



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6月份堂區通訊



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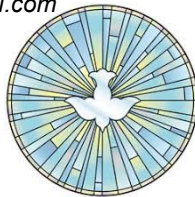
Editorial Team

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) 星期日十時半 Sunday 10:30 am

青少年活動 Children/Youth Activities

星期日十時半 Sunday 10:30 am

兒童禮儀 Children Liturgy

星期日十一時半 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"

Our **first post lock down mass** will be held on **Sunday, June 21**, at the usual time of **11:30 a.m.**

Your health and safety comes first. Please ensure that the conditions are ripe for you to return. It is sensible to take it slowly. We will continue our praying for and with each other in the distance and online, no matter what you decide."

疫情後**首台彌撒**將於六月二十一日(星期天)

如常在上午十一時半舉行。

萬望各位以安全為重, 確認健康及其他情況許可才回來聚會, 否則我們保持聯絡, 晚些才再投入也沒大問題。



Weekday Mass/ Liturgy of the Word
All liturgies in English & Chinese
Tuesday-Friday 12:00 p.m.
Saturday 01:00 p.m.

Sunday Mass 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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SPIRITUAL WEAPON

POWERFUL DEVOTION TO JESUS AND MARY



DIVINE MERCY
Chaplet

*O Blood and Water,
which gushed forth
from the Heart of
Jesus as a fount
of mercy for us,
I trust in You!*

MOST HOLY
Rosary

*We fly to thy patronage,
O holy Mother of God;
despise not our petitions
in our necessities, but
deliver us always from
all dangers, O glorious
and blessed Virgin.*

耶穌聖心節

June 19 Feast of the Most Sacred Heart of Jesus

聖母無玷之心節

June 20 The Immaculate Heart of Blessed Virgin Mary

參予彌撒的守則指引

Guidelines to observe in attending Mass

1. 謹守個人與他人的6呎/2米距離。
2. **教友請自行攜帶個人保護裝備如口罩, 手套或膠面罩等。** 如需向教堂索取, 請作自由奉獻。
3. 在教堂內感到身體不適, 請離開教堂並往求診。
4. 探測體溫—如體溫達至或超過 37.8 C/100F (口測) 或 37.5 C/99.5 F (額測) 或呈現其他病徵, 請勿進入教堂 並往求診。
5. 參予人數限制—**不能超過教堂容量的三成。**
6. **進入教堂/祭衣房/堂區辦事處前請先用洗手液清潔。**
7. 見面/互祝平安時請勿互相握手或擁抱。
8. **請勿在教堂內交談或在禮堂/停車場/神父宿舍或會議室交誼, 以防互相感染。**
9. 請教友不要在彌撒中參予頌唱聖詠。
10. 暫停用聖水。
11. 請勿用手接觸歌冊, 彌撒經書, 堂區通訊或任何紙張。請把奉獻信封, 直接投放於門口的奉獻籃中。
12. 如無必要, 盡量不要用堂區洗手間。
13. 請教友只用雙手接領聖體。
14. 進入教堂時, 請**按工作人員的安排**先由前排座位入座, 並跟從座位指標坐下。彌撒後, 請有秩序地先讓坐在後面的教友離開教堂。

1. The Universal Application of Physical Distancing -- a physical 2m (6 ft) distance, is to be strictly maintained.
2. Bring your own Personal Protective Equipment (PPE) -- such as masks, gloves, plastic screens. **Please bring and wear a face mask.** If you need to use a mask from the church supply, please prepare a small donation.
3. Should anyone present become ill during Mass, they should be asked to leave and seek medical assistance.
4. Temperature Monitoring ----- If the individual's temperature is at or above 37.8 C/100 F oral or 37.5 C/99.5 F forehead or they show ANY compatible symptoms, they must not enter the church and are asked to seek medical help.
5. Capacity Control -- the limit on the attendance is 30% of capacity.
6. **Use of disinfectant hand sanitizer before entrance to church/ sacristy / parish office.**
7. **No shaking of hands, hugs for greetings and blessings.**
8. **No chats inside church or social gatherings / chats outside church/ hall/car park/rectory/meeting rooms.**
9. The congregation should **not join the choir in singing during Mass.**
10. **Holy water fonts are to remain empty.**
11. **Avoid surface contact with all hymnals, prayer books, bulletins and other papers. Drop donation envelopes directly into the offering basket at the entrance of the church.**
12. **Church washrooms are to be restricted to use when absolutely necessary only.**
13. Celebration of the Eucharist -- **Holy Communion is received only in the hand at this time.**
14. When entering church, please **follow the instructions of the ushers** to fill the pews from front to back and follow the seating arrangement signs. When leaving, wait for the people behind you to leave first.

