

天主教華人牧民處

www.chinesechaplaincyparra.org



耶穌升天節(甲年)

2023年5月21日

進堂詠

普世萬邦，請歌頌天主，也請頌揚上主。你們應承認天主的大能！祂的榮耀光照以色列人；祂的神威已出現在雲端。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

【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】

領：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 致厄弗所人書 1:17-23

弟兄姊妹們：

願我們的主耶穌基督的天主，即那光榮的父，把智慧和啟示的神恩，賜與你們，好使你們認識他。並願祂光照你們心靈的眼目，為叫你們認清：祂的寵召，有什麼希望；在聖徒中，祂嗣業的光榮，是怎樣豐厚；祂對我們相信的人，所施展強而有效的德能，是怎樣偉大。正如祂已將這德能，施展在基督身上，使祂從死者中復活，叫祂在天上，坐在自己右邊，超乎一切率領者、掌權者、異能者、宰制者，以及一切現世及來世，可稱呼的名號以上。

天主又將萬有置於祂腳下，使祂在教會內做至高的元首；這教會就是基督的身體，是基督在一切內，充滿一切的圓滿。

—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 瑪竇福音 28:16-20

那時候，十一個門徒就往加里肋亞，耶穌給他們所指定的山上。他們一看耶穌，就朝拜了他，雖然有人還心中疑惑。耶穌於是上前對他們說：「天上地下的一切權柄，都交给了我，所以，你們要去使萬民成為門徒，因父及子及聖神之名，給他們授洗，教訓他們遵守我所吩咐你們的一切。看！我同你們天天在一起，直到今世的終結。」

—上主的話

領主詠

基督只奉獻了一次贖罪的犧牲，以後便永遠坐在天主右邊。亞肋路亞。

聖言

導讀

今日的福音是瑪竇福音的結束詞，內容敘述復活的主在加里肋亞的一座山上顯現給十一位門徒，給予他們最後的教導。這個最後的教導含有「一個肯定」——耶穌掌握了一切權柄、「一個派遣」——門徒要去往訓萬民、以及「一個許諾」——耶穌要永遠與門徒同在。

耶穌對門徒的派遣，更加強化了這個普世性的幅度：他們不只是被派遣走向猶太人，更是走向所有的人。耶穌在世時對門徒的派遣，原是針對以色列的（瑪十5-6）；復活的基督把這個派遣擴展到對普世萬民的福傳使命。福傳的目標就是使萬民都成為基督的門徒，方法則是以天主聖三之名施洗，並教訓眾人遵守耶穌所教導的一切。這段經文反映出瑪竇寫作時的教會生活實踐，所謂「基督的門徒」，在瑪竇福音的整體脈絡中，指的就是「教會」（參閱：瑪五1，十，十八1）。

瑪竇福音雖然沒有敘述耶穌升天的故事，但卻透過復活的主親自教導門徒們，如何繼續在歷史中生活。復活的基督現在親自派遣門徒們到世界各地，繼續執行耶穌在世時的使命，使普世萬民都成為門徒。雖然門徒們再也無法用肉眼看見耶穌，卻仍然滿懷信心。因為他們確信，他們的主已經復活，擁有上天下地的一切權柄，並且時時刻刻與他們同在。

耶穌復活後必然是回到天父那裡，但是祂最後的教導，並不是要門徒們舉目向天，期待天子在父的光榮中帶著威能降來（參閱：瑪十六27，二四30）。相反的，耶穌要求門徒把眼光集中在現世，派遣他們去擴展門徒團體，建立基督的教會。今日教會團體的每一個成員，也必須遵守耶穌的教導，努力吸引萬民成為門徒。只有在具體的福傳工作中，基督徒才能在生活中經驗耶穌的權能，確知天主與我們同在，不斷加深自己身為基督徒的意義，和所擁有的恩寵。

歡迎把這通訊帶回家細閱

<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
助理司鐸	張勇浩神父(英、韓語) 電話：9630 1951 電郵： stmonicanp@bigpond.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

善導之母興趣小組 2023 年5月份活動

善導之母興趣小組將於今日下午2時15分於禮堂舉辦簡易健康烹飪示範：電飯煲焗鷄及營養朱古力球，學費自由捐獻。查詢及報名：牧民處熱線電話 0411 192 278或Teresa Tsang 0410 311 380

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27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時正。下次舉行日期：2023年6月3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>

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 下星期日，11時15分，林神父在聖堂為大家解釋和帶領「萬福，天上母后」

