

天主教華人牧民處

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耶穌升天節 (節日)

2021年5月16日

進堂詠

加里肋亞人！你們為什麼站著望天呢？你們看見他怎樣升了天，他也要怎樣降來。亞肋路亞。

讀經一 宗徒大事錄1:1-11

德敖斐羅，我在第一部書中，已論及耶穌所行所教的一切，直到他藉聖神，囑咐了所選的宗徒之後，被接去的那一天為止。他受難以後，用了許多憑據，向他們顯明自己還活著，四十天之久，顯現給他們，講論天主國的事。

耶穌與他們一起進食時，吩咐他們不要離開耶路撒冷，但要等候父的恩許，說：「你們聽我所說過的，若翰固然以水施了洗，但不多幾天以後，你們要因聖神受洗。」

他們聚集的時候，就問耶穌說：「主，現在就要給以色列復國嗎？」耶穌回答說：「父以自己的權柄，所定的時間和日期，不是你們應當知道的；但當聖神降臨於你們身上時，你們將充滿聖神的德能，要在耶路撒冷，及全猶太和撒瑪黎雅，並直到地極，為我作證人。」

耶穌說完這些話，就在他們觀望中，被舉上升；有一朵雲彩接了他去，離開他們的眼界。

他們向天注視著他上升的時候，忽然，有兩個穿白衣的人，站在他們面前，向他們說：「加里肋亞人！你們為什麼站著望天呢？這位離開你們，被接到天上去的耶穌，你們看見他怎樣升了天，也要怎樣降來。」

—上主的話

答唱詠

詠47

【答】：天主上升，有歡呼之聲護送；上主騰空，有號角之聲相從。

領：萬民，你們要鼓掌歡騰，也要向天主歡呼慶祝。因上主至大至尊，可敬可畏；他是統治宇宙的偉大君王。【答】

領：天主上升，有歡呼之聲護送；上主騰空，有號角之聲相從。你們應歌頌，歌頌我們的天主；你們應歌頌，歌頌我們的君王。【答】

領：因為天主是普世的君王，你們都應該以詩歌讚揚。天主為王，統治萬國；天主登上神聖的寶座。【答】

讀經二

致厄弗所人書4:1-13

弟兄姊妹們：

我這在主內為囚犯的，懇求你們，行動務要與你們所受的寵召相稱；凡事要謙遜、溫和、忍耐，在愛德中彼此擔待，盡力以和平的聯繫，保持心神的合一，因為只有一個身體和一個聖神，正如你們蒙召，同有一個希望一樣。只有一個主，一個信德，一個洗禮；只有一個天主和眾人之父，他超越眾人，貫通眾人，且在眾人之內。

但我們各人所領受的恩寵，卻是按照基督賜恩的尺度。為此經上說：「他帶領俘虜，升上高天，且把恩惠賜給世人。」說他上升了，豈不是說：他曾下降到地下嗎？那下降的，正是上升諸天之上，以充滿萬有的那一位；就是他賜與這些人作宗徒，那些人作先知，有的作傳福音者，有的作司牧和教師，為成全聖徒，使之各盡其職，為建樹基督的身體，直到我們眾人，都達到對天主子，有一致的信仰和認識，成為成年人，達到基督圓滿年齡的程度。

—上主的話

福音前歡呼

領：亞肋路亞，亞肋路亞。

眾：亞肋路亞，亞肋路亞。

領：主說：你們要去使萬民成為門徒；我同你們天天在一起，直到今世的終結。

眾：亞肋路亞，亞肋路亞。

福音

聖馬爾谷福音16:15-20

那時候，耶穌顯現給十一位宗徒，對他們說：「你們往普天下去，向一切受造物，宣傳福音；信而受洗的，必要得救；但不信的，必被判罪。」

「信的人，必有這些奇蹟相隨：因我的名驅逐魔鬼、說新語言、手拿毒蛇，甚或喝了什麼致命的毒物，也不會受害；按手在病人身上，可使人痊癒。」

主耶穌給宗徒說了這些話以後，就被接升天，坐在天主的右邊。

宗徒出去，到處宣講；主與他們合作，並以奇蹟相隨，證實所傳的道理。

—上主的話

領主詠

主說：看，我同你們天天在一起，直到今世的終結。亞肋路亞。

聖言 導讀

谷十六14敘述當「十一人」正在聚餐時，耶穌顯現給他們。這個主日的福音接著這個情景報導，復活的主交付這十一人使命，派遣他們去傳播福音。這個派遣清楚的強調了普世性：他們要「往普天下去，向一切受造物宣傳福音」（十六15）。由於基督把自己顯現給這十一人，同時接納他們進入祂的福傳工作，他們「無信」（十六14）的障礙也因此被克服。他們被召叫成為耶穌復活的見證，完全是出自於復活主的恩寵。

