天主教華人牧民處

www.chinesechaplaincyparra.org

DIOCESE OF PARRAMATTA CHINESE CHAPLAINCY

彼此相愛

將臨期第四主日 (甲年)

2022年12月18日

進堂詠

諸天，請滴下甘露，望雲彩降下仁義。願大地裂開，生出救恩；願正義一同出生！

讀經一　依撒意亞先知書 7:10-14

那時候，上主又對阿哈次說：「你向上主、你的天主，要求一個徵兆吧！或求諸陰府深處，或求諸上天高處。」

阿哈次回答說：「我不要求，我不願試探上主。」

依撒意亞說：「達味的家族，你們聽吧！你們使人厭惡還不夠，還要使我的天主厭惡嗎？因此，吾主要親自給你們一個徵兆：看，有位貞女要懷孕生子，給他起名叫厄瑪奴耳。」

—上主的話

答唱詠　　**詠**23

【答】:光榮的君王要進入城內，他就是萬軍的上主。

領：大地和其中的萬物，屬於上主；世界和其間的居民，屬於上主。是他在海洋上奠定了大地，是他在江河上建立了全世。【答】

領：誰能登上上主的聖山？誰能居留在他的聖殿？是那手潔心清、不慕虛幻的人，是那不發假誓、不行欺騙的人。【答】

領：他必獲得上主的祝福，和拯救者天主的報酬。這樣的人，是尋求上主的苗裔，是追求雅各伯天主儀容的子息。【答】

讀經二　致羅馬人書 1:1-7

基督耶穌的僕人保祿，蒙召作宗徒，被選拔去傳天主的福音。這福音是天主先前藉自己的先知，在聖經中論及他的兒子、我們主耶穌基督，所預許的。他按肉身，是生於達味的後裔。按至聖的神性，由於他從死者中復活，被立為具有大能的天主之子。

藉著他，我們領受了宗徒職務的恩寵，為使萬民服從信德，以光榮他的聖名，其中也有你們這些蒙召屬於耶穌基督的人。

我保祿致書給一切住在羅馬，為天主所鍾愛，並蒙召為聖徒的人：願恩寵與平安，由我們的天主父，和我們的主耶穌基督，賜與你們。

—上主的話

福音前歡呼

領：亞肋路亞。

眾：亞肋路亞。

領：一位貞女將懷孕生子；人將稱他的名字為厄瑪奴耳，意思是：天主與我們同在。

眾：亞肋路亞。

福音　　**聖瑪竇福音** 1:18-24

耶穌基督的誕生是這樣的：他的母親瑪利亞，許配於若瑟後，在同居前，因聖神有孕的事，已顯示出來。她的丈夫若瑟，因是義人，不願公開羞辱她，有意暗暗休退她。

當若瑟在思慮這事時，看，在夢中，上主的天使顯現給他，說：「達味之子若瑟，不要怕，娶你的妻子瑪利亞，因為在她內受生的，是出於聖神。她要生一個兒子；你要給他起名叫耶穌，因為他要把自己的民族，由他們的罪惡中拯救出來。」

這一切事的發生，是為應驗上主藉先知所說的話：「有一位貞女，將懷孕生子，人將稱他的名字為厄瑪奴耳，意思是：天主與我們同在。」

若瑟從夢中醒來，就照上主的天使所囑咐的去做，娶了他的妻子。

—上主的話

領主詠

看，有位貞女要懷孕生子，給祂起名叫厄瑪奴耳。

歡迎把這通訊帶回家細閱

聖言導讀

福音經文一開始就清楚的說明，真正生下耶穌的並非若瑟，而是聖神（18）；若瑟心中因瑪利亞懷孕而產生疑慮，天使在夢中顯現並向他啟示兩件事：瑪利亞腹中的胎兒是由聖神受孕（19-20），瑪利亞將生下一個兒子，而他應給嬰孩取名為耶穌（21）。福音作者接著說明這個「童貞女懷孕」的事件使一個著名的先知性預言應驗，天主拯救世人的許諾將因此而具體實現（22-23）。最後兩節經文敘述天主給予的使命得到實現：若瑟迎娶瑪利亞回家（24），尊重保護她的童貞，並給瑪利亞生下的兒子取名為耶穌（25）。

