

天主教華人牧民處

www.chinesechaplaincyparra.org



四旬期第五主日（丙年）

2025年4月6日

進台詠

天主，求您為我伸冤，駁斥殘酷的人民，求您救我脫離欺詐和邪惡的人。天主，您是我的勇力。

讀經一

依撒意亞先知書 43:16-21

上主這樣說：「他曾海中開了一條路，在怒潮中闢了一條道；他曾使車、馬、軍隊和將領，一同前來，沉沒後，再未浮起，就此被消滅，像熄滅的燈心一樣。

「你們不必追念古代的事，也不必回憶過去的事！看哪！我要行一件新事，現在即要發生；你們不知道嗎？看哪！我要在荒野中，開闢道路；在沙漠裡，開掘河流。

「田野間的走獸、豺狼和駝鳥，都要讚美我，因為我在曠野中，使水湧出，在沙漠裡，使河流成渠，為把水賜給我所揀選的百姓喝；就是我為自己所造化的人民，好叫他們講述我的榮耀。」—上主的話

答唱詠

詠126

【答】：上主向我們行了偉大的奇蹟，我們的確滿心歡喜。

領：上主帶領俘虜回到熙雍，我們覺得彷彿是在夢中；那時，我們笑口盈盈，引吭高歌。【答】

領：那時，外邦異民都讚歎不已：上主向他們行了何等奇事！上主向我們行了偉大的奇蹟，我們的確滿心歡喜。【答】

領：上主，求你轉變我們的命運！就像乃革布有流水的灌溉。那含淚播種的人，必含笑獲享收成。【答】

領：他們邊行邊哭，出去播種耕耘；他們載欣載奔，回來背著禾捆。【答】

讀經二

致斐理伯人書 3:8-14

弟兄姊妹們：

我將一切都看作損失，因為我只以認識我主基督耶穌為至寶；為了他，我自願損失一切，拿一切當廢物，為賺得基督，為結合於他，為獲得那出於天主，基於信德的正義；這正義並非因為我遵守法律，而獲得的，而是由於信仰基督，而獲得的。我只願認識基督，及他復活的德能；參與他的苦難，相似他的死；我希望也得到由死者中的復活。

這並不是說：我已經達到這目標，或已成為成全的人；我只願向前跑，看看是否我也能夠奪得，因為基督耶穌已奪得了我。弟兄們！我並不以為我已經奪得；我只願一件事：即忘盡我背後的，只向在我前面的奔馳，為達到目標，為爭取天主在基督耶穌內，召我向上爭奪的獎品。—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：上主說：現在，你們應全心歸向我，因為我是寬仁慈悲的。

眾：基督、天主聖言，願光榮歸於你。

福音

聖若望福音 8:1-11

那時候，耶穌上了橄欖山。清晨，他又

來到聖殿；眾百姓都來到他面前；他便坐下教訓他們。

那時，經師和法利塞人，帶來了一個犯姦淫時，被捉住的婦人，叫她站在中間，便向耶穌說：「師父！這婦人是正在犯姦淫時，被捉住的。在法律上，梅瑟命令我們，該用石頭砸死這樣的婦人；可是，你說什麼呢？」他們說這話，是要試探耶穌，好能控告他。

耶穌卻彎下身，用指頭在地上畫字。因為他們不斷地追問，耶穌便站起身來，向他們說：「你們中間誰沒有罪，先向她投石吧！」耶穌又彎下身，在地上寫字。他們一聽這話，就從年老的開始，到年幼的，一個一個地都溜走了，只留下耶穌一人，和站在那裡的婦人。

耶穌於是站起身來，向那婦人說：「婦人！他們在那裡呢？沒有人定你的罪嗎？」

那婦人說：「主！沒有人。」

耶穌向那婦人說：「我也不定你的罪；去吧！從今以後，不要再犯罪了！」

—上主的話

領主詠

「婦人！沒有人定你的罪嗎？」「主！沒有人。」「我也不定您的罪；去吧！從今以後，不要再犯罪了！」



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
助理司鐸：	張勇浩神父（英、韓語）暫借到 Rouse Hill Catholic Parish 服務
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 www.chinesechaplaincyparra.org
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

