

2024年 復活節

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 4772
網址：www.stthomaschurch.org.hk 電郵：office@stthomaschurch.org.hk



牧者的話

施樂怡修女
Sr. Shinoby Thomas

復活節的反省 經驗復活節的喜樂

「主已復活，亞肋路亞！」

各位朋友，我們在曠野經過了40天——這是一段皈依和轉化的時間——然後進入復活期。我們滿心喜樂地傳揚主耶穌已從死亡中復活了！

在復活節守夜禮，我們見證慕道者經過皈依、淨化和光照等不同階段，最後領受信德的奧蹟。復活的主讓他們捨棄舊我，建立新我，藉着祂的聖寵得到轉化。他們得到重生！見證這份恩典是多麼喜悅的一件事啊！

在復活節期內，每個人都被召活出復活耶穌所賜的新生命和希望。復活節邀請我們以新的方式生活。春天到來，我們都會感到興奮，感覺整個世界都獲得更新，耶穌的復活令一切都更新了(默 21:5)。復活節的精神是一種更新的精神，讓我們用正面的態度去工作，去深化那些我們覺得理所當然的關係，和主動讚賞和關懷身邊的人。這代表著用新的角度——天主的眼光去看世界。

復活的主的喜樂是永恆的，就算是在悲傷中，也不會失去。不久以前，有一位媽媽和她的三個孩子來找我。他們分享信仰經歷時，她提及年幼的女兒總喜歡觀看「受難曲」這套電影。我覺得有點奇怪，因為那個年紀的孩子會喜歡看像卡通這類有趣的電影。當我問到原因時，那位媽媽告訴我，小女兒特別喜歡這套電影，是因為內容雖然描寫痛苦，但最後她可以看見耶穌從死裡復活。她喜歡看見復活耶穌的面容，她想去捉住祂的雙手。有時候女兒會對媽媽說她想死去，之後可以見到耶穌。後來，我不斷在反思這件事。這個孩子耐心地觀看耶穌受難，好能與復活的主相遇。

我們要怎樣去承受每天生活上遇到的苦難呢？我們明白在苦難和死亡後會有復活嗎？我們很多時察覺不到，在旅途中停步或者改變目的地，結果不能經驗到復活的主。

耶穌的苦難和復活教導我們藉著對復活基督的信德，痛苦會得到轉化。依靠這份信德，我們在悲傷中仍然可以維持恆久的喜樂。這悲傷可以包括至親的離世、重要的目標未能達成、或者疾病復發。耶穌在我們尋常不過的生活中，將這喜樂賜給我們。

各位朋友，復活節亦是要我們反思怎樣回應空墓的時間。在福音內，瑪利亞以為遺體是被人偷走了、伯多祿進入空墓但沒有說話，好像仍在懷疑，只有耶穌所愛的門徒若望一看見就相信了。他的信德讓他可以跨越空墓、經驗復活。

讓我們在日常生活中感受復活節的喜樂，願這份喜樂讓我們充滿新的希望和福樂。

祝大家復活節快樂！

Easter Reflection Experience of Easter Joy

“Christ is risen, alleluia!”

Dear friends, after forty days of our journey in the desert- a time of conversion and transformation, we have entered the season of Easter. We proclaim with joyful heart that our “Lord Jesus is Risen from the Dead” !

During the Easter vigil we witnessed our catechumens, after passing through various stages of conversion; purification and enlightenment, finally enter into the mysteries of faith. The Risen Lord set them free from their old self to a new self and transformed them by His Divine grace. They are born new! What a joy it was to witness this!

In Easter everyone is called to be a person who is filled with the new life and hope of the Resurrected Jesus. Easter invites us to live with a sense of newness. Just as the return of spring lifts our spirits and makes us feel like the whole world is new, the Resurrection of Jesus makes “all things new.” (Rev. 21:5) The Easter spirit is a spirit of renewal that enables us to show up at work with a positive attitude, to renew relationships that have been taken for granted, and to express appreciation and affection to those closest to us. It means to see the world through new eyes—God’s eyes.

