

today's CATHOLIC

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A prayer of thanksgiving amidst suffering



Fr Shinu Vithayathil (left) and Fr Michael Payyapilly (right) anoint parishioners at the Mass. (Photos: Stephanie Chua)

KUCHING — The Kuching Archdiocesan Pastoral Council (APC), in collaboration with St Joseph's Cathedral, organised a "Mass for Anointing of the Sick" on the evening of 28 February 2024.

The Mass was presided by Fr Shinu Vithayathil, VC and concelebrated by Fr Dr Michael Payyapilly, VC and local priests Fr Nicholas Ng, Fr Mark Bonchol and Fr Francis Dakun. They were later joined by Fr Patrick Heng and Fr Eugene Maglasang who helped to anoint practically the whole congregation who queued for the anointing, not only those who were sick.

Vincentian priest Fr Shinu Vithayathil is the Director of Divine Retreat Centre, Goa, India, and Fr Michael Payyapilly who is also a Vincentian priest, is the Director of

Divine Retreat Centre, Colombo, Sri Lanka.

In welcoming Fr Michael and his team, the rector of St Joseph's Cathedral Fr Nicholas Ng said Kuching Archbishop Simon Poh's invitation to come at this "special time of grace in this season of Lent" was for parishioners to "gain spiritual growth" and "experience the love of the Holy Spirit."

Offer your prayers to the Lord

Fr Shinu, in quoting the Word of God: "Be still and know I am God", told the congregation to offer their prayers to God. "Your sickness, your suffering, your sorrow, your family - offer to the Lord."

"Are you aware that we have come before our God?" he asked. "Encounter Jesus who has answers to all our questions." It is because "Jesus loves us that he plans our days," but the question

is, "Why is it that sometimes we have to suffer?" In explaining that we have a God who is steadfast in his love, who loves us and accepts us the way we are... his unconditional acceptance, Fr Shinu said it is because God has something better for us. Our sufferings are the easiest and surest way to go to heaven. We are to believe that God is "touching you,



Fr Michael lays hands over a parishioner while anointing her.



Fr Michael blessing the congregation during the eucharistic adoration with Fr Nicholas in the background.

healing you, delivering you."

We are to thank the Lord for the healing which he is going to work in our lives because Jesus has already paid the price on Mount Calvary.

The Mass for anointing of the sick concluded with eucharistic adoration led by Fr Michael Payyapilly.

Ivy Chai



A cross-section of the congregation attending the Mass.

Editorial

LENT: A time for us to re-focus on Jesus

The celebration for Chinese New Year of the Dragon (CNY) is now over and we have entered the season of Lent. We bring you a pictorial roundup of CNY Masses in the Archdiocese of Kuching on Page 3.

Parishes in the Kuching Archdiocese reported "full house" at their Ash Wednesday Masses, with one parish running out of communion hosts as the congregation far exceeded the anticipated communicants, it being a working weekday.

The various religious communities in Kuching celebrated the 28th World Day for Consecrated Life on the Feast of the Lord's Presentation in the Temple on 3 February at the Carmelite Chapel. Archbishop Simon Poh presided over the Mass with all the religious priests who were present, concelebrating.

Kuching Catholic lawyers once again came together to celebrate their annual Red Mass at St Joseph's Cathedral

on 17 February. They were reminded to be mindful of the needs of those in need, especially during this season of Lent.

In his annual CWS Lenten Appeal Message, Archbishop Simon reminded the Catholic community to observe the traditional Lenten penitential practices of Almsgiving, Prayer and Fasting (Matthew 6:1-18). CWS will continue to make available Lenten Appeal Boxes and Envelopes in Churches for the convenience of those who prefer to drop their contributions in Church.

A Mass to pray for healing and anointing of the sick and the elderly was held on 28 February at St Joseph's Cathedral. It was celebrated by Vincentian priests Fr Michael and Fr Shinu, concelebrated by priests from Kuching Archdiocese.

Let us remember that Lent is a time when we re-focus on Jesus and grow our relationship with Him.

today's **CATHOLIC**
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Dear brothers and sisters,

Blessed Lent and Easter.

This year, the whole of March is dedicated to the season of Lent, culminating with the most Holy Week of the Church liturgical calendar. Starting with Ash Wednesday on 14 February, Lent focusses on repentance, conversion, time for prayer, fasting and giving to charity. From 24–31 March 2024, the focus will shift to Holy Week, from Palm Sunday to Easter Sunday.

Holy Week celebrates the final week of the life of Jesus more than 2,000 years ago in the city of Jerusalem. We know exactly what had happened from the Gospels which contain written records of the actual events. During Holy Week, it is like we are being transported back in time to 2,000 years ago in ancient Jerusalem.

I write this message to encourage all Catholics and friends of goodwill to come to Church to accompany and encounter Jesus in this amazing final journey of his life.

PALM SUNDAY - 24 March 2024

Palm Sunday was the decisive day when Jesus entered Jerusalem, riding on a donkey. The crowd welcomed him shouting "Hosanna" which means "Save us, now." This is a cry to God for help or deliverance. In our Christian tradition, Hosanna expresses adoration, salvation and hope in Christ.

- On Palm Sunday, let us shout "Hosanna". Let us wave our palms to welcome Jesus our Lord, Saviour and King (Jn 12:13).

- We can keep the blessed palms in our homes and return them to Church before Lent next year to be burnt and made into ashes for use on Ash Wednesday.

- By entering into Jerusalem with Jesus, we make the commitment to join Jesus this coming Holy Thursday for the Last Supper, Good Friday at the foot of the Cross, then to wait at the tomb on Saturday Easter Vigil to celebrate his resurrection on Easter Sunday.



CHRISM MASS - 27 March 2024

Chrism Mass traditionally takes place on the morning of Holy Thursday. As our priests need to travel back to outstations, the Kuching Archdiocese celebrates this one day earlier. During this Mass, Holy Oils used for the Sacraments are blessed and consecrated: Oil of Catechumens, Oil of Sick and The Chrism. Priests of the Archdiocese also make a Renewal of Priestly Promises.

- Come and pray for the Bishops and Priests (St Joseph's Cathedral at 7.30 pm).

HOLY THURSDAY - 28 March 2024

Holy Thursday celebrates three events: the Last Supper of Jesus that institutes the Holy Eucharist and the Priestly Order to offer Masses, and a new commandment to love and serve one another as Jesus had done by the Washing of Feet.

After the Last Supper, Jesus went into the Garden of Gethsemane to pray and seek to do the Father's will. After Holy Thursday evening Mass, the Blessed Sacrament is left on the Altar to repose.

- Stay back or return to Church later at night to spend some time to accompany

Jesus in his Agony. Let us "keep awake with Jesus for one hour". (Mt 26:40)

GOOD FRIDAY - 29 March 2024

Starting on the morning of Good Friday, the trial of Jesus before Roman Governor Pontius Pilate began in his palace. Jesus was first scourged, mocked as a false king, robed in purple and crowned with thorns before being sentenced to a most painful and humiliating death by Crucifixion. Jesus had to carry the wood of the Cross through the streets of Jerusalem to Mount Calvary.

- When we pray the Sorrowful Mysteries of the Rosary, traditionally on Fridays, we recall and meditate on these saving events of Good Friday.

- In Lent, we walk with Jesus by praying the Stations of the Cross. We meditate on the 14 Stations, marking the places and events that happened on Jesus' last journey carrying the Cross.

- Let us be aware that our Lord Jesus now continues to accompany us especially when we carry the crosses and burdens of life, in our pain, sickness and in the face of grief and loss of our loved ones. Our Lord Jesus walks beside us today.

According to Scriptures, Jesus died at the ninth hour which is 3.00 pm. A soldier pierced his side, puncturing his heart - blood and water flowed out. These symbolise the sacrifice of the Eucharist at every Mass and the waters of Baptism. The Divine Mercy picture captures this with Red and White rays from Jesus's heart.

- 3.00 pm is known as the Hour of Mercy when our Heavenly Father pours out his divine mercy upon all humanity and creation.

- I encourage every Catholic to make a habit of being still and silent for a moment at 3.00 pm - even a few short seconds - to consciously receive God's Divine Mercy and Grace at 3.00 pm daily. Be silent and make an act of faith by believing in Jesus as our Lord and Saviour and welcome his mercy into our hearts. We can do this "few seconds' pause" wherever we are, in our office, at home, etc, and receive this grace from our Lord.

- In remembering Good Friday, on every Friday, let us do some penance, pray or carry out an act of kindness or work of mercy as our love offering to Jesus.

EASTER VIGIL - 30 March 2024

On Easter Vigil, we celebrate the Risen Jesus, the Light of the World. He has died and is risen. On this holiest of all nights, we welcome new Catholics into our Church through the Sacraments of Initiation - Baptism, Confirmation and Communion. As at Jesus' Baptism in the River Jordan, when the newly baptised come out of the water of Baptism, they receive the anointing of the Holy Spirit in Confirmation. Later, they will be led to the altar to receive the Body of Christ in Holy Communion for the first time.

OCTAVE OF EASTER - 1 to 7 April 2024

Alleluia! Christ has risen! The Catholic Church continues to celebrate this joy of the Resurrection by proclaiming the Gloria at daily Masses for a full eight days, known...

Continued on p4



CNY 2024: YEAR OF THE DRAGON

KUCHING — The Lunar New Year this year fell on 10 January 2024. Parishes in the Archdiocese of Kuching celebrated Chinese New Year (CNY) Eve and CNY Day with Masses of Thanksgiving which included blessing of mandarin oranges and Lion dance troupe performances.



Catholics pack Churches to receive ashes on Ash Wednesday



Blessed Sacrament Church, BDC



Holy Spirit Church, Lundu



St Ann's Church, Kota Padawan



Chapel of Mother Mary, Stutong

KUCHING — We begin the season of Lent with Ash Wednesday which serves as a preparation for Easter. This year's Ash Wednesday was celebrated on Valentine's Day, 14 February.

All parishes were packed to the brim, some overflowing to carparks even with several Masses on that day.

Farewell Fr Thomas O'Connor, a big Thank You from the Amazons of Borneo!



Taken during his 60th Anniversary of Priestly Ordination on 9 July 2023 in Ireland.

SIBU — It is with a heavy heart that we bring you this sad news of the passing of Fr Thomas O'Connor, MHM who was called by the Lord at 3.30 pm (Malaysian Time) on 26 February 2024 at St James' Hospital, Ireland. Let us pray for the repose of his soul.

Mill Hill priest Fr Thomas O'Connor served 52 years in Sarawak, a place he called "the land of eternal summer".

Fr O'Connor was the eldest among four siblings. He was ordained on 7 July 1963. Soon after, he was given a missionary appointment to Kuching Diocese (there was no Sibiu or Miri Diocese yet).

He was first posted to Dalat in 1963 and after two years, he

was appointed to the parish of Song, which then included Kapit and Belaga.

He spent 33 years in the vast hinterland of Borneo, during which he travelled to the farthest upper reaches of the Rajang River to minister to the Kayans, Kenyahs, Kejamans, Lahanas, Sekapans, Bukitans, Ukits, Punans and Penans in Belaga area.

Below is a short excerpt from an interview before his departure from Sibiu in 2015:

He remembered the difficulties of travelling to the far interiors to reach the nomadic Penans; it was so far, he thought it was the end of the earth.

"I told the headman that 'this is surely the farthest place on earth, the end of the world', he said 'No, this is the centre of the world'," he said.

He also remembered going hunting for wild boar at a very large Kenyah settlement up the Balleh River.

"I was amongst the Amazons of Borneo," he said.

In 1999, he was transferred to Sacred Heart Cathedral, Sibiu, in which he felt like a fish out of water at first.

"But now, I feel at home in every home here. I love the people here," he said.

Message from the niece of the late Fr O'Connor:

"My dear friend, thank you so much for your lovely text, words and Mass celebrated! It was lovely to meet you last July. Your lovely country and people were a big part of what Fr Tom called family and he held you all so close to his heart! His eyes would light up when he was able to speak and think of you all - his heart never left you really! May he now rest in peace and be granted eternal rest! Thank you again for your kindness." - Michelle

Message from Sacred Heart Cathedral's parishioner, Eta Ting, who attended Fr Thomas O'Connor's 60th Priestly Ordination Anniversary on 9 July 2023:

"I thanked God that Fr O'Connor was so delighted to wait for me after 8.00 pm when I arrived in Dublin to attend his 60th Priestly Ordination Anniversary." - Eta Ting

Sibiu SOCCOM

Message from Archbishop Simon Poh

Continued from p2

week from Easter Sunday.

...as the Octave of Easter from Easter Sunday to Divine Mercy Sunday.

• Come to the daily Masses or read the gospel for a whole

• Hear from the daily Word of God, written testimonies from eye-witnesses and personal encounters of the risen Lord. Alleluia! Jesus is truly Risen. Alleluia!



Do you know that in every Mass, we can join Jesus through the whole Holy Week saving events?

At Mass, after bread and wine are placed on the Altar, as on the first **Palm Sunday**, we enter into Jerusalem with Jesus by acclaiming "Holy, Holy, Holy God of hosts... **Hosanna** in the highest, Blessed is he who comes in the name of the Lord. Hosanna in the highest."

The Eucharistic Prayer makes present the **Last Supper**, using the words of Jesus at the consecration of Bread and Wine into the Body and Blood of Christ. "This is my Body, given up for you... This is my Blood, poured out for the forgiveness of sins... Do this in memory of me."

The Good Friday Death of Jesus is commemorated in the Lamb of God as we accept Jesus as "Lamb of God, you take away the sins of the world, have mercy on us."

In Holy Communion, we receive the peace from the risen Lord and the Body of Christ. The **Risen Lord** sends us forth as his disciples into the world, "Go in peace, glorifying the Lord by your life. Alleluia."

I take this opportunity to pray for a Spirit-filled Lent for this month of March and in anticipation of Easter. I wish you all blessings with the joy

and hope of the Easter Season.

Simon Poh
Archbishop Simon Poh

Former Governor remembered for religious tolerance

KUCHING — Former Sarawak Governor Tun Pehin Sri Abdul Taib Mahmud aged 87, passed away in a private hospital in Kuala Lumpur on 21 February 2024.

In extending the Catholic Church's deepest condolences to the Sarawak Government and the family of the late Tun Pehin Sri, Kuching Archbishop Simon Poh said the late Governor was a good friend of Sarawak's first local-born priest, Fr Dato Lawrence Chua.

They were classmates in Mukah and both came to Kuching to study in St Joseph's Secondary School. They remained lifelong friends until Fr Chua's demise in October 2021.

In sharing the "human side" of the late Tun Pehin Sri Taib, Archbishop Simon Poh said he was told Tun Pehin Sri shed "tears of sadness when he wrote a personal handwritten note of condolence for Fr Chua."

The letter, addressed to Archbishop Simon was read out at Fr Chua's funeral. It also



Tun Pehin Sri Abdul Taib Mahmud and Fr Dato Lawrence Chua were good friends. (TC file photo)

contained the prayer, "Saya berdoa semoga Tuhan menganugerahkan syurga yang dihaskan untuk umatnya yang baik dan taat (I pray that God will graciously grant a heavenly abode for his faithful and obedient people)."

To reciprocate, Archbishop Simon Poh said, "In the late Tun Pehin's own words, we also pray, 'Saya berdoa semoga Tuhan menganugerahkan syurga yang dihaskan untuk umatnya yang baik dan taat.'"

Tun Pehin Sri Taib, throughout his several political portfolios, had given his support

to many of the missionary projects of the Catholic Church. He will be remembered for his religious tolerance and racial harmony of the diverse cultures in the state of Sarawak.



Tun Pehin Sri Abdul Taib Mahmud supported Fr Lawrence Chua's missionary projects. (TC file photo)

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PILGRIMAGE TOUR 2024 Updated: 200224 0843am

12D LOURDES + FATIMA + BARCELONA
 BARCELONA/ LOURDES/ LOIOLA/ BURGOS/ AVILA/ SALAMANCA/ FATIMA/ SANTAREM/ LISBON
 Departure Dates 2024:
 → 24/5, 12/10, 5/12

8D Italy "The Papal Audience" ROME/ LANCIANO/ SAN GIOVANNI/ ROTONDO/ ASISI/ VATICAN/ THE PAPAL AUDIENCE Departure Dates: 1/6, 30/9, 15/10, 13/11	14D Medjugorje & Balkan SARAJEVO, MEDJUGORJE, MOSTAR, DUBROVNIK, SPLIT, ZADAR, PLITVICE LAKES, POSTOJNA, LJUBLJANA, BLED, ZAGREB Departure Dates: Apr 24 - Dec 24	11D Turkey 7 Churches ISTANBUL, CANAKKALE, TROY, PEROGAMON, THYATIRA, KUSADASI, EPHESUS, SARDIS, PHILADELPHIA, LAODICEA, PAMUKKALE, CAPPADOCIA, ANKARA Departure Dates: Apr 24 - Dec 24 → 11 Oct 2024	14D St Paul's Footsteps Turkey & Greece ISTANBUL, ANKARA, CAPPADOCIA, TARSUS, KONYA, YALVAC, PAMUKKALE, KUSADASI, IZMIR, CANAKKALE, ECEABAT, IPSALA, KAVAJA, LARISSA, ATHENS Departure Dates: Apr 24 - Nov 24
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PILGRIMAGE ASIA 2024

5D Pontianak + Singkawang/ Toho Departure Dates: 09 Apr 2024 - Apr - Dec 2024	5D Makassar Toraja Pilgrimage Jesus Statue in Burake Hill Departure Dates: Apr - Dec 2024	5D Jogjakarta Christian Church Java Catholic Departure Dates: Apr - Dec 2024	5D Bali Departure Dates: 23 Jul 2024 - Apr - Dec 2024	5D Bandung Departure Dates: 29 Apr 2024 - 16 Sep 2024 - Apr - Dec 2024
5D Danang Our Lady of Tra Kien Our Lady of Sao Bien Our Lady of Lavanag Departure Dates: Apr - Dec 2024	5D Ho Chi Minh Departure Dates: 25 Oct 2024 - Apr - Dec 2024	6D Hanoi St. Joseph Church Phu Nhai Church Phat Diem Stone Departure Dates: Apr - Dec 2024	5D Manila Departure Dates: Apr - Dec 2024	7/8D Korea Seoul Departure Dates: Apr - Dec 2024

Tribute to Sister Jovita Jemuis, SSFS

KUCHING — Young, sweet Miss Bridgit (her baptismal name is Bridget), a Melanau from Mukah, was overwhelmed with joyful hope when she joined the Franciscan Sisters of Sarawak.

Her encoffin on 23 January 2024 at Home of Santa Clara, Funeral Mass at St Joseph's Cathedral, Cremation at Nirvana Memorial Park and Interment at St Peter's Columbarium Padungan, Kuching were live-streamed especially for her people in Mukah, Miri and Semenanjung Malaysia who were unable to pay their last respects to her physically, so they could participate virtually.

Archbishop Simon Poh who presided over her Funeral Mass, concelebrated with Archbishop Emeritus John Ha and seven priests on 23 January at St Joseph's Cathedral Kuching, affirmed Sr Jovita Jemuis' loving trust in God, faithfulness, and



Sr Jovita Jemuis (25 December 1950 – 20 January 2024)

endurance throughout her religious life. Quoting from Psalm 26:1-4, Archbishop Simon endorsed her aspiration: "I'm sure I shall see the Lord's goodness in the land of the living".

At age 23, she responded to God's call to embrace the consecrated life. On 24 April 1973 together with two other companions on the same spiritual journey, she entered the Postulate where she received her religious formation at the Novitiate in Convent of Mary Immaculate, Padungan. She

received the religious habit on 18 November 1973 and was officially given the name Sister Jovita. She made her First Profession on 7 December 1975. Then on 23 November 1980, she professed her perpetual vows.

Following her first profession she was appointed to serve at St Anne's Convent (situated in the compound of St Peter's Seminary, Rock Road Kuching, which was officially opened by Bishop John Vos on 6 December 1965 and closed in August 1978), she helped out in household chores and transportation needs of the Sisters in the community for two years.

From 1979 to 1987 she was stationed at St Teresa's Convent serving as sacristan at St Joseph's Cathedral, Kuching. She was the community cook. In addition, she committedly took care of the boarders and the blind ladies staying at the convent. She regularly visited the sick and poor in the homes and in the hospital.

She was moved to Bethany Convent (the then temporary Home for Retired SSFS) at Mile 4½, Penrissen area and stayed there till 30 May 1993. She dutifully managed the household matters and transport needs of the community. She also went the extra mile to reach out to the needy and sick in the neighbourhood.

Thereafter, she stayed at Convent of Mary Immaculate, Padungan until 21 August 2021. For 28 years she humbly helped the community there. She had undergone several orthopaedic operations and surgical procedures at the Sarawak General Hospital. Despite her constant discomfort and pain, she was heroic, resilient and prayerfully uncomplaining. Gardening always filled her with great joy and satisfaction.

On 22 August 2021, she was compassionately transferred to Home of Santa Clara as she was suffering from severe osteoporosis, rheumatoid arthritis and other related illness.

In her transfer letter, Sr Rose Wong Superior General SSFS stated affirmatively that Sr Jovita was "a good example of how to endure her physical pain with a positive outlook and always willing to give service to her fellow Sisters and others even though she was in pain."

As a consequence of her fall, Sr Jovita suffered from multiple thoracic pelvic fractures. Due to the complication she developed other serious health symptoms. From 6-10 January 2024, she was admitted to Timberland Medical Centre.

The Golden Jubilee of her Religious Profession will occur in the year 2025. For sure she is in our hearts. Blessedly, our Heavenly Father called her at Home of Santa Clara to rest eternally.

Sisters of St Francis of Sarawak

Catholic lawyers reminded to be sensitive to the needy



Catholic lawyers with Archbishop Simon Poh (front-centre), Fr Galvin Ngumbang (Abp's left) and Fr Davie Entalai (Abp's right), after the celebration of the Red Mass at St Joseph's Cathedral, Kuching, 17 February 2024. (Photo: Stephanie Chua)

KUCHING — Catholic lawyers in the Archdiocese of Kuching have celebrated the Votive or Red Mass for the legal fraternity since 2015. This year's Mass held on 17 February in St Joseph's Cathedral, coincided with the Season of Lent.

In his homily to the small group of lawyers, their family and friends, Archbishop Simon Poh said the Red Mass marked the beginning of the legal year to invoke "the guidance of the Holy Spirit for all who seek justice and offers a moment of grace and reflection on what Catholics believe is God's given power and responsibility for all in the legal profession."

Hence, the Readings for the Red Mass taken from the

Saturday after Ash Wednesday were totally appropriate for the lawyers.

God's demand for love and mercy

The First Reading from the prophet Isaiah was about God's demand for love and mercy when fasting and doing penance during this season of Lent. It was also a call to honour the Sabbath and to refrain from work as it is important to offer this time to the LORD and to appreciate the LORD's gifts.

"Today, the Lord wants to use the legal profession for the work of justice and mercy in our society, to proclaim his Kingdom of mercy and love, peace and fraternity in society," he said.

The Gospel according to

Luke reflected Jesus' "authority and power to bring mercy and hope and in so doing, changing the social landscape of his time by reaching out to the outcasts with mercy... as fellow human brothers and sisters, irrespective of social status or lack of it."

No peace without justice, no justice without forgiveness

Archbishop Simon reminded the Catholic lawyers to be sensitive to the needs of people in need. He concluded his homily quoting Pope John Paul II's proclamation of God's mercy, "No peace without justice, no justice without forgiveness".

Fr Galvin Richard Ngumbang and Fr Davie Entalai concelebrated the Mass presided by Archbishop Simon Poh.

The Offertory gifts presented by the legal community included a wig and robe, representing a lawyer's garment for court.

At the conclusion of the Red Mass, the lawyers showed their appreciation to the Church with tokens of appreciation to the choir, concelebrating priests and the Archbishop. Senior lawyers Datin Lucy Salang and Datuk Seri JC Fong presented the tokens on their behalf.

