

天主教華人牧民處

www.chinesechaplaincyparra.org



常年期第十六主日 (乙年)

2024年7月21日

進堂詠

請看，天主必定給我助陣；上主必扶持我的生命。上主，我甘願向你奉上祭獻，我要讚頌你的美名。

讀經一 耶肋米亞先知書 23:1-6

上主說：禍哉，那摧殘我牧場上的羊群，並把羊群趕散的牧人——上主的斷語。

為此，上主，以色列的天主，對牧放我民的牧人這樣說：「你們驅散趕走了我的羊群，不加照顧；現在，看，我必依照你們的惡行，來懲罰你們——上主的斷語。

「我要集合我尚存的羊，從牠們被驅散的各地，引導牠們，再回到自己的羊棧，叫牠們滋生繁殖。我要興起牧者，來牧放牠們，使牠們無恐無懼，再也不會失掉一個——上主的斷語。

「看，時日將到——上主的斷語——我必給達味，興起一支正義的苗芽，叫他執政為王，斷事明智，在地上執行公道正義。在他的日子裡，猶大必要獲救，以色列必安居樂業；人將稱他為『上主是我們的正義。』」

—上主的話

答唱詠

詠23

【答】：上主是我的牧者，我實在一無所缺。

領：上主是我的牧者，我實在一無所缺。他使我躺在青綠的草場，又領我走近幽靜的水旁，還使我的心靈得到舒暢。

【答】

領：他為了自己的名號，領我踏上了正義的坦途。縱使我應走過陰森的幽谷，我不怕凶險，因你與我同在。你的牧杖和短棒，是我的安慰和舒暢。

【答】

領：在我對頭面前，你為我擺設了筵席；在我的頭上傳油，使我的杯爵滿溢。【答】

領：在我一生歲月裡，幸福與慈愛常隨不離；我將住在上主的殿裡，直至悠遠的時日。【答】

讀經二 致厄弗所人書 2:13-18

弟兄姊妹們：

現今，在基督耶穌內，你們從前遠離天主的人，藉著基督的血，成為親近的了。

因為基督是我們的和平，他使雙方合而為一。他以自己的肉身，拆毀了中間阻隔的牆壁，就是雙方的仇恨，並廢除了由規條命令，所組成的法律，為把雙方在自己身上，造成一個新人，而成就和平。他以十字架，誅滅了仇恨，也以十字架，使雙方合成一體，與天主和好。

所以他來，向你們遠離的人，傳布了和平的福音，也向那親近的人，傳布了和平，因為藉著他，我們雙方，在一個聖神內，才得以到達父面前。

—上主的話

福音前歡呼

領：亞肋路亞。

眾：亞肋路亞。

領：主說：我的羊聽我的聲音，我也認識他們；他們也跟隨我。

眾：亞肋路亞。

福音 聖馬爾谷福音 6:30-34

那時候，宗徒都回到耶穌面前，將他們所行所教的一切，報告給耶穌。耶穌向他們說：「你們來，私下到荒野裡，去休息一會兒！」因為來往的人很多，以致他們連吃飯的工夫也沒有。

他們便乘船，私下往荒野去。人看見他們走了。許多人也知道他們要去的地方，便從各城，徒步前往那裡，且在他們之前，先到達了。

耶穌一下船，看見一大夥群眾，就對他們，動了憐憫的心，因為他們好像沒有牧人的羊；於是，耶穌便開口教訓他們許多事。

—上主的話

領主詠

主說：看，我站在門口敲門。誰若聽見我的聲音，而給我開門，我要進去，到他那裡，同他吃飯；他也要同我一起吃飯。

聖言 導讀

十二位被耶穌派遣出去福傳的宗徒，回來向耶穌報告他們的一切工作。他們和耶穌原本是在荒野之處單獨相處，但是這個情況很快的就被蜂擁而來的群眾所打破，也因此展開一個新的主題，最重要的是耶穌對人的憐憫。耶穌的憐憫心腸導引出整段經文最重要的敘述，也就是「增餅奇蹟」。

這十二位被耶穌派遣宣揚福音的門徒，現在都回到祂的身旁，向耶穌報告「他們所作所教的一切」。他們的報告顯出，耶穌賜給他們的權柄產生顯著的功效。

耶穌邀請回到身旁的門徒說：「你們來，私下到荒野的地方去休息一會兒！」在這段話中，我們看見一個辨證的關係，一方面耶穌派遣門徒到群眾中，公開宣揚福音；另一方面耶穌也邀請他們回到自己身邊，退居到荒野寂靜之處休息。這是耶穌的派遣以及門徒們派遣的特色，他們不只強調福傳工作的重要，更是同時兼顧個人的神修操練。

