



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
 Email: inquiry@ottawachinesecatholic.org
 Web: ottawachinesecatholic.org



2022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 peterhcfan@gmail.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

謝夢儀 Julianna Tse juliannatse@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

主內弟兄姊妹:

主內平安。
 祝願加拿大國慶，
 喜樂健康。

彌撒已重開。
 教區亦鼓勵教友按
 情況親身參與。
 我們持續以電郵提
 供資訊，方便大家。

保重，主佑。
 聖神天主堂。



Dear Sisters & Brothers in Christ,
 Blessings!! Happy Canada Day!!

Mass has resumed. The Archdiocese encourages us to join in the mass celebration in person whenever possible.

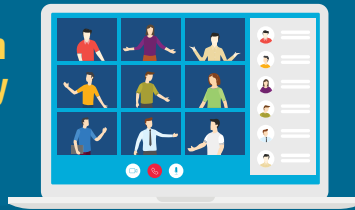
We continue to update you with email. Almost all the pandemic restrictions are lifted. We are blessed with our spacious church and our community's established sense of distancing and sanitizing for mutual safety. Please come and join us in prayers and worship according to your situation.

Do take care and God bless.
 Sheng Shen (Holy Spirit) Parish.

Here is the Zoom link for the every third Saturday's Holy Hour:

每月第三星期六
 下午一時朝拜聖體網上連結:

<https://us02web.zoom.us/j/84595239027?pwd=eXNwY3B-VQkpWRmQ0dXlQSmhPMzJ1dz09>



Link for weekly Thursday Rosary Zoom info:

<http://us02web.zoom.us/j/84314789760?pwd=L0dGTGU-vNE4xQVNsUjI4SG1ycEp5UT09>

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)



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 Sheng Shen Parish
 1187 Rue Michael St. North,
 Ottawa, Ontario K1J 7T2
 Tel: (613) 747-2080



七月份每星期四 頌念玫瑰經

**2018-2022
PASTORAL CENTRE
Fundraising Meter**

\$750,000

As at July 3, 2022
截至2022年7月3日捐款共達

**BUY A BRICK
PLEDGE**

Fundraising

\$501,751.19

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.



聖神牧民中心
The Sheng Shen Pastoral Centre
MESSAGE TO PARISHIONERS

Thank you, parishioners, for the unfailing support for the development of our Sheng Shen (Holy Spirit) Parish through building the Pastoral Centre, in terms of resources and programming.

We would like to update you on the latest developments.

Since the outbreak of the COVID-19 pandemic and the lockdowns in early 2020, our fundraising efforts have been hampered but you folks are tremendous. As of now, May 2022, we have fundraised and saved a total of \$850,000.

However, the cost of construction, according to the official figure provided by our professional estimator, has grown from \$1.8 million to \$3 million.

We, therefore, have to find alternative opportunities for investing in accommodation and social facilities that would meet the goals of Evangelization through receiving young people to live in our Pastoral Centre and creating programs that would maximize the involvement of residents in the area.

We now aim at acquiring a property close to the church and to upgrade our current facilities to meet our goals of Evangelization.

We will be able to receive university students and adults of 55+ as well as increase the land area of our church. This short-term goal will lay the foundation for a longer term and bigger plan in the next few years.

With the approval of this updated goal by our Archdiocese of Ottawa-Cornwall, we would like to keep you informed of this new development and seek your opinion and support. We are in the process of negotiating the purchase of a property near the church and a deal is close. Kindly give us your opinions, either in person or virtually.

Thank you!!

謝謝各位大力支持堂區的發展。

雖然疫情拖慢了我們的各項工作和籌款，我們聖堂的捐款和儲蓄已達八十五萬。同時因通貨膨脹，我們牧民中心的預算由一百八十萬狂升到三百萬。

與其浪費資金去建新中心，我們現正努力尋找合理的投資和保值的方法，包括購置一間鄰近聖堂的物業，接待年青學子和有需要的成年人，鼓勵我們互相扶持，過基督化的生活。同時增加我們堂區的設備和地皮面積。

