

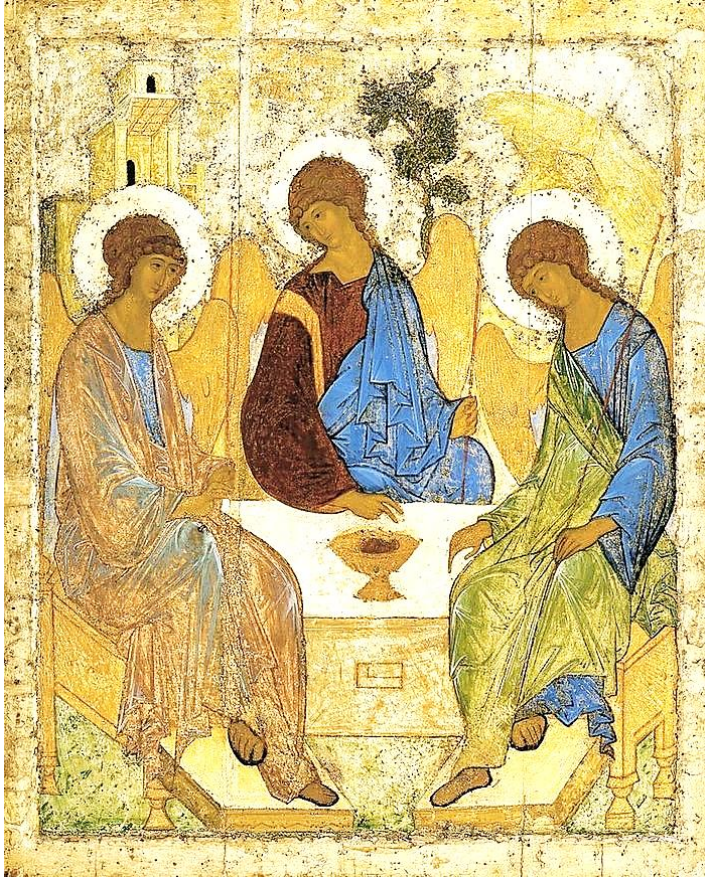
天主教華人牧民處

www.chinesechaplaincyparra.org

天主聖三節（節日）（甲年）



2026年5月31日



領：你在光榮的聖殿裡，當受讚美，極受稱揚，極受光榮，直到永遠！【答】

領：你在你王國的寶座上，當受讚美，極受稱揚，極受讚頌，直到永遠！【答】

領：你鑒察深淵，坐於革魯賓之上，當受讚美，應受稱揚，極受光榮，直到永遠！【答】

領：你在天空穹蒼之上，當受讚美，應受稱揚，應受光榮，直到永遠！【答】

讀經二 聖保祿宗徒致格林多人後書 13:11-13

弟兄姊妹們：

你們要喜樂，要勉力成全，要服從勸勉，要同心合意，要彼此和睦。這樣，仁愛與平安的天主，必與你們同在。

你們要以聖潔之吻，彼此問候。

這裡的眾聖徒都問候你們。

願主耶穌基督的恩寵，和天主的愛情，及聖神的相通，常與你們眾人同在。——上主的話

福音前歡呼

領：亞肋路亞。

眾：亞肋路亞。

領：光榮歸於父、及子、及聖神；就是歸於那今在、昔在，及將來永在的全能者、上主天主。

眾：亞肋路亞。

福音 聖若望福音 3:16-18

天主竟這樣愛了世界，甚至賜下了自己的獨生子，使凡信他的人不至喪亡，反而獲得永生，因為天主沒有派遣子到世界上來審判世界，而是為叫世界，藉著他而獲救。那信從他的，不受審判；那不信的，已受了審判，因為他沒有信從天主獨生子的名字。——上主的話

領主詠

為證實你們確實是天主的子女，天主派遣了自己兒子的聖神，到我們心裡，喊說：「阿爸，父啊！」

進堂詠

願光榮歸於父、及子、及聖神；他向我們廣施了仁慈。

讀經一

出谷紀 34:4-6, 8-9

那時候，梅瑟照上主的吩咐，清早起來，上了西乃山，手中拿著兩塊石版。

上主乘雲降下，站在梅瑟身旁，宣告上主的名號。上主由梅瑟面前經過時，大聲喊說：「上主，上主是慈悲寬仁的天主，緩於發怒，富於慈愛信實。」

梅瑟急忙俯伏在地朝拜，說：「上主，如果我真的在你眼中得寵，求上主與我們同行；這百姓固然執拗，但求你寬赦我們的過犯和罪惡，以我們作你的產業。」——上主的話

答唱詠

達 3

【答】：上主，當受稱揚，極受讚頌，直到永遠。

領：上主，我們祖先的天主，你當受讚美，應受稱揚，應受讚頌，直到永遠！你光榮的聖名，當受讚美，極受稱揚，極受讚頌，直到永遠。【答】

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
7/06/26	保祿的教導	Anthony Kwok	21/06/26	清除聆聽天主召喚的障礙(1)	Ruby Chan
14/06/26	服務與靈修-清潔與探訪	Margaret Chiu	28/06/26	信仰生活分享	孟玉

