



聖神天主堂

Sheng Shen (Holy Spirit) Parish

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



2014年7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
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Administration Team

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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"



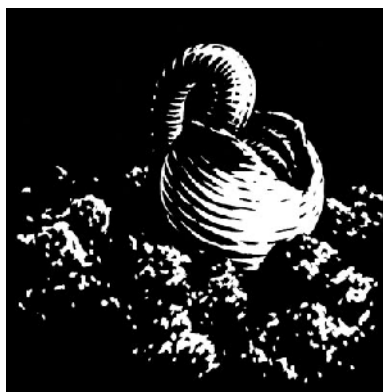
2014.07.06

常年期第十四主日

14th Sunday in Ordinary Time

凡勞苦和負重擔的，你們都到我跟前來，我要使你們安息。你們背起我的軛，跟我學罷！因為我是良善心謙的：這樣你們必要找得你們靈魂的安息，因為我的軛是柔和的，我的擔子是輕鬆的。
瑪：11:28-29

Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves.
Matthew 11:28-29



2014.07.20

常年期第十六主日

16th Sunday in Ordinary Time

天國好比一粒芥子，人把它撒在自已的田裡。
瑪：13:31

The kingdom of heaven is like a mustard seed that a person took and sowed in a field.
Matthew 13:31



2014.07.27

常年期第十七主日

17th Sunday in Ordinary Time

他一找到一顆寶貴的珍珠，就去賣掉他所有的一切，買了它。
瑪：13:46

When he finds a pearl of great price, he goes and sells all that he has and buys it.
Matthew 13:46

The Church, and indeed the world, is like a field in which wheat and weeds grow side by side until they are separated at the harvest time. The main point of the parable is clear: up to the last judgment, the Kingdom will be a mixed bag of good and evil. The parable was applied to the problem of sinners in the Church. It must not play God by trying to purify itself completely through purges and inquisitions. The definitive separation must be left to the last judgment. In the meantime, the Church must be patient; it must preach repentance and practice leniency. Mercy and leniency are an expression not of weakness but of strength.

聖教會好像田裡的麥子和莠子，良莠不齊，同時存在。我們不要急於對人劃清界線，互相排斥。必須以慈悲和寬容，讓人改過遷善。留待上主在最後審判才分清良莠善惡。慈悲並非軟弱，慈悲是道德力量的體現。

Diocesan Feast Day 渥太華教區慶節

6月5日部份教友聯同梁神父的聖嘉模堂區預訂的巴士前往主教座堂參與渥太華教區慶節。而 Gloria, Bosco Kung 則與他們的兒子 Alex 和 Eric 以家庭單位代表堂區獻花向最近封聖的教宗若望廿三世，教宗若望保祿二世及其他兩位加拿大籍聖人致敬。



Our Archbishop Terence Prendergast SJ began his homily in the evening Mass on the Diocese Feast Day by singing:

"Oh when the Saints go matching in; when the Saints go matching in, Lord I want to be in that number when the Saints go matching in"

He really sang it and everybody in the congregation followed. Can you imagine that an Archbishop would sing a song before he delivered his homily? The song is called "The Saints"; and it is an American gospel hymn first recorded by the jazz musician Louis Armstrong. The Archbishop then opened with a seemingly obvious but solid statement: "I want to be a saint; you want to be a saint; we should all want to be saints". But how can we achieve this? He gave us the advice by elaborating the Beatitudes in the Sermon on the Mount (Matthew 5:1-12); and emphasized the important contribution of family when we put them in our lives.

Among those, the one that had caught my attention were these words: "blessed are those who mourn for they will be comforted". He said that we are blessed when we endure the bitterest sorrow that life can bring; for when we are comforted by our families we will open our eyes to the love of our families that we have taken for granted before. We are also blessed when our family shares their sorrows with us; for we are the ones who can offer more comfort than anyone in their lives. We are able to console because we are consoled. In essence, the homily of the Archbishop emphasizes that we can live out all the beatitudes together with the people close to us; and nobody is closest to us than our families.

The event prior to the Mass entrance procession served to exemplify these words. One family from each parish proceeded towards the Sanctuary with roses in hand and place them before the image of the 4 newest saints (John Paul II, John XXIII, Francois de Laval, and Marie of the Incarnation) to pay tribute to them. We give our respects not individually, but as a family; a symbol of our walk in the path to holiness together with our kin.

