



# 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



## 2021年3月份堂區通訊



### 聖神天主堂聖週禮儀時間

### Sheng Shen (Holy Spirit) Parish 2021 Holy Week Schedule

備註：禮儀的舉行視乎疫情的限制而定

#### Priest Moderator

梁增仁神父 Rev. Stephen Liang 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

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#### 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"

### 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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Tel: (613) 747-2080

時間	禮儀	地點
二月十七日(星期三) 晚上七時 (Feb 17, Wed@ 7pm)	聖灰禮儀(守大/小齋) Ash Wednesday (Fast & Abstinence)	聖堂
三月二十日(星期六) 下午一時半 (Mar 20, Sat@ 1:30 pm)	四旬期團體悔罪修和禮儀及告解 Lenten Penitential Service	聖堂
三月二十八日(星期日) 上午十一時半 (March 28, Sun@ 11:30 am)	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
三月三十日(星期二) 晚上七點半 (March 30, Tues@ 7:30 pm)	聖油彌撒 Chrism Mass	主教座堂 Notre Dame Cathedral Basilica 385 Sussex Drive, Ottawa, ON K1N 1J9
四月一日(星期四) 晚上八時 (April 1, Thurs@ 8 pm)	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
四月二日(星期五) 下午一時半 (April 2, Fri.@ 1:30 pm) 下午三時 (April 2, Fri.@ 3:00 pm) 下午五時 (April 2, Fri.@ 5:00 pm)	聖週五 - 救主受難紀念 (守大小齋) Good Friday -拜苦路 -救主苦難禮儀, 聖道禮, 朝拜十字聖架, 領聖體 -預習聖週六禮儀	聖堂 聖堂 聖堂
四月三日(星期六) 晚上八時 (April 3, Sat@ 8 pm)	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
四月四日(星期日) 上午十一時半 (April 4, Sun@ 11:30 am)	復活主日感恩祭 Easter Sunday	聖堂

# Lent 2021

**2018-2021  
PASTORAL CENTRE  
Fundraising Meter**

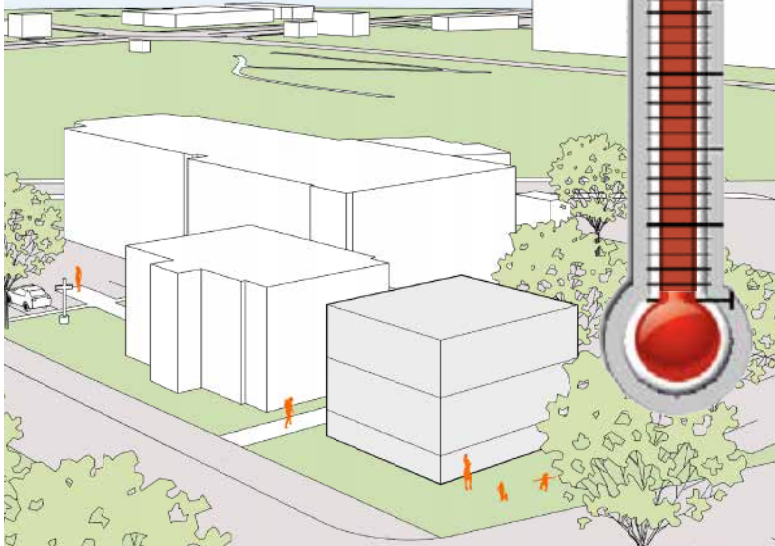
As at March 7, 2021  
截至2021年3月7日捐款共達

# BUY A BRICK PLEDGE

Fundraising

## \$323,321.33

**Note:** In 2020, the Archdiocese of Ottawa-Cornwall raised the Tax Exemption Fund-raising limit to \$550,000 to help Sheng Shen (Holy Spirit) Parish to build a bigger Pastoral Centre and start major renovation.



