



# 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9月份堂區通訊



Dear Sisters & Brothers in Christ,

May the blessings of the Risen Lord and Holy Spirit be with you.

Thank you for supporting our parish and young people in the different ministries: Church cleaning, Canada Summer Job fundraising CAR WASH, Music & Fun Day, GaTung Youth Camp, etc. Mid Autumn Festival is coming and it is close to the weekend of September 29-30. Please watch out for the different fellowship programs promoted by such groups as the youths, women's, community, etc.

Sheng Shen (Holy Spirit) Parish

主內弟兄姊妹:

祝願基督和聖神的恩寵與各位常在。

謝謝各位支持我們聖堂和年青人的各項事工:

聖堂清潔, 洗車募捐, 暑假青年計劃音樂同樂會, 及加東青年營等。成果美滿!

共慶中秋: 一年容易又中秋。今年中秋適逢周末。

同仁等準備好些活動, 請留意詳情, 參與唱籌。

主佑。聖神天主堂



### 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



#### Priest Moderator

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

#### Administration Team

羅靜如 Angelina Lo angelina.cy.lo@gmail.com  
司徒惠良 Fred Szeto frederick.szeto@gmail.com  
周陳淑芬 Cecilia Chow cecechow@gmail.com  
鄭宏釗 Hongzhao Zheng bitry960603@gmail.com  
杜光智 Brian To brian.to2121@gmail.com  
胡偉雄 Alex Wu cace.wu@gmail.com  
呂永恒 Keith Lui keith.l1192@gmail.com  
Patient Bahizire PatientBahizire54@gmail.com

#### Editorial Team

范浩泉執事 Deacon Peter Fan  
羅靜如 Angelina Lo  
黎銘賢 Boris Lai  
陳志華 Louis Chan  
周陳淑芬 Cecilia Chow

#### Deacon Pastoral Coordinator

范浩泉執事 Deacon Peter Fan  
peterhcfan@gmail.com

成人慕道 (粵語, 國語, 英語) /

Rite of Christians Initiation of Adults (RCIA)

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"





**Happy Birthday, Dear Mother & Queen!**

**September 08**  
Nativity of the Blessed Virgin Mary

**Catholic Fortress**  
facebook.com/catholicfortress

**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。



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

**教宗方濟各九月份的祈禱意向**

**Pope Francis Prayer of Intention for Sept. 2023**

Universal: For people living on the margins

福傳意向：為活在社會邊緣的人祈禱

We pray for those persons living on the margins of society, in inhumane life conditions; may they not be overlooked by institutions and never considered of lesser importance.

為生活在人道條件下的社會邊緣人祈禱,願他們不再被社會所忽略,不再被視為微不足道的。

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,(每份奉獻彌撒收費\$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。

**Here is the Zoom link**



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=L0dGTGUvNE4xQVNsUjI4SG1ycEp5UT09>

**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-third Sunday in Ordinary Time

September 10, 2023

*"... whatever you bind on earth will be bound in heaven, and whatever you loose on earth shall be loosed in heaven."*

Matthew 18: 15-20

It's easy to get caught up in the details of Jesus' instructions on conflict management (today's Gospel sounds more like regulations devised by a church committee than a teaching of Jesus), but the larger point is that we are called to build communities centered in reconciliation and trust. We should affirm and concentrate on the good that one does rather than calling out the bad, expressing gratitude for acts of compassion rather than indicting failings, highlighting work that transcends quantitative success to create a community and climate of respect and justice for every human being. Discipleship is the hard work of building community and the harder work of reconciliation — work that is grounded in love for the other, work what begins with respect and love for every human being, work that seeks God's justice and peace above all.

Rev. Stephen Liang, MD.



