



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



2020年9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

黃庭光 Bosco T.K. Wong

司徒惠良 Fred Szeto frederick.szeto@gmail.com

周陳淑芬 Cecilia Chow cecechow@gmail.com

蔡蕾 Cai Lei ease4.0123@gmail.com

王治耀 Louis Wang chih.yoaw@gmail.com

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 10:30am

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"

Happy Birthday, Dear Mother & Queen!

September 08
Nativity of the Blessed Virgin Mary

Catholic Fortress
facebook.com/catholicfortress

Weekday Mass / Liturgy of the Word

All liturgies in English & Chinese

Tuesday-Friday 12:00 p.m.
Saturday 01:00 p.m.

Sunday Mass

Sunday 11:30 a.m.

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

平日感恩祭

星期二至星期五中午十二時正

星期六下午一時正

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)

聖神天主堂

Sheng Shen (Holy Spirit) Parish

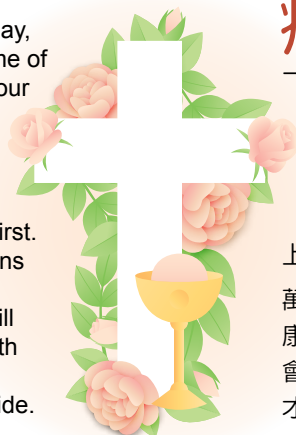
1187 Rue Michael Street North,

Ottawa, Ontario K1J 7T2

Tel: (613) 747-2080



Our First post lock down mass was held on Sunday, June 21, at the usual time of 11:30 a.m. For the time being, our regular Sunday Mass will continue to be held at 11:30 a.m. On the third Sunday, English Mass will be held at 9:30 a.m. Your health and safety comes first. Please ensure that the conditions are ripe for you to return. It is sensible to take it slowly. We will continue our praying for and with each other in the distance and online, no matter what you decide.



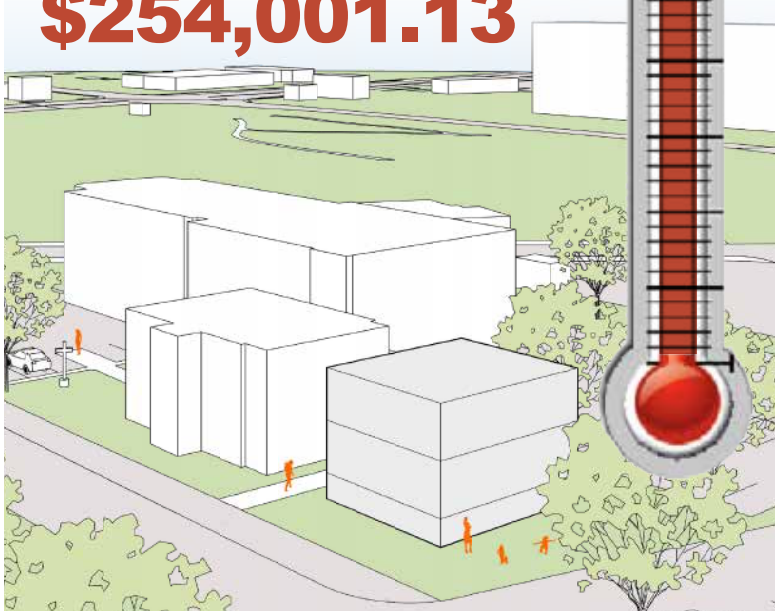
疫情後社區開放第二階段首台彌撒已於六月二十一日(星期天)如常在上午十一時半舉行。目前我們每星期的主日彌撒仍是照常在上十一時半舉行, 每月第三個星期天英語彌撒則在上九時半舉行。

