

2020年 聖誕節

天主教聖多默宗徒堂 堂區特刊



青衣青綠街五號 電話: 2432 2933 傳真: 2436 4722
網址: www.stthomaschurch.org.hk 電郵: office@stthomaschurch.org.hk



牧者的話

信德裡沒有害怕

施樂怡修女

The Faith that Preserve us from Fear

今天，整個世界正在面對著新型冠狀病毒危機，這個疫症改變了無數人的生活。新型冠狀病毒本身是前所未有的病毒，不斷地在侵襲我們的身體。這個突發的病毒擾亂了我們的生活習慣，迫使我們要重新編排生活，改變工作方式和與別人溝通的渠道。這場疫症更驅使我們對身邊的事物產生了一些奇異的眼光，好像整個世界都變得亂七八糟的。我們四周也出現很多人際關係破裂。新型冠狀病毒亦讓我們投射進一面突然在我們眼前的鏡子。我們看見自己的影象倒置了，但同時也與圍繞影象四周的空間連結起來，令人非常不安和困惑。面對這個困難時期，望德是最有效的安慰保證。無論困留在家裡的人和擔任防疫工作的人，亦同樣需要這份保證和盼望——「我們能戰勝疫症」。特別在困難時刻，望德是極為有效用的力量，我們必須保持望德，因為復活的基督給了我們希望，這份盼望，幫助我們在任何情況下，都能燃起生命的亮光。

天主藉著基督的誕生奧跡對我們彰顯祂的慈愛。在這個困難時刻，只要你用心注視，就不難發現，天主再次給與我們機會去更新和強化與祂的關係。一個近代的神秘主義者這樣形容：「基督的誕生是天主鍾愛世人最偉大和最有說服力的證明。祂親自照料世人，基督取得肉軀體，卻能與天主永久結合。基督的降生是一份天主與人永恆訂定的愛的盟約。」亞歷山大的聖克萊孟（Saint Clement of Alexandria）這樣形容：「基督降生成人，甘願分擔人類的苦難，因為這樣，祂才能感受到祂所愛的人的軟弱，從而使我們接納祂的大能。」

在聖誕佳節裡，仰賴天主這份無限的仁慈和關愛，我們會互相送上聖誕祝福，亦是再次回應基督的新誡命：「如同我愛了你們，你們也該照樣彼此相愛。如果你們之間彼此相親相愛，世人因此就可認出你們是我的門徒。」（若13：34-35）基督沒有要求我們去愛祂來回應祂對我們的愛，祂只是吩咐我們效法祂去彼此相愛。換言之，基督期待我們活得像祂，就如祂曾捨棄尊威降生成人一樣，為的是要我們明白天主的愛。親愛的朋友們，天主並沒有要求我們明白發生在我們生命中的一切事，祂只要求我們不要失去信德。所以讓我們時刻信靠祂，在祂的愛內強化我們的望德。

祝願新生王賜與你們慈愛、喜樂與平安，聖誕快樂！

Today, the world is facing the coronavirus crisis, a pandemic that has changed life for millions of people. The coronavirus is, in its own way, an alien and invading our bodies. It suddenly has changed the way we look at things therefore we had to reorganize our whole life, the way we work, and the way we relate with others. It also forced us to see with an unaccustomed perspective, and we saw the world turned upside down. We experience and witness many broken relationship around us. With Covid-19 we also saw ourselves projected into a mirror that suddenly opened up before us. We saw our image inverted but, at the same time, connected to all the space around it. In times like these, hope can be a powerful source of reassurance. Many who are locked at home, others who are working to help and prevent the virus, also need the reassurance and the hope that "we shall overcome this." Hope can be a powerful force, especially in difficult times. Therefore let us not give up our hope that the Risen Lord gave to us, a hope that help us to keep on burning the light of our life in all the circumstances.

During this time of turmoil once again the Lord gives us the opportunity to renew and strengthen our fellowship which is grounded in our contemplation of God's love revealed at Christmas. A contemporary mystic has written that "the birth of Christ is the greatest and most eloquent witness of how much God loved man. He loved him with a personal love. That is why he took a human body, united it to himself and made it his own forever. The birth of Christ is itself a 'covenant of love', sealed for all time between God and man". As Saint Clement of Alexandria writes, "Christ came down and assumed our humanity, willingly sharing in our human sufferings, for this reason: so that, having experienced the frailty of those whom he loves, he could then make us experience his great power".

