

天主教華人牧民處

www.chinesechaplaincyparra.org



耶穌升天節（丙年）

2025年6月01日

進堂詠

加里肋亞人！你們為什麼站著望天呢？你們看見他怎樣升了天，他也要怎樣降來。亞肋路亞。

讀經一

恭讀宗徒大事錄 1:1-11

那時候，德教斐羅，我在第一部書中，已論及耶穌所行所教的一切，直到他藉聖神，囑咐了所選的宗徒之後，被接去的那一天為止。他受難以後，用了許多憑據，向他們顯明自己還活著，四十天之久，顯現給他們，講論天主國的事。

耶穌與他們一起進食時，吩咐他們不要離開耶路撒冷，但要等候父的恩許，說：「你們聽我所說過的，若翰固然以水施了洗，但不多幾天以後，你們要因聖神受洗。」

他們聚集的時候，就問耶穌說：「主，現在就要給以色列復國嗎？」耶穌回答說：「父以自己的權柄，所定的時間和日期，不是你們應當知道的；但當聖神降臨於你們身上時，你們將充滿聖神的德能，要在耶路撒冷，及全猶太和撒瑪黎雅，並直到地極，為我作證人。」

耶穌說完這些話，就在他們觀望中，被舉上升；有一朵雲彩接了他去，離開他們的眼界。

他們向天注視著他上升的時候，忽然，有兩個穿白衣的人，站在他們面前，向他們說：「加里肋亞人！你們為什麼站著望天呢？這位離開你們，被接到天上去的耶穌，你們看見他怎樣升了天，也要怎樣降來。」——上主的話

答唱詠

詠 47:2-3, 6-7, 8-9

【答】：天主天主上升，有歡呼之聲護送；上主騰空，有號角之聲相從。

領：萬民，你們要鼓掌歡騰，也要向天主歡呼慶祝。因上主至大至尊，可敬可畏；他是統治宇宙的偉大君王。【答】

領：天主上升，有歡呼之聲護送；上主騰空，有號角之聲相從。你們應歌頌，歌頌我們的天主；你們應歌頌，歌頌我們的君王。【答】

領：因為天主是普世的君王，你們都應該以詩歌讚揚。天主為王，統治萬國，天主登上神聖的寶座。【答】

讀經二

恭讀聖保祿宗徒致厄弗所人書 1:17-23

弟兄姊妹們：

願我們的主耶穌基督的天主，即那光榮的父，把智慧和啟示的神恩，賜與你們，好使你們認識他。並願他光照你們心靈的眼目，為叫你們認清：他的寵召，有什麼希望；在聖徒中，他嗣業的光榮，是怎樣豐厚；他對我們相信的人，所施展強而有效的德能，是怎樣偉大。正如他已將這德能，施展在基督身上，使他從死者中復活，叫他在天上，坐在自

己右邊，超乎一切率領者、掌權者、異能者、宰制者，以及一切現世及來世，可稱呼的名號以上。

天主又將萬有置於他腳下，使他在教會內做至高的元首；這教會就是基督的身體，是基督在一切內，充滿一切的圓滿。——上主的話。

福音前歡呼

領：亞肋路亞。

眾：亞肋路亞。

領：主說：你們要去使萬民成為門徒；我同你們天天在一起，直到今世的終結。

眾：亞肋路亞。

福音

恭讀聖路加福音 24:46-53

那時候，耶穌對門徒說：「經上曾這樣記載：默西亞必須受苦，第三天要從死者中復活；並且必須從耶路撒冷開始，因他的名，向萬邦宣講悔改，以得罪之赦。你們就是這些事的見證人。」

「看，我要把我父所恩許的，遣發到你們身上。至於你們，你們應當留在這城中，直到佩戴上自高天而來的能力。」

耶穌

領他們出去，直到伯達尼附近，就舉手降福了他們。正降福他們的時

候，就離開他們，被提升天去了。他們叩拜了耶穌，皆大喜歡，返回耶路撒冷，常在聖殿裡稱謝天主。」——上主的話

領主詠

主說：看，我同你們天天在一起，直到今世的終結。



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： shingmanlam@gmail.com
助理司鐸：	張勇浩神父（英、韓語）暫借到 Rouse Hill Catholic Parish 服務
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 www.chinesechaplaincyparra.org
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

