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Canadian Martyrs Catholic Church



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The Heart of a Good Shepherd

Paul Lee

The late Pope Francis passed away on the day after Easter Sunday (April 21 at 7:35 p.m.) at the age of 88. The Church suddenly lost a good shepherd who "had a vision and loved his flock." Thank God, through the presence of the Holy Spirit and the focused prayers, the cardinals from all over the world chose the new Shepherd of the universal Church in the conclave. Chilean Cardinal Fernando Chomalí, who attended the Conclave, described the election as a "profoundly spiritual and joyful experience."



 *Leo P.P. XIV*

The newly elected Pope, Cardinal Robert Francis Prevost (Pope Leo XIV), is the first American-born Pope in history. He was known for his humility, sharp intellect and gentle manner. Prior to his election, he served as prefect of the Congregation for Bishops and had long-standing relationships with several cardinals. Pope Leo XIV chose his name inspired by Pope Leo XIII, who wrote the influential encyclical Encyclical: *Rerum Novarum* during the Industrial Revolution. The new pope sees the church as having a vital role to play in responding to today's cultural shifts, including artificial intelligence and robotics.

According to Cardinal Jomali, Pope Leo XIV was a humble, simple man with a great sense of humor. He was also described as "pleasant, reflective, and of a profoundly pastoral character". During his tenure, he will focus on meeting the challenges of the modern world while working to preserve the Church's rich heritage and traditions.

The late Pope Francis pointed out that a good shepherd should have the following three basic qualities:

- A. Pray with all your heart: As St. Peter emphasizes, the first duty of a pastor of the Church is to pray, and Saint John Paul II is a model. As the head of the universal church, he prioritized prayer in his busy schedule.
- B. Close to the people: The late Pope Francis said: "A pastor who is not close to the people is not a true pastor." Saint John Paul II traveled extensively, connecting with people all over the world, demonstrating his commitment to this principle.
- C. Love for the mercy and justice of God: Saint John Paul II advocated devotion to the Divine Mercy, recognizing God's justice and mercy are intertwined. Pope Francis agreed and emphasized that justice and mercy are inseparable.

Pope Francis' own pontificate reflects his vision of a Church that "goes out" to serve the marginalized and vulnerable, listening and loving with a good shepherd's heart. Pope Francis encouraged clergy to imitate the heart of Jesus, stressing the importance of listening, loving and serving others. He prioritized the poor and marginalized and advocated for the rights and dignity of the poor, immigrants, and marginalized groups in society. In the eyes of Pope Francis, Saint John Paul II was a man of deep prayer. As the leader of the universal church, he had a lot to do, but he still prayed often. Besides, he loved being close to people. Although he was facing a declining body, he was still willing to go out and travel around the world to find people facing difficult situations and get close to them. Pope Francis said: "A priest who is not close to the faithful is not a shepherd. He can be a bishop, an administrator; maybe he is good, but he is not a shepherd."

Furthermore, Saint John Paul II loved the justice and mercy of the Lord. "Justice and mercy are inseparable, they complement each other; one cannot exist without the other," said Pope Francis. The Polish saint made a great contribution to promoting devotion to the Divine Mercy, because he knew that the Lord's justice has "a merciful face, a merciful attitude". On the occasion of his 100th birthday, Pope Francis said: "Let us pray today to the Father, that he may grant us all - especially the shepherds of the Church - the grace of prayer, the grace of closeness and the grace of justice and mercy."

Saint John Paul II and Pope Francis embodied the heart of a Good Shepherd. They had a deep love and concern for the people, were willing to be close to the people, and were committed to justice and kindness. Pope Francis particularly stressed the importance of a shepherd's heart, a heart open to the love of the Lord and attentive to the needs of the flock.

We hope that the new Pope will also be the good shepherd in Jesus' mind. Jesus is the Good Shepherd. He established the example of a good shepherd. The Pope is called by the Holy Spirit to shepherd Jesus' sheep, but the sheep he cares for are the flock which is not his own, but the flock of Jesus. The Popes are shepherds because they allow Jesus, the Good Shepherd, to lead his sheep through them, as the Good shepherd's tools. Pope Benedict XVI at the 2006 Good Shepherd Sunday Priest Ordination Ceremony pointed out in the sermon: "Jesus now announces that this time has come: He himself is the Good Shepherd. Through him, God personally takes care of His creation, humanity, gathers it together and leads it to the real pasture. The Risen Lord commissioned Saint Peter to take care of His flock. St. Peter describes Jesus as an "archipoimen" – "chief shepherd" (cf. 1 Pet. 5:4), he meant that only through Him and in very close communion with Him, it is possible to become a shepherd of Jesus Christ's flock, a shepherd after Jesus' own heart.

Saint John Paul II wrote an apostolic exhortation on the priesthood and pastoral mission.

He began by quoting a passage from the Book of Jeremiah: "I will give to you shepherds after my own heart. I have given it to you" (Jeremiah 3:15). He then expands on this simple principle with an entire exhortation. Then, the importance of priests being shepherds in the heart of Jesus is emphasized: The Lord seeks shepherds "after His own heart" in the church. The Lord's "heart" is in the Good Shepherd and is fully revealed to us. The heart of Christ continues to have compassion for all people today, and give them the bread of truth, the bread of love, the bread of life (see the Gospel of Mark 6:41-44) In the heart of the priest: "You yourselves give them food!" (Mk 6:37). People need to be free from fear, to be known, to be called, to walk safely.

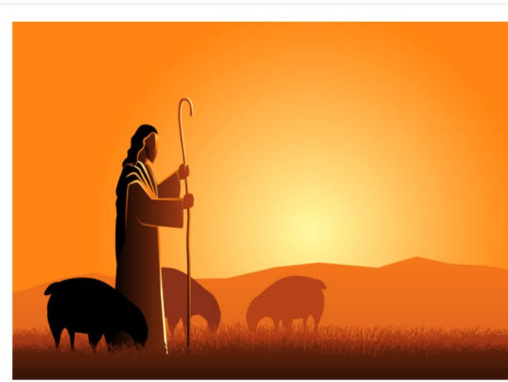
On the road of life, we need to be found again after getting lost; we need to be loved; we need to be saved. Redemption is the supreme gift of the Father's love. All this is done by Jesus the Good Shepherd and His successors to be completed. When the cardinals meet in Conclave, they choose a good shepherd after Jesus' heart.

