A.M.D.G.​          3rd Sunday Of Easter – B ​Text:  Luke 24: 36-48  
 April 19th, 2015复活节第三个星期日  
  
*Luke 24: 39-48*  While they were talking, Jesus himself stood among them and said to them, ‘Peace be with you.’ They were startled and terrified, and thought that they were seeing a ghost. He said to them, ‘Why are you frightened, and why do doubts arise in your hearts? Look at my hands and my feet; see that it is I myself. Touch me and see; for a ghost does not have flesh and bones as you see that I have.’ And when he had said this, he showed them his hands and his feet. While in their joy they were disbelieving and still wondering, he said to them, ‘Have you anything here to eat?’ They gave him a piece of broiled fish, and he took it and ate in their presence.  Then he said to them, ‘These are my words that I spoke to you while I was still with you—that everything written about me in the law of Moses, the prophets, and the psalms must be fulfilled.’ Then he opened their minds to understand the scriptures, and he said to them, ‘Thus it is written, that the Messiah is to suffer and to rise from the dead on the third day, and that repentance and forgiveness of sins is to be proclaimed in his name to all nations, beginning from Jerusalem. You are witnesses of these things.

路加福音 24:39-48 **39**你们看我的手、我的脚，就知道我是谁。摸我看看，灵没有骨，没有肉；你们看，我是有的。” **40**说了这话，就把手和脚给他们看。 **41**他们欢喜到不敢相信，并且很惊奇。耶稣说：“你们这里有甚么吃的没有？” **42**他们就给了他一片烧鱼。 **43**他接过来，在他们面前吃了。**44**主对他们说：“这就是我从前与你们同在的时候，对你们说过的话：摩西的律法、先知书和诗篇上所记关于我的一切事，都必定应验。” **45**于是他开他们的心窍，使他们明白圣经；**46**又说：“经上这样记着：基督必须受害，第三天从死人中复活。 **47**人要奉他的名，传讲悔改与赦罪的道，从耶路撒冷起，直传到万国。 **48**你们就是这些事的见证。

**Hands and Feet For God 上帝的手和脚**

​One of the themes that runs through many of the resurrection appearances that we hear about during Eastertide is that, as Jesus appears to various people in his risen form, they do not recognize him.  Mary, for example, mistakes him for the gardener. The two on their way to Emmaus do not recognize him in the stranger who walks with them on the road - until he breaks bread with them.  And Peter and the disciples, who are out fishing, do not immediately recognize him in John, chapter 21, as the One on the beach, who tells them where to fish and then offers them breakfast.

在复活节期间， 我们所听到的耶稣复活的故事里，都有这个情节：耶稣以复活之身出现在不同人面前时，人们并未认出他来，包括，玛利亚误将耶稣当作园丁；有两个门徒在去以马忤斯的路上与耶稣同行，却把他当作陌生人，直到耶稣掰饼给他们，这才认出他来；还有约翰福音第二十一章中所讲述的：彼得和其他几个门徒去捕鱼，耶稣站在岸上，他们也没有立刻认出他来，直到耶稣告诉他们往哪里去捕鱼和给他们早餐吃，这才认出他来。

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That theme continues in our reading this morning from Luke’s gospel.  But one of the most peculiar things about today’s scripture is the way that Jesus identifies himself to his friends.  “Look at my hands and my feet,”  he says to his frightened, doubtful disciples.    There they were - shaking in their sandals - and wondering if they are having a group hallucination - when he offers them four sure proofs that he is who they think he is:  two hands and two feet - which could belong to no one else but him.  It is the wounds that he wants them to see ....  But isn’t it a peculiar way to identify himself?  Why not say, “Listen to my voice” or, “Look at my face?”  Could you identify someone by hands and feet alone?  Even your spouse?

