

團體活動 / Upcoming Events

24/3 (聖週四)	8pm 9:30pm-11:00pm 11:00pm-midnight	亞洲中心	主的晚餐 陪伴耶穌 - 團體祈禱/夜禱 陪伴耶穌 - 個人靜默祈禱
25/3 (聖週五) (大小齋)	1:30pm-2:45pm	亞洲中心	慈悲串經/拜苦路
	3pm-4:30pm		救主受難紀念
26/3 (聖週六)	8pm-11pm	亞洲中心	復活夜間慶典、入門聖事
27/3 (復活主日)	9:30am	亞洲中心	復活主日彌撒
	11am	聖伯多祿朱廉堂	
28/3 (星期一)		Iron Cove	天主教亞洲大專同學會 - 2016 步行籌款活動。全程約七公哩環繞風景秀麗的 IRON COVE。善款將捐助亞洲中心擴建經費、參與 2016 世界青年節的 CASS 會員和 Run4Heart 倡導心臟健康的不牟利機構。 詳情請聯絡牧靈團體各善會負責人或亞洲中心會長 Thomas Wong 0414-341-361。
4/4 (星期一)	8pm	亞洲中心	「清明節」感恩祭，之後舉行安放紀念亡者名牌儀式。

24/3 (Holy Thu)	8pm 9:30pm-11pm 11pm-midnight	Asiana Centre	The Lord's Supper Prayer session/Office Reading Praying/Self-meditation
25/3 (Good Fri) (Fasting and Abstinence)	1:30pm-2:45pm	Asiana Centre	Divine Mercy /Station of the Cross
	3pm-4:30pm		Passion of the Lord
26/3 (Sat)	8pm-11pm	Asiana Centre	Easter Vigil on the Holy Night
27/3 (Sun)	9:30am	Asiana Centre	Resurrection of the Lord
	11am	St Peter Julian's	
28/3 (Mon)		Iron Cove	2016 Walkathon organised by UNSW CASS. It is a 7km scenic Bay Run route of the Iron Cove. The fund raised by this charity event will benefit Asiana Centre ACEP Building Fund, 2016 World Youth Day CASS participants and a Charity Run4Heart. Please contact the leader of any CCPC group or Thomas Wong of Asiana Centre Association 0414341-361.
4/4 (Mon)	8pm	Asiana Centre	"Ching Ming" Mass followed by installation of new memorial plaques into the Memorial Cabinet

報告 News

三月的明供聖體將會取消一次。
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。繼續以「小磐石讀經法」去研讀「迦拉達人書」，以增加大家對聖保祿宗徒的書信的認識。歡迎各位參加。
There will be no Monthly Eucharistic Adoration session for the month of March (26/3). It will be resume in April.
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 “St. Paul's Letter to the Galatians” by using the Little Rock Scripture Reading Method. All are welcome to join us.



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

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基督苦難主日(聖枝主日) 2016 年 3 月 20 日

Palm Sunday of the Lord's Passion, March 20, 2016



*Behold, your king comes to you, meek and riding on an ass,
and on a colt, the foal of a beast of burden.*

看，你的君王來到你這裡，溫和的騎在一匹驢上，一匹母驢的小驢駒上。

<u>下主日讀經: Next Sunday Readings:</u>		
讀經一:	宗徒大事錄;	Act 10:34,37-43
讀經二:	哥羅森人書;	Col 3:1-4
福音:	聖若望福音;	John 20:1-9

After a painting by Giotto,
with the background crucifixion added

PALM SUNDAY: Palm Branches are a symbol of peace and victory. The colors of the Mass on Palm Sunday are red, symbolizing the redemption in blood that Christ paid for the world. You will receive your own palm branch to keep in your home as a reminder of Christ's mercy for us. Wondering what to do with old palm branches? Blessed palm should be burned. You can burn them yourself and return the ashes to the ground.
HOLY THURSDAY: During this celebration, the three Holy Oils will be blessed: the Oil of the Sick to anoint those who are ill, the Oil of the Catechumen used in Baptism, and the Oil of Chrism used at Baptism, Confirmation, and Holy Orders. Just as Jesus washed the feet of the Apostles at the Last Supper, the feet of the faithful are washed as a sign of service. The Blessed Sacrament is processed to the Altar of Repose until the communion service on Good Friday. No Mass will be celebrated until the Easter Vigil proclaims the Resurrection.
GOOD FRIDAY: Listen to St. John's Passion of the Lord proclaimed in multiple voices. Experience the Veneration of the Cross as we kiss the wooden cross on which hung the Savior of the World. Holy Communion concludes the celebration.
EASTER VIGIL: The liturgy begins with the Service of Light. The new Paschal Candle is lit symbolizing Christ, the light of the world. That light is spread from person to person from that candle until the entire church is illuminated. Listen to our Salvation History through Old and New Testament readings proclaimed during the Liturgy of the Word. The Easter water is blessed and we welcome our new members during the Liturgy of Baptism. We renew our own Baptismal promises and continue with the Liturgy of the Eucharist. Rejoice with “Alleluia” as we are called to go forth and spread the Gospel and God's mercy to all.

