

# 天主教華人牧民處

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常年期第二十一主日 (乙年)

2024年8月25日

## 進堂詠

上主，求你側耳俯聽我，拯救你的僕人。我的天主，我仰望你。上主，求你憐憫我，我終日呼求你。

## 讀經一

若蘇厄書 24:1-2, 15-17-18

那時候，若蘇厄聚集以色列眾支派，來到舍根，也召集了以色列的長老、首領、判官和官長，叫他們站在天主面前。若蘇厄對全民眾說：「如果你們不樂意事奉上主，那麼，今天就選擇你們所願意事奉的神吧！或是你們祖先，在大河那邊，所事奉的神，或是你們現在居住的地方，阿摩黎人的神。至於我和我的家族，我們一定要事奉上主。」

百姓回答說：「我們絕對不願背棄上主，去事奉其他的神！因為上主是我們的天主，是他領我們和我們的祖先，離開了埃及地，為奴之家；是他在我們眼前，行了那些絕大的神蹟；是他在我們所走的一切路上，在我們所經過的一切民族中，始終保護了我們。為此，我們必要事奉上主，因為他是我們的天主。」

—上主的話

## 答唱詠

詠 34:2-3, 16-17, 18-19, 20-21

【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：上主的雙目，垂顧正義的人；上主的兩耳，俯聽他們的呼聲。上主的威容，敵視作惡的人民，把他們的紀念，從人間抹去。【答】

領：義人一呼號，上主立即俯允，拯救他們，脫離一切艱辛。上主親近心靈破碎的人，他必救助精神痛苦的人。

【答】

領：義人的災難雖多，上主卻救他免禍，並保全他的一切骨骸，連一根也不容許折斷。【答】

## 讀經二

致厄弗所人書 5:21-32

弟兄姊妹們：

你們要懷著敬畏基督的心，互相順從。你們作妻子的，應當服從自己的丈夫，如同服從主一樣，因為丈夫是妻子的頭，如同基督是教會的頭，他又是這身體的救主。教會怎樣服從基督，作妻子的，也應怎樣事事服從丈夫。

你們作丈夫的，應該愛妻子，如同基督愛了教會，並為她捨棄了自己，以水洗，藉言語，來潔淨她，聖化她，好使她在自己面前，呈現為一個光耀的教會，沒有瑕疵，沒有皺紋，或其他類似的缺陷；而使

她成為聖潔和沒有污點的。作丈夫的，也應當如此愛自己的妻子，如同愛自己的身體一樣；那愛自己妻子的，就是愛自己，因為從來沒有人恨過自己的肉身，反而培養撫育它，一如基督之對教會；因為我們都是他身上的肢體。

「為此，人應離開自己的父母，依附自己的妻子，兩人成為一體。」這奧秘真是偉大！但我是指基督和教會說的。

—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，你的話，就是神，就是生命，唯有永生的話。

眾：亞肋路亞，亞肋路亞。

## 福音

聖若望福音 6:60-69

那時候，耶穌的門徒中，有許多人聽了耶穌的講話，便說：「這話生硬，誰能聽得下去呢？」

耶穌自知他的門徒，對他這番話，竊竊私議，便對他們說：「這話使你們起反感嗎？那麼，如果你們看到人子，升到他先前所在的地方，又將怎樣呢？使人生活的是神，肉一無所用；我對你們所講的話，就是神，就是生命。但你們中有些人，卻不相信。」原來，耶穌從開始，就知道那些人不信，和誰要出賣他。

