

《2017年8月基信团月省》

主题：成为充满望德的使徒

BEC REFLECTION PAPER FOR AUGUST 2017

MAIN THEME: BE DISCIPLES OF HOPE

子主题：望德：感恩祭的滋养

Sub-theme: HOPE: EUCHARIST NOURISHES US

开场咏：耶稣至圣圣体

耶稣至圣圣体，我等钦崇你，
耶稣至圣圣体，我等爱慕你，
耶稣至圣圣体，我等感谢你，

尔为爱我罪人，永留此人世，
愿以圣体 圣血，加增我神力，
尔不弃我 卑污，降来我心中，

我身我心我灵，仰瞻致钦敬，
任凭石烂海枯，我心一如故，
我虽卑微尘土，蒙尔来眷顾，

耶稣至圣圣体，我等钦崇你。
耶稣至圣圣体，我等爱慕你。
耶稣至圣圣体，我等感谢你。

Opening hymn:Said the Lord

1. If we eat of the Lord

2. From this banquet of life
Bring my love to the world,
be a sign for all to see,
That I bring man my peace
Through the breaking of bread,
That I come to make him free.”

And we drink of the Lord,
Like the Lord we shall all be.
Then we live with His life,
And we share in His love,
And His truth will make us free.

开场祈祷：邀请一位基信团成员作开场祈祷。

Opening Prayer: Invite a member of the BEC to say the opening prayer

对话

DIALOGUE

一名天主教学校教师的反思

Reflection of a Catholic school teacher

“有一天我和朋友约在一起吃饭，当我见到朋友时她正在挑选一瓶酒。我们坐了下来开始分享我们生活中所发生的事件。一旦食物送来后 — 多么好吃的食物啊！— 我们的话题就转到我们的生活中真正重要的事件 — 我们的成就、我们的爱、我们的希望和愿望。聚会结束后，我们都带着更多希望、更多鼓励回家。稍后我忍不住想起我和朋友的晚餐约会和领受‘圣体圣事’有相同之处。我们是以‘真实自己’的身份去参与弥撒；带着我们的忧虑、我们的恐惧和我们的成就。我们聆听那些人的故事，他们如何汲取天主恩宠的力量在人类的经历中。然后我们分享有鼓励和希望的‘生命之粮’，帮助我们继续前往我们的人生路途。”

“When I met my friend at the restaurant, she had a bottle of wine in her hand. We sat down, and began to talk about what was happening in our lives. Once the food came - and it was good food! - the conversation turned to what really matters in our lives – our achievements, our loves, our hopes and aspirations. When it was over, we both went home more hopeful, more encouraged. Later, I couldn’t help thinking that there were some parallels between the dinner with my friend, and the celebration of the Eucharist. We come as we are, with our worries and fears, as well as our achievements. We listen to stories from those who have shared our human condition and have drawn strength from God’s grace. And we share the Bread of Life, to help us continue on, encouraged and hopeful.”

分享问题

读完这位老师的经验，你参与“弥撒圣祭”时又感受到什么希望呢？

Questions for sharing

Looking at this teacher's experience what is your sense of hope when you participate in the Eucharistic celebration?

明辨 (路加福音 24:13-33)

DISCERNMENT(Luke 24:13-33)

就在那一天，他们中，有两个人往一个村庄去，村名厄玛乌，离耶路撒冷约六十“斯塔狄。”他们彼此谈论所发生的一切事。正谈话讨论的时候，耶稣亲自走近他们，与他们同行。他们的眼睛却被阻止住了，以致认不出他来耶稣对他们说：“你们走路，彼此谈论的是些什么事？”他们就站住，面带愁容。

一个名叫克罗帕的，回答他说：“独有你在耶路撒冷作客，不知道在那里这几天所发生的事吗？”耶稣问他们说：“什么事？”他们回答说：“就是有关纳匝肋人耶稣的事。他本是一位先知，在天主及众百姓前，行事说话都权力。我们的司祭长及首领竟解送了他，判了他死罪，钉他在十字架上。我们原指望他就是那要拯救以色列的。可是——此外还有：这些事发生到今天，已是第三天了。我们中有几个妇女惊吓了我们；她们清早到了坟墓那里，没有看见他的遗体，回来说她们见了天使显现，天使说他复活了。我们中也有几个到过坟墓那里，所遇见的事，如同妇女们所说的一样，但是没有看见他。”耶稣于是对他们说：“唉！无知的人哪！为信先知们所说的一切话，你们的心竟是这般迟钝！默西亚不是必须受这些苦难，才进入他的光荣吗？”他于是从梅瑟及众先知开始，把全部经书论及他的话，都给他们解释了。当他们临近了他们要去的村庄时，耶稣装作还要前行。他们强留他说：“请同我们一起住下吧！因为快到晚上，天已垂暮了。”耶稣就进去，同他们住下。当耶稣与他们坐下吃饭的时候，就拿起饼来，祝福了，擘开，递给他们。他们的眼睛开了，这才认出耶稣来；但他却由他们眼前隐没了。他们就彼此说：“当他在路上与我们谈话，给我们讲解圣经的时候，我们的心不是火热的吗？”他们遂即动身，返回耶路撒冷，遇见那十一门徒及同他们一起的人，正聚在一起，

Now that very same day, two of them were on their way to a village called Emmaus, seven miles from Jerusalem, and they were talking together about all that had happened. And it happened that as they were talking together and discussing it, Jesus himself came up and walked by their side; but their eyes were prevented from recognising him. He said to them, 'What are all these things that you are discussing as you walk along?' They stopped, their faces downcast.

