

# 天主教華人牧民處

www.chinesechaplaincyparra.org



## 常年期第三主日（甲年）

2026 年 1 月 25 日

### 進堂詠

請眾齊向上主歌唱新歌；普世大地，請向上主謳歌！威嚴與尊榮，常在他面前，權能與光耀，圍繞他的聖壇。

### 讀經一

依撒意亞先知書 8:23-9:3

昔日，上主曾使則步隆和納斐塔里地域，受了侮辱，但日後卻使沿海之路，約但東岸，外方人的加里肋亞，獲得了光榮。

在黑暗中行走的百姓，看見了一道皓光；那寄居於漆黑之地的人，已有光輝照射在他們身上。你加強了他們的快樂，增加了他們的喜悅；他們在你面前歡樂，有如人收割時的歡樂，又如分贓時的愉快；因為，你折斷了他們所負的重軛，和他們肩上的橫木，以及壓迫他們者的短棍，有如在米德楊那天一樣。——上主的話

### 答唱詠

詠 27

【答】：上主是我的光明，我的救援。

領：上主是我的光明，我的救援，我還畏懼何人？上主是我生命穩固的保障，我還害怕何人？【答】

領：我有一事祈求上主，我要懇切請求此事：使我一生的歲月，常居住在上主的殿裡，欣賞上主的甘飴慈祥，瞻仰上主聖所的堂皇。【答】

領：我深信在此活人地區，定會享見上主的幸福。你要鼓起勇氣，期望上主！你要振作精神，期望上主！【答】

### 讀經二

聖保祿宗徒致格林多人前書 1:10-13, 17

弟兄姊妹們：

我因我們的主耶穌基督之名，請求你們眾人言談一致；在你們中不要有分裂，但要同心合意，精誠團結。

因為，我的弟兄們，我由黑羅厄的家人，聽說你們中發生了紛爭。我的意思是說，你們各自聲稱：我是屬保祿的，我是屬阿頗羅的，我是屬刻法的，我是屬基督的。

基督被分裂了嗎？難道保祿為你們被釘死在十字架上嗎？或者你們受洗，是歸於保祿名下嗎？

原來基督派遣我，不是為施洗，而是為宣傳福音，且不用巧妙的言辭，免得基督的十字架失去效力。——上主的話

### 福音前歡呼

領：亞肋路亞。

眾：亞肋路亞。

領：耶穌宣講天國的福音，治好民間各種疾病。

眾：亞肋路亞。

### 福音

聖瑪竇福音 4:12-23

耶穌聽到若翰被監禁以後，就退避到加里肋亞；後來，又離開納匝肋，住在海邊的

葛法翁，即住在則步隆和納斐塔里境內。這應驗了依撒意亞先知所說的話：

「則步隆與納斐塔里地，通海大路，約但河東，外方人的加里肋亞，那坐在黑暗中的百姓，看見了皓光；那坐在死亡陰影之地的人，已有光明為他們升起。」

從那時起，耶穌開始宣講說：「你們悔改吧！因為天國臨近了。」

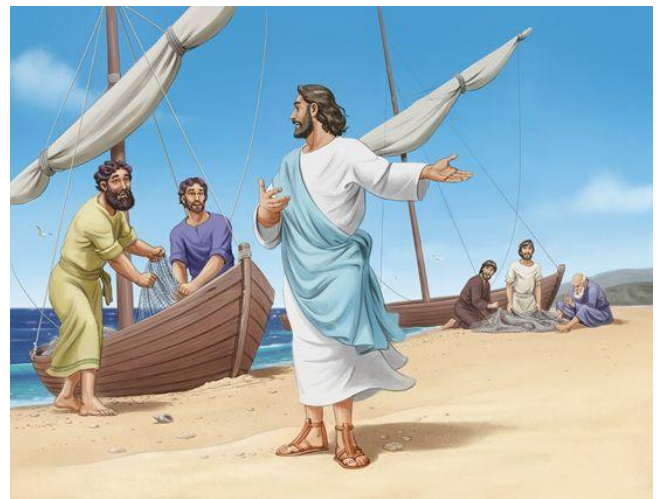
耶穌沿加里肋亞海行走時，看見了兩個兄弟：稱為伯多祿的西滿，和他的兄弟安德肋，在海裡撒網；他們原是漁夫。耶穌就對他們說：「來，跟隨我！我要使你們成為漁人的漁夫。」他們立刻捨下網，跟隨了耶穌。

耶穌從那裡再往前行，看見了另外兩個兄弟：載伯德的兒子雅各伯和他的弟弟若望，在船上，同他們的父親載伯德，修理他們的網，就召叫了他們。他們也立刻捨下漁船，及自己的父親，跟隨了耶穌。