整段敘述的目的並不在於給讀者一個歷史性的報導，而是傳達基督信仰對耶穌誕生的瞭解。「夢中得到神性的啟示」是古典文學作品中常採用的表達手法，希臘神話故事中有許多神明透過夢境醫治病人，而在猶太文學中傳遞啟示最常見的媒介就是「天使」。

這段記載以雙重的方式告訴讀者這個神性嬰孩的意義。首先，天使指示若瑟給嬰孩取名為「耶穌」，並且解釋這個名字的意思就是「上主救援」，所以這個嬰孩是「萬民的拯救者」。其次，瑪竇敘述耶穌的誕生使依撒意亞先知的預言得到應驗：「看，一位貞女將懷孕生子，人將稱他的名字為厄瑪奴耳，意思是：天主與我們同在。」（依七14）

對瑪竇而言這個嬰孩的別名「厄瑪奴耳」尤其重要，整部福音主要的目的便是講述：天主在耶穌內和祂的人民在一起、時時拯救、幫助、保護他們（瑪一8-10；十二15-20），在福音的結尾更清楚地預言一個新的天主子民，耶穌將和他們「天天在一起，直到世界的終結。」（二八20）在教會內古老的天主盟約得到更新與實現。

今天福音的結尾敘述「若瑟從睡夢中醒來，就按照上主的天使所吩咐的，把妻子迎娶過來。」（24）若瑟的服從使耶穌得以平安經由瑪利亞誕生，若瑟因此成為天主救援計畫的合作者，上主因此而能拯救祂的子民，天天和我們在一起。

若瑟在不瞭解中相信天主的啟示，並以生命實踐了保護瑪利亞和耶穌的角色，因此他實在堪得「義人」的稱號，他的態度是基督徒的最佳典範。

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

靈修講座：「平信徒的服務靈修」（本堂聖奧斯定會主辦）請踴躍參加，無需報名。
日期：2022年12月18日（星期日）下午2時至5時 地點：禮堂 講者：林康政先生

聖誕期彌撒時間表

Date 日期	Time 時間	Language 語言
Christmas Eve 24 December 2022 (Saturday) 聖誕前夕	6pm 9pm	English 粵語
Christmas Day 25 December 2022 (Sunday) 聖誕節	12am (Midnight Mass) 9am 11:30am 6pm	English English 粵語 English
Vigil of Feast of the Holy Family 29 December 2022 (Thursday) 聖家節前夕	7pm	粵語
Feast of the Holy Family 30 December 2022 (Friday) 聖家節	9:15am	English
Vigil of Solemnity of the Mother of God 31 December 2022 (Saturday) 天主之母節前夕	5pm	English
Solemnity of the Mother of God 1 January 2023 (Sunday) 天主之母節	9am 11:30am 6pm	English 粵語 English
Vigil of Epiphany of the Lord 8 January 2023 (Saturday) 主顯節前夕	5pm	English
Epiphany of the Lord 8 January 2023 (Sunday) 主顯節	9am 11:30am 6pm	English 粵語 English
Baptism of the Lord 9 January 2023 (Monday) 主受洗節	9:15am	English

抄寫聖言 2022-2024
為慶祝本堂成立130週年，誠意邀請各位參與「抄寫聖言」，並藉此行動讓大家更熟悉天主聖言。詳情請在聖堂大門索取有關單張，亦可致電堂區 **(9630 1951)**，或發電郵給 **write.the.word.2024@gmail.com**

Write the WORD 2022-2024
To anticipate the celebration of the 130th anniversary of this parish, everyone is invited to join in "Write the WORD" to increase our familiarity of the Holy Scripture. For details you can take a leaflet at the main entrances of the church, or call the Parish Office (**9630 1951**), or send an email to write.the.word.2024@gmail.com