Pope Francis stressed at World Youth Day 2013 that pastors also have a heart to listen. "I want the Church to be in the streets," he declared, listening attentively to the people and stressing the need to resist comfort and what he called clericalism. Without this proactive approach, he warned, the Church risks becoming a non-governmental organization and losing its spiritual vitality. He also highlighted social issues, noting that both the elderly and the young were marginalized. He stressed the importance of "intergenerational dialogue", encouraging young people to fight for their values and urging older people to share their wisdom.

Francis also stressed the need for pastors to have devotion to the Sacred Heart. In fact, the Sacred Heart of Jesus has always been the most representative spiritual belief of Pope Francis throughout his life. "He goes before us with His open heart, waiting for us unconditionally, asking only for His love and friendship," he wrote.

Dilexit Nos is Francis' theological and pastoral testament. In it, he wrote that the Sacred Heart is "the blazing crucible of divine and human love, the highest state to which man can aspire." For him, the Heart of Christ is the answer to the loneliness and division of our modern world.

"To him the gatekeeper opens, and the sheep hear his voice, and he calls his own sheep by name and leads them out." (John 10:3)



善牧心

Paul Lee

已故教宗方濟各在復活主日翌日(四月二十一日晚上七時三十五分)回歸天家，享壽八十八歲，教會頓時失去了一位「懷願景、愛羊群」的善牧。感謝天主，透過聖神的臨在及專注的祈禱，各地的樞機們在選舉秘密會議中，選出了普世教會新的牧者。參加此次選舉秘密會議的智利樞機主教費爾南多·喬馬利 (Fernando Chomalí) 將這次選舉描述為一次「深刻的精神和快樂的經歷」。

已故教宗方濟各指出，一位善牧應具備以下三個基本特質：

- A. 全心全意祈禱：正如聖伯多祿所強調的，教會牧者的首要任務就是祈禱，而聖若望保祿二世就是一個典範。作為普世教會的領袖，他在繁忙的日程中優先考慮祈禱。
- B. 親近民眾：已故教宗方濟各說：「不親近民眾的牧者不是真正的牧羊人。聖若望保祿二世廣泛遊歷，與世界各地的人們建立聯繫，表明了他對這項原則的承諾。」
- C. 愛上主的仁慈正義：聖若望保祿二世提倡對神聖慈悲的虔誠，認識到上主的正義和仁慈是相互交織的。教宗方濟各對此表示贊同，強調正義與仁慈是不可分割的。



教宗方濟各本人的教宗職務體現了他的願景：教會「走出去」為邊緣人士和弱勢群體服務，並以善牧之心傾聽和愛護。教宗方濟各鼓勵神職人員效法耶穌的心，強調傾聽、愛和服務他人的重要性。他優先考慮窮人和邊緣群體，並倡導窮人、移民和社會邊緣群體的權利和尊嚴。在教宗方濟各的眼中，聖若望保祿二世是一位虔誠祈禱的人。作為普世教會的領袖，要做的事情實在很多，但他仍然經常祈禱。

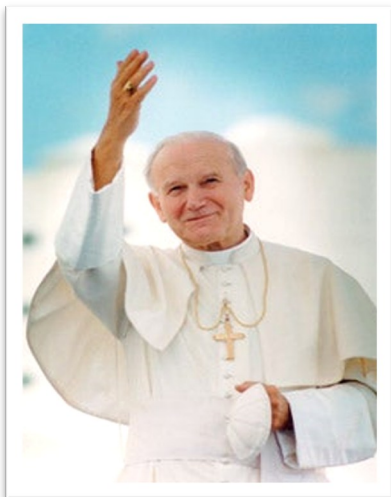
此外，他熱愛與人親近。他雖面對日漸衰敗的身軀，仍願意走出去，走遍世界各地去尋找面對困難景況的人，與他們親近。教宗方濟各說：「不親近信徒的司鐸不是牧羊人。他可以是一位主教，一位管理者；也許他很善良，但他不是牧羊人。」

再者，聖若望保祿二世熱愛上主的公義和仁慈。教宗方濟各說：「公義和仁慈是不可分割的，它們是相輔相成的，兩者缺一不可。」這位波蘭聖人為弘揚對神聖慈悲的虔誠做出了巨大貢獻，因為他知道上主的正義具有「慈悲的面孔、慈悲的態度」。在他 100 週年誕辰之際，教宗方濟各表示：「讓我們今天向天父祈禱，願祂賜予我們所有人——特別是教會的牧羊人——祈禱的恩典、親近的恩典和正義與慈悲的恩典。」

聖若望保祿二世和教宗方濟各所體現的，就是那善牧的心懷。他們對人民的深愛和關懷，願意親近民眾，並致力於正義和仁慈。教宗方濟各特別強調了牧羊人之心的重要性，這種心胸要向上主的愛敞開，並關注羊群的需要。

我們期待新任教宗也能成為耶穌心目中的善牧。耶穌是善牧，祂樹立了善牧的表樣。教宗受聖神召喚來牧養耶穌的羊群，但他所照顧的羊群不是他自己的，而是耶穌的羊群。教宗之所以是牧羊人，是因為他們讓耶穌——善良的牧羊人——透過他們來領導他的羊群，作為善良的牧羊人的工具。教宗本篤十六世在 2006 年善牧主日神父祝聖禮儀的講道中指出了這一點：「耶穌現在宣告這個時代已經來臨：他自己就是善牧。透過祂，上主親自照顧祂的創造物——人類，聚集人類並帶領他們到真正的牧場。」復活的主吩咐聖伯多祿照顧祂的羊群。聖伯多祿將耶穌描述為“archipoimen”——「總司牧」（參見伯多祿前書 5:4），他的意思是，只有通過祂並與祂保持非常密切的共融，才有可能成為耶穌基督羊群的牧人，合耶穌心意的牧人。

聖若望保祿二世撰寫了一篇有關神職人員和牧羊人使命的宗座勸諭。



他首先引用了《耶肋米亞書》中的一句話：「在那裡給你們一些隨我心意的牧者，以智慧和明智牧養你們」（耶 3:15）。然後，他用整個勸諭來擴展這個簡單的原則，強調司鐸成為耶穌心中的牧羊人的重要性：上主要在教會中找「隨祂心意」的牧羊人。上主的「心」已在善牧基督的心中充分顯露給我們。基督的心今天繼續對眾人抱持憐憫之心，並給他們真理的食糧、愛的食糧、生命的食糧（參見瑪爾谷福音 6:41-44）耶穌說：「你們自己給他們吃的罷！」（谷 6:37）。人們需要擺脫恐懼，需要被認識、被呼喚，需要安全地走在人生的道路上，需要迷失後能被重新找到，需要被愛，需要接受救贖，這是天父之愛的至高禮物。這一切都是由善牧耶穌和祂的繼承人去完成的。當樞機主教們舉行秘密會議時，藉聖神和祈禱幫助他們選出一位符合耶穌心意的牧羊人。

