

天主教華人牧民處

www.chinesechaplaincyparra.org



復活期第三主日(甲年)

2023年4月23日

進堂詠

普世大地，請向天主歡呼！請歌頌他聖名的光榮，請獻給他輝煌的讚頌。亞肋路亞。

讀經一 宗徒大事錄^{2:14, 22-33}

五旬節那天，伯多祿同十一位宗徒站起來，高聲向群眾說：「猶太人，及所有居住在耶路撒冷的人！請你們留意，側耳靜聽我的話！諸位以色列人！請聽這些話：

「納匝肋人耶穌是天主用德能、奇蹟和徵兆——即天主藉他在你們當中所行的，一如你們所知道的——給你們證明了。他照天主已定的計劃和預知，被交付了。你們藉著不法者的手，釘他在十字架上，殺死了他。天主卻解除了他死亡的苦痛，使他復活了，因為他不可能受死亡的控制，因為達味指著他說：『我常將上主置於我眼前；我決不動搖，因他在我右邊。因此，我心歡樂，我口歌唱，連我的肉身，也要安息於希望之中，因為你決不會將我的靈魂，遺棄在陰府，也不會讓你的聖者，見到腐朽。你要將生命的道路，指示給我，使我在你面前，獲得圓滿的喜樂。』

「諸位仁人弟兄！容許我坦白對你們講論聖祖達味的事吧！他死了，也埋葬了。他的墳墓，直到今天，還在我們這裡。他既是先知，也知道天主曾以誓詞，對他起了誓，要從他的子嗣中，選立一位來承繼他的王位。他既預先看見了，就論及默西亞的復活，說：『他沒有被遺棄在陰府，他的肉身也沒有見到腐朽。』這位耶穌，天主使他復活了；我們都是他的見證人。他被舉揚到天主的右邊，由父領受了所恩許的聖神。你們現今所見所聞的，就是他所傾注的聖神。」

—上主的話

答唱詠 詠¹⁶

【答】：上主，請你將生命的道路指示給我。

領：天主，求你保佑我，因為我只投靠你。我對天主說：「唯有你是我的上主，唯有你是我的幸福。」

上主，你是我的產業，是我的杯爵，有你為我守著。

【答】

領：我要讚頌引導我的上主；我心連夜間也向我督促。我常將上主置於我的眼前，我決不動搖，因他在我右邊。【答】

領：因此，我心高興，我靈喜歡，連我的肉軀，也無憂安眠。因為你絕不會將我遺棄在陰府，也絕不會讓你的聖者見到腐朽。【答】

領：請你將生命的道路，指示給我；唯有在你面前，才有圓滿的喜悅；永遠在你右邊，也就是我的福樂。

【答】

讀經二 聖伯多祿前書^{1:17-21}

親愛的諸位：

你們既稱呼那不看情面，而只按每人的行為，施行審判的天主為父，就該懷著敬畏的心，度過你們這旅居的時期。該知道：你們不是用能朽壞的金銀等物，而是用

寶血，即無玷無瑕羔羊——基督的寶血，由你們祖傳的虛妄生活中，被贖出來的。

基督固然是在創世以前，就被預定了的，但在最末的時期，為了你們才出現，為使你們因著他，而相信那使他由死者中復活，並賜他光榮的天主；這樣，你們的信德和望德，都同歸於天主。

—上主的話

福音前歡呼

領：亞肋路亞。

眾：亞肋路亞。

領：主、耶穌，請你給我們講解聖經，好使我們的心，在你講話時，也火熱起來。

眾：亞肋路亞。

福音 聖路加福音^{24:13-35}

就在一周的第一天，耶穌的門徒中，有兩個人，往一個村莊去，村名厄瑪烏，離耶路撒冷約六十『斯塔狄』。他們彼此談論所發生的一切事。正談話討論的時候，耶穌親自走近他們，與他們同行。他們的眼睛卻被蒙蔽住了，以致認不出耶穌來。耶穌對他們說：「你們走路，彼此談論的是些什麼事？」他們就站住，面帶愁容。

一個名叫克羅帕的，回答耶穌說：「在耶路撒冷作客的，獨有你不知道這幾天在那裡所發生的事嗎？」

他們回答說：「就是有關納匝肋人耶穌的事。他本是一位先知，在天主及眾百姓前，行事說話都有權力。我們的司祭長及首領，竟解送了他，判了他死罪，釘他在十字架上。我們原指望他就是那要拯救以色列的。可是……此外還有：這些事發生到今天，已是第三天了。我們中有幾個婦女，驚嚇了我們；她們清早到了墳墓那裡，沒有看見耶穌的遺體，回來說她們見了天使顯現，天使說耶穌復活了。我們中也有幾個，到過墳墓那裡，所遇見的事，如同婦女們所說的一樣，但是，沒有看見耶穌。」

