

夫婦懇談會

雙季刊

二零二六年九月

夫承重責憑天恩

婦謀家計奉主仁

懇啓心扉納聖寵

談經說愛守神貧

編者的話

Betty Lee

夫婦懇談會的朋友們，你們好！轉眼間，2026 年很快的將踏入秋季。跟著我們便忙於迎接感恩節和聖誕節的來臨。在此願祝大家在馬年的收穫比去年更加美滿和豐盛。

請參閱「夫婦懇談 x2」我們會再次重溫過去和伴侶的點點滴滴。再看看「牽手」的老夫老妻再次向對方表達他們很滿足地做到他們最初的婚姻誓言！但是我們也不要忘記我們的日常生活健康習慣。Edwin 的 Project Vitality 內容豐富的介紹了健康是累積而成的。我們有了健康的身體比財富更難能可貴的。我們有康健的身體才可以到處飛去探望我們久別沒有見面的好朋友和親人。正如愛麗絲所說的「道謝，道愛，道別」那麼我們也可以還了我們的心願了！

感謝我們的神師翟林湧神父 (Fr. Peter Zhai) 多年來為夫婦懇談會的貢獻。神父剛接到新任務到南加州去。在此祝福他事事順心，順遂，主祐安康！同時我們亦歡迎楊廣峰神父 (Fr. Anthony Yang) 接任做我們的神師。希望在不久將來的聚會中我們可以見面和互相認識。

下期（明年三月份）的編輯是 Agnes Lau,

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請大家踴躍投稿。謝謝！★

## 楊廣峰神父 Fr. Anthony (Guangfeng) Yang, SVD

熱烈歡迎聖言會的楊廣峰神父，在 2026 年 7 月 1 日開始，接任為三藩市總教區，華人宗徒事務處及教區內的各個華裔天主教團體的神長。榮幸地我們邀請到楊神父為我們分享他的自我介紹 (Biography)：

My name is **Fr. Anthony (Guangfeng) Yang, SVD**, and beginning in July, I will have the privilege of serving as your Associate Pastor of St. Anne of the Sunset Parish and As a Vicar for Chinese Ministry in the Archdiocese of San Francisco. Please feel free to call me **Fr. Anthony**—it is much easier!

I was born on June 16, 1981, in Shanxi Province, China (中國陝西省), into a Catholic family whose faith has been passed down through many generations. Raised in a faith-filled home, I accompanied my parents to Mass almost every day and, in many ways, grew up in the life of the Church. When I was about eleven years old, my parish priest invited me to serve as a lector and altar server. Through these experiences, the seed of a vocation to the priesthood began to take root in my heart.

As a teenager, I felt an increasing desire to dedicate my life to God, though I was hesitant to speak about it with my family. When I was sixteen, my pastor approached my parents and asked whether I might consider entering the seminary and pursuing the priesthood. My mother was immediately supportive, while my father initially struggled with the idea. As the eldest son, I was expected, according to Chinese tradition, to care for my parents in their later years. However, after I en-

tered a diocesan minor seminary and continued my formation for two years, my father gradually came to accept and support my vocation. From that time forward, he faithfully prayed for me and encouraged my journey toward the priesthood.

In 2004, while discerning my vocation more deeply, I met two Divine Word Missionaries, Fr. Kuepers, Fr. Arnold Sprengger, and Fr. Alan Thomas in Beijing. They introduced me to the history, spirituality, and missionary charism of the Society of the Divine Word (Societas Verbi Divini—SVD). Inspired by their witness and the missionary spirit of the congregation, I entered the SVD novitiate and began my formation as a Divine Word Missionary.

In 2006, I professed my first vows and was sent to the Catholic Seminary of Shijiazhuang in Hebei Province, where I pursued studies in Philosophy, Theology, Sacred Scripture, Liturgy, and other areas of priestly formation. My seminary education lasted eight years and provided a strong foundation for ministry and service. During this time, I also spent my summers serving in nursing homes and orphanages, experiences that greatly enriched my understanding of pastoral care and compassionate service.

Alongside my formal seminary studies, I have maintained a strong interest in spirituality and psychology, seeking to deepen my understanding of the relationship between faith, personal growth, and holistic well-being. I completed my priestly formation and earned my degree from the seminary.

