

# 天主教華人牧民處

www.chinesechaplaincyparra.org



四旬期第四主日 (甲年)

2023年3月19日

## 進台詠

凡愛慕耶路撒冷的，都應與她一同喜樂；凡為她憂傷的，都要與她盡情歡樂。

## 讀經一

撒慕爾紀上 16:1,6-7,10-13

那時候，上主對撒慕爾說：「把你的角盛滿油；我派你到白冷人葉瑟那裡，因為在他的兒子中，我已為我選定了一位君王。」

撒慕爾等人一來到，看見厄里雅布，心裡想：這一定是站在上主面前的受傅者。但上主對撒慕爾說：「你不要注意他的容貌，及他高大的身材；我拒絕要他。因為天主的看法與人不同：人看外貌，上主卻看人心。」

葉瑟就叫他的七個兒子，都來到撒慕爾面前。撒慕爾對葉瑟說：「上主沒有揀選這些人。」

撒慕爾於是問葉瑟說：「孩子們都到齊了嗎？」葉瑟回答說：「還有一個最小的，他正在放羊。」撒慕爾對葉瑟說：「快派人帶他來，因為他不來，我們決不入席。」

葉瑟於是派人把最小的兒子帶來；他是一個有血色，眉清目秀，外貌英俊的少年。上主說：「起來，給他傅油，就是這一位。」撒慕爾就拿起盛著油的角，在他兄弟們面前，給他傅了油。從那天起，上主的神便降臨於達味身上。

—上主的話

## 答唱詠

詠 23

【答】：上主是我的牧者，我實在一無所缺。

領：上主是我的牧者，我實在一無所缺。他使我躺在青綠的草場，又領我走近幽靜的水旁，還使我的心靈得到舒暢。【答】

領：他為了自己的名號，領我踏上了正義的坦途。縱使我應走過陰森的幽谷，我不怕凶險，因你與我同在。你的牧杖和短棒，是我的安慰和舒暢。【答】

領：在我對頭面前，你為我擺設了筵席；在我的頭上傳油，使我的杯爵滿溢。【答】

領：在我一生歲月裡，幸福與慈愛常隨不離；我將住在上主的殿裡，直至悠遠的時日。【答】

## 讀經二

致厄弗所人書 5:8-14

弟兄姊妹們：

從前你們原是黑暗，但現在你們在主內卻是光明；生活自然要像光明之子一樣。光明所結的果實，就是各種良善、正義和誠實。你們要體察什麼是主所喜悅的事。不要參與與黑暗無益的作為，反而要加以指摘，因為他們暗中所做的事，就是連提起，也是可恥的。一切事情，一經指摘，便在光明中，顯露出來；凡顯露出來的，成為了光明。

所以說：「你這睡眠的，醒來吧！從死者中起來吧！基督必要光照你！」

—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：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。

眾：基督、天主聖言，願光榮歸於你。

## 福音

聖若望福音 9:1-41

那時候，耶穌看見了一個生來瞎眼的人。耶穌的門徒就問耶穌說：「辣彼，誰犯了罪？是他，還是他的父母，竟使他生來瞎眼呢？」

耶穌答覆說：「也不是他犯了罪，也不是他的父母，而是

為叫天主的工作，在他身上顯揚出來。趁著白天，我們應該派遣我來者的工作；黑夜來到，就沒有人能工作了。當我在世界上的時候，我是世界的光。」

耶穌說了這番話以後，便吐唾沫在地上，用唾沫和了些泥，把泥抹在瞎子的眼上，對他說：「去，到史羅亞水池裡洗洗吧！」——史羅亞解說「被派遣的」——瞎子去了，洗了，回來就看見了。

於是，鄰居和那些經常見他討飯的人，就說：「這不是那曾坐在這裡討飯的人麼？」有的說：「就是這人，」有的說：「不，是另一個很相似他的人。」那人卻說：「就是我。」

他們問他說：「你的眼睛究竟是怎樣開了的呢？」

他答覆說：「名叫耶穌的那個人，和了些泥，抹在我的眼上，給我說：你往史羅亞去洗洗吧；我去了，洗了，就看見了。」他們又問他說：「那個人在那裡？」他說：「我不知道。」

他們便將那先前瞎眼的人，帶到法利塞人那裡。耶穌和泥開了他眼睛的那天，正是安息日。於是，法利塞人又盤問他怎樣看見了。那人就向法利塞人說：「他把泥抹在我的眼上，我洗了，就看見了。」

