

5/6 (星期五)	晚上6:30	耶穌聖心會主辦聖心彌撒以紀念耶穌聖心所受的苦難。誠邀各位參加。	亞洲中心
6/6 (星期六)	下午4:00	雪梨天主教牧靈團體-慶祝團體成立「閃耀明珠」三十週年。特於下午四時於亞洲中心舉行感恩聖祭，並於六時假座 Club Central, Hurstville (好市圍) 舉行同寅聯歡聚餐，作為重要新旅程碑的歷史啟動時刻。敬請團體內同寅擁躍參加。	

5/6 (Fri)	6:30pm	Mass to commemorate the suffering of the Sacred Heart of Jesus. All are welcome.	Asiana Centre
6/6 (Sat)	4:00pm	CCPC is celebrating its 30th Anniversary SPARK Pearl. Join us as we embark on this great milestone with a Thanksgiving Mass at 4.00 pm at Asiana Centre, Ashfield followed by a Gala Dinner at Club Central, Hurstville at 6.00 pm.	

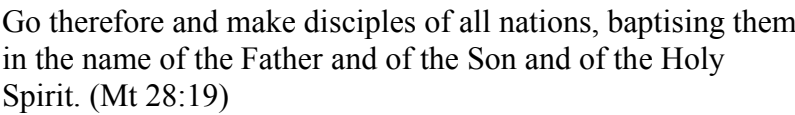
每年復活節後，雪梨教區都會為各團體準備一本生命冊，讓各教友寫上祝福語和祈禱意向，並於六月七日的聖體聖血節遊行後的彌撒中奉上，現在這本生命冊會放在聖堂門外，歡迎各教友寫上為個人或團體的祝福語和祈禱意向。	
與基督同行——雪梨總主教區於聖體聖血節舉辦週年巡遊活動。我們誠邀各位信友參與這項顯示我們天主教信仰的活動。	
如欲經銀行帳戶捐獻的兄弟姊妹，請用以下新開的團體銀行帳戶： <b>Commonwealth Bank</b> A/c name: Chinese Catholic Pastoral Community Inc.                      BSB: 062000 A/c Number: 1594 7930	
國語和粵語成人慕道班已分別在亞洲中心和聖伯祿朱廉教堂開辦新班。現繼續招收新學員。請介紹未信主的親友參加。請向何先生查詢。電話: 0416 092 148。亦歡迎信友參加更新信仰。	
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。繼續研讀「彌撒經書總論」，以增加大家對彌撒的認識。歡迎各位參加。	

<p>You will find the "Book of Life" at the enquiry desk every Sunday Mass at both Asiana Centre and SPJ. You are welcome to write prayers and petitions for yourself and for our community. This "Book of Life" will finally be presented on the Feast day of Corpus Christi at St Mary's Cathedral on June 7, 2015. Please join thousands of other Catholics to 'Walk With Christ' in the annual Eucharistic Procession on the Feast of Corpus Christ (Body and Blood of Christ). Let your presence make a statement about the gift of the Eucharist for the world.</p>
<p>We are most grateful to our donors. Effective immediately, please make donations to CCPC's new bank account: Commonwealth Bank A/c name: Chinese Catholic Pastoral Community Inc. BSB: 062000 A/c Number: 1594 7930</p>
<p>Mandarin and Cantonese Catechumen classes have commenced at Asiana Centre and at SPJ and are 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. Eddie Ho on 0416 092 148 for details.</p>
<p>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. We are studying the "General Instructions of the Roman Missal". All are welcome to join us.</p>



郵政地址: Asiana Centre, 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 Chaplain: Fr. Martin Low OFM 電話: 0424 883 838  
 修女: Sr. Teresa Chiu 電話: (02) 9716 6460 傳真: (02) 9799 1377  
 : Sr. Agnes Chang 電話: (02) 9560 3071

聖三主日 2015 年 5 月 31 日  
Sunday, May 31 2015, Trinity Sunday

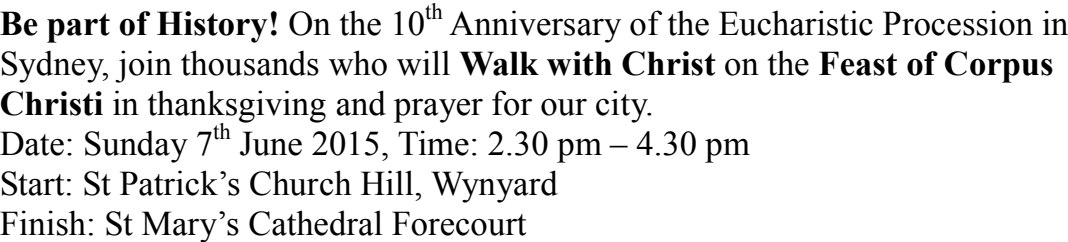


你們要去使萬民成為門徒，因父及子及聖神之名，給他們授洗。（聖瑪竇福音 28:19）

Trinity  
Andrei Rublev, public domain scan.

