

天主教華人牧民處

www.chinesechaplaincyparra.org



四旬期第一主日（丙年）

2025年3月9日

進堂詠

上主說：他若呼求我，我必應允；我必拯救他，也必光榮他，使他得享長壽。

讀經一

恭讀申命紀 26:4-10

梅瑟曉諭以色列子民說：「司祭由你手中，接過滿載初果的籃子，放在上主、你天主的祭壇前；然後你就在上主、你天主面前，聲明說：

「『我的祖先原是個飄泊的阿蘭人，南下埃及，同少數家人寄居在那裡，竟成了一個強大有力、人口眾多的民族。

「『埃及人虐待我們，壓迫我們，強迫我們做苦工。我們呼號上主、我們祖先的天主；他就俯聽了我們的哀聲，垂視了我們的痛苦、勞役和所受的壓迫。上主以強力的手、伸展的臂、巨大的恐嚇，及神蹟奇事，領我們離開埃及，來到這地方，將這流奶流蜜的土地，賜給了我們。

「『上主，請看！我現在把從你賜給我的土地，所出產初熟的收穫，帶來了。』於是，便將這初熟的收穫，放在上主、你天主面前，並俯伏朝拜上主、你的天主。」 —上主的話。

答唱詠

詠91:1-2,10-11,12-13.14-15

【答】：上主，當我困苦時，求你與我同在。

領：你這在至高者護佑下居住的人，你這在全能者蔭底下居住的人，請向上主說：「我的避難所，我的碉堡，我的天主，我投靠你。」

【答】

領：災殃不會走近你的身邊；禍患也不臨近你的帳幔。因為上主必為你委派自己的天使，在你行走的每條道路上，保護你。【答】

領：天使把你托在自己的手掌，不讓你的腳在石頭上碰傷。你可在獅子和毒蛇身上走過；你可踐踏在猛獅和毒龍身上。【答】

領：上主說：「因為他依靠我，我必拯救他；他承認我的名，我必保護他。他若呼求我，我必應允；他若有困苦，我必與他同在。我必拯救他，也必光榮他。」【答】

讀經二

致羅馬人書 10:8-13

弟兄姊妹們：

經上到底說了什麼？她說：「天主的話離你很近，就在你口裡，就在你心中。」這就是指我們關於信仰的宣講。如果你口裡承認耶穌是主，心裡相信天主使他從死者中復活起來，你便可獲得救恩，因為心裡相信，可使人成義；口裡承認，可使人獲得救恩。經上又說：「凡相信他的人，不至於蒙羞。」

其實，並沒有猶太人與希臘人的區別，因為眾人都有一樣的主；他對一切呼號他的人，都一律厚待。的確，「凡呼號上主名號的人，必然獲救。」

—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：人生活不只靠餅，也靠天主所說的一切話。

眾：基督、天主聖言，願光榮歸於你。

福音

聖路加福音4:1-13

那時候，耶穌充滿聖神，離開約但河，就被聖神引入荒野，四十天之久，受魔鬼試探。耶穌在那段日子，什麼也沒有吃；過了那段日子，就餓了。魔鬼對耶穌說：「你如果是天主子，就命令這塊石頭變成餅吧！」

耶穌回答說：「經上記載：『人生活不只靠餅。』」

魔鬼引耶穌到高處，頃刻間把普世萬國指給耶穌看，並對耶穌說：「這一切權勢及其榮華，我都要給你，因為這一切都已全交給了我；我願意把它給誰，就給誰。所以，你如果朝拜我，這一切都是你的。」

耶穌回答說：「經上記載：『你要朝拜上主，你的天主；唯獨奉侍他。』」

魔鬼又引耶穌到耶路撒冷，把他放在聖殿頂上，向他說：「你如果是天主子，從這裡跳下去吧！因為經上記載：『他為你吩咐了自己的天使保護你；他們要用手托著你，免得你的腳碰在石頭上。』」

耶穌回答說：「經上說：『不可試探上主，你的天主。』」

魔鬼用盡了各種試探後，就離開了耶穌，再等時機。

—上主的話

領主詠

人生活不只靠餅，也靠天主所說的一切話。

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）暫借到 Rouse Hill Catholic Parish 服務
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： 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

公拜苦路 逢星期五晚上8時(粵語)。
同步有修和聖事。帶領輪值：

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
28/3	Youth Group (English)		

