

天主教華人牧民處

www.chinesechaplaincyparra.org



主受洗節(慶日)

2020年1月12日

讀經一 依撒意亞先知書42:1-4,6-7

上主這樣說：「請看，我扶持的僕人，我心靈喜愛的所選者！我在他身上傾注了我的神，叫他給萬民傳報真道。他不呼喊，不喧嚷，在街市上也聽不到他的聲音。破傷的蘆葦，他不折斷；將熄的燈心，他不吹滅；他將忠實地傳報真道。他不沮喪，也不失望，直到他在世上奠定了真道，因為海島都期待著他的教誨。」

「我，上主，因仁義召叫了你，我必提攜你，保護你，立你作人民的盟約，萬民的光明，為開啓盲人的眼目，從獄中領出被囚的人，從牢裡領出住在黑暗的人。」

—上主的話

答唱詠 詠 29

【答】：上主必以平安祝福他的人民。

領：天主的衆天使，請讚美上主；請將讚美光榮，歸於上主。請將主名的榮耀，歸於上主。請穿上聖潔的華服，朝拜上主。

【答】

領：上主的聲音響徹水面；上主臨到澎湃的水面。上主的聲音具有威權；上主的聲音具有莊嚴。【答】

領：天主雷鳴在顯示莊嚴；凡在他殿中的都齊聲高呼：「光榮」。上主坐在洪水之上；上主永遠高坐為王。【答】

讀經二 宗徒大事錄10:34-38

那時候，伯多祿說：「我真正明白了：天主是不看情面的；凡在各民族中，敬畏他，而又履行正義的人，都是他所中悅的。」

「他藉耶穌基督——萬民之主——宣講了和平的喜訊，把這道先傳給以色列子民。」

「你們都知道：在若翰宣講洗禮以後，從加里肋亞開始，在全猶太所發生的事：天主怎樣以聖神和德能，傳了納匝肋的耶穌，使他巡行各處，施恩行善，治好一切受魔鬼壓制的人，因為天主同他在一起。」

—上主的話

福音前歡呼

領：亞肋路亞。

衆：亞肋路亞。

領：忽然天開了，有聖父的聲音說：這是我的愛子，你們要聽從他！

衆：亞肋路亞。

福音

聖瑪竇福音3:13-17

那時候，耶穌由加里肋亞，來到約旦河、若翰那裡，為受若翰的洗；但若翰想要阻止他，說：「我本來需要受你的洗，而你卻來就我嗎？」耶穌回答他說：「你暫且容許吧！因為我們應當這樣，以完成全義。」於是若翰就容許了耶穌。耶穌受洗後，隨即從水裡上來，忽然，天為他開了。耶穌看見天主聖神，有如鴿子降下，來到他上面；又有聲音由天上說：「這是我的愛子，我所喜悅的。」

—上主的話

聖言導讀

瑪竇福音的作者在前兩章敘述耶穌童年故事，由第四章17節開始報導耶穌的公開宣講，並在這兩段經文之間穿插六個簡短的敘述單元作為過渡性的準備，包含：若翰洗者的出現（三1-6）、他的宣講（7-10）、預告默西亞的來臨（11-12）、耶穌在約旦河受洗（13-17）、耶穌受試探（四1-11）以及耶穌回到加里肋亞（四12-16）。前三個單元談論若翰，後三個講述耶穌。福音作者非常巧妙地根據初期教會基督徒的觀點將這兩位連結在一起，使讀者的眼光逐漸由若翰轉移到耶穌身上。這個主日的福音就是有關二人相遇的精彩報導，重點是耶穌受洗的情況，也就是這個主日慶節所慶祝的核心內容。

