

天主教華人牧民處

www.chinesechaplaincyparra.org



四旬期第三主日(乙年)

2021年3月7日

進堂詠

我的眼睛不斷仰望上主，因為他使我的雙腳脫離羅網。求你回顧，求你憐憫，因為我孤苦伶仃。

讀經一

出谷紀 20:1-17

那時候，天主發言，說了以下這一切話：「我是上主、你的天主，是我領你離開埃及、奴隸之所。

「除我之外，你不可有別的神。

「你不可製造任何彷彿天上、或地上、或地下水中之物的雕像。

「不可叩拜這些像，也不可敬奉，因為我，上主、你的天主，是忌邪的天主；凡惱恨我的，我要追討他們的罪，從父親直到兒子，甚至三代四代的子孫。凡愛慕我，及遵守我誡命的，我要對他們廣施仁慈，直到他們的千代子孫。

「不可妄呼上主、你天主的名字；因為凡妄呼他名字的人，上主決不讓他們免受懲罰。

「應記住安息日，守為聖日。六天應該勞作，做你一切的事；但第七天是為恭敬上主、你的天主，當守的安息日；你自己、連你的兒女、你的僕婢、你的牲口，以及在你中間居住的外方人，都不可做任何工作。因為上主在六天內，造了天地、海洋和其中一切，但第七天休息了，因此，上主祝福了安息日，也定為聖日。

「應孝敬你的父親和你的母親，好使你在上主、你的天主，賜給你的地方，延年益壽。

「不可殺人。

「不可姦淫。

「不可偷盜。

「不可作假見證，害你的近人。

「不可貪你近人的房舍。

「不可貪戀你近人的妻子、僕人、婢女、牛驥，及你近人的一切。」

—上主的話

答唱詠

詠19:8,9,10 11

【答】：主！唯你有永生的話。

領：上主的法律是完善的，能暢快人靈；上主的約章是忠誠的，能開啟愚蒙。【答】

領：上主的規諦是正直的，能悅樂心情；上主的命令是光明的，能燭照眼睛。【答】

領：上主的訓誨是純潔的，永遠常存；上主的判斷是真實的，無不公允。【答】

領：比黃金，比極純的黃金，更可愛戀；比蜂蜜，比蜂巢的流汁，更要甘甜。【答】

讀經二

格林多人前書 1:22-25

弟兄姊妹們：

的確，猶太人要求的，是神蹟；希臘人尋求的，是智慧；而我們所宣講的，卻是被釘在十字架上的基督。這為猶太人，固然是絆腳石；為外邦人，是愚妄；但為那些蒙召的，不拘是猶太人或希臘人，基督卻是天主的德能和天主的智慧；因為天主的愚妄總比人明智，天主的懦弱也總比人堅強。

