



Life is a pilgrimage

Fr. Jerry M. Perocho, SVD



In the perspective of a Synodal Church, a metaphor “Life is a pilgrimage” depicts a journey of walking together in communion, participation and mission. We are guided by shared experiences and challenges, with a purpose and a destination. The emphasis is on growth, learning, and often a spiritual goal. Each experience contributes to the journey, whether a pilgrimage to a religious site, a moment of enlightenment, or personal fulfillment. This perception of life can be found in various cultures and beliefs, encouraging everyone to see their lives as a quest toward a meaningful end. In the context of Spirituality, one’s life is viewed as a pilgrimage to a sacred “destination”. It may lead to a personal growth where each step and experience is a chance to learn, grow, and gain understanding. It may lead to a "destination" which can be a literal religious site, but more often is spiritual enlightenment, a deeper connection with God, or personal fulfillment.

The journey often involves trials, difficulties and challenges to be endured and overcome, contributing to the pilgrim's growth. Each person has their own unique path and experiences. Viewing life as a pilgrimage helps people find meaning in their experiences and see the trials they face as part of a greater and more purposeful path. In an existential concept, “life is a pilgrimage” is seen as a journey from the material world to God's presence, with faith guiding the way to a heavenly reward. Other beliefs and philosophies similarly see life as a spiritual quest toward wisdom, self-realization, or another state of being. Beyond religious beliefs, this metaphorical statement may likewise describe a journey toward self-discovery, personal understanding, or a deeply desired life goal.

For the Overseas Contract Workers, the phrase “Life is a Pilgrimage” points to a journey with a purpose. The OCW has an ultimate goal or destination, not just for spiritual enlightenment, personal growth, or finding fulfillment but also to provide economic and financial support to the families and loved ones. The journey is a way out of impoverishment. All the challenges, learnings, and experiences, are an important part of the pilgrimage. Their focus is less on the destination and more on how one grows and changes. Their life’s journey is a testament to resilience and sacrifice, as they navigate grueling work conditions, cultural barriers, and prolonged separation from their families, all in pursuit of better opportunities and a brighter future for their loved ones.

We have heard and witnessed inspiring testimonies of the lived experiences of OCWs. They encounter challenging work and employment conditions such as demanding work schedules, discrimination and job insecurity. They face issues of cultural adaptation, social integration, family impact such as emotional distance and communication breakdowns with their family, personal well-being, and coping mechanisms. All these cause physical and mental stress.

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Life itself is a pilgrimage—an unfolding journey where each step holds a mirror to the soul. In this sacred journey, we are called to remember what it means to walk gently on the Earth and how we can honor the wisdom it holds. We experience many moments of disorientation. There are times when we are pulled away from the familiar into the unknown. We journey as beings of nature, seekers of meaning, and vessels of light. It is a blessed act, whether we journey to a holy site or to the depths and recesses of our own consciousness. The path is filled with lessons—the complexities between places and people, and our inner transformation as we traverse through these spaces. The experiences may take us to unfamiliar circumstances some of which could lead to profound opportunities for growth. It is in losing ourselves that we discover who we truly are.

As we journey through life, our task is to deepen our relationship with the living world around us and within us. What if this pilgrimage is not about achieving or conquering something but about being? About dissolving the illusion of separateness and stepping into a new way of seeing—one that embraces the totality of the human experience and the interconnectedness of all life? We are called to pause, listen and reflect to whispers of the Holy Spirit guiding and leading us. Life's greater insights could be found not in reaching every end, but in every step along the way.

Our path as pilgrims may be narrow and wide at times, full of winds, circles, and spirals. It is a call to pause, listen and reflect on the whispers of the Earth. We must let go of our need for direction and embrace the unexpected and the unknown. Sometimes, the greatest insights are found not in reaching the end, but in the steps along the way. We should ask ourselves: How can we cultivate a sense of sacredness in the everyday, remembering that every breath, every moment, is a part of our soul's journey as pilgrims? May we walk in gratitude, as guardian and stewards of Creation; as pilgrims of the human experience, remembering that this life is a gift—a chance to discover, to heal, and to grow.