教宗方濟各六月份的祈禱意向

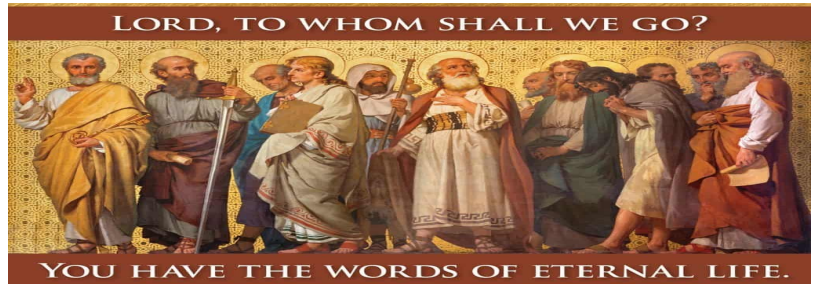
Pope Francis Prayer of Intention for June 2020

Universal: The Way of the Heart

總意向：耶穌聖心的指引

We pray that all those who suffer may find their way in life, allowing themselves to be touched by the Heart of Jesus.

祈求所有受苦的人能讓耶穌聖心觸動他們而找到生命的道路。



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

PASTOR'S MESSAGE

JUNE 14, 2020: The Body and Blood of Christ

"I am the living bread that came down from heaven . . . the bread that I will give is my flesh for the life of the world . . . For my flesh is true food and my blood is true drink." John 6: 51-58

These past weeks have been a long stretch, a "fast" that no one expected.

And we're pretty hungry:

- Hungry for human contact: to re-connect with family and friends beyond the four walls we've been confined behind.
- Hungry for peace of mind: to satisfy our fear and anxiety, to know that we and our families are and will be safe, to getting back to "normal" – whatever "normal" will be.
- Hungry for the little things that bring joy and laughter to our days: eating hot dogs at a ballpark, sitting on the beach with a great book, walking in the woods, meeting friends for drinks at a downtown café, getting a haircut or our hair done.
- Hungry for a sense of purpose to our days: to go back to work doing something constructive and purposeful, to bring home a paycheck again, to be able to contribute something meaningful to our communities, to care for those who are struggling.
- Some of us have experienced a hunger that will never be satisfied: losing a loved one to the virus and not being able to say goodbye.
- And some of us have been hungry for bread itself, struggling to put food on the table each evening, having to do without many of the simple, basic things we depend on.

But what we're all starving for is something which "bread" alone cannot satisfy.

This **Sunday's Solemnity of the Body and Blood of the Lord** is especially poignant this spring. We've come to realize a "hunger" in our lives that food and drink cannot come close to satisfying: a hunger to belong, a hunger to matter, a hunger to be at peace, a hunger to love and be loved. If nothing else, these weeks have given us a new appreciation and understanding of the words of Jesus: that the "bread" that truly nourishes is generosity and compassion that mirrors that of God, that the "treasures" of lasting value are the good we can do for those we love, that the Spirit of God lives and moves among us in selfless generosity and sacrificial service.

Fr. Stephen Liang

基督聖體聖血節

"我是從天上降下來的食糧——我所要賜給的食糧，就是我的肉，是為世界的生命而賜給的——我的肉是真實的食品；我的血，是真實的飲料。" 若 6: 51-58

過去數週是我們沒有預料到的漫長禁聚齋戒期。我們都有以下的深切渴望：

- 渴望與人接觸 --- 冲破困守家居四壁，與家人和朋友重聚。
- 渴望心態平靜 --- 打破恐慌與憂慮，確知我們及家人都安全，從速回復正常的生活程序
- 渴望昔日帶給我們歡樂的往事細節：如在棒球場吃熱狗，在沙灘閱讀書刊，在林中散步，與友人在市中咖啡店會面，修剪髮型等。
- 渴望重新體驗幹些有意義事功的日子：如重返工作崗位做有目標及有建設性的任務，如期接收薪酬，為團體發展出力奉獻，關懷在困境掙扎的人。
- 團體中部分成員的一些不能實現的渴望 ---- 如疫情中痛失家人，卻未能親身告別
- 我們中或有人渴望食物 ---- 每日悵惘怎樣在缺乏基本資源下準備晚餐
- 但我們所缺乏的並非能解決飢渴的食物。
- 今年的耶穌聖體聖血節帶給我們沉痛的感受。我們深刻領悟到食物與飲料遠遠不能滿足我們生活上的渴望：
- 渴望有所歸屬，渴望被關切，渴望平和，渴望愛與被愛。無論如何，這些日子令我們理解明瞭耶穌的訓言：天主的仁愛與慈悲才是真實可滋養我們的食物，我們對心愛的人所做的善行才是長久珍貴的寶藏，聖神充滿我們心中和推動我們勇於無私，慷慨地犧牲自我，服務他人。

梁增仁神父

Archbishop Prendergast's Update as of June 12, 2020

Coadjutor Archbishop's Arrival

Archbishop Marcel Dampousse will arrive in Ottawa on June 14 Sunday evening. He will make the Profession of Faith and take the Oath of Office on June 16 Tuesday morning at 10:30 at the Residence in Ottawa. As a member of the CCCB's Permanent Council, he will take part in sessions at the CCCB Offices here on June 17 Wednesday and for the Sanctification of Priests on Friday, June 19. Solemnity of the Sacred Heart and Annual Day for the Sanctification of Priests.