耶穌的使者宣揚福音的時候，將有奇蹟相隨。這段經文對於奇蹟的用法和谷八11-12完全不同，在這裡，奇蹟的意義非常積極正面。但是奇蹟並不是發生在信仰之前，因此它們不是促成信仰的因素，也不是為了表達門徒具有特殊能力。奇蹟的目的是使相信的人知道，他們的信德得到了天主的肯定；奇蹟使他們明白基督真是一切受造物的新王，這位新的君王願意讓一切受造物都得到救恩。

門徒在耶穌升天後立刻展開行動，執行祂在升天前交付的使命，外出到世界各地宣揚福音。他們在實際的福傳工作當中，經驗到主大能的支持，透過所實現的奇蹟，他們經驗到主實現了祂的許諾，和他們一起工作。這段經文大概反映了初期教會的經驗，基督徒在具體的福傳工作中，經驗到主的臨在與助佑，因此滿懷感激之情地將具體的體驗透過文字表達出來。

復活的主，顯現給祂的門徒，同時派遣他們做祂生命事件的見證人，要求他們去向普世宣講這個喜訊。經文的關鍵是復活的主對門徒的派遣，要求他們向普世一切受造物宣講福音，這個派遣一直存留到今天。門徒們之所以能夠執行這個使命，是因為復活的主一直和他們在一起，以大能協助他們福傳工作，這個事實也是日後基督徒團體應該一再獲得的經驗。

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

牧民處熱線電話	0411 192 278 短訊 (SMS)、WhatsApp、微信 (wechat)、粵語及國語(普通話)留言
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:	逢星期四晚上8時至9時 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:	逢星期六下午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

誦念玫瑰經

教會在五月特別恭敬聖母瑪利亞, 效法她的德行和與她一起欽崇天主。牧民處已安排五月份每個主日上午11時10分與教友一起誦念玫瑰經。請大家參與。

日期	奧蹟	由以下善會帶領
23/5	榮福五端 Glorious Mystery	聖奧思定組 St Augustine Group
30/5	痛苦五端 Sorrowful Mystery	慕道班 RCIA



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。

新一屆慕道班(粵語及國語)將於7月中開始。

詳情可聯絡: 林勝文神父 Fr Ephraim Lam, (02)9630 1951, shingmanlam@gmail.com

王德蘭修女 Sr Pauline Wong, 0424 056 613, wongmpauline@gmail.com

Eric Wong 0450 477 003, wong.sobasan@gmail.com

牧民處熱線 0411 192 278

天主教青年教理 YOUCAT 導讀 (粵語, ZOOM 網上講座, 歡迎青年和成年人士參加)

由林勝文神父主講, 逢每月第二個第四個星期六, 晚上8時起舉行。下次舉行日期: 5月22日。

已報名者可重用去年的ZOOM聯線。

亦歡迎新參加者, 請致電: Eric Wong 0450477003; Thomas Tse 0413304285

澳洲雪梨地區 最新 COVID 法例

由2021年5月11日起, 參與彌撒者必須戴上口罩, 並只有歌詠團詠唱。聖堂內仍可有220人就坐。

Bishop's Good Shepherd Appeal 2021 supporting the Seminarians and the Holy Spirit Seminary

Appeal weekend: Saturday 29 & Sunday 30 May 2021

Envelopes will be available near the Sacred Heart Statue. Please place your cash donations or completed envelopes in the box provided. Gifts over \$2 are tax deductible.

耶穌升天節的答唱詠選自聖詠第 47 篇。

這聖詠與前篇 46 和下篇 48 一氣呵成，出自同一位作者：科辣黑的後裔。三篇聖詠都講述以民遭受苦難，但上主激勵百姓保持信心與勇氣，上主必定救助。第 47 篇尤其指出將來整個世界都皈依天主，欽崇同一的神；在默西亞來臨時，萬民只朝拜唯一的天主。教會自古就用此聖詠歌頌升天的基督，作為聖言的實現。

按三篇聖詠的內容，和「科辣黑的後裔」的年代推論，聖詠 46 至 48 篇應是以民分成南北兩國時，互相敵對甚至交戰（詳見列下各章），因此鄰近的民族乘機侵擾以色列地，企圖搶奪資源和控制歐、亞、非三洲陸路的貿易。作者，即科辣黑的後裔，這家族原是耶京聖殿的守衛（見編上 9:19; 26:1-19 和編下 20:19），在上主的感召下，把在南北兩國交戰時，到南北兩國相繼滅亡和以民被逼充軍的情懷，寫成聖詠集中最清逸、最真誠懇切的詩篇。

