

天主教華人牧民處

www.chinesechaplaincyparra.org



常年期第十三主日(乙年)

2024年6月30日

進堂詠

萬民，你們要鼓掌歡騰，也要向天主歡呼慶祝！

讀經一

智慧篇 1:13-15, 2:23-24

天主並沒有創造死亡，也不喜歡生靈滅亡。他創造了萬物，為叫它們生存；世上的生物，都有生命力，本身都沒有致命的毒素；陰府在地上，也沒有權勢，因為正義是不死不滅的。

其實，天主創造了人，原是不死不滅的，使人成為天主本性的肖像；但因魔鬼的嫉妒，死亡才進入了世界；只有與魔鬼結緣的人，才經歷死亡。

—上主的話

答唱詠

詠30

【答】：上主，我稱揚你，因為你救拔了我。

領：上主，我稱揚你，因為你救拔了我。你沒有讓我的仇敵，向我誇耀。上主，你由陰府中把我救出，又使我安全復生，免降幽谷。

【答】

領：上主的聖民，請向上主歌頌，稱謝他的聖名。因為他的憤怒，瞬息消散；他的恩愛，卻要終生綿延。晚間雖令人哭泣，清晨卻使人歡喜。

【答】

領：上主，請俯聽我，憐憫我；上主，求你前來助佑我。你把我的哀痛，化成了舞蹈。上主，我的天主，我要永遠稱謝你！【答】

讀經二

致格林多人後書 8:7,9,13-15

弟兄姊妹們：

正如你們在一切事上，在信德、語言、知識、和各種熱情上，並在我們所交於你們的愛情上，超群出眾，所以，你們也要在這慈善工作上，超群出眾。

因為，你們知道，我們的主耶穌基督的恩賜：他本是富有的，為了你們，卻成了貧困的，好使你們因著他的貧困，而成為富有的。

這不是要使別人輕鬆，叫你們為難；而是要出於均勻。現在，你們的富裕，彌補了他們的缺乏，好使他們的富裕，也彌補你們的缺乏；這樣就均勻了，正如所記載的：「多收的，沒有剩餘；少收的，也沒有不足。」

—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：我們的救主耶穌基督，毀滅了死亡，藉著福音，彰顯了不朽的生命。

眾：亞肋路亞，亞肋路亞。

福音

聖馬爾谷福音 5:21-43

那時候，耶穌乘船，回到對岸；有大夥群眾，聚集在他周圍。耶穌於是留在海濱。當時，來了一個會堂長，名叫雅依洛，一見耶穌，就跪伏在耶穌腳前，懇求耶穌說：「我的小女兒快要死了。請你來，給她覆手，叫她康復，使她活下去。」耶穌就同會堂長一起去。有一大群人，跟隨著耶穌，擁擠著耶穌。

當時，有一個婦人，患血漏已有十二年。她在許多醫生手裡，受了許多痛苦，花盡了她所有的一切，不但沒有見效，反而病勢日益加重。她聽了有關耶穌的傳說，便來到人群中，從後邊摸了耶穌的衣裳，因為她心裡想：「只要我一摸他的衣裳，我的病就會好了。」結果，她的血漏，立刻停止了，並且覺得身上的疾病也好了。

耶穌立刻覺得，有一種能力，從自己身上出去；於是，在人群中，回過頭來，說：「誰摸了我的衣裳？」

耶穌的門徒向耶穌說：「你看！群眾四面擁擠著你，你還問：誰摸了我？」

耶穌四周觀望，要看做這事的婦人。那婦人明知在自己身上所發生的事，就戰戰兢兢地前來，跪伏在耶穌腳前，把實情完全告訴了耶穌。

耶穌便向那婦人說：「女兒，你的信德救了你。平安回去吧！你的疾病必得痊癒！」

耶穌還在說話的時候，有人從會堂長家裡來，說：「你的女兒死了，你還勞煩師父做什麼？」

耶穌聽見所說的話，就給會堂長說：「不要怕，只管信。」

除了伯多祿、雅各伯，和雅各伯的弟弟若望外，耶穌沒有帶任何人跟他去。他們到了會堂長的家裡，耶穌看見群眾非常喧嘩；有的哭泣，有的哀號；耶穌便進去，給他們說：「你們為什麼喧嘩哭泣呢？小女孩並沒有死，只是睡著了！」他們都譏笑耶穌。耶穌卻把眾人趕出去，帶著小女孩的父親和母親，以及同他在一起的人，進去小女孩所在的地方。

