



聖神天主堂

Sheng Shen (Holy Spirit) Parish

1187 Rue Michael Street North, Ottawa, Ontario K1J 7T2

Tel: (613) 747-2080 Fax: (613) 747-6115

Web: www.ottawachinesecatholic.org



2021年2月份堂區通訊



總主教 農曆新年賀辭



撮要：牛年伊始，總主教祈盼在基督的奧體內和我們團結互禱。並鼓勵我們，秉承我們的傳統，在疫情中，效法辛丑靈牛的刻苦、忠誠、勤奮、謙遜的精神。持續鞏固信仰，努力福傳的使命。并祝願上主通過聖神的指引，在基督內，眷顧我們堂區。



Dear parishioners of Sheng Shen Parish,

Happy Lunar New Year!

I am looking forward to celebrating with the parish community the start of the Year of the Ox. At the moment, we do not know how many people will be able to be physically present but we will be united in our prayer and through our baptism with one another in the mystical Body of Christ.

I was doing some reading about the Year of the Ox and I discovered Oxen are associated with honesty and earnestness. They are often humble and do not seek to be the center of attention but their hard work is noticed. This makes me think of the character of the Sheng Shen parish which has so many humble, dedicated, hard working and faith-filled parishioners.

In this difficult pandemic time, more than ever we need to pray with and for each other and for the world. We know we have a great treasure in the Gospel of Jesus Christ and he strengthens and equips us to be his disciples. We need to share this Good News with the world and I know Sheng Shen parish endeavours to evangelize in many different ways.

As we begin the year of the Ox, I encourage you in your faith and your service in your parish home and the wider community. Thank you for inviting me to participate in this upcoming joyful occasion.

May God bless you and may He send his Holy Spirit to guide and sustain you through Jesus Christ our Lord.

✠Marcel Damphousse
Archbishop of Ottawa-Cornwall

Office of the Archbishop
1244 Kilborn Place
Ottawa, Ontario K1H 6L1

Bureau de l'Archevêque
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Ottawa, Ontario K1H 6L1

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Priest Moderator
梁增仁神父 Rev. Stephen Liang, M.D. stliang@rogers.com
Deacon Pastoral Coordinator
范浩泉執事 Deacon Peter Fan peterhcfan@gmail.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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范浩泉執事 Deacon Peter Fan
羅靜如 Angelina Lo
陳志華 Louis Chan
周陳淑芬 Cecilia Chow



成人慕道 (粵語, 國語, 英語) / Rite of Christians Initiation of Adults (RCIA)
 星期日上午十時半 Sunday 10:30 am
青少年活動 Children/Youth Activities
 星期日上午十時半 Sunday 10:30 am
兒童禮儀 Children Liturgy
 星期日上午十一時半 Sunday 11:30 am
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 10:00-12:00 pm



惠捐支票抬頭 / Please make all cheques payable to:
 "Sheng Shen Chinese Catholic Community"



Sunday Mass
 All liturgies in English & Chinese
Sunday 11:30 a.m.

In addition:
Third Sunday of the month:
9:30 a.m. (English)



主日感恩祭
星期日
早上十一時半
另加:
每月第三星期日
早上九時半 (英語)

聖神天主堂
 Sheng Shen Parish
 1187 Rue Michael St. North,
 Ottawa, Ontario K1J 7T2
 Tel: (613) 747-2080

To help fight the pandemic, we observe the guidelines of the Archdiocese and Government. Our priests continue to offer masses privately while we suspend the gathering for masses until the situation permits us to gather for worship and prayers again.

為防疫情惡化，我們遵守教區及省政府防疫守則，暫停聚集彌撒。請各位持續參與教區和公教團體的網上彌撒，一起互禱。萬望保重。更盼望快將一起禮拜祈禱。主佑。



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，教友繼續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。

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。查詢可與范執事或梁神父聯絡。



聖神天主堂 Sheng Shen (Holy Spirit) Parish
 2021 聖灰及聖週禮儀 Ash Wednesday & Holy Week
 備注：禮儀的舉行視乎疫情的限制而定

