

# 天主教華人牧民處

www.chinesechaplaincyparra.org



## 常年期第十六主日（丙年）

2025年7月20日

### 進堂詠

請看，天主必定給我助陣；上主必扶持我的生命。上主，我甘願向你奉上祭獻，我要讚頌你的美名。

### 讀經一

創世紀18:1-10

天正熱的時候，亞巴郎坐在帳幕門口；上主在瑪默勒橡樹林那裡，給亞巴郎顯現出來。

亞巴郎舉目一望，見有三人站在對面，就由帳幕門口，跑去迎接他們，俯伏在地，說：「我主，如果我蒙你垂愛，請你不要由你僕人這裡走過；容我叫人拿點水來，洗洗你們的腳；然後，請在樹下休息休息。你們既然路過你僕人這裡，等我拿點餅來；請吃點點心，然後再走。」那三人答說：「就照你所說的，做吧！」

亞巴郎趕快進入帳幕，走到撒辣前，說：「你快拿三斗細麵，和一和，做些餅。」於是，亞巴郎又跑到牛群中，選了一頭又嫩又肥的牛犢，交給僕人，要他趕快煮好。

亞巴郎就拿了乳酪和牛奶，及預備好了的牛犢，擺在那三人面前；他們吃的時候，亞巴郎在樹下侍候。

那三人對亞巴郎說：「你的妻子撒辣在那裡？」他答說：「在帳幕裡。」其中一位說：「明年此時，我必回到你這裡，那時，你的妻子撒辣，要有一個兒子。」——上主的話

### 答唱詠

詠15

【答】：上主，誰能在你的帳幕裡居住？

領：只有那行為正直，做事公平，從自己心裡，說誠實話的人；他不信口非議。【答】

領：他不危害兄弟，更不會對鄰里，恃勢欺凌。他睥視作惡犯罪的人，重視敬畏天主的人。【答】

領：他從不放債，貪取重利；他從不受賄，傷害無罪；這樣行事的人，永遠堅定不移。【答】

### 讀經二

致哥羅森人書1:24-38

弟兄姊妹們：

現在，我在為你們受苦，反覺高興，因為這樣，我可在我的肉身上，為基督的身體——教會，補充基督苦難所欠缺的。我依照天主為你們，所授與我的職責，作了這教會的僕役，好把天主的道理，充分地宣揚出去。

這道理，就是從世代以來，所隱藏，而現在卻顯示給他聖徒的奧秘。天主願意他們知道，這奧秘為外邦人，是如何富有豐盛的光榮。這奧秘就是：基督在你們中，作了你們獲得光榮的希望。我們所傳揚的，就是這位基督；因而，我們以各種智慧，勸告一切人，教訓一切人，好把一切人，呈獻於天主前，成為在基督內成全的人。——上主的話

### 福音前歡呼

領：亞肋路亞。

眾：亞肋路亞。

領：那保存天主的話，並以堅忍的心，結出果實的人，真有福。

眾：亞肋路亞。

### 福音

聖路加福音10:38-42

那時候，耶穌進入一個村莊。有一個名叫瑪爾大的女人，把耶穌接到家裡。她有一個妹妹，名叫瑪利亞，坐在主的腳前，聽他講話。

瑪爾大為侍候耶穌，忙碌不已，便上前來，說：「主！我的妹妹丟下我一個人工作，你不介意嗎？請叫她來幫助我吧！」

主回答瑪爾大說：「瑪爾大，瑪爾大！你為了許多事，操心忙碌，其實需要的，唯有一件。瑪利亞選擇了更好的一份，是不能從她奪去的。」——上主的話



### 領主詠

慈愛而溫良的上主，記起了自己所行的奇蹟，把食物賜給敬畏他的人。

**天主教聖莫尼加堂 St. Monica's Catholic Parish**  
Corner Church Street and North Rocks Road, North Parramatta

<b>牧民處熱線電話</b>	<b>0411 192 278</b> 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>
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： <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 <a href="http://www.chinesechaplaincyparra.org">www.chinesechaplaincyparra.org</a>
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 電郵： <a href="mailto:stmonicanp@bigpond.com">stmonicanp@bigpond.com</a>

### 主日午餐

主日午餐將於下星期日(7月27日)恢復供應；餐券於今天彌撒後在聖堂門外發售。  
參加者請自備杯碟餐具。

### 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
27/07/25	信仰生活分享	Sam Wong
03/08/25	舊約之旅 - 前先知書(上, 繼續)	Bosco Yu
10/08/25	教理- 讚頌主 - 聖詠	Peter Lee

**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7月26日。

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

**2025-2026年粵語成年人慕道班** 粵語慕道班將於8月8日開課，  
以Zoom在網上進行。逢星期五晚上8時至9時半。

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 (主講者)

(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



本堂聖雲先會將於下星期日 (7月27日)

