

# 天主教華人牧民處

www.chinesechaplaincyparra.org

常年期第十一主日 (甲年)

2026年6月14日



## 進堂詠

上主，求你俯聽我的呼號。救我的天主，不要棄我不管。

## 讀經一 恭讀出谷紀 19:2-6

那時候，以色列子民從勒非丁起程，來到西乃曠野，就在曠野裡紮營；以色列人在那座山前紮營。

梅瑟上到天主前；上主從山上，召喚梅瑟說：「你要這樣告訴雅各伯家，訓示以色列子民說：你們親自見了我怎樣對待了埃及人，又怎樣好似老鷹，將你們背在翅膀上，將你們帶出來，歸屬我。」

「現在，你們如果真的聽從我的話，遵守我的盟約，你們在萬民中，將成為我的特殊產業的確，普世全屬於我，但你們為我，應成為司祭的國家，聖潔的國民。」——上主的話

## 答唱詠 詠 100

【答】：我們是天主的子民，是他牧場的羊群。

領：普世大地，請向上主歡呼，要興高采烈地事奉上主；走到上主面前，應該歡呼！

【答】

領：你們應該明認上主就是天主；他造成了我們；我們非他莫屬，是他的子民，是他牧場的羊群。【答】

領：因為上主良善寬仁；他的慈愛直到永恆；他的信實世世常存。【答】

## 讀經二 恭讀聖保祿宗徒致羅馬人書 5:6-11

弟兄姊妹們：

當我們還在軟弱的時候，基督就在指定的時期，為不虔敬的人死了。為義人死，是罕有的事；為善人，或許有敢死的；但是，基督在我們還是罪人的時候，就為我們死了，這證明了天主怎樣愛我們。

現在，我們既因他的血，而成義，我們更要藉著他，脫免天主的義怒，因為，如果我們還在為仇敵的時候，因著他聖子的死，得與天主和好了，那麼，在和好之後，我們一定更要因著他的生命，得救了。不但如此，我們現在既藉著我們的主耶穌基督，獲得了和好，也必藉著他，而歡躍於天主。——上主的話

## 福音前歡呼

領：亞肋路亞。

眾：亞肋路亞。

領：天主的國臨近了；你們悔改，信從福音吧！

眾：亞肋路亞。

## 福音 恭讀聖瑪竇福音 9:36-10:8

那時候，耶穌一見到群眾，就對他們動了慈心，因為他們困苦流離，好像沒有牧人的羊。於是，耶穌對自己的門徒說：「莊稼多，工人少，所以，你們應當求莊稼的主人，派遣工人，來收割他的莊稼。」

耶穌將他的十二門徒叫來，授予他們制伏邪魔的權柄，可以驅逐邪魔，醫治各種病症，各種疾苦。

這是十二宗徒的名字：第一個是稱為伯多祿的西滿，和他的兄弟安德肋，載伯德的兒子雅各伯，和他的弟弟若望，斐理伯和巴爾多祿茂，多默和稅吏瑪竇，阿耳斐的兒子雅各伯和達陡，熱誠者西滿，和負責耶穌的猶達斯依斯加略。

耶穌派遣這十二人，囑咐他們說：「外邦人的路，你們不要走；撒瑪黎雅人的城，你們不要進；你們寧可往以色列家迷失了的羊那裡去。你們在路上，應宣講說：天國臨近了。」

病人，你們要治好；死人，你們要復活；癲瘋病人，你們要潔淨；魔鬼，你們要驅逐；你們白白得來的，也要白白分施。」

——上主的話

## 領主詠

我有一事祈求上主，我要懇切請求此事：使我一生的歲月，常居住在上主的殿裡。

**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 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： <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 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>
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： <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
21/06/26	清除聆聽天主召喚的障礙(1)	Ruby Chan
28/06/26	信仰生活分享	孟玉

日期	內容	講者
05/07/26	雅各伯的教導	Eric Wong
12/07/26	服務與靈修 - 聖神同禱會	Maria Lee

**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 27 日和 7 月 11 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](#)