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

五月是聖母月，牧民處誠邀Mr. John Poon於5月28日(星期日)，下午2時至4時，在禮堂講授兩個主題：

第一講：花地瑪聖母顯現與我們今天的信仰生活

第二講：階同聖母，透過玫瑰經的奧跡，在無常與無奈的際遇中，與基督結合

歡迎大家踴躍參與，無需報名。查詢：0411-192278

牧民處誠邀Mr. Alfred Law (羅堅律師) 連續兩個星期日(6月4日和11日)，於下午2時15分至3時15分，在禮堂舉辦法律常識講授和諮詢。

6月4日主題為：買賣房屋、住宅單位注意事項。6月11日主題為：遺囑、遺產分配和授權書。

歡迎大家踴躍參加，無需報名。查詢：0411-192278。

為實踐「共議同行」的精神，巴拉瑪打教區將在6月3日(星期六)晚上6時半，在聖博德主教座堂舉辦教區會議的諮詢大會，誠邀本堂教友參加，為教區的牧民方針提供意見。

有興趣者請聯絡 Thomas, 電話 0413 304 285

有關巴拉瑪打教區會議，請參閱以下網址：www.parracatholic.org/synod2023

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

為巴拉瑪打教區會議禱文

天主，在人生旅途上，祢常與我們同行，求祢引領我們，團結合一，共同邁進。請降福、帶領我們的教區會議，使我們常存祢的愛，打開心扉聆聽，用心彼此理解；並求祢指引我們的前路，划到深處，且懷着謙遜與勇毅，努力實踐祢給我們的使命。願我們的教會，能日新又新。因我們的主基督，祂藉聖神，由始至今，時刻領導教會，達至圓滿，直到永遠。亞孟。

聖母進教之佑，為我等祈。
聖瑪利亞麥基立，為我等祈。

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 21 st May

Scripture- Matthew 26:16-20.

Observation- The first thing I observed about the Gospel was that it focused on the disciples' return to Galilee. Galilee plays a huge role in the ministry of Jesus and was the location where he gave many of his most iconic sermons and performed many works as seen in the bible. For the disciples, Galilee was where most of them started on their journey alongside Jesus, where they were taken under his wing and given the chance to experience his ministry firsthand and even participate in it. They were coming back to their roots. In our lives, how often do we really take the time to return to our roots? Not our geographical roots, but rather our faith – our relationship with God – from which everything else stems. Very rarely do we take the time to step away from everything else and just focus on prayer and meditation, or to consider what God wants us to do. In such a high paced world, where these days it seems like there's never enough time it can often feel like there's too much, and that after school, work, relationships etc, there's no space for anything else. Maybe instead of trying to fit God into our daily schedule, we should build our schedule around God.

Application- Applying this to my life, I need to take more time to pray, to focus on my faith and to allow my relationship with God to develop. Simply going to Church every Sunday is not enough. Even when I'm doing something else like studying or travelling, I should consider why I am doing these things and how I can glorify God through even the most mundane actions. It may be difficult at first, but God should be at the forefront and everything else should be secondary.

Prayer- I petition God to always guide me back to him, to remind me of where my journey started, and where it has led me so far. I pray that I can see all that he has given me – the people, the opportunities, and everything in between. Please continue to guide me as you did the disciples, and please give me the courage to, like they did, step out into a sometimes-hostile world and share your love without any restraint. Amen!
- Rashane

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

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

A reading from the Acts of the Apostles

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.'

This is the word of the Lord

RESPONSORIAL PSALM

Ps 46

**Response: 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

A reading from the letter of St Paul to the Ephesians

Eph 1: 17 - 23

May the God of our Lord Jesus Christ, the Father of glory,
give you a spirit of wisdom and perception of what is

revealed, to bring you to full knowledge of him. May he enlighten the eyes of your mind so that you can see what hope his call holds for you, what rich glories he has promised the saints will inherit and how infinitely great is the power that he has exercised for us believers. This you can tell from the strength of his power at work in Christ, when he used it to raise him from the dead and to make him sit at his right hand, in heaven, far above every Sovereignty, Authority, Power, or Domination, or any other name that can be named, not only in this age, but also in the age to come. He has put all things under his feet, and made him, as the ruler of everything, the head of the Church; which is his body, the fullness of him who fills the whole creation.

This is 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

**A reading from the holy Gospel according to St Matthew
Mt 28: 16 - 20**

The eleven disciples set out for Galilee, to the mountain where Jesus had arranged to meet them. When they saw him they fell down before him, though some hesitated. Jesus came up and spoke to them. He said, 'All authority in heaven and on earth has been given to me. Go, therefore, make disciples of all the nations; baptise them in the name of the Father and of the Son and of the Holy Spirit, and teach them to observe all the commandments I gave to you. And know that I am with you always; yes, to the end of time.'

This is the Gospel of the Lord

COMMUNION ANTIPHON

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