

天主教華人牧民處

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基督聖體聖血節 (甲年)

2023年6月11日

進台詠

上主要以麥子的精華，養育選民；以石中的蜂蜜，飽享他們。

讀經一

申命紀8:2-3, 14-16

梅瑟對人民說：「你當紀念：上主你的天主，使你這四十年，在曠野中所走的路；那是為磨難你，試探你；要知道你的心，是否願意遵守他的誡命。

「他磨難了你，使你感到飢餓，卻以你和你祖先，所不認識的『瑪納』，養育了你，叫你知：人生活不但靠食物，而且也靠上主親口所說的一切話。

「你不要忘記，由埃及地，由為奴之家，領你出來的上主、你的天主；是他領你經過了遼闊、可怖、有火蛇、蝎子的曠野，經過了乾旱無水之地；是他使水，由堅硬的磐石，為你流出；是他在曠野裡，以你祖先不認識的『瑪納』，養育了你。」

上主的話

答唱詠

詠147

【答】：耶路撒冷，請你讚頌上主！

領：耶路撒冷，請你讚頌上主！熙雍，請你讚頌你的天主！他鞏固了你城門的橫門，祝福你懷中的子女。【答】

領：他使你的地界，安靜不亂；用最好的麥麵，使你飽餐。他向大地發出自己的諭旨；他的旨意便立即迅速奔傳。【答】

領：他向雅各伯，曉示了自己的諭旨；他向以色列，啟示了自己的誡律。他從未如此恩待過其他任何民族，也沒有向他們宣示過自己的法律。【答】

讀經二

致格林多人前書10:16-17

弟兄姊妹們：

我們所祝福的那祝福之杯，豈不是共結合於基督的血嗎？我們所擘開的餅，豈不是共結合於基督的身體嗎？因為餅只是一個，我們雖多，只

是一個身體，因為我們眾人，都共享這一個餅。

上主的話

福音前歡呼

領：亞肋路亞。

眾：亞肋路亞。

領：主說：我是從天上降下的、生活的食糧；誰若吃了這食糧，必要生活，直到永遠。

眾：亞肋路亞。

福音

聖若望福音6:51-58

那時候，耶穌對群眾說：「我是從天上降下的、生活的食糧；誰若吃了這食糧，必要生活，直到永遠。我所要賜給的食糧，就是我的肉，為使世界獲得生命。」

猶太人彼此爭論說：「這人怎麼能把他的肉，賜給我們吃呢？」

耶穌向他們說：「我實實在在告訴你們：你們若不吃人子的肉，不喝他的血，在你們內，便沒有生命。誰吃我的肉，並喝我的血，必得永生；在末日，我且要叫他復活。」

「因為我的肉，是真實的食糧；我的血，是真實的飲料。誰吃我的肉，並喝我的血，便住在我內，我也住在他內。就如那生活的父，派遣了我，我因父而生活；照樣，那吃我的人，也要因我而生活。」

「這是從天上降下來的食糧。不像祖先吃了『瑪納』，仍然死了。誰吃這食糧，必要生活，直到永遠。」

上主的話

領主詠

主說：誰吃我的肉，並喝我的血，便住在我內，我也住在他內。

聖言 導讀

天主教會在「天主聖三節」後的星期四慶祝「耶穌聖體聖血節」，凡是無法在本日公開慶祝該節日的國家或地區，則延後至天主聖三節後的主日慶祝。這個節日所紀念的核心是聖體聖事的建立，因此原本應該在聖週星期四慶祝，但為了不影響聖週禮儀的焦點，而移在今日慶祝。

這個節日最早是由比利時列日（Lüttich）教區的一位奧斯定會修女茱利安納（Juliana），基於一個從1209年起，多次看見的神視而建議，該教區主教於1246年首先在教區內慶祝，1264年，教宗烏爾班四世（Urbanus IV）以一封通諭將節日提升到一般教會節日的層級。

