

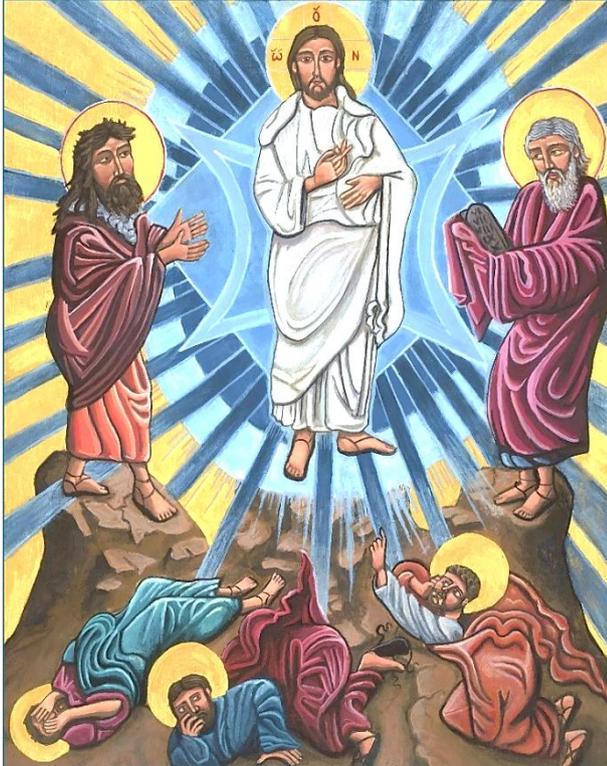
天主教華人牧民處

www.chinesechaplaincyparra.org



四旬期第二主日 (甲年)

2026年3月1日



進堂詠

我心中時常在想：你應該尋求他的儀容。上主，我在尋求你的儀容。求你不要向我掩住你的臉面。

讀經一

創世紀 12:1-4

那時候，上主對亞巴郎說：「離開你的故鄉、你的家族和父家，到我指給你的地方去。我要使你成為一個大民族；我必降福你，使你成名，成為一個福源。我要降福那祝福你的人，咒罵那咒罵你的人；地上萬民都要因你而獲得祝福。」

亞巴郎於是照上主的吩咐，動身出發。

—上主的話

答唱詠

詠 33

【答】：上主，求你向我們廣施慈愛，有如我們對你的期待。

領：因為上主的言語是正直的，他的一切作為都是信實的。他愛護正義和公理；他的慈愛瀰漫大地。【答】

領：請看，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。【答】

領：我們的靈魂，請仰望上主；他是我們的保障和扶助。上主，求你向我們廣施慈愛，有如我們對你的期待。【答】

讀經二

致弟茂德後書 1:8-10

親愛的：

你要依賴天主的大能，為福音同我共受勞苦。天主拯救了我們，以聖召召叫了我們，並不是按照我們的行為，而是按照他的決意和恩寵：這恩寵是萬世以前，在基督耶穌內，賜予我們的，現在，藉著我們救主基督耶穌的出現，顯示了出來；基督毀滅了死亡，藉著福音，彰顯了不朽的生命。

—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：雲中有聲音說：「這是我的愛子，你們要聽從他！」

眾：基督、天主聖言，願光榮歸於你。

福音

聖瑪竇福音 17:1-9

那時候，耶穌帶著伯多祿、雅各伯和他的兄弟若望，單獨帶領他們上了一座高山，在他們面前變了容貌：耶穌的面貌發光，有如太陽，他的衣服潔白如光。

忽然，梅瑟和厄里亞，也顯現給他們，正在同耶穌談論。

伯多祿就開口對耶穌說：「主啊，我們在這裡真好！如果你願意，我就在這裡，搭三個帳棚：一個為你，一個為梅瑟，一個為厄里亞。」

伯多祿還在說話的時候，忽然有一片光耀的雲彩，遮蔽了他們，並且從雲中有聲音說：「這是我的愛子，我所喜悅的，你們要聽從他！」

門徒聽了，就俯伏在地，非常害怕。

於是，耶穌前來，撫摩他們，說：「起來，不要害怕！」他們舉目一看，任何人都看不見了，只有耶穌獨自一人。

他們從山上下來的時候，耶穌囑咐他們說：「非等人子從死者中復活，你們不要將所見的，告訴任何人。」

—上主的話

領主詠

這是我的愛子，我所喜悅的，你們要聽從他。

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: 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 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
牧民處地址:	8 Daking Street, North Parramatta, NSW 2151 堂區網頁: https://stmonicanp.org.au 牧民處網頁: http://www.chinesechaplaincyparra.org
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
08/03/26	服務與靈修--聖母軍	Agnes Chiu
15/03/26	召叫和使命 (2)	Ruby Chan

日期	內容	講者
22/03/26	信仰生活分享	Dominic Kwok
29/03/26	當日讀經分享	Daria Chung

公拜苦路

四旬期內逢星期五, 晚上 7 時半 (英粵雙語、有修和聖事)

輪值: 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: 3 月 14 日。

索取有關連結請 WhatsApp 到牧民處熱線。

聖經人物趣談 (林勝文神父主講)

