天主教華人牧民處

www.chinesechaplaincyparra.org

DIOCESE OF PARRAMATTA CHINESE

彼此相愛

四旬期第三主日（丙年）

2022年3月20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 3:1-8,13-15

那時候，梅瑟為他的岳父，米德楊的司祭耶特洛放羊。有一次，梅瑟趕羊往曠野去，到了天主的山曷勒布。上主的使者，從荊棘叢中的火焰，顯現給梅瑟。梅瑟遠遠看見那荊棘被火焚燒，而荊棘卻沒有燒毀。

梅瑟心裡說：「我要到那邊，看看這個奇異的現象，為什麼荊棘沒有被燒毀？」上主見梅瑟走來觀看，天主便由荊棘叢中叫他說：「梅瑟！梅瑟！」

梅瑟回答說：「我在這裡。」

天主說：「不可到這邊來！將你腳上的鞋脫下，因為你所站立的地方是聖地。」又說：「我是你父親的天主、亞巴郎的天主、依撒格的天主、雅各伯的天主。」梅瑟因為怕看見天主，就把臉遮起來。

上主說：「我看見我的百姓，在埃及所受的痛苦；聽見他們因工頭的壓迫，而發出的哀號；我已注意到他們的痛苦。所以我要下去，拯救百姓脫離埃及人的手；領他們離開那地方，到一個美麗寬闊的地方，流奶流蜜的地方。」

梅瑟對天主說：「當我到以色列子民那裡，向他們說：『你們祖先的天主，打發我到你們這裡來』的時候，他們必要問我：他叫什麼名字？我要回答他們什麼呢？」

天主向梅瑟說：「我是自有者。」又說：「你要這樣對以色列子民說：那『自有者』打發我到你們這裡來。」

天主又對梅瑟說：「你要這樣對以色列子民說：上主、你們祖先的天主、亞巴郎的天主、依撒格的天主和雅各伯的天主，打發我到你們這裡來；這是我的名字，直到永遠；這是我的稱號，直到萬世。」

—上主的話

答唱詠　詠103

【答】：上主富於仁愛寬恕，極其慈悲。

領：我的靈魂，請讚頌上主；我的五內，請讚頌上主的名。我的靈魂，請讚頌上主，請你不要忘記他的恩寵。【答】

領：是他赦免了你的各種罪行；是他治癒了你的一切病苦；是他叫你的性命，在死亡中得到保全；是他用仁慈以及愛情，給你作了冠冕。【答】

領：上主時常履行正義，為受壓迫者主持公道。上主將自己的道路，告知梅瑟，給以色列子民，彰顯自己的行徑。【答】

領：上主富於仁愛寬恕，極其慈悲，遲於發怒。就如上天距離下地，有多麼高，他待敬畏他者的慈愛，也多高。【答】

讀經二　格林多人前書10:1-6,10-12

弟兄姊妹們：

我願意提醒你們，我們的祖先都曾在雲柱下，都從海中走過，都曾在雲中和海中受了洗，而歸於梅瑟，都吃過同樣的神糧，都飲過同樣的神飲；原來他們所飲的，是來自伴隨他們的屬神磐石：那磐石就是基督。可是，他們中多數人，都不是天主所喜悅的，因而倒斃在曠野裡。

