

# Pentecost Sunday / 五旬節主日

Year B. 2024-05-19. 乙年



歡迎分享

## The Introductory Rites 進堂式

(All Stand)

(全體站立)

### Entrance Antiphon

The Spirit of the Lord has filled the whole world and that which contains all things understands what is said, alleluia.

(Wis 1: 7)

Or:

The love of God has been poured into our hearts through the Spirit of God dwelling within us, alleluia. (Rm 5: 5; cf. 8: 11)

### Greeting

In the name of the Father, and of the Son, and of the Holy Spirit.

**Amen.**

The grace of our Lord Jesus Christ, and the love of God, and the communion of the Holy Spirit be with you all.

**And with your spirit.**

### Penitential Act

Brethren (brothers and sisters),  
Let us acknowledge our sins, and so prepare ourselves to celebrate the sacred mysteries.

**I confess to almighty God and to you,  
my brothers and sisters,  
that I have greatly sinned,  
in my thoughts and in my words,  
in what I have done  
and in what I have failed to do,**

(All striking their breast and say:)

**through my fault, through my fault,  
through my most grievous fault;  
therefore I ask blessed Mary ever-Virgin,  
all the Angels and Saints, and you,  
my brothers and sisters,  
to pray for me to the Lord our God.**

### 進堂詠

上主的神充滿了世界，包羅萬象，通曉一切語言。  
亞肋路亞。(智 1:7)

或

天主的愛，藉著所賜與我們的聖神，已傾注在我們心中。亞肋路亞。(羅 5:5；參閱羅 8:11)

### 致候詞

因父、及子、及聖神之名。

**亞孟。**

願天父的慈愛，基督的聖寵，

聖神的共融與你們同在。

**也與你的心靈同在。**

### 懺悔詞

各位兄弟姐妹，現在我們大家認罪，  
虔誠地舉行聖祭。

我向全能的天主和各位兄弟姐妹，  
承認我在思、言、行為上的過失，

(捶胸)

我罪、我罪、我的重罪。

為此，懇請終身童貞聖母瑪利亞、

天使、聖人，和你們各位兄弟姐妹，

為我祈求上主、我們的天主。

Lord, have mercy. **Lord, have mercy.**  
Christ, have mercy. **Christ, have mercy.**  
Lord, have mercy. **Lord, have mercy.**  
Or:

Kyrie, eleison. **Kyrie, eleison.**  
Christe, eleison. **Christe, eleison.**  
Kyrie, eleison. **Kyrie, eleison.**

May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life.  
**Amen.**

## The Gloria

Glory to God in the highest, and on earth  
peace to people of good will.  
We praise you, we bless you,  
we adore you, we glorify you,  
we give you thanks for your great glory, Lord  
God, heavenly King,  
O God, almighty Father.  
Lord Jesus Christ, Only Begotten Son, Lord  
God, Lamb of God, Son of the Father, you  
take away the sins of the world, have mercy  
on us; you take away the sins of the world,  
receive our prayer;  
you are seated at the right hand of the Father,  
have mercy on us.  
For you alone are the Holy One,  
you alone are the Lord,  
you alone are the Most High, Jesus Christ,  
with the Holy Spirit,  
in the glory of God the Father.  
**Amen.**

## The Collect

Let us pray,  
O God, who by the mystery of today's great  
feast sanctify your whole Church in every  
people and nation, pour out, we pray, the gifts  
of the Holy Spirit across the face of the earth  
and, with the divine grace that was at work  
when the Gospel was first proclaimed, fill now  
once more the hearts of believers. Through our  
Lord Jesus Christ, your Son, who lives and  
reigns with you in the unity of the Holy Spirit,  
God, for ever and ever.  
**Amen.**

上主，求你垂憐。上主，求你垂憐。  
基督，求你垂憐。基督，求你垂憐。  
上主，求你垂憐。上主，求你垂憐。

願全能的天主垂憐我們，赦免我們的罪，使我們  
得到永生。  
亞孟。

## 光榮頌

天主在天受光榮。  
主愛的人在世享平安。  
主、天主、天上的君王，  
全能的天主聖父，  
我們爲了你無上的光榮，  
讚美你、稱頌你、朝拜你、  
顯揚你、感謝你。  
主、耶穌基督、獨生子；  
主、天主、天主的羔羊，聖父之子；  
除免世罪者，求你垂憐我們。  
除免世罪者，求你俯聽我們的祈禱。  
坐在聖父之右者，求你垂憐我們；  
因爲只有你是聖的，只有你是主，  
只有你是至高無上的。  
耶穌基督，你和聖神，同享天主聖父的光榮。  
亞孟。

