



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/



2023年10月份堂區通訊



Priest Moderator

梁增仁神父 Rev. Stephen Liang, M.D. stliang@rogers.com

Deacon Pastoral Coordinator

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黎銘賢 Boris Lai

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"

OCTOBER

MONTH OF THE

Holy Rosary



"I promise my special protection and the greatest graces to all those who shall recite the ROSARY!"

Our Blessed Mother to St. Dominic

十月 玫瑰月

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

主內弟兄姊妹:

祝願基督和聖神的恩寵與各位常在。

共慶中秋:

一年容易又中秋。

十月一日彌撒後一起慶中秋, 品

嚐教友們準備的中秋美點, 朋友、

青年們唱籌同樂。

主佑。 聖神天主堂



Dear Sisters & Brothers in Christ,
May the blessings of the Risen Lord and Holy Spirit be with you.

Mid Autumn Festival

Sunday, October 1 with potluck lunch, music and singing to celebrate the festival with young people and the community.

Sheng Shen (Holy Spirit) Parish

Every Thursday online Rosary 每星期四網上玫瑰經

玫瑰聖母紀念日十月七日



"The Rosary is the most beautiful and the most rich in graces of all prayers."
- Pope Saint Pius X



每星期四晚上七時四十五分唸玫瑰經連結： Link for weekly Thursday Rosary Zoom info:
<https://us02web.zoom.us/j/84314789760pwd=L0dGTGUvNE4xQVNsUjl4SG1ycEp5UT09>

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。

Form: F2.M3. modified on 2023/06/27



聖神天主堂
Sheng Shen (Holy Spirit) Parish
Community founded in 1955

Request for Mass Offering 奉獻彌撒申請表

Date/日期 _____

Mass at/彌撒時間 9:30 a.m. or 11:30a.m

Request by/申請人 _____

Intention for/意願為 _____

Mass Offering Charge 奉獻彌撒費: \$15

Note: Please put \$15 in an envelope, indicating date of mass offering /name of request person.
註: 付款\$15請放入信封，說明奉獻彌撒日期/申請人姓名

FIND AND FOLLOW US ON SOCIAL MEDIA



@聖神天主堂 - Sheng Shen - Parish
<https://www.facebook.com/profile.php?id=100083706042191>



@shengshen.parish
<https://www.instagram.com/shengshen.parish/>

Pastor's Message

Twenty-seven Sunday in Ordinary Time

October 8, 2023

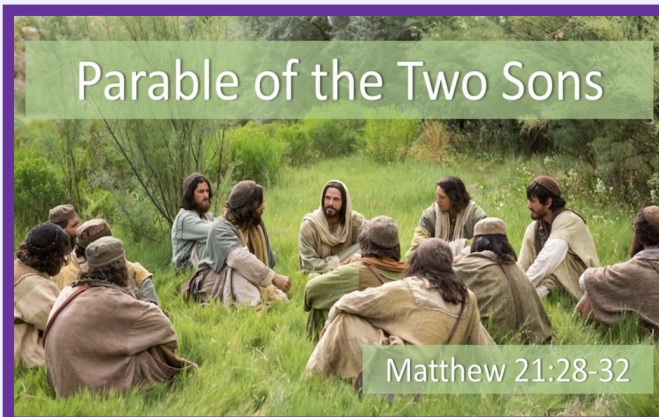
常年期第廿七主日
10月8日2023

The parable of the two sons: "When John came to you in the way of righteousness, you did not believe him; but the tax collectors and the prostitutes did."

Matthew 21: 28-32

We are not defined by our mistakes and failings; the labels society slaps on us are often meaningless. In today's Gospel, Jesus articulates the hope of the kingdom of God: that, in the Spirit of God, we can access the grace and wisdom of that Spirit to move beyond hopelessness and despair to realize the dignity every one of us possesses as daughters and sons of God. Every life is open to the way of righteousness": in realizing our failings and accepting responsibility for our sins, we can begin to transform our lives in God's grace, wisdom and peace, re-creating our Good Fridays into experiences of resurrection.

