



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: www.ottawachinesecatholic.org



2015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
黃庭光 Bosco T.K. Wong wongbosco27@hotmail.com
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

惠捐支票抬頭:

Please make all cheques payable to:
"Sheng Shen Chinese Catholic Community"



2015.02.08

常年期第五主日

5th Sunday in Ordinary Time

耶穌上前去, 握住她的手, 扶起她來。

谷 1:31

He approached, grasped her hand, and helped her up.

Mark 1:31



2015.02.15

常年期第六主日

6th Sunday in Ordinary Time

你若願意, 就能潔淨我。

谷 1:40

If you wish, you can make me clean.

Mark 1:40



2015.02.22

四旬期第一主日

1st Sunday of Lent

時期已滿, 天主的國臨近了。

谷 1:12-15

This is the time of fulfillment. The kingdom of God is at hand.

Mark 1:12-15

教宗方濟各二月份的祈禱意向 Pope Francis Prayer of Intention for February

Universal 總意向：For prisoners 為囚犯

That prisoners, especially the young, may be able to rebuild lives of dignity.

願囚犯，尤其是年輕人，能重建有尊嚴的生活。

For Evangelization 福傳意向：為婚姻分居者

That married people who are separated may find welcome and support in the Christian Community.

願婚姻分居者能在基督團體中獲得接納與支持。

PASTOR'S MESSAGE: February 2015

/ Fr. Stephen Liang

Sunday, February, 2015 : First Sunday of Lent

The Spirit drove Jesus out into the desert, and he remained in the desert for forty days, tempted by Satan. - Mark 1: 12-15

Today we begin our Lenten journey "into the woods." Lent calls us into the "woods" and wildernesses and deserts of our hearts to turn away from the attitudes and behaviours that mire our lives in selfishness, unhappiness and disappointment, and turn toward the values of God we seek to embrace. As Jesus was led by the Spirit to the desert to confront the mission before him, that same Spirit calls us "into the woods" of our own hearts to confront what we are making of this time we have been given, what we want our lives to stand for, what we want to leave to those we love. Lent challenges us to ask ourselves what we really believe in, what and who are most important to us, what we are willing to sacrifice for. In confronting these questions honestly, sincerely and faithfully, we complete our trek "into the woods" with a new realization of God as the center of our hopes and dreams and a new yearning for the fulfillment of the Easter promise in our own lives.

四旬期喚醒我們踏出我們心靈的曠野，反思那些生活上負面的態度和行為如自私心，

失望與哀傷，轉向更生接受上主的觀念。

正如耶穌由聖神催促到曠野受考驗及面對祂的使命，同一個聖神亦呼喚我們心靈的曠野正視我們如何善用主賜的生命，我們生命的意義及我們希望留下什麼給至愛的人。

四旬期挑戰我們反省自己的信仰，誰及什麼對我們最重要，我們甘願犧牲的極限。

假如我們能誠實，真誠和忠實地去思量以上的問題，從過程中便會覺悟上主為我們的希望與理想中心，繼而產生渴望在生活上滿全在復活節的更生許願。

為響應環保及節省印刷開支，堂區由九月份開始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 start to distribute the monthly parish bulletin electronically effective this September. Parishioners wishing to get the hard copy bulletin should approach the Parish Office.

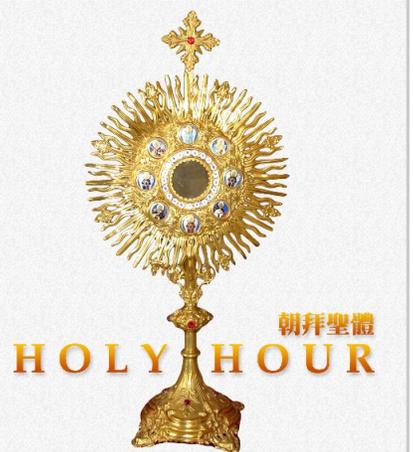
所有聖事禮儀的諮詢，特別是殯葬，結婚或嬰孩洗禮等禮儀，首先要直接與梁增仁神父或范浩泉執事聯絡及會面後才可訂定舉行日期。會面時，自會解釋禮儀程序及其他資料。

