



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
Email: inquiry@ottawachinesecatholic.org
Web: ottawachinesecatholic.org



2022年2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 peterhcfan@gmail.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

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

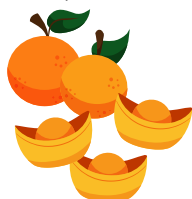
堂區辦公時間 Parish Office Hours

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



Update of COVID-19 Restrictions from Province of Ontario

更新安省疫情限制令

Step 1 (第一階段) - January 31, 2022

- Indoor religious services can take place at 50% capacity (maintaining required physical distancing). 室內宗教禮儀只可容納50%人數(參加者必須互相保持兩米距離)
- Meeting and event spaces can operate with 50% capacity indoors (except wedding receptions and dance facilities). 室內會議及活動可容納50%人數(婚宴及跳舞場地設備除外)
- Social gatherings limit increased to 10 people indoors and 25 people outdoors. 室內社交活動增至可容納10人, 戶外則25人



Step 2 (第二階段) - February 21, 2022 (unless delayed 如無延後)

- Indoor religious services limited to the number of people that can maintain two metres physical distance. 室內宗教禮儀可容納參加者能互相保持兩米距離的人數
- Meeting and event spaces can operate at full capacity (except wedding receptions and dance facilities). 會議及活動, 除了婚宴及跳舞場地, 可容納100%人數.
- Social gatherings limit increased to 25 people indoors and 100 people outdoors. 室內社交活動人數限額增至25人, 戶外則100人.

Step 3 (第三階段) - March 14, 2022 (unless delayed 如無延後)

- Remaining capacity limits on religious services are lifted. 宗教禮儀不再限制人數.
- Capacity limits lifted in all indoor public settings. Proof of vaccination will be maintained in existing settings in addition to other regular measures. 所有室內活動不再限制人數. 但仍需顯示已注射疫苗證明及遵守例行守則.
- Social gatherings limit increased to 50 people indoors and no limits in outdoors. 室內社交活動容納人數增至50人, 戶外則無限制.

Diocesan Protocol

Congregational singing is not allowed at this time as per the WorshipSafe Guidelines (August 6, 2021). 跟進安全崇拜指引, 宗教禮儀參與者不得隨同歌詠團唱頌.

主內弟兄姊妹:

謹祝各位新年快樂, 闔家平安。彌撒持續重開, 請按情況來參與。

保重, 主佑。
聖神天主堂。



Dear Sisters & Brothers in Christ,
Happy New Year! Wish you and your whole family peace in the Lord and great health.

Keep safe & well.
God bless.

Sheng Shen (Holy Spirit) Parish.

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

**2018-2022
PASTORAL CENTRE
Fundraising Meter**

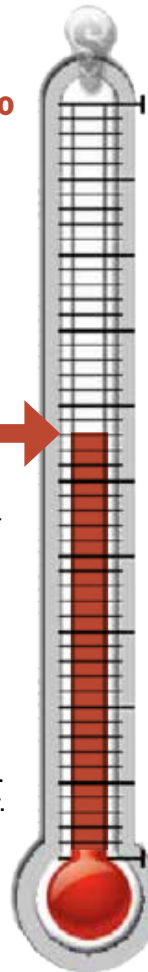
\$750,000

As at February 6, 2022
截至2022年2月6日捐款共達

**BUY A BRICK
PLEDGE**

Fundraising

\$456,096.69



The Sheng Shen Pastoral Youth Centre Project progresses steadily as our management committee and architects are in the process of seeking the final approvals with the City of Ottawa.

聖神牧民中心籌委會與則師繼續緊密商討中心圖則，以待市政府批准。

Our recent Christmas Card Campaign and Chinese New Year Fundraising Bake Sale were encouraging endeavours towards securing more promising accumulation of our fundraising target. A big thank you for your supports and generosity.

近期的聖誕咭呼籲與新年糕點籌款售賣反應熱烈，你們的支持與慷慨解囊實在令人鼓舞！

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.

聖神牧民中心進展順利
The Sheng Shen Pastoral Centre takes steps to consolidate the Preliminary Design

- 牧民中心籌委會正與則師及計劃監督緊密商討中心圖則。
- 並已聯繫渥太華市政府，著手確定圖則細節。
- 為推動聖神天主教團體的目標與使命，牧民中心會繼續透過青少年及長者住宿服務與社區活動，強化我們的堂區。我們極需要你們的協助，向親友推介牧民中心計劃，支持我們在 2022 年啟動建築工程。請各位留意在我們月報和網站中的牧民中心簡訊，分享最新發展消息給親友。
- Our Project Committee is working very hard with the architects and our project manager to finalize the design of the Pastoral Center.
- Our professional team is also in the process of working with the City of Ottawa to finalize the details of the site plan.
- In line with the original mission of the Sheng Shen Chinese Catholic Community, this Pastoral Center will continue to build and strengthen our parish by hosting residences for youth and seniors and also establish a base for community programs and social support. With a deadline to break ground in 2022, we need your help to spread the word to your friends and family about this vital project. Subscribe to the Pastoral Center Project Newsletter to stay up-to-date and share the news easily with your loved ones.