Ivy Chai

Celebrating Lunar New Year 2024 with SSVP Friends-In-Need



KUCHING — On 27 January 2024, the St Joseph Conference of St Vincent de Paul (SSVP), working jointly with the Lions Club of Kuching City, hosted a Chinese New Year 2024 Ang Pow giveaway event for a group of ten (10) families of selected friends-in-need (FIN) who celebrate the Lunar New Year. The Lions Club has been a longtime partner with SSVP for this annual event.

This year, the event was held at the St Mary's room, ACCPC building at 10.00 am. In addition to the customary 'ang pow' handover ceremony, the FIN families were also given goodies in the form of dry food items to take home and treated to refreshments during the event. Everything was sponsored by the Lions Club of Kuching City.

Julia Shim



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St. Joseph's Private Secondary (SAS,1024) ☎ 082 - 414 575 / 420 575
St. Joseph's International (SAS,6001) ☎ 082 - 411 575 / 550 575



CWS Lenten Appeal 2024

MESSAGE FROM ARCHBISHOP OF KUCHING SIMON POH



Dear brothers and sisters in Christ,

In 2024, Lent comes amidst the Chinese New Year Celebrations, with Valentine's Day and Ash Wednesday coinciding on 14 February 2024. Chinese New Year marks the beginning of the spring season. The word "Lent" comes from an old English word meaning spring. In a way we are celebrating a new fresh beginning, a time of grace and mercy. Both the Chinese New Year and Lenten season are indeed celebration of thanksgiving to love God and our family and to love our neighbours.

Ash Wednesday 2024, which marks the beginning of the 40 days of Lent, coincided with Valentine's Day this year. Valentine's Day has its early tradition in the celebration of an early Christian martyr called St Valentine. It was said that St Valentine restored sight to the blind daughter of his jailer and wrote her a letter, signed "Your Valentine" as a farewell before his execution. Hence dedicating this day to love. Lent is a time to renew our love for God and neighbour.

On Ash Wednesday, we are invited to respond to God's love for us during the season of Lent by turning back our hearts to our heavenly Father. "For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life" (John 3:16). "The Cross is God's Valentine for you. See his 'I LOVE YOU' written in Red, His blood for you" (Anne Graham Lotz). I

also received a message on social media, reminding me "You can't spell VaLENTine without 'LENT.'"

Mother Church invites us to observe the traditional Lenten penitential practices of **Almsgiving, Prayer & Fasting** (Matthew 6:1-18). A simple guideline is that our Lenten practices should always be a blessing to other people.

- **Prayer** helps us to deepen our relationship with God and others.
- **Fasting** helps to seek dependency on God.
- **Almsgiving** teaches us to rely on God and be charitable to others.

These three Lenten practices are to be carried out hand in hand. During this season of Lent, let us live out the Lenten observances by **PRAYING, FASTING, PENANCE, AND ALMSGIVING.**

1. **Pray**
2. **Eat less and eat simple**
3. **Give money saved to the poor and needy**

For Lent 2024 this year, CWS will continue to make available these boxes and envelopes in Churches. In addition, we will offer electronic bank transfer and S Pay Global (Sarawak Pay) QR Code to facilitate your generous donation.



Be blessed in this spirit filled season of Lent.

✠ Archbishop Simon Poh

CATHOLIC WELFARE SERVICES COUNCIL SARAWAK
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CATHOLIC WELFARE SERVICES COUNCIL SARAWAK ANNUAL LENTEN APPEAL 2023 RECEIVED

ITEM	NAME	AMOUNT 2022	AMOUNT 2023
FROM CHURCHES			
1	Online banking / Sarawak Pay	281,603.76	220,842.26
2	St Stephen's Church, Bau	101,219.10	82,849.90
3	St Theresa's Church, Serian	69,606.00	70,915.00
4	Blessed Sacrament Church, BDC	55,821.45	36,832.15
5	St Peter's Church, Padungan	52,693.55	76,789.00
6	St Ann's Mission, Kota Padawan	44,436.50	50,592.35
7	Sacred Heart Church, Kota Sentosa	44,400.10	27,772.30
8	St Joseph's Cathedral, Kuching	41,730.00	55,830.10
9	Holy Spirit Church, Lundu	39,630.15	34,975.00
10	Church of Our Lady Queen of Peace, Sri Aman	32,537.85	31,519.70
11	Chapel of Mother Mary, Stutong	30,710.45	17,850.00
12	Holy Trinity Church, Kenyalang	24,041.90	42,467.00
13	St Jude's Church, Bunan Gega	17,000.00	17,899.00
14	Archbishop of Kuching's Office	10,120.00	6,020.00
15	St Mark's Church, Batu Kawa	7,023.05	9,412.00
16	Rural Chinese Apostolate	5,996.00	6,010.00
17	Carmelite Monastery	5,000.00	3,000.00
18	Carmelite Chapel, Kuching	4,688.70	7,696.00
19	St Peter's College	2,454.00	2,601.35
		870,712.56	801,873.11
FROM SCHOOLS			
1	St Joseph's Private Primary School, Kuching	6,638.10	13,484.00
2	St Joseph's Private Secondary School, Kuching	4,176.70	2,661.00
3	St Teresa's Kindergarten, Kuching	4,140.00	2,915.00
4	SMK Sg Tapang, Kota Sentosa	1,541.60	964.95
5	St Joseph's Private International School, Kuching	1,227.00	1,352.85
6	Tadika St Joseph, Kuching	-	4,047.00
7	SK St Teresa Primary School, Kuching	-	-
8	SMK St Teresa Secondary School, Kuching	-	1,227.00
9	SJK Sam Hap Hin	-	626.00
Sub Total		17,723.40	27,277.80
GRAND TOTAL		888,435.96	829,150.91
LESS: TRANSFER 10% TO DISASTER RELIEF FUND		- 88,843.60	- 82,915.09
BALANCE FOR WELFARE ACTIVITIES		799,592.36	746,235.82

CATHOLIC WELFARE SERVICES COUNCIL SARAWAK ANNUAL LENTEN APPEAL 2023 DISBURSED

HOME OF PEACE		887,379.68
ST VINCENT DE PAUL CONFERENCE		
St Stephen's Church, Bau	142,000.00	
St Theresa's Church, Serian	68,000.00	
Holy Spirit Church, Lundu	38,000.00	
St Joseph's Cathedral, Kuching	50,000.00	
St Ann's Mission, Kota Padawan	45,000.00	343,000.00
PARISHES		
Sacred Heart Church, Kota Sentosa	30,000.00	
Church of Our Lady Queen of Peace, Sri Aman	35,000.00	
Rural Chinese Apostolate	40,800.00	
St Jude's Church, Bunan Gega	50,000.00	155,800.00
Kidney Dialysis Grant		22,051.00
Samaritan Grant		14,160.00
Lasallian Food Programme		1,598.20
Welfare works		9,750.00
Food for caregivers of poor patients at Sarawak General Hospital (Food Coupons)		2,287.90
TOTAL DISBURSEMENTS		1,436,010.78

Making history – Inaugural AGM of the DPC of St Joseph's Miri Diocese



A group photo with Bishop Richard Ng after the inaugural AGM.

MIRI — Saturday 3 February 2024 was a historic day in the Diocese of Miri when over 40 representatives, led by Bishop Richard Ng, convened in St Francis Centre, Miri for the first-ever gathering and Annual General Meeting of the Diocesan Pastoral Council (DPC).

All 14 parishes were represented at the AGM by their Parish Rectors, Chairpersons, Secretaries or Treasurers of the Parish Councils. In addition, Catechists, Chairmen of eight Diocesan Commissions, and representatives of Religious Sisters were also in attendance.

The day started with an Opening Mass at the nearby Carmelite Chapel at 8.00 am. Appropriately, the readings of the day were about King Solomon asking God for an understanding heart to discern between good and evil, and about Jesus taking pity on “sheep without shepherd” and setting out to fulfil this need despite already being so tired.

The meeting convened immediately after Mass. Bishop Richard called to order the inaugural AGM of the Miri DPC with an opening prayer.

All participants introduced themselves and Bishop Richard provided the history and context of the DPC, explaining that this council is mandated by the Church's Code of Canon Law.

The aim of the Miri DPC is “to project and concretise the vision of the local Church as a communion of God's people with their active participation in the life and mission of the Church”. The DPC has a consultative vote in accordance with Canon 514 and its main role is to study and make proposals for resolution of issues for the Bishop to deliberate and decide.

The Bishop then presented the Statutes of the DPC. The Statutes (with a small addition relating to Care of Creation) were approved by the Bishop, which was supported by a majority show of hands. Election of the office bearers to the DPC by secret ballots followed, with the following outcome for the term of three years:

President - Bishop Richard Ng (ex-officio)
Deputy President - Vicar General Msgr Francis Kuleh (ex-officio)
Chairperson - Jude Juda (from

St Dominic Parish, Taman Tunku - appointed by Bishop) Vice Chairperson - William Gan (from St Joseph Parish, Miri) General Secretary - Amy Lee (from St Joseph Parish, Miri - appointed by Bishop) Honorary Treasurer - Henry Layu (from St Anthony Parish, Bintulu)

After a short tea break, the delegates re-convened to discuss two projects for the diocese, guided by the theme given by the Bishop, “Into the Deep” (Lk 5:1-11). Four breakout groups brainstormed over the theme for ideas for the celebration of the 50th anniversary of the Diocese in 2026 and the Pastoral Plan of the Diocese in line with its Vision and Mission statements.

The delegates then re-grouped in a plenary session where the various proposals were presented and recorded for subsequent deliberation by the Board of the DPC at a later date.

The AGM ended with a closing thanksgiving prayer and blessing by Fr Joseph Ding, Rector of Sungai Asap Parish. After lunch, delegates headed home to their respective parishes.

William Gan

OLOL welcomes son of parish as new priest



Fr George Vaithynathan with his proud parents, brother, and parish priest, Fr Robert Daniel, after his ordination ceremony on February 2, 2024, at the Church of Our Lady of Lourdes in Ipoh.

IPOH — The Church of Our Lady of Lourdes (OLOL) celebrated the ordination of her 22nd priest, marking the end of an 18-year gap. Deacon George Vaithynathan was ordained to the priesthood by Cardinal Sebastian Francis February 2.

It was an emotional milestone for the Ipoh-born priest, having received all his sacraments at OLOL parish, and now culminating in the sacrament of priesthood within the same sacred grounds.

Concelebrating at the Mass with Cardinal Sebastian was Most Rev Julian Leow, Archbishop of Kuala Lumpur, together with clergy from all over Malaysia.

The church overflowed with those who had journeyed from near and far, joining in the celebration, along with members of the religious community commemorating the World Day for Consecrated Life.

Born the younger of two sons to Vaithynathan and Veronica Antoine, Fr George, an alumnus of St Michael's Institution in Ipoh, holds a bachelor's degree in business administration from University Tun Abdul Razak, a Master's in Business Administration from INTI Penang, and a Master's in Management Studies from the University of Hertfordshire in the UK.

Prior to answering his calling, he served for five years at a multinational company in Penang, before commencing his initiation year at College General Seminary, Penang in 2016, where he completed his philosophy studies. From 2019 to 2023, he pursued his vocation at St Peter's College, Major

Seminary, Kuching, and was ordained a deacon on Aug 17, 2023, at the Church of the Sacred Heart of Jesus, Kampar.

In his closing remarks during the ordination ceremony, Fr George reflected on the profound significance of the verse he had chosen as the cornerstone of his ordination journey: “My Grace is sufficient for you.”

“Grace, in its divine essence, is a precious gift bestowed upon us — a wellspring of fortitude flowing from a higher power. It serves as a comforting presence amidst despair, a beacon of hope in times of obscurity, and a guiding light through the darkest of hours. Its depth transcends human comprehension, yet it remains steadfast, offering solace when we need it most,” expressed Fr George.

“This grace is all-encompassing; it builds bridges, embracing each individual without discrimination. It does not judge based on our faults, failures, or past transgressions. Instead, it enfolds us with unconditional acceptance, forgiveness, and the promise of transformation,” he elaborated.

Cardinal Sebastian, in his announcement of Fr George's appointment as assistant parish priest at OLOL, emphasised the importance of fostering vocations to the priesthood within the congregation. He called upon the parish to uphold its tradition of nurturing vocations, ensuring a vibrant legacy for the future.

Herald Malaysia

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28th World Day for Consecrated Life



Archbishop Simon Poh with the various religious communities in the Archdiocese of Kuching.

KUCHING — On Saturday, 3 February 2024, the various religious communities (SDB, FMS, OFM, SJ, CMF, CDD, SSFS, Carmelite Sisters and OCDS) and some youths gathered at the Carmelite Chapel for a half-day programme (9.00 am – 1.00 pm), to celebrate the 28th World Day for Consecrated Life on the Feast of the Lord's Presentation in the Temple.

The actual scheduled day of the World Day for Consecrated Life was 2 February. But for practical reasons, the organising team held it on 3 February, with the theme: "Pilgrims of Hope on the Path of Peace".

The programme started with the welcoming address and opening prayer led by Br Robert Teoh, FMS. The youth of St Ann's Church, Kota Padawan led the opening hymns.

Fr Ramon Borja, SDB as the co-ordinator for the First Session, invited the participants to recall the experiences of Malaysia Religious Assembly (MRA) in June 2023 at MAJODI Pastoral Centre, Johor Bahru. He gave a brief explanation of the MRA preparation and the MRA from 8–11 June, 2023.

After that was sharing time. One representative from each religious congregation / order had to share their own and their members' experiences on the gathering in MRA. All religious congregations took part in the sharing. Most of them shared and expressed their sense of gratitude for the opportunity given to them for this programme. The feeling of immense gratefulness for our religious consecration has been strengthened through the enriching encounter with our fellow religious in MRA.

The Religious came together to celebrate the beauty and uniqueness of different religious charisms in Malaysia. As we listened to one another, we learnt and acknowledged what is happening to family, Church, society and our Mother Earth / nature today. The assembly opened a small window where a ray of light shining through had given us hope, for we are not alone on the journey. By the grace of God, we will be able to live out our religious vocation and our founders' charisms faithfully.

The programme ended with the Eucharistic celebration, presided by Archbishop Simon Poh and concelebrated by the religious priests present. Lunch pack was later served to everyone present.

After the short coffee break, the programme continued with Session Two. There was the input from Archbishop Simon Poh on the theme and the pastoral plan 'Journey with the local Church as part of synodals people of God'. In his sharing, he challenged all the religious present to be courageous to get out from their comfort zones and reach out to the new areas especially to those who are in the peripheries, as one of the pastoral plans in the respective religious pastoral plan of action. After the input, there were three questions for reflection to help us to reflect upon:

1. From the sharing of the Archbishop, what are the points that have touched me, given me new insights into the life and mission of the Archdiocese?
2. How can I and my congregation respond to the pastoral needs of the Archdiocese?
3. From the outcome of the MRA or from the sharing of the Archbishop, what will bring about new life to the Archdiocese?

The programme ended with the Eucharistic celebration, presided by Archbishop Simon Poh and concelebrated by the religious priests present. Lunch pack was later served to everyone present.

Sisters of St Francis of Sarawak (SSFS)



GROUP PHOTO: 28th World Day for Consecrated Life, 3 February 2024, Carmelite Chapel.

EMBRACING THE CALL Celebrating Consecrated Life at Sacred Heart Cathedral, Sibü



All the 22 religious sisters, brothers and priests joining the procession entering the Sacred Heart Cathedral, Sibü. (Photos: Michael Tiong)

SIBU — On this World Day for Consecrated Life on 2 February 2024, Sacred Heart Cathedral, Sibü celebrated the Feast Day of the Presentation of the Lord.

Bishop Joseph Hii, the main celebrant celebrated the Feast Day Mass with the presence of two Capuchin priests from Order of Friars Minor, two priests from Claretian Missionaries and two Diocesan priests.

During the liturgy, about 22 consecrated religious from the Marist Brothers, Order of Friars Minor, Claretian Missionaries, Sisters of St Francis of Sarawak and Monastery St Theresa of the Child Jesus, gathered to pledge their life of poverty, obedience and chastity.

In his homily, Bishop Joseph Hii echoed the message of our Holy Father Pope Francis, celebrating our baptism, the sacrament that unites us together in synodality as we journey together in communion, participating in the mission of Christ.

He encouraged all parishioners to find out their date of Baptism and celebrate their Baptism with "Happy Baptism-day!"

Following the footsteps of the Father of Religious life, St Anthony, all religious brothers

and sisters live a life that manifest a "gila" love for Jesus Christ. "Crazy" because they give themselves completely to Jesus. They are the best example of being true followers of Jesus Christ.

The bishop thanked the religious for their sacrifices and the selfless service they have provided for the blessings of the Church, the world, creation at large and whole of humanity.

He also encouraged religious life aspirants to have the courage to answer the call for vocation of consecrated life as witnesses of Jesus and the Gospel values.

Earlier before the Mass, the religious sisters had a time of reflection that was followed by fellowship and agape.

Sibü Soccom



Fr Raphael Samosir from Order of Friars Minor during liturgy of the blessing of candle by Bishop Joseph Hii.

Celebrating 20 years of Priestly Ordination...

KUCHING — The parishes of Sacred Heart Church, Kota Sentosa and St Mark Church, Batu Kawa organised a dinner reception to celebrate the 20th Sacerdotal Anniversary of their rector Fr Felix Au Kheng Wee on 26 February 2024. More than 400 parishioners, family and friends attended the dinner held at a local hotel.

Fr Felix was ordained a priest on 23 February 2004 by Archbishop John Ha (now



Fr Felix Au is joined by his mother Marian for the cake-cutting ceremony.

Emeritus) at St Joseph's Cathedral, Kuching. On that day, he promised to 'walk humbly with God'.

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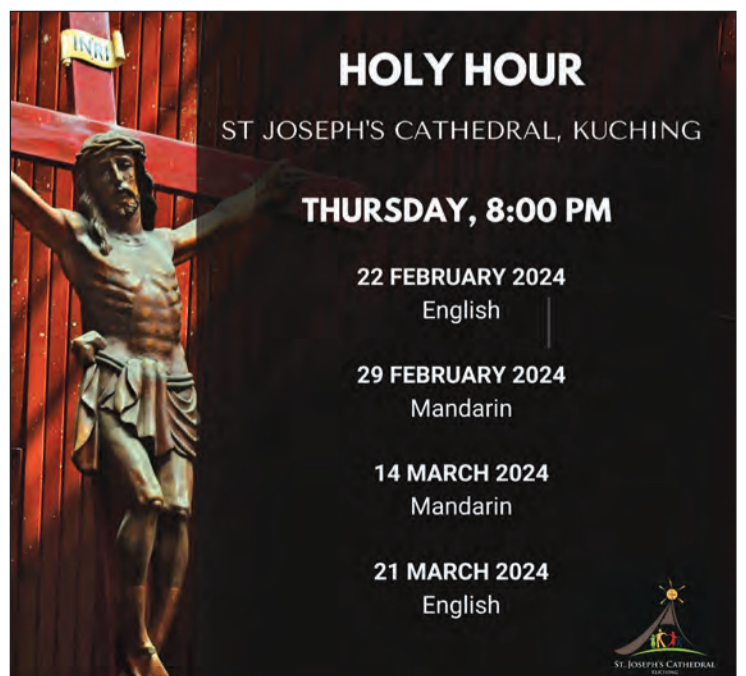
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22 FEBRUARY 2024
English

29 FEBRUARY 2024
Mandarin

14 MARCH 2024
Mandarin

21 MARCH 2024
English



Holy See: Religious freedom is violated in one third of the world

VATICAN CITY — Human rights, including those against freedom of thought, conscience and religion, continue to be violated on an alarming scale across the globe, the Holy See's Permanent Observer to the United Nations and Other International Organisations in Geneva said on Wednesday.

Discrimination and persecution of believers are on the rise

Speaking at the 55th Session of the Human Rights Council, which kicked off on February 26, Archbishop Ettore Balestrero, remarked that discrimination and persecution of believers are on the rise worldwide.

He cited the data from the Pontifical foundation Aid to the Church in Need which showed that religious freedom is violated in almost one third of the world's countries, affecting around 4.9 billion people.

The former Nuncio to the Democratic Republic of the Congo (RDC) also lamented that in some Western countries, "religious discrimination and censorship are being perpetrated under the guise of 'tolerance and inclusion'."

"Legislation originally aimed at combatting 'hate speech', is often instrumentalised to challenge the right to freedom of thought, conscience, and religion, leading to censorship and 'compelled speech'."

International cooperation to protect the dignity of the human person

Regarding the general topic



discussed at the session, Archbishop Balestrero underscored that in pursuing "a more effective" international cooperation, as called for by Pope Francis to address the current challenges in a multipolar world, "especially in order to consolidate respect for the most elementary human rights", the focus must remain of the dignity of the human person, which is the foundation of peace, as stated in 1948 by the Universal Declaration of Human Rights (UDHR).

To improve multilateral diplomacy, he said, it is therefore important "to uphold values that are rooted in human dignity". This requires in turn "rebuilding a shared vision of our inherent nature."

"We cannot separate what is good from what is true and what is deeply rooted in our human nature."

AI and the protection of fundamental human rights

Human dignity, continued the Vatican Observer, must become the guiding principle also in the development and use of artificial intelligence (AI).

"Advancements in this field should respect fundamental human rights and ought to serve, not compete with, our human potential", he said. "The development of artificial intelligence can only be considered successful if we act responsibly and uphold fundamental human values."

"Respect for human dignity requires that we reject any attempt to reduce the uniqueness of the human person to be identified or reduced to an algorithm or to a set of data, and that we do not allow sophisticated systems to autonomously decide the fate of human beings."

Archbishop Balestrero went on to remark that many of the challenges we face today stem from "a lack of respect for human dignity and a failure to recognize our interconnectedness."

"New rights" threaten human dignity and fraternity

He recalled the attempts to introduce so called "new rights" that question the sacredness of every human life, and "not always consistent with what is truly good for the human person".

These "new rights", said the Nuncio, have led to what Pope Francis has termed as an "ideological colonisation" that undermines human dignity, as well as human fraternity, as they create "divisions between cultures, societies, and States, rather than fostering unity and peace."

"Our societies 'must continue to rise on the foundations of a right understanding of universal fraternity and respect for the sacredness of every human life, of every man and every woman, the poor, the elderly, children, the infirm, the unborn, the unemployed, the abandoned, those considered disposable because they are only considered as part of a statistic.'"

"Universal fraternity is an essential condition for the full realisation of human rights in today's world", the Vatican Observer concluded. "When we fail to acknowledge that we are all interconnected, we all suffer."

Vatican News

'Loneliness' at heart of Pope's theme for 4th Grandparents Day

VATICAN CITY — On Sunday, July 28, Catholics around the world will be invited to take time to reflect on the great heritage and wisdom passed on by their grandparents and the elderly.

In preparation for the 4th World Day for Grandparents and the Elderly, the Dicastery for Laity, Family and Life released the theme for the 2024 iteration.

The Pope has chosen the theme: "Do not cast me off in my old age" (cf. Psalm 71:9).

According to a press release from the Dicastery, it is meant "to call attention to the fact that, sadly, loneliness is the bitter lot in life of many elderly persons, so often the victims of the throw-away culture."

In his message, Pope Francis will draw on the verse from Psalm 71 that depicts the plea of an elderly person who reflects on the story of their friendship with God.

"By cherishing the charisms of grandparents and the elderly, and the contribution they make to the life of the Church, the World Day seeks to support



Pope Francis blesses an elderly lady (File photo: Vatican Media)

the efforts of every ecclesial community to forge bonds between the generations and to combat loneliness, in the awareness that – as Scripture states – "It is not good for man to be alone" (Gen 2:18)," according to the press release.

Loneliness and tenderness of Christian community

Cardinal Kevin Farrell, Prefect of the

Dicastery for Laity, Family and Life, expressed his gratitude to the Pope for highlighting the loneliness endured by many elderly people.

