



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



2014年3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 adisontsang@gmail.com
莫淑蘭 Suk Lan Mok slmokslmok@gmail.com
黃庭光 Bosco T.K. Wong wongbosco27@hotmail.com
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

惠捐支票抬頭:

Please make all cheques payable to:
"Sheng Shen Chinese Catholic Community"



2014.3.2

常年期第八主日

Eighth Sunday in Ordinary Time

[不要為你們的生命憂慮吃什麼, 或喝什麼; 也不要為你們的身體憂慮穿什麼.]

瑪: 6:25

"Is not life more than food and the body more than clothing?"

Matthew 6:25



2014.3.16

四旬期第二主日

Second Sunday of Lent

[起來, 不要害怕.]

瑪: 17:7

"Rise, and do not be afraid."

Matthew 17:7



2014.3.23

四旬期第三主日

Third Sunday of Lent

[有一個撒瑪黎雅婦人來汲水.]
若 4:7

"A woman of Samaria came to draw water." John 4:7



LENTEN MESSAGE OF OUR HOLY FATHER FRANCIS 2014

He became poor,
so that by his poverty you might become rich
(cf. 2 Cor 8:9)

Dear Brothers and Sisters,

As Lent draws near, I would like to offer some helpful thoughts on our path of conversion as individuals and as a community. These insights are inspired by the words of Saint Paul: "For you know the grace of our Lord Jesus Christ, that though he was rich, yet for your sake he became poor, so that by his poverty you might become rich" (2 Cor 8:9). The Apostle was writing to the Christians of Corinth to encourage them to be generous in helping the faithful in Jerusalem who were in need. What do these words of Saint Paul mean for us Christians today? What does this invitation to poverty, a life of evangelical poverty, mean for us today?

1. Christ's grace

First of all, it shows us how God works. He does not reveal himself cloaked in worldly power and wealth but rather in weakness and poverty: "though He was rich, yet for your sake he became poor ...". Christ, the eternal Son of God, one with the Father in power and glory, chose to be poor; he came amongst us and drew near to each of us; he set aside his glory and emptied himself so that he could be like us in all things (cf. Phil 2:7; Heb 4:15). God's becoming man is a great mystery! But the reason for all this is his love, a love which is grace, generosity, a desire to draw near, a love which does not hesitate to offer itself in sacrifice for the beloved. Charity, love, is sharing with the one we love in all things. Love makes us similar, it creates equality, it breaks down walls and eliminates distances. God did this with us. Indeed, Jesus "worked with human hands, thought with a human mind, acted by human choice and loved with a human heart. Born of the Virgin Mary, he truly became one of us, like us in all things except sin." (Gaudium et Spes, 22).

By making himself poor, Jesus did not seek poverty for its own sake but, as Saint Paul says "that by his poverty you might become rich". This is no mere play on words or a catch phrase. Rather, it sums up God's logic, the logic of love, the logic of the incarnation and the cross. God did not let our salvation drop down from heaven, like someone who gives alms from their abundance out of a sense of altruism and piety. Christ's love is different! When Jesus stepped into the waters of the Jordan and was baptized by John the Baptist, he did so not because he was in need of repentance, or conversion; he did it to be among people who need forgiveness, among us sinners, and to take upon himself the burden of our sins. In this way he chose to comfort us, to save us, to free us from our misery. It is striking that the Apostle states that we were set free, not by Christ's riches but by his poverty. Yet Saint Paul is well aware of the "the unsearchable riches of Christ" (Eph 3:8), that he is "heir of all things" (Heb 1:2).

So what is this poverty by which Christ frees us and enriches us? It is his way of loving us, his way of being our neighbour, just as the Good Samaritan was neighbour to the man left half dead by the side of the road (cf. Lk 10:25ff). What gives us true freedom, true salvation and true happiness is the compassion, tenderness and solidarity of his love. Christ's poverty which enriches us is his

taking flesh and bearing our weaknesses and sins as an expression of God's infinite mercy to us. Christ's poverty is the greatest treasure of all: Jesus' wealth is that of his boundless confidence in God the Father, his constant trust, his desire always and only to do the Father's will and give glory to him. Jesus is rich in the same way as a child who feels loved and who loves its parents, without doubting their love and tenderness for an instant. Jesus' wealth lies in his being the Son; his unique relationship with the Father is the sovereign prerogative of this Messiah who is poor. When Jesus asks us to take up his "yoke which is easy", he asks us to be enriched by his "poverty which is rich" and his "richness which is poor", to share his filial and fraternal Spirit, to become sons and daughters in the Son, brothers and sisters in the firstborn brother (cf. Rom 8:29).

