



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



2016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
莫淑蘭 Suk Lan Mok
黃挺光 Bosco T.K. Wong
陳淑薇 Magdalene Chan magchan@rogers.com
司徒惠良 Fred Szeto frederick.szeto@gmail.com
周陳淑芬 Cecilia Chow cecechow@gmail.com
方李美娥 Lucille Fong lmnfong@rogers.com
陳瑞朝 David Chan davidchan2233@gmail.com
蔡蕾 Cai Lei ease4.0123@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"



2016.6.5
常年期第十主日
Tenth Sunday in Ordinary Time

"主一看見她, 就對她動了憐憫的心, 向她說: "不要哭了"
路: 7:13

When the Lord saw her, he was moved with pity for her and said to her, "Do not weep."
Luke 7:13



2016.6.12
常年期第十一主日
Eleventh Sunday in Ordinary Time

"故此, 我告訴你: 她的那許多罪得了赦免, 因為她愛的多; 但那少得赦免的, 是愛的少。" 路: 7:47

"So I tell you, her many sins have been forgiven because she has shown great love. But the one to whom little is forgiven, loves little."
Luke 7:47



2016.6.19
常年期第十二主日
Twelfth Sunday in Ordinary Time

"誰若願意跟隨我, 該棄絕自己, 天天背著自己的十字架跟隨我。" 路: 9:23

"If anyone wishes to come after me, he must deny himself and take up his cross daily and follow me."
Luke 9:23

教宗方濟各六月份的祈禱意向 Pope Francis Prayer of Intention for June 2016

Universal: Human Solidarity 總意向：為人類的團結祈禱

That the aged, marginalized, and those who have no one may find—even within the huge cities of the world—opportunities for encounter and solidarity.

願就算身處世界繁忙大城市的長者，邊緣人士及孤獨的人，都能有機會感受與人相遇和團結的支持。

Evangelization: Seminarians and Novices 福傳意向：為神學院的修生及初學者祈禱

That seminarians and men and women entering religious life may have mentors who live the joy of the Gospel and prepare them wisely for their mission.

願神學院的修生及有意渡神修生活的男女，能獲得活出福音喜悅的同行者明智的引領指導。

Pastor's Easter Message

/ Fr. Stephen Liang

Tenth Sunday in Ordinary Time 常年期第十主日

"As [Jesus] drew near the gate of [Nain], a man who had died was being carried out, the only son of his mother, and she was a widow." Luke 7: 11-17.

In today's Gospel, Jesus encounters the widow of Nain who is burying her son and, Luke writes, "was moved with pity" for her. While we feel the heartbreak for survivors like the widow and the mom grieving for her daughter, we don't know what to do or say and so we avoid them. But in her letter to her family and friends, this grieving mother offers all of us a lesson in compassion. While we cannot restore their loved ones to life as Jesus does in today's Gospel, we can restore the grieving to life - we can help them cross the bridge from their isolating grief to being part of the community again. It does not require an understanding of the psychology of grief; it begins with loving and caring enough to call, to invite, to inquire, to offer. There are no words that will make it better - we can only offer the compassion that is of God that heals and restores in its own good time.

Rev. Fr. Stephen Liang, M.D. 梁增仁神父

耶穌往一座名叫納因的城去，…看，正抬出一個死人來，他是母親的獨生子。”路：7：11-17

今日路加福音提及耶穌在納因城遇見寡婦埋葬她的兒子，就動了憐憫的心。當我們感受到寡婦或母親痛失至親的悲痛時，卻因不知如何慰問而避而不見。但我們卻可從這傷心母親給予親友的信函中，領悟慈悲。雖然我們未能像耶穌一般使死者復活，但卻可以協助悲痛者重獲生命的盼望。我們可以扶助她們從孤獨無助中投入團體生活中。這並不需要我們懂得心理治療哀痛的學問，卻只需以愛心關懷主動去打個電話問候，邀請或提供援助。這些慈悲的行動非語言能形容，卻可令她們因信靠上主而讓時間化解一切憂傷。

為響應環保及節省印刷開支，堂區現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 distribute the monthly bulletin electronically from now on. 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.

