



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)

Farewell to Pope Benedict XVI; Welcome to Pope Francis
欢送教宗本笃十六世；欢迎教宗方济



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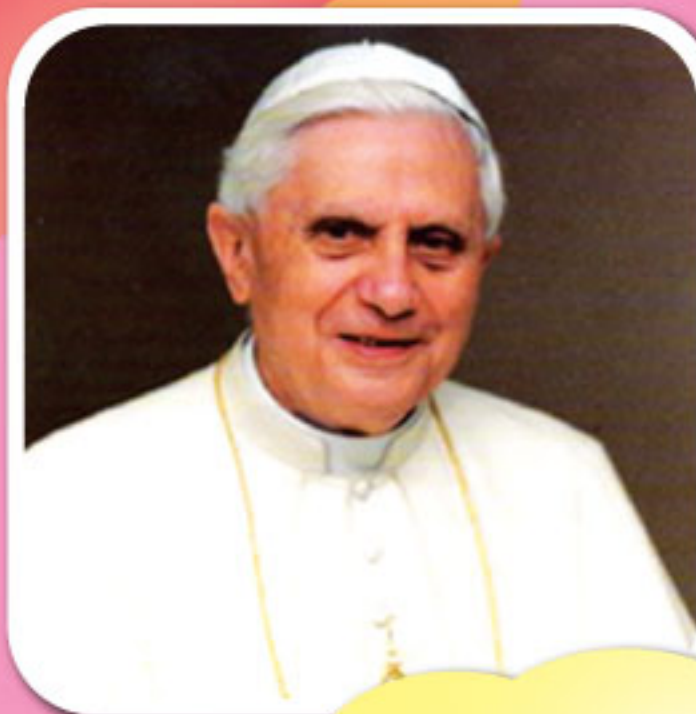
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10 FACTS ABOUT POPE FRANCIS 教宗方济简历

1. He was born Jorge Mario Bergoglio in Buenos Aires, Argentina, the son of Mario Jose Bergoglio and Regina Maria Sivori.
2. He is 76 years old (Date of birth: 17th December 1936).
3. He was elected as the 266th pope of the Roman Catholic Church on 13th March 2013.
4. He was ordained as priest on 13th December 1969.
5. He was appointed as Archbishop of Buenos Aires in 1998 and elevated to Cardinal by Blessed John Paul II in 2001.
6. He is the first pope to choose the papal name "Francis" which honours St. Francis of Assisi.
7. He is the first pope from Latin America and the Southern hemisphere.
8. He is the first Jesuit priest to be elected as pope.
9. He is a qualified chemist and an ardent supporter of San Lorenzo Soccer Club.
10. His papal motto is *Miserando atque Eligendo* (translated as "Because He saw him through the eyes of mercy and chose him".)

1. 本名豪尔赫·马里奥·伯格里奥 (Jorge Mario Bergoglio)，出生于阿根廷的首都布宜诺斯艾利斯 (Buenos Aires)；父亲是马里奥·何塞·贝尔戈里奥 (Jose Bergoglio)，母亲是雷希娜·玛丽亚·西沃里 (Regina Maria Sivori)。
2. 他今年76岁。(出生日期：17-12-1936)
3. 他于13-3-2013被选为罗马天主教会的第266任教宗。
4. 于1969年12月13日晋铎。
5. 1998年获教宗任命为布宜诺斯艾利斯总主教；2001年，获真福若望保禄二世擢为枢机。
6. 他是第一位选择“方济”为尊号的教宗，为了纪念亚西西的方济 (St. Francis of Assisi)。
7. 他是首位拉丁美籍，来自南半球的教宗。
8. 他是首位耶稣会的教宗。
9. 他是化学硕士；他也是圣洛伦索足球俱乐部 (San Lorenzo Soccer Club) 的热心支持者。
10. 他的教宗座右铭：因仁爱被拣选 (*Miserando atque Eligendo*)



SOCIAL JUSTICE – A KEY CONCERN FOR POPE FRANCIS 教宗方济最关注的事项—社会公义

Pope Francis is a strong advocate of Social Justice. As Archbishop of Buenos Aires, he was renowned as a champion of the poor and needy. He was instrumental in establishing missions and chapels in the slums areas and regularly visited the people who lived there. He organized soup kitchens, education and drug rehabilitation programmes and sponsored skills training for the disadvantaged youth. He often spoke out against the Argentine government and authorities for not doing enough to alleviate poverty and unfair treatment towards minority groups such as single mothers, migrants, AIDS sufferers and sex workers. In a region infamous for its deadly drug cartels, he had courageously denounced the drug trade and drug use.

