

天主教華人牧民處

www.chinesechaplaincyparra.org



聖十字瑪麗（慶日）

2021年8月8日

進堂詠

我父所祝福的，你們來罷！我患病，你們看顧了我。亞孟。我實在告訴你們：凡你們對我這些最小兄弟中的一個所做的，就是對我做的。

讀經一 列王紀上17:7-16

有上主的話傳於厄里亞說：

「你起身往漆冬匝爾法特去，住在那裡；我已吩咐那裡的一個寡婦供養你。」他就起身往匝爾法特去了，來到城門時，看見一個寡婦在那裡拾木柴。厄里亞喚她說：「請你用器皿取點水來給我喝！」她正要去取水的時候，厄里亞又叫住她說：「請你也順便給我拿點餅來！」

那寡婦說：「我指著永生上主你的天主起誓：我沒有餅，缸裡只有一把麵，罐裡還有一點油。你看，我正要拾兩根木柴，回去為我和我的兒子做點東西，吃了等死。」

厄里亞對她說：「你不用害怕，儘管照你所說的去做；只是先為我做一個小餅，給我拿來！然後，再為你和你的兒子做，因為上主以色列的天主這樣說：直到上主使雨落在這地上的那一天，缸裡的麵，決不會用完；罐裡的油，也決不會缺少。」那個寡婦就照厄里亞的話去做了；她和厄里亞並她的孩子吃了許多日子；缸裡的麵，果然沒有用完，罐裡的油，也沒有減少，正如上主藉厄里亞所說的話。

—上主的話

答唱詠 詠63

【答】：我的靈魂緊緊追隨你，你的右手常常扶持我。

領：天主，你是我的天主，我急切尋覓你；我的靈魂渴慕你，我的肉身切望你，我有如一塊乾旱涸竭的無水田地。【答】

領：昔日我曾在聖殿裡瞻仰過你，為看到你的威能，和你的光輝；因你的慈愛比命更寶貴，我的唇舌要時常稱頌你。【答】

領：我要一生一世讚美你，我要因你名把手舉起！我的靈魂好似飽享了膏脂，我要以歡愉的口唇讚美你。【答】

領：當我在我床上想起了你時，我便徹夜不寐地默想著你。因為你曾作了我的助佑，我要在你的羽翼下歡舞。【答】

讀經二 哥羅森書3:12-17

弟兄姊妹們：

你們該如天主所揀選的，所愛的聖者，穿上憐憫的心腸、仁慈、謙卑、良善和含忍；如果有人對某人有什麼怨恨的事，要彼此擔待，互相寬恕；就如主怎樣寬恕了你們，你們也要怎樣寬恕人。在這一切以上，尤該有愛德，因為愛德是全德的聯繫。還要叫基督的平安，在你們心中作主；你們所以蒙召存於一個身體內，也是為此，所以你

們該有感恩之心。要讓基督的話充分地存在你們內，以各種智慧彼此教導規勸，以聖詠、詩詞和屬神的歌曲在你們心內，懷著感恩之情，歌頌天主。你們無論作什麼，在言語上或在行為上，一切都該因主耶穌的名而作，藉著他感謝天主聖父。

—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：有許多婦女在那裡從遠處觀望，她們從加里肋亞就跟隨了耶穌為服事他。

眾：亞肋路亞，亞肋路亞。

福音 聖瑪竇福音6:25-34

耶穌對他的門徒說：我告訴你們：不要為你們的生命憂慮吃什麼，或喝什麼；也不要為你們的身體憂慮穿什麼。難道生命不是貴於食物，身體不是貴於衣服嗎？你們仰觀天空的飛鳥，牠們不播種，也不收穫，也不在糧倉裡屯積，你們的天父還是養活牠們；你們不比牠們更貴重嗎？你們中誰能運用思慮，使自己的壽數增加一肘呢？關於衣服，你們又憂慮什麼？你們觀察一下田間的百合花怎樣生長：它們既不勞作，也不紡織；可是我告訴你們：連撒羅滿在他極盛的榮華時代所披戴的，也不如這些花中的一朵。田地裡的野草今天還在，明天就投在爐中，天主尚且這樣裝飾，信德薄弱的人哪，何況你們呢？所以，你們不要憂慮說：我們吃什麼，喝什麼，穿什麼？因為這一切都是外邦人所尋求的；你們的天父原曉得你們需要這一切。你們先該尋求天主的國和它的義德，這一切自會加給你們。所以你們不要為明天憂慮，因為明天有明天的憂慮！一天的苦足夠一天受的了。」

