

# 天主教華人牧民處

www.chinesechaplaincyparra.org



復活期第四主日（丙年）

2022年5月8日

## 進堂詠

上主的慈愛瀰漫大地。因天主的一句話，諸天造成。亞肋路亞。

## 讀經一

宗徒大事錄13:14,43-52

那時候，保祿和巴爾納伯，由培爾革經過各處，到了丕息狄雅的安提約基雅。安息日，他們進了會堂，坐下。

有許多猶太人和皈依猶太教的虔誠人，隨從了保祿和巴爾納伯。兩人同他們談話，勸他們務要堅持天主的恩寵。

下一個安息日，全城的人幾乎都聚集起來，要聽天主的聖道。猶太人一看見這麼多人，就滿懷嫉妒，反對保祿所講的，且加以辱罵。

保祿和巴爾納伯卻放膽地說：「天主的聖道，本來應該先講給你們聽，但因你們拒絕接受，並斷定自己不配得永生。看！我們就要轉向外邦人，因為主如此命令我們，說：『我已立你作為外邦人的光明，把救恩帶到地極。』」

外邦人聽了，都很喜歡，讚美主的聖道。那些被預定獲得永生的人，就都信了。主的聖道於是傳遍了那地方。

猶太人卻挑唆敬畏天主的尊貴婦人，及城中要人，發動迫害保祿和巴爾納伯，把他們驅逐出境。兩人就當著他們，拂去腳上的塵土，往依科尼雍去了。門徒都充滿喜樂和聖神。

—上主的話

## 答唱詠

詠100

【答】：我們是天主的子民，是他牧場的羊群。

領：普世大地，請向上主歡呼，要興高采烈地事奉上主；走到上主面前，應該歡呼！【答】

領：你們應該明認上主就是天主；他造成了我們；我們非他莫屬，是他的子民，是他牧場的羊群。

【答】

領：因為上主良善寬仁，他的慈愛直到永恆，他的信實世世常存。

【答】

## 讀經二

默示錄7:9,14-17

我、若望，看見有一大夥群眾，沒有人能夠數清，是來自各邦國、各支派、各民族、各異語的；他們都站在寶座和羔羊面前，身穿白衣，手持棕櫚枝。

長老之中，有一位告訴我，說：「這些人是由大災難中來的，他們曾在羔羊的血中，洗淨了自己的衣裳，使衣裳雪白。因此，他們得以站在天主的寶座前，且在他的殿內，日夜事奉他。那坐在寶座上的，也必要住在他們中間。他們再也不餓，再也不渴；烈日和任何炎熱，再也不會損傷他們，因為，那在寶座中間的羔羊，要牧放他們，要領他們到生命的水泉；天主也要拭去他們眼上的一切淚痕。」

—上主的話

## 福音前歡呼

領：亞肋路亞。

眾：亞肋路亞。

領：主說：我是善牧，我認識我的羊；我的羊也認識我。

眾：亞肋路亞。

## 福音

聖若望福音10:27-30

那時候，耶穌說：「我的羊聽我的聲音，我也認識他們，他們也跟隨我；我把永生賜給他們，他們永遠不會喪亡；誰也不能從我手中，把他們奪去。

「我父把羊群賜給我；我父超越一切，為此，誰也不能從我父手裡，將他們奪去。我與父原是一體。」

—上主的話

## 領主詠

善牧復活了！他曾為自己的羊群交出性命，甘願為他們接受死亡。亞肋路亞。

## 聖言導讀

這簡短的兩節經文萃取了「善牧言論」的全部精華，由此可見「善牧言論」的思想極為重要，很可能就是若望團體的基本要理，反應他們的自我認知：若望團體的成員知道，他們和在團體（羊棧）外的人明顯地不同，因為他們和耶穌（善牧）緊密相連，擁有耶穌和天父的保護與照顧，沒有人可以奪走他們的救恩產業。

不過另一方面，這樣積極的肯定語調，大概也反映出另外一種極端情況的弦外之音：團體的成員當然會遭受誘惑，甚至跌倒犯罪。若望團體的具體生活情況其實非常險惡，不但面臨不少迫害威脅（參閱：若十六1-4），而且團體內部的和諧與團結也遭受威脅，根據若望壹書，在團體內已經有假教師出現（參閱：若壹二18-19）。團體的成員在這種情況之中，更加緊密結合在一起，相信自己是屬於耶穌羊群的人，生活在耶穌的保護之中。

