

天主教華人牧民處

www.chinesechaplaincyparra.org

基督聖體聖血節 (甲年)

2026年6月7日



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 申命紀 8:2-3,14-16

梅瑟對人民說：「你當紀念：上主你的天主，使你這四十年，在曠野中所走的路；那是為磨難你，試探你；要知道你的心，是否願意遵守他的誡命。

「他磨難了你，使你感到飢餓，卻以你和你祖先，所不認識的『瑪納』，養育了你，叫你你知道：人生活不但靠食物，而且也靠上主親口所說的一切話。

「你不要忘記，由埃及地，由為奴之家，領你出來的上主、你的天主；是他領你經過了遼闊、可怖、有火蛇、蝎子的曠野，經過了乾旱無水之地；是他使水，由堅硬的磐石，為你流出；是他在曠野裡，以你祖先不認識的『瑪納』，養育了你。」—上主的話

答唱詠 詠 147

【答】：耶路撒冷，請你讚頌上主！

領：耶路撒冷，請你讚頌上主！熙雍，請你讚頌你的天主！他鞏固了你城門的橫門，祝福你懷中的子女。【答】

領：他使你的地界，安靜不亂；用最好的麥麵，使你飽餐。他向大地發出自己的諭旨；他的旨意便立即迅速奔傳。【答】

領：他向雅各伯，曉示了自己的諭旨；他向以色列，啟示了自己的誡律。他從未如此恩待過其他任何民族，也沒有向他們宣示過自己的法律。【答】

讀經二 聖保祿宗徒致格林多人前書 10:16-17

弟兄姊妹們：

我們所祝福的那祝福之杯，豈不是共結合於基督的血嗎？我們所擘開的餅，豈不是共結合於基督的身體嗎？因為餅只是一個，我們雖多，只是一個身體，因為我們眾人，都共享這一個餅。—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 聖若望福音 6:51-58

那時候，耶穌對群眾說：「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。我所要賜給的食糧，就是我的肉，為使世界獲得生命。」

猶太人彼此爭論說：「這人怎麼能把他的肉，賜給我們吃呢？」

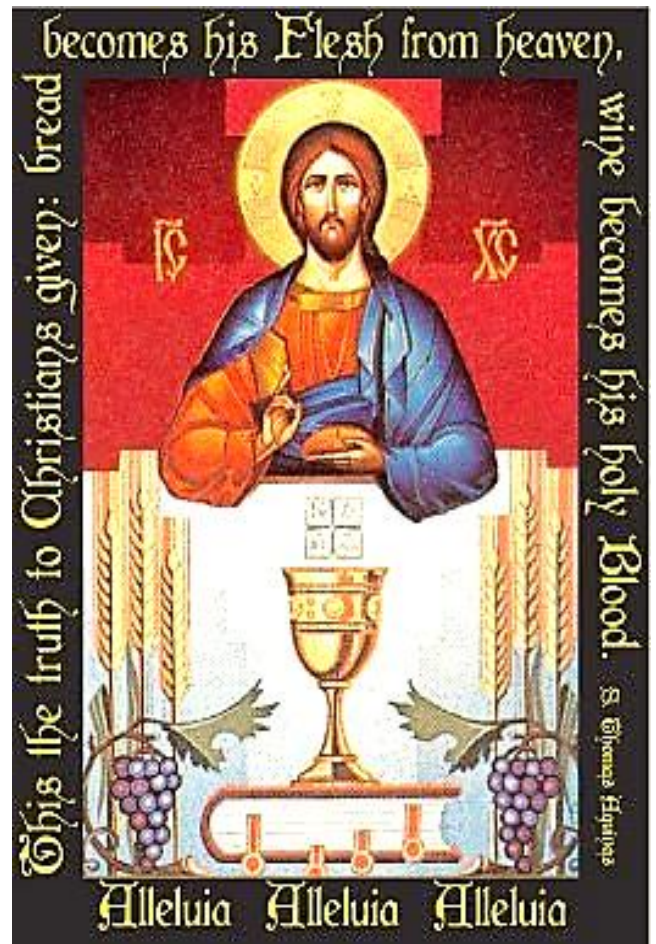
耶穌向他們說：「我實實在在告訴你們：你們若不吃人子的肉，不喝他的血，在你們內，便沒有生命。誰吃我的肉，並喝我的血，必得永生；在末日，我且要叫他復活。

