



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: www.ottawachinesecatholic.org



2017年2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
黃挺光 Bosco T.K. Wong
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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

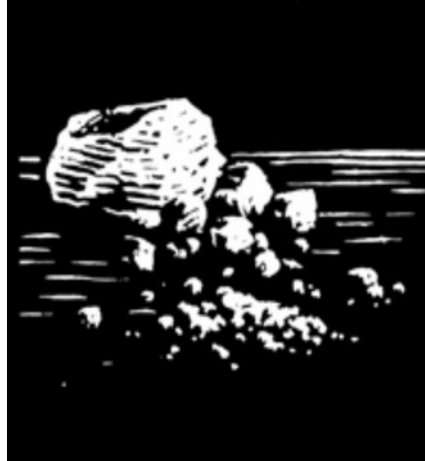
成人慕道 Rite of Christians Initiation of Adults (RCIA)
(粵語, 國語, 英語)
星期日上午十時半 Sunday 10:30am

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"



2017.2.5 常年期第五主日 5th Sunday in Ordinary Time

你們是地上的鹽，鹽若失了味，可用什麼使它再鹹呢？它再毫無用途，只好拋在外邊，任人踐踏罷了。
瑪: 5:13

"You are the salt of the earth. But if salt loses its taste, with what can it be seasoned? It is no longer good for anything but to be thrown out and trampled underfoot. Matthew 5:13

2017.2.19 常年期第七主日 7th Sunday in Ordinary Time

你們一向聽說過：“以眼還眼，以牙還牙。”我卻對你們說：不要抵抗敵人；而且，若有人掌擊你的右頰，你把另一面也轉給他。
瑪: 5:38-39

Jesus said to his disciples: "You have heard that it was said, An eye for an eye and a tooth for a tooth. But I say to you..." Matthew 5:38-39

2017.2.26 常年期第八主日 8th Sunday in Ordinary Time

沒有人能事奉兩個主人：他或是要恨這一個而愛那一個，或是依附這一個而輕忽那一個。你們不能事奉天主又事奉錢財。
瑪: 6:24

"You cannot serve God and mammon..."
Matthew 6:24

教宗方濟各二月份的祈禱意向 Pope Francis Prayer of Intention for February 2017

Universal: Comfort for the Afflicted

總意向：安慰受苦的人

That all those who are afflicted, especially the poor, refugees, and marginalized, may find welcome and comfort in our communities.

願所有受苦的人，特別是貧窮者，難民和邊緣人仕，都能在社區內感受到撫慰及被歡迎接受。

Pastor's Message and Summary of Homily for Sunday

Sixth Sunday in Ordinary Time

Matthew 5: 17-37 – February 12, 2017

"... Whoever obeys and teaches these commandments will be called greatest in the kingdom of heaven. I tell you, unless your righteousness surpasses that of the scribes and Pharisees, you will not enter the kingdom of heaven." - Matthew 5: 17-37

Throughout the Gospel, Jesus appeals to our sense of righteousness and altruism - that God's Spirit of justice and compassion is a more creative and effective force in our lives than any self-centered cost-benefit calculation. Faith begins in the heart, Jesus says. What we say, what we do, what we decide, are all responses to the God who speaks to us in the depths of our hearts, the God in whose image and likeness we have been created. While the scribes and Pharisees were obsessed with the meticulous keeping of the letter of the Law, Jesus taught the importance of the more difficult task of embracing the Spirit of love and humility that endows all just laws with their purpose and meaning. Christ speaks not of rules and regulations but the much deeper and profound values of the human heart. "What else are the laws of God," St. Augustine said, "but the very presence of the Holy Spirit?"

