

## **BEC REFLECTION FOR JUNE 2020**

2020 年 6 月基信团省思篇

**Yearly theme: Sent with Joy to Heal**

全年主题：带着喜乐，受遣去治愈

**June theme: Say the word and I shall be healed**

6 月份副题：祢说一句话；我的灵魂就会痊愈

**Focus: Sent to the world to heal**

焦点：受遣去治愈

**Event: Corpus Christi**

事项：基督圣体圣血节

**Social Media Trend: pmptrustingod**

网络社交媒体：pmptrustingod

### **Introduction 简介**

Heroic and heartwarming stories abound everywhere. Like the man in Penang who recently proposed again to his wife after 26 years of marriage when he found out that she had breast cancer. Like the teenager in Johor who pulled two people out of a car involved in a collision before it burst into flames. There is also the story about the telecommunication company who provided the means to help an entire village **learn to sign** language because one man in the village is deaf and dumb. What about the fitness instructor who adopted a boy dying of cancer because the boy stopped coming for training at the gym?

英勇和扣人心弦的故事无处不在。譬如：在檳城，当一位已结婚了 26 年的男士发现他的妻子患上了乳腺癌时，他再次向妻子求婚。另一则发生在柔佛州，在一宗汽车碰撞后而燃烧的意外事件，有位青少年及时把两个受害者从车中拉出。再一则，某个村庄只因有一名聋哑的村民，有间电讯公司竟为整个村庄提供了学手语的课程。另有一则，当一位健身教练发现有位男孩因患癌垂死而停止健身训练，这教练领养了他。你对这些有何看法？

The persons in these stories can be an inspiration to us. However, reading these stories and doing worthwhile deeds are two different things altogether. Making sacrifices, especially for others, is not easy. Yet, we too can “perform” these miracles, however small they may be, to bring healing to others whether in our homes, community or society. This month as we celebrate the Feast of *Corpus Christi*, we celebrate too our being a part of the Body of Christ and what it means to love and sacrifice ourselves for others - to become like Jesus in our world to bring healing into the world.

这些故事中的人物启发了我们。然而，阅读与实践这些充满意义的事情是两回事。要作出牺牲不是容易的事，尤其是为他人而牺牲。但是，我们仍然可以在家庭、群体或社会上“创造”这些奇迹，去为他人带来治愈，尽管只是一些微不足道的小事。我们在这个月庆祝基督圣体圣血节的同时，也该为我们身为基督的肢体而欢庆，即应爱近人而为他人牺牲——在世上效法耶稣，去治愈他人。

**Opening Prayer:** Invite a BEC member to lead in prayer.

会前祈祷：邀请一位基信团员作会前祈祷。

**Opening Hymn 开场咏**

### **How Good It Is To Dwell**

How good it is to dwell with the brethren of the Lord  
And to share his life today.  
Our hearts all glow and swell when we meet with one accord  
To worship and to pray.

You said “Where two or three are gathered in my name, there I will always be”  
And in your memory we gather to acclaim, your promise for eternity.

How good it is to share in the wisdom of the Lord  
And to walk his holy way.  
Gathered here in prayer, where truth is told and heard,  
We are learning to obey.

**兄弟团聚之乐**（可上 YouTube 搜寻）

看兄弟们同居共处，多么快乐，多么幸福！（x2）

像珍贵的油流在亞郎头上，流在他胡须上，

又由他胡须上，流在他衣领上。

看兄弟们同居共处，多么快乐，多么幸福！ (x2)

又像赫尔孟的甘露，时常降落在熙雍山；

因上主在那里赐福，又赐生命直到永远。

### **Dialogue 交流与分享:**

In the month of June, we celebrate the Feast of the Most Holy Body and Blood of the Lord or as it is known in Latin, *Corpus Christi*. It is a feast that gives special importance to the Holy Eucharist. Why do we still celebrate the Eucharist 2,000 years after Christ instituted it at the Last Supper? We do this because Jesus told us to do so: “*Do this in memory of me.*”

