

天主教華人牧民處

www.chinesechaplaincyparra.org



將臨期第三主日（甲年）

2025年12月14日

進堂詠

你們在主內應當常常喜樂；我再說：你們應當喜樂！你們的寬仁，應當叫眾人知道：主快來了。

讀經一

依撒意亞先知書 35:1-6,10

荒野和不毛之地必要歡樂，沙漠必要欣喜，如花盛開，盛開得有如百合，高興得歡樂歌唱，因為它們將獲得黎巴嫩的光華、加爾默耳和沙龍的美麗。它們將見到上主的榮耀、我們天主的光輝。

你們應加強痿弱的手，堅固顫動的膝，告訴心怯的人說：「鼓起勇氣來，不要畏懼！看，你們的天主！報復已到！天主的報酬已到！他要親自來拯救你們。」

那時，盲人將會看見，聾子將要聽到；那時，瘸子必要跳躍如鹿，啞吧的舌頭，必要歡呼。上主所解救的人必要歸來，快樂地來到熙雍；永久的歡樂，有如冠冕，戴在他們頭上。他們將盡享快樂和歡喜，再沒有憂愁和悲哀。——上主的話

答唱詠

詠 146

【答】：上主，請你來，拯救我們。

領：上主為被欺壓的人辯護；上主賜食物給飢餓的人；上主使被囚的人，獲得自由。【答】

領：上主開啟瞎子的眼睛；上主使偃偻的人挺身；上主喜愛正義的人。【答】

領：上主保護旅客；上主扶助孤兒寡婦；上主迷惑惡人的道路。【答】

領：願上主永遠為王！熙雍，你的天主萬壽無疆！【答】

讀經二

聖雅各伯書 5:7-10

弟兄姊妹們：

直到主的來臨，你們應該忍耐。看，農夫多麼忍耐，期待田地裡寶貴的出產，直到獲得時雨和晚雨。你們也該忍耐，堅固你們的心，因為主的來臨已接近了。

弟兄們，不要彼此抱怨，免得你們受審判；看，審判者已站在門前。弟兄們，應以那些曾因上主之名講話的先知們，作為受苦和忍耐的模範。

——上主的話

福音前歡呼

領：亞肋路亞。

眾：亞肋路亞。

領：上主的神臨於我身上，派遣我向貧苦的人傳報喜訊。

眾：亞肋路亞。

福音

聖瑪竇福音 11:2-11

那時候，若翰在獄中聽了基督所行的，就派遣他的門徒去問耶穌說：「你就是來的那一位，或是我們還要等候另一位？」

耶穌回答他們說：「你們去，把你們所見所聞的，報告給若翰：瞎子看見，跛子行走，癲瘋病人得到潔淨，聾子聽見，死人復活，窮苦的人得聞喜訊。凡不因我而絆倒的，是有福的！」

他們走了以後，耶穌就對群眾講論若翰說：「你們出去到荒野，是為看什麼呢？為看隨風搖曳的蘆葦嗎？你們出去到底是為看什麼？為看一位穿細軟衣服的人嗎？啊！那穿細軟衣服的人，是在王宮裡。你們究竟為什麼出去？為看一位先知嗎？是的！我給你們說：而且他比先知還大。關於這人，經上記載說：『看，我派遣我的使者在你們面前，他要在你們前面，預備你的道路。』」

「我實在告訴你們：在婦女所生的，沒有興起一位比洗者若翰更大的；但在天國裡最小的，也比他大。」

——上主的話

領主詠

告訴心怯的人說：「鼓起勇氣來，不要畏懼！看，你們的天主，祂要親自來拯救你們！」



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(普通话)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：	Fr Ambrose Owusu-Ansah 電話：9630 1951
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

