



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: ottawachinesecatholic.org

Happy
Easter

2016年3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

莫淑蘭 Suk Lan Mok

黃庭光 Bosco T.K. Wong

陳淑薇 Magdalene Chan magchan@rogers.com

司徒惠良 Fred Szeto frederick.szeto@gmail.com

周陳淑芬 Cecilia Chow cecechow@gmail.com

方李美娥 Lucille Fong lmfong@rogers.com

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

復活節快樂!

Design by
Kasie Lung



惠捐支票抬頭:

Please make all cheques payable to:

"Sheng Shen Chinese Catholic Community"



March 13, 2016

四旬期第五主日

Fifth Sunday of Lent

婦人! 他們在那裡呢? 沒有人定你的罪嗎?

若: 8:10

Woman, where are they? Has no one condemned you?

John 8:10



March 20, 2016

聖枝主日

Palm Sunday of the Lord's Passion

耶穌領頭前行, 上耶路撒冷去了。

路: 19:28

Jesus proceeded on his journey up to Jerusalem.

Luke 19:28



March 27, 2016

耶穌復活主日

Easter Sunday

一週的第一天, 清晨, 天還黑的時候, 瑪利亞瑪達肋納來到墳墓那麼, 看見石頭已從墓門挪開了。

若: 20:1

On the first day of the week, Mary of Magdalene came to the tomb early in the morning.

John 20:1

教宗方濟各三月份的祈禱意向 Pope Francis Prayer of Intention for March 2016

Universal: For Families in Difficulty

總意向: 為處於困境的家庭祈禱

That families in need may receive the necessary support and that children may grow up in healthy and peaceful environments.

願有需要的家庭能獲得適當的支援, 而兒童能在健康與和平的環境中成長。

Evangelization: Persecuted Christians

福傳意向: 為受迫害的基督徒祈禱

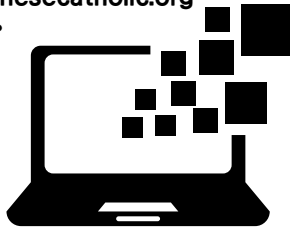
That those Christians who, on account of their faith, are discriminated against or are being persecuted, may remain strong and faithful to the Gospel, thanks to the incessant prayer of the Church.

願教會不斷地為那些因堅守信仰而被歧視或受迫害的基督徒祈禱, 好能堅定他們對信仰及福音的忠誠。

Link on Updating Parish Record 在線更新在堂區個人/家庭資料紀錄

教友如欲更新在堂區記錄上的個人/家庭資料, 請參閱堂區通訊或到堂區網站 www.ottawachinesecatholic.org 作鏈線更新 <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 www.ottawachinesecatholic.org



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。

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. 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。
3. 三月份開始, 每月逢第一個及第三個主日感恩祭後至一時半, 聖物部將會展示推介聖物部的項目。教友如欲購買聖物, 可在以上時間與當值義工聯絡。
4. 三月份祈禱會定於三月十二日(星期六)下午一時三十分舉行。
5. 20/3 聖枝主日請教友上午11:15在教堂正門集合。
6. 25/3 聖週五救主受難紀念日, 需守大小齋。
7. 堂區將計劃在本年底印製 2017 堂區宗教月曆, 現邀請喜歡繪畫的教友提供有宗教主題的圖畫在 2017 的堂區月曆內。有興趣參予的教友, 請與堂區辦事處/Fred Szeto/CeciChow聯絡。
8. 池神父持續的路加福音講座定於四月十六日(星期六)明供聖體後二時四十五分舉行。

Thank You



Dear Friends at Sheng Shen Chinese Catholic Parish

This season, Ottawa workplaces came together once again to help Drive Away Hunger. This year, 108,590 pounds of food and over \$274,000 was donated to the Ottawa Food Bank through the Holiday Food Drive.

Your donation of 100 pounds of food and \$112 really will make a difference. It will help the Ottawa Food Bank distribute much-needed food items well into the cold winter months. Check out some pictures and our full Holiday Food Drive Wrap Up on our website [HERE](#).

Did you know that 50,000 people benefit from the Ottawa Food Bank's programs each month, and 37% of them are children? With extraordinary community support, we are able to ship 14 tons of food each and every working day from our Michael Street warehouse. If you wish to see where your donation goes and have a tour of our warehouse, I can certainly schedule a tour.

Only with your support can we continue to come to the aid of those in need.

Thank you for your commitment to helping fight community hunger!

Rachel Lessard, Event Coordinator



朝拜聖體
HOLY HOUR

二零一六年三月 March 2016
三月十九日(星期六) 下午一時三十分
March 19, 2016 (Saturday) 1:30PM

PASTOR'S EASTER MESSAGE AND PRAYER (March 2016)

Rev. Fr. Stephen Liang M.D.