The Joy of Risen Lord is everlasting that cannot be taken away, even in the midst of sorrow. Sometime ago a mother and her three children came to see me. While sharing their faith experiences she mentioned that her younger daughter often likes to watch the movie “Passion of Christ” . I was surprised to hear that because at her age children likes to watch something funny or cartoons. When I enquired the reason about it the mother told me that the little girl likes to watch this particular movie because she said although it is painful, at the end she can see Jesus rising from the death. She likes to see the face of Resurrected Jesus, she wants to hold His hands. Sometimes this little girl will tell her mother she wants to die so she can see Jesus. Later I kept reflecting on it. This child patiently watches the passion so that at the end she can meet the Risen Lord.

How do we go through or pass through the passion in our daily life? Are we aware that after the passion and death there is resurrection? Often not, and as a result, we may halt our journey or change our destination, preventing us from experiencing the Risen Lord.

The Passion and Resurrection of Jesus teach us that suffering is transformed through faith in the Risen Christ. With this faith, we can maintain a sense of enduring joy even in the midst of sadness, such as the loss of a loved one, a failure to achieve an important goal, or a setback during recovery from illness. It is in and through our ordinary lives Jesus gives us this Joy.

Dear friends, Easter is also a time to ask ourselves how do we respond to the empty tomb? We see in the Gospel passage where Mary thinks that someone stole the body, and Peter enters the empty tomb but says nothing as if he is still struggling with his faith, only John the beloved disciple sees and believes. His faith enabled him to break through empty tomb to resurrection.

Let us embrace the joy of Easter in our daily lives and may it fill us with renewed hope and happiness.

Happy Easter to all of you

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星期日班 寶琪

我一直認為自己是幸福的人，一家人之間相處得很好，大家都健康康地生活著。然而，幾年前家人突然出現一些狀況，令我第一次真切體驗到生命的無常和幸福並非必然。隨後，我期待已久的好事終於降臨，本以為會帶來快樂，但隨之而來的卻是不安！接二連三出現狀況，讓我感到困惑和難以接受，無法用言語形容我內心的不安與無奈，我感到非常迷失！

因此，我四處尋找可以讓心靈平靜的方法。我到處去拜神問卜，參加各種舒緩療法，但都無法獲得內心的平安，無法釋懷。一位朋友看到我的狀況，建議我試著回到教會。於是，我上網找到了聖多默宗徒堂的慕道班，並加入了。

我記得第一堂課的情景，一開始播放了歌曲《原已在此》，然後我們分組討論天父對我們的意義，以及我們希望從天父那裡得到什麼。有同學說希望和勇氣，這讓我內心激動，感覺到一種覺醒！原來我所需要的，就是希望和勇氣。從那一刻開始，我覺得通過慕道班，跟隨天父，可能是尋找心靈平安的正確道路。我從小在天主教學校長大，但卻從未想過成為基督徒。那刻我突然想起，或許在我心裡就埋下一顆小種子，只是時機未到，原來天父早已為我安排好了！

參加慕道班後，我的生活開始有所改變。除了每個主日上慕道班、參加彌撒，還有帶女兒參加聖道禮班及其他聖堂活動。在睡覺前，我會和女兒一起祈禱，感謝天父當天為我們安排的一切，也請求天父寬恕我們的過失，並祈求給予我們平安。當在車上或等待時，我會在心中向天父祈禱、閱讀聖經、默想，讓自己變得平靜。

女兒參加教會的活動後，都表示很喜歡參與其中。她年紀還小，可能有很多不理解。然而，當她劃著十字聖號，唱著垂憐歌、唱著上主我在這裡，或是唸著天主經和光榮經時，我看到她一本正經的，眼睛閃亮的神情，彷彿她也有一點點感應。願天父在她的心裡也埋下小種子，讓她日後明白每個人都是獨特的、美好的、值得被愛的、都是有福的。願我和她能一起感受到天父賜予的平安，傳承這份愛。

