

天主教華人牧民處

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四旬期第四主日 (甲年)

2026年3月15日

進堂詠

凡愛慕耶路撒冷的，都應與她一同喜樂；凡為她憂傷的，都要與她盡情歡樂。

讀經一

撒慕爾紀上 16:1,6-7,10-13

那時候，上主對撒慕爾說：「把你的角盛滿油；我派你到白冷人葉瑟那裡，因為在他的兒子中，我已為我選定了一位君王。」

撒慕爾等人一來到，看見厄里雅布，心裡想：這一定是站在上主面前的受傅者。但上主對撒慕爾說：「你不要注意他的容貌，及他高大的身材；我拒絕要他。因為天主的看法與人不同：人看外貌，上主卻看人心。」

葉瑟就叫他的七個兒子，都來到撒慕爾面前。撒慕爾對葉瑟說：「上主沒有揀選這些人。」

撒慕爾於是問葉瑟說：「孩子們都到齊了嗎？」葉瑟回答說：「還有一個最小的，他正在放羊。」撒慕爾對葉瑟說：「快派人帶他來，因為他不來，我們決不入席。」

葉瑟於是派人把最小的兒子帶來；他是一個有血色，眉清目秀，外貌英俊的少年。上主說：「起來，給他傅油，就是這一位。」撒慕爾就拿起盛著油的角，在他兄弟們面前，給他傅了油。從那天起，上主的神便降臨於達味身上。

—上主的話

答唱詠

詠 23

【答】：上主是我的牧者，我實在一無所缺。

領：上主是我的牧者，我實在一無所缺。他使我躺在青綠的草場，又領我走近幽靜的水旁，還使我的心靈得到舒暢。

【答】

領：他為了自己的名號，領我踏上了正義的坦途。縱使我應走過陰森的幽谷，我不怕凶險，因你與我同在。你的牧杖和短棒，是我的安慰和舒暢。【答】

領：在我對頭面前，你為我擺設了筵席；在我的頭上傳油，使我的杯爵滿溢。【答】

領：在我一生歲月裡，幸福與慈愛常隨不離；我將住在上主的殿裡，直至悠遠的時日。【答】

讀經二

致厄弗所人書 5:8-14

弟兄姊妹們：

從前你們原是黑暗，但現在你們在主內卻是光明；生活自然要像光明之子一樣。光明所結的果實，就是各種良善、正義和誠實。你們要體察什麼是主所喜悅的事。不要參與黑暗無益的作為，反而要加以指摘，因為他們暗中所做的是，就是連提起，也是可恥的。一切事情，一經指摘，便在光明中，顯露出來；凡顯露出來的，成為了光明。

所以說：「你這睡眠的，醒來吧！從死者中起來吧！基督必要光照你！」

—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：主說：我是世界的光；跟隨我的，決不在黑暗中行走，必有生命之光。

眾：基督、天主聖言，願光榮歸於你。

福音

聖若望福音 9:1-41

那時候，耶穌看見了一個生來瞎眼的人。耶穌的門徒就問耶穌說：「辣彼，誰犯了罪？是他，還是他的父母，竟使他生來瞎眼呢？」

耶穌答覆說：「也不是他犯了罪，也不是他的父母，而是為叫天主的工作，在他身上顯揚出來。趁著白天，我們應該做派遣我來者的工作；黑夜來到，就沒有人能工作了。當我在世界上的時候，我是世界的光。」

耶穌說了這番話以後，便吐唾沫在地上，用唾沫和了些泥，把泥抹在瞎子的眼上，對他說：「去，到史羅亞水池裡洗洗吧！」——史羅亞解說「被派遣的」——瞎子去了，洗了，回來就看見了。

於是，鄰居和那些經常見他討飯的人，就說：「這不是那曾坐在這裡討飯的人麼？」有的說：「就是這人，」

有的說：「不，是另一個很相似他的人。」那人卻說：「就是我。」

他們問他說：「你的眼睛究竟是怎樣開了的呢？」

他答覆說：「名叫耶穌的那個人，和了些泥，抹在我的眼上，給我說：你往史羅亞去洗洗吧；我去了，洗了，就看見了。」他們又問他說：「那個人在那裡？」他說：「我不知道。」

他們便將那先前瞎眼的人，帶到法利塞人那裡。耶穌和泥開了他的眼睛的那天，正是安息日。於是，法利塞人又盤問他怎樣看見了。那人就向法利塞人說：「他把泥抹在我的眼上，我洗了，就看見了。」

