



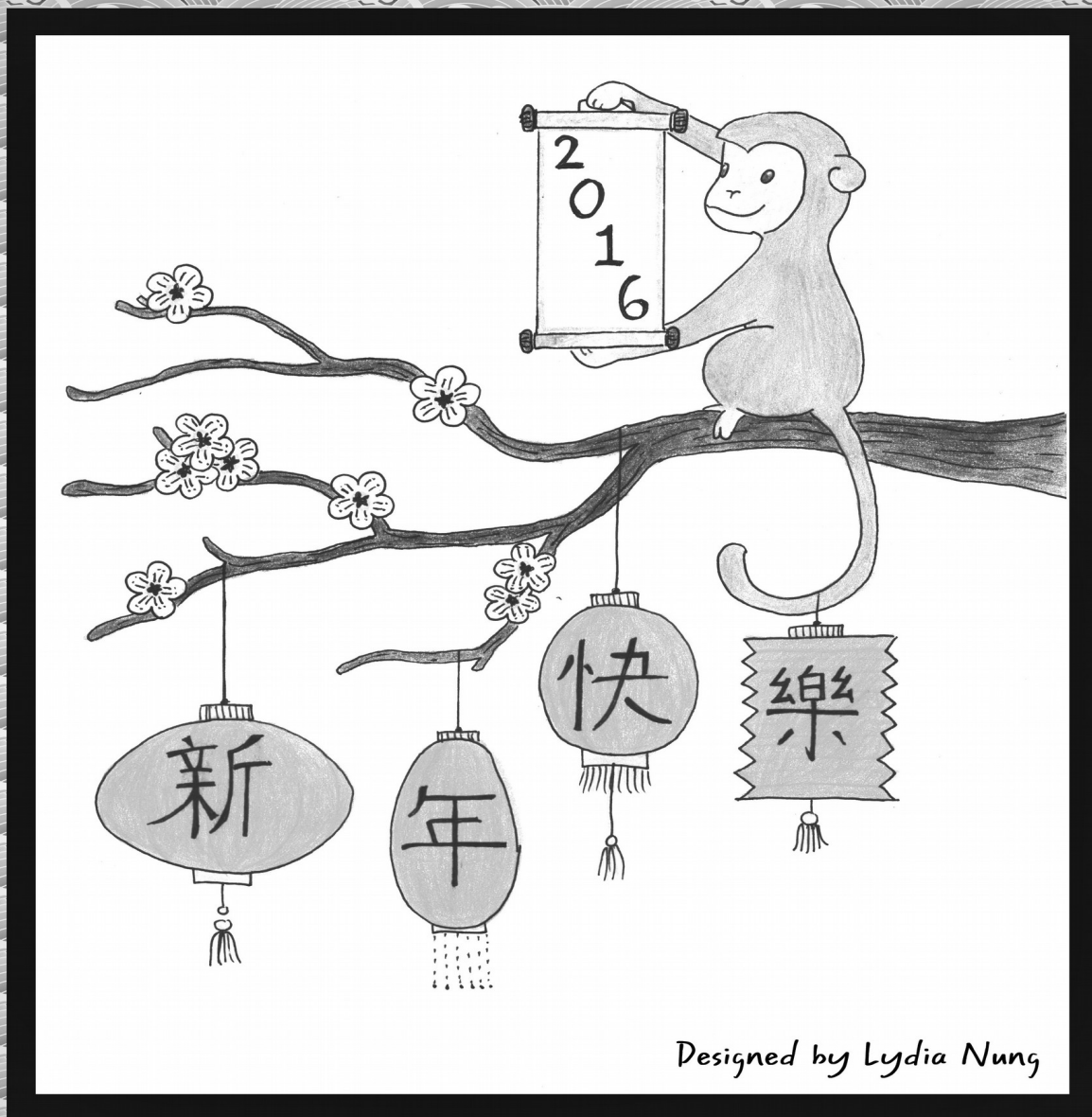
聖神天主堂

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



2016年2月份堂區通訊



Universal: Care for Creation 總意向：關心主的創造物

That we may take good care of creation—a gift freely given—cultivating and protecting it for future generations.

