



# 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



## 2024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 peterhcfan@gmail.com

### Administration Team

羅靜如 Angelina Lo angelina.cy.lo@gmail.com

司徒惠良 Fred Szeto frederick.szeto@gmail.com

周陳淑芬 Cecilia Chow cecechow@gmail.com

鄭宏釗 Hongzhao Zheng bitry960603@gmail.com

杜光智 Brian To brian.to2121@gmail.com

胡偉雄 Alex Wu cace.wu@gmail.com

呂永恒 Keith Lui

Patient Bahizire PatientBahizire54@gmail.com

鍾沅晴 Ginny Chung chungyuenching.cyc@gmail.com

### Editorial Team

范浩泉執事 Deacon Peter Fan

羅靜如 Angelina Lo

黎銘賢 Boris Lai

周陳淑芬 Cecilia Chow

陳志華 Louis Chan

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



新  
春  
大  
吉

新春團拜 2024  
Lunar New Year Celebration 2024

恭賀新春

日期 Date  
二零二四年二月十一日(星期日)  
February 11, 2024 (Sunday)

時間 Time  
上午十一時三十分由 Archbishop Marcel Dampousse  
主持感恩祭  
下午十二時四十五分感恩祭後舉行聚餐聯歡會  
11:30 am Mass presided by Archbishop Marcel  
Dampousse  
12:45 pm (after the mass) Celebration

地點 Place  
聖神天主堂地庫 Sheng Shen Parish, Hall Room  
(1187 Michael Street North, Ottawa, ON)

票價 Ticket  
成人二十五元 \$25 per adult  
十歲或以下小童十元 \$10 for under 10 years old  
二月五日後成人二十八元 After Feb 5 \$28 per adult

Contact 報名查詢  
Ceci Chow, Alain Chan, Brian To, Mariann Jajo

\* Admission fee can be paid by CASH or E-TRANSFER to  
brian.to21@hotmail.com. And indicate in the notes for  
e-transfer "Sheng Shen Lunar New Year"

主  
佑  
安  
康



聖神天主堂  
Sheng Shen (Holy Spirit) Parish  
Community founded in 1955

Sheng Shen Parish

1187 Rue Michael St. North  
Ottawa, Ontario K1J 7T2  
Tel: 613-747-2080

### 主日感恩祭 Sunday Mass

All liturgies in English & Chinese

星期日 早上十一時半

Sunday 11:30 a.m.

另加 每月第三星期日  
早上九時半 (英語)

In addition Third Sunday of the month  
9:30 a.m. ( English )

### 星期一至五禮儀

### Weekday Masses & Adoration

Fr. Joseph Lustig 和 Fr. Ambrose 持續為堂區  
在平日舉行以下禮儀:

星期一 下午五時明供聖體 / 下午六時感恩祭

Monday 5 p.m. Holy Hour / 6 p.m. Mass

星期二, 三, 四, 五 早上七時感恩祭

Tuesday, Wednesday

Thursday & Friday 7 a.m. Mass

歡迎各位參與 All are welcome !



**2018 to 2024  
PASTORAL CENTRE  
Fundraising Meter**

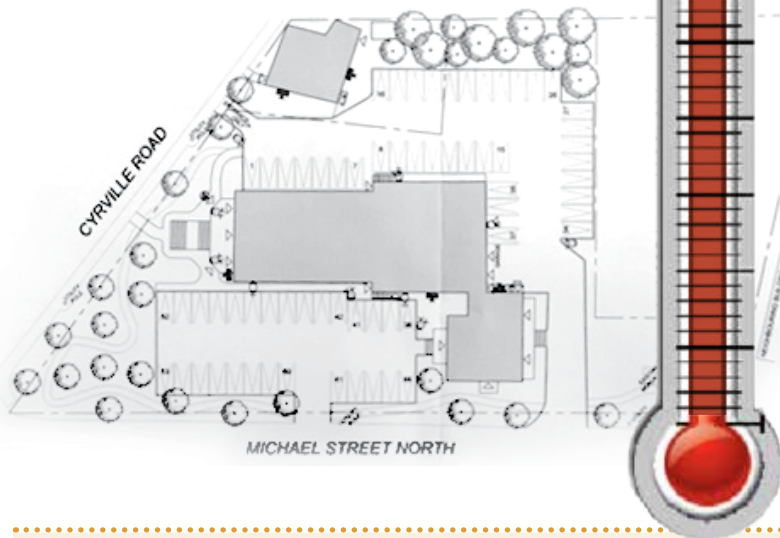
As at January 28, 2024  
截至2024年1月28日捐款共達