"Faced with this reality," he said, "families and the ecclesial community are called to be at the forefront in promoting a culture of encounter, to create spaces for sharing, listening, to offer support and affection: thus, the love

of Gospel becomes concrete."

Loneliness, admitted the Cardinal Prefect, is an unavoidable condition of human life, as well as an invitation to turn to God the Father for comfort.

As Christians, he said, the World Day dedicated to grandparents and the elderly calls us to put aside our throwaway culture and show "tenderness and affectionate attention" to the most fragile members of our communities.

Prayerful preparation for Jubilee

The 2024 World Day for Grandparents and the Elderly takes place in the Year of Prayer, which Pope Francis has called to help Catholics prepare for the 2025 Jubilee.

The Pope established the World Day in 2021 to take place on the fourth Sunday of July, near the liturgical feast of Sts. Joachim and Anne, the grandparents of Jesus.

Vatican News



How almsgiving can bring us closer to God

by Philip Kosloski



Almsgiving, which includes giving our time, talent and treasure to others in need, is a hallmark of the Christian faith. It is an action that is modeled after the example of Jesus and how he continually gave himself to others in life and death.

Pope Benedict XVI reflected on almsgiving in his 2008 message for Lent, explaining that it can be an instrument of conversion.

By drawing close to others through almsgiving, **we draw close to God**; it can become an instrument for **authentic conversion** and reconciliation with Him and our brothers.

In a particular way, Benedict XVI reflected on the power of almsgiving and its connection to love.

Almsgiving teaches us the generosity of love. St. Joseph Benedict Cottolengo forthrightly recommends: "Never keep an account of the coins you give, since this is what I always say: if, in giving alms, the left hand is not to know what the right hand is doing, then the right hand, too, should not know what it does itself."

Benedict XVI encouraged Christians to embrace almsgiving during Lent, as well as other times of the year.

Lent invites us to "train ourselves" spiritually, also through the practice of almsgiving, **in order to grow in charity and recognize in the poor Christ Himself.** In the Acts of the Apostles, we read that the Apostle Peter said to the cripple who was begging alms at the Temple gate: "I have no silver or gold, but what I have I give you; in the name of Jesus Christ the Nazarene, walk" (Acts 3,6). In giving alms, we offer something material, a sign of the greater gift that we can impart to others through the announcement and witness of Christ, in whose name is found true life.

Whenever we give alms, may we see the power it has in drawing us closer to God.

Aleteia

Lent invites us to "train ourselves" spiritually, also through the practice of almsgiving, in order to grow in charity and recognize in the poor Christ Himself.

Palm Sunday of the Passion of the Lord

24 March 2024



The Sunday of the Passion of the Lord, also called Palm Sunday, represents the gate through which we enter into Holy Week. This is a time in which we contemplate the last moments of the life of Jesus. We recall Jesus's entrance into Jerusalem, welcomed by a festive crowd, and then we recall his Passion. As early as 400, a procession with palms took place.

The liturgy is entirely characterized by the theme of Jesus's Passion. This is true particularly regarding the Gospel texts which, according to the liturgical year, present the passion narrative. The first reading from the Book of the Prophet Isaiah (the Song of the Suffering Servant, Isaiah 50), becomes a prayer in Psalm 22 with the refrain "My God, my God, why have you abandoned me?" The terror that Jesus bore in

On Palm Sunday, we are offered an interpretation of our life and destiny. All of our sufferings and grief find a response in Jesus.

obeying the Father "to the point of death, even death on a cross" is attested to in the Second Reading from the Letter to the Philippians. This is not so much the celebration of "grief" and "lament", as much as a week that expresses the "heart" of the Paschal Mystery when Jesus gave His life for our salvation. Jesus became man because he loves us, and because of love He gives His life. It is through this obedience that Jesus loves the Father and loves the men and women He came to save.

On Palm Sunday, we are offered an interpretation of our life and destiny. All of our sufferings and grief find a response in Jesus. In the face of every question regarding why there is suffering, why there is death, why there are so many choices that are incomprehensible to the human mind, Jesus does not give us vague responses. With His life, he has told us that He is with us, at our sides. Until the end. We will never be alone – neither in our joys nor in our sufferings. Jesus is with us. It is a celebration that is understood through silence and prayer rather than through words, so as to enter into it with the heart.

Vatican News



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A feature on Sunday's Mass readings:

24 March 2024: Palm Sunday of the Lord's Passion Year B
(Isaiah 50:4-7; Philipians 2:6-11; Mark 14:1-15:47)

**Verbum
Domini** ✠ ✠ ✠ ✠
by Fr Francis Lim, SJ
For the greater glory of God

God hides



Good Friday Service 2023 at Sacred Heart Church, Kota Sentosa. (Photo: SHC)

It is the practice of the Roman Catholic Church to veil statues, paintings and even crucifixes two weeks prior to Good Friday. It is usually done with purple or violet cloths. Some suggest it is because the faithful need not ponder on the exquisite depictions of the sacred mysteries during that period leading up to the commemoration of Christ's passion and death. In a way, as a penance, it is to deprive the people of the beauty of human art.

Be that as it may, following the suggestion of St Ignatius of Loyola in his Spiritual Exercises, I feel the better reason is to portray the explicit reason of Christ humbling himself to suffer and die. In the Third Week of the Spiritual Exercises, the contemplations are on the passion and death of Jesus. In the Third Week, St Ignatius proposes the retreatants to ask of the Lord for the grace of sorrow, compassion, and shame, because the Lord is going to his suffering for my sins. (SpEx no 193) And to the point I wish to make: the disposition of the Third Week is to consider how the divinity hides itself; for example, it could destroy its enemies and does not do so, but leaves the most sacred humanity to suffer so cruelly. (SpEx no 196) Indeed, the custom of veiling sacred objects during Passiontide is to remind us of the hidden

divinity of Christ.

As the Second Reading of the Mass indicates, "Christ Jesus did not cling to his equality with God but emptied himself to assume the condition of a slave... even to accepting death, death on a cross." (Phil 2:6-8) Jesus purposely chooses to lower himself and hide his divinity in his humanity in order to accept death, like any of us. And not only death, but also to accept the suffering that comes before death.

Holy Week is to recall again and again each year, this humbling and hiddenness of the divinity of Jesus. We start with Palm Sunday or Passion Sunday, where we hear from sacred scriptures, the narration of the much acclaimed entrance of Jesus into Jerusalem as a prophet who is cheered by the crowd with palm branches. Then it is followed by the Gospel of the day with the betrayal and suffering of Jesus; the jeering of the same crowd on his way out of Jerusalem to be crucified outside the city walls. From cheering to jeering by the crowd, and all this while, Jesus quietly accepts it, hides his divinity, submits in obedience to the Father so that the plan of salvation could be achieved.

He is like the disciple spoken in the First Reading, "Each morning he wakes me to hear, to listen like a disciple. The Lord has opened my ear. The Lord has given me a disciple's tongue. So that I may know how to reply to the wearied. For my part, I made no resistance, neither did I turn away. I offered my back to those who struck me, my cheeks to those who tore at my beard; I did not cover my face against insult and spittle. (Is 50:4-6) Jesus not only pays attention to his Father to listen as an obedient disciple, but he also speaks the word of God to the weary in order to console them with the example of his own suffering. Jesus willingly hides his divinity in order to be one with us in our pain and hardships.

Jesus says, "My soul is sorrowful to the point of death. Wait here, and keep awake." (Mk 14:34) Are we willing to remain with Jesus as he wants us to? Or is it when we are open to remain with Jesus, he is the one who accompanies us in our pain and sorrow? Jesus is willing to hide his divinity in order to be with us, especially when we push him away in our obsession with ourselves.

Are we willing to remain with Jesus as he wants us to? Or is it when we are open to remain with Jesus, he is the one who accompanies us in our pain and sorrow?

Pope's March prayer intention: For the martyrs of our day

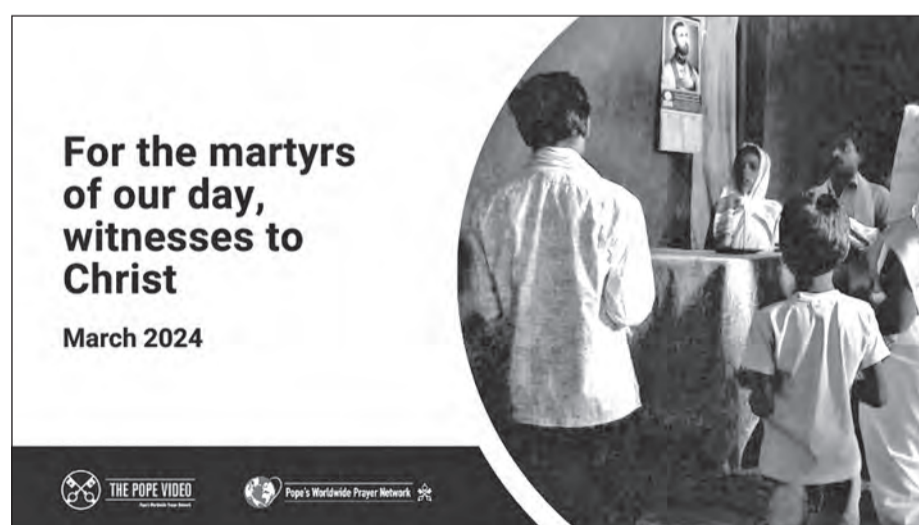
"For the martyrs of our day, witnesses to Christ". In the new release from The Pope Video, Pope Francis requests prayers for the new martyrs of our day so that they might "imbue the Church with their courage and missionary drive."

Introducing his prayer intention for the month of March, Pope Francis decides to share a story which he says "is a reflection of the Church today" and one that is "the story of a little-known witness of faith".

He recalls the story of a widowed man whom he met when he visited a refugee camp in Lesbos. The man, a Muslim, recounted the harrowing story of how his wife, who was Christian, was asked by terrorists to throw a crucifix to the ground. "She didn't do it, and they slit her throat in front of me", the man told the Pope.

Pope Francis notes that this man "held no grudges", and was instead "focused on his wife's example of love, a love for Christ that led her to accept, and to be faithful to the point of death".

The Holy Father emphasises that



there will always be martyrs among us and that "this is a sign that we are on the right path" as the courage and witness of the martyrs, "is a blessing for everyone". The Pope continues, "I have been told that there are more martyrs today than at the beginning of Christianity."

Thus, Pope Francis invites all the faithful to pray for those who risk their lives for the Gospel, all over the world, so that they "might imbue the Church with

their courage and missionary drive, and be open to the grace of martyrdom".

Silent martyrs

The Pope's Worldwide Prayer Network created this month's video in collaboration with Aid To the Church In Need (ACN), a Papal Foundation whose mission is to help the faithful wherever they are persecuted, oppressed or in need through information, prayer and action.

In the video, the story of the Christian lady who died refusing to throw the crucifix on the ground alternates with other images of Christian communities on pilgrimage and cites examples of courage, such as that of the first Servant of God from Pakistan – Akash Bashir – who died almost 20 years ago in 2015 to prevent a terrorist attack on a Church in Lahore filled with members of the faithful.

In its press release accompanying this month's prayer intention, the Pope's Worldwide Prayer Network notes that in 2023 alone, ACN received reports in 40 countries of people who were assassinated or abducted because of their faith. Nigeria has become the country with the highest number of assassinations; in Pakistan, in the diocese of Faisalabad, the churches and homes of the Christians in Jaranwala were attacked; and in Burkina Faso, Catholics in Dèbé were expelled from their village solely because of their faith.

Hello kids!

We have begun a very important season in our liturgical year - the season of Lent. Do you remember how long Lent lasts?

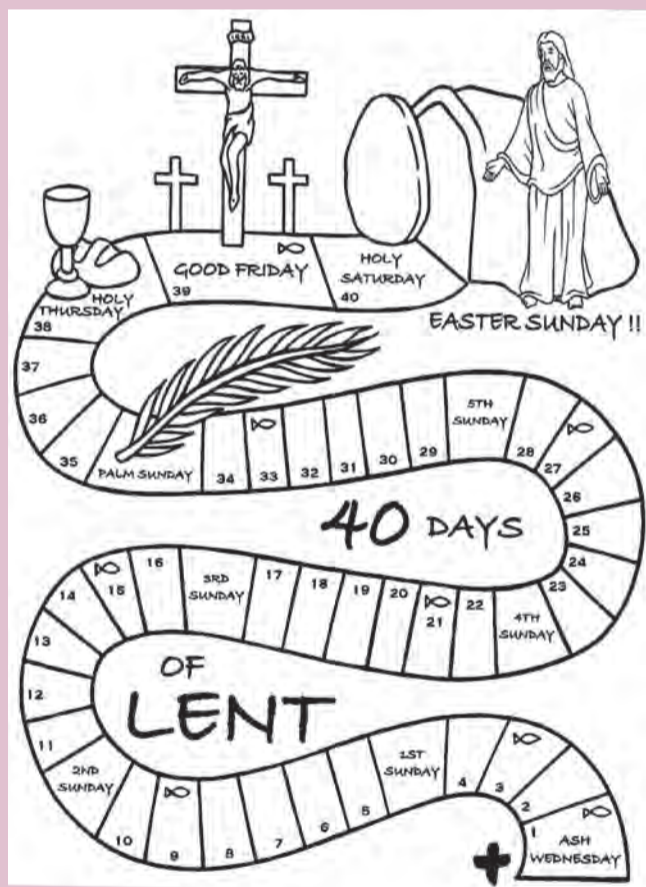
That's right, Lent is the 40 days before Palm Sunday which leads right into Holy Week and Easter Sunday.

There are a lot of things we can do during Lent as we prepare for Easter. Let us think of something meaningful we can do for someone and do it in the name of Jesus, the one who did something really beautiful for us.

*Love,
JoySome Siblings*

The Road to Easter

Colour Section: 40-day of Lent Calendar

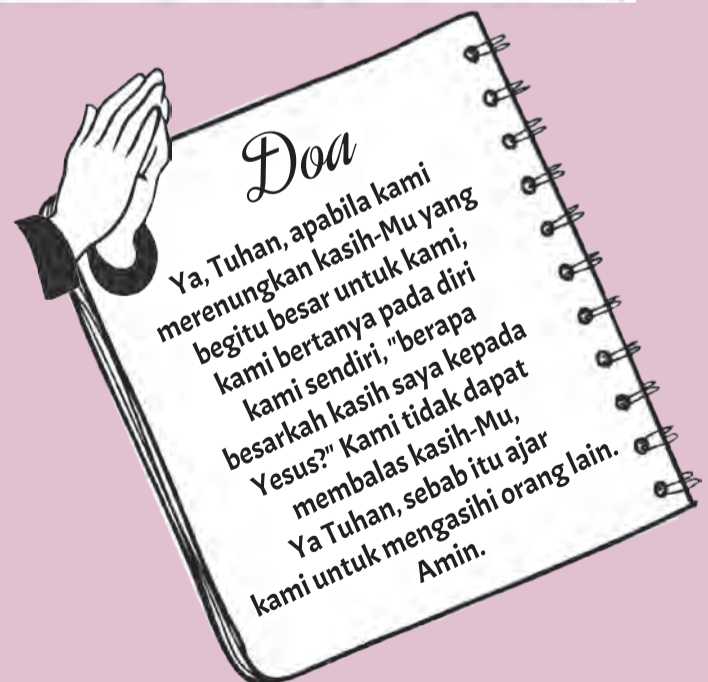
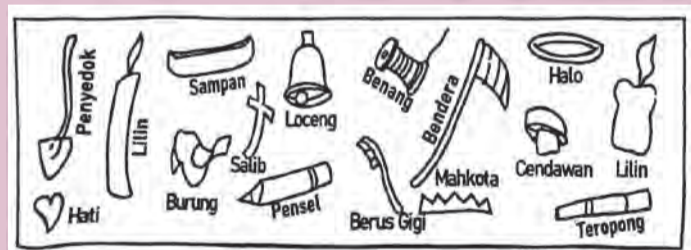


What we can do during Lent Season?



Aktiviti

Yesus makan bersama para murid
Cari benda-benda yang tersembunyi



Doa

Ya, Tuhan, apabila kami merenungkan kasih-Mu yang begitu besar untuk kami, kami bertanya pada diri kami sendiri, "berapa besar kasih saya kepada Yesus?" Kami tidak dapat membalas kasih-Mu, Ya Tuhan, sebab itu ajar kami untuk mengasihi orang lain. Amin.

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3RD ANNIVERSARY



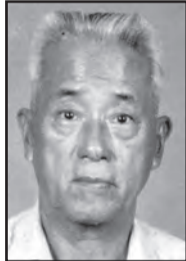
In ever-loving memory of
BERNARD KUEH

who was called home by the Lord on 3 March 2021

We said goodbye to you three years ago, but memories of you are etched in our hearts forever. Miss seeing your love for your garden. Rest in Peace.

Dearly missed and forever cherished by all loved ones.

14TH ANNIVERSARY



In ever-loving memory of
PETER YEO SONG HO

whom the Lord called to rest on 24 March 2010

Eternal rest grant unto him, O Lord, and let perpetual light shine upon him. May he rest in peace. Amen.

Always remembered and cherished by beloved wife, sons, daughters, sons-in-law, daughters-in-law, grandchildren and all loved ones.

17TH ANNIVERSARY



In ever-loving memory of
ANTHONY CHEN FOH TECK
(安东尼 曾和德)

whom the Lord called to rest on 14 March 2007.

Always remembered by wife Monica Liaw, sons Michael, Peter, Paul, Martin & son-in-law Aaron Chew, daughters Mary, Doris (deceased) & daughters-in-law Agnes Pan, Iris Ng, grandchildren Joshua Chew, Othniel, Adriel, Christabel, Annabel, Noel and all loved ones.

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CLOSED Sundays, Public Holidays, Holy Days of Obligation

28TH ANNIVERSARY

In loving memory of



AGATHA TSEN VUN TCHIN

called to rest by the Lord on 10 March 1996

Eternal rest grant unto her, O Lord, and let your perpetual light shine upon her. May she rest in peace. Amen.

Fondly remembered and greatly missed by all loved ones at home and abroad.

10TH ANNIVERSARY

In ever-loving memory of our dearest husband, father and grandfather



PAUL LOONG SUN SENG

called home by the Lord on 11 April 2014

You left us beautiful memories, Your love is still our guide, And though we cannot see you, We know you're always at our side. We keep you close in our hearts and prayers. And not a day goes by that we don't miss you, Day by day and year by year, Because we love you so.

Dearly missed and forever remembered by beloved wife Eunice, son Mark, daughters Alison and Marianne, daughter-in-law Carol, sons-in-law Daryl and Michael, grandchildren Ethan, Shaun and Lily, and all loved ones.

49TH ANNIVERSARY 15TH ANNIVERSARY

In loving memory of



JOHN CHIN PIANG ONN
Departed: 19 March 1975



MARY YAP AH ENG
Departed: 27 February 2009

Eternal rest grant unto them, O Lord and let perpetual light shine upon them. May they rest in peace.

Deeply missed and forever remembered by sons, daughters-in-law, daughters, sons-in-law, grandchildren and great grandchildren.

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YOUTH 2024

St Theresa's Parish organises Altar Servers Workshop for Zone Simunjan



Altar Servers Workshop participants with presenters and Fr Robert Jissem.

SERIAN — St Theresa's Parish Serian organised an Altar Servers Workshop for Zone Simunjan on Saturday, 24 February 2024. The annual workshop was held at St John Chrysostom, Kpg Melanjok, the hosting parish in the Simunjan district.

The workshop was open to all altar servers from Kampung Sekendu,

Kampung Sungai Lingkau and Kampung Melanjok. More than 27 youths from the three kampongs participated in the workshop with eight altar servers from the Parish Youth Ministry of Kampung Melanjok, Simunjan in attendance.

The day began with a registration and welcome session, followed by a presentation by Mr Jesse William, St

Theresa's Altar Server's assistant chairman. Mr William spoke about the importance of the altar server ministry and the things that are required during the Holy Mass.

The next talk presented by Mr Christ continued to touch on the Holy Mass. The last presenter, Mr Augustine Lian, talked about procedures as well as what the

altar servers need to do and not do during the Mass.

The workshop concluded with a Mass celebrated by Fr Robert Jissem. Three participants from this workshop served at the Holy Mass guided by two of St Theresa's Parish altar servers.

In his homily, Fr Robert thanked the altar servers for their service and encouraged them to continue to grow in their faith.

The Altar Servers Workshop is an annual event that provides youths with the opportunity to learn more about their ministry and to grow in their faith. The workshop is also a great opportunity for altar servers to meet other youths from around the parish and to make new friends.

Most importantly, the workshop encourages the youths to fulfill their responsibility as Catholics, to live fully by faith and also to encourage others to know more about the Catholic church and the second coming of our Lord.

Augustine Bagal

Jak Man Kolo Mee with Sister Delicia Klumai, SSFS

KOTA PADAWAN — Jak Man Kolo Mee with Sr Delicia Klumai, SSFS was a 2-day-1-night event held at Greccio Retreat House from 17–18 February 2024. It was a programme held for all youth ministers from five main zones under St Ann's Parish, Kota Padawan to empower them in the psychological and spiritual aspects in order to boost their spirit in ministering and serving youth in their respective localities. There were 18 youth ministers gathered together for this heart-to-heart session led by Sr Delicia.

Activities held were discussion and sharing with Sr Delicia, Taizé meditation and Sunday Mass celebrated by Fr Ramon Borja, SDB. One of the most interesting topics which touched each and every minister present was a session called "Let the unspoken wound be heard". In this session, each minister shared their unspoken wound, by addressing how the Church has hurt them then naming it with an emotion.

This session made us realise that in many ways, we are actually related through our hurts, and that we are never



St Ann Parish Youth Ministers with Sr Delicia and their Jak Man Kolo Mee.

alone in this world. Having a spiritual bandage may not be adequate to cover the emotional wound, however, a psychospiritual bandage is the best combination to address it. Being able to identify your emotional and psychological wounds, and what triggers you, will help you become a good leader in the future, because we must understand ourselves in

the first place before we help others.

Sr Delicia also touched on coping mechanisms (healthy versus unhealthy). There were many coping mechanisms identified and they differ for each one of us. The ministers shared that listening to music, eating, sleeping, animal therapy, and cleaning were among their coping mechanisms. As long as it was not done

excessively and not leading to disorder, we are still on the right track.

In a nut shell, this was an awakening session for all of us and a great kickstarter event for the year 2024 for St Ann Parish Youth Ministers. Looking forward to a fruitful session like this in the future.

Catherine Gabriel Lee

I AM A CHILD OF GOD!

KUCHING — The EMPOWERED Ministry organised a Youth Gathering on Friday, 16 February with the theme "I am a Child of God". Emmanuel, the session animator adapted the Bible story of Mephibosheth from 2 Samuel; who was constantly labelled as crippled. Before going into the story deeper, Emmanuel shared a family tree of Mephibosheth.

Emmanuel connected Mephibosheth's story to our own lives, where we often feel labelled or judged. But Emmanuel pointed out that, like King David who called Mephibosheth "son," God sees us as His children, without focusing on our problems. He then shared that it will be our new identity. Emmanuel highlighted verses such as Mark 5:36 and Luke 5:10, which affirm that God is reassuring us to not be afraid. The session animator also reminded everyone that we are always welcome as God's children. The session wrapped up with a video of the song "No Longer Slaves," emphasising that we don't need to be afraid because we are loved by God.

