



2026年復活節

天主教聖多默宗徒堂 堂區特刊



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牧者的話

張泰然執事 Deacon Nicholas Chang

亞肋路亞！主已復活了！經過四十天的四旬期，我們進入教會另一個禮儀年---復活期，特別與新教友一起慶祝他們的重生！過去的四旬期有沒有讓你更新，你又過得如何呢？你有成長嗎？

本年我們堂區有31位成人在聖週六晚上領受入門聖事，另外有13位兒童及嬰兒在復活期領洗。耶穌基督的死而復活為我們帶來了新生命，使我們不再生活在罪惡中，而是獲得天主子女的生命。各位新教友，恭喜你們！還記得你們領洗當晚的情境和感受嗎？不過這份新生命還需要繼續保持和深化，特別加深對天主的認識。你們找到了合適的善會嗎？邀請你們加入信仰團體，在彼此交流、分享與陪伴中深化信仰。

各位已領洗的弟兄姊妹，讓我們歡迎新教友加入我們大家庭，並與他們同行！同時，亦讓我們記得在週六晚上的禮儀中，我們一起重申棄絕罪惡的決心，及重宣聖洗的誓願。讓我們與新教友一起繼續深化信仰，經驗天主對我們的深情大愛。（今期特刊有他們的分享。）

剛過去的四旬期我們以「希望的傳承者」作為苦路善工的主題，亦是香港教區慶祝成立80週年的主題。讓我們在生活中承先啟後，把基督復活的光輝傳揚出去。

Alleluia! Christ is risen! After the 40-day Lenten season, we now enter into a new liturgical season - Easter time. Have you ever renewed your faith, and your relationship with God in the previous Lent? In Easter, we celebrate the death and resurrection of Jesus Christ, through which He brings us new life and hope. We no longer live in sin but live a new life as God's son and daughter.

Dear brothers and sisters, let us renew our renunciation of sin and profession of faith this Easter. Let us resurrect with Christ and rejoice! Let us also deepen our faith and experience God's merciful love in our daily lives.

This year, the Hong Kong diocese celebrates its 80th anniversary with the theme "Messengers of Hope". As we receive hope from Jesus Christ, let us share it and the light of Jesus Christ generously with others, and illuminate others, so that we shall all walk in light.

晉鐸邀請函



本人張泰然執事幸蒙主恩
將於2026年6月13日領受司鐸聖職
現誠邀閣下出席 同頌主恩

1. 耶穌聖心彌撒 - 為晉鐸祈禱
6月12日晚上8:00 青衣聖多默宗徒堂

2. 授予司鐸聖秩彌撒
6月13日早上10:00 聖母無原罪主教座堂

3. 首祭
6月14日中午12:30 青衣聖多默宗徒堂

司鐸聖職是耶穌聖心的愛情。
-聖若翰維雅納

2026年復活節特刊目錄

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- P.3 候洗者分享
- P.4 希望花園 + 為亡者祈禱
- P.5 郭怡雅小學謝恩彌撒相集
- P.6-8 St. Thomas English Community



星期六班 - 徐穎怡

我在2024年9月首次參加聖多默宗徒堂的慕道班，目的是為了領堅振，但開課時才知道需時兩年，當時就想如果不合適再退出都未遲。說真的，一開始的舊約內容可能在小學階段時已讀過，所以感覺比較沉悶，但又同時重新喚起小時候的記憶也是美好。

我放學後都是獨自離開課室，與同學們無太多交談。但慢慢地我在聖經學習到新知識，特別在7月份參加了由上一屆慕道班負責籌備的喜樂泉源活動後，突然覺得堂區團體都可以很有趣很有凝聚力，我的生活也起了微妙的變化：我會在星期六課堂之後嘗試參加彌撒，再次從歌聲和禮儀中感受天主的力量。除了彌撒外，我也參與其他堂區活動，在眾多同行者陪伴下，多方面感受到天主在生活中的體現。

