



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



2023年4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

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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

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 10am-12pm

惠捐支票抬頭 Please make all cheques payable to:

Sheng Shen Chinese Catholic Community



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

HAPPY EASTER!

教宗方濟各四月份祈禱意向

Pope Francis's Prayer of Intention for April 2023

福傳意向: 為和平與非暴力文化

願藉著減少國家與人民對武器的使用，而推廣和平與非暴力的文化。

Universal: For a culture of peace and non violence

We pray for the spread of peace and non violence, by decreasing the use of weapons by States and citizens.

**2018–2023
PASTORAL CENTRE
Fundraising Meter**

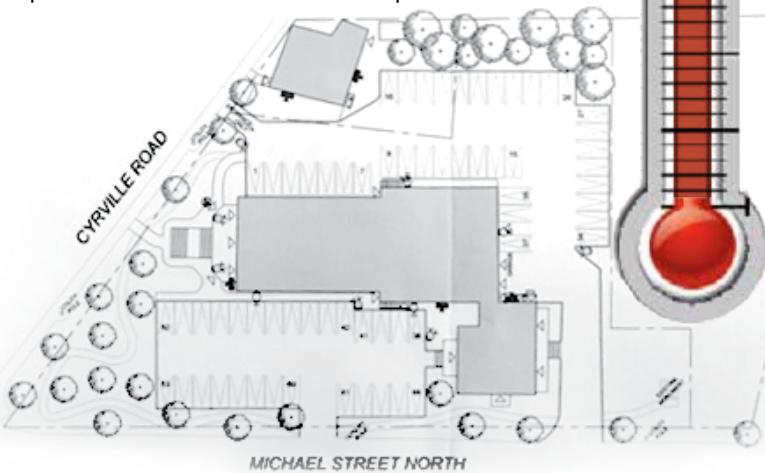
As at April 2, 2023
截至2023年4月2日捐款共達

**BUY A BRICK
PLEDGE
Fundraising**

\$1,000,000

\$583,159.56 →

Note: On December 6 2022, the Archdiocese raised the limit of our fundraising in support of our renovation of the new Pastoral Centre while upgrading the structure of the existing church, from \$750,000.00 to one million, (i.e., an increase of \$250,000.00). The Diocesan Tax Exemption period will continue till the end of September 2023.



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。

聖神牧民中心

The Sheng Shen Pastoral Centre

建基未來 – 為福傳打好基礎

隨着牧民中心的開展，堂區向下一步進發，擴建祈禱園、和改進堂區設施。盼望教友持續擁護祈禱牆，以親友名義捐贈，不斷在各禮儀中為我們親近和敬愛的朋友祈禱，並參與各項籌款和團體活動。而教區亦以寬免教區行政稅項方式支持我們改善我們堂區日漸老化的設備。謝謝各位的關心和努力。

Strengthening our future – laying the foundation for evangelization

As Sheng Shen Pastoral Centre is officially launched, our next step is to implement the plans for the Faith Garden and improving the aging facilities of the parish. The Archbishop has raised the Exemption from Diocesan Administration Tax to one million dollars to encourage us to donate to the ‘Buy-a-Brick’ campaign -- to sustain the facilities of the parish and to continue praying for our relatives and friends through daily prayers. The Prayer Wall, electronically displayed during all our liturgy, is established exactly for that purpose. Join us in these most meaningful efforts for the future.



Link for weekly Thursday Rosary Zoom info:

<http://us02web.zoom.us/j/84314789760?pwd=L0dGTGUvNE4xQVNzUjl4SG1ycEp5UT09>

FIND AND FOLLOW US ON SOCIAL MEDIA

@聖神天主堂 - Sheng Shen - Parish

@shengshen.parish

PASTOR'S MESSAGE

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

On Easter night, the Risen Jesus restores Thomas' and the Eleven's ability to hope, to realize that our crosses are not an end in itself but the means to a greater end. We are not defined by our failings but by our ability to move beyond them. The light of the Risen One breaks through the darkness of fear and grief; God's Easter grace enables us to trust when we are at a loss, to give over when we are spent, to continue on when we are exhausted. After meeting the Jesus of the Gospels, we will never see the world the same way again; after hearing Jesus' Gospel, peace, forgiveness and justice are possible in ways we couldn't imagine; after seeing the world through Jesus' eyes, our perspectives and attitudes are transformed in his light.

On the roads we travel to our Emmauses, God appears to us in so many different guises - guise of wise and loving people who reveal the love of God in the lives of those needing help and support. We are challenged to reveal Christ's love for all and give rest and hope to the broken and struggling travelers accompanying us.