所以他又說：「為此，我對你們說過：除非蒙父恩賜的，誰也不能到我這裡來。」

從此，他的門徒中，有許多人離開了他，不再同他往來。

於是，耶穌對那十二人說：「難道你們也要走嗎？」

西滿伯多祿回答說：「主！唯有你有永生的話，我們去投奔誰呢？我們相信，而且知道：你是天主的聖者。」

—上主的話

## 領主詠

上主，你使大地出產五穀百果，飽飫普世；你又以美酒舒暢人心。

## 聖言導讀

耶穌透過「生命之糧」言論 (26-59)，宣稱自己是天主的啟示者和生命的施予者。這些話令門徒產生反感，而發言反對耶穌：「這話生硬，誰能聽得下去呢？」耶穌以全知的能力，知道他們「竊竊私議」，這正是前面猶太人所表現的態度，顯示門徒們和猶太人一樣不相信耶穌。

直接從經文敘述層面來看，讀者們應該想像在場聆聽耶穌的門徒團體規模不小，而其中「許多人」不相信祂。這個情況大概反映了若望團體當時所面臨的真實問題，團體中有許多人信心動搖、甚至可能不再相信。耶穌的話要求人們做出決定，於是在人群中產生了「相信」和「拒絕」二種對立態度；但是，即使是已經相信的人，也不可對自己的信仰有絕對的確定感，而應該一再地武裝自己對抗任何可能的挑戰。最大的信仰考驗就是十字架，十字架是一個外在可見的恐怖景象，而其所表達的內在真理則是「人子升到他先前所在的地方去」的過程。

耶穌說：「使生活的是神，肉一無所用。」相信的人，便會明白耶穌的話賦予聖神，接受耶穌的話的人，便得到生命；不信的人，便認為耶穌的話只是痴人妄言而拒絕接受。然而人之所以能夠相信，則完全是因為天主把這個能力給了他，所以耶穌說：「除非蒙父恩賜的，誰也不能到我這裡來。」

福音報導許多門徒決定性地離開了耶穌，面對這個情況，耶穌轉身向那「十二人」問他們說：「難道你們也願意走嗎？」在這個充滿戲劇性張力的時刻，西滿伯多祿代表整個團體做出抉擇：「主！唯有你有永生的話，我們去投奔誰呢？我們相信，而且已知道你是天主的聖者。」

伯多祿的話顯示，他們擁有「父的恩賜」，正確地認識耶穌就是天父所派遣、所祝聖的那一位，祂是啟示天主者，是天主具體的臨在人間的代表。伯多祿的話是針對當時的情況所做出的信仰宣示，是一個相當細緻的信仰表達，指出信仰者和信仰的對象之間應有「個人性」的關連。

歡迎把這通訊  
帶回家細閱

# 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： <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>

## 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
1/09/2024	簡介靈修大師路雲神父及其靈修	Ruby Chan
8/09/2024	默觀靈修簡介	Ruby Chan
15/09/2024	聖神復興運動的靈修及祈禱方式	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：9月14日。  
報名及查詢請WhatsApp 或傳短訊給牧民處熱線 0411 192 278

## 聖莫尼加130週年慶節義賣籌款

牧民處於今日彌撒後，在教堂門外有甜點義賣，所得善款會用作教堂維修，  
請大家多多支持。

## 君子蘭盆栽義賣

9月1日各台彌撒後，有教友捐出君子蘭盆栽作義賣。數量有限，售完即止。  
請大家踴躍支持。收益將會作聖堂維修之用。

## 僕人領袖工作坊 意見調查

如果閣下曾參加由黃錦文神父和其團隊舉辦的「僕人領袖工作坊」  
（2024年7月20至28日），請掃描這二維碼，  
把閣下的意見填在表格上。謝謝！



## 2024 年父親節特別捐獻

8月31日和9月1日各台彌撒，將收取特別捐獻，  
為支持本教區的退休神職人員。  
教友可用特備的信封作現金或信用卡捐助，  
或掃描這二維碼作網上捐款。謝謝大家慷慨解囊。





