

天主教華人牧民處

www.chinesechaplaincyparra.org



常年期第二十二主日 (甲年)

2026 年 8 月 30 日

進堂詠

上主，求你憐憫我，因為我整天呼求你。上主，你良善又仁慈；凡呼號你的，你必寬待他。

讀經一

耶肋米亞先知書 20:7-9

上主，你引誘了我；我讓自己受了你的引誘；你確實比我強，你勝利了。我終日成為笑柄，人人嘲笑我。因為我每次發言，必得叫喊，必得高呼：「暴虐！破壞！」實在，上主的話，使我日日成為受侮辱和譏笑的原因。

如果我說：我不再想念他，不再以他的名發言，我就覺得五內如焚，好像有一團烈火，蘊藏在我的骨髓裡；我竭力抑制，亦不可能。

—上主的話

答唱詠

詠 63:2, 3-4, 5-6, 8-9

【答】：天主，你是我的天主，我的靈魂渴慕你

領：天主，你是我的天主，我急切尋覓你；我的靈魂渴慕你，我的肉身切望你，有如一塊乾旱涸竭、無水的田地。【答】

領：昔日，我曾在聖殿裡瞻仰過你，為看到你的威能，和你的光輝；因為你的慈愛比生命更寶貴，我的唇舌要時常稱頌你。【答】

領：我要一生一世讚美你。我要因你名，高舉雙手，向你祈禱。我的靈魂好似飽享了膏脂，我要以歡愉的口唇讚美你。【答】

領：你曾作了我的助佑；我要在你的羽翼下歡舞。我的靈魂緊緊追隨你；你的右手常常扶持我。【答】

讀經二

聖保祿宗徒致羅馬人書 12:1-2

弟兄姊妹們：

我以天主的仁慈，請求你們，獻上你們的身體，當作生活、聖潔和悅樂天主的祭品；這才是你們合理的敬禮。你們不可與此世同化，反而應以更新的心思，變化自己，為使你們能辨別：什麼是天主的旨意，什麼是善事，什麼是悅樂天主的事，什麼是成全的事。

—上主的話

福音前歡呼

領：亞肋路亞。



眾：亞肋路亞。

領：願我們的主耶穌基督的天主，光照我們心靈的眼目，為叫我們認清他的寵召，有什麼希望。

眾：亞肋路亞。

福音

聖瑪竇福音 16:21-27

那時候，耶穌開始向門徒說明：他必須上耶路撒冷去，要由長老、司祭長和經師手中，受許多痛苦，並將被殺，但第三天要復活。

伯多祿便拉耶穌到一邊，諫責耶穌說：「主，千萬不可！這事絕不會臨到你身上！」

耶穌轉身對伯多祿說：「撒旦，退到我後面去！你是我的絆腳石，因為你所體會的，不是天主的事，而是人的事。」

於是，耶穌對門徒說：「誰若願意跟隨我，該棄絕自己，背著自己的十字架，來跟隨我，因為，誰若願意救自己的性命，必要喪失性命；但誰若為我的原故，喪失自己的性命，必要獲得性命。人縱然賺得全世界，卻賠上了自己的靈魂，—上主的話

領主詠

上主，你為敬畏你的人，所保留的恩澤，是何等豐盛！

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
6/09/2026	信仰與靈修	Vera & 美術組	20/09/2026	清除聆聽天主召喚的障礙(4)	Ruby Chan
13/09/2026	聖詠	Peter Lee	27/09/2026	信仰生活分享	Margaret Chiu

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。

請留意, 9 月 1 日至 4 日 (星期二至五) 的平日彌撒將予取消。

2026 父親節特別捐獻

9 月 6 日 (星期日), 將收取為支持退休神職人員的特別捐獻, 呼籲大家慷慨解囊。

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第 63 篇。

這篇聖詠的歷史背景是達味因為兒子阿貝沙隆謀反，企圖弑父且自立為君王而興起戰爭。達味為保命，亦不願與兒子正面交鋒，於是逃難到猶大曠野（詳見撒下 15 章；亦是納堂先知的預言成真，見撒下 12:10-12）。達味逃難時懇求天主垂憐而寫成這首熱心的詩歌。