Priest Moderator



I wish you a Happy Easter with your family and friends as you celebrate the true meaning of this day...the Resurrection of Christ.

在慶祝基督復活的大喜日子，我祝賀每個家庭及你們的親友復活節快樂。

Easter is God's never-ending invitation to freedom, his raising us up from "tombs" of selfishness and fear and anger and hatred. In the many manifestations of his compassion and mercy around us, God picks us up and carries us out of our prisons and ditches. And, in turn, we become "liberators" ourselves, picking up others from among the "dead" and restoring them to life and hope. In raising his son from the dead, God vindicates the Gospel of his Christ. In the light of Easter's empty tomb, every moment of forgiveness, every triumph of justice over persecution, every insistence of goodness in the face of horrendous evil, every act of compassion (no matter how simple or small) proclaims the good news that Christ is risen.

復活節是上主對我們無休止的自由釋放，使我們解脫自私自利，恐懼，忿怒與仇恨的枷鎖。從上主對我們彰顯的無數慈悲中，祂挑選及拯救我們擺脫困擾的牢籠和深溝。跟著，我們轉化為別人的解放者，帶引他們重拾希望與新生。透過基督從死者中復活，上主確證了基督的福音。復活節已空的墳墓，每刻的寬恕，每次的公義戰勝迫害，每番的堅持以善良對抗可怕的罪惡，每一憐憫的舉動，都宣告了基督復活的喜訊。

PRAYER: 禱文

Almighty Father creator of Heaven and earth and everything within and beyond, I humbly come before you with thanks for sending your Son, my Lord and Saviour Jesus Christ, to die on the cross so that I might have eternal life.

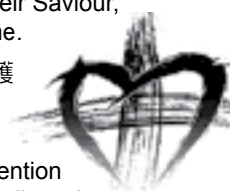
全能的天主，天地萬物的創造者，感謝你派遣了你的聖子耶穌基督，我們的救世主，被釘死十字架上，使我們得到永生。

I come with thanksgiving in my heart, asking for your never ending mercy. I lift your name on high, above any name that has ever existed, my Father and Creator. I ask you to bless, protect and to pour your supernatural favor upon me, my family, friends and all those around the world who have accepted Christ as their Saviour, especially those suffering persecution in His Name.

上主，衷心感謝，欽崇，讚頌你！請你祝福，保護及恩賜聖寵予我的家庭，朋友，所有確認基督為救世主的人，特別因祂的名而受迫害者。

Heavenly Father I ask you today for Divine intervention in our lives. I ask for your touch in all areas of our lives, be it a new job, freedom from debt, rebuilding of our relationships with our spouses and friends, physical illness or mental suffering, persecution Amen.

永生天父，求你降福我們的生命，不論在尋找工作，清還負債，與配偶/朋友修和重建關係，身心健康失調，受迫害方面等等。亞孟。



14/2 Sr. Hong's Sharing Session with Mandarin speaking group 国语圣经分享小组活動

李利

14/2 與洪吟芳分享會

在今年冬季最寒冷的一個月，2016年的二月份，我們國語聖經分享小組的兄弟姐妹們因主之名，聚集在一起，分享主的聖言，接受主的恩賜，在寒冷的冬季為我們心中送來溫暖。

2016年2月14日下午彌撒之後，我們與洪修女一起座談。因洪修女是家庭問題方面的專業輔導人員，所以大家非常踴躍地向她請教與家庭有關的各種問題，兩個小時的分享時間轉瞬而過，大家都意猶未盡，感謝洪修女與我們的分享。

20/2 慶元宵活動

2016年2月20日下午，我們眾多朋友齊聚一堂，舉辦元宵活動。我們還邀請了非教友家庭一起參加我們的活動。大家坐在一起，包餃子，包元宵，唱歌...，教堂里充滿了節日的氣氛。我們感謝天主賜給我們這個機會，能讓这么多的兄弟姐妹聚在一起，感受主的恩賜並共同讚美主。



暴風雪後的善後工作

SNOW SHOVELING AFTER SNOW STORM OF 16/2

在這濃冬，眾多志願工作人員不畏嚴寒，妥善處理聖堂周圍的積雪及冰塊，確保安全。我們衷心感謝。

We are most appreciative of the great efforts that our volunteers put into clearing the snow and ice around the church to ensure parishioners' safety. Thank you and please take care of your health when offering selflessly to the community. God bless.



