

# 天主教華人牧民處

www.chinesechaplaincyparra.org



四旬期第五主日 (甲年)

2023年3月26日

## 進台詠

我的雙腳緊隨了你的腳印，我的腳步決不致蹣跚不定。請你彰顯你奇妙的慈愛，把投奔到你右邊的人，從敵人的危害中，救拔出來。

## 讀經一 厄則克耳先知書 37:12-14

吾主上主這樣說：「看，我要親自打開你們的墳墓；我的百姓，我要從你們的墳墓中，把你們領出來，引你們進入以色列地域。我的百姓！當我打開你們的墳墓，把你們從墳墓領出來的時候，你們便承認我是上主。我要把我的神注入你們內，使你們復活，叫你們安居在你們的地域；那時，你們便要承認我，上主言出必行——吾主上主的斷語。」

—上主的話

## 答唱詠 詠 130

【答】：上主富於仁慈；他必定慷慨救援。

領：上主，我由深淵向你呼號；我主，求你俯聽我的呼號，求你側耳俯聽我的哀禱！【答】

領：上主，你若細察我的罪辜，我主，有誰還能站立得住？可是，你寬恕為懷，令人對你起敬起愛。【答】

領：我仰賴上主，我靈期待他的聖言；我靈等候我主，切於更夫等待黎明。以色列，請仰賴上主。【答】

領：因為上主富於仁慈；他必定慷慨救援。他必要拯救以色列人，脫離一切罪根。【答】

## 讀經二 致羅馬人書 8:8-11

弟兄姊妹們：

凡隨從肉性的人，決不能得天主的歡心。至於你們，你們已不屬於肉性，而是屬於聖神，只要天主的聖神，住在你們內。

誰若沒有基督的聖神，誰就不屬於基督。如果基督在你們內，身體固然因罪惡而死亡，但神魂卻賴正義而生活。再者，如果那使耶穌從死者中復活者的聖神，住在你們內，那麼，那使基督從死者中復活的，也必要藉那住在你們內的聖神，使你們有死的身體復活。

—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：我就是復活，就是生命；信從我的人，必永遠不死。

眾：基督、天主聖言，願光榮歸於你。

## 福音 聖若望福音 11:1-45

那時候，有一個病人，名叫拉匝祿，住在伯達尼，即瑪利亞和她姐姐瑪爾大所住的村莊。瑪利亞就是那曾用香液傅抹過主，並用自己的頭髮，把他的腳擦乾的婦人；患病的拉匝祿是她的兄弟。

他們姊妹兩人，便派人到耶穌那裡，說：「主啊，你所愛的人病了！」耶穌聽了，便說：「這病不至於死，只是為彰顯天主的光榮，並為叫天主子因此受光榮。」

耶穌素來疼愛瑪爾大及她的妹妹和拉匝祿。

當耶穌聽說拉匝祿病了，仍在原地逗留了兩天。此後，耶穌對門徒說：「我們再到猶太去吧！」門徒向他說：「辣彼，近來猶太人圖謀砸死你，你還要到那裡去麼？」

耶穌回答說：「白日不是有十二個時辰麼？人若在白日行路，不會碰跌，因為看得見這世界的光；人若在黑夜行路，就要碰跌，因為他沒有光。」

耶穌說了這些話，又給門徒說：「我們的朋友拉匝祿睡著

了；我要去叫醒他。」

門徒便對耶穌說：「主，如果他睡著了，必定會好的。」耶穌原本是指拉匝祿的死說的，門徒卻以為耶穌是指安眠睡覺。

然後，耶穌就明明地向門徒說：「拉匝祿死了。為了你們，我喜歡我不在那裡，好叫你們相信。我們到他那裡去吧！」

號稱狄狄摩的多默，便向其他同伴說：「我們也去，同他一起死吧！」

耶穌一到了伯達尼，得知拉匝祿在墳墓裡，已經四天了。伯達尼靠近耶路撒冷，相距約十五『斯塔狄』，因而有許多猶太人，來到瑪爾大和瑪利亞那裡，為她們兄弟的死，安慰她們。

瑪爾大一聽說耶穌來了，便去迎接他；瑪利亞仍坐在家裡。瑪爾大對耶穌說：「主！如果你在這裡，我的兄弟決不會死！就是現在，我也知道：你無論向天主求什麼，天主必要賜給你。」

