



ST. MICHAEL'S CHURCH
IPOH

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

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PRAY, HOPE & DON'T WORRY.

St. Padre Pio
FEAST DAY SEPTEMBER 23

圣比约与圣米高堂之缘

St. Pio of Pietrelcina & the
SMC connection

Many SMC parishioners may not be aware that a first class relic belonging to a modern day and well known Catholic saint can be found within our very own church building.

St. Pio of Pietrelcina (popularly known as Padre Pio prior to his beatification) was a Capuchin friar who famously bore the stigmata for most of his life. Stigmata is defined as bodily marks, pain and bleeding corresponding to the crucifixion wounds of Jesus Christ. The stigmata is regarded as evidence of holiness and suffering. Another famous saint who bore the stigmata was St. Francis of Assisi.

St. Pio was born as Francesco Forgione in Benevento, Italy on 25th May 1887. He was given the name "Pio" when he joined the Order of Friars Minor Capuchin at the age of 16. He was ordained as a priest on 10th August 1910.

Hailing from a deeply religious family, St. Pio had always been spiritual from infancy and frequently experienced heavenly visions and ecstasies. He first received the stigmata in 1918. The stigmata continued until the end of his life. He was also reputed to have engaged in frequent spiritual warfare with satanic forces. Due to his mystical experiences and visible piety, St. Pio was already much sought after as a confessor and intercessor during his lifetime.

St. Pio was also plagued with various illnesses as a child and adult. Having suffered from severe physical ailments throughout his time on earth, he is now frequently invoked as a saint who intercedes in prayers for the sick and terminally ill.

St. Pio returned to the Lord on 23rd September 1968 at San Giovanni Rotondo where he had lived out most of his priestly ministry. He was canonized by St. Pope John Paul II on 16th June 2002. The Padre Pio Pilgrimage Church at San Giovanni Rotondo is one of the most revered Catholic

shrines in the world. The feast day of St. Pio of Pietrelcina is celebrated on 23rd September annually.

很多教友也许还不知道现代著名圣人的第一级圣髑竟置放在圣米高堂。

圣比约(封圣前称为比约神父)是一位嘉布遣方济会神父,他终身携带圣伤而广为人知。圣伤的意思是在他身上出现与耶稣受难时的相同伤口烙印、疼痛及流血,这表示神圣及受苦。另一位曾携带类似圣伤的是圣方济各。

圣比约原名方济各·弗哲,1887年5月25日出生于意大利南部小镇皮耶希西那。他16岁时加入嘉布遣方济会,取名“比约”。他于1910年8月10日晋铎。

圣比约的家人是热心的天主教徒。童年时的他常常有神视和神魂超拔的经历。他于1918年首次领受圣伤,这圣伤一直保持不癒合,伤口持续流血直至他去世那天。魔鬼经常以不同的诱惑来攻击圣比约,告解和好圣事是圣比约每天的主要工作。他能够看透忏悔者的心灵,人们没法在告解时向他撒谎。

圣比约在童年及成年人期受到各种病患的折磨。他一生中亲身经历了各种疾病的痛苦,所以现在他被称为病人及末期患者的主保,为病患者向天主转求。

圣比约于1968年9月23日在圣番凡尼罗唐陀回归主怀。前教宗圣若望保禄二世于2002年6月16日封比约为圣人。圣番凡尼罗唐陀的圣比约圣堂是全世界最多朝圣者前往朝圣的圣堂。每年的9月23日订为圣比约的主保瞻礼。



安设圣比约圣髑 INSTALLATION OF ST. PIO'S RELIC

On 1st January 2015, a first class relic of St. Pio of Pietrelcina was installed in St. Michael's Church. A relic consists of the physical remains of a saint or the personal effects of a saint preserved for purposes of veneration as a tangible memorial. A first class relic is one which is derived from a physical part of a saint.

As the Padre Pio Group will be celebrating the 10th anniversary of its establishment this year, our parish priest Fr. Stephen Liew decided that it would be a great honour for SMC to be able to display St. Pio's relic for devotees to come and venerate the relic. The process of obtaining the relic from Rome, Italy began in November 2014 and was supported by the Rt. Rev. Sebastian Francis, Bishop of Penang. By end December 2014, the relic had arrived at SMC. It was duly installed after the mass celebrating the Solemnity of Mary Mother of God on the morning of 1st January.

