



2022 Christmas Greetings



Joy TO THE WORLD
I proclaim to you
good news of great joy for all the people...

Today a Saviour has been born for you. ~ Luke 2:10-11

我給你們報告一個為全民族的大喜訊：
今天為你們誕生了一位救世者。~ 路加 2:10-11

Dear Brothers and Sisters in Christ,
News of conflicts, wars, inflation, unemployment, food shortages, Covid-19 pandemic, natural disasters and crimes are flooding us each day, and many people are living in distress, filled with anxiety about their uncertain future. Is there any good news of great joy today like the angel proclaimed on the night our Savior was born some 2000 years ago? Our answer is a definite Yes! We can rejoice in spite of all that is happening around us because we place all our faith and hope in the almighty and eternal God. His love for us is everlasting. He is not aloof from our condition. He is with us. We are not alone and helpless. On Christmas night, God the Father gave humanity of all generations its greatest gift – his only Beloved Son, Jesus Christ, to reconcile humanity with himself. Sin condemned the human race to death and eternal separation from God, but the Son of Man restores our dignity as God's children and gives us eternal life. Jesus' life, death and resurrection testify to God's steadfast love and plan for each one of us. Life can be difficult and sufferings are unavoidable, but God will never abandon us in our misery. After our brief earthly purification, he will wipe away every tear and reward our faith and good works with eternal life. At all times, with praise and thanksgiving, we rejoice in our hope, patient in our tribulation and constant in prayer. Rm. 12:12.

親愛的主內兄弟姊妹，
每天的衝突、戰爭、通貨膨脹、失業、糧食短缺、2019冠狀病毒病大流行疫情、天然災害和罪案等新聞都充塞著我們。許多人生活在困苦中，為未來充滿著焦慮。今天可真有如在二千多年前天使在我們救主誕生的那個晚上，為世人所宣佈的大喜訊嗎？我們肯定地回答—是的、可真有的！不管我們周遭所發生的一切，我們仍可以歡欣喜躍，因為我們所有的信念和希望，全寄託在全能和永生的上主身上。祂對我們的愛是永恆的，祂對我們的處境並不會漠不關心，祂與我們同在，我們並不是孤單無助的。在聖誕夜，天父賜給了所有世代的人類最偉大的禮物—祂唯一的愛子耶穌基督，讓人類可與祂和好。罪將人類判處死亡，並與上主永遠分離，但耶穌基督恢復了我們作為天主兒女的尊嚴，並賜給了我們永生。耶穌的生命、死亡及復活見證了上主對我們每一個人恆久的愛及計劃。生命可能充滿著困境，苦楚無可避免，但上主永不會在我們的苦難中捨棄我們。在我們在世短暫的淨化之後，祂將會抹去我們的每一滴眼淚，因著我們的信德及善行而賞賜我們永生。在任何時刻，我們都懷著讚美和感恩的心，在望德中喜樂；在患苦中忍耐；恆心地祈禱。羅馬書 12:12.



Unlike the empty promises and fleeting pleasures that the world offers, Jesus' gift of himself brings us true Life, Light, Love, Hope, Joy and Peace that are eternal. His love and grace will carry us through challenging times as they did to many saints in history. He is the source of all our joy. Ever mindful of his loving presence in all the events of our life, we rejoice...



非如世俗的空洞承諾和轉瞬即逝的歡樂，耶穌的自我奉獻為我們帶來了永恆及真實的生命、光、愛、希望、喜悅與和平。祂的愛和恩寵會幫助我們度過充滿挑戰的時刻，就如許多聖徒在歷史上所經驗的一樣。祂是我們所有喜樂的泉源。時刻銘記著祂的愛臨在我們的心，在一切事情上，我們都歡欣回應...

We rejoice in the gift of our Holy Mother St. Teresa of Avila to the Church. In 2022 we celebrated the IV centenary of her canonization together with St. Ignatius of Loyola, St. Francis Xavier, St. Philip Neri and St. Isidore of Madrid - all of them continue to have a major impact on the Church up to our present time. Our Holy Mother's teaching on prayer is very important for today, for prayer nourishes our relationship with



God who alone can solve the complex problems we face each day. There is great wisdom in her famous bookmark: "Let nothing disturb you, Let nothing frighten you, all things are passing; God never changes. Patience obtains all things. Whoever has God wants nothing. God alone suffices." 我們歡欣慶祝會祖母聖女大德蘭在本年受冊封聖品四百週年；與她同年封聖的有St. Ignatius of Loyola, St. Francis Xavier, St. Philip Neri and St. Isidore of Madrid. 他們至今仍繼續對教會有著重要而深遠的影響。會祖母聖女大德蘭在祈禱方面的教導特別適合現今世代，因為祈禱能滋養我們與天主的關係，而只有天主才能解決我們每天面對的複雜問題。她那著名的箴言含蘊著豐富的智慧：「別讓事情打擾你，別讓東西嚇唬你，什麼都會成過去；只有上主永不變。耐心便得所有，擁有主便無他求，有上主就已足夠。」



