

天主教華人牧民處

www.chinesechaplaincyparra.org



四旬期第四主日(乙年)

2021年3月14日

進堂詠

凡愛慕耶路撒冷的，都應與她一同喜樂；凡為她憂傷的，都要與她盡情歡樂。

讀經一

恭讀編年紀下 36:14-16, 19-23

那時候，所有的司祭、首長和百姓，都罪上加罪，仿效了異族所做的一切醜惡之事，污辱了上主在耶路撒冷祝聖的聖殿。上主、他們祖先的天主，由於愛惜自己的百姓和自己的居所，時常不斷派遣使者警戒他們。無奈，他們都嘲笑了天主的使者，輕視了天主的勸言，譏笑了天主的先知，致使上主的怒火，發洩在他的百姓身上，直到無法救治。

敵人焚毀了上主的殿宇，拆毀了耶路撒冷的城牆，燒了城中所有的宮殿，毀壞了城內一切珍貴的器皿；凡沒有死於刀下的人，都被擄到巴比倫去，作巴比倫王及他子孫的奴僕，直到波斯帝國興起。這樣，就應驗了上主藉耶肋米亞的口，所說的話：「為填補沒有遵守的安息年，這塊土地要一直荒涼七十年。」

波斯王居魯士元年，為應驗上主藉耶肋米亞的口，所說的話，上主感動了波斯王居魯士的心，叫他出一道號令，通告全國，說：「波斯王居魯士這樣說：上天的神：『上主』，將地上萬國交给了我，囑咐我在猶大的耶路撒冷，為他建築一座殿宇；你們中間凡做他子民的，都可以上去耶路撒冷；願他的神與他同在！」

—上主的話

答唱詠

詠 137:1-2, 3, 4-5, 6

【答】：我若不懷念你，就寧願我的舌頭，緊緊貼在我的上顎！

領：當我們坐在巴比倫河畔，一想起熙雍，就淚流滿面。在河畔的楊柳間，掛起我們的豎琴。【答】

領：那些俘擄我們的，要我們唱歌；那些迫害我們的，還要我們奏樂：「快來給我們唱一首熙雍的歌！」

【答】

領：但我們身處外鄉異域，怎能謳唱上主的歌曲？耶路撒冷！我如果忘記你，就願我的右手枯萎！【答】

領：我若不懷念你，不以耶路撒冷為喜樂，就寧願我的舌頭，緊緊貼在我的上顎！【答】

讀經二

厄弗所人書 2:4-10

弟兄姊妹們：

富於慈悲的天主，因著他愛我們的大愛，竟在我們因犯罪而喪亡的時候，使我們同基督一起生活；可見你們的

得救，是由於恩寵。

天主使我們同基督一起復活，並使我們在基督耶穌內，和他一同坐在天上，為將自己無限豐富的恩寵，即他在基督耶穌內，對我們所懷有的慈惠，顯示給未來的世代。

因為你們得救是由於恩寵，藉著信德，所以得救並不是出於你們自己，而是天主的恩惠；不是出於功行，免得有人自誇。原來我們是他的化工，是在基督耶穌內受造的，為行天主所預備的各種善工，叫我們在這些善工中度日。

—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：天主竟這樣愛了世界，甚至賜下了自己的獨生子，使凡信他的人，不至喪亡，反而獲得永生。

眾：基督、天主聖言，願光榮歸於你。

福音

聖若望福音 3:14-21

那時候，耶穌向尼苛德摩說：「梅瑟曾在曠野裡高舉了蛇，人子也應照樣，被舉起來，使凡信的人，在他內獲得永生。」

天主竟這樣愛了世界，甚至賜下了自己的獨生子，使凡信他的人，不至喪亡，反而獲得永生。因為天主沒有派遣子到世界上來，審判世界，而是為叫世界，藉著他而獲救。那信從他的，不受審判；那不信的，已受到了審判，因為他沒有信從天主獨生子的名字。

審判就在於此：光明來到了世界，世人卻愛黑暗甚於光明，因為他們的行為是邪惡的。的確，凡作惡的，都憎惡光明，也不來接近光明，怕自己的行為暴露出來；然而履行真理的，卻來接近光明，為顯示出他的行為，是在天主內完成的。

