



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



2020年2月份堂區通訊



Priest Moderator

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(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"

PASTOR'S LENTEN SEASON MESSAGE

The *Lenten season* before us calls us to see our lives in need of change: a perspective that recognizes the fragility of our world; an understanding that all peoples and nations have a share of our good earth's bounty; a respect for the dignity of every man, woman and child as made in God's image. Lent is a call to **transfiguration**: to re-create our world in God's vision of justice, mercy and peace. Consider making Lent 2020 a season for changing and transforming some part of your life to reflect a more just, a more reconciling, a more compassionate approach to life: unplugging from the world to make a better connection with family; ceding control to enable others to realize their gifts and hopes; changing the everyday tasks we take for granted to be more responsible in the care of the environment and for one another. Make this Lent a season of such "transfiguring" change in your life and lifestyle.

Rev. Dr. Stephen Liang M.D.

即將來臨的**四旬期**喚醒我們需要改變生命的觀點: 我們須確認這是一個脆弱的世界; 意識到全人類與國家都同時分享地球豐碩的資源; 懂得尊重每一個人的尊嚴, 而婦女與孩童都是按天主的肖像誕生的。

如基督的顯聖容, 四旬期要我們**改變**: 依據天主鼓吹的公義, 慈悲與和平改造世界。請在2020年的四旬期改善你的生命, 顯示你公正, 和諧及慈祥的一面: 建立更親切的家庭關係; 解開束縛讓別人領略他們的天賦與期望; 改變自以為是的態度轉而著重保護環境及關注他人。

讓這四旬期轉變你的人生與生活方式吧!

梁增仁神父

Weekday Mass

/ Liturgy of the Word

All liturgies in English & Chinese

Tuesday-Friday 12:00 p.m.

Saturday 01:00 p.m.

Sunday Mass

Sunday 11:30 a.m.

In addition:

Third Sunday of the month:

9:30 a.m. (English)



平日感恩祭

星期二至星期五中午十二時正

星期六下午一時正

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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教宗方濟各二月份的祈禱意向

Pope Francis Prayer of Intention for February 2020

Universal: Listen to the Migrants' Cries

總意向: 請為移民的呼求祈禱

We pray that the cries of our migrant brothers and sisters, victims of criminal trafficking, may be heard and considered.

祈求我們的移民兄弟姊妹與人口販賣的受害者的呼喊, 得以聽聞及支援。



聖神天主堂 Sheng Shen (Holy Spirit) Parish
2020 聖灰及聖週禮 Ash Wednesday & Holy Week

時間	禮儀	地點
二月二十六日(星期三) 晚上七時(Feb 26, Wed@ 7pm)	聖灰禮儀(守大/小齋) Ash Wednesday (Fast & Abstinence)	聖堂
三月二十一日(星期六) 下午一時半 (Mar 21, Sat@ 1:30 pm)	四旬期團體悔罪修和禮儀及告解 Lenten Penitential Service	聖堂
四月五日(星期日) 上午十一時半 (April 5, Sun@ 11:30 am)	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
四月七日(星期二) 晚上七時半 (April 7, Tues@ 7:30 pm)	聖油彌撒 Chrism Mass	主教座堂 Notre Dame Cathedral Basilica 385 Sussex Drive, Ottawa, ON K1N 1J9
四月九日(星期四) 晚上八時 (April 9, Thurs@ 8 pm)	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
四月十日(星期五) (April 10, Fri.@ 1:30 pm) 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, 朝拜十字架, 領聖體 -預習聖週六禮儀	聖堂 聖堂 聖堂
四月十一日(星期六) 晚上八時 (April 11, Sat@ 8 pm)	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
四月十二日(星期日) 上午十一時半 (April 12, Sun@ 11:30 am)	復活主日感恩祭 Easter Sunday	聖堂 Celebrate the resurrection of our Lord! Happy EASTER

