

天主教華人牧民處

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復活期第六主日（丙年）

2019年5月26日

讀經一 恭讀宗徒大事錄 15:1-2,22-29

那時候，有從猶太下來的幾個人，教訓眾弟兄說：「如果你們不按梅瑟的慣例，接受割損，不能得救。」保祿和巴爾納伯，於是同他們發生不少爭執和辯論。大家就指定保祿和巴爾納伯，與他們中的幾個人，上耶路撒冷，去見宗徒和長老，討論這問題。

當時，宗徒和長老同全教會決定，從他們當中選幾個人，派他們同保祿和巴爾納伯，去安提約基雅。所派的，有號稱巴爾撒巴的猶達和息拉，是弟兄中的領導人物。

他們帶去的信如下：「宗徒和眾長老弟兄，問候在安提約基雅、敘利亞和基里基雅，由外邦歸化的眾弟兄。我們聽說，有幾個從我們這裡去的，而並非我們所派去的人，講話擾亂你們，混亂了你們的心。我們取得同意後，決定揀選幾個人，派他們同我們可愛的巴爾納伯和保祿，到你們那裡去。他們兩人，為了我們主耶穌基督的名，已付出了自己的性命。我們派猶達和息拉去，他們要親口報告同樣的事。因為聖神和我們決定，不再加給你們什麼重擔，除了這幾項重要的事：即不要吃祭過邪神的食物、血和窒死的牲畜，並戒避姦淫。如果你們戒絕了這一切，那就好了。祝你們安好！」 一上主的話

答唱詠 詠67

【答】：天主，願萬民都稱頌你，願列邦都讚美你！

頌：願天主憐憫我們、降福我們，並以自己的慈顏容光，照耀我們！願世人認識他的道路，萬民得知他的救贖。

【答】
頌：萬民都要踴躍歡欣：你以正義統治世人，且在地上領導萬民。【答】

頌：天主，願萬民都稱頌你：願列邦都讚美你！願天主降福我們：願萬民都敬畏天主！【答】

讀經二 恭讀默示錄 21:10-14,22-23

天使使我神魂超拔，把我帶到一座又

大又高的山上，將那從天上，由天主那裡降下的聖城耶路撒冷，指給我看。這聖城具有天主的光榮；城的光輝，好似極貴重的寶石，又像水晶那麼明亮的蒼玉。城牆高而且大，有十二座門；守門的有十二位天使。門上寫著以色列子民十二支派的名字。東面三門，北面三門，南面三門，西面三門。城牆有十二座基石，上面刻著羔羊的十二位宗徒的十二個名字。

在城內，我沒有看見聖殿，因為上主全能的天主和羔羊，就是她的聖殿。那城也不需要太陽和月亮的光照，因為有天主的光榮照耀她；羔羊就是她的明燈。

一上主的話

福音前歡呼

頌：亞肋路亞。

衆：亞肋路亞。

頌：主說：誰愛我，必遵守我的話，我父也必愛他，我們要到他那裡去，並要在他那裡，作我們的居所。

衆：亞肋路亞。

福音 恭讀聖若望福音 14:23-29

那時候，耶穌對門徒說：「誰愛我，必遵守我的話，我父也必愛他，我們要到他那裡去，並要在他那裡，作我們的居所。那不愛我的，就不遵守我的話。你們所聽到的話，並不是我的，而是派遣我來的父的話。

「我還與你們在一起的時候，給你們講論了這些事；但那護慰者，就是父因我的名，所要派遣來的聖神，他必要教訓你們一切，也要使你們想起，我對你們所說的一切。

「我把平安留給你們，我將我的平安賜給你們；我所賜給你們的，不像世界所賜的一樣。你們心裡不要煩亂，也不要膽怯。你們聽見我給你們說過：我去，但我還要回到你們這裡來。如果你們愛我，就該喜歡我往父那裡去，因為父比我大。現在，在事發生前，我就告訴了你們，為使你們在事發生時，能夠相信。」

一上主的話

聖言導讀

若望福音第十四章全部內容都是耶穌的「臨別贈言」，也就是耶穌在和門徒共進最後晚餐之後，對門徒們說的話。前半段的重點在於耶穌宣告自己將要離開世界回到父家（1-17），後半段的內容則是給予門徒們安慰和鼓勵（18-31）。

這個主日的福音選自後半段經文中的一部份（若十四23-29），經文中重複出現的字彙包含「愛」與「被愛」，「遵守耶穌的話」和「遵守祂的命令」，以及要求門徒們相信即將離去的耶穌，教導他們關於未來的情況，同時也提醒門徒記住耶穌過去曾經對他們說過的話，祂將派遣護慰者來使門徒們瞭解這些話，並且使他們知道未來該如何生活。這段經文中也清楚的表現了若望福音中二元對立的寫作特色：一邊是世界以及世界的領袖，另一邊則是基督以及天父。

