

天主教華人牧民處

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四旬期第四主日 (乙年)

2024年3月10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

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
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
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
7/4/2024	新教友的回顧	Charles Kong

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23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 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

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 reading is from the Gospel of John, particularly 3:14-21.

Observation:

From a quick glance, one of the first things you'd observe is that this passage contains one of the most famous and oft quoted lines from the whole bible, 'For God so loved the world that he gave his one and only son.' In a way it is a summation of the whole Bible, and a reminder of just how simple things truly are. In this one verse, we are brought right back to the core of our existence – we exist and we persevere because we are loved by God, and even when the worries of the material world seem insurmountable, this love continues. This particular verse is preceded by reference to the story of Moses and the snake all the way in the book of Numbers and calls us back to just how everlasting God's love is – he commanded Moses to raise the snake so that the people in the wilderness may live and in a similar way much later, he sent Jesus so that we could be free of sin. Even today, there are plenty of signs that God is with us, it is just up to us to recognise these signs and take solace in them.

The passage continues, comparing Jesus to the light of salvation and states that 'Everyone who does evil hates the light, and will not come into the light for fear that their deeds will be exposed.' On the surface it may seem like this is condemning sinners to forever wallow in their evil nature, but it is important to remember that God always gives us a choice. While stepping into the light does mean that we will be exposed with all our faults laid bare, it also means that we cast away the things that give us an excuse to hide from the truth of God's love.

Application:

Applying this to our daily lives simply involves recognising that we are truly and unequivocally loved. It is as simple as that. We may have times when we, by virtue of our own sinful acts, blind ourselves to this light, but it is there regardless. While full acceptance does take some work on our part, God is always waiting for us. Finally, no matter how complex our lives become, or how burdened we feel by work, school and so on, we should always remember that these things are not the be all and end all. In fact, we, as part of the world, are loved so much that God sent down his own son to save us.

Prayer:

I pray that we always seek out the light. While it times it may be daunting to lay ourselves bare and witness the depths of our sin, let us always remember that it is through our willingness to approach God in such a way that we can be truly saved. We are given a chance to be saved and avoid condemnation, so please give us the strength to act on this chance and live in a way befitting of the gifts given to us by Our Father. 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

Fourth Sunday of Lent - Year B

10th March 2024

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..