現在慕道班大概過了一年半，不能說自己成長改變了很多，但因著天父的力量、導師們的教誨、堂區的團體活動，以及自己堅持向好的心，感覺有種漸漸步向天父、走近祂的喜悅感。此外，常規參與彌撒有種令自己精神飽足的感覺。

我也時刻提醒自己在日常工作及生活中，要實行天主及耶穌基督的精神---扶助及關顧弱小。但願我可以從自身的言行，使家人、朋友和未認識天主的人，感受到天父的美好，一同成為天主的兒女。



2026 星期六班

星期四早班 - 古俠衛

自小住在貧窮的徙置區，環境擠迫，鄰里多為基層勞工，來自五湖四海，雖知識水平不高，卻勤奮友善。兒時常聽鄰居的兄姊談及一位聖人---耶穌基督；祂為拯救世人而被釘在十字架，祂的故事深深烙在我心中。

在基督教學校讀書時，每日透過聖經堂認識天主創造世界、人類犯罪、梅瑟帶領出埃及，以及耶穌治病、赦罪、捨身救世的事蹟。我自幼遵循教會生活---祈禱、守誡、學道理，立志作主的僕人。

投身社會後，縱然工作忙碌，未能嚴格跟隨教會節奏，主的聖言卻常在心中。我待人真摯，一如基督的教導，因此得著真誠友誼。婚後，妻子雖非信徒，卻以基督的聖言持家，每日祈禱，使家庭充滿幸福。

育有兩女，我帶領她們上聖堂、聽道理、親近主。她們在天主教學校成長，成為虔誠信徒，秉持正確人生觀服務社會。縱使教養路上曾遇挫折，主始終保守她們健康平安。

如今退休，女兒常鼓勵我跟隨她們接受洗禮，投入主懷。我願成全她們的心願，一個也不能少，讓我們一家成為公教家庭，福樂滿盈！



2026 星期四早班

星期四晚班 - 梁靜雯

感謝天主！在過去年半的日子，我有幸參加慕道班，這段旅程讓我逐步走近天主，並認識到天主教的信仰。透過課堂的學習，我了解到教會的基礎禮儀和教義。從聖經的啟示到日常生活的實踐，都讓我深深感受到信仰的力量。每一次聚會，不僅是知識的增長，更是心靈的滋養。

在準備入門聖事的過程中，我心中充滿平安與喜樂。這份平安來自天主的臨在，讓我在生活的挑戰中仍能保持信心；這份喜樂則源自與教會同行，在天主的愛中彼此支持、彼此鼓勵。信仰不是抽象的理念，而是具體的生活實踐，提醒我以愛和寬恕去對待身邊的人。

作為一位待領堅振者，我知道這只是信仰旅程的開始。領受入門聖事，意味着我將正式成為教會的一份子，與眾人一同在基督內生活。我期待在未來的日子裏，繼續在祈禱與服務中成長，並以謙遜的心去見證天主的愛。



2026 星期四晚班



星期日班 - 譚綺嫻

我出生在一个傳統民間信仰的家庭，家中常年敬拜祖先、觀音和地主。多年來，我從未想過基督信仰會與我的生命產生深刻的連結。然而，兩年前，一場突如其來的癌症診斷，徹底打破了我平靜的生活。當時我五十多歲，作為一名公務員，生活本應安穩有序，疾病的來襲卻讓我感到無比驚恐與不忿。為什麼是我？我的人生難道就這樣被改寫？

在家休養期間，一位天主教同事關懷我，並建議我到住家附近的「聖多默宗徒堂」走走，還貼心地附上地圖。那天，我懷著一絲迷茫走進聖堂，內部十分安靜，只有一位男士在祈禱。我坐在長椅上，抬頭望見聖堂正中懸掛的一幅畫像。當時，我雖不明白畫中寓意，內心卻感受到一種前所未有的平靜與舒暢，我靜坐了近半小時才離開。這次經歷讓我印象深刻，我將感受告訴同事，他鼓勵我報名參加慕道班，進一步認識信仰。