Let us reflect on the words of the Archbishop, and say "Yes" to holiness together with our families.
/ Bosco Kung

Pentecost Vigil 聖神降前夕禮儀

6月7日下午梁神父為堂區主持了聖神降前夕禮儀，包括朝拜聖體，聖詠頌唱，默想聖經等。之後有感恩祭及玫瑰經的頌念。



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.



<https://www.facebook.com/pages/Sheng-Shen-Catholic-Parish/501505729860726>

Pre Yard Sale & Yard Sale 大賣場

- 6月8日感恩祭禮成前，Edward Sham 與范全剛向教友呼籲捐贈大賣場物品。
- 6月15日感恩祭後，舉辦了優先為堂區教友售賣大賣場物品，不少教友都尋到寶，購買適用的物品，收入有 \$260.00。
- 6月21日星期六的大賣場一當日天氣晴朗，不少附近的居民或路過者都來湊熱鬧並購買物品。總收入超過 \$1,900。多謝 Edward Sham 的籌備及其他教友熱心支持捐贈物品及在大賣場日親臨協助。



婦女會愛心午餐 Women's League Lunch Sale

- 6月8日婦女會舉辦的粽子午餐大受歡迎，100份的午餐全部售罄，鍾太特別烹飪的砵仔糕也什被讚賞，在此同時多謝各婦女的熱心預備皮蛋瘦肉粥及協助派送食物。
- 聲威音樂社的奏樂及伴唱更為愛心午餐增添特色與餘興節目。



June Prayer Meeting

/ Angelina Lo

6月14日的祈禱會首先誦念福傳者的祈禱及玫瑰經，特別為八月份的福傳工作，聖召及各人的個別祈求禱告。

分享時間由 Angelina 帶領，介紹部份由德蕾莎修女隨同神父萊歐·馬斯伯格 (Fr. Leo Maasburg) 著作的書本《我把教宗的車子賣掉了！(看見你所不知道的德蕾莎修女)》，引述他親眼目睹修女無數次的「神跡」，深刻感受她對窮苦人慈悲濟世的無限的愛，也反映了修女幽默風趣，個性剛強，睿智機敏，溫柔謎人，謙卑和善的另一面。

- 修女偉大之處是她的生命反映了耶穌的生命；所做的，是耶穌做的，而且要我們做。
- 修女每天藉著祈禱，聖體聖事及朝拜聖體與耶穌密切契合，從葡萄樹汲取能量和動力。
- 修女聖召的招喚是為窮人中最窮的人服務，她畢生教育下層社會的人，流浪者/孩子，無家可歸者，疾病纏身，患不治之症，身體殘疾，被人遺棄的人。因此她認為祈禱帶來信德，信德帶來愛德，愛德帶來服務，服務帶來平安。
- 我們該效法修女，服務人，為冷漠暴力的世界，增添正氣，愛與溫柔。祈禱會最後以聖神禱文完結。



逾越之音 *EV Concert*

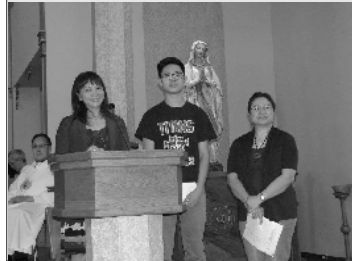
恩保德神父和他來自香港的逾越之音團隊，於八月八日來我們堂區和我們一起推動逾越之旅福傳運動。訪加期間，逾越之音團隊將拜訪長者，青年及社區及教區機構，推動福傳。盼望教友踴躍參與籌備工作，並廣邀親友來參加。詳情請和堂區辦事處和逾越之音籌委聯絡。

The Evangelization Team under Fr. Giovanni Giampietro, P.I.M.E, from Hong Kong would come to Sheng Shen Parish to launch this year's Evangelization Concert for the Paschal Mystery of Christ. While they are in Ottawa, the Evangelizing Team would visit seniors, youths, community and church organizations to further our cause of evangelization. Come and join us in the organization and celebration. Please contact the parish office or the EV Concert Organizing Committee. Invite your family and friends to the celebrations.