​类似情节在今早我所读的路加福音里也有。但是今天这段经文的最特别之处是耶稣让朋友认出他来的方式：他对他那些又惊又疑的门徒们说“看看我的手和脚”。但是门徒们吓得连凉鞋里的脚都在发抖，他们疑惑自己是不是产生了幻觉。直到耶稣用四个确凿证据：只属于耶稣而不是别人的，被钉过十字架的受伤的双手和双脚，向门徒们证明他正是他们所认为的复活的耶稣....这难道不是一种特别的让人辨别他自己的方式吗？ 为什么他不说“听听我的声音” 或者 “看看我的面容” 。你能只从手和脚就认出谁来吗？能认出是你丈夫吗？

When I was serving as the Minister at St. David’s United Church, in Bible Hill, N.S. - we used to have a Fall Country Fair each year at the church.  And there would be the usual displays and contests on baking and crafts, fruits and vegetables.  But we also used to have a contest where the men would roll up their pant legs and get behind a screen - and the rest of us would have to try and guess which pair of legs belonged to whom.  It was great fun!  But not as easy as you might suppose.

当我在位于新斯科舍省圣经山的圣大卫联合教会任牧师时，教会每年都举办秋季乡村集市，内容通常包括烘培、手工、水果和蔬菜展示和竞赛。而且我们还有一项比赛：男士们将裤脚卷起来，躲到屏风后面去，然后我们便竞猜那双腿是谁的腿。特别好玩！但是却不是你想象那么容易猜对的。

Hands and feet are simply not the first things we generally notice about one another - and yet they can be so telling of who we are.  For example - my hands tend to be somewhat square in shape.  I have always admired someone who has nicely shaped hands with long, elegant fingers!  I tend to bite my nails on occasion - have all my life - unless I keep fingernail polish on them.    And on one hand, I have an old scar that I got from slicing my hand with a sharp knife many years ago.  ​And I could tell you the same stories about my feet - only feet are more private, somehow – aren’t they?!

在人们关注彼此时，手和脚并不是重要。然而通过手和脚，的确能告诉我们是谁。比如，我的手的形状是方型的，我总是羡慕一些人手指修长，漂亮！我一生中我有咬指甲一个的习惯，除非染了指甲。很久前我的指甲被一个锋利的到切了一下，到现在还有疤痕。我也可以告诉你我的脚的故事，但是脚好像隐私一些，不是吗？

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​I was talking to someone recently who said that her mother never mastered the knack of photography - and every childhood picture she has of her and her brothers and sisters is from the waist down.  When the pictures came back from the drug store, she said - all the kids would huddle around and try to figure out who was who by the feet.  ​I could identify some of you by your hands, I think.  I have had the privilege of washing dishes with some, of knitting with others, of shaking hands at the door on Sunday morning - of holding hands as we have shared sad and joyful times together.  And I don’t know which ones I like the best - the ones with a lot of wear and tear on them - or the little tiny ones that slip into your hand so trustingly.

最近我和人聊天，她告诉我她妈妈一直没有掌握照相的技巧。她儿童时代的她和兄弟姐妹照片都是从腰以下。照片从商店拿出来的时候，他们兄妹们就聚在一起看照片时只能通过脚来辨认谁是谁。我想我从手能分辨你们有些人。因为我荣幸和你们一些人一起在教会洗过碗或一起编织过，或周日早上门口握手。  
  
​What I like about hands is that they do not lie.  They can’t.  We can exercise some control over our faces so that they look the way we want them to look - but our hands give us away every time:  nervous hands, clenched hands, damp hands, soiled hands.  I love those Sherlock Holmes stories where some unsuspecting soul is introduced to Holmes - spends about 5 minutes in his presence - and then leaves the room.  Then the great detective turns to Watson and tells him what the visitor does for a living, her family status, income level and hobbies - all based on having shaken her hand.

