

# 天主教華人牧民處

www.chinesechaplaincyparra.org



## 四旬期第五主日 (甲年)

2026年3月22日

### 進堂詠

我的雙腳緊隨了你的腳印，我的腳步決不致蹣跚不定。請你彰顯你奇妙的慈愛，把投奔到你右邊的人，從敵人的危害中，解救出來。

### 讀經一

厄則克耳先知書 37:12-14

吾主上主這樣說：「看，我要親自打開你們的墳墓；我的百姓，我要從你們的墳墓中，把你們領出來，引你們進入以色列地域。我的百姓！當我打開你們的墳墓，把你們從墳墓領出來的時候，你們便承認我是上主。我要把我的神注入你們內，使你們復活，叫你們安居在你們的地域；那時，你們便要承認我，上主言出必行——吾主上主的斷語。—上主的話

### 答唱詠

詠 130

【答】：上主富於仁慈；他必定慷慨救援。

領：上主，我由深淵向你呼號；我主，求你俯聽我的呼號，求你側耳俯聽我的哀禱！【答】

領：上主，你若細察我的罪辜，我主，有誰還能站立得住？可是，你寬恕為懷，令人對你起敬起愛。【答】

領：我仰賴上主，我靈期待他的聖言；我靈等候我主，切於更夫等待黎明。以色列，請仰賴上主。【答】

領：因為上主富於仁慈；他必定慷慨救援。他必要拯救以色列人，脫離一切罪根。【答】

### 讀經二

致羅馬人書 8:8-11

弟兄姊妹們：

凡隨從肉性的人，決不能得天主的歡心。至於你們，你們已不屬於肉性，而是屬於聖神，只要天主的聖神，住在你們內。

誰若沒有基督的聖神，誰就不屬於基督。如果基督在你們內，身體固然因罪惡而死亡，但神魂卻賴正義而生活。再者，如果那使耶穌從死者中復活者的聖神，住在你們內，那麼，那使基督從死者中復活的，也必要藉那住在你們內的聖神，使你們有死的身體復活。 —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：主說：我就是復活，就是生命；信從我的人，必永遠不死。

眾：基督、天主聖言，願光榮歸於你。

### 福音

聖若望福音 11:1-45

那時候，有一個病人，名叫拉匝祿，住在伯達尼，即瑪利亞和她姐姐瑪爾大所住的村莊。瑪利亞就是那曾用香液傅抹過主，並用自己的頭髮，把他的腳擦乾的婦人；患病的拉匝祿是她的兄弟。

他們姊妹兩人，便派人到耶穌那裡，說：「主啊，你所愛的人病了！」耶穌聽了，便說：「這病不至於死，只是為彰顯天主的光榮，並為叫天主子因此受光榮。」

耶穌素來疼愛瑪爾大及她的妹妹和拉匝祿。

當耶穌聽說拉匝祿病了，仍在原地逗留了兩天。此後，耶穌對門徒說：「我們再到猶太去罷！」門徒向他說：「辣彼，近來猶太人圖謀砸死你，你還要到那裡去麼？」

耶穌回答說：「白日不是有十二個時辰麼？人若在白日行路，不會碰跌，因為看得見這世界的光；人若在黑夜行路，就要碰跌，因為他沒有光。」

耶穌說了這些話，又給門徒說：「我們的朋友拉匝祿睡著了；我要去叫醒他。」

門徒便對耶穌說：「主，如果他睡著了，必定會好的。」耶穌原本是指拉匝祿的死說的，門徒卻以為耶穌是指安眠睡覺。

然後，耶穌就明明地向門徒說：「拉匝祿死了。為了你們，我喜歡我不在那裡，好叫你們相信。我們到他那裡去罷！」

號稱狄狄摩的多默，便向其他同伴說：「我們也去，同他一起死吧！」

耶穌一到了伯達尼，得知拉匝祿在墳墓裡，已經四天了。伯達尼靠近耶路撒冷，相距約十五『斯塔狄』，因而有許多猶太人，來到瑪爾大和瑪利亞那裡，為她們兄弟的死，安慰她們。

瑪爾大一聽說耶穌來了，便去迎接他；瑪利亞仍坐在家裡。瑪爾大對耶穌說：「主！如果你在這裡，我的兄弟決不會死！就是現在，我也知道：你無論向天主求什麼，天主必要賜給你。」

