

天主教華人牧民處

www.chinesechaplaincyparra.org



聖神降臨節(甲年)

2026年5月24日

進堂詠

上主的神充滿了世界，包羅萬象，通曉一切語言。亞肋路亞。

讀經一

宗徒大事錄 2:1-11

五旬節一到，門徒及眾人都聚集一處。忽然，從天上來了一陣響聲，好像暴風颳來，充滿了他們所在的全座房屋。有些散開好像火的舌頭，停留在他們每人頭上，他們都充滿了聖神，照聖神賜給他們的話，說起外方話來。

那時，居住在耶路撒冷的，有從天下各國來的虔誠猶太人。這聲音一響，就聚集了許多人，都倉皇失措，因為人人都聽見他們說各人的方言。

他們驚訝奇怪地說：「看，這些說話的，不都是加里肋亞人嗎？怎麼我們每人聽見他們說我們出生地的方言呢？我們中有帕提雅人、瑪待人、厄藍人和居住在美索不達米亞、猶太及卡帕多細雅、本都並亞細亞、夫黎基雅和旁非里雅、埃及，並靠近基勒乃的利比亞一帶的人，以及僑居的羅馬人、猶太人和皈依猶太教的人、克里特人和阿拉伯人。怎麼我們都聽見他們用我們的話，講論天主的奇事呢？」

——上主的話

答唱詠

詠 104

【答】：上主，請你噓氣，使大地更新。

領：我的靈魂，請頌讚上主！上主、我的天主，你偉大無比。上主，你的化工，何其繁浩；你創造的萬物，充滿大地。【答】

領：你若停止牠們的呼吸，牠們就要死去，歸於原來的灰土。你一噓氣，萬物化生；你使大地，更新復興。【答】

領：願上主的光榮，永世無窮；願上主喜愛自己的化工！願我的祈禱蒙上主喜悅；我將常在上主內歡樂。【答】

讀經二 聖保祿宗徒致格林多人前書 12:3-7, 12-13

弟兄姊妹們：

除非受聖神感動，沒有一個人能說：「耶穌是主」。

神恩雖有區別，卻是同一聖神所賜；職分雖有區別，卻是同一的主所賜；功效雖有區別，卻是同一的天主，在一切人身上，行一切事。聖神顯示在每人身上雖有不同，但全是為人的好處。

就如身體只是一個，卻有許多肢體；身體所有的肢體雖多，仍是一個身體；基督也是這樣。因為我們眾人，不論是猶太人，或是希臘人，或是為奴的，或是自主的，都因一個聖神受了洗，成為一個身體，又都為一個聖神所滋潤。——上主的話

五旬節讚歌

聖神，請你降臨，從高天放射你的光芒。
窮人的慈父，請你降臨！恩寵的施主，請你降臨！
心靈的真光，請你降臨！
你是良善的施慰者；你是心靈甘飴的賓客；
你是甜蜜的涼蔭。
在勞苦中，你是憩息；在酷熱裡，你是清風；
在悲痛時，你是慰藉。
你是萬福的真光，求你充滿你信眾的心靈深處。
沒有你的助佑，人便一無所有，一無是處。

求你洗淨我們的污穢，灌溉我們的乾枯，
醫治我們的創傷。
求你軟化頑固的心，溫暖冷酷的心，引導迷途的人。
求你將七種神恩，賜給你的信眾。
求你賜我們修德的能力，善生福終，永享天福。亞孟。

福音前歡呼

領：亞肋路亞。

眾：亞肋路亞。

領：聖神，請你降臨，充滿你信徒的心；在他們心內，燃起你的愛火。

眾：亞肋路亞。

福音

聖若望福音 28:16-20

一周的第一天晚上，門徒所在的地方，因為怕猶太人，門戶都關著；耶穌來了，站在中間，對他們說：「願你們平安！」說了這話，便把手和肋膀指給他們看。門徒見了主，便喜歡起來。

耶穌又對他們說：「願你們平安！就如父派遣了我，我也同樣派遣你們。」說了這話，就向他們噓了一口氣，說：「你們領受聖神吧！你們赦免誰的罪，誰的罪就得赦免；你們保留誰的罪，誰的罪就被保留。」——上主的話

領主詠

眾人都充滿了聖神，講論天主的奇事。亞肋路亞。



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 〕 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 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 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
31/05/26	當日讀經分享	陳志文
7/06/26	保祿的教導	Anthony Kwok

日期	內容	講者
14/06/26	服務與靈修-清潔與探訪	Margaret Chiu
21/06/26	清除聆聽天主召喚的障礙(1)	Ruby Chan

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：6 月 14 日和 6 月 21 日。

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、祈禱、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

巴拉瑪打教區成立四十週年英語彌撒

日期：2026 年 5 月 31 日 (星期日) 時間：下午 2 時 地點：聖博德主教座堂 歡迎參加

成人粵語半日退省 (林勝文神父主講) 主題：「血」的意義

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 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