八月八日 (星期五)
August 8 (Friday) 晚上七時三十分
7:30 p.m. 由渥太華總主教主持啟動彌撒及
晚會招待，祈禱，朝拜聖體。
Opening Mass by Archbishop
Prendergast, S.J., followed by
reception, prayer and adoration

八月九日 (星期六)
August 9 (Saturday) 晚上七時三十分
7:30 p.m. 逾越之音晚會及招待望道客人。
EV Concert and welcoming
guests who come to join the
celebration

八月十日 (星期日)
August 10 (Sunday) 主日彌撒
Sunday mass 晚上退省
Retreat in the evening



福傳音樂會需要大量義工協助籌備及執行任務。教友如果尚未填妥早前派發問卷，請盡快與 Linda Au 或 Katie Ng 聯絡，並邀請非教友參與，履行我們福傳的使命。

甚麼是「逾越知音」(“FOJP”)

『逾越知音』的英文簡稱為“FOJP”，取自“Friends of Jesus’ Passover”四字的首個字母。耶穌基督的逾越是他藉自己的死亡和復活，從現世回歸到天父那裡去。當我們整個團體與耶穌一同跨越一切障礙和困難，我們便成為耶穌基督的知音、也就成為彼此之間的知音。

甚麼不是逾越知音？

- 逾越知音並不是一個有組織、有架構的「善會」，既沒有固定的會員，也沒有任何職員，亦沒有會章及例會，與其他「善會」完全不同。
- 逾越知音本身並無特別的神修或生活方式；成員中有部份是其他小組或善會的一員、或沒有參加任何善會者；有堂區的積極份子、也有些是堂區的「游離份子」；有慕道者、其他基督新教會的信徒，甚或非基督徒。
- 逾越知音不是研經小組、祈禱團體、或只是一群友伴。

甚麼是逾越知音？

- 「逾越知音」是由一群來自世界不同海外華僑團體的天主教青年組成的，他們大概每年一次聚集在一起，為海外華僑做福傳工作。「逾越知音」得蒙主的召喚作祂的先知，這群青年深感天主賜予他們的恩寵和慈愛，願以主賜的天賦及所長為福傳而服務，同時亦作好準備，為傳揚福音而擔負一切困難痛苦。
- 逾越知音在每年的福傳旅程期間（通常為期數周），即會成為可見的基督徒團體，以聲音及行動表達他們的信仰。此時，每一位成員會與這個團體分享天主所賦與的禮物，使逾越知音成為耶穌基督手中的一件更好的福傳工具。
- 在這短短期間，逾越知音變身為一個祈禱團體、聖經分享小組、一群朋友，而他們的唯一目標就是福傳。
- 當旅程完畢，他們將各自回到自己的崗位；彼此間不再有常規的會議或活動。逾越知音只是每年一現的曇花，此花既非植於花園中、亦非長在山丘上，更沒有慈愛的園丁看顧著。
- 由於逾越知音不是一個有固定組織的團體，成員可隨時加入，甚或只作短暫服務；他們共有的是對耶穌的堅定信仰、穩健的神修生活及向未接受主耶穌基督的兄弟姊妹傳揚福音的意願。他們唯一的溝通方法是透過互聯網互通訊息；我們常開玩笑說（當中也是真實不過的）：大家是在耶穌內及互聯網中合一的。



FOJJP 誠意邀請你帶同親友前來參加 **我信故我在** 福傳音樂會

Evangelization Concert "I believe, therefore I am"

逾越知音 為一個國際天主教華人青年團體，由香港的恩保德神父帶領下將在渥太華舉行一個福傳音樂會，透過歌曲，生活見證，操券及祈禱，與大家分享 **我信故我在** 這個主題，希望能讓您從中獲得片刻的悠閒，心靈上的愉悅。

福傳音樂會將以普通話，廣東話及英語進行，歡迎貴來參與！

"I believe, therefore I am" concert will be conducted in Chinese and English

日期/ Date: 8月9日 / August 9th
時間 / Time: 7:30 p.m.
地點 / Place: 聖神天主堂 / Sheng Shen Catholic Church
1187 Michael Street, Ottawa
查詢 / Enquiry: (613) 747-2080

請貴來參與 / Please also join:
● 歡迎彌撒 8月8日/Aug 8th, 7:30 p.m.
由渥太華總主教主持 / Welcoming Pilgrimage Mass by our Archbishop Terrence Prendergast.
● 8月10日/Aug 10th, 11:30 a.m. 彌撒, 及後戶外 BBQ / Sunday Mass 11:30 a.m. BBQ 1:00 p.m.

