



聖神天主堂

Sheng Shen (Holy Spirit) Parish

1187 Rue Michael Street, Ottawa, Ontario K1J 7T2
Tel: (613) 747-2080 Fax: (613) 747-6115
Web: ottawachinesecatholic.org



2014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
peter@fan.com

Administration Team

羅靜如 Angelina Lo angelina.cy.lo@gmail.com
曾煥華 Adison Tsang adisonsang@gmail.com
莫淑蘭 Suk Lan Mok slmokslmok@gmail.com
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陳淑薇 Magdalene Chan magchan@rogers.com
陳瑞朝 David Chan davidchan2233@gmail.com

主日感恩祭 Sunday Mass

星期日上午十一時半 Sunday 11:30am

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

惠捐支票請以 "Sheng Shen Chinese Catholic Community" 抬頭
Please make all cheques payable to "Sheng Shen Chinese Catholic Community"



2014.2.2

獻主節

Feast of the Presentation of the Lord

「主啊! 現在可照你的話, 放你的僕人平安去了! 因為我親眼看見了你的救援, 即你在萬民之前早準備好的。」
路: 2:29-31

"Now, Master, you may let your servant go in peace ... for my eyes have seen your salvation, which you prepared in the sight of all the peoples." Luke 2:29-31



2014.2.16

常年期第六主日

Sixth Sunday in Ordinary Time

「就把你的禮物留在那裡, 留在祭壇前, 先去與你的弟兄和好, 然後再來獻你的禮物。」瑪: 5:24

"Go first and be reconciled with your brother, and then come and offer your gift." Matthew 5:24



2014.2.23

常年期第七主日

Seventh Sunday in Ordinary Time

「因為他使太陽上升, 光照惡人。也光照善人; 降雨給義人, 也給不義的人。」瑪: 5:45

"For he makes his sun rise on the bad and the good, and causes rain to fall on the just and the unjust." Matthew 5:45



The Trinity: Three Persons in One God

We begin every holy sacrifice of the Mass, which commemorates the Passion and Resurrection of our Lord Jesus Christ as celebrated at the Last Supper the night before He died for our sins, with a citation from St. Paul's second letter to the Corinthians 13: 14, "The grace of the Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with you all." The central mystery of the Catholic faith is that God is a Trinity, three divine persons in one God (one substance or essence).

The Catechism of the Catholic Church teaches us that, "The whole divine economy [God's plan for mankind] is the common work of the three divine persons. For as the Trinity has only one and the same nature so too does it have only one and the same operation." The Holy Spirit is present throughout salvation history from Genesis to Revelation. As such, the Holy Spirit is said to be amongst Moses and Israel when they crossed the Red Sea and when the Angel Gabriel came to our Blessed Mother, he said, "The Holy Spirit will come upon you and the power of the Most High will overshadow you, hence the Holy offspring to be born will be called Son of God. "When Mary followed the direction of the Spirit and visited her cousin Elizabeth, St. Luke tells us, "When Elizabeth heard Mary's greeting the baby leapt in her womb. Elizabeth was filled with the Holy Spirit and cried out in a loud voice, 'Blessed are you among women and blessed is the fruit of your womb. . .'"

St. Peter confessed in Mt 16:16, when Jesus asked him who he was, "You are the Christ the Son of the Living God" and Jesus assured him these words came from the Father, undoubtedly by the Holy Spirit. The Catechism also notes, "Everyone who glorifies the Father does so through the Son in the Holy Spirit; everyone who follows Christ does so because the Father draws him and the Spirit moves him" (see John 6: 44; Rom 8: 14). St. John writes us "that God is love and that he who abides in love abides in God. God can be likened to an eternal exchange of love, Father, Son and Holy Spirit, who has destined the Body of Christ to share in that exchange.

