



# 聖神天主堂

## Sheng Shen (Holy Spirit) Parish

1187 Rue Michael Street, Ottawa, Ontario K1J 7T2  
 Tel: (613) 747-2080 Fax: (613) 747-6115  
 Web: ottawachinesecatholic.org



### 2016年7月份堂區通訊

#### Priest Moderator

梁增仁神父 Rev. Stephen Liang 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

黃庭光 Bosco T.K. Wong

陳淑薇 Magdalene Chan magchan@rogers.com

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

周陳淑芬 Cecilia Chow cecechow@gmail.com

方李美娥 Lucille Fong lmnfong@rogers.com

陳瑞朝 David Chan davidchan2233@gmail.com

蔡蕾 Cai Lei ease4.0123@gmail.com

#### 主日感恩祭 Sunday Mass

星期日上午十一時半 Sunday 11:30am

#### 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 10:30am

#### 青少年活動 Children/Youth Activities

星期日上午十時半

Sunday 10:30am

#### 兒童禮儀 Children Liturgy

星期日上午十一時半

Sunday 11:30am

#### 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 10:00am-12:00pm



#### 惠捐支票抬頭

Please make all cheques payable to:

"Sheng Shen Chinese Catholic Community"



July 3, 2016

#### 常年期第十四主日

**Fourteenth Sunday  
in Ordinary Time**

你們去罷!看,我派遣你們猶如羔羊往狼群中.

路 10:3

Go on your way; behold, I am sending you like lambs among wolves.

Luke 10:3



July 17, 2016

#### 常年期第十六主日

**Sixteenth Sunday  
in Ordinary Time**

瑪爾大, 瑪爾大! 你為了很多事操心忙碌, 其實需要的惟有一件.

路 10:41

Martha, Martha, you are anxious and worried about many things. There is need of only one thing.

Luke 10:41



July 31, 2016

#### 常年期第十八主日

**Eighteenth Sunday  
in Ordinary Time**

那為自己厚積財產而不在天主前致富的, 也是如此.

路 12:21

Thus will it be for all who store up treasure for themselves but are not rich in what matters to God.

Luke 12:21

# 教宗方濟各七月份的祈禱意向 Pope Francis Prayer of Intention for July 2016

Universal: Indigenous People

總意向: 為原居民祈禱

That indigenous peoples, whose identity and very existence are threatened, will be shown due respect.

願面對身份及生存構成威脅的原居民獲得尊重。

Evangelization: Latin America and the Caribbean

福傳意向: 為拉丁美洲及加勒比海地區祈禱

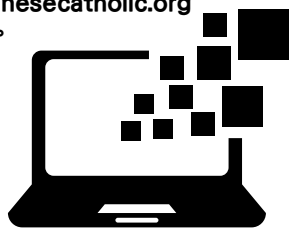
That the Church in Latin America and the Caribbean, by means of her mission to the continent, may announce the Gospel with renewed vigor and enthusiasm.

願拉丁美洲及加勒比海地區的教會能以更新的活力與熱忱宣揚福音。

## Link on Updating Parish Record 在線更新在堂區個人/家庭資料紀錄

教友如欲更新在堂區記錄上的個人/家庭資料，請參閱堂區通訊或到堂區網站 [www.ottawachinesecatholic.org](http://www.ottawachinesecatholic.org) 作鏈線更新 <https://goo.gl/pKEV0g>。

Parishioners who wish to update their personal registration at the parish office, please use the update link (<https://goo.gl/pKEV0g>) in parish's monthly bulletin or parish's website at [www.ottawachinesecatholic.org](http://www.ottawachinesecatholic.org)



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十時三十分在神父宿舍進行。查詢可與范執事或池神父聯絡。

## FR. LIANG'S HOMILY

梁增仁神父 Rev. Fr. Stephen Liang M.D.  
Priest Moderator

“Martha, Martha, you are anxious and worried about many things. There is need of only one thing. Mary has chosen the better part and it will not be taken from her.”

Luke 10: 38-42

“The better part” does not deny the “Martha” side of our lives that seeks to provide for ourselves and our families but consciously “sees” the needs of others and responds with the generosity and compassion that Jesus inspires in our “Mary” side. We are all like Martha in our own anxiety over details; we worry about the peripherals at the expense of the important and lasting. “The better part” is to see beyond our demands and needs at the moment; the “better part” is to maintain a perspective of gratitude for the blessings and gifts of our lives and to hear God calling us to share those blessings and gifts with our sisters and brothers in need.