教宗方濟各在 2013 年世界青年日強調牧者應有一顆傾聽的心。他宣稱：「我希望教會走上街頭」，細心聆聽民眾的心聲，並強調必須抵制安逸和教權主義。他警告說，如果不採取這種積極主動的方式，教會就會淪為其中一個非政府組織(NGO)，失去其信仰的精神活力。他也強調了社會問題，指出老年人和年輕人都處於邊緣化狀態。他強調「代際對話」的重要性，鼓勵年輕人為自己的價值觀而奮鬥，並敦促老年人分享他們的智慧。

方濟各亦強調牧者需要虔誠敬禮聖心。事實上，耶穌聖心一直是教宗方濟各一生中最具代表性的精神信仰。他寫道：「祂敞開心扉，走在我們前面，無條件地等待著我們，只要求給予我們祂的愛和友誼。」

《Dilexit Nos》是方濟各的神學和教牧遺囑。他在文中寫道，聖心是「神聖與人類之愛的熾熱熔爐，是人類所能追求的最崇高的境界」。對他來說，基督之心就是我們解決現代世界孤獨和分裂的答案。

「看門的給他開門，羊聽他的聲音；他按着名字呼喚自己的羊，並引領出來。」(若 10:3)

A Thank You Letter to my Lord

Kathy Mok

Gracious and loving God,

I submit to You a grateful heart filled with a fountain of love for You and for Your people. One day, You gifted me the role of RCIA Coordinator at Canadian Martyrs Parish. What began as a step into the unknown, filled with curiosity and a sense of adventure, has grown into a deeply fulfilling journey. This initial curiosity drives a deep engagement with my faith. The joy of knowing and acquainting with people at the Parish has far exceeded my expectations. Every time when I open the door at CMCC, I feel as though I am stepping into another place I call “home”.



My Lord, I believe that You have a plan for each of us, and that nothing happens without purpose. Brought up in Hong Kong, I have always longed for the sense of belonging found in a Chinese Catholic faith community. Every word You speak to me echoes in my heart, stirring a desire to serve You – to fulfill your Will, and to help bring others closer to You.

You have given me the best parents, who ensured I was baptized as a child. You gave me the opportunity to study in a Catholic school, where my spiritual roots were nurtured, and now, the honor to serve You through the RCIA ministry. God, You have known me from the very beginning, even when I was still in my mother's womb. You have set a path before me to follow.

Having the opportunity to serve as the coordinator for RCIA is both a tremendous honor and a profound responsibility. It is a spiritual journey not only for the participants, but also for me. Through it, I have witnessed transformation – not just in others, but in myself. I am filled with deep gratitude as I witness the spiritual growth of each individual. Walking alongside them as they embrace the Catholic faith is a privilege that continually renews and deepens my spiritual life.

You guide me to foster a sense of community, one in which we accompany one another on this sacred path. By Your grace, the bonds we have formed are strong and enduring. Watching this diverse group of people come together in faith brings me profound satisfaction.

Lord, continue to guide me and grant me the grace to serve as a spiritual mentor to my RCIA brothers and sisters. I am deeply grateful for the pivotal role You have entrusted to me. Each testimony shared, each moment of realization, reaffirms my purpose and fills me with thanksgiving. Each participant has a unique story, and each journey is a testament to the work of the Holy Spirit.

Thank you, Lord, for allowing me to take part in this divine process, serving the Church and Your people in such a meaningful way. I feel truly blessed to have witnessed the powerful transformation of the RCIA participants. The transformation is not merely intellectual or emotional but reaches deep into the soul.

My loving Father, You are the centre of my life. This calling brings me immense joy and fulfilment. The spiritual journeys I share with the participants and catechists have grounded me in a deeper connection with You.

With a heart overflowing with love, I thank You.

Amen.

受洗及皈依者的禱聲

親愛的聖父、聖子及聖神：

感謝天父讓我在剛剛過去的復活節加入祢的大家庭！求祢讓我在基督的信仰內繼續尋求，並讓我時常敞開心靈，帶着謙卑的心，耐性地等候聖神的引導，獲得心靈的轉化，好能更加體會天主聖三的旨意，並在生活中每個細節裡，實踐信仰的意義。求天父每天都向我寂靜的心靈說話，幫助我細意聆聽。求祢讓我看見自己在教會內最適切的地方投入參與，充實自己和以愛服侍他人。求主使我和我的家庭能夠一起追求這份豐盛的生命。因主耶穌基督之名祈求。亞孟。

陳若



仁慈的天父，求祢降福我們，保護我們，恩賜我們全家平安順遂，使我們成為團結之家，一心一意，同甘共苦，使我們成為信德之家，忠誠天主，終生不變。求主使我們成為快樂之家，和和氣氣，互愛互助，使我們成為祈禱之家，讚頌天主，永不停斷。主耶穌，請指引我們避惡行善，忠誠服務我們唯一的上主，讓我們今生在您的照顧下，全家共享幸福快樂，將來也能永遠與祢團聚，同享天上家庭的無窮福樂。亞孟。

Sara Li

皈依者的心聲

Kitty Yeung



自從參加了慕道班，開始了我人生的第一次修和聖事。我多年來的壞習慣，做人的態度，與家人和朋友間的相處…。這都一一有所改變，因而感到輕鬆自然。經過認罪、告解和領聖體、懺悔等行動，這成了我生命改變的開始。得主的帶領，我感到非常高興，更希望自己會永遠做一個誠實、有愛心、肯寬恕和肯幫助別人的基督徒。

Faith Story & Baptism

Karen Tse

Growing up without a religious faith, I am blessed to have met my husband and his family, who are parishioners of CMCC and have always invited me to explore Catholicism. My husband and I began our relationship 16 years ago, and would attend mass with him occasionally, and each time I attended mass, I felt I could connect with what the parish priests shared and found ways to live a better life. As I reflected on the Word of God, I realized the challenges and opportunities presented throughout my life were part of His plan, and after experiencing the miracle of birth of my baby, it further encouraged me to pursue the Catholic faith and attend RCIA. I am overjoyed to be part of this Catholic family now, and I look forward to continuing my journey of life with God alongside me. I also want to thank everyone who taught me at RCIA, Kathy who ensures operations running smoothly, and my sponsor Christina for their dedication and time throughout this past year. I hope in time, I can contribute back to the parish in kind as they did.



