

天主教華人牧民處

www.chinesechaplaincyparra.org



常年期第五主日（甲年）

2020年2月9日

讀經一 依撒意亞先知書58:6-10

上主這樣說：「我所中意的齋戒，豈不是要人解除不義的鎖鏈，廢除軛上的繩索，使受壓迫者獲得自由；折斷所有的軛嗎？豈不是要人將食糧分給飢餓的人；收容無地容身的窮人，到自己的屋裡；見到赤身露體的人，給他衣服；不要避開你的骨肉嗎？」

「如果這樣，你將光芒四射，有如黎明；你的傷口將會迅速復原；你的救援要走在你前面。上主的光榮要作你的後盾。

「那時，你如呼喊，上主必要俯允；你若哀求，他必回答：『我在這裡！』」

「你如果從你當中消除欺壓，及指手畫腳的行為和虛偽的言談；你如果把你的食糧，施捨給飢餓的人，滿足貧窮者的心靈；那麼，你的光明要在黑暗中升起，你的黑夜將成為白晝。」

—上主的話

答唱詠 詠112

【答】：上主富於仁愛，慈悲而又公道，像光明在黑暗中向義人照耀。

領：上主富於仁愛，慈悲而又公道，像光明在黑暗中向義人照耀。樂善好施的人，必蒙賜福；他以正義處理事務。【答】

領：義人必永受紀念。噩耗不會使他驚慌，因為他仰賴上主，必心志堅強，總不動搖。【答】

領：他心志堅強，無懼無憂。他散財調濟貧苦的人，他的仁義必萬世流芳。他昂首闊步，受人敬仰。

【答】

讀經二 致格林多人前書2:1-5

弟兄姊妹們：

就是我從前到你們那裡時，也沒有用高超的言論或智慧，給你們宣講天主的奧義，因為我曾決定，在你們當中，不用知道別的，只知道耶穌基督，就是那被釘在十字架上的耶穌基督。

而且，當我到你們那裡的時候，又軟弱，又恐懼，又戰兢不安；並且我的言論和我的宣講，並不在於智慧動聽的言詞，而是在於聖神和他德能的表現，為使你們的信德，不是憑人的智慧，而是憑天主的德能。

—上主的話

福音前歡呼

領：亞肋路亞。

衆：亞肋路亞。

領：主說：「我是世界的光；跟隨我的，決不在黑暗中行走，必有生命之光。」

衆：亞肋路亞。

福音 聖瑪竇福音5:13-16

那時候，耶穌對門徒說：

「你們是地上的鹽，鹽若失了味，可用什麼使它再鹹呢？它再毫無用途，只好拋在外邊，任人踐踏罷了。

「你們是世界的光；建在山上的城，是不能隱藏的。人點燈，並不是放在斗底下，而是放在燈台上，照耀屋中所有的人。

「照樣，你們的光，也當在人前照耀，好使他們看見你們的善行，光榮你們在天之父。」

—上主的話

聖言導讀

在現實生活中「鹽」具有許多不同的功能，我們經文中的隱喻則主要是取它「調味」的能力（參閱：谷九50；路十四34）；「鹽若失了味」自然便毫無用處，不再具有任何價值，其後果便是「被拋棄在外邊，任人踐踏」。

基本上，潔淨的鹽不可能失去它應有的能力；鹽之所以會失去鹹味，必然是由於不同因素而變的不純淨。這句話很可能原本是耶穌針對以色列領導者的警語（參閱：瑪二一43），後來被瑪竇福音的作者用來警告自己所屬的團體成員，不要被現實生活俗化。

「世界的光」是猶太民族非常熟悉的圖像，不論以色列、耶路撒冷、妥拉（梅瑟法律）、或模範性的義人以及經師，都曾在聖經和猶太文學中被表達為「世界之光」。現在，耶穌稱門徒們為「世界之光」，可能是刻意地表達他們和不信的猶太人之間的對立性。

整個世界絕大部分的人仍然拒絕接受福音，福音作者結合「鹽」和「光」的隱喻，呼籲門徒團體透過合乎耶穌教導的生活方式，在世上為福音作見證。基督徒團體模範性的福音生活方式，絕不會被掩蓋無法彰顯，他們將有如「建在山上的城」，使人從遠處也能清楚看見，並被吸引而進入城中，亦即加入基督徒團體。

這段經文談論基督徒團體在世界上的「身份」與所扮演的「角色」，基督徒的生活應該是信仰的見證，他們的言行應該能夠光榮天父。瑪竇採用非常圖像性的語言來表達這個訴求，運用耶穌的教導指出，基督徒應該成為「地上的鹽、世界的光、建在山上的城。」

梵二大公會議文獻的教會憲章採用這段經文作為教會的主要圖像（教會9），這個事實說明我們一再反覆強調的重點：「山中聖訓」的內容，並非針對特定的對象（例如：宗徒、宣講者或教師），而是一切天主子民生活的具體方針。

歡迎把這通訊
帶回家細閱

<http://www.ccreadbible.org>

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
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

奉澳洲新南威爾斯省政府喻：為保障公眾健康，如閣下最近到過中國內地，返澳洲後請在家中自我隔離14天，其間無須參與主日彌撒。

2月12日(星期三)，早上9:15分彌撒取消 There will be NO WEEKDAY MASS on Wednesday, 12th February.