In all of them, God guides us, nudges us, challenges us and confronts us: Where are we going? What are we seeking on this journey? How do we experience meaning and purpose in our lives? God makes himself known in the poor, the stranger, the troubled, and so calls forth from us the compassion and mercy and peace of his Easter promise.

The caregivers among us, those who give their lives to keep their loved ones whole and together, are Jesus the "gate" in our midst. Their constant and indefatigable love mirrors that of Jesus the Good Shepherd. Their presence is the voice of Christ, assuring us of his peace and presence in every moment of our lives, calling us in the depths of our souls to compassion beyond our own anxiety, to forgiveness regardless of our own hurts, to generosity despite our own poverty.

The Gospel Jesus, the Good Shepherd, calls his sheep to the work of justice and leads them in doing what is right and good for the sake of others. The challenge facing every disciple of Jesus is to listen for his voice in the midst of angry and urgent voices competing for our attention, of conflicting noises assaulting our senses, of dissonant messages noisily challenging our beliefs and values. If we struggle to hear, if we work to listen, the voice of the Good Shepherd can be heard in the midst of trauma and turmoil, speaking to us in the quiet of our hearts, pointing out the path of what is real and lasting and of God.

Easter invites us to go to our Galilees regardless of our fear, our doubt, our despair. If we go with open hearts and generous spirits, we will meet the Risen Jesus there in the love and mercy of others, in the compassion we experience, in the forgiveness we extend and others extend to us.

So, do not be afraid. Do not fear. Let us be on our way to meet the Risen One in our Galilee. May God bless you!

復活節當晚，主耶穌重新燃點了聖多默及其他宗徒的希望。他的復活讓宗徒們明白到，十架決不是使命的終結，因為它僅僅是件工具而已。我們是要藉着它來達成更宏大的目標。挫折和失敗並不能否定我們的人生，只要我們奮力克服困境，跨越荊途，就更加能夠彰顯出上主賜予我們的能力。復活之光照亮了黑暗，驅走所有的恐懼和悲傷；主復活的恩典，讓我們在迷失時學會信靠，在貧乏時學會施予，在疲憊時學會堅持。福音中的主耶穌，教導我們改變看待這個世界的方法；耶穌說的話，讓和平、寬恕和正義會意想不到地得以實現；透過耶穌的眼睛觀看世界，我們的觀點和態度也會在他的光线下逐漸改變。

在前往厄瑪烏的路上，主以不同的樣貌出現在我們面前——但他們全都是充滿智慧和慈愛的，時刻扶助貧病弱小，在日常生活的點點滴滴中展現主愛。我們的使命，就是要為眾人顯露出基督的大愛，縱然在我們人生的旅途上，不時會遇上傷痛與錯折，我們仍能為同行的旅伴帶來希望，讓他們的心靈獲得片刻的歇息。

我們在人生中無論遇到任何事情，天父既會引領我們，鼓勵我們，又會磨鍊我們，有時與我們作對。那個時候，我們都會滿心疑惑：我究竟要何去何從呢？我的一生所求的又是甚麼？我的人生有甚麼意義呢？生命又有甚麼目的呢？其實，主就是要讓貧窮者、陌生人和困苦者都能認識祂的聖名，並喚起我們心中的憐憫、慈愛及和平，實踐祂復活的應許。

在我們當中，有些人熱心關愛他人，樂於貢獻畢生給所愛的人，讓他們的生命得到圓滿。這些人不就是我們與主基督之間的通道嗎？他們時刻堅定不懈地反映出善牧耶穌的愛，他們就是基督的聲音，答應將他的平安賜予到我們生命中的每一刻，教導我們放下焦慮，並喚醒靈魂深處中的同理心；這樣，我們即使在受到傷害的時候，仍懂得寬宏大量；儘管在一貧如洗的時候，我們仍懂得慷慨待人。

我們的善牧耶穌，他在福音裏召喚他的羊去施行正義，教導他們要服侍他人，做人做事要至正至善。耶穌告誡每位宗徒要時刻傾耳聆聽他的話，別要被世間種種的怒吼左右了心神，更不要被催迫的聲音蒙蔽了感官。這些雜亂的噪音會不斷動搖我們的信仰，挑戰我們的價值觀。如果我們能集中去細聽主基督的聲音，只要我們專心致志，那麼即使我們滿心傷痛，心中動盪不安，主基督仍能臨在我們内心平靜處，指導我們走向上主，踏上這條真實恆久的正途。

