

天主教華人牧民處

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復活期第五主日(甲年)

2023年5月7日

進堂詠

請眾向上主歌唱新歌，因為他行了奇事。上主已經宣布了自己的救恩，將自己的正義啟示給萬民。亞肋路亞。

讀經一 宗徒大事錄 6:1-7

那時候，門徒漸漸增多，希臘化的猶太人，對希伯來人發出了怨言，因為他們在每天的供應品上，疏忽了他們的寡婦。

於是，十二位宗徒召集眾門徒說：「讓我們放棄天主的聖言，而操管飲食，實在不相宜。所以，弟兄們！當從你們中，檢定七位有好聲望，且充滿聖神和智慧的人，派他們管理這些事務。至於我們，我們要專務祈禱，並為真道服役。」

這番話得到全體的悅服，就選了斯德望，他是充滿信德和聖神的人，及斐理伯、卜洛曷洛、尼加諾爾、提孟、帕爾默納和尼苛勞，他是皈依猶太教的安提約基雅人；叫他們立在宗徒面前；眾宗徒祈禱以後，就給他們覆了手。

天主的道漸漸發揚；門徒的數目在耶路撒冷大為增加；司祭中也有許多人，服從了信仰。——上主的話。

——上主的話

答唱詠 詠33:1-2, 4-5, 18-19

【答】：上主，求你向我們廣施慈愛，有如我們對你的期待。

領：義人，你們應向上主踴躍歡呼，因為正直的人，理應讚美上主。你們該彈琴，稱謝上主；彈奏十絃琴，讚頌上主。

【答】

領：因為上主的言語是正直的；他的一切作為都是信實的。他愛護正義和公理；他的慈愛瀰漫大地。【答】

領：請看，上主的眼睛，常關注敬畏他的人；他的雙目，常眷顧靠他仁慈的人，為使他們的性命，脫免死亡，使他們在飢饉時，生活如常。【答】

讀經二 聖伯多祿前書2:4-9

親愛的諸位：

你們接近了主，即接近了那為人所擯棄，但為天主所精選，所尊重的活石，你們也就成了活石，建成一座屬神的殿宇，成為一班聖潔的司祭，以奉獻因耶穌基督，而中悅天主的屬神祭品。這就是經上所記載的：「看，我要在熙雍安放一塊精選的、寶貴的基石；凡信賴他的，決不會蒙羞。」

所以，為你們信主的人，是一種榮

幸；但為不信主的人，是「匠人棄而不用石頭，反而成了屋角的基石」，並且是「一塊絆腳石，和一块使人跌倒的磐石」。他們由於不相信天主的話，而絆倒了；這也是為他們預定了的。

至於你們，你們卻是特選的種族，王家的司祭，聖潔的國民，屬於主的民族，為叫你們宣揚那由黑暗中召叫你們，進入他奇妙之光者的榮耀。

——上主的話

福音前歡呼

領：亞肋路亞。

眾：亞肋路亞。

領：主說：我是道路、真理、生命；除非經過我，誰也不能到父那裡去。

眾：亞肋路亞。

福音 聖若望福音 14:1-12

那時候，耶穌對門徒說：「你們心裡不要煩亂；你們要信賴天主，也要信賴我。在我父的家裡，有許多住處。我去，原是為給你們預備地方；不然的話，我早就告訴了你們。我去，為你們預備地方以後，我必再來，接你們到我那裡去，為的是我在那裡，你們也在那裡。我去的地方，通往那裡的路，你們是知道的。」

多默說：「主！我們不知道你往那裡去，怎麼會知道那條路呢？」

耶穌回答說：「我是道路、真理、生命；除非經過我，誰也不能到父那裡去。你們若認識我，也就必然認識我父；現在你們已認識他，並且已經看見他。」

斐理伯對耶穌說：「主！把父顯示給我們，我們就心滿意足了。」

耶穌回答說：「斐理伯！這麼長久的時間，我和你們在一起，而你還不認識我嗎？誰看見了我，就是看見了父；你怎麼說：把父顯示給我們呢？你不信我在父內，父在我內嗎？我對你們所說的話，不是憑我自己講的，而是住在我內的父，做他自己的事業。你們要相信我：我在父內，父也在我內；不然的話，你們至少該因那些事業而相信。」