願我們細心照顧主賜與的創造物---謹慎地給與培養及保護, 好能世代相傳.

Evangelization: Asia 福傳意向：為亞洲祈禱

That opportunities may increase for dialogue and encounter between the Christian faith and the peoples of Asia.

願基督徒與亞洲的民族有更多的機會溝通交流.

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

莫淑蘭 Suk Lan Mok

黃挺光 Bosco T.K. Wong

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陳瑞朝 David Chan davidchan2233@gmail.com

蔡蕾 Cai Lei ease4.0123@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"



2016.2.7

常年期第五主日

5th Sunday in Ordinary Time

"老師, 我們已整夜勞苦, 毫無所獲; 但我要遵照你我話撒網。
路: 5:5

"Master, we have worked hard all night and have caught nothing, but at your command I will lower the nets."
Luke 5:5



2016.2.14

四旬期第一主日

1st Sunday of Lent

魔鬼用盡了各種試探後, 就離開了他, 再等時機。
路: 4:13

When the devil had finished every temptation, he departed from him for a time.
Luke 4:13



2016.2.28

四旬期第三主日

The Holy Family of Jesus, Mary and Joseph

"主人, 再容它這一年罷! 待我在它周圍掘土, 加上糞; 將來若結果子便算了."
路: 13: 8-9

"Sir, leave it for this year also, and I shall cultivate the ground around it and fertilize it; it may bear fruit in the future." Luke 13:8-9

First Sunday of Lent (Feb 14, 2016)

Fasting wisdom

Fasting is more than just about self-denial: it's about refocusing on what and who are most important in our lives; it's about re-claiming what we want our lives to be as we begin new chapters; it's about making time and space to "turn around" - the meaning of the word conversion - in order to find our way out of our winters of cynicism, our deserts of self-absorption, our wildernesses of despair and hopelessness.

May this Lent be a time for discovering the sense of communion with God that we can experience through fasting - not only fasting from food, but fasting from media that is candy for the mind in order to experience words and images that nourish the soul; fasting from shopping for some new trinket in order to share our treasure with those for whom simple everyday survival is a constant struggle; fasting from an over-scheduled calendar in order to reconnect with family and friends; fasting from anger, impatience and our need to be in control in order to recognize our humbleness before God; fasting from whatever deters us from being centered fully in the great love of God that is especially present to us in this Lenten springtime.

Rev. Dr. Stephen Liang, M.D.
Pastor

齋戒不單是自我克制：而是在我們生命中重新確認，什麼及誰才是最重要，及生活目標；騰出時間空間轉變自己--好能脫胎換骨，除掉憤世嫉俗，自我中心，沮喪與無助的陋習。

願在四旬期內透過齋戒能感受與主的交流--齋戒不局限於食物方面，卻克制娛樂享受，轉向從神修中帶給心靈上的滋養；戒免購買廉價物品而分享財富給貧因為口奔馳的人；避免約會繁多而忽略與親友聯繫的時光；克制憤怒，不耐煩及對人和事的過份操控，好能領悟在主前的謙恭；避卻一切障礙我們在四旬期內感受上主大愛的事物。

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.

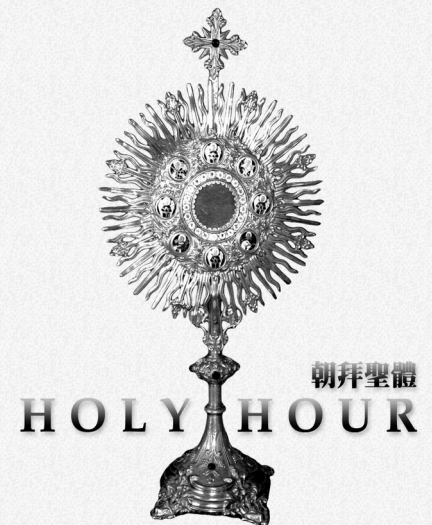
所有聖事禮儀的查詢，特別是殯葬，結婚或嬰孩洗禮等禮儀，首先要直接與梁增仁神父或范浩泉執事聯絡及會面後才可訂定舉行日期。會面時，自會解釋禮儀程序及其他資料。

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.