萬望各位以安全為重, 確認健康及其他情況許可才回來聚會, 否則我們保持聯絡, 晚些才再投入也沒大問題。

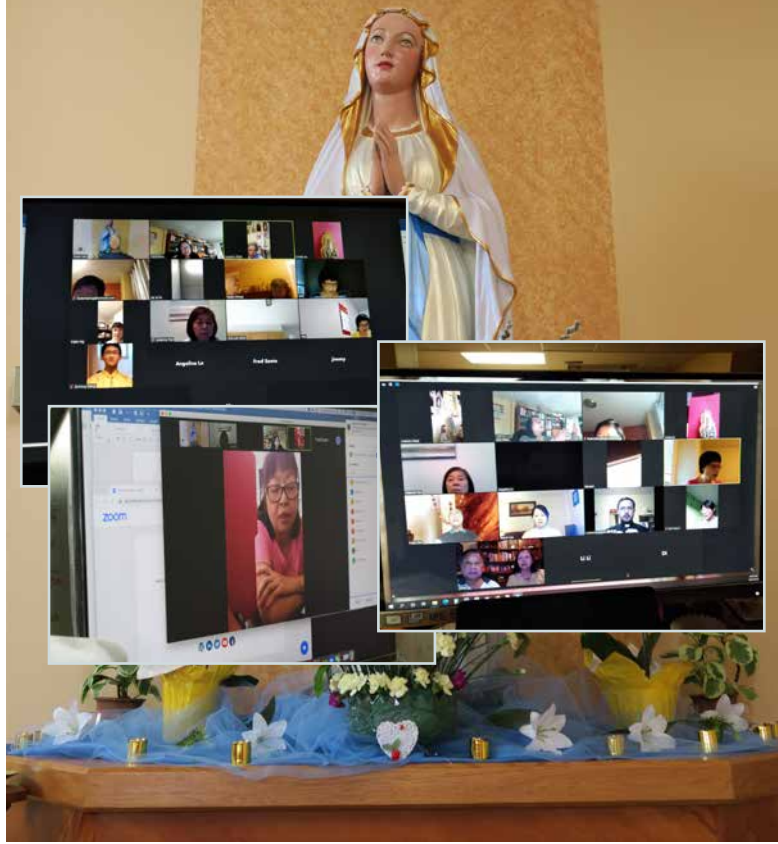
截至2020年9月6日
承諾捐款共達
BUY-A-BRICK
Pledged Fundraising
As at September 6, 2020
donation amounted to

**BUY A
BRICK
PLEDGE**
Fundraising

\$254,001.13



Online Rosary Praying 八月份網上誦念玫瑰經



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，(每份奉獻彌撒收費\$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。

**2020.08.20
VIRTUAL
PASTORAL
COUNCIL
MEETING**

**虛擬牧靈
議會會議**



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

教宗方濟各九月份祈禱意向

Pope Francis's Prayer of Intention for September 2020

總意向: 為尊重地球的資源祈禱

祈盼地球的資源不會被掠奪, 但能以公平及互相尊重的方法分享善用。

Universal: Respect for the Planet's Resources

We pray that the planet's resources will not be plundered, but shared in a just and respectful manner.

PASTOR'S MESSAGE

梁增仁神父 Rev. Fr. Stephen Liang M.D. Priest Moderator

September 13, 2020 24th Sunday in Ordinary Time

The parable of the unforgiving debtor: "You wicked servant! I forgave you your entire debt because you begged me to. Should you not have had pity on your fellow servant, as I had pity on you?"

Matthew 18: 21-35

There are two things we can learn from our journey to forgiveness: that any hope for the restoration of community and peace begins with forgiveness and that forgiveness begins with recognizing the humanity and suffering endured by the person needing to be forgiven. The unforgiving steward understands neither.

Forgiveness requires empathy, the ability to place ourselves in the place of the other to see the situation from the perspective of their pain and brokenness. To realize the reconciling peace of Jesus begins with overcoming our own anger and outrage at the injustice waged against us and focusing our concern, instead, on the person who wronged us and ruptured our relationship with him/her — and possessing the humility to face the hurt we have inflicted on others as a result of our insensitivity and self-centeredness. In our awkward, bumbling and painful efforts at forgiving and seeking forgiveness, God is part of the encounter.

