

## 5<sup>th</sup> Sunday of Ordinary Time 常年期第五主日



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☎ 0490 026 379 (WhatsApp)

Sr. Teresia Seeto 司徒金美修女 : ☎ 0419 426 899 (WhatsApp)

### Lindfield Centre 北區中心:

#### Holy Family Catholic Church

Cnr. Pacific Highway and Highfield Rd Lindfield

12:00 noon Mass 主日彌撒

12:00 noon Sunday school (to be resumed on 8/2/2026)

[邂逅聖言]: -第一主日彌撒後

### Eastwood Centre 依士活中心:

#### St. Kevin's Parish Church

36 Hillview Rd., Eastwood (Parking Gate 2 and Gate 4)

Every Sunday

11:30 am 粵語慕道班

青少年入門聖事班 Sacramental Program for Children and Youth (to be resumed on 8/2/2026)

11:30 am Skye (Youth gathering)

11:45 am Sunday school (to be resumed on 8/2/2026)

12 noon Mass 主日彌撒

1:00 pm Lunch (to be resumed on 8/2/2026)

2:00-3:30 pm 「生活聖言」分享聚會- 第一主日(禮堂)

2:00-3:30 pm CCC 信仰小團體聚會- 第三主日(禮堂)

2:00-3:15 pm 「讀福音, 學國語」興趣小組- 第四主日(禮堂)

### Bible Quote 本週聖人金句



21 Feb (Sat) – at St Mary's Cathedral with Archbishop of Sydney, Most Rev. Anthony Fisher and many other distinguished guests. We will also celebrate together with other Sydney Chinese Catholic communities. The Mass will be at 6pm, followed by Lion Dance at Cathedral carpark and light dinner in the hall. (Please note that dinner tickets are limited.)

二月二十一日星期六下午六時假聖瑪利主教座堂舉行慶祝農曆新年彌撒,

我們團體將與總主教方仕漁和多位嘉賓，以及其他悉尼天主教華人團體共聚於聖瑪利主教座堂一同慶祝農曆新年。彌撒將在下午六時舉行，彌撒後於座堂停車場有舞獅助興。隨後禮堂共進晚餐。

### Getting to St Mary's Cathedral:

<https://stmaryscathedral.org.au/explore/visiting-tours/getting-here/>

#### Public Car park:-

Enacon (underneath the forecourt of St. Mary's Cathedral)

<https://www.waze.com/en-AU/live-map/directions/au/nsw/sydney/enacon-parking?to=place.ChIJ2yMZ7hSuEmsRmTBso3ly0 8>

The Domain Car Park

[https://www.wilsonparking.com.au/parking-locations/new-south-wales/sydney-cbd/the-domain-car-park/?utm\\_source=Google&utm\\_medium=GMB&utm\\_campaign=google NSW-the-domain&utm\\_term=plcid\\_12809169803080229235](https://www.wilsonparking.com.au/parking-locations/new-south-wales/sydney-cbd/the-domain-car-park/?utm_source=Google&utm_medium=GMB&utm_campaign=google NSW-the-domain&utm_term=plcid_12809169803080229235)

LENT  
prayer • fasting • almsgiving

四旬期拜苦路 Station of the Cross in Lent

Eastwood Centre 依士活中心-聖堂  
逢星期五 Every Friday 8 pm

Lindfield Centre 北區中心-聖堂  
27/2, 13/3 & 27/3 星期五 Friday 8 pm

CCC Homes 高齡之家  
5/3 星期四 Thursday 11:30 am



程明聰神父 Rev. Francis Ching, C.C.

#### 澳洲 2026 福傳之旅

1) Perth, 2) Melbourne, 3) Brisbane

4) Sydney 25/3 -8/4

Asiana Centre Ashfield, CCC (Eastwood & Lindfield), CCC Homes, Divine Word Epping, OLF Kingsgrove, St. Dominic's Flemington, St. Monica's, Santa Sabina College Strathfield and

Retreat at Mt Schoenstatt Spiritual Centre, Mulgoa (30-31 March - Overnight or Day)

