

## 團體活動/ Upcoming Events

7/6 (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
8/6 (星期六)	下午四時	團體每月敬禮永援之母及為已亡親友祈禱。	亞洲中心
16/6 (星期日)	下午十二時半至三時	團體為歡迎在復活節領洗的新教友，將會舉行迎新會。 (免費午餐供應) 報名或查詢, 請聯絡 Simon Liu 0411 377 618 或 Candy Lui 0437 695 744 <a href="mailto:candymylui@gmail.com">candymylui@gmail.com</a>	亞洲中心
29/6 (星期六)	下午二時至四時	每月的團體明供聖聚會。 全新模式： 二時 朝拜聖體（靜默、修和聖事） 三時 慈悲串經（為靈魂祈禱） 三時十五分 玫瑰經（為團體和有需要的人祈禱） 四時 聖體降福 歡迎各位邀請家人或朋友前來在耶穌聖體一起禱。	亞洲中心

7/6 (Fri)	6:30pm	Mass to thank the great love of the Sacred Heart of Jesus. All are welcome.	Asiana Centre
8/6 (Sat)	4pm	Novena devotion to Our Lady of Perpetual Help and monthly prayer for our deceased relatives and friends.	Asiana Centre
16/6 (Sun)	12:30pm to 3pm	Welcoming Party for Newly Baptised. Lunch provided. All are welcome. To register or enquiry, please contact Simon Liu 0411 377 618 or Candy Lui 0437 695 744 <a href="mailto:candymylui@gmail.com">candymylui@gmail.com</a>	Asiana Centre
29/6 (Sat)	2pm to 4pm	Community Monthly Eucharistic Adoration. New format: 2pm Adoration (quiet time, Sacrament of Reconciliation) 3pm Divine Mercy (Pray for all the souls) 3:15pm Rosary (Pray for those in needs) 4pm Benediction	Asiana Centre

## 報告 News

粵語成人慕道班已於二月十日開辦新班。現繼續招收新學員。請介紹未信主的親友參加。請向周先生 0403 589 375 / 陳先生 0422 231 328 / 盧太 0410 342 890 查詢。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。歡迎各位參加。

New Cantonese Catechumen class has commenced on 10 February 2019 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 Mr Chow 0403 589 375 / Mr Chan 0422 231 328 / Mrs Rachel Lo 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. 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. 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: 0403 108 068

Sr. Agnes Chang 電話: 0422 877 681

耶穌升天節 2019 年 6 月 02 日

June 2<sup>nd</sup> 2019 - Ascension



Giotto, The Ascension  
Original Title- L'Ascensione  
Date- c.1305

*Then he led them out as far as Bethany, raised his hands, and blessed them. As he blessed them he parted from them and was taken up to heaven.  
(Luke 24:50-51)*

*耶穌領他們出去，直到伯達尼附近，就舉手降福了他們。正降福他們的時候，就離開他們，被提升天去了。(路加福音 24:50-51)*

### 下主日讀經: Next Sunday Readings:

1 <sup>st</sup> reading	讀經一:	宗徒大事錄	Acts 2:1-11
2 <sup>nd</sup> reading	讀經二:	格林多前書	1 Cor 12:3b-7, 12-13
Gospel	福音:	若望福音	Lk 20:19-23

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

## 教宗：罪過使人衰老，聖神令人永葆青春

「悲傷不是基督徒的態度。」教宗方濟各在清晨彌撒講道中如此表示。人生「不是一場狂歡盛會」，生活中有許多磨難，但我們只要每天跟聖神交談，必能在祂的陪伴下度過難關、向前邁進。

（梵蒂岡新聞網）教宗方濟各在梵蒂岡聖瑪爾大之家主持清晨彌撒。當天禮儀選讀的福音記載，耶穌在升天前告別門徒，講授了一堂真正的教理課，解釋聖神是誰（參閱：若十六 5-11）。教宗在講道中指出，當時，門徒聽到他們的師傅耶穌不久後要離去，所以倍感憂傷，耶穌為此斥責他們，因為「悲傷不是基督徒的態度」。那麼，怎樣才能遠離愁苦呢？教宗表明：「對抗憂愁的方法是在祈禱中懇求上主使我們的心靈永葆青春。」

