



Breath of Spirit

微風

風隨意向那裏吹，

你聽到風的響聲，

卻不知道風從那裏來，

往那裏去：

凡由聖神而生的就是這樣。

若望福音 第三章八節

The wind blows where it wills,
and you hear the sound of it,
but you do not know whence it
comes

or whither it goes;

so it is with every one
who is born of the

Spirit.



瑪利亞進教之佑 華人天主堂

MARY HELP OF CHRISTIANS Chinese Catholic Parish

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堂區大事記錄

二零零九年

五月

廿四日

為『聖母進教之佑』慶節並慶祝本堂成立廿二週年，並於五月廿三日在喜萬年酒樓舉行聚餐，當晚場面非常熱鬧，參與人數約200多人，同時大會亦為前任麥約瑟總主教Most Rev Joseph MacNeil慶祝晉鐸60週年紀念。

六月

十九、二十日

邀請卡城區鄔維揚醫生暨永久執事主持親子工作坊，透過講座、祈禱、內省等方式讓天主聖神指導我們每個人在家庭親子關係中的角色。

廿二日

堂區有六位小朋友於當日上午十一時的主日彌撒中初次領受聖體聖事。

廿六日至廿八日

堂區『青年夏令營』於慈悲耶穌聖心營地舉行，並邀請了被公認青年牧民經驗豐富，有愛心輔導兼備的區耀邦神父主持籌備小組的遊戲、討論、歌唱、分享帶出的『Church what in it for me』來增加青年對堂區的認識及歸屬感。

廿九日

區耀邦神父於晚上七時主持保祿年結束感恩祭彌撒後舉行講座，主題為『聖保祿宗徒與今日福傳』，三十日晚講座主題為『父母與青少年在成長過程中的互動』，參與的兄弟姐妹非常踴躍，區神父並與青年人打成一片。

七月

廿六日

曾任慈幼會中華會長的何廣凌神父慶祝晉鐸五十週年金慶，進會60週年鑽石慶及八十大壽，何神父在本堂主持感恩聖祭。

八月

二日

本堂首任主任司鐸劉志剛神父亦同時慶祝晉鐸五十週年金慶，進會60週年鑽石慶及八十大壽，在本堂主持感恩聖祭，並與教友於彌撒後舉行午餐聚會。

九月

九月十三日

前任主任何國璋神父重臨本堂主持感恩祭並慶祝七十大壽。參與的兄弟姐妹踴躍。

十月

廿三日

十月為聖母玫瑰月，堂常區於十月廿三日(星期五)晚上舉行『玫瑰經之夜』祈禱聚會，當晚參加的兄弟姐妹人數踴躍。以誦念玫瑰經、歌唱聖詠、分享等形式帶出。祈望堂區能舉辦多些靈修性的聚會。

十一月

八日

公教家庭協會舉行聚會，參加人數約三十多人，聚會內容以增進小組間彼此認識、聖言分享及聚餐。

十二月

十八、十九日

堂區在將臨期特別邀請從溫哥華來的何庭耀神父主持團體悔罪禮及修和聖事。

廿七日

『聖家節』主日彌撒中有十對夫婦參加『重宣婚姻盟約』，目的是為了提醒在家庭中要以聖家為榜樣，為中心，努力活出聖家的精神。

『公教家庭協會』為延續盛況於晚上在喜萬年酒樓舉行晚宴。



編者的話

簡洗淑瓊

今期「微風」半年刊出版適逢「聖誕佳節」和「聖家節」，聖誕節是一個普天同慶歡樂的日子，因着耶穌基督的誕生，祂將「愛」帶給整個人類，這個「愛」是需要我們彼此去延續和鞏固，為宣認基督的愛。「聖家精神」是以聖家為中心，並以聖母瑪利亞及聖若瑟在生活中實踐「天主的聖意」。