我再次走進聖堂，向修女詢問慕道班事宜。我從對天主教一無所知，到逐漸明白天主的愛與救恩計劃。過程中，我也有過困惑與掙扎，例如我曾不明白，為什麼有些善良的人會遭遇不幸、英年早逝？天主為何不幫助他們？透過課堂中的討論與導師的引導，我學會以信德的眼光看待萬事，相信天主的安排自有其美意，或許這些看似不幸的事件，能對身邊的人帶來深遠的影響與啟發。

這段時間，我特別喜歡參與主日彌撒。每一次彌撒，我都懷著一種難以言喻的喜樂與期待，彷彿趕赴一場盛宴。彌撒中的每一段經文、每一首聖歌，都帶給我深刻的反思與感動。我感受到與天主越來越親近，每次彌撒結束後，內心總是充滿平安與滿足，踏著輕快的步伐回家。

在這段信仰旅程中，有幾件事讓我特別體會到天主的帶領與改變。首先，在慕道班初期，在沒有任何人提醒下，我自發移走了家中神櫃上的祖先牌位、觀音與地主像，也不再祭拜。這並非出於強制，而是內心自然湧現的決定，我感到自己正在走向一條新的道路。其次，一次在台灣旅行，我在酒店遭遇靈異事件，當時我驚慌中呼求天主保護，立即得到平安。我原以為自己的信德已足夠堅定，但後來在家中又遭遇類似情況，恐懼與疑惑再次襲來。我向導師求助，神父最終以智慧的話語點醒我：「你想多了，這只是心理因素。只要不行惡事，又何須害怕？」這句話如當頭棒喝，讓我明白信德的真義不在於懼怕，而在於全心信靠天主的庇護。神父的智慧與靈性深度令我欽佩，我渴望未來能像他一樣，在信仰中不斷成長。

此外，我在慕道期間不幸中風，再度經歷生命的脆弱。住院八日期間，我得到許多同事和朋友的關懷與照顧，這讓我深深感動，或許這正是天主的安排，讓我學會以天主教徒的眼光看待磨難，相信一切自有天主的旨意。也曾有人質疑我信教的動機---是為了教會的福利。這樣的批評曾讓我感到困擾。然而，隨著在慕道班的深入學習，我內心改變了。我已不在意他人的眼光，因為我深知，如今的我，是發自內心地信靠天主，渴望與祂建立親密的關係。

這段慕道之旅讓我從一個對信仰毫無概念的人，轉變為一名堅定追隨基督的求道者。我希望以主耶穌基督為榜樣，在逆境中能堅守信念，以溫柔與勇氣面對挑戰，並深切渴望透過聖洗聖事，正式成為天主的子女，在教會的陪伴下持續成長，及在未來的生活中，學習以愛與服務見證天主的恩典。



2026 星期日班

長者班 - 李美娜

年青時，因工作關係，我認識了祂、也參加過天主教的信仰小組。聚會中有祈禱和生活分享，使我對天主有些認識，但多年來我都沒有領洗。當時的組員相交至今，已經成為摯友。

年前其中一位姊妹逝世，頓然感到人生無常，這觸動我決心慕道，再深入認識天主。我願意領洗加入教會，和我的好姊妹們有同一的信仰，今後真正的融入團體中，一起跟隨基督，光榮天主。

長者班 - 岑珠好

我起初想認識天主，是因為身邊的家人是教友，他們把信仰介紹給我，邀請我多了解天主的愛和教導。當我參加慕道班後，從最初的好奇和探索，到逐漸學會祈禱，信任和交托。我明白信仰促成生命的改變，主的愛在我軟弱時扶持我，在困難中給我平安和希望。