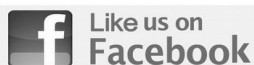
此通訊只刊登堂區主辦的活動及有關資料。內容由行政事務管理決定。

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 " 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。



二零一六年二月 February 2016
2月27日(星期六) | 下午一時三十分
February 27, 2016 (Saturday) 1:30PM



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

克己齋戒：意義：教會讓信友們守大小齋，一為紀念耶穌苦難，二為克己苦身作補贖。

1. a) 守大小齋(聖灰禮儀日/基督受難日)
 - 18至59歲，有健康問題除外。
 - 每日只可飽食一餐，不能吃肉類。
 - 其餘兩餐按個人需要進食足以維持體力的食物。
 - 餐與餐之間不可吃固體雜糧，只能喝流質。
- b) 守小齋(四旬期內所有星期五)
 - 14歲以上，有健康問題除外。
 - 不能吃肉類。
2. 四旬期是悔改期，鼓勵教友多參加以下活動：
 - 每日感恩祭
 - 修和緩告解聖事
 - 拜苦路
 - 慈悲/公義行為
 - 自制克己
3. 逾越節守夜禮儀不應在晚上八時前舉行

Guidelines of Lenten observance for the faithful in the Archdiocese of Ottawa

- Ash Wednesday and Good Friday are days of fast and abstinence.
- Fridays are days of abstinence.

Consumption of meat is not allowed on Ash Wednesday, Good Friday, and all Fridays of Lent.

Fasting:

- 18 to 59 of age, unless prevented by poor health.
- On days of fast, one full meal is allowed.
- Two other meals, sufficient to maintain strength, may be taken according to one's own needs
- Eating between meals is not allowed although fluids may be taken.

Abstinence:

- Binds all persons who have completed their 14th birthday, unless prevented by poor health.

The Archbishop mandates this observance for the spiritual well-being of the faithful.

Lent is a penitential season

Religious practices such as daily Mass, the celebration of the Sacrament of Reconciliation, the Stations of the Cross, works of charity and justice, and acts of self-denial are highly encouraged.

Easter Vigil celebration

Should not begin before 8:00 p.m. this year.

節錄 <http://www.khs-catholic.org/flash/2-17.htm>

在身上或在頭上灑灰，根據聖經及教會的訓導，象徵懺悔者作補贖與憂愁，也象徵人生命的脆弱與短暫（參閱約：三十，19四二，6；友：九，1；耶：二五，34；達九，3；瑪：十一，21；路：十，13）。聖教初期，對犯有重大罪愆的教友，在頭上擦聖灰，穿苦衣做補贖。自第十世紀始，此灑在身上的灰要經過祝福因而稱之為聖灰，成為教會的一種聖儀。如今，聖教為激發教友悔過自新，為純潔自己的子女，遵照古教禮儀舉行額上擦灰的禮儀。



聖灰禮儀是四旬期的開始，時間在復活節前四十天的星期三。當日彌撒聖道禮儀後（在不舉行彌撒的堂區或在彌撒外也可單獨舉行），主禮祝福聖灰——聖灰取自前一年聖枝主日所用的一些樹枝枯葉燒成——念祝福經文，在灰上灑聖水；接著，給前來領聖灰的神職人員和教友們頭上分別擦聖灰，即用拇指蘸聖灰在領受者額上劃一個十字，同時念：“人哪，你要記住，你原來是灰土，將來仍要歸於灰土。”這經句源自（出：三，19），使人憶及被逐出樂園的情景。新禮又編入了另一任選經句：“你們要悔改、信從福音（穀：一，15），指出耶穌在四旬期中對我們罪人的召喚。在身上或頭上撒灰，象徵人生命的卑微、懺悔者的悲傷及為罪而做補贖。教友則唱道：“我們當換衣服、帶灰塵、穿苦衣、守齋涕泣，在上主前哀號；因為我們的天主多賜恩寵，寬赦我們的諸罪。”。教友們出堂後，可將額上的聖灰拭去，以免旁人怪異。

