

5th Sunday of Lent 四旬期第五主日



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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)

[避逅聖言]: -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



OUR FAITH, OUR WORKS
OUR STORY

CCC SPONSORING SEMINARIAN
SCHOLARSHIP PROJECT OF CAS

雪梨總教區修生獎學金計劃

3rd year pledge 2025 -26

\$24,000

1 bottle of complimentary wine with
Archbishop Fisher's signature
if donate \$200 or over (per each donor)
at either Eastwood or
Lindfield Centre from 15/03/26

First come first serve 先到先得,送完即止

*Tax deductible receipt will be issued by
Catholic Archdiocese of Sydney*

Further detail [Please click here](#)



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



周守仁樞機 2026 年四旬期牧函【圖】

(刊於 2026 年 2 月 22 日 #公教報)

<https://catholic.org.hk/pastoral-letter/lenten-pastoral-letter2026>

Lenten Companion 2026

Catholic Archdiocese of Sydney

「四旬期手冊 2026」英文版, 請透過以下連結下載:

https://www.ccpc.net.au/jo5/files/bulletin/2026/A4-Square-Lenten-Resource-2026_WEBv1.0.pdf

「四旬期手冊 2026」中文翻譯(CCPC):-

https://www.ccpc.net.au/jo5/files/bulletin/2026/LentenCompanion2026_TC.pdf



Caritas AUSTRALIA | PROJECT COMPASSION

UNITE AGAINST POVERTY this Lent

projectcompassion.org.au

Introduction to Project Compassion 2026 Parish

This Lent, we are called to Unite Against Poverty through Caritas Australia's Project Compassion. Your generosity this Lent will enable Caritas Australia to provide life-changing support to communities in need. Project Compassion donation boxes & envelopes now available in church or Visit :-

<https://www.projectcompassion.org.au/donate> to make a donation. Thank you.



St Mary's Cathedral Gala Dinner 2026

The St Mary's Cathedral Gala Dinner will bring the community together in celebration and support of one of Sydney's most cherished and iconic landmarks.

Proceeds from the evening will protect the Cathedral's rich heritage and ensure this sacred place continues to inspire generations to come, helping to make it ready for the Holy Father's visit in 2028.

The mission of St Mary's and the historical, cultural, liturgical and spiritual contribution made to countless lives, is now more important than ever.

[Brochure click here](#)

**A Gala Fundraising Dinner in support of St Mary's Cathedral
Saturday 9th May 2026 at Sofitel Wentworth**

Join with Archbishop Anthony Fisher OP in supporting the campaign for St Mary's Cathedral and major restorations to advance the home of Catholic faith in Australia.

[Video Presentation Click here](#)

Ticket Selection

Please select your preferred ticket option below.

Individual - \$1,000.00

Table of 10 - \$9000.00 per table (\$900 / person) **

Gold Table of 10 - \$15,000 per table (\$1,500 / person)

Partial tax deduction is included in ticket price

Official registration site [Book Now](#)

** Individuals may register at CCC to form table of 10 please [click here Gala Dinner](#)
Voluntary tax-deductible receipt will be posted to each donor (\$707.00).



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

活動時間表

日期	星期	時間	項目	地點
26/3	四	9:15am-2:00pm	彌撒 粵語講座, 問問程神座談會、 喜樂漁夫召集及簡介會 聚餐	Our Lady of Fatima Parish Kingsgrove
		7:30-9:00 pm	彌撒、朝拜聖體、敬拜讚美及 聖體治癒	St. Monica's Church North Parramatta
27/3	五	7:30-9:30 pm	English Talk: The Prophetic Word and Healing Praise & Worship and Pray Over	Asiana Centre
28/3	六	10:00am- 3:00pm	粵語講座: 悔改與生命更新 彌撒聖祭及朝拜聖體	St. Dominic's Church Parish Hall Flemington
		6:00-9:00pm	國語彌撒, 聚餐, 講座	Divine Word Missionary, Marshfield
29/3	日	11:15 am 12:00 noon	修和聖事	CCC 依士活中心 St. Kevin's Church

