

團體活動/ Upcoming Events

2/2 (星期五)	晚上六時半	耶穌聖心會主辦聖心彌撒以感謝耶穌聖心的大愛。誠邀各位參加。	亞洲中心
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 早上十時正 ，集合地點 Circular Quay 六號碼頭 。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		
11/2 (星期日)	上午十時四十五分	團體將會在聖伯多祿朱廉教堂舉行農曆新年求恩彌撒及「祭天敬祖」禮儀。彌撒將會提前十五分鐘開始，即上午十時四十五分。而慣常在亞洲中心舉行的九時半主日彌撒，在當天會被取消一次。請各位兄弟姊妹一同在聖伯多祿朱廉教堂慶祝當天的感恩祭。	聖伯多祿朱廉教堂
2/2 (Fri)	6:30pm	Mass to thank the great love of the Sacred Heart of Jesus. All are welcome.	Asiana Centre
10/2 (Sat)	Sacred Heart of Jesus group has pleasure in inviting you to the Barangaroo Reserve Foreshore Walk on Saturday 10am until 2pm . Meet at Wharf No. 6, Circular Quay 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		
11/2 (Sun)	10:45am	Chinese New Year celebration and Liturgy to pay homage to God and to show respect to our ancestors will be conducted at St. Peter Julian's Church. *9:30am Mass at Asiana Centre will be cancelled for the day	St. Peter Julian's Church

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廉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。
請各駕車人仕進出亞洲中心時留意行人的安全，特別是離開亞洲中心時，請遵守「停」路標的指示，以免發生意外，多謝合作。
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.
Please beware of pedestrians when driving in and out of Asiana Centre. Strictly observe the STOP sign on leaving the Centre to avoid any accident. Thank you for your cooperation.



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. Joseph Lu OFM 路勇神父 電話: 0431 962 786
Fr. Jacob Wang 王金福神父 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

常年期第四主日(乙年) 2018年1月28日
January 28th 2018 Fourth Sunday in Ordinary Time (Year B)



Rodolfo Amoedo - Jesus Christ in Capernaum.
(1857-1941)

In their synagogue was a man with an unclean spirit; he cried out, “What have you to do with us, Jesus of Nazareth?” (Mk 1:23-24)

在他們的會堂裡，正有一個附邪魔的人，他喊叫，說：「納匝肋人耶穌！我們與你有什麼相干？」(谷第一章23-24節)

下主日讀經: Next Sunday Readings:

1 st reading	讀經一:	約伯傳	Job 7:1-4, 6-7
2 nd reading	讀經二:	格林多前書	1 Cor 9:16-19, 22-23
Gospel	福音:	馬爾谷福音	Mk 1:29-39

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 4:00 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

Missionaries of Charity experience

(continued from last week)

After singing a few songs here and there we went to their room where they all got asked to draw and we volunteers helped them draw different patterns and shapes. I was assigned to a boy with very little intellectual and physical abilities; he would drop the crayon each time on the floor for me to pick up and would scrunch up the paper pretty much every moment. He would also scream and yell across the room randomly too. I was annoyed at it first; but as I spent time with him I can sense the internal struggles that the boy must be facing.

We then moved to the kitchen for lunch, and it is my highlight of my time there. I was sitting with a boy who needed assistance to be fed and I put my hand up. I was given a plate of curry and rice, and slowly I started putting through a spoonful into his mouth. The boy had little motor skills; his head was down, he was on a wheelchair, he could rarely lift his face up when I was feeding him. I felt this really calm presence and intimacy with this boy. A boy that is fully dependent for his care needs; being fed by a random stranger without hesitation or fear. I also learnt there is a proper procedure of feeding them too! The first step is to tilt their head, open their month, and as they chew the food we are encouraged to gently use massage their jaws abit to speed up their chewing, then we swipe their throat gently to make sure the food is going down their throat. It is at that moment that I think of back home that I would never be able to perform something so intimate with someone as a volunteer. Going to a nursing home for example, there would be so much red tape or policies like OH&S I need to adhere to that I would probably require training or obtain a Certificate for me to do something as what I was being asked to do here. In here there is so much need for manpower, there is a line of kids that need to be fed, and that I could only really help out so much. I always thought I need to be a doctor or nurse to have a meaningful time as a volunteer overseas. How wrong I was; volunteers are highly valued and regarded by everyone here I would never hesitate to come here again if the opportunity comes again.