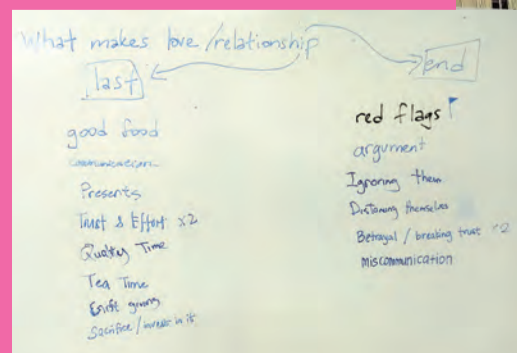
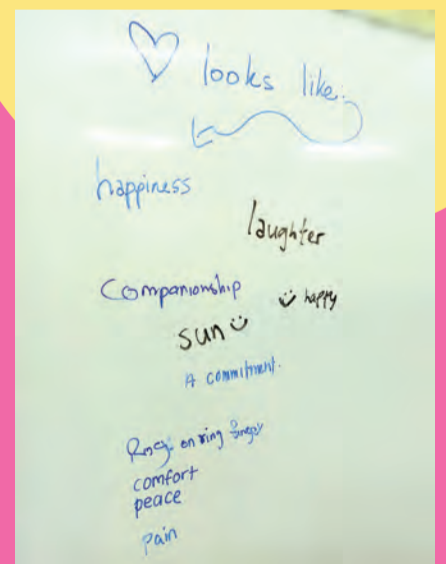


WHAT IS LOVE

KUCHING — Love took the spotlight at our recent Youth Gathering on 2 February where we dived into the intriguing theme, "What is L.O.V.E.?" Aligned with the Valentine's Day vibe, our dynamic speakers, Ralph and Claudia, kicked off the event with a fun 'Would You Rather?' quiz, setting the stage for a lively discussion.

Ralph and Claudia divided the attendees into two groups based on gender, creating a comfortable space for an open chat about what love really means, the secrets to long-lasting relationships, and the pitfalls that can lead to their end. They then introduced the acronym 'L.O.V.E,' breaking it down into Listen (with eyes and heart), Open (be real with each other), Verify (don't assume, check in), and Encourage (lift each other).

The gathering hit its peak as Ralph and Claudia wrapped up with a deep dive into love from the Gospel standpoint, sharing an impactful Bible verse, in John 15:13. This verse became a guiding beacon, emphasising the selfless nature of love. Wrapping it up, the speakers gracefully tackled questions from the crowd, creating an atmosphere of understanding and connection that made the Youth Gathering an unforgettable and enlightening experience for all in attendance.



今日教友

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第431期

『天主竟这样爱了世界，甚至赐下了自己的独生子，使凡信他的人不至丧亡，反而获得永生。』(若3:16)

砂勝越古晉總教區

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教宗方濟各：禮儀不只為專業者，需要認真培育平信徒



教宗方濟各接見聖座禮儀及聖事部全體大會的與會者 (VATICAN MEDIA Divisione Foto)

(梵蒂岡新聞網) 教宗方濟各2月8日上午接見了聖座禮儀及聖事部全體大會的與會者，強調「沒有禮儀改革，就沒有教會的改革」。這個部會於2月6至9日召開全體大會，紀念梵二《禮儀》憲章頒布60周年，並借此機會討論禮儀培育問題。

教宗在講話中，首先提到梵二大公會議60年前頒布的《禮儀》憲章，其目的在於「促使信徒的基督信仰生活日益增進」、使「處在改變中的體制適應時代的需求」，以及盡力「有助於聯合所有的基督徒」。教宗解釋，實際上，這是一項「更新靈性、牧靈、大公合一及傳教使命的工作」。

「教會若對靈性成長沒有激情、不努力以當代男人和女人能理解的方式發言、對基督徒之間的分裂不感到憂傷，以及不因渴望向萬民宣講基督而興奮萬分，則是

一個病態的教會。這些都是病態教會的症狀。」

教會婚姻式的忠貞

教宗闡明，每當我們談論「教會的改革」時，總是面臨一個「婚姻式忠貞的問題」。「新娘教會越是愛新郎基督，就越發美麗，以至完全屬於祂、完全順從祂」。教宗補充道，「教會是女性的，教會是母親，教會是瑪利亞的形象」，因此，「教會改革的每項需求都總是婚姻式忠貞的問題，因為此處有女性的臨在」。

禮儀培育的重要性

梵二大公會議的神長們面對了禮儀問題，因為禮儀是「與永生的基督相遇的卓越場所」，他們因此勉勵信友們接受培育，同時也推動牧靈行動。同樣，教宗也強調需要進行「禮儀培育」，尤其是讓所有人接受培育的重要性。

「這不是針對少數專家的一項專業，而是應使全體天主子民將其內在化。當然，

這並不排除優先培育那些因聖秩聖事而蒙召成為施予各件聖事的人，即引領和陪伴信友認識神聖奧迹。」

司鐸的培育

教宗指出，重要的是「牧人懂得將子民引入禮儀慶典的好牧場，使宣講死而復活的基督成為感到祂臨在及轉變生命的具体經驗」。因此，教宗要求本著《你們去宣講福音》宗座憲章的精神，在司鐸的禮儀培育中，聖座文化教育部、聖職部及奉獻生活及使徒團體部應彼此合作，作出各自「特有的貢獻」。

天主子民的培育行程

教宗勉勵在場人士，需要為天主子民思考「新的培育行程」，這些機會包括參與主日彌撒、禮儀年的慶日，以及主保瞻禮或基督徒入門聖事。在這些機會中，信友們具體接觸到禮儀的培育，並在領受聖事的場合有眾多人的參與，如果「認真進行牧靈準備」，人們就會「重新發現且深化今天舉行救恩奧迹的意涵」。

最後，教宗強調聖座禮儀及聖事部的重大任務，乃是「努力使天主子民在神聖奧迹的慶典中，增進對與上主相遇的意識和喜樂，懂得與上主相遇，就會因祂的名獲得生命」。

教宗主持奉獻生活日禮儀：不要活在習慣中，要有年輕的心

(梵蒂岡新聞網) 2月2日獻耶穌于聖殿瞻禮，也是第28屆奉獻生活日。教宗方濟各於當天下午在聖伯多祿大殿主持感恩祭，約有5500名信友手持有點燃的蠟燭參禮，其中大多數是各男女修會團體度奉獻生活者。參加共祭的司鐸則沿著中殿走向祭台，聖座奉獻生活及使徒團體部部長阿維斯 (João Braz de Aviz) 樞機在彌撒中主禮。

恒心等待

教宗在彌撒講道中，特別提到當天彌撒福音中的兩位人物，「期待以色列的安慰」的西默盎，以及「總不離開聖殿」的亞納，他們在瑪利亞抱著的聖嬰身上認出了所期待的默西亞 (路二25-37)。教宗表示，「注視這兩位耐心期待、精神警醒及恒心祈禱的長者，對我們有益」，他們雖然年邁，卻保持了年輕的心，「沒有讓希望退休」。

「兄弟姐妹們，期待上主對於我們，對於我們的信仰行程也同樣重要。上主每天都來看望我們，與我們交談，以我們料想不到的方式启示自己，在生命和時間的終結，祂將來臨。因此，祂親自告誡我們要保持醒悟，保持警醒，恒心等待。」

教宗說，「『進入』精神的睡眠」、「將希望存檔」，那就有禍了。我們是否還有能力活在期待中，還是過於沈浸於自己和自己的活動？我們是否也會「將信仰和基督徒的生活變成許多要做的事情，而疏忽了對上主的每日尋求？」在



我們個人和團體生活的規劃中，所重視的是成功的可能性，還是懂得等待天主的時間？

疏忽內在生命

教宗表示，期待的能力經常受到兩個因素的阻礙，首先是「疏忽內在生命」。教宗說：「一旦疲倦戰勝了惊奇、習慣取代了熱情、我們在靈修道路上失去毅力，一旦負面的經驗、衝突或看似遲來的成果令我們痛苦不堪，就會發生這種情況。」

適應塵世型態

第二個因素是「適應最終取代福音的塵世型態」。教宗談到要求「一切且即刻」得到，這是當今社會的特點，以及主宰我們的過於忙碌、不惜一切代價追求的消費主義和娛樂。

「因此，我們要當心，不讓塵世的思維進入我們的修會團體，不要讓它進入教會生活和我们每個人的行程，否則我們就不会結出果實。基督信仰生活和使命需要在祈禱和每日的忠貞中得以成熟的期待，使我們擺脫效率的神話、對業績的一味追求，尤其不應把天主關在我們的範疇內，因為天主总是以不可預測的方式來臨。」

聖座舉辦關於司鐸培育的國際研討會

(梵蒂岡新聞網) 聖座聖職部、福音傳播部和東方教會部於2月6日至10日，在羅馬共同主辦一場關於司鐸持續培育的國際研討會，主題為「再燃起來天主賦予你的恩賜」(參閱：弟后一6)。

該會議以聖職部頒布的《司鐸培育基本方案》(Ratio Fundamental Institutionis Sacerdotalis) 中指出的「在今日世界作使徒的美，兼具唯一性、完整性、團體性和使命性的培育」展開討論(參閱：《司鐸培育基本方案》，導論第3號)。共計將有來自全球六十多個國家大約一千位代表與會，其中巴西是出席人數最多的國家，其次是墨西哥、意大利、波蘭和菲律賓。此外，還有來自冰島、布隆迪、薩爾瓦多、中國、危地馬拉、摩爾多瓦、俄羅斯、烏克蘭等國家的神父、度奉獻生活者和平信徒。

研討會的宗旨

此次國際研討會的參與

者是教區、地區、國家範圍內負責司鐸持續培育的培育者，研討會結束時將授予證書。該研討會旨在啟動一個與全球各地方教會加強司鐸持續培育的共同旅程。透過這種研討會的方式，希望能夠提供出司鐸持續培育的示範經驗，即是希望增進參與及同道偕行的精神。研討會將在和聲大道的音樂廳舉行，在5天的會期中，分別展開不同課題的討論。

研討會的日程

2月6日第一天，研討的內容關於培育的唯一性，首先探討的課題是「在一個同道偕行和福傳的教會中，處在時代變化下的司鐸」。第二天2月7日的内容是司鐸培育的完整性，這方面涉及人文、靈修、知識與牧靈的層面，並特別強調「從源頭再啟程：天主和福音的人」以及「陪伴：培育的完整



性幅度與進程」。

在第三天2月8日，研討會的內容是團體性的培育，課題為「同一家庭的情誼：聖職生活與司鐸友愛」。第四天2月9日星期五，內容是培育的使命感，課題為「德才兼備：牧靈工作走出新道路的品格與才能」。

研討會的最后一天，在2月10日星期六上午，將由聖座這三個主辦部會的樞機部長作總結。最後，全體與會者在聖伯多祿大殿參與由聖座聖職部部長余興植樞機主持的彌撒聖祭，從而結束本次研討會。

聖座聖職部啟動新網站

(梵蒂岡新聞網) 聖座聖職部更新在數字世界的臨在，啟動新網站並擴大在社交網絡上的臨在。在2月6日至10日於梵蒂岡召開司鐸持續培育國際研討會的機會上，宣布和介紹了新的門戶網站。聖座聖職部是本次國際研討會的主要推動者。

這個新網站得到聖座傳播部的合作及設計，現有意大利語和英語兩種語言，以移動設備為先，新的黃色圖形為背景，參考了「梵蒂岡國旗的顏色」。此外，還提供了一個清晰直觀的菜單，其中包括新聞部分，為司鐸、執事和修生提

供信息，好使他們能夠了解來自聖座聖職部和世界各地與他們有關的消息。此外，在培育部分，他們可以了解培育者和教育工作者的課程和活動。在事件部分，可以看到在梵蒂岡和五大洲舉行的活動，比如避靜和會議等。

聖座聖職部這個新的數字平台希望創建一個網絡，並通過社交主頁提供對話和分享的空間，為司鐸、修生和執事提供特別的創舉，幫助他們了解並傳揚來自世界各地的最佳經驗和見證。

教宗方济各：不可讓技術損毀人類的深層本質

(梵蒂冈新闻网) 教宗方济各2月12日上午接见了出席宗座生命科学院全体大会的成员们，对这次大会的主题「人类：意义与挑战」作了反思。教宗指出，在人工智能时代，人们担心算法将成为衡量人类事物的普遍准则，因此有必要重新了解人与机器的关系。这需要明白「用什么来评定人类」，即人类最深层的本性。

进入更宽广的视野

教宗首先指出，将「自然进程与人工进程」区分开来并不「适合」，这样的区分认为前者才是「真正的人类」，而后者则是「与人类不相干，甚至是截然相反的」。教宗说：「需要做的则是，将科技知识放在意义

更广泛的视野上，从而避免技术至上的霸权。」

教宗表示，这种偏移，也就是自以为能「用技术的工具和思维重新生产人类」，这在《圣经》关于巴贝耳塔的古书记述中已经能看到。在这个故事中，天主的介入并非人们认为的「毁灭性的惩罚」，而是一种「有针对性的祝福」。

「事实上，天主显示出试图透过语言的多样性来纠正朝向『单一思想』的偏移。就这样，人类被置于局限和脆弱面前，因而必须尊重差异及彼此照料。」

「负责任」的创造力

教宗指出，在今天制造「会说话的机器」的超科技人的身上，存在一种「阴险的诱惑」，他们「觉得自己是一种

创造行为的主人」，类似于天主的创造行为。因此，我们「必须分辨如何使人凭著自己而来的创造能力能以负责任的方式来行使」。这需要「发展一种文化，整合科学技术的资源，使之能识别及推动人类不可重复的特性」。

摆脱「一成不变」的束缚

为推进这「文化使命」，教宗强调两种模式。第一种模式以「跨学科交流」为基础，一种基于「互相交流」的「文化实验室」，重新认识，并通过「彼此聆听和批判性反思」及克服「知识的并置」。第二种模式则在宗座科学院的「同道偕行进程」中显而易见。

教宗指出：「这是一种要求严格的研究方式，因为它需要专注和精神上的自由，在尚未探索和未知的道路上向改变持开放态度，摆脱各种不结果的『一成不变』的束缚。」

教宗最后表示，「基督信仰一直作出了重要贡献，从所接触的各种文化中吸收具有意义的传统」，并「依照福音所启示的与上主的关系，运用个别环境中存在的语言及概念上的资源，来重新诠释这些传统」。



教宗：在一個糧食浪費的世界中要保護包容性農業

(梵蒂冈新闻网) 国际农业发展基金理事会在罗马召开第47届会议之际，教宗方济各致函与会人士，提到粮食浪费问题。他指出，「每年浪费的粮食会产生大量的温室气体」。他也提及「不稳定的时期」，说，「我们正将世界推到危险的极限：气候在变化，毫无节制的开发资源；冲突和经济危机威胁著无数人的生存。面对这些危机，首先受害的是农业团体」。

教宗强调，这些小团体所面对的问题是「没有资源来应对气候变化和冲突，且无法获得资金」。在这种情况下，原住民也包括在内，他们是「贫困和自己的权利遭侵犯」的受害者。另一个被忽视的群体是妇女，她们是生存的支柱，而且「有一

半以上的家庭因粮食不安全而受苦」。此外，青年也包括在内，「他们有创新和积极改变的重大潜力」。

教宗在信函中清楚写道：为了应对饥饿和贫困，我们不能满足于「抽象的策略或无法实现的承诺」，而是培养由集体行动产生的希望。他吁请所有人合作，「建设一个更具包容性的农业和粮食系统」。为了减少浪费和支持资源的公平分配，教宗指出，要在「运输和储存」方面投资，以「减少小农户的损失，他们生产的粮食占每日消耗的三分之一」。最后，教宗向国际农业发展基金发出呼吁，说，你们的提议和行动，「反映出正义、关怀和怜悯的普遍价值，应将它们引向公益，为和平及人际友爱作出努力」。



教宗接見宗座生命科學院的成員 (Vatican Media)

嗨！小朋友，

嗨，小朋友！圣周从圣枝主日开始，就是耶稣骑驴荣进耶路撒冷的那一天，这里是耶稣苦难的开始，包括四天后，耶稣被捕的那个晚上，鸡叫两遍以前，伯多禄否认了祂。今天就让我们藉驴和鸡，认识主基督的福音。

耶稣骑驴荣进耶路撒冷(谷11: 7)

驴子是巴勒斯坦地带人们普遍用作交通工具的一种坐骑。人不分贵贱，都会用驴子来代步或载货。驴子除了用做坐骑，也可以用来耕作和拉磨(参：依30:24)。耶稣的教导中也提过驴：“无论谁，使这些信我的小子中的一个跌倒，

倒不如拿一块驴拉的磨石，系在他的颈上，沉在海的深处更好。”(玛18:6) 这种说法是要强调问题的严重性：让人觉悟要戒除恶表。

相对于战马，驴子是象征和平的乘骑。耶稣骑着它荣进耶路撒冷时，人们把自己的外衣铺在路上，且欢心赞颂：“因

上主之名而来的，应受赞颂！(路19:38)”这段记述成全了厄加利亚先知的预言：“看，你的君王到你这里来，他是正义的，胜利的，谦逊的，骑在驴上，骑在驴驹上。(匝9:9)”重点就在这里：耶稣是爱好和平的君王，祂要来开始重建耶路撒冷。



鸡叫两遍以前，你要三次不认我(谷14: 30)

关于鸡的记载，在福音中，公鸡和母鸡各提一次：耶稣在哀悼耶路撒冷，预言它要变成荒凉时，用了母鸡保护小鸡的比喻来形容天主的眷顾，说：“我多少次愿意聚集你的子女，有如母鸡把自己的幼雏聚集在翅膀底下，但你却不愿意！(玛23:37)”



在福音中的另一处，鸡被写在耶稣和伯多禄的关系中：耶稣在最后晚餐中感叹门徒中有人要出卖祂。伯多禄于是大言不惭地回应：即便众人都离弃耶稣，他也决不会那么做。于是耶稣提醒他：“我实在告诉你：就在今天，这一夜里，鸡叫两遍以前，你要三次不认我。(谷14:30)”当晚耶稣被捕后，伯多禄参杂在人群中。当被人认出来的时候，他非常害怕，接二连三地否认自己认识耶稣。当他第三次否认时，正好鸡叫了第二遍，伯多禄遂想起耶稣给他所说的话，就放声大哭起来。(谷14:66-72)

伯多禄的背叛，表现出环境的险恶和人性的软弱，他的哭号说明他的愧疚与悲伤。这给我们很大的启发：当我们越认识和承认自己的软弱，我们就越能防范和避免犯罪。相反的，过于自负将使我们疏忽和跌倒受挫。

认识圣周 (24-31/3/2024)

圣周就是庆祝耶稣最强烈、最彻底的大爱，圣周是耶稣生命的高峰：从诞生到招收门徒，从传扬福音到治病驱魔，从复活死人到亲临耶路撒冷受苦和惨死。祂启示了我们天父对我们准备的更大“礼物”，邀请我们开始新的生命，诚如圣史若望的省思：“天主竟这样爱了世界，甚至赐下自己的独生子，使凡信祂的人不至丧亡，反而获得永生。”(若3:16)

圣枝主日：纪念基督为了成全祂的“逾越奥迹”，为我们牺牲，而进入耶路撒冷。

圣周四弥撒：教会谨记耶稣的命令：举行感恩祭，就如耶稣在最后晚餐中建立圣体圣血圣事，来纪念耶稣的牺牲，教会也以洗脚礼作为彼此服务的象征。

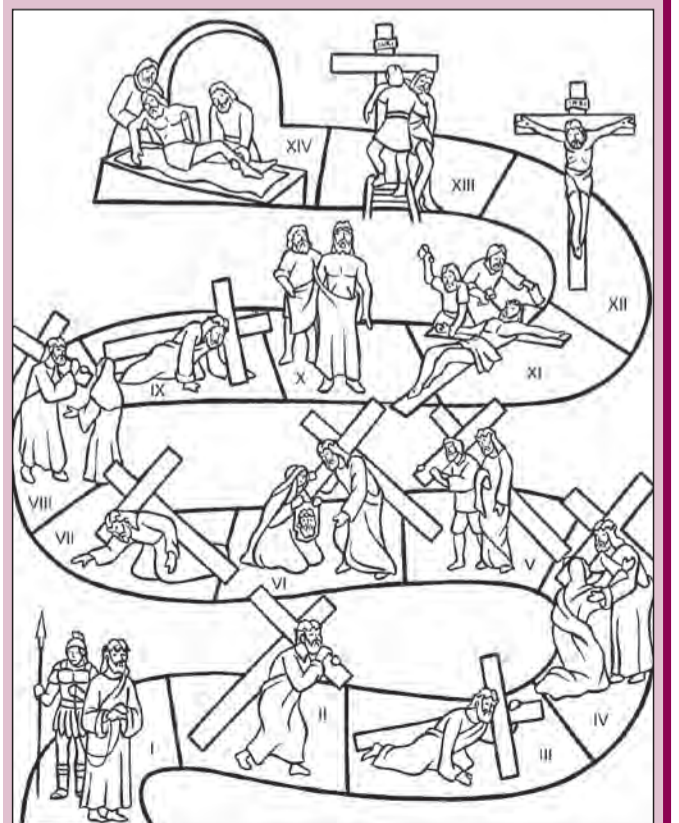
主受难日：纪念耶稣为我们受难，惨死在十字架上的那一天。教友们守大小斋，以忏悔罪过。今天我们要“死于自己”，以便同耶稣一起复活。

复活前夕守夜礼：圣周六，教会以祈祷和守斋，在主的坟墓前默想主的苦难与死亡。高潮是在晚上举行的复活前夕守夜礼：一方面纪念主耶稣被钉十字架死亡，一方面也庆祝主的复活，分享主带来的救恩和新生命。

复活主日：这是凯旋的一天，开始了复活的生命，我们要高唱：“阿肋路亚！基督已经复活了！”

苦路十四处

感谢耶稣为我们牺牲自己，让我们一边彩色，一边默想耶稣的十字苦路：



亞洲主教團協會選出新領導人

(天亚社) 亚洲主教团选出印度的费朗 (Felipe Neri Ferrao) 枢机为亚洲主教团协会的新主席，菲律宾的达味 (Pablo Virgilio David) 主教为副主席。

亚洲主教团协会中央委员会2月22日在曼谷召开会议，再次选出日本东京总教区菊地功总主教连任秘书长。

菊地总主教在社交媒体贴文中表示，三人的任期将于2025年1月开始。

印度西部果阿邦的费罗枢机将接替仰光总教区貌波 (Charles Maung Bo) 枢机出任主席，达味主教将接替兰吉斯 (Malcolm Ranjith) 枢机担任



亚洲主教团协会中央委员会成员于2月22日在曼谷举行会议，选举协会新领导人后合影留念。(图片: Facebook)

副主席。

费朗枢机是印度天主教主教团的主席，该主教团是印度拉丁礼主教的组织。

达味主教是菲律宾天主教

主教团的主席。

亚洲主教团协会是一个由亚洲教会17个分会和两个东方教会组成的主教团体。它是五十年前经梵蒂冈批准成立的。

中國再有兩位中梵認可的主教舉行祝聖禮



中国天主教爱国会主席、北京教区李山主教1月31日在南平市建阳城关天主教堂祝圣福建省邵武(闽北)教区吴奕顺主教。(图片: 中国天主教)

(天亚社) 中国教会再有两名梵蒂冈认可的主教举行祝圣礼。他们分别是1月31日晋牧的福建省邵武(闽北)教区吴奕顺主教和1月29日晋牧的山东省潍坊教区孙文君主教。

连同于1月25日晋牧的河南省郑州教区王跃胜主教，过去一周内共有三名中梵认可的主教举行了祝圣礼。

据官方的中国天主教主教团网站报道，吴奕顺主教于1月31日在福建省南平市建阳城关天主教堂举行的晋牧礼有逾400人参加，当中包括80名神父、360名修女和平信徒。

祝圣礼由官方认可中国天主教爱国会主席、北京教区李山主教主礼，另其他三位主教襄礼。

据报吴奕顺主教1964年12月7日出生于福建省宁德市。1992年7月上海佘山修院毕业后于同年8月晋铎，并于1999年12月当选闽北教区长。他于2022年1月18日当选毕业为闽北教区主教候任人。

