



## 聖葉理諾堂 堂區通訊

St. Jerome's Church  
Newsletter

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非賣品



## 牧者的話

蘇卓慧修女

### 當事情不理解時；只要信：上主會掌控一切

處身嚴峻疫情，面對無數困難和不確定時，社會、家庭及個人的問題都使人感到恐懼。

在擔心和沮喪中，我們總試圖弄清一切。我什麼時候擺脫疫情？什麼時候結婚？為何夢想難圓？怎樣才能改善我的生活？我們的思想不斷以時速 90 英里運行，但天主不希望我們這樣生活，當我們真心相信祂時，我們會意識到祂掌控一切，這就是平安。

在這四旬期，我們要從主的受難和復活中學懂很多東西。基督的十字架改變了人類身體和精神上種種疼痛和苦難的涵義。基督的傷口是愛我們的永恆印記。所有在身體或精神上經歷痛苦考驗的人，都可以在這些傷口中找到避難所，並通過它們獲取望德的恩典。教宗方濟各說，新冠病毒大流行「某程度上把我們帶到了十字路口，讓我們有機會發展新的生活方式。我們必須利用這個決定性的時刻來結束我們不必要的和具破壞性的意圖與活動，並培養尊重生命的價值觀、關係和措施。」



事實上，我們每個人都有困難，每個人生活中的點點滴滴，仍然可使我們快樂，可使我們平靜，但我們必須學會將境遇交給上主：「主，我信賴你，我相信你的安排，即使我看不出事情的底蘊，我相信你在我的生活中引導，我相信現今你就走在我前面，鋪直我崎嶇的前路。」如果你想弄清楚所有事情，自己解決所有問題，這會給你帶來壓力。如果你能學會捨棄自己並開始確信天主，祂會帶領你的步伐，即使在試煉中也會享受你的生活。讓我們細讀深思斐理伯書第二章 13 節「因為是天主在你們內工作，使你們願意，並使你們力行，為成就他的善意。」

很多時候，我們失去平安和擔憂的原因，是因為我們沒有覺察事情變化了，一切看起來都一樣，月復一月，年復一年。我們必須明白，上主在我們生活背後，祂已經為我們每個人預先安排了美好的未來。



## 牧者的話

蘇卓慧修女

當我回顧新冠病毒大流行時在印度假期的經歷，我真的省悟到苦難中上主的臨在，我忽略了上主控制著我的生活和周遭發生的一切。在我的社區中，有兩個姐妹成為新冠的受害者；它在我心裡留下了深深的傷痕。印度正處於 Covid19 的高峰期；每天聽到醫院裡人們因缺氧而悲慟，許多老少都死去，我開始問天主：為什麼？我的問題沒有答案。後來，在上主的感悟，姐妹和朋友的愛和關心下，我才清醒過來，儘管我不明白這些事情，但我相信上主在掌管一切。「那賜萬恩的天主，即在基督內召叫你們進入他永遠光榮的天主，在你們受少許苦痛之後，必要親自使你們更成全、堅定、強健、穩固。」伯前 5：10。

因此，懷著這樣的信念，我今天懇求你不要掉進鬱鬱寡歡的生活所設置的陷阱中，以為萬事皆休；不，你必須擺脫這種感覺，開始相信今天，上主正臨在你生活中，你可能看不到，但關鍵是每天都帶著信心和期待去生活；這意味著有一天你會脫離沮喪，重建歡樂的，你知道上主在掌管一切，你會放鬆享受生活，正如得撒洛尼人前書二章 13 節所說的「這言語在你們信者身上發生了效力。」

若望福音第十一章 4 節：「這病不至於死，只是為彰顯天主的光榮，並為叫天主子因此受到光榮。」在香港，我們正處於 Covid19 的最高峰：是上主對我們說，我知道你正在經歷什麼，我看到你流下的每一滴眼淚，在你看來這是不可能的，但請記住我是上主，滿以為不可能的事，為你的創造者都做不到，只要繼續相信，我正掌控其中，時刻提醒自己，上主說了算。“如果上主支持你，誰能反對你？”這些是上主給我們的提示，讓我們知道祂在幕後工作。聖經說，哭泣可能會持續一夜，但歡樂會在早晨來臨。我親愛的朋友們，為什麼你今天不敢相信祂，相信即使是在你的失望中，在煩惱和痛苦中，上主也與你同在。祂說祂永遠不會離開你，也不會拋棄你，你可能不知道你的未來會怎樣，但只要你知道誰掌握著你的未來，你就會好起來的。上主把你握在他的掌心裡。