2023 農曆新年聚餐
日期：2023 年 1 月 15 日（星期日，年廿四） 時間：晚上 7 時 地點：Winston Hills Mall 雲來軒
餐券成人每位$60，長者和 18 歲或以下青年$45，12 歲或以下小童$30
2022 年 12 月 25 日起彌撒後開始售票

將臨期第四主日甲年讀經，答唱詠選自聖詠第24篇。

這是達味君王，為抬約櫃進耶路撒冷而作（見撒下6:12-19; 編上15-16章），並安排肋未人與百姓沿途對唱。按學者們研究，用現時的節數，大約是肋未人唱單數詩節，百姓唱雙數詩節；並以第1至6節為前半段，7至10節為後半段。原文在第6節結束及第10節結束時有「休止」的符號，學者們未有一致的意見解釋當中意義。《思高聖經》的編譯者認為「休止」是伴唱的樂器停止奏樂，供百姓靜默和俯伏朝拜。今日彌撒主要讀這聖詠的上半段。

答句是結合第7節的改寫（城門，請提高你們的門楣，古老的門戶，請加大門扉，因為要歡迎光榮的君王）和第10節的末句（誰是這位光榮的君主？其實這位光榮的君主，就是萬軍之軍的上主）而來，表明這位即將由童貞女誕生的兒子（依7:14，今日讀經一）是真正的君王、天主子、救世主。

第1至2節（大地和其中的萬物，屬於上主，世界和其間的居民，屬於上主。是他在海洋上奠定了大地，是他在江河上建立了全世），希伯來人按《創世紀》，認為世界先有水，天主再在水之上創造大地，水就從大地中流出，成為江河（見創1:1-3, 9-10）。

第3至4節（誰能登上上主的聖山？誰能居留在他的聖殿？是那手潔心清，不慕虛幻的人，是那不發假誓，不行欺騙的人），肋未人與百姓對唱，表示以民應遵行天主啟示的法律（見出20:1-17; 申5:1-22），才有資格進入上主的氛圍；歷代先知都重覆這個主題（見依1:27-30; 耶3:11-25等）。

第5至6節（他必獲得上主的祝福；和拯救者天主的報酬。這樣的人是尋求上主的苗裔，追求雅各伯天主儀容的子息），肋未人再與百姓對唱，表達上主祝福遵守法律的以民，默西亞亦在以民的期待中降生。教會以這預言由將臨期過渡到聖誕期。

~勝文神父

2023 年農曆新春彌撒

日期：2023 年 1 月 22 日（星期日，年初一）

時間：早上 11:30

彌撒後有醒獅助興和午餐招待，

餐券詳情容後公佈。

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。

Social Media and Cultivating Gratitude

Social media is a big part of most people's lives, especially for youths. In fact, 86% of people aged between 18-29 use Facebook, while 67% of people from the same age group use Instagram. While this is a huge amount on its own, these statistics don't account for how much time each person spends (though a quick google search will yield those results, if you are interested), or the types of people and pages the youth in this demographic follow or interact with.

Social media is great because it lets you stay connected with people on the other side of the world – friends who might have grown apart get the chance to maintain that friendship. It also lets you see through the eyes of others who live completely different lives to you – whether they be celebrities, sportsmen, artists or so on, there really is no limit. And while this is amazing, it also means that these people are constantly influencing you. This isn't always a bad thing, but often times many of us subconsciously compare our lives to the images and events of others that we see posted online. And the thing is, when you do this, you compare your everyday life to someone else's highlight reel. Of course, the days where you study, go to work and so on are not going to seem as exciting as the pictures of that one person who went skydiving. The important thing is to know that what we see online isn't the whole story; these people also have days that aren't Instagram worthy, and conversely, we also do things go places in our lives that would make others envious. It's just that these exciting events do not happen every day. There's a balance to it.

