



# 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12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  
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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"



2014.12.07

將臨期第二主日

Second Sunday of Advent

我以水洗你們, 他卻要以聖神洗你們。  
谷 1:8

I have baptized you with water; he will  
baptize you with the Holy Spirit.  
Mark 1:8



2014.12.14

將臨期第三主日

Third Sunday of Advent

他不是那光, 祇是為給那光作証。  
若 1:8

He was not the light, but came to testify to  
the light.  
John 1:8



2014.12.28

聖家節慶日

Feast of the Holy Family

孩子漸漸長大而強壯, 充滿智慧, 天主的  
恩寵常在他身上。  
路 2:40

The child grew and became strong, filled  
with wisdom; and the favor of God was  
upon him.  
Luke 2:40

## 教宗方濟各十二月份的祈禱意向 Pope Francis Prayer of Intention for December

**Universal 總意向：For birth of the Redeemer 為救主的誕生**

That the birth of the Redeemer may bring peace and hope to all people of good will.

願救主的誕生為所有善心人帶來平安與希望。

**For Evangelization 福傳意向：For Parents 為父母**

That parents may be true evangelizers, passing on to their children the precious gift of faith.

願父母能成為真正的福傳師，將信仰這珍貴的禮物傳給子女。

### PASTOR'S CHRISTMAS AND NEW YEAR'S MESSAGE (2014-2015)

/ Fr. Stephen Liang

Christmas is a celebration of family: that special, holy place where the love of God first and always dwells in our midst. Within our families, our houses are sanctuaries of love and forgiveness, as well as of welcome and safety, and our dinner tables are encloses where the gifts of God are shared.

"The Word became flesh and lived among us," is more accurately translated from the Greek as "pitched his tent among us." That is the true mystery of Christmas: that God became one of us, "pitched his tent" among ours, lived among us and lived through our moments of joy, grief, despair, anger and fear. That is the mystery of the Incarnation. Out of compassion for his beloved created, out of love for each one of us, God "empties" himself (as St. Paul so beautifully writes in his letter to the Philippians) in order to take on our humanity in order to sanctify our humanity. The mystery of God's becoming human in the person of Jesus is a gift to all of humanity: that God comes to be part of the joys and struggles, the complexities and challenges of the human experience. In the person of Jesus, God enters the human condition, takes on our flesh, lives our life – and, in doing so, he raises the dignity of every human being, he makes every human life sacred and holy. God is with us in our poverty and despair; he walks with us when we are most alone; he speaks in love and compassion that we can comprehend and embrace despite our limitations and confusion.

We can only celebrate the Messiah in our lives when we step beyond ourselves to embrace the needs and hopes of others. In baptism, we are called to be witnesses of God's love by the love we extend to others; we are called to be precursors of his justice by our unflinching commitment to what is right and good for others; we are called to be reflections of the light of God's Christ in our forgiveness, mercy and compassion for others; we are called to imitate the example of Christ the Servant in our humble, joy-filled service to others.

As we are about to go full bore into our Christmas shopping, let us call to mind our Christ-centered approach to gift-giving and receiving: we can make our own small miracles happen if we imitate Christ's example of taking from our want, blessing it in gratitude to the God who gave it to us, and giving it lovingly and generously. Even the smallest gifts we give this Christmas season – if given out of love and the desire to bring joy and enrichment to the recipient – can be as sacramental as the loaves and fish Jesus gives on the mountainside by Galilee. This Christmas, may our gift-giving, however small and unspectacular, be effective miracles of God's love in our midst. The true gifts of Christmas that God gives and enables us to give can transform the hearts and lives of those we love: gifts of comfort and support, of compassion and reconciliation, of forgiveness and understanding.

Throughout the Christmas season and New Year, may the Spirit of God continue to work in wonderful ways to make the joy and peace of God's presence alive in our own homes and hearts.

May God bless you at Christmas and keep you all year through. May God give you all the faith it takes to make your dreams come true. May His love and wisdom always help to guide you on your way. May His light shine down upon you now to bless you throughout the Christmas season and the New Year.