今天與大家分享我與家人於八月「法國露德之行」的感受。八月十一日從法國乘六小時高速火車到達聖城露德，我們從酒店步行五分鐘已到達露天廣場，我們首先去辦妥修和聖事。在聖堂前面的廣場中，有一座大約六尺高的聖母像設立在整座宏偉的大教堂前，四週滿佈芬芳奉獻的鮮花，每一束都代表着朝聖者的禱聲。

聖堂的左面是聖水泉，在氣溫高達30°C之下，很多朝聖者去水泉飲聖水，祂們更盛載滿滿的壺子。隨着一大條人龍在烈日之下仍熱熾地期待親臨觸摸，在一百五十一年前，聖母顯現給聖女伯爾納德的地方——一座岩洞，岩洞周圍剎時間一片寧靜，朝聖者以內心的靜默去意會聖母的臨在，以轉達心中的渴求，懷着喜樂的心去祈禱。

沿聖母巖向前便是聖水池，往後遠處在清綠的草叢，清溪小橋旁令人們心神為之舒暢，再沿路進入是落成不久白色建的十四處苦路，我們在此默想耶穌的苦難，把我們的生活交托於上主，心中不期然的平安。之後便進入聖堂大殿參與彌撒，領受基督的聖体和聖血。

晚餐後很多朝聖者都手持蠟燭向着廣場進發，參加晚上燭光大遊行，晚上九時正，聖母燭光巡遊典禮開始，由六人隊伍抬着玻璃櫃中的聖聖母像出現在聖堂門外，在廣場掀起一陣陣的歡呼聲，以柔和悅與的歌聲帶領下燃點每人手中的蠟燭，列隊跟隨聖母像進行巡遊，閃閃的燭光帶着每個人的期望、禱聲互相地融會與聖母一起祈求上主。有很多的義工推着坐輪椅的病人或扶着老弱者加入巡遊的隊伍，希望在朝聖旅程中加強他們的力量，能克服疾病帶來的痛苦與憂慮。

浸聖水是朝聖者的另一個高峰，由於朝聖者太多，大會特別安排指定時間，為免錯失機會，我們在十二日便一早起床，去排隊浸聖水，等候期間，大家心中不停地禱告，這個源源不斷湧出的聖水泉是聖地的一個特色。三天的朝聖旅程給我們一家在信仰旅程中一個靈性的更新。

「微風」的主題內容以圍繞「聖母月」給我們的分享，以「聖母月聚會」、「孝敬聖母」、「玫瑰經—通往基督的瑪利亞之路」。堂區的青年、少青組舉辦的生活營，給堂區的青少年凝聚了一股幹勁的活力，你們可從「Youth Camp Sharing」、「Thoughts from Youth Camp」、「AG Goes Camping 2009」三篇文章中知道更多。生活分享的文章如「**在聖人的腳下，我感動了**」、「夫婦生活營感受」。當然少不了時常支持「微風」出版的「詩篇」投稿的作者。

「微風」出版時應該是2010年的第一天，在此恭祝大家「主愛臨大地、福澤滿乾坤」。

聖母月聚會

清泉

本年十月廿三日晚上七時三十分，我們夫婦倆參加了堂區舉辦的公誦玫瑰經的聚會。回想起來，真是十分有意義的活動，希望藉此機會與主內各兄弟姐妹分享一下個人感受。

那天晚上，天氣很好，參加的教友約數十人。聚會開始，首先由主任司鐸麥神父帶領祈禱及講述玫瑰經的事蹟，其中提及到聖母不但是歐洲及其他國家的主保，也是中國的主保(引述中國佘山的事蹟)跟着由其他姊妹分別負責讀經，帶領頌念玫瑰經，聖詠及其他禱文等。