群眾從各城徒步奔走到耶穌所在的地方。為下面的「增餅奇蹟」預做準備。這段經文中特別把耶穌的教導視為祂憐憫人的表現，因為耶穌的教導乃是給群眾指出生命的方向，就好像牧人為羊群領路一般。

耶穌特別憐憫蜂擁而來的群眾，只要他們尋求耶穌的援助，耶穌必然提供他們必要的教導。基督徒必須時時投奔耶穌，方能得到祂的教導與援助。

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30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

耶穌會士黃錦文神父粵語講座

主題：神恩與教會 日期：7月26日 (星期五) 時間：晚上7時半至9時半 地點：聖莫尼加堂禮堂

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
28/07/2024	初期教父－簡介	Bosco Yu
4/08/2024	個人信仰分享	Thomas Cheung
11/08/2024	靈修與祈禱 - 天主經	Teresa Lau

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27日。
報名及查詢請WhatsApp 或傳短訊給牧民處熱線 0411 192 278

棋藝同樂日

牧民處將於8月11日(星期日)，下午2時至4時半，在禮堂舉行棋藝同樂日，包括國際象棋、中國象棋、飛機棋，圍棋，波子棋和鬥獸棋。歡迎大家攜同自己的棋子或各類遊戲，聯同家人和兒孫們一起來參加。當天亦有茶點和小吃。

為方便統計人數和場地安排，有興趣者可於今天(7月21日)至8月4日，在11時半彌撒後在教堂門外登記，亦可用這二維碼。

請踴躍參加。查詢：牧民處熱線0411 192 278。



聖莫尼加堂130週年慶節聚餐

牧民處聯同英語團體在8月23日(星期五)，晚上於 Parramatta Leagues Club 的香滿樓酒家，舉辦聖莫尼加堂130週年慶節聚餐，並舉行大抽獎，獎品豐富。餐券和抽獎券將在8月4日至18日，在各彌撒後售賣。詳細內容將於8月4日刊登。所有收入將捐助教堂的維修支出，請大家慷慨解囊，踴躍支持，多買多中。

查詢：牧民熱線：0411 192 278

聖莫尼加堂 130 週年彌撒 (英粵雙語)

日期：2024年8月24日(星期六) 時間：下午5時

主禮：巴拉瑪打教區阮龍主教

歡迎大家參加，共沐主恩

聖雲先會冬季扶貧籌款

下星期日(7月28日)，各台彌撒將有特別捐獻給聖雲先會，協助他們扶助有需要的人。捐款可放現金在特設信封，亦可填寫閣下的簽賬卡資料，也可用附上的二維碼。

多謝大家支持。



本主日答唱詠再次選讀聖詠第 23 篇，這最燴炙人口的聖詠是達味君王的作品。頗大機會是達味由一個牧羊人成為君王，再征服耶路撒冷，隆重地把約櫃和會幕遷入聖城後，有感而發寫成對上主的讚美和祈求（歷史記載詳見撒下 2-6 章）。

舊約多次稱天主為「以色列的牧者」（見創 48:15; 49:24; 依 40:11 等），耶穌亦以「善牧」自喻（見若 10:11,14）。這聖詠完全描寫善牧基督怎樣牧放祂的羊群。

第 2 節（他使我臥在青綠的草場，又領我走近幽靜的水旁），善牧基督帶領羊群進食飲水，基督把自己成為天主子民的食糧飲品。早期教會的教父註釋：草場和水旁即暗指基督聖體寶血。

第 4 節（你的牧杖和短棒，是我的安慰舒暢），基督善牧為保護子民，用聖言與聖事（牧杖和短棒所指）引領羊群；基督為免天主子民於凶險（罪惡和死亡），犧牲自己在一長一短的兩條木所造的十字架上。

第 5 節（在我對頭面前，你為我擺設了筵席；在我的頭上傳油，使我的杯爵滿溢），筵席就是基督讓天主子民在彌撒中盡享恩寵，頭上傳油就是基督讓信友領受和活出君王職。第 6 節（我將住在上主的殿裡，直至悠遠的時日）指人一生的盡頭不是死亡，而是基督早已預備好永生的天國。這些都是基督為全體天主子民的德政。

~勝文神父



Scripture : Mark 6:30-34

Observations:

In this week's gospel, the apostles return after having travelled many villages whilst exorcising, healing and proclaiming as Jesus had asked them to. Jesus instructs them to go on a boat to travel to a deserted place, where they shall rest. Yet, many saw the apostles travelling and enthusiastically followed, arriving even earlier than the apostles. As Jesus and the apostles arrived, they were welcomed by a great crowd, who although lost like "sheep without a shepherd" were willing to listen and learn. Little did they know, the crowd of five thousand were about to witness a miracle; the feeding of the five thousand.

