



聖神天主堂

Sheng Shen (Holy Spirit) Parish

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



2022年6月份堂區通訊



Priest Moderator

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

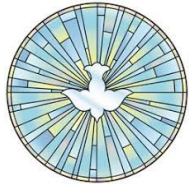
Deacon Pastoral Coordinator
范浩泉執事 Deacon Peter Fan
peterhcfan@gmail.com

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
司徒惠良 Fred Szeto frederick.szeto@gmail.com
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謝夢儀 Julianna Tse juliannatse@gmail.com

Editorial Team

范浩泉執事 Deacon Peter Fan
羅靜如 Angelina Lo
陳志華 Louis Chan
周陳淑芬 Cecilia Chow



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 10:30 am

青少年活動 Children/Youth Activities

星期日上午十時半 Sunday 10:30 am

兒童禮儀 Children Liturgy

星期日上午十一時半 Sunday 11:30 am

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 10:00-12:00 pm

惠捐支票抬頭 / Please make all cheques payable to:
"Sheng Shen Chinese Catholic Community"



Sunday Mass

All liturgies in English & Chinese

Sunday 11:30 a.m.

In addition:

**Third Sunday of the month:
9:30 a.m. (English)**



主日感恩祭
星期日
早上十一時半
另加:
每月第三星期日
早上九時半 (英語)

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Sheng Shen Parish
1187 Rue Michael St. North,
Ottawa, Ontario K1J 7T2
Tel: (613) 747-2080

主內弟兄姊妹:

主內平安。

彌撒已重開。教區
亦鼓勵教友按情況
親身參與。

我們持續以電郵提
供資訊，方便大家。

保重，主佑

聖神天主堂



Dear Sisters & Brothers in Christ,
Blessings!!

Mass has resumed. The Archdiocese encourages us to join in the mass celebration in person whenever possible. We continue to update you with email.

Almost all the pandemic restrictions are lifted. We are blessed with our spacious church and our community's established sense of distancing and sanitizing for mutual safety. Please come and join us in prayers and worship according to your situation.

Do take care and God Bless.
Sheng Shen (Holy Spirit) Parish

Here is the Zoom link



Link for weekly
Thursday Rosary

每星期四晚上
七時四十五分

唸玫瑰經連結:

<https://us02web.zoom.us/j/84314789760?pwd=L0dGTGUvNE4xQVNsUjI4SG1ycEp5UT09>



Every third
Saturday's Holy Hour:
每月第三星期六
下午一時

朝拜聖體網上連結:

<https://us02web.zoom.us/j/84595239027?pwd=eXNwY3BvQkpWRmQ0dXlQSmhPMzJldz09>

2022 Canada Summer Job Program (CSJ) 加拿大暑期工作計劃



堂區已獲數位青年申請2022 CSJ暑期工作計劃, 並即將挑選符合條件的申請者面試, 最後選拔3位青年分擔牧民中心行政組織 (Project Administration Officer), 牧民中心/鄰社服務調查/策劃(Social Service Planner), 及協調堂區/社區活動 (Community Service Worker).

教宗方濟各六月份的祈禱意向

Pope Francis Prayer of Intention for JUNE 2022

Universal: For Families
福傳意向: 請為家庭祈禱

We pray for Christian families around the world; may they embody and experience unconditional love and advance in holiness in their daily lives.

祈願全世界的基督徒家庭都能以具體的行動, 活出無條件的愛和日常生活中的聖德。

SPIRITUAL WEAPON

POWERFUL DEVOTION TO JESUS AND MARY



DIVINE MERCY
Chaplet

*O Blood and Water,
which gushed forth
from the Heart of
Jesus as a fount
of mercy for us,
I trust in You!*

MOST HOLY
Rosary

*We fly to thy patronage,
O holy Mother of God;
despise not our petitions
in our necessities, but
deliver us always from
all dangers, O glorious
and blessed Virgin.*

耶穌聖心節

June 19 Feast of the Most Sacred Heart of Jesus

聖母無玷之心節

June 20 The Immaculate Heart of Blessed Virgin Mary

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, 教友繼續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, 查詢可與范執事或梁神父聯絡。



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



Pastor's Message

Pentecost

June 05, 2022

{Jesus} breathed on them and said to them, "Receive the Holy Spirit"

John 20: 19-23

This is the Pentecost event: the Spirit of God opening our hearts and spirits to recognize the good of all in our midst and God's call to everyone who would follow his Christ to employ the talents and resources God has entrusted to us for the common good. The Spirit of God overcomes the barrier of language and perception and experience, opening not only our minds but our hearts to hear the voice of God in the context of God's peace, justice and compassion, enabling us to hear what God actually speaks and not what we want or hope or wish to hear. Pentecost is the awareness of that Spirit at work in our relationships, the peace that Jesus "breathes" into our churches and communities.