答句出自第 6 節（天主上升，有歡呼聲護送，上主騰空，有號角聲相從）。若天主「上升」，須先「下降」，這節暗示耶穌基督降生成人，並戰勝罪惡和死亡，完成贖世的工程，然後輝煌地升天。其餘的詩節是讚美和歌頌升天的基督至尊至聖，是整個宇宙的君王。

~勝文神父

歡迎把這通訊
帶回家細閱

聖彌額爾禱文

聖彌額爾總領天使，在戰爭的日子裏保衛我們，免我們陷入魔鬼邪惡的陰謀，和奸詐的陷阱中，我們謙卑地祈求，但願上主譴責牠。上主萬軍的統帥，求你因上主的威能，把徘徊人間，引誘人靈，使其喪亡的撒殫及其他邪靈，拋下地獄裏去。亞孟。



Jesus' Humanity

OK, let's admit it. We love superhero movies. Or at least that's what the box-office numbers are telling us. By the end of 2019 (2020 doesn't count), superhero movies represented a mind-blowing 25 percent of the domestic movie marketplace. But this fascination is nothing new. I can still remember watching the reruns of *Superman*—the original starring George Reeves—on TV. For most of the show he was just Clark Kent, a normal, mild-mannered reporter. But at the end of each show, he would show up as Superman and save the day. That's the thing about Superman. He *looked* like an ordinary human—he walked, talked, and ate food. But, in reality, he wasn't human at all. He was an alien being from the planet Krypton. His humanity was only an illusion. Indeed, Superman was able to save people precisely because he *wasn't* human like us. When it comes to the person of Christ, however, things are very different. The author of Hebrews reminds us: "Since therefore the children share in flesh and blood, he himself likewise partook of the same things . . . For surely it is not angels that he helps, but he helps the offspring of Abraham" ([Heb. 2:14-16](#)). This remarkable passage presses home a truth we often forget: Jesus was a real human being, just like us. Indeed, the very raw language of "flesh and blood" heightens the author's point. Of course, many biblical texts confirm Jesus's true humanity. He was born of a real woman ([Luke 2:7](#)), he was hungry ([Matt. 4:2](#)), he was thirsty ([John 19:28](#)), he became exhausted ([Mark 4:38](#)), and, of course, he died ([Luke 23:46](#)).

To be sure, there are very few instances when we feel the need to defend the humanity of Jesus today. Most scholars—and most people—are quite willing to accept that Jesus was a human who really lived in history. If you have a disagreement with your non-Christian friend about the person of Jesus, it's probably about whether he was really divine, not whether he was really human. Why can't we have a Superman Jesus? We need a saviour who *sympathizes* with us and *understands* us. We need someone who knows what it is like to live in a fallen world. Since Jesus became a real human being, he experienced the life humans live. The author of Hebrews says "Therefore he had to be made like his brothers in every way, so that he might become a merciful and faithful high priest" ([Heb. 2:17](#)).

When you think of the many hardships of a human life, Jesus experienced them. He was tempted ([Matt. 4:1-11](#)), sorrowful ([Matt. 26:38](#)), angry ([Mark 3:5](#)), betrayed by a friend ([Luke 22:47](#)). He cried out in desperation to God ([Luke 22:44](#)). He wept after hearing of Lazarus' death ([John 11:35](#)). When we struggle with life in a fallen world, no one can say, "Jesus doesn't understand what it's like." Yes, he does. He lived a real human life and joined us in the muck and mire of a broken world. But there is one difference. There is a place where Jesus is *not* like us. He is sinless—"holy, innocent, unstained" ([Heb. 7:26](#)). Therefore, he could be the perfect sacrifice when he "offered up himself" on our behalf ([Heb. 7:27](#)). In the end, we don't have a Superman Jesus. We have someone better. We have a Saviour who shared in our infirmities and weaknesses.

- Rachel

(adapted from article *Why Jesus' Humanity Matters as Much as His Divinity* written by Michael Kruger, published in The Gospel Coalition)

Youth Announcements



St Monica's Youth Group (FYRE)

Face to face/ in person youth group has resumed at 10:30AM in the community room! Feel free to come along! Our sessions will continue to focus on books of the Bible from both Old and New Testaments- in May we will be looking at the book of Job/Ecclesiastes! Also follow us on Instagram @fyrestmonicas to keep track of the latest FYRE news and events!

Youth Camp 2021: Mission Impossible

We are happy to announce that our most anticipated event of the year- **Youth Camp**- will be back on again in June! It will be during the Term 2 holidays from the 29th June (Tuesday)- 2nd July (Friday) at Wedderburn Christian Campsite. If you are interested in coming, please grab a form from Cheryl Wong (0481 507 169) or Rebecca Cheung (0449 055 395). Get excited : D



St. Monica's Parish

North Parramatta

ST MONICA'S
CATHOLIC PARISH AND PRIMARY SCHOOL COMMUNITY

The Ascension of the Lord - Year B

16th May 2021

Entrance Antiphon

Men of Galilee, why gaze in wonder at the heavens?