The Last Days of Jesus Bring the Promise of the Holy Spirit

In His last discourse with His disciples, given in the 14th chapter of John, Jesus says, "Anything you ask in my name I will do. If you love me and obey the commands I give you, I will ask the Father and He will give you another Paraclete [Advocate, like Jesus] to be with you always, the Spirit of truth, whom the world cannot accept, since it neither sees Him nor recognizes Him; but you can recognize Him because He remains with you." He goes on to say that "the Paraclete, the Holy Spirit whom the Father will send in my name will instruct you in everything." Nothing of what Jesus taught would be lost. It would be preserved first in sacred, oral tradition and then much of it written down in the New Testament, which is a part with the Old Testament, of sacred writing. Together, flowing from "the same divine well spring" they form the deposit of faith, which with the help of the Holy Spirit, has been preserved in the Catholic Church since the time of Jesus.

The Holy Spirit is the Sanctifier

The Holy Spirit is the sanctifier, who was sent by the Father and Son to complete the work of the Son. He makes "holy." As Blessed John Paul II has written, "Having accomplished the work that the Father had entrusted to the Son on earth (John 17:4), on the day of Pentecost the Holy Spirit was sent to sanctify the Church for ever, so that believers might have access to the Father through Christ in one Spirit" (Eph 2: 18).

The Church has always taught that we receive the Holy Spirit through the Sacrament of Baptism. The waters of Baptism signify the cleansing of our soul of original. St. Paul, in his letter to the Ephesians, tells us that we are sealed with the Holy Spirit in our baptism. This reality is signified by the holy oil which is traced on the forehead of the person being baptized in the form of a cross. The sacrament imparts an indelible character. God's life comes to us and makes us "children of

God" and "heirs with Christ." St. Peter makes the comparison to the waters which saved Noah from physical death, proclaiming that in the spiritual realm of our soul, "baptism now saves you" (1 Peter 3:21). The Spirit also imparts the gifts of faith, hope and charity, enabling us to grow in our relationship with God and with one another.

The Sacraments of Reconciliation and Eucharist

The Holy Spirit is active in the Sacraments of Reconciliation and Eucharist. When he appeared to the Apostles on the evening of Easter, Jesus breathed upon them and said, "Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained" (John 20:22-23). Pope Emeritus Benedict XVI has written that the outpouring of the Spirit was the great gift of the Risen Lord to his disciples on Easter Sunday. As the Catechism of the Catholic Church tells us, "The Church is the Body of Christ. Through the Spirit and his action in the sacraments, above all the Eucharist, Christ, who once was dead and is now risen, establishes the community of believers as his own Body."

The priest at every Mass prays the Epiiclesis in which he begs the Father to send the Holy Spirit, the Sanctifier, to transubstantiate [changing the substance without affecting the accidents, namely the physical appearances of bread and wine] the bread and wine offering into the Body, Blood, Soul and Divinity of Christ.

The Sacrament of Confirmation

Christ promised the Holy Spirit, the Comforter, (John 14:15-21) who would enable His disciples to testify to the truth (John 15: 6) and the fulfillment came after nine days of prayer at Pentecost. After Peter and the Apostles received the Holy Spirit at Pentecost, some of the crowd asked, "What shall we do?" Peter said, "Repent and be baptized in the name of Jesus Christ for the forgiveness of your sins; and you shall receive the gift of the Holy Spirit" (Acts 2:37). We see this sacrament in Acts 8: 14-17, where Peter and John impose their hands on the previously baptized Samaritan. This sacrament gives us the gifts of the Holy Spirit, which are wisdom, understanding, counsel, fortitude, knowledge, piety and fear of the Lord.

In the Sacrament of Confirmation we become soldiers of Christ, sealed in the Spirit to become witnesses in a mature way to Christ's gospel. We are intended to reflect the glory of Christ in our lives by striving for personal holiness, which can only be achieved through God's grace. Thus the sacrament seals us in His love and service and by cooperating with His work within us, our lives bear the fruit of the Spirit, namely love, joy, peace, patience, kindness, generosity, gentleness, faithfulness and chastity.

終身執事培訓課程簡介會

PERMANENT DIACONATE INFORMATION SESSIONS

Is the Lord calling you to the Permanent Diaconate? Come and discover what the diaconate is all about. All men in the Archdiocese are invited; married men are encouraged to come with their wives. If you wish to attend a session or get more info, please contact Deacon Michael Seath (613-834-1840); (mseath@archottawa.ca). There will be four information sessions.

