
PROGRAMME FOR THE WEEK (SUNDAY 22 JUNE 2025 – SUNDAY 29 JUNE 2025)

SUNDAY 22 JUNE 2025 THE MOST HOLY BODY AND BLOOD OF CHRIST, Solemnity

Gen 14: 18-20 Ps 109: 1-4 1 Cor 11: 23-26 Lk 9: 11-17

12.30am – 7.30am Adoration of the Blessed Sacrament

7.30am Chaplet of Divine Mercy 8.00am Mass (E)

10.00am Chaplet of Divine Mercy 10.30am Mass (M)

12.00pm – 6.00pm Adoration of the Blessed Sacrament

6.00pm Benediction

THM Mary Pierrina Loh, Albert Cheaw, Felix & Marie Sheena, Peter, Raphael Fong Hon Keong, Mak Peik Kuan, Raymond Yoong & fly, Mark & fly, Daniel Y & fly, Daniel W & fly, Yi Herng & fly, Alicia K & fly, Anna Maria

S I Sylvia & Lau Seng Keat, Brenda Chong Phui Teng, Joseph Fong Yoon Fook & Rose Ng Siew Ching, Cheong Kwok Leong, Caroline Kung Li Chen, Anna Low Gek Hoo, Gerard Tan Guan Liang & fly, June Poh, Veronica Loh Kim Ngo, Agnes Lim Guat Ying, David & Mags, Jamie Chang, Janice Ng Xin Yee, Gerald Ng Zhan Bo, William Douglas Kennerson, Samantha Way Shi Ying, Theresa Way Shi Qi, Peter Ho Van Choy, Low Ken-Way & fly, Anna Lai Lee Phin, David Thistle Devasahayam, Michael Tang Ah Chye, Francis Vong Sze Seng & fly, Ms. Yoong Wai Keng, Rose Vong Li Pau, Cuti-cuti M'sia, Ppl of Iran & Russia, Sr. Joan Lopez & CLT, Sr. Helena & PLT

RHM Jude Low Ah Weng, Raphael Foo, Joseph Loh Min Nyan & Annie Lee Set Yoong, Joseph Phang Chan Diok, Anna Yu Nyok Chin, John Phang San Choon, Anthony Phang San Fung, Paul Teoh Oon Hun & Mary Phang Foo Yoong, Johan Phang Shan Sheong, Agnes Chong Siew Gaik, Patricia Anne Quah, Dorothy Kok, Carolann Toh Su Mei, Paul Yoon Phooi Kwong, John Lum Kok Leong & Rose Kok Nyuk Lan, John Loh Min Yew, Deceased members of Phang Pak & Mary Siew Hup Fook fly, Philomena Lucy Lip Yoke Foong, Peter Phong Miao Foong & Mary Tan Siew Boey, John Lai Wu Khiu & Catherine Wong Ah Mooi, John Baptist Loh Khoon Seong & Agatha Hiew Kim Foong, Magdalene Hiew Yoon Kim & Soo Hoong Chye, Henry Kellady, Aloysius Wong & Lucy Lam, Thomas Lim Kiah Seng, John Baptist Ng Chong, Michael Ng Keng Yoong, Simon Phong Choong Yen & Maria Lai, Thomas Tan Teong Heong, Jacob Chow Thien & Maria Chong Ah Kim, Rose Lee Yut Chan, Anna Cheih Kim Soon, Rosa Lee, Eric Lim Fung Tsoon, Paul Foong Meow Phun, Joseph Chong Yoon Onn & Theresa Lim Yan Lan, Peter Chong Tong Seng & Lucy Loh Kiew, Agatha Chong Yit Hoe & Veronica Ann Chong Choon Mooi, Theresa Chong Yit Ooi, Rose Mary Chong Ngee Moy & Elizabeth Chong Pek Wai, Helen Chong Chiew Kook, George Valentino Cubinar & Catherine Veronica Cubinar, Karen Leong, Michael Liew, Joseph Liew & Madeline Eng, Magdalena Kok Leng Moi, Anna Yoong, Magdalene Lip, Stephen Ooi Soi Tai, Robert Lim, Peter Ng Fatt Loon, Rose Chong Ah Han & Peter Tan Ah Teong, Peter Tan Chee Yan, Michael Yoon Yee Shan, Rose Chai Set Khyun, Maria Ng Moy, Chai Nyuk Kong, Josephine Yoong Sooi Ching, Matthew Yee Kean Peng, Francis Yee Kean Eu, John Chin You On & Lucy Lai Hai Loi, Catherine Chai & fly, Joseph Chai & fly, Raymund Chai & fly, Lawrence Tan, Quintin Tan, Paul Tan Peng Yong, Agnes Tan Soo Luan, Augustine Tan Boon Seng, Teresa Chan Heng Choon, Danial Teo Chui Seng, James Teo Whye How, Jacob Tan Ng Hua, Agatha Chua Kim Nioh, Josephine Tan Kim Cheng, John Baptist Low Khng Siang, Baptish John Chong Kit Chong, Maria Lau Mooi Mooi, Faustin Fernandes, Clementine Dourado, Gregory Fernandes, Lilian Lau Lian Sim, Irene Tan Cheng Imm, Albert Tan Hoe Aun, Margaret Tan Cheng Suan, Bernard Joseph Tung, James Oon Seng Hock & Jean Tio Sew Yeng, Agatha Cheah Soon Lian, Joseph Hoo Yon Sang, Peter Lip Yoke Heem, Michael Loh Hoong Cheong, Chong Tet Fah, Paul Yeoh Chai Hock, Lucy Chong Tai, Joseph Chong Swee Sang, James Loo Kum Sun, Pearl Angeline Borlon, Anna Wong Yoke Moy, Francis Tong, Joseph Chew Choon Siew & deceased fly members, Peter Chay Kwai Wing, Margaretha Rafu, Rose Cheong, Edith Dicom, Maria Loh Yoke Kim, Sr Catherine Tay – FMDM, Sr. Catherine Loh – IJS, RGS Deceased Sisters, Deceased benefactors & mission partners, Souls in Purgatory

