



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



LAUNCH OF SOUP KITCHEN AT SMC

—— 圣米高堂发起免费午餐活动 ——

St. Michael's Church has reached another historic milestone with the establishment of a Soup Kitchen to care for the urban poor and homeless. The Soup Kitchen began operating in late April 2016 and is located behind The Oak (Evergreens Clubhouse) within the parish grounds.



The project is the brainchild of Simon Phang, Chairman of the Chinese Evangelization Group, which has been tasked with managing the facility. At present, the Soup Kitchen is operating on the last Sunday of every month from 12 noon onwards, after the Sunday Chinese mass. During its first outreach, the Soup Kitchen was able to feed a total of 70 clients. These comprise mainly the homeless and poor from around Ipoh's city centre.

Besides providing hot meals, the Soup Kitchen also offers free haircuts and renewable survival packs to its clients. Contents of the survival pack include foodstuffs and toiletries such as instant noodles, biscuits, beverages, soap, towel, toothbrush and toothpaste. These packs are given to all first timers to the Soup Kitchen. Repeat clients are requested to bring the packs for refills on the following month. Priority is given to the elderly (over 60s) and the disabled.

The number of clients to the Soup Kitchen have been increasing steadily thus adding to the operating cost of the project. Hence food sponsorships are critical to the success of the Soup Kitchen. Being the Jubilee Year of Mercy, the Soup Kitchen presents a good opportunity for individuals and groups in the parish to carry out at least one or more of the corporal and spiritual works of mercy advised by Pope Francis such as feeding the poor, giving drink to the thirsty and comforting the afflicted. Several ministries and BECs have commendably done so by sponsoring the food for the monthly feeding sessions. Currently, there are sufficient sponsors until January 2017 but new sponsors are required from February 2017 onwards.

As for the survival packs, Maria Tan explained that the costs of the items are being defrayed through corporate sponsorships by companies such as Indomie, Lee Kum Kee, Abadi Sardines and Lee Biscuits. The barber services are provided by volunteers, some of whom are SMC parishioners. More barber volunteers are required due to popular demand.

圣米高堂开始另一个里程碑，即发起为贫穷者及流浪汉提供午餐。此活动假常青组会所于2016年4月底开始进行。

福传组负责此项活动，发起人乃其主席潘添贵兄弟。目前，每个月的最后一个星期日华文弥撒后约中午12时分发免费午餐。首次活动共分发了70份午餐。主要来领取食物者来自怡保市中心附近的贫困者及流浪者。

除了提供热腾腾的午餐，还供应一些日常用品及为他们免费理发。日常用品袋子内有即食面、饼干、饮料、肥皂、面巾、牙刷及牙膏。这袋子将提供给首次出席者。之后出席者得把袋子带回来领取物品。优先给予超过60岁者及残疾人士。

由于领取免费午餐者不断增加，无形中也增加了此计划的费用。所以赞助食物极为重要。今年乃慈悲禧年，这免费午餐在堂区为个人及团体提供了一个良机去履行教宗所建议的精神上及肉身上的慈悲善工：即饥者食之；渴者饮之；安慰忧苦者。几个服务团体及基信团因此活动赞助食物。目前至2017年一月为止，已有充足的赞助。但从2017年2月开始急需新的赞助者。

陈秀云姐妹称Indomee、Lee Kum Kee、Abadi沙丁及Lee饼厂赞助了日常用品。理发师提供免费理发。由于群众逐渐增多，此活动需要更多的自愿理发师。

INSIDE

Page 1 (第一页)

Launch of Soup Kitchen at SMC
圣米高堂发起免费午餐活动

Page 2 (第二页)

Launch of Soup Kitchen at SMC
(continued)
圣米高堂发起免费午餐活动 (续)
Farewell to the late Dato' Brother
Vincent Corkery
告别拿督Vincent Corkery修士

Page 3 (第三页)

Pope Francis grants audience to
Padre Pio Group
圣比约援助组受邀觐见教宗

Page 4 (第四页)

40th anniversary of SMC's legendary
Youth Group
圣米高堂青年团四十周年庆

Page 5 (第五页)

Down memory lane with the YG
青年团历史回顾

Page 6 (第六页)

Updates on Sahabat Orang Asli
(SOA)
原住民之友计划跟进报道

Page 7 (第七页)

Leadership training seminar for
Orang Asli
原住民领袖培训

Page 8 (第八页)

Debut of Infant Jesus Children's
Choir at Children's Mass on 28th
August 2016
2016年8月28日耶稣圣婴儿童歌咏团在
儿童弥撒中首次领唱
Mass and 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

LAUNCH OF SOUP KITCHEN AT SMC

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Individuals, BECs and ministries who are interested to sponsor a monthly feeding session, or donate in cash or kind may contact Simon Phang at 012-4627133 or Maria Tan at 012-4546098 for further information. Please support this worthy project for the urban poor and homeless.

