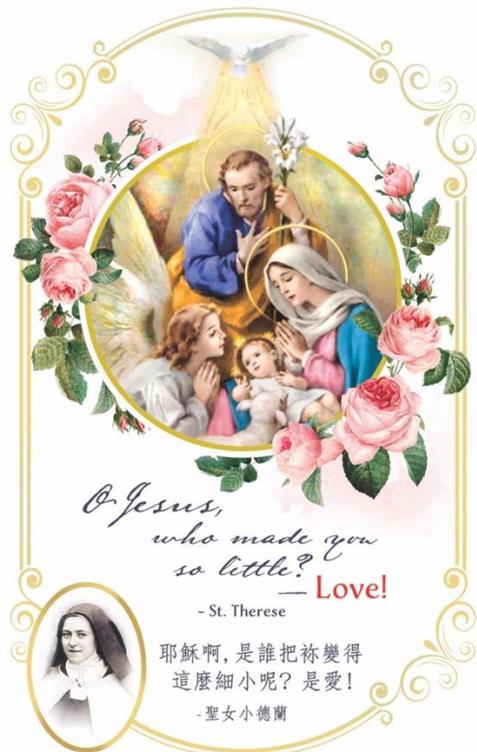


2023 Christmas Greetings



Dear Brothers and Sisters in Christ,
The greatest of all beings became the littlest. Who but Love has accomplished this wonder! Love impelled God's condescension to send His only Son to the world as an offering for our sins, that we might have life through Him. It is not that we have loved God but that He has loved us. The confusion and distress we experience in the world today tend to distract us from God's love and draw us into despair. Yet, Jesus Christ our Saviour took flesh so that God may dwell among us. Jesus' life, His passion, death and resurrection, reveal God's plan for each one of us – to share His life eternally in heaven. Through the heavenly intercession of our Mother Mary and the Church Triumphant, may we too embrace God's love and mercy, and endure patiently the sufferings of this life until our mission on earth is

accomplished. May nothing ever divert us from this truth that Heaven is our true homeland and our time on earth is only a pilgrimage to serve God. Let us cast all our anxieties on God through prayer, so that the peace of Christ may reign in our hearts and minds. With deep gratitude, we see all the events in our community with faith ...

親愛的主內的弟兄姊妹，

萬有中最偉大的竟變成了最小。惟有愛，才能夠成就這樣的奇蹟！愛催迫著天主屈尊就卑派遣祂的獨生子來到世上來作我們贖罪的祭品，好讓世人獲得生命。不是我們愛了天主，而是祂愛了我們。當今世上的迷亂和苦難，教人忽略了上主的愛，甚至陷入絕望。然而，救主耶穌基督降生成人，居住在我們中間。祂的一生，受難、死亡及復活，正把上主為我們每人定好的計劃彰顯出來，最終就是要跟祂一起到天國永享福樂。藉著勝利教會和聖母瑪利亞的轉禱，願我們在天主的大愛與慈悲庇蔭下，耐心承受人間疾苦，直至完成世上任務為止。但願我們堅信天國才是真的家鄉，在禱告中把一切憂慮不安獻給上主，以達至身心平安。讓我們懷著無比的信念，以感恩的心回顧過去一年 ...



As the year 2023 marked the 150th birthday of Saint Thérèse and the 100th anniversary of her beatification, Pope Francis issued a beautiful Apostolic Exhortation "On Confidence in the Merciful Love of God" expounding her timeless message which has great relevance for all of us. We had made plans for a solemn public celebration on October 1, with Most Reverend Francis Leo, our new Archbishop of Toronto, as the main celebrant. Regrettably, our sisters contracted COVID-19 in September, and the event had to be cancelled for the safety of all. We now look forward to celebrating in 2025 the 100th anniversary of her canonization. While quarantine imposed a sudden pause on our community life, we surrendered ourselves to the new desert experience which offered us rest and prayer in silence and solitude.

二零二三年是聖女小德蘭一百五十歲冥誕，也是她被封為真福品一百週年。教宗方濟各為此頒發宗座勸諭，題名為《是信賴》，鼓勵教友效法聖女小德蘭，走上成聖的小徑。修院原本計劃在十月一日舉行一次公開慶典，原定由新任多倫多總主教 Francis Leo 主禮。可惜九月份有好幾位修女感染了新冠病毒，為安全計，慶典被迫取消。就讓我們期待著二零二五年慶祝她封聖一百週年紀念吧！在我們高度隔離期間，停頓了團體生活，大家都融入於沙漠般的新體驗中。



On February 11th, we rejoiced at the news that Bishop Francis Leo of Montreal would become the new Archbishop of Toronto, and on March 25th we watched the online streaming of his installation at St. Michael's Cathedral. We greatly appreciated the honour of His Grace visiting our community on May 19th. We admired His Grace's holiness, simplicity and love of our contemplative life - all we believe comes from his profound Marian devotion. As the only wholly contemplative women community in our Archdiocese, we reaffirm His Grace of our commitment to serve and support his ministry with our prayers and sacrifices inside the cloister.

