

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 Web: www.ottawachinesecatholic.org/



2021年8月份堂區通訊

#### **Priest Moderator**

梁增仁神父 Rev. Stephen Liang, M.D.

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

黃挺光 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 10:30 am

### 青少年活動 Children/Youth Activities

星期日上午十時半 Sunday 10:30 am

### 兒童禮儀 Children Liturgy

星期日上午十一時半 Sunday 11:30 am

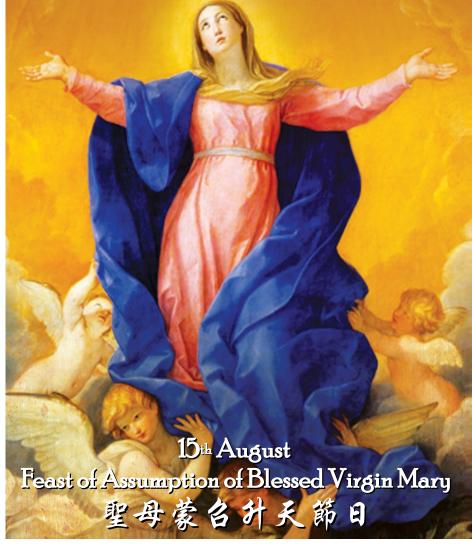
#### 堂區辦公時間 Parish Office Hours

星期二至五早上十時至中午十二時 Tue-Fri 10:00-12:00 pm

惠捐支票抬頭 / Please make all cheques payable to: "Sheng Shen Chinese Catholic Community"



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



主向弟兄姊妹: 彌撒巴重開, 請按情況來參與 保重,主佑. 聖神天主堂.

Dear Sisters & Brothers in Christ, Blessings to your whole family.

We have resumed celebrating masses in person. Come and join us if the situation permits.

Keep safe & well

God bless.

Sheng Shen (Holy Spirit) Parish



## 參予彌撒注意事項:

請入座教堂前,先在登記表填上姓名及電話號碼或電郵地址,以備安省醫務衛生局在有需要時聯絡。

- 請務必自行戴上個人口罩. 如需堂區提供口罩, 請備奉獻;
- 進堂前先用梘液清潔雙手;
- 跟隨接待員及座位標記指示入座進出教堂;
- 保持六呎/二米距離、不多人聚集/減少接觸;
- 請勿跟隨歌詠團齊唱聖詠;
- 請把奉獻信封,直接投放於門口的奉獻籃中。

## Attention when coming back to attend Mass:

Please register your attendance at Mass at the reception desk by filling in your name, your phone number or email address for contact by the Ontario Health Authority when necessary.

- wear your own personal mask. In case you need supply from the parish, kindly offer a small donation;
- clean your hands with sanitizer at church entrance;
- follow the lead of our ushers and take your seat as label; keep the 6 ft./2 meters physical distance with others, and avoid crowd gatherings/ contacts;
- do not join in singing the hymns along with the choir;
- drop in your donation envelope into the donation basket at the church entrance.

# 84 August Transfiguration of the Lord 耶蘇顯聖客



## 教宗方濟各八月份的祈禱意向 Pope Francis Prayer of Intention for AUGUST 2021

Universal: The Church 福傳意向: 為教會

Let us pray for the Church, that she may receive from the Holy Spirit the grace and strength to reform herself in the light of the Gospel.

願教會領受聖神的恩寵與力量,能在福音的光照中革新。

為嚮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.

所有聖事禮儀的咨詢,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,教友繼續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。

成人慕道一 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. 查詢可與范執事或梁神父聯絡。



facebook.