教宗若望保祿二世在2000年3月8日星期三「聖灰禮儀日」講解有關聖灰瞻禮和四旬期的意義時表示：星期三聖灰瞻禮帶領信友進入一條走向「巴斯卦」的旅途中，所以必須用守齋來走這條皈依的道路，並借著懺悔與補贖的武器來對抗罪惡的神。教宗又說：「聖灰禮儀這一天在頭上撒聖灰並不是要給教友製造悲觀消極、聽天由命的氣氛，而是要邀請大家不要受到物質世界的約束，因為物質世界固然有它的價值，畢竟是要消失的。只有在天主內，人才能重新完全找到自己，並發現自己存在的最後意義」。

以聖灰禮儀開啟的封齋期邀請人悔改皈依，因此教宗強調：「聖門為眾人敞開著，誰知道自己被罪過所壓迫，也承認自己毫無功德可言，就請進入聖門吧！誰覺得自己虛無似灰塵，就請進入聖門吧！虛弱、缺乏信心的人請從基督的心中汲取新的活力吧！」。

當時教宗提醒聖伯多祿廣場的各國信友：「守齋刻苦不僅僅是外表的規矩或外在的禮節行為更是感到需要改變生活的有力標記；守齋刻苦要求人放棄合理的物質享受，使內心獲得更多的自由，以便更容易聆聽天主的聖訓，也更能夠慷慨地幫助有需要的人」。

維修組的
精心設計
與創作 --
舞台下
的儲藏櫃



慈悲禧年堂區朝聖活動— 渥太華大主教座堂聖門之旅

A) 聖神天主堂: 1:30 - 3:30

1:30 - 2:30 p.m. 慈悲禧年祈禱反思會

2:30 - 3:30 p.m. 洪吟芳修女分享慈悲目標與 家庭/
人際關係

B) 渥太華大主教座堂慈悲門朝聖: 4:00 - 6:00 p.m.

4:00 - 5:00 p.m. 默觀耶穌慈悲聖容/祈禱/誦念慈悲
經文/悔罪告解 (梁神父及Fr. Obinna 聽解)

5:00 - 6:00 p.m. 感恩祭

C) 晚餐: 6:30 - 8:30 p.m.

四海一佳酒家

慈悲禧年知多少?

資訊簡介

禧年又稱聖年. 教宗方濟各宣佈的慈悲禧年是自上個世紀以來的第三個“特殊”禧年.

從2015年12月8日聖母始胎無染原罪瞻禮開始, 到2016年11月20日基督普世君王節結束,

旨為邀請普世信徒積極參與修和聖事, 提供一條獲得救恩的特殊途徑.

格言: “如同天父滿懷慈悲” 路: 6:36

邀請信徒跟隨天父的慈悲榜樣: 他要求我們不要判斷, 不要定罪, 卻要寬恕, 要更無限量地去愛和憐憫.

慈悲禧年徽號的含意: 表達出善牧基督如何以深不可測的慈愛和樂於寬恕, 去改變人的生命.

跨越慈悲門的含意: 經此聖門, 尋獲悔改的力量, 擁抱主的慈悲, 經驗主的大愛, 因而奉獻自己, 待人以慈悲, 如上主看顧了我們一樣, 啟迪我們尋找回歸天父私途徑, 過更豐盛更有意義的生活動.

什麼是大赦?

大赦是指信友在罪過已蒙赦免後, 因罪過而當受的暫罰, 也在天主前獲得寬赦.

在特殊禧年獲得大赦的方法

- 朝聖跨越慈悲聖門
- 默觀耶穌慈悲聖容/為教會及教宗意向祈禱
- 自我反省與悔罪
- 辦告解
- 領聖體聖事
- 行有形哀矜或神哀矜的善功

什麼是形哀矜?

