

# 天主教華人牧民處

www.chinesechaplaincyparra.org



## 常年期第十三主日（甲年）

2026年6月28日

### 進堂詠

萬民，你們要鼓掌歡騰，也要向天主歡呼慶祝！

### 讀經一

列王紀下 4:8-11,14-16

有一天，厄里叟路過叔能；那裡有一個富貴的婦人，曾經挽留他吃飯。因此，厄里叟每次路過那裡，總到她家裡吃飯。婦人對丈夫說：「現在我看出：這個時常路過我們這裡的天主的人，是位聖者。我們可以在房頂上，給他蓋一間小房，裡面放一張床，一張桌子，一把椅子和一盞燈。這樣，他幾時來到我們這裡，都可以在那裡休息。」

有一天，厄里叟又到了那裡，就進入那間小房休息。厄里叟問僕人革哈齊，說：「我們究竟能為這婦人做什麼？」革哈齊回答說：「可憐她沒有兒子，丈夫又老了。」厄里叟說：「快叫她來！」僕人就將那婦人叫來。那婦人站在門口；厄里叟就對她說：「明年這時，你必懷抱著一個兒子。」—上主的話

### 答唱詠

詠 89

【答】：我要永永遠遠歌頌上主的恩寵。

領：我要永永遠遠歌頌上主的恩寵，要世世代代稱揚你的信實。你原說過：「我的恩寵已永遠奠定！」就如你在天上確定了你的信實。【答】

領：會歡樂歌唱的百姓，的確有福。上主，他們在你慈顏容光中行走，他們常常因你的名而歡躍；你的正義使他們引以自豪。

【答】

領：因為你是他們所誇耀的力量。因你的慈惠，我們才能嶄露頭角。因為上主是我們的庇護；以色列的聖者是我們的君王。

【答】

### 讀經二

聖保祿宗徒致羅馬人書 6:3-4,8-11

弟兄姊妹們：

難道你們不知道：我們受過洗，歸於基督耶穌的人，就是受洗，歸於他的死亡嗎？我們藉著洗禮，已歸於死亡，與他同葬了，為的是基督怎樣藉著父的光榮，從死者中復活了，我們也怎樣在新生活中度生。

所以，如果我們與基督同死，我們相信也要與他同生，因為我們知道：基督既從死者中復活，就不再死；死亡不再統治他了，因為他死，是死於罪惡，僅僅一次；他活，是活於天主。你們也要這樣，看自己是死於罪惡，在基督耶穌內，活於天主的人。—上主的話

### 福音前歡呼

領：亞肋路亞。

眾：亞肋路亞。

領：你們是特選的種族，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。

眾：亞肋路亞。

### 福音

聖瑪竇福音 10:37-42

那時候，耶穌對宗徒說：「誰愛父親母親，超過我，不配是我的人；誰愛兒子或女兒，超過我，不配是我的人。誰不肯背起自己的十字架，跟隨我，不配是我的人。誰要獲得自己的生命，必要喪失生命；誰為我的原故，喪失了自己的生命，必要獲得生命。誰接納你們，就是接納我；誰接納我，就是接納那派遣我來的。」

「誰接納一位先知，因為他是先知，將領受先知的賞報；誰接納一位義人，因他是義人，將領受義人的賞報。」

「誰如果給這些小子中的一個，一杯涼水喝，只因他是門徒，我實在告訴你們，他決不會失去他的賞報。」—上主的話

### 領主詠

我的靈魂，請讚頌上主；我的五內，請讚頌上主。



**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>
助理司鐸:	Fr Ambrose Owusu-Ansah 電話: 9630 1951
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	日期	內容	講者
05/07/26	雅各伯的教導	Eric Wong	19/07/26	清除聆聽天主召喚的障礙 (2)	Ruby Chan
12/07/26	服務與靈修 - 聖神同禱會	Maria Lee	26/07/26	信仰生活分享	Mary Li

**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: 7 月 11 日。  
 索取有關連結請 WhatsApp 到牧民處熱線。

**主日彌撒後午餐** 於下星期日 (7 月 5 日) 暫停供應, 7 月 26 日恢復。

**聖經人物趣談** 將順延至 8 月 9 日下午 1 時半才恢復。

**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

**為宗座捐款**

今日將收取特別為支持教宗牧民工作的捐獻。

大家可捐現金或用附上的二維碼作網上轉賬。謝!