不知不覺中，我已經參加慕道班一年了。在這段時間裡，我開始找回了內心的平靜和安寧。雖然家庭的悲傷還在，但我開始學會接受和處理這些情緒，祈禱能給了我一種力量，讓我相信在困難中仍然可以找到希望和勇氣，仍然是被愛的。參與教會的活動也讓我結交了一些新朋友，他們成為我在信仰旅程中的支持。我們一起分享生活中的喜悅和挑戰，互相支持和祈禱。與天父建立聯繫，讓我感到溫暖和被接納，我不再感到孤單。

還有，透過神父、修女、導師們的講解及引導，啟發我更相信慈愛的天父已為我安排最好的一切。我要做的是信靠祂、多祈禱、多寬恕、多感恩。在得到天父的愛及恩寵的同時，也要讓愛與恩寵傳揚出去，與人分享，使更多人獲得，找到真正的幸福和生命的意義。

感謝天父的安排，讓我遇上聖多默宗徒堂，遇上慕道班上的各位良師益友、我的代母及女兒的代父，感恩遇上你們！

感謝主，讚美主！



星期日慕道班

星期四班 候洗者分享

大家好！我們是一羣星期四早上慕道團的同學，在此分享我們領洗的心聲。

我們這羣退休人仕在一年多前，基於不同的緣故而參加認識天主教信仰的小團體：有的是為了嘗試在眾多不同宗教中了解天主教信仰，有的是退休後終於有空餘時間，有的是為了陪伴家人或受家人影響而到來。

雖然在退休前大家對天主教信仰已略有認識，但在經過慕導聚會中深入了解後，大家對天主教信仰有更全面的認知，也大大影響我們對他人的態度和對自己生活方式的改變。

我們同學都懷著同樣心情申請領洗，因為我們覺得領洗後才能正式成為一個基督徒，得到天主的恩賜。



星期四慕道班





星期六班 曾曦誼

記得當初我帶著緊張的心情來到了聖多默堂，是希望能夠認識天主。漸漸地習慣了每週都會上慕道班、祈禱、參與彌撒，同時亦揭開了我追隨耶穌的序幕。

這一年多的慕道時間霎眼間已漸漸到了尾聲，當中我也有過迷茫的瞬間，也會問自己「這個是我想要的信仰嗎？」。但這段時間我學習到的實在有很多，做事亦多了一份反思，透過理解聖言帶出的道理，明白話語背後的意思，引領我繼續前行及勇敢面對生活上的挑戰和難關。

即將完結的慕道生涯亦只是我們信仰之路的開始。讓我們繼續堅持信仰，同時希望我們的言行舉止能夠肖似天主。

讓我們所有候洗者能夠接受聖神的恩賜和懷著喜悅的心去參與復活慶典，一起受洗並成為天主「可愛」的兒女。



星期六慕道班

青少年班 梁弘灝

親愛的天主：

感恩父母都是教徒，讓我接觸到天主教信仰，亦因我對聖經的故事感到有趣，所以想更深入認識耶穌的事跡。

當參加慕道班時，與其他活動發生時間上的衝突。為了解決這困難，於是暫時不參加其他活動，把時間投放在慕道班上。

我認為當中最大轉變是當悲傷的時候，我會祈禱跟天主傾談我的感受。在疫情期間，曾祖父患上新冠肺炎，令我和屋企人都感到擔憂。於是我每晚祈禱，希望天主能夠保佑他，讓他能成功對抗這病毒。最後曾祖父成功擊敗病魔，繼續健康地生活。

我認為天主是我的人生導師，祂會帶領我走正確的道路。在遇到困難挫折時，亦會與我共同面對和克服。我承諾領受堅振聖事後，會多做善事去幫助更多有需要的人。



青少年慕道班

綠在葵青

因應全球暖化問題加劇，教宗方濟各多次呼籲全球合作解決氣候變化問題，愛惜我們的共同家園。

氣候變化問題需要各國合作，但我們亦可以在生活的小細節中實踐，保護環境。大家不要輕看自己的努力。在2022年，都市固體廢物棄置量平均每日11,128公噸，平均每人每日棄置1.51公斤廢物。如果我們每人都棄置垃圾前先回收分類，這將可以舒緩堆填區的壓力。回收分類亦可以減輕大家在八月實施垃圾徵費後的財政負擔。

