



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3月份堂區通訊



The following update is subject to changes in government announcements:
Update of Major Changes in

COVID-19 Restrictions as of March 1, 2022

三月一日生效的更新疫情限制:

- Capacity restrictions for all indoor/outdoor activities lifted.
室內 / 戶外禮儀活動不再限制人數。
- No requirement to collect name and contact information.
不再限制登記姓名與聯絡資料。
- Congregational singing allowed (with masks on).
不再限制只讓歌詠團頌唱聖詠。
- No requirement for proof of vaccination.
不再限制顯示已注射疫苗證明。
- Masks still required except with exemption with health provider.
仍需配帶口罩除非有醫護人士豁免許可。
- Archbishop Marcel is continuing the dispensation from the requirement to attend Sunday Mass for a period of time. Parishes are encouraged to continue live stream Masses during this time.
Marcel 總主教暫時延伸豁免主日參與彌撒，鼓勵堂區繼續舉辦網上彌撒。
- Province of Ontario requirement that people “work remotely” is removed. Employees to return and work from the office.
安省不再要求員工在家工作。員工須返回辦公室上班。

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

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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
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

主內弟兄姊妹:

新年快樂, 主內平安。
防疫的限制已稍放緩, 請按照情況來一起祈禱供奉。

保重, 主佑
聖神天主堂



Dear Sisters & Brothers in Christ,
Blessings in Chinese New Year!!

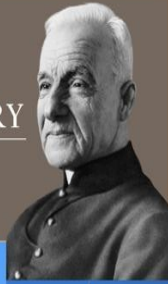
Almost all the pandemic restrictions are lifted. Please come and join us in prayers and worship according to your situation.

God Bless.

Sheng Shen (Holy Spirit) Parish

Fr. Stephen Liang is cordially inviting us to participate in this very prayerful and inspirational Liturgical and Eucharistic Service which is both powerful and awesome:

SAINT BROTHER ANDRE
FROM SAINT JOSEPH'S ORATORY
COMES TO US SOON!!!



**Immaculate Heart of Mary
Roman Catholic Church**
1758 Alta Vista Dr, Ottawa, ON K1G 0G6
Tél : (613) 733-9636
<https://ihm-parish.ca>

Date: Monday, March 28

- 6 pm :Exposition of the Relic and PowerPoint presentation on the life of Saint André Bessette
- 6:30 pm :Eucharistic Adoration
- 7 pm :Holy Mass
- 7:45 pm :Veneration of the Relic and Blessing with the Oil of Saint Joseph



聖神天主堂 Sheng Shen (Holy Spirit) Parish
2022 聖灰及聖週禮儀 Ash Wednesday & Holy Week

時間	禮儀	地點
三月二日(星期三) 晚上七時 (Mar. 2, Wed@ 7pm)	聖灰禮儀(守大小齋) Ash Wednesday (Day of Fast & Abstinence)	聖堂 Church
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) 晚上七點半 (April 12, 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) 下午五時 (April 15, Fri.@ 5:00 pm)	聖週五 - 救主受難紀念 (守大小齋) Good Friday 一拜苦路 Way of the Cross 一救主苦難禮儀, 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 候洗者當晚領洗, 堅振及領受聖體	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

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。



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

Pastor's Message for March

1st Sunday of Lent

March 6, 2022

四旬期第一主日

Filled with the Holy Spirit, Jesus returned from the Jordan and was led by the Spirit into the desert for forty days, to be tempted by the devil.

“耶穌充滿聖神，離開約但河，就被聖神引入荒野，四十天之久，受魔鬼試探。” 路：4：1-13

Luke 4: 1-13

Every one of us faces our own “desert” when we have to move beyond our own fears and grief, our own despair and darkness, to find a place of hope and healing, of renewed purpose and meaning. This First Sunday of Lent calls us into the desert of our hearts, those unknown “wildernesses” and terrifying places we struggle through as a result of circumstances beyond our control or because of our own mistakes and sins. But it is in those deserts and wildernesses where we find the courage and vision to move on. The same Spirit that led Jesus into the desert accompanies us in our desert experiences of fear, confusion and grief. This Lent, the Spirit leads us into our “desert” to discern what God calls us to make of the time we have been given, to re-center our lives with new hope and renewed vision as we continue our journey to the Easter promise.