MONDAY 23 JUNE 2025 12th Week, Ordinary Time (Psalter Week IV)

Gen 12: 1-9 Ps 32: 12-13, 18-20, 22 Mt 7: 1-5

10.30am Rosary 11.00am Mass (E)

THM Peter

S I Sylvia & Lau Seng Keat, Veronica Loh Kim Ngo

RHM Patricia Anne Quah, Magdalena Kok Leng Moi, John Lum Kok Leong & Rose Kok Nyuk Lan, Peter Ng Fatt Loon, John Baptist Low Khng Siang, Joseph Hoo Yon Sang, Peter Lip Yoke Heem, Peter Chay Kwai Wing, Sr Catherine Tay - FMDM

TUESDAY 24 JUNE 2025 THE NATIVITY OF ST. JOHN THE BAPTIST, Solemnity

Is 49: 1-6 Ps 138: 1-3, 13-15 Acts 13: 22-26 Lk 1: 57-66, 80

10.30am Rosary 11.00am Mass (E)

THM Peter

S I Sylvia & Lau Seng Keat, Veronica Loh Kim Ngo, Monica Lim

RHM Patricia Anne Quah, Magdalena Kok Leng Moi, John Lum Kok Leong & Rose Kok Nyuk Lan, Helen Lee Mooi Lan, Anna Yoong, Peter Ng Fatt Loon, John Baptist Low Khng Siang, Joseph Hoo Yon Sang, Peter Lip Yoke Heem, Peter Chay Kwai Wing, Sr Catherine Tay - FMDM

WEDNESDAY 25 JUNE 2025 12th Week, Ordinary Time (Psalter Week IV)

Gen 15: 1-12, 17-18 Ps 104: 1-4, 6-9 Mt 7: 15-20

10.30am Rosary 11.00am Mass (M)

S I Sylvia & Lau Seng Keat, Amy Raheeni George, Veronica Loh Kim Ngo, Rev. Fr. Aloysius Tan