今日的三篇聖經選讀都和聖體聖事有直接的關連：讀經一是有關「瑪納」的報導（申8:2-3, 14-16），這是在舊約中「天上降下的食糧」的預像。讀經二告訴我們格林多教會對於聖體聖事的信仰：信仰團體舉行聖體聖事的意義在於一起分享基督的體和血，並因此而共同形成基督的奧體（教會）。

福音選自若望福音第六章「生命之糧」言論中的一段核心內容：耶穌在行了增餅奇蹟之後，看見大批群眾「因為吃餅吃飽了」（若六26）而尋找祂，遂教導他們應該「為那存留到永生的食糧勞碌」（若六27）。人人都知道沒有食糧便無法生活，然而任何食糧都無法帶給人永遠的生命，即使是天降的「瑪納」也不能。以色列人的祖先在曠野中流徙時吃過「瑪納」，也全都去世了。今日所選讀的福音便是針對生命之糧做更清楚的闡釋：真正使人不死的生命之糧只有一個，就是耶穌自己。

因此，信仰是參與聖事筵席的必要條件，單單是吃耶穌的肉，喝祂的血並不足夠，唯有在信仰內領受祂的體血才有意義，才具有真實的效果。聖多瑪斯說：「善人領或惡人領，所領得天糧雖然相同，所得的效果卻截然不同：善人獲得生命，惡人招致死亡，所領的雖是同一神糧，結局卻完全不一樣。」

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

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

2023-24年 成年人慕道班 (粵語)

想加入天主教的朋友，新一屆慕道班將於2023年7月2日，逢星期日早上10時半至11時半，在堂區會議室舉行。查詢及報名請用牧民處熱線(0411192278)留下聯絡電話，或與林神父聯絡。請各教友介紹未信主的親友參加，亦歡迎再慕道者。

牧民處誠邀 Mr. Alfred Law (羅堅律師) 於今天下午2時15分至3時15分，在禮堂舉辦法律常識講授和諮詢。歡迎大家踴躍參加，無需報名。主題是：遺囑及遺產分配和授權書。

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24日

已報名者可重用現有的Zoom連線，亦歡迎新參加者。

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

「聖經人物趣談」講座 林神父主持，於今日和6月18日，下午1時半至2時，在禮堂舉行，歡迎參加。

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

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

香港公教婚姻輔導會的何文康博士，於今年7月份在雪梨不同的天主教華人團體舉辦有關夫婦、家長等工作坊和講座，報名及詳情請參閱有關單張和海報。名額有限，報名從速。

日期	時間	主題	地點
7月1日(週六)	9:30am-4:30pm	銳意夫婦一天工作坊	亞洲中心Asiana Centre, Ashfield
7月2日(週日)	2:00pm-5:00 pm	陽光兒童(為有6-12歲孩子的父母)講座	Eastwood St. Kevin's Parish Hall
7月8日(週六)	9:30am-4:30pm	彩燦樂齡一天工作坊	花地瑪聖母堂Kingsgrove
7月9日(週日)	2:00pm-5:00pm	青春無悔(為有13-19歲青少年的父母)講座	花地瑪聖母堂Kingsgrove

基督聖體聖血節甲年讀經，答唱詠選讀了聖詠第 147 篇。

本詩第 2 節(上主重建了耶路撒冷城，完聚了四散的以色列民)就能指明這是以色列民充軍巴比倫後，回國重建時的作品。作者邀請人民稱謝拯救他們的天主，讓他們重回家鄉，並有新的聖殿繼續向上主獻祭。

答句出自第 12 節(耶路撒冷，請你讚頌上主！熙雍，請你讚頌你的天主！)，並應與第 13 節同讀(他鞏固了你城門的橫門，祝福你的子女在你中間)。「耶路撒冷」與「熙雍」本是地方名，原先是異民的地方(見撒下 5:6-16)，南國崩潰後亦被丟棄(見列下 25:8-12; 編下 36:11-21)，但上主拯救他們，使他們藉厄斯德拉和乃赫米雅的領導回鄉並重建耶京(見編下 36:22-23; 厄上 1:1-10; 厄下 2:17-18; 3:1-15)。