## 集禱經

請大家祈禱：  
天主，你藉今日的慶典，聖化遍布各國和各民族  
的普世教會；求你將天恩聖神，傾注整個寰宇。  
正如當初聖神推動福音的傳播，現在，求你把同  
一恩賜，傾注你信徒的心。因你的聖子、我們的  
主耶穌基督，他和你及聖神，是唯一天主，永生  
永王。  
亞孟。

# The Liturgy of the Word 聖道禮

(All Sit)

(全體坐下)

## First Reading

A reading from the Acts of the Apostles  
(2:1-11)

*They were all filled with the Holy Spirit and began to speak*

When Pentecost day came round, they had all met in one room, when suddenly they heard what sounded like a powerful wind from heaven, the noise of which filled the entire house in which they were sitting; and something appeared to them that seemed like tongues of fire; these separated and came to rest on the head of each of them. They were all filled with the Holy Spirit, and began to speak foreign languages as the Spirit gave them the gift of speech.

Now there were devout men living in Jerusalem from every nation under heaven, and at this sound they all assembled, each one bewildered to hear these men speaking his own language. They were amazed and astonished. 'Surely' they said 'all these men speaking are Galileans? How does it happen that each of us hears them in his own native language? Parthians, Medes and Elamites; people from Mesopotamia, Judaea and Cappadocia, Pontus and Asia, Phrygia and Pamphylia, Egypt and the parts of Libya round Cyrene; as well as visitors from Rome - Jews and proselytes alike - Cretans and Arabs; we hear them preaching in our own language about the marvels of God.'

The word of the Lord.  
**Thanks be to God.**

## 讀經一

恭讀宗徒大事錄

(2:1-11)

*眾人都充滿了聖神，說起外方話來。*

五旬節一到，門徒及眾人都聚集一處。忽然，從天上來了一陣響聲，好像暴風颳來，充滿了他們所在的全座房屋。有些散開好像火的舌頭，停留在他們每人頭上，他們都充滿了聖神，照聖神賜給他們的話，說起外方話來。

那時，居住在耶路撒冷的，有從天下各國來的虔誠猶太人。這聲音一響，就聚集了許多人，都倉皇失措，因為人人都聽見他們說各人的方言。他們驚訝奇怪地說：「看，這些說話的，不都是加里肋亞人嗎？怎麼我們每人聽見他們說我們出生地的方言呢？我們中有帕提雅人、瑪待人、厄藍人和居住在美索不達米亞、猶太及卡帕多細雅、本都並亞細亞、夫黎基雅和旁非里雅、埃及，並靠近基勒乃的利比亞一帶的人，以及僑居的羅馬人、猶太人和皈依猶太教的人、克里特人和阿拉伯人。怎麼我們都聽見他們用我們的話，講論天主的奇事呢？」

上主的話。  
**感謝天主。**

## Responsorial Psalm

Psalm 103(104):1,24,29-31,34

Response: **Send forth your spirit, O Lord, and renew the face of the earth.**  
Or Alleluia!

Bless the Lord, my soul!  
Lord God, how great you are,  
How many are your works, O Lord!  
The earth is full of your riches. **R.**

You take back your spirit, they die,  
returning to the dust from which they came.  
You send forth your spirit, they are created;  
and you renew the face of the earth. **R.**

May the glory of the Lord last for ever!  
May the Lord rejoice in his works!  
May my thoughts be pleasing to him.  
I find my joy in the Lord. **R.**

