

# 天主教華人牧民處

www.chinesechaplaincyparra.org



常年期第十七主日 (乙年)

2024年7月28日

## 進堂詠

天主時常居住在自己的聖所，給無依無靠的人，備妥房屋；他將力量和權能，賜給自己的子民。

## 讀經一 列王紀下 4:42-44

那時候，有一個人從巴耳沙里沙來，在自己的行囊裡，給天主的人，帶來二十個用初熟大麥做的餅，和一些新麥穗。

厄里叟說：「分給眾人吃吧！」僕人說：「我怎能將這一點東西，擺在一百人面前呢？」

厄里叟說：「你儘管分給眾人吃，因為上主這樣說：眾人吃了，還有剩餘。」

於是，僕人將食物擺在眾人面前；他們都吃了，並且還有剩餘，正如上主所說的。

—上主的話

## 答唱詠

詠145

【答】：上主，你伸出雙手，滿足眾生的需求。

領：上主，願你的一切受造物稱謝你；上主，願你的一切聖徒讚美你，宣傳你王國的光榮，講述你的威力大能。【答】

領：眾生的眼睛都仰望你，你準時賜給他們糧食。你伸出雙手，滿足眾生的需求。【答】

領：上主的一切行徑，至公至義。上主的一切作為，聖善無比。上主親近一切呼號他的人，即一切誠心呼號他的人。【答】

## 讀經二 致厄弗所人書 4:1-6

弟兄姊妹們：

我這在主內為囚犯的，懇求你們：行動務要與你們所受的寵召相稱；凡事要謙遜、溫和、忍耐，在愛德中彼此擔待，盡力以和平的聯繫，保持心神的合一。

因為只有一個身體和一個聖神，正如你們蒙召，同有一個希望一樣。只有一個主，一個信德，一個洗禮；只有一個天主和眾人之父，他超越眾人，貫通眾人，且在眾人之內。

—上主的話

## 福音前歡呼

領：亞肋路亞。

眾：亞肋路亞。

領：上主在我們中間興起了一位大先知；天主眷顧了他自己的百姓。

眾：亞肋路亞。

## 福音 聖若望福音 6:1-15

那時候，耶穌渡過加里肋亞海，即提庇黎雅海，到對岸去。大批群眾，因為看見耶穌在患病者身上，所行的神蹟，都跟隨著他。耶穌上了山，和他的門徒一起，坐在那裡。那時，猶太人的慶節，即逾越節，已臨近了。

耶穌舉目，看見大批群眾來到他面前，就對斐理伯說：「我們從那裡買餅給這些人吃呢？」他說這話，是為試探斐理伯；他自己原知道要做什麼。

斐理伯回答說：「就是二百塊『德納』的餅，也不夠每人分得一小塊。」

有一個門徒，即西滿伯多祿的哥哥安德肋，說：「這裡有一個兒童，他有五個大麥餅和兩條魚；但是，為這麼多的人，這算得什麼？」

耶穌說：「你們叫眾人坐下吧！」在那地方有許多青草，於是眾人便坐下，男人約有五千。

耶穌就拿起餅，祝謝後，分給坐下的人；同樣，也把魚分了；讓眾人任意吃。他們吃飽以後，耶穌向門徒說：「把剩下的碎塊，收集起來，免得糟蹋。」他們就把眾人吃飽後，所剩下的五個大麥餅的碎塊，收集起來，裝滿了十二筐。

眾人見了耶穌所行的神蹟，就說：「這人確實就是那要來到世界上的先知。」

耶穌看出他們要來強迫他，立他為王，就獨自又退避到山裡。

—上主的話

## 領主詠

我的靈魂，請讚頌上主，請你不要忘記他的恩寵。

## 聖言導讀

福音敘述群眾跟隨耶穌到了加里肋亞海的對岸，原因是為看耶穌行神蹟。若望對於奇蹟追求者的批判態度，說明耶穌行奇蹟在於使人得到生命，如果人只為追求奇蹟而跟隨耶穌，便是沒有明白奇蹟的意義，自然也無法達到真正的信仰。

故事發生在逾越節臨近之時，地點是在一座山上，這投射了梅瑟舉行的逾越節，如今被基督徒的逾越節所取代。耶穌對斐理伯的問話是為了考驗他的信德，經文中也完全沒有提到在場的群眾面臨飢餓威脅的困境，斐理伯和安德肋二人所說的話更是增強了這個奇蹟的重要性。安德肋所提到的「大麥餅」符合現實情況，因為這是當時窮人的飲食，但是也使人想起舊約中厄里叟所行的增餅奇蹟。這些關連使人看出耶穌超越舊約中的一切先知。耶穌要求群眾坐在有許多青草的地方，這像賦予整個餐會一種慶典的歡樂氣氛，也反映了耶穌以主人的身分說出感恩和祝福的話語。雖然經文沒有提到「擘餅」，但可以看出這段話被當作感恩禮來了解。耶穌把餅分給了群眾，完全沒有門徒介入，祂讓眾人按各自的需要任意飽餐。

