

主日活動

Sunday Activities

	北區中心 Lindfield Centre Holy Family Parish Church Corner Pacific Hwy & Highfield Rd, Lindfield	依士活中心 Eastwood Centre St Kevin's Catholic Church 36 Hillview Road Eastwood
主日彌撒 Sunday Mass	正午 12:00 noon	正午 12:00 noon
青年彌撒 Youth Mass	第二主日 2 <sup>nd</sup> Sunday	第四主日 4 <sup>th</sup> Sunday
青年聚會 Youth Meeting	第二主日上午 11am 2 <sup>nd</sup> Sunday	SKYE 上午 11am—11:45am
聖經分享 Bible Sharing	第一主日下午 1:45pm 1 <sup>st</sup> Sunday	上午 11:00am (主日讀經分享)
彌撒前祈禱 Praying before Mass		上午 11:50am
主日學 Sunday School	上午 11:45 am	上午 11:45 am—12:30 pm
慕道班 Catechumen Class		上午 11:00 am—12:00 noon
明供聖體 Adoration of Blessed Sacrament		下午 2:00-3:00 pm 第一主日 1 <sup>st</sup> Sunday
歌詠團練習 Choir Rehearsal	上午 10:30 am	上午 11:00am

各中心主日彌撒後均有聚餐 Lunch gathering in all centres after Sunday Mass

其他活動 Other Activities

避靜, 家庭營, 青年營, 家庭玫瑰經, 家庭聖經分享, 中秋節聯歡, 詩歌晚會, 野餐, 康樂日...等。 Retreat, Family Camp, Youth Camp, Family Rosary, Family Bible Sharing, Moon Festival Celebration, Praise & Worship Night, Picnic, Sports Day ... etc..

高齡之家 CCC Homes Ltd.

4-6 Portia Road, Toongabbie

每月第一星期四 上午 11:00 舉行 祈禱聚會  
每月第三星期四 上午 11:00 舉行 遊戲日  
Prayer Group : 1<sup>st</sup> Thursday of each month at 11am  
Games Day : 3<sup>rd</sup> Thursday of each month at 11am

牧職修女 Pastoral Sister

司徒金美修女 Sr Teresia Seeto RSJ ① 0419 426 899 ✉ srseeto@ccc-inc.org.au

第一及第三主日 1<sup>st</sup> & 3<sup>rd</sup> Sunday 依士活 Eastwood 上午 11:00 am - 下午 2:00 pm

第二及第四主日 2<sup>nd</sup> & 4<sup>th</sup> Sunday 北區 Lindfield 上午 11:00 am - 下午 2:00 pm

醫院、家庭探訪及送聖體, 聖洗、修和及傅油聖事、殯葬禮儀, 請聯絡司徒修女。

Please contact Sr Seeto for home or hospital visit and Holy Communion, baptism, reconciliation, anointment and funeral liturgy.

華人天主教會期刊歡迎各位投稿、捐獻和提供意見, 請與下列任何一位編輯組組員聯絡。本會保留刊登與修改來稿的權利, 文責自負, 本刊內容不一定代表本會立場。

統籌及編印: Fred Luk 兒童版編輯: Harmonie Luk 北區聯絡人: Gloria Cheung

中文版編輯: Dorothy AuYoung 網上版編輯: Fred Luk, Wai Pon 依士活聯絡人: Wai Pon

英文版編輯: Bernard Yau 封面設計: Claudia Ho

電郵 email: bulletin@ccc-inc.org.au 郵遞 Post: P.O.Box 517, Eastwood, NSW 2122, Australia

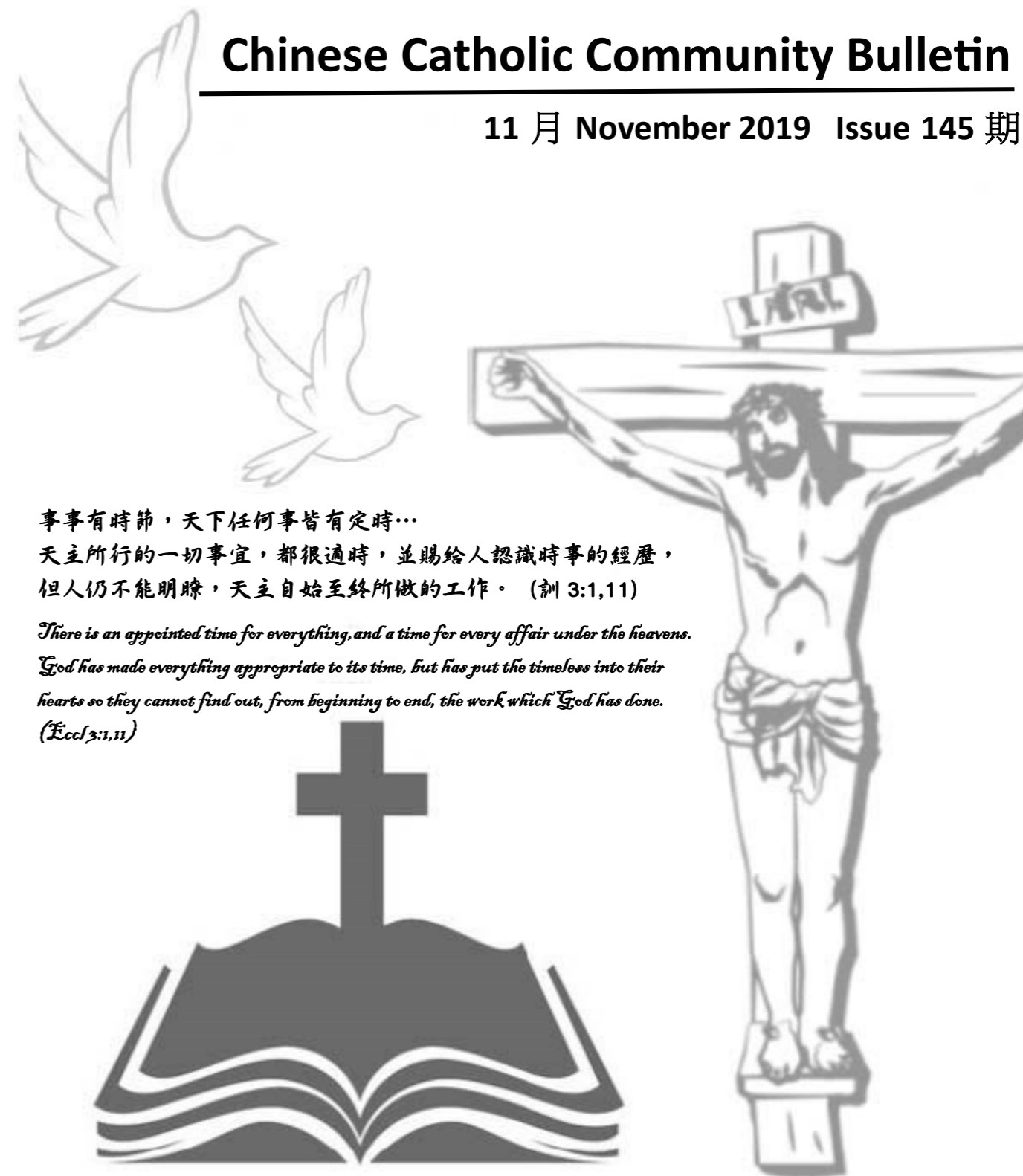
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# 華人天主教會會刊

## Chinese Catholic Community Bulletin

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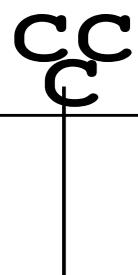
事事有時節, 天下任何事皆有定時...

