

天主教華人牧民處

www.chinesechaplaincyparra.org



常年期第十八主日 (甲年)

2026年8月2日

進堂詠

天主，求你快來救我；上主，求你速來助我。上主，你是我的助佑和救援，求你不要遲延。

讀經一 依撒意亞先知書 55:1-3

上主說：「凡口渴的，請到水泉來！那沒有錢的，也請來吧！請來買不花錢，不收費的酒和奶！」

「你們為什麼為那些不能充飢的東西花錢？為那些不足以果腹的東西，浪費薪金呢？你們如果細心聽我，你們就能吃到豐美的食物；你們的心靈必因飽享佳餚而喜悅。」

「你們如果走近我，側耳聽我，你們必將獲得生命；我要與你們訂立一項永久的盟約，即誓許於達味的恩惠。」——上主的話

答唱詠 詠 145

【答】：上主，你伸出雙手，滿足眾生的需求。領：上主慈悲為懷，寬宏大方；他常緩於發怒，仁愛無量。上主對待萬有，溫和善良；對他的受造物，仁愛慈祥。【答】

領：眾生的眼睛都仰望你，你準時賜給他們糧食。你伸出雙手，滿足眾生的需求。【答】

領：上主的一切行徑，至公至義。上主的一切作為，聖善無比。上主親近一切呼號他的人，即一切誠心呼號他的人。【答】

讀經二 聖保祿宗徒致羅馬人書 8:35, 37-39

弟兄姊妹們：

誰能使我們與基督的愛隔絕？是困苦嗎？是窘迫嗎？是迫害嗎？是飢餓嗎？是赤貧嗎？是危險嗎？是刀劍嗎？

然而，靠著那愛我們的主，我們在这一切事上，大獲全勝。因為我深信：無論是死亡、是生活、是天使、是掌權者、是現存的，或將來的事物，是有權能的、是崇高的，或深遠的勢力，或其他任何受造之物，都不能使我們，與天主的愛隔絕，即與我們的主耶穌基督內的愛隔絕。——上主的話

福音前歡呼

領：亞肋路亞。

眾：亞肋路亞。

領：人生活不只靠餅，也靠天主所說的一切話。

眾：亞肋路亞。

福音 聖瑪竇福音 14:13-21

那時候，耶穌聽說若翰死了，就上船，獨自退到荒野；群眾聽說了，就從各城步行而來，跟著耶穌。

耶穌一下船，看見一大夥群眾，便對他們動了憐憫的心，治好了他們的病人。

到了傍晚，門徒到耶穌面前，說：「這地方是荒野，時候已不早了，請你遣散

群眾！叫他們各自到村莊，去買食物。」

耶穌卻對門徒說：「他們不必去，你們給他們食物吧！」

門徒對耶穌說：「我們這裡什麼也沒有，只有五個餅和兩條魚。」

耶穌說：「你們拿來給我吧！」

耶穌於是吩咐群眾坐在草地上，然後，拿起那五個餅和兩條魚，望天祝福了；把餅擘開，遞給門徒，門徒再分給群眾。眾人吃了，也都飽了。然後，他們把剩餘的碎塊，收了滿滿十二筐。吃的人數，除了婦女和小孩外，約有五千。——上主的話

領主詠

你從天上給他們降下食糧，具有各種美味，適合各人的口味。



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 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
9/08/2026	彌撒聖詩的揀選	Peter Lee
16/08/2026	清除聆聽天主召喚的障礙(3)	Ruby Chan

日期	內容	講者
23/08/2026	信仰生活分享	Thomas Tse & STAG & SRE
30/08/2026	當日讀經分享	Sara 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: 8 月 8 日。
索取有關連結請 WhatsApp 到牧民處熱線。

