

天主教華人牧民處

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常年期第二十九主日（丙年）傳教節

2025年10月19日

進堂詠

天主，我向你呼號，請你回答我；求你側耳聽我，俯聽我的祈禱。上主，求你護衛我，有如眼中的瞳仁；叫我藏身於你雙翼的庇護下。

讀經一

出谷紀17:8-13

那時候，有阿瑪肋克人，來到勒非丁，同以色列人作戰。

梅瑟向若蘇厄說：「你給我們選拔壯丁，明天去同阿瑪肋克作戰。我手中拿著天主的棍杖，站在這山頂。」若蘇厄就照梅瑟吩咐他的作了，去同阿瑪肋克作戰；同時，梅瑟、亞郎和胡爾，上了那山頂。當梅瑟高舉雙手時，以色列就打勝仗；放下手的時候，阿瑪肋克就打勝仗。

終於，梅瑟的手舉得疲乏了。他們就搬了一塊石頭來，放在他後邊，叫他坐下。亞郎和胡爾，一邊一個，托著梅瑟的手：這樣，他的雙手舉著不動，直到日落的時候。於是，若蘇厄用刀劍打敗了阿瑪肋克和他的人民。——上主的話

答唱詠

詠121

【答】：我的救助來自上主；他創造了天地。

領：我舉目向聖山瞻望，我的救助來自何方？我的救助來自上主；他創造了天地。【答】

領：他決不讓你的腳滑倒；你的守護者，也決不睡覺。看，那保護以色列者，不打盹，也不會睡著。【答】

領：上主站在你的右邊，作你的護衛和保安。白天，太陽必不傷你；黑夜，月亮也不害你。【答】

領：上主保護你，免於任何災患；上主保護你的心靈平安。上主保護你出外，保護你回來，從現在起，一直到永遠的世代。【答】

讀經二

致弟茂德後書3:14-4:2

親愛的：

你要堅持你所學和所信的；你知道你是由誰學來的。你自幼便通曉了聖經；這聖經能使你，憑著那在基督耶穌內的信德，獲得得救的智慧。

凡受天主默感所寫的聖經，為教訓、為督責、為矯正、為教導人學正義，都是有益的，好使天主的人成全，適合行各種善工。

我在天主，和那要審判生死者的基督耶穌面前，指著他的顯現和他的國，懇求你：務要宣講真道，不論順境逆境，總要堅持不變；以百般的忍耐，及各樣的教訓，去反駁，去斥責，去勸勉。——上主的話

福音前歡呼

領：亞肋路亞。

眾：亞肋路亞。

領：天主的話確實是生活的，是有效力的，且可辨別人心中感覺和思念。

眾：亞肋路亞。



福音

聖路加福音18:1-8

那時候，耶穌給門徒設了一個比喻，論及人應當時常祈禱，不要灰心。耶穌說：

「某城中，曾有一個法官，不敬畏天主，也不敬重人。

「在那城中，另有一個寡婦，常去見那法官，說：請你制裁我的對頭，給我伸冤吧！那法官，多時不肯。

「以後，那法官心裡想：我雖然不敬畏天主，也不敬重人。但是，因為這個寡婦，時常來煩擾我，我還是為她伸冤，免得她不斷來糾纏我。

「於是，主說：你們聽聽這個不義的法官，說了什麼！天主所召選的人，日夜呼籲天主，天主豈能不為他們伸冤，而拖延俯聽他們嗎？

「我告訴你們：天主必要快快為他們伸冤。但是，人子來臨時，能在世上找到信德嗎？」——上主的話

領主詠

看，上主的眼睛常關注敬畏他的人，他的雙目常眷顧靠他仁慈的人；為使他們的性命，脫免死亡，使他們在飢饉時，生活如常。

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： 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

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
26/10/25	信仰生活分享	Cho Wai Cheung
02/11/25	舊約之旅 - 後先知書(中)	Bosco Yu
09/11/25	教理 - 新約的啟示 - 聖事	Peter Lee

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10月25日。
報名及查詢請WhatsApp或傳短訊給牧民處熱線 0411 192 278

聖經人物趣談 (林神父主持) 今日、11月9日和16日，下午1時半至2時，在禮堂舉行。

主日午餐服務 主日午餐服務將於今天彌撒後恢復供應。

公唸玫瑰經

下星期日10月26日，早上11時10分，青年組以英語帶領唸玫瑰經；請大家熱心出席。

諸聖節特別彌撒

2025年11月1日，星期六，早上9時15分，英語彌撒。

傳教節特別捐款

大家請捐助宗座傳信會，支持他們在非洲的福傳事功。閣下可用座位上的特備信封，或用附上的二維碼作網上捐款。



Freecall: 1800 257 296
catholicmission.org.au/mission



YOUTH MASS 英語青年彌撒

26th October 2025, SUNDAY, 11:30am

本主日答唱詠選自聖詠 121 篇。

這是其中一首「昇階聖詠」（聖詠第 120 至 134 篇，共十五篇），是以民來耶路撒冷朝聖時，準備登上聖殿山時詠唱的詩歌。另一說法是：相傳聖殿正門有十五級石階，以民每上行一階就詠唱一首聖詠。無論如何，都是以民前往耶京時的祈禱。按本篇的內容，似是出自在外流亡多年的以民，終於重返家鄉時的心聲，故此詩應是重建聖殿時的作品（詳見《厄斯德拉上、下》）。本日彌撒唱出整首聖詠。

