



聖瑪竇宗徒堂區
St. Matthew the Apostle Parish

*"Go, and make disciples from all nations.
I am with you always until the end of this
world."*

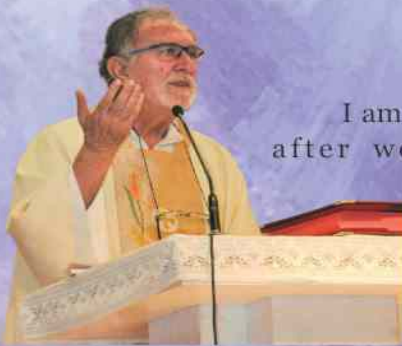
-Mt. 28:19, 20

ENGLISH COMMUNITY

February 2020

Maranatha

By: Fr. Pietro Zamuner, PIME



I am writing these few lines after we have celebrated Christmas festivities. Strange atmosphere this year on December 24-25, alarming news about people

found with explosives and weapons, fewer lights and fewer people enjoy outside the Christmas holy night, anticipated celebrations at Catholic and Christian churches because of fear that something bad could have happened.

An atmosphere of Emergency Regulations Ordinance, fewer buses on the streets, some MTR stations closed and more than 300 people were arrested! I'm not sure that we had enough reasons to celebrate Christmas this year. When we celebrate in the church during our liturgical ceremony, especially in the mass, we want to see a relationship between our daily life and historical important events in the past. Jesus' birth 2000 years ago has still any meaning for our modern society tormented by violence and challenging doubts? Has this birth still a meaning outside our church, our liturgies?

The new year of 2020 is now at hand, it seems that we don't really have any chance to enjoy a new-born life; another great number of Hong Kong citizens were arrested! But Jesus is a stubborn Emmanuel; He wants to be born again and again in our midst, he wants to stay with us and accompany us through these rough times. We

should not be afraid because if He is among us, it means that He takes care of us; that there is a chance for a solution.

Jesus wants to walk together with us that means that we also have to walk, to move to look for a way out, to think, and to pray and do something that can change the anxiety in our people's souls. We as Christians and believes as of God's presence among us, have a task to fulfill a responsibility to pick up.

On the 21st of January, we were in the church for the thanksgiving mass, maybe at that time during that mass we had some heavy hearts and maybe some tears on our faces but still we have to remind all of us that when there is a mutual care for each other, when there is a feeling of presence there will be always a new hope for the present and for the future.

This year logo for Pastoral work is Maranatha is a very appropriate program for us people of HK. This stubborn God is a guarantee of being among us, now is up to us to live in accordance to his way of life to his way of thinking. Happy new year of the Rat! God bless.



Stay Happy and Healthy

By: Ysadora Denise Soriano

It's a scary time once again. The year 2020 has just started and a lot has happened already; the deadly bush fires in Australia, the earthquakes in Turkey, the downpour that sparked floods in Jakarta, Indonesia, the Taal volcano eruption in Batangas, Philippines; just to name a few. And now, the "2019-Novel Coronavirus" outbreak, that has infected tens of thousands of people, has spread in many other countries. It is reportedly much worse than the SARS (Severe Acute respiratory Syndrome) outbreak back in 2003. It gives me this strange feeling of *déjà vu*.

The *World Health Organization (WHO)* declared a global health emergency on 30th of January 2020, as the coronavirus outbreak spread well beyond China, where it emerged last month. The outbreak began in Wuhan, China, apparently at a market selling live poultry, seafood and wild animals. Now the virus has turned up in more than a dozen other countries, including Japan, South Korea, France, Australia, the United States and even our beloved home, the Philippines. Investigators in other nations are still evaluating possible cases.

Working in the medical & healthcare profession as a medical laboratory technologist, I have been very vocal and very persistent in informing and educating the people around me, especially my family and friends, on how serious this epidemic is. Explaining as simple as I can so they could understand it easily. It is one of our duties to help educate and advocate for health. And here I am doing the same thing; to inform all the readers. I just hope that this could help the people to be well-educated about the current situation.

Due to our nature of work, this makes us healthcare professionals much more exposed to this virus as we are handling human specimens or samples; which means we need to be extra careful. Everyone in every country has been stirred into a state of panic and paranoia; afraid of who will the virus to strike next. As the news broke that this virus has been spreading, the people have been panic-buying hygiene products such as anti-

bacterial soaps, hand sanitizers, rubbing alcohol, air purifiers & disinfectants, anti-bacterial wipes and especially, face masks. Every shop you go, surgical masks are sold out already. People are much too scared of getting infected that they started hoarding these masks, and others didn't even get a chance to buy any for themselves, hence, risking their own safety.