## Second Reading

A reading from the letter of St Paul to the Galatians 5:16-25 ·

*The fruit of the Spirit.*

If you are guided by the Spirit you will be in no danger of yielding to self-indulgence, since self-indulgence is the opposite of the Spirit, the Spirit is totally against such a thing, and it is precisely because the two are so opposed that you do not always carry out your good intentions. If you are led by the Spirit, no law can touch you. When self-indulgence is at work the results are obvious: fornication, gross indecency and sexual irresponsibility; idolatry and sorcery; feuds and wrangling, jealousy, bad temper and quarrels; disagreements, factions, envy; drunkenness, orgies and similar things. I warn you now, as I warned you before: those who behave like this will not inherit the kingdom of God. What the Spirit brings is very different: love, joy, peace, patience, kindness, goodness, trustfulness, gentleness and self-control. There can be no law against things like that, of course. You

## 答唱詠

詠 104:1,24, 29-30, 31,34

答：上主，請你嘔氣，使大地更新。(詠 104:30)  
或「亞肋路亞」

我的靈魂，請頌讚上主！上主、我的天主，你偉大無比。上主，你的化工，何其繁浩；你創造的萬物，充滿大地。答

你若停止牠們的呼吸，牠們就要死去，歸於原來的灰土。你一嘔氣，萬物化生；你使大地，更新復興。答

願上主的光榮，永世無窮；願上主喜愛自己的化工！願我的祈禱蒙上主喜悅；我將常在上主內歡樂。答

## 讀經二

恭讀聖保祿宗徒致迦拉達人書 5:16-25

*聖神的效果。*

弟兄姊妹們：

你們如果隨從聖神的引導行事，就決不會去滿足本性的私慾，因為本性的私慾，相反聖神的引導，聖神的引導，相反本性的私慾；兩者互相敵對，致使你們不能做你們所願意的事。但如果你們隨從聖神的引導，就不在法律權下。本性私慾的作為，是顯而易見的：即淫亂、不潔、放蕩、崇拜偶像、施行邪法、仇恨、競爭、嫉妒、憤怒、爭吵、不睦、分黨、妒恨、【兇殺】、醉酒、宴樂，以及與這些相類似的事。我以前勸戒過你們，現在再說一次：做這種事的人，決不能承受天主的國。然而，聖神的效果卻是：仁愛、喜樂、平安、忍耐、良善、溫和、忠信、柔和、節制；關於這樣的事，並沒有法律禁止。凡屬於耶穌基督的人，已把肉身同邪情和私慾，釘在十字架上了。

cannot belong to Christ Jesus unless you  
crucify all self-indulgent passions and desires.

Since the Spirit is our life, let us be directed by  
the Spirit.

The word of the Lord.  
**Thanks be to God.**

*(All Stand)*

## Sequence

Veni, sancte Spiritus  
Holy Spirit, Lord of Light,  
From the clear celestial height  
Thy pure beaming radiance give.

Come, thou Father of the poor,  
Come with treasures which endure  
Come, thou light of all that live!

Thou, of all consolers best,  
Thou, the soul's delightful guest,  
Dost refreshing peace bestow

Thou in toil art comfort sweet  
Pleasant coolness in the heat  
Solace in the midst of woe.

Light immortal, light divine,  
Visit thou these hearts of thine,  
And our inmost being fill:

If thou take thy grace away,  
Nothing pure in man will stay  
All his good is turned to ill.

Heal our wounds, our strength renew  
On our dryness pour thy dew  
Wash the stains of guilt away:

Bend the stubborn heart and will  
Melt the frozen, warm the chill  
Guide the steps that go astray.

Thou, on us who evermore  
Thee confess and thee adore,  
With thy sevenfold gifts descend:

如果我們因聖神生活，就應隨從聖神的引導行  
事。

上主的話。  
感謝天主。

*(全體站立)*

## 五旬節讚歌

聖神，請你降臨，  
從高天放射你的光芒。

窮人的慈父，請你降臨！  
恩寵的施主，請你降臨！  
心靈的真光，請你降臨！

你是良善的施慰者；  
你是心靈甘飴的賓客；  
你是甜蜜的涼蔭。

在勞苦中，你是憩息；  
在酷熱裡，你是清風；  
在悲痛時，你是慰藉。

你是萬福的真光，  
求你充滿你信眾的心靈深處。

沒有你的助佑，  
人便一無所有，  
一無是處。

求你洗淨我們的污穢，  
灌溉我們的乾枯，  
醫治我們的創傷。

求你軟化頑固的心，  
溫暖冷酷的心，  
引導迷途的人。

求你將七種神恩，  
賜給你的信眾。

Give us comfort when we die  
Give us life with thee on high  
Give us joys that never end.