耶穌於是對他們說：「唉！無知的人哪！為信先知們所說的一切話，你們的心竟是這般遲鈍！默西亞不是必須受這些苦難，才進入他的光榮嗎？」耶穌於是從梅瑟及眾先知開始，把全部經書論及他的話，都給他們解釋了。

當他們走近他們要去的村莊時，耶穌裝作還要前行。他們強留他說：「請同我們一起住下吧！因為快到晚上，天已垂暮了。」耶穌就進去，同他們住下。

當耶穌與他們坐下吃飯的時候，就拿起餅來，祝福了，擘開，遞給他們。他們的眼睛開了，這才認出耶穌來；但耶穌卻由他們眼前隱沒了。他們就彼此說：「當他在路上與我們談話，給我們講解聖經的時候，我們的心不是火熱的嗎？」

他們於是立即動身，返回耶路撒冷，遇見那十一位門徒，及同他們一起的人，正聚在一起，彼此談論說：「主真復活了，並顯現給西滿！」兩人就把在路上的事，及在分餅時，他們怎樣認出了耶穌，述說了一遍。

—上主的話

領主詠

在耶穌分餅時，門徒認出了主耶穌。亞肋路亞。

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(普通話)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

主日午餐服務

主日午餐服務將於下星期日(4月30日)恢復供應；餐券會於今天彌撒後在聖堂門外發售。參加的兄弟姐妹請自備杯碟餐具。

青年組及主日學家長工作坊

由4月30日星期日起，連續三個主日10:30am至11:15am，在禮堂舉行工作坊

4月30日 如何從信仰中面對改變 (Mr Chris Cheng)

5月7日 情緒輔導 (Mrs Ruby Chan)

5月14日 情緒輔導二 (Mrs Ruby Chan)

歡迎家長參加，無需報名。

講者簡介：Mr Chris Cheng 資深牧民護理員

Mrs Ruby Chan, Diocese Of Parramatta CatholicCare 家庭關係輔導員

網上信仰重溫聚會

逢第一和第三個星期六。時間：晚上8時正。下次舉行日期：2023年5月6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/NHdpEVgpMre9c4d46>

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：2023年5月13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

抄寫聖言 2022-2024

為慶祝本堂成立130週年，誠意邀請各位參與「抄寫聖言」，並藉此行動讓大家更熟悉天主聖言。詳情請在聖堂大門索取有關單張，亦可致電堂區 (9630 1951)，或發電郵給 write.the.word.2024@gmail.com

Write the WORD 2022-2024

To anticipate the celebration of the 130th anniversary of this parish, everyone is invited to join in "Write the WORD" to increase our familiarity of the Holy Scripture. For details you can take a leaflet at the main entrances of the church, or call the Parish Office (9630 1951), or send an email to write.the.word.2024@gmail.com

敬禮聖母講座

五月特敬聖母瑪利亞，林神父於5月份各星期日，11時15分，在聖堂為大家解釋和帶領誦唸四篇敬禮聖母禱文的意義：

5月7日 又聖母經 (萬福母后)

5月14日 天皇后喜樂

5月21日 救主之母

5月28日 萬福，天上母后

「聖經人物趣談」講座 林神父主持，將於5月13日和20日彌撒後，下午1時半至2時，在禮堂舉行，歡迎參加。

歡迎把這通訊帶回家細閱

復活期第三主日，甲年讀經答唱詠選自聖詠第 16 篇。

原文有標明是「達味金詩」，相信是達味君王所撰，但「金詩」一詞卻頗廢解。有聖經學者認為是達味君王最高水準的珍貴詩篇（故稱為「金詩」），亦有學者說是「刻在石碑上的經文」之意，更有學者未作定論。聖詠集內只有六篇標明是「達味金詩」（詠 16; 56; 57; 58; 59; 60）。

按內容，這篇聖詠似乎是達味蒙難時（可能是撒上海 26 章的記載），受了天主的啟示，領悟到將來默西亞，甚至聖教會所受的苦難，抒於歌詠，同時亦預言默西亞的復活，和聖教會怎樣光榮天主。因此按字面，是達味向上主詠讚，按整體卻超越了達味的經驗，而是天主預言默西亞的苦難和復活。聖伯多祿和聖保祿兩位宗徒，都曾引這篇聖詠來證明耶穌是默西亞，並按經上所載，由死者中復活（見宗 2:25; 13:35）。