**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>



**2026 聖雲先會冬季籌款**

善款將在 6 月 28 日募集，收益將幫助區內無家可歸者。

本主日教會選讀了聖詠第 100 篇。

學者們大都認為這詩是在聖殿落成之時，以民結隊遊行，進入聖殿時齊唱的歌曲（見列上 8:1-4）；亦有古譯本作極為正確的註釋：求告天主，賜教外人歸向真正信德的歌。本詩只有短短五節，但言簡意賅。

答句出自第 3 節（你們應該明認雅威就是天主，他造成了我們，我們非他莫屬，是他的人民，是他牧場的羊隊。）的後段。聖經時代的巴勒斯坦以畜牧為主，以民亦多用牧羊人與羊群來比喻天主和他們的關係（見詠 79:13, 80:1, 95:7; 依 40:11; 耶 50:7; 則 34:31; 米 5:1-5, 7:14 等），降生成人的天主子也延續這個啟示（見瑪 25:32-46; 路 12:32, 15:1-7; 若 10），甚至教會的宣講也同樣（宗 20:28-29, 伯前 5:2）。本詩暗喻所有人都是天主的子民。

第 1 至 2 節（普世大地，請向上主歡呼，要興高采烈地事奉上主；走到上主面前，應該歡呼！）強調皈依上主，按祂的旨意而生活是歡欣的，進入祂的聖殿是雀躍的。這裡亦暗示天主聖子所創造的教會，以歡愉的心去預備和慶祝新天新地的到臨。

第 5 節（因為上主良善寬仁，他的慈愛直到永恒，他的忠信世世常存），舊約經常把天主的「仁慈」和「信實」相提並論，可能是以民禮儀用的歌曲大都這樣詠唱（見編上 16:34; 編下 5:13, 7:3; 詠 106:1, 107:1, 118:1-29, 136:1）。整部聖經也記載著，天主對待祂的子民又確實是仁慈和忠信的。



## Youth Corner 14/June/26

Scripture: Matthew 9:36-10:8

### Observation:

This week's Gospel begins with the description of Jesus' compassion for the lost and that whilst many need to hear the good news, there are not enough spreaders of the news, or "labourers" in this metaphor. As such, Jesus summons his twelve disciples, naming each and everyone of them, appointing them with a special task of proclaiming the good news. He sends the disciples out, giving them authority and power over unclean spirits, and thus the ability to cast them out and cure the sick. Specifically, he instructs the disciples to start proclaiming the good news that the kingdom of heaven is near to "the lost sheep of the house of Israel" and to cure and cleanse without payment.

### Application:

There are a plethora of things we can learn from this week's Gospel, the first being Jesus' mercy. He is full of compassion for the lost, the sick and the suffering. In times of distress or lack of direction, He calls all of us to look at him and He answers with guidance and love, just like the righteous and good shepherd He is. The next thing I'd like to focus on is vocation. Just as Jesus calls the disciples to spread the good news, giving them the authority to heal and cleanse, we are all called to our own vocations to spread the good news of God's kingdom; to be instruments of God in spreading this message and His gifts to others. We are all blessed with unique vocations, yet vocations are not things we earn without our independent efforts, they are gifts from God to which humans must respond, particularly with persistent prayer. Before sending the disciples out on their missions, Jesus first instructs them to "therefore ask the Lord of the harvest to send out laborers into his harvest." Let this be a reminder to continue including vocations in our prayer intentions. It is also important to remember that God did not send us into these missions alone, God gifts us the sacraments to help us in spreading the good news. Particularly, through the blessed sacrament of the Eucharist, we are provided both the physical memorial of His Passion and allowed to be in complete communion with Christ. We are assured that His bodily presence continues to accompany us in our vocations and pilgrimages and that, truly, the Eucharist is the "source and summit of the Christian Life". Finally, Jesus not only calls us to spread the good news, but to start with those around us, especially those around us that we know are lost, and to do so with humility. Just as Jesus has freely sacrificed Himself for our salvation, we too should respond by freely offering our lives to Him and to those around us; with the sacraments, fervent prayer and genuine love.