—上主的話

領主詠

耶路撒冷建築的好似京城，確是內部劃一整齊的京城。各支派，上主的各支派都齊集在那裡，按照上主的法律，稱頌上主的名字。

歡迎把這通訊
帶回家細閱

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(普通話)留言
署理本堂司鐸/ 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
牧民處辦公時間:	星期二至五·上午8時半時至下午2時半
堂區聯絡:	電話: 9630 1951 傳真: 9630 8738 電郵: stmonicanp@bigpond.com

2021 四旬期公拜苦路安排如下:

3月19日至3月26日逢星期五晚上8時

日期	由以下善會帶領
19/03	聖言宣讀組 Lector
26/03	青年組(英語) Youth Group
02/04	禮儀組 Liturgy Group

Lent 2021

◆ Stations of the Cross (Confession available)
Every Friday from 19th March to 26th March:
7pm (English) | 8pm (Cantonese)

2021年四旬期

◆ 公拜苦路 (有修和聖事) 3月19日至3月26日逢星期五 晚上7時(英語)|晚上8時(粵語)

2021年聖週禮儀時間表單張已放在聖堂正門, 歡迎索取。請熱心參與主基督的逾越慶典

四旬期聚會 Lenten Program

牧民處在四旬期間, 一連六個主日傍晚, 以網上(Zoom)形式分享當天彌撒讀經, 為求更能掌握教會每年為信徒選讀的聖言, 促使反思及相應的行動, 以準備心神迎接最隆重的基督復活慶典。網上聚會約一小時。

歡迎各位兄弟姊妹參與。

日期: 2021年2月21日至3月28日 時間: 逢星期日晚上8pm-9pm *via Zoom*

主持: 信仰重溫組

內容: 祈禱, 讀經, 反省及分享

報名請按以下連結填寫網上表格: <https://forms.gle/KA94svGnkV92Ri32A>

Zoom會議連線會傳送到已登記的電郵地址。如有查詢, 請致電: Eric Wong 0450477003; Thomas Tse 0413304285

天主教青年教理 YOUCAT 導讀 (粵語, ZOOM 網上講座, 歡迎青年和成人人士參加)

由林勝文神父主講, 逢每月第二個第四個星期六, 晚上8時起舉行。下次舉行日期: 3月27日。

已報名者可重用去年的ZOOM連線。亦歡迎新參加者, 請致電: Eric Wong 0450477003; Thomas Tse 0413304285

四旬期內慶節的特別彌撒 (粵語) 地點: 聖莫尼加堂

聖若瑟節前夕 3月18日(星期四)晚上7時半

聖母領報節 3月25日(星期四)晚上7時半

Project Compassion 2021

Please collect your compassion boxes at the entrance to the Church and return them no later than Easter Sunday to the Parish Office or place them in the green metal box provided at the entrance to the Church.

The Bishop's Lenten Appeal — will take place today.

Envelopes will be available near the Sacred Heart Statute. All donations over \$2 are tax deductible.

Please place your completed donation envelopes in the boxes provided.

主日彌撒安排

由於政府再放寬法例, 聖堂現容許220人參與彌撒。進入聖堂時請登記閣下的聯絡資料。



Marian Consecration

In this Lenten season, we are encouraged not only to stick to whatever we've chosen to give up during the 40 days, but to do something extra that can bring us closer to God. Why not let that something extra be a Marian consecration?

Marian Consecration is a "consecration to Jesus, through Mary" as explained by Jackie and Bobby Angel from Ascension Presents in a video of the same name. Jackie and Bobby share their insights into the power of the Marian Consecration through this video, encouraging all of us to place ourselves under the mantle of Mary where the Devil cannot reach. The Devil is a difficult one, full of jealousy and fear of people who have said their Yes to God, the ones like you and me who strive to evangelise, whether through words or deeds, and lead others to God. In committing to a Marian Consecration, we are asking Mary to place us in her womb to be formed as Jesus was formed, and strive to be virtuous as Mary herself is virtuous. Mary, as the first disciple, is more than worthy of imitation, and is someone we can approach with confidence because she is our Loving Mother. In the words of Saint Maximilian Kolbe 'Never be afraid of loving Mary too much...you can never love her more than Jesus'. Knowing this, we can be sure that Mary is a way to Jesus.

