

天主教華人牧民處

www.chinesechaplaincyparra.org

常年期第二十主日 (甲年)

2026 年 8 月 16 日



進堂詠

天主，我們的護盾，求你眷顧，請垂顧你的受傳者。在你的宮庭逗留一日，遠勝過在別處逗留千日。

激勵我的同胞發憤，好能拯救他們幾個人。如果因為他們的被遺棄，世界與天主和好了，那麼，如果他們被接納，豈不是死而復生嗎？

天主的恩賜和召選，是決不會撤回的。

就如你們以前，背叛了天主，現在，卻因為我同胞的背叛，而蒙受憐憫。同樣，他們現今雖然仍在背叛中，但這是為叫他們，將來也因為你們所受的憐憫，而得到憐憫。因為，天主把眾人都禁錮在背叛之中，是為要憐憫眾人。

—上主的話

福音前歡呼

領：亞肋路亞。

眾：亞肋路亞。

領：耶穌宣講天國的福音，治好民間各種疾病，各種災殃。

眾：亞肋路亞。

福音 聖瑪竇福音

15:21-28

那時候，耶穌往提洛，及漆冬一帶。看，有一個客納罕婦人，從那地

方出來，大聲呼喊，說：「主，達味之子，可憐我吧！我的女兒，被魔鬼糾纏得好苦啊！」耶穌卻一句話也不回答她。

耶穌的門徒就上前求耶穌，說：「打發她走吧！因為她在我們後面，不停地喊叫。」

耶穌回答說：「我被派遣，只是為了以色列家迷失的羊。」

那婦人卻前來叩拜耶穌，說：「主，幫助我吧！」

耶穌回答說：「拿兒女的餅，扔給小狗，是不對的。」

但那婦人說：「是啊！主，可是小狗也吃到主人桌子上掉下來的碎屑。」

耶穌回答她說：「啊！婦人，你的信德真大！就成全你的願望吧！」從那時刻起，她的女兒就痊癒了。 —上主的話

領主詠

上主富於仁慈，他必定慷慨救援。



讀經一 依撒意亞先知書 56:1,6-7

上主這樣說：「你們應當持守公道，履行正義，因為我的救恩，就要來到，我的正義，就要出現。」

「至於那些皈依上主，事奉上主，愛慕上主的名，做他的僕人，又都遵守安息日，不予以褻瀆，並固守我盟約的異邦人，我要引領他們，登上我的聖山，使他們在我的祈禱之殿，滿心歡樂。他們的全燔祭和犧牲，在我的祭壇上，要蒙受悅納，因為，我的殿宇，將稱為萬民的祈禱之所。」 —上主的話

答唱詠 詠 67:2-3,5,6,8

【答】：天主，願萬民都稱頌你，願列邦都讚美你！

領：願天主憐憫我們、降福我們，並以自己的慈顏容光，照耀我們！願世人認識他的道路，萬民得知他的救贖。【答】

領：萬民都要踴躍歡欣；你以正義統治世人，且在地上領導萬民。【答】

領：天主，願萬民都稱頌你；願列邦都讚美你！願天主降福我們；願萬民都敬畏天主！【答】

讀經二 聖保祿宗徒致羅馬人書 11:13-15,29-32

弟兄姊妹們：我對你們外邦人說：我既然是外邦人的宗徒，我必要光榮我的職務。這樣，或許可以

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	日期	內容	講者
23/08/2026	信仰生活分享	Mary Li	6/09/2026	信仰與靈修	Vera & 美術組
30/08/2026	當日讀經分享	Sara Lee	13/09/2026	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: 9 月 13 日。

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。

本主日教會選了聖詠第 67 篇作答唱詠。

古譯本有註釋這是達味君王所作，但學者們未敢下判斷。按內容卻接近舊約晚期的神學，即天主不只是以色列的天主，而是萬民的天主。全詩只有八節，彌撒內幾近誦讀了全首聖詠。

答句出自第 4 節（天主，願萬民都稱頌你，願列邦都讚美你！），這節似預言新約的聖教會，集合了來自天下的眾信友，一起讚頌稱謝天主。

第 2 至 3 節（願天主憐憫我們，並祝福我們；以自己的慈愛容光照耀我們！為使世人認識他的道路，萬民得知他的救贖），「主的慈顏容光」出自戶 6:24，是舊約大司祭祝福人民的用辭。「認識上主的道路」，是指上主啟示往祂的途徑，即是祂眷顧世人的種種恩寵。

第 5 節（萬民都要踴躍歡欣，你以正義統治世人，且在地上領導萬民），「統治世人」的原文亦可作「審判世人」，似是預言基督第二次的來臨和公審判。

第 6 和第 8 節（天主，願萬民都稱頌你，願列邦都讚美你！願天主給我們祝福，願萬民都敬畏天主！），是整首詩的重覆詠唱。教會由宗徒的傳教經驗，得知天主願意救贖萬民，以民的皈依擴展成萬民的皈依。



Youth Corner 16/8/2026

Scripture- today's scripture comes from the book of Matthew, specifically Matthew 15: 21-28. Put briefly, it recounts an encounter Jesus has with a Canaanite woman begging him to help her daughter who was troubled by the devil. Though he initially says nothing, and though his disciples beg him to send her away, the woman persists. As a result, though a Canaanite, Jesus acknowledges her faith and cured her daughter.