在誦念完玫瑰經之後，開始舉行一個傳遞蠟燭的儀式，當蠟燭傳到手上時，那位兄弟或姊妹便會把心中的意向及心願說出來，跟着全體教友便會誦念『求主俯聽我們的祈禱』一起誠心懇求天主，求祂接納，在燭光中我們靜心聆聽各人內心深處的困惑，憂慮，訴求及意願，此時此刻，真感謝主帶給我們同一的信仰。在喜樂的日子，我們歡聚一堂；在困難、恐懼及接受考驗的時刻，我們互相支持，互相鼓勵；除去自我，真心相待。透過這個聚會，把彼此的距離拉近，有什麼能夠比一些關愛的行動更能見證大家是主內的兄弟姐妹，是真正的基督徒呢？

感謝堂區安排了這個玫瑰經祈禱聚會，當誦念每一端玫瑰經時我們都能默想聖母對世人的偉大無私的奉獻，同時也能道念救主的一生及祂贖世救(?)的大業。回顧聖母瑪利亞的一生，她的謙卑、溫順、貞潔、服從及寬容大量種種美德，留給世人效法的表樣。在世間上，相信任何人都不能否認母愛是最偉大的，每一位稱職的母親都會不惜犧牲，盡心盡力去愛護自己的子女，縱使辛勞，亦不望回報，更何況是我們天上的母親呢？無論世人犯了無數的罪過，傷透了她的心，她都會寬恕及保護我們，並為我們轉求天主。

在每年的玫瑰月中，堂區都會安排各項活動，敬禮聖母，也特別鼓勵家庭公誦玫瑰經的聚會。在我來說，玫瑰經已成爲生活中不可缺少的一部分。無論任何形式，公眾聚會，在家庭，在車上…利用任何的時分在祈禱中與主相逢，並獲得天上聖母的護佑。按着經文，用心誦念，自能領略到在俗世中生命的價值觀及對信仰生活的實踐，特別是聖母經最後的一段：『天主聖母瑪利亞，求你現在和我們臨終時，爲我們罪人祈求天主亞孟。』這段經文令我想起，人生在世，數十寒暑，萬物有時，各歸其根。在現世及生命的終結時，能夠得到聖母的保佑，爲我們轉求上主是何等有福啊！所以誦念玫瑰經是非常重要的。自愧在信仰生活中，認識膚淺，文筆粗拙，但經刊物組簡洗淑琮姊妹熱誠鼓勵，只好提起勇氣，把心中感受與各位主內兄弟姐妹分享。在日常生活中多念玫瑰經，定能感受到內心的寧靜及喜樂。謹在此祝大家身體健康，主內平安。

孝敬聖母

五月是〈特敬聖母月〉，五月十三日是聖母在法蒂瑪顯現紀念日（零八年是一百五十年紀念）；還有五月份第二週是母親節；五月份有多位中華殉道聖人紀念日。

我是公教徒，我對中國儒家思想有深入研究，我認為天主教教義與中國文化很吻合。利瑪竇神父於明代來中國傳教，就深研中國文化，穿儒服、戴儒冠，故有大臣徐光啓、李之藻入教。天主教是宗教，是屬於敬禮唯一真神（天主）的團體，天主教有二千餘年的歷史，世界有很多名人、文人、科學家都信奉天主教，可知天主教是令人敬仰的。信奉天主教絕不是迷信，我深信奧蹟：如聖母始胎無原罪生耶穌、耶穌是人又是天主、耶穌把餅與酒化為自己的體血，這些，我深信，我曾對人說，如果你不信奧蹟，只是你沒有體驗。

我的教齡六十餘，我奉教時，適值任一間報館的主編，故引起社會人士的注意。我在香港時，負責編輯筆會在星島日報發刊的「文學天地」，一位年長的會友他是名教授）對我說：「我一看你的言行舉止，就知道你是天主教徒。」我喜歡讚揚人，不說人壞話，頗有人緣，我曾對人說，你如果想信宗教，最好是奉天主教。我在本市辦報，也以發揚中國文化，表揚華人成就為宗旨。