Thurs., February 20, 7:00 - 9:00 p.m.

at St. Monica Parish, 2080 Merivale.

Mon., February 24, 7:00 - 9:00 p.m.

at Our Lady of Mount Carmel Parish, 400 St. Laurent Blvd.

Thurs., February 27, 7:00 - 9:00 p.m.

at Blessed Sacrament Parish, 194 Fourth Avenue.

Sat., March 1, 9:00 - 11:00 a.m.

at Our Lady of the Miraculous Medal, 17 First Avenue, Russell.

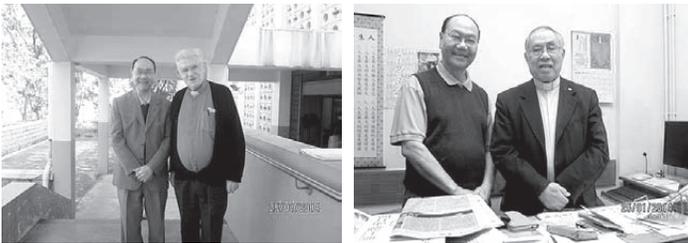
Homeland Mass

堂區十位成員參予了1月26日在主教座堂舉行的民族彌撒。Thomas Tang 及 James Fong 兄弟舉持國旗帶領堂區隊伍與其他族裔步入教堂入座。彌撒後，主教與各代表拍照留念，並問及堂區可為迎接馬年的來臨做好準備。



與中港澳的堂區交流

我們堂區已和中港澳數堂區取得聯絡，準備作緊密交流，一起祈禱反思，互助互勉，推展堂區，福傳和聖召。其中香港聖安多尼會在尹雅白神父領導下將於九月來加訪問，並和我們堂區交流。同時我們也和中港澳數堂區聯絡並取得共識，推動神父交流學習計劃。盼各教友熱烈支持。



Celebrating CNY with seniors at Glebe Centre



Fr. Vogel's Workshop on Genesis

3月1日 (星期六) 1:30 p.m.

3月8日 (星期六) 1:30 p.m.

預告：Fr. Vogel 將在今年秋季選擇另一舊約講題舉行五節的工作坊。詳情稍後報導。

二月份朝拜聖體禮儀暫時取消一次

四旬期/聖週禮儀預告

Lent / Holy Week Liturgy Schedule



03-05-2014 (星期三)	聖灰禮儀 (守大小齋) Ash Wednesday (fast & Abstinence)	7:00 pm
03-09-2014 (星期日)	甄選禮 Rite of Election Notre Dame Cathedral	2:30 pm
03-23-2014 (星期日)	第一次考核禮 First Scrutiny	11:30 am
03-29-2014 (星期六)	團體悔罪修和及告解 Community Reconciliation & Confession	1:30 pm
03-30-2014 (星期日)	第二次考核禮 Second Scrutiny	11:30 am
04-06-2014 (星期日)	第三次考核禮 Third Scrutiny	11:30 am
04-13-2014 (星期日)	聖枝主日 Passion (Palm) Sunday	11:30 am
04-15-2014 (星期二)	聖油彌撒 Chrim Mass Notre Dame Cathedral	7:30 pm
04-17-2014 (星期四)	主的晚餐 (聖週四) Holy Thursday	7:30 pm
04-18-2014 (星期五)	救主受難紀念 (聖週五) (守大小齋) Good Friday (fast & Abstinence)	3:00 pm
04-19-2014 (星期六)	復活慶典夜間禮儀 Holy Saturday (Easter Vigil)	8:30 pm
04-20-2014 (星期日)	耶穌復活主日 Easter Sunday	11:30 am

TFO Filming of our parish

安省的法語電視台安排了在1月19日拍攝堂區的主日感恩祭禮儀，以配合其探討渥太華前法語天主教堂移交其他族裔延續發展的狀況。

Filming of Sheng Shen Catholic Church by TFO, the French language public broadcaster of Ontario at 19 Jan Sunday Mass.



