



# 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6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

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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"

## HOLY HEARTS THAT WROUGHT OUR SALVATION !

### 耶穌聖心節

June 11 Feast of the  
Most Sacred Heart of Jesus

### 聖母無玷之心節

June 12 The Immaculate  
Heart of Blessed Virgin Mary



## Sunday Mass

All liturgies in English & Chinese

**Sunday 11:30 a.m.**

In addition:

**Third Sunday of the month:  
9:30 a.m. (English)**



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)

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

## 六月十三日恢復主日彌撒 Sunday Mass resumes on June 13

我們堂區嚴守政府和教區的最新防疫指引。疫情稍緩，由六月十三日開始，我們恢復每週的主日禮儀。讓我們繼續身體力行，遵行防疫措施，並不斷互禱，為整個渥太華和加拿大回復正常盡棉力。

In keeping with the latest pandemic protocol of the Ontario Government, our Parish will resume Sunday masses, starting June 13. Let us try our best to follow the steps to fight the pandemic, keep everyone safe and work toward the return to full normalcy for Ottawa and Canada. Let us also pray for this goal and for each other.



### 參予彌撒注意事項:

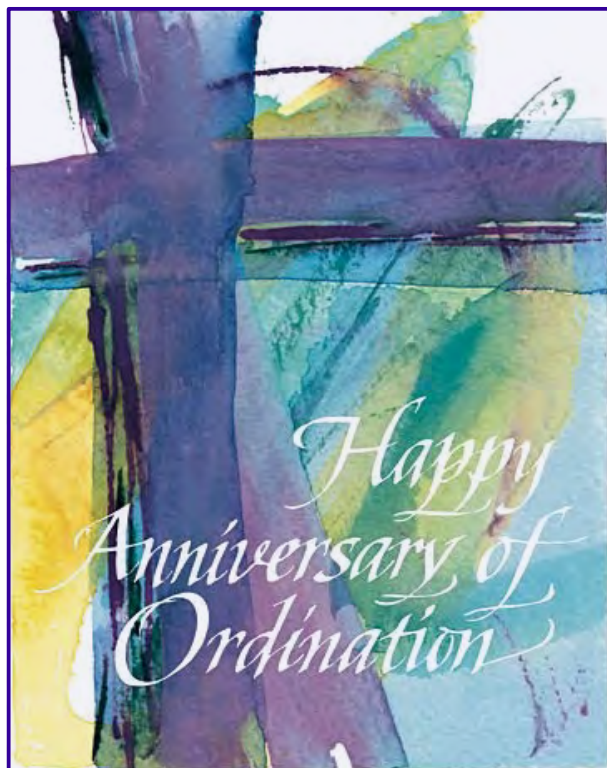
請入座教堂前,先在登記表填上姓名及電話號碼或電郵地址,以備安省醫務衛生局在有需要時聯絡。

- 請務必自行戴上個人口罩。如需堂區提供口罩,請備奉獻;
- 進堂前先用視液清潔雙手;
- 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.



*Many Blessings and Prayers on your Ordination*

**Fr. Stephen Liang** June 3  
*15<sup>th</sup> Ordination Anniversary*

**Deacon Peter Fan** June 8  
*13<sup>th</sup> Ordination Anniversary*

**Fr. Lodewicus Bernard** June 29  
*1<sup>st</sup> Ordination Anniversary*

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—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](https://www.facebook.com/pages/Sheng-Shen-Catholic-Parish/501505729860726)

## PASTOR'S MESSAGE

11<sup>th</sup> Sunday in Ordinary Time June 13, 2021

"[The kingdom of God] is as if a man would scatter seed on the land and would sleep and rise night and day and through it all the seed would sprout and grow, he knows not how..." Mark 4: 26-34

Today's Gospel is about those everyday miracles we can work if we possess "mustard seed" faith: the conviction that, in the smallest acts of compassion and generosity, we can transform the most barren stretches of our lives into great gardens of hope and possibility. We may have little or no expectation of a harvest; nurturing what we have planted may be a frustrating and futile undertaking – but Christ calls us to embrace the faith of the Gospel farmer and the hope of the mustard seed: to be willing to plant whatever "seeds" of Gospel hope and compassion we possess, wherever and whenever we can, in the certain knowledge that it will, in some way, result in its own "miracle": the revelation of the kingdom of God in the everyday blessedness of our lives.