主愛常存於每一家庭中。故此聖誕該是家庭的慶典，因為家的居所充滿愛與寬恕，熱情與平安，一個分享主賜恩澤的安樂窩。

基督降生為人，與人一起生活正是聖誕的奧秘及給予世人的禮物。由於主愛祂的受造物，祂派遣的子經歷了人所感受的歡樂，憂傷，失望，憤怒與恐懼，並提升了人的尊嚴及聖化生命。主與人同行，不論是貧乏失望時，或是極感孤單時。祂以大愛慈悲接受人類的惶恐與不足。

當我們關注別人的需要與盼望，主持公義，待人懷著寬容慈祥的心，虛心跟隨基督服務的精神時，就反映了主的光，並欣然在我們的生活上見證了默西亞。

讓我們在聖誕期間忙於購物贈送親友時，不忘效法基督抱著感恩真誠的愛，慷慨送出能震撼人心及生命的一份充滿慰藉支持，憐憫諒解的禮物。

願在聖誕及新年期間，聖神不斷讓我們的家與心靈感受到主臨的喜悅與平安。願主祝福你們，光照你們仗仗信德達成夢想，指引你們踏上光明之路。

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.**

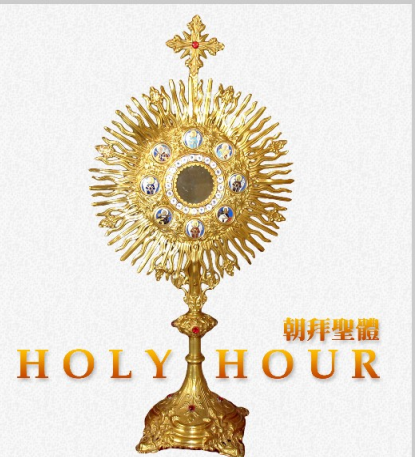
所有聖事禮儀的諮詢，特別是殯葬，結婚或嬰孩洗禮等禮儀，首先要直接與梁增仁神父或范浩泉執事聯絡及會面後才可訂定舉行日期。會面時，自會解釋禮儀程序及其他資料。

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.

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。



二零一四年十二月 December, 2014  
12月20日(星期六) 下午一時三十分  
December 20, 2014 (Saturday) 1:30PM



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

## Archbishop's Christmas Message 2014

My dear brothers and sisters in Christ:

The Christmas season conveys biblical images that show us how we can become happy, healthy, and holy families. The feast of the Holy Family places young and old in close proximity. It invites us to reflect on the sacredness of life from conception to death.

This fall, while in Rome, I was privileged to concelebrate Mass with Pope Francis. We met afterwards. This was just before the Synod on the Family, to which Pope Francis had invited bishops from around the world. They assembled to address the challenge of our time: the crisis of the family.

Pope Francis recently said that the Christian family and marriage are under attack. You see, God wrote his plan of marriage into human nature and Christ raised it to be a sacrament. Society is replacing this view with the notion that people can bend intimate life to their own ideas and desires.

The first Christians showed great courage in overcoming courage to publicly live out the Church's teaching on marriage, the family, and human sexuality.

Our Church around the world will reflect on this in the coming year. Bishops and other Catholic leaders prepare for a second synod to consider how the Church and society can renew their commitment to the family.

Saint Luke tells us of a profound encounter between the child Jesus and an elderly couple in the Jerusalem Temple. Jesus brought deep joy and consolation to the hearts of many who celebrated his birth.

Once they had met Jesus, the elderly Simeon and Anna felt a sense of completion in their lives.

Anna illustrates the truth that once you have encountered Jesus, you cannot help but tell others about him: "She came, and began to speak to all who were looking for the redemption of Jerusalem."

This is how Pope Francis encourages us to be missionary-disciples. Learn from Jesus. Live out his message. Share it with others.

This Christmas season, may you and your family come to know the Holy Family better and learn how to make your homes places of conversation, laughter and joy!