Rev. Dr. Stephen Liang

“..... 但誰若實行，也這樣教訓人，這人在天國裡將稱為大的。我告訴你們：除非你們的義德超過經師和法利塞人的義德，你們決進不了天國。” 瑪：5:17-37

在聖經中，耶穌引導我們領悟正義與無私的精神——在我們的生命中，聖神公義與慈悲的神恩總比自我和唯利是圖的思念更具創作性及有效能。耶穌說，信仰由心。我們的所言所行或決策，全都是向上主，那按照祂的肖像創造我們的天主，我們心底說話的回應。

經師和法利塞人耿耿於懷極遵守法律的細節，耶穌卻訓誡我們要注重實踐聖神的愛和謙恭才能把握法律真正的意義與功能。當然這是不容易做到的。耶穌不說法規與條例，但卻全神貫注人心更深遠的價值。St. Augustine 曾說：“上主的法例豈不外是聖神的臨在？”

梁增仁神父

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上午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。



朝拜聖體
HOLY HOUR

二零一七年二月 February, 2017
2月18日（星期六）| 下午一時三十分
February 18, 2017 (Saturday) | 1:30PM

Like us on Facebook

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

Mass Offerings 奉獻彌撒的意義與功能

An individual may ask a priest to offer a Mass for several reasons: for example, in thanksgiving, for the intentions of another person (such as on a birthday, anniversary or for a recovery from illness), or, as is most common, for the repose of the soul of someone who has died. One must never forget the infinite graces that flow from the Sacrifice of the Mass which benefit one's soul.

Pope Leo XIII in his encyclical "Mirae caritatis" (1902) beautifully elaborated this point and emphasized the connection between the communion of saints with the Mass. He wrote: "The grace of mutual love among the living, strengthened and increased by the sacrament of the Eucharist, flows, especially by virtue of the Sacrifice of the Mass, to all who belong to the communion of saints. For the communion of saints is simply the mutual sharing of help, atonement, prayers and benefits among the faithful, those already in the heavenly fatherland, those consigned to the purifying fire, and those still making their pilgrim way here on earth. These all form one city, whose head is Christ, and whose vital principle is love. Faith teaches that although the august Sacrifice can be offered to God alone, it can nevertheless be celebrated in honour of the saints now reigning in Heaven with God, who has crowned them, to obtain their intercession for us, and also, according to apostolic tradition, to wash away the stains of those brethren who died in the Lord but without yet being wholly purified."

In his encyclical "Ecclesia de Eucharistia," our late Holy Father, Blessed John Paul II, taught, "In the celebration of the Eucharistic Sacrifice, the Church prays that God, the Father of mercies, will grant His children the fullness of the Holy Spirit so that they may become one body and one spirit in Christ. In raising this prayer to the Father of lights, from whom comes every good endowment and every perfect gift, the Church believes that she will be heard, for she prays in union with Christ her Head and Spouse, who takes up this plea of His Bride and joins it to His own redemptive sacrifice".

Please keep in mind that the tradition of offering Masses for others, particularly the dead, originates in the very early Church. Inscriptions discovered on tombs in Roman catacombs of the second century evidence this practice: for example, the epitaph on the tomb of Abercius, Bishop of Hieropolis in Phrygia, begs for prayers for the repose of his soul. Tertullian attested to observing the anniversary of a spouse with prayers and sacrifices, i.e. the Mass: "Indeed she prays for his soul, and requests refreshment for him meanwhile, and fellowship with him in the first resurrection; and she offers her sacrifice on the anniversaries of his falling asleep".

Moreover, the Canons of Hippolytus explicitly mentions the offering of prayers for the dead during the Mass. St. Cyril of Jerusalem, in one of his many catechetical discourses, explained how at Mass both the living and dead are remembered, and how the Eucharistic Sacrifice of our Lord is of benefit to sinners, living and dead. St. Ambrose preached, "We have loved them during life; let us not abandon them in death, until we have conducted them by our prayers into the house of the Lord." St. John Chrysostom stated, "Let us help and commemorate them. If Job's sons were purified by their father's sacrifice, why would we doubt that our offerings for the dead bring them some consolation? Let us not hesitate to help those who have died and to offer our prayers for them." St. Augustine recorded the dying wishes of his mother, St. Monica in his Confessions: "One thing only I ask you, that you remember me at the altar of the Lord wherever you may be." Finally, Pope St. Gregory said, "Let us not hesitate to help those who have died and to offer our prayers for them."