据《梵蒂冈新闻》报道，教宗方济各于2023年12月16日已任命吴奕顺神父为邵武教区主教。

早前，现年53岁的孙文君主教亦于1月29日在山东省潍坊教区青州市天主堂举行晋牧礼。

据梵蒂冈新闻办公室1月29日的公告称，教宗在2023年4月20日废除了原有的益都监牧区后建立了潍坊教区，并任命孙文君神父为新立潍坊教区的首位主教。

公告指出，教区划分的改变「是为促进对主的羊群的牧民照顾，并为更有效地致力于它的神益」。教宗决定废除于

1931年6月16日由教宗比约十一世建立的益都监牧区，当时它是从芝罘代牧区(今烟台教区)分出的。

同时，教宗建立了新的潍坊教区，作为山东的济南的省属教区。

据梵蒂冈《信仰通讯社》报道，孙文君主教的祝圣礼由中国天主教爱国会前主席、临沂教区房兴耀主教主礼，另四名主教襄礼及44名神父，330名修女和平信徒参加。

潍坊曾是法籍方济会士的传教地，但自2008年以来，他们一直没有主教。

新主教孙文君自2008年起一直在该地区工作。他于1970年出生，1994年在上海佘山修院毕业，1995年在北京主教座堂晋铎。

他于2005年在山东开始牧民工作，2007年前往爱尔兰进修后于2008年回到潍坊并继续在那里的牧民工作。

新教区辖区内有约900万人口，其中约6,000是天主教徒，有十名神父和六名修女在当地服务。

据报这两位新主教的任命是在梵蒂冈与中国临时协议的框架下进行的。

梵蒂冈于2018年与中国就有关主教任命达成「临时协议」，目的是为与中国政府进行「尊重的对话」，并「促进天主教会的使命和中国人民的益处」。

该协议于2020年续签，并于2022年再次延长两年至今年十月。

包括这三位于近日祝圣的主教在内，过去六年按照协议任命的共有九名主教。

新加坡的時間囊揭示百年基督教遺產

(天亚社) 来自一个具有百年历史的时间囊中的文物揭示了新加坡早期基督徒的历史和遗产。

据新加坡《亚洲新闻台》2月19日报道，来自中华卫理公会的时间囊展示了1924年及之前基督徒生活的一瞥。

新加坡卫理公会主席吴乃力牧师在年度会议上表示，这个时间囊和文物提醒人们卫理公会在新加坡的遗产。

他说：「它真实地描绘了当时整个教会的生活，以及信仰团体是如何实践他们的信仰。」

他指出：「我们现在也知道他们唱的歌。所以，我认为这非常有趣，也有助于我们延续这传统。」

这个金属盒子被嵌在1925年建造的直落亚逸卫理公会教堂的墙上。该教堂于1989年被列为国家历史古蹟。

据该电视新闻频道称，这个金属盒子里装有大约10件文物，其中包括一本1919年的袖珍赞美诗集和当时的报纸等物品。

吴牧师说，这本赞美诗还详细介绍了有关教堂的仪式和礼拜程序，包括圣餐、婚礼和葬礼，这提醒了他们祖先的信仰。

该盒子于2月7日从教堂墙上取出，提取后被保存在湿度受控的干燥箱环境中，并于2月14日打开。

报道称，在1942年至1945年日本占领期间，这座教堂曾是约300人的避难所，目前因修复工程而关闭。

据报教会成员知道时间囊的存在，但没有试图要打开它。

该教堂档案委员会在研究即将到来的教会100周年纪念的相关内容时，偶然发现了《马来亚星期六邮报》上一篇与之相关的旧文章，之后，对时间囊的搜索再次开始。

这篇文章详细介绍了教堂的奠基石和时间囊的位置，根据这些信息，教堂聘请了承包商来定位和提取金属盒子。

据报他们使用了超音波和金属扫描工具来定位金属盒。

教堂档案委员会主席李巴斯蒂安 (Sebastian Lee) 表示，一旦教堂建筑于2025年完成翻新，并在百年纪念日重新开放，这些回收的物品将成为遗产画廊的一部分。

他说：「我们正在拼凑所有这些(项目)，并尝试整理和调整所有信息。」

他指出：「希望

展示会包含那一代人的视频，以及那些仍然和我们在一起的人的视频，还有展示那一代人在当时社会生活的老照片。」

据《亚洲新闻台》报道，教会人员表示，他们还计划为后代放置一个新的时间囊。

位于直落亚逸的华人卫理公会教堂的起源可以追溯到美国医生兼卫理公会传教士韦斯特 (Benjamin West)。韦斯特在南京上街的一间租来的店屋里行医并传福音。

第一座卫理公会教堂建立于1885年。如今，卫理公会是新加坡最大的基督教教派，据该教会的网站，教会有约46座教堂和4.2万名成员。

新加坡是一个多民族、多宗教的国家，人口约为570万。华人大多是佛教徒，而大多数马来人则是穆斯林。

根据官方数据，基督徒约占新加坡人口的15%。



新加坡卫理公会的领导人检查从一个有百年历史的时间囊中取出的中文圣经。(图片: 新加坡卫理公会)

柬埔寨森林部落獲准建造一座新教堂

(天亚社) 柬埔寨东部一个森林部落的天主教徒团体获政府许可，在一个受保护的保护区建造一座新教堂，他们为此欢呼雀跃。

据《信仰通讯社》2月10日报道，磅湛宗座监牧苏恩 (Hangly Suon) 主教在2月的主日主持了奠基仪式。他说，新教堂将为越来越多生活在高西玛自然保护区的布农教友提供牧民服务。

约150名神父、修会人士和平信徒聚集在一起纪念这一特别的时刻。

这个自然保护区分布在靠近东北部越南边境的蒙多基里和桔井省，是包括布农在内的少数民族部落团体的家

园，这些被统称为山地人的部落遍及柬埔寨、越南和寮国。

他们是传统的万物有灵论者和自然崇拜者，许多布农族人在过去几十年间已经接受了基督信仰。

金边宗座代牧、法国巴黎外方传教会士施密特埃斯勒 (Olivier Schmitthaesler) 主教于2022年6月29日在蒙多基里省的圣若翰堂祝圣了本伯洪 (Bun Prak Hong) 神父，使他成为首位布农族司铎。

据《信仰通讯社》报道，约有5万布农人生活在被森林覆盖的村庄里，以务农为生。

苏恩主教表示，新教堂的建设是为了回应该地区不断增

长的信徒人数。该地区有70名天主教徒和15名传道员，预计许多人会在不久将来加入天主教会。

他说，这座教堂将成为「传福音的中心，一个向该地区所有人传扬天主的爱之光和福传点」。

他指出：「这是一个小团体，但最重要的是由人组成的教会，是天主恩典的光，照亮我们周围的人，让他们认识基督，获得救恩。」

在1970年代血腥的内战和种族灭绝的赤柬政权期间，柬埔寨大多数的布农族逃到越南。他们中有很多在波尔布特政权被推翻后回国。

据教会消息人士称，作为

越南难民，一些布农人得到巴黎外方传教会士的支持，为他们提供食物和住所。据说这种慷慨的行为鼓励了一些布农人皈依天主教。

照顾蒙多基里省天主教徒的博雷潘 (Jean Marie Vianney Borei Phan) 神父指出，2009年，在一些布农人探访越南并发现当地天主教团体参与支持穷人和病人后，更多的布农人开始成为基督徒。

他说，在高西玛森林的布农加入天主教会后，当地教会建立了一个小型传教站，提供牧民照顾。

他表示，省政府批准了教堂的建设，促使教会当局继续发展。新教堂预计将在一年内

竣工。

柬埔寨的天主教会可以追溯到16世纪，这要归功于葡萄牙天主教传教士。在内战之前，柬埔寨大约有6.2万名天主教徒。

由于赤柬政权(1975-1979)期间迫害和驱逐所有外国传教士，教会几乎消失了。所有当地的主教、神职人员和大多数平信徒都遭到酷刑和杀害。

在1990年代，随着传教士的回归，教会获得了重生。

如今，柬埔寨教会有约2万名天主教徒，主要由外国传教士服务。多年来，当地教会培育了10名神父和10名修女。

聖事的經文和元素不可更改，否則無效



施予圣洗圣事 (Nadiia Koval)

(梵蒂冈新闻网) 圣座教义部2月3日公布了一份文件 (Gestis verbiusque)，重申在施予圣事时不可随意修改礼仪中所规定的经文和元素。如果随意发挥，那么圣事本身就无效，也就是从未举行过这件圣事。这份文件在教义部最近的全体大会上进行了讨论并通过，也得到了教宗方济各的批准。

费尔南德斯枢机的介绍

圣座教义部部长费尔南德斯《行动与言语》(Victor Fernández) 枢机在这份文件的介绍中解释，写这份文件的起因是迫于「证实所举行的圣事无效的情况越来越多」，乃至因这种修改，「需要再去寻找有关的人，为他们重复圣洗或坚振礼仪，众多信友理所当然地表达了他们的困扰」。

枢机举出改变圣洗圣事经文的实例，如「我因造物主之名为你付洗」、「因爸爸和妈妈之名，我们为你付洗」。这种情况也涉及一些司铎，他们「以这种形式接受了洗礼，后来痛苦地发现

自己的圣职和从那时起所举行的圣事都是无效的」。

费尔南德斯枢机解释，在举行圣事时，这种创意反而成为一种「操纵的意愿」。他提醒道，「我们圣职人员需要有力量克服自以为是教会的主人的诱惑」，「信友有权接受依照教会规定所举行的圣事」。

以天主的行动为先

教义部的文件指出，「教会从一开始就特别注重根源，从中汲取她的存在和作出见证的生命活力，即由《圣经》和圣传所证实的天主圣言，以及在礼仪中所举行的圣事，并通过这些圣事，不断被引向基督逾越的奥迹」。因此，教会训导在圣事所用的元素上的介入「始终注重要以忠实于所庆祝的奥迹为根本」。

事实上，教会有责任确保以天主的行动为先，并在那些无与伦比的行动中维护基督奥体的统一。教会也「意识到，分施天主的恩宠并不意味着将之占有，而是在传递复活基督的恩典时，成为圣神的工具。教会尤其知道，她对圣事的权力不涉及圣事的实质」，「在圣事的举动上，她必须守护耶稣托付于她的救赎性的举动」。

圣事的质与形

文件接著解释道，「圣

事所用的物质元素在于基督透过人的行动施展作为」。这些物质元素包括水、面饼、酒和油。此外，还有十字圣号、覆手、浸水礼、婚姻合意，以及付油。在圣事中，这些元素「由经文构成」，「这经文总是从圣经获取灵感，植根于活生生的教会圣传，并由教会训导作出具有权威性的规定」。因此，质与形绝不可，也不能「按照个人或个别团体的意愿」进行。

不可改变

因此，必须忠实地遵守已颁布的礼仪经书的内容，不得作出「增删或任何改动」。这是因为，如果改变了文字或内容，圣礼就不存在了。在这方面，文件在注脚34中对合法性和有效性作了重要区分，解释道「对圣事的经文作任何改动，都是严重的非法行为」，即使是最小的改动，不改变其原意，也不会使其失效，仍然是非法的。

守护圣事的宝藏

「我们是在瓦器中存有这宝贝，为彰显那卓越的力量是属于天主，并非出于我们」(格后四7)。教义部的文件最后引用圣保禄的话，为「强调天主透过宣讲者的软弱来彰显祂的大能，这也很好地描述了在圣事中的情况。整个教会都蒙召守护圣事所蕴含的宝藏，使天主在人类历史上的救赎行动的至高性不被遮蔽，即使是藉著人性脆弱的标记和举动」。

為禧年做準備的祈禱手冊可在網上下載



為準備禧年的祈禱手冊

(梵蒂冈新闻网) 《请教给我们祈祷》(路十一1)：这是圣座福音传播部为今年禧年预备的祈祷手册的名称。这个禧年由教宗方济各订立，为明年2025年禧年做准备。祈祷手册的意大利语版本目前已在该部会的网站上公布，西班牙语、葡萄牙语、法语、英语、波兰语不久后也可从网上下载。

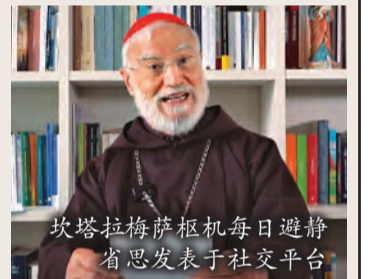
这本祈祷手册是为陪伴基督徒团体和每个信徒迈向禧年所预备的一系列工具之一，标题取自《路加福音》第十一章，受到教宗方济各训导的启发，邀请人们勤于祈祷，将之作为个人与天主的交谈，好能反省自己的信德，以及在今日世界、在蒙召生活的不同领域所尽的本分，激发向现代人福传的新热忱。

祈祷手册分为若干部分，为信友们提供指导和建议，帮助他们在与他人的关系中更圆满地活出与天主的交谈。引言部分提及教宗方济各在多次机会的要理讲授，其中指出祈祷是与我们内心深入接触的途径。因此，对每个基督徒而言，祈祷应是指引方向的罗盘针。

第一章陈述「教宗方济各关于祈祷的教导」；第二章则列举祈祷的不同方式；随后几章分别针对「在堂区团体的祈祷」、「在家庭的祈祷」、「青年的祈祷」、「关于祈祷的退省」、「关于祈祷的要理讲授」、「隐修生活的祈祷」、「圣所的祈祷」，以及「信友为2025年禧年的祈祷」。

坎塔拉梅薩樞機每日避靜省思發表於社交平台

(梵蒂冈新闻网) 教宗方济各2月18日在诵念《三钟经》后表示，当天下午他与「圣座部会的合作者们」要开始四旬期避静，邀请信众「在这四旬期，在这为禧年做准备的禧年，特别腾出时间在上主的临在前收敛心神」。梵蒂冈新闻网本周每天在X平台、脸书、图享和WhatsApp的渠道发布教宗府讲道神师坎塔拉梅萨枢机的省思。



坎塔拉梅薩樞機每日避靜省思發表於社交平台

枢机在19日发表的视频中说：「我收到了请求，要连续六天与你们分享大约一分钟的省思。世界上只有几句话能在在一分钟内说完、却足够一整天，甚至一辈子用的：那就是从耶稣口中说出的话。我每次向你们提出一句，请你们『咀嚼』整整一天，就像嚼一种特殊的『心灵』橡皮糖那样。」

坎塔拉梅薩樞機的首日省思

枢机当天的省思专注于耶稣的一个提问，即：「你们找什么？」接著，门徒们答道：「师傅，祢住在哪里？」耶稣说：「你们来看看吧！」(若一38-39)

枢机解释道：「此时我们只关心耶稣的提问：『你们找

什么？』弟兄姊妹，你们可曾问过自己这个问题：『我在生命中找什么？』假如你一时半刻找不到答案，那么我给你个建议。你去寻找人人都找的：幸福！早在弗洛伊德之前，圣奥斯定就明白了这点，说：「我们所有人都渴望幸福！」然而，与弗洛伊德不同，圣奥斯定也给出了这普遍『内驱力』的理由：『祢为了祢自己而造了我们。』他在《忏悔录》的开头对天主这么说。『除非憩息在祢内，我们的心灵将不得安宁。』请省察自我，弟兄姊妹，你会发现，你的许多悲伤和不安恰好在这里找到解释，也就是你曾在满是裂痕的蓄水池、而非在天主的活水泉源那里找水(参阅：耶二13)。」

向砂勝越聖方濟修女會卓薇達修女致敬



卓薇達·傑修女
(布里吉特·澤木易斯)
(Sr Jovita Jet @ Bridgit Binti Jemuis)
1950年12月25日出生
2024年正月20日安息



出席卓薇達修女殯葬彌撒的修女們與教友。

(古晋讯) 来自沐胶的年轻布里吉特小姐(她的洗名是Bridget)加入砂勝越圣方济修女会时是充满了喜悦的希望。

卓薇达修女的殯葬礼仪，包括2024年正月23日在圣克拉拉之家的入殮礼，圣若瑟总主教座堂的殯葬弥撒，富贵山庄聚宝堂的火化和在浮罗岸圣彼得骨灰楼的安置礼，都作了直播，让修女在沐胶、美里和西马、不能亲身前来参加她的葬礼的亲友可以在网上参与。

傅云生总主教正月23日在圣若瑟总主教座堂与夏长福荣休总主教及七位神父共祭修女的殯葬弥撒时，确认卓薇达修女在她整个献身生涯中对天主的信靠、忠诚和忍耐。他引用圣咏26:1-4来认可她的愿望：「我深信在此活人地区，定会享见上主的幸福。」

23岁时，布里吉特回应了天主的召叫，加入献身生活。1973年4月24日，她和另两位同道，进入浮罗岸无玷圣母会院的初学院接受望会生培训。她于1973年11月18日领受

了会衣并正式被授予卓薇达修女的会名。她在1975年12月7日发初愿，1980年11月23日发终身愿。

发完初愿后，她被派往圣亚纳会院(位于古晋大石路圣伯铎修院园子内，1965年12月6日由若望·沃斯主教启用，1978年8月关闭)，协理家务及载送会院团体有需要的修女们，为时两年。

从1979年到1987年，她被派往圣德丽萨会院，担任圣若瑟总主教座堂的圣器保管员。她是会院团体的厨师。此外，她也照顾寄宿于会院的寄宿生和失明妇女。她也经常探访各收容所和医院的病人和穷人。

接着她被调往朋里逊路四哩半的伯大尼会院(当时退休修女们的临时居所)，直到1993年5月30日。她负责任地管理会院的各种事务，载送会院团体有需要的成员。她也将她的服务扩展到附近的有需要的和生病的人们。

之后，她在浮罗岸无玷圣母会院居住，直到2021年8月21日。至此，她已为那里的团

体提供了28年谦逊的服务。她曾在砂勝越中央医院接受过数次骨骼手术及外科手术。她勇敢、坚韧、不抱怨地以祈祷面对长年的不舒服和疼痛。园艺常常给她带来莫大的喜悦和满足。

2021年8月22日，因了严重的骨质疏松症，类风湿关节炎和其他相关病痛，她被送入圣克拉拉之家。砂勝越圣方济修女会总会长王碧玲修女在她调动信中肯定地称卓薇达修女是，「如何以积极的态度面对身体上的疼痛的好榜样，常常愿意为其他修女及他人服务，尽管她自己疼痛不堪。」

一次跌倒造成卓薇达修女胸椎骨盆多发性骨折，其并发症又发展出其他严重的健康症状。2024年正月6日至10日，她住入金宝林医药中心。

卓薇达修女将于2025年庆祝发愿金庆，但2024年正月20日凌晨一时43分，天父慈爱地从圣克拉拉之家召回她。现在安稳地在天主手中，她必定感到非常宽慰。她确定将活在我们心中。(砂勝越圣方济修女会供稿)(译文)

聖座：與各國關係部門委員會迎來新成員

(梵蒂冈新闻网) 教宗方济各为圣座国务院与各国及国际组织关系部门委员会任命了四名新成员。该部门又称为「第二部门」，由加拉格尔(Paul Richard Gallagher) 总主教领导。

新的枢机成员是：圣座福音传播部初传福音和新建地方教会部门代理部长塔格莱(Luis Antonio G. Tagle)

枢机、圣座促进人类整体发展部部长切尔尼(Michael Czerny) 枢机，以及圣座东方教会部部长古杰罗蒂(Claudio Gugerotti) 枢机。

此外，教宗也任命了阿尔巴内塞(Giulio Albanese) 神父为该委员会成员。他是罗马教区社会传播办公室和教会间传教合作办公室主任。



傅雲生總主教的訊息

祝大家恩宠的四旬期和复活节。

今年的整个三月都在四旬期内，并以教会礼仪日历最神圣的圣周达到顶峰。从2月14日的聖灰星期三开始，四旬期聚焦于悔改、皈依、祈祷、守斋和施舍。从2024年3月24至31日，焦点将转到圣周，从圣枝主日到复活主日。

圣周庆祝两千多年前，耶稣在耶路撒冷城的一周。福音中包含了当时实际事项的文字记载，我们从确切地得知当时所发生的事。在圣周，我们就像被带回两千年前的古老耶路撒冷。

我写这讯息是为鼓励所有天主教徒和友善的朋友们到教堂来，在耶稣在世生命最后的奇异旅程中，陪伴祂及和祂相遇。

2024年3月24日---圣枝主日
圣枝主日是耶稣骑着毛驴进入耶路撒冷的决定性的一天。群众口呼「贺三纳」，意思是「拯救我们，现在。」这是求天主帮助或释放的呼喊。在我们基督徒的传统，贺三纳表达对基督的崇拜、救赎和希望。

- 在圣枝主日，让我们呼喊「贺三纳」。让我们挥动我们的棕榈枝，迎接我们的主耶稣、救主和君王。（若12:13）

- 我们可以将祝圣过的棕榈枝保存在家中，并在明年四旬期前交回给教会烧成灰在聖灰星期三用。

- 藉着和耶稣一起进入耶路撒冷，我们承诺在圣周四的最后晚餐、星期五耶稣受难日在十字架下和耶稣在一起，然后在圣周六守夜礼在坟墓等待在复活主日庆祝祂的复活。

2024年3月27日---祝圣圣油弥撒

祝圣圣油弥撒传统上是在圣周四的早上举行。但由于我们的司铎们必须回到外地堂区，古晋总教区于是选在前一天举行。在这弥撒中，举行圣事用的圣油：慕道者油、病人油和圣油被祝圣。总教区的司铎们也重宣铎职誓愿。

- 请来为主教和司铎们祈祷（圣若瑟总主教座堂晚间7点30分）

2024年3月28日---圣周四

圣周四庆祝三件事：最后晚餐，耶稣建立圣体圣

事，与司铎们奉献弥撒的圣秩；以及耶稣以为宗徒洗脚建立的、彼此相爱的新诫命。

最后晚餐后，耶稣到革责玛尼的庄园祈祷，寻求父的旨意。圣周四晚间的弥撒后，圣体被明供在祭台。

- 留下来或晚上倒回来陪伴耶稣。让我们「同耶稣醒寤一个时辰」（玛26:40）。

2024年3月29日---耶稣受难日

从受难日早上开始，耶稣在罗马总督比拉多的总督府受审。祂首先被鞭打，被嘲谑为假君王，披着紫红色的外氅，戴着茨冠，然后被判最痛苦最羞辱的十字架刑。耶稣必须自己扛着十字架走过耶路撒冷的街道到加略山。

- 当我们诵念玫瑰经默想痛苦五端，传统是在星期五，我们回忆及默想受难日的救赎过程。

- 在四旬期间，我们藉着拜苦路和耶稣一起走。我们默想耶稣扛着十字架走过的最后旅程和其间发生的事。

- 让我们醒悟，现在当我们扛着自己的十字架和生活的担子，在我们的痛苦、病痛和面对失去亲人的悲伤和失落中，我们的主耶稣继续陪伴我们。

根据圣经，耶稣是在第九时辰，即下午三点死的。一个士兵刺透了祂的肋膀，刺穿了祂的心脏---流出了血和水。这些都象征每次弥撒中圣体的奉献和授洗的水。上主慈悲的画像以从耶稣的心射出的红色和白色的光表现了它。

- 下午三点被称为慈悲的时辰，我们天上的父在这时间点，将祂的慈悲倾注在全人类和受造物上。

- 我鼓励每个天主教徒养成在下午三点时保持静默---即使只是短短数秒钟时间---来有意识地每天下午三点领受天主的慈悲和恩宠。静默并作个信德的动作，心中默念我相信耶稣为我们的主和救主，并欢迎祂的慈悲进入我们的心。我们可以随处---在我们的办公处、家中等等---作这数秒的静止，而从我们的主领受这个恩宠。

- 让我们记住受难日，在每个星期五作些补赎、祈祷，或做些爱德或慈善的工作，作为我们对耶稣的爱的奉献。

2024年3月30日---复活节守夜

在复活节守夜，我们庆祝

复活的耶稣，世界的光。祂已死而复活。在这最神圣的夜，我们藉着入门圣事---洗礼、坚振和圣体圣事，欢迎新教友进入教会。有如耶稣在约旦河的洗礼，当新受洗者从洗礼的水中出来，他们在坚振礼中领受圣神的傅油，过后，他们将被领到祭台前首次领受基督圣体。

