

# 天主教華人牧民處

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## 常年期第七主日（丙年）

### 進堂詠

上主，我如今信賴你的愛憐；我因你的救援，而滿心歡愉；我要歌頌我的恩主。

### 讀經一 撒慕爾紀上26:2,7-9,12-13,22-23

那時候，撒烏耳動身下到齊弗曠野，同他去的，有三千以色列精兵，在齊弗曠野，搜捕達味。

達味和阿彼瑟，在夜間深入敵營，見撒烏耳睡在軍營中央，他的槍插在他頭部旁邊的地上；阿貝乃爾和部隊，睡在他四周。

阿彼瑟對達味說：「今天，天主將你的仇人，交在你手裡了！現在，讓我用他的槍，把他釘在地上，只要一下，不需要第二下。」達味卻對阿彼瑟說：「不可殺他！因為誰敢伸手加害上主的受傅者，而能無罪呢？」

達味於是從撒烏耳頭部旁邊，拿走了槍和水壺，兩人就走了。誰也沒有看見，誰也沒有理會，誰也沒有醒來，都沉睡了，因為上主使他們呼呼大睡。

達味走到對面，站在離撒烏耳相距很遠的山頭上，大聲喊說：「大王的槍在這裡，叫一個僕人過來拿回去吧！願上主報答各人的正義和忠誠！因為今天上主把你交在我手中，但我卻不願伸手加害上主的受傅者。」——上主的話。

### 答唱詠 詠103:1-2, 3-4, 8,10, 12-13

【答】：上主富於仁愛寬恕。

領：我的靈魂，請讚頌上主；我的五內，請讚頌上主的名。我的靈魂，請讚頌上主，請你不要忘記他的恩寵。【答】

領：是他赦免了你的各種罪行；是他治癒了你的一切痛苦；是他叫你的性命，在死亡中得到保全；是他用仁慈以及愛情，給你作了冠冕。【答】

領：上主富於仁愛寬恕，極其慈悲，遲於發怒。他沒有按我們的罪惡，對待我們，也沒有照我們的過犯，報復我們。【答】

領：就如東方距離西方，有多麼遠，他使我們的罪過，離我們也多遠；就如父親怎樣憐愛自己的兒女，上主也怎樣憐愛敬畏自己的人。【答】

### 讀經二 聖保祿宗徒致格林多人前書15:45-49

弟兄姊妹們：

經上這樣記載：「第一個人亞當，成了生靈」，最後的亞當，成了使人生活的神。

但屬神的不是在先，而是屬生靈的，然後才是屬神的。第一個人出於地、屬於土，第二個人出於天。那屬於土的怎樣，凡屬於土的也怎樣；那屬於天上的怎樣，凡屬於天上的也怎樣。

我們怎樣帶著那屬於土的肖像，也要怎樣帶著那屬於天上的肖像。——上主的話。

### 福音前歡呼

領：亞肋路亞。

眾：亞肋路亞。

領：主說：我給你們一條新命令：你們該彼此相愛，如同我愛了你們。

眾：亞肋路亞。

2025年2月23日

### 福音

聖路加福音6:27-38

那時候，耶穌向門徒說：

「應愛你們的仇人，善待那惱恨你們的人；應祝福那詛咒你們的人；為毀謗你們的人祈禱。有人打你的面頰，也把另一面轉給他；有人拿去你的外衣，也不要阻擋他拿你的內衣。凡求你的，就給他；有人拿去你的東西，別再索回。

「你們願意人怎樣對待你們，也要怎樣對待人。如果你們愛那愛你們的人，為你們還算什麼功德？因為連罪人也愛那愛他們的人。你們善待那善待你們的人，為你們還算什麼功德？因為連罪人也這樣做。你們若借給那些有希望償還的人，為你們還算什麼功德？就是罪人也借給罪人，為能如數收回。

「但是，你們當愛你們的仇人，善待他們；借出去，不要再指望收回。如此，你們的賞報必是豐厚的，且要成為至高者的子女，因為他對待忘恩負義的人和惡人，也是仁慈的。你們應當慈悲，就像你們的父那樣慈悲。

「你們不要判斷，你們也就不受判斷；不要定罪，也就不被定罪；你們要赦免，也就蒙赦免。你們給，也就給你們；並且還要用好的，連按帶搖，以致外溢的升斗，倒在你們懷裡，因為你們用什麼升斗量給人，也用什麼升斗量給你們。」

