

## 團體活動/ Upcoming Events

|               |               |  |  |
|---------------|---------------|--|--|
| 3/3<br>(星期六)  | 上午十時至<br>下午五時 | <b>四旬期避靜 - 看十架的犧牲，反思自己的生活。</b><br>(請自備簡單午餐，下午有茶點招待。)。<br>如欲參加避靜，須於二月二十五日前報名。報名請聯絡<br>Candy Lui 0437 695 744 or candymylui@gmail.com                      | Mount St Benedict Centre<br>449 Pennant Hills Road<br>Pennant Hills NSW<br>(Entry via Hull Road) |
| 11/3<br>(星期日) | 下午一時半         | <b>拜苦路</b><br>(可辦修和聖事)   | 聖伯多祿朱廉教堂   |
| 18/3<br>(星期日) | 上午十一時<br>至十二時 | <b>拜苦路</b>   | 亞洲中心   |
| 24/3<br>(星期六) | 上午十時三<br>十分   | 耶穌聖心會誠意邀請大家到聖本篤男修院一起詠唱“ <b>大日課</b> ”。(請自備早餐和午餐，在下午備有茶點招待。)。<br>歡迎大家踴躍參加。如需要交通安排，請盡早報名，先到先得。查詢及報名請聯絡 Eddie Ho 電話 0416 092 148 and Anne Ho 電話 0413 833 883 | St Benedict's Monastery<br>121 Arcadia Rd, Arcadia   |

|               |                     |   |  |
|---------------|---------------------|---|--|
| 3/3<br>(Sat)  | 10am to 5pm         | <b>Lent Retreat - Reflection on ourselves through the Resurrection of Jesus Christ</b><br>For registration, please contact<br>Candy Lui 0437 695 744 or candymylui@gmail.com  | Mount St Benedict Centre<br>449 Pennant Hills Road<br>Pennant Hills NSW<br>(Entry via Hull Road) |
| 11/3<br>(Sun) | 1:30pm to<br>2:30pm | <b>Station of the Cross</b><br>(Sacrament of Reconciliation available)  | St Peter Julian's Church   |
| 18/3 (Sun)    | 11am-12pm           | <b>Station of the Cross</b>   | Asiana Centre  |
| 24/3<br>(Sat) | 10:30am             | Sacred Heart of Jesus Sodality will be organizing a St Benedict's Monastery visit. The Benedictine Monks will give us a talk on the Benedictine Spirituality and we will join them chanting the Midday Office.<br>Everyone is welcome here. Please bring your own breakfast and lunch. Afternoon tea will be served. Please contact Eddie Ho 0416 092 148 or Anne Ho 0413 833 883 for details and registration. | St Benedict's Monastery<br>121 Arcadia Rd, Arcadia   |

## 報告 News

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| 在亞洲中心小聖堂安放新一批已亡親友紀念名牌儀式將於四月五日星期四晚上清明節感恩祭之後舉行。有意為已亡親友安放紀念名牌的信友，請於三月四日前聯絡 Anthony 姚先生 0433 780 103 / 9797-8930 或 Thomas 黃先生 0414 341 361 / 9554-8535。電郵: a_iu@hotmail.com 或 thomas_y_wong@yahoo.com.au.   |
| 粵語成人慕道班已於二月四日開辦新班。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 (0401058199)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。  |
| The next installation of memorial plaques for deceased relatives and friends in St Joseph's Chapel, Asiana Centre will be held on Thursday, 5th of April evening after the Eucharist for Ching Ming Festival. The deadline for application is on 4th of March. Contact Anthony Iu 0433 780 103 / 9797-8930 or Thomas Wong 0414 341 361 / 9554-8535. Emails: a_iu@hotmail.com or thomas_y_wong@yahoo.com.au. |
| Cantonese Catechumen class has commenced on 4/2/2018 and is 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 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

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. Joseph Lu OFM 路勇神父 電話: 0431 962 786

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Sr. Agnes Chang 電話: (02) 9560 3071

四旬期第二主日(乙年) 2018年2月25日

February 25<sup>th</sup> 2018 Second Sunday of Lent (Year B)



Lodovico Carracci,  
The Transfiguration, 1594

*And he was transfigured before them, and his clothes became dazzling white. (Mk 9:2-3)*

耶穌在他們面前變了容貌：他的衣服發光，那樣潔白。(谷 第九章2-3節)

### 下主日讀經: Next Sunday Readings:

|                         |      |       |               |
|-------------------------|------|-------|---------------|
| 1 <sup>st</sup> reading | 讀經一: | 出谷紀   | Ex 20:1-17    |
| 2 <sup>nd</sup> reading | 讀經二: | 格林多前書 | 1 Cor 1:22-25 |
| Gospel                  | 福音:  | 若望福音  | Jn 2:13-25    |

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



Year 2018, the year of Dog has come. Among friends, we bless each other with traditional Chinese greetings for good health and wealth. Wishing one to be as vigorous as a dragon and as energetic as a horse is especially welcomed by all, regardless of young or old, men or women.