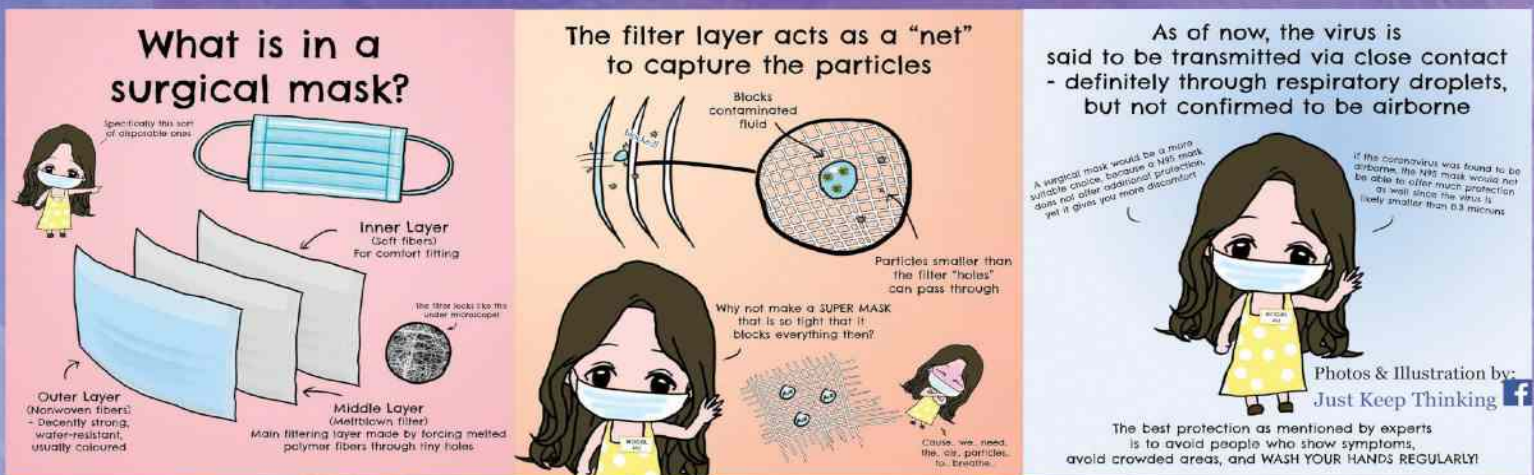
But how do we prevent from getting this dangerous viral infection? Here are some tips: (Disclaimer: These are only advices, not an official guideline)

1. DON'T PANIC

We understand that what you see from the news and social media seems very alarming and it causes us to panic; it's a natural human instinct. But please do not panic. As long as you are healthy, you have a low chance of being infected.

2. HYGIENE

Proper hand-washing. This is one of the most effective ways to prevent from getting infected by any sickness or virus. Personal hygiene is important especially at this time. The Wuhan coronavirus is most likely transmitted through respiratory droplets (coughing and sneezing), as is the case with influenza and other respiratory viruses. Please note that the virus is **NOT** airborne.



(cont'd) Be mindful of what you touch in public areas, as there may be possible droplets remaining in those areas, hence frequent hand-washing is a must. Please avoid touching your eyes, nose, and mouth with your bare hands without washing. If not accessible to any washing areas, rubbing alcohol and hand sanitizers will do. So, please be vigilant and observe proper hygiene.

3. PROPER MASKS PROPERLY

As one of the essential "armor" we can wear is a surgical mask, especially the disposable ones. Make sure it fits snugly on your face; if the mask is a bit loose, tie the ear loop instead of just looping around your ears, as it will expose your cheeks, hence your mouth will not be covered properly. Once your mask is on, avoid touching it; sanitize or wash your hands if you did. Avoid recycling masks. Once you need to dispose the used masks, tear or destroy the mask from the sides with your hands (no need for scissors), and wash your hands immediately.

4. AVOID UNNECESSARY PHYSICAL CONTACT

Whenever we see our friends and family, we are excited to show our affection with them by holding hands, kissing of hand (bless/mano to our elders), kisses (beso), hugs, etc. But at this moment, please avoid unnecessary physical contact. If you did, please sanitize your hands before & after contact to avoid contamination.

