



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: ottawachinesecatholic.org



2018年9月份堂區通訊

Priest Moderator

梁增仁神父 Rev. Stephen Liang stliang@rogers.com
黃航海神父 Rev. Anthony Hoang atingxi@gmail.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
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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

平日感恩祭 Weekday Mass

星期一至星期四中午十二時 Monday-Thursday 12:00pm
星期六下午一時 Saturday 1:00pm

主日感恩祭 Sunday Mass

星期日十一時半 Sunday 11:30am
另加：每月第三星期日九時半
In addition: Third Sunday of the month: 9:30am

成人慕道 Rite of Christians Initiation of Adults (RCIA)

(粵語, 國語, 英語) 星期日十時半 Sunday 10:30am

青少年活動 Children/Youth Activities

星期日十時半 Sunday 10:30am

兒童禮儀 Children Liturgy

星期日十一時半 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"



September 2, 2018

常年期第二十二主日

22nd Sunday in Ordinary Time

這民族用咀唇尊敬我，他們的心卻遠離我。他們恭敬我也是虛假的，因為他們所講的教義，是人的規律。

谷：7:6-7

This people honors me with their lips, but their hearts are far from me; in vain do they worship me, teaching as doctrines human precepts.

Mark 7:6-7



September 16, 2018

常年期第二十四主日

24th Sunday in Ordinary Time

撒殫，退到我後面去！因為你所體會到的，不是天主的事，而是人的事。

谷：8:33

Get behind me, Satan. You are thinking not as God does, but as human beings do.

Mark 8:33



September 30, 2018

常年期第二十六主日

26th Sunday in Ordinary Time

因為誰不反對我們，就是傾向我們。誰若因你們屬於基督，而給你們一杯水喝，我實在告訴你們：他決不會失掉他的賞報。

若：9:40-41

For whoever is not against us is for us. Anyone who gives you a cup of water to drink because you belong to Christ, Amen, I say to you, will surely not lose his reward.

John 9:40-41

PASTOR'S MESSAGE

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

24th Sunday in Ordinary Time

Whoever wants to become my follower, let him deny himself and take up his cross and follow me. Mark 8: 27-35

Christ calls us to take up our own crosses in the everyday joys and sorrows we live in our homes, parishes, schools and communities. To put aside our own self-importance, needs and dreams to bring dignity, comfort and hope to another, to work to bring forth and affirm the gifts of others, to seek reconciliation before all else is to be the "servant" who gains life by "losing" it for the sake of God's kingdom.

常年期第二十四主日

誰若願意跟隨我，該棄絕自己，背著自己的十字架，跟隨我。

谷: 8: 27-35

耶穌召喚我們在家庭，堂區，學校及團體中，背著自己的十字架面對生活上的喜與悲。嘗試拋開自我自大，需求與理想，好能帶給別人尊嚴，慰藉與希望。

又力求奮力工作以獲成果，亦能肯定別人的天賦才能，務求爭取與主與人修和。這樣，我們才能真正侍主，為嚮往天國作出犧牲而獲得生命。

Birthday Blessing to Teresa Szeto 26/8



教宗方濟各九月份的祈禱意向

Pope Francis Prayer of Intention for September 2018

總意向: 為非洲的青年祈禱

願非洲的青年人在國內能有接受教育及尋獲工作的機會。

Universal: Young People in Africa

That young people in Africa may have access to education and work in their own countries.

主日講道反思

黃航海神父

常年期第二十二主日

反省

1. 洗手或洗靈魂那種比較重要？
2. 我們的信仰什麼事最重要？做非常的事或敬主愛人呢？
3. 我們參與彌撒為了做完我們的責任或是為愛主呢？
4. 我們做善事為愛窮人或是表揚自己？

常年期第二十三主日

反省

1. 有幾種又聾又啞的人？理由呢？
2. 跟別人在一起我們喜歡聽或者喜歡講話呢？或是不想聽也不想說話？
3. 聆聽容易嗎？我們有聆聽天主的話或他人的話嗎？
4. 說一些好話，我們有沒有做這事的經驗呢？

常年期第二十四主日

反省

1. 我們什麼時候或在那裡對不起天主呢？
2. 門徒們什麼時候或在那裡對不起主耶穌呢？
3. 捨棄自己是不是主要我們辛苦呢？
4. 為什麼主耶穌受許多苦呢？

常年期第二十五主日

反省

1. 現在更多人關心小孩子，婦女，病人。我們有領悟天主教誨我們的話嗎？
2. 為什麼主耶穌誕生做一個嬰兒，過著貧窮的生活？
3. 為什麼我們不應該鬥爭，而我們應該彼此相助相愛。



