

天主教華人牧民處

www.chinesechaplaincyparra.org



常年期第十九主日 (甲年)

2026年8月9日

進堂詠

上主！求你回顧你所立的盟約，永遠不要忘記你窮苦者的性命。天主！求你速來審判你的案件，不要忘記那尋找你的者的呼聲。

讀經一 列王紀上 19:9, 11-13

那時候，先知厄里亞來到天主的山曷勒布，進入一個山洞，在那裡過夜。有上主的話傳於他，吩咐他說：「你出來，站在山上，站在上主面前。」

那時，上主正從那裡經過。在上主前面，暴風大作，山崩石裂，但是，上主卻不在風暴中；風以後有地震，但是上主亦不在地震中；地震以後有烈火，但是上主仍然不在火中；烈火以後，有輕微細弱的風聲。厄里亞一聽見這聲音，就用外衣蒙住臉出來，站在洞口。於是，有聲音對厄里亞說：「厄里亞，你在這裡做什麼？」——上主的話

答唱詠

詠 85

【答】：上主，求你向我們顯示你的寬仁；求你賜給我們你的救恩。

領：我要聽天主上主說的話；他向自己的聖者和子民，及向全心皈依他的人，所說的話，確是和平綸音。

他的救恩，必臨於敬畏他的人；他的光榮，必在我們的地上永存。【答】

領：仁愛和忠信，必彼此相迎；正義與和平，必彼此相親。忠信從地下生出；正義由天上遠矚。【答】

領：上主也必賜下康樂幸福；我們的土地，必有收穫。正義在上主前面行走，救恩必緊隨上主的腳步。【答】

讀經二 聖保祿宗徒致羅馬人書 9:1-5

弟兄姊妹們：

我在基督內說實話，並不說謊，有我的良心，在聖神內，與我一同作證：我的憂愁極大，我心中不斷的痛苦。

為救我的弟兄，我血統的同胞，就是被詛咒，與基督隔絕，我也甘心情願。他們是以色列人：義子的名分、光榮、盟約、法律、禮儀以及恩許，都是他們的；聖祖也是他們的，並且按血統來說，基督也是從他們來的。基督就是天主；他在萬有之上，世世代代應受讚美！阿們。——上主的話

福音前歡呼

領：亞肋路亞。

眾：亞肋路亞。

領：我仰賴上主，我的靈魂期待他的聖言。

眾：亞肋路亞。

福音 聖瑪竇福音 14:22-33

群眾吃飽以後，耶穌即刻催促門徒上船，在他之前，到對岸去。其間，耶穌遣散了群眾；以後，便獨自上山祈禱。到了夜晚，耶穌仍獨自一人在那裡。

船已離岸幾里了，受到波浪的顛簸，因為吹的是逆風。夜裡四更時分，耶穌步行海上，向著他們走來。門徒看見耶穌在海上行走，就驚慌地說：「是個妖怪。」並且嚇得

大叫起來。

耶穌立即向他們說：「放心！是我。不要怕！」

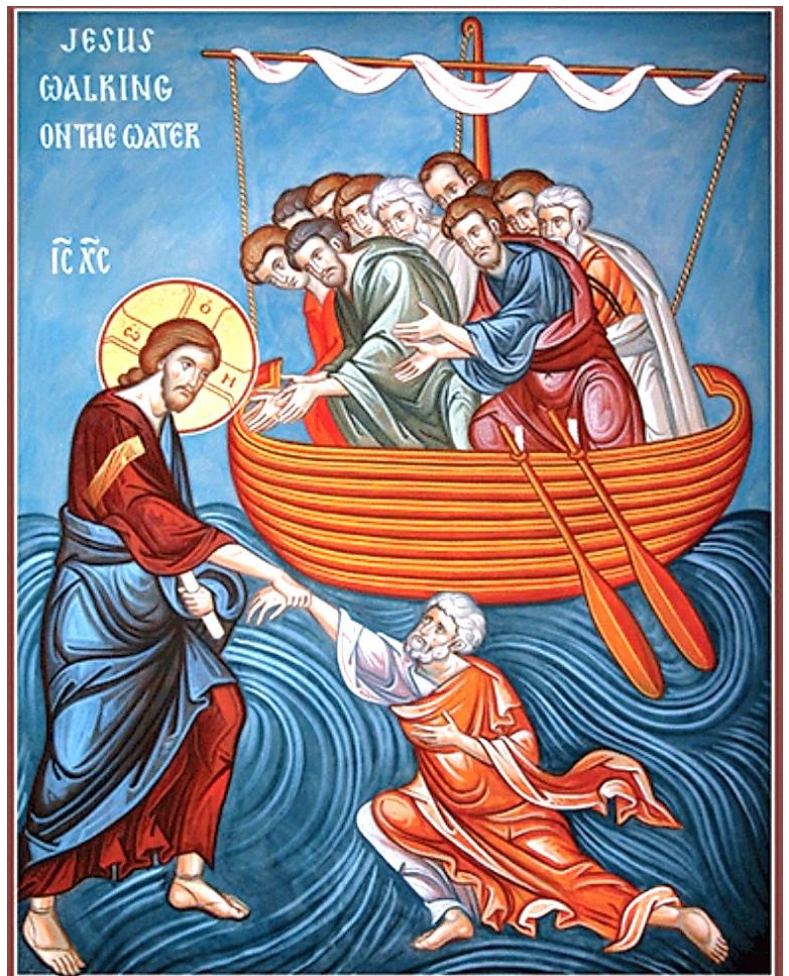
伯多祿回答說：「主，如果是你，就叫我在水面上步行，到你那裡吧！」耶穌說：「來吧！」

