

團體活動/ Upcoming Events

13/8 (星期六)	下午二時 至四時	亞洲中心	亞洲中心身心健康組主辦粵語專題講座 - 癌症的預防 講師: Dr David Ho (何華丹博士) 這個講座, 詳細分析癌症發生的原因, 包括先天因素(遺傳癌基因); 後天因素(不健康飲食, 傳染疾病, 免疫系統失調, 不健康心態, 壞生活習慣, 嚴重壓力, 失眠, 環境污染等)。針對這些致癌因素而提出了一套完整的預防癌症措施。對於追求健康的人士相當重要! 參加這個講座, 免交費用。但歡迎自由奉獻教會慈善!
13/8 (星期六)	下午四時 三十分	亞洲中心	團體每月敬禮永援聖母九日祈求
19/8 (星期五) 至 21/8 (星期日)			聖神宮殿祈禱營 (THS) 快來參與我們為期三天的祈禱營。透過敬拜讚美, 信仰講座, 彌撒, 明供聖體和覆手祈禱, 你將感受到天主對你無限的慈愛。主講嘉賓有劉馬定神父和來自舊金山的金張任淳女士。 如有興趣參與, 請瀏覽 <a href="http://www.thsonline.org">www.thsonline.org</a> 網址或聯絡 Kevin Kwan 0404050603 登記。 費用: 金色錢幣的捐獻。
27/8 (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。

13/8 (Sat)	4:30pm	Asiana Centre	Novena Devotion to Our Lady of Perpetual Help
19/8(Fri) – 21/8(Sun)			Prayer Camp by Temple of the Holy Spirit (THS) Come and join a three-day camp with our guest speakers Fr. Martin Low O.F.M. and Mrs. Imsoon Kim, you will experience God's abundant love with praise and worship, faith talks, Mass, pray overs, and more! You are welcome to join the camp! Registration: Kevin Kwan 0404050603 or <a href="http://www.thsonline.org">www.thsonline.org</a> Cost: gold coin donation
27/8 (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.

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。

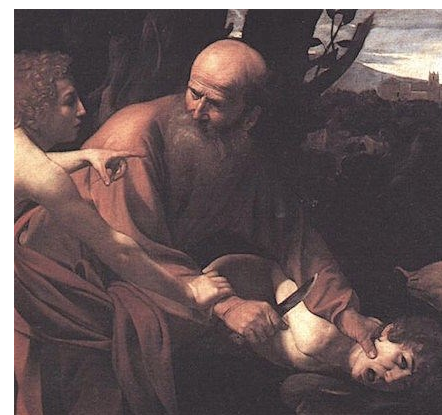
Mandarin and Cantonese Catechumen classes commence at Asiana Centre and at SPJ today and are still accepting enrolment. Please invite your non-believer friends and relatives to learn about God and our faith. Catholics are also encouraged to join in to renew their faith. Please contact Mrs Elsa Tang on 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  
Fr. Joseph Lu OFM 電話: 0400 544 981  
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修女 Sisters: Sr. Teresa Chiu 電話: (02) 9716 6460 傳真: (02) 9799 1377  
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常年期第十九主日(丙年) 2016 年 8 月 7 日  
August 7, 2016, Nineteenth Sunday in Ordinary Time (Year C)



Caravaggio,  
The Sacrifice of Isaac, 1598, detail

*By faith Abraham, when put to the test, offered up Isaac, ...  
He reasoned that God was able to raise even from the dead.  
(Heb 11:17,19)*

因著信德, 亞巴郎在受試探的時候, 獻上了依撒格, ...  
他想天主也有使人從死者中復活的能力。 (希 11:17,19)

下主日讀經: Next Sunday Readings:		
讀經一:	耶肋米亞先知書	Jer 38:4-6, 8-10
讀經二:	希伯來書	Heb 12:1-4
福音:	路加福音	Lk 12:49-53

This Sunday is the beginning of <b>National Vocations Awareness week</b> . On this day particular, we are reminded to pray for vocations of all the baptized as the laity have an important role in the life of the Church. Resources on exploring, discerning a vocation are available at: <a href="http://www.vocationcentre.org.au">www.vocationcentre.org.au</a>
<b>MASS FOR PREGNANT MOTHERS.</b> Are you expecting a baby or know someone who is? You are warmly invited to attend the annual Mass for Pregnant Mothers to be celebrated by Archbishop Anthony Fisher OP at St Mary's Cathedral on Sunday 21 August at 10:30am. Morning tea will follow in St Mary's Cathedral Chapter Hall. RSVP and enquires can be directed to <a href="mailto:LMFevents@sydneycatholic.org">LMFevents@sydneycatholic.org</a> or call 9307 8404
<b>POSITION VACANT – CATHOLIC DIOCESE OF WILCANNIA-FORBES</b> - Diocesan Financial Administrator. For further info go to <a href="http://www.catholicjobonline.com.au">www.catholicjobonline.com.au</a> or contact Anthony Spata at REACH Human Resources on 0402 210 055. Applications close 22 August

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

續上期...