**BUY A BRICK  
PLEDGE**

**Fundraising**

**\$611,027.44**

**\$1,000,000**



**聖神牧民中心及信德園  
Pastoral Centre & Faith Garden Projects**

我們的堂區和牧靈中心的翻新工程不斷進展！我們極力改善教堂和設施，讓它們展現嶄新面貌。這次优化的重點是我們的信德園，感謝堂區各家庭同心協力，花園正逐漸蛻變。我們與「照顧創造事工」及熱心志願者攜手合作，讓我們的教堂成為一個祥和的祈禱和反思之地，並珍惜愛護天父賜予我們的伊甸園。

感謝您的支持和慷慨捐助，讓我們達至今天的成績，我們深感感激。說到新事物，我們非常高興地宣布，在我們的堂區有一個一房的單位出租。如果您或您認識的人有興趣，歡迎致電我們的堂區辦公室詳談。

我們期待各位就堂區的發展提出真知灼見，從而令我們一起能夠時時刻進步，為聖神天主堂 創就更光輝的未來。感謝您與我們攜手並肩，懷着信德共創明天！

Exciting changes are underway at our Parish and Pastoral Centre! We're working hard to upgrade our church and facilities, giving them a fresh new look. The heart of this upgrade is our beautiful Faith Garden, growing thanks to the efforts of families in our community. We're teaming up with the Care for Creation Ministry and dedicated volunteers to make our church a serene place for prayer and reflection while being kind to our planet.

Your support and generous donations have brought us this far, and we're incredibly grateful. Speaking of new things, we're thrilled to offer a cozy 1-bedroom apartment for rent at our Pastoral Centre. If you or someone you know is interested, our parish office is just a call away. Your ideas and enthusiasm mean the world to us. Together, we've accomplished so much, and we can't wait to create an even brighter future for Sheng Shen. Thank you for being a part of our journey!

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.

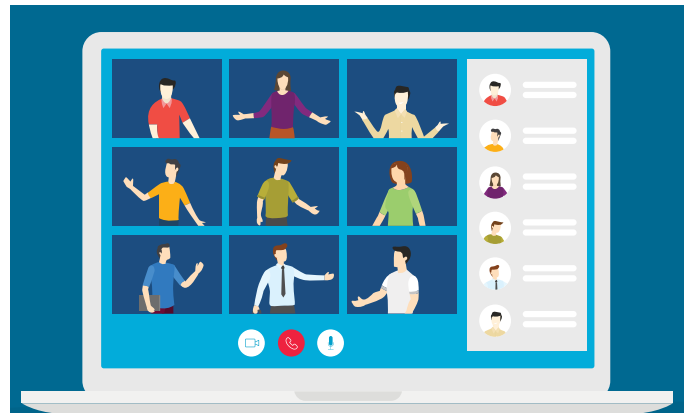
此通訊只刊登堂區主辦的活動及有關資料。內容由行政事務管理決定。

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。




**Link for weekly Thursday Rosary Zoom info:**

<http://us02web.zoom.us/j/84314789760?pwd=L0dGTGUvNE4xQVNsUjl4SG1ycEp5UT09>

**FIND AND FOLLOW US ON SOCIAL MEDIA**

 @聖神天主堂 - Sheng Shen - Parish

 @shengshen.parish

# 教宗方濟各二零二四年二月份祈禱意向 Pope Francis's Prayer of Intention for February 2024

## 福傳意向: 請為臨終病人祈禱

祈願處於生命末期的病人及其家屬常能獲得必要的照顧和陪伴，無論是從醫學角度還是在人性方面。

### Universal: For The Terminally Ill

Let us pray that the sick who are in the final stages of life, and their families, receive the necessary medical and human care and accompaniment.