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。



二零一五年二月 February 2015

02月21日(星期六) 下午一時三十分

February 21, 2015 (Saturday) 1:30PM



<https://www.facebook.com/pages/Sheng-Shen-Catholic-Parish/501505729860726>

Blessings for the Szeto Family and Grandson Gabriel



梁神父在一月十八日感恩祭祝福了 Fred & Teresa Szeto 及其剛滿月的孫兒 Gabriel。及後，Fred & Teresa 款待大家享用燒乳豬與薑醋美食。

渥太華食物銀行

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, 135,000 pounds of food and a record breaking \$113,700 was donated to the Ottawa Food Bank through the Holiday Food Drive.

Your donation of 160 Lbs. of food and \$100 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 [HERE](#).

Did you know that 45,000 people benefit from the Ottawa Food Bank's programs each month, and 37% of them are children? With extraordinary community support, we are able to ship 14 tons of food each and every working day from our Michael Street warehouse. If you wish to see where your donation goes and have a tour of our warehouse, I can certainly schedule a tour.

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
1317 Michael Street
Ottawa, ON K1B 3M9
Tel: 613-745-7001 x121
Fax: 613-745-7377

幸福慈愛樂滿家
恭賀新禧
願主祝福你我他
HAPPY NEW YEAR



聖神天主堂
Sheng Shen (Holy Spirit) Parish
Community founded in 1955
1187 Michael St
Ottawa, ON K1J 7T2
613-747-2080
www.ottawachineseatholic.org

喜氣洋洋 迎新春
CHINESE NEW YEAR CELEBRATION

日期 | DATE

二零一五年二月十五日 (星期日) February 15, 2015 (Sunday)

時間 | TIME

上午十一時三十分感恩祭由主教親臨主持
十二時三十分感恩祭後舉行聚餐聯歡會
11:30 a.m. Mass | 12:30 p.m. Celebration

地點 | PLACE

聖神天主堂 Sheng Shen (Holy Spirit) Parish, 1187 Michael Street

票價 | FEE

成人十二圓 | 小童六圓 (五至十歲) \$12 per adult | \$6 per kid (5 to 10 years)
(二月九日後成人十五圓 \$15 per adult after Feb 9)

聯絡 | CONTACT

Linda Au, Chor-Yee Chan, Cecilia Chow (613-747-2080)

January Prayer Meeting 一月份祈禱會

祈禱會首先跟從教宗方濟各一月份的祈禱意向為和平祈禱：願不同宗教信仰與傳統習俗、善心的人士能共同為促進和平努力；及為奉獻生活祈禱：願男、女修道者能體會跟隨基督的喜悅、並熱心為貧者服務；也為各出席者的意願祈求。之後，誦念玫瑰經及分享反思了主顯節對基督徒的意義及回應。

依 60:1-6, 瑪 2:1-12

1. 基督的光帶走黑暗、指引道路。

2. 黑落德王與三位東方賢士都在尋找剛誕生的猶太人君王。前者是基於恐懼與妒忌、卻採取消極方法、只委托他人代勞、結果是未有尋獲。相反地、三位東方賢士卻滿懷誠意與熱忱、不怕艱辛長途跋涉跟從星光的帶領去朝拜這嬰孩，並獻上黃金、乳香和沒藥作為禮物、以表敬意。

反思：我們身為基督徒也該效法賢士們每日都透過祈禱、領聖事、閱讀聖經或作一些克己工作與主相遇。我們亦可透過福傳工作、愛人如己、關懷體諒別人、把主賜的才幹能力奉獻主作為送給基督的禮物。