聖神天主堂
Sheng Shen (Holy Spirit) Parish
Community Created in 1993

退省及夏令營 MIC Summer House Retreat



依山旁水，寧靜舒適的營社、合作無間，真誠友愛的團體手足情、修女們慈母般的體貼關懷、以及誠意為我們準備的天國綸音，都讓我身心靈得享飽饌。

這美好的一切，實在是天父送給我們團體的一份大禮物。除了感恩之外，還是感恩。

多謝天父阿爸！

/ Irene Chang

THE YEAR OF THE FAMILY 2014 IN ACTION

/ Sister Celia Chua, MIC

Introduction

In the history of the MIC, it is recorded how the dream of the foundress, Délia Tétrault reached out in Canada, to new Chinese Immigrants in Ottawa. Some 60 years have gone by, this page of history is renewed every time by contacts and mutual collaborations between the MIC sisters and the Catholic Chinese Community in Ottawa.

The year of the family 2014 in action

Inspired by the invitation of Pope Francis to all baptized Christians, 'to go out' (missionary discipleship) and to 'take New evangelization seriously by creating new venues. An encounter in a larger Christian family of Jesus, is an actualization of Mother Délia's dream which took place at Lac Joly, Labelle from June 25 to 27, 2014.

The MIC summer house at Lac Joly became the venue of rest, relaxation, recollection and above all a time to be at awe and wonder for the beauty of nature and the works of our Triune God. 'Beauty saves' as a Russian novelist, Dostoyovsky wrote, *The Idiot*. In the year of a new millennium, the late Cardinal Carlo Martini, S.J. developed this idea in his book, *Saving Beauty* showing how human salvation history in Jesus is a revealed beauty of God's love for humanity, a sign of reconciliation, communion and celebration.

Beauty saves

Some 20 adults- parents including 4 youngsters responded to the invitation organized by the Parish Council of Shen Shen Catholic Community. The Chinese Catholic Community of Ottawa, under the leadership of deacon Peter Fan, and Sisters Mary Olga Lam and Celia Chua in the spirit of fraternal sharing accepted to animate. It was with an open heart and in the simplicity of our friendship that insights, prayers and reflections were based on the recent Exhortation letter of Francis, *The Joy of the Gospel*, November, 2013.

One day was dedicated to reflect on our vocation and mission as disciple missionary of Jesus, who calls us to be a friend, a caring member of our family, a responsible citizen to society and an advocate to nature's original beauty. Our common mission is to care, to nourish and to share joyfully and thankfully for God's Gift to us, as sons and daughters in Jesus through the Spirit. Indeed, the Lord is our good shepherd!

The next day, the youth had given a share to experience the beauty of the creation. How to translate the ever-freshness and the unending abundance of the lake? The prayer of St. Francis of Assisi echoed the simplicity of finding the spring, source of our drinking water supply, the silence of the sunrise and sunset and the meeting of friends. These were only some events, hopefully can affirm that maturity is a long growth process which needs a lot of self motivation and discipline.

To be continued..

More future collaboration continues as promise. Meantime, the MIC sisters and the Shen Shen Chinese Catholic Community journey together in God's blessings to become more and more a human and spiritual family.



退省及夏令營 MIC Summer House Retreat

很感謝MIC的Sister Chua and Sister Lam 為我們提供了幽美恬靜的環境作為夏令退省營地，並悉心安排了祈禱，主題反思，歌詠，並在大自然懷抱下從默想，湖邊靜坐或林間散步感受主的臨在。

修女介紹了教宗方濟各的新書"The Joy of the Gospel"為第一天的主題反思，引領我們思考從大自然及福音中領悟我們是屬於創造宇宙的主，領洗成為基督的門徒後更應開放自己，透過主動與別人接觸建立關係，分享與見證這份喜悅，更要關注一些備受身心貧困，有特別需要我們支援的人士。

其中頌唱"上主是我的牧者"一首聖詠時，更從一些歌詞裡使我們感受到主的慈恩，如：什麼都不缺少，主與同行，心神開放，壓力消除，看到美好的一面，洗潔心靈，主對我施恩無限，你與我相聚....

幾天的拋開日常的繁瑣雜事，嘗試與主建立更親密的接觸，在某程度上找到一份自由及釋放，是個難能可貴的機會！ / Angelina Lo



我祇趕上第二天晚上最後一講，重點是「我是誰」。我不斷思考這問題，簡單的答案是：我是父母的女兒、丈夫的妻子、二子的母親、朋友的朋友...等等；但這些關係在世上都能改變的，惟我是天父的女兒，那無論在現世或將來也永遠不變的。為什麼這個《我》那麼特別呢？我應更重視這關係亦要重新在這獨特的身份上尋找出背後的契機 /Rexan Wong