基督的平安和世界的平安具有本質上的區別：世界為了得到平安而殺害一切對手與敵人；基督所賞賜的平安卻並不排除十字架。基督徒常常被攻擊、遭受虐待而陷入極度的不安之中，但是他們卻相信天主的仁慈眷顧，而生活在基督的平安內，知道他們不久就要重新歡笑。

耶穌被天父派遣來到世上，完成了天父所交付的使命後又回歸父家，但祂卻一直臨在於門徒團體（教會）之中。耶穌用「話語」啟示自己：門徒必須宣講、聆聽、並且相信祂的話；耶穌也藉著「愛」啟示自己：相信祂的人在愛中遵守祂的話。相信祂的人共同組成天主子女的團體，在復活的基督的光照下走向信仰的道路；耶穌許諾要將聖神賞給他們，並且賜給他們平安，門徒團體因此確信自己和耶穌一起生活在天父的共融之中。

<http://www.ccreadbible.org>

歡迎把這通訊
帶回家細閱

天主教聖莫尼加堂 St. Monica's Catholic Parish
Corner Church Street and North Rocks Road, North Parramatta

署理本堂司鐸 / 華人專職司鐸：	林勝文神父 電話：9630 1951 電郵： shingmanlam@gmail.com
主日彌撒時間：	粵語：星期日上午11時30分 英語：星期六黃昏5時，星期日上午9時、黃昏6時
平日彌撒：	星期二至五上午9時15分（英語，附粵語講道）
明供聖體：	逢星期五上午9時15分彌撒後至10時45分（附修和聖事）
修和聖事：	星期六下午4時至4時45分，每月第三主日上午10時15分至11時，或與林勝文神父預約
病人傅油聖事 / 外送聖體：	請與林勝文神父聯絡 電話：9630 1951 電郵： shingmanlam@gmail.com
婚配聖事：	請於婚配日期前至少12個月與林勝文神父聯絡
嬰孩聖洗聖事：	需與林勝文神父預約並在聖洗前準備妥當
成人聖洗聖事：	必須先參與慕道班(RCIA)，請與林勝文神父聯絡
牧民處地址：	8 Daking Street, North Parramatta, NSW 2151
牧民處辦公時間：	星期二至五 - 上午8時半時至下午2時半
堂區聯絡：	電話：9630 1951 傳真：9630 8738 電郵： stmonicanp@bigpond.com

信仰重溫 -- 《你們要歡喜踴躍》宗座勸諭

我應該成聖？人人都可以成聖？

想不想聽聽教宗方濟各分在在日常生活中成聖的方法？

信仰重溫由6月2日至7月21日，逢主日上午播放：夏志誠主教輕鬆演繹的
《你們要歡喜踴躍》宗座勸諭。

地點：禮堂對面的教員室

時間：10:15-11:15am

歡迎大家參加。

廣東話及普通話慕道班

若您有家人或親友想認識主耶穌和天主教信仰，請邀請他們與我們傾談。

新一期廣東話及普通話慕道班將於6月中開始。詳情可聯絡：

- 林勝文神父 *Fr Ephraim Lam* shingmanlam@gmail.com
- 王德蘭修女 *Sr Pauline Wong* 0411 056 613 wongmpauline@gmail.com
- *Margaret Yu* 0435 712 527 mccyu19@yahoo.com

Catholic Appeal

This weekend there will be a special 3rd collection. All donations over \$2 are Tax deductible . Thank you for your generosity.

復活期主日的丙年讀經二選自《若望默示錄》，這是《新約》最後的一本書的書名，意謂揭露直到此時人還未知的一種秘密（瑪10:26; 11:27; 16:17; 格前2:10; 羅1:17-18等）。那麼，「耶穌基督的啟示」（默1:1）一句等於說：主耶穌給他的信徒所啟示的，是由他的天父所蒙受的真理，這真理即在於顯示耶穌是最大的君王和最後的審判官（見格前1:7; 得後1:7等）。

《默》的內容極相似路17:22-18:8及瑪24所記的耶穌的末世言論。參見與此類似的聖經：谷13; 路21; 得前4:13; 5:11; 得後2:1, 12; 格前15:20, 28; 格後12:1, 4; 弟後3; 4:8等。《默》與上述的《新約》經文大致相同；所不同者，是若望宗徒以默示錄文體（如象徵，比喻、神秘數字等），一方面詳解這些主題，另一方面藉他所蒙受的新啟示和神視，增加一些新的先兆，更具體地解釋主耶穌在末世言論中所發出的預言。