It has been said that the only real regret lies in not being a saint (L. Bloy); we could also say that there is only one real kind of poverty: not living as children of God and brothers and sisters of Christ.

2. Our witness

We might think that this "way" of poverty was Jesus' way, whereas we who come after him can save the world with the right kind of human resources. This is not the case. In every time and place God continues to save mankind and the world through the poverty of Christ, who makes himself poor in the sacraments, in his word and in his Church, which is a people of the poor. God's wealth passes not through our wealth, but invariably and exclusively through our personal and communal poverty, enlivened by the Spirit of Christ.

In imitation of our Master, we Christians are called to confront the poverty of our brothers and sisters, to touch it, to make it our own and to take practical steps to alleviate it. Destitution is not the same as poverty: destitution is poverty without faith, without support, without hope. There are three types of destitution: material, moral and spiritual. Material destitution is what is normally called poverty, and affects those living in conditions opposed to human dignity: those who lack basic rights and needs such as food, water, hygiene, work and the opportunity to develop and grow culturally. In response to this destitution, the Church offers her help, her diakonia, in meeting these needs and binding these wounds which disfigure the face of humanity. In the poor and outcast we see Christ's face; by loving and helping the poor, we love and serve Christ. Our efforts are also directed to ending violations of human dignity, discrimination and abuse in the world, for these are so often the cause of destitution. When power, luxury and money become idols, they take priority over the need for a fair distribution of wealth. Our consciences thus need to be converted to justice, equality, simplicity and sharing.



LENTEN MESSAGE OF OUR HOLY FATHER FRANCIS 2014



Pastoral Letter for Lent 2014

(continued)

No less a concern is moral destitution, which consists in slavery to vice and sin. How much pain is caused in families because one of their members – often a young person - is in thrall to alcohol, drugs, gambling or pornography! How many people no longer see meaning in life or prospects for the future, how many have lost hope! And how many are plunged into this destitution by unjust social conditions, by unemployment, which takes away their dignity as breadwinners, and by lack of equal access to education and health care. In such cases, moral destitution can be considered impending suicide. This type of destitution, which also causes financial ruin, is invariably linked to the spiritual destitution which we experience when we turn away from God and reject his love. If we think we don't need God who reaches out to us through Christ, because we believe we can make do on our own, we are headed for a fall. God alone can truly save and free us.

The Gospel is the real antidote to spiritual destitution: wherever we go, we are called as Christians to proclaim the liberating news that forgiveness for sins committed is possible, that God is greater than our sinfulness, that he freely loves us at all times and that we were made for communion and eternal life. The Lord asks us to be joyous heralds of this message of mercy and hope! It is thrilling to experience the joy of spreading this good news, sharing the treasure entrusted to us, consoling broken hearts and offering hope to our brothers and sisters experiencing darkness. It means following and imitating Jesus, who sought out the poor and sinners as a shepherd lovingly seeks his lost sheep. In union with Jesus, we can courageously open up new paths of evangelization and human promotion.

Dear brothers and sisters, may this Lenten season find the whole Church ready to bear witness to all those who live in material, moral and spiritual destitution the Gospel message of the merciful love of God our Father, who is ready to embrace everyone in Christ. We can do this to the extent that we imitate Christ who became poor and enriched us by his poverty. Lent is a fitting time for self-denial; we would do well to ask ourselves what we can give up in order to help and enrich others by our own poverty. Let us not forget that real poverty hurts: no self-denial is real without this dimension of penance. I distrust a charity that costs nothing and does not hurt.

May the Holy Spirit, through whom we are "as poor, yet making many rich; as having nothing, and yet possessing everything" (2 Cor 6:10), sustain us in our resolutions and increase our concern and responsibility for human destitution, so that we can become merciful and act with mercy. In expressing this hope, I likewise pray that each individual member of the faithful and every Church community will undertake a fruitful Lenten journey. I ask all of you to pray for me. May the Lord bless you and Our Lady keep you safe.