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。

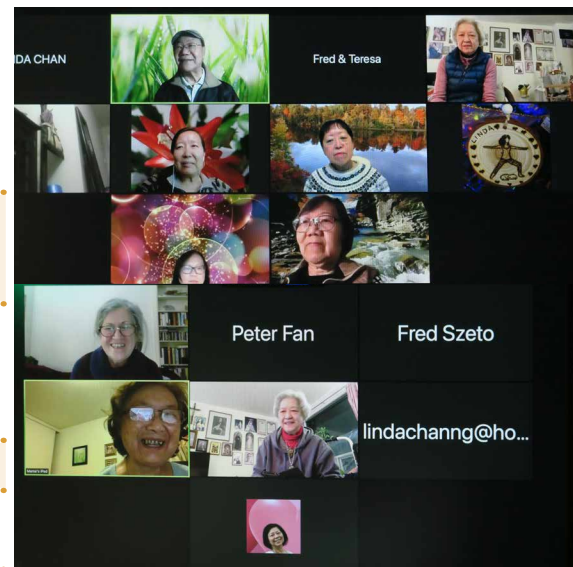
All material that is submitted for publication in the bulletin must be parish-sponsored activities. The publication of such material is at the discretion of the Administration.

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。查詢可與范執事聯絡。

**二月份每星期四
頌念玫瑰經**



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



虎年兴旺

Wishing you a prosperous year of the Tiger!

牧民中心籌款運動尚欠三十萬元才能達到籌款目標。

We still need \$300,000 to reach our fundraising target for the Sheng Shen Pastoral Youth Centre.

你可知你可承諾捐款在牧民青年中心的祈禱牆
以磚塊奉獻及懷念你的親友?

Did you know that you can remember and honour someone by donating and dedicating a Brick to them on the Prayer Wall of the Pastoral Youth Centre?

選擇以下任何承諾磚塊 Choose a pledge!

白金 **Platinum (\$5000)** 黃金 **Gold (\$1000)**
銀 **Silver (\$500)** 銅 **Bronze (\$300)**

聯絡途徑: Contact us at the parish office by phone (613 747 2080)
or email parishoffice@ottawachinesecatholic.org

捐款可在堂區網頁或以下 二維碼支持計劃

Donate from anywhere!

Anyone can support the Pastoral Youth Centre by donating online (www.ottawachinesecatholic.org)
or scan this QR code



多謝支持! Thank you for your support!



教宗方濟各二月份祈禱意向

Pope Francis's Prayer of Intention for February 2022

總意向: 請為修女及度奉獻生活的女性祈禱

在為她們祈禱的同時,也感謝她們的獻身與勇氣,祈願她們持續找到新的方式,回應這個時代的挑戰。

Universal: For religious sisters and consecrated women

We pray for religious sisters and consecrated women; thanking them for their mission and their courage; may they continue to find new responses to the challenges of our times.

PASTOR'S MESSAGE

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

FEBRUARY 6, 2022: 5th Sunday in Ordinary Time

"Put out into deep water and lower your nets for a catch . . ."

When Peter saw [the catch], he fell at the knees of Jesus and said, "Depart from me, Lord, for I am a sinful man." Luke 5: 1-11

Jesus challenges all of us to put aside our own fears and anxieties to lower our nets into the "deep water" of justice and reconciliation. That often demands risking our own security and comfort and putting aside our discouragement and exhaustion; it requires us to keep "fishing" despite the criticism and doubts of the cynical who have given up and returned to shore. Confident of God's grace and wisdom, we can set out in our own small boats and cast our fishing nets — despite the long night already passed — to bring in the "catch" of God's forgiveness and peace.

God always welcomes us back without condition or limit. We sometimes expect too little from our relationship with God; many of us suffer from an "inferiority complex" when it comes to God: we're neither good enough nor wise enough in church protocol to consider ourselves "religious." Like Peter, we shy away from God because we can't imagine God loving sinful, Godless us. But that is exactly the "mystery" of God: that God loves despite ourselves. Thomas Merton observed that "the root of Christian love is not the will to love but the faith that one is loved by God . . . irrespective of one's worth. In the true Christian vision of God's love, the idea of worthiness loses significance. The revelation of the mercy of God makes the problem of worthiness something almost laughable . . . no one could ever, alone, be strictly worthy to be loved with such a love — such a realization is a true liberation of spirit."

