



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11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
曾煥華 Adison Tsang adisonsang@gmail.com
莫淑蘭 Suk Lan Mok slmokslmok@gmail.com
黃庭光 Bosco T.K. Wong wongbosco27@hotmail.com
陳淑薇 Magdalene Chan magchan@rogers.com
陳瑞朝 David Chan davidchan2233@gmail.com

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"



2014.11.09

祝聖拉特朗大殿紀念日

Dedication of the Lateran Basilica

把這些東西從這裡拿出去, 不要使我父的殿宇成為商場。
若 2:16

Take these out of here, and stop making my Father's house a marketplace.
John 2:16



2014.11.16

常年期第三十三主日

33rd Sunday in Ordinary Time

但是, 那領了一個的, 卻去掘開地, 把主人的銀子藏了。
瑪 25:18

But the man who received one went off and dug a hole in the ground and buried his master's money.
Matthew 25:18



2014.11.23

基督普世君王節

Christ the King

主啊! 我們幾時見了你饑餓, 或口渴, 或作客, 或赤身露體, 或坐監, 而我們沒有給你效勞?

瑪 25:44

Lord, when did we see you hungry or thirsty or a stranger or naked or ill or in prison, and not minister to your needs?
Matthew 25: 44

教宗方濟各十一月份的祈禱意向 Pope Francis Prayer of Intention for November

Universal 總意向：為孤獨的人

May all who suffer loneliness may experience the closeness of God and the support of others.

願所有孤獨的人能體驗到天主的親近和他人的支持。

For Evangelization 福傳意向：為修士和會士的陶成

That young seminarians and religious may have wise and well-formed mentors.

願青年修士和會士能有明智及成熟的良師益友。

主教慈善晚宴 Archbishop's Charity Dinner

今年主教慈善晚宴原定於十月二十二日舉行，為貧苦大眾的房屋計劃籌款。但鑑於是日槍擊事件，擾亂市民生活程序，決定取消晚宴，並呼籲我們為加拿大的和平和安全，及殉難軍人祈禱。教區同時將是晚的食物捐贈露宿者之家，Shepherd of Good Hope。

自去年始，梁神父提議我們每年輪流邀請我們團體的志願工作人員出席晚宴，每年邀請一桌（即九位），以表示團體對他們感激之情。故此今年以下各位未能參與的朋友將於明年優先參加：

Teresa Szeto, Ceci Chow, Meiling Li, May Nung, Katie Ng, Julianna Tse, Rexan Wong, Richard Chan, Jennifer Yeung 和池神父。

又我們希望每位堂區的工作人員都可參與主教晚宴盛典，一則表示對他們的謝意，又可接觸認識教區人士。盼望各教友提名或自願報名參與，我們將按序邀請出席。

每年我們堂區都有熱心教友，自己購票支持教區的善舉。今年購票的朋友包括：

Angelina Lo, John Nung, Peter Fan, Christina Fan.

盼望團體同仁熱烈參與支持主教的慈善計劃，來年多購票捐獻。

This year's Archbishop's Charity Dinner was to take place on October 22, with the purpose of donating to two organizations which are working to support affordable housing in our community: Bruyère Village and the Multifaith Housing Initiative. However, due to the shooting incident on that day and out of respect for the fallen soldier, the Archbishop canceled the Dinner and asked us to pray for the peace and security of Canada. The food for that evening was donated to the Shepherd of Good Hope, the shelter and soup kitchen for the homeless.

Last year, Fr. Stephen Liang suggested that our parish invites a table (9 persons) of volunteer workers in our community to attend the Charity Dinner every year. This is a sign of our appreciation for their contribution. It would also help our parishioners to get to know fellow Catholics in other parishes and the Diocese.

This year our guests were:

Teresa Szeto, Ceci Chow, Meiling Li, May Nung, Katie Ng, Julianna Tse, Rexan Wong, Richard Chan, Jennifer Yeung, and Fr. Chi.

They would have the priority to attend next time. We would also like to invite all parishioners to nominate or to volunteer to attend. We would invite you in sequence.

Every year, we also have enthusiastic parishioners who buy tickets to support this meaningful project. This year, the following members of our community bought tickets and donate to the charity dinner:

Angelina Lo, John Nung, Peter Fan, Christina Fan.

We urge all parishioners to support this charity project of the Archbishop, buy tickets and/or donate.

Thank you. God bless.

為響應環保及節省印刷開支，堂區由九月份開始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 start to distribute the monthly parish bulletin electronically effective this September. 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.



