

# 天主教華人牧民處

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## 五旬節主日(甲年)

2023年5月28日

### 進堂詠 智1:7

上主的神充滿了世界，包羅萬象，通曉一切語言。亞肋路亞。

### 讀經一 宗徒大事錄2:1-11

五旬節一到，門徒及眾人都聚集一處。忽然，從天上來了一陣響聲，好像暴風颳來，充滿了他們所在的全座房屋。有些散開好像火的舌頭，停留在他們每人頭上，他們都充滿了聖神，照聖神賜給他們的話，說起外方話來。

那時，居住在耶路撒冷的，有從天下各國來的虔誠猶太人。這聲音一響，就聚集了許多人，都倉皇失措，因為人人都聽見他們說各人的方言。

他們驚訝奇怪地說：「看，這些說話的，不都是加里肋亞人嗎？怎麼我們每人聽見他們說我們出生地的方言呢？我們中有帕提雅人、瑪待人、厄藍人和居住在美索不達米亞、猶太及卡帕多細雅、本都並亞細亞、夫黎基雅和旁非里雅、埃及，並靠近基勒乃的利比亞一帶的人，以及僑居的羅馬人、猶太人和皈依猶太教的人、克里特人和阿拉伯人。怎麼我們都聽見他們用我們的話，講論天主的奇事呢？」

—上主的話

### 答唱詠 詠104

【答】：上主，請你噓氣，使大地更新。  
領：我的靈魂，請頌讚上主！上主、我的天主，你偉大無比。上主，你的化工，何其繁浩；你創造的萬物，充滿大地。【答】

領：你若停止牠們的呼吸，牠們就要死去，歸於原來的灰土。你一噓氣，萬物化生；你使大地，更新復興。

【答】

領：願上主的光榮，永世無窮；願上主喜愛自己的化工！願我的祈禱蒙上主喜悅；我將常在主內歡樂。【答】

### 讀經二 致格林多人前書12:3-7,12-13

弟兄姊妹們：

除非受聖神感動，沒有一個人能說：「耶穌是主」。

神恩雖有區別，卻是同一聖神所賜；職分雖有區別，卻是同一的主所賜；功效雖有區別，卻是同一的天主，在一切人身上，行一切事。聖神顯示在每人身上雖有不同，但全是為人的好處。

就如身體只是一個，卻有許多肢體；身體所有的肢體雖多，仍是一個身

體；基督也是這樣。因為我們眾人，不論是猶太人，或是希臘人，或是為奴的，或是自主的，都因一個聖神受了洗，成為一個身體，又都為一個聖神所滋潤。

—上主的話

### 五旬節讚歌

聖神，請你降臨，從高天放射你的光芒。窮人的慈父，請你降臨！恩寵的施主，請你降臨！心靈的真光，請你降臨！

你是良善的施慰者；你是心靈甘飴的賓客；你是甜蜜的涼蔭。

在勞苦中，你是憩息；在酷熱裡，你是清風；在悲痛時，你是慰藉。

你是萬福的真光，求你充滿你信眾的心靈深處。

沒有你的助佑，人便一無所有，一無是處。

求你洗淨我們的污穢，灌溉我們的乾枯，醫治我們的創傷。

求你軟化頑固的心，溫暖冷酷的心，引導迷途的人。

求你將七種神恩，賜給你的信眾。

求你賜我們修德的能力，善生福終，永享天福。亞孟。

### 福音前歡呼

領：亞肋路亞。

眾：亞肋路亞。

領：聖神請你降臨，充滿你信徒的心；在他們心內，燃起你的愛火。

眾：亞肋路亞。

### 福音 聖若望福音20:19-23

一周的第一天晚上，門徒所在的地方，因為怕猶太人，門戶都關著；耶穌來了，站在中間，對他們說：「願你們平安！」說了這話，便把手和肋膀指給他們看。門徒見了主，便喜歡起來。

