

# 天主教華人牧民處

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天主聖三節 (乙年)

2024年5月26日

## 進堂詠

願光榮歸於父、及子、及聖神；  
他向我們廣施了仁慈。

## 讀經一

申命紀4:32-34, 39-40

那時候，梅瑟對人民說：「你且考察，在你以前及過去的世代，從天主在地上造了人以來，由天這邊，到天那邊，是否有過像這樣的大事？又是否聽過像這樣的事？是否有一民族，如同你一樣，聽到了天主由火中說話的聲音，還仍然活著？或者，是否有過一個神，以災難、神蹟、奇事、戰爭、強力的手、伸展的臂，和可怕的威能，企圖將某一民族，由另一民族中，領出來，如同上主你們的天主，在埃及，在你們眼前，對你們所做的一樣？」

「所以，今日你該知道，且要牢記在心：天上地下，只有上主是天主，再沒有別的神。你應遵守他的法令和誡命，就是我今日所訓示給你的，好使你和你的後代子孫，得享幸福，在上主你的天主，永遠賜給你的土地上，長久安居。」

—上主的話

## 答唱詠

詠33

【答】：上主選為自己產業的百姓，  
真是有福！

領：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：因天主的一句話，諸天造成；因上主的一口氣，萬象生成。因為他一發言，萬有造成；他一出命，各物生成。【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】

領：我們的靈魂，請仰望上主；他是我們的保障和扶助。上主，求你向我們廣施慈愛，有如我們對你的期待。【答】

## 讀經二

致羅馬人書8:14-17

弟兄姊妹們：

凡受天主聖神引導的，都是天主的子女。其實你們所領受的聖神，並非使你們作奴隸，以致仍舊恐懼；而是使你們作義子。因此，我們呼號：「阿爸，父呀！」聖神親自和我們的心神，一同作證：我們是天主的子女。我們既是子女，便是承繼者，是天主的承繼者，是基督的同承繼者；只要我們與基督一同受苦，也必與他一同受光榮。

—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：光榮歸於父、及子、及聖神；就是歸於那今在、昔在，及將來永在的全能者、上主天主。

眾：亞肋路亞，亞肋路亞。

## 福音

聖瑪竇福音28:16-20

那時候，十一個門徒就往加里肋亞，到耶穌給他們所指定的山上。他們一看見耶穌，就朝拜了他，雖然有人還心中疑惑。

耶穌於是上前對他們說：「天上地下的一切權柄，都交给了我，所以，你們要去使萬民成為門徒，因父及子及聖神之名，給他們授洗，教訓他們遵守我所吩咐你們的一切。」

「看！我同你們天天在一起，直到今世的終結。」

—上主的話

## 領主詠

為證實你們確實是天主的子女，天主派遣了自己兒子的聖神，到我們心裡，喊說：「阿爸，父啊！」

## 聖言導讀

在舊約中，「山」表達天主臨在之處，是人和天主相遇往來的地方。復活的耶穌在山上顯現給門徒，這是祂整個生命過程的高峰，顯示祂所做的一切完全被天主認可和接納，祂具有天主的權能。所以，當門徒看見祂時便跪地朝拜祂。福音經文提到「有些人心還是疑惑」，其實幾乎所有關於復活的敘述都含有懷疑的主題，這情形反映初期基督徒面對信仰時，態度相當務實，絕不造假。

復活的主宣稱：「天上地下一切的權柄都交给了我」；意思是指天父把一切都交給了祂。這是聖經中常見的被動表達方式，目的是避免直接稱呼天主的名號。這句經文和瑪二四30以及二六64一樣，間接引用達七14有關末世性的人子的經文：天主把統治權、尊榮和國度都賜給了人子。

耶穌給門徒的派遣，更加強化了普世性的幅度：他們不只是被派遣走向猶太人，而是走向一切的人。耶穌在世時對門徒的派遣原是針對以色列的（瑪十5-6），復活的基督把這個派遣擴展為對普世萬民的福傳使命。福傳的目標則是使萬民都成為基督徒，方法則是以天主聖三之名施洗，並教訓眾人遵守耶穌所教導的一切。這段經文反映出瑪竇寫作時的教會生活實踐，所謂「基督的門徒」在瑪竇福音的整體脈絡中，指的就是「教會」（參閱：瑪五1，十，十八1）。

復活的主最後許諾要和門徒（教會）天天在一起，這個許諾和福音一開始時的耶穌的名號「厄瑪奴耳」前後呼應。瑪竇福音以耶穌的族譜開始，說明天主自始就一直和他的猶太子民同在，這個盟約在歷史中的耶穌身上更為鮮明，如今透過復活的主的許諾，更得到一個超越時空的幅度。藉著領受洗禮和遵守耶穌的一切教導，一個的全新的天主子民的團體，就是「基督的教會」因而誕生。這個團體充滿信心與安慰，在主基督的帶領下走向未來，直到今世的終結。

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>
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](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：6月8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
02/06/2024	信經 - Part I	Eric Wong
09/06/2024	信經 - Part II	Eric Wong
16/06/2024	不斷皈依	Albert Ho

### 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



天主聖三節乙年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。

答句出自第 12 節（尊上主為自己天主的民族，真是有福！上主選為自己產業的百姓，真是有福！），「真是有福」是指以民不但認識天地間唯一的造物主，更受祂的厚愛和眷顧。這些福樂到聖父派遣聖子為萬民的得救而降生、死亡、復活和父子共發聖神時達致圓滿。

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 6 節（因天主的一句話，諸天造成；因上主的一口氣，萬象生成）和第 9 節（因為他一發言，萬有造成，他一出命，各物生成），與創世紀起首兩章互相呼應。

第 18 至 22 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。我們的靈魂仰望著上主，他是我們的保障和扶助；我們的心靈要因他而喜樂歡暢，在他的聖名內寄托我們的希望。上主，求你向我們廣施慈愛，有如我們對你所存的期待），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，天主已這樣恩待；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

## 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 26May

**Scripture:** In today's gospel, Jesus commissions His disciples to preach to all the nations and baptize them in the name of the Father, the Son and the Holy Spirit, and teach them to obey God's commandments and teachings.