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
16/3/2025	默禱和默觀的功用	Ruby Chan
23/3/2025	信仰生活分享	阮老師
30/3/2025	當日讀經分享	Daria Chung

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22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16日（星期日）下午1時半至2時，在禮堂舉行。

善導之母興趣小組 3月份活動將會舉行烹飪示範 開胃甜酸齋／錦繡壽司球，詳情如下：
日期：3月16日星期日 時間：下午2時15分至4時正 地點：禮堂
費用：自由捐獻 截止報名日期：3月12日星期三
查詢及報名請WhatsApp或傳短訊至牧民處熱線電話 0411 192 278

2025 聖週禮儀時間表 已備妥，請在聖堂大門索取。

四旬期愛德扶貧（Project Compassion 2025）
有意參加四旬期扶貧捐款的弟兄姊妹，
請在聖堂大門取有關的小紙盒，
今年耶穌受難節前帶回聖堂。
亦可用附上的二維碼作網上捐款。



粵語半日退省

主題：默想基督苦難的聖像畫（林神父主講）
日期：2025年4月5日（星期六）
時間：上午9時至中午12時
地點：Holy Innocent Chapel, 8 Greyfriar Place, Kellyville NSW 2155
內容：短講、個人靜思、當日彌撒
報名請用附上的 QR code 或 WhatsApp 牧民處熱線 0411 192 278



四旬期首主日丙年讀經，答唱詠選了聖詠第 91 篇。

古舊的譯本雖有「達味的讚美詩」作標題，但按其內容卻與其他達味所撰的詩不一樣。詩文較接近兩約之間的《智慧篇》，體裁更別具一格。可能是一位舊約較晚期的詩人，假借達味君王的名字而撰寫的。全詩有十六節，本主日只讀出其中一部分。

答句改自第 15 節（他若呼求我，我必應允，他若有困苦，我必偕同他，我必拯救他，也必光榮他），「天主與人同在」（即「厄瑪奴耳」Emmanuel）是天主啟示的核心。舊約時代，以色列子民用法律、約櫃、會幕、聖殿、在人民中間的先知、君王、和充軍後的遺民等形象，表達對「天主與以色列子民同在」的信仰。到新約，天主聖子降生、死亡和復活，更把「天主與人同在」圓滿地揭示，成為「天主與所有的人同在」。

第 1 至 2 節（你這在至高者護佑下居住的人，你這在全能者蔭庇下居住的人，請向上主說：「我的避難所，我的碉堡，我的天主，我向你投靠。」），詩人用十分具體的形象表達天主子民的身份：在至高者護佑下居住的人；而天主成為人的避難所、碉堡。天主確是最可投靠的神。這也是面對罪惡和魔鬼誘惑時，人應該迅速地回歸天主。

第 10 至 13 節（災殃不會走近你的身邊，禍患也不臨近你的帳幔。因為他必為你委派自己的天使，在你行走的每條道路上保護你。他們把你托在自己的手掌，不使你的腳在石頭上碰傷。你可經過在獅子和毒蛇身上，你可踐踏在猛獅和毒龍身上），魔鬼就是用這節誘惑耶穌，從聖殿頂上跳下（見瑪 4:6；路 4:10-11）。天主教會也用這節來說明每人「護守天使」的使命。

第 14 節（上主說：「因為他依戀我，我必拯救他，他承認我的名，我必保護他」與 15 節（見上），這是全詩最特別之處，天主親自發言，保證詩人所說的一定成為事實。當然，在聖子耶穌基督身上，這些都全應驗了。堅信上主的人一定得救（見羅 10:9-11）。

~勝文神父



Scripture: Luke 4:1-13

Observations: This gospel passage is probably one of the most well-known. It follows Jesus as he, filled with the Holy Spirit and fresh from Baptism, encounters the devil while in the wilderness. The devil proceeds to try and tempt Jesus, but three times the devil fails. There are several things to take note of in this passage.

For one, there is the obvious takeaway about resisting temptation. Jesus refused to give in to his hunger, refused to desire anything more than God, and finally refused to test God's love for him. How often have we wished for something we do not have, or have questioned if God truly cares? And yet, Jesus shows us that we, as humans, have the capacity to resist even the strongest temptations. Another key part of this passage is that it takes place straight after Jesus' baptism. For all of us, baptism is a high point in our lives. We promise ourselves to God, and in turn are filled with the Holy Spirit. However, that does not mean we can stop trying – temptation and sin are still very powerful detractors. Just like Jesus was led into the wilderness, we too can find ourselves lost in things that cloud our faith.

