



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12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
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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 OH HOLY NIGHT!
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



MAY WE REMEMBER HIM THIS CHRISTMAS SEASON
AND THROUGHOUT THE COMING YEAR

主內弟兄姊妹:

疫情稍歇, 聖堂重開。我們仍緊守防疫程序, 以策安全, 萬望保重。讓我們恆常互禱。願天主祝福曆上閣家。

又周六, 十二月十八日, 下午一時, 我們在聖堂舉行將臨期團體悔罪修和禮儀及告解聖事, 親身或網上參與皆可。禮儀連結如下:

<https://us02web.zoom.us/j/86518940992>

盼望有多一個機會和你共禱, 互相支持。保重, 主佑。

聖神天主堂。



Dear Sisters & Brothers in Christ,
Blessings to your whole family.

We have resumed celebrating masses in person. Come and join us if the situation permits.

Advent Penitential Liturgy & Confession in person or online will also resume on Saturday December 18 at 1 p.m.

Zoomlink:

<https://us02web.zoom.us/j/86518940992>

Wishing to pray in love and support with each other.

God Bless.

Sheng Shen (Holy Spirit) Parish



參予彌撒注意事項:

請入座教堂前, 先在登記表填上姓名及電話號碼或電郵地址, 以備安省醫務衛生局在有需要時聯絡。

- 請務必自行戴上個人口罩. 如需堂區提供口罩請備奉獻;
- 進堂前先用視液清潔雙手;
- 跟隨接待員及座位標記指示入座進出教堂;
- 保持六呎/二米距離、不多人聚集/減少接觸。

Attention when coming back to attend Mass:

Please register your attendance at Mass at the reception desk by filling in your name, your phone number or email address for contact by the Ontario Health Authority when necessary.

- wear your own personal mask. In case you need supply from the parish, kindly offer a small donation;
- clean your hands with sanitizer at church entrance;
- follow the lead of our ushers and take your seat as label; keep the 6 ft./2 meters physical distance with others, and avoid crowd gatherings/ contacts.

聖誕及元旦禮儀

Advent Christmas & New Year Liturgy Schedule

18/12 (星期六 Saturday)	1:00 p.m.	將臨期團體悔罪修和禮儀及告解/ Advent Penitential Liturgy Zoom link: https://us02web.zoom.us/j/86518940992
24/12 (星期五 Friday)	6:00 p.m.	聖誕前夕感恩祭/ Christmas Eve Mass
25/12 (星期六 Saturday)	11:30 a.m.	聖誕節感恩祭/ Christmas Day Mass 親身或網上參與皆可
1/1/22 (星期六 Saturday)	11:30 a.m.	元旦日感恩祭/ New Year Day Mass

教宗方濟各十二月份的祈禱意向

Pope Francis Prayer of Intention for DECEMBER 2021

Universal: Catechists

福傳意向: 為教理講授者(福傳員)

Let us pray for the catechists, summoned to announce the Word of God: may they be its witnesses, with courage and creativity and in the power of the Holy Spirit.

願宣講天主聖言的教理講授者(福傳員)能以聖神的力量, 勇敢而有創意地為天主聖言作證。



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 Christmas Message for December

Christmas bring as out the best of us — especially when it comes to giving. We like to think of ourselves as basically decent, charitable people, and this season moves the hearts of even the “Scroogiest” among us to generosity and kindness.

But despite our emphasis on giving at Christmas, what we celebrate this day is about the blessedness of receiving.

Receiving is hard for most of us. Giving manifests our competence and self-sufficiency — not bad things in themselves. But to receive — that's another dynamic entirely. To receive is to admit our own poverty: that we can't do everything ourselves. To receive with an open and grateful heart requires humility: that there are limits to our power, that we don't have all the answers, that we are indebted to others for the wisdom and support they provide. To receive inspires gratitude: another's gift is a sign that we are loved.

We are better givers than “getters.”

What brings us here in the midst of all the holiday giving frenzy is the realization that we are the receivers at Christmas. In all of the Christmas Gospels, God is the only one who is truly giving. The gifts and hospitality we have worked so hard to be able to give today are sincere but inadequate reflections of what God gives: Himself.

