

天主教華人牧民處

www.chinesechaplaincyparra.org



常年期第十三主日 (甲年)

2023年7月2日

進台詠

萬民，你們要鼓掌歡騰，也要向天主歡呼慶祝！

讀經一

列王紀下 4:8-11,14-16

有一天，厄里叟路過叔能；那裡有一個富貴的婦人，曾經挽留他吃飯。因此，厄里叟每次路過那裡，總到她家裡吃飯。婦人對丈夫說：「現在我看出：這個時常路過我們這裡的天主的人，是位聖者。我們可以在房頂上，給他蓋一間小房，裡面放一張床，一張桌子，一把椅子和一盞燈。這樣，他幾時來到我們這裡，都可以在那裡休息。」

有一天，厄里叟又到了那裡，就進入那間小房休息。厄里叟問僕人革哈齊，說：「我們究竟能為這婦人做什麼？」革哈齊回答說：「可憐她沒有兒子，丈夫又老了。」厄里叟說：「快叫她來！」僕人就將那婦人叫來。那婦人站在門口；厄里叟就對她說：「明年這時，你必懷抱著一個兒子。」

上主的話

答唱詠

詠89

【答】：我要永永遠遠歌頌上主的恩寵。

領：我要永永遠遠歌頌上主的恩寵，要世代代稱揚你的信實。你原說過：「我的恩寵已永遠奠定！」就如你在天上確定了你的信實。

【答】

領：會歡樂歌唱的百姓，的確有福。上主，他們在你慈顏容光中行走，他們常常因你的名而歡躍；你的正義使他們引以自豪。【答】

領：因為你是他們所誇耀的力量。因你的慈惠，我們才能嶄露頭角。因為上主是我們的庇護；以色列的聖者是我們的君王。【答】

讀經二

致羅馬人書 6:3-4,8-11

弟兄姊妹們：

難道你們不知道：我們受過洗，歸於基督耶穌的人，就是受洗，歸於他的死亡嗎？我們藉著洗禮，已歸

於死亡，與他同葬了，為的是基督怎樣藉著父的光榮，從死者中復活了，我們也怎樣在新生活中度生。

所以，如果我們與基督同死，我們相信也要與他同生，因為我們知道：基督既從死者中復活，就不再死；死亡不再統治他了，因為他死，是死於罪惡，僅僅一次；他活，是活於天主。你們也要這樣，看自己是死於罪惡，在基督耶穌內，活於天主的人。

上主的話

福音前歡呼

領：亞肋路亞。

眾：亞肋路亞。

領：你們是特選的種族，王家的司祭，聖潔的國民，屬於主的民族，為叫你們宣揚，那由黑暗中召叫你們，進入他奇妙之光者的榮耀。

眾：亞肋路亞。

福音

聖瑪竇福音 10:37-42

那時候，耶穌對宗徒說：「誰愛父親或母親，超過我，不配是我的人；誰愛兒子或女兒，超過我，不配是我的人。誰不肯背起自己的十字架，跟隨我，不配是我的人。誰要獲得自己的生命，必要喪失生命；誰為我的原故，喪失了自己的生命，必要獲得生命。」

「誰接納你們，就是接納我；誰接納我，就是接納那派遣我來的。」

「誰接納一位先知，因為他是先知，將領受先知的賞報。」

「誰如果給這些小子中的一個，一杯涼水喝，只因他是門徒，我實在告訴你們，他決不會失去他的賞報。」

上主的話

領主詠

我的靈魂，請讚頌上主；我的五內，請讚頌上主。

聖言 導讀

耶穌說：「我來不是為帶平安，而是帶刀劍。」耶穌絕非和平的破壞者，但是祂的福音卻具有一種要求人做出抉擇的絕對力量，人們會因著選擇信從或拒絕福音而彼此決裂。福音一方面是和平的喜訊，但另一方面也含有銳利的分割力量。

耶穌要求人愛祂超過愛自己的父母和兒女！這並不是說門徒們必須完全放棄對親屬的愛；而是說，當親人成為他們跟隨耶穌的阻礙時，他們仍應該跟隨耶穌。

耶穌說：「誰不肯背起自己的十字架跟隨我，不配是我的。」便是說明這最高層次。對基督徒而言，這話所指的當然是耶穌拯救世人的十字架；但是在信仰生活的層次上，則象徵一切相反個人本性的考驗與磨難。

「誰獲得自己的性命，必要喪失性命；誰為了我的緣故，喪失了自己的性命，必要獲得性命。」在瑪竇福音福傳教導的脈絡中，這句話成為耶穌對使徒們的許諾：他們在經歷了嚴苛的命運之後，必將獲得永恒的生命作為酬報。

耶穌自己曾走遍各地宣講福音，祂的教導和宣講將透過門徒和基督徒繼續傳向普世。福傳使徒要盡一切力量護衛福音的絕對價值，甚至犧牲性命。為福音而工作的人，在現世便會得到安慰，但其最大的賞報則是已「藏在天主內的永遠的生命」

(參閱：哥3)。

<http://www.creadible.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（0411 192 278）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。餐券於今日彌撒後在聖堂門外發售，當日將不會在現場發售餐券。敬請踴躍參加。