我喜欢手是因为手从不会撒谎。他们不可能撒谎。我们可以通过练习控制我们的面部表情，以便使面部表情变成我们想要的。但是手每次总是不听我们的：紧张的手，握紧的手，潮湿的手，脏兮兮的手。我喜欢福尔摩斯故事，其中一些的未料想到的人被介绍给福尔摩斯并和他呆上5分钟，然后离开他的房间。之后伟大的侦探转向沃森并告诉他这个拜访者是做什么工作的，她家里状况，收入水平和爱好，所有这些都是通过和她握手而做出的推断。  
  
​Barbara Brown Taylor, in her book ‘Home By Another Way’, tells the following story. “Almost 12 years ago now, a dear friend of mine lost his father quite suddenly to a heart attack.  By the time he got to the hospital - his father had died - and that made it even harder to bear.  There was no time for good-bye, no final I love you, no time to get used to the idea of losing him.  The first chance my friend had to see his father was at the funeral home - where he walked right up to the casket and took one of his father’s quiet hands in his own.  They were the same shape and size - those two hands ....  big, competent paws that could fix anything - strong enough to build a porch swing, soft enough to pat a baby to sleep. His father had been an auto mechanic who took great pride in distinguishing himself from what he called ‘shade tree mechanics’ -those backyard amateurs who covered themselves with grease and left spare parts lying around all over the place.  He, on the other hand - was a garage mechanic who plied his trade with the skill of a surgeon.  He kept a clean shop - and before he went home every night, he scrubbed his hands with a boar’s bristle brush, washing away the grime of the day.

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But as careful as he was - his hands stayed stained in places - and it was that which my friend was looking for.  Turning his father’s big hand over in his own - he saw the motor oil in the fingerprints, the callouses from years of hauling engines, and he smiled.  “It’s him!”  he said.  “They tried to clean him up - but look, they couldn’t.  It’s my Dad.  It’s still my Dad.”

芭芭拉.布朗.泰勒在她的书＂另一条回家的路＂中讲述一个她的好友12年前失去了患心脏病的父亲。就在他赶到医院的时候，他父亲去世了。他简直无法忍受。没有说最后的一句再见的话，没有说最后一句爱的话。没有时间适应失去父亲的想法。唯一的机会是看到躺在棺材里的父亲，他握着父亲冰凉的手。他们两人的手如此相似，宽大的手掌，有力的手可以修理任何东西，强壮的手可以建一个屋前的看台，温柔的可以拍着婴儿入睡。他父亲曾是一个专业的汽车技工，并与那些后院的业余的＂树荫下的修理工＂完全不同，他们身上手上油乎乎，一地的零件。这点他父亲常引以为豪。在另一方面，他自己是汽车修理工，他用外科医生的技术经营着生意。他把店里收拾的干净，每天晚上回家用猪毛鬃刷子用力洗脏兮兮的手。但无论他多么仔细洗，还是在有些地方找到污迹，这也是我朋友在寻找的。拿起他父亲的手在他手上翻看的时候，他看到在指甲缝里和因多年拖机器而长的硬茧里藏有的机油。然后他笑了＂这就是他！。＂他说：＂他们努力清洗他，但是看看，他们做不到。他就是我爸爸，他依然是我爸爸。＂

​“Look at my hands and feet,” Jesus said - and when they did - they saw everything he had ever been to them.  They saw the hands that had broken bread and blessed broiled fish -holding it out to them over and over again.  They saw the hands that had pressed mud against a blind man’s eyes and taken a dead girl by the hand so that she rose again and walked.  They saw the hands that danced through the air when he spoke and taught - the same hands that reached out to touch a leper without pausing or holding back.