本主的的答唱詠繼續選自聖詠第 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 16 至 21 節（因為上主的雙目垂顧正義的人，上主的兩耳聽他們的哀聲。上主的威容敵視作惡的人民，要把他們的紀念由世上滅盡。義人一呼號，上主立即俯允，拯救他們出離一切的苦辛。上主親近心靈破碎的人，他必救助精神痛苦的人。義人的災難雖多，上主卻救他免禍；把他的一切骨骸保全，連一根也不容許折斷），詩人詳述天主怎樣眷顧百姓，亦是人領受基督聖體寶血的效果，即第 9 節所述的「真福永歡」。第 21 節更在基督死亡時應驗了（見若 19:33-36）。

~勝文神父

#### 聖莫尼加禱文

聖莫尼加，聖奧斯定之母，妳曾為逆子垂淚禱告，又蒙在天之父慈愛俯允，使失喪之子皈依，轉化成聖。我們為此感謝上主，亦懇請妳與我們，以及所有和妳一樣憂傷的父母，為已背離上主的眾子女祈求。請也為我們代禱，使我們終有一日，能緊隨妳的步履，偕同我們的兒女，享見在天之父永恒的光輝。亞孟。

#### 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 25th August

**Scripture-** John 6: 60-69

**Observation-** The passage in today's Gospel details an event where a large proportion of Jesus' followers desert him. The context for this is found in the earlier parts of the Chapter. In John chapter 6 Jesus first feeds the 5000, then walks on water, then reveals that the only way to reach salvation is to eat his flesh and drink his blood. It's that last thing that made many leave Jesus. The idea that to reach salvation one would have to eat another human was seen as barbaric. As a result, despite many people seeing first-hand the miracles of Jesus they still reject him because they couldn't possibly eat his flesh. And what Peter says in the Gospel when Jesus questions if he will leave, Peter says "Lord to whom shall we go? You have the words of eternal life". Peter understands that Jesus is the true God, thus even though he may or may not be initially uncomfortable with eating Jesus' flesh and drinking Jesus' blood he knows that Jesus is the only path to true salvation and that God would never instruct him or anyone to do something if it weren't for their benefit.

**Application-** In today's world it can be challenging to be a Catholic. Catholic beliefs are often criticised by others for being too backwards or "not keeping up with the times". What we should take from this Gospel is that this is not necessarily something new. Christian and Catholic beliefs have been criticised for being strange since before the Catholic Church was instituted. It was also true then as it is true now that when being a Catholic comes with doing hard things people lose faith and they reject it, not necessarily because they believe God is evil or bad but because it is difficult. But we must remind ourselves to be like Peter and understand; one, God is our only way to eternal happiness and salvation and so giving that up for some short term gratification would be imprudent. And two, God would never call us to do something if it weren't for our benefit, God wouldn't ask us to consume his flesh and blood if it didn't help us get to eternal life and happiness. So if you as a young Catholic find some parts of being a Catholic difficult whether that be avoiding sin, receiving anger towards you etc you must stay firm in your beliefs. Exhibit the virtue of fortitude, to do what is right even if it is difficult.

**Prayer-** Jesus, I pray that as I continue to grow deeper in my faith and love with you I do not falter in my conviction to love and be with you for eternity. I pray that you grant me with the virtue of fortitude to remain firm in my love and adoration for you. And I thank you for all you have given me and all which you have done to save us from the everlasting pain of being separated from you. In your name I pray 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

Twenty First Sunday in Ordinary Time - Year B

25th August 2024

### Entrance Antiphon

Turn your ear, O Lord, and answer me; save the servant who trusts in you, my God.  
Have mercy on me, O Lord, for I cry to you all the day long.

### First Reading

Joshua 24:1-2, 15-18

Joshua gathered all the tribes of Israel together at Shechem; then he called the elders, leaders, judges and scribes of Israel, and they presented themselves before God. Then Joshua said to all the people: 'If you will not serve the Lord, choose today whom you wish to serve, whether the gods that your ancestors served beyond the River, or the gods of the Amorites in whose land you are now living. As for me and my House, we will serve the Lord.'

