

# 天主教華人牧民處

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## 常年期第三十主日（丙年）

2025年10月26日

### 進堂詠

願尋求上主的人，樂滿心中。請眾尋求上主和他的德能，要時常不斷追求他的儀容。

### 讀經一

德訓篇 35:12-14, 16-18

上主是審判者，決不看情面。他決不偏袒任何人，而加害窮人；他倒樂於俯聽受壓迫者的祈禱。他決不輕視孤兒的哀求，及寡婦訴苦的歎息。

凡誠心誠意恭敬天主的，必蒙接納；他的祈禱上徹雲霄。謙卑人的祈禱，穿雲而上，不達到目的，決不罷休；不等至高者見了，為義人伸冤，執行正義，決不離開。上主決不遲延。——上主的話

### 答唱詠

詠34

【答】：卑微人一呼號，上主立即俯允。

領：我要時時讚美上主；我的口舌不斷讚頌上主。願我的心靈，因上主而自豪；願謙卑的人聽到，也都歡喜雀躍。【答】

領：上主的威容，敵視作惡的人民，把他們的紀念，從人間抹去。義人一呼號，上主立即俯允，拯救他們，脫離一切艱辛。【答】

領：上主親近心靈破碎的人；他必救助精神痛苦的人。上主救助他僕人的生命，凡投奔他的，必不受處罰。【答】

### 讀經二

致弟茂德後書 4:6-8, 16-18

親愛的：

我已被奠祭，我離世的時期，已經近了。這場好仗，我已打完；這場賽跑，我已跑到終點；這信仰，我已保持了。從今以後，正義的冠冕，已為我預備好了，就是主、正義的審判者，到那一日，必要賞賜給我的；不但賞賜給我，而且也賞賜給一切愛慕他顯現的人。

在我初次過堂時，沒有人在我身旁；眾人都離棄了我。願天主不歸罪於他們！但是，主卻在我左右，堅固了我，使福音的宣講，藉著我而完成，使一切外邦人，都能聽見；我也從獅子口中，被救了出來。

主要救我脫離各種凶惡的事，也要使我安全地進入他天上的國。願光榮歸於他，於無窮世之世！阿們。——上主的話

### 福音前歡呼

領：亞肋路亞。

眾：亞肋路亞。

領：天主在基督內，使世界與自己和好，且將和好的話，放在我們口中。

眾：亞肋路亞。



### 福音

聖路加福音 18:9-14

那時候，耶穌向幾個自充為義人，而輕視其他人的人，設了這個比喻：「有兩個人上聖殿去祈禱：一個是法利塞人，另一個是稅吏。」

「那個法利塞人站著，心裡這樣祈禱：天主，我感謝你，因為我不像其他人，勒索、不義、姦淫，也不像這個稅吏。我每周兩次禁食，凡我所得的，都捐獻十分之一。」

「那個稅吏卻遠遠地站著，連舉目望天都不敢，只是捶著自己的胸膛說：天主，可憐我這個罪人吧！」

「我告訴你們：這稅吏回到他家裡，成了正義的人，而那法利塞人卻不然。因為凡高舉自己的，必被貶抑；凡貶抑自己的，必被高舉。」——上主的話

### 領主詠

我們要因天主的救恩而歡樂，並頌揚他的名號。

# 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        | <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<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> |

## 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        |
|----------|-----------------|-----------|
| 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 |
| 16/11/25 | 聖保祿二世看痛苦的意義(2)  | Eric Wong |

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11月8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) 11月9日和16日下午1時半至2時，在禮堂舉行。

## 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。

## 聖莫尼加堂才藝表現 St. Monica's Got Talent

青年組統籌的才藝表現，將於11月15日(星期六)，晚上7時舉行，入場券成人\$15，十二歲或以下\$10。同日晚上6時至7時有肉腸燒烤，餐券每位\$5。歡迎參加。門券收益將捐助堂區的維修經費。

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31 OCT 2025 HEALING NIGHT 7.30 PM St Luke's Marsden Park - Performance Hub

01 NOV 2025 Discover Christ in you, the hope of glory St Luke's Marsden Park - Performance Hub Day Retreat includes: • Light Refreshments & lunch • Childminding • Kids Retreat (6-12 yrs) 10 AM - 4 PM

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本主日的答唱詠選自聖詠第 34 篇。

原文標明是達味所作，寫此詩的背景是在他作撒烏耳君王的臣子時，撒烏耳因嫉妒而追殺他；達味因此逃走，更要在人前裝瘋扮傻才得以保命（見撒 21:11-15）。全詩共二十二節，每節起首均以希伯來語的字母順序排列，這種體裁除了顯出詩人的才情，更是為方便記憶和背誦。全詩的內容都是讚頌眷顧人的天主。