Most of us will put on our best face over the next 24 hours. We've worked hard to make Christmas a wondrous time for those we love — and sometimes the stress of creating the “perfect” Christmas overwhelms whatever joy we hope to realize.

Maybe it's all the giving we try to cram into a few hours.

Jesus' birth calls us to embrace the reality of our own poverty, the humility to empty ourselves of our need to control, the gratitude to allow ourselves to be loved. That new sweater, that state-of-the-art putter, the latest smart-phone are all wonderful presents — but they are poor signs of the much greater gift.

So let yourself receive this Christmas: Let your home be the manger to receive the peace of Christ. Within your family, become Mary and Josephs to receive the compassion of God in your midst. Let our community and our parish reflect that light of Christmas in every season. Embrace the spirit of discipleship that enables you to see our lives as gifts — gifts we often don't realize we need. Let go of your own sense of importance and realize that every one of us stands empty-handed before the God from whom we receive mercy and forgiveness.

Once we have allowed ourselves to receive, we will know how and what to give.

PRAYER:

O God, open our hearts this Christmas to receive the gift of your Christ. For our sake, you took on our life, in all its ordinariness, in order to show us how we might share in your life, in all its holiness. With humility and gratitude, may we open our own stables and managers to receive the light of the Child, illuminating our Nazareths and Bethlehems. May we seek this Christmas and, in every season, to give to one another from the grace you have so lovingly given to us.

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

聖誕時節總會推動我們樂善好施，慷慨解囊，以慈愛寬大為懷待人。但此時感激我們所接受的恩惠才是最值得我們慶祝的。

但接受恩惠有時會令我們感到難堪。施與反映我們有能力自給自足，但受惠於人卻顯得我們有所缺乏，無濟於事。接受恩惠要有開懷謙虛的心，承認自己不足之處，需要依靠別人的支援解決困難。然而接受恩惠卻啟示我們懂得感恩及領略被關愛的慰藉。

我們取悅做施與者而不欲作為受惠者。

其實我們應明瞭我們是聖誕的受惠者。從福音的佈道，天主甘願犧牲愛子拯救世人，祂才是最偉大的施與者。縱使我們誠心施與，實在微不足道。

我們努力以赴，希望給所愛的親友度過一個美滿愉快的聖誕，但過程中的壓力令我們力不從心。

這可能是我們寄望在短時間內付出太多的壓力。

基督的誕生喚醒我們的貧乏不足，醒悟我們該釋放自大自我，感恩被愛。

那些新毛衣，哥爾夫球棒，最新潮流的手機全是美好的禮物 — 但仍是不能與上主的賜予相比。

因此讓你接納這聖誕禮物：讓你的家作為迎接基督平安的馬槽。在家內，效法聖母和聖若瑟領受主的慈愛。讓我們的團體和堂區在每個季節能顯示基督的光。欣然信任生命是天主無條件的恩賜。所以拋開你的自大，承認面對天主的慈悲寬恕，每人都是空無所有。

當我們容許我們接受時，我們自然會懂得如何施與。

禱文：

上主，在這聖誕，請打開我們的心扉接受你的禮物—耶穌。

為了拯救我們，祢降生為人承擔我們平凡卑微的人性，使我們得享祢無限聖善的天主性。

讓我們以謙卑並感恩的心，迎接基督的光普照大地及我們的家。祈望我們在這聖誕及每個季節都能互相分享上主施與我們的仁愛恩惠。

梁增仁神父

Concert virtuel de Noël
Immaculate Heart of Mary
Virtual Christmas Concert

30th edition available through online donations
Airing: December 13, 2021 to January 6, 2022
(In-person concert postponed to December 2022)

30^e édition disponible via dons en ligne
Diffusion: 13 décembre 2021 au 6 janvier 2022
(Concert en personne reporté à décembre 2022)

Immaculate Heart of Mary Church Choir
Kanata Choral Society
Ottawa Catholic School Board
Chamber Choir

Ottawa Wind Ensemble - Brass /
Ensemble à vents d'Ottawa - Cuivres

Soloist / Soliste:
Suzannah Waddington

Net proceeds to the:
Produit net versé à la:
Heron Emergency Food Centre
Banque alimentaire Heron

