

天主教華人牧民處

www.chinesechaplaincyparra.org



常年期第五主日 (乙年)

2024年2月4日

進堂詠

請大家前來，一齊伏地朝拜，向造我們的上主，屈膝示愛。因為他是我們的真神。

讀經一

約伯傳 7:1-4, 6-7

約伯說：人生在世，豈不像服兵役？人的歲月，豈不像傭工的時日？有如奴工切望陰涼，傭工期待工資；這樣，我也只有承受失意的歲月，及為我注定的苦痛長夜。

我臥下時說：「幾時天亮？」我起來時又說：「黑夜何時到？」我整夜輾轉反側，直到天亮。

我的歲月流逝，速如織梭，也因無望而中斷。請你記住：我的生命不過是一口氣；我的眼睛再也見不到幸福。

—上主的話

答唱詠

詠 147

【答】：請讚頌上主，因為他醫治了心靈破碎的人。

領：請讚美上主，因為他是美善的。請歌頌我主，因為他是甘飴的。我主上主，是應受讚美的！上主重建了耶路撒冷城，聚集了四散的以色列民。【答】

領：他醫治了心靈破碎的人，也親自包紮了他的傷痕。星辰的數目，全由上主制定；星辰的稱號，也都由他命名。【答】

領：我們偉大的上主，威能無比。他的智慧，高不可測。上主扶起謙遜的人，將蠻橫的人貶抑於地。【答】

讀經二

致格林多人前書 9:16-19, 22-23

弟兄姊妹們：

我若傳福音，並沒有什麼可誇耀的，因為這是我不得已的事；我若不傳福音，我就有禍了。

如果我自願做這事，便有報酬；若不自願，可是責任已委託給我。這樣看來，我的報酬是什麼呢？就是傳布福音時，白白地去傳，不享用我在傳福音上，所有的權利。

我原是自由的，不屬於任何人；但我

卻使自己成了眾人的奴僕，為贏得更多的人。對軟弱的人，我就成為軟弱的，為贏得那軟弱的人；對一切人，我就成為一切，為的是總要救些人。我所行的一切，都是為了福音，為能與人共沾福音的恩許。

—上主的話

福音前歡呼

領：亞肋路亞。眾：亞肋路亞。

領：基督承受了我們的脆弱，擔負了我們的疾病。

眾：亞肋路亞。

福音

聖馬爾谷福音 1:29-39

那時候，耶穌離開葛法翁的會堂，就同雅各伯和若望，來到了西滿和安德肋的家。那時，西滿的岳母正躺著發燒；有人就向耶穌提及她。耶穌上前，握住伯多祿岳母的手，扶起她，熱症立即離開了她；她就伺候他們。

到了晚上，日落之後，人把所有患病的，及附魔的，都帶到耶穌面前。全城的人都聚在門前。耶穌治好了許多患各種病症的人，驅逐了許多魔鬼，並且不許魔鬼說話，因為魔鬼認識他。

第二天早晨，天還很黑，耶穌就起身出去，到荒野的地方，在那裡祈禱。西滿和同他一起的人，都去尋找耶穌，找到了，就向耶穌說：「眾人都来找你呢！」

耶穌對他們說：「讓我們到其他地方去，到鄰近的村鎮去吧！好叫我也在那裡宣講，因為我正是為此而來的。」他於是到加里肋亞各地，在他們的會堂裡宣講，並驅逐魔鬼。

—上主的話

領主詠

願他們感謝上主的仁慈，稱頌他給人子所顯的奇蹟。因為他使飢渴的人得到飽飫，使肚餓的人享盡美味。

聖言導讀

這個簡短的奇蹟摘要含有下列特徵：

1. 人們把「所有患病和附魔的人」都帶到耶穌前。這裡顯示一個「群眾湧向耶穌」的圖像，這些患病者和附魔者代表一切需要援助的人，他們都來到耶穌跟前。

2. 福音作者報導「耶穌治好了許多患各種病症的人」，但並沒有具體的講述到底有多少人被治癒，或者是否有什麼選擇性的原則。在此，福音作者所欲強調的重點只是耶穌的圖像，祂仁慈而富於憐憫之情，接近所有需要幫助的人。

3. 馬爾谷特別凸顯了那些附魔者的角色，強調魔鬼認識耶穌的派遣，以及祂的特殊身分。但是，耶穌禁止牠們談論祂。事實上，耶穌所命令的是一件「不可能的事」，因為誰若認識耶穌，必定會將這樣的知識與他人分享。經文並未解釋，為什麼耶穌禁止人們談論祂。

