



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



2019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 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

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

周陳淑芬 Cecilia Chow cecechow@gmail.com

蔡蕾 Cai Lei ease4.0123@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"

Weekday Mass / Liturgy of the Word

All liturgies in English & Chinese

Tuesday-Friday 12:00 p.m.
Saturday 01:00 p.m.

Sunday Mass

Sunday 11:30 a.m.

In addition:

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

平日感恩祭

星期二至星期五中午十二時正

星期六下午一時正

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)

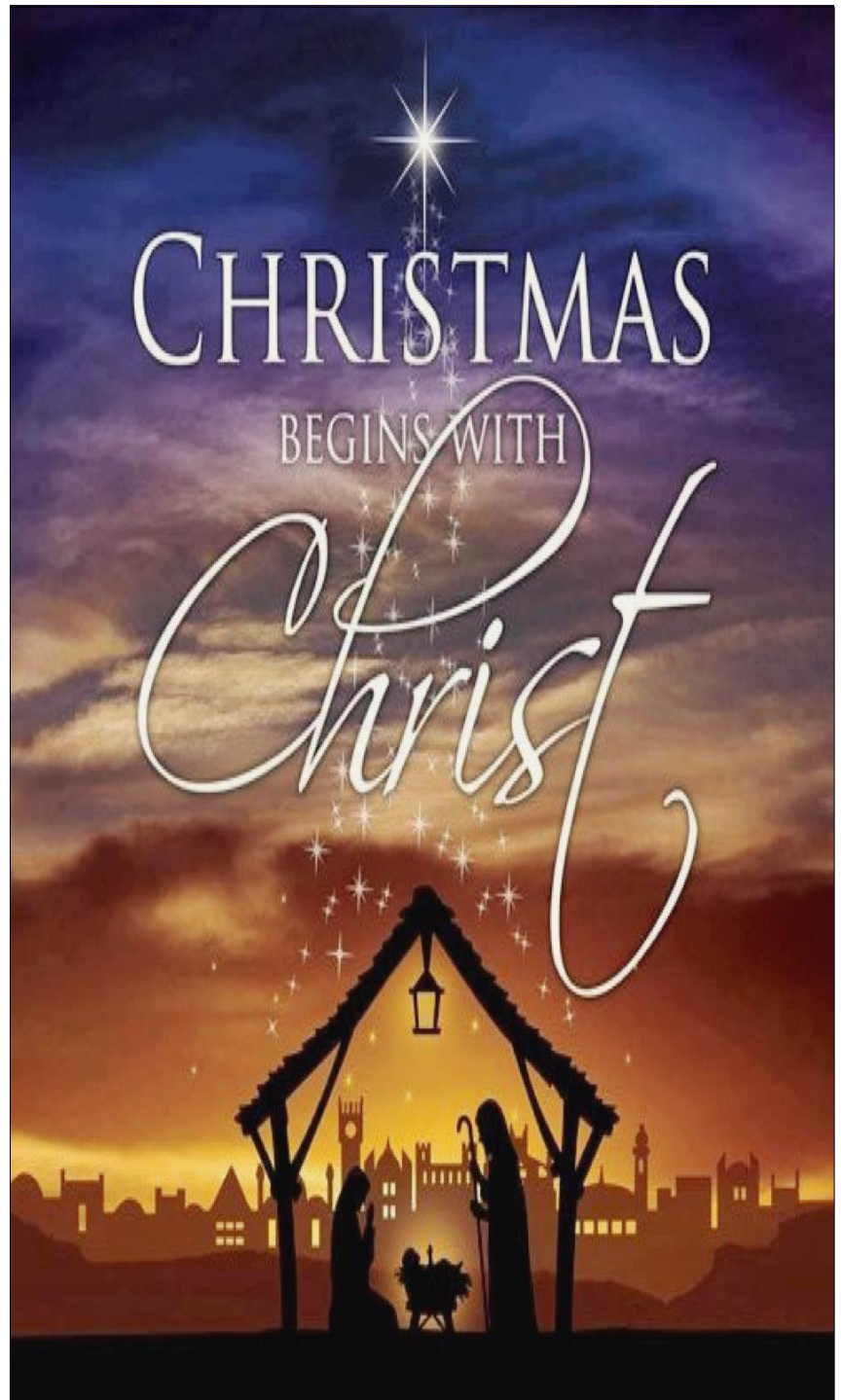
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為響應環保及節省印刷開支，堂區現用電郵發放每月的通訊。教友如欲索閱印製的堂區通訊，可向堂區辦事處聯絡。

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，(每份奉獻彌撒收費 \$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。

教宗方濟各十二月份的祈禱意向 Pope Francis Prayer of Intention for December 2019

Universal: The Future of the Very Young

總意向：為幼小的兒童的將來祈禱

That every country take the measures necessary to prioritize the future of the very young, especially those who are suffering.