公拜苦路 逢星期五晚上8時(粵語)，同步有修和聖事。帶領輪值：4月11日聖神同禱會

信仰探討講座（聖奧斯定會主持）
逢星期日上午10時半至11時15分，
在堂區會議室舉行，歡迎參加。
請參閱未來幾週的講座內容：

日期	內容	講者
13/4/2025	教理 - 舊約 - 受苦的僕人	Eric Wong
20/4/2025	從信仰看人類苦難的意義	Ruby Chan
27/4/2025	信仰生活分享	Cecillia Li from Hurtsville

聖經幼稚園（網上講座） 林勝文神父主講聖經各書卷導讀

逢每月第二及第四個星期六，晚上8時至9時在網上舉行。下次舉行日期：2025年4月12日。
報名及查詢請WhatsApp 或傳短訊給牧民處熱線 0411 192 278

2025 聖週禮儀時間表

請在聖堂大門索取單張，
或用這二維碼下載。



四旬期愛德扶貧 (Project Compassion 2025)

請在今年耶穌受難節（4月18日）前，把現金捐款帶回聖堂；或作網上捐款。



耶穌受難節小退省 主題：耶穌、般雀彼拉多，誰審誰？

日期：2025年4月18日（聖週星期五）（當日須守大小齋）

時間：中午12時半至下午2時半 地點：禮堂

自備午餐，禮堂有冷熱清水供應。無須報名，歡迎大家參加，並留步參與下午3時的苦難禮儀。

主日午餐 主日午餐服務將於4月13日至27日暫停，5月4日恢復，敬請留意。

聖經人物趣談 將於5月11日恢復舉行。

本主日答唱詠選自聖詠第126篇。這是其中一篇「昇階聖詠」（聖詠120至134篇，又稱「登聖殿歌」）。是以民往耶路撒冷朝聖，特別是到達聖殿時互相對唱的歌曲。有傳統說是聖殿大門有十五級階梯，朝聖者每上一級就詠唱一首聖詠。作者卻不詳。今日的讀經完整地讀出整首聖詠。

全詩大意是以民在波斯帝國君王居魯士的恩准下，重返巴勒斯坦，結束八十年被充軍巴比倫的日子（見厄上、下）。詩人藉這歌稱謝天主的洪恩，並求天主把四散的以民，收集回來。

答句出自第2至3節（那時，我們滿口喜氣盈盈，我們雙唇其樂融融。那時，外邦異民都讚歎不已：上主向他們行了何等奇事！上主向我們行了偉大奇蹟，我們的確也覺得滿心歡喜。），聖母讚主曲亦引用了這一節（見路1:49），表達了以民歸國完全出自天主的大能。

第4至6節（上主，求你轉變我們的命運！就像乃革布有流水的澆淋。那含淚播種的人，必含笑獲享收成；他們邊行邊哭，出去播種耕耘，他們載欣載奔，回來背着禾捆。），詩人以荒漠降雨和農作豐收來描述以民回國的欣喜。這也是所有人得蒙主恩的正常反應。

~勝文神父

歡迎把這通訊
帶回家細閱

禧年禱文

天父，願祢藉着祢的聖子——我們的兄長耶穌基督，所賦予我們的信德，和聖神在我們心中燃點的愛德火焰，重振我們對祢神國的望德。

願祢的恩寵轉化我們，使我們努力不懈地栽種福音的幼苗。但願那些福音幼苗，使人類和宇宙萬物由內而外得以轉化，並能懷着確切的希望，期待新天新地的來臨，那時，邪惡勢力要全被摧毀，祢的榮耀卻要永遠常存。

願禧年的恩寵重振我們這些希望的朝聖者，對天國寶藏的渴求。願這同一恩寵使我們救主的喜樂與平安惠及普世萬民。願讚頌和光榮歸於祢——天主，至於無窮之世。亞孟。



Scripture: John 8: 1-11

Observation:

In this week's gospel, we again see the awesome grace of Jesus but also the importance of self-awareness, examination of conscience and confession. We see that the scribes and Pharisees attempted to catch Jesus in a trap so they can lay some charges against Jesus. They brought a woman who was accused of adultery to Jesus. Now it does not actually say whether this was factual or just all accusations in the scripture but nonetheless, Jesus "reverse-UNO'ed" them and asked whoever is without sin to throw the first stone. One-by-one, they all left, and in the end, Jesus is the last one left standing. The obvious message here is that none of us are without sin and thus we are not to start condemning others for their sins as this is God's power. However, the other significant detail here is that Jesus is the only one left standing at the end, he is the only one without sin, the one true judge, yet he sets her free and tells her to not sin again. This is Jesus defeating sin and death for us.