## Gospel Acclamation

Alleluia, **alleluia!**

Come, Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love.

**Alleluia!**

The Lord be with you.  
**And with your spirit.**

## Gospel

A reading from the holy Gospel according to John 15:26-27,16:12-15

*(Make the Sign of the Cross on the forehead, lips and breast.)*

**Glory to you, O Lord.**

*The Spirit of truth will lead you to the complete truth*

Jesus said to his disciples:  
'When the Advocate comes, whom I shall send to you from the Father, the Spirit of truth who issues from the Father, he will be my witness. And you too will be witnesses, because you have been with me from the outset.

'I still have many things to say to you but they would be too much for you now. But when the Spirit of truth comes he will lead you to the complete truth, since he will not be speaking as from himself but will say only what he has learnt; and he will tell you of the things to come. He will glorify me, since all he tells you will be taken from what is mine. Everything the Father has is mine; that is why I said: All he tells you will be taken from what is mine.'

求你賜我們修德的能力，  
善生福終，永享天福。

## 福音前歡呼

亞肋路亞。亞肋路亞。

聖神，請你降臨，充滿你信徒的心；在他們心內，燃起你的愛火。

亞肋路亞。

願主與你們同在。  
也與你的心靈同在。

## 福音

恭讀聖若望福音 15:26-27;16:12-15

*(在額上、口上和胸前劃十字聖號)*

主，願光榮歸於你。

*真理之神要把你們引入一切真理。*

那時候，耶穌對門徒說：「當護慰者，就是我從父那裡，給你們派遣的、那發於父的真理之神，來到時，他必要為我作證；你們並且也要作證，因為你們從開始就和我在一起。

「我本來還有許多事，要告訴你們，然而，你們現在不能承擔。當那一位真理之神來到時，他要把你們引入一切真理，因為，他不憑自己講論，只把他所聽到的，講出來，並把未來的事，傳告給你們。他要光榮我，因為，他要把由我所領受的，傳告給你們。凡父所有的一切，都是我的；為此，我說：他要把由我所領受的，傳告給你們。」

Or

A reading from the holy Gospel according to John 20:19-23

*As the Father sent me, so am I sending you: receive the Holy Spirit*

In the evening of the first day of the week, the doors were closed in the room where the disciples were, for fear of the Jews. Jesus came and stood among them. He said to them, 'Peace be with you', and showed them his hands and his side. The disciples were filled with joy when they saw the Lord, and he said to them again, 'Peace be with you.'

'As the Father sent me, so am I sending you.'

After saying this he breathed on them and said: 'Receive the Holy Spirit. For those whose sins you forgive, they are forgiven; for those whose sins you retain, they are retained.'

The Gospel of the Lord.  
Praise to you, Lord Jesus Christ.

*(All Sit)*

## The Homily

*(All Stand)*

## The Creed

*The Niceno-Constantinopolitan Creed*

**I believe in one God, the Father almighty,  
maker of heaven and earth,  
of all things visible and invisible.  
I believe in one Lord Jesus Christ,  
the Only Begotten Son of God,  
born of the Father before all ages.  
God from God, Light from Light,  
true God from true God,  
begotten, not made,  
consubstantial with the Father;  
through him all things were made.  
For us men and for our salvation  
he came down from heaven,**

或

恭讀聖若望福音 20:19-23

*就如父派遣了我，我也同樣派遣你們，你們領受聖神吧！*

一周的第一天晚上，門徒所在的地方，因為怕猶太人，門戶都關著；耶穌來了，站在中間，對他們說：「願你們平安！」說了這話，便把手和肋膀指給他們看。門徒見了主，便喜歡起來。耶穌又對他們說：「願你們平安！」

「就如父派遣了我，我也同樣派遣你們。」

說了這話，就向他們噓了一口氣，說：「你們領受聖神吧！你們赦免誰的罪，誰的罪就得赦免；你們保留誰的罪，誰的罪就被保留。」

這是基督的福音。  
基督，我們讚美你。

*(全體坐下)*

## 講道

*(全體站立)*

## 信經

*尼西亞信經*

我信唯一的天主。全能的聖父，  
天地萬物，無論有形無形，都是他所創造的。  
我信唯一的主、耶穌基督、天主的獨生子。  
他在萬世之前，由聖父所生。  
他是出自天主的天主，出自光明的光明，  
出自真天主的真天主。他是聖父所生，而非聖父所造，與聖父同性同體，  
萬物是藉著他而造成的。  
他爲了我們人類，並爲了我們的得救，從天降下。