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：6 月 13 日和 6 月 27 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。舉行日期：6 月 14 日和 21 日。

巴拉瑪打教區成立四十週年英語彌撒
 日期：2026 年 5 月 31 日 (星期日) 時間：下午 2 時 地點：聖博德主教座堂 歡迎參加

成人粵語半日退省 (林勝文神父主講) 主題：「血」的意義
 日期：2026 年 6 月 6 日 (星期六) 時間：早上 9 時至中午 12 時
 地點：Holy Innocent Chapel, Kellyville
 內容：短講、靜禱、彌撒
 報名請傳電郵給林神父或掃描這二維碼



2026 年週年退省 (華人牧民處主辦)
 日期：7 月 29 日至 31 日 (星期三至五)。
 主持：香港教區呂志文神父主講：“因愛而生，為愛而去—主耶穌，絕望中的希望”
 地點：Carmelite Retreat Centre, 247 St Andrews Rd, Varroville NSW 2566
 費用：單人\$390, 雙人每位\$320, 第一次參加者可有\$40 減免。
 詳情請參閱報名表。報名可用以下 Google Form Link 或二維碼，
 或聯絡 Eric Wong (0417457688)。
 Google Form Link <https://forms.gle/izMnfwQBgzRwKuww9>



甲年的天主聖三節選了達尼爾先知書，第三章的「三青年讚美歌」作答唱詠。香港教區的頌恩歌集內收錄的「三聖童頌」就由此改編而來。

這首歌的背景是以色列民因充軍而居住在巴比倫時，巴比倫王拿步高特意把最精英的猶太青年，經訓練後入宮當他的大臣。也在這時拿步高推行個人崇拜，命令全國臣民都要向他的金像行跪拜禮，否則就要受火刑。正當一眾臣民紛紛向君王的金像朝拜時，三位已入宮的猶太青年：沙得辣客、默沙客和阿貝得乃哥，因他們由祖先而來的一神信仰，拒絕向拿步高王的金像跪拜。君王大怒之下命令把三位青年投入火窯。但上主派遣天使保護在火中的三人，讓他們完好無恙之餘，君王更見到另一個貌似「神的兒子」的奧秘人物，與三位青年在烈火中自在交談和行動。最後三位青年由火中出來，身上絲毫無損，君王撤消對他的個人崇拜，並承認三位青年的天主才是真正及唯一的神（以上詳見達 3 全章）。

「三青年讚美歌」就是沙得辣客、默沙客和阿貝得乃哥，他們在火窯受刑時，一同詠讚天主的詩歌。原詩共三十九節，當中有明顯的對唱，即「重句」和「詩節」。本日彌撒只選讀起首的幾節。全詩內容都是欽崇和讚美無處不在，無所不能的天主。用天主聖三來說：三位青年都是天主聖父所召選的子民；他們對主忠信，因此天主聖神保護和賦予他們智慧；他們在急難中，竟預示了降生成人，與人同在的天主聖子。



Youth Corner 31/5/26

Scripture: John 3: 16-18

Observation

The three verses in today's Gospel are probably the most well-known in the entire Bible. Jesus is speaking to Nicodemus, a respected religious leader who knew the Scriptures inside and out. Despite this, he finds himself seeking Jesus out in the middle of the night. In this moment, Jesus doesn't give him any rules or requirements. He simply tells him the truth about God. That God loves the world so much that he gave his only Son, not to judge but to save. And that the only thing standing between any person and eternal life is whether they believe.

Application

Like Nicodemus, we can sometimes find ourselves approaching God at a distance. We might know our faith well, attend mass, saying our prayers, yet we still carry doubts and questions. But what is beautiful about this passage is that Nicodemus came with more questions than answers, and Jesus did not turn him away. He simply met him there. He does the same for us.

As Catholics, we believe that the love God has given us is not just a memory or doctrine. It is made real and present at every Mass. In the Eucharist, we celebrate the same self-giving love that moved God to send his only Son, made tangible to us at the altar each week. We don't just remember his gift, we receive it.