伯多祿於是從船上下來，步行水面，走向耶穌。但他一見風勢很強，就害怕起來，並開始下沉，於是大叫說：「主，救我啊！」耶穌立刻伸手拉住他，對他說：「小信德的人哪！你為什麼懷疑？」耶穌與伯多祿一上了船，風就停了。

船上的人便朝拜耶穌，說：「你真是天主子。」——上主的話

領主詠

耶路撒冷，請你讚頌上主，因為他用最好的麥麵，使你飽餐。



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
16/08/2026	清除聆聽天主召喚的障礙(3)	Ruby Chan
23/08/2026	信仰生活分享	Mary Li

日期	內容	講者
30/08/2026	當日讀經分享	Sara Lee
6/09/2026	聖詠	Peter Lee

聖經幼稚園 (林勝文神父主講)

逢每月第二個星期六, 晚上 8 時至 9 時, 網上 ZOOM 舉行。下次舉行日期: 9 月 12 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)

逢每月第二個星期日, 下午 1 時半至 2 時, 在禮堂舉行。
下次舉行日期: 8 月 9 日及 9 月 13 日。

2026 年聖母蒙召升天節 (當守瞻禮) 特別彌撒

8 月 14 日 (星期五) 前夕彌撒, 晚上 7:30 (英粵雙語)

8 月 15 日 (星期六) 當日彌撒, 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。

本主日答唱詠選自聖詠 85 篇。

原文註有「科辣黑後裔的歌」。按聖經《編年紀上、下》的記載，科辣黑家族原是耶路撒冷聖殿的護衛，後來竟成為聖殿的歌詠團（見編上 9:19, 26:1-9 和編下 20:19）。科辣黑後裔所作的聖詠，時間由南國希則克雅到充軍到回國重建的時期，是以色列子民無論是國運，或是與天主的關係最大上大落的時刻。他們的詩文辭極為優美，處處流露對聖殿和耶京的愛。

聖詠 85 篇按其內容，相信是科辣黑的後裔，在回國重建的初期，目睹耶路撒冷的丟零和荒涼而作。詩人一方面感謝天主應驗耶肋米亞先知的預言：以民遭充軍異地後能回國（耶 31:23-34）；另一方面祈求默西亞的到臨，享受真正的和平（耶 30:1-31:6）。

第 8 節（上主，求你向我們顯示你的寬仁，求你給我們賞賜你的救恩），其實就是世人祈求上主派遣默西亞到來；聖子耶穌確是由天主聖父派遣，無限仁慈的救世主。

第 9 節（我要聽天主上主說的話：他向自己的聖者和子民，以及向他回心轉意的人，所說的話確是和平綸音），是默西亞向所有民族宣告天主的道理。第 10 節（他的救恩必接近敬畏他的人，為使光榮在我們的地上久存）就直指降生成人的耶穌基督確實在人當中，顯示天主的光榮。第 11 至 14 節（仁愛和忠信必彼此相迎，正義與和平必彼此相親。忠信從地下生出，正義由天上遠矚。上主也必賜下康樂幸福；我們的地必有他的收穫。正義在上主面前行走，救恩必隨上主的腳步），就是「默西亞時代」帶來的各種福樂。

降生成人的天主子、默西亞為全人類帶來新希望、新國度。

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!