Donations accepted through:
Dons en ligne par le biais de:
<http://sound4u.ca/i/m2021>



CHURCH CHOIR
OTTAWA WINDENSEMBLE



OTTAWA CATHOLIC SCHOOL BOARD
CHOIRS



不要怕向基督敞開你們的心，
讓他進入你們的生活、家庭，
以及社會。這樣，一切的事
物都會煥然一新

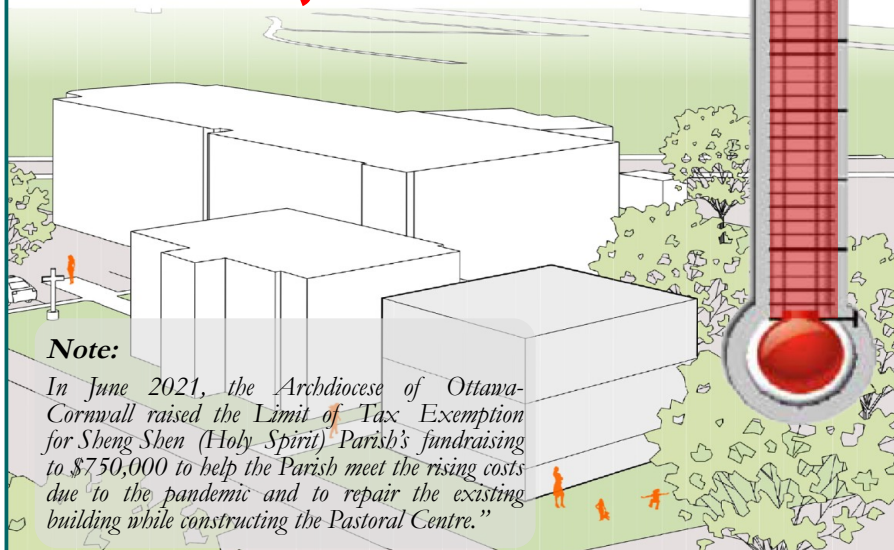
2018 to 2022

\$750,000.00

PASTORAL CENTRE
Fundraising

As at December 5, 2021
Donation amounted to
截至 2021 年 12 月 5 日
承諾捐款共達

\$405,237.14 →



Note:

In June 2021, the Archdiocese of Ottawa-Cornwall raised the Limit of Tax Exemption for Sheng Shen (Holy Spirit) Parish's fundraising to \$750,000 to help the Parish meet the rising costs due to the pandemic and to repair the existing building while constructing the Pastoral Centre."

聖神牧民中心進展順利

The Sheng Shen Pastoral Centre takes steps to consolidate the Preliminary Design

感謝教區專業團隊的協助我們堂區已和則師和顧問公司簽約，並展開初期工程。盼望可在明年春季動土。我們將持續向教友匯報進展，特別是慷慨助建牧民中心的朋友。謝謝各位的支持，並請留意進度，提供意見。

Following the recommendations of the Archdiocese, our Parish has secured the service of Colliers, Project Leader, Inc., as the Project Manager to work with our architect, Build Well to be Well Inc., in pursuing the next stage of our Pastoral Centre, including such steps as schematic design, site plan, construction documents building permit, etc. We look forward to breaking ground in the Spring of 2022.

GIVE THE GIFT OF HOPE

牧民青年中心 PASTORAL YOUTH CENTRE PROJECT

好消息：
牧民青年中心將在
2022年動工。

中心將成為大學生與教友的家。
同時亦是文化，
靈修與社區活動的核心地點。

促進我們堂區團體、
年青人及鄰舍互愛互助的精神！

We are very excited
to begin building
our Pastoral Youth Centre in 2022.

The Centre will be a home to
university students and mature adults.
It will also be a central hub for cultural,
spiritual, and community programs.

Our hope for Pastoral Youth Centre is
to bring together its residents,
the surrounding neighbourhood
& our Catholic community
in the spirit of love and support
for one another!

請分享這喜訊！

SHARE THIS WITH SOMEONE!



多謝支持！請按二維碼參看中心計劃資訊

Thank you for your support!
Scan this QR code to read more about
our Pastoral Centre project.



