

# 天主教華人牧民處

www.chinesechaplaincyparra.org

常年期第十主日(乙年)

2024年6月9日



## 聖言導讀

這個主日的福音選自谷三 20-35。整段敘述一開始的兩節經文是一個過渡，引出下面兩段經文。其中第一段(22-30)是耶路撒冷的經師們惡意誣陷耶穌的故事，內容也使人明白如何分別真神。第二段(31-35)則是將分辨真神的區別應用在耶穌的親屬身上，說明誰才是「耶穌的真親屬」。

從 21 節起經文所談論的主題就是耶穌的親屬，他們企圖將祂強拉回家。目前這段經文雖然並沒有直接提及 21 節的經文，但卻明顯地是與之呼應的內容。此處更直接地指出那些親屬就是耶穌的「母親和兄弟」，他們站在房子的門前，並請人把祂叫出去。

福音再次敘述描述，耶穌在房內，被許多向祂蜂擁而來的人環繞著。這種敘述產生一個動人的畫面：房內的人和房外的人，以及某種介於二者之間的媒介。這個情況引出耶穌關鍵的談話：「誰是我的母親和我的兄弟？」(33) 這個問題非常清楚的是指向關鍵問題：誰才是「耶穌的真親屬」？耶穌自己以兩種方式呈現這問題的答案：首先在 34 節具體地指出，那些環繞在耶穌身旁、聆聽祂的人群；其次在 35 節則是一般原則性的說明：那些「奉行天主的旨意的人。」當然在經文中，這兩種群體其實是同一的。

同時，馬爾谷透過這樣的敘述，強調一個重要的事實：天主的旨意必須從聆聽耶穌才能得知。因此，真正耶穌的親屬是產生於跟隨耶穌的團體，是聆聽耶穌並進而在生活中實行耶穌教導的人。

這個主日的福音包含兩個重點，首先是得到救恩的關鍵不在於出身或地位，人間的親屬關係並沒有絕對的重要性，真正重要的是「聽」、「從」耶穌的教導。

其次，天主的救恩開放給一切人，所有願意認罪悔改的人，必得天父的寬恕；唯有固執傲慢拒絕救恩的人，無法進入天主的國。天主的救援是白白賞賜的恩寵，其最大的特徵是自由，絕不強迫人接受。

### 進堂詠

上主是我的光明，我的救援，我還畏懼何人？上主是我生命穩固的保障，我還害怕何人？我的對手，我的仇敵，反而跌倒斷氣。

### 讀經一 創世紀 3:9-15

亞當吃了知善惡樹的果子後，上主天主呼喚亞當，對他說：「你在哪裡？」

亞當回答說：「我在樂園裡，聽到了你的聲音，就害怕，因為我赤身露體，便躲藏起來。」

天主說：「誰告訴了你，赤身露體？莫非你吃了我禁止你吃的果子嗎？」

亞當說：「是你給我作伴的那個女人，給了我那樹上的果子，我才吃了。」

上主天主於是對女人說：「你為什麼做了這事？」

女人回答說：「是蛇哄騙了我，我才吃了。」

上主天主對蛇說：「因你做了這事，你在一切畜牲和野獸中，是可咒罵的；你要用肚子爬行，畢生日日吃土。我要把仇恨放在你和女人，你的後裔，和她的後裔之間。她的後裔要踏碎你的頭顱；你要傷害他的腳跟。」

—上主的話

### 答唱詠 詠130

【答】：上主富於仁慈；他必定慷慨救援。

領：上主，我由深淵向你呼號；我主，求你俯聽我的呼號，求你側耳俯聽我的哀禱！【答】

領：上主，你若細察我的罪過，我主，有誰還能站立得住？可是，你寬恕為懷，令人對你起敬起愛。【答】

領：我仰賴上主，我靈期待他的聖言；我靈等候我主，切於更夫等待黎明。【答】

領：以色列，請仰賴上主，因為上主富於仁慈，他必定慷慨救援。他必要拯救以色列人，脫離一切罪根。【答】

### 讀經二 致格林多人後書 4:13-5:1

弟兄姊妹們：  
我們既然具有經上所載的：「我信了，所以我說」那同樣的信心，我們也信，所以也說，因為我們知道，那使耶穌復活的，也要使我們與耶穌一起復活，並使我們與你們一起，站在他面前。其實，這一切都是為了你們，為使獲得恩寵的人越增多，感謝也越增加，好歸光榮於天主。

