



聖神天主堂

Sheng Shen (Holy Spirit) Parish

1187 Rue Michael Street, Ottawa, Ontario K1J 7T2
Tel: (613) 747-2080 Fax: (613) 747-6115
Web: ottawachinesecatholic.org



2013年12月份堂區通訊

Priest Moderator

梁增仁神父 Rev. Stephen Liang
stliang@rogers.com

Deacon Pastoral Coordinator

范浩泉執事 Deacon Peter Fan
peter@fan.com

Administration Team

羅靜如 Angelina Lo angelina.cy.lo@gmail.com
曾煥華 Adison Tsang adisonsang@gmail.com
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陳淑薇 Magdalene Chan magchan@rogers.com
陳瑞朝 David Chan davidchan2233@gmail.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)

星期日上午十時半 Sunday 10:30am

青少年活動 Children/Youth Activities

星期日上午十時半 Sunday 10:30am

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

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



2013.12.1

將臨期第一主日

First Sunday of Advent

「所以，你們要醒寤，因為你們不知道：在那一天你們的主人要來。」瑪：24:42

"Therefore, stay awake! For you do not know on which day your Lord will come." Matthew 24:42



2013.12.8

將臨期第二主日

Second Sunday of Advent

「這人便是那藉依撒意亞先知所預言的：“在曠野裡有呼號者的聲音：你們該當預備上主的道路，修直他的途徑。”瑪：3:3

It was of him that the prophet Isaiah had spoken when he said: "A voice of one crying out in the desert, Prepare the way of the Lord, make straight his paths." Matthew 3:3



2013.12.15

將臨期第三主日

Third Sunday of Advent

「你們出去到荒野裡，是為看什麼呢？為看風搖曳的蘆葦嗎？你們出去到底是為看什麼？」瑪：11:7

"What did you go out to the desert to see? A reed swayed by the wind? Then what did you go out to see?" Matthew 11:7

聖誕日感恩祭：讀經淺釋

Summary of Fr. Liang's reflection on the readings of Christmas Day

基督降生成人，使我們成為天主的子女。基督的愛充盈普世，所以在聖誕節，普世歡騰。讓我們和聖母一起思考聖誕的意義，並和我們的善牧光榮和讚美天主。

Christmas is all about the Incarnation. The Incarnation means that God's Son came down on earth, took on our human nature in order to confer on us the dignity of children of God. The mystery of the Incarnation is a mystery of love. It constitutes the very heart of the Christian faith. No wonder Christmas is such an important feast. With Mary we are invited to ponder on the deeper meaning of the birth of Jesus so that, with the shepherds, we may be moved to glorify and praise God.

Christmas Message from Archbishop of Ottawa

Dear brothers and sisters in Christ:

The winter solstice marks the shortest day of the year and the longest night. In such a cold and dark setting, we naturally seek out fire and warmth, light and company.

A few days after the solstice—on December 25th—the daylight period begins to lengthen. People look forward to spring. And we Christians look forward to the rebirth found in the Paschal Mystery celebrated at Easter!

This era is also a time of transition. The election of Pope Francis is a ray of light. He embodies the new evangelization with his concern for the poor and needy. The civil war in Syria, the devastation in the Philippines from Typhoon Haiyan, and the poor in our midst remind us that the call on our hearts to a generous response is constant.

There is a profound message in the Church's decision to celebrate the birth of Our Saviour Jesus Christ in the lengthening days of late December.

God's Eternal Word, the Second Person of the Blessed Trinity, determined to enter into our world when all was dark and without hope.

Jesus Christ determined to share our human condition to the full and become "incarnate," taking on human flesh in the womb of the Virgin Mary. He even experienced death out of love for each of us. He redeemed us from the darkness of slavery and sin. He brought us into the light of God's Kingdom.

Living in the Holy Family with Mary and Joseph, Jesus' vocation was nourished by the loving attention of his earthly parents.

The Church has always sought to encourage and protect the family. Indeed, your family was your first experience of Church, where you learned the love of Jesus, your image of the Trinity, and a life of charity. The family now faces unparalleled strains as marriages are torn apart and children have less contact with their parents for financial and social reasons.