朝拜聖體
HOLY HOUR

二零一四年十一月 November, 2014
11月15日(星期六) | 下午一時三十分
November 15, 2014 (Saturday) | 1:30PM



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

59th Anniversary of Sheng Shen Parish 慶祝團體成立 59 週年



我們團體在 1955 年 10 月 11 日，由聖母無原罪修女會正式成立。今年已是 59 年。10 月 25 日晚上，大約 100 名教友在禮堂為團體成立 59 週年舉行了聚餐慶祝會。是晚晚餐由教友悉心烹調，晚會表演精彩，並有名茶咖啡欣賞良朋小聚，氣氛融洽，並為來年的六十周年慶典，打響頭炮。盼望團體同仁為來年的慶典多提意見，多參與，為堂區，為福傳盡力。



多謝 Adison Tsang 落力的統籌及多位熱心教友的協助，特別是 Edward Sham 的燒牛肉及沙律，Alain Chan 的雜菜湯，Catherine Cheung 自製的大蛋糕，池神父與 Therese Yuen 提供，Louisa Wong, Rosa Hong 合辦的中國名茶品嚐，Teresa & Fred Szeto 精心設計的咖啡角，Peter Fan & Adison Tsang 提供的高級咖啡座，青少年的組合歌唱，Linda Au 安排的音樂敲球猜領袖遊戲及集體舞蹈，聲威中樂社的助興，配上 Fr. A 與 Fr. E 的敲鼓詠唱 Nigerian Song，及梁神父與普通話歌詠團的合唱...，大大增添了慶祝會的特色與歡樂氣氛！



Thanksgiving Dinner for priests in the rectory 與我們的神父共度感恩節聚餐

10 月 11 日晚上，堂區行政組在神父宿舍與梁神父，池神父，神父 A 及神父 E 聚餐歡渡感恩節。多謝范執事親自下廚烹煮傳統的火雞主菜及其他成員準備的美食。大家都感恩及珍惜這份團體精神與交誼！

On 11 October, members of the Administration Team shared a Thanksgiving dinner with Fr. Liang, Fr. Chi, Fr. Arinze and Fr. Ernest at the rectory. Much appreciation to Deacon Fan for preparing the traditional turkey meal and other members contribution for a hearty dinner. We greatly shared thanksgiving to the Lord and our fellowship!



Retreat with MIC Sisters 18-19 October 2014 與修女在翠湖山中退省

通過祈禱，默想，討論，禮儀，以至戶外活動，我們和修女們及池神父在十月十八至十九日渡過了一個既愉快又發人深省的週末。盼望更多教友們在來年可以參與，詳情請和堂區辦事處聯絡。

There were 5 young people and 11 adults taking part in this retreat in the beautiful fall setting of the MIC Sisters' Retreat House in Labelle, Mont Tremblant.

Sr. Celia Chua helped in our reflections using the two themes of: "Take Mary into your Home" and "Mission and Discipleship". The presentations were accompanied by praying, meditation, singing, group reflections & sharing, mass, and other spiritual exercises. Outdoor programs also helped the young people to appreciate the beauty of the setting, as well as to reflect on the magnificent creation of God. Above all, the fellowship and joy among us was tremendous.

We fully appreciate the great support of the MIC Sisters for our spiritual development. Pray that our cooperation with the Sisters and this kind of spiritual program would take root and further develop.

Parishioners, who are interested in future retreats, please contact the Parish Office. / Peter Fan



Take Mary into our home !

Gratefully I had attended the two Summer and Fall - MIC sisters Retreats. This 2nd Retreat's workshop: "the Missionary discipleship" given by Sister Celia Chau, this was the continuation of the 1st: "the Joy of the Gospel"; It brought out how important: "Our evangelization mission" and "take Mary into our home". Through these lectures; group discussions; prayers and reflection. We all agreed this retreat was very enriching and helpful to all participants, particularly for our youth members.

We also had outdoor activities: such as Dawn Deers viewing; Walking around the neighborhood and the beautiful lake, boat rowing; and gentle stretch exercise for Body-Mind Integration. We were all impressed by the Fall's view we had seen.

Above all, let us resolve to encourage and support one another in this Parish, especially our youth group, with the love and compassion of Jesus; Mary is always beside us as we journey forward. She is our example of discipleship; May we learn to be a better disciple and go bravely walking in faith and trust with, Holy Mary, Mother of God!