I am proposing that we celebrate this occasion this year along the following lines: choose a time for some sustained personal prayer on Friday morning, June 19 between 8 and 11AM.

Reopening of Our Churches

As you know, the Premier of Ontario has indicated we are entering Phase Two of the re-opening of the economy and return to permitted activities. One of these allows for use of churches—up to 30% of the building's capacity—on condition of strict adherence to the social distancing and other measures needed to assure safety and health precautions are observed.

With this message, I am attaching the Guidelines the Dioceses of Ontario have presented to the civic and health authorities with the conditions we have committed ourselves to observing to resume acts of worship in the coming days. Though it is permitted to begin on June 12, I caution you to begin slowly, as the new measures will take some time for us to adapt to them.

Please do not—DO NOT—resume the celebration of Mass in your parish unless you can assure that the conditions spelled out will be met. Pastors themselves are responsible for seeing that the norms are followed.

It might be advisable this weekend, to begin by opening for personal prayer and perhaps one Mass or more, if volunteers are available and trained. Some Ontario dioceses are beginning LORD'S DAY Masses on the weekend of June 21, with the first celebrations of Mass starting in mid-week.

Please pace yourselves and keep everyone safe; let's rejoice in these new opportunities but not overextend ourselves.

God bless you and all our people.

Solemnity of the Sacred Heart and Annual Day for the Sanctification of Priests

On June 19, at 11AM, tune in to a pre-recorded bilingual Mass at which I will preside and Archbishop Dampousse will be the homilist. Invite your parishioners to tune in as well (it will be posted on our websites and on YouTube).

Archbishop Terrence Prendergast



Marcel Dampousse 主教將於六月十四日晚上抵達渥太華，並於六月十六日宣誓就任本教區總主教。

渥太華教區的教堂重新啟開

安省第二階段的社區重開政策，批准教區內教堂嚴謹遵守以下條件後重新開放：

- 只可容納教堂面積三成的教友人數參與彌撒禮儀。
- 確保教友互相保持六呎的人身距離
- 教堂應同時關注及實施其他保護健康與安全的措施。

雖然我們可以自六月十二日開始舉行聖事，但我認為適宜按步就班，謹慎做好準備工作，培訓義工，符合以上條件後才開放教堂。各堂區或可按照個別情況嘗試定六月廿一日舉行疫情後首台彌撒。最重要是確保每人安全。

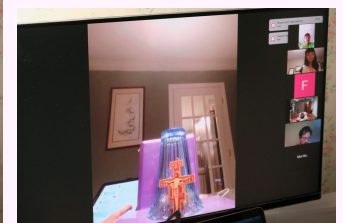
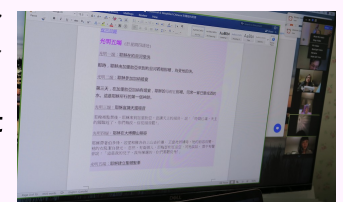
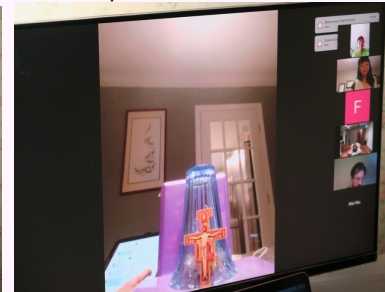
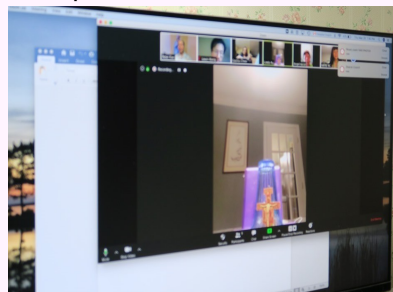
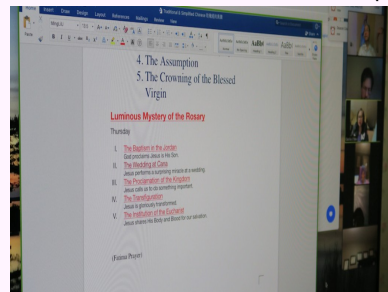
Prenderast 總主教

