

# 天主教華人牧民處

www.chinesechaplaincyparra.org



## 耶穌升天節 (節日) (甲年)

2026年5月17日

### 進堂詠

加里肋亞人！你們為什麼站著望天呢？你們看見他怎樣升了天，他也要怎樣降來。亞肋路亞。

### 讀經一

宗徒大事錄 1:1-11

德教斐羅，我在第一部書中，已論及耶穌所行所教的一切，直到他藉聖神，囑咐了所選的宗徒之後，被接去的那一天為止。他受難以後，用了許多憑據，向他們顯明自己還活著，四十天之久，顯現給他們，講論天主國的事。

耶穌與他們一起進食時，吩咐他們不要離開耶路撒冷，但要等候父的恩許，說：「你們聽我所說過的，若翰固然以水施了洗，但不多幾天以後，你們要因聖神受洗。」

他們聚集的時候，就問耶穌說：「主，現在就要給以色列復國嗎？」耶穌回答說：「父以自己的權柄，所定的時間和日期，不是你們應當知道的；但當聖神降臨於你們身上時，你們將充滿聖神的德能，要在耶路撒冷，及全猶太和撒瑪黎雅，並直到地極，為我作證人。」

耶穌說完這些話，就在他們觀望中，被舉上升；有一朵雲彩接了他去，離開他們的眼界。

他們向天注視著他上升的時候，忽然，有兩個穿白衣的人，站在他們面前，向他們說：「加里肋亞人！你們為什麼站著望天呢？這位離開你們，被接到天上去的耶穌，你們看見他怎樣升了天，也要怎樣降來。」——上主的話

### 答唱詠

詠 47

【答】：天主上升，有歡呼之聲護送；上主騰空，有號角之聲相從。

領：萬民，你們要鼓掌歡騰，也要向天主歡呼慶祝。因上主至大至尊，可敬可畏；他是統治宇宙的偉大君王。【答】

領：天主上升，有歡呼之聲護送；上主騰空，有號角之聲相從。你們應歌頌，歌頌我們的天主；你們應歌頌，歌頌我們的君王。

【答】

領：因為天主是普世的君王，你們都應該以詩歌讚揚。天主為王，統治萬國；天主登上神聖的寶座。【答】

### 讀經二

聖保祿宗徒致厄弗所人書 1:17-23

弟兄姊妹們：

願我們的主耶穌基督的天主，即那光榮的父，把智慧和啟示的神恩，賜與你們，好使你們認識他。並願他光照你們心靈的眼目，為叫你們認清：他的寵召，有什麼希望；在聖徒中，他嗣業的光榮，是怎樣豐厚；他對我們相信的人，所施展強而有效的德能，是怎樣偉大。正如他已將這德能，施展在基督身上，使他從死者中復活，叫他在天上，坐在自己右邊，超乎一切率領者、掌權者、異能者、宰制者，以及一切現世及來世，可稱呼的名號以上。

天主又將萬有置於他腳下，使他在教會內做至高的元首；這教會就是基督的身體，是基督在一切內，充滿一切的圓滿。——上主的話

### 福音前歡呼

領：亞肋路亞。

眾：亞肋路亞。

領：主說：你們要去使萬民成為門徒；我同你們天天在一起，直到今世的終結。

眾：亞肋路亞。

### 福音

聖瑪竇福音 28:16-20

那時候，十一個門徒就往加里肋亞，到耶穌給他們所指定的山上。他們一看見耶穌，就朝拜了他，雖然有人還心中疑惑。

耶穌於是上前對他們說：「天上地下的一切權柄，都交给了我，所以，你們要去使萬民成為門徒，因父及子及聖神之名，給他們授洗，教訓他們遵守我所吩咐你們的一切。」

「看！我同你們天天在一起，直到今世的終結。」——上主的話

### 領主詠

主說：看，我同你們天天在一起，直到今世的終結。亞肋路亞。



### 成人粵語半日退省 (林勝文神父主講)

日期：2026年6月6日 (星期六)

