

# 天主教華人牧民處

www.chinesechaplaincyparra.org



## 常年期第十二主日（甲年）

2026年6月21日

### 進堂詠

上主是自己人民的力量；他是受傳者得救的保障。上主，求你拯救你的人民，祝福你的百姓；求你牧養他們，提攜他們，直至永恆。

### 讀經一

耶肋米亞先知書 20:10-13

耶肋米亞說：我聽到了許多人私相耳語：「驚慌四起！你們揭發，我們就必對他提出控訴。」甚至我的一切友好，都在偵察我的破綻：「也許他會中計，那我們必能制勝他，向他報復。」

但是，與我同在的上主，好像一位孔武有力的戰士，為此，迫害我的人，只有失敗，決不能制勝；由於謀事不成，必蒙受極大的恥辱，永不可磨滅的羞辱。

萬軍的上主啊！你考驗義人，洞察人的肝膽肺腑；我既然向你訴說了我的案情，願你使我見到：你對他們的報復。

你們應歌頌上主，讚揚上主，因為他從惡人手中，救出了窮苦人的性命。—上主的話

### 答唱詠

詠 69

【答】：天主，求你按你豐厚的慈愛，應允我。

領：我為了你，已飽受欺凌；羞愧已經籠罩了我的面容。連我的兄弟，都以我為外賓；我母親的兒子，都拿我當客人。我對你殿宇所懷的熱忱，把我耗盡，並且那侮辱你的辱罵，都落於我身。【答】

領：上主，在這困厄的時日，我只有求救於你。

天主，求你按你豐厚的慈愛，應允我；求你以你信實的救援，俯聽我。上主，求你照你的和藹慈愛，俯允我；求你按你深厚的仁慈，眷顧我。【答】

領：卑微的人，你們要觀看，並要喜形於色。尋求天主的人，你們的心，必要興奮，因為上主常常俯聽貧苦的人；他決不會輕視他的俘虜。願上天下地，都歌頌讚美他；海洋和一切水族，都稱揚他！【答】

### 讀經二

聖保祿宗徒致羅馬人書 5:12-15

弟兄姊妹們：

就如罪惡藉著一人，進入了世界，死亡藉著罪惡，也進入了世界；這樣，死亡就殃及了眾人，因為眾人都犯了罪。

沒有法律之前，罪惡已經在世界上，雖然因為沒有法律，罪惡本應不算為罪惡。但從亞當起，直到梅瑟，死亡卻作了王，連那些沒有像亞當一樣，違法犯罪的人，也屬它權下；這亞當原是那未來亞當的預像。

但恩寵決不是過犯所能相比的，因為，如果因一人的過犯，大眾都死了，那麼，天主的恩寵，及那因耶穌基督一人的恩寵，所施與的恩惠，更要豐富地洋溢到大眾身上。—上主的話

### 福音前歡呼

領：亞肋路亞。

眾：亞肋路亞。

領：主說：真理之神，必要為我作證，並且你們也要作證。

眾：亞肋路亞。

### 福音

聖瑪竇福音 10:26-33

那時候，耶穌對宗徒說：「你們不要害怕他們，因為沒有遮掩的事，將來不被揭露的；也沒有隱藏的事，將來不被知道的。我在暗中給你們所說的，你們要在光天化日之下，報告出來；你們由耳語所聽到的，要在屋頂上，張揚出去。

「你們不要害怕那殺害肉身，而不能殺害靈魂的；但更要害怕，能使靈魂和肉身，都陷於地獄的那位。

「兩隻麻雀，不是賣一個銅錢嗎？但沒有你們天父的許可，牠們中，連一隻也不會掉在地上。就是你們的頭髮，天父也都一一數過。所以，你們不要害怕；你們比許多麻雀，還貴重呢！

「凡在人面前，承認我的，在我我天上的父面前，也必承認他；但誰如果在人面前，否認我，在我我天上的父面前，也必否認他。」—主基督的福音。

### 領主詠

上主，眾生的眼睛都仰望你；你準時賜給他們糧食。



**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	<b>0411 192 278</b> 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: <a href="mailto:shingmanlam@gmail.com">shingmanlam@gmail.com</a>
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: <a href="mailto:shingmanlam@gmail.com">shingmanlam@gmail.com</a>
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: <a href="https://stmonicanp.org.au">https://stmonicanp.org.au</a> 牧民處網頁: <a href="http://www.chinesechaplaincyparra.org">http://www.chinesechaplaincyparra.org</a>
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: <a href="mailto:stmonicanp@bigpond.com">stmonicanp@bigpond.com</a>