耶穌保護羊群的權柄來自於天父，天父的能力超越任何邪惡力量。羊群真正的擁有者是天父，祂把羊群託付給耶穌，使耶穌能夠把救援帶給他們（參閱：六37-39；十七6-10），由於耶穌把一切都寄託在天父手裡，因此祂說「誰也不能從我手中把他們（羊群）奪去」（28），因為「誰也不能從我父手裡將他們奪去」（29）。

耶穌和猶太人的辯論時，啟示自己是「善牧」，祂認識祂的羊，祂的羊屬於祂，祂也屬於他們。羊群認識善牧的聲音，相信祂、跟隨祂；耶穌有來自天父的力量，因此可以保護他們，在各種危險中救出他們，賜給他們永遠的生命。誰屬於耶穌基督，誰就隱藏在天主內，任何邪惡與死亡都不能傷害他。

# 天主教聖莫尼加堂 St. Monica's Catholic Parish

Corner Church Street and North Rocks Road, North Parramatta

<b>牧民處熱線電話</b>	<b>0411 192 278</b> 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： <a href="mailto:shingmanlam@gmail.com">shingmanlam@gmail.com</a>
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： <a href="mailto:shingmanlam@gmail.com">shingmanlam@gmail.com</a>
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： <a href="mailto:stmonicanp@bigpond.com">stmonicanp@bigpond.com</a>

## 本週取消朝拜聖體

5月12日(星期四)晚上8時，和5月13日(星期五)早上10時的朝拜聖體將予取消。  
平日彌撒則照常舉行。

## 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21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

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。

**祝各位母親、祖母、外祖母：母親節快樂！**

本主日教會選讀了聖詠第100篇。

學者們大都認為這詩是在聖殿落成之時，以民結隊遊行，進入聖殿時齊唱的歌曲（見列上8:1-4）；亦有古譯本作極為正確的註釋：求告天主，賜教外人歸向真正信德的歌。本詩只有短短五節，但言簡意賅。

答句出自第3節（你們應該明認雅威就是天主，他造成了我們，我們非他莫屬，是他的人民，是他牧場的羊隊。）的後段。聖經時代的巴勒斯坦以畜牧為主，以民亦多用牧羊人與羊群來比喻天主和他們的關係（見詠79:13, 80:1, 95:7; 依40:11; 耶50:7; 則34:31; 米5:1-5, 7:14等），降生成人的天主子也延續這個啟示（見瑪25:32-46; 路12:32, 15:1-7; 若10），甚至教會的宣講也同樣（宗20:28-29, 伯前5:2）。本詩暗喻所有人都是天主的子民。

第1至2節（普世大地，請向上主歡呼，要興高采烈地事奉上主；走到上主面前，應該歡呼！）強調皈依上主，按祂的旨意而生活是歡欣的，進入祂的聖殿是雀躍的。這裡亦暗示天主聖子所創造的教會，以歡愉的心去預備和慶祝新天新地的到臨。

第5節（因為上主良善寬仁，他的慈愛直到永恆，他的忠信世世常存。）舊約經常把天主的「仁慈」和「信實」相提並論，可能是以民禮儀用的歌曲大都這樣詠唱（見編上16:34; 編下5:13, 7:3; 詠106:1, 107:1, 118:1-29, 136:1）。整部聖經也記載著，天主對待祂的子民又確實是仁慈和忠信的。

~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。



### A reflection for the Easter Season

As Jesus' body was being taken down from the cross and being prepared for burial, what might Jesus say to us about his experience? I believe he might say the following: "I went through all of that because you are worth it. You are worth living for. You are worth dying for. In your darkest nights, in your deepest depression, remember that God thought you were worth his life. You are loved that much.

I did not die so that you could live in guilt and self-recrimination. I went through all of that pain and degradation to model to you how to handle the misfortunes and tragedies of life. There will be people who will hurt you in life. There will be people who will betray you as Judas betrayed me. There will be people in your life who will abandon you as Peter and the other apostles abandoned me.

