

天主教華人牧民處

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基督聖體聖血節(乙年)

2024年6月2日

進堂詠

上主要以麥子的精華，養育選民；以石中的蜂蜜，飽享他們。

讀經一 出谷紀 24:3-8

那時候，梅瑟下來，將上主的一切話和誡命，講述給百姓聽；眾百姓都同聲回答說：「凡上主所吩咐的話，我們全要奉行。」

梅瑟於是將上主的一切話，記錄下來。第二天清早，梅瑟在山下，立了一座祭壇，又按以色列十二支派，立了十二根石柱，又派了以色列子民的一些青年人，去奉獻全燔祭，宰殺了牛犢，作為獻給上主的和平祭。

梅瑟取了一半的血，盛在盆中，取了另一半的血，灑在祭壇上；然後，拿過約書來，念給百姓聽。以後，百姓回答說：「凡上主所吩咐的，我們必聽從奉行。」

梅瑟於是拿血來，灑在百姓身上，說：「看，這是盟約的血，是上主本著這一切話，同你們訂立的約。」

—上主的話

答唱詠 詠 116

【答】：我要舉起救恩的杯爵，我要呼籲上主的名號。

領：我應該要怎樣報謝上主，感謝他賜給我的一切恩佑？我要舉起救恩的杯爵，我要呼籲上主的名號。

【答】
領：上主的聖者去世，在上主的眼中，十分珍貴。我的上主！我是你的僕役，是你婢女的兒子；你解除了我的鎖鍊。【答】

領：我要向你獻上讚美之祭，我要呼號上主的名字。我要在眾百姓面前，向上主還我的誓願。【答】

讀經二 致希伯來人書 9:11-15

弟兄姊妹們：

基督一到，就作了未來鴻恩的大司祭。他經過了那更大，更齊全的，不是人手所造，不屬於受造世界的帳幕；不是帶著公山羊和牛犢的血，而是帶著自己的血，一次而為永遠，進入了天上的聖殿，獲得了永遠的救贖。

如果公山羊和牛犢的血，以及母牛的灰燼，灑在那些受玷污的人身上，可淨化他們，得到肉身的潔淨，何況基督的血呢？基督藉著永生的神，已把自己，毫無瑕疵地奉獻於天主，他的血

豈不更能潔淨我們的良心，除去死亡的行為，好去事奉生活的天主？

為此，基督作了新約的中保，以他的死亡，補贖了在先前盟約之下，所有的罪過，好叫那些蒙召的人，獲得所應許的永遠產業。

—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：我是從天上降下的、生活的食糧；誰若吃了這食糧，必要生活，直到永遠。

眾：亞肋路亞，亞肋路亞。

福音 聖馬爾谷福音 14:12-16,22-26

無酵節的第一天，即宰殺逾越節羔羊的那一天，門徒對耶穌說：「你願意我們到那裡，給你預備吃逾越節晚餐？」

耶穌就打發兩個門徒，對他們說：「你們往城裡去，必有一個拿著水罐的人，迎面而來，你們就跟著他走；他無論進入那裡，你們就對那家主說：師父問：我同我的門徒，吃逾越節晚餐的客廳在那裡？他必指給你們一間鋪設好的寬大樓廳，你們就在那裡，為我們預備吧！」

門徒去了，來到城裡，所遇見的，正如耶穌給他們所說的；他們就預備了逾越節晚餐。

他們正吃的時候，耶穌拿起餅來，祝福了，擘開，遞給他們說：「你們拿去吃吧！這是我的身體。」耶穌又拿起杯來，祝謝了，遞給他們；他們都從那杯喝了。耶穌對他們說：「這是我的血，盟約的血，為大眾而傾流的。我實在告訴你們：我決不再喝這葡萄汁了，直到我在天主的國裡，喝新酒的那天。」

他們唱完聖詠，就出來，往橄欖山去。

—上主的話

領主詠

上主，求你賜我們永遠享受你的神聖生命；這是你藉我們今世所領聖體寶血，所預像的。你是天主，永生永王。亞孟

聖言 導讀

耶穌打發兩位門徒去尋找舉行逾越節晚餐的地方，結果一切都和耶穌所預告的情形完全一樣。這說明在事件發生之前耶穌就知道了一切。任何事情都不會使耶穌驚訝，祂事先就已知道一切，因為祂和父密切結合，接受父為祂所安排的一切。

「耶穌拿起餅來，祝福了，擘開，遞給」門徒們，同時用言語清楚說明這些動作的內在含意。耶穌把這個餅當作祂的身體，祂說：「這是我的身體」。在耶穌生活的時空環境中，「身體」就代表整個人，因此，耶穌把餅遞給門徒的行動就代表祂把自己完全交付出去。耶穌在面臨死亡之時，舉行最後晚餐，祂透過把餅遞給門徒的行動及解釋性的話語，預先實現了自我交付，顯示祂整個存在都是為了所有的人。