In the light of this boundless benevolence and love, our exchange of Christmas greetings is yet another chance to respond to Christ's new commandment: "Even as I have loved you, you must also love one another. By this all men will know that you are my disciples, if you have love for one another" (Jn 13:34-35). Jesus does not ask us to love him in response to his love for us; rather, he asks us to love one another as he does. In other words, he asks us to become like him, since he became like us. Dear friends, in all that happens in our lives, God doesn't require us to understand rather He only asks us that not throw away our confidence in Him. Therefore let us strengthen our hope and hold on to Him at all times.

May the new born baby fill you with His love, peace and joy, Happy Christmas!

Sr. Shinoby Thomas.



「福傳」…… 天主生命的延續

鄭國全

今年暑假期間，稍有空閒，在執拾書架時，竟在書堆中，發現一本紀念小冊，取出一看，原來是一九八五年教區教理訓練班的畢業同學錄，揭開了當年筆者自己的撰文，標題寫着「傳~喜樂的見證」……轉眼間，已過了三十五個寒暑。

還記得2008年，剛重返天主大家庭的懷裡，得到白德蘭修女的鼓勵，重拾慕道團導師之職，那時實在戰戰兢兢。

每次由筆者任教的慕道者領受「入門聖事」，心中充滿難以言語的喜樂，因為能親見天主生命的延續。

回顧這十年多的傳道事工，的確留下了不少美好的回憶，這實在是天主的恩賜，因為在每一個慕道者身上，確實看到天主救恩工程的化工，



讓每個原在罪惡黑暗中生活的，藉聖洗聖事重獲新的生命，並繼續延續天主所賜予的生命，為每一個願意追隨耶穌基督的他們，不是一份極大的喜悅嗎？

最後，筆者感謝天主一直同行與帶領，亦多謝我們的主任司鐸超神父給予我們的指導和鼓勵。為此，我們這一群為「福傳」事工服務的，祈求上主教導，並賜予恩寵，讓我們學習耶穌基督的謙卑自下(斐2:3)，願意在服從天主的旨意下，為天國的福音作見證。



「愛德行動」分享

星期六慕道者--李錦康

回想一年前，女兒希望受洗及加入天主教這個團體，故向聖堂服務處的員工詢問相關程序。為了加深了解信仰，在女兒參加主日學的時候，我和太太也開始上慕道班---尋找基督信仰的生活。

其實，我本是一個相對冷漠及不太相信教會的人。由最初不情不願的坐着在堂上，漸漸到在堂上分享多了。隨著對上主的認識及受聖經的教導，我對別人的態度也有一點點的改變。

自今年初，反反覆覆的疫情，為各階層的人帶來不少的恐懼、埋怨及憤恨。尤其從大家更注重個人及環境衛生各方面措施的加強，變相令清潔工人們，保安員們的工作量亦明顯增加了，對他們的要求也提高了，可是對他們的愛卻未必有增加。所以當我知道有一個派發口罩和防疫用品的義工活動，有機會為他們傳遞一點愛，全家二話不說就參加了。



透過導師的帶領，主動的接觸，我們為各工友送上口罩等防疫物資。雖然只有少許數量，也不及我們送上的關心及祝福，也令我感受到送上愛心給別人其實不太難。或許，當我們願意去祝福別人，天父在我們身上所賜予的能力就得以發揮。一點點的轉變，也可以去幫助更多的人。

最後，希望當這篇分享面世時，疫情已消退，大家可以重回正常的生活，祝大家平安！





終身執事候選人 -- 單家亮



大家好，我是單家亮。2019年11月被收錄為終身執事候選人，現在於青衣堂區實習。因受疫情影響，少了很多機會和大家接觸。希望未來日子，當堂區活動回復過來時，可讓大家互相聯繫和認識。

我已婚，職業是事務律師，有兩名成年子女，他們已經投身社會工作。

於2014年夏天有機會前往聖地朝聖，回港後，很想追隨耶穌的足跡，繼續朝聖之路，願望服務教會，於是報名申請成為終身執事。2015年被納為有志者，開始接受培育，在聖神修院修讀宗教

