

天主教華人牧民處

www.chinesechaplaincyparra.org



四旬期第三主日 (甲年)

2026年3月8日

進堂詠

上主說：當我在你們身上，顯為聖的時候，我要把你們從異民中領出，從各地聚集你們。我要在你們身上灑清水，潔淨你們，淨化你們脫離各種不潔；我還要賜給你們一顆新心。

讀經一

出谷紀 17:3-7

那時候，百姓在曠野裡非常口渴，就抱怨梅瑟說：「你為什麼從埃及領我們上來？難道要使我們、我們的子女和牲畜，都渴死嗎？」梅瑟向上主呼號說：「我要怎樣對待這百姓呢？他們幾乎就要用石頭砸死我了！」上主回答梅瑟說：「你到百姓面前，帶上幾個以色列長老，手中拿著你擊打尼羅河的棍杖！看，我要站在你面前，在葛勒布的一塊磐石上；你擊打那磐石，就有水流出來，給百姓喝。」

梅瑟就在以色列的長老眼前，照樣做了。梅瑟稱那地方為瑪撒和默黎巴，因為以色列子民在那裡爭吵過，並試探過上主說：「上主是否在我們中間？」

—上主的話

答唱詠

詠 95

【答】：你們今天該聽從他的聲音，不要再那樣心硬。
領：請大家前來，我們要向上主歌舞，齊向救助我們的磐石，高歌歡呼；一齊到他面前，感恩讚頌，向他歌唱聖詩，歡呼吟詠。【答】
領：請大家前來，一齊伏地朝拜，向造我們的上主，屈膝示愛。因為他是我們的真神，我們是他牧養的人民，是他親手所引導的羊群。【答】
領：今天，該聽從他的聲音：不要再像在默黎巴那樣心硬，也不要像在曠野中瑪撒那天，你們的祖先，雖然見過我的工作，在那裡，他們還是試探我，考驗我。【答】

讀經二

致羅馬人書 5:1-2, 5-8

弟兄姊妹們：
我們既因信德成義，便是藉我們的主耶穌基督，與天主和好了。藉著耶穌，我們得以因著信德，進入了現今所站立的這恩寵中，並因希望分享天主的光榮，而歡躍。
望德不叫人蒙羞，因為天主的愛，藉著所賜與我們的聖神，已傾注在我們心中了。當我們還在軟弱的時候，基督就在指定的時期，為不虔敬的人死了。為義人死，是罕有的事；為善人，或許有敢死的；但是，基督在我們還是罪人的時候，就為我們死了，這證明天主怎樣愛了我們。
—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：主，你確實是世界的救主；請給我活水，免得我再口渴。
眾：基督、天主聖言，願光榮歸於你。