「瑪爾大，瑪爾大！你為了許多事操心忙碌，其實需要的惟有一件。瑪利亞選擇了更好的一分，是不能從她奪去的。」  
路 10:41-42

選擇「更好的一分」並不表示我們忽視對人關愛和照顧的熱忱。我們都有瑪爾大那份為辦妥日常瑣事那份焦慮，而忽略了那些重要和恆久的事工。那「更好的一分」讓我們仿效瑪利亞超越目前，超越自己的需要。瑪利亞那「更好的一分」讓我們心存銘感，聆聽天主的召喚，與那些有需要的兄弟姊妹分嚮主的恩賜。



朝拜聖體

HOLY HOUR

二零一六年七月 July 2016

七月十六日 (星期六) 下午一時三十分  
July 16, 2016 (Saturday) 1:30 PM



[www.facebook.com/pages/Sheng-Shen-Catholic-Parish/501505729860726](http://www.facebook.com/pages/Sheng-Shen-Catholic-Parish/501505729860726)

## Yard Sale 25/6 環保再用義賣

是項周年夏季活動在六月二十五日(星期六)舉行。今年仍由哥倫布騎士會主導,二、三十位教友協辦。捐獻、參觀及購買情況十分理想,總收入共達\$1,250,加上天朗氣清。無論主客皆歡聚交誼,樂也融融,真是上主的恩賜。感謝大家的努力和撥冗參與,更感謝騎士會同仁的奉獻。



## 生命恩泉週年慶典

### 生命恩泉週年晚宴

六月十二日,我們堂區二十位主內兄弟姊妹和親友,往多倫多萬錦市參與生命恩泉的週年慶典。是晚以「慈悲的足印」為主題,聚焦面對困境的朋友。超過800名加拿大天主教華人社區人士出席,為這個福傳事工籌募經費。我們也積極捐獻,支持這意義重大的事工。《生命恩泉》能透過此晚宴成功籌得15.4萬元善款。

我們更藉此機會暢聚友情。盼望來年更多朋友參與這既有意義,又充滿歡樂的行程。



### 生命恩泉2016籌款晚宴

Andria Poon

今年生命恩泉的籌款晚宴提前於六月十二日在萬錦舉行。

超過800名加拿大天主教華人社區人士出席。為這個福傳事工籌募經費。晚宴的主題是一慈悲的足印。

我們渥太華的聖神天主堂也有十多人專程前來參加。

《生命恩泉》能透過此晚宴成功籌得15.4萬元善款。

# Diocesan Feast 2016 教區週年慶典



今年的慶典以慈悲為主題。每堂區派出數位參與慈悲事工的教友為代表。並以圖像形式獻上教區。在六月九日的慶典中，我們堂區的代表：王芬芬和 Therese Yuen (代表神修事工) 及 May Nung (代表慈善事工) 獻上我們的事工咭給主教。全部事工圖像都張貼在主教座堂的慈悲門上，供朝聖者參閱。是晚我們堂區還有多位教友參與慶典。

This year, the Diocesan Feast took place on Thursday, June 9, with the main theme of Spiritual & Corporal Work of Mercy. Every parish is asked to send a team of parishioners who have been involved in Spiritual and Corporal Work of Mercy. Samples of such work of mercy are captured in a card presented by the parish to the Archbishop at the start of the celebration.

Louisa Wong & Terese Yuen (representing Spiritual Work of Mercy) and May Nung (representing Corporal Work of Mercy) presented the card on the behalf of our parish, Sheng Shen (Holy Spirit) Parish. The card is posted, along with those from other parishes, on the Door of Mercy at the entrance of the Cathedral. They will be on display to give an overall view of our joint efforts of mercy in the Diocese during this Year of Mercy.

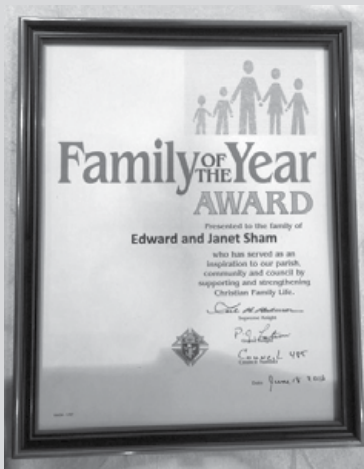
A number of other parishioners from Sheng Shen also joined Louisa, Terese and May to take part in the celebration. The youth team taking part in the World Youth Day 2016 is also present in the celebration.