Given this understanding, we can add some specifics. When a priest offers Holy Mass, he has three intentions:

- First, to offer the Mass reverently and validly in accord with the norms of the Church.
- Second, to offer the Mass in union with the whole Church and for the good of the whole Church.

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Mass Offerings 奉獻彌撒的意義與功能

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• Third, to offer the Mass for a particular intention, such as the repose of the soul of someone who has died.

Therefore, the effects of the Mass bring certain benefits or fruits. The general fruits of the Mass are the effects upon the whole Church - to the living faithful as well as the poor souls in purgatory. For this reason, in the Canon of the Mass (the Eucharistic Prayer), a special mention is made for both the living and the dead.

The special ministerial fruits of the Mass are applied to the particular intention of the Mass, i.e. "for whom the Mass is offered." The special personal fruits of the Mass benefit the celebrating priest who acts in the person of Christ in offering the Mass and to the people who are in attendance and participate in the offering of the Mass. These fruits are both extensively and intensively finite, since each of us is finite. Therefore, the more a Mass is offered, the more benefit is conferred. For example, all things being equal, 10 Masses offered for the repose of a soul confer 10 times the benefit of one Mass.

The intention of the Mass is also determined by various factors: The Church may stipulate the particular intention; for example, all pastors are required to offer one Mass on Sunday for the intentions of the living and deceased parishioners of a parish. A priest may also have his own particular intention in offering a Mass, such as the repose of the soul of his parents. Finally, a person may ask a priest to offer a Mass for a particular intention; usually, a stipend is given to the priest for offering the Mass, which thereby in justice creates an obligation which must be satisfied.

We find not only the origins of this practice dating to the early Church but we also clearly recognize its importance. When we face the death of someone, even a person who is not Catholic, to have a Mass offered for the repose of his soul and to offer our prayers are more beneficial and comforting than any other sympathy card or bouquet of flowers. To have a Mass offered on the occasion of a birthday, anniversary or special need is appropriate, beneficial and appreciated.

Rev. Dr. Stephen Liang

神父奉獻彌撒可歸納以下意向：

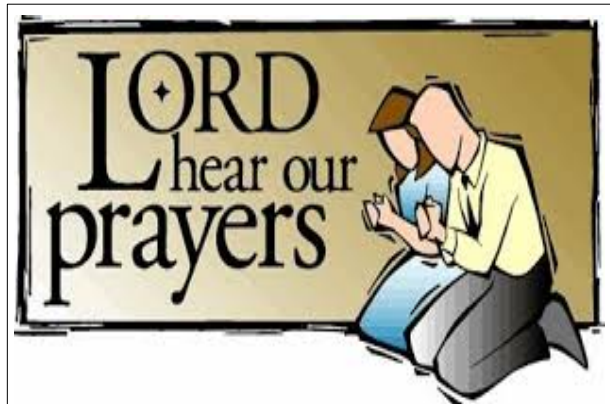
1. 依據教會的規例崇奉彌撒；
2. 與團體為整個教會的利益祈禱；
3. 為特別意向奉獻，例如為亡魂（包括教友及非教友）的安息，為他人的生辰，結婚紀念日，或疾病的痊癒等祈禱。

在奉獻彌撒中，有與諸聖相通功的效能，也包含了五助互愛，為補贖的意義。我們亦堅信慈悲的上主會以聖神降福信眾與基督結合為一。

梁增仁神父

Visit to Sr. Aline at Montfort Senior Home

1月22日，Peter & Christina, Louisa & Angelina 前注在 Byward Market 的 Montfort Senior Home 探問 Sr. Aline。她正在飯廳等候晚餐，見面時喜出望外，精神奕奕，容光滿面，談吐自如。看來她已適應了安老院的生活。願主保佑她安享晚年！



