

天主教華人牧民處

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聖神降臨節 (乙年)

2024年5月19日

進堂詠

天主的愛，藉著所賜與我們的聖神，已傾注在我們心中。亞肋路亞。

讀經一

宗徒大事錄 2:1-11

五旬節一到，門徒及眾人都聚集一處。忽然，從天上來了一陣響聲，好像暴風颳來，充滿了他們所在的全座房屋。有些散開好像火的舌頭，停留在他們每人頭上，他們都充滿了聖神，照聖神賜給他們的話，說起外方話來。

那時，居住在耶路撒冷的，有從天下各國來的虔誠猶太人。這聲音一響，就聚集了許多人，都倉皇失措，因為人人都聽見他們說各人的方言。

他們驚訝奇怪地說：「看，這些說話的，不都是加里肋亞人嗎？怎麼我們每人聽見他們說我們出生地的方言呢？我們中有帕提雅人、瑪待人、厄藍人和居住在美索不達米亞、猶太及卡帕多細雅、本都並亞細亞、夫黎基雅和旁非里雅、埃及，並靠近基勒乃的利比亞一帶的人，以及僑居的羅馬人、猶太人和皈依猶太教的人、克里特人和阿拉伯人。怎麼我們都聽見他們用我們的話，講論天主的奇事呢？」

—上主的話

答唱詠

詠 104

【答】：上主，請你噓氣，使大地更新。

領：我的靈魂，請頌讚上主！上主、我的天主，你偉大無比。上主，你的化工，何其繁浩；你創造的萬物，充滿大地。【答】

領：你若停止牠們的呼吸，牠們就要死去，歸於原來的灰土。你一噓氣，萬物化生；你使大地，更新復興。

【答】

領：願上主的光榮，永世無窮；願上主喜愛自己的化工！願我的祈禱蒙上主喜悅；我將常在上主內歡樂。【答】

讀經二

致迦拉達人書 5:16-25

弟兄姊妹們：

你們如果隨從聖神的引導行事，就決不會去滿足本性的私慾，因為本性的私慾，相反聖神的引導，聖神的引導，相反本性的私慾；兩者互相敵對，致使你們不能做你們所願意的事。

但如果你們隨從聖神的引導，就不在律法權下。

本性私慾的作為，是顯而易見的：即淫亂、不潔、放蕩、崇拜偶像、施行邪法、仇恨、競爭、嫉妒、憤怒、爭吵、不睦、分黨、妒恨、【兇

殺】、醉酒、宴樂，以及與這些相類似的事。我以前勸戒過你們，現在再說一次：做這種事的人，決不能承受天主的國。

然而，聖神的效果卻是：仁愛、喜樂、平安、忍耐、良善、溫和、忠信、柔和、節制；關於這樣的事，並沒有法律禁止。

凡屬於耶穌基督的人，已把肉身同邪情和私慾，釘在十字架上了。如果我們因聖神生活，就應隨從聖神的引導行事。

—上主的話

五旬節讚歌

聖神，請你降臨，從高天放射你的光芒。

窮人的慈父，請你降臨！恩寵的施主，請你降臨！心靈的真光，請你降臨！

你是良善的施慰者；你是心靈甘飴的賓客；你是甜蜜的涼蔭。

在勞苦中，你是憩息；在酷熱裡，你是清風；在悲痛時，你是慰藉。

你是萬福的真光，求你充滿你信眾的心靈深處。

沒有你的助佑，人便一無所有，一無是處。求你洗淨我們的污穢，灌溉我們的乾枯，醫治我們的創傷。

求你軟化頑固的心，溫暖冷酷的心，引導迷途的人。

求你將七種神恩，賜給你的信眾。

求你賜我們修德的能力，善生福終，永享天福。亞孟。

福音前歡呼

領：亞肋路亞，亞肋路亞。

眾：亞肋路亞，亞肋路亞。

領：聖神，請你降臨，充滿你信徒的心；在他們心內，燃起你的愛火。

眾：亞肋路亞，亞肋路亞。

福音 聖若望福音 15:26-27;16:12-15

那時候，耶穌對門徒說：「當護慰者，就是我從父那裡，給你們派遣的、那發於父的真理之神，來到時，他必要為我作證；你們並且也要作證，因為你們從開始就和我在一起。」

「我本來還有許多事，要告訴你們，然而，你們現在不能承擔。當那一位真理之神來到時，他要把你們引入一切真理，因為，他不憑自己講論，只把他所聽到的，講出來，並把未來的事，傳告給你們。」

