

天主教華人牧民處

www.chinesechaplaincyparra.org



常年期第十九主日 (甲年)

2023年8月13日

進堂詠

上主！求你回顧你所立的盟約，永遠不要忘記你窮苦者的性命。天主！求你速來審判你的案件，不要忘記那尋找你者的呼聲。

讀經一

列王紀上 19:9, 11-13

那時候，先知厄里亞來到天主的山曷勒布，進入一個山洞，在那裡過夜。有上主的話傳於他，吩咐他說：「你出來，站在山上，站在上主面前。」

那時，上主正從那裡經過。在上主前面，暴風大作，山崩石裂，但是，上主卻不在風暴中；風以後有地震，但是上主亦不在地震中；地震以後有烈火，但是上主仍然不在火中；烈火以後，有輕微細弱的風聲。厄里亞一聽見這聲音，就用外衣蒙住臉出來，站在洞口。於是，有聲音對厄里亞說：「厄里亞，你在這裡做什麼？」

—上主的話

答唱詠

詠 85

【答】：上主，求你向我們顯示你的寬仁；求你賜給我們你的救恩。

領：我要聽天主上主說的話；他向自己的聖者和子民，及向全心皈依他的人，所說的話，確是和平福音。他的救恩，必臨於敬畏他的人；他的光榮，必在我們的地上永存。【答】

領：仁愛和忠信，必彼此相迎；正義與和平，必彼此相親。忠信從地下生出；正義由天上遠矚。【答】

領：上主也必賜下康樂幸福；我們的土地，必有收穫。正義在上主前面行走，救恩必緊隨上主的腳步。【答】

讀經二

致羅馬人書 9:1-5

弟兄姊妹們：

我在基督內說實話，並不說謊，有我的良心，在聖神內，與我一同作證：我的憂愁極大，我心中不斷的痛苦。

為救我的弟兄，我血統的同胞，就是被詛咒，與基督隔絕，我也甘心情願。他們是以色列人：義子的名分、光榮、盟約、法律、禮儀以及恩許，都是他們的；聖祖也是他們的，並且按血統來說，基督也是從他們來的。基督就是天主；他在萬有之上，世世代代應受讚美！阿們。

—上主的話

福音前歡呼

領：亞肋路亞。

眾：亞肋路亞。

領：我仰賴上主，我的靈魂期待他的聖言。

眾：亞肋路亞。

福音

聖瑪竇福音 14:22-33

群眾吃飽以後，耶穌即刻催促門徒上船，在他之前，到對岸去。其間，耶穌遣散了群眾；以後，便獨自上山祈禱。到了夜晚，耶穌仍獨自一人在那裡。

船已離岸幾里了，受到波浪的顛簸，因為吹的是逆風。夜裡四更時分，耶穌步行海上，向著他們走來。門徒看見耶穌在海上行走，就驚慌地說：「是個妖怪。」並且嚇得大叫起來。

耶穌立即向他們說：「放心！是我。不要怕！」

伯多祿回答說：「主，如果是你，就叫我在水面上步行，到你那裡吧！」耶穌說：「來吧！」

伯多祿於是從船上下來，步行水面，走向耶穌。但他一見風勢很強，就害怕起來，並開始下沉，於是大叫說：「主，救我啊！」

耶穌立刻伸手拉住他，對他說：「小信德的人哪！你為什麼懷疑？」耶穌與伯多祿一上了船，風就停了。

船上的人便朝拜耶穌，說：「你真是天主子。」

—上主的話

領主詠

耶路撒冷，請你讚頌上主，因為他用最好的麥麵，使你飽餐。

聖言 導讀

在這個主日的感恩禮中，教會邀請全體天主子民接著上個主日的福音，繼續聆聽「增餅奇蹟」之後所發生的事件：「耶穌步行海面」（瑪十四22-33）。這個故事和「增餅奇蹟」相同，也是一個深植於初期教會傳統的敘述，因為除了路加以外，其他三部福音都記載了這個故事。

今天的福音可以分成兩段：第一段是耶穌步行於海面的故事，是瑪竇、馬爾谷和若望共有的報導；第二段是一個關於伯多祿的故事（瑪十四28-31），成為瑪竇獨有的材料。由此可以看出，瑪竇的教會團體和這位宗徒之長之間，具有特別緊密的關係。

在耶穌步行海面的故事後，瑪竇加入了一段關於伯多祿的插曲，這個故事同時包含「信仰」和「懷疑」的主題。耶穌把自己的權能分享給相信祂的人；對於懷疑沈淪的人，祂則伸出援助的手。伯多祿的故事成為瑪竇的教會團體要理講授中常常被敘述的生動的例子，隨著教會歷史的發展，門徒們在狂風巨浪中航行的船，也成為教會的象徵。經由這個故事，歷代的信仰團體都得到激勵，使他們在面臨危機時仍能保持信賴之心。