按聖依肋乃(St. Irenaeus)記載，本書是在羅馬王多米仙(Domitianus, 卒於96年)興起的教難時期，由若望宗徒於帕特摩島(Patmos)寫成的；聖人寫說：「關於反基督者的名字我們實在不敢肯定甚麼；如果我們現時需要說出他的名字，那位看見這啟示的，必定寫了出來；因為那看見這啟示的時期，就在前不久，差不多就是我們這一時代，即多米仙皇帝時代末葉」。《默》的內容與依肋乃的陳述全相吻合。

一個基督徒，如果在耶京陷落之後（公元70年），讀過主耶穌的末世言論，可能推想：猶太主義既然已經消滅了，從此以後，一切則應順利，救主的聖道就將順利展開，得到光榮（得後3:1）；但事實正相反，多米仙的迫害又興起，這如何解釋？升天的主耶穌對於這些事情，是否曾留下甚麼訓言，愛徒若望即以他的《默示錄》答覆了這些疑難。由於默想主耶穌的末世言論，也蒙受了彰顯這末世言論的另外一種啟示，即《默》中所記述的預言。這些預言叫他，令萬世萬代舉世的信徒，明白猶太主義消除了以後，仍有其他的權力興起，迫害教會，直到主再來臨。可是基督的信徒不要失望，羔羊和隨從他的信眾，必要勝過紅龍（撒彈）和隨從牠的人。由此可見，《默》的目的是在於安慰信友，鞏固他們的信仰，直到世界的終結。因此，聖教會的許多作家很合理地稱本書為戰爭教會的安慰書。

關於《默示錄》的分析，學者的意見不一。大致可分析如下：序言1:1-3; 致七教會函1:4-3:32; 第一段：今後之事（4:19:10）；第二段：今世的終結（19:11-22:5）；結尾語（22:6-21）。本書的結構緊湊嚴密：布局極有規律，全靠神秘的數字「七」，所以其中具有七個教會的七封書信、七個印、七個號角、七個異兆、七個金盃。

《默》之神學是基督，即獲得完全勝利的天主羔羊，就是祂戰勝了撒彈和撒彈的助手：暴虐、權力和假智慧，並使祂的教會，最後戰勝「地獄的三位一體」。可是旅途中的教會，無法得勝這「黑暗的三位一體」，除非依賴基督的寶血，而去克服罪惡，以基督的美德裝飾自己。基督徒既體認出主耶穌是勝利者，所以祂和教會也將是一個勝利者。



"Throwing away food is like throwing away people"
Pope Francis (May, 2019)

Pope Francis addressed members and volunteers of the European Federation of Food Banks at the annual meeting in Rome this month, thanking them for their dual efforts of distributing food to the needy and reducing food waste. "Waste reveals an indifference towards things and toward those who go without...To throw food away means to throw away people." This is not the first time that Pope Francis has talked about the issue of waste in society. Back in 2013 he spoke of how "consumerism has made us accustomed to wasting food daily, and we are unable to see its real value". Although we live in relatively affluent times, it appears that our wastefulness grows alongside our prosperity. Food is not seen as a valuable commodity (especially in developed countries like Australia) due to its sheer abundance and accessibility. According to the UN Food and Agricultural Organisation (FAO), 1.3bn tonnes of food (equivalent to one third of all that is produced for human consumption) is lost or goes to waste each year. There is enough food produced globally to feed the entire world's population and then some, and yet one in nine people do not have enough to eat.

Pope Francis had the right idea in 2013 when he said that "human ecology and environmental ecology walk hand in hand". Not only is food wastage a scandal against the poor of this world, it also has major ramifications on the health of the environment. Food that is discarded in landfills decompose over time and release methane gas which is 25 times more potent as a greenhouse gas than CO2. In the 2013 FAO Food Waste Footprint Report, it was found that if food wastage was a country, it would rank as the third largest greenhouse gas (GHG) emitter, contributing to 8% of all GHG emissions. Moreover, by throwing out food we waste not only the food itself, but the fuel, water and resources it took to transform it into its current state. The issue of food wastage carries social, economic and environmental costs that are too great to ignore. Waste can occur at various levels of the food chain, from the production to storage to consumption phases. As consumers, here are some practical ways we can help to minimise our food wastage footprint.

#1: Store food correctly to reduce premature food spoilage. E.g tomatoes, potatoes, cucumbers, onions and garlic should be kept at room temperature rather than in a fridge. Produce that release ethylene gas upon ripening (e.g. bananas, avocados, tomatoes and peaches) should be separated from those that don't (e.g apples, potatoes, leafy greens and berries).