我们在 6 月份庆祝基督圣体圣血瞻礼，拉丁文为 *Corpus Christi*。这是一个特别重视感恩祭的节庆。为何 2000 年后的今天，我们仍庆祝耶稣在最后晚餐时建立的圣体圣事呢？这是因为耶稣吩咐我们说：“你们要这样做来纪念我。”

In the Catholic Church, the Holy Eucharist is known by various names:

- 1) “*the Eucharist*” because Jesus offered himself to God the Father as an act of thanksgiving.
- 2) “*the Lord’s Supper*” or “*Breaking of the Bread*” because we celebrate it as a meal.
- 3) “*Holy Communion*” because we become one with Christ by receiving him.
- 4) “*Holy Mass*” (holy sending), because it gives us a mission: “*Go in peace, glorifying God by your life.*”

“感恩祭”在天主教会有着不同的名称：

- 1) “感恩”因为耶稣以表感恩把自己奉献予天父。
- 2) “主的晚餐”或“掰饼”因为我们以一餐来庆祝。
- 3) “共融”因为藉着领受祂，我们与基督合一。
- 4) “弥撒”（神圣地派遣）因为我们被赋予一个使命：“平安回去，以你的生活光荣天主！”

The Holy Eucharist gives us a lasting memorial of Christ’s suffering, death and Resurrection. St. Augustine in the 5<sup>th</sup> century AD when referring to the Eucharist said: “It is your Mystery, the Mystery of your life that has been placed on the altar.” The Eucharist is the Mystery of our Faith,

the mystery of our Hope, the mystery of our Charity. It reminds us of our obligation to make loving sacrifices for others just as Jesus did.

Paraphrased from: <https://www.vaticannews.va/en/church/news/2019-06/sunday-reflection.html>

感恩祭让我们永恒地纪念基督的苦难、圣死及复活。第五世纪时，圣思定曾指称感恩祭为“这是祢的奥迹；祢被摆在祭台上的生命奥迹。”感恩祭是我们信德、望德和爱德的奥迹。它提醒我们必须为他人作出牺牲，诚如耶稣一样。

摘自: <https://www.vaticannews.va/en/church/news/2019-06/sunday-reflection.html>

### **Buzzing question:**

- What did St. Augustine mean when he said: “It is your Mystery, the Mystery of your life that has been placed on the altar.” Why is the Holy Eucharist a “Mystery?”
- What do the words, “The Eucharist is the Mystery of our Faith, the mystery of our Hope, the mystery of our Charity” mean to you?
- In what way does the mystery of Holy Eucharist link your life with others in the BEC, parish and the whole Church?

### 问题讨论:

- 圣思定指的“这是祢的奥迹；祢被摆在祭台上的生命奥迹”有何意思？为何感恩祭是个“奥迹”？
- “感恩祭是我们信德、望德和爱德的奥迹。”这句话对你意味着什么？
- 感恩祭的奥迹如何将你的生活与基信团、堂区和整个教会中的其他人联系起来？

### **Discernment**

Romans 12:1-8.

I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect. For by the grace given to me I say to everyone among you not to think of himself more highly than he ought to think, but to think with sober judgment, each according to the measure of faith that God has assigned. For as in one body we have many members, and the members do not all have the same function, so we, though many, are one body in Christ, and individually members one of another. Having gifts that differ according to the grace given to us, let us use them: if prophecy, in proportion to our faith; if service, in our serving; the one who teaches, in his teaching; the one who exhorts, in his

exhortation; the one who contributes, in generosity; the one who leads, with zeal; the one who does acts of mercy, with cheerfulness.