當耶穌一登上船，風浪立時就平息了，門徒們經驗到救援，「顯現」的事件也隨之結束。門徒們朝拜登上船的耶穌，這反應出復活後教會團體的態度，他們的信仰宣示「你真是天主子」，正是信仰團體面對「基督顯現」應該做出的回應。門徒們在此的信仰宣示和伯多祿在斐理伯凱撒勒雅宣示（瑪十六16）是一樣的，只不過後者在教會歷史的流傳中，給人們留下了較深的印象而已。

教會由創立之初直到今日不斷經驗：「教會猶如航行在海上的一艘船，在現世受到種種考驗的驚濤駭浪所激盪。」（聖博義）今天的奇蹟故事鼓勵歷代的基督徒，在感受到自己遭受狂風大浪威脅之時，往往正是耶穌顯現給屬於祂的人的時候，每次和耶穌相遇的經驗，都不斷加深我們對祂的信仰，使我們更能在生活中常常認出耶穌的臨在而無所畏懼。

歡迎把這通訊帶回家細閱

<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年8月份特別彌撒

聖母蒙召升天節（當守瞻禮）

8月14日（星期一） 粵語提前彌撒 晚上7時
8月15日（星期二） 英語彌撒 上午9:15及晚上7時



天主教青年教理 YOUCAT 導讀（粵語，ZOOM網上講座，歡迎青年和成人人士參加）

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10月14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

「聖經人物趣談」講座 林神父主持，於今日和下星期日，下午1時半至2時，在禮堂舉行，歡迎參加。

聖莫尼加慶節派對

牧民處聯同英語團體所舉辦的聖莫尼加慶節派對的門票已全部售罄，多謝大家支持。
請大家於8月26日（星期六），當天晚上6:00pm攜同門票入場，參與派對。
查詢請致電牧民處熱線 0411 192 278。

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

牧民處處邀Mr. John Poon 於8月27日（星期日），下午2時至4時，在禮堂為我們用粵語講授花地瑪聖母的教導和反省

第一講：花地瑪聖母顯現的訊息與我們今天面對誘惑和保持信仰生活的關係

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。

亦有問答環節。歡迎大家踴躍參加，無需報名。查詢：0411-192278

講者簡介：John Poon，心理學家，曾為不少教區神職和修會會士提供心理測驗及報告，並多次被邀請在心理學會議，作演講嘉賓。他常舉辦工作坊及各種培訓課程。

本主日答唱詠選自聖詠 85 篇。

原文註有「科辣黑後裔的歌」。按聖經《編年紀上、下》的記載，科辣黑家族原是耶路撒冷聖殿的護衛，後來竟成為聖殿的歌詠團（見編上 9:19, 26:1-9 和編下 20:19）。科辣黑後裔所作的聖詠，時間由南國希則克雅到充軍到回國重建的時期，是以色列子民無論是國運，或是與天主的關係最大上大落的時刻。他們的詩文辭極為優美，處處流露對聖殿和耶京的愛。

聖詠 85 篇按其內容 相信是科辣黑的後裔 在回國重建的初期，目睹耶路撒冷的丟零和荒涼而作。詩人一方面感謝天主應驗耶肋米亞先知的預言：以民遭充軍異地後能回國（耶 31:23-34）；另一方面祈求默西亞的到臨，享受真正的和平（耶 30:1-31:6）。

第 8 節（上主，求你向我們顯示你的寬仁，求你給我們賞賜你的救恩），其實就是世人祈求上主派遣默西亞到來；聖子耶穌確是由天主聖父派遣，無限仁慈的救世主。

第 9 節（我要聽天主上主說的話：他向自己的聖者和子民，以及向他回心轉意的人，所說的話確是和平綸音。），是默西亞向所有民族宣告天主的道理 第 10 節（他的救恩必接近敬畏他的人，為使光榮在我們的地上久存。）就直指降生成人的耶穌基督確實在人當中，顯示天主的光榮。第 11 至 14 節（仁愛和忠信必彼此相迎，正義與和平必彼此相親。忠信從地下生出，正義由天上遠矚。上主也必賜下康樂幸福；我們的地必有他的收穫。正義在上主前面行走，救恩必隨上主的腳步），就是「默西亞時代」帶來的各種福樂。

降生成人的天主子、默西亞為全人類帶來新希望、新國度。

~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，使其喪亡的撒彈及其他邪靈，拋下地獄裏去。亞孟。



SOAP Reflection 13th August

Scripture- Matthew 14:22-33, specifically when Peter doubts Jesus and says, “Lord, if it is you, command me to come to you on the water.”

Observation- From this passage, Peter’s dubiety stood out to me the most because I realized that I too can be hesitant about my faith and even Jesus’ existence. Peter’s reaction is not unjustified- after all, experiencing uncertainty and fear about being able to walk on water is a humanely reasonable response yet despite this, Jesus encourages him to step forward as if He knows Peter would not sink in the raging waters. With this reassurance, Peter begins to “walk on the water towards Jesus,” but quickly becomes frightened when he notices how strong the wind is. As Matthew records, Jesus “immediately” reaches out and grabs Peter- rather than rebuking him, he asks gently, “O you of little faith, why did you doubt?” This question can also be directed towards myself, as I wonder in moments where I may become enveloped in challenges and daily life that I lose sight of Jesus’ love and providence, and like Peter I cry out “Lord save me!” because I need Him; yet there would be no need for such desperation if I had full trust and faith in Jesus.