*From the Vatican, 26 December 2013
Feast of Saint Stephen, Deacon and First Martyr*

FRANCISCUS

Dear brothers and sisters in Christ:

Entering Lent on Ash Wednesday (March 5), we recall Pope Francis' invitation to the Church worldwide to enter into the **Joy of the Gospel** (the title of his Apostolic Exhortation *Evangelii gaudium*).

Lent means entering again into the Paschal Mystery. We, disciples of Jesus, recall our death to sin and our rising to new life that took place when we were baptized. As we accompany the catechumens who are preparing for baptism at the Easter Vigil, we pray over forty days for our own rebirth to new life.

We recall the Passion, Death, and Resurrection of Jesus through devotions like the Way of the Cross. Saint Paul proclaimed that in these moments, "The Son of God loved me and gave himself for me" (Galatians 2.20).

Besides prayer, Lenten disciplines include fasting and almsgiving. The Church prescribes fasting and abstinence from meat on Ash Wednesday and Good Friday. We encourage the practice of abstinence from meat also on the other Fridays of Lent for all in the Archdiocese. Fasting and almsgiving are fruitful ways to cooperate with the Holy Spirit's work in our lives.

As the Church prepares for an Extraordinary Synod of Bishops in October on issues touching on marriage and the family, we urge you to take steps to share your life of faith in your family. Whether your family is large or small, renew your commitment to the traditional Lenten practices of prayer, fasting, and works of mercy.

Attend Mass together on Sunday. Commit to doing so even if travelling during the March Break. Share a meal each week that involves cutting back a bit, so that together, you can save some money and give it to the poor. Make a sacrificial offering on Solidarity Sunday (April 6) to Development and Peace, the Canadian Bishops' international outreach body, or to another charity of your choice.

Our Lenten preparation for Easter should include a good confession. Follow Pope Francis's advice and let this sacrament of grace, hope and joy renew you!

I invite all Christians, everywhere, at this very moment, to a renewed personal encounter with Jesus Christ.... Now is the time to say to Jesus: "Lord, I have let myself be deceived; in a thousand ways I have shunned your love, yet here I am once more, to renew my covenant with you. I need you. Save me once again, Lord, take me once more into your redeeming embrace." God never tires of forgiving us; we are the ones who tire of seeking his mercy... With a tenderness which never disappoints, but is always capable of restoring our joy, he makes it possible for us to lift our heads and to start anew. Let us not flee from the resurrection of Jesus, let us never give up, come what will. May nothing inspire more than his life, which impels us onwards!" (EG #3)

We wish you a Blessed Lent!

+Terrence Prendergast,
CC Archbishop of Ottawa

+S.J. +Christian Riesbeck,
Auxiliary Bishop-elect

The Seven Gifts of the Holy Spirit

At Baptism, we receive seven special gifts from the Holy Spirit. These gifts are freely given to us to help us live as followers of Jesus and to build up the Body of Christ, the Church. The Gifts of the Holy Spirit are sealed and strengthened within us at Confirmation. These seven gifts help us to respond to the presence of the Holy Spirit in our lives, to make good choices, and to serve God and others. The gifts are:

Wisdom is the gift of knowing the right choices to make to live a holy life. The gift of wisdom helps you to avoid the things that could lead you away from God.

Understanding is the gift of comprehension, or the ability to grasp the meaning of the teachings of the Church. The gift of understanding helps you be tolerant and sympathetic of others. It helps you sense when someone is hurting or in need of compassion.

Right Judgment or Counsel is the gift of prudence. The gift of right judgment helps you make choices to live as a faithful follower of Jesus.

Courage or Fortitude is the gift that helps you stand up for your faith in Christ. The gift of courage helps you overcome any obstacles that would keep you from practicing your faith.

Knowledge is the gift of knowing and enlightenment. The gift of knowledge enables you to choose the right path that will lead you to God. It encourages you to avoid obstacles that will keep you from him.

Reverence or Piety is the gift of confidence in God. This gift of reverence inspires you to joyfully want to serve God and others.

Wonder and Awe or Fear of the Lord is the gift of wonder and respect that encourages you to be in awe of God. The gift of wonder and awe moves you to so love God that you do not want to offend him by your words or actions.

