



# 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



## 2020年3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

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 10:30am

### 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"

### 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)

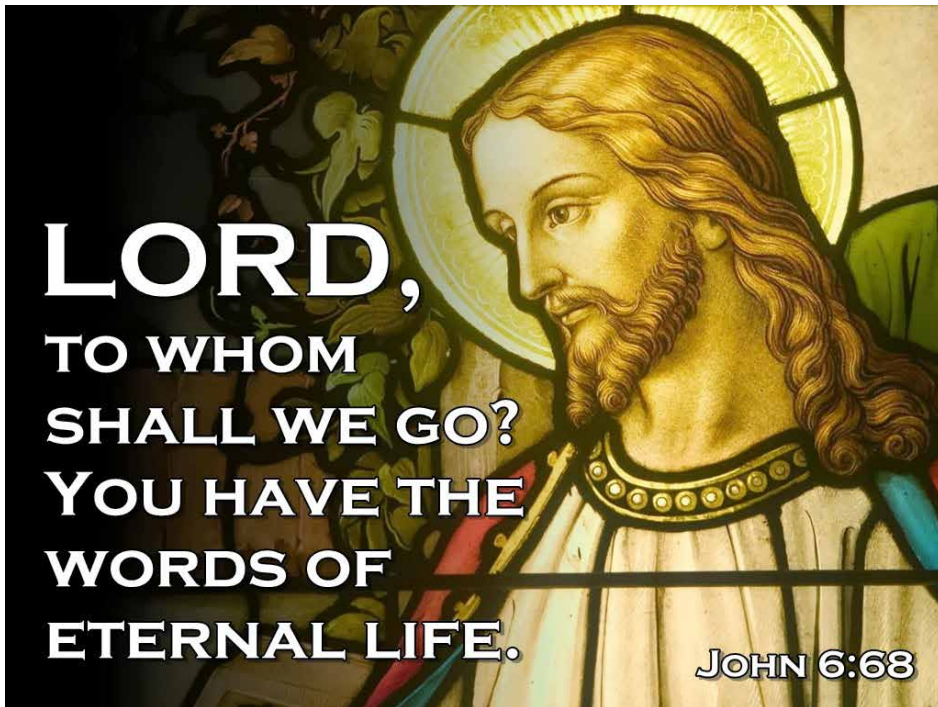
#### 聖神天主堂

Sheng Shen (Holy Spirit) Parish

1187 Rue Michael Street North,

Ottawa, Ontario K1J 7T2

Tel: (613) 747-2080



**LORD,  
TO WHOM  
SHALL WE GO?  
YOU HAVE THE  
WORDS OF  
ETERNAL LIFE.**

**JOHN 6:68**

## PASTOR'S MESSAGE

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

March 1<sup>st</sup>, 2020

### First Sunday of Lent

"Jesus was led by the Spirit into the desert to be tempted by the devil."

Matthew 4: 1-11

The "tempter" is that voice within us that urges us to put ourselves first, that places our wants and expectations before the needs of others, that rationalizes our avarice and negates our responsibility to the greater good. The "tempter" who challenges Jesus is a reality in our lives as well; he "speaks" to our worst side, our selfish interests, as we struggle to make decisions and choices. Let this Lent be a desert experience of confronting the "tempter" and discover the wisdom and grace to choose God's life of compassion and peace.