Christmas is a time for family sharing. If you've become disconnected from the Church, I invite you to come back home. We miss you. Bring your contribution to the Church family's conversation, and help us be a better Church. We need your insights, enthusiasm and prayers.

Sincerely yours in Christ,



✠ Terrence Prendergast, S.J.  
Archbishop of Ottawa

# PEACE ON EARTH

*Wishing you all a Blessed Christmas  
& a Joyous New Year!*

祝聖誕新年安寧，歡樂，幸福！

Sheng Shen Parish  
聖神天主堂

Merry

Christmas

20 Dec (Saturday) 1:30 p.m.

朝拜聖體 / 修和聖事  
Holy Hour/Confession

梁增仁神父 (英語 / 粵語  
English/Cantonese)  
池尚培神父 (普通話 Mandarin)

24 Dec (Wednesday) 6:00 p.m.

聖誕前夕彌撒  
X'mas Eve Mass

Fr. CHI 池尚培神父

25 Dec (Thursday) 11:30 a.m.

聖誕節感恩祭  
X'mas Mass

Fr. Stephen Liang

## Advent: A Time of Preparation

Advent is a time of preparation that begins four Sundays before Christmas and ends on Christmas Eve. The word Advent comes from the Latin *advenio*, "to come to," and refers to the coming of Christ.

Advent is at times referred to as a "little Lent." As in Lent, Advent should be marked by increased prayer, fasting, and good works. Advent refers to our celebration of Christ's birth at Christmas. As such we need to prepare ourselves to receive Christ worthily.

### The Symbols of Advent

The Church stresses the penitential and preparatory nature of Advent. As during Lent, priests wear purple vestments, and the Gloria ("Glory to God") is omitted during Mass. The only exception is on the Third Sunday of Advent, known as Gaudete Sunday, when priests can wear rose-colored vestments. As on Laetare Sunday during Lent, this exception is designed to encourage us to continue our prayer and fasting, because we can see that Advent is more than halfway over.

### The Advent Wreath

The best-known of all Advent symbols is the Advent wreath, a custom which originated among German Lutherans but was soon adopted by Catholics. Consisting of four candles (three purple and one pink) arranged in a circle with evergreen boughs (and often a fifth, white candle in the center), the Advent wreath corresponds to the four Sundays of Advent.

### Celebrating Advent

We can better enjoy Christmas if we use Advent as a period of preparation. Abstaining from meat on Fridays, or not eating at all between meals, is a good way to revive the Advent fast. We can incorporate such customs as the Advent wreath, the Saint Andrew Christmas Novena, and the Jesse Tree into our daily ritual, and we can set some time aside for special scripture readings for Advent, which remind us of the coming of Christ.

### The Advent Wreath

One of the most recognizable Catholic symbols of the Advent season is currently the Advent wreath.

Since circles have no beginning and no end, the circular shape of the Advent wreath is used to symbolize God the Father and eternal life. The wreath holds four candles which are lit over the four weeks of Advent. There are three purple candles and one rose candle, each representing 1,000 years. Added together, the four candles symbolize the 4,000 years that humanity waited for the Saviour.

The candles represent Christ as the light of the world and adorn the wreath. The three purple candles are a sign of penance and are lit on the first, second and fourth weeks of Advent. On the third week a rose (pink) candle is lit. This week is known as "Gaudete" Sunday, Latin for "rejoice."

The first Sunday of Advent symbolizes Hope with the Prophet's Candle reminding us that Jesus is coming. The second Sunday of Advent symbolizes Faith with the Bethlehem Candle reminding us of Mary and Joseph's journey to Bethlehem. The third Sunday of Advent symbolizes Joy with the Shepherd's Candle reminding us of the Joy the world experienced at the coming birth of Jesus. The fourth Sunday symbolizes Peace with the Angel's Candle reminding us of the message of the angels: "Peace on Earth, Good Will Toward Men".

In addition to these four candles, a white candle is placed in the center of the Advent wreath. This candle is called the Christ candle and is lit on Christmas Day to represent the birth of Christ.