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Pledged Fundraising

As at February 2, 2020

Donation amounted to

截至 2020 年

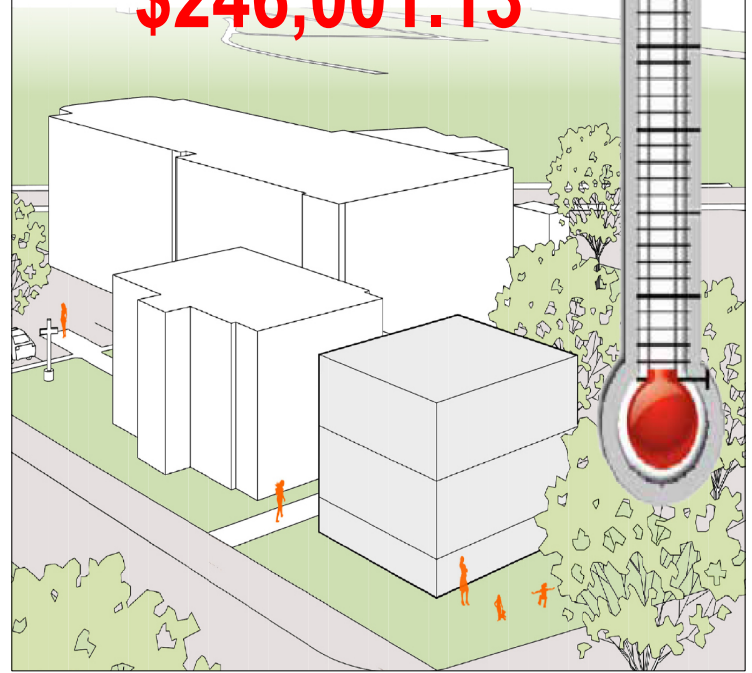
2 月 2 日承諾捐款共達



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PLEGGED

Fundraising

\$246,001.13



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。查詢可與范執事或梁神父聯絡。



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



The Catholic Bishops
of Alberta and the
Northwest Territories

Les évêques catholiques
de l'Alberta et des
Territoires du Nord-Ouest

8421 - 101 Avenue, Edmonton, Alberta, Canada, T6A 0L1 | T 780.469.1010 F 780.465.3003

**Remaining True to Christ
Now and at the Hour of our Death**

**A Pastoral Letter
from the
Catholic Bishops of Alberta and the Northwest Territories**

Introduction

The legalization in Canada of euthanasia and assisted suicide occurred in 2016. Now, people can request their own death in certain circumstances, and in advance of possibly intolerable pain or difficult situations. Since legalization, and as of the end of December 2019, more than 900 people in Alberta have chosen to die by these procedures. Nearly all of them have been euthanized.

In response to a recent ruling of the Superior Court of Quebec, the federal government is now planning to change the law to expand eligibility for assisted suicide or euthanasia beyond people who are nearing the end of their lives. Further review of the legislation could well lead to allowing advance consent, and extending access to euthanasia and assisted suicide to people who suffer from dementia or other mental illnesses, and even mature minors. As we see this unfold, the Bishops of Alberta and the Northwest Territories wish to encourage our people to remain steadfast in fidelity to the teachings of our faith. Although euthanasia and assisted suicide, commonly referred to as "MAiD," are in some circumstances legally allowed, nevertheless they are never morally permissible according to the commandments of God.

Euthanasia and assisted suicide stand in stark opposition to the Christian way of living and our belief in the sanctity of human life. The Cross of Jesus Christ reveals that death and dying is a process to be accepted in obedience to the will of the Father. In contrast, euthanasia, which is the deliberate act of killing a person with the intention of ending their suffering, and assisted suicide, which consists in helping someone to take his or her own life, are self-willed and intended to end that life prematurely. Neither is permissible, since they violate the prohibition against taking innocent human life and stand as a rejection of God's absolute sovereignty over life and death.

Surrender in Faith

Our foundational point of reference in all things is the life, death, and resurrection of our Lord Jesus Christ. Following Jesus means that, just as he did, we surrender the entirety of our lives to the Father, including our death, trusting in God's nearness at every moment and in the goodness of His sovereign will. By the self-offering of Jesus on the Cross and his rising from the dead, God has rendered our human death the gateway to eternal life in the blessedness of heaven. Therefore, having lived in communion with Jesus through Baptism, and placing our hope in the mercy of God, we can face the end of our earthly journey and the judgment that awaits us with faith, serenity, and courage. As Christians who pray daily to the Father "thy will be done," we acknowledge that it is not for us to determine when our lives will end, nor to bring about our own death or ask others to end our lives for us.