不少朋友平時都將垃圾分類，回收有用物料。原來除了廢紙、鋁罐和膠樽外，已損耗的USB充電線、已清潔的發泡膠盒、牛奶盒等都可以回收。在青衣，「綠

在葵青」正為區內居民提供回收服務。大家可以在「綠在葵青」內回收紙張、金屬、塑膠、充電電池、小型電器等物料。他們除了在青衣東北公園旁設立了回收點外，亦定期在灝景灣購物中心對出行人路、市政大廈旁、翠怡商場對出行人路等區內多個地點，開設回收流動點，以便大家回收。今年二月，「綠在葵青」更進駐青衣站，回收更為方便。

就讓我們現在開始，養成分類回收的習慣，以行動愛惜我們共同家園。如希望了解更多「綠在葵青」資訊及各回收點的服務時間，大家可以參閱他們的Facebook專頁 (<https://www.facebook.com/kwtcgs>)，亦可觀看聖堂外的壁報版所貼出的資訊。



「綠在葵青」的回收環保站位於青衣東北公園旁



「綠在葵青」逢星期一下午在灝景灣購物中心對出行人路設立回收流動點



位於青衣站的回收便利點已投入服務



大家可以在他們的Facebook專頁 (<https://www.facebook.com/kwtcgs>) 了解回收流動點的詳情



2023年12月4日 耆樂會聖誕聯歡暨生日會



2023年12月12日
葵涌醫院聖誕報佳音



2023年12月12日 青衣城聖誕報佳音



2023年12月24日 平安夜報佳音



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聖多默宗徒堂

St. Thomas the Apostle Church



2023年12月31日
聖家節婚慶感恩祭



2023年12月31日
聖家節同樂日



2023年12月31日
嬰兒領洗



2024年1月1日
堂區步行籌款



2024年2月4日
神父修女寫揮春



2024年1月28日
收錄禮





小小心意、多多溫暖

聖雲先會會員 Mary Fan

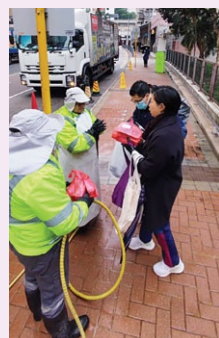
每月第一主日聖雲先會都會進行募捐，以幫助有需要人士。究竟聖雲先會是幫助那些有需要的人士呢？其實聖雲先會是世界性組織，致力以聖人聖雲先的精神服務貧苦大眾。作為聖雲先香港中央分會的一份子，聖雲先會聖多默宗徒堂協會積極參與中央分會的多元化服務例如探訪露宿者、老人院、劏房戶及慰問囚友等，但我們最主要的服務對象仍是青衣區內的有需要的人士，例如定期探訪區內獨居長者、協助低收入家庭等，而近年我們亦增加了區內送暖活動。



聖雲先會每年舉行四次送暖活動，分別在復活節、聖誕節、及兩個中國傳統節慶包括農曆新年及中秋節附近日子舉行。活動目的是向青衣區的清潔工人、保安員、貧苦長者和有需要的弱勢社群傳遞關懷與愛心，希望他們在節日裡感受到我們的小小心意和溫暖。在送暖活動中，經驗豐富的會員們根據受助者的需求準備福袋，例如在剛過去的12月，會員特別為清潔工人準備了萬用膏，以應對他們因長時間接觸垃圾而可能受到細菌感染；也考慮到他們可能因為長期從事勞動工作而身體

有勞損，計劃在將來的送暖禮物包夾附位於石硤尾的聖雲先會奧撒南中心提供免費針灸及中醫義診服務的宣傳單張。當然，我們絕不放過福傳機會，在每個禮物包內附上傳揚天主愛世人的福傳單張及資訊。

送暖活動除了歡迎會員外，也歡迎非會員的參與。在12月的送暖活動中，有許多慕道者和家庭參與其中，這也是實踐愛德的一個重要機會。有興趣人士歡迎聯絡協會會長Agnes或任何一個會員作更多了解。