Verse 17 might be the hardest verse to truly believe. Because if we're honest, most of us carry a quiet feeling that God must be at least a little disappointed in us. We know our sins and inconsistencies better than anyone. We know the gap between who we are and who we feel we should be. But Jesus is clear. He did not come to condemn. He came to save. And that promise is not just for the world in a general sense. It is for you, exactly as you are right now. We are not invited into a faith of fear. We are invited into a relationship with a God who sees us fully and chooses to love us anyway.

Prayer

Dear Jesus,

Thank you for loving us in a way we don't always feel we deserve. For sending your only Son not to condemn but to reach out and save. Help us to receive your love not just as something we know in our heads but something we carry in our hearts. That when we come to mass each week and receive you in the Eucharist, we would be reminded again that your gift to us is real. Help us to walk forward knowing that you are not here to condemn us but to save us through your greatest sacrifice. Amen

Youth Announcements

World Youth Day bake sale – 31st May 2026

World Youth Day 2027 will be held in Seoul, South Korea and 7 of our youths will be going on this pilgrimage. On the 31st May, we will be hosting our first fundraiser event which will be to help sponsor and provide financial aid to the youths go onto their pilgrimage and encounter God.

World's Greatest Shave – 14th June 2026

For those who don't know, World's Greatest Shave is an initiative by The Leukaemia Foundation with the aim of raising money to support blood cancer research, help subsidize expensive treatment costs, and improve accessibility to treatment for people with blood cancers. We invite EVERYONE in the congregation to take part and join our effort to give back to those in need. For people who wants to support by shaving or cutting their hair, there will be a registration link/QR code on our poster at the entrance of church. The event will take place on 14th June in the hall where we will shave our heads together. Father Lam will also take part! We will also have a QR code for donation. Please refer to the poster for details.

Youth Camp – 7th to 10th July 2026

This year our youth camp will be held from 7th 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.



St. Monica's Parish

North Parramatta

The Most Holy Trinity - Year A

31st May 2026

ENTRANCE ANTIPHON

Blest be God the Father, and the Only Begotten Son of God, and also the Holy Spirit, for he has shown us his merciful love.

FIRST READING

Ex 34 : 4-6, 8-9

A reading from the book of Exodus

With the two tablets of stone in his hands, Moses went up the mountain of Sinai in the early morning as the Lord had commanded him. And the Lord descended in the form of a cloud, and Moses stood with him there.

He called on the name of the Lord. The Lord passed before him and proclaimed, 'Lord, Lord, a God of tenderness and compassion, slow to anger, rich in kindness and faithfulness.' And Moses bowed down to the ground at once and worshipped. 'If I have indeed won your favour, Lord,' he said, 'let my Lord come with us, I beg. True, they are a headstrong people, but forgive us our faults and our sins, and adopt us as your heritage.' *The word of the Lord*

RESPONSORIAL PSALM

Dan 3

R: *Glory and praise for ever!*

You are blest, Lord God of our fathers. **(R.)**

Blest your glorious holy name. **(R.)**

You are blest in the temple of your glory. **(R.)**

You are blest on the throne of your kingdom. **(R.)**

You are blest who gaze into the depths. **(R.)**

You are blest in the firmament of heaven. **(R.)**

SECOND READING

2 Cor 13 : 11-13

A reading from the second letter of St Paul to the Corinthians

Brothers, we wish you happiness; try to grow perfect; help one another. Be united; live in peace, and the God of love and peace will be with you. Greet one another with the holy kiss. All the saints send you greetings. The grace of the Lord Jesus Christ, the love of God and the fellowship of the Holy Spirit be with you all. *The word of the Lord*

GOSPEL ACCLAMATION

Alleluia, alleluia!

Glory to the Father, the Son, and the Holy Spirit:
to God who is, who was, and who is to come.
Alleluia!

GOSPEL

Jn 3 : 16-18

A reading from the holy Gospel according to St John
Jesus said to Nicodemus,

'God loved the world so much that he gave his only Son, so that everyone who believes in him may not be lost but may have eternal life. For God sent his Son into the world not to condemn the world, but so that through him the world might be saved.

No one who believes in him will be condemned; but whoever refuses to believe is condemned already, because he has refused to believe in the name of God's only Son.'

The Gospel of the Lord

COMMUNION ANTIPHON

Since you are children of God, God has sent into your hearts the Spirit of his Son, the Spirit who cries out: Abba, Father.

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。