天主所行的一切事宜, 都很適時, 並賜給人認識時事的經歷, 但人仍不能明瞭, 天主自始至終所做的工作。(訓 3:1,11)

*There is an appointed time for everything, and a time for every affair under the heavens. God has made everything appropriate to its time, but has put the timeless into their hearts so they cannot find out, from beginning to end, the work which God has done. (Ecc 3:1,11)*

### 人生無常

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# 編者的話

每當我們耳聞或目見一些天災人禍發生，帶來種種破壞，甚或自己或周遭的人遇上各種不幸，往往自然慨歎一句：人生無常！其實人生無常之事，自古存焉，因為無論甚麼時代，人的能力都是有限，那麼我們是否就只有無奈地接受這看似不變的定律？其實正確和樂觀的看法就是因為人生無常，更要善用上天賜與自己的一切，善渡生活每一刻，以免他日徒嗟歎！

為有信仰的人，生活在這變幻的世界，很多人與事均非個人可掌握，不過無常中仍然可以有常。舊約聖經中的訓導篇第三章清

楚指出：「事事有時節，天下事皆有定時：生有時，死有時；.....哭有時，笑有時，哀悼有時，舞蹈有時；.....作戰有時，和睦有時。」作者解釋一切事在時間上都有天主的掌管。人固然能把握時機，但人始終無法知道天主自始至終所行的一切事，不能洞察天主看顧世界的隱微，那我們只要依賴信靠天上的慈父，願他永恆不變的愛常存於我們心中，以應付無常或有常有人生！

耶穌三番四次提醒我們如何面對人生：「時常祈禱，不要灰心」(路 18:1)；「你們要當心，要醒寤，因為你們不知道那日期什麼時候來到」(谷 13:33) 

文題

# 愛在無國界

Dorothy

認識獻主會胡頌恆神父 (Fr John Wotherspoon) 始於三十多年前，他從澳洲墨爾本來港服務。神父的宿舍就在我們學校頂層，當年我除了教學工作，還要負責學校的宗教活動，自然與神父時有聯繫。不過他令全校師生側目的，就是一次運動會上的「創舉」。事緣他代表我們老師參加師生接力賽，當他赤腳踏足跑道，全校喝采，「赤腳大師」的摩打腳遙遙領先，成為一時佳話。

胡神父在小堂負責牧民工作，為了吸引更多男孩子加入輔祭行列，他提議在學校培訓一些 Form 1 仔 (中學一年級學生)，於是着我向公教學生招手，繼而實行每週一次午餐飯局和祈禱分享，(神父似乎很喜歡飯局，這種飯局精神延綿不絕！至今他繼續發揚光大！造福不少有需要的兄弟姊妹！真要為神父鼓掌) 原來同枱吃飯，不是各自修行，而是可以吃出感情，包括老師與學生、神父與教友！難怪耶穌也與人同餐共飲！

想不到胡神父由澳洲到來香港服務，我卻移居他的家鄉！地球是圓的，資訊科技的發展，令我們的距離縮短，可以保持聯絡，也由於天主的巧妙安排，我們都可以

在不同場合和環境中見面。相信他沒有很多時間「赤足」沙灘或運動場，只是生活愈來愈「赤貧」。有老師笑說他似「苦行僧」多一點！記得一次我回港與學生想請他彌撒後去吃餐豐富點的午餐，豈知他說街頭那茶餐室好了，飯後他趕去天橋底幫一位患病老伯伯，令我們好氣又敬佩！為了方便和深入接觸基層，胡神父放棄居住神父宿舍，多年來自己居住在狹小的空間，我行我素地過著清貧生活。我曾笑說不用給神父送什麼禮物，因為他轉手送給人；也不用請他吃什麼餐，他沒有時間，最好就是「折現」，他最開心是同貧苦大眾開餐，細心計算他的一分一毫去幫助有需要的人。他的朋友眾多，五湖四海、牆裏牆外；不分膚色、種族。很多年前，他曾經到中國大陸服務，推廣福利改善民生，回港後便更多為獄中兄弟姊妹奔波，香港的各羈留所和男女監獄甚至醫院，都是神父每天接觸的地方。他不斷實踐著耶穌所說「我餓了，你們給我吃的；我患病，你們看顧了我；我在監裏，你們來探望了我。」(瑪 25:35-36) 神父不斷努力為露宿者解決困難，希望有善心人士繼續慷慨支持神父的愛心工作。

【下接第 4 頁→】

# Jesus affirms John's message

What do you see? Place alternate letters, starting with the first, on the lines below.

Jesus wanted John to see:

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Jesus asked what the multitudes saw:

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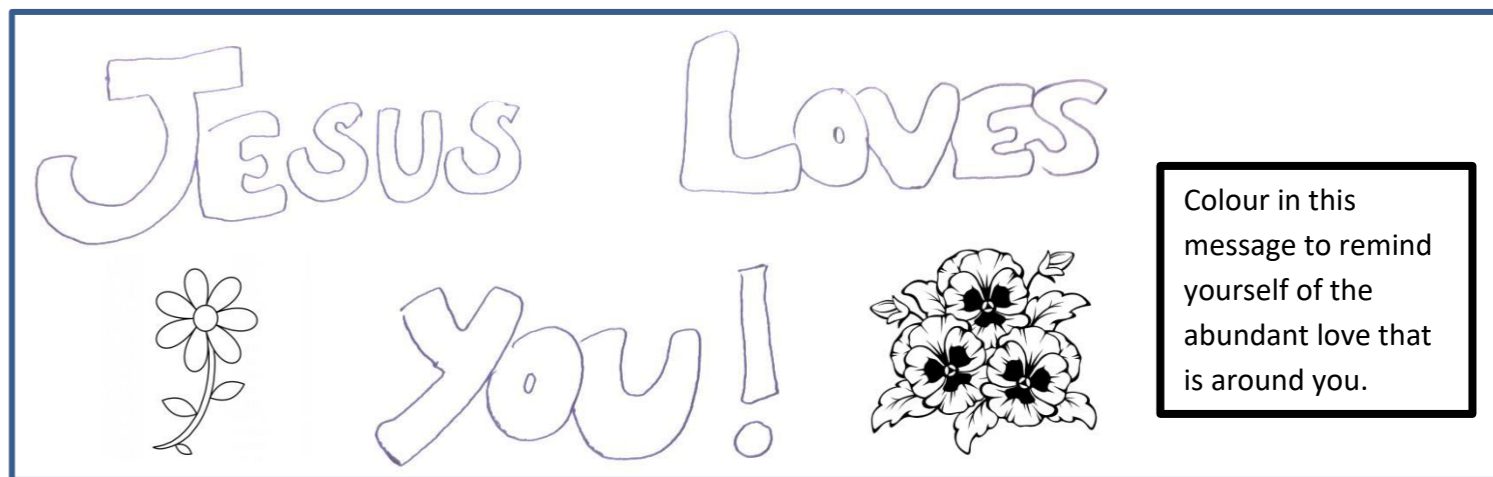
Jesus wanted the multitude to see:

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Jesus wants us to see:  
(use remaining alternate letters)

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B V L E I R N I D L R Y E  
 I C S E A I Y V U E N T T  
 H O E Y I O R U S A I M G  
 H O N T G L T A H M E E M  
 W T A H L A K T L A E R P F  
 E E B R O S R C N L O E F  
 A W N O S M E E D N D T E  
 H A E F R H E E H A A R T I  
 D S E N A O D T R R A I I  
 S S E E N D A U G P R P E  
 O A O T R E H R A T V H E  
 A T N H J E O G R A T V H E  
 P H E E L B P A R P E T A  
 I C S H T E N D O T T O W  
 T I H T E H M S R T E A E  
 N D D S I H N A G K H E E  
 N T W H I A T T H I T S H  
 L E E W A I S N T D I M N H  
 A T N H C E L K O I T N H  
 G E D D O I M N O S F O H  
 F E T A R V A E I N M I E  
 S N G T R P E R A O T P E  
 H R E T T H M A O N R H E  
 E T M H A A T N T A H P E  
 R W O 1 P 1 H 1 E 1 T



# Children's CORNER

Hi Boys and Girls,

I hope you are having a great time at school and have had wonderful holidays this year. So many exciting things are always just around the corner! Sometimes, it is really up to us to see things in a positive way. We may, at times, be affected by our feelings, such as anger or jealousy. However, we can turn away from those feelings and try to think better of it.

During Easter, we were reminded of Jesus dying on the cross for us. He suffered a lot so that we could be saved and freed from sin. The love that He has for us is so strong and is always present. I hope that we can always be thankful for He makes all things possible!

I hope that we will continue to look for the best in things and love each other.

God Bless,  
Harmonie



## Puzzle no. 1

A challenge has come up. As an archaeologist, you are to decipher the 2 messages on this piece of parchment from the Christian era. The second message has been written over the first message at a later date.

IAT BRIS LU IS A EDW FREE VL TOD  
 DOSHA W LLE LHEL ONOTN TBREHE  
 SAAK BAND BAS MOTH KING DAFLAX YS.  
 MSHA ALL HET NOT TOUHE ENW CH.

Put the deciphered messages on the lines below:

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 -----  
 -----  
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12:12, 20

七月嚴冬的正午，和煦的陽光照耀著餐室，一位相識近半個世紀的同窗越洋而來聚舊。大家一把年紀，除了想想當年，少不免也扯上健康話題，更慨嘆有幾位同學已「仙」我們而去，讓我們更珍惜這次難得的相聚，餐後我們更到外面散步，活動活動兼享受一下冬日的太陽。

世事難料，誰能預計，兩天後，同樣的冬日，同樣的陽光，我們再一次見面，地點卻是在偉思滅醫院(Westmead Hospital)，躺在病床上的是一個動彈不得、半邊身子活動不靈的我！

一次突如其來的腦出血中風，讓我感受到人世間的親情外，更深深體會到上主的慈愛和憐憫。

患病期間，天主不停派遣天使來慰問、祈禱、送上營養湯水及美食，當中更不乏精神食糧，故雖獨臥床上，卻不感覺孤單。眾人的代禱，正好如路加福音 5:18 所記載的癱子，由幾位充滿信德的人，用盡洪荒之力，不辭勞苦地把他連人帶床抬上屋頂再從瓦中放下去見耶穌一樣，沒有他們，那癱子將仍然是癱子；而我，縱使是天天接受著幾小時由院方提供的地獄式復健治療，也數度獲准「保外就醫」到外間接受針灸及其他自然療法，若沒有大家的禱告及耶穌的首肯，豈能在不足一個月內，由不能站立、舉步維艱的「軟腳蟹」，進化成走路自如、無需摻扶的「走地雞」？！

天主是創造人類最完美的工程師，我們身體任何部份出了亂子，天主都早已設計了後備方案。如眾所知，腦細胞死亡後是不會再生的，數量只會越來越少，但原來其他健康的細胞，每天都在活潑生長，隨時可以肩負起已凋亡細胞的工作。現代醫學的復健治療，就是利用天主預先設計好的這個「神經可塑性」(neuroplasticity)程式，透過不斷重複的活動，讓腦子重新學習各種基本技能，像嬰兒般學習坐立、走路、說話等等。

常年期第十七主日，我暫獲「假釋」，到依士活中心參與久違了的彌撒聖祭。甫坐下，拿起讀經紙，看著當天的答唱詠，淚水

不由自主的湧進眼眶，這是我自黃毛丫頭領洗讀聖經以來，到如今白毛老頭從沒有經驗過的。『上主，我幾時呼號你，你就俯允我！』(詠 138:3)的確，祢不僅賜給了我逼切的所需，更超仁慈地買一送一，「買雞送豉油」，給與我其他所需。

『全能者在我身上行了大事』(路 1:49)。祂除了俯允了我的禱告，在極短時間內讓我回復活動能力外，祂更讓我那歪曲已久的腰背挺直了不少。原來我腦部出血的位置，正正是掌管著姿態的。這個是我花了數年時間及金錢，用了多種不同方法希望改善的，但仍然收效不大，天主卻在一次意外把它重新啟動，調整過來。令一次看似悲劇，足以致殘甚至致命的意外帶來祝福，怎能令人不稱讚『他的名字是聖的』(路 1:49)？

事過境遷，回望當日的情境，真的捏了一把冷汗，更不由得衷心感謝聖母瑪利亞的看顧。那天我在駕駛途中，感覺有點異樣，便即時唸起聖母經來。感謝天主，我除了平安返抵家門外，聖母媽媽更是關懷備至，把所有我未有顧及、預見、懵然不知的事情，一一為我所求給天主。因某種原因我沒有即時入院，直至翌日到醫院做了腦掃描，始知半邊腦「曾經」有「少量」、「輕微」出血，而當時是已止血！真的不敢想像，如果整晚血在流，即使少至三十毫升，腦部便得做各種手術把瘀血清除，康復時間及愈後豈可同日而語。這個我那刻又怎會知道？！再者，當天可繼發的事情也是越想越心寒，可以是汽車失事，四輪朝天，車毀人亡，傷及無辜，或是橫屍手術枱上…。這不也就是聖母經中我們向聖母的請求：「在我們臨終時，為我們祈求天主」！

唸聖母經的習慣，始自多年前的家庭營，得到香港年青的麥英健神父指點迷津。他曾提及一位修生在嚴重車禍後，粉身碎骨，救護員及醫生皆認為無望下，「奇蹟」地完全康復，其後得知他原來在車禍發生時口中不停的唸著聖母經。所以我們得把聖母經牢牢坎入心中，好使在危難裏，當意識模糊、神智不清時也能不經意地唸出聖母經

【下接第 4 頁→】

## 愛在無國界

Dorothy

胡神父還有一項特別服務，他發現一直以來毒品為禍甚大，為此他不遺餘力，除了探訪與運毒有關的囚友，更去到不同國家宣傳毒品禍害甚深，不只東南亞國家甚至非洲，報章多次報導刊登胡神父的工作成果。神父協助不少誤運毒品的囚友，得與遠方家人能互通訊息，他終日奔波各地，可能有賴他那雙當年的「摩打腳」仍然保養得宜，願主加倍祝福！

