

# 天主教華人牧民處

www.chinesechaplaincyparra.org



四旬期第五主日 (乙年)

2024年3月17日

## 進堂詠

天主，求你為我伸冤，駁斥殘酷的人民，求你救我脫離欺詐和邪惡的人。天主，你是我的勇力。

## 讀經一

耶肋米亞先知書 31:31-34

看，日子將到——上主的斷語——我必要與以色列家和猶大家，訂立新約；不像昔日，我握住他們的手，引他們出離埃及時，與他們的祖先，所訂立的盟約。雖然，我是他們的夫君，但他們已自行破壞了我這盟約——上主的斷語。

在那些日子之後，我願與以色列家訂立盟約——上主的斷語——就是：我要將我的法律，放在他們的肺腑裡，寫在他們的心頭上；我要作他們的天主，他們要作我的人民。

那時，誰也不再教訓自己的近人或兄弟，說：「你們該認識上主，」因為不論大小，人人都必認識我——上主的斷語——因為我要寬恕他們的過犯，不再記憶他們的罪惡。

—上主的話

## 答唱詠

詠 51:3-4, 12-13, 14-15

【答】：天主，求你給我再造一顆純潔的心。

領：天主，求你按照你的仁慈，憐憫我；依你豐厚的慈愛，消滅我的罪惡。求你洗盡我的過犯；求你除淨我的罪惡。【答】

領：天主，求你給我再造一顆純潔的心；求你使我心，重獲堅固的精神。求你不要從我的面前，把我拋棄；不要從我身上，收回你的聖神。【答】

領：求你使我重獲你救恩的喜樂；求你以慷慨的精神，來扶持我。我要給惡人教導你的道路；罪人們都要回頭，向你投奔。【答】

## 讀經二

希伯來人書 5:7-9

當基督還在血肉之身時，以大聲哀號和眼淚，向那能救他脫離死亡的天主，獻上了祈禱和懇求；就因他的虔敬，而獲得了俯允。他雖然是天主子，卻由所受的苦難，學習了服從，且在達到完成之後，為一切服從他的人，成了永遠救恩的根源。

—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：主說：誰若事奉我，就當跟隨我；這樣，我在那裡，我的僕人也要在那裡。

眾：基督、天主聖言，願光榮歸於你。

## 福音

聖若望福音 12:20-33

那時候，在那些上來過節、崇拜天主

的人當中，有些希臘人。他們來到加里肋亞貝特賽達人斐理伯前，請求他說：「先生！我們想拜見耶穌。」斐理伯就去告訴安德肋，然後，安德肋和斐理伯便來告訴耶穌。

耶穌開口向他們說：「人子要受光榮的時辰到了。我實實在在告訴你們：一粒麥子，如果不落在地裡死了，仍只是一粒；如果死了，才結出許多子粒來。愛惜自己性命的，必要喪失性命；在現世憎恨自己性命的，必要保存性命，進入永生。誰若事奉我，就當跟隨我；這樣，我在那裡，我的僕人也要在那裡；誰若事奉我，我父必要尊重他。

「現在我心神煩亂，我可說什麼呢？我說：父啊！救我脫離這時辰吧？但我正是為此，才到了這時辰。父啊！光榮你的名吧！」

當時有聲音來自天上：「我已光榮了我的名字，我還要再光榮它。」在場聽見的群眾，便說：「這是打雷。」另有人說：「是天使同他說話。」耶穌回答說：「這聲音不是為我而來，而是為你們。現在，就是這世界應受審判的時候，現在這世界的元首，就要被趕出去；至於我，當我從地上被舉起來時，便要吸引眾人來歸向我。」

他說這話，是表明他要以怎樣的死而死。

—上主的話

## 領主詠

主說：我實實在在告訴你們：一粒麥子如果不落在地裡死了，仍只是一粒；如果死了，才結出許多子粒來。愛惜自己性命的，必要喪失性命；在現世憎恨自己性命的，必要保存性命，進入永生。

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

<b>牧民處熱線電話</b>	<b>0411 192 278</b> 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： <a href="mailto:shingmanlam@gmail.com">shingmanlam@gmail.com</a>
助理司鐸：	張勇浩神父 (英、韓語) 電話：9630 1951 電郵： <a href="mailto:stmonicanp@bigpond.com">stmonicanp@bigpond.com</a>
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： <a href="mailto:shingmanlam@gmail.com">shingmanlam@gmail.com</a>
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： <a href="mailto:stmonicanp@bigpond.com">stmonicanp@bigpond.com</a>

**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：22<sup>nd</sup> 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
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

