Zoom Questions & Answers Session

1. **How to do prayers for healing from the sorrow brought from the pandemic? –** Pray alone or together with others. If death is involved, mention that, or other particular situations. Make your prayer spontaneous from the heart and relevant to what you are actually feeling and suffering at this moment. People may also get some professional help to support them through a period of grieving for their losses.
   Sample of such Healing Prayers :
   Lord Christ, you came into the world as one of us, and suffered as we are doing here and now, during this pandemic. As we go through the trials of life, help us to realize that you are with us at all times and in all things. Lord Jesus, Comforter of the troubled, alleviate our worries and sorrows with your gentle love, and grant us the grace and strength to accept this burden of the pandemic. Fill us with the peace and joy which we know can only come from You during this hard time. Walk closely beside us during our journey to healing and recovery which we know is possible only through Your power alone. Show us your mercy, relieve our fears and anxieties, and grant us a quiet mind and a trusting heart, so that by the assurance of your presence we may learn to abide in you, who are our Lord and God. Above all, grant us the grace to acknowledge your will, and to know that whatever you do or allow to happen to us, you always do so out of love for us. Amen.

2. **How to attune to God's voice? How do we find/feel God in daily life? Some tools for sustaining connection with the Eternal at a time when our core values are under assault & our hopes are being eroded -** Interior silence of the heart and perseverance in prayer // We can't control God, but must humbly wait for the Lord to enlighten us and to speak to our hearts. // Ask perseveringly for the gift of faith and trust in Him, and in His love and mercy. // Jesus had asked us to repeat constantly: "**Jesus , I trust in you"** (to St. Faustina Kowalska in Poland – Jesus of Mercy who appeared to her.) Do this every single day, and work and serve out of love for Him. If we do this every day, we will find and feel God in our daily life.

   We try to keep in communication with God (this is "prayer") as we would do with a friend that is important to us, sharing our joys, sufferings, secrets, concerns, etc. We do this frequently, any time of the day, because He is right there in our hearts, listening to us, waiting for us to share all our concerns with Him.

   How to hold on to your core values and hope in God? When you are challenged, that is the time when we exercise and strengthen our faith and hope and love. People are not born Saints, but are made so through suffering and persecution. If our faith is

never challenged, is becomes weak and watered-down. Think of the people who train hard and exercise for long hours each day, in order to strengthen their muscles to compete at races or other sports. They never quit; they never give up because it is difficult. Sometimes it is not easy to convince people of our core values with words, especially if they are not intending to understand or believe. It is useless to argue with them. What we can do is to continue living these values in order to strengthen our own convictions and to be a witness, an example to others.

3. **How do we live a life that's pleasing to the Lord & worthy of His blessings?** Jesus taught us how to do that. He said: "**I am the Way, the Truth and the Life".** We want to know the **Way** how to go? Read the Gospels and see the way Jesus lived and prayed often to the Father in Heaven. What is the **Truth**? Again the Gospels will tell us what He taught about the Father's love for us, about the 8 Beatitudes, about eternal life…. How to live this **Life**? Jesus said that He is the **Life,** and lived His life with the greatest love, to the point of giving His life on the cross for us**.** He also gave us the Mass and the Sacraments, our spiritual nourishment, where we can share the life of God and his graces, esp. Confession and Holy Communion where Jesus shares his life with us. So Jesus is the perfect Model and Example for us to follow. Then he also told us that at the Final Judgement, we will be judged only on how we have loved God above all things, and our neighbours as ourselves, and as Jesus loved. So we need to live a life that is full of love, mercy and goodness.
   Besides the 4 Gospels, Jesus also gave us the Church as His Mystical Body to continue his teaching as the years go by. Therefore we need to listen to the Church of Jesus which continues to explain the meaning of Jesus' teachings as different issues arise in time. Service and love for the poor is also what Jesus taught us during his life. The lives of saints and all these ways can help us to strengthen our faith.

4. **What is your view about the future Catholic School education in HK under China's National Security Law?** We just keep on running our Schools as far as we can, trying to keep the reasonable Laws required by the government, and leaving the future in God's hands. It is useless to speculate before time with a negative frame of mind. It is important to continue teaching good moral values to our students and training our teachers to do the same. We continue to do all the good we can **now**. If the worst scenario should ever happen that our schools are taken over by the Gov., it is not the end of the world. We keep on living good lives and give credible witness to the people around us, educating through our example of an honest and good life style. The Lord is always there with us.