*Presentation of donation to Buy a Brick Campaign from Arbor Foundation,
Capital Funeral Home & Cemetery & Mr. X. Zhao on 28/11*

Rexan Wong represents the Arbor Foundation (donation of \$5,000.00), Capital Funeral Home & Cemetery (donation of \$2,000.00) and Mr. X. Zhao (donation of \$500.00) in support of the Buy a Brick Campaign.

Rexan Wong 代表 Arbor Foundation (善款 \$5,000.00), 安福園 (善款 \$2,000.00) 及 Mr. X. Zhao (善款 \$500.00) 致送捐款支持 Buy a Brick Campaign.



Immaculate Conception
of Blessed Virgin Mary
8/12
聖母無玷始胎節日



朝拜聖體禮儀 20/11



十一月二十日梁增仁神父在教堂內及網上為我們主持了朝拜聖體禮儀，並為在教堂內教友辦告解聖事。

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。

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.

龍精虎猛賀新歲



Date: 6 February 2022 (Sunday)
 2022年2月6日 (星期日)
 Time & Place: 11:30 a.m.
 mass celebrated by
 Archbishop Marcel Dampousse or
 representative 11:30 a.m.
 農曆新年感恩祭
 渥太華總主教或代表主持禮儀



12:45 p.m. Lunch celebration at
 Mandarin Ogilvie Restaurant
 新年聚餐: 滕王閣酒家
 Lunch Ticket 餐券: 每位 \$20 each
 (12 guests per table)

For ticket please email:
ticket@ottawachinesecatholic.org OR in person:

Richard Chan ; Cecilia Chow;
 Teresa Szeto and Alain Chan

Friendly reminder: Please bring your registered
 vaccine passport before entering the restaurant
 《溫馨提示: 請攜帶並出示注射疫苗證明進入餐廳》



Take a look at
 our new manger!

Alain, Lydia & Christine's joint
 efforts in designing and
 decorating the new manger.



家訪長者教友

Presentation of
 Mr. Ong-Tone's 90th
 Birthday Certificates 11/15

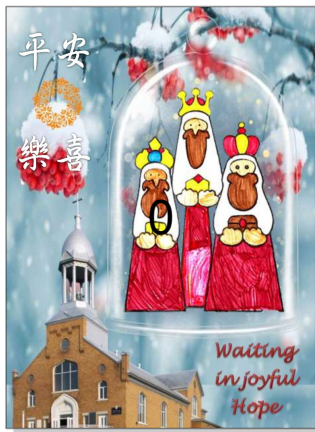
Fred & Teresa Szeto, Peter &
 Christina Fan 在十一月探訪馮
 先生馮太 (Mr. & Mrs. Ong
 Tone), 並致送教宗方濟各給
 馮先生九十大壽的生辰祝福。



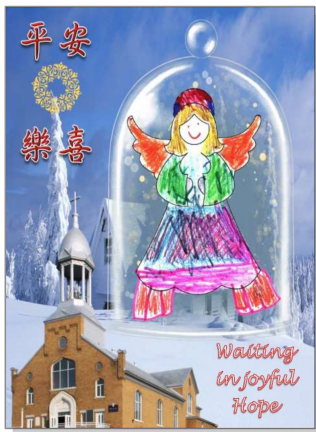
Let us Pray together



網上玫瑰經



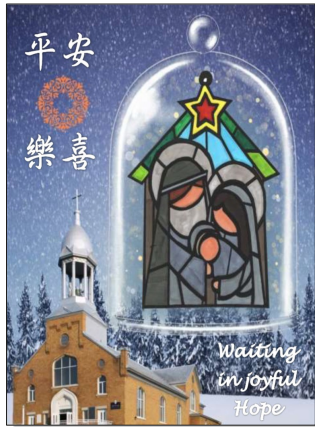
Coloured by Esther Lau Age 8



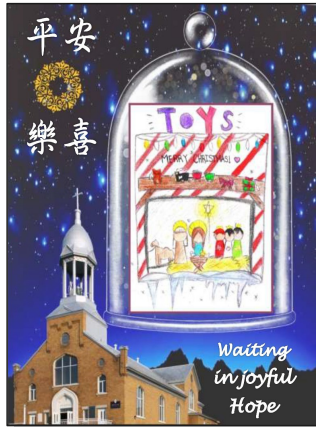
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Coloured by YiChen Kang Age 3