## PASTOR'S MESSAGE

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

### February 4, 2024: 5<sup>th</sup> Sunday in Ordinary Time

When it was evening, after sunset, they brought to [Jesus] all who were ill or possessed by demons... Mark 1: 29-39

We think of "casting out demons" as an ancient culture's primitive approach to dealing with mental illness or emotional distress. We've come a long way medically and psychologically in dealing with such issues — but we can still find ourselves "possessed" by "demons" of self-centeredness, cynicism and narrow-mindedness that leave us lost, isolated and debilitated. As Rabbi Kushner found in his work, taking on our "demons" can also transform us into healers: by taking the "demons" that trap us in hopelessness and brokenness, we can help others cast out their "demons," enabling them to move on to lives of meaning and fulfillment.

### 2024年2月4日：常年期第五主日

「當天色晚了，太陽落山之後，人們把所有患病或被惡魔附身的人帶到主耶穌面前。」 Mark 1: 29-39

我們將「驅魔」視為古代文化對應心理疾病或情緒困擾的原始方式。在醫學和心理學上，我們比以往大幅進步，讓我們更有能力去處理這些問題——不過，我們有時仍難免被自私、憤世嫉俗和狹隘思維的「魔鬼」所蒙蔽，使我們感到迷失、孤立和身心疲憊。正如教士Kushner在其作品中所發現的，克服心魔能幫助我們成為治癒者：我們藉着戰勝「魔鬼」，便能重拾希望，重整人生，同時亦能幫助他人驅除心魔，讓他們再次活得充實，活得有意義。

## GOOD NEWS



### Future Partnership with Ottawa Chinese Community Service Centre (OCCSC)

十一月九日，堂區已發信支持渥太華華人社區服務中心向政府申請支援長者服務，並表決樂意作為該區內的合作伙伴，共同促進長者福利及回應他們的需要。



On November 9<sup>th</sup>, the parish sent a letter in support of the Ottawa Chinese Community Service Centre's application to the government for support in eldercare services. It was also voted to willingly act as a partner within the area, jointly advancing the welfare of seniors and addressing their needs.

### Epiphany House Blessing (chalking the door)

The family gathers to ask God for the blessing of their home and that of those who inhabit or visit it. It is an invitation for Jesus to be a daily guest in our home, in our chores, comings and goings, our conversations, our work and games, our sorrows and joys.

A traditional way to do this is to use chalk to write on the home's entry  
20 + C + M + B + 24.

The letters C, M, B have two meanings. They are the initials of the traditional names of the three wise men: Gaspar (Caspar in Latin), Melchor and Balthasar.

They are also short for the Latin words *Christus mansionem benedicat*, meaning "May Christ bless this house." The symbol "+" represents the cross and 2024 is the year.

### Instructions for each family to bless their home

Using the blessed chalk, write on the lintel of your front door the following:

20 + C + M + B + 24

...as you recite:

The three Wise Men, Gaspar, Melchor and Balthasar followed the star of the Son of God who became a man two thousand and fifteen years ago. May the Lord bless this home and be with us during this new year. Amen.

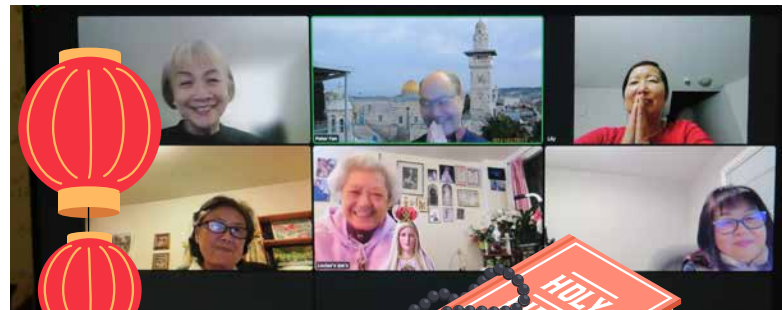
### Family Leader then offers the following prayer:

We ask you, Lord, to bless this house and all those who live in it: may there always be love, peace and forgiveness in this home; grants its inhabitants sufficiency of material goods and abundance of virtues; who are welcoming and sensitive to the needs of others; that in joy they praise you, Lord, and in sadness they seek you; at work they find the joy of your help, and in need they feel close to your comfort; when they go out, enjoy your company, and when they return, experience the joy of having you as a guest; May this house truly be a domestic church where the Word of God is light and food, and may the peace of Christ reign in his hearts until one day he arrives in your heavenly home.

