

天主教華人牧民處

www.chinesechaplaincyparra.org



常年期第十二主日 (甲年)

2023年6月25日

進台詠

上主是自己人民的力量；他是受傳者得救的保障。上主，求你拯救你的人民，祝福你的百姓；求你牧養他們，提攜他們，直至永恆。

讀經一 耶肋米亞先知書 20:10-13

耶肋米亞說：我聽到了許多人私相耳語：「驚慌四起！你們揭發，我們就必對他提出控訴。」甚至我的一切友好，都在偵察我的破綻：「也許他會中計，那我們必能制勝他，向他報復。」

但是，與我同在的上主，好像一位孔武有力的戰士，為此，迫害我的人，只有失敗，決不能制勝；由於謀事不成，必蒙受極大的恥辱，永不可磨滅的羞辱。

萬軍的上主啊！你考驗義人，洞察人的肝膽肺腑；我既然向你訴說了我的案情，願你使我見到：你對他們的報復。

你們應歌頌上主，讚揚上主，因為他從惡人手中，救出了窮苦人的性命。

上主的話

答唱詠

詠 69

【答】：天主，求你按你豐厚的慈愛，應允我。

領：我為了你，已飽受欺凌；羞愧已經籠罩了我的面容。連我的兄弟，都以我為外賓；我母親的兒子，都拿我當客人。我對你殿宇所懷的熱忱，把我耗盡，並且那侮辱你的辱罵，都落於我身。【答】

領：上主，在這困厄的時日，我只有求救於你。天主，求你按你豐厚的慈愛，應允我；求你以你信實的救援，俯聽我。上主，求你照你的和藹慈愛，俯允我；求你按你深厚的仁慈，眷顧我。【答】

領：卑微的人，你們要觀看，並要喜形於色。尋求天主的人，你們的心，必要興奮，因為上主常常俯聽貧苦的人；他決不會輕視他的俘虜。願上天下地，都歌頌讚美他；海洋和一切水族，都稱揚他！【答】

讀經二 致羅馬人書 5:12-15

弟兄姊妹們：

就如罪惡藉著一人，進入了世界，死

亡藉著罪惡，也進入了世界；這樣，死亡就殃及了眾人，因為眾人都犯了罪。

沒有法律之前，罪惡已經在世界上，雖然因為沒有法律，罪惡本應不算為罪惡。但從亞當起，直到梅瑟，死亡卻作了王，連那些沒有像亞當一樣，違法犯罪的人，也屬它權下；這亞當原是那未來亞當的預像。

但恩寵決不是過犯所能相比的，因為，如果因一人的過犯，大眾都死了，那麼，天主的恩寵，及那因耶穌基督一人的恩寵，所施與的恩惠，更要豐富地洋溢到大眾身上。

上主的話

福音前歡呼

領：亞肋路亞。

眾：亞肋路亞。

領：主說：真理之神，必要為我作證，並且你們也要作證。

眾：亞肋路亞。

福音 聖瑪竇福音 10:26-33

那時候，耶穌對宗徒說：「你們不要害怕他們，因為沒有遮掩的事，將來不被揭露的；也沒有隱藏的事，將來不被知道的。我在暗中給你們所說的，你們要在光天化日之下，報告出來；你們由耳語所聽到的，要在屋頂上，張揚出去。」

「你們不要害怕那殺害肉身，而不能殺害靈魂的；但更要害怕，能使靈魂和肉身，都陷於地獄的那位。」

「兩隻麻雀，不是賣一個銅錢嗎？但沒有你們天父的許可，牠們中，連一隻也不會掉在地上。就是你們的頭髮，天父也都一一數過。所以，你們不要害怕；你們比許多麻雀，還貴重呢！」