2024年4月1日至7日---复活八日庆期

阿肋路亚！基督已复活了！天主教会在接下来的八天，从复活主日到上主慈悲主日，称为复活八日庆期的平日弥撒中继续宣扬主的荣耀，庆祝复活的喜悦。

- 从复活主日每天参与平日弥撒或读福音。
- 聆听每日圣言，目击证人和复活主相遇的个人的文字见证。阿肋路亚！耶稣真的复活了。阿肋路亚！

你可知道，在每个弥撒中，我们都能和耶稣一起走过整个圣周？

弥撒中，当饼和酒被放置在祭台上时，如在首个圣枝主日一样，我们和耶稣一起进入耶路撒冷，宣扬「圣！圣！圣！上主、万有的天主...欢呼之声响彻云霄。奉主名而来的当受赞美。欢呼之声，响彻云霄。」

感恩经在将饼酒转变成基督的身体和血时，用耶稣的话「这是我的身体，为你们而牺牲...这一杯就是我的血，为众人倾流，以赦免罪恶...你们要这样做、来纪念我。」使最后的晚餐临现。

羔羊颂纪念耶稣在受难日之死，我们接受耶稣为「天主的羔羊，除免世罪者，求祢垂怜我们。」

领圣体时，我们领受复活主的平安和基督圣体。复活主派遣我们作祂的门徒进入世界，「平安地去，用生命荣耀主。阿肋路亚。」

我借此机会祈求三月的四旬期和复活节的期待充满圣神。祝大家复活期喜悦和希望。

傅云生总主教（译文）

砂勝越天主教福利服务议会2023年四旬期呼吁收入

		2022年 总额	2023年 总额
来自教堂			
1	网上过账/砂勝越支付	281,603.76	220,842.26
2	石隆门圣斯德望堂	101,219.10	82,849.90
3	西连圣德丽莎堂	69,606.00	70,915.00
4	BDC圣体堂	55,821.45	36,832.15
5	浮罗岸圣彼得堂	52,693.55	76,789.00
6	哥打巴达湾圣亚纳	44,436.50	50,592.35
7	哥打圣淘沙圣心堂	44,400.10	27,772.30
8	古晋圣若瑟总主教座堂	41,730.00	55,830.10
9	伦乐圣神堂	39,630.15	34,975.00
10	斯里阿曼和平之后圣母堂	32,537.85	31,519.70
11	实都东天主之母小堂	30,710.45	17,850.00
12	肯雅兰园圣三堂	24,041.90	42,467.00
13	勿南格卡圣犹达堂	17,000.00	17,899.00
14	古晋总主教公署	10,120.00	6,020.00
15	石角圣马尔谷堂	7,023.05	9,412.00
16	乡区华语教务	5,996.00	6,010.00
17	古晋加尔默罗圣衣会	5,000.00	3,000.00
18	古晋加尔默罗圣衣会小堂	4,688.70	7,696.00
19	圣伯铎大修院	2,454.00	2,601.35
		870,712.56	801,873.11
来自学校			
1	古晋圣若望私立小学	6,638.10	13,484.00
2	古晋圣若望私立中学	4,176.70	2,661.00
3	古晋圣德丽莎幼稚园	4,140.00	2,915.00
4	哥打圣淘沙双溪达邦政府中学	1,541.60	964.95
5	古晋圣若瑟私立国际学校	1,227.00	1,352.85
6	古晋圣若瑟幼稚园	-	4,047.00
7	古晋圣德丽莎小学	-	-
8	古晋圣德丽莎3	-	1,227.00
9	三合兴小学	-	626.00
Sub Total		17,723.40	27,227.80
总额		888,435.96	829,152.91
减去10%作救灾基金		-88,843.60	-74,630.10
余额作福利活动		799,592.36	754,522.81

砂勝越天主教福利服务议会2023年四旬期呼吁支出

		2022年 总额	2023年 总额
平安之家			887,379.68
圣文生·德保分会			
	石隆门圣斯德望堂	142,000.00	
	西连圣德丽莎堂	68,000.00	
	伦乐圣神堂	38,000.00	
	古晋圣若瑟总主教座堂	50,000.00	
	哥打巴达湾圣亚纳堂区	45,000.00	343,000.00
	哥打圣淘沙圣心堂	30,000.00	
	斯里阿曼和平之后圣母堂	35,000.00	
	乡区华语教务	40,800.00	
	勿南格卡圣犹达堂	50,000.00	155,800.00
肾脏透析补助金			22,051.00
撒玛利亚补助金			14,160.00
拉萨食物计划			1,582.20
福利工作			9,750.00
为砂勝越中央医院贫苦病人看顾者提供食物（食物券）			2,287.90
总支出			1,436,010.78

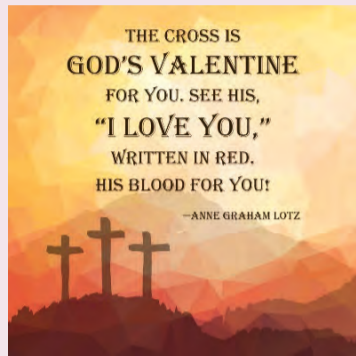
天主教福利会2024年的四旬期呼吁

今年2024年的四旬期和农历新年落在同一时期，而圣灰日又和情人节落在同一天。农历新年标志着春天的开始。而四旬期的lent字源自意为「春季」的古老英语。在某种意义上，我们就是庆祝一个新的开始、恩宠和慈悲的时节。农历新年和四旬期确实就是庆祝爱天主和我们的家庭，和爱我们的近人的感恩。

标志着我们开始40天的斋戒的2024年圣灰日恰巧和今年的情人节落在同一天。情人节传统上是纪念早期名为圣瓦伦丁 (Saint Valentine) 的基督徒殉道者。据说，圣瓦伦丁治好他的狱卒失明的女儿并给她写了一封信，署名「你的瓦伦丁」，作为他行刑前的诀别。因此将这奉献予爱。四旬期是革新我们对天主和对近人的爱的时候。

在圣灰日，我们受邀在四旬期间，藉着回心归向我们天上的父，来回应天主对

我们的爱。「天主竟这样爱了世界，甚至赐下了自己的独生子，使凡信祂的人不至丧亡，反而获得永生。」(若3:16)「十字架是天主给你们的情人节。请看看祂用祂的血书写的红色我爱你。」(安妮·格雷厄姆·洛兹)我也从社交媒体上获得一个讯息，提醒我：「没有『四旬期』(Lent)你不能拼出完整的『情人节』(VaLENTine)」。



母亲教会邀请我们恪守**施舍、祈祷和守斋**的传统四旬期斋戒做法(玛6:1-18)。简单的指南就是，我们的四旬期做法

应该是对别人的一种祝福。

☑ **祈祷**帮助我们加深我们和天主以及他人的关系。

☑ **斋戒**帮助我们寻求依靠天主。

☑ **施舍**教导我们依赖天主及对他人慈善。

这三个四旬期的做法必须同时进行。在这个四旬期，让我们以祈祷、斋戒和忏悔和施舍，活出四旬期精神。

1. **祈祷**
2. **吃得少、吃得简单**
3. **将省下的钱赠予贫穷和有需要的人们**

愿大家在充满四旬期的精神下蒙福

+ 傅云生总主教



编余

四旬期：我們重新集焦於耶穌的時候

农历新年过完了，我们已进入四旬期。我们在第三面刊登了古晋总教区农历新年弥撒的照片。

古晋总教区各堂区的圣灰日弥撒都出现「满座」的现象，有一个堂区甚至因为是星期三工作日没预料有那么多教友进堂而出现圣饼不够分的情形。

古晋的各修会团体于2月3日献耶稣于圣殿庆日，在加尔默罗圣衣会小堂庆祝第28届世界献身生活日。弥撒由傅云生总主教主祭，所有修会神父共祭。

古晋天主教律师于2月17日再次聚首，在圣若瑟总主教座堂庆祝每年的红色弥撒。

他们受促请关注有需要的人的需要，特别在四旬期间。

傅总主教在他的天主教福利会常年四旬期呼吁中，提醒天主教群体遵守四旬期施舍、祈祷和守斋(玛6:1-18)的传统做法。天主教福利会将继续在各教堂提供四旬期呼吁盒子和信封，方便那些选择将他们的奉献投入教堂收捐袋的人们。

一台特别为生病的和年老的人们的治愈弥撒于2月28日在圣若瑟总主教座堂举行。

由文森特兄弟会的迈克神父与悉努神父主持，古晋总教区的神父共祭。

让我们记住，四旬期是我们重新集焦于耶稣，发展我们和祂的关系的时候。

蔡爱薇(译文)

天主教律師受促關注有需要的人們



天主教律師們和傅云生總主教(前中)、高爾文·理查·龔邦神父，及達維·恩達萊神父合攝于2月17日的紅色彌撒後。

(古晋讯)古晋总教区的天主教律师们自2015年便每年庆祝「还愿弥撒」或红色弥撒。今年的该弥撒是在四旬期间的2月17日，在圣若瑟总主教座堂举行。

傅云生总主教在证道中对出席弥撒的律师和他们的家人和朋友说，红色弥撒标志着法律年的开始，是呼求「为所有寻求正义的人祈求圣神的指引，并为反思天主教徒所相信的、天主赋予所有法律业者的权力与责任提供一个恩典的时刻。」

因此，取自圣灰星期三后星期六的红色弥撒读经完全适合律师们。



律師代表献上禮品



拿督斯里馮裕中移交謝儀給傅總主教

天主对爱和慈悲的要求

取自依撒意先知书的读经一是关于天主对四旬斋期间禁食和忏悔时对爱和慈悲的要求。这也是召叫人们遵守安息日并避免工作，因为将这段时间献给主并感谢主的恩赐很重要。

他说：「今天，主希望利用法律职业在我们的社会中开展正义和慈悲的工作、在社会中宣告祂的慈悲和爱、和平与兄弟情谊的王国。」

路加福音反映了耶稣「带来怜悯和希望的权威和能力，并以此改变祂那个时代的社会面貌，以慈悲的态度对待被排斥的人……作为人类兄弟姐妹，无论社会地位如何，或缺乏它。」

没有正义就没有和平，没有宽恕就没有正义

傅总主教提醒天主教律师们要对有需要的人的需求保持敏感。他在讲道结束时引用了教宗若望保禄二世对天主的仁慈的宣告：「没有正义就没有和平，没有宽恕就没有正义」。

高尔文·理查·龔邦神父和达维·恩达莱神父与傅总主教共祭了该弥撒。

由法律业者奉献的礼品包括了律师们在法庭的正装包括假发和长袍。

红色弥撒结束时，律师们向歌咏团、共祭神父和傅总主教表达谢意。谢仪由资深律师拿丁露茜萨琅和拿督斯里馮裕中代表移交。

(蔡爱薇报导) (译文)

主的话

耶穌會士, 林進才神父



2024年3月24日:乙年聖枝主日

(依50:4-7; 斐2:6-11; 谷14:1-15:47)

天主隱藏自己

在耶穌受難日前的两个星期用布将圣像、画像，甚至十字架遮盖是天主教的做法。所用的布通常是紫色或紫罗兰色的。有些人认为那是因为信友们不需要在迈向纪念基督的苦难和死亡的这段时期思索这神圣奥秘的精美描绘。在某方面，这是为剥夺人对人类艺术品的美的欣赏作为一种补赎。

或许，按罗耀拉的圣依纳爵的神操的建议，我觉得更好的原因是为描绘基督贬抑自己受难和死亡的确切原因。神操的第三周是默想耶稣的苦难和死亡。在第三周，圣依纳爵建议避静者向主求悲痛、怜悯和羞愧的恩宠，因为主正走向祂为我的罪受的苦难。(神操193)而就我所要表达的：第三周是要考虑天主性如何隐藏自己；譬如，它可以摧毁它的敌人，但却不那么做，而让最神圣的人性受那么残酷的苦难。(神操196)确实，在受难期将圣像遮盖的习惯是为提醒我们基督隐藏的天主性。

当天弥撒的读经二指出：「他虽具有天主的形体，并没有以自己与天主同等，却使自己空虚，取了奴仆的形体，…祂贬抑自己，听命至死，且死在十字架上。」(斐2:6-8)耶稣故意的选择贬抑自己，将自己的天主性隐藏在人性下，来接受像我们每个人一样的死亡。不单只是死亡，祂也接受了死亡前的苦难。

圣周一又一年地回顾，耶稣贬抑及隐藏祂的天主性。我们从圣枝主日或受难主日开

始，从圣经中听到，广受传述的耶稣荣进耶路撒冷，作为一位先知受人欢呼、以棕榈枝欢迎的叙述。接着是当天的福音耶稣被背叛和受难；在同一群人的嘲讽的伴同下出了耶路撒冷围墙被钉十字架。从群众的欢呼到嘲讽，耶稣一直沉默地接受了、隐藏着祂的天主性、服从父、为使救赎的计划得以完成。

祂就像读经一所说的：「祂每天清晨唤醒我，唤醒我的耳朵，叫我如同学子一样静听。吾主上主赐给了我一个受教的口舌，叫我会用言语援助疲倦的人。吾主上主开启了我的耳朵，我并没有违抗，也没有退避。我将我的背转给打击我的人，把我的腮转给扯我胡须的人；对于侮辱和唾污，我没有遮掩我的面。」(依50:4-6)耶稣不只静听祂的父，像一个服从的门徒一样倾听，祂也为疲倦的人讲天主的话，为了以祂自己的苦难安慰他们。耶稣自愿隐藏祂的天主性，为了在我们的痛苦和苦难中和我们一样。

耶稣说：「我的心灵悲伤得要死；你们留在这里，且要醒寤。」(谷14:34)我们愿意如耶稣要求我们的和祂主一起吗？还是当我们为和耶稣在一起敞开心扉，祂就会是在我们的痛苦和悲伤中陪伴我们的那一位？耶稣愿意隐藏祂的天主性，为了和我们一起，特别是当我们痴迷于自己而推开祂时。

(译文)



Bagaimana bersedekah boleh merapatkan kita dengan Tuhan

oleh Philip Kosloski



Bersedekah, termasuk menyumbang masa, bakat dan harta kita kepada orang lain yang memerlukannya, adalah ciri utama kepercayaan Kristian. Ia adalah satu amalan yang mencontohi Yesus dan bagaimana Dia sentiasa menyerahkan diri kepada orang lain dalam kehidupan dan kematian.

Pope Benedict XVI merenungkan tentang bersedekah dalam perutusannya pada 2008 bagi Musim Lent, dan menjelaskan bahawa ia boleh menjadi alat bagi perubahan hati.

Dengan merapatkan diri kepada orang lain menerusi bersedekah, **kita**

merapatkan diri kepada Tuhan; ia boleh menjadi alat bagi perubahan hati yang tulen dan perdamaian dengan-Nya dan saudara-saudari kita.

Dalam satu cara khusus, Benedict XVI merenungkan tentang kuasa bersedekah dan kaitannya dengan kasih.

Bersedekah mengajar kita tentang kasih yang murah hati. St Joseph Benedict Cottolengo mengesyorkan dengan terus terang: "Jangan mengira duit syiling yang kamu beri, kerana inilah apa yang saya selalu sebut: seandainya, apabila bersedekah, tangan kiri tidak boleh tahu tentang apa yang tangan kanan buat, maka tangan kanan juga tidak harus tahu apa yang ia sendiri buat."

Benedict XVI menggalakkan umat Kristian bersedekah pada Musim Lent, selain pada waktu lain.

Lent mengundang kita untuk "melatih diri sendiri" dari segi rohani, juga menerusi amalan bersedekah **supaya kita berkembang dalam kasih dan mengenali Kristus Sendiri dalam orang miskin.** Dalam Kitab Kisah Para Rasul, kita membaca bahawa Rasul Petrus berkata kepada seorang lelaki lumpuh yang mengemis di pagar Bait: "Aku tidak ada perak atau emas, tetapi apa yang ada padaku, aku berikan kepadamu; dalam nama Yesus Kristus dari Nazaret, berjalanlah!" (KR 3,6). Apabila kita bersedekah, kita memberikan kebendaan, satu tanda anugerah lebih besar yang kita dapat berikan kepada orang lain menerusi pengumuman dan kesaksian Kristus, yang dalam Nama-Nya ditemukan kehidupan sebenar.

Setiap kali kita bersedekah, kita mendoakan agar kita melihat kuasa yang ada padanya untuk merapatkan kita lagi dengan Tuhan.

Aleteia (Terjemahan)

Hari Minggu Palma bagi Kesengsaraan Tuhan

24 Mac 2024



Hari Minggu bagi Kesengsaraan Tuhan, juga dipanggil Hari Minggu Palma, menggambarkan pagar di mana kita memasuki Minggu Kudus. Ini adalah masa di mana kita merenungkan saat-saat akhir dalam kehidupan Yesus. Kita mengimbau kemasukan Yesus ke dalam Yerusalem, disambut oleh orang ramai yang sukacita, dan kemudian kita mengingati Kesengsaraan-Nya. Seawal tahun 400, satu perarakan dengan daun palma sudah diadakan.

Seluruh liturgi dicorak oleh tema Kesengsaraan Yesus. Ini khususnya benar berhubung teks Injil yang menurut tahun liturgi menyampaikan naratif kesengsaraan. Bacaan pertama daripada Kitab Nabi Yesaya (Kidung Hamba Yang Menderita, Yesaya 50) menjadi doa dalam Mazmur 22 dengan ayat "Allahku, Allahku, kenapakah Engkau meninggalkanku?" Ketakutan yang dirasai Yesus ketika mematuhi Bapa "hingga ke ambang maut, malah maut di atas salib" disebut dalam Bacaan Kedua daripada Surat kepada Jemaat Filipi. Ini bukan sesuatu yang meraikan "kesedihan" dan "ratapan", tetapi sebenarnya minggu yang menunjukkan "hati" Misteri Paska apabila Yesus menyerahkan kehidupan-Nya demi keselamatan kita.

Yesus menjadi manusia kerana Dia mengasihi kita, dan kerana kasih, Dia menyerahkan nyawa-Nya. Ia adalah menerusi kepatuhan ini yang Yesus mengasihi Bapa dan mengasihi lelaki dan wanita yang Dia selamatkan.

Pada Hari Minggu Palma, kita disajikan satu tafsiran mengenai kehidupan dan takdir kita. Semua penderitaan dan kesedihan kita menemukan jawapan dalam Yesus. Bila berdepan dengan setiap persoalan mengenai sebab ada penderitaan, kenapa ada kematian, kenapa ada begitu banyak pilihan yang tidak dapat difahami minda manusia, Yesus tidak memberikan jawapan yang samar-samar kepada kita. Dengan kehidupan-Nya, Dia telah memberitahu kita bahawa Dia ada bersama kita, di sisi kita hingga ke akhir. Kita tidak akan pernah bersendirian - baik dalam sukacita kita mahupun dalam penderitaan kita. Yesus ada bersama kita. Ia adalah satu perayaan yang difahami menerusi kesenyapan dan doa dan bukan menerusi kata-kata, supaya kita memasukinya dengan hati.

Vatican News (Terjemahan)

Niat doa Pope Francis bagi bulan Mac



Bagi martir baharu

Kita berdoa agar mereka yang menggadai nyawa demi Injil di berbagai tempat di dunia menyemarakkan Gereja dengan keberanian dan semangat misionari mereka.



KHIDMAT PENGEBUMIAN KATOLIK

'Catholic Mutual Benefit Society' (CMBS) Keuskupan Agung Kuching menyediakan bantuan kepada keluarga yang berduka pada masa kematian. Perkhidmatan mereka termasuk memberi nasihat mengenai ritual Kristian, plot tanah perkuburan, kolumbarium, keranda, pengangkutan, pengurusan bagi Misa pengebumian, doa untuk orang yang telah meninggal, dll.

Untuk maklumat lanjut mengenai keahlian atau semasa memerlukan/berkabung, **umat Katolik dinasihatkan untuk menghubungi yang berikut untuk mendapatkan bantuan** bagi mengelakkan kerumitan dan kekeliruan berkaitan upacara dan perkhidmatan pengebumian Katolik:

Pejabat CMBS:

Beatrice Mary Goh (Tel: 082-244493)

On-call: Christopher Chin (H/p: 019-8563438)

Bagi kegunaan rumah urus jenazah di Katedral St Joseph:

Tel: 082-423424 (Pejabat Paroki St Joseph)

Khidmat Tanah Perkuburan & Kolumbaria Katolik Kuching: Tel: 082-242634 / 016-8899237

Ciri pada bacaan Misa Ahad:

24 Mac 2024: Hari Minggu Palma bagi Kesengsaraan Tuhan Tahun B
(Yesaya 50:4-7; Filipi 2:6-11; Markus 14:1-15:47)

Verbum Domini
Oleh Fr Francis Lim, SJ

Demi kemuliaan Allah yang lebih agung

Tuhan bersembunyi



Jumaat Agung 2023 di Gereja Sacred Heart, Kota Sentosa. (Gambar: SHC)

Ini adalah amalan Gereja Roman Katolik untuk menutup patung, lukisan dan malah salib dengan kain dua minggu sebelum Jumaat Agung. Ia biasanya ditutup dengan kain ungu. Ada yang berpendapat ini adalah kerana umat perlu merenungkan misteri-misteri suci yang indah menjelang hari peringatan bagi kesengsaraan dan kematian Kristus. Dari satu segi, sebagai penebusan dosa, ia adalah untuk menafikan orang daripada menikmati keindahan seni manusia.

Walaupun demikian, menurut cadangan St Ignatius Loyola dalam *Spiritual Exercises* (Senaman Rohani), saya rasa dalil yang lebih baik adalah untuk menggambarkan sebab nyata kenapa Kristus merendahkan diri untuk menderita dan mati. Pada Minggu Ketiga bagi *Spiritual Exercises*, renungan adalah mengenai kesengsaraan dan kematian Yesus. Pada Minggu Ketiga, St Ignatius mencadangkan kepada para peserta pemukiman atau retreat untuk memohon daripada Tuhan rahmat kesedihan, belas kasihan, dan rasa malu, sebab Tuhan sedang menuju ke arah penderitaan-Nya kerana dosa-dosa kita (SpEx No. 193). Dan mengenai perkara yang saya ingin nyatakan: pembawaan Minggu Ketiga adalah untuk menimbang bagaimana keilahian menyembunyikan diri; contohnya, ia dapat menghancurkan musuh-musuhnya tetapi tidak berbuat demikian, sebaliknya membiarkan kemanusiaan paling suci untuk menderita dengan begitu kejam sekali (SpEx No. 196). Sesungguhnya, kelaziman menutup objek suci dengan kain pada Minggu Sengsara adalah untuk mengingatkan kita tentang keilahian Kristus yang tersembunyi.

Seperti yang disebut dalam Bacaan Kedua Misa, "Kristus Yesus tidak menganggap kesetaraan-Nya dengan Allah sebagai milik yang harus dipertahankan melainkan telah mengosongkan diri-Nya sendiri dan mengambil rupa seorang hamba... dan taat sampai mati, bahkan sampai mati di kayu salib." (Filipi 2:6-8).

Yesus dengan sengaja memilih untuk merendahkan diri dan menyembunyikan keilahian-Nya supaya Dia dapat mengalami kematian seperti semua kita. Dan bukan sahaja kematian tetapi juga menerima penderitaan yang datang sebelum kematian. Minggu Kudus bertujuan untuk mengimbau semula berkali-kali setiap tahun keilahian Yesus yang tersembunyi menyentuh hati ini. Kita bermula dengan Hari Minggu Palma atau Hari

Minggu Kesengsaraan, di mana kita mendengar narasi daripada kitab-kitab suci tentang kemasukan Yesus yang begitu disanjung ke dalam Yerusalem sebagai seorang nabi yang disorak-sorai oleh orang ramai yang mengibarkan daun-daun palma. Kemudian ia disusuli Injil pada hari ini mengenai penderitaan dan pengkhianatan terhadap Yesus; ejekan orang ramai yang sama dalam perjalanan-Nya keluar dari Yerusalem untuk disalibkan di luar tembok kota. Sepanjang masa, daripada sorakan kepada ejekan orang ramai, Yesus menerimanya dengan senyap, menyembunyikan keilahian-Nya, tunduk dalam kesetiaan kepada Bapa supaya rancangan penyelamatan dapat dilaksanakan.

