



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/



2022年4月份堂區通訊



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
司徒惠良 Fred Szeto frederick.szeto@gmail.com
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蔡蕾 Cai Lei ease4.0123@gmail.com
謝夢儀 Julianna Tse juliannatse@gmail.com

Editorial Team

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/Rite of Christians Initiation of Adults (RCIA) (粵語, 國語, 英語)

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)



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

主內弟兄姊妹:

主內平安。

防疫的限制已漸漸放緩, 我們聖堂地方寬敞, 同時朋友們都緊守清潔及安全距離的原則, 以防萬一。請按照情況來一起祈禱供奉。

四月九日(星期六), 下午一時我們舉行四旬期團體修和及反省, 由羅神父主持。主題是: 慈悲、修和與治癒。

親身或網上參與皆可。請從聖神天主堂網頁直接進入修和反省連結。

保重, 主佑
聖神天主堂



Dear Sisters & Brothers in Christ,

Blessings!!

Almost all the pandemic restrictions are lifted. We are blessed with our spacious church and our community's established sense of distancing and sanitizing for mutual safety.

Please come and join us in prayers and worship according to your situation.

God Bless.

Sheng Shen (Holy Spirit) Parish

28 March 2022 :
Exposition and Veneration of
Relics of Saint Andre Bessette
at IHM Church



聖神天主堂 Sheng Shen (Holy Spirit) Parish
2022 四旬及復活期 Lent & Easter Schedule

時間	禮儀	地點
四月九日(星期六) 下午一時 (April 9, Sat. @ 1 pm)	四旬期團體悔罪修和禮儀及告解 Lenten Penitential Service	聖堂 Church
四月十日(星期日) 上午十一時半 (April 10, 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 Assemble at church entrance at 11:15 a.m.	聖堂 Church
四月十二日(星期二) 上午十點半 (April 12, Tues. @ 10:30 am)	聖油彌撒 Chrism Mass	主教座堂 Notre Dame Cathedral Basilica 385 Sussex Drive, Ottawa, ON K1N 1J9
四月十四日(星期四) 晚上八時 (April 14, 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 Church
四月十五日(星期五) 下午一時半 (April 15, Fri. @ 1:30 pm) 下午三時 (April 15, Fri. @ 3:00 pm)	聖週五 - 救主受難紀念(守大小齋) Good Friday 拜苦路 Way of the Cross 救主苦難禮儀, 聖道禮, 朝拜十字聖架, 領聖體 Passion of Christ	聖堂 聖堂 Church 聖堂
四月十六日(星期六) 晚上八時 (April 16, Sat. @ 8 pm)	聖週六 - 復活慶典夜間禮儀 Easter Vigil 皈依者當晚領受聖振及聖體	聖堂 Church
四月十七日(星期日) 上午十一時半 (April 17, Sun. @ 11:30 am)	復活主日感恩祭 Easter Sunday	聖堂 Church

教宗方濟各四月份的祈禱意向
Pope Francis Prayer of Intention
for APRIL 2022

Universal: For health care worker
福傳意向: 請為醫療衛生人員祈禱

We pray for health care workers who serve the sick and the elderly, especially in the poorest countries; may they be adequately supported by governments and local communities.

為照顧病人和老人的醫療衛生人員祈禱, 尤其是在最貧窮國家, 祈願他們的工作獲得當地政府及社會的支持。

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。



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

Pastor's Easter Message

The Resurrection of the Lord

"Why do you seek the living among the dead? He is not here, but has been raised. Luke 24: 1-12

The Mary Magdalenes in our midst are the under-appreciated and often surprising messengers of the "good news" that Christ has risen. The same compassion that brings Mary to the tomb on Easter morning enables these "Magdalenes" to give of their time to move the boulders that seal others in tombs of fear and hopelessness, to assure all of us that Christ goes ahead to meet us, that the promise of resurrection is ours — and because her compassion will not yield to her grief and hopelessness, Mary becomes the "apostle to the apostles" who announces to the world the first proclamation of Jesus' resurrection. When compassion moves us to act in the wake of despair, when a commitment to justice overcomes fear to transform Good Friday into Easter morning, when hope refuses to let us give up on the lost and rejected, we mirror the spirit of Mary of Magdala, the devoted disciple of Jesus. In this Easter season, may the Mary Magdalenes in our lives inspire us to proclaim by our selfless generosity and works of reconciliation the good news of Jesus' empty tomb.