「凡在人面前，承認我的，在我天上的父面前，也必承認他；但誰如果在人面前，否認我，在我天上的父面前，也必否認他。」

上主的話

領主詠

上主，眾生的眼睛都仰望你；你準時賜給他們糧食。

歡迎把這通訊
帶回家細閱

聖言 導讀

本主日的福音選自瑪竇福音第十章耶穌「福傳教導」中的一段。耶穌先給門徒提出一些具體的福傳工作的指示(十5-16)，接著預告門徒將因為福音而遭受迫害(十17-25)。今日的經文(瑪十26-33)就是教導門徒在面對迫害時應有的態度。經文中耶穌三次說「不要害怕」，鼓勵門徒在這種情況下，仍要毫無怕懼的承認對耶穌基督的信仰。

耶穌安慰門徒們不要害怕迫害他們的人，接著說明其理由：「因為沒有遮掩的事，將來不被揭露的，也沒有隱藏的事，將來不被知道的……」意義就是耶穌要求門徒去宣言福音，把祂私下或在暗中的教導，或隱喻式的教導，在公開場合中宣揚出去。門徒們應該如同在屋頂上的宣告者一樣，要大聲地把福音宣揚出去，不可因為害怕招致迫害而不敢宣講。接著耶穌說明為什麼人的迫害不足為懼，並說出門徒們真正應該害怕的是什麼。

「你們不要害怕那殺害肉身，而不能殺害靈魂的；但更要害怕那能使靈魂和肉身陷於地獄中的。」這句話中決定性的字是「害怕」，人面對天主時也存有害怕之情，但並非奴隸性的懼怕，而是面對神聖自然產生的「敬畏」態度。出於這種對天主的「敬畏」之情，使宗徒們克服了對迫害者的恐懼。

經文繼續說：「兩隻麻雀不是賣一個銅錢嗎？但若沒有你們天父的許可，牠們中連一隻也不會掉在地上。就是你們的頭髮，也都一一數過了。所以你們不要害怕；你們比麻雀還貴重呢！」因為天主是我們的父，我們是祂的子女，祂比我們更認識我們自己，甚至連我們的頭髮祂都一一數過了，當然會更加看顧保守我們。基於這種信賴之心，基督徒當然要勇於承認自己對耶穌基督的信仰。

福音中三次出現「你們不要害怕……」這是舊約中天主派遣先知執行任務時，為鼓勵堅強他們而常常對他們說的話。現在耶穌派遣他的門徒外出傳揚福音，也對他們說：不要害怕！耶穌鼓勵門徒們應該在人前公開承認對他的信仰，大膽宣揚福音，不為他們自己的生命而憂慮。因為藉著相信耶穌基督，眾人都成為天主的子女，而天父是所有人最終的靠山。

<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
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。

中華殉道及諸聖慶日

2023年7月9日 (星期日)，阮龍主教將蒞臨本堂及主持上午11時半的彌撒，並施放堅振聖事。彌撒後在禮堂主教與各教友共進午餐；餐券每位\$12，六歲及以下小童免費。請自備餐具並帶一份甜品供大家分享。今日和下星期日發售餐券。敬請踴躍參加。

香港教區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

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7月8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

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

本主日教會選讀了聖詠第 69 篇。原詩共三十七節，彌撒只讀出其中幾節。

這篇聖詠與第 22 篇（耶穌架上七言之一）有很多相同之處，都是詩人描寫自己遭遇極大的患難，並哀求天主拯救。原文記載是達味君王所撰，但可能有後人增補，甚至有學者提出是耶肋米亞先知從達味的舊詩再創作的。雖然從詩的內容不難看出與耶肋米亞先知的經歷和文筆雷同，但現代學者找不到實質的證據。

新約多處引用這篇聖詠，證明本詩直接預言受苦的基督耶穌（若 15:25 出自本篇第 5 節，若 2:17 和羅 15:3 出自第 10 節，若 19:28 出自第 22 節，羅 11:9 出自第 23 節，宗 1:20 出自第 26 節）。

答句出自第 14 節（上主，在這困厄的時日，我只有求救於你；天主，求你按你豐厚的慈愛應允我，求你以你救援的忠誠俯聽我），正在受苦的詩人，衷心哀求上主憐憫。這是回應今日讀經一，耶肋米亞先知的經歷。上主必會垂憐受苦的義人。第 17 節（上主，求你照你和藹的慈愛俯允我，求你按你深厚的仁慈眷顧我）基本是這節的重覆。

