



REITORIA

Your reference

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Date of your reference

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Our reference

051/REC/2020/E/PST

Date

07/04/2020

Dear Staff and Students,

親愛的同事和同學們：

The Easter break is upon us. It has been a stressful time for all. Everyone has been working flat out since the Chinese New Year. We have kept pace with the changing circumstances of Macao while providing service to staff, students and the community. That is a memorable achievement for which I would like to thank you all.

復活節即將來臨。近期，大家都承受著巨大的壓力。自農曆新年以來，每個人都在努力抗疫。我們因應澳門形勢環境的不斷變化做出及時反應，同時為教職員工、學生和社區提供服務。這是令人難忘的成就，對此我要特別地感謝大家。

Working online has become the norm. It has called for an immense effort, especially in the academic field. Many of us have had to acquire new skills as we transfer meetings and teaching to online mode. Two and a half months on, the strain begins to tell. So, please take the upcoming pause most seriously. Put aside your work, relax, sleep, take regular exercise, lower your stress, pray, meditate, deepen relations. Family, friends, colleagues, teachers and students are God's gift to us and a link to our humanity.

線上工作已逐步成為常態。尤其是在學術領域，線上工作需要投入更多的努力。我們當中可能很多人需要掌握新技能，以將會議和教學轉換成為線上模式。兩個半月過去了，壓力開始顯露出來。因此，請好好地利用即將來臨的假期。將工作暫停，放鬆身心、補充睡眠、定期鍛煉、減輕壓力、祈禱、默想和增進與他人的關係。家人、朋友、同事、老師和學生都是上主賜給我們的禮物，也是連系人性的紐帶。

From a Christian perspective, we commemorate a historical event. Jesus of Nazareth was put to death, and amazingly his tomb was found empty by friends who then claimed to have met with him as a new all-embracing and life-giving presence, transforming their lives forever. The season reminds us of how lack of judgement, blindness, and indifference, our internal conflicts and external tensions so easily overflow and bring suffering to the innocent; but also, how our lives are graced with wisdom, kindness and caring for others, and find in them a constant source of renewal.



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從基督宗教的角度，我們是在紀念一個歷史事件。納匝肋人耶穌被釘死，奇蹟地祂的門徒發現埋葬祂的墓穴是空的。事後門徒宣講與耶穌的相遇，死後復活的耶穌是一個全新的、賦予生命的存在，讓跟祂相還的人一生從此改變。這一個季節提醒我們，錯誤的批判、盲目、冷漠、我們的內在和外在的沖突怎麼容易便溢流而出，使無辜者受苦。同時也提醒我們生命是如何受著智慧、良善和關愛的恩賜，在照顧他人時，我們也從他人身上尋找到不斷的更新。

A Happy Easter to all.
祝大家復活節安康！

And God bless!
主佑！

Fr Peter
薛沛德神父