

天主教華人牧民處

www.chinesechaplaincyparra.org



復活期第三主日 (甲年)

26年4月19日

進堂詠

普世大地，請向天主歡呼！請歌頌他聖名的光榮，請獻給他輝煌的讚頌。亞肋路亞。

讀經一

宗徒大事錄 2:14, 22-33

五旬節那天，伯多祿同十一位宗徒站起來，高聲向群眾說：「猶太人，及所有居住在耶路撒冷的人！請你們留意，側耳靜聽我的話！諸位以色列人！請聽這些話：

「納匝肋人耶穌是天主用德能、奇蹟和徵兆——即天主藉他在你們當中所行的，一如你們所知道的——給你們證明了。他照天主已定的計劃和預知，被交付了。你們藉著不法者的手，釘他在十字架上，殺死了他。天主卻解除了他死亡的控制，因為達味指著他說：『我常常將上主置於我眼前；我決不動搖，因他在我右邊。因此，我心歡樂，我口歌唱，連我的肉身，也要安息於希望之中，因為你決不會將我的靈魂，遺棄在陰府，也不會讓你的聖者，見到腐朽。你要將生命的道路，指示給我，使我在你面前，獲得圓滿的喜樂。』」

「諸位仁人弟兄！容許我坦白對你們講論聖祖達味的事吧！他死了，也埋葬了。他的墳墓，直到今天，還在我們這裡。他既是先知，也知道天主曾以誓詞，對他起了誓，要從他的子嗣中，選立一位來承繼他的王位。他既預先看見了，就論及默西亞的復活，說：『他沒有被遺棄在陰府，他的肉身也沒有見到腐朽。』」

「這位耶穌，天主使他復活了；我們都是他的見證人。他被舉揚到天主的右邊，由父領受了所恩許的聖神。你們現今所見所聞的，就是他所傾注的聖神。」

—上主的話

答唱詠

詠 16

【答】：上主，請你將生命的道路指示給我。
領：天主，求你保佑我，因為我只投靠你。我對天主說：「唯有你是我的上主，唯有你是我的幸福。」
上主，你是我的產業，是我的杯爵，有你為我守著。【答】
領：我要讚頌引導我的上主；我心連夜間也向我督促。我常常將上主置於我的眼前，我決不動搖，因他在我右邊。【答】
領：因此，我心高興，我靈喜歡，連我的肉軀，也無憂安眠。因為你絕不會將我遺棄在陰府，也絕不會讓你的聖者見到腐朽。【答】
領：請你將生命的道路，指示給我；唯有在你面前，才有圓滿的喜悅；永遠在你右邊，也就是我的福樂。【答】

讀經二

聖伯多祿前書 1:17-21

親愛的諸位：
你們既稱呼那不看情面，而只按每人的行為，施行審判的天主為父，就該懷著敬畏的心，度過你們這旅居的時期。該知道：你們不是用能朽壞的金銀等物，而是用寶血，即無玷無瑕羔羊——基督的寶血，由你們祖傳的虛妄生活中，被贖出來的。

基督固然是在創世以前，就被預定了的，但在最末的時期，為了你們才出現，為使你們因著他，而相信那使他由死者中復活，並賜他光榮的天主；這樣，你們的信德和望德，都同歸於天主。 —上主的話

福音前歡呼

領：亞肋路亞。

眾：亞肋路亞。

領：主、耶穌，請你給我們講解聖經，好使我們的心，在你講話時，也火熱起來。

眾：亞肋路亞。

福音

聖路加福音 24:13-35

就在一周的第一天，耶穌的門徒中，有兩個人，往一個村莊去，村名厄瑪烏，離耶路撒冷約六十『斯塔狄』。他們彼此談論所發生的一切事。正談話討論的時候，耶穌親自走近他們，與他們同行。他們的眼睛卻被蒙蔽住了，以致認不出耶穌來。耶穌對他們說：「你們走路，彼此談論的是些什麼事？」他們就站住，面帶愁容。

