

天主教華人牧民處

www.chinesechaplaincyparra.org



常年期第十九主日 (乙年)

2024年8月11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 19:4-8

那時候，先知厄里亞進入曠野，走了一天的路，來到一棵杜松樹下，坐下求死，說：「上主啊！現在已經夠了！收去我的性命吧！因為我並不如我的祖先好。」以後，他就躺在那棵杜松樹下，睡著了。

忽然，有位天使拍醒厄里亞，對他說：「起來，吃吧！」他看了看，見在他頭的旁邊，有一塊用炭火烤熟的餅，和一罐水；他吃了喝了，又躺下睡了。

上主的使者第二次又來，拍醒厄里亞說：「起來，吃吧！因為你還有一段很遠的路。」他就起來，吃了，喝了。厄里亞靠那食物的力量，走了四十天四十夜，一直到了天主的山曷勒布。

—上主的話

答唱詠

詠 34

【答】：請你們體驗，請你們觀看：上主是何等和藹慈祥！

領：我要時時讚美上主；我的口舌不斷讚頌上主。願我的心靈，因上主而自豪。願謙卑的人聽到，也都歡喜雀躍。【答】

領：請你們同我一起讚揚上主，讓我們齊聲頌揚他的名字。我尋求了上主，他俯聽了我的祈求：由我所受的一切驚惶中，將我救出。

【答】

領：你們瞻仰他，要喜形於色；你們的面容，絕不會羞愧。卑微人一呼號，上主立即俯允，並且救拔他，脫離一切艱辛。【答】

領：在那敬畏上主的人四周，有上主的天使紮營護守。請你們體驗，請你們觀看：上主是何等和藹慈祥！投奔他的人，真是有福。【答】

讀經二

致厄弗所人書 4:30-5:2

弟兄姊妹們：

你們不要叫天主的聖神憂鬱，因為你們是在聖神內，受了印證，以等待那得救的日子。

要從你們當中，除掉一切毒辣、

怨恨、憤怒、爭吵、毀謗，以及一切邪惡；彼此要以良善、仁慈相待，且要互相寬恕，如同天主在基督內，寬恕了你們一樣。

所以，你們應該效法天主，如同蒙受寵愛的兒女一樣；又應該在愛德中生活，就如基督愛了我們，且為我們把自己交出，獻於天主，作為馨香的供物和祭品。

—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：我是從天上降下的、生活的食糧；誰若吃了這食糧，必要生活，直到永遠。

眾：亞肋路亞，亞肋路亞。

福音

聖若望福音 6:41-51

那時候，耶穌說：「我是從天上降下來的食糧。」

猶太人便對耶穌竊竊私議，說：「這人不是若瑟的兒子耶穌嗎？他的父親和母親，不是我們都認識嗎？怎麼他竟然說：我是從天上降下來的呢？」

耶穌回答說：「你們不要彼此竊竊私議！凡不是派遣我的父所吸引的人，誰也不能到我這裡來；到我這裡來的，我在末日要叫他復活。先知書上記載：『眾人都要蒙受天主的訓誨。』凡接受父的教導而學習的，必到我這裡來。這不是說有人看見過父，只有那從天主來的，才看見過父。我實實在在告訴你們：信從的人，必得永生。

「我是生命的食糧。你們的祖先在曠野，吃過『瑪納』，卻死了。這是從天上降下來的食糧，誰吃了，就不死。

「我是從天上降下的、生活的食糧；誰若吃了這食糧，必要生活，直到永遠。我所要賜給的食糧，就是我的肉，為使世界獲得生命。」

—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

這個主日的福音是耶穌「生命之糧」言論的第二段（若六41-51）。

由於耶穌說祂是「從天上降下來的食糧」，猶太人因此而對耶穌竊竊私議。舊約常常出現以色列子民竊竊私議的情況，尤其是他們在曠野流徙的時代中為最常見，舊約的作者用這種方式表達以色列子民不相信天主、或祂所派遣來的先知。由此看出，這裡群眾竊竊私議的態度，顯示他們不相信耶穌的話。