Here I would like to share about a study by Dr David Hawkins from the USA. Indeed, millions of experiments from scientists are also telling us the same result – that our minds affect our health.

Dr Hawkins is a well-known psychiatrist in the USA. He has healed many people from all over the world. The work of his research shows that if the consciousness scale of a person is above 200, the person will not easily fall sick. He also discovers that those who are sick tend to have a negative mindset: they like to complain, to criticise and not letting go of hatred. During the process of criticising others, they consume a lot of their energy. Their consciousness scales are usually lower than 200 and are more prone to illness. Without love we will get sick! The consciousness scale is akin to what we call the magnetic field.

Many are sick because of lack of compassion, mercy, forgiveness and gentleness. Instead they are overwhelmed with pain and frustration. When the level of the consciousness scale is below 200, they fall into different kinds of sickness. Dr Hawkins said by looking at the patients you often know the reason they are ill, because you cannot see the radiance of love but rather they are surrounded by resentment, pain and depression.

Being positive helps us to maintain an optimistic and vibrant way of life. However death is an inevitable part of life, so it is not right to say that those who are ill are harsh and unkind people. No matter how loving or virtuous you are, sickness is inescapable. God has destined our lives here to end someday.

Dr Hawkins’ theory aims to encourage us to carry on with an optimistic and positive attitude. We shall not pull a long face and age before our time comes.

I have seen that many faithfals in the community return to the heavenly home content and satisfied. They have lived and comprehended the meaning of life, reaching harmony and unity with their Creator in heaven.

As believers, we ought to live in optimism and have a longing to be united with our Lord in peace.

It is often said that our hearts affect our perception of the surroundings. In the midst of heaven and earth our existence seems so insignificant, but God entrusts the universe to us, to the mankind. This is a great responsibility and we must not take it lightly.

I thank God that at a gathering with a few religious, we shared that those who are deeply rooted in faith hold such a different view from those who are non-believers when it is time to face our moment of death. Those who have faith find it easier to accept God’s plan and timing. Although a bit unwilling to part, we still go in peace. Some non-believers however do find it hard to cope with and remain unsettled. But life and death are an inescapable part of our journey. It is something that we all know, the only difference is whether we comprehend its meaning or remain confounded by its perplexity.

There is a saying that living a life of goodness will bring a blessed ending! May we find help and inspiration with one another!

2018 農曆狗年已來臨，華人朋友見面，彼此的祝福語總離不開財富及健康，尤其健康，男女老少人人皆合用。最普遍的有下列各項:「祝你身壯力健」，「龍馬精神」...等等。

本文想向大家介紹的，是美國戴維霍金斯博士的一項實驗 - 他告訴我們:「意念影响健康」! 這是這位美國科學家百萬次實驗測試的結果!

美國霍金斯博士是一位醫生，在美國很有名。他醫治了很多來自世界各地的病人。他的研究發現，人的意念振動頻率，如果在 200 以上，就不生病! 他還發現:凡是生病的人，一般都懷有負面的意念: 他們喜歡抱怨，指責，仇恨別人，在不斷指責別人的過程中，就消滅了自己很大的能量。這意念的振動頻率一般低於 200。這些人極容易得很多不同的病症「沒有愛會生病」! 振動頻率就是人們常說的「磁場」。

很多人生病。是因為沒有慈悲心、愛心、寬容及柔和...等等，他們只有痛苦和沮喪。這些病人的頻率通常低於 200，因而容易得到很多不同的病症。霍金斯博士說:只要看到病人，就知道這個人為什麼生病，因為從這病人身上找不到愛的氣色，通常反感受到，他被怨恨、痛苦、沮喪等情緒包圍着。

的確，正能量能幫助我們樂觀，有活力並充滿生氣。但人生有生就有死，我們亦不應該判斷所有患病的人，都是心腸不好的人! 在現實中，無論如何有愛心和富有德行的人，亦會生病。上天注定。人的生命都有完結的一天!

霍金斯博士的理論，只是鼓勵我們活得積極和樂觀而已! 他鼓勵我們千萬不要未老先衰，拉長面孔過日子。

在有信仰們團體中，安天樂命、含笑回歸父家的，大有人在! 這些是悟透人生的人，或者已到達天人合一的境界吧?

有信仰的人，都期望活着要樂觀; 歸主要安然!

我們常說，「境由心生」! 是的，作為人類的一份子，生活於悠悠天地間，我們其實是非常渺小，但天主却把這無垠的宇宙，交托在六尺之軀的人手中，創造主的交托與信任，是何等的巨大! 我們真的不可掉以輕心!

感謝上主! 一次我們獻身服務教會的幾位修道人聚會，大家分享在信仰團中，某些有深度信仰的人，與外界無信仰者離世的態度，截然不同! 信者較易接受上天的安排，即或有些不捨，仍能平安而去。某些無信仰的人，却耿耿於懷，始終不捨但人生有生必有死，自古以來，無人能免，這是人人都知道的啊! 分別只在於「迷」與「悟」而已。

有一句話我們常聽的:「善生必得福終」! 願我們彼此互勉!