耶穌拿起小女孩的手，對她說：「塔里塔，古木！」意思是：「女孩，我命令你起來！」那女孩就立刻起來行走，原來她已十二歲了。

眾人都驚訝得目瞪口呆。耶穌卻嚴厲命令他們，不要叫任何人知道這事；又吩咐給女孩子食物吃。

—上主的話

領主詠

我的靈魂，請讚頌上主；我的五內，請讚頌上主。

聖言 導讀

常年期第十三主日的福音選自谷5:21-43，這段相當長的經文含有兩個奇蹟故事，經文的開始和結尾敘述耶穌復活一位小女孩的故事，在中間嵌入耶穌治癒一位患有血漏病的婦女的報導。兩個故事的主題是信德。耶穌讚許患有血漏病的婦女說：「女兒，你的信德救了你」，並鼓勵小女孩的父親說：「不要怕，只管信」。

故事一開始，述說一位名叫雅依洛的會堂長前來找耶穌，求祂治好他瀕死的小女兒。耶穌不僅有能力，而且願意幫助人，因此祂毫不遲疑的立刻跟這位會堂長去了。當耶穌和他同去的時候，由於有一大群人跟隨推擁，因此減緩耶穌行走的速度，同時也使這位患有血漏病的婦女得以接近耶穌。

這位婦女曾經聽說過關於耶穌的事，因此把所有的希望都放在耶穌身上。這個婦女的行動得到了所期待的效果，耶穌也證實了這個效果，祂感覺到「有一種能力從自己身上出去」，因而發問：「誰摸了我的衣裳？」這位婦人因此戰戰兢兢的前來跪伏在耶穌腳前，說出一切實情。耶穌對她說的話表達出更深的救援：一方面道出因為她的信德，她的病得以治好；另一方面要她平安離去，並許諾她的疾病必得痊癒。耶穌稱她為「女兒」，這個稱呼表現耶穌完全接受她；並且指出她被治癒真正的原因是她的信德，一切在場的人都是這個因信德而引發奇蹟的見證者。

耶穌前往雅依洛家的行程，因醫治患有血漏病的婦女而被耽擱，在此期間卻傳來小女孩不幸死亡的噩耗。女兒既已死亡，對父親而言，一切努力似乎都為時已晚。但是，耶穌卻要求絕望的雅依洛拿出信德，並對他說：「不要怕，只管信。」這句話以及耶穌隨後復活小女孩的事件，表達出基督論最高的訴求。只有天主能創造「給予生命」！因此，耶穌復活小女孩的事實顯示祂也能給予生命，因此祂就是天主(子)。當耶穌到達了會堂長的家中時，首先碰到的是一群哀傷哭泣的人，他們的行為證實小女孩已經去逝，耶穌卻宣稱「小女孩並沒有死，只是睡著了！」這句話並不是否定死亡的傷害，而是說出死亡並不具有最後的影響力，死亡並不是一切的結束。死亡亦有其限制，生命之源耶穌的權力超越了死亡。

<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) 暫借調到 St. Nicholas of Myra Parish, Penrith 電話：4721 2509
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

堂區消息

由於司鐸短缺，張勇浩神父將由本年7月1日至8月31日，暫時調往 Penrith 的 St. Nicholas of Myra Parish 服務。請為所有司鐸和聖召祈禱。

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
07/07/2024	厄弗所書	Chi Man Chan
14/07/2024	宗徒大事錄	Peter Lee
21/07/2024	初期教父一簡介	Bosco Yu

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

僕人領袖訓練工作坊

由聯合悉尼天主教華人團體統籌，來自香港的耶穌會士黃錦文神父，

帶領香港天主教「小團體中心」的成員，在2024年7月20至28日

於 Flemington 和 Kingsgrove 的聖堂，舉辦信仰小團體的培育及訓練。

詳情和報名請參閱海報、單張，或掃描附上的二維碼。歡迎大家踴躍參加。



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。

歡迎把這通訊
帶回家細閱

本主日答唱詠選自聖詠30篇。



此詩由達味君王所作。按內容應該是達味王因貪婪而作人口統計（為增加稅收），天主就降下瘟疫而百姓大量死亡，達味後悔不已而寫下此詩（詳見編上21章），且決定買下在耶路撒冷打禾場的平地，為上主建築祭台，獻上全燔祭，並唱出此篇聖詠（見撒下24:18-25）。