**Observations:** Jesus outlines the two key important elements of preaching His message to the nations: faith in trinitarian God: the Father, the Son and the Holy Spirit and adherence to God's commandments. Obeying God's commandments not only involve adhering to the moral principles that underpin the Ten Commandments, but also to live by the two greatest commandments of loving God with all your heart, soul and mind and loving your neighbour. Jesus reminds His disciples that faith should motivate a person to strive to act in a morally upright manner and have the right intentions. Having faith in God is not just about what you assert you believe, but truth faith means God's will and moral imperatives influences your words, actions and thoughts. However, it is also important to remember that even if a person believes in God and is commissioned by God to share their faith, their faith may not be perfect. In the gospel, some disciples were described as being doubtful in their faith. This is likely a reference to doubts about whether Jesus really was resurrected. This did not deter Jesus from commissioning them, which shows Jesus still saw value and potential in His doubting disciples. It is evident that at the time Jesus appeared to His disciples after resurrection, some Jewish leaders wanted to contest the authenticity of Jesus' resurrection, and this social environment affected the disciples. In the same chapter (chapter 28), soldiers were bribed to spread a false story that Jesus' body was stolen away by His disciples in order to prevent people from believing that Jesus had risen from the dead (28:11-15).

**Application:** Some of us may be at different points in our faith. Some of us may believe in God and His mission easily, while some of us may doubt God. We may wonder whether He really exists or intervenes in the world and in the lives of people. We may be more apathetic about our faith because we are distracted by other things that are happening in our lives. It's important that we take the time to consider what doubts we may have about God and our faith, why we may have those doubts and take the time to learn more about our faith so that we are motivated to find out the answers to some questions we may have. We need to consider what role we can play in God's mission to teach, spread the faith and encourage people to follow God's commandments using our talents, interests and abilities. But we must have a strong foundation in our faith and understand why we believe if we are to evangelize effectively.

**Prayer:** Dear God, please guide those who may be struggling and have doubts about their faith to strengthen their faith and share it with others. Help those who are apathetic to find inspiration from your example, from your love and mercy. Guide people on their journey to discover, utilise and build on their skills and talents so they can strengthen the faith of others, and support others and themselves to always abide by your moral precepts. 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 Most Holy Trinity - Year B

26th May 2024

### Entrance Antiphon

Blest be God the Father, and the Only Begotten Son of God, and also the Holy Spirit, for he has shown us his merciful love.

### First Reading

Deuteronomy 4:32-34, 39-40

Moses said to the people: 'Put this question to the ages that are past, that went before you, from the time God created man on earth: Was there ever a word so majestic, from one end of heaven to the other? Was anything ever heard? Did ever a people hear the voice of the living God speaking from the heart of the fire, as you heard it, and remain alive? Has any god ventured to take to himself one nation from the midst of another by ordeals, signs, wonders, war with mighty hand and outstretched arm, by fearsome terrors - all this that the Lord your God did for you before your eyes in Egypt?

'Understand this today, therefore, and take it to heart: The Lord is God indeed, in heaven above as on earth beneath, he and no other. Keep his laws and commandments as I give them to you today so that you and your children may prosper and live long in the land that the Lord your God gives you for ever.'

*The word of the Lord*

### Responsorial Psalm

Ps 33

**(R.)** Happy the people the Lord has chosen to be his own.

1. 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.)**
2. With his word the heavens were made, by the breath of his mouth all the stars. He spoke; and they came to be. He commanded; they sprang into being. **(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.)**
4. Our soul is waiting for the Lord. The Lord is our help and our shield. May your love be upon us, O Lord, as we place all our hope in you. **(R.)**

### Second Reading

Romans 8: 14-17

Everyone moved by the Spirit is a son of God. The spirit you received is not the spirit of slaves bringing fear into your lives again; it is the spirit of sons, and it makes us cry out, 'Abba, Father!' The Spirit himself and our spirit bear united witness that we are children of God. And if we are children we are heirs as well: heirs of God and coheirs with Christ, sharing his sufferings so as to share his glory.

*The word of the Lord*

### Gospel Acclamation

Alleluia, alleluia!

Glory to the Father, the Son, and the Holy Spirit: to God who is, who was, and who is to come.

Alleluia!



### Gospel

MATTHEW 28:16-20

The eleven disciples set out for Galilee, to the mountain where Jesus had arranged to meet them. When they saw him they fell down before him, though some hesitated. Jesus came up to and spoke to them. He said, 'All authority in heaven and on earth has been given to me. Go, therefore, make disciples of all the nations; baptise them in the name of the Father and of the Son and of the Holy Spirit, and teach them to observe all the commands I gave you. And know that I am with you always; yes, to the end of time.'

*The Gospel of the Lord*

### COMMUNION ANTIPHON

Since you are children of God, God has sent into your hearts the Spirit of his Son, the Spirit who cries out: Abba, Father.