

# 天主教華人牧民處

www.chinesechaplaincyparra.org



## 光榮十字聖架（慶日）

2025年9月14日

### 進堂詠

我們只以我們的主耶穌基督的十字架，來誇耀，因為基督是我們的救恩、生命和復活；藉著他，我們才得到釋放和自由。

### 讀經一 戶籍紀 21:4-9

那時候，以色列子民在曠野，很不耐煩。

他們抱怨天主和梅瑟，說：「你們為什麼領我們由埃及上來，死在曠野？這裡沒有糧食，又沒有水，我們對這些輕淡的食物，已感厭惡。」

上主就打發火蛇，到人民當中，咬死了許多以色列人。人民於是來到梅瑟面前，說：「我們犯了罪，抱怨了上主和你；請你轉求上主，給我們趕走這些蛇。」梅瑟於是為人民轉求。

上主對梅瑟說：「你做一條火蛇，掛在木竿上；凡是被咬的，一瞻仰牠，必得生存。」梅瑟就做了一條銅蛇，掛在木竿上；那些被蛇咬了的人，一瞻仰銅蛇，就保存了生命。

—上主的話

### 答唱詠 詠78

【答】：我的百姓，請傾聽我的教導。請你們側耳，聽我的訓誨。我要開口講述譬喻，我要說出古代謎語。

領：上主擊殺他們，他們即來尋覓上主。他們回心轉意，熱切尋求天主，也想起：天主是自己的磐石，至高者天主是自己的救主。【答】

領：可是，他們只是滿口謊言，以唇舌欺騙上主。他們的心毫無誠意，又不忠於上主所立的盟約。【答】

領：但是，上主卻慈悲為懷，赦免罪孽，沒有消滅他們。上主常常抑止憤怒，沒有盡量發洩怒火。

【答】

### 讀經二 致斐理伯人書 2:6-11

弟兄姊妹們：

耶穌雖具有天主的形體，並沒有以自己與天主同等，為應當把持不捨的，卻使自己空虛，取了奴僕的形體，與人相似，形狀也一見如人；他貶抑自己，聽命至死，且死在十字架上。為此，天主極其舉揚他，賜給了他一個名字，超越其他所有名字，致使上天、地上和地下的一切，一聽到耶穌的名字，無不屈膝叩拜；一切唇舌，無不明認耶穌基督是主，以光榮天主聖父。

—上主的話

### 福音前歡呼

領：亞肋路亞。

眾：亞肋路亞。

領：基督，我們欽崇你、讚美你，因為你藉著十字架，救贖了普世。

眾：亞肋路亞。



### 福音 聖若望福音 3:13-17

那時候，耶穌對尼苛德摩說：

「沒有人上過天，除了那自天降下，而仍在天上的人子。正如梅瑟曾在曠野裡高舉了蛇，人子也應照樣，被舉起來，使凡信的人，在他內獲得永生。」

天主竟然這樣愛了世界，甚至賜下了自己的獨生子，使凡信他的人，不至喪亡，反而獲得永生，因為天主沒有派遣子到世界上來，審判世界，而是為叫世界，藉著他而獲救。

—上主的話

### 領主詠

主說：當我從地上被舉起時，便要吸引眾人，來歸向我。



**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<br>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時半, 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 <a href="http://www.chinesechaplaincyparra.org">www.chinesechaplaincyparra.org</a> |
| 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 電郵: <a href="mailto:stmonicanp@bigpond.com">stmonicanp@bigpond.com</a>                                           |

### 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        |
|----------|----------------|-----------|
| 21/09/25 | 人在苦難中的角色       | Ruby Chan |
| 28/09/25 | 信仰生活分享         | Sam Lee   |
| 5/10/25  | 舊約之旅 - 後先知書(上) | Bosco Yu  |

