

團體活動 / Upcoming Events

30/7 (星期六)	下午二時 至四時	亞洲中心	每月的團體明供聖體聚會 歡迎各位邀請家人或朋友前來在耶穌聖體前一起祈禱。
31/7 (星期日)	下午一時 三十分至 三時	聖伯多祿朱廉 教堂 (後門禮堂-莎瑟 街入口)	團體安排一個保健講座，由Christina 雷醫生主講，歡迎 大家參加。 內容包括：對糖尿病的認識，預防治療與併發症…等等

30/7 (Sat)	2pm-4pm	Asiana Centre	Community Monthly Eucharistic Adoration. Please open the invitation to any of your relatives & friends to join and pray together in front of the Blessed Sacrament.
31/7 (Sun)	1:30pm - 3pm	SPJ Hall	Community is organising a health talk on Diabetes by Dr Christina Lai, all are welcome.

報告 News

團體響應為教宗週年籌款，上主日在華埠及亞洲中心彌撒後收到1,509元。全數將送交總教區辦事處。
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。

In response to the annual Peter's Pence appeal for the Holy Father, we have collected \$1,509 after the Sunday Masses last week at SPJ and Asiana Centre. This sum will be sent to the Sydney Archdiocese.
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

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主任司鐸/神父 Chaplains: Fr. Martin Low OFM 電話: 0424 883 838
Fr. Joseph Lu OFM 電話: 0400 544 981
Fr. Jacob Wang 電話: 0488 042 077
修女 Sisters: Sr. Teresa Chiu 電話: (02) 9716 6460 傳真: (02) 9799 1377
Sr. Agnes Chang 電話: (02) 9560 3071

常年期第十六主日(丙年) 2016 年 7 月 17 日
July 17, 2016, sixteenth Sunday in Ordinary Time (Year C)



Johannes Vermeer, Christ in the House of Martha and Mary (1654-1655).

“Lord, do you not care that my sister has left me by myself to do the serving? Tell her to help me.” (Lk 10:40)

「主！我的妹妹丟下我一個人伺候，你不介意嗎？請叫她來幫助我罷！」(路 10:40)

下主日讀經: Next Sunday Readings:		
讀經一:	創世紀	Gn 18:20-32
讀經二:	哥羅森人書	Col 2:12-14
福音:	路加福音	Lk 11:1-13

POSITION VACANT – Catholic Archdiocese of Sydney. Applications are being considered for the position of Bookshop Manager, Mustard Seed Bookshop. For further info please visit www.catholicjobsonline.com.au or by contacting Anthony Spata, REACH Human Resources on 0402 210 055. Application close Sunday 24 July 2016.

MT CARMEL RETREAT CENTRE – The Art of Prayer: Friendship with God @Mt Carmel Retreat Centre Jul 22 @6.10 pm – Jul 24 at 1.30 pm. Cost \$230. Presenter: Fr Aloysius Rego, OCD

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

夫婦懇談會退省營花絮

今年六月長周末，夫婦懇談會成員第二次舉辦退省，除了天主的眷愛和祝福，亦加上他們數年來對信仰生活的追求，和對配偶的接納及互愛的學習，今年的喜樂及恩寵比過去增長不少，這全是天主的帶領和祝福！

感謝主！讚美主！

招修女

繼四月週末長假期夫婦營的歡樂時光之後，我們又有幸參加夫婦懇談會舉辦兩天一夜的夫婦避靜營，時間是在六月週末長假期，地點在雪梨西南郊區的 Mount Carmel Retreat Centre。

經過兩天一夜的避靜活動，在優美安祥舒適的環境中，反觀自我，遠離塵囂，心靈得以回歸純樸，結束時的感覺是煥然一新，重新為心靈充電，面帶微笑地驅車回家。據瞭解每位成員都有如此的同感。

這裡想與大家分享的是這次避靜活動的心得。兩天的節目緊湊而不失避靜靈修效果，又在增進每對夫妻的感情上有很大的助益。其實每個人都需要安靜休閒和反思的黃金時間，才能反觀自己，增進人生質素與信仰。我們認為，各種活動要算避靜最為重要，以洗滌心靈的瑕疵，對人生與信仰有更深層的感受。若有如此的活動，配以適當的環境與資源，人生的精華就在眼前，我們希望每年都有這樣的活動。

綜合這次活動的特色：感謝天主，這次活動給了我們多麼優美安靜的避靜環境，這次避靜我們十三人享用了整個場地，住處、膳食、睡房、被鋪、聖堂、祈禱室及分享的房間都清潔雅致，活動場所又多，我們覺得伙食也很好。總之，我們口口聲聲只有感謝和讚美，加上仁慈及好客的 Sr. Nory，使我們處處有賓至如歸的感覺。當然，最大的亮點在於我們有機會參加早晨六時半的早課與彌撒，感觸深刻。再者是夫妻們分成先生們一組，太太們一組，不記名的方式來訴說男人女人對配偶的期望，然後再來一起討論與分享這些對配偶的期望，由於不記名，大家能放心大胆去表達心中期望，舒解心結和出自內心的分享。真是平常難得的好機會，結果是場面充滿笑聲，淚影，和深觸人心的分享，又能討論到真實的問題和深入學習如何經營婚姻。

如何使婚姻更美滿，我們自從參加了夫婦懇談會，就不斷求進步，雖然需要時間與技巧，但只要能在努力學習中確定能學到與做到，一定有效果。夫妻關係是人際關係中最具有挑戰性的。很慶幸我們大家已經是信靠天主，跟隨耶穌，聽從祂的命令“你們該彼此相愛，如同我愛了你們一樣（若 15:12）”，既然我們必須彼此相愛，何不就好好的用心的去愛與珍惜？

