

## 團體活動 / Upcoming Events

16/3 (星期六)	早上九時三十分	耶穌聖心會誠意邀請大家一起參與玫瑰灣至尼爾森公園漫步。沿着海岸線修建的步道，可以看到悉尼港灣的各種景色，一路上風光無限，舒服自在。第一個集合地點和時間是 Circular Quay Wharf No. 2 上午九時三十分。第二個集合地點和時間是 Rose Bay Wharf 上午十時十五分。請攜帶水、太陽油、太陽眼鏡、帽、午餐。歡迎大家踴躍參加。查詢及報名請聯絡 George Wong 電話 0407 525 618 或 Helen Wong 0416 565 076。	
17/3 (星期日)	上午十一時至十二時	拜苦路	亞洲中心
24/3 (星期日)	下午一時半	拜苦路	聖伯多祿朱廉教堂
<b>天主教華人牧靈團體 - 四旬期避靜</b>			
30/3 (星期六)	上午十時至下午五時 (請自備簡單午餐)	<b>主題：是你嗎？</b> 內容：以電影「沈默」為藍本的信仰分享。 講者：方濟會路勇神父 報名或查詢，請聯絡 Simon Liu 0411 377 618 或 Candy Lui 0437 695 744 <a href="mailto:candymylui@gmail.com">candymylui@gmail.com</a>	亞洲中心

16/3 (Sat)	9:30am	Sacred Heart of Jesus Group will be organising a walk from Rose Bay to Nielsen Park. The easy Hermitage Foreshore track offers up stunning view of Sydney's harbour, islands and icons. Meeting points: Circular Quay Wharf #2 at 9:30am, Rose Bay Wharf at 10:15am. All are welcome. Please bring drinking water, sunscreen, sunglasses, hat and packed lunch. Please contact George Wong on 0407 525 618 or Helen Wong on 0416 565 076 for details and registration.	
17/3 (Sun)	11am-12pm	Station of the Cross	Asiana Centre
24/3 (Sun)	1pm	Station of the Cross	St Peter Julian's Church
<b>CCPC Lent Retreat</b>			
30/3 (Sat)	10am to 5pm	<b>Topic: Is it you?</b> Details: Faith Sharing on the Movie "Silence" Speaker: <b>Fr Joseph Lu OFM</b> To register or enquiry, please contact Simon Liu 0411 377 618 or Candy Lui 0437 695 744 <a href="mailto:candymylui@gmail.com">candymylui@gmail.com</a> (Please bring your own lunch)	Asiana Centre

## 報告 News

在亞洲中心小聖堂安放新一批已亡親友紀念名牌儀式將於四月六日星期六下午四時清明節感恩祭之後舉行。有意為已亡親友安放紀念名牌的信友，請於三月四日前聯絡 Anthony 姚先生 0433 780 103 / 9797-8930 或 Thomas 黃先生 0414 341 361 / 9554-8535。電郵： <a href="mailto:a_iu@hotmail.com">a_iu@hotmail.com</a> 或 <a href="mailto:thomas_y_wong@yahoo.com.au">thomas_y_wong@yahoo.com.au</a> 。
<b>以色列+約旦十二天朝聖之旅</b> 五月由北京出發，隨團神師：方濟會路勇神父。詳情請聯絡 Simon Liu 0411377618 或 Candy Lui 0437695744
粵語成人慕道班已於二月十日開辦新班。現繼續招收新學員。請介紹未信主的親友參加。請向周先生 0403 589 375 / 陳先生 0422 231 328 / 盧太 0410 342 890 查詢。亦歡迎信友參加更新信仰。
中文天主教教義函授課程是為不能抽空出席慕道班的人士而設。請介紹親友參加。有興趣者請向鄧女士 (0401 058 199) 查詢。
再慕道聚會星期日下午一時半在聖伯多祿朱廉教堂二樓會議室舉行。歡迎各位參加。

The next installation of memorial plaques for deceased relatives and friends in St Joseph's Chapel, Asiana Centre will be held on Saturday, 6th of April after the Eucharist for Ching Ming Festival at 4 pm. Please apply before 4th of March. Contact Anthony Iu 0433 780 103 / 9797-8930 or Thomas Wong 0414 341 361 / 9554-8535. Emails: <a href="mailto:a_iu@hotmail.com">a_iu@hotmail.com</a> or <a href="mailto:thomas_y_wong@yahoo.com.au">thomas_y_wong@yahoo.com.au</a> .
New Cantonese Catechumen class has commenced on 10 February 2019 and is still accepting enrolment. Please invite your non-believer friends and relatives to learn about God and our faith. Catholics are also encouraged to join in to renew their faith. Please contact Mr Chow 0403 589 375 / Mr Chan 0422 231 328 / Mrs Rachel Lo 0410 342 890 for details.
Chinese Catechism Corresponding Course is open to people who cannot attend our catechism class in person. Please encourage your non-believer friends and relatives to enrol. Please contact Mrs Elsa Tang on 0401 058 199 for details.
Catechism Refresher gathering meets on Sundays at 1.30pm and the venue is Meeting Room # 2 located on the first floor of St Peter Julian's Church. All are welcome to join us.