為嚮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。查詢可與范執事聯絡。



朝拜聖體

HOLY HOUR

二零一八年九月 September 2018

九月十五日(星期六) 下午一時三十分

September 15, 2018 (Saturday) 1:30 PM



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

ANNUAL BBQ JOINTLY RUN BY KNIGHTS OF COLUMBUS & THE YOUTH GROUP 26/8

非常感謝哥倫布騎士會協辦這次夏日燒烤。食物美味，帶來歡樂共融，教友們讚不絕口。哥倫布騎士會同仁並將門票收益撥作資助青年夏季退省活動。再次感謝騎士們這娛己娛人，又充滿意義的活動。



Visit to Fr. Thomas Tou and MIC Sisters on August 13

八月十三日，堂區二十來位朋友相約各自駕車往St. Joseph Oratory朝聖參加彌撒，探望康復中的杜神父，和參觀MIC修會新的會祖博物館。我們分批到達杜神父居住的安老院探望他。杜神父因最近身體不適，清減了不少，但總算恢復精神。他對我們的探問感到非常興奮開心。但為了不讓他過度疲累，我們都作短暫停留便與他道別。

在MIC修會，蔡修女，Sr. Jeanne 及其他MIC 修女熱情接待我們廿多位到訪教友，並詳盡介紹修院博物館有關創辦人Sr. Delia 生平的居所與用品。



Lectors Commissioning 讀經員派遣禮

8月12日感恩祭中，黃神父派遣了段安林兄弟，周保進兄弟及周天羽姊妹為讀經員。



Youth Reflection and Fellowship 20/8



Sharing of 2018 FOJP Asian Evangelization Mission on 26/8

John Nung, Lydia 及 Jonah 在8月12日的感恩祭中分享了他們今年往星加坡及馬來西亞的逾越知音的感受,並帶領我們參與唱頌今年的主題歌曲“Impossible”(飛越不可能)



信園環保種植計劃 Faith Garden Update

愛護天主的造物，為信仰耕耘，奉獻我們一分力，一點心。這就是我們推動祈禱種植計劃的目標。今年是初步嘗試。開始有點成果。願我們繼續互愛互助互禱。

Through the great efforts of our Gardening Team, especially Fr. Hoang, our vegetables are growing really well. In fact, we have been harvesting our produces throughout the summer. Two volunteer interns, Sam Sun and Amarilis Chilquillo, from the Horticulture Department of Algonquin College help to substantiate our work force, as well as professional knowledge.



團體消息 ANNOUNCEMENT

1. 堂區定於九月二十三日感恩祭後以potluck 午餐慶祝中秋節。請教友攜帶食物齊來分享。
2. 園藝組定於十月十三日(星期六)晚上舉行秋收燒烤慶祝會。
3. 團體成立六十三年慶祝會暨義工日定於十月十四日(星期日)感恩祭後舉行。堂區將預備午餐款待各義工。盼望全體教友出席共慶堂區週年。
4. 堂區已邀請MIC Sisters的蔡愛美修女在堂慶日(十四日) 下午1:15-3:00為我們主持玫瑰月講座，默想及祈禱。

Community's 63rd Anniversary Celebration/ Volunteer Appreciation Day

團體六十三週年慶祝會暨義工日定於十月十四日(星期日)感恩祭後舉行。堂區將預備午餐款待各義工。盼望全體教友出席共慶堂區週年。餐後並與MIC蔡修女一起為我們堂區及教友家庭祈禱。



Our community keeps growing through the grace of God 堂區在主內成長

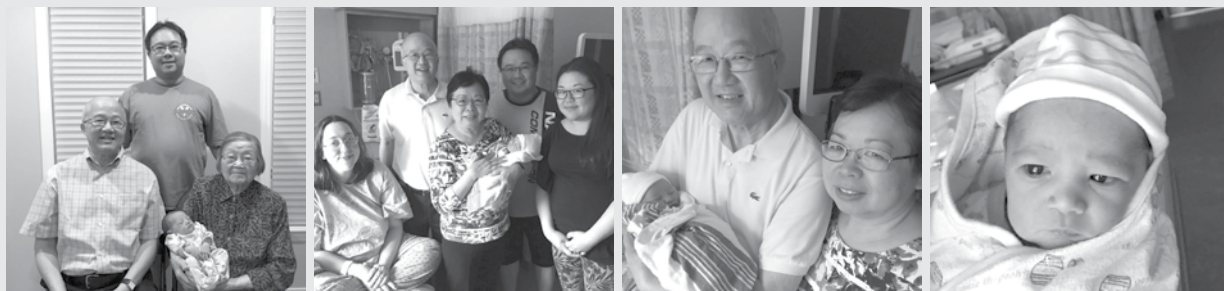
2018-08-18 (初八)

A wonderful day, on which Mr. & Mrs Wang (Celine Ma) welcome their daughter-in-law, Gloria, in her wedding with Johnny, witnessed by many parishioners from our community.