本主日答唱詠選自聖詠第 89 篇。

原文有「則辣黑人厄堂的訓誨詩」一句，整部聖詠集僅有此詩由他所寫。按列上 5:11 記載，則辣黑人厄堂是撒羅滿王時代的一位賢者；按詩的內容推論，可能有人假借這賢者的名字寫成。全詩頗長，共五十三節；大部分學者推論這詩分成上下兩部，在兩個不同時期寫成。前半部，即第 1 至 38 節，寫於南北國分裂之初（即撒羅滿王死後）。後半部第 39 至 53 節，極可能是四百多年後，在南國崩潰，以民充軍巴比倫時補上。全詩都盼望著默西亞的來臨與達味王朝的復興。本主日選讀的都是此詩的前半部。

答句出自第 2 節（我要永永遠遠歌詠上主的恩寵），因為天主從永遠已許諾給予世人恩寵，更對達味君王出過誓言，要保持他的王位永垂不朽（見撒下 7:8-16）。詩人此時正處於列下 14:25-28 的時期，埃及國趁南北國剛分裂，乘機侵略耶路撒冷，把耶京的寶物全部劫掠。詩人眼見耶京的荒涼，訓誨當時的君王和全體子民，不要忘記上主的許諾，卻應熱切地等待祂的救援。

第 3 節（你原說過：「我的恩寵已永遠奠定！」就如你在天上確定了你的忠誠），為以色列子民，由亞巴郎被召叫開始，天主一直忠信地履行祂與選民定下的盟約，反而是選民背叛了祂（詳見宗 7:1-53 斯德望執事的講辭）。

第 16 至 17 節（會歡樂歌唱的百姓，的確有福，上主，他們在你慈顏光中行走，他們常常因你的名而歡躍，你的正義使他們引以自豪），「會歡樂歌唱的百姓」就是按照上主法律而生活的以色列子民，尤其「安息年」與「喜年」的律法（見肋 25:1-22）。這兩節描寫遵守上主盟約者的喜樂，也暗示默西亞時代來臨時的歡愉。

第 18 和 19 節（因為你是他們權勢的光明，因你慈惠，我們的威能提升。因為在上主內有我們的庇護，以色列的聖者是我們的君主），與前兩節同樣是描寫忠信於上主的人的喜樂和幸福。「威能提升」（或譯作「嶄露頭角」）是上主德能的顯示，亦是受惠者的歡呼（可見路 1:25）。上主是以民的「庇護」（原文寫作盾牌）和「聖者」、「君王」，都是在預言默西亞。



Youth Corner 28<sup>th</sup> June 2026

Scripture: Matthew 10:37-42

**Observation:** At a first glance, Jesus appears almost callous and his messaging paradoxical in today's gospel - stating anyone who loves their family more than Him or is unwilling to 'take up their cross' is considered unworthy, and whoever finds their life will actually 'lose it'. However, Jesus is trying to emphasise the importance of loving and maintaining our relationship with Him first and foremost, because this will inform how we interact with others. By choosing to commit ourselves totally to Christ will also guide us in how we navigate life and challenges as a Catholic - for example, the Gospel and Jesus' teachings may not be well received by all - despite this, we cannot give into the pressures of society, or fall victim to broader, worldly and material desires of this world as this will only lead to spiritual loss. Jesus ends with a hopeful, practical message, reminding us that being welcoming and inviting to others - and even a small act of kindness to a fellow believer ("If anyone gives even a cup of cold water to one of these little ones who is my disciple") will not go unnoticed.

**Application:** Today's gospel gives us an opportunity to reflect on our relationships with Jesus and other people. Take the time to consider if you have been praying, talking and listening to God, thinking about the ways Jesus presented Himself to others. In practical terms, it could include being more mindful and intentional with your thoughts and actions as you go about your daily life or practice being giving and self-sacrificial, even in small moments. When we choose to love Christ and be more like Him, this will teach us how to treat others, believers and non-believers alike.

**Prayer:** Heavenly Father, thank you for loving me despite my many flaws, and how far I may have strayed from you. Help me to always come back to you and may you always serve as a reminder for how I should be navigating life, its challenges and my relationships with others. I pray that others may be able to see the face of God in me through my love and my actions. Amen.