每當我們欲跨越恐懼和悲傷，失望和黑暗，去尋找一個有希望，有治癒能力，有新目標與意義的安全網時，我們便要面對自己的荒漠。四旬期第一主日召喚我們投入自己心底的荒淵，那因我們犯錯或在未能控制的情景下踏進的恐慌，無法估測的地域。但這正是我們可重覓勇氣和遠景，帶領我們前進之處！引領耶穌往荒野祈禱的聖神也陪伴著我們經歷驚慌，惶惑和憂傷。在這四旬期內，讓聖神啟發我們反思如何善用主賜的時刻，重燃生命的希望和願景，實踐復活的承諾。

Many of our Lenten resolves fail because we think denial and sacrifice alone will lead to conversion. To travel our Lenten deserts takes more than “stop doing” and “giving up” – it means rethinking how the many pieces of our lives fit together as a whole. So may we “chart” our Lenten journey this year, following the same Spirit of God that leads Jesus to his moment of decision and now leads us to meaningful conversion – “turning” – in our lives: finding our way out of our winters of cynicism, our deserts of self-absorption, our wildernesses of despair and hopelessness by reordering our time and priorities. These days before Easter’s dawning are a time for deciding what we want our lives to be and discerning how we can realize the purpose and meaning of this blessed time God has given us.

很多時單憑拒絕與犧牲的皈依，往往會使我們四旬期的決志成為泡影。跨越四旬期的荒野不能只靠“不幹”與“棄絕”，卻需要重整我們的生命。盼望我們今年效法耶穌接受聖神帶領，讓聖神驅使我們更新：釋放我們的憤世嫉俗與自我中心的心態，排除失望無所適從的意念而從長計議優先善用時間。在期待復活節曙光來臨間，讓我們反思生命的路向與意義，及如何回應上主恩賜的時光。

Rev. Dr. Stephen Liang, M.D.

梁增仁神父



朝拜聖體

HOLY HOUR

二零二二年三月 March, 2022
3月19日(星期六) | 下午一時
March 19 (Saturday) | 1 PM



周六，二月十九日，朝拜聖體/
Adoration on Saturday February 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)

聖神牧民中心進展順利

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



2018 to 2022

\$750,000.00

PASTORAL CENTRE

Fundraising

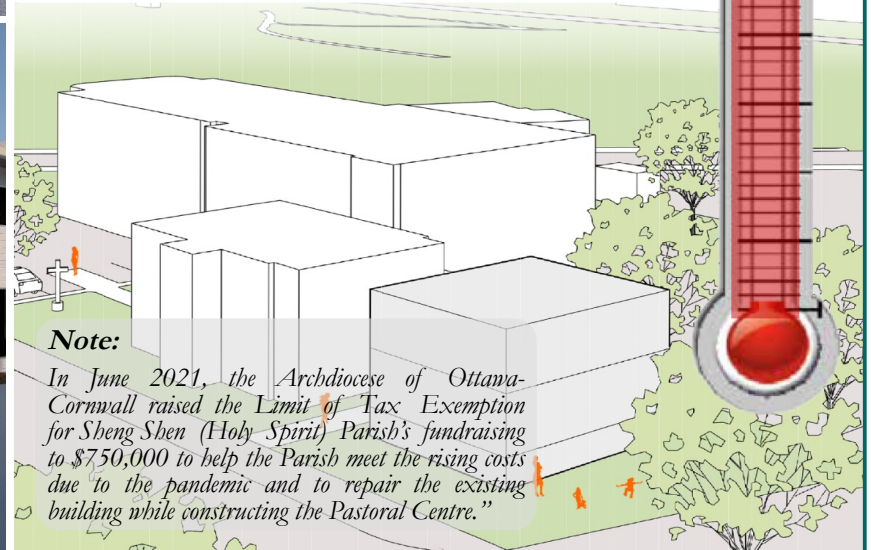
As at March 6, 2022

Donation amounted to

截至 2022 年 3 月 6 日

承諾捐款共達

\$456,096.69 →



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."