耶穌聖心節

六月十九日耶穌聖心節早上十一時，我會主持預錄影的雙語彌撒，並由 Dampousse 總主教講道。歡迎教友在 You Tube 網頁參予。

Online Rosary 網上玫瑰經

網上聯繫不但促進我們的溝通，更方便我們一起祈禱。逢周四晚間七點半，我們都一起誦念玫瑰經。請來一起祈禱。A group of more than 10 parishioners initiated an online praying of the Rosary, for now every Thursday at 7:30p.m. Please contact Deacon Peter Fan to join (e-mail: peter@fan.com; Tel.: 613-867-9122)



Introducing the Reverend Marcel Damphousse, Coadjutor – Archbishop of the Archdiocese of Ottawa-Cornwall

The Holy Father, Pope Francis, announced on May 6, 2020 that His Excellency the Most Rev. Marcel Damphousse, currently Bishop of Sault Sainte. Marie, has been appointed as Coadjutor Archbishop of the Archdiocese of Ottawa-Cornwall. His Excellency will serve as Apostolic Administrator of Sault-Sainte-Marie until his planned arrival in Ottawa on 16 June, 2020. The Archbishop of Ottawa-Cornwall Terrence Prendergast has also named him as the Vicar General of the Archdiocese of Ottawa-Cornwall. His Excellency's liturgical reception as Coadjutor-Archbishop is tentatively scheduled on July 2, 2020, subject to modification in light of health restriction.



Born on March 19th, 1963, in Saint Joseph, Manitoba, Bishop Marcel Damphousse was ordained a priest on June 28th, 1991 for the Archdiocese of Saint Boniface. He served in a number of French and English parishes throughout the Archdiocese before being appointed Rector of the Cathedral in 2008. The Bishop earned a Bachelor's degree in psychology in 1984 at the University College of Saint-Boniface, followed by a Bachelor's degree in theology in 1989 from Saint Paul University, Ottawa.

He received his formation for the priesthood at Saint Paul's Seminary, Ottawa. In 2002, he earned a licentiate in spiritual theology from the Teresianum in Rome.

For a number of years, Bishop Damphousse taught at the Manitoba Catholic School of Evangelization, and was vocations director for more than 12 years. Before being appointed Rector of the Cathedral, he was chaplain at St. Boniface Diocesan High School for five years.

He gained experience as a member of the Diocesan Finance Committee, of the Presbyteral Council and of the Diocesan Commissions for Liturgy and for Catechesis. He also served as the spiritual director of the TEC (To Encounter Christ) movement for eight years.

On June 28th, 2012, His Holiness Pope Benedict XVI appointed the Reverend Marcel Damphousse as Bishop of Alexandria-Cornwall. He was ordained bishop on September 2, 2012 in St. Finnan's Cathedral in Alexandria, ON. On November 12th, 2015, His Holiness Pope Francis appointed Bishop Damphousse as the sixth Bishop of the Diocese of Sault Ste. Marie, Ontario, Canada.

COAT OF ARMS



The blue field of the shield evokes the sky of the Canadian Prairies where Bishop Damphousse was born and of Quebec where his ancestors from France settled.

The cross in the centre of the shield highlights the heart of the Christian faith. It is red bordered in gold with a wavy form as an allusion to the Red River in Manitoba on whose banks the first Catholic mission in the Canadian West was established and to the Saint Lawrence, the great seaway that borders the Diocese of Alexandria-Cornwall where he was first appointed as bishop.

The Celtic cross is a copy of the one found on St. Boniface's Cathedral where Bishop Damphousse was rector when appointed bishop.

The fleur de lys symbolises the French roots of the Bishop's ancestors. In the biblical tradition, the lily symbolizes Divine election, the choice of the loved one. Such was the privilege of Israel among the nations and that of the Virgin Mary from among the women of Israel. The new bishop has been chosen to serve the Church, the people of God.

The bunch of grapes is taken from the Arms adopted by the Association of Les Dionne d'Amérique Inc., incorporated in December 1986 and which evokes the maternal side of the family. In the biblical and Christian tradition, the bunch of grapes represents the Christian people, the fruit of the Vine which finds its life in Jesus Christ. It is a Eucharistic symbol.

The sheaf of wheat recalls the agricultural background of the Damphousse family in Manitoba. The sheaf is also a Eucharistic symbol, source and apex of Christian life.

The motto UT VITAM HABEANT (John 10:10) is translated as "That they may have life". Bishop Damphousse has adopted Christ's mission who did everything in order to communicate Life in abundance to all those He met.



MESSAGE TO THE CATHOLIC FAITHFUL OF OTTAWA-CORNWALL

May 6, 2020

On this feast of Saint François de Laval, patron saint of Canadian Bishops, Pope Francis announced publicly his decision to appoint me as Coadjutor Archbishop of Ottawa-Cornwall. This is the beginning of a new chapter in my life, one that will build upon multiple experiences that have taught me to trust the Lord. I have always been amazed at the callings I received from the Church; however, I did not always understand why I was the one chosen to assume responsibility for a new parish, a new diocese, a new ministry or a new undertaking. My first "fiat" is rooted in my love for God and for his people. It was from this fundamental principle that I responded to all the other callings in my life, offering my service with humility and thanksgiving. God's plan is not always obvious, but it is revealed to us as a Mystery. No matter how many questions I ask, the answer is often the same: "My grace is sufficient for you." So I walk gently and joyfully on a path that will be strewn with signs of divine Providence.