2025 聖誕節粵語彌撒

12月24日（星期三）晚上9時 12月25日（星期四）早上11時半

全套彌撒時間表請索取及參閱聖堂大門的單張

聖雲先會聖誕扶貧行動

- * 聖堂大門有售賣聖誕卡（一套十張，\$10）；2026英語天主教月曆（\$10）。請把現金放入聖堂大門的Poor Box。
- * 特別籌款：2025年12月13及14日各台彌撒，將收集善款作扶貧之用；也可以用這二維碼作網上捐款。
- * 捐獻食物及兒童玩具：教友可把乾糧等物資；也可取一個兒童名牌，內有資料，並為該兒童預備一份禮物，把它們放在聖堂大門的聖誕樹下。本會將收集並於聖誕節前送給有需要的家庭。

12月21日截止收集。

多謝大家！



主日午餐暫停

由 2025 年 12 月 21 日起，主日彌撒後午餐暫停。2026 年 2 月 15 日恢復。敬請留意。

教區為天主教華人移民特別彌撒（粵語）

為隆重慶祝禧年結束，本教區邀請公教華人參與以下的彌撒

日期：2026 年 1 月 10 日（星期六）

時間：下午 2 時半

地點：St. Patrick's Cathedral, Parramatta

為方便統計參與人數，請用牧民處熱線 WhatsApp，或這二維碼登記。



本主日答唱詠選自聖詠第 146 篇。聖經學者認為本詩是前篇聖詠 145 的續作，是一首讚美天主德能的歌。亦有學者指出聖詠 146 至 150 篇，猶太人稱為「小讚美集」，是猶太人早禱時詠唱的。本詩的歷史背景是應巴比倫充軍之後，重建耶路撒冷聖殿的時期（見厄上、厄下）。全詩只有十節，起首歡呼「阿肋路亞」（即用希伯來文歡呼：讚美天主！）。

本篇作者似乎把其他聖經書卷的章節移植並改作，成為現時可見的詩詞，見以下列表：

節數	詩詞	書卷
2	在我一生，我要讚美上主，一息尚存，我要歌頌天主。	詠7:18; 詠104:33
4	他的氣息一斷，就要歸於灰土，他的一切計劃，立刻化為烏有。	詠90:3; 詠104:29; 加上2:63; 依2:22; 訓12:7; 德40:11
5	凡是以雅各伯的天主為自己扶助的人，以上主天主為自己希望的，是有福的人！	詠2:12; 耶17:7
7	上主為被欺的人作辯護，上主給饑餓的人賜食物，上主使被囚的人得自由。	詠68:7; 詠103:6; 依49:9; 依61:1; 巴6:35
8	上主開啟瞎子的眼睛，上主使偃偻的人直身，上主愛慕那正義的人。	詠11:7; 詠145:14
9	上主對旅客加以保護，上主支持孤兒和寡婦，上主迷惑惡人的道路。	詠68:6; 出22:20-21
10	願上主永永遠遠為君王！熙雍！你的天主萬壽無疆！	詠145:13; 出15:18; 哀5:19

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 Corner 14 December

Scripture: Matthew 11:2-11

Observation: In this week's gospel reading, John the Baptist's disciples are trying to work out Jesus' identity and specifically want to find out if He is the promised Messiah. Jesus affirms that He is the promised Messiah as He can liberate people from their ailments, such as physical ailments and promises to bring new, eternal life to the dead. Jesus' mission is to bring hope to the suffering, sick and vulnerable. As the first reading from Isaiah points out, the Messiah's mission is to bring salvific hope to people and strengthen their sense of resolve and give them inner, spiritual strength. The physical ailments that Jesus says He will heal, such as deafness and being crippled, may also be interpreted metaphorically. Jesus comes to not only heal physical infirmities but also spiritual infirmities. Jesus also says that as the Messiah, He does not come with the trappings and appearances of earthly power, wealth and authority, such as fine clothing but comes with the authority of God in heaven.