Following graduation, I completed a six-month second novitiate, professed my perpetual vows in the Society of the Divine Word, and received my first missionary assignment from the SVD U.S. Western Province. I was ordained a deacon on February 28, 2014, in Chiayi, Taiwan.

Later that year, I was assigned to an SVD parish in Fujian Province, China, for six months of diaconal ministry. On

August 25, 2014, I was ordained to the priesthood by Bishop Jinfeng Li of the Diocese of Fengxiang. Following my ordination, I served in the Diocese of Harbin for one year.

In January 2016, I came to the United States and began studying English while serving in several SVD parishes. I resided at Our Lady of the Sacred Heart Parish for three years, served as Associate Pastor at Blessed Sacrament Parish for two years, and have served as Associate Pastor at St. John the Evangelist Parish for the past five years.

In addition to parish ministry, I have been blessed to serve as chaplain to a small but deeply devoted Chinese Catholic community in the Diocese of San Diego. During the past decade, I have shared many meaningful experiences and formed lasting bonds with the faithful there. Their faith, dedication, and love for the Church have been a tremendous blessing in my priestly life.

Two Months Ago, I received a new missionary assignment and will soon begin serving among you at St. Anne Parish and within the Chinese Catholic community of the Archdiocese of San Francisco. I look forward to accompanying you in faith and serving with love, patience, humility, and gratitude. It is a joy and privilege to continue my missionary vocation in this vibrant parish community.

As I begin this new chapter, I ask for your prayers and assure you of mine. I look forward to meeting each of you and walking together as disciples of Christ.

**“My priesthood is a precious gift from God, and my greatest joy is walking with God’s people, serving His Church, and helping others discover His presence, love, and guidance in every stage of life, so that together we may grow closer to Christ.”**

**May God bless you and your families abundantly !**

**Fr. Anthony Yang, SVD ★**

## 恭賀翟林湧神父晉鐸二十週年慶

Tony

2026 年 5 月 27 日是翟林湧神父晉鐸二十週年慶。在這段日子中，翟神父為美國華語夫婦懇談會，北加州粵語分會擔任神師，超過十三年。翟神父以天生超凡的親和力，跟我們每一對懇談會的夫婦建立了深厚的情誼。

2026 年 3 月 25 日，翟林湧神父接到聖言會羅馬總會的電話，告訴他即將繼任為聖言會美西省會長，6 月 1 日將要到南加州 Riverside 總部履新。聽到翟神父被天主委以重任，在為他慶賀之餘，更是有更多更多的捨不得。

翟神父是聖言會會士。聖言會 (拉丁文：Societas Verbi Divini, 簡稱：SVD, 英文：Society of the Divine Word)。於 1875 年由德裔楊生神父 (Fr. Arnold Janson) 創立，致力於到中國傳教，積極推動神職人員本地化。曾在中國大陸建立龐大的教區，創立輔仁大學，並誕生了首位華人樞機主教田耕莘。目前聖言會在全球各地共有六千多位神父。

聖言會美西省會主要服務範圍涵蓋整個加州 (California)，及亞利桑那州 (Arizona)。主要社團與堂區分佈在 San Francisco, Oakland, Los Angeles, San Bernardino and San Diego 等的天主教教區；共有 26 個教堂，包括翟神父原先服務的聖亞納教堂 (St. Anne of the Sunset Church) 也被納入聖言會管理。美西省會約有七十位神父，分別來自美國、印度、印尼、越南及中國等十五個國家，平均年齡為五十多歲，屬年輕有活力的修會。★

“人生幸福的旅程往往決定了同行的伴侶最終會一齊走  
去的方向！”

我和丈夫同行 48 年，當中享受過甜蜜的浪漫，經歷過刻骨銘心的辛酸起落。前幾年，在我們計劃未來到那裡去旅行時，丈夫的身體突然響了警鐘。在兩年內，Jim 要做七、八次檢查大腸的內窺鏡 colonoscopy，最後要到 Stanford 醫院切除殘瘤。期間，Jim 消瘦了廿十多磅。我除了擔心他的健康問題、開車送他去醫院做檢查和研究食療，希望 Jim 增磅有氣力外，我都不知還可以做什麼事來幫他。感謝主，Jim 慢慢的回復了健康。