六六詩鈔

隱名氏創

註：〈六六詩〉每首六句，每句六字，故名。是首創，不拘平仄音韻，只求有深度、有意義，便於欲作詩者，與唐詩五七言絕律詩有異。由2000年開始寫，至今已寫

智慧

精神勝於物質
智慧明辨是非
財富過眼雲煙
人生在世短暫
聖經啓示智慧
尋求智慧是珍

深思

表面膚淺觀看
未加深入思維
耶穌捨生拯衆
秉承上主旨意
俗人只看被釘
犧牲實乃至尊

工

善盡自己本份
力行份內工作
職業不分貴賤
敬業自然樂業
專心勤勉盡責
事成感到興奮。

僕人

耶穌降生成人
救贖眾人被釘
死而復活奧蹟
盼望後人享壽
不是受人服事
而是乃役於人

禱

求主洗滌我罪
求主提升我品
樹立優良楷模
保持師表尊嚴
上主成全於我
俾能立身處世

瀟灑

不帶一片雲彩
背着斜陽而去
斜陽入水為紅
世事盛衰變換
何必計較名利
轉眼一切成空

『玫瑰經』--- 通往基督的瑪利亞之路

玫瑰園

在全人類中，沒有人比瑪利亞更認識基督，比基督的母親更能帶領我們深入瞭解祂的奧秘。玫瑰經是一種環繞着「福音綜合綱要」的默觀祈禱，在瑪利亞的陪伴下，展開靈修朝聖之旅，融入耶穌基督一生的救恩奧蹟中，使人觸動着心靈的跳躍，進入祂的生命內，默觀基督的面容，與昔在、今在、永在的基督相遇。

童貞瑪利亞玫瑰經，在天主聖神的引導下，於第二個千年中逐漸發展。這種祈禱受到許多聖人的喜愛，也受到教會訓導的鼓勵。它既單純又深入，即使在這剛開始的第三個千年，仍然是一種相當重要的祈禱，也定會帶來聖德的果實。玫瑰經祈禱在基督信仰的靈修道路上佔有明確的地位。基督信仰雖歷經了兩千年，不但絲毫沒有失落其原始的新意，並且還感受到天主聖神在推動它「划向深處」，以便向世人再次宣講，甚至大聲疾呼：基督是主，是救主，他是「道路、真理和生命」(若十四6)，是「人類歷史的終向，是歷史和文明的理想所匯聚的焦點」(1)。

救主耶穌在臨終時，經由他所鍾愛的門徒，把教會全體子女托付給至聖童貞慈母的照顧：「女人，看，妳的兒子！」(若十九26) 許多標記顯示，童貞瑪利亞仍然希望在今天藉著這項祈禱，向教會的兒女表達她慈母的關切。大家都知道，在十九世紀和二十世紀之間，基督之母曾多次顯示她的臨在，和她的訊息，藉以勸勉天主子民注重這種默觀式的祈禱。我要特別提出瑪利亞在露德和法蒂瑪的顯現，因為它們對基督徒的生活產生極大影響，並且獲得教會當局的承認；這兩處朝聖地一直吸引許多前往尋求安慰與希望的朝聖者。(2)

人類在魔鬼的誘惑下不斷犯罪，它的武器是：罪惡、恨、不潔、驕傲及背叛天主。上主的聖名被褻瀆、無神論、假先知、仇限與暴力氾濫、殘酷血腥的戰爭頻頻暴發，威脅着全人類的和平，到處有飢荒、瘟疫和地震，正應驗着聖經上「末世言論」的記載及「人子再來的先兆」。(請參閱瑪24: 1- 31)

