



# 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: ottawachinesecatholic.org



## 2020年7月份堂區通訊



### Priest Moderator

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

### Deacon Pastoral Coordinator

范浩泉執事 Deacon Peter Fan peter@fan.com

### Administration Team

羅靜如 Angelina Lo angelina.cy.lo@gmail.com

莫淑蘭 Suk Lan Mok

黃庭光 Bosco T.K. Wong

司徒惠良 Fred Szeto frederick.szeto@gmail.com

周陳淑芬 Cecilia Chow cecechow@gmail.com

蔡蕾 Cai Lei ease4.0123@gmail.com

### 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 10:30am

### 青少年活動 Children/Youth Activities

星期日上午十時半 Sunday 10:30am

### 兒童禮儀 Children Liturgy

星期日上午十一時半 Sunday 11:30am

### 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 10:00am-12:00pm

### 惠捐支票抬頭 Please make all cheques payable to:

"Sheng Shen Chinese Catholic Community"

### Weekday Mass

#### / Liturgy of the Word

All liturgies in English & Chinese

**Tuesday-Friday 12:00 p.m.**

**Saturday 01:00 p.m.**

### Sunday Mass

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

In addition:

Third Sunday of the month:

**9:30 a.m. (English)**

平日感恩祭

星期二至星期五中午十二時正

星期六下午一時正

主日感恩祭

星期日早上十一時半

另加: 每月第三星期日

早上九時半 (英語)

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Tel: (613) 747-2080



**O**ur First post lock down mass was held on Sunday, June 21, at the usual time of 11:30 a.m. For the time being, our regular Sunday Mass will continue to be held at 11:30 a.m. On the third Sunday, English Mass will be held at 9:30 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-中社區開放第二階段首台彌撒已於六月二十一日(星期天)如常在上午十一時半舉行。目前我們每星期天的主日彌撒仍是照常在上十一時半舉行, 每月第三個星期天英語彌撒則在上九時半舉行。

