

天主教華人牧民處

www.chinesechaplaincyparra.org



四旬期第一主日 (甲年)

2026年2月22日

進堂詠

上主說：他若呼求我，我必應允；我必拯救他，也必光榮他，使他得享長壽。

讀經一

創世紀 2:7-9; 3:1-7

上主天主用地上的灰土，形成了人，在他鼻孔內，吹了一口生氣，人就成了一個有靈的生物。

上主天主在伊甸東部，種植了一個樂園，就將他形成的人，安置在裡面。上主天主使地面生出各種好看好吃的果樹，生命樹和知善惡樹在樂園中央。

在上主天主所造的一切野獸中，蛇是最狡猾的。蛇對女人說：「天主真說了，你們不可以吃樂園中，任何樹上的果子嗎？」

女人對蛇說：「樂園中樹上的果子，我們都可以吃；只有樂園中央，那棵樹上的果子，天主說過，你們不可以吃，也不可觸摸，免得死亡。」

蛇對女人說：「你們決不會死！因為天主知道，你們那天吃了這果子，你們的眼就會開了，將如同天主一樣知道善惡。」

女人看那棵果樹，實在好吃好看，令人羨慕，且能增加智慧，於是摘下一個果子吃了，又給了她的男人一個；他也吃了。於是，兩人的眼立即開了，發覺自己赤身露體，於是用無花果樹葉，編了裙子，圍著身體。 —上主的話

答唱詠

詠 51

【答】：上主！我們犯了罪，求你垂憐。

領：天主，求你按照你的仁慈，憐憫我；依你豐厚的慈愛，消滅我的罪惡。求你洗盡我的過犯；求你除淨我的罪惡。【答】

領：因為我認清了我的過犯；我的罪惡常在我的眼前。我得罪了你，唯獨得罪了你，因為我作了你視為惡的。【答】

領：天主，求你給我再造一顆純潔的心；求你使我心，重獲堅固的精神。求你不要從你的面前，把我拋棄；不要從我身上，收回你的聖神。【答】

領：求你使我重獲你救恩的喜樂；求你以慷慨的精神，來扶持我。我主，求你開啟我的口唇；我要親口宣揚你的光榮。【答】

讀經二

聖保祿宗徒致羅馬人 5:12-19

弟兄姊妹們：

就如罪惡藉著一人，進入了世界，死亡藉著罪惡，也進入了世界；這樣，死亡就殃及了眾人，因為眾人都犯了罪。

沒有法律之前，罪惡已經在世界上，雖然因為沒有法律，罪惡本應不算為罪惡。但從亞當起，直到梅瑟，死亡卻作了王，連那些沒有像亞當一樣，違法犯罪的人，也屬它權下；這亞當原是那未來亞當的預像。

但恩寵決不是過犯所能相比的，因為如果因一人的過犯，大眾都死了；那麼，天主的恩寵，及那因耶穌基督一人的恩寵，所施與的恩惠，

更要豐富地洋溢到大眾身上。這恩惠的效果，也不是那因一人犯罪的結果，所能相比的，因為審判固然是由於一人的過犯而來，被判定罪，但恩寵卻使人在犯了許多過犯之後，獲得成義。

如果因一人的過犯，死亡就因那一人，作了王，那麼，那些豐富地蒙受了恩寵和正義恩惠的人，更要藉著耶穌基督一人，在生命中為王了。

這樣看來：就如因一人的過犯，眾人都被定了罪，同樣，也因一人的正義行為，眾人也都獲得了正義和生命。正如因一人的悖逆，大眾都成了罪人，同樣，因一人的服從，大眾都成了義人。 —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：人生活不只靠餅，也靠天主所說的一切話。

眾：基督、天主聖言，願光榮歸於你。

福音

聖瑪竇福音 4:1-11

那時候，耶穌被聖神領到曠野，為受魔鬼的試探。他四十天四十夜禁食，後來就餓了。

試探者就前來對耶穌說：「你如果是天主子，就命令這些石頭變成餅吧！」

耶穌回答說：「經上記載：『人生活不只靠餅，也靠天主所說的話。』」

那時，魔鬼引耶穌到了聖城，使他站在聖殿頂上，對他說：「你如果是天主子，就跳下去，因經上記載：『他為你吩咐了自己的天使，用手托著你，免得你的腳碰在石頭上。』」

耶穌對魔鬼說：「經上又記載：『你不可試探上主，你的天主！』」

魔鬼又把耶穌帶到一座極高的山上，將普世萬國及其榮華，指給他看，對他說：「你如果俯伏朝拜我，我必把這一切交給你。」

那時，耶穌就對魔鬼說：「去吧！撒旦！因為經上記載：『你要朝拜上主，你的天主，惟獨事奉他。』」

於是，魔鬼離開了耶穌，就有天使前來伺候耶穌。 —上主的話

領主詠

人生活不只靠餅，也靠天主所說的一切話。

天主教聖莫尼加堂 St. Monica's Catholic Parish Corner Church Street and North Rocks Road, North Parramatta	
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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：	Fr Ambrose Owusu-Ansah 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
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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 傳真：9630 8738 電郵：stmonicanp@bigpond.com