接著福音開始另一個敘述單元：「清晨，天還很黑，耶穌就起身出去，到荒野地方，在那裡祈禱。西滿和同他在一起的人都去追尋他，找到了他，就向他說：『眾人都找你呢！』」這段敘述提供另一個耶穌圖像：耶穌一直是眾人的中心，祂的門徒和其他對祂感到興趣都期望永遠擁有祂，因而圍繞在祂身旁；然而，耶穌卻清楚地知道祂的使命：向所有的人宣報福音。祂不會因著群眾而忽略自己的使命，所以祂告訴他們：「讓我們到別處去，到鄰近的村鎮去罷！好叫我也在那裡宣講，因為我是為這事出來的。」並因此而走遍加里肋亞的各個城鎮村莊，巡迴宣講，祂的宣講有驅魔奇蹟伴隨，這是天主的國業已臨近的記號（參閱：—15、27）。

從耶穌必須不斷巡迴向人群宣講的背景，更讓讀者看出35節經文的特殊重要意義。透過福音敘述，我們認識耶穌的宣講有特殊的權威，祂能行偉大的奇蹟，驅逐邪魔並治癒各種病症。但是，耶穌並非只是忙碌地四處巡迴宣講福音、施行奇蹟而已，祂知道自己使命的根源，明白自己特殊權威與神恩來自於天父。耶穌必須常常和天父在一起，更深的尋求天父的旨意，並由天父得到執行使命的神恩與力量，因此祂為自己尋找特殊的「荒野之地」，為了能懇切地向天父祈禱（參閱：十四36）。今日的基督徒，尤其是福傳工作者，更應以耶穌為榜樣，在祈禱與工作之間取得平衡。聖本篤對會士們的要求——工作與祈禱——其實對任何人都有效。

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

聖灰禮儀（當守大小齋）2024年2月14日（星期三）

彌撒：早上9時15分（英語） 晚上7時半（英粵雙語）

堂區現收集舊聖枝為準備灰燼，請把舊聖枝放入聖堂大門的收集箱內。

四旬期公拜苦路 由2月16日至3月22日，逢星期五，在聖堂舉行。

晚上7時（英語） 晚上8時（粵語） 有修和聖事同步進行。歡迎參加。

農曆新年團拜午餐（大年初二）

牧民處將會在2月11日，（大年初二）彌撒後在禮堂舉行農曆新年團拜午餐。餐券成人每位\$15.00，十二歲或以下小童每位\$10.00，六歲或以下小童免費（但請登記）。餐券於今天彌撒後在教堂門外發售。參加者請自備餐具和杯碟，同時歡迎帶些賀年糕點供大家分享。查詢：0411 192278

賀年揮春、食品 義賣

為慶賀農曆新年的來臨，牧民處於今天11時半彌撒後，在教堂門外準備數款賀年揮春和賀年食品，任君選購，一起共賀新禧，請大家的支持。

主日學將於2月18日早上10時半在禮堂復課。

家長可在2月11日早上11時到禮堂報名，亦可於復課當天即場報名。

Sunday School classes will be resumed at 10:30 am on 18th Feb at the hall. Enrolment will begin at 11am on 11th Feb and on the day of class resumption.

信仰探討講座（聖奧斯定會主持）逢星期日上午10時半至11時15分，在堂區會議室舉行，歡迎參加。

聖經幼稚園（網上講座） 林勝文神父主講聖經各書卷導讀

由2024年2月24日起，逢每月第二及第四個星期六，晚上8時至9時在網上舉行。

參加者可重用以往YOUCAT導讀的ZOOM連結，亦歡迎新參加者。

報名及查詢請WhatsApp或傳短訊給牧民處熱線 0411 192 278

本主日答唱詠選自聖詠第 147 篇。

原文未載誰是此詩的作者，按內容卻十分肯定是以民於巴比倫充軍後，回國重建時的歌曲（見列下 25 章；編下 36:11-23；厄上 1 章）。這詩歌邀請人民齊來頌謝拯救大眾的上主，全能的上主既忠信又仁慈，養育並照顧萬有。

答句出自第 3 節（他醫治了心靈破碎的人，也親自包紮了他的傷痕。），上主確會醫治受傷患病的人。

第 2 節（上主重建了耶路撒冷城，完聚了四散的以色列民。）一方面稱頌上主拯救流徙的以色列人，另一方面預示第二次來臨的基督重整宇宙，成為「新天新地」，萬民永遠團聚於基督內（見默 21:1-4）。

第 4 節（星辰的數目，全由上主制定，星辰的稱號，也都由他命名。另參閱依 40:26），命名是君王的行為，這句暗指基督君王，亦只有基督才是那真正的君王。

~勝文神父

歡迎把這通訊
帶回家細閱

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。



Youth Corner 2nd February

Scripture-: Mark 1: 29-39

Observation

In today's Gospel, we see Jesus's compassion. Though it was the Sabbath Day and the law necessitates that no work be done on the day, Jesus felt compelled to cure Simon's mother-in-law because she was ill. Later in the Gospel, Jesus continues to show His healing power by curing the sick and casting out demons. Despite all this work, Jesus still made time to pray and speak with God, His Father.