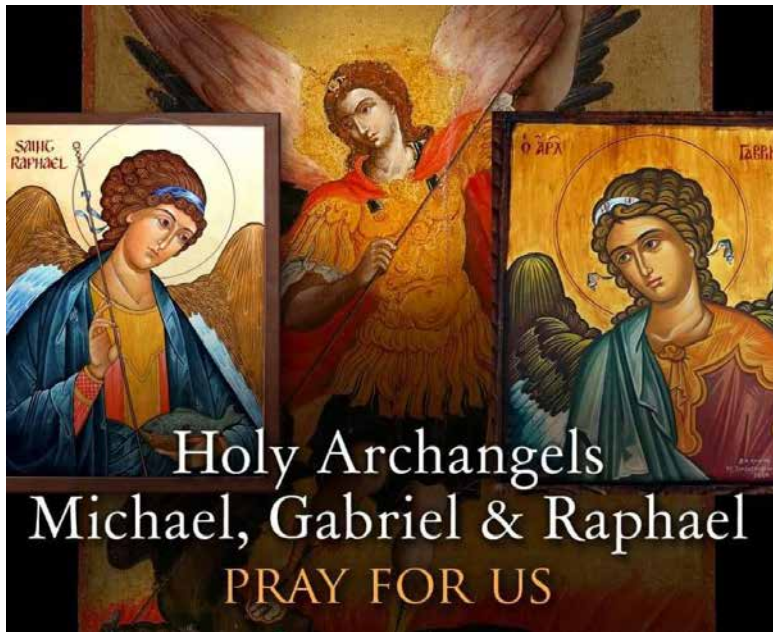
九月十三日 常年期第二十四主日

不寬恕的債主的比喻: 「惡僕! 因為你哀求了我, 我赦免了你那一切的債。難度你不該憐憫你的同伴, 如同我憐憫了你一樣嗎?」

瑪: 18: 21-35

我們可從寬恕的歷程中領略到兩件事: 寬恕是締造團體的共融與和諧的引領, 而在瞭解對方所受的痛楚時即可產生寬恕之心。不寬恕的債主就是未能明白這兩點。

寬恕的條件需要有身同感受的能力, 讓自己投入他人的處境, 心靈相通, 感受他的悲傷與困苦。要效法耶穌修和的恩澤, 我們首先要克服心底的憤怒與不公義的感受, 卻轉而集中關注、體恤錯待及破損了我們關係的對方, 及以謙虛之心面對我們的自我中心和不理會別人的態度。在痛苦中嘗試寬恕別人, 或期望被寬恕的掙扎過程, 天主會在當中與我們相遇。



參予彌撒注意事項:

- 請入座教堂前, 先在登記表填上姓名及電話號碼或電郵地址, 以備安省醫務衛生局在有需要時聯絡;
- 請務必自行帶上個人口罩。如需堂區提供口罩, 請備奉獻;
- 進堂前先用視液清潔雙手;
- 跟隨接待員及座位標記指示入座進出教堂;
- 保持六呎/二米距離、不多人聚集/減少接觸;
- 請勿跟隨歌詠團齊唱聖詠。
- 請把奉獻信封, 直接投放於門口的奉獻籃中。

Attention when coming back to attend Mass:

- please register your attendance at Mass at the reception desk by filling in your name, your phone number or email address for contact by the Ontario Health Authority when necessary.
- wear your own personal mask. In case you need supply from the parish, kindly offer a small donation;
- clean your hands with sanitizer at church entrance;
- follow the lead of our ushers and take your seat as labelled;
- keep the 6 ft./2 metres physical distance with others, and avoid crowd gatherings/contacts;
- do not join in singing the hymns along with the choir;
- drop in your donation envelope into the donation basket at the church entrance.