復活節的真正意義，就是要邀請我們放下心裏一切的恐懼與懷疑，懷着希望到加里肋亞去。只要敞開心扉，滿懷慷慨走上旅途，我們便可以與復活了的耶穌相遇，讓我們共融在愛與慈悲之中，感受到彼此間的同情與寬容。

所以，大家不要害怕，更無用恐懼。我們立刻攜手踏上這條道路，一同到加里肋亞謁見已復活的唯一真主吧！主祐各位！。



Sunday Mass Celebrations in March

三月份的主日感恩祭



堂區招聘青年暑期工作人員 Parish Recruitment of Youth Summer Worker

申請條件: 年齡: 15–30歲

工作期間: 2023年5月至8月, 每週30小時

身份: 加拿大公民或永久居民/附屬保護移民及難民條例的難民

教育程度: 高中/專上/大學

工作性質: 行政及財務工作/社區服務/社區外展策劃/
義工統籌/青年工作/媒體統籌

申請人請[下載及填寫申請表格](#), 寄回電郵地址:

sspcoffice01@gmail.com

Eligibility Criteria: Age: 15 to 30 years old

Work Duration: May to August 2023, 30 hours per week

Status: Canadian citizen or permanent resident/ refugee under
Immigration & Refugee Protection Act

Education: high school/college/university

Nature of work: administration & financial tasks/community service
social outreach planning/volunteer coordination
youth service/communication coordination

To apply, please [download and fill in the Application Form](#) and send
back by email to sspcoffice01@gmail.com

YOUTH SUMMER WORKER (CSJ) APPLICATION FORM

PERSONAL INFORMATION

FULL NAME: _____ **DATE:** _____
First Middle Last

ADDRESS: _____
Street Address Apt/Suite

City Province Zip Code

E-MAIL: _____ **PHONE:** _____

SOCIAL INSURANCE NUMBER (SIN): _____ - _____ - _____

POSITION APPLIED FOR: (YOU CAN TICK MORE THAN ONE POSITION)

ADMINISTRATION ASSISTANT

FINANCE CLERK

COMMUNITY SERVICE WORK

OUTREACH SOCIAL SERVICE PLANNER

VOLUNTEER COORDINATOR

COMMUNICATION COORDINATOR

YOUTH SERVICE

EMPLOYMENT ELIGIBILITY

ARE YOU IN THE AGE RANGE OF 15 TO 30? YES NO

ARE YOU A CANADIAN CITIZEN OR PERMANENT RESIDENT OF CANADA, OR REFUGEE UNDER
THE IMMIGRATION AND REFUGEE PROTECTION ACT? YES NO

ARE YOU AVAILABLE FOR THE EMPLOYMENT PERIOD FROM 8 MAY TO AUGUST 2023 FOR 16
WEEKS, 30 HOURS PER WEEK? YES NO

EDUCATION

HIGH SCHOOL: _____ **CITY / PROVINCE:** _____

FROM: _____ TO: _____

GRADUATE? YES NO DIPLOMA: _____

請沿線剪下
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EDUCATION

POST-SECONDARY: _____ CITY / PROVINCE: _____

FROM: _____ TO: _____

GRADUATE? YES NO DEGREE: _____

PREVIOUS EMPLOYMENT

EMPLOYER: _____
Company / Individual

E-MAIL: _____ PHONE: _____

JOB TITLE: _____

FROM: _____ TO: _____

REASON FOR LEAVING: _____

REFERENCES (PROFESSIONAL ONLY)

FULL NAME: _____ RELATIONSHIP: _____
First _____ Last _____

COMPANY: _____ TITLE: _____

E-MAIL: _____ PHONE: _____

FULL NAME: _____ RELATIONSHIP: _____
First _____ Last _____

COMPANY: _____ TITLE: _____

E-MAIL: _____ PHONE: _____

DISCLAIMER

Applicant understands that this is an Equal Opportunity Employer and committed to excellence through diversity. In order to ensure this application is acceptable, please print or type with the application being fully completed in order for it to be considered.

Please complete each section EVEN IF you decide to attach a resume.

I, the Applicant, certify that my answers are true and honest to the best of my knowledge. If this application leads to my eventual employment, I understand that any false or misleading information in my application or interview may result in my employment being terminated.