Dia umpama murid yang disebut dalam Bacaan Pertama, "Setiap pagi, Ia membangunkan aku untuk mendengar seperti seorang murid. Tuhan telah membuka telingaku. Tuhan telah memberikan aku lidah seorang murid agar aku tahu bagaimana untuk menjawab mereka yang letih lesu. Bagi aku, aku tidak memberikan tentangan, atau menolak. Aku memberikan belakang aku kepada mereka yang memukul aku, pipiku kepada mereka yang menarik janggutku; aku tidak menutup mukaku daripada hinaan dan ludah." (Yesaya 50:4-6). Yesus bukan sahaja memberi perhatian kepada Bapa-Nya untuk mendengar seperti seorang murid yang taat, tetapi Dia juga mengucapkan firman Tuhan kepada mereka yang letih lesu untuk menghiburkan mereka dengan contoh penderitaan-Nya sendiri. Yesus dengan rela menyembunyikan keilahian-Nya untuk bersatu dengan kita dalam kesakitan dan keperitan kita.

Yesus berkata, "Jiwa-Ku sengsara hingga ke ambang maut. Tunggu di sini, dan berjaga-jagalah." (Markus 14:34). Adakah kita bersedia untuk kekal bersama Yesus seperti apa yang Dia kehendaki daripada kita? Atau adakah Yesus menemani kita dalam kesakitan dan kesengsaraan kita apabila kita terbuka untuk kekal bersama-Nya? Yesus bersedia untuk menyembunyikan keilahian-Nya supaya Dia dapat bersama kita, terutamanya apabila kita menolak-Nya dalam ketaksuban kita dengan diri kita sendiri.

(Terjemahan)

Hati ke hati...



dari pena penulis jemputan,
Fr Don Don Ramirez, OFM

Salam damai Kristus, salam Pra-Paska dan selamat berpuasa kepada semua.

Masa Pra-Paska dimulai dengan Misa Rabu Abu.

Rabu Abu adalah hari pertama masa Pra-Paska, yang menandakan bahawa kita memasuki masa pertaubatan selama 40 hari sebelum Paska di mana kita dikehendaki

untuk bertaubat dan kembali percaya kepada Injil.

Angka 40 sering kali mempunyai makna yang signifikan dalam Al-Kitab dan secara rohaninya sebagai tempoh persiapan kita.

Misalnya, Nabi Musa berpuasa selama 40 hari sebelum menerima Sepuluh Perintah Allah (Keluaran

34:28), demikian pula Nabi Elia (1 Raja-Raja 19:8).

Tuhan Yesus sendiri juga berpuasa selama 40 hari 40 malam di padang gurun sebelum memulakan pewartaan atau pelayananNya (Matius 4:2).

Justeru, bagi kita sebagai umat Kristian, musim Pra-Paska merupakan waktunya untuk kita mengikuti perjalanan pengorbanan, sengsara dan penderitaan Yesus Kristus.

Oleh sebab itu, kita dijemput dan dipanggil oleh Tuhan untuk turut serta berpuasa, berdoa dan bersedekah.

Jika Paska dikatakan sebagai perayaan kebangkitan Yesus setelah kematian-Nya di kayu salib, maka pada masa Pra-Paska, kita diundang untuk bersama mengenang peristiwa sebelum Paska, termasuk Hari Tri Suci, iaitu peristiwa Perjamuan Terakhir (Khamis

Putih), Penyaliban Yesus (Jumaat Agung) dan Yesus di dalam kubur (Sabtu Suci).

Ternyata kewafatan Tuhan Yesus di kayu salib bukan hanya sekadar penyelamatan dunia, bahkan pengharapan dan cinta kasih Allah yang sungguh besar kepada manusia.

Kita umat Katolik sekali lagi diundang untuk menjalani proses pemurnian hati dengan meninggalkan kebiasaan buruk, dan terus mendekatkan diri sepenuhnya kepada Tuhan melalui Sakramen Pengakuan Dosa.

Masa pertaubatan ini juga kita diharap dapat mencerminkan perjalanan rohani kita sebagai umat Katolik menuju pemahaman yang lebih mendalam tentang iman dan pengorbanan Kristus.

Oleh yang demikian, diharapkan Paska pada tahun ini

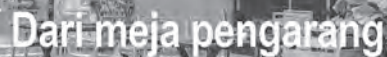
tidak akan sama seperti tahun sebelumnya kerana ia akan membawa lebih banyak perubahan dalam hidup kita dan memberikan transformasi baharu dalam kehidupan.

Tambahan pula, peristiwa Paska merupakan langkah pertama untuk memulakan kehidupan yang baharu, iaitu kehidupan yang lebih bermakna dan lebih bermanfaat bagi Tuhan dan sesama.

Tuntasnya, Musim Pra-Paska ini akan membolehkan kita untuk mempunyai peribadi baharu yang lebih beriman dan percaya.

Iman Katolik adalah iman yang hidup, iman yang disertai harapan.

Tuhan Memberkati.
Friar Don Don Ramirez, OFM



LENT: Masa bagi kita untuk fokus semula kepada Yesus

Perayaan Tahun Naga Baharu Cina (CNY) sekarang sudah berakhir dan kita sudah memasuki Musim Lent. Kami membawa kepada anda rangkuman bergambar bagi Misa CNY di Keuskupan Agung Kuching pada Halaman Tiga.

Paroki dalam Keuskupan Agung Kuching melaporkan gereja penuh sesak sewaktu Misa Hari Rabu Abu, malah sebuah paroki kehabisan roti komuni selepas kongregasi jauh melebihi komunikan yang dijangkakan, kerana hari itu adalah hari kerja.

Beberapa komuniti religius di Kuching menyambut Hari Kehidupan Konsekrasi Sedunia Ke-28 pada Hari Raya Yesus Dipersembahkan di Kanisah pada 3 Februari di Chapel Carmelite. Uskup Agung Simon Poh merayakan Misa bersama semua paderi religius yang hadir.

Para peguam Katolik Kuching sekali lagi berhimpun untuk merayakan Misa Merah tahunan mereka di Katedral St Joseph pada 17 Februari. Mereka diingatkan untuk mengambil kira keperluan golongan yang memerlukan

bantuan, terutamanya pada Musim Lent.

Dalam Perutusan Rayuan Lent Tahunan CWS, Uskup Agung Simon mengingatkan umat Katolik untuk melaksanakan amalan pertaubatan tradisional pada Musim Lent, iaitu Bersedekah, Doa dan Berpuasa (Matius 6:1-18). CWS akan terus menyediakan Sampul dan Kotak Rayuan Lent dalam gereja-gereja untuk memudahkan mereka yang lebih suka menyerahkan sumbangan mereka di gereja.

Misa untuk mendoakan penyembuhan dan pengurangan orang sakit dan warga emas diadakan pada 28 Februari lalu di Katedral St Joseph. Ia dirayakan oleh dua paderi Vincentian, Fr Michael dan Fr Shinu, yang dirayakan bersama oleh para paderi dari Keuskupan Agung Kuching.

Marilah kita ingat bahawa Lent adalah waktu kita memberi fokus semula kepada Yesus dan mengembangkan hubungan kita dengan-Nya.

(Terjemahan)

today's **CATHOLIC**
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Saudara-saudari yang dikasihi,

Selamat menyambut Lent dan Paska yang penuh keberkatan.

Pada tahun ini, sepanjang bulan Mac diabadikan khusus kepada Musim Lent yang mencapai kemuncaknya pada Minggu Paling Kudus dalam kalendar liturgi Gereja. Bermula dengan Hari Rabu Abu pada 14 Februari lalu, Lent memberi tumpuan kepada pertaubatan, perubahan hati, waktu untuk berdoa, berpuasa, memberi sedekah. Dari 24-31 Mac 2024, tumpuan akan beralih kepada Minggu Kudus, dari Hari Minggu Palma hingga Hari Minggu Paska.

Minggu Kudus meraikan minggu terakhir dalam kehidupan Yesus lebih 2,000 tahun yang lalu di kota Yerusalem. Kita tahu apa sebenarnya yang telah berlaku daripada Injil yang mengandungi rekod bertulis bagi kejadian sebenar. Pada Minggu Kudus, kita umpama dibawa balik dalam sejarah ke zaman 2,000 tahun yang lalu di Yerusalem purba.

Saya menulis perutusan ini untuk menggalakkan semua umat Katolik dan rakan-rakan yang berniat baik untuk datang ke Gereja supaya dapat bertemu dan mengiringi Yesus dalam perjalanan terakhir yang menakjubkan dalam kehidupan-Nya.

HARI MINGGU PALMA - 24 Mac 2024

Hari Minggu Palma merupakan hari penting apabila Yesus memasuki Yerusalem dengan menunggang seekor keldai. Orang ramai menyambut-Nya dengan laungan "Hosanna" yang bermaksud "Selamatkan kami, sekarang". Ini adalah satu seruan memohon bantuan atau pembebasan. Dalam tradisi Kristian kita, Hosanna menyatakan adorasi, penyelamatan dan harapan dalam Kristus.

- Pada Hari Minggu Palma, marilah kita melaungkan "Hosanna". Marilah kita mengibarkan daun palma kita untuk menyambut Yesus, Tuhan, Penyelamat dan Raja kita (Yohanes 12:13).

- Kita boleh menyimpan palma yang sudah diberkati di dalam rumah kita lalu memulangkannya kepada Gereja sebelum Lent pada tahun depan untuk dibakar dan dijadikan abu bagi kegunaan pada Hari Rabu Abu seterusnya.

- Dengan memasuki Yerusalem bersama Yesus, kita membuat komitmen untuk menyertai Yesus di Perjamuan Terakhir pada Hari Khamis Putih, Jumaat Agung di kaki Salib, kemudian menunggu di kubur pada Ambang Paska Hari Sabtu untuk merayakan

kebangkitan-Nya pada Hari Minggu Paska.

MISA KRISMA - 27 Mac 2024

Misa Krisma lazimnya diadakan pada pagi Hari Khamis Putih. Memandangkan para paderi kita perlu kembali ke stesen misi luar bandar, Keuskupan Agung Kuching merayakan Misa ini sehari sebelum itu. Dalam Misa ini, Minyak Suci yang digunakan untuk Sakramen-Sakramen diberkati dan disucikan: Minyak Katekumen, Minyak Orang Sakit dan Krisma. Para paderi Keuskupan Agung turut memperbaharui Janji-Janji Kepaderian.

- Datanglah dan berdoa untuk para uskup dan paderi (Katedral St Joseph, 7.30 pm).

HARI KHAMIS PUTIH - 28 Mac 2024

Hari Khamis Putih merayakan tiga peristiwa: Perjamuan Terakhir Yesus yang menetapkan Ekaristi Kudus dan Jawatan Kepaderian untuk merayakan Misa, dan suruhan baharu untuk mengasihi dan melayani satu sama lain seperti apa yang telah dibuat oleh Yesus apabila Dia mencuci kaki Para Rasul.

Selepas Perjamuan Terakhir, Yesus pergi ke Kebun Getsemani untuk berdoa dan cuba melakukan kehendak Bapa. Selepas Misa malam Khamis Putih, Sakramen Maha Kudus ditinggalkan di atas altar.

- Jangan terus pulang, ataupun kembali semula ke gereja kemudian pada sebelah malam untuk meluangkan masa bersama Yesus dalam kesengsaraan-Nya. Marilah kita "berjaga bersama Yesus selama sejam". (Matius 26:40)

JUMAAT AGUNG - 29 Mac 2024

Bermula pada pagi Jumaat Agung, perbicaraan Yesus di hadapan Gabenor Romawi, Pontius Pilatus, bermula di istananya. Yesus mula-mula disebat, diejek sebagai raja palsu, dipaksa memakai jubah ungu dan dimahkotakan dengan duri sebelum dijatuhkan hukuman mati yang paling menyakitkan dan memalukan di atas Salib. Yesus terpaksa memikul kayu Salib menerusi lebuhraya Yerusalem ke Bukit Kalvari.

- Apabila kita berdoa Misteri-Misteri Sedih Rosari, lazimnya pada Hari Jumaat, kita mengimbau dan merenungkan peristiwa-peristiwa yang menyelamatkan ini pada Jumaat Agung.

- Pada Musim Lent, kita bercakap dengan Yesus menerusi doa-doa Jalan Salib. Kita merenungkan 14 Stesen, yang menandakan tempat dan peristiwa yang berlaku dalam perjalanan terakhir Yesus yang memikul

Salib.

- Marilah kita sedar bahawa Tuhan kita, Yesus, sekarang masih mengiringi kita terutamanya ketika kita memikul salib dan beban hidup, dalam keperitan kita, kesakitan dan ketika berdepan dengan kesedihan dan kehilangan orang yang kita sayangi. Tuhan kita, Yesus, berjalan di sisi kita sekarang.

Menurut Kitab Suci, Yesus wafat pada jam kesembilan iaitu tiga petang. Seorang askar menusuk rusuk-Nya, dan menebuk hati-Nya - darah dan air melimpah. Ini melambangkan korban Ekaristi di setiap Misa dan air Pembaptisan. Gambar Kerahiman Ilahi merakamkan perkara ini dengan sinar Merah dan Putih dari hati Yesus.

- Tiga petang dikenali sebagai Jam Kerahiman apabila Bapa Syurgawi kita mencurahkan Kerahiman Ilahi-Nya ke atas semua manusia dan penciptaan.

- Saya menggalakkan setiap Katolik untuk membentuk tabiat berdiam diri buat seketika pada jam tiga petang - walaupun beberapa saat sahaja - untuk secara sedar menerima Rahmat dan Kerahiman Ilahi Tuhan pada jam tiga petang setiap hari. Senyaplah dan akuilah iman dengan mempercayai Yesus sebagai Tuhan dan Penyelamat kita selain mengalu-alukan kerahiman-Nya ke dalam hati kita. Kita dapat melakukan "jeda beberapa saat" ini di mana sahaja kita berada, di pejabat kita, di rumah, dan sebagainya, dan menerima rahmat ini daripada Tuhan kita.

- Apabila kita memperingati Jumaat Agung, pada setiap Jumaat, marilah kita menjalankan hukuman bagi dosa, berdoa atau melakukan amalan baik atau kerja kerahiman sebagai pemberian kasih kita kepada Yesus.

MALAM PASKA - 30 Mac 2024

Pada Malam Paska, kita meraikan Yesus Yang Bangkit, Cahaya Dunia. Dia telah wafat tetapi sekarang sudah bangkit. Pada malam paling suci dan kudus ini, kita menyambut saudara-saudari Katolik baharu ke dalam Gereja kita menerusi Sakramen-Sakramen Inisiasi - Pembaptisan, Penguatan dan Komuni. Seperti ketika Pembaptisan Yesus di Sungai Yordan, apabila mereka yang baharu dibaptis keluar daripada air pembaptisan, mereka menerima pengurangan Roh Kudus dalam Sakramen Penguatan. Kemudian mereka akan dipimpin ke altar untuk...

Bersambung di ms27

Rayuan Musim Lent CWS 2024

Perutusan daripada Uskup Agung Simon Poh

Saudara-saudari yang dikasihi,

Pada tahun 2024, Lent bermula di tengah-tengah Perayaan Tahun Baharu Cina, dengan Hari Valentine dan Hari Rabu Abu yang jatuh pada 14 Februari 2024. Tahun Baharu Cina menandakan permulaan musim bunga. Perkataan 'Lent' berasal daripada satu perkataan Inggeris yang bermaksud musim bunga. Dari satu sudut, kita merayakan permulaan yang baharu sama sekali, masa bagi rahmat dan belas kaihian. Tahun Baharu Cina dan Musim Lent sesungguhnya merayakan kesyukuran sambil mengasihi Tuhan dan keluarga kita selain mengasihi sesama manusia.

Hari Rabu Abu 2024, yang menandakan permulaan musim Lent selama 40 hari, jatuh pada hari Valentine tahun ini. Hari Valentine mempunyai tradisi dalam perayaan bagi seorang martir Kristian awal bernama St Valentine. St Valentine dikatakan telah memulihkan penglihatan anak perempuan buta pemendaranya, dan santo itu menulis surat kepada gadis tersebut yang ditandatangani 'Valentine-mu' sebagai ucapan perpisahan sebelum santo itu menjalani hukuman mati. Maka itu, mengabadikan hari ini maksudnya untuk mengasihi. Lent adalah masa untuk memperbaharui kasih kita kepada Tuhan dan sesama manusia.

Pada Hari Rabu Abu, kita diajak menyahut kasih Tuhan bagi kita pada Musim Lent dengan mengembalikan hati kita kepada Bapa syurgawi kita. "Kerana Allah begitu mengasihi dunia, Ia menyerahkan Anak Tunggal-Nya supaya orang yang percaya kepada-Nya tidak akan binasa tetapi beroleh hidup yang kekal." (Yohanes 3:16)

"Salib adalah Valentine Tuhan bagi anda. Lihatlah 'AKU MENGASIHIMU' tertulis dalam warna Merah, Darah-Nya bagi kamu." (Anne Graham Lotz)

Saya juga menerima mesej dalam media sosial yang mengingatkan saya, "Anda tidak dapat mengeja

VaLENTine tanpa 'LENT'".

Gereja Ibunda menjemput kita mengerjakan amalan-malam pertaubatan tradisional pada Musim Lent, iaitu Bersedekah, Berpuasa dan Berdoa (Matius 6:1-18).

Satu panduan yang mudah ialah amalan-amalan kita pada Musim Lent seharusnya sentiasa menjadi berkat bagi orang lain.

- Berdoa membantu kita mengeratkan lagi hubungan kita dengan Tuhan dan orang lain.
- Berpuasa membantu kita untuk pasrah kepada Tuhan.
- Bersedekah mengajar kita untuk bergantung kepada Tuhan dan mengasihi orang lain.

Tiga amalan Musim Lent ini seharusnya dilakukan seiringan. Pada Musim Lent ini, marilah kita mengerjakan amalan-amalan Lent dengan **BERDOA, BERPUASA, BERTAUBAT DAN BERSEDEKAH.**

1. Berdoalah
2. Kurangkanlah dan sederhanakanlah makanan
3. Sumbangkanlah wang simpanan kepada golongan miskin dan memerlukan bantuan

Bagi Lent 2024 pada tahun ini, CWS akan tetap menyediakan Kotak dan Sampul ini di gereja-gereja. Selain itu, kita akan menawarkan pemindahan bank elektronik dan Kod QR S Pay Global (Sarawak Pay) untuk memudahkan sumbangan anda yang murah hati.



Semoga diberkati pada Musim Lent ini yang diurapi Roh Kudus.

Simon Poh
+ Uskup Agung Simon Poh (Terjemahan)

CATHOLIC WELFARE SERVICES COUNCIL SARAWAK
No. Akaun: Maybank 511234019806

CATHOLIC WELFARE SERVICES COUNCIL SARAWAK RAYUAN LENT TAHUNAN 2023 YANG DITERIMA

ITEM	NAMA	JUMLAH 2022	JUMLAH 2023
DARI GEREJA-GEREJA			
1	Perbankan Online / Sarawak Pay	281,603.76	220,842.26
2	Gereja St Stephen, Bau	101,219.10	82,849.90
3	Gereja St Theresa, Serian	69,606.00	70,915.00
4	Gereja Blessed Sacrament, BDC	55,821.45	36,832.15
5	Gereja St Peter, Padungan	52,693.55	76,789.00
6	Misi St Ann, Kota Padawan	44,436.50	50,592.35
7	Gereja Sacred Heart, Kota Sentosa	44,400.10	27,772.30
8	Katedral St Joseph, Kuching	41,730.00	55,830.10
9	Gereja Holy Spirit, Lundu	39,630.15	34,975.00
10	Gereja Our Lady Queen of Peace, Sri Aman	32,537.85	31,519.70
11	Chapel Mother Mary, Stutong	30,710.45	17,850.00
12	Gereja Holy Trinity, Kenyalang	24,041.90	42,467.00
13	Gereja St Jude, Bunan Gega	17,000.00	17,899.00
14	Pejabat Uskup Agung Kuching	10,120.00	6,020.00
15	Gereja St Mark, Batu Kawa	7,023.05	9,412.00
16	Kerasulan Cina Luar Bandar	5,996.00	6,010.00
17	Biara Carmelite	5,000.00	3,000.00
18	Chapel Carmelite, Kuching	4,688.70	7,696.00
19	Kolej St Peter	2,454.00	2,601.35
		870,712.56	801,873.11
DARI SEKOLAH-SEKOLAH			
1	Sekolah Rendah Swasta St Joseph, Kuching	6,638.10	13,484.00
2	Sekolah Menengah Swasta St Joseph, Kuching	4,176.70	2,661.00
3	Tadika St Teresa, Kuching	4,140.00	2,915.00
4	SMK Sg Tapang, Kota Sentosa	1,541.60	964.95
5	Sekolah Antarabangsa Swasta St Joseph, Kuching	1,227.00	1,352.85
6	Tadika St Joseph, Kuching	-	4,047.00
7	SK St Teresa, Kuching	-	-
8	SMK St Teresa, Kuching	-	1,227.00
9	SJK Sam Hap Hin	-	626.00
Jumlah kecil		17,723.40	27,277.80
JUMLAH KESELURUHAN TOLAK: PEMINDAHAN 10% KE TABUNG BANTUAN BENCANA BAKI UNTUK AKTIVITI AMAL KEBAJIKAN		888,435.96 - 88,843.60 799,592.36	829,150.91 - 82,915.09 746,235.82

CATHOLIC WELFARE SERVICES COUNCIL SARAWAK RAYUAN LENT TAHUNAN 2023 YANG DIKELUARKAN

HOME OF PEACE		887,379.68
PERSIDANGAN ST VINCENT DE PAUL		
Gereja St Stephen, Bau	142,000.00	
Gereja St Theresa, Serian	68,000.00	
Gereja Holy Spirit, Lundu	38,000.00	
Katedral St Joseph, Kuching	50,000.00	
Misi St Ann, Kota Padawan	45,000.00	343,000.00
PAROKI-PAROKI		
Gereja Sacred Heart, Kota Sentosa	30,000.00	
Gereja Our Lady Queen of Peace, Sri Aman	35,000.00	
Kerasulan Cina Luar Bandar	40,800.00	
Gereja St Jude, Bunan Gega	50,000.00	155,800.00
Pemberian Dialisis Buah Pinggang		22,051.00
Pemberian Samaritan		14,160.00
Program Makanan Lasallian		1,598.20
Kerja-kerja Kebajikan		9,750.00
Makanan untuk penjaga pesakit miskin di Hospital Umum Sarawak (Kupon Makanan)		2,287.90
JUMLAH PENGELUARAN		1,436,010.78

Mendalami kehidupan dalam Roh Kudus



KUCHING — Penyelaras dan ketua sembahyang, Lawrence Jamblee Jipat, dan semua ahli jawatankuasa Family Bloc Rosary (FBR) Bandar Baru Samariang telah mengadakan seminar yang cukup penting untuk mendalami iman sebagai umat Katolik.

Selama tiga hari, mereka memperdalam pemahaman tentang kehidupan dalam Roh Kudus yang memberi inspirasi.

Para penceramah yang hadir dari Ministri Life in the Spirit (LSS) St Joseph dan Ministri Bread of Life (BOL) telah menyampaikan kebijaksanaan dan pengalaman yang mendalam dalam perjalanan rohani.

