



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: ottawachinesecatholic.org



2018年3月份堂區通訊

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Deacon Pastoral Coordinator

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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"



March 4, 2018

四旬期第三主日

3rd Sunday of Lent

把這些東西從這裡拿出去，
不要使我父的殿宇變成商場。

若: 2:16

Take these out of here, and stop
making my Father's house a
marketplace.

John 2:16



March 18, 2018

四旬期第五主日

5th Sunday of Lent

現在我心神煩亂，我可說什麼
呢？我說父啊！救我脫離這時
辰罷？但正是為此，我才到這
時辰。

若: 12:27

I am troubled now. Yet what should
I say? 'Father, save me from this
hour'? But it was for this purpose
that I came to this hour.

John 12:27



March 25, 2018

聖枝主日

Palm Sunday

賀三納！因上主的名而來的，
應受讚頌！

谷: 11:9

Hosanna! Blessed is he who
comes in the name of the Lord!

Mark 11:9



教宗方濟各三月份的祈禱意向 Pope Francis Prayer of Intention for March 2018

Formation in Spiritual Discernment

That the Church may appreciate the urgency of formation in spiritual discernment, both on the personal and communitarian levels.

為「心靈的啟導和成長」祈禱

願教會中人理解在個人和團體不同層面靈性成長的急切需要。



聖神天主堂 Sheng Shen (Holy Spirit) Parish 2018 聖灰及聖週禮儀 Ash Wednesday & Holy Week

時間	禮儀	地點
二月十四日(星期三) 晚上七時	聖灰禮儀 Ash Wednesday	聖堂
三月十七日(星期六) 下午一時半	四旬期團體悔罪修和禮儀及告解 Lenten Penitential Service	聖堂
三月二十五日(星期日) 上午十一時半	基督苦難主日(聖枝主日) Passion (Palm) Sunday 請教友上午 11:15 在教堂正門集合	聖堂
三月二十七日(星期二) 晚上七點半	聖油彌撒 Chrism Mass	主教座堂 Notre Dame Cathedral Basilica 385 Sussex Drive, Ottawa, Ontario, K1N 1J9
三月二十九日(星期四) 晚上八時	聖週四 - 主的晚餐 Holy Thursday 黃昏感恩祭(聖油進堂禮, 彌撒, 濯足禮, 朝拜聖體)	聖堂
三月三十日(星期五) 下午一時半 下午三時 下午五時	聖週五 - 救主受難紀念(守大小齋) Good Friday 一拜苦路 一救主苦難禮儀, 聖道禮, 朝拜十字聖架, 領聖體 一預習聖週六禮儀	聖堂 聖堂 聖堂
三月三十一日(星期六) 晚上八時	聖週六 - 復活慶典夜間禮儀 Easter Vigil 候洗者當晚領洗, 堅振及領受聖體	聖堂
四月一日(星期日) 上午十一時半	復活主日感恩祭 Easter Sunday	聖堂

請為杜寶田神父 康復祈禱

杜神父向各位主內的兄弟姊妹拜年及問好, 並盼望我們互禱。他從聖誕至農曆年 間沾恙住院。現漸康復, 並回家休養。請特別為杜神父祈禱。



Youth Mass

MARCH

Date: 18/3 (third Sunday)

Time: 9:30 a.m.

President: Fr. Justin Glyn



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.

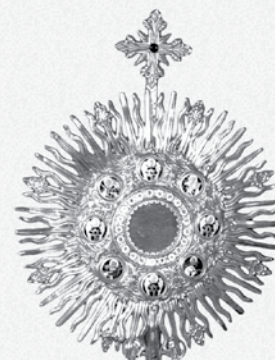
此通訊只刊登堂區主辦的活動及有關資料。內容由行政事務管理決定。

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.