福音

聖若望福音 4:5-42

那時候，耶穌來到撒瑪黎雅的一座城，名叫息哈爾，靠近雅各伯給他兒子若瑟的莊田；在那裡有「雅各伯井」。耶穌走累了，就順便坐在井旁；那時，大約是第六時辰。

有一個撒瑪黎雅婦人來打水。耶穌向她說：「請給我一點水喝！」那時，耶穌的門徒都到城裡，去買食物。

那撒瑪黎雅婦人就回答說：「你既是猶太人，怎麼向我一個撒瑪黎雅婦人要水喝呢？」原來，猶太人和撒瑪黎雅人一向不相往來。

耶穌回答那婦人說：「如果你知道天主的恩賜，並知道向我說『給我水喝』的人是誰，你或許早就會求他，而他也早就賜給了你活水。」

那婦人問說：「先生，你連打水器也沒有，而井又深，你從那裡取得那活水呢？難道你比我們的祖

先雅各伯還大嗎？他留給了我們這口井；他和他的子孫，以及他的牲畜，都曾喝過這井裡的水。」

耶穌回答說：「凡喝這水的，還要再渴；但誰若喝了我賜給他的水，他將永遠不渴；並且我賜給他的水，將在他內，成為湧到永生的水泉。」

婦人說：「先生，請給我這水吧！免得我再渴，也免得我再來這裡打水。」

耶穌向那婦人說：「去，叫你的丈夫，再回到這裡來。」

那婦人回答說：「我沒有丈夫。」

耶穌說：「你說：我沒有丈夫，正對；因為你曾有過五個丈夫，而你現在有的，也不是你的丈夫。你說得真對。」

婦人向耶穌說：「先生，我看你是個先知。我們的祖先一向在這座山上，朝拜天主，你們卻說：應該朝拜的地方，是在耶路撒冷。」

耶穌回答說：「女人，你相信我吧！到了時候，你們將不在這座山，也不在耶路撒冷，朝拜父。你們朝拜你們所不認識的，我們朝拜我們所認識的，因為救恩出自猶太人。然而，時候要到，且現在就是，那些真正朝拜的人，將以心神以真理朝拜父，因為父就是尋找這樣朝拜他的人。天主是神，朝拜他的人，應當以心神以真理去朝拜他。」

婦人說：「我知道默西亞（意即基督）要來；他一來了，必會告訴我們一切。」

耶穌向那婦人說：「同你談話的我就是。」

正在這時，耶穌的門徒回來了，他們就驚奇耶穌同一個婦人談話；但是，沒有人問：「你要什麼？」或：「你同她談論什麼？」

於是，那婦人放下自己的水罐，往城裡去，向人說：「你們來看！有一個人，說出了我所做過的一切事；莫非他就是默西亞嗎？」

於是，眾人都從城裡出來，到耶穌那裡去。這其間，門徒請求耶穌說：「辣彼，吃吧！」

耶穌卻回答說：「我已有食物吃了，那是你們所不知道的。」門徒便彼此問說：「難道有人給他送來了食物嗎？」

耶穌向門徒說：「我的食物，就是承行派遣我者的旨意，完成他的工程。」

「你們不是說：還有四個月，才到收穫期嗎？看，我對你們說：舉目看看這些田地，莊稼已經發白，可以收割了。收割的人已領到工資，且為永生收集了果實，如此，撒種的和收割的，將一同喜歡。正如俗語所說的：撒種的是一人，收割的是另一人。我派遣你們，在你們沒有勞動過的地方，去收割；別人勞動了，而你們去收穫他們勞苦的成果。」

城裡有許多撒瑪黎雅人，信從了耶穌，因為那婦人作證說：「他向我說出了我所做過的一切。」這樣，那些撒瑪黎雅人，來到耶穌面前，請求耶穌在他們那裡住下；耶穌就在那裡住了兩天。還有更多的人，因為耶穌的宣講，而信從了耶穌。他們向那婦人說：「現在我們信，不是因為你的話，而是因為我們親自聽見了，並知道：他確實是世界的救主。」

—上主的話

領主詠

主說：誰若喝了我賜給他的水，他將永遠不渴，並且我賜給他的水，將在他內，成為湧到永生的水泉。

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
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 堂區網頁： https://stmonicanp.org.au 牧民處網頁： http://www.chinesechaplaincyparra.org
牧民處辦公時間：	星期二至五 上午 8 時半時至下午 2 時半 星期日 上午 9 時至 11 時
堂區聯絡：	電話：9630 1951 傳真：9630 8738 電郵： stmonicanp@bigpond.com

聖奧斯定組 信仰探討 2026 講座 逢星期日上午 10 時半至 11 時 15 分，在堂區會議室舉行。
歡迎所有教友參加，無須報名。

日期	內容	講者
15/03/26	召叫和使命 (2)	Ruby Chan
22/03/26	信仰生活分享	Dominic Kwok

日期	內容	講者
29/03/26	當日讀經分享	Daria Chung
05/04/26	普世教會	Christopher Cheng

公拜苦路

四旬期內逢星期五，晚上 7 時半（英粵雙語、有修和聖事）
輪值：3 月 13 日聖若瑟會、3 月 20 日善導之母會、3 月 27 日青年組

聖經幼稚園（林勝文神父主講）

逢每月第二及第四個星期六，晚上 8 時至 9 時，網上 ZOOM 舉行。下次舉行日期：3 月 14 日。
索取有關連結請 WhatsApp 到牧民處熱線。

聖經人物趣談（林勝文神父主講）

逢每月第二及第三個星期日，下午 1 時半至 2 時，在禮堂舉行。下次舉行日期：3 月 8 日及 15 日。

四旬期愛德扶貧 (Project Compassion 2026)