Application

There are two things we can learn from the Gospel today. The first is Jesus's willingness to help people. As Catholics, we are called to be available and assist people who are in need. After Jesus heard about Simon's mother-in-law, He didn't dilly-dally. Jesus didn't take a stroll in the park with his friends or watch TikTok videos on his phone. Jesus went to heal Simon's mother immediately. He helped those in need without hesitation and we are called to do the same.

The second thing we can learn from the Gospel is Jesus's role in our lives. Yes, Jesus is the healer. Just as He cured all the sick people in the Gospel and casted out demons, He can also heal the aching in our souls. We know that we can rely on Jesus to mend our hearts and take away the pain. However, just as Jesus left the crowded to go to a quiet place to pray, we must also remember that Jesus's role in our lives is not just to heal. He doesn't want to only be a part of our lives when we have illnesses that need curing or wounds that need healing. He wants to have a relationship with us. In order for us to foster that relationship with Him, we must pray and pray regularly. Not only to ask for Jesus to do things for us but also to praise Him, give thanksgiving to Him and get to know Him.

Prayer

Lord, we need your healing; but even more, we need a relationship with you. Help us to know you and develop a deeper faith in you so that we can make you known to others also. Give us a compassionate heart so that we may imitate Jesus in His love for others so that we may better help those in need. 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!





St. Monica's Parish

North Parramatta

ST MONICA'S
CATHOLIC PARISH AND PRIMARY SCHOOL COMMUNITY

Fifth Sunday in Ordinary Time - Year B

4th February 2024

ENTRANCE ANTIPHON

O come, let us worship God and bow low before the God who made us, for he is the Lord our God.

First Reading

Job 7:1-4. 6-7

Job began to speak: Is not man's life on earth nothing more than pressed service, his time no better than hired drudgery? Like the slave, sighing for the shade, or the workman with no thought but his wages, months of delusion I have assigned to me, nothing for my own but nights of grief.

Lying in bed I wonder, 'When will it be day?' Risen I think, 'How slowly evening comes!' Restlessly I fret till twilight falls.

Swifter than a weaver's shuttle my days have passed, and vanished, leaving no hope behind. Remember that my life is but a breath, and that my eyes will never again see joy.

The word of the Lord

Responsorial Psalm

Ps 146

(R.) Praise the Lord who heals the broken-hearted.

1. Praise the Lord for he is good; sing to our God for he is loving: to him our praise is due. (R.)
2. The Lord builds up Jerusalem and brings back Israel's exiles, he heals the broken-hearted, he binds up all their wounds. He fixes the number of the stars; he calls each one by its name. (R.)
3. Our Lord is great and almighty; his wisdom can never be measured. The Lord raises the lowly; he humbles the wicked to the dust. (R.)

Second Reading

1 Corinthians 9:16-19. 22-23

I do not boast of preaching the gospel, since it is a duty which has been laid on me; I should be punished if I did not preach it! If I had chosen this work myself, I might have been paid for it, but as I have not, it is a responsibility which has been put into my hands. Do you know what my reward is? It is this: in my preaching, to be able to offer the Good News free, and not insist on the rights which the gospel gives me.

So though I am not a slave of any man I have made myself the slave of everyone so as to win as many as I could. For the weak I made myself weak. I made myself all things to all men in order to save some at any cost; and I still do this, for the sake of the gospel, to have a share in its blessings.

The word of the Lord

Gospel Acclamation

Alleluia, alleluia!

He bore our sickness, and endured our suffering. Alleluia!



Gospel

MARK 1:29-39

On leaving the synagogue, Jesus went with James and John straight to the house of Simon and Andrew. Now Simon's mother-in-law had gone to bed with fever, and they told him about her straightaway. He went to her, took her by the hand and helped her up. And the fever left her and she began to wait on them.

That evening, after sunset, they brought to him all who were sick and those who were possessed by devils. The whole town came crowding round the door, and he cured many who were suffering from diseases of one kind or another; he also cast out many devils, but he would not allow them to speak, because they knew who he was.

In the morning, long before dawn, he got up and left the house, and went off to a lonely place and prayed there. Simon and his companions set out in search of him, and when they found him they said, 'Everybody is looking for you.' He answered, 'Let us go elsewhere, to the neighbouring country towns, so that I can preach there too, because that is why I came.' And he went all through Galilee, preaching in their synagogues and casting out devils.

The Gospel of the Lord

COMMUNION ANTIPHON

Let them thank the Lord for his mercy, his wonders for the children of men, for he satisfies the thirsty soul, and the hungry he fills with good things.