Rev. Stephen Liang, M.D., Priest Moderator



兩個兒子的比喻：「因為若翰來到你們這裏履行了正義，你們仍不相信他，稅吏和娼妓倒相信了。」 瑪竇福音 21:28-32

我們的真正價值，並不是取決於我們的成敗得失，而社會為我們貼的標籤更是毫無意義的。在今天的福音中，耶穌闡明了天國的希望：在神的靈裡面，我們能夠獲得聖靈的恩典和智慧，再不會失落，也再沒有絕望，真切體現神的兒女所享有的尊嚴，敞開心扉，昂首闊步投向正義之途。只要我們謙卑地承認過失，勇於擔起罪責，我們便能重新展開生命，真實地活在神的恩典、智慧與平安中，從而令耶穌受難節，蛻變成復活的經歷。

梁增仁神父

十月二十三日(星期一)

农
历
九
月
初
九

重
陽
節

隔
神

思念不是一种病
别让父母等待太久

日健高齡康樂中心舉辦之免費粵語電話節目
Yet Keen Senior Day Center -- Cantonese phone program



情牽你我 溫暖在線

免費粵語電話節目

(由日健高齡康樂中心和良友中心合辦)

題目：廣東情懷
日期：逢星期四
時間：11:15AM -
11:45AM

參考內容：
解暑食譜、成語故事

題目：十萬個為什麼
日期：逢星期五
時間：2:00PM -
2:30PM

參考內容：
為什麼夏天愈來愈熱？

歡迎有興趣參加的老友記提前於辦公時間
(星期二至星期五，上午9:30 - 下午3:30)
致電日健高齡康樂中心(613)232-6695
登記及了解參加節目之方法。

以上電話節目由安大略省老人與無障礙部、
東安大略省聯合之路和
渥太華市政府資助和支持。



教宗方濟各十月份的祈禱意向

Pope Francis Prayer of Intention for Oct. 2023

Universal: For the Synod

福傳意向：為世界主教會議

We pray for the Church, that she may adopt listening and dialogue as a lifestyle at every level, and allow herself to be guided by the Holy Spirit towards the peripheries of the world.

為教會祈禱，願聆聽與對話成為教會各階層的生活方式，順從聖神的引導，直到天涯海角。

Archbishop's Message

Grace and peace be with you all.

With heartfelt gratitude, I acknowledge the blessings that your steadfast devotion has bestowed upon our archdiocesan community. I am overwhelmed by the remarkable journey we have undertaken together in the Archdiocese's *Christ-Centred Co-Journey Towards Healing* (for the Indigenous Reconciliation Fund).



Our shared efforts have surpassed expectations, raising an astounding \$650,000 of our \$1.2 million dollar commitment to the Indigenous Reconciliation Fund. This achievement is a testament to God's grace working through each of you within your respective parishes.

The Indigenous Reconciliation Fund has already inspired transformation. To date, five grants have been awarded to support a variety of initiatives that you can read about on [pages 14 to 18](#) of this toolkit.

As we continue this *Christ-Centred Co-Journey Towards Healing*, I ask you to encourage your parishioners to generously donate to the special collection that will be held on November 4th and 5th. Let us stand as a united faith community, supporting our Indigenous brothers and sisters. Recall 2 Corinthians 9:10-15 and 1 Thessalonians 5:18, which remind us of God's blessings and the importance of gratitude.

In the Gospels, we are also reminded of Christ's boundless love for all of humanity. Let our actions be a reflection of that love, as we extend our hands in support, our hearts in understanding, and our prayers in unity. With each contribution, we sow the seeds of hope and reconciliation, nourishing the roots of a harmonious relationship between all members of God's family.

Once again, I extend my sincere appreciation to each one of you for your support.

May God's blessings continue to abound.

Marcel Dampousse

+ Marcel Dampousse
Archbishop of Ottawa-Cornwall

Congratulations
to Kyle Liu
on the occasion
of his receiving
his first
communion
初領聖體



恭喜 PATIENT & NOELA 升級為父母
並祝福他們的女兒 TRINITY 健康成長

It's a girl!
Congratulations!