耶穌關於自己所做的宣稱是祂的「自我啟示」，其內容對猶太人而言是完全陌生的，這個陌生感只有藉著信仰才能克服。但是信仰的能力唯獨來自天主父的啟示：「凡不是派遣我的父所吸引的人，誰也不能到我這裡來，而我在末日要叫他復活。」這句話聽起來含有「預定論」的色彩，歷史中的確有不少人因此而主張預定論。但是，這並非若望福音作者的思想，因為他立刻藉著耶穌的話，對這個可能的誤解做出更正，以及進一步的解釋。耶穌說：「先知書上記載：『眾人都要蒙受天主的訓誨。』根據這句先知書上的話，一切人都要被稱做天主的學生。先知們的預言現在已經實現了，因為人們可以聽見耶穌的話，並由此而得到教導。信仰是恩寵，是一個和耶穌基督密不可分、而且對一切人開放的恩寵。唯獨耶穌有和天父密不可分的關係、直接的關係，其他的人都必須依靠祂，一切人都必須經由祂而得到教導。聆聽耶穌，就是直接蒙受「天主的訓誨」，而「由父聽教而學習的，必到耶穌這裡來。」

這段經文的最後(47-51)再次提起前面已經出現過的主題，首先是耶穌再次要求眾人必須相信，說明出於自由的信仰是得到永生的決定性因素：「我實實在在告訴你們：信從的人必得永生。」耶穌並且再次指出「瑪納」和真實的「天上食糧」之間絕對的不同：瑪納屬於「世上」的層面，不能夠救人脫離死亡；耶穌屬於「天上」的層面，祂才是使人得到永遠生命的食糧。祂說：「我是從天上降下的生活的食糧。」整段談話的重心特別表現在「生命」和「死亡」兩個極端不同的對立思想：誰如果吃了天上降下的生活的食糧，就是說誰若相信耶穌，就必定要生活直到永遠，他將不會見到死亡。

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													
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：														
<table><tr><th>日期</th><th>內容</th><th>講者</th></tr><tr><td>18/08/2024</td><td>靈修與祈禱 - 聖母經</td><td>Teresa Lau</td></tr><tr><td>25/08/2024</td><td>靈修與祈禱 - 光榮經</td><td>Ruby Chan</td></tr><tr><td>1/09/2024</td><td>簡介靈修大師路雲神父及其靈修</td><td>Ruby Chan</td></tr></table>			日期	內容	講者	18/08/2024	靈修與祈禱 - 聖母經	Teresa Lau	25/08/2024	靈修與祈禱 - 光榮經	Ruby Chan	1/09/2024	簡介靈修大師路雲神父及其靈修	Ruby Chan
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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：9月14日；8月24日暫停一次。 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）8月11日及18日（星期日），下午1時半至2時，在禮堂舉行。														
聖母蒙召升天節彌撒（當守瞻禮） 2024年8月15日（星期四） 上午9:15（英語） 晚上7時半（英粵雙語）														
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														
聖莫尼加堂130週年慶節聚餐 牧民處聯同英語團體一起舉辦聖莫尼加130週年慶日聚餐，歡迎大家攜同親朋戚友，一起參加這項盛事，共慶主恩。 日期：2024年8月23日（星期五）晚上7時恭候，（7時半入席） 地點：Parramatta Leagues Club 內的香滿樓酒家，Level 2, 1 Eels Street, Parramatta NSW 2150 (No BYO) 會所內設有酒牌，可購買紅/白酒， 餐券每位：成人\$55，小童六歲以上至十二歲\$30，六歲或以下小童免費，但要預先登記。 當晚有音樂表演，遊戲和抽獎，獎品豐富，名額有限，請從速購票。 餐券和抽獎券於今天及8月18日公開發售。抽獎券售價：\$5 三張、\$7 十張、\$20 十五張、\$50 五十張。 所有中獎名單會於8月23日當晚、8月24日和25日在教堂門外公布。 查詢：牧民熱線：0411 192 278														
聖莫尼加堂130週年彌撒（英粵雙語）主禮：巴拉瑪打教區阮文龍主教 日期：2024年8月24日（星期六） 時間：下午5時 歡迎大家參加，共沐主恩														