「因為我的肉，是真實的食糧；我的血，是真實的飲料。誰吃我的肉，並喝我的血，便住在我內，我也住在他內。就如那生活的父，派遣了我，我因父而生活；照樣，那吃我的人，也要因我而生活。

「這是從天上降下來的食糧。不像祖先吃了『瑪納』，仍然死了。誰吃這食糧，必要生活，直到永遠。」—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



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 主任司鐸 / 華人專職司鐸：	0411 192 278 短訊(SMS)、WhatsApp、微信 (wechat)、粵語及國語留言 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 傳真：9630 8738 電郵： stmonicanp@bigpond.com

聖奧斯定組 信仰探討 2026 講座 逢星期日上午 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	日期	內容	講者
14/06/26	服務與靈修-清潔與探訪	Margaret Chiu	28/06/26	信仰生活分享	孟玉
21/06/26	清除聆聽天主召喚的障礙(1)	Ruby Chan	5/07/26	雅各伯的教導	Eric Wong

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：6 月 13 日和 6 月 27 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：6 月 14 日及 21 日。

2028 雪梨國際聖體大會

有關詳情請參閱網頁：[54th International Eucharistic Congress](https://www.54thinternational.eu)



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/izMnfwQBgZRwKuwv9>



Youth Announcements

World's Greatest Shave – 14th June 2026

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. The event will take place on 14th June in the hall where we will shave our heads together. Father Lam will also take part! For people who wants to support by shaving or cutting their hair, please contact Cheryl Wong (0481 507 169). Please donate via the QR code.



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.



Youth Corner 07 June

Scripture: John 6: 51-58

Observation: John recounts how Jesus declares that He is “the living bread that came down from heaven” and explains that whoever eats this bread will live forever. He speaks directly about giving His flesh for the life of the world and says that unless people eat His flesh and drink His blood, they do not have life within them. For many listeners, this teaching was difficult and confronting, as it challenged their understanding and expectations of their faith. Yet, Jesus doesn't withdraw from what His message and instead, He repeats its importance, emphasizing that those who eat His flesh and drink His blood remain in Him, and He remains in them. Jesus presents the Eucharist not as a symbolic act alone, but as an invitation into a deep and ongoing relationship with Him, where believers are spiritually nourished and strengthened.

Application: In today's Gospel, it reminds us of the central importance of the Eucharist in our faith. Jesus speaks with clarity about the need to receive Him, even when His teaching is difficult to understand. As you may know, us Catholics are often told to trust in God, even when we do not fully understand everything immediately. In our daily lives, school, work, stress, friendships, and personal struggles can distract us and cause us to feel distant from God. Yet Jesus offers Himself to us completely through the Eucharist, remaining with us not only during moments of struggle, but in everyday life. Living in this relationship with Christ reveals that eternal life is not only something to hope for in the future, but something that begins now. Receiving the Eucharist is not simply a routine or obligation, but an opportunity to encounter Jesus personally and allow His presence to shape how we think, act, and respond to others; like how regular food sustains the body, spiritual nourishment requires consistency, reminding us that remaining close to God strengthens our faith over time.

Prayer: Dear Jesus, Thank You for giving yourself to us through the Eucharist and for remaining with us through every part of life. Help us to recognise Your presence at Mass and to approach You with faith, reverence, and trust. Strengthen us when we feel overwhelmed or distant, and guide us to remain close to You in our daily lives. Help us to grow in faith and live according to Your teachings. We ask this in Your name. Amen.