領洗後的心聲

Steven Ho

2025 年復活節前夕，是我人生中一個特別而深刻的日子。那一天，我和我年僅一歲半的細女，一同領受了聖洗聖事，成為天主教的信徒。細女年紀雖小，卻在整個儀式中表現得非常合作，全程由我手抱著完成。她的平靜與安然，讓我內心無比感動——彷彿天主的平安已經臨在我們的家庭之中。

其實，我太太和大女兒在數年前已經領洗，信仰的種子早已落在我的心中。但最初的時候信仰並沒有太大衝動，直到我開始認真聽道理，心中慢慢產生轉變。那些看似簡單的教導，卻總能切中我心中的困惑。每一次講道、每一段聖經，都像是在跟我說話，讓我開始反思生活、看見希望。

在慕道期間，我特別喜歡上課的時間。每一次的聚會、每一次的分享，都是心靈的滋養。我逐漸明白，信仰不是儀式，不是規條，而是一份與天主的關係，一種活生生的同行。祂不曾高聲呼喚我，卻一直靜靜地等候我回應。

領洗的那一刻，我心中湧起莫名的感動——不只是因為我自己的決定，更因為能與年幼的女兒一同經歷這份恩寵。這讓我深信，天主對我們家庭仍然有祂的計劃與希望。

現在，雖然生活依舊忙碌，挑戰依然存在，但我的內心多了一份力量和方向。我開始學會在祈禱中尋求力量，在福音中找尋答案。天主的道理不再只是我喜歡聽的內容，更是我願意實踐的生活態度。

我知道，信仰的路上難免會有軟弱與迷惘，但我願意繼續前行，因為我知道，有主與我同行，還有我所愛的家人並肩而行。



信仰旅程的開啟

William Lui



我是來自一個沒有宗教背景的家庭，家裏只有弟弟和弟婦是虔誠基督徒，他帶了兩個妹妹入了基督教。我本人直到最近都是沒有宗教信仰。我太太 Agnes 少年時已受洗，是天主教徒，婚後我有和他參加主日彌撒，只是望教。

上年在舊同學 John Lau 勸導下，參加了加拿大殉道聖人天主堂的慕道班，在傳道員 Paul Lee、Connie Tong、Teresa Mak、Kathy Mok、Fr. Anthony Ho、

Fr. Henry Yeung 和 Fr. Peter Kang 的訓導下，對天主創造萬物和對人類的救恩

計劃，有了初步認識，聖言分享也給我和慕道班的弟兄姊妹很多啟示。經過了收錄禮、甄選禮、懇禱禮（一、二、三），至到復活慶典夜間禮儀中領入門聖事，成為天主教徒。

我們有限的智慧，許多時感覺不到天主給我們的恩寵，希望實踐日常祈禱，和對聖經有深入些的認識，可以加強信德，進一步接近和主耶穌基督相迎相認，讓基督在我內生活。



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復活節



嗨，安安，我是 Luce，很高興在這裡介紹自己給各位認識。我是天主教教會為推廣 2025 禧年 活動而創造的卡通女孩。我的創作者是意大利籍的潮流文化設計師西蒙尼·雷格諾 Simone Legno。我的名字 Luce 是意大利文，讀音是 [ˈluːtʃe]，意思是光明。大家可以用英語發音稱呼我，和「loose」同音。我沒有正式的中文譯名，你們可以叫我「露絲」，或者「明女」也沒有問題，更親切一點甚至可以叫我「明明」，反正都是一句。



為甚麼要創造我？

說來話長，讓我長話短說，先從禧年說起吧。上主在《肋未紀》第 25 章訓示 人民，吩咐他們在田地只可耕作六年。到了第七年，是上主的安息年，田地應該完全休息，人民不可耕種。過了七個安息年，即是四十九年之後，人們要把第五十年祝聖為禧年，也就是今天說的禧年。禧年的英文是「Jubilee」，來至希伯來文「yobel」，意思是公羊角。以前猶太人吹起號角 來宣布禧年的開始。到了禧年，不論人、牲畜、土地都需要休息，奴隸要被釋放，他人的財產要歸還原主。在這一年，人們要重新審視和建立自己與天主、鄰人及其他受造物的關係。自從教宗博義八世 Pope Boniface VIII（任期 1294-1303）在 1300 年慶祝禧年後，教會傳統上每二十五年 慶祝

一次禧年。在特別情況下，教會也會慶祝特殊禧年，例如 1983 年的救贖聖年和 2015 年的 特殊慈悲禧年。今年是 2025 年，欣逢第二十七屆禧年。

當今世代全人類都活在迷茫困頓的氛圍裡，剛逝世的教宗方濟各在去年宣布將以「希望」作為 2025 禧年的核心訊息。方濟各教宗在《望德不叫人蒙羞》Spes non confundit 的禧年詔書中提及世人內心的渴望：「願禧年成為我們眾人重燃希望的機會，天主的話語會幫助我們找到希望的原由。」今個禧年的主題是「希望的朝聖者」。禧年的標誌中有四個不同顏色的人彼此擁抱，靠近十字架，象徵大地四極的人在基督內成為一體。四個人之下有藍色的波浪，代表人生旅途難免有風浪。十字架的底部伸延入海，變成一個船錨，影響波浪的律動，這個船錨比擬希望（參閱《希伯來書》6:19）。我聽一位伯伯說，每艘船都常備一個大錨，作為最終的救命工具，在波濤洶湧的大海中得到穩定，這個錨稱為「慈悲之錨」。後來才知道「慈悲之錨」只是比喻而非實物，穩定的不是船隻，而是靈魂。對基督徒而言，「慈悲之錨」就是天主帶給世人的希望。在艱苦困難的時刻，我們要全心信靠天主，唯獨在祂內才有真正的安全感。談到希望時，已故教宗在禧年詔書說：「『希望』由愛而生；望德是以信德為基礎，以愛德去孕育，讓我們能在生活中奮勇前進。」2025 年教友的靈修課題便是懷著從愛與信滋生的希望，奮勇踏上朝聖 之路。

朝聖英文是「pilgrimage」，源自拉丁文「per ager」，意思是穿過田野，或「per eger」意思是跨越邊界。從前信徒們藉著徒步前往聖地以補贖罪過。漸漸人們覺察在朝聖途中遭遇的萬事萬物能夠發現天主，從而豐富靈性的生命。已故教宗在禧年詔書鼓勵信眾跨越地域限制，走進另一個國家、城市或是社區去朝聖，體驗不同的文化與風土人情，在不同地域的大街小巷尋找希望，發現天主，讚美天主，同時也要把希望散播給四海的兄弟姐妹。於是，教廷便創作我這個吉祥物陪伴大家去朝聖。

