

天主教華人牧民處

www.chinesechaplaincyparra.org



復活期第五主日（甲年）

2026年5月3日

進堂詠

請眾向上主歌唱新歌，因為他行了奇事。上主已經宣布了自己的救恩，將自己的正義啟示給萬民。亞肋路亞。

讀經一

宗徒大事錄 6:1-7

那時候，門徒漸漸增多，希臘化的猶太人，對希伯來人發出了怨言，因為他們在每天的供應品上，疏忽了他們的寡婦。

於是，十二位宗徒召集眾門徒說：「讓我們放棄天主的聖言，而操管飲食，實在不相宜。所以，弟兄們！當從你們中，檢定七位有好聲望，且充滿聖神和智慧的人，派他們管理這些事務。至於我們，我們要專務祈禱，並為真道服役。」

這番話得到全體的悅服，就選了斯德望，他是充滿信德和聖神的人，及斐理伯、卜洛葛洛、尼加諾爾、提孟、帕爾默納和尼苛勞，他是皈依猶太教的安提約基雅人，叫他們立在宗徒面前；眾宗徒祈禱以後，就給他們覆了手。

天主的道漸漸發揚；門徒的數目在耶路撒冷大為增加；司祭中也有許多人，服從了信仰。——上主的話

上主的話

答唱詠

詠 33

【答】：上主，求你向我們廣施慈愛，有如我們對你的期待。

領：義人，你們應向上主踴躍歡呼，因為正直的人，理應讚美上主。你們該彈琴，稱謝上主；彈奏十絃琴，讚頌上主。【答】

領：上主的言語是正直的；他的一切作為都是信實的。他愛護正義和公理；他的慈愛瀰漫大地。

【答】

領：請看，上主的眼睛，常關注敬畏他的人；他的雙目，常眷顧靠他仁慈的人，為使他們的性命，脫免死亡，使他們在飢饉時，生活如常。【答】

讀經二

聖伯多祿前書 2:4-9

親愛的諸位：

你們接近了主，即接近了那為人所擯棄，但為天主所精選，所尊重的活石，你們也就成了活石，建成一座屬神的殿宇，成為一班聖潔的司祭，以奉獻因耶穌基督，而中悅天主的屬神祭品。這就是經上所記載的：「看，我要在熙雍安放一塊精選的、寶貴的基石；凡信賴他的，決不會蒙羞。」

所以，為你們信主的人，是一種榮幸；但為不信主的人，是「匠人棄而不用石頭，反而成了屋角的基石」，並且是「一塊絆腳石，和一塊使人跌倒的磐石」。他們由於不相信天主的話，而絆倒了；這也是為他們預定了的。

至於你們，你們卻是特選的種族，王家的司祭，

聖潔的國民，屬於主的民族，為叫你們宣揚那由黑暗中召叫你們，進入他奇妙之光者的榮耀。

——上主的話

福音前歡呼

領：亞肋路亞。

眾：亞肋路亞。

領：主說：我是道路、真理、生命；除非經過我，誰也不能到父那裡去。

眾：亞肋路亞。

福音

聖若望福音 14:1-12

那時候，耶穌對門徒說：「你們心裡不要煩亂；你們要信賴天主，也要信賴我。在我父的家裡，有許多住處。我去，原是為給你們預備地方；不然的話，我早就告訴了你們。我去，為你們預備地方以後，我必再來，接你們到我那裡去，為的是我在那裡，你們也在那裡。我去的地方，通往那裡的路，你們是知道的。」

多默說：「主！我們不知道你往那裡去，怎麼會知道那條路呢？」

耶穌回答說：「我是道路、真理、生命；除非經過我，誰也不能到父那裡去。你們若認識我，也就必然認識我父；現在你們已認識他，並且已經看見他。」

斐理伯對耶穌說：「主！把父顯示給我們，我們就心滿意足了。」

耶穌回答說：「斐理伯！這麼長久的時間，我和你們在一起，而你還不認識我嗎？誰看見了我，就是看見了父；你怎麼說：把父顯示給我們呢？你不信我在父內，父在我內嗎？我對你們所說的話，不是憑我自己講的，而是住在我內的父，做他自己的事業。你們要相信我：我在父內，父也在我內；不然的話，你們至少該因那些事業而相信。」

「我實實在在告訴你們：凡信我的，我所做的事業，他也要做，並且還要做比這些更大的事業，因為我往父那裡去。」

——上主的話

領主詠

主說：我是真葡萄樹，你們是枝條；那住在我內，我也住在他內的，他就結許多果實。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 主任司鐸 / 華人專職司鐸：	0411 192 278 短訊(SMS)、WhatsApp、微信 (wechat)、粵語及國語留言 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
10/05/26	服務與靈修	歌詠組
17/05/26	認出祂的計劃	Ruby