聖經人物趣談 將於 8 月 9 日下午 1 時半在禮堂舉行。

聖莫尼加之聲 (英語) 兒童聖詠團

歡迎兒童和青少年參加。家長可聯絡 Winnie Cheung 0405 608 691 或 winnieklau@yahoo.com.au

2026 年 8 月份特別彌撒

8 月 5 日 (星期三) 聖瑪利亞麥基立節, 早上 9:15 (英語)

8 月 14 日 (星期五) 聖母蒙召升天節前夕, 晚上 7:30 (英粵雙語)

8 月 15 日 (星期六) 聖母蒙召升天節正日, 早上 9:00 (英語)

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。

本主日的答唱詠選自聖詠第 145 篇。

原文雖有「達味的讚美歌」的標題，但學者們認為，這詩似乎是充軍之後，由一位不知名的肋未人，利用達味君王的舊詩，按希伯來文的字母次序重新編寫而成。全詩都讚頌天主的美善、照顧、忠實、威嚴、全知和仁慈。原文共二十一節（希伯來文共有二十一個字母），彌撒內只選讀了一部分。

第 8 至 9 節（上主慈悲為懷，寬宏大方，他常緩於發怒，仁愛無量。上主對待萬有，溫和善良，對他的受造物，仁愛慈祥。），天主的恩寵惠澤一切的受造物；這節似由這些達味的詩句串聯而成：詠 86:15, 103:8, 103:13, 11:25。

第 15 至 16 節（眾生的眼睛都仰望你，你準時賞給他們糧食。你伸出了你的雙手，滿足了眾生的需求），指出上主慷慨地供給一切有需要的人。這兩節似由詠 104:27-28 及 136:25 改作而成。耶穌的「山中聖訓」亦有相類似的一句（見瑪 6:25-26）。

第 17 至 18 節（上主在他的一切路徑上，至公至義，上主在他的一切化工上，聖善無比。上主接近一切呼號他的人，就是一切誠心呼號他的人），上主會迅速地回應義人懇切和誠心的祈禱（見雅 5:16）。

這聖詠配合這主日所讀「五餅二魚」奇蹟的福音，都是彰顯既仁慈又慷慨的天主。

2026-2027 年粵語成人慕道班

林勝文神父主講，網上 ZOOM 舉行
開課日期：2026 年 8 月 7 日（逢星期五）

時間：晚上 8 時半至 9 時半

歡迎有意認識天主教的成年人參加，

亦歡迎教友再慕道

報名請致電

牧民處熱線，

或用附上的二維碼。

<https://forms.gle/gGJe4cku2pzXqAc97>



Youth Corner 2/8/2026

Scripture – Matthew 14:13-21

Observation:

There will be times in our life where we have suffered or failed, feel uncertain about the future or feel hurt or grief and it is important not to give into these emotions and feelings of despair. We see this in the Gospel of Matthew today through Jesus. After having made known the death of John the Baptist, Jesus, like many others who lose a loved one, would've been overcome with grief and sorrow, and yet he is full of compassion when he sees a crowd of followers. It is evident then, that in these moments of darkness, we should not give into these emotions and sense of failure or anguish, but rather to offer what we have and embrace the love that God so wants to bestow us.

Jesus also reveals his divinity in performing the miracle of completely alleviating the hunger of men and women using what seems to be a measly number of resources. The crowd was made up of five thousand men, not including women and children, and yet when all they had was five loaves and two fish, Jesus takes them, blesses them and breaks the loaves and gives them to the disciples to feed the people. Every person that ate was satisfied with twelve baskets of food to spare. Jesus thereby shows whatever that can be offered to God, is multiplied, providing true satisfaction in abundance.

Application:

It can feel easy to follow Christ and live a faithful life when things are going well; when there is little uncertainty, stress, or broken relationships in our life. However, Jesus is overwhelmingly compassionate when all we can offer is our faith in him even when there is brokenness around us.

