



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: www.ottawachinesecatholic.org



2015年6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
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 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"



2015.06.14

常年期第十一主日

11th Sunday in Ordinary Time

我們以什麼比擬天主的國呢? 或用什麼比喻來形容它呢?

谷 4:30

To what shall we compare the kingdom of God, or what parable can we use for it?

Mark 4:30



2015.06.21

常年期第十二主日

12th Sunday in Ordinary Time

師傅! 我們要喪亡了, 你不管嗎?

谷 4:38

Teacher, do you not care that we are perishing?

Mark 4:38



2015.06.28

常年期第十三主日

13th Sunday in Ordinary Time

為什麼喧噪哭泣呢?

谷 5:39

Why this commotion and weeping?

Mark 5:39

教宗方濟各六月份的祈禱意向 Pope Francis Prayer of Intention for June

Universal 總意向：為移民與難民

That immigrants and refugees may find welcome and respect in the countries to which they stay.

願移民與難民能在他們移居的國家裡受到接納與尊重。

For Evangelization 福傳意向：為聖召

That the personal encounter with Jesus may arouse in many young people the desire to offer their lives in priesthood or consecrated life.

願藉著個人與耶穌的相遇，使年輕人激起獻身於司鐸職務，或渡奉獻生活的渴望。

PASTOR'S MESSAGE: June 2015

/ Fr. Stephen Liang

Twelfth Sunday in Ordinary Time, Year B (June 21) What should stand out about this Twelfth Sunday in Ordinary Time? With Easter in our rearview mirror, it seems that the basics of Christian living come to the forefront. God is in charge of all nature. The prayers for today focus exactly on that name of God, and on our place as those who call on God by name.

To bring this all together should direct us to look for evidence about God written large in the natural world, what Saint Thomas Aquinas called general revelation. We should look for that same imprint in our own lives, and in the lives of those around us, in our community of the family that God has given us and in the Church. All of this is good to recall as we stand at the start of this "ordinary" or counted season.

Every day, every person we meet is a gift from God and should be counted as an opportunity to praise God. This is especially useful for those people, many of them students, who are now over the initial excitement of the first days of summer in the Northern Hemisphere. As these days stretch before us, we can plan out how we can show God our gratitude for the freedom to live beneath what Saint Francis called Brother Sun and Sister Moon.

常年期第十二主日福音的重點在提示天主是宇宙的主宰，基督徒的基本生活依據。今日的祈禱亦正是我們受造物藉著上主的名向祂呼喚！

故此，我們該時常在圍繞著我們的環境中獲得啟示，感受天主的顯露臨在。在常年期的開始，我們該在日常生活上，在家庭裡，在教會內及與人的交往中尋找上主的痕跡。

每日當我們接觸別人時，就是上主賜與的恩惠，我們也該趁此機會讚美天主。這最適用於我們大部份住在北半球的學生，好趁剛經歷過迎接初夏的興奮，善渡暑期生活，為能有如教宗方濟各所說的在地球上與太陽月亮和諧地自由生活而感謝上主的眷顧。

為響應環保及節省印刷開支，堂區由九月份開始用電郵發放每月的通訊。教友如欲索閱印製的堂區通訊，可向堂區辦事處聯絡。

To be environmentally friendly and to minimize our printing cost, our parish will start to distribute the monthly parish bulletin electronically effective this September. Parishioners wishing to get the hard copy bulletin should approach the Parish Office.


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.

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.

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，(每台奉獻彌撒收費 \$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。



朝拜聖體
HOLY HOUR

二零一五年六月 June 2015
06月20日(星期六) 下午一時三十分
June 20, 2015 (Saturday) 1:30PM



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

SACRAMENT OF CONFIRMATION AND HOW THE HOLY SPIRIT ENHANCES OUR FAITH

(PART 2)

Fr. Stephen Liang

The Seven Gifts of the Holy Spirit

At Confirmation, we receive the seven gifts of the Holy Spirit as we are filled with sanctifying grace, the life of God within us. These seven gifts help us to live a Christian life.