Marian Consecration is a formal act of consecration which can be renewed every year. It involves 33 days of preparation whereby each day there are special readings consisting of readings from the Bible, prayers and reflections that lead up to the formal prayer and final consecration at the end of the 33 days. It is recommended that the consecration happens on a major feast day of Our Lady, hence the preparation would begin 33 days prior. Below is a table of the major Marian feast days, and the dates you would start the preparation :) In allowing Mary into our lives, with her help and guidance we can devote our fears, sufferings, failures, hopes, dreams and prayers for the Greater Glory of God.

- Abby

Marian Feast Day	Start Date	Consecration Day
Our Lady of Lourdes	January 9	February 11
The Annunciation	February 20	March 25
Our Lady of Fatima	April 10	May 13
The Visitation	April 28	May 31
Immaculate Heart	Saturday after Sacred Heart	Saturday after Corpus Christi
Our Lady of Mt. Carmel	June 13	July 16
The Assumption	July 13	August 15
Queenship of Mary	July 20	August 22
Nativity of Mary	August 6	September 8
Holy Name of Mary	August 10	September 12
Our Lady of Sorrows	August 13	September 15
Our Lady of the Rosary	September 4	October 7
Presentation of Mary	October 19	November 21
Immaculate Conception	November 5	December 8
Our Lady of Guadalupe	November 9	December 12
Mother of God	November 29	January 1
Presentation of the Lord	December 31	February 2

本主日的答唱詠選自聖詠第 137 篇。這是繼「上主是牧者」（聖詠 23 篇）外另一首膾炙人口的聖詠。德國樂隊 Boney M 於 1978 年曾直接引用這聖詠唱出「巴比倫河畔」（Rivers of Babylon）一曲，風靡一時。

此聖詠希伯來語原文極為憂怨，是典型的哀歌。詩中描寫國破家亡的以色列子民被充軍往巴比倫，在那兒的河畔懷緬著昔日王朝時代的風光，特別是慘遭移平的耶路撒冷聖殿。無奈亡國奴的生涯絕不易過。詩人一方面向上主許諾永不背叛信德，另一方面毫不掩飾對巴比倫人的憎恨，要求上主替以民報復。本詩作者不詳，學者都認為這詩是在充軍時期（主降生前 598 至 538 年），流傳於以民中間的聖詠，到波斯王居魯士讓以民回國時（主降生前 538 年後），才寫下來並編入《聖詠集》。

答句出自第 6 節，其實與第 5 節並列（耶路撒冷！我如果將你忘掉，願我的右手枯焦！我若不懷念你，不以耶路撒冷為喜樂，就寧願我的舌頭緊緊貼在我的上顎！），言辭表達被充軍的以民怎樣思念故國，亦寧願捨棄一切都不背離上主。此節也含蓄地寫出以民面對多神信仰的在巴比倫宗教，與由亞巴郎開始的「一神信仰」如何水火不容，以民盡其力量保持信仰純淨。天主教會的歷史也佐證，在宗教迫害時信徒的信仰反而更堅貞，信仰內容得以保持正確；反而在教會在政權下有著種種特權時，信仰的精神竟有退步。

~勝文神父

聖彌額爾禱文

聖彌額爾總領天使，在戰爭的日子裏保衛我們，免我們陷入魔鬼邪惡的陰謀，和奸詐的陷阱中，我們謙卑地祈求，但願上主譴責牠。上主萬軍的統帥，求你因上主的威能，把徘徊人間，引誘人靈，使其喪亡的撒彈及其他邪靈，拋下地獄裏去。亞孟。

Youth Announcements

St Monica's Youth Group (FYRE)

Youth group is still online at the moment for 2021! Over the course of the year we will be looking at the books of the Bible from both Old and New Testaments- March's sessions will be focused on the book of Kings! If you would like to learn more, feel free to join us on Saturday nights 8PM using the link <http://uni-sydney.zoom.us/j/93935934337>. Follow us on Instagram @fyrestmonicas to keep track of the latest FYRE news and events!

Altar Serving- Expressions of interest

St Monica's is looking for **new Altar Servers for the Saturday Sunday Masses!** If you're interested, then please contact one of the Altar Serving Coordinators (please refer to the contact details below!)

