

天主教華人牧民處

www.chinesechaplaincyparra.org



常年期第十二主日(乙年)

2024年6月23日

進堂詠

上主是自己人民的力量；他是受傳者得救的保障。上主，求你拯救你的人民，祝福你的百姓；求你牧養他們，提攜他們，直至永恆。

讀經一 約伯傳^{38:1,8-11}

上主由旋風中，向約伯發言，說：「當海水洶湧如出母胎時，是誰用門，將海關閉？是我用雲彩，作海的衣裳，用濃霧，作海的襁褓。是我給海劃定了界限，設立了門和門，並下令說：『你到此為止，不得越過；你的狂潮到此為止。』」

—上主的話

答唱詠 詠¹⁰⁷

【答】：請你們讚頌上主，因為他的仁慈永遠常存。

領：他們乘船，下海航行，在大洋中，往來經商。他們看見過上主的奇妙作為，遇到過上主在汪洋中，所行的奇蹟。【答】

領：上主一發命，風浪狂號，海中波濤，頓時洶湧翻天，有時忽躍沖天，有時忽墜深淵。處於此危急之中，他們膽戰心寒。【答】

領：他們於急難中，一哀求上主，上主立即拯救他們脫離困苦。上主化風暴為平靜；海濤頓時安定。【答】

領：上主使風平浪靜；大家個個歡欣。上主領他們登上了所渴望的海岸；願他們感謝上主的仁慈，稱頌上主給人子所顯的奇蹟。【答】

讀經二 致格林多人後書^{5:14-17}

弟兄姊妹們：

因為基督的愛，催迫著我們，故此，我們斷定：既然一個人替眾人死了，那麼眾人就都死了；他替眾人死，是為使活著的人，不再為自己生活，而是為替他們死

而復活了的那位生活。

所以，我們從今以後，不再按人的看法，認識誰了；縱使我們曾按人的看法，認識過基督，但現在，不再這樣認識他了。所以，誰如果在基督內，他就是一個新受造物，舊的已成過去，看，都成了新的。

—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：天主眷顧了自己的百姓；他在我們中間，興起了一位大先知。

眾：亞肋路亞，亞肋路亞。

福音 聖馬爾谷福音^{4:35-41}

有一天傍晚，耶穌對門徒說：「我們渡海，到對岸去吧！」門徒於是離開群眾，載耶穌走了；與耶穌一起的，還有其他小船。

忽然狂風大作，波浪打進船裡，以致船已積滿了水。耶穌卻在船尾，依枕而睡。門徒叫醒耶穌，給他說：「師父！我們要死了，你不管嗎？」耶穌醒來，叱喝了風，並向海說：「不要作聲，平靜吧！」風就停止了，於是風平浪靜。

耶穌對門徒說：「你們為什麼這樣膽怯？你們怎麼還沒有信德呢？」

門徒非常驚懼，彼此說：「這人到底是誰？連風和海也聽從他。」

—上主的話

領主詠

上主，眾生的眼睛都仰望你；你準時賜給他們糧食。

聖言 導讀

加里肋亞「海」其實只是一個內陸「湖」，然而，忽然而起的巨大風浪，卻並不是罕見的自然景象。福音作者刻意地以對比的手法描述當時的情景：一方面強調風浪的狂暴，以及整艘船面臨的嚴重威脅；另一方面則是「在船尾靠著枕頭睡著了」的耶穌。耶穌在大自然的恐怖威脅下所表現的安詳，已經生動地顯示祂遠遠超越大自然之上。

平息風浪之後，耶穌轉而向門徒們說話，以疑問的口吻責備他們的膽怯和無信德（40）。

「害怕」來自於門徒對自己不當的憂慮，而「不信」則表示他們沒有在耶穌身上認出派遣祂的天主的力量。天主的力量遠遠超越大自然的威力，能夠將門徒從大自然的攻擊所帶來的生命威脅中拯救出來。門徒們跟隨耶穌已經多時，由跟隨耶穌的生命經驗中，他們早就應該相信天主的力量在耶穌內、並藉著耶穌而工作。因此，耶穌說：「你們怎麼『還』沒有信德呢？」唯有藉著信仰，人們才能在這個事件中，領悟是天主在其獨生子身上的顯現。

