

天主教華人牧民處

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耶穌升天節（節日）

2022年5月29日

進堂詠

加里肋亞人！你們為什麼站著望天呢？你們看見他怎樣升了天，他也要怎樣降來。亞肋路亞。

讀經一

宗徒大事錄 1:1-11

德教斐羅，我在第一部書中，已論及耶穌所行所教的一切，直到他藉聖神，囑咐了所選的宗徒之後，被接去的那一天為止。他受難以後，用了許多憑據，向他們顯明自己還活著，四十天之久，顯現給他們，講論天主國的事。

耶穌與他們一起進食時，吩咐他們不要離開耶路撒冷，但要等候父的恩許，說：「你們聽我所說過的，若翰固然以水施了洗，但不多幾天以後，你們要因聖神受洗。」

他們聚集的時候，就問耶穌說：「主，現在就要給以色列復國嗎？」耶穌回答說：「父以自己的權柄，所定的時間和日期，不是你們應當知道的；但當聖神降臨於你們身上時，你們將充滿聖神的德能，要在耶路撒冷，及全猶太和撒瑪黎雅，並直到地極，為我作證人。」

耶穌說完這些話，就在他們觀望中，被舉上升；有一朵雲彩接了他去，離開他們的眼界。

他們向天注視著他上升的時候，忽然，有兩個穿白衣的人，站在他們面前，向他們說：「加里肋亞人！你們為什麼站著望天呢？這位離開你們，被接到天上去的耶穌，你們看見他怎樣升了天，也要怎樣降來。」

—上主的話

答唱詠

詠 47:2-3, 6-7, 8-9

【答】：天主上升，有歡呼之聲護送；上主騰空，有號角之聲相從。

領：萬民，你們要鼓掌歡騰，也要向天主歡呼慶祝。因上主至大至尊，可敬可畏；他是統治宇宙的偉大君王。

【答】：天主上升，有歡呼之聲護送；上主騰空，有號角之聲相從。你們應歌頌，歌頌我們的天主；你們應歌頌，歌頌我們的君王。【答】

領：因為天主是普世的君王，你們都應該以詩歌讚揚。天主為王，統治萬國，天主登上神聖的寶座。【答】

讀經二 致希伯來人書 9:24-28; 10:19-23

基督並非進入了一座人手所造，為實體模型的聖殿，而是進入了上天本境；他今後出現在天主面前，是為我們轉求。

基督無須再三奉獻自己，好像大司祭每年應帶著不是自己的血，進入聖

殿一樣，否則，從創世以來，他就必須多次受苦受難了。

可是，現在，基督在今世的末期，只出現了一次，以自己作犧牲，除滅了罪過。就如規定，人只死一次，以後就是審判。

同樣，基督也只一次奉獻了自己，為除免大眾的罪過；將來他要再次顯現，是與罪過無關，而是要向那些期待他的人，施行救恩。

弟兄們！我們既然靠著耶穌的寶血，得以懷著坦然無懼的信心，進入聖殿，就是藉著他給我們開創的、一條又新又活、通過帳幔，即他肉身的道路。

而且我們又既然有了這位掌管天主家庭的偉大司祭，我們就應以洗淨的心靈、已脫離邪僻的良心，及用淨水洗滌的身體，懷著真誠的心，以完備的信德，去接近天主。

我們也應該堅持所明認的望德，毫不動搖，因為那應許者是信實的。

—上主的話

福音前歡呼

領：亞肋路亞。

眾：亞肋路亞。

領：主說：你們要去使萬民成為門徒；我同你們天天在一起，直到今世的終結。

眾：亞肋路亞。

福音

聖路加福音 24:46-53

那時候，耶穌對門徒說：「經上曾這樣記載：默西亞必須受苦，第三天要從死者中復活；並且必須從耶路撒冷開始，因他的名，向萬邦宣講悔改，以得罪之赦。你們就是這些事的見證人。」

「看，我要把我父所恩許的，遣發到你們身上。至於你們，你們應當留在這城中，直到佩戴上自高天而來的能力。」

耶穌領他們出去，直到伯達尼附近，就舉手降福了他們。正降福他們的時，就離開他們，被提升天去了。他們叩拜了耶穌，皆大喜歡，返回耶路撒冷，常在聖殿裡稱謝天主。

—上主的話

領主詠

主說：看，我同你們天天在一起，直到今世的終結。亞肋路亞。

聖言 導讀

今天的福音具體說明耶穌向門徒解釋的聖經，包含三個特殊的主題：第一、默西亞的苦難；第二、祂的復活；第三、必須從耶路撒冷開始因祂的名向萬邦宣講悔改，以得到罪過的赦免（46-47）。讀者在路加福音中已多次碰到前兩個主題，第三個主題則是在此處才頭一次出現，但是它卻是宗徒大事錄最核心的主題。