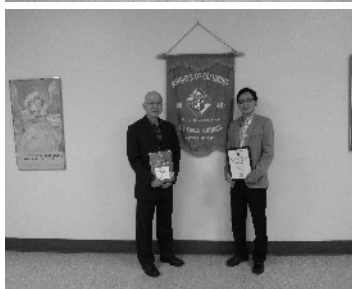


收錄禮及哥倫布四級武士



我們慕道的朋友孔彥及陳婷於六月十五日進行收錄禮，由梁神父主持。是日更有剛剛晉升四級的五位哥倫布武士作儀仗，禮儀神聖隆重。在我們恭喜兩位新慕道者及武士兄弟

On June 14th, our Council held the annual award-night dinner at St. Basil's Church. It meant to celebrate a successful year and to honor those who make the Council or their serving Parish a better place. SK Richard Chan was awarded with the Certificate of Merit for his dedication to our Parish. SK Edward Sham was also honored for his work in the Council.



Father's Day Celebration



(^) Pastoral Council Meeting held on June 01, 2014

(v) Garden with beautiful flowers planted by Jianhua and Gerry Yang



Repair / Renovation Work Progress!



堂區通訊電郵傳遞 Electronic Bulletin

教友如欲以電郵方式接收每月份的堂區通訊，請在壁報板填上你的姓名，電郵地址及電話號碼，或電郵 ssccpo@gmail.com 回覆。

Electric Bulletin: If you would like the monthly parish bulletin to be distributed to you by email, please see the sign up sheet at the notice board and fill in your name, email address and phone number. Or send your reply by emailing ssccpo@gmail.com



六月廿一日開始，Linda Au在堂區開辦了夏日健身運動課程，包括瑜珈及 drum the stick 活動。

Dear Sheng Shen Community,

You are very aptly named. The Holy Spirit does flow in, around and through your people.

Thank you for the pleasure of working, playing and laughing together. I really appreciate the opportunity to express joy through music and so do you!

You work so hard so make your events and concerts successful and it always pays off. This year's concert was the best yet. Nice to see new and imaginative ideas being applied to improve the tried and true. You are all quite wonderful, especially the young people.

Thanks again.

Shawne Elizabeth

加東華人生活營 Eastern Canada Chinese Catholic Living Camp 2014

August 29 to September 1, 2014 marks the 38th year of the Eastern Canada Chinese Catholic Living Camp (ECCCLC). ECCCLC is a camp dedicated to youths and young adults aged 17-35 to enrich their faith through spiritual sharing, Christian community life, and Chinese culture.

With activities ranging from outdoor fun to reflective, such as daily Mass, Eucharistic Adoration, Holy Rosary, and more, ECCCLC is a good opportunity for campers to explore the Catholic faith, to deepen the understanding what it means to live a Catholic life.

Br. Edmund Lo, from the Jesuit community, will speak on how to "Set the World on Fire", which challenges the youth to listen and discern God's voice, make sound decisions, and live out the Word.

ECCCLC will take place at Camp Kennebec, located in Perth, Ontario, approx. 30 mins north of Kingston. For more information, please visit www.eccclc.net or contact us at gt14committee@googlegroups.com

第38屆加拿大東岸華人生活營（加東）將於8月29日至9月1日舉行，歡迎17至35歲年青人參加，一起分享生活成長中的信仰。

加東生活營融合個人靈修與團體戶外活動。透過每日彌撒、朝拜聖體、頌唸玫瑰經、慈悲串經等集體活動，及個人反思的機會，增進年青人對禮儀的認識，及與主的關係，好能在生活中活出信仰。

今年，加東的主題是「Set the World on Fire」，由耶穌會 Br. Edmund Lo 帶領。面對今日世界的種種挑戰，年青人如何聆聽及識別主的聲音，作出回應，活出天主教徒的健康人生。

加東生活營將於安省 Perth 市 Camp Kennebec 舉行，由 Kingston 北行只需 30 分鐘車程，詳情請到 www.eccclc.net 或電郵 gt14committee@googlegroups.com 查詢。

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介紹 "奉獻彌撒咭"

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。

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.

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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？我們提供多種室內及室外骨灰龕位，供選擇，豐儉隨意……

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團體消息 Announcement

為安排福傳音樂會團隊住宿堂區，現尚需要教友借出七個枕頭備用。
We need parishioners to lend out 7 more pillows to accommodate the Evangelization Concert Team's stay at our rectory.

