



ST. MICHAEL'S CHURCH
IPOH

OUR PARISH · 我们的堂区

The official newsletter of St. Michael's Church, Ipoh, Perak
怡保圣米高天主堂通讯

PARISH ASSEMBLY 2015 2015 年堂区大会

The Parish Assembly of St. Michael's Church was held on Sunday 5th January 2015 from 2.00 p.m. to 5.00 p.m. The Assembly began with a praise and worship session led by St. Theresa Choir followed by the enthronement of the Bible and readings from Scripture.

The Parish Pastoral Chairman Mr. Francis Fernandes welcomed the 100 plus participants to the Assembly and proceeded to present an overview of the parish's activities over 2014. He touched mainly on the success of the parish mission to the Orang Asli communities with special credit and appreciation going out to for leading the mobilization and medical teams respectively. The PPC Chairman also thanked our parishioners for being so supportive and generous with their donations towards the parish project and it was hoped that this will continue.

It then came the turn of Fr. Stephen Liew to present the pastoral thrust for 2015 which is "Discipleship through transforming humanity". The proposed transformation will be made through 3 mediums namely Transforming SELF, Transforming FAMILY and

Transforming SOCIETY.

圣米高堂的堂区大会已在2015年1月5日（星期日）下午2时至5时举行。大会以圣德兰歌咏团带领歌颂赞美为开端，跟着是奉献圣经及恭读经文。

堂区牧灵理事会主席 Francis Fernandes 欢迎在场的百余名出席者。紧接着是回顾2014年的堂区活动，尤其是堂区原住民援助组的成功。他感谢 Hubert Thong 及 Albert Yong 医生的带领及医药方面的协助。主席也感谢教友们大力的支持及慷慨的捐献，希望这活动能持续下去。

刘开祥神父致词时向教友介绍2015年西马半岛牧民主题为一——门徒：迈向“革新人类”的使命。“革新人类”的使命分成三个阶段：自我，家庭及社区。

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PARISH ASSEMBLY 2015 2015 年堂区大会

On the parish level, these will be accomplished practically in the following ways:

Transforming SELF

- (i) By participating in the Prodigal Son spiritual retreat (for English-speaking parishioners).
- (ii) By participating in the Little Rock programme (for Mandarin speaking parishioners).

Transforming FAMILY

- (i) By holding weekly prayer sessions in each family.
- (ii) By sharing a family dinner at least once a month without the distraction of mobile phones and other modern electronic gadgets.
- (iii) By coming together as a family to recite the Rosary especially in the months of May and October.

Transforming SOCIETY

- (i) Through the establishment of a Parish Formation Team who will be tasked with organizing awareness sessions on current political, social and religious issues.
- (ii) Through continuing support and participation in the Orang Asli mission which shall remain the parish's principal project.

There will also be a change in the format of the 2015 Parish Feast Day celebrations where the BECs have been tasked with organizing the second day of the Triduum at BEC level. All the proposals were unanimously adopted by the Assembly.

Fr. Liew took the opportunity to express his deep gratitude for the love and concern shown by our parishioners towards the parish and all its activities. Based on the evaluations of the ministries and BECs, he concluded that the parish is doing well.

The Assembly ended with a Question & Answer session followed by a simple tea for all participants.

堂区根据这主题将采取以下的一些实际活动:

自我革新

- (i) 参与“浪子回头”灵修避静(英文教友)
- (ii) 参与小磐石讲座(华文教友)

家庭革新

- (i) 每个家庭每周进行家庭祈祷。
- (ii) 每个月至少一次家庭聚餐,聚餐时不受任何手机及电脑科技的干扰。
- (iii) 一家人一起诵念玫瑰经,特别是在五月及十月。

社区革新

- (i) 堂区革新小组将举办有关政治、社会及宗教的讲座。
- (ii) 原住民援助组的使命仍旧成为堂区的主要计划。

今年的主保敬礼将有所改变,基信团将举办主保第二日敬礼。大会一致通过所有的建议。

刘神父借此机会感谢本堂教友对本堂一切活动的热爱及关心。根据堂区组织及基信团的评估报告,对于本堂在过去一年的表现,神父总结为良好。

大会在结束前举行问答环节。最后,以简单的茶点招待,结束当天的堂区大会。

YEAR OF CONSECRATED LIFE 2015 2015 年奉献生活年

The Holy Father Pope Francis has announced that 2015 will be a year dedicated to the promotion of consecrated life and he is asking the Church's clergy and religious to awaken the world with their testimonies of faith, hope and love.

The Year of Consecrated Life officially began on 30th November 2014 (1st Sunday of Advent) and will end on 2nd February 2016 on the World Day of Prayer for Consecrated Life. Many events have been planned to celebrate the Year of Consecrated Life at both Vatican and diocesan levels.