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

常年期第十一主日 六月十三日

"天主的國好比一個人把種子撒在地裡，他黑夜白天，或睡或起，那種子生長，至於怎樣，他卻不知道……." 谷 4: 26-34

今日的福音談及只要我們擁有芥子般的信仰，就可在日常生活上創造奇蹟。因為堅信只要在小事上恆常以慈愛和善心面對，我們也可把淡而無味的生命轉化為充滿希望與潛能的園地。我們或許沒有寄望有多大成果，培植的工作會遇到挫折或徒勞無功。但基督召喚我們效法福音所啟示農夫的信德及芥子的盼望：甘願隨時隨地撒播希望與慈悲的種子，心底明白天主的王國總會在我們生活中顯現奇蹟。

梁增仁神父

## 教宗方濟各六月份的祈禱意向

Pope Francis Prayer of Intention for JUNE 2021

Universal: The Beauty of Marriage

福傳意向：為婚姻之美

Let us pray for young people who are preparing for marriage with the support of a Christian community: may they grow in love, with generosity, faithfulness and patience.

願準備結婚的年輕人能得到基督徒團體的支持；願他們以慷慨、忠實和忍耐的精神，在愛中成長。



## Pentecost Sunday Mass 23/5





Statement from Archbishop Marcel Damphousse  
of the Archdiocese of Ottawa-Cornwall  
on the Discovery of the Remains of 215 Children at  
the Former Indian Residential School in Kamloops, British Columbia

*"A voice was heard in Ramah, wailing and loud lamentation, Rachel weeping for her children; she refused to be consoled, because they are no more."*  
Matthew 2:18

Like many of you, I have been deeply disturbed and sorrowful over the enormously tragic discovery of the remains of the 215 children at the Indian Residential School on Tk'emlúps te Secwépemc First Nation. The pain of this great tragedy has been expressed in the many recent ceremonies, memorials and tributes across Canada. It has touched all of us who desire a world in which all life flourishes -- especially the life of innocent children.

Let me say to the Indigenous peoples living within the Archdiocese: with an earnest heart, I have been praying for your consolation. This discovery has aggravated the pain of those who have already been touched by the many losses encountered through the Indian Residential School system. Through my ministry as bishop of Alexandria-Cornwall and of Sault Ste. Marie, and now as Archbishop of Ottawa-Cornwall, I have had the opportunity to meet many of you. Through these encounters, you have made me aware of the continued need for healing which is the result of historical forms of colonization which persist under new guises in the present day. Let us work together for true and lasting efforts to make real the reconciliation for which we all long.

Let me say to the members of the Roman Catholic Church in Ottawa-Cornwall, who have also expressed grief for the loss of these children: let us work together with our Indigenous brothers and sisters to ensure a future in which we all thrive. Their healing is also our healing since, as Pope Francis has said, we are all interconnected (cf. *Laudato si*, No. 240). Reconciliation, which is at the heart of our Christian faith, will give us all new life, setting us free from the fear that has kept us apart (cf. *Fratelli tutti*, No. 78). I encourage pastors and all the members of our parishes to create opportunities to become aware of the causes and the need for healing and reconciliation so desperately desired in this present time.

With prayers to the Creator and Christ his Son and through the intercession of St. Joseph, the Blessed Mother and St. Kateri Tekakwitha, may we follow the Spirit in our efforts to heal broken relationships, to build trust and to commit ourselves to truthful reconciliation with the first peoples of this land -- not only with our words but with our actions.

+ Marcel Damphousse  
Archbishop of Ottawa-Cornwall

Office of the Archbishop  
1244 Kilborn Place  
Ottawa, Ontario K1H 6L1

Bureau de l'Archevêque  
1244, place Kilborn  
Ottawa, Ontario K1H 6L1

613 738-5025  
613 738-0130  
www.archoc.ca

## Faith Garden is launched

Thank you, Anita, for launching the Faith Garden with your donation of vegetable seedlings. Pray that more families would join.