時間	禮儀	地點
二月十七日(星期三) 晚上七時(Feb 17, Wed@ 7pm)	聖灰禮儀(守大/小齋) Ash Wednesday (Fast & Abstinence)	聖堂
三月二十日(星期六) 下午一時半 (Mar 20, Sat@ 1:30 pm)	四旬期團體悔罪和禮儀及告解 Lenten Penitential Service	聖堂
三月二十八日(星期日) 上午十一時半 (March 28, Sun@ 11:30 am)	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
三月三十日(星期二) 晚上七時半 (March 30, Tues@ 7:30 pm)	聖油彌撒 Chrism Mass	主教座堂 Notre Dame Cathedral Basilica 385 Sussex Drive, Ottawa, ON K1N 1J9
四月一日(星期四) 晚上八時 (April 1, Thurs@ 8 pm)	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
四月二日(星期五) 下午一時半 (April 2, Fri@ 1:30 pm) 下午三時 (April 2, Fri@ 3:00 pm) 下午五時 (April 2, Fri@ 5:00 pm)	聖週五 - 救主受難紀念 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 聖堂 聖堂
四月三日(星期六) 晚上八時 (April 3, Sat@ 8 pm)	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
四月四日(星期日) 上午十一時半 (April 4, Sun@ 11:30 am)	復活主日感恩祭 Easter Sunday	聖堂 Celebrate the resurrection of our Lord! Happy EASTER



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

德福賴天恩

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PASTOR'S MESSAGE

常年期第五主日
二月七日

Fifth Sunday of Ordinary Time
FEBRUARY 7, 2021

"清晨,天還很黑,耶穌就起身出去,到荒野的地方,在那裡祈禱。
谷1:29-39

Rising very early before dawn, Jesus left and went off to a deserted place, where he prayed.

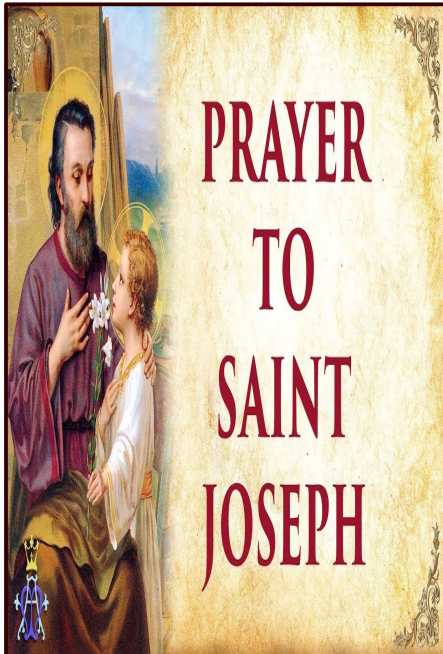
Mark 1: 29-39

馬爾谷福音精簡地記載了耶穌在負起講道及治癒人的重任下,總會尋覓一些荒野或遠處去祈禱。我們也都需要一個空間與天主重建關係或處理心結。可以是園林中散步或是清靜房間內的一張椅子;也可以是一個指定的時間,如起床前的一刻或午餐後的數分鐘----不論何處何時,只求能擺脫喧鬧的市場及我們計劃的限制,去感受與主獨處的平和,靜心聆聽聖言,領悟做一些簡單謙卑事情帶來的喜樂。耶穌邀請我們在日常生活中尋找空間與時間重溫天主是愛,再次回應主的召喚,領略感恩及服務別人的欣慰。”

In today's Gospel, Mark includes the short but important detail that Jesus, in the midst of his demanding preaching and healing, seeks out a "deserted," out-of-the-way place to pray. We all need such a "deserted place" to reconnect with God and the things of the heart. That "deserted place" may be a physical space (a walk in the woods, a chair in a quiet room) or a set-aside time (first thing in the morning, a few minutes after lunch) — wherever and whenever we can escape the clamor of the marketplace and the tyranny of our planners to experience the peace of being alone with God, to hear God speaking in the quiet of our hearts, to know the joy of doing simple, humble things for others. Jesus invites us to find spaces for prayer and quiet time in our days to re-center our lives in the love of God, to hear again the voice of God calling us to lives of grateful joy and fulfilling service to others.

梁增仁神父

Rev. Fr. Stephen Liang M.D.