本主的答唱詠選自聖詠第 34 篇。

原文標明是達味所作，寫此詩的背景是在他作撒烏耳君王的臣子時，撒烏耳因嫉妒而追殺他；達味因此逃走，更要在人前裝瘋扮傻才得以保命（見撒 21:11-15）。全詩共二十二節，每節起首均以希伯來語的字母順序排列，這種體裁除了顯出詩人的才情，更是為方便記憶和背誦。全詩的內容都是讚頌眷顧人的天主。

答句出自第 9 節（請你們體驗，請你們觀看：上主是何等的和藹慈善！投奔他的必獲真福永歡），聖奧斯定和聖多瑪斯都註釋人應「體驗」和「觀看」的，是上主賜下的真正食糧：基督聖體聖血；領受者必獲上主的真福。

第 2 和 3 節（我必要時時讚美上主，對他的讚頌常在我口；願我的心靈因上主而自豪，願謙卑的人聽到也都喜躍），詩人邀請大眾，無論在順境和逆景，都應讚頌天主。

第 4 至 5 節（請你們同我一起讚揚上主，讓我們齊聲頌揚他的名字。我尋求了上主，他聽了我的祈求：由我受的一切驚惶中，將我救出），詩人再次邀請眾人齊聲頌揚天主，含蓄地預示新約才出現的大公教會，即由萬民因天主呼召而成的「基督的奧體」；因著主的創造、救贖和聖化而共融合一。

第 6 至 7 節（你們瞻仰他，要喜形於色，你們的面容，絕不會羞愧。卑微人一呼號，上主立即俯允，並且救拔他出離一切的苦辛），達味寫出自己的經驗。他屢次化險為夷，完全來自上主的慈愛和救助（詳見撒 18 至 21 章）。

第 8 節（在那敬畏上主的人四周，有上主的天使紮營護守），「天使紮營護守」一句，來自以色列人相信上主派遣祂的天使，看守著「約櫃」，再泛指上主派遣天使去保護遵守盟約的天主子民。教會按這句和出 23:20（看！我在你面前派遣我的使者，為在路上保護你，領你到我所準備的地方），詠 91:11（因為他必為你委派自己的天使，在你行走的每條道路上保護你），認定天主為眷顧人創造並賜給人「護守天使」。

~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，使其喪亡的撒旦及其他邪靈，拋下地獄裏去。亞孟。



SOAP Reflection 11th August

Scripture- John 6:41-51

Observation- This passage accentuates the significance of faith as a gift, but in order to execute this belief we must require certain dispositions of the heart. Jesus' claims are considered controversial or inconceivable- the notion of only performing good deeds is not enough; that Jesus has come down from heaven and those who believe in Christ will receive eternal life. In response, the Jews grumble and mutter- mimicking the behaviour of the Israelites throughout their journey to the Promised Land. However, if we remember from this story, the manna was not enough (as Jesus says in verse 49: "Your ancestors ate the manna in the wilderness, yet they died.") and the Israelites continued to sin. They were seeking material comfort and satisfaction, rather than the eternal hope and joy which comes from following Christ. This passage reminds us of the truth- that Jesus is the Bread of Life, and only through faith in the Eucharist are we able to enter into a new life much holier and larger than the materialistic and superficial confines of our modern world.

Application- We may often unknowingly (or knowingly) disregard Jesus and our beliefs in our daily lives- after all, God has given us the beautiful gift of free will and allows us to choose whether or not we want to listen and open our hearts. The Jews in today's gospel think they know Jesus- they grew up with Him, they know He is the son of Mary and Joseph, both of whom they are quite familiar with; but they did not know His heart, nor were they willing to listen with humility and acceptance. Similarly, we may consider whether we truly know and love Christ ourselves. Are we really listening to what God is saying to us, or are we ignoring Him? When we build this habit of discerning and being attentive to the movements of our hearts, we are able to simultaneously strengthen our faith and realise there is something greater beyond the world we live in, and our very existence. Even those striving for material wealth, fame and success will ultimately arrive at a destination that is hollow and unfulfilling until they learn to put their trust in Jesus and the fact that he is the Bread of Life made to sustain us. As the Catholic hymn "I am the Bread of Life" by Suzanne Toolan goes, 'I am the bread of life, He who comes to me shall not hunger; he who believes in me shall not thirst'.