Application: At many stages in our lives, we may be crippled by spiritual, mental and emotional ailments. We may feel anxious, depressed, pessimistic, experience doubts about our faith in God or become more lukewarm in our faith, and we may lack enthusiasm or motivation to help others. Our internal ailments can occur as a result of the challenges that we face in life and past experiences. However, this advent, it's important to remember that whatever the cause of our ailments, we can always bring them to Jesus with faith and humility and ask Him to heal us, as this is a part of His saving mission. When we experience Jesus' healing, we are given the strength and courage to experience a rich spiritual life. An important aspect of the rich spiritual life is rejoicing in God's healing, saving power that He brings to our lives. So next time, we experience spiritual ailments, let us bring these to God, trust in His power to heal, and embrace the graces that He gives us. The graces God gives us may include insight into how to say and act with wisdom, patience and kindness, or being like Christ in the way we perceive and treat others.

Prayer: Dear Jesus, you have revealed your salvific grace and mission to all people. You bring hope and joy to all people, particularly the weak, frightened and vulnerable. May we always remember your healing power and grace and turn to you in times of weakness, in challenging and difficult times. May we always invite you into our lives so we can be strengthened and emboldened to experience joyous, spiritual encounters with you every day. Amen.

Youth Announcements

Social Justice Month

This month is our social justice month and we shall be selling handmade body scrubs and polaroid photo frames decorated by our youth group. The proceeds will go to the Vinnies Christmas appeal. On 14th Dec, we sell tickets for photoshoot which will take place on the 21st Dec. We also sell the body scrubs on 21st Dec. There will be a limited number of spots for photos as each photo frame is a unique one-of-a-kind design so get in quick! Alternatively, you can purchase just a photo frame on its own. The prices are as follow:

Photo + photo frame = \$10, Photo frame = \$5

Body scrubs (coffee / green tea) = \$10

Come help us support those in need in this time of advent, Christmas and thanks giving.

St Monica's Youth Group

Youth Group will continue each week in the community room, starting at 10:30AM! If you're 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 Raphael Cheung (0420 947 121).



St. Monica's Parish

North Parramatta

ST MONICA Third Sunday of Advent - Year A

14th December 2025

ENTRANCE ANTIPHON

Rejoice in the Lord always; again I say, rejoice. Indeed, the Lord is near.

FIRST READING

ISAIAH 35:1-6,10

Let the wilderness and the dry-lands exult, let the wasteland rejoice and bloom, let it bring forth flowers like the jonquil, let it rejoice and sing for joy.

The glory of Lebanon is bestowed on it, the splendour of Carmel and Sharon; they shall see the glory of the Lord, the splendour of our God.

Strengthen all weary hands, steady all trembling knees and say to all faint hearts, 'Courage! Do not be afraid. Look, your God is coming, vengeance is coming, the retribution of God; he is coming to save you.'

Then the eyes of the blind shall be opened, the ears of the deaf unsealed, then the lame shall leap like a deer and the tongues of the dumb sing for joy, for those the Lord has ransomed shall return. They will come to Zion shouting for joy, everlasting joy on their faces; joy and gladness will go with them and sorrow and lament be ended.

The word of the Lord

RESPONSORIAL PSALM

PS 145

(R.) Lord, come and save us.

1. It is the Lord who keeps faith for ever, who is just to those who are oppressed. It is he who gives bread to the hungry, the Lord, who sets prisoners free. (R.)
2. It is the Lord who gives sight to the blind, who raises up those who are bowed down, the Lord, who protects the stranger and upholds the widow and orphan. (R.)
3. It is the Lord who loves the just but thwarts the path of the wicked. The Lord will reign for ever, Zion's God, from age to age. (R.)

SECOND READING

ST JAMES 5:7-10

Be patient, brothers, until the Lord's coming. Think of a farmer: how patiently he waits for the precious fruit of the ground until it has had the autumn rains and the spring rains! You too have to be patient; do not lose heart, because the Lord's coming will be soon. Do not make complaints against one another, brothers, so as not to be brought to judgement yourselves; the Judge is already to be seen waiting at the gates. For your example, brothers, in submitting with patience, take the prophets who spoke in the name of the Lord.