說我是吉祥物自己也有點不好意思。我沒有超凡能力為大家帶來吉祥，只有天主才可以。我的出現是打破一些人認為天主教教會比較保守的偏見。教廷利用潮流文化吸引更多年青人關注禧年的精神，真是一個很大膽的嘗試，我還代表教廷登陸 2025 年大阪世界萬國博覽會呢。我呈現於人們面前，覺得自己挺萌呀。我是光明之女，充滿陽光氣息，足以使人眼前一亮。我蓄著藍色的頭髮，藍色是代表聖母的顏色。我有一雙明亮的大眼睛，瞳孔下閃爍著扇貝的光芒。扇貝是聖雅各朝聖之路 Camino de Santiago 的標誌，象徵朝聖者靈性上的成長，轉化與重生。我穿上黃色的雨衣，黃色是梵蒂岡國旗的顏色。我手持棍杖，腳上的靴子沾上泥土，證明我的旅程艱辛而漫長。我的胸

前配戴著一串五彩的全球福傳玫瑰唸珠 World Mission rosary，提醒我要不斷祈禱，請耶穌與聖母給我力量邁步前行。我的旅途並不孤單，有我可愛的小狗 Santino 及幾位朋友 Fe, Xin 和 Sky 作我的同行夥伴。更有沿途保護我的護守天使 Iubi 和象徵聖神的鴿子 Aura，陣容十分鼎盛。啊，還有你們呀，讓我們一起浩浩蕩蕩出發吧。



提醒一下，朝聖前要辦妥修和聖事，時常參與彌撒及領聖體，並按照教宗的意向祈禱。到了朝聖地，要在該處參與彌撒或其他善工，例如時辰頌禱、拜苦路、誦唸玫瑰經等。滿全這些的教友將可獲得禧年全大赦。

有些教友已收拾行裝準備去朝聖了，可是很多教友因為種種原因不便出外朝聖，怎麼辦呢？不用擔心，溫哥華總主教已指定三間在大溫地區的教堂為禧年朝聖地點。這三間教堂是玫瑰聖母主教座堂 Cathedral of Our Lady of the Holy Rosary – 646 Richards Street, Vancouver，聖猶達堂 St. Jude's Parish & Shrine - 3078 Renfrew Street, Vancouver 和聖安多尼堂 St. Anthony of Padua Parish - 7237 Morrow Road, Agassiz。這三間教堂中，在 Agassiz 的是比較遠一點，但不要緊呀，趁天氣好作一次郊遊，感受小鎮風情，也是賞心樂事。回程時可以順道到 Mission 的 Westminster Abbey 神學院參觀及祈禱，也是額外的朝聖。而在溫市的兩間禧年朝聖教堂都近在咫尺，大家可以常常去。

不管你是遠涉重洋抑或留在本地朝聖，記得帶著我 Luce 啊。在香港和台灣可以買到很多關於我的產品，真是琳瑯滿目，但這些物品在溫哥華很難找到。教會創造我的原意是牧民和福傳，不是把我商品化。大家不買我的產品沒關係，把我的圖像下載在手機，我也一直與你們相伴呀。

一個人一生度不了幾個禧年（我說得有點老氣橫秋了）。趁著這個禧年，讓我們跨越，讓我們尋找，掌握無悔的青春，燃起內心的陽光，凝聚無盡的希望。

備註：

- 1) 本文部份內容參考上智文化事業：《與教宗方濟各一起踏上希望的旅程》、天主教香港教區：《2025 禧年朝聖手冊》、夏志誠主教：《2025.03.16 香港公教報【從 Luce 說起】》。
- 2) 禧年全大赦詳情請向堂區神父請教。



Jubilee Webpage 2025禧年總教區網頁

The RCAF Jubilee webpage is up and running:

<https://rcav.org/jubilee-2025>

更多有關 2025 禧年的資訊可上網：

Here is a QR code:

也可掃描此二維碼登入：



JUBILEE 2025
PILGRIMS OF HOPE

春光明媚，萬物欣榮的四月，在夏威夷，一對蜜運多年情侶，覓選了一座氣派非凡豪華酒店，舉行婚姻晚宴。出席嘉賓，約有二百人。

婚宴開始前，音樂琴師，奏出優美旋律樂韻。那對新人，隨即翩翩起舞，以輕盈美妙舞姿，繞池數圈，引來嘉賓注目稱羨。

不久，華爾滋音樂停下來，司儀小姐恭請全體嘉賓就座，咪兒轉到新娘子手中，她溫文誠摯，歡迎親戚、朋友、同事、老師，同學、教會好友等，不辭勞累，遠道而來，參加她的婚宴。

和諧悅耳輕柔音樂，在坐滿衣香鬢影嘉賓的殿堂盪漾着。酒店侍應，彬彬有禮，源源不絕奉上美酒佳餚。吃吃喝喝，鶯鶯細語，全場喜氣洋洋。酒過三巡，司儀邀請那對新人向嘉賓敬酒；蓮步嫋嫋、貌美如花的新娘子與英俊的新郎，雙雙步至每席向嘉賓祝酒，好不熱鬧。

其後，來到品嚐精美甜品之際，司儀邀請新娘子父親致辭。

看似年逾七十的爸爸，神采依然，從容不迫，步至司儀台前，開始講話：

「我心愛的女兒、Bernadette, 今天開始，妳工作後，回到自己的新居，在餐桌上，不會出現爹爹媽媽經常為妳預備的餸菜佳餚、美味濃湯、軟滑香飯；妳的衣櫃，爸媽不會再為妳放置摺好洗淨的衣物；妳的家居清潔，爸爸媽媽不會再為妳操勞，需要妳和 Benjamin 自行操作。

「繁忙工作過後，回家燒飯弄菜，當會感到吃力；但夫婦兩人攜手合作：一人煮食，一人洗碗；一人吸塵，一人拖地；一人洗衣，一人晾衣；分工合作，你們會體會到，勞力減半，成果加倍。

「你們婚後，因成長過程不同，生活習慣需要磨合，彼此學習體諒寬恕、互相關懷扶持；無論環境順逆，健康疾病，都要彼此尊重相愛，終身不渝。

「在夫婦溝通方面，很多人覺得，切忌傾談日間工作，尤其是不快之事，以免妨礙家人心情。我卻不以為然，我認為在外間工作，若發生了不如意的事情，夫婦該當及早坦誠提出，共同檢討分析，找出問題所在，加以修正。在互相體諒鼓勵下，將不快之事，消除化解，以免耿耿於心，引致夫妻不必要的誤會，影響家庭和諧。