Let us continue to pray and give thanks to God for the gift of the clergy and religious who inspire us daily with their love and dedicated service to God and mankind.

教宗方济各宣布2015年为奉献生活年。他呼吁神职人员及修士修女们借着信、望、爱三德的生活,来唤醒世人。

奉献生活年于2014年11月30日(将临期第一主日)开始至2016年2月2日(世界奉献生活日)结束。梵蒂冈及各教区将举办各式活动来庆祝这奉献生活年。

让我们继续祈祷及感谢神职人员、修士、修女们的献身精神,通过他们的仁爱及奉献启示了我们。



SMC FLOOD RELIEF 圣米高堂水灾赈灾活动

2014 will be forever remembered as the "annushorribilis" for Malaysia. To cap off a truly miserable year, the country was hit by the worst flooding crisis in its entire history. Our home state of Perak was one of the worst states affected by the recent floods.

During the crisis, SMC's Orang Asli mission team worked hard to deliver humanitarian and medical aid to communities that were badly affected by the flood. The villages assisted were Kg. Gajah, Kg. Sungai Karah, Kg. Air Bah Lawin, Kg. Sungai HuluLawin Selatan, Kg. Temin and also our Orang Asli friends at Kg. Sekam whose livelihood had been affected by landslides caused by the constant and heavy downpour.

We would like to thank all donors for your generous donations of foodstuffs, clothes and other household

items for the flood victims.

2014年可谓是马来西亚多灾多难的一年。去年底，我国遭遇有史以来最严重的水灾。霹靂州也是其中一个遭殃的州属。

灾难期间，本堂的原住民援助组组长落地地伸出人道及医药援手于灾民。我们协助了Gajah村，Sungai Karah村，Air Bah Lawin村，Sungai HuluLawin Selatan村，Temin村及因连续不断的大雨而导致土崩的Sekam村原住民。

我们感谢所有慷慨捐赠食物、衣物及家具的善士仁翁。





CHRISTMAS CONCERT – A MALAYSIAN CHRISTMAS 一个马来西亚圣诞之夜

The 2014 Christmas concert was a truly multi-cultural affair which successfully lived up to its theme of “A Malaysian Christmas”. Held on 6th and 7th December 2014, the event was particularly meaningful due to the presence and participation of our Orang Asli friends whose friendship we had cultivated over the past year through our parish outreach to the Orang Asli communities.

More than 160 Orang Asli visited SMC with the biggest contingents coming from Kampung Sekam, Tapah and Kampung Chang, Bidor. There were also some Orang Asli from Kampar and Sungai Siput. They were hosted overnight by the parish which had arranged transport, accommodation and meals for our special guests. The concert on Saturday afternoon was graced by the presence of Rt. Rev. Sebastian Francis, the Bishop of Penang, who gave a rousing and inspiring message of welcome and support to the Orang Asli present in the hall. This was followed by a touching speech by Bah Jalil, the pastor of the Kampung Sekam community. Also in the audience were 40 children and chaperones from Ozanam Drop-in Centre, Sungai Siput who were enjoying a special outing during the school holidays.

As well as lively praise and worship songs from the Kampung Sekam youth band, the concert also featured various song and dance performances by the young people of SMC, among them the Chinese Sunday School children, the Tamil group and the Chinese Youth group with its own band VOYH. The English Youth group and the English Sunday school children combined to present a Nativity sketch. During the intermission, the young folk broke into an energetic “flash mob”. At the concert finale, all the performers and audience joined in to sing a heartfelt and powerful rendition of the hymn “Hitamatau Putih” which had been introduced to SMC parishioners some weeks before the concert.

The Orang Asli had requested to attend the Saturday Sunset mass which was partly celebrated in Bahasa Malaysia to accommodate their participation. After the mass and dinner, it was SMC’s turn to reciprocate by taking part in their praise and worship session at the Peter Pang Hall. On Sunday morning, an arts and crafts demonstration was held outside the hall by some of the performing groups. The Orang Asli demonstrated their skills in basket weaving and parishioners were given the opportunity to purchase their wares.

The parish would like to express its sincere appreciation to the concert organizing team for planning and overseeing this wonderful event.

Congratulations and thanks to all the young performers for their hours of practice and breezy enthusiasm which made it a resounding success. Last but certainly not the least, our heartfelt gratitude to our Orang Asli friends for their meaningful presence and participation which made this a truly Malaysian Christmas concert.