答句選自第2節（上主，我稱揚你，因為你救拔了我，你也沒有使我的仇敵向我自誇），達味君王感謝上主停止向他和人民的懲罰（瘟疫停止），保存了他的顏面（見撒下24:15-17; 7:8-17）。

第4節（上主，你由陰府中把我救出，又使我安全復生，免降幽谷）提及的「陰府」和「幽谷」，意指當時的瘟疫，再引伸成罪惡所帶來的禍患，而人對此根本無能為力，必須依賴上主的拯救。

第5至6節（上主的聖民，請向上主歌頌，稱謝他的聖名。因為他的忿怒，瞬息消散；他的恩愛卻要終生綿延。晚間雖令人哭涕，清晨卻使人歡喜），達味繼續稱謝上主的救援，可能有參考以民出離埃及，殺埃及長子的典故（見出12:29-42）。

第11至13節（上主，請俯聽我，憐憫我；上主，求你前來助佑我。你把我的哀痛，給我變成了舞蹈，脫去了我的苦衣給我披上喜樂；為此，我的心靈歌頌你，永不止息；上主，我的天主，我要永遠稱謝你），哀哭和穿上苦衣（粗糙、破爛且骯髒的衣服）是以民常用的祈禱方式，尤其用於懺悔和面對危難之時（見撒下12:16; 艾4:1-3）。這詩節亦暗示新約默西亞，因祂由死亡到復活帶來的改變。

~勝文神父

Scripture Mark 5: 21-43:

This week, we witness a miracle performed by Jesus. One out of love, compassion and most importantly, faith, regardless of who the individual is.

Observation:

We see Jesus come to a town where he is immediately met with a synagogue leader, who pleads for his help to heal his dying daughter. To reach her, he must traverse a sea of people who wish to meet Jesus and be in his presence. Amidst the chaos, another woman, who has been bleeding for 12 years sees Jesus and immediately identifies hope, in that by touching him, she shall be healed. Rumbling through the sea of people, and not by the touch of his skin, but simply the garments Jesus wore, she was healed. Her bleeding stopped. We then note a peculiar response from Jesus. Although he is in a sea of people, one would think that you would expect to be bumped into and come into contact with many people. But this was different. Of all the contact that he would have had with the crowd, the touch of his cloak was the touch that he felt as faith was what brought her to Him. Jesus then reaches the daughter to the synagogue leader, who he had been advised had died, to only push away the nonbelievers, proclaiming that she is not dead, but asleep. He calls her to rise, bringing her back to her feet as a normal twelve-year-old would, bringing, passing on amazement, but most of all, faith, to all who had witnessed the miracle.

Application:

Believe and you will be healed. This is the take home message of this week's Gospel. This week, 2 individuals come to him, who he has never met before, yet nothing but compassion is displayed towards the two women that Jesus heals.

In this gospel, there are 2 highlights "Do not fear, only believe" and "Daughter, your faith has made you well; go in peace, and be healed of your disease.", which is said to the two women Jesus heals, with the underlying messages of faith and healing, the centre point of the gospel.

But what is faith? Faith is not a leap in the dark or hoping someone will be there. It is the full trust that God is there for you; with this trust, you will be saved. And in some ways, this bible acts as a test of faith upon reflection. The first girl simply saw Jesus and knew that his touch would heal her. The second girl was described with strong faith by Jesus, and that is what healed her. With these two examples, it was their faith that healed them. This then begs the question, how strong is your own faith? It may not be uncommon that we say that our faith is not strong enough, but another layer to this week's gospel is that Jesus lights the path to what will happen when our faith is strong enough.

Prayer:

Dearest Lord, even Your wisest disciples needed strength to fortify their faith. I pray for the same strength, so that my faith in You may never waver. Increase my faith so that I may share it with others who may need to be shepherded back to You. Strengthen my faith, so that I may be ready to face any doubts that might block my path. Even with faith the size of a mustard seed, I know that anything is possible in Your name. I humbly ask this of you in Christ's glory, 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.