日期	內容	講者
24/05/26	信仰分享	Sister Pauline
31/05/26	當日讀經分享	陳志文

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：5 月 9 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)

逢每月第二及第三個星期日，下午 1 時半至 2 時，在禮堂舉行。下次舉行日期：5 月 10 日及 17 日。

Safeguarding in our Parish

Due to an upgraded system for WWCC and Safeguarding within the Parramatta Diocesan Office, **ALL Children Liturgy Volunteers, Acolytes, Altar Servers' Leaders, Youth Group Leaders, Sunday School Teachers, Sacramental Program Teachers, Children's Choir Leaders, SRE Volunteers,** to please contact the Parish Office via email or you can come in on a Sunday between the hours of 9-11am, so we can get you all to fill out a new form that needs to be sent to the Diocesan Office. We also need to get a copy of your WWCC email that you receive from Service NSW.

We are happy to email the form to you for you to fill out at home and then return it to the office that would be very helpful.

Also ANY Parish volunteers that have done at least 3 units of the Safeguarding courses online can you please also contact the office on 9630 1951 or emailing us at stmonicanp@bigpond.com, so we can also send you a form that needs to be filled out for the Diocesan Office.

If any volunteers are interested in the online training courses you can find them at <https://parracatholic.org/safeguarding/training/>

本主日讀經的答唱詠選自聖詠 33 篇。

希伯來文原文沒有標明誰是作者。天主教會按最古舊的譯本註釋為達味君王所作。按內容，可能是達味戰勝異民後（見撒下 8:1-14）讚頌天主的詩歌。

答句選自第 22 節（上主，求你向我們廣施慈愛，有如我們對你所存的期待），是回應讀經一（依 53:10-11），亦即是「受苦僕人之歌」。天主會派遣救主（就是那位受苦的僕人）給期待祂救援的人民。

第 1 至 2 節（義人，你們應向上主踴躍歡呼，因為正直的人，理應讚美上主。你們該彈琴，稱謝上主，彈奏十絃琴，讚頌上主）是君王和人民稱頌上主的讚歌。「義人」即忠信地守上主誡律及默思上主旨意的人（見詠 1:1-2）。「十絃琴」相信是舊約時代人民最常用來伴唱的樂器，和今日的豎琴類似。

第 4 至 5 節（因為上主的言語是正直的，他的一切作為都是忠實的；他愛護正義和公理，他的慈愛瀰漫大地），說明天主以率真、誠實、公正與慈愛厚待全人類。

第 18 至 21 節（請看，上主的眼睛常關注敬畏他的人，他的雙目常眷顧靠他仁慈的人，為使他們的性命，脫免死亡，使他們在饑饉時，生活如常。），聖奧斯定註釋說：今世的時刻是饑餓的，來日才是飽飫的喜晨。地上涕泣之谷的人，天主已這樣恩待；來世在天主的國，天主的愛更有過之。因此人應在現世時敬畏、欽崇和孝愛天主，仰賴祂的慈愛；世界窮盡、新天新地時，天主必廣施祂無限的慈恩。

Youth Announcements

Youth Camp – 7th to 10th July 2026

This year our youth camp will be held from 7th July to 10th July. It will be a 4-day camp in Katoomba. This year, our theme will be Pokemon! We will explore all the fruits of the holy spirit and learn how to catch them all! Come along for fun, laughs, growth, friendship, fellowship and memories. Please contact Brian Wong (0491 138 451) or Raphael Cheung (0420 947 121) for a registration form.

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。



Youth Corner 3/5/26

Scripture: John 14: 1-12

Observation:

In this passage, Jesus reaffirms two core ideas of Catholicism to us, the idea that heaven is for us all, and that to get there, all you need to do is to believe in Jesus. On the night before Jesus' crucifixion, he prepares the hearts of his disciples, understanding that one of them has already betrayed him. He quiets their hearts as he tells them that he is preparing heaven for us all and that he will return to guide us there. When he speaks of rooms that he is to prepare for us, although some versions of the bible simply bring forth the idea of a room in a mansion, other translations bring the idea of dwelling, passing a greater sense of permanence, furthering the idea that the life that we can achieve in heaven is eternal. We should find comfort in that idea. Jesus then finally tells us that even though he will no longer be with us, the ministry of his work will undoubtedly be continued through the disciples and of course, us.

Application:

In this iconic passage, we can further understand some of the core aspects of our faith. Heaven, the relationship between God and Jesus, and the promise that is made to us when we do God's will in the world. Through this passage, we are reminded that heaven is truly the end goal, that it will be ready for us. Jesus goes so far to say that he is preparing a room for us. When one prepares a room, it is not hap-hazardly done. Making a room for someone captures the idea of rest, a safe place to dwell. Although we may not be able to grasp the idea of what this space may be, the idea of it still stands, that through God's love, there will be a space carved out for us, reminding us that even though we may not fully understand God, he understands us, and is ready for us. We are also reminded the idea of how we will get there. "I am the way, and the truth, and the life. No one comes to the Father except through me," Although seen as somewhat controversial in some people's eyes, demonstrates that Christianity is also exclusive in the sense that there is full forgiveness and eternal life, but only through faith in Jesus Christ.