主教會同他的顧問團和專業團隊亦同意我們的實際做法。

我們同時盼望堂區朋友熱烈提供寶貴意見，請隨時向牧靈、財務和行政團隊溝通。盼望你我共同努力創建一個更好的未來。

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。

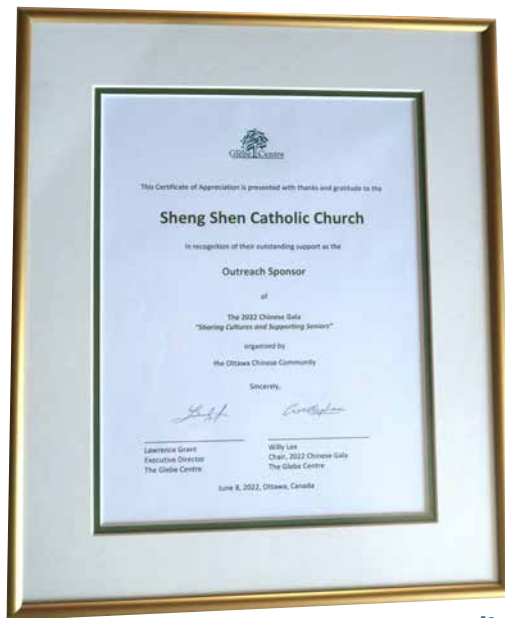
All material that is submitted for publication in the bulletin must be parish-sponsored activities. The publication of such material is at the discretion of the Administration.

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。

查詢可與范執事聯絡。



Certificate of Appreciation for Community Outreach 社區外展工作感謝狀, presented to Sheng Shen (Holy Spirit) Parish by the Glebe Centre in their fundraising Gala on 8th June, 2022



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

Ordination épiscopale de
Son Excellence Monseigneur Yvan Mathieu, s.m.

Episcopal Ordination of
The Most Reverend Yvan Mathieu, s.m.



Seis sans crainte, Luc 5,10 / Do not be afraid, Luke 5,10

Cathédrale Notre-Dame Cathedral
Ottawa, Ontario
Le 13 juin 2022 - June 13, 2022

*Fête de saint Antoine de Padoue, Prêtre et docteur de l'Église
Feast Day of St. Anthony of Padua, Priest and Doctor of the Church*

Jubilée d'Or d'ordination presbytérale
Golden Jubilee of Priestly Ordination



Le 10 juin 2022 - June 10, 2022

Cathédrale Notre Dame Cathedral—Ottawa, ON

présidée par / presided by

S. Exc. Mgr - Most Reverend Terrence Prendergast, S.J.

Archevêque-émérite, Emeritus Archbishop
Ottawa-Cornwall

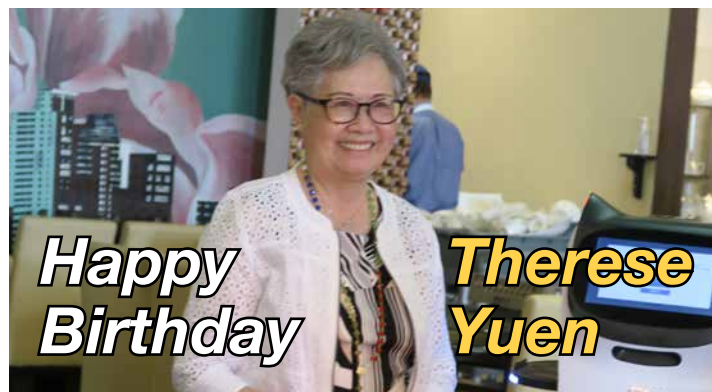
Administrateur apostolique, Apostolic Administrator
Diocèse Hearst-Moosonee Diocese

The Sign of the Cross

The Sign of the Cross is a sacramental if we make it with the right hand by touching the forehead showing our belief in the Cross, the breast showing our love of the Cross, and the shoulders showing our readiness to bear the Cross.

Sometimes a triple Cross is made with the thumb for example at the reading of the Gospel. It is made on the forehead, on the lips, and on the heart to ask God to enlighten our mind, be on our lips and in our heart.

SD
DESIGN



羅德偉神父
B.L.E.S.S. 講座第二節:

聆聽 Listen

Why should I listen? 我為什麼要聆聽?

The Second Vatican Council recalls that the Spirit is at work in the heart of every person, through the "seeds of the Word," to be found in human initiatives – including religious ones – and in mankind's efforts to attain truth, goodness and God himself. (Redemptoris Mission 28)

梵二大公會議提醒說,聖神在每一個人心中工作,藉「聖言的種子」可在人的創意-包括宗教的創意-以及在人追求真理、至善和天主本身的努力中被發現。(救主的使命 28)

How do I listen? 我怎麼聆聽?