學。2019年夏天有幸完成四年課程；其間，亦參予執事委員會舉辦的培育課程、靈修、避靜及定期與了神師會面，回顧省察和祈禱的經驗等，獲益良多。

朝聖路上，並不孤單，常常遇到神長、導師、妻子、教友的鼓勵和啟導，他們皆是我的天使。天主的施予，是白白的贈與、無條件的恩賜。當時的初心，誤以為自己有多餘的能力和時間，便可以去幫助和服務他人。殊不知執事是一份聖職，自己仍有許多欠缺和不足的地方；要在各方面好好培育，將來才能夠履行輔禮儀、愛德和傳福音等職務。未來日子願成為一名謙遜的僕人，和平的工具，為教會服務。

主佑大家，聖誕快樂！



6月28日新教友入門聖事

2018-20 年成人領洗者名單

星期二早上班

黃嘉荃 楊君雅 凌家杰
邱瑞堅 葉照霞 譚鳳玲
趙冬梅 余淑英 麥永其
張笑英

星期二晚上班

徐家棋 胡淑筠 陳靜宜
李善汶 梁譯文 陳基之
陳國良 許尹菁 李家勁

星期四班

吳伶芳 陳欣琳 鄧婉婷
唐婉婷 梁崇任 陳燕萍
黎 蕾 周金木 蘇麗兒
程敏嘉 梁甜根 鄭金華
黎曉虹 郭偉雄

星期六班

余伊玲 黃美婷 梁美清
陳賢致 呂燕萍 楊月瑩
黃永康 岑燕珊 岑燕玲
郭冠業 谷祖燕 蕭志洪
周世材 李璧期 周佩華

星期日班

陳小雲 譚佩晶 杜淑璇
袁旭漢 陳芷翹 陸金流
莫韻芝 張可恩 陳家汶
林詠妍 李秀麗 蔡嘉露
張寶珊 郁朗然 林以帆
劉達銘 石穎齊

領堅振

星期二早上班

陳 凱

2018-20 年新教友子女領洗名單

星期二早上班

吳旻諮 吳帕燐 陳卓瑤 梁曦文

星期二晚上班

李駿庭 張晉豪 區文慈 區文謙
李恩晞

星期四班

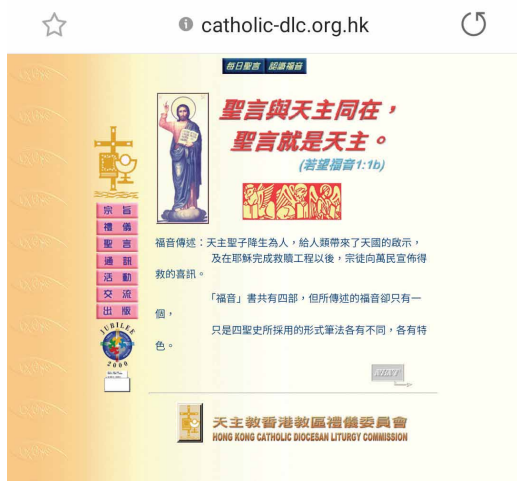
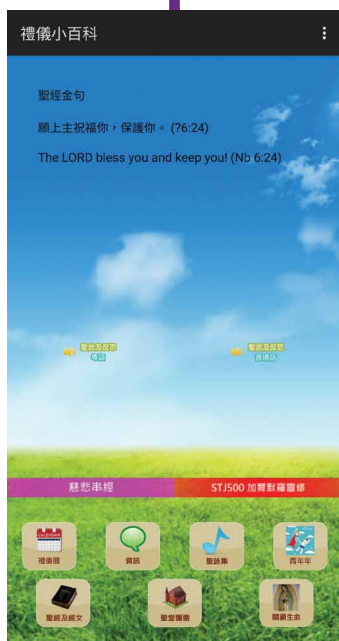
麥兆賢 王靜悠 翟悅廷

星期六班

郭焯亨 郭柏賢 黃寫樂 黃千慧
梁紫賢 郭迪熙

星期日班

何承優 何艾臨 陳昱濤 劉倩潼
劉倩萱



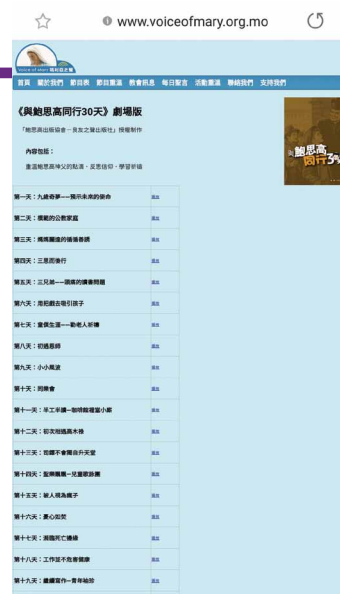
在新冠肺炎的肆虐下，人們外出聚會越來越少，日常生活習慣亦發生了很大的改變。作為教徒，教養生活如同陽光與雨露是我們日常必不可少的部分，怎樣在限聚令實行的條件下繼續堅持我們的信仰，學習上主的聖言，聆聽主耶穌的福音呢？網上學習無疑是一個很好的途徑。