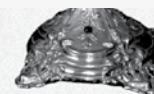
堂區現推出「奉獻彌撒咭」給教友選擇以「奉獻彌撒」方式向亡者家人或親友致悼念/為亡者靈魂安息祈禱/感恩用途。此方法與目前奉獻彌撒沒有改變, 教友仍舊向堂區辦事處登記日期奉獻彌撒, (每奉獻彌撒收費\$15.00), 而堂區辦事處會隨後以奉獻彌撒咭通知被奉獻彌撒者及其家人有關日期等事宜。

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。查詢可與范執事聯絡。



四旬期團體悔罪修和聖事 Lenten Penitential Service



二零一八年三月 March 2018

三月十七日(星期六) 下午一時

March 17, 2018 (Saturday) 1 PM



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

聖布斯萊斯喉部祝聖禮儀
ST. BLAISE FEAST BLESSING
OF THE THROAT



農曆新年敬祖禮
Tribute to our ancestors 18/2



甄選禮 Rite of Election 18/2

二月十八日我們的四位慕道者周保進，周天羽，周天亦和周天明
在代父母張彥潔和夏少仁陪同下在主教座堂接受甄選禮。多謝
Edward Sham 出席召叫慕道者前往祭台與主教會面。



熱烈歡迎2018候洗者

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

FROM RIGHT TO LEFT
Zhou Bo Jin 周保進
Zhou Tian Yu, Maggie 周天羽
Zhou Tian Yi 周天亦
Zhou Tian Lang 周天明

天主保佑



Scrutinies: Examining Our Lives 考核禮: 檢察生活

The primary way that the Church assists the catechumens (called the elect after the celebration of the Rite of Election on the First Sunday of Lent) in this conversion process during Lent is through the celebration of the rites called Scrutinies. These ritual celebrations on the Third, Fourth and Fifth Sundays of Lent are communal prayers celebrated around the elect to strengthen them to overcome the power of sin in their lives and to grow in virtue. To scrutinize something means to examine it closely. The community does not scrutinize the catechumens; the catechumens scrutinize their own lives and allow God to scrutinize them and to heal them.

教會在四旬期第一主日的甄選禮後，在第三、第四及第五日舉行考核禮，團體以祈禱協助候洗者皈依上主，戰勝罪惡，渡美善生活。候洗者深思視察自己的生活，好讓上主治癒他們的心靈。

All of us are called to continuing conversion throughout our lives, so we join with the elect in scrutinizing our own lives and praying to God for the grace to overcome the power of sin that still infects our hearts.

教友們亦需終生不斷審察生活皈依上主，祈求上主賜與恩寵抵禦污染我們心靈的罪惡。

Many parishes today seek to surface the concrete issues that the elect need to confront; these issues then become the focus of the intercessions during the Scrutinies. Every Catholic should spend some time reflecting on what obstacles to gospel living exist in his or her own life. Then when the Scrutinies are celebrated, we will all know that the prayers are for us as well as for the elect.

候洗者與教友同時都需花些時間反思生活中有什麼因素阻礙我們實踐福音精神。

Taking seriously this dynamic of scrutiny and conversion gives us a richer perspective on Lenten "giving up." What we are to give up more than anything else is sin, which is to say we are to give up whatever keeps us from living out our baptismal promises fully. Along with the elect we all need to approach the season of Lent asking ourselves what needs to change in our lives if we are to live the gospel values that Jesus taught us. Our journey through these forty days should be a movement ever closer to Christ and to the way of life he has exemplified for us.

如果能認真地反思及衷心歸向上主，我們便更能領略在四旬期要切實 "棄絕" 的真正意義。我們會知道首要的決志是棄絕罪惡，才能完滿領洗時所許下的盟誓。候洗者與教友都要反問自己如何改變我們的生活才能與基督建立更親密的關係和跟隨祂的榜樣過活。

Scrutinies and Penance 考核與懺悔贖罪

The elect deal with sin through the Scrutinies and through the waters of the font; the already baptized deal with sin through the Sacrament of Penance. The same kind of reflection that enables all members of the community to share in the Scrutinies can lead the baptized to celebrate this Sacrament of Reconciliation to renew their baptismal commitment.