Prayer- Dear Lord, thank you for sacrificing your only son Jesus down to this earth for us. I would like to pray for wisdom and faith to truly believe you are the Bread of Life, and you will provide for me in every aspect. Help me to realise my desires for wealth, fame, recognition or any materialistic ideal will never make me satisfied or fulfilled- for these things are temporary, but you and your love are eternal and everlasting. Jesus, you are all I ever need- as I consume the Eucharist, remind me that this is your body which has been given up for me, and I know this is the truth. Father, I believe in you, your infinite goodness and mercy. Thank you for always trying to guide me on the path to eternal life. I pray that I keep on this journey that you have paved for me out of the love I have for you and all that I do. 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! In the coming months, we will be talking about what a Jubilee year is (psst... its next year!).

Nursing Home Visit

This month instead of our usual social hangouts, we will be going to Goodnee Aged Care Home to spend time with the elderly. We will be singing a few songs for them, please have a listen to the Spotify Playlist beforehand! If you don't have access to it or have any questions, then please speak to one of the leaders!





St. Monica's Parish

North Parramatta

ST MONICA'S
CATHOLIC PARISH AND PRIMARY SCHOOL COMMUNITY

Nineteenth Sunday in Ordinary Time - Year B

11th August 2024

Entrance Antiphon

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 19:4-8

Elijah went into the wilderness, a day's journey, and sitting under a furze bush wished he were dead. 'Lord', he said 'I have had enough. Take my life: I am no better than my ancestors.' Then he lay down and went to sleep. But an angel touched him and said, 'Get up and eat.' He looked round, and there at his head was a scone baked on hot stones, and a jar of water. He ate and drank and then lay down again. But the angel of the Lord came back a second time and touched him and said, 'Get up and eat, or the journey will be too long for you.' So he got up and ate and drank, and strengthened by that food he walked for forty days and forty nights until he reached Horeb, the mountain of God.

The word of the Lord

Responsorial Psalm

Ps 33

(R.) Taste and see the goodness of the Lord.

1. I will bless the Lord at all times, his praise always on my lips; in the Lord my soul shall make its boast. The humble shall hear and be glad. (R.)
2. Glorify the Lord with me. Together let us praise his name. I sought the Lord and he answered me; from all my terrors he set me free. (R.)
3. Look towards him and be radiant; let your faces not be abashed. This poor man called; the Lord heard him and rescued him from all his distress. (R.)
4. The angel of the Lord is encamped around those who revere him, to rescue them. Taste and see that the Lord is good. He is happy who seeks refuge in him. (R.)

Second Reading

Ephesians 4:30-5:2

Do not grieve the Holy Spirit of God who has marked you with his seal for you to be set free when the day comes. Never have grudges against others, or lose your temper, or raise your voice to anybody, or call each other names, or allow any sort of spitefulness. Be friends with one another, and kind, forgiving each other as readily as God forgave you in Christ.

Try, then, to imitate God, as children of his that he loves, and follow Christ by loving as he loved you, giving himself up in our place as a fragrant offering and a sacrifice to God.

The word of the Lord

Gospel Acclamation

Alleluia, alleluia!

I am the living bread from heaven, says the Lord; whoever eats this bread will live for ever.
Alleluia!



(C) Anthony J. Ballarín

Gospel

JOHN 6: 41-51

The Jews were complaining to each other about Jesus, because he had said, 'I am the bread that came down from heaven.' 'Surely this is Jesus son of Joseph' they said. 'We know his father and mother. How can he now say, "I have come down from heaven"?'

Jesus said in reply, 'Stop complaining to each other. No one can come to me unless he is drawn by the Father who sent me, and I will raise him up at the last day. It is written in the prophets: They will all be taught by God, and to hear the teaching of the Father, and learn from it, is to come to me. Not that anybody has seen the Father, except the one who comes from God: he has seen the Father. I tell you most solemnly, everybody who believes has eternal life. I am the bread of life. Your fathers ate the manna in the desert and they are dead; but this is the bread that comes down from heaven, so that a man may eat it and not die. I am the living bread which has come down from heaven. Anyone who eats this bread will live for ever; and the bread that I shall give is my flesh, for the life of the world.'

The Gospel of the Lord

COMMUNION ANTIPHON

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