耶穌又對他們說：「願你們平安！就如父派遣了我，我也同樣派遣你們。」說了這話，就向他們噓了一口氣，說：「你們領受聖神吧！你們赦免誰的罪，誰的罪就得赦免；你們保留誰的罪，誰的罪就被保留。」

—上主的話

### 領主詠 宗2:4,11

眾人都充滿了聖神，講論天主的奇事。亞肋路亞。

## 聖言 導讀

四部福音之中，談論聖神最多的則是若望福音，只有若望福音的作者傳給了我們有關聖神降臨的敘述。若二十19-23雖然只是短短的五節經文，卻含有四個主題：復活顯現、平安的祝福、派遣門徒以及賜予聖神。

經文中強調門徒因為害怕猶太人，所以躲在門戶緊閉的屋內，因此，耶穌對他們的祝福，直接的目的便是要去除他們內心的恐懼不安。在祝福平安之後，耶穌隨即把自己的手和肋膀的傷痕顯示給門徒，這麼做的目的在於使門徒確認祂就是被釘的耶穌，但同時也清楚的表達出，祂的問候事實上是一個復活的祝福、含有救恩意義的祝福。

復活的主給予門徒一個使命，就是使他們分享自己由父所得到的派遣：「就如父派遣了我，我也同樣派遣你們。」經文並未明確指出派遣的對象或目的，因此這句話的主要意義在於指出賦予「權能」，說明門徒的教導就是耶穌的教導，二者同樣重要。

耶穌藉著向門徒噓氣而把聖神賦予他們，門徒們憑藉聖神的恩惠為信仰團體服務，福音經文用「赦免罪過」來綜合門徒的派遣。在初期教會傳統中，「聖神的恩賜」和「罪過的赦免」一直是彼此相連的概念，這一點在洗禮的施行中表現的最為清楚（宗二38）。教會團體具有赦罪的權柄，其最後的基礎便在於耶穌的死亡與復活，祂的死亡與復活帶來真正的、徹底的罪赦。復活的主把聖神賜給門徒，使他們能赦免人的罪過，意思就是把自己經由死亡與復活所帶來的勝利果實，完全交付給門徒，要他們把這救恩的果實分享給普世萬民。

<http://www.ccreadbible.org>

歡迎把這通訊帶回家細閱

# 天主教聖莫尼加堂 St. Monica's Catholic Parish

Corner Church Street and North Rocks Road, North Parramatta

<b>牧民處熱線電話</b>	<b>0411 192 278</b> 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： <a href="mailto:shingmanlam@gmail.com">shingmanlam@gmail.com</a>
助理司鐸	張勇浩神父（英、韓語） 電話：9630 1951 電郵： <a href="mailto:stmonicanp@bigpond.com">stmonicanp@bigpond.com</a>
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： <a href="mailto:shingmanlam@gmail.com">shingmanlam@gmail.com</a>
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： <a href="mailto:stmonicanp@bigpond.com">stmonicanp@bigpond.com</a>

牧民處誠邀Mr. John Poon，於今日下午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：偕同聖母，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。

**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6月10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](mailto:write.the.word.2024@gmail.com)

## Write the WORD 2022-2024

To anticipate the celebration of the 130<sup>th</sup> 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](mailto:write.the.word.2024@gmail.com)

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：買賣房屋、住宅單位注意事項。6月11日：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, (WhatsApp) 0413 304 285

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

聖神降臨節彌撒的答唱詠選自聖詠104篇。

初期教會的聖熱羅尼莫、聖奧斯定等都已註釋這聖詠不是達味君王所作，卻因這詩的體裁和內容，認為與聖經的「智慧文學」，尤其與《約伯傳》相近；因此是以民充軍後的作品。本詩頗長，共35節，但主題十分明確：人可藉萬物讚美造物主。

答句是第30節（你一嘔氣萬物創成，你使地面，更新復興）的改寫。上主的「嘔氣」（見創2:7；若20:22），是賦予聖神的明顯記號。至今教會每年的聖油彌撒，祝聖至聖聖油（為堅振聖事用的）時主教仍有向油嘔氣的禮節。這節在其他抄卷亦寫成「你若發出你的神，他們便能復甦；你便使地面更新。」，這就更顯出造物主聖神的德能。