**聖經幼稚園** (網上講座) 逢每月第二及第四個星期六, 晚上8時至9時在網上舉行。

林勝文神父主講聖經各書卷導讀。下次舉行日期: 2025年9月27日。

報名及查詢請WhatsApp 或傳短訊給牧民處熱線 0411 192 278

**周守仁樞機英語講座** 主題: 橋樑的建立 (Bridge Building)

日期與時間: 2025年9月15日(星期一)晚上6時至8時

地點: 巴拉瑪打聖博德主教座堂禮堂

參與者必須登記, 請用附上的二維碼。費用全免, 歡迎參加。



**聖經人物趣談** (林神父主持) 2025年9月21日(星期日)下午1時半至2時, 在禮堂舉行。

**禧年朝聖日** 日期: 2025年10月11日(星期六)

時間: 上午10時至下午2時

地點: Mount Schoenstatt Shrine

230 Fairlight Road, Mulgoa NSW 2745 (教區指定朝聖點)

內容: 彌撒、朝聖點介紹、簡單午餐

參加者請於今日或9月14日, 粵語主日彌撒後在聖堂大門外報名。

亦可用附上的二維碼網上報名。當日請自行駕車前往朝聖地點。



### 聖雲先會招募新團員

本堂聖雲先會(英語)現正招募新團員。若閣下有意當義工幫助有需要的弟兄姊妹, 歡迎聯絡 Jacob Payra 0431 881 697, 或參加逢每月最後一個星期三, 晚上7時, 在堂區會議室的常務會議。

### 青年組曲奇義賣 BAKE SALE

7位青年組成員正準備參加今年11月在墨爾本舉行的澳洲天主教青年節。為資助他們的朝聖旅程, 青年組將於下星期日, 9月21日, 9時和11時半彌撒後, 舉行曲奇義賣。請大家支持。

光榮十字架慶日的答唱詠選自聖詠第78篇，是「阿撒夫」所撰的詩歌。「阿撒夫」應該不只是一個人，而是出自肋未支派（即在聖殿內服侍天主）的一個家族。他們所寫的詩歌（共十二篇，即詠50; 73至83）多是歷史的追憶，用辭雄壯高尚，意義卓越，比喻和典故特多。大約都是南國末年至瑪加伯時代的作品。原詩頗長（共七十二節），教會只選讀其中幾節。

答句出自第7節，但應與第5和6節一起讀（他曾在雅各伯頒佈了誡命，也曾在以色列立定了法令；凡他吩咐我們祖先的事情，都要一一告知自己的子孫，叫那未來的一代也要明悉，他們生長後，也要告知後裔，叫他們仰望天主，不忘記他的功行，反而常要遵守天主的誡命），詩人提醒以民天主早已把法律啟示出來，凡記起和遵守的人必獲祂的恩寵。

第1至2節（我的百姓，請傾聽我的指教。請你們側耳，聽我口的訓導。我要開口講述譬喻，我要說出古代謎語），詩人闡述天主與以色列民，在西乃山所訂的盟約的精神。

第34和35節（上主擊殺他們，他們即來尋覓上主，他們回心轉意，也熱切地尋求天主，也想起天主是自己的磐石，至高者天主是自己的救主），這是以民剛入福地時的情況：順境時人民忘記天主，逆境時才曉得向天主祈求救援（詳見整部民長紀）。

第36至38節（但是他們卻滿口欺騙，以舌頭向他說出謊言。他們的心對他毫無誠意，不忠於與他所立的約誓。但是他卻慈悲為懷，赦免罪污，沒有消滅他們，且常抑止憤怒；也未曾把自己全部怒火洩露），詩人毫無掩飾以民多次離棄天主，但上主仍憐愛以民，並含蓄地預示默西亞帶來的寬恕和救援。這就是耶穌基督十字架所顯示的救恩。



**Scripture:** John 3:13-17

**Observation:** In today's Gospel reading we are invited by Jesus to reflect upon the purpose of his incarnation on Earth. The Gospel reminds us that God did not have to send his only son down to Earth to die. He did so because he loved us so much that we wished for us to be saved so that we may enjoy heaven in Communion with him. The Gospel alludes to a story in Exodus where the Israelites are punished by God for their disobedience, and God tells Moses that if any Israelite wishes to be saved they must look upon his staff with a snake on top. There are clear parallels with this Old Testament story and Jesus, we are condemned as the Israelites were because of our sin, and the only way out of that is through Jesus. In a similar way to how the Israelites could not simply kill the snakes, for us to be delivered from sin we must look to the radical love of Jesus, who died on the cross for us.