一個名叫克羅帕的，回答耶穌說：「在耶路撒冷作客的，獨有你不知道這幾天在那裡所發生的事嗎？」

他們回答說：「就是有關納匝肋人耶穌的事。他本是一位先知，在天主及眾百姓前，行事說話都有權力。我們的司祭長及首領，竟解送了他，判了他死罪，釘他在十字架上。我們原指望他就是那要拯救以色列的。可是……此外還有：這些事發生到今天，已是第三天了。我們中有幾個婦女，驚嚇了我們；她們清早到了墳墓那裡，沒有看見耶穌的遺體，回來說她們見了天使顯現，天使說耶穌復活了。我們中也有幾個，到過墳墓那裡，所遇見的事，如同婦女們所說的一樣，但是，沒有看見耶穌。」

耶穌於是對他們說：「唉！無知的人哪！為信先知們所說的一切話，你們的心竟是這般遲鈍！默西亞不是必須受這些苦難，才進入他的光榮嗎？」耶穌於是從梅瑟及眾先知開始，把全部經書論及他的話，都給他們解釋了。

當他們走近他們要去的村莊時，耶穌裝作還要前行。他們強留他說：「請同我們一起住下吧！因為快到晚上，天已垂暮了。」耶穌就進去，同他們住下。

當耶穌與他們坐下吃飯的時候，就拿起餅來，祝福了，擘開，遞給他們。他們的眼睛開了，這才認出耶穌來；但耶穌卻由他們眼前隱沒了。他們就彼此說：「當他在路上與我們談話，給我們講解聖經的時候，我們的心不是火熱的嗎？」

他們於是立即動身，返回耶路撒冷，遇見那十一位門徒，及同他們一起的人，正聚在一起，彼此談論說：「主真復活了，並顯現給西滿！」兩人就把在路上的事，及在分餅時，他們怎樣認出了耶穌，述說了一遍。

—上主的話

領主詠

在耶穌分餅時，門徒認出了主耶穌。亞肋路亞。

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
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] 逢每月第三主日上午 10 時 15 分至 11 時 [附修和聖事]
修和聖事:	逢星期五上午 10 時至 10 時 45 分, 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
26/04/26	信仰分享	馮一冲
3/05/26	恩寵與轉化	Christopher Cheng

日期	內容	講者
10/05/26	服務與靈修	歌詠組
17/05/26	認出祂的計劃	Ruby

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: 4 月 25 日。索取有關連結請 WhatsApp 到牧民處熱線。

慶祝主的復活午餐

牧民處將於今日彌撒後, 在禮堂安排特別午餐, 慶祝主的復活並歡迎新領洗的兄弟姐妹。下星期日起主日彌撒後午餐回復正常, 參加者今日可在禮堂預購餐券。



復活期第三主日，甲年讀經答唱詠選自聖詠第 16 篇。

原文有標明是「達味金詩」，相信是達味君王所撰，但「金詩」一詞卻頗廢解。有聖經學者認為是達味君王最高水準的珍貴詩篇（故稱為「金詩」），亦有學者說是「刻在石碑上的經文」之意，更有學者未作定論。聖詠集內只有六篇標明是「達味金詩」（詠 16; 56; 57; 58; 59; 60）。

按內容，這篇聖詠似乎是達味蒙難時（可能是撒上 26 章的記載），受了天主的啟示，領悟到將來默西亞，甚至聖教會所受的苦難，抒於歌詠，同時亦預言默西亞的復活，和聖教會怎樣光榮天主。因此按字面，是達味向上主詠讚，按整體卻超越了達味的經驗，而是天主預言默西亞的苦難和復活。聖伯多祿和聖保祿兩位宗徒，都曾引這篇聖詠來證明耶穌是默西亞，並按經上所載，由死者中復活（見宗 2:25; 13:35）。

答句出自第 11 節（請你將生命的道路指示給我，唯有在你面前有圓滿的喜悅，永遠在你右邊也是我的福樂），這節指出聖教會的使命：就是引領世人皈依天主。

第 1 節（天主，求你保佑我，因為我只投靠你），這是教會經常向上主呼求的禱詞。第 2 節（我對天主說：「唯有你是我的上主，唯有你是我的幸福。」），這是教會宣發的信仰內容，並以實際行動來作的見證（見瑪 5-7 章）。