第1節（我的靈魂，請你向上主頌讚！上主我的天主，你偉大無限，你以尊貴威嚴作你的衣冠），人的靈魂就是天主創造人的極致，就是那天主的嘔氣，使人超越世間萬物，是天主讓人分享祂的「天主性」。人的靈魂賦予人極複雜的情感與理性，所有人都可藉靈魂去發現和讚美天主。

第24節（上主，你的化工，是何其浩繁，全是你以智慧所創辦，你的受造物遍地充滿），舊約「智慧文學」其他書卷都有類似的寫法，見箴8:22；德39:20。第29和30節（你若隱藏你的面容，牠們便要恐懼，你若停止牠們呼吸，牠們就要死去，就再回到牠們所由出的灰土裡去。你一嘔氣萬物創成，你使地面，更新復興），亦有這情況，見約34:14-15；訓3:20；智15:16；智7:27。第30節更預示耶穌升天後的聖神降臨，更新整個宗徒團體和教會。

第31節（願上主的光榮永世無窮，願上主喜樂自己的化工！）和34節（願我的頌辭使他樂意，我要常在上主內歡喜），是天主與人同歡共樂的極佳描述。天主藉聖神賜予人喜樂之恩，人在聖神內分享天主的喜悅。

~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 28<sup>th</sup> May

**Scripture-** In today's Pentecost Sunday gospel, Jesus' statement "Peace be with you. As the Father sent me, so I send you," stood out to me the most as he gives his disciples the power of the Holy Spirit to go out and continue His mission

**Observation-** Although a short passage, it clearly demonstrates that Jesus has resurrected. Because He is no longer physically able to spread the word of God, He grants the Twelve the ability to do so. Through his divine nature He 'breathes' the Holy Spirit upon them so that they can carry out His work, glorify the Father; teach others what Jesus had preached to them and to bear witnesses to the Kingdom of God. Jesus gives them a greater power, one with a deeper meaning, rather than just authority over others and greed for material, earthly desires which previously dominated the many Kings before. Similarly, we have been granted the gift of the Holy Spirit through our sacraments such as baptism and confirmation. Through baptism, we are washed away of our original sin and in confirmation we make a public declaration of our faith and trust in the Lord. Despite reaching these milestones, we are still susceptible to sin and temptation, which is why we invoke the Holy Spirit to intercede for us and give us the strength to live more holy, Christ-like lives.

**Application-** In this coming week, may I be more aware and present of the movements of my heart, and the interactions I have with others. When am I experiencing anger, frustration, sadness, resentment or any type of emotion which pulls me away from God? Take a moment to recognize these feelings, and welcome the Holy Spirit into your heart. Say a small prayer; give thanks to the Lord for the gift that he so freely gave to us which has given us the chance to be able to love Him, and others too. In our conversations with people, especially non-believers, consider whether God may be presenting this opportunity for you to let them know of His presence and extend an invitation to church, scripture reading or prayer together.

**Prayer-** Dear Lord, we commemorate this day as Pentecost, where we celebrate the birth of your church and the continuation of your mission. May we be reminded of our role as a disciple in spreading your word to others, as well as being an active member of our church community so that we may build and strengthen the faith of those who are spiritually weak and distant. Pray that the Holy Spirit may come upon my loved ones, the sick and suffering, all Catholics and non-believers that they may all experience the power and love of Christ in their lives and continually seek ways to live faithful, Holy lives. Amen.

#### 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 June we will be doing a recap of the past topics, led by Ryan and Cheryl!

##### Youth Camp 2023

Youth camp is back on again in the Term 2 holidays, from the 4<sup>th</sup>-7<sup>th</sup> July (Tuesday to Friday)! This year's theme will be Family Movie Night, with our topic focusing on families- forms are due on the 4<sup>th</sup> June, so if you are still interested please see one of the coordinators (Hazel or Cheryl). 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](mailto:gabbyfleming2007@gmail.com))

#### Entrance Antiphon

Wis 1:7

The Spirit of the Lord has filled the whole world and that which contains all things understands what is said, alleluia.