任何人、基信团或团体有兴趣赞助食物或费用，请联络潘添贵兄弟012-4627133或陈秀云姐妹012-4546098。请大家多多支持。

FAREWELL TO THE LATE DATO' BROTHER VINCENT CORKERY

—— 告别拿督 Vincent Corkery 修士 ——



Having completed his life's journey and mission with dedication, courage and gentle Irish humour, the much loved La Sallian Dato' Brother Vincent Corkery departed home to Jesus Christ on 22nd March 2016. The late Bro. Vincent's wake and funeral mass was held at St. Michael's Church and his earthly remains have been interred at the Children's Cemetery alongside the late Fr. Anthony Chong. May the souls of both these faithful servants rest in peace and everlasting joy of the Lord.

拿督Vincent Corkery是一位幽默及受人爱戴的爱尔兰喇沙修会修士，他于2016年3月22日在世上完成了他的使命及旅途，蒙主宠召，安详地回归天国。他的守灵祈祷及殯葬弥撒在圣米高堂举行，一而他被安葬在张德望神父的墓碑旁。但愿这两位忠诚的仆人在天国安息及永享天乐。



POPE FRANCIS GRANTS AUDIENCE TO PADRE PIO GROUP

—— 圣比约援助组受邀觐见教宗 ——



On 6th October 2015, the Padre Pio Group (PPG) of SMC received an invitation to an audience with the Holy Father Pope Francis together with the Padre Pio International Prayer Groups. Fr. Stephen Liew, Fr. Jude Miranda and a few of the PPG members participated in the audience at St. Peter's Square on 6th February 2016. They also visited and prayed at the Holy Doors in Via Della Conciliazione in Rome and the Church of St. Francis in Assisi.

St. Pio was designated as a witness and apostle of Mercy to all Christians for this Jubilee Year. The Holy Father has manifested particular attention to the work of this humble religious which is continued on by the Casa Sollievo Della Sofferenza (House for the Relief of Suffering) and the PPG Prayer Groups. PPG was given this special time of grace and encouraged to live it fully so that they can be a sign of the Church at prayer, zealous in service and charity especially in their willingness to listen and to care for others. In his speech to the thousands of devotees gathered at St. Peter's Square, Pope Francis commended them for their commitment and encouraged them to continue in their imitation of St. Pio, and always be sources of mercy and joyful apostles of prayer because he said "prayer works miracles".

The partially incorrupt body of St. Pio and St. Leopold Mandic in glass caskets were brought to St. Peter's Basilica as a special initiative for the Year of Mercy. Their presence in Rome was of great significance for it was an unprecedented event. The last highlight of the pilgrimage was witnessing the procession of the two glass caskets being brought into the Basilica while thousands of pilgrims prayed and sang in accompaniment. It was indeed a very spiritual and memorable time spent in the company of thousands of religious orders and members of Padre Pio Groups from all over the world.

圣米高堂的圣比约援助组于2015年10月6日收到与圣比约国际祈祷组觐见教宗方济格的邀请柬。刘开祥神父、Jude Miranda神父及一些圣比约援助组组长于2016年2月6日假圣伯多禄广场觐见了教宗。他们也跨越了圣伯多禄大殿圣门及阿西西圣方济大殿的圣门并在圣门前祈祷。

圣比约被指定为慈悲禧年的全基督徒的见证及慈悲宗徒的代表。教宗特别关注Casa Sollievo Della Sofferenza (解除痛苦之家) 及圣比约祈祷组的谦卑服务。圣比约组被赐予这恩宠及鼓励, 在祈祷中活出教会, 热心地服务及充满慈悲聆听及关心他人。教宗在圣伯多禄广场表彰成千的圣比约组员并鼓励他们继续效法圣比约, 成为慈悲及喜乐的宗徒, 因为他称道 "祈祷创造奇迹"。

慈悲禧年的其中一个项目: 是将圣比约及圣良伯德无腐朽的圣骸遗体置放在玻璃箱内运到圣伯多禄大殿。这是空前的活动。这次朝圣的焦点是在成千朝圣者的祈祷及歌声中见证这两尊圣骸迈向圣伯多禄大殿的游行。这的确是充满圣神及难忘的经验。



40TH ANNIVERSARY OF SMC'S LEGENDARY YOUTH GROUP

—— 圣米高堂青年团四十周年庆 ——

The pioneer Youth Group (YG) of St. Michael's Church celebrated its awe-inspiring 40th anniversary this year with a two day gathering of past members and their families.