The seven gifts of the Holy Spirit are: wisdom, understanding, counsel, fortitude (or courage), knowledge, piety, and fear of the Lord.

1. Wisdom

Wisdom is the first and highest gift of the Holy Spirit, because it is the perfection of faith. Through wisdom, we come to value properly those things which we believe through faith. The truths of Christian belief are more important than the things of this world, and wisdom helps us to order our relationship to the created world properly, loving Creation for the sake of God, rather than for its own sake.

2. Understanding

Understanding is the second gift of the Holy Spirit, and people sometimes have a hard time comprehending how it differs from wisdom. While wisdom is the desire to contemplate the things of God, understanding allows us to grasp, at least in a limited way, the very essence of the truths of the Catholic Faith. Through understanding, we gain a certitude about our beliefs that moves beyond faith.

3. Counsel

Counsel, the third gift of the Holy Spirit, is the perfection of the cardinal virtue of prudence. Prudence can be practiced by anyone, but counsel is supernatural. Through this gift of the Holy Spirit, we are able to judge how best to act almost by intuition. Because of the gift of counsel, Christians need not fear to stand up for the truths of the Faith, because the Holy Spirit will guide us in defending those truths.

4. Fortitude

While counsel is the perfection of a cardinal virtue, fortitude is both a gift of the Holy Spirit and a cardinal virtue. Fortitude is ranked as the fourth gift of the Holy Spirit because it gives us the strength to follow through on the actions suggested by the gift of counsel. While fortitude is sometimes called courage, it goes beyond what we normally think of as courage. Fortitude is the virtue of the martyrs that allows them to suffer death rather than to renounce the Christian Faith.

5. Knowledge

The fifth gift of the Holy Spirit, knowledge, is often confused with both wisdom and understanding. Like wisdom, knowledge is the perfection of faith, but whereas wisdom gives us the desire to judge all things according to the truths of the Catholic Faith, knowledge is the actual ability to do so. Like counsel, it is aimed at our actions in this life. In a limited way, knowledge allows us to see the circumstances of our life the way that God sees them. Through this gift of the Holy Spirit, we can determine God's purpose for our lives and live them accordingly.

6. Piety

Piety, the sixth gift of the Holy Spirit, is the perfection of the virtue of religion. While we tend to think of religion today as the external elements of our faith, it really means the willingness to worship and to serve God. Piety takes that willingness beyond a sense of duty, so that we desire to worship God and to serve Him out of love, the way that we desire to honour our parents and do what they wish.

7. Fear of the Lord

The seventh and final gift of the Holy Spirit is the fear of the Lord, and perhaps no other gift of the Holy Spirit is so misunderstood. We think of fear and hope as opposites, but the fear of the Lord confirms the theological virtue of hope. This gift of the Holy Spirit gives us the desire not to offend God, as well as the certainty that God will supply us the grace that we need in order to keep from offending Him. Our desire not to offend God is more than simply a sense of duty; like piety, the fear of the Lord arises out of love.

(to be continued / 下期續稿)