向聖若瑟祈求 恩寵禱文

節錄教宗方濟各宗座牧函

萬福,贖世主的守護者,
童貞聖母瑪利亞的淨配。
天主把祂的獨生子託付予你;
你的淨配瑪利亞信賴你,
因你的合作,基督降生成人。
大聖若瑟,請向我們顯示你也是我們的父親,
並在人生的旅途上引領我們。
請為我們祈獲恩寵、慈悲和勇氣,
並保護我們免於一切凶惡。阿們。

教宗方濟各二月份的祈禱意向 Pope Francis Prayer of Intention for February 2021

Universal: Violence Against Women

總意向: 為受暴力侵害的婦女

We pray for women who are victims of violence, that they may be protected by society and have their sufferings considered and heeded.

願受暴力侵害的婦女,能獲得社會的保護,且她們的痛苦能受到關注。



2018 to 2021

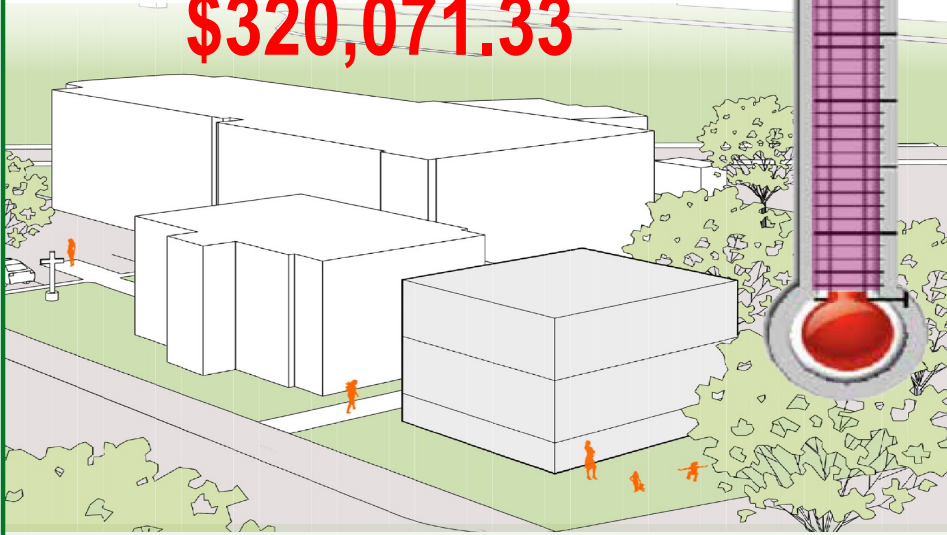
\$550,000.00

As at January 30, 2021 Donation amounted to
截至 2021 年 1 月 30 日 承諾捐款共達

PASTORAL CENTRE

Fundraising

\$320,071.33



Note:

In 2020, the Archdiocese of Ottawa-Cornwall raised the Tax Exemption Fund-raising limit to \$550,000 to help Sheng Shen (Holy Spirit) Parish to build a bigger Pastoral Centre and start major renovation.

As of 2021.01.30 : Total amount raised is \$320,071.33.

牧民中心進展

Progress in the Pastoral Centre Project

去年教區提高我們堂區籌款免稅上限至五十五萬，以助我們擴大牧民中心，及修繕現有設施。

2020年十二月十五日，總主教會同教區顧問團批准我們的則師，並指示我們堂區着手設計和建造牧民中心。日內將和堂區同仁分享則師設計意念及草圖。

對總主教及其團隊的支持，我們堂區同仁致誠摯的謝意。

In 2020, the Archdiocese of Ottawa-Cornwall raised the limit of Diocesan Tax Exemption for Sheng Shen (Holy Spirit) Parish to raise funds for a bigger Pastoral Centre and to start some major renovation. This additional tax exemption is reflected in the "Pastoral Centre" Fundraising Meter.


In the College of Consultors Meeting on 15th December, 2020, Archbishop Marcel Dampousse approved the Architect, Build Well to Be Well Inc., to design the Sheng Shen Pastoral Centre and instructed our Parish to proceed with the steps for constructing the Centre. The Architect is drafting the design for the Pastoral Centre. Preliminary ideas and designs would be released to the parish community to welcome inputs.

We are most thankful for the support of the Archbishop and his staff.