No matter who we are, young or old, poor or rich, we can offer what we have to participate in the faith. And Jesus having shown that even with scarce resources, he multiplies what is giving up to him. So, with our humble offerings, whatever they may be – 10 minutes to listen to daily scripture, a decade of the rosary or an Our Father, Jesus will perform great works and give us the fill that we need.

Prayer:

Dear Jesus,

Help us in times of uncertainty, anguish and unease, and show a compassionate heart to others. Grant us the fortitude to trust in your love and generosity especially when we are doubtful, disheartened or feeling lukewarm. Guide us to meet with those who hunger and are in need and help us to reveal the fulfillment of the Word to others. Amen.

YOUTH ANNOUNCEMENT

On 16th August 2026, Simon Carrington will come to the Youth Group Session at 10:30am and share his new book on chastity. All members and leaders are welcome!



St. Monica's Parish

North Parramatta

Eighteenth Sunday in Ordinary Time - Year A

2nd August 2026

ENTRANCE ANTIPHON

O God, come to my assistance; O Lord, make haste to help me!
You are my rescuer, my help; O Lord, do not delay.

FIRST READING

Is 55 : 1-3

A reading from the first book of the Kings

Thus says the Lord:
Oh, come to the water all you who are thirsty;
though you have no money, come!
Buy corn without money, and eat,
and, at no cost, wine and milk.
Why spend money on what is not bread,
your wages on what fails to satisfy?
Listen, listen to me and you will have good things to eat
and rich food to enjoy.
Pay attention, come to me;
listen, and your soul will live.
With you I will make an everlasting covenant
out of the favours promised to David. *The word of the Lord.*

RESPONSORIAL PSALM

Ps 144

R: The hand of the Lord feeds us: he answers all our needs.

The Lord is kind and full of compassion, slow to anger,
abounding in love. How good is the Lord to all, compassionate
to all his creatures. **(R.)**

The eyes of all creatures look to you and you give them their
food in due time. You open wide your hand, grant the desires
of all who live. **(R.)**

The Lord is just in all his ways and loving in all his deeds.
He is close to all who call him, call on him from their
hearts. **(R.)**

SECOND READING

Rom 8 : 35, 37-39

A reading from the letter of St Paul to the Romans

Nothing can come between us and the love of Christ, even if
we are troubled or worried, or being persecuted, or lacking
food or clothes, or being threatened or even attacked. These
are the trials through which we triumph, by the power of him
who loved us.

For I am certain of this: neither death nor life, no angel, no
prince, nothing that exists, nothing still to come, not any power,
or height or depth, nor any created thing, can ever come
between us and the love of God made visible in Christ Jesus our
Lord. *The word of the Lord*

GOSPEL ACCLAMATION

Alleluia, alleluia!

No one lives on bread alone, but on every word that comes
from the mouth of God.

Alleluia!

GOSPEL

Mt 14 : 13-21

A reading from the holy Gospel according to St Matthew

When Jesus received the news of John the Baptist's
death he withdrew by boat to a lonely place where
they could be by themselves. But the people heard
of this and, leaving the towns, went after him on foot.
So as he stepped ashore he saw a large crowd; and
he took pity on them and healed their sick.

When evening came, the disciples went to him and
said, 'This is a lonely place, and the time has slipped
by; so send the people away, and they can go to the
villages to buy themselves some food.' Jesus replied,
'There is no need for them to go: give them
something to eat yourselves.' But they answered,
'All we have with us is five loaves and two fish.' 'Bring
them here to me,' he said. He gave orders that the
people were to sit down on the grass; then he took
the five loaves and the two fish, raised his eyes to
heaven and said the blessing. And breaking the
loaves he handed them to his disciples who gave
them to the crowds. They all ate as much as they
wanted, and they collected the scraps remaining,
twelve baskets full. Those who ate numbered about
five thousand men, to say nothing of women and
children *The Gospel of the Lord*

COMMUNION ANTIPHON

You have given us, O Lord, bread from heaven, endowed with
all delights and sweetness in every taste.