The Fruits of the Holy Spirit

When we cooperate with the graces and gifts we receive from the Holy Spirit, we grow as followers of Jesus. We see the effect of the Holy Spirit's presence in our lives in special qualities and attitudes that we develop as we grow in faith. The Church identifies these qualities and attitudes as the fruits of the Holy Spirit. The twelve fruits of the Holy Spirit are signs that the Holy Spirit is alive within us and helping us live the Catholic faith in our daily lives. The fruits are:

Love: We exhibit the virtue of charity, or love, by our unselfish devotion and care for God and our neighbour

Joy: We live with joy when we recognize that true happiness comes, not from money or possessions, but from knowing and following Christ.

Peace: We are freed from worrying about trivial things because of the inner peace we experience with God in our hearts. We work and pray for peace throughout the world.

Patience: We demonstrate patience by treating others with thoughtfulness and tolerance. We know that we can overcome the temptations and sufferings of life because God is always with us.

Kindness: We live the virtue of kindness by treating others as we want to be treated.

Goodness: We exhibit goodness when we honour God by avoiding sin and always trying to do what we know is right.

Generosity: We demonstrate the fruit of generosity when we share our gifts and possessions with others.

Gentleness: Gentle people act calmly and avoid actions that might lead others to anger or resentment.

Faithfulness: We are faithful when we live out our commitment to the teachings of Jesus, the Scriptures, and the Catholic Church.

四旬期第二主日：讀經淺釋

Summary of Fr. Liang's reflection on the readings of March 16, 2014

Each year on the second Sunday of Lent the Church puts before us the transfiguration of Jesus. His face shone and his clothes became dazzlingly white. We too can experience transfiguration. Virtue transfigures us. But sin disfigures us. Let us turn to the Lord for the help we need so that we can transfigure our lives by the practice of virtue.

Lord, help us to change hatred into love.

Lord, help us to change bitterness into forgiveness.

Lord, help us to change sorrow into joy.

耶穌向宗徒顯聖容時面貌發光，衣服潔白。罪惡可毀損我們，但美德卻可令我們容光煥發。

上主，懇請扶助我們將憎惡轉化為慈愛。

上主，懇請扶助我們將怨恨轉化為寬恕。

上主，懇請扶助我們將悲痛轉化為喜樂。

福傳 – 建堂：六十年的回顧與前瞻

2016年10月是我們團體建堂六十週年的慶典。我們堂區藉此重要時刻，反思我們各項事工，包括福傳及各項設施的發展。在這重要時刻，香港教區的恩保德神父和他的逾越之旅團隊，建意來渥太華和我們一起推行福傳工作。暫定時間是今年七、八月間。一些教友已開始參與討論籌備工作，並定下以下各範疇：節目，聖樂，財務，靈修，接待，膳食，總務，宣傳，場刊，票務等。

盼望各位教友積極參與，並邀請親友，特別非教友來和我們一起工作，使這些尚未奉教的朋友，對我們團體和信仰有初步的認識，以收福傳之效。

在準備和執行福傳之旅時，盼望我們也在靈修，人力和物資條件各方面有所長進，作為我們明年慶祝六十週年的一個準備。盼望六十週年慶典可幫助我們團體總結一個甲子的經驗，藉著聖神的帶領繼續為天主的國度努力。

A chance to reflect with the MIC Sisters 一個和 MIC 修女們靜修的機會

聖母無原罪修女會，不但在五十九年前創立我們團體，近年我們更重新接觸合作。今年六月二十五至二十七日，修女們特別為我們安排我們到修會在 Larentian Hills (Mont Tremblant 附近) 的靜修院進行三日兩夜的退修。內容將包括講座，詠唱，身心合一的活動。各項目將分青年和成年部份，讓談話思考內容更貼近我們生命的現狀。參加者可選擇參與一至三日，該靜修活動可讓二十人許參與。有興趣者請和堂區辦事處聯絡。

Our work with the MIC Sisters, who founded our community in 1955, has grown tremendously in the last few years. From 25th to 27th June of this year, the MIC Sisters are going to organize a few days of reflections with members of our parish in their cottage in the Laurentian Hills, near Mont Tremblant. The program would include talks, chanting, reflections and spiritual-physical exercises. One could come for one, two or three days. The activities would in be two broad groups, catering to both young people and adults. The program would accommodate about 20 people. Those who are interested should contact the Parish Office.