粵語半日退省 主題：默想聖神降臨的聖像畫（林神父主講）

日期：2025年6月7日（星期六） 時間：上午9時至中午12時

地點：Holy Innocent Chapel, 8 Greyfriar Place, Kellyville NSW 2155

內容：短講、個人靜思、當日彌撒

報名請用附上的QR code 或 WhatsApp 牧民處熱線 0411 192 278



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
08/06/25	教理—新約的啟示—主的誕生	Chi man Chan
15/06/25	從天主的創造看人類的苦難	Ruby Chan
22/06/25	信仰生活分享	Lily Suen

聖經人物趣談（林神父主持）2025年6月8日和15日（星期日）下午1時半至2時，在禮堂舉行。

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：2025年6月14日。

報名及查詢請WhatsApp 或傳短訊給牧民處熱線 0411 192 278

聖母無原罪聖神同禱會邀請大家慶祝聖神降臨節：教會的生辰

日期：6月8日（聖神降臨節、星期日） 時間：下午2時15分至4時半 地點：禮堂

內容：敬拜與讚美、短講、John Poon見證及分享

歡迎教內外人士參加

善導之母興趣小組 6月份活動將舉辦 Swarovski 水晶手鍊製作，詳情如下：

日期：6月15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：6月11日（星期三） 查詢及報名請WhatsApp或傳短訊至牧民處熱線電話 0411 192 278

華人牧民處週年退省 主題：修和聖事（林勝文神父主講）

日期：2025年7月31日（星期四）至8月2日（星期六）

地點：Carmelite Retreat Centre, 247 St Andrews Rd, Varroville NSW

*可以選擇留宿或只在網上參與講解部分

有關詳情、報名和費用請掃描附上的二維碼，

或聯絡Eric Wong電郵eric@mortgageinternational.com.au 電話0417 457 688



耶穌升天節的答唱詠選自聖詠第 47 篇。

這聖詠與前篇 46 和下篇 48 一氣呵成，出自同一位作者：科辣黑的後裔。三篇聖詠都講述以民遭受苦難，但上主激勵百姓保持信心與勇氣，上主必定救助。第 47 篇尤其指出將來整個世界都皈依天主，欽崇同一的神；在默西亞來臨時，萬民只朝拜唯一的天主。教會自古就用此聖詠歌頌升天的基督，作為聖言的實現。

按三篇聖詠的內容，和「科辣黑的後裔」的年代推論，聖詠 46 至 48 篇應是以民分成南北兩國時，互相敵對甚至交戰（詳見列下各章），因此鄰近的民族乘機侵擾以色列地，企圖搶奪資源和控制歐、亞、非三洲陸路的貿易。作者，即科辣黑的後裔，這家族原是耶京聖殿的守衛（見編上 9:19; 26:1-19 和編下 20:19），在上主的感召下，把在南北兩國交戰時，到南北兩國相繼滅亡和以民被逼充軍的情懷，寫成聖詠集中最清逸、最真誠懇切的詩篇。

答句出自第 6 節（天主上升，有歡呼聲護送，上主騰空，有號角聲相從）。若天主「上升」，須先「下降」，這節暗示耶穌基督降生成人，並戰勝罪惡和死亡，完成贖世的工程，然後輝煌地升天。其餘的詩節是讚美和歌頌升天的基督至尊至聖，是整個宇宙的君王。




Scripture: Luke 24:46-53

Observation: In this gospel passage, Jesus promises His disciples that He will pass on to them the Holy Spirit, the 'power on high.' The Holy Spirit will help the disciples on their mission to preach the repentance of sins to all nations, which means that God's mission is not just to call Jewish people to believe in the remission of sins that Jesus' death and resurrection promises but also non Jewish people of all cultural and religious backgrounds. Jesus then ascends into heaven. One possible reaction from the disciples is to be scared, bereaved and afraid of having lost a trusted teacher and friend, not sure of what to do, having only been given vague instructions to remain in Jerusalem without any set date for when they may depart from Jerusalem. However, they trusted the promises of Jesus and returned to Jerusalem full of joy and were praising God, which shows the fervency and strength of their faith.

