

# 天主教華人牧民處

www.chinesechaplaincyparra.org



## 四旬期第二主日（丙年）

2025年3月16日

### 進堂詠

我心中時常在想：你應該尋求他的儀容。上主，我在尋求你的儀容。求你不要向我掩住你的臉面。

### 讀經一

創世紀15:5-12,17-18

那時候，上主領亞巴郎到外面，說：「請你仰觀蒼天，數點星辰，你能夠數清嗎？」又對他說：「你的後裔也將這樣。」亞巴郎相信了上主，上主就以此算為亞巴郎的正義。

上主又對亞巴郎說：「我是上主，我從加色丁人的烏爾，領你出來，是為將這片土地，賜給你作為產業。」

亞巴郎說：「我主上主！我怎能知道我要佔有這片土地，作為產業？」

上主對亞巴郎說：「你給我拿來一隻三歲的母牛，一隻三歲的母山羊，一隻三歲的公綿羊，一隻斑鳩和一隻雛鴿。」

亞巴郎便把這一切拿來，每樣從中間剖開，將一半與另一半相對排列，只有飛鳥沒有剖開。有鷲鳥落在獸屍上，亞巴郎就把牠們趕走。太陽快要西沉時，亞巴郎昏沉地睡著，忽覺陰森萬分，就害怕起來。

當日落天黑的時候，看，有冒煙的火爐，及燃燒著的火炬，由那些肉塊中間經過。在這一天，上主與亞巴郎立約，說：「我要賜給你後裔的這片土地，就是從埃及河直到幼發拉底河。」

—上主的話

### 答唱詠

詠27

【答】：上主是我的光明，我的救援。

領：上主是我的光明，我的救援，我還畏懼何人？上主是我生命穩固的保障，我還害怕何人？【答】

領：上主，求你俯聽我的呼號；上主，求你憐憫我，垂允我。論及你，我心中時常在想：「你應該尋求他的儀容。」【答】

領：上主，我在尋求你的儀容。求你不要向我掩住你的臉面；你發怒時，不要將你僕人趕散。你向來就是我唯一的救援，不要棄我不顧。【答】

領：我深信在此活人地區，定會享見上主的幸福。你要鼓起勇氣，期望上主！你要振作精神，期望上主！【答】

### 讀經二

致斐理伯人書3:17-4:1

弟兄姊妹們：

你們要一同效法我，也要注意那些按照我們的表樣，生活行動的人。

我曾多次對你們說過，現在再含淚對你們說：因為有許多人，行事為人，是基督十字架的敵人；他們的結局是喪亡；他們的天主是肚腹；以羞辱為光榮；他們只思念地上的事。

至於我們，我們的家鄉原是在天上；我們等待主耶穌基督、我們的救主，從那裡降來；他必以他使一切屈服於自己的大能，改變我們卑賤的身體，相似他光榮的身體。

為此，我所親愛和懷念的弟兄、我的喜樂、我的冠冕、我可愛的諸位，你們應這樣屹立在主內。 —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：雲中有聲音說：「這是我的愛子，你們要聽從他！」

眾：基督、天主聖言，願光榮歸於你。



### 福音

聖路加福音 9:28-36

那時候，耶穌帶著伯多祿、若望和雅各伯，上山祈禱。

正當耶穌祈禱時，他的面容改變，他的衣服潔白發光。

忽然，有兩個人，即梅瑟和厄里亞，同耶穌談話。他們顯現在光耀中，談論耶穌的去世，即耶穌在耶路撒冷，必要完成的事。

伯多祿和他的同伴，都昏昏欲睡。他們一醒過來，就看見耶穌的光耀，及在耶穌旁邊侍立的兩個人。

那兩個人正要離開時，伯多祿對耶穌說：「老師，我們在這裡真好！讓我們搭三個帳棚：一個為你，一個為梅瑟，一個為厄里亞。」伯多祿原來不知道要說什麼。

伯多祿說這話的時候，有一片雲彩遮蔽了耶穌、梅瑟和厄里亞。他們進入雲彩時，門徒就害怕起來。

從雲中有聲音說：「這是我的兒子，我所揀選的，你們要聽從他！」這聲音發出後，只見耶穌獨自一人。

當時，門徒都守了秘密，把所見的事，一點也沒有告訴任何人。『你的天主。』 —上主的話

### 領主詠

這是我的愛子，我所喜悅的，你們要聽從他。

# 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) 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： <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 <a href="http://www.chinesechaplaincyparra.org">www.chinesechaplaincyparra.org</a>
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>