願每個國家為幼小兒童的將來，特別是那些受苦的一群，盡力優先提供支援。



Advent

Advent/Christmas Schedule 將臨期/聖誕期禮儀

14/12	1:30 p.m.	團體悔罪 / 修和聖事 / Advent Penitential Liturgy
24/12	6:00p.m.	聖誕前夕感恩祭 / Christmas Eve Mass
25/12	11:30 a.m.	聖誕節感恩祭 / Christmas Day Mass
1/1/20	11:30 a.m.	元旦日感恩祭 / New Year's Day Mass

將臨期團體 悔罪修和聖事

(朝拜聖體取消)

Advent Penitential Service

(Holy Hour Cancelled)

二零一九年十二月
12月14日(星期六)
下午一時三十分

December 14, 2019
(Saturday) 1:30 PM



PASTOR'S CHRISTMAS AND NEW YEAR'S MESSAGE (2019/2020)

Matthew's Christmas story is hardly the stuff of a Hallmark card — but his narrative of Jesus' birth to Mary and Joseph help us appreciate the mystery of God's love that brings his Christ into our world. Over the next few days, disengage (if only for a few minutes) from the role of “giver” and from trying to create the BEST. CHRISTMAS. EVER. Let yourself be the “receiver” of God's gifts of peace, compassion and mercy; embrace the spirit of humility and gratitude at what God has done in his entering our human history. From there, the rest of your Christmas celebration should fall into place beautifully.

At Christmas, we celebrate a God who gives us everything God has and is. The Apostle Paul writes in his letter to the Philippians that in Christ, God “empties” himself of his divinity to take the form of a “slave” — a human being. The Creator becomes one of the created; the Master becomes one of the slaves. That's the mystery of Christmas: love so constant, compassion so limitless, peace so generous. And our only fitting response to such sacred love is to mirror that love within our own Bethlehems, regardless of the costs and demands on our time, our emotions, our patience, our wallets. The Christmas mystery is not cheap; it demands all we have. And yet, for all we are willing to give, the more joy and fulfillment we will receive in kind.

May this Christmas bring joy and love to your heart and soul, and may you start the New Year on a beautiful note. Wishing you the best Christmas and a safe and happy New Year!

God bless!

Rev. Dr. Stephen Liang M.D.
Pastor

雖然瑪竇福音敘述的聖誕故事未必是聖誕咭的最佳題材，但他描寫耶穌聖嬰生於瑪利亞和約瑟的奧蹟，卻啟示了我們上主讓愛子降生成人的大愛。在未來數天，嘗試擺脫數分鐘施與者的身份或只顧創建最美好的聖誕，轉而靜心讓自己領受一份主恩賜的平安，憐憫與慈悲的禮物；以謙恭及感恩的心神，欣然接受天主子降生人世的愛舉。

聖誕節我們為上主已往及此時賜給的一切而慶祝。保祿宗徒在致斐理伯人書信中提及在基督內，天主騰空了神靈的一面而化身成人——奴隸的身份。從創世者變為被創造者，由主人變為奴僕。這就是聖誕的奧蹟：永恆的愛，無限的慈悲，寬宏大量的平安。而我們對此神聖的愛適當的回應就是以愛還愛，不計算花費我們多少金錢，時間，情緒與耐心。聖誕的奧蹟價值不菲，並要求我們付出一切。但是，我們願意盡所付出的，我們的回報將會是更大的喜樂和完成善舉的滿足。

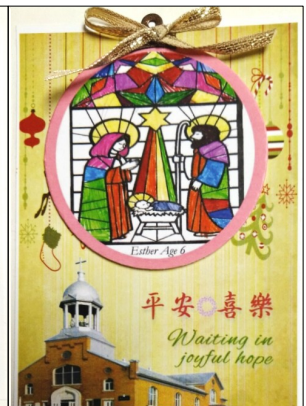
願今年的聖誕節帶給你們心靈喜悅，願你們新的一年一切和諧美妙！恭祝你們有一個美善的聖誕與平安愉快的新年！

主佑！

梁增仁神父



2019 hand-made Christmas Cards, the painting of the ornaments are done by Sunday school children: Baylie Lung, Esther Lau, Kristen Liu & Kyle Liu



Advent Wreath Lighting

The season of Advent is upon us and for practicing Catholics, these four weeks are primarily about preparation for the arrival of Jesus Christ. Advent 2019 began on Sunday, December 1, and ends on Christmas Eve.