—上主的話

領主詠

如果你們之間彼此相親相愛，世人因此就可認出你們是我的門徒。



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

由於疫情轉壞和省政府停市的決定，本堂所有彌撒及活動均告暫停，直至另行通告。只保留網上的直播彌撒和聚會。

聖莫尼加堂特別籌款



堂區辦事處及會議室將加增新洗手間和小型廚房，請信友幫忙支付裝修費用。

我們目前共收到了\$8787的捐款。為了達到我們\$70,000的目標，非常感謝您在這些困難時期繼續提供支持。解除封鎖後，捐款可以放在聖堂內的捐款箱或交給堂區辦事處。

廣東話及普通話慕道班（ZOOM網上進行）

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）已於 7月18日開始。

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

主日信仰重溫聚會 由於疫情，信仰重溫將在網上進行，詳情如下：

日期：逢每月第一和第三個星期六。下次舉行日期：8月21日

時間：晚上八時正 | 平台：ZOOM

聖奧斯定組為兄弟姊妹主持信仰重溫分享聚會。由八月至十一月，每逢第一和第三個週六，我們一起來分享一個主題：

"「我」見了主---做復活的見證人" 歡迎踴躍參加。請填寫以下的表格, 我們會把 Zoom meeting 的網上連結電郵給你們：
<https://forms.gle/mjfmVfrPYS7ZtCXk9>

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時舉行。下次舉行日期：8月14日。

已報名者可重用現有的ZOOM聯線。亦歡迎新參加者，請致電: Eric Wong 0450 477 003; Thomas Tse 0413 304 285

澳洲主保聖瑪利亞麥基立的慶日，彌撒答唱詠選自聖詠第 63 篇。



Lockdown Lamentation

The people are restless and afraid. They hunger for the light while they wait in darkness. Angrily they throw out their condemnations, whilst grieving for those lost to the sickness. They cry out in their despair.

These are not just some words written in the Bible about a peoples who existed thousands of years ago, though it might sound like it to some. No, they are words written today, about the people of today. About us.

As Sydney continues to be locked down, dissent and unrest continues to bubble beneath the surface. We are willing to come together as a community, as one people, to defeat a common foe and yet, with every drawn out battle, the onset of fatigue manifests itself into another silent but deadly enemy. Weariness, be it mental or physical, can easily provoke baser emotions. Take being hangry for example – sometimes we are just angry because our basic need for food has not been met and it shortens our tempers, making us unable to focus and think things through logically. We become angry because quite simply, we are hungry.

Justifiably so, this lockdown has many feeling angry and frustrated. People are fighting all kinds of struggles in this lockdown, be it to make ends meet, or connecting with friends and loved ones, or just plain living in fear of catching the virus and falling ill. Understandably, many Australians are angry at those in power regarding the supply and rollout of the vaccines. Every man, woman and their dog have something to say about this matter. However, lest us call to mind that this is a time for us to exercise our patience and trust in the Lord. We must still strive for mastery over our spiritual lives, passions and our temper.

“In your anger do not sin: Do not let the sun go down while you are still angry, and do not give the devil a foothold” (Ephesians 4:26-27). What we need to understand is that as a passion, anger itself is neither good nor evil. “They [passions] are morally qualified only to the extent that they effectively engage reason and will”. (CCC 1767). Anger can be used for noble causes, especially when used in the light of injustice or wrongdoing. Strong feelings are not decisive of the morality or the holiness of a person, but it is what we do with such passions that defines us. Here in this time and place, let’s continue to pray. Pray for an increase in patience and charity. And pray for the leaders of community, for our state, for our country and for the whole world, that they may have the wisdom to make prudent decisions for those in their care in the fight against this pandemic.

- Abby

這篇聖詠的歷史背景是達味因為兒子阿貝沙隆謀反，企圖弑父且自立為君王而興起戰爭。達味為保命，亦不願與兒子正面交鋒，於是逃難到猶大曠野（詳見撒下 15 章；亦是納堂先知的預言成真，見撒下 12:10-12）。達味逃難時懇求天主垂憐而寫成這首熱心的詩歌。

答句出自第 9 節（我的靈魂緊緊追隨你，你的右手常常扶持我），可見舊約時代以色列子民已普遍相信人既有肉身又有靈魂（見創 2:7），而且靈魂與肉身並不互相違背，共同渴慕和切望天主。「上主的右手」當然是象徵性的說法，是說上主恩待祂的僕人。

全詩最重要的是第 6 節（我的靈魂好似飽享了膏脂，我要以歡愉的口唇讚美你）。達味深信上主的眷顧而充滿力量（反映舊約時代物質缺乏，滿是脂肪的肥肉是珍品！），上主必然拯救祂特選的人。

~勝文神父

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，使其喪亡的撒旦及其他邪靈，拋下地獄裏去。亞孟。

Youth Announcements



St Monica's Youth Group (FYRE)

Online youth group continues! Thank you to everyone who came along to July's youth group sessions- it was really wonderful to see so many familiar faces. In August we are looking at the book of Romans, led by Rashane and Sam! Join us every Saturday night at 8PM on Zoom- feel free to come along! The zoom link is attached- <https://uni-sydney.zoom.us/j/5735998128?pwd=bm1XMnJtT0hnNW9GQ09xc1EzQkpHUT09>

We will keep you updated on whether online youth group continues on our Instagram page @fyrestmonicas! Hope everyone is doing well during this time- stay safe and if you ever just want to chat, our Instagram @fyrestmonicas DMs are always open!