聖雲先會 奧撒南綜合服務中心
費用全免 歡迎自由捐款

地址：石硤尾邨19座119號地舖 **中醫義診**
（石硤尾港鐵站 A 出口）
預約電話：2778 5288 *敬請預約*

開診時間表	星期二 （上午）	星期三 （上午）	星期四 （上午）	星期六 （下午）
中醫及針灸	10:30 - 12:30	10:30 - 13:00	10:30 - 12:30	15:00 - 17:30

本義診致力服務貧窮家庭、老弱病患、領取綜援、傷殘津貼或長者生活津貼人士，歡迎轉介。

*備註：
-病人來診必須佩戴口罩。
-名額有限，額滿即止，敬請預約，不接受即時報名。
-本中心有權要求診者提供免費獲診的資格證明。
-如有爭議，本中心保留最終決定權。

完成了的開始

林祖明神父

首先在此感謝天主讓堂區在今年1月1日的步行籌款能順利完成。這次籌款的目的是為改善聖堂內的設施，使我們能節省能源的消耗，為「愛護我們共同的家園」多出一分力。

這次籌款的目標初訂為80萬元，現在實際所籌得的款項為39多萬，不及目標的一半。在此我已感到欣慰，因為在目前的大環境，籌多籌少，並非最重要，最重要是我想喚起教友的信仰意識，在支持教會之餘，亦參與愛惜我們共同家園的事工；深感這亦是信仰皈依的旅程，因耶穌死而復活的恩寵，使人從內裡開始轉化，學習關懷善待周圍的弟兄姊妹，繼而懂得如何善待萬物，讓人類社會恢復真正的面貌；所以這是我們悔改的過程——籌款的結束，愛護眾生的開始。

悔改有如「移風易俗」，是艱鉅的工程，因為人傾向「方便」的慣性，就像地心吸力，無聲無色，卻威力無窮。若果只是用金錢作為人改變的誘因，這改變只是外表，如法利塞人守規條，不會是持久的。

四旬期以耶穌苦難死亡結束，亦以祂的復活開始我們的新生。若果我們在過去的四旬期真誠地面對天主，有意識地祈禱，甘願的犧牲，無私的慷慨，喜悅的分享——成為信仰修練的功課；屆時，愛主、愛己、愛人、愛萬物之的工程便會指日可待。

若果我們能在萬事萬物中見到天主，祂實在「穩/隱藏」在受造界中，愛人敬大地便成為敬主之道。

為亡者祈禱

請為本堂善別組（1/12/2023 至 29/2/2024）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。

陳歡暖 余綺華 李愛環
陳若望 Budjang 廖秀霞



Celebrating the Legion of Mary's 24th Anniversary with Dedicated Apostolate Works

Thanks and Praise God and Mama Mary, we the Legionaries of Mary, having reached the 24th year of service in the church and in other communities are thankful that some of our apostolate works have resumed after the agony of waiting due to the pandemic. We're able to help the Extension Work at Ss. Peter and Paul in Yuen Long to set up a group of Legion of Mary under the Curia Spes.

We're also happy to help them to have a Book Borrow, on their site as one of their apostolate. It was indeed a fruitful year for us reaching this 24th Anniversary Legion of Mary (Mother Most Pure Praesidium).



To celebrate our 24th Anniversary, we have a simple get-together gathering with our daughter praesidium. Starting with a prayer, we ate together and gave a certificate of appreciation for their dedication as members of the Legion of Mary.

May God continue to bless us to be in service to others. May Our Blessed Mother Mary guide and lead us to His Son Jesus Christ 🙏 . . . Tutus Tuus

by: Legion of Mary 1 (Mother Most Pure Praesidium)

Elim as Charismatic Community

The Elim Community is a charismatic community in the Catholic Church. We support and help the Parish we belong. As member and part of St Thomas Church we're joining all activities in this church like Holy Hour scheduled every 3rd Sunday of the month, the latest Walkathon event organized by the parish church, to relax and enjoy the nature of Hong Kong and time of bonding with other company, other members and parishioner of St. Thomas Church. Together, we are helping hands to those in need. We celebrated the Christmas season with other branches (Tai Wai and Ho Man Tin) here in HK. We also participate in the Christmas party in St Thomas English Community.