## PASTOR'S MESSAGE

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

### MARCH 14, 2021: Fourth Sunday of Lent

Jesus said to Nicodemus: "God did not send his Son into the world to condemn the world, but that the world might be saved through him... Whoever lives the truth comes to the light, so that his works may be clearly seen as done in God."  
*John 3: 14-21*

We are all Nicodemus: We struggle to make sense of Jesus; we wrestle with trying to reconcile his Gospel with the demands of our world. In his questioning and confusion, in his fears and doubts, Nicodemus is welcomed by Jesus with understanding and compassion. Like Nicodemus, we are all seekers and Christ has assured us of his company on our journey; like Nicodemus, we find ourselves coming to Jesus in the middle of our darkest nights, seeking hope and consolation, direction and comfort — and Jesus neither rejects us nor admonishes us, but welcomes us. We discover the God that Nicodemus discovers: a God of light who transforms our despair into hope; a God of wisdom who enables us to re-create our Good Friday deaths into Easter resurrections; a God of compassion who heals our broken spirits into hearts made whole.

### 二零二一年三月十四日：四旬期第四主日

耶穌對尼苛德摩說：「天主沒有派遣子到世界上來審判世界，而是為叫世界藉著他而獲救...然而履行真理的，卻來就光明，為顯示出他的行為是在天主內成完的。」  
*若3：14-21*

我們都像尼苛德摩：我們掙扎去了解耶穌；我們奮力溶合福音的教導於在世的要求。

耶穌以慈愛和體諒回應尼苛德摩的疑問，困惑，憂慮和恐懼。如同尼苛德摩一樣，我們在尋覓的旅途中，耶穌都一直陪伴安撫著我們；我們也會在最黑暗的日子中，來到耶穌跟前渴求希望，慰藉，指引及寬慰 — 耶穌從不拒絕或責備，卻歡迎我們。猶如尼苛德摩，我們尋找到上主：天主的光華令我們的失望轉化為希望；天主的的智慧促使我們將耶穌的苦難至死創新為永恆的復活；天主的慈悲使我們破碎的心靈得到痊癒。

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。

## FINANCE COUNCIL MEETING ON 27/2



是日的財務委員會會議邀請了謝夢儀，孫擘梅參予。多謝副主席張彥洁，財務工作組的莫淑蘭，謝夢儀精細詳盡的專業準備分析下，主席黎寶珍帶領會議通過了2020年的財務報告，稍後遞交教區審核。



[www.facebook.com/pages/Sheng-Shen-Catholic-Parish/501505729860726](https://www.facebook.com/pages/Sheng-Shen-Catholic-Parish/501505729860726)

# 教宗方濟各三月份祈禱意向

Pope Francis's Prayer of Intention for January 2021

總意向: 為修和聖事

願我們能以更新的精神體驗修和聖事, 品嚐天主無限的仁慈。

Universal: Sacrament of Reconciliation

Let us pray that we may experience the sacrament of reconciliation with renewed depth, to taste the infinite mercy of God.

## Presentation of Birthday Blessing to Lemin Kan 恭祝甘樂民生辰快樂!



## 聖神牧民中心邁向設計及市府諮商階段 Pastoral Centre progresses into design phase

在一月底渥太華教區確認我們堂區推薦的則師。現階段的工作是準備計劃草案, 以便和市政府諮商各項基建, 如渠務、土質、交通等, 配合社區的發展大綱。請留意我們的草案, 更請在這四旬期為我們的堂區長遠發展祈禱。