Since his elevation to the papacy, the Holy Father has repeatedly called for mercy and protection of the poorest and most vulnerable. As Catholics, let us follow the Christ-like example of Pope Francis by making social justice an integral part of our faith.

教宗方济是社会公义的护慰者。身为总主教时，他已是贫穷者的牧人。他在贫民窟地区执行他的任务，并定期走访了住在这里的人。他成立粮食、教育及戒毒康复中心的计划，同时赞助不幸的青年进行技能训练。他经常出言批评阿根廷政府及执行单位，没有采取足够措施克服贫困并不公平地对待少数群体，如单身母亲、移民、爱滋病患者和性工作者。他虽然处于贩毒集团的猖狂区域；但他却勇敢地谴责毒品交易和毒品的使用。

教宗方济自就职以来，不断呼吁捍卫社会和环境中最弱势的群体。身为天主教徒，让我们效法教宗方济，跟随基督，把社会公义成为我们信仰的一部分。

PILGRIMAGE TO THE CHURCH OF THE MOST HOLY REDEEMER 朝圣报告—救世主堂



On 26th February 2013, SMC's Communion ministers and a few parishioners embarked on a pilgrimage to the Church of the Most Holy Redeemer (Tanjung Malim), one of the 3 churches designated as churches of pilgrimage by the Penang Diocese for the Year of Faith. Before arriving in Tanjung Malim, the group had paid a visit to the Church of Our Lady of Lourdes (Klang) to witness the famous glass panels on which images of the Blessed Virgin Mary were purportedly imprinted. A short sharing session was given by the parish priest Fr. Michael Chua. The group then proceeded to the pilgrimage church where Fr. Aloysius Tan concelebrated the mass with the parish priest Fr. Anthony Pillai. It was a well-organised and meaningful pilgrimage.

YEAR OF FAITH – FAITH FORMATION SESSIONS 信德年 — 信德培育讲座

The parish's faith formation sessions for English speaking parishioners have been on-going every Friday night since the beginning of the year. Our parish priests and invited speakers have worked tirelessly to plan spiritual and informative sessions that would inspire us to draw closer to God in our faith life.



The January sessions were conducted by Mr. Martin Jalleh and centred upon the theme of "Catholic Social Teachings and Social Justice". The church's social teachings were practically applied to the political, economic and social realities of our society today. The sessions conducted by our priests during Lent were built around the theme "The 7 Last Words of Jesus".



Faith formation sessions for Chinese speaking parishioners are held on the last Friday of every month. The sessions to date were based on the Second Vatican Council and the Catechism of the Catholic Church. Speakers who conducted the sessions were Deacon Patrick Tyoh (January), Sr. Maria Heng (February) and Fr. Aloysius Tan (March).

This being the Year of Faith, it is hoped that more parishioners will come and avail themselves of the opportunities to reflect and learn more about their faith through these Friday night sessions.

本堂的英文组信德年培育讲座已从今年初每星期五开始进行了。本堂司铎及被邀的主讲者都不辞劳苦地为我们计划具有灵修及教育性的讲座，促使我们在信德上更接近上主。

一月份的主讲者是 Martin Jalleh 先生，主题是“天主教社会训导和社会正义”。天主教社会训导能实际地运用在政治、经济及我们今天的社会。本堂司铎在四旬期主持的讲座着重于“耶稣最后的七句话”。

华文组的培育讲座则在每个月的第四个星期五晚上进行。很荣幸邀请到张凯丰执事、王雅乐修女及陈亿赐神父在一月、二月及三月份给予教友信德年培育的讲座。他们是依据天主教教理及梵二文献谈信德，让教友更清楚地了解自身的信仰。