Whatever our perspective, context, point of view on this metaphorical statement, there is an existential reality that cannot be disregarded. The reality of our calling - an opportunity for reflection. The metaphor encourages us to pause and reflect on our path, to cultivate a sense of purpose-driven blessedness in everyday moments, and to live with gratitude. Let us acknowledge our common transient existence in order to appreciate the beauty of life's journey. The Latin word for pilgrim, 'peregrinus' (meaning "foreigner" or "stranger"), reminds us that we are temporary residents on this earth, and our true home is (elsewhere) in heaven. This perspective can help reframe life's trials and tribulations as necessary steps on a larger, meaningful journey.



HAVE A MEANINGFUL LIFE!

My Journey to Miss U Nary Pageant and the 150th SVD Anniversary Victory



I am delighted to share my recent experience participating in the Miss U Nary Pageant, an esteemed event organized in celebration of the 150th anniversary of the Society of the Divine Word (SVD). This occasion not only marked a significant milestone in the history of the SVD but also provided a platform for young women to showcase their talents, values, and commitment to service.

Joining the pageant was a meaningful journey that involved dedication, preparation, and a deep sense of purpose. Throughout the process, I was inspired by the values upheld by the SVD community—faith, service, and community engagement—which motivated me to present my best self.

I am honored to share that I was fortunate to be crowned the winner of the Miss U Nary Pageant. This achievement is a testament to the support of my mentors Bro Joel Aledia – Black Nazarene Coordinator, my Black Nazarene family and peers, and of course my family as well as my own perseverance and passion for service. Winning this title not only celebrates personal accomplishment but also reinforces my commitment to embodying the ideals of the SVD and contributing positively to our community.

Participating in this event has been a transformative experience, and I look forward to leveraging this platform to promote the values of service, compassion, and community development. I am grateful for the opportunity to be part of such a historic celebration and to represent the spirit of the SVD at this prestigious event.

Thank you for your support and encouragement as I continue my journey of service and growth.

By: Elvie Mendoza Black Nazarene Group – Choir Member

Pilgrims of Prayer

Psalm 84:5: "Blessed are those whose strength is in You, whose heart is set on pilgrimage."

The song "Pilgrims of Hope" begins with the following verses:

"Like a flame my hope is burning,
May my song arise to You,
Source of life that has no ending,
On life's path, I trust in You."

These verses encourage us to keep going, no matter what life may bring.

We need to develop a conviction similar to this of St. Paul in Philippians 4:13:

"I can do all things through God who strengthens me."

Being a pilgrim is not just a dominant model of Christian life; our view of Christianity is often geared toward the here and now. Whatever we do in life is often like a cycle of ups and downs, and our main priority should be to pray for God's guidance through constant prayer.

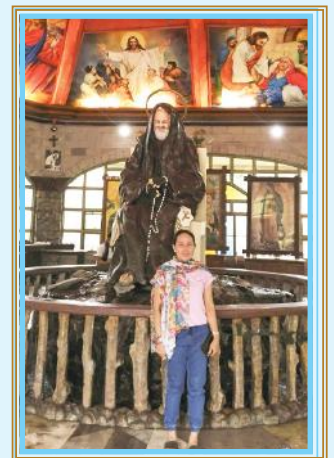
Often, in religious contexts, we make a pilgrimage to a spiritual goal or a sacred place. Generally, a pilgrim is a person on a journey of faith or devotion. As servants of God, we participate in promoting faith, answering the call for service in a foreign land. God allows us to manifest and share the gifts He has given us, spreading His love to the community and to the world. Trusting God means surrendering everything to Him, believing in His path, and following the purpose and plans of God's will.

Our prayers are not only for ourselves but also for nations in need—not only for their material wellbeing, but for the spiritual one as well. We may not know the specifics, but a simple prayer can touch other people's lives. This is what we may call a pilgrimage of faith: extending prayers to God for the needs of people all over the world, even if we do not physically travel to other countries.

As stated in 1 Corinthians 15:19, "If we have hoped in Christ in this life only, we are of all men most pitiable." Our lives may not be perfect, but as we continue to believe in God, we can look forward to a fruitful life ahead of us.

page3

Article by: Cecilia Dioquino (Apostleship of Prayer)



THE JOY OF TOGETHERNESS: AP 34TH ANNIVERSARY

Joyous, spirit-filled celebration of 34th founding anniversary of the Apostleship of Prayer Community was held on August 17, 2025, at The Harbour View, Wanchai, Hong Kong. We thank God for His goodness throughout the years, as He blesses us with so much fun and laughter, sharing our joys and happiness as we celebrate a meaningful and memorable day for each member present that day.