The season is similar to Lent in that Catholics are instructed to focus on penance and forgiveness. But Advent differs in that it is meant to be more of a joyful season as Catholics get ready to celebrate the anniversary of the birth of the Messiah. The word Advent comes from a Latin word that means “arrival” or “coming.”

Those dual messages about penance and celebration are reflected in the purple and rose-colored candles that adorn the Advent wreath.

The Advent wreath is a popular custom that originated in Germany in the 16th century. It consists of an evergreen wreath and four candles (traditionally, three purple candles and one rose one).



今年的將臨期由12月1日開始至聖誕前夕止。這四個星期主要是讓信徒做好準備，透過悔罪，寬恕而歡欣地迎接及慶祝耶穌基督的誕生與來臨。

教堂在將臨期間會安排擺放插有四支蠟燭(3支紫色, 1支粉紅色)的青綠環圈，待每個主日燃點。

Lighting of the Advent Wreath

1. In the first week of Advent, light one purple candle. **(Hope)**
2. In the second week of Advent, light two purple candles. **(Peace)**
3. In the third week of Advent, light two purple candles and one rose candle. **(Joy)**
4. In the fourth week, light all four candles. **(Love)**



1. 將臨期第一主日：燃點紫色蠟燭 **(象徵盼望)**
2. 將臨期第二主日：燃點2支紫色蠟燭 **(象徵平安)**
3. 將臨期第三主日：燃點粉紅色蠟燭及2支紫色蠟燭 **(象徵喜樂)**
4. 將臨期第四主日：燃點全部4支蠟燭 **(象徵愛)**

關於 將臨環



通常是用常綠樹的粗或幼枝做成一個圈，上面放蠟燭。

將臨環祝福後，將臨期首主日燃點第一枝蠟燭，隨後每主日燃點一枝，直至四枝都被點亮。

紫色蠟燭代表我們等待、希望、渴望和期待基督來臨。

燃點蠟燭的行動驅走黑暗：提醒我們耶穌基督，那藉誕生進入世界的光明，他也通過教會繼續光亮地照耀。

禱詞
天主，就如光由這蠟燭而來，願主耶穌的祝福也來到我們處，溫暖我們的心，照亮我們的道路。當我們等候救主基督的來臨，願他能帶給我們和這黑暗的世界生命。亞孟。

用作為一個祈禱的方式去反省將臨時節的進程

常綠樹提醒我們耶穌基督來到我們當中，由罪惡及死亡中拯救我們，並承諾和恩賜我們永遠的生命。

第三主日粉紅色的蠟燭提醒我們基督到臨的時間已很接近，我們要準備。



Archdiocese of Toronto

www.archtoronto.org

#AdventTO



Archbishop's Christmas Message 2019
"Do not be afraid... Good News of great joy!"

Dear brothers and sisters in Christ,

News reports tell us of increasing anxiety and worry. The problem affects rich and poor, young and old. Ten year olds are beginning to fret and worry.

Worry can dominate the hearts of even Christ's disciples. Worry can erode our trust in God. Worry can deafen us to God's guidance and consolation. While concern for our wellbeing is important, it must not weaken our mental health and spiritual lives.

God wants us to live in peace, joy, and hope.

This Christmas, hear the message the angel gave to poor shepherds in the fields outside Bethlehem, "Do not be afraid; for see—I am bringing you good news of great joy for all the people. To you is born this day in the city of David a Saviour, who is the Messiah, the Lord" (Luke 2.10-11).

When the Angel Gabriel invited Mary to become the mother of the Saviour, he reassured her, "Do not be afraid, Mary, for you have found favour with God" (Luke 1.30).

The angel told Joseph in a dream not to be afraid to take Mary as his wife.

Mary's and Joseph's experience of bringing Jesus into the world was fraught with challenges: no room in the inn, escaping Herod's slaughter of the Holy Innocents, and the flight into Egypt. Such tests can encourage us to trust in God's loving care.

When we place our trust in God's plan, everything else falls into place. Jesus' Sermon on the Mount reminds us that our heavenly Father provides for us. Jesus also says, "Seek first the Kingdom [of God] and his righteousness, and all these things will be given to you besides." (Matthew 6.33).