RHM Patricia Anne Quah, Magdalena Kok Leng Moi, John Lum Kok Leong & Rose Kok Nyuk Lan, Anthony Phang Shun Sung, Peter Ng Fatt Loon, John Baptist Low Khng Siang, Joseph Hoo Yon Sang, Peter Lip Yoke Heem, Vincent Cheong Chin Fong & Anna Foo Yook Chin, Peter Chay Kwai Wing

THURSDAY 26 JUNE 2025 12th Week, Ordinary Time (Psalter Week IV)

Gen 16: 1-12, 15-16 Ps 105: 1-5 Mt 7: 21-29

5.30pm Novena to Padre Pio 6.00pm Mass (E)

S I Sylvia & Lau Seng Keat, Veronica Loh Kim Ngo

RHM Patricia Anne Quah, Magdalena Kok Leng Moi, John Lum Kok Leong & Rose Kok Nyuk Lan, Peter Ng Fatt Loon, John Baptist Low Khng Siang, Mabel Fernando, Joseph Hoo Yon Sang, Peter Lip Yoke Heem, Peter Chay Kwai Wing

FRIDAY 27 JUNE 2025 THE MOST SACRED HEART OF JESUS, Solemnity

Ez 34: 11-16 Ps 22: 1-6 Rom 5: 5-11 Lk 15: 3-7

7.30pm Adoration of the Blessed Sacrament + Sacred Heart Novena
8.00pm Mass (Bi-Lingual)

THM Mr. & Mrs. Johnson Pereira

S I Sylvia & Lau Seng Keat, Joseph Fong Yoon Fook & Rose Ng Siew Ching, Veronica Loh Kim Ngo

RHM Joseph Loh Min Nyan & Annie Lee Set Yoong, Agnes Chong Siew Gaik, Patricia Anne Quah, Magdalena Kok Leng Moi, John Lum Kok Leong & Rose Kok Nyuk Lan, Kelvin Wong Teck Ming, Simon Phong Choong Yen & Maria Lai, Anna Cheih Kim Soon, Peter Ng Fatt Loon, John Baptist Low Khng Siang, Agatha Cheah Soon Lian, Joseph Hoo Yon Sang, Peter Lip Yoke Heem, Peter Chay Kwai Wing, Souls in Purgatory

PROGRAMME FOR THE WEEK (SUNDAY 22 JUNE 2025 – SUNDAY 29 JUNE 2025)

SATURDAY 28 JUNE 2025 The Immaculate Heart of The Blessed Virgin Mary, memorial.

Acts 12: 1-11 Ps 33: 2-9 2 Tim 4: 6-8, 17-18 Mt 16: 13-19

5.30pm Chaplet of St. Michael 6.00pm Sunset Mass (E)

THM Isaac Lee & fly, Ezekiel Carvalho & Cherith, Ivan & Jasmine fly

S I Sylvia & Lau Seng Keat, Veronica Loh Kim Ngo, Peter Ho Van Choy

RHM Agnes Chong Siew Gaik, Patricia Anne Quah, Foo Yook Chin (10th Death Anni.), John Lum Kok Leong & Rose Kok Nyuk Lan, Gabriel Vincent Cheang Wai Keong, Christopher Vincent Cheang Kum Seng, David Yeo Keat Him, Rosa Lee, Helen Lee Mooi Lan, Michael Anthony Liew Chin Yoong & Patricia Ho Soo Har, Josephine Liew Kim Foong, Mary Low Mee Yoong, Magdalena Kok Leng Moi, Peter Ng Fatt Loon, John Baptist Low Khng Siang, Joseph Hoo Yon Sang, Peter Lip Yoke Heem, Michael Loh Hoong Cheong, Baljit Kaur, Chan Wai Han, Peter Chay Kwai Wing, Dominic Ong Chin Kiat, Josephine Yeap Beng Choo, Mr. Joseph Loo Ping Yin & Mdm. Doris Wong Peck Goa, Thomas Fong Tet Yoo, Rose Lee Wah Looi, Anthony Fong Yoon Chong, Legion of Mary - deceased members of the presidium