第 14 和 15 節(他使你的地界安靜不亂，用最好的麥麵使你飽餐。他向大地發出自己的語言，他的聖旨便立即迅速奔傳)，提及「最好的麥麵」，當然是指以民回國後重新發展農業，種出上等的小麥作食糧；同時暗指耶穌基督把自己的體血賜予祂的子民。耶穌於最後晚餐和復活後顯現，都提及「麥麵餅成了祂的身體」(見瑪 26:26; 谷 14:22; 路 22:29; 格前 11:23-24; 路 24:30-31) 這都是現今天主子民，在旅途中的教會的「新瑪納」(見今日的讀經一)。彌撒聖祭亦由耶路撒冷母教會迅速傳到各地，在一週的第一天成為各地方教會慶祝耶穌死而復活的祭禮。

第 19 和 20 節(他向雅各伯曉示了自己的言語，他向以色列啟示了自己的誠律。他從未如此恩待過其他任何民族，也沒有向他們宣示過自己的法律)，這兩節突出以色列是「特選的民族」；新約教會又因耶穌基督而成為「新以色列」(見宗 14:16-17)。

這些選段都是稱謝上主怎樣恩待以民，天主更加恩賞賜新約教會基督的聖體聖血。

~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，刻到深處，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 11th June

Scripture: Jesus said to them (the Jewish crowd), '...I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day. For my flesh is true food, and my blood is true drink. Whoever eats my flesh and drinks my blood remains in me and I in him.'

Observation: In today's gospel, it is evident that Jesus caused controversy with His teachings, particularly since many Jewish people consider His teachings to be unorthodox. Jesus makes a bold claim that anyone who drinks His blood and eats His flesh will have the promise of eternal life, and that people who consume His body and eat His flesh 'consume' His spirit and invite the spirit of God to abide within them. Despite the scepticism that the Jewish audience shows, Jesus appears to be unfazed and reiterates the promise of eternal life for those who consume His body and blood. It is through vignettes like these that Jesus reveals His mission and purpose. This story shows that one of Jesus' missions is to establish the sacrament of communion, which is fulfilled through the Last Supper.

Application: Because Jesus fulfilled His mission to atone for our sins and give us a path to salvation, we as Catholics respond to that mission. Jesus invites us to participate in the Eucharist through the consumption of his body and blood. Why is the Eucharist important to Catholics? As Catholics, we believe that the Eucharist is a sacrament, an outward expression of an inward reception of grace. When we consume the Eucharist, we are receiving sanctifying grace. Receiving sanctifying grace makes us deserving of salvation and brings us to a state of holiness. Without it, our state of original sin and our tendency to sin would prevent us from being deserving of eternal life. Although it can be easy to simply go through the motions during mass and participate in the Eucharist while thinking about something else, this wouldn't be giving the Eucharist the attention and respect that it deserves. We aren't actively responding to Jesus' invitation to accept the graces that He offers if we are distracted or lukewarm in the way we participate in the Eucharist. To become more actively responsive, let us not only welcome Jesus into our hearts when we receive the Eucharist, but also reflect on whether we are truly changed, better humans who have manifested Jesus' grace and power in our dispositions, habits, thoughts, behaviour and interactions with other people.

Prayer: Lord, Father all-powerful, and ever-living God, I thank you, for even though I am a sinner, your unprofitable servant, not because of my worth, but in the kindness of your mercy, you have fed me with the precious Body and Blood of your Son, our Lord Jesus Christ. I pray that this holy communion may not bring me condemnation and punishment but forgiveness and salvation. May it be a helmet of faith and a shield of good will. May it purify me from evil ways and put an end to my evil passions. May it bring me charity and patience, humility and obedience, and growth in power to do good.

- Rachel

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 4th-7th July (Tuesday to Friday)! This year's theme will be Family Movie Night, with our topic focusing on families- permission forms will be handed out soon. If you have any questions/concerns so far, please 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

The Most Holy Body and Blood of Christ - Year A

11th June 2023

Entrance Antiphon

He fed them with the finest wheat and satisfied them with honey from the rock.