2025 年 4 月中，我倆很開心地回香港及到 Jim 的故鄉玩了近三個星期，探訪 Jim 的親戚和朋友。7 月初，我們全家人包括兒子、媳婦和孫兒們共 11 人，齊齊到歐洲旅遊 15 天。在荷蘭的阿姆斯特丹 Amsterdam，我介紹了我的親戚給 Jim 和兒子媳婦們認識；他們很開心和我的堂兄弟姊妹等家人團聚，度過快樂的時光。2025 年算是我們豐收的一年。

好了，正當我們想要計劃看看 2026 年到那裏旅行時，輪到我身體出現問題。2025 年 12 月，我要做右膝蓋手術 (knee replacement surgery)。我有嚴重的膝蓋關節炎。我打針，吃藥，敷藥，做針灸，做物理治療都不見有效，膝蓋一直都不止痛和不消腫。原來不知道從什麼時候開始，我膝蓋裡面的 meniscus cartilage 半月板軟骨組織，已經磨擦到完全消失，正是在骨頭碰骨頭的程度，醫生建議我做換膝蓋手術 total knee replacement.

從我入醫院做手術那一刻開始，到 3 天後出院，Jim 都充滿焦慮和擔心，還緊張到亂罵醫護人員。Jim 第一次見到我病倒而頭暈、面色蒼白、又不停的嘔吐；他內心不好受，但又不知道應該怎樣幫助我。我只有安慰他說：

“這是手術後麻醉藥的後遺症，過兩天會好的，不要緊張。” 我把自己交給天主保佑我平安。

手術後回家的第一個星期及第二個星期，我感覺得最辛苦：整條右腿的肌肉流失了，從臀部到腳趾，完全沒有力，傷口直切過膝蓋有八寸多長，非常劇烈的痛，要吃醫生開給我的止痛藥，其副作用令我精神昏昏沉沉欲睡，但又沒辦法熟睡和沒有食慾。我即時消瘦了 8 磅多。我告訴自己沒有關係，我會慢慢康復。我開始學用 walker (助行工具) 幫助我慢慢步行去浴室、廁所；又用 walker 走出睡房到大廳、廚房等等。我拒絕坐在床上吃東西，在心理上我不當自己是個病人，只是到醫院修理有毛病的膝蓋。我盡量配合 Jim 的幫忙。

Jim 細心照顧我的起居飲食。他看著我慢慢用 walker 抬起右腿，幫助自己上床睡覺。最難忘他幫我洗頭髮和跪著幫我用保鮮膜 plastic wrap 先包好我的手術傷口以不碰到水，然後等我慢慢坐好去洗澡。

Jim 的強項是在外邊工作攢錢回來養家，沒怎樣做過家務。現在他要日日無微不至的照顧我，在處理日常雜務時，便一直問我要怎樣怎樣做；我看在眼裡，又感動又感激又難受，便很自然地流淚和對 Jim 說：“Thank you very very much, I am so touched.” Jim 只是很簡單的回應：“We are now fulfilling our marriage vow. ...I promise to be true to you in good times and in bad, in sickness and

in health. I will love you and honor you all the days of my life (我們在履行我們的結婚誓言，無論環境順逆，疾病健康，我要支持你、安慰你、保護你、直到今世的終結) 老婆，我有事的時候，妳都是一樣照常 take care of me.”

寫這篇稿時，我剛剛進入手術後第6個月，經過幾個月的物理治療和自己不斷勤力做運動，我的身體和腿部已經康復得很好。真是感謝天主的恩典，我已經可以和 Jim 每天早上在 Mall 散步；也已回市區長者中心帶領長者朋友做太極拳。Jim 還未放心我自己開車去遠路或駛車出高速公路，所以他堅持要做我的司機，送我去看醫生等等。

老朋友見我們出雙入對都很羨慕；我們也很開心地用微笑回應。希望不久將來，我們又可以一起繼續出發去旅行！感謝天主！★

## PROJECT VITALITY Donna & Edwin

Health is not merely the absence of disease; it is a dynamic state of being, cultivated through consistent, intentional action. It is often said that we must do our best and let fate take its course—健康是累積而成的，盡人事聽天命 (Health is accumulated, do our best and leave the rest to destiny). With this philosophy in mind, we are pleased to share Project Vitality, our personal design and plan for a future defined by independence, longevity, and high-level well-being.

