



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



## OPENING OF EXTRAORDINARY JUBILEE YEAR OF MERCY AT KAMPAR

### 慈悲特殊禧年开幕礼

The opening of the Extraordinary Jubilee Year of Mercy at the Church of Sacred Heart, Kampar was held on 8th December 2015. As well as being the Feast of the Immaculate Conception, the date had been chosen to coincide with the launch of the Extraordinary Jubilee Year of Mercy at St. Peter's Basilica by His Holiness Pope Francis.

The Church of the Sacred Heart is one of the 3 churches selected by Bishop Sebastian Francis as designated pilgrimage churches of the Diocese of Penang during the Year of Mercy. The other pilgrim churches are St. Anne's Shrine in Bukit Mertajam and the Divine Mercy Church at Sungai Ara, Penang.

The event began promptly at 8.00 p.m. with the opening of the Holy Door of Mercy by the Bishop followed by the Eucharistic celebration. Despite the heavy downpour, more than 2,000 participants attended the event from all over Perak. SMC parishioners were out in full force with 3 busloads traveling from the parish and many others who drove to Kampar by car. It was a wonderful and memorable occasion, thanks to the warm hospitality of the church's parish priest Fr. Aloysius Tan and his parishioners.

霹雳总铎区于2015年12月8日假金宝耶稣圣心堂举行了慈悲禧年开幕礼。教宗方济各特选了这日——圣母始胎无染原罪瞻礼于圣伯铎大殿推介慈悲禧年。

檳城教区主教施恩天在这慈悲禧年内指定了三间朝圣圣堂。金宝耶稣圣心堂乃其一；另外两间为大山脚圣亚纳堂及檳岛新港的天主慈悲圣堂。

当天约晚上8时，主教先开启圣门，随后举行感恩弥撒。虽然倾盆大雨，但仍有超越两千名来自霹州各地的教友出席这盛典。终于圣米高堂的教友们，除了一些自备交通，圣堂还租了三辆巴士前往。这乃是个难忘的庆典，亦要感谢耶稣圣心堂的本堂司铎陈亿赐神父及其教友们的热情招待。



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Many SMC groups had also lent willing hands to the preparations for the event including the flower arrangement group, multimedia group, Chinese Choir and St. Peter's Choir. Special mention must be made of the Holy Door of Mercy whose meaningful panels had been created by Mary Josephine Moh and Pauline Eu. The Holy Door was indeed beautiful in its simplicity and truly conveyed the message of humility that goes hand in hand with mercy. As well as the Holy Door of Mercy, pilgrims may also reflect and meditate at 3 special stations that have been created on the grounds of the church.

During this Year of Mercy, Pope Francis is encouraging all Catholics to be open and receive God's mercy and in turn, to show mercy to others in our thoughts, words and deeds. One of the

suggestions in which Catholics will be able to receive God's mercy is to walk through the designated Holy Doors.

圣米高堂的插花组、多媒体组、华文组歌咏团及圣伯铎禄歌咏团也为此庆典奉献一份力量。值得一提的是Mary Josephine Moh及 Pauline Eu为这圣门精心所作的設計。此圣门不但漂亮得体，而且能表达慈悲的含义。朝圣者不仅能以这扇圣门，亦能以在地上所设计的三处标记作祈祷及反省。

教宗鼓励天主教徒在这慈悲禧年内开放心门领受天主的慈悲，在思、言、行为上表示慈悲。其中一种方式就是跨越圣门。

As for showing mercy to others, the Pope advised us to reflect and carry out the following corporal and spiritual works of mercy :

教宗建议我们反省及履行精神上及肉身上的慈悲善工：

The 7 corporal works of mercy  
七项肉身上的慈悲善工：

1. 饥者食之 Feed the hungry
2. 渴者饮之 Give drink to the thirsty
3. 裸者衣之 Clothe the naked
4. 收留旅人 Welcome the stranger
5. 照顾病人 Heal the sick
6. 探望囚者 Visit the imprisoned
7. 埋葬死者 Bury the dead