耶穌對瑪爾大說：「你的兄弟必定要復活。」

瑪爾大說：「我知道在末日復活時，他必要復活。」

耶穌對瑪爾大說：「我就是復活，就是生命；信從我的，即使死了，仍要活著；凡活著而信從我的人，必永遠不死。你信麼？」

瑪爾大回答說：「是的，主，我信你是默西亞，天主子，要來到世界上的那一位。」

瑪爾大說了這話，就去叫她的妹妹瑪利亞，偷偷地說：「師父來了，他叫你。」瑪利亞一聽這話，就立刻起身，到耶穌那裡去。那時，耶穌還沒有進入村莊，仍在瑪爾大迎接他的地方。那些陪同和安慰瑪利亞的猶太人，見瑪利亞急忙起身出去，便跟著她，以為她到墳墓去哭泣。

當瑪利亞來到耶穌所在的地方，一看見耶穌，就俯伏在他腳前，向他說：「主！如果你在這裡，我的兄弟決不會死！」

耶穌看見瑪利亞哭泣，還有同她一起來的猶太人也哭泣；耶穌便心神感傷，難過起來，於是說：「你們把他安放在那裡？」

他們回答說：「主，你來，看吧！」耶穌哭了。於是猶太人說：「看，他多麼愛他啊！」其中有些人說：「他既開了瞎子的眼睛，難道不能使這人不死麼？」

耶穌心中又感傷起來，來到墳墓前。這墳墓是個洞穴，前面有一塊石頭堵著。

耶穌說：「挪開這塊石頭！」死者的姐姐瑪爾大向耶穌說：「主！已經臭了，因為已經四天了。」

耶穌對瑪爾大說：「我不是告訴過你：如果你信，就會看到天主的光榮嗎？」他們便挪開了石頭。

耶穌舉目向上，說：「父啊！我感謝你，因為你俯聽了我。我本來知道你常常俯聽我，但是，我說這話，是為了四周站立的群眾，好叫他們相信，是你派遣了我。」說完這話，便大聲喊說：「拉匝祿！出來吧！」死者便出來了，腳和手都纏著布條，面上還蒙著汗巾。耶穌向他們說：「解開他，讓他行走罷。」

那些來到瑪利亞那裡的猶太人，一看到耶穌所行的事，就有許多人相信了他。 —上主的話

### 領主詠

主說：凡活著而信從我的人，必永遠不死。

<b>天主教聖莫尼加堂 St. Monica's Catholic Parish</b> 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>
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： <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 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 傳真：9630 8738 電郵： <a href="mailto:stmonicanp@bigpond.com">stmonicanp@bigpond.com</a>

**聖奧斯定組 信仰探討 2026 講座** 逢星期日上午 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
29/03/26	當日讀經分享	Daria Chung
05/04/26	普世教會	Christopher Cheng

日期	內容	講者
12/04/26	服務與靈修	輔祭組
19/04/26	祂認識我，揀選了我	Ruby

### 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 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 28 日。  
索取有關連結請 WhatsApp 到牧民處熱線。

### 四旬期愛德扶貧 (Project Compassion 2026)

請把有現金捐款的小盒子，在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 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。

### 程明聰神父在聖莫尼加堂主持信仰活動

日期：3 月 26 日（星期四） 時間：晚上 7 時半至 9 時半

內容：彌撒、明供聖體、聖體降福、聖體治癒、敬拜與讚美，歡迎參加，無需報名。

查詢：Teresa Lau 0422 313 579

### 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。

### 主日午餐

4 月 5 日和 4 月 12 日午餐暫停。4 月 19 日彌撒後舉行歡迎新教友聚餐，餐券於 4 月 5 日發售。  
每位 \$12，大小同價。

### 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。請啓發並扶助我們，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。