Name: Trinity
Birth: 26 Sept. 8:51 am
Weight: 5KG

聖神牧民中心及信德園 Pastoral Centre & Faith Garden Projects

2018 to 2023

PASTORAL CENTRE

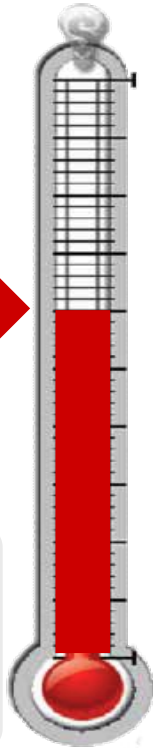
As at October 1, 2023
Donation amounted to

截至 2023 年 10 月 1 日
承諾捐款共達

Fundraising

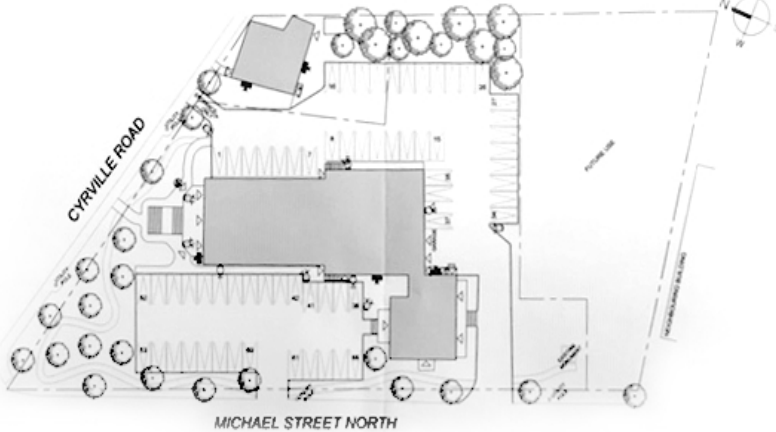
\$596,786.65

\$1,000,000.00



Note:

On December 6, 2022, the Archdiocese raised the limit of our fundraising in support of our renovation of the new Pastoral Centre while upgrading the structure of the existing church, from \$750,000.00 to one million, (i.e., an increase of \$250,000.00). The Diocesan Tax Exemption period will continue till the end of September 2023.



牧民中心的擴展計劃持續。通過今年加拿大暑期青年計劃的推動和人力支援，和各義工的努力，我們繼續研究和策劃牧民活動，並進行維修和擴展租務。維修工作更包括聖堂其他設施，和周圍環境。

信德園是其中一個重點。在過去數年教友嘗試在聖堂種植各種蔬果。隨著聖堂周圍的維修和改善，我們的義工將和教區及環保組織研究，在我們能力範圍內增添祈禱和改善環境的設施。盼望朋友們熱心參與，打造更美好的環境。

同時我們已向教區申請延長寬免教區稅務時限，以便我們籌措更多資金，改善聖堂設施。盼望各位繼續支持這長遠計劃。

The development plans of our Parish and Pastoral Centre now focus on upgrading the church and its facilities, including the Pastoral Centre and the Faith Garden. The Canada Summer Job 2023 gives us additional impetus in terms of manpower, programming and operation.

Improvement of the environment and formulating a more formal Faith Garden is the focus. Through the efforts of a few families, planting has taken root in our community. Collaborating with the Care for Creation Ministry of the Archdiocese of Ottawa-Cornwall, some like-minded professionals and volunteers, we will plan and rebuild the setting of the church into something more conducive for praying & reflecting, as well as environmentally friendly in the next years. You are encouraged to offer ideas and support.

We have applied to the Archdiocese to extend our Capital Campaign to next year to ensure that we continue to benefit from the exemption of the diocesan administration tax. Please advise us and donate generously to ensure an even more dynamic future for Sheng Shen."



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.

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。

《生命恩泉》新里程：福傳中心購置成功！ SUCCEEDED IN PURCHASING THE NEW EVANGELIZATION HOME



為生命恩泉的永久會址的籌款呼籲



感謝天主，2023年9月27日成為了《生命恩泉》18年來的一個轉捩點，因為我們終於成功購置了我們的永久會址，一個推動未來華人福傳運動的福傳中心！我們衷心感謝所有遍佈世界不同地區的《生命恩泉》恩人及支持者，讓我們一起參與及見證主耶穌為華人天主教徒福傳使命而施行的「五餅二魚」奇蹟！

