

天主教華人牧民處

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五旬節主日（聖神降臨節）

2025年6月08日

進堂詠

上主的神充滿了世界，包羅萬象，通曉一切語言。亞肋路亞。

讀經一

宗徒大事錄 2:1-11

五旬節一到，門徒及眾人都聚集一處。忽然，從天上來了一陣響聲，好像暴風颳來，充滿了他們所在的全座房屋。有些散開好像火的舌頭，停留在他們每人頭上，他們都充滿了聖神，照聖神賜給他們的話，說起外方話來。

那時，居住在耶路撒冷的，有從天下各國來的虔誠猶太人。這聲音一響，就聚集了許多人，都倉皇失措，因為人人都聽見他們說各人的方言。

他們驚訝奇怪地說：「看，這些說話的，不都是加里肋亞人嗎？怎麼我們每人聽見他們說我們出生地的方言呢？我們中有帕提雅人、瑪待人、厄藍人和居住在美索不達米亞、猶太及卡帕多細雅、本都並亞細亞、夫黎基雅和旁非里雅、埃及，並靠近基勒乃的利比亞一帶的人，以及僑居的羅馬人、猶太人和皈依猶太教的人、克里特人和阿拉伯人。怎麼我們都聽見他們用我們的話，講論天主的奇事呢？」——上主的話

答唱詠

詠104

【答】：上主，請你噓氣，使大地更新。

領：我的靈魂，請頌讚上主！上主、我的天主，你偉大無比。
上主，你的化工，何其繁浩；你創造的萬物，充滿大地。

【答】

領：你若停止牠們的呼吸，牠們就要死去，歸於原來的灰土。
你一噓氣，萬物化生；你使大地，更新復興。【答】

領：願上主的光榮，永世無窮；願上主喜愛自己的化工！願我的祈禱蒙上主喜悅；我將常在上主內歡樂。【答】

讀經二

致格林多人前書 12:3-7, 12-13

弟兄姊妹們：

除非受聖神感動，沒有一個人能說：「耶穌是主」。

神恩雖有區別，卻是同一聖神所賜；職分雖有區別，卻是同一的主所賜；功效雖有區別，卻是同一的天主，在一切人身上，行一切事。聖神顯示在每人身上雖有不同，但全是為人的好處。

就如身體只是一個，卻有許多肢體；身體所有的肢體雖多，仍是一個身體；基督也是這樣。因為我們眾人，不論是猶太人，或是希臘人，或是為奴的，或是自主的，都因一個聖神受了洗，成為一個身體，又都為一個聖神所滋潤。——上主的話

五旬節讚歌

聖神，請你降臨，從高天放射你的光芒。

窮人的慈父，請你降臨！恩寵的施主，請你降臨！心靈的真光，請你降臨！

你是良善的施慰者；你是心靈甘飴的賓客；你是甜蜜的涼蔭。

在勞苦中，你是憩息；在酷熱裡，你是清風；在悲痛時，你是慰藉。

你是萬福的真光，求你充滿你信眾的心靈深處。

沒有你的助佑，人便一無所有，一無是處。

求你洗淨我們的污穢，灌溉我們的乾枯，醫治我們的創傷。

求你軟化頑固的心，溫暖冷酷的心，引導迷途的人。

求你將七種神恩，賜給你的信眾。

求你賜我們修德的能力，善生福終，永享天福。

亞孟。

福音前歡呼

領：亞肋路亞。

眾：亞肋路亞。

領：聖神，請你降臨，充滿你信徒的心；在他們心內，燃起你的愛火。

眾：亞肋路亞。

福音

若望福音 20:19-23

一周的第一天晚上，門徒所在的地方，因為怕猶太人，門戶都關著；耶穌來了，站在中間，對他們說：「願你們平安！」說了這話，便把手和肋膀指給他們看。門徒見了主，便喜歡起來。

耶穌又對他們說：「願你們平安！就如父派遣了我，我也同樣派遣你們。」說了這話，就向他們噓了一口氣，說：「你們領受聖神吧！你們赦免誰的罪，誰的罪就得赦免；你們保留誰的罪，誰的罪就被保留。」——上主的話

領主詠

眾人都充滿了聖神，講論天主的奇事。亞肋路亞。



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(普通話)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
助理司鐸：	張勇浩神父（英、韓語）暫借到 Rouse Hill Catholic Parish 服務
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〕
修和聖事：	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 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
堂區聯絡：	電話：9630 1951 傳真：9630 8738 電郵： stmonicanp@bigpond.com