答句出自第 7 節（卑微人一呼號，上主立即俯允，並且救拔他出離一切的苦辛），達味甘願在上主前自謙自卑，並讚頌救贖大眾的主。

第 2 和 3 節（我必要時時讚美上主，對他的讚頌常在我口；願我的心靈因上主而自豪，願謙卑的人聽到也都喜躍），詩人邀請信眾，無論在順境和逆景，都應讚頌天主。

第 16 至 21 節（因為上主的雙目垂顧正義的人，上主的兩耳聽他們的哀聲。上主的威容敵視作惡的人民，要把他們的紀念由世上滅盡。義人一呼號，上主立即俯允，拯救他們出離一切的苦辛。上主親近心靈破碎的人，他必救助精神痛苦的人。義人的災難雖多，上主卻救他免禍；把他的一切骨骸保全，連一根也不容許折斷），詩人詳述天主怎樣眷顧百姓，亦是人領受基督聖體寶血的效果，即第 9 節所述的「真福永歡」。第 21 節更在基督死亡時應驗了（見若 19:33-36）。

第 23 節（上主救助他僕人的生命，凡投奔他的必不受處刑。），不少學者認為是後加的一節，因「僕人」一詞，似來自《依撒意亞先知書》在以民充軍時的部分，即「上主僕人」詩歌（見依 42:1-4; 49:1-7; 50:4-9; 52:13-53:12）。

## 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 Corner 26th January

Scripture- Luke 18:9-14

### Observation:

In today's gospel, we are shown the contrast between the pharisee and the tax collector. The pharisee's prayer was self-righteous and full of himself. In contrast, the tax collector humbles himself and asks God for mercy for his sins. The pharisee also makes a point to highlight that he fasts twice a week and how much he gives. He even points out that he is better than this tax collector. The arrogance and humility displayed between the two is quite clear and Jesus points out how the tax collector is the one who went home justified and is exalted.

### Application:

It is obviously quite clear that we should be humble like the tax collector. Yes, we shouldn't boast about how great we are or how righteous we are, or how involved we are at church etc. But in reality, it's very hard to do. Sometimes we are not even boasting ourselves but our children. How often do we here a parent showing off their kids, or gloating about how smart or talented their child are. Yes, of course children bring a great source of pride to parents, there is nothing wrong with that. However, we must always remember to act humbly as in our unintentional boasting, others may feel looked down upon. This is the first step, to act humbly. Now we can go deeper with this. True humility shows vulnerability and weakness. We can say that we are humble, we can act humbly, but is this just an act or are we truly humble. In the passage, the tax collector is beating his chest asking for forgiveness wholeheartedly. Every Sunday, we recite the Confiteor at the start of the mass "in my thought, in my words, in what I have done and in what I failed to do...through my fault, through my fault, through my most grievous fault..." whilst beating our chest in the same way the tax collector did. And then in the Lord's Prayer, "forgive us our trespasses, as we forgive those who trespass against us". Are we just going through the motions, putting on a performance for the rest of the congregation to see, or do we actually mean it. True humility must come from within. I urge that we all practice self-reflection, especially during mass as we beat out chest confessing our failures, and regularly practice examination of conscience, leading to confession and the gift of reconciliation from God.

### Prayer:

Father, please soften our hearts so that we can tear down our pride, our barriers, to allow ourselves be vulnerable before you and humble ourselves before you. Forgive our sins, and constantly remind us what true humility looks like so we may show love freely without judgement, and extended kindness to others. Amen.

## Youth Announcements

### 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 15th November, Saturday. Tickets are on sale. We will be selling them outside the church after Masses. 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 for a meal voucher. Please contact Raphael (0420 947 121).



# St. Monica's Parish

## North Parramatta

ST MONICA'S  
CATHOLIC PARISH AND PRIMARY SCHOOL COMMUNITY

Thirtieth Sunday in Ordinary Time - Year C

26th October 2025

### ENTRANCE ANTIPHON

Let the hearts that seek the Lord rejoice; turn to the Lord and his strength; constantly seek his face.

### FIRST READING

ECCLESIASTICUS 35:12-14, 16-18

The Lord is a judge who is no respecter of personages. He shows no respect of personages to the detriment of a poor man, he listens to the plea of the injured party. He does not ignore the orphan's supplication, nor the widow's as she pours out her story. The man who with his whole heart serves God will be accepted, his petitions will carry to the clouds. The humble man's prayer pierces the clouds, until it arrives he is inconsolable nor will he desist until the Most High takes notice of him, acquits the virtuous and delivers judgement. And the Lord will not be slow, nor will he be dilatory on their behalf.