#2: Pick the imperfect. Supermarkets choose only the most flawless looking organics to put out on display. Consider choosing the slightly imperfect veggies and fruits next time, or take it one step further and buy from a farmers market or your local grocers where produce may have visual imperfections but are still perfectly edible.

#3 Keep your fridge clutter free. This will help to ensure food isn't forgotten in the back of the fridge and ultimately discarded when it is next discovered. Keep clear food containers so that the contents can easily be seen.

#4 Blend up your food scraps/wilty veggies and fruit. These can be used to make other things like vegetable stock, or a yummy healthy smoothie.

#5 Countertop compost bin. Now there's an idea!

Youth Announcements

St. Monica's Youth Camp (9th to 12th July)

The Early Bird offer of \$250 for the 4-day St. Monica's Youth Camp will be ending next Sunday (2nd June)!! This year's theme will be 'Heaven's Kitchen' and campers will be involved in some cooking! Youths from Year 6 upwards are encouraged to attend. The camp will be held at Chittick Lodge Conference Centre from Tuesday 9th July to Friday 12th July (during school holidays). If interested, please contact Cheryl Wong (0481 507 169) or Abby Liu (0413 335 219).

Alpha Formation

Alpha Formation is on today (Sunday 26th May) at 12:45pm in the Community Room. Anyone from Year 4 upwards is welcome to attend. Lunch will be provided for \$5.

FIRST READING

ACTS 15:1-2, 22-29

Some men came down from Judaea and taught the brothers, 'Unless you have yourselves circumcised in the tradition of Moses you cannot be saved.' This led to disagreement, and after Paul and Barnabas had had a long argument with these men it was arranged that Paul and Barnabas and others of the church should go up to Jerusalem and discuss the problem with the apostles and elders.

Then the apostles and elders decided to choose delegates to send to Antioch with Paul and Barnabas; the whole church concurred with this. They chose Judas known as Barsabbas and Silas, both leading men in the brotherhood, and gave them this letter to take with them:

'The apostles and elders, your brothers, send greetings to the brothers of pagan birth in Antioch, Syria and Cilicia. We hear that some of our members have disturbed you with their demands and have unsettled your minds. They acted without any authority from us, and so we have decided unanimously to elect delegates and to send them to you with Barnabas and Paul, men we highly respect who have dedicated their lives to the name of our Lord Jesus Christ. Accordingly we are sending you Judas and Silas, who will confirm by word of mouth what we have written in this letter. It has been decided by the Holy Spirit and by ourselves not to saddle you with any burden beyond these essentials: you are to abstain from food sacrificed to idols, from blood, from the meat of strangled animals and from fornication. Avoid these, and you will do what is right. Farewell.'

The word of the Lord

RESPONSORIAL PSALM

Ps 66

R.) O God, let all the nations praise you!

1. O God, be gracious and bless us and let your face shed its light upon us. So will your ways be known upon earth and all nations learn your saving help. (R.)
2. Let the nations be glad and exult for you rule the world with justice. With fairness you rule the peoples, you guide the nations on earth. (R.)
3. Let the peoples praise you, O God; let all the peoples praise you. May God still give us his blessing till the ends of the earth revere him. (R.)

SECOND READING

APOCALYPSE 21:10-14, 22-23

In the spirit, the angel took me to the top of an enormous high mountain and showed me Jerusalem, the holy city, coming down from God out of heaven. It had all the radiant glory of God and glittered like some precious jewel of crystal-clear diamond. The walls of it were of a great height, and had twelve gates; at each of the twelve gates there was an angel, and over the gates were written the names of the twelve tribes of Israel; on the east there were three gates, on the north three gates, on the south three gates,

and on the west three gates. The city walls stood on twelve foundation stones, each one of which bore the name of one of the twelve apostles of the Lamb.

I saw that there was no temple in the city since the Lord God Almighty and the Lamb were themselves the temple, and the city did not need the sun or the moon for light, since it was lit by the radiant glory of God and the Lamb was a lighted torch for it.

The word of the Lord

GOSPEL ACCLAMATION

Alleluia, alleluia!

All who love me will keep my words, and my Father will love them and we will come to them. Alleluia!



GOSPEL

JOHN 14:23-29

Jesus said to his disciples:

'If anyone loves me he will keep my word, and my Father will love him, and we shall come to him and make our home with him. Those who do not love me do not keep my words. And my word is not my own: it is the word of the one who sent me.

I have said these things to you while still with you; but the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you everything and remind you of all I have said to you.

Peace I bequeath to you, my own peace I give you, a peace the world cannot give, this is my gift to you. Do not let your hearts be troubled or afraid. You heard me say: I am going away, and shall return. If you loved me you would have been glad to know that I am going to the Father, for the Father is greater than I. I have told you this now before it happens, so that when it does happen you may believe.'

The Gospel of the Lord