時間：早上9時至中午12時

地點：Holy Innocent Chapel, Kellyville

主題：「血」的意義

內容：短講、靜禱、彌撒

報名請傳電郵給林神父

或掃描這二維碼



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

<b>牧民處熱線電話</b>	<b>0411 192 278</b> 短訊(SMS)、WhatsApp、微信(wechat)、粵語及國語留言
<b>主任司鐸/華人專職司鐸：</b>	林勝文神父 電話：9630 1951 電郵： <a href="mailto:shingmanlam@gmail.com">shingmanlam@gmail.com</a>
<b>主日彌撒時間：</b>	<b>粵語：</b> 星期日上午 11 時 30 分 <b>英語：</b> 星期六黃昏 5 時，星期日上午 9 時、黃昏 6 時
<b>平日彌撒：</b>	星期二至五上午 9 時 15 分〔 <b>英語，附粵語講道</b> 〕
<b>明供聖體：</b>	逢星期五上午 9 時 15 分彌撒後至 10 時 45 分〔 <b>附修和聖事</b> 〕 逢每月第三主日上午 10 時 15 分至 11 時〔 <b>附修和聖事</b> 〕
<b>修和聖事：</b>	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 每月第三主日上午 10 時 15 分至 11 時，或與林勝文神父預約
<b>病人傅油聖事/外送聖體：</b>	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>
<b>婚配聖事：</b>	請於婚配日期前至少 12 個月與林勝文神父聯絡
<b>嬰孩聖洗聖事：</b>	需與林勝文神父預約並在聖洗前準備妥當
<b>成人聖洗聖事：</b>	必須先參與慕道班(RCIA)，請與林勝文神父聯絡
<b>牧民處地址：</b>	8 Daking Street, North Parramatta, NSW 2151 堂區網頁： <a href="https://stmonicanp.org.au">https://stmonicanp.org.au</a> 牧民處網頁： <a href="http://www.chinesechaplaincyparra.org">http://www.chinesechaplaincyparra.org</a>
<b>牧民處辦公時間：</b>	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
<b>堂區聯絡：</b>	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
24/05/26	信仰分享	Sister Pauline
31/05/26	當日讀經分享	陳志文

日期	內容	講者
7/06/26	保祿的教導	Anthony Kwok
14/06/26	服務與靈修-清潔與探訪	Margaret Chiu

**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。舉行日期：今日和 6 月 14 日。

**為巴拉瑪打教區修院捐款**

各位可用特備的信封，或用二維碼作網上捐獻。多謝大家支持。



**聖神降臨節特別慶祝** (聖母無原罪聖神同禱會主辦)

日期和時間：5 月 24 日 (星期日) 下午 2 時至 4 時 地點：St Monica's Parish, Community Room  
 內容：敬拜讚美、歌詠、聖言誦讀、見證分享及茶點  
 歡迎大家帶同親友參加，無須報名。

**聖母進教之佑節** (澳洲主保) **特別英語彌撒**

日期：2026 年 5 月 25 日 (星期一) 時間：早上 9 時 15 分

**2026 年週年退省** (華人牧民處主辦)

日期：7 月 29 日至 31 日 (星期三至五)。  
 主持：香港教區呂志文神父主講：“因愛而生，為愛而去-主耶穌，絕望中的希望”  
 地點：Carmelite Retreat Centre, 247 St Andrews Rd, Varroville NSW 2566  
 費用：單人\$390, 雙人每位\$320, 第一次參加者可有\$40 減免。  
 詳情請參閱報名表。報名可用以下 Google Form Link 或二維碼，  
 或聯絡 Eric Wong (0417457688)。

Google Form Link <https://forms.gle/izMnfwQBgZRwKuww9>



**Catholic Women's League 2026 Mother's Day Raffle Winners**

1<sup>st</sup> RED D85 / 2<sup>nd</sup> BLACK B30 / 3<sup>rd</sup> BLACK B63 / 4<sup>th</sup> PINK D100 / 5<sup>th</sup> GREEN D33 / 6<sup>th</sup> PINK D96

*a BIG thank you for supporting us!*

耶穌升天節的答唱詠選自聖詠第 47 篇。

這聖詠與前篇 46 和下篇 48 一氣呵成，出自同一位作者：科辣黑的後裔。三篇聖詠都講述以民遭受苦難，但上主激勵百姓保持信心與勇毅，上主必定救助。第 47 篇尤其指出將來整個世界都皈依天主，欽崇同一的神；在默西亞來臨時，萬民只朝拜唯一的天主。教會自古就用此聖詠歌頌升天的基督，作為聖言的實現。