### Prayer:

Heavenly Father, thank you for your invitation to spread your good news through our vocations and the gifts of the sacraments to help us in doing so. Thank you for sending your only Son and through whom we are saved. Fill us with love, humility and obedience so that we may be in perfect communion with you. We pray for vocations, so that we may spread your good news in steadfast love. By the power of the Holy Spirit and your true presence in the Holy Eucharist, strengthen us with your grace so that we may live according to your will and be led to the fullness of salvation In Jesus' name we pray. Amen

### Youth Announcements

#### World's Greatest Shave – 14<sup>th</sup> 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 14<sup>th</sup> June in the hall where we will shave our heads together. Father Lam will also take part! For people who want 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.



# St. Monica's Parish

## North Parramatta

Eleventh Sunday in Ordinary Time Year A

14<sup>th</sup> June 2026

### ENTRANCE ANTIPHON

O Lord, hear my voice, for I have called to you; be my help. Do not abandon or forsake me, O God, my Saviour!

### FIRST READING

Ex 19 : 2-6

#### A reading from the book of Exodus

From Rephidim the Israelites set out again; and when they reached the wilderness of Sinai, there in the wilderness they pitched their camp; there facing the mountain Israel pitched camp.

Moses then went up to God, and the Lord called to him from the mountain, saying, 'Say this to the House of Jacob, declare this to the sons of Israel, "You yourselves have seen what I did with the Egyptians, how I carried you on eagles' wings and brought you to myself. From this you know that now, if you obey my voice and hold fast to my covenant, you of all the nations shall be my very own, for all the earth is mine. I will count you a kingdom of priests, a consecrated nation."'

*The word of the Lord*

### RESPONSORIAL PSALM

Ps 99

**R: We are his people: the sheep of his flock.**

Cry with joy to the Lord, all the earth. Serve the Lord with gladness. Come before him, singing for joy. (R.)

Know that he, the Lord, is God. He made us, we belong to him, we are his people, the sheep of his flock. (R.)

Indeed, how good is the Lord, eternal his merciful love. He is faithful from age to age. (R.)

### SECOND READING

Rom 5 : 6-11

#### A reading from the first letter of St Paul to the Romans

We were still helpless when at his appointed moment Christ died for sinful men. It is not easy to die even for a good man – though of course for someone really worthy, a man might be prepared to die – but what proves that God loves us is that Christ died for us while we were still sinners. Having died to make us righteous, is it likely that he would now fail to save us from God's anger? When we were reconciled to God by the death of his Son, we were still enemies; now that we have been reconciled surely we may count on being saved by the life of his Son? Not merely because we have been reconciled but because we are filled with joyful trust in God, through our Lord Jesus Christ, through whom we have already gained our reconciliation. *The word of the Lord*

### GOSPEL ACCLAMATION

Alleluia, alleluia!

The kingdom of God is near; repent and believe the Good News!.

Alleluia!

### GOSPEL

Mt 9 : 36 – 10:8

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

When Jesus saw the crowds he felt sorry for them because they were harassed and dejected, like sheep without a shepherd. Then he said to his disciples, 'The harvest is rich but the labourers are few, so ask the Lord of the harvest to send labourers to his harvest.'

He summoned his twelve disciples, and gave them authority over unclean spirits with power to cast them out and to cure all kinds of diseases and sickness.

These are the names of the twelve apostles: first, Simon who is called Peter, and his brother Andrew; James the son of Zebedee, and his brother John; Philip and Bartholomew; Thomas, and Matthew the tax collector; James the son of Alphaeus, and Thaddaeus; Simon the Zealot and Judas Iscariot, the one who was to betray him. These twelve Jesus sent out, instructing them as follows:

'Do not turn your steps to pagan territory, and do not enter any Samaritan town; go rather to the lost sheep of the House of Israel. And as you go, proclaim that the kingdom of heaven is close at hand. Cure the sick, raise the dead, cleanse the lepers, cast out devils. You received without charge, give without charge.'

*The Gospel of the Lord*

### COMMUNION ANTIPHON

There is one thing I ask of the Lord, only this do I seek: to live in the house of the Lord all the days of my life.

### 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。