The Advent wreath is decorated with evergreen and holly. The evergreen reminding us of our eternal life with Christ. The holly represents the crown of thorns from the Passion of Jesus, and pine cones symbolize Christ's Resurrection.

### What is a Jesse Tree?

The Jesse Tree is a unique Advent custom and a fun activity for teaching children about the Bible at Christmas.

The Jesse Tree represents the family tree, or genealogy of Jesus Christ. It tells the story of God's salvation plan, beginning with creation and continuing through the Old Testament, to the coming of the Messiah. The name comes from Isaiah 11:1, "Then a shoot will spring from the stem of Jesse, and a branch from his roots will bear fruit."

The Jesse Tree helps us connect the custom of decorating Christmas trees to the events leading to Jesus' birth. We adorn a Jesse Tree with ornaments that represent the people, prophecies, and events leading up to the birth of Jesus. The ornaments of the Jesse Tree tell the story of God in the Old Testament, connecting the Advent season with the faithfulness of God across four thousand years of history.

### Saint Andrew Christmas Novena

While a novena is normally a nine-day prayer, the term is sometimes used for any prayer that is repeated over a series of days. The Saint Andrew Christmas Novena is often called simply the "Christmas Novena" or the "Christmas Anticipation Prayer," because it is prayed 15 times every day from the Feast of Saint Andrew the Apostle (November 30) until Christmas. The First Sunday of Advent is the Sunday closest to the Feast of Saint Andrew.

The novena is not actually addressed to Saint Andrew but to God Himself, asking Him to grant our request in the honour of the birth of His Son at Christmas. You can say the prayer all 15 times, all at once; or divide up the recitation as necessary (perhaps five times at each meal).

Prayed as a family, the Saint Andrew Christmas Novena is a very good way to help focus the attention of your children on the Advent season.

### Saint Andrew Christmas Novena

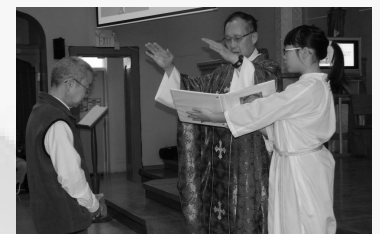
Hail and blessed be the hour and moment in which the Son of God was born of the most pure Virgin Mary, at midnight, in Bethlehem, in piercing cold. In that hour, vouchsafe, O my God! to hear my prayer and grant my desires, through the merits of Our Saviour Jesus Christ, and of His Blessed Mother. Amen.



堂區的青少年及其他成人都準備了多種糕點，越式春卷、檸檬粉，中式點心粥品，手工藝品及自製聖誕祝賀咭等。售賣成績不俗。淨收入撥給青少年組儲備金作未來計劃的所需支出。



**WORLD YOUTH DAY 2016:** The Archdiocese of Ottawa is bringing a group of Young Adults (18-35) to World Youth Day in Krakow, Poland, July 19 – August 2, 2016. Approximate cost: \$3400. Limited spots available. To register please contact Ted (613-738-5025 x231); (thurley@archottawa.ca).



梁神父在 11 月 16 日感恩祭中派遣了黃庭光兄弟為送聖體員，以便協助送聖體給堂區的長者。



## Fountain of Love & Life - 10th Anniversary Celebration 生命恩泉十週年慶典

我們堂區接近二十位教友和池神父特別於十一月三十晚往多倫多參與生命恩泉十週年慶典，並在翌日拜訪生命恩泉製作中心，書店及辦事處，和該中心各位主事們暢談福傳意念及方法，並交換未來計劃的意見。池神父更有些特別感言。