「我實實在在告訴你們：凡信我的，我所做的事業，他也要做，並且還要做比這些更大的事業，因為我往父那裡去。」

——上主的話

領主詠

主說：我是真葡萄樹，你們是枝條；那住在我內，我也住在他內的，他就結許多果實。亞肋路亞。

聖言

導讀

誰如果相信耶穌，成為祂的門徒，就必須為這信仰獻身工作。就如天父派遣了基督，門徒(基督徒)也得到一樣的派遣，去完成耶穌的事業。耶穌說：「門徒們將要做比他更大的事業」。所謂「更大的事業」並不是指數量上或形式上的，並非門徒們將帶來更好的啟示，或成就更大的事工，而是他們將使耶穌的派遣延續下去，使耶穌的工程繼續在人間實現。就如耶穌光榮了天父，基督徒也要永不止息地在世界各地使天父受光榮。但基督徒獨自不能完成這工程，因為離了耶穌他們什麼也不能做(若十五4-5)，因此他們必須在祈禱內完成一切。

耶穌在回歸父家之前，藉著「臨別贈言」教導門徒們如何生活，以期待祂的再度來臨。由於整個世界至今仍在期待天父光榮的來臨，因此這個教導也正是今日基督徒生活的基本指導方針。

耶穌許諾門徒，凡是認識祂、來到祂這裡、並且相信祂的人，就會認識天主。這個許諾已經在門徒身上實現，因為耶穌清楚地說：「你們若認識我，也就必然認識我父；現在你們已認識祂，並且已經看見祂。」由這句話，我們看出門徒將會和天父在一起的救援許諾，從「未來」的情況變成了「眼前」的現實——凡是相信耶穌是道路、真理、生命的人，就會看見父，因為在祂內自我啟示的子(耶穌)就是父。

對相信的人——以前的門徒或今日的基督徒——而言，他們事實上已經達到了救援的狀態，因為誰擁有天父，就得到永遠的生命。基督徒接受信仰的時候，未來的救援就已變成眼前的事實了。然而，信仰並非個人性的事務，不是指為自己的好處而已，相信的人必須為信仰作證，把信仰傳給他人。這是耶穌受自天父的派遣，也是基督徒要繼續作的「更大的」事業。

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
主任司鐸 / 華人專職司鐸：	林勝文神父 電話：9630 1951 電郵： shingmanlam@gmail.com
助理司鐸	張勇浩神父(英、韓語) 電話：9630 1951 電郵： stmonicanp@bigpond.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

青年組及主日學家長工作坊 10:30am至11:15am，在禮堂舉行。歡迎家長參加，無需報名。

5月14日 情緒輔導二 (Mrs Ruby Chan)

講者簡介：Mrs Ruby Chan, Diocese Of Parramatta Catholic Care 家庭關係輔導員

善導之母興趣小組 2023 年5月份活動

本月的活動是簡易健康烹飪示範：電飯煲焗雞及營養朱咕力球

日期：5月21日(星期日) 時間：下午2時15分至3時45分 地點：禮堂 學費：自由捐獻

截止日期：5月17日(星期三) 查詢及報名：牧民處熱線電話 0411 192 278或Teresa Tsang 0410 311 380

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：2023年5月13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時正。下次舉行日期：2023年5月20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/NHdpEVgpMre9c4d46>

抄寫聖言 2022-2024

為慶祝本堂成立130週年，誠意邀請各位參與「抄寫聖言」，並藉此行動讓大家更熟悉天主聖言。詳情請在聖堂大門索取有關單張，亦可致電堂區 (9630 1951)，或發電郵給 write.the.word.2024@gmail.com

Write the WORD 2022-2024

To anticipate the celebration of the 130th anniversary of this parish, everyone is invited to join in "Write the WORD" to increase our familiarity of the Holy Scripture. For details you can take a leaflet at the main entrances of the church, or call the Parish Office (9630 1951), or send an email to write.the.word.2024@gmail.com

敬禮聖母講座

五月特敬聖母瑪利亞，林神父於5月份各星期日，11時15分，在聖堂為大家解釋和帶領誦唸四篇敬禮聖母禱文

5月14日:天皇后喜樂

5月21日:救主之母

5月28日:萬福，天上母后

「聖經人物趣談」講座 林神父主持，將於5月14日和21日彌撒後，下午1時半至2時，在禮堂舉行，歡迎參加。

有關巴拉瑪打教區會議，請參閱以下網址：www.parracatholic.org/synod2023

歡迎把這通訊帶回家細閱

本主日讀經的答唱詠選自聖詠 33 篇。

希伯來文原文沒有標明誰是作者。天主教會按最古舊的譯本註釋為達味君王所作。按內容，可能是達味戰勝異民後（見撒下 8:1-14）讚頌天主的詩歌。

答句選自第 22 節（上主，求你向我們廣施慈愛，有如我們對你所存的期待），來自「受苦僕人之歌」（依 53:10-11）。天主會派遣救主（就是那位受苦的僕人）給期待祂救援的人民。

