

天主教華人牧民處

www.chinesechaplaincyparra.org



四旬期第三主日 (乙年)

2024年3月3日

進堂詠

我的眼睛不斷仰望上主，因為他使我的雙腳脫離羅網。求你回顧，求你憐憫，因為我孤苦伶仃。

讀經一

出谷紀 20:1-17

那時候，天主發言，說了以下這一切話：「我是上主、你的天主，是我領你離開埃及、奴隸之所。

「除我之外，你不可有別的神。

「你不可製造任何彷彿天上、或地上、或地下水中之物的雕像。

「不可叩拜這些像，也不可敬奉，因為我，上主、你的天主，是忌邪的天主；凡惱恨我的，我要追討他們的罪，從父親直到兒子，甚至三代四代的子孫。凡愛慕我，及遵守我誠命的，我要對他們廣施仁慈，直到他們的千代子孫。

「不可妄呼上主、你天主的名字；因為凡妄呼他名字的人，上主決不讓他們免受懲罰。

「應記住安息日，守為聖日。六天應該勞作，做你一切的事；但第七天是為恭敬上主、你的天主，當守的安息日；你自己、連你的兒女、你的僕婢、你的牲口，以及在你中間居住的外方人，都不可做任何工作。因為上主在六天內，造了天地、海洋和其中一切，但第七天休息了，因此，上主祝福了安息日，也定為聖日。

「應孝敬你的父親和你的母親，好使你在上主、你的天主，賜給你的地方，延年益壽。

「不可殺人。

「不可姦淫。

「不可偷盜。

「不可作假見證，害你的近人。

「不可貪你近人的房舍。

「不可貪戀你近人的妻子、僕人、婢女、牛驢，及你近人的一切。」

—上主的話

答唱詠

詠19:8,9,10,11

【答】：主！唯你有永生的話。

領：上主的法律是完善的，能暢快人靈；上主的約章是忠誠的，能開啟愚蒙。【答】

領：上主的規誡是正直的，能悅樂心情；上主的命令是光明的，能燭照眼睛。【答】

領：上主的訓誨是純潔的，永遠常存；上主的判斷是真實的，無不公允。【答】

領：比黃金，比極純的黃金，更可愛戀；比蜂蜜，比蜂巢的流汁，更要甘甜。【答】

讀經二

格林多人前書 1:22-25

弟兄姊妹們：

的確，猶太人要求的，是神蹟；希臘人尋求

的，是智慧；而我們所宣講的，卻是被釘在十字架上的基督。這為猶太人，固然是絆腳石；為外邦人，是愚妄；但為那些蒙召的，不拘是猶太人或希臘人，基督卻是天主的德能和天主的智慧；因為天主的愚妄總比人明智，天主的懦弱也總比人堅強。

—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 2:13-25

猶太人的逾越節近了，耶穌便上耶路撒冷。在殿院裡，耶穌看見賣牛、羊、鴿子的，及坐在錢莊上，兌換銀錢的人。

耶穌於是用繩索做了一條鞭子，把眾人連羊帶牛，都從殿院趕出去，又傾倒了換錢者的銀錢，推翻了他們的桌子。

耶穌對賣鴿子的人說：「把這些東西從這裡拿出去，不要使我父的殿宇成為商場。」耶穌的門徒就想起了經上記載的話：「我對你殿宇所懷的熱忱，把我耗盡。」

猶太人便問耶穌說：「你顯什麼神蹟給我們看，證明你有權做這些事？」

耶穌回答他們說：「你們拆毀這座聖殿，三天之內，我要把它重建起來。」

猶太人就說：「這座聖殿建築了四十六年，你在三天之內，就能把它重建起來嗎？」

但耶穌所說的聖所，是指他自己的身體。所以，當耶穌從死者中復活以後，耶穌的門徒就想起了耶穌曾說過這話，便相信了聖經，及耶穌說過的話。

當耶穌在耶路撒冷過逾越節時，有許多人看見他所行的神蹟，便信從了他；耶穌卻不信任他們，因為他認識所有的人；他並不需要誰告訴他，人是怎樣的，因為他洞悉人的內心。

—上主的話

領主詠

萬軍的上主，我的君王，我的天主，麻雀靠近你的祭壇，找到了住所，燕子也找到了安置幼雛的窩巢。上主，居住在你的殿宇，真是有福。

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
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

聖週及復活節彌撒時間表 有關單張已放在聖堂大門，歡迎索取。

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：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
10/3/2024	逾越奧蹟 (Part I)	Fr. Lam
17/3/2024	逾越奧蹟 (Part II)	Teresa Lau
24/3/2024	公拜苦路的意義	Teresa Lau
31/3/2024	耶穌復活	Bosco Yu

聖經幼稚園 (網上講座) 林勝文神父主講聖經各書卷導讀
逢每月第二及第四個星期六，晚上8時至9時在網上舉行。下次舉行日期：3月9日。
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