「當人子回來的時候，祂還能在世界上找到信德嗎？」

聖母瑪利亞在廿世紀不斷憂心地顯現，勸告世人要醒悟去跟隨她走向天主，要敬畏天主的義怒，因為我們已進入了天主爲了淨化世界而進行嚴厲懲罰世界的時代。聖母的訊息是要我們不斷地祈禱、守齋、補贖、保持信德、和敬禮基督聖體；堅定地與教宗團結一起，在聖神的帶領下，求取世界和平及世人皈依天主。你們會聆聽嗎？跟隨嗎？

「玫瑰經」參閱資料推介:

1. (1) (2) 教宗若望保祿二世之宗座牧函「童貞瑪利亞玫瑰經」及其著作「跨越世界的門檻」 - (32章)「全屬於妳」。
2. 「玫瑰經最鍾悅的祈禱」“Rosario – Preghiera poediletta” – 原著於教宗若望保祿二世暨20位樞機主教為玫瑰經二十端奧蹟而寫。中文版本由香港天主教教友總會出版。
3. 「廿世紀聖母顯現」VCD – 香港視聽中心出版。可在堂區圖書館借看。
4. Website: www.catholic.org.tw/catholic/knowmary9.php#
聖母與玫瑰經、玫瑰經的沿革、唸珠的起源、敬禮聖母、玫瑰及聖母月的由來、及「聖母經」十五項許諾等。
5. 「慈母心聲」這本書, 是聖母無玷聖心, 籍着德範 . 高庇神父, Fr. Stefano Gobbi 推動聖母司鐸運動 The Marina Movement of Priests 和晚餐廳集禱聚會 The Cenacle 的一個工具, 而聖母司鐸運動和晚餐廳集禱聚會則是聖母自己, 爲了革新人類, 拯救世界並迎接耶穌基督第二次光榮來臨的一項偉大計劃。(節自編者的話)

堂區有定期的家庭玫瑰經聚會。內容: 呼求聖神、虔誠誦念 / 默想玫瑰經奧蹟、爲教宗祈禱、朗讀並默想「慈母心聲」或「聖經」的章節、信仰生活分享、信友禱文、個人意願祈禱 / 代禱及聖詠。歡迎教友查詢及參與。

地點	時間	聯絡人	電話
南區	每月第二星期五晚上八時	Josephine Choi	780 - 438 - 3910
		Joseph Ng	780 - 430 - 9107
北區	每月第三星期五晚上七時卅分	Iris Fung	780 - 475 - 9358
		Elizabeth Mak	780 - 472 - 0111

From all the years that I've been involved in the church youth groups, I have always been a participant that just followed the instructions of those who were in charge. Year after year, I would never have to worry about anything except remembering to bring mosquito repellent. But this year, I got the chance to reverse my role to become an organizer instead of a helper, a leader instead of a follower.

After a long period without any youth activities, we were motivated to bring the youth together in a grand fashion. When I first agreed to organize the youth camp with my friend Clarissa, I did not know what the task would entail. In the past, we had helped plan AG meetings and several youth events but we did not have any prior experience on organizing something on such a large scale. Boy, were we in for a surprise. It was a scary thought with two 18 and 19 year olds putting together a 3 day event for over 30 people. It took a lot of getting use to as we were the ones who would usually just carry out set guidelines and plans for what we were supposed to do; this time it was a blank slate.

With some help from Owen, Clarissa and I would get together during school hours to plan everything from the location, to the schedule, to the fees that the camp would require. Sometimes it was difficult, juggling university school work, commitments outside of school and planning the church camp wasn't exactly easy to manage. With the rigorous exam and assignment schedules, it was hard to find time to sleep let alone figuring out details of a camp that was months away. There were demands from all sides to meeting deadlines, to report our progress, and to show what we had done and at times it seemed overwhelming. It seemed like the further we progressed; the more complicated it got as there were more things to worry about, more people involved and even more at stake.

However, when times got frustrating and we lost our motivation, I was glad that my mom was there to remind me about the true reason behind why I took on this project. She told me that I was not doing this for anyone, or even myself, I was doing this for God. She also told me not to worry as He had the power to change anything that seemed impossible into a possibility. After she reminded me, I felt much more at ease. From then on, things seemed to fall into place bit by bit. We were able to find others to assist Clarissa and I in different activities and spots for camp began filling up.