The relic given to SMC is a small piece of mitten worn by St. Pio over the wounds on his hands. Dried blood stains from his wounds are imprinted on the mitten. The relic is enshrined in a framed picture of St. Pio located at the side of the church altar. Parishioners are invited to venerate this holy relic especially at the Padre Pio Novena held at 5.00 p.m. every Thursday before daily Mass in the church. Since its installation, the relic has attracted visitors from near and far. On 20th June 2015, a group of 44 pilgrims from various churches in Kuala Lumpur came to SMC for the third time in 3 years to venerate St. Pio.

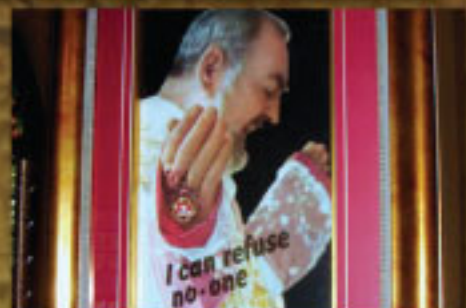
In addition to the relic, there is also a shrine dedicated to St. Pio located at the entrance to SMC's parish office. The shrine was blessed on 3rd January 2013. A small petition box is placed near the statue where people may place their petitions to pray for their loved ones who are ill.

2015年1月1日，圣比约的第一级圣髑正式安置在圣米高堂。圣髑是圣人遗物或相圣人的遗体、遗骨或圣人生前用过的物品，或触及过遗体的物品。敬礼圣髑是纪念圣人的芳表。凡圣人的遗体是被列为第一级圣髑。

配合今年本堂圣比约援助组庆祝成立十周年纪念，本堂司铎刘开祥神父认为本堂申请圣比约的圣髑供敬礼。2014年11月，本堂获得檳城教区主教施恩天批准后开始向意大利罗马申请。2014年12月底，圣髑抵达本堂，并于1月1日天主之母节弥撒中安置在圣堂内。

这圣髑源自圣比约生前用来遮掩手上圣伤的手套的一小部分，布上有圣伤的血迹。此圣髑供奉在祭台旁的圣比约圣画中心。每逢星期四平日弥撒前，下午5时本堂进行圣比约敬礼，同时也欢迎教友们前来敬礼圣比约圣髑。圣比约的圣髑也吸引了不少外地的教友。2015年6月20日，一团44人来自吉隆坡的教友前来本堂敬奉圣比约。

本堂已在2013年1月3日在圣堂办公室入口处旁安放及祝圣了圣比约的圣像。圣像旁的小箱子是供教友投入请愿书，请圣比约为之转求。



圣米高堂的圣比约援助组 PADRE PIO GROUP OF SMC

The Padre Pio Group (PPG) of SMC was established in August 2005 by then parish priest Fr. Michael Cheah and coordinator EvelyneYeoh. The PPG is a support group for people with cancer, stroke and terminal illnesses, irrespective of race and religion.

The PPG consists of both active and devotional group members. The active volunteers visit sick patients in their homes and hospitals to provide support through compassionate care and prayers while the devotional group members pray for the sick. It is a specialized ministry which quietly administers to the terminally ill and dying with compassion and love in the spirit of Padre Pio's teaching "Love is the first ingredient in the relief of suffering".

Group members undergo regular formations and practical training to equip themselves for the challenges of their mission. The PPG received its Certificate of Affiliation with the Padre Pio Prayer Groups International Headquarter on 14th May 2015. This dynamic but low-key ministry will be

celebrating its 10th year anniversary on the Feast Day of St. Pio on 23rd September 2015.

前任本堂司铎谢福华神父以及协调员 EvelyneYeoh 于 2005 年 8 月成立了圣比约援助组。此组织给予援助于不同种族及宗教的癌症、中风及末期病患者。

圣比约援助组的组员分成积极自愿组员及辅助自愿组员。积极自愿组员往住家或医院探访病人，为他们服务、祈祷、聆听他们及辅导病人。辅助自愿组员是每天在家为积极自愿人员及病人祈祷。这组织的组员持着圣比约的教诲“爱是解脱受苦的元素”，因此，组员们以怜悯心及仁爱的心态去为末期病患者服务。

组员们经常接受培训及临床训练来充实自己以面对他们所面对的挑战。2015年5月14日，圣比约援助组从国际圣比约祈祷会总部获得一份所属证书。今年2015年9月23日圣比约援助组将庆祝10周年纪念。



