stable.

In the spring of 1206, Francis was praying in front of a wooden crucifix in the chapel of San Damiano. Suddenly the figure of Christ, parting

its painted lips, called him by name and said, "Francis, go repair My house, which is falling in ruins."

Now I come to realize how much God has blessed me and my family through this beloved saint, St Francis. He watched over my childhood education and then instructed me to be the child of God culminating in my Baptism and Confirmation. Then he sent me over to the Blessed Mother through my high school years at St. Mary's and to continue on my formation in this life journey. In 1978 he obtained one of his countrymen to be my husband and blessed us in our marriage. In 1982, 700 years after his birth, we were blessed with Mario who I unknowingly gave him the name of Francis (Francesco). St Francis continued to look after our two children with their education. In 2002 St. Francis also gave me the grace of joining the third order (Franciscans for lay people). My daily challenge now is to live the Franciscan spirituality and my prayer:

"Creator God, life is your gift to me. Through Baptism you invite me to share the gift of my life in service to others. Be with me as I choose each day to show your presence to the world. Give me the courage and generosity to respond to your love and your call. I pray especially for ..... Keep them close to you. Open the minds and hearts of many men and women that they may accept the challenge to follow the gospel life in the spirit of Francis and Claire. Amen."

Sally Mary Olivieri, Legion of Mary

## 「愈謙愈愛」讀後感(二)

在10月的迴聲跟大家分享過余剛貞修女的一些事蹟 ----- 她為了尋找天主在自己身上的計劃，帶著信靠的心和祈禱的生活，離開自己熟悉的環境和親友。剛貞修女展開了服務老年人的工作，為了愛天主和老人家，並為了完成天主派遣的工作，她拋棄尊嚴，提著籃子出外募捐，最終成立了「安貧小姊妹」，並成為小團體的第一任會長。今天，繼續分享剛貞修女的奉獻生活。



1843年12月，剛貞修女再次被選為會長。可是，巴葉神父在兩星期後廢除選舉，指派只有23歲的瑪利湛梅修女為會長，為的是他可以控制。剛貞修女雖然感到很難過，但她默默地接受。1844年，小團體的名字由「窮人的婢女」改為「窮人的姊妹」。之後，因很多人都稱她們為「安貧小姊妹」（Little Sisters of the Poor），終於在1849年改用此名。剛貞修女雖然不再處於領導的行列，但每當小團體遇到危難的時候，她都會接受安排，挺身出來解決困難。剛貞修女為了不幸的老人家能安居樂業，她甘願四處奔波、漂泊，不停的去募捐，所以在很多城市都創辦了院舍。人們只是相信她，亦只有她知道怎樣去處理，每到一個地方，她籌募所需要的經費和對各人鼓勵一番之後，她就會靜靜的離開。

1852年，「安貧小姊妹」經主教批准正式成為教會中的一個修會，有500個修女。主教亦認

可巴葉神父和湛梅修女是修會的總會長。同年，巴葉神父將未到六十歲的剛貞修女召回聖若瑟總會院，直到她去世。在這27年裡，巴葉神父不允許她與外界的朋友及恩人往來，在修會內她再不被重用，更沒有人知道她是修會的創辦人。巴葉神父多次竄改修會的歷史，使人相信他是這個修會的創建人，而剛貞修女卻成為第三名安貧小姊妹。她內心雖然痛苦，但她的謙卑和信德，使她可以用一個平常心向巴葉神父說：「你將我的事業搶走了，可是我甘心地讓給你。」

一般人對於自己辛辛苦苦取得的榮譽、金錢、事業，都不願意失去，更不會拱手讓與別人。但剛貞修女能用一個平常心對巴葉神父說：「是我自己甘心讓給你」，那份謙遜與寬恕相信是從耶穌基督那裡學來的。請看看我們的主耶穌基督，祂是天主子，本可以選擇生於帝皇之家、在美麗的皇宮出世；因祂謙卑自下，所以選擇生於平凡之家、在嚴冬的天氣、一個簡陋的馬槽出世。耶穌為愛我們，甘願背負世人的罪而被釘死在十字架上，在死前還求天父寬恕那些釘死祂的人！