繼續改善堂區的設施

經教友們在人力物力的大力支持，兩年來我們堂區已改善了屋頂，地基，暖氣系統，和衛生設施。今年以去水系統，電線和停車條件為主要目標。詳情將陸續向各位教友說明。盼望教友繼續提供意見和協助進一步改善我們的聖堂環境。

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.



<https://www.facebook.com/pages/Sheng-Shen-Catholic-Parish/501505729860726>

Gourmet Thai Dining 泰知味

二月八日晚上堂區舉行了由 Linda Chan 主持的泰知味私房菜。Linda 與她的廚房助理 Rosa AuYeung, Catherine Leung, Jennifer Yeung 及 Edward Sham 落力為 21 位參予者烹調了十分美味的泰餐，包括海鮮冬蔭湯，芒果沙拉，咖哩雞，辣香葉牛肉，泰式炒河，雜果西米及泰式茶。大家都飽嚙一個豐富的晚餐。謹此向 Linda 及眾助理致謝。



Health Talk 健康講座: 心臟病的處理



二月九日下午關愛組邀請了心臟科註冊護士 Karen Tang (鄧冠敏) 與教友分享有關處理心臟病的知識，內容介紹了引至心臟病的危險因素，心臟病的徵兆及鼓吹養成健康生活方式以預防心臟病。出席參予者有30人，最後由范執事親自下廚烹煮元宵湯圓招待大家。



歡迎及祝賀新教友湯穎姊妹 (Anita LIN)

加入堂區大家庭

2月12日晚上范執事與沈錫雄兄弟陪同 Fr. Arinze 往湯穎姊妹家中給她付洗，成為天主的女兒。領洗聖事給湯穎姊妹力量與盼望接受疾病的挑戰。希望大家也為她的健康祈禱。

February Prayer Meeting 二月份祈禱會



Celebrating New Birth & Life

堂區二月九日的元宵開燈會共有以下有新添嬰孩的家庭參予, 並接受 Fr. Arinze 的祝福:

Thomas Zhai & Lucas Zhai (父母: Alex & Joanna Zhai)
Daniel Campbell (父母: James Campbell & Teresa Suen-Campbell)
Kyle Liu 廖啓然 (父母: Chris & Karen Liu)
Isaac Leung (祖父母: David & Pauline Leung)



由於 Fr. Vogel 因意外受傷正在康復期間, 原定三月一日及八日的創世紀工作坊延期舉行。

Fr. Vogel's workshop on Genesis on 1 & 8 March has to be postponed as he is undergoing recuperation to his injury from an accident.

Library News 圖書角消息

圖書角近期添置項目如下, 歡迎各位教友借閱

- S139 BERNADETTE AND LOURDES
- S140 THE LITTLE FLOWER SOCIETY
- S141 MEDUGORJE
- S142 OUR LADY OF FATIMA OUR MOTHER COMES TO US
- S143 TRUE LIFE IN GOD
- S144 HUNGRY SOULS
- S145 THE REMNANT THE HOPE FOR THE WORLD
- S146 MEDUGORJE REFLECTIONS BY FATHER BOB BEDARD
- S147 THE LIFE AND REVELATIONS OF ANNE CATHERINE EMMERICH
- S148 STORIES ABOUT PURGATORY
- S149 CHARITY FOR THE SUFFERING SOULS
- S150 GOD SPEAKS TO HIS CHILDREN
- S151 THE KINGDOM OF OUR FATHER
- S152 LIFE EVERLASTING
- S153 THE DAY WILL COME MICHAELHBROWN
- S154 MEDJUGORJE WHAT'S HAPPENING
- S155 FRANCIS AND CLARE
- S156 LOVING THE CHURCH
- S160 INSTRUMENT OF THY PEACE
- S161 FIVE FOR SORROW THN FOR JOY

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.

Rite of Honoring Our Ancestors 祭祖禮



二月九日彌撒禮成後，Fr. Arinze 及范執事帶領堂區各委員會代表及教友舉行祭祖禮。



Relocation of Parish Office 堂區辦事處搬遷

二月十四日在 Alain, David, Sam, Sunny, Adison, 楊慶國及蔡蕾的協助下，堂區辦事處順利及快速完成搬往 102 室的新址。在此特別多謝淑蘭細心的策劃及籌備新辦事處的擺設，及向各義工的出力支持致謝。



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 Announcement

三月五日(星期三)是四旬期的開始。是日聖灰禮儀定於晚上七時舉行，教友並當守大/小齋。

Lent starts on March 5 Ash Wednesday. There will be Ash Wednesday liturgy that Night at 7:00 p.m. It is a day of obligation for fast and abstinence.

