

# 天主教華人牧民處

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## 中華殉道諸聖及真福（慶日）

2023年7月9日

### 進台詠

我們既有如此眾多如雲的證人，圍繞著我們，就該卸下各種累贅，及糾纏人的罪過，以堅忍的心，跑那擺在我們面前的賽程，雙目常注視著信德的創始者和完成者——耶穌。

### 讀經一

默示錄 7:9-17

我、若望，看見有一大夥群眾，沒有人能夠數清；他們是來自各邦國、各支派、各民族、各異語的；他們都站在寶座和羔羊面前，身穿白衣，手持棕櫚枝，大聲呼喊說：「救恩來自那坐在寶座上的、我們的天主，並來自羔羊！」

於是，所有站在寶座、長老和那四個活物周圍的天使，在寶座前，俯伏於地，朝拜天主，說：「阿們。願讚頌、光榮、智慧、稱謝、尊威、權能和勇氣，全歸於我們的天主，至於無窮之世。阿們。」

長老之中，有一位問我說：「這些穿白衣的人是誰？他們是從那裡來的？」

我回答他說：「我主，你知道。」

於是，他告訴我說：「這些人是由大災難中來的；他們曾在羔羊的血中，洗淨了自己的衣裳，使衣裳雪白。因此，他們得以站在天主的寶座前，且在他的殿內，日夜事奉他。那坐在寶座上的，也必要住在他們中間。他們再也不餓，再也不渴；烈日和任何炎熱，再也不會損傷他們，因為，那在寶座中間的羔羊，要牧放他們，要領他們到生命的水泉；天主也要拭去他們眼上的一切淚痕。」

上主的話

### 答唱詠

詠16

【答】：天主，求你保佑我，因為我只投靠你。

領：天主，求你保佑我，因為我只投靠你。我對天主說：「唯有你是我的上主，唯有你是我的幸福。」上主，你是我的產業，是我的杯爵，有你為我守著。【答】

領：因此，我心高興，我靈喜歡，連我的肉軀，也無憂安眠。因為你絕不會將我遺棄在陰府，也絕不會讓你的聖者見到腐朽。【答】

領：請你將生命的道路，指示給我；唯有在你面前，才有圓滿的喜悅；永遠在你右邊，也就是我的福樂。【答】

### 讀經二

致羅馬人書 8:35,37-39

弟兄姊妹們：

誰能使我們與基督的愛隔絕？是困苦嗎？是窘迫嗎？是迫害嗎？是飢餓嗎？是赤貧嗎？是危險嗎？是刀劍嗎？

然而，靠著那愛我們的主，我們在這一切事上，

大獲全勝，因為我深信：無論是死亡、是生活、是天使、是掌權者，是現存的，或將來的事物，是有權能的，是崇高的，或深遠的勢力，或其他任何受造之物，都不能使我們，與天主的愛隔絕，即是與我們的主基督耶穌之內的愛隔絕。

上主的話

### 福音前歡呼

領：亞肋路亞。

眾：亞肋路亞。

領：飢渴慕義的人是有福的，因為他們要得飽飫。為義而受迫害的人是有福的，因為天國是他們的。

眾：亞肋路亞。

### 福音

聖瑪竇福音 5:1-12

那時候，耶穌一見群眾，就上了山，坐下；他的門徒來到他面前，他於是開口教訓他們說：

「神貧的人是有福的，因為天國是他們的。」

「哀慟的人是有福的，因為他們要受安慰。」

「溫良的人是有福的，因為他們要承受土地。」

「飢渴慕義的人是有福的，因為他們要得飽飫。」

「憐憫人的人是有福的，因為他們要受憐憫。」

「心裡潔淨的人是有福的，因為他們要看見天主。」

「締造和平的人是有福的，因為他們要稱為天主的子女。」

「為義而受迫害的人是有福的，因為天國是他們的。」

「幾時人為了我而辱罵迫害你們，捏造一切壞話毀謗你們，你們是有福的。你們歡喜踴躍吧！因為你們在天上的賞報是豐厚的。」

上主的話

### 領主詠

上主試煉了義人，好像爐中的黃金；悅納了他們，有如悅納全燔祭。



# 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(普通话)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： <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>