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>



聖神降臨節彌撒的答唱詠選自聖詠 104 篇。初期教會的聖熱羅尼莫、聖奧斯定等都已註釋這聖詠不是達味君王所作，卻因這詩的體裁和內容，認為與聖經的「智慧文學」，尤其與《約伯傳》相近；因此是以民充軍後的作品。本詩頗長，共 35 節，但主題十分明確：人可藉萬物讚美造物主。

答句是第 30 節（你一嘔氣萬物創成，你使地面，更新復興）的改寫。上主的「嘔氣」（見創 2:7；若 20:22），是賦予聖神的明顯記號。至今教會每年的聖油彌撒，祝聖至聖聖油（為堅振聖事用的）時主教仍有向油嘔氣的禮節。這節在其他抄卷亦寫成「你若發出你的神，他們便能復甦；你便使地面更新。」，這就更顯出造物主聖神的德能。

第 1 節（我的靈魂，請你向上主頌讚！上主我的天主，你偉大無限，你以尊貴威嚴作你的衣冠），人的靈魂就是天主創造人的極致，就是那天主的嘔氣，使人超越世間萬物，是天主讓人分享祂的「天主性」。人的靈魂賦予人極複雜的情感與理性，所有人都可藉靈魂去發現和讚美天主。

第 24 節（上主，你的化工，是何其浩繁，全是你以智慧所創辦，你的受造物遍地充滿），舊約「智慧文學」其他書卷都有類似的寫法，見箴 8:22；德 39:20。第 29 和 30 節（你若隱藏你的面容，牠們便要恐懼，你若停止牠們呼吸，牠們就要死去，就再回到牠們所由出的灰土裡去。你一嘔氣萬物創成，你使地面，更新復興），亦有這情況，見約 34:14-15；訓 3:20；智 15:16；智 7:27。第 30 節更預示耶穌升天後的聖神降臨，更新整個宗徒團體和教會。

第 31 節（願上主的光榮永世無窮，願上主喜樂自己的化工！）和 34 節（願我的頌辭使他樂意，我要常在上主內歡喜），是天主與人同歡共樂的極佳描述。天主藉聖神賜予人喜樂之恩，人在聖神內分享天主的喜悅。

Youth Announcements

Youth Camp – 7th to 10th July

This year our youth camp will be held from 7th 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.

World's Greatest Shave – 14th June

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 14th 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.

World Youth Day bake sale – 31st May

World Youth Day 2027 will be held in Seoul, South Korea and 7 of our youths will be going on this pilgrimage. On the 31st 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.



Youth Corner 17/5/26

Scripture: John 20:19-23

Observation:

In this week's Gospel, the disciples are gathered in a locked room, hiding because they are afraid after everything that had happened to Jesus. But then, Jesus appears among them. Instead of questioning them or rebuking them for their fear, His first words are, "Peace be with you." Jesus meets His disciples with understanding and reassurance, bringing them peace in the middle of their anxiety and uncertainty. He then shows them His hands and side as proof of His resurrection — the wounds of His suffering now becoming signs of hope and new life.

Jesus then gives His disciples a mission, saying, "As the Father has sent me, so I send you." He breathes on them and says, "Receive the Holy Spirit." In this moment, the disciples are strengthened and filled with the Holy Spirit, marking the beginning of the Church's mission to bring God's love, peace, and forgiveness to the world.

Application:

Many people today live behind their own version of "locked doors" — anxiety, guilt, disappointment, or fear of the future. This week's Gospel reminds us that Jesus can enter even the places where we hide ourselves away. His peace is deeper than our circumstances because it comes from His victory over sin and death. We are reminded that He loves every part of us, even the parts we struggle to accept or try to keep hidden, and He is constantly reaching out to draw us closer to Him.

As Catholics, we are called not only to receive Christ's peace, but also to share it with others through mercy, compassion, and forgiveness. Jesus sends His disciples into the world despite their fear and weakness, showing us that God works through imperfect people. Rather than relying only on ourselves, we are invited to trust in the guidance and strength of the Holy Spirit in our daily lives.

Prayer:

Jesus, please come into the locked places of my heart and remove my anxiety, doubt, and fear. Breathe Your Holy Spirit upon me and renew my faith. Help me to trust in Your presence and to live as Your disciple in the world. Teach me to forgive as You forgive and to become an instrument of Your mercy and peace. Lord, send me with courage to share Your love with others. May my life reflect the joy of the resurrection and the power of Your Spirit. Amen.

COME JOIN OUR

CORPUS CHRISTI PROCESSION

THURSDAY 4 JUNE | 6PM

6PM MASS AT OUR LADY OF LEBANON CO-CATHEDRAL,
HARRIS PARK

7PM PROCESSION TO ST PATRICK'S CATHEDRAL,
PARRAMATTA

8PM ADORATION OF THE BLESSED SACRAMENT
AT THE CATHEDRAL FORECOURT



St. Monica's Parish

North Parramatta

Pentecost Sunday - Year A

24th May 2026

ENTRANCE ANTIPHON

The Spirit of the Lord has filled the whole world and that which contains all things understands what is said, alleluia.