常年期第廿三主日 9月10日2023

「凡你們在地上所束縛的，在天上也要被束縛；凡你們所釋放的，在天上也要被釋放。」  
瑪竇福音 18：15-20

每當讀到耶穌如何管理衝突的時候，人們都會糾結於當中的細節（今時今日，福音聽起來像是教會委員會的規定，更甚於耶穌的教導），但其實當中最關鍵之處，反而是我們要懂得以互諒互信為核心，共同建立和諧團體。

我們應要着眼並肯定他人的善行，而不是揭露他們過失；要感謝他人的同情及關愛，而不是針對他們失誤；要懂得欣賞他人做事的誠意和用心，而不是僅僅着眼於生產的數和量；我們這樣做，便可以為眾人創造互相尊重的氛圍，建立一個公義的團體。

要成為一位稱職的門徒，確實是一項艱鉅的事工。我們既是要組建團隊，還要承擔修和的工作—這是建基於關愛世人的事工，起始於尊重他人的事工，更是率先追尋天父的和平與正義的事工。

梁增仁神父

## 到訪渥太華華人社區服務中心 (OCCSC)

We visited the Ottawa Chinese Community Service Centre (OCCSC) with CSJ interns and had exchanged conversation with the staff. We gained better understanding of their work and learned their precious experience in holding campaigns.

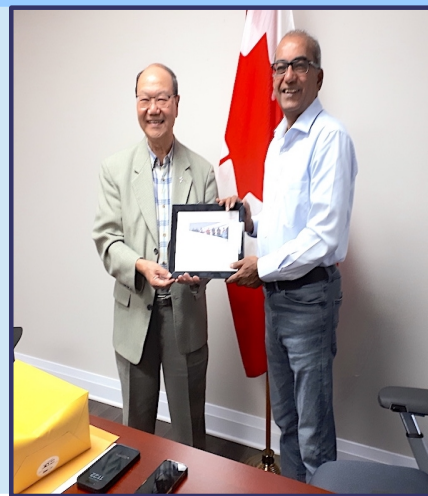
本堂人員在八月八日帶領暑期青年工作計劃的成員探訪渥太華華人社區服務中心，與中心人員作深入交流，從而瞭解其工作流程，並汲取他們籌措活動的經驗。



## 到訪 Chandra Ayra 國會議員辦事處

The CSJ interns visited MP Chandra Ayra's office on 8th August. We were warmly received by MP Chandra Ayra and the CSJ interns shared the gains and experience they earned in this program. Thanks to Chandra Ayra's encouragement and support to our application for CSJ funding grant.

暑期青年工作計劃的成員於八月八日前往 Chandra Ayra 國會議員辦事處，讓 Chandra Ayra 面見計劃各個成員，聽取他們在本計劃所獲的寶貴經驗和得着，期望 Chandra Ayra 於明年繼續支持本項活動，協助堂區申請政府資助。





Date: Oct. 1, 2023 (Sunday) 日期: 10月1日星期日彌撒後  
 Place: Church Hall basement 場地: 地庫禮堂  
 Time: 12:30 pm after mass 時間: 下午12:30 彌撒後  
 Potluck style + moon cakes 聚餐 + 月餅



## CSJ 項目完結前戶外活動

31/8, 2023 CSJ



八月三十一日，本堂暑期工作計劃成員一同拜訪渥太華主教座堂，再參觀總督府及加拿大國立美術館，整日行程豐富，一眾獲益良多。

Our CSJ interns had a fruitful outing on 31<sup>st</sup> August. We visited the Notre Dame Cathedral, the Governor General's Residence and the National Gallery of Canada. Our CSJ interns acquired a lot from this comprehensive journey for spirituality, history and arts.



## Farewell Blessing to Peter Yang & Maria Cai

All the best to Peter Yang and Maria Cai as they are leaving to settle in Edmonton in September.