饑者食之/渴者飲之/裸者衣之/收留旅人/照顧病人/探望耆老/服務弱勢社群

什麼是神哀矜?

解人疑惑/教導愚蒙/安慰憐憫憂苦/勸人悔改/寬恕赦人侮辱/忍耐磨難/為生者死者祈禱/持公義/傳福音

以下網頁提供有關慈悲禧年的資訊:

慈悲禧年簡介會(港島區)夏主教分享:

<https://www.youtube.com/watch?v=Esl1J6N107Q>



Archbishop's Lenten Letter 2016
TO GROW IN MERCY THIS LENT

Dear brothers and sisters in Christ:

Lent is about my call as a disciple of Jesus to renew my dying to sin and rising to newness of life with Christ that took place when I was baptized.

We Catholics do this as we accompany, in prayer and with other gestures of support the “Elect”, who will celebrate the Sacraments of Christian Initiation at the Easter Vigil.

As Lent approaches you may, like me, wonder how to develop that relationship with Jesus. Particularly in this Jubilee Year of Mercy, I ponder how to “be merciful just as your heavenly Father is merciful” (Luke 6.36).

Of course, we do have some practices in common to help in this process.

The Church asks me to fast on Ash Wednesday, to mark the beginning of my pilgrimage with Christ. And also on Good Friday, in gratitude for Jesus' death on the Cross that, out of God's merciful love, took away my sins. To remind me of this each week, the Church asks me to abstain from meat on the other Fridays of Lent.

I am encouraged to make sacrifices—of my own choosing—on the weekdays of Lent. When I cut back on food or other legitimate pleasures, I can give the money I save to the poor, showing them mercy as some of my fellow Catholics are doing to support refugee families.

On Solidarity Sunday—March 13—I can make a sacrificial offering to assist the poor countries of the world through “Development and Peace”, Canada's member in the worldwide Caritas network of Catholic aid agencies.

A traditional act of Lenten piety is to make a good confession, to experience God's mercy and forgiveness. Our priests want to share this grace with the faithful, particularly on the Day of Confessions that will be held in a number of our parish churches. Extended hours for the Sacrament of Reconciliation will take place on Friday, March 4.

To grow in merciful compassion as Pope Francis encourages us, I invite you, dear brothers and sisters, to join with me in carrying out one of the corporal or spiritual works of mercy, such as visiting the elderly in hospital or a nursing home.

Finally, I encourage you to read as I will in Lent, the message of merciful compassion that we find in the Gospel of Luke. A good way to begin is to focus on the gospel readings for each Sunday that are taken from Luke's gospel. As we meditate on a passage from Scripture day by day, we can more and more identify with the compassionate heart of Jesus and his merciful gaze on those in need.

I wish you all an experience of God's mercy that you can pass on to others. Please pray for me as I do for you.

✠Terrence Prendergast, S.J.
Archbishop of Ottawa

January Prayer Meeting 一月份祈禱會

參予者誦念及分享了以下:

1. 教宗一月份的祈禱意向 / 個人意願 / 慈悲禧年的禱文/慈悲串經
2. 簡介慈悲禧年資訊

Fr. Chi's workshop 池神父的丙年路加福音講座 16/1





聖神天主堂
Sheng Shen (Holy Spirit) Parish
Community founded in 1955

1187 Michael St.
Ottawa, ON K1J 7J2
613-747-2080
www.ottawachineseatholic.org

賀年

CHINESE NEW YEAR CELEBRATION

日期 | DATE
二零一六年二月七日 (星期日) February 7, 2016 (Sunday)

時間 | TIME
上午十一時三十分感恩祭
十二時三十分感恩祭後舉行聚餐聯歡會
11:30 a.m. Mass | 12:30 p.m. Celebration

地點 | PLACE
聖神天主堂 Sheng Shen (Holy Spirit) Parish, 1187 Michael Street

票價 | FEE
成人十二圓 | 小童六圓 (五至十歲) \$12 per adult | \$6 per kid (5 to 10 years)
(二月二日後成人十五圓 \$15 per adult after Feb 2)