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。



## 為新冠狀肺炎病毒疫情祈禱文

創造的主, 求祢派遣聖神,

啟發人們研發針對新冠狀肺炎病毒的醫治方法和疫苗。

讓魔鬼憎恨人類的計劃, 無法得逞。

讓眾生看到祢的大能和慈悲, 光榮祢, 讚美祢。

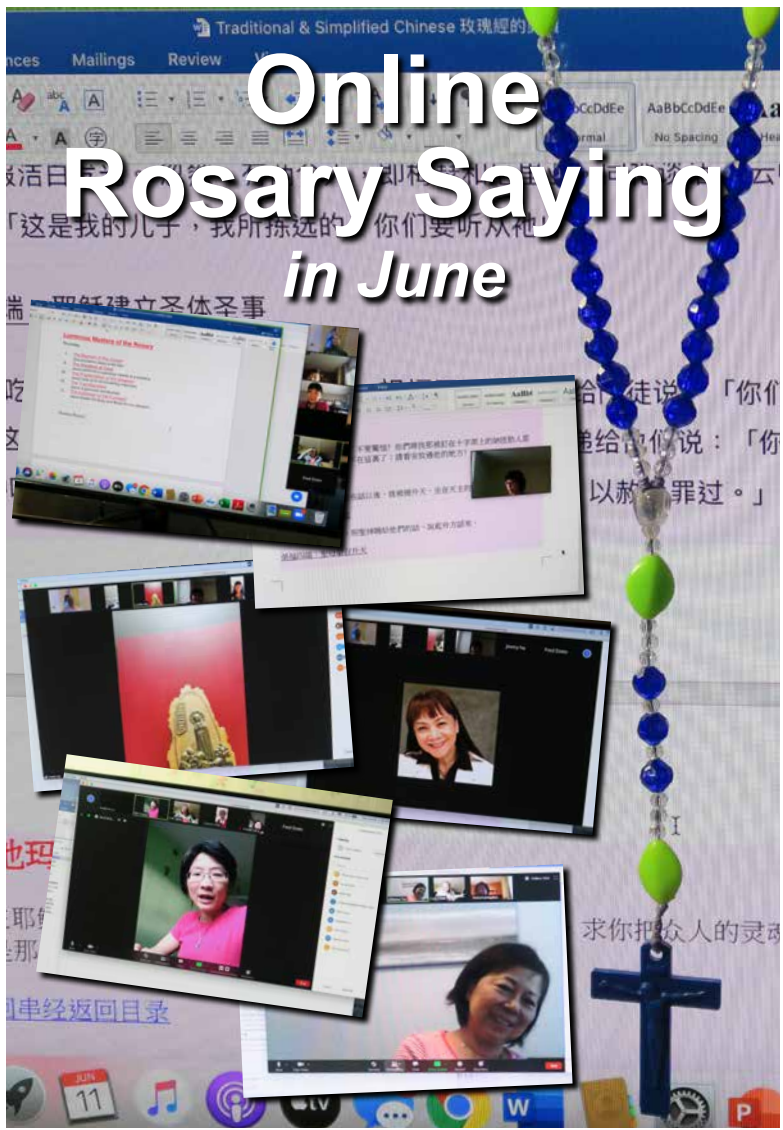
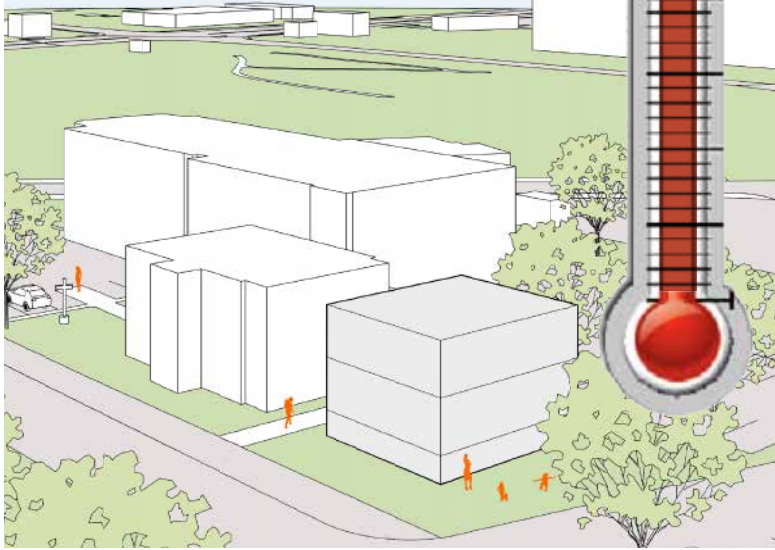
因為祢是永恆的造物主, 永生永王。阿們。



截至2020年7月5日  
承諾捐款共達  
**BUY-A-BRICK**  
Pledged Fundraising  
As at July 5, 2020  
donation amounted to

**BUY A  
BRICK  
PLEDGE**  
Fundraising

**\$252,801.13**



# Online Rosary Saying in June

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.

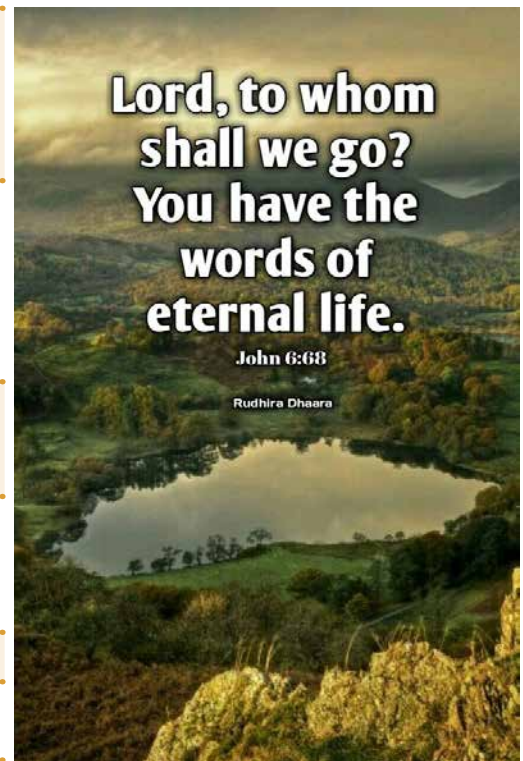
此通訊只刊登堂區主辦的活動及有關資料。內容由行政事務管理決定。

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。查詢可與范執事聯絡。



**Lord, to whom  
shall we go?  
You have the  
words of  
eternal life.**

John 6:68

Rudhira Dhara



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

# 教宗方濟各七月份祈禱意向 Pope Francis's Prayer of Intention for July 2020

總意向: 為我們的家庭祈禱

願今日的家庭常有愛, 尊重和忠告相伴隨。

Universal: Our Families

We pray that today's families may be accompanied with love, respect and guidance.