PRAYER:

Father, tonight we celebrate the empty tomb of your Son — your ultimate promise of hope, of life, of love to humanity. Instill in us the faith and compassion of Mary Magdalene and her companions: may Easter hope enable us to abandon the tombs we create for ourselves and rise to be reborn again and again in your constant love; to renew and re-create our world in the light of the Risen Christ; to proclaim in every moment of our lives the Gospel of the Holy One, Christ Jesus who has died, who has risen, and who comes again!

Rev. Dr. Stephen Liang, M.D.

耶穌基督的復活

"你們為什麼在死人中找活人呢？他不在這裡了，他已復活了。" 路24:1-12

瑪利亞瑪達肋納就是我們群眾中素來不受重視卻能驚訝地成為傳遞基督復活喜訊的使者。瑪利亞慈悲的心正帶動眾婦女在復活節早晨跑到耶穌的墓前見證基督的復活，也打開了眾人因恐懼無奈而自困的心頭大石，保證耶穌主動與我們會面，也完成救贖世人的承諾。而由於她的慈悲克服了憂傷和無助，瑪利亞便成為首位宗徒向其他宗徒及世界宣告基督的復活者。

當我們在絕望中被慈愛推動行事，當正義克制了畏懼，可把苦難逆境轉移為復活喜悅，當盼望不讓我們放棄失落被離棄者時，我們就反映了瑪利亞瑪達肋納的精神，做耶穌的忠誠門徒。在這復活季節，願我們效法瑪利亞瑪達肋納，以無私慈懷，修和寬容待人來宣揚基督的復活喜訊。

禱文：

天父，今夜我們慶祝你聖子的復活——你對人類給與希望，生命及愛的終極承諾。請培育我們效法瑪利亞瑪達肋納和她同伴的信念與慈祥：願復活的希望驅使我們拋棄自困的墳墓，在你的愛懷中一次又一次的重生，在基督復活的光照下，不斷更生和重建我們的世界；在我們生命的每一刻宣講福音的聖言，基督的死的死而復生，及祂的再臨！

梁增仁神父



Reconciliation & Retreat

April 9, 2022 (Sat.) | 1 PM



周六，三月十九日，朝拜聖體 / Adoration on Saturday March 19



The Zoom link for the Holy Hour, on the third Saturday of the month:
每月第三星期六下午一時網上朝拜聖體：

[https://us02web.zoom.us/j/84595239027?](https://us02web.zoom.us/j/84595239027?pwd=eXNwY3BVQkpWRmQ0dXlQSmhPMzJldz09)

[pwd=eXNwY3BVQkpWRmQ0dXlQSmhPMzJldz09](https://us02web.zoom.us/j/84595239027?pwd=eXNwY3BVQkpWRmQ0dXlQSmhPMzJldz09)

團體消息 ANNOUNCEMENT

1. 教宗方濟各已於三月十七日宣佈委任 Fr. Yvan Mathieu, S.M. 為渥太華-康沃尔教區輔理主教。
On March 17, Pope Francis made the announcement to appoint Fr. Yvan Mathieu, S.M. to be the Auxiliary Bishop of the Diocese of Ottawa-Cornwall.
2. 四旬期內，每週四的網上玫瑰經改為拜苦路，紀念及默想耶穌為拯救世人釘死十字架上。
3. 四月九日（星期六）下午一時同時在教堂及網上舉行朝拜聖體 / 反思，四旬期團體悔罪修和禮儀 / 及告解。網上連結可參閱堂區通訊或如下：
<https://us02web.zoom.us/j/84595239027?pwd=eXNwY3BVQkpWRmQ0dXlQSmhPMzJldz09>
4. 堂區特別安排在四月二十四日（星期日）上午九時半加辦一台英語彌撒。但四月十七日（第三星期日）上午九時半的英語彌撒照常舉行。

A Special Easter Lunch Celebration

慶祝復活佳節齊賀神父生辰

Come celebrate Easter Sunday and the birthdays of our beloved Father Stephen Liang & Father Lodewicus Barnard

Where 地點: Shanghai One Restaurant
1872 Merivale Rd Unit C, Nepean

Date 日期: April 17th, 2022 at 1:30 p.m.