詳情稍後公布



**程明聰神父 Rev. Francis Ching, C.C.**

**澳洲 2026 福傳之旅**

**Holy Week 2 days Cantonese Retreat**

**聖週兩天粵語退省**

30/3 星期一至 31/3 星期二

**主題：我哋去緊邊？**

Mount Schoenstatt Spiritually Centre, Mulgoa,  
<http://schoenstatt.org.au/>

	Description	Check-in	Check-out	Meal	Fee
A	2 days & 1 night accommodation <b>宿營</b>	10:00am 30/3	4:00pm 31/3	1 breakfast, 2 lunches & 1 dinner	Twin share room (二人房) \$200 Single room (單人房) \$230
B	30/3 Monday- <b>日營</b> day attendant	9:00am	6:00pm	Lunch/tea	\$60
C	31/3 Tuesday- <b>日營</b> day attendant	9:00am	4:00pm	Lunch/tea	\$60

**截止報名: 02/03/2026**

**請用以下鏈接報名，先到先得，額滿即止**

**宿營** -> <https://forms.gle/ym23Xb2k2oCWZVWJ7>

**日營** -> <https://forms.gle/PJdoSY9EvHnEZJXx7>



Chinese Catholic Community Homes Ltd  
華人天主教會高齡之家



**Celebration of Chinese New Year**  
**慶祝農曆新年彌撒**



**Blessing of the Plaque**  
**屋苑牌匾祝福禮儀**

4-6 Portia Road, Toongabbie

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**(廣東話)講座**  
**口腔健康護理講座**  
**(適合長者參加)**  
**保持牙齒健康 · 提升生活質素**

講座內容包括:

- 長者常見口腔問題
- 正確刷牙及假牙清潔方法
- 預防牙周病及口腔感染
- 口腔健康與整體身體健康的關係
- 日常口腔護理小貼士

2026年2月12日 (星期四)  
 下午2:00  
 高齡之家禮堂  
 4 Portia Road, Toongabbie NSW 2146

有興趣請聯絡:  
 David 0426 806 872

Chinese Catholic Community Homes Ltd  
 華人天主教會高齡之家

CatholicCare  
 SYDNEY

**中醫五臟養生長壽班**  
**(共五篇 廣東話 / 普通話)**  
 講者: Victor Lee (中醫針灸師)  
 透過中醫理論, 認識五臟調養之道,  
 提升健康, 延年益壽。

課程內容  
 第一篇: 養好脾胃  
 第二篇: 養好腎臟  
 第三篇: 養好心神  
 第四篇: 養好肺臟  
 第五篇: 養好肝膽

課程特色:  
 以穴位調理及日常中藥湯飲作養生保健,  
 並配合養生茶飲, 融入日常生活。

課程日: 2月25日至4月22日  
 時間: 每兩週逢星期三, 下午2時開始  
 地點: 高齡之家禮堂  
 4-6 Portia Road, Toongabbie

查詢及報名  
 David: 0426 806 872  
 掃描 QR Code 即可線上報名

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**捐款 General Donation**

Account name: Chinese Catholic Community Homes Ltd.  
 BSB: 083-088 Account No: 969457012  
 Description/Details: Please quote the name of donor  
 Then email Donation Slip to [ccchomes@ccc-inc.org.au](mailto:ccchomes@ccc-inc.org.au)

All donations may be made by EFT or deposit into any NAB branch.

Donation \$2 and over is tax deductible. 捐款二元或以上可以扣稅

**Supporting CCC financially**

**If you are able to contribute to CCC, donations can be made to the following bank account: -**

A/C Name: Chinese Catholic Community Inc.  
 BSB: 083-088  
 Account number: 234120005  
 Reference: "Donation"  
 Or deposit into any NAB branch

**If you are able to make a contribution to**

**1) Holy Family Church, Lindfield**

<https://www.bbcatholic.org.au/lindfield-killara/our-parish/parish-finances/supporting-parish-finances>

**2) St. Kevin's Parish Church, Eastwood**

<https://www.bpoint.com.au/payments/eastwoodparish>

**香港天主教聖經學院**

**若望五分鐘**

每日5分半鐘, 透過短片  
 深入淺出閱讀《若望福音》

2026年1月14日起,  
 逢星期三在YouTube頻度發佈,  
 歡迎瀏覽 [www.hkcb1.org.hk](http://www.hkcb1.org.hk)  
 或掃描以上QR Code收看

解碼5分半  
 折谷5分半

<https://www.youtube.com/playlist?list=PLxxhNo9uNCrzsufJfxoflW0ALPXTCDVud>

每星期間德龍神父的主日講道 Fr Joseph Yim

<https://www.youtube.com/user/fatherjYim>



周景勳神父