福音並未詳細記載耶穌受洗的過程，卻將讀者全部的注意力導向「顯現的過程」。耶穌由水裡上來時，「忽然天為他開了」（16），這是生動的聖經象徵語言，顯示天主子默西亞帶來了救援（瑪三17）。透過裂開的天空，耶穌「看見天主聖神有如鴿子」降臨自己身上。熟悉舊約的瑪竇福音讀者一聽到這樣的敘述，立刻能聯想到先知的預言應驗：聖神將充滿默西亞（依十一1-2，六一1；路四18）。「天上的聲音」也間接影射依四二1的經文，天主在祂所喜悅的僕人身上「傾注了聖神」（參閱：瑪十二18）；「鴿子」形象的出現則加強聖神降臨的真實性。

除了這些可見的異象之外，從裂開天上還傳來可聽見的聲音，這毫無疑問是最關鍵的部分，因為這是天主關於耶穌的宣告：「這是我的愛子，我所喜悅的。」（17）這句話也是影射依四二1中有關天主僕人的話語，天上的聲音沒有採用先知書中的「僕人」，卻直言「兒子」；耶穌也並不是「被選的（僕人）」，而是「被（天主所）愛的（兒子）」！（參閱：詠二7）這個宣告反映出古老教會的信仰，相信默西亞就是天主子，祂現在即將開始實現天父派遣的默西亞性使命。

耶穌在開始公開生活之前受洗，是一個獨特的事件，具有高度的救援歷史意義以及基督論的意義。瑪竇藉著敘述這個事件，將耶穌身份的秘密呈現在讀者眼前。這是一個天主安排的事件，整個事件的意義從天主開始，藉著從天降下的聖神臨到耶穌身上，天主把祂當作自己的愛子介紹給大家，使祂開始默西亞工程。

由神學看來，耶穌受洗時「天主聖三」同時出現並非偶然，這個形式在福音的結尾正式成為基督徒受洗的禮儀形式。復活的耶穌命令門徒繼續完成祂的默西亞使命，「去使萬民成為門徒，因父及子及聖神之名，給他們受洗。」（瑪二八19）

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

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| 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 |
| 署理本堂司鐸 / 華人專職司鐸: | 林勝文神父 電話: 9630 1951 電郵: shingmanlam@gmail.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 |

暫停平日彌撒

由2020年1月14日(星期二)到1月17日(星期五), 聖莫尼加堂早上9時15分的平日彌撒將暫停舉行。1月21日(星期二)回復正常。

農曆新年團拜聚餐

牧民處將舉行農曆新年團拜聚餐, 共慶主恩。歡迎各位闔家出席。

日期/時間: 2020年2月2日(農曆年初九)星期日, 晚上7時恭候(7時半入席)

地點: 囍鳳臺中菜酒家(可自携紅酒/白酒, 免收開瓶費)

Shop 4070 Westfield Parramatta Shopping Centre, 159-175 Church Street, Parramatta NSW 2150

下午7:00後免費進入商場的停車場

餐券每位: 成人\$50; 領退休金人士/青年十八歲或以下\$40; 小童十二歲或以下\$25 今天開始發售。

查詢: Connie Yue (connieschiu@hotmail.com)

賀年揮春及利是封

康樂組將於彌撒後在聖堂門口派發賀年揮春及利是封, 由於數量有限, 每個家庭只限領取一份, 多謝合作。

紀念亡者

聖堂的耶穌聖心像旁附設記事年曆簿, 歡迎大家把家人或親友的亡者姓名, 寫在他們的逝世紀念日的那頁上, 我們會為他們祈禱。

Remembering our deceased loved ones

There is an open diary and pens next to the Sacred Heart of Jesus statue. You are welcome to write down the names of your deceased loved ones or family members on the day of their anniversaries, and we will pray for them.