Our theme, “Rejoice in Hope, Be Patient in Tribulation, Be Constant in Prayer” (Romans 12:12), reminds us to find joy in all that God has done for us. It is our constant prayer that gives us hope and allows us to experience God’s glory as justification for our faith. We are not a perfect community, but I know God loves us perfectly. He is always in our midst in every challenge we encounter, whether bad, good, or unexpected. We just need to be patient and consistent in our faith.

We are pilgrims in this community, or even in St. Joseph’s Church, as we fill our journey with spiritual or profound purposes. As we practice our devotion to the Most Sacred Heart of Jesus, we long to achieve deeper spiritual enlightenment and connection with God as we journey toward a specific destination or transformation.

With gratitude, we extend our heartfelt thanks to the people who gave their precious time to be with us and celebrate. To our beloved, ever-supportive parish priest and AP spiritual director, Rev. Fr. Joseph Tan, SVD, who gave us his hopeful and uplifting message—may God bless you. We also acknowledge the presence of Rev. Fr. Francis, our pastoral sisters, Sr. Weronika Klebba and Sr. Vera Wen Yuan, SSpS. To our community coordinators, Sis. Lanie Trumata, of FCG, Sis. Daisy Pardilla of Sowers, and Sis. Sharon Secretario, FPG assistant coordinator. We are also glad to have the presence of our functional leaders: Sis. Beth Rullan of the SJC-Music Group, Sis. Arlene Phoda of the SJC- Communication Group, and Sis. Nadel del Pilar of the SJC- Photography Group. Additionally, we thank our community volunteers, pianists, and guitarists: Sis. Lalaine Malupa, Jennevieve Secosana and Pietritta Therese Domingo.

The joy of togetherness as a community is experienced when everyone unites and supports each other, creating a sense of belonging and well-being. Success is not far beyond. There is no overnight success; through cooperation and mutual support from our hardworking officers, core group, and members, the AP 34th Anniversary was made successful.

Above all, we give glory to the Most Sacred Heart of Jesus, our strength and deliverance; without Him, we are nothing.

Article By: Rovelyn Roncal (Apostleship of Prayer)



AP COREGROUP

A Personal Journey of Faith and Service



Life is often likened to a pilgrimage; a journey filled with experiences that shape us and draw us closer to our purpose. As a domestic helper in Hong Kong and an active member of Saint Joseph’s Church, I have come to understand this theme deeply. My journey is not just about the miles travelled but about the growth and connections cultivated along the way.

In the midst of my daily responsibilities, I find that each moment offers a lesson in resilience and faith. Navigating the challenges of working in a foreign land reminds me of the words from Psalm 37:5: “Commit your way to the Lord; trust in Him, and He will act.” This verse serves as a guiding light through uncertainty, teaching me that by placing my trust in God, I can find strength and purpose even in demanding circumstances.

At Saint Joseph’s Church, I serve as a Head of Communication Group, one of the pianists, and editor, roles that allow me to contribute to our parish community. Playing the piano during Mass is more than a task; it is a form of prayer and devotion. Each note I play connects me to the congregation, fostering unity and joy. Witnessing the smiles of my fellow parishioners reminds me that we are all on this pilgrimage together, supporting one another in our faith journeys.

As an editor, I share stories and insights that inspire others. Through our Parish Newsletter, I aim to uplift and encourage fellow members, highlighting that our individual and collective journeys are filled with hope and purpose. Each article reflects the resilience of our community, showcasing how we can thrive despite challenges.

While my role as a domestic helper may seem ordinary, it is a path of extraordinary growth. Each day brings new opportunities for learning and reflection—whether through the relationships I build with the families I serve or the connections I nurture within my church community. Service is a vital part of my pilgrimage, allowing me to express love and compassion, echoing Christ’s teachings in my daily life.

Reflecting on my journey fills me with gratitude for the experiences that have shaped me. Life’s challenges have taught me to embrace the present moment, to trust in God’s plan, and to celebrate the beauty of community. Just as pilgrims seek a destination, I realize that the essence of my journey lies in the relationships I cultivate and the faith I nurture along the way.