「他要光榮我，因為，他要把由我所領受的，傳告給你們。凡父所有的一切，都是我的；為此，我說：他要把由我所領受的，傳告給你們。」

—上主的話

領主詠

眾人都充滿了聖神，講論天主的奇事。亞肋路亞。

聖言 導讀

若望福音記載了耶穌的「臨別贈言」（十三31~十七26），其中多次稱呼聖神為「護慰者」，若十五26-27就是第三次關於護慰者的言論。這段簡短的經文談論聖神所作的見證，以及子要派遣的聖神就是發自於父的神。和前面若十四15-17、25-26這兩段的關於護慰者的言論相比較，這裡強調護慰者聖神要為耶穌作證。就如耶穌基督曾經是（父的）見證一樣，現在聖神成為（子的）見證，天主啟示自己的工作並不因著耶穌的升天而成為過去的事件，透過聖神的作證，啟示得以延續下去。但是為啟示作證不只是聖神的工作，也是門徒團體的工作，他們也成為必要的見證。

福音經文將聖神和門徒們同時稱為見證，也許顯得有些奇怪；但是，就內容而言，他們彼此互相隸屬。二者之間唯一的區別在於，門徒的見證根本上是依賴著聖神的支持。若望福音這段關於作證的經文，很可能就是受到對觀福音的影響。在此，我們特別想起谷十三11的經文：「人把你們拉去解送到法庭時，你們不要預先思慮該說什麼；在那時刻賜給你們什麼話，你們就說什麼，因為說話的不是你們，而是聖神。」

但是，若望福音以特別的方式改變了這些話。若望福音講述門徒必須為耶穌作證，並不是指他們將被帶到法庭上，接受鞭打拷問時所作的見證；門徒們被召叫成為耶穌的證人，乃是因為門徒們從開始就和耶穌在一起，耶穌是他們「聽見過，親眼看見過，瞻仰過，以及親手摸過的生命聖言」（若壹一1），只有他們能最正確地繼續傳揚耶穌帶來的福音喜訊。聖神將支持他們的宣講，使耶穌的言語和行動在門徒們宣講中具體的實現出來。

耶穌一生致力宣講天主的福音，雖然，對絕大部分的以色列人而言，祂的宣講並沒有成功，但是祂從未放棄天父給予的使命。祂不因表面的失敗而放棄自己的言論，而是派遣聖神推動門徒繼續宣講相同的救恩喜訊。門徒們在聖神帶領下成為耶穌的見證人，而其最深的表達在於他們將分享耶穌的命運，以自己的生命不斷的證明，耶穌愛的力量永遠不變。

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
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

2024年粵語成年人慕道班

粵語慕道班已於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，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
26/05/2024	天主聖子 - Part II	Bosco Yu
02/06/2024	信經 - Part I	Eric Wong
09/06/2024	信經 - Part II	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

聖神降臨節彌撒的答唱詠選自聖詠 104 篇。

初期教會的聖熱羅尼莫、聖奧斯定等都已註釋這聖詠不是達味君王所作，卻因這詩的體裁和內容，認為與聖經的「智慧文學」，尤其與《約伯傳》相近；因此是以民充軍後的作品。本詩頗長，共 35 節，但主題十分明確：人可藉萬物讚美造物主。