問：若翰洗者的洗禮和現今教會的聖洗聖事有什麼不同？

四部福音都有記載若翰在若旦河為願意悔改的人授洗，為得罪的赦免（見瑪 3:1-12；谷 1:1-8；路 3:1-18；若 1:19-28）。這在當時猶太人的宗教信念，必須在耶路撒冷聖殿獻上贖罪祭才能獲得天主寬恕（見肋 4-5），是一個「大突破」。若翰洗者在天主的啟示下，宣佈新的宗教法則：人能因痛悔己罪而接受水的洗禮，天主就藉此寬恕罪人。

到耶穌主動接受若翰的洗禮（見瑪 3:13-17；谷 1:9-11；路 3:21-22；若 1:29-34），祂進入水中並從水裡出來時，「天開了」（註：代表天人之間已無阻隔）、「聖神有如鴿子降臨」和「天上有聲音宣佈耶穌是聖子」（註：天主聖三的啟示已臻圓滿）。若翰洗者的洗禮藉耶穌基督便有了新的意義。若翰施洗時應該是沒有經文，只有全身沒入水中這儀式；耶穌升天前卻吩咐門徒要「因父、及子、及聖神之名給他們授洗」（見瑪 28:19），祂把原本若翰洗禮的形式成為領洗者公開棄絕罪惡和宣認相信天主聖三的行動（見《天主教教理》1237號）。

初期教會如遇曾接受若翰洗禮的人，又願意接受耶穌基督為救主，教會會為他們「因主的名」付洗和呼求聖神降臨（見宗 19:1-7）。

因此，若翰洗者赦罪的洗禮確是教會聖洗聖事最接近的預象，而耶穌基督親自把若翰的洗禮達致圓滿，現今教會的聖洗聖事，因基督的死而復活，領受者除了得到罪惡的赦免，還藉此聖事永遠與天主聖三連結，成為天主的子女（見《天主教教理》第1263至1274條）。

~騰之神女~

農曆新年特別彌撒（粵語）

歲末謝主彌撒

2020年1月22日（星期三、年廿八）

晚上8時 聖莫尼加堂

新春求恩彌撒

2020年1月27日（星期一、大年初三）

早上10時 聖莫尼加堂

歡迎前來祈禱



ACYF Reflections (3)

How To Hack Your Brain. Mental health is a universal phenomenon which tends to hold a negative connotation within society, causing individuals to feel a greater sense of shame and consequently, isolation. 1 in 4 people struggle with anxiety, and depression is the 3rd highest burden on the wider community as those suffering cannot wholly contribute themselves towards growing collectiveness. But fear not as Derek Boylen gives us a series of useful 'hacks' which we can apply to our everyday lives to ensure a stronger mindset and a more fulfilled life. The key ones I found most befitting were; be weary of how much time you spend on social media; learn to cultivate gratitude- because more often than not, we curb our joy as the inevitable challenges we encounter in our daily routine cause us to place a greater emphasis on what will happen, not what is happening in the now; live according to our values and not letting your mistakes define your present or future self. Most importantly, however, is understanding that God has a plan for you- in Jeremiah 29:11-12 the Lord declares, "I know the plans I have for you...plans to prosper you and not to harm you, plans to give you hope and a future." Use the sacraments- whether that be reconciliation, prayer, Eucharist- wholeheartedly because they are all key ways in which you can support a healthy mindset and work towards being the best person you can be. You are a complex, dynamic human being created in the eyes of God and by making these small changes ('hacks') an ameliorated mental (and spiritual) life awaits... – Hazel Wong, 18

What Kind of Person Are You Going To Be? On Day Three of the Australian Catholic Youth Festival Dr Dan Fleming gave a talk about ethics and how our faith and Catholic teachings play a role in making ethical decisions. Ethical discussions are often not black and white and peaceful discussion is hard to achieve. Often times, each side fails to listen to the viewpoints of the other, leading to heated and emotional arguments with no real solutions. The first important lesson is therefore to listen, and practice empathy to the opposite views. It is hard when faced with a situation where a serious decision has to be made, and ethical principles are there to guide us into making the better choice. Our faith and Christian teachings forms much of the principles of human ethics and today's law. Therefore, we need to ask ourselves what kind of person we want to be and how we should live in a way that is true to our faith. This will show us where our absolute bottom line is and we shall stay true to it, following Jesus's teachings. – Gordon Lum, 26