1879年8月1日的清早，剛貞修女感到不適，領受了病人聖事後，在祈禱中靜靜離開了，她的面容流露著一份平靜與安祥。真相終於被揭開，湛梅修女在去世前向一位修女坦白說：「我不是第一位安貧小姊妹，也不是這事業的首創人，余剛貞修女才是創始人和第一位安貧小姊妹。」1890年，巴葉神父被召回羅馬。修會開始重新搜集資料，編寫修會的歷史，最終證實了余剛貞修女才是修會的創辦人，也是第一位小姊妹。剛貞修女將自己的一生奉獻給貧苦人，1982年10月3日，教宗若望保祿二世宣認余剛貞修女為現代的典範，並列她為「真福」品。2009年10月11日，教宗本篤十六世在羅馬將余剛貞修女封為「聖人」。

剛貞修女雖然是「安貧小姊妹」的創建者，亦為修會和受服務的人奉獻一切，可是修會內的人都不知道，但她甘願接受。正如五傷方濟各認為：一個人在天主台前有甚麼地位，那才是他真正的地位，世俗的讚譽絕對不能增加一個人的真正價值。

## 是愛

我喜愛選讀這篇經文給垂危病者：

“O Christ Jesus, when all is darkness and we feel our weakness and helplessness, give us the sense of your presence, your love, and your strength. Help us to have perfect trust in your protecting love and strengthening power, so that nothing may frighten or worry us, for, living close to you, we shall see your hand, your purpose, your will through all things.” – St. Ignatius of Loyola.

想起兩年前病重的時候，我頌唸這篇耶穌會會祖聖依納爵的經文給自己。當時在醫院度過了二十二天，有些日子是沮喪和失落，感覺人生是虛幻的。對著那“被遺忘小苦像”，我決定誠心禱告：主，我常忘記祢，但我深信祢不會忘記我....。果然一位久別義工統籌者看見我的名字，想是她安排了三位神父在不同時日來為我傅油和送聖體。難得是那些工作人員，看見我桌上的苦像，告訴我他們也是天主教徒，來自不同的國家和省份；一位護士從袋裏拿出玫瑰珠，示意會為我祈禱；另一位帶來厚厚的相簿，顯示聖體出遊的情景。在病痛的折磨下，他們的關愛，令我感覺活在基督愛內的親切，與主同行的溫馨。

進入急症室那天是聖母無原罪顯靈聖牌瞻禮日(十一月二十七日)。配戴聖牌在頸上多年，常得到聖母祝福和照顧。每當玄義玫瑰聖母像在家中時，又會憶起那年十二月八日中午十二時至一時恩寵時刻，聖母軍兩位姊妹特別為我祈求早日痊癒。

實在很感恩慈愛天父，奇妙安排這寶貴人生課程，使我真正認識痛苦的價值。記得兒時一首詩歌：“最難報答父母恩，父母恩情海洋深...”。我又如何回報天父和聖母媽媽的大恩大愛呢！

**Gemma 聖母軍**  
寫在顯靈聖牌瞻禮日

顯靈聖牌的宗旨在於推廣無原罪聖母的敬禮。聖母對聖女加大利納·拉布來說：「.....凡誠心依靠的，將得豐富的聖寵」。聖母軍重視這聖牌：聖母是諸寵中保。教友可向聖母軍會員索取免費顯靈聖牌；亦可向會員安排時間迎接玄義玫瑰聖母到家裏，接受她玄妙的祝福。

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## Wealth does not bring happiness

Last Christmas, my three grown-up children told me to go ahead and discard all their elementary and high school boxes. I eagerly embarked on this formidable task of cleaning up their “orphaned” boxes on one cold, snowy February day.

Inside one of the boxes was a Hilroy 250 pages notebook, only the first twenty pages had been scribbled. I was thinking to myself that I could salvage this notebook and use it for my journal. When I flipped through the pages, I recognized my own handwriting on one of the pages. It read “write in about 150 words wealth does not bring happiness”. It suddenly dawned to me that this notebook was “the book” that I assigned extra homework for my Grade 5 son in April of 2003.

What is happiness? The dictionary defined Happiness as a state of mind, it is when someone feels contented and has a peace of mind.

How can one attain that state of mind of feeling contented and at peace?

On April 1st, 2016, I went to the 8:30 am mass at Holy Spirit Church; I remembered that day very well because I got laid off from my full-time job the day before. In his homily Father Freddy Valdivia said “leave everything in the palms of the hands of Jesus”. God asked Father Freddy to tell me that “do not be afraid, leave everything in the palms of the hands of Jesus”. Thank you Lord for giving me comfort and peace of mind on the day after my layoff. From that day onwards, I committed myself to attending the daily mass.