耶穌舉杯也同樣地說了祝福的話語，希臘文「祝福」(Eucharistia)的原意就是「感恩」。最後晚餐中的這一個關鍵字，促使初期基督徒團體把紀念這個晚餐的禮儀稱為「感恩禮」。

杯中的酒本來就屬於慶節宴會的一部份，但是，耶穌把酒視作「自己的血」和「新約的血」。「我的血」和前面的「我的身體」相互平行呼應；透過把杯遞給門徒的行動，耶穌建立了一個新的盟約：在耶穌的血中，亦即在祂的死亡中，一個新的盟約得以建立。這段經文也反映了依五三11-12：「我正義的僕人……承擔了大眾的罪過，作罪犯的中保，犧牲了自己的性命。」在這段先知書的背景之下，我們特別看見耶穌死亡的救援功效，同時也發現這個救援的普世性幅度，天主的新子民，普世性的子民因此出現在世上。透過耶穌為眾人所流出來的血，產生了一個新的盟約的團體。

歡迎把這通訊
帶回家細閱

<http://www.ccreadbible.org>

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：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
09/06/2024	信經 - Part II	Eric Wong
16/06/2024	不斷皈依	Albert Ho
23/06/2024	保祿書信簡介	Eric Wong

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：請參閱報名表格，亦可用附上的二維碼報名
查詢：Eric Wong 0417457688



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)

基督聖體聖血節乙年讀經答唱詠選自聖詠116篇。



這篇聖詠作者不詳，但由於詩文極具阿拉美語的特色，學者推論此詩應是充軍後以民回國後，甚至是兩約之間的作品。內容大約是因患重病，但又得痊愈，而藉這詩篇感謝天主。本詩明顯地分成上下兩段，上段（1至9節）是說明詩人對天主的愛，下段（10至19節）是伸述天主的忠實。彌撒答唱詠選讀的屬後段。

答句出自第13節（我要舉起救恩的杯爵，我要呼籲上主的名號），歷代的聖經學者都清楚指出，「舉起救恩的杯爵」出自聖殿的「和平祭」（詳見肋第3章和本主日讀經一），是具有宴會性質的祭獻；再引伸到新約教會的聖體聖事（見格前10:16）。

第15節（上主的聖者們的去世，在上主的眼中十分珍貴），詩文暗喻降生聖子的死亡（見路23:47）。

第16節（我的上主！我是你的僕役，你僕役是你婢女的兒子；你將我的鎖鍊給我開釋），聖奧斯定註釋說：人蒙受聖子犧牲的恩寵，成了上主的僕人，是聖教會（基督的淨配與婢女）的兒女，並祈求藉基督所流的聖血而得寬恕。

第17和18節（我要獻給你讚美之祭，我要呼號上主的名字。我要在眾百姓面前，向上主還我的誓願），「向上主還願」原指往耶路撒冷聖殿獻祭，現泛指所有在聖教會內的彌撒，不斷地朝拜和讚美上主，稱揚祂的救恩。

~勝文神父

Scripture: Mark 14: 12-16, 22-26

Observation:

This week's Gospel describes the day of Jesus' last supper, the very last thing which Jesus ate before his death. But before the Supper begins preparations must be made, Jesus tells two of his disciples to go into the city and set the room up. This preparation is a mirror of the preparation of the Israelites in Exodus. In the Old Testament Moses on the behalf of God tells the Israelites to sacrifice a lamb and smear the blood on the front of the door on the night before they were to be freed from Egypt. The Gospel shares many parallels as Jesus tells the Disciples to make preparations for a meal on the day before they were to be saved from sin rather than from pharaoh's enslavement. The lamb from the Old Testament is Jesus in this story as he is the sacrifice that is required for us to be saved from sin, hence why he is named "The Lamb of God". Finally, much like the Jews who would celebrate the freedom from Egypt with the passover meal which emulates the original sacrifice of the lamb, we do much the same with the sacrament of the Eucharist, but we feast upon the eternal body of Christ. It is important for us to understand that Jesus very explicitly says "this is my body" and "this is my blood". When Jesus instituted this sacrament he was not being metaphorical he was being very literal. By proxy when the priest at mass does the same we should also take it literally. When you consume the host you aren't just eating a biscuit or a cookie that represents the bread, or is meant to simply remind us of Jesus, it is the body of Christ.

Application

The bible is often called the story of Salvation, much can be gained from reading the bible stories in a vacuum and discerning messages from them in isolation, however as I hope you can see from today's Gospel the stories of the bible interconnect from old to new Testament. They even interconnect with us today. Next time you participate in the Sacrament of Holy Communion think about how this sacrament fits into our salvation from sin all the way back to the beginning of Genesis. The sacrament of Holy Communion is the culmination of God's Salvation plan from us, a plan which was laid out and begun all the way back in the Old Testament, for us. So when we consume the Eucharist and pray, meditate on this idea and thank God for giving us this Grace, a Grace which cost the sacrifice of his Son, Jesus.