四旬期第五主日甲午讀經選了聖詠 130 篇，是聖詠集七首懺悔聖詠的其中一首（聖詠集的七首懺悔聖詠是第 6, 32, 38, 51, 102, 130, 143 篇）。聖詠集包含很多求天主幫助的禱文，但這七首懺悔聖詠卻很特別，是在祈求天主憐憫、寬恕和救贖。若我們犯罪，天主不會就此中斷和我們的關係，祂永遠保留容許我們改過的機會。整部聖經都給我們肯定：只要我們願意，沒有甚麼可以阻撓我們悔改。耶穌許下，只有一種罪永遠不會得到赦免，那就是褻瀆聖神的罪（谷 3:28-29）。耶穌沒解釋這罪是甚麼，但某程度上，我們可以假設，這包含拒絕承認自己的罪，拒絕悔改。如果天主召叫我們悔改，這召叫包含著幫助我們悔改的恩寵。天主自會將智慧、謙虛和誠實賜給我們，幫助我們悔改，因為祂喜見我們改惡遷善，渴望我們接受悔改之恩。

答句出自第 7 節（請以色列仰賴上主，應切於更夫待旦，因為上主富於仁慈，他必定慷慨救援），由此句學者認為這聖詠是以民充軍往巴比倫時，終於明白國破家亡原是以民犯罪，天主利用充軍來喚醒他們悔改；以民始乞求仁慈的上主寬恕和復興他們。這和「乃赫米雅」的祈禱相吻合（見厄下 1:4-11），甚至有學者認為乃赫米雅是這篇聖詠的作者。

第 1 至 2 節（上主，我由深淵向你呼號，我主，求你俯聽我的呼號，求你側耳俯聽我的哀禱！），學者對「深淵」解作由罪惡帶來的困苦、刑罰、黑暗，也可以是人的內心最深處。這兩節指出人無法應付罪所帶來的後果，只能向全能仁慈的天主呼救。

第 3 至 4 節（上主，你若細察我的罪辜，我主，有誰還能站立得住？可是，你以寬恕為懷，令人對你起敬起愛），天主既是全知的神，同時又是寬宏的神，值得人敬畏和欽崇。

第 5 至 6 節（我仰賴上主，我靈期待他的聖言；我靈等候我主，切於更夫的待旦），這是因罪而困在黑暗深淵的人，對上主的哀呼；亦伸延到教會渴望基督的光榮再來，徹底除盡罪惡和死亡。降生的天主子先復生拉匝祿，再到祂自己的死而復活，最終是祂復活所有的人。

第 7 至 8 節（請以色列仰賴上主，應切於更夫待旦，因為上主富於仁慈，他必定慷慨救援。他必要拯救以色列人，脫離一切所有的罪根），這是信眾對上主救援的肯定：天主因愛世人而降生，並以祂的宣講、犧牲和復活由罪的根源拯救人。教會亦不斷見證著天主的拯救。



**Scripture: John 11: 1-45**

**Observation:** In this passage, Jesus receives word from Mary and Martha that Lazarus, a person Jesus cared deeply for and was Mary and Martha's brother, was sick. When Jesus heard about this, He told his disciples to prepare for travel back to Judea, much to the disciples' protest, asking why Jesus would return to a place where he was being stoned by the Jews. Jesus then cryptically tells His disciples, "Are there not twelve hours of daylight? Anyone who walks in the daytime will not stumble, for they see by this world's light. It is when a person walks at night that they stumble, for they have no light." When Jesus and his disciples arrive, they find out that Lazarus had been dead and stored in a tomb for 4 days. Martha expresses her faith that Jesus could have saved Lazarus, and Jesus tells her that he is "the resurrection and the life," promising that those who believe in him will have eternal life. When Mary arrives, Jesus is deeply moved by the grief of the people and even weeps. At the tomb, Jesus prays to God and commands Lazarus to come out, and Lazarus is miraculously raised from the dead.

**Application:**

The one key message that I found consistent in this long passage is that faith in God will always lead us back to him however there are many different instances that we can find this message. The first section of the chapter, Jesus says, "Are there not twelve hours of daylight? Anyone who walks in the daytime will not stumble, for they see by this world's light. It is when a person walks at night that they stumble, for they have no light." Instead of talking literally about the light of the world, Jesus intends to talk more about the light of God, and the loss of this light when we are lost. Calling those who chose to stone him as lost without the light of God to guide them. How many times do we act in our everyday lives where we do not follow the light of God? Secondly, when Jesus arrives at the household, even while in mourning, He reaffirms Martha's faith in God by telling her that Lazarus will rise again and stating that he is the "resurrection and the life. The one who believes in me will live, even though they die". As Jesus approaches the tomb there are some Jews who doubt that he is the Son of God, and again he reaffirms Mary's faith by telling her "Did I not tell you that if you believe, you will see the glory of God?" Where in our lives do we doubt that God is always there for us? Instead we should always look for ways to appreciate that God is with us, say small prayers of thanks for anything. "Thank you God for blessing me another day to learn at school" or "Thank you Lord for giving us the eyes to see your glory everyday"