耶穌走遍了全加里肋亞，在他們的會堂施教，宣講天國的福音，治好民間各種疾病、各種災殃。——上主的話

### 領主詠

你們瞻仰他，要喜形於色；你們的面容，絕不會羞愧。



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>
助理司鐸：	敖安博神父 Fr Ambrose Owusu-Ansah (英語) 電話：9630 1951
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，或與神父預約
病人傅油聖事 / 外送聖體：	請與神父聯絡 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)，請與神父聯絡
牧民處地址：	8 Daking Street, North Parramatta, NSW 2151 堂區網頁： <a href="https://stmonicanp.org.au">https://stmonicanp.org.au</a> 牧民處網頁： <a href="http://www.chinesechaplaincyparra.org">http://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 星期日 上午 9 時至 11 時
堂區聯絡：	電話：9630 1951 電郵： <a href="mailto:stmonicanp@bigpond.com">stmonicanp@bigpond.com</a>

### 賀年揮春及利是封

牧民議會將於下星期日彌撒後，在聖堂門口派發賀年揮春及利是封。

### 2026 年主日學開課

主日學將於 2 月 8 日 (星期日) 早上 10 時半在禮堂復課。家長們有新加入的學生請儘快聯絡  
Ady Lee (WhatsApp 0405138360; Email: [myronlee1988@gmail.com](mailto:myronlee1988@gmail.com))

### 聖奧斯定組舉辦信仰探討 2026 講座

由 2 月 1 日起，信仰探討講座於早上 10 時半至 11 時 15 分，在堂區會議室舉行。  
歡迎所有教友參加，無須報名。

日期	內容	講者
01/02/26	教父簡介	Eric Wong
08/02/26	服務與靈修	馮一冲

日期	內容	講者
15/02/26	召叫和使命 (1)	Ruby Chan
22/02/26	信仰生活分享	Josephine Fok

### 聖奧斯定組半日退省

日期與時間：1 月 26 日 (星期一、公眾假期) 上午 9 時至中午 12 時

主題：淺談聖秩聖事 (林勝文神父主講)

退省後有聚餐，歡迎教友自攜食物，聖奧斯定組亦提供少量食物分享。費用全免。

報名請聯絡 Thomas Tse (mobile) 0413304285 或 Email: [thomas.tse@optusnet.com.au](mailto:thomas.tse@optusnet.com.au).

### 2026 農曆歲末團年晚宴

日期與時間：2 月 13 日 (星期五) 晚上 7 時至 9 時半

地點：粵皇軒酒家 (RSL Blacktown, 40 Second Ave, Blacktown NSW 2148)

會所設有酒牌，可購買紅/白酒 (No BYO)，

餐券：成人 \$90；領退休金人士/十八歲或以下青年 \$75；十二歲或以下兒童 \$50。

餐券今日繼續發售。查詢請用牧民處熱線：0411 192 278。

### 2026 農曆歲末謝主彌撒及午餐

日期與時間：2 月 15 日 (星期日) 早上 11 時半

彌撒後，在禮堂舉行午餐，並有醒獅助慶。

餐券成人 \$15；十二歲或以下兒童 \$10；六歲以下幼童免費 (但請登記)。

餐券將在 2 月 1 日及 8 日的彌撒後發售。

敬請自備餐具，同時歡迎大家帶甜品分享。查詢請用牧民處熱線：0411 192 278。

### 收集舊樹枝

請大家把去年已祝福的樹枝帶回聖堂，為預備即將來臨的聖灰禮儀之用。

本主日的答唱詠選自聖詠第 27 篇。

這是達味君王所撰的詩。按內容，似乎是兩首不同的詩。第 1 至 6 節達味寫他在磨難時仍深信天主護衛他；第 7 至 14 節卻向天主哀呼，懇求天主救援。學者估計是後人把達味兩首舊詩合成一篇。至於達味於何時寫這兩首詩，學者們大都接受是達味遭撒烏耳追殺時寫成的（見撒 18-27 章）。本主日，除了答句，教會選讀了達味哀求天主的部分。

答句選自第 1 節（上主是我的光明，我的救援，我還畏懼何人？上主是我生命穩固的保障，我還害怕何人？），這是全詩的主題，先知米該亞也說過類似的話（見米 7:8）。聖詠內就有更多重複（見詠 18:29; 35:3; 36:10; 43:3; 118:6）。可見以民一直深信上主是光明，聖史若望更把這套在耶穌基督身上（見若 1:4-12）。

第 4 節（我有一事祈求上主，我要懇切請求此事：使我一生的歲月，常居住在上主的殿裏，欣賞上主的甘飴慈祥，瞻仰上主聖所的堂皇。），「我有一事祈求」原本是達味渴望天主帶領他回歸平安，不再流離失所；聖奧斯定註釋這是教會的祈禱：教會為得到天國和永生而懇切祈求。