As Coadjutor Archbishop, I am grateful for the time I will spend with Archbishop Prendergast. He will help me prepare for my new responsibilities, thus ensuring continuity with the wonderful work already begun. Both of us, together with the clergy and the laity, we will form a good team capable of advancing the mission of Evangelization. The construction of the Kingdom of God for the salvation of souls is never finished. Inspired by the Holy Spirit and supported by your good prayers, I make the commitment to give the best of myself.

I will certainly have the joy of meeting again the faithful of my first diocese of Alexandria-Cornwall. The road we traveled together was short but very rewarding. Knowing that the reality of your diocesan Church is taking a turn by your amalgamation with the Archdiocese of Ottawa, I will be there to accompany you throughout the transition and in the integration into the new reality. According to the information I have received, the process is already well underway. As for the people of Ottawa, you are a big family that I will have the joy of knowing and loving.

Therefore, until the day of my arrival in my new Archdiocese, I will be with all of you in thought and prayer. The restrictions imposed by the COVID-19 pandemic may complicate the situation somewhat, but I entrust everything to Mary Immaculate and to Saint François de Laval.

+Marcel Dampousse

+Marcel Dampousse
Bishop of Sault Ste. Marie
Coadjutor Archbishop Elect of Ottawa-Cornwall



Happy Feast of
PENTECOST

大喜訊 FANTASTIC NEWS!
Ordination to the Priesthood -
Congratulations Deacon Barnard



羅德偉執事將於六月底晉鐸為耶穌會神父。我們堂區同仁一則為羅執事高興，二則感謝天主安排羅神父為我們奉獻彌撒，與我們在神修生活中同行，一起成長。

Deacon Barnard will be ordained to the priesthood as a Jesuit at the end of June. He honors us by requesting to offer his first mass with our Chinese Catholic Community. Congratulations, Dn. Barnard! We are very thankful that God sends you and for your dedication to we Chinese and our culture. May God bless you in your vocation and ministry.



St. Anthony, St. Anthony,
please take a look around.
Something has been lost
and can not be found.

St. Anthony of Padua
June 13th

BUY-A-BRICK Pledged Fundraising

As at June 6, 2020

Donation amounted to

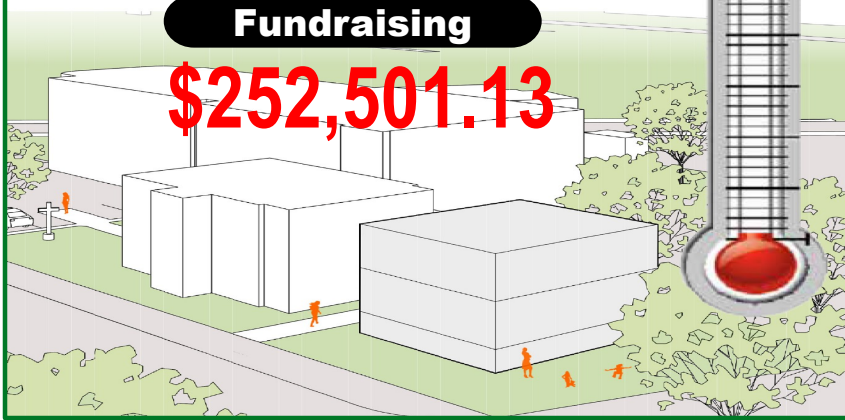
截至 2020 年

6 月 6 日承諾捐款共達

BUY-A-BRICK PLEDGED

Fundraising

\$252,501.13



The Development of the Pastoral Centre

牧民中心進度順利

感謝

大家的支持，在疫情中捐獻不斷。而中心籌備亦進展順利。日內通過教區的協助，我們快將委任設計團隊和大家共商下一步的工作。

Thank You

donors, for continuing to support the 'Buy-a-Brick' Campaign during the pandemic through sending in pledges and donations in person or by mail. As of May 2020, our Parish has obtained quotes from three architectural firms for the project. We'll be working closely with the Diocese in determining the next step. Steps to start repairing the older part of our church building have been launched to coincide with the construction of the Pastoral Centre so that the whole church campus could be upgraded at the same time. Join us in this building and repair effort as volunteers, donors and through contributing ideas. Thank you, one and all.