More Cuisine from Faith Garden



2020.08.10 黃容伯母安詳回到主的懷裡



黃容伯母(貞姐的母親、Dicky及家人的外婆/太婆)已安詳回到主的懷裡。並於八月十日在我們聖堂舉行安息彌撒。由羅德偉神父主持。讓我們為伯母及她的家人祈禱。更讓我們互禱。



SUNDAY MASSES IN AUGUST DURING THE PANDEMIC



2020.08.16 GROWING ATTENDANCE OF ENGLISH MASS

Presenation of Birthday Blessing Certificates to Jimmy Ha for his 80th Birthday

AT CHURCH

在8月23日的主日感恩祭中, Stephen Ha, Jimmy的弟弟代表接受教宗方濟各, 渥太華總主教, 梁神父及市長Jim Watson的生辰賀詞及祝福。

家訪

感恩祭後, 羅德偉神父, Peter & Christina, Angelina前往Jimmy家探問, 共由羅神父親自再致送以上的生辰賀詞及祝福給壽星, 祝他身心健康, 福壽無疆。



CONGRATULATIONS, SR. HONG,
ON YOUR GOLDEN JUBILEE
TO CONSECRATED LIFE!



熱烈歡迎候洗者

2020

Grace 譚麗娟

Stephen Ha 夏瑞榮

Ze Feng Wang 王澤楓

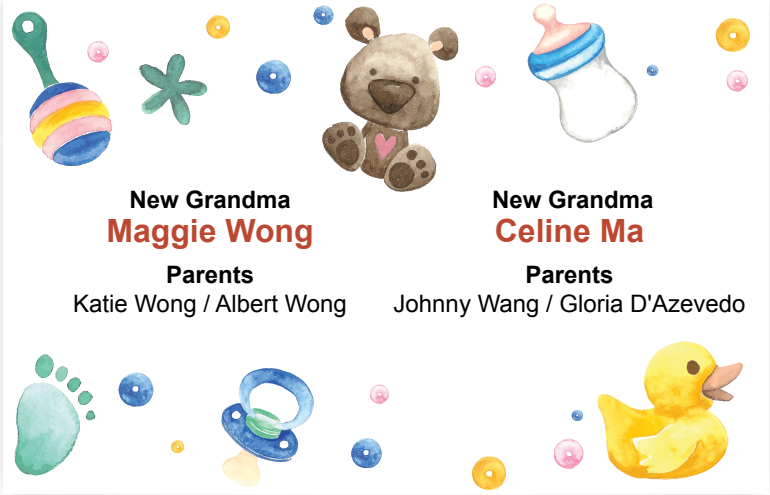
天主保佑

堂區的三位候洗者 Stephen & Grace Ha, Ze Feng Wang 原定本年三月接受考核禮, 及後在四月復活節期間洗禮。

但由於新冠肺炎疫情爆發, 未能如期進行。

現在特別安排三位候洗者在九月完成三次考核禮, 準備在十月為他們個別在十月三日及四日洗禮。

2020.08.08 Church Cleaning



Memorial Mass of Sr. Marie-Therese Beaudette & Sr. Yolande Moquin, MIC on 15/8

洪吟芳修女(Sr. Cecilia Hong)邀請了 Betty 與 Thomas Lo 參加了 Sr. Marie-Therese Beaudette & Sr. Yolande Moquin 的追思彌撒。多謝 Betty 和 Thomas 替我們團體致送慰問咭。

有關紀念 Sr. Marie-Therese Beaudette 的錄像, 可參閱 https://drive.google.com/file/d/1jLtzvogfk_sYDjdio_aXuzpxHsyzaR2t/view

有關紀念 Sr. Yolande Moquin 的錄像, 可參閱 <https://drive.google.com/file/d/1vkDk-7f1p4yWvZFCdeedPh1Vq7eL3mZK7/view>



REDUCE THE SPREAD OF COVID-19. WASH YOUR HANDS.