Margaret Tan Cheng Suan, Bernard Joseph Tung, James Oon Seng Hock & Jean Tio Sew Yeng, Joseph Hoo Yon Sang, Peter Lip Yoke Heem, Michael Loh Hoong Cheong, Thomas Phong & Joachim Khoo, Joseph Chong Swee Sang, James Loo Kum Sun, Pearl Angeline Borlon, Anna Wong Yoke Moy, Francis Tong, Joseph Chew Choon Siew & deceased fly members, Peter Chay Kwai Wing, Ghlise Nguyen Van Chuong, Benedict Chung Kim Cheong, Mr. Joseph Loo Ping Yin & Mdm. Doris Wong Peck Goa, Thomas Fong Tet Yoo, Rose Lee Wah Looi, Anthony Fong Yoon Chong, Souls in Purgatory

SUNDAY 29 JUNE 2025 SS. PETER AND PAUL, APOSTLES, Solemnity

Acts 12: 1-11 Ps 33: 2-9 2 Tim 4: 6-8, 17-18 Mt 16: 13-19

7.30am Chaplet of St. Michael 8.00am Mass (E)

10.00am Chaplet of St. Michael 10.30am Mass (M)

THM Mary Pierrina Loh, Mak Peik Kuan

S I Sylvia & Lau Seng Keat, Brenda Chong Phui Teng, Joseph Fong Yoon Fook & Rose Ng Siew Ching, Cheong Kwok Leong, Caroline Kung Li Chen, Anna Low Gek Hoo, Gerard Tan Guan Liang & fly, Veronica Loh Kim Ngo, Agnes Lim Guat Ying, Janice Ng Xin Yee, Gerald Ng Zhan Bo, William Douglas Kennerson, Samantha Way Shi Ying, Theresa Way Shi Qi, Nguyen Minh Nhat Vy, Maria Nguyen Minh Nhat Lam, Anna Huynh Thi Diem Tuyet, Ppl of Iran & Russia

RHM Jude Low Ah Weng, Raphael Foo, Joseph Loh Min Nyan & Annie Lee Set Yoong, Joseph Phang Chan Diok, Anna Yu Nyok Chin, John Phang San Choon, Anthony Phang San Fung, Paul Teoh Oon Hun & Mary Phang Foo Yoong, Johan Phang Shan Sheong, Agnes Chong Siew Gaik, Patricia Anne Quah, Dorothy Kok, Carolann Toh Su Mei, Anthony Lim Kai Ann & Theresa Phang Yin Moi, Paul Yoon Phooi Kwong, John Lum Kok Leong & Rose Kok Nyuk Lan, John Loh Min Yew, Deceased members of Phang Pak & Mary Siew Hup Fook fly, Peter Phong Miao Foong & Mary Tan Siew Boey, John Lai Wu Khiu & Catherine Wong Ah Mooi, John Baptist Loh Khoon Seong & Agatha Hiew Kim Foong, Magdalene Hiew Yoon Kim & Soo Hoong Chye, Henry Kellady, Aloysius Wong & Lucy Lam, Thomas Lim Kiah Seng, John Baptist Ng Chong, Michael Ng Keng Yoong, Simon Phong Choong Yen & Maria Lai, Thomas Tan Teong Heong, Jacob Chow Thien & Maria Chong Ah Kim, Rose Lee Yut Chan, Anna Cheih Kim Soon, Rosa Lee, Paul Foong Meow Phun, Joseph Chong Yoon Onn & Theresa Lim Yan Lan, Peter Chong Tong Seng & Lucy Loh Kiew, Agatha Chong Yit Hoe & Veronica Ann Chong Choon Mooi, Theresa Chong Yit Ooi, Rose Mary Chong Ngee Moy & Elizabeth Chong Pek Wai, Helen Chong Chiew Kook, Peter Jee Foh Sen, George Valentino Cubinar & Catherine Veronica Cubinar, Karen Leong, Michael Liew, Joseph Liew & Madeline Eng, Magdalena Kok Leng Moi, Paul Ooi & Anita Lee, Anna Yoong, Magdalene Lip, Stephen Ooi Soi Tai, Robert Lim, Peter Ng Fatt Loon, Rose Chong Ah Han & Peter Tan Ah Teong, Peter Tan Chee Yan, John Chin You On & Lucy Lai Hai Loi, Catherine Chai & fly, Joseph Chai & fly, Raymund Chai & fly, Lawrence Tan, Quintin Tan, Paul Tan Peng Yong, Agnes Tan Soo Luan, Augustine Tan Boon Seng, Teresa Chan Heng Choon, Danial Teo Chui Seng, James Teo Whye How, Jacob Tan Ngi Hua, Agatha Chua Kim Nioh, Josephine Tan Kim Cheng, John Baptist Low Khng Siang, Baptish John Chong Kit Chong, Maria Lau Mooi Mooi, Faustin Fernandes, Clementine Dourado, Gregory Fernandes, Lilian Lau Lian Sim, Irene Tan Cheng Imm, Albert Tan Hoe Aun,