香港社會近期持續發生令人擔憂事件，只要關心香港的人，不論身處何方，無不為此同聲祈禱，雖然人生無常，但我們仍然深信天主掌管一切，**事事有定時**。胡神父曾經有一次，不但出腳，還有出手服務大眾！很多謝一位朋友把胡神父的「創舉」傳出，讓大家對神父無私的愛和付出有更多體會！

請參閱此動人描述，在此向原作者說句：謝謝！願主祝福你！

【勿以善小而不為】有一天，佐敦與彌敦道的交通燈全壞掉，人車爭路、亂作一團，人人心煩氣燥。有位「老伯伯」看在眼里，默默自己一個走到十字路口，舉著手，指揮交通。兩小時過去了，老伯伯手都麻了、酸了，小休一會，再開始舉起手……有警察發現了，跟他說站在路中心太危險。

伯伯（鬼佬腔）對警察說「呢個係你嘅工作，唔係我嘅工作，如果你哋有做，就唔使我做……」警察沒有逮捕他，警察離開了。

老伯伯筋疲力盡，回家一會，又回到路口，繼續指揮交通。

就這樣一個下午，伯伯在十字路口舉手、指揮、喘氣。傍晚 6 時，警察終於來「接更」，伯伯可以「收工」回家了。

過兩天，伯伯放心不下，拉著教友一起回到現場視察情況。感謝天主！有 4、5 位警察真的在指揮交通……老伯伯笑逐顏開了！

感謝你，胡頌恆神父。

73 歲，來港 34 年，真正的牧者，香港人。

在充滿無力感，不知還可做什麼的時候，你讓我們看到「我們該做什麼」—勿以善小而不為，勿以惡小而為之。

胡神父很歡迎大家瀏覽他的 v2catholic.com 網誌，每日都圖文並茂，述說生活點滴，還有他錄音的聖經章節及分享，我常笑言他的一天不止二十四小時。

執筆之際，據悉胡神父又去了馬來西亞開會，應該是宣傳和協助預防非法輸送毒品問題之類吧！的確，為有需要的及貧困兄弟姊妹服務和發聲，愛在無國界，就是這位從南半球來到北半球服務的胡頌恆神父的特殊使命！Fr John 努力！加油！你現在的廣東話很了得，對 thank you 一詞，到底何時表示「唔該」或「多謝」，相信已經掌握熟練，也是你現在日常生活中常運用的詞彙！願主繼續保守和祝福你！

## 患難見真情

綠衣獅

來，懇求聖母媽媽為我們祈求天主。真的，人生無常，特別在現今這個動亂不安的世界，什麼恐襲、牛襲（瘋牛症）、豬襲（豬瘟）、雞襲（禽流感）……，危機處處，我們得準備隨時在不省人事時，懇求聖母為我們轉求。

如對天主教信仰不清楚，聖母經是由二部份組成，第一部份：『萬福瑪利亞，你充滿聖寵，主與你同在，你在婦女中受讚頌，你的親子耶穌，同受讚頌』，是重覆天使加俾額爾對瑪利亞的請安和聖婦依撒伯爾對聖母的讚頌（路 1:28,42）。第二部份：『天主聖母瑪利亞，求你現在，和我們臨

終時，為我們罪人，祈求天主』，是懇求聖母為我們向耶穌轉禱。若望福音 2:3 記載的加納婚宴，聖母的關愛，且細心的對事物觀察入微，率先察覺到酒用完了而去告訴耶穌，耶穌雖沒即時答應，但還是靜悄悄的把水變成最好的酒，給整個婚宴一個完美的結局。

患病是福。『天主藉痛苦拯救受難的人，以患難開啟他們的耳鼓。』（約 36:15）『我兒，不要輕視上主的懲戒，也不要厭惡他的譴責，因為上主懲戒他所愛的，鞭打他所接管的每個兒子。』（希 12:5-6）感謝天主，我是你所寵愛的！

also given me a good opportunity to personally read large sections of the Bible that I hadn't read before. (Elvin)

- The most interesting part to me is the transformation of Judah- from giving suggestion to sell his brother Joseph into slavery, to putting himself in place of Benjamin. It may take Judah many years to get to this point, but the holy spirit has guided him into the right path to become a selfless man eventually. (Phoebe)
- Helped me understand the deeper context of Jesus' time and prior. (Cat)
- The course helped me see a lot more of the Bible and understand many of the events better than before. Now I will have a better understanding of what happens in the First Reading during mass and why it is important. It also forced me to read the Bible properly and do research to try and understand different concepts. (Lawrence)
- It has shown me that God has a plan for me and that He would like to be part of my life. (Agnes)
- For starters I have read a lot more of the bible. The course has given me a lot of context in relation to the various books of the bible. I feel like I can now get a better understanding of the historical context and time period when reading bible passages. The course has motivated me to do further readings of the bible. (Dom)
- The course has helped in my faith as I have an understanding of the context of the Old Testament and symbolic significance of stories, items, numbers and actions of different characters in the Bible. (Participant)
- I think this course has helped make the Bible more penetrable. Prior to this course, reading the Bible seems a too great and difficult challenge. (Johnathan)

## Would you recommend this course to others and why?

- I would recommend this course to anyone as it simplifies the task of interpreting the bible and clearly gives you pointers. The videos explaining each chapter was especially helpful as understanding key parts can get confusing. (Gerald)
- Yes, because it provides a big picture of the Bible in its context so you will have a greater appreciation of God's message. (Participant)
- Yes, because it will help you develop a greater love for God and also a greater appreciation for Jesus' fulfillment of the Old Covenant in Himself. (Elvin)
- Yes because it was an amazing experience to walk through the bible chronologically and to realise how God was present at every stage of the human history (Agnes)
- I would definitely recommend this program to anyone- the way the program sets out has really ease up the complexity of the Scripture. You may not understand 100% of the content from each lesson, but you will definitely gain some take away from each lesson you attend. (Phoebe) I would definitely recommend this course to others because it has made reading the Bible more accessible, manageable, and interesting. (Johnathan)
- I would definitely recommend this course to others. The course helps you to understand the storyline of the bible from the beginning of the world and tracing through events in history all the way to Jesus's time. At the very least it is a very interesting history lesson. The course also gives guidance on how the readings can relate to our daily lives. (Dom)
- Absolutely! This course is great for learning all about the origins of our faith and understand who the important people in the Bible are. It will help anyone to get a better idea of the real story behind the Bible, including what happened to Israel before Jesus and why Jesus did the things He did. I can't wait to go back and read more of the Bible! (Lawrence)

Prepared by Harold Pon



Here are some of the responses and feedback that we got from the participants. ☺

### What was the most interesting thing you learnt in the course?

- The most interesting thing I learnt in the course was how each of the key figures was connected to each other throughout the history of the Bible. Being able to read through a list of historical names and actually being able to recognise some and know what they did was like a lightbulb suddenly turning on in my head. I also learned a lot more about what happened to Israel between leaving Egypt during the Passover and going into Jerusalem before the time of Jesus. (Lawrence)
- The most interesting things I have learnt on the course was that the various Kings of Israel have initially followed God but many would become evil and worship idols. (Johnathan)
- Seeing how God has actively worked through His people over the course of history to fulfil His plan. (Elvin)
- That God doesn't necessarily choose an exceptional person to do His work - He lifts up the lowly and the least. (Agnes)
- The number of wives people took in the Old Testament and the numerous cycle of sin. (Cat)
- I found a lot of the stories of the old testament very interesting. Exodus and Judges in particular had some memorable stories. Probably the most interesting thing I learnt was how Jesus's life tied back to the stories of the old testament. (Dom)