Finally, we are reassured a unifying factor in our catholic lives in regards to the idea of the trinity, in that Jesus is within God, and God is withing Jesus. That seeing Jesus is the exact same as seeing God. Not a portrayal, not an extension, but the exact same.

Prayer:

God, be my constant reminder to live a faithful life. That I might live by the love that you show me, that I may also show it to others and myself. Help be forgiving and patient as you are so that I may live the life you have lived amongst us. Do this so that I may be worthy of the room that you make me in the hopes that we can all be with you. In God's name we pray.



St. Monica's Parish

North Parramatta

Fifth Sunday of Easter - Year A

3rd May 2026

Entrance Antiphon

O sing a new song to the Lord, for he has worked wonders; in the sight of the nations he has shown his deliverance, alleluia.

First Reading

Acts 6:1-7

About this time, when the number of disciples was increasing, the Hellenists made a complaint against the Hebrews: in the daily distribution their own widows were being overlooked. So the Twelve called a full meeting of the disciples and addressed them, 'It would not be right for us to neglect the word of God so as to give out food; you, brothers, must select from among yourselves seven men of good reputation, filled with the Spirit and with wisdom; we will hand over this duty to them, and continue to devote ourselves to prayer and to the service of the word.' The whole assembly approved of this proposal and elected Stephen, a man full of faith and of the Holy Spirit, together with Philip, Prochorus, Nicanor, Timon, Parmenas, and Nicolaus of Antioch, a convert to Judaism. They presented these to the apostles, who prayed and laid their hands on them.

The word of the Lord continued to spread: the number of disciples in Jerusalem was greatly increased, and a large group of priests made their submission to the faith.

The word of the Lord

Responsorial Psalm

Ps 32

(R.) Lord, let your mercy be on us, as we place our trust in you.

1. Ring out your joy to the Lord, O you just; for praise is fitting for loyal hearts. Give thanks to the Lord upon the harp, with a ten-stringed lute sing him songs. *(R.)*
2. For the word of the Lord is faithful and all his works to be trusted. The Lord loves justice and right and fills the earth with his love. *(R.)*
3. The Lord looks on those who revere him, on those who hope in his love, to rescue their souls from death, to keep them alive in famine. *(R.)*

Second Reading

1 Peter 2:4-9

The Lord is the living stone, rejected by men but chosen by God and precious to him; set yourselves close to him so that you too, the holy priesthood that offers the spiritual sacrifices which Jesus Christ has made acceptable to God, may be living stones making a spiritual house. As scripture says: See how I lay in Zion a precious cornerstone that I have chosen and the man who rests his trust on it will not be disappointed. That means that for you who are believers, it is precious; but for unbelievers, the stone rejected by the builders has proved to be the keystone, a stone to stumble over, a rock to bring men down. They stumble over it because

they do not believe in the word; it was the fate in store for them.

But you are a chosen race, a royal priesthood, a consecrated nation, a people set apart to sing the praises of God who called you out of the darkness into his wonderful light. *The word of the Lord*

Gospel Acclamation

Alleluia, alleluia!

I am the way, the truth, and the life, says the Lord; no one comes to the Father, except through me.

Alleluia!

Gospel

John 14:1-12

Jesus said to his disciples:

'Do not let your hearts be troubled. Trust in God still, and trust in me. There are many rooms in my Father's house; if there were not, I should have told you. I am now going to prepare a place for you, and after I have gone and prepared you a place, I shall return to take you with me; so that where I am you may be too. You know the way to the place where I am going.'

Thomas said, 'Lord, we do not know where you are going, so how can we know the way?' Jesus said: 'I am the Way, the Truth and the Life. No one can come to the Father except through me. If you know me, you know my Father too. From this moment you know him and have seen him.'

Philip said, 'Lord, let us see the Father and then we shall be satisfied.' 'Have I been with you all this time, Philip,' said Jesus to him 'and you still do not know me? To have seen me is to have seen the Father, so how can you say, "Let us see the Father"?'

Do you not believe that I am in the Father and the Father is in me? The words I say to you I do not speak as from myself: it is the Father, living in me, who is doing this work. You must believe me when I say that I am in the Father and the Father is in me; believe it on the evidence of this work, if for no other reason.

'I tell you most solemnly, whoever believes in me will perform the same works as I do myself, he will perform even greater works, because I am going to the Father.' *The Gospel of the Lord*

Communion Antiphon

I am the true vine and you are the branches, says the Lord. Whoever remains in me, and I in him, bears fruit in plenty, alleluia.