答句是第 30 節（你一嘔氣萬物創成，你使地面，更新復興）的改寫。上主的「嘔氣」（見創 2:7；若 20:22），是賦予聖神的明顯記號。至今教會每年的聖油彌撒，祝聖至聖聖油（為堅振聖事用的）時主教仍有向油嘔氣的禮節。這節在其他抄卷亦寫成「你若發出你的神，他們便能復甦；你便使地面更新。」，這就更顯出造物主聖神的德能。

第 1 節（我的靈魂，請你向上主頌讚！上主我的天主，你偉大無限，你以尊貴威嚴作你的衣冠），人的靈魂就是天主創造人的極致，就是那天主的嘔氣，使人超越世間萬物，是天主讓人分享祂的「天主性」。人的靈魂賦予人極複雜的情感與理性，所有人都可藉靈魂去發現和讚美天主。

第 24 節（上主，你的化工，是何其浩繁，全是你以智慧所創辦，你的受造物遍地充滿），舊約「智慧文學」其他書卷都有類似的寫法，見箴 8:22；德 39:20。第 29 和 30 節（你若隱藏你的面容，牠們便要恐懼，你若停止牠們呼吸，牠們就要死去，就再回到牠們所由出的灰土裡去。你一嘔氣萬物創成，你使地面，更新復興），亦有這情況，見約 34:14-15；訓 3:20；智 15:16；智 7:27。第 30 節更預示耶穌升天後的聖神降臨，更新整個宗徒團體和教會。

第 31 節（願上主的光榮永世無窮，願上主喜樂自己的化工！）和 34 節（願我的頌辭使他樂意，我要常在上主內歡喜），是天主與人同歡共樂的極佳描述。天主藉聖神賜予人喜樂之恩，人在聖神內分享天主的喜悅。

~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。



SOAP Reflection 19 May

Scripture- Today's gospel recounts Jesus' first encounter with his disciples after his resurrection (John 20:19-23). The line which stood out to me the most was the disciples' reaction to seeing Jesus- they were 'overjoyed.'

Observations- Although only making up a small section of John Chapter 20, this passage serves as a reminder of the importance of proclaiming the good news of the Lord, and what it means to have faith. The disciples were filled with elation and exultation upon seeing Jesus- no one (besides Thomas) questioned or doubted. Their faith was strong, and foundational, which made me reflect and consider my own beliefs. Are they as steadfast as I would like them to be? Would I have hesitated if I was in the disciples' situation, and Jesus appeared to me? Without truly believing in Christ ourselves, it can be difficult to fulfil God's mission. It should be noted, however, when Jesus proclaims "If you forgive anyone's sins, their sins are forgiven; if you do not forgive them, they are not forgiven," it does not mean Jesus gave us the power and authority is calling his disciples (and us!) to bring forward the message of hope to those who believe in Him for they will be saved.

Application- It would be useful to reflect on how God has given us opportunities to spread his word to those around us- it could be a close friend, colleague or even a complete stranger. In those moments, did you shy away from God and your beliefs? Did you feel ashamed or unsure of what to say? It is not uncommon to experience these feelings, because no one likes to be challenged- in spite of this, we should never fear judgement because God has given us the strength of the Holy Spirit. Even if we have not been presented with chances to discuss our faith with others, an important aspect of this gospel was forgiveness. It is also through this are we able to show the world what Jesus has taught us.

Prayer- Dear Lord, we thank you for giving us your only son, Jesus, so that we may be saved. Please give us the strength to continue your ministry on earth, to not fear those who may criticize or judge our beliefs, and to be strong in our faith in you. We would like to pray for wisdom and guidance in making the right decisions when our faith is being challenged, and for the qualities of patience and kindness so that we may readily forgive those around us. We ask all of this through your son, Jesus Christ. 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 9-11th 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

Pentecost Sunday - Year B

19th May 2024

Entrance Antiphon

The Spirit of the Lord has filled the whole world and that which contains all things understands what is said, alleluia.