信仰探討講座（聖奧斯定會主持）

逢星期日上午10時半至11時15分，
在堂區會議室舉行，歡迎參加。
請參閱未來幾週的講座內容：

日期	內容	講者
15/06/25	從天主的創造看人類的苦難	Ruby Chan
22/06/25	信仰生活分享	Lily Suen
29/06/25	當日讀經分享	Lillian Lee

聖經人物趣談（林神父主持）2025年6月8日和15日（星期日）下午1時半至2時，在禮堂舉行。

聖經幼稚園（網上講座）林勝文神父主講聖經各書卷導讀

逢每月第二及第四個星期六，晚上8時至9時在網上舉行。下次舉行日期：2025年6月14日。

報名及查詢請WhatsApp 或傳短訊給牧民處熱線 0411 192 278

聖母無原罪聖神同禱會邀請大家慶祝聖神降臨節：教會的生辰

日期：6月8日（聖神降臨節、星期日） 時間：下午2時15分至4時半 地點：禮堂

內容：敬拜與讚美、短講、John Poon見證及分享

歡迎教內外人士參加

善導之母興趣小組 6月份活動將舉辦 Swarovski 水晶手鍊製作，詳情如下：

日期：6月15日（星期日） 時間：下午2時15分至4時 地點：禮堂

費用：自由捐獻

截止報名日期：6月11日（星期三） 查詢及報名請WhatsApp或傳短訊至牧民處熱線電話 0411 192 278

華人牧民處週年退省 主題：修和聖事（林勝文神父主講）

日期：2025年7月31日（星期四）至8月2日（星期六）

地點：Carmelite Retreat Centre, 247 St Andrews Rd, Varroville NSW

**可以選擇留宿或只在網上參與講解部分

有關詳情、報名和費用請掃描附上的二維碼，

或聯絡Eric Wong電郵eric@mortgageinternational.com.au 電話0417 457 688



歡迎把這通訊
帶回家細閱

聖神降臨節彌撒的答唱詠選自聖詠 104 篇。

初期教會的聖熱羅尼莫、聖奧斯定等都已註釋這聖詠不是達味君王所作，卻因這詩的體裁和內容，認為與聖經的「智慧文學」，尤其與《約伯傳》相近；因此是以民充軍後的作品。本詩頗長，共 35 節，但主題十分明確：人可藉萬物讚美造物主。

答句是第 30 節（你一嘔氣萬物創成，你使地面，更新復興）的改寫。上主的「嘔氣」（見創 2:7；若 20:22），是賦予聖神的明顯記號。至今教會每年的聖油彌撒，祝聖至聖聖油（為堅振聖事用的）時主教仍有向油嘔氣的禮節。這節在其他抄卷亦寫成「你若發出你的神，他們便能復甦；你便使地面更新。」，這就更顯出造物主聖神的德能。

第 1 節（我的靈魂，請你向上主頌讚！上主我的天主，你偉大無限，你以尊貴威嚴作你的衣冠），人的靈魂就是天主創造人的極致，就是那天主的嘔氣，使人超越世間萬物，是天主讓人分享祂的「天主性」。人的靈魂賦予人極複雜的情感與理性，所有人都可藉靈魂去發現和讚美天主。

第 24 節（上主，你的化工，是何其浩繁，全是你以智慧所創辦，你的受造物遍地充滿），舊約「智慧文學」其他書卷都有類似的寫法，見箴 8:22；德 39:20。第 29 和 30 節（你若隱藏你的面容，牠們便要恐懼，你若停止牠們呼吸，牠們就要死去，就再回到牠們所由出的灰土裡去。你一嘔氣萬物創成，你使地面，更新復興），亦有這情況，見約 34:14-15；訓 3:20；智 15:16；智 7:27。第 30 節更預示耶穌升天後的聖神降臨，更新整個宗徒團體和教會。

第 31 節（願上主的光榮永世無窮，願上主喜樂自己的化工！）和 34 節（願我的頌辭使他樂意，我要常在上主內歡喜），是天主與人同歡共樂的極佳描述。天主藉聖神賜予人喜樂之恩，人在聖神內分享天主的喜悅。



Scripture: John 20:19-23

Observation:

Jesus appears to his disciples while they are hiding from the Jews, scared for their lives. He appears to them and shows them his hands with holes in them and says, "Peace be with you! As the Father has sent me, I am sending you", as evidence that he is the same Jesus who had led them before his death. He proceeds to bless them with the holy spirit.

