

天主教華人牧民處

www.chinesechaplaincyparra.org



復活期第三主日（丙年）

2022年5月1日

進堂詠

普世大地，請向天主歡呼！請歌頌他聖名的光榮，請獻給他輝煌的讚頌。亞肋路亞。

讀經一

宗徒大事錄5:27-32,40-41

那時候，聖殿警官和差役，把宗徒領來之後，叫他們站在公議會前。大司祭審問他們，說：「我們曾嚴厲命令你們，不可用這名字施教。你們看，你們卻把你們的道理，傳遍了耶路撒冷；你們是有意把這人的血，歸到我們身上！」

伯多祿和眾宗徒回答說：「聽天主的命，應勝過聽人的命。我們祖先的天主，復活了你們下毒手懸在木架上的耶穌。天主以右手舉揚了他，叫他做首領和救主，為賜給以證人悔改和罪赦。我們就是這些事的證人，並且，天主賜給服從他的聖神，也為此事作證。」

大司祭命令宗徒：不可再因耶穌的名字講道，然後，釋放了他們。他們喜歡歡由公議會出來，因為他們配為這名字受侮辱。

—上主的話

答唱詠

詠30:2,4, 5-6, 11-12,13

【答】：上主，我稱揚你，因為你救拔了我。

領：上主，我稱揚你，因為你救拔了我。你沒有讓我的仇敵，向我誇耀。上主，你由陰府中把我救出，又使我安全復生，免除幽谷。【答】

領：上主的聖民，請向上主歌頌，稱謝他的聖名。因為他的憤怒，瞬息消散；他的恩愛，卻要終生綿延。晚間雖令人哭泣，清晨卻使人歡喜。【答】

領：上主，請俯聽我，憐憫我；上主，求你前來助佑我。你把我的哀痛，化成了舞蹈。上主，我的天主，我要永遠稱謝你！【答】

讀經二

默示錄5:11-14

我、若望，看見和聽見在寶座、活物和長老的四周，有許多天使的聲音；他們的數目千千萬萬，大聲喊說：「被宰殺的羔羊，堪受權能、富裕、智慧、勇毅、尊威、光榮和讚頌！」

我又聽見一切受造物，即天上、地上、地下和海中，都說：「願讚頌、尊威、光榮和權力，歸於坐在寶座上的那位和羔羊，至於無窮之世！」那四個活物就答說：「阿們。」長老們於是俯伏朝拜。

—上主的話

福音前歡呼

領：亞肋路亞。眾：亞肋路亞。

領：亞肋路亞。基督復活了；他創造了萬物，且憐憫了整個人類。亞肋路亞。

福音

聖若望福音21:1-19

那時候，耶穌在提庇黎雅海邊，又顯現給門徒。

耶穌是這樣顯現的：當西滿伯多祿、號稱狄狄摩的多默、加里肋亞加納

的納塔乃耳、載伯德的兩個兒子，同其他兩個門徒在一起的時候，西滿伯多祿對他們說：「我去打魚。」他們回答說：「我們也同你一起去。」他們便出去，上了船；但那一夜什麼也沒有捕獲。

已經到了早晨，耶穌站在岸上；門徒卻沒有認出他是耶穌。於是，耶穌對他們說：「孩子們，你們有魚吃嗎？」

他們回答說：「沒有。」耶穌向他們說：「向船右邊撒網，就會捕到。」他們便撒下網，因為魚太多，竟不能把網拉上來。

耶穌所愛的那個門徒，就對伯多祿說：「是主。」西滿伯多祿一聽見是主；他當時赤著身；就束上外衣，縱身跳入海裡。其他門徒因離岸不遠——約有二百肘——就坐著小船，拖著一網魚回來。