God offers you at least three gifts this Christmas: awareness of His care for you, the joy of the gospel, and freedom from worry and fear.

Merry Christmas!

Terrence Prendergast, S.J.
 Archbishop of Ottawa

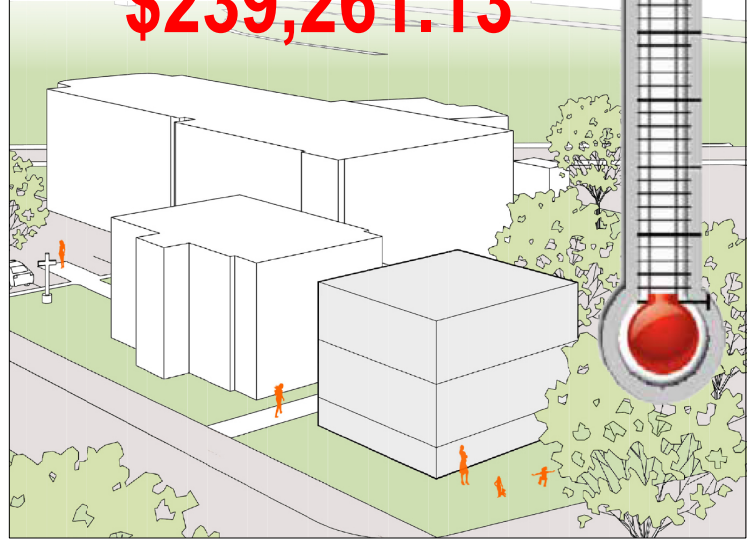
BUY-A-BRICK
 Pledged Fundraising
 As at December 8, 2019
 Donation amounted to

截至 2019 年
 12 月 8 日承諾捐款共達



BUY-A-BRICK
PLEDGED
Fundraising

\$239,261.13



多謝

Fred & Teresa Szeto,
 Louis Wang, Wang
 Ze Feng, Lydia Nung
 & Christine Wong
 合力裝置聖堂內的
 聖誕樹與馬槽。

*Food Bank's Holiday
 Food Drive*



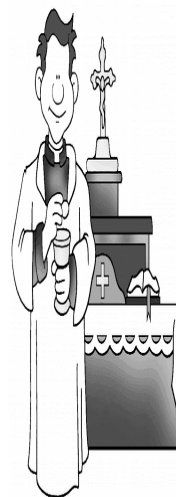
The Knights of Columbus

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

Birthday Blessing For Leonard Tsang & Angelina Lo



青年彌撒 *Youth Mass*



DECEMBER

Date:
15/12 (Sunday)

Time:
9:30am

Presider :
Fr. Matthew
Livingstone



2019.11.17 Youth Mass presided
by Fr. Clyde Muropa



Pastoral Council on Nov. 10



致謝 Thank you!

And let us celebrate

your achievement 慶功兼做冬

Thank you, Volunteers of Sheng Shen, for a fantastic Gala. You have given your best: members of our Organizing Committee, MCs, team leaders, program, floor, stage coordination, technical, raffle, favorite item sales, the cash team, reception, youth volunteers, Santa and his family coming all the way from the North Pole, and many many other silent helpers.

Most of all, you, members and friends of the Community coming to celebrate pre-Christmas and contribute so much to our fundraising efforts.

We are BLESSED & MOST THANKFUL!!!

To celebrate this most successful concerted effort and fellowship, we would like to invite you to our potluck lunch on Sunday, December 22, after mass.

It is our Pre-Christmas celebration. It is also Winter Solstice, 冬至.

Let's all bring some of our holiday favors. Peter & Christina has volunteered to bring a whole roast pig.

We'll eat, chat and have fun, free of any organization. Please do come and enjoy the most sweet moments of advent and Christmas. See you.