Application:

We often try to find faults in others, after all, humans love some dramas and gossip. In doing so, we are blinded to our own unfaithfulness to our faith and to God. We are not God, not Jesus, it is not our role to condemn each other of their sins. We must love everyone, and treat them fairly, no matter what they have done. This is easier said than done. Can you treat a proven criminal, a drug addict, a bully the same way you would treat your friends? And can you recognize your own sins and seek forgiveness. During the rest of the lent season, I would like to challenge you to contemplate on this, go through the examination of conscience and then go to confession.

Prayer:

Dear Jesus, thank you for your goodness and righteousness. You are the one true Judge and I pray that we always remember this so we can humble ourselves before you, and have the strength and courage to own up to our sins so that we can start seeking for your help in turning away from these sins and temptations. Amen.

Youth Announcements

Youth Camp 2025 with Simon Carrington

This year, we have the privilege of hosting Simon Carrington as a guest speaker at our youth camp! Simon is the co-founder of Fire Up Ministries and a well-known speaker on chastity, dating, theology of the body and masculinity. He will be hosting an information session on 4th May at 2pm at St Monica's to provide more details of our upcoming camp. This is a unique opportunity to learn from an expert in the field, and it will be open to everyone in the congregation. The session is especially targeted for parents, so we invite ALL parents to come along to the information session.

Youth Mass (4th Sunday)

Youth mass will now be held at 10:15 AM on the 4th Sunday of each month. It will be held entirely in English.

St Monica's Youth Group (SMYG)

Youth Group will continue each week in the community room, starting at 10:30AM! If you are year 6 and up, come hang out for some games, make new friends and learn about God together! If you have any questions, please do not hesitate to contact one of our leaders Rebecca Cheung on 0449 055 395. On the 4th Sunday of each month, youth group will start at 11:30 AM after youth mass.

Australian Catholic Youth Festival 2025

Australian Catholic Youth Festival (ACYF) will take place in Melbourne this year from 30/11 – 2/12. We're looking to take a group of St Monica's youths down to Melbourne and are now taking expressions of interest for youths aged 15 and over. We will be aiming to travel to depart Sydney on 28th November and return on the 4th December. The estimated cost at this early stage is \$2500-\$3000 total. Please contact Cheryl on 0481 507 169 for more information.

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

ISAIAH 43:16-21

Thus says the Lord, who made a way through the sea, a path in the great waters; who put chariots and horse in the field and a powerful army, which lay there never to rise again, snuffed out, put out like a wick:

No need to recall the past, no need to think about what was done before. See, I am doing a new deed, even now it comes to light; can you not see it? Yes, I am making a road in the wilderness, paths in the wilds. The wild beasts will honour me, jackals and ostriches, because I am putting water in the wilderness (rivers in the wild) to give my chosen people drink. The people I have formed for myself will sing my praises. *The word of the Lord*

RESPONSORIAL PSALM

Ps 126

(R.) The Lord has done great things for us; we are filled with joy.

1. When the Lord delivered Zion from bondage, it seemed like a dream. Then was our mouth filled with laughter, on our lips there were songs. **(R.)**
2. The heathens themselves said: 'What marvels the Lord worked for them!' What marvels the Lord worked for us! Indeed we were glad. **(R.)**
3. Deliver us, O Lord, from our bondage as streams in dry land. Those who are sowing in tears will sing when they reap. **(R.)**
3. They go out, they go out, full of tears, carrying seed for the sowing: they come back, they come back, full of song, carrying their sheaves. **(R.)**

SECOND READING

PHILIPPIANS 3:8-14

I believe nothing can happen that will outweigh the supreme advantage of knowing Christ Jesus my Lord. For him I have accepted the loss of everything, and I look on everything as so much rubbish if only I can have Christ and be given a place in him. I am no longer trying for perfection by my own efforts, the perfection that comes from the Law, but I want only the perfection that comes through faith in Christ, and is from God and based on faith. All I want is to know Christ and the power of his resurrection and to share his sufferings by reproducing the pattern of his death. That is the way I can hope to take my place in the resurrection of the dead. Not that I have become perfect yet: I have not yet won, but I am still running, trying to capture the prize for which Christ Jesus captured me. I can assure you my brothers, I am far from thinking that I have already won. All I can say is that I forget

the past and I strain ahead for what is still to come; I am racing for the finish, for the prize to which God calls us upwards to receive in Christ Jesus.