當他們上了岸，看見放著一堆炭火，上面放著魚和餅。耶穌對他們說：「把你們剛才所打得的魚，拿一些來！」西滿伯多祿便上船，把網拉到岸上，網裡都是大魚，共一百五十三條；雖然這麼多，網卻沒有破。耶穌向他們說：「你們來吃早飯吧！」門徒中沒有人敢問他：「你是誰？」因為知道是主。耶穌於是上前，拿起餅來，遞給他們；也同樣拿起魚來，遞給他們。

耶穌從死者中復活後，向門徒顯現，這已是第三次。

吃完了早飯，耶穌對西滿伯多祿說：「若望的兒子西滿，你比他們更愛我嗎？」

伯多祿回答說：「主，是的，你知道我愛你。」

耶穌就對他說：「你餵養我的羔羊。」耶穌第二次又問伯多祿說：「若望的兒子西滿，你愛我嗎？」

伯多祿回答說：「主，是的，你知道我愛你。」

耶穌就對他說：「你牧放我的羊群。」耶穌第三次問伯多祿說：「若望的兒子西滿，你愛我嗎？」

伯多祿因耶穌第三次問他說：「你愛我嗎？」便憂愁起來，於是向耶穌說：「主啊！一切你都知道，你曉得我愛你。」

耶穌對他說：「你餵養我的羊群。」

「我實實在在告訴你：你年少時，自己束上腰，任意往來；但到了老年，你要伸出手來，別人要給你束上腰，帶到你 unwilling 去的地方。」耶穌說這話，是指伯多祿將以怎樣的死，去光榮天主。

說完這話，又對他說：「跟隨我吧！」

—上主的話。

領主詠

在耶穌分餅時，門徒認出了主耶穌。亞肋路亞。

聖言導讀

耶穌以伯多祿和他父親的名字呼喊他：「若望的兒子西滿」，顯示出這是個人性的對話。耶穌連續三次問他：是否比其他人更愛他？伯多祿三次都給予耶穌肯定的答覆，並且指出耶穌知道一切。耶穌三次對伯多祿提出問話，應該使他想起在耶穌受難時自己曾三次否認和耶穌的關係。

在伯多祿每次肯定答覆之後，耶穌都託付給他特殊的使命。「餵養」或「牧放」基督的羊群，顯示耶穌使伯多祿分享祂的善牧職務。耶穌的問話中交互使用「羔羊和羊群」、「餵養和牧放」等名詞，強調牧人對於羊群無限的關懷與責任，基督是永遠的「首牧」，一切羊群都屬於祂（參閱：若十1-18），伯多祿只是受耶穌託付代為照管羊群。

做為耶穌的門徒，伯多祿不僅分享耶穌的牧人職務，也必須分享祂的命運。福音作者藉著圖像式的語言表達這一點，伯多祿在年老時將被人帶到他所不願去的地方，這個地方正是墳墓，而他「伸出手，讓人束上腰」，顯示他將殉道死亡。耶穌說這話是指「他將以怎樣的死去光榮天主」，在古老基督徒的語言中，「光榮天主的死亡」就是特別指殉道的死亡。教會歷史傳統也告訴我們，伯多祿後來的確為這信仰奉獻了性命。

這段經文充滿與教會相關的隱喻，捕魚奇蹟顯示復活的主永遠和祂的教會同在。聖奧斯定指出：「基督站在永生的岸邊，向右邊撒出的網給天主的國帶來子民」。門徒整夜勞苦一無所獲，卻按著耶穌的命令再次撒網，因此教會的宣講者必須完全信賴基督的助佑。

伯多祿一個人將網拉上岸，以及耶穌和他獨特的對話，顯示基督把教會託付給他。伯多祿曾輕率莽撞地自誇要為耶穌而死（若十二37），卻三次否認耶穌；當時他並不瞭解，基督來是為把生命給一切屬於自己的人，當然也包含伯多祿。基督必須先為伯多祿的得救而死亡，然後伯多祿才能為了基督的福音而死亡。