Applications:

Jesus' love for us is so great that even after all the mission work that left him and his disciples hungry and exhausted, being the good shepherd he is, he chooses to teach and to feed the physically and spiritually hungry crowd. The most pertinent part of this whole passage, is the miracle through which Jesus feeds the crowd. The crowd who came to learn were lost sheep, perhaps like when we have doubts or are lukewarm in our faith. When faced with the dilemma of not having sufficient food to feed the five thousand, Jesus instructs the apostles to gather what they can and offer it to him. Despite only having five loaves of bread and two fishes, Jesus took the food, blessed it, and fed every single person until they were full and even had enough to spare. At times, we find ourselves in situations similar to that of the apostles - we fear that we are lacking, we feel that we are not enough. Yet, Jesus assures us, to not be afraid and that offering simply what we can give is sufficient. With trust, we can let God take it, bless it and hand it back to us to give to those around us. Jesus, in performing miracles, not only feeds us physically, but also provides spiritual sustenance by showing us his true power and love - to reassure those of us who have doubts and to comfort those who are afraid.

Prayer:

Dear Lord, in times where I am troubled, overwhelmed and afraid, thank you for comforting me and speaking to me through your Word. Thank you for assuring me that giving all that I have is enough. In times where we are doubtful or afraid, give us the strength to seek out your truth and let us find comfort in your reassurance and love for us. 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!





St. Monica's Parish

North Parramatta

Sixteenth Sunday in Ordinary Time - Year B

21st July 2024

Entrance Antiphon

See, I have God for my help. The Lord sustains my soul. I will sacrifice to you with willing heart, and praise your name, O Lord, for it is good.

First Reading

Jeremiah 23:1-6

'Doom for the shepherds who allow the flock of my pasture to be destroyed and scattered – it is the Lord who speaks! This, therefore, is what the Lord, the God of Israel, says about the shepherds in charge of my people: You have let my flock be scattered and go wandering and have not taken care of them. Right, I will take care of you for your misdeeds – it is the Lord who speaks! But the remnant of my flock I myself will gather from all the countries where I have dispersed them, and will bring them back to their pastures: they shall be fruitful and increase in numbers. I will raise up shepherds to look after them and pasture them; no fear, no terror for them any more; not one shall be lost – it is the Lord who speaks!

'See, the days are coming – it is the Lord who speaks – when I will raise a virtuous Branch for David, who will reign as true king and be wise, practising honesty and integrity in the land. In his days Judah will be saved and Israel dwell in confidence And this is the name he will be called: The Lord-our-integrity.'

The word of the Lord

Responsorial Psalm Ps 22

(R.) The Lord is my shepherd; there is nothing I shall want.

1. The Lord is my shepherd; there is nothing I shall want. Fresh and green are the pastures where he gives me repose. Near restful waters he leads me, to revive my drooping spirit. **(R.)**
2. He guides me along the right path; he is true to his name. If I should walk in the valley of darkness no evil would I fear. You are there with your crook and your staff, with these you give me comfort. **(R.)**
3. You have prepared a banquet for me in the sight of my foes. My head you have anointed with oil; my cup is overflowing. **(R.)**
4. Surely goodness and kindness shall follow me all the days of my life. In the Lord's own house shall I dwell for ever and ever. **(R.)**

Second Reading

Ephesians 2:13-18

In Christ Jesus, you that used to be so far from us have been brought very close, by the blood of Christ. For he is the peace between us, and has made the two into one and broken down the barrier which used to keep them apart, actually destroying in his own person the hostility caused by the rules and decrees of the Law. This was to create one single New Man in himself out of the two of them and by restoring peace through the cross, to unite them both in a single Body and reconcile them with God. In his own person he killed the hostility. Later he came to bring the good news of peace, peace to you who were far away and peace to those who were near at hand. Through him, both of us have in the one Spirit our way to come to the Father.

The word of the Lord

Gospel Acclamation

Alleluia, Alleluia

My sheep listen to my voice, says the Lord; I know them, and they follow me.

Alleluia!

Gospel

Mark 6:30-34

The apostles rejoined Jesus and told him all they had done and taught. Then he said to them, 'You must come away to some lonely place all by yourselves and rest for a while'; for there were so many coming and going that the apostles had no time even to eat. So they went off in a boat to a lonely place where they could be by themselves. But people saw them going, and many could guess where; and from every town they all hurried to the place on foot and reached it before them. So as he stepped ashore he saw a large crowd; and he took pity on them because they were like sheep without a shepherd, and he set himself to teach them at some length.

The Gospel of the Lord

Communion Antiphon

Behold, I stand at the door and knock, says the Lord. If anyone hears my voice and opens the door to me, I will enter his house and dine with him, and he with me.

歡迎把這通訊帶回家細閱