### What was the most interesting shocking thing you read during the course?

- Jacob wrestling with a random man when he just sent his whole family by boat to cross the river. The man was losing so he knocked Jacob's hip out of place. Later on, the man was revealed to be God... Why did Jacob wrestle a man when he just sent his family across the river and not follow them? Why did God cheat?? So many questions... (Gerald)
- That when the Kingdom of Israel divided, only 2 remained in the south, but it is this minority that survived and into which Jesus was born. I think it is a clear demonstration of God's providence in everything that occurs. (Elvin)
- King Solomon had so many wives! (Agnes)
- The details in the Maccabees books. (Cat)

### Which part of the video impress you most or you can still remember? Any reason?

- I find the opening music and pictures reflect the power of God. (Agnes)
- I have enjoyed the full 8 weeks of this video program very much. However, I believe the part where Jeff Cavins explains how the name "Barabbas" has a

meaning of "Son of the Father" was a remarkable message to wrap up this video program. We all are Barabbas; we sinners are freed because of Jesus taking our place. This is a great indication of how God loves us so much, even though we may not deserve God's love for some of the things we do in our lives. (Phoebe)

### There were so many prophets in the Old Testament, do you think God still sends prophets nowadays?

- I think everyone who believes in God hears messages from Him every now and then. Whether it is from prayer, reading the Bible, music, or talking to one another, we can all hear the voice of God if we listen closely enough. In that sense, everyone is sort of a mini-prophet. (Lawrence)
- I don't think God still sends prophets nowadays. John the Baptist was the last and God has already sent his Only Son - if we do not listen to Jesus, we will not listen to the prophets. (Johnathan)
- I think that there could still be prophets nowadays but not in the same way as in the Old Testament. That's because the goal is different. Old Testament prophets were pointing to the coming of Jesus, but since Jesus has already given the full Revelation, there isn't that need anymore. Modern day prophets however, are all of us who are called to proclaim the Good News. (Elvin)
- Maybe but He has sent us someone who is greater - we have the Holy Spirit to guide us. (Agnes)

### After the program, what message did you get from his Lord?

- I suppose that God is calling me back to Him. He is always searching for the lost sheep or the prodigal son. (Johnathan)
- He is strength and comfort to those who are weak. (Agnes)
- Just keep reading and praying whenever you can. (Cat)
- We must continue to learn throughout our faith journey, you will never know everything. Keep reading the bible! (Gerald)
- God always have its plan, just like how he has a plan for Abraham. You may encounter difficult circumstances along the way, but by placing your trust in God, marvellous things will land on you when you are least expected. (Phoebe)

### How do you think that this course helped you in your faith?

- The course definitely helped me by linking up so many confusing and often vague timelines together and showed me the bigger picture (Gerald)
- It has made the Bible much more understandable, putting many things in its appropriate context. It has



聖誕期間活動時間表 Christmas Timetable		
1/12 星期日 Sunday 下午 1:00 pm	北區中心 聖誕聯歡會	Lindfield Centre Christmas Party
5/12 星期四 Thursday 上午 11:30 am	高齡之家 聖誕聯歡會	CCC Homes Christmas Party
24/12 星期二晚上 8:30pm Tuesday	依士活中心 聖誕前夕彌撒, 隨後舉行茶點聚會 (請帶一碟甜品)及報佳音	Eastwood Centre Christmas Eve Mass, followed by supper (please bring a dessert) & Christmas carols
26-28/12 星期四-六 Thursday - Saturday	家庭營 (必須預先報名) 詳情請參閱 CCC 網頁	Family Camp (pre-registration required) Please refer to CCC website
28/12 星期六 Saturday 下午 6:00 pm	雪梨中國天主教團體 周景勳神父主持 國語彌撒, 聚餐, 講座	Society of Divine Word, Epping Mandarin Mass, dinner and talk By Fr Edward Chau
29/12 星期日 Sunday 正午 12:00 pm	依士活中心 主日彌撒 - Fr Norman	Eastwood Centre Sunday Mass - Fr Norman
下午 2:30 pm 下午 6:00 pm	北區中心 主日彌撒 - 周景勳神父 講座 與周景勳神父聚餐 (稍後公佈)	Lindfield Centre Sunday Mass - Fr Edward Chau Talk Dinner with Fr Chau (to be advised)
30/12 星期一 Monday 晚上 8:00pm	依士活中心 - 歲晚感恩祭(周景勳神父), 隨後舉行茶點聚會 (請帶一碟甜品)	Eastwood Centre - End of Year Thanksgiving Mass (Fr Edward Chau), followed by supper (please bring a dessert)
31/12 星期二 Tuesday 上午 9:30 am	依士活中心 粵語彌撒 - 周景勳神父	Eastwood Centre Cantonese Mass - Fr Edward Chau

### 2019 年度家庭營 Family Camp

日期: 26/12 - 28/12  
 成人粵語組: 周景勳神父 Fr Edward Chau  
 English group: Youth (from Year 7), young adult and adult  
 Theme: Asian Catholic Traits - Being a Catholic young person in today's world  
 兒童組 Children group (Students from Kindergarten - Year 6): 由司徒修女帶領 Supervised by Sr. Seeto  
 幼兒組 Toddlers (Age 4 and under): 由家長輪流看顧 Supervised by parents on roster  
 報名: CCC 網頁, 北區中心, 依士活中心, Kingsgrove 華人組, 0490 026 379

費用 Fees	Adult & youth 成人/青年	Children 兒童	Pensioner 領取政府退休恤金者	Toddlers 幼兒
三天營 3 days package	\$160	\$110	\$130	免費 Free
日營 (每天) per day	\$ 60	\$ 40	\$ 50	免費 Free
家庭優惠 Family Rate	父母及首兩名子女繳全費, 第三名子女及以上免費 Full fee for parents and first 2 dependent children, other siblings free			

三天營費用包括: 三晚住宿, 三天早餐, 午餐, 早午茶點, 及二天晚餐  
 3 days package fee includes: 3 nights accommodation, 3 breakfast, lunch, morning & afternoon tea, plus 2 dinner  
 日營費用包括: 當天午餐, 晚餐及早午茶點  
 Day rate includes: meals, morning and afternoon tea  
 11月17日或之前報名並繳交全費, 每人可獲減\$10, 此優惠不適用於日營及家庭優惠(子女超過兩位以上)  
 \$10 off per person if full payment received on or before 17/11, not applicable to day rate and family discounted rate.



Fr. Francis Ching, *Companions of the Cross*

程明聰神父 2020 雪梨之旅

8/4-24/4

華人天主教會慶幸能邀請到加拿大程明聰神父再度蒞臨雪梨，在 Santa Sabina College 主禮 CCC 聖週禮儀，並分別在 CCC 各中心及其他天主教華人團體主持彌撒、住宿避靜、講座及青年避靜，詳情稍後公佈。

CCC has invited Fr. Francis Ching from Toronto to re-visit Sydney and confer the Holy week liturgy in Santa Sabina College. There will also be Mass, talks, overnight retreats and youth camps held in CCC centres and other Catholic Chinese communities, details will be announced later.