## PASTOR'S MESSAGE

梁增仁神父 Rev. Fr. Stephen Liang M.D. Priest Moderator

JULY 12, 2020 15th Sunday in Ordinary Time

"Some [seed] fell on rocky ground, where it had little soil. It sprang up at once because the soil was not deep, and when the sun rose it was scorched, and it withered for lack of roots. Some seed fell among thorns and the thorns grew up and choked it. But some fell on rich soil, and produced fruit, a hundred or sixty or thirtyfold."

Matthew 13: 1-23

The parable of the sower challenges us to check the "thinness" of the soil in our hearts that results in our faith withering in the noonday heat; the "rockiness" of self-centeredness and avarice that prevents God's "seed" of generosity and peace from taking root in us; the "thorns" of bigotry and self-righteousness that "choke" the possibility of providing for the poor, healing the broken, lifting up the fallen. Our own response to the coronavirus is a good measure of the "richness" of our faith and its potential for the "seed" of God's Word to take root and realize in our lives the harvest of justice and compassion that is the Kingdom of God.

An encouraging word, a kind act, a moment to listen can all result in a harvest of hope we cannot imagine. Jesus challenges us in the parable of the sower to be both sower and seed: If we seek peace, have we planted the seeds to realize such peace? If we seek trust and understanding, have we cultivated the ground to nurture such trust? If we seek a loving and giving family life, have we created the climate of acceptance and forgiveness that makes such love and understanding possible? Christ calls us, as his disciples, to be sowers of the things and values of God in order to one day reap the harvest of God's reign.

七月十二日 常年期第十五主日

「撒種有的落在石頭地裡, 那裡沒有多少土壤, 因為所有的土壤不深, 即刻發了芽; 但太陽一出來, 就被曬焦; 又因為沒有根, 就枯乾了. 有的落在荊棘中, 荊棘長起來, 便把它們窒息了. 有的落在好地裡, 就結了實: 有一百倍的, 有六十倍的, 有三十倍的.」

瑪: 13:1-23

撒種的比喻挑戰我們測量一下心中的信念, 是否如稀薄的土壤, 不能抵擋烈日而凋謝; 又我們鐵石心腸般的自我和貪婪, 阻礙了天主撒種的寬容與平安在我們內扎根; 或我們的固執自以為是窒息了我們照顧貧困者, 治療心靈破碎者和失落者的機會。

我們對現今疫情的回應正好反映了我們信仰的深度和天主聖言在我們生命裡種下的根實: 天國的正義與仁愛。

有時一些安慰的說話, 一個關懷的行動, 片刻的聆聽都會達成意想不到的希望. 基督以撒種的比喻挑戰我們做撒種者及種子: 如果我們尋找平和, 我們可有撒下平和的種子? 如果我們尋求信任與諒解, 我們可曾培養滋潤這互信的基地? 如果我們渴望互愛互讓的家庭生活, 我們可有以接納寬恕的心態締造一個培植愛與諒解的家庭氣氛? 基督召喚祂的信徒撒播天主的價值與訊息, 好能他日收割天國的喜樂。



# 羅德偉神父晉鐸及首祭

## The Ordination of Fr. Barnard S.J. and offering his first Sunday Mass at Sheng Shen

羅德偉神父在六月二十九日於渥太華主教座堂晉鐸，由 Prendergast 總主教主持。並於七月五日在我們聖神天主堂奉獻主日首祭。Prendergast 總主教、梁神父和四位耶穌會神父共祭。我們也藉這主恩廣被的時刻向Prendergast 總主教表達深切的謝意，多謝他多年來的關懷和照顧。更把現有的聖堂交托給我們。為我們造就長遠發展的條件。我們聖神天主堂同仁，深深感謝天主的照顧和恩澤。