This Church of ours begins in a room of confused and broken people. In the coming of the promised Spirit, they realized that Jesus lives among them in their love and care for one another. At Pentecost, the Spirit of God opens Peter and company to all kinds of possibilities for realizing the Kingdom of God that Jesus died for—and rose for. It's the Spirit of God—invisible, difficult to define in mere words, but very real—that makes you and me the Church of the Risen One. The Spirit is that great love that binds the Father to the Son and now binds the Father and the Son to us, the bond that makes us not just a clan or a club but a community of faith. It's love that transcends words and laws and sentiments to embrace the heart and soul of each one of us. The Spirit of God is both a promise fulfilled and a promise yet to be realized. This Pentecost, may our community of the Risen Christ work to realize that promise of bringing to light God's vision of a world reconciled in God's peace and transformed in God's compassion.

Rev. Dr. Stephen Liang, M.D.

聖神降臨

6月5日 2022

耶穌向他們噓了一口氣，說：「你們領受聖神罷！」

若 20:19-23

這是聖神降臨的事實：天主聖神開啟我們的心靈，讓我們領悟基督救世的恩典，上主呼喚我們跟隨基督，發揮主賜的才能資源，為他人謀求美善。天主聖神克服了所有語言，理解力和經歷的障礙，不但打開我們的心扉，聆聽主和平，正義和慈愛的聲音，更促使我們靜聽和領略上主的信息，而非局限於我們想聽的說話。五旬節喚醒我們，聖神降臨於我們與主與人的關係中。耶穌通過聖神讓教會團體融合於主內和平與慈愛中。

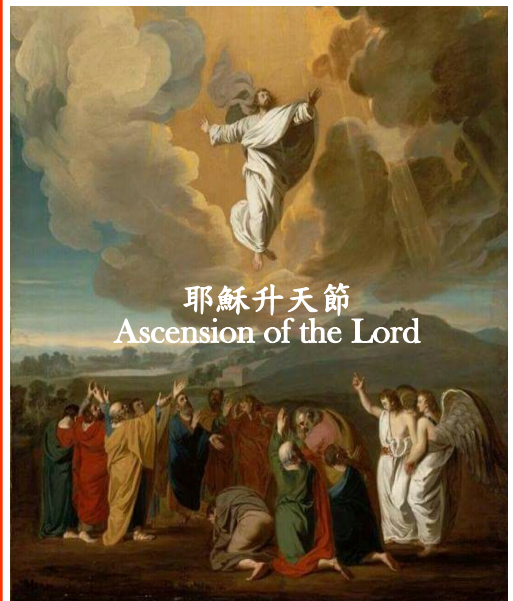
聖教會的成立始於一群迷惑和哀慟的門徒，困處陋室。聖神降臨讓門徒們明瞭只要他們能互助互愛，耶穌即與他們在一起。在五旬節，聖神啟發了聖伯多祿與門徒們，使他們領會基督死難及升天的救恩。聖神的臨在，雖然肉眼未能看見或非言語能形容，卻是真實的，並建立了基督復活的聖教會。聖神的愛融合了聖父與聖子，並使我們與天父和聖子結合，形成一個信仰的團體。聖神的愛把主的聖言教誨及情懷與我們的心靈溶合。聖神同時更是天主允諾的實現和將來的許諾。在這個五旬節，願我們的團體努力以赴，傳遞天主的愛，與世人修和，帶來的平安重生。

梁增仁神父

端午粽子義賣



多謝大家的踴躍支持及 Teresa & Fred Szeto 的安排協調，端午粽子義賣成績美滿，共售 136 隻粽子，淨收入為 \$578。



MIC New Council

MIC Mission has recently established their new council:
Cuban Sr. Gloria, Sr. Michelle and Sr. Cecilia Mozumara.
General:
Filipine Sr. Letitia, Haitian Sr. Josette.