聯絡 | CONTACT
Linda Au, Chor-Yee Chan, Cecilia Chow (613-747-2080)

Homeland Mass 24/1 民族彌撒

堂區一眾信友穿上民族服裝參予1月24日在大主教座堂的民族彌撒。今年教區更安排由我們堂區派出代表奉獻酒餅禮物，並以音樂歌詠伴奏，奉獻隊伍獻祭。



團體消息 Announcement

1. 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。查詢可與范執事或池神父聯絡。
2. 今年十二月八日至明年十一月廿日為鑽禧慈悲年的期間。渥太華大主教堂的慈悲門將於十二月八日晚上七時三十分感恩祭時祝聖，之後由十二月十三日慈悲年內開放給信眾朝聖。渥太華主教亦呼籲教友透過修和聖事感受主的慈悲，及在思言行為上實踐待人慈悲為懷。
3. 堂區各小組協調人請盡快向組內的義工收回簽妥的Code of Pastoral Conduct交回堂區辦事處。
4. 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。
5. 二月十日(星期三)晚上七時由梁神父主持聖灰主日感恩祭。是日應守大小齋。
6. 洪吟芳修女將於二月十三日(星期六)及十四日(星期日)為團體以小組形式分享處理家庭人際關的問題。
7. 甄選禮定於二月十四日(星期日)下午一二時三十分在大主教座堂舉行，請各慕道者及其代父母，同行者與導師出席參予。
8. Fr. Vogels將於二月廿七日(星期六)下午二時四十五分主持"訓導編講座。
9. 三月三日(星期四)晚上七時四旬期團體悔罪修及告解。
10. 池神父第四次路加福音講座定於三月五日(星期六)下午二時舉行。

17/1 2016 Pope's Birthday Blessing for Irene Choi & James Wong



截至 2016 年
1 月 31 日
培聖基金共籌得

As at 31 January, 2016,
donation for Vocation
Development Fund

amounted to



\$649.40

牧靈議會 Pastoral Council

陳瑞朝	David Chan (共同主席)
李利	Lily Li (共同主席)
陳利爵	Richard Chan (共同主席)
龔煥根	Bosco Kung
楊建華	Jian Hua Yang
陳華緣	Dorothy Chan
方良炎	James Fong (財務委員會代表)
羅靜如	Angelina Lo (當然委員)
李丹	Dan Li (秘書)

財務委員會 Finance Council

鄧鉅振	Thomas Tang (Project Manager)
方良炎	James Fong (Coordinator)
陳麗珠	Linda Chan
黃挺光	Bosco T.K. Wong
夏景榮	Jimmy Ha
黎寶珍	Katie Ng
莫淑蘭	Suk Lan Mok
羅靜如	Angelina Lo (當然委員)

常設委員會 Standing Commissions

禮儀 Liturgy

黃翠霞	Rexan Wong (Coordinator)
龔煥根	Bosco Kung (Altar Server)
陳瑞朝	David Chan (Lectors)
農李美玲	May Nung (Youth Liturgy)
李美蘭	Joyce Wong (Eucharistic Ministry)
陳育峰	Yu Feng Chen (Eucharistic Ministry)
黃金霞	Teresa Szeto (Sacristy)
羅翠貞	Helena Wong (Sacristy)
農大鈞	John Nung (Choir A)
陳瑞平	Sunny Chan (Choir B)
李美玲	Mei Ling Li
司徒惠良	Fred Szeto
陳連娣	Janet Sham
黃暉	Wei Huang
王芬芬	Louisa Wong

信仰培育 Christian Education

梁增仁神父	Fr. Stephen Liang (Coordinator)
范浩泉執事	Deacon Peter Fan
農大鈞	John Nung
陳志彪	Bill Chan
吳祈	Eric Wu
張彥潔	Agnes Zhang
曾鳳潔	Irene Chang
李美玲	Mei Ling Li
陳小喬	Rosa AuYeung
楊建華	Jian Hua Yang
黃健平	Dicky Wong