耶穌對瑪爾大說：「你的兄弟必定要復活。」

瑪爾大說：「我知道在末日復活時，他必要復活。」

耶穌對瑪爾大說：「我就是復活，就是生命；信從我的，即使死了，仍要活著；凡活著而信從我的人，必永遠不死。你信麼？」

瑪爾大回答說：「是的，主，我信你是默西亞，天主子，要來到世界上的那一位。」

瑪爾大說了這話，就去叫她的妹妹瑪利亞，偷偷地說：「師父來了，他叫你。」瑪利亞一聽這話，就立刻起身，到耶穌那裡去。那時，耶穌還沒有進入村莊，仍在瑪爾大迎接他的地方。那些陪同和安慰瑪利亞的猶太人，見瑪利亞急忙起身出去，便跟著她，以為她到墳墓去哭泣。

當瑪利亞來到耶穌所在的地方，一看見耶穌，就俯伏在他腳前，向他說：「主！如果你在這裡，我的兄弟決不會死！」

耶穌看見瑪利亞哭泣，還有同她一起來的猶太人也哭泣；耶穌便心神感傷，難過起來，於是說：「你們把他安放在那裡？」

他們回答說：「主，你來，看吧！」耶穌哭了。於是猶太人說：「看，他多麼愛他啊！」其中有些人說：「他既開了瞎子的眼睛，難道不能使這人不死麼？」

耶穌心中又感傷起來，來到墳墓前。這墳墓是個洞穴，前面有一塊石頭堵著。

耶穌說：「挪開這塊石頭！」

死者的姐姐瑪爾大向耶穌說：「主！已經臭了，因為已經四天了。」

耶穌對瑪爾大說：「我不是告訴過你：如果你信，就會看到天主的光榮嗎？」他們便挪開了石頭。

耶穌舉目向上，說：「父啊！我感謝你，因為你俯聽了我。我本來知道你常常俯聽我，但是，我說這話，是為了四周站立的群眾，好叫他們相信，是你派遣了我。」說完這話，便大聲喊說：「拉匝祿！出來吧！」死者便出來了，腳和手都纏著布條，面上還蒙著汗巾。耶穌向他們說：「解開他，讓他行走吧。」

那些來到瑪利亞那裡的猶太人，一看到耶穌所行的事，就有許多人相信了他。

—上主的話

## 領主詠

主說：凡活著而信從我的人，必永遠不死。

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(普通话)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 3月31日 (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。

## 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4月22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。

今日有為本教區修院的特別捐獻，請大家慷慨解囊。捐款可用特定的信封，或利用海報上的二維碼。\$2 以上的捐款可申請退稅。



## SOAP Reflection 26th March 2023

**Scripture-** today's gospel examines another one of Jesus' miracles- this time focusing on the raising of Lazarus to parallel his own eventual death and resurrection. One thing which stood out to me upon reading this was verse 25-27 when Jesus declares "I am the resurrection and the life. Anyone who believes in me will live, even after dying. Everyone who lives in me and believes in me will never ever die," because through the physical restoration of Lazarus' life, we too are reminded that one day Jesus will raise the dead and promise eternal life on earth.

**Observation-** Although Jesus was aware that Lazarus was unwell, he waited three more days until he decided to return to Judea- but why? He also chose a bad time to go because the Pharisees were already planning to kill him; yet I think it's a clear demonstration of Jesus glorifying the Lord, reminding the disciples of his divinity and the healing power he possesses, which was granted to him so that he may use it to lead others to belief (14-15: "Lazarus is dead. And for your sakes I'm glad I wasn't there, for now you will really believe.") Its also a reminder of Jesus' omniscience, all-knowing nature- that, despite the delay, he did it for a reason, knowing he would be able to perform a miracle

**Application-** Often we may experience doubt and uncertainty in our lives- just like Mary and Martha we might feel like God is taking a long time to respond to our needs. Yet these are the moments where we should be trusting in God the most- learning to be patient and trusting in the process; that there is a reason or purpose for your challenges because God will be able to glorify himself through it. It is definitely easier said than done sometimes, but with persistent prayer and meditation God will make himself known to you.

**Prayer-** Dear Heavenly Father, I come to you today to ask for strength and guidance; specifically I would like to ask for St Thomas Merton's intercession- My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think I am following your will does not mean that I am actually doing so. But I believe that the desire to please you does in fact please you. And I hope that I have that desire in all that I am doing. I hope that I will never do anything apart from that desire, and I know that if I do this you will lead me by the right road though I may know nothing about it. Therefore I will trust you always though I may need to be lost and in the shadow of death. I will not fear, for you are ever with me, and you will never leave me to face my perils alone. Amen.

