

# 天主教華人牧民處

www.chinesechaplaincyparra.org



復活期第二主日 (救主慈悲主日)

2024年4月7日

## 進堂詠

你們應如初生的嬰兒，渴求屬靈的純奶，為使你們靠著它的成長，以致得救。亞肋路亞。

## 讀經一

宗徒大事錄 4:32-35

眾信徒都是一心一意，凡各人所有的，沒有人說是自己的，都歸公用。眾宗徒以大德能，作證主耶穌的復活，在眾人前大受愛戴。

在信徒當中，沒有一個貧乏的人，因為凡有田地和房屋的，賣了以後，把賣得的價錢帶來，放在眾宗徒跟前，照每人所需要的分配。

—上主的話

## 答唱詠

詠 118

【答】：請你們讚頌上主，因為他是美善寬仁，他的仁慈永遠常存。

領：願以色列家讚美說：上主的仁慈永遠常存。願亞郎家族讚美說：上主的仁慈永遠常存。願敬畏上主的人讚美說：上主的仁慈永遠常存。

【答】

領：上主的右手將我高舉。我不至於死，必要生存，並要宣揚上主的工程。上主懲罰我，雖非常嚴厲，但卻沒有把我交於死亡。【答】

領：匠人棄而不用的廢石，反而成了屋角的基石；這是上主的所作所為，在我們眼中，神妙莫測。這是上主所安排的一天，我們應該為此鼓舞喜歡。

【答】

## 讀經二

聖若望一書 5:1-6

親愛的諸位：

凡信耶穌為默西亞的，是由天主所生的；凡愛生他之父的，也必愛那由他所生的。幾時我們愛天主，又遵行他的誡命，那就知道我們也愛天主的子女。原來愛天主，就是遵行他的誡命，而他的誡命並不沉重，因為凡由天主所生的，必得勝世界；得勝世界的武器，就是我們的信德。誰得勝世界呢？不是那信耶穌為天主子的人嗎？

—上主的話

## 復活節讚歌

領：各位基督徒，請向逾越節羔羊，獻上我們讚頌之祭。

眾：羔羊贖回了羊群；聖潔無罪的基督，使罪人與天父和好。

領：生命與死亡展開奇妙的決鬥，生命的主宰，死而復活，永生永王。

眾：瑪利亞，請告訴我們，你在路上看見了什麼？

領：我看見永生基督的墓穴和他復活的光榮、作證的天使、頭巾和殮布。

眾：基督、我的希望、已經復活，他要在你們

之先到加里肋亞。

領：我們知道，基督確實從死者中復活。勝利的君王，求你垂憐我們。

眾：亞孟。亞肋路亞。

## 福音前歡呼

領：亞肋路亞，亞肋路亞。

眾：亞肋路亞，亞肋路亞。

領：主說：多默，因為你看見了我，才相信嗎？那些沒有看見而相信的，才是有福的！

眾：亞肋路亞，亞肋路亞。

## 福音

聖若望福音 20:19-31

一周的第一天晚上，門徒所在的地方，因為怕猶太人，門戶都關著，耶穌來了，站在中間，對他們說：「願你們平安！」說了這話，便把手和肋膀指給他們看。門徒見了主，便喜歡起來。

耶穌又對他們說：「願你們平安！就如父派遣了我，我也同樣派遣你們。」說了這話，就向他們噓了一口氣，說：「你們領受聖神吧！你們赦免誰的罪，誰的罪就得赦免；你們保留誰的罪，誰的罪就被保留。」

十二人中的一個，號稱狄狄摩的多默，當耶穌來時，卻沒有和他們在一起。其他門徒向他說：「我們看見了主。」

但多默對他們說：「除非我看見他手上的釘孔，用我的指頭，探入釘孔；用我的手，探入他的肋膀，我決不信。」

八天以後，耶穌的門徒又在屋裡，多默也和他們在一起。門戶關著，耶穌來了，站在中間，說：「願你們平安！」然後對多默說：「把你的指頭伸到這裡來，看看我的手吧！並伸過你的手來，探入我的肋膀，不要做無信德的人，但要做個有信德的人。」

多默回答說：「我主！我天主！」

耶穌對多默說：「因為你看見了我，才相信嗎？那些沒有看見而相信的，才是有福的！」

耶穌在門徒前，還行了許多其他神蹟，沒有記在這部書上。這些所記錄的，是為叫你們信耶穌是默西亞，天主子，並使你們信的人，賴他的名，獲得生命。

—上主的話

## 領主詠

伸過你的手來，探入我的肋膀，不要做無信德的人，但要做個有信德的人。亞肋路亞。

# 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>

## 聖母領報節英語彌撒

4月8日(星期一)早上9時15分，在聖堂舉行。

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。  
請參閱未來幾週的講座內容：

日期	內容	講者
14/4/2024	天主聖父(一)	Fr Lam
21/4/2024	天主聖父(二)	Chi Man Chan
28/4/2024	天主聖神(一)	Ruby Chan