15-16/4/20 兩晚住宿避靜(Mount Schoenstatt Spirituality Centre)

16-17/4/20 Youth Retreat (Society of St. Paul, Strathfield)

<https://www.youtube.com/watch?v=7x--T-szHdI>

<https://www.youtube.com/watch?v=ScBPFvyFDQA>

<https://www.youtube.com/watch?v=DKitfEDxK-Y>

My Trip to Israel

From 8th January to 14th February this year, I travelled to Israel for the very first time. The land of Israel has always fascinated me and I was fortunate to have saved up enough money to make this journey. If you are thinking about visiting Israel, just go; you won't regret it!

Why did I go?

I wanted to go to Israel for several reasons: First, I wished to visit the Holy Land as a pilgrim to reinvigorate my spiritual life. Second, I wished to find my life's purpose. Third, I wished to travel to Israel and learn about the traditions and the way of life of the Jewish people. Fourth, I wished to visit Beersheba, where the Australian Light Horsemen famously charged (the last great cavalry charge) and captured the strategic town which helped the British Forces to capture Gaza and Jerusalem. Lastly, I wished to make some new friends in Israel.

What did I do?

I spent the first two weeks on a guided tour (Best of Israel and Jordan Package) with Abraham Tours. I have visited the following places: Tel Aviv, Masada, the Dead Sea, Caesarea, Nazareth, Galilee, Golan Heights, West Bank, Gaza Border, Petra, Amman, Wadi Rum, and Jerusalem.

I spent the last three weeks in Jerusalem volunteering with the Franciscan Custody of the Holy Land. I worked Monday to Friday to reorganise the university library and dusting ancient books. On the weekend, I travelled to either Nazareth or Tel Aviv to explore. I even took part in a 65 km hike along the Jesus Trail, which begins in Nazareth and finishes at Capernaum. I have made many new friends during my stay in Jerusalem and it was one of the happiest times of my life.

My insights

1. Israel is an expensive country to live in. The reliance on imported goods and the flow of foreign money (especially from the US) have kept the cost of living high, especially in Tel Aviv.
2. The Israeli are a vengeful people - If someone throws a stone at them, they will throw a boulder back. The current government under Netanyahu is especially hawkish. There is no peace on the horizon for Israel.
3. I was told by a priest that the Israeli government do not like Christians; they tolerate us because the pilgrims and tourists bring so much money into the country. There are also worries that civil liberty and religious freedom may erode in the near future.
4. The Palestinians are discriminated and oppressed on a daily basis. Some forms of harassment include: search and detain, arrests, confiscation of land, cutting off the supply of water and electricity, and, in most extreme cases, unlawful killing.

5. It is important to make a distinction between the Israeli government and the Israeli people. I believe that the average Israeli wants peace and security so that they can get on with their lives. Most of them are friendly and helpful to tourists.

6. Many Christians in Jerusalem city are living in poverty with limited prospects for work and education. The ATS Pro Terra Sancta and the Franciscans of the Holy Land are doing important work to preserve the Holy Places and support the local communities. Please consider helping them by making a donation. For more information, visit: [www.proterrasancta.org](http://www.proterrasancta.org)

Pray for Palestine  
Pray for Israel

Jonathan Leung



Unlocking the Mystery of the Bible (Skye Group 2019)

When was the last time you attempted to read the Bible cover to cover because you want to learn more about God's Word and His plan for salvation? Many of us may have stopped around the book of Leviticus or Numbers as we scratch our heads thinking "where is this book taking me" and "where happened to the story"?

In May and June, a group of young adults from SKYE took on the challenge to read the Bible and understand the history of salvation. The group (above) met for 8 consecutive Sundays from 2 – 4pm doing a Bible Study program led by Jeff Cavins called "Unlocking the Mystery of the Bible". It not only required everyone to take the time out of their busy weekend schedule to focus on the Word of God but also to do an average of 3 – 4 hours of homework – felt like we were back at school! At every session we would start with prayer, followed by a recap of the previous week, discussion of the homework (including our shocked reactions to some of the Old Testament passages), watch a 30 minute video presentation guiding us in the Biblical narrative (with references to the Catechism), wrapping up the session and preparing for the homework in the coming week. To help support each other, we also had a Whatsapp group where we reminded each other the homework, posted interesting articles related to the readings and also questions that we may have had.

丙/甲年主日讀經 Sunday Readings Year C/A					
每日聖言 <a href="http://www.catholic-dlc.org.hk/frame3.htm">http://www.catholic-dlc.org.hk/frame3.htm</a> Daily reading: <a href="http://www.lectionary.com/">http://www.lectionary.com/</a>					
10/11/19	常年期卅二	2 Mc 加下 7:1-2,9-14	詠 17	2 Thes 得後 2:16 - 3:5	Lk 路 20:27-38
17/11/19	常年期卅三	Mal 拉 3:19-20	詠 98	2 Thess 得後 3:7-12	Lk 路 21:5-19
24/11/19	基督君王	2 Sam 撒下 5:1-3	詠 122	Col 哥 1:12-20	Lk 路 23:35-43
甲年讀經			Readings Year A		
01/12/19	將臨期一	Isa 依 2:1-5	詠 122	Rom 羅 13:11-14	Mt 瑪 24:37-44
08/12/19	將臨期二	Isa 依 11:1-10	詠 72	Rom 羅 15:4-9	Mt 瑪 3:1-12
15/12/19	將臨期三	Isa 依 35:1-10	詠 146	James 羅 5:7-10	Mt 瑪 11:2-11
22/12/19	將臨期四	Isa 依 7:10-16	詠 24	Rom 羅 1:1-7	Mt 瑪 1:18-24
29/12/19	聖家節	Si 德 3:2-6,12-14	詠 128	Col 哥 3:12-21	Mt 瑪 2:13-15,19-23
05/01/20	主顯節	Isa 依 60:1-6	詠 72	Eph 弗 3:2-3,5-6	Mt 瑪 2:1-12
12/01/20	主受洗節	Isa 依 42:1-9	詠 29	Acts 宗 10:34-43	Mt 瑪 3:13-17
19/01/20	常年期二	Isa 依 49:1-7	詠 40	1 Cor 格前 1:1-9	Jn 若 1:29-42
26/01/20	常年期三	Isa 依 9:1-4	詠 27	1 Cor 格前 1:10-18	Mt 瑪 4:12-23
02/02/20	常年期四	Mi 米 6:1-8	詠 15	1 Cor 格前 1:18-31	Mt 瑪 5:1-12
09/02/20	常年期五	Isa 依 58:7-10	詠 112	1Cor 格前 2:1-5	Mt 瑪 5:13-16
16/02/20	常年期六	Si 德 15:15-20	詠 119	1Cor 格前 2:6-10	Mt 瑪 5:17-37
23/02/20	常年期七	Lev 肋 19:1-2,17-18	詠 103	1Cor 格前 3:16-23	Mt 瑪 5:38-48
26/02/20	聖灰占禮	Ash Wednesday	當日須守大小齋 Fasting & abstinence		
01/03/20	四旬期一	Gn 創 2:15-17; 3:1-7	詠 51	Rm 羅 5:12-19	Mt 瑪 4:1-11
08/03/20	四旬期二	Gn 創 12:1-4	詠 33	2 Tim 弟後 1:8-10	Mt 瑪 17:1-9
15/03/20	四旬期三	Ex 出 17:3-7	詠 95	Rom 羅 5:1-2,5-8	Jn 若 4:5-42

# Young Adult Corner by

## SKYE

(St. Kevin's Youth/Young Adults Eastwood,  
CCC youth/young adult group at Eastwood centre)

### SKYE ACTIVITIES

RCIA/Bible Sharing -  
Every Sunday from 10:45 - 11:45 am

Bible study group -  
Every fortnightly 2:00 - 4:00pm

### Our support to liturgy

- Altar servers
- Choir (English hymns)
- Collections
- Commentator
- Liturgy readers
- Playing instrument  
(guitar, piano, violin)
- Sunday School

If you are interested in any of the above activities, please contact CCC Reception, Harold Pon or Timothy Fong.