Youth Corner 9/8/2026

Scripture Matthew 14:22-33

Observation

After feeding the crowd, Jesus sends his disciples ahead while he withdraws to pray. As they struggle against the wind on the lake, Jesus comes towards them, walking on the water. They are afraid, but Jesus reassures them: "Courage! It's me! Don't be afraid." Peter asks Jesus to command him to come across the water. For a moment, he does the impossible. But when he notices the wind, fear takes over and he begins to sink. He cries, "Lord! Save me!" and immediately Jesus reaches out and catches him. We can take note here that Peter's failure does not cause Jesus to abandon him. Jesus is there when Peter is brave enough to step out of the boat and when his courage collapses. Faith does not mean the absence of fear; it means continuing to reach towards Jesus even when we are afraid.

Application

Sometimes life can feel like Peter's boat: familiar enough to feel safe, yet surrounded by uncertainty. Stepping out might mean taking a risk, trusting God with something we cannot control, or moving forward without knowing what comes next. Like Peter, we can begin with confidence and then become overwhelmed when we focus on the "wind" around us. Academic pressure, expectations of your family and friends, relationships, or uncertainty about the future can easily become louder than our faith. Yet Peter's sinking is not the end of his story. His simple cry, "Lord! Save me!" is enough to bring Jesus' immediate response.

This week, consider what it is that you may be afraid to step into. It might be an honest conversation, a difficult decision, or surrendering something you have been trying to control. We do not need perfect faith. When fear takes over, we simply need to reach out to Jesus and trust that he is there.

Prayer

Dear Lord, When I become overwhelmed by everything happening around me, help me to remember that you are near. When my faith feels small and I begin to sink into fear, help me to reach for you rather than trying to handle everything alone. Give me the courage to step forward when you call me, and the humility to trust you when I am afraid. Amen.



St. Monica's Parish

North Parramatta

Nineteenth Sunday in Ordinary Time - Year A

9th 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

1 Kings 19:9.11-13

A reading from the first book of the Kings

When Elijah reached Horeb, the mountain of God, he went into the cave and spent the night in it. Then he was told, 'Go out and stand on the mountain before the Lord.' Then the Lord himself went by. There came a mighty wind, so strong it tore the mountains and shattered the rocks before the Lord. But the Lord was not in the wind. After the wind came an earthquake. But the Lord was not in the earthquake. After the earthquake came a fire. But the Lord was not in the fire. And after the fire there came the sound of a gentle breeze. And when Elijah heard this, he covered his face with his cloak and went out and stood at the entrance of the cave.

The word of the Lord

Responsorial Psalm

Ps 84:9-14. R. v.8

(R.) Lord, show us your mercy and love, and grant us your salvation.

1. I will hear what the Lord God has to say, a voice that speaks of peace. His help is near for those who fear him and his glory will dwell in our land. (R.)
2. Mercy and faithfulness have met; justice and peace have embraced. Faithfulness shall spring from the earth and justice look down from heaven. (R.)
3. The Lord will make us prosper and our earth shall yield its fruit. Justice shall march before him and peace shall follow his steps. (R.)

Second Reading

Romans 9:1-5

A reading from the letter of St Paul to the Romans

What I want to say is no pretence; I say it in union with Christ – it is the truth – my conscience in union with the Holy Spirit assures me of it too. What I want to say is this: my sorrow is so great, my mental anguish so endless, I would willingly be condemned and be cut off from Christ if it could help my brothers of Israel, my own flesh and blood. They were adopted as sons, they were given the glory and the covenants; the Law and the ritual were drawn up for them, and the promises were made to them. They are descended from the patriarchs and from their flesh and blood came Christ who is above all, God for ever blessed! Amen.

The word of the Lord

Gospel Acclamation

Alleluia, alleluia!

I hope in the Lord, I trust in his word.

Alleluia!

Gospel

MATTHEW 14:22-33

A reading from the holy Gospel according to Matthew

Jesus made the disciples get into the boat and go on ahead to the other side while he would send the crowds away. After sending the crowds away he went up into the hills by himself to pray. When evening came, he was there alone, while the boat, by now far out on the lake, was battling with a heavy sea, for there was a head-wind. In the fourth watch of the night he went towards them, walking on the lake, and when the disciples saw him walking on the lake they were terrified. 'It is a ghost' they said, and cried out in fear. But at once Jesus called out to them, saying, 'Courage! It is I! Do not be afraid.' It was Peter who answered. 'Lord,' he said 'if it is you, tell me to come to you across the water.' 'Come' said Jesus. Then Peter got out of the boat and started walking towards Jesus across the water, but as soon as he felt the force of the wind, he took fright and began to sink. 'Lord! Save me!' he cried. Jesus put out his hand at once and held him. 'Man of little faith,' he said 'why did you doubt?' And as they got into the boat the wind dropped. The men in the boat bowed down before him and said, 'Truly, you are the Son of God.'

The Gospel of the Lord

Communion Antiphon

O Jerusalem, glorify the Lord, who gives you your fill of finest wheat.