Mass for deceased members of parish

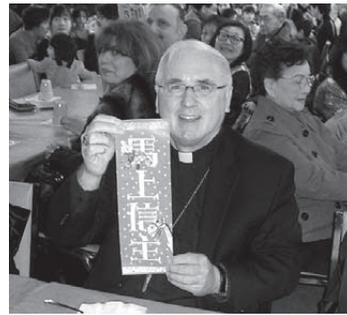
梁神父在2月26日的感恩祭定特別為堂區家庭及親友的亡者的靈魂安息祈禱，同時為1月3日在多倫多逝世的 Fred Szeto 的母親司徒黃啟璋女士主懷安息祈禱。

Mass on 26 January as presided by Fr. Liang Mass was offered for the repose of the soul all the deceased members of our families and friends, and all those that we have loved and lost. It was said especially for the repose of the soul of Mdm. Kai Cheung Wong Szeto, mother of Fred Szeto, who passed away on 3 January in Toronto. Our condolences and prayers go out to the Szeto family. May her soul and the souls of all our dearly beloved rest in peace.

大年初三喜氣洋洋賀新年 CHINESE NEW YEAR CELEBRATION

「大年初三喜氣洋洋賀新年」聯歡會於2月2日舉行。當日主教Terrence Prendergast親臨主持感恩祭，之後和大家一同慶祝新春。在婦女會的筷子舞和青少年靚獅的帶領下，聯歡會正式開始。主教切過金豬後，大家隨即開始享用美味的食物。其間還有舞蹈，賀歲歌和卡拉ok表演。除表演之外，亦有抽獎和遊戲。50/50抽獎除了為各幸運兒帶來獎金和獎品外，亦為堂區籌得270元。而「過肥年」遊戲亦大受歡迎，一家大小一同參與，樂也融融。聯歡會最後在一片歌舞聲中結束。是次聯歡會能為大家帶來歡樂，全賴各自願工作人員的無私奉獻，表現出對堂區事工的合作精神。在此向大家致謝。

文/Richard Chan



Thankyou letter from Archbishop of Ottawa

Dear Fr. Liang and Deacon Fan:

Thanks very much for your gracious hospitality yesterday at the beautiful liturgy (a special thanks to the choirs), the gifts at the end of Mass and the generous contribution to my charitable works fund.

Fraternally yours in Christ,



Terrence Prendergast, S.J.,
Archbishop of Ottawa

Dear Archbishop Prendergast:

Thank you for coming to Sheng Shen Chinese Catholic Church on Sunday, February 2, to celebrate the Chinese New Year, Year of the Horse, with our parish community.

We are greatly honoured by your presence in celebrating the Mass and receiving your blessing. Your heartfelt and sincere interest and concern for the welfare of our blossoming parish community touched everyone.

You are Christ's Shepherd who protects His flock, enlightens and instructs us, and guides us safely home to the Heavenly Kingdom.

Our parishioners are extremely grateful and happy to have a place of worship to Almighty God. Please accept our heartfelt thanks for your generosity and intercession in making this possible and bringing this to fruition.

We are indeed privileged to be able to enjoy your presence in sharing a communal meal in welcoming in the Chinese New Year. Your enthusiasm, exuberance, and good will is truly infectious.

We thank you for your prayers for our Church. We wish you Happiness, Good Health, and Prosperity in the New Year, and may the Peace of Christ be with you throughout the New Year!

God bless!
Fr. Stephen Liang

Dear Friends of Sheng Shen Chinese Parish,

Thank you for a most elevating celebration of the New Year of the Horse. So many of our parishioners have put in so much into the preparation and operation in liturgy, the food and programs that we could all feel the depth of your commitment. A big THANK YOU!!!

Once again THANK YOU and hope to join you in prayer and fellowship either in our liturgy, church or somewhere that the good Lord would direct us.

恭喜馬年健康進步! May your year be filled with great progress, joy and good health.

Deacon Peter Fan

New Birth in the Parish

Dear Friends and Family, we are proud to welcome Christopher's baby brother, Daniel James Campbell, who was born on January 16, 2014, weight: 7 lbs 7 oz. Baby, mum and dad are doing well. We feel very blessed.