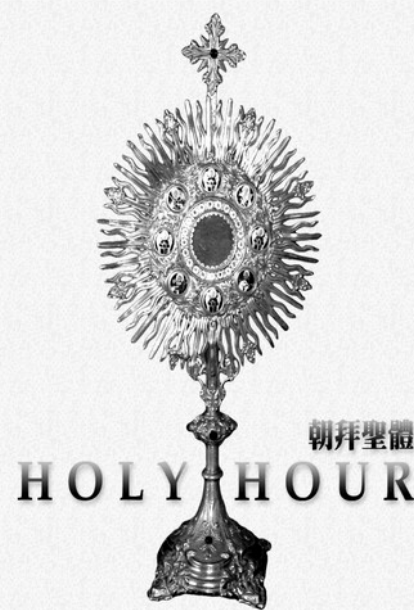
堂區現推出 "奉獻彌撒咭" 給教友選擇以 "奉獻彌撒" 方式向亡者家人或親友致悼念 / 為亡者靈魂安息祈禱 / 感恩用途。此方法與目前奉獻彌撒沒有改變，教友仍舊向堂區辦事處登記日期奉獻彌撒，(每台奉獻彌撒收費 \$15.00)，而堂區辦事處會隨後以奉獻彌撒咭通知被奉獻彌撒者及其家人有關日期等事宜。

請各小組協調人及教友注意，每主日堂區報告及奉獻彌撒通知截止時間改為逢星期三中午十二時。

成人慕道 - 普通話與粵語的成人慕道每星期日上午十時三十分在神父宿舍進行。查詢可與范執事或池神父聯絡。

Like us on Facebook

www.facebook.com/pages/Sheng-Shen-Catholic-Parish/501505729860726



二零一六年六月 June 2016

6月18日(星期六) | 下午一時三十分
June 18, 2016 (Saturday) | 1:30PM

Green Sacred Space Award 2016 環保獎 for Sheng Shen (Holy Spirit) Parish

On May 14, Saturday, eight members of the Sheng Shen Parish, 6 young people and two adults attended the "Regenerating Sacred Space" conference organized by the inter-faith organization, Faith for the Common Good. Presentations in the conference gave us ideas on how we could fully utilize our parish space in environmentally friendly ways. It also emphasized the importance of fully utilizing our space for missionary purposes. During the conference, two Green Sacred Space Awards were presented. Our parish is one of the two churches in the Ottawa area receiving the Award, recognizing our efforts in introducing and sustaining measures to ensure approaches that are environmentally friendly, including consistent recycling, composting and introducing practices that would reduce the economic footprint of our behavior, such as eliminating the use of plastic bottles and foam plates. A big THANK YOU to all parishioners, especially the young people, for helping our parish to respect and follow practices to help sustain God's creation. We are planning on the growth in this area, including planning a Prayer Garden that would help regenerating our scared space.

我們堂區獲頒 2016 年度聖堂環保獎。該獎項為鼓勵各聖堂環保行動而設。我們堂區近年來的物料循環及廢物，垃圾處理方法獲得肯定，是渥太華地區兩間獲獎聖堂之一。環保獎鼓勵我們繼續為保有上主的創造努力。



Green Sacred Space Award by Lydia Nung

During the workshop, I learned that some places of faith face decline in attendance and insufficient funding to occupy and maintain their historic buildings.

I thought that the talk raised more awareness on an important issue and offered inspiring examples and proven regeneration strategies. Many representatives from different religious communities posed questions concerning their problems on the subject.

The church building where the workshop was taking place in was going under renovation, but we were allowed to walk around and see the progress.

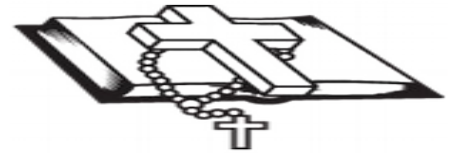
I felt awed by the quietness and peacefulness in the empty rooms, which made it beautiful in that way.

Date: June 25, 2016 (Saturday)
Time: 9 am to 1 pm
Location: Sheng Shen Parish Parking Lot
1187 Michael St., Ottawa, ON K1J 7T2



日期: 2016年6月25日(星期六)
時間: 早上九時至下午一時
地址: 聖神天主堂停車場 1187 Michael St., Ottawa, ON K1J 7T2

YARD SALE



May Prayer Meeting 五月份祈禱會

14/5五月份的祈禱會邀請了青年組參予。很多謝Lydia Nung協助在玫瑰經每端後伴奏帶領誦唱聖詠。大家都認同這新的形式，並決定今後由青年與成人合作安排祈禱會的程序內容。

Link on Updating Parish Record 在線更新在堂區個人/家庭資料紀錄

教友如欲更新在堂區記錄上的個人/家庭資料，請參閱堂區通訊或到堂區網站 www.ottawachinesecatholic.org 作鏈線更新 <https://goo.gl/pKEV0g>。

Parishioners who wish to update their personal registration at the parish office, please use the update link (<https://goo.gl/pKEV0g>) in parish's monthly bulletin or parish's website at

www.ottawachinesecatholic.org



母親節



母親節

五月八日母親節，彌撒中，梁神父特別降福所有母親，願她們都主寵日隆。並給每位母親送上鮮花。向她們母親致意。彌撒後，教會亦舉辦了 pot luck 聚餐。大家盡興而散。♡ ♡ ♡



Fr. Chi's Birthday
池神父生辰快樂!