How do I listen to myself? 我怎麼聆聽自己?

~ Three Exercises 三個練習 ~

1. What do I hear? 我聽到了什麼?
2. What do I feel? 我感覺到什麼?
3. How do I feel? 我感受什麼情緒?

How do I listen to others? 我怎麼聆聽別人的?

Attention 注意力。

Focus 專注。

Feeling 情緒感受。

Observe 觀察。

Restate/Rephrase 重述。

Determine 決定。

Prophetic listening 先知性的聆聽

is connecting with what the Lord is trying to say, and speaking it with clarity, and wisdom.

先知性的聆聽是與上主想要說的話聯繫起來,並以清晰、仁慈和智慧的方式說出來。

**9:30 A.M. ENGLISH MASS ON JUNE 18
PRESIDED BY FR. GEOFF KERSLAKE**



Date: July 23, 2022 (Saturday)
Time: 9am to 12pm
Location: Sheng Shen Parish
Parking Lot
1187 Michael St. North
日期: 2022年7月23日
(星期六)
時間: 早上九時至中午十二時
地址: 聖神天主堂停車場
1187 Michael St. North
Ottawa, ON K1J 7T2



YARD SALE



Purchase by CASH only 只接受現金購物

In Loving Memory of

Mr Maxime Ong Tone

馮德能先生

主懷安息



SUNDAY LITURGY FOR

CHILDREN



Pentecost 五旬節



Parents' Day Celebration 雙親節慶祝會



Faith Garden



2022 Canada Summer Job Program (CSJ)

加拿大暑期工作計劃

Welcome & Orientation Day for CSJ22 on 28 June 2022



Thanks to the great efforts of the Coordinating Team of Canada Summer Job (CSJ) - Sheng Shen Project 2022, **Cheryl, Sharon, Angelina, Dn. Peter Fan** and professional mentors from Ottawa Chinese Community Service Centre 華僑服務處, **Hassan Ezz-Ahmad** and **Marilyn Ma**, we have selected through very rigorous selection and considerable processes over 3 weeks, 3 interns and 2 office support members.

They are:

CSJ Coordinator: **Cheryl CHIN**

Sheng Shen Admin Coordinator: **Angelina LO**

Interns (with salaries paid by the funding from the Canada federal government):

- 1) **Bem PARTINGTON**
- 2) **Jongmyoung LIM**
- 3) **Bernice SINN**

Office support team: (with salaries supported by donation from Ad Meliora Foundation and funding from Sheng Shen resources):

- 1) **Xiaolin KANG**
- 2) **Hongzhao ZHENG**

Through the CSJ project, we aim at establishing the constitutional framework and initial programs for the Sheng Shen Pastoral Centre, whose Phase I property acquisition is secured by our placing a deposit on the intended property, 1126 Cyrville Avenue, as of June 21.

With the interns for the CSJ and management & support team, we are moving forward to establish the governance framework for the future Sheng Shen Pastoral Centre which will hopefully be incorporated for much more development in the years to come.

Although the interns and the office supporting teams are recruited for 9 weeks as stipulated in the CSJ program, we hope to maintain a working relationship with most of the 5 young people from the team, even continued employment to ensure continuity and growth. In fact, some of the workers have been associated with our Parish in other capacities which give them an advantage to contribute to the growth of our community.

The CSJ Program has held its official launching on June 28 when an orientation day program was run.

Welcome on board, all interns and parish supporting staff!

過去三個星期, 透過加拿大暑期工作計劃協調人 **Cheryl CHIN**, 華僑服務處的義工 **Sharon KAN**, **Hassan Ezz-Ahmad** and **Marilyn MA** 及堂區行政協調 **Angelina** 和范執事的努力合作, 我們聘請了3位暑期工作青年人 **Bem PARTINGTON**, **Jongmyoung LIM** & **Bernice SINN** 及2位堂區行政組新加入的成員(**Xiaolin Kang**, **Hongzhou Zheng**) 組成團隊, 為堂區在6月21日已付定金購買位於 1126 Cryville Avenue 預作第一期聖神牧民中心服務, 籌備和策劃的行政架構與各類活動. 團隊並於6月28日開始投入工作.

由此, 我們踏入新的里程, 並為聖神牧民中心建立管理基層, 將來組成公司增強未來數年的發展機會.