CHURCH OF ST. MICHAEL

Parish Priest: Rev. Fr. Aloysius Tan

Tel: 05-2540176



01126308369 (Parish Office- preferably Whatsapp messages)

016-4661946 (Fr. Aloy-preferably Whatsapp messages)

Website: www.smcipoh.com

24, Church Road, 30300 Ipoh, Perak Email: smcipoh@gmail.com

**Donation via cheque can be issued under "St. Michael's Church, Ipoh"
or Online Banking to RHB Acc No: 20801600155746**

DAYS	
23/06/2025 Monday	10.30am Rosary followed by Mass (E)
24/06/2025 Tuesday	THE NATIVITY OF ST. JOHN THE BAPTIST 10.30am Rosary followed by Mass (E)
25/06/2025 Wednesday	10.30am Rosary followed by Mass (M)
26/06/2025 Thursday	5.30pm Padre Pio Novena & Mass (E)
27/06/2025 Friday	THE MOST SACRED HEART OF JESUS, Solemnity 7.30pm Sacred Heart Novena followed by Mass (E/M)
28/06/2025 Saturday	The Immaculate Heart of the Blessed Virgin Mary 5.30pm Rosary followed by 6.00pm Sunset Mass (E)
29/06/2025 Sunday	SS. PETER & PAUL, APOSTLES, Solemnity 7.30am Prayers followed by 8.00am Mass (E) 10.00am Prayers followed by 10.30am Mass (M)

MESSAGE FROM FR. ALOY

As we celebrate the Solemnity of the Body and Blood of Christ (Corpus Christi), the Catechism of the Catholic Church (1324-1327) states that The Eucharist is "the source and summit" of the Christian life.

Belief in the real presence of Jesus has been an essential teaching of the Church, beginning with the Apostles and Saint Paul. Saint John wrote extensively in his Gospel regarding the Eucharist. He even recalls one encounter Jesus had with his disciples. "Many of His disciples withdrew and no longer went about with Him." Seeing this, Jesus asked the Twelve, "Do you also want to leave me?" Simon Peter did not understand any more than those who had left Christ, but his loyalty was stronger. "Lord," he answered, "to whom shall we go?" (John 6:66-68).

Let our celebration and adoration this week remind us of the GREAT GIFT from God for our spiritual journey.

BENEDICTION OF BLESSED SACRAMENT- will be on 22 June 2025@6pm.

FEASTDAY OF OUR MOTHER OF PERPETUAL HELP, Ipoh Garden

Theme: "Walking in Hope with Mary" (Date) Sat. 28 June 2025 (Time) 7.00 p.m. All are welcome for the 9 nights of Preached Novena (E). It will begin on Fri. 20 June 2025 at 7.45 p.m. with Novena devotion followed by Mass at 8.00 p.m., except for Sat. 21/6/25, Mass at 7.30 a.m., Novena devotion at 9.00 a.m. & 5.00 p.m. followed by Mass at 5.45 p.m. There will be no 7 a.m. Mass during the weekdays of the preached Novena Mass.

THE RCIA PROGRAMME FOR THE YEAR 2025/2026- will be starting on the 15th of June (English) and 20th of June (Chinese). Please encourage anyone you know who is interested in learning about the Catholic faith to join. This is an opportunity for everyone to help in the spread of the good news of our Lord Jesus. Further details can be obtained from Deva Manoharan (English) at 0124531607 or Ivan (Chinese) 011-2151 0525.