Much of the messaging today concerning euthanasia and assisted suicide, which are morally wrong acts, presents these procedures as compassionate, dignified, and loving. Even the terminology chosen in Canada, "Medical Assistance in Dying (MAiD)," sounds caring, gentle and helpful. It is therefore necessary to be vigilant and on guard not to allow euphemisms to mislead us by masking reality. All of us are in need of support and welcome assistance at the time of our dying. Assistance to hasten our death, though, is a very different matter. By engaging in the acts of euthanasia and assisted suicide, one is terminating innocent human life. This is never morally permissible.

Preparing for a Holy Death

From a Christian perspective, dying is one of the most important moments in our journey with God. We look forward in hope to being in the House of the Father, and so desire to be prepared and ready for that moment when God will call us to Himself. The sacraments given to the Church by Christ are a source of great spiritual comfort and assistance at this time. The mercy God bestows in the confession and absolution of our sins, the Sacrament of the Sick, and the Eucharist received as *Viaticum* ("food for the journey"), leads us to the grace of a holy death. We also prepare well by reconciling with others and taking leave of our families, trusting that after our death they will remember and pray for us as we go forward to our eternal rest.

Having the support of family, friends, pastors and health care professionals who acknowledge these spiritual realities is of great importance during this stage of our journey. Indeed, the Christian community earnestly desires to draw near to those who are preparing to die. Pope Francis strongly urges us to accompany people in all circumstances of life. This is especially significant as one enters the end stages of life and is near death. To persons at the end of their lives or experiencing severe suffering, the offering of consistent and loving support affirms their inestimable value and dignity as human beings created and loved by God.

A Call to Advocacy

Among the ways to accompany people and assist them to die well, and that do not deliberately or intentionally bring about their death is the offering of excellent quality palliative care. The Catholic Church strongly advocates for this holistic medical care – physical, emotional and spiritual – at the end of life, and that all people have access to it for the alleviation of their suffering. This medical care is generally available in most large jurisdictions in Canada, but not everywhere across the country. Therefore, we urgently need to remind our lawmakers that palliative care – which by its very nature does not include assisted suicide or euthanasia – is of vital human importance for people who are dying and their family members. We must encourage them not only to extend the availability of palliative care to the whole population of our land, but also to guarantee that palliative care providers will not be forced to participate in MAiD.

Our advocacy must also embrace the need to protect the conscience rights of healthcare professionals, who give their lives to accompany and care for the sick and suffering but conscientiously object to cooperating in euthanasia and assisted suicide on moral or religious grounds. They know these procedures are ethically wrong, and contrary to their reasons for choosing the medical profession in the first place. Canada is a democratic country that, in its *Charter of Rights*, proclaims liberty of conscience and freedom of religion as first among all rights. Let us urge our lawmakers to uphold the *Charter* by preserving these freedoms, which are essential for maintaining the common good in our pluralistic society.

Pope Francis reminds us in his message for the XXVIII World Day of the Sick (February 11, 2020): "Life must be welcomed, protected, respected and served from its beginning to end: both human reason and faith in God, the author of life, require this." The most effective way in which to express our consistent opposition to assisted suicide and euthanasia, and advocate for excellent quality palliative care and the protection of conscience rights, is by direct contact with our Members of Parliament. We strongly encourage you to reach out to your elected representative in defense of the dignity and sanctity of human life.

Conclusion

The Catholic Church, faithful to Christ her Founder, teaches and gives witness to the reverence that is due to every human life. She believes and affirms that life in all its mystery is a gift to us from God our Creator, never to be rejected but always protected from beginning to end, from conception until natural death. Let us lift up our prayers on behalf of anyone who may be in danger of seeking to die by euthanasia or assisted suicide. With the help of our prayers and the support of our accompaniment, may they choose instead to surrender to the mystery of God's sovereign and loving will. We must pray, too, for their families, anguishing over the suffering of their loved one and sometimes forced to grapple with this immoral legal option.

May they seek and find the Lord's presence with them, and know his gift of peace and consolation as they place their trust in him. Our prayers must also embrace all the healthcare professionals who, faithful to the witness of their conscience, promote the dignity of every human life, especially as they care for the dying. Let us ask the Lord to keep all of us true to him, in every moment of life and at the hour of our death.