為此，我們決不膽怯；縱使我們外在的人，日漸損壞，但我們內在的人，卻日日更新，因為我們現時輕

微的苦難，正無可比擬地，給我們造就永遠的光榮賞報；因為，我們所注目的，不是那看得見的，而是那看不見的；那看得見的，原是暫時的；那看不見的，才是永遠的。

因為我們知道：如果我們這地上帳棚式的寓所，拆毀了，我們必由天主，獲得一所房舍，一所非人手所造，而是永遠在天上的寓所。

—上主的話

### 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：現在，這世界的元首，就要被趕出去；當我從地上，被舉起來時，便要吸引眾人，來歸向我。

眾：亞肋路亞，亞肋路亞。

### 福音 聖馬爾谷福音 3:20-35

耶穌到了家裡，群眾又聚集起來，以致他們連飯都不能吃。耶穌家裡的人，聽見有人說：「他瘋了！」便出來要抓住耶穌。

有些從耶路撒冷下來的經師說：「他附有貝耳則步。」又說：「他賴魔王驅魔。」

耶穌於是把經師叫來，用比喻向他們說：「撒旦怎能驅逐撒旦呢？如果一個國家自相紛爭，那國家就不能存立；如果一個家庭自相紛爭，那家庭也將不能存立。如果撒旦起來自相攻擊紛爭，也就不能存立，必要滅亡。沒有人能進入壯士的家，搶劫他的家具，除非先把那壯士捆綁起來，然後才可搶劫他的家。」

「我實在告訴你們：世人的所有罪惡，連所說的任何褻瀆的話，都可得赦免；但誰如果褻瀆了聖神，就永遠不得赦免，而且要永遠背負罪債。」耶穌說這話，是因為他們說：「他附有邪魔。」

耶穌的母親和耶穌的兄弟來了，站在外邊，派人去叫耶穌。那時，群眾正圍著耶穌坐著，有人對耶穌說：「看，你的母親和你的兄弟，在外邊找你。」

耶穌回答他們說：「誰是我的母親和我的兄弟？」於是環視坐在他周圍的人，說：「看，我的母親和我的兄弟！凡奉行天主旨意的人，就是我的兄弟、姊妹和母親。」

—上主的話

### 領主詠

上主，你是我的保障、我的避難所。你是我的天主，我的堡壘。

**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	<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>

**2024年粵語成年人慕道班**

粵語慕道班已於5月17日開課, 以Zoom在網上進行。逢星期五晚上7時半至9時。  
若您、您的家人或親友想認識主耶穌和天主教信仰, 我們誠意邀請您和他們參與。  
同時亦歡迎教友再慕道。  
報名及詳情可聯絡林勝文神父 (02)9630 1951, [shingmanlam@gmail.com](mailto:shingmanlam@gmail.com),  
whatsapp 牧民處熱線 (0411 192 278) 或掃描附上的二維碼。



**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: 6月22日。  
報名及查詢請WhatsApp 或傳短訊給牧民處熱線 0411 192 278

**聖經人物趣談** (林神父主持) 逢每月第二和第三個星期日, 下午1時半至2時, 在禮堂舉行。

**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
16/06/2024	不斷皈依	Albert Ho
23/06/2024	保祿書信簡介	Eric Wong
30/06/2024	保祿書信 - 羅馬書	Thomas Tse

**週年退省** 華人牧民處邀請到吳書成神父 (現任香港教區聖神修院神師) 帶領我們作週年退省。  
主題為「相遇」。

日期/時間: 8月1日(星期四)下午5時 至 8月3日(星期六)下午4時  
費用: 單人套房每人\$350, 夫婦或與朋友同房每人\$320  
地點: Carmelite Retreat Centre, 247 St Andrews Rd, Varroville, NSW  
報名: 請參閱報名表格, 亦可用附上的二維碼報名  
查詢: Eric Wong 0417457688



歡迎把這通訊  
帶回家細閱



本主日選了聖詠 130 篇，是聖詠集七首懺悔聖詠的其中一首（聖詠集的七首懺悔聖詠是第 6, 32, 38, 51, 102, 130, 143 篇）。聖詠集包含很多求天主幫助的禱文，但這七首懺悔聖詠卻很特別，是在祈求天主憐憫、寬恕和救贖。若我們犯罪，天主不會就此中斷和我們的關係，祂永遠保留容許我們改過的機會。整部聖經都給我們肯定：只要我們願意，沒有甚麼可以阻撓我們悔改。耶穌許下，只有一種罪永遠不會得到赦免，那就是褻瀆聖神的罪（谷 3:28-29）。耶穌沒解釋這罪是甚麼，但某程度上，我們可以假設，這包含拒絕承認自己的罪，拒絕悔改。如果天主召叫我們悔改，這召叫包含著幫助我們悔改的恩寵。天主自會將智慧、謙虛和誠實賜給我們，幫助我們悔改，因為祂喜見我們改惡遷善，渴望我們接受悔改之恩。