在慕道的日子裡，我感受到天主的慈愛與寬恕，讓我明白也要以愛對待他人。主在我生命中的陪伴，讓我懂得要對祂感恩、信任與交託。我藉著洗禮，成為天主的女兒，加入教會，參與堂區團體的活動，在日常生活中實踐福音的精神。



2026 長者班



「希望花園」祝福禮

善別組組員KK

加入善別組已將近兩年，感恩可以藉着為亡者及親屬服務，傳揚基督死而復活，信主得永生的道路。善別服務一般都在聖堂、殯儀館、安息所及火葬場舉行的。在1月29日有幸可以陪同會長及其他組員，一行五人，參加長沙灣墳場「希望花園」祝福禮。

長沙灣聖辣法厄爾天主教墳場早於2024年5月推出骨灰安葬服務，當時還是簡單的一片墓地，經過一年多的時間，這個由園藝與禮儀共融的「希望花園」終於落成。



當天我們一行五人，驅車前往。一向依賴科技生活的我，仗着導航系統，以為可以直達目的地，結果只能去到墳場的外圍，最後都要靠前輩的帶領，人工導航，才能準時安全抵達墳場入口。這個小插曲，都讓我反思，進入天國的大門，確實不能單靠自己或是只依靠科技，若沒有同行者領路，或許我們只能站在外圍，永遠找不到正確的入口。



「希望花園」是由多塊骨灰墓地組成，每一塊墓地可以容納十八位亡者的骨灰盅，骨灰只可以放在由墳場辦事處提供之可降解骨灰盅內，骨灰盅內不可放置其他物品。隨着時間流逝，骨灰盅漸漸降解，而亡者骨灰亦歸於大地，靜待基督的再次來臨。墓地上會覆蓋白色小石，旁邊的石碑更把亡者

感謝善別組會長及各位組員，繼續秉承堂區「傳承愛·愛承傳」的精神，培育新組員，不懈地為福傳努力。主佑。

為亡者祈禱

請為本堂善別組（1/12/2025 至 20/3/2026）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。

張容財弟兄 容妙卿姊妹 何樹德弟兄
江爵賢弟兄 黃志剛弟兄 張修春弟兄
馮德明弟兄 郭惠玲姊妹 鍾永勝弟兄



郭怡雅遷校謝恩感恩聖祭

2月28日下午五時，在郭怡雅神父紀念學校禮堂，舉行遷校謝恩感恩聖祭。由陳永超副主教主禮，陳國輝神父、歐陽輝神父、廖雅倫神父、曾偉雄神父、林祖明神父及張泰然執事共同襄禮。





Lent . . . A new heart and new spirit

by: Nancy C. Mamoyac, STEC Coordinator

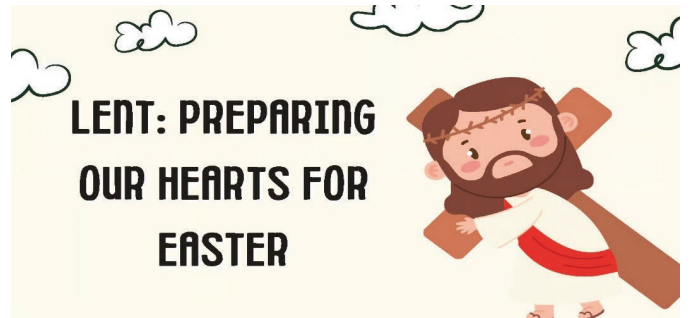
Ezekiel 18:3 says, “Cast away from you all the crimes you have committed, says the LORD, and make for yourselves a new heart and a new spirit.”

Many people say that it is hard to be a Christian, they say it is hard to follow the Lord, hard to obey his commandments, hard to live differently from the temptations of the world.