## Diocesan Feast Day 渥太華教區瞻禮感恩祭 9/6

今年的教區瞻禮日除了感謝上主的恩賜外，更藉著慈悲禧年分享各堂區提供的慈悲善舉，如探訪及為長者祈禱，處理殯葬事宜，協助食物銀行，外展接觸貧苦及有需要的家庭等。教區特別邀請各堂區以咭紙設計顯示曾參與的這類活動，並將這些咭片在本年內佈貼在慈悲門附近，好讓朝聖者及遊客瞭解堂區團體的服務。

以下是 Alain Chan 協助設計的慈悲憐憫咭，9/6晚上由 May Nung, Louisa Wong, Therese Yuen 代表堂區致送。





在六月十八日，我們堂區八位教友參加哥倫布騎士會：485分會的週年晚餐會。是晚我們和其他堂區的朋友們歡聚，並藉這週年慶典，表揚分會內各級武士的貢獻。我們堂區楊尤國兄弟和沈錫雄兄弟夫婦，獲頒今年突出年武士及家庭獎狀，以表揚他們年來的奉獻。我們堂區同仁衷心感謝他們為堂區的努力，並祝賀他們獲獎。

Council 485 of the Knight of Columbus had their Annual Celebration on Saturday, June 18. Eight members of our parish participated in the celebration and dinner. The Knight of the Year award was given to Peter Yang in recognition of his contribution. Edward & Janet Sham were recognized in the Family of the Year Award for their many contributions to the work of the Knights and to the parish. It was a joyful evenig. Pray that many more parishioners join the ranks of the Knight and promote our service to the parish and fellowship with each other in the grace of God.

## 哥倫布騎士會晚宴

### KNIGHTS OF COLUMBUS

### YEAR END CELEBRATION 18/6



## YOUTH PARTY



*Thanks*  
to our  
gardeners

# 齊慶父親節

六月十九日適逢父親節。彌撒中 Fr. Obinna 特別談及天主對父親的召喚，並呼籲教友守好做雙親的本份和天職，因其影響鉅大。神父更藉此佳節特別祝福父親們。團體生活 Linda Au 及 Alain Chan 闔家更為堂區的父親特製應節紀念品。彌撒後舉行 potluck 午餐歡聚。

On June 19, Fathers Day, Fr. Obinna expounded on the importance of our vocation as a parent, in particular a father. Such a vocation has a great impact on the life of the family and people of God. Fr. Obinna gave the fathers a special blessing. Linda Au, Alain Chan and family of the Community Life Committee presented a special gift for the fathers of parish on that day. The celebration culminated in a potluck lunch that augmented our fellowship.



## 堂區慶祝父親節

Andria Poon

六月十九日是父親節，一如既往堂區於彌撒後，神父特別降福在場的所有父親。然後舉行大食會，每個家庭都帶來一些美食佳餚，弟兄姊妹都吃得津津有味。

<b>牧靈議會</b>	<b>Pastoral Council</b>
陳瑞朝	David Chan (共同主席)
李利	Lily Li (共同主席)
陳利爵	Richard Chan (共同主席)
龔煥根	Bosco Kung
楊建華	Jian Hua Yang
陳華綠	Dorothy Chan
方良炎	James Fong (財務委員會代表)
羅靜如	Angelina Lo (當然委員)
李丹	Dan Li (秘書)
<b>財務委員會</b>	<b>Finance Council</b>
鄧鉅振	Thomas Tang (Project Manager)
方良炎	James Fong (Coordinator)
陳麗珠	Linda Chan
黃挺光	Bosco T.K. Wong
夏景榮	Jimmy Ha
黎寶珍	Katie Ng
莫淑蘭	Suk Lan Mok
羅靜如	Angelina Lo (當然委員)
<b>常設委員會</b>	<b>Standing Commissions</b>
<b>禮儀</b>	<b>Liturgy</b>
黃翠霞	Rexan Wong (Coordinator)
龔煥根	Bosco Kung (Altar Server)
陳瑞朝	David Chan (Lectors)
農李美玲	May Nung (Youth Liturgy)
李美蘭	Joyce Wong (Eucharistic Ministry)
陳育峰	Yu Feng Chen (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
黃曉	Wei Huang
王芬芬	Louisa Wong
<b>信仰培育</b>	<b>Christian Education</b>
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
吳新	Eric Wu
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
<b>團體生活</b>	<b>Community Life</b>
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
馮燕梅	Elizabeth Fung
傅成利	Seng Lee Foo
陳利爵	Richard Chan
林德榮	Tak Wing Lam
楊愛國	You Guo Yang
蔡蕾	Lei Cai
黎潔儀	Jie Yi Li
<b>關愛</b>	<b>Christian Service</b>
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
馮燕梅	Elizabeth Fung
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

求職面試能力講座

Presented by Stephen C. Wong

July 16, 2016 @ 2:30 – 4:00 p.m.