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。



St. Monica's Parish

North Parramatta

ST MONICA'S
CATHOLIC PARISH AND PRIMARY SCHOOL COMMUNITY

Thirteenth Sunday in Ordinary Time - Year B

30th June 2024

Entrance Antiphon

All peoples, clap your hands. Cry to God with shouts of joy!

First Reading

Wisdom 1: 12-15; 2: 23-24

Death was not God's doing, he takes no pleasure in the extinction of the living. To be – for this he created all; the world's created things have health in them, in them no fatal poison can be found, and Hades holds no power on earth; for virtue is undying.

Yet God did make man imperishable, he made him in the image of his own nature; it was the devil's envy that brought death into the world, as those who are his partners will discover.

The Word of the Lord

Responsorial Psalm

Ps 29

(R.) I will praise you, Lord, you have rescued me.

1. I will praise you, Lord, you have rescued me and have not let my enemies rejoice over me. O Lord, you have raised my soul from the dead, restored me to life from those who sink into the grave. (R.)
2. Sing psalms to the Lord, you who love him, give thanks to his holy name. His anger lasts but a moment: his favour through life. At night there are tears, but joy comes with dawn. (R.)
3. The Lord listened and had pity. The Lord came to my help. For me you have changed my mourning into dancing, O Lord my God, I will thank you for ever. (R.)

Second Reading

2 Corinthians 8: 7.9. 13-15

You always have the most of everything – of faith, of eloquence, of understanding, of keenness for any cause, and the biggest share of our affection – so we expect you to put the most into this work of mercy too. Remember how generous the Lord Jesus was: he was rich, but he became poor for your sake, to make you rich out of his poverty. This does not mean that to give relief to others you ought to make things difficult for yourselves: it is a question of balancing what happens to be your surplus now against their present need, and one day they may have something to spare that will supply your own need. That is how we strike a balance: as scripture says: The man who gathered much had none too much, the man who gathered little did not go short.

The Word of the Lord

Gospel Acclamation

Alleluia, alleluia!

Our Saviour Jesus Christ has done away with death and brought us life through his gospel.

Alleluia!

Gospel

Mark 5:22-43

When Jesus had crossed in the boat to the other side, a large crowd gathered round him and he stayed by the lakeside. Then one of the synagogue officials came up, Jairus by name, and seeing him, fell at his feet and pleaded with him earnestly, saying, 'My little daughter is desperately sick. Do come and lay your hands on her to make her better and save her life.' Jesus went with him and a large crowd followed him; they were pressing all round him.

Now there was a woman who had suffered from a

haemorrhage for twelve years; after long and painful treatment under various doctors, she had spent all she had without being any the better for it, in fact, she was getting worse. She had heard about Jesus, and she came up behind him through the crowd and touched his cloak. 'If I can touch even his clothes,' she had told herself 'I will be well again.' And the source of the bleeding dried up instantly, and she felt in herself that she was cured of her complaint. Immediately aware that power had gone out from him, Jesus turned round in the crowd and said, 'Who touched my clothes?' His disciples said to him, 'You see how the crowd is pressing round you and yet you say, "Who touched me?"' But he continued to look all round to see who had done it. Then the woman came forward, frightened and trembling because she knew what had happened to her, and she fell at his feet and told him the whole truth. 'My daughter,' he said 'your faith has restored you to health; go in peace and be free from your complaint.'

While he was still speaking some people arrived from the house of the synagogue official to say, 'Your daughter is dead: why put the Master to any further trouble?' But Jesus had overheard this remark of theirs and he said to the official, 'Do not be afraid; only have faith.' And he allowed no one to go with him except Peter and James and John the brother of James. So they came to the official's house and Jesus noticed all the commotion, with people weeping and wailing unrestrainedly. He went in and said to them, 'Why all this commotion and crying? The child is not dead, but asleep.' But they laughed at him. So he turned them all out and, taking with him the child's father and mother and his own companions, he went into the place where the child lay. And taking the child by the hand he said to her, 'Talitha, kum!' which means, 'little girl, I tell you to get up.' The little girl got up at once and began to walk about, for she was twelve years old. At this they were overcome with astonishment, and he ordered them strictly not to let anyone know about it, and told them to give her something to eat.

The Gospel of the Lord

Communion Antiphon

Bless the Lord, O my soul, and all within me, his holy name.