3. 「賢士在夢中得到指示、不要回到黑落德那裡、便從另一條路返回自己的家鄉」

反思：每次與主相遇都是一個更新的機會、指引我們踏上生活態度與價值的改變道路、離棄陋習與罪惡、好能將來進入天國。

分享蔡惠民神父的主顯節講道：

- 有關三位不同年紀背景的人士尋找誕生的聖嬰故事。

反思：

1. 基督不單是猶太人的君王、也是普世的救主。

2. 象徵我們人生不同的階段所經歷與主相遇的熱誠、專注程度和奉獻精神的出入，但每一刻都有新的可能。

Homeland Mass 民族彌撒



今年堂區廿多人參與在主教總堂舉行的民族彌撒，我們負責了以廣東話誦讀 < 為教友祈禱 > 的信友禱文。今年教區改變將所有國家的旗幟垂掛在教堂的四周以代替由每個堂區的代表手持著進入教堂，旗幟色彩繽紛增添了不少氣氛景象；而奉獻詠則安排了非洲 Burundi 團體唱詠，很有特色。



Extracts from Friday Fax

SESSION FOR MARRIAGE PREP FACILITATORS: FOCCUS PRE-MARRIAGE INVENTORY. Anne Seath (Divine Infant Parish) and Michelle Miller (St. Joseph Parish) will present the FOCCUS Pre-marriage Inventory and its use as a tool in the preparation of engaged couples for marriage. Thurs., Feb. 12, 7:00 – 9:00 p.m. at the Diocesan Centre. This seminar is part of a series of events aimed at providing ongoing support and formation for those involved in marriage preparation. RSVP to Thomas Moloney by Fri., Feb. 6 (613-738-5025 ext.218); (tmoloney@archottawa.ca).

WORLD YOUTH DAY 2016: The Archdiocese of Ottawa is bringing a group of Young Adults (18-35) to World Youth Day in Krakow, Poland, July 19 – August 2, 2016. Approximate cost: \$3400. Limited spots available. To register please contact Ted (613-738-5025 x231); (thurley@archottawa.ca).

JOB POSTING - ARCHDIOCESE OF OTTAWA: The Archdiocese of Ottawa is seeking a Cook for its John Paul II Residence for retired priests. This is a full-time, permanent position at 39 hours per week. A recent Canadian Criminal Records check is a requirement for this position. Job description: (www.catholicottawa.ca). Please send your C.V. along with three references who are not family members to Ms. Colette Legault, Human Resources Officer (clegault@archottawa.ca; fax (613-738-0412). The deadline for applications is 5:00 p.m. Fri., Jan. 23, 2015. No phone calls. We thank all applicants for their interest, but only those candidates selected for an interview will be contacted.

JOB OPPORTUNITY - DEVELOPMENT AND PEACE (CCODP): The Ottawa office of Development and Peace is seeking a casual part-time Office Clerk to provide administrative support. For the full job description or to send in your resume contact Genevieve Gallant (613-738-9644); (ggallant@devp.org).



籌備農曆新年序幕節目 -- 婦女組醒獅賀歲



60th Anniversary Celebration 團體成立六十週年籌備委員會簡報

Let us thank God for being with us all this time, all sixty years.

On Sunday October 11, 2015, we will be celebrating the 60th Anniversary of the Ottawa Chinese Catholic Community (OCCC). How exciting!

To commemorate this significant milestone, an Organizing Committee was formed, during its first meeting on Sunday, January 11, 2015, in order to properly plan and carry out the various events and activities associated with this Celebration.

Membership of the Organizing Committee is diversified and is made up of representatives from the founders group, the current youth group as well as the present parishioners of the Sheng Shen Catholic Church.

We recognize the importance of getting the young parishioners involved in this planning process as they will likely be carrying the torch in organizing major events for our Parish in future years.