**Prayer:** Lord, thank you for the reminder that you are the resurrection and the life. Just as you reaffirmed the faith that Mary and Martha have in you and showed your power by raising Lazarus, help us to reaffirm our faith and trust in you even when we face moments of doubt, fear, or sadness. Lord help guide us in our lives when we feel lost, call us back on your path to righteousness. Help us to appreciate the small blessings you give us each day and to thank you for them with grateful hearts. Amen.

### Youth Announcements

#### **Good Friday Night Walk – 3/4/2026**

Every year on Good Friday, hundreds of young Catholics in the diocese of Parramatta come together for a 20km pilgrimage walk across Western Sydney, where pilgrims journey together in prayer and reflection of Christ and our faith. The pilgrimage will start from St Patrick's Catholic Church, Mary, Queen of the Family Parish in Blacktown late on Good Friday night, and end at St Patrick's Cathedral in Parramatta in the early hours of Holy Saturday. Our youth group had been asked to host 2 of the stations this year so we will need a good number of youths and leaders to participate. If you would like to participate, please contact Raphael on 0420 947 121 for details.

#### **Life Skills Workshop – 11/4/2026**

Have you ever sat through classes and thought "when am I ever going to use this in real life? e.g. calculus" Our leaders from St Monica's Youth Group have kindly volunteered their time to run a series of holiday workshops focusing on important life skills that they don't teach you in school. The first workshop will be on how to write a killer resume and ace a job interview. It is open to youth aged 15 years and above. If you or someone you know is interested, please contact Cheryl on 0481 507 169 for more details. There are also printed flyers with all the details you can pick up near the main entrance of the church.

### 卡拉 OK 之夜

我們誠摯邀請您參加卡拉 OK 之夜！那個晚上，您可以享用簡單晚餐，並盡情高歌您最喜愛的歌曲。無論您是「浴室歌手」、舞臺巨星，或只是來感受氣氛，這個夜晚都將帶來溫暖的陪伴、愉快的笑聲，還有動人的旋律。請勿錯過 4 月 11 日（星期六），晚上 6 時至 9 時的卡拉 OK 晚會。

晚餐券將於 3 月 29 日開售，請密切留意。  
查詢：0411 192 278（牧民處熱線）



# St. Monica's Parish

## North Parramatta

5th Sunday of Lent - Year A

22nd March 2026

### Entrance Antiphon

Give me justice, O God, and plead my cause against a nation that is faithless. From the deceitful and cunning rescue me, for you, O God, are my strength.

### First Reading

Ezekiel 37:12-14

The Lord says this: I am now going to open your graves; I mean to raise you from your graves, my people, and lead you back to the soil of Israel. And you will know that I am the Lord, when I open your graves and raise you from your graves, my people. And I shall put my spirit in you, and you will live, and I shall resettle you on your own soil; and you will know that I, the Lord, have said and done this – it is the Lord who speaks.

- *The word of the Lord*

### Responsorial Psalm

Ps 129

- (R.) With the Lord there is mercy and fullness of redemption.
1. Out of the depths I cry to you, O Lord, Lord, hear my voice! O let your ears be attentive to the voice of my pleading. (R.)
  2. If you, O Lord, should mark our guilt, Lord, who would survive? But with you is found forgiveness: for this we revere you. (R.)
  3. My soul is waiting for the Lord, I count on his word. My soul is longing for the Lord more than watchman for daybreak. (Let the watchman count on daybreak and Israel on the Lord.). (R.)
  4. Because with the Lord there is mercy and fullness of redemption, Israel indeed he will redeem from all its iniquity. (R)

### Second Reading

Romans 8:8-11

People who are interested only in unspiritual things can never be pleasing to God. Your interests, however, are not in the unspiritual, but in the spiritual, since the Spirit of God has made his home in you. In fact, unless you possessed the Spirit of Christ you would not belong to him. Though your body may be dead it is because of sin, but if Christ is in you then your spirit is life itself because you have been justified; and if the Spirit of him who raised Jesus from the dead is living in you, then he who raised Jesus from the dead will give life to your own mortal bodies through his Spirit living in you.