候洗者以考核禮及洗禮盆的水滅絕罪惡，而已領洗者可從告解聖事獲得罪赦。團體的信眾則可透過在考核禮中的反思與主修和及更新受洗時的承諾。

Lent is the primary time for celebrating the Sacrament of Penance, because Lent is the season for baptismal preparation and baptismal renewal. Early Christian teachers called this sacrament "second Baptism," because it is intended to enable us to start again to live the baptismal life in its fullness. Those who experience the loving mercy of God in the Sacrament of Reconciliation should find themselves standing alongside the newly baptized at Easter filled with great joy at the new life God has given all of us.

四旬期是領受悔罪告解聖事的最重要時刻，因為這是教會籌備入門聖事及讓教友們更新受洗時承諾的期間。早期教會視這為 "第二洗禮"。從修和聖事中領略過上主慈悲的教友，應可在復活節與新領洗者對上主賜與的新生喜悅滿懷。

Prayer, Fasting and Almsgiving 祈禱, 齋戒及慈善為懷

The three traditional pillars of Lenten observance are prayer, fasting and almsgiving. The key to renewed appropriation of these practices is to see their link to baptismal renewal.

祈禱、齋戒及慈善為懷是四旬期的傳統克己事工。這可接連與領洗更新的聯繫。

Prayer 祈禱

More time given to prayer during Lent should draw us closer to the Lord. We might pray especially for the grace to live out our baptismal promises more fully. We might pray for the elect who will be baptized at Easter and support their conversion journey by our prayer. We might pray for all those who will celebrate the Sacrament of Reconciliation with us during Lent that they will be truly renewed in their baptismal commitment.

在四旬期分配多些時間祈禱有助我們與主更接近。我們可求恩寵更能充實實踐領洗時的承諾祈禱，為支持在復活節領受洗禮的候洗者信仰皈依祈禱，也可為與我們同在四旬期間與主修和的教友真正更生祈禱。

Fasting 齋戒

Fasting is one of the most ancient practices linked to Lent. In fact, the paschal fast predates Lent as we know it. The early Church fasted intensely for two days before the celebration of the Easter Vigil. This fast was later extended and became a 40-day period of fasting leading up to Easter. Vatican II called us to renew the observance of the ancient paschal fast: "...let the paschal fast be kept sacred. Let it be celebrated everywhere on Good Friday and, where possible, prolonged throughout Holy Saturday, so that the joys of the Sunday of the Resurrection may be attained with uplifted and clear mind" (Liturgy, # 110).

早期的教會在復活前夕守夜前已徹底齋戒兩天，後來更延長至四十天。梵二亦鼓勵在救主受難紀念日及盡可能伸展到聖週六虔誠齋戒，好使我們在復活節日更振奮。

Fasting is more than a means of developing self-control. It is often an aid to prayer, as the pangs of hunger remind us of our hunger for God. The first reading on the Friday after Ash Wednesday points out another important dimension of fasting. The prophet Isaiah insists that fasting without changing our behaviour is not pleasing to God. "This, rather, is the fasting that I wish: releasing those bound unjustly, untying the thongs of the yoke; setting free the oppressed, breaking every yoke; sharing your bread with the hungry, sheltering the oppressed and the homeless; clothing the naked when you see them, and not turning your back on your own" (Is 58:6-7).

齋戒不單是培養自控能力，也能幫助我們祈禱，因飢餓能導引我們更渴求上主。聖灰日後第一個星期五的讀經指出齋戒的另一重要含意。伊撒意亞先知堅持只是齋戒而不改變行為是不能悅主的。"我所中意的齋戒，豈不是要人解除不義的鎖鏈，廢除軛上的繩索，使受壓迫者獲得自由，折斷所有的軛嗎？豈不是要人將食糧分給飢餓的人，將無地容身的貧窮人領到自己的屋裏，見到赤身露體的人給他衣穿，不要避開你的骨肉嗎？" (依58：6-7)

Fasting should be linked to our concern for those who are forced to fast by their poverty, those who suffer from the injustices of our economic and political structures, those who are in need for any reason. Thus fasting, too, is linked to living out our baptismal promises. By our Baptism, we are charged with the responsibility of showing Christ's love to the world, especially to those in need. Fasting can help us realize the suffering that so many people in our world experience every day, and it should lead us to greater efforts to alleviate that suffering.