The 7 spiritual works of mercy  
七项精神上的慈悲善工：

1. 解人疑惑 Counsel the doubtful
2. 教导愚蒙 Instruct the ignorant
3. 劝人悔改 Admonish sinners
4. 安慰忧苦 Comfort the afflicted
5. 赦人侮辱 Forgive offences
6. 忍耐磨难 Bear patiently those who do us ill
7. 为人代祷 Pray for the living and the dead

For the duration of the Year of Mercy, the Holy Door at the Church of Sacred Heart will be open to receive pilgrims from 7.00 a.m. to 9.00 p.m. every day. The Year of Mercy will conclude on the Solemnity of Christ the King on November 20, 2016.

金宝耶稣圣心堂在这慈悲禧年期间每日从早上七时至晚上9时开放给教友朝圣。慈悲禧年将于2016年11月20日基督君王节闭幕。



## PARISH ASSEMBLY 堂区大会

The annual Parish Assembly of St. Michael's Church was held on 29th November 2015. In line with the worldwide Year of Mercy, Fr. Stephen Liew informed all participants that the parish's focus for 2016 will be on Mercy as evidenced through our words and actions. The parish will be guided by the theme "Being merciful like the Father".

圣米高堂的堂区大会已在2015年11月29日举行。为配合慈悲禧年，刘神父呼吁2016年堂区的焦点无论言、行皆以慈悲为中心。以“如同天父一样慈悲”为标准。



### Parish plans for the Year of Mercy include:

- a) Recitation of the Chaplet of the Divine Mercy before each weekend Mass;
- b) Introduction of the Devotion to the Divine Mercy on the third Friday of every month;
- c) 24 hours' exposition of the Blessed Sacrament and vigil prayers on 4th March - 5th March 2016;
- d) Confessions will be heard 30 minutes before each weekend Mass and on the 1st & 3rd Fridays;
- e) Encouraging pilgrimages to the 3 pilgrim churches in the Diocese of Penang;
- f) The BECs will commence to work together with the Ministry to the Poor on visits to poor families and distribution of aid;
- g) To revive the practice of corporal and spiritual works of mercy;
- h) To continue supporting the Orang Asli community through the ongoing Sahabat Orang Asli (SOA) project.

### 慈悲禧年堂区计划：

- a) 主日弥撒前诵念天主慈悲串经
- b) 每个月的第三个星期五举行天主慈悲敬礼
- c) 2016年3月4至5日奉献24小时给天主
- d) 主日弥撒前、第一及第三个星期五弥撒前半小时可办告解
- e) 鼓励前往槟城教区选定的三间圣堂朝圣
- f) 基信团与济贫会合作探访贫困家庭及分派必需品
- g) 履行肉身上及精神上的慈悲善工
- h) 继续支持原住民之友计划，协助原住民

## CHRISTMAS 2015 2015 年圣诞节



The parish would like to express its gratitude to all who were responsible for the Christmas decorations in December 2015. Special thanks to our four Orang Asli friends from Kg. Sekam, Tapah who built the beautiful and unique Christmas cribs at the carpark and in the church. The structures were much admired and photographed by parishioners and visitors.

堂区感谢所有参与2015年圣诞节堂区布置的教友和朋友。特别是Kg Sekam的原住民，他们协助筑起在停车场的马槽。这独特的马槽得到不少教友及拜访者的赞赏。

## 10TH ANNIVERSARY OF THE PADRE PIO GROUP 圣比约援助组成立十周年纪念



St. Michael Church's pioneering Padre Pio Group achieved a significant milestone in September 2015 when it celebrated the 10th anniversary of its establishment. Although the actual feast day of St. Pio of Pietrelcina fell on 23rd September, the anniversary celebration was held on Saturday 19th September 2015 to share the joyous occasion with parishioners during the Sunset Mass. The Eucharistic celebration was followed by dinner at Yum Yum Restaurant which turned into a joint celebration of Fr. Robin Andrews's birthday.