之後耶穌吩咐門徒「把剩下來的碎塊收集起來，免得糟蹋」，顯示這餅是一個存留到永遠的飲食的預像的大能；同時「十二筐」也反映出門徒的數目。群眾從所經歷到的奇蹟，認為耶穌就是「那要來到世界上的先知」並願意把祂立為君王。耶穌拒絕被推舉為政治性的君王，以具體的行動抗議這個誤解，「獨自退避到山裡去了」。

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： <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30分，每月第三主日上午10時15分至11時，或與神父預約
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>

## 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
4/08/2024	個人信仰分享	Thomas Cheung
11/08/2024	靈修與祈禱 - 天主經	Teresa Lau
18/08/2024	靈修與祈禱 - 聖母經	Teresa Lau

## 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：8月10日。  
報名及查詢請WhatsApp或傳短訊給牧民處熱線 0411 192 278

## 棋藝同樂日

牧民處將於8月11日（星期日），下午2時至4時半，在禮堂舉行棋藝同樂日，包括國際象棋、中國象棋、飛機棋，圍棋，波子棋和鬥獸棋。歡迎大家攜同自己的棋子或各類遊戲，聯同家人和兒孫們一起來參加。當天亦有茶點和小吃。  
為方便統計人數和場地安排，有興趣者可於今天（7月28日）至8月4日，在11時半彌撒後在教堂門外登記，亦可用這二維碼。  
請踴躍參加。查詢：牧民處熱線0411 192 278。



## 聖莫尼加堂130週年慶節聚餐

牧民處聯同英語團體在8月23日（星期五），晚上於 Parramatta Leagues Club 的香滿樓酒家，舉辦聖莫尼加堂130週年慶節聚餐，並舉行大抽獎，獎品豐富。餐券和抽獎券將在8月4日至18日，在各彌撒後售賣。詳細內容將於8月4日刊登。所有收入將捐助教堂的維修支出，請大家慷慨解囊，踴躍支持，多買多中。  
查詢：牧民熱線：0411 192 278

## 聖莫尼加堂130週年彌撒（英粵雙語）

日期：2024年8月24日（星期六） 時間：下午5時  
主禮：巴拉瑪打教區阮龍主教 歡迎大家參加，共沐主恩

## 主日午餐（餐券每張 \$10）

主日午餐將於下星期日，8月4日，恢復供應。今日彌撒後售賣餐券。參與者請自備杯碟碗筷。謝謝！

## 聖雲先會冬季扶貧籌款

今日各台彌撒將有特別捐獻給聖雲先會，協助他們扶助有需要的人。  
捐款可放現金在特設信封，亦可填寫閣下的簽賬卡資料，也可用附上的二維碼。  
多謝大家支持。



## 善導之母興趣小組 8月份活動【齊來學包港式雲吞】

日期：8月18日星期日 時間：下午2時15分至4時 地點：禮堂 費用：自由捐獻  
截止報名日期：8月14日星期三 查詢及報名請WhatsApp或傳短訊至牧民處熱線 0411 192 278

本主日答唱詠選自聖詠 145 篇的一小部分。

原文雖註明這是達味君王所寫的讚美詩，但按聖經學者的研究，可能是在以民充軍巴比倫後，由一位熟悉達味詩歌的肋未人，把達味所作的舊詩潤飾，再編撰成現時所見的格式。本詩共廿一節，每節首字先冠以希伯來文的字母（共廿一個）；這與聖詠第 9、25、34、37、111、119 諸篇類同，除了表現詩人的才情，亦為方便記憶及誦唱。本篇聖詠是讚頌天主的美善、照顧、忠實、威嚴、全知和仁慈。

答句改寫自第 16 節（你伸出了你的雙手，滿足了眾生的需求），這是為配合本主日的讀經一和福音：天主親自餵養祂的人民，亦暗示聖子的贖世犧牲與教會的聖體聖事。

第 10 節（上主，願你的一切受造物稱謝你，上主，願你的一切聖徒們讚美你）所說的「你的一切聖徒」（希伯來話直譯是「你的虔敬人」），原文當然是指以色列子民，但從新約的光照，當然也指教會。無論是舊約或新約的「天主子民」，都講述和傳揚天主的德能（見第 11 節：宣傳你王國的光榮，講述你的威力大能）

第 17 和 18 節（上主在他的一切路徑上，至公至義，上主在他的一切化工上，聖善無比。上主接近一切呼號他的人，就是一切誠心呼號他的人），與申 4:7, 32:4; 依 55:6, 58:9; 和耶 29:13 相近，都指出公義和仁慈的天主自有祂的眷顧。

~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 : John 6:1-15

### Observation

The first thing to note in this week's gospel is God's providence. Jesus knew that the crowd that had followed him was spiritually hungry. After all, they had followed him wherever he went to hear him preach, but Jesus also recognised their physical hunger and knew that the crowd required physical sustenance as well as spiritual. God knows what we need. We only need to trust that He will provide.