PARISH PROJECT - AOL 135

As a parish, we, the parishioners of St Michael's Ipoh, are offering up at least 135 Acts of Love (thus, the name AOL 135) during this Jubilee Year of Hope and our 135th parish anniversary.

A) How can you participate?

As an individual, a family, a ministry, a BEC or just a group of friends, you are encouraged to reach out to those in need to perform an act of love. Try to add in a spiritual aspect, too.

B) The following headings may help you in your planning.

AOL135 done by: Individual/ BEC/ Ministry/Group

Description:

Date accomplished:

Person to contact:

Contact No:

After your AOL is accomplished, send the above information to Jennifer (017-5783601), Mary Ng (019-9494062) or Stephanie (012-5102412)

Deadline: 15 September 2025.



CHURCH OF ST. MICHAEL

堂区司铎： 陈亿赐神父

电话号码: 05-2540176

011-26308369(SMC 办公室以 WhatsApp 讯息为佳)

016-4661946 (Aloy 神父以 WhatsApp 讯息为佳)

24, Church Road, 30300 Ipoh, Perak

捐献：网络银行致 RHB 账号 20801600155746 或

支票抬头请注明 **"St. Michael's Church, Ipoh"**



圣体降福——22/6/2025 @ 6pm

怡保花园永援圣母堂主保日

主题:与玛利亚在希望中同行 日期:2025 年 6 月 28 日(星期六) 时间:傍晚 7 时 欢迎大家出席永援圣母九日敬礼。 九日敬礼将从 2025 年 6 月 20 日傍晚 开始,7 时 45 分永援圣母敬礼,接 着晚上 8 时弥撒。除了 2025 年 6 月 21 日(星期六),弥撒时间是在早 上 7 时 30 分,永援圣母敬礼则在早 上 9 时及下午 5 时,接着 5 时 45 分弥 撒。九日敬礼期间,早上 7 时的弥 撒取消。

2025/2026 年度的慕道班将于 6 月 15 日(英语)和 6 月 20 日(中文) 开课。请鼓励任何有兴趣了解天主教信仰的人加入。这是一个让每个人 都能为传播主耶稣的福音出一份力的机会。
更多详情,请联系 Deva Manoharan (英语) 0124531607 或 (华语) Ivan 吴志明 011-2151 0525, Thomas 梁振基 012-525 3940, Angela 黄 文静 010-565 2829

堂区爱德活动 AOL135

怡保圣米高堂的教友在这希望禧年暨我们堂区成立 135 周年之际,将献 上至少 135 项爱德活动(简称“AOL 135”)。如何参与?
堂区呼吁教友们在个人、家庭、基信团和事工方面向有需要帮助的人伸 出援手。也请增添灵修的因素。
例如,你可以捐赠 50 令吉于缅甸地震灾民,并诵念玫瑰经为他们的平 安祈祷。

A. 以下标题有助于你的规划。

爱德活动完成者: 个人/ 基信团/ 组织/ 团体

描述:

完成日期:

联系人:

联络号码:

完成爱德活动后,请将以上信息发送至 Jennifer (017-5783601), Mary Ng (019-9494062) 或 Stephanie (012-5102412)。

截止日期: 2025 年 9 月 15 日。

日期	时间
23/6/2025 星期一	10.30 am 颂念玫瑰经后弥撒 (英语)
24/6/2025 星期二	洗者圣若翰诞辰 10.30 am 颂念玫瑰经后弥撒 (英语)
25/6/2025 星期三	10.30 am 颂念玫瑰经后弥撒 (华语)
26/6/2025 星期四	5.30 pm 圣比约敬礼后弥撒 (英语)
27/6/2025 星期五	耶稣圣心节 7.30 pm 耶稣圣心敬礼后弥撒 (双语)
28/6/2025 星期六	圣母无玷圣心节 5.30 pm 颂念玫瑰经 6.00 pm 薄暮弥撒 (英语)
29/6/2025 星期日	圣伯铎及圣保禄宗徒节日 7.30am 祈祷 8.00am 弥撒 (英语) 10.00am 祈祷 10.30am 弥撒 (华语)