第 5 節（上主，你是我的產業，是我的杯爵，我要得你的基業，有你為我守著），達味用「產業」來描繪他與上主的緊密關係，並預示基督與教會，互相成為對方的「產業」。

第 7 至 8 節（我要讚頌引導我的上主，我心連夜間也向我督促。我常將上主置於我的眼前，我決不動搖，因他在我右邊），這裡的「我心」是指人的良知和心智：復活的主更新每一個人，使人全心全靈全力愛主愛人（見瑪 22:37-39）。「他在我右邊」是很猶太人的說法，意思是人把天主奉為唯一並是最重要的。

第 9 至 10 節（因此我心高興，我靈喜歡，連我的肉軀也無憂安眠。因為你絕不會將我遺棄在陰府，你也絕不讓你的聖者見到腐朽）清晰地預示默西亞的苦難與復活，宗徒和初期教會都一直這樣詮釋，甚至犧牲自己的性命來見證福音的真理。

第 11 節（請你將生命的道路指示給我，唯有在你面前有圓滿的喜悅，永遠在你右邊也是我的福樂），這是天主子民對上主的稱頌和懇求：教會期待全人類都因基督而復活，進入新天新地。



19/4/26 Youth Corner

Scripture: Luke 24: 13-35

Observation:

Luke recounts the story of two men walking from a village named Emmaus to Jerusalem; about seven miles. And while they were talking, a stranger (who we know is Jesus) appears and walks beside them. Jesus asks what they were discussing, and one man, Cleopas answers (and rather bewilderedly). The men then go on to demonstrate their knowledge of Jesus and their hope in him to be the messiah. But they also show signs of doubt and hesitation to believe. It is only when the journey draws close to the end, and Jesus stays and breaks bread do they realise who was before them. And they were filled with hope and believed in the resurrection of Christ. They then got up and returned to Jerusalem at once to share the good news with the Apostles.

Application:

The two men of this story can be a representation of us, the Church and the human experience of the Divine reality. As we journey in our Christian faith, we may encounter periods of uncertainty and doubt. We may even wander away from the Church. But Jesus, knowing fully our concerns, stays with us, walking beside. In the story, the importance of relationships and dialogue as the key thread binding relationships is highlighted. We need to actively share and be in dialogue with God to build a relationship. It says that as they approached the village, Jesus continued on as if he were going farther, but the men felt strangely comforted by his presence. With hearts burning, they invited Jesus to stay the night. And Jesus does so. In a similar manner, we too are full of desire to hear Jesus Christ speak to us and be with us. As we continue to build our relationships with God, we may also experience the similar desire and peace the men felt.

When Jesus breaks bread, the men finally recognise the stranger is Jesus himself, alive and resurrected, fulfilling Scripture. In our own experience, the Eucharist allows us to be in the presence of Christ. When we feel lost in our faith, it's moments like these - coming to mass each week, where we allow ourselves to invite Christ back into our lives again and again, that renews and strengthens our faith. Jesus knows our uncertainties and our concerns, he walks with us and knows exactly what we need. In breaking the bread, their eyes were opened. May we also be opened and recognise the living Christ in the Eucharist.

Prayer:

Dear Jesus, You showed us the ultimate form of love: unconditional and sacrificial. Please guide us in times of uncertainty and despair. Open our eyes and hearts to the path you want us to take. Fill us with wisdom to make wise choices that lead us closer to you, so we too can be a reflection of the ultimate love you have shown to us. May we also share the love you have shown to us with others, and grant us the fortitude to persevere and return to you even in times of darkness. We ask this in your name, Amen!

Youth Announcements

Youth Camp – 7th to 10th July 2026

This year our youth camp will be held from 7th July to 10th July. It will be a 4-day camp in Katoomba. This year, our theme will be Pokemon! We will explore all the fruits of the holy spirit and learn how to catch them all! Come along for fun, laughs, growth, friendship, fellowship and memories. Please contact Brain Wong (0491 138 451) or Raphael Cheung (0420 947 121) for a registration form.