齋戒應令我們聯想起那些因貧困而被迫齋戒，那些因經濟及政治因素而經歷不公義之苦，那些有某些需要的人。這也能帶領我們實踐領洗時許下的諾言：我們有責任讓世界，特別是有需要的人感受到基督的愛。齋戒能令我們身同感受世上有很多人受苦，而的我們更要主動盡力協助別人減輕痛苦。



Abstaining from meat traditionally also linked us to the poor, who could seldom afford meat for their meals. It can do the same today if we remember the purpose of abstinence and embrace it as a spiritual link to those whose diets are sparse and simple. That should be the goal we set for ourselves—a sparse and simple meal. Avoiding meat while eating lobster misses the whole point!

傳統上戒食肉通常是認為貧窮而吃不起肉。現今齋戒卻可聯系到選擇清淡的食物鞏固我們的靈修生活。避吃肉類但卻代之以龍蝦就失去原本的意思。

Almsgiving 施予慈善捐贈

It should be obvious at this point that almsgiving, the third traditional pillar, is linked to our baptismal commitment in the same way. It is a sign of our care for those in need and an expression of our gratitude for all God has given us. Works of charity and the promotion of justice are integral elements of the Christian way of life we began when we were baptized.

關懷有需要的人和感謝上主給我們的所有恩賜，推進善舉及主持公義是每一個基督徒領洗後必需的生活要素。

Blessed Palms 祝聖聖枝

As we near the end of Lent, we celebrate Passion (Palm) Sunday. At the beginning of the liturgy, we receive palms in memory of Christ's triumphal entry into Jerusalem. As a symbol of triumph, the palms point us toward Christ's resurrection and might remind us of the saints in heaven "wearing white robes and holding palm branches in their hands" (Rev 7:9). The white robes remind us of baptismal garments, and the palms suggest their triumph over sin and death through the waters of Baptism.

四旬期結束前，我們舉行基督苦難主日(聖枝主日)。禮儀開始時，信眾手持棕櫚枝遊行紀念耶穌榮進聖城的事蹟，也象徵基督將要光榮復活及在天國的諸聖身穿白袍手握棕櫚枝的景象。白袍提示我們洗禮的白衣，聖枝則顯示洗禮的水戰勝了罪惡與死亡。

Prayer for Lent 為四旬期祈禱

Dear Lord, we are now in the holy season of Lent. We begin to realize anew that these are the days of salvation, these are the acceptable days.

上主，在四旬期內，我們重新瞭解這是救恩的時段。

We know that we are all sinners. We know that in many things we have all offended your infinite majesty. We know that sin destroys your life in us as a drought withers the leaves and chokes the life from the land, leaving an arid, dusty desert.

我們知道我們都是罪人，經常犯錯令你惱怒。我們知道罪惡摧毀你在我們內的生命，猶如旱災枯萎了樹葉和地上的生命，變成乾旱滿是灰塵的沙漠。

Help us now, Lord, in our feeble attempts to make up for past sin. Bless our efforts with the rich blessing of your grace. Make us realize ever more our need of penance and of mortification.

求主協助我們悔悟過往的罪行，賜恩寵改過，深感羞愧需要悔罪。

Help us to see, in our ordinary difficulties and duties, in the trials and temptations of every day, the best opportunity of making up for past infidelities. Every day we are so often reminded in field and wood, in sky and stream, of your own boundless generosity to us.

祈求讓我們在常日的困難，職務，考驗與誘惑中，找尋最適當補贖以往背信的機會。

Help us to realize that you are never outdone in generosity, and that the least thing we do for you will be rewarded, full measure, pressed down, shaken together, and flowing over.