伯多祿經歷應了人的真實情況：在耶穌受難時不敢承認耶穌，在基督復活的光照下看見自己是罪人；而耶穌再次的召叫促使伯多祿悔改，而使罪惡轉變成為恩寵。

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(普通话)留言
主任司鐸 / 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

青年組籌款午餐

今日彌撒後，青年組為參加2023年葡萄牙普世青年節舉行籌款午餐，已購票的教友請前往禮堂。

中華聖母節粵語彌撒

5月6日（星期五），晚上7時半，聖堂舉行中華聖母節粵語彌撒。

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：2022年5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

網上信仰重溫聚會

逢第一和第三個星期六。時間：晚上8時。下次舉行日期：2022年5月7日

主持：聖奧思定組。內容：視頻分享，小組討論

歡迎踴躍參加。請填寫以下的表格，我們會把 Zoom meeting 的網上連結電郵給您們。

<https://forms.gle/7W2Q8MeQULB9Reuu5>

聖莫尼加堂藝術手作小組（英語） St. Monica's Art Group

堂區將在本年4月30日起，逢星期六晚上6時至8時，在堂區會議室有英語的藝術手作小組。歡迎參加。詳情請參閱聖堂正門的單張，或以英語 WhatsApp (Vera) 0402936947。

復活期培育（光明之路祈禱）5月1日至6月5日，逢星期日，上午10時半至11時15分，在聖堂舉行。

聖母月敬禮（聖母德敘禱文）5月1日至5月29日，逢星期日，上午11時15分至11時半，在聖堂舉行。

本主日答唱詠選自聖詠30篇。

此詩由達味君王所作。按內容應該是達味王因貪婪而作人口統計（為增加稅收），天主就降下瘟疫而百姓大量死亡，達味後悔不已而寫下此詩（詳見編上21章），且決定買下在耶路撒冷打禾場的平地，為上主建築祭台，獻上全燔祭，並唱出此篇聖詠（見撒下24:18-25）。

答句選自第2節（上主，我稱揚你，因為你救拔了我，你也沒有使我的仇敵向我自誇），達味君王感謝上主停止向他和人民的懲罰（瘟疫停止），保存了他的顏面（見撒下7:8-17）。

第4節（上主，你由陰府中把我救出，又使我安全復生，免降幽谷）提及的「陰府」和「幽谷」，意指當時的瘟疫，再引伸成罪惡所帶來的禍患，而人對此根本無能為力，必須依賴上主的拯救。

第5至6節（上主的聖民，請向上主歌頌，稱謝他的聖名。因為他的忿怒，瞬息消散；他的恩愛卻要終生綿延。晚間雖令人哭涕，清晨卻使人歡喜），達味繼續稱謝上主的救援，可能有參考以民出離埃及，殺埃及長子的典故（見出12:29-42）。

第11至13節（上主，請俯聽我，憐憫我；上主，求你前來助佑我。你把我的哀痛，給我變成了舞蹈，脫去了我的苦衣給我披上喜樂；為此，我的心靈歌頌你，永不止息；上主，我的天主，我要永遠稱謝你），哀哭和穿上苦衣（粗糙、破爛且骯髒的衣服）是以民常用的祈禱方式，尤其用於懺悔和面對危難之時（見撒下12:16; 艾4:1-3）。這詩節亦暗示新約默西亞，因祂由死亡到復活帶來的改變。

~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。



Prayer- April Youth Group Session

During the month of April, we went through the topic of prayer, which is one of the four pillars of the Catholic Church. Over the 4 weeks we covered the different aspects of prayer: What is prayer, the battle of prayer in our lives, the forms/expressions of prayer and Lectio Divina.