Through Christ our Lord. Amen

**Indelible Blessing:** Chalking the door of the home is a way of celebrating and literally leaving a mark on the occasion of Epiphany and God's blessing on our lives and homes.

Over time, the chalk will fade. As it does, we will let the meaning of the Latin words sink deep into our hearts and manifest itself in our words and actions: *Christus mansionem benedicat*, "May Christ bless this house."



每星期四

頌念玫瑰經



# 1/1/2024 New Year's Day Mass



恭賀新春

DEADLINE TO REGISTER:  
Sat. Feb. 3  
@ 11:59PM

SUN FEB 11  
2024

1:45 PM -  
2:45 PM

**Mr. & Ms. Lunar New Year 2024**  
International Fashion Competition\*

\*Part of Sheng Shen's LNY Celebration from 12:45 PM - 3:45 PM

ALL CULTURES, ALL AGES ARE WELCOME!  
~ SHOWCASE YOUR CULTURAL OUTFIT & TALENT ~  
\*\*\* GRAND PRIZE TO BE WON \*\*\*

Scan the QR Code to register!  
(5 minutes to fill in)




聖神天主堂  
Sheng Shen (Holy Spirit) Parish  
Community founded in 1955

# 1-28-2024 PRACTICE FOR CHINESE NEW YEAR CELEBRATION



EARLY BIRD SPECIAL ENDS  
MON. FEB. 5\*

SEE BELOW FOR DETAILS

**Lunar New Year CELEBRATION**

Lion Dance | LNY Feast | Red Pockets  
Mr. & Ms. LNY Fashion Show | Live Performances

**11 FEB** Sheng Shen Catholic Church **12:45 PM**  
1187 Michael St. North (Cyrville / Ogilvie)  
Free Parking - 5-min walk from O-Train

Sign up by [brian.to21@hotmail.com](mailto:brian.to21@hotmail.com) Mention: "LNY for \_\_\_\_"  
e-transfer to: \*Early Bird Price: \$25/person // After Feb. 5: \$28/person

ALL AGES, CULTURES, RELIGIONS ARE WELCOME!!

## 團體消息 Announcement



2024/01/14

### GA TUNG PROMOTION



1. 2024年堂區月曆已印刷出版, 歡迎索取自由奉獻。
2. 1126 Cyrville Rd 聖神牧民中心的一房間柏文現正招租. 查詢請與堂區辦事處聯絡。  
1126 Cyrville Rd Sheng Shen Pastoral Centre's one-bedroom apartment is open for renting. For inquiries, please contact the parish office.
3. **農曆新年慶典**  
堂區於大年初二, 二月十一日, 慶祝龍年。上午十一時三十分彌撒, 下午一點團拜。為添節日樂趣, 增設民族服裝競艷。請各位踴躍參與, 慶華年。
4. 堂區於二月三日(星期六)下午一時舉行聖巴拉斯瞻禮(Feast of St. Blaise)。梁神父祝福教友健康。  
Mass celebration on February 3, Feast of St. Blaise, was scheduled at 1 pm. The blessing of the throat was carried out by Fr. Liang.
5. 本堂於二月十四日(星期三)晚上7時舉行聖灰礼仪。  
Ash Wednesday, February 14, Service is scheduled at 7 pm
6. 歡迎參與平日礼仪的:  
星期一: 5:00 pm 明供圣体 6:00 pm 感恩祭  
星期二, 三, 四, 五 7:00 am 感恩祭  
Weekday Liturgy  
Monday: Holy Hour at 5:00 pm Mass at 6:00 pm  
Tuesday, Wednesday, Thursday and Friday 7:00 am Mass celebration  
All are welcome.
7. 加拿大东岸天主教华人生活营(加东)将于九月劳动节周末举行, 请支持这甚有意义的活动。



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。

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](mailto: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.

