

# 天主教華人牧民處

www.chinesechaplaincyparra.org



## 復活期第六主日 (甲年)

2026年5月10日

### 進堂詠

你們要歡欣踴躍地宣告，且要宣傳到地極，說：上主拯救了他的子民。亞肋路亞。

### 讀經一

宗徒大事錄 6:1-7

那時候，斐理伯下到撒瑪黎雅城，給眾人宣講基督。群眾留意斐理伯所講的話，都同心合意地聽教，並看見他所行的奇蹟：有許多附了邪魔的人，邪魔從他們身上，大聲喊叫著離開了，又有許多癱瘓的人和跛子，也被醫好了；為此，城裡的人皆大歡喜。

在耶路撒冷的宗徒，聽說撒瑪黎雅接受了天主的聖道，便打發伯多祿和若望去他們那裡。伯多祿和若望一到，就為他們祈禱，使他們領受聖神，因為聖神還沒有降臨在任何人身上；他們只是因主耶穌的名受過洗。那時，宗徒便給他們覆手，他們就領受了聖神。——上主的話

### 答唱詠

詠 66

【答】：普世大地，請向天主歡呼！

領：普世大地，請向天主歡呼！請歌頌他聖名的光榮；請獻給他輝煌的讚頌。請你們向天主說：「你的作為是何等驚人！」【答】

領：普世都要朝拜你，歌頌你；全球也都要歌頌你的聖名。請你們前來觀看天主的作為；他對世人所做的一切，實在令人敬畏。【答】

領：他曾使海洋乾涸，使人徒步走過江河，叫我們因他而喜樂。他以自己的大能，永遠統治萬邦。【答】

領：凡敬畏天主的人，請你們前來靜聽；我要敘述他為我靈魂所做的一切。天主應受讚美，因他從未拒絕我的哀禱，也從來沒有從我身上，撤回他的憐憫。【答】

### 讀經二

聖伯多祿前書 2:4-9

親愛的諸位：

你們要在心裡尊崇基督為主；如果有人詢問你們心中所懷希望的理由，你們要時常準備答覆，且要以溫和、以敬畏之心答覆。要保持純潔的良心，好使那些誣告你們在基督內有良好品行的人，在他們誹謗你們的事上，感到羞愧。如果天主的旨意，要你們因行善而受苦，這總比因作惡而受苦更好，因為基督也曾一次為罪而死，且是義人代替不義的人，為將我們領到天主面前；就肉身來說，他固然被處死了；但就神魂來說，他卻復活了。——上主的話

### 福音前歡呼

領：亞肋路亞。

眾：亞肋路亞。

領：主說：誰愛我，必遵守我的話，我父也必愛他，我們要到他那裡去，並要在他那裡，作我們的居所。

眾：亞肋路亞。

### 福音

聖若望福音 14:15-21

那時候，耶穌對門徒說：「如果你們愛我，就要遵守我的命令；我也要求父，

他必會賜給你們另一位護慰者，使他永遠與你們同在。他是世界所不能領受的真理之神，因為世界看不見他，也不認識他；你們卻認識他，因為他與你們同在，並在你們內。

「我決不留下你們做孤兒；我要回到你們這裡來。不久以後，世界就再看不見我，你們卻要看見我，因為我生活，你們也要生活。到那一天，你們便知道我在我父內，你們在我內，我也在你們內。接受我的命令而遵守的，便是愛我的人；誰愛我，我父也必愛他，我也要愛他，並將我自己顯示給他。」——上主的話

### 領主詠

主說：如果你們愛我，就要遵守我的命令；我也要求父，他必會賜給你們另一位護慰者，使他永遠與你們同在。亞肋路亞。



你有沒有試過想將天主的愛跟身邊親友分享的時候覺得很困難，不知道如何入手、甚至遭人拒絕呢？

如果你希望能更有效地把信仰和「與主相遇」的經驗跟身邊親友分享，而且能更緊密地跟聖神合作的話，由《生命恩泉》舉辦的「喜樂漁夫培育計劃」會幫到你！

透過17個星期的教導及分享，大家一同：

- 探討自己與天主的關係
- 有系統地學習實用的傳福音技巧及其背後的理論
- 認識更多志同道合的基督徒，在福傳旅途上並肩同行

「喜樂漁夫」過往學員皆表示從課程中獲益良多

觀看/閱讀學員分享可到：  
[JoyfulFishers.org/testimonial](http://JoyfulFishers.org/testimonial)

如欲了解更多詳情，可到  
[JoyfulFishers.org](http://JoyfulFishers.org)