今年乃信德年，呼吁更多的教友能出席这些培育讲座，让大家有机会反省及从中更了解他们的信仰。

圣米高堂的送圣体人员及一些教友于2013年2月26日前往槟城教区在这信德年所指定的其中的一间朝圣堂——丹绒马林的救世主堂朝圣。这朝圣团先拜访巴生的露德圣母堂，为见证著名的圣母显现的玻璃面板。该本堂司铎蔡神父给大家一个简介后，朝圣团便直往救世主堂参与由陈亿赐神父主祭；Anthony Pillai神父共祭的弥撒。这乃是富有意义及举办成功的朝圣团。

LAUNCH OF LENTEN CAMPAIGN 2013 推介2013年四旬期运动

The annual Penang Diocesan Lenten Campaign 2013 was launched at our parish on 16th February 2013 (1st Sunday of Lent). The theme for this year's campaign is Faith = Love + Action, taken from the Letter of St. James.

To highlight the theme, the English youth group performed a sketch prior to the unfurling of the banner which marked the official launch. For the 10.00 a.m. mass, the Chinese youth group screened a Powerpoint presentation before the launch. Both groups distributed the Lenten Campaign envelopes to parishioners after the masses.



本堂已在2013年2月16日（四旬期第一主日）推介礼一年一度的檳城教区四旬期运动。今年的主题：信德=爱心+行动，取摘自雅各伯书。

英文组的青年团以一个短剧带出主题，随后，揭开布条作为推介礼。当天十时的中文弥撒，则在推介礼前播放幻灯片。弥撒后，中英文组都把四旬期运动的信封在弥撒后分派给教友们。

AWARENESS TALK BY FR. ALOYSIUS TAN 陈亿赐神父主持醒觉讲座



On Sunday 24th February 2013, Fr. Aloysius Tan took time out of his busy schedule to present a short awareness talk on the Lenten Campaign theme "Faith = Love + Actions". He focused on the practical application of the Church's three traditional pillars of Lenten observance namely prayer, fasting and almsgiving.

Prayer is necessary as Christians depend on God as our source of strength. Fasting aids us in practising detachment and also helps us to understand the meaning of physical, emotional and spiritual hunger in solidarity with others. In the case of almsgiving or doing good deeds, Fr. Tan explained that this should expand beyond works of mercy i.e. charity and should also include works of justice for e.g. having inter-faith dialogues, defending the poor and oppressed etc.

In conclusion, Fr. Tan reminded those present that Lent is a season of renewal and helps us to re-channel our focus on God and our personal missions.

2013年2月24日陈神父百忙中抽空主讲一个有关四旬期运动主题“信德=爱心+行动”的讲座。他注重在教会提倡的四旬期应遵守的3个传统实际行动：祈祷、守斋及奉献。

祈祷是必要的，因为天主是基督徒的力量泉源。守斋有助于我们体会他人身体、情绪及精神上的饥渴。陈神父解释奉献或行善除了慈善工作外，应包括公义工作如与不同信仰的人交流；捍卫穷人和受压迫者的活动。

总括而言。陈神父提醒大家，四旬期是革新时刻，也是协助我们对主及个人使命的重新认识。

VISIT TO MOTHER TERESA'S READING SHELTER 拜访特里萨修女阅读坊



As their Lenten outreach, the Love Squad comprising the English and Chinese speaking youth visited the Mother Teresa's Reading Shelter in Buntong on 2nd March 2013. They were accompanied by members of the PHDC and youth advisors.

At the shelter, the youth were greeted by coordinator Ms. Grace Manikkam and her team who gave them a briefing of the mission and work of the shelter. Established in 2009, the shelter aims to develop 3R skills in poor children who are unable to attend school for various reasons. The shelter also provides vocational training for young people who have no formal education qualifications.

After the briefing, the youth proceeded to teach the children to play various board games and participated with them in some fun song and dance routines. It was delightful to witness the easy interaction between the young people and the poor children. The exposure visit concluded with a scrumptious tea and photo-taking session.