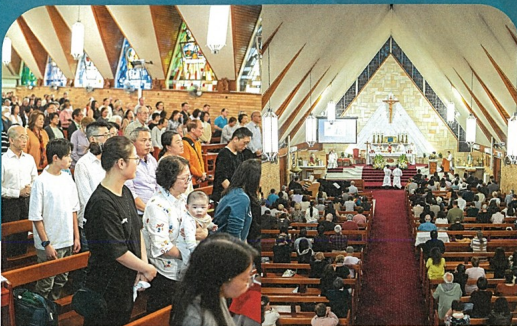
Application: God is always reminding us that He is dependable. He has expectations of His disciples and an important mission for His disciples to fulfil but He provides support to help His disciples to fulfil the mission. The support from God comes in the form of the Holy Spirit, which produces spiritual fruits in people such as kindness, patience, self control, gentleness and goodness. These fruits enable us to be forgiving and understanding of people's mistakes, believe in their ability to change, model living a holy and upright life for people and persuade them of the merits of our faith through righteous living. However, sometimes we fail to live up to our calling so that's why as a community, we should always support each other to live out our faith, to point out when we make mistakes and provide advice on how to navigate challenges and overcome sin. In this way, we become a community of disciples, in a similar way to the disciples who stayed together as a community in the early days after Jesus' resurrection. We are all united in a mission to bring people to God as we become the hands of Christ in the world, which is what God intended after Jesus' ascension into heaven.


Prayer: Dear God, help us to always look out for people, including other disciples who may need help to turn back to the righteous path and compel us to support and guide them. Help us to always welcome the Holy Spirit's guidance to always better live out the fruits of the Holy Spirit and to always reflect on ourselves whenever we sin, so that we can fulfil our calling to be the hands of Christ in the world.



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A Call to Prayer, Service and Generosity



 Your support helps our parish grow and flourish, ensuring our faith community remains strong for years to come.
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Praying



Giving



Serving

To donate, update your giving details, or volunteer: Please contact our Parish Office on 02 9630 1951 or complete and submit a Parish Stewardship envelope.



JOIN HERE

禧年禱文

天父，願祢藉着祢的聖子——我們的兄長耶穌基督，所賦予我們的信德，和聖神在我們心中燃點的愛德火焰，重振我們對祢神國的望德。

願祢的恩寵轉化我們，使我們努力不懈地栽種福音的幼苗。但願那些福音幼苗，使人類和宇宙萬物由內而外得以轉化，並能懷着確切的希望，期待新天新地的來臨，那時，邪惡勢力要全被摧毀，祢的榮耀卻要永遠常存。

願禧年的恩寵重振我們這些希望的朝聖者，對天國寶藏的渴求。願這同一恩寵使我們救主的喜樂與平安惠及普世萬民。願讚頌和光榮歸於祢——天主，至於無窮之世。亞孟。

Youth Announcements

Youth Camp 8th—11th July 2025 with Simon Carrington

This year, we have the privilege of hosting Simon Carrington as a guest speaker at our youth camp! Simon is the co-founder of Fire Up Ministries and a well-known speaker on chastity, dating, theology of the body and masculinity. Please contact Cheryl (0481 507 169) or Brian (0491 138 451) for more details and application forms.

Australian Catholic Youth Festival 2025

Australian Catholic Youth Festival (ACYF) will take place in Melbourne this year from 30/11 – 2/12. We're looking to take a group of St Monica's youths down to Melbourne and are now taking expressions of interest for youths aged 15 and over. We will be aiming to travel to depart Sydney on 28th November and return on the 4th December. The estimated cost at this early stage is \$2500-\$3000 total. Please contact Cheryl on 0481 507 169 for more information.



St. Monica's Parish

North Parramatta

ST MONICA'S
CATHOLIC PARISH AND PRIMARY SCHOOL COMMUNITY

The Ascension of the Lord (Year C)

1st June 2025

ENTRANCE ANTIPHON

Men of Galilee, why gaze in wonder at the heavens? This Jesus whom you saw ascending into heaven will return as you saw him go, alleluia.

FIRST READING

ACTS 1:1-11

In my earlier work, Theophilus, I dealt with everything Jesus had done and taught from the beginning until the day he gave his instructions to the apostles he had chosen through the Holy Spirit, and was taken up to heaven. He had shown himself alive to them after his Passion by many demonstrations: for forty days he had continued to appear to them and tell them about the kingdom of God. When he had been at table with them, he had told them not to leave Jerusalem, but to wait there for what the Father had promised. 'It is,' he had said, 'what you have heard me speak about: John baptised with water but you, not many days from now, will be baptised with the Holy Spirit.'

Now having met together, they asked him, 'Lord, has the time come? Are you going to restore the kingdom to Israel?' He replied, 'It is not for you to know times or dates that the Father has decided by his own authority, but you will receive power when the Holy Spirit comes on you, and then you will be my witnesses not only in Jerusalem but throughout Judaea and Samaria, and indeed to the ends of the earth.'

As he said this he was lifted up while they looked on, and a cloud took him from their sight. They were still staring into the sky when suddenly two men in white were standing near them and they said, 'Why are you men from Galilee standing here looking into the sky? Jesus who has been taken up from you into heaven, this same Jesus will come back in the same way as you have seen him go there.' *The word of the Lord*

RESPONSORIAL PSALM

Ps 46

(R.) God mounts his throne to shouts of joy: a blare of trumpets for the Lord.