財務委員會	Finance Council
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)
孫擘梅	Maria Sun
曾偉光	Isaac Tsang
秦恬宜	Candy Chun
出席	In attendance
鄧鉅振	Thomas Tang (建設 Project Manager)
羅靜如	Angelina Lo (行政 Administration)
陳麗珠	Linda Chan
杜光智	Brian To (Finance Team)

牧靈議會	Pastoral Council
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 Co-Chair)
陳利爵	Richard Chan (共同主席 Co-Chair)
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)

行政小組	Administration Team
羅靜如	Angelina Lo (Coordinator)
陳淑芬	Cecilia Chow
司徒惠良	Fred Szeto
杜光智	Brian To
鄭宏釗	Hongzhao Zheng
黎銘賢	Boris Lai
呂永恒	Keith Lui
胡偉雄	Alex Wu
Patient Bahizire	
范浩泉執事	Deacon Peter Fan (牧民統籌 Pastoral Coordinator)

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
羅靜如	Angelina Lo
杜光智	Brian To
鄭宏釗	Hongzhao Zheng
農正心	Lydia Nung
黃懿婷	Christine Wong



團體生活	Community Life
歐慧賢	Linda Au (Coordinator)
陳淑芬	Cecilia Chow
陳勒秋	Alain Chan
陳小喬	Rosa AuYeung
張小雲	Xaoyun Zhang
李利	Lily Li
孫擘梅	Maria Sun
黃暉	Teresa Wang
張貴鳳	Jessica Cheung
謝夢儀	Julianna Tse
葉敏華	Anita Cheung
黃振方	James Wong
羅翠貞	Helena Wong
陳潔華	Jennifer Yeung
陳利爵	Richard Chan
陳麗珠	Linda Chan
李溫麗妮	Lai Nai Wan
段曹正心	Carol Duan
農大鈞	John Nung
農李美玲	May Nung
周健明	Gary Chow
王芬芬	Louisa Wong
陳瑞平	Sunny Chan
劉秀英	Christina Fan

關愛	Christian Service
羅靜如	Angelina Lo
劉湘貴	Gloria Kung
羅翠貞	Helena Wong
區兆樑	Raymond Au
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

禮儀	Liturgy
黃金霞	Teresa Wong Szeto (Sacrists)
李利	Lily Li (Lectors)
農李美玲	May Lung (Children Liturgy)
王治耀	Louis Wang (Altar Server, Youth Liturgy)
龍桂裳	Shobie Lung (Youth Liturgy)
農正心	Lydia Nung (Youth Liturgy)
Patient Bahizire	(Youth Liturgy)
羅翠貞	Helena Wong
溫麗妮	Lai Nai Wan
江美珍	Connie Kam
曾兆祺	Leonard Tsang
古媽珊	Serena Tsang
曾慧潔	Gladys Wong
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
孫擘梅	Maria Sun
王芬芬	Louisa Wong
叢英	Catherine Au
歐慧賢	Linda Au
段曹正心	Carol Duan
段安林	Dennis Duan
陳潔華	Jennifer Yeung
黃懿德	Christine Wong
黃振方	James Wong
陳志雲	Bony Chan
楊建華	Jian Hua Yang
陳麗珠	Linda Chan
陳小喬	Rosa AuYeung
劉湘貴	Gloria Kung
葉敏華	Anita Cheung
龍映如	Baylie Lung
黎銘賢	Boris Lai
黃玉華	Wendy Wong
鄭宏釗	Hongzhao Zheng

# 南向安福園正式開放



## 理想福地 更多選擇

全新南向安福園第二期已在2022年落成，富有中國元素的秀麗景觀設計，讓先人能在親切的环境中安息。更有傳統中式設計的拱門矗立于入口處，歡迎來探訪的親友。理想福地，萬勿錯過！

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 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 or parish's website at  
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Sheng Shen (Holy Spirit) Parish  
Community founded in 1955

Request for Mass Offering  
奉獻彌撒申請表

Date/日期	_____	
Mass at/彌撒時間	9:30 a.m.	or 11:30a.m
Request by/申請人	_____	
Intention for/意願為	_____	
Mass Offering Charge 奉獻彌撒費:	\$15	

Note: Please put \$15 in an envelope, indicating date of mass offering /name of request person  
註: 付款\$15請放入信封, 說明奉獻彌撒日期/申請人姓名



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