法利塞人中有的說：「這人不是從天主來的，因為他不遵守安息日。」有的卻說：「一個罪人怎能行這樣的奇蹟？」他們中間便發生了紛爭。於是，他們又問瞎子說：「對於那開了你眼睛的人，你說什麼呢？」瞎子說：「他是一位先知。」

可是，猶太人不肯相信他原先是瞎子，而現在看見了，等到叫了他的父母來，問他們說：「這是你們的兒子麼？你們說他生來就瞎眼麼？怎麼他現在竟然看見了呢？」

他的父母答覆說：「我們知道這是我們的兒子；他生來就瞎眼。現在他究竟怎麼看見了，我們卻不知道；或者誰開了他的眼睛，我們也不知道。你們問他吧！他已經成年，會說自己的事了。」他的父母因為害怕猶太人，才這樣說，因為猶太人早已議決：誰若承認耶穌是默西亞，就必被逐出會堂。為此，他的父母說：他已經成年，你們問他吧！

於是，法利塞人再把那先前瞎眼的人叫過來，向他說：「歸光榮於天主吧！我們知道這人是個罪人。」那人回答說：「他是不是罪人，我不知道；有一件事我知道：我曾經是個瞎子，現在我却看見了。」

法利塞人又問他說：「這人給你做了什麼？怎樣開了你的眼睛？」他回答說：「我已經告訴了你們，你們不聽；為什麼又願意聽呢？莫非你們也願意做他的門徒麼？」

法利塞人辱罵他說：「你去做他的門徒好了！我們是梅瑟的門徒。我們知道：天主曾給梅瑟說過話；至於這人，我們不知道他是從那裡來的。」

那人回答說：「這真奇怪！你們不知道他是從那裡來的，他却開了我的眼睛。我們都曉得天主不俯聽罪人，只俯聽那恭敬天主，並承行他旨意的人。自古以來從未聽說：有人開了胎生瞎子的眼睛。這人若不是由天主來的，他什麼也不能作。」

法利塞人卻向他說：「你整個人都生於罪惡之中，竟來教訓我們？」便把他趕出去了。

耶穌聽說法利塞人把他趕了出去，後來遇見了他，就給他說：「你信人子麼？」那人便回答說：「主，是誰，好使我去信他呢？」耶穌對他說：「你已看見他了，和你講話的就是！」那人於是說：「主，我信。」就俯伏朝拜了耶穌。

於是，耶穌說：「我是為了判別，才來到這世界上，叫那些看不見的，看得見；叫那些看得見的，反而成為瞎子。」

有些和耶穌在一起的法利塞人，一聽了這話，就說：「難道我們也是瞎子麼？」耶穌回答說：「你們如果是瞎子，就沒有罪了；但你們說：我們看得見，這樣，你們就有罪了。」

—上主的話

## 領主詠

名叫耶穌的那個人，和了些泥，抹在我的眼上，給我說：你往史羅亞池洗洗吧；我去了，洗了，就看見了。

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

<b>牧民處熱線電話</b>	<b>0411 192 278</b> 短訊 (SMS)、WhatsApp、微信 (wechat)、粵語及國語(普通話)留言
主任司鐸 / 華人專職司鐸：	林勝文神父 電話：9630 1951 電郵： <a href="mailto:shingmanlam@gmail.com">shingmanlam@gmail.com</a>
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： <a href="mailto:shingmanlam@gmail.com">shingmanlam@gmail.com</a>
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： <a href="mailto:stmonicanp@bigpond.com">stmonicanp@bigpond.com</a>

## 四旬期彌撒與敬禮

公拜苦路 2月24日至3月31日（逢星期五，附修和聖事），英語：晚上7時；粵語：晚上8時

公拜苦路輪值 3月31日 青年組 YOUTH GROUP

2023 聖週和復活主日，各台彌撒和禮儀的時間表已備妥，請在聖堂大門索取。

「聖經中的飲食」講座 林神父主持，將於3月19日彌撒後，下午1時半至2時，在禮堂舉行，歡迎參加。

## 網上信仰重溫聚會

逢第一和第三個星期六。時間：傍晚8時正。下次舉行日期：2023年4月1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/NHdpEVgpMre9c4d46>