### 2026-2027 年粵語成人慕道班

林勝文神父主講，網上 ZOOM 舉行  
開課日期：2026 年 8 月 7 日（逢星期五）  
時間：晚上 8 時半至 9 時半  
歡迎有意認識天主教的成年人參加，亦  
歡迎教友再慕道  
報名請致電  
牧民處熱線，  
或用附上的二維碼。

<https://forms.gle/gGJe4cku2pzXqAc97>



### Youth Announcements

**Thank you! Thank you! Thank you! Thank you!**

#### World's Greatest Shave – on 14<sup>th</sup> June 2026

Thank you everyone for the support! We raised \$13,951 in total! This will go to The Leukemia Foundation.

#### World Youth Day Bake Sale – on 31<sup>st</sup> May 2026

Again, thank you everyone for your support. We raised \$1,501 which will go towards sponsoring our youths going to World Youth Day next year



# St. Monica's Parish

## North Parramatta

Thirteenth Sunday in Ordinary Time Year A

28th June 2026

### ENTRANCE ANTIPHON

All peoples, clap your hands. Cry to God with shouts of joy!

### FIRST READING

2 Kgs 4 : 8-11, 14-16

A reading from the second book of Kings

One day as Elisha was on his way to Shunem, a woman of rank who lived there pressed him to stay and eat there. After this he always broke his journey for a meal when he passed that way. She said to her husband, 'Look, I am sure the man who is constantly passing our way must be a holy man of God. Let us build him a small room on the roof, and put him a bed in it, and a table and chair and lamp; whenever he comes to us he can rest there.'

One day when he came, he retired to the upper room and lay down. 'What can be done for her?' he asked. Gehazi (his servant) answered, 'Well, she has no son and her husband is old.' Elisha said, 'Call her.' The servant called her and she stood at the door. 'This time next year,' Elisha said 'you will hold a son in your arms.' *The word of the Lord*

### RESPONSORIAL PSALM

Ps 88

**R: Forever I will sing the goodness of the Lord.**

I will sing for ever of your love, O Lord; through all ages my mouth will proclaim your truth. Of this I am sure, that your love lasts for ever, that your truth is firmly established as the heavens. (R.)

Happy the people who acclaim such a king, who walk, O Lord, in the light of your face, who find their joy every day in your name, who make your justice the source of their bliss. (R.)

For it is you, O Lord, who are the glory of their strength; it is by your favour that our might is exalted: for our ruler is in the keeping of the Lord; our king in the keeping of the Holy One of Israel. (R.)

### SECOND READING

Rom 6 : 3-4, 8-11

A reading from the letter of St Paul to the Romans

When we were baptised in Christ Jesus we were baptised in his death; in other words, when we were baptised we went into the tomb with him and joined him in death, so that as Christ was raised from the dead by the Father's glory, we too might live a new life.

But we believe that having died with Christ we shall return to life with him: Christ, as we know, having been raised from the dead will never die again. Death has no power over him any more. When he died, he died, once for all, to sin, so his life now is life with God; and in that way, you too must consider yourselves to be dead to sin but alive for God in Christ Jesus.

*The word of the Lord*

### GOSPEL ACCLAMATION

Alleluia, alleluia!

You are a chosen race, a royal priesthood, a holy people. Praise God will called you out of darkness and into his marvellous light.

Alleluia!

### GOSPEL

Mt 10 : 37-42

A reading from the holy Gospel according to St Matthew

Jesus instructed the Twelve as follows: 'Anyone who prefers father or mother to me is not worthy of me. Anyone who prefers son or daughter to me is not worthy of me. Anyone who does not take his cross and follow in my footsteps is not worthy of me. Anyone who finds his life will lose it; anyone who loses his life for my sake will find it.

'Anyone who welcomes you welcomes me; and those who welcome me welcome the one who sent me.

'Anyone who welcomes a prophet because he is a prophet will have a prophet's reward; and anyone who welcomes a holy man because he is a holy man will have a holy man's reward.

'If anyone gives so much as a cup of cold water to one of these little ones because he is a disciple, then I tell you solemnly, he will most certainly not lose his reward.'

*The Gospel of the Lord*

### COMMUNION ANTIPHON

Bless the Lord, O my soul, and all within me, his holy name.

### Eucharistic Congress 2028 Prayer

Lord Jesus Christ, we thank you for the gift of your real presence in the Sacrament of the Holy Eucharist. Grant us the grace to receive you reverently, worship you truly and serve you with hearts renewed. By the power of the Holy Spirit strengthen us, so that as you gave yourself to the Father and to us, we too may offer our lives to God and to others. Inspire and help us to serve you in those who are in need, especially the defenceless and homeless, the lonely and lost. Unite us with your sacrifice of the Mass, so that we may truly become what we have received, the Body of Christ. Amen.