*(At the words that follow, up to and including "and became man", all bow.)*

and by the Holy Spirit was incarnate of the Virgin Mary, and became man.  
For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end. I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets. I believe in one, holy, catholic and apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

*The Apostles' Creed*

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord,

*(At the words that follow, up to and including the Virgin Mary, all bow.)*

who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

*(唸至「他因聖神降孕.....而成為人」時，全體稍俯首。)*

他因聖神由童貞瑪利亞取得肉軀，而成為人。  
他在般雀比拉多執政時，  
為我們被釘在十字架上，  
受難而被埋葬。  
他正如聖經所載，第三日復活了。  
他升了天，坐在聖父的右邊。  
他還要光榮地降來，審判生者死者，  
他的神國萬世無疆。  
我信聖神，他是主及賦予生命者，  
由聖父聖子所共發。  
他和聖父聖子，同受欽崇，同享光榮，  
他曾藉先知們發言。  
我信唯一、至聖、至公、  
從宗徒傳下來的教會。  
我承認赦罪的聖洗，只有一個。  
我期待死人的復活，及來世的生命。  
亞孟。

*使徒信經*

我信全能的天主父，天地萬物的創造者。  
我信父的唯一子，我們的主耶穌基督。

*(唸至「我信他因聖神降孕.....誕生。」時，全體稍俯首。)*

我信他因聖神降孕，由童貞瑪利亞誕生。  
我信他在比拉多執政時蒙難，  
被釘在十字架上，死而安葬。  
我信他下降陰府，第三日從死者中復活。  
我信他升了天，坐在全能天主父的右邊。  
我信他要從天降來，審判生者死者。  
我信聖神。  
我信聖而公教會，諸聖的相通。  
我信罪過的赦免。  
我信肉身的復活。  
我信永恒的生命。  
亞孟。



## Prayer of the Faithful

...We pray to the Lord.  
**Lord, hear our prayer.**  
Or  
...Lord, in your mercy.  
**Hear our prayer.**

### Hail Mary

**Hail Mary, full of grace.  
The Lord is with thee.  
Blessed art thou among women,  
and blessed is the fruit of thy womb, Jesus.  
Holy Mary, Mother of God,  
pray for us sinners,  
now and at the hour of our death.  
Amen.**

## 信友禱文

...我們同聲祈禱。  
求主俯聽我們。

### 聖母經

萬福瑪利亞，妳充滿聖寵。  
主與妳同在。妳在婦女中受讚頌，  
妳的親子耶穌同受讚頌。  
天主聖母瑪利亞，  
求妳現在和我們臨終時，  
為我們罪人祈求天主。  
亞孟。

## The Liturgy of the Eucharist 聖祭禮

(All Sit)

(全體坐下)

## Offertory Chant

*If the priest says the prayers aloud the assembly's acclamation, each time congregation responds:*

Blessed are you, Lord God of all creation,  
for through your goodness we have received  
the bread/wine we offer you: fruit of the  
earth/vine and work of human hands, it will  
become for us the bread of life/our spiritual  
drink.

**Blessed be God for ever.**

Pray, brethren (brothers and sisters),  
that my sacrifice and yours may be acceptable  
to God, the almighty Father.

**May the Lord accept the sacrifice at your  
hands for the praise and glory of his name,  
for our good and the good of all his holy  
Church.**

## 奉獻詠

如主祭高聲以這禱文祈禱，信友則回答：

上主，萬有的天主，你賜給我們食糧，我們讚  
美你；我們將這麥麵餅/葡萄酒，呈獻給你，這  
是大地的產物，也是人類勞動的成果，願它成  
為我們的生命之糧/精神飲品。

**願天主永受讚美！**

各位兄弟姐妹，請你們祈禱，望全能的天主聖  
父，收納我和你們共同奉獻的聖祭。

望上主從你的手中，收納這個聖祭，  
為讚美並光榮他的聖名，  
也為我們和他整個聖教會的益處。

## Prayer over the Offerings

Grant, we pray, O Lord, that, as promised by your Son, the Holy Spirit may reveal to us more abundantly the hidden mystery of this sacrifice and graciously lead us into all truth. Through Christ our Lord.