團體消息 ANNOUNCEMENT

1. 年初三 (二月十四日), 主教特別為我們主持彌撒慶祝新年。暫定網上直播。如已重開則直播和教友參與同時進行。請留意公佈。
2. 二月十七日 (星期三) 聖灰禮儀日, 須守大小齋。
3. 11/2/2021 (Feast of Our Lady of Lourdes 露德聖母瞻禮日), 定為 World Day of the Sick. 請為病患者祈禱。

Congratulation to Vincent Chiu for his 87th Birthday

Congratulations
to Linda
& David Ng,
grandparents
for birth of
granddaughter
Zoey, 阮文雅
born on
January 25, 2021
Weighing
6.5 lbs

神領聖體經

我的耶穌，我真心全信你在聖體聖事內，我愛你超過一切，我渴望領你到我心中。既然我現在不能實領你，請賞我至少神領你的恩典吧！我擁抱你，完全與你結合，像你實在到了我的心中一樣。別讓我再與你分離吧！ 亞孟。



Act of Spiritual Communion by St. Alphonsus de Liguori:

My Jesus, I believe that you are present in the Most Holy Sacrament. I love you above all things, and I desire to receive you into my soul.

Since I cannot at this moment receive you sacramentally, come at least spiritually into my heart. I embrace you as if you were already there and unite myself wholly to you.

Never permit me to be separated from you. Amen.

Online Pastoral Council Meeting on 28/1 after Rosary Prayer

**Sheng Shen (Holy Spirit) Parish
1st Pastoral Council Meeting (AGM) 2021
Agenda**

January 28, 2021 Start Time: 8:10PM End Time: 9:30PM

Virtual Meeting after Rosary

Standing Members		
Chair: Fr. Stephen Liang	Deacon Pastoral Coordinator: Peter Fan	
Richard Chan, Lily Lee	Secretary: Xu Feng Wang	
Karin Ng, Agnes Chang	Administrators: Angelina Lo, Suk-Lun Huk	
Sharon Wong	Christian Service: Angelina Lo	
Alvin	Maintenance: Alvin Chan	
Assistant: Roger Fan	Youth: Lella So, Louisa Wang	

全新南向安福园

第二期

现已接受
查询预定

理想福地 更多选择

全新南向安福园第二期将在2021年落成，富有中国元素的秀丽景观设计，让先人能在亲切的环境中安息。更有传统中式设计的拱门耸立于入口处，欢迎来探访的亲友。理想福地，万勿错过！

Arbor Memorial重视每位宝贵的顾客，态度专业和谦，历史悠久，为华人服务多年，现更成为加拿大最具规模备受信赖的殡仪及墓园公司之一。

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Arbor Memorial Inc.



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In Loving Memory of
Sr. Aline Aubrey

Rest in Peace
Sr. Aline passed away on
January 26, 2021

牧靈議會 Pastoral Council 2021

梁增仁神父 Fr. Stephen Liang (司鐸統籌 Priest Moderator)
 范浩泉執事 Deacon Peter Fan (牧民統籌 Pastoral Coordinator)
 李利 Li Li (共同主席 Co-Chair)
 陳利爵 Richard Chan (共同主席 Co-Chair)
 黃翠霞 Rexan Wong (禮儀 Liturgy)
 歐慧賢 Linda Au (團體生活 Community Life)
 黎寶珍 Katie Ng (財務委員會代表 Finance Council Representative)
 王治耀 Louis Wang (青年代表 Youth Representatives)
 農正心 Lydia Nung (青年代表 Youth Representatives)
 陳勒秋 Alain Chan (維修 Maintenance)
 羅靜如 Angelina Lo (Administration 行政)
 莫淑蘭 Suk Lan Mok (Administration 行政)
 王澤楓 Ze Feng Wang (秘書 Secretary)

禮儀 Liturgy

黃翠霞 Rexan Wong (Coordinator)	叢英 Catherine Au
李利 Li Li (Lectors)	Linda Au
農李美玲 May Nung (Children Liturgy)	Dennis Duan
王治耀 Louis Wang (Altar Server, Youth Liturgy)	Carol Duan
龍桂裳 Shobie Lung (Youth Liturgy)	Martha Wong
胡露施 Melissa Wu (Youth Liturgy)	Jennifer Yeung
農正心 Lydia Nung (Youth Liturgy)	Jie Yi Li
Patient Bahizire (Youth Liturgy)	Christine Wong
李美蘭 Joyce Wong (Eucharistic Ministry)	James Wong
黃金霞 Teresa Szeto (Sacristy)	Bony Chan
羅翠貞 Helena Wong	Jian Hua Yang
溫麗妮 Lai Nai Wan	Jimmy Ha
江美珍 Connie Kam	Linda Chan
曾兆祺 Leonard Tsang	Suk Lan Mok
古媽珊 Serena Tsang	Bosco Wong
曾慧潔 Gladys Wong	Rosa AuYeung
李美玲 Meiling Li	Gloria Kung
黃健平 Dicky Wong	Anita Cheung
農大鈞 John Nung (Choir A)	Baylie Lung
陳瑞平 Sunny Chan (Choir B)	Fiona Kam
司徒惠良 Fred Szeto	Ze Feng Wang
黃暉 Wei Huang	Danny Zhang
王芬芬 Louisa Wong	Stephen Ha
陳志彪 Bill Chan	Hongzhao Zheng
馬叙英 Celine Ma	Jackie Lin
	Maria Sun

