

# 天主教華人牧民處

www.chinesechaplaincyparra.org



## 常年期第十四主日（甲年）

2026年7月5日

### 進堂詠

天主，我們在你的殿裡，沉思默念著你的仁慈。天主，你的名號遠達地極，你的右手充滿正義。

### 讀經一

匝加利亞先知書 9:1-10

上主這樣說：「熙雍女子，你應盡量喜樂！耶路撒冷女子，你應該歡呼！看，你的君王來到你這裡；他是正義的、勝利的、謙遜的，騎在驢上，騎在驢駒上。他要由厄弗辣因，剷除戰車；從耶路撒冷，除掉戰馬；作戰的弓箭，也要被消除。他要向萬民宣布和平；他的權柄，由這海到那海，從大河直達地極。」

—上主的話

### 答唱詠

詠 145

【答】：我的天主，我的君王，我要世世代代頌揚你，永遠歌頌你的名。

領：我的天主，我的君王，我要世世代代頌揚你，永遠歌頌你的名。上主，我要每日讚美你，不斷頌揚你的名。【答】

領：上主慈悲為懷，寬宏大方；他常緩於發怒，仁愛無量。上主對待萬有，溫和善良；對他的受造物，仁愛慈祥。【答】

領：上主，願你的一切受造物稱謝你；上主，願你的一切聖徒讚美你，宣傳你王國的光榮，講述你的威力大能。【答】

領：上主對自己的一切諾言，信實不欺；上主對自己的一切受造物，聖善無比。凡跌倒的，上主必要扶持；凡被壓抑的，上主必使他們站起來。【答】

### 讀經二

聖保祿宗徒致羅馬人書 8:9,11-13

弟兄姊妹們：

你們已不屬於肉性，而是屬於聖神，只要天主的聖神，住在你們內。誰如果沒有基督的聖神，誰就不屬於基督。再者，如果那使耶穌從死者中復活者的聖神，住在你們內，那麼，那使基督從死者中復活的，也必要藉那住在你們內的聖神，使你們有死的身體復活。

弟兄們！這樣看來，我們並不欠肉性的債，以致該隨從肉性生活。如果你們隨從肉性生活，必要死亡；然而，如果你們依賴聖神，去致死肉性的妄動，必能生活。

—上主的話

### 福音前歡呼

領：亞肋路亞。

眾：亞肋路亞。

領：父啊！天地的主宰！你將這些事，瞞住了智慧和明達的人，而啟示給小孩子。

眾：亞肋路亞。

### 福音

聖瑪竇福音 11:25-30

那時候，耶穌發言說：「父啊！天地的主宰！我稱謝你，因為你將這些事，瞞住了智慧和明達的人，而啟示給小孩子。是的，父啊！你原來喜歡這樣。我父將一切交给了我；除了父之外，沒有人認識子；除了子，和子所願意啟示的人外，也沒有人認識父。」

「凡勞苦和負重擔的，你們都到我面前來；我要使你們安息。你們背起我的軛，跟我學習吧！因為我是良善心謙的。這樣，你們必要找得你們靈魂的安息，因為我的軛是柔和的，我的擔子是輕鬆的。」

—上主的話

### 領主詠

請你們體驗，請你們觀看：上主是何等和藹慈祥！投奔他的，真是有福。

**Walking Together  
in Christ:  
40 Years On!**

"The Time for Rebirth is Now!" crossed by Youth Delegates at II & 2003 NATSICC Assembly - Adelaide. Drawn from St. Pope John Paul II's address to Aboriginal and Torres Strait Islander Peoples in Alice Springs (1986).

**Aboriginal and Torres Strait Islander Sunday**

5<sup>th</sup> July 2026

We gather as one in Christ — celebrating the deep faith, culture, and gifts of Aboriginal and Torres Strait Islander Catholics.  
Find resources for your Parish at [www.natsicc.org.au](http://www.natsicc.org.au).

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

日期	內容	講者
26/07/26	信仰生活分享	Mary Li
2/08/26	服務與靈修 - 青年組	青年組

**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。

主日彌撒後午餐於今日起暫停供應, 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/izMnfwQBgZRwKuuv9>



呂志文神父簡介 QR code

**取消平日彌撒**

7 月 8 日 (星期三), 因林神父參與青年營, 當日平日彌撒取消。7 月 9 日回復正常。

本主日的答唱詠選自聖詠第 145 篇。

原文雖有「達味的讚美歌」的標題，但學者們認為，這詩似乎是充軍之後，由一位不知名的肋未人，利用達味君王的舊詩，按希伯來文的字母次序重新編寫而成。全詩都讚頌天主的美善、照顧、忠實、威嚴、全知和仁慈。原文共二十一節（希伯來文共有二十一個字母），彌撒內只選讀了一部分。

答句改寫自第 1 節（我的天主，君王，我要頌揚你，歌頌你的名，世世代代不止），這是全詩的主題；達味其他的聖詠亦找到相類似的，見詠 34:2, 68:20。

第 8 至 9 節（上主慈悲為懷，寬宏大方，他常緩於發怒，仁愛無量。上主對待萬有，溫和善良，對他的受造物，仁愛慈祥。），天主的恩寵惠澤一切的受造物；這節似由這些達味的詩句串聯而成：詠 86:15, 103:8, 103:13, 11:25。

第 10 至 11 節（上主，願你的一切受造物稱謝你，上主，願你的一切聖徒們讚美你，宣傳你王國的光榮，講述你的威力大能），「聖徒」是指對上主虔敬的人；這兩節似是改自詠 93:1。