答句出自第 7 節（請以色列仰賴上主，應切於更夫待旦，因為上主富於仁慈，他必定慷慨救援），由此句學者認為這聖詠是以民充軍往巴比倫時，終於明白國破家亡原是以民犯罪，天主利用充軍來喚醒他們悔改；以民始乞求仁慈的上主寬恕和復興他們。這和「乃赫米雅」的祈禱相吻合（見厄下 1:4-11），甚至有學者認為乃赫米雅是這篇聖詠的作者。

第 1 至 2 節（上主，我由深淵向你呼號，我主，求你俯聽我的呼號，求你側耳俯聽我的哀禱！），學者對「深淵」解作由罪惡帶來的困苦、刑罰、黑暗，也可以是人的內心最深處。這兩節指出人無法應付罪所帶來的後果，只能向全能仁慈的天主呼救。

第 3 至 4 節（上主，你若細察我的罪辜，我主，有誰還能站立得住？可是，你以寬恕為懷，令人對你起敬起愛），天主既是全知的神，同時又是寬宏的神，值得人敬畏和欽崇。

第 5 至 6 節（我仰賴上主，我靈期待他的聖言；我靈等候我主，切於更夫的待旦），這是因罪而困在黑暗深淵的人，對上主的哀呼；亦伸延到教會渴望基督的光榮再來，徹底除盡罪惡和死亡。降生的天主子先復生拉匝祿，再到祂自己的死而復活，最終是祂復活所有的人。

第 7 至 8 節（請以色列仰賴上主，應切於更夫待旦，因為上主富於仁慈，他必定慷慨救援。他必要拯救以色列人，脫離一切所有的罪根），這是信眾對上主救援的肯定：天主因愛世人而降生，並以祂的宣講、犧牲和復活由罪的根源拯救人。教會亦不斷見證著天主的拯救。

~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，使其喪亡的撒殢及其他邪靈，拋下地獄裏去。亞孟。



## Scripture: Mark 3:20-35

### Observation:

This passage once again shows just how much opposition Jesus faced in his ministry. Of course, the scribes and teachers have been prominent antagonists throughout the Gospel and continue to do so till the end. However, what is especially striking is that even his family seems to be against him. They do not believe in his ministry, and instead think he has lost his mind. Because of this, they seek to control him out of a fear that he will make them look bad, similar to what the scribes do out of their fear of the romans. While family is an important part of life – the relationship between Jesus and Mary is a powerful example of this – there may also be times when those closest to us do not provide the support we need. When faced with this same issue, Jesus points out that his mothers and brothers were who were willing to listen and who stood by him were his family. Two interesting things to note in this passage are that, firstly, a lot of the opposition against Jesus was because he was upsetting the social order, and secondly, the people were so detached from God that they couldn't even recognise His Son. At times it takes courage to go against the grain for what we believe, and it is not easy, but as Jesus highlights the Father is always with us. Fitting in may be easy, but it is not always what is best for us.

### Application

Something that I am sure weighs on many Christians is a fear that expressions of their faith will isolate them – that modern society will criticise our traditions and values because they may not conform to the public opinion. However, like Jesus points out, we have another family around us in the form of the Church. Having a community that can empathise with your worries and provide solace is a powerful thing. It helps us be proud of our faith because we know there are others around who will always support us. While fitting and conforming to the things we see online, through social media and in our daily lives may be easy, sometimes finding the right community means distancing ourselves from the things that may lead us astray, and while it is a hard thing to do, being able to be comfortable in your faith is a great reward in itself.

**Prayer:** I pray that all those around the world who feel isolated may find solace in you God. Please guide them towards those who will understand them and will help bring them closer to you. In our daily lives we may be challenged but I pray that you give us the strength to avoid these temptations and focus on what is truly important. 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. 😊
- **Youth Camp 9-11th July**  
Registration for youth camp 2024 is out! This year's theme will be Mulan! We will look at what it means to serve the community, church and God. If you would like to find out more, you can speak to any of the leaders. You will find the registration forms with Gabriel and Cheryl.