The celebrations began on 30th April 2016 with a grand dinner at Ipoh Swimming Club bearing the theme "Cowboys and Cowgirls". 26 former members of the YG and their family members attended the dinner. Some came from as far as Hong Kong, Brunei, Singapore and East Malaysia for this joyous occasion. This was followed by a Eucharistic Mass the next day where the main celebrant was YG's very own Fr. Ravi Alexander. The other priest from the YG, Msgr. Michael Cheah, was unable to attend the celebrations as he was involved in the Diocesan Synod at the time. During the mass, a collection was taken up for the parish among the attendees and the sum of RM500 was eventually passed to Fr. Stephen Liew. After the mass, the group adjourned to a picnic at the Mini Bali in Malim Nawar.

The YG was formed when a group of students from the Catholic Societies of St. Michael's Institution and Ipoh Main Convent began to meet up on weekends to find ways to liven up the parish. With the support of then parish priest the late Fr. Matthias Ki, they eventually won over the parishioners with their various acts of service such as Christmas caroling and regular youth masses. Highlights of the YG included being involved throughout the Aggiornamento and the grand farewell dinner for the then Bishop Gregory Yong. Undoubtedly, the YG's enthusiasm, spontaneity and vigour contributed greatly to parish life at SMC and provided a much needed voice and visible presence for the youth of the parish.

Besides taking an active role in the parish, the YG was also a talented bunch musically. In 1982, a group of YG members

who called themselves the "Michaelian 6" won the group vocal competition at both the YMCA Christian Music Talentime and the Bakat YMCA Talentime. Two members namely Jude Monteiro and Philip Justin also won individual vocal honours. In 1983, another group of YG members who billed themselves as the "Cross 5" won the group vocal competition at that year's YMCA Christian Music Talentime. The victories were significant as such competitions were dominated mainly by the other Christian denominations back then.

Through their involvement within the parish, many of the YG members developed leadership qualities which served them even after leaving SMC for fresh pastures. Past leaders of the YG included Ignatius Rasiah, Martin Jalleh and the now Msgr. Michael Cheah, Vicar-General of the Penang Diocese. In some, the seeds of vocation were sowed. Msgr. Michael Cheah and Fr. Ravi Alexander answered God's call to the priesthood. Sr. Patricia Lim became a Good Shepherd Sister while Sr. Moira Tan who joined the YG as a non-Christian was eventually baptized and joined the Congregation of the Little Sisters of the Poor. Martin Jalleh is a respected and much sought after Christian motivational speaker and other former members such as Jude Monteiro continue to serve faithfully in various capacities at their respective parishes.

The parish of St. Michael wishes to congratulate, acknowledge and thank this exceptional group of men and women who paved the way for successive generations of our parish youth. May God bless them and their families abundantly. Long may they continue to serve and inspire us all!

The Editor would like to thank Mr. Jude Monteiro for his invaluable contribution of information and fun photos for this article.



圣米高堂青年团创办前辈及家人们在今年举行了两天的聚会暨庆祝40周年纪念。

庆典于2016年4月30日假怡保游泳俱乐部开始，主题为“男女牛仔”。共有26位前青年团员及其家人出席此宴席。有远自香港、汶莱、新加坡及东马为此庆典特别回来怡保的。第二天其中一位先驱 Ravi Alexander 神父为大家主祭弥撒。另一位先驱谢福华副主教由于忙于教区会议，无法出席。弥撒中所收到的捐献 RM500 交予刘开祥神父。弥撒后，参加者前往 Malim Nawar 的迷你巴厘野餐。

当年，一群来自圣米高学校天主教协会及德修院的学生，为计划带动堂区，因此成立了青年团。他们获得当时的堂区司铎纪家麟神父及教友的支持。他们举办报佳音及青年弥撒。焦点包括梵二改革及欢送杨瑞元主教晚宴。无可否认，青年团的积极、自发及活力为圣米高堂区带来生气，提供堂区青年一个可以发言及发挥的管道。

除了活跃于堂区活动，青年团对音乐也有天份。1982年，一组青年“Michaelian 6”合唱赢得了 YMCA 基督音乐才艺比赛及

Bakat YMCA 才艺比赛。Jude Monteiro 及 Philip Justin 也赢得了独唱比赛。1983年，另一组合“Cross 5”也赢得了 YMCA 基督音乐才艺比赛。这是非常难能可贵的，因为通常优胜者都归于其他基督教的参赛者。

藉着参与堂区活动，不少青年团员从中培养了领导能力，这在他们日后出来社会有极大的帮助。曾担任过青年团领袖的有 Ignatius Rasiah, Martin Jalleh 及现任檳城教区谢福华副主教。谢福华副主教及 Ravi Alexander 神父接受了圣召晋铎。Patricia Lim 当了善牧修会修女。当时还是外教友的 Moira Tan，自加入青年团后也领洗并加入了安贫小姐妹会。Martin Jalleh 现是一位德高望重的基督徒激励主讲者；而 Jude Monteiro 也还在积极地为堂区服务。