1

Wet hands with warm water



2

Apply soap



3

For at least 20 seconds, make sure to wash:



4

Rinse well



5

Dry hands well with paper towel



6

Turn off tap using paper towel



palm and back of each hand



between fingers



under nails



thumbs

1-833-784-4397

@canada.ca/coronavirus

團體消息 ANNOUNCEMENT

1. 十月十一日是團體成立 65 週年紀念日。青年組現正籌備在十月三日(星期六)在堂區禮堂舉行一個綜藝匯演節目。由於疫情關係, 現場參予人數有限, 為方便未能親臨禮堂參予的人士, 將安排 Zoom 虛擬網上播影。請留意稍後公佈消息。
2. 堂區計劃以符合防疫限聚指引的方式, 如以虛擬聯歡配合教友親自參與、祈禱會、通訊、在教堂後停車場舉辦的戶外家庭聚餐等項目, 慶祝 65 週年。由於近日渥太華疫情因私人聚會後有增加的趨勢, 我們適宜觀察發展情況才決定教友親身參與的戶內外活動, 但會考慮繼續以不同形式舉行65週年慶典。

禮儀	Liturgy	
黃翠霞	Rexan Wong (Coordinator)	王芬芳 Louisa Wong
李利	Lily Li (Lectors)	陳志彪 Bill Chan
農李美玲	May Nung (Children Liturgy)	馬敘英 Celine Ma
	Louis Wang (Altar Server, Youth Liturgy)	叢英 Catherine Au
王治耀	Shobie Lung (Youth Liturgy)	歐慧賢 Linda Au
龍桂裳	Melissa Wu (Youth Liturgy)	段安林 Dennis Duan
胡露施	Angela Kam (Youth Liturgy)	段曹正心 Carol Duan
甘穎夢	Lydia Nung (Youth Liturgy)	沈慧珠 Martha Wang
農正心	Patient Bahizire (Youth Liturgy)	黎潔華 Jennifer Yeung
Patient	Joyce Wong (Eucharistic Ministry)	黃懿德 Christine Wong
李美蘭	Teresa Szeto (Sacrist)	黃振方 James Wong
黃金露	Helena Wong	陳志雲 Bony Chan
羅翠貞	Lai Nai Wan	楊建華 Jian Hua Yang
溫麗妮	Connie Kam	夏景榮 Jimmy Ha
江美珍	Leonard Tsang	陳麗珠 Linda Chan
曾兆祺	Serena Tsang	莫淑蘭 Suk Lan Mok
古媽珊	Gladys Wong	黃庭光 Bosco Wong
曾慧潔	Melling Li	陳小喬 Rosa AuYeung
李美玲	Dicky Wong	劉湘貴 Gloria Kung
黃健平	John Nung (Choir A)	葉敬華 Anita Cheung
農大鈞	Sunny Chan (Choir B)	龍映如 Baylie Lung
陳瑞平	Fred Szeto	甘穎詩 Fiona Kam
司徒惠良	Wei Huang	王澤楓 Ze Feng Wang
黃峰	Maria Sun	張澤哈 Danny Zhang
孫擘梅		夏瑞榮 Stephen Ha

團體生活	Community Life	
歐慧賢	Linda Au (Coordinator)	方李美娥 Lucille Fong
陳慧儀	Chor Yee Chan	陳利爵 Richard Chan
陳淑芬	Cecilia Chow	陳麗珠 Linda Chan
陳勒秋	Alain Chan	蔡蕾 Lei Cai
陳小喬	Rosa AuYeung	黎潔儀 Jie Yi Li
張小雲	Xaoyun Zhang	李溫麗妮 Lai Nai Wan
李利	Lily Li	段曹正心 Carol Duan
孫擘梅	Maria Sun	陳志彪 Bill Chan
夏藝耘	Diana Xia	農大鈞 John Nung
黃峰	Teresa Wang	農李美玲 May Nung
張貴鳳	Jessica Cheung	陳瑞朝 David Chan
謝夢儀	Julianna Tse	周健明 Gary Chow
葉敬華	Anita Cheung	李美蘭 Joyce Wong
黃振方	James Wong	王芬芳 Louisa Wong
羅翠貞	Helena Wong	陳瑞平 Sunny Chan
夏少仁	David Xia	劉秀英 Christina Fan
陳潔華	Jennifer Yeung	