「與孩子溝通，要有同理心，盡量將自己思維降至孩提心態，以便進入他們的內心世界。不可一下子期望孩子做事完美，但鼓勵他們不斷嘗試，使其漸有進步，在學習中，找到希望和樂趣。多些向他們作簡單提問，讓他們學會思考，尋找答案；給予他們多些體諒、鼓勵、讚美，讓他們把握機會隨時隨地學習。

「培育孩子，最重要的是啟引其求知欲，做事有恆心；對主敬愛，對人關心，勇於寬恕，樂助他人。

「婚後生活，令人操心的事繁多。經濟是家庭要面對的重大問題。珍惜你賴以維生的工作，着重人際關係，忠誠侍主，樂助同事，善待顧客，在工作坊間，獻出一己之力，注入友愛共融的精神，締造平和喜悅心態。工作不可過勞，以免忽畧了家庭、妨礙健康。

「平素生活，要時感滿足，心懷感恩，達觀自信，善用閒暇時光，培養有益身心的興趣，並參與義工服務，藉以體會生活安穩的可貴、服務社會的意義。

「衣食住行的生活達到適當水平，便該停下來。不要為換豪宅、求靚車、穿名牌、旅遊總要吃喝玩樂最好的享受。需要知道世間很多人，穿不暖、吃不飽；有很多年老體弱、無所依靠的不幸者，需要我們關心幫助。故整個家庭，時常都要懷有守望相助的精神，養成節約美德，省下來的，對有需求的人，施以援助。

「人的智慧與思維能力極為有限。在人生中，未來境遇、家庭發展、健康情況、環境轉變，非我們所能知曉，也非為我們所能掌控。我們的家庭必須要有第三者的介入及臨在。這第三者不是人，而是造物主。祂是神、是道路、真理和生命。

「在人生中，不時遭遇難以解決之事，如遷居轉職、兒女求學、健康經濟、人際關係等問題…我們要依靠天主，謙誠向祂祈求，主定會引領、指導，為我們作出適當安排，使事情迎刃而解。

「可愛的 Bernadette, 妳和 Benjamin 選擇走婚姻路途，是懷有理想、勇於承擔的抉擇。我和媽媽以及兄姊誠切祈求上主，眷顧您們、降福您們，使您們以信主為基，以望主為本，以愛主愛人為道，走幸福美滿人生、救恩成全之旅！



「最後我和內子衷心感謝為 Bernadette 和 Benjamin 主持婚配的麥神父，感謝各位親友和嘉賓光臨，感謝眾多朋友全力幫忙，使婚禮宴會暢順完成；我們也向這酒店全體員工悉心招呼款待嘉賓，致以衷心謝意，願主降福各位。」

新娘子爸爸辭畢，司儀向台下嘉賓提問，有誰喜歡向新人或其家人說話。

瞬間，一位銀絲白髮、具有儒者風範的長者，前行至司儀台前，和顏悅色開腔說話：

“Mr. & Mrs. King, Bernadette and Benjamin, and honourable guests:

My name is Mrs. Wilkinson. I am glad to let you know years ago in University, Bernadette studied English under my guidance.

I have some knowledge of Chinese and manage to get a general grasp of the speech made by Bernadette's Dad. I choose to speak in English because I feel more comfortable to do so in my mother tongue.

Bernadette in pursuing her tertiary education appeared to me as a talented and versatile student. She was sharp and witty, meek and gentle, humble and obliging. With an insatiable thirst for knowledge and being a good mixer among friends on campus, she excelled in academic studies and shone in extra-curriculum activities enabling her to win her well-deserved First Class Honours Degree in English Literature.

From the impressive speech made by her sagacious father, it dawns on me that Bernadette's refined character and boundless knowledge demonstrating herself as an all-rounder is no mere co-incidence. She has been so much loved and so well nurtured by her parents.

Mr. King has mapped out a thoughtful plan for Bernadette and Benjamin to develop their family into one potentially rich in faith, hope, peace and joy.

I was touched by Mr. King's eloquent speech and particularly impressed by his advice to invite God the Creator to be the Master of a family in journeying the marital life.

Being a practicing Catholic for more than half a century, I have often experienced the unimaginable divine care and love of the Lord. In fact, I come to realize if I were not walking with Christ I would have been left groping in the dark throughout life, beating air in my work, in my efforts and in my endeavours.

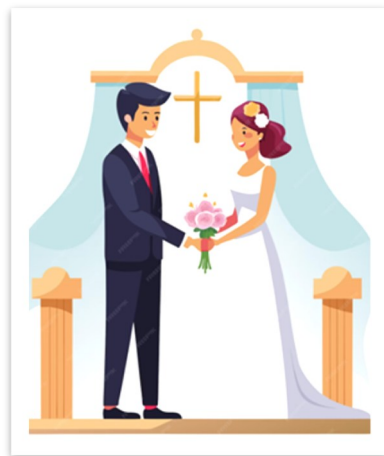
In closing, I would like to warmly and heartily congratulate on the King's Family, especially Bernadette and Benjamin. May God grant them grace and shower abundant blessings on them.

Thank you! Thank you!”

新娘的大學老師致辭完畢，在熱烈掌聲中，Bernadette 和 Benjamin 手牽手，速步上前擁抱致謝老師，繼而擁抱蜜吻雙親，隨後，姍然輕步於殿堂席間，神采飛揚，喜悅滿盈，豪情壯語向全體嘉賓不斷地說：「感激！感激！感激你們光臨；你們的光臨令我們的婚宴生色不少、歡樂倍增；願主降福你們、降福你們身心康泰、生活愉快！」

“Thank you! Thank you! Thank you to you all! Your presence has graced our wedding; your coming has added to the joy and hilarity of our party. May God bless you all!”

在歡樂澎湃的氣氛中，全體嘉賓參加了一個感人的婚姻晚宴，眾人聽過了令人難忘的婚宴演辭；在依依不捨中告別，曲終人散。



Editor's Word

CMCC parishioners are welcome to contribute their experiences in faith journey or spiritual sharing or any valuable photos taken during parish events to CM Voice.

Please submit articles and photos to our email : cmcc.cmvoice@gmail.com .