EASTER 2015 2015年复活节

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The Parish of St. Michael joyfully welcomed 44 new members into the Roman Catholic Church at Easter 2015. The new members are as follows:

本堂欢迎这44位于2015年今年复活节加入天主教大家庭的新教友。

英文组慕道班 (RCIA English):

Rite of Initiation (Baptism) & Confirmation 领洗及领见报名表

- 1) Gabriel Tan Teik Chai
- 2) Matthew Sufi Jali
- 3) Patricia Krishnaveni A/P Natharaja
- 4) Fabian ChooEng Guan
- 5) Ian See EeOon

Confirmation & Received into the Catholic Church 基督教皈依天主教名单

- 1) Joysie Grace (Pramila A/P Paraman)
- 2) Christopher Ng Hoi Cheng

2014-2015年 (第十九届) 新教友名单 (RCIA Chinese)

新领洗教友 (Baptism)

王慧茹 Stephanie	林庆龄 Katrina
张雪儿 Nicole	黄嘉慧 Elaine
张彤儿 Natalie	冯欣而 Jenny
罗惠凌 Stephanie	聂盈盈 Alice
林秀凤 Grace	黄月群 May
黄敏莉 Patricia	丽莎 Elizabeth
黄嘉琦 Wendy	陈国辉 Otto
黄嘉晴 Rachel	刘伟雄 Raymond
胡燕雯 Constance	王国耀 Aloysius
卢家俊 Yohanes	王忠耀 Vincent
卢家键 Vinsensius	钟毓江 Alex
蓝翠娜 Anastasia	苏耀明 David
叶大妹 Mary	叶伟杰 Thomas
李亚慈 Annie	叶友成 Richard
林意龄 Eirene	陈仲华 Gabriel
	巫其明 Roger

基督教皈依天主教 (Acceptance into Catholic Church)

柯道樑 Laurence

坚振 (Confirmation)

黄健良 Raphael
张国伟 David
叶玉安 Anthony
叶玉荣 Francis
张逸明 Anthony

LENTEN CAMPAIGN 2015 2015年四旬期运动

(a) Launch of Lenten Campaign 2015 (推展2015年四旬期运动)



(b) GST awareness talk (GST 醒觉讲座)



(c) Visit to Harapan Baru Children's Home (拜访新希望儿童中心)



(d) Visit to Rumah Sejahtera Old Folks Home (拜访 Rumah Sejahtera 老人院)



e) Visit to Ampang "Anning" Old Folks Home & Anning Orphanage House
(拜访暗邦新村安宁老人院及孤儿院)



VISIT TO GOOD SHEPHERD FAMILY HOME 拜访善牧中心

On 1st May 2015, St. Theresa Choir visited the Good Shepherd Family Home for children in Buntong. We began with action songs and games to break the ice and the children were very happy and excited, participating with enthusiasm. They also sang a song for us. More games followed as we sat around talking with the children.

The event ended with a lunch prepared by the choir members for the children. It was a meaningful and memorable event for all of us.

圣德兰歌咏团于1/5/2015前往文冬新村拜访善牧中心。该中心的孩子们都活跃地参与所有的游戏及歌舞，他们还为歌咏团员献歌，大家相处融洽。

最后，歌咏团员为中心的孩子们准备了午餐。这是一个富有意义的活动。



PRODIGAL SON RETREAT 退省：浪子回头

The Prodigal Son retreat was organized by the parish for all English speaking parishioners on the last weekends of January and May 2015. The facilitators of the retreat were Dr. Jeffrey Goh, Mrs. Angie Goh and Fr. Stephen Liew.

The retreat was one of the events planned to actualise the 2015 pastoral thrust namely "Discipleship through transforming humanity". By participating in this spiritually enriching and enjoyable retreat, it was hoped that participants will be inspired to transform themselves into more effective disciples of Christ.

本堂区于2015年的一月及五月最后一个周末为英文组教友举办了一个退省，主题为浪子回头。主讲者为 Jeffrey Goh 医生及夫人，还有本堂刘开祥神父。

此活动乃配合2015年牧民团主题“门徒之道：朝向转化人类的使命”的堂区活动，希望借着这退省，教友能转化自己，成为基督的门徒。



6 LITTLE ROCK RETREAT 小磐石圣经研读班

Touching the Mysteries of the Rosary

The Little Rock scripture study on Mysteries of the Rosary was held in St Michael's Church on 2nd May and ended on 6th Jun 2015. A group of 71 participants and 10 facilitators gathered weekly to share the results of praying, reading and answering the assigned questions. A distinctive feature of this program was its emphasis on and trust in God's presence working in and through each member.