四旬期第五主日甲年讀經選了聖詠130篇，是聖詠集七首懺悔聖詠的其中一首（聖詠集的七首懺悔聖詠是第6, 32, 38, 51, 102, 130, 143篇）。聖詠集包含很多求天主幫助的禱文，但這七首懺悔聖詠卻很特別，是在祈求天主憐憫、寬恕和救贖。若我們犯罪，天主不會就此中斷和我們的關係，祂永遠保留容許我們改過的機會。整部聖經都給我們肯定：只要我們願意，沒有甚麼可以阻撓我們悔改。耶穌許下，只有一種罪永遠不會得到赦免，那就是褻瀆聖神的罪（谷3:28-29）。耶穌沒解釋這罪是甚麼，但某程度上，我們可以假設，這包含拒絕承認自己的罪，拒絕悔改。如果天主召叫我們悔改，這召叫包含著幫助我們悔改的恩寵。天主自會將智慧、謙虛和誠實賜給我們，幫助我們悔改，因為祂喜見我們改惡遷善，渴望我們接受悔改之恩。

答句出自第7節（請以色列仰賴上主，應切於更夫待旦，因為上主富於仁慈，他必定慷慨救援），由此句學者認為這聖詠是以民充軍往巴比倫時，終於明白國破家亡原是以民犯罪，天主利用充軍來喚醒他們悔改；以民始乞求仁慈的上主寬恕和復興他們。這和「乃赫米雅」的祈禱相吻合（見厄下1:4-11），甚至有學者認為乃赫米雅是這篇聖詠的作者。

第1至2節（上主，我由深淵向你呼號，我主，求你俯聽我的呼號，求你側耳俯聽我的哀禱！），學者對「深淵」解作由罪惡帶來的困苦、刑罰、黑暗，也可以是人的內心最深處。這兩節指出人無法應付罪所帶來的後果，只能向全能仁慈的天主呼救。

第3至4節（上主，你若細察我的罪孽，我主，有誰還能站立得住？可是，你以寬恕為懷，令人對你起敬起愛），天主既是全知的神，同時又是寬宏的神，值得人敬畏和欽崇。

第5至6節（我仰賴上主，我靈期待他的聖言；我靈等候我主，切於更夫的待旦），這是因罪而困在黑暗深淵的人，對上主的哀呼；亦伸延到教會渴望基督的光榮再來，徹底除盡罪惡和死亡。降生的天主子先復生拉匝祿，再到祂自己的死而復活，最終是祂復活所有的人。

第7至8節（請以色列仰賴上主，應切於更夫待旦，因為上主富於仁慈，他必定慷慨救援。他必要拯救以色列人，脫離一切所有的罪根），這是信眾對上主救援的肯定：天主因愛世人而降生，並以祂的宣講、犧牲和復活由罪的根源拯救人。教會亦不斷見證著天主的拯救。

~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  
CATHOLIC PARISH AND PRIMARY SCHOOL COMMUNITY

# St. Monica's Parish

## North Parramatta

Fifth Sunday of Lent - Year A

26th March 2023

### Entrance Antiphon

Give me justice, O God, and plead my cause against a nation that is faithless. From the deceitful and cunning rescue me, for you, O God, are my strength.

### FIRST READING

EZEKIEL 37:12-14

The Lord says this: I am now going to open your graves; I mean to raise you from your graves, my people, and lead you back to the soil of Israel. And you will know that I am the Lord, when I open your graves and raise you from your graves, my people. And I shall put my spirit in you, and you will live, and I shall resettle you on your own soil; and you will know that I, the Lord, have said and done this – it is the Lord who speaks.

*The word of the Lord*

### RESPONSORIAL PSALM

Ps129

(R.) With the Lord there is mercy and fullness of redemption

1. Out of the depths I cry to you, O Lord, Lord, hear my voice! O let your ears be attentive to the voice of my pleading. (R.)
2. If you, O Lord, should mark our guilt, Lord, who would survive? But with you is found forgiveness: for this we revere you. (R.)
3. My soul is waiting for the Lord, I count on his word. My soul is longing for the Lord more than watchman for daybreak. (Let the watchman count on daybreak and Israel on the Lord.). (R.)
4. Because with the Lord there is mercy and fullness of redemption, Israel indeed he will redeem from all its iniquity. (R.)