I would like to share with everyone some news related to the major events confirmed by the Organizing Committee as of this date:

1. A kickoff ceremony for the 60th Anniversary Celebration will be held during our Chinese New Year Celebration lunch on Sunday, February 15, 2015. Bishop Christian Riesbeck CC will officiate this event;
2. On Sunday, October 11, 2015; the Archbishop of Ottawa, Most Reverend Terrence Prendergast SJ, will celebrate a special mass with us in the morning; and will later attend our 60th Anniversary Dinner/Gala to be held at an offsite location;
3. A special publication to commemorate the 60th Anniversary will be produced by late summer 2015; and

A fund raising campaign will be launched to support the acquisition of a banner and equipment for the Lion Dance as well as renovation of our Prayers Garden (at the rear of our parking lot) which is in need of major repairs. We are considering a special plan to publicly acknowledge the contribution by our donors.

The following events and activities are also scheduled to take place during spring and/or summer 2015 even though we are still in the process of making the necessary arrangements:

4. Pilgrimage and Retreat Tours;
5. Visiting the MIC Sisters in Montreal in conjunction with their 150th Anniversary celebration;
6. Family Photo Session for our Parishioners to support our Parish Directory;
7. Psycho-Spiritual Workshops offered by Sister Hong;
8. Gathering with our long term parishioners, pioneers of our Community; and
9. Various youth projects, including sport events.

We will make more specific announcements once details of the above ten events are finalized in the coming weeks.

As we would all appreciate, a celebration of this magnitude would only be successful with the full support and involvement from our parishioners. We would therefore wish everyone, new and old, support this 60th Anniversary Celebration by attending the events and/or by helping out.

Our Community, our Celebration!

I sincerely hope everyone will enjoy the scheduled activities.

May the Holy Spirit continue to shine on us.

感謝主恩六十年來一直與團體伴行和眷顧!

懷著興奮的心情、團體訂定 2015 年 10 月 11 日 (星期日) 正式舉行慶典!

為紀念團體這個十分有意義的歷史里程, 我們成立了籌委會、並在今年 1 月 11 日第一次開會, 以有系統地策劃及推動一連串的活動配合慶典。

籌委會的成員包括各早期教友、現今的青少年組及聖神天主堂教友的代表。

我們特意邀請青少年參予這次策劃的過程, 因為他們是團體的未來棟樑, 我們有賴他們傳遞組織堂區將來重大事項的火炬!

以下是與大家分享籌委會決議的一系列活動事項:

1. 2 月 15 日 (星期日): 團體成立六十週年慶典序幕典禮, 由輔理主教 Christian Riesbeck CC 在「喜氣洋洋迎新春」慶祝會主禮。
2. 10 月 11 日 (星期日): 主教 Terrence Prendergast 在上午親臨主持特別感恩祭, 並在晚間參予在宴會所舉行的六十週年慶典晚宴。
3. 紀念團體成立六十週年特刊將於 2015 年夏季末出版。
4. 團體即將發動以下數項籌募活動:
 - 紀念團體成立六十週年旗幟
 - 一套齊備的醒獅道具
 - 設立祈禱園 (堂區後面停車場草地十字架) 的重新修葺與設計

我們正在思量如何鳴謝捐款人的方式及所需安排。

另外, 我們同時計劃統籌在今年春夏季舉辦的活動如下:

5. 朝聖及退省活動
6. 祝賀 MIC 修會成立 150 週年並探訪修會
7. 堂區教友照片冊錄
8. 由 MIC 修會洪修女主持的靈修工作坊
9. 與團體的耕耘者 / 早期教友聚會
10. 多元化的青少年活動, 包括體育項目

以上十項活動一旦有具體的計劃, 將會在短期內向大家詳情匯報。

我們理解這個巨型慶典的成功有賴教友的鼎力支持與參予。因此, 我們盼望所有教友, 不論早期或現在的, 都參予和 / 或協助舉辦我們六十週年的慶典。

我們的團體, 我們共同慶祝!

我誠意希望大家齊來分享所策劃活動的喜樂!