Yours in Christ,

Catholic Bishops of Alberta and NWT

Most Reverend Richard W. Smith
Archbishop of Edmonton

Most Reverend William McGrattan
Bishop of Calgary

Most Reverend Paul Terrio
Bishop of St. Paul

Most Reverend Gerard Pettipas CSsR
Archbishop of Grouard-McLennan

Most Reverend David Motiuk
Bishop of the Ukrainian Eparchy of
Edmonton

Most Reverend Jon Hansen, CSsR
Bishop of Mackenzie-Fort Smith

15 January 2020

節譯

前言:

加拿大自2016年把安樂死/醫輔自殺立法以來,至2019年十二月底,超過900人以安樂死離世。

最近聯邦政府更計劃立例放寬安樂死/醫輔自殺尺度,讓患老人痴呆,精神病患者,或成熟的未成年人預訂自殺同意書。Alberta/Northwest Territories主教們認為這違反天主的誠命。

生命是天主的恩賜,基督降生人世與釘死十字架上都是遵從天主的旨意。相反地,安樂死是蓄意殺死人以除掉痛苦,而醫輔自殺是協助他人自願提早結束生命。這是無故殺人和拒絕天主對生與死的主權,是絕不可容許的。

忠於信仰

我們信仰的基礎源於基督的降生,死亡與復活。跟隨基督與堅信上主的慈悲,我們深信死後得到永生。因此,我們確認不可自我主張決定或安排何時離世,或委託他人協助結束生命。

為聖潔的死亡做好準備

死亡對基督徒是信仰旅程中與主聯繫最重要的時刻,固然要作好準備。教會的聖事如告解赦罪,為病者傅油和領聖體都能帶給信徒聖潔的死亡。與天主/人修和及與家人告別後,我們也深信他們會為亡魂祈禱。

同時,家人,朋友,神職人員與醫療工作者的支持與關愛可令病患者感受到生命的尊嚴與主的慈悲厚愛。

呼籲

教宗方濟各及教會極力鼓吹給予臨終者身體,情緒與靈性全面性的善終服務,以減輕他們的痛苦。我們除了呼籲立法者不單在全國增添這不含安樂死/醫輔自殺的服務,也求從事這服務的醫護人員不會被強迫參予MAid,並保障他們能忠於道德良知及信仰履行職務服務。而最有效的反對擴展安樂死/醫輔自殺尺度的途徑就是直接與國會或地區的議員反影我們的主張。

結語

教會效法基督尊重保護生命。讓我們為面臨安樂死/醫輔自殺重大抉擇的病患者和其家人祈禱及給予支持,把生命交託上主。也為醫護人員能忠於道德良知及信仰履行職務祈禱。



Youth Mass on January 19
presided by Fr. Tony Van Hee

團體消息

ANNOUNCEMENT

1. 恭喜Louis Wang(王治耀)獲得教區2019年的Don Bosco Award. 頒獎禮定於二月一日晚上在St. Patrick High School 舉行。
2. 堂區定於二月二日主日感恩祭後舉行祭祖禮。
3. 二零二零年一月開始,每月第三個星期日上午九時三十分感恩祭以英語進行,歡迎成人,青年與兒童參予。二月份的英語彌撒定於二月十六日舉行。
4. 堂區定於二月九日主日感恩祭後以potluck午餐慶祝元宵節。國語組亦會準備湯圓美點款待大家。現邀請堂區內父母/祖父母們帶同花燈為新添孫兒孫女祈福。
5. 堂區被邀請2月12日(星期三)中午在教區中心為教區牧靈議會會議安排中式午餐,並伴奏歌曲助興。教友如欲參予協助,請與Alain Chan或Angelina Lo聯絡。
6. 二月廿六日(星期三)是四旬期的開始,晚上七時舉行聖灰禮儀。是日當守大小齋。