法利塞人中有的說：「這人不從天主來的，因為他不遵守安息日。」有的卻說：「一個罪人怎能行這樣的奇蹟？」他們中間便發生了紛爭。於是，他們又問瞎子說：「對於那開了你眼睛的人，你說什麼呢？」瞎子說：「他是一位先知。」

可是，猶太人不肯相信他原先是瞎子，而現在看見了，等到叫了他的父母來，問他們說：「這是你們的兒子麼？你們說他生來就瞎眼麼？怎麼他現在竟然看見了呢？」

他的父母答覆說：「我們知道這是我們的兒子；他生來就瞎眼。現在他究竟怎麼看見了，我們卻不知道；或者誰開了他的眼睛，我們也不知道。你們問他吧！他已經成年，會說自己的事了。」他的父母因為害怕猶太人，才這樣說，因為猶太人早已議決：誰若承認耶穌是默西亞，就必被逐出會堂。為此，他的父母說：他已經成年，你們問他吧！

於是，法利塞人再把那先前瞎眼的人叫過來，向他說：「歸光榮於天主吧！我們知道這人是個罪人。」那人回答說：「他是不是罪人，我不知道；有一件事我知道：我曾經是個瞎子，現在我卻看見了。」

法利塞人又問他說：「這人給你做了什麼？怎樣開了你的眼睛？」他回答說：「我已經告訴了你們，你們不聽；為什麼又願意聽呢？莫非你們也願意做他的門徒麼？」

法利塞人辱罵他說：「你去做他的門徒好了！我們是梅瑟的門徒。我們知道：天主曾給梅瑟說過話；至於這人，我們不知道他是從那裡來的。」

那人回答說：「這真奇怪！你們不知道他是從那裡來的，他卻開了我的眼睛。我們都曉得天主不俯聽罪人，只俯聽那恭敬天主，並承行他旨意的人。自古以來從未聽說：有人開了胎生瞎子的眼睛。這人若不是由天主來的，他什麼也不能作。」

法利塞人卻向他說：「你整個人都生於罪惡之中，竟來教訓我們？」便把他趕出去了。

耶穌聽說法利塞人把他趕了出去，後來遇見了他，就給他說：「你信人子麼？」那人便回答說：「主，是誰，好使我去信他呢？」耶穌對他說：「你已看見他了，和你講話的就是！」那人於是說：「主，我信。」就俯伏朝拜了耶穌。

於是，耶穌說：「我是為了判別，才來到這世界上，叫那些看不見的，看得見；叫那些看得見的，反而成為瞎子。」

有些和耶穌在一起的法利塞人，一聽了這話，就說：「難道我們也是瞎子麼？」耶穌回答說：「你們如果是瞎子，就沒有罪了；但你們說：我們看得見，這樣，你們就有罪了。」

—上主的話

領主詠

名叫耶穌的那個人，和了些泥，抹在我的眼上，給我說：你往史羅亞池洗洗吧；我去了，洗了，就看見了。

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 逢星期日早上 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
22/03/26	信仰生活分享	Dominic Kwok
29/03/26	當日讀經分享	Daria Chung

日期	內容	講者
05/04/26	普世教會	Christopher Cheng
12/04/26	服務與靈修	輔祭組

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 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 28 日。
索取有關連結請 WhatsApp 到牧民處熱線。

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](http://www.54thinternationalcongress.org)



四旬期第四主日甲年讀經所選的聖詠第 23 篇，肯定是最為人熟悉的聖詠。原文標明是「達味的歌」，是達味的作品。頗大機會是達味由一個牧羊人成為君王，再征服耶路撒冷，隆重地把約櫃和會幕遷入聖城後，有感而發寫成對上主的讚美和祈求（歷史記載詳見撒下 2-6 章）。

舊約多次稱天主為「以色列的牧者」（見創 48:15; 49:24; 依 40:11 等），耶穌亦以「善牧」自喻（見若 10:11,14）。這聖詠完全描寫善牧基督怎樣牧放祂的羊群，亦是基督怎樣照管祂的子民。祂帶領在黑暗的人到達永遠的光明（見今日福音、路 1:79）

第 2 節（他使我臥在青綠的草場，又領我走近幽靜的水旁），善牧基督帶領羊群進食飲水，君王基督把自己成為天主子民的食糧飲品。早期教會的教父註釋：草場和水旁即暗指基督聖體寶血。

第 4 節（你的牧杖和短棒，是我的安慰舒暢），基督善牧為保護子民，用聖言與聖事（牧杖和短棒所指）引領羊群；基督為免天主子民與凶險（罪惡和死亡），犧牲自己在一長一短的兩條木所造的十字架上。