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

聖神天主堂
SHENG SHEN (HOLY SPIRIT) PARISH
2016 聖週禮儀 HOLY WEEK

時間	禮儀	地點
三月三日 (星期四) 晚上七時	四旬期團體悔罪修和禮儀及告解 Lenten Penitential Service	聖堂
三月二十日 (星期日) 上午十一時半	基督苦難主日(聖枝主日) Passion (Palm) Sunday 請教友上午11:15在教堂正門集合	聖堂
三月二十二日 (星期二) 晚上七點半	聖油彌撒 Chrism Mass	主教座堂 Notre Dame Cathedral Basilica 385 Sussex Drive, Ottawa, Ontario
三月二十四日 (星期四) 晚上八時	聖週四 - 主的晚餐 Holy Thursday 黃昏感恩祭(聖油進堂禮, 彌撒, 濯足禮, 朝拜聖體)	聖堂
三月二十五日 (星期五) 下午一時半 下午三時 下午五時	聖週五 - 救主受難紀念 (守大小齋) Good Friday ▪ 拜苦路 ▪ 救主苦難禮儀, 聖道禮, 朝拜十字聖架, 領聖體 ▪ 預習聖週六禮儀	聖堂
三月二十六日 (星期六) 晚上八時	聖週六 - 復活慶典夜間禮儀 Easter Vigil 候洗者當晚領洗, 堅振及領受聖體	聖堂
三月二十七日 (星期日) 上午十一時半	復活主日感恩祭 Easter Sunday	聖堂

ST. BLAISE MASS OF BLESSING OF THROAT



二月三日是 St. Blaise 瞻禮。梁神父此日晚上在我們聖堂舉行彌撒，並以祝聖了的蠟燭為教友祝福喉部。多謝 Fred & Teresa Szeto 與 Louisa Wong 事前準備及粉飾所需蠟燭。

This FOJP journey was the first journey that I partook in. I had no idea about how many lives I could touch during the Evangelization concerts and prayer gatherings. What impressed me the most during this year's missionary journey was when we were in Myanmar. We had had a prayer gathering the previous night with the youth. I was finishing drying the breakfast dishes when a lady who was present at the prayer gathering last night came into the kitchen to thank us. Linda was there too and they began a conversation. To my surprise, she had been crying all night. "I am a strong woman." She said, "I am not supposed to cry." I realized that Jesus had touched her through FOJP and this journey has set me on fire to help more people.

It is everyone's duty as a Catholic, to evangelize. In FOJP, we plant a small seed in the country we visited, and then leave it there to grow, letting those whom we have touched to nurture it. In spreading the love of God, we also change ourselves. I have been told by those who had attended FOJP in previous years that after every mission, they felt different and weren't the same as before. We often wonder: how do I evangelize? What do I need to say? I don't know what will happen. You never need to worry about this because the Holy Spirit is always there to guide you and to tell you what to do. All you have to do is trust in Him. You do your best and God will do the rest. Without God, you can do nothing, but without your effort, God will do nothing.

Lydia Nung

在此多謝Byron, Lydia, Jonah和 John在28/2 感恩祭後安排的匯報會，分享他們去年的第十七次逾越知音的“我信故我言”的福傳之旅，並送出 這次福傳之旅的DVD 給在場的教友。

我們都可感受到青少年們這次旅程除了體驗到群體分工合作及有紀律的生活，了解到訪當地的風土人情友情，增長了自信堅毅的精神，並在恩神父的薰陶下，對信仰及身為基督徒福傳的使命有更多的認識與決志。他們並計劃今年繼續參予第十八次逾越知音福傳之旅往台灣，Laos等地。堂區呼籲各位教友收到福傳之旅的DVD後，用附上的奉獻信封捐贈支持青少年今年的福傳使命。請在奉獻信封上註明捐款是為支持青年(Youth)，並填寫奉獻信封號碼，以便安排退稅收條。



13/2 PILGRIMAGE PACKAGE PROGRAM OF JUBILEE OF MERCY

二月十三日的慈悲禧年渥太華主教座堂聖門朝聖之旅

a) Prayer Meeting & Sharing Session with Sr. Hong

二月份祈禱會: 除了為教宗二月份的祈禱意向及參予者的個別意向禱告外，我們以誦念慈悲串經及聆聽幾首唱頌慈悲禧年的歌詠，加深領略“如同天父滿懷慈悲”，“耶穌基督是天父慈悲的面容”及“只要些許仁慈，只要些許慈悲，就能令世間少一點冷漠，多一點正義”的概念。