Bushfire Appeal

Youth Group is holding a number of fundraisers throughout January to raise funds for the bushfire relief effort. All proceeds go towards the Vinnies Bushfire Appeal and to the NSW Rural Fire Service (RFS). **Today (12/01/20)** we are having a bake sale after the 9am and 11:30am masses. **Next Sunday (19/01/20)** youth group will be selling hand folded animal-shaped face towels to raise funds, as well as holding a lunch fundraiser after the 11.30am mass. Tickets for the lunch fundraiser are on-sale TODAY. For any enquiries please contact Cheryl (0481 507 169) or Abby (0413 335 219).

Chinese New Year Parish Dinner – 2nd February 2020

Tickets are now on-sale for the CNY Dinner at the Parramatta Phoenix restaurant! Ticket prices are as follows: \$25 for children (12 and under), \$40 for youth (13-18 years old) and \$50 for adults (18 and above)

If you are interested in joining the **youth/young adults table**, please contact Cheryl (0481 507 169). Doors open at 7pm.

Alpha Formation

There will be no Alpha formation session in the month of January; the final Alpha session will be held on February 23rd.

FIRST READING

ISAIAH 42:1-4. 6-7

Thus says the Lord:

Here is my servant whom I uphold, my chosen one in whom my soul delights. I have endowed him with my spirit that he may bring true justice to the nations. He does not cry out or shout aloud, or make his voice heard in the streets. He does not break the crushed reed, nor quench the wavering flame. Faithfully he brings true justice; he will neither waver, nor be crushed until true justice is established on earth, for the islands are awaiting his law.

I, the Lord, have called you to serve the cause of right; I have taken you by the hand and formed you; I have appointed you as covenant of the people and light of the nations, to open the eyes of the blind, to free captives from prison, and those who live in darkness from the dungeon.

The word of the Lord

RESPONSORIAL PSALM

Ps 28

(R.) The Lord will bless his people with peace.

1. O give the Lord you sons of God, give the Lord glory and power; give the Lord the glory of his name. Adore the Lord in his holy court. (R.)
2. The Lord's voice resounding on the waters, the Lord on the immensity of waters; the voice of the Lord, full of power, the voice of the Lord, full of splendour. (R.)
3. The God of glory thunders. In his temple they all cry: 'Glory!' The Lord sat enthroned over the flood; the Lord sits as king for ever. (R.)

SECOND READING

ACTS 10:34-38

Peter addressed Cornelius and his household: 'The truth I have now come to realise' he said 'is that God does not have favourites, but that anybody of any nationality who fears God and does what is right is acceptable to him.

'It is true, God sent his word to the people of Israel, and it was to them that the good news of peace was brought by Jesus Christ – but Jesus Christ is Lord of all

men. You must have heard about the recent happenings in Judaea; about Jesus of Nazareth and how he began in Galilee, after John had been preaching baptism. God had anointed him with the Holy Spirit and with power, and because God was with him, Jesus went about doing good and curing all who had fallen into the power of the devil.'

The word of the Lord



GOSPEL ACCLAMATION

Alleluia, Alleluia

The heavens were opened and the Father's voice was heard: this is my beloved Son, hear him.

Alleluia!

GOSPEL

MATTHEW 3:13-17

Jesus came from Galilee to the Jordan to be baptised by John. John tried to dissuade him. 'It is I who need baptism from you,' he said 'and yet you come to me!' But Jesus replied, 'Leave it like this for the time being; it is fitting that we should, in this way, do all that righteousness demands.' At this, John gave in to him.

As soon as Jesus was baptised he came up from the water, and suddenly the heavens opened and he saw the Spirit of God descending like a dove and coming down on him. A voice spoke from heaven, 'This is my Son, the Beloved; my favour rests on him.'

The Gospel of the Lord