聖莫尼加堂華人牧民處舉辦聖週五半日退省 無須報名，費用全免

主題：「十字架上的讚歌」（聖詠22）

日期：4月7日 時間：上午9時至11時15分 地點：禮堂

夏志誠主教解說《聖詠22》〔苦痛讚歌〕帶領我們默想耶穌受難的意義，引領我們凡事依賴上主。

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：2023年3月25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

## 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](mailto:write.the.word.2024@gmail.com)

Write the WORD 2022-2024

To anticipate the celebration of the 130<sup>th</sup> 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](mailto:write.the.word.2024@gmail.com)

大家可在聖堂大門索取 Project Compassion 小盒子，為有需要的弟兄姊妹捐獻。小盒子請於聖週五（耶穌受難節）前交回聖堂。亦歡迎網上捐款，詳情請參閱海報或小盒子上的二維碼。



## SOAP Reflection 19<sup>th</sup> March

**Scripture-** This week's gospel is about Jesus healing a man who was born blind from birth. The problem is that the Jewish people, especially the Pharisees, don't believe that the man was cured of his blindness. The Jewish people demand evidence that the man was cured by verifying with the man's parents that he was born blind. The Jewish people, the Pharisees, and the cured man himself don't really understand or recognise Jesus' true identity, and seem to be trying to work out who Jesus is.

**Observation-** I think it is interesting to consider the Pharisee's reasoning for refusing to believe that the blind man was cured. They assert that Jesus can't possibly be a miracle worker or prophet because Jesus doesn't 'observe' or 'keep' the Sabbath, as Jesus cured the blind man during the Sabbath. From the Pharisee's perspective, Jesus is a sinner and cannot be sent from God. For the Pharisees, observing the Sabbath requires adhering to Jewish laws and customs that govern the Sabbath. The Pharisees in this instance are legalistic. Because the Pharisees are legalistic, they are blind to the fact that Jesus cured the blind man so that the man will believe that Jesus is the Son of Man, a person who comes from God. The cured man does end up believing that Jesus comes from God, because he knows that God shows His favour to people who are not sinners. From the blind man's perspective, Jesus' ability to perform miracles is a sign that Jesus is in God's favour. The blind man doesn't fully realise that Jesus is God Himself, but recognising Jesus' affinity with God is the first and crucial step in having faith in Jesus as the saviour of humanity, which fully come to fruition in His death and resurrection.

**Application-** Although as Catholics, we all acknowledge Jesus is the Saviour and the Son of God, it is important to recognise that we, too, can sometimes suffer from the same spiritual blindness as the Pharisees. We may suffer from spiritual blindness if we are quick to recognise faults in others, but not our own. We may also suffer from spiritual blindness if we believe in natural justice; if we mistakenly that God only permits bad things to happen to people if they did something wrong in their lives, but don't recognise that people's hardships and tribulations can provide opportunities for them to strengthen their faith in God by trusting in Him. Recognising when we are suffering from spiritual blindness requires a lot of introspection and some guidance from the Holy Spirit, so take the time during the week to pray and reflect on instances when you have been ignorant or misguided in your understanding of how God works. For example, did you ever believe that you can strike a bargain with God in the hope that He will give you what you want? Or were you ever sceptical of the idea that God can intervene in our lives through the presence of people in our lives?

**Prayer-** Let us all pray, with humility, to God to relieve us of spiritual blindness, to help us recognise His presence in our lives and for our faith in Him to be strengthened every day, even when we encounter difficult situations.

Rachel

四旬期第四主日甲年讀經所選的聖詠第23篇，肯定是最為人熟悉的聖詠。原文標明是「達味的歌」，是達味的作品。頗大機會是達味由一個牧羊人成為君王，再征服耶路撒冷，隆重地把約櫃和會幕遷入聖城後，有感而發寫成對上主的讚美和祈求（歷史記載詳見撒下2-6章）。

舊約多次稱天主為「以色列的牧者」（見創48:15; 49:24; 依40:11等），耶穌亦以「善牧」自喻（見若10:11,14）。這聖詠完全描寫善牧基督怎樣牧放祂的羊群，亦是基督怎樣照管祂的子民。祂帶領在黑暗的人到達永遠的光明（見今日福音、路1:79）