Aloy 神父的话

当我们庆祝基督圣体圣血之际,天主教教理简编(1324-1327)指出,圣 体圣事是基督徒生活的“源泉和顶峰”。
自宗徒们和圣保禄以来,相信耶稣真实临在一直是教会一项重要的教 义。圣若望在他的福音书中详尽论述了圣体圣事。他甚至回忆起耶稣与 门徒的一次相遇。祂的门徒中有许多人退去了,不再同祂往来。”耶稣 见状,便问十二门徒:“难道你们也要离开我吗?”西满伯多禄和那些 离开基督的人一样不明白,但他的忠信更加坚定。他回答说:“主!我 们去投奔谁呢?”(若望福音 六:66-68)。

愿本周的庆祝与我们对圣体的朝拜,提醒我们,天主为我们的灵修旅程 所赐予的伟大恩典。



“For as often as
you eat this
bread and drink
the cup, you
proclaim the
Lord’s death
until he comes”

1 Corinthians 11:26

SCRIPTURE of the DAY

Genesis 14: 18-20

Psalms 109: 1-4

1 Corinthians 11: 23-26

Luke 9: 11-17

One of the most precious early Christian writings, the *Didachè*, gives us a glimpse into this living faith. Written between the years 50 and 100, it contains the first known use of the word “Eucharist.” It begins the prayer over the chalice with these words: “We give thanks to you, our Father, for the holy Vine of your servant David, which you have made known to us through your servant Jesus. Glory be to you, world without end.”

Then, over the bread: “As this broken bread, once dispersed over the hills, was brought together and became one loaf, so may your Church be brought together from the ends of the earth into your kingdom.”

This is a clear example of **Lex Orandi, Lex Credendi**, that is, the rule of prayer is the rule of belief. Our faith is formed by how we worship, and our doctrine rises from what we have received in prayer.

Pope Benedict XVI, in *Sacramentum Caritatis* (#5) tells us that the Eucharist is a “Mystery to be Lived” and speaks of the relationship between the sacrament of the Eucharistic mystery and its relationship to Christian love. He writes, “God incarnate draws us all to himself. We can thus understand how agape also became a term for the Eucharist: there God’s own agape comes to us bodily, in order to continue his work in us and through us.” What the late Pope tells us is that God’s highest form of love is manifested physically through the bread and wine so that God’s love continues.

Blessed Carlo Acutis, soon to be canonised, recognised this. As a young man in a modern world, he had a deep love for the Eucharist. He created an online catalogue of Eucharistic miracles, not to impress, but to lead others to Jesus. He once said, “The Eucharist is my highway to heaven.” His love for the Eucharist shaped how he lived, how he served, and how he witnessed.

Let us do more than believe in the Eucharist. Our call is to live the mystery. ✚

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NEWBEC

The Most Holy Body and Blood of Christ (Corpus Christi) | 22 June 2025

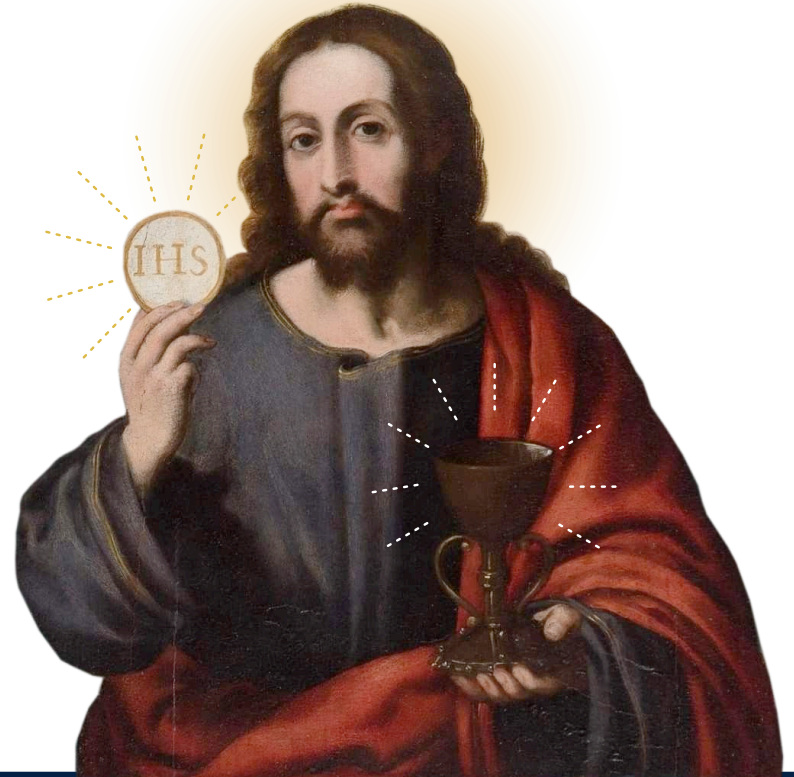
CELEBRATING, LISTENING AND WALKING AS PILGRIMS OF HOPE