2014年的圣诞演出是个多元化，完全符合其主题“一个马来西亚之圣诞”表演。于2014年12月6及7日假本堂礼堂举行这富有意义的活动。当天有原住民的朋友们出席及参与演出。这些成果都得归功于本堂原住民援助组过去一年来与他们所建立的友谊。

一共有超过160位原住民前来圣米高堂。他们主要来自打巴的Sekam村及美罗Chang村，也有一些来自金宝及和丰的原住民。堂区为他们安排交通、住宿及膳食。本堂很荣幸邀请到槟城教区主教施恩天出席观赏星期六下午的演出。主教藉此给予原住民一番鼓励及激励的开幕欢迎词。接着Sekam村的牧师Bah Jalil也给予感人的致词。观众当中有40位来自和丰Ozanam Drop-in Centre的儿童及监护者，这项活动给了他们一个充满意义的学校假期。

Sekam村青年乐团呈现了充满活力的歌颂赞美歌曲；圣米高堂华文要理班学生、淡米尔组及华文组青年团与他们的VOYH乐队表演了几首歌曲及舞蹈。英文组青年团及要理班则合作表演耶稣诞生的话剧。幕间休息当中，青年们给大家来了一个惊喜的快闪活动（flash mob）。闭幕前，所有的演出者及观众合唱扣人心弦及富有含义的“黑或白”，这首歌已在几星期前向圣米高堂教友介绍过了。

之后我们邀请了原住民出席星期六的黄昏弥撒，弥撒有一部分以国语进行以迎合他们的参与。晚餐后，圣米高堂教友礼尚往来，在庞神父礼堂负责带领歌颂赞美的环节。星期日上午，部分表演者在礼堂外摆设了一个手工艺品展，原住民当场示范如何编制篮子，教友们亦能当场购买他们的产品。

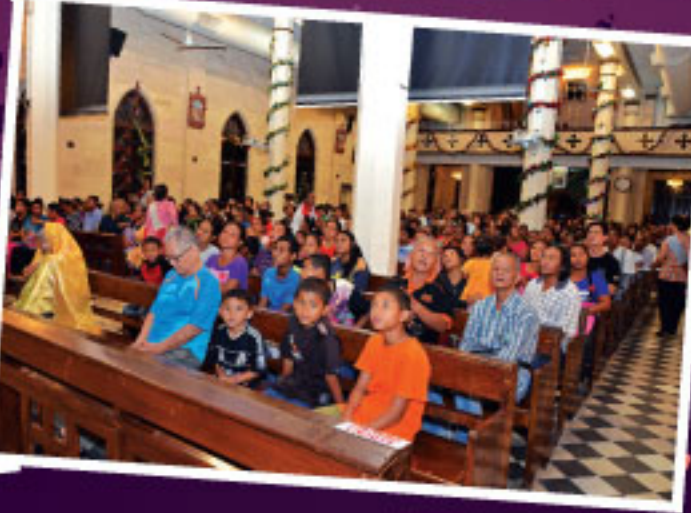
堂区衷心感谢筹委会的精心策划及安排。恭贺及感谢所有的演出者的牺牲付出。最后，不忘感谢原住民朋友的出席及参与这个真正一个马来西亚的圣诞之夜。

CHRISTMAS CONCERT – A MALAYSIAN CHRISTMAS

一个马来西亚圣诞之夜



CHRISTMAS CONCERT – A MALAYSIAN CHRISTMAS 一个马来西亚圣诞之夜



UPDATES ON ORANG ASLI PROJECT 原住民援助组最新消息

(a) Initiated fruits and vegetable farming at Kg. Air Bah Lawin, Gerik

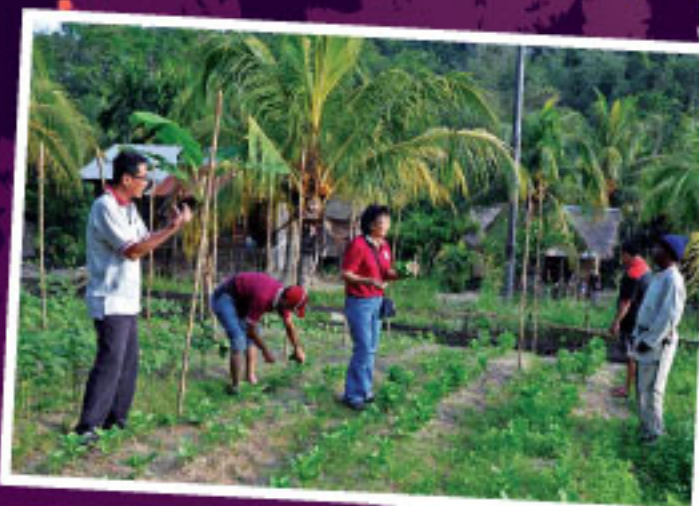
在宜力Air Bah Lawin村开始栽种蔬菜和水果。

(b) Delivery of food aid and toys

派送食物及玩具。

(c) Medical camp at Kg. Air Bah Lawin, Gerik

在宜力Air Bah Lawin村提供医药服务。



CHINESE FORMATION SESSION BY REV. FR. JOSEPH CHENG 程若石神父的巡回讲座



The Penang Diocese Chinese Apostolate Commission was privileged to have been able to invite Rev. Fr. Joseph Cheng from Taiwan to present a series of formation sessions for Chinese speaking parishioners of the various parishes in the Diocese of

Penang. The sessions took place between 12th to 19th September 2014 starting from the Church of St. Joseph, Batu Gajah and continued in rotation among the different parishes.