While it is important to be grateful for experiences that take us out of the norm, it's also important to be grateful for what we have. Whenever you feel down, thinking that someone else is living the life you want, remember that everything you have is a gift from God. This is a process known as cultivating gratitude, and while there are many ways to do it (once again google can help you with that), the end result is the same; it helps you to see everything you have, and to realise that even the ordinary days are a gift. Everyone's life is different, and everyone's life is Instagram worthy in a different way, it is just up to you to realise that.

- Rashane

Youth Announcements

St Monica's Youth Group (FYRE)
Youth group continues for another month in the community room, starting at 10:30AM! Feel free to drop by for some games and friendly chats ☺ This month we will be starting a new topic - Social justice and relativism with Rebecca and Rachel!

Christmas Party
We will be having a Christmas Party on the 19th December (Monday) at 6:30PM in the hall to celebrate the end of another year. All are welcome!

St. Monica's Parish
North Parramatta

ST MONICA'S
CATHOLIC PARISH AND PRIMARY SCHOOL COMMUNITY

Fourth Sunday of Advent - Year A

18th December 2022

Entrance Antiphon
Drop down dew from above, you heavens, and let the clouds rain down the Just One; let the earth be opened and bring forth a Saviour.

First Reading Isaiah 7:10-14
The Lord spoke to Ahaz and said, 'Ask the Lord your God for a sign for yourself coming either from the depths of Sheol or from the heights above.' 'No', Ahaz answered 'I will not put the Lord to the test.'

Then Isaiah said: 'Listen now, House of David: are you not satisfied with trying the patience of men without trying the patience of my God, too? The Lord himself, therefore, will give you a sign. It is this: the maiden is with child and will soon give birth to a son whom she will call Immanuel, a name which means "God-is-with-us".'

The word of the Lord

Responsorial Psalm Ps 23
(R.) Let the Lord enter; he is king of glory.

1. The Lord's is the earth and its fullness, the world and all its peoples. It is he who set it on the seas; on the waters he made it firm. ***(R.)***
2. Who shall climb the mountain of the Lord? Who shall stand in his holy place? The man with clean hands and pure heart, who desires not worthless things. ***(R.)***
3. He shall receive blessings from the Lord and reward from the God who saves him. Such are the men who seek him, seek the face of the God of Jacob. ***(R.)***

Second Reading Romans 1:1-7
From Paul, a servant of Christ Jesus who has been called to be an apostle, and specially chosen to preach the Good News that God promised long ago through his prophets in the scriptures.

This news is about the Son of God, who, according to the human nature he took, was a descendant of David: it is about Jesus Christ our Lord who, in the order of the spirit, the spirit of holiness that was in him, was proclaimed Son of God in all his power through his resurrection from the dead. Through him we received grace and our apostolic mission to preach the obedience of faith to all pagan nations in honour of his name. You are one of these nations, and by his call belong to Jesus Christ. To you all, then, who are God's beloved in Rome, called to be saints, may God our Father and the Lord Jesus Christ send grace and peace.

The word of the Lord

Gospel Acclamation
Alleluia! Alleluia!
A virgin will give birth to a son; his name will be Emmanuel: God is with us.
Alleluia! Alleluia!

Gospel Matthew 1:18-24
This is how Jesus Christ came to be born. His mother Mary was betrothed to Joseph; but before they came to live together she was found to be with child through the Holy Spirit. Her husband Joseph, being a man of honour and wanting to spare her publicity, decided to divorce her informally. He had made up his mind to do this when the angel of the Lord appeared to him in a dream and said, 'Joseph son of David, do not be afraid to take Mary home as your wife, because she has conceived what is in her by the Holy Spirit. She will give birth to a son and you must name him Jesus, because he is the one who is to save his people from their sins.' Now all this took place to fulfil the words spoken by the Lord through the prophet:

The virgin will conceive and give birth to a son and they will call him Emmanuel, a name which means 'God-is-with-us'. When Joseph woke up he did what the angel of the Lord had told him to do: he took his wife to his home.

The Gospel of the Lord

Communion Antiphon
Behold, a Virgin shall conceive and bear a son; and his name will be called Emmanuel.