



## 天主教聖方濟堂 -- 八年牧民計劃 (2025 - 2033)

### 「從自己開始的信仰更新之路」

親愛的主內兄弟姊妹：

從教友收到堂區的八年牧民計劃就來問我怎麼開始，從哪方面開始？

天主教聖方濟堂正式推動「八年牧民計劃 (2025 - 2033)」，期望在祈禱、培育、共融與福傳中，陪伴教友穩步前行，在基督內不斷更新。

#### 一、反省個人的信仰歷程

牧民計劃的首要步驟，並非著重於外在活動的增加，而是邀請教友重新關注內在信仰生活的醒察。

我誠摯邀請每一位教友，回顧自領洗以來的信仰歷程：

##### •是否持續活出天主子女的身份與使命？

1. 天主的子女是分享天主的真福和聖潔的子民。
2. 身為天主教徒，我們肩負著有傳教的使命。
3. 加入教堂可以貢獻自己專長的一個善會。

##### •是否在祈禱、聖事與教會生活中不斷成長？

基本實踐：

1. 每天實行聖母的叮囑唸玫瑰經。
2. 頌唸慈悲串經。
3. 每主日和瞻禮日或每天參與彌撒。
4. 每月或定期辦告解聖事。
5. 每天早上晚上有祈禱。
6. 每週或每日朝拜聖體，苦路善工(拜苦路)。
7. 敬禮耶穌聖心和聖母聖心。

##### •是否願意在聖神的光照下更新自己的信仰生活？

1. 按照真福八端的精神在主內成長。
2. 效法聖母和聖人的榜樣。
3. 克己修德，每日實行十四神形哀矜。
4. 參加再慕道和陪伴慕道者。
5. 看宗教影片、閱讀神修書籍和聖書。
6. 聽宗教故事、歌曲；唱聖歌。

#### 二、重新確認天主在生命中的首位

牧民更新的核心，在於重新確立福音價值的優先次序。

我邀請教友在祈禱中誠實省察：天主是否在我生命中佔據中心的位置？

這可具體反映於：

- 是否有意識地培養穩定而有深度的祈禱生活；
  1. 參與避靜。
  2. 參與靈修和信仰講座等培育。
  3. 聖經學習。
  4. 朝聖。
  5. 默想聖經、玫瑰經奧跡、聖人傳記和為教宗意向祈禱等。
- 是否以福音作為個人與家庭決策的根本指引；
  1. 愛天主在萬有之上。
  2. 以天主的旨意(十誡)為生活的標準。
  3. 萬事以福音的要求“愛”為準則。
- 是否在家庭、職場與社會中，活出基督徒的見證。
  1. **在家**:家人一起做早晚課祈禱、飯前飯後祈禱、參與主日彌撒、家庭玫瑰經、參與禮儀年的慶節、參與堂區的活動。
  2. **職場和社會**:按照十誡生活為基督做見證，用共融、合一、包容、寬恕和愛人如己的態度對人，分享天主的慈悲是活出基督徒的見證。

### 三、回應更新與皈依的召叫

八年牧民計劃不僅是一項行政規劃，更是一項靈修與信仰更新。

請教友從今日起，慷慨回應天主的邀請，進行更新與皈依：

- 重建或深化個人與天主的祈禱關係；  
(每日省察：在當天可與天主相遇。)
- 更有意識、更積極地參與感恩聖祭與聖事生活；  
(立志用聖事的恩寵聖化自己---常常參與彌撒、辦告解領聖體、朝拜聖體)
- 讓天主聖言為教友在日常生活中，塑造思想、言語和行動。  
(每日讀經、看聖人傳紀，實踐聖經並學習聖人榜樣，聖化自己的生活)

天主並沒有要求完美；祂要求的是一顆坦誠而忠誠的心。

### 結語

為了回應教會時代的需要，並促進堂區信仰生活的全面發展，堂區的更新，始於個人的更新；教會的成長，源自於每位教友對天主恩寵的回應。

透過聖方濟堂八年牧民計劃（2025 - 2033），我誠邀我們堂區的每一位教友從今天開始，從自身做起，在基督內同行，共同建設一個扎根於祈禱、在信仰中成長、並勇於為福音作證的堂區團體。



## St. Francis Xavier Parish — Eight-Year Pastoral Plan (2025–2033)

### “A Journey of Faith Renewal Beginning with Oneself”

Dear Brothers and Sisters in Christ,

With the promulgation of the *St. Francis Xavier Parish Eight-Year Pastoral Plan (2025–2033)*, many parishioners have expressed a desire for guidance on how to begin and which aspects to prioritize.