“Life is a pilgrimage” is a powerful metaphor that resonates with my experiences as a domestic helper and parish member. It is a journey marked by growth, faith, service, and community. As I continue along this path, I invite others to reflect on their own journeys, recognizing that each step brings us closer to our purpose. Together, let us walk this pilgrimage of life with hope and joy, trusting that we are never alone on this journey.

Article by: Arlene Loable Phoda, Parish Newsletter Chief Editor

service, and community. As I continue along this path, I invite others to reflect on their own journeys, recognizing that each step brings us closer to our purpose. Together, let us walk this pilgrimage of life with hope and joy, trusting that we are never alone on this journey.

Article by: Arlene Loable Phoda, Parish Newsletter Chief Editor





Fr. Joseph's Birthday Celebration



Filipino Prayer Group



Black Nazarene Group



Apostleship of Prayer



The Sowers Charismatic Community



Filipino Catholic Group



Legion of Mary

堂區中文團體齊聚慶生 談神父以敬酒寄語人生

九月六日星期六晚上堂區中文團體八十位成員齊聚一堂，為主任司鐸談雷濤神父慶祝四十八歲生日。活動不僅是一次簡單的慶生聚會，更是一場充滿人生智慧與信仰力量的精神交流。

談神父在分享環節中，以一杯杯敬酒的方式，娓娓道來自己多年牧職旅程中的所思所感。他以幽默而深刻的語言，將敬酒化作對生命不同層面的致敬與感恩，贏得在場教友們的熱烈掌聲與深切共鳴。

首先，談神父敬天主。他指出，天主是人生旅途中的公平與平衡，是在困境中給予安慰與希望的力量來源。他感慨道：「每當面對艱難與挫折，正是信仰給予我繼續前行的動力。」

其次，他敬父母。談神父強調，無論人生成敗，父母始終以無條件的愛支持子女。他語重心長地說：「我們要感恩父母的付出，敬他們的無私與堅韌。」

第三杯酒，談神父敬自己。他坦言，作為神職人員，個人的喜怒哀樂往往不為人知，許多時候需獨自承擔與堅持。他鼓勵大家：「要學會欣賞自己的努力，敬那個默默奮鬥的自己。」

第四杯酒，他敬教會內的兄弟姐妹們。談神父回顧多年牧職生涯，輾轉多地，感謝一路上陪伴與支持他的教友與同工。他表示：「這杯酒，敬那些在我生命中留下深刻印記的人。」

最後一杯酒，他敬未來將會遇見之人。他相信，未來所遇之人，無論評價好壞，皆是天主的安排。他以開放的心態迎接未來：「敬那些將與我相遇的人，願我們為彼此祝福。」

整場聚會氣氛融洽，既有歡笑，也有感動。中文團體成員紛紛表示，談神父的分享不僅讓人感受到信仰的力量，更啟發大家重新思考人生的價值與方向。



Captured heart, Mi Corazon



“My soul sings, my spirit shouts, with every breath, I'm crying out
I want to live for You alone, You have captured my heart
Mi corazón ...Lord, I give You my whole heart
Mi corazón”

This is the chorus part of a song Mi Corazon by Don Moen. In this new event of my or rather our lives, Marissa, Pam and yours truly, as new members of EM/Extraordinary Ministry of Eucharist (Saturday), great responsibility in service to God during the liturgy was given unto us. This new engagement requires commitment and deeper understanding of the Holy Eucharist.

We are grateful to Sam Yeung for encouraging us to take a step closer to the altar to serve as Eucharistic Ministers. To Fr. Paul Chen, for the patience to teach us, being a great guide and ministry spiritual director, thank you.

To all Leaders and members from Saturday Communities, thank you for your encouraging and overwhelming support.

To God almighty, deep gratitude for choosing us, despite of our imperfection, our brokenness, our doubts if we can handle this new task you had bestowed upon us. May you continue to give us courage, keep us away from temptations that could hinder us to serve you and your people purely. Truly, Lord, you have captured our hearts, my heart, Mi Corazon.