第 13 節（我深信在此活人地區，定會享見上主的幸福。），由於原文散失，不同的譯本有不同的譯文。第 14 節（你要鼓起勇氣，期望上主！你要振作精神，期望上主！）有學者說是後人加上的。但無論如何，這兩節寫的是「望德」，人在主內永遠有希望，期待上主永不落空，信實的天主必然拯救在痛苦中的人（見路 12:35）。

#### 獻主節英語彌撒

日期：2026 年 2 月 2 日（星期一）

時間：早上 9 時 15 分

**Prayer to Saint Michael the Archangel**  
*St. Michael the Archangel, defend us in battle; be our defence against the wickedness and snares of the devil. May God rebuke him, we humbly pray, and do thou, O prince of the heavenly host, by the power of God, thrust into hell Satan and all the other evil spirits who prowl about the world seeking the ruin of souls. Amen.*



**Scripture:** Matthew 4: 12-23

#### Observation:

During Jesus's lifetime, Galilee was a region that was often looked down upon by the Jews. To them, it wasn't a particularly holy place because it was heavily shaped by Greek and Roman culture, meaning the people who lived there, including the local Jewish population, knew less about God. It also didn't help that the vast majority of Jewish temples, priests, and scholars were based in Jerusalem, which inevitably left Galilee overshadowed and overlooked.

However, as we discover in today's Gospel, Jesus deliberately chose to start his Earthly ministry there. Not only that, but he also chose to start during a particular hard time in his life – right after his beloved cousin, John the Baptist, was unlawfully arrested and sentenced to death. Jesus began by giving the people of Galilee some much-needed encouragement to repent and follow God, before then calling on his very first disciples – four insignificant, working-class, Galilean fishermen. Thus, a great light had truly begun to appear for the Galileans, the same light that has now spread all across the world and will one day replace all of its darkness.

#### Application:

Jesus sets the perfect example for us today, in terms of what to do when we are facing dark and difficult times. He doesn't sit and wait, but instead, gets going with what God intended – and that was for him to work on his Earthly ministry. As for what God intends for us when we ourselves are struggling, particularly with things like confusion, doubt, or loneliness; Jesus teaches us what to do in today's Gospel as well – to repent and realign ourselves towards God. Some ways we can do this include coming to Youth Group even when we don't feel spiritual, or taking that first, brave step to go to confession for the first time in a while. You see, God doesn't wait for us to "perfect ourselves" first before calling on us to follow him, and nothing emphasises this more than today's Gospel, where Jesus extends this invitation to four burnt-out, struggling fishermen. God calls on all people, including the spiritually weak, and does so more than willingly.

#### Prayer:

Heavenly Father. In a world rife with darkness and faithlessness, I thank you for shining your never-ending light onto me and all my Earthy brothers and sisters and showing me that no one is unworthy of your love and discipleship. Let me also extend my gratitude towards you for sending your beloved son down to us, so that I could be free from sin, and have a perfect example to follow. In his name, I pray. Amen.

#### Youth Announcements

##### Youth Announcements

##### World Youth Day 2027 expressions of interest

World Youth Day 2027 will be held in Seoul, South Korea, from 3<sup>rd</sup> to 8<sup>th</sup> August 2027. For those who have been to ACYF (Australian Catholic Youth Festival), think that but on a world scale! As it is such a big event, we are taking expressions of interest NOW so we can start the preparation for this pilgrimage ASAP. If you are over 16 and is interested, please contact Cheryl Wong (0481 507 169).

##### St Monica's Youth Group

Youth Group will continue each week in the community room, starting at 10:30AM! If you're 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 Raphael Cheung (0420 947 121).





# St. Monica's Parish

## North Parramatta

3<sup>rd</sup> Sunday of Ordinary Time (Year A)

25th January 2026



### ENTRANCE ANTIPHON

O sing a new song to the Lord; sing to the Lord, all the earth. In his presence are majesty and splendour, strength and honour in his holy place.

### FIRST READING

Is 8 : 23-9:3

#### A reading from the prophet Isaiah

In days past the Lord humbled the land of Zebulun and the land of Naphtali, but in days to come he will confer glory on the Way of the Sea on the far side of Jordan, province of the nations.

The people that walked in darkness has seen a great light; on those who live in a land of deep shadow a light has shone.

You have made their gladness greater, you have made their joy increase, they rejoice in your presence as men rejoice at harvest time, as men are happy when they are dividing the spoils.