《iBreviarium 我靈讚頌主》、《禮儀小百科》、《每日聖言》、《與鮑思高同行30天》等都係純文本閱讀的非常好的選擇。另外，Facebook，YouTube 等社交平台亦有不同的團體或個人上載了許多形形色色的聖經故事，有的配以不同的語言，有的配上動畫及經文，有的還結合歐洲古典的油畫畫風，圖文並茂且耳目一新。例如：「德蘭社」，它將每日福音以優美的圖畫配合三種不同語言（英文、普通話，廣東話）及文字，給廣泛的讀書帶來每日讀經的興趣，很適合中老年教友。

教區青年牧民委員會的《沸點》，透過新媒體福傳及創新的活動，致力提升青年教友的信仰，吸引更多非教友對天主教信仰產生興趣。它是青年人很好的靈性媒介。

本堂區主日學的導師為了小朋友的培育也費盡心思，她們精心挑選出動畫片，將聖經內容生動有趣地呈現于小朋友眼前，使小朋友在家學習亦充滿了興趣。

大家亦可以參考以下的網址或二維碼，與小朋友一起學習。網上資訊學習的內容種類繁多，選擇一個適合自己的，會學得更開心愉悅。





教區天主教墳場委員會 墳地新安排

香港龕位供不應求，港人死無葬身地的情況持續。基於天主教墳場現況：龕位短缺、墓地過剩，為此天主教教區明白教友們對墓地及龕位的需求，要有一個長遠計劃，因此教區天主教墳場委員會於2020年1月放寬加放條件及次數。

2020年9開始於柴灣聖十字墳場提供2項試驗計劃：

1. 可多次續期墓地：墓地共有500幅，首階段有200幅。可容納1副棺葬遺骸骨+約48盅骨灰。（視乎骨殖與骨灰的比例及骨箱/灰盅大小）

2. 可多次續期家庭龕位：家庭龕位一共1,000個，首階段240個。可容納2副骨殖箱或約9盅骨灰（視乎骨殖與骨灰的比例及骨箱/灰盅大小）。

凡加放者一定是天主教教友。加葬者必須是原葬者配偶、原葬者或其配偶父母、祖父母、外祖父母、曾祖父母、外曾祖父母、原葬者或其配偶或前述人士的胞兄弟姊妹或其配偶、或前述人士的后裔或其配偶。原葬者不可遷離該墳場，否則加葬者要一齊遷出。

使用期是首20年，其後每10年續期一次。此實驗計劃實施5年後再作檢討。

資料來源：教區天主教墳場委員會

詳細資訊可點擊以下連結：

<https://hkcbpa.catholic.org.hk/2020-10-04%20graveyard%20new%20arrangement.pdf>

柴灣墳場-試驗計劃 (youtube)

https://youtu.be/-y9_yZlaWlw

教區墳場-試驗計劃 (youtube)

<https://youtu.be/VzrLvsSkrq8>



為亡者祈禱

請為本堂善別組(1/6至30/11)曾服務的亡者靈魂祈禱：

天主，我們相信祢以恩澤與仁慈對待倚恃祢的人，並以祢的憐憫收納以下弟兄姊妹，使他們安息在祢的懷中，得享天國的福樂！也讓我們因依靠祢而獲得心靈的平安。

楊文祺 黃詠梅 陳世權 唐翠艷 朱惠珍 劉日梓
陳卓賢 戚本榮 劉美玲 謝永勝 黃 蘭 楊金鳳
陳子民 李秀芳 招貴謙 陳惠成 陳成偉 劉瑞珍

2020 聖誕節網上時間表

彌撒	日期	時間
聖誕節提前彌撒（中文）	12月24日（星期四）	晚上八時半
聖誕節彌撒	12月25日（星期五）	上午十一時正
聖家節彌撒	12月27日（主日）	上午十一時正
天主之母節暨除夕謝主彌撒（中文）	12月31日（星期四）	晚上八時半