Deacon Barnard was ordained by Archbishop T. Prendergast S.J. as a Jesuit priest on Monday, 29th June, 2020 at Notre Dame Cathedral, Ottawa. On 5th July, Fr. Barnard offered his First Sunday Mass at Sheng Shen, with Archbishop Prendergast presiding and Fr. Liang and 3 other Jesuit priests con-celebrating. We also took this opportunity to thank Archbishop Prendergast S.J. for caring for Sheng Shen in more than 13 years, even offering us immense opportunities of development through giving the current church and grounds to our Parish. For all these blessings from the good Lord through the Archbishop and the Diocese, we are deeply grateful.



### 團體消息 Announcement

1. 堂區彌撒現時只在每個星期天上午十一時三十分舉行。其他夏季社交及宗教活動暫時停辦。
2. 在此堂區關閉期間，我們透過 Zoom 每星期四晚上七時三十分在互聯網平台作群體誦念玫瑰經，祈求疫症早日結束，並為其他需要祈禱。歡迎大家向范執事報名參加。



# THINGS THAT I LEARN FROM COVID-19



There are lots of things that are happening in this world  
We are restricted to go out our houses  
And because of this, I realized something important  
It's humbling to know that God reminded us of the things that  
We can't do as humans.

In life, there are important things that we can't control,  
And Covid-19 is the one of the best example.

But despite of this fact, we are always assured that  
God will continue to protect us.

Sometimes, we need to be reminded that God is God after all.

I also learned that when crisis happens, the true position of  
Every human is exposed.

It simply gives us a humbling message that without God we are simply nothing.

People who are rich no longer boast their wealth in front of others  
Because we are all required to stay inside our home.

That made me conclude that the true rich people are not those who have a lot of money  
But they are people who still manage to be grateful despite of the crisis we are  
going through.

Because they simply find their contentment with the people they are with  
And not on earthly things.

I also learned that there are a lot of heroes in this world.

They are those who are willing to sacrifice their lives to save those who are sick.

They didn't treat their work as a profession  
But it's their devotion to save every people in their nation.

I also learned that in times of crisis, our faith will surely be tested.

But that doesn't mean we will be defeated.

It simply means that sometimes we need to get through these trials for us to be  
equipped on the things that will happen next  
It's also the time to ponder about things that's going on in our lives lately.

Who are you before this pandemic happened?  
What's going on in your mind before this crisis?  
Are you also earnestly praying to God before all these things happened?  
Who is God in your life?  
Are we doing our best to connect ourselves to God before Covid-19 in the scene?  
May be this is the time to reflect about our lives.

May be at this point of time, God is teaching us something important.

Something that this world can never offer to us  
Only God can give us lasting peace.

He alone can satisfy the thirst that we feel inside.

And not the things of this world.

His love alone can heal the brokenness in our hearts.

He alone can restore our past.

And in Him we can always be secured  
I pray that after this people realize that  
God deserves Everything. And without Him  
We are simply Nothing.

## PRAYER FOR GOOD HEALTH

Dear God, I entrust to you my health concerns,  
And I ask for your healing.

I know you love me and care for me.

I know you have prepared a place for me  
in your Kingdom.

I pray in faith and confidence in your power  
to heal,

And may my life in health or sickness

Be used to bring you the greatest glory  
according to your will.

St. Francis Xavier, through your powerful  
intercession,

Please pray to God for the healing I seek  
(and a cure for COVID-19).

Amen.

## 參予彌撒注意事項:

- 請務必自行帶上個人口罩。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。

## Please pay attention to the following when coming back for Mass:

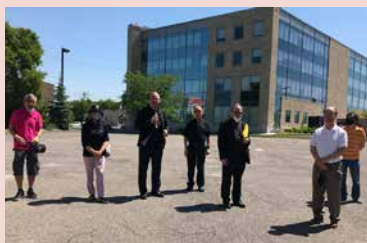
- wear your own personal mask. In case you need supply from the parish, kindly offer a small donation;
- clean your hands with sanitizer at church entrance;
- follow the lead of our ushers and take your seat as labelled;
- keep the 6 ft./2 metres physical distance with others, and avoid crowd gatherings/ 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.