2月份祈禱會

定於
2月11日(星期六)
下午一時正
在地庫H101室舉行

Fr. Vogels 聖經圖書館成立進展

Progress on Fr. Vogels's Bible Library Set Up

圖書館工作小組繼續開會商討圖書的分類目錄，借閱程序方式等事宜。



堂區並訂定 2 月 11 日 Fr. Vogels 的聖經講座後 4:00-6:00 舉辦圖書館開放日及茶點招待，歡迎參予。

Fr. Walter Vogels's 2 Bible Workshops:

定於以下日期在堂區舉行聖經工作坊：

- 2 月 11 日 2:30-4:00 聖經的特質 - 靈性的一面
- 2 月 18 日 2:30-4:00 聖經研究法

Fr. Walter Vogels will be running two Bible workshops at our parish on the following dates at:

- February 11 2:30-4:00 Special Character of Bible, its divine aspects
- February 18 2:30-4:00 Hermeneutics

Fr. Vogels' Collection of Biblical Literature 聖經典籍珍藏

On Saturday, February 11, the collection of Biblical Literature, generously entrusted to our parish by Fr. Walter Vogels, the renowned Bible scholar, upon his retirement to his home country of Belgium, was opened to the public. The opening follows the first of the two talks on the Bible by Fr. Vogels on February 11 and 18.

Many people signed up to attend the two talks and joined the reception at the library (Room R105 of our Rectory) afterwards. This helps to build the fellowship and the appreciation for Bible studies and related literature. Pray that this would become a driving force for building the interest among our parishioners and in the wider community for Bible study.

Fr. Vogels, 世界著名的聖經學者，把他畢生珍藏的聖經典籍和作品慷慨地捐給我們堂區。在二月十一日，星期六下午，神父的聖經講座後公開陳列介紹給與會者。是日出席踴躍。盼望這內容豐富的藏書鼓勵我們閱讀聖經，多了解耶穌基督的訓誨。

民族彌撒 HOMELAND MASS ON 22/1

1 月 22 日的民族彌撒在主教座堂舉行。教區邀請了團體頌讀其中一項信友禱文，由李莉 Lily 代表堂區以普通話帶領祈禱。另一特色是由海第 (Haiti) 以舞蹈及悅耳的本土音樂伴唱奉獻麵餅與酒。禮成後，我們例與主教拍照留念。





Don Bosco Youth Award 2017 教區青年獎

Byron Chan, one of our youth leaders were awarded the St. Francis Xavier Award for Evangelization by the Youth Ministry of the Archdiocese of Ottawa, in recognition of his participation in the many evangelizing ministries of our Sheng Shen Chinese Parish, the Archdiocese and the continuing involvement in the EV Concerts of the Friends of Jesus Passover (FOJP).

The Award was presented to Byron by Archbishop Prendergast S.J., in a big gathering of hundreds of young people and parishioners from the Diocese on Saturday, January 28.

Pray that this most meaningful award would serve as an encouragement for all the youths in our parish community and in the Diocese for even greater efforts for spreading the good news.

Congratulations, Byron!

我們堂區的 Byron Chan 榮獲今年青年獎，以表彰他多年參與青年福傳工作。在一月二十八晚，我們的總主教頒發該獎項給 Byron 和各堂區的十多位年青人。這獎項對我們年青工作者有莫大的鼓舞作用。我們一則恭喜 Byron 及他闔家，更盼望多些青年繼續這有意義的事工。



I am in great honour to receive this year's St. Francis Xavier Missionary Zeal Award at the Don Bosco Gala. This award, however, was not a result of my own efforts alone but was the fruit of the support of the Sheng Shen Parish Community. Their faith in me as well as being guided by the Holy Spirit allowed me to pursue evangelizing the world one person at a time. I thank everyone for their continued prayers and encouragement which was and still is the backbone of my motivation to be more involved in my own parish as well as doing God's will. Being able to spread the word in my local community as well as the far corners of the world that He created is truly a blessing.