Teresa and James Campbell



Don Bosco Award Gala

1月25日晚上, 堂區的 May Nung 姊妹在 Blessed Sacrament Church 舉行的教區 Don Bosco Youth Award Gala 中接受主教 Prendergast 頒發的 St. Clare, the Humble Servant Award 獎牌。



On Don Bosco Award Gala

by Jonah Nung

The Don Bosco Award Gala was held on January 25th. It took place at the Blessed Sacrament parish. When the representatives from our parish had arrived, some generous nuns were serving finger food and complimentary drinks. The food was delicious. There were rice crispies, tortilla chips, popcorn, fruit, and even a watermelon sculpted into a hedgehog. That evening, we were blessed to have His Grace Archbishop Terrence Prendergast give us a speech on the importance of youth ministry. The Archbishop talked about the lives of St. Francis de Sales and St. Don Bosco. He also discussed the importance of good, moral families and their members. A family needs people who pass on the faith to the next generation. After the talk, awards were given to people from different parishes who played a significant role in their parishes' youth movements. Each award was named after a Saint with a similar personality and virtues as the person who was to receive the award. After the award ceremony, there was a dance to celebrate the work of the award winners. I think that the Don Bosco Gala was a great way to acknowledge the efforts of people involved in helping youth become Saints of their time. The award winners were setting examples for the youth. This work encourages the younger generation to be saintly models for the next generation.

逾越之音

恩保德神父與他的福傳音樂團已確定於來夏到渥太華和我們堂區一起推動福傳工作。活動項目將包括音樂, 退省, 戲劇, 祈禱, 探訪等。盼教友們積極參與, 有興趣者請和堂區辦事處聯絡。

Evergreen Group 長青組團年午餐聚會

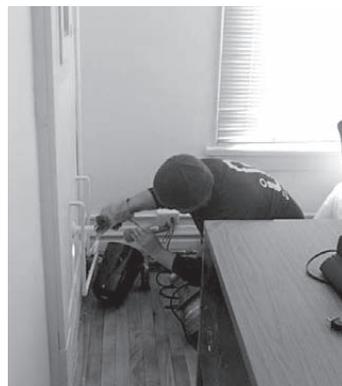
1月31日年三十長青組在四海一佳酒家午餐團年, 感主恩平安渡過蛇年, 並互祝身體健康, 友誼永固, 共融和諧為堂區出力。大家一邊品嚐美點, 一邊籌劃組織福音粵曲歌詠組, 並建議重新為組員舉行生日慶祝會。



Snow Removal/Maintenance/Cleaning Work



Recent Water Leakage at rectory



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.

簡介 “樂中侍主”

愛爾蘭、蘇格蘭、英國朝聖學習團
跟隨聖母、步武基督

由多倫多數個華人天主教堂區協調、
多倫多 "Serve The Lord with Joy" spiritual group
與東亞旅行社聯合策劃安排

日期：2014年7月13日至7月26日

隨團神師：陳思定神父（曾任聖荳桂英天主堂主任司鐸）

團費：雙人同房：每人\$3,590加\$690（稅及燃油附加費）

三人同房：每人\$3,520加\$690（稅及燃油附加費）

單人房加\$700

2014年2月18日前報名可獲\$100晨鳥優惠

渥太華的參予者可選擇從渥太華出發，
只需多付\$150來回渥太華多倫多的機票

13Jul	AC191	Ottawa/Toronto	1800/1905
13Jul	AC1908	Toronto/Dublin	2055/0825
26Jul	AC859	London/Toronto	1800/2100
26Jul	AC470	Toronto/Ottawa	2230/2333

朝聖團踏足聖地：包括愛爾蘭Knock聖母顯現地/英國的肋匠納
The Shrine of Our Lady of Walsingham
Cathedrals/Abbeys: St Patrick, St Paul, Down, Glasgow, Westminster,
Westminster Abbey, St Augustine Abbey

聯絡人：James Shek. 416-902-9128
Josephine Lo. 416-723-3043
Holly Tse 416-929-0888 Ext. 2228
Elma Chow e-mail: elmachow11@gmail.com
Molica Lam e-mail: molicalam@hotmail.com

截止日期：2014年4月11日

Thank You



Dear Friends at Sheng Shen Chinese Catholic Parish

This season, Ottawa workplaces came together once again to help Drive Away Hunger. This year, 149,000 pounds of food and over \$87,000 was donated to the Ottawa Food Bank through the Holiday Food Drive.