逢每月第二及第三個星期日, 下午 1 時半至 2 時, 在禮堂舉行。下次舉行日期: 3 月 8 日及 15 日。

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盒子, 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。

四旬期特別彌撒

3 月 17 日 (星期二) 聖博德節, 英語彌撒早上 9:15

3 月 19 日 (星期四) 聖若瑟節, 英語彌撒早上 9:15; 英粵雙語彌撒晚上 7 時半

3 月 25 日 (星期三) 聖母領報節, 英語彌撒早上 9:15; 英粵雙語彌撒晚上 7 時半

2026 聖週禮儀時間表

有關今年聖週及復活主日禮儀和彌撒的時間表已印好, 請在聖堂大門的桌子上索取有關單張。

2028 雪梨國際聖體大會

有關詳情請參閱網頁: [54th International Eucharistic Congress](https://www.54thinternational.org/)



四旬期第二主日甲年讀經的答唱詠選自聖詠 33 篇。

希伯來文原文沒有標明誰是作者。天主教會按最古舊的譯本註釋為達味君王所作。按內容，可能是達味戰勝異民後（見撒下 8:1-14）讚頌天主的詩歌。

答句出自第 22 節（上主，求你向我們廣施慈愛，有如我們對你所存的期待），世人跟亞巴郎（見今日讀經一）相似，無法知道未來；但天主許諾人救恩，人可以放心大膽地期待上主救贖普世的實現。主耶穌顯發祂的聖容（見今日福音），是祂顯示仁慈的一部分：人用肉眼都可直觀天主。

第 4 至 5 節（因為上主的言語是正直的，他的一切作為都是忠實的；他愛護正義和公理，他的慈愛瀰漫大地），說明天主以率真、誠實、公正與慈愛厚待全人類。

第 18 至 22 節（請看，上主的眼睛常關注敬畏他的人，他的雙目常眷顧靠祂仁慈的人，為使他們的性命，脫免死亡，使他們在饑饉時，生活如常。我們的靈魂仰望著上主，他是我們的保障和扶助；我們的心靈要因他而喜樂歡暢，在他的聖名內寄托我們的希望。上主，求你向我們廣施慈愛，有如我們對你所存的期待），聖奧斯定註釋說：今世的時刻是饑餓的，來日才是飽飫的喜晨。地上涕泣之谷的人，天主已這樣恩待；來世在天主的國，天主的愛更有過之。因此人應在現世時敬畏、欽崇和孝愛天主，仰賴祂的慈愛；世界窮盡、新天新地時，天主必廣施祂無限的慈恩。



Scripture: Matthew 17: 1-9

Observation:

In this Sunday's gospel we join Peter, James and John in witnessing the Transfiguration in which Jesus' divinity is revealed to us. In this encounter, the disciples see Jesus' face shine brightly and his clothes turn a radiant white with Moses and Elijah beside him. This encounter is an affirmation for all of us of his divinity and that Jesus is indeed the Son of Man. Later, a cloud overshadows them and we hear the voice of God say, "This is my Son, the Beloved; with him I am well pleased; listen to him!" As they come down from the mountain, Jesus instructs the disciples, "tell no one about the vision until after the Son of Man has been raised from the dead." Just like that, the story of salvation has been revealed to us.

Application:

As we approach the second Sunday of Lent, let us be reminded that Lent is a call to transformation and repentance. We are called to be transformed in Christ, to be completely changed and moulded by His presence. In giving up sin, attending confession, and fasting, we are able to spend more time with the Lord and be truly transformed through His graces. Every instance in which we struggle with hunger during fasting or temptation for something we chose to give up for Lent, let us remember the true purpose of what we are doing; that we are truly detaching ourselves from the very worldly desires and sins that hinder our relationship with God.

I think that this week's Gospel is also a reminder to rely on the Lord. Recall that Jesus instructs the disciples to "tell no one about the vision until after the Son of Man has been raised from the dead." The Transfiguration reminds us of the coming salvation through the death and resurrection of Jesus; that glory follows suffering. It reaffirms that life has overcome death through Jesus' resurrection and through Him alone we are saved. Our call to holiness and our spiritual lives isn't simply about self-improvement but rather being transformed in Christ, so let us surrender ourselves to the Lord!

Prayer:

Dear Lord, thank you for your invitation to follow you. During this Lent, and beyond, please continue to mould and transform us to become more like you. Teach us to trust you in every step, that all will be fulfilled according to your will and your time. Let us always remember the reasons for the trials and tribulations we experience and to always rely on you for your guidance and wisdom. Help us detach ourselves completely from sin and our worldly desires so that we may find a deeper relationship with you. In Jesus' name we pray. 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).