主日午餐服務

各位兄弟姊妹，主日午餐服務將於下星期日，(2月16日)，恢復供應；餐券會於今天彌撒後在聖堂門外發售。

主日學

主日學將於下星期日，(2月16日)復課，並於當日上午10時半繼續接受報名。

二月份信仰重溫 時間：主日上午10時15分至11時15分 地點：教員室

日期 / 主題： 2月16日 天主的奇妙時間表
2月23日 試管嬰兒的代價

病理講座 講者：李超浩醫生

主題：「新型冠狀病毒肺炎現況」

日期：2月9日(星期日) 時間：下午1:45-3:45 地點：St Monica 學校禮堂

(李超浩醫生：澳洲臨床生化病理學家協會院士。大學醫學院高級講師。威斯密醫院血脂肪科主任。中文電台《病理探討一小時》、《醫學焦點》主播，澳洲新報《杏林篇》專欄撰稿人)

星期日電影欣賞 <大象阿鈍救細界> Horton Hears a Who!

日期：2月23日(星期日) 時間：下午二時至四時 地點：St Monica 學校禮堂

電影：大象阿鈍為救一個小城市，不惜冒險與邪魔博鬥。劇情精彩，對白風趣幽默，老少咸宜。整部戲以輕鬆手法帶出正面思想及訊息，值得大家反思。本動畫粵語配音，歡迎閣家參與。放映後有分享討論及茶點。

半日退省 無須報名，自攜簡單午餐，費用自由捐獻給退省地點

內容：神師導言(早上10時)、個人祈禱、信仰問答、修和聖事、彌撒聖祭(下午3時)

日期 / 時間：2月24日(星期一) 上午9時至下午4時

地點：Franciscan Shrine of the Holy Innocents, 8 Greyfriar Pl, Kellyville, NSW 2155

神師及查詢：林勝文神父 shingmanlam@gmail.com

Pews 跪凳

請愛護聖堂，懇請各位家長勿讓小孩在跪凳上寫劃/塗鴉。謝謝。

In recent months we have had a lot of graffiti/scribbles and scrapes on our pews. As you know it is costly to have it sanded and varnished, given the church was refurbished only a couple of years back. As such, dear parents, we kindly ask that children do not write/scribble on the pews. Thank you.

問：基督徒可否搓麻將、買攪珠獎卷、賭博嗎？



Plenary Council 2020 Phase 2: Discernment

As you may recall back in 2018, the Australian Catholics Bishops announced that, having received approval from Pope Francis, a Plenary Council of the Church would be held in Australia in the year 2020. Phase 1: Listening and Dialogue has since been completed, with over 220,000 people contributing a total of 17,457 submissions in reply to the central question "What do you think God is asking of us in Australia at this time?". After much prayer, reflection and analysis of the responses, 6 National Themes of Discernment have been announced. We are now currently in Phase 2: Discernment, where we prayerfully consider the following six national themes which will help inform the agenda for the first session of the Plenary Council happening in October 2020. Themes:



Plenary Council 2020
Listen to what the Spirit is saying...

《天主教教理》第 2413 條：

博彩遊戲（紙牌等）或打賭，本身並不違反正義。但如果剝奪了某人為了維持自己及他人的所需，則變為道德上不可接受的。遊戲的慾望有危險變成嚴重的奴役。不正義的賭博或遊戲作弊，構成嚴重的事項，除非所加的傷害是輕微的，以致受害者合理地認為此傷害無足輕重。

因此，天主教會因基督的教導，並不反對賭博作為輕鬆的娛樂，卻反對藉賭博斂財、剝削他人所需，甚至惡化成貪財愛錢的陋習。

(1) Missionary and evangelising: How can we strengthen ministry in parishes and schools, and train leaders for ministry? What about adult faith formation courses for the laity? How can we engage in dialogue about social issues with the greater community?

(2) Inclusive, participatory and synodal: How can we be more inclusive in lay participation particularly for women, youths, people from diverse cultural backgrounds, those with disabilities, the divorced and remarried etc.? How should the Church facilitate greater involvement of lay people in processes of collaboration and decision-making in supporting priests? How can we renew our forms of governance and leadership in the Church and work towards greater transparency and accountability at all levels

(3) Prayerful and Eucharistic: How might we enrich prayer, music and the liturgy by drawing upon the cultural rituals and divergent expressions of ways that the Indigenous people and migrant communities encounter God? How can we draw the connection of the Word of God, of prayer and eucharistic adoration to daily life?