福傳中心的地址是：151 Placer Court, Toronto (Victoria Park 夾 McNicoll 的西南角)

請留意，郵寄地址暫時維持不變：401 Alden Road, Unit 3, Markham, ON L3R 4N4, Canada

我們以籌得的七百三十萬加元和借款 20 萬加元完成了交易。我們的募款網站和所有捐款方法仍會繼續運作來收集捐款，用作償還貸款及福傳中心的裝修費用。

捐款一萬加元或以上人士的芳名將展示於善長芳名牆上。

請捐款 Donation for the permanent address of Fountain of Love and Love

Thanks be to God! September 27, 2023 has become a milestone in the 18-year history of Fountain of Love and Life, as we have successfully acquired a permanent home, an evangelization centre that will fuel a future Chinese Catholic evangelization movement. We sincerely thank all the supporters of FLL around the world, who have participated in and witnessed the miracle of Five Loaves and Two Fishes that Jesus Christ has performed for the evangelistic mission of Chinese Catholics.

The address is: 151 Placer Court, Toronto (Southwest corner of Victoria Park and McNicoll)

Please note that our mailing address remains unchanged for the time being: 401 Alden Road, Unit 3, Markham, ON L3R 4N4, Canada

We were able to complete the transaction with \$7.3 million CAD raised and by borrowing \$200,000 CAD. Our capital campaign website and all the donation options will continue to be available as we still need to raise funds to pay back the loans as well as for renovation costs.

Donations of \$10,000 CAD and above will be recognized on the Donor Wall.

如欲捐款支持，請按此連結：[↔↔ 募款網站](#)

TO SUPPORT AND DONATE, PLEASE CLICK ON THE LINK:

[↔↔↔ capital campaign website](#)

Donors of \$10,000 (CAD) or more will have their names displayed on the Donor Wall in the new home.

Donors of \$10,000 (CAD) or more

團體消息

Announcement

1. 十月是玫瑰月，請熱切誦念玫瑰經恭敬聖母及祈求為個人及堂區需要轉禱。
2. 為慶祝團體六十八週年堂慶，于十月十五日主日感恩祭後在禮堂舉辦 Volunteer Appreciation Lunch. 請在十月八日前向 Fred & Teresa Szeto, Linda Chan, Ceci Chow 或 Linda Au & Alain Chan 報名，以便安排食物。
3. 十月二十三日是重陽節，教友可奉獻彌撒紀念亡者及為亡魂祈禱。
4. After-School Programs (ASP): 堂區計劃籌組課餘活動，讓教友可以善用餘暇，學習不同的技能和興趣，使生活更加豐富。各教友如有任何的興趣或需要，請隨時給予我們建議。電郵：ASPsspoffice@gmail.com
Our Parish is planning to set up After-School Programs (ASP), with the view to help participants to make good use of their leisure to learn new skills and enjoy the fun. If you have any area of interest or need, please send emails to the address below and let us know. ASPsspoffice@gmail.com
5. 堂區清潔日定於十月十四日(星期六)下午一時至三時進行，誠邀各義工出席，協助清潔工作。
6. 十一月五日主日感恩祭將有特別奉獻，為支持原居民修和基金 (Indigenous Reconciliation Fund)。
7. Royal Bank of Canada (RBC) 將在十月二十九日主日感恩祭後為我們以粵語主持講座。主題：「如何預防網上銀行詐騙」。

SUNDAY MASS

九月份我們有梁神父, Fr. Barnard, Fr. Eric, S.J.,
Fr. Joseph Lustig & Fr. Ambrose
與我們主持或共祭彌撒



慶祝團體 成立六十八週年特快消息

1. 十月十五日主日感恩祭後，堂區將舉行義工同樂午膳聚會。
2. 當日同時亦會進行以下活動：
 - a) Bingo 遊戲: 每次遊戲每票 \$2, 可玩五次遊戲共 \$10。
 - b) 港式街頭小食義賣:
HK Style Street Food Sale Fundraising Event
- 咖喱三寶(魚旦、豬皮、蘿白)及牛筋丸
- 椰汁芋頭西米露