朝拜聖體

HOLY HOUR

二零二零年二月 February, 2020
2月15日(星期六) | 下午一時三十分
February 15 (Saturday) | 1:30PM

我們額上的聖灰提醒我們：
我們不屬於這個世界，
我們受造是為了
與天主共享永生。

「因為祢造我們是為了祢，我們的心如不安息在祢懷中，便不會安寧。」- 聖奧斯定

灰土是從那裡來的？
灰土是用去年聖枝
主日祝福過的棕櫚
枝焚化而成。



聖灰 知多少

灰土是一個公開的象徵，
表示我們決意
棄絕俗世的慾望，
生活於基督內。

當神父在我們額上塗上
聖灰時，他會說：
**「你要記住，你原來是塵土，
將來還要歸於塵土。」**

在舊約聖經裡，灰土是
悔罪的象徵：
「我面向吾主天主，
以祈禱、懇求、禁食、
穿苦衣、頂灰塵，求問他。
我哀求上主的天主而
認罪。」—達尼爾 9:3-4



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中文翻譯由《生命恩泉》提供 (www.FLL.cc)

甚麼是 四旬期？

四旬期是一個祈禱和做補
贖的時期，基督藉此引領
我們回歸領洗時的承諾：
死於罪惡，活於天主。

何時是四旬期？

四旬期由聖灰瞻禮開始，直至聖週四
的下午，約共四十天。

為何是四十天？復活節前這「四十天」（不包括星
期日）的齋戒、祈禱和克己，是耶穌在曠野四十天
的對照。

在四旬期內我們 該作甚麼？

1. 棄絕罪惡，
皈依天主。
 2. 向天父開放我們的
心，好讓我們能與基督
一起，為天主而活。
- 耶穌召喚我們做個讚
美和祈禱的人，成為
活的標記，彰顯基督
對眾人的愛。

「這齋戒的時期
已為我們敞開了
天鄉之門；

讓我們迎接這個時期，
好使我們在復活之日，
與主同受光榮。」

四旬期 對答詠



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怎樣渡過四旬期？

十個能令四旬期過得有意義的建議

1. 棄絕罪惡

要表達對天主的
愛，就要遵守祂的
誡命，遠離罪惡。

2. 齋戒

齋戒不食可令人
更專注於祈禱。
省下的金錢可以
捐助窮人。



3. 祈禱

恆常祈禱。為你的
親友、在苦難
中的人、為教會
和世界祈禱。

4. 行善

幫助有需要的人。
為他們祈禱，並隨
時在他們有需要時
伸出援手。



5. 捐獻

幫助窮人及支持教會的慈
善工作。喜樂地捐獻，回
饋賜予我們一切的天主。



6. 克己

在四旬期內，尤其是星期五，
即基督為救贖我們而死於十字
架上之日，放棄吃肉或其
他你喜愛的食物。



7. 閱讀靈修書籍

撥出時間在靜默中閱讀和
反思，可以為信仰帶來滋
養。每天懷著祈禱的心閱
讀天主聖言，能使你的心
靈對聖神開放，讓你的一
思一念，一言一行，
都在天主內。



8. 控制物慾

在天上而非地上積聚財富。
減少擁有物質，
減少多餘的花費，減少對物
質的慾望，把自己擁有的與
人分享—包括你的時間和才能。

9. 減少追求娛樂

過多娛樂和其他使人分心的事情，會
減少甚至完全消耗
你原本可以為主工
作的時間。

10. 履行你 生命中的責任

在愛德中活出你的聖
召，以待奉天主。
天主召叫我們每一個人
成為活著的祭獻。
透過基督，奉獻你每
天的生活吧！



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中文翻譯由《生命恩泉》提供 (www.FLL.cc)

為什麼 是灰

聖灰禮儀的意義

灰在舊約聖經
是悔改的標記

灰是一個公開記
號，表示我們願
意死於世俗的慾
望而活於基督。



灰也表示傷痛，為
我們的罪而傷痛。

神父在我們額上撒
灰時說：「你原來
是灰土，將來仍要
歸於灰土。」



灰是由往年基督
苦難主日祝福過
的樹枝而來。



New Year's Day Mass Celebration 1/1
2020元旦日 天主之母瑪利亞(節日)彌撒



Homeland Mass Jan. 12



3rd Sunday 9:30 a.m. Mass



FEBRUARY

Date:
16/2 (Sunday)

Time:
9:30am

President :
Fr. Matthew Livingstone

Byron's Ministry Update



Not only did we have the largest Rise Up ever, we also had the largest attendance of Ryerson Students with over 100 students who opened their hearts to Jesus and took the chance to build a relationship with Him.



