

## 團體活動/ Upcoming Events

10/2 (星期六)	耶穌聖心善會邀請大家一齊去參加悉尼布朗格魯保護區 Barangaroo Reserve 美景遊，集合時間 <b>早上十時正</b> ，集合地點 <b>Circular Quay 六號碼頭</b> 。請自備午餐，大家會在大草地上野餐。這裏景觀徒步區沿途平坦易行，絕對適合一家大小又不辛苦的步道。歡迎大家踴躍參加。詳情及報名，請聯絡 Marie Chu 電話 0409 653 185 或 Helen Wong 電話 0407 229 351
10/2 (Sat)	Sacred Heart of Jesus group has pleasure in inviting you to the <b>Barangaroo Reserve Foreshore Walk</b> on Saturday <b>10am until 2pm</b> . Meet at <b>Wharf No. 6, Circular Quay</b> Please bring your packed lunch and we will have a picnic at the Barangaroo Reserve. Please remember to wear suitable footwear and clothing. Please bring a picnic blanket, hat and water. All are welcome. For more information, please contact Marie Chu on 0409 653 185 or Helen Wong on 0470 229 351

## 亞洲中心特別活動

27/1 (星期六)	下午二時至五時	<p>澳洲香港理工大學員生會及亞洲中心身心健康組主辦</p> <p><b>&lt;癌症的預防&gt;</b> (粵語講座)</p> <p>講師: Dr David Ho (何華丹博士)</p> <p>許多人認為會不會得癌症，是不可控制的或厄運所致。癌症能預防嗎？醫學研究報告指出，致癌因素雖十分複雜，除遺傳癌基因不能控制外，其他致癌因素是可以控制的。</p> <p>國際癌症研究機構(世衛組織)，國際癌症研究基金，歐美及澳洲癌症研究機構等，綜合分析最新有關癌症預防的 9,037 篇學術論文指出，癌症確是可預防的。</p> <p>這個講座，詳細分析癌症發生的原因，包括先天遺傳癌基因；後天因素(不健康飲食，壞生活習慣，傳染疾病，免疫系統失調，不健康心態，嚴重壓力，失眠，環境污染等)。</p> <p>針對這些致癌因素提出一套完整的預防措施，以提高人們對癌症的認識和自我預防保健措施等，對於追求健康的人士相當重要！</p>	亞洲中心
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## 報告 News

雪梨西區天主教華人團體籌劃台灣環島11天朝聖團，由路勇神父作隨團神師 (出發日期 2018-04-29 至 2018-05-10) 行程豐富 包括: 頭屋洛雷托聖母朝聖地; 台中法蒂瑪堂; 嘉義—中華傳教聖母會; 高雄玫瑰堂; 高雄—萬金聖母大殿; 墾丁—知本天主堂; 富田天主堂; 礁溪聖母朝聖地; 宜蘭—烏來聖母朝聖地; 台北—景美聖家會會院 有意參加者請聯絡 Mary Liu 0412 261 196 或 Simon Liu 0411 377 618
粵語成人慕道班將於二月四日開辦新班。現開始招收新學員。請介紹未信主的親友參加。請向盧太查詢。電話: 0410 342 890。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利安教堂二樓會議室舉行。繼續以「解開聖經之奧秘」的讀經方式去認識「聖經」，以增加大家對聖經的熱愛。歡迎各位參加。
Cantonese Catechumen class will commence on 4/2/2018 and is 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 Rachel Lo on 0410 342 890 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 Elsa 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 using the work book and video of "Unlocking the Mystery of the Bible" to lead us to read the Bible around a common thread. All are welcome to join us.



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

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常年期第三主日(乙年) 2018年1月21日

January 21<sup>st</sup> 2018 Third Sunday in Ordinary Time (Year B)



Dominico Ghirlandaio. Calling of the Apostles (detail) 1481

*Jesus said to them, "Come after me, and I will make you fishers of men." (Mk 1:17)*

*耶穌向他們說：「來跟隨我！我要使你們成為漁人的漁夫。」(谷第一章17節)*

## 下主日讀經: Next Sunday Readings:

1 <sup>st</sup> reading	讀經一:	申命紀	Dt 18:15-20
2 <sup>nd</sup> reading	讀經二:	格林多前書	1 Cor 7:32-35
Gospel	福音:	馬爾谷福音	Mk 1:21-28

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 聖伯多祿朱利安堂(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 4:00 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