＂看看我的手和脚，＂耶稣说-当门徒看的时候，他们看到了耶稣曾经和他们在一起的情景。他们看到了耶稣曾经掰面包和烤鱼的双手-耶稣把手一遍一遍地伸给他们看。他们看到了这双手曾经用泥土敷在盲人的眼睛上使他重见光明，这双手曾把死去的女孩扶起使她重获生命。他们看到耶稣挥舞着双手在众人面前讲话和教导-还是同样的这双手毫不忧郁地触摸麻风病人。  
  
​And they saw his feet - the ones that had carried him hundreds of miles - taking his good news to all who were starving for it - taking it into the homes of friends, criminals and corrupt bureaucrats, whom he treated like long-lost kin - and to the cross for that final journey.  Looking at those feet - they remembered the woman who had wet them with her tears and dried them with her hair - and Mary who had sat on the floor at those same feet - while her sister, Martha, chided her to get up and work.

当他们看到耶稣的双脚-着双脚承载着耶稣行走数百英里，把福音传给渴求福音的人们,传给朋友的家里，犯人和腐败官吏-耶稣对待他们就像对待久别重逢的亲人。这双脚最后带着耶稣通往最后的旅途-十字架。看到这双脚，门徒们想起了叫玛利亚的妇女坐在地上用她的眼泪湿润这双脚，用她们的头发擦干这双脚，玛利亚的姐姐玛莎指责她让她起来去干活。

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​They were wounded now - the hands that had joined him to other people - and the feet that had joined him to the earth.  They had holes in them - sore, angry-looking bruises that hurt to look at.  Earlier - when they had figured out what was coming to those beloved hands and feet - they had fled - hiding themselves away where they could not see the bleeding, or hear the pounding of the nails into flesh.  But now – “Look” - he says to them.    He wanted them to know he had gone through the danger and not around it - so he told them to look - not at his face, not into his eyes - but at his hands and feet, which told the truth about what had happened to him.  “Look at my hands and feet - the scars and the wounds,” says Jesus, “for it is there that you will recognize my presence with you.”

现在这双手和脚受伤了，这双手曾把耶稣和其他人们联系在一起，这双脚曾把耶稣和大地连接在一起。在手和脚上有被钉子 钉过的洞，伤痕，难看的疤痕，看上去很疼痛。在门徒们知道耶稣手脚讲发生的事情的时候，他们逃离开了，并躲藏起来不敢看流血，不敢听钉子钉入肉体时的声音。但是现在耶稣对他们说：＂看一看＂。他要门徒们知道他已经经受了危险，而不是绕过了危险。所以他要门徒们亲眼看看，不是看他的脸和眼睛，而是看他的手和脚，告诉门徒们发生在他身上的事实。＂你们看看我的手和脚，伤处和疤痕，＂耶稣说：＂看见它们，你们就会承认我与你们在一起。＂

We have only to turn on the news or open a newspaper to be reminded of the wounded places in our society and our world.  It is in places like Africa - in the ravage on the faces of the women who have been raped repeatedly, in the tears of the children who have lost all hope, in the disease-ravaged bodies of those dying of AIDS and Ebola;  it is in the places of war, poverty and desperation like Syria and Palestine;  it is in the eyes of our First Nations brothers and sisters as they speak about the tragic legacy of the Indian Residential Schools and ongoing injustice and challenges;  it is in the people of the Downtown Eastside who huddle into doorways at night, or sleep under our city bridges;  it is in the faces of the women who seek refuge from abusive spouses; or in the grieving tears of one who has just lost their child, their parent, their husband or wife  - that we see and recognize the Christ in our midst.“You are witnesses to these things,”  Jesus told his disciples before he left them - entrusting the world into their care - and ours.

我们打开电视新闻或报纸，不断提醒我们在世界各地都有受伤的地方，比如在非洲，妇女的脸上能看到最近被强暴后留下的创伤，失去希望的儿童眼中的泪水，死于爱滋病和埃博拉疾病后被摧残的身体；像叙利亚，巴勒斯坦的战争之地，贫困和绝望；原住民兄弟姐妹谈论起印第安住宿学校的可悲的遗留问题和不断出现的不公正和各种挑战；市中心东区无家可归的人夜晚卷曲在门道或睡在大桥下；丈夫虐待的妇女寻求庇护；失去孩子，父母，妻子，丈夫的人们的悲伤的眼泪；我们看到了并承认耶稣就在我们中间。＂你们是这些事的见证。＂耶稣在离开门徒们是说。把这个世界委托给你们关照，和委托给我们来关照。