Application: It can be easy to just say 'don't give in to temptation, be like Jesus,' but unfortunately, we are all imperfect in our own ways. We fall to sin and to temptation and often find ourselves straying from our faith. However, what Jesus shows us is that we can resist temptation, and by doing so, we open a path for salvation. Just like anything else, what matters is that we try our best and hold true to our belief that God will provide what really matters.

As we head into lent, we can all try to abstain from one thing that we know we should not indulge in. It could be a food or a pastime. On the other hand, it could even be a positive action, like making sure you pray before meals. Even if we struggle at first, just like with exercise or any positive habit, it gets easier the more you do it.

Prayer: Dear Lord, help us to be confident in your love, and to see that all we need is provided by you. As we head into this Lenten period, help us emulate your son. Like him, give us the strength to turn away from temptation even in our weakest moments. Please continue to guide us in faith and in love. Amen.

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 4th 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 4th 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 28th November and return on the 4th 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 First Sunday In Lent - Year C

CATHOLIC PARISH AND PRIMARY SCHOOL COMMUNITY

9th March 2025

ENTRANCE ANTIPHON

WHEN HE CALLS ON ME, I WILL ANSWER HIM;
I WILL DELIVER HIM AND GIVE HIM GLORY,
I WILL GRANT HIM LENGTH OF DAYS.

FIRST READING

DEUTERONOMY 26: 4-10

Moses said to the people: 'The priest shall take the panner from your hand and lay it before the altar of the Lord your God. Then, in the sight of the Lord your God, you must make this pronouncement: "My father was a wandering Aramaean. He went down into Egypt to find refuge there, few in numbers; but there he became a nation, great, mighty, and strong. The Egyptians ill-treated us, they gave us no peace and inflicted harsh slavery on us. But we called on the Lord, the God of our fathers. The Lord heard our voice and saw our misery, our toil and our oppression; and the Lord brought us out of Egypt with mighty hand and outstretched arm, with great terror, and with signs and wonders. He brought us here and gave us this land, a land where milk and honey flow. Here then I bring the first-fruits of the produce of the soil that you, Lord, have given me." You must then lay them before the Lord your God, and bow down in the sight of the Lord your God.'

The word of the Lord

RESPONSORIAL PSALM

Ps 91:1-2,10-

11,12-13,14-15

(R.) BE WITH ME, LORD, WHEN I AM IN TROUBLE.

1. HE WHO DWELLS IN THE SHELTER OF THE MOST HIGH AND ABIDES IN THE SHADE OF THE ALMIGHTY SAYS TO THE LORD: 'MY REFUGE, MY STRONGHOLD, MY GOD IN WHOM I TRUST!' (R.)

2. UPON YOU NO EVIL SHALL FALL, NO PLAGUE APPROACH WHERE YOU DWELL. FOR YOU HAS HE COMMANDED HIS ANGELS, TO KEEP YOU IN ALL YOUR WAYS. (R.)

3. THEY SHALL BEAR YOU UPON THEIR HANDS LET YOU STRIKE YOUR FOOT AGAINST A STONE. ON THE LION AND THE VIPER YOU WILL TREAD AND TRAMPLE THE YOUNG LION AND THE DRAGON. (R.)

4. HIS LOVE HE SET ON ME, SO I WILL RESCUE HIM; PROTECT HIM FOR HE KNOWS MY NAME. WHEN HE CALLS I SHALL ANSWER: 'I AM WITH YOU.' I WILL SAVE HIM IN DISTRESS AND GIVE HIM GLORY. (R.)

SECOND READING

ROMANS 10: 8-13

Scripture says: The word, that is the faith we proclaim, is very near to you, it is on your lips and in your heart. If your lips confess that Jesus is Lord and if you believe in your heart that God raised him from the dead, then you will be saved. By believing from the heart you are made righteous; by confessing with your lips you are saved. When scripture says: those who believe in him will have no cause for shame, it makes no distinction between Jew and Greek: all belong to

the same Lord who is rich enough, however many ask for his help, for everyone who calls on the name of the Lord will be saved.