After feeding it is time for cleaning before we finish up for the day. Help is required everywhere; washing the dishes, sweeping, mopping the floor etc. My biggest challenge was mopping the floor; there is no mop to use as such, the sister asked me to find a long stick in the laundry, find the cleanest cloth around and make a hole and somehow attach it to the pointy end of the stick. We then got the bucket ready and started mopping. What was disgusting was when it is time to do a rinse after a good run of mop, we then without any gloves use our hands to rinse off the dirty water to the nearest gutter. It was filthy black water and it was quite gross. I couldn't believe I use my bare hands to do this; the sisters looked at me and was wondering why I was such hesitant. It really goes to show how bad the condition is over there with a lack of basic essentials and hygiene practices.

After lunch essentially the volunteering experience for the day ends as the children are put to sleep, usually just after 12pm. We said our goodbyes and make our way back – either head back or stay for lunch together close by. Now for those that are keen, there is an afternoon volunteer session as well for those that are keen. This runs from roughly 3-5pm. You can either return back to the same place or you can go to any of the other 5 places run by the Missionaries of Charity that I mentioned previously. I mentioned that it is encouraged to stay in the same team/place of volunteering, so if you want to visit and volunteer for somewhere else the afternoon session gives you that option and flexibility. To run down the remainder of the day; there is adoration and the rosary back in the Mother House from 6 to 7:30pm. We then head for dinner, head back to our accommodation and do it again the next day with the morning Mass at 6am.

Whilst I only have time this time to only share the first couple of days of my volunteer experience in the Missionaries of Charity, overall it was an experience that I will never forget. Although I gotten sick most of my time in India, each day was so meaningful I had no hesitation to still wake up at 4 something in the morning and do it again. Mother Teresa found the Missionaries of Charity and served the poorest of the poor because she sees Jesus in each and every one of them. Thanks to her us volunteers got the experience to follow her works and gotten closer to Jesus. One of my favourite spiritual authors, Henri Nouwen, reminds me that serving the less fortunate is not about us providing the blessing to the needy, but it is them that provides the blessing to us. Bishop Robert Barron, currently an archbishop at Los Angeles, teaches us that in spiritual physics, the more we give, the more grace that we receive. I encourage myself and everyone to start living life not for yourself but for others, as we are created for this purpose.

Since I come back from India people often tell me they are amazed and that I should be proud of my commitment there. I tell them without hesitation that those thoughts may have possibly gone through my mind before my trip, but after my experience I think of the contrary, to the extent that I am ashamed of myself if I have those thoughts. I was not only overwhelmed by what the sisters do and what I witnessed and experienced there, but also I met some truly amazing volunteers. I mentioned previously I met up a couple who recently got married, and they dedicate their honeymoon wholly to serve and volunteer in third world countries. I also got the chance to meet a priest in Perth which I gotten to know quite well. He tells me that every year he serves in his parish and has 5 weeks of leave annually. Every year he spends those 5 weeks as a volunteer in the Missionaries of Calcutta. There is also an elderly lady that I met where she met Mother Teresa 20 years ago. Mother asked her to come and help her. She told Mother that she is unable to as she needs to look after her children, however she promised her that she will once the children has grown. She is true to her words, and now for every 2 months per year, she would come to Calcutta as a volunteer, she has done this for many years now and will continue to do so as long as she is able. These are just some examples of truly inspirational people that I've met there, and there are many more, that has helped transformed my life to live and continue to be a disciple of God back home. Mother Teresa encourages us to “think globally, act locally” and continue to find our own Calcutta back home. Since coming back I am determined to continue to do acts of love, and I wait for my next opportunity to visit Calcutta again.