- 牧民中心籌委會正與則師及計劃監督緊密商討中心圖則。
- 並已聯繫渥太華市政府，著手確定圖則細節。
- 為推動聖神天主教團體的目標與使命，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。我們極需要你們的協助，向親友推介牧民中心計劃，支持我們在2022年啟動建築工程。請各位留意在我們月報和網站中的牧民中心簡訊，分享最新發展消息給親友。
- Our Project Committee is working very hard with the architects and our project manager to finalize the design of the Pastoral Center.
- Our professional team is also in the process of working with the City of Ottawa to finalize the details of the site plan.
- In line with the original mission of the Sheng Shen Chinese Catholic Community, this Pastoral Center will continue to build and strengthen our parish by hosting residences for youth and seniors and also establish a base for community programs and social support. With a deadline to break ground in 2022, we need your help to spread the word to your friends and family about this vital project. Subscribe to the Pastoral Center Project Newsletter to stay up-to-date and share the news easily with your loved ones.

A Lent of Great Importance

Peace be with you.

The Church will begin the forty holy days of Lent on March 2nd, a day when we will not only be marked with ashes but invited to seriously enter into an attitude of conversion. How will we live the next few weeks leading up to Christ's ultimate sacrifice on the cross and his glorious victory over death and evil?

We will accomplish this only if we keep our focus on the Lord who will guide us. Through prayer, fasting and almsgiving, Christians around the world will be em-powered to be more attentive to God and to the needs of their neighbors.

THE BASICS OF LENT

What you need to know

ASH WEDNESDAY
March 2nd



LENT LASTS 40 DAYS
(excluding Sundays)



THE THREE PILLARS OF LENT

prayer, fasting and almsgiving



ASH WEDNESDAY & GOOD FRIDAY

are days of fasting and abstinence from meat.



ALL FRIDAYS IN LENT
are days of abstinence from meat.



教宗方濟各三月份的祈禱意向 Pope Francis Prayer of Intention for MARCH 2022

Universal: For a Christian response to bioethical challenges

福傳意向：請為基督徒回應生命倫理挑戰祈禱

We pray for Christians facing new bioethical challenges; may they continue to defend the dignity of all human life with prayer and action.

祈願我們這些基督徒在面對新的生命倫理挑戰，始終以祈禱和社會行動捍衛生命。



March 6, 2022

LENT FOR FAMILIES



A weekly bulletin to help you and your children live this Lenten season

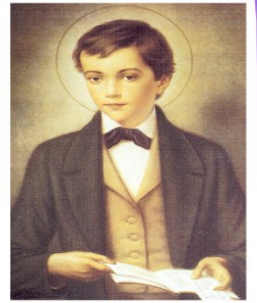
A SAINT FOR LENT: SAINT DOMINIC SAVIO

As we learned last week, one of the three key pillars of Lent is prayer. Saint Dominic Savio is someone who understood this special time we spend with God.

Dominic was born in 1842 in northern Italy. He was one of 10 children. Dominic loved God and His Church. Being a good Catholic was very important to him. He especially loved prayer and always encouraged others to pray. He made sure to say grace before every meal. When he made his First Communion, he said it was the happiest day of his life.

Although Dominic was just 14 years old when he died, many aspects of his life are definitely worth emulating. To learn a lot more about Dominic click on the various links below.

[His Bio](#)
[A video of his story](#)
[A coloring picture](#)
[A fun grace to say before meals](#)



LENTEN RESOURCE



To help encourage kids to make and keep their Lenten resolution, Lacy of [Catholic Living](#) (a great site!) has designed a printable to allow your kids to visually track their progress! [Click here to help explaining resolutions.](#)

[Click here to download](#) the 4 sheets. [Click here to watch the video.](#)

*Note that these resources aren't a link but you are supporting young Catholic entrepreneurs.