Tickets 票價: \$25

Contact 票務: Ceci Chow, Alain Chan,
Julianna and Teresa Szeto



聖神牧民中心

The Sheng Shen Pastoral Centre

聖神牧民中心現階段和渥太華市政府諮商建築地段細節。因疫情及經濟波動，牧民中心籌委會與教區亦緊密商討對策。

為全面推動聖神天主堂的目標與使命，牧民中心會繼續透過青少年及長者住宿服務與社區活動，強化我們的堂區。我們積極籌劃福傳和社區計劃，與增建設施。更雙管齊下，一方面立案註冊中心為非謀利社團，另一方面探討以最佳經濟效益建堂。我們極需要你們的協助，向親友推介牧民中心計劃，及提供寶貴意見。

As we continue with our consultation with the City on the site plan for the Pastoral Centre, we intensify our efforts to incorporate Sheng Shen Pastoral Centre as a non-profit legal entity to help promote community programs across the generations and on all levels, spiritual, social, personal, community, etc. With the purpose of evangelizing through programs of compassion and mercy, we pursue the dual process of building a sound structure and a rich program. We long for your support through your most precious advice and efforts in propagating the mission of we Chinese Catholic in Ottawa.

2018 to 2022

\$750,000.00

PASTORAL CENTRE

Fundraising

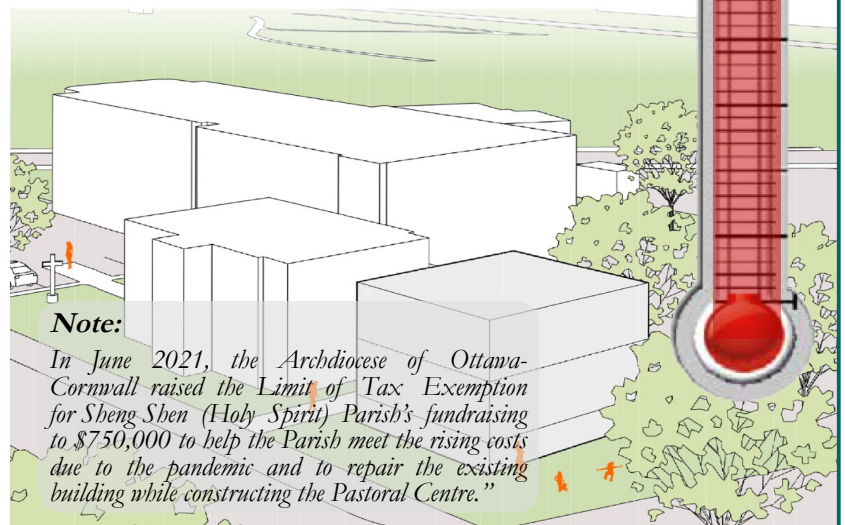
As at April 3, 2022

Donation amounted to

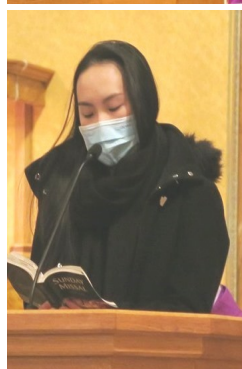
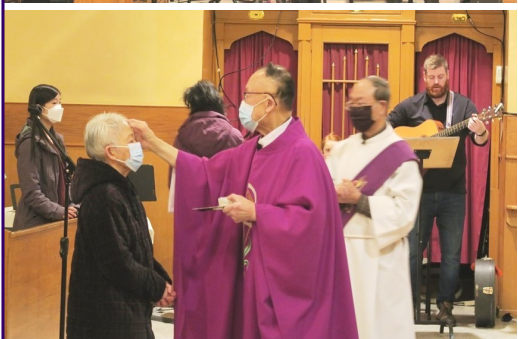
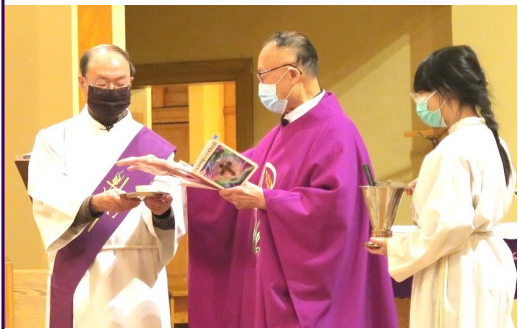
截至 2022 年 4 月 3 日