Pope Francis has called for an Extraordinary Synod in Rome next October to discern the Church's pastoral response to families in crisis. The eighth World Meeting of Families will take place in Philadelphia in 2015 to seek to strengthen the sacred bonds of family in the face of today's challenges.

Those sacred bonds start with your family, the Church in your home.

Today, our world—with all its complexities—still needs the Good News that God became one of us to show us how to live.

During this holy season of Christmas, take to heart Our Lord's message of hope to overcome the darkness.

Let us turn from darkness to the light of Christ and reflect His light to all around us!

Merry Christmas! God bless you all!

+Terrence Prendergast, S.J.
Archbishop of Ottawa

Priest Moderator's Christmas & New Year's Message

Every year as the Christmas season comes around, we hear a great deal about the real meaning of Christmas. But it is not always clear just what that real meaning is. For some people, the true meaning of Christmas is the warmth and love of our families, a celebration of the home. For others, the real meaning of Christmas is love for other people – "Peace on earth, good will toward men." And, of course, many Christians think the true meaning of Christmas is that it is the birthday of Jesus. All these things and especially the celebration of Jesus' birth, have something to do with Christmas. But the full meaning of Christmas is something bigger – bigger than the love of our families or good will toward men, even bigger than remembering the birthday of Jesus. For when we celebrate Christmas, we are celebrating one of the greatest truths of our faith – the Incarnation.

We are not just celebrating the fact that some 2000 years ago Jesus of Nazareth was born; we are celebrating the far greater fact that in Jesus of Nazareth, God himself became man. The word incarnation means to "be made flesh" or "to be enfleshed." Christmas celebrates how God is "enfleshed" for us. Here, in Mary's child, the love of God has become real to us in this birth. Christmas is the manifestation of God's love for humankind: that God loves us enough to become one of us. May we be embraced by the joy and hope of the mystery of God's love, love that enables us both to love and be lovable in the Spirit of our compassionate God. In becoming human in the Child of Bethlehem, God makes holy our very humanness; in taking on our human nature, God sanctifies that nature. When we become vehicles of God's love, when we become the means for manifesting God's presence in our world, we become sacred and holy, as well.

On Christmas Day we behold the true wonder and beauty of the Christmas event: the birth of the Christ Child, the love of God with a human face. Christmas is a feast of the heart. It reveals to us what the heart of God is like. At the same time it reveals to us what the human heart is capable of. Christmas causes us to open our hearts. And to open our hearts is to begin to live. What makes us human is not so much our ability to think as our ability to love. To the extent to which we open our hearts to God and to one another, we will experience something of the "great joy" the angels announced to the shepherds. Joy is the fruit of love. Joy is an overflowing heart.

This year, let us resolve that we continue to approach our world with a Christmas perspective: to embrace the wonder of God's compassion in every drop of water, every crust of bread, every flower. Let us also resolve to listen more to the voice of God, to treasure God's word and ponder it in our hearts. Then shall we be able to realize our New Year resolution of a new life in union with God. May Mary intercede with her Son and obtain for us the Christmas blessings of joy and peace. May the great joy be yours this Christmas day! May the blessings of love, hope, happiness, peace, and prosperity be yours in abundance in this New Year, 2014!

Fr. Stephen Liang



*May your Christmas be graced with harmony
and your New Year blessed with peace*

收錄禮

在十一月十日的收錄禮中，我們的慕道候選人，鄭誠 (Henry) 和黃宇燒 (Emily) 正式成為慕道者。我們為這兩位新朋友及他們的同行者祈禱，盼望他們早日參加我們教會的大家庭，及聖寵無限。



培靈講座 Workshop on Genesis

我們堂區持續舉辦培靈講座。於十一月三十日和十二月七日，聖經學者 Fr. Walter Vogels 繼續講解創世紀的精義。更在明年二三月對創世紀作今年度的總結演講。我們堂區將擴辦這類講座，以助教友們的靈修，盼各位踴躍參加，報名請聯絡聖堂辦事處。

As a continuous project to deepen our reflections in the Year of Faith, our parish continued with the Bible Studies Program. On November 30 and December 7, Fr. Walter Vogels further explored the messages of Genesis. The workshop is open to participants from outside our parish as well. Simultaneous interpretation is available. Fr. Vogels will conclude this series of studies on Genesis with two final workshops in February-March. We plan to engage in long term studies of the Bible, liturgy and related issues to enhance the spiritual development of our parishioners.