SOLIDARITY CALENDAR

Let your creativity loose! Choose a colour for each symbol and colour your calendar boxes:

= Pray = Learn = Reflect
 = Act = Give = Watch a video

Decorate a recycled container to collect donations. Bring the money to your parish on Share Lent Sunday.

COLOURING PAGES DOWNLOAD PACK*

[TheCatholicKid.com](#) has picked 20 of their favourite Lent and Easter coloring pages. Pages span the entire Lent and Easter liturgical seasons and will keep your little ones busy learning about Lent and Easter.



March 13, 2022

LENT FOR FAMILIES



A weekly bulletin to help you and your children live this Lenten season

LIVE JESUS' PASSION THROUGH THE STATIONS OF THE CROSS

Every Catholic Church has a Stations (or Way) of the Cross, a series of 14 images depicting Jesus on the day of his crucifixion. The Stations of the Cross are a way to help us to make a spiritual pilgrimage through Jesus' passion.

In this week's *Lent for Families* bulletin we have provided you several tools, including links to videos, colouring pages and a few PDFs to help you and your children make this spiritual pilgrimage.

We encourage you to take your children to your parish during this Lenten season and pray the Stations. It can be as simple as talking about each Station and asking your children questions as you move from one to the next. Ask them to imagine themselves as part of the crowd and how they might have helped Jesus or to imagine how heavy the cross must have been to carry.

You could also virtually tour [The Shrine of Christ's Passion](#) located in Indiana or walk the [Via Dolorosa and Stations of the Cross](#) in Jerusalem (you really need your imagination for this second one!)



VIDEOS

The Stations of the Cross



[Click here](#) to pray the Stations of the Cross via video: *The Scriptural Way of the Cross for Kids: A Lenten Meditation.*

Fr. Victor Hoagland has also created a [video version of the Stations of the Cross for kids](#)

PDF FOR DOWNLOAD

Read and pray these stations very slowly. Imagine the scene in Jerusalem as Jesus walked his Way of the Cross. Often the Stations of the Cross is an action prayer. Catholics walk to the 14 Stations of the Way of the Cross and stop to pray at each one.

[Download](#) the Stations of the Cross for Children by [Loyola Press](#)

[Download](#) the Stations of the Cross drawn by kids from the Archdiocese.

COLOURING PAGES

Kristen from [Drawn2BCreative](#) has drawn the 14 Stations for your kids to enjoy! She drew them in a grotto boarder to simulate what your kids might see at church. [Click here to print the 14 Stations.](#)



支援烏克蘭

SUPPORT TO UKRAINE

Dear Brothers and Sisters in Christ,

As we watch with horror the invasion of Ukraine continue, we are praying for an end to this injustice and for the Ukrainian people who are experiencing great hardship. This Ash Wednesday, let us join Pope Francis in offering our prayers and fasting for an end to the hostilities and for the people of Ukraine.

We can see there is a humanitarian crisis unfolding in Ukraine and across Europe as people flee to safety in neighbouring countries. How can we contribute materially to help alleviate the suffering this invasion is causing?

Perhaps this Lent, with our prayers and fasting, we can consider supporting these organizations as part of our traditional practice of almsgiving or charity.

Here are three reputable agencies, two Catholic ones with established connections to Ukraine and one well-known secular agency that will use donations to assist those most in need.

May Mary Queen of Peace, intercede for an end to the conflict and for those most affected.

✧ Marcel Damphousse

Please consider donation to the following agencies:

Catholic Near East Welfare Association (CNEWA)

Website:

<https://cnewa.org/ca/campaigns/ukraine/>

Help the People of Ukraine Survive the War - CNEWA Canada (cnewa.org)

Development and Peace (D & P)

Website: <https://www2.devp.org/en/civicrm/contribute/transact?reset=1&id=3&gl=24360>

Give now | Development and Peace (devp.org)

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)





Marcel 總主教親臨主持堂區的虎年感恩祭。恩保德神父從香港送上新年賀辭，並鼓勵團體合力推動牧民中心的建設和計劃。同時播放牧民中心的设计草圖。彌撒結束前，堂區醒獅隊(Alain, Bill & team)的賀歲致敬禮及財神爺(Yajie Qiu)派福袋更增加了節日氣氛。



CNY Lunch Celebration by some members



Birthday Blessings for Louisa Wong & Serena Tsang



梁神父祝賀Serena Tsang 80歲生辰快樂及送贈教宗、主教、梁神父及渥太華市長祝福賀詞，同時亦祝福 Louisa Wong 二月份生辰快樂。

堂區的牧靈及行政代表向梁神父致送教宗給他的生辰祝福。



甚麼是四旬期?