福音作者用「大能的作為」（谷六2、5；思高本翻譯為「奇能」）表達耶穌所行的奇蹟，顯示耶穌具有先知性、神恩性的能力，能夠施行超越一般自然秩序的作為。然而，耶穌的奇蹟並不是為了證明祂所擁有的特殊身分而已，乃是「天國業已來近」的記號（谷一15）。耶穌被天父派遣來到世上，並非只是宣講一個「將來」真實的天國，更是透過祂治癒的、拯救的記號使人清楚地「感受到」即將來臨的天國。不過，這一切都必須靠信仰才能真正領悟，誰若在信仰中經驗到業已進入人間的天國，便得到更寬廣的生命空間與動力。

歡迎把這通訊
帶回家細閱

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

為教宗募捐

6月30日(下星期日)的各台彌撒，將有支持教宗牧民工作的特別捐獻，只收現金。請大家支持。

2024年粵語成年人網上慕道班 (ZOOM)

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：7月13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
30/06/2024	保祿書信 - 羅馬書	Thomas Tse
07/07/2024	厄弗所書	Chi Man Chan
14/07/2024	宗徒大事錄	Peter Lee

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



醫學講座 主題：「老」

講者：陳瑞波醫生 (Dr Victor Chan 家庭醫生、紓緩醫學專科醫生)

日期：6月30日 (星期日) 時間：下午2時至4時 地點：禮堂

內容：探討老年人的常見的健康問題，包括它們的特徵、成因、處理及預防方法。老少咸宜。

歡迎大家踴躍參加，無需報名。查詢：0411 192 278

聖堂屋頂維修

聖堂屋頂的瓦片要維修，教友如有推薦屋頂維修的師傅，請WhatsApp 或致電 Sumod Abraham 0400 865 406 (只說英語)，他是英語牧民議會的成員。

本主日答唱詠選自聖詠107篇。

關於這聖詠由何人和何時所作，以至詩體的結構和性質，直到今天仍未有結論。思高聖經的譯者認為本篇由兩首詩歌（第1至33節屬第一段，第34至43節為第二段）匯合而成，相信寫於以民充軍巴比倫後回國重建的時期；內容是詩人藉反省流徙和回國的歷史，稱頌天主的救援。彌撒只選讀了第一段較後的部分。

答句選自第一節（請你們向上主讚頌，因為他是美善寬仁，他的仁慈永遠常存），這是本詩最為人熟悉的一句。其他聖詠也有相類似的詩句，見詠100:5; 106:1; 耶33:11。

第23至31節（他們乘船，下海行航，在大洋中往來經商，他們看見過上主的奇異作為，遇到過他行於汪洋中的奇跡：他一發命，風浪狂掀，海中波濤頓時高翻，時而忽躍沖天，時而忽墜深淵；處此危急之中，他們膽戰心寒，恍惚且暈眩，有如醉漢，一切的經驗，全部紊亂。他們於急難中一哀求上主，上主即拯救他們脫離困苦。他化風暴為平靜，海濤頓時便安定；他使風平浪靜，大家個個歡欣，他領他們登上了渴望的海岸。願他們感謝上主的仁慈，稱頌他給人子顯的奇蹟），詩人描述在船上的人遇到風浪而哀求上主拯救，終於有驚無險地安抵目的地，歌頌上主是整個大自然的主宰。就算現時廿一世紀造船的科技已突飛猛進，衛星導航和雷達亦保障正確的航線及方向，但遇到惡劣天氣時，海難仍會發生；人為錯誤（例如故意超載人或貨物）就更不用說了。

這答唱詠內容與讀經一（約38:1,8-11）和福音（谷4:35-41）配合得天衣無縫。耶穌基督就是這位掌管宇宙的真神。

~勝文神父

2024年6月特別慶節

6月24日（星期一）聖若翰洗者誕辰
早上9時15分英語彌撒

6月29日（星期六）聖伯多祿聖保祿宗徒節
早上9時15分英語彌撒

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。



Scripture Mark 4: 35-41

Observation

Throughout the New Testament, we may find ourselves relating to the disciples in their tentative and sometimes tenuous faith in Jesus. I personally always found the humanity of the disciples comforting, knowing that even those closest to Jesus during his time on earth (and many of whom went on to become saints), struggled with their faith at times too!

In this passage, we can observe the dichotomy of trust and doubt in each half of the story, and reflect upon how impulse and fear weakens our faith in God.