耶穌在世生活時，門徒們一直沒有真正瞭解祂；直到耶穌復活顯現，給予門徒最後的教導以及升天之後，福音才第一次敘述了門徒出現正面積極的反應：「他們叩拜了祂，皆大喜歡地返回了耶路撒冷，常在聖殿裡稱謝天主。」（52-53）「叩拜」耶穌的行動，顯示門徒們現在相信了復活的耶穌真正是「主」。因為叩拜本來是唯獨保留給對於雅威的敬禮，門徒現在把本來只屬於雅威的敬禮（參閱：若二十28；斐二10）應用在耶穌身上，就是宣告耶穌是「主」。

門徒們喜樂地回到耶路撒冷，這個城市應該成為教會宣講的出發點。先前的懷疑不信、憂傷害怕，現在都被信仰和喜樂所取代；他們在聖殿裡朝拜天主的行動也說明，相信並朝拜耶穌為主，並不相反直到如今在聖殿內所舉行的雅威的敬禮。

有關耶穌復活和最後顯現的敘述顯示，門徒們並非缺乏主見的人；相反地，他們具有高度的批判性，不會毫無根據的輕率相信任何事情。門徒們的確以某種特殊的方式和復活的主相遇了，因而相信那位被釘死、被埋葬的納匝肋人耶穌的確還活著，他們並且由祂得到了特殊使命，被派遣做祂可靠的見證人，向全世界宣揚祂的福音。

門徒們對於復活的主所作的見證，以及由耶路撒冷開始的福傳工作，和舊約聖經的許諾是完全和諧一致的。舊約和新約一起構成天主救援的全部啟示，門徒們以及日後的教會為耶穌作見證，也是延續天主救援人類的行動。由於他們的宣講是在聖神推動下進行的，因此整個教會的教導具有權威性和正確性（參閱：路一4）。

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
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

天主教青年教理 YOUCAT 導讀 (粵語, ZOOM 網上講座, 歡迎青年和成年人士參加)

由林勝文神父主講, 逢每月第二個第四個星期六, 晚上8時舉行。下次舉行日期: 2022年6月11日。

已報名者可重用現有的ZOOM聯線。亦歡迎新參加者,

請致電: Eric Wong 0450 477 003; Thomas Tse 0413 304 285

網上信仰重溫聚會

逢第一和第三個星期六。時間: 晚上8時。下次舉行日期: 2022年6月4日

主持: 聖奧思定組。內容: 視頻分享, 小組討論

歡迎踴躍參加。請填寫以下的表格, 我們會把 Zoom meeting 的網上連結電郵給您們。

<https://forms.gle/7W2Q8MeQULB9Reuu5>

復活期培育 (光明之路祈禱) 5月1日至6月5日, 逢星期日, 上午10時半至11時15分, 在聖堂舉行。

為巴拉瑪塔教區修院籌款

今日為本教區修院作特別籌款, 捐獻信封已放在跪凳和聖堂入口。請大家支持。

歡迎把這通訊
帶回家細閱

耶穌升天節的答唱詠選自聖詠第47篇。

這聖詠與前篇46和下篇48一氣呵成，出自同一位作者：科辣黑的後裔。三篇聖詠都講述以民遭受苦難，但上主激勵百姓保持信心與勇毅，上主必定救助。第47篇尤其指出將來整個世界都皈依天主，欽崇同一的神；在默西亞來臨時，萬民只朝拜唯一的天主。教會自古就用此聖詠歌頌升天的基督，作為聖言的實現。

按三篇聖詠的內容，和「科辣黑的後裔」的年代推論，聖詠46至48篇應是以民分成南北兩國時，互相敵對甚至交戰（詳見列下各章），因此鄰近的民族乘機侵擾以色列地，企圖搶奪資源和控制歐、亞、非三洲陸路的貿易。作者，即科辣黑的後裔，這家族原是耶京聖殿的守衛（見編上9:19; 26:1-19和編下20:19），在上主的感召下，把在南北兩國交戰時，到南北兩國相繼滅亡和以民被逼充軍的情懷，寫成聖詠集中最清逸、最真誠懇切的詩篇。