Dalam Seminar Kehidupan dalam Roh Kudus: Refleksi Seminar Tiga Hari ini, para peserta mendalami dan meneroka peranan Roh Kudus dalam kehidupan seharian mereka.

Para penceramah menyampaikan pengajaran tentang bagaimana merasakan kehadiran dan bimbingan Roh Kudus dalam membuat keputusan, mengatasi cubaan, dan memperkuatkan iman.

Sesi-sesi diskusi dan refleksi memberi mereka kesempatan untuk berbhagi pengalaman peribadi dan belajar daripada satu sama lain.

Ini mewujudkan suasana di mana mereka merasa didukung dan diberi keupayaan untuk tumbuh dalam iman dan hubungan mereka dengan Tuhan.

Seminar ini tidak hanya meningkatkan pemahaman tentang kehidupan dalam Roh Kudus, tetapi juga memberi mereka alat dan motivasi untuk mengaplikasikan prinsip-prinsip ini dalam kehidupan seharian.

FBR Bandar Baru Samariang

Gereja St Felix anjur Kem Kanak-kanak Sekolah Minggu



Suasana meriah di Kem Kanak-kanak Sekolah Minggu Gereja St Felix, Kampung Biawak, Lundu.

LUNDU — Kem Kanak-kanak Sekolah Minggu dengan tema 'Hadiah Yang Sempurna' telah dianjurkan oleh guru Sekolah Minggu bersama komuniti belia pada 12-13 Februari lepas di Gereja St Felix, Kampung Biawak.

Kem tersebut disertai 40 kanak-kanak berumur 7-12 tahun, lapan orang guru Sekolah Minggu dan 17 orang fasilitator yang terdiri daripada golongan belia.

Objektif kem itu adalah untuk mengajar kanak-kanak hidup berdikari dan lebih mengenali diri.

Selain itu, ia memberi pendedahan kepada cara berdoa serta persediaan

menghadapi Lent.

Kem itu juga bertujuan untuk mencungkil bakat serta mewujudkan kerjasama antara sesama.

Antara aktiviti lain dalam program tersebut ialah input mengenai diri, permainan, pengetahuan tentang Musim Lent dan unggun api sebelum ia diakhiri dengan salam perpisahan Murid Tahun Enam.

Berdasarkan maklum balas yang diterima daripada peserta dan ibu bapa, mereka sangat gembira dapat menyertai kem tersebut dan berharap agar aktiviti seperti itu dapat diadakan lagi pada masa akan datang.

Paroki Holy Spirit

Program 'Kuching Initiative: Beyond' di Rumah Jackyson

SARATOK — Pada 19 hingga 21 Januari 2024, Keuskupan Agung Kuching mengadakan program "Youth Initiative: Beyond" di Rumah Panjang Jackyson, Sungai Jaong, Ulu Roban.

Ia merupakan aktiviti anjuran bersama Komisi Belia Keuskupan Agung Kuching (KAYC) dengan kerjasama belia dari paroki, Komisi Pastoral Keuskupan Agung Kuching dan Pelayan Belia dari pelbagai keuskupan di Malaysia.

Program itu dihadiri Maria Amella selaku wakil KAYC yang berperanan sebagai "Mission Coordinator", Sr Noemi Meija, FSIC dari Keuskupan Sandakan, dan Joshua Joseph Bouniu dari Keuskupan Kota Kinabalu sebagai "Mission Guide".

Selain itu, Fr Henry Jimbey, Seminarian Cantona dan Katekis Petrus Fazli turut menyertai program itu.

Program itu dijalankan untuk berkongsi pengetahuan dan pengalaman berkenaan dengan iman kepada golongan yang berasa "kekurangan" selain memberi kesedaran tentang tanggungjawab sebagai pengikut Kristus dalam Gereja.

Program "Kuching Initiative" itu disertai tujuh orang muda dari Gereja St Ignatius, Saratok serta umat di Rumah Panjang TR Jackyson, Sg Jaong, Ulu Roban.

Program dimulakan dengan ketibaan para peserta misi pada jam 7.00 malam, diikuti dengan makan malam bersama komuniti.

Seusai makan malam, program diteruskan dengan aktiviti suai kenal bersama pasukan Program "Kuching Initiative".

Aktiviti pada malam itu diakhiri dengan doa malam dan para peserta bersurai bersama keluarga angkat yang telah ditetapkan sebelum itu.

Pada hari kedua, program bermula dengan Misa Kudus yang dirayakan oleh Fr Henry.

Seterusnya, program itu diteruskan dengan pelbagai aktiviti yang dibahagikan kepada tiga bahagian.

Bahagian pertama adalah perkongsian tentang "Kita Sebagai Gereja" yang diikuti dengan aktiviti berkumpulan.



Pembentangan kerja kumpulan daripada sesi pertama. (Gambar: Natalie Serani)

Bahagian kedua adalah "Dialog sebagai keluarga Kristus" yang merupakan pengisian khas bersama dengan "Mission Partners" untuk berkongsi pengalaman mereka melayani dan menyertai program gereja.

Seterusnya, program "Kuching Initiative: Beyond" itu turut dimeriahkan lagi dengan aktiviti bersama keluarga angkat.

Para belia serta umat di rumah panjang berkenaan berkumpul bersama untuk aktiviti riadah dan menyediakan makan malam.

Para peserta turut dibawa melawat tapak gereja baharu yang masih dalam proses pembinaan.

Aktiviti program pada malam tersebut diakhiri dengan Bahagian Ketiga: Evaluasi.

Semua "Mission Partners" telah diberikan borang soal selidik untuk mendapatkan maklum balas mereka mengenai program yang telah dijalankan itu.

Seterusnya, semua peserta bersama-sama menikmati jamuan makan malam.

Program itu juga dimeriahkan lagi dengan aktiviti 'ngetas ranyai' yang diadakan oleh umat rumah panjang berkenaan.

Keesokannya, rombongan program "Kuching Initiative" itu berangkat ke Gereja St Ignatius, Saratok untuk merayakan Misa Kudus, diikuti sarapan pagi bersama komuniti gereja.

Stephanie Endik Raphael

Hari Rabu Abu di Chapel Mother Mary, Stutong



Misa Hari Rabu Abu 7.00 am. (Gambar: Jude De'Rozario)

KUCHING — Pada Hari Rabu Abu 2024, dua Misa berasingan telah dirayakan di Chapel Mother Mary, Stutong. Misa pertama pada jam 7.00 pagi dirayakan dalam Bahasa Inggeris, dan pada jam 8.00 malam, Misa

Gabungan dirayakan dalam Bahasa Inggeris dan Bahasa Malaysia.

Kedua-dua Misa dirayakan oleh Rektor Chapel, Msgr William Sabang.

Jude De'Rozario (Terjemahan)

Retret Gabungan Majlis Pastoral Paroki (2024-2026) bertemakan Misi Paroki “Menjadi Lambang Iman”



Fr Paul Lo memberi penerangan tentang misi gereja.

KOTA KINABALU — Ketika Gereja memasuki permulaan musim Prapaskah pada hari Rabu Abu, satu retret Majlis Pastoral Paroki gabungan Katedral Hati Kudus (SHC), Paroki Mary Immaculate (CMI), Paroki St Paul Dontozidon (SPD) dan Gereja Our Lady Queen of Peace bersama tujuh ahli Majlis Kewangan Pastoral Paroki (PFPC).

Retret yang berlangsung di sebuah hotel tempatan pada 15 Feb 2024 disertai oleh 53 ahli Majlis Pastoral Paroki untuk berkongsi dan membincangkan halatuju dan perancangan konkrit paroki masing-masing. Turut serta dalam program itu ialah Fr Paul Lo, Fr Russell, Fr Saimon William dan Fr Terans serta seminarian Yosef Yup.

Retret dimulakan dengan

pentakhtaan Alkitab dan diakhiri dengan Misa Kudus. Fr Paul Lo telah menyampaikan katekesis Misi Paroki — “Menjadi Lambang Iman” kepada kesemua paroki yang terlibat. Mengambil petikan 1Kor 1:17-25;2:1-9 dan Injil Matius 28:16-20 di mana para rasul yang dipenuhi dengan Roh Kudus memberitakannya tentang Yesus yang disalibkan. Sama seperti para rasul, mereka semua juga telah dipanggil untuk memberitakannya tentang Kristus bukan dengan kebijaksanaan manusiawi tetapi dengan kuasa Roh Kudus yang telah dijanjikan oleh Kristus untuk bersama kita sehingga akhir zaman.

Fr Paul Lo juga telah mengambil petikan dari Lumen Gentium (dokumen Vatican Council II) tentang “Gereja

adalah Terang bagi bangsa-bangsa dan Sakramen Kristus”. Beliau seterusnya menerangkan tentang Gereja yang boleh dilihat dalam Persekutuan Ekaristi Mingguan di mana Kristus hadir melalui paderi yang ditahbis, pewartaan Sabda Tuhan, Ekaristi yang dirayakan dan persekutuan umat yang hadir.

Penerangan tentang misi gereja seterusnya diambil dari petikan dokumen Vatican council — Gaudium Et Spes: ‘kegembiraan dan harapan, kedukaan dan kerisauan manusia zaman ini, terutama mereka yang miskin atau dalam apa jua keadaan menderita, adalah kegembiraan dan harapan, kesedihan dan kebingungan para...

Bersambung di ms28

Perutusan Uskup Agung Simon Poh

Bersambung dari ms24

...menerima Tubuh Kristus dalam Komuni Kudus buat pertama kali.

OKTAF PASKA - 1 hingga 7 April 2024

Alleluia! Kristus sudah bangkit! Gereja Katolik terus merayakan sukacita Kebangkitan ini denganewartakan Gloria dalam Misa harian selama lapan hari berturut-turut, dikenali sebagai Oktaf Paska dari Hari Minggu Paska hingga Hari Minggu Kerahiman Ilahi.

- Datanglah ke Misa harian atau bacalah Injil sepanjang minggu bermula dari Hari Minggu Paska.

- Dengarlah Sabda Tuhan setiap hari, testimoni atau kesaksian bertulis daripada saksi sendiri dan pengalaman peribadi dengan Tuhan Yang Bangkit. Alleluia! Yesus benar-benar bangkit. Alleluia!

Tahukah anda bahawa dalam setiap Misa, kita dapat menyertai Yesus menerusi peristiwa-peristiwa penyelamatan sepanjang Minggu Kudus?

Dalam sembahyang Misa, selepas roti dan wain ditempatkan di atas Altar, sama seperti pada Hari Minggu Palma pertama, kita memasuki Yerusalem bersama Yesus sambil melaungkan “Kudus, Kudus, Kuduslah Tuhan, Allah segala kuasa... Hosanna yang maha tinggi, Diberkatilah yang datang atas nama Tuhan. Hosanna yang maha tinggi.”

Doa Ekaristi menghadirkan Perjamuan Terakhir, dengan menggunakan firman Yesus pada waktu konsekresi Roti dan Wain menjadi Tubuh dan Darah Kristus. “Inilah Tubuh-Ku, yang diserahkan bagimu... Inilah Darah-Ku, yang dicurahkan bagi pengampunan dosa... Lakukan ini untuk memperingati Aku.”

Kewafatan Yesus pada Jumaat Agung diperingati dalam Anak Domba Tuhan apabila kita menerima Yesus sebagai “Anak Domba Allah, yang menghapus dosa dunia, kasihanilah kami”.

Dalam Komuni Kudus, kita menerima kedamaian daripada Tuhan Yang Bangkit dan Tubuh Kristus. Tuhan Yang Bangkit mengutuskan kita sebagai murid-murid-Nya ke dalam dunia, “Pergilah dalam damai sambil memuliakan Tuhan dengan kehidupanmu. Alleluia.”

Saya mengambil kesempatan ini untuk mendoakan Lent yang dipenuhi Roh Kudus pada bulan Mac ini sambil menantikan Paska. Saya mendoakan keberkatan bagi semua anda

dengan sukacita dan harapan Musim Paska.

✠ Uskup Agung Simon Poh
(Terjemahan)

Paroki OLOL meraikan paderi baharu



Fr George Vaithynathan bersama ibu bapanya, abang, dan paderi parokinya, Fr Robert Daniel, selepas upacara pentahbisannya pada 2 Februari 2024, di Gereja Our Lady of Lourdes di Ipoh.

IPOH — Gereja Our Lady of Lourdes (OLOL) telah merayakan pentahbis paderinya yang ke-22 untuk menamatkan penantian selama 18 tahun. Diakon George Vaithynathan ditahbis menjadi paderi oleh Kardinal Sebastian Francis pada 2 Februari lepas.

Ia ternyata satu peristiwa yang menyentuh hati bagi paderi kelahiran Ipoh itu setelah menerima kesemua sakramennya di Paroki OLOL, dan sekarang sudah sampai ke kemuncak dalam Sakramen Kepaderian di gereja suci yang sama.

Merayakan Misa bersama Kardinal Sebastian adalah Uskup Agung Kuala Lumpur, Most Rev. Julian Leow, dan para paderi dari seluruh Malaysia.

Gereja itu melimpah dengan jemaat yang telah datang dari dekat dan jauh untuk menyertai perayaan itu, bersama para anggota komuniti religius yang memperingati Hari Kehidupan Konsekrasi Sedunia.

Fr George, anak lelaki kedua daripada dua anak lelaki yang lahir kepada Vaithynathan dan Veronica Antoine, dan bekas pelajar St Michael's Institution di Ipoh, memiliki ijazah sarjana muda dalam pentadbiran perniagaan dari Universiti Tun Abdul Razak, ijazah sarjana dalam Pentadbiran Perniagaan dari INTI Pulau Pinang, dan ijazah sarjana dalam Kajian Pengurusan dari Universiti Hertfordshire di United Kingdom.

Sebelum beliau menyahut panggilan Tuhan, beliau bekerja selama lima tahun di sebuah syarikat multinasional di Pulau Pinang, dan memulakan tahun inisiasinya di College General Seminary, Pulau Pinang pada 2016, di mana beliau menamatkan pengajian falsafah. Dari 2019 hingga 2023, beliau mengejar panggilannya di Seminari Utama Kolej St Peter,

Kuching, dan ditahbis menjadi diakon pada 17 Ogos 2023 di Gereja Sacred Heart of Jesus, Kampar.

Dalam ucapan penutupnya pada upacara pentahbisannya, Fr George merenungkan makna mendalam ayat yang beliau telah pilih sebagai batu penjurong bagi perjalanan pentahbisannya: “Rahmat Aku sudah memadai bagimu.”

“Rahmat, dalam inti pati ilahinya, adalah satu anugerah tidak ternilai kepada kita - pancutan air ketabahan yang mengalir daripada kuasa yang lebih tinggi. Ia bertindak sebagai kehadiran yang menyelesaikan di tengah-tengah keputusan, sinar harapan pada waktu kabur, dan cahaya yang memimpin pada waktu paling gelap. Maknanya melangkaui kefahaman manusia, namun ia tetap teguh, memberikan ketenangan pada waktu kita paling memerlukan,” kata Fr George.

“Rahmat ini merangkumi segalanya: ia membina jambatan, merangkul setiap individu tanpa diskriminasi. Ia tidak menilai berdasarkan kesalahan, kegagalan atau pelanggaran silam kita. Sebaliknya, ia memeluk kita dengan penerimaan tanpa syarat, pengampunan, dan janji transformasi,” jelasnya.

Ketika mengumumkan pelantikan Fr George sebagai penolong paderi paroki di OLOL, Kardinal Sebastian menekankan kepentingan memupuk panggilan kepada kepaderian dalam kalangan kongregasi. Beliau menyeru kepada paroki itu untuk menegakkan tradisi memupuk panggilan, seterusnya memastikan warisan yang bertenaga dan bersemangat bagi masa depan.

Herald Malaysia
(Terjemahan)

Takhta Suci: Kebebasan beragama dicabul di satu pertiga dunia

KOTA VATICAN — Hak asasi manusia, termasuk kebebasan fikiran, hati nurani dan agama, terus dicabul pada skala yang amat membimbangkan di seluruh dunia, kata Pemerhati Tetap Takhta Suci ke Pertubuhan Bangsa-Bangsa Bersatu dan Organisasi Antarabangsa Lain di Geneva.

Diskriminasi dan penindasan orang beriman semakin meningkat

Bercakap di Sesi Ke-55 Majlis Hak Asasi Manusia, yang bermula pada 26 Februari lalu, Uskup Agung Ettore Balestrero menyatakan diskriminasi dan penindasan orang beriman semakin meningkat di seluruh dunia.

Beliau memetik data daripada yayasan kepausan, Aid to the Church in Need, yang menunjukkan bahawa kebebasan beragama dicabul di hampir satu pertiga negara-negara di dunia, yang menjejaskan kira-kira 4.9 manusia.

Bekas Nunsio Republik Demokratik Congo (RDC) itu turut meratapi hakikat bahawa di beberapa buah negara Barat, “diskriminasi agama dan penapisan sedang dijalankan di bawah penyamaran ‘toleransi dan keinklusifan’”.

“Undang-undang yang pada asalnya bertujuan untuk memerangi ‘ucapan kebencian’ sering diperalatkan untuk mencabar hak kepada kebebasan fikiran, hati nurani dan agama, yang menjurus kepada penapisan dan ‘ucapan dipaksa’.”

Kerjasama antarabangsa untuk melindungi martabat manusia

Mengenai topik umum di sesi itu,



Uskup Agung Balestrero menggariskan bahawa dalam usaha menjalin kerjasama antarabangsa “yang lebih berkesan”, seperti yang dituntut oleh Pope Francis untuk menangani cabaran semasa dalam dunia multipolar, “terutamanya untuk mengukuhkan sikap menghormati hak manusia yang paling asas”, fokus mesti terus diberikan kepada martabat manusia yang menjadi landasan bagi keamanan, seperti yang dinyatakan pada tahun 1948 oleh Deklarasi Hak Asasi Manusia Sejagat (UDHR).

Untuk menambah baik diplomasi pelbagai hala, katanya, ia adalah penting “untuk menegakkan nilai yang berakar dalam martabat manusia”. Ini pula memerlukan usaha “membina semula visi bersama bagi sifat kita yang semula jadi”.

“Kita tidak dapat memisahkan apa yang bagus daripada apa yang benar dan berakar umbi dengan mendalam dalam sifat manusia.”

AI dan perlindungan hak asasi manusia

Martabat manusia, kata Pemerhati Vatikan itu, mesti menjadi prinsip yang menjadi panduan dalam pembangunan dan penggunaan kecerdasan buatan (AI).

“Kemajuan dalam bidang ini harus menghormati hak asasi manusia dan patut melayan, bukan bersaing dengan, potensi kita sebagai manusia,” katanya.

“Pembangunan kecerdasan buatan boleh dianggap berjaya hanya jikalau kita bertindak dengan penuh bertanggungjawab dan menegakkan nilai-nilai asasi manusia.”

“Menghormati martabat manusia menuntut kita menolak sebarang cubaan bagi mengurangkan keunikan manusia untuk dikenali atau dikurangkan kepada algoritma atau kepada set data, dan tidak membiarkan sistem canggih untuk secara autonomi menentukan nasib manusia.”

Uskup Agung Balestrero seterusnya menyatakan bahawa banyak cabaran yang kita hadapi pada hari ini berpunca

daripada “sikap tidak menghormati martabat manusia dan kegagalan untuk mengenali kesalinghubungan kita”.

“Hak-hak baru” ancam martabat manusia dan persaudaraan

Beliau mengimbau cubaan untuk memperkenalkan apa yang dipanggil “hak-hak baharu” yang mempersoalkan kesucian setiap nyawa manusia, dan “tidak selalunya konsisten dengan apa yang benar-benar baik bagi manusia”.

“Hak-hak baharu” ini, kata Nunsio itu, telah membawa kepada apa yang disebut oleh Pope Francis sebagai “penjajahan ideologi” yang menjatuhkan martabat manusia, selain persaudaraan manusia, kerana ia mewujudkan “perpecahan di antara budaya, masyarakat dan negara, dan bukannya memupuk perpaduan dan perdamaian”.

“Masyarakat kita ‘mesti terus bangkit di atas landasan pemahaman yang betul tentang persaudaraan dan penghormatan sejagat bagi kesucian setiap nyawa manusia, setiap lelaki dan setiap wanita, orang miskin, warga emas, kanak-kanak, orang sakit, kandungan yang belum dilahirkan, penganggur, mereka yang diabaikan, mereka yang dianggap mudah dibuang kerana sekadar dianggap sebagai sebahagian daripada statistik’.”

“Persaudaraan sejagat merupakan satu syarat penting untuk merealisasikan hak asasi manusia sepenuhnya dalam dunia pada hari ini,” rumus Pemerhati Vatikan itu. “Apabila kita gagal memaklumkan bahawa semua kita saling berhubung, semua kita menderita.”

Vatican News (Terjemahan)

Retret Gabungan Majlis Pastoral Paroki (2024-2026)

Bersambung dari ms27

...pengikut Kristus. Dalam Matius 5, gereja dilambangkan sebagai garam, terang dan ragi (kepada yang miskin, sakit, pendatang, krisis keluarga, mereka yang kesunyian dan depresi serta warga tua).

Para peserta retret disediakan bahawa intipati Doa Diosis Agung sesungguhnya memang telah mengambilkira isu perbincangan dalam Perhimpunan Majlis Paroki pada 28 Sept 2023 – Gereja (Evangelium Gaudium), Keluarga (Amoris Laetitia), Sosial (Fratelli Tutti) dan Alam Sekitar (Laudato Si).

Oleh itu gereja yang berpusatkan Ekaristi harus menjadi gereja misionari menjadi saksi cintakasih Kristus sepertimana yang telah diperintahkan oleh Yesus sendiri: saling mengasihi (Yoh 13:34-35). Dalam masa yang sama si iblis tidak pernah berhenti menyerang gereja dengan menggoda manusia, malah iblis

menyerang melalui institusi kepaderian dan keluarga dengan mewujudkan pelbagai masalah antaranya skandal dan perceraian. Namun Yesus memberikan nyanyian kemenangan terhadap pertempuran dengan iblis (Wahyu 12:7-12).

Fr Paul mencadangkan sepanjang bulan Oktober (Mission Month), diadakan pembelajaran Evangelium Gaudium (Sukacita Injil), misi penginjilan yang diutus secara berpasangan dan doa rosari khas untuk intensi bulan misi tersebut. Ini sebagai sahutan kepada pengistiharan Bapa Suci Fransiskus, menjadikan Tahun 2024 sebagai Tahun Doa kerana doa adalah nadi iman.

Sebagai gereja yang berjalan bersama, adalah dicadangkan agar umat dewasa harus sentiasa berjalan bersama para belia dalam jagaan paroki, malah semua komuniti harus memainkan peranan untuk membimbing para belia. Di samping itu, Fr Paul juga berharap agar Komite Kehidupan Keluarga dan



Salah satu kumpulan sedang membincangkan perancangan misi konkrit paroki

Apostolik Alkitab dapat bekerjasama untuk mewujudkan bimbingan Doa Keluarga yang dapat digunakan untuk keluarga berdoa bersama pada setiap hari Ahad.

Selepas memberikan semua input, peserta seterusnya melakukan saat teduh selama setengah jam untuk membuat refleksi tentang tiga soalan berpandu yang diberikan oleh Fr Paul. Kemudian, para peserta dibahagikan kepada 12 kumpulan yang terdiri dari enam ahli gabungan pelbagai paroki untuk berbincang dan berkongsi pendapat tentang soalan yang telah diberikan awal.

Selepas makan tengahari semua peserta dikumpulkan semula mengikut paroki bagi membincangkan perancangan misi konkrit paroki masing-masing dan disusuli dengan perkongsian berbentuk laporan. Sebelum retret berakhir dengan Misa penutupan, pengerusi setiap Majlis Pastoral Paroki diberikan kesempatan untuk berucap. Turut memberikan ucapan adalah pengerusi Majlis Kewangan Pastoral Paroki, Anthony L.

Catholic Sabah