在我們忍受的許多困難中，讓我們永遠不要忘記「你們是因他的創傷而獲得了痊癒。」（伯前二 24）。在復活的主的光照下，我們的苦難現在被改變了。曾經有死亡的地方，現在就有了生命。有哀悼的地方，現在有安慰。在擁抱十字架時，耶穌賦予了我們苦難的意義，現在我們祈禱，讓這種身心治療傳遍全世界。在這一刻，我們被一條看不見的“毒蛇”咬傷。（Covid - 病毒）讓我們凝視在十字架上為我們“舉起”的那一位。讓我們代表我們自己和整個人類來崇拜祂。以信心仰望祂的人不會死。如果那個人死了，那就是進入永生。

「三天后我要復活」，耶穌曾預言（谷：九 31）。我們希望短暫的這些日子之後，我們也將起床並走出墳墓（隔離，封鎖）。然而，不是像拉匝祿那樣回到從前的生活，而是像耶穌那樣活於新生，更博愛、更人性、更基督徒的生活！

願復活的主保佑我們所有人平安與健康。



# Words of A Shepherd

Sr. Sophia Rani

## When things are not understood; just TRUST: GOD is in control

We are still living in uncertain and difficult times due to the pandemic; many are frightened about the future and burdened by social problems, family problems, and personal problems.

Many of us go around worried and upset always trying to figure out everything. How am I going to get out of this pandemic? When am I ever going to get married? Why won't my dreams come true? How can I improve my financial situation? Our mind is constantly going 90 miles an hour but that's not the way God wants us to live. When we really TRUST Him we realize that **He is in control**, there is peace.

As we are in the close of Lent, we need to learn a lot from our Lord's suffering and resurrection. The cross of Christ has changed the meaning of pain and human suffering: physical and moral. The wounds of Christ are the everlasting seal of his love for us. All those who experience a painful trial in body or spirit can find refuge in these wounds and, through them, receive the grace of hope that does not disappoint. Pope Francis said, the Covid-19 pandemic has "in some ways, given us a chance to develop new ways of living. The pandemic has brought us to a crossroads. We must use this decisive moment to end our unnecessary and destructive goals and activities and to cultivate values, connections and activities that are life giving".

The fact is all of us have difficulties, all of us have things in life that can still our joy, still our peace, but we have to learn to turn them over to God and say: God I TRUST in you, I believe that **you are in control** and even though I may not see anything happening, I believe you are working in my life, I believe even right now you go before me making my crooked places straight. If you are trying to figure out everything, to solve every problem by yourself this would put you under pressure. You would enjoy your life even in trials, if you could just learn to abandon yourself and start believing that God really is, directing your steps. We read in Phil: 2:13 *"for it is God who works in you to will and to act in order to fulfill his good purpose"*.

Many times the reason we lose our peace and worry is it's because we don't see anything happening, everything is looking the same, month after month, year after year. We have to understand that God is working behind the screen in our lives. He has already pre-arranged a bright future for each one of us.

When I look back my holiday experiences in India amidst Covid pandemic I really missed to see the presence of God in the suffering and overlooked that **God is in control** of my life and everything that happened around me. In my community two sisters fell victims to Covid; it made a deep scar in my heart. India was at the peak of Covid19; every day I heard the mourning of people in the hospital due to lack of oxygen and many dying young and old, I began to ask God: Why? My question had no answer, later with the message from God, love, care and concern of the sisters and friends I could come to my senses, trusting that **God is in control** even though I did not understand the things. *"The God of all GRACE, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast"* (1Peter5:10).





# Words of A Shepherd

Sr. Sophia Rani

So with this conviction I am asking you today not to fall into the trap of dragging through life without joy and enthusiasm thinking that nothing good is happening; no you got to shake this feeling off and start to believe that today, right now God is working in your life, you may not see, but the key is to live every day with Faith and expectancy; that means one day you are close to see it come true, if it doesn't happen today may be tomorrow, next week or if it does or doesn't happen, it's not going to steal your joy, you not going to live frustrated and you know **God is in control** you are going to relax enjoy life, as it is said in 1The 2:13 *"the word of God, which is indeed at work in you who believe"*.