MONTHLY FOCUS & RATIONALE

CHURCH – CALLED TO SEE THE FACE OF JESUS IN EACH OTHER

A Mystery to Be Lived

The Eucharist did not begin as a doctrine. It began as an act of faith. From the earliest Christian communities, believers gathered to give thanks, to bless, to break, and to receive the Body of Christ. Therefore, before the Eucharist was explained, it was celebrated.





“的确，直到
主再来，你们
每次吃这饼，
喝这杯，你们
就是宣告主的
死亡。”

格前十一：26

当日经文

创十四：18-20

咏一〇九：1-4

格前十一：23-26

路九：11-17

最珍贵的早期基督教著作之一《十二宗徒训诲录》(Didachè) 让我们一窥这种活生生的信仰。这本书写于公元50年至100年之间，书中已有了“感恩礼”一词的用法。它以以下开始了拿起圣爵的祈祷：“我们的天父，为了祢借着圣子耶稣所显示给我们的达味之子的神圣葡萄树，我们感谢祢。愿荣耀归于祢，直到永远。”

再对所擘的饼说：“这擘开的饼，当初是麦子，曾散满在整个山岗上，而后团合成为一个。但愿祢的教会也从地极聚合起来，进入祢的国。”

这是 *Lex Orandi, Lex Credendi* 的一个明显例子，即祈祷的规则就是信仰的规则。我们的信仰是由我们如何敬礼形成的；我们的教义源于我们在祈祷中所领受的。

教宗本笃十六世在其宗座劝谕《爱的圣事》(#5) 中告诉我们感恩圣祭是“活出的奥迹”，并强调了感恩圣祭奥迹及基督徒对天主的爱和对近人的爱的关系。他写道：“降生成人的天主吸引我们众人去接近祂。因此我们可以了解，为什么纯爱(agape)也成为感恩圣事的一个名称：在感恩圣事中，天主的纯爱(agape)以肉身的方式接近我们，为能在我们内，并借着我们而继续行动。”已故教宗告诉我们，天主的最高形式的爱通过面饼和葡萄酒以身体的形式表现出来，因此天主的爱得以继续。

即将被封圣的真福卡洛·阿库蒂斯 (Carlo Acutis) 认识到了这一点。作为一个现代世界的年轻人，他对耶稣圣体有着深厚的热爱。他创建了一个关于圣体圣事奇迹的在线目录，不是为自己引来注目，而是为了引导他人找到耶稣。他曾说过：“圣体圣事是我通往天堂的大道。”他对圣体的热爱塑造了他如何生活、如何服务以及如何见证。

让我们做的不仅仅是相信感恩圣祭。我们的使命是活出这奥迹。✠

NEWBEC

NEW WAY OF BEING CHURCH | 基督圣体圣血节 | 2025年6月22日

作为充满望德的朝圣者，去庆祝、倾听和前进。

月份焦点及依据：

教会：蒙召在彼此身上看到耶稣的容貌

一个活出的奥迹

感恩圣祭在起初并不是一个教义。它始于一种信仰行为。从最早的基督徒团体开始，信徒们聚集在一起感恩、祝福、擘开和接受基督的圣体。因此，早在感恩圣祭被予以诠释之前，它就已经被庆祝了。