5. **How to cultivate resilience?** **Resilience** means having the strength to go on in spite of pain, failures, difficulties of all kinds, and able to quickly recover from unpleasant and damaging situations. To cultivate this quality, a person needs prayer and faith in oneself, and much endurance and perseverance in practising this virtue without giving up. Time will strengthen one's convictions and moral strength and character. We should begin to train ourselves when we are young, and continue to do so for all our days.

6. **With negative spirits & political issues in HK, certain Canossian girls feel different ways. How can God help/guide us back to right track & have the faith to believe all will be o.k.?** We have to respect the feelings of each person, be ready to listen to them and not judge or try to argue to prove who is right or wrong. We can share our own values and way of looking at the matter and at the future with hope. Nobody can be sure of how the future will be, but we can point out the positive aspects that are already present now, and above all, believe that God will help us whatever the future may be like. "Che sara', sara'!" At the **present time**, we must make good use of the time and freedom that we have today. Remember that Prayer is always the beginning and the end of every situation.

7. **What are the spiritual lessons God wants all of us to learn from Covid 19?**
   My talk has already dealt with this so maybe it is not necessary to repeat what has already been presented, unless it is not clear enough to you.

8. **How to strengthen my faith in God when everything is going wrong? How to maintain your faith when you lose the hopes of people?** First, we have to look carefully to see that not everything is going wrong. There are also many things that are going right and are promising. We must try to correct our perspective about things in order to be more positive, and not concentrate only on what is negative. God is working where we don't see it. He always does. The strengthening of our faith comes from constant prayer and a positive perspective, as we look into the future. We ourselves must be working on these positive things with gratitude and trust in God's help before we can exercise any influence over others.

9. **What is God's message for HK people living in HK but politically not trusting the Chinese Govt.? Other than praying, what can we do? It's now too hard to tell non-believers of God's governance. Any way out?**
   I believe God's message for us is to trust more and more in His care for us. No single form of Government is perfect; all have something good and some aspects that are

not functioning well. Which Government can you trust completely? Read the present news and you can see that all countries can be good and can be deceptive, dishonest and working only for its own benefit. Even some democracies are not functioning so well. But, what is important is that God does not control Governments because He respects the free will which He Himself gave to mankind as a precious gift. But God is certainly within all Governments and cares for all nations no matter whatever governance they may be under, because we are all children of the same Heavenly Father. God does not love sin and evil, but He loves all sinners, i.e. every person in the world without exception. I believe that China today is not the China of 50 years ago. It may not be perfect, but it has improved in many things. We must continue to function and to serve within any limited freedom we have, and never just give up everything just because it is not perfect. As I had said above, we need to focus on the good that is present and work on it, always with prudence, prayer, faith and trust that God is above all and will be there to help us. And continue to work hard to improve our society as law-abiding people and really serving for the good of the citizens, especially the less privileged people. Be peace-loving, loyal to God and to our Country, as citizens of all other Nations are expected to be. Remember what you studied in R.E. in school, how the Jews were expecting the Messiah to destroy the Romans who had conquered their land and had become their masters? What did Jesus do and teach us instead? He said: "**Give to Caesar what belongs to Caesar, and to God what belongs to God**." So, when we disagree about any law or system of doing things, we can speak out sincerely as educated and civilized people, with the desire to improve and to build up, and not to destroy or break down structures, unity and peace in the community. Peaceful Communication, Dialogue and Collaboration at all levels can help very much to improve a family, a school, a society, a Nation and the Global Family of Nations. Let us pray that we may all learn better how to do this.

Serenity Prayer: "Lord, grant me the Serenity to accept the things I cannot change,
Courage to change the things I can, and
Wisdom to know the difference." + + + + +

Before I end our conversation today, I thank you all again for taking precious time to listen to me and I want to remind you once again, my dear girls, of one thing: Remember that I am praying for you every single day, not only that you may have a happy and peaceful life, but that, in all the troubles of your life, you may be able to believe that God is taking care of you, even if you can't see it. Always turn to Him in prayer and never give up. All kinds of sufferings will soon pass away, if you just hold on with trust to Jesus, and you will find peace and joy at the end. So, have courage always! Remember to pray for me too! God bless you all.