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

善導之母興趣小組 2023年7月份活動

本月活動是烹飪示範：肉絲炒麵及潮州兩麵黃

日期：7月16日(星期日) 時間：下午2時至3時30分 地點：禮堂 學費：自由捐獻

截止報名日期：7月12日(星期三) 查詢及報名：牧民處熱線電話 0411 192 278或Teresa Tsang 0410 311 380

因學校假期，主日午餐服務在今日和7月16日暫停，7月23日恢復。

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

本主日答唱詠選自聖詠第89篇。

原文有「則辣黑人厄堂的訓誨詩」一句，整部聖詠集僅有此詩由他所寫。按列上5:11記載，則辣黑人厄堂是撒羅滿王時代的一位賢者；按詩的內容推論，可能有人假借這賢者的名字寫成。全詩頗長，共五十三節；大部分學者推論這詩分成上下兩部，在兩個不同時期寫成。前半部，即第1至38節，寫於南北國分裂之初（即撒羅滿王死後）。後半部第39至53節，極可能是四百多年後，在南國崩潰，以民充軍巴比倫時補上。全詩都盼望著默西亞的來臨與達味王朝的復興。本主日選讀的都是此詩的前半部。

答句出自第2節（我要永永遠遠歌詠上主的恩寵），因為天主從永遠已許諾給予世人恩寵，更對達味君王出過誓言，要保持他的王位永垂不朽（見撒下7:8-16）。詩人此時正處於列下14:25-28的時期，埃及國趁南北國剛分裂，乘機侵略耶路撒冷，把耶京的寶物全部劫掠。詩人眼見耶京的荒涼，訓誨當時的君王和全體子民，不要忘記上主的許諾，卻應熱切地等待祂的救援。

第3節（你原說過：「我的恩寵已永遠奠定！」就如你在天上確定了你的忠誠），為以色列子民，由亞巴郎被召回開始，天主一直忠信地履行祂與選民定下的盟約，反而是選民背叛了祂（詳見宗7:1-53斯德望執事的講辭）。

第16至17節（會歡樂歌唱的百姓，的確有福，上主，他們在你慈顏光中行走，他們常常因你的名而歡躍，你的正義使他們引以自豪），「會歡樂歌唱的百姓」就是按照上主法律而生活的以色列子民，尤其「安息年」與「喜年」的律法（見肋25:1-22）。這兩節描寫遵守上主盟約者的喜樂，也暗示默西亞時代來臨時的歡愉。

第18和19節（因為你是他們權勢的光明，因你慈惠，我們的威能提升。因為在上主內有我們的庇護，以色列的聖者是我們的君主），與前兩節同樣是描寫忠信於上主的人的喜樂和幸福。「威能提升」（或譯作「嶄露頭角」）是上主德能的顯示，亦是受惠者的歡呼（可見路1:25）。上主是以民的「庇護」（原文寫作盾牌）和「聖者」、「君王」，都是在預言默西亞。

~勝文神父

為澳洲的修和禱文

至可敬的上主，我們如今邀請所有澳洲人，聯同澳洲的原住民，以及托列斯海峽群島的兄弟姐妹一起，向你祈禱。我們盼望，所有稱澳洲為家的人，能同建、同享一個光明與公義的未來。如今懇求你，以你充滿慈愛的悅納與同情，啟迪我們；並求化生萬有的聖神，領導我們同行的步伐。願聖神深深打動我們，並讓我們珍重你所賜下的禮物：使我們愛惜真實的和諧與平安，正如古時候曾發生的一樣；又求你垂念我們的軟弱，使我們堅毅團結。求主與我們相偕同行，幫助我們更新民族，譜寫更佳美的歷史新一頁，我們所求的共融與合一，惟有在你愛內才能完成。亞孟。

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，使其喪亡的撒彈及其他邪靈，拋下地獄裏去。亞孟。



SOAP Reflection 2nd July

Scripture- The first line “Anyone who prefers father or mother to me is not worthy of me,” and when Jesus says; “anyone who finds his life will lose it and anyone who loses his life for my sake will find it,” were two parts of today’s gospel which stood out to me the most

Observation- From Matthew’s gospel, we can clearly see the challenges and sacrifices which come with true discipleship. Following Jesus means putting him first, even above family- reflected in the first commandment: “I am the Lord your God who brought you out of Egypt, out of the land of slavery. You shall have no other gods before me.” (Deuteronomy 5:6-7). The affection and love we have for our parents or children should never exceed that of God’s. Moreover, Jesus encourages us to consider whether we are willing to take up our cross and follow him every day, despite the challenges. Choosing to follow Christ accentuates the right and power that He has over our lives- it’s a reminder that we were first created by him and it is also through him we learn how to love others; show kindness and respect because He demonstrated and taught these principles. We therefore have no authority to take hold of our lives because they are not ours- they belong to God alone.