答句出自第 2 節（天主，你是我的天主，我急切尋覓你；我的靈魂渴慕你，我的肉身切望你，我有如一塊乾旱涸竭的無水田地），達味君王逃難到曠野時的確是狼狽、哀傷，他極渴望天主拯救他。

第 3 至 4 節（昔日我曾在聖殿裏瞻仰過你，為看到你的威能，和你的光輝；因你的慈愛比命更寶貴，我的唇舌要時常稱頌你），達味曾在耶京的會幕（當時未有聖殿）向上主祈禱；現在雖然他處身曠野，但他對上主的熱誠絲毫未變。

第 5 節（我要一生一世讚美你，我要因你名把手舉起！），「高舉雙手」是以民祈禱時的姿勢，意思是充滿信心地打開雙手，準備領受上主所賜予的恩寵。

全詩最重要的是第 6 節（我的靈魂好似飽享了膏脂，我要以歡愉的口唇讚美你）。達味深信上主的眷顧而充滿力量（反映舊約時代物質缺乏，滿是脂肪的肥肉是珍品！），上主必然拯救祂特選的人。

第 8 至 9 節（因為你曾作了我的助佑，我要在你的羽翼下歡舞。我的靈魂緊緊追隨你，你的右手常常扶持我），可見舊約時代以色列子民已普遍相信人既有肉身又有靈魂（見創 2:7），而且靈魂與肉身並不互相違背，共同渴慕和切望天主。「上主的右手」當然是象徵性的說法，是說上主恩待祂的僕人。

YOUTH ANNOUNCEMENT

World Youth Day Fundraising Bake Sale

On 20th Sept 2026, Sunday, we shall have a bake sale, raising funds in supporting our youths to go to 2027 World Youth Day in South Korea. There will be mooncakes (sweet potato and red bean flavor), **\$5 for one, \$20 for six**. Pre-order is necessary, which can be made on 31st Aug and 6th Sept 2026.

HSC Blessing

Blessing for HSC students this year will be made at Masses on 27th Sept 2026.

Life-Skills Workshop

On 10th Oct 2026 (Sat, 10am-3pm) there will be another round of life-skills workshop. The topic is "**public speaking skills**". Come along if you want to ace your next presentation! There will be a small fee to help cover the cost of lunch. Our **annual trivia night** will be followed. Contact Cheryl Wong (0481 507 169) or Raphael Cheung (0420 947 121) if you are interested.

St Monica's Got Talent

The 3rd season of St Monica's Got Talent will be back on 28th Nov 2026, 7pm! If you would like to perform, please contact Raphael Cheung (0420 947 121) to register your act. Any kind of acts are welcome, so you can show off your dance moves, beat boxing, juggling, martial arts, etc. Let our community see your talents and praise God! All proceeds will go towards the repair and maintenance of the parish church and hall.



Youth Corner 30/8/2026

Scripture: Matthew 16: 21-27

Observation:

In today's gospel, Jesus begins to foretell his passion, in which the disciples are struggling to accept and understand. Jesus speaks of the great suffering he must go through at the hands of the elders, priests and scribes, and eventually be killed in the cruelest way, crucifixion, and then be raised on the third day. Here Jesus is talking about an eternal victory and glory when he is raised, conquering death and the devil. The disciples do not understand this because they cannot fathom the possibility of His death and resurrection because they are looking at it from an Earthly perspective. So Peter decides to take matters into his own hands and rebuke Jesus, at which Jesus calls him Satan. This is because Peter had shown disobedience to the Lord by speaking against His plan. Then He tells the disciples what it means to obey and be a true disciple. Now He never specifically says he will die on the cross here but He said that to be His disciple, we must carry our cross and renounce ourselves and our old lives. In Jesus's time, the cross symbolizes death and suffering, and so He is saying that to follow Him, we will have to face all kinds of persecutions and suffering. However, Jesus also turns the cross from being a symbol of death to a symbol of His glory and new life. So His invitation for us to carry our crosses is not only to symbolize the trials and tribulations we will face as Christians, but the death of our old ways and the birth of a new life with Christ.