Article by: Brenda Galfo,
SJTWS Community Coordinator



Life is a Pilgrimage

Our life is a pilgrimage. We, as pilgrims of our own lives, do our best to make our journey the best we can, with trust and faith in God. Everything happens for a reason, and we can't just drop everything and go back. Among those who choose to be migrant workers, many assume that once abroad, it's a life of luxury and ease, but the reality is far more complex. It is sacrifice. It's not just about roaming around or traveling; it's about commitment, work, finances, and the life we're building away. Our hearts long for home, but responsibilities keep us going. We can't just leave; our lives are now split between two worlds, connected through open communication. Every day is a challenge, but we learn to show up, to smile, and to be strong for one another. Vulnerability is often hidden behind the mask of perseverance because we don't want our loved ones to worry. "Keep going; life must go on" is what we hold on to. We have to become our own motivators, even when motivation is nowhere to be found. We discover strengths we never knew we had. Living away from home is not easy. It requires courage, resilience, adaptability, and self-discovery. We'll be tested in ways we never imagined, facing moments that force us to grow. We find strength in setbacks, creativity in challenges, and courage in the face of uncertainty.

These experiences shape us, and when we look back, we realize we've become someone we never thought we could be: stronger, wiser, and braver than we ever imagined. Thank God for good relationships with our employers, our capabilities to serve, and the precious time we offer to Him. This is because God is always by our side. We are not walking alone; God is always here, guiding and protecting us. We love Him because He loves us first. Let us strive to make this loving relationship with God mutual at all times as we continue our own pilgrimages of life. Thank you, and God bless everyone.

Article written by: Irmalyn Alvarez Ecol (Filipino Catholic Group)



Special Usher's Group with Fr. Joseph Tan



Showing Employers loved for departed FCG member, they offered Mass for 1st death anniversary, with Fr. Jerry Perocho and Lanie Trumata, thank you so much Chandler Family.



FCG Spiritual Talk with Sr. Vera Wen Yuan



Baptism / Confirmation



September 6 Gemma Wei
Winston Wei

September 14 Clara Kwok
Amelia Ng

September 20 Tyler Menezes



St. Joseph's Church, 37 Garden Road



BIBLE VERSES

Jesus told her, "I am the resurrection and the life; whoever believes in me, even if he dies, will live, and everyone who lives and believes in me will never die. Do you believe this?" (John 11:25-26)

聖經金句

耶穌對她說：「我就是復活，就是生命；信從我的，即使死了，仍要活著；凡活著而信從我的人，必永遠不死。你信麼？」（若11:25-26）

歡迎堂區教友投稿

- 1) 11月主題：我信永恆的生命
- 2) 字數：不超 650字
- 3) 格式：Word file
- 4) 相片：若文章附相片，上限3張，必須屬於作者的相片(JPG), 上限 3.5MB。
- 5) 截止日期：10/09/2025
- 6) 郵寄地址：請把文章註明「11月投稿」郵寄到 stjosephs.hk@gmail.com
- 7) 通訊組保留任何修改及刊登權利



**Parishioners are welcome to submit articles for the church newsletter.
Please take note of the following guidelines:**

- 1) Theme for Nov: **I believe in life everlasting**
- 2) Word limit: Not more than 650 words
- 3) Form: Word file
- 4) Photo: 1-3 pictures only, with a maximum size of 3.5MB
- 5) Deadline **Oct 09, 2025**
- 6) Email: Please submit the article to stjosephs.hk@gmail.com with the subject line 'Article for Nov2025.'
- 7) All rights are reserved by the church, including the selection of articles, photos, and any necessary adjustments.

In Loving Memory

Funeral / Memorial Mass:

September 3	-So Kit Ling
September 6	-莫倩嫦
September 20	-Mary Ng
October 2	-Alice Wong
October 4	-Claire Chan
October 10	-Joseph Chung
October 11	-Ho Sau Lan

人生是一個朝聖旅程

聖言會 Jerry M. Perocho 神父



從共議同行教會的角度來看，「人生是一個朝聖旅程」這一比喻描繪了一段在共融、參與和使命中共同前行的旅程。我們被共同的經歷和挑戰所引導，懷著目標和目的地。其重點在於成長、學習，以及通常的靈修目標。每一次經歷都為旅程增添色彩，無論是前往宗教聖地朝聖，還是頓悟的時刻，或者是個人成就的實現。這種人生觀存在於不同的文化和信仰中，鼓勵每個人將自己的人生視為追求有意義的目標。在靈性的指引下，一個人的人生被視為一場通往神聖「目的地」的朝聖之旅。它可以

引領我們走向個人成長，每一步、每一段經歷都是學習、成長和獲得理解的機會。它引領我們走向的「目的地」可能是一個字面意義上的宗教聖地，但更多時候是靈性的提昇、與天主的更深的聯繫、或個人生命的圓滿。

