

天主教華人牧民處

www.chinesechaplaincyparra.org



復活期第四主日(甲年)

2023年4月30日

進堂詠

上主的慈愛瀰漫大地。因天主的一句話，諸天造成。亞肋路亞。

讀經一 宗徒大事錄2:14, 36-41

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！以色列全家應確切知道：天主已把你們所釘死的這位耶穌，立為主，立為默西亞了。」

眾人一聽見這些話，就心中刺痛，於是向伯多祿和其他宗徒說：「諸位仁人弟兄！我們該作什麼？」伯多祿便對他們說：「你們悔改吧！你們每人要以耶穌基督的名字受洗，好赦免你們的罪過，並領受聖神的恩惠。因為這恩許就是為了你們和你們的子女，以及一切遠方的人，因為都是我們上主天主所呼叫的。」他還講了許多作證的話，並勸他們說：「你們應救自己脫離這邪惡的世代。」於是，凡接受他的話的人，都受了洗；在那一天約增添了三千人。

—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 聖伯多祿前書2:20-25

親愛的諸位：

你們如果因行善而受苦，且堅心忍耐，這才是中悅天主的事。你們原是為了此而蒙召的，因為基督也曾為你們受苦，給你們留下了榜樣，叫你們追隨他

的足跡。

他沒有犯過罪，他口中也從未出過謊言；他受辱罵，卻不還罵；他受虐待，卻不報復，只將自己交給那照正義施行審判的天主；他在自己身上，親自承擔了我們的罪過，上了木架，為叫我們死於罪惡，而活於正義。

你們是因他的創傷，而獲得了痊癒。你們從前有如迷途亡羊，現在卻被領回，歸依你們的靈牧和監督。

—上主的話

福音前歡呼

領：亞肋路亞。

眾：亞肋路亞。

領：主說：我是善牧，我認識我的羊；我的羊也認識我。

眾：亞肋路亞。

福音 聖若望福音10:1-10

那時候，耶穌說：「我實實在在告訴你們：凡不由門進入羊棧，而由別處爬進去的，便是賊，是強盜。由門進去的，才是羊的牧人。看門的給他開門，羊聽從他的聲音；他按名字呼喚自己的羊，並引領他們出來。當他把羊放出來以後，就走在羊前面；羊也跟隨他，因為羊認得他的聲音。羊決不跟隨陌生人，反而逃避陌生人，因為羊不認得陌生人的聲音。」

耶穌給他們講了這個比喻。他們卻不明白他所講的是什麼。

於是，耶穌又對他們說：「我實實在在告訴你們：我是羊的門；凡在我以前來的，都是賊和強盜；羊沒有聽從他們。我就是門，誰若經過我進來，必得安全；可以進，可以出，可以找到草場。賊來，無非是為偷竊、殺害、毀滅；我來，卻是為叫他們獲得生命，且獲得更豐富的生命。」

—上主的話

領主詠

善牧復活了！他曾為自己的羊群交出性命，甘願為他們接受死亡。亞肋路亞。

聖言

導讀

這個比喻對猶太人而言是淺顯易懂的，因為在猶太傳統中，類似的比喻多不勝數。舊約聖經不僅一再地用牧人和羊來表達君王和人民的關係（撒下五2），更用來描述天主和人民的關係（詠二三）。若望福音中這個「牧人與羊」比喻，也是在這個傳統背景之下，講述耶穌基督和若望團體（教會）的關係。

若望團體雖然只是一個小小羊群，常常面臨各種危險迫害，但是他們卻自稱是天主的兒女（若一12，十一52；若壹三1），有最好的牧人—耶穌基督。這個牧人是「唯一的」，除他以外都是賊或強盜。他們和牧人的關係就如同耶穌和天父的關係一般：耶穌是「父懷裡的獨生子」（若一18），耶穌也是天主兒女的唯一牧人。他們是已經得到救援的團體，只認識一個牧人，這個牧人認識他們每個人的名字，把他們由世界中呼喚出來、聚集在一起，成為「屬於他的人」（若十三1）。他們跟隨牧人耶穌走上救恩之路，跟隨祂回到父家，祂走在前面「給他們預備地方」（若十四2）。

這個比喻的最後一句話是一個未來式的時態，若按字面翻譯應該是：「羊『將』不跟隨陌生人，反而『將』逃避他，因為羊不認得陌生人的聲音。」這個時態使比喻得到一個超越時空的幅度：救援的實現在於召叫與聽從，也就是經由宣講和接受天主聖言。任何時代的信仰團體都面臨若望團體曾經面臨的危險，任何時代都有假先知（參閱：若壹四1-6）。信仰團體要認真的宣講和聆聽天主聖言，同時也要謹慎分辨真實的和虛假的宣講者，方能確保得到真正的救恩。

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

主日午餐服務將於今日(4月30日)恢復供應，參加的兄弟姊妹請自備杯碟餐具。

青年組及主日學家長工作坊 10:30am至11:15am，在禮堂舉行。歡迎家長參加，無需報名。

5月7日 情緒輔導 (Mrs Ruby Chan)

5月14日 情緒輔導二 (Mrs Ruby Chan)

講者簡介：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

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14日和21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



SOAP Reflection 30th April

Scripture- John 10:1-10, but in particular verses 9 and 10.

