



聖神天主堂

Sheng Shen (Holy Spirit) Parish

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2011年5月份堂區通訊

Administrator

黃礎健神父 Rev. Bosco Wong

Deacon assisting the Administrator

范浩泉執事 Deacon Peter Fan peter@fan.com

主日感恩祭 Sunday Mass

星期日上午十一時半 Sunday 11:30am

成人慕道 Rite of Christians Initiation of Adults (RCIA)

(粵語, 國語, 英語)

星期日上午十時 Sunday 10:00am

兒童禮儀 Children Liturgy

星期日上午十一時半 Sunday 11:30am

堂區辦公時間 Parish Office Hours

星期二至五早上十時至中午十二時

Tue-Fri 10:00am-12:00pm

及星期四下午一時至三時

Thurs 1:00pm-3:00pm

惠捐支票請以 "Sheng Shen Chinese Catholic Community" 抬頭
 Please make all cheques payable to "Sheng Shen Chinese Catholic Community"



2011年5月1日

復活期第二主日

2nd Sunday of Easter

「願你們平安。」聖若望福音 20:19

"Peace be with you." John 20:19



2011年5月8日

復活期第三主日

3rd Sunday of Easter

「在擘開餅時, 宗徒認出是耶穌。」聖路加福音 14:21

"He was made known to them in the breaking of the bread." Luke 24:35



2011年5月29日

復活期第六主日

6th Sunday of Easter

「那接受我的命令而遵守的, 就是愛我的人...

我也要愛他, 並將我自己顯示給他。」聖若望福音 14:21

"Whoever has my commandments and observes them is the one who loves me
 ... and I will love him and reveal myself to him." John 14:21



藉著四旬期間，婦女會在祈禱及福音反思後，以拜苦路默想基督的救贖工程結束是月的祈禱聚會。



祈禱

文/Linda Au

祈禱有如「靈性的呼吸」，呼氣如同頌讚上主，吸氣如同感謝上主，不斷祈禱，不斷呼吸。

這是婦女組的第一次祈禱聚會：頌讀聖經金句，歌詠和虔敬靜默。藉此一小時的祈求，以信德之情向聖神開放，克己更新，以迎接復活的救主。我們感受著與主共融，祈求上主眷顧，賜大家力量面對生活的挑戰。

跟着是自發祈禱，祈求天主賜予適當的恩賜：為世界，為日本災難受害者，為家庭，為病患者……

在此特別的頌讚與感謝：我們擁有自己的聖堂，如此美好的地方，在靜默中與主會晤。為此我們同聲祈禱！

讀經反思

文/Irene Chang

讀經反思以四旬期第三主日讀經“耶穌向撒瑪黎雅婦人顯示自己”為題，綜合蔡惠民神父及吳智勳神父講道，探討“活水”于個人，團體，民族及天人之間的真正意義。

**You were buried with Him in baptism,
in which you were also raised with Him.**

by Sister Celia Chua

In the weekend of April 2 to 3, 2011, a Lenten reflection and preparation to understand and live deeper our Christian life with Jesus, organized in the Sheng Shen (Holy Spirit) Parish, is centered on Pope Benedict's Lent message, the mystery of our baptism.

Whether we were baptized during infancy or adult, there is a particular connection between baptism and Lent. As the Holy Father says, it is a favorable time to experience our saving grace. Baptism is not a rite from the past but an encounter with Christ and the community of believers. Through baptismal grace, a free gift from God, we are imparted with divine life and called sincerely for a conversion; initiated and supported by God's grace, so that we can reach the adult (mature) stature of Christ, as his friends and disciples.

The three acts of prayer, fasting and charitable works can assist us to face courageously our own struggles through ruling forces and our fragility. By recognizing our own frailty and the need of conversion, we desire to be more and more a true friend and disciple of Jesus, This is a time to renew our acceptance of baptismal grace not just during Lenten season but every day of our life.

Who can help us to be attentive and accept God's grace with open heart and empty hands? Our Mother Mary, who is the person more intimate to Jesus, was present to Jesus from her womb to the tomb. She is a woman of faith and a woman of God's Word. Let us be inspired by her and walk with Mary to live our daily passion, death and resurrection, knowing that our triune God is always with us.

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聖神婦女會主辦

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聖週五(四月二十二日)工作坊
從基督受難中體驗信仰在我們生活中的意義 徐錦堯神父主講
Jesus' suffering and its meaning for Catholics

工作坊反思

文/Irene Chang

基督的苦難是一個奧蹟，一個難以被人理解、接受，却又是每一位基督徒必須學習領悟的奧蹟。徐錦堯神父在聖週五加港視頻講座中，親自帶領本堂教友作出一次信仰的逾越，藉著正視基督苦難，體驗跨越人生苦痛的力量和方法。

正如失足跌到對一個學步孩童有著重要的意義，人生的哀傷、失望、無奈等困苦磨煉委實是信仰生命扎根的必需條件。徐錦堯神父以[十比九十]為切入點，引聖人及親身經驗為例，生動明確地指出苦難是生命的根本事實，只有當我們願意跟隨基督表樣，坦然接受，積極面對和勇于承擔生命中種種幽暗時，痛苦才能被轉化、創傷可得治癒，並因此而蒙受到那份[痛苦是天主化了妝的祝福]！

臨別，徐神父以[聖德在乎努力，努力就是聖德]相贈，砥勵大家以愛主之心，在每日生活中，勉力去[唸好每句經、做好每件事、吃好每頓飯、睡好每個覺]，共度一個真、善、美的生命。

My view

By Bosco T.K. Wong

Fr. Tsui's 30-minute talk on Good Friday was inspiring. It provides an association of Jesus' suffering with the worries, questions and dilemma we may be facing in our everyday lives.