洪吟芳修女的分享: 接著，洪修女更進一步談論慈悲禧年的背境資料及分享她輔導服務的經驗，提供婚姻家庭生活上的例子，反映一份出自內心的關懷，包容和寬恕，才能達到實踐慈悲之道。

b) Holy Door of Mercy at Notre Dame Cathedral

跨越主教座堂聖門: 下午四時，堂區一行四十多人在主教座堂集合後才踏入聖門。進堂後，分兩組列隊向梁神父或 Fr. Obinna 辦告解。之後，參予五時舉行的感恩祭。

c) Dinner Gathering 晚餐

感恩祭後，廿多位教友前往四海一佳酒家與兩位神父聚餐。



14/2 Rite of Honoring Ancestors Liturgy 祭祖禮



10/2 Ash Wednesday

二月十日的聖灰主日禮儀由青年組負責讀經及安排聖詠，井井有條。

Fr. Vogels Workshop on “Ecclesiastes”

二月廿七日，Fr. Vogels 與13位參予者分享及分析了“訓導編”的內容及要點。



14/2 RITE OF ELECTION AT NOTRE DAME CATHEDRAL

二月十四日下午，王振寧與Jia Qi Lin 在代父母陪同下，在主教座堂由 Nelson Gan 代表堂區宣告接受主教甄選禮，準備復活期間受洗。



11/2 University of Ottawa Student Week Promotion

二月十一日堂區應邀與Catholic Christian Outreach 及其他數個堂區參予了渥太華大學學生週的宣傳活動。Peter, Alain, Linda, Stephen & Martha Wong 及 Louisa 上午九時半先抵達佈置攤位，擺放介紹我們堂區活動的程序表，堂區通訊，鑽禧特刊及賀年食品以備派送給同學。Alain 更協助安裝循環播放堂區以往的活動的DVD。下午續有普通話班的學員及池神父到來支持宣傳工作。



Chinese NY celebration

很高興二月七日團年日Fr. Kerlake, Episcopal Vicar 代表主教主持我們的感恩祭及參予猴年新春聯歡會。出席的嘉賓 (包括包括Fr. Louis Fohssie, Vice Chancellor, Fr.Mathieu of St. Paul' s University 及主教座堂的難民計劃委員會成員) 與教友共有170多人, 大家濟濟一堂享用各類中式賀年美食及欣賞表演節目。



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
陳華綠	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
王芬芳	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
吳新	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
楊國慶	You Guo Yang
黎當	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
王芬芳	Louisa Wong
張愛蓮	Therese Yuen
劉秀英	Christina Fan
黃金霞	Teresa Szeto
熊玉桃	Rosa Hong

Quebec City 聖門朝聖之旅

堂區計劃在本年四月舉辦兩天旅程的Quebec City聖門朝聖之旅(22&23日或29&30日)。策劃行程, 酒店及旅遊車的安排有賴知悉參加人數及日期的選擇。因此, 謹請有意參加的教友填妥以下的問卷, 並在3月13日交回堂區辦事處。謝謝。旅程的細節將稍後公佈。

Our Parish is planning to organize a 2-Day Quebec City Holy Door Pilgrimage in the month of April, this year (either 22 & 23 or 29 & 30 April). Factors like number of participants and preference dates will help in proceeding with hotel and coach booking. Hence, it will be greatly appreciated for interested parishioners to return the questionnaire below and return to the parish office by 13 March. Details of the itineraries will be announced later.

Date	First Choice	Second Choice
22 & 23 April (Friday, Saturday)		
29 & 30 April (Friday, Saturday)		
Name:		
No. of Participants:		

第一次及第二次考核禮

候洗者在2月28日及3月6日接受考核禮。



截至2016年3月6日
培聖基金共籌得
As at 6 March, 2016
donation for Vocation
Development Fund
amounted to
\$2329.40

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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? 我們免費提供文件樣本, 手續諮詢, 請即來電.....

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11/2 Farewell 歡送 Elizabeth Fung

Elizabeth 已定二月中移居溫哥華。Peter 與 Christina 為她安排了歡送會, 邀請 Elizabeth 的友好作陪客在於二月十一日晚上在四海一佳酒家晚宴, 共開四席。Elizabeth 感謝大家過往對她的支持關顧, 並陳述她因緣巧合的在溫哥華接受senior housing 分配的居住單位, 尤如是天主的安排。在此祝福Elizabeth 順利安居溫哥華。主佑!

Mass of Thanksgiving

DIOCESAN ANNUAL WEDDING ANNIVERSARY CELEBRATION

結婚週年紀念感恩祭
渥太華教區舉辦

日期: 2016年5月1日(星期日)
時間: 2:30 p.m.
地點: 主教座堂Notre Dame Cathedral
報名: 請與聖神天主堂堂區辦事處聯絡
截止日期: 4月20日



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