Jn11:4 *"This illness does not lead to death. It is for the glory of God, so that the Son of God may be glorified through it."* In Hong Kong as we are at the highest peak of Covid19 :It is God saying to us I know what you are going through, I've seen every tear that you shed, it may not look possible to you but remember I am the God of impossible and your creator there is nothing that I cannot do, just keep trusting, **I am in control**, always remind oneself, God has the final say, "if God be for you who can be against you?" these are the little glimpses that God gives us to let us know He is working behind the scenes. The Bible says, weeping may endure for a night, but joy is coming in the morning. My dear friends Why don't you dare today to TRUST Him, to believe that even in your disappointments, even in life's head aches and pains God is right there with you. He said He will never leave you nor forsake you, you may not know what your future holds but as long as you know WHO holds your future, you are going to be OK. And God holds you in the Palm of his hand.

Amid the many hardships we are enduring, let us never forget that we have been healed by the wounds of Christ (1 Pet 2:24). In the light of the Risen Lord, our sufferings are now transfigured. Where there was death, now there is life. Where there was mourning, now there is consolation. In embracing the cross, Jesus bestowed meaning on our sufferings and now we pray that the benefits of that healing will spread throughout the world. At this moment we are bitten by an invisible, poisonous "serpent." (Covid - virus) Let us gaze upon the one who was "lifted up" for us on the cross. Let us adore him on behalf of ourselves and of the whole human race. The one who looks on Him with faith does not die. And if that person dies, it will be to enter eternal life.

"After three days I will rise", Jesus had foretold (Mt 9:31). We too, after these days that we hope will be short, shall rise and come out of the tombs (quarantine, lock down). Not however to return to the former life like Lazarus, but to a new life, like JESUS. A more fraternal, more human, more Christian life!

May the Risen Lord Bless us all with PEACE and GOOD HEALTH.



## 信仰生活

## 收捐獻組

在堂區收捐獻組服務已有十多年，工作簡單、輕鬆又愉快。在彌撒中，除了光榮讚美天主外，還可獻出一點行動，服務堂區，所以從未想過不服務。服務堂區是我們的責任，因為我們是天主的子女，理應為堂區出一點綿力，盡顯孝道。

在舊約創世紀 14:20 提及亞巴郎奉獻十分之一給了默基瑟德。有關什一奉獻之事，參見申 12:6，厄下 13:12，多 1:6 等。

在新約聖保祿宗徒致格林多人後書 9:6-12 這樣說：小量播種的，也要小量收穫；大量播種的，也要大量收穫。每人照心中所酌量的捐助，不要心痛，也不要勉強，因為『天主愛樂捐的人。』天主能豐厚地賜與你們各種恩惠，使你們在一切事上富有充足，能多多行各種善事，正如經上記載說：『他博施濟貧，他的仁義永世常存。』那供給播種者種子，而又供給食糧作吃食的，必要供給和增多你們的種子，且使你們仁義的出產增加，叫你們事事富足，以致十分慷慨，致使人因此藉著我們而產生出感謝天主的心情，因為辦這種供應的事，不但補助了聖徒的貧乏，還可叫許多人多多感謝天主。」

而聖教會四規也提及：當盡力幫助聖教會的經費。各位弟兄姊妹所奉獻的金錢，我們很開心的收取，因為看到你們的愛心奉獻出來，為有需要的弟兄姊妹的需要，也支持堂區日常運作及福傳工作事業，天主必然欣然安慰，必祝福我們的堂區。天主保佑大家！