**Amen.**

## The Eucharistic Prayer

The Lord be with you.

**And with your spirit.**

Lift up your hearts.

**We lift them up to the Lord.**

Let us give thanks to the Lord our God.

**It is right and just.**

### *Preface*

(The Mystery of Pentecost)

It is truly right and just, our duty and our salvation, always and everywhere to give you thanks, Lord, holy Father, almighty and eternal God. For, bringing your Paschal Mystery to completion, you bestowed the Holy Spirit today on those you made your adopted children by uniting them to your Only Begotten Son. This same Spirit, as the Church came to birth, opened to all peoples the knowledge of God and brought together the many languages of the earth in profession of the one faith. Therefore, overcome with paschal joy, every land, every people exults in your praise and even the heavenly Powers, with the angelic hosts, sing together the unending hymn of your glory, as they acclaim:

**Holy, Holy, Holy Lord God of hosts.  
Heaven and earth are full of your glory.  
Hosanna in the highest.  
Blessed is he who comes  
in the name of the Lord.  
Hosanna in the highest.**

(All Kneel)

## 獻禮經

上主，求你按你聖子的恩許，派遣聖神，將這祭獻的奧義，豐富地揭示給我們，並仁慈地引導我們，進入全部真理。因主耶穌基督之名，求你俯聽我們的祈禱。

亞孟。

## 感恩經

願主與你們同在。

**也與你的心靈同在。**

請舉心向上。

**我們全心歸向上主。**

請大家感謝主、我們的天主。

**這是理所當然的。**

### 頌謝詞

(五旬節的奧蹟)

主、聖父、全能永生的天主，我們時時處處感謝你，實在是理所當然的，並有助我們獲得救恩。今天，你完成了逾越奧蹟，派遣聖神，降臨到那些因與基督結合，而成為你子女的人心中。今天，是教會誕生之日；聖神既使萬民認識你、唯一的真天主，並團聚不同語言的民族，宣認同一的信仰。為此，普世萬民洋溢著復活的喜樂，踴躍歡騰。同時，天上的掌權者和大能的天使，都同聲歌頌你，不停地歡呼：

**聖、聖、聖，上主、萬有的天主，  
你的光榮充滿天地。歡呼之聲，響徹雲霄。  
奉上主之名而來的，當受讚美。  
歡呼之聲，響徹雲霄。**

(全體跪下)

## Eucharistic Prayer II

You are indeed Holy, O Lord,  
the fount of all holiness.

Make holy, therefore, these gifts, we pray,  
by sending down your Spirit upon them like  
the dewfall, so that they may become for us the  
Body and Blood of our Lord Jesus Christ.

At the time he was betrayed and entered  
willingly into his Passion, he took bread and,  
giving thanks, broke it, and gave it to his  
disciples, saying:

TAKE THIS, ALL OF YOU,  
AND EAT OF IT,  
FOR THIS IS MY BODY,  
WHICH WILL BE GIVEN UP FOR YOU.

In a similar way, when supper was ended,  
He took the chalice and, once more giving  
thanks, he gave it to his disciples, saying:

TAKE THIS, ALL OF YOU,  
AND DRINK FROM IT,  
FOR THIS IS THE CHALICE OF MY BLOOD,  
THE BLOOD OF THE NEW AND ETERNAL  
COVENANT, WHICH WILL BE Poured  
OUT FOR YOU AND FOR MANY FOR THE  
FORGIVENESS OF SINS.

DO THIS IN MEMORY OF ME

The mystery of faith.  
**We proclaim your Death, O Lord,  
and profess your Resurrection  
until you come again.**

Or  
When we eat this Bread and drink this Cup,  
we proclaim your Death, O Lord, until you  
come again.

Or  
Save us, Saviour of the world, for by your  
Cross and Resurrection you have set us free.