這些事都是我們的鑑戒，為叫我們不要像他們一樣貪戀惡事。你們也不可像他們一樣抱怨；他們中有些人抱怨過，因而被毀滅者所消滅。

發生在他們身上的這一切事，都是為給人作鑑戒，並記錄下來，為勸戒我們這些生活在末世的人。所以，凡自以為站得穩的，務要小心，免得跌倒。

—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：耶穌說：「你們悔改吧！因為天國臨近了。」

眾：基督、天主聖言，願光榮歸於你。

福音　聖路加福音 13:1-9

那時候，有幾個人，把有關加里肋亞人的事，即比拉多把他們的血，攙和於他們的祭品的事，報告給耶穌。

耶穌回答說：「你們以為這些加里肋亞人，比其他所有加里肋亞人更有罪，才遭此禍害嗎？不是的。我告訴你們：如果你們不悔改，你們都要同樣喪亡。

「就如史羅亞塔倒下，壓死了十八個人，你們以為他們比耶路撒冷其他所有居民，罪債更大嗎？不是的。我告訴你們：如果你們不悔改，你們都要同樣喪亡。」

耶穌講了這個比喻，說：「有一個人將一棵無花果樹，栽種在自己的葡萄園內。他來在樹上找果子，但沒有找到，便對園丁說：你看，我三年來，在這棵無花果樹上找果子，竟沒有找到。你砍掉它吧，為什麼讓它白佔土地？

「園丁回答說：主人，再留它這一年吧！等我在它周圍掘上土，加上糞；將來，如果結果子，便算了；不然的話，你就把它砍掉。」

—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。

聖言導讀

根據猶太傳統的信念，所有痛苦和悲慘的遭遇必定是罪惡的後果。在這個傳統信念的背景下，使人相當困惑為什麼這群虔誠的猶太人卻被殘暴地殺害。他們是否有罪？或者到底犯了什麼罪？耶穌面對這個事件，拒絕判定任何人有罪；卻指出這個事件所具有的嚴肅警告意義：「每一個人都有罪，因此都必須悔改，才能夠避免遭受相同的處罰。」耶穌這個嚴厲的警告，大概影射耶路撒冷聖殿毀滅的事實。

耶穌為了更加強調祂的觀點，立刻又舉出史羅亞塔倒塌的不幸的事件加以說明。史羅亞塔大概指的是位於史羅亞水池旁的守望塔，這個高塔倒下壓死十八個人，當時的耶路撒冷居民也認為他們是犯了重罪而遭到天譴。耶穌不討論此事件和亡者之間的因果關係，卻指出它對於活人的意義：這個不幸的事件是個警告，提醒大家必須悔改，否則也將同樣喪亡。

接著耶穌講了一個無花果樹的比喻，舊約中常常以無花果樹比喻以色列子民，在這個背景之下可以瞭解，這個不結果實的無花果樹所象徵的不結果實的以色列子民（參閱：三8-9）。這個比喻給與聽眾一個非常急迫的警告，眼前的時間是恩寵最後的期限，他們必須立刻結出悔改的果實（三8-9）。

耶穌時代的聽眾並不需要任何的特殊的解釋，便能在當下瞭解耶穌所講的比喻，因為他們和耶穌有共同的傳統和生活經驗。但是，對耶穌復活後的教會時代而言，隨著時間的推進，生活的脈絡和耶穌的時代差距越來越大，比喻原本相當生活化的意義日益模糊，人們因此開始嘗試給耶穌的比喻加上詮釋。這個無花果樹的比喻便成為耶穌代人們轉求的實例：直到目前人們並沒有結出天主所要求的果實，原本應該得到懲罰；比喻中的園丁象徵耶穌，祂來宣講天國的福音要求人們悔改，祂的整個生命象徵天主繼續容忍的時間，如今耶穌完成了祂的工程，也就是每個人都必須做出抉擇的時刻了。

今天的福音內容是耶穌關於悔改的宣講，這是路加福音中最重要的主題之一，路加在此連續以兩個具體事件和一個簡短比喻密集的表達同一主題，更突顯了悔改的重要性。

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(普通话)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
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：	逢星期四晚上8時至9時 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