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

## PASTOR'S MESSAGE

## Assumption of Mary August 15, 2021

"My soul proclaims the greatness of the Lord . . . . " Luke 1: 39-56

In her Magnificat, the teenage Mary gives voice to her hope and faith in God's re-creation of her life and world. In the birth of her son, Mary sings, God is about to turn the world upside down: Humility and selflessness will be honoured. True power and authority are to be centered in compassion and generosity. Justice and mercy will be exalted. The places of honour at God's table have been reserved for the poor, the forgotten, the insignificant—and, in God's scheme of things, the most influential and powerful will be assigned to wait on them. The young working-class girl from Nazareth has glimpsed the Kingdom of God that the Child in her womb will proclaim: a Kingdom of hope and possibility that includes every girl—and boy—of every time, place and circumstance.

Rev. Dr. Fr. Stephen Liang, M.D.

## 聖母蒙召升天 2021年8月15日

"我的靈魂頌揚上主……" 路1:39-56

梁增仁神父



## First World Day of Grandparents and the Elderly

Pope Francis has inaugurated the first World Day of Grandparents and the Elderly for July 25<sup>th</sup> 2021. The theme of this day of celebration is from the Gospel of Matthew: "I am with you always" (Mt. 28.20).

In his message for this occasion, Pope Francis wrote: "I am well aware that this Message comes to you at a difficult time: the pandemic swept down on us like an unexpected and furious storm; it has been a time of trial for everyone, but especially for us elderly persons. Many of us fell ill, others died or experienced the death of spouses or loved ones, while others found themselves isolated and alone for long periods."

A number of parishes in our archdiocese have outreach programs for seniors: I encourage parishes to look for creative ways to include and support our senior citizens who are at risk of isolation. A tip sheet is coming out with some ideas for parishes to put a new focus on their seniors.

Ottawa Cornwall Catholic Seniors (OCCS) is a new initiative in our diocese to encourage seniors at the parish level to help each other live meaningful lives in the later years of life. We have a new place on the diocesan website with training videos for creating ministries for seniors and projects like phone trees, general information on parish seniors activities in the diocese, and community resources available for frail seniors. More content will be posted as it becomes available.

The English tab is: <a href="https://en.archoc.ca/seniors">https://en.archoc.ca/seniors</a>
The French is: <a href="https://fr.archoc.ca/personnes-agees">https://fr.archoc.ca/personnes-agees</a>

There are many achievable things we can do to support our senior parishioners and to remind them that they are not alone or forgotten.

Patricia Marsden-Dole has been working closely with parishes on ways to support our senior citizens). She is a good resource person for parishes seeking ideas for programs or easy to implement ideas (pmarsdendole@archottawa.ca).

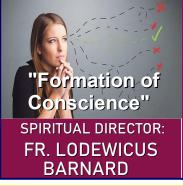
This new international day honouring the elderly and grandparents will now be celebrated every year on the 4<sup>th</sup> Sunday of July. I encourage parishes to mark this special day, honouring our older brothers and sisters and seeking their wisdom, guidance and prayers. May we not only remember Jesus Christ's promise "I am with you always" but also be his instruments, bringing this message to those most in need of a compassionate presence. May God bless you.

Sincerely

J Marcel Symplowne

★ Marcel Damphousse
 Archbishop of Ottawa-Cornwall

## **TOPIC**



# SPIRIT Weekend

AUGUST 21, Sat. 2021 7-9 pm.

## Spirit Weekend for the month of July 17 is as below:

This session on Examining Relationships was a continuation of June's theme on Theology of the Body. Louis Wang gave an amazing presentation with many new and interesting thoughts regarding every day Relationships.

Louis has kindly attached the slides for sharing.

For anyone interesting in diving deeper into the topic of Theology of the Body, it is recommended to read some works by St. John Paul the Great such as "Love and Responsibility" or works by Christopher West such as "Introduction to Theology of the Body" or "The Good News about Sex and Marriage".