# 天主教華人牧靈團體 CHINESE CATHOLIC PASTORAL COMMUNITY

郵政地址: Asiana Centre (亞洲中心), 38 Chandos Street, Ashfield NSW 2131  
 電子郵件: [info@ccpc.net.au](mailto:info@ccpc.net.au) 互聯網網址: [www.ccpc.net.au](http://www.ccpc.net.au) Tel: 8005 1398, Fax: 8580 5135  
 主任司鐸/神父 Chaplains: Fr. Joseph Lu OFM 路勇神父 電話: 0431 962 786  
 Fr. Jacob Wang 王金福神父 電話: 0488 042 077  
 修女 Sisters: Sr. Teresa Chiu 電話: 0403 108 068  
 Sr. Agnes Chang 電話: (02) 9560 3071

四旬期第一主日 2019年3月10日

March 10<sup>th</sup> 2019 First Sunday of Lent



Peter Paul Rubens  
Temptation of Christ, 1620

*"Jesus returned from the Jordan and was led by the Spirit into the desert for forty days, to be tempted by the devil."*

(Luke 4:1)

「耶穌充滿聖神，由約但河回來，就被聖神引到荒野裏去了，四十天的工夫受魔鬼試探」

(路加福音 4:1)

### 下主日讀經: Next Sunday Readings:

1 <sup>st</sup> reading	讀經一:	創世紀	Gn 15:5-12, 17-18
2 <sup>nd</sup> reading	讀經二:	斐理伯書	Phil 3:17—4:1
Gospel	福音:	路加福音	Lk 9:28B-36

彌撒時間: 星期六 下午 6:00 亞洲中心 (國語);  
 星期日 早上 9:30 亞洲中心 (粵語); 早上 11:00 聖伯多祿朱廉堂 (粵語)  
 星期日 早上 11:30 St. Dominic's Church, Flemington (國語)

九日敬禮: 每月第二個星期六 下午 4:00 亞洲中心  
 每月首星期五耶穌聖心彌撒: 晚上 6:30 (粵語), 晚上 8.00 (English) 亞洲中心  
 明供聖體: 每月最後一個星期六 下午 2:00-4:00 亞洲中心  
 修和聖事: 每月最後一個星期六 下午 2:30-3:30 亞洲中心  
 領洗、婚配及病人傅油: 請聯絡主任司鐸/神父

## 澳洲天主教雪梨總教區封齋期牧函

### 封齋期之贖罪善功

際此封齋時期，我們要在日常生活生中尋求和體驗天主聖父的慈愛。首先要體驗對天主聖父慈悲的需要，即是在我們破碎的生活上，特別在罪惡上，我們未能盡責對愛主在萬有之上和愛人如己的誡命。因此之故，教會內的《聖教法典》規定所有基督徒要實行做補贖的責任，即是要信友們要中斷生活上的舒適，及在祈禱內重新領會到天主的慈悲，對有需要的人士要實行愛德和公義。實行這些善工時，特別應在全年的週五(舊稱瞻禮六)上及在封齋期內進行。

我們追憶聖若翰洗者為準備主基督的來臨，宣講《悔改的洗禮》。耶穌開始傳教生活時，宣講天主的福音說：「時期已滿，天主國臨近了，你們悔改，信從福音罷！」(谷一:15) 悔改就是拒絕罪惡，亦有皈依，與天主修和的意思。祈禱，克己和各種善工便是具體悔改的憑證。每一種贖罪善功表現出我們更靠近我們的救主，而每一種贖罪善功，補贖和悔改是行動的中心，是每日不斷的基督徒的生活模式。

教會指定特別日期進行贖罪善功目的是鼓勵和促進我們有實行贖罪善功的習慣。更進一步說，在普世教會內，基督徒們在特定的日期內進行贖罪善功，可以加強我們認識到罪惡對社會的向度。個人的罪惡在某種程度上會影響全體的。所以在封齋期內及一年內的每瞻禮六(即週五)，我們履行贖罪善功時，並不是個人的行為，而是以世上教會的名義進行的。我們當然要嚴肅和認真的履行悔罪的責任和應做的補贖。澳洲天主教主教議會沒有規定實行贖罪善功只限於遵守大小齋，在各種情況下，基督徒有更多負責任的選擇，應該細心選擇適合個人環境內進行和基督徒生活的成長。