編輯的話

証聲誠邀本堂教友投稿分享你們的信仰歷程或神修心得，或分享你們在堂區活動拍到的相片。稿件或相片可電郵到 cmcc.cmvoice@gmail.com。如有任何有關証聲的意見，也歡迎電郵給我們。

前述：

年初一 1 月 29 日凌晨五時接到大嫂通知我哥哥癌症末期已入骨，危在旦夕。於是在年初二 1 月 31 日急飛往溫哥華探望。

到步後，匆匆見了大哥一面，看他情況很好，行得走得食得。我還以為大嫂說他病危是假話。

過兩天後想去探哥哥，怎料天下大雪，全城積雪 5 至 6 吋。由於我住列治文酒店，但沒有交通工具，路面又結了冰，為了安全，便沒有前往溫哥華探病，浪費了四天探哥哥並向他福傳的時間。1 月 31 日及 2 月 1 日哥哥的牧師朋友來探病兩次，勸他信主，但不得要領。當第二次探哥哥時，看見一位無神論心理輔導員，安慰哥哥用自己積累的功德，靈魂會得到好歸宿。這套無神論與我們真正的天主教信仰是背道而馳的，這些言論使我很反感更阻滯了我對哥哥福傳！

幸得加殉堂秘書 Angela 的幫助，安排到朱神父往溫哥華探訪哥哥，朱神父很耐心地講解了 1 小時教會道理，當時哥哥滿肚疑問，更認為自己仍然有大把時間慢慢研究，不需急急接受天主教信仰。當時我覺察到他的身體開始體力衰退 … 又擔心他自以為身體狀態仍然良好，可以繼續掌管自己的生命，不需要信主入教。但我卻感到哥哥在世時日無多又未信主的壓力，我必須要急急懇求慈悲救主的助佑，於是我懷著謙遜、信賴的心為哥哥靈魂得救而獻上哀禱，多天內參予彌撒，辦告解及領聖體，誦唸慈悲串經…。

哥哥的情況急轉直下，2 月 11 日前往探望他，在他病床前我表達愛他，感激他對我血濃於水的親情和愛護，我代其他親兄弟姊妹們因過往的不和向他道歉並求他寬恕，又請他原諒我急於傳教而給他壓力！我表示認同他一生正直、善良、奮鬥和對醫學及工作上的成就令人敬佩！他很高興地接受我真情告白。隨後我自然地邀請他和我一同悔罪、劃十字、誦唸慈悲串經，最後他竟然開口說：耶穌我信賴你！



由於我訂了 2 月 15 日回港機票，計劃在 2 月 14 日多見哥哥一面。到了 14 日，當我要求上哥哥房間探望時，兩位哥哥的養女卻極力阻攔，以父親身體疲累為由及捍衛父親無神信仰而不許我見哥哥！當時的氣氛很緊張，我申明了我哥哥的親妹妹，是有權探病的，況且我沒聽到哥哥說不肯見我！擾攘良久，她們只好免為其難 … 我立即衝上哥哥房間！原來哥哥的情況從昨天突然惡化至極度衰竭，不能說話，目光沒有焦點，全身沒有氣力。我跑上前擁抱他，哭著說永遠敬愛及記念他，他以微弱的力量舉起手拍拍我背部幾下 … 在場中的都很感動。我用聖水灑在他額上祝福他，問他願不願意接受耶穌為救主？當時他的頸部不受控制，但看似盡量去示意，看見家人沒有反對，我便立即為哥哥施洗。我說耶穌愛你。請你在心內再講一次「耶穌，我信賴你！」施洗後，我再對哥哥說：「放心吧！你可以得救上天堂了！」隨後哥哥很疲倦地閉上眼睛，像用盡了全新氣力一樣。在旁一直照顧哥哥的菲傭姐姐很感動，她走過來握著我的手，說：「放心吧，他已經得救了！」我如釋重負，感恩至極！

「救主慈悲是臨終病人的最後希望！救我們脫免地獄之苦」2 月 15 日早晨接到消息：哥哥於早上 7:20 主懷安息。

後記：

感謝救主慈悲賜予以下恩典：哥哥說他末期癌症只有十分之一的痛楚他能夠在家中善終，並在家人陪同下我在他最後的日子能趕及見他最後一面，並得聖神引導給哥哥施洗哥哥在 2 月 14 日領洗 2 月 15 日主懷安息充心感謝各堂區：何神父、朱神父及教友們的支持，協助和代禱！幾十年來，我推行「救主慈悲」活動：探訪垂危病人，為病人和受苦的人祈禱，看到上主的仁慈，見證了許多罪人在臨終前悔罪受洗並得到平安！今次的善工活動曾遇到艱巨的外在環境，抵步在嚴寒的氣溫，陌生的城市，感到很孤立無援！幸而我在最需要幫助的時候，上主安排了適當的人幫我解決了許多外在的困難和阻礙！更得到初次認識的加殉堂教友幫助，多次接送我往加殉堂望彌撒、辦告解等等，使我有更妥善的準備，增加智慧和增強信心去完成這項救靈工作！感謝慈悲救主，接納我謙遜的哀禱，引導哥哥轉向天主，從而找到寬恕、接納、平安和愛！

Parish Group		堂區善會	
1 Knights of Columbus 哥倫布騎士會	Every 1st Monday	7:30-9:30 pm	Lawrence Hsu 778-863-4545
2 CWL - Canadian Martyrs Parish Council 公教婦女會	每月第二週一	7:30-9:30 pm	Canderlla Yip 604-721-2697
CWL - Our Lady Queen of Parish Council	Every 2nd Thursday	7:00-9:00 pm	Anne Chong 604-618-8688
3 Legion of Mary 聖母軍			
English Legion (英)	Every Saturday	10:00am-12:00pm	Erlinda Pereyras 604-345-9773
English Junior Legion (英)	Every Wednesday	5:30-6:30 pm	Mary Waung 778-321-0618
Cantonese Legion (粵)	每週六	10:15am-12:00pm	Stella Lau 778-388-4577
Mandarin Legion (國)	每週六	3:00-5:00 pm	Ines Chen 778-707-9889
4 Choir Groups 歌詠團			
Rejoice Choir 歡欣歌詠團 (粵)	每週六	2:45-3:45 pm	Grace Lee 604-760-7583
Praises' Choir 佳音歌詠團 (國)	每週六	4:00-7:00 pm	Eddy Ho 604-649-0698
Angels' Choir 天使聖詠團 (粵)	每主日	7:30-11:00 am	Eddie Chan 778-869-3238
St. Mary's Choir 聖瑪利歌詠團 (粵)	每主日	9:00am-12:45pm	Patrick Ho 778-889-4808
Youth Choir 青年歌詠團	每月第二及三週五	7:30-9:30 pm	Monique Mo 672-338-8898
Children and Young Adults Choir 兒童青年歌詠團	每月第二及四主日	9:00-9:50 am	Patricia Wu 778-996-7017
Family Choir (英)	Every Sunday	11:45am-1:00pm	Mikey Jose 778-866-5097
Epiphany Ensemble Choir (英)	Every Sunday	5:30-6:30 pm	Agnes Tao 604-868-8063
5 English Prayer Groups (英)	Every 2nd & 4th Saturday	7:00-9:30 pm	Frolin Ocariza 604-244-0297
6 Eucharistic Apostles of Divine Mercy (英)	Every 1st Thursday	6:00-7:30 pm	Elizabeth Wong 604-773-9852
慈悲天主宗禱會 (粵)	每月第二週四 (聚會)	7:30-9:00 pm	Judy Fung 604-374-2333
7 Infant Jesus Prayer Group (英)	Every 1st Tuesday	7:00-7:30 pm	Robert O'Kane 604-274-7995
8 Bible In Action 聖言動力 (粵)	每月第一週一	7:30-9:00 pm	Anthony Lam 604-725-3883
9 國語主領會 (國)	每週六	2:00-4:00 pm	Joseph Lu 778-928-3578
10 Wisdom Club 上智社 (粵)	每月第一週五	12:00-2:00 pm	Agnes Tao 604-868-8063