答句出自第6節（天主上升，有歡呼聲護送，上主騰空，有號角聲相從）。若天主「上升」，須先「下降」，這節暗示耶穌基督降生成人，並戰勝罪惡和死亡，完成贖世的工程，然後輝煌地升天。其餘的詩節是讚美和歌頌升天的基督至尊至聖，是整個宇宙的君王。

~勝文神父



May Youth Group Session - Sacraments

This month in youth group, we looked at another core foundation of our Catholic faith- the seven sacraments. Sacraments, in a nutshell, can be described as physical signs of God's invisible grace. They are ways in which we can build, strengthen, and deepen our relationship with Jesus across our whole lives, starting from birth (baptism) all the way through to adulthood (marriage or Holy Orders). Receiving each of the sacraments gives us sanctifying grace, something which we need constantly because we have original sin and are thus always susceptible to temptations and engaging in behaviours that deter us from God. Sacraments usually consist of two things- a form (the words being spoken during the practice) and the matter (the physical substance used). For something to be considered a sacrament, it must meet 3 essential criteria- it has to be some physical, tangible sign that you can see, it must also be instituted by Jesus Christ himself (and throughout the Bible we can see evidence that he instructs us to do perform these sacraments!) and not only are they representations of God's grace but also literally embody them. This is where we touched on the doctrine of the Paschal Mystery, which states that everything Jesus did in his earthly ministry (but specifically his passion, death, resurrection and ascension) was salvific- leading to our salvation. And we get to experience and participate in these key events with Christ through the gifts of the sacraments.

The seven sacraments are divided into three sections- the first being the Sacraments of Initiation (Baptism, Confirmation, Eucharist) as they welcome someone into the Church and marks the beginning of their relationship with God; the second category the Sacraments of Healing (Reconciliation and Anointing of the Sick) and finally the Sacraments of Commitment (Marriage and Holy Orders). Simply put, the Sacraments of Initiation lay the foundations for one's spiritual life- during baptism we are freed from all sins (yes, even our mortal ones!) and given a permanent mark stating that we are Catholics and a part of the church. We usually are guided into this by our parents, until we reach Confirmation and Eucharist, where we receive the Holy Spirit (and the body and blood of Jesus Christ) for strength to continue preaching the Gospel. And because Jesus is so loving and compassionate and cared for the weak and suffering deeply, we also have reconciliation/penance for when we want to repent for our sins (it must contain contrition, confession, absolution and penance/satisfaction), a process which restores the grace and love back into our lives. Sin stops us from obtaining eternal salvation and happiness with God, so reconciliation is always encouraged (but keep in mind it should always be sincere and genuine). Anointing of the sick is given to not just people who are about to pass away, but also those who are mentally unwell, of old age or suffering from chronic pain/disease. Sacraments are an important part of our faith, and thank you to all the youth who came along this month! We really appreciate you engaging with the content every week 😊

Youth Announcements



St Monica's Youth Group (FYRE)

We have resumed face to face youth group! Feel free to join us in the community room at 10:30AM! Over the next few months, we will be looking at the foundations of our faith/Catholicism, and in June we are looking at Morality, led by Cheryl and Sam! See you there 😊

Youth Camp: Mission Impossible 2022

Youth Camp is back on this year (for real this time!) from Tuesday 5th July to Friday 8th July in Gerringong. Apologies for all the pushbacks these past two years so thank you all for your patience 😊 The theme will still be the same and we will be going over some of the challenges we youth might face in our modern society today, and how we can best tackle them. Please note forms are due by June 5th (next week!) Please see Cheryl Wong (0481507169) or Rebecca Cheung (0449055395) for any questions/queries. We hope you are as keen as the leaders are!!

Altar Serving

If you/ your child have received their first Holy Communion and are interested in joining altar serving, please contact Rebecca Cheung (0449055395)! Training for new servers will begin around August. It is a wonderful way to take the next step in deepening your faith and commitment to the Church so it is definitely encouraged 😊

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

The Ascension of the Lord

29th May 2022

ENTRANCE ANTIPHON

Men of Galilee, why gaze in wonder at the heavens?
This Jesus whom you saw ascending into heaven will return as you saw him go, alleluia.