May Prayer Meeting 五月份祈禱會

五月的祈禱會如常誦念玫瑰經，為教宗的福傳意向及為關懷受苦者，和各參予者的祈禱意向禱告。

以下是李美玲姊妹與大家分享有關教宗方濟各的資料：

- ✓ 深受全球天主教徒愛戴的現任教宗（第266任）方濟各，他在2013年3月13日獲選為教宗，成為首位出身於美洲與耶穌會的教宗。本名 Jorge Mario Bergoglio，1936年12月17日出生在阿根廷首都布宜諾斯艾利斯的一個義大利移民家庭，是家中五個孩子中的長子。教宗能說流利的西班牙語、義大利語及德語。
- ✓ 教宗方濟各是一個謙遜而簡樸的人。2013年被選時代雜誌的年度風雲人物。方濟各上任後，一改教會負面形象，不僅替天主教教會注入活力，更擔起回應時代議題的重任。
- ✓ 教宗方濟各以樸實著名，他搭乘公車，定期拜訪貧民窟，不願搬進教宗寓所。如此簡樸親民的形象，重拾了教友對教會的信心，他從自身做起打破位高權重的形象，在甫發表的教宗諭文中，表示「寧可教會滿是傷痕，而不願其故步自封」，並提醒神職人員和信友應回到信仰核心，那便是「在基督裡，天主那拯救的愛要彰顯。」

繼續逾越之旅的精神，繼續福傳

The Spirit and the Journey of Evangelization continues

我們堂區的青少年被2014年逾越之旅感召，盼望投身福傳。今年有 Byron Chan, Jonah Nung, Lydia Nung 和 John Nung 參加逾越之音團隊，在恩神父帶領下於今年七八月間往泰國，越南和緬甸福傳。我們堂區青年基金和長青社支持他們，提供資助。並在五月十七日耶穌升天彌撒頒贈資助款項，全體教友對這些福傳的義工鼓掌致敬和鼓勵。願天主保佑我們福傳工作。

Inspired by the evangelization efforts of Fr. Yan and his team in 2014, a number of young people and their families, Byron Chan, Jonah Nung, Lydia Nung and John Nung, devoted themselves to evangelization, especially with Fr. Yan's team this year in Vietnam, Thailand and Myanmar. They would join the EV Concerts in July and August of this year, 2015, with expenses all covered by themselves. To support them in this most meaningful work, our Parish and the Evergreen Group among our parishioners donated funds to help cover their expenses. On Ascension Sunday, 17th May 2015, the donations are delivered to the youth volunteers, Byron Chan, Jonah Nung and Lydia Nung. We also expressed our moral support for this great work for the Lord.



溫哥華加拿大殉道聖人天主堂來訪

由該堂的朱神父帶領的朝聖團於五月四日探訪我們聖堂。朝聖團超過五十位教友往魁北克市及多倫多以北加拿大殉道聖人聖地，Canadian Martyr Midland Shrine 朝聖，順道訪問渥太華及拜訪我們聖堂，暢聚甚歡。有機會和加西的教友聚首聯絡，非常有意義。

Update from The Organizing Committee 60th Anniversary Celebration Ottawa Chinese Catholic Community 團體成立六十週年慶典籌委會策劃進展快訊

/ James Fong 方良炎

The 6th Organizing Committee meeting was held last Sunday, June 7, 2015. Again we had a productive session. The following is a brief outline of the key items discussed:

剛在六月七日舉行的籌委會議簡報如下：

1. On Friday May 8, 2015, we visited some local Parishes in order to formulate some concepts and visions on how to build a prayer's garden at our Parish. It was in fact a very practical and useful exercise for us. We are now in the process of collecting all relevant and vital information, including price quotations, that will help us reach a decision on what we should be doing regarding this project.

五月八日我們眾人前往其他堂區實地觀察其戶外的祈禱園地，為我們將來建設一個祈禱園的計劃吸取一些概念及備作參考。我們的跟進工作包括收集所有這工程必要的資料如報價等，才進一步決議如何實施這計劃。

2. On Sunday, May 24, a few of us went to the St. Viateur Church in Outremont, Quebec, to attend a Special Mass in honour of the 150 Anniversary of the Birthday of the late Sister Delia Tetreault, who was the founder of the MIC Sisters.

五月廿四日，堂區的代表前往灰省 Outremont 的 St. Viateur 教堂參予慶祝無原罪傳教會會長 Sister Delia Tetreault 的 150 週年冥壽感恩祭。

3. Work on the publication of the Journal of the Sheng Shen Parish Diamond Jubilee, has been progressing nicely and it is scheduled to be released on time this late summer.