——上主的話

### 領主詠

上主，我全心讚頌你，宣揚你所有的偉大奇事；我要因你而歡欣踴躍；我要歌頌你、至高者的名號。



# 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	<b>0411 192 278</b> 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： <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>

**聖灰禮儀** 3月5日（星期三）。英語彌撒早上9時15分；晚上7時半有英粵雙語彌撒。  
當日要守大小齋。

**公拜苦路** 3月7日至4月11日，逢星期五晚上8時(粵語)。同步有修和聖事。帶領輪值：

7/3	午餐組	28/3	Youth Group (English)
14/3	聖言宣讀組	4/4	聖若瑟會
21/3	聖母軍	11/4	聖神同禱會

## 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
2/3/2025	教理 - 舊約的啟示 - 十誡	Peter Lee
9/3/2025	舊約聖經之旅 Part II	Bosco Yu
16/3/2025	默禱和默觀的功用	Ruby Chan

## 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：2025年3月8日。

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）

2025年3月9日和16日（星期日）下午1時半至2時，在禮堂舉行。

## 青年及主日學家長組工作坊 誠邀資深家庭關係輔導員Mrs Ruby Chan 主持

主題：如何與孩子設立有效的界限 (Effective Boundary Setting)

日期：3月9日 時間：早上10:30至11:15

地點：禮堂

歡迎所有教友參加，無需報名。查詢可WhatsApp Connie 0414 721 503

歡迎把這通訊  
帶回家細閱



本主日答唱詠選自聖詠 103 篇。

原文標明是達味君王所撰，按內容，可能是納堂先知在達味犯罪後懺悔，給他帶來上主的寬恕（見撒下 12:13-14；有關達味犯罪和懺悔的詳細記載，見撒下 11-12 章），他感謝天主而作這詩。達味也藉此聯想到上主對整個天主子民的恩賜，並邀請世上萬有一同稱頌天主。近代學者發現本詩有阿拉美語的味道，認為這詩可能是舊約後期的作品，亦可能是由達味君王的舊詩潤飾得來。但無論如何，本詩詳述天主的愛情，是新約若望一書所載「天主是愛」（見若一 4:7-21）的先聲。

答句出自第 8 節（上主富於仁慈寬恕，極其慈悲，遲於發怒。），這是以民對上主的信仰，舊約內多次出現（見詠 86:15; 111:4; 112:4; 145:8; 出 34:6-7; 德 51:3; 納 4:2; 岳 2:13）。

第 1 至 2 節（我的靈魂，請向上主讚頌，我的五內，請向上主讚頌。我的靈魂，請向上主讚頌，請你不要忘記他的恩寵。），「我的五內」，是指「五臟」：心、肝、脾、肺、腎；這是思高聖經學會用中國文化翻譯；直譯原文是「我內裡所有的」，與申 6:4 所寫「全心、全靈、全意」意義相同。

第 3 至 4 節（是他赦免了你的各種愆尤，是他治愈了你的一切病苦，是他叫你的性命在死亡中得到保全，是他用仁慈以及愛情給你作了冠冕），指出天主不單救贖人，也給人種種恩惠，和恢復失落了的恩寵，等如「蕩子的比喻」（見路 15:11-32）內寫父親為歸來的兒子穿上長袍、戴上戒指、著上鞋。

第 12 至 13 節（就如東方距離西方有多麼遠，他使我們的罪離我們也多遠；就如父親怎樣憐愛自己兒女們，上主也怎樣憐愛敬畏自己的人們。），達味君王領悟上主全然的寬恕，讓犯罪者回復恩寵狀態，所有罪過和罪債都一筆勾銷。

~勝文神父



**Scripture:** Luke 6:27-38

**Observation:** In today's gospel, Jesus teaches us that acts of charity such as being merciful and not seeking revenge against people who have wronged you, helping others and sharing your material resources with others need to be performed with the right intentions. Our intentions that motivate our actions reveal our character. For example, if a person shares his or her resources with someone in the expectation that they will receive something in return, then they show charity to someone because it is in their self interest to do so, and not because they are acting out of love for their neighbour. Jesus says that our love and kindness for fellow humans should not be conditional on what they can do for us, but should be unconditional, and this unconditional love enables people to love their enemies, who are people who have mistreated them.