I still remember the day that the start of camp came. Inside me was the feeling of both nervousness and anxiousness. After months of planning, it all came down to these three days. To our relief, everything worked out as planned and at times, even better than we expected. As the camp went on, it became apparent that everything we did was all worth it. The joy of seeing how everyone was enjoying themselves and having fun made all the hard work worthwhile. I don't regret taking the role as an organizer in any way as it was a good test for me and it also gave me some valuable experience. I just want to take this opportunity to thank everyone who helped out or even just came out to support the camp. Without all of you, it would not have been possible. Although it was only for a few days, I believe that it left everyone with good memories and hopefully it brought all of our youth a bit closer together.

Unlike most of the camp participants, I did not grow up in the church community as I have only started attending the Chinese Parish in these recent years. Most of the friends that I know at church are either the ones I've met in my high school years at Archbishop MacDonald or through the six years that I have spent at the Chinese school organized by our parish. Through EV last year, I began to meet different people at the church. However, as I have to leave Edmonton for school in Ontario, I don't have any strong bonds or friendships with anyone, other than the friends that I have known from before, in our church community.

To be honest, I was hesitant in attending the camp at first and still did not want to be there when I arrived at the campsite. I kept on thinking how much happier I would have been sleeping in on a Saturday morning instead of waking up earlier than I would for work, driving to a place far away and getting lost on the way there. All these negative thoughts slowly disappeared as the day went on with the talks that Father Au gave us and all the fun filled activities that were taking place. On Saturday night, I had a chance to talk to Father Au on a one on one level and told him all my feelings towards our church youth group. After our talk, he opened my eyes to all the different paths that I was blinded from before. More importantly, he told me how being physically away in Ontario shouldn't stop me from helping out with the Chinese parish here back home in Edmonton.

Another memorable experience from the church camp happened at the main lounge on Saturday night when everyone stayed up to play games. Through these games, I got a chance to know some people on a better level. It was one of those things that could have only happened in a camp/retreat setting since everyone is so busy with their personal lives on a daily basis.

It is remarkable what a day away from the city life can do and I'm more than thankful for choosing to go to the camp. It not only shed some light for me in my personal spiritual journey, but also opened some doors to some possible lifelong friendships.



AG Goes Camping 2009

Sandy Lai

During Labour Day weekend, 10 AG members and 7 advisors went camping at Lake Wabamun. On the first day, after setting up camp, we played a game of "Wildlife", which is like a scavenger hunt mixed with tag. People who were "predators" chased the "prey" around the forest, and all the "animals" tried to find different natural resources. People who had long pants were better off because the bushes were really thorny. At night we had a campfire, and we sang campfire songs and ate smores. Then Kelvin shared his reflections with us on a book called *Blessed are the Bored in Spirit*.

On the morning of the second day, we made breakfast in the traditional AG "brown bag" way. We put eggs and bacon into a brown paper bag, and then roasted the bags over the campfire. It took about 30 minutes to cook, and some people tried to light others' bags on fire, but all the bags were saved at the end and everyone enjoyed breakfast. Then we went into the town of Wabamun for Mass at St. Joseph Parish. The Pastor told us that our church had donated our old pews to them when we moved! In the afternoon, we played a "Noah's Ark" treasure hunt. Each team had to build an ark out of cardboard, and then we followed clues around the forest to collect the different animals. We learned that you had to slow

down in order to see the clues clearly. That night, a thunderstorm came! So we had to pack everything up and huddle in the shelter. While it was pouring outside, we played games like “Telephone” and “Pattern”.