堂區鑽禧特刊編制進展順利，預計夏末可出版。

4. We have finalized arrangements for the trip to the Galerie d'art d'Outremont, in Montreal, Quebec on Saturday June 27, 2015. There is a special exhibition to help commemorate the 150th Birthday of the late Sister Delia Tetreault. We will also use this opportunity to visit the St. Joseph's Oratory and Montreal Chinatown. Note that tickets for this bus trip have been sold out.

六月廿七日前往滿地可的旅遊車已告滿座。是日行程包括參觀無原罪傳教會會長 Sister Delia Tetreault 150 週年冥壽紀念展覽，聖若瑟大教堂及唐人街。

5. Due to the lack of participants along with some administrative reasons, we have cancelled the pilgrimage tour by bus to the Martyrs' Shrine, in Midland, Ontario on Saturday, July 11, 2015. However we are now considering other alternatives to go there, including using car pool and/or individually owned vehicles. I would ask our parishioners to pay special attention to announcements made before and/or after Sunday mass, regarding the latest news concerning this pilgrimage tour. We are still planning a visit to the Office of Fountain of Love and Life in Richmond Hill on Sunday, July 12, 2015.

有關七月十一日 Midland 朝聖之旅、由於需求旅遊車及預訂酒店的報名人數過少，未能成事。堂區現另外策劃組織 car pool 或個別駕車前往形式處理。請留意堂區稍後的報告。但我們的行程仍照原定計劃在七月十二日往生命恩泉機構拜訪。

6. Our Youth Group has firmed up their concepts regarding the designing of a T-shirt to commemorate our 60th Anniversary under the guidance of Alain Chan, our Parish's Art Director. The T-shirts will be produced once the price quotations as well as other production criteria have been reviewed and approved.

在 Alain Chan，堂區的 Art Director 帶領下，青少年組已完成設計紀念團體成立六十週年的 T 恤。現正進行估價及考慮其他印製條件，決議後即可印製。

7. A poster to promote the sales of tickets for our 60th Anniversary Dinner/Gala has been made. Close to 200 tickets have already been reserved or sold since they were available for sale on Mother's Day after mass. Please note that this special event will be held at the St. Elias Centre, 750 Ridgewood Ave., Ottawa, Ontario, on Sunday, October 11, 2015 at 6:00 p.m. Besides a delicious dinner, there will be live performance, dancing, silent auction and other entertainment. Hurry up and get some of these beautifully designed tickets!

鑽禧晚宴的宣傳海報已印刷備用。母親節那天已售出接近 200 張餐券。十月十一日的晚宴地點在 St. Elias Centre, 750 Ridgewood Ave., Ottawa, Ontario 六時恭迎，除了供應精美佳餚，更有即場表演，跳舞及無聲拍賣等。請從速購買設計美輪美奐的餐券。

Family Portrait Taking Project for Parish's 60th Anniversary Journal

A few photos to depict the Family Portrait taking process. They show how involved the people are.

Thank you, Alain, Byron, Rexan, Bill & Julianna and many others involved.

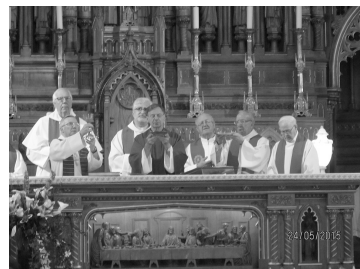


Commemorative Mass Celebration on the 150th birthday of MIC's Founder



On 24/5, James & Lucille Fong, Angelina represented our parish to attend the Commemorative Mass Celebration on the 150th birthday of MIC's founder, the late Sister Delia held at St. Viateur, Outremont.

The sisters expressed great appreciation for our participation and the presentation of a flower bouquet. The Mass, presided by Mgr. Michel Parent of Montreal, was well attended by many guests who all applauded the angelic music and choir singing.