謝謝, Anita, 帶頭捐獻菜苗。盼望開關後更多家庭參與。



## Pentecost Message from Sr. Cecilia Hong, MIC

Dear Peter, Christina, Angelina and all Committee members and Parishioners,

Congratulations to you on your coming Feast Day! As we are in the midst of 3 days retreat, I keep you specially in my prayers! May the Holy Spirit continue to bless you all with the pandemic, your faith continues to blossom and your project continues to expand with promising result! I will surely look forward to its final realization! While you are up sizing, we are downsizing! We said Goodbye to our First Senior Home and our Provincial are on May 17. The project of demolishing will soon begin! It is something for us to let go bit by bit! God's will be done! Magnificat!

In Communion,  
Cecilia Hong, MIC

# The Body and Blood of Christ Mark 14: 12-16, 22-26 June 06, 2021

*[Jesus] took bread, said the blessing, broke it, gave it to them and said, "Take it; this is my body."*

ROMAN LECTONARY: Mark 14: 12-16, 22-2

Blood is one of the most powerful symbols in the world. In the Scriptures, it was believed to bear the life force and to have a sort of numinous (mystical/ spiritual/ supernatural) power. Blood that had been spilled cried out from the Earth for vengeance. Most of all, blood was used to seal treaties and covenants, signifying the seriousness of the matter and giving the covenant a binding force. Even today, we still speak of something being signed in blood. Giving one's promise and solemn word must never be taken lightly, especially regarding our commitment to the Lord and our promise of discipleship.

The sacrificial blood of animals granted ritual purity for the parties involved. The blood of Christ, however, grants purity before God, the forgiveness of sins and the gift of eternal life. Christ's sacrifice is not temporary or fleeting but permanent and eternal for God is always faithful and present.

The Last Supper was nothing less than the establishment of another covenant. This time the body and blood of Jesus would provide the seal and bond of the covenant. When believers partake of the Eucharist, it is an acknowledgement and re-enactment of this covenant. Jesus certainly fulfills His part of the covenant – He faithfully provides presence, guidance and blessings. It is a constant reminder of the price that has been paid for our liberation and redemption. But what about our obligations?

Our participation in the Eucharist is a public affirmation of fidelity to the covenant, which for us means loyalty, discipleship and willingness to follow in the footsteps of Jesus. The Lord's Body and Blood are also relational, being symbols of solidarity and reverence for the entire community of believers and ultimately all people. It is not a private devotion or personal spiritual charge for the week. It is signing on again for our journey towards the Promised Land and renewing our commitment for loving service. Rather than something that only takes place only on Sunday or at church, it is a divine pattern and way of life for all believers.

The COVID-19 pandemic has made people more aware of how interdependent everyone is and our need to be attentive to the poor and the vulnerable in our midst.

The discovery of the remains of 215 children at the Former Indian Residential School in Kamloops, British Columbia, is a great tragedy. The pain of this great tragedy has been expressed in the many recent ceremonies, memorials and tributes across Canada. It has touched all of us who desire a world in which all life flourishes – especially the life of innocent children. There is continued need for healing. Their healing is also our healing since, as Pope Francis has said, we are all interconnected (cf. *Laudato si*. No. 240). Reconciliation, which is at the heart of our Christian faith, will give us all new life, setting us free from the fear that has kept us apart (cf. *Fratelli tutti*, No. 78). There is a desperate need for healing and reconciliation in this present time. It is not only with our words but especially with our actions that we can heal broken relationships, build trust and commit ourselves to truthful reconciliation with the first peoples of this land.

In the presence of the Loving Redeemer, we cannot watch idly as others are made to suffer. Worship is the source of the wisdom and courage to speak out for greater justice in the name of the holy dignity of the human person. Prayer and worship re-create our lives. We transcend our dissolute self-focus to enter a life where our love of self and others is reconfigured through love of the Ultimate Other.

The Church is the one great hope for the world, but we, her sons and daughters, too frequently betray that hope. Yet, Mary, the Mother of the Church, is the one who restores hope. She is the living witness that through total reliance on God, all things will be well in our world eternally. Through her prayers on our behalf, the world can fulfill its eternal promise. The remedy is for our hearts to magnify the Lord, to rejoice in God's saving power and to recognize that all great things have their origins in the Mighty One.