68th
Happy
ANNIVERSARY
to SSCC
Ottawa Chinese
Catholic Community

中秋節聚會



中秋佳節，又是聚首同慶的好日子。聖神天主堂在十月一日(星期日)追月翌日彌撒後舉行中秋節聚會，眾教友攜同佳餚美食，一同歡談暢聚，共慶良辰。

當日教友們不但能大快朵頤，更能欣賞各式各樣的表演節目，聲威中樂團蒞臨助慶，演奏多首應節樂曲。此外，渥太華大學文化協會的成員到臨本堂，在主內一同歡度中秋佳節，而眾多教友都踴躍在卡拉OK活動中獻唱歌曲，令這次聚會洋溢着熱鬧的氣氛。

The Mid-Autumn Festival is a precious moment for Chinese people to gather. Our Parish hosted a Mid-Autumn Gathering on October 1st, the day after the "Chasing the Moon" event. All church members brought their own cuisine and snacks to share, spreading happiness and celebrating this momentous occasion.

In addition to enjoying the delicious food, the Sing Wei Ensemble treated attendees to beautiful festival music. Members of the Cultural Association of the University of Ottawa also joined in the festivities, celebrating the holiday with us in the realm of God. Many church members eagerly stepped forward to perform during the Karaoke section, creating a warm and joyful atmosphere for the Mid-Autumn Festival.

Mid-Autumn Festival Guest Performance & Karaoke



月餅的傳說: The Legend of Mooncake

每提到中秋佳節,都必定會想到月餅這種傳統食品,而在品嚐月餅的同時,你又有否想過它的由來呢?現在讓我們一起來看看月餅的故事吧!

月餅的餡料多用紅豆或芝麻製成,外皮更會配襯上各種喜慶祥和的圖樣。傳統上,中秋節是共慶團圓,同享佳餚的好時光,而月餅就正是這個佳節的特色美點。月餅起源於中國古代,民間的流行甜點小吃。直到13世紀時,蒙古人在入侵中原,消滅漢人的南宋皇朝並建立了元朝,殘暴地逼害其治下的漢人。此外,為了防止他們反抗,更時刻嚴密監控他們的家居生活。老百姓飽受欺壓侮辱,紛紛起義推翻暴政。其中義軍領袖朱元璋的軍師劉伯溫建議,計劃在中秋節當日發起革命,事先向每位老百姓分發月餅,表面是為大眾消災驅病;實則每個月餅內都藏有紙條,寫上:「八月十五日起義!」

老百姓吃過月餅,得知道革命的訊息,於是按着約定一同反抗,終於成功推翻了元朝的暴政。自此,月餅便成為中秋節(農曆八月十五日)的特色食品,亦紀念了眾先祖們當年勇敢對抗暴政的義舉。

Mooncakes are regarded as the main character of the Mid-Autumn Festival. Do you know about the legend of Mooncake? Mooncakes are made with a sweet pastry filled with red beans or sesame paste. Intricate patterns symbolizing harmony and longevity adorn the outside. Chinese people consider the Mid-Autumn Festival the best opportunity to enjoy a feast with their family with these sweet treats.

The Mooncake originated in ancient times. The Mongols succeeded in invading ancient China. The Mongolian Emperor Kublai Khan founded the Yuan dynasty and ruled and tortured the Han people brutally. To avoid the oppression from the Han People, the Mongolians sent guards to surveillants. The leader of the revolution army, Zhu Yuan Zhang, accepted the suggestion from his chief of general staff, Liu Bowen, that the oppression should be organized during the Mid-Autumn Festival. They could use the mooncakes to inform all the people. The revolution army would deliver mooncakes to all residents to bless them from illness. Each cake contained a note asking for the revolution to be held on the date of the Mid-Autumn Festival.

All the people have eaten the mooncakes and got the revolution message. Finally, they uprose at the same time and overthrew the tyranny successfully. After that, mooncakes became the special dessert for the Mid-Autumn Festival, commemorating our ancestors' uprising against tyranny.