Application- Over this next week, I would like to take some time to think about how big of a role does God play into my life; how much space does he occupy in my heart? When I come across difficult situations or choices, do I consider what God might want me to accomplish, or do I take matters into my own hands readily? Am I afraid to declare my faith to others for fear of embarrassment or questioning? Perhaps a yes to the latter half might indicate that I lack knowledge of the Church and its teachings; or I am not as confident in my faith. Consider how you can improve these areas- does it mean dedicating more time for prayer? Reading books on your faith; or listening to podcasts? There are numerous resources out there, so in the coming week I hope to implement a new practice or habit into my daily life to enrich my spirituality, and relationship with God.

Prayer- Lord, you are the mighty Creator who breathed life into each of us and made us all unique. I know that we all share a special and personal relationship with you, and I pray that I can continue to nurture this love that I have for you- whether that be through more meditation and prayer, learning more about my faith or discussing with others. I know you have provided us with multiple avenues to reach out to you, and I hope I make use of these resources. With this stronger foundation may I be more willing and ready to take up my cross no matter what, and follow you with all my heart and soul. 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 next month in July! 😊

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

Thirteenth Sunday in Ordinary Time - Year A

2nd July 2023

Entrance Antiphon

All peoples, clap your hands.
Cry to God with shouts of joy!

First Reading

2 Kings 4:8-11, 14-16

One day as Elisha was on his way to Shunem, a woman of rank who lived there pressed him to stay and eat there. After this he always broke his journey for a meal when he passed that way. She said to her husband, 'Look, I am sure the man who is constantly passing our way must be a holy man of God. Let us build him a small room on the roof, and put him a bed in it, and a table and chair and lamp; whenever he comes to us he can rest there.'

One day when he came, he retired to the upper room and lay down. 'What can be done for her?' he asked. Gehazi (his servant) answered, 'Well, she has no son and her husband is old.' Elisha said, 'Call her.' The servant called her and she stood at the door. 'This time next year,' Elisha said 'you will hold a son in your arms.'

The word of the Lord

Responsorial Psalm

Ps 88

(R.) Forever I will sing the goodness of the Lord.

1. I will sing for ever of your love, O Lord; through all ages my mouth will proclaim your truth. Of this I am sure, that your love lasts for ever, that your truth is firmly established as the heavens. (R.)
2. Happy the people who acclaim such a king, who walk, O Lord, in the light of your face, who find their joy every day in your name, who make your justice the source of their bliss. (R.)
3. For it is you, O Lord, who are the glory of their strength; it is by your favour that our might is exalted: for our ruler is in the keeping of the Lord; our king in the keeping of the Holy One of Israel. (R.)

Second Reading

ROMANS 6:3-4, 8-11

When we were baptised in Christ Jesus we were baptised in his death; in other words, when we were baptised we went into the tomb with him and joined him in death, so that as Christ was raised from the dead by the Father's glory, we too might live a new life.

But we believe that having died with Christ we shall return to life with him: Christ, as we know, having been raised from the dead will never die again. Death has no power over him any more. When he died, he died, once for all, to sin, so his life now is life with God; and in that way, you too

must consider yourselves to be dead to sin but alive for God in Christ Jesus.

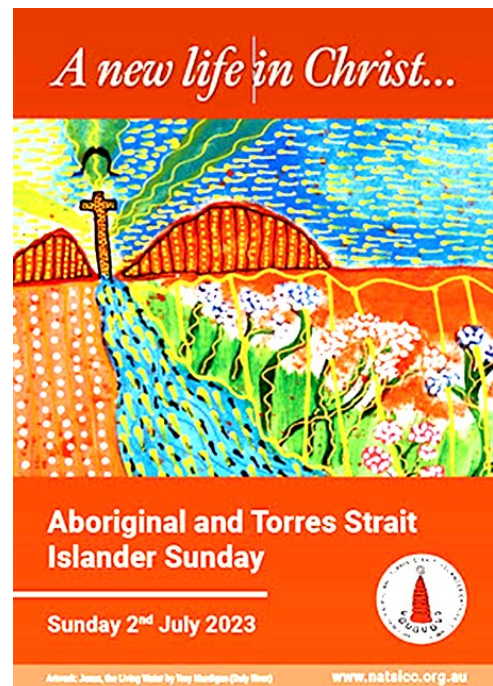
The word of the Lord

Gospel Acclamation

Alleluia, alleluia!

You are a chosen race, a royal priesthood, a holy people. Praise God who called you out of darkness and into his marvellous light.

Alleluia!



Gospel

MATTHEW 10:37-42

Jesus instructed the Twelve as follows: 'Anyone who prefers father or mother to me is not worthy of me. Anyone who prefers son or daughter to me is not worthy of me. Anyone who does not take his cross and follow in my footsteps is not worthy of me. Anyone who finds his life will lose it; anyone who loses his life for my sake will find it.'

'Anyone who welcomes you welcomes me; and those who welcome me welcome the one who sent me.'

'Anyone who welcomes a prophet because he is a prophet will have a prophet's reward; and anyone who welcomes a holy man because he is a holy man will have a holy man's reward.'

'If anyone gives so much as a cup of cold water to one of these little ones because he is a disciple, then I tell you solemnly, he will most certainly not lose his reward.'

The Gospel of the Lord

Communion Antiphon

Bless the Lord, O my soul,
and all within me, his holy name.