Spiritual Multiplication

Having this year's RiseUp conference being the largest ever with 1300 participants, there are countless lives that had been changed through Jesus.

God is faithful! Last year I had the opportunity to lead Adrian in the Discovery and Source faith study. Now he is continuing to grow in his holiness and mission by leading Leroy in a faith study.

Folk Song Group Visit to Wildpine Residence 12/1



2020.01.19 牧靈議會週年會議 Pastoral Council AGM



Maths Tuition Class Announcement

HOW TO GET
BETTER
at
MATH

$$\sum_{n=1}^1 (9n)^{2n} - 6$$

$$= ((9 \cdot 1)^{2 \cdot 1} - 6) + ((9 \cdot 2)^{2 \cdot 2} - 6) + \dots$$

$$= (9^2 - 6) + (18^2 - 6) + \dots$$

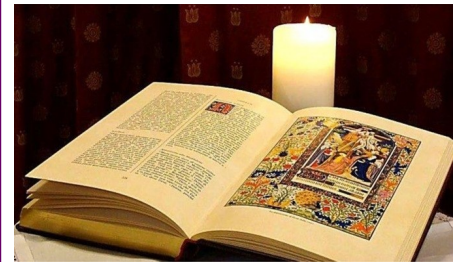
$$= (81 - 6) + (18^2 - 6) + \dots$$

渥太華聖神天主堂現提供高中物理和數學，大學數學輔導班。大學數學包括 differential equation, linear algebra, mathematical methods, calculus. 輔導老師為卡大工程系研究生。如感興趣，請聯系查詢更多信息 (bitry960603@gmail.com 或 inquiry@ottawachinesecatholic.org)

教宗方濟各座牧函

《開啓他們的明悟》手諭

建立聖言主日



教宗方濟各頒布《開啓他們的明悟》手諭，欽定每年常年期第三主日舉行天主聖言主日。教宗強調應隆重慶祝這個主日，好能重新發現天主聖言的救恩意義。



2020.01.26 CNY Mass Celebrated by Archbishop





What are the items used at Mass?

Practical guide of the objects used at the altar 

Chalice  A large cup used to hold the wine which becomes the Blood of Christ.	Purificator  A white cloth that the priest uses to cleanse the chalice.	Ciborium  It is used to hold the Hosts which will be used for communion.	Corporal  A linen cloth on which the vessels (with bread and wine) are placed.	Pall  It is a stiff, square, white cover that is placed over the chalice.
Host and paten  The host is placed in the paten (a saucer-like disk).	Lavabo and manuterge  They are used by the priest to wash his hands during Mass.	Cruets  Small vessels that hold the water and wine.	Roman Missal  It contains the prayers, chants and instructions for the Mass.	Candles and crucifix  It reminds us of the sacrifice of Christ, Light of the World.

Link on Updating Parish Record

在線更新在堂區個人/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 (<https://goo.gl/pKEV0g>) in parish's monthly bulletin or parish's website at

www.ottawachinesecatholic.org



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Lily Li (共同主席)
 Richard Chan (共同主席)
 Angela Kam (秘書)
 Katie Ng (財務委員會代表)
 James Fong (當然委員)
 Angelina Lo (當然委員)
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 王治耀 Louis Wang (Altar Server)
 李利 Lily Li (Lectors)
 農李美玲 May Nung (Youth Liturgy)
 李美蘭 Joyce Wong (Eucharistic Ministry)
 黃金霞 Teresa Szeto (Sacristy)
 羅翠貞 Helena Wong (Sacristy)
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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？我們免費提供文件樣本，手續諮詢，請即來電.....

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Be on time!

Arrive at least 10 minutes before it starts to dial down your mind.



Mother Church wants YOU

Help out if you can! (As a lector, usher, altar server, etc.)



Sing...even if you're out of tune

Don't worry if you have no talent for singing; most people don't.



6 ways to get the most out of Mass



Pray Business Class

Sit near the altar. It will help you pay attention.

31



Give God your full attention

Isn't it fair that we spend one hour each week worshipping God?



Call your Mother

Ask Mary to intercede for you during Mass. Pray to her for guidance and strength.



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