

# 天主教華人牧民處

www.chinesechaplaincyparra.org



## 基督聖體聖血節（丙年）

2025年6月22日



你們每次喝，應這樣做，為紀念我。」

的確，直到主再來，你們每次吃這餅，喝這杯，你們就是宣告主的死亡。

—上主的話

福音前歡呼

領：亞肋路亞。

眾：亞肋路亞。

領：主說：我是從天上降下的、生活的食糧；誰

若吃了這食糧，必要生活，直到永遠。

眾：亞肋路亞。

福音

聖路加福音 9:11-17

那時候，耶穌向群眾講論天主的國，並治好了那些急需治療的人。

天將要黑的時候，那十二人，前來對耶穌說：「請遣散群眾，叫他們到附近的村莊田舍，去投宿覓食，因為我們這裡是荒野。」

耶穌卻向他們說：「你們給他們食物吧！」

他們回答說：「我們只有五個餅和兩條魚，除非我們親自去給這些人購買食物。」原來男人已大約有五千。

耶穌於是對自己的門徒說：「叫眾人分組坐下，約五十人一組。」門徒就照樣做了，叫眾人坐下。

耶穌於是拿起那五個餅和兩條魚，望天，祝福了，擘開，遞給門徒，叫他們擺在群眾前。眾人吃了，也都飽了；他們把所剩下的碎塊，收集了十二筐。 —上主的話

領主詠

主說：誰吃我的肉，並喝我的血，便住在我內，我也住在他內。

進堂詠

上主要以麥子的精華，養育選民；以石中的蜂蜜，飽享他們。

讀經一

創世紀 14:18-20

那時候，至高者天主的司祭，撒冷王默基瑟德，帶來了餅酒，祝福亞巴郎，說：「願天地的主宰、至高者天主降福你！至高者天主既將你的敵人交於你手，願天主受讚美！」亞巴郎於是將所得的，拿出十分之一，給了默基瑟德。

—上主的話

答唱詠

詠 110

【答】：你照默基瑟德的品位，永做司祭！

領：上主對我主起誓說：你坐在我右邊，等我使你的仇敵，變作你腳的踏板！【答】

領：上主由熙雍，伸出你的權杖：我要在你仇敵中，統治為王！【答】

領：神聖光輝的王位，在你誕生之日，已偕同你；在曉明之前，好似甘露，我即已生了你。【答】

領：上主一發了誓，決不反悔：你照默基瑟德的品位，永做司祭！【答】

讀經二

格林多人前書 11:23-26

弟兄姊妹們：

這是我從主所領受的，我也傳授給你們：主耶穌在他被交付的那一夜，拿起餅來，祝謝了，擘開，說：「這是我的身體、為你們而犧牲的；你們應這樣做，為紀念我。」晚餐後，又同樣拿起杯來，說：「這杯是用我的血，所立的新約；

# 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	<b>0411 192 278</b> 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： <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>

## 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
29/06/25	當日讀經分享	Lillian Lee
6/07/25	舊約之旅—前先知書(上)	Bosco Yu
13/07/25	教理-新約的啟示-法律的滿全	Christopher Cheng

## 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6月28日。  
報名及查詢請WhatsApp或傳短訊給牧民處熱線 0411 192 278

## 華人牧民處週年退省 主題：修和聖事（林勝文神父主講）

日期：2025年7月31日（星期四）至8月2日（星期六）

地點：Carmelite Retreat Centre, 247 St Andrews Rd, Varroville NSW

\*\*可以選擇留宿或只在網上參與講解部分

有關詳情、報名和費用請掃描附上的二維碼，

或聯絡Eric Wong電郵[eric@mortgageinternational.com.au](mailto:eric@mortgageinternational.com.au) 電話0417 457 688



## 為宗座捐款

下星期日，6月29日，聖伯多祿聖保祿宗徒節，我們收集為支持教宗牧民工作的特別捐獻。**只收現金**。呼籲大家慷慨解囊。



歡迎把這通訊  
帶回家細閱



基督聖體聖血節丙年讀經選自聖詠110篇。

達味君王取得耶路撒冷後，極其隆重地把上主的約櫃遷移到耶京的會幕（見撒下6:12-19；編上15-16章）。達味在上主的氛圍中得著神視，看見將要降生的默西亞既是君王又是司祭，無窮神聖，因而作此詩，景仰這位真正的君王。所以本詩全是慶祝和預言默西亞的語句，含意深奧高尚。全詩共七節，今日的彌撒只讀了上半部。