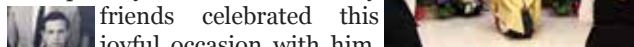
We rejoice that our dear sister St. Thérèse, a faithful daughter of St. Teresa, was 25 years ago bestowed the high honor of being a Doctor of the Church. Her impact on the world is indisputable and many sisters of our community found their Carmelite vocation through her writings. Under her sweet smile and serenity, she endured immense sufferings of body and spirit. She is a great teacher of charity and exemplifies how one can draw strength from the timeless messages of the Gospel and find joy in sufferings in this ever changing world. 我們歡欣慶祝今年我們親愛的聖女小德蘭被冊封為教會聖師二十五週年，這是何等崇高的榮譽！她是會祖母聖女大德蘭忠心的女兒，她對世人的影響是無可言喻的。我們的團體有好幾位姊妹受她著作的啟迪而得到了加爾默羅會的聖召。在她甜美的微笑和安詳的背後，她身心卻忍受著莫大的痛苦。她是個偉大的聖師，教導我們愛德的精粹及怎樣從福音永恆的訊息中汲取力量，因而在瞬息萬變的世界上，從苦難中找到喜樂。

We rejoice in God's blessings upon our community, Carmel of the Infant Jesus. In 2022 we celebrated our 30th year in Canada. We have grown and now we have 11 sisters with 3 in formation. God willing, an aspirant will join us early next year. We rejoice in the richness that our sisters bring from their own culture. We have sisters of Chinese, Irish, Indian, Polish and Korean descent. Our joyful living together is a great witness of charity and unity.

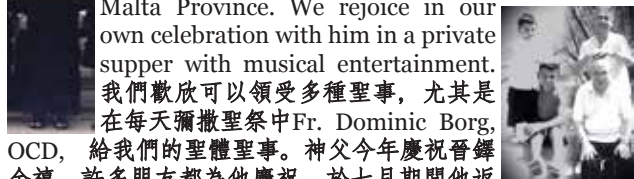


我們為天主所賜予我們團體的各種恩賜而歡欣。二零二二年是本修院來加三十週年。我們現在有十一位修女，其中有三位正在培訓階段。若天主願意，一名望會生將於明年初加入。修女們來自不同族裔，包括香港、愛爾蘭、印度、波蘭及韓國。分享著多元的文化，在共融友愛中生活，見證愛及團結的精神。

We rejoice in the gifts of the Sacraments, especially the daily Eucharist that our beloved resident Chaplain Fr. Dominic Borg, OCD, gives us. We rejoice with him that 2022 marked the golden jubilee of his priestly ordination. Many friends celebrated this joyful occasion with him, and in July he travelled back to Malta to celebrate with his family and his brothers and sisters of the Malta Province. We rejoice in our own celebration with him in a private supper with musical entertainment. 我們歡欣可以領受多種聖事，尤其是在每天彌撒聖祭中Fr. Dominic Borg, OCD, 給我們的聖體聖事。神父今年慶祝晉鐸金禧，許多朋友都為他慶祝。於七月期間他返回Malta和他家人及省會士小敘。我們修女們也邀請他前來享用一個音樂晚宴。



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We rejoice in the multifold talents of the sisters in our community. We thoroughly enjoyed the musical sing-a-long production "The Samaritan Woman by the Well" that our sisters in formation presented to us at Easter. 我們歡欣我們修女們的豐厚天份。在復活節期間，培訓中的修女們製作了一個「在井旁的撒瑪黎雅婦人」的小小音樂劇作為娛樂。



We rejoice that Sr. Angela Thomas renewed her vows on the Solemnity of Our Lady of Mount Carmel. She is now less than two years away from her Solemn Profession! 我們歡欣Sr. Angela Thomas在嘉爾默羅聖母大瞻禮日復願。她離發永願的日期少於兩年時間呢!



We rejoice in God's gift of good health. We all are doing well although some of us contracted Covid early this year. We rejoice that Sr. Carmelina's mobility is greatly improved after surgeries on her hands and knee. 我們歡欣天主賜予我們健康。儘管有些修女在年初患了冠狀病毒症，現在都全部康復了。更高興是Sr. Carmelina做完手腕和膝蓋手術後，她的活動能力大有改善。

We rejoice in the recommendations from the Visitation of our Provincial Delegate Fr. Jerry D'Souza, OCD, and Sr. Mary Clare, OCD, President of our Association in May, that help to strengthen our spiritual and community life. We rejoice that Fr. Antonio Nardoian, OFM and Fr. Arthur Lee came to celebrate Mass with us while Fr. Dominic was in Malta.