Application:

As another Sunday for Pentecost comes around, I'm sure there are times in the past year when you have asked yourself if Jesus is watching you. Does Jesus know that my faith isn't as strong as it could be? Jesus is always looking out for us, his followers, in simple ways, such as attending church and praying, which connect us to Him. Church is a central location for connection to prayer, where we communicate with Jesus through prayer. We reaffirm our faith every time we go to church because we believe in Jesus. Praying to him is not only us talking to Jesus; he listens to us and takes care of whatever troubles us. A friend once told me a story about a man and God walking in the sand together and when the man looked back he realised there are gaps in his path and these gaps happen to be when he was at his lowest and he asks God why there's only one set of footprints, why would God leave him at his lowest times but He tells the man that at the lowest times he was too weak to walk with God so He carries him until he feels strong enough to walk again. I sometimes interpret this story as God will never leave us, and when we hit our lowest points, He will always do something to bring us back up, whether it be an appearance or just small miracles.

Prayer:

Jesus, in the fear of unknown days, You come to us with peace no matter what. As You stood with Your disciples, showing them Your scars, we ask You to stand with us to strengthen our faith in You. We thank you for the courage You gave us to stand against our moments of fear and doubt. Fill us with Your holy spirit so that we can carry out Your mission of forgiveness and spread Your word. Amen.

Youth Announcements

**Youth Camp 8th—11th July 2025
with Simon Carrington**

This year, we have the privilege of hosting Simon Carrington as a guest speaker at our youth camp! Simon is the co-founder of Fire Up Ministries and a well-known speaker on chastity, dating, theology of the body and masculinity. Please contact Cheryl (0481 507 169) or Brian (0491 138 451) for more details and application forms.




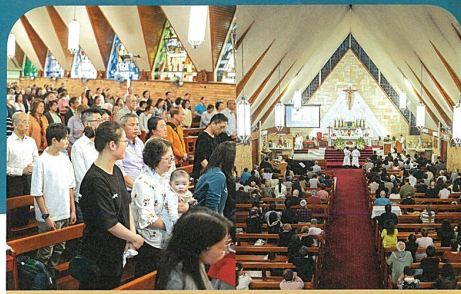
禧年禱文


天父，願祢藉着祢的聖子——我們的兄長耶穌基督，所賦予我們的信德，和聖神在我們心中燃點的愛德火焰，重振我們對祢神國的望德。

願祢的恩寵轉化我們，使我們努力不懈地栽種福音的幼苗。但願那些福音幼苗，使人類和宇宙萬物由內而外得以轉化，並能懷着確切的希望，期待新天新地的來臨，那時，邪惡勢力要全被摧毀，祢的榮耀卻要永遠常存。

願禧年的恩寵重振我們這些希望的朝聖者，對天國寶藏的渴求。願這同一恩寵使我們救主的喜樂與平安惠及普世萬民。願讚頌和光榮歸於祢——天主，至於無窮之世。亞孟。

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To donate, update your giving details, or volunteer: Please contact our Parish Office on 02 9630 1951 or complete and submit a Parish Stewardship envelope.



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St. Monica's Parish

North Parramatta

ST MONICA'S
CATHOLIC PARISH AND PRIMARY SCHOOL COMMUNITY

Pentecost Sunday (Year C)

8th June 2025

ENTRANCE ANTIPHON

The Spirit of the Lord has filled the whole world and that which contains all things understands what is said, alleluia.

FIRST READING

ACTS 2:1-11

When Pentecost day came round, the apostles had all met in one room, when suddenly they heard what sounded like a powerful wind from heaven, the noise of which filled the entire house in which they were sitting; and something appeared to them that seemed like tongues of fire; these separated and came to rest on the head of each of them. They were all filled with the Holy Spirit, and began to speak foreign languages as the Spirit gave them the gift of speech. Now there were devout men living in Jerusalem from every nation under heaven, and at this sound they all assembled, each one bewildered to hear these men speaking his own language. They were amazed and astonished. 'Surely' they said 'all these men speaking are Galileans? How does it happen that each of us hears them in his own native language? Parthians, Medes and Elamites; people from Mesopotamia, Judaea and Cappadocia, Pontus and Asia, Phrygia and Pamphylia, Egypt and the parts of Libya round Cyrene; as well as visitors from Rome – Jews and proselytes alike – Cretans and Arabs; we hear them preaching in our own language about the marvels of God.' *The word of the Lord*

RESPONSORIAL PSALM

Ps 103

- R.) Lord, send out your Spirit and renew the face of the earth.
1. Bless the Lord, my soul! Lord God, how great you are, How many are your works, O Lord! The earth is full of your riches. (R)
 2. You take back your spirit, they die, returning to the dust from which they came. You send forth your spirit, they are created; and you renew the face of the earth. (R)
 3. May the glory of the Lord last for ever! May the Lord rejoice in his works! May my thoughts be pleasing to him. I find my joy in the Lord. (R)

SECOND READING

1 CORINTHIANS 12:3-7, 12-13

No one can say, 'Jesus is Lord' unless he is under the influence of the Holy Spirit.