Lilly & Wey

Mount Carmel Retreat Centre 是一個非常理想的退省中心，它離市中心不遠，座落在一個清靜而美麗的小山丘，由於環境優美，天氣良好，加上 Sr. Nory 對我們的關懷，使我們完全投入退省的程序之中。在招修女的帶領下，我們參加了中心的大日課，朝拜聖體等神修活動，便開始了我們的反思，尋找自己在婚姻關係中扮演的角色，並在日常生活中尋找一些令關係緊張和一些能夠促進關係的事情作一個分享討論。夫婦們的支持、鼓勵都充份表現出互愛和守望相助的精神。各人都表達了不同的意見，坦承和信任將分享討論推至最高峯。一天半的退省很快便過去，但各人都還意猶未盡，帶著豐富的收穫回家。感謝主的帶領，我們又一次感受到祂的恩寵。

Michelle & William

Taking advantage of the Queen's Birthday weekend, six couples from the Married Couple Sharing Group and Sr Teresa went for a retreat in Varroville. It was an occasion for each couple to spend time together away from house chores and family distractions.

As we were blessed with sunny and cosy weather, each couple could choose their own spots in the huge ground to hold a private and open talk with each other in a leisurely manner.

A highlight of the retreat was the speak-your-hearts-out session. During that session, all the husbands met in one room and the wives met in another room at the same time. The two groups talked about the expectations of their spouses and also shared about some irritating and touching actions of their spouses. After that we had the plenary session and shared the expectations and sweet moments without naming names. When we were sharing the irritating actions of some spouses, all the couples concerned had a chance to explain their actions and reactions in a calm and non-confrontational manner. This helped to release the pent-up emotions of the spouses concerned as well as clarifying some misunderstandings.

Spirituality was another highlight of the retreat. We also took part in praying the Divine Office at the chapel with the other retreatants and the Carmelite fathers. We all cherished the quiet time we spent in the chapel with the Blessed Sacrament. Before retiring to bed, the couples and Sr Teresa prayed the Night Prayer in Cantonese together. What a wonderful weekend!

Eddie & Anne

Attractive Sidelights from Married Couples Group

At Mount Carmel Retreat Centre

The second annual retreat for the Married Couples Group of our Community was held during the long week-end in June this year. In their pursuit for the life in faith, coupled with the purpose of learning acceptance of love for each respective spouse, I found that their joy and blessings have made considerable progress. This is due entirely to the directing and blessing of God! All I could say is that thanks be to God and His Name be praised forever!

Sr. Teresa Chiu

Following the long week-end camp for the married couples in April this year, we also undertook 2 days & one night retreat at Mount Carmel Retreat Centre at the south-western suburb in NSW during the long week end in June.

After two days and one night at an enclosed retreat in a quiet and serene environment, separated from worldly worries and urban noises, in an ambient condition for the soul to return its original status, there was a feeling that our spirit was recharged to full capacity in a renewed condition when returning home. It was felt that all participants shared the experience with a satisfied smile.

At the Retreat Centre, I wished I could share with you some of our experience in our fully packed program for purpose of retreat and the deepening in relation with our spouse. It is true that everyone is in need of personal time of leisure as the golden period for reflection and self-examination, and to contemplate the quality of living and the life of faith. Amongst all these activities, I felt that a retreat is a very effective dose of purification, cleaning our mind and soul from all hidden faults of our own. Such activities demand suitable environment and resources. The essence of life is in our front and we hope that we would organize such activity on an annual basis.

Summing up the special activities in an enclosed retreat, I have to thank God for such an excellent opportunity to be available to our group of 13 persons for the exclusive use of the Centre, in respect of accommodation, food and meal, bed sheets/blankets, etc. chapel, praying room, gathering room, all kept in meticulous condition of elegance. The meals were prepared to a professional standard. All we could say is to give thanks to God. The person in charge of the Retreat Centre was Sr. Nory who was very kind and caring and hospitable. The highlight of our activity is to attend the Matins of the Carmelite Community before the 6:30 a.m. Mass. Later on, the Group was divided into two groups, each for the husband or wife accommodated in separate rooms whereby each group might sound out their expectation of their spouse. As the speaker was an anonymous person, so there was freedom of expression from each person. The result was impressive when joint sitting was made later on, amidst laughter, or tears in sharing such experience. Upon evaluation, the discussions could touch on the core issues of the problem and there were rooms for further study on how to organize one's own marriage.

After the Course for Married Couples in the pursuit of happiness, I noted that steady progress has been achieved, though we need time and technique to implement what we have learned and the mastering of such skill will definitely be effective in the improvement of marital relationship, which is, in my opinion, is the most challenging inter-relationship in the human family. It is fortunate that we all share the same faith, and as followers of our Lord Jesus Christ who commanded us to love one and another as He has loved you.(Jn 15:12). Since we love one another, why not seize the opportunity to value and love one another?

Lily & Wey

Mount Carmel Retreat Centre – is an ideal place for enclosed retreat, situated not so far from urban area, and located on a quiet and beautiful hillock and with the blessing of good weather and the caring service of Sr. Nory from the Centre, provided an excellent venue for our intended purpose. Under the leadership of Sr. Teresa Chiu, we joined the Carmelite Community in their Divine Office, Adoration of the Blessed Sacrament and other spiritual exercises for the Retreat. We began to contemplate the role we play in our marriage and the tension we would encounter in our normal daily life. We had the opportunity to bring up the matter for sharing, getting support from the Group members in a spirit of “community watch”, though might be expressed a different views, however might have pushed up the matter to a higher level for further discussion. One and a half day retreat appeared to be insufficient but we have reaped a rich harvest on our way home. We have to thank the Lord and this was another blessing given to us.

Michelle & William