**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
28/06/26	信仰生活分享	孟玉
05/07/26	雅各伯的教導	Eric Wong

日期	內容	講者
12/07/26	服務與靈修 - 聖神同禱會	Maria Lee
19/07/26	清除聆聽天主召喚的障礙 (2)	Ruby Chan

**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 27 日和 7 月 11 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: 6 月 21 日及 7 月 12 日。

**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/izMnfwQBgZRwKuwv9>



呂志文神父簡介 QR code

**為宗座捐獻**

下星期日, 6 月 28 日, 將會收特別為支助教宗牧民工作的捐款。

本主日教會選讀了聖詠第 69 篇。原詩共三十七節，彌撒只讀出其中幾節。

這篇聖詠與第 22 篇（耶穌架上七言之一）有很多相同之處，都是詩人描寫自己遭遇極大的患難，並哀求天主拯救。原文記載是達味君王所撰，但可能有後人增補，甚至有學者提出是耶肋米亞先知從達味的舊詩再創作的。雖然從詩的內容不難看出與耶肋米亞先知的經歷和文筆雷同，但現代學者找不到實質的證據。

新約多處引用這篇聖詠，證明本詩直接預言受苦的耶穌基督耶穌（若 15:25 出自本篇第 5 節，若 2:17 和羅 15:3 出自第 10 節，若 19:28 出自第 22 節，羅 11:9 出自第 23 節，宗 1:20 出自第 26 節）。

答句出自第 14 節（上主，在這困厄的時日，我只有求救於你；天主，求你按你豐厚的慈愛應允我，求你以你救援的忠誠俯聽我），正在受苦的詩人，衷心哀求上主憐憫。這是回應今日讀經一，耶肋米亞先知的經歷。上主必會垂憐受苦的義人。第 17 節（上主，求你照你和藹的慈愛俯允我，求你按你深厚的仁慈眷顧我）基本是這節的重覆。

第 8 至 10 節（因為，我為了你已飽受欺凌，羞愧已經籠罩了我的面容。連我的兄弟們都以我為外賓，我母親的兒子都拿我當客人。我對你殿宇所懷的熱忱把我耗盡，並且那侮辱你的辱罵落於我身），這幾句直接預言受苦的聖子。天父為救贖世人，甘願讓聖子忍受痛苦，順命至死，且死在最屈辱的十字架上。本是無罪的聖子，竟承受最大的罪罰，這就是詩中「家人變客人」的本義。

第 33 至 35 節（卑微的人們，你們要觀看，並要喜慶，尋求天主的人，你們的心必要興奮，因為對貧苦的人，上主常予俯聽；對他的俘虜，他決不會看輕。願上天下地都歌頌讚美他，海洋和一切水族都稱揚他！），這幾節最有機會是以民充軍巴比倫後，回國重建時增補的；按內容亦暗示聖子的死而復活，世人亦因祂而得救，聖子再來並有「新天新地」。

### 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 21 June 2026

Scripture: Matthew 10:26-33

**Observation:** In the passage, Jesus teaches that the truth will eventually be revealed and that His followers should boldly share His message with others. Jesus begins the passage telling us to fear God, but by fearing him you come to know his power and helps us recognise how much he does for us to guide us to Him. In the Gospel of Matthew, Jesus is constantly teaching us about the love of our Father. When we proclaim about Jesus, we then preach the expression of God's love shown to man through Jesus. He then states, "do not be afraid; you are of more value than many sparrows", which for context, sparrows were often worth very little at the time. So Jesus teaches that if God watches over even the sparrows, then we can be confident that He values and cares for us even more. Jesus in the Gospel is essentially giving us a guide on how to live the way he wants us to and reminds us that He holds power like nobody else, and that we should trust in God and praise Him in all that we do.

### Application

Today's gospel teaches that we should not be afraid, but instead trust in God and boldly live out our faith. Jesus tells His followers that what is revealed in private should be shared openly, encouraging us to proclaim His message with confidence. He also reminds us that while people may have power over the body, only God has authority over our eternal lives so our complete trust should be in Him. Jesus tells us to "fear Him who can destroy", which is not saying that we should be afraid of God, but rather recognise His lasting power over our eternal souls. Fear of God shouldn't be terror, but about acknowledging His authority and allowing that respect to guide us towards His truth through prayer and the Bible. At the same time, Jesus shows that God deeply cares for us, using the example of the sparrows and explaining that even the hair on our head is counted revealing that nothing in our lives goes unnoticed. It reminds us to trust that God values us and is aware of everything in our lives which can give us confidence when feeling unsure or pressured by others. Jesus then emphasises that those who acknowledge Him before others will be acknowledged before God, highlighting the importance of unwavering faithfulness. This passage challenges us to live more openly as Catholics, not just in prayer but being aware of small decisions like how we treat others, the choice we make and whether our actions will reflect our faith.