承諾捐款共達

\$457,293.19 →



Ash Wednesday March 2



Spring Manoeuvre



Thank you, volunteers, for your
**VERY EXCELLENT ORGANIZATION
& INTENSE LABOUR!**



March 31, 2022

Dear Brothers and Sisters In Christ,

I pray your Lenten preparation for Easter is proving fruitful.

We often take for granted having a roof over our heads and place to retreat with our families when times are tough – our home – whether it is a large single-family unit or a small but perfect size for us apartment. Having a place to call home is about more than shelter because it is a place to gather family and friends and to enjoy a sense of security.

We know that homelessness and housing insecurity are chronic problems in our area. Many people do not have a place to call home or are in danger of losing their shelter because of economic insecurity.

Indigenous peoples are significantly more at risk for experiencing these problems and often have greater difficulty in finding a place to live. Part of our commitment to the ongoing work of truth and reconciliation with indigenous peoples is to help provide for physical needs so that the important work of spiritual and mental healing can take place.

You may know already of two organizations doing wonderful work to help the economically disadvantaged and the homeless: the Ottawa Central Council of the St. Vincent de Paul Society ([Society of Saint Vincent de Paul - National Council of Canada \(ssvp.ca\)](http://Society of Saint Vincent de Paul - National Council of Canada (ssvp.ca))) and the Ottawa Multifaith Housing Initiative (MHI) (MULTIFAITH HOUSING INITIATIVE - HOME) (www.mutifaithhousing.ca).

I am pleased to share the good news about a joint project between these two agencies to provide housing for indigenous families. The Ottawa Central Council (OCC) of the Society of St. Vincent de Paul and the Multifaith Housing Initiative are working together to build a new housing project, called the "Anchor," to be located at 7 Rossland Avenue in Nepean. Through various fundraising activities, they aim to raise sufficient funds to cover the down payments of 4-6 apartments for Indigenous families in need.

One way you can support this important cause is to participate in the popular lottery called "Catch the Ace." There are draws every Monday and tickets are only \$10. It is an online draw, so getting a ticket is only a click away. For information see: [Home | Society of St-Vincent de Paul \(Ottawa Central Council\) \(ssvpottawa.ca\)](http://Home | Society of St-Vincent de Paul (Ottawa Central Council) (ssvpottawa.ca))

I encourage you to support this initiative which provides a home for indigenous families in need. We all need and deserve a place to feel "at home", safe and secure, with our family. Please help make this goal a reality by supporting the "Catch the Ace" draw or by making a donation.

May God bless you, your family and the place you call home.

Sincerely,


✠ Marcel Damphousse
Archbishop of Ottawa-Cornwall

陈卓接受欢迎与皈依礼仪
Rite of Welcoming & Calling for Zhuo Chen



熱烈歡迎陳卓皈依

2022

聖神天主堂
Sheng Shen Holy Spirit Parish
Catholic Church of Ottawa

歡迎陳卓的皈依
Welcome the Conversion of
陳卓 Zhuo Chen

天主保佑

Working with the charitable organization,
Canada Helps, online donation is now available.

Please go to our Parish web site, 請參照堂區網頁中的
連結, 直接捐獻給聖神天主堂。謝謝!!

<https://www.ottawachinesecatholic.org/>

and
DONATE!

