

天主教華人牧民處

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四旬期第一主日 (乙年)

2024年2月18日

進堂詠

願尋求上主的人，樂滿心中。請眾尋求上主和他的德能，要時常不斷追求他的儀容。

讀經一

創世紀9:8-15

天主對諾厄和他的兒子說：「看，我現在與你們，及你們未來的後裔立約，並同與你們一起的所有生物：飛鳥、牲畜和地上所有野獸，即凡由方舟出來的地上所有生物立約。我與你們立約：凡有血肉的，以後決不再受洪水湮滅，再沒有洪水來毀滅大地。」

天主說：「這是我與你們，及同你們一起的所有生物，立約的永遠標記：我把虹霓放在雲間，作我與大地立約的標記。幾時我興雲遮蓋大地，雲中要出現虹霓，那時，我便想起我與你們，及各種屬血肉的生物，所立的盟約，這樣，水就不會再成為洪水，毀滅所有血肉的生物。」

—上主的話

答唱詠

詠25

【答】：上主以慈愛和忠誠，對待遵守他盟約和誠命的人。

領：上主，求你使我認識你的法度，並求你教訓我履行你的道路；引我進入真理之途。我終日仰望你，因你是救我的天主。【答】

領：上主，求你記起你的仁慈，因為你的慈愛，由互古以來，就常存在。求你忘記我年青時的罪愆和過犯；上主，求你按照你的仁慈和良善，紀念我。【答】

領：因為上主仁慈又正直，常領迷途者歸回正路，引導謙卑者遵守正義，教導善良者走入正途【答】

讀經二

聖伯多祿前書3:18-22

親愛的弟兄姊妹：

基督曾一次為罪而死，且是義人代替不義的人，為將我們領到天主面前；就肉身來說，他固然被處死了；但就神魂來說，他卻復活了。他

藉這神魂，曾去給那些在獄中的靈魂宣講；這些靈魂從前在諾厄建造方舟的時日、天主耐心等待之時，原是不信的人。

當時賴方舟，經過水，而得救的不多，只有八個生靈。這水所預表的聖洗，現在賴耶穌基督的復活，拯救了你們，並不是滌除肉體的污穢，而是要求對天主有一顆純潔的良心。至於耶穌基督，他升了天，坐在天主的右邊；眾天使、掌權者和異能者，都屈伏在他權下。

—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

聖馬爾谷福音1:12-15

那時候，聖神催促耶穌到曠野去。耶穌在曠野裡，四十天之久，受撒旦的試探，與野獸在一起，並有天使服事他。

若翰被監禁後，耶穌來到加里肋亞，宣講天主的福音，說：「時期已滿，天主的國臨近了，你們悔改，信從福音吧！」

—上主的話

領主詠

我們就是全憑天主豐厚的恩寵，在他愛子內，藉他愛子的血，獲得了救贖，罪過的赦免。

聖言導讀

耶穌的出現就有如依撒意亞先知書中喜訊傳報者：「那傳佈喜訊(福音)，宣佈和平，傳報佳音，宣佈救恩，給熙雍說『你的天主為王了！』的腳步，在山上是多麼美麗啊！」(依五二7)然而，耶穌不只是天國福音的「傳報者」，祂自己和這個天國，有著內在的關連。

這個天國的來臨並非偶然的事件，而是因為天主預定的期限(參閱：達七22；則七12；伯前一一)業已屆滿。耶穌的出現，就代表祂所宣告的「天主的國臨近了」！但是所謂「臨近」，並不是說再過很短的時間就要來到，也不是指復活的主再來之時；「天國臨近」的意義是：隨著耶穌的出現，天國事實上已經來到。然而，天國並不是如人們所期待的，在天使歡呼、號角齊鳴的景象中出現；天國的來臨是隱晦的，肉眼不能察覺，必須在信仰中才能看見。

天主所決定的期限一滿，天國就已來到，從現在開始實現，直到臻於圓滿。面對這個業已來到，並且逐漸趨於圓滿實現的天國，一切人都必須做出抉擇：「你們悔改，信從福音吧！」

「悔改」的意思不僅思想方式改變，而且是實際生活方向的扭轉，轉向真正的生命道路的目標：天主！「悔改」的真實表現就是「信從」，藉著「信」與「從」，人明確地表示接受福音。人不只是因此而信賴耶穌，並且為耶穌爭取更多相信祂的人。