*Rev. Dr. Stephen Liang*



# Progress of Pastoral Youth Centre Project

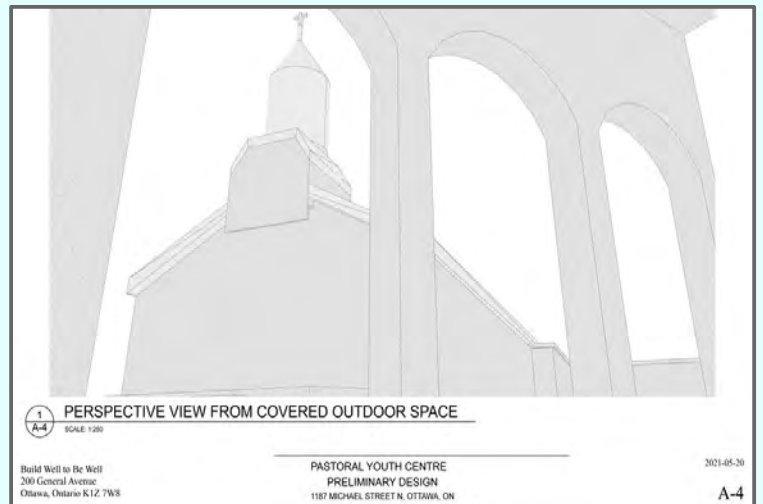
## Pastoral Youth Centre updates:

Thanks to the hard work of all in our parish and the professional support of the Ottawa-Cornwall Archdiocese, we have the preliminary design of the Sheng Shen Pastoral Youth Centre. The Centre will be located at the intersection of Cyrville Road and Michael Street. Its facilities would include rooms for accommodating adults of university age and those of 55+, as well as areas for worship & reflection, social and community programs.

The Centre would become a co-ordinated part of the combined activity area of the church, the Centre and the open space in-between. This will raise our potentials for all programs, liturgical, social and community. The space at the rear of the church is reserved for the Prayer & Faith Garden and for future development. The preliminary design is attached for your information. Let us pray fervently for the future of our Parish.

經多月各方面的努力，與渥太華教區的專業支援，聖神青年牧民中心已有設計初稿。

為長遠發展，依據教區的建議，中心將位於聖堂的左前方，Cyrville Road 和 Michael Street 的交匯點。位置如附圖。除住宿、辦公房間外，中心有小聖堂、祈禱默想、交誼的空間，並有設備充足的廚房。這選擇和設計將中心和聖堂的禮儀、活動和設施連成一起，方便互補，並善用前方停車空間，推行各項活動，同時預留聖堂後面的空間，為祈禱園及未來發展。細節將陸續公布，以便集思廣益。讓我們為堂區的未來發展祈禱。



2018 to 2022

As at June 6, 2021 Donation amounted to  
截至 2021 年 6 月 6 日承諾捐款共達

PASTORAL CENTRE

Fundraising

**\$328,841.33**

### Note:

In June 2021, the Archdiocese of Ottawa-Cornwall raised the Limit of Tax Exemption for fundraising to \$750,000 to help Sheng Shen (Holy Spirit) Parish to meet the rising costs due to the pandemic and to repair the existing building while constructing the Pastoral Youth Centre."

## 牧民中心進展

### Progress in the Pastoral Centre Project

“於2021年六月八日，教區正式批准 Build Well to Be Well Inc. 為聖神青年牧民中心則師，並簽署合約，確定中心的籌款和建築預算上限。讓我們為中心及堂區的長遠發展祈禱。

On 8th June, 2021, the College of Consultors of the Archdiocese of Ottawa-Cornwall approved Build Well to Be Well Inc. as the Architect of the Sheng Shen Pastoral Youth Centre and the related contract was signed. The Consultors also upgraded the upper limit of the budget and the fundraising campaign. Let us pray for the long term development of the Centre and our Parish."

# 網上齊煮泰開心

## Online Happy Thai Cooking

Thai Phat Phed Neua

(泰式辣炒牛肉 Stir Fry spicy Beef)

**Date/日期:** June 26, Saturday/六月二十六日星期六

**Online Time/網上直播時間:** 6pm /下午六點

Online cooking (Thai style stir fry spicy beef) via Zoom....