Observation- Something I observed that seemed quite interesting to me was that Jesus seemingly ignores her in the beginning. At first, I was somewhat perplexed. Why would Jesus, the epitome of love and compassion, ignore a woman so obviously in need of help?

If you consider it a bit more, it becomes apparent that while Jesus does at first say nothing, it isn't out of irritation, but rather he seems to be gauging her. Even when the disciples try to get him to rebuff her, he merely explains that he was only sent to save the those lost descendants of the House of Israel. In this way, rather than sending her away, he seemingly gives her a chance to explain herself, and in doing so, she is able to prove her faith. She kneels before him, and kneeling while obviously a sign of fealty, is also an acknowledgement that she recognizes Jesus as who he truly is – it is something that has been echoed by many others in the Gospel.

Application- While there is a lot more that can probably be analyzed, the important thing to take away from this Gospel is that salvation is not just limited to the house of David, but rather, to those who display true faith. And therefore, while it is so easy to just ignore those who do not believe in God, under the pretext that there is no point helping them, it is important to remember that this is not necessarily the case. It is precisely because of faith being the key to salvation that as Catholics we have a duty to also give others a chance at it, and to spread the word as far as we can, even through the simplest things in our daily lives.

Prayer- Today, while reading this Gospel, I pray that we can be reminded that God's love and hope for us extends past those who are Catholic and to those who do not currently have a place for him in their hearts. May we have the courage to go towards them and reach out a helping hand – a hand free of judgement, and full of care. I pray that all those currently lost find their way towards you in the hopes that they too can experience your salvation. Amen.



St. Monica's Parish

North Parramatta

ST MONICA'S Twentieth Sunday in Ordinary Time - Year A

16th August 2026

Entrance Antiphon

Turn your eyes, O God, our shield; and look on the face of your anointed one; one day within your courts is better than a thousand elsewhere.

First Reading

Isaiah 56: 1, 6-7

A reading from the prophet Isaiah

Thus says the Lord: Have a care for justice, act with integrity, for soon my salvation will come and my integrity be manifest.

Foreigners who have attached themselves to the Lord to serve him and to love his name and be his servants – all who observe the sabbath, not profaning it, and cling to my covenant – these I will bring to my holy mountain. I will make them joyful in my house of prayer. Their holocausts and their sacrifices will be accepted on my altar, for my house will be called a house of prayer for all the peoples.

The word of the Lord

Responsorial Psalm

Ps 66:2-3,5-6,8 v.4

(R.) O God, let all the nations praise you!

1. O God, be gracious and bless us and let your face shed its light upon us. So will your ways be known upon earth and all nations learn your saving help. **(R.)**
2. Let the nations be glad and exult for you rule the world with justice. With fairness you rule the peoples, you guide the nations on earth. **(R.)**
3. Let the peoples praise you, O God; let all the peoples praise you. May God still give us his blessing till the ends of the earth revere him. **(R.)**

Second Reading

Romans 11:13-15,29-32

A reading from the letter of St Paul to the Romans

Let me tell you pagans this: I have been sent to the pagans as their apostle, and I am proud of being sent, but the purpose of it is to make my own people envious of you, and in this way save some of them. Since their rejection meant the reconciliation of the world, do you know what their admission will mean? Nothing less than a resurrection from the dead! God never takes back his gifts or revokes his choice.

Just as you changed from being disobedient to God, and now enjoy mercy because of their

disobedience, so those who are disobedient now – and only because of the mercy shown to you – will also enjoy mercy eventually. God has imprisoned all men in their own disobedience only to show mercy to all mankind.

The word of the Lord

Gospel Acclamation

Alleluia, alleluia!

Jesus preached the Good News of the kingdom and healed all who were sick.

Alleluia!

Gospel

MATTHEW 15:21-28

A reading from the holy Gospel according to Matthew

Jesus left Gennesaret and withdrew to the region of Tyre and Sidon. Then out came a Canaanite woman from that district and started shouting, 'Sir, Son of David, take pity on me. My daughter is tormented by a devil.' But he answered her not a word. And his disciples went and pleaded with him. 'Give her what she wants,' they said 'because she is shouting after us.' He said in reply, 'I was sent only to the lost sheep of the House of Israel.' But the woman had come up and was kneeling at his feet. 'Lord,' she said 'help me.' He replied, 'It is not fair to take the children's food and throw it to the house-dogs.' She retorted, 'Ah yes, sir; but even house-dogs can eat the scraps that fall from their master's table.' Then Jesus answered her, 'Woman, you have great faith. Let your wish be granted.' And from that moment her daughter was well again.

The Gospel of the Lord

Communion Antiphon

With the Lord there is mercy; in him is plentiful redemption.