On February 4, 2024, the ELIM Community held the Light in Spirit Seminar called "Elim Pathways". The guest speakers came from Elim Manila and Elim Cebu. This is one of the biggest events for Elim to proclaim the Good News, to evangelise and share the Word of the Lord. We were all blessed and it was a victorious gathering of 65 participants in this Seminar.

As a Community, we're always called to join the activities of STEC of our church like DPCM-Simbayanan-KAMPPI Sportsfest with the themes: unity, teamwork, patience and perseverance. Given the talents that our Lord gifted us, we took home the overall Champion award and received other trophies and medals from different game events. As children of God,

A Great Experience Joining the Bible Encounter

Wayback on October 15, 2023, we were invited to join the Bible Encounter at St. Stephen Church, Kwai Fong. We Legion of Mary 2 (Virgin Most Faithful Px) went there to support our other group, and unexpectedly, the host invited us to join, too. Fortunately, at the end of the quiz, we garnered second place. And so again, they invited us to finally join the quiz at Bayanihan Centre on January 13, 2024, by God's grace, STEC-Legion of Mary 2 (Virgin Most Faithful) won First Place.

Equipping ourselves daily with the armour (WORDS) of God not just strengthens us daily in the challenges of life, but also it will protect us from all harm, spiritually and physically. If we do it with faith, we are not alone benefitted, but also our families and friends.

Being always aware of the depth of God's love for us, we reflect more on His image. His immeasurable goodness and his being in our person, and so by this, we can assure that our good Lord will graciously bless us abundantly by the use of our hands.

The next Bible Encounter will be held here at St. Thomas the Apostle Church on May 15, 2024, 3/F Hall and time will be advised soon. To prepare those interested participants to join, the coverage of the quiz includes the four Gospels in the Bible, namely: Matthew, Mark, Luke, and John. Our utmost gratitude to our Parish Priest, Fr. Benedict Lam for approving the venue of this Bible Encounter. Interested participants are very much invited, please get in touch with any members of the Legion of Mary.

STUDY THE WORD . . . LIVE THE WORD . . . SHARE THE WORD.
BE THE WORD!

By: Ma. Luisa Sapuan (3rd from the right)
Legion of Mary 2 (Mother Most Faithful)



we fully trust the Lord, our plans and activities for His Glory! Thank you Lord.

Agnes Lopez

Elim Community





Praying and Playing Claimed its Victory!

The sportsfest organized by the DPCM-Simbayanan-KAMMPI is held every year, but due to the Corona Virus Pandemic, the sportsfest was frozen for three years. Finally, it was only this year that it was resumed on February 12, 2024. Even at the busiest service in the church and spiritual activities, STEC joined a complimentary invitation from DPCM-Simbayanan-KAMMPI Sportsfest, spearheaded by Sr. Cora Demetillo, RGS and KAMMPI President, Mary Jane (MJ) Poca. (Our utmost gratitude to these organizers).

The first part of the event was a Eucharistic Mass Celebration held at St. Francis Church, Ma On Shan and the sports activities were all played at YMCA Ma On Shan Sports Ground. The sports fest was attended by 14 teams coming from different Church Communities in Hong Kong and a new participating community from Macau. The competition was composed of different games namely: Cheerdance, Zumba, Track and Field (100 M Dash, 200 M Dash and 400 M Dash Relay), Sack Race and Volleyball.

The purpose of this event is to foster camaraderie, esprit-de-corps (the common spirit existing in the members of a group and inspiring enthusiasm, devotion, and strong regard for the honour of the community), friendship and sportsmanship with God's glory, which follows the organizer's theme as a whole "UNITY (mag-KAKAMPI - a Tagalog term that means someone or something supports or sides with another person, another thing, or a decision; and NOT KAMPI-KAMPI (having alliance or being on the same side in a conflict or agreement)).

