

團體活動/ Upcoming Events

25/7 (星期六)	下午2:00 - 4:00	每月的團體明供聖體聚會，將會在亞洲中心舉行 - 歡迎各位邀請家人或朋友前來在耶穌聖體前一起祈禱。
26/7 (星期日)	下午3:30 - 晚上8:00	美滿婚姻課程慶祝餐會，將會在亞洲中心舉行。 誠意邀請已婚，尤其結婚多年的夫婦參加；當日介紹〔美滿婚姻課程〕給大家認識，詳情請見海報或查詢電話 Jimmy Ng 8824 9297 或 0427 232 169 ; Rachel Lo 0410 342 890

25/7 (Sat)	2:00pm-4:00pm	Community Monthly Eucharistic Adoration at Asiana Centre. Please open the invitation to any of your relatives & friends to join and pray together in front of the Blessed Sacrament.
26/7 (Sun)	3:30pm-8:00pm	Marriage Course Celebration dinner will be held at Asiana Centre. For details, please refer to poster or please contact Jimmy Ng 8824 9297 or 0427 232 169 Rachel Lo 0410 342 890

報告 News

祝馬神父 (Fr Paul McGee)進鐸50年金慶感恩彌撒，定於7月19日，時間11.30am. 地點 St Dominic Church, Flemington 彌撒後為他在禮堂聚餐，歡迎所有弟兄弟姐妹參加。
團體響應為教宗週年募捐，上兩個主日在華埠及亞洲中心收到善款合共1,182元。全數已送交悉尼總教區辦事處。
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。請向鄧女士查詢。電話：0401 058 199。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。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。

Fr Paul McGee will celebrate the Golden Jubilee of his Ordination to the priesthood at 11.30 am Mass on Sunday 19th July 2015, St Dominic’s Church, Flemington. A celebration lunch afterwards will be provided. All welcomed.
For the Holy Father's Annual Appeal 2015, the donation collected from our community at SPJ on 5/7/15 and at Asiana Centre on 12/7/15 amount to \$1,182. The total amount has been sent to the Chancery Office of the Archdiocese of Sydney.
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 Mrs Elsa Tang on 0401 058 199 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 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. We are studying the “General Instructions of the Roman Missal”. 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
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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

常年期第十六主日 2015 年 7 月 19 日
Sunday, July 19, 2015, 16th Sunday of Ordinary Time B



...they were like sheep without a shepherd; and he began to teach them many things. (Mk 6:34)

…因為他們好像沒有牧人的羊，遂開口教訓他們許多事。
(谷 6:34)

Gustave Doré

The Sermon on the Mount
1866 (fragment)

下主日讀經: Next Sunday Readings:

讀經一：	列王紀下；	2 Kg 4:42-44
讀經二：	聖保祿宗徒致厄弗所人書；	Eph 4:1-6
福音：	聖若望福音；	Jn 6:1-15

Our Archbishop Anthony Fisher OP will be formally vested with the Pallium on Saturday 25th July at 10.0 AM in St Mary’s Cathedral, Sydney. All are invited. As well as being a mark of communion with the Pope, the Pallium signifies the pastoral jurisdiction of the Pope and Metropolitans, and is worn at Mass on more solemn celebrations. The Pope may wear his in any place, whereas Metropolitans may wear theirs only within the boundaries of their Province. It is their insignia as the Shepherds of their flock.
NATIONAL VOCATIONS AWARENESS WEEK 2-9 August National Vocations Awareness Week (NVAW), 2-9 August, is an initiative of the Australian Catholic Bishops’ Conference to help people become more aware of their personal vocation. The first Sunday (2 August) is dedicated to the all the vocations of the baptized and the second Sunday (9 August) to the vocations of the Priesthood and the Consecrated Life.

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 4:30 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

我的信仰、家庭和婚姻 的分享

Sam Li

首先感謝天主的帶領及祝福，讓我可以在此和大家分享我在信仰道路的點點滴滴。也感謝我太太及家人的啟示和支持。在 1987 年復活節領洗到現在的 28 年漫長歲月裏，回想當時的我懷著滿腔熱誠而參加慕道班，但每次閱讀聖經感覺是非常沈悶和乏味，曾經因信心不足及猶豫而想退出慕道班，但太太對我說，你信主，你會得益不少，藉著天主，生命才享有美好的一切。天主的計劃是奇妙的，祂的慈愛滋潤我們的生活，在太太的激勵下從新用另一角度學習天主的話語，再踏上信仰的道路。感謝我的導師及神師，令我明白到在聖經中的一句說話：「不是你們揀選了我，而是我揀選了你們…」(若十五：十六)。讓我因此與主耶穌基督相遇。感謝主的仁慈，帶領我成為基督徒和不斷啟發我向著基督徒的道路行走。

感謝天主的厚愛，祝福我們三十年的婚姻生活，雖然充滿著高低起伏，甜、酸、苦、辣，但卻安然渡過。回想大家因教育孩子，處事的不同觀點與角度及各自堅持己見，常常希望改進對方，令大家關係疏離，情緒不安，甚至憤怒和不滿對方。特別是育有一個不一樣的孩子，更令大家感到沮喪，孤立及無助。幸好得到天主的帶領，從每主日彌撒福音中教導我們怎樣愛人，包容和寬恕。使我明白一段得來不易的感情，更要好好珍惜。天主！感謝你賜給我一位賢妻，令我生活更有目標和意義。

在 2014 年一位堂區兄弟邀請我和太太參加美滿婚姻課程。從這課程中我們學習怎樣包容，諒解，聆聽，同理心，欣賞及愛對方。從課程開始結識了一群談笑風生及無私奉獻的夫婦，令我們非常感動。每一次的晚餐總包含著心思，創意，關懷，歡樂及笑聲；更感謝招修女盡心的服務及親切的關懷令我們家庭更和諧及進步。感謝天主！