#### First Reading

Acts 2:1-11

When Pentecost day came round, the apostles had all met in one room, when suddenly they heard what sounded like a powerful wind from heaven, the noise of which filled the entire house in which they were sitting; and something appeared to them that seemed like tongues of fire; these separated and came to rest on the head of each of them. They were all filled with the Holy Spirit, and began to speak foreign languages as the Spirit gave them the gift of speech.

Now there were devout men living in Jerusalem from every nation under heaven, and at this sound they all assembled, each one bewildered to hear these men speaking his own language. They were amazed and astonished. 'Surely' they said 'all these men speaking are Galileans? How does it happen that each of us hears them in his own native language? Parthians, Medes and Elamites; people from Mesopotamia, Judaea and Cappadocia, Pontus and Asia, Phrygia and Pamphylia, Egypt and the parts of Libya round Cyrene; as well as visitors from Rome – Jews and proselytes alike – Cretans and Arabs; we hear them preaching in our own language about the marvels of God.'

*The word of the Lord*

#### Responsorial Psalm

Ps 103

(R.) Lord, send out your Spirit and renew the face of the earth.

1. Bless the Lord, my soul! Lord God, how great you are, How many are your works, O Lord! The earth is full of your riches. (R.)
2. You take back your spirit, they die, returning to the dust from which they came. You send forth your spirit, they are created; and you renew the face of the earth. (R.)
3. May the glory of the Lord last for ever! May the Lord rejoice in his works! May my thoughts be pleasing to him. I find my joy in the Lord. (R.)

#### Second Reading

CORINTHIANS 1:17-23

No one can say, 'Jesus is Lord' unless he is under the influence of the Holy Spirit.

There is a variety of gifts but always the same Spirit; there are all sorts of service to be done, but always to the same Lord; working in all sorts of different ways in different people, it is the same God who is working in all of them. The particular way in which the Spirit is given to each person is for a good purpose.

Just as a human body, though it is made up of many parts, is a single unit because all these parts, though many, make one body, so it is with Christ. In the one Spirit we were all baptised, Jews as well as Greeks, slaves as well as citizens, and one Spirit was given to us all to drink.

*The word of the Lord*

#### Sequence

Holy Spirit, Lord of light, From the clear celestial height Thy pure beaming radiance give.

Come, thou Father of the poor, Come with treasures which endure; Come, thou light of all that live!

Thou, of all consolers best, Thou, the soul's delightful guest, Dost refreshing peace bestow;

Thou in toil art comfort sweet; Pleasant coolness in the heat; Solace in the midst of woe.

Light immortal, light divine, Visit thou these hearts of thine, And our inmost being fill:

If thou take thy grace away, Nothing pure in man will stay; All his good is turned to ill.

Heal our wounds, our strength renew; On our dryness pour thy dew; Wash the stains of guilt away:

Bend the stubborn heart and will; Melt the frozen, warm the chill; Guide the steps that go astray.

Thou, on us who evermore Thee confess and thee adore, With thy sevenfold gifts descend:

Give us comfort when we die; Give us life with thee on high; Give us joys that never end.

#### Gospel Acclamation

Alleluia, alleluia!

Come, Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love.

Alleluia!



#### Gospel

JOHN 20:19-23

In the evening of the first day of the week, the doors were closed in the room where the disciples were, for fear of the Jews. Jesus came and stood among them. He said to them, 'Peace be with you', and showed them his hands and his side. The disciples were filled with joy when they saw the Lord, and he said to them again, 'Peace be with you.'

'As the Father sent me, so am I sending you.' After saying this he breathed on them and said:

'Receive the Holy Spirit. For those whose sins you forgive, they are forgiven: for those whose sins you retain, they are retained.'

*The Gospel of the Lord*

#### Communion Antiphon

Acts 2:4,11

They were all filled with the Holy Spirit and spoke of the marvels of God, alleluia.