Father Lima, the priest at 8:30am mass at OLPH, at one of his homilies said the news these days are very disturbing and depressing. He encouraged us to read the Bible immediately after watching or reading



tragic world events. Reading the Bible gives us hope, love and peace. I like to write down my favourite bible verses in a notebook and reflecting on these verses gives me peace of mind. One of my favourite verses are from The Second Letter of Paul to the Corinthians verses 8 to 10 "We are afflicted in every way, but not crushed; perplexed but not driven to despair; persecuted but not forsaken; struck down but not destroyed; always carrying in the body the death of Jesus so that the life of Jesus may also be made visible in our bodies".

I subscribed to the Living with Christ and I set aside some time each day to read over the Readings, Responsorial Psalms and Gospel again. These readings are my spiritual food that nourishes me and keep me in peace and contentment. Hymn singing gives me peace and joy too. One of my favourite hymns is Table of Plenty. "Come to the feast of heaven and earth! Come to the table of plenty! God will provide for all that we need, here at the table of plenty."

Walking along Fish Creek Park with friends, it puzzled and amazed me because my friends could hear Canada geese flying over us (without lifting their heads to see the birds) and they could spot a deer hiding in the bush. I asked Father Bill Trienekens why I can't hear and can't see the wildlife during those walks? Father Bill said I have too many things preoccupied in my mind. He told me to pray more and stop worrying about something that I can't control and leave everything to God.

Father Bill taught me to distinguish the different kinds of wild flowers in Fish Creek Park. The lone brown eye Suzie, which is not native to Fish Creek Park but must have been wind-blown to Fish Creek; the white chamomile flowers that reminded Father Bill of his mom because his mom used to brew these white flowers for tea; the yellow buffalo beans and the dandelions which are the first signs of spring, the white Alberta Rose, the wild geraniums and the red Saskatchewan Western wood lily and

many more. Father Bill also said if your mind is at peace you can hear different sounds too: sound of magpies, woodpeckers, robins and Canada geese.

With the passage of time, I can see more wild flowers and wildlife during walks with friends. This new peace of mind gradually leads to contentment, which translates to happiness. Here is what my son has written in 2003 about wealth does not bring happiness.

"As you walk down the street you see bags full of new clothing. The people must be rich but are they happy to have the clothing?"

You may think that they are happy, but are they? Many people admire famous and rich people but are they happy? People who are not as wealthy are usually happier because they know what might happen if they didn't have money at all.

The movie "Mary Poppins" is a very good example that wealth does not bring happiness. Mary is a nanny for a banker's children. Mary knows that the banker is very stressed. In the story Mary becomes friend with chimney sweepers. Although they are not rich, the chimney sweepers are very happy. Mary helps the banker a lot. One day the banker retires and sees how happy the chimney sweepers are so he donates money to the poor and becomes happy.

As you can see you don't need to be rich to be happy. You could be as rich as a banker but never as happy as a chimney sweeper.

Betty Leung,  
P.P.C. councillor, Pastoral Care member



## The Story of Little Li

It happened in the early 1950's in Communist China where the name of God was outlawed and people who practiced their faith were imprisoned, tortured or killed by the communists. A nun, Sr. Emmanuel wrote about her in "The Amazing Story of Little Li," This is an abbreviated account of what happened.

In May 1953, when Li made her First Communion, she had asked Jesus in her heart: "Always give me that daily bread so my soul can live and be healthy!" Since then Li, received Holy Communion every day, but she was aware that the Communists could have the Mass outlawed. She asked Jesus to make sure this would never happen.

It happened however!

Soldiers entered the classroom and screamed at the children demanding that they hand over any holy objects they had. The terrified children gave up their carefully hand-painted pictures of Jesus, Mary and the Saints. Then in a fit of anger, the Inspector pulled the Crucifix off the wall, and threw it down on the ground.

The police made a sweep of the village, forcing the people into the tiny Church. The Captain ridiculed them saying they were tricked into believing God is present in the tabernacle. They watched with disbelief when he ordered the soldiers to fire at the tabernacle. The people began to pray intensely because their Jesus was in the tabernacle.

He grabbed the ciborium and threw the Sacred Hosts onto the floor. Li froze in horror. Her innocent heart bled for the Sacred Hosts strewn over the ground. "Isn't anyone going to help Jesus?" she wondered.

"Now get out!" the Inspector yelled. "Woe to anyone who returns to this den of superstition!" Fr. Luke was locked in the large coal bunker in the church, where he could see, through a small opening, into the sanctuary where the Hosts lay scattered on the floor.