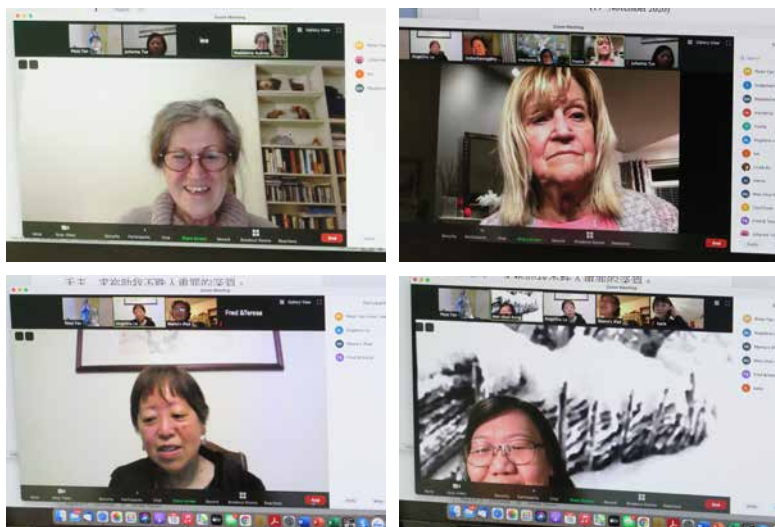
As the Archdiocese approves our architect, our parish is working with the professionals on building from the Archdiocese; and the architect to start the process of configuring the preliminary design, and consulting with the City of Ottawa on the rules governing the construction in connection with the development in the community. In this Lent, let us devote our prayers for our salvation and for the long term development of our faith community.

## 四旬期網上拜苦路 Online Station of the Cross during Lent



## FEBRUARY ONLINE ROSARY

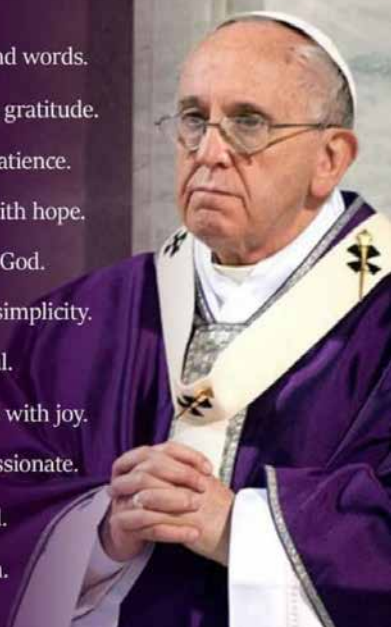
Sr. Aline's sisters joined our Rosary Praying



## DO YOU WANT TO FAST THIS LENT?

In the words of Pope Francis

- Fast from hurting words and say kind words.
- Fast from sadness and be filled with gratitude.
- Fast from anger and be filled with patience.
- Fast from pessimism and be filled with hope.
- Fast from worries and have trust in God.
- Fast from complaints; contemplate simplicity.
- Fast from pressures and be prayerful.
- Fast from bitterness; fill your hearts with joy.
- Fast from selfishness and be compassionate.
- Fast from grudges and be reconciled.
- Fast from words; be silent and listen.



今年的農曆新年感恩祭安排了網上直播，讓未能親自到臨聖堂的教友也可參與。梁神父首先向總主教致歡迎詞：

**Welcome to Archbishop Marcel Damphousse:**

Good morning everyone. Today we are most privileged to have our new Archbishop Marcel Damphousse celebrate the stream line Lunar New Year Mass with us. I wish you and all our parishioners a Happy New Year of the OX.

This year's festivities look a little different. And for some, any sense of joy will be mixed with grief and fear because of Covid-19. But we still must have HOPE as we welcome in the Year of the Ox. For the Ox symbolizes strength and determination, perseverance, and resilience. We remember the joys and sorrows of the past, and the challenges that brought us here. It is a time of renewal for everyone. It is a time to celebrate and look forward to the possibilities that lies ahead of us. With Archbishop Marcel Damphousse as our Shepherd and Guide, and our Moral and Spiritual Magnet, we let our hopes light the way forward. Imagine the possibilities of all that lies ahead of us. A concrete example is the building of our New Pastoral Youth Centre in the next year. This will be a Centre of Evangelization, a Centre of Welcome, Unity, Solidarity and Fraternity to all. We need a new beginning. This new year is a season of renewal. May we all find joy in one another, in our families, and in our parish community. Together, we will make this year more beautiful with each passing day. So, as we bring in this year, I wish all of you HAPPINESS, GOOD HEALTH, and PROSPERITY, and GOD's ABUNDANT BLESSINGS! We pray that 2021 will be a much better year for the whole world. God bless you and stay SAFE! Happy Lunar New Year!