第2節（他使我臥在青綠的草場，又領我走近幽靜的水旁），善牧基督帶領羊群進食飲水，君王基督把自己成為天主子民的食糧飲品。早期教會的教父註釋：草場和水旁即暗指基督聖體寶血。

第4節（你的牧杖和短棒，是我的安慰舒暢），基督善牧為保護子民，用聖言與聖事（牧杖和短棒所指）引領羊群；基督為免天主子民與凶險（罪惡和死亡），犧牲自己在一長一短的兩條木所造的十字架架上。

第5節（在我對頭面前，你為我擺設了筵席；在我的頭上傳油，使我的杯爵滿溢），筵席就是基督讓天主子民在彌撒中盡享恩寵，頭上傳油就是基督讓信友領受和活出君王職。第6節（我將住在上主的殿裡，直至悠遠的時日）指人一生的盡頭不是死亡，而是基督早已預備好永生的天國。這些都是基督為全體天主子民的德政。

~勝文神父

### 三月份特別彌撒

- 聖若瑟節  
3月20日(星期一) 早上9:15和晚上7時(英語)  
晚上8時(粵語)
- 聖母領報節  
3月24日(星期五) 晚上7時(英語)  
晚上8時(粵語)  
3月25日(星期六) 早上9:15(英語)

### 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，使其喪亡的撒彈及其他邪靈，拋下地獄裏去。亞孟。

### 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 😊 Next month's topic will be Homosexuality, led by Rebecca and Brian!

**Youth Camp 2023** Youth camp is back on again in the Term 2 holidays, from the 4th-7th July (Tuesday to Friday)! This year's theme will be Fast and Furious, with our topic focusing on families- permission forms will be handed out soon. If you have any questions/concerns so far, please let Hazel (0478209349) or Cheryl (0481507169) know. 😊 Get excited!





# St. Monica's Parish

## North Parramatta

ST MONICA'S  
CATHOLIC PARISH AND PRIMARY SCHOOL COMMUNITY

Fourth Sunday of Lent - Year A

19th March 2023

### Entrance Antiphon

Rejoice, Jerusalem, and all who love her. Be joyful, all who are in mourning; exult and be satisfied at her consoling breast.

### FIRST READING

1 SAMUEL 16:1, 6-7, 10-13

The Lord said to Samuel, 'Fill your horn with oil and go. I am sending you to Jesse of Bethlehem, for I have chosen myself a king among his sons.' When Samuel arrived, he caught sight of Eliab and thought, 'Surely the Lord's anointed one stands there before him,' but the Lord said to Samuel, 'Take no notice of his appearance or his height for I have rejected him; God does not see as man sees; man looks at appearances but the Lord looks at the heart.' Jesse presented his seven sons to Samuel, but Samuel said to Jesse, 'The Lord has not chosen these.' He then asked Jesse, 'Are these all the sons you have?' He answered, 'There is still one left, the youngest; he is out looking after the sheep.' Then Samuel said to Jesse, 'Send for him; we will not sit down to eat until he comes.' Jesse had him sent for, a boy of fresh complexion, with fine eyes and pleasant bearing. The Lord said, 'Come, anoint him, for this is the one.' At this, Samuel took the horn of oil and anointed him where he stood with his brothers; and the spirit of the Lord seized on David and stayed with him from that day on.

—The word of the Lord

### RESPONSORIAL PSALM

PS 22

(R.) The Lord is my shepherd; there is nothing I shall want.

1. The Lord is my shepherd; there is nothing I shall want. Fresh and green are the pastures where he gives me repose. Near restful waters he leads me, to revive my drooping spirit. (R.)
2. He guides me along the right path; he is true to his name. If I should walk in the valley of darkness no evil would I fear. You are there with your crook and your staff; with these you give me comfort. (R.)
3. You have prepared a banquet for me In the sight of my foes. My head you have anointed with oil; my cup is overflowing. (R.)
4. Surely goodness and kindness shall follow me all the days of my life. In the Lord's own house shall I dwell for ever and ever. (R.)

### SECOND READING

EPHESIANS 5:8-14

You were darkness once, but now you are light in the Lord; be like children of light, for the effects of the light are seen in complete goodness and right living and truth. Try to discover what the Lord wants of you, having nothing to do with the futile works of darkness but exposing them by contrast. The things which are done in secret are things that people are ashamed even to speak of; but anything exposed by the light will be illuminated and anything illuminated turns into light. That is why it is said: Wake up from your sleep, rise from the dead, and Christ will shine on you.