30/11/2014



01/12/2014



03/11/2014

### 福傳的动力

/ 池尚培神父

11月30日和12月1日两天时间我和渥太华圣神堂的十几位教友去多伦多参加生命恩泉的10周年庆典，并参观了生命恩泉办公地。

在听生命恩泉负责人Pual分享时，我特别注意到他用到了一个词——瓶颈。这个词所表达的实际含义就是他们在影视、书籍及社会活动三个方面几乎达到了他们现在能做的极限。事实上，生命恩泉在过去十年中为加拿大华人天主教会做了不少事情，可以说是硕果累累，但面对现实，如果他们想做的更好，他们也必须发现他们团体存在的新动力。

为任何一个以福传为自己团体目标的天主教团体而言，天主教会“异常沉稳”的现状都是一个极大的挑战，因为很多教友并没有发觉自己有福传的使命和动力。教会现今有一种趋势，就是回归到教会初期的生活状态。事实上，我们从《宗徒大事录》及各位宗徒的书信中看到了教会初期福传的热情和紧迫感，那是一种全民总动员只为福传和对天国极其渴慕到希望它今日来临的状态。这种状态的具体表现就是所有的基督徒都主动向自己周围的人宣讲福音，并且教友遇到的迫害并没有成为福传的阻力，反而使福音的种子撒播到了天涯海角。在今天的我们看来，这颇有些传奇的色彩，其实想想，这并不是传奇，而是每个基督徒身具使命及热情之后必然出现的结果。所以，为现在教会和教友而言，福传的热情是必须要具备的第一要素。

科学的发展使我们具有了极其多的福传方式，生命恩泉的建立也是基于此基础。但所有福传方式的终点都是人。我们可以通过网络与人联系，打电话给人，写信或送书给人，将录音和影像播放给人，但所有媒体的建立如果离开了人，不会有任何结果。很多时候，我们放在这些福传方式上的精力远远大于放在福传中心的人之上，或者说，我们忽视了更有效的面对面的福传方式，而这种方式是初期教会几乎唯一的福传方式。我们不能再满足于在教堂放几本福传的册子或书籍，或坐在教堂里等人进来再给别人讲的状态，而是应该走出去，走到别人家里，站在他们身边，告诉他们福音的美好。所以，当务之急是重新捡起教会的良好传统，重视面对面的福传，即我们亲口向我们周围的人传递福音。

另外，福传团队的建设也极为重要。如果可能，我特别希望生命恩泉团体能在加拿大各华人大堂建立福传团队，培养各团队的人员并安排一系列的课程和福传实践。很多人都以为福传是神父的职责，但我以为，神父最重要的职责是让教友去福传。我理想中的堂区是百分之八十的教友都投入到福传之中，并且堂区定期举行福传的学习、避静或分享。生命恩泉团体如果可以做这方面的实践，我特别希望我们圣神堂可以作第一个试点。

圣诞节是教会的大节日，也是一个极为重要的福传之日，我希望我们大家在祝福别人“圣诞快乐”的同时，也将他们介绍到教堂来，让他们真正体会到生命的喜乐。

圣诞快乐，福传更会快乐！或者说，想要快乐，福传吧！

### Fellowship with the Evangelizing Team in Hong Kong 與逾越知音團隊保持聯絡

十一月底，James & Lucille Fong 及 Peter Fan 趁香港旅遊之便，和逾越知音團隊多位朋友聚舊暢談，適恩神父遠行，未能見面。但各人歡聚並談未來計劃，享主內的恩寵，逾越之友更問候渥太華眾友好。

同時 2014 年逾越知音福傳朝聖之旅已製成影碟。歡迎各位到堂區辦事處索取。

### 團體青少年烹飪班 Youth Cooking Classes

為團體青少年準備的烹飪班已於十一月份的二號，廿三和三十號的下午二時至四時完成。

在十月份，先與多位青少年見面，作簡短的交流，瞭解一下他們的需要，然後便訂下了三節不同的主題：包括 Mac & Cheese, Cream Soup 和 Pasta(Tomato Sauce & Alfredo Sauce)。

這三節的烹飪課，主要目的是提起青少年的烹飪興趣，認識和選擇健康的食材，和介紹，示範，體驗烹飪的技藝。雖然只有四位青少年參加，但大家都能夠積極參與整個烹飪的過程，更加開心地享用自己烹製的食物。