### 贖罪善功日

1.小齋不吃肉。大齋應在聖灰瞻禮和聖週五日(耶穌耶受難日)實行。凡年齡由十八歲至六十歲的基督徒皆需要遵守。凡足十四歲者，應守小齋。

2.在其他週五日，包括封齋期的星期五，習慣上要守的規矩可從下述情況中選一項：

(一) 祈禱: 例如: 望彌撒，家庭祈禱，朝拜聖體，讀聖經，拜苦路，誦念玫瑰經。

(二) 克己: 例如: 不食肉類，糖果甜食，限制在家內的娛樂節目，限制飲食以捐助窮困者，限制社會媒體，如手提電話等或電視使用。

(三) 幫助他人: 例如: 特別照顧老弱傷殘及無依者或負擔過重者等等。

本年度的封齋期由三月六日(聖灰瞻禮日)起，至主的晚餐(即聖週四) 四月十八日黃昏。主受難日(星期五)，如可能，可延伸至復活前夜，及遵守復活節齋。

### 聖教四規

各已領洗的教友依照教會規定，每位教友必需要善領聖體，至小每年一次。可在聖灰瞻禮(三月六日)，及聖三主日，六月十六日，或除合理原因外，可在其他時間進行。所有教友有責任辦告解，至少每年一次。

Anthony Fisher OP (方士漁)  
雪梨總主教  
2019年三月六日

發自聖瑪利大堂

English version, please refer to the below link:

<https://www.catholicweekly.com.au/archbishop-fisher-what-am-i-supposed-to-do-for-lent-fasting-and-alms-wise/>

## LENTEN PENANCE

In this season of Lent, we seek to experience the mercy of God the Father, and to practice it in our daily lives. But first we must experience our need for mercy, that is, our brokenness and, indeed, our sinfulness, insofar as we have failed to love God above all, and to love our fellow men and women as ourselves. This is why the Church's Canon Law reaffirms the obligation to do penance – to interrupt the usual comforts of life, to rediscover in prayer the merciful love of God, and to practice charity and justice towards those in need. The special times of penance are all Fridays throughout the year and the season of Lent.

We recall that St John the Baptist prepared for the coming of the Lord by “preaching a baptism of repentance”. Jesus began his ministry with the exhortation: “Repent and believe the Gospel” (Mk 1:15). Repentance means the rejection of sin. It implies conversion to, and reconciliation with, God. Prayer, self-denial, and works of charity are the concrete expressions of repentance. Each of these identifies us more closely with our Saviour. By penance we make satisfaction for our sins, and take real steps in the renewal of our lives. Repentance and conversion are central, on-going, and even daily practices of Christian living.

In nominating special times of penance, the Church encourages and promotes in all of us the habit of penance. Furthermore, observance of these special times by all Catholics throughout the universal Church emphasises what we call “the social dimension of sin”. The sin of the individual member always in some measure infects the whole body. Therefore during Lent and on every Friday throughout the year, we do penance, not only on our own account, but also in the name of the Church and of the world. We must take very seriously our penitential obligations and be sure to carry them out. The Australian Catholic Bishops' Conference has not restricted our penance to fast and abstinence; in all cases, it has left room for our own responsible choice. We should carefully select the form of penance that we consider most appropriate for our own circumstances and growth in the Christian life.

### DAYS OF PENANCE

1. Abstinence from meat, and fasting, must be observed on Ash Wednesday and Good Friday. All who have completed their eighteenth year and have not yet begun their sixtieth year are bound to fast. All who have completed their fourteenth year are bound to abstain.
2. On all other Fridays of the year including the Fridays of Lent, the law of the common practice of penance is fulfilled by performing any one of the following:
  - (a). prayer – for example, Mass attendance; family prayer; a visit to a church or chapel; reading the Bible; making the Stations of the Cross; praying the rosary.
  - (b). self-denial – for example, not eating meat; not eating sweets or dessert; giving up entertainment to spend time with the family; limiting food and drink so as to give to the poor of one's own country; limiting use of social media, smart phones or television.
  - (c). helping others – for example, special attention to someone who is poor, sick, elderly, lonely or overburdened.

LENT LASTS FROM ASH WEDNESDAY (6TH MARCH) TO THE MASS OF THE LORD'S SUPPER (18TH APRIL). ON GOOD FRIDAY AND, IF POSSIBLE, ALSO ON HOLY SATURDAY UNTIL THE EASTER VIGIL, THE EASTER FAST IS OBSERVED.

### PASCHAL PRECEPT

Each of the faithful is obliged to receive Holy Communion at least once a year. This is to be done between Ash Wednesday, 6th March, and Trinity Sunday, 16th June, 2019 unless for a good reason it is done at another time during the year. All the faithful are obliged to confess their grave sins at least once a year.

+ Anthony Fisher

St. Mary's Cathedral  
SYDNEY  
6th March 2019

ARCHBISHOP OF SYDNEY