On the third day, we woke up and had leftovers for breakfast. Then we packed up our campsite and moved to the lakeside. There, we wrote messages for each other in our camp memory books. We also took pictures and said prayers together. Then we piled into the cars and church van and came home. Many people napped on the way back because we were exhausted from our fun weekend.

If you want to see pictures from our camping trip, please see our AG board and camp journal!



夫婦生活營的感受

Agnes Yip

三年前，我和丈夫參加了一個夫婦生活營，在離營前，每對夫婦都參加了一個婚姻重宣的禮儀。有夫婦感動到淚如泉湧，有夫婦牽強地再走上紅地氈，在上主台前說出誓言，而我呢？在回程中，我告訴丈夫和同行的妹妹夫婦說：「假使不是在群策壓力下，我一定不會再作這宣誓。」對我來說，婚姻路對我真是太難行，太難走了。雖然在云云群眾中，我們可能被視為一對恩愛夫婦，擁有一個幸福的家庭。但背後的我卻期待着脫離這個婚姻枷鎖，尋獲自由身。

幸而，營後的夫婦組織了一個跟進小組，讓夫婦組員有定期相聚的日子，彼此分享生活上的小節與挑戰，婚姻及家庭的種種問題。每一次的聚會，除了有豐富美食外，大家還可以一起研讀聖經小節，鑽研一些有關資料以協助增進夫婦感情，改善溝通技巧，化解衝突，了解男女分別等等。就這樣，我們的婚姻路便被改寫了。

堂區的聖家節，我為參與婚姻重宣的夫婦而高興，因為他們並不是無知或因着群眾壓力而為。他們所作是讓家人去見證他們的婚姻盟約，他們的婚路歷程，那種至死不渝的愛。在這裡，我衷心祝福他們。盼望在來臨的歲月裡我也可落實地與丈夫再踏上紅地氈，走到主台前再說一遍婚姻誓言，讓眾兄弟姊妹為我們作證，婚姻路雖難，但是可以行得通，行得喜樂，行得起勁的。

讓我們放下怨恨的心，彼此寬恕謙信地與主同行，同建一個主恩滿盈的家。放低一個頑固的我，一個頑固的他，重抱甜蜜婚姻。

WHAT CHRISTMAS MEANS TO US

Alex: Christmas, a festive time of year, is very special to me. It means meeting with family, friends and other relatives that are dear to me. Although Christmas is a time to receive presents, it is also a time to receive God.

Donovan: Christmas is all about when Jesus was born and so that is why we all celebrate so much! But Christmas for me means a time to reflect and improve on all the good things and all the bad things that I have done this past year. It is also a time to get together with other friends and family members and have fun!

Edmund: Christmas is the time of giving to those who are less fortunate. It is a time to share within the family and have fun. It is also the time when baby Jesus is born.

Henry: To me, Christmas is a time of joy and contentment. Together, we celebrate this memorable event as a collective, bonding together, and giving our time to remember the birth of baby Jesus. Yielded with happiness, we gather together with family and friends to share our happiness with one another. The whole meaning of Christmas is God's love to us by sending us Jesus. From this, we are to show love just as God gave his love and grace to us. Illustrating this, we may act in his image through giving, charity, and hospitality to those less fortunate than us. Blinded by the advertisements and specials on toys and electronics, often times, we compromise the purpose of Christmas. This is not Christmas, but helping one in need to the best of our abilities is Christmas.

Macrina: I use to believe that Christmas was all about receiving presents and eating big feasts while waiting for Santa Claus to arrive with our gifts but I soon learned that it was much more than that. Christmas is a time of giving to others that are more in need than us and preparing for Jesus' coming. By showing our preparations for Jesus, we celebrate with our family, friends, and loved ones. Instead of being materialistic and wanting the most presents under the Christmas tree, we quietly wait for Jesus in our hearts and think about what Jesus would want us to improve for the New Year. Christmas is a representation of love in the world and the renewal of our Catholic belief. It is a special time in the year where we especially show our care to everyone around us and remember the true meaning of Christmas.