示範煮泰式辣炒牛肉

See webiste

<https://www.ottawachinesecatholic.org/>

**Price/費用:** Free Donation on Zoom virtual cooking site: .../網上免費參予(但歡迎自由捐助)

For Home delivery service ( 20 orders only) at \$35 per order /提供20份送餐服務, 每份收費\$35

**Home Delivery/送餐:** Home address or pickup at (Sheng Shen Church / T&T Supermarket/ Loblaws at Centrum) /客戶地址或接收地點(聖神天主堂/大統華超市/Loblaws at Centrum)

**Home Delivery Registration/送餐登記:**

<https://forms.gle/av7p3eGEKKZr3GXi7>

**Chef /廚師:** Linda Chan 陳麗珠

**Ingredients:**

- |                       |            |                 |
|-----------------------|------------|-----------------|
| Beef Slices (Sirloin) | Palm Sugar | Long Beans      |
| Thai Red Curry Paste  | Thai Chili | Thai Egg Plants |
| Seasoning Soy Sauce   | Lime Leaf  | Bell Peppers    |
| Fish Sauce            | Thai Basil | Garlic          |



## Introduction to Pentecost Novena:

... 九日祈求經文的來源及 ...

羅德偉神父鼓勵大家進一步瞭解堂區主保聖神的意識, 在五月份的網上玫瑰經時間內, 分享了九日祈求經文的源來及聖神降臨的意義.

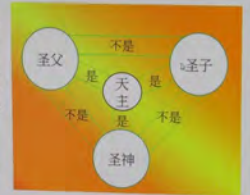


### 聖神降臨



### 天主聖神

相信聖神就是宣認聖神是聖三中的一位, 與父、子同性同體, 「並與聖父、聖子同受欽崇, 同享光榮」(尼西亞-君士坦丁堡信經)。



(天主教教理685)

### 五旬節

五旬節一到, 門徒及眾人都聚集一處。忽然, 從天上來了一陣響聲, 好像暴風颳來, 充滿了他們所在的全屋。有些聖徒開始說話, 停留在他們每個人頭上, 他們都充滿了聖神, 聖神開始他們的, 彼此努力說話。

那時, 居住在那裏的, 有從天下各鄉來的虔誠猶太人。這聲音一響, 就聚集了許多人, 都倉皇失措, 因為人人都聽見聖徒們各人的方言。

他們驚訝奇怪說: 「看, 這些說話的, 不都是加里肋亞人嗎? 怎麼我們聽不見他們說我們出生地的方言呢? 我們中有勒波達人, 瑪達人, 厄載人和居住在那裏不是本地人, 猶太並非許多個。本國是亞細亞, 大亞細亞和弗利基雅, 埃及, 亞非利加, 利比亞一帶的人, 以及羅馬的羅馬人, 猶太人和撒都該人, 是聖徒們如何能自白, 怎麼我們聽見他們用我們的話, 講論天主的奇事呢?」 (宗 2: 1-12)



May Online Rosary  
網上玫瑰經



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)  
 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
胡露施 Melissa Wu (Youth Liturgy)	陳潔華 Jennifer Yeung
農正心 Lydia Nung (Youth Liturgy)	黎潔儀 Jie Yi Li
Patient Bahizire (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
古媽珊 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
黃偉 Wei Huang	張澤陰 Danny Zhang
王芬芬 Louisa Wong	夏瑞榮 Stephen Ha
陳志彪 Bill Chan	鄭宏钊 Hongzhao Zheng
馬叙英 Celine Ma	林嘉祺 Jackie Lin
	孫擘梅 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  
 王芬芬 Louisa Wong  
 張愛蓮 Therese Yuen  
 劉秀英 Christina Fan  
 黃金霞 Teresa Szeto  
 熊玉桃 Rosa Hong  
 段曹正心 Carol Duan

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	羅翠貞 Helena Wong	農大鈞 John Nung
陳小喬 Rosa AuYeung	David Xia	農李美玲 May Nung
張小雲 Xiaoyun Zhang	Jennifer Yeung	陳瑞朝 David Chan
李利 Li 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
黃偉 Teresa Wang	Lei Cai	陳瑞平 Sunny Chan
張貴鳳 Jessica Cheung	Jie Yi Li	劉秀英 Christina Fan