The church quickly emptied. The communists left but they did not see the small girl who remained praying in the Church. It was Li. Also, there was Fr. Luke who could see into the church through the small opening. He could do nothing but sink into prayers of atonement for the sacrileges committed against Jesus whom he could not defend.

The next day he saw the arrival of the little girl who came silently into the Church and made her way into the sanctuary. He observed her as she bowed for a moment to adore, just as she had been taught to do.

Little Li stayed with Jesus in adoration for one whole hour, to prepare her heart before receiving Him. Her hands joined together, she whispered a prayer to her Jesus so mistreated and abandoned. Fr. Luke watched as she lowered herself down on her knees, bent over, and with her tongue, took up one of the Hosts. She remained there on her knees, eyes closed and in deep joy. Then the young girl, with a gentle spring in her step, left the Church unnoticed.

Meanwhile, the Communists searched the entire village to rid it of anything holy. Villagers stayed home, terrified to venture out. Yet, every morning, Li slipped away to find her Living Bread in the church. Like on the first day, she repeated the same routine of spending one holy hour in adoration of her Friend Jesus. As before, she then took up one Host with her tongue and left quietly.

There were thirty Hosts on the floor. The Sister had taught the children they could receive only one Host per day and were never to touch it, except with the tongue. The little girl knew just how precious the Host was: it was Jesus Himself really and truly present.

Fr. Luke was relieved when the last day came. At daybreak, Li entered and drew near to the altar. She knelt to pray, close to Jesus in the Sacred Host.

A soldier suddenly appeared at the church door and aimed his gun at Li. A single shot was heard, followed by laughter. The child immediately collapsed. Fr. Luke thought she was dead, but no! Grief stricken, he watched her struggle to crawl over to where the Host was, and could hardly believe his eyes when, in obvious pain, she put her tongue over the Sacred Host to receive her Jesus for the last time. She then drew her last breath and died: a true martyr's death.

The soldier released Fr. Luke, and told him he was free to go. Without hesitation, he rushed to the sanctuary to see Li's lifeless body. As he knelt beside her, the soldier approached him. Saddened by his act he said: "Sir, if in every town there was such a little girl, no soldier would ever fight for the Communists!"

Fr. Luke gave Li a decent burial. As he left the cemetery, a man took him in his car, and left him at the border. The priest escaped death. That is why we know the story of this beautiful young Chinese girl martyr who made sure that Jesus would not be further harmed by the communists. Her memory lives on.

American Archbishop, Fulton J. Sheen told this true story on his TV series, "Life is Worth Living." He encouraged everyone, through the example of Little Li, to pray a holy hour as often as possible before Jesus in the Tabernacle. Jesus longs for us to keep Him company in the Tabernacle in our churches.

I follow the example to receive Jesus in the Sacred Host and pray in front of the Tabernacle every day. Amen.

Patrick Owens

## 感謝

11月23日早上彌撒後，獨自一人坐在祈禱室，努力地閉上眼睛，嘗試忘記自我，忘記周遭環境，忘記腦海的雜念。頓時腦海一片空白，內心靜如止水；感覺平靜、安慰和滿足，感覺天父就在眼前，就在心中，祈禱真是妙在不言中！

靜思默想中，只覺慢慢一呼一吸，不知時間停頓或過去；不久緩過來時，多日來心中的困擾已蕩然無存，但覺喜樂和充滿力量，只知感謝天主，讚美天主！

「世間事，只要用心、不畏辛苦，就能逐步克服困難；倚靠我，匯聚力量，則沒有做不到的事！」這是天主送給我的一句話！

這事從何說起呢？

「迴聲」出版已快十年，編輯們努力不懈地寫稿，也鼓勵教友投稿，報導堂區活動及個人在信仰、靈修的分享；不知怎的，近數期的文章逐漸減少，令人有點兒失望和氣餒。十一月底是十二月中出版的「迴聲」截稿期限，眼看只有一星期便截稿了，但只收到二篇文章，那怎能在十二月中準時出版呢？這事令我煩亂不安！