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。



St. Monica's Parish

North Parramatta

Third Sunday of Easter - Year A

19th April 2026

Entrance Antiphon

Cry out with joy to God, all the earth; O sing to the glory of his name. O render him glorious praise, alleluia.

First Reading

Acts 2:14,22-33

On the day of Pentecost, Peter stood up with the Eleven and addressed the crowd in a loud voice: 'Men of Israel, listen to what I am going to say: Jesus the Nazarene was a man commended to you by God by the miracles and portents and signs that God worked through him when he was among you, as you all know. This man, who was put into your power by the deliberate intention and foreknowledge of God, you took and had crucified by men outside the Law. You killed him, but God raised him to life, freeing him from the pangs of Hades; for it was impossible for him to be held in its power since, as David says of him:

I saw the Lord before me always, for with him at my right hand nothing can shake me. So my heart was glad and my tongue cried out with joy: my body, too, will rest in the hope that you will not abandon my soul to Hades nor allow your holy one to experience corruption. You have made known the way of life to me, you will fill me with gladness through your presence.

'Brothers, no one can deny that the patriarch David himself is dead and buried: his tomb is still with us. But since he was a prophet, and knew that God had sworn him an oath to make one of his descendants succeed him on the throne, what he foresaw and spoke about was the resurrection of the Christ: he is the one who was not abandoned to Hades, and whose body did not experience corruption. God raised this man Jesus to life, and all of us are witnesses to that. Now raised to the heights by God's right hand, he has received from the Father the Holy Spirit, who was promised, and what you see and hear is the outpouring of that Spirit.'

The word of the Lord

Responsorial Psalm

Ps 15

(R.) Lord, you will show us the path of life.

1. Preserve me, God, I take refuge in you. I say to the Lord: 'You are my God. O Lord, it is you who are my portion and cup; it is you yourself who are my prize.' (R.)
2. I will bless the Lord who gives me counsel, who even at night directs my heart. I keep the Lord ever in my sight: since he is at my right hand, I shall stand firm. (R.)
3. And so my heart rejoices, my soul is glad; even my body shall rest in safety. For you will not leave my soul among the dead, nor let your beloved know decay. (R.)
4. You will show me the path of life, the fullness of joy in your presence, at your right hand happiness for ever. (R.)

Second Reading

1 ST PETER 1:17-21

If you are acknowledging as your Father one who has no favourites and judges everyone according to what he has done, you must be scrupulously careful as long as you are living away from your home. Remember, the ransom

that was paid to free you from the useless way of life your ancestors handed down was not paid in anything corruptible, neither in silver nor gold, but in the precious blood of a lamb without spot or stain, namely Christ; who, though known since before the world was made, has been revealed only in our time, the end of the ages, for your sake. Through him you now have faith in God, who raised him from the dead and gave him glory for that very reason – so that you would have faith and hope in God.

Gospel Acclamation

Alleluia, alleluia!

Lord Jesus, make your word plain to us: make our hearts burn with love when you speak. Alleluia!

The word of the Lord

Gospel

LUKE 24:13-35

Two of the disciples of Jesus were on their way to a village called Emmaus, seven miles from Jerusalem, and they were talking together about all that had happened. Now as they talked this over, Jesus himself came up and walked by their side; but something prevented them from recognising him. He said to them, 'What matters are you discussing as you walk along?' They stopped short, their faces downcast.

Then one of them, called Cleopas, answered him, 'You must be the only person staying in Jerusalem who does not know the things that have been happening there these last few days.' 'What things?' he asked. 'All about Jesus of Nazareth' they answered 'who proved he was a great prophet by the things he said and did in the sight of God and of the whole people; and how our chief priests and our leaders handed him over to be sentenced to death, and had him crucified. Our own hope had been that he would be the one to set Israel free. And this is not all: two whole days have gone by since it all happened; and some women from our group have astounded us: they went to the tomb in the early morning, and when they did not find the body, they came back to tell us they had seen a vision of angels who declared he was alive. Some of our friends went to the tomb and found everything exactly as the women had reported, but of him they saw nothing.'

