

團體活動 / Upcoming Events

3/7 (星期日) 開課	下午四時	亞洲中心	夫婦懇談會主辦粵語「美滿婚姻課程」。「美滿婚姻課程」着重實踐，能幫助夫妻建立恒久美滿的婚姻。透過8次聚會，夫妻可討論因忙碌生活而置諸一角的重要問題。 課程包括：建立穩固根基、溝通的技巧、化解衝突、寬恕的力量、雙方的家長、美好的性生活、示愛的方式。 本課程尊重夫妻私隱，不設小組討論，也不會要求夫妻將關係中的任何層面向其他人透露。 在每一次聚會中，每對夫妻間的討論將分別在不同的課室內同時舉行。 有意參加的夫婦請聯絡 Eddie Ho 0416092148。
10/7 (星期日)	下午二時至四時	聖瑪利 主教座堂	今年是慈悲禧年，為回應這召叫，團體將安排一起去St Mary's Cathedral 朝聖。當日下午我們會一起過聖門，參觀六處慈悲旅程，參觀地下墓室 (the Crypt)，朝拜聖體，修和聖事和團體祈禱。 誠意邀請大家參加！查詢或報名，請聯絡各善會負責人或 Candy Lui 0437 695 744 candymylui@gmail.com

10/7 Sun	2pm - 4pm	St Mary's Cathedral	This year is Year of Mercy, our community will be holding a Pilgrimage at St Mary's Cathedral. During the visit, we will enter the door of Mercy, pilgrimage through the path of Mercy, visit the Crypt, Eucharistic Adoration, Sacrament of Reconciliation and prayers. We would like to invite everyone to join. For further enquiry or register, please contact your group leaders or Candy Lui 0437 695 744 candymylui@gmail.com
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報告 News

國語和粵語成人慕道班已於2016年2月28日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。繼續以「小磐石讀經法」去研讀「羅馬人書」，以增加大家對聖保祿宗徒的書信的認識。歡迎各位參加。

Mandarin and Cantonese Catechumen classes commence at Asiana Centre and at SPJ today 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 "St. Paul's Letter to the Romans" 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

郵政地址: Asiana Centre (亞洲中心), 38 Chandos Street, Ashfield NSW 2131
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主任司鐸/神父 Chaplains: Fr. Martin Low OFM 電話: 0424 883 838
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Fr. Jacob Wang 電話: 0488 042 077
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Sr. Agnes Chang 電話: (02) 9560 3071

常年期第十三主日(丙年) 2016年6月26日
June 26, 2016, Thirteenth Sunday in Ordinary Time (Year C)



Rene Seyssaud, Ploughing, ca 1902-03

Jesus said, "No one who sets a hand to the plow and looks to what was left behind is fit for the kingdom of God." (Lk 9:62)

耶穌對他說：「手扶著犁而往後看的，不適合於天主的國。(路 9:52)

下主日讀經: Next Sunday Readings:		
讀經一:	依撒意亞先知書	Is 66:10-14
讀經二:	迦拉達人書	Gal 6:14-18
福音:	路加福音	Lk 10:1-12, 17-20

A CHORISTER CELEBRATION FEAT. Tues, 26 July, 11.30am – 12.45pm, St Mary's Cathedral. A rare opportunity to see the world famous English boy-choristers of The Temple Church, London, including the boy-choristers of St Mary's Cathedral and St Andrews Cathedral. Works include music especially written for boys' voices by Benjamin Britten, and others including Vaughan Williams and John Rutter. Also the first time in history that the Cathedral Choirs, 2 oldest continuing musical institutions in Australia are singing together. Ticket between \$5-\$15 can be purchased from <http://www.stickytickets.com.au/39442>.