中英文组的爱心组员于2013年3月2日到文冬拜访特里萨修女阅读坊，作为四旬期的向外活动。全人类发展委员会组员及青年团顾问也一起同行。

阅读坊的协调员 Grace Manikkam 小姐及其他职员在场欢迎大家。她也给大家简短地讲解该阅读坊的工作及使命。自2009年开创以来，他们教导了那些因种种因素而没有能力上学的孩子们3R的基本技能，同时也提供了工艺训练给一些没受过正统教育的青年们。

随后，青年们教导孩子们玩各种不同的棋盘游戏，大家也融合在歌舞上。令人感到愉快的是见到青年们与这些贫穷的孩子们能相处融洽。最后，大家享用茶点及合照留念。



HOLY WEEK CELEBRATIONS
圣周庆典



EASTER 2013

2013年复活节

The Parish of St. Michael joyfully received 33 new members into the Catholic Church on Easter Vigil 30th March 2013. Of the total number of persons baptized, 12 were from RCIA (English) and 21 were from RCIA (Chinese). The newly baptized are known as "Neophytes" and they are now considered as full members of the Church.

We would like to congratulate all the neophytes and pray that they will continue to make good progress in their faith journey by entering fully into the life of the Church. The parish also wishes to express its sincere gratitude and appreciation to the RCIA facilitators and sponsors who prepared, prayed and journeyed with the neophytes.

共有33位新成员于2013年3月30日的复活节前夕加入怡保圣米高的大家庭。其中12位来自英文组的慕道班；21位则来自华文组的慕道班。新领洗者被称为新教友，他们已是教会的一份子了。

我们欲恭贺所有的新教友并为他们祈祷，希望他们能全心投入教会生活，继续信德的旅程。堂区也向慕道班的推动员及代父母致万二分的谢意，感谢他们的筹备工作、祈祷及陪伴新教友走信仰的道路。



Easter Greetings and a warm welcome to the 2013 group of new Catholics as listed below:

欢迎2013年的新教友，
名单如下：

English speaking Neophytes

Isabelle Chan

Shirlene Yew

Jacinta Wong

Abigail Abbiramii

Vanessa Veshalini

HettyChee

Simon Lai

Sherene Grace Lum

S Antony Paulraj

Christina Mera

Ethel Victoria Gabrielle Hew

Floral Angel

中文组新教友

林少风

岑惠芯

成梅妹

黄燕云

张西

黄志忠

李之俊

谢浚炫

马丽绵

叶燕玲

陈美云

张玉玲

徐闻选

徐恺骏

徐艺恩

柯俐妘

柯丽婷

梁韵璇

冯燕婷

徐伟顺

刘吉能



CHINESE NEW YEAR 2013 2013年华人农历新年

The main mass for Chinese New Year was celebrated on the evening of 9th February 2013. The church was packed with parishioners and their family members who came dressed in their colourful best after attending the traditional reunion dinner.

During the offertory, the Parish Plan Book was offered as one of the offerings, representing the community's past, present and future efforts to continue fostering love and unity within the parish.

The mass celebration also incorporated the Rite of Commemoration of Ancestors, the New Year greetings ceremony, the blessing of oranges and distribution of angpows by the parish priests. As the following day was the 1st day of the Chinese New Year, angpows and oranges were also distributed at all the Sunday masses. The special rites were repeated at the 10.00 a.m. Mandarin mass.

农历新年弥撒于2013年2月9日除夕夜进行。圣堂内座无虚席。堂区全年计划书在弥撒中呈献，代表这堂区的过去、现在及未来的努力，即将继续在堂区内促进彼此间的爱和团结。

弥撒中有祭主大典、互相恭贺拜年、降福橘柑及本堂司铎分配红包的仪式。大年初一的华语弥撒中也进行同样的礼仪。





PONGGAL CELEBRATION 丰收节庆典

The Tamil Group held its annual Ponggal (Harvest festival) celebration on 20th January 2013. Members of the group, all dressed in lovely traditional attire, arrived early at the church for the boiling of milk and rice ritual. The sweetened rice was carried in as part of the offertory for mass. After the 8.00 a.m. mass, parishioners were treated to breakfast prepared by the group and invited to view the Kolam displays at the Peter Pang Hall. Ponggal is essentially a thanksgiving celebration to God for providing a bountiful harvest to the people and to invoke God's blessings for the year.