*The word of the Lord*

### RESPONSORIAL PSALM

Ps 32

(R.) The Lord hears the cry of the poor.

1. I will bless the Lord at all times, his praise always on my lips; in the Lord my soul shall make its boast. The humble shall hear and be glad. (R.)
2. The Lord turns his face against the wicked to destroy their remembrance from the earth. The just call and the Lord hears and rescues them in all their distress. (R.)
3. The Lord is close to the broken-hearted; those whose spirit is crushed he will save. The Lord ransoms the souls of his servants. Those who hide in him shall not be condemned. (R.)

### SECOND READING

2 TIMOTHY 4: 6-8, 16-18

My life is already being poured away as a libation, and the time has come for me to be gone. I have fought the good fight to the end; I have run the race to the finish; I have kept the faith; all there is to come now is the crown of righteousness reserved for me, which the Lord, the righteous judge, will give to me on that Day; and not only to me but to all those who have longed for his Appearing. The first time I had to present my defence, there was not a single witness to support me. Every one

of them deserted me – may they not be held accountable for it. But the Lord stood by me and gave me power, so that through me the whole message might be proclaimed for all the pagans to hear; and so I was rescued from the lion's mouth. The Lord will rescue me from all evil attempts on me, and bring me safely to his heavenly kingdom. To him be glory for ever and ever. Amen.

*The word of the Lord*

### GOSPEL ACCLAMATION

Alleluia! Alleluia!  
God was in Christ, to reconcile the world to himself; and the Good News of reconciliation he has entrusted to us.  
Alleluia! Alleluia!

### GOSPEL

LUKE 18: 9-14

Jesus spoke the following parable to some people who prided themselves on being virtuous and despised everyone else. 'Two men went up to the Temple to pray, one a Pharisee, the other a tax collector. The Pharisee stood there and said this prayer to himself, "I thank you, God, that I am not grasping, unjust, adulterous like the rest of mankind, and particularly that I am not like this tax collector here. I fast twice a week; I pay tithes on all I get." The tax collector stood some distance away, not daring even to raise his eyes to heaven; but he beat his breast and said, "God, be merciful to me, a sinner." This man, I tell you, went home again at rights with God; the other did not. For everyone who exalts himself will be humbled, but the man who humbles himself will be exalted.'

*The Gospel of the Lord*

### COMMUNION ANTIPHON

We will ring out our joy at your saving help and exult in the name of our God.



這段經文一開始指出耶穌講話的對象是「一些自充為義人，而輕視他人的人。」從比喻本身來看，故事中的法利塞人就是這樣的人；但是由生活經驗來看，這樣的人事實上存在於任何團體之中。再者，由比較寬廣的經文脈絡來看，當時耶穌的聽眾同時包含法利塞人（路十七20）和門徒（十七22），因此耶穌教導的對象是一切狂妄自大，靠著批評他人而顯出自身優越性的人。在今日的信仰團體中也不乏這樣的人。

比喻中出現兩個對比性極強的角色，路加十分喜歡採用對比呈現的文學表達方式（參閱：路十五11-32；十六19-31），這段故事的主角是一個法利塞人和一個稅吏，但對比重點在於二人在聖殿廣場上所表現的祈禱態度。

比喻首先非常生動的敘述這位法利塞人的「祈禱」：這個法利塞人的祈禱非常特別，在耶穌的時代，在公開場合低聲祈禱並不多見，就內容而言，這人的祈禱並非讚美天主，而是「自我稱讚，並且批評他人」，因此，他的祈禱事實上使他和天主和人隔絕。

比喻中第二個角色是一位稅吏，在當時的社會中稅吏被視為是公開的罪人。這位稅吏哀求說：「天主，可憐我這個罪人！」這樣的哀求首先顯示他承認自己在天主前毫無價值。其次，根據猶太的贖罪祭規矩，罪人奉獻了贖罪祭之後，便宣告過去的罪罰已經結束，和天主重新建立正常的關係；而這個稅吏的祈禱顯示，他連這樣的恩典也不敢奢求，只盼望唯獨依靠天主的慈愛憐憫。

讀者應該注意，這是一個耶穌用來教導門徒的典範性故事，我們不可簡單化地將法利塞人和稅吏黑白二分。這個故事提醒每一個讀者，不可因為自己的「功行」而自認有權要求什麼，或輕視公開的罪人；即使我們有一些良好作為，也完全來自於天主的恩寵，在天主前我們都是罪人，都是恩寵的負債者。

歡迎把這通訊  
帶回家細閱