The word of the Lord

GOSPEL ACCLAMATION

Alleluia! Alleluia!

The Spirit of the Lord is upon me; he sent me to bring Good News to the poor.

Alleluia! Alleluia!

GOSPEL

MATTHEW 11:2-11

John in his prison had heard what Christ was doing and he sent his disciples to ask him, 'Are you the one who is to come, or have we got to wait for someone else?' Jesus answered, 'Go back and tell John what you hear and see; the blind see again, and the lame walk, lepers are cleansed, and the deaf hear, and the dead are raised to life and the Good News is proclaimed to the poor; and happy is the man who does not lose faith in me.'

As the messengers were leaving, Jesus began to talk to the people about John: 'What did you go out into the wilderness to see? A reed swaying in the breeze? No? Then what did you go out to see? A man wearing fine clothes? Oh no, those who wear fine clothes are to be found in palaces. Then what did you go out for? To see a prophet? Yes, I tell you, and much more than a prophet: he is the one of whom scripture says: Look, I am going to send my messenger before you; he will prepare your way before you. I tell you solemnly, of all the children born of women, a greater than John the Baptist has never been seen; yet the least in the kingdom of heaven is greater than he is.'

The Gospel of the Lord

COMMUNION ANTIPHON

Say to the faint of heart: Be strong and do not fear. Behold, our God will come, and he will save us.



根據馬爾谷福音，在耶穌開始公開生活之前，若翰便已經被關禁在監牢中，今天的瑪竇福音經文預設了這一點，但在稍後才補述了若翰被捕、以及致命的事件。

獄中的若翰派員詢問耶穌：「你就是來的那一位，或是我們還要等候另一位？」就瑪竇福音的敘述脈絡而言，若翰的疑惑非常合理而易於瞭解。他曾宣告：在他之後有一位「更強者」要來，並強調這位就是即將使天主審判具體實現的執行者。然而，耶穌的作為和祂展現的個人形象，似乎與若翰的期待並不相符。

耶穌直接引用依撒意亞先知書不同章節的經文描述自己的作為：「瞎子看見，癱子行走，癩病人得了潔淨，聾子聽見，死人復活，窮苦人得了喜訊。」（參閱：依二九18-19；三五5-6；六一1）並要求若翰派遣來的使者將這樣的見聞回報給若翰。耶穌所說的這些話應該是祂的自我認知，對祂而言，由祂所實現的奇蹟性醫治就是天國業已來臨的記號。對形成瑪竇福音的團體而言，這些話特別重要，因為它們綜合性地說明，耶穌的工作使猶太傳統救援希望得到實現。

最後，耶穌稱若翰是「人間最大的一位」，但立刻又說「天國裡最小的也比若翰大」。這句話的含意是，在人間的各種比較尺度中，無論一個人多麼重要，也無法和那些屬於天上團體的人相比。這句話並沒有將若翰自天國中排除，只是將他在救援歷史中的角色相對化；而所謂「天國裡最小者」並非指耶穌自己，而是耶穌的門徒。耶穌這樣獨特的語言反映出祂的自我意識，相信自己是天主救恩的實現者，祂所帶來的是「全新」的，超越人間的一切價值。

若翰在監牢裡聽見有關耶穌的傳聞，而對耶穌的身份產生疑惑，他對「更強者」的認識並不完全，仍須修正。若翰的「經驗」對今日的基督徒具有深刻的意義，教導我們認識耶穌是一個不斷深入的過程，我們必須對天主子完全開放，時時接受祂的教導與糾正，按照祂自我啟示的方式認識祂、相信祂。

若翰宣講一個「審判」的天主，耶穌的言行卻啟示給我們一個「愛」的天主；若翰呼喚人們悔改，以迎接即將來臨的天主；耶穌卻以言語和作為顯示天國已經來到人間。在救恩歷史中，若翰的地位極為重要，但更重要的是成為耶穌真實的門徒，這是進入天國的條件。

歡迎把這通訊
帶回家細閱

<http://www.ccreadbible.org>