願聖神繼續光照我們!

方良炎 James Fong

籌委會主席 Chair

The Organizing Committee
60th Anniversary Celebration
Ottawa Chinese Catholic Community

聖神天主堂 Sheng Shen (Holy Spirit) Parish
2015 聖灰主日及聖週禮儀 Ash Wednesday & Holy Week

時間	禮儀	地點
二月十八日(星期三) 晚上七時	聖灰主日 Ash Wednesday	聖堂
三月十四日(星期六) 下午一時半	明供聖體、團體悔罪修和禮儀及告解 Holy Hour , Lenten Penitential Service	聖堂
三月二十九日 (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
三月三十一日 (星期二) 晚上七點半	聖油彌撒 Chrism Mass	主教座堂 Notre Dame Cathedral Basilica 385 Sussex Drive, Ottawa, Ontario, K1N 1J9
四月二日 (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
四月三日 (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
四月四日 (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
四月五日 (星期日) 上午十一時半	復活主日感恩祭 Easter Sunday	聖堂

February is upon us. On Wednesday, February 18, we begin the Season of Lent. It is a season of penance, reflection, and fasting which prepares us for Christ's Resurrection on Easter Sunday, through which we attain redemption. Lent is a time to re-ignite our love for Christ. We should make time to pray more and spend time with our Saviour. I will provide further reflection on Lent in my March reflection.

This month's reflection is on the Sacrament of Penance. I believe it is an opportune subject since we are nearing the Season of Lent.

Until next month, may God bless you and may Our Lady keep you in her care. And may God's peace be with you.

How do I prepare for Confession?

Confession is not difficult, but it does require preparation. We should begin with prayer, placing ourselves in the presence of God, our loving Father. We should harbour in our hearts a sense of sorrow for all we have done. The motivation for our sorrow may be out of love of God or even fear of the consequences of having offended God. Whatever the motive, contrition is the beginning of forgiveness of sin. We need to have sorrow at least to the extent that we regret it, resolve not to repeat it and intend to turn back to God.

With this disposition of heart, we should review our lives since our last confession, searching our thoughts, words and actions to discover those that did not conform to God's love, to his law or to the laws of the Church. This is what is known as an "Examination of Conscience."

We use an examination of conscience to help call to mind our sins and failings during a period of quiet reflection before approaching the priest in Confession. It's important for a good Catholic examination of conscience to be thorough. This will help you learn about things that you may not be aware of.

To make an examination:

- Set aside some quiet time for reflection.
- Start by praying to the Holy Spirit, asking for help in making a good examination to prepare for Confession.
- Read through the items on this list and honestly reflect on your behavior for each item.
- If necessary, take this list or some brief notes (keep them private!) to Confession to help you remember things.

A Catholic examination of conscience traditionally follows the outline of the Ten Commandments and the Precepts of the Catholic Church.

How do I go to Confession?

The following may be helpful in preparing for confession. Above all, do not be afraid. If you are hesitant about what to do, ask the priest for help.

Greeting

The priest welcomes the penitent warmly and greets him or her with kindness.

Sign of the Cross

Then the penitent makes the Sign of the Cross, which the priest may also make.

Invitation to Trust in God

The priest invites the penitent to have trust in God using one of the formulas in the ritual or similar words. If the penitent is unknown to the priest, it is proper for the penitent to indicate his or her state in life (married, single, or clergy), the time of his or her last confession and anything else that may help the confessor in exercising his ministry.

Confession of Sins and Acceptance of Satisfaction

The penitent confesses his or her sins and accepts the prayers or deeds that the priest proposes as a penance.

Prayer of the Penitent and Absolution

The priest asks the penitent to express sorrow by praying one of the prayers found in the ritual or in his or her own words. The priest then prays the Prayer of Absolution, to which the penitent responds: "Amen."

Why do I receive a penance?