St. Francis Parish has officially launched the Eight-Year Pastoral Plan (2025–2033), with the hope that, through prayer, formation, communion, and evangelization, we may accompany our parishioners as they move forward steadily and be continually renewed in Christ.

#### I. Reflection on the Personal Journey of Faith

The initial phase of the pastoral plan emphasizes not the multiplication of activities, but a renewed attentiveness to the interior life.

I warmly invite every parishioner to reflect upon his or her journey of faith since Baptism:

- **Do I faithfully live out my identity and mission as a children of God?**

1. As children of God, we are a people who share in God’s blessedness and holiness.
2. As a Catholic we have a mission to spread Word of God.
3. You can contribute your expertise and talents, by joining parish groups and ministries,

- **Am I growing through prayer, the sacraments, and active participation in the life of the Church?**

Basic spiritual practices include:

1. Daily recitation of the Rosary as instructed by Our Mother Mary.
2. Reciting the Chaplet of Divine Mercy.
3. Participating in Mass every Sunday and feast Day of Obligation, or even daily.
4. Receiving the Sacrament of Reconciliation monthly or regularly.
5. Morning and evening prayers every day.
6. Weekly or daily Eucharistic Adoration, the Stations of the Cross.
7. Devotion to the Sacred Heart of Jesus and the Immaculate Heart of Mary.

- **Am I open to discernment and renewal under the guidance of the Holy Spirit?**

1. Growing in the Lord according to the spirit of the Beatitudes.
2. Following the example of the Blessed Virgin Mary and the saints.
3. Practicing self-discipline and cultivating virtue, and living out the Corporal and Spiritual Works of Mercy daily.
4. Participating in the Neocatechumenal Way and accompanying catechumens.
5. Watching religious videos, reading spiritual books and Sacred Scripture.
6. Listening to religious stories and songs; and singing hymns.

#### II. Reaffirming the Primacy of God in One’s Life

At the heart of pastoral renewal lies the reaffirmation of Gospel priorities.

I invite parishioners to examine themselves honestly in prayer: *Does God truly occupy the central place in my life?*

This can be reflected concretely in:

- **Consciously cultivating a stable and deep life of prayer**
  1. Participating in retreats.
  2. Taking part in spiritual and faith formation talks.
  3. Scripture study.
  4. Pilgrimages.
- 5. Meditation on Sacred Scripture, the mysteries of the Rosary, the lives of the saints, and prayers for the intentions of the Holy Father.
- **Discernment rooted in the Gospel in personal and family decision-making**
  1. Loving God above all things.
  2. Using God's will (the Ten Commandments) as the standard of life.
  3. Making the Gospel command of "love" the criterion for all things.
- **Faithful witness as missionary disciples in family, workplace, and society**
  1. **In the family:** praying morning and evening prayers together, grace before and after meals, participating in Sunday Mass, family Rosary, celebrating the liturgical year, and taking part in parish activities.
  2. **In the workplace and society:** living according to the Ten Commandments, bearing witness to Christ through communion, unity, inclusion, forgiveness, and love of neighbor, and sharing God's mercy.

### **III. Responding to the Call to Renewal and Conversion**

The Eight-Year Pastoral Plan is not merely an administrative framework, but a call to spiritual renewal and renewal in faith.

Beginning today, parishioners are invited to respond generously to God's invitation to renewal and conversion:

- **To renew or deepen their personal relationship with God through prayer**  
(Daily examination of conscience: recognizing encounters with God each day.)
- **To participate more intentionally and actively in the celebration of the Eucharist and the sacramental life of the Church**  
(Resolving to sanctify oneself through the grace of the sacraments — frequent Mass, Confession, Holy Communion, and Eucharistic Adoration.)
- **To allow the Word of God to shape their thoughts, words, and actions in daily life**  
(Daily Scripture reading, reading the lives of the saints, practicing Scripture, learning from the saints' example, and sanctifying daily life.)

God does not demand perfection; He asks for openness and fidelity of heart.

### **Conclusion**

In order to respond to the needs of the Church in our time and to promote the overall development of parish faith life, parish renewal begins with personal renewal; the growth of the Church flows from each parishioner's response to God's grace.

Through the **St. Francis Parish Eight-Year Pastoral Plan (2025–2033)**, I sincerely invite every parishioner, beginning today, to start with oneself, to walk together in Christ, and to build a parish community that is rooted in prayer, growing in faith, and courageous in witnessing to the Gospel.