Application:

In our daily lives, we will often have to face situations that does not immediately make sense to us, and may go against our natural reflexes, for example, putting our own public image as priority and obsessing over it (sin of vanity). We may choose to do something that is wrong or against our belief, against God, just to fit into the society's mold and be liked by others. These and many worldly temptations are part of the cross we must carry in order to be a Christians. The battle is long, and may seem impossible, but Jesus has already conquered the cross and changed it forever, so we must also take great peace and trust in God that when we fight against our worldly desires, God is fighting with us. When we wear our crosses on our neck or wrist, or hang it up in our home or car, let it not be reduced to mere jewelry or decoration, but we are displaying a sign of Jesus's sacrifice, our fight against sin and our wish to be a disciple of Jesus.

Prayer:

Father, give us the strength to not walk away from you when we are faced with temptations and trials, lead us not into temptation but deliver us from evil. Remind us when we stray from you the cross that we bear, and let it be a sign to the world that You are the way. In Jesus' name we pray, Amen.



St. Monica's Parish

North Parramatta

ST MONICA'S Twenty-Second Sunday in Ordinary Time - Year A

30th August 2026

Entrance Antiphon

Have mercy on me, O Lord, for I cry to you all the day long. O Lord, you are good and forgiving, full of mercy to all who call to you.

First Reading

Jeremiah 20:7-9

A reading from the prophet Jeremiah

As I watched:

You have seduced me, Lord, and I have let myself to be seduced; you have overpowered me: you were the stronger.

I am a daily laughing stock, everybody's butt. Each time I speak the word, I have to howl and proclaim: 'Violence and ruin!' The word of the Lord has meant for me insult, derision, all day long.

I used to say, I will not think about him, I will not speak in his name any more. Then there seemed to be a fire burning in my heart, imprisoned in my bones. The effort to restrain it wearied me, I could not bear it.

The word of the Lord

Responsorial Psalm

Ps 62:2-6. 8-9. R. v.2

(R.) My soul is thirsting for you, O Lord my God.

1. O God, you are my God, for you I long; for you my soul is thirsting. My body pines for you like a dry, weary land without water. (R.)
2. So I gaze on you in the sanctuary to see your strength and your glory. For your love is better than life, my lips will speak your praise. (R.)
3. So I will bless you all my life, in your name I will lift up my hands. My soul shall be filled as with a banquet, my mouth shall praise you with joy. (R.)
4. For you have been my help; in the shadow of your wings I rejoice. My soul clings to you; your right hand hold me fast. (R.)

Second Reading

Romans 12: 1-2

A reading from the letter of St Paul to the Romans

Think of God's mercy, my brothers, and worship him, I beg you, in a way that is worthy of things beings, by offering your living bodies as a holy sacrifice, truly pleasing to God. Do not model yourselves on the behaviour of the world around you, but let your behaviour change, modelled by your new mind. This is the only way to discover the

will of God and know what is good, what it is that God wants, what is the perfect thing to do.

The word of the Lord

Gospel Acclamation

Alleluia, alleluia!

May the Father of our Lord Jesus Christ enlighten the eyes of our heart, That we might see how great is the hope to which we are called.

Alleluia!

Gospel

MATTHEW 16:21-27

A reading from the holy Gospel according to Matthew

Jesus began to make it clear to his disciples that he was destined to go to Jerusalem and suffer grievously at the hands of the elders and chief priests and scribes, to be put to death and to be raised up on the third day. Then, taking him aside, Peter started to remonstrate with him. 'Heaven preserve you, Lord,' he said. 'This must not happen to you.' But he turned and said to Peter, 'Get behind me, Satan! You are an obstacle in my path, because the way you think is not God's way but man's.'

Then Jesus said to his disciples, 'If anyone wants to be a follower of mine, let him renounce himself and take up his cross and follow me. For anyone who wants to save his life for my sake will find it. What, then, will a man gain if he wins the whole world and ruins his life? Or what has a man to offer in exchange for his life?

'For the Son of Man is going to come in the glory of his Father with his angels, and, when he does, he will reward each one according to his behaviour.'

The Gospel of the Lord

Communion Antiphon

How great is the goodness, Lord, that you keep for those who fear you.