### 四旬期第一主日

"耶穌被聖神領往曠野, 為受魔鬼的試探" — 瑪4:1-11

魔鬼的誘惑正是我們內心的聲音催促我們把自己放在第一位, 將我們的需要與期望凌駕別人所需, 合理化我們的貪婪, 及推卸責任。

其實向耶穌挑戰的魔鬼也存在我們生活當中; 當我們為抉擇掙扎時, 魔鬼就抓緊我們的弱點與自私自利的一面誘惑我們。

讓我們在這四旬期對抗誘惑者的試探, 感受跟隨上主和平慈祥生活的智慧與恩澤。



聖神天主堂 Sheng Shen (Holy Spirit) Parish  
2020 聖灰及聖週禮儀 Ash Wednesday & Holy Week

時間	禮儀	地點
二月二十六日(星期三) 晚上七時(Feb 26, Wed@ 7pm)	聖灰禮儀(守大/小齋) Ash Wednesday (Fast & Abstinence)	聖堂
三月二十一日(星期六) 下午一時半 (Mar 21, Sat@ 1:30 pm)	四旬期團體悔罪修和禮儀及告解 Lenten Penitential Service	聖堂
四月五日(星期日) 上午十一時半 (April 5, 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	聖堂
四月七日(星期二) 晚上七點半 (April 7, 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
四月九日(星期四) 晚上八時 (April 9, 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
四月十日(星期五) (April 10, Fri.@ 1:30 pm) 下午一時至 下午三時 下午五時	聖週五 - 救主受難紀念(守大小齋) Good Friday - 拜苦路 - 救主苦難禮儀, 聖道禮, 朝拜十字架, 領聖體 - 預習聖週六禮儀	聖堂 聖堂 聖堂
四月十一日(星期六) 晚上八時 (April 11, 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
四月十二日(星期日) 上午十一時半 (April 12, Sun@ 11:30 am)	復活主日感恩 Easter Sunday	聖堂 Celebrate the resurrection of our Lord! Happy EASTER

截至2020年3月1日  
承諾捐款共達  
**BUY-A-BRICK**  
Pledged Fundraising  
As at March 1, 2020  
donation amounted to

**BUY A BRICK PLEDGE Fundraising**

**\$246,501.13**

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。查詢可與范執事聯絡。

**四旬期團體  
悔罪修和聖事**  
(朝拜聖體取消)

**Lenten  
Penitential  
Service**  
(Holy Hour Cancelled)



二零二零年三月 March 2020  
三月二十一日(星期六) 下午一時三十分  
March 21, 2020 (Saturday) 1:30 PM



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

# ASH WEDNESDAY - FEB 26



齊來祝賀梁神父75歲壽辰的約會  
暨卡拉OK晚會

KARAOKE

日期：2020年4月18日 (星期六)  
時間：5:30 p.m. 開始  
地點：四海一佳酒樓  
餐券：每位 \$30  
聯絡人：Richard Chan,  
Linda Au, Cecilia Chow,  
Rosa AuYeung, Julianna Tse



# Renewed in Liturgy

Join us for three evenings Renewed in Liturgy program, which promotes liturgical education and active participation in Liturgy.

- March 6 7pm-9pm  
Introduction to the Sunday Eucharist (Mass)  
Speaker: Rev. Fr. Geoffrey Kerslake
- March 13 7pm-9pm  
Teaching on Lectionary  
Speaker: Rev. Fr. Andrea Spatafora. MSF
- March 20 7pm-9pm  
Praying and experiencing the Sunday Eucharist ( Mass)  
followed by celebration of Holy mass  
Speaker/Presider:  
Rev. Fr. Lawrence Hyginus CC

Venue: Queen of the Most Holy Rosary Parish  
20, Grant Street, Ottawa.

For more information/registration (free)  
Contact: Deacon Mathew at (613) 355-6023  
Visit our website: [www.renewedinliturgy.org](http://www.renewedinliturgy.org)  
email : [info@renewedinliturgy.org](mailto:info@renewedinliturgy.org)





**湯圓。奶茶。花燈。NEW GRANDPARENTS  
慶元宵。ON FEB 9**



**2020 Don Bosco Award to Louis Wang Feb, 1**

恭喜 Louis Wang (王治耀) 榮獲教區 2020 年 Don Bosco Award 的 St. Brother Andre Great Evangelist Award. Louis 多年來協助及協調不少青年靈修及聯誼活動, 獲獎是實至名歸.



**CELEBRATION OF LOUISA WONG'S 80TH BIRTHDAY ON FEB. 2**



**教宗方濟各  
三月份祈禱意向**  
Pope Francis's Prayer of  
Intention for March 2020

**總意向：為中國的天主教徒祈禱**  
祈求中國教會能持久忠信福音及  
日益團結。

**Universal: Catholics in China**

We pray that the Church in China  
may persevere in its faithfulness to  
the Gospel and grow in unity.

*Wedding Anniversary*

**Date**  
May 3, 2020 Sunday

**Place**  
Notre Dame Cathedral,  
Sussex Drive

**Time**  
2:30 p.m.



**為新冠狀肺炎病毒疫情祈禱文**

**創造的主，求祢派遣聖神，**

啟發人們研發針對新冠狀肺炎病毒的醫治方法和疫苗。

讓魔鬼憎恨人類的計劃，無法得逞。

讓眾生看到祢的大能和慈悲，光榮祢，讚美祢。

因為祢是永恆的造物主，永生永王。阿們。



**LUNCH SERVING AT DIOCESAN  
PASTORAL DAY ON FEB 12**

多謝各義工協助分送食物，及 Alain 組織的歌唱團助興，  
並預祝主教生辰快樂。



**感謝豐富我們堂區的設施**

金鐘道港式餐廳的 Cathay Cheung 安排 Julie 歐 (馬太) 慷慨捐贈她的鋼琴(附圖)給我們堂區。Cathay 更捐助搬運及調校費用。我們萬分感激她們的奉獻，進一步改善我們堂區的設施。我們向她們致深切的謝意。願天主賜福你們。