四旬期是一個祈禱和做補贖的時期，基督藉此引領我們回歸領洗時的承諾：死於罪惡，活於天主。

何時是四旬期?

四旬期由聖灰瞻禮開始，直至聖週四的下午，約共四十天。

為何是四十天? 復活節前這「四十天」(不包括星期日)的齋戒、祈禱和克己，是耶穌在曠野四十天的對照。

在四旬期內我們該作甚麼?

1. 棄絕罪惡，摒棄違背天主聖意的習慣和傾向。四旬期是悔改的時期。
2. 向天父開放我們的心，好讓我們能與基督一起，為天主而活。耶穌召喚我們做個讚美和祈禱的人，成為活的標記，彰顯基督對眾人的愛。

「這齋戒的時期已為我們敞開了天鄉之門；讓我們迎接這個時期，好使我們在復活之日，與主同受光榮。」

四旬期 對答詠

Archdiocese of Toronto www.archtoronto.org

中文翻譯由《生命恩泉》提供 (www.FLL.cc)

怎樣渡過四旬期?

十個能令四旬期過得有有意義的建議

1. 棄絕罪惡

要表達對天主的愛，就要遵守祂的誡命，遠離罪惡。

2. 齋戒

齋戒不食可令人更專注於祈禱。省下的金錢可以捐助窮人。



3. 祈禱

恆常祈禱。為你的親友、在苦難中的人、為教會和世界祈禱。

4. 行善

幫助有需要的人。為他們祈禱，並隨時在他們有需要時伸出援手。



5. 捐獻

幫助窮人及支持教會的慈善工作。喜樂地捐獻，回饋賜予我們一切的天主。



8. 控制物慾

在天上而非地上積聚財富。減少擁有物質，減少多餘的花費，減少對物質的慾望，把自己擁有的與人分享—包括你的時間和才能。

7. 閱讀靈修書籍

撥出時間在靜默中閱讀和反思，可以為信仰帶來滋養。每天懷著祈禱的心閱讀天主聖言，能使你的心靈對聖神開放，讓你的一思一念，一言一行，都在天主內。



6. 克己

在四旬期內，尤其是星期五，即基督為救贖我們而死在十字架之日，放棄吃肉或其他你喜愛的食物。

9. 減少追求娛樂

過多娛樂和其他使人分心的事情，會減少甚至完全消耗你原本可以為主工作的時間。

10. 履行你生命中的責任

在愛德中活出你的聖召，以侍奉天主。天主召叫我們每一個人成為活著的祭獻。透過基督，奉獻你每天的生活吧!

Archdiocese of Toronto www.archtoronto.org

中文翻譯由《生命恩泉》提供 (www.FLL.cc)

Text from Canadian Conference of Catholic Bishops "Living Lent"

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 20/2



THE MANILA CATHEDRAL





為護祐烏克蘭 和平祈禱

慈悲而全能的天主，
 你會摧毀戰爭、
 驅逐權貴，
 求你消除我們之間
 的暴力仇恨，
 拭去我們的淚痕，
 使我們真正能稱為祢的子女。
 以上所求，是靠祢的聖子—
 我們的主基督，祂與祢及聖
 神，永生永王。