## 感恩經第二式

上主，你實在是神聖的，  
你是一切聖德的根源。

因此，我們求你派遣聖神，聖化這些禮品，  
使成為我們的主、耶穌基督的聖體聖血。

他甘願捨身受難時，拿起麵餅，感謝了你，  
把麵餅分開，交給他的門徒說：

*你們大家拿去吃：  
這就是我的身體，  
將為你們而犧牲。*

晚餐後，他同樣拿起杯來，又感謝了你，交給  
他的門徒說：

*你們大家拿去喝：  
這一杯就是我的血，  
新而永久的盟約之血，  
將為你們和眾人傾流，  
以赦免罪惡。*

*你們要這樣做，來紀念我。*

信德的奧蹟

主啊！我們傳報你的聖死，  
歌頌你的復活，期待你光榮地再來。

或  
基督，我們每次吃這餅，飲這杯，就是傳報你的  
聖死，期待你光榮地再來。

或  
救世的恩主，祢藉著苦難及復活，恢復了我們的  
自由，求祢拯救我們。

Therefore, as we celebrate the memorial of his Death and Resurrection, we offer, Lord, the Bread of life and the Chalice of Salvation, giving thanks that you have held us worthy to be in your presence and minister to you.

Humbly we pray that, partaking of the Body and Blood of Christ, we may be gathered into one by the Holy Spirit.

Remember, Lord, your Church, spread throughout the world, and bring her to the fullness of charity, together with Francis our Pope and "N" our Cardinal/our Bishop and all the clergy.

Remember also our brothers and sisters who have fallen asleep in the hope of the resurrection, and all who have died in your mercy: welcome them into the light of your face.

Have mercy on us all, we pray, that with the Blessed Virgin Mary, Mother of God, with blessed Joseph, her Spouse, with the blessed Apostles, and all the Saints who have pleased you throughout the ages, we may merit to be coheirs to eternal life, and may praise and glorify you through your Son, Jesus Christ.

## The Doxology

Through him, and with him, and in him,  
O God, almighty Father, in the unity of the Holy Spirit, all glory and honour is yours, for ever and ever.

**Amen.**

*(All Stand)*

## The Communion Rite

At the Saviour's command and formed by divine teaching, we dare to say:

**Our Father, who art in heaven,  
hallowed be thy name;  
thy kingdom come, thy will be done  
on earth as it is in heaven.  
Give us this day our daily bread,  
and forgive us our trespasses,**

上主，因此我們紀念基督的聖死與復活，向你奉獻生命之糧、救恩之杯，感謝你使我們得在你台前事奉你。

我們懇求你，使我們在分享基督的聖體聖血之後，因聖神合而為一。

上主，求你垂念普世的教會，使你的子民和我們的教宗方濟各、我們的主教周守仁，以及全體聖職人員，都在愛德中，日趨完善。

上主，求你也垂念懷著復活的希望而安息的兄弟姐妹；並求你垂念所有去世的人，使他們享見你聖容的光輝。

上主，求你垂念我們眾人，使我們得與天主之母童貞榮福瑪利亞、聖母的淨配聖若瑟、諸聖宗徒，以及歷代你所喜愛的聖人，共享永生；並使我們藉著你的聖子耶穌基督，讚美你、顯揚你。

## 聖三頌

藉著基督，偕同基督，在基督內，並在聖神的共融中，一切崇敬和榮耀都歸於你，全能的天主聖父，直到永遠。

**亞孟。**

*(全體站立)*

## 共融聖事

我們既遵從救主的訓示，又承受他的教導，才敢說：

我們的天父，願你的名受顯揚；願你的國來臨；願你的旨意奉行在人間，如同在天上。求你今天賞給我們日用的食糧；求你寬恕我們的罪過，如同我們寬恕別人一樣；不要讓我們陷於誘惑，但

**as we forgive those who trespass against us;  
and lead us not into temptation,  
but deliver us from evil.**

Deliver us, Lord, we pray, from every evil,  
Graciously grant peace in our days, that,  
By the help of your mercy, We may be always  
free from sin and safe from all distress,  
As we await the blessed hope and the coming  
of our Saviour, Jesus Christ.  
**For the kingdom, the power  
and the glory are yours now and forever.**

## **The Peace**

Lord Jesus Christ, Who said to your Apostles:  
Peace I leave you, my peace I give you; Look  
not on our sins but on the faith of your  
Church. And graciously grant her peace and  
unity in accordance with your will, who live  
and reign for ever and ever.  
**Amen.**

The peace of the Lord be with you always.  
**And with your spirit.**  
Let us offer each other the sign of peace.