Migrant and Refugee Sunday will be held on the 28th August 2016. This year marks the 102nd anniversary of the World Day of Migrants and Refugees on the theme "*Migrants and Refugees Challenge Us. The Response of the Gospel of Mercy*" as outlined by Pope Francis in his message for Migrant and Refugee Day 2016. It also coincides with Migrant and Refugee Week in the Catholic Church which runs from 22-28 August 2016. www.acmro.catholic.org.au

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

四旬期間，在台灣兩位和我很親近的家人，被送往醫院。第一位病人，發現了癌症腫瘤，必需動手術和做化療。第二位病人，處於高齡 99 歲，突然地被送往急診室加護病房。剛開始收到家人所給的簡訊時，我的第一反應情緒十分激動。我並沒有做好該如何為他們禱告的準備。我甚至帶有懷疑的態度，問上主為何此事發生，家中絕大多數成員都還尚未認識祂，我要如何為家人祈禱。當時的我，是充滿悲傷和痛苦的。我的情感驅使了我把重點放在擔心事情上，而不是專注於信靠主耶穌。

我的靈魂有如在戰場上，而聖神在我需要時一步一步的幫助我，祂幫助我裝上了信德的鎧甲，讓我克服懷疑和論斷。當家中年老的成員住進醫院時，她不能說話，不能唱歌，她的左胳膊和腿無法移動；她無法通過嘴吞咽食物。她從小就喜歡唱歌，晚年時，已經失去了很多過去的記憶。而她唯一能記得就是兒時充滿歡樂的記憶，以及所愛唱的歌曲。當我為她祈禱時，我祈禱上主垂憐我們全家，請求聖神和天使，帶領我年邁的長輩再度歌唱，以舒緩任何身體上所必需承受的痛苦。奇蹟的是，在她住進了加護病房僅僅幾天後，她再次能夠打開她的口和喉嚨，歡喜唱著她最喜歡的歌曲。她能夠再次移動她的兩個胳膊和腿。至於家中另一位病人，她是一個戰士。她準備對抗癌症，並準備經由化療過程重建生活。我很感謝上主，賜與兩位病人和家人們平安。

隨著經歷以上的階段，我所分享的，我親身感受到，基督的復活。

感謝你們，親愛的主內弟兄姐妹們，當我和家人在經歷考驗時，你們陪伴著我和家人一同行走，為我們祈禱。在奇蹟般地目睹家中年老的成員能夠再度歌唱的週末；我心中充滿感恩的向上主祈禱。正當我在用玫瑰經祈禱時，我的祈禱，隨著聖神的帶領，被化作了歌曲的旋律。我發出的聲音是在合唱團時用的高音部的聲音。在祈禱玫瑰經過程中，每經歷一個祈禱意向，歌曲的旋律會有變化。隨著歌唱，我的身體姿態也開始跟著展開緩慢和非常溫和的舞蹈動作。我的手勢和動作是處於卑微的姿態，我要在上主面前，敬拜祂。我伸出我的雙手，我的心對上主說：“主啊，請聆聽我的祈禱；我在這裡，來敬拜讚美祢，我的上主”。當我祈禱到第三個祈禱意向時，歌唱的聲音變成了吟詠，有點類似泰澤祈禱吟詠，也有點類似少數民族在豐收節慶時歌詠的節奏。在同一時間，我的舞蹈動作，轉變成了豐收舞。（註解：豐收歌謠和豐收舞：可以從許多國家的民間舞蹈或少數民族舞蹈中看到，通常是在豐收的節慶中可看到）。當時祈禱意向是“上主的愛”。我的心充滿歡喜，因為我是在為上主歌唱和跳舞。整個祈禱過程，歌聲和舞蹈動作是通過聖神的帶動和自由表達。當我歌唱讚美主，我覺得身體輕盈，所有的重擔都不見了。聖神引導我，用愛和自由表達的方式，來敬拜上主。

瑪莎葛蘭姆，美國著名當代舞蹈家／編舞家曾經說過：“無論任何一個舞者所站的地方，他／她所站的地方就是聖地。而我認為更好的解釋方式是：“無論崇拜者準備好讚美主，他／她所站的地方點，就是聖地”。

我相信聖神會向我們每一個人顯示，自由表達我們所想要傳達對上主的感恩和讚美，那種發自內心的愛和喜悅的表達；只要我們願意讓聖神來帶領。讓我們用心一起祈禱和感謝我們親愛的上主，讓我們的祈禱成為我們的心中的音樂和旋律，聖神會引導我們一起祈禱，一同敬拜和讚美主。我想藉以下經文和祈禱文來總結這次的見證分享：

“上主，我稱揚你，因為你救拔了我。上主，請俯聽我，憐憫我；上主，求你前來助佑我。你把我的哀痛，給我變成了舞蹈；上主，我的天主，我要永遠稱謝你！”(聖詠 29：2，4-6，11-13)