求主助佑認識你的無限慈悲為懷，會慷慨報償我們為你所付出的每一分努力。

Then we shall see, in our own souls, how the desert can blossom, and the dry and wasted land can bring forth the rich, useful fruit that was expected of it from the beginning. Amen.

那樣，我們就能體驗沙漠旱地都會像創世紀時有豐收的果實。亞孟。

Rev. Dr. Stephen Liang M.D.

梁增仁神父

Priest-Moderator,

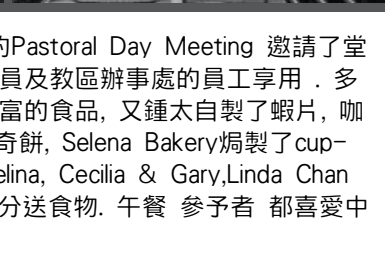
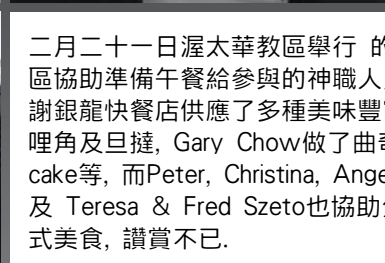
Sheng Shen (Holy Spirit)

Chinese Catholic Church

Lent



PASTORAL DAY LUNCH AT DIOCESAN CENTRE ON 21/2

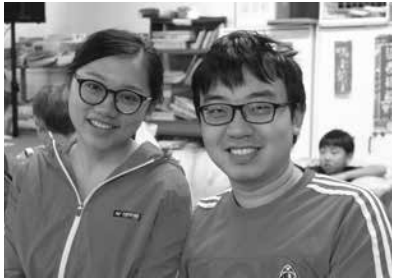


二月二十一日渥太華教區舉行的Pastoral Day Meeting 邀請了堂區協助準備午餐給參與的神職人員及教區辦事處的員工享用。多謝銀龍快餐店供應了多種美味豐富的食品，又鍾太自製了蝦片，咖喱角及旦撻，Gary Chow做了曲奇餅，Selena Bakery焗製了cup-cake等，而Peter, Christina, Angelina, Cecilia & Gary, Linda Chan 及 Teresa & Fred Szeto也協助分送食物。午餐 參予者 都喜愛中式美食，讚賞不已。

春 喜氣洋洋迎新春 恭喜發財 春

Chinese New Year Celebration

Archbishop Terrence Prendergast and Bishop Christian Riesbeck 親臨參與堂區的農曆新年慶祝會。司儀Katie Ng, Maria Sun及Lydia Nung 一氣呵成帶領慶祝會的程序及表演節目，包括青年Maggie Zhou(周天羽)的新潮hip hop 舞蹈，財神爺派紅包，50/25/25抽獎及幸運抽獎，十二女子樂章演奏，中國新年服裝展+群舞-等。





Folk Song Group's celebration of Chinese New Year at Caldwell Senior Home on 4/2

民歌組與長者齊慶祝農曆新年快樂



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
方良炎	James Fong (財務委員會代表)
羅靜如	Angelina Lo (當然委員)
陳麗珠	Linda Chan (秘書)
農正心	Lydia Nung (秘書)
財務委員會	Finance Council
鄧鉅振	Thomas Tang (Project Manager)
方良炎	James Fong (Coordinator)
夏景榮	Jimmy Ha
黎寶珍	Katie Ng
莫淑蘭	Suk Lan Mok
張彥潔	Agnes Zhang
農李美玲	May Nung
范浩泉執事	Deacon Peter Fan (當然委員)
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)
王治耀	Louis Wang (Altar Server)
陳瑞朝	David Chan (Lectors)
農李美玲	May Nung (Youth Liturgy)
李美蘭	Joyce Wong (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
黃曉	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