First Reading

Deuteronomy 8:2-3, 14-16

Moses said to the people: 'Remember how the Lord your God led you for forty years in the wilderness, to humble you, to test you and know your inmost heart – whether you would keep his commandments or not. He humbled you, he made you feel hunger, he fed you with manna which neither you nor your fathers had known, to make you understand that man does not live on bread alone but that man lives on everything that comes from the mouth of the Lord.

'Do not then forget the Lord your God who brought you out of the land of Egypt, out of the house of slavery: who guided you through this vast and dreadful wilderness, a land of fiery serpents, scorpions, thirst; who in this waterless place brought you water from the hardest rock; who in this wilderness fed you with manna that your fathers had not known.'

The word of the Lord

Responsorial Psalm

Ps 147

(R.) Praise the Lord, Jerusalem.

1. O praise the Lord, Jerusalem! Zion, praise your God! He has strengthened the bars of your gates, he has blessed the children within you. (R.)
2. He has established peace on your borders, he feeds you with finest wheat. He sends out his word to the earth and swiftly runs his command. (R.)
3. He makes his word known to Jacob, to Israel his laws and decrees. He has not dealt thus with other nations; he has not taught them his decrees. (R.)

Second Reading

1 COR 10:16-17

The blessing-cup that we bless is a communion with the blood of Christ, and the bread that we break is a communion with the body of Christ. The fact that there is only one loaf means that, though there are many of us, we form a single body because we all have a share in this one loaf.

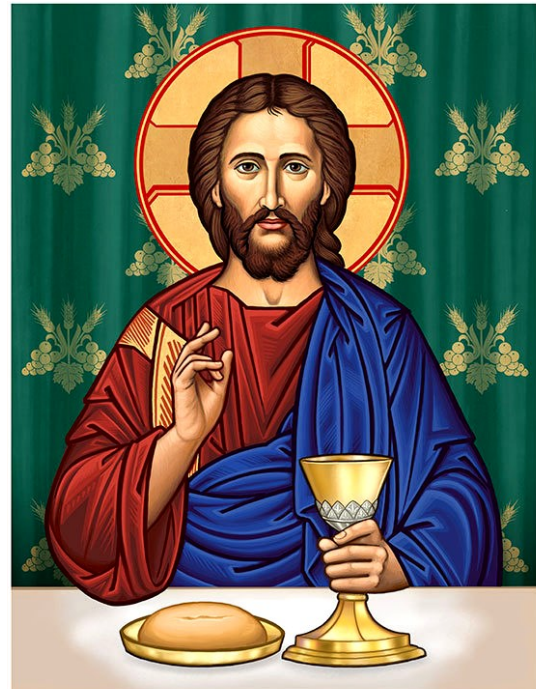
The word of the Lord

Gospel Acclamation

Alleluia, alleluia!

I am the living bread from heaven, says the Lord; whoever eats this bread will live for ever.

Alleluia!



Gospel

JOHN 6:51-58

Jesus said to the Jews:

'I am the living bread which has come down from heaven. Anyone who eats this bread will live for ever; and the bread that I shall give is my flesh, for the life of the world.'

Then the Jews started arguing with one another: 'How can this man give us his flesh to eat?' they said.

Jesus replied: 'I tell you most solemnly, if you do not eat the flesh of the Son of Man and drink his blood, you will not have life in you. Anyone who does eat my flesh and drink my blood has eternal life, and I shall raise him up on the last day.

For my flesh is real food and my blood is real drink. He who eats my flesh and drinks my blood lives in me and I live in him. As I, who am sent by the living Father, myself draw life from the Father, so whoever eats me will draw life from me.

This is the bread come down from heaven; not like the bread our ancestors ate: they are dead, but anyone who eats this bread will live for ever.'

The Gospel of the Lord

Communion Antiphon

Whoever eats my flesh and drinks my blood remains in me and I in him, says the Lord.