Observations- From this didactic passage, where metaphorical parallels are drawn between sheep and their shepherd and Jesus as humanity's saviour, my attention was drawn as Jesus describes himself "I am the door. By me, if any man enter in, he shall be saved: and he shall go in, and go out, and shall find pastures". This reminds us that Jesus will always be the one to lead us and guide us out of love, and by going through his 'door' we shall reach salvation and enter the kingdom of God. Furthermore, his love and grace in verse 10 "The thief comes not, but for to steal, and to kill, and to destroy. I am come that they may have life, and may have it more abundantly" illustrates that his love extends to all. The 'abundant life' he promises, refers more to spiritual prosperity which is in reach for all people, and even though there are challenges on the way, he will never abandon us as our shepherd.

Application- In our daily lives it is easy to hate someone, hold malicious intent and stray from the path of love. Sometimes we forget that humanity is one big family and we are all the children of God. In each and every person, the image of God is present and as Jesus directs us to "love your neighbour as yourself". Instead looking down upon those that have strayed from the path of God, pray or help them so they may find his mercy and his love and the 'abundant life' that is promised.

Prayer- Lord, you are so kind, you always lead me in the right direction. Thank you for the opportunities you have granted me and the people that you surround me with to love and support one another. I ask that this joy and these sensations of comfort and love will be experienced and shared by all. May you lead those that have lost the path of grace into welcome arms and may they find your love and mercy. Amen.

Adrian

復活期第四主日甲年讀經所選的聖詠第 23 篇，肯定是最為人熟悉的聖詠。原文標明是「達味的歌」，是達味的作品。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，亦是基督怎樣照管祂的子民。

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，君王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；基督為免天主子民與凶險（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

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 ☺ 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)!

Entrance Antiphon

The merciful love of the Lord fills the earth; by the word of the Lord the heavens were made, alleluia.

First Reading

Acts 2:14,36-41

On the day of Pentecost Peter stood up with the Eleven and addressed the crowd with a loud voice: 'The whole House of Israel can be certain that God has made this Jesus whom you crucified both Lord and Christ.'

Hearing this, they were cut to the heart and said to Peter and the apostles, 'What must we do, brothers?' 'You must repent,' Peter answered 'and every one of you must be baptised in the name of Jesus Christ for the forgiveness of your sins, and you will receive the gift of the Holy Spirit. The promise that was made is for you and your children, and for all those who are far away, for all those whom the Lord our God will call to himself.' He spoke to them for a long time using many arguments, and he urged them, 'Save yourselves from this perverse generation.' They were convinced by his arguments, and they accepted what he said and were baptised. That very day about three thousand were added to their number.

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

1 ST PETER 2:20-25

The merit, in the sight of God, is in bearing punishment patiently when you are punished after doing your duty.

This, in fact, is what you were called to do, because Christ suffered for you and left an example for you to follow the way he took. He had not done anything wrong, and there had been no perjury in his mouth. He was insulted and did not retaliate with insults; when he was tortured he

made no threats but he put his trust in the righteous judge. He was bearing our faults in his own body on the cross, so that we might die to our faults and live for holiness; through his wounds you have been healed. You had gone astray like sheep but now you have come back to the shepherd and guardian of your souls.

The word of the Lord

Gospel Acclamation

Alleluia, alleluia!

I am the good shepherd, says the Lord; I know my sheep, and mine know me.

Alleluia!



Gospel

JOHN 10:1-10

Jesus said: 'I tell you most solemnly, anyone who does not enter the sheepfold through the gate, but gets in some other way is a thief and a brigand. The one who enters through the gate is the shepherd of the flock; the gatekeeper lets him in, the sheep hear his voice, one by one he calls his own sheep and leads them out. When he has brought out his flock, he goes ahead of them, and the sheep follow because they know his voice. They never follow a stranger but run away from him: they do not recognise the voice of strangers.'

Jesus told them this parable but they failed to understand what he meant by telling it to them.

So Jesus spoke to them again: 'I tell you most solemnly, I am the gate of the sheepfold. All others who have come are thieves and brigands; but the sheep took no notice of them. I am the gate. Anyone who enters through me will be safe: he will go freely in and out and be sure of finding pasture. The thief comes only to steal and kill and destroy. I have come so that they may have life and have it to the full.'

The Gospel of the Lord

Communion Antiphon

The Good Shepherd has risen, who laid down his life for his sheep and willingly died for his flock, alleluia.