—上主的話

福音前歡呼

領：基督、天主聖言，願光榮歸於你。

眾：基督、天主聖言，願光榮歸於你。

領：天主竟這樣愛了世界，甚至賜下了自己的獨生子，使凡信他的人不至喪亡，反而獲得永生。

眾：基督、天主聖言，願光榮歸於你。

福音

聖若望福音 2:13-25

猶太人的逾越節近了，耶穌便上耶路撒冷。在殿院裡，耶穌看見賣牛、羊、鴿子的，及坐在錢莊上，兌換銀錢的人。

耶穌於是用繩索做了一條鞭子，把眾人連羊帶牛，都從殿院趕出去，又傾倒了換錢者的銀錢，推翻了他們的桌子。

耶穌對賣鴿子的人說：「把這些東西從這裡拿出去，不要使我父的殿宇成為商場。」耶穌的門徒就想起了經上記載的話：「我對你殿宇所懷的熱忱，把我耗盡。」

猶太人便問耶穌說：「你顯什麼神蹟給我們看，證明你有權做這些事？」

耶穌回答他們說：「你們拆毀這座聖殿，三天之內，我要把它重建起來。」

猶太人就說：「這座聖殿建築了四十六年，你在三天之內，就能把它重建起來嗎？」

但耶穌所說的聖所，是指他自己的身體。所以，當耶穌從死者中復活以後，耶穌的門徒就想起了耶穌曾說過這話，便相信了聖經，及耶穌說過的話。

當耶穌在耶路撒冷過逾越節時，有許多人看見他所行的神蹟，便信從了他；耶穌卻不信任他們，因為他認識所有的人；他並不需要誰告訴他，人是怎樣的，因為他洞悉人的內心。

—上主的話

領主詠

萬軍的上主，我的君王，我的天主，麻雀靠近你的祭壇，找到了住所，燕子也找到了安置幼雛的窩巢。上主，居住在你的殿宇，真是有福。

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
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

2021 四旬期公拜苦路安排如下：

3月12日至3月26日逢星期五晚上8時

日期	由以下善會帶領
12/03	午餐組 Lunch Service Group
19/03	聖言宣讀組 Lector
26/03	青年組(英語) Youth Group
02/04	禮儀組 Liturgy Group

Lent 2021

- ◆ **Stations of the Cross** (*Confession available*)
Every Friday from 12th March to 26th March :
7pm (English) | 8pm (Cantonese)

2021年四旬期

- ◆ 公拜苦路（有修和聖事）3月12日至3月26日逢星期五 晚上7時（英語）| 晚上8時（粵語）

四旬期聚會 Lenten Program

牧民處在四旬期間，一連六個主日傍晚，以網上(Zoom)形式分享當天彌撒讀經，為求更能掌握教會每年為信徒選讀的聖言，促使反思及相應的行動，以準備心神迎接最隆重的基督復活慶典。網上聚會約一小時。

歡迎各位兄弟姊妹參與。

日期：2021年2月21日至3月28日 時間：逢星期日晚上8pm – 9pm *via Zoom*

主持：信仰重溫組

內容：祈禱，讀經，反省及分享

報名請按以下連結填寫網上表格：<https://forms.gle/KA94svGnkv92Ri32A>

Zoom 會議聯線會傳送到已登記的電郵地址。如有查詢，請致電：Eric Wong 0450477003; Thomas Tse 0413304285

天主教青年教理 YOUTCAT 導讀（粵語，ZOOM 網上講座，歡迎青年和成年人士參加）

由林勝文神父主講，逢每月第二個第四個星期六，晚上8時起舉行。下次舉行日期：3月13日。

已報名者可重用去年的ZOOM聯線。亦歡迎新參加者，請致電：Eric Wong 0450477003; Thomas Tse 0413304285

四旬期內慶節的特別彌撒（粵語）地點：聖莫尼加堂

聖若瑟節前夕 3月18日（星期四）晚上7時半

聖母領報節 3月25日（星期四）晚上7時半

Project Compassion 2021

Please collect your compassion boxes at the entrance to the Church and return them no later than Easter Sunday to the Parish Office or place them in the green metal box provided at the entrance to the Church.

The Bishop's Lenten Appeal — will take place on the 13/14th March weekend.

Envelopes will be available on that weekend near the Sacred Heart Statue. All donations over \$2 are tax deductible. Please place your completed donation envelopes in the boxes provided.

主日彌撒安排

由於政府再放寬法例，聖堂現容許220人參與彌撒。進入聖堂時請登記閣下的聯絡資料。

本主日答唱詠選自聖詠第19篇。

原文標明是達味所作，全詩分前、後兩個部分。前半部分（第1-7節）是讚美創造萬有的天主，後半部分（第8-15節）是頌揚救世的天主。聖經學者大都接受兩部分其實一氣呵成。本日答唱詠讀出的屬後半部分。

答句其實出自聖經另一部書卷（西滿伯多祿回答說：「主！惟你有永生的話，我們去投奔誰呢？我們相信，而且已知道你是天主的聖者。」若6:68-69），是伯多祿聽到耶穌「生命之糧的言論」後，他對耶穌的完全信任和讚歎。讀經集的編者巧妙地把這句串連起這聖詠的詩節。

