

# The Catholic Guide to Lo Hei Yusheng

By Fr Alex Chua, Singapore (Repost with permission)

## — Pepper & Cinnamon

May these spices remind us of the frankincense and myrrh that the magi gave to the infant Jesus – that we must always give the best of ourselves to God, and not what is leftover

## 六 Crackers

May these poor crackers, cracked, broken and chipped, remind us that as Eucharistic people, we must be like Christ – bread broken for others

## 二 Oil

Having been baptised and confirmed with the sacred Oil of Chrism, may we carry out our roles as priests, prophets and kings – our sacred duties which we share with Christ, the Anointed One

## 五 Raw Fish

May we be reminded that Christ has called all of us, His disciples, to be fishers of men, sharing His Good News with everyone

## 三 Plum Sauce

Let us always savour the sweetness and goodness of our Lord, as the Psalmist said: "O taste and see, how good the Lord is."

## 四 Lime Juice

May this juice that we squeeze from the fruit of the lime tree remind us that Christ has commissioned us to go out and bear much fruit, fruit that will last

Bless all of us, O Lord, our family and friends near and far, our daily work and studies, our ministries and service, the poor and hungry, our health and well-being, our choices and decisions, in this new year, that all may be according to your holy will, and not what we desire for ourselves. We make this prayer in the name of Jesus Christ, your Son, through the power of your Holy Spirit, and with the intercession of Mary, our Blessed Mother. Amen.

# 天主教指南

## 捞生

(新加坡 ALEX CHUA 神父编写) — 获得转载的同意

因父, 及子, 及圣神之名。 阿门

### 一 胡椒与肉桂

这些香料提醒我们，  
三王奉献给圣婴耶稣  
的乳香和没药，我们  
也受邀把最好的献给  
天主。

### 二 香油

在领洗和坚振礼中接受  
付油的我们，必须执行  
我们被赋予的司祭、  
先知及君王的神圣任务  
如同基督，被拣选  
的那一位。

### 六 薄脆

这些容易破碎的薄脆，  
提醒我们——感恩圣  
祭的子民要学习耶稣，  
舍己为人。

### 三 梅子酱

让我们时时品味主的甘  
甜和美好，就如圣咏  
所说的：请你们体验，  
请你们观看：上主是何  
等的和蔼慈善！

### 五 生鱼

让我们时时记得基督召  
叫我们作祂的门徒，做  
捕人的渔夫，与他人分  
享祂的福音。

### 四 酸柑汁

让从酸柑树的果实所挤压  
出来的汁液提醒我们基督  
派遣我们出去，以结更多  
的果实。

祝福我们吧，天父！并祝福所有的亲朋戚友；我们的劳  
作及学习；我们的侍奉及服务；并祝福贫穷及饥饿者；我  
们的健康与生活；我们的选择和决定。在这新的一年，  
愿祢的旨意，而非我的私欲，承行于地。我们这样祈  
祷是因祢圣子，主耶稣基督之名并因圣神的力量及圣  
母玛利亚的转祷。阿们

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