### UPCOMING ACTIVITIES

21 Jul	Bring a dish lunch
11 Aug	Ice skating
Sep	Moon Festival celebration
5-6 Oct	Hunter Valley 2 day camp
16/17 Nov	Cooking class
Early Dec	Volunteering work
15/22 Dec	Christmas party
26-28 Dec	Bible camp
2020 Easter	Retreat led by Fr. Francis Ching

### PILGRIMAGE SHARING



### NOTICES

#### Chinese Catholic Community Incorporated Income & Expenses Statement (Exclude Chinese School)

華人天主教會收支表(中文學校除外)  
【1/7/18 to 30/6/19】

<b>INCOME 收入</b>		<b>\$ 48,754</b>
Collections 奉獻		\$ 41,405
Donations 捐款		\$ 479
Others 其他		\$ 6,870
<b>EXPENSES 支出</b>		<b>\$ 59,839</b>
Audit Fee 核數師費用		\$ 2,720
Stipends 神父酬金		\$ 22,335
Donations 捐款		\$ 3,876
Insurances 保險費		\$ 4,842
Printing, Stationery & Postage 印刷,文具郵費		\$ 6,187
Rent 租金		\$ 7,686
Advertising 廣告		\$ 3,162
Sundries 什項		\$ 9,031
<b>DEFICIT 虧損</b>		<b>\$ (11,085)</b>

### 華人天主教會中文學校

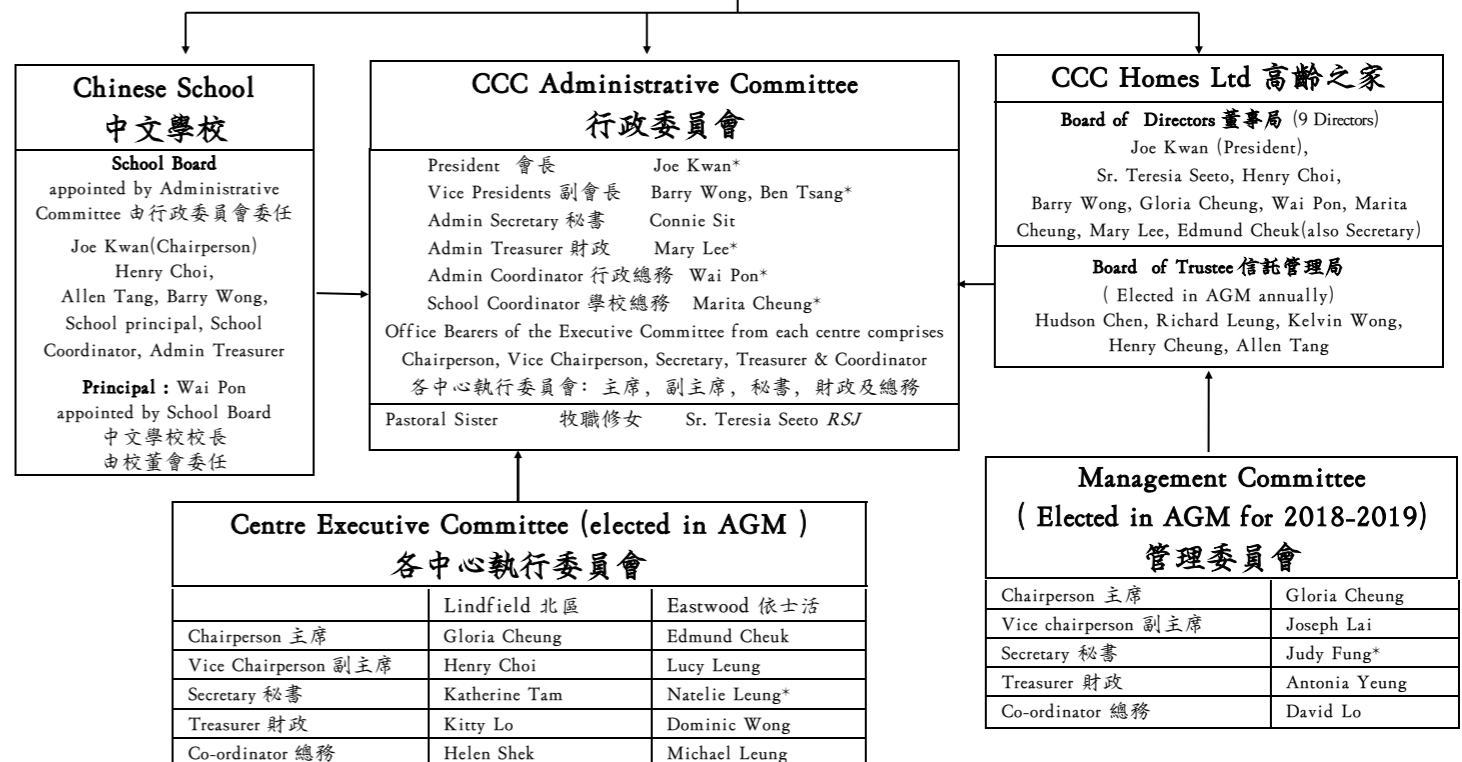
由於需要加強傳播福音的工作，致令人手嚴重短缺，華人天主教會經慎重考慮，決定於明年停辦中文學校。尚華中文學校將於原址開辦中文學校，以便學生能夠繼續學習中文。查詢報名請聯絡謝校長。

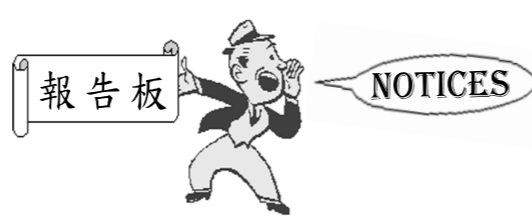
Due to the need to reallocate manpower to focus on our priority on evangelisation, thus leading to the shortage of volunteers, the Chinese Catholic Community Chinese School will cease to operate as of the next school year of 2020. Norwest Community Chinese School will operate in the current location from next school year. Please contact Mr.Ta, the principal, for enrolment and enquiries.

Contact details : 聯絡  
電郵 email: norwest.chineseschool@gmail.com  
電話 Phone 0466 008 504

華人天主教會高齡之家及華人天主教會週年大會已於二零一九年十月六日假依士活中心禮堂舉行。週年大會已選出新一屆委員會。  
CCC Homes & CCC Inc. held their AGMs on 6/10/2019 in Eastwood Centre, with new committees elected.