5. PROPER FOOD HANDLING

Please cook your food properly, especially fish and meat; Avoid eating raw foods; Wash fresh produce like fruits and vegetables; Same goes to sharing of food. As Filipinos, we love to share our food to our friends and family. But avoid sharing food for now, to avoid further transmission. However, if you do, please handle with care.

6. AVOID CROWDED PLACES & UNNECESSARY TRAVELS

This may be difficult for some of us especially on our days off. But if you are allowed, please stay indoors or at the comfort of your own homes and avoid going to public places. When you do, please wear your masks.

7. FOLLOW CREDIBLE SOURCES

Please be mindful of where you get your information. Please do not believe everything on social media to avoid false or "fake" news and misinformation. Stay up to date from credible sources such as daily news, and health associations such as *World Health Organization*, *Department of Health*, *Centre for Health Protection*, etc., to be updated with the current situation and more accurate data & information.

8. FEELING UNWELL? CONSULT YOUR DOCTOR

As much as possible, do not panic and avoid unnecessary visits to clinics and hospitals, as you might contract viruses that can make you susceptible to weaken your immune system and make you feel ill. When this unfortunate event happens, please consult your doctor. If you have cough or colds, please make sure to wear a mask and cover your mouth when you sneeze or cough.

Please simply follow these helpful tips, and hopefully share with your friends and family. Help and educate each other for everyone's health and safety. Let us all pray that God will give us better health and stronger bodies to shield & protect us from this growing epidemic. May we strengthen our faith in God at these most difficult and trying times. Stay happy and healthy! God bless us all.

Prayer for Deliverance from the Epidemic (Wuhan Coronavirus Infection)

O God, you are the source of all goodness. We come to you to invoke Your mercy. You have created the Universe with harmony and beauty, yet through our pride we have disrupted the course of Nature and brought about an ecological crisis which affects our health and the well-being of the human family. For this we ask for your forgiveness.

O God, look with pity on our plight, for we are in the midst of a new viral epidemic. May we experience again Your Fatherly care. Restore order and harmony to Nature and re-create a new mind and heart in us that we may look after our Earth like a faithful steward.

O God, we entrust to You all the sick and their families. May You bring healing to their body, mind and spirit, enabling them to partake of the Paschal Mystery of Your Son. Help all members of our society to play their proper roles, and strengthen the spirit of solidarity among them. Sustain our frontline medical and healthcare workers, social workers and educators. Come especially to the aid of those in need of resources to safeguard their health.

We believe that it is You who direct the course of human history, and that Your Love can change our destiny for the better, whatever might be our human condition. Grant a steadfast faith to all Christians, that even in the midst of fears and chaos, they may carry out the mission You have entrusted to them.

O God, bless our human family abundantly, and dispel from us all evil. Deliver us from the epidemic that is afflicting us, so that we may praise and thank You with renewed hearts. For You are the Author of Life, and with Your Son, our Lord Jesus Christ, in unity of the Holy Spirit, You live and reign, one God, for ever and ever. AMEN.

POPE FRANCIS' MONTHLY INTENTIONS

February: Listen to the Migrants' Cries

We pray that the cries of our migrant brothers and sisters, victims of criminal trafficking, may be heard and considered.

March: Catholics in China

We pray that the Church in China may persevere in its faithfulness to the Gospel and grow in unity.

ANNOUNCEMENTS

Every Sundays

HOLY ROSARY

WHERE: Small Chapel

TIME: 9:30 am

FEBRUARY 23

ADORATION

WHERE: Small Chapel

TIME: 2:00 pm

MARCH 22

BIBLE SHARING

WHERE: 7th Floor

(Yan Tak Catholic Primary School)

TIME: 2:00 pm

FEBRUARY 23

CANCELLED:

St. Matthew the Apostle
Parish Local Trip -
Pineapple Park

PARISH PRIEST:
FR. PIETRO ZAMUNER, PIME

SUNDAY MASSES:
9:00AM (CHINESE)
10:30AM (ENGLISH)

ANTICIPATED SUNDAY MASS:
SATURDAY 6:00PM (CHINESE)

WEEKDAY MASSES:
MON - SAT 8:00AM (CHINESE)

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