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

2018 to 2023

## PASTORAL CENTRE

As at September 3, 2023  
Donation amounted to

截至 2023 年 9 月 3 日  
承諾捐款共達

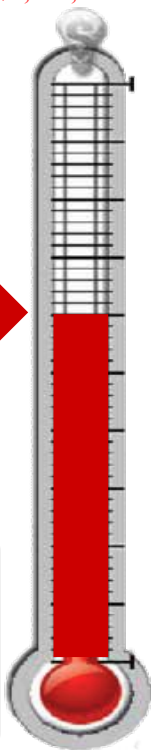
Fundraising

\$594,031.65

### 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.

\$1,000,000.00



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。

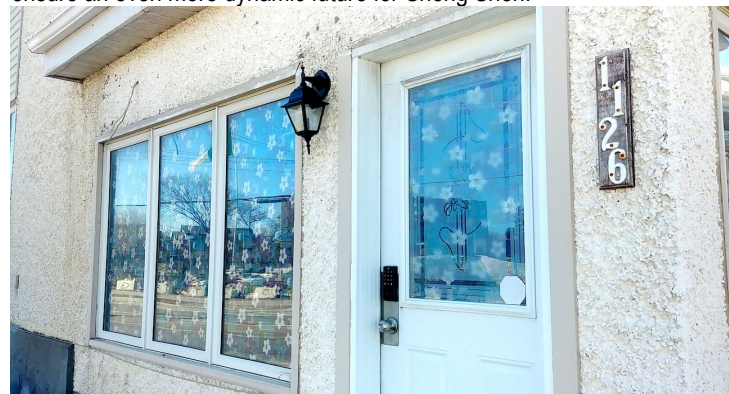
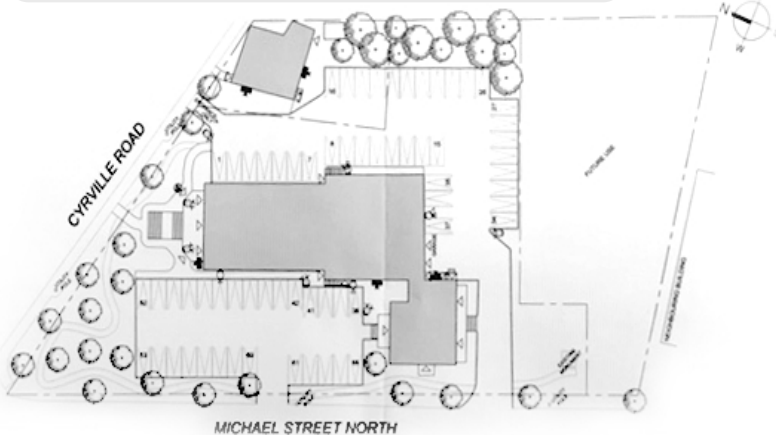
信德園是其中一個重點。在過去數年教友嘗試在聖堂種植各種蔬果。隨著聖堂周圍的維修和改善，我們的義工將和教區及環保組織研究，在我們能力範圍內增添祈禱和改善環境的設施。盼望朋友們熱心參與，打造更美好的環境。

同時我們計劃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 few years. You are encouraged to offer ideas and support.

We plan to apply 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](mailto: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.

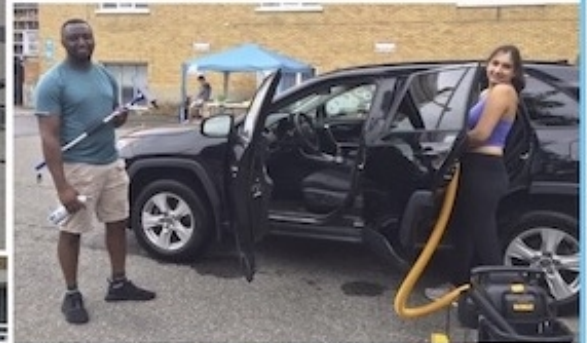
Online donation  
available on the web site of  
Sheng Shen (Holy Spirit) Parish

網上捐款，  
簡單直接，  
方便大家。

# 洗車籌款活動

八月二十五至二十七日，一連三日暑期青年工作計劃的成員在本堂舉行洗車籌款活動，所得淨收入將用作支持「磚獻流芳」(Buy-a-Brick)計劃。由於活動反應良好，堂區義工(Alain Chan, Ceci Chow, 溫麗妮& Jason Ma)在周日更增設港式奶茶及曲奇,和蕃茄義賣,令整個活動倍添色彩。

From the 25th to 27th of August, our CSJ interns held a Car Wash Fundraising Campaign. The net income from this activity will be used to support our Buy-a-Brick Campaign. With favourable response to our Car Wash Event, our volunteers Alain Chan, Ceci Chow, Mrs. Lee Ming and Jason Ma joined in to provide HK Style Tea and Cookies, as well as Tomatoes Charity Sale on Sunday.