(4) Humble, healing and merciful: there is a need for more effective outreach pathways for those seeking healing, reconciliation and renewed openness to the sign of God's mercy, not just for victims of sexual abuse in the Church, but also with the Indigenous peoples and the wider Australian society.

(5) A joyful, hope-filled and servant community: as followers of Christ, how might we be a sign of hope of God's kingdom for all people in Australia? As servants of God, how might we protect and assist the most vulnerable and at risk in our communities such as refugees and asylum-seekers? How might we be strong witnesses of the faith?

(6) Open to conversion, renewal and reform: in the face of diminishing parish communities how can we bring about change on both a personal and communal level whilst maintaining faithfulness to tradition? How can we provide greater opportunities for "Holy Hours and Eucharistic Adoration" which are key to bringing back a renewal of faith and life of prayer? Are there alternative approaches to ordained ministry and governance that could be embraced?

This is just a simple snapshot of some of the things that are being discerned. For more information, and to read stories relating to each theme please visit <https://plenarycouncil.catholic.org.au>

《聖經》

至於那些想望致富的人，卻陷於誘惑，墮入羅網和許多背理有害的慾望中，這慾望叫人沉溺於敗壞和滅亡中，因為貪愛錢財乃萬惡的根源；有些人曾因貪求錢財而離棄了信德，使自己受了許多刺心的痛苦。（弟前 6:9-10）

~勝文神父~

聖莫尼加堂 四旬期特別彌撒和敬禮

聖灰禮儀 彌撒

2月26日（星期三）

早上9時15分（英語）

晚上7時半（英語 + 粵語）

公拜苦路

2月28日至4月3日（逢星期五）

晚上7時（英語）

晚上8時（粵語）

當中有修和聖事

歡迎前來祈禱

Youth Announcements



Alpha Formation

The final Alpha session will be held on February 23rd starting at 12:45pm in the Community Room. Anyone from Year 4 upwards is welcome to attend! Lunch will be provided for \$5.

St. Monica's Youth Group (Every Sunday From @10.45am-11:20am)

This month at Youth Group we are exploring all things to do with the Liturgy! All youths from Year 7 upwards are invited to join. For more info please contact Cheryl (0481 507 169). Follow us on Instagram @fyrestmonicas for all the latest updates on upcoming events!

FIRST READING

ISAIAH 58:7-10

Thus says the Lord:

Share your bread with the hungry, and shelter the homeless poor, clothe the man you see to be naked and turn not from your own kin.

Then will your light shine like the dawn and your wound be quickly healed over. Your integrity will go before you and the glory of the Lord behind you.

Cry, and the Lord will answer; call, and he will say, 'I am here.' If you do away with the yoke, the clenched fist, the wicked word, if you give your bread to the hungry, and relief to the oppressed, your light will rise in the darkness, and your shadows become like noon.

The word of the Lord

RESPONSORIAL PSALM

PS 111

(R.) A light rises in the darkness for the upright.

1. He is a light in the darkness for the upright: he is generous, merciful and just. The good man takes pity and lends, he conducts his affairs with honour. (R.)
2. The just man will never waver: he will be remembered for ever. He has no fear of evil news; with a firm heart he trusts in the Lord. (R.)
3. With a steadfast heart he will not fear; open-handed, he gives to the poor; his justice stands firm for ever. His head will be raised in glory. (R.)

SECOND READING

1 CORINTHIANS 2:1-5

When I came to you, brothers, it was not with any show of oratory or philosophy, but simply to tell you what God had guaranteed. During my stay with you, the only knowledge I claimed to have was about Jesus, and only about him as the crucified Christ. Far from relying on any power of my own, I came among you in great 'fear and trembling' and in my speeches and the sermons that I gave,

there were none of the arguments that belong to philosophy; only a demonstration of the power of the Spirit. And I did this so that your faith should not depend on human philosophy but on the power of God.

The word of the Lord

GOSPEL ACCLAMATION

Alleluia, Alleluia

I am the light of the world, says the Lord; the man who follows me will have the light of life.

Alleluia!



GOSPEL

MATTHEW 5:13-16

Jesus said to his disciples: 'You are the salt of the earth. But if salt becomes tasteless, what can make it salty again? It is good for nothing, and can only be thrown out to be trampled underfoot by men.

'You are the light of the world. A city built on a hill-top cannot be hidden. No one lights a lamp to put it under a tub; they put it on the lamp-stand where it shines for everyone in the house. In the same way your light must shine in the sight of men, so that, seeing your good works, they may give the praise to your Father in heaven.'

The Gospel of the Lord