Blessings for you whole family in Advent and beyond.
Sheng Shen Parish

同心協力，開創新天地。

各位團體內外的朋友，加納聖誕籌款晚宴成果美滿，是各位努力、合作和參與的豐盛成果，當然也是上主的眷顧。

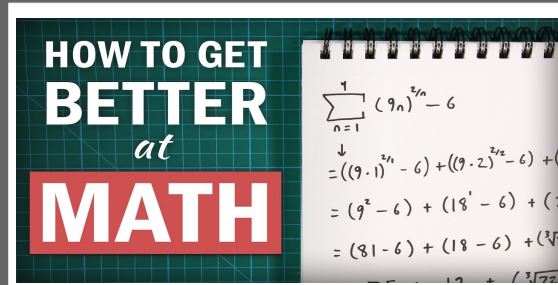
我們有不同的塔冷通，才能和願景，但都以友誼為基礎，以永生為終極目標。

十二月廿二日，星期日，剛巧是冬節。彌撒後請來禮堂短聚慶祝/功。朋友們都各備美食，包括麵條、金豬，糕餅等。

盼望各位在準備聖誕百忙中抽空來短聚言歡。主佑！

聖神天主堂 謝謝 Thank You

Maths Tuition Class Announcement



渥太華聖神天主堂現提供高中物理和數學，大學數學輔導班。大學數學包括 differential equation, linear algebra, mathematical methods, calculus. 輔導老師為卡大工程系研究生。如感興趣，請聯系諮詢更多信息 (bitry960603@gmail.com 或 inquiry@ottawachinesecatholic.org)

團體消息 ANNOUNCEMENT

1. 2020堂區月曆現已出版，教友可以自由奉獻方式購買，建議每本奉獻二元。
2. 堂區辦事處聖誕休假期日期定為2019年12月24日至2020年1月6日。
3. 堂區已邀請 Archbishop Prendergast 在2020年1月26日(年初二)為我們主持農曆新年感恩祭，及後參與我們的新年慶祝會。
4. 民族彌撒定於2020年1月12日(星期日)下午二時三十分在主教座堂舉行。請參予教友穿著傳統民族服裝出席。
教區邀請堂區安排讀經員以普通話恭誦讀經一。現由張彥洁姊妹將代表堂區出席。
5. 2020年2月3日(星期一)是 St. Blaise 瞻禮。晚上7時將有感恩祭及頸部祝聖禮儀。

2019.11.24 The Rite of Acceptance
Stephen & Grace Ha (夏瑞榮, 譚麗娟)



2019.11.03
The Rite of Acceptance
Christine Lin (林蓓),
Wang Xing Quan (王興泉),
& Wang Ze Feng (王澤楓)



OCCSC 渥太華華人社區服務處
週年籌款晚宴 28/11



堂區11月28日晚上九位成員出席了渥太華華人社區服務處在St. Elias Centre舉行的週年籌款晚宴。席上John Nung, Maria Sun 及 Richard Chan都是抽獎券的幸運兒,而Angelina友也取得table prize.



日期/Date
一月二十六日(星期日年初二)
January 26, 2020

時間/Time
上午十一時三十分由
Archbishop Terrence Prendergast
主持感恩祭
11:30 am Mass presided by
Archbishop Terrence Prendergast
下午十二時四十五分感恩祭後
舉行聚餐聯歡會
12:45 pm (after the mass) Celebration

地點/Place
聖神天主堂地庫
Sheng Shen Parish, Hall Room



牧靈議會 Pastoral Council

Lily Li (共同主席)
Richard Chan (共同主席)
Angela Kam (秘書)
Katie Ng (財務委員會代表)
James Fong (當然委員)
Angelina Lo (當然委員)
David Chan (當然委員)
Bosco Kung
Jian Hua Yang

財務委員會 Finance Council

黎寶珍 Katie Ng (主席)
張彥潔 Agnes Zhang (副主席)
農李美玲 May Nung (秘書)
鄧鉅振 Thomas Tang (Project Manager)
方良炎 James Fong (當然委員)
范浩泉執事 Deacon Peter Fan (當然委員)
羅靜如 Angelina Lo (當然委員)
夏景榮 Jimmy Ha
莫淑蘭 Suk Lan Mok
曾兆祺 Leonard Tsang

常設委員會 Standing Commissions

禮儀 Liturgy

黃翠霞 Rexan Wong (Coordinator)
王治耀 Louis Wang (Altar Server)
陳瑞朝 David Chan (Lectors)
農李美玲 May Nung (Youth Liturgy)
李美蘭 Joyce Wong (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
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
方李美娥 Lucille Fong
陳利爵 Richard Chan
陳麗珠 Linda Chan
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
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

福安福園

未雨綢繆，添安又添福



175號公車
每日直達本墓園
華人墓地
(新增進口)

全新中式墓園「安福園」現已落成。

「安福園」特色：

- 新落成大量室內及室外骨灰龕位供選擇
- 傳統土葬福地、面湖向東、風水特佳
- 設計富有中國色彩，景色秀麗怡人
- 業權永享，無需繳付管理費，一勞永逸
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