Vitality building is structured around three primary pillars intended to improve our quality of life as we age:

1. Prevention of Chronic Diseases: Proactively mitigating risk

factors through diet, exercise, and routine monitoring.

2. Independence and Healthy Longevity: Ensuring physical capability and cognitive function remain robust well into our later years.

3. Improved Self-Image and Confidence: Building strength and energy to maintain a vibrant, positive outlook.

### Exercise: Building Capacity and Stamina

We believe that movement is medicine. Our exercise routines are specialized to support our individual lifestyles in power, endurance and muscle maintenance.:

### Nutrition: Fueling the Body

Our dietary philosophy emphasizes reducing inflammation and optimizing metabolic health that includes fasting, quality food, hydration

**True health requires deep recovery and ongoing engagement with the world:**

Adequate sleep; routine health checkups; nutrition Support (supplements) and maintaining connections with family and friends, pursuing hobbies, and continuously learning new things to Keep our mind sharp.

### Conclusion

Vitality is our promise to ourselves—and to our future selves—to build a strong, capable body and a peaceful mind. By doing our best today, we trust in a healthier, more vibrant tomorrow. We hope our journey inspires you to embark on your own proactive health planning. ★

## 道謝！道愛！道別！

## 愛麗絲

感恩在 2025 年，兩位兒子都能進入心儀的研究學院去繼續攻讀他們喜歡的科目。由於 Simon 和我都忙着協助兒子們搬遷去不同的校園而未能回港澳探望親友。

在 2026 年的五月份，我終於可以去香港和澳門探望長輩和朋友。我們懷着期待和興奮的心情跟兩年沒見面的親友再次相聚，與此同時也深刻體驗到人的生老離別。

到香港的第一時間就去了 Saint Teresa Hospital Nursing Home 探望年紀老邁的冼修女。兩年沒有見面，修女的健康狀況已急劇走下坡。兩年前，修女還可以滔滔不絕地重複講述當年。當時，已經明顯留意到她所講述的故事已經有些錯亂；但感恩修女還有能力去表達，所以還是盡量耐心地聆聽那些與事實不相符的故事，因為知道內容的準確性已經不是最重要。

今次探望修女，她的認知能力衰退了很多。經過多次清晰地重複我們的中，英文名字之後，慶幸修女終於認得我們。可惜的是，她已失去了說話的表達能力。明知要接受人的自然老化過程，但內心還是充滿了複雜的感受。我沒有理會醫護人員在旁邊，還是提高聲量清晰地請求修女不要忘記我們。我握着修女溫暖但是無力的手，看着修女溫柔、慈祥但眼神疲累的神情。年青的她健步如飛，現在卻安詳地坐在輪椅上。腦海中動盪過往的種種回憶，忽然間眼淚也不受控制地決堤，將口罩也弄濕了。Simon 不斷為

我遞上紙巾。抹乾眼淚重整心情之後，好好向修女道謝道愛和道別。

感謝修女年輕健壯的時候幫助了無數的學生，還有她真誠開朗的性格為我們帶來不少歡笑和正能量。告訴修女，雖然很多學生未能親自探望，但我們都很想念和愛她。最後跟修女說再見，並告訴修女：大家無論去到哪裏都要繼續互相代禱，因為不知道下一次是什麼時候可以再會，也有可能這是我們最後一次見面！說着說着，感恩和不捨的眼淚又再次不受控制地奔跑。

回到澳門之後，我們也爭取時間，跟長輩和相識幾十年的親戚朋友相聚。雖然年老的長輩喜歡重複過往或者重提已經講述了說了無數次的故事，但還是提醒自己盡量好好聆聽，因為誰也不知道什麼時候是最後一次聽那些枯燥乏味的故事。

我也跟相識幾十年的好友們聚餐，並且替其中一位好友慶祝生日。十多位好友人在包廂內真情流露，無拘無束，興奮地爭取機會分享近況。我們那些難以控制的嘈雜和歡笑聲可能影響到隔籬房的食客。不理了，難得相聚和一起瘋狂，只是專注享受每一刻。