Application- This passage can allow us to reflect on our own faith, and whether we truly believe in Jesus or the teachings of the Catholic Church. It is only after Jesus saves Peter that the wind dies down and the other disciples realize that “Truly [He] is the son of God.” Do we need the Lord to give us ‘evidence’ or proof of his existence? How often does our faith waver? Do we only reach out to Jesus when we are in danger or desperation- simply put, do we deny Jesus in occasions where we don’t need Him? Although we may never encounter such a severe situation like Peter whereby the Lord directly intervenes and calms a storm for us, it is important to note that when we do experience fear or uncertainty, we can trust that the Lord will save and provide. It may not be immediate, but that should not change how much faith we have in Jesus.

Prayer- Dear Heavenly Father, you give us peace and calmness in our hearts and minds because you love, care, and provide deeply, especially during times of struggles. Help me to realize this, and truly believe in your providence and your word. It is through such experiences that we may grow closer to you Lord, and strengthen our faith. Help me to notice when my faith is lacking, or my trust in you is weak, and bring me back to you. Help me to live through your grace and faith, and not just through sight. 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 games, friendly chats and discussing our new topic on ‘One true God and Catholicism’ in August led by a few of our youth leaders. 😊

World Youth Day

On behalf of the team going to World Youth Day, we would like to thank everyone for their support, prayers, and generous donations over the past year. We have just returned from **World Youth Day** pilgrimage and excited to share with you our experiences!





St. Monica's Parish

North Parramatta

ST MONICA'S
CATHOLIC PARISH AND PRIMARY SCHOOL COMMUNITY

Nineteenth Sunday in Ordinary Time - Year A

13th August 2023

Entrance Antiphon

Ps 73:20,19,22,23

Look to your covenant, O Lord, and forget not the life of your poor ones for ever. Arise, O God, and defend your cause, and forget not the cries of those who seek you.

First Reading

1 Kings 19:9.11-13

When Elijah reached Horeb, the mountain of God, he went into the cave and spent the night in it. Then he was told, 'Go out and stand on the mountain before the Lord.' Then the Lord himself went by. There came a mighty wind, so strong it tore the mountains and shattered the rocks before the Lord. But the Lord was not in the wind. After the wind came an earthquake. But the Lord was not in the earthquake. After the earthquake came a fire. But the Lord was not in the fire. And after the fire there came the sound of a gentle breeze. And when Elijah heard this, he covered his face with his cloak and went out and stood at the entrance of the cave.

The word of the Lord

Responsorial Psalm

Ps 84:9-14. R. v.8

(R.) Lord, show us your mercy and love, and grant us your salvation.

1. I will hear what the Lord God has to say, a voice that speaks of peace.
His help is near for those who fear him and his glory will dwell in our land. (R.)
2. Mercy and faithfulness have met; justice and peace have embraced.
Faithfulness shall spring from the earth and justice look down from heaven. (R.)
3. The Lord will make us prosper and our earth shall yield its fruit.
Justice shall march before him and peace shall follow his steps. (R.)

Second Reading

Romans 9:1-5

What I want to say is no pretence; I say it in union with Christ – it is the truth – my conscience in union with the Holy Spirit assures me of it too. What I want to say is this: my sorrow is so great, my mental anguish so endless, I would willingly be condemned and be cut off from Christ if it could help my brothers of Israel, my own flesh and blood. They were adopted as sons, they were given the glory and the covenants; the Law and the ritual were drawn up for them, and the promises were made to them. They are descended from the patriarchs and from their flesh and blood came Christ who is above all, God for ever blessed! Amen.

The word of the Lord

Gospel Acclamation

Ps 129:5

Alleluia, alleluia!
I hope in the Lord, I trust in his word.
Alleluia!



Gospel

Matthew 14:22-33

Jesus made the disciples get into the boat and go on ahead to the other side while he would send the crowds away. After sending the crowds away he went up into the hills by himself to pray. When evening came, he was there alone, while the boat, by now far out on the lake, was battling with a heavy sea, for there was a head-wind. In the fourth watch of the night he went towards them, walking on the lake, and when the disciples saw him walking on the lake they were terrified. 'It is a ghost' they said, and cried out in fear. But at once Jesus called out to them, saying, 'Courage! It is I! Do not be afraid.' It was Peter who answered. 'Lord,' he said 'if it is you, tell me to come to you across the water.' 'Come' said Jesus. Then Peter got out of the boat and started walking towards Jesus across the water, but as soon as he felt the force of the wind, he took fright and began to sink. 'Lord! Save me!' he cried. Jesus put out his hand at once and held him. 'Man of little faith,' he said 'why did you doubt?' And as they got into the boat the wind dropped. The men in the boat bowed down before him and said, 'Truly, you are the Son of God.'

The Gospel of the Lord

Communion Antiphon

Ps 147:12,14

O Jerusalem, glorify the Lord, who gives you your fill of finest wheat.