反省 – 常年期十六主日乙年 瑪竇六:30-34

福音上經常提及耶穌很多時要到比較清靜的地方去祈禱。這種做法很明顯地想向門徒們灌輸這種習慣。門徒受派遣外出宣講福音和醫治病人。為了要持續這項工作，門徒自己也需要恢復活力，和在需要的時候，他們自己也要獲得醫治。他們受到召喚，從事積極工作的宗徒服務，而耶穌也指明他們也需要在生活上有所觀的向度。可以說，是將“瑪爾大”和“瑪利亞”二人工作的角色磨合起來。並不是各走一方的，而是彼此相輔相成的，成為全人性的典範。

現代的耶穌門徒們也並不是完全不同的。事實上，生活在科技時代的工作人員們在很多方面更為忙得不可開交，比較人類任何一段歷史來說。表面上，科技給我們很多節省勞動力的方法，但是工作者們連吃飯的時間也沒有，或者自己不能找到適合自己的時間，甚或百忙中抽出一點空間來休憩一下。大忙人似乎是一個成功或有價值的人的標誌。大忙人認為一天不能缺少了我。我忙便是我存在的理由。

一些人以大忙人作為生活的方式 – 但是這是一種逃避自己的方式。如果要做這事，又要應付那個約會，多方面要盡力應付大小事項，所以沒有時間來處理生活上的空虛。正當外在世界熙熙攘攘，而內在的能量漸減弱，而人的工作能力消耗殆盡時，便會體力失控，淪為精神病患者。

人類是依照天主的肖像而受創造的。創造萬物的天主也會用時間來安息。耶穌教導我們，正如今天的福音上說的，要祂的門徒們休息，以便更新體力。我們是受到聖神的激勵，在我生活上結出溫良，仁愛和忍耐的果實。否則的話，自找繁忙的人，會將聖神的果實排除的。

My Faith Journey sharing

Sam Li

First of all, I should give thanks to God for His prompting and blessing so that I can share with you on our way of faith. I have to thank my wife and my family members for their understanding and support all the years since 1987 in the long journey. Recalling my story when I joined the catechism class with enthusiasm and sincerity, I experienced dullness and boring when I tried to read the Bible. For my little faith, I even had the intention to drop out from the catechism class. But my wife insisted that if I were to believe in God, I would be blessed in many different ways. It was only through God that life would have a meaningful purpose and everything would be good.

God’s plan for me is really wonderful and His Love nourishes our way of life. Through the encouragement of my wife, I started to learn the words of God from another angle, moving on in the journey of Faith. Thanks to our instructors and spiritual directors, I really felt the truth in the words of Jn 15:16 “You did not choose me but I choose you.” I encountered God Almighty in the name of Jesus Christ. I gave thanks again for God’s mercy and His promptings, as I have become a believer in the journey taken by all the faithful Christians.

I give thanks to God for His great love and blessings for my thirty years of married life, subject of course to ups and downs, punctuated with vicissitudes full of sweetness, sour, bitter and hot & spicy, by the grace of God, we move safely forward. Recalling our disagreement over the education of our children, whilst each party maintained its own view, conflicts of interest occurred often, to the extent of alienation in relationship, confrontation and anger towards each other, particularly when you have an exceptional child. We were left helpless and frustrated. It was a great help when we were led by the Holy Spirit, in observing Sunday obligation, particularly from the homilies of the priests on the subject of forgiveness and tolerance. We were brought to understand the value of our mutual feeling which should be treasured by us. O my God! How much have I to give You thanks for given me a virtuous wife so that the purpose of married life has a target and meaning. A fellow brother of our Community invited me together with my wife to join the Successful Married Life Course in 2014. I learned much from the Course on the subject of tolerance, understanding, listening, empathy, appreciation, and accommodation for the purpose of one’s better half. We met several friendly and jovial couples dedication to the Course was impressive and they gave us a lot to think about. In an organized dinner, it was prepared with innovation, caring, joy and laughter. I am indebted to Sr. Teresa Chiu for providing this ministry of care, for purpose of promoting harmony and advancement. Thanks be to God.

Reflection - 16th Sunday of Ordinary Time, Year B Mark 6:30-34

The Gospels often refer to Jesus’ going to quiet places in order to pray - and this is a habit that he obviously wishes to inculcate in his disciples. They are sent out to preach and to heal - but in order to sustain that, they need themselves to be refreshed and, where necessary, healed. They are called to an active - apostolic - ministry but Jesus shows that they also need a contemplative dimension in their lives. It is the harmonisation of “Martha” and “Mary” - not as opposite but as complementary aspects of being fully human.

Contemporary disciples are no different. In fact, in many ways, life in the technological-age is more frenetic for some than any age in the history of humanity. Labour-saving devices seem often to have made more time for more work. There are people who do not have time to eat - or feel that they cannot justify time to themselves - or time in leisure. Busy-ness can be worn as a badge of worthiness - I am busy therefore I am!

Some people thrive on busy-ness - but it can also be a way of avoiding oneself. If we are “doing this,” “keeping that appointment,” “juggling this with that,” there is little time to address what may be a growing emptiness. As the outer world gets more and more cluttered, the inner reserves are gradually depleted. People become exhausted, suffer burn-out or fall prey to breakdown and psychiatric illness. We are created in the image and likeness of a God who took time off. We are taught by Jesus who, as in today’s Gospel, encourages his followers to rest and be renewed. We are inspired by a Spirit who bears fruits of gentleness, kindness and patience in our lives - qualities that being overly busy can squeeze out.