# 2023.08.27 after mass Children's Concert 彌撒後兒童音樂會



當日表演精彩，令觀眾們都陶醉其中。The performance of the Brass Quintet was so charming and the audience was so contented.



# 加強志願工作者服務手冊

## Handbook on Volunteerism

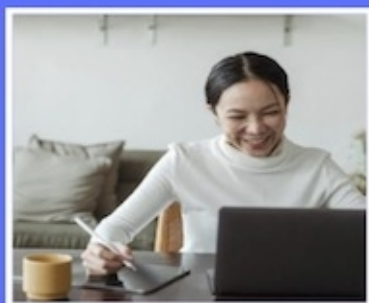
本堂暑期青年工作計劃的學員 Cyril Babalola 已完成加強志願工作者服務手冊，以期招募更多志願人士，參與本堂的事務，以擴展我們的工作團隊。



SHENG SHEN  
CATHOLIC  
CHURCH

1187 Michael St, Ottawa,  
ON K1J 7T2

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



# VOLUNTEER HANDBOOK

WELCOME

*Designed by Cyril Babalola*



## Sunday Masses



Cody Huang  
Volunteer Certificate





# Mona Fortier 國會議會到訪聖天主堂

國會議員 *Mona Fortier* 在八月二十二日親自到訪本堂區，與暑期青年工作計劃的各個成員傾談並共晉午餐，期間 *Mona* 對計劃成員深表讚賞，感謝她對本計劃的鼎力支持，在提供真知灼見之餘，亦在申請政府撥款方面給予不少助力。

*We are so glad that MP Mona Fortier visited our parish on 22nd August. She had a meeting and lunch with our CSJ interns. During the meeting, she praised them for their enthusiasm for social service. We appreciate her support of our program and applying for government funding.*





# After School Program (ASP)

## 課餘活動

(music/ maths tuition/recreation activities/ reading club..)

堂區計劃籌組課餘活動，期望可以讓教友可以善用餘暇，學習不同的技能和興趣，讓生活更加豐富。各教友如有任何意見或提議，請隨時電郵至：

[ASPsspcoffice@gmail.com](mailto:ASPsspcoffice@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 opinions or suggestions on ASP, please send emails to the address below and let us know.

[ASPsspcoffice@gmail.com](mailto:ASPsspcoffice@gmail.com)



### 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)

#### 會員 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)  
孫擘梅 Maria Sun

#### 出席 In attendance:

鄧鉅振 Thomas Tang (建設 Project Manager)  
羅靜如 Angelina Lo (行政 Administration)  
陳麗珠 Linda Chan  
杜光智 Brian To (Finance Team)  
鄭宏釗 Hongzhao Zheng (Finance Team)

#### 行政義工小組

羅靜如 Angelina Lo (Coordinator)	呂永恒 Keith Lui
陳淑芬 Cecilia Chow	胡偉雄 Alex Wu
司徒惠良 Fred Szeto	Patient Bahizire
杜光智 Brian To	范浩泉執事 Deacon Peter Fan
鄭宏釗 Hongzhao Zheng	(牧民統籌 Pastoral Coordinator)
黎銘賢 Boris Lai	

#### 信仰培育 Christian Education

梁增仁神父 Fr. Stephen Liang (司鐸協調 Priest Moderator)  
范浩泉執事 Deacon Peter Fan (執事牧靈協調 Deacon Pastoral Coordinator)  
羅德偉神父 Fr. Lodewicus Barnard  
羅靜如 Angelina Lo  
杜光智 Brian To  
鄭宏釗 Hongzhao Zheng  
農正心 Lydia Nung  
黃懿婷 Christine Wong

#### 關愛 Christian Service

羅靜如 Angelina Lo  
劉湘貴 Gloria Kung  
羅翠貞 Helena Wong  
區兆樑 Raymond Au  
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