財務委員會 Finance Council 2021

梁增仁神父 Fr. Stephen Liang (司鐸統籌 Priest Moderator)
 范浩泉執事 Deacon Peter Fan (牧民統籌 Pastoral Coordinator)
 Members:
 黎寶珍 Katie Ng (主席 Chair)
 張彥潔 Agnes Zhang (副主席 Vice-Chair)
 農李美玲 May Nung (秘書 Secretary)
 夏景榮 Jimmy Ha (委員 Member)
 In attendance:
 曾兆祺 Leonard Tsang
 鄧鉅振 Thomas Tang (建設 Project Manager)
 羅靜如 Angelina Lo (行政 Administration)
 莫淑蘭 Suk Lan Mok (行政 Administration)

團體生活 Community Life

歐慧賢 Linda Au (Coordinator)	謝夢儀 Julianna Tse	李溫麗妮 Lai Nai Wan
陳楚儀 Chor Yee Chan	葉敬華 Anita Cheung	段曹正心 Carol Duan
陳淑芬 Cecilia Chow	黃振方 James Wong	陳志彪 Bill Chan
陳勒秋 Alain Chan	羅翠貞 Helena Wong	農大鈞 John Nung
陳小喬 Rosa AuYeung	David Xia	農李美玲 May Nung
張小雲 Xaoyun Zhang	Jennifer Yeung	陳瑞朝 David Chan
李利 Li Li	Lucille Fong	周健明 Gary Chow
孫擘梅 Maria Sun	Richard Chan	李美蘭 Joyce Wong
夏藝紘 Diana Xia	Linda Chan	Louisa Wong
黃暉 Teresa Wang	Lei Cai	Sunny Chan
張貴鳳 Jessica Cheung	Jie Yi Li	劉秀英 Christina Fan

信仰培育 Christian Education

梁增仁神父 Fr. Stephen Liang (司鐸協調 Priest Moderator)
 范浩泉執事 Deacon Peter Fan (執事牧靈協調 Deacon Pastoral Coordinator)
 羅德偉神父 Fr. Lodewicus Barnard
 張彥潔 Agnes Zhang
 羅靜如 Angelina Lo
 夏少仁 David Xia
 陳志彪 Bill Chan

行政義工小組

羅靜如 Angelina Lo (Coordinator)
 陳淑芬 Cecilia Chow
 黃庭光 Bosco Wong
 莫淑蘭 Suk Lan Mok
 司徒惠良 Fred Szeto
 蔡蕾 Lei Cai
 馬叙英 Celine Ma
 王治耀 Louis Wang
 謝夢儀 Julianna Tse
 范浩泉執事 Deacon Peter Fan (牧民統籌 Pastoral Coordinator)

關愛 Christian Service

羅靜如 Angelina Lo
 劉湘貴 Gloria Kung
 羅翠貞 Helena Wong
 區兆樑 Raymond Au
 李美蘭 Joyce Wong
 溫麗妮 Lai Nai Wan
 王芬芬 Louisa Wong
 張愛蓮 Therese Yuen
 劉秀英 Christina Fan
 黃金霞 Teresa Szeto
 熊玉桃 Rosa Hong
 段曹正心 Carol Duan

Happy 90th
 Birthday to
 Maxim Ong Tone



福如东海 身体健康
 寿比南山 生日快乐
 多福多寿 主恩常在!



Happy 80th
 Birthday to
 Lemin Gan
 甘樂民

HAPPY
 Retirement
 to

Raymond Au
 and Jeff Cheung

ENJOY THE BLESSINGS OF
 RETIREMENT!





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