特 別 彌 撒（粵語） 地點：聖莫尼加堂

聖母領報節(前夕) 3月24日（星期四）晚上8時（當晚取消明供聖體）

公拜苦路 (同步有修和聖事) 由現在至 4 月 8 日，逢星期五

晚上 7 時(英語)，晚上 8 時(粵語)。

帶領輪值： 3 月 25 日 聖若瑟會 4 月 1 日 Youth Group 4 月 8 日 善導之母會

四旬期培育 由現在至 4 月 3 日，逢星期日，早上 10 時半至 11 時 15 分。

聖堂內舉行，由林勝文神父主持。歡迎參加。

天 主 教 青 年 教 理 YOUCAT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時舉行。下次舉行日期：2022年3月26日。

已報名者可重用現有的ZOOM聯線。亦歡迎新參加者，

請致電: Eric Wong 0450 477 003; Thomas Tse 0413 304 285

網上信仰重溫聚會

逢第一和第三個星期六。時間：晚上8時。下次舉行日期：2022年4月2日

主持：聖奧思定組。內容：視頻分享，小組討論

歡迎踴躍參加。請填寫以下的表格，我們會把 Zoom meeting 的網上連結電郵給您們。

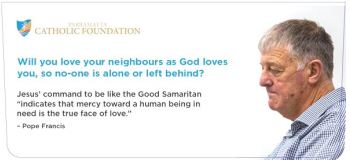
https://forms.gle/7W2Q8MeQULB9Reuu5

Project Compassion 2022

Please collect your project compassion boxes from the entrance to the Church and return them by Good Friday to the Parish Office or to Father Lam and or place them in the Box provided at the entrance to the Church. All donations above $2/- is tax deductible.

The Bishop's Good Samaritan Appeal — 26th/27th March

Please use the envelopes provided. All donations over $2 are tax deductible. Place your completed donation envelopes or cash donation in the box marked for the Appeal on that weekend.



本主日答唱詠選自聖詠103篇。

原文標明是達味君王所撰，按內容，可能是納堂先知在達味犯罪後懺悔，給他帶來上主的寬恕（見撒下12:13-14；有關達味犯罪和懺悔的詳細記載，見撒下11-12章），他感謝天主而作這詩。達味也藉此聯想到上主對整個天主子民的恩賜，並邀請世上萬有一同稱頌天主。近代學者發現本詩有阿拉美語的味道，認為這詩可能是舊約後期的作品，亦可能是由達味君王的舊詩潤飾得來。但無論如何，本詩詳述天主的愛情，是新約若望一書所載「天主是愛」（見若一4:7-21）的先聲。

答句出自第8節（上主富於仁慈寬恕，極其慈悲，遲於發怒。），這是以民對上主的信仰，舊約內多次出現（見詠86:15; 111:4; 112:4; 145:8; 出34:6-7; 德51:3; 納4:2; 岳2:13）。

第1至2節（我的靈魂，請向上主讚頌，我的五內，請向主名讚頌。我的靈魂，請向上主讚頌，請你不要忘記他的恩寵。），「我的五內」，是指「五臟」：心、肝、脾、肺、腎；這是思高聖經學會用中國文化翻譯；直譯原文是「我內裡所有的」，與申6:4所寫「全心、全靈、全意」意義相同。

第3至4節（是他赦免了你的各種愆尤，是他治愈了你的一切病苦，是他叫你的性命在死亡中得到保全，是他用仁慈以及愛情給你作了冠冕），指出天主不單救贖人，也給人種種恩惠，和恢復失落了的恩寵，等如「蕩子的比喻」（見路15:11-32）內寫父親為歸來的兒子穿上長袍、戴上戒指、著上鞋。

第6至7節（上主常行正義的工作，為受壓迫者主持公道。上主曾將自己的道路告知梅瑟，給以色列子民彰顯自己的功績。），源自《出谷紀33:13》，達味君王把梅瑟懇求天主的經驗套在自己身上，他祈望天主對他像對梅瑟一般，把公義和恩寵啟示出來。

第8節（上主富於仁慈寬恕，極其慈悲，遲於發怒。），後來的先知都有說過，見岳2:13和納4:2。第11節（就如上天距離下地有多麼高，他待敬畏他者的慈愛也多高。），信友可以與達味一般，對上主的慈悲充滿信心和期盼。