二月十一日得悉滿地可主教 Francis Leo 將成為多倫多教區新任總主教，我們都歡欣鼓舞，並於三月廿五日透過聖彌額爾大教堂的視像直播，見證任命儀式。到了五月十九日，總主教親臨修院探訪。我們仰慕他的聖善、純樸和他對隱修生活的熱愛。我們相信這些都是基於他對聖母的深切愛慕。作為總教區內唯一全面性度默觀生活的修會，我們向總主教重申將繼續致力在院內以隱修祈禱與剋己等方式，全面配合教區的工作。

On February 2nd, the Feast of the Presentation of Our Lord, we thanked God for bringing Eunike Go to our community. May God grant her the grace of perseverance as she began her Postulancy.

感謝上主在二月二日獻主節那天，祂為我們帶來了 Eunike Go。願上主賜她堅毅不屈的聖寵開始她的保守期。



On May 13, the Feast of Our Lady of Fatima, Sr. Rebecca made her First Profession of Vows in the presence of her family and friends, with Fr. Francis Ching, CC, as the main celebrant. It was a beautiful day as she furthered her commitment in the gift of self to serve God in His Church.

在美好的五月十三日花地瑪聖母紀念日，Sr. Rebecca 在 Fr. Francis Ching, CC 主禮的彌撒中，在家人及眾親友的見證下宣發了初願，決志繼續她獻身為主在教會中服務的心願。



On July 16th, the Solemnity of Our Lady of Mount Carmel, Archbishop Francis Leo was the main celebrant of the very joyful occasion of Sr. Angela Thomas' renewal of Vows and Sr. Mary Catherine's First Profession of Vows. Both sisters have great devotion to Mary, and we pray that Mary, Mother and Queen of

Carmel, protects them under her mantle.



在七月十六日加爾默羅聖母瞻禮當日，多倫多教區總主教 Francis Leo 主禮這個充滿喜樂的慶典。Sr. Angela Thomas 再次覆願，同時 Sr. Mary Catherine 宣發初願。她們都非常熱愛聖母，願嘉爾默羅母后庇佑她們在她的翼蔭下。

In July, we also had the joyful fraternal visit of Fr. Pius James D'Souza OCD, second Definitor General and Fr. Sylvester D'Souza, OCD, Provincial of the Karnataka-Goa Province, India. We shared a great time learning about our Carmelite brothers and sisters in other parts of the world.



我們的總會議員 Fr. Pius James D'Souza OCD 和印度的 Karnataka-Goa 省會長 Fr. Sylvester D'Souza, OCD 於七月份來修院作友好探訪，分享他們聖衣會的生活點滴，有助大家多認識外地修院的弟兄姊妹。



Our Chaplain Fr. Dominic Borg, OCD contracted bronchitis early this year, after celebrating his 75th birthday on December 30th, 2022, and again after Easter. No sooner had he felt better than he resumed his ministries on the road, on the phone or online.

駐院神父 Fr. Dominic Borg, OCD 去年十二月慶祝七十五歲壽辰後，及今年的復活節後，先後感染了支氣管炎。當他稍為好一點，即急不及待重新投入工作，無論是在路上，或教堂，或宿舍中，以電話或網絡等，繼續他的牧靈工作！

We were having great difficulty finding a new family doctor early this year. By the grace of God, He granted us Dr. Jennifer Wilson, MD. The very inspiring book "Grant Us Tomorrow" is her medical memoir of the many touching stories for the past 15 years of her missionary work in Ghana with an international team of medical professionals and her family with five children.

這個年頭要找新的家庭醫生，真的不容易！難得天主賜予我們 Dr. Jennifer Wilson, MD。她著作的回憶錄《賜我們明天》記載過去十五年來她組織的一隊國際性醫護人員在非洲加納行醫的感人事蹟，及有關她那五個孩子的家庭故事。



In Spring, we welcomed the donation of a very precious and beloved statue of the Infant Jesus. His bending posture with arms opened seems always so solicitous. May we imitate His virtues of humility and love as we honour Him and consecrate ourselves to Him!

今年春天，修院迎來一份非常珍貴的禮物：一尊小耶穌聖像；祂彎著身子，張開雙臂，狀甚友愛親切。就讓我們齊來把自己奉獻給小耶穌，並效法祂的謙卑仁愛！



2023 was our second year into beekeeping. The four colonies of honey bees in spring grew into fifteen colonies going into winter this year. Our beesy sisters found it fascinating working with them. The abundance of honey crop resulted in successful fundraisers at three parishes. We are deeply grateful for the very kind support of our priests and friends!

踏入養蜂業的第二年，整個夏天大家都忙著養蜂工作。春季時僅有的四個蜂群到入冬時已增加至十五個。跟小蜜蜂合作是很奇妙的經驗。感謝上主恩賜蜂蜜的豐收，並感謝三個堂區的神長及教友支持我們的蜂蜜籌款。

Our heartfelt gratitude to our many benefactors, volunteers and friends whose generous support make our way of life possible. We pray that God rewards you a hundredfold! With confidence in God's love in this time of anxiety, may we intensify our prayers and may they be the fulcrum that lifts the world and its misery to God, Who alone can turn all evil into good and give us peace. May you and all your loved ones be blessed with a very joyful Christmas and New Year!

最後，衷心感謝我們的恩人、朋友及義工慷慨的支持，讓我們可以活出我們的聖召。祈求天主賜你們百倍賞報！在這動盪不安之際，惟有依賴上主的愛，恆常祈禱，把一切愁慮全數呈獻給祂；因為只有天主才能把邪惡化作美善和給予我們平安。在此祝福你們及家人聖誕新年滿載福樂！

Carmel of the Infant Jesus
www.myvocationislove.ca