第 8 至 10 節（因為，我為了你已飽受欺凌，羞愧已經籠罩了我的面容。連我的兄弟們都以我為外賓，我母親的兒子都拿我當客人。我對你殿宇所懷的熱忱把我耗盡，並且那侮辱你的辱罵落於我身），這幾句直接預言受苦的聖子。天父為救贖世人，甘願讓聖子忍受痛苦，順命至死，且死在最屈辱的十字架上。本是無罪的聖子，竟承受最大的罪罰，這就是詩中「家人變客人」的本義。

第 33 至 35 節（卑微的人們，你們要觀看，並要喜慶，尋求天主的人，你們的心必要興奮，因為對貧苦的人，上主常予俯聽；對他的俘虜，他決不會看輕。願上天下地都歌頌讚美他，海洋和一切水族都稱揚他！），這幾節最有機會是以民充軍巴比倫後，回國重建時增補的；按內容亦暗示聖子的死而復活，世人亦因祂而得救，聖子再來並有「新天新地」。

~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 25th June

Scripture- In today's gospel reading (Matthew 10:26-33), the opening statement Jesus makes stood out to me: "Fear no one. Nothing is concealed that will not be revealed nor secret that will not be known."

Observation- From this passage, I am reminded of the providence, love and care God has for me. Jesus talks to his disciples in what appears to be a juxtaposing manner- though he preaches in the darkness, he encourages the Twelve to speak freely and openly during the day, and to spread His word far and wide. Jesus knows that his disciples are experiencing trepidation and fear for their potential persecution in Gehenna; thus, the notion of 'do not be afraid' is clearly echoed throughout. Jesus even compares the Twelve to sparrows which were often cheap food for the poor and worth very little during the time to emphasize the disciples' great worth. He won't even let one of these lowly sparrows "fall to the ground without [the] Father's knowledge," which magnifies the love Jesus has for his people. If He could care so much for this seemingly insignificant creature, then what does this say about the deep affection He shows for his beloved children, who are made in the image of God? The gospel goes on further to say Jesus knows each of his disciples on such an intimate level that "even all the hairs of your head are counted."

Application- In challenging moments or times where we may feel weak, lonely, and unmotivated, it can be easy to fall into despair and forget about Jesus. To turn inwardly and look at ourselves in a pitiful and desolate manner is almost a natural reaction- yet this gospel reminds us to turn our hearts towards God instead; offer up our worries and sorrows to Him knowing that He will care for them. Matthew provides a similar lesson for us earlier in his book (Matthew 6:25-26) about giving up our concerns for bodily or material goods "Don't worry about your life, what you will eat or what you will drink; or about your body, what you will wear. Isn't life more than food and the body more than clothing?" I hope to come back to these passages when I feel overwhelmed with uncertainties and anxiety, because they both reflect one word which is key to our spiritual wellbeing and relationship with Jesus: surrender.

Prayer- Dear Heavenly Father, thank you foremost for creating me; may I always be reminded of my identity as a child of God. I would like to offer up any worries, concerns the challenges that I maybe facing up to you and be reminded of your never ending love, mercy, and compassion. Although I am waiting in the darkness, I pray that I can be patient and trust in your plan; that you will never place anything in my life that I cannot overcome. I pray for peace in my troubled and hardened heart, and that through your intercession and the grace of the Holy Spirit, you will bring me a sense of renewal and love which is focused on glorifying you. 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 😊

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- forms were due on the 4th June, but if you are still interested please see one of the coordinators (Hazel or Cheryl). 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

Twelfth Sunday in Ordinary Time - Year A

25th June 2023

Entrance Antiphon

The Lord is the strength of his people,
a saving refuge for the one he has anointed.
Save your people, Lord, and bless your heritage,
and govern them for ever.