常年期第五主日

『划到深處去,撒你們的網捕魚罷!....』

西滿伯多祿一見這事(魚裝滿了兩隻船),就跪伏耶穌膝前說:『主,請你離開我,因為我是個罪人。』

耶穌挑戰我們放下恐懼與憂慮,投入祂深似海洋的公正與修和的網內。這總要我們甘願拋開失望和疲勞,承受失卻舒適安全感的風險;更要我們不被那些抱憤世嫉俗及懷疑心態而退縮的人的影響,仍然堅定持續"投網捕魚"。堅信天主的恩寵和智慧,就算要長夜等候,我們總能像漁人拋網捕撈般,滿載主的寬恕和平。

天主永遠無條件和無限度迎接我們。有時我們對與主的關係投以太少的寄望;自卑感令我們相信我們在聖善的評審中不夠完美或聰敏。有如聖伯多祿般,我們不能想像天主憐愛罪人而感羞怯。但天主的奧妙正是不管我們怎樣,祂仍是愛。Thomas Merton覺察到基督徒的愛,根源不在關愛,而是基於堅信天主不論我們的品質好壞,仍深愛我們。領略天主的慈悲與大愛才能真正釋放我們的心靈。



CONGRATULATION TO KITTY XU & FRANCES LAU

for birth of baby boy Nathan Lau 劉孝林
weighing 6 lbs 0.5 oz at birth on 20 January, 2022

January Sunday Mass



English Mass

Chinese New Year message from Archbishop Prendergast:

The joy and peace of Christ, revealed today as the Light of the Nations! And Happy Lunar New Year!

Know that I will keep you all in my thoughts and prayers on this wonderful occasion; let's hope that next year we'll be able to have an uninhibited gathering!

Congratulations on your parish's progress on the evangelization centre and residence. I pray it will be a great success. I hold many happy memories of visits to Sheng Shen parish and the church for New Year's and other occasions. I look forward to keeping in touch and to attending the dedication of your new centre. Meanwhile, please pray for the Nuncio, Cardinal Ouellet, the Holy Father and all involved in choosing a new Bishop for Northeastern Ontario.

Fraternally in Christ,
+Terry
Terrence Prendergast, s.j.



New Year's Day Mass



Pastoral Council Meeting



為增添慶祝虎年喜氣洋洋氣氛及支助牧民青年中心建設計劃籌款，堂區現推出網上訂購以下各類傳統賀年食品：



- 1) 年糕 (6吋) \$15
- 2) 桂花糕 (6吋) \$15
- 3) 蘿蔔糕 (6吋) \$15
- 4) 笑口棗 \$10 盒

歡迎預早訂購，並在截止日期2月30日前交回訂購表格，註明購物數量及金額。
拿取食品日期可選擇分2次在2月6日或2月13日。

訂購請與 Cecilia and Julianna 聯絡

Chinese New Year Bake Sale 農曆新年糕點銷售

A big thank you for your zealous support for the Chinese New Year Bake Sale. A vote of thanks too for the kind support and help of Selena Wong in preparing the 3 types of cakes, Teresa & Fred Szeto offering to prepare the smiley cookies for free while donating all revenues from the sale back to the project. Last but not the least, our deepest appreciation to Cecilia Chow and Julianna Tse's great job in coordinating the orders and arranging the delivery.

多謝大家踴躍支持牧民青年中心計劃籌款活動，Selena Wong 精心製作的三類糕點，Ceci Chow 和 Julianna Tse 井井有條地處理訂購及派發事宜。及 Teresa & Fred Szeto 捐贈全部笑口棗收費給籌款活動，共售出糕點數目如下：