First Reading

Acts 2:1-11

When Pentecost day came round, the apostles had all met in one room, when suddenly they heard what sounded like a powerful wind from heaven, the noise of which filled the entire house in which they were sitting; and something appeared to them that seemed like tongues of fire; these separated and came to rest on the head of each of them. They were all filled with the Holy Spirit, and began to speak foreign languages as the Spirit gave them the gift of speech. Now there were devout men living in Jerusalem from every nation under heaven, and at this sound they all assembled, each one bewildered to hear these men speaking his own language. They were amazed and astonished. 'Surely' they said 'all these men speaking are Galileans? How does it happen that each of us hears them in his own native language? Parthians, Medes and Elamites; people from Mesopotamia, Judaea and Cappadocia, Pontus and Asia, Phrygia and Pamphylia, Egypt and the parts of Libya round Cyrene; as well as visitors from Rome - Jews and proselytes alike - Cretans and Arabs; we hear them preaching in our own language about the marvels of God.'

The word of the Lord

Responsorial Psalm

Ps 103

(R.) Lord, send out your Spirit and renew the face of the earth.

1. Bless the Lord, my soul! Lord God, how great you are, How many are your works, O Lord! The earth is full of your riches. (R.)
2. You take back your spirit, they die, returning to the dust from which they came. You send forth your spirit, they are created; and you renew the face of the earth. (R.)
3. May the glory of the Lord last for ever! May the Lord rejoice in his works! May my thoughts be pleasing to him I find my joy in the Lord. (R.)

Second Reading

Galatians 5: 16-25

If you are guided by the Spirit you will be in no danger of yielding to self-indulgence, since self-indulgence is the opposite of the Spirit, the Spirit is totally against such a thing, and it is precisely because the two are so opposed that you do not always carry out your good intentions. If you are led by the Spirit, no law can touch you. When self-indulgence is at work the results are obvious: fornication, gross indecency and sexual irresponsibility; idolatry and sorcery; feuds and wrangling, jealousy, bad temper and quarrels; disagreements, factions, envy; drunkenness, orgies and similar things. I warn you now, as I warned you before: those who behave like this will not inherit the kingdom of God. What the Spirit brings is very different: love, joy, peace, patience, kindness, goodness, trustfulness, gentleness and self-control. There can be no law against things like that, of course. You cannot belong to Christ Jesus unless you crucify all self-indulgent passions and desire. Since the Spirit is our life, let us be directed by the Spirit.

The word of the Lord

Sequence

Holy Spirit, Lord of light,
From the clear celestial height
Thy pure beaming radiance give.
Come, thou Father of the poor,
Come with treasures which endure;
Come, thou light of all that live!
Thou, of all consolers best,
Thou, the soul's delightful guest,
Dost refreshing peace bestow;
Thou in toil art comfort sweet;
Pleasant coolness in the heat;
Solace in the midst of woe.
Light immortal, light divine,
Visit thou these hearts of thine,
And our inmost being fill:
If thou take thy grace away,
Nothing pure in man will stay;
All his good is turned to ill.
Heal our wounds, our strength renew;
On our dryness pour thy dew;
Wash the stains of guilt away;
Bend the stubborn heart and will;
Melt the frozen, warm the chill;
Guide the steps that go astray.
Thou, on us who evermore
Thee confess and thee adore,
With thy sevenfold gifts descend:
Give us comfort when we die;
Give us life with thee on high;
Give us joys that never end.

Gospel Acclamation

Alleluia, alleluia!

Come, Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love.

Alleluia!

Gospel

JOHN 15: 26-27 : 16: 12-15

Jesus said to his disciples:

'When the Advocate comes, whom I shall send to you from the Father, the Spirit of truth who issues from the Father, he will be my witness. And you too will be witnesses, because you have been with me from the outset. I still have many things to say to you but they would be too much for you now. But when the Spirit of truth comes he will lead you to the complete truth, since he will not be speaking as from himself but will say only what he has learnt; and he will tell you of the things to come. He will glorify me, since all he tells you will be taken from what is mine. Everything the Father has is mine; that is why I said: All he tells you will be taken from what is mine.'

The Gospel of the Lord

COMMUNION ANTIPHON

The Spirit of the Lord has filled the whole world and that which contains all things understands what is said, alleluia.