- *The word of the Lord*

### Gospel Acclamation

Praise to you, Word of God, Lord Jesus Christ!  
I am the resurrection and the life, says the Lord; whoever believes in me will not die for ever.  
Praise to you, Word of God, Lord Jesus Christ!

### Gospel

John 11:1-45

There was a man named Lazarus who lived in the village of Bethany with the two sisters, Mary and Martha, and he was ill. – It was the same Mary, the sister of the sick man Lazarus, who anointed the Lord with ointment and wiped his feet with her hair. The sisters sent this message to Jesus, 'Lord, the man you love is ill.' On receiving the message, Jesus said, 'This sickness will end not in death but in God's glory, and through it the Son of God will be glorified.'

Jesus loved Martha and her sister and Lazarus, yet when he heard that Lazarus was ill he stayed where he was for two more days before saying to the disciples, 'Let us go to Judaea.' The disciples said, 'Rabbi, it is not long since the Jews wanted to stone you; are you going back again?' Jesus replied:

'Are there not twelve hours in the day? A man can walk in the daytime without stumbling because he has the light of this world to see by; but if he walks at night he stumbles, because there is no light to guide him.'

He said that and then added, 'Our friend Lazarus is resting, I am going to wake him.' The disciples said to him, 'Lord, if he is able to rest he is sure to get better.' The phrase Jesus used referred to the death of Lazarus, but they thought that by 'rest' he meant 'sleep', so Jesus put it plainly, 'Lazarus is dead; and for your sake I am glad I was not there because now you will believe. But let us go to him.' Then Thomas – known as the Twin – said to the other disciples, 'Let us go too, and die with him.'

On arriving, Jesus found that Lazarus had been in the tomb for four days already. Bethany is only about two miles from Jerusalem, and many Jews had come to Martha and Mary to sympathise with them over their brother. When Martha heard that Jesus had come she went to meet him. Mary remained sitting in the house. Martha said to Jesus, 'If you had been here, my brother would not have died, but I know that even now, whatever you ask of God, he will grant you.' 'Your brother' said Jesus to her 'will rise again.' Martha said, 'I know he will rise again at the resurrection on the last day.' Jesus said:

'I am the resurrection and the life. If anyone believes in me, even though he dies he will live, and whoever lives and believes in me will never die. Do you believe this?'

'Yes, Lord,' she said 'I believe that you are the Christ, the Son of God, the one who was to come into this world.'

When she had said this, she went and called her sister Mary, saying in a low voice, 'The Master is here and wants to see you.' Hearing this, Mary got up quickly and went to him. Jesus had not yet come into the village; he was still at the place where Martha had met him. When the Jews who were in the house sympathising with Mary saw her get up so quickly and go out, they followed her, thinking that she was going to the tomb to weep there.

Mary went to Jesus, and as soon as she saw him she threw herself at his feet, saying, 'Lord, if you had been here, my brother would not have died.' At the sight of her tears, and those of the Jews who followed her, Jesus said in great distress, with a sigh that came straight from the heart, 'Where have you put him?' They said, 'Lord, come and see.' Jesus wept; and the Jews said, 'See how much he loved him!' But there were some who remarked, 'He opened the eyes of the blind man, could he not have prevented this man's death?' Still sighing, Jesus reached the tomb: it was a cave with a stone to close the opening. Jesus said, 'Take the stone away.' Martha said to him, 'Lord, by now he will smell; this is the fourth day.' Jesus replied, 'Have I not told you that if you believe you will see the glory of God?' So they took away the stone. Then Jesus lifted up his eyes and said:

'Father, I thank you for hearing my prayer. I knew indeed that you always hear me, but I speak for the sake of all these who stand round me, so that they may believe it was you who sent me.'

When he had said this, he cried in a loud voice, 'Lazarus, here! Come out!' The dead man came out, his feet and hands bound with bands of stuff and a cloth round his face. Jesus said to them, 'Unbind him, let him go free.'

Many of the Jews who had come to visit Mary and had seen what he did believed in him.

*The Gospel of the Lord*

### Communion Antiphon

Everyone who lives and believes in me will not die ever, says the Lord.