**撮要:** 我們堂區很榮幸 Marcel Damphousse 總主教為我們主持農曆新年網上直播彌撒。恭祝各位新年快樂！雖然疫情帶來憂慮，但在善牧總主教給我們的引導及支持下，我們可懷著希望迎接未來。一個很好的例子正是新的牧民青年中心可在明年建成，發展堂區的福傳工作，延伸團結共融精神。讓我們齊心共勉，合力創建更好的一年。願你們喜樂幸福，健康如意，主寵滿溢！

Rev. Fr. Stephen Liang M.D. 梁增仁神父



# Ash Wednesday 聖灰禮儀 17/2



# 牛年福袋



# 候洗者甄選禮 21/2

2月21日感恩祭，羅德偉神父為邱亞杰，康曉琳及他們的子女邱一諾，康奕晨，邱逸康主持了甄選禮。代父母黃振方，羅翠貞陪同出席。Jennifer楊陳潔華樂助小朋友們在公教氣氛中成長。



As the Ontario lockdown has been released effective 16/2/2021, our in-person Sunday masses and liturgy are now resumed following the guidelines of the Government and the Archdiocese.

按政府2月16日指引，我們堂區重開彌撒和各項禮儀，與各位一起親自參與共禱。

## 21/2 9:30 a.m. English Mass



## Mrs. Tsao's funeral mass 曹顧國華女士的殯葬彌撒

我們的長者曹太三月四日回歸天國。  
葬禮彌撒三月十二日在本教堂舉行。  
願她主懷安息，永光照之。同時向她的家人致慰問。

*In Loving Memory of*  
*Mrs. Gloria Tsao*  
曹顧國華女士

## 團體消息 Announcement

1. 拜苦路：四旬期內，每周四晚上七時四十五分一起網上Zoom拜苦路。請先與范執事或堂區辦事處登記參予。
2. 三月二十一日感恩祭將有第二次奉獻，為支持四旬期內的事工。
3. 夏令時間定在三月十四日開始。請將時鐘撥前一小時。
4. 四旬期團體修和禮儀及告解定於三月二十日(星期六)下午一時半由羅德偉神父主持。



- 領: 天主垂憐我們 眾: 基督垂憐我們, 天主垂憐我們  
 領: 基督俯聽我們 眾: 基督垂允我們  
 領: 天主聖父 眾: 求你垂憐我們  
 領: 天主聖子  
 領: 天主聖神  
 領: 三位一體的天主  
 領: 聖若瑟 眾: 請為我們祈禱  
 領: 天主聖母的淨配  
 領: 天主聖子的鞠養  
 領: 基利斯督的勤衛  
 領: 聖家之長  
 領: 貧窮的實愛  
 領: 工藝的表率  
 領: 家居的光榮  
 領: 家室的砥柱  
 領: 苦者的安慰  
 領: 病者的希望  
 領: 臨終的主保  
 領: 邪魔的驚懼  
 領: 聖教的保障



## 三月十九日 聖若瑟(聖母的淨配) 瞻禮日

### Feast of St. Joseph, Spouse of the Blessed Virgin Mary

目前, 教會每年定有兩個慶祝聖若瑟的瞻禮日:

- 1) **3月19日**是為表揚聖若瑟是聖母瑪利亞的淨配兼聖教會總主保。聖若瑟是聖母瑪利亞的淨配, 吾主耶穌的鞠養父親。來自聖家流徙逃亡的生活, 聖若瑟也被尊為孕婦, 旅行者, 移民, 房屋買賣的守護者。聖家的一切物質需要, 均由聖若瑟供應, 聖家的一切事物, 均由聖若瑟領導。聖若瑟修有各種聖德, 貞潔, 安貧, 謙卑, 服從等。聖教會對他的敬禮, 正象徵著天主子女的謙卑典型。
- 2) **5月1日大聖若瑟模範工人瞻禮日 (St. Joseph the Worker)** 五月一日是國際勞動節, 聖教會特在本日舉行大聖若瑟模範工人瞻禮, 將勞動階級置放在聖若瑟的大力護佑下。我們知道大聖若瑟是一位工人, 天主特將降生為人的聖子託付這位模範工人, 聖若瑟照管撫養。聖若瑟是勞動階級最理想的主保。他自食其力, 用工作養活他的家庭。人而天主的吾主耶穌向他學習木匠手藝, 他的確是一位最理想的模範工人。

## Vaccination: yes or no?

For several weeks now, I have been receiving requests for clarification on the subject of vaccination. I have taken my time to answer these questions because it is a complex reality and it is important, in my position, to offer the faithful of our Diocesan Church statements that are truthful and clear. It is important to note that there is a lot of information circulating in social networks on this subject. Experts in the field of health seem to contradict each other on different aspects of the question. In addition, there are positions based on conspiracies, both political and religious. There is enough material in the media to confuse even the most learned.

My message today does not seek to enter the debate and argue one side or the other. I have, however, taken the time to consult with a few reputable, local Catholic doctors to shed some light on the situation and to help me formulate a directive that might unite us as a Church rather than divide us. I already see too many messages that sow fear and doubt and consequently division and judgment.

All things considered, I feel it is important to trust the messages of our public health authorities here in Canada and in Ontario. The main message is clear and it is based on a multitude of scientific sources using the most current information available.

On the issue of the two vaccines being proposed by public health authorities, they are safe and necessary to control the threat of the coronavirus. Might there be side effects for some? Possibly yes. But the vaccines are deemed efficacious by our authorities who have the expertise to make a judgment. The pandemic is serious and is causing a death rate that has already affected too many of our families and fellow citizens, especially among our vulnerable senior citizens as we have tragically witnessed here in our archdiocese. The entire hospital system is affected; talk to the doctors and nurses who are on the front line every day addressing the crisis. It is necessary for us, as a Church and as a society, to cooperate to reduce the spread of the virus. I thank all those in our parishes who have followed the protocols put in place by the archdiocese. These new procedures have made our churches as safe an environment as we can to provide us the opportunity to practice our faith in this time of crisis; being able to go to Mass is essential.

As for the moral issue of receiving the vaccines, I believe it is important to say something. Vaccines are sometimes developed and/or tested using cell lines derived from either aborted fetal tissue or destroyed human embryos. Knowing this, many ask me if we can in good conscience receive a vaccine developed and produced from this unethical research. This is a serious dilemma.

The short answer to a complex question is that in this particular circumstance, it is morally permissible to be vaccinated. We are in a global pandemic that has caused the deaths of over two million people worldwide and which has left many others with lingering adverse affects. Since we do not have completely licit (morally pure) alternatives at this time, we can receive the vaccines we have available to us in Canada.

To add context to the short answer, I will let the experts shed some light on the subject. I recognize there is a diversity of opinion within our Catholic Church. I refer you, to two resources that summarize the thinking of specialists in moral theology upon which I base my decision: a document from the Congregation for the Doctrine of the Faith at the Vatican (<https://www.cccb.ca/wp-content/uploads/2020/12/CDFNote-on-COVID-19-vaccines.pdf>) and a letter written by the Bishops of Alberta and the Northwest Territories ([https://www.cccb.ca/wp-content/uploads/2020/12/2020\\_12\\_02\\_Letter-to-the-faithful-on-Vaccines.pdf\\_English.pdf](https://www.cccb.ca/wp-content/uploads/2020/12/2020_12_02_Letter-to-the-faithful-on-Vaccines.pdf_English.pdf))

In both documents they explain that the current vaccine situation is not ideal and that we must advocate for future vaccines that are derived or tested in a more ethical manner. In our situation, it is morally permissible to be vaccinated and this is not a compromise with regard to our conviction of the sanctity of human life. I encourage you to read one or both of these documents for a more complete answer.