圣米高堂的圣比约援助组于2015年9月庆祝成立十周年纪念。圣比约的主保原是在9月23日，但提早于2015年9月19日的黄昏弥撒与教友们一起欢庆。弥撒后，前往Yum Yum餐馆聚餐暨大家一起庆祝Robin神父的生日。



### HIGHLIGHTS OF THE SAHABAT ORANG ASLI (SOA) PROJECT IN 2015

#### 2015 原住民之友计划点滴

2015 was a significant year for the parish's Sahabat Orang Asli (SOA) project. A major development was its elevation to diocesan apostolate status by Bishop Sebastian Francis under the newly created Perak Deanery Orang Asli Apostolate.

Here are some of the year's highlights:

- Construction of a well and 2 lavatories at Kg. Sungai Karah, Gerik (1st May 2015)
- Approval of the Perak Deanery Orang Asli Apostolate by the Bishop of Penang (2nd July 2015)
- Teachers' training for 2 Orang Asli young women at Mariaville Kindergarten (June to November 2015)
- Opening and blessing of new school at Tapah (24th September 2015)
- 1st Assembly of the Perak Deanery Orang Asli Apostolate (7th November 2015)

In addition to the above, the Survey & Mobilisation team led by Hubert Thong continued to explore new Orang Asli settlements such as Pos Kemar and Kg. Sungai Kejar and delivered emergency food aid and infrastructure assistance to those in need.

The Healthcare and Nutrition team headed by Dr. Albert Yong regularly organized medical camps, clinic visits and health awareness talks at Kg. Sekam, Tapah and villages in Gerik. The team was assisted by medical teams from Hospital Fatimah and other hospitals and clinics on some of the visits.

During the year, the project received donations of fortified rice from the Sunway Group and HSBC Bank Malaysia Bhd. Hospital Fatimah continued to be a strong supporter with its regular supply of medicines and supplements.

Fr. Stephen Liew and the SOA team would like to express our sincere and heartfelt thanks to all volunteers, sponsors, donors and everyone who have contributed to the success of the SOA project since 2014. May God bless you all.

堂区的原住民之友计划在2015年获得很大的进展。檳城教区主教施恩天把此组织的地位提升为霹靂总铎区原住民促进会。

2015年的点滴:

- 在宜力Kg. Sungai Karah建设一口井及两间厕所。(1/5/2015)
- 檳城教区主教施恩天批准霹靂总铎区原住民促进会。(2/7/2015)
- 在Mariaville幼儿园培训了两位年轻的原住民教师。(6/11/2015)
- 开幕及祝圣打巴Kg. Sekam新建立的学校。(24/9/2015)
- 第一次霹靂总铎区原住民促进会委员就职典礼。(7/11/2015)

Hubert Thong带领的调查及行动组继续考察和探讨新的原住民村, 譬如在PosKemar和 Kg. Sungai Kejar, 已经紧急分派粮食及急需品给他们。