大家可在聖週星期五 (3月29日) 前，帶盒子回聖堂的收集箱；或用盒子上的二維碼直接捐款。

## Good Friday Night Walk

The annual Good Friday night walk held by the Catholic Youth Paramatta is coming on 29<sup>th</sup> March (Good Friday). You will be joined by hundreds of youths from across the diocese as you pilgrimage from St Patrick's Catholic Church in Blacktown to St Patrick's Cathedral in Paramatta. The walk is fully supervised and held overnight from 10pm to 7am. You will be stopping at several churches along the way where there will be reflections on the Stations of the Cross and Christ's Passion. St Monica's will be hosting one of the stations! If you are interested in joining the pilgrimage walk, please message Rebecca Cheung on 0449 055 395.

本主日的答唱詠選自聖詠第51篇。本篇原文寫明是達味君王所作，而且是他淫人妻殺人夫，受納堂先知訓斥後，全心向上懺悔的悔罪詩。達味犯罪與悔改極詳細地被記載下來（見撒下11-12章），並被拍成多套聖經電影或電視劇。

原詩頗長，共21節，本主日教會只選讀了一小部分。

答句來自第12節（天主，求你給我再造一顆純潔的心，求你使我心重獲堅固的精神。），可見達味君王謙虛地懇求上主寬恕他淫亂好色的罪，並願意給天主改造（再創造），成為一位心地純潔的人。新約基督所啟示的「真福八端」的第六端，更指明純潔是天國的價值，是直觀天主的必要條件。

第3至4節（天主，求你按照你的仁慈憐憫我，依你豐厚的慈愛，消滅我的罪惡。求你把我的過犯洗盡，求你把我的罪惡除淨。），達味坦白承認過犯，且乞求天主的寬恕。當中可欣賞達味本身的熱情與謙誠。這也是耶穌所建立的修和聖事，教友求主寬恕時應有的心境。

第13節（求你不要從你的面前把我拋棄，不要從我身上將你的聖神收回。），達味因聖神的默啟，說出了人被創造時有天主的肖像的內容：人擁有天主的面貌（即分享祂的天主性、美善、存在、自由、尊嚴）；人身上的聖神就是祂所賦予的恩寵，是人能行善的能力。

第14和15節（求你使我重獲你救恩的喜樂，求你以慷慨的精神來扶持我。我要給惡人教導你的道路，罪人們都要回頭，向你奔赴。），上主透過達味指出人被拯救、被寬恕後的喜樂，更邀請有此經驗的人去教導其他罪人，望他們早日回頭。

這答唱詠正好總結四旬期各主日的核心教訓，亦是為信友準備聖週禮儀的極佳祈禱。

~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



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



Scripture: John 12:20-33

#### Observation:

Today's gospel begins with several Greeks approaching Philip requesting to see Jesus. Not much is said about these Greeks and their intentions, whether it was out of curiosity or a genuine desire to know Jesus, but what struck me was that they serve as an example to us, a simple yet powerful way to open our minds and hearts to Christ.

When Philip and Andrew bring their request to Jesus' attention, he does not address it in a straightforward and direct manner. Jesus does not draw attention to *himself*, but rather to the purpose of his life, the sacrifice he must bear for our benefit. He indicates this in his parable where he says, "unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds." Here we can see two parallels, either a wheat grain lives and exists for itself, falls to the ground naturally and dies, or it dies to itself and is buried in the ground, offering itself to bear many seeds.

Jesus follows this with another parable directed to his disciples, "whoever loves their life will lose it, while anyone who hates their life in this world will keep it for eternal life." At first, this might come off as harsh and confusing, why would Jesus tell us to hate our life and not love it? In this instance, the words, "love" and "hate" represent two opposing ways of living. In the first way, Jesus is saying if you live in a self-centred manner, making yourself the number one priority over everything, even God, this is wrong and you are committing an act of idolatry. But if you instead live life against the grain by embracing God and live with an attitude of service, you will have eternal life.

Therefore, the gospel today invites us not only to appreciate the sacrifice Jesus is about to make but to give ourselves also to God and to those around us, to become the servant that Jesus is and call us to be!

#### Application:

In a world that encourages us to embrace individualism and self-fulfilment, to "love our life" and give in to our desires and wishes, we can often fall short in living a self-centred lifestyle. Whether that be getting good grades, advancing in our career or financial status, there is always something desirable in this world which urges us to chase after. Among all these temptations and distractions, it can be difficult to clear our minds and give our time and attention to simply love God, to listen and hear Him.