## 歡迎加入讀經員的行列 Commissioning NEW LECTOR to strengthen the ranks of our ministries





在七月十一和十八日,羅神父委任: 李利;邱亚杰;康晓琳;王泽枫為讀經員。 盼望更多朋友參與我們義工的行列,使各事 工團隊更壯大,為主及祂的子民服務。









## 9:30 a.m. English Mass on 18/7 Commissioning of Ze Feng Mickey Wang (王澤楓) as Lector



















Thank you,
Rosa & Adam
AuYeung
for furniture
donation



玫瑰

# Confirmation & First Communion of Xingquan Wang

王兴泉兄弟堅振及初領聖體





"鑑於疫情",渥太華總主教特別委託各堂區司鐸代行堅振聖事。在七月十八日彌撒中梁神父為王兴泉兄弟放堅振。王兄弟同時初领聖體。

In view of the pandemic, Archbishop Marcel Damphousse empowers the Pastor of each Parish to conduct the Sacrament of Confirmation on his behalf during the pandemic. During the mass on July 18, Fr. Liang conducted the sacrament of Confirmation for Joseph Xingquan Wang. Joseph Wang also received the First Communion during the same mass. Congratulations, Xingquan. Thank you, Fr. Liang.























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

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.





Belated Presentation of Prime Minister's birthday wishes to Fr. Liang's 76<sup>th</sup> Birthday In April 2021







## 恭喜在疫情中畢業的朋友 Congratulations to all Graduates & Let's pray for them

在2020-2021封關期間,我們堂區剛巧有很多朋友畢業:中學、大學、研究院都有。

堂區同仁一方面為他們高興,也為辛勤培育他們的家人欣慰。我們特別恭喜他們及祈盼他們前程遠大,俊業宏揚。

During these two years of pandemic, 2020-2021, we have a large group of people graduating from different levels, high school, university, graduate school, etc. It is hard not to be able to celebrate with friends and families to the full.

Graduates, CONGRATULATIONS!
We wish you all a BRIGHT FUTURE!

And other graduates that we are not aware of.

If you or a family member graduated in this period, 2020-2021, please tell us.

We love to report the good news and celebrate with you.

 ${\it Graduates~of~2020-2021~in~our~Sheng~Shen~community:}$ 

Fr. Barnard 羅德偉神父

Shobie Lung Kasie Lung Lydia Nung Jonah Nung Louis Wang 郑宏钊 Christine Wong Patient Bahizire 夏晴 Angela Kam Diane Tsang Colman Chan







♠ FollowChrist.me

2021.8.13-16

## 跟隨基督—漁夫台集大會 Follow Christ.me

FLL - talk

《生命恩泉》主辦的網上使徒福傳大會: 跟隨基督:漁夫召集大會" (8月13至16日)。 盼望教友們踴躍支持參與。

我們堂區的羅德偉神父和范浩泉執事以:

『不完美和充斥問題的教會能帶領我們向萬民福傳嗎?』為題和參加者探討,在目前嚴峻的情況下,我們如何起步,跟隨基督。

「跟隨基督 — 漁夫召集大會」是一個由《生命恩泉》主辦的網上使徒福傳大會。透過大會期間 (2021年8月13-16日)的直播節目、主題講座以及三十多個預錄講座/見證,我們希望聚集全球的 華裔天主教徒,齊心學習及回應上主對我們的召喚去跟隨祂,並成為漁人的漁夫。

今年大會的主題是 「我將派遣誰呢?」(依撒意亞6:8)。我們就著今年的主題以及漁人的漁夫這個核心信息,規劃了不同的講座主題。我們盼望在天主的祝福下,這個 「漁夫召集大會」 會成為每年華人天主教徒聚首一堂,以團結的心去學習及互相支持的空間。

日期: 2021年8月13-16日

特別嘉賓:韓大輝總主教 (聖座駐希臘大使)



## 主題講者:

夏志誠輔理主教(香港) 恩保德神父(香港) 平信徒傳教士凌君慧(現於南蘇丹服務) 平信徒傳教士陳倩盈(現於肯雅服務) 聖言誦禱工作坊講者:陳志明神父(香港)

主題見證嘉賓:胡頌恆神父(香港), 宋秉祥執事與宋麥杏薇(美國) 三十多位專題講座及見證講者的名單

請瀏覽 https://summit.followchrist.me/pre-recorded/ 語言:內容主要以廣東話為主

(英語及普通話內容將有字幕提供)