詩節（詠19:8-11）是達味讚美上主法律的完備，句式相當齊整，是為方便誦讀（或詠唱）和記憶。內容基本上是申4:6（你們要謹守遵行，因為這樣，在萬民眼中，纔能顯出你們的智慧和見識；他們一聽到這一切法令說：『這實在是一個有智慧，有見識的大民族！』）的伸延，也和另一首較晚寫成的聖詠（詠119，亦是讚頌上主法律的聖詠，最遲寫於瑪加伯時代），相當吻合。

第11節（比黃金，比極純的黃金更可愛戀；比蜂蜜，比蜂巢的流汁更要甘甜。），作者用黃金和蜂蜜跟上主的法律比較。黃金是富有的人所渴望擁有的財富，由蜂窩流出來的蜂蜜是在曠野旅居，忍饑受餓，一無所有的人的渴望；而上主法律的價值和珍貴，都遠遠超於黃金和蜂蜜。

~勝文神父

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，使其喪亡的撒禪及其他邪靈，拋下地獄裏去。亞孟。



Why do we fast?

Whenever Lent comes around, we as Catholics usually choose something to give up – some people give up meat, others social media, and some give up certain practices such as gaming or bingeing. People give up so many different things, and I often find myself curious about what those around me give up. It has always been something that has interested me, because sometimes the things people give up can tell you a bit about their personality and values. However, apart from this, I never really considered why, as Catholics, we choose to give up something for forty days. In primary school, I learnt that we did it because Jesus did, and sure, for a young kid in year three that is a pretty good explanation. And it is true, we do fast or give things up to imitate Jesus – but why did Jesus fast for forty days? And what do we accomplish by imitating him?

The answer to why Jesus fasted can be found in Paul's letter to the Hebrews (4:15): 'For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tested as we are, yet without sinning.' During those forty days in the desert, Jesus fasted and was continuously tempted by the devil. However, not once did he give in – his actions showed us that even when the flesh was the weakest, he did not give in and that like him, we too can resist the temptations placed before us.

Another important thing to note is that every time the devil offered him power or tried to test God, Jesus fought back not with his own physical strength, but rather with the word of God. While on the one hand the act of fasting may make our physical selves weak, Jesus shows us that the removal of the material allows us to draw closer to God, and by doing so to strengthen our own spirituality.

This belief is also at the core of why we give things up for Lent. By removing a distraction, we make room for God, we show that we want to develop our relationship. And this doesn't just mean that after forty days we go back to what it was before. No, the period of Lent shows us that we can live perfectly well without whatever we choose to give up. Of course, you don't need to cut whatever you give up out of your life – you just need to learn to put God at the centre of all things.

So next time you go to give up something for Lent, think about what is getting between you and the development of your faith – because nothing can substitute the joy a relationship with God gives us.

- Rashane

Youth Announcements



St Monica's Youth Group (FYRE)

Youth group is still online at the moment for 2021! Over the course of the year we will be looking at the books of the Bible from both Old and New Testaments- March's sessions will be focused on the book of Kings! If you would like to learn more, feel free to join us on Saturday nights 8PM using the link <http://uni-sydney.zoom.us/j/93935934337>. Follow us on Instagram @fyrestmonicas to keep track of the latest FYRE news and events!

Altar Serving- Expressions of interest

St Monica's is looking for new Altar Servers for the Saturday Sunday Masses! If you're interested, then please contact one of the Altar Serving Coordinators (please refer to the contact details below!)

Altar Serving Coordinator Contact Details

5pm (Saturday) Mass: Andre Kurkcu Phone: 0410 881 648
9am & 6pm Masses: Rashane Joseph Phone: 0424 697 842
11:30am Mass: Rebecca Cheung Phone: 0449 055 395



St. Monica's Parish

North Parramatta

ST MONICA'S
CATHOLIC PARISH AND PRIMARY SCHOOL COMMUNITY

Third Sunday of Lent - Year B

7th March 2021

Entrance Antiphon

My eyes are always on the Lord, for he rescues my feet from snare. Turn to me and have mercy on me for I am alone and poor.