Four topics were covered in the series. The first topic was on "Faith is a family heirloom" where he urged all families to put Christ as the Master of our families. He also stressed that family prayer is important to keep the faith in the family. The second topic "Always Joyful, Always Thankful" touched upon the importance of having joy in our faith and how people should be able to see God's love and joy in us.

The third topic was about "Transforming our faith" where he urged participants to transform themselves in answer to God's call and plans for them, emulating the good examples of Our Lady and

St. Matthew, the former tax collector. The final topic was on "The right path of faith" where he cautioned that sin and ingratitude will only lead us to darkness whereas the right path will lead us to God's Light.

槟城教区华文教务促进会荣幸邀请台湾的程若石神父于2014年9月12日至19日给槟城教区的华文教友一个巡回讲座。第一站为华都亚也的圣若瑟堂，连续八日在不同的堂区给予教友充电。

这次的巡回讲座共有四个主题。第一个主题：信仰是家之传家宝，程神父提醒我们应把基督永远成为家的主人；他也强调家庭的重要性，把信仰传下去，代代相传。第二个主题：时时喜乐；事事感谢。在讲座中，他提到我们每个人都应活出喜乐特质，天主与我们同在，我们应时时喜乐，事事感谢及不断祈祷。让别人从我们身上看到天主的爱。

第三个主题：变形金刚的信仰。程神父呼吁大家要回应天主；作改变，我们应向圣母及圣玛窦学习，每天改变、革新，各尽其职。第四个主题：生命的越位与正位。他解释罪是信仰的越位，把犯罪当作习惯，只能引我们走向黑暗。而正位才是引领我们走向光明。

CHRISTMAS 2014 2014年圣诞节

A big "TERIMA KASIH" to all the groups and individuals who undertook the Christmas 2014 decorations.
感谢所有参与2014年圣诞节的圣堂布置的教友。



CHILDREN'S CHRISTMAS PARTY

儿童圣诞茶会

The children's Christmas party made a successful comeback after a hiatus of several years. It was held on 22nd December 2014 at the Peter Pang Hall. Approximately 200 children participated in the event.

本堂于2014年12月22日假庞神父礼堂举行儿童圣诞茶会，约200位儿童参与。



MASS & DEVOTION DAYS & TIMES AT ST. MICHAEL'S CHURCH, IPOH

怡保圣米高堂弥撒及朝拜敬礼时间表

	Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六	Sunday 星期日
Weekday Masses 平日弥撒	5:30 pm	7:00 am	5:30 pm	5:30 pm	5:30 pm		
Weekend Masses 周末及周日弥撒						7:00 am (English / 英语)	8:00 am (English / 英语) 10:00 am (Mandarin / 华语) 5:00 pm (English / 英语)

* 第一个星期五除外 (Except 1st Friday)

DEVOTIONS - 朝拜敬礼

Novena to Padre Pio	5.00 p.m.	(Thursday)
Adoration of the Blessed Sacrament	7.30 p.m.	(1st Friday of the month)
Novena to the Sacred Heart	7.45 p.m.	(1st Friday of the month)
Chaplet of St. Michael in English	6.30 p.m.	(1st Saturday of the month)
Rosary in English	6.30 p.m.	(Other Saturdays of the month)
Chaplet of St. Michael in Mandarin	9.30 a.m.	(1st & 3rd Sundays of the month)
Rosary in Mandarin	9.30 a.m.	(2nd, 4th & 5th Sundays of the month)
Marian Devotion	7.30 p.m.	(13th day of every month except weekends)
圣比约敬礼	下午5时	(星期四)
朝拜圣体及圣体降福	晚上7时半	(每个月的第一个星期五)
耶稣圣心敬礼	晚上7时45分	(每个月的第一个星期五)
英语圣弥额尔串经	下午6时半	(每个月的第一个星期六)
英语玫瑰经	下午6时半	(其他的星期六)
华语玫瑰经	上午9时半	(每个月的第二、四、五个星期日)
华语圣弥额尔串经	上午9时半	(每个月的第一个、三个星期日)