在疫情中維持聖堂運作、清潔及準備重開

Maintaining church operation, Spring Cleaning and Preparing the church for Re-opening

感謝各位志願工作人員的無私奉獻，在疫情中我們聖堂持續如常運作，包括彌撒、清潔、賬目等。並開始春天的腳步，如蔬菜、花卉的種植照顧等，以保持聖堂的風貌，歡迎大家回來。更感謝熱心的教友捐獻口罩、視液等，以照顧堂區同仁。

As we try hard to fight the pandemic through social distancing and personal hygiene, a few volunteers work regularly to get the church ready for the re-opening. On May 29, Alain, Patient, Louis worked with Peter in cleaning the surroundings of the church and preparing the grounds of the Faith Garden. Sweet peppers and cherry tomatoes were also planted. This volunteer team will continue to prepare the church for the resumption of mass, while Patient, Peter and Christina maintained the regular administration and upkeep of the church to ensuring continuous functioning. Fr. Jose and Louis generously offer to take care of the necessary daily operations, such as the mail, garbage and watering of plants.

We are most thankful for the many volunteers who continue to offer help in person or in the distance, including the donations of masks, PPE, hand sanitizer, etc. Some examples are Fr. Liang and Fr. Jose offer masses in private for the many necessary occasions. Angelina co-ordinates the necessary administrative projects, while works with Ceci and Louis Chan in issuing the monthly bulletin on time. Fred maintains our contacts with parishioners through the mass distribution of e-mails to update the parishioners. Suk Lan and Agnes Zhang work with Peter on maintaining the accounts. Parishioners are welcome to join in this team building effort to help us get back to normal.



BRYON'S MINISTRY UPDATE

COVID-19 Update

As we are living in a very uncertain world right now. I pray that you, your families, the workplace, and your communities are all safe. There is a lot of anxiety and fear regarding the COVID-19 crisis.

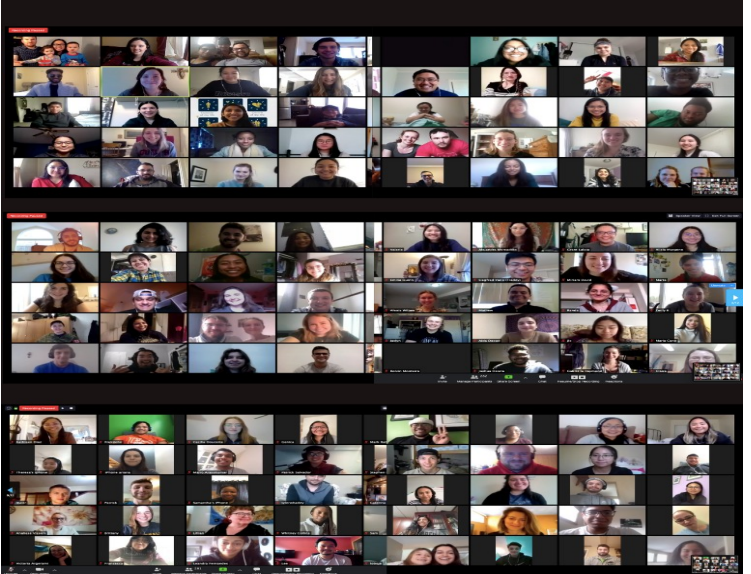
I want to be here for you during this time, to provide encouragement and support. I am hoping to send more frequent updates and glory stories of the ministry in the coming months. I hope this will bless you and your loved ones.

CCO's Response

"CCO continues to closely monitor the impact of COVID-19. At this time, we are taking a preventative, precautionary approach to especially protect vulnerable people within our communities who are at greater risk of coronavirus-related health complications.

We have cancelled upcoming large group events that were scheduled for the near future. The status of our campus ministry teams will reflect the local circumstances—missionaries will continue to work on campuses as they remain open, and will move to remote ministry if they close. To ensure the safety of all CCO mission participants, we are carefully evaluating local and travel advisories for our summer mission locations, and will update participants directly."

While this is difficult, **CCO missionaries have not allowed the virus to stop their ministry!** Studies had been led online every day. Students are gathering over video call every day to pray together. Missionaries are doing daily live-streamed praise and worship sessions. Online retreats are even being offered from CCO's Facebook page. A few weeks ago, over 370 students gathered online for CCO's Retreat. Check out some pictures below:



Students from all over Canada, across our 16 CCO campuses came together for a day-long retreat.