Veneration of the Relic of St. Francis Xavier



11/2 CNY Mass



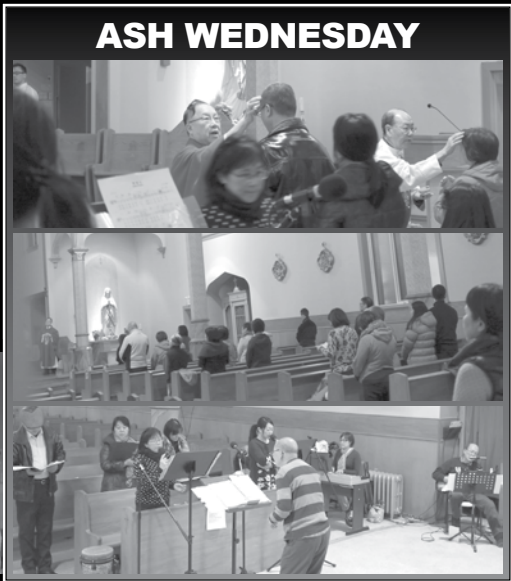
團體生活	Community Life
歐慧賢	Linda Au (Coordinator)
陳楚儀	Chor Yee Chan
陳淑芬	Cecilia Chan
陳小喬	Rosa AuYeung
張貴鳳	Jessica Cheung
葉敏華	Anita Cheung
黃振方	James Wong
羅翠貞	Helena Wong
夏少仁	David Xia
陳潔華	Jennifer Yeung
方李美娥	Lucille Fong
陳利爵	Richard Chan
陳麗珠	Linda Chan
楊曼國	You Guo Yang
蔡蕾	Lei Cai
黎潔儀	Jie Yi Li
關愛	Christian 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
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

3/2 Participation at the Consecration of the New Altar at the Notre Dame Cathedral



團體消息 Announcement

1. 請注意四旬期在三月十七日(星期六)舉行的團體悔罪禮及修和聖事時間提早在下午一時開始。
2. 洪吟芳修女將於三月十八日主感恩祭後為堂區主持四旬期靈修講座 - 『子女是父母的恩賜』
3. 葛航海神父(Fr. Anthony Hoang)定於三月投入堂區服務。我們在三月十一日主日感恩祭後舉行potluck 午餐歡迎他。請教友攜帶食品共聚分享。
4. 三月十一,十八日有第二及第三次考核禮。
5. 普通話班三月份開始每星期四上午十時復課。查詢請與導師楊憂國聯絡。
6. 更正二月份登載有關重新安置急救藥物箱的位置：神父宿舍105室及地庫的急救藥物箱有齊備的用品，而在祭衣房的急救藥物箱只有部份應用品。



DIOCESAN ANNUAL WEDDING ANNIVERSARY THANKSGIVING MASS 結婚週年紀念感恩祭 渥太華教區舉辦

For couples celebrating 5, 10, 15, 20, 25, 30, 40, 50, 60+ years of marriage in 2017. Families & friends are most welcome.

日期：2017年5月14日(星期日)
 時間：2:30 p.m.
 地點：主教座堂
 Notre Dame Cathedral
 報名：請與聖神天主堂
 堂區辦事處聯絡
 截止日期：4月25日



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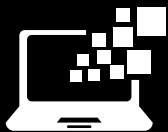
祖先也移民

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？
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www.ottawachinesecatholic.org

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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 →

截至2018年3月4日
 培聖基金共籌得

As at March 4, 2018
 donation for Vocation
 Development Fund
 amounted to

\$1,486.50





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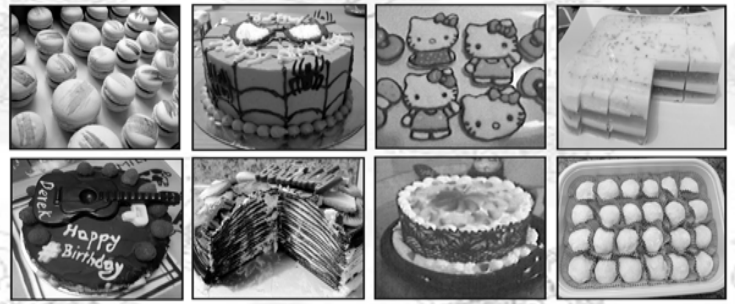
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