聖奧斯定組 信仰探討 2026 講座 逢星期日早上 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
01/03/26	聖母與教會	Eric Wong
08/03/26	服務與靈修--聖母軍	Agnes Chiu

日期	內容	講者
15/03/26	召叫和使命 (2)	Ruby Chan
22/03/26	信仰生活分享	Dominic Kwok

公拜苦路

2 月 20 日起逢星期五，晚上 7 時半 (英粵雙語、有修和聖事)

輪值：2 月 20 日聖神同禱會 2 月 27 日歡迎組 3 月 6 日聖母軍、
3 月 13 日聖若瑟會 3 月 20 日善導之母會 3 月 27 日青年組

聖經幼稚園 (林勝文神父主講)

逢每月第二及第四個星期六，晚上 8 時至 9 時，網上 ZOOM 舉行。下次舉行日期：2 月 28 日。
索取有關連結請 WhatsApp 到牧民處熱線。

迎接 2028 年國際聖體大會

澳洲雪梨將在 2028 年舉行國際聖體大會。澳洲主教團決定由 2026 年 3 月 1 日起正式開始籌備，並呼籲澳洲各堂區當日明供聖體一小時，讓眾信友在聖體前熱心祈禱。

本堂定於 3 月 1 日，早上 10 時至 11 時，在聖堂內明供聖體，並舉行聖體降福。
敬希大家一同祈禱。

四旬期愛德扶貧 (Project Compassion 2026)

有意參加四旬期扶貧捐款的弟兄姊妹，請在聖堂大門取有關的小紙盒，今年耶穌受難節前帶回聖堂。亦可用盒上的二維碼作網上捐款。

APPRECIATION

Dear people of God, thank you to this wonderful community for your warm welcome, support and generosity during these few months with you. Your dedication to the St. Monica community, active participation and your prayers make this community a TRUE home. I am blessed to serve you as your assistant priest and look forward to keeping this union and family together. It is said "mountains do not meet but people do". We will surely be meeting again and again to share the love and the faith together

In a very special way I am so grateful to my Boss (Fr. Ephraim Lam) for every support and guidance, availability and dedication, your patience and presence. God richly blesses you and the entire ST MONICA COMMUNITY. THANK YOU.

FR. AMBROSE OWUSU-ANSAH

本主日的答唱詠選自聖詠第 51 篇。原文寫明是達味君王所作，而且是他淫人妻殺人夫，受納堂先知訓斥後，全心向上懺悔的悔罪詩。達味犯罪與悔改極詳細地被記載下來（見撒下 11-12 章），並被拍成多套聖經電影或電視劇。

原詩頗長，共 21 節，本主日教會只選讀了一小部分。

答句改自第 3 節，並應與第 4 節同讀（天主，求你按照你的仁慈憐憫我，依你豐厚的慈愛，消滅我的罪惡。求你把我的過犯洗盡，求你把我的罪惡除淨）。達味坦白承認過犯，且乞求天主的寬恕。當中可欣賞達味本身的熱情與謙誠。這也是耶穌所建立的修和聖事，教友求主寬恕時應有的心境。

第 5 至第 6 節（因為我認清了我的過犯，我的罪惡常在我的眼前。我得罪了你，惟獨得罪了你，因為我作了你視為惡的事；因此，在你的判決上，顯出你的公義，在你的斷案上，顯出你的正直），達味激動地承認他犯下重罪，並指明自己得罪天主。這些詩詞正表達他受著「良心」（即天主賜給人與祂肖似的肖像）的責罰。

第 12 節（天主，求你給我再造一顆純潔的心，求你使我心重獲堅固的精神。），可見達味君王謙虛地懇求上主寬恕他淫亂好色的罪，並願意給天主改造（再創造），成為一位心地純潔的人。新約基督所啟示的「真福八端」的第六端，更指明純潔是天國的價值，是直觀天主的必要條件。