### Prayer:

Heavenly Father,

Thank you for your loving and caring towards me. Please give me the strength to put my faith into action and to acknowledge your truth to others. Help me to remember that I will always be valuable to you, and you understand me better than anybody else can ever understand me. Guide me to trust in your ways in all that I do. Amen.

### Youth Announcements

#### St Monica's Youth Group

Youth Group will continue each week in the community room, starting at 10:30AM! If you're year 6 and up, come hang out for some games, make new friends and learn about God together! If you have any questions, please do not hesitate to contact one of our leaders Raphael Cheung (0420 947 121).

#### 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.



# St. Monica's Parish

## North Parramatta

Twelfth Sunday in Ordinary Time Year A

21st June 2026

### ENTRANCE ANTIPHON

The Lord is the strength of his people, a saving refuge for the one he has anointed. Save your people, Lord, and bless your heritage, and govern them for ever.

### FIRST READING

Jer 20 : 10-13

#### A reading from the prophet Jeremiah

Jeremiah said: 'I hear so many disparaging me, "Terror from every side! Denounce him! Let us denounce him!" All those who used to be my friends watched for my downfall, "Perhaps he will be seduced into error. Then we will master him and take our revenge!" But the Lord is at my side, a mighty hero; my opponents will stumble, mastered, confounded by their failure; everlasting, unforgettable disgrace will be theirs. But you, Lord of Hosts, you who probe with justice, who scrutinise the loins and heart, let me see the vengeance you will take on them, for I have committed my cause to you. Sing to the Lord, praise the Lord, for he has delivered the soul of the needy from the hands of evil men.' *The word of the Lord*

### RESPONSORIAL PSALM

Ps 99

**R: Lord, in your great love, answer me.**

It is for you that I suffer taunts, that shame covers my face, that I have become a stranger to my brothers, an alien to my own mother's sons. I burn with zeal for your house and taunts against you fall on me. **(R.)**

This is my prayer to you, my prayer for your favour. In your great love, answer me, O God, with your help that never fails: Lord, answer, for your love is kind; in your compassion, turn towards me. **(R.)**

The poor when they see it will be glad and God-seeking hearts will revive; for the Lord listens to the needy and does not spurn his servants in their chains. Let the heavens and the earth give him praise, the sea and all its living creatures. **(R.)**

### SECOND READING

Rom 5 : 12-15

#### A reading from the letter of St Paul to the Romans

Sin entered the world through one man, and through sin death, and thus death has spread through the whole human race because everyone has sinned. Sin existed in the world long before the Law was given. There was no law and so no one could be accused of the sin of 'law-breaking', yet death reigned over all from Adam to Moses, even though their sin, unlike that of Adam, was not a matter of breaking a law.

Adam prefigured the One to come, but the gift itself considerably outweighed the fall. If it is certain that through one man's fall so many died, it is even more certain that divine grace, coming through the one man, Jesus Christ, came to so many as an abundant free gift.

*The word of the Lord*

### GOSPEL ACCLAMATION

Alleluia, alleluia!

The Spirit of Truth will bear witness to me, says the Lord, and you also will be my witnesses.

Alleluia!

### GOSPEL

Mt 10 : 26-33

#### A reading from the holy Gospel according to St Matthew

Jesus instructed the Twelve as follows: 'Do not be afraid. For everything that is now covered will be uncovered, and everything now hidden will be made clear. What I say to you in the dark, tell in the daylight; what you hear in whispers, proclaim from the house-tops.

'Do not be afraid of those who kill the body but cannot kill the soul; fear him rather who can destroy both body and soul in hell. Can you not buy two sparrows for a penny? And yet not one falls to the ground without your Father knowing. Why, every hair on your head has been counted. So there is no need to be afraid; you are worth more than hundreds of sparrows.

'So if anyone declares himself for me in the presence of men, I will declare myself for him in the presence of my Father in heaven. But the one who disowns me in the presence of men, I will disown in the presence of my Father in heaven.' *The Gospel of the Lord*

### COMMUNION ANTIPHON

The eyes of all look to you, Lord, and you give them their food in due season.

## The Parramatta Way of Safeguarding is to...

Act with Justice, and state that we have a zero tolerance for any form of abuse or harm to children or any person

Act with justice and ensure that laws and obligations are upheld, and safety is paramount