To complete the process, a penance is imposed. Absolution takes away sin, but it does not remedy all disorders caused by sin. While we are not capable of truly satisfying God for the evil we have done and its consequences, we must make satisfaction for our sin through some action or prayer that will express our desire to make amends and to repair something of the disorder, damage or harm which our sinful actions have brought into the world. The penance imposed takes into account the penitent's personal situation and serves to support his or her spiritual good. It corresponds as much as possible to the gravity of the sins confessed. It may be a prayer, an offering, works of mercy, sacrifices or service to another. But this penance is in a real way our share in the Cross and helps us to be more closely joined to Christ.

True conversion is completed by acts of penance or satisfaction for the sins committed, by amendment of conduct, and also by the reparation of injury. The kind and extent of the satisfaction should be suited to the personal condition of each penitent. In this way the penitent is helped to be healed of the evil which caused him to sin. Therefore, it is necessary that the act of penance really be a remedy for sin and a help to renewal of life.

How often should I go to Confession?

Individual and integral confession remains the only ordinary way for us to reconcile ourselves with God and the Church. A Catholic who has committed mortal (grave) sin is obliged to seek God's forgiveness in this sacrament as soon as possible.

In ordinary circumstances, a Catholic who has committed mortal sin should not receive Holy Communion before receiving sacramental absolution. Not only does God forgive our sins, but we also receive the power of God's grace to struggle against sin and to be strengthened in our commitment to God and the Church. So powerful is the grace of this sacrament that frequent and careful celebration of this sacrament is also very useful as a remedy for venial sins. This is not a mere ritual repetition or psychological exercise, but a serious striving to perfect the grace of baptism so that, as we bear in our body the death of Jesus Christ, his life may be seen in us ever more clearly.

Conclusion: Our Continuing Conversion

As we complete these thoughts on the Sacrament of Penance, we might well reflect that the deepest spiritual joy each of us can sense is the freedom from whatever would separate us from God, a loving and merciful Father who receives each of us with all the forgiveness and love lavished on the prodigal son. Renewed, refreshed and reconciled in this sacrament once more, we who have sinned become a "new creation." Once more we are made new. It is this newness of spirit and soul that we hope all of us experience time and again in the Sacrament of Penance.



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導師 陳偉明老師

地點 聖神天主堂地庫禮堂

時間 逢星期二早上 10:00 -11:30a.m.
逢星期六早上 10:00 --11:30a.m.
逢星期日早上 10:00 --11:30a.m.

收費 陳偉明老師

報名 陳偉明老師
致電 (613) 841-782

普通話班

導師 楊憂國導師

地點 聖神天主堂神父宿舍房間 R101

時間 逢星期四早上 10:00 --11:30a.m.

收費 堂區成員每月 \$20.00

報名 蔡蕾 / 楊憂國
(ease4.0123@gmail.com)

團體消息 Announcement

✓ 牧民議會週年計劃會已於一月十八日舉行。除了固定的禮儀及其他活動，將會配合為慶祝團體成立六十週年策劃的一連串活動。

✓ 聖灰禮儀定於二月十八日晚上七時舉行。是日應守大小齋。

Ash Wednesday Mass is scheduled on 18 February (Wednesday) at 7:00 p.m. Fast & Abstinence is to be observed.

✓ 堂區定於二月廿二日下午二時三十分前往 Glebe Centre Senior Home 為住院長者賀新歲，為他們舞獅歌唱慶新春。歡迎更多教友參與及分享歡樂。

We will visit the Glebe Centre on 22 February at 2:30 p.m. to celebrate Chinese New Year with the senior residents.

All are welcome to join or contact Alain Chan.