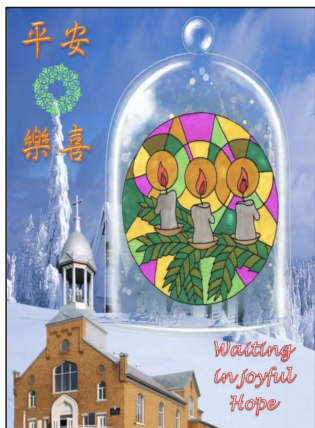
Coloured by Elena Lavanchy Age 14



Drawn by Kristen Liu Age 11



Drawn by Sven Young Age 8



Coloured by Elysa Lavanchy Age 11



Drawn by Kyle Liu Age 9

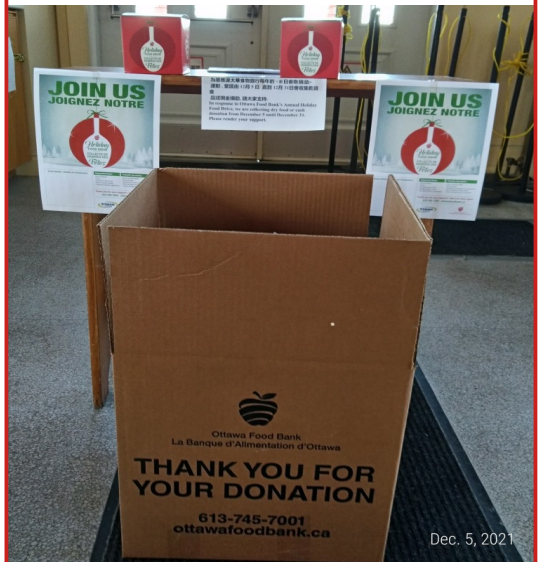


Ottawa Food Bank Holiday Drive
渥太華食物銀行聖誕募捐

為響應渥太華食物銀行每年的 Holiday Food Drive 運動，堂區由 12 月 5 日直到 12 月 31 日會收集乾貨食品或現金捐助，請大家支持。

In response to Ottawa Food Bank's Annual Holiday Food Drive, we are collecting dry food or cash donation from December 5 until December 31.

Please render your support.



Dec. 5, 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)	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)	段曹正心 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	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	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
	孫曄梅 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)

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

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 Xiaoyun Zhang	陳潔華 Jennifer Yeung	陳瑞朝 David Chan
李利 Li Li	方李美娥 Lucille Fong	周健明 Gary Chow
孫曄梅 Maria Sun	Richard Chan	李美蘭 Joyce Wong
夏藝紘 Diana Xia	Linda Chan	王芬芬 Louisa Wong
黃偉 Teresa Wang	Lei Cai	陳瑞平 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)

在十一月二十一日彌撒後，梁神父特別祝福陳瑞朝及楚儀夫婦，並代表堂區對他們多年來在團體，特別在牧靈議會和團體生活的奉獻，表示謝意。兩位將移居多倫多，和家人團聚，弄孫為樂。團體同仁祝願兩位退休生活充實美滿，健康愉快。

祝願 David & Chor Yee Chan a Beautiful Farewell on 21/11



On November 21, Fr. Liang blessed David & Chor Yee Chan specially after Mass, on their retirement to Toronto to be with their children. We wish David & Chor Yee, a most healthy and joyful re-tirement, close to their children.



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.

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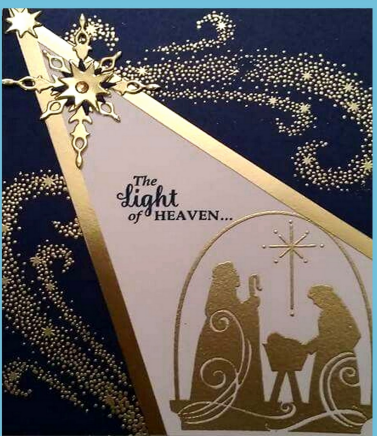
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