2021 新年禮儀時間表

彌撒	日期	時間
天主之母節暨新年彌撒	2021年1月1日（星期五）	上午十一時正

* 因應疫情，請留意堂區最新安排 *



7月12日嬰兒領洗



9月6日關社派發防疫物資



10月10日初領聖體



10月18日堅振聖事



10月26日玫瑰月
結束祈禱會



11月22日善別組承諾禮



發願金禧有感

白德蘭修女
左陳翠玉譯

我的家庭及聖召

我來自大部分人信奉天主教的國家---意大利，而我家庭也是幾世代的教友。我有兩個姐姐，她們都結了婚，且有孩子及孫兒了。

天主對我的第一次召叫是發生在我14歲時，那天有位外方傳教的神父來了我的堂區，他與我們年青人及另外一些群組，分享了他在非洲的傳教經驗。這次的接觸，令我留下一個很深刻的印象，也逐漸開啟了我對傳教生活的探索。我們這群年青人隨後組織了一個福傳組，而我們也繼續與其他傳教士保持聯絡。18歲那年，在我往訪指導神師時，很驚訝地他突然問我有沒有想過加入聖母無原罪傳教女修會！因他知道我有積極參與由年青人所成立的傳教小組活動。

他給我的提問，彷如一股強大的光，照亮了我的腦袋。我頓時感覺好像是天主給我的召叫。當我漫步回家時，我察覺到我心跳加速；而腦海中不斷地盤旋著他的問題，同時我也發覺到自己的眼睛充滿著淚水，但內心卻充滿著深深的平安和喜悅。在沒有任何猶豫下，我對天主的召叫說了「我願意」，跟著我就盤算如何向家人道出我的決定。

一天，當我發覺母親獨自在做刺繡工作時，我鼓起勇氣告訴我的決定---我渴望加入修道院，作一個外方傳教修女。她當時盡力勸阻我，並勸說我太年輕，建議我再等多幾年才作這個決定。當時我接受了她的規勸，而沒有再提及此事。約一年後，我再次向母親商議，由於她感受到我的決心，就不再堅持。就這樣，我在1967年9月11日乘坐了由羅馬開出到米蘭的火車，開展我的新生命！

我在發初願後，就被安排到另一個團體繼續我的學業。這給予我機會接觸到其他人及面對不同的處境，讓我能建立關係及認識到現實的世界，對我來說會是一項嶄新的經驗。事關在選擇「貧窮、貞潔及服從」的修道生活，竟是與世俗追隨的價值觀有著截然不同的觀點。這段學習與適應期間，給予我一些新的體會，令我會更深入探討自己的聖召回應。

四年後，當我第一次回家時，我的姐姐對我說「如果你想回家，我們是很歡迎你回來的。」我內心感到有一種掙扎，我覺得天主好像再一次邀請我回覆，但我要在一個絕對自由和成熟的思想下，更深度地對天主說出「我願意」。慶幸在天主的恩寵下，透過祈禱和團體給我的支持，我最後可在充滿喜悅和堅定的心，再次向天主說出「我願意」！

蒞臨香港

我被委派來香港其實是意料之外，因為我所接觸過的傳教士，他們大部分都是被派遣到其他地方，如印度，中國，非洲，孟加拉等地，而這些地方與香港的環境非常不同，自然地我也以為自己會被派遣到這些地方。所以當我知道要來香港時，其實我第一個反應並非太熱衷，不過我仍然很歡迎這個派遣，因為我深信這是天主給我最好的安排，到一個恰

當的地方，讓我奉獻我的傳教生命和服務。

向我的家人和家鄉道別，是一件很抽心的事，但當我想到我可以滿全天主給我廣傳祂的「愛」和「福音」喜訊的計劃時，那種喜悅就蓋過一切離別的思緒。還記得母親當時眼泛淚光地給我臨別贈言：「媽媽內心感到平安和喜樂，因為我看見你帶著很歡欣的心情，準備到香港，一個天主給你安排的地方，為這地方的人服務。」我當時非常感動。這亦是我們最後的一次會面，因為母親在幾年後就回歸天主的懷抱。

與主相遇

大概兩年前，當時我還是工作纏身；跟進傳道員的工作、準備慕道者和兒童的聖洗聖事、安排避靜、與慕道者個別見面及與家長見面等等，突然我有一種感覺---是身體上出現了問題。但當時因手頭上還有很多工作要處理，無暇理會，直至二月底我去了聖德肋撒醫院，做了全身的電腦掃描及磁力共振，結果顯示出我身體有嚴重的狀況……胰臟癌！真是晴天霹靂！