## 四旬期特別彌撒

3月17日(星期一) 聖博德節，英語彌撒早上 9:15

3月19日(星期三) 聖若瑟節，英語彌撒早上 9:15；英粵雙語彌撒晚上 7 時半

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：

21/3	聖母軍	4/4	聖若瑟會
28/3	Youth Group (English)	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
23/3/2025	信仰生活分享	阮老師
30/3/2025	當日讀經分享	Daria Chung
6/4/2025	舊約之旅 - 梅瑟五書(上)	Bosco Yu

## 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

**2025 聖週禮儀時間表** 已備妥，請在聖堂大門索取。

## 候洗者考核禮

3月30日(星期日)上午11時 和 4月6日(星期日)上午11時

歡迎大家參加，為他們祈禱。

## 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



## 英語青年彌撒 Youth Mass ALL ARE WELCOME

3月23日(星期日)上午10時15分 23<sup>rd</sup> March (Sunday) 10:15am



四旬期第二主日丙年讀經的答唱詠，選自聖詠第 27 篇。

這是達味君王所撰的詩。按內容，似乎是兩首不同的詩。第 1 至 6 節達味寫他在磨難時仍深信天主護衛他；第 7 至 14 節卻向天主哀呼，懇求天主救援。學者估計是後人把達味兩首舊詩合成一篇。至於達味於何時寫這兩首詩，學者們大都接受是達味遭撒烏耳追殺時寫成的（見撒 18-27 章）。本主日，除了答句，教會選讀了達味哀求天主的部分。

答句選自第 1 節（上主是我的光明，我的救援，我還畏懼何人？上主是我生命穩固的保障，我還害怕何人？），這是全詩的主題，先知米該亞也說過類似的話（見米 7:8）。聖詠內就有更多重複（見詠 18:29; 35:3; 36:10; 43:3; 118:6）。可見以民一直深信上主是光明，聖史若望更把這套在耶穌基督身上（見若 1:4-12）。

第 7 至 9 節（上主，求你俯聽我的呼號，上主，求你憐憫我，垂允我。論及你，我心中時常在想：「你應該尋求他的儀容。」上主，我在尋求你的儀容。求你不要向我掩住你的臉面，你發怒時不要將你僕人趕散。你向來就是我唯一的救援；救我的天主，不要棄我不管。），「尋求天主的儀容」，即尋覓天主的恩寵、慈愛和扶助，並順從祂的旨意。耶穌基督進一步啟示：心裡潔淨的人是有福的，因為他們要看見天主（瑪 5:8）。

第 13 節（我深信在此活人地區，定會享見上主的幸福。），由於原文散失，不同的譯本有不同的譯文。第 14 節（你要鼓起勇氣，期望上主！你要振作精神，期望上主！）更有學者說是後人加上的。但無論如何，這兩節寫的是「望德」，人在主內永遠有希望，期待上主永不落空，信實的天主必然拯救在痛苦中的人（見路 12:35）。

~勝文神父

## 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。



Scripture - Luke 9: 28-36

**Observation** - In today's gospel, the Transfiguration of Jesus takes place. The word transfiguration means a change of form or appearance, and this is what Peter, John and James witness on the mountain; Jesus' appearance changes and his clothes become dazzling white. There are several messages coming from this passage.

First, Moses and Elijah are present, who speak about Jesus' departure - in other words, His Passion and Resurrection. Moses and Elijah represent the Law and the Prophets of the Old Testament respectively, and the two men stand beside Jesus to illustrate that the Law and the Prophets of the old point towards the new, the Messiah.