團體生活 Community Life

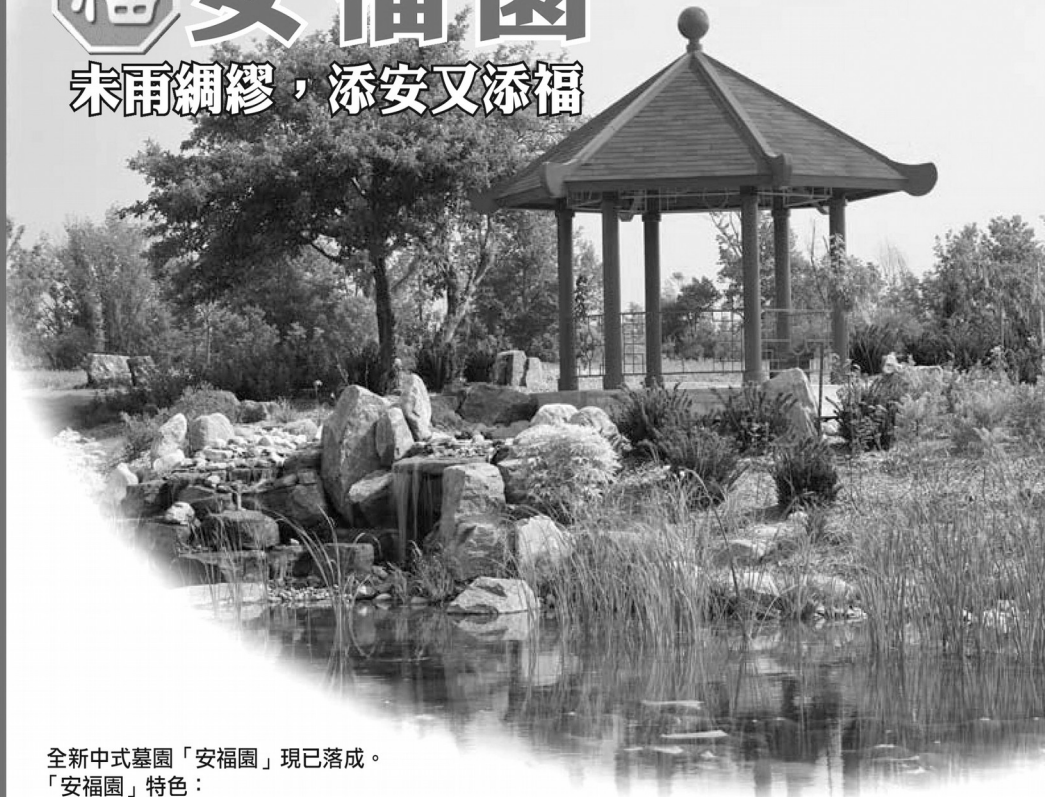
歐慧賢	Linda Au (Coordinator)
陳楚儀	Chor Yee Chan
陳淑芬	Cecilia Chan
陳小喬	Rosa AuYeung
張貴鳳	Jessica Cheung
葉敏華	Anita Cheung
黃振方	James Wong
羅翠貞	Helena Wong
夏少仁	David Xia
陳潔華	Jennifer Yeung
馮燕梅	Elizabeth Fung
傅成利	Seng Lee Foo
陳利爵	Richard Chan
林德榮	Tak Wing Lam
楊愛國	You Guo Yang
蔡蕾	Lei Cai
黎潔儀	Jie Yi Li

關愛 Christian Service

羅靜如	Angelina Lo (Coordinator)
劉湘貴	Gloria Kung
羅翠貞	Helena Wong
區兆樑	Raymond Au
李美玲	Mei Ling Li
李美蘭	Joyce Wong
馮燕梅	Elizabeth Fung
溫麗妮	Lai Nai Wan
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