In the pursuit of victory, we found ourselves so busy with the sports practices every Sunday after the mass and our church service. This is an extra push with a hidden strength and talents to achieve success on the playing field. We are not born as athletes, but mere players preparing for a competitive challenge making use of God's given talent to us, especially to our coaches, organizers and players. God gave us the

talents and made use of them with the power of prayer, providing us the motivation and focus we need to excel in the games.

As we venture forth to compete and strive for the sublime taste of victory in this game, we beseech God to endow us with the grace to display respect and sportsmanship, irrespective of the outcome, whether we stand victorious or taste the bitterness of defeat with respect. Our games stand paragon of fairness and integrity, with an embodiment of the true essence of the game, a reflection of character, win or lose always align with the values of sportsmanship that God taught us. We are profoundly grateful for the opportunity to partake in this competition with honour and integrity, we were called the OVERALL CHAMPION. A given honour to our church St. Thomas the Apostle Church, buoyed by our Parish Priest Fr. Benedict Lam and endearing support from our Spiritual Adviser, Fr. Petrus Santoso. We also thank Ms. Debbie for her support.

With our dedicated commitment to join and win in the games, parallel our prayers prayed granting us the unwavering energy to give our absolute best effort and the mental toughness to persevere until the final whistle, securing a resounding victory. We trust in our divine guidance and know that with God's help, winning this game is not just a possibility but a destiny waiting to unfold.

Our confidence in aiming to win the games shone as a radiant beacon of inspiration for our Church St. Thomas the Apostle and our members, instilling in us the same unwavering faith, and let it be a wellspring of inner strength that sustained us when the going gets tough. In the midst of this struggle for triumph, we humbly acknowledge and place our faith in our prayers and God's boundless love and unwavering support. Thank you, Father, for gracing our talents, our efforts with courage in this noble pursuit. STEC, WE ARE THE CHAMPION! VICTORY IS ALWAYS WITH YOU YOUR NAME. TO GOD BE THE GLORY!



STEC Sports Muse – Alona Hipoli



Zumba – 2nd Runner -up (L to R: Elna, Maribel, Terry, Liezl, Alona (Muse), Fr. Petrus (STEC Adviser), Lina, Divine, Nancy, Sally, Judee and Wela Mae (Zumba Choreographer)



Cheerdance – Champion and Best in Costume (Composed of different STEC Ministries, Judee and Wela Mae (Choreographer)



STEC – Over-all Champion



Our Spiritual Adviser – Fr. Petrus Santoso, SCJ



Track and Field/ Sack Race/ Volleyball Team (Coaches: Agnes / Jude M / Maribel B.)

- 100 M Dash – Mary Lois – 2nd Runner-up
- 200 M Dash – Nelma Cabrera – First Place
- 400 M Relay – 2nd Runner Up
- Sack Race – 2nd place in the first game
- Volleyball – won in the first game

2024 聖週禮儀時間 The Time-table of the Holy Week

日期 Date	時間 Time	禮儀事項 Mass / Liturgy
3月28日 (聖週四) March 28 (Holy Thursday)	晚上八時正 8:00pm	主的晚餐 Mass of the Lord's Supper 彌撒後朝拜聖體至晚上11時 After Mass Adoration of the Holy Eucharist until 11:00pm
3月29日 (聖週五) *當日應守大小齋 March 29 (Good Friday) *Fasting on that day	早上九時正 9:00am 下午三時正 3:00pm 晚上八時正 8:00pm	堂區避靜 (3樓禮堂) Parish Retreat (Parish Hall) 救主受難紀念禮儀 (中文) Celebration of the Lord's Passion 救主受難紀念禮儀 (英語) Celebration of the Lord's Passion (English)
3月30日 (聖週六) March 30 (Holy Saturday)	晚上八時正 8:00pm	基督復活慶典 Easter Vigil
4月7日 (救主慈悲主日) April 7 (Sunday of Divine Mercy)	下午三時 3:00pm	新教友子女及嬰兒領洗 (禮儀) Children & Infant Baptism