FIRST READING

ACTS 1:1-11

In my earlier work, Theophilus, I dealt with everything Jesus had done and taught from the beginning until the day he gave his instructions to the apostles he had chosen through the Holy Spirit, and was taken up to heaven. He had shown himself alive to them after his Passion by many demonstrations: for forty days he had continued to appear to them and tell them about the kingdom of God. When he had been at table with them, he had told them not to leave Jerusalem, but to wait there for what the Father had promised. 'It is,' he had said, 'what you have heard me speak about: John baptised with water but you, not many days from now, will be baptised with the Holy Spirit.'

Now having met together, they asked him, 'Lord, has the time come? Are you going to restore the kingdom to Israel?' He replied, 'It is not for you to know times or dates that the Father has decided by his own authority, but you will receive power when the Holy Spirit comes on you, and then you will be my witnesses not only in Jerusalem but throughout Judaea and Samaria, and indeed to the ends of the earth.'

As he said this he was lifted up while they looked on, and a cloud took him from their sight. They were still staring into the sky when suddenly two men in white were standing near them and they said, 'Why are you men from Galilee standing here looking into the sky? Jesus who has been taken up from you into heaven, this same Jesus will come back in the same way as you have seen him go there.'

The word of the Lord

RESPONSORIAL PSALM

Ps 46

(R.) God mounts his throne to shouts of joy: a blare of trumpets for the Lord.

1. All peoples, clap your hands, cry to God with shouts of joy! For the Lord, the Most High, we must fear, great king over all the earth. (R)
2. God goes up with shouts of joy; the Lord goes up with trumpet blast. Sing praise for God, sing praise, sing praise to our king, sing praise. (R)
3. God is king of all the earth. Sing praise with all your skill. God is king over the nations; God reigns on his holy throne. (R)

SECOND READING

HEBREWS 9:24-28 10:19-23

A reading from the letter to the Hebrews
It is not as though Christ had entered a man-made sanctuary which was only modelled on the real one; but it was heaven itself, so that he could appear in the actual presence of God on our behalf. And he does not have to offer himself again and again, like the high priest going into the sanctuary year after year with the blood that is not his own, or else he would have had to suffer over and over again since the world began. Instead of that, he has made his appearance once and for all, now at the end of the last age, to do away with sin by sacrificing himself. Since men only die once, and after that comes judgement, so

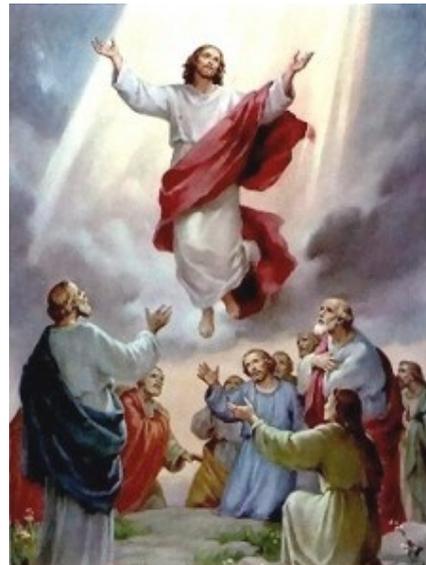
Christ, too, offers himself only once to take the faults of many on himself, and when he appears a second time, it will not be to deal with sin but to reward with salvation those who are waiting for him.

In other words, brothers, through the blood of Jesus we have the right to enter the sanctuary, by a new way which he has opened for us, a living opening through the curtain, that is to say, his body. And we have the supreme high priest over all the house of God. So as we go in, let us be sincere in heart and filled with faith, our minds sprinkled and free from any trace of bad conscience and our bodies washed with pure water. Let us keep firm in the hope we profess, because the one who made the promise is faithful.

The word of the Lord

GOSPEL ACCLAMATION

Alleluia, alleluia!
Go and teach all people my gospel. I am with you always, until the end of the world.
Alleluia!



GOSPEL

LUKE 24:46-53

Jesus said to his disciples: 'You see how it is written that the Christ would suffer and on the third day rise from the dead, and that, in his name, repentance for the forgiveness of sins would be preached to all the nations, beginning from Jerusalem. You are witnesses to this.'

'And now I am sending down to you what the Father has promised. Stay in the city then, until you are clothed with the power from on high.' Then he took them out as far as the outskirts of Bethany, and lifting up his hands he blessed them. Now as he blessed them, he withdrew from them and was carried up to heaven. They worshipped him and then went back to Jerusalem full of joy; and they were continually in the Temple praising God.

The Gospel of the Lord

COMMUNION ANTIPHON

Behold, I am with you always,
even to the end of the age, alleluia.