十二月份朝拜聖體禮儀暫時取消一次

十一月份祈禱及讀經分享會

文/羅靜如

- 誦唸玫瑰經/聖神祈文/為個別親友及菲律賓颶風災難祈禱
- 分享教宗方濟各本年9月13日在聖瑪爾大之家的彌撒講道所強調“說人壞話的人是假善人”
 - 我們自問很多時在有意或不自覺中都有說人壞話，傳播是非或批判別人的行為。這或許出於怨憤，報復別人對待自己的不是或是為自衛謀求個人利益，但其實也是出於自傲，覺得自己優點智慧比人強，卻沒有勇氣或謙恭之心看到或承認自己的缺點。
 - 我們的批判可能對別人有深遠的影響，不但令當事人名譽受損，失去別人的信任交往，亦會使他在身心自尊受到創傷，失去自信。試看傳媒為著收視的效果而大事渲染聖教會的一些醜聞，卻很少報導聖教會所實施的種種善行服務對聖教會的負面效果。
 - 教宗指出，講閒話有犯罪的成份，因為每次我們說弟兄的壞話時，就是模仿加音的殺人行為。我們同別人批評我們的弟兄時，我們就是殺人的基督徒。
 - 教宗引用雅各伯書的話：舌頭是用來讚頌天主的。可是，當我們用的我們的舌頭說我們的弟兄的壞話時，我們是用它來殺害天主，因為弟兄是天主的肖像。
 - 因此，我們每次用舌頭文字傷害我們的弟兄姊妹後，應自我反省尋求悔改，並用愛，謙卑，溫和，良善和慷慨的行動，為被我們迫害和施暴者祈禱。

Visit from Fr. Joseph Ly of

The Chinese Martyrs Catholic Church

11月16日，多倫多中華殉道聖人堂的李志雄神父和Michael Do執事到訪堂區。



將臨期/聖誕禮儀/其他活動

Advent & Christmas Liturgy/Program Schedule

日期	時間	禮儀	備註
14 Dec (Sat)	1:30 – 4:00p.m.	修和聖事/反省 Confession/Retreat	Fr. Liang 梁增仁神父 (英語/粵語 English/Cantonese) 劉神父 (普通話 Mandarin)
15 Dec (Sun)	11:30 a.m.	感恩祭 Thanksgiving Mass	Kevin Beach, Vicar General
	12:45 p.m.	聖誕慶祝會 X'mas Party	
24 Dec (Tues)	6:00 p.m.	感恩祭前聖誕詠唱 X'mas Carols before Mass	Fr. Cody
	6:30 p.m.	子夜彌撒 Mid-night Mass	
	7:45 p.m.	Pot luck 晚餐 慶祝會 Celebration Party	
25 Dec (Wed)	11:30 a.m.	聖誕節感恩祭 X'mas Mass	Fr. Stephen Liang
1 Jan (Wed)	11:30 a.m.	元誕感恩祭 New Year Mass	Fr. Stephen Liang

生命恩泉籌款晚宴，參觀頤康長者服務

十一月二十四日晚生命恩泉舉行週年籌款晚宴。我們堂區及友人共十五位參加。是晚參與踴躍，接近千人出席。整個晚會充滿對福傳的熱情和期盼。無論工作人員或賓客都對未來工作表達無限的盼望和熱情，這是非常重要的基礎。我們祝願生命恩泉前景遠大光明。我們堂區自當為這重要的事略盡綿力。我們同時為這事功祈禱。

晚會翌日，十一月二十五日（星期一），我們承在多倫多之便，在早晨彌撒後，探訪頤康長者中心，參觀他們的服務，特別日間服務。作為我們籌辦牧民中心社會服務的參照。頤康中心的總幹事廖廣源先生，詳盡地介紹他們的服務。我們更參觀各有關設施。頤康的日間服務看來更接近我們現階段的發展，特別值得參考。我們獲益非淺，非常感謝廖先生和頤康的接待和介紹。是日我們共進午餐，談談在頤康所見所聞，才回程。來日有機會，我們自當和堂區同仁分享。