答句出自第4節（上主一發了誓，他決不再反悔：你照默基瑟德品位，永做司祭！），其實應與第3節同讀（神聖光輝的王位，你生之日，已偕同你，在曉明之前，好似甘露，我即已生了你。）。達味在天主的啟示下，詠讚天主聖子奧妙地由聖父所生，且從永遠就是君王，同時和默基瑟德一樣，由天主本身直接賦予司祭的權力和品位，遠超以色列的肋未家族。默西亞是天主子，是君王又是司祭。教友在彌撒領受的聖體聖血，就是領受這奧妙又神聖的基督耶穌。有關默基瑟德請參閱創14:17-20，有關基督的司祭品位和祭獻，詳見希5:1-10, 7:1-9:18。

第1和2節（上主對我主起誓說：你坐在我右邊，等我使你的仇敵，變作你腳的踏板！上主由熙雍伸出你的權杖：我要在你仇敵中統治為王！），聖教會解說達味在神視中，看見天主聖父對天主聖子發言，說明聖父聖子同性同體；坐在聖父右邊的聖子，使教會戰勝三仇（魔鬼、世俗、肉身），因此教會能向四方世人傳佈喜訊，在地上彰顯天國的美善。耶穌基督亦曾用此節解釋祂自太初是天主聖子，遠超祂在地上「達味之子」的身份（見谷12:35-37）。

~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: 11-17

#### Observation:

In Luke's recount of the miracle of feeding the five thousand, the apostles and Jesus find themselves followed to the town of Bethsaida by a crowd of followers. Rather than sending them away, Jesus receives those who yearn for the truth; welcomes them and then teaches them about the kingdom of God and heals those in need of healing. In the second part of the story, Jesus reveals God's power and grace to nourish those who hunger for it. Using five loaves and two fish, Jesus "gave thanks and broke them" before giving them to the apostles to distribute to the people. All who ate were satisfied. Jesus' actions are symbolic of the Last Supper shared with the disciples and the Eucharistic celebration we witness at every mass, whereby the bread broken becomes the body for us; spiritual sustenance that gives us life. This event also takes place in a remote place, mirroring the 40 years the Israelites spent wandering in the desert whereby God cared and sustained His people with manna and quail. These miracles further highlight that God provides abundantly when we are in need.

#### Application:

The actions of the twelve disciples and Jesus in this story encourages us to reflect on how we can best serve as Catholics. Jesus welcomed those who sought for the truth. He spoke to them, healed them, nourishing them spiritually and then fed them. We are encouraged to emulate his compassion and share our piece of the faith to others. However, the disciples also played a crucial part in identifying the needs of the crowd, following Jesus' instructions and distributing the food to the people. This is an important message for us that we also play a part in "satisfying" the spiritual hunger in our community. We are the hands of God and our involvement in mass, as altar servers, Eucharistic ministers, readers, allows us to help share the Eucharistic celebration more fully. And while we may fall short at times having only "five loaves and two fish", God assures us that we will be nourished if we are willing to receive what He gives to us.

#### Prayer:

Heavenly Father,

Thank you for providing the spiritual sustenance we need so that we can grow closer to You. May the Holy Spirit inspire me to do good works in Your name and meet those in most need with compassion and love, so that we may continue to spread Your love to others. May we be the working hands of Your grace and love in strengthening the communities around us and help in satisfying the spiritual hunger within us. Amen.

#### Youth Announcements

##### Youth Camp 8th to 11th July 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. Please contact Cheryl (0481 507 169) or Brian (0491 138 451) for more details and application forms.





# St. Monica's Parish

## North Parramatta

ST MONICA'S  
CATHOLIC PARISH AND PRIMARY SCHOOL COMMUNITY

The Most Holy Body and Blood of Christ (Year C)

22nd June 2025

### ENTRANCE ANTIPHON

He fed them with the finest wheat  
and satisfied them with honey from the rock.

### FIRST READING

GENESIS 14:18-20

Melchizedek king of Salem brought bread and wine; he was a priest of God Most High. He pronounced this blessing:

'Blessed be Abraham by God Most High, creator of heaven and earth, and blessed be God Most High for handing over your enemies to you.'

And Abraham gave him a tithe of everything. *The word of the Lord*

### RESPONSORIAL PSALM

Ps 110

**(R.)** You are a priest for ever, in the line of Melchizedek.

1. The Lord's revelation to my Master: 'Sit on my right: I will put your foes beneath your feet.' **(R.)**
2. The Lord will send from Zion your sceptre of power: rule in the midst of all your foes. **(R.)**
3. A prince from the day of your birth on the holy mountains; from the womb before the daybreak I begot you. **(R.)**
4. The Lord has sworn an oath he will not change. 'You are a priest for ever, a priest like Melchizedek of old.' **(R.)**

### SECOND READING

1CORINTHIANS 11:23-26

This is what I received from the Lord, and in turn passed on to you: that on the same night that he was betrayed, the Lord Jesus took some bread, and thanked God for it and broke it, and he said, 'This is my body, which is for you; do this as a memorial of me.' In the same way he took the cup after supper, and said, 'This cup is the new covenant in my blood. Whenever you drink it, do this as a memorial of me.' Until the Lord comes, therefore, every time you eat this bread and drink this cup, you are proclaiming to his death.