First Reading

Ex 20:1-17

God spoke all these words. He said, 'I am the Lord your God who brought you out of the land of Egypt, out of the house of slavery.'

'You shall have no gods except me.'

'You shall not make yourself a carved image or any likeness of anything in heaven or on earth beneath or in the waters under the earth; you shall not bow down to them or serve them. For I, the Lord your God, am a jealous God and I punish the father's fault in the sons, the grandsons, and the great-grandsons of those who hate me; but I show kindness to thousands of those who love me and keep my commandments.'

'You shall not utter the name of the Lord your God to misuse it, for the Lord will not leave unpunished the man who utters his name to misuse it.'

'Remember the sabbath day and keep it holy. For six days you shall labour and do all your work, but the seventh day is a sabbath for the Lord your God. You shall do no work on that day, neither you nor your son nor your daughter nor your servants, men or women, nor your animals nor the stranger who lives with you. For in six days the Lord made the heavens and the earth and the sea and all that these hold, but on the seventh day he rested; that is why the Lord has blessed the sabbath day and made it sacred.'

'Honour your father and your mother so that you may have a long life in the land that the Lord your God has given to you.'

'You shall not kill.'

'You shall not commit adultery.'

'You shall not steal.'

'You shall not bear false witness against your neighbour.'

'You shall not covet your neighbour's house. You shall not covet your neighbour's wife, or his servant, man or woman, or his ox, or his donkey, or anything that is his.'

The word of the Lord

Responsorial Psalm

Ps 18:8-11

(R.) Lord, you have the words of everlasting life.

1. The law of the Lord is perfect,
it revives the soul.

The rule of the Lord is to be trusted,
it gives wisdom to the simple. (R.)

2. The precepts of the Lord are right,
they gladden the heart.

The command of the Lord is clear,
it gives light to the eyes. (R.)

3. The fear of the Lord is holy,

abiding for ever.

The decrees of the Lord are truth
and all of them just. (R.)

4. They are more to be desired than gold,
than the purest of gold
and sweeter are they than honey,
than honey from the comb. (R.)

Second Reading

1 Cor 1:22-25

While the Jews demand miracles and the Greeks look for wisdom, here are we preaching a crucified Christ; to the Jews an obstacle that they cannot get over, to the pagans madness, but to those who have been called, whether they are Jews or Greeks, a Christ who is the power and the wisdom of God. For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength.

The word of the Lord

Gospel Acclamation

Praise to you, Lord Jesus Christ, king of endless glory!

God loved the world so much, he gave us his only Son, that all who believe in him might have eternal life.

Praise to you, Lord Jesus Christ, king of endless glory!

Gospel

JOHN 2:13-25

Just before the Jewish Passover Jesus went up to Jerusalem, and in the Temple he found people selling cattle and sheep and pigeons, and the money changers sitting at their counters there. Making a whip out of some cord, he drove them all out of the Temple, cattle and sheep as well, scattered the money changers' coins, knocked their tables over and said to the pigeon-sellers, 'Take all this out of here and stop turning my Father's house into a market.' Then his disciples remembered the words of scripture: Zeal for your house will devour me. The Jews intervened and said, 'What sign can you show us to justify what you have done?' Jesus answered, 'Destroy this sanctuary, and in three days I will raise it up.' The Jews replied, 'It has taken forty-six years to build this sanctuary: are you going to raise it up in three days?' But he was speaking of the sanctuary that was his body, and when Jesus rose from the dead, his disciples remembered that he had said this, and they believed the scripture and the words he had said.

During his stay in Jerusalem for the Passover many believed in his name when they saw the signs that he gave, but Jesus knew them all and did not trust himself to them; he never needed evidence about any man; he could tell what a man had in him.

The Gospel of the Lord

COMMUNION ANTIPHON

The sparrow finds a home, and the swallow a nest for her young: by your altars, O Lord of hosts, my King and my God. Blessed are they who dwell in your house, for ever singing your praise.