第 5 節（在我對頭面前，你為我擺設了筵席；在我的頭上傳油，使我的杯爵滿溢），筵席就是基督讓天主子民在彌撒中盡享恩寵，頭上傳油就是基督讓信友領受和活出君王職。第 6 節（我將住在上主的殿裡，直至悠遠的時日）指人一生的盡頭不是死亡，而是基督早已預備好永生的天國。這些都是基督為全體天主子民的德政。

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 9:1-41

Observation - Today's gospel is a profound narrative on how Jesus reveals his loving and merciful nature to us through his works. This compassion extends to everyone, even the blind man, who was also a beggar and appears to be ostracised from the Pharisees. Jesus was the first to notice him and takes initiative to approach him, drawing the attention of the disciples asking for an explanation for the blindness - was it a form of punishment because of the man's sin; or the parents'? Jesus clarifies that it was neither; specific suffering is not owed or caused by a specific sin. Sometimes permitting suffering on righteous and just men is all part of God's divine plan to bring about a greater good. In this case, the blind man was born in darkness so that the light of God may shine upon the whole world.

Application - This passage serves as a reminder that suffering exists in this world because of sin and it is through suffering we are able to see God's grace, on both a large and individual scale. It can be difficult to reconcile the former, given we live in a world rife with war, conflict and poverty; however, taking the time to meditate on God's providence and the countless times throughout the Bible He showed humanity the extent of his love can provide us some level of comfort - for after all, God's power operates on a medium beyond our basic human understanding. In a more applicable sense, there may have been instances where we assumed those who live with disabilities need or want healing because they are deformed in some way and therefore need to be fixed. However, Jesus subverts this notion through the Gospel by talking to the blind man first and retains his dignity by engaging in a conversation with him; rather than the Pharisees, who quickly claimed him a sinner and threw him out. We are reminded that God's presence can be found in everyone, and encouraged to extend an empathetic arm to those who are suffering or marginalised.

Prayer- Dear God, we thank you for your love and merciful kindness. Although there is suffering and evil in this world, may we have comfort knowing it is all part of your divine plan for humanity and your kingdom. We are limited in our knowledge and understanding; at times of despair, may we then trust in you and your providence. We pray for those who are hurt, and suffering in any way - may they one day experience your grace in the same way the blind man did, and they come to see you through your word and beliefs, and not just in your works. Amen.

歡迎把這通訊
帶回家細閱



St. Monica's Parish

North Parramatta

4th Sunday of Lent - Year A

15th March 2026

Entrance Antiphon

Rejoice, Jerusalem, and all who love her. Be joyful, all who are in mourning; exult and be satisfied at her consoling breast.

First Reading

1 Samuel 16:1, 6-7, 10-13

The Lord said to Samuel, 'Fill your horn with oil and go. I am sending you to Jesse of Bethlehem, for I have chosen myself a king among his sons.' When Samuel arrived, he caught sight of Eliab and thought, 'Surely the Lord's anointed one stands there before him,' but the Lord said to Samuel, 'Take no notice of his appearance or his height for I have rejected him; God does not see as man sees; man looks at appearances but the Lord looks at the heart.' Jesse presented his seven sons to Samuel, but Samuel said to Jesse, 'The Lord has not chosen these.' He then asked Jesse, 'Are these all the sons you have?' He answered, 'There is still one left, the youngest; he is out looking after the sheep.' Then Samuel said to Jesse, 'Send for him; we will not sit down to eat until he comes.' Jesse had him sent for, a boy of fresh complexion, with fine eyes and pleasant bearing. The Lord said, 'Come, anoint him, for this is the one.' At this, Samuel took the horn of oil and anointed him where he stood with his brothers; and the spirit of the Lord seized on David and stayed with him from that day on.

- *The word of the Lord*

Responsorial Psalm

Ps 22

(R.) The Lord is my shepherd; there is nothing I shall want.