渥太華主教呼籲教友在四旬期內，逢星期五克己守小齋。

Archbishop Prendergast appeals to Catholics to observe abstinence on every Friday during Lent.

三月份祈禱會及拜苦路定於三月八日(星期六)下午一時半舉行。

March Prayer Meeting and Way of the Cross is scheduled on March 8 (Saturday) at 1:30 p.m.

教區週年結婚紀念感恩祭定於五月四日(星期日)下午二時三十分在主教座堂舉行。詳情請參閱壁報板。教友如欲參予，請與堂區辦事處登記。

Diocesan Annual Wedding Anniversary Celebration scheduled on May 4, 2014 (Sunday) at Notre Dame Cathedral at 2:30 p.m. Please contact the Parish Office for registration. For details, please refer to announcement at Notice Board.

按加拿大稅局條例，特別奉獻彌撒捐獻因屬於受惠的服務，故2014年開始，堂區將不再為此類捐獻派發退稅收條。

Starting this year, parish will not issue tax receipts for donation for mass offerings, which, in accordance with rules of Canada Revenue Agency, is considered a beneficiary service.

2013年的退稅收條已準備好，教友可向 Adison Tsang 索取。

Tax receipt for 2013 is ready for pick up. Please contact Adison Tsang.

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.

四旬期/聖週禮儀預告

Lent /Holy Week Liturgy Schedule



03-05-2014 (星期三)	聖灰禮儀 (守大小齋) Ash Wednesday (fast & Abstinence)	7:00 pm
03-09-2014 (星期日)	甄選禮 Rite of Election Notre Dame Cathedral	2:30 pm
03-23-2014 (星期日)	第一次考核禮 First Scrutiny	11:30 am
03-29-2014 (星期六)	團體悔罪修和及告解 Community Reconciliation & Confession	1:30 pm
03-30-2014 (星期日)	第二次考核禮 Second Scrutiny	11:30 am
04-06-2014 (星期日)	第三次考核禮 Third Scrutiny	11:30 am
04-13-2014 (星期日)	聖枝主日 Passion (Palm) Sunday	11:30 am
04-15-2014 (星期二)	聖油彌撒 Chrism Mass Notre Dame Cathedral	7:30 pm
04-17-2014 (星期四)	主的晚餐 (聖週四) Holy Thursday	7:30 pm
04-18-2014 (星期五)	拜苦路 Way of the Cross	1:30 pm
04-18-2014 (星期五)	救主受難紀念 (聖週五) (守大小齋) Good Friday (fast & Abstinence)	3:00 pm
04-19-2014 (星期六)	復活慶典夜間禮儀 Holy Saturday (Easter Vigil)	8:30 pm
04-20-2014 (星期日)	耶穌復活主日 Easter Sunday	11:30 am

鳴謝

Francis Lai 兄弟多年來努力以赴編輯每月的堂區通訊，精心的圖文並茂設計，使刊物增色不少。現因定居溫哥華發展，未能繼續服務堂區。在此衷心感謝 Francis 過去的貢獻，並祝他事業有成，家庭生活愉快！

牧靈議會 Pastoral Council	
David Chan (Coordinator)	davidchan2233@gmail.com
Bosco Kung	boscokung@yahoo.ca
楊建華 Yang Jian Hua	yangjh@hotmail.com
Richard Chan	chanric@gmail.com
Dorothy Chan	613-747-2276
方良炎 James Fong (財務委員會代表)	jlfong@rogers.com
曾煥華 Adison Tsang (當然委員)	613-769-6238
黃英 Huang Ying (當然委員)	yinghuangcanada@yahoo.ca
羅靜如 Angelina Lo (當然委員)	angelina.cy.lo@gmail.com
陳飛帆 Chen Fei Fan (秘書 Secretary)	ablechan@hotmail.com