The word of the Lord

GOSPEL ACCLAMATION

Glory and praise to you, Lord Jesus Christ! With all your heart turn to me, for I am tender and compassionate. Glory and praise to you, Lord Jesus Christ!

GOSPEL

JOHN 8:1-11

Jesus went to the Mount of Olives. At daybreak he appeared in the Temple again; and as all the people came to him, he sat down and began to teach them.

The scribes and Pharisees brought a woman along who had been caught committing adultery; and making her stand there in full view of everybody, they said to Jesus, 'Master, this woman was caught in the very act of committing adultery, and Moses has ordered us in the Law to condemn women like this to death by stoning. What have you to say?' They asked him this as a test, looking for something to use against him. But Jesus bent down and started writing on the ground with his finger. As they persisted with their question, he looked up and said, 'If there is one of you who has not sinned, let him be the first to throw a stone at her.' Then he bent down and wrote on the ground again. When they heard this they went away one by one, beginning with the eldest, until Jesus was left alone with the woman, who remained standing there. He looked up and said, 'Woman, where are they? Has no one condemned you?' 'No one, sir,' she replied. 'Neither do I condemn you,' said Jesus 'go away, and don't sin any more.'

The Gospel of the Lord

COMMUNION ANTIPHON

Has no one condemned you, woman? No one, Lord. Neither shall I condemn you. From now on, sin no more.



故事的開始敘述耶穌正在聖殿教導百姓的時候，有一些經師和法利塞人帶來的一個女人，並且在耶穌前控訴：「師傅！這個婦人是正在犯姦淫時被抓到的」。猶太法律對於通姦罪有清楚的規定，懲罰非常嚴厲：「若人與一有夫之婦通姦，即與鄰友之妻通姦，奸夫奸婦應一律處死。」（肋二十10；申二二22）

法利塞人和經師詢問耶穌「該如何處置這個女人？」這個問題是整個故事的真正的關鍵。福音作者清楚地指出法利塞人和經師們心懷詭詐：「他們說這話，是要試探耶穌，好能控告他。」他們的企圖在於使耶穌陷入一個兩難的情況：如果耶穌為這個婦女說情，那麼他就違抗法律；如果祂判定這女人該死，那麼祂就是相反自己一再宣講的仁慈與寬恕，祂的福音喜訊就變成了虛偽的空談。

面對這個情況「耶穌卻彎下身去，用指頭在地上寫字」，這個反應顯示耶穌完全掌握自主權，似乎完全不願理會那些控訴者。我們當然也可以探討，到底耶穌的這個姿態只是為了拖延時間？或者含有更深的意義？有些學者認為這裡影射耶肋米亞先知書的話：「上主，以色列的希望！凡離棄你的必要蒙羞，上主，凡遠離你的必被紀錄在地上。」（耶十七13）如果真是如此，那麼耶穌就是暗示天主才是一切人的審判者。

由於這些宗教領袖們不肯罷休，一再逼迫耶穌表態，耶穌遂站起來對他們說：「你們中間誰沒有罪，先向他投石吧！」申十七7規定，處罰犯人的時候「見證人應該首先下手」。然而耶穌卻非常明白的設下一個條件，只有那「沒有罪的人」才可以扔下石頭。事實上，世上完全無罪的人只有一位，就是耶穌自己。在場的人聽了耶穌的話後，「就從年老的開始到年幼的，一個一個地都溜走了。」

最後，只剩下兩個人留在現場：罪婦和耶穌——唯一有權力判斷罪人的那一位。耶穌問那女人說：「婦人！他們在哪裡呢？沒有人定你的罪嗎？」耶穌提出這個問題，目的並不只是要這個女人認罪，而是說明一個普遍的真實情況：所有的人都是罪人！（因為所有的人都離開了）。因此，耶穌對這個婦女說：「去吧，我也不定你的罪」，也並不只是寬恕她一人而已；這個寬恕事實上是一個生動而具體的例子，說明一切人都需要天主的寬恕，而天主也的確願意寬恕每一個人。

這個婦女不僅得到罪赦，也同時得到一個恩賜和使命，她必須開始一個新的生活、一個沒有罪的生活：「去吧！從今以後，不要再犯罪了！」