Sandy: Christmas is my favorite season because it is a time of unity. During the holiday season, strangers smile at each other and exchange holiday greetings, and everyone expresses their love and appreciation to others around them. Most importantly, millions across the world also flock to God's home on Christmas Eve and Christmas Day, even if they do not regularly attend Mass, showing that Jesus' birth is truly a time at which all are united in God's love.

在聖人的腳下，我感動了！

愚魚

在今天的高度文明及物質富裕社會，旅遊已成為人們的一種時尚的活動。我本人在旅遊時除了休息、觀光、享受或購物之外，甚少得到一些靈性上的感受。

可是今年春天，當我們乘船到達南美洲哥倫比亞，上岸去Cartagana市遊覽時，意外地在古城牆內的一座教堂的門前廣場上看到了一座既莊嚴又親切的銅像：一位神父與一位黑奴并肩站立，神父面朝黑奴，似乎在向這黑奴說話，表情親切和靄。出于好奇心的我，立刻上前去閱讀銅像底座的文字說明，才知道這是我們天主教的一位聖人：**Saint Peter Claver**。他在1850年由教宗庇護第九世宣他為真福，在1888年由教宗良聖十三世為他封聖，並立他為黑人的主保。

我向來對聖人的理解，覺得他們是既神聖又高不可攀的。究竟他和那位黑奴是什麼關係呢？尤其是在四、五百年前的美洲，白人與黑奴之間有著不可逾越的距離。帶著這個為什麼，回家後在網上查讀了**Saint Peter Claver**的資料：

從十五世紀至十七世紀，南美洲哥倫比亞是黑奴販賣的轉運中心，每天由非洲經大西洋來的船隻，載滿了成千上萬的用鐵練鎖著的黑奴來到那裏，堆放在廣場上曝曬雨淋，缺水少吃，任由農奴主選買。據統計有超過三分之一的人因此而渴死、餓死、和病死了。他們的處境是十分悲慘的。當年的羅馬教宗是極力反對這種踐踏人性、虐待黑奴的行徑。因此派遣了神父到那裏宣講福音。**Saint Peter Claver**是第二任的神父，他在那裡服務從1614年至1654年共四十年，直到去世。

每當一隻滿載黑奴的船泊岸時，**St. Peter Claver**就與翻譯一起，帶著食品分給黑奴吃，並帶了醫藥用品去為受傷的黑奴服務。另一方面，他又向船主、農場主宣揚了天主的信息：黑奴也是天主的子民，他們也應受到天主的愛。他還經常深入到種植場裡去探訪黑奴，在農場裡，他盡量婉拒農場主的款待，而情願與農奴們一起住在農奴的宿營地。日復一日、年復一年，在四十年的服務裏，他先後為三十萬黑奴洗禮。自從他在34歲時離開了他的家鄉西班牙以後，四十年來却從來沒有返回家鄉一次。他病了四年，失去了活動能力，在被人忽略的情況下於1654年逝世，享年74歲。由于他四十年不懈的把天主的聖言傳揚及以言以行實現了他自己所說**”我永遠是奴隸的僕人”**（或說**”我永遠是奴隸的奴隸”**）。他實際上已成為當地推動道德的一個典範和力量。他的死訊傳出後，Cartagana市的市法官宣布以最隆重的儀式為他舉行了葬禮。

參觀了實地，又閱讀了以上的資料以後，我非常感動。使我更加相信耶穌是天主子，而聖人們就是以言以行秉承耶穌的精神與教導，真正做到第一誡命**”上主我們的主是唯一的天主。你應當全心、全靈、全意、全力愛上主，你的天主。”**第二條是：**”你應當愛近人如你自己。”**再沒有別的誡命比這兩條更大的了。-----<瑪爾谷福音十二章28-29>-----我自問不是一個很虔誠的教徒，在聖誕節來臨之際，我們也應反