# CHILDREN BAPTISM ON 23/2

## (1) Baby Eleanor Wing Si CHOW

(parents Derek and Lindsay, grandparents Ceci & Gary,  
Great grandfather Peter Chan Wai Ming)

## (2) Baby Tobias Timothy Kayin STOFFELS

(parents Timothy and Clara, grandparents Adam & Rosa Auyeung)



# What are the items used at Mass?

Practical guide of the objects used at the altar 

## Chalice



A large cup used to hold the wine which becomes the Blood of Christ.

## Purificator



A white cloth that the priest uses to cleanse the chalice.

## Ciborium



It is used to hold the Hosts which will be used for communion.

## Corporal



A linen cloth on which the vessels (with bread and wine) are placed.

## Pall



It is a stiff, square, white cover that is placed over the chalice.

## Host and paten



The host is placed in the paten (a saucer-like disk).

## Lavabo and manuterge



They are used by the priest to wash his hands during Mass.

## Cruets



Small vessels that hold the water and wine.

## Roman Missal

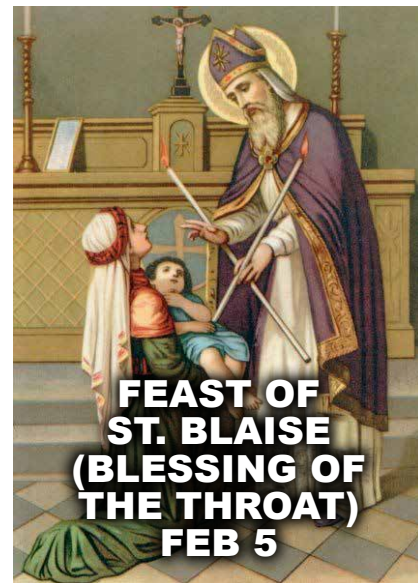


It contains the prayers, chants and instructions for the Mass.

## Candles and crucifix



It reminds us of the sacrifice of Christ, Light of the World.



**FEAST OF ST. BLAISE (BLESSING OF THE THROAT) FEB 5**



## Be on time!

Arrive at least 10 minutes before it starts to dial down your mind.



## Sing...even if you're out of tune

Don't worry if you have no talent for singing; most people don't.



# 6 ways to get the most out of Mass



## Mother Church wants YOU

Help out if you can! (As a lector, usher, altar server, etc.)



## Pray Business Class

Sit near the altar. It will help you pay attention.



## Give God your full attention

Isn't it fair that we spend one hour each week worshipping God?



## Call your Mother

Ask Mary to intercede for you during Mass. Pray to her for guidance and strength.

# 心 田 的 農 夫

## Farmer of Hearts

四旬期網上避靜 每日10分鐘

a 40-day, 10-minute Lenten Retreat

Dear brothers and sisters,

Over 4,600 people from around the world have signed up for FLL's first-ever online Lenten retreat "Farmer of Hearts" 「心田的農夫」 and the number is growing by the minute. Praise the Lord!

This reflects how many people are thirsty to learn more about God's Word and His personal messages to us, and to build a more intimate relationship with Jesus during this Lent.

If you haven't signed up yet, we sincerely invite you to join thousands of retreatants on this Lenten spiritual journey. You will receive the reflection materials in a daily email.

We have made the daily reflection materials available in 3 languages:

<https://lent.fll.cc/> (Traditional Chinese)

<https://lent.fll.cc/cn/> (Simplified Chinese)

<https://lent.fll.cc/en/> (English)

We at FLL are both overwhelmed and humbled by the response for this new initiative. Please kindly pray for this project, all those who are working behind the scenes to make it happen and all the participants. May the Holy Spirit guide us so that we will all bring forth fruits a hundredfold!

Lenten Peace,  
"Farmer of Hearts" Team

## 團體消息 Announcement

1. 團體悔罪修和禮儀及告解定於三月廿一日(星期六)1:00 p.m.彌撒後舉行。
2. 三月十五日第一次考核禮. 代父母/同行者陪同候洗者出席。
3. 三月二十二日第二次考核禮. 代父母/同行者陪同候洗者出席。
4. 三月二十九日第三次考核禮. 代父母/同行者陪同候洗者出席。
5. 四月四日(星期六)堂區清潔日上午十時至中午十二時舉行。
6. 四月四日(星期六) 清明節1:00 p.m.感恩祭, 教友可奉獻為亡者親友祈禱。
7. 四月五日聖枝主日. 請教友十一時十五分在教堂正門入口處集合。神父祝聖聖枝後, 帶領教友進入聖堂, 舉行彌撒。
8. 為預防新冠狀肺炎病毒疫情的傳播, 堂區現取消讓教友在彌撒中領聖血及請教友用手接領聖體。互祝平安時請不要握手或擁抱。