祈禱後的力量，帶我的腳步走上二樓向聖母軍求救！誠意邀請聖母軍團員們為「迴聲」寫文章，他們雖然沒有即時應允，但也沒有拒絕，我懷著信靠、希望之心，回家等待好消息。

11月28日，求救後的第五天，已收到聖母軍四名成員寫的四篇文章！聖母軍勇敢像衝鋒陷陣的大軍，在最需要的時候拔筆相助，對此我實在感激不盡！

心中感謝天主，也感謝聖母的代禱和護佑，在人生的種種考驗及逆境，總帶領我們能平安地度過及成長。亞孟。

Anne Lam, Echo Editor

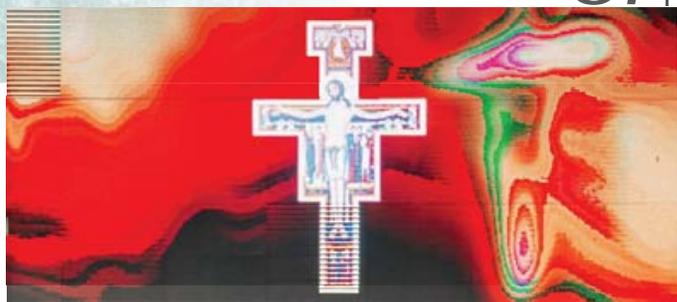
## One Rock 2.0 2019: Living your Faith out loud and Now A reflection post conference

This year's One Rock 2.0 had a great line of up special speakers who inspired us as young people to live out the Faith in our present age. As a young catholic woman navigating in today's busy society, I find that it can be challenging to see things and other people in the way that Jesus would see. One of the talks that particularly struck my heart was the inspirational talk by Paul J Kim. An active Catholic speaker from California who actively lives out his faith and evangelizes through his powerful talks and testimonies.

During the talk, Paul said: "If Jesus came to Calgary one day, he would not be going out to look for those who live justly. He would be coming down to look for those who are lost, those who are addicted to drugs, homeless, and in great need." When I heard that, my heart almost skipped a beat. Paul was right. Jesus mentioned in the Bible that he came not for the righteous but for the sinners and the outcasts. At that moment, I was reminded of my mission as a young catholic. My mission is not only to live a life dedicated to God, but to also be like Jesus, to reach out to those who are marginalized.

It is a challenge in today's world to be able to put away the stigma and judgement of those who are homeless and struggling with addictions. Society often terms and labels these people as bad influence and that we should "stay away". Yet, God calls us otherwise. God calls us to rid ourselves of any discrimination we may have towards those whom society blocks out. God wants us to be more like Jesus, to go searching for those in dire need. In need for love, support, understanding, or even just basic needs.

Therefore, I challenge you all this Advent and Christmas season to be more like Jesus. Strip away those prejudiced thoughts. Reach out to



those whom you know are struggling. Perhaps, take some of your personal time and go volunteer at the Drop In Centre, be involved with various charitable organizations and spread the joy and love of God to those who are lost. In fact, you can even start living out your Faith and spreading God's love to those whom are close to you and that you know are struggling to discover God's mercy.

God left ninety-nine of his sheep and called us personally by name to live out His mission of love. We can also leave behind our wants and desires and dedicate our time in serving his people. Our mission does not need to happen 10 years later. Our mission to living a Christ centered life starts NOW!

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





## The Light Through Trials and Tribulations

On November 2, 2019, our youth group had the pleasure of inviting a guest speaker, Cathy Corns, to speak with the youth and some adult parishioners were also able to join. She spoke of her struggles with her health and her faith journey. She also provided us with a reflection on the Scriptures when Jesus healed the paralytic man. I would like to share her inspirational story with you all!

Cathy is the oldest of 5 children and is a cradle Catholic. Born 15 weeks early, she was baptized right after being born for fear that she wouldn't be able to make it. She was only 2lbs at birth! Through the grace of God and the prayer of her maternal grandmother and mother, who were extremely devout Catholics, she was able to survive through the challenges of her early life had a ceremonial baptism in January of 1964. At 18 months of age, Cathy was diagnosed with cerebral palsy, which is due to lack of oxygen at birth that causes brain damage to the cerebellum (part of brain that controls movement). Throughout her childhood and youth, Cathy was a member of her church folk choir and was active in a high school Catholic youth group and thoroughly enjoyed her time in girl guides. During the trials of life, Cathy fell away from her faith at 27 years old but despite it all, she had a re-conversion experience 10 years later. Besides her dad, She is the only full fledged practicing Catholic in her family. Her birthday was in November and she has lived much longer than the doctors ever expected her to! Previously, she lived in a care facility, but she was able to apply for government grants and arrange to live in an apartment with the caretakers who come twice a day to help with her activities of daily living (for example: bathing, dressing etc.). Despite being confined to a wheelchair, Cathy actively seeks Jesus in her life. Because she is unable to make it to weekly Sunday mass, she arranges for Eucharistic ministers to provide her with the Eucharist on a weekly basis. As well, Cathy often watches mass that is televised for those who have trouble physically attending church. She also plays an active part in the community and has recently been named the ambassador for the Easter Seals (disability group). Cathy continues to show her resiliency and strength, which I hope we can all learn from!