馬爾谷福音的中心思想就是「成為門徒、信從耶穌」。整部書從頭到尾都在敘述，人們在接受與拒絕福音之間不斷的掙扎，說明「悔改」與「信從」耶穌，是一個不斷深刻化的過程。因此，我們也可以了解，為什麼馬爾谷在耶穌受洗後，立刻報導祂受試探的故事。這個聯結關係提醒我們：受洗成為基督徒的人應該知道，他們將遭受魔鬼的試探，並可能因此而被帶離通往天國之路。教會安排四旬期的目的，也是幫助基督徒憶起受洗的恩寵，經由一年比一年更深刻的悔改，回歸正道、真實信從。

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(普通话)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
助理司鐸：	張勇浩神父 (英、韓語) 電話：9630 1951 電郵： stmonicanp@bigpond.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：	逢星期四晚上8時至9時 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

四旬期公拜苦路 由2月16日至3月22日，逢星期五，在聖堂舉行。
晚上7時 (英語) 晚上8時 (粵語) 有修和聖事同步進行。歡迎參加。

帶領粵語拜苦路輪值：

2月23日送聖體員 3月1日聖奧斯定組 3月8日聖詠團 3月15日歡迎組 22nd March Youth Group

信仰探討講座 (聖奧斯定會主持) 逢星期日上午10時半至11時15分，在堂區會議室舉行，歡迎參加。
請參閱未來幾週的講座內容：

日期	內容	講者
25/02/2024	救恩史 - 希臘文化主義	Bosco Yu
03/03/2024	救恩史 - 耶穌時代	Peter Lee

聖經幼稚園 (網上講座) 林勝文神父主講聖經各書卷導讀
由2024年2月24日起，逢每月第二及第四個星期六，晚上8時至9時在網上舉行。
參加者可重用以往YOUCAT導讀的ZOOM連結，亦歡迎新參加者。
報名及查詢請WhatsApp或傳短訊給牧民處熱線 0411 192 278

主日午餐今天彌撒後恢復，預備參加午餐而未購餐券的兄弟姊妹，可於彌撒後往禮堂購票，並享用午餐。餐券每張 \$10。

聖經人物趣談 (林神父主持)
由3月10日起，逢每月第二和第三個星期日，下午1時半至2時，在禮堂舉行。歡迎參加。

聖週歌曲的靈修 (林神父主持，網上講座)
3月21日，星期四，晚上8時至9時半。索取ZOOM連結請WhatsApp牧民處熱線。

四旬期愛德捐獻 Project Compassion 2024

大家可在聖堂大門索取四旬期捐款用紙盒，並於今年聖週星期五 (3月29日) 前，帶回聖堂的收集箱；或用盒子上的二維碼直接捐款。

四旬期第一主日，乙年讀經的答唱詠選了聖詠第 25 篇。



Youth Corner 18th February

原文共二十二節，每節第一個字皆順序用希伯來文的字母。整部《聖詠集》共有九篇詩歌用這體裁寫成（第 9、10、25、34、37、111、112、119、145 篇），除了是詩人匠心獨韻地寫作外，更適於讀者記憶。

聖詠 25 篇是達味所作的祈禱詩，談及人始終都要投靠天主。

答句出自第 10 節（對待持守上主的盟約和誠命的人，上主的一切行徑常是慈愛和忠誠。），這句亦見於聖經其他書卷（見詠 85:10-11；多 3:2），可見聖詠作者對上主全然的信任和倚賴。

第 4 節（上主，求你使我認識你的法度，並求你教訓我履行你的道路。），這句亦以多種方式屢次出現於不同的聖詠（見詠 27:11；86:11；119:12, 35；143:8, 10），可見以色列子民極重視上主的教訓和帶領。

第 6 至 9 節（上主，求你憶及你的仁慈和恩愛，因為它們由互古以來就常存在。我青春的罪愆和過犯，求你不要追念；上主，求你紀念我，照你的仁慈和良善。因為上主仁慈又正直，常領迷途者歸回正路，引導謙卑者遵守正義，教導善良者走入正途。），詩人以大量的筆墨歌頌天主的慈悲，上主不斷對人施以寬恕和教導，人就應以謙卑和善良的德行作回應。

四旬期是信友藉默想受苦受難的基督，以守齋、祈禱、悔罪來準備與基督逾越，出死入生。

~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，使其喪亡的撒殫及其他邪靈，拋下地獄裏去。亞孟。

Scripture: Mark 1:12-15

Observation:

Mark's gospel reading about the temptation of Jesus is short and concise, much unlike the other Synoptics of Matthew and Luke which detail conversations between Jesus and the devil. The first week of Lent takes us back to the opening chapters of Genesis, where Adam and Eve are driven out of the garden in a similar manner to Jesus; yet what differs in this present account is that the latter is willing to confront and resist temptation in order to fulfill God's plan for humanity. We are reminded of this by the end of the reading- Jesus exclaims "The time has come.... the kingdom of God has come near. Repent and believe the good news!" Mark notes that Jesus was in the 'wilderness' and amongst 'wild beasts', implicative of a barren wasteland with little to no providence. This is also where Christ finds us at the beginning of Lent- a place of confusion, suffering and sin. Jesus offers a message of hope and comfort as he overcomes the devil's temptations, even shortly after baptism. He is found to be 'with' the wild animals, as opposed to Adam, who later became afraid of God's creation. Interestingly, parallels can be drawn between both the Old and New Testament scriptures.

Application:

Temptation is something every Catholic will encounter, often on a daily basis. We can be tormented by evil thoughts, negative behaviour and sinful actions which only drive us further away from Christ, whom if we place our trust in, will lead us to good. Mark shows us that whilst temptation is an integral part of the Christian life, it can be just a fleeting component of our lives if we are willing to repent, conquer the struggle and become part of the Kingdom of God by believing in the good news. Seeking repentance and going to confession is a gift from God- it is the truth, as it tries to see things as they really are. It is an opportunity for us to begin again, and open our hearts to the Lord. Attending the Stations of the Cross every Friday night is a great opportunity to start practicing this habit.

Prayer:

Heavenly Father, as we approach this time of the year again, please give me the gift of wisdom, introspection, and self-awareness to understand my weaknesses, flaws, and sins. Remind me of your strength and resilience in overcoming the devil's temptations for forty days, and that I am capable of doing this too, because I know that you are with me, and that with you anything is possible. May these next few weeks be a period of reflection which allow me to grow closer to you as a child of God. Help me to recognize the importance of repentance by seeking the sacrament of Penance whenever and wherever possible. Free me from the shackles of sin and shame and I welcome you into my heart. Amen.

Youth Announcements

St Monica's Youth Group (FYRE)

Youth Group continues for another month in the community room, starting at 10:30AM! Feel free to drop by for some games and friendly chats!





St. Monica's Parish

North Parramatta

ST MONICA'S
CATHOLIC PARISH AND PRIMARY SCHOOL COMMUNITY

First Sunday of Lent - Year B

18th February 2024

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 9:8-15

God spoke to Noah and his sons, 'See, I establish my Covenant with you, and with your descendants after you; also with every living creature to be found with you, birds, cattle and every wild beast with you: everything that came out of the ark, everything that lives on the earth. I establish my Covenant with you: no thing of flesh shall be swept away again by the waters of the flood. There shall be no flood to destroy the earth again.'

God said, 'Here is the sign of the Covenant I make between myself and you and every living creature with you for all generations: I set my bow in the clouds and it shall be a sign of the Covenant between me and the earth. When I gather the clouds over the earth and the bow appears in the clouds, I will recall the Covenant between myself and you and every living creature of every kind. And so the waters shall never again become a flood to destroy all things of flesh.'

The word of the Lord

Responsorial Psalm

Ps 24

(R.) Your ways, O Lord, are love and truth to those who keep your covenant.

1. Lord, make me know your ways. Lord, teach me your paths. Make me walk in your truth, and teach me: for you are God my saviour. (R.)
2. Remember your mercy, Lord, and the love you have shown from of old. In your love remember me, because of your goodness, O Lord. (R.)
3. The Lord is good and upright. He shows the path to those who stray, he guides the humble in the right path; he teaches his way to the poor. (R.)

Second Reading

1 Peter 3:18-22

Christ himself, innocent though he was, died once for sins, died for the guilty, to lead us to God. In the body he was put to death, in the spirit he was raised to life, and, in the spirit, he went to preach to the spirits in prison. Now it was long ago, when Noah was still building that ark which saved only a small group of eight people 'by water', and when God was still waiting patiently, that these spirits refused to

believe. That water is a type of the baptism which saves you now, and which is not the washing off of physical dirt but a pledge made to God from a good conscience, through the resurrection of Jesus Christ, who has entered heaven and is at God's right hand, now that he has made the angels and Dominations and Powers his subjects.

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

MARK 1:12-15

The Spirit drove Jesus out into the wilderness and he remained there for forty days, and was tempted by Satan. He was with the wild beasts, and the angels looked after him.

After John had been arrested, Jesus went into Galilee. There he proclaimed the Good News from God. 'The time has come' he said 'and the kingdom of God is close at hand. Repent, and believe the Good News.'

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.