按三篇聖詠的內容，和「科辣黑的後裔」的年代推論，聖詠 46 至 48 篇應是以民分成南北兩國時，互相敵對甚至交戰（詳見列下各章），因此鄰近的民族乘機侵擾以色列地，企圖搶奪資源和控制歐、亞、非三洲陸路的貿易。作者，即科辣黑的後裔，這家族原是耶京聖殿的守衛（見編上 9:19; 26:1-19 和編下 20:19），在上主的感召下，把在南北兩國交戰時，到南北兩國相繼滅亡和以民被逼充軍的情懷，寫成聖詠集中最清逸、最真誠懇切的詩篇。

答句出自第 6 節（天主上升，有歡呼聲護送，上主騰空，有號角聲相從）。若天主「上升」，須先「下降」，這節暗示耶穌基督降生成人，並戰勝罪惡和死亡，完成贖世的工程，然後輝煌地升天。其餘的詩節是讚美和歌頌升天的基督至尊至聖，是整個宇宙的君王。

### Youth Announcements

#### **World Youth Day bake sale – 31<sup>st</sup> May 2026**

World Youth Day 2027 will be held in Seoul, South Korea and 7 of our youths will be going on this pilgrimage. On the 31<sup>st</sup> May, we will be hosting our first fundraiser event which will be to help sponsor and provide financial aid to the youths go onto their pilgrimage and encounter God.

#### **World's Greatest Shave – 14<sup>th</sup> June 2026**

For those who don't know, World's Greatest Shave is an initiative by The Leukaemia Foundation with the aim of raising money to support blood cancer research, help subsidize expensive treatment costs, and improve accessibility to treatment for people with blood cancers. We invite EVERYONE in the congregation to take part and join our effort to give back to those in need. For people who wants to support by shaving or cutting their hair, there will be a registration link/QR code on our poster at the entrance of church. The event will take place on 14<sup>th</sup> June in the hall where we will shave our heads together. Father Lam will also take part! We will also have a QR code for donation. Please refer to the poster for details.

#### **Youth Camp – 7<sup>th</sup> to 10<sup>th</sup> July 2026**

This year our youth camp will be held from 7<sup>th</sup> to 10<sup>th</sup> 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.



Youth Corner 17/5/26

Scripture: Matthew 28:16–20

### Observation

This Gospel passage is often called “The Great Commission.” It is the moment where Jesus gives His disciples their mission before ascending into heaven. One detail that stands out is that the disciples worshipped Jesus, “though some hesitated.” Even after witnessing the Resurrection, some clearly still struggled with doubt and uncertainty.

I think many of us can relate to that. A lot of us think being a “good Catholic” means having everything figured out, never questioning anything, and always feeling close to God. But this passage reminds us that faith isn't about being perfect. Jesus still chose the disciples, even when they were unsure, nervous, or confused.

Jesus continues by exhorting his disciples to: “make disciples of all nations.” Though that sounds like an intimidating and daunting task, it doesn't necessarily mean standing on a street corner preaching to strangers (at least not for all of us). Most of the time, being a disciple is about how we live day to day. It's choosing kindness instead of gossip, showing patience when someone annoys us, or being there for a friend who's struggling.

### Application

This week, let us challenge ourselves to reflect on what it means to live as disciples in everyday life. Jesus may not be asking us to travel across the world, but He does ask us to witness to Him wherever we are.

One practical way to live this Gospel is through courage. If there is a moment when someone is being excluded, bullied, or treated unfairly, choose kindness and stand up for them. If a friend is struggling, be willing to listen and support them. Small acts of love can become powerful ways of sharing Christ with others.

Another challenge for this week is to spend intentional time with God. Since Jesus promises to remain with us always, we should make room to recognise His presence. Try setting aside a few quiet minutes each day for prayer, Scripture reading, or simply talking honestly with God about your worries and hopes.