Thanks be to God!

邀請聖母瑪利亞到我們家！

感謝 MIC Sisters 讓我有兩次機會 參加了夏季和秋季的退省營。

第二次的工作坊：“傳教士門徒”是第一次：“福音的喜悅”的延續。它帶出了重點：“福傳使命”和讓我們“邀請聖母瑪利亞到我們家”。通過講座；成人和青少年組的小組討論；反省及禱告。這是非常豐富和有利於所有參加者，特別是我們的青年成員。

我們也有戶外活動：例如黎明觀鹿；在附近和美麗湖邊慢步，湖上划船；舒展運動；透過這些動與靜；讓我們身心合一。大家都被這美麗的湖邊秋色吸引，樂而忘返。

後感：讓我們下定決心，鼓勵和支持彼此，特別是我們的青年組；藉著耶穌的愛和憐憫；與陪同我們身邊的聖母瑪利亞，朝著“福傳”旅程邁進。聖母瑪利亞是“門徒的榜樣”；但願我們學會成為一個更好的基督門徒，偕同天主之母，勇敢地走著我們信仰的道路。

感謝天主！

/ Linda Au



On October 18 our parish's youth group and some accompanying adults journeyed to the summer house of the MIC Sisters in Labelle, Quebec.

The retreat house was a big, beautiful building with three levels. It had a beautiful lakefront and the quiet surrounding vicinity was an ideal location for relaxing promenades.

We were given two well-planned presentations on "Bringing Mary into our Homes" and "Mission and Discipleship". The presentations helped us to reflect and encouraged prayerful thoughts. Besides the talks, we also participated in some other activities such as prayers, singing, spiritual discussions, boating, and Mass.

I wholeheartedly appreciate the support of the MIC Sisters towards the development of our youth group. Our group discussions together really furthered my personal spiritual growth. I would like to thank the organizers of this rejuvenating retreat and the MIC Sisters for their warm hospitality and charity.

/ Jonah Nung



「神修話語」 - 何庭耀神父 "Spiritual Talk" by Fr. Anthony Ho

追思已亡諸信者主日與煉獄的重要性

煉獄是靈魂淨化和等候天堂的地方。在這裡，靈魂能以一份懷著盼望天堂的心，為世上所犯下的罪，作出補贖。此外，我們應常常為亡者祈禱，幫助他們早日脫離煉獄，榮升天國。

On All Souls Day and the significance of purgatory

Purgatory is a place where souls are purified and awaiting heaven. Here, souls can make penance for the sins they committed on earth, firm in the hope that they will one day be able to enter heaven. In addition, we should always pray for the dead, to help them leave purgatory behind sooner, and rise to the heavenly kingdom.

-- 節錄恩泉啟迪之神修話語(31.10.2014)

Votive Candle



堂區在教堂聖母像前安置的「獻願蠟燭」為提供教友表達自己的愛心及誠意的禱告，並設奉獻櫃投入奉獻。蠟燭價目分三類：\$1, \$2 及 \$3.

The installation of "Votive Candle" in front of the Statue of our Mother Mary is intended for parishioners' use for devotion and intentions. Candle price is set at \$1, \$2 or \$3 and candle purchase can be put into the cabinet.

團體消息 Announcement

- 十一月是煉靈月，教友可在祭台前的祈禱冊登記為亡者祈禱。
To pray for the souls of the deceased in the month of November, parishioners can register at the Prayer Book placed in front of the altar.
- 生命恩泉在多倫多的週年籌款晚宴定於11月30日(星期日)晚舉行，餐券每位\$70。生命恩泉為多謝渥太華朋友多年的支持，特別給予八折優惠。教友如欲參加支持，請與Deacon Fan或堂區辦事處聯絡。
Parish Xmas Party is scheduled to take place on 14 December after Sunday Mass
- 堂區聖誕聯歡會定於12月14日主日感恩祭後舉行。

Fr. Walter Vogels: A Weekend of Workshops on Proverbs 舊約箴言 - a cross-cultural reflection

Nature: Fr. Vogels would explore the nature, format and messages of the book of 'Proverbs' in the Old Testament, with reflections from a cross cultural perspective.

內容: Fr. Vogels 將論及箴言的體裁及信息，並從不同文化觀點反思其意義。設國粵語即時傳譯。

Dates 日期:

Friday, November (十一月星期五) 21: 5:30 to 7 p.m.
Saturday, November (十一月星期六) 22: 1:30 to 3 p.m.
Sunday, November (十一月星期日) 23: 1:30 to 3 p.m.