The people answered, 'We have no intention of deserting the Lord and serving other gods! Was it not the Lord our God who brought us and our ancestors out of the land of Egypt, the house of slavery, who worked those great wonders before our eyes and preserved us all along the way we travelled and among all the peoples through whom we journeyed. We too will serve the Lord, for he is our 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. The Lord turns his face against the wicked to destroy their remembrance from the earth. The Lord turns his eyes to the just and his ears to their appeal. (R.)
3. They call and the Lord hears and rescues them in all their distress. The Lord is close to the broken-hearted; those whose spirit is crushed he will save. (R.)
4. Many are the trials of the just man but from them all the Lord will rescue him. He will keep guard over all his bones, not one of his bones shall be broken. (R.)
5. Evil brings death to the wicked; those who hate the good are doomed. The Lord ransoms the souls of his servants. Those who hide in him shall not be condemned. (R.)

### Second Reading

Ephesians 5:21-32

Give way to one another in obedience to Christ. Wives should regard their husbands as they regard the Lord, since as Christ is head of the Church and saves the whole body, so is a husband the head of his wife; and as the Church submits to Christ, so should wives to their husbands, in everything. Husbands should love their wives just as Christ loved the Church and sacrificed himself for her to make her holy. He made her clean by washing her in water with a form of words, so that when he took her to himself she would be glorious, with no speck or wrinkle or anything like that, but holy and faultless. In the same way, husbands must love their wives as they love their own bodies; for a

man to love his wife is for him to love himself. A man never hates his own body, but he feeds it and looks after it; and that is the way Christ treats the Church, because it is his body – and we are its living parts. For this reason, a man must leave his father and mother and be joined to his wife, and the two will become one body. This mystery has many implications; but I am saying it applies to Christ and the Church.

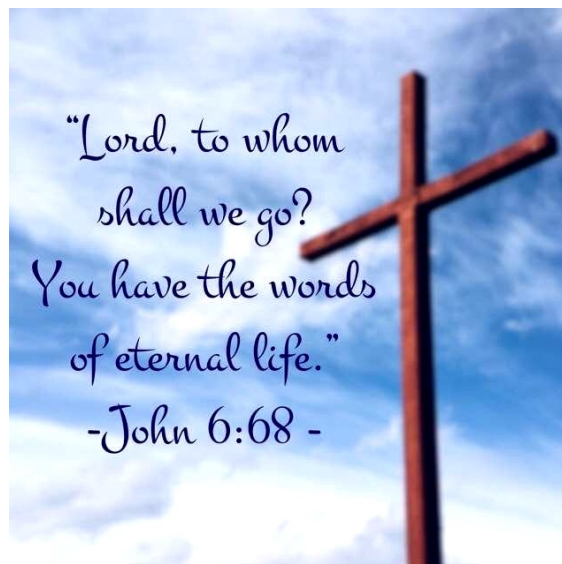
*The Word of the Lord*

### Gospel Acclamation

Alleluia, alleluia!

Your words, Lord, are spirit and life: you have the words of everlasting life.

Alleluia!



### Gospel

JOHN 6:60-69

After hearing his doctrine many of the followers of Jesus said, 'This is intolerable language. How could anyone accept it?' Jesus was aware that his followers were complaining about it and said, 'Does this upset you? What if you should see the Son of Man ascend to where he was before?'

'It is the spirit that gives life, the flesh has nothing to offer. The words I have spoken to you are spirit and they are life. 'But there are some of you who do not believe.' For Jesus knew from the outset those who did not believe, and who it was that would betray him. He went on, 'This is why I told you that no one could come to me unless the Father allows him.' After this, many of his disciples left him and stopped going with him.

Then Jesus said to the Twelve, 'What about you, do you want to go away too?' Simon Peter answered, 'Lord, who shall we go to? You have the message of eternal life, and we believe; we know that you are the Holy One of God.'

*The Gospel of the Lord*

### COMMUNION ANTIPHON

The earth is replete with the fruits of your work, O Lord; you bring forth bread from the earth and wine to cheer the heart.