(13) Forgive your mate 友諒真兄弟  
With a clean slate 舊賬一筆銷  
「友直，友諒，友多聞，益矣。」《論語：季氏》

如果有人對某人有什麼怨恨的事，要彼此擔待，互相寬恕；就如主怎怎樣寬恕了你們，你們也要怎樣寬恕別人。  
(哥 3:13)  
Bear with one another and, if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive. (Col 3:13)

(14) Be humble 謙謙君子  
When you stumble 卑以自牧  
(中譯出自《易經》)「謙者眾善之基：傲者眾之魁。」  
(明 王陽明《傳習錄》)

同樣，你們青年人，應該服從長老：大家都該穿上謙卑的服裝。彼此侍候，因為天主拒絕驕傲人，卻賞賜恩寵於謙遜人。(伯前 5:5)  
In the same way, you who are younger must accept the authority of the elders. And all of you must clothe yourselves with humility in your dealings with one another, for God opposes the proud, but gives grace to the humble. (1Pet 5:5)

(15) Stand firm 立定腳跟  
And don’t squirm 融通自在  
「立言而朽，君子不由也。」唐柳宗元：《楊評事文集後序》

所以，我親愛的弟兄，你們要堅定不移，在主的工程上該時常發憤勉力，因你們知道，你們的勤勞在主內決不會落空。(格前 15:58)  
Therefore my beloved, be steadfast, immovable, always excelling in the work of the Lord, because you know that in the Lord your labour is not in vain. (1Cor.15:58)

(16) Be sure 正氣清白  
You are pure 留於乾坤  
「白珪玷可滅，黃金諾不輕。」唐 陳子昂《座右銘》

心裏潔淨的人是有福的，因為他們要看見天主。(瑪 5:8)  
Blessed are the pure in heart, for they will see God. (Mt.5:8)

(17) Knock and the door 覓則獲 叩則開  
Will be opened once more 為爾故 門重開  
「叩之必開，觸之而必應，夫是以天下可使為一身。」

你們求，必要給你們；你們找，必要找着，你們敲門，必要給你們開。(瑪 7:7)  
Ask, and it will be given you, search, and you will find; knock, and the door will be opened for you. (Mt.7:7)

(18) Give God praise 讚美上主  
All your days 終生讚頌  
「無上諸天深敬嘆，大地重念普安和。」《榮歸主頌》景教中譯

唯愿上主天主受讚美！他承擔了我們的重負，因他是救我們的天主。(詠 68:19)  
Blessed be the Lord, who daily bears us up. God is our salvation. (Ps 68:19)

(19) Be a good sport 公平角技  
And always exhort 砥節礪行  
「公道世間唯白髮，貴人頭上不能饒。」(唐 杜牧《送隱者一絕》)

你們豈不知道在運動場上賽跑的，固然都跑，但只有一個得獎賞嗎？你們也應該這樣跑，好能得到獎賞。(格前 9:24)  
Do you not know that in a race the runners all compete but only one receives the prize? Run in such a way that you may win it. (I Cor 9:24)

(20) Show a smile 笑一笑 十年少  
in times of trial 愁一愁 白了頭  
「自笑生平為口忙，老來事業轉荒唐。嬉笑怒罵，皆成文章。」

我的弟兄們，幾時你們落在各種試探里，要認為這是大喜樂，因為你們應知道：你們的信德受過考驗，才能生出堅忍。(雅 1:2-3)  
My brothers and sisters, whenever you face trails of any kind, consider it not but joy, because you know that the testing of your faith produces endurance. (James 1:2-3)

(21) Plan to pray 去祈禱  
Every day 日日禱  
「獲罪於天，無所禱也。」《論語 八佾》

所以你們應當時時醒寤祈禱，為使你們能逃脫即將發生的這一切事，並能立于人子之前。(路 21:36)  
Be alert at all times, praying that you may have the strength to escape all these things that will take place and to stand before the Son of Man. (Lk 21:36)

(22) In grace know 認識寵愛  
how to grow 成長可待  
「寵利毋居人前，德業毋落人後。」(明 洪應明《菜根譚》前集十六)

你們卻要在恩寵及認識我們的主和救世者耶穌基督上漸漸增長，愿光榮歸於他，從如今直到永遠之日，阿門。(伯後 3:18)  
But grow in grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and to the day of eternity. Amen. (2Pet 3:18)

(23) Lay up treasure 種德施惠  
in heavenly measure 積財於天  
「德無常師，主善為師。」《尚書·咸有(德)》

因為你的財寶在那裏，你的心也必在那裏。(瑪 6:21)  
For where your treasure is, there your heart will be also. (Mt 6:21)

(24) Be risen 掃除罪枷  
from sin’s prison 直覓本來  
「罪至重而刑至輕，庸人不知惡矣，亂莫大焉。」《荀子 正論》

我們藉著洗禮已歸死亡與祂同葬了，為的是基督怎樣藉著父的光榮，從死者中復活了，我們也怎樣在新生活中度生。(羅 6:4)  
Therefore we have been buried with him by baptism into death, so that, just as Christ was raised from the dead by the glory of the Father, so we too might walk in newness of life. (Rm 6:4)

(25) Keep promises spoken 言必信  
Unbroken 行必果  
「信言不美，美言不信。」《老子》81 章

凡你口中說出來的，你應遵守；凡你親口說出向上主你的天主所許的愿，你應執行。(申 23:23)  
Whatever your lips utter you must diligently perform, just as you have freely vowed to the Lord your God will your own mouth. (Deut 23:23)

(26) To look around is to be distressed, 環視四周 苦如黃連  
To look within is to be depressed, 冥思苦想 苦不堪言  
To look up is to be blessed. 仰首望天 福澤綿綿

雙目常注視著信德的創始者和完成者耶穌；他為那擺在他面前的歡樂，輕視了凌辱，忍受了十字架，而今坐在天主寶座的右邊。你們要常想，他所以忍受罪人對也這樣的叛逆，是怕你們灰心喪志，你們與罪惡爭鬥，這沒有抵抗到流血的地步。(希 12:2-3)  
Looking to Jesus the pionneer and perfecter of our faith, who for the sake of joy that was set before him endured the cross, disregarding its shame, and has taken his seat at the right hand of the throne of God. Consider him who endures such hostility against himself from sinners, so that you may not grow weary or lose heart. In your struggle against sin you have not yet resisted to the point of shedding your blood. (Heb 12:2-4)