~勝文神父

歡迎把這通訊
帶回家細閱

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，使其喪亡的撒殫及其他邪靈，拋下地獄裏去。亞孟。

The Creed

This month in Youth Group, as part of the overarching topic on the pillars of the church, we are looking at the creed. While this does include the Nicene and Apostle's creeds, it also refers to the mission of the Church, or its purpose. The creed is defined as both a written statement of beliefs and as a set of beliefs or aims which guide one's actions, and while many of us know about the written creeds, since we say the Nicene creed every week at mass, understanding the Church's mission and the development of these beliefs is a bit more difficult.

Both the written creeds are split into roughly three sections - professions of faith about; God, Jesus and the Holy Spirit – and each section explores a different aspect of our mission as the Church. To start with, the first section which begins (In the Apostle's Creed) with 'I believe in God' looks at the origin and central aspect of our Faith, which is made known through the Jewish forefathers. That is, our creation by God and our devotion and love for him. The second paragraph, which narrates Jesus' life on earth, looks at the origin of our mission as Christians by reminding us of the ideal in faith and love that we should strive towards. Finally, the last section about the Holy Spirit and our belief in the Church, the saints, forgiveness and resurrection considers the end goal of our mission as well as the divine power which enables us to accomplish these goals.

This isn't to say however that our mission has nothing to do with the roots of our faith, or the figures of the Old Testament. While Christ showed us what it was to live fully for God, and while he sent us forth on a new mission, the Old Testament contains the foundations of these beliefs. For example, Moses, by listening to God and trusting in Him, brought the Israelites out of bondage and helped them strengthen their waning faith – in a similar way, we are called to bring those around us into the light of God, and to support our brothers and sisters who may be turning away. Noah remained righteous within a world of sin and depravity and was chosen by God for this. And finally, Abraham was ready to sacrifice his only son – and in being willing, he showed that he put God above all else. As Christians, we still strive towards bringing others to faith, avoiding temptation, putting God above all else and so on – so it becomes clear that our creed is not something that was randomly given to us one day. Rather it is something that brings together all these ideals, beliefs, and tenets and builds upon them.

Understanding what a creed is, and how it applies to us as Catholics is not the easiest thing to do. However, by understanding your purpose, you can better strengthen your faith and your relationship with God. The Catechism of the Catholic Church is a great place to start, since it provides a detailed explanation into the development and theological background of this pillar in a succinct and easy to understand manner.

Rashane

Youth Announcements

St Monica's Youth Group (FYRE)

We have resumed face to face youth group! Feel free to join us in the community room at 10:30AM! Over the next few months, we will be looking at the foundations of our faith/Catholicism, and in March we are studying the Creed, led by Rashane and Ginny. See you there ☺

Youth Camp: Mission Impossible 2022

Youth Camp is back on this year (for real this time!) from Tuesday 5th July to Friday 8th July in Gerringong. Apologies for all the pushbacks these past two years so thank you all for your patience ☺ The theme will still be the same (Mission Impossible) and we will be going over some of the challenges we youth might face in our modern society today, and how we can best tackle them. Please note forms are due by June 5th. Please see Cheryl Wong (0481 507 169) or Rebecca Cheung (0449 055 395) for any questions/queries. We hope you are as keen as the leaders are!!

Bake Sale Fundraiser

Thank you to everyone who came to support our bake sale last week! We raised a total of $2261, which we will be donating to the Vinnies Flood Appeal and Caritas Australia's Ukraine Appeal ☺ Thank you again for your generosity!