Though the disciples initially trusted and were obedient to Jesus' instructions to travel with him to the other side of the lake, that faith quickly crumbled when their boat was rocked by furious winds and storms. Despite witnessing his emboldened preaching and inexplicable miracles (casting out demons in Mark 3), the disciples are quick to fall into a frenzied panic and at one point (possibly in their hysteria), even accuse Jesus of lacking regard for their welfare/well-being. It isn't until Jesus awakens and calms the winds and waves that his disciples regain their composure and marvel at his authority over nature.

Application

Though the dangers and uncertainty of sea travel may not be of particular relevance to us in the same way it was to the disciples, I feel that this passage paints a common experience among Catholics. We may find that when times are good, following Christ comes naturally, like sparing a moment for prayer when we're not in a rush that day, or giving some spare change to someone in need when we have a few coins we have been meaning to get rid of.

However, it's when the walls come crashing down and we are feeling overwhelmed that we really need to entrench ourselves in faith and be aware of the corrosive effect fear and impulse can have on our trust in God and His plan. When we feel the furious winds and waves of life batter our boat from all sides, acknowledge your feelings and offer them up to the Lord. Lean into faith rather than pull away, and ask others to pray for you. God never gives us a cross we cannot carry, and though we may not always be able to see His plan through the storm, we too can trust in his authority and power (just like the disciples).

Prayer

Dear Lord, help me trust you with my decisions and future. Let me lean on you with all my heart instead of relying on my own imperfect understanding. Please grant me clear guidance in my life where I need it, and direct my path as you see fit. Help me to steady the ship of my life. In Jesus' name, 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.





St. Monica's Parish

North Parramatta

ST MONICA'S
CATHOLIC PARISH AND PRIMARY SCHOOL COMMUNITY

Twelfth Sunday in Ordinary Time - Year B

23rd June 2024

ENTRANCE ANTIPHON

The Lord is the strength of his people, a saving refuge for the one he has anointed. Save your people, Lord, and bless your heritage, and govern them for ever.

FIRST READING Job 38:1. 8-11

A reading from the book of Job

From the heart of the tempest the Lord gave Job his answer. He said:

Who pent up the sea behind closed doors when it leapt tumultuous out of the womb, when I wrapped it in a robe of mist and made black clouds its swaddling bands; when I marked the bounds it was not to cross and made it fast with a bolted gate?

Come thus far, I said, and no farther: here your proud waves shall break.

The word of the Lord.

RESPONSORIAL PSALM Ps 106

Response: Give thanks to the Lord, his love is everlasting .

1. Some sailed to the sea in ships to trade on the mighty waters. These men have seen the Lord's deeds, the wonders he does in the deep. **(R.)**
2. For he spoke; he summoned the gale, tossing the waves of the sea up to heaven and back into the deep; their soul melted away in their distress. **(R.)**
3. Then they cried to the Lord in their need and he rescued them from their distress. He stilled the storm to a whisper: all the waves of the sea were hushed. **(R.)**
4. They rejoiced because of the calm and he led them to the haven they desired. Let them thank the Lord for his love, the wonders he does for men. **(R.)**

SECOND READING 2 Corinthians 5:14-17

A reading from the 2nd letter of St Paul to the Corinthians

The love of Christ overwhelms us when we reflect that if one man has died for all, then all men should be dead; and the reason he died for all was so that living men should live no longer for themselves, but for him who died and was raised to life for them.

From now onwards, therefore, we do not judge anyone by the standards of the flesh. Even if we did once know Christ in the flesh, that is not how we know him now. And for anyone who is in Christ, there is a new creation; the old creation has gone, and now the new one is here.

The word of the Lord

GOSPEL ACCLAMATION

Alleluia, alleluia!

A great prophet has appeared among us; God has visited his people.

Alleluia!



GOSPEL Mark 4:35-41

A reading from the holy Gospel according to Mark

With the coming of evening, Jesus said to his disciples, 'Let us cross over to the other side.' And leaving the crowd behind they took him, just as he was, in the boat; and there were other boats with him. Then it began to blow a gale and the waves were breaking into the boat so that it was almost swamped. But he was in the stern, his head on the cushion, asleep. They woke him and said to him, 'Master, do you not care? We are going down!' And he woke up and rebuked the wind and said to the sea, 'Quiet now! Be calm!' And the wind dropped, and all was calm again. Then he said to them, 'Why are you so frightened? How is it that you have no faith?' They were filled with awe and said to one another, 'Who can this be? Even the wind and the sea obey him.'

The Gospel of the Lord

COMMUNION ANTIPHON

The eyes of all look to you, Lord, and you give them their food in due season.