

天主教華人牧民處

www.chinesechaplaincyparra.org



基督苦難主日 (聖枝主日)

2024年3月24日

祝福樹枝福音

聖馬爾谷福音

11:1-10

耶穌和門徒，走近耶路撒冷，到了貝特法革和伯達尼，在橄欖山那裡時，耶穌就打發兩個門徒，對他們說：「你們往對面的村莊去，一進入村莊，就會看見一匹拴著的驢駒，是從來沒有人騎過的；把牠解開，牽來。若有人對你們說：你們做什麼？你們就說：主要用牠，但是會很快把牠牽回來。」

門徒去了，便見一匹驢駒，拴在門外街道上，就把牠解開。站在那裡的人，有人對門徒說：「你們解開驢駒做什麼？」門徒就按照耶穌所吩咐的，對他們說了；那些人於是容許了他們。

門徒把驢駒牽到耶穌面前，把自己的外衣搭在上面；耶穌就騎了上去。有許多人，把自己的外衣，另有些人，把從田間砍來的綠樹枝，鋪在路上；前呼後擁的人，都高聲歡呼：「賀三納！奉上主之名而來的，應受讚頌！那要來的、我們祖先達味之國，應受讚頌！賀三納於至高之天！」——主基督的福音。

讀經一 依撒意亞先知書^{50:4-7}

我主上主賜給了我受教的口舌，叫我會用言語，來援助疲倦的人。他每天清晨喚醒我，喚醒我的耳朵，叫我如同學生一樣靜聽。我主上主開啟了我的耳朵。

我並沒有違抗，也沒有退避。我將我背，轉給打擊我的人；把我的腮，轉給扯我鬍鬚的人；對於侮辱和唾污，我沒有遮掩我的面。

因為，我主上主協助我，因此，我不怕蒙羞；所以，我板著臉，像一塊燧石，因為我知道：我決不會受辱。

——上主的話

答唱詠 詠²²

【答】：我的天主，我的天主，你為什麼捨棄了我？

領：凡看見我的人，都譏笑我；他們都撇著嘴，搖著頭說：「他

既信賴上主，上主就應救他；上主既喜愛他，也就該拯救他。」【答】

領：成群惡犬圍困著我；大批歹徒環繞著我。他們穿透了我的手腳；我的骨骼莖莖可數。

【答】

領：他們瓜分了我的衣服；為我的長衣，他們拈鬮。上主！請不要遠離我；我的勇力，請速來扶助我。【答】

領：我要向我的弟兄，宣揚你的聖名；在盛大的集會中，讚美歌頌你：「你們敬畏上主的人，請讚美上主；雅各伯所有的後裔，請光榮上主；以色列的一切子孫，請敬畏上主！」

【答】

讀經二 致斐理伯人書^{2:6-11}

弟兄姊妹們：

耶穌雖具有天主的形體，並沒有以自己與天主同等，為應當把持不捨的，卻使自己空虛，取了奴僕的形體，與人相似，形狀也一見如人；他貶抑自己，聽命至死，且死在十字架上。為此，天主極其舉揚他，賜給了他一個名字，超越其他所有名字，致使上天、地上和地下的一切，一聽到耶穌的名字，無不屈膝叩拜；一切唇舌，無不明認耶穌基督是主，以光榮天主聖父。

——上主的話

福音前歡呼

領：基督，願光榮和讚頌歸於你！

眾：基督，願光榮和讚頌歸於你！

領：耶穌貶抑自己，聽命至死，且死在十字架上。為此，天主極其舉揚他，賜給了他一個名字，超越其他所有的名字。

眾：基督，願光榮和讚頌歸於你！

福音

馬爾谷所載主耶穌基督的受難始末^{14:1-15:47}

請留意螢幕，一起回應“群眾”的部份。

聖言 導讀

關於耶穌的苦難、死亡（和復活）的報導屬於基督信仰中最古老、最神聖、最具有歷史價值的經文；福音作者將整段報導當作一連串彼此相關的連續事件傳遞下來。然而，其中的每一個事件都不只是單純的事實，而更含有其豐富的神學內涵。馬爾谷強調，耶穌在每一時刻都知道，將要發生在祂身上的事。祂孤獨的走上被群眾嘲弄、被審判和釘死的道路；儘管祂的十二個門徒和祂共進逾越節晚餐，但是其中一個出賣了祂、三個在革責瑪尼莊園睡著了、一個三次否認祂、所有的門徒都撇下祂逃跑了……，最後，只有祂獨自一人在十字架上呼喊天主……

這種敘述似乎顯出耶穌完全無能、無助，好像和耶穌公開生活中所宣講、所抱持的希望完全相反。但正是這種描寫成為了信仰的基礎和理由，因為在耶穌的苦難與死亡中，我們看見了隱藏在整部福音中的真理：耶穌是人子、天主的僕人，祂是默西亞君王和天主子。仔細地閱讀苦難敘述，我們不難發現，其實是耶穌自己決定被捕的時刻，祂給予死刑判決的信號。連祂在死前的呼喊：「我的天主，我的天主，你為什麼捨棄了我？」也並非絕望的表達，而是充滿希望地引用聖詠的話語祈禱——耶穌是在對天主完全的信賴下自由地接受死亡。但是唯一看出這個真理的人，卻是一位羅馬百夫長，一個外邦人、耶穌死亡的見證者，他承認說：「這人真是天主子！」