During this Lenten season, we are invited to form a deeper connection with Christ in prayer, fasting and almsgiving. More than just attending Sunday Mass, let us open our hearts to God and offer our time daily. This is where we can lean on the Greeks who in today's gospel showed us a simple way to open our hearts to Christ. "I want to see you, Lord" can be a simple way to start your day or prayer. I also encourage you to follow this up with a daily prayer, perhaps from the Bible or a prayer app. Attending Stations of the Cross and Reconciliation is another helpful way to recentre ourselves and further our relationship with God as we prepare ourselves for Easter.

#### Prayer:

Dear God, Thank you for showing us Your ultimate love by sending Your son into our world to save us from our sin. During this Lenten season, I pray that we may be able to open our hearts and place our trust in You. I pray for strength and guidance so that we too can be a giver, not just a receiver, and live life fully to Your will. In your son's name we pray. 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

Fifth Sunday of Lent - Year B

17th March 2024

### Entrance Antiphon

Give me justice, O God, and plead my cause against a nation that is faithless. From the deceitful and cunning rescue me, for you, O God, are my strength.

### First Reading

JER 31:31-34

See, the days are coming – it is the Lord who speaks – when I will make a new covenant with the House of Israel and the House of Judah, but not a covenant like the one I made with their ancestors on the day I took them by the hand to bring them out of the land of Egypt. They broke that covenant of mine, so I had to show them who was master. It is the Lord who speaks. No, this is the covenant I will make with the House of Israel when those days arrive – it is the Lord who speaks. Deep within them I will plant my Law, writing it on their hearts. Then I will be their God and they shall be my people. There will be no further need for neighbour to try to teach neighbour, or brother to say to brother, 'Learn to know the Lord!' No, they will all know me, the least no less than the greatest – it is the Lord who speaks – since I will forgive their iniquity and never call their sin to mind.

*The word of the Lord*

### Responsorial Psalm

Ps 50:8 3-4,12-15 R v 12

**(R.)** Create a clean heart in me, O God.

1. Have mercy on me, God, in your kindness.  
In your compassion blot out my offence.  
O wash me more and more from my guilt.  
and cleanse me from my sin. **(R.)**
2. A pure heart create for me, O God,  
put a steadfast spirit within me.  
Do not cast me away from your presence,  
nor deprive me of your holy spirit. **(R.)**
3. Give me again the joy of your help;  
with a spirit of fervour sustain me,  
that I may teach transgressors your ways  
and sinners may return to you. **(R.)**

### Second Reading

Heb 5:7-9

During his life on earth, Christ offered up prayer and entreaty, aloud and in silent tears, to the one who had the power to save him out of death, and he submitted so humbly that his prayer was heard. Although he was Son, he learnt to obey through suffering; but having been made perfect, he became for all who obey him the source of eternal salvation.

*The word of the Lord*

### Gospel Acclamation

Glory to you, Word of God, Lord Jesus Christ!  
If you serve me, follow me, says the Lord; and where I am, my servant will also be.  
Glory to you, Word of God, Lord Jesus Christ!

### Gospel

JOHN 12:20-33

Among those who went up to worship at the festival were some Greeks. These approached Philip, who came from Bethsaida in Galilee, and put this request to him, 'Sir, we should like to see

Jesus.' Philip went to tell Andrew, and Andrew and Philip together went to tell Jesus. Jesus replied to them:

'Now the hour has come  
for the Son of Man to be glorified.  
I tell you most solemnly,  
unless a wheat grain falls on the ground and  
dies,  
it remains only a single grain;  
but if it dies,  
it yields a rich harvest.  
Anyone who loves his life loses it;  
anyone who hates his life in this world  
will keep it for the eternal life.  
If a man serves me, he must follow me,  
wherever I am, my servant will be there too.  
If anyone serves me, my Father will honour him.  
Now my soul is troubled.  
What shall I say:  
Father, save me from this hour?  
But it was for this very reason that I have come  
to this hour.  
Father, glorify your name!'

A voice came from heaven, 'I have glorified it, and I will glorify it again.'

People standing by, who heard this, said it was a clap of thunder; others said, 'It was an angel speaking to him.' Jesus answered, 'It was not for my sake that this voice came, but for yours.'

'Now sentence is being passed on this world;  
now the prince of this world is to be  
overthrown.  
And when I am lifted up from the earth,  
I shall draw all men to myself.'

By these words he indicated the kind of death he would die.

*The Gospel of the Lord*

### COMMUNION ANTIPHON

Amen, Amen I say to you: Unless a grain of wheat falls to the ground and dies, it remains a single grain. But if it dies, it bears much fruit.