Baby Baptism



五月十日主日感恩祭，Fr. Cody 為他的兩名親人的嬰孩 Olivia Gabriela Wistaff, aged one year four and a half months, Charlotte Isabel McManus, aged four and a half months 主持入門聖事，並在禮堂慶祝拍照留念。



加東青年營籌委拜訪我們堂區

Ga Tung Youth Camp Organizing Committee Visited Our Parish

On (Saturday / Sunday) May 23 & 24, the Organizing Committee of the 2015 Eastern Canada Chinese Catholic Living Camp visited our Parish to promote the Camp for the coming Labor Day Weekend. Members of our parish's youth group and parish's admin team welcome them.

加東青年營籌委於五月廿三及廿四日來渥太華拜訪我們堂區的青年。該個週末剛好是堂區的主保瞻禮，池神父邀請來的青年朋友及數位堂區青年都來參加，和加東朋友暢聚。之後青年組和加東朋友出外觀光，遊覽鬱金香花節。盼望今年我們堂區有更多青年參與加東青年營。

Mothers' Day



Pentecost Feast Day Celebration and Youth Volunteers' Performance



五月廿四日是堂區的主保瞻禮，池神父的生日亦在五月內，堂區教友特別為池神父慶祝生日。牧靈議會主席 David 代表堂區致送生日蛋糕及禮物給池神父。



Nigerian Community's Offer of Mass for Fr. A's Late Father on May 23



Fr. Arinze's Letter of Appreciation

Dear Sheng Shen Parishioners,

Warm Appreciation

I sincerely write to thank you all for your presence, solidarity, support, and prayer at the Memorial Mass of my dad last week. You really gladdened my heart and made my bereavement an experience much easier to cope with. Members of our family back home in Nigeria, especially my mum, request that I extend their warm thanks to you all, the Sheng Shen Parishioners, Ottawa, for being there for us from far away Canada.

May God whose reward is greatest be your inheritance now and always – Amen.

Fraternally yours in Christ,

Rev. Fr. Arinze Onwuzulike, cssp

齊來慶祝 雙親節

Come &
celebrate the
parents day

日期: 六月廿一日

Date: June 21, 2015

時間: 12:30 pm 感恩祭後於禮堂舉行

Time: 12:30 pm after mass
at the hall room

團體生活與
哥倫布騎士會合辦
Organized by Community Life &
Knights of Columbus

節目: 享用豐富午餐

Program: Enjoy Delicious Lunch

自由奉獻和50/50抽獎

(所得將全部捐贈堂區培聖基金)

Free Donation & 50/50 draw

(all proceeds will go to the Vocation Fund)

午餐後將有騎士會簡介和
池神父分享聖召旅程。

Introductions of
Knights of Columbus &
Vocation journey from Fr. Chi



Enjoy the Sun, Enjoy the Fun

“你有份,我都有份!”



◆◆◆Yard Sale◆◆◆大賣場

地點/(Location): 教堂露天停車場/
Sheng Shen Parish Parking Lot
1187 Michael Street, Ottawa, ON K1J 7T2

日期/(Date): June 20, 2015

時間/(Time): 9am to 1pm

物品應有盡有: 小型家具, 電器用品, 花園工具, 裝飾物品,
手飾, 服裝, 鞋, 配件, 收藏品, 電子產品!
遊戲, 玩具, 衣服, 家居用品, 剪草機, 書籍, 毛絨動物
古董, 溜冰鞋, 紀念品.

Items for sale: , games, toys, clothes,
stuffed animals Household items,
Lawnmowers, books, Decoration, furniture and
electronics, antiques and more!



Recruitment of Altar Server 招募傳祭員

堂區歡迎有興趣參予傳祭員事工的兒童, 青少年及成人,
向范執事或 Angelina Lo 報名。

Children, youth or adult parishioners are all welcome to
join the altar server team. If interested, please report to
Deacon Peter Fan or Angelina Lo.