This Jesus whom you saw ascending into heaven will return as you saw him go, alleluia.

First Reading

Acts 1:1-11

In my earlier work, *Theophilus*, I dealt with everything Jesus had done and taught from the beginning until the day he gave his instructions to the apostles he had chosen through the Holy Spirit, and was taken up to heaven. He had shown himself alive to them after his Passion by many demonstrations: for forty days he had continued to appear to them and tell them about the kingdom of God. When he had been at table with them, he had told them not to leave Jerusalem, but to wait there for what the Father had promised. 'It is,' he had said, 'what you have heard me speak about:

John baptised with water but you, not many days from now, will be baptised with the Holy Spirit.' Now having met together, they asked him, 'Lord, has the time come? Are you going to restore the kingdom to Israel?' He replied, 'It is not for you to know times or dates that the Father has decided by his own authority, but you will receive power when the Holy Spirit comes on you, and then you will be my witnesses not only in Jerusalem but throughout Judaea and Samaria, and indeed to the ends of the earth.'

As he said this he was lifted up while they looked on, and a cloud took him from their sight. They were still staring into the sky when suddenly two men in white were standing near them and they said, 'Why are you men from Galilee standing here looking into the sky? Jesus who has been taken up from you into heaven, this same Jesus will come back in the same way as you have seen him go there.'

The Word of the Lord

Responsorial Psalm

Ps 46

(R.) God mounts his throne to shouts of joy: a blare of trumpets from the Lord

1. All peoples, clap your hands, cry to God with shouts of joy! For the Lord, the Most High, we must fear, great king over all the earth. (R.)
2. God goes up with shouts of joy; the Lord goes up with trumpet blast. Sing praise for God, sing praise, sing praise to our king, sing praise. (R.)
3. God is king of all the earth. Sing praise with all your skill. God is king over the nations; God reigns on his holy throne. (R.)

Second Reading

Ephesians 4: 1-13

I, the prisoner in the Lord, implore you to lead a life worthy of your vocation. Bear with one another charitably, in complete selflessness, gentleness and patience. Do all you can to preserve the unity of the Spirit by the peace that binds you together. There is one Body, one Spirit, just as you were all called into one and the same hope when you were called. There is one Lord, one faith, one baptism, and one God who is

Father of all, over all, through all and within all.

Each one of us, however, has been given his own share of grace, given as Christ allotted it. It was said that he would:

When he ascended to the height, he captured prisoners, he gave gifts to men.

When it says, 'he ascended', what can it mean if not that he descended right down to the lower regions of the earth? The one who rose higher than all the heavens to fill all things is none other than the one who descended. And to some, his gift was that they should be apostles; to some, prophets; to some, evangelists; to some, pastors and teachers; so that the saints together make a unity in the work of service, building up the body of Christ. In this way we are all to come to unity in our faith and in our knowledge of the Son of God, until we become the perfect Man, fully mature with the fullness of Christ himself.

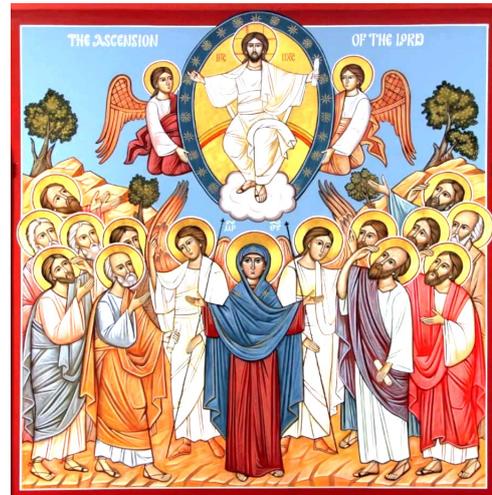
The Word of the Lord

Gospel Acclamation

Alleluia, alleluia!

Go and teach all people my gospel. I am with you always, until the end of the world.

Alleluia!



Gospel

MARK 16: 15-20

Jesus showed himself to the Eleven and said to them, 'Go out to the whole world; proclaim the Good News to all creation. He who believes and is baptised is saved; he who does not believe will be condemned. These are the signs that will be associated with believers: in my name they will cast out devils; they will have the gift of tongues; they will pick up snakes in their hands, and be unharmed should they drink deadly poison; they will lay their hands on the sick, who will recover.'

And so the Lord Jesus, after he had spoken to them, was taken up into heaven: there at the right hand of God he took his place, while they, going out, preached everywhere, the Lord working with them and confirming the word by the signs that accompanied it.

The Gospel of the Lord

COMMUNION ANTIPHON

Behold, I am with you always, even to the end of the age, alleluia .