		1:00 pm 2:30-4:00pm	聖枝主日彌撒(粵語) 聚餐 粵語講座	Eastwood
		7:00 pm	English Talk: God loves to do the unexpected.	St. Dominic's Church Parish Hall, Flemington
30/3- 31/3	一/ 二	9:00 am	粵語住宿退省(已滿)	Mount Schoenstatt
2/4	四	11:00am-2:00 pm	修和聖事(第二式) 粵語講座 聚餐	CCC Homes 高齡之家 4-6 Portia Road Toongabbie
		8:00-9:30 pm	主的晚餐	Santa Sabina College Strathfield
3/4	五	10:00 am	拜苦路	Santa Sabina College Strathfield
		11:00 am	反思(粵語)	
		1:00 am	修和聖事	
		3:00 pm	苦難禮儀,朝拜十字聖架 (粵語)	
		4:30 pm	拜苦路	St. Dominic's Parish Flemington
		7:00 pm	國語講座	
4/4	六	6:00 pm	主復活前夕彌撒暨成人入門 聖事及兒童聖洗聖事	Santa Sabina College Strathfield
		8:30 pm	聚餐(請預先訂位)	大三元 Strathfield
5/4	日	11:15 am	修和聖事	CCC 北區中心 Holy Family Parish Church Lindfield
		12:00 noon	粵語主日彌撒	
		1:00 pm	午餐(請預先訂午餐)	
		2:00 – 5:00 pm	粵語講座	
		5:30 pm	聚餐 (請預先訂位)	(地點待定)
6/4	一	10:00am – 9:00pm	Young Adult retreat	Society of St. Paul Strathfield

詳情單張 [Click here](#)

您想在四旬期守齋嗎？ 教宗方濟各的勸勉

- 戒除惡言，口出善言。 Fast from hurting words and say kind words.
- 戒除哀傷，心懷感恩。 Fast from sadness and be filled with gratitude.
- 戒除憤怒，充滿耐心。 Fast from anger and be filled with patience.
- 戒除悲觀，滿懷希望。 Fast from pessimism and be filled with hope.
- 戒除憂慮，信賴天主。 Fast from worries and have trust in God.
- 戒除抱怨，真誠默禱。 Fast from complaints; contemplate simplicity.
- 戒除壓力，時常祈禱。 Fast from pressures and be prayerful.
- 戒除痛苦，全心喜樂。 Fast from bitterness; fill your hearts with joy.
- 戒除自私，悲憫他人。 Fast from selfishness and be compassionate.
- 戒除妒恨，與人修和。 Fast from grudges and be reconciled.
- 戒除多言，靜默聆聽。 Fast from words; be silent and listen.

Chinese Catholic Community Sydney 悉尼華人天主教會



四旬期：一場心靈的「斷捨離」

四旬期是教會以慈母般的關懷，讓我們重新將「天主的奧秘」置於生命中心，免使心靈被焦慮與紛擾吞噬。

每一條皈依之路，皆始於讓天主的話語觸動心靈。

聆聽 — 在嘈雜中辨識主的話語

聆聽是進入關係的第一步。天主親自教導我們，祂是「聆聽」的天主，祂聽見了受壓迫者的哀號 (出 3:7)

- 藉着聖經，學習像天主一樣去聆聽，回應身邊憂苦者的呼聲。
- 辨識那些不斷挑戰教會與我們的生活，但需要我們回應的貧窮人的處境。

齋戒克己 — 最強大的修行是「語言解甲」

齋戒不只是禁食，更是為了騰出空間領受聖言，讓靈魂更有容量去愛。

透過棄絕物質享受，認清生命真正的必需，並對鄰人採取負責任的行動

實踐最實際的克己 — 戒絕傷人言辭。停止尖酸刻薄、草率論斷、毀謗或背後對人的議論。

讓言語成為和平與希望的泉源。

齊心同行 堂區與家庭的同行旅程

堂區、家庭與團體受召展開共同旅程共同聆聽聖言，並傾聽貧困者與大地的哀號

悔改旅程不僅關乎個人的良心，也關乎我們各種關係及交談的品質。讓「聆聽」開啟通往解救的道路，並渴望為建設一個愛的文明貢獻己力。



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

林晉文頤康苑

4-6 Portia Road, Toongabbie

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

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

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

若望福音

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
或掃描以上QR Code收看

解碼5分半
析卷5分半

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

想知道最近華人天主教會活動消息?
相關年長者服務資訊, 靈修講座及每主日神父講道
請閱覽以下
華人天主教會網站地址 : www.ccc-inc.org.au

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