Albert Yong 医生带领医药及营养组定时提供医药服务、讲座给打巴的Kg. Sekam及宜力的村民。法蒂玛医院及其他的医院/诊所也不时给予协助。

双威集团及HSBC银行捐赠米于此计划。Fatimah医院大力支持, 定期提供药物及营养品。

刘神父及原住民之友援助组欲向所有的的自愿者、赞助人士、及善事人翁自2014年的的慷慨贡献。天主保佑您们。

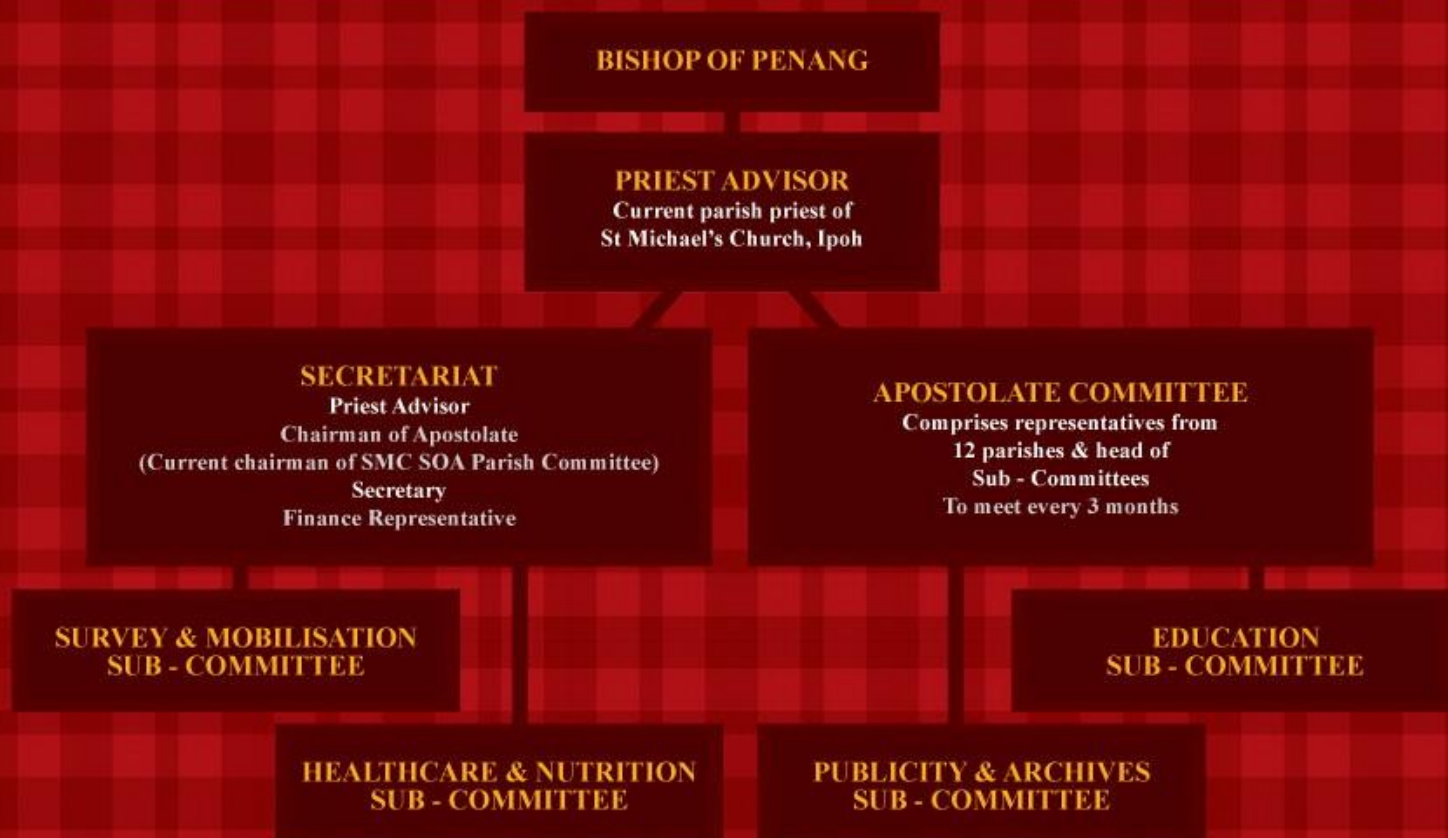
## NEW ORGANISATION STRUCTURE

### 组织新结构

Under the Perak Deanery Orang Asli Apostolate, the main committee will be the Apostolate Committee. This will be headed by the Bishop of Penang but the Apostolate will be based at SMC, Ipoh.