Altar Serving Coordinator Contact Details

5pm (Saturday) Mass: Andre Kurkcu Phone: 0410 881 648
 9am & 6pm Masses: Rashane Joseph Phone: 0424 697 842
 11:30am Mass: Rebecca Cheung Phone: 0449 055 395





St. Monica's Parish

North Parramatta

ST MONICA'S
CATHOLIC PARISH AND PRIMARY SCHOOL COMMUNITY

Fourth Sunday of Lent - Year B

14th March 2021

Entrance Antiphon

Rejoice, Jerusalem, and all who love her. Be joyful, all who were in mourning; exult and be satisfied at her consoling breast.

First Reading

2 CHR 36:14-16. 19-23

All the heads of the priesthood, and the people too, added infidelity to infidelity, copying all the shameful practices of the nations and defiling the Temple that the Lord had consecrated for himself in Jerusalem. The Lord, the God of their ancestors, tirelessly sent them messenger after messenger, since he wished to spare his people and his house. But they ridiculed the messengers of God, they despised his words, they laughed at his prophets, until at last the wrath of the Lord rose so high against his people that there was no further remedy.

Their enemies burned down the Temple of God, demolished the walls of Jerusalem, set fire to all its palaces, and destroyed everything of value in it. The survivors were deported by Nebuchadnezzar to Babylon; they were to serve him and his sons until the kingdom of Persia came to power. This is how the word of the Lord was fulfilled that he spoke through Jeremiah, 'Until this land has enjoyed its sabbath rest, until seventy years have gone by, it will keep sabbath throughout the days of its desolation.'

And in the first year of Cyrus king of Persia, to fulfil the word of the Lord that was spoken through Jeremiah, the Lord roused the spirit of Cyrus king of Persia to issue a proclamation and to have it publicly displayed throughout his kingdom: 'Thus speaks Cyrus king of Persia, "The Lord, the God of heaven, has given me all the kingdoms of the earth; he has ordered me to build him a Temple in Jerusalem, in Judah. Whoever there is among you of all his people, may his God be with him! Let him go up."

The word of the Lord

Responsorial Psalm

Ps 136

(R.) Let my tongue be silenced, if ever I forget you!

1. By the rivers of Babylon there we sat and wept, remembering Zion; on the poplars that grew there we hung our harps. **(R.)**
2. For it was there that they asked us, our captors, for songs, our oppressors, for joy. 'Sing to us,' they said, 'one of Zion's songs.' **(R.)**
3. O how could we sing the song of the Lord on alien soil? If I forget you, Jerusalem, let my right hand wither! **(R.)**
4. O let my tongue cleave to my mouth if I remember you not, if I prize not Jerusalem above all my joys! **(R.)**

Second Reading

Eph 2:4-10

God loved us with so much love that he was generous with his mercy: when we were dead through our sins, he brought us to life with Christ – it is through grace that you have been saved – and raised us up with him and gave us a place with him in heaven, in Christ Jesus.

This was to show for all ages to come, through his goodness towards us in Christ Jesus, how infinitely rich he is in grace. Because it is by grace that you have been saved, through faith; not by anything of your own, but by a gift from God; not by anything that you have done, so that nobody can claim the credit. We are God's work of art, created in Christ Jesus to live the good life as from the beginning he had meant us to live it.

The word of the Lord

Gospel Acclamation

Glory and praise to you, Lord Jesus Christ!

God loved the world so much, he gave us his only Son, that all who believe in him might have eternal life.

Glory and praise to you, Lord Jesus Christ!

Gospel

JOHN 3:14-21

Jesus said to Nicodemus:

'The Son of Man must be lifted up as Moses lifted up the serpent in the desert, so that everyone who believes may have eternal life in him.

Yes, God loved the world so much that he gave his only Son, so that everyone who believes in him may not be lost but may have eternal life.

For God sent his Son into the world not to condemn the world, but so that through him the world might be saved.

No one who believes in him will be condemned; but whoever refuses to believe is condemned already, because he has refused to believe in the name of God's only Son.

On these grounds is sentence pronounced:

that though the light has come into the world men have shown they prefer darkness to the light because their deeds were evil.

And indeed, everybody who does wrong hates the light and avoids it, for fear his actions should be exposed; but the man who lives by the truth comes out into the light, so that it may be plainly seen that what he does is done in God.'

The Gospel of the Lord

COMMUNION ANTIPHON

Jerusalem is built as a city bonded as one together. It is there that the tribes go up, the tribes of the Lord, to praise the name of the Lord.