Patrick Yau, a long term organizer of Ga Tung Youth Camp and close friend of many young people of the Chinese community in Ottawa, also tied the knot with Cathy on the same day.



In this month of great fortune, James & Lucille Fong welcome their grandson, Giovanni Gah Hing Fong 方嘉慶 (affectionately called, Gio or 慶仔) into their family.



Joyce & Bosco Wong also welcome their beautiful granddaughter, child of Leanne, to their joyful family.



Anniversary of our Long Term supporters 銀禧紀念及三十週年

Café Orient celebrates its 25th Anniversary, while Brother Wu celebrates 30th Anniversary in August-September 2018. Over the years, these good friends of our parish have been very supportive of our faith and community life efforts. May God bless them in their achievements and in their continued growth and involvement with our community.

多年來我們堂區教友及他們主持的生意或機構在各方面支持我們的福傳及團體生活。我們致衷心的謝意。如金鐘道及兄弟餐廳不經不覺已和我們同行合作，和支持我們堂區超過四份一世紀。在此恭喜金鐘道開業銀禧 (更是Freddie和Cathay銀婚) 及兄弟餐廳三十週年，祈盼他們及其他團體亦繼續愛護和支持我們堂區，願天主保佑祝福他們。



Youth Fundraiser Dinner on August 10

青年組在八月十日(星期五)晚上六時三十分在堂區禮堂舉行了籌款晚餐,目標為資助及鼓勵更多堂區的青年參與加拿大東岸天主教華人生活營。售出餐券共18張,晚餐食物包括咖哩牛肉與雜菜。

籌款淨收入為\$485.00,一半資助堂區參加的青年,一半資助加東營的經費。堂區同仁非常欣賞和感謝青年組採取主動去服務堂區和青年工作人員。盼望這極好的開始,帶來更多教友和青年的參與。Well done, guys and gals! Here are a few reflections from the organizers of this most successful and worthwhile event.



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
方良炎	James Fong (財務委員會代表)
羅靜如	Angelina Lo (當然委員)
陳麗珠	Linda Chan (秘書)
農正心	Lydia Nung (秘書)
財務委員會	Finance Council
鄧鉅振	Thomas Tang (Project Manager)
方良炎	James Fong (Coordinator)
夏景榮	Jimmy Ha
黎寶珍	Katie Ng
莫淑蘭	Suk Lan Mok
張彥潔	Agnes Zhang
農李美玲	May Nung
范浩泉執事	Deacon Peter Fan (當然委員)
羅靜如	Angelina Lo (當然委員)
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
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
楊慶國	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

GT Fundraiser Dinner

On Friday, August 10th, 2018, my fellow Sheng Shen Youth Group members and I held a dinner to help us participate in this year's annual Eastern Canada Chinese Catholic Living Camp (also known as 加東), and also fundraise for the retreat itself. The dinner was a sit-down dinner, tables complete with candle-lit centrepieces and folded napkins. Our chefs cooked beef curry rice, with steamed veggies on the side. Our waiters served the food, always keeping our guests' mugs full of tea.

This event really gave us a chance to bond. Our group was small, but it allowed for easier and more effective communication. Additionally, it allowed us to demonstrate and practice our independence and ability to carry out events like these. With this event, our Youth Group can have more of a presence in our parish community, and strengthen the fellowship that we have with each other as God's children.

We hope that the dinner will be a precursor for more independent events to come. We appreciate your prayers, and we hope that you can continue to support us in our future endeavours.

Christine Wong

Youth Gathering, Prayer and Fellowship

The Sheng Shen Youth Group held its annual youth group gathering at Galilee Centre in Amprior on August 20, 2018. We began the day with morning Mass presided by Fr. Hoang. In this way, we were able to offer our day to the Lord and pray for a fruitful and meaningful gathering.