Prayer is simply the act of communicating with God. It is the process of approaching God in a position of humble trust. We open our hearts to Him, speaking to him like we would to our most trusted and beloved friend. So, we can pray to God about anything -whether it be asking Him for guidance or simply praising him. Prayer is a meaningful conversation, and it calls us to be attentive listeners so that we are able to see God speaking to us. It isn't an easy task, because we may find it difficult in hearing God. God can communicate with us in many different ways whether that be through the scripture readings, your own thoughts or something you see in your day that relates to something you prayed about. Everyone faces a constant battle against themselves to pray frequently. These challenges we face can be split into two categories: distraction and dryness. Distractions are the most common challenge as we can often forget to pray when we are so caught up with the things going on in our lives. It could also be our mind wandering off when we are in the act of prayer. These distractions reveal to us that we are attached to other things when our main focus should be on God. Dryness is different from distractions as we are already praying habitually but we may find it mundane or the prayers we say are ingenuine. When prayer begins to feel mundane it is because we are just saying a prayer and not thinking about what we are saying. Because of this we struggle to see and hear God acting in our lives, causing a loss of motivation to pray. In order to overcome this constant battle of prayer we need to persevere and continually pray. We need to ensure our prayers have meaning and to remember that prayer is building your personal relationship with God.

It may seem hard to pray but there are a few things you can do to help you integrate prayer into your daily lives. Lectio Divina is a contemplative prayer that can encourage you to pray more frequently. It is a way of praying the scriptures that leads us deeper into God's word. First, you want to find a passage or verse (this would typically be the Gospel for that day) you want to focus on and start by taking in the message. You would read this passage again and again, reading it slowly every time focusing on the words/phrases that stand out. Ponder it for a moment and really question it. What does it mean to you and how does it apply to your own life? The next step is to pray, allow the Word you have taken in to touch your hearts. The final step is to contemplate. It is the act of practicing silence, enjoying the experience of being in the presence of God.

- Brian

Youth Announcements



St Monica's Youth Group (FYRE)

We have resumed face to face youth group! Feel free to join us in the community room at 10:30AM! Over the next few months, we will be looking at the foundations of our faith/Catholicism, and in May we are looking at sacraments, led by Rachel and Hazel! See you there 😊

Youth Camp: Mission Impossible 2022

Youth Camp is back on this year (for real this time!) from Tuesday 5th July to Friday 8th July in Gerringong. Apologies for all the pushbacks these past two years so thank you all for your patience 😊 The theme will still be the same and we will be going over some of the challenges we youth might face in our modern society today, and how we can best tackle them. Please note forms are due by June 5th. Please see Cheryl Wong (0481507169) or Rebecca Cheung (0449055395) for any questions/queries. We hope you are as keen as the leaders are!!

Altar Serving

If you/ your child have received their first Holy Communion and are interested in joining altar serving, please contact Rebecca Cheung (0449055395)! Training for new servers will begin around August. It is a wonderful way to take the next step in deepening your faith and commitment to the Church so it is definitely encouraged 😊



St. Monica's Parish

North Parramatta

ST MONICA'S
CATHOLIC PARISH AND PRIMARY SCHOOL COMMUNITY

Third Sunday of Easter - Year C

1st May 2022

ENTRANCE ANTIPHON

Cry out with joy to God, all the earth; O sing to the glory of his name.
O render him glorious praise, alleluia.

FIRST READING

ACTS 5:27-32,40-41

The high priest demanded an explanation of the apostles. 'We gave you a formal warning,' he said 'not to preach in this name, and what have you done? You have filled Jerusalem with your teaching, and seem determined to fix the guilt of this man's death on us.' In reply Peter and the apostles said, 'Obedience to God comes before obedience to men; it was the God of our ancestors who raised up Jesus, but it was you who had him executed by hanging on a tree. By his own right hand God has now raised him up to be leader and saviour, to give repentance and forgiveness of sins through him to Israel. We are witnesses to all this, we and the Holy Spirit whom God has given to those who obey him.' They warned the apostles not to speak in the name of Jesus and released them. And so they left the presence of the Sanhedrin glad to have had the honour of suffering humiliation for the sake of the name.