收取冬季扶貧籌款，

請支持該會的各項工作。

有關詳情及網上捐款請用附上的二維碼。





本主日答唱詠出自整首聖詠第 15 篇。

原文標明是達味君王所撰。學者們按內容推斷，認為是達味把約櫃隆重地遷入耶路撒冷的會幕時所寫的讚歌（見撒下 6:12-19）。亦有學者指出這篇聖詠與聖詠第 24 篇極為相似，極可能是由同一首詩歌流傳下來的兩個版本。

答句出自第 1 節（上主，誰能在你的帳幕裏居住？上主，誰能在你的聖山上安處？），上主的帳幕當然是指「會幕」（見出 33:7-11; 36:8-38:31; 40:1-38），聖山當然是聖殿所在的熙雍山，是上主臨在於以色列子民的標記。若望福音的「於是聖言成了血肉，寄居在我們中間」（見若 1:14），都可以解作降生成人的天主，在人間架起祂的帳幕，因此本節亦預示聖子的降生和教會的興起。

第 2 和 3 節（只有那行為正直，作事公平，從自己心裏說誠實話的人，他不信口非議，危害兄弟，更不會對鄰里，恃勢詆欺），作者指出什麼人才能進入和居住在上主帳幕內，這是叫讀者應藉天主的恩寵來培養德行。

第 4 和 5 節（對作惡犯罪的人睥睨，對敬畏天主的人重視；宣誓雖損己，亦不作廢，從不放債，貪取重利，從不受賄，傷害無罪：這樣行事，永定不移），作者繼續指出人應有的德行和行動。「放債、貪取重利」即今日的高利貸，為梅瑟法律所嚴禁（見申 23:20），可惜以民屢屢犯禁（見則 18:8）；甚至互相賄賂（見箴 17:23; 出 23:8）。詩人在此提出警告。詩末讚美遵行上主法律的人「永定不移」，是指行善的人擁有真正和持久的「自由」，並含蓄地預示永生的賞報（見瑪 25:34）。

### 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。



Scripture: Luke 10: 38-42

### Observations

In this passage, Jesus visits the home of Martha and Mary. While Martha is busy preparing and serving, Mary chooses to sit at Jesus' feet and listen carefully to his teaching. Martha becomes frustrated and asks Jesus to tell Mary to help her. But instead of agreeing with Martha, Jesus gently responds that she is worried and distracted by many things, while Mary has chosen what is better, the one thing that is truly necessary. Martha's intentions are good and her desire to serve is genuine, but her stress prevents her from simply being present with Jesus. Mary, on the other hand, understands the significance of this moment and places listening to Jesus above all else.

### Application

Like Martha, we often fill our days with responsibilities, distractions, and pressure, sometimes even in our attempts to serve God. This passage reminds us that our first calling is to be with Jesus, not just to do things for him just "because." Being productive is not the same as being spiritually present. Mary's choice shows the importance of slowing down and making space for Jesus in the middle of a busy life. Taking time to pray, read Scripture, or be silent with God is never wasted. It is often in those quiet moments that we are most deeply shaped. We are also reminded that we do not have to earn God's love. He already loves us and invites us to rest in that love. When we feel overwhelmed, it is worth asking ourselves whether we are running after too many things or choosing what matters most.

### Prayer

Dear God, Thank you for loving me unconditionally. When I feel busy or distracted like Martha, help me to pause like Mary and listen to you. Teach me to value your presence just like the other things in my life. Amen.

### Youth Announcements

#### HSC blessings - 28<sup>th</sup> September 2025

If you are sitting HSC this year and would like to receive HSC blessing, please get in touch with Cheryl on 0432 205 327 so that we can inform Fr Lam. It will be during the Masses on September 28th.

#### St Monica's Got Talent 2025

Yes! After last year's success, we will once again host St Monica's Got Talent to fundraise for the upkeep of our parish and church building. This year's event will be held on November 15<sup>th</sup>. If you are interested in performing, please contact Raphael on 0420 947 121. Any acts are welcome, especially non-musical acts as we only had musical acts last year!

**YOUTH MASS**

**27TH JULY 2025 SUNDAY**

**10:15AM**



# St. Monica's Parish

## North Parramatta

ST MONICA'S  
CATHOLIC PARISH AND PRIMARY SCHOOL COMMUNITY

The 16th Sunday in Ordinary Time - Year C

20th July 2025

### ENTRANCE ANTIPHON

See, I have God for my help. The Lord sustains my soul. I will sacrifice to you with willing heart, and praise your name, O Lord, for it is good.

### FIRST READING GENESIS 18:1-10

The Lord appeared to Abraham at the Oak of Mamre while he was sitting by the entrance of the tent during the hottest part of the day. He looked up, and there he saw three men standing near him. As soon as he saw them he ran from the entrance of the tent to meet them, and bowed to the ground. 'My lord,' he said, 'I beg you, if I find favour with you, kindly do not pass your servant by. A little water shall be brought; you shall wash your feet and lie down under the tree. Let me fetch a little bread and you shall refresh yourselves before going further. That is why you have come in your servant's direction.' They replied, 'Do as you say.'