我第一個反應是問天主：「為何祢第二次考驗我？」當我慢慢反省保祿宗徒致羅馬人書時，特別是我喜愛的第8章28節：「而且我們也知道，天主使一切協助那些愛祂的人，就是那些按祂的旨意蒙召的人，獲得益處。」我恍然得到啟悟了！

是的，天主給我的計劃或許我不太明白，但我相信一定有祂的目的和會達至最好的結果。所以，我將自己完全降服給天主，安詳地躺在祂的臂彎內及欣然接受一切情況。這個心境使我不會過度憂慮，反而能全心、全意、全靈地信靠天主，及那些悉心照顧我的醫生、護士和朋友。

誠然，天主真的送我很多愛我的天使來照顧我，我實在衷心感激！

這個經歷，也讓我明白天主想我學習「放下」。因我一向都是希望能事事掌握，無論是我的生命或是我的工作。現在，我要學懂讓天主來掌管。天主要求我與祂建立一個更深度的關係，也要求我在每一刻都能找到祂的臨在，無論事情大小，無論生命中的喜樂和痛苦，我要認識祂對我那偉大的、無條件的和忠貞的愛。

給我的堂區教友

親愛的兄弟姐妹，在我們人生旅途中的不同階段，天主的愛會很含隱地陪伴着我們。天主會默默地用祂的耐心和慈悲帶領著我們，讓我們打開自己的心扉，迎接祂那無限的愛情，然後將這愛分給所有兄弟姐妹，特別是那些仍未認識天主的他們。

天主保佑





My family and vocation

I am from Italy, and in Italy the majority of people are catholic. Also my family received Catholic faith many generations ago. I have two elder sisters who are married with children and gran children.

There was an event that led to my vocation: when I was 14 a PIME Missionary priest came to my parish to share his missionary experience in Africa with us the youth and other groups. He made a deep impression on me. This event opened my mind gradually to missionary life. The youth formed a missionary group and we continued to be in touch with other missionaries. At the age of 18 I went to see my spiritual director and to my great surprise he asked me: "Have you ever thought of joining the Missionary Sisters of the Immaculate – the PIME Sisters?" He knew of my active participation in the missionary group.

His question was like a powerful light enlightening my mind, I felt as if God asked me that question. As I walked back home, I felt my heart beat fast, my mind pondering over the question put to me, my eyes with tears and within me a deep peace and joy. Without hesitation, I said "Yes" to the Lord's call. Next step was how to tell it to my family. One day as I found my mother alone stitching, I took courage and told her my secret: I wanted to join the convent to be a missionary. She tried to dissuade me telling that I was too young, it would be better to wait few more years. For the time being I had to accept her decision and spoke no more about it. About a year later I approached my mother once again... she saw that I was firm in my decision, she let me go. So on 11th of September 1967, I boarded the train from Rome and went to Milan to start my new life.

Experience during vocation journey

In my new life, undoubtedly there were difficulties and challenges during the formation: the community life-style totally different from the previous one and the convent discipline, calling me for a continuous change. But they turned out to be opportunities to rid my heart and mind of all attachments, keeping my focus on just one thing: to journey on to follow the Lord with all my heart and offer my life totally to Him in this religious missionary Family.

After my first profession I was assigned to another community to continue my studies. This gave me opportunities to interact with different people and situations, build up relationships and be in touch with the reality of the world. This experience was another challenge for my choice of poverty, chastity and obedience, totally opposed to the values of the world. Temptations were not lacking, casting doubts and questioning my vocation. After four years, when I went home for the first time, my sister told me: "if you want to come back, we are very happy to have you back at home." There was an inner struggle in me. I felt as if God were asking me again, to say my yes to Him, with total freedom, in a mature and deeper way. And God's grace did not fail me: with His grace, prayer and the help of the community, I was able to say my "Yes" for a second time joyfully and with a resolute heart.

Coming to Hong Kong

My coming to Hong Kong was quite unexpected because majority of the missionaries I met and listened to were from other contexts: India, China, Africa, Bangladesh, places very different from Hong Kong. So naturally I was thinking along these lines to spend my missionary

life. As such, my first reaction when I was assigned to HK, was not so enthusiastic, normal to each one of us to feel so when we are sent. However, I welcomed it because I was sure that God had decided it for me and it was the right place and people to whom to dedicate my missionary life and service. In this assurance I found great peace and joy that led me to be interested in the HK mission and prepare myself for the departure.