God is not waiting to condemn. He is waiting for conversion. Yet, conversion is not easy but requires honesty, humility and the courage to change. Sometimes, we are tempted to say, the Lord’s way is not fair. Especially when following him feels demanding. But God reminds us that his ways are life giving. The real question, is whether we are willing to turn our hearts back to him. God raises highest standards. Jesus tells us that our righteousness must surpass that of the scribes and the pharisees. It is not enough to avoid obvious wrong doing. We must also remove anger, hatred and resentment from our hearts. It is not enough to offer our gifts at the altar, we must first seek reconciliation with our brothers and sisters. Jesus shows us that faith is not only about external observance, but about interior transformation. When we seek Christianity only as the least of the lost, it feels heavy and restrictive. But when we understand that these commandments are meant to shape our hearts and relationships, we begin to see our deeper purpose. We can see this in the life of religious men and women and even with the faithful lay people who attend mass everyday. For them, going to mass is not simply an obligation or a rule to fulfil, it is not just a law of the church, it is a way of life. It is the centre of their day, the source of their strength of their life, a

place where we meet the Lord who sustains us. What it seems difficult to others becomes natural and joyful, because its not part of who they are.

The same is true with prayer, forgiveness and living the commandments. At first, it may feel demanding, but when we practice them daily, and allow God to give us a new heart and a new spirit, they become life giving habits. During this Lenten season, let us not be discouraged by the challenges of being a Christian. Instead, let us see it as an invitation to grow. Let us ask the Lord to remove our hearts of stone and give us a heart of love that truly loves. Let us begin with small but sincere steps choosing forgiveness over anger, prayer over indifference, reconciliation over pride. When we allow God’s commandment to become part of our daily life, we will discover that what once seems hard becomes a path of peace, joy and true freedom. May the season of Lent be the time when we stop saying “it is so hard to become a Christian” and start saying “Lord change my heart.”



To our Lord JESUS through Mama MARY

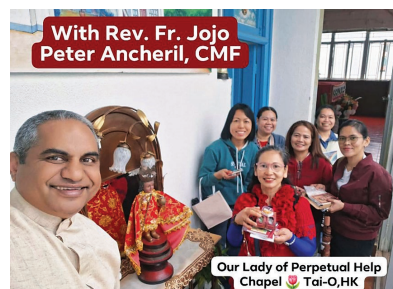
by: Legion of Mary 2 – Virgin Most Faithful

One of the Legion of Mary missions is to bring our Lord JESUS to many homes through our Blessed Mother Mary. This is our means of winning the world to our Lord Jesus and advancing His Kingdom here on earth. By encouraging every person, we meet and every family we had visited to pray the holy rosary daily. The holy rosary is a very powerful weapon in this time to obtain peace and forgiveness of sins of the world. The holy bible keeps reminding us that the hour is at hand. As a member of the holy body of Christ, it is our core duty and responsibility to bring others to our Lord. As an army of our Blessed Mother Mary, we always do our best to be part in the mission of our Lord, to save many souls and to glorify God in their lives.

We also asked the families we visited to help us to pray for the world and to help us spread this beautiful devotion of bringing our Blessed Mother Mary to many homes. We are so blessed because another active family in our parish accepted

our invitation on February 22, 2026, the D' Souza Family. We don't just encourage them to pray but we have also learned a lot from them, of their faith and it helps and strengthens us to continue our mission and our works of mercy.

We don't just take care of others but first and foremost, we take care of our members, so whenever all our members are available, we also do some activities to keep our bonds strong and at the same time to glorify God in our free time. On the first day of Chinese New Year, February 17, 2026, we visited our Lady of Perpetual Help Chapel in Tai -O. We offered prayers for world peace and conversion of sinners, and for all the faithful departed. Our unplanned pilgrimage turned out to be joyful and memorable. God always works in an amazing way to all those who love him. Any family who wish to have our Blessed Mother Mary in their home, just contact us. We are happy to serve you all.