I would like to summed up my impression as follows:

(1) How we decide to respond to an unexpected situation can have a direct effect on our state of mind and its end result. In every incident 10% of its happening is not under our control while the remaining 90% would be up to our free will in dealing with it. Here is an example for this. At breakfast the daughter knocked down her father's cup of coffee and caused the coffee to spill on her father's jacket, this incident was not under anyone's control, as it happened within seconds, and how the father reacted to this was under his control. If he became angry and started to yell at his daughter, both might become upset and the rest of the day would be hell for the family. On the other hand, if he smiled and just asked his daughter to be more careful when she got close to a cup

of coffee next time, harmony would be in the dining room and the family all the time. Thus, to see more joy, one can do more on what is under one's control. This reminds me that why Jesus' choosing obedience to accept his suffering, crucifixion and death can lead him to victory and glory of Easter.

(2) For greater joy in life, there are 2 channels of positive mental attitude: (a) Being - it means accepting who we are, and what we have are out of Lord's mercy, without Him we are zero and we are thankful to Him all the time. (b) Becoming - this starts with (1) having stand by our principles firmly (堅定自己); (2) followed by accepting and appreciation of our neighbour's outstanding performance (欣賞別人); (3) learning this from him/her (學習別人); (4) and becoming enriched by having a feeling of gratitude(豐富自己).

(3) To cope with negative happenings, Fr. Tsui responded by (a) doing nothing in defending himself; (b) believing firmly that over the passage of time truth and righteousness would surface up; (c) focusing on his priest duty. We know in the Bible, Pharisees and scribes were the people who masterminded Jesus' death and in the end Jesus has His victory over death. In our living world, we have to go through the stage of being accused like Jesus, it appears that patience and willingness to endure the trials can be an answer to a satisfactory conclusion.

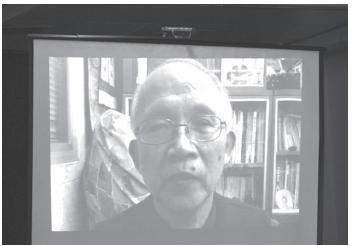
(4) Fr. Tsui also has his 7-step action plan in the event he need to put on hold what he is doing now in evangelization. I can see his wisdom in having his blueprint of knowing what to do next as this can give him a peace of his mind enabling him to manage well what he is doing.

(5) I see in our lives what we need to undergo: Birth, Aging, Being sick, Death (生老病死); Success, Failure, Gain, Loss (成敗得失); Joy, Anger, Sorrow, Happiness (喜怒哀樂) and all these are in no way comparable to Jesus' suffering: The agony in the Garden; The Scourging, Crowning with thorns; Carrying of the cross and The crucifixion. It would be a blessing to accept the above comparison making ourselves admit our wrongdoing, our oversight and to forgive our neighbours.

聖週禮儀

聖週五基督受難紀念及徐錦堯神父講座 四月二十二日

聖週六基督復活夜間禮儀及復活主日 四月二十三、二十四日



歡迎新領洗的兄弟姐妹 四月二十四日



04/23/2011



關梁蓮女士是堂區的資深熱心教友。近年因摔倒後行動不便，鮮能親臨教堂參與感恩祭及其他活動。

聖神婦女會成員最近在探訪關太時獲悉她今年五月生辰享壽一百歲，建議為她組織慶祝會。與關太在滿地可及Gatineau居住的女兒聯絡後，他們都熱烈贊同，並樂意携同母親到堂區共賀百歲壽辰。於是婦女會便積極策劃這個難得的慶典，從食物分配的安排，到設計生日賀禮，節目的編排等，決意在5月1日主日感恩祭後與關太及她的家人分享這份主賜的恩寵。

是日，關太在家人親友陪同下，一早就到達教堂參與彌撒感恩祭。喜見關太精神充沛，與教友，特別是其他長者朋友會面時，表現得非常興奮激動。及後在禮堂聚餐時，不停地介紹家人，特別是專程從香港到來的女兒與我們認識。拍照留念時，更是笑逐顏開，也極欣賞為她而設的“壽”字，汽球和“百歲証書”生日禮物。在婦女會成員為她獻上“好日子”的舞蹈和唱過祝壽歌後，關太便滿懷歡悅切生日蛋糕與眾分享，渡過一個愉快溫馨的百歲壽辰。在此，願主保佑關太身心康泰，主寵日隆！

文/羅靜如

團體消息及活動

- 1. 聖神婦女會將於五月廿九日彌撒感恩祭後在禮堂舉行美味廚房愛心午餐義賣。淨收入將平均分配捐獻中國雲南及日本地震賑災用途。午餐每份 \$3.99, 包括雲吞湯及粽子。購票請與黃英, 陳楚儀, Teresa Szeto或Joyce Wong聯絡。購票截止日期為五月廿二日。
2. 教區125週年特刊, 其中包括我們堂區的去去年成立時的報告。現已公開發售。請和黃廷光和Joyce洽購。
3. 教區執事培訓計劃在今年秋季將展開新一屆的培訓課程。在未來數月, 將在四個堂區舉行工作坊, 介紹新的課程。歡迎有興趣的家庭參與。詳情請和Peter Fan聯絡。
4. 兒童主日學已於二月六日開始。細節請與May Nung联系或查看可以在座位找到的小冊子。Children Sunday School has started on February 6. For more information, please contact May Nung or check out the pamphlet which can be found on the pews.
5. Sunday Missals in English are on sale at the church entrance at \$5 each.

此通訊只刊登堂區主辦的活動及有關資料。內容由行政主管決定。

All material that is submitted for publication in the bulletin must be parish-sponsored activities. The publication of such material is at the discretion of the administrator.



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