將臨期的反思及頌唱

A Joint Day of Reflection and Chanting for Young People and Adults

聖母無原罪蔡修女和林修女將於十二月十四日下午特別來我們聖堂，和我們的年青人辦個聖詠頌唱反思活動。時間在團體修和及告解後。家長及其他成年人亦歡迎參加。

On December 14, Saturday, Sr. Celia Chua and Sr. Mary-Olga Lam, both MIC Sisters, will come purposely from Montreal to help our young people to reflect on and gather in singing for the coming of Christ. It will take place right after the Community Reconciliation and Confessions at 1:30 p.m. All young people, their parents and other adults are welcome.

青少年們以歌聲分享將臨的喜訊

我們堂區的青少年組，在十二月為堂區誦唱聖誕歌曲和聖詠，一方面為堂區信眾傳揚將臨的喜訊，同時為他們的靈修活動籌募經費，盼望各教友齊來分享，踴躍支持。

The Youth Chorus is gradually taking shape. Our young people will bring the good news to the community through Christmas hymns and songs in community functions and in liturgy. They are also raising funds for such activities to encourage spiritual growth, retreats, pilgrimages, even a long term goal of subsidizing young people to attend the World Youth Day in Poland in 2016 and beyond. Please join them and support them through your generous donations.

全球華人終身執事大會

於十一月中，香港總教區主催的全球華人終身執事大會在香港上水聖保祿樂修院舉行。來自美國，加拿大，台灣，澳洲，德國等地區，會同香港的終身執事和執事候選人，進行五天的祈禱研習營。雖屬首次，在香港陳志明副主教的帶領和專家的引導下，並通過每天早晚的祈禱禮拜，各執事及神長對執事職務和禮儀，以致教會組織及各項建設，都作深入討論，更增進各地執事的友愛和合作，令各參與者獲益非淺。各參加者都對主辦當局的專業安排和熱誠款待，衷心銘感。這真是上主通過教會給我們莫大的恩典。



全新電視節目

愛·常傳 Fountain of Grace

12月1日起首播
逢星期日下午4:35至5:05(東/西岸時間)
Premiere on Dec. 1
Every Sunday 4:35pm to 5:05pm (ET/PT)



11月30日起首播
逢星期六下午6:00至6:30(東岸時間)
逢星期六下午3:00至3:30(西岸時間)

Premiere on Nov. 30
Every Saturday 6:00pm to 6:30pm (ET)
Every Saturday 3:00pm to 3:30pm (PT)



全新電台節目

愛·生命 Love and Life

12月7日起首播
逢星期六下午6:00至7:00(東岸時間)
Premiere on Dec. 7
Every Saturday 6:00pm to 7:00pm (ET)



11月30日起首播
逢星期六下午8:00至9:00(西岸時間)
Premiere on Nov. 30
Every Saturday 8:00pm to 9:00pm (PT)



Private Dinner by Chef Chung

11月9日堂區首次舉辦了”鍾生鍾太私房菜”。參予者連同廚房助理共25人。各人都極讚賞鍾生鍾太精心泡製的雪耳雜菜湯，蝦沙拉，炭燒牛肉及芝士蛋糕等美食，更樂於能在美化後的禮堂大家敘談共渡歡樂時光。



Celebrating Sr. Aline's Birthday

11月17日堂區為 Sr. Aline 八十二歲生辰舉行了慶祝會。梁神父並在感恩祭禮成前祝福她，同時贈與她一份賀歲證書。歌詠團更帶領大家同唱生辰快樂歌向她祝賀。



Craft and Bake Sale

12月1日由婦女會主辦的工藝品/小食售賣共有20個單位參予，種類繁多，包括聖誕禮品，手織毛冷製成品，飾物，衣服，玫瑰經念珠，毛冷狗;而小食則有甜品糕點，荷葉飯，腸粉，牛肉球，咖哩角，雞肉卷，迷你熱狗，糰子，北方甜點.....堂區獲各單位奉獻部份收入共\$910。

Craft and Bake Sale hosted by Sheng Sheng Women's Group on 1 December was well supported by 20 units of vendors, who donated portion of their gross income totalling \$910 to the Parish.