# St. Monica's Parish

## North Parramatta

**ST MONICA'S**  
CATHOLIC PARISH AND PRIMARY SCHOOL COMMUNITY

**Tenth Sunday in Ordinary Time - Year B**

**09th June 2024**

### ENTRANCE ANTIPHON

The Lord is my light and my salvation; whom shall I fear?  
The Lord is the stronghold of my life; whom should I dread?  
When those who do evil draw near, they stumble and fall.

### FIRST READING Genesis 3:9-15

#### A reading from the book of Genesis

The Lord God called to the man after he had eaten of the tree. 'Where are you?' he asked. 'I heard the sound of you in the garden,' he replied 'I was afraid because I was naked, so I hid.' 'Who told you that you were naked?' he asked. 'Have you been eating of the tree I forbade you to eat?' The man replied, 'It was the woman you put with me; she gave me the fruit, and I ate it.' Then the Lord God asked the woman, 'What is this you have done?' The woman replied, 'The serpent tempted me and I ate.'

Then the Lord God said to the serpent, 'Because you have done this,

'Be accursed beyond all cattle, all wild beasts.

You shall crawl on your belly and eat dust every day of your life.

I will make you enemies of each other:

you and the woman, your offspring and her offspring.

It will crush your head and you will strike its heel.'

*The word of the Lord.*

### RESPONSORIAL PSALM

**Ps 129**

#### Response: With the Lord there is mercy and fullness of redemption

1. Out of the depths I cry to you, O Lord,  
Lord, hear my voice!  
O let your ears be attentive  
to the voice of my pleading. **(R.)**
2. If you, O Lord, should mark our guilt,  
Lord, who would survive?  
But with you is found forgiveness:  
for this we revere you. **(R.)**
3. My soul is waiting for the Lord,  
I count on his word.  
My soul is longing for the Lord  
more than watchman for daybreak. **(R.)**
4. Because with the Lord there is mercy,  
and fullness of redemption,  
Israel indeed he will redeem  
from all its iniquity. **(R.)**

### SECOND READING

**2 Corinthians 4:13-5:1**

#### A reading from the 2nd letter of St Paul to the Corinthians

As we have the same spirit of faith that is mentioned in scripture – I believed, therefore I spoke – we too believe and therefore we too speak, knowing that he who raised the Lord Jesus to life will raise us with Jesus in our turn, and put us by his side and you with us. You see, all this is for your benefit, so that the more grace is multiplied among people, the more thanksgiving there will be, to the glory of God.

That is why there is no weakening on our part, and instead, though this outer man of ours may be falling into decay, the inner man is renewed day by day. Yes, the troubles which are soon over, though they weigh little, train us for the carrying of a weight of eternal glory which is out of all proportion to them. And so we have no eyes for things that are visible, but only for things that are invisible; for visible things last only for a time, and the invisible things are eternal.

For we know that when the tent that we live in on earth is folded up, there is a house built by God for us, an everlasting home not made by human hands, in the heavens.

*The word of the Lord*

### GOSPEL ACCLAMATION

Alleluia, alleluia!

The prince of this world will now be cast out,  
and when I am lifted up from the earth  
I will draw all to myself, says the Lord. Alleluia!



### GOSPEL Mark 3:20-35

#### A reading from the holy Gospel according to Mark

Jesus went home with his disciples, and such a crowd collected that they could not even have a meal. When his relatives heard of this, they set out to take charge of him, convinced he was out of his mind.

The scribes who had come down from Jerusalem were saying, 'Beelzebul is in him,' and, 'It is through the prince of devils that he casts devils out.' So he called them to him and spoke to them in parables, 'How can Satan cast out Satan? If a kingdom is divided against itself, that kingdom cannot last. And if a household is divided against itself, that household can never stand. Now if Satan has rebelled against himself and is divided, he cannot stand either – it is the end of him. But no one can make his way into a strong man's house and burgle his property unless he has tied up the strong man first. Only then can he burgle his house.'

'I tell you solemnly, all men's sins will be forgiven, and all their blasphemies; but let anyone blaspheme against the Holy Spirit and he will never have forgiveness: he is guilty of an eternal sin.' This was because they were saying, 'An unclean spirit is in him.'

His mother and brothers now arrived and, standing outside, sent in a message asking for him. A crowd was sitting round him at the time the message was passed to him, 'Your mother and brothers and sisters are outside asking for you.' He replied, 'Who are my mother and my brothers?' And looking round at those sitting in a circle about him, he said, 'Here are my mother and my brothers. Anyone who does the will of God, that person is my brother and sister and mother.'

*The Gospel of the Lord*

### COMMUNION ANTIPHON

The Lord is my rock, my fortress, and my deliverer;  
my God is my saving strength.