雖然加拿大暑期工作計劃只為期9星期, 但堂區希望能與這5位青年持續保持員工關係, 貫徹及鞏固堂區的發展.



PASTOR'S MESSAGE

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

17TH SUNDAY IN ORDINARY TIME — July 24, 2022

“When you pray, say: Father, hallowed be your name, your kingdom come...”
Luke 11: 1-13

A central theme of Jesus' teaching is that God our Creator loves us as a father or mother loves their children. As the moms and dads among us will attest, such love is demanding, complete — and exhausting. God is our Parent who knows what it costs to hold and what it costs to let go, to birth, to nurse, to love, to guide, to launch us on our own paths — God's heart is on the line until we learn to fly, choose our course, and make our way home. "Our Father in heaven" models for us the love of generous and selfless parenthood, reminding us that we are all mother and father and sister and brother to one another "on earth as in heaven."

常年期第十七主日 — 2022年7月24日

『你們祈禱時要說：父啊！願你的名被尊為聖，願你的國來臨！...』
路：11：1-13

耶穌的訓導核心觀念是創造我們的天父，愛我們如同父母愛他們的子女一樣。猶如我們的父母所見證，這份愛要求徹底的耐心與完善，是盡心盡力的。不論是我們生命的誕生，照顧，愛護，或指引我們的道路，天父收放自如，對我們瞭如指掌——祂的愛不離不棄，陪伴我們至成長，自立及找到生命的真理道路。“我們的天父”是無私無條件的愛，慷慨為懷父母的模範，提醒我們在世也都是像在天國，如同父母兄弟姊妹般互待。

PASTORAL COUNCIL MEETING ON 23 JUNE 2022



教宗方濟各7月份祈禱意向

Pope Francis's Prayer of Intention for July 2022

福傳意向：請為老年人祈禱

老年人是一個民族的根源與記憶，祈願他們的經驗和智慧能幫助年輕人，懷著希望及責任感展望未來。

Universal: For the elderly

We pray for the elderly, who represent the roots and memory of a people; may their experience and wisdom help young people to look towards the future with hope and responsibility.

Donation of flower bouquets to altar by Louisa Wong & Alain Chan



團體消息 Announcement

1. 堂區清潔日定於7月16日(星期六)上午十時至中午十二時進行。義工請協助清潔工作。
2. 8月份羅德偉神父主持的網上及親身參與的B.L.E.S.S.工作坊，主題為'EAT'。在八月十三日(周六)舉行。請留意詳情。
3. 2022年週年燒烤會定於8月21日(星期日) 12:30至2pm在聖神天主堂停車場舉行。現呼籲義工協助佈置場地，分派食物及事後清潔工作。2022 Annual BBQ is scheduled on August 21 (Sun) from 12:30 to 2 pm at Sheng Shen Parking Lot. We need some volunteers to help in setting up the tents, tables, serving lunches and cleaning up.

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。

禮儀	Liturgy	
黃翠霞	Rexan Wong (Coordinator)	陳志彪 Bill Chan
李利	Lily Li (Lectors)	馬敘英 Celine Ma
農李美玲	May Nung (Children Liturgy)	龔英 Catherine Au
	Louis Wang	歐慧賢 Linda Au
王治耀	(Aitar Server, Youth Liturgy)	段安林 Dennis Duan
龍桂裳	Shobie Lung (Youth Liturgy)	段曹正心 Carol Duan
胡露施	Melissa Wu (Youth Liturgy)	沈慧珠 Martha Wong
農正心	Lydia Nung (Youth Liturgy)	陳潔華 Jennifer Yeung
Patient	Patient Bahizire (Youth Liturgy)	黎潔儀 Jie Yi Li
李美蘭	Joyce Wong (Eucharistic Ministry)	黃懿德 Christine Wong
黃金霞	Teresa Szeto (Sacrists)	黃振方 James Wong
羅翠貞	Helena Wong	陳志雲 Bony Chan
溫麗妮	Lai Nai Wan	楊建華 Jian Hua Yang
江美珍	Connie Kam	夏景榮 Jimmy Ha
曾兆祺	Leonard Tsang	陳麗珠 Linda Chan
古媽珊	Serena Tsang	莫淑蘭 Suk Lan Mok
曾慧潔	Gladys Wong	黃庭光 Bosco Wong
李美玲	Melting Li	陳小喬 Rosa AuYeung
黃健平	Dicky Wong	劉湘貴 Gloria Kung
農大鈞	John Nung (Choir A)	葉敏華 Anita Cheung
陳瑞平	Sunny Chan (Choir B)	龍映如 Baylie Lung
司徒惠良	Fred Szeto	甘穎詩 Fiona Kam
黃輝	Wei Huang	王澤楓 Ze Feng Wang
孫曉梅	Maria Sun	張澤哈 Danny Zhang
王芬芬	Louisa Wong	夏瑞榮 Stephen Ha