教宗說：「一個憂傷的基督徒就是個可悲的基督徒。」基督徒與悲傷互不相容。聖神叫我們有能力背起十字架，如同當天第一篇讀經中保祿和息拉的榜樣，他們在牢獄裡祈禱讚頌天主（參閱：宗十六 22-34）。聖神更新一切，「在生活中陪伴我們、支持我們」，祂是護慰者。教宗解釋道：「護慰者這個詞的意思是『在我身邊支持我的那一位』，以免我跌倒，扶助我前行，讓我常保聖神的這青春。基督徒永遠年輕。基督徒的心靈一旦開始老化，他的基督徒聖召便隨之萎縮。你要麼心靈年輕、活力充沛，要麼就不是完整的基督徒。」

教宗接著指出，生活中不乏痛苦。保祿和息拉遭到棍棒毆打、飽受煎熬，「但是他們滿心喜樂、讚頌上主」。「這便是青春，那使你總是注視著希望的青春。為了擁有這份青春，我們需要每天與聖神交談。聖神隨時隨地都在我們身邊，祂是耶穌留給我們的莫大恩典：這份支援讓你能向前邁進」。

儘管我們是罪人，聖神依然協助我們改過自新、向前展望。教宗鼓勵眾人「與聖神交談，祂將賜給你援助，令你恢復青春」。相反地，罪過使人衰老：「心靈老化，一切陳舊過時」。教宗強調，基督徒「絕不能擁有這種外邦人的悲傷」，人生縱然會有逆境，但在如此境況中，「我們感受到聖神扶持我們前行，度過難關，甚至是面對殉道」。

教宗最後勉勵眾人祈求上主，「別讓我們丟失這份歷久常新的青春，不做個失去喜樂、裹足不前的退休基督徒。基督徒絕不能抱持退休的態度，卻要熱情活潑，因為真正的基督徒必然青春洋溢」。

## Pope: sin ages the soul, the Spirit keeps it young

Pope Francis says “sadness is not a Christian attitude”. Speaking to the faithful at morning Mass he commented on how it is possible to overcome the difficulties of life with the support and closeness of the Holy Spirit.

(Vatican News) Pope Francis reflected on the Holy Spirit, the protagonist, he said, of the Gospel passage of the day. He was speaking during his homily at Mass on Tuesday morning at the Casa Santa Marta.

Remarking on Jesus’ farewell speech to the disciples before going to Heaven, the Pope said He gives us a true catechesis on the Holy Spirit. The disciples, he noted, are sad to hear that their Master will soon leave them, but Jesus reproaches them pointing out that although “grief has filled your hearts, (...) it is better for you that I go”. “But how can one not be sad?” he continued, and said that “to counter sadness, we pray to the Lord to keep the renewed youth of the spirit within us”. It is the Holy Spirit, the Pope said, who ensures that we continue to be renewed and youthful in our faith.

### Christians must not be sad

The Holy Spirit, Pope Francis explained, gives us the capacity to carry our crosses. He reflected on the reading from the Acts of the Apostles that tells of how Paul and Silas, who had been stripped, beaten, chained and imprisoned, sang hymns to God. The Holy Spirit, he said, renews everything. The Holy Spirit accompanies us in life and sustains us. And calling the Spirit the ‘Paraclete’, the Pope explained the meaning of this “strange” word – which - he said, refers to “He who is near me and supports me so that I don’t fall, so I keep my spirit youthful”. “A Christian is always young,” the Pope continued, and when the heart of a Christian begins to age, so does his Christian vocation. “Either you are young in heart and soul, or you are not fully Christian” he said.

### Daily dialogue with the Spirit allows us to go forward

The Pope said that there is sorrow and pain in all of our lives, but he highlighted the example of Paul and Silas who were beaten and were suffering, and yet, he said “they were full of joy, they sang...” He explained that this is where the “youthful” part comes in as youth looks ahead with hope. But to be able to have this youthful attitude, he added, we need a daily dialogue with the Holy Spirit, who is always with us. “It is the great gift that Jesus left us: this support, which allows us to go forward” he said.

### Sin makes the soul grow old, the Spirit keeps it young

Pope Francis concluded his homily with words of encouragement and hope saying that even if we are sinners, the Spirit helps us to repent and look ahead: “speak to the Spirit who will give you support and restore your youthfulness”. Sin, on the other hand, he said ages one: “the soul ages, everything ages”. In life there are difficult moments, but in these moments “we feel that the Spirit helps us to move forward (...) and to overcome difficulties. Even martyrdom,” he said.

“Let us ask the Lord not to lose this renewed youthfulness, not to be Christians who have retired and have lost their joy,” he said: “a Christian never retires, a Christian lives because he is young - when he is a true Christian”.