1. All peoples, clap your hands, cry to God with shouts of joy! For the Lord, the Most High, we must fear, great king over all the earth. (R)
2. God goes up with shouts of joy; the Lord goes up with trumpet blast. Sing praise for God, sing praise, sing praise to our king, sing praise. (R)
3. God is king of all the earth. Sing praise with all your skill. God is king over the nations; God reigns on his holy throne. (R.)

SECOND READING

EPHESIANS 1:17-23

May the God of our Lord Jesus Christ, the Father of glory, give you a spirit of wisdom and perception of what is revealed, to bring you to full

knowledge of him. May he enlighten the eyes of your mind so that you can see what hope his call holds for you, what rich glories he has promised the saints will inherit and how infinitely great is the power that he has exercised for us believers. This you can tell from the strength of his power at work in Christ, when he used it to raise him from the dead and to make him sit at his right hand, in heaven, far above every Sovereignty, Authority, Power, or Domination, or any other name that can be named, not only in this age, but also in the age to come. He has put all things under his feet, and made him, as the ruler of everything, the head of the Church; which is his body, the fullness of him who fills the whole creation.

The word of the Lord.

GOSPEL ACCLAMATION

Alleluia, alleluia!

Go and teach all people my gospel. I am with you always, until the end of the world. Alleluia!

GOSPEL

LUKE 24:46-53

Jesus said to his disciples: 'You see how it is written that the Christ would suffer and on the third day rise from the dead, and that, in his name, repentance for the forgiveness of sins would be preached to all the nations, beginning from Jerusalem. You are witnesses to this.'

'And now I am sending down to you what the Father has promised. Stay in the city then, until you are clothed with the power from on high.' Then he took them out as far as the outskirts of Bethany, and lifting up his hands he blessed them. Now as he blessed them, he withdrew from them and was carried up to heaven. They worshipped him and then went back to Jerusalem full of joy; and they were continually in the Temple praising God.

The Gospel of the Lord

COMMUNION ANTIPHON

Behold, I am with you always, even to the end of the age, alleluia.



今天的福音具體說明耶穌向門徒解釋的聖經，包含三個特殊的主題：第一、默西亞的苦難；第二、祂的復活；第三、必須從耶路撒冷開始因祂的名向萬邦宣講悔改，以得到罪過的赦免（46-47）。讀者在路加福音中已多次碰到前兩個主題，第三個主題則是在此處才頭一次出現，但是它卻是宗徒大事錄最核心的主題。

耶穌在世上生活時，門徒們一直沒有真正瞭解祂；直到耶穌復活顯現，給予門徒最後的教導以及升天之後，福音才第一次敘述了門徒出現正面積極的反應：「他們叩拜了他，皆大歡喜地返回了耶路撒冷，常在聖殿裡稱謝天主。」（52-53）「叩拜」耶穌的行動，顯示門徒們現在相信了復活的耶穌真正是「主」。因為叩拜本來是唯獨保留給對於雅威的敬禮，門徒現在把本來只屬於雅威的敬禮（參閱：若二十 28；斐二 10）應用在耶穌身上，就是宣告耶穌是「主」。

門徒們喜樂地回到耶路撒冷，這個城市應該成為教會宣講的出發點。先前的懷疑不信、憂傷害怕，現在都被信仰和喜樂所取代；他們在聖殿裡朝拜天主的行動也說明，相信並朝拜耶穌為主，並不相反直到如今在聖殿內所舉行的雅威的敬禮。

有關耶穌復活和最後顯現的敘述顯示，門徒們並非缺乏主見的人；相反地，他們具有高度的批判性，不會毫無根據的輕率相信任何事情。門徒們的確以某種特殊的方式和復活的主相遇了，因而相信那位被釘死、被埋葬的納匝肋人耶穌的確還活著，他們並且由祂得到了特殊使命，被派遣做祂可靠的見證人，向全世界宣揚祂的福音。

門徒們對於復活的主所作的見證，以及由耶路撒冷開始的福傳工作，和舊約聖經的許諾是完全和諧一致的。舊約和新約一起構成天主救援的全部啟示，門徒們以及日後的教會為耶穌作見證，也是延續天主救援人類的行動。由於他們的宣講是在聖神推動下進行的，因此整個教會的教導具有權威性和正確性（參閱：路一 4）。

歡迎把這通訊
帶回家細閱

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