圣米高堂恭喜并感谢这群特别的男女青年，为现在的青年铺路。愿主降福他们及他们的家人。希望他们继续服务并启发大家。

(编辑欲感谢 Jude Monteiro 兄弟为这项活动报道提供有关资料及照片)

DOWN MEMORY LANE WITH THE YG

—— 青年团历史回顾 ——



UPDATES ON SAHABAT ORANG ASLI (SOA)

原住民之友计划跟进报道



Medical camp at Kg. Air Bah Lawin & Kg. Sungai Karah, Gerik (9th January 2016)

在宜力Kg. Air Bah Lawin 和Kg. Sungai Karah 给予医药服务 (2016年1月9日)

Commencement of fish rearing project at Kg. Sekam, Tapah (January 2016)

在打巴Kg. Sekam实行养鱼计划 (2016年1月)

First medical camp at Kg. Sinju, Simpang Pulai (19th March 2016)

在波赖的Kg. Sinju第一个给予医药服务 (2016年3月19日)



Medical camp at Kg. Dam and Kg. Sekam, Tapah (9th April 2016)

在打巴的Kg. Dam 和 Kg. Sekam给予医药服务 (2016年4月9日)



School visit and inspection by the Principal and teachers of Mariaville Kindergarten (10th April 2016)

Mariaville幼儿园校长及老师前往Kg. Sekam幼儿园作巡察 (2016年4月10日)



Received donations of "Stop Hunger Now" fortified rice from Cisco Group & Sunway Group (May & June 2016)

获取Cisco Systems (M) Sdn Bhd 和双威集团赞助“停止饥饿活动”的特配白米 (2016年5、6月)

Enrolment and placement of Orang Asli women for teaching, baking and nursing courses (April & May 2016)

为原住民女生报名参与教师、烹饪、护士训练 (2016年4月和5月)



Repainting and upgrading of Kg. Sinju Education Centre (July & August 2016)

复兴及粉刷Kg. Sinju 教育中心 (2016年7月及8月)

Road repairs and chapel renovations at Kg. Sekam, Tapah

为打巴Kg. Sekam 修路及维修小圣堂



Hari Raya fellowship kenduri & annual football match (6th & 7th July 2016)

开斋节聚餐及常年足球赛 (2016年7月6日和7日)



Medical camp at Kg. Air Bah Lawin & Kg. Sungai Karah, Gerik (23rd July 2016)

在宜力的Kg. Air Bah Lawin 和 Kg. Sungai Karah给予医药服务 (2016年7月23日)



LEADERSHIP TRAINING SEMINAR FOR ORANG ASLI

原住民领袖培训



The Perak Deanery Orang Asli Apostolate, aided by SMC's SOA Parish Committee, organized a leadership training seminar for Orang Asli on 21st May 2016. The seminar was well attended, with approximately 100 participants who came from all over Perak including as far as Gerik and Tanjung Malim. The response and participation of the Orang Asli were most encouraging.

Eminent speakers at the seminar included Dato' Dr. Amar Singh (Head of Paediatric Department at Hospital Raja Permaisuri Bainun Ipoh), Mr. Stephen Chow (Motivational Speaker) and Mr. Amani Williams-Hunt Abdullah (Lawyer and Head of the Perak Bar Council's Committee on Orang Asli rights).

Sr. Rajathy, the Principal Tutor of Hospital Fatimah School of Nursing, also gave a briefing on the training opportunities offered by the School for interested Orang Asli youth. Participants were treated to a scrumptious lunch sponsored by the Catholic Lawyers Group of Perak.

由霹靂总铎区原住民促进会主办；圣米高堂原住民之友委员会协办，于2016年5月21日举行了一个原住民领袖培训营。约有100名来自霹靂州各个地区包括宜力、丹絨马林的参加者，踊跃地出席及参与。

著名主讲者包括Dato' Dr. Amar Singh（怡保中央医院儿科专科）；Stephen Chow 先生（激励主讲者）；Amani Williams-Hunt Abdullah（律师兼霹靂律师公会原住民之人权委员会主席）

法蒂玛医院护士学院讲师Sr. Rajathy简介护士训练课程。当天霹靂州天主教律师协会赞助午餐。



DEBUT OF INFANT JESUS CHILDREN'S CHOIR AT CHILDREN'S MASS ON 28TH AUGUST 2016

2016年8月28日耶稣圣婴儿童歌咏团在儿童弥撒中首次领唱



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 第一个星期五除外 晚上8时 (Except 1st Friday and 3rd Friday at 8.00 pm)		
Weekend Masses 周末及 周日弥撒						7:00 am 7:00 pm (English / 英语)	8:00 am (English / 英语) 10:00 am (Mandarin / 华语) 5:30 pm (English / 英语)

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

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)
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)

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 20 日)
	上午7时半、上午9时半、下午5时	(每个星期日直至 2016 年 11 月 20 日)