捐款支援亞省
Fort McMurray
蔓延大火災民

Donation in support of victims of
Wildfire in Fort McMurray, Alberta
Thanks to the generosity
of parishioners, a total amount of
\$732.00

was collected and forwarded
to Red Cross in support of victims of
Wildfire in Fort McMurray.

Completion of Church Entrance Renovation



2016 旅行同樂日

日期
二零一六年七月九日(星期六)

地點
Long Island Locks
at Nicolls Island Road
(14 mins from TNT)


時間
上午九時三十分至下午三時

費用
成人 - 每位七元
小童十歲以下 - 每位三元
(包括午餐, 飲品自備)

活動
釣魚比賽 (詳情請參閱比賽規則)
小徑尋幽, 集体遊戲

報名及查詢
Linda Au
Julianna Tse
Richard Chan

請自備沙灘椅及太陽傘


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



First
兒童

Communion
初領聖體



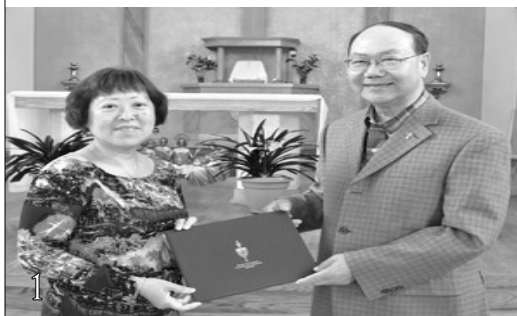
5月22日主日
感恩祭中, 程
明聰神父給
四位兒童
Bailey, Fiona,
Ann及Ophelia
接受初領聖
體及祝福.



15/5 堂區義工感謝日 Parish Volunteer Appreciation Day

堂區為向所有盡心盡力在各事工上奉獻服務的義工表示謝意，安排在聖神降臨節堂區主保瞻禮日以自助午餐款待義工，並向國會議員Hon. David McGuinty申請2016年的義工嘉勉獎狀給以下家庭：

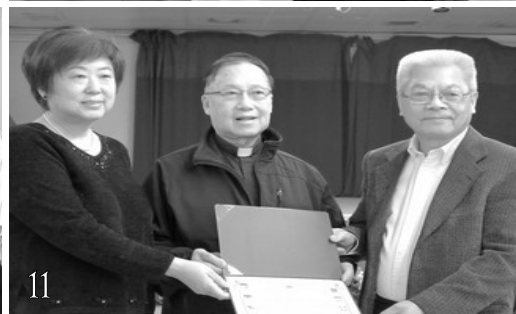
Award Presentation in appreciation of dedicated volunteer service signed by Hon. David McGuinty was arranged to the following volunteers on Pentecost Feast Day:



1. Angelina Lo
2. David & Chor Yee Chan
3. James & Lucille Fong
4. Sunny Chan & Suk Lan Mok
5. John & May Nung
6. Alain Chan & Linda Au
7. Gary & Cecilia Chow
8. Fred & Teresa Szeto
9. James Wong & Chui Ching Lo
10. Lee Ming & Lai Nai Wan
11. Raymond & Catherine Au
12. Peter Lo & Joan Lee



註：由於堂區向國會議員申請義工嘉勉獎狀數量有限額，堂區將於未來義工感謝日逐次頒發義工嘉勉獎狀。



堂區義工感謝日

Parish Volunteer Appreciation Day



Buffet Lunch served by Shaz Catering Service



聖神降臨主日 / 堂區主保瞻禮日



堂區主保瞻禮日, Fr.Cody 給堂區教友特別的祝福, 並叮囑大家善用聖神恩賜的各種獨特的神恩, 發揚關愛社群的精神, 盡己所長所能, 服務及推進堂區的發展.



Heartfelt  THANKS TO OUR VOLUNTEERS!