下主日讀經：Next Sunday Readings:  
 讀經一：出谷紀； Ex 24:3-8  
 讀經二：希伯來人書； Heb 9:11-15  
 福音：聖馬爾谷福音； Mk 14:12-16, 22-26

**6 June 2015**, CCPC 30<sup>th</sup> Anniversary SPARK – dream, think, do! Our celebration is only a week away as we rejoice in a thanksgiving Mass and an elegant evening acknowledging the past and present in CCPC spanning 30 years and highlights from our 30th Spark Anniversary.



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 聖伯多祿朱利安堂 (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 4:30 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

領洗、婚配及病人傅油：請聯絡主任司鐸

我感到奇怪，只有很少的天主教教友們會善用修和聖事(即告解聖事)。其中原因可能是一些出生時受洗的教友們沒有得到足夠教理的傳授，或許沒有獲得培訓，明白這件聖事有治療功能。他們對這件聖事的理解可能是出於法理原因或者是例行公事而矣。“除非你辦了告解，否則不能進堂望彌撒。所以你去辦告解之後，然後可以領聖體。當你去辦告解時，將自己所犯的諸罪在心內列出清單，到神父面前告解，等待神父唸了赦罪經後，又再在下一週重覆一次。”可能這是以前的信仰生活的一些現象。我懷疑這是實情，但我不能肯定。

事實上修和聖事是一件強而有力的聖事，是十分個人化和美妙的聖事。我們教友應該明白下列十項有關這件聖事的道理：

- (1)告解聖事或修和聖事是絕對的保密。聽告解司鐸對教友所告之罪有嚴重保密責任。在任何情況下都不得洩露，就像貼了封條，蓋過印一樣。
- (2)罪赦是客觀性的 - 當聽告解司鐸宣唸赦罪經時，告解者的罪立即赦免。事實上不是依靠個人感覺上是否得到“獲赦”與否。如果告解者感覺上仍然有保留罪惡感或恥辱感，可在下次告解時向聽告解司鐸求助，他可能告訴你關於怎樣處理罪惡感的方法。確認罪之赦是無條件的和客觀性的，當然對告解者有幫助。
- (3)藉著聽告解司鐸，耶穌為告解者赦罪。- 教會是基督的妙身。因此之故，教會所做的是跟隨耶穌基督在世時所做的一樣。祂赦人罪，而祂也將因祂的名義赦罪的權柄交付給宗徒們。聽告解司鐸的赦罪權柄，是在司鐸晉鐸時從宗徒的繼任者身上而來的。當司鐸宣唸赦罪經時，他是重演二千多年前基督將這赦罪的恩典賜給聖教會。耶穌是生活在教會之內的，是祂赦免你們的罪過。安心領受這個恩典罷！
- (4)良心的省察是需要的- 為準備妥當進行修和聖事，必需事前要用心和時間進行省察。要記住，告解者所犯的罪而感到羞愧和恐懼未必是最重大的罪。個人的犯罪感或羞愧感並不是對罪惡的嚴重性的良好指引。
- (5)告自己所犯的罪，而不是別人犯的罪 - 個人行為，個人負責。辦告解時，告解者不是要告訴聽告解司鐸有關丈夫/妻子的所作所為，而告解者所忍受長期折磨。告解者不是要向聽告解司鐸訴說自己努力向善，而對個人的不良習慣有所改進等等。告解者亦不需要向聽告解司鐸告明所犯的芝麻綠豆的小罪，例如有一天發覺忘記了餵狗的小事情。
- (6)修和聖事前先要祈禱- 當你在告解亭前輪候時，告解者先要向聖神呼求，將過去所犯的罪重現在你的腦海裏而未告明的罪過。這是一種很奇妙的體驗，天主會開啟告解者的明悟，將所有省察不到，告解不全的罪過，重現在告解者腦海中，在本次的修和聖事上，獲得赦宥。
- (7)修和聖事為個人回憶帶來痊癒 - 過去，你曾否受過傷害？你個人曾否受到別人加給你的痛苦和損害。告解者當然不能告別人的罪，但當事人可以承認對別人加給你傷害時的反應而要求得到痊癒。如果有人傷害你，和冒犯你，你可以要求，因為不肯原諒別人，所以你承認自己的罪過。你可以對自己所受的損害，作消極性的反應。但因為你已作出修和，你會將你所受的痛苦回憶釋放至煙消雲散。
- (8)告解聖事是有健康性的- 作為天主教司鐸的經驗，可以告訴各位的，一般說來，天主教教友比較外教人需要精神輔導的為小，和精神及情緒健康問題略為優勝。我個人認為修和聖事有助當事人對不幸事件的發生採取負責任的態度。修和聖事將耶穌基督的治療能力引領到我們自然和健康的生活之內。防止問題會再次發生，和避免嚴重罪惡的副作用。
- (9)修和聖事確認你生活在一個有道德的宇宙 - 社會上放任態度，引發相對主義抬頭，而人類可以跟隨他們所認許的“真理”行事時，天主教會的修和聖事中，包含省察良心的行為，提示世人我們是在一個由天主創造的世界來生活，有很清楚的人類行為準則，指導人類依從健康的行為，達到人類的完整性及堅強活躍的精神生活。修和聖事有助我們身心遵行這些原則的生活。
- (10)修和聖事就是從心中接受耶穌基督 - 在修和聖事內，我們建立，更新及維持我們對耶穌的個人關係。其他的聖事，比較上是團體性，公式的和禮儀性的。只有在修和聖事中，才有和耶穌一對一的接觸。