基督聖體聖血節甲年讀經，答唱詠選讀了聖詠第 147 篇。

本詩第 2 節（上主重建了耶路撒冷城，完聚了四散的以色列民）就能指明這是以色列民充軍巴比倫後，回國重建時的作品。作者邀請人民稱謝拯救他們的天主，讓他們重回家鄉，並有新的聖殿繼續向上主獻祭。

答句出自第 12 節（耶路撒冷，請你讚頌上主！熙雍，請你讚頌你的天主！），並應與第 13 節同讀（他鞏固了你城門的橫門，祝福你的子女在你中間）。「耶路撒冷」與「熙雍」本是地方名，原先是異民的地方（見撒下 5:6-16），南國崩潰後亦被丟棄（見列下 25:8-12; 編下 36:11-21），但上主拯救他們，使他們藉厄斯德拉和乃赫米雅的領導回鄉並重建耶京（見編下 36:22-23; 厄上 1:1-10; 厄下 2:17-18; 3:1-15）。

第 14 和 15 節（他使你的地界安靜不亂，用最好的麥麵使你飽餐。他向大地發出自己的語言，他的聖旨便立即迅速奔傳），提及「最好的麥麵」，當然是指以民回國後重新發展農業，種出上等的小麥作食糧；同時暗指耶穌基督把自己的體血賜予祂的子民。耶穌於最後晚餐和復活後顯現，都提及「麥麵餅成了祂的身體」（見瑪 26:26; 谷 14:22; 路 22:29; 格前 11:23-24; 路 24:30-31），這都是現今天主子民，在旅途中的教會的「新瑪納」（見今日的讀經一）。彌撒聖祭亦由耶路撒冷母教會迅速傳到各地，在一週的第一天成為各地方教會慶祝耶穌死而復活的祭禮。

第 19 和 20 節（他向雅各伯曉示了自己的言語，他向以色列啟示了自己的誠律。他從未如此恩待過其他任何民族，也沒有向他們宣示過自己的法律），這兩節突出以色列是「特選的民族」；新約教會又因耶穌基督而成為「新以色列」（見宗 14:16-17）。

這些選段都是稱謝上主怎樣恩待以民，天主更加恩賞賜新約教會基督的聖體聖血。



St. Monica's Parish

North Parramatta

The Most Holy Body and Blood of Christ Year A

7th June 2026

ENTRANCE ANTIPHON

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

FIRST READING

Deut 8 : 2-3, 14-16

A reading from the book of Deuteronomy

Moses said to the people: 'Remember how the Lord your God led you for forty years in the wilderness, to humble you, to test you and know your inmost heart – whether you would keep his commandments or not. He humbled you, he made you feel hunger, he fed you with manna which neither you nor your fathers had known, to make you understand that man does not live on bread alone but that man lives on everything that comes from the mouth of the Lord.

'Do not then forget the Lord your God who brought you out of the land of Egypt, out of the house of slavery: who guided you through this vast and dreadful wilderness, a land of fiery serpents, scorpions, thirst; who in this waterless place brought you water from the hardest rock; who in this wilderness fed you with manna that your fathers had not known.' *The word of the Lord*

RESPONSORIAL PSALM

Ps 147

R: Praise the Lord, Jerusalem.

O praise the Lord, Jerusalem! Zion, praise your God! He has strengthened the bars of your gates, he has blessed the children within you. **(R.)**

He has established peace on your borders, he feeds you with finest wheat. He sends out his word to the earth and swiftly runs his command. **(R.)**

He makes his word known to Jacob, to Israel his laws and decrees. He has not dealt thus with other nations; he has not taught them his decrees. **(R.)**

SECOND READING

1 Cor 10 : 16-17

A reading from the first letter of St Paul to the Corinthians

The blessing-cup that we bless is a communion with the blood of Christ, and the bread that we break is a communion with the body of Christ. The fact that there is only one loaf means that, though there are many of us, we form a single body because we all have a share in this one loaf.

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

Jn 6 : 51-58

A reading from the holy Gospel according to St John

Jesus said to the Jews:

'I am the living bread which has come down from heaven. Anyone who eats this bread will live for ever; and the bread that I shall give is my flesh, for the life of the world.' Then the Jews started arguing with one another: 'How can this man give us his flesh to eat?' they said. Jesus replied: 'I tell you most solemnly, if you do not eat the flesh of the Son of Man and drink his blood, you will not have life in you. Anyone who does eat my flesh and drink my blood has eternal life, and I shall raise him up on the last day. For my flesh is real food and my blood is real drink. He who eats my flesh and drinks my blood lives in me and I live in him. As I, who am sent by the living Father, myself draw life from the Father, so whoever eats me will draw life from me. This is the bread come down from heaven; not like the bread our ancestors ate: they are dead, but anyone who eats this bread will live for ever.'

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.

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。