SIGNATURE: _____ DATE: _____

PRINT NAME: _____



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Lenten Penitential Service on 18/3



**Video to celebrate the 60th Birthday of
Archbishop Marcel Damphousse on 19/3
祝賀總主教 Marcel Damphousse 六十歲壽辰的錄像製作**



**Online
Way of the Cross
Session every Thursday**



聖神天主堂 Sheng Shen (Holy Spirit) Parish

2023 聖灰及聖週禮儀 Ash Wednesday & Holy Week

時間	禮儀	地點
二月二十二日(星期三) 晚上七時	聖灰禮儀 (守大/小齋) Ash Wednesday (Fast & Abstinence)	聖堂
三月十八日(星期六) 下午一時	四旬期團體悔罪修和禮儀及告解 Lenten Penitential Service	聖堂
四月二日 (星期日) 上午十一時半	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
四月四日(星期二) 下午五時	聖油彌撒 Chrism Mass	主教座堂 Notre Dame Cathedral Basilica 385 Sussex Drive, Ottawa, Ontario, K1N 1J9
四月六日(星期四) 晚上八時	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
四月七日(星期五) 下午一時半 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, 朝拜十字聖架, 領聖體 - 預習聖週六禮儀	聖堂 聖堂 聖堂
四月八日 (星期六) 晚上八時	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
四月九日 (星期日) 上午十一時半	復活主日感恩祭 Easter Sunday	聖堂

Wedding Anniversary

Diocesan Wedding Anniversary Mass

For those celebrating 60 (or more), 50, 40, 30, 25 and 20 years of marriage.

At Notre Dame Cathedral Basilica
on Sunday, April 30, 2:30 pm.

The registration form is available at

<https://forms.office.com/r/jpBDLwD0Kg>

Please register before Easter to ensure your spot!

教區結婚週年紀念感恩祭

定於四月三十日二時三十分
在大主教座堂舉行。

歡迎今年結婚六十+，五十，四十，三十，二十五或二十年的夫婦
復活節前在網上連線

<https://forms.office.com/r/jpBDLwD0Kg>

報名登記。

Working with the charitable organization,
Canada Helps, online donation is now available.

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。

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.

禮儀	Liturgy
黃翠霞	Rexan Wong (Coordinator)
李利	Lily Li (Lectors)
農李美玲	May Nung (Children Liturgy)
王治耀	Louis Wang (Altar Server, Youth Liturgy)
龍桂裳	Shobie Lung (Youth Liturgy)
胡靈施	Melissa Wu (Youth Liturgy)
農正心	Lydia Nung (Youth Liturgy)
Patient	Patient Bahizire
李美蘭	(Eucharistic Ministry) Joyce Wong
黃金霞	Teresa Szeto (Sacristy)
羅翠貞	Helena Wong
溫麗妃	Lai Nai Wan
江美珍	Connie Kam
曾兆祺	Leonard Tsang
古嬪珊	Serena Tsang
曾慧潔	Gladys Wong
李美玲	Meiling Li
黃健平	Dicky Wong
農大鈞	John Nung (Choir A)
陳瑞平	Sunny Chan (Choir B)
司徒惠良	Fred Szeto
黃暉	Wei Huang
孫暉梅	Maria Sun
王芬芬	Louisa Wong

團體生活	Community Life
歐慧賢	Linda Au (Coordinator)
陳楚儀	Chor Yee Chan
陳淑芬	Cecilia Chow
陳勤秋	Alain Chan
陳小喬	Rosa AuYeung
張小雲	Xaoyun Zhang
李利	Lily Li
孫暉梅	Maria Sun
夏藝絢	Diana Xia
黃暉	Teresa Wang
張貴鳳	Jessica Cheung
謝夢儀	Julianne Tse
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
關愛	Christian Service
羅靜如	Angelina Lo
劉湘貴	Gloria Kung
羅翠貞	Helena Wong
區兆樸	Raymond Au
李美蘭	Joyce Wong
溫麗妃	Lai Nai Wan
方李美娥	Lucille Fong
陳利爵	Richard Chan
陳麗珠	Linda Chan
蔡蕾	Lei Cai
黎潔儀	Jie Yi Li
李溫麗妃	Lai Nai Wan
段曹正心	Carol Duan
陳志彪	Bill Chan
農大鈞	John Nung
農李美玲	May Nung
陳瑞朝	David Chan
周健明	Gary Chow
李美蘭	Joyce Wong
王芬芬	Louisa Wong
陳瑞平	Sunny Chan
劉秀英	Christina Fan



LINK ON
UPDATING
PARISH
RECORD

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
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in parish's monthly bulletin
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www.ottawachinesecatholic.org

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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)
孫暉梅	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)
陳勤秋	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

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