## **参與方式:** 基本通行證 - 免費

持續學習通行證 - 加幣40元

漁夫召集人通行證(4人) 加幣140元 (每人節省加幣5元)

漁夫召集人通行證(12人) 加幣360元 (每人節省加幣10元)

大會將於7月30日展開報名及購票 詳情請瀏覽 https://FollowChrist.me

我們希望所有的「心田農夫」都能成為「漁夫召集人」,邀請親友、所屬善會及事工成員組成小組,一起參與這大會,一起持續學習,做漁人的漁夫。 祝主內平安!

「跟隨基督 — 漁夫召集大會」籌委會

有關主題講者及主題見證嘉賓詳情, 可參看summit.followchrist.me



## 投民中心進展 Progress in the Pastoral Centre Project

今年六月,渥太華總主教會同教區顧問團,批准牧民中心建設經費、貸款及免教區稅籌款上限,並和我們堂區推薦的則師簽約。

在主教的聖神降臨節的網上直播彌撒中,我們公佈中心的設計初擬。積極諮詢各有關人士及樂助籌建中心的捐獻及協助策劃的熱心教友。反應熱烈,捐獻成果令人鼓舞。讓我們繼續努力,為堂區的未來發展打好基礎。在此對各熱心人士,致萬分謝意。

On June 8, the College of Consultors of the Archdiocese of Ottawa-Cornwall officially approved the firm, Build Well to Be Well Inc., to serve as the Architect of Sheng Shen Pastoral Centre and signed the contract with the Firm.

The College of Consultors also approved 1.8 million dollars as the budget limit for building the Pastoral Centre, thereby approving the loan limit of \$900,000 from the Archdiocese.

In the same meeting the College raised the Diocesan Tax Exemption limit for Sheng Shen (Holy Spirit) Parish to \$750,000 (from \$550,000) so that our Parish would be able to raise more funds for repairing the existing facilities and to establish a comfortable cushion of resources for building the Pastoral Centre.

In the celebration of the Pentecost Mass presided by Archbishop Marcel Damphousse, live-streamed on 23rd May, 2021, the Preliminary Design for the Pastoral Centre was presented to all Parishioners.

In a Zoom meeting with donors, on 23rd June, 2021, the Preliminary Design and the decisions of the College of Consultors were presented. The response was fantastic and the ensuring donations most encouraging.

THANK YOU, donors and parishioners for your enthusiastic support. We look forward to your input both in terms of ideas and personal participation as the building of the Centre proceeds in the next 2-3 years.

## 積極維修, 防患未然

Urgent Repairs to ensure and utilization: Site Visit of Structural on 28/7 repair work 結構工程師在 28/7 視察堂區所需維修工程

Maurice Quinn of CEL Co. was arranged by our Architect Bobby Ilg to do the site visit on 28/7 in assessing the extent of repair work required at locations of church emergency exit, rectory's back balcony and stairs. Priority will be given to repair sites with high

Priority will be given to repair sites with high risk in the coming 2 months.







## 信德包参与热烈,成果美满 Faith Garden prospers in the middle of the pandemic

在疫情中多個家庭仍熱烈參與信德園的耕作,接近 大自然,明認天主造物的奇妙。

## 感謝以下各位奉獻:

- Thanks to Anita Cheung, Mr. & Mrs. Lee 李先生太太,邱亚杰康晓琳闔家Yajie Qui, Xiaolin Kang & Family, 貞姐 Jing Je, Peter & Christina Fan, the Faith Garden had a most successful beginning of the planting season.
- Thank you for the many people who helped tend the Garden, watering, weeding, etc., especially Fr. Jose. The Garden is already bearing fruit, both in sight and in produce.
- All parishioners are invited to join us in looking after the Faith Garden,
- You are also welcome to harvest and enjoy the fruit of your labor at you own leisure.
- A few photos of the beautiful results are presented in this Bulletin.