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/神父

開始個人四旬期信仰生活，未為晚也！

劉瑪定神父

到了四旬期「又稱封齋期」中段的時刻，我發覺我們團體中的一些信友沒有遵守封齋期的本份，可能還有一些人以為這段時期已經過去了。那是否教會對四旬期沒有充分提醒信友的本份？我建議任選一些簡單封齋期的生活實踐，要立刻開始。

信友群中可能有些組別特別遵守封齋期的信仰生活，但是實行起來便不容易。信友們的本意是很好的，但不幸半途而廢。雖然不久前還聲稱在四旬期時，會放棄喝茶加糖加奶或巧克力，或咖啡或其他飲品。但我們不需要氣餒。靈修上的成長，是要經歷很多次失敗，方能達到成功。所以要繼續努力，未為晚也！

封齋期是四十天奔赴到曠野的旅程。我們守大小齋的目的不是表明我們是熱心的基督徒，或是獲得天主的悅納。所謂守齋，無非是在生活中拿去我們日常生活起居的一些環節。那樣便在生活上構成一種真空。大自然和天主一樣，不喜歡真空的存在。所以簡單的禁食便留下了空檔給聖神湧入到心靈空間。在曠野的時間是必需的，為我們的靈魂成長和發展是需要的。

下面列出一些簡單可以遵行一天守齋方式，在餘下的四旬期內可以渡過有意義的基督徒生活。可隨意選擇幾條在未來數天當作些少克己的善功。試看效果如何。

嘗試在你的住所街道上步行一周。一天之內，不要開動汽車音響。

在士多收銀櫃枱前，選擇最長人龍來排隊。

當天駕駛時，要遵守法定時

讓別人有機會發言。

下班回家後，將你的手提電話撥向航空模式。

重新安排客廳佈置。

吃一些你從來未吃過的食物。

聆聽一些你從來沒有聽過的調子。

上班時，改行新道路。

今天晚上，提早上床。

看電視時，選看你從未看過的節目。

將你手提電話機的背境更換。

打電話給你的一位家人。

乘車到郊外「遊車河」。

清除車房什物。和新相識計劃居所。

先向別人打招呼。最好稱呼別人的大名以示親切。

在聚會時，坐不同的坐位（在一個主日內禮儀進行前嘗試）

給你有意義的人，寫上短柬。

描繪一幅圖畫，或加上油彩。

執自己的床鋪蓋（或不執鋪蓋）

找一些美好和有意義的東西，而簡單瞪著眼凝視。

將你不需要的東西送出去。

今天不吃肉，只飲清水。

為和你不咬弦「廣東俗語“唔啱牙”」的人祈禱。

今天不用信用咭。

戒接觸社會媒體。

今天駕駛要保持靜默。

默記瑪竇福音五章 3-12 節的真福八端。

It’s Never Too Late to Start Observing Lent

Fr Martin Low OFM

As we near the halfway point of the season of Lent it occurs to me that among the Christians who have no observance of lent, there might be more than a few who feel a little bit left out. What does one do if their church pays no attention to the season of lent? My advice would be to simply pick a lenten practice of your own and start in.

There may also be a group of people who intended to observe lent, but it’s just not working out. Your best intentions have gone by the wayside and now you are trying to forget that you told everyone you’d give up sugar, or chocolate, or caffeine, or whatever. Don’t feel bad. Spiritual growth is aided much more by failure than success. It’s not too late to try again.

Lent is meant to be a 40 day trip into the wilderness. We fast not to show how devoted we are, or to make God pleased with us. We fast because taking something away leaves a vacuum, and like nature, God hates a vacuum. Often a simple fast leaves room for the Spirit to come rushing in and fill the void. Time in the wilderness is necessary in order for our soul does grow and develop.

Here’s a list of simple 1 day fasts that you can observe from here on out during lent that just might make this a meaningful season for you after all. Pick a few and try them for the next few days, and see what happens.

Walk around the block; No radio in the car for a day

Pick the longest line at the grocery store

Go exactly the speed limit all day

Let others have the last word

Put phone on airplane mode when you get home from work

Sit in the dark for 10 minutes before you go to bed

Rearrange your living room

Eat a kind of food you have never eaten before

Listen to a genre of music that is different from your norm

Take a different route to work

Go to bed early tonight

Watch a TV show you’ve never seen before

Change the background on your Phone’s screen

Call a family member

Go for a car ride in the country.

Sweep the garage; Schedule a hangout with someone new

Greet people first; Call people by their name

Sit in a different seat (I’m thinking a Sunday on this one.)

Write a note to someone meaningful to you

Colour or draw a picture

Make your bed (or don’t make your bed)

Find something beautiful or meaningful and simply gaze at it

Give away one thing you don’t need today

Eat no meat; Drink only water

Pray for someone you don’t get along with

Don’t use your debit or credit card

Abstain from social media

Drive in silence all day

Memorize the beatitudes Matt 5:3-12