## 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。

## 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22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

牧民處誠邀 Mr Eric WONG (mortgage specialist)，於7月23日，星期日，下午2時至3時，在禮堂舉辦「房貸知多少」講座。歡迎大家參加，無需報名。查詢請 WhatsApp 牧民處熱線 0411 192 278。

因學校假期，7月16日主日午餐服務暫停，7月23日才恢復。

## 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](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)

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)

歡迎把這通訊帶回家細閱

中華殉道諸聖及真福慶日，答唱詠選自聖詠第 16 篇。

原文有標明是「達味金詩」，相信是達味君王所撰，但「金詩」一詞卻頗廢解。有聖經學者認為是達味君王最高水準的珍貴詩篇（故稱為「金詩」），亦有學者說是「刻在石碑上的經文」之意，更有學者未作定論。聖詠集內只有六篇標明是「達味金詩」（詠 16; 56; 57; 58; 59; 60）。

按內容，這篇聖詠似乎是達味蒙難時（可能是撒上 26 章的記載），受了天主的啟示，領悟到將來默西亞，甚至聖教會所受的苦難，抒於歌詠，同時亦預言默西亞的復活，和聖教會怎樣光榮天主。因此按字面，是達味向上主詠讚，按整體卻超越了達味的經驗，而是天主預言默西亞的苦難和復活。聖伯多祿和聖保祿兩位宗徒，都曾引這篇聖詠來證明耶穌是默西亞，並按經上所載，由死者中復活（見宗 2:25; 13:35）。

答句出自第 1 節（天主，求你保佑我，因為我只投靠你），這是教會經常向上主呼求的禱詞。

第 5 節（上主，你是我的產業，是我的杯爵，我要得你的基業，有你為我守著），達味用「產業」來描繪他與上主的緊密關係，並預示基督與教會，互相成為對方的「產業」。

第 9 至 10 節（因此我心高興，我靈喜歡，連我的肉軀也無憂安眠。因為你絕不會將我遺棄在陰府，你也絕不讓你的聖者見到腐朽）清晰地預示默西亞的苦難與復活，宗徒和初期教會都一直這樣詮釋，甚至犧牲自己的性命來見證福音的真理。

第 11 節（請你將生命的道路指示給我，唯有在你面前有圓滿的喜悅，永遠在你右邊也是我的福樂），這節指出聖教會的使命：就是引領世人皈依天主。

### ~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 9th July

**Scripture** – “Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Yes, my yoke is easy and my burden light.” – Matthew 11:29-30 (JB).

**Observation** – If you haven’t noticed already: the world is changing. As we enter the second half of 2023, it’s become clear that we’ve well and truly entered a phase of social revolution, with a clear message being sent to each one of us: get on board or get left behind. There’s arguably no social group which feels this pressure more so than Catholics. With each passing day, it feels more and more difficult to be a follower of Christ (at least openly) because of the political and social baggage that it apparently demands.

And yet in this passage, Jesus says that his yoke is ‘easy’ and his burden ‘light.’ Through the gospel, we’re reminded that at the centre of Christian discipleship is not victory in social warfare, but in emulating Christ in the way we interact with others.

**Application** – “Learn from me, for I am gentle [in some translations, meek] and humble in heart,” Jesus says to his disciples. Whilst meekness is often associated with weakness or being submissive in nature, it is in fact a virtue of strength. Merriam-Webster defines meekness as: (1) ‘enduring injury with patience and without resentment.’

In this coming week, let us emulate Christ and choose to be meek of heart. Let us choose to be gentle when others are harsh, humble when others are proud, and kind when others are cruel. Let us always endure and forgive, as Jesus did when he suffered and died for our sins on the cross.