Entrance Antiphon

Come, you blessed of my Father, says the Lord: I was sick and you visited me. Amen, I say to you: whatever you did for one of the least of my brethren, you did it for me.

First Reading

1 Kings 17:7-16

And then the word of the Lord came to Elijah, 'Up and go to Zarephath, a Sidonian town, and stay there. I have ordered a widow there to give you food.' So he went off to Sidon. And when he reached the city gate, there was a widow gathering sticks. Addressing her he said, 'Please bring a little water in a vessel for me to drink.' She was setting off to bring it when he called after her. 'Please,' he said 'bring me a scrap of bread in your hand.' 'As the Lord your God lives,' she replied 'I have no baked bread, but only a handful of meal in a jar and a little oil in a jug; I am just gathering a stick or two to go and prepare this for myself and my son to eat, and then we shall die.' But Elijah said to her, 'Do not be afraid, go and do as you have said; but first make a little scone of it for me and bring it to me, and then make some for yourself and for your son. For thus the Lord speaks, the God of Israel:

"Jar of meal shall not be spent,
jug of oil shall not be emptied,
before the day when the Lord sends
rain on the face of the earth."

The woman went and did as Elijah told her and they ate the food, she, himself and her son. The jar of meal was not spent nor the jug of oil emptied, just as the Lord had foretold through Elijah.

The Word of the Lord

Responsorial Psalm

Ps 63

(R.) My soul clings to you; your right hand holds me fast.

1. O God, you are my God, for you I long; for you my soul is thirsting. My body pines for you like a dry, weary land without water. (R.)
2. So I gaze on you in the sanctuary to see your strength and your glory. For your love is better than life, my lips will speak your praise. (R.)
3. So I will bless you all my life, in your name I will lift up my hands. My soul shall be filled as with a banquet, my mouth shall praise you with joy. (R.)
4. On my bed I remember you. On you I muse through the night for you have been my help; in the shadow of your wings I rejoice. (R.)

Second Reading

Colossians 3:12-17

You are God's chosen race, his saints; he loves you, and you should be clothed in sincere compassion, in kindness and humility, gentleness and patience. Bear with one another; forgive each other as soon as a quarrel begins. The Lord has forgiven you; now you must do the same. Over all these clothes, to keep them together and complete them, put on love. And may the peace of Christ reign in your hearts, because it is for this that you were called together as parts of one body. Always be thankful.

Let the message of Christ, in all its richness, find a home with you. Teach each other, and advise each other, in all wisdom. With gratitude in your hearts sing psalms and hymns and inspired songs to God; and never say or do anything except in the name of the Lord Jesus, giving thanks to God the Father through him.

The Word of the Lord

Gospel Acclamation



Alleluia, alleluia!

Many women were there by the cross, watching from a distance, the same women who had followed Jesus and looked after him.
Alleluia!

Gospel

MATTHEW 6: 25-34

Jesus said to his disciples:

I am telling you not to worry about your life and what you are to eat, nor about your body and what you are to wear. Surely life is more than food, and the body more than clothing! Look at the birds in the sky. They do not sow or reap or gather into barns; yet your heavenly Father feeds them. Are you not worth much more than they are? Can any of you, however much you worry, add one single cubit to your span of life? And why worry about clothing? Think of the flowers growing in the fields; they never have to work or spin: yet I assure you that not even Solomon in all his royal robes was clothed like one of these. Now if that is how God clothes the wild flowers growing in the field which are there today and thrown into the furnace tomorrow, will he not much more look after you, you have so little faith? So do not worry; do not say, "What are we to eat? What are we to drink? What are we to wear?" It is the gentiles who set their hearts on all these things. Your heavenly Father knows you need them all. Set your hearts on his kingdom first, and on God's saving justice, and all these other things will be given you as well. So do not worry about tomorrow: tomorrow will take care of itself. Each day has enough trouble of its own.

The Gospel of the Lord

Communion Antiphon

This is how all will know that you are my disciples, if you have love for one another, says the Lord.