第 13 節（求你不要從你的面前把我拋棄，不要從我身上將你的聖神收回。），達味因聖神的默啟，說出了人被創造時有天主的肖像的內容：人擁有天主的面貌（即分享祂的天主性、美善、存在、自由、尊嚴）；人身上的聖神就是祂所賦予的恩寵，是人能行善的能力。

第 14 和 15 節（求你使我重獲你救恩的喜樂，求你以慷慨的精神來扶持我。我要給惡人教導你的道路，罪人們都要回頭，向你奔赴。），上主透過達味指出人被拯救、被寬恕後的喜樂，更邀請有此經驗的人去教導其他罪人，望他們早日回頭。

第 17 節（我主，求你開啟我的口唇，我要親口宣揚你的光榮），原本是第 16 節（天主，我的救主，求你免我血債，我的舌頭必要歌頌你的慈愛）的後續，達味先用口承認罪過，到因蒙赦免而開口讚美仁慈的上主。這也是聖教日課晨禱常用的開端詞；亦有團體採用這句作為會議開始時的祈禱（可參閱聖母軍軍券的「開會經」）。

這答唱詠正好開始四句期著重悔改更新的靈修，亦是信友配合守齋克己的極佳祈禱。

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 4:1-11

Observation:

In this passage, Jesus is led by the Spirit into the wilderness to be tempted by Satan. Notably, this occurs right after His baptism, revealing that spiritual affirmation is often followed by periods of testing. Each temptation appeals to human desire, including pleasure, pride and power. However, Jesus responds to the temptations with Scripture, declaring that "It is written", refusing to take shortcuts. The passage makes clear that while temptation is inevitable, faithfulness within it is what defines true discipleship.

Application:

In our lives, temptation rarely appears as something obviously evil. It often disguises itself as something reasonable: prioritising comfortability, proving ourselves to others, or gaining power. Like Jesus, we are tempted most when we are tired, hungry, or seeking affirmation. This passage challenges us to consider what we rely on when we are tested. Do we lean on our emotions and abilities, or are we grounded in God's Word? Jesus shows that spiritual maturity is not about avoiding struggle, but about responding to it with faithfulness. As disciples, we must build an interior life that can endure pressure; prayer, scripture and trust in God's providence are key.

Prayer:

Dear Lord,
In moments of weakness and temptation, remind me of who I am in you. Strengthen me to choose obedience over comfort, trust over control, and faith over fear. Help me to rely on your Word as my foundation, and guide me through every wilderness I encounter. Amen.

Youth Announcements

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).

歡迎把這通訊
帶回家細閱



St. Monica's Parish

North Parramatta

1st Sunday of Lent - Year A

22nd February 2026

Entrance Antiphon

When he calls on me, I will answer him; I will deliver him and give him glory, I will grant him length of days.

First Reading

Genesis 2:7-9; 3:1-7

The Lord God fashioned man of dust from the soil. Then he breathed into his nostrils a breath of life, and thus man became a living being.

The Lord God planted a garden in Eden which is in the east, and there he put the man he had fashioned. The Lord God caused to spring up from the soil every kind of tree, enticing to look at and good to eat, with the tree of life and the tree of the knowledge of good and evil in the middle of the garden.

The serpent was the most subtle of all the wild beasts that the Lord God had made. It asked the woman, 'Did God really say you were not to eat from any of the trees in the garden?' The woman answered the serpent, 'We may eat the fruit of the trees in the garden. But of the fruit of the tree in the middle of the garden God said, "You must not eat it, nor touch it, under pain of death."' Then the serpent said to the woman, 'No! You will not die! God knows in fact that on the day you eat it your eyes will be opened and you will be like gods, knowing good and evil.' The woman saw that the tree was good to eat and pleasing to the eye, and that it was desirable for the knowledge that it could give. So she took some of its fruit and ate it. She gave some also to her husband who was with her, and he ate it. Then the eyes of both of them were opened and they realized that they were naked. So they sewed fig-leaves together to make themselves loin-cloths.

The word of the Lord

Responsorial Psalm

Ps 50

(R.) Be merciful, O Lord, for we have sinned.

1. Have mercy on me, God, in your kindness. In your compassion blot out my offence. O wash me more and more from my guilt and cleanse me from my sin. (R.)
2. My offences truly I know them; my sin is always before me. Against you, you alone, have I sinned; what is evil in your sight I have done. (R.)
3. A pure heart create for me, O God, put a steadfast spirit within me. Do not cast me away from your presence, nor deprive me of your holy spirit. (R.)
4. Give me again the joy of your help; with a spirit of fervour sustain me. O Lord, open my lips and my mouth shall declare your praise. (R.)