I Thank everyone again for their support and I am excited to be able to continue on this journey of love and grace.

In Peace and Joy, God Bless!

Byron Chan

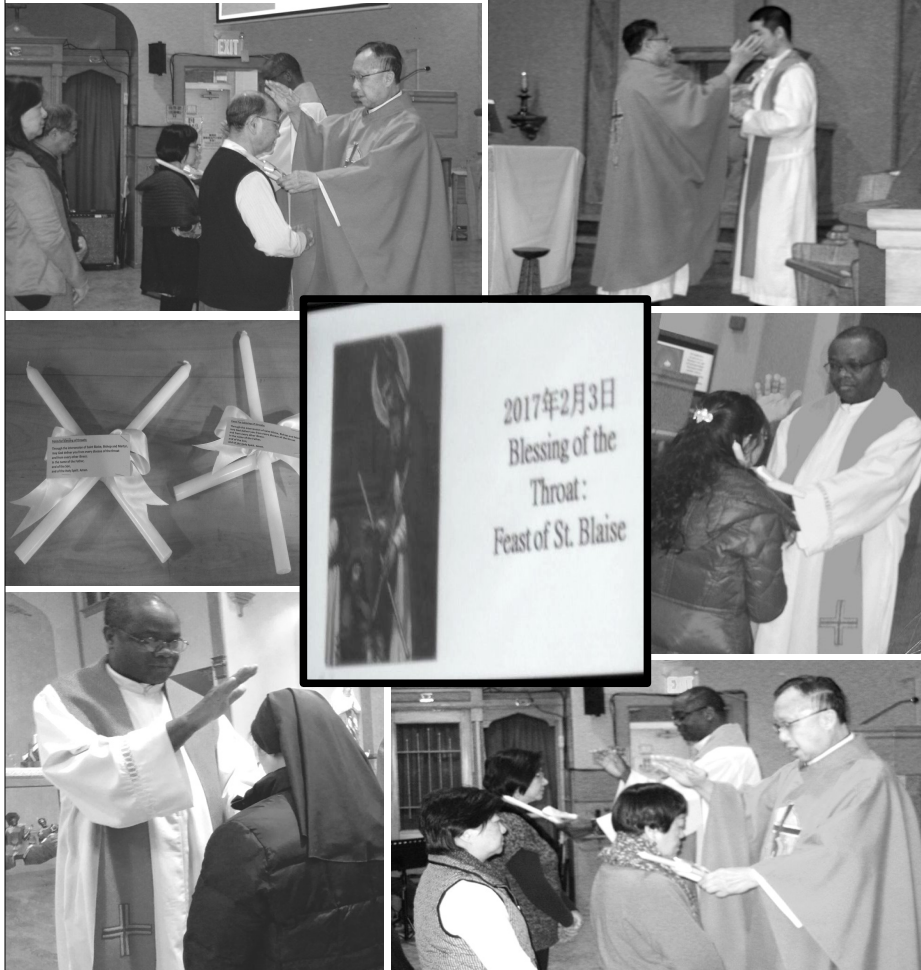
小童輔祭 預備班的成立

堂區希望培訓多些未來的棟樑，在范執事及幾位青年協調下，小童輔祭預備班在2月5日正式成立。



2月3日 St. Blaise 瞻禮喉部祝聖禮儀

Blessing of the Throat on Feast of St. Blaise on February 3



請齊來參予洪吟芳修女的封齋期靈修活動

2017 封齋期專題座 基督聖容 - 恩寵之門

主講：洪吟芳修女

內容：回顧教宗方濟各在去年慈悲聖年中，邀請我們默觀基督的面容，意義深奧。如何觀望基督的聖容呢？洪修女希望在今天的避靜內與大家從福音與家庭的日常生活中尋找基督的聖容，使基督的聖容，治癒我們的心靈，聖化我們的家庭。使我們透過基督的面容，帶領家人瞻仰基督的聖容，體驗到天父的無限慈悲與愛護，藉此打開我們的心與他人共同接納天主的恩賜。