Prayer

Dear heavenly father, I thank you for all that you have given us and the greatness of the sacraments through which we are able to take in your Grace. May you continue to bless us with the most Holy Gift of the Eucharist so that we might be saved and be able to live like you for all time. Amen

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 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

The Most Holy Body & Blood of Christ - Year B

2nd June 2024

Entrance Antiphon

He fed them with the finest wheat and satisfied them with honey from the rock.

First Reading

Exodus 24:3-8

Moses went and told the people all the commands of the Lord and all the ordinances. In answer, all the people said with one voice, 'We will observe all the commands that the Lord has decreed.' Moses put all the commands of the Lord into writing, and early next morning he built an altar at the foot of the mountain, with twelve standing-stones for the twelve tribes of Israel. Then he directed certain young Israelites to offer holocausts and to immolate bullocks to the Lord as communion sacrifices. Half of the blood Moses took up and put into basins, the other half he cast on the altar. And taking the Book of the Covenant he read it to the listening people, and they said, 'We will observe all that the Lord has decreed; we will obey.' Then Moses took the blood and cast it towards the people. 'This' he said 'is the blood of the Covenant that the Lord has made with you, containing all these rules.'

The word of the Lord

Responsorial Psalm Ps 115

(R.) I will take the cup of salvation, and call on the name of the Lord.

1. How can I repay the Lord for his goodness to me? The cup of salvation I will raise; I will call on the Lord's name. (R.)
2. O precious in the eyes of the Lord is the death of his faithful. Your servant, Lord, your servant am I; you have loosened my bonds. (R.)
3. A thanksgiving sacrifice I make: I will call on the Lord's name. My vows to the Lord I will fulfil before all his people. (R.)

Second Reading Hebrews 9:11-15

Now Christ has come, as the high priest of all the blessings which were to come. He has passed through the greater, the more perfect tent, which is better than one made by men's hands because it is not of this created order; and he has entered the sanctuary once and for all, taking with him not the blood of goats and bull calves, but his own blood, having won an eternal redemption for us. The blood of goats and bulls and the ashes of a heifer are sprinkled on those who have incurred defilement and they restore the holiness of their outward lives; how much more effectively the blood of Christ, who offered himself as the perfect sacrifice to God through the eternal Spirit, can purify our inner self from dead actions so that we do our service to the living God. He brings a new covenant, as the mediator, only so that the people who were called to an eternal inheritance may actually receive what was promised: his death took place to cancel the sins that infringed the earlier covenant.

The word of the Lord

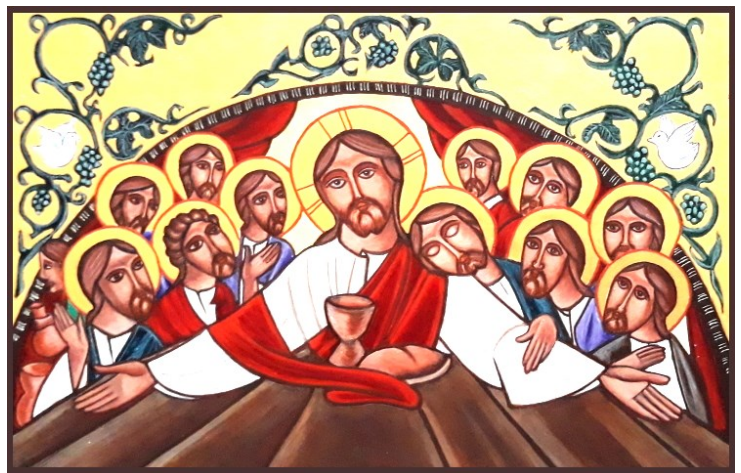
Gospel Acclamation

Alleluia, alleluia!

I am the living bread from heaven, says the Lord; whoever eats this bread will live for ever. Alleluia!

Gospel MARK 14:12-16, 22-26

On the first day of Unleavened Bread, when the Passover lamb was sacrificed, his disciples said to Jesus, 'Where do you want us to go and make the preparations for you to eat the passover?' So he sent two of his disciples,



saying to them, 'Go into the city and you will meet a man carrying a pitcher of water. Follow him, and say to the owner of the house which he enters, "The Master says: Where is my dining room in which I can eat the passover with my disciples?" He will show you a large upper room furnished with couches, all prepared. Make the preparations for us there.' The disciples set out and went to the city and found everything as he had told them, and prepared the Passover.

And as they were eating he took some bread, and when he had said the blessing he broke it and gave it to them. 'Take it,' he said 'this is my body.' Then he took a cup, and when he had returned thanks he gave it to them, and all drank from it, and he said to them, 'This is my blood, the blood of the covenant, which is to be poured out for many. I tell you solemnly, I shall not drink any more wine until the day I drink the new wine in the kingdom of God.' After psalms had been sung they left for the Mount of Olives.

The Gospel of the Lord

COMMUNION ANTIPHON

Whoever eats my flesh and drinks my blood remains in me and I in him, says the Lord.