# 為烏克蘭祈禱

## 教宗方濟各為烏克蘭祈禱文

上主，求你寬恕我們世人挑起戰爭的罪過。

主耶穌基督，天主子，求你垂憐我們罪人！

主耶穌，你誕生在飽受炮彈轟炸的基輔，求你垂憐我們！

主耶穌，你在哈爾科夫防空洞中，死在母親懷裡，求你垂憐我們！

主耶穌，你年方二十，竟被派上前線，求你垂憐我們！

主耶穌，你注視著在十字架影子下持械相鬥的人，求你垂憐我們！

上主，求你寬恕我們。

上主，求你寬恕我們，因為我們將你雙手釘在十字架上還不夠，還要渴飲被武器殘殺者的血。

上主，求你寬恕我們，因為你創造我們的雙手，原為護守照顧，但現在竟成了摧毀生命的工具。

上主，求你寬恕我們，因為我們繼續殺害弟兄；求你寬恕我們，因為我們不斷如同加音，拿起田裡的石頭來砸死亞伯爾。

上主，求你寬恕我們，因為我們繼續千方百計，為自己的暴戾找藉口，且極力將我們的暴行變成合理。

上主，求你寬恕我們世人挑起戰爭的罪過。

上主，求你寬恕我們世人挑起戰爭的罪過。

主耶穌基督，天主子，我們向你呼求！

求你制止加音的手！

求你光照我們的良心；

不要讓我們的惡意得逞；

不要讓我們任性妄為！

上主，求你制止我們！求你制止我們！

當你制止加音時，求你也顧念他。他是我們的弟兄。

上主，求你制止暴力！

上主，求你制止我們！

亞孟。



天主教香港教區禮儀委員會 恭譯

天主教香港教區夏志誠輔理主教 准

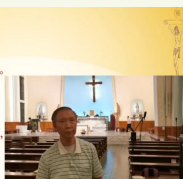
「播種默觀的種子—八週日常生活中退省」的簡介會，「躍動種子淺談會」於2022年2月13日以ZOOM視像進行，  
講者：Simon Chan / 詠唱：John Chan，參加人數共29位。

經淺談會後有7位兄弟姐妹參加，組長Simon Chan，八週退省使用《生命恩泉》天主教資料庫，並以 WhatsApp 傳遞退省內容及分享。



#### 主慈頌

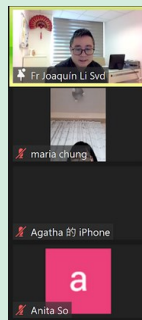
祂未曾應許天堂蔚藍，  
祂未曾應允兒女常聞，  
祂卻恩許祂的慈愛常在。  
是的，仁慈的主，  
懷念你的恩德，  
就是絕妙的禱詞。  
讓我們於慈恩的歲月中，  
引吭詠唱。



聖安多尼堂 (聖詠團)  
指揮：John Chan  
Organ：Peter Chan  
Soprano：Anthonia

「三年讀經計劃」讓教友每年以讀經方式與耶穌一起走九遍四十天曠野旅程。由2022年1月23日天主聖言主日開始，已進入計劃中的第二年，今年以「熟讀聖經」為主軸，每天看聖經四章，然後默想找尋自己的金句，與弟兄姊妹分享。

自1月以來，香港疫情嚴峻，組員只得在「三年讀經計劃分享組」中分享。而第二年第一期講座，剖析《梅瑟五書》，亦只能於2022年2月27日以ZOOM視像進行，由培育組神師李勇新神父講解指導，參加人數共27位。



#### 三年讀經計劃

我們認識舊約有三個目標：

1. 為了更瞭解聖言成為血肉的耶穌基督之根(若 1:14)
2. 為了更深入新、舊約所合成的聖經之根，特別是天主聖言成為聖經(弟後 3:15-16; 伯後 1:20-21)。
3. 為了更明白我們的教會——新以色列的根(迦 6:16; 11:16-24)。藉著所研究的耶穌基督、聖經、我們的教會之根，更能愛慕天主、他的話、和他的奧體——我們的教會(格前 12:12-27)

## 每月教宗祈禱意向



## The Pope's Monthly Intentions

2022年4月

總意向：為醫療衛生人員祈禱

為照顧病人和老人的醫療衛生人員祈禱，尤其是在最貧窮國家，祈願他們的工作獲得當地政府及社會的支持。

April 2022

Intention for evangelization - For health care workers

We pray for health care workers who serve the sick and the elderly, especially in the poorest countries; may they be adequately supported by governments and local communities.

2022年5月

福傳意向：請為年輕人的信仰祈禱

祈願每一位蒙召活出圓滿生命的年輕人，從聖母瑪利亞身上學會聆聽的方式、深刻分辨的能力、信德的勇氣，以及獻身服務的精神。

May 2022

Universal intention - For faith-filled young people.

We pray for all young people, called to live life to the fullest; may they see in Mary's life the way to listen, the depth of discernment, the courage that faith generates, and the dedication to service.



為亡者祈禱

請為龐慶鍾弟兄、周麗容姊妹、李淑蔚姊妹祈禱。  
願他們永享真福的喜樂。