To say goodbye to my family and my hometown was quite demanding but the desire and joy of fulfilling God's plan for me to proclaim His love and the Gospel to those who do not know Him overrode this difficulty. I was deeply touched and still remember my Mother's words at my departure, though she was in tears: "I feel peace and joy in my heart because I see you very happy to go to Hong Kong, to the people whom God is sending you." This was our last meeting because she left for heaven after a couple of years.

Encounter with the Lord

About two years ago, I was busily engaged: following up the catechists, preparation of the catechumens and children for the baptism; retreat, meeting them personally, parents' meeting etc. I felt that something was wrong with my health. But with several things on hand I had little time to think of it. Only towards the end of February I went to St. Teresa's Hospital for a check-up. A complete body CT scan and MRI showed something serious: I had pancreatic cancer – this was a terrible blow to me. My first reaction was to ask God: 'why are you asking me this for a second time?' Slowly reflecting over it, a passage very dear to me from St. Paul's letter to the Romans shed light on this. "We are well assured that everything turns out to be for the good of those whom God loves" (Rm 8: 28). Yes, truly God has a plan for me which I hardly understand but I believe that it will result in something good. Thereafter I surrendered myself totally and peacefully in God's arms, accepting whatever would come on my way. This disposition enabled me not to worry too much, but to trust in God and in those, doctors, nurses, friends that would take care of me. Truly God sent many angels who cared for me with great love. I am very, very grateful to them.

This experience led me to understand that God was asking me to let go of my wanting to keep control over everything: my life, my work and instead, allow Him to be in control. He was calling me to grow in a deeper relationship with Him; to discover His presence in the 'NOW' that is: in every event- small or great, joyful or painful that happens in my life, recognizing in them His great, unconditional and faithful love for me.

Share with the parishioners

Dear brothers and sisters, God's love accompanies us in all the stages of our life in a mysterious way, showering upon us His blessings and guiding us in our journey with patience and mercy. Let us open our heart to Him and become channels of His infinite love for all our brothers and sisters, particularly those who do not know Him yet. May God bless you!

Sr. Theresa





FOOD_AID Program for the needy

The English community recently participated in the Food Aid program organized by Food-Co of St. James Settlement. The aim of the program was to provide assistance to individual recipients with difficulty in receiving sufficient food from employers due to sudden job losses and other difficult circumstances caused by pandemic.



We thank our parish priest Fr. Joseph, for generously providing us our Church as an accessible venue for the distribution. We also thank the generous donors and our STEC members particularly Sheng, Jen, Ruby, Maribel and Agnes, who gave their time to help pack and distribute the provisions to those who were in need. . #corporalactsofmercy-feedthehungry



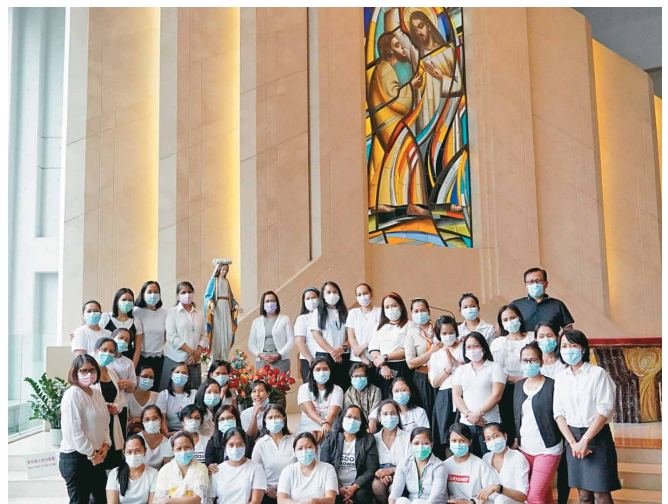
Rosary Gathering

October is the month of the Holy Rosary. Every year, the Legion of Mary and other members of the community gather to celebrate this annual Rosary Gathering in honor of our Blessed Mother Mary for her endless intercession of our prayers to our Lord Jesus. We are grateful for having the opportunity to continue our annual celebration amidst the pandemic.