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。

四旬期內特別彌撒
聖博德節 3月18日 (星期一) 上午9:15 英語
聖若瑟節 3月19日 (星期二) 上午9:15 英語 晚上7:30 英粵雙語

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。

聖週星期五退省 (林勝文神父主講)
主題：反省猶達斯的經歷
日期：2024年3月29日 (星期五) 時間：中午12時半至下午5時 地點：禮堂
自由參加，無須報名。請自備簡單午餐及水壺，禮堂將提供飲用水。

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。

本主日答唱詠選自聖詠第19篇。

原文標明是達味所作，全詩分前、後兩個部分。前半部分（第1-7節）是讚美創造萬有的天主，後半部分（第8-15節）是頌揚救世的天主。聖經學者大都接受兩部分其實一氣呵成。本日答唱詠讀出的屬後半部分。

答句其實出自聖經另一部書卷（西滿伯多祿回答說：「主！惟你有永生的話，我們去投奔誰呢？我們相信，而且已知道你是天主的聖者。」若6:68-69），是伯多祿聽到耶穌「生命之糧的言論」後，他對耶穌的完全信任和讚歎。讀經集的編者巧妙地把這句串連起這聖詠的詩節。

詩節（詠19:8-11）是達味讚美上主法律的完備，句式相當齊整，是為方便誦讀（或詠唱）和記憶。內容基本上是申4:6（你們要謹守遵行，因為這樣，在萬民眼中，纔能顯出你們的智慧和見識；他們一聽到這一切法令說：『這實在是一個有智慧，有見識的大民族！』）的伸延，也和另一首較晚寫成的聖詠（詠119，亦是讚頌上主法律的聖詠，最遲寫於瑪加伯時代），相當吻合。

第11節（比黃金，比極純的黃金更可愛戀；比蜂蜜，比蜂巢的流汁更要甘甜。），作者用黃金和蜂蜜跟上主的法律比較。黃金是富有的人所渴望擁有的財富，由蜂窩流出來的蜂蜜是在曠野旅居，忍饑受餓，一無所有的人的渴望；而上主法律的價值和珍貴，都遠遠超於黃金和蜂蜜。

~勝文神父

粵語半日退省（林勝文神父主持）

日期：2024年4月6日（星期六）

時間：早上9時至正午12時

地點：Holy Innocent Chapel
Ellerstone Ct, Kellyville, NSW 2155

報名請掃描二維碼
或 WhatsApp 牧民處熱線
0411 192 278

主題：聖女瑪達肋納
有個人祈禱、彌撒
請自備聖經



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:

This week's Gospel is John 2:13- 22

Observation:

One of the interesting things for me in today's Gospel is that you could take two different messages away from the Gospel because it is almost split into 2 parts. The first section is probably the one that most people know the best, it describes a moment in which Jesus 'loses his cool'. People are often confused as to why Jesus got so angry at the people in the temple. It was not as if the people were defrauding people, or committing crimes, nor were they acting with malicious intent. Yet Jesus, runs the people out of the temple with force. The reason for this is not because of what they were doing, but where they were doing it. By conducting business in the temple of God they are depriving others of the opportunity to pray, the opportunity to have their connection to God. Jesus, in this passage is not condemning the act of doing business, but instead he is telling us that there is a time and a place for that, and it isn't in the place of worship of God. The second half refers to when Jesus talks with the Jews and says he will destroy the temple and raise it up again in three days. It is then noted in the passage that the temple Jesus was referring to was his body. But what is the purpose of this section of the passage, why is it notable that the Jews talked about the temple being built in 46 years vs Jesus building it in 3 days, is it just to show how much more powerful Jesus is then us people? The answer is no, see, the temple which the Jews refer to as being built in 46 years was built by King Herod in order to try and convince the people that he was the Messiah as the prophets foretold that the Messiah would build a new temple. Now, it becomes clear that Jesus is telling them that he is the Messiah that will build a temple but of his body rather than an earthly structure. The reason that Jesus tells the Jews this now is because the Jews asked him "What sign can you show us to prove your authority to do all this" Basically asking him what gives you the right to do this. To which Jesus replies, although cryptically, that he is the Messiah.

Application:

Both of the Gospel's messages can be applied to our lives. The first one being the idea of doing the right thing in the right place and time, is very applicable to our current circumstance. Probably applicable in the current moment you are reading this. The idea is that a place of worship, the church, is simply that and we shouldn't be doing things that go against that purpose. Going to Church should not be for a purpose other than to have a relationship with God and to grow deeper in your love and understanding of him. We should always try our hardest to stay focused on the worship of God when at mass. Like the people in the temple doing trade, even if the actual activity itself is not inherently bad nor are our intentions malicious it isn't the right place or the right time to, for example, think about what you're going to have for lunch. The second message that being Jesus' conveyance to the Jews of his nature can also be applied to our lives. Sometimes we can be fixated on the wrong things, like the Jews and the Temple we can be hyper fixated on the material world. So much so that we can conflate Jesus' teachings and Gospel to apply in ways that they shouldn't. As the Jews thought that the Messiah's temple would be a physical temple they couldn't comprehend that the Scripture could mean anything else beyond their narrow, material world view of what that could mean. We must avoid this mistake and keep our minds and hearts open to the true meaning of Jesus' teachings.