同時，樂意協助籌備及執行福傳音樂會任務的義工，請盡快與Linda Au或Katie Ng 聯絡，並邀請非教友參與，履行我們福傳的使命。

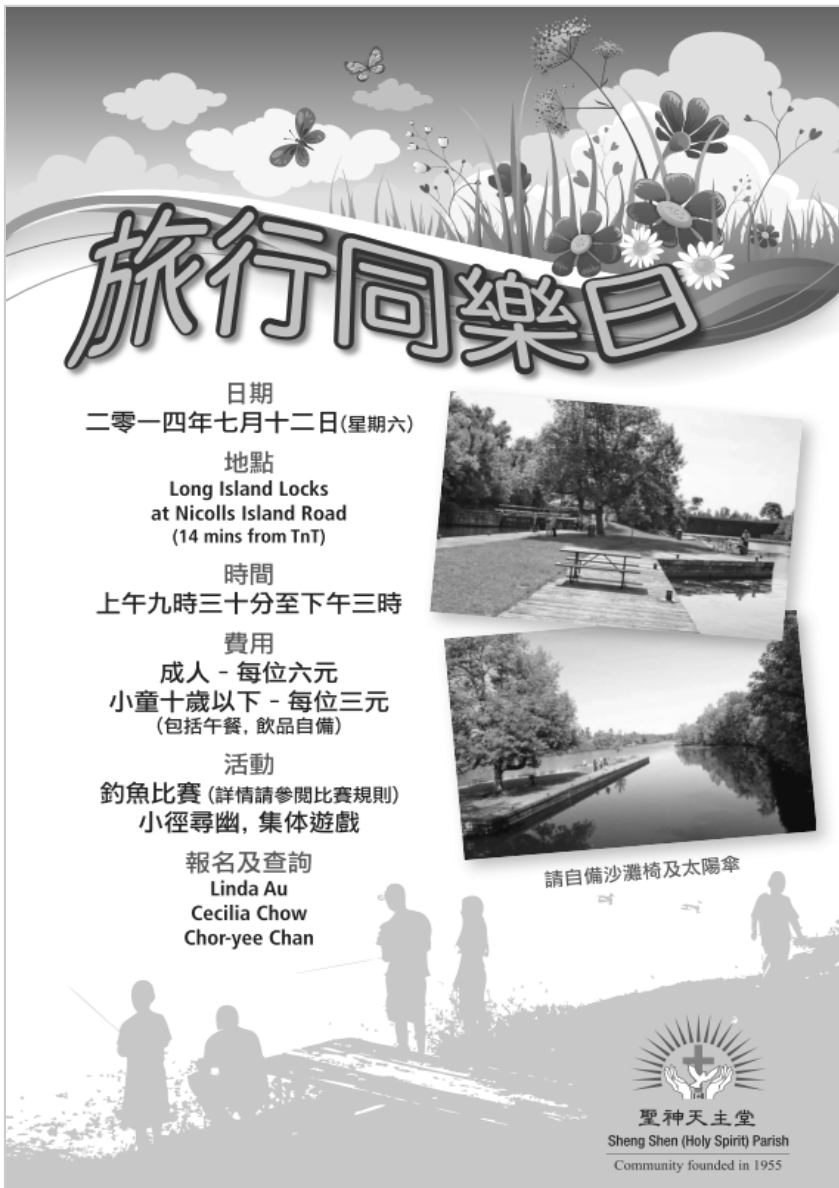
Volunteers wishing to help out with the coming Evangelization Concert please contact Linda Au or Katie Ng immediately. Please also start inviting your non-Catholic friends/relatives to participate and help as well.

截至6月29日，培聖基金共籌得\$2,560.00，而特別維修計劃則籌得\$3,106.11。

As at 29 June, 2014, donation for Vocation Development Fund amounted to \$2,560.00, while donation for Special Project for Renovation was \$3,106.11.

堂區旅行同樂日定於7月12日(星期六)在Long Island Locks 舉行。詳情請參閱壁報板海報。

Parish Annual Picnic is scheduled to be held on 12 July (Saturday) at Long Island Locks. For details, please refer to poster at notice board.



旅行同樂日

日期
二零一四年七月十二日(星期六)

地點
Long Island Locks
at Nicolls Island Road
(14 mins from TnT)

時間
上午九時三十分至下午三時

費用
成人 - 每位六元
小童十歲以下 - 每位三元
(包括午餐，飲品自備)

活動
釣魚比賽 (詳情請參閱比賽規則)
小徑尋幽，集体遊戲

報名及查詢
Linda Au
Cecilia Chow
Chor-ye Chan

請自備沙灘椅及太陽傘

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