The word of the Lord

GOSPEL ACCLAMATION

PRAISE TO YOU, LORD JESUS CHRIST, KING OF ENDLESS GLORY!

NO ONE LIVES ON BREAD ALONE, BUT ON EVERY WORD THAT COMES FROM THE MOUTH OF GOD.

PRAISE TO YOU, LORD JESUS CHRIST, KING OF ENDLESS GLORY!

GOSPEL

LUKE 4:1-13

Filled with the Holy Spirit, Jesus left the Jordan and was led by the Spirit through the wilderness, being tempted there by the devil for forty days. During that time he ate nothing and at the end he was hungry. Then the devil said to him, 'If you are the Son of God, tell this stone to turn into a loaf.' But Jesus replied, 'Scripture says: Man does not live on bread alone.' Then leading him to a height, the devil showed him in a moment of time all the kingdoms of the world and said to him, 'I will give you all this power and the glory of these kingdoms, for it has been committed to me and I give it to anyone I choose. Worship me, then, and it shall all be yours.' But Jesus answered him, 'Scripture says: You must worship the Lord your God, and serve him alone.' Then he led him to Jerusalem and made him stand on the parapet of the Temple. 'If you are the Son of God', he said to him 'throw yourself down from here, for scripture says: He will put his angels in charge of you to guard you, and again: They will hold you up on their hands in case you hurt your foot against a stone.' But Jesus answered him, 'It has been said: You must not put the Lord your God to the test.' Having exhausted all these ways of tempting him, the devil left him, to return at the appointed time.

The Gospel of the Lord

COMMUNION ANTIPHON

No one lives on bread alone, but on every word that comes from the mouth of God.



路加記載耶穌由於四十天之久沒有進食，因此而感到飢餓，使魔鬼（再次）有了試探耶穌的機會：「你若是天主子，命這個石頭變成餅吧！」在敘述層面上，這個試探回應耶穌受洗的情景：「有聲音從天上說：『你是我的愛子』」（路三 22）。魔鬼要求耶穌利用這個特殊身份所具有的特殊力量施行一個奇蹟，解決飢餓的問題。耶穌卻引用申命紀的話回答魔鬼：「人生活不只靠餅」（申八 3），強調對人而言，解除飢餓並不是最重要的問題。

接著魔鬼把耶穌引到高處，使祂在頃刻之間看到普世萬國，魔鬼宣稱擁有這一切，並且許諾把一切權勢賞給耶穌，條件是耶穌必須朝拜魔鬼，意思是承認牠為所謂的「世界之神」（參閱：格前四 4；若十二 31）。路加很可能在這段經文中，暗中隱射了在他的時代十分盛行的凱撒崇拜。面對這個誘惑，耶穌再度引用聖經的話加以駁斥：「你要朝拜上主，你的天主，惟獨事奉他。」（申六 13）耶穌藉著這句聖經的話不但拒絕了魔鬼的誘惑，更同時顯示祂「惟獨」朝拜天主，因為祂是天主子，天主才是真正的王，並且已將一切王權賜給了祂的獨生子（參閱：路一 32；詠二 7）。

接著魔鬼將耶穌引到耶路撒冷，並且引用詠九一 11-12 的經文，挑釁地要求耶穌從聖殿頂端跳下去。這個試探有雙重理解的方式，第一個可能性是魔鬼願意利用耶穌盲目且錯誤的信任，而使祂死亡；另一個可能則是要耶穌藉著一個不服從的行動，強求一個奇蹟徵兆。耶穌再次引用申命紀的話斥責這個毫無意義的話：「不可試探上主，你的天主。」（申六 16）人不可相反天主的計畫，而向祂要求證明祂自己的力量（參閱：路十一 29-32），由於耶穌是天主子，所以很可能祂也藉著這句聖經的話要求魔鬼停止試探祂。

結語：這三個被特別記載的試探，代表魔鬼為破壞耶穌的救援工程所進行的一切試探，既然沒有成功，魔鬼「就離開耶穌，再等待時機」（13）。魔鬼並沒有因試探失敗而完全放棄，牠更是尋找各種機會，不斷的傷害阻撓耶穌（參閱：路二二 28），特別在耶穌受難的時候，魔鬼更激烈的進行牠的陰謀行動（參閱：路二二 53-54）。

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