請把有現金捐款的小盒子，在耶穌受難節前帶回聖堂。亦可用盒上的二維碼作網上捐款。

四旬期特別彌撒

3 月 17 日（星期二）聖博德節，英語彌撒早上 9:15
3 月 19 日（星期四）聖若瑟節，英語彌撒早上 9:15；英粵雙語彌撒晚上 7 時半
3 月 25 日（星期三）聖母領報節，英語彌撒早上 9:15；英粵雙語彌撒晚上 7 時半

程明聰神父在聖莫尼加堂主持信仰活動

日期：3 月 26 日（星期四） 時間：晚上 7 時半至 9 時半
內容：彌撒、明供聖體、聖體降福、聖體治癒、敬拜與讚美，歡迎參加，無需報名。
查詢：Teresa Lau 0422 313 579

2026 聖週禮儀時間表

有關今年聖週及復活主日禮儀和彌撒的時間表已印好，請在聖堂大門的桌子上索取有關單張。

2028 雪梨國際聖體大會

有關詳情請參閱網頁：[54th International Eucharistic Congress](https://www.54thinternational.org/)



本主日的答唱詠選自聖詠第 95 篇，和讀經一有直接關係。

這篇聖詠的原文沒有表示誰是作者，按內容也難以確定出自那個年代。但新約《致希伯來人書》曾引用這首聖詠（見希 4:7，取自詠 95:7-8），由此可見在新約時代的猶太人間，這聖詠應是為人熟悉的歌曲。全詩的大意是請民眾歌頌和全心歸向天主，切勿與失信的祖先一般。

答句改自第 7 和 8 節（因為他是我們的真神，我們是他牧養的人民，是他手所引導的羊群。今天該聽從他的聲音：不要再像在默黎巴那樣心頑，也不要像在曠野中瑪撒那天！），沿自以色列子民離開埃及，在曠野等待進入福地之時的兩則事件：梅瑟擊石取水，兩次的地方都稱作「默黎巴」（見出 17:1-7 和戶 21:2-13），都是人與上主爭辯，或是試探上主（希伯來語「默黎巴」是爭辯的意思，「瑪撒」是試探）。聖詠的作者勸免以色列子民，莫再重蹈覆轍。

第 1 至 2 節（請大家前來，我們要向上主歌舞，齊向救助我們的磐石高歌歡呼！一齊到他面前，感恩讚頌，向他歌吟聖詩，歡呼吟詠。）出現以「磐石」來代表天主，新約中耶穌再將磐石的意義發揚光大：首先祂用比喻說明以磐石下作根基的重要性（即全心順從和依賴上主，見瑪 7:24-27），再把宗徒之首改名為「磐石」（即「伯多祿」，見瑪 16:17-18）。以伯多祿為根基的教會就是不斷讚美欽崇天主的會眾。

第 6 至 7 節（請大家前來，一齊伏地朝拜，向造我們的上主，屈膝示愛。因為他是我們的真神，我們是他牧養的人民，是他手所引導的羊群。今天該聽從他的聲音），新舊約多次以牧者和羊群來描寫天主與人的關係（見詠 77:21, 78:72; 撒下 12:3; 若 10），所有的人都可以是天主的羊群，被邀請來朝拜祂（見今日福音，尤其若 4:23-24）。

第 9 節（你們的祖先雖然見過我的工作，在那裏他們還是試探我，考驗我），這是以色列作為特選民族，親眼目睹天主的奇功妙化（例如給埃及人的十災、以色列渡紅海、擊石取水、瑪納；新約就有耶穌發顯聖容等等），卻沒有完全皈依（見格前 1:22-25）。今日福音主耶穌召叫撒瑪黎雅婦人，也是對我們的召叫（若 4:21-26）。

Youth Announcements

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).