My Hong Kong Journey: Serving St. Thomas the Apostle Church and Community

By: Melanie B. Echaluca

I am a single-mother from Philippines, a former teacher, a call centre agent, a car sales executive and an online seller. Driven by the need to support my children and to provide them with a better future I chose to work abroad as an OFW on November 2022. Leaving my five children behind, I faced the heart-wrenching challenge of separation, knowing I must strive for their future welfare while maintaining my role as a single-mother.

Upon my arrival in Hongkong, I seek solace and found a community in a local church: ST. THOMAS THE APOSTLE CHURCH. Here, I found a space where my faith is nurtured, where I foster fellowship and support among my fellow Filipinos. My spiritual journey became my source of strength. It helped me cope with my loneliness and challenges of being an OFW.

As I settle in my new life, I actively participate in church activities as lay minister, extending my service as Collector, Apostolate and volunteering for charitable works and prayer warriors (Legion of Mary) and deliver the message of God as Lector and Commentator. My service is driven by a desire to give back to my community that provided me a sense of belongingness.

One of the activities in St. Thomas the Apostle English Community is the 2000 Hail Mary Devotion, which is scheduled every 5th Sunday of the month. I can truly say that prayer is really powerful when Mama Mary answered my prayer. She opened my new door of opportunity when I passed the Special Licensure Examination for Teachers last December 2025 here

in Hong Kong. It was the moment of my greatest achievement and evoked feelings of pride, relief and joy. For someone like me, who had been serving the church and working as an OFW, it was a feeling of special fulfilment. With perseverance of hardwork, dedication and resilience in balancing both responsibilities, this accomplishment could also inspire others in similar situations, demonstrating that though we are working as OFW, it is possible to pursue personal and professional goals while contributing service to community and family. The experience may evoke gratitude for the support from family, friends, and faith, reinforcing the sense of purpose in both personal and professional endeavors.

My journey faces the struggles of working challenges, managing financial responsibilities and emotional yearning of missing my children. Yet, my involvement in the church tendered support through friendships and counsellors, allowing me to share my burdens, and there I found encouragement. Despite being alone away from my children, I strived to maintain an active role in their lives through regular communication. I shared them my experiences in the church to impart religious values to my children, emphasizing Christian dedication, community service and importance of faith to our Lord..

Serving at St. Thomas the Apostle English Community reflects a profound narrative of love, sacrifice, faith and community. My life is a testament of the strength of a mother's love and power of faith in overcoming life's greatest hurdles. Through my church service, I remain connected and instil values to my children that will last a lifetime.



The Acolytes (Altar Servers) had their re-fresher training with Deacon Nicholas Chang.



The Collectors Ministry embracing words of wisdom through Bible Sharing with STEC.



The STEC – Collectors family prays together, stays together, during the Rosary Gath-ering inside the St. Thomas Church.



The Commissioning rites of St. Thomas English Community Core Heads and Ministry Leaders, officiated by Rev. Fr. SIASI Khonde Jean-Pierre, CICM.



Music Ministry - "Christ is risen! Let us rise with Him, carrying the light of the Gospel into every corner of the world."



STEC Advent Recollection (December 2025) with Rev. Fr. SI-ASI Khonde Jean-Pierre, CICM, our speaker.



thank you

ST. THOMAS ENGLISH COMMUNITY, TSING YI
NINTH DAY OF THE SIMBANG GABI



The STEC – Eucharistic Ministry and Lectors were invited to outreach service at Church of Annunciation during the 9th Midnight Mass last December 2025. Thanks to James Edward Andaya for the invitation of service. Fr. Jerry Perocho, SVD presided the mass.



The STEC continually pray the Holy Hour, Divine Mercy and Holy Rosary, every 2nd Sunday of each month at 3:00 PM at the Blessed Sacrament Chapel. Everyone is invited to join us.



Our former Assistant Parish Priest, Rev. Fr. Peter Latouf, came to visit St. Thomas and presided the 9:30 AM English Mass. Photo with the STEC members.



Photo with Rev. Fr. Peter Latouf with the Eucharistic Ministers of Holy Communion (EMHC).