## 主日午餐

今日彌撒後將舉行歡迎新教友午餐。

由於學校假期，主日午餐於下星期日起暫停，並在5月5日恢復。

## 聖經幼稚園(網上講座) 林勝文神父主講聖經各書卷導讀

逢每月第二及第四個星期六，晚上8時至9時在網上舉行。下次舉行日期：4月13日。

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

## 善導之母興趣小組4月份活動

甜品制作示範：香脆法式杏仁薄餅及鬆香綠豆黑芝麻酥餅

日期：4月21日星期日，時間：下午2時15分至4時，地點：禮堂。

截止報名日期：4月17日星期三。費用：自由捐獻。

查詢及報名請WhatsApp或傳短訊至牧民處熱線電話 0411 192 278。

歡迎把這通訊  
帶回家細閱

本主日答唱詠選自聖詠 118 篇 亦是復活期的慶典最常用的一篇聖詠。眾學者對這聖詠的作者一無所知，只按詩中內容推論，這聖詠大概寫於厄斯德拉時代，即以民從巴比倫充軍結束，能返回巴勒斯坦重建的時期（參閱厄上 3:8-13; 厄下 6:15; 12:27）。

答句出自第 1 節，這節應與 2 至 4 節一同理解（請你們向上主讚頌，因為他是美善寬仁，他的仁慈永遠常存。願以色列家讚美說：他的仁慈永遠常存。願亞郎的家讚美說：他的仁慈永遠常存。願敬畏主者讚美說：他的仁慈永遠常存。）。詩人邀請所有人都讚美上主，特別是上主特選的以色列人和司祭們（以色列家、亞郎家），他們都應是忠實敬畏天主的人。亦可以理解為：若人敬畏天主，就是天主所特選的，就可讚美這位美善的天主，而司祭們應在人群中間，帶領人民讚頌天主。

第 16 至 18 節（上主的右手將我舉擎，上主的右手大顯威能。我不至於死，必要生存，我要宣揚上主的工程。上主懲罰我雖嚴厲非常，但卻沒有把我交於死亡。），是以民感謝上主的拯救。「上主的右手」指的是上主的無限和全能；以色列人被充軍，是上主懲罰他們的不忠，但又不至於被滅族，因為上主又全能又慈悲。

第 22 至 24 節（匠人棄而不用的廢石，反而成了屋角的基石；那是上主的所行所為，在我們眼中神妙莫測。這是上主所安排的一天，我們應該為此鼓舞喜歡。），這是復活期禮儀經常出現的一句聖詠。為以色列子民，他們雖然弱小，甚至被其他民族輕視，但一經天主提拔，就聲價十倍，成為天主的特選民族。為耶穌基督，祂受苦和被凌辱，被人遺棄，但天父卻舉揚祂成為天地宇宙的君王（參閱瑪 28:18; 斐 2:8-11）。

~勝文神父

### 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 7 April

**Scripture-** John 20: 19-31

**Observation-** In today's scripture, there are a few important moments that I thought were worth exploring. The first is how Jesus appears to the disciples in their darkest moments, fearing persecution. He said "shalom" or "peace be with you" and showed them that he is Jesus and he has risen. This part doesn't just demonstrate to the disciples that he was resurrected. He had the power to come into a locked room without anyone's notice, and he brought them peace in their unrest. The next part is Christ's great mission to all of us. He is sending us out into the world to continue his mission with the power of the Holy Spirit in us. He then gives priests the power to forgive sin in Jesus's name, bringing us the gift of the sacrament of reconciliation. You can also look at sin here as not believing, not following Christ, not repenting for our own sins. Then the last part of this chapter is the famous doubting Thomas. When Jesus appeared to the disciples again in the locked house, this time with Thomas, he called Thomas specifically to put his finger into the holes in his hands, and his hands into his side. Jesus knew exactly what was said between Thomas and the other disciples, and instead of being angry at Thomas for doubting, he let him examine him fully so that he would not doubt anymore. This was the revelation Thomas needed and he replied with the powerful proclamation "My Lord and My God!" Thomas clearly would've been ashamed and embarrassed by his apparent lack of faith, but Jesus knew his faith was sure, it just needed a little nurturing. Then Jesus ends with "blessed are those who have not seen and yet come to believe". This also reminds us that he other disciples had already seen Jesus with all the holes from the nail and spear, so they believed. This is a message for us who may be struggling to see Jesus in our lives.

**Application-** It is hard in today's society to tell people that you are Catholic, let alone trying to tell them about Jesus. This is disheartening and can lead us to lose faith, doubt and fall into sin. Faith can waiver even in those with the "strongest" faith (one of the 12 apostles). But God is always there reaching out to us, he wants us, and he brings peace. The important thing is that we remain in community with each other so that we can see God's work, rekindle our faith and repent for our sins. When we stray away, we might miss the opportunity to see God, just as Thomas did the first time. The passage also demonstrates how difficult it can be to believe without seeing. How can we evangelize to those who don't believe? Let them see God's love in our actions. Love each other unconditionally, your family, friends, neighbours, classmates, strangers, everyone. This is easier said than done, especially when you are upset or if you felt the other person had wronged you. Most of us fail to love at some point but remember that Jesus died for us out of love, and that is the love we should aim to have for each other.

