

Spiritual Anchors in Life

As the disciples were looking on, Jesus was lifted up, and a cloud took Him from their sight. While they were looking intently at the sky as He was going, suddenly two men dressed in white garments stood beside them. They said, “Men of Galilee, why are you standing there looking at the sky? This Jesus who has been taken up from you into heaven will return in the same way as you have seen him going into heaven.” (Acts 1:9-11) What the two men dressed in white garments said to the disciples recalled what Jesus said after He was arrested and put on trial before the Sanhedrin; there, the high priest asked Him, “Are you the Messiah, the Son of the Blessed One?” Jesus answered, “I am; and ‘you will see the Son of Man seated at the right hand of the Power and coming with the clouds of heaven.’” (Mark 14:61-62; Matthew 26:64)

The return of Christ referred to in Acts 1:11 and the “coming of the Son of Man” that Jesus referred to in His response to the high priest has been widely interpreted as the Parousia or the Second Coming of Christ, when Jesus will return to earth in glory to judge the living and the dead, and bring God's kingdom to its ultimate fulfillment. Because of this, the Ascension – the departure of Christ from earth, has been tied closely to the Parousia – the return of Christ to earth. While living on earth between these two events, we believers are in a state of waiting.

However, Jesus has not abandoned us, because He left us two things that makes His presence remain with us until His Second Coming – His words in the Gospels and the Sacrament of His Body and Blood in the Eucharist. His words in the Gospels and the Eucharist both feed and nourish us spiritually, and keeps us close to Christ in this seemingly endless period of waiting. However, despite the daily reading and reflection of the Gospel and despite the daily reception of the Eucharist, believers are still faced with the great challenge of how to keep grounded in Christ – how to be the branch that consistently clings to the vine (cf. John 15:1-17). In that respect, having “spiritual anchors” in life are indispensable.

One of the “spiritual anchors” which I found quite helpful in maintaining a steady course while navigating through the surprises and difficulties of life is through the daily praying of the Psalms. Jesus prayed the Psalms; as an observant Jew, Jesus knew the Psalms by heart, and He frequently quoted them in His teachings. Along with several other psalms, Psalm 37 provides a solid “spiritual anchor” that keeps me grounded in Christ. Psalm 37 is particularly helpful for building faith and trust in God; here are some key quotes:

- “Delight yourself in the LORD, and He will give you the desires of your heart.” (Psalm 37:4)
- “Commit your way to the LORD; trust in him, and He will act.” (Psalm 37:5)
- “The steps of a man are established by the LORD when he delights in His way.” (Psalm 37:23)

Ever wonder why the desires in our hearts sometimes align with what God expects of us, and sometimes not? “To delight yourself in the Lord” ultimately means having a deep trust and love for God. When we delight in God, our own desires begin to mirror His. We find joy in walking the path of obedience to God rather than following our own desires. It is a disposition of taking pleasure in His presence, His character and His will, rather than the exclusion of God in our lives.

Have you ever felt strongly that God is working in your life? That would be a direct result of committing our ways to God and trusting in Him. The original

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每周公告 Weekly Bulletin
2026年五月十七日 May 17, 2026



Hebrew word for “commit” is גול (Gol), which literally means “to roll.” It means taking a heavy load off our shoulders and rolling that weight onto the Lord. Instead of worrying about the outcome of our life or career, we entrust that burden of anxiety entirely to God. It also means recognizing that God is ultimately in control. When we commit our ways to God, we are asking for His guidance, praying for His wisdom, and being open to adjust our course to however He leads us.

Psalm 37:23 can also be translated as “The steps of a man are ordered by the LORD when he delights in His way.” It means that when a person finds joy in God’s ways, he allows God to step in to plan, guide and stabilize the course of his life.

PARISH ANNOUNCEMENTS

Our church is planning to host a summer camp this summer at Unicoi State Park and Lodge in Helen, Georgia, from July 31st to August 2nd. The theme is "God Calls Us in the Breeze." Let's listen to God's voice together amidst the beautiful scenery, live together, and enjoy activities together. For more information, please contact Anhsing Shen or Huiyen Chang. Please register with Daisy.

The Archdiocese of Atlanta has launched its “Rooted in Christ – Growing in Faith” campaign to raise funds for the programs and activities of the Archdiocese. Each parish and mission church in the Archdiocese is expected to participate with their individual goals. The Archdiocese has designated our parish goal of \$60,000, and has scheduled our parish to begin with a preparation period from January to March 2027 and actual campaign period from April to September 30, 2027.

Our volunteer days for Helping Mamas are on June 13 and July 11. No more than 15 volunteers can sign up on each day. If you are interested to volunteer, please sign up with Daisy. The new address is 2150 Northmont Parkway, Suite E, Duluth 30096.

Holy Land Carvings will come to our church on May 31, 2026. They will bring to us wood carvings for sale which were hand-made in Bethlehem to support Christian families in the Holy Land.

Today is potluck Sunday! This is a great activity for everyone to foster fellowship in our church community. Lunch begins after the 10:30am Mass. Please bring your favorite dish to share. If you are celebrating your birthday in the month of May, we have ordered a birthday cake for you.

Prayer List: Dawn Leach, Agnes Hu, Jasmine Ho, Michael Tan, Bian Meiyi, Chen Shupeng, Lydia Chen, David Wang, Chen Jianxin, Liang Chenjing and Xu Taicheng.

Mass Schedule	Confessions	Bible Study
Sundays 10:30 AM (Chinese)	By Appointment	Wednesdays 10:00 AM (Chinese)
Sundays 2:00 PM (English)		
	Anointing of the Sick	Eucharistic Adoration
Mondays 12:00 PM (English)	First Sundays after 10:30 AM Mass	Sundays 9:00 to 10:00 AM
Tuesdays 12:00 PM (English)	First Fridays after 7:00 PM Mass	
Wednesdays 12:00 PM (Chinese)		
Fridays 12:00 PM (English)		
First Friday 7:00 PM (English)		