我們應當喜悅，用我們的心，感謝讚美和榮耀上主。

我們應當歡樂喜悅，聖母瑪利亞，亞利路亞。

主已經升上了天，亞利路亞。

因父，及子，及聖神之名。阿孟。

During Lent, two close family members of mine in Taiwan were admitted to the hospitals. One patient, found out the cancer lump that required operation to remove, and followed by the chemo-therapy. And then, the other patient, at her senior age as 99 years old, was admitted to the emergency room for intensive care. When receiving such sudden messages from the family, my first reaction toward the situation was very emotional in the beginning. I was full of sorrow and worries. I was having doubt, asking God how to pray for the family members who were not yet known much about Him. My emotion has driven me to focus on worrying about the situation instead of focusing on trusting God.

Just as my spirit was in the battlefield, Holy Spirit prompted in. Step by step, He put on the armor of faith in me to overcome doubt and judgment. When the elderly member of the family admitted to the hospital, she was unable to speak, unable to sing, her left arm & leg were unable to move; and she was unable to swallow food through her mouth. She loved singing, at her old age, she had lost a lot of memories from her past. The only parts that she still remembered was her childhood memories full of joys and the songs that she used to sing. When I prayed for her, I prayed for God's mercy to send forth Holy Spirit and Angels to sing with her, to ease any physical pain and sufferings that she had to go through at her old age. Miraculously, just few days after she was admitted to the intensive care, she was able to open her mouth and sing with her favorite songs again. She was able to move both her arms and legs again. As for the other patient in the family, she was a warrior. She was ready to fight cancer, and ready for a renewal life through the process of chemo-therapy. I felt so grateful that both of them, and the rest of families were at the peaceful state.

With above stage of experiences I have just shared, I witnessed, the Resurrection of the Christ.

Thanks to you, my brothers and sisters in Christ, for you have walked with me, and prayed for me and my family during our trials. On the weekend after miraculously witnessing the elderly member of the family was able to sing again; with gratitude, I offered thanks and prayers to God. As I began with prayers in Rosary, my prayers turned into melody of songs which were freely directed by the Holy Spirit. I sang with the vocal voice. In each prayer intention of the mystery with Rosary that I prayed for, the melody of the songs changed. While singing, my body gesture started to move with slow & very gentle dance movement as well. My gesture was in the humble gesture, I was bowing down before God, and worshipping Him. My hands wanted to reach out as far as I could in offering myself to Him, my heart said, “hear my prayers to you, Lord; here I am, to praise and worship you, Lord”. When I reached to the third Glorious mystery- the decent of the Holy Spirit, the voice of melody turned into chanting, it was like Taize prayers, but also sounded similar to the tribal rhythm that sang during the harvest seasons. My dance movement at same time, has transformed to harvest dance. (Note: For those who don't know what harvest songs and harvest dance mean, these could be seen from cultural folk dance or tribal dance in many countries during the harvest seasons of the year). The prayer intention was 'Love of God'. My heart was full of joy, as I sang and danced for God. The entire prayers, singing voice and the dance movement were expressed freely via the presence of the Holy Spirit. As I sang and praised, I felt light, all burdens were gone. Holy Spirit has guided me to worship God with expression of love and freedom.

Martha Graham, the American contemporary dancer and choreographer who has great influence in modern arts history used to say, '**wherever a dancer stands, is holy ground.**' What I believe even more is, '**wherever a worshipper stands ready, that spot is holy ground**'.

I believe Holy Spirit would reveal & prompt into each one of us, to utilize each individual's gift freely, with the expression of love in our praise and worship; as long as we let Him. Let us pray & give thanks to the Lord with all our hearts, let our prayers become the melody & rhythms within our hearts, Holy Spirit will guide us as we pray, praise & worship God.

I would like to conclude my sharing with the following scriptures and prayers:

'I will praise you, O Lord, for you have rescued me. The Lord listened and had pity. The Lord came to my help. For me you have changed my mourning into dancing; O Lord my God, I will thank you forever.' (Psalm 29:2, 4-6, 11-13 R.v.2)

Let us sing with joy, praise with gratitude, and glorify God, with all our hearts.

Rejoice and be glad, O Virgin Mary, alleluia.

For the Lord has truly risen, alleluia.

In the name of Father, and the Son, and the Holy Spirit. Amen. Thank you all.