多謝大青年池神父的幫廚工作和多位在場的家長和友好的幫忙和支持，使課程能順利完成。

/ Edward Sham



During the past couple of months, Mr. Edward Sham has been giving the youth group culinary lessons. From Mr. Sham's excellent examples and techniques, we learned how to make macaroni and cheese, two kinds of soup, spaghetti with two types of sauce, and garlic bread. During these lessons, Mr. Sham patiently taught us how to prepare and cut ingredients and cook appetizing dishes while giving us sound tips and advice on how to make our cooking more savory. On behalf of the youth group, I would like to thank Mr. Sham for unselfishly donating his time to teach us skills that will be beneficial in our lives. We appreciate your self-diffusive generosity.

/ Jonah Nung

## 團體消息 Announcement

- 堂區辦事處定於本年12月24日至2015年1月5日為聖誕佳節假期。在此期間，有關堂區各項事宜，請直接與各小組負責人聯絡。
- 截至12月7日，培聖基金共籌得\$8,754.86，而特別維修計劃則籌得\$9,873.91。  
As at 7 December, donation for Vocation Development Fund amounted to \$ 8,754.86, while donation for Special Project for Renovation was \$9,873.91.
- 堂區定於十二月廿日(星期六)上午十時至中午舉行堂區清潔日，現呼籲義工出席協助，請與Edward Sham聯絡
- 池尚培神父樂意與堂區年齡15至35歲的青少年認識交談，希望在12月20日至24日內與范執事透過家訪接觸青少年及他們的家長，互相溝通了解。願意接受家訪的家庭，請通知池神父或范執事你們的通訊途徑例如電郵地址、電話等。池神父更希望有更多的青少年參與聖誕前夕的感恩祭和potluck晚餐及慶祝聖誕節日。
- 堂區計劃明年一月中開辦普通話班，逢星期四早上十時至十一時半舉行，收費每月\$20。有興趣參與者請電郵導師楊憂國 (c/o ease4.0123@gmail.com)報名。
- 聖誕前夕感恩祭定於12月24日晚上六時舉行，由青少年組安排禮儀程序。之後在禮堂 potluck晚餐慶祝聖誕及餘興節目。歡迎家長及各青年及教友齊同參予。
- 堂區繼續為「渥太華食物銀行」收集罐頭、乾貨食品及現金捐款以幫助社區有需要的家庭，請各位教友慷慨捐助。食品請放入教堂門口的紙箱內。

12月7日感恩祭後 James Fong 兄弟召開了籌備團體成立六十週年慶典的 brainstorming 會議。參與者積極提供寶貴的意見，包括明年內一系列的活動配合在2015年10月11日慶典的最高峰盛宴。籌備小組將邀請青少年組策劃設計慶典的橫幅標誌、紀念T恤及音樂劇創作，聯絡我們的團體拓荒者等等。另外分別搜尋適當場所舉行盛宴。

籌委會定於2015年1月11日主日感恩祭後正式舉行第一次會議，歡迎教友參與共同策劃。

# Chair Yoga classes

從這個「椅子瑜伽班」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魄和心靈。你的學習，包括站立，坐著，和平衡。椅子瑜伽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，脊髓彎曲，（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         | 9 January to 13 March 2015 ( 10 weeks on every Fridays )<br>2015 年 1 月 9 日至 3 月 13 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<br>Rm. H101 at basement<br>1187 Michael Street, Gloucester, ON<br>K1J 7T2                          |
| Fee 費用          | \$80 for 10 weeks or \$10 each drop-in participation<br>\$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<br>12 月 20 日前 ( 註：少過 5 名學員不開班 )<br>Note: Class will not be run with less than 5 participants |

# 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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## November Prayer Meeting 十一月祈禱會

祈禱會首先跟從教宗方濟各十一月祈禱意向為孤獨的人，為修士和會士的陶成祈禱，願所有孤獨的人能體驗到天主的親近和他人的支持。並願青年修士和會士能有明智及成熟的良師益友。參予者也為自己的特別意向祈禱。