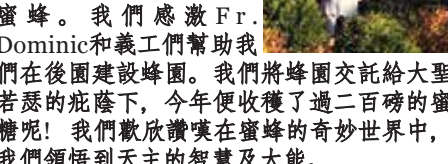
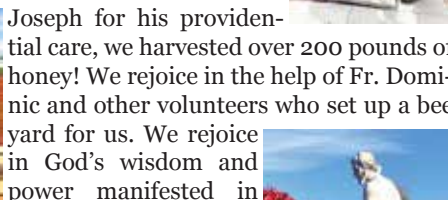


我們歡欣省會長代表Fr. Jerry D'Souza和聯會主席Sr. Mary Clare在五月的探訪。他們的建議幫助我們在神修及團體生活上的成長。在Fr. Dominic在Malta期間，我們慶幸有Fr. Antonio Nardoian, OFM 和Fr. Arthur Lee來為我們舉行彌撒聖祭。

We rejoice in the opportunity to participate in Fr. Dominic's online Bible Study on the Book of Revelation and now on the Christian Letters. With his formation in Greek and Hebrew from the Oxford University, we believe he is more than qualified to unlock the treasures of the word of God for us! 我們歡欣能參加 Fr. Dominic的網上聖經研讀。神父先前與我們研讀默示錄，現在繼續研讀信徒書信。神父有著在牛津大學的希臘文和希伯來文的培訓，由他來為我們開啟天主話語的寶藏是最好不過了。



We rejoice in the inspiration that God gave us to start beekeeping this year. With the superabundance of flowers in our organic farm, we greatly desire to multiply this "talent" God gives us. We rejoice that from our trust in St. Joseph for his providential care, we harvested over 200 pounds of honey! We rejoice in the help of Fr. Dominic and other volunteers who set up a bee yard for us. We rejoice in God's wisdom and power manifested in the amazing world of honey bees. 我們歡欣今年天主給我們養蜜蜂的意念。因我們的有機農場有著無數不同的花卉，為此我們希望能善用及發展這天主的恩賜而養蜜蜂。我們感激 Fr. Dominic和義工們幫助我們在後園建設蜂園。我們將蜂園交託給大聖若瑟的庇蔭下，今年便收穫了過二百磅的蜜糖呢! 我們歡欣讚嘆在蜜蜂的奇妙世界中，我們領悟到天主的智慧及大能。



We rejoice in meeting Brian and Linda Shank, our neighbors, whose 25 years of experience in beekeeping has clarified a lot of our confusions. We rejoice that nobody had serious allergic reaction to the bees or wasps, though stung by them. 我們歡欣能認識一對有二十五年養蜂經驗的鄰居Brian 和Linda Shank, 他們替我們解決了不少疑問。我們歡欣修女們雖然有被蜜蜂蜇傷，幸好都沒有嚴重的過敏反應。



We greatly rejoice in sharing our honey and garden vegetables with our friends and benefactors who in the past 30 years have been so faithful helping us in the building of our new monastery, bringing us groceries and giving us all kinds of assistance! May God richly reward them! 我們歡欣能和朋友及恩人們分享我們的蜂蜜和田園收成。他們在過去三十年來協助我們建院，為我們奔波及提供各樣幫忙。願天主豐厚地賞報他們!



We rejoice that our backup generator broke down in the fall and not in the deep winter, alerting us that it is time for a replacement. 我們歡欣我們的後備發電機是在秋涼時發生故障，而不是在嚴冬的日子，好使我們能及時更換一部新的。

Last but not least, we deeply rejoice in the gift of our vocation of Love. God calls us to live a hidden life of silence and solitude within the cloister, to serve the Church with our hidden apostolate supported by prayer and sacrifices. Though cloistered, we dearly hold our suffering brothers and sisters in the world in our hearts and prayers. Trusting in God's mercy and power, we pray that salvation, consolation, hope, peace and joy will be brought to them through our prayers. 最後，我們為天主給我們愛的聖召而歡欣。祂召叫我們藉著祈禱、犧牲、靜默和獨處的隱修生活來服務教會。信靠著天主的仁慈和大能，我們為受苦的弟兄姊妹深切祈禱，願上主賜他們救恩、安慰、希望、平安及喜樂。



Yes, let us rejoice in the Lord always! "The Lord is near. Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will keep your hearts and your minds in Christ Jesus." Phil. 4:5-7. 是的，讓我們在主內常喜樂吧! 「主快來了。你們什麼也不要掛慮，在一切事上，以懇求和祈禱，懷著感謝之心，向天主呈上你們的請求; 這樣，天主那超乎各種意念的平安，必要在基督耶穌內固守你們的心思念慮。」斐 4:5-7



Wishing you and all your loved ones a most joyful Christmas and a New Year filled with God's choicest blessings! 願你及你所有的親人享有一個充滿喜樂的聖誕和主龍滿盈的新年!



Carmel of the Infant Jesus
嘉爾默羅聖母聖衣會隱修院
R.O. Box 220, Zephyr, ON, Canada L0E 1T0
www.myvocationislove.ca