降生成人的天主子用生命給我們啟示，出於完全自由的愛所表現的最徹底的服從——直到死去的服從。由人的角度來看，這種愛的服從就叫做信仰。基督徒的信仰就是和耶穌基督一樣答應「是」，和耶穌一起走祂的道路。如此耶穌的生命就成為一條通路，使人得以分享祂天主性的生命。

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

2024 聖週粵語彌撒及禮儀時間

聖週四主的晚餐彌撒	3月28日	晚上7時半
聖週五公拜苦路	3月29日	早上11時半
聖週五救主受難紀念	3月29日	下午5時半
聖週六復活慶典夜間彌撒	3月30日	晚上8時半
復活主日彌撒	3月31日	早上11時半

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

大家請於聖週五（3月29日）前，把四旬期捐款用紙盒帶回聖堂，或用盒子上的二維碼直接捐款。

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
31/3/2024	耶穌復活	Bosco Yu
7/4/2024	新教友的回顧	Charles Kong
14/4/2024	天主聖父(一)	Fr Lam
21/4/2024	天主聖父(二)	Chi Man Chan

主日午餐

3月31日（復活主日）暫停一次。

4月7日（復活期第二主日），將舉行歡迎新教友午餐，餐券今日彌撒後發售，每張\$12，大小同價。
敬希各位參加的教友帶備甜品一份以作分享，並請自備杯碟和餐具。

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：4月13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

善導之母興趣小組4月份活動

甜品制作示範：香脆法式杏仁薄餅及鬆香綠豆黑芝麻酥餅

日期：4月21日星期日，時間：下午2時15分至4時，地點：禮堂。

截止報名日期：4月17日星期三。費用：自由捐獻。

查詢及報名請WhatsApp或傳短訊至牧民處熱線電話 0411 192 278。

基督苦難主日的答唱詠選自聖詠第22篇。信友對這篇聖詠較熟悉是因為主耶穌在十字架上曾以這篇聖詠祈禱（見瑪27:46; 谷15:34）。

原文寫明是達味君王所作的詩歌，舊約時的猶太經師也認為這詩直接預言默西亞。初期教會的教父詮釋這聖詠時，都同意達味因受苦而向上主呼求，但在聖神的默感下，竟寫出將來默西亞受苦時的情景，並與後期才出現在依撒意亞先知書的「受苦僕人之歌」（依50:4-7與53章）異曲同工。此篇聖詠滿載被上主遺棄的悲傷與痛苦，同時又極度信靠和依賴上主，十字架上的基督正帶這種矛盾的心情。

答句出自本詩的第2節（我的天主，我的天主，你為什麼捨棄了我？你又為什麼遠離我的懇求，和我的哀號。），亦是信眾最熟悉的。耶穌除了向上主呼救外，也顯示祂在極慘烈的酷刑中。十字架上求生不得，求死不能的痛苦盡顯在這節上。

第8至9節（凡看見我的人都戲笑我，他們都撇著嘴搖著頭說：「他既信賴上主，上主就應救他；上主既喜愛他，他也就該拯救他。」）完全在要釘死耶穌的司祭長和長老們應驗了。聖史若望亦這樣記述：「他來到了自己的領域，自己人卻沒有接受他。」（若1:11）

第17至20節（惡犬成群地圍困著我，歹徒成夥地環繞著我；他們穿透了我的手腳，我竟能數清我的骨骼；他們卻冷眼觀望著我，他們瓜分了我的衣服，為我的長衣，他們拮据。上主！請不要遠離我，我的勇力，速來助我。）亦成為基督受苦的情形（見瑪27:35; 若19:24）。

第23至24節（我要向我的弟兄，宣揚你的聖名，在盛大的集會中，向你讚美歌頌：「你們敬畏上主的人，請讚美上主，雅各伯所有的後裔，請光榮上主，以色列的一切子孫，請敬畏上主！」）表達了十字架上的默西亞，帶領著天主子民，讚美和欽崇上主。達味君王筆下竟預言，新約教會在默西亞受苦死亡後出現，教會成為「新的以色列子民」。

這聖詠吸引信眾與十字架上的基督一同受苦、埋葬，和等待光榮復活的到來。

~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

He came back and found them sleeping, and he said to Peter, 'Simon, are you asleep? Had you not the strength to stay awake one hour? Stay awake and pray not to be put to the test. The spirit is willing enough, but human nature is weak.'

Observation

The metaphor of falling asleep to describe succumbing to temptation is used several times in the Bible to help us understand and be aware of how easy it can be to fall from God's path and victim to sin. Notably, in Mark 13:34-36, Jesus tells his disciples: 'It is like a man traveling abroad: he has gone from his home, and left his servants in charge, each with his own work to do; and he has told the doorkeeper to stay awake. So stay awake, because you do not know when the master of the house is coming, evening, midnight, cockcrow or dawn; if he comes unexpectedly, he must not find you asleep.'