This being said, I will not force anyone to receive the vaccine if they are not willing. However, in the spirit of helping one another to fight this pandemic with a limited number of accessible vaccines, I encourage you to receive the vaccine.

In conclusion, we must not forget the power of prayer and the sacraments. Let us implore God, through the intercession of the saints, to put an end to this pandemic and to give us patience and perseverance in order to stand firm in charity and hope.

Please continue to pray for me, as I do for you.

✽ *Marcel*

2月21日感恩祭後，梁增仁神父帶領全體教友舉行一年一度的敬祖禮



## 关于敬祖的几点建议 杜寶田神父

祭孔祀祖在1715年三月十九日，教宗克來孟已全面禁止。在1935年三月二十八日教宗比約十二世，藉傳信部回答吉林教區主教詢問的機會，已解除此項禁令。1939年日軍佔領山東，孔子的老家；為了政治目的，大事舉辦祀孔活動，反對者科以重刑。那時田耕莘（尚未升樞機）正是陽毅教區主教，急電羅馬請示，傳信部及時重申前令，准許教友參與民俗式的祀孔典禮。

敬祖儀式，大約起始於1983年，完全遵守香港的版本。可以分為三個主題：1-祭天，2-敬祖，3-團拜。

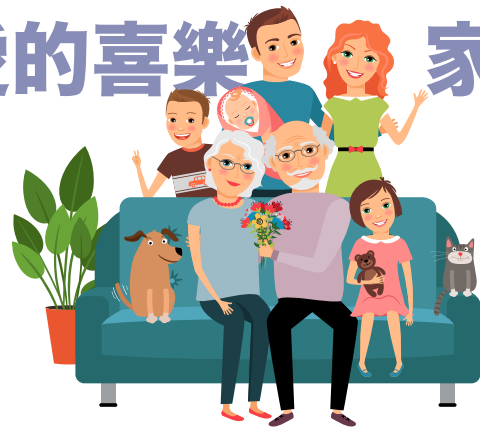
**1: 祭天**，就是崇拜天主，我們教會最大而最完美的祭天儀式，便是彌撒。不過，敬祖時，我們可以共同朗誦信經，因為我們不但朝拜一般人的造主，而更信奉耶穌所啟示的愛人，救人並接納人類享永生的天主。新春開始，我們更可以祈求上主賞賜大家健康和平安。這一節禮儀可沿用香港本的讀經和歌唱等。

**2: 敬祖**，在中國文化來講，飲水思源，追恩報德，本是文化留下來的傳統；而天主教的信仰，好似興奮劑一樣，注入我們補贖的神功。奉獻時可用花，香，菓，免用酒肉等食物，（參閱聖詠106，28節）。好避免令人妄想，亡者還需要食物，因為民間仍有《餓死鬼》的傳說。表揚忠孝：在我們團體中，如有某兄弟姊妹，特別辛苦地，照顧家中長者或病者，也可以在此表揚一下。這對其本人是一種鼓勵，為參禮者也是一種感召，引人加入本堂區愛德組，探訪堂區內的孤獨老人等。

**3: 團拜**，新年敬祖加入團拜也是富有意義的活動，新年見面彼此問候一番，歡笑幾聲，尤其在過往彼此有點問題的人們，以笑混怨仇，忘記前嫌，也是一個好機會。有人想簡化它，不要浪費時間，我則不以為然。宜使出席者都能彼此拉拉手，尤其是初次見面的朋友們，自然時間不要太長。試想一下，耶穌最大的誠命是愛人，不識或不接觸人，如何去愛人呢？我們都要努力克勝「冷情」「利己」「妒恨」等邪情，並更加努力接納弟兄姐妹之間的差異。