答句出自第 11 節（請你將生命的道路指示給我，唯有在你面前有圓滿的喜悅，永遠在你右邊也是我的福樂），這節指出聖教會的使命：就是引領世人皈依天主。

第 1 節（天主，求你保佑我，因為我只投靠你），這是教會經常向上主呼求的禱詞。第 2 節（我對天主說：「唯有你是我的上主，唯有你是我的幸福。」），這是教會宣發的信仰內容，並以實際行動來作的見證（見瑪 5-7 章）。

第 5 節（上主，你是我的產業，是我的杯爵，我要得你的基業，有 you 為我守著），達味用「產業」來描繪他與上主的緊密關係，並預示基督與教會，互相成為對方的「產業」。

第 7 至 8 節（我要讚頌引導我的上主，我心連夜間也向我督促。我常將上主置於我的眼前，我決不動搖，因他在我右邊），這裡的「我心」是指人的良知和心智；復活的主更新每一個人，使人全心全靈全力愛主愛人（見瑪 22:37-39）。「他在我右邊」是很猶太人的說法，意思是人把天主奉為唯一並是最重要的。

第 9 至 10 節（因此我心高興，我靈喜歡，連我的肉軀也無憂安眠。因為你絕不會將我遺棄在陰府，你也絕不讓你的聖者見到腐朽）清晰地預示默西亞的苦難與復活，宗徒和初期教會都一直這樣詮釋，甚至犧牲自己的性命來見證福音的真理。

第 11 節（請你將生命的道路指示給我，唯有在你面前有圓滿的喜悅，永遠在你右邊也是我的福樂），這是天主子民對上主的稱頌和懇求：教會期待全人類都因基督而復活，進入新天新地。

~勝文神父

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。



SOAP Reflection 23rd April 2023

Scripture- "Then they said to each other, "Were not our hearts burning within us while he spoke to us on the way and opened the Scriptures to us?""

Observation- On the first Sunday after Easter, we learn that two disciples, Cleopas and his friend, have embarked on a journey to Emmaus. During their journey, they discuss the news of Jesus' crucifixion, unknowing of the presence of Jesus himself who accompanied their journey disguised as a stranger. This conversation is one of hopelessness, as His followers were devastated that their greatest hopes of resurrection and redemption hadn't come true. The two disciples invite Jesus for a meal together, and only when Jesus blesses and shares the bread do they recognise him. They are given a glimpse of the Lord before he promptly vanishes. Cleopas and his companion are reminiscent of us, they know and care a lot and are saddened by their diminished hope. Importantly, they are clouded by assumed knowledge, eyes closed to the presence of Jesus until they are opened. This gospel gives me comfort in that Jesus is always with us and provides hope that in the breaking of the bread, we too can catch a glimpse of our Lord.

Application- In our daily lives, we can often feel as though we are alone as we fight the adversities we are faced with. In the coming days, allow me to truly appreciate the presence of the Lord and the guidance He provides me. As I navigate through the peaks and troughs of life, may I be always reminded that God is with me even when I cannot see, or choose not to see. Even when all is hopeless, may I be comforted by the fact that God will always appear when we need most. And the next time I receive communion, may I reflect on the opportunity and blessings it provides me, and to find solace and hope in the glimpse of Jesus we are gifted.

Prayer- Dear Lord, thank you for your constant reminders that You are with me, even when it feels like I am alone. Please guide me to open my heart and listen so that I too can truly see and feel Your presence in all places and in all people. Give me the courage to spread the gospel as I am tasked to and speak the quiet but loving words of communion through acts of kindness and mercy. Pray that through prayer and scripture, my heart may continue to burn with passion in my learning of Your teachings as I strive to become more like You. Amen!

Charlotte

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 ☺ In May we will be looking at the topic Spiritual but not religious, led by Gabriel and Hazel!

Youth Camp 2023

Youth camp is back on again in the Term 2 holidays, from the 4th-7th July (Tuesday to Friday)! This year's theme will be Family Movie Night, with our topic focusing on families- please see one of the coordinators (Hazel or Cheryl) for a form. If you have any questions/concerns so far, feel free to let Hazel (0478209349) or Cheryl (0481507169) know ☺ Get excited!

Altar Serving Expressions of Interest

If anyone has received their first Holy Communion and is interested in becoming an altar server at the 9AM mass, please contact Gabby Fleming (gabbyfleming2007@gmail.com)!



St. Monica's Parish

North Parramatta

ST MONICA'S
CATHOLIC PARISH AND PRIMARY SCHOOL COMMUNITY

Third Sunday of Easter - Year A

23rd April 2023

Entrance Antiphon

Cry out with joy to God, all the earth; O sing to the glory of his name. O render him glorious praise, alleluia.