**天主教聖莫尼加堂 St. Monica's Catholic Parish**  
 Corner Church Street and North Rocks Road, North Parramatta

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|--------------|--|
| 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: <a href="mailto:shingmanlam@gmail.com">shingmanlam@gmail.com</a>   |
| 主日彌撒時間:      | 粵語: 星期日上午 11 時 30 分<br>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 ]<br>逢每月第三主日上午 10 時 15 分至 11 時 [ 附修和聖事 ]   |
| 修和聖事:        | 逢星期五上午 10 時至 10 時 45 分, 逢星期六下午 4 時至 4 時 45 分<br>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<br>堂區網頁: <a href="https://stmonicanp.org.au">https://stmonicanp.org.au</a><br>牧民處網頁: <a href="http://www.chinesechaplaincyparra.org">http://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<br>星期日 上午 9 時至 11 時   |
| 堂區聯絡:        | 電話: 9630 1951 傳真: 9630 8738 電郵: <a href="mailto:stmonicanp@bigpond.com">stmonicanp@bigpond.com</a>   |

**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             |
|----------|--------|----------------|
| 17/05/26 | 認出祂的計劃 | Ruby           |
| 24/05/26 | 信仰分享   | Sister Pauline |

| 日期       | 內容     | 講者           |
|----------|--------|--------------|
| 31/05/26 | 當日讀經分享 | 陳志文          |
| 7/06/26  | 保祿的教導  | Anthony Kwok |

**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: 5 月 23 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: 5 月 17 日。

**Safeguarding in our Parish**

Due to an upgraded system for WWCC and Safeguarding within the Parramatta Diocesan Office, **ALL Children Liturgy Volunteers, Acolytes, Altar Servers' Leaders, Youth Group Leaders, Sunday School Teachers, Sacramental Program Teachers, Children's Choir Leaders, SRE Volunteers,** to please contact the Parish Office via email or you can come in on a Sunday between the hours of 9-11am, so we can get you all to fill out a new form that needs to be sent to the Diocesan Office. We also need to get a copy of your WWCC email that you receive from Service NSW.

We are happy to email the form to you for you to fill out at home and then return it to the office that would be very helpful.

Also ANY Parish volunteers that have done at least 3 units of the Safeguarding courses online can you please also contact the office on 9630 1951 or emailing us at [stmonicanp@bigpond.com](mailto:stmonicanp@bigpond.com), so we can also send you a form that needs to be filled out for the Diocesan Office.

If any volunteers are interested in the online training courses you can find them at <https://parracatholic.org/safeguarding/training/>

本主日答唱詠選自聖詠第 66 篇。

原文沒有提及誰是此聖詠的作者。歷代的學者嘗試按其內容推論，認為是依撒意亞先知，因（南國）希則克雅王能擺脫亞述王散乃黑黎布的攻打而作（詳見依 36-37 章），用字遣詞也接近依撒意亞先知書。但眾學者未有定論，只能肯定這是一首稱謝天主的詩歌。

答句出自第 1 節（普世的大地廣土，請你們歡呼天主！），這是典型依撒意亞先知書所載的思想：天主是全大地和萬民的天主，祂應受全民的讚美。

第 3 至 5 節（請你們向天主說：「你的作為是何等驚人！因着你威赫的大能，你的仇敵都向你奉承。」普世都要朝拜你，向你歌頌，全球也都要歌頌你的聖名。（休止）請你們前來觀看天主的作為，他對世人所作的事實在可奇。），原文中第 5 節前有「休止」的標記。專門研究「聖詠」的學者們，對這些「休止」仍未能解釋；它可以是一個短暫的停頓，也可以是音樂升高調子的時刻。這幾節的意義卻相當易懂：都是讚美全能的天主。

第 6 至 7 節（他曾經使海洋乾涸，使人徒步走過江河，叫我們因他而喜樂。他以自己的大能，永遠統治着萬邦，他的眼鑒察萬民，不使叛逆者狂妄。），這兩節明顯地歌頌帶領以民離開埃及的天主（見出 14 和 15 章；戶 14 章等）。

第 16 節（凡敬畏天主的人，請你們前來靜聽，我要敘述他為我靈魂的所作所行。）和 20 節（天主應受讚美：因他從未拒絕我的哀懇，他也從來沒有從我身上撤回他的慈憫。），詩人勸勉讀者，要全心全意全力讚美天主，天主對祂的子民永遠是仁慈和忠信的。

### Youth Announcements

#### Youth Camp – 7th to 10th July 2026

This year our youth camp will be held from 7th July to 10th July. It will be a 4-day camp in Katoomba. This year, our theme will be Pokemon! We will explore all the fruits of the holy spirit and learn how to catch them all! Come along for fun, laughs, growth, friendship, fellowship and memories. Please contact Brian Wong (0491 138 451) or Raphael Cheung (0420 947 121) for a registration form.

### 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。



Youth Corner 10/5/26

### Scripture:

John 14:15–21 – “Jesus Promises the Holy Spirit”

### Observation

Jesus addresses his disciples in today’s narration, but his message isn’t just for them. He’s also speaking directly to you, since you are also a follower of Jesus. And just like the disciples, you’re probably still figuring out what it means to be fully united with him. That’s what the church is for. Jesus promises us that on some particular day, we’d be “in him”, and he’d be “in us”. Part of the “day” Jesus is referring to is Pentecost – the date that our church was born, uniting all of us Catholics into one interconnected body with Jesus as our head. Jesus also promises that he’d somehow reveal himself to us after his ascension into heaven, and this has come true as well - through the church’s sacraments, in all of which he is present - as well as through his spirit, the Holy Spirit, which the disciples received during Pentecost. This is what Jesus means when he says that he’d send “the spirit of truth” to live not just among us, but inside each of us, and this has already happened - the moment you were baptised and became a member of his church.