Location: Sheng Shen Catholic Church (聖神天主堂)  
1187 Michael St., Ottawa, ON  
(5 minutes from Bay Entrance  
@ St. Laurent Shopping Center)

Come and learn about:

- Canadian culture and Canadian way of communication
- Understand what your potential manager is looking for
- Impress your prospective employers in 5 minutes
- Successful job interviews in Canada
- Part time job opportunities
- How to get a letter of reference



2:15 - 2:30 Registration (name tags, names list)  
 2:30 - 2:35 Greetings from the parish (Peter Fan, Fr. Chi)  
 2:35 - 3:40 Seminar and Workshop (Stephen)  
 3:40 - 3:55 Introducing Volunteer Support Group and other activities  
 3:55 - 4:00 Closing

GOLDEN RULES FOR AGING GRACEFULLY

1. Live in your own place to enjoy independence and privacy.
2. Hold on to your bank deposits and assets with yourself or your spouse.
3. Don't depend only on your children's promise to care for you when you grow old as their priorities change with time.
4. Expand your circle of friends to include those who will outlive you.
5. Do not compare; expect nothing from others.
6. Do not meddle in the life of your children. Let them live THEIR life not yours.
7. Do not use old age as your shield and justification to demand care, respect and attention.
8. Listen to what others say but think and act independently.
9. Pray but do not beg even from God. Seek His Grace.
10. And finally, DO NOT RETIRE FROM LIFE.

福安福園

未雨綢繆，添安又添福



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
- 交通方便，位於Prince of Wales與Woodroffe Ave. 南端交界，離市中心約20分鐘

一站式方便

一站式「殯儀接待中心」現已開放，方便家人在本墓園舉行殯儀及接待親友。本墓園同一地點提供殯儀、傳統土葬、火化及骨灰龕位等一站式即時或預置服務，方便無比。

祖先也移民

我們已移居到一個環境優美，生活安定的加國社會。這時我們有否想到在他方已故的先人或親屬呢？我們免費提供文件樣本，手續諮詢，請即來電.....

Capital Funeral Home & Cemetery  
 by Arbor Memorial  
 3700 Prince of Wales Drive, Nepean  
 613-692-3588 • www.capitalmemorial.ca  
 Arbor Memorial Inc.



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 613-276-3289  
 與 Gable Fung 馮基堡聯絡

2016 旅行同樂日

日期：二零一六年七月九日(星期六)

地點：Long Island Locks at Nicolls Island Road (14 mins from TnT)

時間：上午九時三十分至下午三時

費用：成人 - 每位七元  
小童十歲以下 - 每位三元 (包括午餐，飲品自理)

活動：釣魚比賽 (詳情請參閱比賽規則)  
小徑尋幽，集體遊戲

報名及查詢：Linda Au, Julianna Tse, Richard Chan

請自備沙灘椅及太陽傘

聖神天主堂  
Sheng Shen Holy Spirit Parish  
Community Founded in 1977

July Prayer Meeting 七月份祈禱會

日期：7月9日(星期六)  
 時間：10:15 a.m.  
 地點：Long Island Lock 週年旅行同樂日場地

截至2016年7月3日  
 培聖基金共籌得  
 As at 3 July, 2016  
 donation for Vocation  
 Development Fund  
 amounted to  
**\$7,095.20**



Hong Kong Style  
Chinese Restaurant



808 Somerset St. W., Ottawa, Ontario K1R 6R5 (613) 563-2422

[www.cafeorient.ca](http://www.cafeorient.ca)

Business hours: Thurs to Tues 11 a.m. to 9:00 p.m. Closed on Wed



**Pure Power  
Juice Bar**

*Fresh Juice Everyday*

Unit 9, 55 Byward Market Sq, Ottawa  
613-244-7383

兄弟餐廳  
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