團體生活	Community Life	
歐慧賢	Linda Au (Coordinator)	方李美娥 Lucille Fong
陳楚儀	Chor Yee Chan	陳利爵 Richard Chan
陳淑芬	Cecilia Chow	陳麗珠 Linda Chan
陳勒秋	Alain Chan	蔡蕾 Lei Cai
陳小喬	Rosa AuYeung	黎潔儀 Jie Yi Li
張小雲	Xaoyun Zhang	李溫麗妮 Lai Nai Wan
李利	Lily Li	段曹正心 Carol Duan
孫曉梅	Maria Sun	陳志彪 Bill Chan
夏藝紜	Diana Xia	農大鈞 John Nung
黃暉	Teresa Wang	農李美玲 May Nung
張貴鳳	Jessica Cheung	陳瑞朝 David Chan
謝夢儀	Julianna Tse	周健明 Gary Chow
葉敏華	Anita Cheung	李美蘭 Joyce Wong
黃振方	James Wong	王芬芬 Louisa Wong
羅翠貞	Helena Wong	陳瑞平 Sunny Chan
夏少仁	David Xia	劉秀英 Christina Fan
陳潔華	Jennifer Yeung	

關愛	Christian Service	
羅靜如	Angelina Lo	王芬芬 Louisa Wong
劉湘貴	Gloria Kung	張愛蓮 Therese Yuen
羅翠貞	Helena Wong	劉秀英 Christina Fan
區兆棟	Raymond Au	黃金霞 Teresa Szeto
李美蘭	Joyce Wong	熊玉桃 Rosa Hong
溫麗妮	Lai Nai Wan	段曹正心 Carol Duan

財務委員會	Finance Council 2020	
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)	
會員	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)	
孫曉梅	Maria Sun (委員 Member)	
出席	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)	
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	
馬敘英	Celine Ma	
謝夢儀	Julianna Tse	
范浩泉執事	Deacon Peter Fan (牧民統籌 Pastoral Coordinator)	

牧靈議會	Pastoral Council 2020	
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	Lily Li (共同主席)	
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)	
信仰培育	Christian Education	
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)	
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	

全新南向安福園

第二期

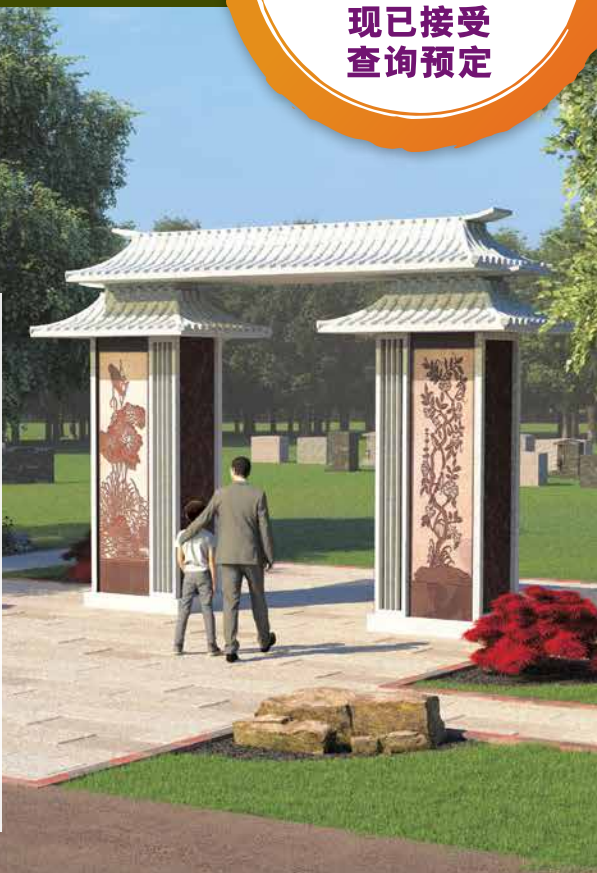
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