答句出自第 2 節，但應與第 1 節齊讀（我舉我目向聖山瞻望，我的救助要來自何方？我的救助來自上主，他創造了天地宇宙）。此節描述以民的天主是創造宇宙的唯一真神，絕不像異民無能的偶像。

第 3 至 4 節（他決不讓你的腳滑倒；保護你的也決不睡覺。看，那保護以色列者，不打盹也不會睡着），詩人用另一角度描述天主：祂不像人會疲累，也不似偶像般只懂呆立；祂是時時醒寤，不斷眷顧世人的真神。

第 5 至 6 節（上主站在你的右邊，作你的護衛和保安。白天太陽必不傷你，黑夜月亮也不害你），「站在你的右邊」指天主的疼愛和珍惜；「太陽、月亮」是指天主對人是不分晝夜的眷顧。

第 7 至 8 節（上主保護你於任何災患，上主保護你的心靈平安。上主保護你出外，保護你回來，從現在起一直到永遠的世代），詩人說出天主對人無微不至的眷顧，並引導眾人過正直的生活（即出外、回來），達至永生。



Youth Corner 19th October

Scripture:

Luke 18: 1-8 – “The Parable of the Persistent Widow”

Observation:

The parable Jesus tells in today's Gospel can be described as very thought-provoking underdog story. Back in Jesus's time, widows were usually found at lower end Jewish society, with very little influence or privilege. Judges, on the other hand, could be as corrupt as they wanted to be and rarely worried about the consequences. This is especially true of the judge depicted in today's Gospel, who is so uncaring and unjust that you'll wonder how he even ended up as a judge in the first place. Even though the parable is short, we can still infer a lot about his character; he is selfish, unsympathetic, and the complete opposite of the perfect and infinitely loving judge that God is. In the end though, the judge still ends up changing his mind to help the seemingly powerless widow with her appeal, not because he felt sorry for her, but because she was so persistent that he feared he'd be physically attacked.

Application:

Today's Gospel warns us about the end times, when most people will be so consumed by earthly concerns that they abandon God. This isn't sometime in the far future – it's actually happening now. As Catholics in this era of growing distrust in God and his plans, we will undoubtedly face many trials and sufferings, but we mustn't lose our faith. Just like the widow in today's Gospel, we may sometimes feel powerless, but remember: Jesus will never forget about you, and he hears every single one of your concerns. This is why it's important to pray, not just when you feel like you need something from God, but constantly, even when those around you fall away from him. Jesus's question at the end of today's Gospel, “will he find faith on Earth?” is to get you to think: when all hope is lost, will you give up or will you keep clinging to God? Because if even a selfish and unfair judge agrees to help such a persistent widow, God will most definitely help you if you just keep persisting.

Prayer:

Heavenly father, help me to be as faithful and persevering as the widow in today's Gospel. Help me to continue trusting in your perfect sense of justice, even when the world around me grows cold. Let this draw me closer to you and strengthen my hope in your promise that we will one day be forever united with you. In your son's name, we pray. 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。

Youth Announcements

St Monica's Got Talent

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 15th November, Saturday. Tickets are on sale. We will be selling them outside the church after Mass. Prices are: \$15 for adults, \$10 for kids (12 years and under). We will also have a sausage sizzle that night before the event, which you will need to purchase a \$5 meal voucher for.

If you are interested in performing, please contact Raphael on 0420 947 121. Any acts are welcome, especially non-musical acts.



St. Monica's Parish

North Parramatta

ST MONICA'S
CATHOLIC PARISH AND PRIMARY SCHOOL COMMUNITY

Twenty-Ninth Sunday in Ordinary Time - Year C (Mission Sunday)

19th October 2025

ENTRANCE ANTIPHON

To you I call; for you will surely heed me, O God; turn your ear to me; hear my words. Guard me as the apple of your eye; in the shadow of your wings protect me.

FIRST READING EXODUS 17:8-13

The Amalekites came and attacked Israel at Rephidim. Moses said to Joshua, 'Pick out men for yourself, and tomorrow morning march out to engage Amalek. I, meanwhile, will stand on the hilltop, the staff of God in my hand.' Joshua did as Moses told him and marched out to engage Amalek, while Moses and Aaron and Hur went up to the top of the hill. As long as Moses kept his arms raised, Israel had the advantage; when he let his arms fall, the advantage went to Amalek. But Moses arms grew heavy, so they took a stone and put it under him and on this he sat, Aaron and Hur supporting his arms, one on one side, one on the other; and his arms remained firm till sunset. With the edge of the sword Joshua cut down Amalek and his people.