—The word of the Lord

### GOSPEL ACCLAMATION

Praise to you, Word of God, Lord Jesus Christ!

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

Praise to you, Word of God, Lord Jesus Christ!

### GOSPEL

JOHN 9:1-41

As Jesus went along, he saw a man who had been blind from birth. His disciples asked him, 'Rabbi, who sinned, this man or his parents, for him to have been born blind?' 'Neither he nor his parents sinned,' Jesus answered, 'he was born blind so that the works of God might be displayed in him. 'As long as the day lasts I must carry out the work of the one who sent me; the night will soon be here when no one can

work. As long as I am in the world I am the light of the world.'

Having said this, he spat on the ground, made a paste with the spittle, put this over the eyes of the blind man and said to him, 'Go and wash in the Pool of Siloam' (a name that means 'sent'). So the blind man went off and washed himself, and came away with his sight restored.

His neighbours and people who earlier had seen him begging said, 'Isn't this the man who used to sit and beg?' Some said, 'Yes, it is the same one.' Others said, 'No, he only looks like him.' The man himself said, 'I am the man.' So they said to him, 'Then how do your eyes come to be open?' 'The man called Jesus' he answered 'made a paste, daubed my eyes with it and said to me, "Go and wash at Siloam"; so I went, and when I washed I could see.' They asked, 'Where is he?' 'I don't know' he answered.

They brought the man who had been blind to the Pharisees. It had been a sabbath day when Jesus made the paste and opened the man's eyes, so when the Pharisees asked him how he had come to see, he said, 'He put a paste on my eyes, and I washed, and I can see.' Then some of the Pharisees said, 'This man cannot be from God: he does not keep the sabbath.' Others said, 'How could a sinner produce signs like this?' And there was disagreement among them. So they spoke to the blind man again, 'What have you to say about him yourself, now that he has opened your eyes?' 'He is a prophet' replied the man.

However, the Jews would not believe that the man had been blind and had gained his sight, without first sending for his parents and asking them, 'Is this man really your son who you say was born blind? If so, how is it that he is now able to see?' His parents answered, 'We know he is our son and we know he was born blind, but we don't know how it is that he can see now, or who opened his eyes. He is old enough: let him speak for himself.' His parents spoke like this out of fear of the Jews, who had already agreed to expel from the synagogue anyone who should acknowledge Jesus as the Christ. This was why his parents said, 'He is old enough; ask him.'

So the Jews again sent for the man and said to him, 'Give glory to God! For our part, we know that this man is a sinner.' The man answered, 'I don't know if he is a sinner; I only know that I was blind and now I can see.' They said to him, 'What did he do to you? How did he open your eyes?' He replied, 'I have told you once and you wouldn't listen. Why do you want to hear it all again? Do you want to become his disciples too?' At this they hurled abuse at him: 'You can be his disciple,' they said 'we are disciples of Moses: we know that God spoke to Moses, but as for this man, we don't know where he comes from.' The man replied, 'Now here is an astonishing thing! He has opened my eyes, and you don't know where he comes from! We know that God doesn't listen to sinners, but God does listen to men who are devout and do his will. Ever since the world began it is unheard of for anyone to open the eyes of a man who was born blind; if this man were not from God, he couldn't do a thing.' 'Are you trying to teach us,' they replied 'and you a sinner through and through, since you were born!' And they drove him away.

Jesus heard they had driven him away, and when he found him he said to him, 'Do you believe in the Son of Man?' 'Sir,' the man replied 'tell me who he is so that I may believe in him.' Jesus said, 'You are looking at him; he is speaking to you.' The man said, 'Lord, I believe', and worshipped him.

Jesus said: 'It is for judgement that I have come into this world, so that those without sight may see and those with sight turn blind.'

Hearing this, some Pharisees who were present said to him, 'We are not blind, surely?' Jesus replied: 'Blind? If you were, you would not be guilty, but since you say, "We see", your guilt remains.'

*The Gospel of the Lord*

### Communion Antiphon

The Lord anointed my eyes: I went, I washed, I saw and I believed in God.