Participation 參與:

Participants may join all three workshops or any one/two of the three at \$10 per workshop.
每講座每位十元。可參加一，二或全部講座。

Registration 註冊:

by e-mail: reg.sshsp@gmail.com, OR in person with Richard Chan



Congratulation to Anna & Francis Lai for their new born son William born on 15 October 2014

To dear Anna & Francis
Sharing the joy of your first parenthood,
Congratulations!
God bless!



Cooking Class for youth

廚藝課程 (共三堂: Mac. and Cheese/ Cream Soup/Spaghetti and Sauces)

日期: 2014年11月2, 9及23日(星期日)

時間: 2:00 - 4:00 p.m.

地點: 聖神天主堂地庫

導師: Edward Sham

目的: 特別為青少年設計, 培訓自立能力

收費: 每位每堂 \$10

報名: 聯絡 Edward Sham

徵求教友募捐櫃式冰櫃

Special Announcement on Appeal for Donation of Freezer



堂區神父宿舍需要增添一部類此上圖款式的5立方呎(5.1 cu. ft. 至 5.5 cu. ft.) 容量櫃式冰櫃。現徵求教友募捐。請與堂區辦事處聯絡。

Our Parish Rectory is in need of a (5.1 cu. ft. to 5.5 cu. ft.) capacity chest freezer as shown above. We appreciate donation from parishioners. Please contact the Parish Office for donation.

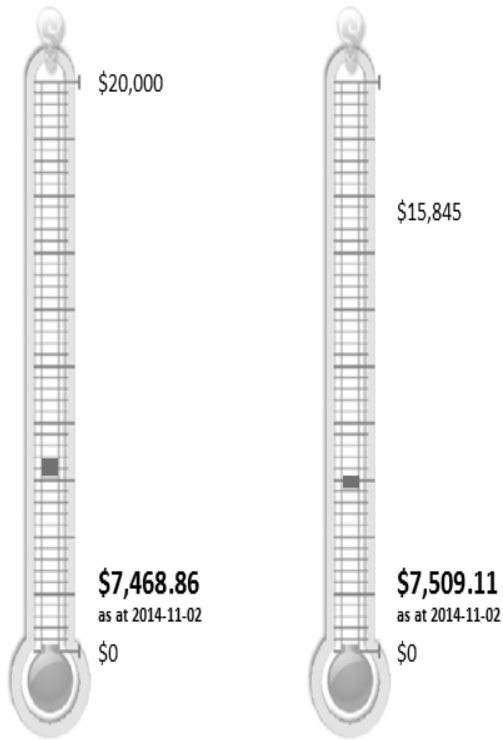


Free Admission
SUNDAY NOV. 16, 2014
10am - 3pm

PLACE:
SHENG SHEN CATHOLIC CHURCH
1187 Michael Street, ON K1J 7T2

CONTACT:
(613) 747-2080 or Email: reg.sshsp@gmail.com





請踴躍捐獻「培聖基金」以支持「神父學者計劃」

Donate Generously to the Vocation Development Fund to Support the Priest Scholar Program

「神父學者計劃」是由我們堂區通過「培聖基金」獨力推行，以資助來自中國的神父來渥太華進修，並協助 聖神天主堂推展各項事工。是項計劃由我們渥太華聖神天主堂全費支持，與其他個別教友，人士或團體，資助的中國培育神父項目完全無關，過往如是，現在亦如是。

渥太華總主教 Archbishop Terrence Prendergast S.J. 認可及大力支持是項計劃。並於今年 (2014)5 月特別豁免「培聖基金」捐款的教區稅，以表示對這計劃的支持。池尚培神父是這計劃第一位來我們堂區的神父。

盼望各位教友踴躍捐助「培聖基金」，推動這計劃及聖召事工。捐款請以 Sheng Shen Chinese Catholic Community 抬頭，並註明「培聖基金」。或用我們發出的『培聖基金』特別奉獻信封，以資識別。我們堂區將發出列有加拿大政府退稅號碼的收據。

多謝。主祐。

The Priest Scholar Program is solely funded by Sheng Shen Parish to sponsor priests from China to study in Ottawa and to assist in the ministries of Sheng Shen Parish. There may be other fundraising activities, in the past or at present, organized by individual parishioners, persons or organizations and directed at dioceses in China. However, they are totally unrelated to our current Priest Scholar Program.