Second, Jesus reveals his divinity to the disciples. During this event, his appearance undergoes physical changes. Furthermore, when a cloud appears over the disciples and speaks to them, it is then revealed that only Jesus is present, further emphasising his divine identity.

One interesting thing to note is that Peter makes a suggestion to set up three tents, to which it is followed by the statement that Peter did not truly understand what he was saying and the aim of the event. While Peter does not have ill intentions, it suggests a desire to prolong the moment of glory. However, this event is only temporary, designed to emphasise the suffering Jesus is about to experience and strengthen the disciples' faith in preparation.

**Application** - On this mountain, the disciples were granted the privilege to witness the glory and divinity of Jesus. It was in this moment that the disciples were granted a greater understanding of Jesus' identity and mission, and thereby strengthened their faith in anticipation for the challenges to come. In a similar way, God reveals Himself directly (and indirectly) to the faithful in special ways to strengthen our faith. At times we can find ourselves caught up in worldly affairs and fail to see the signs of God's love and grace for us. During this period of Lent, let us recentre ourselves in prayer and embrace every experience of God's grace. When we are challenged and experiencing hardship, let us remember the words of Jesus; to take up our cross daily and follow him.

**Prayer** - Dear Jesus, Please strengthen us against the temptations of the devil and give us the courage to take up our cross daily to follow you. Guide and teach us to do your will and become an instrument of your peace and love for others. During this time of Lent, may our Lenten sacrifices lead us to deepen our faith and relationship with You. In your name we pray, Amen.

## 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 at 2pm at St Monica's to provide more details of our upcoming camp. This is a unique opportunity to learn from an expert in the field, and it will be open to everyone in the congregation. The session is especially targeted for parents, so 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 Second Sunday In Lent - Year C

16th March 2025

### ENTRANCE ANTIPHON

Of you my heart has spoken, Seek his face.  
It is your face, O Lord, that I seek;  
hide not your face from me.

### FIRST READING GENESIS 15:5-12, 17-18

Taking Abram outside the Lord said, 'Look up to heaven and count the stars if you can. Such will be your descendants' he told him. Abram put his faith in the Lord, who counted this as making him justified.

'I am the Lord' he said to him 'who brought you out of Ur of the Chaldeans to make you heir to this land.' 'My Lord, the Lord' Abram replied, 'how am I to know that I shall inherit it?' He said to him, 'Get me a three-year-old heifer, a three-year-old goat, a three-year-old ram, a turtledove and a young pigeon.' He brought him all these, cut them in half and put half on one side and half facing it on the other; but the birds he did not cut in half. Birds of prey came down on the carcasses but Abram drove them off.

Now as the sun was setting Abram fell into a deep sleep, and terror seized him. When the sun had set and darkness had fallen, there appeared a smoking furnace and a firebrand that went between the halves. That day the Lord made a Covenant with Abram in these terms:

'To your descendants I give this land, from the wadi of Egypt to the Great River.'

*The Word of the Lord*

### RESPONSORIAL PSALM Ps 26

(R.) The Lord is my light and my salvation.

1. The Lord is my light and my help; whom shall I fear? The Lord is the stronghold of my life before whom shall I shrink? (R.)
2. O Lord, hear my voice when I call; have mercy and answer. Of you my heart has spoken: 'Seek his face.' (R.)
3. It is your face, O Lord, that I seek, hide not your face. Dismiss not your servant in anger; you have been my help. (R.)
4. I am sure I shall see the Lord's goodness in the land of the living. Hope in him, hold firm and take heart. Hope in the Lord! (R.)

### SECOND READING PHILIPPIANS 3: 17- 4:1

My brothers, be united in following my rule of life. Take as your models everybody who is already doing this and study them as you used to study us. I have told you often, and I repeat it today with tears, there are many who are behaving as the enemies of the cross of Christ. They are destined to be lost. They make foods into their god and they are proudest of something they ought to think shameful; the things they think important are earthly things. For us, our homeland is in heaven, and from heaven

comes the saviour we are waiting for, the Lord Jesus Christ, and he will transfigure these wretched bodies of ours into copies of his glorious body. He will do that by the same power with which he can subdue the whole universe.