Donation in support of Philippine's Typhoon Disaster

為回應主教呼籲支援菲律賓颶風引至的大災難，堂區在11月17日及24日兩個主日的第二次奉獻共籌得\$1,374.05。此項款額將交往教區，以配合獲得加拿大政府如數加增善款。堂區謹此多謝教友的熱心捐獻。

In response to the Diocese's appeal for support to the victims of Philippine's Typhoon disaster, the Parish gathered a total of \$1,374.05 from the second donations held on 17th and 24th November. The donation amount will duly be forwarded to the Diocese so to match the Canadian Government's donation. Thank you for your generous support.



活力牛仔牛女 賀聖誕
Happy Denim Style Christmas Celebration

聖神天主堂
 Sheng Shen (Holy Spirit) Parish
 Community founded in 1955

日期 十二月十五日 (星期日)
時間 下午十二時三十分 (感恩祭後舉行)
地點 本堂區中心 1187 Michael St
節目 自助美食 · 聖誕歌詠
 集體舞蹈 · 聖誕老人派糖
票價 成人十圓 · 五至十歲以下小童五圓
 十二月八日後購票者, 每位十三圓

December 15, 2013 (Sunday) 12:30pm after the mass
 \$10/adult · \$5/kids 5-10 yrs old (\$13 per person after Dec. 8)

Welcome to wear Denim Style & accessories
 歡迎穿上牛仔風格服飾參加

報名查詢
 Linda Au · Ceci Chow
 Chor-Yee Chan
 613-747-2080

生命恩泉 書舍
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活出歡欣喜悅 預備基督降生

30% off

40% off

Special Discount 20% off

Books displayed: "See Well", "Friendship", "Birthday", "A SAVOR IS BORN", "Angels' Gift".

FLL Bookstore will be closed at 1:30 pm on December 24/25/26/30/31

開放時間
OPENING HOURS

Mon to Sat	10:00am to 5:00pm
Sun	Closed

地址
STORE LOCATION

9033 Leslie Street,
 Unit 9 (2nd Floor),
 Richmond Hill, Ontario
 L4B 4K3



食物銀行最需求物品
Most Needed Items for Food Bank

- Healthy breakfast cereal 健康穀類早點
- Diapers (specifically larger sizes like 4,5, and 6) 嬰兒尿片 (尤其是大碼4, 5及6號)
- Juice boxes (for lunches) 午餐盒裝果汁
- Rice 米
- Soup 湯
- Can Tuna 罐頭吞拿魚



Ottawa Food Bank

圖書角消息

重新開放日期: 12月17日 12:30 — 1:30 p.m.

圖書角借閱守則

堂區書籍是各位教友的財富和朋友, 為了使圖書角能提供教友更好的服務, 堂區辦事處對圖書角書籍及音像製品進行整理, 將書籍、音像製品重新分類編號、貼標籤, 重新編制圖書電子文檔, 並增加了新的書籍, 其中包括堂區購買、教友捐贈等。為利於圖書角的管理, 特制定本守則望各位教友予以遵守:

A: 圖書借閱

- 一 借閱書籍時須先履行借閱手續, 自行在借閱記錄本登記借閱信息 (詳見登記表)。
- 二 借閱時間每次為三周, 每次借閱最多2本, 望各位教友在到期日或之前還回, 如果沒有其他人登記輪候借此書, 可以辦理一次續借手續, 時間仍為三周。
- 三 如果欲借閱書籍已被借出, 可先在「輪候登記表格」登記。等待管理員待書籍歸還後通知借閱。
- 四 還書時請把書籍放在「還書箱」里, 更要在借閱登記本上登記還回日期。
- 五 借閱人不得拆卸、調換、污損書籍, 不得在書籍上塗畫, 保證書籍的整潔完好。
- 六 借閱人應先還回已借書籍才可以再借閱新書籍。