財務委員會 Finance Council	
鄧鈺振 Thomas Tang	thomas_tang@rogers.com
陳麗球 Linda Chan	lindachang@hotmail.com
方良炎 James Fong	jlfong@rogers.com
Celine Ma	jjjccc90@hotmail.com
黃庭光 Bosco Wong	wongbosco27@hotmail.com
羅靜如 Angelina Lo (當然委員)	angelina.cy.lo@gmail.com

Trustees	
羅靜如 Angelina Lo	angelina.cy.lo@gmail.com
曾煥華 Adison Tsang	613-769-6238
David Chan	davidchan2233@gmail.com
英淑蘭 Suk Lan Mok	s1mokslmok@gmail.com
黃庭光 Bosco Wong	wongbosco27@hotmail.com

常設委員會 Standing Commissions

禮儀 Liturgy	
Rexan Wong (Coordinator)	rexanw@hotmail.com
Bosco Kung (Altar Servers)	boscokung@yahoo.ca
David Chan (Lectors)	davidchan2233@gmail.com
May Nung (Youth Liturgy)	maynung@yahoo.ca
Chen Yu Feng (Eucharistic Ministers)	chinesecatholiccottawa@gmail.com
Joyce Wong (Eucharistic Ministers)	wongbosco27@hotmail.com
Teresa Szeto (Sacristy)	Frederick.szeto@gmail.com
Helena Wong Lo Chui Ching (Sacristy)	613-240-0109
John Nung (Choir A)	jnungconsulting@yahoo.com
Sunny Chan (Choir B)	sunny123chan@gmail.com
李美玲 Mei Ling Li	meilingli63@hotmail.com
Fred Szeto	Frederick.szeto@gmail.com
Xhiu Kai	apple_xk@hotmail.com
Janet Sham	edward.sham@gmail.com
黃暉 Wei Huang	teresaweih@yahoo.com

信仰培育 Christian Education	
Fr. Stephen Liang (Coordinator)	stliang@rogers.com
Deacon Peter Fan	peter@fan.com
John Nung	jnungconsulting@yahoo.com
Bill Chan	billcpchan@hotmail.com
吳祈 Eric Wu	wuqeric@yahoo.ca
張彥潔 Agnes Zhang	agneszhangbj@hotmail.com
Irene Chang	fongkitchang@yahoo.ca
Meiling Li	meilingli@halpenny.com
Rosa Au Yeung	rosacsk@hotmail.com
楊建華 Yang Jian Hua	yangjh@hotmail.com
Dicky Wong	itr217@gmail.com
丁寶金 Ding Bao Jin	bergendr@gmail.com
黃秋 Jason Tang	chientang@rogers.com

團體生活 Community Life	
Linda Au (Coordinator)	vain05@gmail.com
陳楚儀 Chor Yee Chan	chanscdavid@yahoo.com
陳淑芬 Cecilia Chan	cecechow@gmail.com
Rosa Au Yeung	rosacsk@hotmail.com
張貴鳳 Jessica Chan	jesscheung_2000@yahoo.com
Anita Cheung	anstcheung@yahoo.ca
黃振方 James Wong	613-823-6510
Helena Wong Lo Chui Ching	613-240-0109
David Xia	davidxiabj@yahoo.ca
Jennifer Yeung	pyeung@sympatico.ca
Elizabeth Fung	fung3@yahoo.com
Seng Lee Foo	sengleefoo@yahoo.ca
Richard Chan	chanric@gmail.com
林德榮 Lam Tak Wong	twlam@primus.ca

關愛 Christian Service	
羅靜如 Angelina Lo (Coordinator)	angelina.cy.lo@gmail.com
Gloria Kung	lau.gloria@hotmail.com
Helena Wong Lo Chui Ching	613-240-0109
Raymond Au	rays1.au@hotmail.com
Meiling Li & Francis Lau	meilingli@halpenny.com
Joyce Wong	wongbosco27@hotmail.com
Elizabeth Fung	fung3@yahoo.com
李溫麗妮	613-228-1292
黎潔儀	yi20040322@tom.com
Dorothy Chan	613-747-2276
Therese Yuen	therese.yuen.01@gmail.com
Christina Fan	christina@fan.com
Teresa Szeto	Frederick.szeto@gmail.com
陳偉明 Peter Chan	613-841-7828



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Cell: 613-769-6238
Fax: 613-424-2338

HollisWealth Insurance Agency Ltd. adison.tsang@holliswealth.com