旅行同樂日

日期 / Date

二零二二年七月九日 (星期六)
July 9, 2022 (Saturday)

地點 / Place

Long Island Locks
At Nicolls Island Road
(14 mins from TnT)

時間 / Time

上午九時三十分至下午三時
9:30 am to 3:00 pm

費用 / Fees

成人 - 每位十元
小童十歲以下 - 每位五元
(包括午餐・飲品自備)
Adult \$10 / \$5 kids under 10 yrs. old
(Included lunch, bring your own drinks)

活動 / Activities

小徑尋幽, 集體遊戲
Trail, Games

報名及查詢 / Contact

Linda Au
Cecilia Chow
Alain 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

2022 May 1 結婚週年紀念彌撒 Wedding Anniversary Mass Celebration

今年堂區教友 Teresa & Fred Szeto 慶祝他們結婚 40 週年紀念, 參與了教區在 5 月 1 日在主教座堂舉行的彌撒。及後與梁神父等晚宴歡聚。



Online donation
available on the web site of
Sheng Shen (Holy Spirit) Parish

網上捐款，
簡單直接，
方便大家。

Working with the charitable organization,
Canada Helps, online donation is now available.

Please go to our Parish web site, 請參照堂區網頁中的
連結, 直接捐獻給聖神天主堂。謝謝!!

<https://www.ottawachinesecatholic.org/>

and
DONATE!

我們同時鼓勵各位持續以 Buy-a-Brick 的表格捐獻。
詳情請聯絡堂區辦事處 (電話: 613-747-2080)

電郵: parishoffice@ottawachinesecatholic.org

We also urge you continue to use our Buy-a-Brick form
to support donations to the Sheng Shen Pastoral Centre.
For details, please contact us by phone: (613-747-2080) or
via the above email address.

Pastoral Centre Project *Message to Parishioners (29th May, 2022)*

謝謝各位大力支持堂區的發展。雖然疫情拖慢了我們的各項工作和籌款，我們聖堂的捐款和儲蓄已達八十五萬。同時因通貨膨脹，我們牧民中心的預算由一百八十萬狂升到三百萬。與其浪費資金去建新中心，我們現正努力尋找合理的投資和保值的方法，包括購置一間的鄰近聖堂的物業，接待年青學子和有需要的成年人，鼓勵我們互相扶持，過基督化的生活。同時增加我們堂區的設備和地皮面積。主教會同他的顧問團和專業團隊亦同意我們的實際做法。我們同時盼望會堂區朋友熱烈提供寶貴意見，請隨時向牧靈、財務和行政團隊溝通。盼望你我共同努力創建一個更好的未來。

2018 to 2022

\$750,000.00

PASTORAL CENTRE

Fundraising

As at June 5, 2022

Donation amounted to

截至 2022 年 6 月 5 日

承諾捐款共達

\$499,651.19 →

Note:

In June 2021, the Archdiocese of Ottawa-Cornwall raised the Limit of Tax Exemption for Sheng Shen (Holy Spirit) Parish's fundraising to \$750,000 to help the Parish meet the rising costs due to the pandemic and to repair the existing building while constructing the Pastoral Centre."

Thank you, parishioners, for the unfailing support for the development of our Sheng Shen (Holy Spirit) Parish through building the Pastoral Centre, in terms of resources and programming.

We would like to update you on the latest developments.

Since the outbreak of the COVID-19 pandemic and the lockdowns in early 2020, our fundraising efforts have been hampered but you folks are tremendous. As of now, May 2022, we have fundraised and saved a total of \$850,000.

However, the cost of construction, according to the official figure provided by our professional estimator, has grown from \$1.8 million to \$3 million.

We, therefore, have to find alternative opportunities for investing in accommodation and social facilities that would meet the goals of Evangelization through receiving young people to live in our Pastoral Centre and creating programs that would maximize the involvement of residents in the area.

We now aim at acquiring a property close to the church and to upgrade our current facilities to meet our goals of Evangelization.

We will be able to receive university students and adults of 55+ as well as increase the land area of our church. This short-term goal will lay the foundation for a longer term and bigger plan in the next few years.

With the approval of this updated goal by our Archdiocese of Ottawa-Cornwall, we would like to keep you informed of this new development and seek your opinion and support. We are in the process of negotiating the purchase of a property near the church and a deal is close. Kindly give us your opinions, either in person or virtually.

Thank you!!



【每日聖言2023 & Daily Gospel 2023 訂購】



每日聖言2023 & Daily Gospel 2023, 將為我們每日的彌撒, 讀經和反省, 提供一個起點, 讓我們的祈禱, 化為馨香, 使我們的生活有序, 成為鍾悅天主的祭品. 願它成為一份生命的禮物, 在全年中, 帶給我們天主的祝福. 其實, 每日聖言一書, 猶似我們的精神良伴, 當我們上班、旅遊, 或在火車、公共汽車, 甚或在下班回家途中, 可作為我們閱讀的精品.