Message from Katie Ng

Dear brothers and sisters of all ages!!!

We want your help and involvement, simply put it:

WE NEED YOU

We are all very excited in planning our 60th-
anniversary celebration and looking for a number of
people to represent each age category as Master of
Ceremony. Here's the theme:

We would like to have up to 6 people in age group from
10-19, 20-29, 30-39, 40-49, 50-59, 60+

If you are outgoing or not, if you like to have fun and
want to share the excitement and be part of our
anniversary celebration, YOU ARE THE RIGHT PERSON
WE ARE LOOKING FOR!!

If you would like to gather your church friends in your
age group and have fun as one of the M/Cs, it will be
an evening of great memory for years to come.

--you don't need to say a whole lot

--we will provide you with a script and training as well
as your input for your age group is highly respected
and welcome.

My door is open, my phone is on! I will be your mentor,
not a trainer--we can discuss and try difference thing
to make it work for all of you and us. Let's have some
FUN!!

Please contact Katie: 613 799 8266 or

email: katie.hkgal@gmail.com

邀請各主內兄弟姊妹參予鑽禧晚宴的司儀行列

親愛的主內兄弟姊妹

堂區正積極策劃團體六十週年的鑽禧晚宴。我們需要六組代表以
下年齡範圍的兄弟姊妹參予鑽禧晚宴的司儀行列:

10-19, 20-29, 30-39, 40-49, 50-59, 60+

如果你喜歡感受參予的興奮與喜樂, 你就是適當的人選!

如果你想與你的年齡同輩一同分享擔任司儀的樂趣, 這份經驗將
會帶給你難忘的美好回憶!

-- 當晚需要你的時間不會超過 15 分鐘, 講詞精簡

-- 我們會提供講稿及培訓, 但也會接受尊重你的建議

我只作你的顧問而非導師, 並樂意聽取你們的意見。請齊來開心
參予。

我的聯絡電話: (613)799-8266

電郵: katie.hkgal@gmail.com



TICKET SALES 購票

**Sheng Shen (Holy Spirit) Parish
Diamond Jubilee Celebration Gala
渥太華聖神天主堂鑽禧晚宴**

Date: 日期
Sunday, October 11, 2015

Venue: 地點
St. Elias Conference and Banquet Centre
750 Ridgewood Avenue,
Ottawa, Ontario

Time: 時間
6:00 p.m. Welcoming Reception & Cash Bar
7:00 p.m. Dinner/Silent Auction/Performances

Ticket: Adult \$50 Children under 12 years old \$30

To purchase tickets, please contact 購票請聯絡:
Richard Chan, Rosa Auyeung and Julianna Tse



New Item at Gift Corner



牧靈議會 Pastoral Council

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常設委員會 Standing Commissions

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Teresa Szeto frederick.szeto@gmail.com
Rosa Hong 613-823-2313

團體消息 Announcement

- ✓ Montreal Trip on 27/6 旅遊巴士座位已滿額，如欲參予，可考慮car pool前往，或登記輪候(waiting list)座位。
- ✓ 11-12/7 Midland 朝聖之旅、由於需求旅遊車及預訂酒店的報名人數過少，未能成事。堂區現另外策劃組織car pool 形式處理、及安排往修女的住舍留宿。已報名或有興趣參予的教友請與Fred Szeto 聯絡商討。



截至 2015 年 06 月 07 日，培聖基金共籌得 \$6,469.20。

As at 07 June, 2015, donation for Vocation Development Fund amounted to \$6,469.20.

堂區向 Jimmy & Grace Ha
兄弟姊妹剛逝世的母親
Mrs. Chor Fong Ha
致悼念



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祖先也移民

我們已移居到一個環境優美，生活安定的加國社會。這時我們有否想到在他方已故的先人或親屬呢？我們提供多種室內及室外骨灰龕位，供選擇，豐儉隨意……

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