2028 國際聖體大會禱文

主耶穌基督，我們感謝祢真實臨在於至聖聖體聖事中的這份珍貴的恩賜。求祢賜予我們恩寵，使我們恭敬地領受祢、真誠地朝拜祢，並以更新的心靈事奉祢。懇求祢藉著聖神的德能堅固我們，正如祢將自己奉獻給天父及我們一樣，使我們也能將自己的生命奉獻給天主和他人。請啟發並扶助我們，使我們能在有需要的人身上侍奉祢，尤其是在那些弱小無助、無家可歸、孤獨迷失的人身上。使我們與彌撒聖祭相結合，好使我們真正成為我們所領受的基督奧體。亞孟。



Scripture - John 4:5-42

Observation

In his passage, Jesus initiates a conversation with a Samaritan woman fetching water from the well which seems sort of strange; a Jew and a Samaritan, alone at the well. The woman comes to the well for water: most likely one of her important daily household tasks, however, it seems as though she is also thirsty for a genuine encounter. Jesus approaches her with respect, listening carefully and reveals himself to her, explaining that while ordinary water will satisfy only temporarily, the “living water” He gives leads to eternal life. He shares His identity, his Messiahship and tells her that true worship isn't tied to a place but is done “in spirit and truth”. Towards the end of the passage, the disciples remain silent and don't challenge Him for speaking to a Samaritan woman but we see that her testimony and proclamation of Jesus leads other in also believing too.

Application

This passage can be applied to our lives by challenging us to look beyond social boundaries and recognise the deeper “thirst” within ourselves and others. Just as Jesus approached the Samaritan woman with respect and without judgement, we are called to treat people with dignity, even those who may be excluded or different from us. Throughout the passage, Jesus points out that people often try to “quench” their thirst of success or to fit into societal standards through materialistic things, such as appearance, possessions or popularity which will always leave them longing for more. Jesus identifies Himself as the only true source that can bring them away from their worldly desires. It reminds us that lasting fulfilment comes from a relationship with God, not temporary achievements or desires, such as: maybe not changing who you are just to fit in or being honest even when it seems uncool. It also guides us to reflect on our own lives too. Jesus tells us to “worship the Father in spirit and truth” which isn't just about going to church or following routines, but it's about sincerity and living out your beliefs through your actions. For example, try spend each day talking to God honestly, not just memorised words. I think that this week's Gospel serves as a reminder that building a genuine relationship with God can lead to true satisfaction and encourages us to reflect on what we are truly seeking in our lives.

Prayer

Dear Lord, thank you for sending Jesus to show us the way to true life. Help us to find the living water that only you can give and not to depend on the things that will never fully satisfy us. Teach us to worship you in truth, with sincere hearts not just through actions. Give us the courage to live confidently in our faith and to share your love through our actions each day. Amen.

歡迎把這通訊
帶回家細閱



St. Monica's Parish

North Parramatta

3rd Sunday of Lent - Year A

8th March 2026

Entrance Antiphon

My eyes are always on the Lord, for he rescues my feet from the snare. Turn to me and have mercy on me, for I am alone and poor.

First Reading

Exodus 17:3-7

Tormented by thirst, the people complained against Moses. 'Why did you bring us out of Egypt?' they said. 'Was it so that I should die of thirst, my children too, and my cattle?' Moses appealed to the Lord. 'How am I to deal with this people?' he said. 'A little more and they will stone me!' The Lord said to Moses, 'Take with you some of the elders of Israel and move on to the forefront of the people; take in your hand the staff with which you struck the river, and go. I shall be standing before you there on the rock, at Horeb. You must strike the rock, and water will flow from it for the people to drink.' This is what Moses did, in the sight of the elders of Israel. The place was named Massah and Meribah because of the grumbling of the sons of Israel and because they put the Lord to the test by saying, 'Is the Lord with us, or not?' *The word of the Lord*

Responsorial Psalm

Ps 94

(R.) If today you hear his voice, harden not your hearts.

1. Come, ring out our joy to the Lord; hail the rock who saves us. Let us come before him, giving thanks, with songs let us hail the Lord. (R.)
2. Come in; let us bow and bend low; let us kneel before the God who made us for he is our God and we the people who belong to his pasture, the flock that is led by his hand. (R.)
3. O that today you would listen to his voice! 'Harden not your hearts as at Meribah, as on that day at Massah in the desert when your fathers put me to the test; when they tried me, though they saw my work.' (R.)