There is a variety of gifts but always the same Spirit; there are all sorts of service to be done, but always to the same Lord; working in all sorts of different ways in different people, it is the same God who is working in all of them. The particular way in which the Spirit is given to each person is for a good purpose.

Just as a human body, though it is made up of many parts, is a single unit because all these parts, though many, make one body, so it is with Christ. In the one Spirit we were all baptised, Jews as

well as Greeks, slaves as well as citizens, and one Spirit was given to us all to drink.

The word of the Lord.

SEQUENCE

Holy Spirit, Lord of light, From the clear celestial height Thy pure beaming radiance give.

Come, thou Father of the poor, Come with treasures which endure; Come, thou light of all that live!

Thou, of all consolers best, Thou, the soul's delightful guest, Dost refreshing peace bestow;

Thou in toil art comfort sweet; Pleasant coolness in the heat; Solace in the midst of woe.

Light immortal, light divine, Visit thou these hearts of thine, And our inmost being fill:

If thou take thy grace away, Nothing pure in man will stay; All his good is turned to ill.

Heal our wounds, our strength renew; On our dryness pour thy dew; Wash the stains of guilt away:

Bend the stubborn heart and will; Melt the frozen, warm the chill; Guide the steps that go astray.

Thou, on us who evermore Thee confess and thee adore, With thy sevenfold gifts descend:

Give us comfort when we die; Give us life with thee on high; Give us joys that never end.

GOSPEL ACCLAMATION

Alleluia, alleluia!

Come, Holy Spirit; fill the hearts of your faithful and kindle in them the fire of your love. Alleluia!

GOSPEL

JOHN 20:19-23

In the evening of the first day of the week, the doors were closed in the room where the disciples were, for fear of the Jews. Jesus came and stood among them. He said to them, 'Peace be with you', and showed them his hands and his side. The disciples were filled with joy when they saw the Lord, and he said to them again, 'Peace be with you.'

'As the Father sent me, so am I sending you.'

After saying this he breathed on them and said:

'Receive the Holy Spirit. For those whose sins you forgive, they are forgiven: for those whose sins you retain, they are retained.'

The Gospel of the Lord

COMMUNION ANTIPHON

They were all filled with the Holy Spirit and spoke of the marvels of God, alleluia.



四部福音之中，談論聖神最多的則是若望福音，只有若望福音的作者傳給了我們有關聖神降臨的敘述。若二十19-23雖然只是短短的五節經文，卻含有四個主題：復活顯現、平安的祝福、派遣門徒以及賜予聖神。

經文中強調門徒因為害怕猶太人，所以躲在門戶緊閉的屋內，因此，耶穌對他們的祝福，直接的目的便是要去消除他們內心的恐懼不安。在祝福平安之後，耶穌隨即把自己的手和肋膀的傷痕顯示給門徒，這麼做的目的在於使門徒確認祂就是被釘的耶穌，但同時也清楚的表達出，祂的問候事實上是一個復活的祝福、含有救恩意義的祝福。

復活的主給予門徒一個使命，就是使他們分享自己由父所得到的派遣：「就如父派遣了我，我也同樣派遣你們。」經文並未明確指出派遣的對象或目的，因此這句話的主要意義在於指出賦予「權能」，說明門徒的教導就是耶穌的教導，二者同樣重要。

耶穌藉著向門徒噓氣而把聖神賦予他們，門徒們憑藉聖神的恩惠為信仰團體服務，福音經文用「赦免罪過」來綜合門徒的派遣。在初期教會傳統中，「聖神的恩賜」和「罪過的赦免」一直是彼此相連的概念，這一點在洗禮的施行中表現的最為清楚（宗二38）。教會團體具有赦罪的權柄，其最後的基礎便在於耶穌的死亡與復活，祂的死亡與復活帶來真正的、徹底的罪赦。復活的主把聖神賜給門徒，使他們能赦免人的罪過，意思就是把自己經由死亡與復活所帶來的勝利果實，完全交付給門徒，要他們把這救恩的果實分享給普世萬民。