We encourage everyone to pray the Holy Rosary daily whether it be a personal or a communal prayer. Let us ask our Blessed Mother to journey with us in these trying times, so that

like Mary, we will not lose hope but have courage and strength to move forward while placing our trust in God to end this pandemic that has afflicted many lives. We call to remember the promise of Our Blessed Mother- that there are no problems that cannot be solved when praying the Holy Rosary. Our God is a loving Father and that everything He does and allows to happen has a purpose. Let us place our trust in Him completely and have the confidence that our future is safe in Him.

– by Maria Luisa (Legion of Mary 2)





Donation Drive for Ulysses Flood victims in Luzon – 15-22 Nov 2020

Because of love, we have been moved to care for those in need despite our own poverty. Our English Community has organized a donation drive to collect old and new clothing, towels, blankets, mats, slippers, and canned goods. Because of the generosity of our parishioners, we were able to send our filled boxes directly to relatives of our community members in Cagayan Valley in the Philippines. Although our help is only a small portion of what is needed, we remember from St. Theresa of Calcutta- “It is not how much we give, but how much love we put in the giving.”

We would like to thank our generous parishioners for their donations- clothes, groceries and cash. We would also like to thank those who have willingly given their time to help sort and pack the donations. We extend our thanks to our parish priest Fr. Joseph, for generously providing us our Church as an accessible venue for the

collection of goods. We must keep in mind that generosity is not about how much we have given but about it is how little we have left for ourselves. Our willingness to share is what pleases Our Lord.

- STEC



Advent Recollection by Fr. Joseph

On November 22nd, our Advent Recollection was conducted by Fr. Joseph. He taught us the practice of Mindfulness Meditation through the practice of simple acts of silence and walking. This was previously practiced by the Benedictine monks who placed emphasis on relaxing our minds and bodies through silent meditation and prayer. It was a very refreshing and relaxing afternoon for everyone.





Annual Retreat of the Legion of Mary members



The Legion of Mary held their annual retreat on Nov 15, 2020 conducted by Sr. Shinoby. It was a spirit-filled two-hour retreat. The topic was timely for the preparation of the coming Advent Season that there is a need for us to be always watchful and alert. Sr. Shinoby emphasized that we need to place our trust in God and keep our faith just as our Blessed Mother had trusted. We must always remember that our God is always present in our lives and what we need is to listen to Him to prepare for His coming. To prepare well, we should keep the HABITS, H-Holy Hour, A-Accountability, B-Bible, I-Invest, T-Tell, S-Sacraments.

– by Mel (Legion of Mary 1)

Resumption of Book Barrow

The Legion of Mary has resumed lending books to our parishioners for their own personal spiritual reading. This apostolate, that has been running for 3 years now, aims to help others gain more knowledge of our faith.



Eucharistic Adoration

The Eucharistic Adoration resumed last November 15 at the Blessed Sacrament with its usual schedule on every third Sunday of the month starting at 3 pm.



My journey in St. Thomas – by Raz (Altar Server)

The first day I came to St. Thomas Church to attend the Sunday English Mass, I remember how amazing it was. I believe the Holy Spirit touched me at that time with the solemn Mass and the wonderful homily. What caught my eyes were the women serving as Altar Servers. At that moment, I thought to myself that I wished to be one of them. When I went home, I told my employer about my visit and they suggested that I join the English Community. The following Sunday I approached one of the members and asked if I could join the Altar Servers Ministry. They accepted and asked me to observe for four Sundays and on the fifth, I started serving.

Before I was involved in the ministry, I felt that I lacked faith. I felt rejected and didn't know who I was. I was also feeling lonely and broken, asking questions about what my purpose is, here on this earth. I had these thoughts until I found the love of God in service. He called me to serve Him in the altar. My faith began to grow since then and I found more and more love and joy through service. For me, serving in the altar is a privilege. It is an opportunity that draws me closer to Jesus. Each time I serve during the Mass, I feel His presence. And the more I serve,

the more I am nourished and strengthened by the words said during the Eucharist.

The feelings of rejection and brokenness are already feelings of the past. Jesus has reminded me through prayer that He too was rejected by many. He reminded me to be a peace-loving person and encouraged me to pursue my passion and hopes in life so that I can help others and bear fruit. As an Altar server, I should focus more on my goals and be an inspiration to the young generation that despite the difficulties in life, we should not give up because God is always listening to our prayers and that He will answer in His perfect time.

Advanced Merry Christmas!!!