**Application:** Today's gospel reading encourages us to adhere to a moral standard that many people find challenging, which is to love, be kind and charitable to other people who are unable or unwilling to reciprocate the kindness and charity that is shown to them. In order to do this, we must abandon the idea that some people are more deserving of our charity than other people because they have earned our charity, because they are particularly kind to us or have been helpful to us in the past or are likely to be willing and able to help us. We need to reflect on the instances we chose to be kind or helpful to other people and reflect on why we made that choice. Are we only willing to help other people who have something in return to offer to us or whose resources and abilities may be useful to us? Are you willing to move past grudges, forgive wrongdoing that other people have committed against you and express this forgiveness through your kindness and charity to your enemies? If you are unwilling to forgive our enemies and show kindness to them, reflect on what makes you unwilling to show this mercy to your enemies.

**Prayer:** Dear God, help us to always remember your call to be kind and charitable to all people, including to those who cannot or are unwilling to be kind and charitable to us. Help us to continually reflect on our intentions for our actions so that we are always motivated by love for our neighbour and not motivated by our sense of self interest. May you give us the moral courage to show unconditional love and kindness to all people, and to encourage others to do the same.

## 禧年禱文

天父，願祢藉着祢的聖子——我們的兄長耶穌基督，所賦予我們的信德，和聖神在我們心中燃點的愛德火焰，重振我們對祢神國的望德。

願祢的恩寵轉化我們，使我們努力不懈地栽種福音的幼苗。但願那些福音幼苗，使人類和宇宙萬物由內而外得以轉化，並能懷着確切的希望，期待新天新地的來臨，那時，邪惡勢力要全被摧毀，祢的榮耀卻要永遠常存。

願禧年的恩寵重振我們這些希望的朝聖者，對天國寶藏的渴求。願這同一恩寵使我們救主的喜樂與平安惠及普世萬民。願讚頌和光榮歸於祢——天主，至於無窮之世。亞孟。

## Youth Announcements



### Youth Camp 2025 with Simon Carrington

This year, we have the privilege of hosting Simon Carrington as a guest speaker at our youth camp! Simon is the co-founder of Fire Up Ministries and a well-known speaker on chastity, dating, theology of the body and masculinity. He will be hosting an information session on 4<sup>th</sup> May on what we can expect at this year's camp. This is truly a unique opportunity for our youths and we invite ALL parents to come along to the information session.

### Youth Mass (4th Sunday)

Youth mass will now be held at 10:15 AM on the 4th Sunday of each month. It will be held entirely in English.

### St Monica's Youth Group (SMYG)

Youth Group will continue each week in the community room, starting at 10:30AM! If you are year 6 and up, come hang out for some games, make new friends and learn about God together! If you have any questions, please do not hesitate to contact one of our leaders Rebecca Cheung on 0449 055 395. On the 4<sup>th</sup> Sunday of each month, youth group will start at 11:30 AM after youth mass.

### Australian Catholic Youth Festival 2025

Australian Catholic Youth Festival (ACYF) will take place in Melbourne this year from 30/11 – 2/12. We're looking to take a group of St Monica's youths down to Melbourne and are now taking expressions of interest for youths aged 15 and over. We will be aiming to travel to depart Sydney on 28<sup>th</sup> November and return on the 4<sup>th</sup> December. The estimated cost at this early stage is \$2500-\$3000 total. Please contact Cheryl on 0481 507 169 for more information.



# St. Monica's Parish

## North Parramatta

ST MONICA'S Seventh Sunday in Ordinary Time - Year C

CATHOLIC PARISH AND PRIMARY SCHOOL COMMUNITY

23rd February 2025

### ENTRANCE ANTIPHON

O Lord, I trust in your merciful love. My heart will rejoice in your salvation. I will sing to the Lord who has been bountiful with me.

### FIRST READING

1 Sm 26:2. 7-9. 12-13. 22-23

Saul set off and went down to the wilderness of Ziph, accompanied by three thousand men chosen from Israel to search for David in the wilderness of Ziph.

So in the dark David and Abishai made their way towards the force, where they found Saul asleep inside the camp, his spear stuck in the ground beside his head, with Abner and the troops lying round him.

Then Abishai said to David, 'Today God has put your enemy in your power; so now let me pin him to the ground with his own spear. Just one stroke! I will not need to strike him twice. David answered Abishai, Do not kill him, for who can lift his hand against the Lord's anointed and be without guilt?' David took the spear and the pitcher of water from beside Saul's head, and they made off. No one saw, no one knew, no one woke up; they were all asleep, for a deep sleep from the Lord had fallen on them.