At the retreat centre, we took part in various activities including icebreaker games, sharings and reflections on passages from the Bible and the Catechism, and even a scavenger hunt. All of these activities were related to our topic of the Holy Spirit. We chose this topic since our parish's patron is the Holy Spirit. We also thought it was relevant because the Holy Spirit is so active and instrumental in our lives, yet we do not know or understand very much about Him.

This year's gathering continued to foster a sense of fellowship in our youth group which we have been nurturing throughout all of our youth events. It also allowed us to gain newfound knowledge and understanding of the Holy Spirit and His role in Scripture as well as in our daily lives.

Jonah Nung



The Most Reverend Terrence Prendergast, S.J.
Archbishop of Ottawa



cordially invites you to

THE ANNUAL

Archbishop's Charity Dinner

A FUNDRAISING EVENT IN SUPPORT OF HEALING, NEAR AND FAR

Wednesday, October 17, 2018 at 6 pm



BENEFICIARIES:

KATIBI NATIVE
MINISTRY OF OTTAWA



CNEWA CANADA



OTTAWA CONFERENCE AND EVENT CENTRE
200 Coventry Road, Ottawa (Coventry Road at Vanier Parkway just off the Queensway)

TICKETS

\$140 per person (\$60 tax receipt) \$1,260 for a table of 9

Deadline for receipt of Ticket Order Form is Friday, September 21st, 2018.
To obtain a Ticket Order Form, please ask your Pastor / DE.
Call the Development office of the Archbishop at 613-737-5025, ext. 202.

SPONSORSHIP OPPORTUNITIES

GOLD \$5,000
SILVER \$2,500
BRONZE \$1,000

For further details, please call 613-738-5025, ext. 202, or email dev@archottawa.ca

Why go to Church

Fr. Stephen Liang

A lady went to the Pastor and said...
I won't be attending Church anymore.

He said, may I ask why??

She said, I see people on their cell phones
during the service, some are gossiping.

The Pastor got silent, and he said,
OK... But can I ask you to do something for
me before you make your final decision?

She said what's that? He said, take a glass of
water and walk around the Church 2 times and
don't let any water fall out of the glass. She
said, yes I can do that!

She came back and said it's done.

He asked her 3 questions:

1. Did you see anybody on their phone?
2. Did you see anybody gossiping?
3. Was anybody living wrong?

She said, I didn't see anything because I was so
focussed on this glass, so the water wouldn't fall.

He told her, when you come to Church, you should
be just that focussed on God, so that you don't fall.

That's why Jesus said: Follow Me!

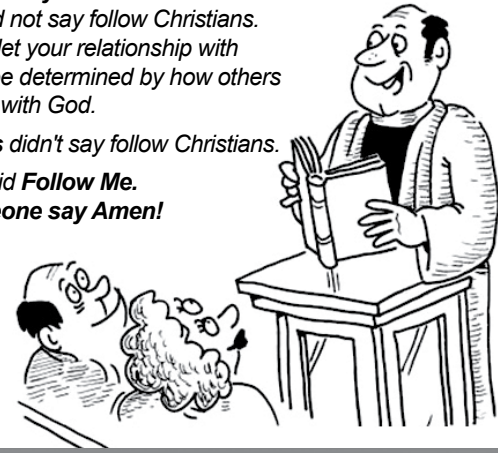
He did not say follow Christians.

Don't let your relationship with
God be determined by how others
relate with God.

Jesus didn't say follow Christians.

He said **Follow Me.**

Someone say **Amen!**



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。

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Youth Mass

SEPTEMBER

Date: 16/9 (3rd Sunday) 9:30 am

President: Fr. Michael Oli



LINK ON
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www.ottawachinesecatholic.org

在線更新堂區個人/ 家庭資料紀錄

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作連線更新

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 →

截至2018年9月2日
培聖基金共籌得

As at September 2, 2018
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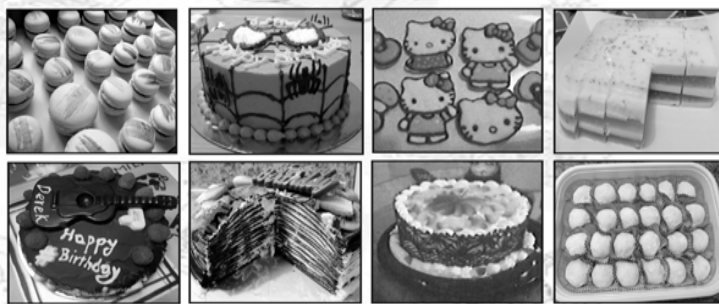
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