**Lamb of God, you take away the sins of the  
world, have mercy on us.  
Lamb of God, you take away the sins of the  
world, have mercy on us.  
Lamb of God, you take away the sins of the  
world, grant us peace.**

*(All Kneel)*

## **Invitation to Communion**

Behold the Lamb of God, behold him who  
takes away the sins of the world. Blessed are  
those called to the supper of the Lamb.  
**Lord, I am not worthy that you should enter  
under my roof, but only say the word and my  
soul shall be healed.**

## **Communion Antiphon**

They were all filled with the Holy Spirit  
and spoke of the marvels of God, alleluia.  
(Acts 2: 4, 11)

救我們免於兇惡。

上主，求你拯救我們免於一切兇惡，恩賜我們今  
世平安，使我們仰賴你的仁慈，永久脫免罪惡，  
並在一切困擾中，安然無恙，虔誠期待永生的幸  
福和救主耶穌基督的來臨。

**天下萬國，普世權威，  
一切榮耀，永歸於你。**

## **平安經**

主耶穌基督，你曾對宗徒們說：「我將平安留給你  
們，將我的平安賞給你們。」求你不要看我們的  
罪過，但看你教會的信德，並按照你的聖意，使  
教會安定團結。你是天主，永生永王。  
**亞孟。**

願主的平安常與你們同在。

**也與你的心靈同在。**

請大家互祝平安。

除免世罪的天主羔羊，求你垂憐我們。

除免世罪的天主羔羊，求你垂憐我們。

除免世罪的天主羔羊，求你賜給我們平安。

*(全體跪下)*

## **領聖體**

請看天主的羔羊；請看除免世罪者。被邀請來赴  
聖筵的人是有福的。

**主，我當不起你到我心裏來，**

**只要你說一句話，我的靈魂就會痊癒。**

## **領主詠**

眾人都充滿了聖神，講論天主的奇事。亞肋路亞。

(宗 2:4,11)

## Communion

The Body (Blood) of Christ.  
**Amen.**

(All Stand)

## Prayer after Communion

Let us pray.  
O God, who bestow heavenly gifts upon your Church, safeguard, we pray, the grace you have given, that the gift of the Holy Spirit poured out upon her may retain all its force and that this spiritual food may gain her abundance of eternal redemption. Through Christ our Lord.  
**Amen.**

## 領主

基督聖體(聖血)。  
亞孟。

(全體站立)

## 領主後經

請大家祈禱。  
天主，你把天上的恩寵，賜給你的教會；求你保存你所賜的恩惠，使聖神的恩典在教會內常常發揮效能，並使我們藉所領受的神聖食糧，獲得永恆的救恩。因主耶穌基督之名，求你俯聽我們的祈禱。  
亞孟。

## The Concluding Rites 禮成式

The Lord be with you.  
**And with your spirit.**

May almighty God bless you,  
the Father, and the Son, and the Holy Spirit.  
**Amen.**

Go forth, the Mass is ended.  
**Thanks be to God.**  
OR  
Go in peace, glorifying the Lord by your life.  
**Thanks be to God.**

## Recessional Hymns

願主與你們同在。  
也與你的心靈同在。  
願全能的天主：聖父、聖子、聖神，降福你們。  
亞孟。

彌撒禮成。  
感謝天主！

## 禮成詠

*This booklet is prepared with the love of God to assist roman Catholics who are Hongkongers to actively engage in the holy mass. It is not a merchandise. It may contain inaccuracies which are unintentional. Kindly accept apologies. The link for direct download is <https://bit.ly/3pXGvov>. No subscription or registration is necessary. Please feel free to send your comments to 730.rosarychoir@gmail.com. God Bless!*

*這本小冊子是仰賴天主的愛而製作，目的是讓香港人的羅馬天主教徒積極投入彌撒。小冊子是非賣品，當中可能含有無意的錯漏，請多多包涵。直接下載連結為 <https://bit.ly/3pXGvov>，無須訂閱或註冊。歡迎將您的意見寄交 730.rosarychoir@gmail.com。主佑！*