很感恩我們9:30a.m.的英語彌撒漸漸有固定的人數參予。更有些青年主動聯絡及參與協助在禮儀中負責詠唱，讀經，收取奉獻與供奉餅酒。

團體消息 ANNOUNCEMENT

1. 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。
2. 三月份朝拜聖體定於三月十九日(星期六)下午一時舉行。
3. 四月九日(星期六)下午一時舉行四旬期團體悔罪修和禮儀及告解。
4. 四月十七日(復活節日)堂區籌辦午餐聚會慶節，同時祝賀梁神父及羅神父生辰。詳情稍後公佈。
5. Marcel Damphousse 總主教呼籲各堂區在四旬期內捐款支持 Development & Peace 的各項計劃。



Rite of Honouring our Ancestors 敬祖禮 13/2



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	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	陳小喬 Rosa AuYeung
李美玲 Meiling Li	劉湘貴 Gloria Kung
黃健平 Dicky Wong	葉敏華 Anita Cheung
農大鈞 John Nung (Choir A)	龍映如 Baylie Lung
陳瑞平 Sunny Chan (Choir B)	甘穎詩 Fiona Kam
司徒惠良 Fred Szeto	王澤楓 Ze Feng Wang
黃曉 Wei Huang	張洋陰 Danny Zhang
王芬芬 Louisa Wong	夏瑞榮 Stephen Ha
陳志彪 Bill Chan	鄭宏钊 Hongzhao Zheng
馬叙英 Celine Ma	林嘉祺 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)

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	夏少仁 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	陳利爵 Richard Chan	李美蘭 Joyce Wong
夏藝紘 Diana Xia	陳麗珠 Linda Chan	王芬芬 Louisa Wong
黃曉 Teresa Wang	蔡蕾 Lei Cai	陳瑞平 Sunny Chan
張貴鳳 Jessica Cheung	黎潔儀 Jie Yi Li	劉秀英 Christina Fan

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

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
 謝夢儀 Julianna Tse
 范浩泉執事 Deacon Peter Fan (牧民統籌 Pastoral Coordinator)



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Each month, over 39,000 people turn to a food program in Ottawa for emergency food. And because of your gift, we can provide food to those who need it. We are so grateful to have you as part of this caring community.

I hope you know how important your gift is to the community. Because of you, no one is turned away. Thank you so much for this gift.

If you have questions, please don't hesitate to contact me. Thank you again for sharing your blessings with those who need it most.

Warmest wishes,



Rachael Wilson
Chief Executive Officer

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Every Thursday Online Rosary

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每星期四網上玫瑰經

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。

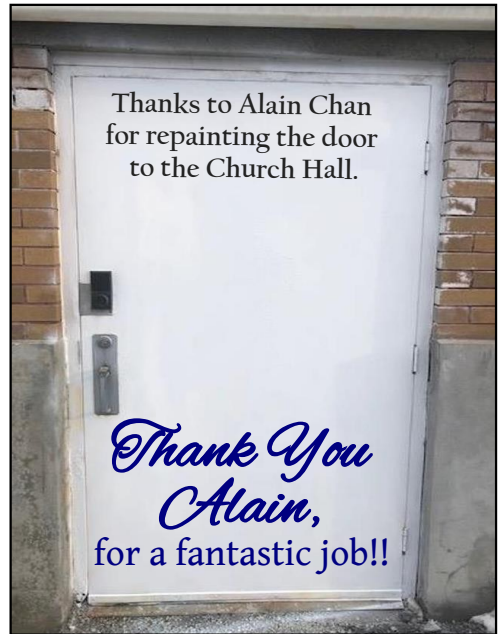


Act of Spiritual Communion by St. Alphonsus de Liguori:

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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主啊，你是歷史的主宰，也是我們最仁慈的上主。你永遠不樂於見到人命損傷和我們的心碎。

請聆聽我們的祈禱，並派遣你的聖神來感動那些變硬的心和渴望治療的心！亞孟！

+ 周守仁主教
天主教香港教區
2022年2月25日



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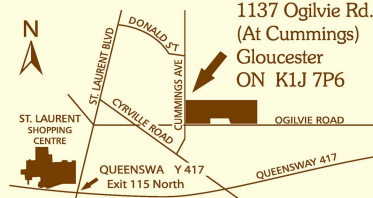
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