3月25日(星期六)

1:30-3:30 朝拜聖體及團體修和/告解
(洪修女講道)

4:00-6:00 洪修女與普通話教友分享會

6:00-8:00 自助 (Potluck) 晚餐

3月26日(星期日)

1:30-3:30 洪修女封齋期專題講座
“基督聖容 恩寵之門”

渥太華華人社區服務中心 敘利亞難民計劃

ESL Class

英語為第二語言課程



Senior Group Gathering
長者小組聚會

Computer Literacy Class

手機電腦運用課程



大年初二，主教 Prendergast 主持新年感恩祭



大年初二，主教 Prendergast 親臨堂區為我們主持新年感恩祭。及後與我們眾多教友及嘉賓共歡渡金雞吉祥慶祝會。應邀參加的嘉賓有梁神父堂區的 Fr. Francis, Deacon Lee Winchester 與太太 Claudia, Moira, 13 位 Queenship of Mary 的修女, St. Basil's Church 的哥倫布騎士，負責在堂區舉辦難民培訓服務的天主教教育局及渥太華華人社區服務中心的員工, Fr. Vogels 聖經圖書館的義工 等。

Jennifer Yeung 與 Ivy Chan 設計以快閃歌唱形式作節目序幕很新穎及有創意！

聖神天主堂醒獅隊的舞獅表演活力十足，生動輕快，值得鼓掌！

Catherine Cheung 親自特製的金雞賀歲大蛋糕華麗堂皇，十分精緻神妙！

砌蛋糕儀式禮成後，堂區致送由 Jessica Cheung 準備的手工藝精心製作品賀年宮燈作新年禮物給主教。

Louisa Wong 與 Irene Choi 是 50/25/25 抽獎券的中獎幸運兒。券很多謝 Louisa 把獎金回贈捐獻堂區。

Jimmy Ha 財神爺大派利是，也是被參加者爭著與他拍照留念的對象。可是卻辛苦了大汗淋漓的 Jimmy 呢！



金雞吉祥

賀新歲點滴



民歌組與 GLEBE CENTRE 長者歡渡農曆新年



團體消息 Announcement

1. 二月份祈禱會二月十一日(星期六)提前在一時正在地庫H101室舉行。
2. Fr. Vogels 的聖經講座二月十一日(星期六)在聖堂內舉行,及後四時至六時聖經圖書館開放日在神父宿舍105室舉行,並設茶點招待。
3. 普通話組青年舉辦的卡拉OK之夜將於二月十一日(星期六)晚上五時後在地庫禮堂進行,歡迎大家參予自助晚餐及歌唱。
4. 池神父主持的二月份的路加福音講座暫停一次,延至三月十八日(星期六)朝拜聖體後二時三十分舉行。

滕王閣開年飯歡聚

Chinese New Year Dinner Gathering

金雞吉祥慶祝會完畢後,一群賀年慶祝會工作的義工齊往滕王閣酒家共嚐開年飯。



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 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



截至 2017 年
2 月 5 日

培聖基金共籌得

As at 5 February, 2017,
donation for Vocation
Development Fund
amounted to



\$1332.20

牧靈議會 Pastoral Council

| | |
|-----|----------------------|
| 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 |
| 陳華緣 | 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) |

財務委員會 Finance Council

| | |
|------|-------------------------------|
| 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) |
| 張彥潔 | Agnes Zhang |
| 農李美玲 | May Nung |

常設委員會 Standing Commissions

禮儀 Liturgy

| | |
|------|-----------------------------------|
| 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) |
| 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 |
| 吳祈 | 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 |

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 |
| 葉敬華 | Anita Cheung |
| 黃振方 | James Wong |
| 羅翠貞 | Helena Wong |
| 夏少仁 | David Xia |
| 陳潔華 | Jennifer Yeung |
| 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 |

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 |

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