"Remember Jesus Christ, raised from the dead, a descendant of David—that is my gospel, for which I suffer hardship, even to the point of being chained like a criminal. **But the word of God is not chained.** Therefore I endure everything for the sake of the elect, so that they may also obtain the salvation that is in Christ Jesus, with eternal glory." **(2 Timothy 2:8-10)**

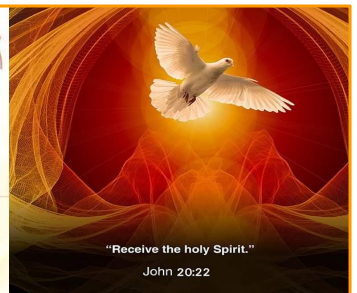
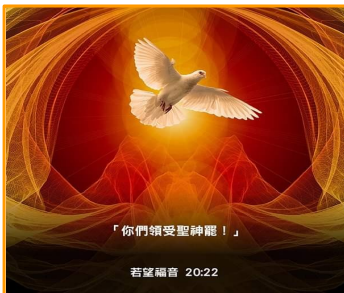
This is a Scripture that Jesus has reminded us of in this time. We know with confidence that even though we are unable to go out to share the Gospel ('chained' in our homes), the Gospel is not in chains. God is still on the move. Lives are being changed! We hope this brings you HOPE!

I'm praying for you in this difficult time. If you would like to talk or have someone pray with you, don't hesitate to call.

Your Missionary and Friend, God Bless!

Byron Chan





FLL Pentecost Conference 生命恩泉聖神降臨節網上大會



Fr. Francis Ching 程明聰神父 on

我們聖神降臨節慶祝什麼？
聖神降臨節是紀念及慶祝教會的誕生。耶穌升天前曾吩咐宗徒們不要離開耶路撒冷，等候聖神受洗。五旬節來臨，眾人都聚集一處。聖神的降臨（響聲如同暴風颳來及像火的舌頭停留在每人頭上，並說起外方話來），改造了宗徒們，重拾勇氣與信心接受派遣，傳揚福音，而奇蹟徵兆的相隨，帶領多人歸化，擴展教會。



MC of the Conference
Paul Yeung and Bonny Chan

由於疫情關係，很多堂區至今仍未能舉行公開彌撒。有見及此，生命恩泉在五月三十日舉辦了第一次聖神降臨節網上大會，與大家準備慶祝這重要的慶典。



Fr. Peter Chin 陳金來神父：

生命恩泉福傳的發展路向
陳神父祝賀生命恩泉新嘗試的心田的農夫四旬期網上避靜及後的網上研讀宗徒大事錄的美好成績。今次疫症速進了透過互聯網把世界各地，包括欠缺信仰言論自由的人凝聚一起，發揮福傳的效果及潛力。前瞻未來電子媒介的發展，仍是訂定目標，關注不同文化背景習族的需要，以仁愛傳播榮耀上主。



Edmond Lo 盧健全：

個人受聖神熱點心火的經驗
分享聖神如何注入訊息及主的聖意，接受派遣，得到家人的支持，提早退休，全職事奉傳教工作。鼓勵繼續以科學技術媒體，讓平信徒平台參予福傳工作。



Fr. Simon Wong 黃錦文神父 on

當代教會最大的挑戰
教友的流失是實踐牧民靈修工作的最大挑戰。回顧教會早期是以小團體形式發展，宗徒與信眾經常聚在一起祈禱，擘餅。隨着歷史演進及城市化的因素，教友難於互相建立緊密互相扶持的關係。因此，從慕道班起步推動信仰小團體及訓練領袖/陪談員週而復始的配套有助發展福傳的效果。



Fr. Anthony Ho 何庭耀神父

何神父從溫哥華寄語聖神的來臨改化了願意接受的人，棄絕罪過，釋放做天主的子女，宣講凝聚並建立團體互愛的關係。



Sr. Agnes Wong 黃素文修女：

聖神如何帶領信徒
黃修女分享了她的童年及成長過程，經歷聖神帶領領洗入教，加入聖母孝女會為修女，參予社工服務及履行教育工作的尋找信仰過程。她的座右銘是"心中有主，由祂作主。"



Paul Yeung's 楊浩然 Testimony

Paul Yeung 認為今年組織的一連串網上活動是聖神推動的奇事。他的禱告及默感使他看到天主的指引和照顧，而參予活動的熱烈回應更是很大的鼓舞及反影了信友對靈修培育的渴求。更多謝生命恩泉的員工與義工這幾個月來馬不停蹄的辛勞。今後仍需延續這類活動，進而發展為"運動"。



神領聖體經

我的耶穌，我真心全信你在聖體聖事內，我愛你超過一切，我渴望領你到我心中。既然我現在不能實領你，請賞我至少神領你的恩典吧！我擁抱你，完全與你結合，像你實在到了我的心中一樣。別讓我再與你分離吧！ 亞孟。



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.

In Memory of Sr. Marie Therese Beaudette, 高修女 MIC



Sr. Marie Therese Beaudette (高修女), M.I.C. She had served most her life in Hong Kong but did help Ottawa Chinese Center for a brief period in the 1950s. She passed away peacefully on May 12th, 9:10 a.m morning. Please keep her in your prayers. She had been Provincial Superior in Montreal around 2010.

Sr. Beaudette will be remembered in our hearts for her kindness, love and care for our Community.

May her soul rest in peace!