#### 牧靈議會 Pastoral Council 2021

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 Li Li (共同主席 Co-Chair) 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)

陳朝秋 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)

#### 禮儀 Liturgy

黃翠霞	Rexan Wong (Coordinator)	叢英	Catherine Au
李利	Li Li (Lectors)	歐慧賢	Linda Au
農李美玲	May Nung (Children Liturgy)	段安林	Dennis Duan
王治耀	Louis Wang (Altar Server, Youth Liturgy)	段曹正心	Carol Duan
龍桂裳	Shobie Lung (Youth Liturgy)	沈慧珠	Martha Wong
胡靄施	Melissa Wu (Youth Liturgy)	陳潔華	Jennifer Yeung
農正心	Lydia Nung (Youth Liturgy)	黎潔儀	Jie Yi Li
Patient Ba	ahizire (Youth Liturgy)	黃懿德	Christine Wong
李美蘭	Joyce Wong (Eucharistic Ministry)	黃振方	James Wong
黃金霞	Teresa Szeto (Sacristy)	陳志雲	Bony Chan
羅翠貞	Helena Wong	楊建華	Jian Hua Yang
溫麗妮	Lai Nai Wan	夏景榮	Jimmy Ha
江美珍	Connie Kam	陳麗珠	Linda Chan
曾兆祺	Leonard Tsang	莫淑蘭	Suk Lan Mok
古嫣珊	Serena Tsang	黃庭光	Bosco Wong
曾慧潔	Gladys Wong	陳小喬	Rosa AuYeung
李美玲	Meiling Li	劉湘貴	Gloria Kung
黃健平	Dicky Wong	葉敏華	Anita Cheung
農大鈞	John Nung (Choir A)	龍映如	Baylie Lung
陳瑞平	Sunny Chan (Choir B)	甘穎詩	Fiona Kam
司徒惠良	Fred Szeto	王澤楓	Ze Feng Wang
黃暐	Wei Huang	张泽晗	Danny Zhang
王芬芬	Louisa Wong	夏瑞榮	Stephen Ha
陳志彪	Bill Chan	郑宏钊	Hongzhao Zheng
馬叙英	Celine Ma	林嘉褀	Jackie Lin
		孫曄梅	Maria Sun
	·		

#### 財務委員會 Finance Council 2021

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)

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)

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)

#### 關愛 Christian Service

羅靜如 Angelina Lo 劉湘貴 Gloria Kung 羅翠貞 Helena Wong 區兆樑 Raymond Au 李美蘭 Joyce Wong 溫麗妮 Lai Nai Wan Louisa Wong 王芬芬 張愛蓮 Therese Yuen Christina Fan 劉秀英 盖金霞 Teresa Szeto Rosa Hong 熊玉桃 段曹正心 Carol Duan

#### 團體生活 Community Life

歐陳陳陳陳陳 陳東縣 數縣 數十十十十十十十十十十十十十十十十十十十十十十十十十十十十十十十十十	Linda Au (Coordinator) Chor Yee Chan Cecilia Chow Alain Chan Rosa AuYeung Xaoyun Zhang Li Li Maria Sun Diana Xia	謝葉黃羅夏陳方陳陳諾夢敏振翠少潔李利麗華人員仁華美爵珠	Julianna Tse Anita Cheung James Wong Helena Wong David Xia Jennifer Yeung Lucille Fong Richard Chan Linda Chan	李段陳農農陳周李王於溫曹志大李瑞健美芬於麗正彪鈞美朝明蘭芬尼妮心 玲	Lai Nai Wan Carol Duan Bill Chan John Nung May Nung David Chan Gary Chow Joyce Wong Louisa Wong
夏藝紜	Diana Xia	陳麗珠	Linda Chan	王芬芬	Louisa Wong
黃暐	Teresa Wang	蔡蕾	Lei Cai	陳瑞平	Sunny Chan
張貴鳳	Jessica Cheung	黎潔儀	Jie Yi Li	劉秀英	Christina Fan