Yet, while some people let me down, surprising people stepped forward. There will be angels on your path. There will be a Simon of Cyrene to help you carry your cross. There will be friends like the Beloved Disciple and the women who stayed with me all the way to the cross. Therefore, do not let the unfairness and injustices in your life turn you bitter or cynical.

If you feel that no one understands you, or cares about you, remember that my mother is now your mother. Her mothering spirit will be with you throughout your life, and, when you breathe your last breath, she will hold you in her arms, and lead you to my arms.

Endure your crosses bravely. If others nail you with false accusations, when people misjudge you, when your goodness is rewarded with meanness, do not focus on life's harshness, but focus on your God. You will not be abandoned. I will share my life with you forever.

At Easter the power of the risen Lord is manifest! Just as angels heralded his birth in Bethlehem, so now angels herald his rebirth in Jerusalem. Happy Easter. Happy eternal life!

- Adapted from The Catholic Review from the Archdiocese of Baltimore, dated 19 January 2012

### 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, starting with the Creed, 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

Fourth Sunday of Easter - Year C

8th May 2022

### ENTRANCE ANTIPHON

The merciful love of the Lord fills the earth;  
by the word of the Lord the heavens were  
made, alleluia.

### FIRST READING

ACTS 13:14, 43-52

Paul and Barnabas carried on from Perga till they reached Antioch in Pisidia. Here they went to synagogue on the sabbath and took their seats.

When the meeting broke up, many Jews and devout converts joined Paul and Barnabas, and in their talks with them Paul and Barnabas urged them to remain faithful to the grace God had given them.

The next sabbath almost the whole town assembled to hear the word of God. When they saw the crowds, the Jews, prompted by jealousy, used blasphemies and contradicted everything Paul said. Then Paul and Barnabas spoke out boldly, 'We had to proclaim the word of God to you first, but since you have rejected it, since you do not think yourselves worthy of eternal life, we must turn to the pagans. For this is what the Lord commanded us to do when he said: I have made you a light for the nations, so that my salvation may reach the ends of the earth.'

It made the pagans very happy to hear this and they thanked the Lord for his message; all who were destined for eternal life became believers. Thus the word of the Lord spread through the whole countryside.

But the Jews worked upon some of the devout women of the upper classes and the leading men of the city and persuaded them to turn against Paul and Barnabas and expel them from their territory. So they shook the dust from their feet in defiance and went off to Iconium; but the disciples were filled with joy and the Holy Spirit.

*The word of the Lord*

### RESPONSORIAL PSALM

Ps 99

(R.) We are his people, the sheep of his flock.

1. Cry out with joy to the Lord, all the earth. Serve the Lord with gladness. Come before him, singing for joy. (R.)
2. Know that he, the Lord, is God. He made us, we belong to him, we are his people, the sheep of his flock. (R.)
3. Indeed, how good is the Lord, eternal his merciful love. He is faithful from age to age. (R.)

### SECOND READING

APOCALYPSE 7:9, 14-17

I, John, saw a huge number, impossible to count, of people from every nation, race, tribe and language; they were standing in front of the throne and in front of the Lamb, dressed in white robes and holding palms in their hands. One of the elders said to me, 'These are the people who have been through the great persecution, and because they have washed their robes white again in the blood of the Lamb, they now stand in front of God's throne and serve him day and night in his sanctuary; and the One who sits on the throne will spread his tent over them. They will never hunger or thirst again; neither the sun nor scorching wind will ever plague them, because the Lamb who is at the throne will be their shepherd and will lead them to springs of living water; and God will wipe away all tears from their eyes.'

*The word of the Lord*

### GOSPEL ACCLAMATION

Alleluia, alleluia!

I am the good shepherd, says the Lord; I know my sheep, and mine know me.  
Alleluia!



### GOSPEL

JOHN 10:27-30

Jesus said:

'The sheep that belong to me listen to my voice; I know them and they follow me. I give them eternal life; they will never be lost and no one will ever steal them from me.

The Father who gave them to me is greater than anyone, and no one can steal from the Father. The Father and I are one.

*The Gospel of the Lord*

### COMMUNION ANTIPHON

The Good Shepherd has risen, who laid down his life for his sheep and willingly died for his flock, alleluia.