第 12 至 14 節（讓世人盡知你的威能，和你王國的偉大光榮。你的王國，是萬代的王國，你的王權，存留於無窮世。凡跌倒的，上主必要扶持，凡被壓抑的，使他們起立），這三節來自詠 10:16, 102:13, 146:10, 94:18, 146:8。天主的國就是穿越時間，萬代永存的天主本身；亦暗示新約的聖教會，至公的教會包括了世上各民各族的人，大家一起朝拜和歌頌同一的天主。第 14 節甚至暗示教會會遭受迫害，但天主會保存她（見瑪 16:18）。



**Scripture:** Matthew 11: 25-30

**Observation:** In today's Gospel we hear Jesus say quite an interesting phrase “I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children.” Jesus thanks God for hiding spiritual truths from those who heavily rely on their own worldly wisdom or spiritual pride, individuals who think that they are so knowledgeable that it has led to a sense of arrogance, self-dependence and false confidence, thinking that they won't need God. Simultaneously Jesus also thanks God for revealing the same spiritual truths to infants, small children who are always open to learning new things. Then Jesus' next line emphasises Jesus wanting the people to know God is their Father, and that Jesus himself is the Son of God. Jesus saw that religious duties were like heavy loads that people would carry around, but Jesus offered the people who follow and serve, those who are weary and burdened to rest, to “Take my yoke upon you... For my yoke is easy and my burden is light”

**Application:** When you pray to God are you those who are wise and learned or are you a small child? Jesus famously throughout his mission ridicules the Pharisees of the time, for they had become so prideful in their teachings that the true meaning of the Word of God was lost and that that began to reject the teachings that Jesus was speaking of, the people who sit and listen to Jesus are all considered infants and you are too, we are all eager to learn new things while we serve and God, while we reflect on ourselves we must remind ourselves to be children of the church, always willing to learn and be humble when learning, no matter who you are, if you're a toddler, a 10 year old or approaching mid 50s, there is always something that God wants to teach us and guide us and we must be keen to listen. When we choose to listen to God we offer him our troubles and burdens so that He can allow us to rest. The next time you pray, find some aspects in your life that you may find trouble overcoming and offer it up to God, ask him to guide you through whatever trouble it may be, essentially ask God to make you like an infant.

**Prayer:** Lord, thank You for revealing Yourself to those who come to You with humble hearts. Help me to trust You like a child and not rely only on my own understanding. When I am weary and burdened, remind me to come to Jesus, who gives true rest. Teach me to take His yoke upon me, to learn from His gentleness and humility, and to walk each day in Your peace. 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>





# St. Monica's Parish

## North Parramatta

Fourteenth Sunday in Ordinary Time Year

5th July 2026

### ENTRANCE ANTIPHON

Your merciful love, O God, we have received in the midst of your temple. Your praise, O God, like your name, reaches the ends of the earth; your right hand is filled with saving justice.

### FIRST READING

Zechariah 9:9-10

A reading from the book of Zechariah

The Lord says this:

'Rejoice heart and soul, daughter of Zion! Shout with gladness, daughter of Jerusalem! See now, your king comes to you; he is victorious, he is triumphant, humble and riding on a donkey, on a colt, the foal of a donkey. He will banish chariots from Ephraim and horses from Jerusalem; the bow of war will be banished. He will proclaim peace for the nations. His empire shall stretch from sea to sea, from the River to the ends of the earth.'

*The word of the Lord*

### RESPONSORIAL PSALM

Ps 144

**R: I will praise your name for ever, my king and my God.**

I will give you glory, O God my King, I will bless your name for ever. I will bless you day after day and praise your name for ever. (R.)

The Lord is kind and full of compassion, slow to anger, abounding in love. How good is the Lord to all, compassionate to all his creatures. (R.)

All your creatures shall thank you, O Lord, and your friends shall repeat their blessing. They shall speak of the glory of your reign and declare your might, O God. (R.)

The Lord is faithful in all his words and loving in all his deeds. The Lord supports all who fall and raises all who are bowed down. (R.)

### SECOND READING

Rom 8:9,11-13

A reading from the letter of St Paul to the Romans

Your interests are not in the unspiritual, but in the spiritual, since the Spirit of God has made his home in you. In fact, unless you possessed the Spirit of Christ you would not belong to him, and if the Spirit of him who raised Jesus from the dead is living in you, then he who raised Jesus from the dead will give life to your own mortal bodies through his Spirit living in you.

So then, my brothers, there is no necessity for us to obey our unspiritual selves or to live unspiritual lives. If you do live in that way, you are doomed to die; but if by the Spirit you put an end to the misdeeds of the body you will live.

*The word of the Lord*

### GOSPEL ACCLAMATION

Alleluia, alleluia!

Blessed are you, Father, Lord of heaven and earth; you have revealed to little ones the mysteries of the kingdom.

Alleluia!

### GOSPEL

Mt 11 : 25-30

A reading from the holy Gospel according to St Matthew

Jesus exclaimed, 'I bless you, Father, Lord of heaven and of earth, for hiding these things from the learned and the clever and revealing them to mere children. Yes, Father, for that is what it pleased you to do. Everything has been entrusted to me by my Father; and no one knows the Son except the Father, just as no one knows the Father except the Son and those to whom the Son chooses to reveal him.

'Come to me, all you who labour and are overburdened, and I will give you rest. Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Yes, my yoke is easy and my burden light.'

*The Gospel of the Lord*

### COMMUNION ANTIPHON

Taste and see that the Lord is good; blessed the man who seeks refuge in him.

### 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。請啓發並扶助我們，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。