### 分辨：

#### 恭读罗马人书（十二：1-8）

弟兄们！我以天主的仁慈请求你们，献上你们的身体当作生活、圣洁和悦乐天主的祭品：这才是你们合理的敬礼。你们不可与此世同化，反而应以更新的心思变化自己，为使你们能辨别什么是天主的旨意，什么是善事，什么是悦乐天主的事，什么是成全的事。我因所赐给我的圣宠，告诉你们每一位：不可把自己估计得太多，而过了份；但应按照天主所分与各人的信德尺度，估计得适中。就如我们在一个身体上有许多肢体，但每个肢体，都有不同的作用；同样，我们众人在基督内，也都是一个身体，彼此之间，每个都是肢体。按我们各人所受的圣宠，各有不同的恩赐：如果是说预言，就应与信德相符合；如果是服务，就应用在服务上；如果是教导，就应用在教导上；如果是劝勉，就应用在劝勉上；施与的，应该大方；监督的，应该殷勤；行慈善的，应该和颜悦色。

### Reflection:

- We read the text for the first time.
- We read the text again as in silence we listen intently to the word that the Lord wants to speak to us in our hearts.
- Each of us share aloud the word/phrase that touched us.
- We share why the word/phrase has touched us.
- Together, we choose a “word of life” which the group may reflect on for the coming month.

### 反省：

- 我们先把这篇经文读一遍。
- 之后，我们再默读，心中细心地聆听天主要对我们说的话。
- 每人分享有那些词或短句触动我们。
- 我们分享为何被这词或短句所触动。
- 大家一起选出一句“生活的圣言”，以在这整个月内各自反省。

### Deeds:

- Share a story or an incident where someone you know used his or her gifts to bring healing to you or to others.
- In what way can you use or share your own spiritual gifts to bring healing to others in the BEC and to those in the neighbourhood in the coming month?

### 实行:

- 分享一则有关你所认识的某人，如何运用了天主赐予他的恩典，治愈了你或他人的故事或者事件。
- 在接下来的一个月中，你要如何为其他基信团员和邻人运用或分享你的灵修恩典，为他人治愈？

### Closing Prayer

#### CLOSING PRAYER

#### *Anima Christi (Soul of Christ)*

Soul of Christ, sanctify me. Body of Christ, save me.  
 Blood of Christ, inebriate me. Water from Christ's side, wash me.  
 Passion of Christ, strengthen me. O good Jesus, hear me.  
 Within thy wounds hide me.  
 Suffer me not to be separated from thee.  
 From the malicious enemy defend me.  
 In the hour of my death call me and bid me come unto thee,  
 that I may praise thee with thy saints and with thy angels,  
 forever and ever.  
 Amen.

A decade of the Rosary or Divine Mercy may follow.

### 结束祷

#### 基督的灵魂

基督的灵魂圣化我！  
 基督的身体拯救我！  
 基督的圣血陶醉我！  
 基督肋旁的水涤净我！  
 基督的苦难坚强我！  
 良善的耶稣俯听我！  
 隐藏我在祢的圣伤中！  
 不要让我离开祢！  
 保护我于狡猾的魔鬼！

在我死的时候召唤我！  
令我来到祢台前  
好偕同祢的诸圣赞美祢！  
直到世世无穷。阿们。

随后，诵念一段玫瑰经或天主慈悲串经。

### **Closing Hymn 结束咏**

#### **Bread, Blessed and Broken**

Jesus, you're the one I love,  
You're the one I know.  
You're the one who makes me strong,  
Spirit in my soul.

From the clouds of yesterday,  
Through the night of pain,  
Teach me, Lord, to know your way  
Know it once again.

Bread, blessed and broken for us all;  
Symbol of Your love from the grain so tall.  
Bread, blessed and broken for us all;  
Bread of life you give to us, bread of life for all.

Jesus, you're the one I love,  
You're the one I know.  
You're the one who makes me strong,  
Spirit in my soul.

#### **我今虔诚朝拜**

我今虔诚朝拜，隐形之天主，  
主在面酒形下，隐藏真面目，  
我之心灵全部，唯有尔是属，  
因瞻望尔奥迹，心喜不自主。

昔者十字架上，天主性隐藏，

今在面酒形下，人性亦不彰，  
二者我皆信仰，二者并宣扬，  
缅怀我于尔邦，如右盗所望。

耶稣我今仰瞻，尔掩障形像，  
一心虔恭求尔，满全我渴望，  
日后揭开帐幕，享见主荣光，  
面面相对瞻仰，欢乐永无疆。