淡米尔组也象往年一样，在2013年1月20日庆祝一年一度的丰收节。当天一早，组员们穿上传统的服装开始煮奶及米饭的仪式。甜米饭也是当天弥撒呈献品之一。上午8时弥撒后，组员也准备了一些早餐来招待教友，并邀请教友们前往庞神父礼堂观赏“Kolam”设计。丰收节乃是对主感恩的庆典，感谢主在一年来的祝福及赐予人民丰富的收获。

BEC OUTREACH TO YAYASAN LATIHAN INSAN ISTIMEWA 基信团拜访怡保慈爱残障训练中心



On 17th March 2013, members of BEC Zone Pasir Puteh 1 & Pasir Puteh 2 paid a visit to the Yayasan Latihan Insan Istimewa home for the handicapped as part of their Lenten outreach. Besides interacting with the inmates, contributions of daily consumer products were also donated to the home.

2013年3月17日，新和园第一及第二区的基信团员拜访怡保慈爱残障训练中心，作为他们四旬期的向外活动。除了与该中心的成员交流外，基信团员也赠送了一些日常用品给他们。

CHAP GOH MEH DINNER 元宵节晚宴

Kudos to the Chinese Evangelisation Group of the Chinese Apostolate for organizing a magnificent Chap Goh Meh celebration dinner on 24th February 2013. The dinner was held at the Sam Tet School Hall with more than 700 people in attendance.

The dinner entertainment was a thrilling showcase of the best in Chinese culture and included the much beloved lion dance, dragon dance, tai chidemonstration, Chinese orchestra, dance and vocal performances.

Non-Christian attendees were given a special mention and warmly applauded by our parishioners. They were each presented with goodie bags containing evangelization materials, the parish newsletter, oranges and SMC angpow packets.



恭喜华文促进会属下的福传组在2013年2月24日假三德中学礼堂成功举办了一个喜乐元宵庆主恩晚宴。约700名出席者。

当晚的余兴节目可说是精彩万分，把华人传统的文化都融合在期内，其中有舞龙、舞狮、太极、华乐、歌舞表演等。

本堂教友非常热情地招待外教友。他们也获得一些有关天主教的资料、堂区通讯、橘柑及本堂印刷的红包封。



WORLD DAY FOR CONSECRATED LIFE 世界献身生活日

The parish was honoured to host the Eucharistic Celebration marking the World Day for Consecrated Life on 2nd February 2013. The Mass was well attended by religious brothers and sisters serving in Perak. Fr. Joseph Stephen (CSsR) was the main celebrant assisted by Fr. Stephen Liew and Fr. Anthony Chong. In his homily, Fr. Joe commended the religious for touching the lives of many through the faithful practice of their vocations. A Powerpoint presentation on vocations was screened after the final blessing followed by dinner at the conclusion of the Mass.

Our parish would like to express our sincere appreciation and thanksgiving to God for the many wonderful religious brothers and sisters who have dedicated their lives in loving service to the community in the areas of education, healthcare, evangelization and care for the elderly and disadvantaged. May God bless each and every one of them.

本堂很荣幸于2013年2月2日主办世界献身生活日。不少霹靂州的修士、修女都参与弥撒。Joseph Stephen神父主祭；而刘开祥神父及张德望神父共祭。讲道时，Joseph Stephen神父提到修道者很多时候，藉着忠实地实践他们的圣召而触及许多人。弥撒后，播放了有关圣召的幻灯片。最后，还一起共享晚餐。

本堂区藉此衷心地感谢天主赐予我们这些修士、修女们。他们奉献了他们的一生于教育、医疗、福传、照顾年迈及不幸者。愿主祝福他们每一位。



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 Friday)
5.30 p.m.

1st Friday of the month
8.00 p.m.

Tuesday
7.00 a.m.

星期一、三、四及五
(第一个星期五除外)
下午5时半

第一个星期五
晚上8时

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 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 (第一个星期五)

耶稣圣心敬礼
晚上7时45分 (第一个星期五)

英语圣弥额尔串经
下午6时半 (第一个星期六)

英语玫瑰经
下午6时半 (第二、三、四、五个星期六)

华语圣弥额尔串经
上午9时半 (第一、三个星期日)

华语玫瑰经
上午9时半 (第二、四、五个星期日)

圣母敬礼
晚上7时半 (每个月13日；周末及周日除外)