Second Reading

Romans 5:12-19

Sin entered the world through one man, and through sin death, and thus death has spread through the whole human race because everyone has sinned. Sin existed in the world long before the Law was given. There was no law and so no one could be accused of the sin of 'law-breaking', yet

death reigned over all from Adam to Moses, even though their sin, unlike that of Adam, was not a matter of breaking a law.

Adam prefigured the One to come, but the gift itself considerably outweighed the fall. If it is certain that through one man's fall so many died, it is even more certain that divine grace, coming through the one man, Jesus Christ, came to so many as an abundant free gift. The results of the gift also outweigh the results of one man's sin: for after one single fall came judgement with a verdict of condemnation, now after many falls comes grace with its verdict of acquittal. If it is certain that death reigned over everyone as the consequence of one man's fall, it is even more certain that one man, Jesus Christ, will cause everyone to reign in life who receives the free gift that he does not deserve, of being made righteous. Again, as one man's fall brought condemnation on everyone, so the good act of one man brings everyone life and makes them justified. As by one man's disobedience many were made sinners, so by one man's obedience many will be made righteous.

The word of the Lord

Gospel Acclamation

Praise to you, Lord Jesus Christ, king of endless glory!

No one lives on bread alone, but on every word that comes from the mouth of God. Praise to you, Lord Jesus Christ, king of endless glory!

Gospel

Matthew 4:1-11

Jesus was led by the Spirit out into the wilderness to be tempted by the devil. He fasted for forty days and forty nights, after which he was very hungry, and the tempter came and said to him, 'If you are the Son of God, tell these stones to turn into loaves.' But he replied, 'Scripture says: Man does not live on bread alone but on every word that comes from the mouth of God.'

The devil then took him to the holy city and made him stand on the parapet of the Temple. 'If you are the Son of God,' he said, 'throw yourself down; for scripture says: He will put you in his angels' charge, and they will support you on their hands in case you hurt your foot against a stone.' Jesus said to him, 'Scripture also says: You must not put the Lord your God to the test.'

Next, taking him to a very high mountain, the devil showed him all the kingdoms of the world and their splendour. 'I will give you all these', he said, 'if you fall at my feet and worship me.' Then Jesus replied, 'Be off, Satan! For scripture says: You must worship the Lord your God, and serve him

alone.' Then the devil left him, and angels appeared and looked after him.

The Gospel of the Lord

Communion Antiphon

One does not live by bread alone, but by every word that comes forth from the mouth of God.

聖言導讀

今天主日經文的結構非常簡單，在開始和結束各有一個簡單的導言和結語，中間就是魔鬼三次試探耶穌的敘述。就形式而言，是他們之間的三段對話。就內容而言，三個試探的程度逐漸升高、一個比一個更為險惡：首先是解決飢餓的困境，其次是由聖殿高處跳下，最後則是普世性的王權。

耶穌受洗時，「天主聖神有如鴿子降下，來到他身上」（瑪三 16），從此聖神就成為耶穌一切行動最根本的驅動力，首先將他「帶到曠野，受魔鬼的試探。」「魔鬼」代表相反天主之神的「神靈」，表達不斷與天主和人作對的角色（參閱：約二 1）。

魔鬼連續三次的試探其實都是攻擊耶穌的「天主子」身份，前兩次誘惑都提到這個稱號，第三個誘惑沒有直接提到這個稱號，乃是因為引誘耶穌「朝拜魔鬼」的要求，當然不能直接使用這個稱號，但卻包含了對這個身份的挑戰。「天主子」稱號表達天父和耶穌的特殊關係（瑪三 17，十七 5），是基督徒對默西亞耶穌的信仰（參閱：瑪十六 16，二六 63）。

這段經文敘述耶穌開始進行默西亞使命之初，首先接受一個「試煉」（試用期），主要的目的在說明祂就是受天主聖神推動，執行天父使命的「天主子」，就如在祂受洗之時，天父對祂所做的肯定一樣。對瑪竇福音的讀者而言，「耶穌受試探」和「耶穌受洗」這兩段敘述是揭開耶穌奧秘的關鍵鑰匙，幫助他們認識耶穌的真實身份，瞭解祂公開出現人間的意義。

耶穌充滿聖神，因此，祂能對抗一切錯謬邪惡的勢力，按著「天主子」的身份完全服從地執行天父的使命。基督徒在生活與工作中都經歷到試探（參閱：格前十 11-13），然而我們也都擁有天主聖神的恩賜，因此在面對各種試探的時候，應該效法耶穌基督的榜樣。

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