Second Reading

Romans 5:1-2, 5-8

Through our Lord Jesus Christ by faith we are judged righteous and at peace with God, since it is by faith and through Jesus that we have entered this state of grace in which we can boast about looking forward to God's glory. This hope is not deceptive, because the love of God has been poured into our hearts by the Holy Spirit which has been given us. We were still helpless when at his appointed moment Christ died for sinful men. It is not easy to die even for a good man – though of course for someone really worthy, a man might be prepared to die – but what proves that God loves us is that Christ died for us while we were still sinners. *The word of the Lord*

Gospel Acclamation

Praise to you, Word of God, Lord Jesus Christ!

Lord, you are truly the Saviour of the world; give me living water, that I may never thirst again.

Praise to you, Word of God, Lord Jesus Christ!

Gospel

John 4:5-42

Jesus came to the Samaritan town called Sychar, near the land that Jacob gave to his son Joseph. Jacob's well is there and Jesus, tired by the journey, sat straight down by the well. It was about the sixth hour. When a Samaritan woman came to draw water, Jesus said to her, 'Give me a drink.' His disciples had gone into the town to buy food. The Samaritan woman said to him, 'What? You are a Jew and you ask me, a Samaritan, for a drink?' – Jews, in fact, do not associate with Samaritans. Jesus replied: 'If you only knew what God is offering and who it is that is saying to you: Give me a drink, you would have been the one to ask, and he would have given you living water.'

'You have no bucket, sir,' she answered 'and the well is deep: how could you get this living water? Are you a greater man than our father Jacob who gave us this well and drank from it himself with his sons and his cattle?' Jesus replied: 'Whoever drinks this water will get thirsty

again; but anyone who drinks the water that I shall give will never be thirsty again: the water that I shall give will turn into a spring inside him, welling up to eternal life.'

'Sir,' said the woman, 'give me some of that water, so that I may never get thirsty and never have to come here again to draw water.' 'Go and call your husband' said Jesus to her 'and come back here.' The woman answered, 'I have no husband.' He said to her, 'You are right to say, "I have no husband"; for although you have had five, the one you have now is not your husband. You spoke the truth there.' 'I see you are a prophet, sir' said the woman. 'Our fathers worshipped on this mountain, while you say that Jerusalem is the place where one ought to worship.' Jesus said: 'Believe me, woman, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we do know; for salvation comes from the Jews. But the hour will come – in fact it is here already – when true worshippers will worship the Father in spirit and truth: that is the kind of worshipper the Father wants. God is spirit, and those who worship must worship in spirit and truth.'

The woman said to him, 'I know that Messiah – that is, Christ – is coming; and when he comes he will tell us everything.' 'I who am speaking to you,' said Jesus 'I am he.'

At this point his disciples returned, and were surprised to find him speaking to a woman, though none of them asked, 'What do you want from her?' or, 'Why are you talking to her?' The woman put down her water jar and hurried back to the town to tell the people, 'Come and see a man who has told me everything I ever did; I wonder if he is the Christ?' This brought people out of the town and they started walking towards him.

Meanwhile, the disciples were urging him, 'Rabbi, do have something to eat'; but he said, 'I have food to eat that you do not know about.' So the disciples asked one another, 'Has someone been bringing him food?' But Jesus said:

'My food is to do the will of the one who sent me, and to complete his work. Have you not got a saying:

Four months and then the harvest? Well, I tell you: Look around you, look at the fields; already they are white, ready for harvest! Already the reaper is being paid his wages, already he is bringing in the grain for eternal life, and thus sower and reaper rejoice together. For here the proverb holds good: one sows, another reaps; I sent you to reap a harvest you had not worked for. Others worked for it; and you have come into the rewards of their trouble.'

Many Samaritans of that town had believed in him on the strength of the woman's testimony when she said, 'He told me all I have ever done', so, when the Samaritans came up to him, they begged him to stay with them. He stayed for two days, and when he spoke to them many more came to believe; and they said to the woman, 'Now we no longer believe because of what you told us; we have heard him ourselves and we know that he really is the saviour of the world.'

The Gospel of the Lord

Communion Antiphon

For anyone who drinks it, says the Lord, the water I shall give will become in him, a spring welling up to eternal life.