### Application

Today’s gospel also teaches us that it is impossible to love Jesus without keeping God’s commandments. It’s actually one of the most important principles of living a Christian life, so much so that Jesus actually says it twice in the passage. There are too many people today who claim to be Christian, but don’t do what God wants us to do. In fact, out of the 5,000,000 Catholics in Australia, less than 10% attend mass every Sunday. This is also why evangelisation is important. When Jesus says that we need to keep his commands, he doesn’t just mean the “don’ts” of the Ten Commandments, but to also follow his other teachings, like to spread his word. Today, Jesus emphasises that even though the Holy Spirit dwells inside of us as Christians, this is not the case for the rest of the world, as there are still many people who know little about who Jesus really is. The best first step in evangelisation is to show such people what it really means to keep God’s commandments - through love, kindness, charity, and all the other fruits of the Holy Spirit we received when we were baptised. And by setting them a good example they can imitate, we pave the way for them to truly love Jesus and receive the Holy Spirit, just as we and the disciples have.

### Prayer

Dear Jesus, I thank you for the gift of your Holy Spirit and the fact that it lives within me and unites me to you and your father. Help me also, to continue keeping your commandments and encourage others to do the same. Amen.



# St. Monica's Parish

## North Parramatta

Sixth Sunday of Easter - Year A

10<sup>th</sup> May 2026

### ENTRANCE ANTIPHON

Proclaim a joyful sound and let it be heard; proclaim to the ends of the earth: The Lord has freed his people, alleluia.

### FIRST READING

Act 8 : 5-8. 14-17

#### A reading from the Acts of the Apostles

Philip went to a Samaritan town and proclaimed the Christ to them. The people united in welcoming the message Philip preached, either because they had heard of the miracles he worked or because they saw them for themselves. There were, for example, unclean spirits that came shrieking out of many who were possessed, and several paralytics and cripples were cured. As a result there was great rejoicing in that town.

When the apostles in Jerusalem heard that Samaria had accepted the word of God, they sent Peter and John to them, and they went down there, and prayed for the Samaritans to receive the Holy Spirit, for as yet he had not come down on any of them: they had only been baptised in the name of the Lord Jesus. Then they laid hands on them, and they received the Holy Spirit.

*The word of the Lord*

### RESPONSORIAL PSALM

Ps 32

**Response:** *Let all the earth cry out to God with joy.*

Cry out with joy to God all the earth, O sing to the glory of his name. O render him glorious praise. Say to God: 'How tremendous your deeds!'. (R.)

Before you all the earth shall bow; shall sing to you, sing to your name!' Come and see the works of God, tremendous his deeds among men. (R.)

He turned the sea into dry land, they passed through the river dry-shod. Let our joy then be in him; he rules for ever by his might.. (R.)

Come and hear, all who fear God. I will tell what he did for my soul: Blessed be God who did not reject my prayer nor withhold his love from me. (R.)

### SECOND READING

1 Pet 3 : 15-18

#### A reading from the first letter of St Peter

Reverence the Lord Christ in your hearts, and always have your answer ready for people who ask you the reason for the hope that you all have. But give it with courtesy and respect and with a clear conscience, so that those who slander you when you are living a good life in Christ may be proved wrong in the accusations that they bring. And if it is the will of God that you should suffer, it is better to suffer for doing right than for doing wrong.

Why, Christ himself, innocent though he was, had died once for sins, died for the guilty, to lead

us to God. In the body he was put to death, in the spirit he was raised to life. *The word of the Lord*

### GOSPEL ACCLAMATION

Alleluia, alleluia!

All who love me will keep my words, and my Father will love them and we will come to them.

Alleluia!

### GOSPEL

Jn 14 : 15-21

#### A reading from the holy Gospel according to St John

Jesus said to his disciples: 'If you love me you will keep my commandments. I shall ask the Father, and he will give you another Advocate to be with you for ever, that Spirit of truth whom the world can never receive since it neither sees nor knows him; but you know him, because he is with you, he is in you. I will not leave you orphans; I will come back to you. In a short time the world will no longer see me; but you will see me, because I live and you will live. On that day you will understand that I am in my Father and you in me and I in you. Anybody who receives my commandments and keeps them will be one who loves me; and anybody who loves me will be loved by my Father, and I shall love him and show myself to him.' *The Gospel of the Lord*

### COMMUNION ANTIPHON

If you love me, keep my commandments, says the Lord, and I will ask the Father and he will send you another Paraclete, to abide with you for ever, alleluia.