牧靈議會	Pastoral Council
李利	Lily Li (共同主席)
陳利爵	Richard Chan (共同主席)
甘穎參	Angela Kam (秘書)
黎寶珍	Katie Ng (財務委員會代表)
方良炎	James Fong (當然委員)
羅靜如	Angelina Lo (當然委員)
陳瑞朝	David Chan (當然委員)
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)
李利	Lily Li (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
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
葉敬華	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
楊雲國	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



**MARCH**

**Date**  
March 15, 2020  
9:30am

**Presider**  
Fr. Matthew  
Livingstone



**Maths Tuition Class Announcement**

HOW TO GET  
**BETTER**  
at  
**MATH**

$$\sum_{n=1}^4 (9n) - 6$$

$$= ((9 \cdot 1) - 6) + ((9 \cdot 2) - 6) + ((9 \cdot 3) - 6) + ((9 \cdot 4) - 6)$$

$$= (9 - 6) + (18 - 6) + (27 - 6) + (36 - 6)$$

$$= (3) + (12) + (21) + (30)$$

$$= 66$$

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，請聯系查詢更多信息 (bitry960603@gmail.com 或 inquiry@ottawachinesecatholic.org)

**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
- 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.....



**LINK ON  
UPDATING  
PARISH  
RECORD**

**www.ottawachinesecatholic.org**

**在線更新堂區個人/  
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 →

免費諮詢服務  
613.808.9829  
24小時中文專線  
與黃翠霞聯絡  
Rexan Wong



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



免費諮詢服務  
613.276.3289  
24小時中文專線  
與馮基堡聯絡  
Gable Fung



Hong Kong Style  
Chinese  
Restaurant



808 Somerset St. W., Ottawa, Ontario K1R 6R5  
(613) 563-2432  
www.cafeorient.ca

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

## 魔法分子冰淇淋



## Magic Molecule

217 Bank Street Ottawa ON K2P 1W9  
Tel.: 613-695-8877



## Palais Imperial 太上皇大酒樓 高級粵菜

名廚主理 精美點心  
各式小菜 天天茶市  
壽喜宴席 歡迎訂設

311-313 DALHOUSIE STREET, OTTAWA  
TEL: (613) 789-6888

## YANGTZE DINING LOUNGE

## 揚子江酒家

Specializing in Cantonese Cuisine  
Licenced Under L.L.B.O.

700 Somerset St. W.  
Ottawa, Ontario K1R 6P6

For Reservations  
(613) 236-0555

Private Dining Room Available (80 persons)

## SOMERSET DRUGS INC. 康寧藥房 PharmaChoice

Advice  
for Life

708-A Somerset St W,  
Ottawa, Ontario K1R 6P6

CHEN XING ZHOU, PHARM.D.  
Pharmacist

周晨星, 藥學博士 t. 613-234-7011  
藥劑師 f. 613-234-7026

somersetdrugs708@gmail.com



RBC Royal Bank  
RBC 皇家銀行

黎寶珍  
房屋貸款經理  
Senior Mortgage Specialist



專業房屋貸款建議  
隨時隨地照顧您的所需

Need mortgage financing?  
Look no further.  
Let me make it happen.

Cell: 613 799 8266  
Email: katie.ng@rbc.com

## 教宗方濟各的四旬期15個要求

1. 微笑
2. 為小事說謝謝
3. 提醒他人你有多愛他們
4. 喜悅地問候每天看到的人
5. 沒有偏見并懷著愛聆聽別人的故事
6. 停下來, 幫助他人
7. 嘗試提振你周圍人的精神
8. 避免忌妒或忌恨別人的美好及成功
9. 整理自己不需要的東西送給需要的人
10. 在需時幫助他人, 使他人可以休息
11. 因著愛給予糾正, 不要因恐懼而保持沉默
12. 與周圍的人保持良好關係
13. 保持屋內及使用的東西清潔
14. 幫助別人克服障礙
15. 打電話給朋友, 更要打電話給父母



Custom handmade cards  
手製各類心意賀咭

Cecilia Chow  
613-325-1958  
cecechow@gmail.com

(形象, 顏色或個人  
訊息的設計, 可按  
顧客需要而配合)

Custom 3D cards for  
all occasions  
Special request images & colors  
Custom personal messages