關愛	Christian Service	
羅靜如	Angelina Lo	王芬芳 Louisa Wong
劉湘貴	Gloria Kung	張愛蓮 Therese Yuen
羅翠貞	Helena Wong	劉秀英 Christina Fan
區兆棟	Raymond Au	黃金露 Teresa Szeto
李美蘭	Joyce Wong	熊玉桃 Rosa Hong
溫麗妮	Lai Nai Wan	段曹正心 Carol Duan

財務委員會	Finance Council 2020	
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)	
會員	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)	
出席	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)	
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	
甘穎夢	Angela Kam	
馬敘英	Celine Ma	
王治耀	Louis Wang	
謝夢儀	Julianna Tse	
范浩泉執事	Deacon Peter Fan (牧民統籌 Pastoral Coordinator)	

牧靈議會	Pastoral Council 2020	
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	Lily Li (共同主席)	
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)	
甘穎夢	Angela Kam (秘書 Secretary)	
信仰培育	Christian Education	
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)	
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	

福安福園

未雨綢繆，添安又添福

175號公車
每日直達本墓園
華人墓地
(新增進口)

全新中式墓園「安福園」現已落成。
「安福園」特色：

- 新落成大量室內及室外骨灰龕位供選擇
- 傳統土葬福地、面湖向東、風水特佳
- 設計富有中國色彩，景色秀麗怡人
- 業權永享，無需繳付管理費，一勞永逸
- 交通方便，位於Prince of Wales與Woodroffe Ave. 南端交界，離市中心約20分鐘

一站式方便
一站式「殯儀接待中心」現已開放，方便家人在本墓園舉行殯儀及接待親友。本墓園同一地點提供殯儀、傳統土葬、火化及骨灰龕位等一站式即時或預置服務，方便無比。

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？
我們免費提供文件樣本，手續諮詢，請即來電.....

LINK ON UPDATING PARISH RECORD

www.ottawachinesecatholic.org

在線更新堂區個人/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 作連線更新
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 →

Capital Funeral Home & Cemetery
by Arbor Memorial
3700 Prince of Wales Drive, Nepean
613-692-3588 • www.capitalmemorial.ca

Rexan Wong / 黃翠霞
24小時中文免費諮詢服務
613-808 9829
rwong@arbormemorial.com

神領聖體經

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. Never permit me to be separated from you. Amen.



Hong Kong Style Chinese Restaurant



808 Somerset St. W., Ottawa, Ontario K1R 6R5
(613) 563-2432
www.cafeorient.ca

Business hours: Thurs to Tues 11 a.m. to 9:00 p.m. Closed on Wed



Palais Imperial 太上皇大酒樓 高級粵菜

名廚主理 精美點心
各式小菜 天天茶市
壽喜宴席 歡迎訂設

311-313 DALHOUSIE STREET, OTTAWA
TEL: (613) 789-6888

YANGTZE DINING LOUNGE

揚子江酒家

Specializing in Cantonese Cuisine
Licenced Under L.L.B.O.

700 Somerset St. W.
Ottawa, Ontario K1R 6P6

For Reservations
(613) 236-0555

Private Dining Room Available (80 persons)

SOMERSET DRUGS INC. 康寧藥房 PharmaChoice

Advice
for Life

708-A Somerset St W,
Ottawa, Ontario K1R 6P6

CHEN XING ZHOU, PHARM.D.
Pharmacist

周晨星, 藥學博士 t. 613-234-7011
藥劑師 f. 613-234-7026

somersetdrugs708@gmail.com



Royal Bank 皇家銀行

黎寶珍
房屋貸款經理
Senior Mortgage Specialist



專業房屋貸款建議
隨時隨地照顧您的所需

Need mortgage financing?
Look no further.
Let me make it happen.

Cell: 613 799 8266
Email: katie.ng@rbc.com



Custom handmade cards
手製各類心意賀咭

Cecilia Chow
613-325-1958
cecechow@gmail.com

(形象, 顏色或個人
訊息的設計, 可按
顧客需要而配合)

Custom 3D cards for
all occasions
Special request images & colors
Custom personal messages

魔法分子冰淇淋



Magic Molecule

217 Bank Street Ottawa ON K2P 1W9
Tel.: 613-695-8877