St. Monica's Parish
North Parramatta

ST MONICA'S
CATHOLIC PARISH AND PRIMARY SCHOOL COMMUNITY

Third Sunday In Lent - Year C

20th March 2022

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

First Reading
Exodus 3:1-8, 13-15

Moses was looking after the flock of Jethro, his father-in-law, priest of Midian. He led his flock to the far side of the wilderness and came to Horeb, the mountain of God. There the angel of the Lord appeared to him in the shape of a flame of fire, coming from the middle of a bush. Moses looked; there was the bush blazing but it was not being burnt up. 'I must go and look at this strange sight,' Moses said, 'and see why the bush is not burnt.' Now the Lord saw him go forward to look, and God called to him from the middle of the bush. 'Moses, Moses!' he said. 'Here I am' he answered. 'Come no nearer' he said. 'Take off your shoes, for the place on which you stand is holy ground. I am the God of your father,' he said 'the God of Abraham, the God of Isaac and the God of Jacob.' At this Moses covered his face, afraid to look at God.

And the Lord said, 'I have seen the miserable state of my people in Egypt. I have heard their appeal to be free of their slave-drivers. Yes, I am well aware of their sufferings. I mean to deliver them out of the hands of the Egyptians and bring them up out of that land to a land rich and broad, a land where milk and honey flow.'

Then Moses said to God, 'I am to go, then, to the sons of Israel and say to them, "The God of your fathers has sent me to you." But if they ask me what his name is, what am I to tell them?' And God said to Moses, 'I Am who I Am. This' he added 'is what you must say to the sons of Israel: "The Lord, the God of your fathers, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you." This is my name for all time; by this name I shall be invoked for all generations to come.'

The word of the Lord

Responsorial Psalm
Ps 102

(R.) The Lord is kind and merciful.

1. My soul, give thanks to the Lord, all my being, bless his holy name. My soul give thanks to the Lord and never forget all his blessings. ***(R.)***
2. It is he who forgives all your guilt, who heals every one of your ills, who redeems your life from the grave, who crowns you with love and compassion. ***(R.)***
3. The Lord does deeds of justice, gives judgement for all who are oppressed. He made known his ways to Moses and his deeds toIsrael's sons. ***(R.)***
4. The Lord is compassion and love, slow to anger and rich in mercy. For as the heavens are high above the earth so strong is his love for those who fear him. ***(R.)***

Second Reading
1 Corinthians **10:1-6,10-12**

I want to remind you how our fathers were all guided by a cloud above them and how they all passed through the sea. They were all baptised into Moses in this cloud and in this sea; all ate the same spiritual food and all drank the same spiritual drink, since they all drank from the spiritual rock that followed them as they went, and that rock was Christ. In spite of this, most of them failed to please God and their corpses littered the desert.

These things all happened as warnings for us, not to have the wicked lusts for forbidden things that they had. You must never complain: some of them did, and they were killed by the Destroyer.

All this happened to them as a warning and it was written down to be a lesson for us who are living at the end of the age. The man who thinks he is safe must be careful that he does not fall.

The Word of the Lord

Gospel Acclamation
Glory and praise to you, Lord Jesus Christ!
Repent, says the Lord; the kingdom of heaven is at hand.
Glory and praise to you, Lord Jesus Christ!

Gospel
Luke 13:1-9

Some people arrived and told Jesus about the Galileans whose blood Pilate had mingled with that of their sacrifices. At this he said to them, 'Do you suppose these Galileans who suffered like that were greater sinners than any other Galileans? They were not, I tell you. No; but unless you repent you will all perish as they did. Or those eighteen on whom the tower at Siloam fell and killed them? Do you suppose that they were more guilty than all the other people living in Jerusalem? They were not, I tell you. No; but unless you repent you will all perish as they did.'

He told this parable: 'A man had a fig tree planted in his vineyard, and he came looking for fruit on it but found none. He said to the man who looked after the vineyard, "Look here, for three years now I have been coming to look for fruit on this fig tree and finding none. Cut it down: why should it be taking up the ground?" "Sir," the man replied "leave it one more year and give me time to dig round it and manure it: it may bear fruit next year; if not, then you can cut it down."'

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.