The word of the Lord

RESPONSORIAL PSALM Ps 120

(R.) **Our help is from the Lord, who made heaven and earth.**

1. I lift up my eyes to the mountains: from where shall come my help? My help shall come from the Lord who made heaven and earth. (R.)
2. May he never allow you to stumble! Let him sleep not, your guard. No, he sleeps not nor slumbers, Israel's guard. (R.)
3. The Lord is your guard and your shade; at your right side he stands. By day the sun shall not smite you nor the moon in the night. (R.)
4. The Lord will guard you from evil, he will guard your soul. The Lord will guard your going and coming both now and for ever. (R.)

SECOND READING 2 TIMOTHY 3:14-4:2

You must keep to what you have been taught and know to be true; remember who your teachers were, and how, ever since you were a child, you have known the holy scriptures – from these you can learn the wisdom that leads to salvation through faith in Christ Jesus. All scripture is inspired by God and can profitably be used for teaching, for refuting error, for guiding people's lives and teaching them to be holy. This is how the man who is dedicated to God becomes fully

equipped and ready for any good work.

Before God and before Christ Jesus who is to be judge of the living and the dead, I put this duty to you, in the name of his Appearing and of his kingdom: proclaim the message and, welcome or unwelcome, insist on it. Refute falsehood, correct error, call to obedience – but do all with patience and with the intention of teaching.

The word of the Lord

GOSPEL ACCLAMATION

Alleluia! Alleluia!

The word of God is living and active; it probes the thoughts and motives of our heart.

Alleluia! Alleluia!

GOSPEL LUKE 18: 1-8

Jesus told his disciples a parable about the need to pray continually and never lose heart. 'There was a judge in a certain town' he said 'who had neither fear of God nor respect for man. In the same town there was a widow who kept on coming to him and saying, "I want justice from you against my enemy!" For a long time he refused, but at last he said to himself, "Maybe I have neither fear of God nor respect for man, but since she keeps pestering me I must give this widow her just rights, or she will persist in coming and worry me to death."' And the Lord said, 'You notice what the unjust judge has to say? Now will not God see justice done to his chosen who cry to him day and night even when he delays to help them? I promise you, he will see justice done to them, and done speedily. But when the Son of Man comes, will he find any faith on earth?'

The Gospel of the Lord

COMMUNION ANTIPHON

Behold, the eyes of the Lord are on those who fear him, who hope in his merciful love, to rescue their souls from death, to keep them alive in famine.

聖言導讀

今日福音比喻中的角色非常簡單，只有兩個人物，首先是一位法官。路加以最精簡的文字，生動地將這人刻畫為「不義的法官」：這人「不敬畏天主，也不敬重人」。意思是他的生活完全相反「愛天主、愛人」的最高誠命，因此絕對不會做任何好事。

比喻中第二個角色是一個寡婦，代表那些社會身份低微，缺乏獨立生活的能力，而且常常遭受社會強權欺壓的人。路加相對於其他的新約作者，路加作品對貧窮弱小者特別感到興趣，也特別關心寡婦。對路加而言，寡婦代表信仰團體中一個特殊的類群，特別需要被關心與照顧。這位寡婦多次來到法官前，要求他為她伸張正義，制裁欺壓她的人。但是，這位法官卻根本不願理會寡婦的請求。

寡婦既無能力反抗，又無管道上訴，看似注定要終身忍受冤屈了。但是她並不因此而放棄，反而把握自己唯一的「武器」，永無休止地向法官哭求。由於她的堅持，經過了很長的時間後，整個事態終於發生令人意想不到的轉折，這位原本不願採取任何行動的法官終於有了回應。他內心的自言自語顯示他自私自利的特質，他決定讓步，為寡婦伸冤，並非為了伸張正義，而是為自己的好處，希望不再被這個寡婦煩擾，而能重新得到安寧。比喻就在這個重大轉折中結束。

這個比喻與現實生活之間存在兩個相對應的概念。舊約聖經常常提到天主特別關愛保護寡婦（參閱：申18；詠68：6）；路加寫作之時，心目中常懷有他的教會團體，而把寡婦詮釋為被天主召選進入基督徒團體的成員。他提醒天主的選者應該和這位寡婦一樣，在苦難中日夜不停地向天主呼求救助。

初期教會團體的生活常常面臨各種壓迫和苦難，他們也意識到天主正義審判的日子遲遲未到，路加面對這個情況編輯了這段福音敘述，為了鼓勵他的讀者堅定信德不斷祈禱。對我們今日的讀者而言，這段經文更是一個迫切的教導，提醒我們面對當前各種不公義的情況，尤其要懷著信心與希望，堅定而持久地祈禱。

這位寡婦的例子也教導我們，不要低估「小人物」祈禱的力量。任何人都都不應自認微小而懷疑自己祈禱的功效，重要的是必須經常恆久的祈禱。

歡迎把這通訊
帶回家細閱

<http://www.ccreadbible.org>