### SECOND READING

ROMANS 8:8-11

People who are interested only in unspiritual things can never be pleasing to God. Your interests, however, are not in the unspiritual, but in the spiritual, since the Spirit of God has made his home in you. In fact, unless you possessed the Spirit of Christ you would not belong to him. Though your body may be dead it is because of sin, but if Christ is in you then your spirit is life itself because you have been justified; and if the Spirit of him who raised Jesus from the dead is living in you, then he who raised Jesus from the dead will give life to your own mortal bodies through his Spirit living in you.

*The word of the Lord*

### GOSPEL ACCLAMATION

Praise to you, Word of God, Lord Jesus Christ!  
I am the resurrection and the life, says the Lord; whoever believes in me will not die for ever.  
Praise to you, Word of God, Lord Jesus Christ!

### GOSPEL

JOHN 11:1-45

There was a man named Lazarus who lived in the village of Bethany with the two sisters, Mary and Martha, and he was ill. – It was the same Mary, the sister of the sick man Lazarus, who anointed the Lord with ointment and wiped his feet with her hair. The sisters sent this message to Jesus, 'Lord, the man you love is ill.' On receiving the message, Jesus said, 'This sickness will end not in death but in God's glory, and through it the Son of God will be glorified.'

Jesus loved Martha and her sister and Lazarus, yet when he heard that Lazarus was ill he stayed where he was for two more days before saying to the disciples, 'Let us go to Judaea.' The disciples said, 'Rabbi, it is not long since the Jews wanted to stone you; are you going back again?' Jesus replied:

'Are there not twelve hours in the day? A man can walk in the daytime without stumbling because he has the light of this world to see by; but if he walks at night he stumbles, because there is no light to guide him.'

He said that and then added, 'Our friend Lazarus is resting, I am going to wake him.' The disciples said to him, 'Lord, if he is able to rest he is sure to get better.' The phrase Jesus used referred to the death of Lazarus, but they thought that by 'rest' he meant 'sleep', so Jesus put it plainly, 'Lazarus is dead; and for your sake I am glad I was not there because now you will believe. But let us go to him.' Then Thomas – known as the Twin – said to the other disciples, 'Let us go too, and die with him.'

On arriving, Jesus found that Lazarus had been in the tomb for four days already. Bethany is only about two miles from Jerusalem, and many Jews had come to Martha and Mary to sympathise with them over their brother. When Martha heard that Jesus had come she went to meet him. Mary remained sitting in the house. Martha said to Jesus, 'If you had been here, my brother would not have died, but I know that even now, whatever you ask of God, he will grant you.' 'Your brother' said Jesus to her 'will rise again.' Martha said, 'I know he will rise again at the resurrection on the last day.' Jesus said:

'I am the resurrection and the life. If anyone believes in me, even though he dies he will live, and whoever lives and believes in me will never die. Do you believe this?'

'Yes, Lord,' she said 'I believe that you are the Christ, the Son of God, the one who was to come into this world.'

When she had said this, she went and called her sister Mary, saying in a low voice, 'The Master is here and wants to see you.' Hearing this, Mary got up quickly and went to him. Jesus had not yet come into the village; he was still at the place where Martha had met him. When the Jews who were in the house sympathising with Mary saw her get up so quickly and go out, they followed her, thinking that she was going to the tomb to weep there.

Mary went to Jesus, and as soon as she saw him she threw herself at his feet, saying, 'Lord, if you had been here, my brother would not have died.' At the sight of her tears, and those of the Jews who followed her, Jesus said in great distress, with a sigh that came straight from the heart, 'Where have you put him?' They said, 'Lord, come and see.' Jesus wept; and the Jews said, 'See how much he loved him!' But there were some who remarked, 'He opened the eyes of the blind man, could he not have prevented this man's death?' Still sighing, Jesus reached the tomb: it was a cave with a stone to close the opening. Jesus said, 'Take the stone away.' Martha said to him, 'Lord, by now he will smell; this is the fourth day.' Jesus replied, 'Have I not told you that if you believe you will see the glory of God?' So they took away the stone. Then Jesus lifted up his eyes and said:

'Father, I thank you for hearing my prayer. I knew indeed that you always hear me, but I speak for the sake of all these who stand round me, so that they may believe it was you who sent me.'

When he had said this, he cried in a loud voice, 'Lazarus, here! Come out!' The dead man came out, his feet and hands bound with bands of stuff and a cloth round his face. Jesus said to them, 'Unbind him, let him go free.'

Many of the Jews who had come to visit Mary and had seen what he did believed in him.

*The Gospel of the Lord*

### Communion Antiphon

Everyone who lives and believes in me will not die ever, says the Lord.