最后可以大家手拉手，共唱天主經，以結束我們的敬祖禮儀。

# 「愛的喜樂」家庭年



節錄香港教區主教  
公署秘書長辦公處  
通告

教宗方濟各業已公佈，由本年三月十九日「大聖若瑟、普世教會主保」的節日開始，亦即《愛的喜樂》（論家庭之愛）宗座勸諭頒佈的第五週年開始，普世教會將慶祝「愛的教會」家庭年；該年度將於明年六月二十六日一即在羅馬舉行的第十屆世界家庭大會期間一終結。

《愛的喜樂》宗座勸諭的目標，是反省面對當代種種挑戰的家庭的處境。以該勸諭為依據，上述家庭年的目標如下：

1. 使更多人能分享宗座勸諭的訊息，並幫助他們體驗家庭生活的喜樂及家庭作為教會及社會的一份禮物；
2. 宣揚婚配聖事的崇高價值；
3. 幫助家庭成為宗徒事業的積極媒介，並使青少年醒覺「愛的真諦」及「自我奉獻」這兩方面的培育的重要性；

4. 擴闊家庭牧民的視野及行動範圍，並使之更橫向及涵蓋全體家庭成員，即準婚人士、夫婦、兒童、青少年、長者及婚姻面對危機的人士等；
5. 加強「家庭教會」及教會兩者之間的密切聯繫；
6. 助長夫婦加入那些在教區及堂區層面支援家庭牧民工作的組織架構，並加深牧民工作者、修生及司鐸的相關培訓；
7. 推廣家庭層面的福傳創新行動（例如，在兒童初領聖體或領堅振、教友接受婚前培育，或教友參加一些週年慶典或隆重禮儀慶典等場合）。

「宗座教友、家庭及生命部」業已提供一本解釋此家庭年的目標及創新行動的手冊；請瀏覽網址 <http://www.laityfamilylife.va/content/laityfamilylife/en/amoris-laetitia/il-progetto.html#brochure>

## A Prayer on International Women's Day, 8th March 2021

Dear Heavenly Father,  
On this day we commit all women everywhere. Lord, help each of us to be a capable, intelligent, and virtuous woman – faithful, diligent, generous and spiritually strong. May love and kindness always be in our hearts and on our lips. Help us to be a loving and excellent wife to our husband and help us to reflect Your love to our children and our parents. Give us the wisdom as to manage our home. We pray for single women, young women, mothers, grandmothers and especially for women who are feeling hopeless. The burden they carry is too heavy. They need you. They need your peace, strength and joy to fill them up. We pray for protection over their marriages and over their families. Heal them and restore them. Help us to be faithful to your call to love. In Jesus Loving Name we Pray, Amen.





禮儀	Liturgy
黃翠霞	Rexan Wong (Coordinator)
李利	Lily 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	Patient Bahzire (Youth Liturgy)
李美蘭	Joyce Wong (Eucharistic Ministry)
黃金霞	Teresa Szeto (Sacrists)
羅翠貞	Helena Wong
溫麗妮	Lai Nai Wan
江美珍	Connie Kam
曾兆祺	Leonard Tsang
古嬌珊	Serena Tsang
曾慧潔	Gladys Wong
李美玲	Meling 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
黃峰	Wei Huang
孫擘梅	Maria Sun
王芬芬	Louisa Wong

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	Xaoyun Zhang
李利	Lily Li
孫擘梅	Maria Sun
夏藝耘	Diana Xia
黃峰	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
陳潔儀	Jennifer Yeung

關愛	Christian Service
羅靜如	Angelina Lo
劉湘貴	Gloria Kung
羅翠貞	Helena Wong
區兆棟	Raymond Au
李美蘭	Joyce Wong
溫麗妮	Lai Nai Wan

**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](http://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 →

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
馬敘英	Celine Ma
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)
王澤楓	Ze Feng Wang (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. Lodevicus Barnard
張彥潔	Agnes Zhang
羅靜如	Angelina Lo
夏少仁	David Xia
陳志彪	Bill Chan

# 全新南向安福園

## 第二期

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## 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.



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