Prayer:

Dear Lord, I pray that you can aid me in growing in my understanding and love of you. I pray for guidance as I know I do not know all the answers and I place my trust into your hands that you will show me the truth. Teach me to learn in your ways and to remain diligent in my prayer with you. In your name I pray Amen.
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! This month, we will be talking about what it means to live out our faith.

Youth Stations of the Cross

Stations of the Cross will be run by youths on Friday 22nd March. It will start at 7pm and 8pm. Please come and participate if you can!





St. Monica's Parish

North Parramatta

ST MONICA'S
CATHOLIC PARISH AND PRIMARY SCHOOL COMMUNITY

Third Sunday of Lent - Year B

3rd March 2024

ENTRANCE ANTIPHON

My eyes are always on the Lord,
for he rescues my feet from the snare.
Turn to me and have mercy on me,
for I am alone and poor.

FIRST READING Exodus 20:1-17

A reading from the book of Exodus

God spoke all these words. He said, 'I am the Lord your God who brought you out of the land of Egypt, out of the house of slavery.

'You shall have no gods except me.

'You shall not make yourself a carved image or any likeness of anything in heaven or on earth beneath or in the waters under the earth; you shall not bow down to them or serve them. For I, the Lord your God, am a jealous God and I punish the father's fault in the sons, the grandsons, and the great-grandsons of those who hate me; but I show kindness to thousands of those who love me and keep my commandments.

'You shall not utter the name of the Lord your God to misuse it, for the Lord will not leave unpunished the man who utters his name to misuse it.

'Remember the sabbath day and keep it holy. For six days you shall labour and do all your work, but the seventh day is a sabbath for the Lord your God. You shall do no work on that day, neither you nor your son nor your daughter nor your servants, men or women, not your animals nor the stranger who lives with you. For in six days the Lord made the heavens and the earth and the sea and all that these hold, but on the seventh day he rested; that is why the Lord has blessed the sabbath day and made it sacred.

'Honour your father and your mother so that you may have a long life in the land that the Lord your God has given to you.

'You shall not kill.

'You shall not commit adultery.

'You shall not steal.

'You shall not bear false witness against your neighbour.

'You shall not covet your neighbour's house. You shall not covet your neighbour's wife, or his servant, man or woman, or his ox, or his donkey, or anything that is his.'

The word of the Lord

RESPONSORIAL PSALM

Ps 18

Response: Lord, you have the words of everlasting life.

1. The law of the Lord is perfect,
it revives the soul.
The rule of the Lord is to be trusted,
it gives wisdom to the simple. **(R.)**
2. The precepts of the Lord are right,
they gladden the heart.
The command of the Lord is clear,
it gives light to the eyes. **(R.)**
3. The fear of the Lord is holy,
abiding for ever.
The decrees of the Lord are truth
and all of them just. **(R.)**

4. They are more to be desired than gold,
than the purest of gold
and sweeter are they than honey,
than honey from the comb. **(R.)**

SECOND READING 1 Cor 1:22-25

A reading from the first letter of St Paul to the Corinthians

While the Jews demand miracles and the Greeks look for wisdom, here are we preaching a crucified Christ; to the Jews an obstacle that they cannot get over, to the pagans madness, but to those who have been called, whether they are Jews or Greeks, a Christ who is the power and the wisdom of God. For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength. *The word of the Lord*

GOSPEL ACCLAMATION

Praise to you, Lord Jesus Christ, king of endless glory!
God loved the world so much, he gave us his only Son,
that all who believe in him might have eternal life.
Praise to you, Lord Jesus Christ, king of endless glory!

GOSPEL Jn 2:13-25

A reading from the holy Gospel according to John

Just before the Jewish Passover Jesus went up to Jerusalem, and in the Temple he found people selling cattle and sheep and pigeons, and the money changers sitting at their counters there. Making a whip out of some cord, he drove them all out of the Temple, cattle and sheep as well, scattered the money changers' coins, knocked their tables over and said to the pigeon-sellers, 'Take all this out of here and stop turning my Father's house into a market.' Then his disciples remembered the words of scripture: Zeal for your house will devour me. The Jews intervened and said, 'What sign can you show us to justify what you have done?' Jesus answered, 'Destroy this sanctuary, and in three days I will raise it up.' The Jews replied, 'It has taken forty-six years to build this sanctuary: are you going to raise it up in three days?' But he was speaking of the sanctuary that was his body, and when Jesus rose from the dead, his disciples remembered that he had said this, and they believed the scripture and the words he had said.

During his stay in Jerusalem for the Passover many believed in his name when they saw the signs that he gave, but Jesus knew them all and did not trust himself to them; he never needed evidence about any man; he could tell what a man had in him.

The Gospel of the Lord.

COMMUNION ANTIPHON

For anyone who drinks it, says the Lord, the water I shall give will become in him a spring welling up to eternal life.