First Reading

Jeremiah 20:10-13

Jeremiah said:

'I hear so many disparaging me,
"Terror from every side!
Denounce him! Let us denounce him!"
All those who used to be my friends
watched for my downfall,
"Perhaps he will be seduced into error.
Then we will master him
and take our revenge!"
But the Lord is at my side, a mighty hero;
my opponents will stumble, mastered,
confounded by their failure;
everlasting, unforgettable disgrace will be
theirs.
But you, Lord of Hosts, you who probe with
justice,
who scrutinise the loins and heart,
let me see the vengeance you will take on
them,
for I have committed my cause to you.
Sing to the Lord,
praise the Lord,
for he has delivered the soul of the needy
from the hands of evil men.'

The word of the Lord

Responsorial Psalm

Ps 68

(R.) Lord, in your great love, answer me.

1. It is for you that I suffer taunts, that shame covers my face, that I have become a stranger to my brothers, an alien to my own mother's sons. I burn with zeal for your house and taunts against you fall on me. **(R.)**
2. This is my prayer to you, my prayer for your favour. In your great love, answer me, O God, with your help that never fails: Lord, answer, for your love is kind; in your compassion, turn towards me. **(R.)**
3. The poor when they see it will be glad and God-seeking hearts will revive; for the Lord listens to the needy and does not spurn his servants in their chains. Let the heavens and the earth give him praise, the sea and all its living creatures. **(R.)**

Second Reading

ROMANS 5:12-15

Sin entered the world through one man, and through sin death, and thus death has spread through the whole human race because everyone has sinned. Sin existed in the world long before the Law was given. There was no law and so no one could be accused of the sin of 'law-breaking',

yet death reigned over all from Adam to Moses, even though their sin, unlike that of Adam, was not a matter of breaking a law.

Adam prefigured the One to come, but the gift itself considerably outweighed the fall. If it is certain that through one man's fall so many died, it is even more certain that divine grace, coming through the one man, Jesus Christ, came to so many as an abundant free gift.

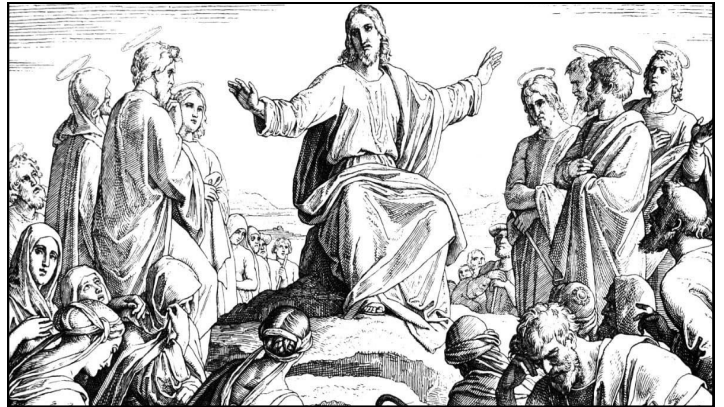
The word of the Lord

Gospel Acclamation

Alleluia, alleluia!

The Spirit of Truth will bear witness to me, says the Lord, and you also will be my witnesses.

Alleluia!



Gospel

MATTHEW 10:26-33

Jesus instructed the Twelve as follows: 'Do not be afraid. For everything that is now covered will be uncovered, and everything now hidden will be made clear. What I say to you in the dark, tell in the daylight; what you hear in whispers, proclaim from the house-tops.

'Do not be afraid of those who kill the body but cannot kill the soul; fear him rather who can destroy both body and soul in hell. Can you not buy two sparrows for a penny? And yet not one falls to the ground without your Father knowing. Why, every hair on your head has been counted. So there is no need to be afraid; you are worth more than hundreds of sparrows.

'So if anyone declares himself for me in the presence of men, I will declare myself for him in the presence of my Father in heaven. But the one who disowns me in the presence of men, I will disown in the presence of my Father in heaven.'

The Gospel of the Lord

Communion Antiphon

The eyes of all look to you, Lord,
and you give them their food in due season.