May the Lord bless her health and the health of all our parishioners. Amen.

Jenny Lam  
Youth Group Leader, Young Adult Group Member, Echo Editor

## Kamp Kiwanis Cub Fall Camp

A few weekends ago, we had our first camping trip of the scouting year! How did it go? It was a fun-filled weekend with lots of activities and smiles. But that's just part of the story... To paint a picture for you, I would first like to share with you a bit more about our Scouts group and how I'm involved in it

Some of you may know that our parish has our own Scouts group. It is a place for children to develop new skills, learn new things and experience new adventures. Not only that, our group's mission is to evangelize our non-Catholic members so that they may be a part of our faith community, a mission of which was inspired by Fr. Nguyen and is pursued by volunteers at our parish. Now, I've been involved with Scouts for about four years, the first two as a Scouter Leader and the latter two as the Cub Section Leader. It has been quite the arduous undertaking, however with each journey I have found both joy and suffering. Our first camp of the year certainly reminded me of this simple truth.

Our Fall Camp was held at Kamp Kiwanis this year. It is fairly close to the city, about forty minutes away from our church. The site is large, has numerous lodges with washrooms and cooking areas, lots of trees, a new archery range, and is also adjacent to the Elbow River which is accessible through trails. Overall, it was a good site for a camping trip. Check! That's one requirement checked off the "successful camping trip" list.

On our list we also readied food & supplies, a day-to-day activity schedule, planned activities, meal plans & cooking/cleaning teams, sleeping arrangements, and more. Everything was prepared and planned so that meant an easy-peasy time at Kamp Kiwanis right? Not entirely...



See, I've come to understand that things won't always fall into place according to our own plans, but more so into God's plan. During our first night's stay, the girls weren't able to sleep because of all the sugary snacks from the All Saints' Day party prior to the camp, that plus the hot chocolate & peaches that the Cubs planned to have for late night snack on our first night. Needless to say, in every camp I don't get to sleep much, but I broke a new record that night going to bed around 3am.

On the second day, the carbon monoxide alarm went off in our kitchen while cooking, so we couldn't use the stoves to cook until it was fixed. Reaching out to the site maintenance and working to resolve the problem cut into free time and delayed activities, so we were rushed to get back on track so the Cubs could do their activities.

# The Echo

And lastly, on the final day the fire alarm went off in our lodge when we were cooking because the range hood fan wasn't working properly and there some smoke from slightly burned French toast. We ended up evacuating the Cubs outside, right when it started to snow that morning.

Throughout these series of "sufferings", one could say I was tried and tested mentally, physically, and spiritually. In all honesty, I felt quite burned out throughout the camp. However, even with all the setbacks, I did find peace at camp in the simplest and weirdest moments.

I first found peace during our hiking trip to the river. The sounds of running water and being by the river restored my spiritual reserves after a sleepless night. The second moment of peace I found was when we were setting up for the campfire and movie on the second night. Even though we were behind schedule we successfully managed to execute both in a timely manner. The most surprising thing was that the usual "rowdy Cubs" all took part in helping make sure that we were able to make those activities happen. We worked together like a perfectly well-oiled machine.

The final moment of peace I discovered was when I was driving back after the trip. I saw a huge moon in the middle of the day, over the hills in the distance. As I drove closer to Calgary, the moon seemingly shrunk as the suburbs and city limits came into view. I realized at that moment, that what I experienced was simply a play of perspective. The moon looked large when it was just the sky and the hills, but when compared to the view with the suburbs and city limits it was any regular sized moon you would see. So the peace that I found in that moment was that we can always tunnel in and focus in on a single thing, or maybe a couple things, but ultimately outcomes are often different from what we would expect when the bigger picture is revealed to us.

Hence, with both the joys and the sufferings, overall the camp was a successful start of the year. (a huge thanks to the parents, Scouters and YALs that helped make it happen). Although, it may not have gone according to my plan, it worked out for the better since God's plan helped me grow and stay humble. Onto the next adventure! The bigger picture awaits.

Keith Leung, Cub Section Leader, Sunday School Coordinator, YAG member



May you have the gift of faith,  
the blessing of hope,  
the peace of God's love at Christmas and always!  
Let's share love, faith and hope to those less fortunate!

願主賜我們信、望、愛的恩寵，並與他人分享主的聖愛！  
祝主內兄弟姊妹聖誕喜樂、平安！

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