## Archbishop Marcel Damphousse had an impromptu visit to our Parish 新任總主教 Marcel 訪問我們堂區

在六月二十日, Archbishop Marcel Damphousse 新任總主教在輔理主教 Bishop Guy Desrochers 陪同下來看望我們堂區並和梁神父、牧靈、財務、發展等各方面的負責教友詳談我們堂區的發展。主教對我們的關懷, 我們衷心銘感。盼望在這信德和友愛的基礎上, 我們為教會的長遠發展共同努力。

Archbishop Marcel Damphousse, accompanied by Auxiliary Bishop Guy Desrochers had an impromptu visit to our parish on June 20. The visit helped to build our relationship with the new Archbishop and lay the foundation for joint efforts for the future development of the Church.



## Meeting with Ivo Valentik Senior Project Manager of Diocese of Ottawa

### Pastoral Center 牧民中心進展

我們堂區配合教區的专业指導, 開始計劃牧民中心的圖則初稿及招標事宜。盼望月內落實公佈。冀各位繼續支持, 捐獻及提供意見。



## 6/28 CHURCH REOPENING (2<sup>ND</sup> SUNDAY MASS)



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

團體生活	Community Life	
歐慧賢	Linda Au (Coordinator)	方李美娥 Lucille Fong
陳楚儀	Chor Yee Chan	陳利爵 Richard Chan
陳淑芬	Cecilia Chow	陳麗珠 Linda Chan
陳勳秋	Alain Chan	蔡蕾 Lei Cai
陳小喬	Rosa AuYeung	黎潔儀 Jie Yi Li
張小雲	Xaoyun Zhang	李溫麗妮 Lai Nai Wan
李利	Lily Li	段曹正心 Carol Duan
孫擘梅	Maria Sun	陳志彪 Bill Chan
夏藝耘	Diana Xia	農大鈞 John Nung
黃峰	Teresa Wang	農李美玲 May Nung
張貴鳳	Jessica Cheung	陳瑞朝 David Chan
謝夢儀	Juliana Tse	周健明 Gary Chow
葉敬華	Anita Cheung	李美蘭 Joyce Wong
黃振方	James Wong	王芬芳 Louisa Wong
羅翠貞	Helena Wong	陳瑞平 Sunny Chan
夏少仁	David Xia	劉秀英 Christina Fan
陳潔華	Jennifer Yeung	

關愛	Christian Service	
羅靜如	Angelina Lo	王芬芳 Louisa Wong
劉湘貴	Gloria Kung	張愛蓮 Therese Yuen
羅翠貞	Helena Wong	劉秀英 Christina Fan
區兆棟	Raymond Au	黃金霞 Teresa Szeto
李美蘭	Joyce Wong	熊玉桃 Rosa Hong
溫麗妮	Lai Nai Wan	段曹正心 Carol Duan

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)	
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)	
出席	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)	
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	
甘穎夢	Angela Kam	
馬敘英	Celine Ma	
范浩泉執事	Deacon Peter Fan (牧民統籌 Pastoral Coordinator)	

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)	
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)	
陳勳秋	Alain Chan (維修 Maintenance)	
羅靜如	Angelina Lo (Administration 行政)	
莫淑蘭	Suk Lan Mok (Administration 行政)	
甘穎夢	Angela Kam (秘書 Secretary)	
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 (牧民統籌 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	

**福安福園**  
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可獲 **九折**  
歡迎致電或視像會議  
與我們進行一對一諮詢

全新中式墓園「安福園」現已落成。  
「安福園」特色：

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**祖先也移民**  
我們已移居到一個環境優美，生活安定的加國社會。這時我們有否想到在他方已故的先人或親屬呢？  
我們免費提供文件樣本，手續諮詢，請即來電.....

**LINK ON UPDATING PARISH RECORD**  
[www.ottawachinesecatholic.org](http://www.ottawachinesecatholic.org)

**在線更新堂區個人/家庭資料紀錄**  
教友如欲更新在堂區記錄上的個人/家庭資料，請參閱堂區通訊或到堂區網站  
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<https://goo.gl/pKEV0g>  
Parishioners who wish to update their personal registration at the parish office, please use the update link  
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## 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.



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