《生命恩泉》資源及媒體中心現正接受預訂。如欲訂購, 請按下以下連結:

>>><https://forms.gle/MgwjR3jBfXM3BxMHA> <<<

截止日期: 2022年6月18日

取書及付款方法, 將另行通告.

查詢請電郵: bookstore@fll.cc

電話: 1 647 729 7172



2022.05.01 Nathan Lau's Baptism



團體消息

ANNOUNCEMENT

1. 下個主日感恩祭後六月十九日 (星期日) 堂區將舉行雙親節慶祝會, 備有羅宋湯, 三文治, 曲奇餅及其他美食小吃共嘗. 歡迎大家到禮堂暢聚.
2. 七月份由羅德偉神父主持的網上 B.L.E.S.S. 講座第二節“聆聽”定於七月三日(星期六)下午一時舉行.



2. Quotation from Jesus on Evangelization:

- Baptized people should be missionary disciple
- Teach people about Kingdom of God

WHO to pray for 為誰祈禱: Recommended by Pope Francis:

☞ Finger Prayer 五指祈禱 :

- Thumb 大拇指 for those close to us 為至親
- Index finger 食指 for teacher/preacher 為傳授知識者
- Middle finger 中指 for leaders 為領導人/政府官員
- Ring finger 無名指 for the poor, sick, vulnerable 為貧困病患者
- The Pinky 小指 for our own needs 為自己

4. WHAT TO PRAY FOR 為什麼祈禱

BLESS

B : for health 為健康

L : labour/job 工作

E : economic situation/finance 經濟

E : social relationship 人際關係

S : spiritual relationship with God 與主關係

1. "BLESS" 祝福

B : Blessing (Prayer)

L : Listen

E : Eating

S : Serve

S : Share story

3. Workshop Session 1 on Starting with Prayer:

第一節：祈禱

What is prayer 祈禱是什麼?

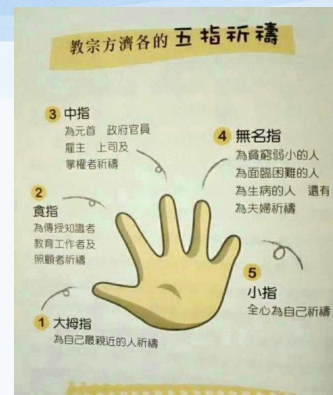
• A.C.T.S.:

• A: Adoration 朝拜

• C: Contrition 痛悔

• T: Thanksgiving 感恩

• S: Supplication (ask) 祈求



Homework 功課:

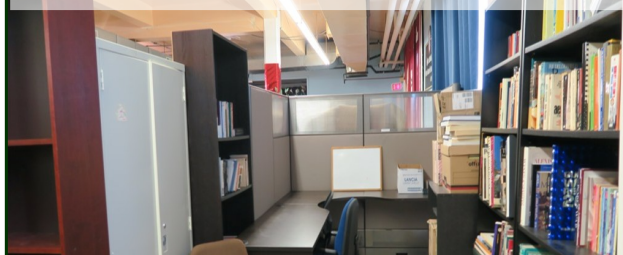
1. Share this session's learning with others 與人分享以上資料
2. Practise prayer method 練習以上祈禱方法