The second thing that stood out was abundance. God not only provide but He provides in abundance. When Andrew brought the five barley loaves and two fish to Jesus, he asks "...but what are these among so many?". It's a question of helplessness and doubt. Surely, when the apostles realised that Jesus was intending to feed the crowd with five loaves of bread and two measly little fishes, they must have thought there was absolutely no way this was going to happen. Yet, Jesus did just that and more. So much so there were twelve baskets of food remaining after everyone had had their fill.

The last thing that was observed in the gospel was the boy that brought the five loaves and two fish. It is suggested in the gospel that the boy was young and poor as the loaves were described to be "barley loaves", with barley being common among the poor. Yet despite this, the boy offered what he had. He could have kept quiet and eaten his meal himself but this was not what he did. He acted with love and selflessness in hoping that his contribution could potentially alleviate the hunger of the crowd around him.

### Application

Sometimes it is hard to see God's plan for our lives. We often struggle to or forget to put our lives into God's hands and to trust in his providence. But we see in today's gospel, God's love for us is abundant and overflowing and he will provide everything we need as long as we put it into His hands. If we remember to put all our helplessness and things we deem to be impossible into God's hands, he will provide us with what we need.

And just like the boy in the gospel today, we are called to offer what we have in service to God and our community. Even if it's as small as five loaves and two fish, God will multiply that offering and make it so plentiful that it is felt by everyone around.

### Prayer

Heavenly Father, I choose to put my everything into your hands. My failures, my successes, my concerns, my joys; I lay them all down knowing that you love me and know what is best for my life and will provide for me accordingly. Help me to remember to be your hands and feet and to serve selflessly with the knowledge that the love I pour out to those around me serves as a reflection of Your love.

### 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! . ☺





**ENTRANCE ANTIPHON**

God is in his holy place,  
God who unites those who dwell in his house;  
he himself gives might and strength to his people.

**FIRST READING 2 Kings 4:42-44**

**A reading from the second book of the Kings**

A man came from Baal-shalishah, bringing Elisha, the man of God, bread from the first-fruits, twenty barley loaves and fresh grain in the ear. 'Give it to the people to eat,' Elisha said. But his servant replied, 'How can I serve this to a hundred men?' 'Give it to the people to eat' he insisted 'for the Lord says this, "They will eat and have some left over."' He served them; they ate and had some over, as the Lord had said.

*The word of the Lord.*

**RESPONSORIAL PSALM**

**Ps 144**

**Response: The hand of the Lord feeds us;  
he answers all our needs.**

1. All your creatures shall thank you, O Lord,  
and your friends shall repeat their blessing.  
They shall speak of the glory of your reign  
and declare your might, O God. **(R.)**
2. The eyes of all creatures look to you  
and you give them their food in due time.  
You open wide your hand,  
grant the desires of all who live. **(R.)**
3. The Lord is just in all his ways  
and loving in all his deeds.  
He is close to all who call him,  
who call on him from their hearts. **(R.)**

**SECOND READING Ephesians 4:1-6**

**A reading from the letter of St Paul to the Ephesians**

I, the prisoner in the Lord, implore you to lead a life worthy of your vocation. Bear with one another charitably, in complete selflessness, gentleness and patience. Do all you can to preserve the unity of the Spirit by the peace that binds you together. There is one Body, one Spirit, just as you were all called into one and the same hope when you were called. There is one Lord, one faith, one baptism, and one God who is Father of all, through all and within all.

*The word of the Lord*

**GOSPEL ACCLAMATION**

Alleluia, alleluia!

A great prophet has appeared among us;

God has visited his people. Alleluia!

**GOSPEL John 6:1-15**

**A reading from the holy Gospel according to John**

Jesus went off to the other side of the Sea of Galilee – or of Tiberias – and a large crowd followed him, impressed by the signs he gave by curing the sick. Jesus climbed the hillside, and sat down there with his disciples. It was shortly before the Jewish feast of Passover.

Looking up, Jesus saw the crowds approaching and said to Philip, 'Where can we buy some bread for these people to eat?' He only said this to test Philip; he himself knew exactly what he was going to do. Philip answered, 'Two hundred denarii would only buy enough to give them a small piece each.' One of his disciples, Andrew, Simon Peter's brother, said, 'There is a small boy here with five barley loaves and two fish; but what is that between so many?' Jesus said to them, 'Make the people sit down.' There was plenty of grass there, and as many as five thousand men sat down. Then Jesus took the loaves, gave thanks and gave them out to all who were sitting ready; he then did the same with the fish, giving out as much as was wanted. When they had eaten enough he said to the disciples, 'Pick up the pieces left over, so that nothing gets wasted.' So they picked them up, and filled twelve hampers with scraps left over from the meal of five barley loaves. The people, seeing this sign that he had given, said, 'This really is the prophet who is to come into the world.' Jesus, who could see they were about to come and take him by force and make him king, escaped back to the hills by himself.

*The Gospel of the Lord*

**COMMUNION ANTIPHON**

Bless the Lord, O my soul, and never forget all his benefits.