人來到這地球短暫居住，有緣的可以相遇相識，也可能重逢，但世事變幻莫測，誰也不知道也不能控制明天會怎樣，所以每一次的相聚都提醒自己要好好珍惜，也不要吝嗇跟我們關愛的人道謝道愛甚至道別的機會。★

二十多年前，我倆參加了「北加州粵語夫婦週末營」，事前對營內活動安排全不知情，只是抱着渡假和休息的心情參與。活動是在酒店舉行，所有住宿和餐點都安排妥當。

第一天是歡迎晚宴和簡單介紹負責人員和流程。進入第二天，感覺非常特別和新奇，因而聚精會神地繼續參與。節目一環接一環，非常緊湊，到將近離營時，真是百感交集：震撼？內疚？悲慟？喜悅？脫胎換骨？伐毛洗髓？……或者每樣都有少許吧？總之，好像發了一場夢呢！也像佛家所說的「頓悟」，好像明白了一些過往忽略的事情。去到「七字真言」的環節時，筆者就借用了朱蒙泉神父的名字寫上：「蒙主恩賜享甘泉」。

其後，也參加了很多跟進聚會，包括講座和討論等等，重溫營內所學。參加者受到分享夫婦的影響，都無私地表達自己的意見，對夫妻相處之道，大家都增益不少。但是，事隔多年，可能受環境或其他因素影響，有時會忘記所學；古語有云：「江山易改，品性難移」，個人的壞習慣，會時不時突然浮現，講了或做出一些令對方不悅的話語或事情，婚姻關係因而走下坡，所以，為了提醒自己時刻警醒，就寫了下列數句，希望有所幫助。

夫君意重似青山---丈夫的情義和責任感，像青山一樣厚重，沉穩可靠，是家的依靠。

婦態情深若水潺---妻子的關懷話語，像潺潺流水般細膩綿長，以溫柔滋養着婚姻。

懇懷相照無塵滓---當夫妻出現了隔閡時，應拿出誠懇真切的態度，說出心底話，消除不必要的誤會。

談心不覺夜闌珊---兩人坦誠地交談，解開心結，不知不覺已到深夜，感情也更融洽。

在參加「夫婦營」的同一時期，筆者也領洗入教，經過多年來不間斷地閱讀聖經、望彌撒、聽講道、領聖體、修和、分享、朝聖、祈禱、等等；理解到造物者的偉大，人類何其渺小。回想「週末營」其中一個環節「天主對婚姻的計劃」，漸漸領悟到如果希望婚姻美滿，除了付出努力，還須請聖神進入我們婚姻內。這好像「漸悟」。

「...修身，齊家，治國，平天下」出自《禮記，大學》，時至今日，這理念仍然適用於建立人類社會秩序。「平天下」即是世界和平，相信世上大部分人都渴望平平安安地渡過每一天。不過，如果要平天下，首先要做好修身和齊家，所以美滿婚姻是天下太平的踏腳石或必經之路，故此，讓筆者再用下列七言詩「夫婦懇談+天主聖神」，自勉自勵：

夫承重責憑天恩  
婦謀家計奉主仁  
懇啟心扉納聖寵  
談經說愛守神貧

願與諸君共勉。★

## 活動預告及其他事項

Tony Lau

1. 為了推廣婚姻及家庭的價值觀，我們於每月的第二個或第三個週六，下午四時在AM1400天主教廣播電臺的「漫步心靈路」節目中播出，歡迎大家參與分享並且推薦給你們的親友收聽。如有查詢，或欲分享自己的經歷和感受，請聯絡 Astor Li 電郵：  
[nca.camea@gmail.com](mailto:nca.camea@gmail.com)。
2. 會員如有任何資料更改，請儘快通知各區的聯絡組長或 Vance Cheung 電郵：[nca.camea@gmail.com](mailto:nca.camea@gmail.com)，以便保持聯絡！
3. 我們現正徵收2026年度的\$20年費；請大家支持。

支票抬頭：CAMEA

並寄往：Sam Hon, P.O. Box 3992,  
Walnut Creek, CA 94598. 謝謝！★