續...我探訪了印度加爾各答德蘭修女中心

王若瑟

(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)

上文我提到作為義工，我選擇了為極度貧困的孤兒們服務。

與孩子們唱歌後，我們陪同他們回房間去畫圖畫。我被派去陪伴一位智力和體力有限的男孩，他把顏色筆不停拋在地上，我便不停的檢回來；起初我有點不耐煩，其後才了解這孩子有很多內在的困擾，他間中亦會高聲尖叫並到處跑。其後我接納了他，並喜愛了他。

畫完畫之後，大家一起到廚房用午膳，這是今次行程最值得一提的。我坐在一位要餵的孩子旁，拿到了一碟咖哩飯，我慢慢一匙一匙地餵他吃。他坐輪椅、不能抬起頭，我需要幫他抬起頭和幫他張開口才能將食物放進口裏，之後還要輕輕按摩他兩顎和喉嚨，他才能吞咽下去。這樣親密的接觸，在澳洲做義工時，是不可能這樣的，因為有好多條例規定不讓我們有這樣親密的接觸。在這裡需要大量義工，因為有太多小朋友需要這樣耐心的餵吃。如果再有機會，我一定不會猶疑再來。

午膳後，有很多工作需要做，例如洗碗、掃地和拖地的工作。對我最挑戰的工作是拖地，因為沒有地拖。修女叫我找一些乾碎布條綑綁在木棍上，這樣就開始拖地。最難堪是清洗這骯髒的地拖，需要赤手在溝渠水中沖洗，令我覺得很為難。我深深感受到這地方連最基本的需要和衛生條件都缺乏。

午餐後（大約中午十二時後），小孩就會睡覺，我們義工們當天的工作也就結束。有些義工會回到住處，有些則到附近吃午餐。如果還想做服務，可以參與下午三時至五時的義工服務，義工可以選擇返回原處幫手或選擇其他的服務地點。如果想經驗其他地方的工作，這時段是一個好機會。到晚一點我們可以回去參加朝拜聖體和誦念玫瑰經。到翌日早上六時參與彌撒後，就是另一日的開始了。

今次我只分享開始數天的義工經驗，總括來說，這些經驗是我永遠不會忘記的。雖然在印度時我大部份時間都生病，但我還是堅持晨早四時起床參加彌撒，然後開始義工的工作。德蘭修女創立仁愛修會去照顧貧窮中之最貧苦者，她說她看到耶穌在他們每一個人身上。我們跟隨和學習德蘭修女，也會越來越接近耶穌。一位我喜愛的神修專家 Henri Nouwen, 他提醒我們，去服務弱小者，不是我們帶祝福去給他們，而是他們把祝福帶給我們。最近榮昇 Los Angeles 樞機主教的 Bishop Robert Barron 教導我們說：「論精神上的事物，我們給予的愈多，我們收回的恩寵也愈多。」因此我鼓勵自己和各位，不要為自己而活，但要為別人而活，因我們正是為這目的而被造的。

自從我由印度回來，一些朋友說，我應為我在加爾各答所做的義工感到驕傲。我直率地回答說，踏足這地方前我的確毫無疑問有這樣的思想。但經過這次經驗後，相反地，我感到非常的慚愧。不單是修女們的偉大，我還遇到很多非常了不起的義工。之前我提過一對度蜜月的夫婦，他們奉獻了整個蜜月期來到這第三世界服務。另外，我亦遇到一位來自澳洲柏斯的神父，他將每年五週的假期用於去印度做義工。還有一位年長的女士，她二十年前與德蘭修女見過一面，當時德蘭修女邀請她來加爾各答服務，但她因要照顧年幼的子女，所以拒絕了。但她答應修女，子女長大後，她會來服務。現在她履行承諾，每年來這裡服務兩個月。她會繼續如此作直至年老。

這些很勵志的人物只是其中一些我遇到的，還有更多其他人協助我轉變及鼓勵我繼續作主的門徒。德蘭修女鼓勵我們放眼世界，但行動始於本土並繼續在本土尋找我們的加爾各答。自從回家後，我決定繼續愛的實踐，同時我再等待另一個機會再次探訪加爾各答。