B: 音像製品DVD借閱

- 一 音像製品DVD鎖在櫃中, 借閱和歸還DVD時須通過管理員辦理手續。
- 二 借閱時間每次不超過三周, 每次借閱最多不超過2張, 望各位教友在到期日或之前還回, 如果沒有其他人登記輪候借此碟, 可以辦理一次續借手續, 時間仍為三周。
- 三 如果欲借閱音像製品DVD已被借出, 可先在「輪候登記表格」登記。等待管理員待音像製品DVD歸還後通知借閱。
- 四 借閱人不得劃傷、調換、污損DVD, 保證DVD的整潔完好。
- 五 借閱人應先還回已借DVD才可以再借閱新DVD。
- 六 交還音像製品/DVD給管理員的時間是每個主日12:30pm-1:00pm。

所有聖事禮儀的諮詢, 特別是殯葬, 結婚或嬰孩洗禮等禮儀, 首先要直接與梁增仁神父或范浩泉執事聯絡及會面後才可訂定舉行日期。會面時, 自會解釋禮儀程序及其他資料。

All Sacramental requests, especially funeral, wedding and infant baptism, must first book an appointment with Fr. Stephen Liang or Deacon Peter Fan before any decision be made on the date of the event. They will be briefed about procedures and requirement in the interview with either Fr. Liang or Deacon Fan.

介紹 "奉獻彌撒咭"

堂區現推出 "奉獻彌撒咭" 給教友選擇以 "奉獻彌撒" 方式向亡者家人或親友致悼念/為亡者靈魂安息祈禱/感恩用途。此方法與目前奉獻彌撒沒有改變, 教友仍舊向堂區辦事處登記日期奉獻彌撒。(每台奉獻彌撒費\$15.00), 而堂區辦事處會隨後以奉獻彌撒咭通知被奉獻彌撒者及其家人有關日期等事宜。

團體消息

1. 堂區辦事處在12月24日至2014年1月1日聖誕假期內暫停開放。

The Parish Office will be closed for the Christmas holidays from 24 December 2013 to 1 January, 2014

2. 十二月份的朝拜聖體禮儀暫時取消一次。

3. 2013-2014年英語彌撒經書現開始發售，每本五元，請在聖堂門口與Fred Szeto洽購。

2013-2014 English Sunday Missal is now available on sale at the church entrance at \$5 per copy. For purchase, please contact Fred Szeto.

4. 將臨期團體修和禮儀定於十二月十四日下午一時三十分舉行，由梁神父及滿地可的劉神父分別以英語，廣東話及普通話與教友辦告解。

Reconciliation Liturgy is scheduled on 14 December at 1:30 p.m. Fr. Liang and Fr. Liu will hear confession either in English, Cantonese or Mandarin.

5. 我們堂區的青少年組，在十二月為堂區誦唱聖誕歌曲和聖詠，一方面為堂區信眾傳揚將臨的喜訊，同時為他們的靈修活動籌募經費，盼望各教友齊來分享，踴躍支持。

Our Youth Chorus will bring the good news to the community through Christmas hymns and songs in community functions and in liturgy. They are also raising funds for such activities to encourage spiritual growth, retreats, pilgrimages, even a long term goal of subsidizing young people to attend the World Youth Day in Poland in 2016 and beyond. Please join them and support them through your generous donations.

6. 冬天快將來臨，團體急需多位義工在感恩祭前清理教堂及土庫進口人行道及樓梯的積雪。有意參加這項有意義工作的朋友，在土庫的壁報板的參加表上寫上姓名或向Fred司徒或楊尤國聯絡。

Volunteers are needed to help out on snow removal at church and basement entrance before Sunday Mass. Please contact Fred Szeto or Peter Yang.

7. 我們歡迎朋友們參與慕道，有興趣者請到堂區辦事處，填寫表格，和 Peter Fan 或梁神父會面，以便安排同行者和開始慕道。

8. 慕道新程序：有意慕道或再慕道者，首先需與梁神父或范浩泉執事晤談，然後安排同行者協助他們皈依，並透過參與堂區禮儀及其他活動，與主及團體建立關係，從而在生活行為上產生徹底的改變。

9. 堂區因各項福傳及其他服務擴展，需志願工作人員當值，有興趣參與這項服務者請和 Peter Fan 或 Angelina Lo 聯絡。

此通訊只刊登堂區主辦的活動及有關資料。內容由行政事務管理決定。

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 Administration.



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