Abraham hastened to the tent to find Sarah. 'Hurry,' he said, 'knead three bushels of flour and make loaves.' Then running to the cattle Abraham took a fine and tender calf and gave it to the servant, who hurried to prepare it. Then taking cream, milk and the calf he had prepared, he laid all before them, and they ate while he remained standing near them under the tree.

'Where is your wife Sarah?' they asked him. 'She is in the tent,' he replied. Then his guest said, 'I shall visit you again next year without fail and your wife will then have a son.'

*The word of the Lord*

### RESPONSORIAL PSALM Ps 14

(R.) The just will live in the presence of the Lord.

1. Lord, who shall dwell on your holy mountain? He who walks without fault; he who acts with justice and speaks the truth from his heart; he who does not slander with his tongue. (R.)
2. He who does no wrong to his brother, who casts no slur on his neighbour, who holds the godless in disdain, but honours those who fear the Lord. (R.)
3. He who keeps his pledge, come what may; who takes no interest on a loan and accepts no bribes against the innocent. Such a man will stand firm for ever. (R.)

### SECOND READING COLOSSIANS 1:24-28

It makes me happy to suffer for you, as I am suffering now, and in my body to do what I can to make up all that has still to be undergone by Christ for the sake of his body, the Church. I became the servant of the Church when God made me responsible for delivering God's message to you, the message which was a mystery hidden for generations and centuries and has now been revealed to his saints. It was God's purpose to reveal it to them and to show all the rich glory of this mystery to pagans. The mystery is Christ among you, your hope of glory: this is the Christ we proclaim, this is the wisdom in which we thoroughly train everyone and instruct everyone, to make them all perfect in Christ.

*The word of the Lord*

### GOSPEL ACCLAMATION

Alleluia, alleluia!

Happy are they who have kept the word with a generous heart and yield a harvest through perseverance.

Alleluia!

### GOSPEL

LUKE 10:38-42

Jesus came to a village, and a woman named Martha welcomed him into her house. She had a sister called Mary, who sat down at the Lord's feet and listened to him speaking. Now Martha who was distracted with all the serving said, 'Lord, do you not care that my sister is leaving me to do the serving all by myself? Please tell her to help me.' But the Lord answered: 'Martha, Martha,' he said, 'you worry and fret about so many things, and yet few are needed, indeed only one. It is Mary who has chosen the better part; it is not to be taken from her.'

*The Gospel of the Lord*

### COMMUNION ANTIPHON

The Lord, the gracious, the merciful, has made a memorial of his wonders; he gives food to those who fear him.



兩姊妹以不同的態度接待來訪的耶穌。福音首先敘述「瑪利亞坐在主的腳前聽祂講話」，就一位婦女而言，瑪利亞所表現的態度在耶穌時代的社會情況中是非常不尋常的；而且這段經文中的「主」和「聽祂講話」，都是借用耶穌復活之後、教會宣講福音時慣用的語言。由此我們可以瞭解，這段經文所顯示的「瑪利亞的態度」，其實已經是教會在耶穌復活後所教導的基督徒應有的態度。

瑪爾大的表現和瑪利亞的態度形成強烈的對比，她「為伺候耶穌忙碌不已」，甚至因為妹妹的表現而前來向耶穌訴苦，埋怨她好像漠不關心地任她一人操勞。有趣的是，瑪爾大並沒有直接對瑪利亞表達不滿，卻要求耶穌命令瑪利亞：

「主！我的妹妹丟下我一個人伺候，你不介意嗎？請叫她來幫助我吧！」這個情況使耶穌可以發言提出教導。

最後耶穌說：「瑪利亞選擇了最好的一份，是不能從她手裡奪去的。」這也說明了為什麼耶穌不答應瑪爾大的請求，要求瑪利亞去幫忙她。這裏所謂的「一份」大概是引用了聖詠十六5的表達方式，意思是指有分於永遠的生命。耶穌對瑪利亞的稱讚說明，為得到永生的產業重要的不是「做什麼」，而是首先要專務聆聽天主聖言。

福音作者大概是根據團體的具體情況（宗十六14），特別強調聆聽教會宣講的重要性。這個故事把瑪利亞描繪為耶穌的一位「女門徒」，一方面顯示出耶穌非常重視婦女；另一方面也強調，婦女們也必須聆聽耶穌的教導。耶穌對瑪爾大所提出的「指責」，提醒讀者們嚴肅地反省自己從事服務的態度，絕對不可由於工作而怠忽聆聽天主聖言，唯有在主內開始和完成的行動或服務才真正把人引入永生（參閱：路八21）。

歡迎把這通訊  
帶回家細閱

<http://www.ccreadbible.org>