✓ 甄選禮定於二月廿二日下午二時三十分在主教總堂舉行。請代父母及導師陪同候洗者出席。

✓ 三月一日感恩祭後舉行開燈節，祝福新生命。歡迎各家庭往年或最近新嬰孩的父母/祖父母向堂區辦處報名參加。

四旬期間 (二月十八日至三月廿九日)，堂區定於每星期五下午五時十五分安排拜苦路禮儀。請教友踴躍參予，祈禱紀念及默想耶穌受難始末，為復活節來臨做好準備。

During this Year's Lent(18/2 to 29/3), the Way of the Cross is scheduled on every Friday evening at 5:15 p.m. Parishioners are invited to participate at this devotion in commemorating and meditating the journey of Jesus Christ's passion.

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一站式方便

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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？我們提供多種室內及室外骨灰龕位，供選擇，豐儉隨意……

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Preparing Your Resume – Free Presentation 如何編寫履歷表 -- 免費講座

There will be a free information session on 'Preparing Your Resume' on **Sunday, February 22nd, 1:30-3PM** in the basement of Sheng Shen Chinese Catholic Parish (1187 Michael Street).

This session will be offered by **Gayle Chiykowski**, an Ottawa-based professional resume writer with many years of experience as a recruiter for the federal government. She invites job seekers, or anyone interested in creating or updating their resume, to attend the presentation where she will share her advice and provide tips on how to create strong, effective resumes that attract the attention of potential employers.

Please note that this session is **not** restricted to church members and that anyone who might benefit from it is welcome to attend. To register, or to obtain additional information, please **contact Ms. Chiykowski** directly at **gchiykowski@rogers.com**.

日期	2015年2月22日(星期日)
時間	1:30 --3:00 p.m.
地點	聖神天主堂地庫 1187 Michael Street
主講者	Ms. Gayle Chiykowski Chiykowski 女士是渥太華富有經驗的專業履歷作者、多年來為加拿大聯邦政府聘請職員。她樂於與尋覓工作者、和希望從新撰寫或更新履歷表者分享及引導他們如何有技巧表達及編列有效的履歷，以吸引僱主的注意與僱用。
註冊及查詢	電郵 gchiykowski@rogers.com

靈修講座：約伯書

Fr. Vogel's Workshops on Job a continuous reflection on Wisdom Literature

Nature 內容	Fr. Vogel's would explore the nature, format and messages of the book of 'Job' in the Old Testament and reflect with us the implication on our thinking and life. Fr. Vogel's 將論及約伯書的題材及信息、並探討這些信息對我們思想及人生的意義。設國粵語即時傳譯。
Dates 日期	Friday, February 20 (2月20日星期五) : 5:30 - 7 p.m. Saturday, February 21 (2月21日星期六) : 2:30-4p.m.
Participation 參與	Participants may join all two workshops or any one of the two at \$10 per workshop. 每講座每位十元。可參加一個或二個講座。
Registration 註冊	By e-mail 電郵 : reg.sshsp@gmail.com, OR in person with Richard Chan 或與 Marianna Gee 接洽



截至2015年02月01日，培聖基金共籌得 \$1,568.60。

As at 1 February, 2015, donation for Vocation Development Fund amounted to \$1,568.60.

牧靈議會 Pastoral Council

陳瑞朝 David Chan (Coordinator)	davidchan2233@gmail.com
Bosco Kung	boscokung@yahoo.ca
楊建華 Yang Jian Hua	yanghjh@hotmail.com
Richard Chan	chanric@gmail.com
Dorothy Chan	613-747-2276
方良炎 James Fong (財務委員會代表)	jifong@rogers.com
曾煥華 Adison Tsang(當然委員)	613-769-6238
黃英 Huang Ying (當然委員)	yinghuanganada@yahoo.ca
羅靜如 Angelina Lo(當然委員)	angelina.cy.lo@gmail.com
Li Dan (秘書 Secretary)	lidancanada@gmail.com

財務委員會 Finance Council

鄧鉅振 Thomas Tang (Project Manager)	thomas_tang@rogers.com
方良炎 James Fong (Co-ordinator)	jifong@rogers.com
陳麗珠 Linda Chan	lindachann@hotmail.com
Celine Ma	jiccc90@hotmail.com
黃庭光 Bosco Wong	wongbosco27@hotmail.com
Jimmy Ha	jimmyha@rogers.com
羅靜如 Angelina Lo (當然委員)	angelina.cy.lo@gmail.com