Then one of them, called Cleopas, answered him, 'You must be the only person staying in Jerusalem who does not know the things that have been happening there these last few days.' He asked, 'What things?' They answered, 'All about Jesus of Nazareth, who showed himself a

prophet powerful in action and speech before God and the whole people; and how our chief priests and our leaders handed him over to be sentenced to death, and had him crucified. Our own hope had been that he would be the one to set Israel free. And this is not all: two whole days have now gone by since it all happened; and some women from our group have astounded us: they went to the tomb in the early morning, and when they could not find the body, they came back to tell us they had seen a vision of angels who declared he was alive. Some of our friends went to the tomb and found everything exactly as the women had reported, but of him they saw nothing.' Then he said to them, 'You foolish men! So slow to believe all that the prophets have said! Was it not necessary that the Christ should suffer before entering into his glory?' Then, starting with Moses and going through all the prophets, he explained to them the passages throughout the scriptures that were about himself. When they drew near to the village to which they were going, he made as if to go on; but they pressed him to stay with them saying, 'It is nearly evening, and the day is almost over.' So he went in to stay with them. Now while he was with them at table, he took the bread and said the blessing; then he broke it and handed it to them. And their eyes were opened and they recognised him; but he had vanished from their sight. Then they said to each other, 'Did not our hearts burn within us as he talked to us on the road and explained the scriptures to us?' They set out that instant and returned to Jerusalem.

反思

1. 静默一、两分钟，让天主对你说话。
2. “当耶稣与他们坐下吃饭的时候，就拿起饼来，祝福了，擘开，递给他们。他们的眼睛开了”。他们就有了希望。参与“弥撒圣祭”庆典后，你变得更有希望吗？请解释答案。

Reflection

1. *Be silent for a minute or 2 and allow God to speak to you.*
2. *When Jesus took the bread and said the blessing; then he broke it and handed it to the downcast disciples, their eyes were opened with hope. Have you become more hopeful after attending a Eucharistic celebration? Explain your answer.*

行为

DEED

领受“圣体”所经历的转化核心是我们每一个人如何改变看待世界态度的基本途径；这并不是领受“圣体”附带的效果——让我们引用教宗本笃十六世的第一篇通谕《天主是爱》：

At the heart of the transformation we undergo in receiving the Eucharist is a fundamental change in how we each approach the world. That is not merely incidental to our reception of the Eucharist-it is integral in it. Quoting his first encyclical, *Deus Caritas Est*, Pope Benedict affirms:

“圣体圣事”的奥秘导致对近人爱德的服务，因为“这就在于在天主内、与天主一起，也去爱那些我不喜欢的人，甚至我不认识的人。这只有在与天主亲密的相遇中才可能实现，这个相遇已经成为意志的共融，也包括感觉。这样我学习着去看另一个人，不只是以我们自己的眼睛和感觉去看，而是从耶稣基督的角度去看……” (# 18)

The Eucharistic mystery thus gives rise to a service of charity towards neighbour, which "consists in the very fact that, in God and with God, I love even the person whom I do not like or even know. This can only take place on the basis of an intimate encounter with God, an encounter which has become a communion of will, affecting even my feelings. Then I learn to look on this other person not simply with my eyes and my feelings, but from the perspective of Jesus Christ" (#88)

如果我们以“基督的心意”行事，那我们个人逐渐成为天主革新社会的代理人，所以领受在“圣体”中的基督与个人在本质上的转化导致社会的转型是相互联系的，因为个人的生活已革新、已重新定位。

Acting with the mind and heart of Christ, the individual gradually becomes an agent of God's renewal of society. Hence, personal transformation in receiving Christ in the Eucharist is inherently interconnected with and essentially leads to transformation of the society in which the individual lives that renewed and reoriented life.

分享问题

Questions for sharing

顾及到天主教教师的反思、以上的《福音》读经和教宗本笃的《通谕》，你如何看出来“圣体圣事”与你之间的联系是世界希望的标志？

Taking into consideration the Catholic teacher's reflection, the Gospel reading and Pope Benedict's Encyclical above, how do you see the connection between the Eucharist and you being a sign of hope to the world?

结束祈祷：邀请另一位基信团成员作结束祈祷。

Concluding Prayer: Invite another member of the BEC to say the **opening** prayer.

结束咏：在圣体圣事内

1. 请来分享主耶稣的圣筵，在至圣体圣事内。
请来分享主耶稣的晚餐，在至圣体圣事内。

吃这饼并喝这杯，共同生活在主内，
他舍生命为我和你，使我们都合而为一。

2. 请来分享主耶稣的生命，在至圣体圣事内。
请来分享主耶稣的爱心，在至圣体圣事内。

Closing hymn: I've Received the Living God

Antiphon: I've received the living God and my heart is filled with joy. (2X)

1. He says to me: I am the Bread
Which I give to feed my soul;
He who eats of this flesh,
Will attain the heav'nly goal

2. He says to me: I am the Vine
Which will nourish every shoot;
As it feeds upon my sap,
It will give abundant fruit.