**Application:** A common objection to the belief in Catholicism by many atheists is the notion that - why can't we just be "good people", why do we need God and why do we need to worship Jesus at mass. This Gospel answers this for us, it reveals that it is impossible for us to truly be good and sinless as Jesus has been. It sounds harsh but the truth is that because of original sin we don't deserve to go to heaven, because heaven is perfect, but we are so clearly not. But it is the radical loving sacrifice of Jesus which allows us to enter the kingdom of God, it is through him and only him that we can attain salvation. That is why we must pray, that is why we must have faith because it is through prayer and faith that we can form a relationship with God. That is not to say that we should reject good works as Catholics, part of a true faith in Jesus is good works. But we cannot remove Jesus and his sacrifice if we want to obtain eternal life, if we want to build a relationship with God so that we can spend eternity with him.

**Prayer:** Heavenly Father, I thank you for even though I am a sinner, you sent your only son down to Earth for us so that we may be exalted and enter into your love. May we work tirelessly to love you as you love us, and I pray that should I fall, your love would carry me into the light of your mercy and forgiveness. Amen

### 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。

### BAKE SALE on 21st September 2025

7 members of our Youth Group will join the Australian Catholic Youth Festival at Melbourne in November. The Youth Group will hold a **BAKE SALE** on 21st September after the 9am & 11:30am Masses, to raise funds to support the youths on this pilgrimage. Please come and show your kind support!



### Youth Announcements

#### HSC blessings - 28<sup>th</sup> September 2025

If you are sitting HSC this year and would like to receive HSC blessing, please get in touch with Cheryl on 0432 205 327 so that we can inform Fr Lam. It will be during the Masses on September 28th.

#### St Monica's Got Talent - 15th November 2025

Yes! After last year's success, we will once again host St Monica's Got Talent to fundraise for the upkeep of our parish and church building. This year's event will be held on November 15<sup>th</sup>. If you are interested in performing, please contact Raphael on 0420 947 121. Any acts are welcome, especially non-musical acts as we only had musical acts last year!



# St. Monica's Parish

## North Parramatta

ST MONICA'S  
CATHOLIC PARISH AND PRIMARY SCHOOL COMMUNITY

## The Exaltation of the Holy Cross

14th September 2025

### Entrance Antiphon

We should glory in the Cross of our Lord Jesus Christ, in whom is our salvation, life and resurrection, through whom we are saved and delivered.

### First Reading Numbers 21:4-9

On the way through the wilderness, the Israelites lost patience. They spoke against God and against Moses, 'Why did you bring us out of Egypt to die in this wilderness? For there is neither bread nor water here; we are sick of this unsatisfying food.'

At this God sent fiery serpents among the people; their bite brought death to many in Israel. The people came and said to Moses, 'We have sinned by speaking against the Lord and against you. Intercede for us with the Lord to save us from these serpents.' Moses interceded for the people, and the Lord answered him, 'Make a fiery serpent and put it on a standard. If anyone is bitten and looks at it, he shall live.' So Moses fashioned a bronze serpent which he put on a standard, and if anyone was bitten by a serpent, he looked at the bronze serpent and lived. *The word of the Lord*

### Responsorial Psalm Ps 77

(R.) Do not forget the works of the Lord!

1. Give heed, my people, to my teaching; turn your ear to the words of my mouth. I will open my mouth in a parable and reveal hidden lessons of the past. (R.)
2. When he slew them then they would seek him, return and seek him in earnest. They would remember that God was their rock, God the Most High their redeemer. (R.)
3. But the words they spoke were mere flattery; they lied to him with their lips. For their hearts were not truly with him; they were not faithful to his covenant. (R.)
4. Yet he who is full of compassion forgave their sin and spared them. So often he held back his anger when he might have stirred up his rage. (R.)