Your donation of 320 pounds of food and \$25 really will make a difference. It will help the Ottawa Food Bank distribute much-needed food items well into the cold winter months. Check out some pictures and our full Holiday Food Drive Wrap Up on our website <http://ottawafoodbank.ca/2014/01/holiday-food-drive-summary/>

Only with your support can we continue to come to the aid of those in need. Thank you for your commitment to helping fight community hunger!

Maggie Rose
Event Coordinator, Ottawa Food Bank

介紹 "奉獻彌撒咭"

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。

團體消息 Announcement

- 終身執事培訓課程四個簡介會將於二月及三月內舉行。詳情請參閱壁報板。
4 Information Sessions for Permanent Diaconate Program will be held in February and March. For details of schedules, please see notice board.
- 團體的60週年慶典及福傳活動籌備會定於二月十六日(下個主日)感恩祭後舉行。
The 60th Anniversary of our Community & Evangelization Program Working Group has scheduled the first preparatory meeting on February 16 after Mass.
- 2013-2014年英語彌撒經書現開始發售, 每本五元, 請在聖堂門口與Fred Szeto洽購。
2013-2014 English Sunday Missal is now available on sale at the church entrance at \$5 per copy. For purchase, please contact Fred Szeto.
- 我們歡迎朋友們參與慕道, 有興趣者請到堂區辦事處, 填寫表格, 和 Peter Fan 或梁神父會面, 以便安排同行者和開始慕道。
- 慕道新程序: 有意慕道或再慕道者, 首先需與梁神父或范浩泉執事晤談, 然後安排同行者協助他們皈依, 並透過參與堂區禮儀及其他活動, 與主及團體建立關係, 從而在生活行為上產生徹底的改變。
- 堂區因各項福傳及其他服務擴展, 需志願工作人員當值, 有興趣參與這項服務者請和 Peter Fan 或 Angelina Lo 聯絡。

財務組快訊 Finance News

- 2013年的退稅收條已準備好, 教友可向 Adison Tsang 索取。
Tax receipt for 2013 is ready for pick up. Please contact Adison Tsang.
- 堂區2013年第四季(2013年10至12月)委員會/工作小組的收支報告已登載在聖堂正門入口及地庫的壁報板。請大家參閱及審核。
The 4th Quarterly Financial Statements(Oct. to Dec 2013) from various committees of the parish are now posted at both of the notice boards at church's main entrance and the hall. Parishioners are encouraged to review the statements.
- 財務組正緊密準備遞交堂區2013年度的財務報告給教區。詳情將於稍後向大家匯報。
The Finance Section is preparing the 2013 Annual Financial Report to the Diocese. Particulars of the report will be shared and reported to the parishioners at a later stage.

圖書角消息

圖書角近期添置項目如下, 歡迎各位教友借閱。

S130 Your Sorrow Is My Sorrow	S137 The three conversions in the spiritual life
S131 Devotion to the Most Precious Blood of Our Lord Jesus Christ	S138 PURGATORY
S132 JESUS LIVES Today	S157 中華殉道聖人
S133 MEDJUGORJE THE MISSION	S158 志向前行
S134 DIARY of Saint Maria Faustina Kowalska	S159 有機信仰—21世紀信仰新知
S135 THE LIFE OF CHRIST	M205 苦海貞魂
S136 In the end my immaculate heart will triumph	M206 磨洗不了的光彩

DVD:

- | | |
|----------------------|---------------------|
| 1. MATTHEW | 5. 閉門密議選教宗 (2discs) |
| 2. FRANCIS of ASSISI | 6. 異響人的祈禱—劉志明蒙席的故事 |
| 3. JEREMIAH | 7. 不折的蘆葦 |
| 4. PATRICK | 8. 天主教香港教區2010傳教節慶典 |

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.

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