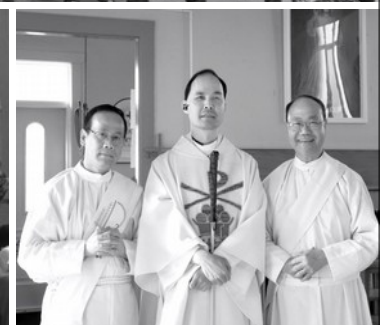
Fr. Francis Ching's Retreat and Talk

程明聰神父在5月21日下午與堂區及越南團體的二十多位青年分享了”福傳與聖召”的主題，並為他們辦修和聖事，主持感恩祭及朝拜聖體。是日程序全部由青年們策劃安排，井井有條，而朝拜聖體過程中所選誦唱的聖詠更能令參予者投入，感受主的臨在與一份平安。

Youth Retreat 1 Evangelisation & Vocation



Youth Retreat 2 Mass Celebration



Youth Retreat 3 Potluck Dinner



Youth Retreat 4 Adoration of the Blessed Sacrament



Feedback on Youth Retreat 21/5

The retreat was a very good experience for me because the topic of Fr. Francis' talk was very important. But I think that one of the best parts of the retreat was after the talk when we got into groups to discuss what struck us most about the talk. I found that our discussions brought us closer together, especially with the Vietnamese community. We learned more about each other and about mercy and evangelizing. I also loved the Eucharistic adoration in the evening. It was very relaxing and peaceful.

by Lydia Nung

22/5 成人講座 Workshops with Fr. Francis Ching

程明聰神父在5月22日感恩祭後為堂區的成人主持了同樣主題“福傳與聖召”的講座，啓示了天主是愛及慈悲的象徵，祂樂於寬恕及願祂的子女都能進入天國享永生。他談及施與受同等重要，與在日常生活多作慈悲為懷的善功，同樣有福傳的效用，都是很實用的提示。程神父生動及引述生活體驗的話題，使在座者



聽得津津樂道，大家都希望程神父能在不久的將來重臨為堂區主持靈修及信仰培育的講座。

堂區事後跟進邀請程神父今年將臨期間撥冗再來，暫定將臨期第四主日週末舉行下一次的活動。詳情稍後確定後再公佈團體。



歡迎程明聰神父重臨

by Andria Poon

這個維多尼亞日的長周末，教堂很高興，因為久違了的程明聰神父來到我們中間。星期六他在教堂和青少年談福傳與聖召。星期日早上為我們主持彌撒，下午又給我們帶領一個福傳與聖召的講座。

程神父對於堂區內的一些教友並不陌生，而他也感到有如返老家的喜悅。他在渥太華渡過他的大學時代，那時他常參加我們華人天主教團體的活動。所以我們當中很多教友早已認識他，亦期盼他日後能與我們有更多的聚舊及信仰培育的機會。

LUNCH SALE

by Knights of Columbus & Youth Group

5月29日的午餐義賣共售出68份豬扒套餐。很感激騎士會及青年組各義工鼎力合作籌備及推動此項計劃，及讚賞主廚Edward Sham兄弟烹調的超值美味午餐。是日午餐食品全部由騎士會及一些青年的父母免費供應，所得籌款將全部捐贈堂區以支助青年組的經常活動支出。

JOINT PROJECT BY KNIGHTS OF COLUMBUS & YOUTH GROUP
 哥倫布武士/青年組合辦

Date / 日期: May 29, 2016
 Location / 地點: 1187 Michael St., Gloucester, ON, K1J 7T1
 Phone / 電話: (513) 747-2080
 Time / 時間: 1:00 pm - after Mass
 Menu / 餐單: pork chop, beef, fruit, and tea or coffee
 (豬扒包, 牛腩, 海味飯等)

Everyone is welcome to come.
 Tickets are \$7.50 each.
 票價每位 \$7.50 each.



Happy Encounter with Fr. Jose Serafin in Cuba

by Linda & Alain Chan

We are so grateful to have a chance to see Fr. Jose during our Cuba trip.

Fr. Jose Serafin is in Cuba since August 2013, his Parish Church is in a small town called Nueva Paz (New Peace), he is also taking care of another 2 chapels in nearby villages. The people's lives there are quite poor, no much resources even for food supply, but they are cheerful and friendly. They had a big celebration of their 200 anniversary of this parish on January 24, 2016. Father is healthy for his age of 76, we had a great day with him, his Parish tour, city of Nueva Paz, the adventure to the cave of Bellamar (Cuevas de Bellamar – the oldest since 1860s, longest and deepest natural cave there) and he and his driver also toured us to the mountain peak area. We had the best lunch with laughter together.