I am struck by how few Catholics take advantage of the sacrament of confession, and I wonder why. I think one of the reasons is that many cradle Catholics weren't really taught about the healing power of the sacrament. Their understanding of the sacrament was legalistic and routine. “You couldn't go to Mass unless you'd been to confession, so you had to go to confession to go receive communion, so off you went with your list and father waved his hands, muttered the words and you were cleaned up for another week.” Is that the way it was? I don't know, but I suspect so.

In fact, the sacrament of confession is a powerful, personal and beautiful sacrament and Catholics should understand these ten things about it:

1. **The Seal of the Confessional is absolute** - Not only can a priest not talk to anyone else about your confession, but he can't talk to you about it outside the confessional. He also won't talk about who has come to confession.
2. **Absolution is Objective** - When the priest pronounces the words of absolution your sins are forgiven. This is a fact and it doesn't depend on whether you “feel forgiven” or not. If you retain feelings of guilt and shame you can talk to the priest about that and he may give you some advice on how to deal with those feelings. Affirming that the absolution is unconditional and objective will help with that.
3. **Jesus forgives you through the Priest** - The church is the body of Christ. Therefore it follows that the church does what Jesus Christ did on earth. He forgave sins and he gave his apostles the power to forgive sins in his name. The priest has received that authority through his ordination by a successor of the apostles. When the priest pronounces the absolution he is enacting that 2000 year old gift of Christ to his church. Jesus is alive and he is there to forgive you! Receive the gift!
4. **A Good Examination of Conscience is Necessary** - You should take time to prepare for confession by making a good examination of conscience beforehand. Remember, the sins of which you are ashamed and fearful may not be the most serious sins. Our feelings of guilt and shame are not necessarily a good guide to the seriousness of our sin.
5. **Confess Your Own Sins...Not Others** - Mind your own business. You are not there to tell the priest the bad things your husband/wife has done and how long suffering you've been. You are not there to tell the priest how good you've been and how you're “making progress” on those bad habits. Neither are you there to tell him all the bitty little venial sins you've committed. It's not a sin to be late feeding the dog one day.
6. **Pray Before You Go to Confession** - As you're waiting in line ask the Holy Spirit to bring to your mind any sins from the past that should be forgiven. It's amazing how the Lord will open up your memory and bring things you had forgotten to the surface in order for them to be forgiven.
7. **Confession Brings Healing of the Memories** - Have bad things happened to you in the past? Do you have wounds and hurts caused by others? You can't confess the sins of other people, but you can confess your own reaction to those things and ask for healing. If someone has injured you and sinned against you, you can ask to be forgiven for not forgiving them. You can confess your negative reactions to what has happened and as you do you will be set free from those hurts and painful memories.
8. **Confession is Healthy** - In my experience as a Catholic priest I have found that, generally speaking, Catholics are far less in need of counseling, have fewer mental and emotional health issues than others. I think this is because confession helps them take responsibility for bad things that have happened. Confession brings the healing of Jesus Christ into our lives in a most natural and healthy way. Problems that might develop are prevented and the side effects of serious sins are avoided.
9. **Confession Affirms that you live in a moral universe** - In a society where anything goes, where relativism reigns supreme and people follow “their truth”, confession and a good examination of conscience reminds us that we live in a world created by God with clear guidelines for behavior which lead to health, wholeness and a strong and vibrant spiritual life. Confession helps us get our lives and minds organized around those principles.
10. **Confession is Where You “Accept Jesus into your heart”** - In confession we establish, refresh and maintain that “personal relationship with Jesus.” The other sacraments are more congregational, formal and ritualistic. In confession it is a one on one with Jesus.