## 信仰培育 Christian Education

梁增仁神父 Fr. Stephen Liang (司鐸協調 Priest Moderator)

范浩泉執事 Deacon Peter Fan (執事牧靈協調

Deacon 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

#### **亍政義工小組**

行政義工小組				
<b>行政</b> 羅陳黃莫司蔡馬王謝范 如芬光蘭惠 英羅儀泉執治夢浩 良 英羅儀泉執 事事	Angelina Lo (Coordinator) Cecilia Chow Bosco Wong Suk Lan Mok Fred Szeto Lei Cai Celine Ma Louis Wang Julianna Tse Deacon Peter Fan			
	(牧民統籌 Pastoral Coordinator			







## Letter of thanks from the Aubrey Sisters for Aline's Memorial Mass on 22/7 Sr. Aline的姊妹向堂區致謝信

Dear Peter, Father Liang, members of the Sheng Shen Church, the amazing Choir and all who have helped in providing a most memorable Celebration of Life for our dear sister, sœur Aline.

The entire Funeral Service was a very meaningful, joyous and beautiful tribute to Aline that our family will always cherish in memory of Aline.

We, the sisters, and our entire Aubrey family are so blessed with having experienced this superb Commemoration of Aline's life with your Congregation.

We are forever grateful to you for having provided this important opportunity to come together to celebrate Aline. Our Best Wishes to you for keeping safe and well. God bless,

Françoise, Madeleine, Raymonde, Jeannette and Yvette.









## 神領聖體經



## Act of Spiritual Communion by St. Alphonsus de Liguori:

My Jesus, I believe that you are present in the Most Holy Sacrament. I love you above all things, and I desire to receive you into my soul.

Since I cannot at this moment receive you sacramentally, come at least spiritually into my heart. I embrace you as if you were already there and unite myself wholly to you.

Never permit me to be separated from you. Amen.

## Donation of Statue of Blessed Mary at church entrance's flower bed

Thanks to the donor Chris who contributed the statue of the Blessed Mary to our parish.

多謝Chris捐贈聖母像. 現安放在教堂前的花槽, 配合邱亞杰及家人種下的花卉, 更為美觀並能提供另一個恭敬聖母和祈禱的園地.



## 團體消息 ANNOUNCEMENT

- 1. 八月份的Spirit Weekend定 於8月21日(星期六)晚上七 時至九時舉行,主題是分享 "Formation of Conscience".
- 堂區清潔日定於8月14日 (星期六)上午十時至中午 十二時進行. 請義工回來 協助清潔工作.
- 3. 今年的加東天主教華人生 活營為支持活動營運開資, 舉辦了網上藝術義賣籌款, 包括繪畫、素描和工藝品 等. 請登錄以下網站:

http://www.32auctions.com/G T21ArtFundraiser支援.





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## **GUIDELINES FOR HOLY MASS**

Be Prepared: Read the Readings Beforehand Share with Your Family or Companion the Learning & Impact the Readings, Homily & Mass had on You

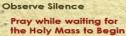
Homily & Mass had on Yo
Don't Leave After the
Dismissal, Wait Until the
Song is Finished

After Communion, Kneel & Dialogue with Jesus

Reverently & Joyfully Partake the Body of Christ Smile & Sincerely say 'Peace be with You'

Sing/Pray the Lord's Prayer Reverently LOVE JESUS in the MASS

Arrive Early



- the Holy Mass to Begin

  Actively & Reverently
- Participate

  > Sing with the Choir
- Participate in the Responses
- Prayerfully Listen to the Gospel Proclamation
- Attentively Listen to the Homily

Focus Your Attention to the Entire Celebration

Bear in mind that in each Holy Mass Jesus is Present as in the Last Supper





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# as a CATHOLIC, I am called to ... to love my neighbor as myself



celebrate the Sacraments regularly

forgive as I have been forgiven.