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一站式「殯儀接待中心」現已開放，方便家人在本墓園舉行殯儀及接待親友。本墓園同一地點提供殯儀、傳統土葬、火化及骨灰龕位等一站式即時或預置服務，方便無比。

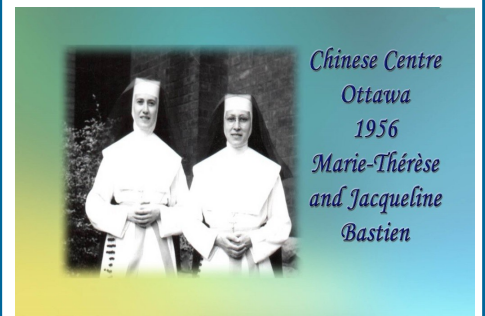
祖先也移民

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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Chinese Centre
Ottawa
1956
Marie-Thérèse
and Jacqueline
Bastien



Mr Lee, 1st Baptism at the Chinese Centre,
Ottawa 1958



Laura Shum
&
Edward Ng
1st couple married

at the Chinese Centre
Ottawa

Then and Now

牧靈議會 Pastoral Council 2020

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)
 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, 農正心 Lydia Nung (青年代表 Youth Representatives)
 陳勒秋 Alain Chan (維修 Maintenance)
 羅靜如 Angelina Lo, 莫淑蘭 Suk Lan Mok (Administration 行政)
 甘穎蓀 Angela Kam (秘書 Secretary)

禮儀 Liturgy

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

財務委員會 Finance Council 2020

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)

團體生活 Community Life

歐慧賢 Linda Au (Coordinator)	謝夢儀 Julianna Tse	李溫麗妮 Lai Nai Wan
陳楚儀 Chor Yee Chan	葉敏華 Anita Cheung	段曹正心 Carol Duan
陳淑芬 Cecilia Chow	黃振方 James Wong	陳志彪 Bill Chan
陳勒秋 Alain Chan	Helena Wong	農大鈞 John Nung
陳小喬 Rosa AuYeung	David Xia	農李美玲 May Nung
陳小雲 Xiaoyun Zhang	Jennifer Yeung	陳瑞朝 David Chan
李利 Lily Li	Lucille Fong	周健明 Gary Chow
孫擘梅 Maria Sun	Richard Chan	李美蘭 Joyce Wong
夏藝紘 Diana Xia	Linda Chan	王芬芬 Louisa Wong
黃暉 Teresa Wang	Lei Cai	陳瑞平 Sunny Chan
張貴鳳 Jessica Cheung	Jie Yi Li	劉秀英 Christina Fan

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 (Coordinator)
 羅德偉執事 Deacon Barnard Lodewicus S.J.

張彥潔 Agnes Zhang
 羅靜如 Angelina Lo
 夏少仁 David Xia
 陳志彪 Bill Chan

行政義工小組

羅靜如 Angelina Lo (Coordinator)
 陳淑芬 Cecilia Chow
 黃庭光 Bosco Wong
 莫淑蘭 Suk Lan Mok
 司徒惠良 Fred Szeto
 蔡蕾 Lei Cai
 甘穎蓀 Angela Kam
 馬叙英 Celine Ma
 范浩泉執事 Deacon Peter Fan (牧民統籌 Pastoral Coordinator)

通過網上聯繫維持堂區
業務正常運作及交流

Zoom sessions for Pastoral, Finance, Admin and Development Teams



通過網絡的聯繫和視像會議，堂區確保訊息及意見交流，以便如常運作。

Our Parish maintains the regular meetings through Zoom, including the monthly meeting of the Pastoral Centre Development Committee and Joint Meetings of the Pastoral, Finance, Admin and Development Teams. Key volunteers for the Parish's operations were updated on preparing for the re-opening so that they get ready to welcome parishioners back.

Scam Warning

Beware of scam over the internet:
 "Ok Can you help me to get an iTunes gift card worth \$400 at \$100 or \$50 denominations for a friend of mine going through cancer in the hospital. He needs the cards to download his favorite musics and videos to boost his confidence on his next phase of surgery and fight over cancer which he's going to undergo today but I can't do this now."

最近有人用梁神父的電郵地址要求收件人幫忙代購禮物給癌症病者在醫院接受手術後收聽喜愛的音樂。這些訊息全是騙徒利用網絡媒介騙取金錢及盜用個人資料的手法。請切勿回應及立即刪掉來訊。There are scams, e.g. the one above, that use the e-mail addresses of active members of our Parish, such as Fr. Stephen Liang, some MIC Sisters and others to take advantage of the vulnerable members of our Community. Please DO NOT RESPOND, delete the scam email and be very careful. If you have any question please contact us.

Congratulations
Teresa & James
Campell



Safe arrival of Emmanuel Edward Samuel, born May 5th at 11:22 am, weighing 6.5 lbs at Credit Valley Hospital Mississauga.



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