修和聖事: 每月最後一個星期六 下午 2:30-3:30 亞洲中心

領洗、婚配及病人傅油: 請聯絡主任司鐸/神父



## 我探訪了印度加爾各答德蘭修女中心 王若瑟（招修女譯） （譯者按：王若瑟大學時期參加 CASS，畢業後進入 CASS 校友會，且領導校友會多年）

去年(2017)趁着一個工作假期，像許多人一樣，我去了德蘭中心做義工。原來所有人都是受歡迎的！沒有人會被查問或質詢。只要你想服侍你貧窮及病弱的弟兄姊妹。首先你要到仁愛修會的“母院”集合。在那裡你會遇見各種各樣的人：有帶兒童的父母，有正度蜜月的新婚者，亦有各行各業的退休人仕。在不同的日子，通常都有 150 人或以上來自世界各個角落。我感受到大家都興奮和充滿教友情誼。

我們早上六時就開始運作了：全體義工準六時到達母院（Mother House）集合，與修女們共同參予彌撒。我發現主持彌撒的神父，通常都是義工。彌撒後義工們共進早餐：通常我們有香蕉，麵包和奶茶。早餐後，修女告訴大家當天各組人的工作，並請當天要離開的義工上前，大家感謝他們並為他們祈禱及唱歌。這是最感人的時刻。

跟着修女把新來的義工分配到他們不同的組別。你一旦被分配了，你就固定在那項工作上，直至你離開。如此，一來你有多些時間認識你服務的人；同時也讓院中人認識你。義工們通常住在不同的地方，每天他們由早來的義工帶領到不同的服務對象那裡。所以對新舊義工和服務的對象，固定性都是非常重要的。

義工們的工作大致可分三大類：(1) 瀕死者 (2) 極度貧困者 (3) 孤兒們  
我在三周的時間內服務了後兩類人仕。以下是我的親身經驗：我被派到 Daya Dan 的孤兒院，這是由仁愛會修士主理的最窮困的院舍工作。

每早我們全組人要乘十分鐘巴士，然後再轉 Tuk Tuk 到達目的地。這些巴士是沒有車門的，只在巴士中間有一開口，乘客自由上或落，巴士亦不停站，司機只駛慢一點，上落車只能自理。不過在巴士上，有一規則，女乘客必須坐左邊椅子，而男子要坐右邊，傳統上這是很嚴格的。

隨着下來我將介紹我們如何正式在這貧困的孤兒院內進行我們的服務：  
早上我們抵達孤兒院，與修女打過招呼後，大家祈禱後便開始工作。我的第一項工作，是被派到天台上的洗衣房。在這裡學習洗毯子和衣服的整個個程。我要整個人站進骯髒的衣物和毛毯缸內，用腳去踐踏在污水中的衣物及毛毯。過程完成後，再晒晾。這工作我起初覺得很困難，其後慢慢戰勝了厭惡感，但最重要的是，在這工作中體會了生活在澳洲是何等的舒適，家家户户都用洗衣機。我們何來如此的權利，能有如此享受？  
完成工作之後，我們與孩子們一起參與彌撒，看來孩子們不大明白彌撒的意義，但他們會全心全靈的唱歌，鼓聲及其他樂器也生動和優美。彌撒後，是我們和小孩子一同消磨的時間。我們一起拍手唱歌，或者把他們高舉及放下，這樣他們就很開心了。一個名叫 Pryia 的小女孩，天性樂觀常常哈哈大笑，她引得我們大家都很开心。  
但當我們深入一點認識他們時，發現他們有各種不同缺陷，或是精神上的或是體能上的。他們中有自閉的，有瞎眼的…總之是某方面殘缺。在牆上有一佈告板列出孩子的姓名及他們需要義工幫助的地方。義工亦會讀到孩子們的遭遇：他們如何被遺棄；就如我照顧的小孩，他是被棄置火車軌上，若沒適時被救起，就變成肉漿了。他們的過去和現在還活著，令我感動。雖然言語上我們溝通有困難，但只要能夠陪伴他們，我已經覺得不枉此行！



## Missionaries of Charity experience

My name is Joseph Wong, a member of CASS Alumni. In 2017, I had the chance to volunteer for the Missionaries of Charity in Calcutta for a couple of weeks, and I would like to share my experience with you.