2028 國際聖體大會禱文

主耶穌基督，我們感謝祢真實臨在於至聖聖體聖事中的這份珍貴的恩賜。求祢賜予我們恩寵，使我們恭敬地領受祢、真誠地朝拜祢，並以更新的心靈事奉祢。懇求祢藉著聖神的德能堅固我們，正如祢將自己奉獻給天父及我們一樣，使我們也能將自己的生命奉獻給天主和他人。請啟發並扶助我們，使我們能在有需要的人身上侍奉祢，尤其是在那些弱小無助、無家可歸、孤獨迷失的人身上。使我們與彌撒聖祭相結合，好使我們真正成為我們所領受的基督奧體。
亞孟。

歡迎把這通訊
帶回家細閱



St. Monica's Parish

North Parramatta

2nd Sunday of Lent - Year A

1st March 2026

Entrance Antiphon

Of you my heart has spoken, Seek his face.
It is your face, O Lord, that I seek; hide not your face from me.

First Reading

Genesis 12:1-4

The Lord said to Abram, 'Leave your country, your family and your father's house, for the land I will show you. I will make you a great nation; I will bless you and make your name so famous that it will be used as a blessing. 'I will bless those who bless you: I will curse those who slight you. All the tribes of the earth shall bless themselves by you.'

So Abram went as the Lord told him.

The word of the Lord

Responsorial Psalm

Ps 32

- (R.) Lord, let your mercy be on us, as we place our trust in you.
1. The word of the Lord is faithful and all his works to be trusted. The Lord loves justice and right and fills the earth with his love. (R.)
 2. The Lord looks on those who revere him, on those who hope in his love, to rescue their souls from death, to keep them alive in famine. (R.)
 3. Our soul is waiting for the Lord. The Lord is our help and our shield. May your love be upon us, O Lord, as we place all our hope in you. (R.)

Second Reading

2 Timothy 1:8-10

With me, bear the hardships for the sake of the Good News, relying on the power of God who has saved us and called us to be holy – not because of anything we ourselves have done but for his own purpose and by his own grace. This grace had already been granted to us, in Christ Jesus, before the beginning of time, but it has only been revealed by the Appearing of our saviour Christ Jesus. He abolished death, and he has proclaimed life and immortality through the Good News.

The word of the Lord

Gospel Acclamation

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

From the shining cloud the Father's voice is heard: this is my beloved Son, hear him.

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

Gospel

17:1-9

Matthew

Jesus took with him Peter and James and his brother John and led them up a high mountain where they could be alone. There in their presence he was transfigured; his face shone like the sun and his clothes became as white as the light. Suddenly Moses and Elijah appeared to them; they were talking with him. Then Peter spoke to Jesus. 'Lord,' he said 'it is wonderful for us to be here; if you wish, I will make three tents here, one for you, one for Moses and one for Elijah.' He was still speaking when suddenly a bright cloud covered them with shadow, and from the cloud there came a voice which said, 'This is my Son, the Beloved; he enjoys my favour. Listen to him.' When they heard this, the disciples fell on their faces, overcome with fear. But Jesus came up and touched them. 'Stand up,' he said 'do not be afraid.' And when they raised their eyes they saw no one but only Jesus.

As they came down from the mountain Jesus gave them this order. 'Tell no one about the vision until the

Son of Man has risen from the dead.'

The Gospel of the Lord

Communion Antiphon

This is my beloved Son, with whom I am well pleased; listen to him.

聖言導讀

在耶穌首次預言苦難之後，瑪竇接著敘述耶穌教導背十字架的必要性，以及「耶穌顯容」的事件，也就是這個主日的福音內容。

天主曾經在一座高山上顯現給梅瑟和他的同伴，這是猶太人引以為傲的傳統。福音作者運用讀者們共同的知識，將舊約「天主顯現」(Theo-phany)的故事轉換成更新、更高層次的「基督(在門徒面前)顯現」(Christo-phany)的敘述。出谷紀中天主顯現的故事是瑪竇福音這段敘述的基本背景，作者將其應用在耶穌和三位同伴身上時，已超越了舊約的情景，而成為非常「基督化」的敘述：世上的、人性的耶穌以天主性的光華顯現，耶穌不僅「衣服潔白如光」，而且「他的面貌發光有如太陽。」「雲中的聲音」就是「天主的聲音」，同樣表達的天主的顯現，內容則是勸勉在場的三位門徒：「你們要聽從祂！」這個容貌改變的耶穌就是天主的「愛子」，是上主「由他們(門徒們)的兄弟中」興起的宣講者(申十八 18)。所以，這個來自雲中的聲音其實是對整個事件的詮釋，說明耶穌是天主啟示的宣講者。

三位門徒由於聽到天上聲音而「俯伏在地，非常害怕」。「害怕」是面對神的顯現最普遍的反應，而「俯伏在地與聆聽」則表達對於神的服從和朝拜。

這段「耶穌顯容」的敘述充滿了猶太文學中的「默示(天啟)文學」，以及舊約中有關「天主顯現」報導的特徵(例如：山上、另一個面容、來自於天上的角色、雲彩以及天主的聲音)；經文沒有提供任何具體的資訊(連那座山的名字也沒有記載)，門徒們也沒有聽見耶穌和梅瑟、厄里亞談話的內容。因此，整段敘述應該是一個「神的顯現故事」，目的在於說明「耶穌是誰」，並使讀者明白，天主子的光榮必須在苦難中才能被正確地瞭解。