The Priest Advisor of the Apostolate Committee is the current parish priest of St. Michael's Church and the Chairman and Secretary of SMC's SOA Parish Committee will also be the Chairman and Secretary of the Apostolate Committee. The Apostolate Committee structure is as follows:

霹靂总铎区原住民促进会将基于圣米高堂，由檳城教区主教领导，其主要委员为促进会委员。神师乃为圣米高堂本堂司铎；堂区原住民之友援助组的主席及秘书亦是原住民促进会的主席及秘书。原住民促进会委员会的组织结构如下：



All parishes under the Perak Deanery Orang Asli Apostolate will be encouraged to form their own SOA Parish Committee. The structure for the SOA Parish Committee is as follows:

希望霹靂原住民促进会属下的堂区能成立各自的堂区的原住民之友委员会。堂区的原住民之友委员会组织结构如下：



## INAUGURAL ASSEMBLY OF THE PERAK DEANERY ORANG ASLI APOSTOLATE 霹靂总铎区原住民促进会委员就职典礼

The Perak Deanery Orang Asli Apostolate had its inaugural Assembly on 7th November 2015.

The event, which was graced by Bishop Sebastian Francis, saw a good turnout of 75 participants from 11 Perak parishes including SMC. One of the biggest contingents, which included a group of Orang Asli, came from the Church of the Most Holy Redeemer, Tanjung Malim. Several priests were also present to lend their support for the new apostolate.

It was enlightening to learn about the experiences of the other parishes who are already involved in missionary work to the Orang Asli. Some of the Orang Asli present also shared their hopes and aspirations for their community. The Assembly will be followed by the first meeting of the Apostolate Committee sometime in early April 2016.

霹靂总铎区原住民促进会于2015年11月7日举行委员就职典礼。

主教主持这典礼，当天有来自霹靂州11个堂区的75位出席者。其中丹绒马林的基督救世主堂出席者最多。几位神父也出席支持这新的促进会。

能从那些已开始进行原住民援助使命的其他堂区吸取经验，实在难能可贵；同时也有一些原住民分享了他们的愿景。将于2016年4月举行促进会的第一次聚会及会议。



### 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

#### Weekday Masses 平日弥撒

Monday, Wednesday,  
Thursday & Friday  
(except 1st & 3rd Friday)  
5.30 p.m.

1st Friday of the month  
8.00 p.m.

3rd Friday of the month  
8.00 p.m.  
(until 18th Nov 2016)

Tuesday  
7.00 a.m.

星期一、三、四及五  
(第一个星及第三个期五除外)  
下午5时半

第一个星期五  
晚上8时

第三个星期五  
晚上8时 (直至2016年11月18日)

星期二  
上午7时

#### Weekend Masses 周末及周日弥撒

Saturday  
7.00 a.m.  
7.00 p.m. (English)

Sunday  
8.00 a.m. (English)  
10.00 a.m. (Mandarin)  
5.30 p.m. (English)

星期六  
上午7时  
晚上7时 (英语)

星期日  
上午8时 (英语)  
上午10时 (华语)  
下午5时半 (英语)

#### DEVOTIONS

**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)

**Marian Devotion** 7.30 p.m.  
(13th day of every month except weekends)

**Devotion to the Divine Mercy** 7.30 p.m.  
(3rd Friday of every month until 18th Nov 2016)

**Chaplet of the Divine Mercy**  
6.30 p.m.  
(All Saturdays until 20th November 2016)  
7.30am, 9.30am, 5pm  
(All Sundays until 20th November 2016)

#### 平日弥撒

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)

圣母敬礼  
晚上7时半 (每个月十三日, 周末除外)

天主慈悲敬礼  
晚上7时半 (每个月的第三个星期五)

天主慈悲串经  
傍晚6时半

(每个星期六直至2016年11月18日)  
上午7时半、上午9时半、下午5时  
(每个星期日至2016年11月18日)