之後，分享了天主教會對安樂死/輔助自殺 (euthanasia/assisted suicide) 的理念與指引。

1. 教宗的指引 -- 教會是天主的子民，在主的愛中過著和諧的生活。我們應發揮人道的酵母，作証及宣揚主的救恩，與人同行，給予大家希望，勇氣及活力。
2. 憐憫不等如殺害 Compassion is not equal to Killing。
3. 我們的尊嚴是由天主給我們生命，天主愛我們。故此，天主教選擇以關愛，幫助，支持讓病者面對病痛，重拾尊嚴。
4. 一般長期或晚期病患者多數感到孤單，無助，無奈，無用，無希望，被遺棄，被不尊重，這時最需要的是身旁的人的支持，代禱及給予盼望，與他們同行這段生命路途。
5. 立法的危機 -- 用人權問題/其他人的權利/以自主權/資源有限因素... 向政府施壓力立法，來協助垂死的人達到大解決的目標。難道無用，無希望就要廢棄？
6. 如果加強政府資源，寧養服務... 比立法使安樂死/輔助自殺合法化更有效。
7. 教友可透過以下途徑表達協助長期或晚期病患者
  - 多了解安樂死/輔助自殺/善終紓緩服務
  - 探問病者
  - 經濟支持推廣善終及紓緩服務的機構
  - 向議員表達天主教徒的理念
  - 簽署請願書
  - 向傳媒顯示意見

祈禱會結束前，大家為以下意向祈禱

- 為教會團體及教友祈禱，讓他們透過探望病患受苦者，鼓勵孤獨憂鬱者來見證上主的慈愛及人與人之間的團結。
- 為治療病危或病重者祈禱，祈盼他們尊重人的尊嚴及能表揚愛與希望。願基督強化他們的力量與愛心去照顧病者。
- 為視安樂死是發自慈悲之心者祈禱，願福音的光能感染他們能改變觀念，了解生命的誕生至自然終結都是神聖的。
- 為攻讀醫科的學生能獲得導師的占適當的培訓，指引他們通真理與良知行醫。
- 為絕望的病患及其家人祈求，願聖神開啟他們的心眼，體會病痛的苦楚可使他們與被釘十字架上的耶穌結合。
- 為立法者及法官祈禱，求聖神光照他們的心志與良知作判斷。
- 為傳媒界工作者祈禱，求聖神指引他們心切了解有關善終護理的意義
- 為有能力影社會，文化發展的人士祈禱，願他們能真實依照基督的訊息為社會，文化的發展作出貢獻。

**May God bless Gabriel and grant him excellent health and wisdom, abundant love and joy!**

**A big congratulation to Fred and Teresa Szeto, and Warren Szeto and his wife too!**

### INTRODUCING OUR FIRST GRANDSON

**Gabriel René Szeto**

**Born : Dec. 4th, 2014**

**Weight : 7 lbs 2 ozs**

**Fred & Teresa Szeto**



## Fr. Vogels' workshops - on the 'Proverb'



With a very dedicated group of people interested in Bible study, both from the Chinese Community and outside, the series of workshops directed by Fr. Vogels focused on Wisdom Literature - the Proverbs, this Fall.

Fr. Vogels not only deliberated on the nature and content of the Biblical proverbs, but also related them to different cultures represented in our group. It resulted in most dynamic sessions that moved us both intellectually and culturally.

The group found focus and joy in being and studying together, so much so that they followed up the series with another session on the Flood Story and Noah on December 12, to conclude the studies for year. It also helped the participants to celebrate our fellowship in the season of Advent.

Looking ahead, the Winter session would continue with the theme of Wisdom Literature and study other books, such as 'Job'. The Wisdom Literature penetrates deep into our being, our life experience, faith, intellectual yearning and other aspects. The studies help us to reflect and grow. Join us.

Register at: [reg.sshsp@gmail.com](mailto:reg.sshsp@gmail.com).

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