第 1 至 2 節（義人，你們應向上主踴躍歡呼，因為正直的人，理應讚美上主。你們該彈琴，稱謝上主，彈奏十絃琴，讚頌上主）是君王和人民稱頌上主的讚歌。「義人」即忠信地守上主誠律及默思上主旨意的人（見詠 1:1-2）。「十絃琴」相信是舊約時代人民最常用來伴唱的樂器，和今日的豎琴類似。

第 4 至 5 節（因為上主的言語是正直的，他的一切作為都是忠實的；他愛護正義和公理，他的慈愛瀰漫大地），說明天主以率真、誠實、公正與慈愛厚待全人類。

第 18 至 21 節（請看，上主的眼睛常關注敬畏他的人，他的雙目常眷顧靠他仁慈的人，為使他們的性命，脫免死亡，使他們在饑饉時，生活如常。），聖奧斯定註釋說：今世的時刻是饑餓的，來日才是飽飫的喜晨。地上涕泣之谷的人，天主已這樣期待；來世在天主的國，天主的愛更有過之。因此人應在現世時敬畏、欽崇和孝愛天主，仰賴祂的慈愛；世界窮盡、新天新地時，天主必廣施祂無限的慈恩。

~勝文神父

為巴拉瑪打教區會議禱文

天主，在人生旅途上，祢常與我們同行，求祢引領我們，團結合一，共同邁進。請降福、帶領我們的教區會議，使我們常存祢的愛，打開心扉聆聽，用心彼此理解；並求祢指引我們的前路，划到深處，且懷着謙遜與勇毅，努力實踐祢給我們的使命。願我們的教會，能日新又新。因我們的主基督，祂藉聖神，由始至今，時刻領導教會，達至圓滿，直到永遠。亞孟。

聖母進教之佑，為我等祈。
聖瑪利亞麥基立，為我等祈。

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。



SOAP Reflection 7th May

Scripture: "Let not your heart be troubled. You believe in God, believe also in me...I am the way, and the truth, and the life."

Observation: In this week's gospel, Jesus assures the disciples that though he must return to the Father, he will come again. The disciples are deeply troubled by this idea that Jesus will no longer be present beside them and implore Jesus to tell them how to reach this destination. This is when Jesus says to them to continue to believe in him, for he is "the way, and the truth, and the life" and in believing in Jesus, they have come to know God, the Father. Like the disciples, I found myself lacking an understanding of Jesus' words and needed time to ponder on his words. When Jesus states "I am the way", he implies that through his sacrifice for us, he has paved the way (and the only way) to salvation and grace. He is also "the truth", illustrating that all things about him and taught by him are the source of truth. Finally, being "the life", Jesus reveals that he is the giver of life but also the way of life. In these words, Jesus declares that he is God, with the Father residing within him, but they are also an instruction to us to believe in him, despite the adversities and uncertainties we may encounter, as these will lead us to our ultimate destination, heaven with Christ.

Application: Like the disciples, I can often feel troubled by uncertainty and feel a loss of direction. In the coming week, let us draw upon the words of Jesus and listen to his calling: to live a life of Christ. Let us seek to quell our troubled hearts and minds with words of God and His unending grace and renew ourselves from sin. When we see others who are also struggling, let us fill them with comfort and reassure them that this is not the end. Finally, when we take communion, let us remember the sacrifice made for us so that we can enjoy the reward of heaven and by following the path of Christ, we are assured that we are following him to heaven.

Prayer: Dear Lord, thank you for your guidance and strength though we are doubtful and hesitant at times. May we seek to live out the way you have called us to with a selfless and contrite heart and strive to bring others closer to you and your goodness. Pray that we may always seek to always be near you until our time with you in heaven. In Jesus' name we pray, Amen.

Rebecca

Youth Announcements



St Monica's Youth Group (FYRE)

Youth group continues for another month in the community room, starting at 10:30AM! Feel free to drop by for some games and friendly chats ☺ In May we will be looking at the topic Spiritual but not religious, led by Gabriel and Hazel!

Youth Camp 2023

Youth camp is back on again in the Term 2 holidays, from the 4th-7th July (Tuesday to Friday)! This year's theme will be Family Movie Night, with our topic focusing on families- please see one of the coordinators (Hazel or Cheryl) for a form. If you have any questions/concerns so far, feel free to let Hazel (0478209349) or Cheryl (0481507169) know ☺ Get excited!