Then he said to them, 'You foolish men! So slow to believe the full message of the prophets! Was it not ordained that the Christ should suffer and so enter into his glory?' Then, starting with Moses and going through all the prophets, he explained to them the passages throughout the scriptures that were about himself.

When they drew near to the village to which they were going, he made as if to go on; but they pressed him to stay with them. 'It is nearly evening' they said 'and the day is almost over.' So he went in to stay with them. Now while he was with them at table, he took the bread and said the blessing; then he broke it and handed it to them. And their eyes were opened and they recognised him; but he had vanished from their sight. Then they said to each other, 'Did not our hearts burn within us as he talked to us on the road and explained the scriptures to us?'

They set out that instant and returned to Jerusalem. There they found the Eleven assembled together with their companions, who said to them, 'Yes, it is true. The Lord has risen and has appeared to Simon.' Then they told their story of what had happened on the road and how they had recognised him at the breaking of bread.

The Gospel of the Lord

Communion Antiphon

The disciples recognized the Lord Jesus in the breaking of the bread, alleluia.

聖言導讀

福音敘述一群婦女發現安葬耶穌的墳墓空了，並聽見天使報告耶穌復活了。但當他們將這一切轉告給宗徒們時，他們卻不相信這些婦女；伯多祿雖然去查看了墳墓，卻只是驚異（並未相信）。

經文中強調「第三天」這個日子，一方面再次肯定耶穌被釘死的事實；另一方面更顯示一切希望都已趨於幻滅，因為耶穌生前預言說自己死後三天要復活，如今這個期限即將結束。

走在路上的門徒和一位突然出現的「陌生人」談話，卻未認出這人就是耶穌，因為他們的眼被「關閉」了。復活的耶穌並未自我介紹，在聽完二位門徒失望的談話後，首先指責他們的無知和遲鈍，然後提醒他們：「默西亞不是必須先受苦難，並且通過苦難才達到光榮嗎？」

他們臨近厄瑪烏時，耶穌佯裝欲繼續前行，二位門徒不得不把祂留下來，並不只是因為天色已晚，而是因為他們的心因聆聽耶穌而成為火熱的。路加福音多次報導耶穌常常被人請去參加筵席，這次祂也一如往常受邀入席。但是身為客人的祂，卻在晚餐中扮演了一家之主的角色，祂拿起餅讚頌天主之後，把餅擘開並分給二位門徒。就在此時，他們原本被關閉的眼被「打開」了，而認出耶穌來。就在這一刻耶穌由他們眼前消失了，因為這個相遇事件已達到最高峰，耶穌沒有必要再逗留原處。二位門徒隨即彼此分享，當耶穌在路上為他們開釋聖經時，內心便已經如火一般地燃燒。

二位門徒所經歷的一切，促使他們立刻返回耶路撒冷。回到團體後，先聽見「十一人」的信仰見證：「主真復活了，也顯現給西滿了！」在這個短短的見證中我們看見「十一人」的重要性，以及西滿（伯多祿）的領導地位。

這篇有關復活的敘述，有個十分精細巧妙的結構：失望的由耶路撒冷出發 — 被矇蔽的眼睛 — 解釋（開啟）經書 — 擘餅時開啟眼睛 — 充滿熱火的返回耶路撒冷。這種戲劇張力十足的安排，邀請讀者與經文中的角色產生認同，並因而直接和復活的主對話。

福音作者希望幫助讀者克服自己的情緒，或認知上的屏障而達於信仰。基督徒走在追求信仰的路上，就如同這二位走在厄瑪烏路上的門徒 — 唯有透過以基督為中心的觀點，閱讀全部的聖經，參與以伯多祿為中心的信仰團體所舉行的感恩禮，才會和復活的主相遇。基督徒只有在讀經和擘餅中，才能認出耶穌是主。

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