我們同時鼓勵各位持續以 Buy-a-Brick 的表格捐獻。
詳情請聯絡堂區辦事處 (電話: 613-747-2080)

電郵: parishoffice@ottawachinesecatholic.org

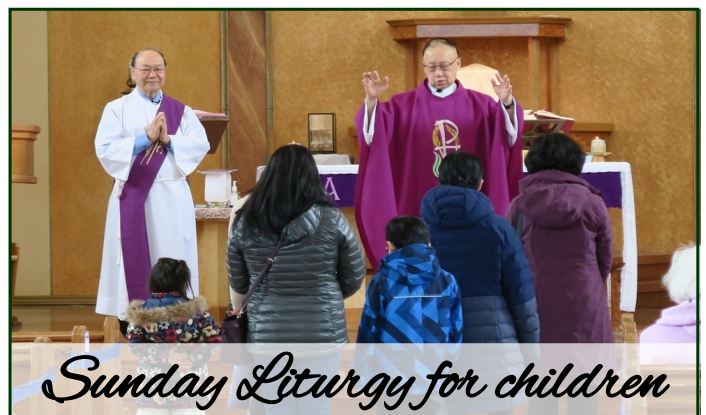
We also urge you continue to use our Buy-a-Brick form
to support donations to the Sheng Shen Pastoral Centre.
For details, please contact us by phone: (613-747-2080) or
via the above email address.

Online donation
available on the web site of
Sheng Shen (Holy Spirit) Parish

網上捐款，
簡單直接，
方便大家。



9:30 a.m. English Mass March 20



Sunday Liturgy for children



With the re-opening of the parish hall, the youth and members of the congregation gathered together at our basement to enjoy their fellowship after Mass.

Thanks to the generosity of Xiao Yun Zhang and Lily Li in donating the egg rolls and sausage roll, while John Nung, Angelina, Ceci, Canice, Lydia, Alain & Linda, Xiaolin & Yajie and many others helped to serve.



2022 3.17. Pastoral Council Meeting



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)	歐慧賢 Linda Au
農李美玲 May Nung (Children Liturgy)	段安林 Dennis Duan
王治耀 Louis Wang (Altar Server, Youth Liturgy)	段善正心 Carol Duan
龍柱裳 Shobie Lung (Youth Liturgy)	沈慧珠 Martha Wong
胡露施 Melissa Wu (Youth Liturgy)	陳潔華 Jennifer Yeung
農正心 Lydia Nung (Youth Liturgy)	黎潔儀 Jie Yi Li
Patient Bahizire (Youth Liturgy)	黃懿德 Christine Wong
李美蘭 Joyce Wong (Eucharistic Ministry)	黃振方 James Wong
黃金霞 Teresa Szeto (Sacristy)	陳志雲 Bony Chan
羅翠貞 Helena Wong	楊建華 Jian Hua Yang
溫麗妮 Lai Nai Wan	夏景榮 Jimmy Ha
江美珍 Connie Kam	陳麗珠 Linda Chan
曾兆祺 Leonard Tsang	莫淑蘭 Suk Lan Mok
古媽珊 Serena Tsang	黃庭光 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)	龍映如 Baylie Lung
陳瑞平 Sunny Chan (Choir B)	Fiona Kam
司徒惠良 Fred Szeto	Ze Feng Wang
黃曉 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)
 孫曄梅 Maria Sun
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	葉敏華 Anita Cheung	段善正心 Carol Duan
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 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

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羅靜如 Angelina Lo (Coordinator)
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Website: <https://cnewa.org/ca/campaigns/ukraine/>

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Red Cross

Website: <https://www.redcross.ca/about-us/media-news/news-releases/red-cross-launches-ukraine-humanitarian-crisis-appeal>

Red Cross launches Ukraine Humanitarian Crisis Appeal - Canadian Red Cross (redcross.ca)



Weekly online Way of the Cross during Lent
Let us Pray together



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Link for weekly Thursday Rosary/Way of the Cross

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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.

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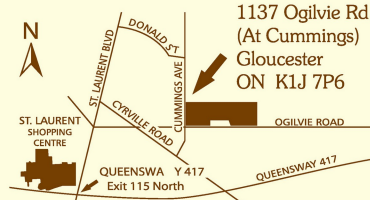
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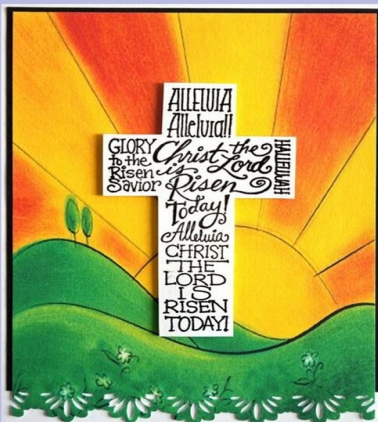
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