### Second Reading Philippians 2:6-11

The state of Jesus was divine, yet he did not cling to his equality with God but emptied himself to assume the condition of a slave, and became as men are; and being as all men are, he was humbler yet, even to accepting death, death on a cross. But God raised him high and gave him the name which is above all other names so that all beings in the heavens, on earth and in the underworld, should bend the knee at the name of Jesus and that every tongue should acclaim Jesus Christ as Lord, to the glory of God the Father. *The word of the Lord*

### Gospel Acclamation

Alleluia, alleluia!

We adore you, O Christ, and we praise you, because by your cross you have redeemed the world.

Alleluia!

### Gospel JOHN 18:15-20

Jesus said to Nicodemus:

'No one has gone up to heaven except the one who came down from heaven, the Son of Man who is in heaven; and the Son of Man must be lifted up as Moses lifted up the serpent in the desert, so that everyone who believes may have eternal life in him. Yes, God loved the world so much that he gave his only Son, so that everyone who believes in him may not be lost but may have eternal life. For God sent his Son into the world not to condemn the world, but so that through him the world might be saved.' *The Gospel of the Lord*

### Communion Antiphon

When I am lifted up from the earth, I will draw everyone to myself, says the Lord.



耶穌和尼苛德摩談話時，先向他講述看見天國的條件是必須得到「由上而來」的永遠的生命（三1-13）。今天的福音一開始耶穌繼續闡明，得到永生的方法就是相信「被高舉的人子」（三14-15）。從整部福音來看，「高舉」的意義就是人子上升到天父那裡，而這個深刻信仰內涵具有一個外在的、每個人都能辨識的記號——「十字架」。

由此我們看見信仰的弔詭性，我們必須克服對十字架的憎惡，相信被釘死的人子——耶穌——就是天主子，相信這一切原是出自於天主的計劃，才能得到永遠的生命。藉由和戶籍紀中梅瑟高舉銅蛇的故事（戶二—6-9）相比較，若望福音告訴基督徒，人本來是被死亡之毒網綁束縛，而失去了永遠的生命，卻由於「被高舉」的耶穌基督，而重新得到天主恩賜的永遠的生命。

與天主的愛相對的是「世界」，根據若望團體的看法，這個世界本來只應該受到審判，因為整個人類都完全敗壞了。但是，天主卻派遣祂的獨生子來到世界上，並不是為了審判世界，反而是為了拯救一切經由信仰接受祂的人。由於信仰不能強迫，而是人自由的抉擇，因此，人們也可能選擇不信。既然是每人自由的抉擇，當然也得自行承受其後果。抉擇的重要性在於它決定了審判，不信的人是自己審判了自己。

這段經文的每一句話都十分珍貴，清楚地表達天主對世人的愛。原本存在於天主和世界之間的鴻溝，被祂死在十字架上的獨生子所填平。在祂救援世人的計畫中，天主唯一向世人要求的只是信仰。

耶穌曾由天降下，被高舉在十字架上，天主的仁慈大愛因此而啟示出來，使人得以「重生」，在審判時得到拯救，得到和天主一起生活的永遠的生命。「重生」並非人性智慧或努力的結果，而是聖神的恩賜和信仰的奧秘。

耶穌運用舊約中「銅蛇」的故事向「以色列的師傅」（尼苛德摩）解釋祂被高舉在十字架上的意義。被綁在木棍上的銅蛇曾經是以色列人在曠野中的救援記號，然而他們並不是被銅蛇所拯救，而是天主的仁慈所拯救。天主願意拯救迷途者，這是祂永遠的愛的奧秘。誰如果向天主開放自我，就生活在「光」中，實行真理。

## JOIN OUR PARISH STEWARDSHIP PROGRAM

A Call to Prayer, Service and Generosity

Your support helps our parish grow and flourish, ensuring our faith community remains strong for years to come. Every gift is a blessing. Thank you!



Praying



Giving



Serving

To donate, update your giving details, or volunteer: Please contact our Parish Office on 02 9630 1951 or complete and submit a Parish Stewardship envelope.



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