For the yoke that was weighing on him, the bar across his shoulders, the rod of his oppressor, these you break as on the day of Midian. *The word of the Lord*

### RESPONSORIAL PSALM

Ps 26

**Response:** The Lord is my light and my salvation.

1. The Lord is my light and my help; whom shall I fear? The Lord is the stronghold of my life; Before whom shall I shrink? (R.)
2. There is one thing I ask of the Lord, for this I long, to live in the house of the Lord, all the days of my life, to savour the sweetness of the Lord, to behold his temple. (R.)
3. I am sure I shall see the Lord's goodness in the land of the living. Hope in him, hold firm and take heart. Hope in the Lord! (R.)

### SECOND READING

1 Cor 1 : 10-13, 17

#### A reading from the first letter of St Paul to the Corinthians

I appeal to you, brothers, for the sake of our Lord Jesus Christ, to make up the differences between you, and instead of disagreeing among yourselves, to be united again in your belief and practice. From what Chloe's people have been telling me, my dear brothers, it is clear that there are serious differences among you. What I mean are all these slogans that you have, like: 'I am for Paul', 'I am for Apollos', 'I am for Cephas', 'I am for Christ'. Has Christ been parcelled out? Was it Paul that was crucified for you? Were you baptised in the name of Paul?

For Christ did not send me to baptise, but to preach the Good News, and not to preach that in the terms of philosophy in which the crucifixion of Christ cannot be expressed.

*The word of the Lord*

### GOSPEL ACCLAMATION

Alleluia, alleluia!

Jesus preached the Good News of the kingdom and healed all who were sick. Alleluia!

### GOSPEL

Mt 4 : 12-23

#### A reading from the holy Gospel according to St Matthew

Hearing that John had been arrested Jesus went back to Galilee, and leaving Nazareth he went and settled in Capernaum, a lakeside town on the borders of Zebulun and Naphtali. In this way the prophecy of Isaiah was to be fulfilled:

Land of Zebulun! Land of Naphtali!  
Way of the sea on the far side of Jordan,

Galilee of the nations!

The people that lived in darkness has seen a great light; on those who dwell in the land and shadow of death a light has dawned.

From that moment Jesus began his preaching with the message, 'Repent, for the kingdom of heaven is close at hand.' As he was walking by the Sea of Galilee he saw two brothers, Simon, who was called Peter, and his brother Andrew; they were making a cast in the lake with their net, for they were fishermen. And he said to them, 'Follow me and I will make you fishers of men.' And they left their nets at once and followed him.

Going on from there he saw another pair of brothers, James son of Zebedee and his brother John; they were in their boat with their father Zebedee, mending their nets, and he called them. At once, leaving the boat and their father, they followed him.

He went round the whole of Galilee teaching in their synagogues, proclaiming the Good News of the kingdom and curing all kinds of diseases and sickness among the people. *The Gospel of the Lord.*

### COMMUNION ANTIPHON

Look toward the Lord and be radiant; let your faces not be abashed.

禮儀年甲年的主日福音基本上選讀瑪竇福音，從這個主日開始我們將在感恩禮中順序地誦讀瑪竇福音。這個主日的福音敘述耶穌開始公開生活的情形，經文共分為兩段：首先是一段過渡性的敘述，描寫耶穌由猶太地區回到家鄉加里肋亞（瑪四 12-16），接著報導耶穌所宣講的核心訊息（17），以及招收首批門徒的經過（18-23）。

耶穌在公開生活之初便宣告祂帶來的核心喜訊：「你們悔改吧！因為天國臨近了。」（瑪四 17）這段經文和馬爾谷的記載相似，但沒有收錄「時期已滿」這句話，因為根據瑪竇的敘述脈絡，在耶穌受孕與誕生時，先知的預言就開始實現；對瑪竇而言，若翰洗者已經屬於「救恩圓滿實現」的時代。耶穌和若翰一樣要求人民「悔改」（參閱：瑪三 2），然而二者之間的區別仍是十分明顯：若翰呼籲人民悔改，以避免遭受嚴厲的審判（瑪三 8-10）；而耶穌的宣講則告訴民眾，悔改就是「相信福音、接受天主所提供的仁慈」（參閱：瑪十一 20-21）。

耶穌一開始公開生活就立刻招收門徒。西滿和安德肋在撒網捕魚時聽到耶穌的召喚，當下便拋棄漁網，甚至等不及收網看看魚獲結果，立刻跟隨了耶穌。他們在耶穌後面跟隨，學習成為「漁人的漁夫」，靠著耶穌的許諾，他們將協助耶穌爭取更多的人進入天國。

耶穌邀請人參與祂的救援使命。「每一個人」都被召叫成為天國的見證者，聽見耶穌的召喚時，必須立刻回應、毅然決然地服從。然而，這是一般性的意義，並不要求基督徒團體的每一個成員都放棄一切；但有些人得到特殊的召叫，以絕對的方式跟隨耶穌，在這種情況中，放棄財產、甚至與自己的家庭分離也是必須的（瑪十 34-37）。