*The word of the Lord*

### GOSPEL ACCLAMATION

Alleluia, alleluia!

I am the living bread from heaven, says the Lord; whoever eats this bread will live for ever. Alleluia!

### GOSPEL

LUKE 9:11-17

Jesus made the crowds welcome and talked to them about the kingdom of God; and he cured those who were in need of healing.

It was late afternoon when

the Twelve came to him and said, 'Send the people away, and they can go to the villages and farms round about to find lodging and food; for we are in a lonely place here.' He replied, 'Give them something to eat yourselves.' But they said, 'We have no more than five loaves and two fish, unless we are to go ourselves and buy food for all these people.' For there were about five thousand men. But he said to his disciples, 'Get them to sit down in parties of about fifty.' They did so and made them all sit down. Then he took the five loaves and the two fish, raised his eyes to heaven, and said the blessing over them; then he broke them and handed them to his disciples to distribute among the crowd. They all ate as much as they wanted, and when the scraps remaining were collected they filled twelve baskets.

*The Gospel of the Lord*

### COMMUNION ANTIPHON

Whoever eats my flesh and drinks my blood remains in me and I in him, says the Lord.



門徒們在外宣傳福音一段時間之後歸來，耶穌把他們帶到一個名為「貝特賽達」的地方。此地相當偏僻安靜，因為耶穌願意單獨和門徒們在一起，一方面使他們能得到休息，另一方面也可私下提供教導。但群眾們因為知道耶穌這個決定，便跟隨著他們去了，耶穌看見群眾時，立刻對他們表達歡迎，「給他們講論天主的國，並且治好患有各種疾病的人。」（11）這個簡短的開場白清楚地表達，耶穌不但特別照顧門徒們，也十分關懷一切跟隨祂的人。


當夜幕漸漸低垂時，門徒們開始憂慮，這麼多的群眾如何能找到食物和過夜之處，這是一個來自現實情況的具體的顧慮。耶穌卻要求門徒們給群眾東西吃，由門徒們的回答以及當時在場的人數看來，耶穌的要求相當「不近情理」，根本無法實現。這個情況生動地凸顯了增餅奇蹟的背景，以及敘述這個故事的框架。

福音最後非常簡短的報導了整個事件的結果：所有的人，包括十二位門徒和一切群眾都吃飽了，他們並且將最後的碎塊收集起來，共有十二筐。「十二」是一個充滿象徵意義的數字，代表門徒的數目，也暗示了以色列十二支派的數目。但是福音並沒有報導，任何門徒或群眾有關這個奇蹟事件的反應。

普世教會將「增餅奇蹟」的故事安排在「基督聖體聖血節」誦讀，是十分恰當的。因為這段基督信仰中極為重要的敘述，不僅反映了舊約中厄里叟先知的行動（列下四42-44），也使人想起「最後晚餐」的情景，更暗示了初期教會信友團體一起舉行擘餅感恩禮的情況。「增餅奇蹟」的確相當程度地預示了耶穌聖體聖血的奧蹟。


路加敘述這個故事的主要目的，並非客觀地報導這個事件，而是在於以生動的方式幫助讀者認識耶穌。整段經文讓我們看見耶穌的圖像，祂是老師、救主，也是供給飲食給廣大群眾的施主和主人；門徒們則被表達為耶穌的見證人。大家透過耶穌和門徒之間的對話，以及祂對群眾們的關懷，瞭解祂的默西亞性使命與身份。


路加非常自由地重新陳述一個耶穌生活中的事件，提供讀者一個非常生動的耶穌圖像：耶穌非常關心群眾，甚至到忘我的地步，祂具有超越一切權柄，能夠以超越常理的方式使眾人得到飽餵。耶穌揀選並派遣門徒繼續執行祂的使命和工作，透過門徒以及他們的跟隨者所提供的教會性聖事性的服務（例如：舉行感恩禮），耶穌不斷地養育祂的跟隨者直到今天，並且將他們引入更深的信仰中，使他們更深的認識、瞭解耶穌的默西亞使命，知道祂是生命的賜予者。



## JOIN OUR PARISH STEWARDSHIP PROGRAM

A Call to Prayer, Service and Generosity





Your support helps our parish grow and flourish, ensuring our faith community remains strong for years to come. Every gift is a blessing. Thank you!



To donate, update your giving details, or volunteer: Please contact our Parish Office on 02 9630 1951 or complete and submit a Parish Stewardship envelope.



<http://www.ccreadable.org>