信培育育 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

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  
 馬叙英 Celine Ma  
 王治耀 Louis Wang  
 謝夢儀 Julianna Tse  
 范浩泉執事 Deacon Peter Fan (牧民統籌 Pastoral Coordinator)

《愛·生命》

微电影网上放映會

天主教香港教區婚姻與家庭牧民委員會將與加拿大天主教電視台《鹽與光傳媒》聯合舉辦「《愛·生命》微电影系列」網上放映會，活動會在6月5日、12日以廣東話【配上英語字幕】及7月17日、24日，以國語【配上中文字幕】，各星期六，上午9時至11時(北美東岸)/上午6時至8時(北美西岸)/晚上9時至11時(中港台澳)於網上進行直播，藉此向北美及全球華人推廣生命的價值。

主辦單位邀請了夏志誠主教、Edmond Lo 神父、洪吟芳修女及醫生，即場分享及即時回答觀眾問題。誠意邀請您參與這網上放映會！

 敬請留意，影片將不設網上重溫，機會難得，萬勿錯過！

SPIRIT Weekend

June 19, Saturday 2021

TOPIC

"Examining Purity through Theology of the Body"

SPIRITUAL DIRECTOR:  
 FR. LODEWICUS BARNARD

Spirit Weekend for the month of May is as below:

There was an informative discussion on the topics of Relativism, Agnosticism, and Atheism and the differences between each belief during the Spirit Weekend on 22 May. Fr. Barnard would like to share the following links with you to further explore these topics:

1. <https://www.youtube.com/watch?v=cRmX9RVeNkU>
2. <https://strangenotions.com/>
3. [https://www.getprinciples.com/wp-content/uploads/2020/04/Principles\\_Vol6\\_Iss1.pdf](https://www.getprinciples.com/wp-content/uploads/2020/04/Principles_Vol6_Iss1.pdf)



## 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.

# 全新南向安福园

第二期 | 现已接受查询预订

清明优惠  
最高85折\*

现金\$18,888抽奖\*  
\*请致电查询

### 理想福地 更多选择

全新南向安福园第二期将在2021年落成，富有中国元素的秀丽景观设计，让先人能在亲切的环境中安息。更有传统中式设计的拱门耸立于入口处，欢迎来探访的亲友。理想福地，万勿错过！

Arbor Memorial重视每位宝贵的顾客，态度专业和和蔼，历史悠久，为华人服务多年，现更成为加拿大最具规模备受信赖的殡仪及墓园公司之一。

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Arbor Memorial Inc.



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RWong@arbormemorial.com

## California Chinese Catholic Living Camp (CACCLC)

CACCLC'21



SATURDAY 9/4/2021 - MONDAY 9/6/2021  
Vallombrosa Center, Menlo Park OR Virtual

An exciting annual event that brings together young adults in the thriving Asian American Catholic community to grow and deepen their relationship with God. Come join us!

**What:** CACCLC 2021

**Theme:** "Joyfully I am,  
Joyfully We are"

**When:** September 4-6, 2021

**Who:** Young adults (18+)

**In person:** in Menlo Park, CA

**Virtual:** Zoom/Online

**Why:** Meet other Asian American Catholics your age, make lifelong friendships, and grow in faith together!

**Early Bird Pricing  
(ends July 4, 2021):**

**Virtual:** \$30 for students & non-working adults, \$50 for working adults

Check out the website for more info. **Register by July 4th** to snag the early bird pricing (scholarships available) and preferred T-shirt size!

HAPPY  
Father's  
DAY



Hong Kong Style  
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www.cafeorient.ca

Business hours: Thurs to Tues 11 a.m. to 9:00 p.m. Closed on Wed

## 魔法分子冰淇淋



## Magic Molecule

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Tel.: 613-695-8877

Happy  
Father's  
Day



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藥劑師 f. 613-234-7026

somersetdrugs708@gmail.com

HAPPY  
FATHER'S  
DAY



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cecechow@gmail.com

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訊息的設計, 可按  
顧客需要而配合)

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all occasions  
Special request images & colors  
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## Pastoral Council Meeting 13/5