笑口棗 — 32 份 年糕 — 12 份
蘿蔔糕 — 33 份 桂花糕 — 13 份

籌款淨收入: \$610.00

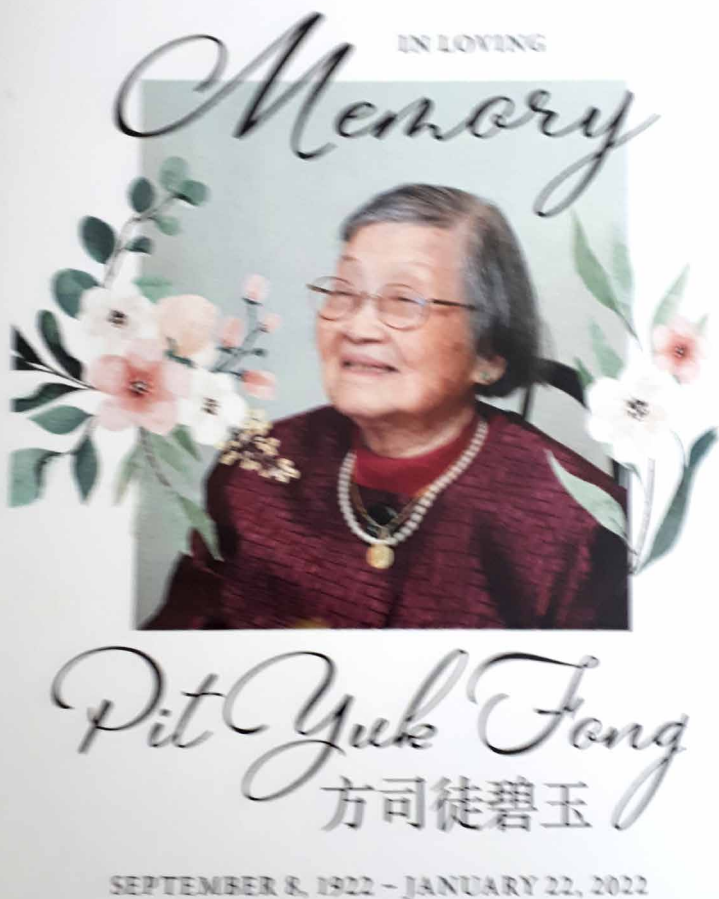
CNY Gift Bag 福袋 to those attending 6 Feb. New Year Mass in person

我們致送給參與農曆新年感恩祭的教友，經過 Teresa & Fred Szeto 的精心籌備及設計，美輪美奐，充滿傳統新年節日氣象。

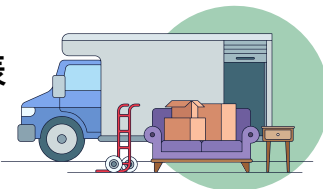


SYMPATHY TO JAMES & LUCILLE FONG

for Loss of Mother Mrs. Pit Yuk Fong (nee Seto)
方司徒碧玉, aged 99.



渥太華教區辦事處行政部代表 探訪堂區及簽定租約



渥太華教區辦事處在本年一月已遷往 200-1209 Michael Street North, Ottawa, ON, K1J7T2, 與我們堂區為鄰。2月3日教區辦事處行政部代表 Sister Monique 和 Ms Colette Legault 探訪及視察堂區設備, 並與我們堂區簽約在 2022-2024 年內租用堂區地庫/教堂, 作為教區各類會議, 禮儀及其他活動場地。



團體消息 Announcement

1. 堂區清潔日定於二月十二日(星期六)上午十時至中午十二時進行。請義工參與協助清潔工作
2. 二月份朝拜聖體定於二月十七日(星期六)下午一時舉行。請義工參與協助清潔工作。

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.

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

團體生活	Community Life	
歐慧賢	Linda Au (Coordinator)	方李美娥 Lucille Fong
陳楚儀	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
孫曉梅	Maria Sun	陳志彪 Bill Chan
夏藝紜	Diana Xia	農大鈞 John Nung
黃暉	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
葉敏華	Anita Cheung	李美蘭 Joyce Wong
黃振方	James Wong	王芬芬 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	王芬芬 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	黃金霞 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)	
孫曉梅	Maria Sun (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. Lodewicus 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

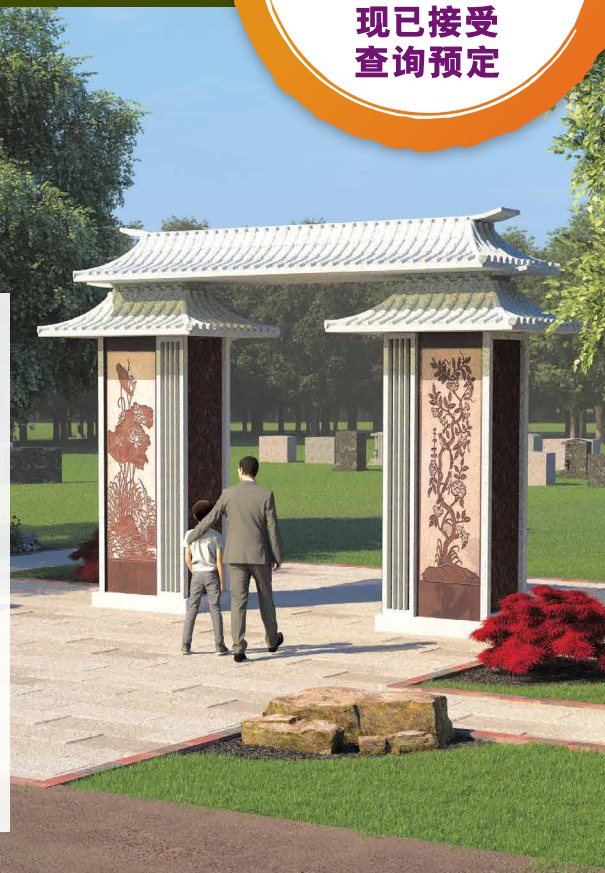
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www.ottawachinesecatholic.org

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 →



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