Altar Serving Expressions of Interest

If anyone has received their first Holy Communion and is interested in becoming an altar server at the 9AM mass, please contact Gabby Fleming (gabbyfleming2007@gmail.com)!

ENTRANCE ANTIPHON

O sing a new song to the Lord,
for he has worked wonders;
in the sight of the nations
he has shown his deliverance, alleluia.

FIRST READING

A reading from the Acts of the Apostles

Acts 6: 1 - 7

About this time, when the number of disciples was increasing, the Hellenists made a complaint against the Hebrews: in the daily distribution their own widows were being overlooked. So the Twelve called a full meeting of the disciples and addressed them, 'It would not be right for us to neglect the word of God so as to give out food; you, brothers, must select from among yourselves seven men of good reputation, filled with the Spirit and with wisdom; we will hand over this duty to them, and continue to devote ourselves to prayer and to the service of the word.' The whole assembly approved of this proposal and elected Stephen, a man full of faith and of the Holy Spirit, together with Philip, Prochorus, Nicanor, Timon, Parmenas, and Nicolaus of Antioch, a convert to Judaism. They presented these to the apostles, who prayed and laid their hands on them.

The word of the Lord continued to spread: the number of disciples in Jerusalem was greatly increased, and a large group of priests made their submission to the faith.

This is the word of the Lord

GOSPEL ACCLAMATION

Alleluia, alleluia!
I am the way, the truth, and the life, says the Lord;
no one comes to the Father, except through me.
Alleluia



RESPONSORIAL PSALM

Ps 32

Response: Lord, let your mercy be on us,
as we place our trust in you.

1. Ring out your joy to the Lord, O you just;
for praise is fitting for loyal hearts.
Give thanks to the Lord upon the harp,
with a ten-stringed lute sing him songs. (R.)
2. For the word of the Lord is faithful
and all his works to be trusted.
The Lord loves justice and right
and fills the earth with his love. (R.)
3. The Lord looks on those who revere him,
on those who hope in his love,
to rescue their souls from death,
to keep them alive in famine. (R.)

SECOND READING

A reading from the first letter of St Peter

1 Pt 2: 4 - 9

The Lord is the living stone, rejected by men but chosen by God and precious to him; set yourselves close to him so that you too, the holy priesthood that offers the spiritual sacrifices which Jesus Christ has made acceptable to God, may be living stones making a spiritual house. As scripture says: See how I lay in Zion a precious cornerstone that I have chosen and the man who rests his trust on it will not be disappointed. That means that for you who are believers, it is precious; but for unbelievers, the stone rejected by the builders has proved to be the keystone, a stone to stumble over, a rock to bring men down. They stumble over it because they do not believe in the word; it was the fate in store for them.

But you are a chosen race, a royal priesthood, a consecrated nation, a people set apart to sing the praises of God who called you out of the darkness into his wonderful light.

This is the word of the Lord

GOSPEL

A reading from the holy Gospel according to St John

Jn 14: 1 - 12

Jesus said to his disciples:

'Do not let your hearts be troubled. Trust in God still, and trust in me. There are many rooms in my Father's house; if there were not, I should have told you. I am now going to prepare a place for you, and after I have gone and prepared you a place, I shall return to take you with me; so that where I am you may be too. You know the way to the place where I am going.'

Thomas said, 'Lord, we do not know where you are going, so how can we know the way?' Jesus said:

'I am the Way, the Truth and the Life. No one can come to the Father except through me. If you know me, you know my Father too. From this moment you know him and have seen him.'

Philip said, 'Lord, let us see the Father and then we shall be satisfied.' 'Have I been with you all this time, Philip,' said Jesus to him 'and you still do not know me?

'To have seen me is to have seen the Father, so how can you say, "Let us see the Father"? Do you not believe that I am in the Father and the Father is in me? The words I say to you I do not speak as from myself: it is the Father, living in me, who is doing this work. You must believe me when I say that I am in the Father and the Father is in me; believe it on the evidence of this work, if for no other reason.

'I tell you most solemnly, whoever believes in me will perform the same works as I do myself, he will perform even greater works, because I am going to the Father.'

This is the Gospel of the Lord

COMMUNION ANTIPHON

I am the true vine and you are the branches, says the Lord.
Whoever remains in me, and I in him, bears fruit in plenty,
alleluia.