### Chinese Catholic Community Inc. 華人天主教會 (Spiritual Director 神師 Fr Gerard Kelly)





聖體出遊—雪梨總主教區  
Walk with Christ — Catholic Archdiocese of Sydney

24/11/2019 (基督君王節 Feast of Christ the King)

下午 2:30 — 4:30pm

當日下午二時半由 Martin place, Pitt St. 出發，到達聖瑪利主教座堂後隨即舉行明供聖體及聖體降福，約四時半完畢，請踴躍出席。

CCC Assembly point 集合點: 2:15pm ANZ bank, corner of Pitt St. & Martin place, CCC 旗幟。

<https://www.sydneycatholic.org/about-us/archdiocesan-events/walk-with-christ/>

Saint Francis University, Hong Kong 香港聖方濟各大學  
Fundraising Appeal 籌款通告

Click here 請登入 [http://www.ccc-inc.org.au/?page\\_id=3008](http://www.ccc-inc.org.au/?page_id=3008)

【明愛專上學院祝福聖堂】

【神長重申發展大學使命】

<https://www.facebook.com/106180922767098/videos/1563882290330280/>

神父主日講道 (可在本刊網上版直接點擊下列連結)

梁達材神父	<a href="http://www.frpeterleung.com/blog/">http://www.frpeterleung.com/blog/</a>	徐錦堯神父	<a href="http://jesus.cirs.org.hk/audio_mass.asp">http://jesus.cirs.org.hk/audio_mass.asp</a>
關傑棠神父	<a href="http://www.ccc-inc.org.au/?page_id=1901&amp;lang=zh-hk">http://www.ccc-inc.org.au/?page_id=1901&amp;lang=zh-hk</a>	關俊棠神父	<a href="http://www.livingfaith.org.hk/index.php?option=com_wrapper&amp;Itemid=44">http://www.livingfaith.org.hk/index.php?option=com_wrapper&amp;Itemid=44</a>
閻德龍神父	<a href="http://www.myaudiocast.com/fatheryim/">http://www.myaudiocast.com/fatheryim/</a>	趙必成神父	<a href="http://catholicworld.info/abcofm/">http://catholicworld.info/abcofm/</a>
陳德雄神父	<a href="http://office.hkdavc.com/video/livemass140914.html">http://office.hkdavc.com/video/livemass140914.html</a>	吳智勳神父	<a href="http://www.catholic.org.tw/theology/public/liyi/index.htm">http://www.catholic.org.tw/theology/public/liyi/index.htm</a>
羅國輝神父	<a href="http://thomaskflaw.blogspot.com">http://thomaskflaw.blogspot.com</a>		

Sunday sermon

The original script (in English) of the sermon used during Sunday Mass in Eastwood Centre, are now available for download from CCC website, under 'Resources', then 'Sunday Homily'.

依士活中心主日彌撒神父講道(英文原裝版)，現已可在 CCC 網頁下載。



真切關懷 思憶表揚 文化兼容



與親人告別可以是極其難過之事、尤其是對仍活著的人。在生命的最後旅程中、本公司來自不同文化的團隊成員、將竭誠代為安排告別程序的每一個細節、讓您可以有多一點時間與家人互表關愛。

Selina Leung 梁太 專業喪禮策劃顧問

電話: 1300 688 228 手機: 0414 688 228 (24小時熱線)

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# 賞一相

(更多相片在本會網頁)



北區中心、依士活中心及高齡之家的父親節慶祝活動  
Celebration of Father's Day at Lindfield, Eastwood Centre and CCC Homes



依士活中心慶祝中秋節  
Moon Festival Celebration at Eastwood Centre



週年大會選出新一屆的華人天主教委員(左)及高齡之家委員(右)  
Newly elected CCC Committee (left) and CCC Homes Committee (right)



# Pictorial

(More photos on CCC website)



四旬期內的朝拜聖體 Adoration during Lent



聖瑪利主教座堂甄選禮 Rite of Election at St Mary's Cathedral



香港天主教總堂區學校到訪依士活中心 Visit from the Hong Kong Catholic Mission School to Eastwood Centre



依士活中心嬰兒領洗 Baby Baptism at Eastwood Centre



2019 全澳中文朗誦比賽 4-6 歲粵語組冠軍 First Place for the 4-6 Years Old Cantonese Speaking Group at the National Chinese Eisteddfod 2019

# 賞一相

(更多相片在本會網頁)



Santa Sabina 的聖週活動 Holy Week at Santa Sabina



藍山楓葉之旅 Outing to the Blue Mountains



各中心慶祝母親節 Celebration of Mother's Day at Different Centres

# Pictorial

(More photos on CCC website)

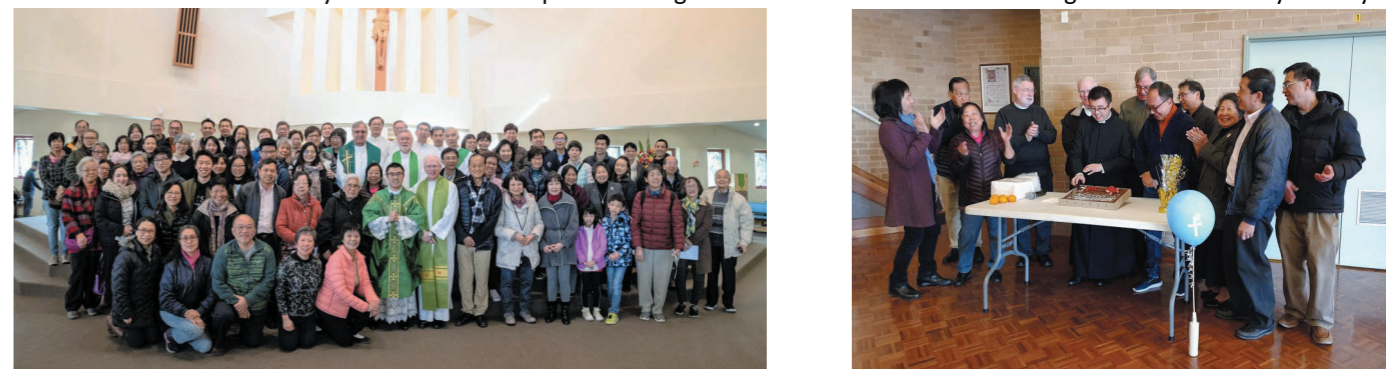


依士活中心慶祝 Fr Noel 晉鐸五十周年及 Fr Kelly 晉鐸三十九周年和生辰  
Celebration of Fr Noel's 50th Anniversary of Ordination and Fr Kelly's 39th Anniversary of Ordination and Birthday at Eastwood Centre



Stephanie Wong 初領聖體  
First Holy Communion of Stephanie Wong

Fr Kelly 祝福本屆高考生  
Blessing of HSC students by Fr Kelly



鄒子光神父在依士活中心慶祝其晉鐸後的首台中文彌撒  
First Chinese Mass celebrated by Fr William Chow at Eastwood Centre



CCC 參與 Broken Bay Diocese 舉行的多元文化彌撒  
CCC participated in the Multi-Cultural Mass organised by Broken Bay Diocese



依士中心舉行的收錄禮  
Rite of Acceptance at Eastwood Centre