2022.05.08

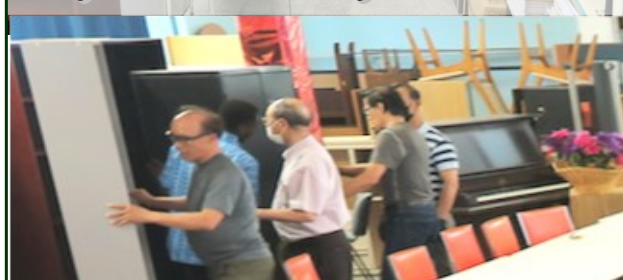
Mother's Day Celebration



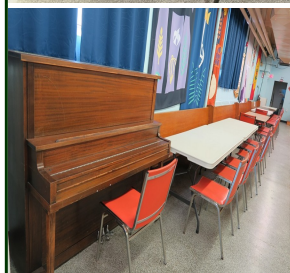
主日感恩祭後重開禮堂



Re-opening of hall after Sunday Mass



謝謝 Alain, 李先生, Gary, Patient, Raphael & Gary Young 等各位盡力為聖堂的安全重開努力。

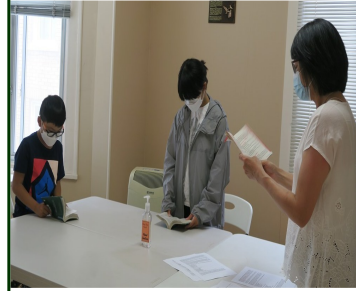




Church hall door repainted, railing, emergency exit repaired



CHILDREN'S Liturgy of the Word



牧靈議會 Pastoral Council 2021

梁增仁神父 Fr. Stephen Liang (司鐸統籌 Priest Moderator)
 范浩泉執事 Deacon Peter Fan (牧民統籌 Pastoral Coordinator)
 李利 Li Li (共同主席 Co-Chair)
 陳利爵 Richard Chan (共同主席 Co-Chair)
 黃翠霞 Rexan Wong (禮儀 Liturgy)
 歐慧賢 Linda Au (團體生活 Community Life)
 黎寶珍 Katie Ng (財務委員會代表 Finance Council Representative)
 王治耀 Louis Wang (青年代表 Youth Representatives)
 農正心 Lydia Nung (青年代表 Youth Representatives)
 陳勒秋 Alain Chan (維修 Maintenance)
 羅靜如 Angelina Lo (Administration 行政)
 莫淑蘭 Suk Lan Mok (Administration 行政)
 王澤楓 Ze Feng Wang (秘書 Secretary)

禮儀 Liturgy

黃翠霞 Rexan Wong (Coordinator)
 李利 Li Li (Lectors)
 農李美玲 May Nung (Children Liturgy)
 王治耀 Louis Wang (Altar Server, Youth Liturgy)
 龍桂裳 Shobie Lung (Youth Liturgy)
 胡露施 Melissa Wu (Youth Liturgy)
 農正心 Lydia Nung (Youth Liturgy)
 Patient Bahizire (Youth Liturgy)
 李美蘭 Joyce Wong (Eucharistic Ministry)
 黃金霞 Teresa Szeto (Sacristy)
 羅翠貞 Helena Wong
 溫麗妮 Lai Nai Wan
 江美珍 Connie Kam
 曾兆祺 Leonard Tsang
 古媽珊 Serena Tsang
 曾慧潔 Gladys Wong
 李美玲 Meiling Li
 黃健平 Dicky Wong
 農大鈞 John Nung (Choir A)
 陳瑞平 Sunny Chan (Choir B)
 司徒惠良 Fred Szeto
 黃暉 Wei Huang
 王芬芬 Louisa Wong
 陳志彪 Bill Chan
 馬叙英 Celine Ma

叢英 Catherine Au
 歐慧賢 Linda Au
 段安林 Dennis Duan
 段曹正心 Carol Duan
 沈慧珠 Martha Wong
 陳潔華 Jennifer Yeung
 黎潔儀 Jie Yi Li
 黃懿德 Christine Wong
 黃振方 James Wong
 陳志雲 Bony Chan
 楊建華 Jian Hua Yang
 夏景榮 Jimmy Ha
 陳麗珠 Linda Chan
 莫淑蘭 Suk Lan Mok
 黃庭光 Bosco Wong
 陳小喬 Rosa AuYeung
 劉湘貴 Gloria Kung
 葉敏華 Anita Cheung
 龍映如 Baylie Lung
 甘穎詩 Fiona Kam
 王澤楓 Ze Feng Wang
 張澤哈 Danny Zhang
 夏瑞榮 Stephen Ha
 鄭宏鈞 Hongzhao Zheng
 林嘉祺 Jackie Lin
 孫曄梅 Maria Sun

財務委員會 Finance Council 2021

梁增仁神父 Fr. Stephen Liang (司鐸統籌 Priest Moderator)
 范浩泉執事 Deacon Peter Fan (牧民統籌 Pastoral Coordinator)
Members:
 黎寶珍 Katie Ng (主席 Chair)
 張彥潔 Agnes Zhang (副主席 Vice-Chair)
 農李美玲 May Nung (秘書 Secretary)
 夏景榮 Jimmy Ha (委員 Member)
 孫曄梅 Maria Sun
In attendance:
 曾兆祺 Leonard Tsang
 鄧鉅振 Thomas Tang (建設 Project Manager)
 羅靜如 Angelina Lo (行政 Administration)
 莫淑蘭 Suk Lan Mok (行政 Administration)