In this passage, and the one from today's reading, we are reminded of the limitations of our own bodies - that though we often have the desire to follow and emulate Jesus, our human nature (in some translations, our flesh) is vulnerable to the alluring ease of sin. I'm reminded personally of the time I tried to pray before I slept, but found myself waking up with hands clasped together the next morning instead!

Application

Fortunately, Jesus does provide a solution (not necessarily to resisting the human requirement for sleep, but for the battle against temptation) which is habitual prayer! Speaking with God frequently (at least daily), listening closely to your conscience, and taking the time to reflect upon the inner movements of your heart are important tools and gifts God has given us to build our resilience to temptation. Take the moment to consider how often you really stop to listen to your heart, and contemplate upon what course of action God is calling you towards.

As in the passage from Mark 13, we each have our 'own work to do' and unique challenges to face - the temptations I face day-to-day will invariably differ from yours. However, we can be confident in knowing that our approach has been informed by Jesus himself! Like any habit, it takes patience and repetition, but as our faith grows stronger, the hold of temptation and sin will weaken.

Prayer

Dear God, I thank you for the gift of the Holy Spirit who comforts and guides me through the challenges which I face daily. Please instill in me the virtues of patience and fortitude so that I can remain near to the Sacred Heart of Jesus and resolute in the face of sin and temptation. I trust in you completely - please open my ears so that I may hear your call through the people who need my help, and open my heart so that I can respond to your call with humility and purpose. 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. 😊

• Good Friday Night Walk

The annual Good Friday night walk held by the Catholic Youth Parramatta is coming on 29th 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 Parramatta. 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.





St. Monica's Parish

North Parramatta

ST MONICA'S
CATHOLIC PARISH AND PRIMARY SCHOOL COMMUNITY

Palm Sunday of the Passion of the Lord

24th March 2024

ENTRANCE GOSPEL Mark 11:1-10

A reading from the Holy Gospel according to Mark

When they drew near to Jerusalem, to Bethphage and Bethany, at the Mount of Olives, Jesus sent two of his disciples, and said to them, 'Go into the village opposite you, and immediately as you enter it you will find a colt tied, on which no one has ever sat; untie it and bring it. If anyone says to you, "Why are you doing this?" say, "The Lord has need of it and will send it back here immediately"'. And they went away, and found a colt tied at the door out in the open street; and they untied it. And those who stood there said to them, 'What are you doing, untying the colt?' And they told them what Jesus had said; and they let them go. And they brought the colt to Jesus and threw their garments on it; and he sat upon it. And many spread their garments on the road, and others spread leafy branches which they had cut from the fields. And those who went before and those who followed cried out, 'Hosanna! Blessed is he who comes in the name of the Lord! Blessed is the kingdom of our father David that is coming! Hosanna in the highest!'

FIRST READING Isaiah 50:4-7

A reading from the prophet Isaiah

The Lord has given me a disciple's tongue. So that I may know how to reply to the wearied he provides me with speech. Each morning he wakes me to hear, to listen like a disciple. The Lord has opened my ear. For my part, I made no resistance, neither did I turn away. I offered my back to those who struck me, my cheeks to those who tore at my beard; I did not cover my face against insult and spittle. The Lord comes to my help, so that I am untouched by the insults. So, too, I set my face like flint; I know I shall not be shamed.

The word of the Lord.

RESPONSORIAL PSALM Ps 21

Response: My God, my God, why have you abandoned me?

1. All who see me deride me.
They curl their lips, they toss their heads.
'He trusted in the Lord, let him save him;
let him release him if this is his friend.' (R.)
2. Many dogs have surrounded me,
a band of the wicked beset me.
They tear holes in my hands and my feet.
I can count every one of my bones. (R.)
3. They divide my clothing among them.
They cast lots for my robe.
O Lord, do not leave me alone,
my strength, make haste to help me! (R.)
4. I will tell of your name to my brethren
and praise you where they are assembled.
'You who fear the Lord give him praise;
all sons of Jacob, give him glory.
Revere him, Israel's sons.' (R.)

SECOND READING Philippians 2:6-11

A reading from the letter of St Paul to the Philippians

His state was divine, yet Christ Jesus did not cling to his equality with God but emptied himself to assume the condition of a slave, and became as men are, and being as all men are, he was humbler yet, even to accepting death, death on a cross.

But God raised him high and gave him the name which is above all other names so that all beings in the heavens, on earth and in the underworld, should bend the knee at the name of Jesus and that every tongue should acclaim Jesus Christ as Lord, to the glory of God the Father.

The word of the Lord

GOSPEL ACCLAMATION

Praise to you, Lord Jesus Christ, king of endless glory!

Christ became obedient for us even to death dying on the cross.

Therefore God raised him on high and gave him a name above all other names.

Praise to you, Lord Jesus Christ, king of endless glory!

GOSPEL Mark 14:1 – 15:47

The Passion of Jesus according to Mark

Please refer to the Power Point on the screen.

COMMUNION ANTIPHON

Father, if this chalice cannot pass without my drinking it, your will be done.



HOLY WEEK