Volunteers are welcomed with open arms by the sisters. There are no perquisites to be a volunteer, no questions asked. If you are interested all you need to do is turn up to Mother House on the day and you are on your way. I met people from all walks of life there; from children that came along with parents, people on their honeymoon, and working class to retirees. At any one day there would be at least 150+ volunteers from all over the world. The atmosphere is so Catholic and vibrant.

A typical day starts off at 6am sharp with the morning Mass at the sisters at the Mother House, where Mother’s tomb is being kept. The Mass is held upstairs and volunteers are welcomed to join. What I like is the presiding priest is usually a volunteer themselves, so there is a sense of unity between the volunteers and the sisters celebrating the Mass together. After Mass the volunteers head down to the basement for Breakfast together. Breakfast is very simple and is provided by the sisters; we have unripe (green) bananas, bread and chai which is their milk tea. After breakfast the sister in charge, or Sr. Maria, would brief us on the day on any announcements, last minute changes and prayer. After which the sister would request the volunteers that are volunteering for the last day to come forward to be acknowledged. We would all sing a hymn and clap to tune where we say thank you, that say we miss them, and that we love them. It is a very emotional time and I am sure this is a highlight for anyone who has volunteered there.

After which, the sister sends out to our respective groups. Once you have been formally registered into a team, you are encouraged to stay within that team or location throughout your volunteering stay. There are for 2 reasons of this; firstly they would like the volunteers to get to know the residents of the house, and vice versa. Building trust, rapport and connection is a fundamental part of their mission and the longer the volunteer stays there the more fruitful and meaningful their work becomes. Secondly the volunteers travel as a team together by themselves; so the more experienced volunteers essentially guide the newer ones on how to get to the location and anything rules they need to be aware at their place of volunteering. As the experienced ones finish up their volunteering the newer ones can then take up the responsibility and pass it on to those who are just starting. Now there are 6 different places you could volunteer for, of which you could group them roughly into 3 areas – the house of the dying, the house of the destitute, and the orphanages. I had the opportunity to volunteer for the latter two and I will briefly share my experiences there.

We initially had the chance to volunteer for the orphanage at Daya Dan, and once we were formally registered I chose to volunteer at the House of the Desitute, at Nabo Jibon, run by the brothers of Missionaries of Charity. To get to Daya Dan we caught the bus for about 10 minutes or so and then get a Tuk Tuk to reach our destination. The bus ride with the locals is an experience of itself. There are no doors on the bus, just an opening in the middle of the bus so people can come on and off at their will; the bus doesn’t stop for you to get on either, the driver simply slows down for you so you need to time your steps very carefully. To know which bus to get on, there is a person standing on that opening of the bus who yells out the name of the destination (there is a sign on the front of the bus of the destination however as it is in Hindi only it was useless for us), the volunteers and I would yell out from the side of the road to each bus whether it goes to our destination, and get on quickly if they wave us in. Once you get on the bus, the bus person would come around to collect the bus fare and give you a bus ticket. We quickly learnt there are rules in the bus too; the ladies on the left and the men sit on the right. They are very traditional and strict with their customs.

At Daya Dan we were greeted by the sisters, we said a prayer and we were ready to work. I was first assigned to the laundry at the rooftop, where I learnt and was involved in the whole process of washing clothes and blankets; from stepping into a tub full of dirty clothes with detergent, to then scrubbing, rinsing and hanging them out to dry. It was great experience and made me feel how spoilt we are with having machines to do it for us back at home. We had Mass afterwards too with the children downstairs. I loved the atmosphere, the children would’ve little understanding of the Mass but they sung wholeheartedly and there were drums and other instruments it was so alive and well.

After Mass we got to spend time with the children, we spent time clapping, singing old English folk tunes and just lifting them up and down. There is a girl called Priya who is very cheerful, she would just keep laughing about anything it makes us very happy too. On a more serious note it is then I got to know the deeper side of their story. Each of them have some sort of disability; either physically or mentally, there are ones with concentration issues, autism, suffered from blindness, handicapped in some way. There is a board on a wall with the profile for each child; their name, history, what disability they have and how volunteers can help them during the time there. You also read and hear about the terrible things like how they get abandoned; like a child I was with was apparently found on train tracks, and they luckily get picked up before it’s too late, and they get sent here. I’m touched by their past, and also their presence, whilst there are language difficulties, just able to spend time with them is pretty much all I could’ve asked for in this trip.

Continue next week ...