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​And as I reflected on that this week – I wondered:  what do ours say about us - both personally and as a church?  Where have they been, whom have they touched, how have they served, what have they proclaimed?    Because – isn’t that what it’s really all about?  I have the privilege of being witness each week to how the hands and feet of people in this congregation become the presence of Christ to one another and to the wider community:  
\*​Take for example, the hands of the women of the knitting group who gather to make warm blankets, caps and booties for newborns, toques for aboriginal children in the school system, and comfort shawls that will be offered to the sick, babies at birth or baptism, or to celebrate a marriage.    
  
在写今天经文反思的时候，我想：我们自己如何说我们自己？无论是说个人还是说教会？他们去哪里了？他们接触了什么人？他们怎么提供服务？他们明确表示了什么？因为-这难道不是真的吗？我荣幸每周能看到我们教会人们的手和脚，他们已经成为在一个又一个的与基督同在，并扩大到更大社区。举一个例子，我们教会的妇女编织毛组，他们编织温暖的毯子，帽子和婴儿袜子。在学校系统内给原住民儿童编织无边帽子，编织温暖的披肩提供给有病的人，并提供披肩给孩子出生时受洗和结婚庆典用。  
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\* or the person of someone like Janet Mathews whose hands reach out with her sheep or lobsters each Sunday morning as she generously offers their company during the service;  
还有像Janet Mathew她每周日早上把她的毛绒玩具绵羊和龙虾慷慨提供给我们，陪伴我们进行礼拜活动。  
\* the hands of those like Debra Dawes who bless our children each week in the children’s ministry program; Debra Dawes用她的双手每周日在神职活动中祝福我们的孩子。  
\* the wonderful hands of Erik on the piano and organ, whose music and talent uplifts our hearts and spirits each week; Erik用他奇妙的双手，弹奏钢琴风琴，每周他的音乐天资把我们的心升华，把我们的灵魂升华。  
\* And what about the feet of those like Graham Miller, who comes faithfully twice a week and walks the floors of our church vacuuming and sweeping and cleaning as his gift of time; Graham Miller每周两次用他的时间来教会吸尘清扫教会。  
\* Or those who serve the meals at TLC, like Alice and James; and Janis who prepares the meals and coordinates the programs;  Alice和James为TLC提供服务。Janis准备食物并协调整个活动。  
\* and the people who have taken on the gardening around our church, so that we can be a welcoming and cheery presence in our community; 还有负责我们教会花园的人们，由于他们我们可以舒服愉悦的参加我们社区的活动。  
\* Or others whose feet carry them to the homes of the sick, the elderly and the grieving. 还有其他的人，他们用双脚访问有病在家的人们，老人和处于悲伤的人们。

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These are just some of the ways our feet and hands speak our message of love and compassion - and carry Christ’s presence to the world around us.

这就是用我们的手脚传递出爱和慈悲的福音。

​And today - when that world looks around for the Risen Christ - when they want to know what it all means ....  it is us they look at.  Not our pretty faces and our sincere eyes - but our hands and our feet - what we have done with them and where we have gone with them - and how we are willing to lift them up to embrace the scars and wounds of our world.  We are witnesses of these things .... May God grant us courage to live and share our faith by offering our hands and feet for a broken world.

今天，当周围世界看耶稣升天复活，当周围世界想了解耶稣复活的意义时，他们看到的就是我们。不是因为我们漂亮的面孔和诚恳的眼神，而是我们的手和脚。我们所做的和我们去到哪里。我们愿意举起手脚拥抱受伤的世界。我们是这些事情的见证。愿上帝准许我们有勇气用我们的双手双脚为这个破碎的世界恪守并分享我们的信仰。