Father always say that the time he spent in Ottawa was a very rewarding and unforgettable one and he thanks God and all the friendships and supports he received in Ottawa.

这小鎮是一個資源缺乏和受政府限制的地方，資訊並不多，傳教及堂區工作非常煩多，常要親力親為。可幸人民生活簡單平靜但知足常樂。十分敬佩薛神父堅毅的服務，慈悲的心和神貧的見證。求主助佑他，眷顧他。（真福八端~瑪五:1-12）



神父親問候
 各位姐妹兄弟:
*Blessings from
 Fr. Jose Serafin:*
 Please send my blessings
 to all friends in Ottawa,
 please also keep me
 in your prayers!

團體消息 Announcement

1. 教區瞻禮日定於6月9日(星期四)晚上七時三十分在主教座堂舉行。
2. 六月份祈禱會定於6月11日(星期六)下午一時三十分舉行。
3. 生命恩泉週年晚宴定於6月12日在多倫多舉行。如欲參加，請與范執事聯絡。
4. 父親節慶祝會定於6月19日以potluck午餐舉行。
5. 週年旅行日定於7月9日(星期六)

截至 2016 年

5 月 29 日

培聖基金共籌得

As at 29 May, 2016,
donation for Vocation
Development Fund

amounted to



\$6,067.00

牧靈議會 Pastoral Council

陳瑞朝	David Chan (共同主席)
李利	Lily Li (共同主席)
陳利爵	Richard Chan (共同主席)
龔煥根	Bosco Kung
楊建華	Jian Hua Yang
陳華緣	Dorothy Chan
方良炎	James Fong (財務委員會代表)
羅靜如	Angelina Lo (當然委員)
李丹	Dan Li (秘書)

財務委員會 Finance Council

鄧鉅振	Thomas Tang (Project Manager)
方良炎	James Fong (Coordinator)
陳麗珠	Linda Chan
黃挺光	Bosco T.K. Wong
夏景榮	Jimmy Ha
黎寶珍	Katie Ng
莫淑蘭	Suk Lan Mok
羅靜如	Angelina Lo (當然委員)

常設委員會 Standing Commissions

禮儀 Liturgy

黃翠霞	Rexan Wong (Coordinator)
龔煥根	Bosco Kung (Altar Server)
陳瑞朝	David Chan (Lectors)
農李美玲	May Nung (Youth Liturgy)
李美蘭	Joyce Wong (Eucharistic Ministry)
陳育峰	Yu Feng Chen (Eucharistic Ministry)
黃金霞	Teresa Szeto (Sacristy)
羅翠貞	Helena Wong (Sacristy)
農大鈞	John Nung (Choir A)
陳瑞平	Sunny Chan (Choir B)
李美玲	Mei Ling Li
司徒惠良	Fred Szeto
陳連娣	Janet Sham
黃暉	Wei Huang
王芬芬	Louisa Wong

信仰培育 Christian Education

梁增仁神父	Fr. Stephen Liang (Coordinator)
范浩泉執事	Deacon Peter Fan
農大鈞	John Nung
陳志彪	Bill Chan
吳祈	Eric Wu
張彥潔	Agnes Zhang
曾鳳潔	Irene Chang
李美玲	Mei Ling Li
陳小喬	Rosa AuYeung
楊建華	Jian Hua Yang
黃健平	Dicky Wong

團體生活 Community Life

歐慧賢	Linda Au (Coordinator)
陳楚儀	Chor Yee Chan
陳淑芬	Cecilia Chan
陳小喬	Rosa AuYeung
張貴鳳	Jessica Cheung
葉敏華	Anita Cheung
黃振方	James Wong
羅翠貞	Helena Wong
夏少仁	David Xia
陳潔華	Jennifer Yeung
馮燕梅	Elizabeth Fung
傅成利	Seng Lee Foo
陳利爵	Richard Chan
林德榮	Tak Wing Lam
楊愛國	You Guo Yang
蔡蕾	Lei Cai
黎潔儀	Jie Yi Li

關愛 Christian Service

羅靜如	Angelina Lo (Coordinator)
劉湘貴	Gloria Kung
羅翠貞	Helena Wong
區兆樑	Raymond Au
李美玲	Mei Ling Li
李美蘭	Joyce Wong
馮燕梅	Elizabeth Fung
溫麗妮	Lai Nai Wan
王芬芬	Louisa Wong
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