Archbishop Terrence Prendergast, S.J., strongly supports this program. As a sign of his great support, in May of this year (2014), the Archbishop granted a special Diocesan Tax Exemption for the donations to our Vocation Development Fund. Fr. Chi is the first priest to participate in this program.

Please donate generously to our Vocation Development Fund to help in the development of the Priest Scholar Program and the vocation ministries of our Parish. Please use our Vocation Development Fund envelope and/or make cheques payable to 'Sheng Shen Chinese Catholic Community' specifying 'Vocation Development Fund' on the cheque. Our parish will issue tax receipt with our special tax exemption number for these donations.

Thank you. God bless.

福安福園

未雨綢繆，添安又添福

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？我們提供多種室內及室外骨灰龕位，供選擇，豐儉隨意……

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613-276-3289
與 **Gable Fung 馮基堡** 聯絡

Chair Yoga classes

從這個「椅子瑜珈班」開始，改善你的健康：它加深身體柔韌性；幫助個人改善和保持健康的體和心靈。你的學習，包括站立，坐著，和平衡。椅子瑜珈幫助改善許多健康狀況：包括但不限於：高血壓，焦慮症，抑鬱症，慢性疲勞綜合徵，關節炎，脊椎彎曲，（習慣性駝背），骨質疏鬆症，手腕管綜合症，和慢性疼痛。主佑安康！

Start your healthy path from this "Chair Yoga" class : It's great practice for everyone, it deepens your physical flexibility & strengthens body awareness. Your learning includes standing, seated, and balancing postures. Chair yoga has helped people to improve symptoms of many health issues including but not limiting: hypertension (high blood pressure), anxiety, depression, chronic fatigue syndrome, arthritis, sclerosis, Osteoporosis, carpal tunnel syndrome, clinical depression, and chronic pain. God bless!

Date 日期	2 January to 6 March 2015 (10 weeks on every Fridays) 2015 年 1 月 2 日至 3 月 6 日 (共 10 個星期逢星期五)
Time 時間	6:00 - 7:15 p.m.
Place 地點	Sheng Shen Catholic Church Rm. H101 at basement 1187 Michael Street, Gloucester, ON K1J 7T2
Fee 費用	\$80 for 10 weeks or \$10 each drop-in participation \$80 (10 週) 或 每次 \$10
Instructor 導師	Linda Au (Certified Yoga Instructor)
Registration 報名	vaiin06@gmail.com by 20 Dec 2014 12 月 20 日前 (註：少過 5 名學員不開班) Note: Class will not be run with less than 5 participants

十月份祈禱會 October Prayer Meeting

祈禱會首先跟從教宗方濟各十月份的祈禱意向為和平，為世界傳教日祈禱，願主將平安賜予世界上遭受最猛烈戰火及暴力摧殘的地區，並願世界福傳日再度燃點信眾將福音帶到世界各地的熱火。參與者也為自己的特別意向求恩。

之後，聆聽了恩保德神父在多倫多的講座主題「感恩祭的喜樂」。以下是 Joyce Wong 為大家分享主題內容的重點。

禮儀獻章

感恩祭的參與包涵了「意識，積極，實效」的要素，過程中的六個部份都讓參與者與基督相遇。

- 會眾 (Assembly) - 我們因基督的名聚集一起，紀念及感謝祂贖世救恩，並與祂相遇。
- 歌詠 (Choir singing) - 音樂與聖詠有帶領及團結會眾集體與主相遇，齊同光榮天主，並非眩耀樂曲的優與劣。
- 懺悔禮 (Praying for forgiveness) - 隨著神父集禱經後的帶領，懺悔使我們首先修和，更加共融 並互相諒解。
- 聖道禮 (The Word) - 去感受基督活的聖言 (the bible is the living word of God) 與臨在，我們要用耳細聽，用心去接受，繼而發出力量去傳播和諧與救恩的喜訊。
- 聖祭禮 - 祭宴 (The Priest) - 耶穌邀請我們進入祭宴，與在十字架上的耶穌相遇。
- 領聖體 (Holy Communion) - 當我們領了聖體聖血後，便被耶穌吃了，成為耶穌部份的支體，應該主動接觸世界及相遇的人，本著愛心為天主服務。

讓我們嘗試在每個感恩祭中去體驗以上六個階段，去理解，去實效！

介紹 " 奉獻彌撒 "

堂區現推出 " 奉獻彌撒 " 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通知被奉獻彌撒者及其家人有關日期等事宜。

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