Finally, remember that faith is a journey. Like the disciples, we may sometimes hesitate or doubt. But Jesus still calls us forward. He invites us not to be perfect, but to trust Him and continue walking with Him each day.

### Prayer

Lord Jesus, thank You for remaining patient with us in moments of doubt and uncertainty. Help us to remember that we do not need to be perfect to follow You. Teach us to trust in Your presence and to recognise that You walk with us each day. Guide us to reflect Your love through simple acts of kindness, compassion, and faith. May we continue to grow closer to You, even in the small and ordinary moments of life. Amen.



# St. Monica's Parish

## North Parramatta

The Ascension of the Lord - Year A

17<sup>th</sup> May 2026

### ENTRANCE ANTIPHON

Men of Galilee, why gaze in wonder at the heavens? This Jesus whom you saw ascending into heaven will return as you saw him go, alleluia.

### FIRST READING

Act 1 : 1-11

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

In my earlier work, Theophilus, I dealt with everything Jesus had done and taught from the beginning until the day he gave his instructions to the apostles he had chosen through the Holy Spirit, and was taken up to heaven. He had shown himself alive to them after his Passion by many demonstrations: for forty days he had continued to appear to them and tell them about the kingdom of God. When he had been at table with them, he had told them not to leave Jerusalem, but to wait there for what the Father had promised. 'It is' he had said, 'what you have heard me speak about: John baptised with water but you, not many days from now, will be baptised with the Holy Spirit.'

Now having met together, they asked him, 'Lord, has the time come? Are you going to restore the kingdom to Israel?' He replied, 'It is not for you to know times or dates that the Father has decided by his own authority, but you will receive power when the Holy Spirit comes on you, and then you will be my witnesses not only in Jerusalem but throughout Judaea and Samaria, and indeed to the ends of the earth.'

As he said this he was lifted up while they looked on, and a cloud took him from their sight. They were still staring into the sky when suddenly two men in white were standing near them and they said, 'Why are you men from Galilee standing here looking into the sky? Jesus who has been taken up from you into heaven, this same Jesus will come back in the same way as you have seen him go there.' *The word of the Lord*

### RESPONSORIAL PSALM

Ps 46

**R:** *God mounts his throne to shouts of joy: a blare of trumpets for the Lord.*

All people, clap your hands, cry to God with shouts of joy! For the Lord, the Most High, we must fear, great king over all the earth **(R.)**

God goes up with shouts of joy; the Lord goes up with trumpet blast. Sing praise for God, sing praise, sing praise to our king, sing praise. **(R.)**

God is king of all the earth; Sing praise will all your skill. God is king over the nations; God reigns on his throne. **(R.)**

### SECOND READING

Eph 1 : 17-23

#### A reading from the letter of St Paul to the Ephesians

May the God of our Lord Jesus Christ, the Father of glory, give you a spirit of wisdom and perception of what is revealed, to bring you to full knowledge

of him. May he enlighten the eyes of your mind so that you can see what hope his call holds for you, what rich glories he has promised the saints will inherit and how infinitely great is the power that he has exercised for us believers. This you can tell from the strength of his power at work in Christ, when he used it to raise him from the dead and to make him sit at his right hand, in heaven, far above every Sovereignty, Authority, Power, or Domination, or any other name that can be named, not only in this age, but also in the age to come. He has put all things under his feet, and made him, as the ruler of everything, the head of the Church; which is his body, the fullness of him who fills the whole creation. *The word of the Lord*

### GOSPEL ACCLAMATION

Alleluia, alleluia!

Go and teach all people my gospel. I am with you always, until the end of the world. Alleluia!

### GOSPEL

Mt 28 : 16-20

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

The eleven disciples set out for Galilee, to the mountain where Jesus had arranged to meet them. When they saw him they fell down before him, though some hesitated. Jesus came up and spoke to them. He said, 'All authority in heaven and on earth has been given to me. Go, therefore, make disciples of all the nations; baptise them in the name of the Father and of the Son and of the Holy Spirit, and teach them to observe all the commandments I gave to you. And know that I am with you always; yes, to the end of time.'

*The Gospel of the Lord*

### COMMUNION ANTIPHON

Behold, I am with you always, even to the end of the age, alleluia.

### 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。請啓發並扶助我們，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。