1. The Lord is my shepherd; there is nothing I shall want. Fresh and green are the pastures where he gives me repose. Near restful waters he leads me, to revive my drooping spirit. (R.)
2. He guides me along the right path; he is true to his name. If I should walk in the valley of darkness no evil would I fear. You are there with your crook and your staff; with these you give me comfort. (R.)
3. You have prepared a banquet for me in the sight of my foes. My head you have anointed with oil; my cup is overflowing. (R.)
4. Surely goodness and kindness shall follow me all the days of my life. In the Lord's own house shall I dwell for ever and ever. (R)

Second Reading

Ephesians 5:8-14

You were darkness once, but now you are light in the Lord; be like children of light, for the effects of the light are seen in complete goodness and right living and truth. Try to discover what the Lord wants of you, having nothing to do with the futile works of darkness but exposing them by contrast. The things which are done in secret are things that people are ashamed even to speak of; but anything exposed by the light will be illuminated and anything illuminated turns into light. That is why it is said: Wake up from your sleep, rise from the dead, and Christ will shine on you.

- *The word of the Lord*

Gospel Acclamation

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

I am the light of the world, says the Lord; whoever follows me will have the light of life..

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

Gospel

John 9:1-41

As Jesus went along, he saw a man who had been blind from birth. His disciples asked him, 'Rabbi, who sinned, this man or his parents, for him to have been born blind?' 'Neither he nor his parents sinned,' Jesus answered, 'he was born blind so that the works of God might be displayed in him.

'As long as the day lasts I must carry out the work of the one who sent me; the night will soon be here when no one can work. As long as I am in the world I am the light of the world.'

Having said this, he spat on the ground, made a paste with the spittle, put this over the eyes of the blind man and said to him, 'Go and wash in the Pool of Siloam' (a name that means 'sent'). So the blind man went off and washed himself, and came away with his sight restored.

His neighbours and people who earlier had seen him begging said, 'Isn't this the man who used to sit and beg?' Some said, 'Yes, it is the same one.' Others said, 'No, he only looks like him.' The man himself said, 'I am the man.' So they said to him, 'Then how do your eyes come to be open?' 'The man called Jesus' he answered 'made a paste, daubed my eyes with it and said to me, "Go and wash at Siloam"; so I went, and when I washed I could see.' They asked, 'Where is he?' 'I don't know' he answered.

They brought the man who had been blind to the Pharisees. It had been a sabbath day when Jesus made the paste and opened the man's eyes, so when the Pharisees asked him how he had come to see, he said, 'He put a paste on my eyes, and I washed, and I can see.' Then some of the Pharisees said, 'This man cannot be from God: he does not keep the sabbath.' Others said, 'How could a sinner produce signs like this?' And there was disagreement among them. So they spoke to the blind man again, 'What have you to say about him yourself, now that he has opened your eyes?' 'He is a prophet' replied the man.

However, the Jews would not believe that the man had been blind and had gained his sight, without first sending for his parents and asking them, 'Is this man really your son who you say was born blind? If so, how is it that he is now able to see?' His parents answered, 'We know he is our son and we know he was born blind, but we don't know how it is that he can see now, or who opened his eyes. He is old enough: let him speak for himself.' His parents spoke like this out of fear of the Jews, who had already agreed to expel from the synagogue anyone who should acknowledge Jesus as the Christ. This was why his parents said, 'He is old enough; ask him.'

So the Jews again sent for the man and said to him, 'Give glory to God! For our part, we know that this man is a sinner.' The man answered, 'I don't know if he is a sinner; I only know that I was blind and now I can see.' They said to him, 'What did he do to you? How did he open your eyes?' He replied, 'I have told you once and you wouldn't listen. Why do you want to hear it all again? Do you want to become his disciples too?' At this they hurled abuse at him: 'You can be his disciple,' they said 'we are disciples of Moses: we know that God spoke to Moses, but as for this man, we don't know where he comes from.' The man replied, 'Now here is an astonishing thing! He has opened my eyes, and you don't know where he comes from! We know that God doesn't listen to sinners, but God does listen to men who are devout and do his will. Ever since the world began it is unheard of for anyone to open the eyes of a man who was born blind; if this man were not from God, he couldn't do a thing.' 'Are you trying to teach us,' they replied 'and you a sinner through and through, since you were born!' And they drove him away.

Jesus heard they had driven him away, and when he found him he said to him, 'Do you believe in the Son of Man?' 'Sir,' the man replied 'tell me who he is so that I may believe in him.' Jesus said, 'You are looking at him; he is speaking to you.' The man said, 'Lord, I believe', and worshipped him.

Jesus said: 'It is for judgement that I have come into this world, so that those without sight may see and those with sight turn blind.'

Hearing this, some Pharisees who were present said to him, 'We are not blind, surely?' Jesus replied: 'Blind? If you were, you would not be guilty, but since you say, "We see", your guilt remains.'

The Gospel of the Lord

Communion Antiphon

The Lord anointed my eyes: I went, I washed, I saw and I believed in God.