旅途中常常充滿考驗、困難和挑戰，需要人們忍受和克服，從而促進朝聖者的成長。每個人都有自己獨特的道路和經歷。將人生視為朝聖之旅，有助於人們從自身經歷中找到意義，並將所面臨的考驗視為更偉大、更有意義的道路的一部分。在存在主義的概念中，「人生是一個朝聖旅程」被視為從物質世界走向天主臨在的旅程，由信仰指引我們走向天國的賞報。其他信仰和哲學也同樣將人生視為對智慧、自我實現或其他存在狀態的精神探索。除了宗教信仰之外，這個隱喻性的說法也可能描述一段通往自我發現、個人理解或深切渴望的人生目標的旅程。

對於海外傭工來說，「人生是一個朝聖旅程」這句話指的是一段有目的的旅程。海外傭工的最終目標或目的地，不僅僅是為了靈性的提昇、個人成長或獲得成就感，也是為了給家人和親人提供經濟的支持。這段旅程是擺脫貧困的途徑。所有的挑戰、學習和經歷，都是朝聖之旅的重要組成部分。他們關注的並非目的地，而是個人如何成長和改變。他們的人生旅程體現了韌性和犧牲精神，他們克服了艱苦的工作條件、文化障礙以及與家人的長期分離，所有這些都是為了給親人尋求更好的機會和更美好的未來。

我們聽到並見證了海外傭工的親身經歷中鼓舞人心的見證。他們面臨著充滿挑戰的工作和就業條件，例如繁重的工作日程、歧視和工作不穩定。他們面臨著文化適應、社會融合、家庭影響（例如與家人的情感疏離和溝通障礙）、個人幸福感以及應對機制。所有這些都會導致身體和精神壓力。生命本身就是一場朝聖之旅——一段不斷展開的旅程，每一步都如同一面鏡子，照耀著靈魂。在這神聖的旅程中，我們被召叫去緊記在地球上輕輕行走的意義，以及如何尊重它所蘊含的智慧。我們經歷許多迷失的時刻。有時，我們會被拉離熟悉的事物，走向未知。我們作為自然的生靈、意義的探尋者、以及光的載體，踏上旅程。無論我們前往聖地，還是深入自身意識的深處，都是有福的。這條路充滿了教訓——地點與人之間的複雜性，以及我們在穿越這些空間時內心的轉變。這些經歷可能會將我們帶入陌生的境遇，其中一些可能會帶來深刻的成長機會。正是在迷失自我的過程中，我們才發現了真正的自我。

在人生旅途中，我們的任務是加深與周圍以及內心世界的關係。如果這場朝聖之旅的目的並非成就或征服，而是關乎存在本身，那又會怎樣？是否能消解分離的幻覺，邁向一種全新的視角——一種包容人類全部經驗和所有生命相互聯繫的視角？我們被召喚停下來，聆聽並反思聖神的指引。人生更偉大的終向並非在於抵達每一個終點，而在於沿途的每一步。

作為朝聖者，我們的路途有時寬闊，有時狹窄，充滿風雨、迂迴曲折。它呼喚我們駐足，聆聽並反思大地的低語。我們必須放下對方向的渴求，擁抱意外和未知。有時，最偉大的發現並非源於抵達終點，而是源於沿途的點點滴滴。我們應該捫心自問：如何在日常生活中培養神聖感，銘記每一次呼吸、每一刻，都是我們朝聖者靈魂之旅的一部分？願我們懷著感恩之心前行，作為造物主的守護者和管家；作為人類體驗的朝聖者，銘記生命是一份禮物——一個探索、療癒及成長的機會。

無論我們對這句隱喻的觀點如何，都存在著一個不容忽視的存在現實——我們使命的現實——一個反思的機會。這個隱喻鼓勵我們停下來反思自己的人生道路，在日常生活中培養一種有目標的幸福感，並心懷感恩地生活。讓我們承認我們共同在塵世過渡，才能欣賞人生旅程的美麗。朝聖者的拉丁語單詞“peregrinus”（意為「外國人」或「陌生人」）提醒我們，我們只是這世上的短暫居民，而我們真正的家在（另一個地方）天堂。這樣可以幫助我們將人生的考驗和磨難重新定義為更廣闊、更有意義的旅程的必要步驟。