David crossed to the other side and halted on the top of the mountain a long way off; there was a wide space between them. David then called out, 'Here is the king's spear. Let one of the soldiers come across and take it. The Lord repays everyone for his uprightness and loyalty. Today the Lord put you in my power, but I would not raise my hand against the Lord's anointed.'

*The word of the Lord*

### Responsorial Psalm Ps 102:1-4.8.10.12-13.R.v.8

(R.) The Lord is kind and merciful.

1. My soul, give thanks to the Lord, all my being, bless his holy name. My soul, give thanks to the Lord and never forget all his blessings. (R.)
2. It is he who forgives all your guilt, who heals every one of your ills, who redeems your life from the grave, who crowns you with love and compassion. (R.)
3. The Lord is compassion and love, slow to anger and rich in mercy. He does not treat us according to our sins nor repay us according to our faults. (R.)
4. As far as the east is from the west so far does he remove our sins. As a father has compassion on his sons, the Lord has pity on those who fear him. (R.)

### Second Reading

1 Cor 15:45-49

The first man, Adam, as scripture says, became a living soul; but the last Adam has become a life-giving spirit. That is, first the one with the soul, not the spirit, and after that, the one with the spirit. The first man, being from the earth, is earthly by nature; the second man is from heaven. As this earthly

man was, so are we on earth; and as the heavenly man is, so are we in heaven. And we, who have been modelled on the earthly man, will be modelled on the heavenly man.

*The word of the Lord*

### Gospel Acclamation

Alleluia, alleluia!

I give you a new commandment; love one another as I have loved you.

Alleluia!

### Gospel

Luke 6:27-38

Jesus said to his disciples: 'I say this to you who are listening: Love your enemies, do good to those who hate you, bless those who curse you, pray for those who treat you badly. To the man who slaps you on one cheek, present the other cheek too; to the man who takes your cloak from you, do not refuse your tunic. Give to everyone who asks you, and do not ask for your property back from the man who robs you. Treat others as you would like them to treat you. If you love those who love you, what thanks can you expect? Even sinners love those who love them. And if you do good to those who do good to you, what thanks can you expect? For even sinners do that much. And if you lend to those from whom you hope to receive, what thanks can you expect? Even sinners lend to sinners to get back the same amount. Instead, love your enemies and do good, and lend without any hope of return. You will have a great reward, and you will be sons of the Most High, for he himself is kind to the ungrateful and the wicked.

'Be compassionate as your Father is compassionate. Do not judge, and you will not be judged yourselves; do not condemn, and you will not be condemned yourselves; grant pardon, and you will be pardoned. Give, and there will be gifts for you: a full measure, pressed down, shaken together, and running over, will be poured into your lap; because the amount you measure out is the amount you will be given back.'

*The Gospel of the Lord*

### COMMUNION ANTIPHON

I will recount all your wonders, I will rejoice in you and be glad, and sing psalms to your name, O Most High.



耶穌在提出愛仇的教導之後，緊接著要求門徒面對任何不當待遇都放棄抵抗的權利（29-30）；類似的教導也出現在瑪五39-42以及「十二宗徒訓誨錄」中。這個教導使愛仇的言論得到具體的指示，也反映初期基督徒具體生活的社會狀況，他們是缺乏保護、遭受迫害的一群，愛仇成為他們生活中常常面對的課題。

耶穌要求門徒愛仇、放棄一切抵抗，並非為了息事寧人，避免更大的報復，而是具有非常深刻的理由：「你們願意人怎樣待你們，也要怎樣待人。」（31）這句話從十八世紀起就被稱為基督徒倫理的「黃金規律」，是對於任何報復行動最絕對的批判。天主對人的態度是基督徒倫理觀最深的根源，他們經驗到天主不斷地寬恕，從不施以報復；每個人都希望別人像天主一樣對待他，因此他們也應該如此待他人。

在慈悲的呼籲之後是兩個具體的教導：不要判斷他人，與彼此善待。不要判斷他人的意思就是不要任意給人貼上標籤，或者強行歸類。基督徒雖然能夠而且必須強調信仰的價值觀，但仍應保留他人自由抉擇的權利；唯獨天主有判斷人的權利，誰若判斷他人，便是僭越天主的地位。

福音經文最後使用一個商人交易的圖像說明人們應該彼此善待。銷售穀物的商人大方的將東西送給買主，象徵天主的愛勝過法律。耶穌透過這個比喻說明人們不可惡毒地彼此報復，而應該彼此善待以表達出天主無限的愛，因為彼此善待之中，人也更深刻的體驗他們由天主所得到的恩寵。