FIRST READING

Act 2 : 1-11

A reading from the Acts of the Apostles

When Pentecost day came round, the apostles had all met in one room, when suddenly they heard what sounded like a powerful wind from heaven, the noise of which filled the entire house in which they were sitting; and something appeared to them that seemed like tongues of fire; these separated and came to rest on the head of each of them. They were all filled with the Holy Spirit, and began to speak foreign languages as the Spirit gave them the gift of speech.

Now there were devout men living in Jerusalem from every nation under heaven, and at this sound they all assembled, each one bewildered to hear these men speaking his own language. They were amazed and astonished. 'Surely' they said 'all these men speaking are Galileans? How does it happen that each of us hears them in his own native language? Parthians, Medes and Elamites; people from Mesopotamia, Judaea and Cappadocia, Pontus and Asia, Phrygia and Pamphylia, Egypt and the parts of Libya round Cyrene; as well as visitors from Rome – Jews and proselytes alike – Cretans and Arabs; we hear them preaching in our own language about the marvels of God.' *The word of the Lord*

RESPONSORIAL PSALM

Ps 103

R: *Lord, send out your Spirit and renew the face of the earth.*

Bless the Lord, my soul! Lord God, how great you are, How many are your works, O Lord! The earth is full of your riches. **(R.)**

You take back your spirit, they die, returning to the dust from which they came. You send forth your spirit, they are created; and you renew the face of the earth. **(R.)**

May the glory of the Lord last for ever! May the Lord rejoice in his works! May my thoughts be pleasing to him. I find my joy in the Lord. **(R.)**

SECOND READING

1 Cor 12 : 3-7, 12-13

A reading from the letter of St Paul to the Ephesians

No one can say, 'Jesus is Lord' unless he is under the influence of the Holy Spirit. There is a variety of gifts but always the same Spirit; there are all sorts of service to be done, but always to the same Lord; working in all sorts of different ways in different people, it is the same God who is working in all of them. The particular way in which the Spirit is given to each person is for a good purpose. Just as a human body, though it is made up of many parts, is a single unit because all these parts, though many, make one body, so it is with Christ. In the one Spirit we were all baptised, Jews as well as Greeks, slaves as well as citizens, and one Spirit was given to us all to drink. *The word of the Lord*

SEQUENCE

Holy Spirit, Lord of light, From the clear celestial height
Thy pure beaming radiance give.

Come, thou Father of the poor,
Come with treasures which endure;
Come, thou light of all that live!
Thou, of all consolers best, Thou, the soul's delightful guest,
Dost refreshing peace bestow; Thou in toil art comfort sweet;
Pleasant coolness in the heat; Solace in the midst of woe.
Light immortal, light divine, Visit thou these hearts of thine,
And our inmost being fill: If thou take thy grace away,
Nothing pure in man will stay; All his good is turned to ill.
Heal our wounds, our strength renew;
On our dryness pour thy dew; Wash the stains of guilt away:
Bend the stubborn heart and will; Melt the frozen, warm the chill;
Guide the steps that go astray. Thou, on us who evermore
Thee confess and thee adore, With thy sevenfold gifts descend:
Give us comfort when we die; Give us life with thee on high;
Give us joys that never end.

GOSPEL ACCLAMATION

Alleluia, alleluia! Come, Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Alleluia!

GOSPEL

Jn 20 : 19-23

A reading from the holy Gospel according to St Matthew

In the evening of the first day of the week, the doors were closed in the room where the disciples were, for fear of the Jews. Jesus came and stood among them. He said to them, 'Peace be with you', and showed them his hands and his side. The disciples were filled with joy when they saw the Lord, and he said to them again, 'Peace be with you.

'As the Father sent me, so am I sending you.'

After saying this he breathed on them and said:

'Receive the Holy Spirit.

For those whose sins you forgive,

they are forgiven: for those whose sins you retain, they are retained.' *The Gospel of the Lord*

COMMUNION ANTIPHON

They were all filled with the Holy Spirit and spoke of the marvels of God, alleluia..

Eucharistic Congress 2028 Prayer

Lord Jesus Christ, we thank you for the gift of your real presence in the Sacrament of the Holy Eucharist. Grant us the grace to receive you reverently, worship you truly and serve you with hearts renewed. By the power of the Holy Spirit strengthen us, so that as you gave yourself to the Father and to us, we too may offer our lives to God and to others. Inspire and help us to serve you in those who are in need, especially the defenceless and homeless, the lonely and lost. Unite us with your sacrifice of the Mass, so that we may truly become what we have received, the Body of Christ. Amen.