**Prayer** – Heavenly Father, I come before you today and offer up all that is troubling my mind and my heart – Lord, be my resting place as I rely on you. Please grant me the strength to always be meek at heart and to be generous in kindness to all people, especially those who treat me harshly or with contempt. Lord, let your Spirit settle in my heart so that I might see the face of your Son, Jesus in every person I meet. 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](mailto:gabbyfleming2007@gmail.com))





# St. Monica's Parish

## North Parramatta

ST MONICA'S  
CATHOLIC PARISH AND PRIMARY SCHOOL COMMUNITY

Feast of The Holy Martyrs and Blessed of China

9th July 2023

### Entrance Antiphon

Since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and the sin that clings so closely, and let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith.

### First Reading

Revelation 7: 9-17

I, John, had a vision of a great multitude, which no one could count, from every nation, race, people, and tongue. They stood before the throne and before the Lamb, wearing white robes and holding palm branches in their hands. They cried out in a loud voice:

"Salvation comes from our God, who is seated on the throne, and from the Lamb."

All the angels stood around the throne and around the elders and the four living creatures. They prostrated themselves before the throne, worshiped God, and exclaimed:

"Amen. Blessing and glory, wisdom and thanksgiving, honor, power, and might be to our God forever and ever. Amen."

Then one of the elders spoke up and said to me, "Who are these wearing white robes, and where did they come from?" I said to him, "My lord, you are the one who knows." He said to me, "These are the ones who have survived the time of great distress; they have washed their robes and made them white in the Blood of the Lamb."

"For this reason they stand before God's throne and worship him day and night in his temple. The One who sits on the throne will shelter them. They will not hunger or thirst anymore, nor will the sun or any heat strike them. For the Lamb who is in the center of the throne will shepherd them and lead them to springs of life-giving water, and God will wipe away every tear from their eyes."

*The Word of the Lord*

### Responsorial Psalm

Ps 16

(R.) Keep me safe, O God; you are my hope.

1. Preserve me, God, I take refuge in you. I say to the Lord: 'You are my God. O Lord, it is you who are my portion and cup; it is you yourself who are my prize.' (R.)
2. And so my heart rejoices, my soul is glad; even my body shall rest in safety. For you will not leave my soul among the dead, nor let your beloved know decay. (R.)
3. You will show me the path of life; the fullness of joy in your presence, at your right hand happiness forever. (R.)

### Second Reading

Romans 8:35, 37-39

Brothers and sisters: What will separate us from the love of Christ? Will anguish, or distress, or persecution, or famine, or nakedness, or peril, or the sword?

No, in all these things we conquer overwhelmingly through him who loved us. For I am convinced that neither death, nor life, nor angels, nor principalities, nor present things, nor future things, nor powers, nor height, nor depth, nor any other creature will be able to separate us from the love of God in Christ Jesus our Lord.

*The Word of the Lord*

### Gospel Acclamation

Alleluia, alleluia!

Blessed are they who hunger and thirst for righteousness, for they will be satisfied. Blessed are they who are persecuted for the sake of righteousness, for theirs is the Kingdom of heaven.

Alleluia!

### Gospel

MATTHEW 5:1-12A

When Jesus saw the crowds, he went up the mountain, and after he had sat down, his disciples came to him. He began to teach them, saying:

"Blessed are the poor in spirit, for theirs is the Kingdom of heaven.

Blessed are they who mourn, for they will be comforted. Blessed are the meek, for they will inherit the land.

Blessed are they who hunger and thirst for righteousness, for they will be satisfied.

Blessed are the merciful, for they will be shown mercy.

Blessed are the clean of heart, for they will see God.

Blessed are the peacemakers, for they will be called children of God.

Blessed are they who are persecuted for the sake of righteousness, for theirs is the Kingdom of heaven.

Blessed are you when they insult you and persecute you and utter every kind of evil against you falsely because of me. Rejoice and be glad, for your reward will be great in heaven.

*The Gospel of the Lord*

### Communion Antiphon

Like gold in the furnace he tried them, and like a sacrificial burnt offering he accepted them.