### 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)  
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)

#### 禮儀 Liturgy

黃金霞 Teresa Szeto (Sacristy)	古媽珊 Serena Tsang	段安林 Dennis Duan
李利 Li Li (Lectors)	曾慧潔 Gladys Wong	陳潔華 Jennifer Yeung
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
龍桂棠 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
羅翠貞 Helena Wong	王芬芬 Louisa Wong	陳小喬 Rosa AuYeung
溫麗妮 Lai Nai Wan	叢英 Catherine Au	劉湘貴 Gloria Kung
江美珍 Connie Kam	歐慧賢 Linda Au	葉敏華 Anita Cheung
曾兆祺 Leonard Tsang	段曹正心 Carol Duan	龍映如 Baylie Lung

#### 團體生活 Community Life

歐慧賢 Linda Au (Coordinator)	張貴鳳 Jessica Cheung	李溫麗妮 Lai Nai Wan
陳淑芬 Cecilia Chow	謝夢儀 Julianna Tse	段曹正心 Carol Duan
陳勒秋 Alain Chan	葉敏華 Anita Cheung	農大鈞 John Nung
陳小喬 Rosa AuYeung	黃振方 James Wong	農李美玲 May Nung
張小雲 Xiaoyun Zhang	羅翠貞 Helena Wong	周健明 Gary Chow
李利 Li Li	陳潔華 Jennifer Yeung	王芬芬 Louisa Wong
孫擘梅 Maria Sun	陳利爵 Richard Chan	陳瑞平 Sunny Chan
黃曉輝 Teresa Wang	陳麗珠 Linda Chan	劉秀英 Christina Fan

Every Thursday  
online Rosary



LET US PRAY  
TOGETHER



每星期四網上玫瑰經

Outstanding Volunteer Award



John Nung and Cecilia Chow have received their well deserved Outstanding Volunteer Award for the month of August. Thank you for their contribution to our Parish.



團體消息 Announcement

1. 教友如欲為親友奉獻彌撒，請填寫申請表交回堂區辦事處。費用 \$15 放進信封，信封面註明奉獻彌撒日期及付款人姓名。
2. 堂區已向生命恩泉機構訂購 2024 每日聖言中英文版。書籍大約十月份完成印刷工作。已報名訂購者請與 Fred Szeto 聯絡付費。
3. 教友如欲訂購香港出版的 2024 公教月曆，請向 Fred Szeto 報名，以便預早安排訂購。
4. 中秋佳節，本堂將於 10 月 1 日（星期日）彌撒後（下午 12:30）舉行追月聚會，歡迎教友踴躍參加。



信德園：  
果實累累

第二期

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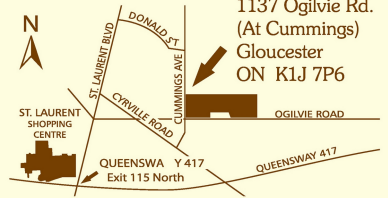
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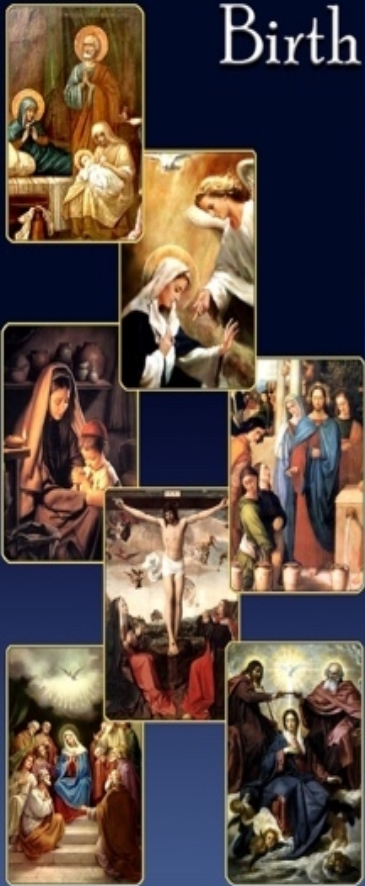
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# Birth of Mary: A Purpose



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