First Reading

Acts 2:14,22-33

On the day of Pentecost, Peter stood up with the Eleven and addressed the crowd in a loud voice: 'Men of Israel, listen to what I am going to say: Jesus the Nazarene was a man commended to you by God by the miracles and portents and signs that God worked through him when he was among you, as you all know. This man, who was put into your power by the deliberate intention and foreknowledge of God, you took and had crucified by men outside the Law. You killed him, but God raised him to life, freeing him from the pangs of Hades; for it was impossible for him to be held in its power since, as David says of him:

I saw the Lord before me always, for with him at my right hand nothing can shake me. So my heart was glad and my tongue cried out with joy: my body, too, will rest in the hope that you will not abandon my soul to Hades nor allow your holy one to experience corruption. You have made known the way of life to me, you will fill me with gladness through your presence.

'Brothers, no one can deny that the patriarch David himself is dead and buried: his tomb is still with us. But since he was a prophet, and knew that God had sworn him an oath to make one of his descendants succeed him on the throne, what he foresaw and spoke about was the resurrection of the Christ: he is the one who was not abandoned to Hades, and whose body did not experience corruption. God raised this man Jesus to life, and all of us are witnesses to that. Now raised to the heights by God's right hand, he has received from the Father the Holy Spirit, who was promised, and what you see and hear is the outpouring of that Spirit.'

The word of the Lord

Responsorial Psalm

Ps 15

(R.) Lord, you will show us the path of life.

1. Preserve me, God, I take refuge in you. I say to the Lord: 'You are my God. O Lord, it is you who are my portion and cup; it is you yourself who are my prize.' (R.)
2. I will bless the Lord who gives me counsel, who even at night directs my heart. I keep the Lord ever in my sight: since he is at my right hand, I shall stand firm. (R.)
3. And so my heart rejoices, my soul is glad; even my body shall rest in safety. For you will not leave my soul among the dead, nor let your beloved know decay. (R.)
4. You will show me the path of life, the fullness of joy in your presence, at your right hand happiness for ever. (R.)

Second Reading

1 ST PETER 1:17-21

If you are acknowledging as your Father one who has no favourites and judges everyone according to what he has done, you must be scrupulously careful as long as you are living away from your home. Remember, the ransom that was paid to free you from the useless way of life your ancestors handed down was not paid in anything corruptible, neither in silver nor gold, but in the precious blood of a lamb without spot or stain, namely Christ; who, though known since before the world was made, has been revealed only in our time, the end of the ages, for your sake. Through him you now have faith in God, who raised him from the dead and gave him glory for that very reason – so that you would have faith and hope in God.

The word of the Lord

Gospel Acclamation

Alleluia, alleluia!

Lord Jesus, make your word plain to us: make our hearts burn with love when you speak.

Alleluia!



Gospel

LUKE 24:13-35

Two of the disciples of Jesus were on their way to a village called Emmaus, seven miles from Jerusalem, and they were talking together about all that had happened. Now as they talked this over, Jesus himself came up and walked by their side; but something prevented them from recognising him. He said to them, 'What matters are you discussing as you walk along?' They stopped short, their faces downcast.

Then one of them, called Cleopas, answered him, 'You must be the only person staying in Jerusalem who does not know the things that have been happening there these last few days.' 'What things?' he asked. 'All about Jesus of Nazareth' they answered 'who proved he was a great prophet by the things he said and did in the sight of God and of the whole people; and how our chief priests and our leaders handed him over to be sentenced to death, and had him crucified. Our own hope had been that he would be the one to set Israel free. And this is not all: two whole days have gone by since it all happened; and some women from our group have astounded us: they went to the tomb in the early morning, and when they did not find the body, they came back to tell us they had seen a vision of angels who declared he was alive. Some of our friends went to the tomb and found everything exactly as the women had reported, but of him they saw nothing.'

Then he said to them, 'You foolish men! So slow to believe the full message of the prophets! Was it not ordained that the Christ should suffer and so enter into his glory?' Then, starting with Moses and going through all the prophets, he explained to them the passages throughout the scriptures that were about himself.

When they drew near to the village to which they were going, he made as if to go on; but they pressed him to stay with them. 'It is nearly evening' they said 'and the day is almost over.' So he went in to stay with them. Now while he was with them at table, he took the bread and said the blessing; then he broke it and handed it to them. And their eyes were opened and they recognised him; but he had vanished from their sight. Then they said to each other, 'Did not our hearts burn within us as he talked to us on the road and explained the scriptures to us?'

They set out that instant and returned to Jerusalem. There they found the Eleven assembled together with their companions, who said to them, 'Yes, it is true. The Lord has risen and has appeared to Simon.' Then they told their story of what had happened on the road and how they had recognised him at the breaking of bread.

The Gospel of the Lord

Communion Antiphon

The disciples recognized the Lord Jesus in the breaking of the bread, alleluia.