碰触玫瑰经的奥秘

圣米高堂小磐石圣经研读班于2015年5月2日在慕道班课室正式开课（玫瑰经的奥秘）。6月6日结业。共有71位参加者，连同10位催化员，共81人一同参与每周的聚会。参加者每日须阅读已安排好的习题，并聆听天主圣言，以作为每周小组讨论的内容。这些习题在圣经的光照下引领参加者检讨自己的行为。在结业礼当天，大家都兴高采烈地分享他们的感受与喜乐。最后刘神父也颁发圣言护照给参加者。结业礼在欢乐的声浪中圆满地结束。



ST. MICHAEL GOT TALENT 2015 2015年圣米高堂才艺比赛

The Chinese Youth Group of SMC organised a fun-filled talent competition called "St Michael Got Talent" on 26th April 2015, with the finals held on 24th May 2015. The objective of this event was to encourage us to appreciate God's gifts and to showcase our youth's many God-given talents. Participants were grouped into two categories i.e. primary students and youth groups. Marks were given based on creativity, costume design, expression, style, melody and rhythm. Winners were presented with a trophy and hamper, while all participants received a present respectively.

Congratulations to the organisers and participants on a job well done!

青年团于五月二十四日假庞神父礼堂成功举办了进行了圣米高才艺总决赛，青年团早于4月26日举办一场初赛。此项活动是本堂首次举办的，其宗旨是为了让本堂的青年们感恩天主赐予的才华，因为天主给的是最好的。参赛者分为两组：小学组及青年组。评判员是以创意、服装、音质、音律、表情、仪态作评分标准。刘开祥神父为参赛者颁奖，所有的参赛者都获得一份奖品。胜出的冠军季军各获得一个奖杯及一个礼盒。可嘉、可贺！



UPDATES ON ORANG ASLI PROJECT 原住民援助计划最新报道

(a) Medical camp at Kg. Sekam, Tapah (14th March 2015)
为打巴Sekam村提供医药服务 (14/3/2015)



(b) Construction of a well and 2 toilets at Kg. Sungai Karah, Gerik (1st May 2015)
为宜力Sungai Karah村设一口井及两间厕所 (1/5/2015)



(c) Medical visit to Kg. Sungai Karah, Gerik (1st May 2015)
为宜力Sungai Karah村提供医药服务 (1/5/2015)



(d) Road repairs and delivery of food rations to
Kg. Sekam, Tapah (1st May 2015)
为打巴Sekam村修路及分配食物 (1/5/2015)



(e) Medical and dental camp at Kg. Air Bah Lawin and
Kg. Sungai Karah (27th June 2015)
为Air Bah Lawin村及Sungai Karah村提供牙医及医药服务 (27/6/2015)



NEW COMMITTEE FOR PARISH PASTORAL COUNCIL 堂区牧民理事会新执委

The following are the recently elected office bearers of the Parish Pastoral Council for the term 2015 to 2017:
新上任执委 (2015年至2017年) :

Chairperson/主席 : James Lau
(BEC Taman Botani/Botani 花园基信团)

Vice-Chairperson/副主席 : Maria Tan陈秀云
(Chinese Apostolate/ 华文教务促进会)

Secretary/秘书 : Jude Monteiro
(RCIA English/ 英文组慕道班)

Asst. Secretary/副秘书长 : Jude Quah
(BEC Pengkalan2/ 孟嘉兰2基信团)

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 弥撒上列 (Except 1st Friday at 3.00 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) 5:00 pm (English / 英语)

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)
Chaplet of St. Michael in English	6.30 p.m.	(1st Saturday of the month)
Rosary in English	6.30 p.m.	(Other Saturdays of the month)
Chaplet of St. Michael in Mandarin	9.30 a.m.	(1st & 3rd Sundays of the month)
Rosary in Mandarin	9.30 a.m.	(2nd, 4th & 5th Sundays of the month)
Marian Devotion	7.30 p.m.	(13th day of every month except weekends)
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)
英语圣弥额尔串经	下午6时半	(每个月的第一个星期六)
英语玫瑰经	下午6时半	(其他的星期六)
华语玫瑰经	上午9时半	(每个月的第二、四、五个星期日)
华语圣弥额尔串经	上午9时半	(每个月的第、三个星期日)