Trustees

羅靜如 Angelina Lo	angelina.cy.lo@gmail.com
曾煥華 Adison Tsang	613-769-6238
陳瑞朝 David Chan	davidchan2233@gmail.com
莫淑蘭 Suk Lan Mok	slmoksmlmok@gmail.com
黃庭光 Bosco Wong	wongbosco27@hotmail.com

常設委員會 Standing Commissions

禮儀 Liturgy

Rexan Wong (Coordinator)	rexanw@hotmail.com
Bosco Kung (Altar Servers)	boscokung@yahoo.ca
陳瑞朝 David Chan (Lectors)	davidchan2233@gmail.com
May Nung (Youth Liturgy)	maylung@yahoo.ca
Joyce Wong (Eucharistic Ministers)	wongbosco27@hotmail.com
Teresa Szeto (Sacristy)	frederick.szeto@gmail.com
Helena Wong Lo Chui Ching (Sacristy)	613-240-0109
John Nung (Choir A)	jnungconsulting@yahoo.com
Sunny Chan (Choir B)	sunny123chan@gmail.com
李美玲 Mei Ling Li	meilingli63@hotmail.com
Fred Szeto	frederick.szeto@gmail.com
Janet Sham	edward.sham@gmail.com
黃暉 Wei Huang	teresaweih@yahoo.com

信仰培育 Christian Education

Fr. Stephen Liang (Coordinator)	stliang@rogers.com
Deacon Peter Fan	peter@fan.com
John Nung	jnungconsulting@yahoo.com
Bill Chan	billcpchan@hotmail.com
吳祈 Eric Wu	wuqeric@yahoo.ca
張彥潔 Agnes Zhang	agneszhangbj@hotmail.com
Irene Chang	fongkitchang@yahoo.ca
Meiling Li	meilingli@halpenny.com
Rosa Au Yeung	rosacsk@hotmail.com
楊建華 Yang Jian Hua	yanghjh@hotmail.com
Dicky Wong	itr217@gmail.com

團體生活 Community Life

Linda Au (Coordinator)	vaiin06@gmail.com
陳楚儀 Chor Yee Chan	chanscdavid@yahoo.com
陳淑芬 Cecilia Chan	cecechow@gmail.com
Rosa Au Yeung	rosacsk@hotmail.com
張貴鳳 Jessica Chan	jesscheung_2000@yahoo.com
Anita Cheung	anstcheung@yahoo.ca
黃振方 James Wong	613-823-6510
Helena Wong Lo Chui Ching	613-240-0109
David Xia	davidxiabj@yahoo.ca
Jennifer Yeung	pyeung@sympatico.ca
Elizabeth Fung	funge3@yahoo.com
Seng Lee Foo	sengleefoo@yahoo.ca
Richard Chan	chanric@gmail.com
林德榮 Lam Tak Wong	twlam@primus.ca
楊曼國 / 黎蕾	ease4.0123@gmail.com
黎潔儀	yi20040322@Tom.com

關愛 Christian Service

羅靜如 Angelina Lo (Coordinator)	angelina.cy.lo@gmail.com
Gloria Kung	lau.gloria@hotmail.com
Helena Wong Lo Chui Ching	613-240-0109
Raymond Au	raysl_au@hotmail.com
Meiling Li & Francis Lau	meilingli@halpenny.com
Joyce Wong	wongbosco27@hotmail.com
Elizabeth Fung	funge3@yahoo.com
李溫麗妮	613-228-1292
Louisa Wong 王芬芬	maryemmanuelwong@yahoo.ca
Dorothy Chan	613-747-2276
Therese Yuen	therese.yuen.01@gmail.com
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