So then, my brothers and dear friends, do not give way but remain faithful in the Lord. I miss you very much, dear friends; you are my joy and my crown.

*The Word of the Lord*

### GOSPEL ACCLAMATION

Glory and praise to you, Lord Jesus Christ!

From the shining cloud the Father's voice is heard: this is my beloved Son, hear him.

Glory and praise to you, Lord Jesus Christ!

### GOSPEL LUKE 9:28-36

Jesus took with him Peter and John and James and went up the mountain to pray. As he prayed, the aspect of his face was changed and his clothing became brilliant as lightning. Suddenly there were two men there talking to him; they were Moses and Elijah appearing in glory, and they were speaking of his passing which he was to accomplish in Jerusalem. Peter and his companions were heavy with sleep, but they kept awake and saw his glory and the two men standing with him. As these were leaving him, Peter said to Jesus, 'Master, it is wonderful for us to be here; so let us make three tents, one for you, one for Moses and one for Elijah.' - He did not know what he was saying. As he spoke, a cloud came and covered them with shadow; and when they went into the cloud the disciples were afraid. And a voice came from the cloud saying, 'This is my Son, the Chosen One. Listen to him.' And after the voice had spoken, Jesus was found alone. The disciples kept silence and, at that time, told no one what they had seen.

*The Gospel of the Lord*

### COMMUNION ANTIPHON

This is my beloved Son, with whom I am well pleased; listen to him.



路九1-50是路加福音中耶穌公開生活第一部份的最後一個段落，路加在這一章特別敘述耶穌和門徒間的親密關係：首先是耶穌給予門徒特別的權能，派遣他們去宣講天國（九1-6）；門徒們的工作獲得很大的迴響，導致分封侯黑落德和所有的猶太人都彼此詢問：耶穌到底是什麼樣的人物？（7-9）接著是耶穌所行的增餅奇蹟（10-17）；伯多祿代表門徒宣認耶穌是默西亞（18-22）；然後是耶穌教導做門徒的條件（23-27）。整段經文圍繞一個根本的主題：到底耶穌是誰？這個主題在「耶穌顯聖容」的經文中達到高峰（九28-36），這個事件就是這個主日的福音內容。耶穌顯容的事件發生在祂預告自己的苦難、提出跟隨者須具有的條件後的第八天，顯示這些言論和顯容事件具有緊密的內在關連。

當耶穌在山上祈禱時，祂的容貌發生了變化，衣服也變的潔白發光，在這個時刻梅瑟和厄里亞也同時出現。梅瑟和厄里亞代表天上來的人物，他們之所以能從天上而來，有特別的原因。他們出現和耶穌談論「祂的死亡」，顯示耶穌的死亡是天主救援計畫的實現。

路加所記載的耶穌顯容事件充滿了猶太「默示文學」、以及有關「天主顯現」報導的特徵（例如：另外一個面容、來自於天上的角色、雲彩以及天主的聲音）；經文中沒有任何具體的資訊（連那座山的名字也沒有記載），門徒們也沒有聽見耶穌和梅瑟，以及厄里亞談話的內容。因此，整段敘述應該是一個「神的顯現」故事，目的在於向讀者說明「耶穌是誰」。

路加以生動的筆法報導一個「具體事件」（參閱：伯後一16-18），目的在於告訴他的讀者耶穌真正的身份。根據這個顯現的故事，有些門徒直接從天主的啟示，經驗到耶穌是誰（參閱：瑪十六18；迦一16）；雖然他們當時並未完全明白，但卻在耶穌的復活事件之後領悟了其中的意義，並且大力宣揚他們的信仰。雖然耶穌遭受極度的貶抑，受苦至死，但祂的確是天主的特選者、天主子，祂的苦難完全符合天主在舊約中所顯示的旨意，因此人們必須聽從祂，背起自己的十字架跟隨祂，走向救援的道路。

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