

# 天主教華人牧民處

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## 耶穌升天節 (乙年)

2024年5月12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

德教斐羅，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，登上高天，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	<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>
助理司鐸：	張勇浩神父 (英、韓語) 電話：9630 1951 電郵： <a href="mailto:stmonicanp@bigpond.com">stmonicanp@bigpond.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>

### 2024 年粵語成年人慕道班

粵語慕道班將於 5 月 17 日開課，以 Zoom 在網上進行。逢星期五晚上 7 時半至 9 時。  
若您、您的家人或親友想認識主耶穌和天主教信仰，我們誠意邀請您和他們參與。  
同時亦歡迎教友再慕道。

報名及詳情可聯絡林勝文神父 (02)9630 1951, [shingmanlam@gmail.com](mailto:shingmanlam@gmail.com)，  
whatsapp 牧民處熱線 (0411 192 278) 或掃描附上的二維碼。



### 聖經幼稚園 (網上講座) 林勝文神父主講聖經各書卷導讀

逢每月第二及第四個星期六，晚上8時至9時在網上舉行。下次舉行日期：5月25日。  
報名及查詢請WhatsApp 或傳短訊給牧民處熱線 0411 192 278

聖經人物趣談 (林神父主持) 逢每月第二和第三個星期日，下午1時半至2時，在禮堂舉行。

信仰探討講座 (聖奧斯定會主持) 逢星期日上午10時半至11時15分，在堂區會議室舉行，歡迎參加。  
請參閱未來幾週的講座內容：

日期	內容	講者
19/05/2024	天主聖子 - Part I	Thomas Tse
26/05/2024	天主聖子 - Part II	Bosco Yu
02/06/2024	信經 - Part I	Eric Wong

### 信仰與生活的反思講座

主題：瓜達盧佩聖母(Our Lady of Guadalupe)給神視者聖若望狄也果的話  
日期：5月26日(星期日) 時間：下午2時至4時 地點：禮堂  
講者：Mr. John Poon (退休心理學家)  
歡迎大家踴躍參加，無需報名。查詢：0411 192 278

### 粵語半日退省 (林勝文神父主持) 主題：耶穌親臨於聖體聖事中

日期：2024年6月1日(星期六) 時間：早上9時至正午12時  
地點：Holy Innocent Chapel, 8 Greyfriar Pl, Kellyville, NSW 2155  
報名請掃描二維碼或 WhatsApp 牧民處熱線 0411 192 278  
有個人祈禱、彌撒。請自備聖經



### 善導之母興趣小組 6 月份活動

日期：6月2日(星期日) 時間：下午2時15分至4時 地點：禮堂  
主題：示範「包糰」技巧 費用：自由捐獻  
查詢及報名請 WhatsApp 或傳短訊至牧民處熱線 0411 192 278  
截止報名日期：5月29日(星期三)

歡迎把這通訊  
帶回家細閱

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毅，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

## 週年退省 華人牧民處邀請到吳書成神父

（現任香港教區聖神修院神師）

帶領我們作週年退省。主題為「相遇」。

日期/時間：8 月 1 日（星期四）下午 5 時至

8 月 3 日（星期六）下午 4 時

費用：單人套房每人 \$350，

夫婦或與朋友同房每人 \$320

地點：Carmelite Retreat Centre，

247 St Andrews Rd, Varroville, NSW

報名：今日開始派發報名表格

亦可用附上的二維碼報名

查詢：Eric Wong

0417457688



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。



## Youth Corner 12th May

Scripture: Mark 16:15-20

### Observation:

In this week's Gospel, Jesus clearly commands his disciples to 'proclaim the gospel to every creature'. We are also presented with fantastic signs that will accompany those who believe, the driving out of demons, picking up snakes and miraculous healing. These signs still occur to this very day, with exorcisms taking place and the occasional healing miracle.

### Application:

I want to focus on a miracle that happens closer to home and occurs much more frequently. The Eucharistic miracle. Whilst what we see very rarely changes, as it is the 'substance' and not the 'accidents' or physical characteristics of the bread and wine changing, occasionally, both the 'substance' and the 'accidents' change, with a recent example being in Legnica, Poland, with Professor Barbara Engel stating "The material was analyzed using UV rays with an orange filter and the results were univocal. We have identified myocardial fibres, typical of myocardial tissue with alterations that often appear during the agony." Jesus was in extreme agony when he died on the cross, let's never stop proclaiming the 'source and summit' of the Christian life, the Holy Eucharist.



### Prayer:

Thanks God for sending down your son to us, so that we could be saved. Thanks for instituting the sacrament of the Eucharist, an instrument of grace that allows us to adore and receive you in the body. Amen.

### 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! Over the next few months, we will be talking about the theology of the body.



#### Youth Camp 9-11<sup>th</sup> July

Registration for youth camp 2024 is out! This year's theme will be Mulan! We will look at what it means to serve the community, church and God. If you would like to find out more, you can speak to any of the leaders. You will find the registration forms with Gabriel and Cheryl.



# St. Monica's Parish

## North Parramatta

ST MONICA'S  
CATHOLIC PARISH AND PRIMARY SCHOOL COMMUNITY

### The Ascension of the Lord - Year B

12th May 2024

#### 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 .