修剪周邊草木 VEGETATION CLEARING

多謝 Linda Hardinge, Christina Fan, Alain Chan, 李明, Gary 和 Boris 修剪周邊草木, 令聖堂煥然一新。



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農李美玲 May Nung (Children Liturgy)	黃健平 Dicky Wong	黃懿婷 Christine Wong
王治耀 Louis Wang (Altar Server, Youth Liturgy)	農大鈞 John Nung (Choir A)	黃振方 James Wong
龍桂裳 Shobie Lung (Youth Liturgy)	陳瑞平 Sunny Chan (Choir B)	陳志雲 Bony Chan
農正心 Lydia Nung (Youth Liturgy)	黃曉輝 Fred Szeto	楊建華 Jian Hua Yang
Patient Bahizire (Youth Liturgy)	孫擘梅 Maria Sun	陳麗珠 Linda Chan
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Teresa Wang	陳麗珠 Linda Chan	劉秀英 Christina Fan

TIPS TO PRAY THE ROSARY EVERY DAY

- Fall asleep praying the Rosary. It is better than counting sheep.
- Say it in moments of sadness or spiritual drought.
- If you can't pray a whole Rosary at once, break it into parts.
- Carry a Rosary in your pocket.
- Use each mystery to ask for a particular intention.
- Say it while you wait (for example, at the bus stop).
- Pray while you walk and think of the people in your life.
- Recite the Rosary while doing chores or while you work out.
- Use images and music. The Rosary is a contemplative prayer.
- If you're upset, pray for the situation that worries you.

Source: CACIPRENDA.COM CatholicLink

POPULAR CHINESE POEM FOR MID-AUTUMN FESTIVAL

水調歌頭·明月幾時有 (宋) 蘇軾

明月幾時有？把酒問青天。不知天上宮闕，今夕是何年？我欲乘風歸去，又恐瓊樓玉宇，高處不勝寒。起舞弄清影，何似在人間？轉朱閣，低綺戶，照無眠。不應有恨，何事長向別時圓？人有悲歡離合，月有陰晴圓缺，此事古難全。但願人長久，千里共嬋娟。

THE MEANING OF THE MIRACULOUS MEDAL

PRAYER
OH MARY CONCEIVED WITHOUT SIN, PRAY FOR US WHO HAVE RECOURSE TO THEE!

TWELVE STARS
THEY ARE THE 12 APOSTLES, REPRESENTING THE CHURCH.

LETTER "M" WITH THE CROSS
THE M OF MARY AND THE CROSS OF CHRIST ARE INTERTWINED AS A SIGN OF THEIR UNION.

FEET ON GLOBE AND SERPENT
THE GLOBE IS THE WORLD AND THE SERPENT IS SATAN. MARY HELPS US IN THE FIGHT AGAINST EVIL.

TWO HEARTS
JESUS AND MARY'S. THEY REPRESENT THE FORCE OF LOVE THAT REACHES TOTAL SURRENDER.

RAYS
THROUGH HER INTERCESSION, SHE SENDS GOD'S GRACE TO THE WORLD.

ChurchPOP

LINK ON UPDATING PARISH RECORD

www.ottawachinesecatholic.org

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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 →

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第二期

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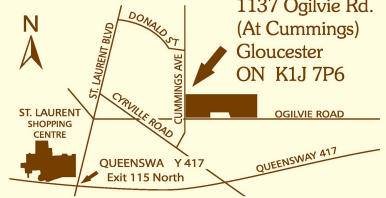
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Hail Mary



In the name
of the Father, of the Son
and of the Holy Spirit,
Amen.

Hail Mary,
full of Grace!

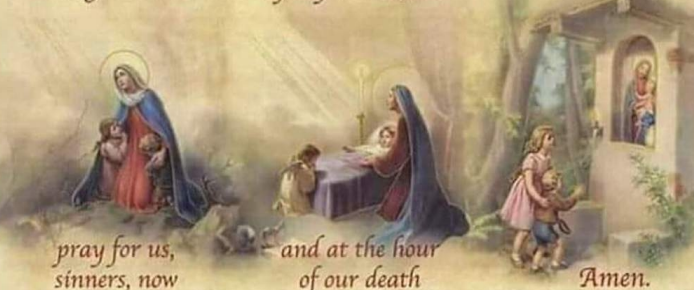
The Lord
is with Thee



Blessed art Thou
amongst women

and blessed is the fruit
of thy womb, Jesus.

Holy Mary,
Mother of God



pray for us,
sinners, now

and at the hour
of our death

Amen.



Happy Thanksgiving

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