**Prayer-** Heavenly Father, thank you for your sacrifice on the cross for us, and thank you for your gift of salvation, reconciliation, love and life. May we learn from your words and let it strengthen our faith so that we can be better ministers of your mission to the world. Teach us to love even when it is hard to love so that we may be the visible sign of you to the world. In Jesus's name, 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! Over the next few months, we will be talking about the theology of the body.

#### Sports Day - 27th April

Come join us for sports day during the coming school holidays. It will be held on the 27th April in the halls at St Monica's. Timing will be confirmed soon. Bring your smiles, energy and all-around good vibes for some friendly competition! Come speak to Brian or Cheryl if you're keen or want more details.





# St. Monica's Parish

## North Parramatta

ST MONICA'S  
CATHOLIC PARISH AND PRIMARY SCHOOL COMMUNITY

Second Sunday of Easter (Divine Mercy) - Year B

7th April 2024

### Entrance Antiphon

Like newborn infants, you must long for the pure, spiritual milk, that in him you may grow to salvation, alleluia.

### First Reading

Acts 4:32-35

The whole group of believers was united, heart and soul; no one claimed for his own use anything that he had, as everything they owned was held in common.

The apostles continued to testify to the resurrection of the Lord Jesus with great power, and they were all given great respect.

None of their members was ever in want, as all those who owned land or houses would sell them, and bring the money from them, to present it to the apostles; it was then distributed to any members who might be in need.

*The word of the Lord*

### Responsorial Psalm

Ps 117

(R.) Give thanks to the Lord for he is good, his love is everlasting.

1. Let the sons of Israel say: 'His love has no end.' Let the sons of Aaron say: 'His love has no end.' Let those who fear the Lord say: 'His love has no end.' (R.)
2. The Lord's right hand has triumphed; his right hand raised me up. I shall not die, I shall live and recount his deeds. I was punished, I was punished by the Lord, but not doomed to die. (R.)
3. The stone which the builders rejected has become the corner stone. This is the work of the Lord, a marvel in our eyes. This day was made by the Lord; we rejoice and are glad. (R.)

### Second Reading

1 John 5:1-6

Whoever believes that Jesus is the Christ has been begotten by God; and whoever loves the Father that begot him loves the child whom he begets. We can be sure that we love God's children if we love God himself and do what he has commanded us; this is what loving God is - keeping his commandments; and his commandments are not difficult, because anyone who has been begotten by God has already overcome the world; this is the victory over the world - our faith. Who can overcome the world? Only the man who believes that Jesus is the Son of God; Jesus Christ who came by water and blood, not with water only, but with water and blood; with the Spirit as another witness - since the Spirit is the truth.

*The word of the Lord*

### Sequence

Christians, to the Paschal Victim offer sacrifice and praise.

The sheep are ransomed by the Lamb; and Christ, the undefiled, hath sinners to his Father reconciled.

Death with life contended: combat strangely ended!

Life's own Champion, slain, yet lives to reign. Tell us, Mary: say what thou didst see upon the way.

The tomb the Living did enclose; I saw Christ's glory as he rose!

The angels there attesting; shroud with grave-clothes resting.

Christ, my hope, has risen: he goes before you into Galilee.

That Christ is truly risen from the dead we know. Victorious king, thy mercy show!

### Gospel Acclamation

Alleluia, alleluia!

You believe in me, Thomas, because you have seen me; happy are those who have not seen me, but still believe!

Alleluia!

### Gospel

John 20:19-31

In the evening of that same day, the first day of the week, the doors were closed in the room where the disciples were, for fear of the Jews. Jesus came and stood among them. He said to them, 'Peace be with you,' and showed them his hands and his side. The disciples were filled with joy when they saw the Lord, and he said to them again, 'Peace be with you.' 'As the Father sent me, so am I sending you.' After saying this he breathed on them and said: 'Receive the Holy Spirit. For those whose sins you forgive, they are forgiven; for those whose sins you retain, they are retained.'

Thomas, called the Twin, who was one of the Twelve, was not with them when Jesus came. When the disciples said, 'We have seen the Lord', he answered, 'Unless I see the holes that the nails made in his hands and can put my finger into the holes they made, and unless I can put my hand into his side, I refuse to believe.' Eight days later the disciples were in the house again and Thomas was with them. The doors were closed, but Jesus came in and stood among them. 'Peace be with you' he said. Then he spoke to Thomas, 'Put your finger here; look, here are my hands. Give me your hand; put it into my side. Doubt no longer but believe.' Thomas replied, 'My Lord and my God!' Jesus said to him: 'You believe because you can see me. Happy are those who have not seen and yet believe.'

There were many other signs that Jesus worked and the disciples saw, but they are not recorded in this book. These are recorded so that you may believe that Jesus is the Christ, the Son of God, and that believing this you may have life through his name.

*The Gospel of the Lord*

### Communion Antiphon

Bring your hand and feel the place of the nails, and do not be unbelieving but believing, alleluia.