團體生活 Community Life

歐慧賢 Linda Au (Coordinator)
 陳楚儀 Chor Yee Chan
 陳淑芬 Cecilia Chow
 陳勒秋 Alain Chan
 陳小喬 Rosa AuYeung
 張小雲 Xiaoyun Zhang
 李利 Li Li
 孫曄梅 Maria Sun
 夏藝紘 Diana Xia
 黃暉 Teresa Wang
 張貴鳳 Jessica Cheung

謝夢儀 Julianna Tse
 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
 方李美娥 Lucille Fong
 陳利爵 Richard Chan
 陳麗珠 Linda Chan
 蔡蕾 Lei Cai
 黎潔儀 Jie Yi Li

關愛 Christian Service

羅靜如 Angelina Lo
 劉湘貴 Gloria Kung
 羅翠貞 Helena Wong
 區兆樑 Raymond Au
 李美蘭 Joyce Wong
 溫麗妮 Lai Nai Wan
 王芬芬 Louisa Wong
 張愛蓮 Therese Yuen
 劉秀英 Christina Fan
 黃金霞 Teresa Szeto
 熊玉桃 Rosa Hong
 段曹正心 Carol Duan

行政義工小組

羅靜如 Angelina Lo (Coordinator)
 陳淑芬 Cecilia Chow
 黃庭光 Bosco Wong
 莫淑蘭 Suk Lan Mok
 司徒惠良 Fred Szeto
 蔡蕾 Lei Cai
 馬叙英 Celine Ma
 謝夢儀 Julianna Tse
 范浩泉執事 Deacon Peter Fan (牧民統籌 Pastoral Coordinator)

信仰培育 Christian Education

梁增仁神父 Fr. Stephen Liang (司鐸協調 Priest Moderator)
 范浩泉執事 Deacon Peter Fan (執事牧靈協調 Deacon Pastoral Coordinator)
 羅德偉神父 Fr. Lodewicus Barnard
 張彥潔 Agnes Zhang
 羅靜如 Angelina Lo
 夏少仁 David Xia
 陳志彪 Bill Chan



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我的耶穌，我真心全信你在聖體聖事內，我愛你超過一切，我渴望領你到我心中。既然我現在不能實領你，請賞我至少神領你的恩典吧！我擁抱你，完全與你結合，像你實在到了我的心中一樣。別讓我再與你分離吧！ 亞孟。



Act of Spiritual Communion by St. Alphonsus de Liguori:

My Jesus, I believe that you are present in the Most Holy Sacrament. I love you above all things, and I desire to receive you into my soul.

Since I cannot at this moment receive you sacramentally, come at least spiritually into my heart. I embrace you as if you were already there and unite myself wholly to you.

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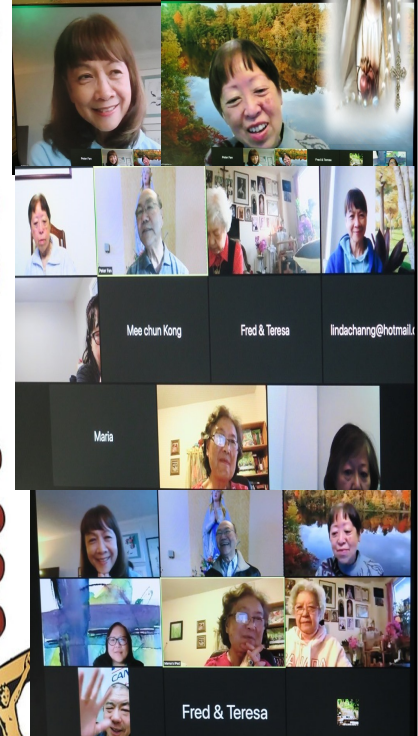
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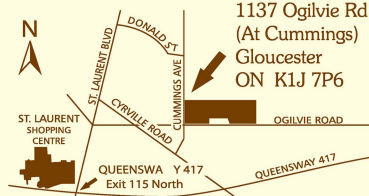
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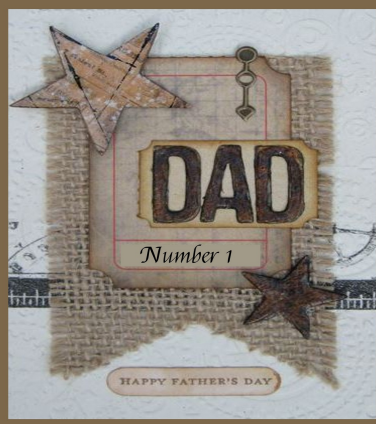
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