The word of the Lord

RESPONSORIAL PSALM

Ps 29

(R.) I will praise you, Lord, for you have rescued me.

1. I will praise you, Lord, you have rescued me and have not let my enemies rejoice over me. O Lord, you have raised my soul from the dead, restored me to life from those who sink into the grave. (R.)
2. Sing psalms to the Lord, you who love him, give thanks to his holy name. His anger lasts but a moment; his favour through life. At night there are tears, but joy comes with dawn. (R.)
3. The Lord listened and had pity. The Lord came to my help. For me you have changed my mourning into dancing; O Lord my God, I will thank you for ever. (R.)

SECOND READING

APOCALYPSE 5:11-14

In my vision, I, John, heard the sound of an immense number of angels gathered round the throne and the animals and the elders; there were ten thousand times ten thousand of them and thousands upon thousands, shouting, 'The Lamb that was sacrificed is worthy to be given power, riches, wisdom, strength, honour, glory and blessing.' Then I heard all the living things in creation – everything that lives in the air, and on the ground, and under the ground, and in the sea, crying, 'To the One who is sitting on the throne and to the Lamb, be all praise, honour, glory and power, for ever and ever.' And the four animals said, 'Amen'; and the elders prostrated themselves to worship.

The word of the Lord

GOSPEL ACCLAMATION

Alleluia, alleluia!
Christ is risen, the Lord of all creation; he has shown pity on all people.
Alleluia!

GOSPEL

JOHN 21:1-19

Jesus showed himself again to the disciples. It was by the Sea of Tiberias, and it happened like this: Simon Peter, Thomas called the Twin, Nathanael from Cana in Galilee, the sons of Zebedee and two



more of his disciples were together. Simon Peter said, 'I'm going fishing.' They replied, 'We'll come with you.' They went out and got into the boat but caught nothing that night.

It was light by now and there stood Jesus on the shore, though the disciples did not realise that it was Jesus. Jesus called out, 'Have you caught anything, friends?' And when they answered, 'No,' he said, 'Throw the net out to starboard and you'll find something.' So they dropped the net, and there were so many fish that they could not haul it in. The disciple Jesus loved said to Peter, 'It is the Lord.' At these words 'It is the Lord', Simon Peter, who had practically nothing on, wrapped his cloak round him and jumped into the water. The other disciples came on in the boat, towing the net and the fish; they were only about a hundred yards from land.

As soon as they came ashore they saw that there was some bread there, and a charcoal fire with fish cooking on it. Jesus said, 'Bring some of the fish you have just caught.' Simon Peter went aboard and dragged the net to the shore, full of big fish, one hundred and fifty-three of them; and in spite of there being so many the net was not broken. Jesus said to them, 'Come and have breakfast.' None of the disciples was bold enough to ask, 'Who are you?'; they knew quite well it was the Lord. Jesus then stepped forward, took the bread and gave it to them, and the same with the fish. This was the third time that Jesus showed himself to the disciples after rising from the dead.

After the meal Jesus said to Simon Peter, 'Simon son of John, do you love me more than these others do?' He answered, 'Yes Lord, you know I love you.' Jesus said to him, 'Feed my lambs.' A second time he said to him, 'Simon son of John, do you love me?' He replied, 'Yes, Lord, you know I love you.' Jesus said to him, 'Look after my sheep.' Then he said to him a third time, 'Simon son of John, do you love me?' Peter was upset that he asked him the third time, 'Do you love me?' and said, 'Lord, you know everything; you know I love you.' Jesus said to him, 'Feed my sheep.'

'I tell you most solemnly, when you were young you put on your own belt and walked where you liked; but when you grow old you will stretch out your hands, and somebody else will put a belt round you and take you where you would rather not go.' In these words he indicated the kind of death by which Peter would give glory to God. After this he said, 'Follow me.'

The Gospel of the Lord

COMMUNION ANTIPHON

The disciples recognized the Lord Jesus in the breaking of the bread, alleluia.