Parish Ministry		堂區服務	
1 Liturgy of the Word with Children 兒童聖道禮儀			
English (英)	Every Sunday	11:45am-12:30pm	Sr. Elisa Grignoli 604-274-4218
Cantonese (粵)	每主日	10:00-10:45 am	
2 Altar Servers 輔祭會			
Cantonese (粵)	每週六	4:00-5:00 pm	Dennis Fung 236-978-6228
Cantonese (粵)	每主日	8:15-9:15 am	
Cantonese (粵)	每主日	10:00-11:15 am	Apries Chau 778-881-3381
Mandarin (國)	每週六	5:30-6:30 pm	
English (英)	Every Sunday	11:45am-12:45pm	
English (英)	Every Sunday	5:30-6:30 pm	
3 Youth Ministry 青年牧民			
Cantonese (粵)	Every 4th Sunday	11:45am-1:45 pm	Dennis Fung 236-978-6228
English - CMYPC (英)	Every 2nd & 4th Saturday	7:00-9:30 pm	Frolin J. Ocariza 604-644-7366
4 Extraordinary Minister of Holy Communion 非常務送聖體員	During Saturday & Sunday Mass		Fr. Henry Yeung 604-272-5563
5 Lectors 讀經員	During Saturday & Sunday Mass		Brenda Tso 778-325-5687
6 Bereavement Group 善別會			Candy Hui 604-512-9878

何神父花地瑪祈禱會	粵語	每月第二及四主日	7:00-8:45 pm	Fr. Anthony Ho 604-272-5563 fatheranthonyho@gmail.com.
Fr. Anthony's Fatima Prayer Group meeting	English	Every 1st and 3rd Monday	7:00-8:45 pm	



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Fax/傳真: 604-272-5564

Emergency Sick Call /
病危緊急聯絡熱線:
604-729-7638

Parish Priests 堂區司鐸
Rev. Anthony Ho (Pastor)
何庭耀神父 (主任司鐸)
Rev. Henry Yeung (Parochial Vicar)
楊永明神父 (副主任司鐸)

Parish Assistants 堂區助理
Canossian Sisters 嘉諾撒修女
604-274-4218

Website: <http://cmartyrs.rcav.org>
Email: cmartyrs@rcav.org

Parish Rectory 司鐸宿舍
5680 Garrison Road, Richmond,
B.C., V7C 2M2

Parish Office Hours
堂區辦事處辦公時間

Monday to Friday 星期一至五
9:00am to 1:00pm
2:00pm to 5:00pm

Published by
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Sunday Mass 主日彌撒

Saturday 週六 4:00 pm (Cantonese 粵語)
5:30 pm (Mandarin 國語)
Sunday 週日 8:15 am (Cantonese 粵語)
10:00am (Cantonese 粵語)
11:45 am (English 英語)
5:30 pm (English 英語)

Weekday Mass 平日彌撒

Mon. to Fri. 週一至週五 8:30am (English 英語)
9:30am (Cantonese 粵語)
Saturday 週六 9:30am (English 英語)



Sacrament of Reconciliation 修和聖事

Monday to Saturday 週一至週六 9:10 - 9:25 am,
Saturday 週六 3:15 pm - 3:45 pm & 5:00 pm - 5:25 pm
Sunday 主日 5:00 pm - 5:25 pm



For Infant Baptism & Marriage, please call parish office.

如欲查詢嬰兒聖洗及婚配聖事;請致電堂區辦事處。



Emergency Sick Call 病危緊急聯絡熱線

In times of critical health condition requesting anointing, whether the parishioner is at home or in the hospital, please call us at 604-729-7638 for immediate assistance.
如教友病危在家或在醫院需要領受病人傅油聖事,請致電604-729-7638聯繫我們以獲得即時協助。



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Catechism 道理班 September to June 九月至六月

1. Children's Catechism (PREP) Every Wednesday 7:00 - 8:15 pm
2. 成人慕道班 (粵) (Cantonese) 逢週二 10:00 - 11:30 am or 7:00 - 8:30 pm
3. 成人慕道班 (國) (Mandarin) 逢週六 3:15 - 5:15 pm
4. RCIA (English) Every Thursday 7:00 - 8:30 pm
聯絡人 Co-ordinator: PREP Rayda Jalandoon 778-297-0133
成人慕道班 Kathy Mok 604-805-1633

Parish Service 堂區服務組

1. Chinese Class 中文互動學習班 Tung Chi Ng 778-814-2863
2. PCA 堂區聯誼活動 Lena Chen 604-272-5563
3. 新移民服務 Grace Wong 604-271-8086

Co-ordinator 聯絡人

教宗 2025 年祈禱及福傳意向

四月 請為新技術的運用祈禱

願新技術的運用不取代人際關係,而是尊重人的尊嚴,有助於我們面對這個時代的危機。

五月 請為工作條件祈禱

願每個人都能透過工作實現自我,家庭能有尊嚴地得到維繫,社會能變得更人性化。

六月 請為增加對世界的憐憫祈禱

願我們每個人都能在與耶穌的個人關係中找到安慰,並從祂的聖心中學習對世界的憐憫。

Papal Prayer Intentions for 2025

April For the use of the new technologies

Let us pray that the use of the new technologies will not replace human relationships, will respect the dignity of the person, and will help us face the crises of our times.

May For working conditions

Let us pray that through work, each person might find fulfillment, families might be sustained in dignity, and that society might be humanized.

June That the world might grow in compassion

Let us pray that each one of us might find consolation in a personal relationship with Jesus, and from his Heart, learn to have compassion on the world.