



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11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

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謝夢儀 Julianna Tse juliannatse@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"



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

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.



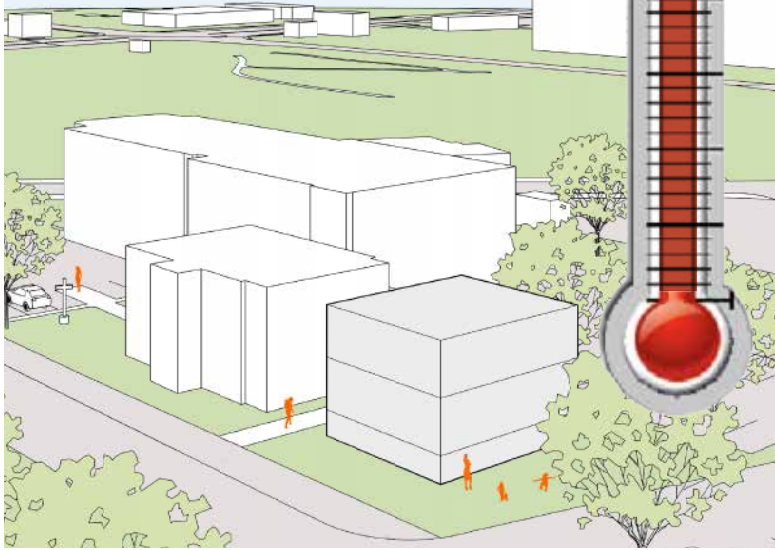
目前我們每星期天的主日彌撒仍是照常在上十時半舉行, 每月第三個星期天英語彌撒則在上九時半舉行。

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

截至2020年11月1日
承諾捐款共達
BUY-A-BRICK
Pledged Fundraising
As at November 1, 2020
donation amounted to

**BUY A
BRICK
PLEDGE**
Fundraising

\$256,451.13



**INSTALLATION OF SURVEILLANCE
CAMERA AND NEW DOOR LOCK**

多謝Alain及李明的不辭勞累
花了數天為堂區安裝了
戶外監視攝影機，
以保衛及加強堂區的安全。



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。



**OCTOBER
ONLINE
ROSARY**



www.facebook.com/pages/Sheng-Shen-Catholic-Parish/501505729860726

教宗方濟各十一月份祈禱意向

Pope Francis's Prayer of Intention for November 2020

總意向: 為人工智能祈禱

願機器人及人工智能的發展, 總是以服務人類為目的.

Universal: Artificial Intelligence

We pray that the progress of robotics and artificial intelligence may always serve humankind.

PASTOR'S MESSAGE

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

November 8, 2020 32nd Sunday in Ordinary Time

"The kingdom of heaven will be like ten virgins who took their lamps and went out to meet the bridegroom. Five of them were foolish, and five were wise. The foolish ones, when taking their lamps, brought no oil with them, but the wise brought flasks of oil with their lamps..."

Matthew 25: 1-13

Jesus' parable of the foolish bridesmaids is often played out in our lives when we realize too late that our "lanterns" are empty of the "oil" of responsibility, gratitude, generosity, justice. Our inability to place the common good before our own, our failure to see how our actions affect others, our refusal to accept responsibility for one another extinguishes the light of hope that we thought would never go out. There's so much we want to do with our lives, but the struggle to make a living derails us from making a life, a life that is centered in the love of family and friends, in an awareness of God's loving presence in our midst, in a yearning to contribute to the greater good of all. Christ warns us not to fall into the trap of the five "foolish" bridesmaids who squander their time before bridegroom's arrival, but to embrace the wisdom of the five "wise" bridesmaids, trimming our "lamps" with the "oil" of mercy, generosity and forgiveness in the precious time we have until Christ's coming.

Time is a gift that God gives us through which we might come to discover God and the things of God. Too often we fall into the mindset of the five "foolish" bridesmaids of today's Gospel: We carry on convinced that there will always be enough time "later" to make our lives what we want them to be and that there is an unlimited amount of "oil" in our lamps to make it all happen. Today's Gospel calls us to see our lives as a wonderful gift from God — but a gift that is preciously short and fragile. Jesus calls us to realize that now is the time to seek the compassion and peace of God for ourselves and for those we love, while our lamps are filled with God's **wisdom and grace**.

十一月八日 常年期第三十二主日

「天國好比十個童女, 拿著自己的燈, 出去迎接新郎. 她們中有五個是糊塗的, 五個是明智的. 糊塗的拿了燈, 卻沒有隨身帶油; 而明智的拿了燈, 並且在壺裡帶了油...」
瑪 25: 1-13

當我們在現實生活上後悔沒有盡力擔當責任, 感激謝恩, 慷慨待人和履行公義時, 正如耶穌講述的童女. 如果我們理所當然地高舉個人利益, 不認清個人的行為給予別人的影響, 拒絕互相承擔責任時, 我們自以為是的永恆之光就會熄滅. 我們都渴望生命多姿多彩, 願望成真, 但生活的重擔往往難倒我們, 使我們未能以愛對待家人與朋友, 不能感受主的臨在和貢獻大眾. 耶穌提醒我們不要像那五個等待新郎的愚蠢童女般浪費時間, 卻要效法那五個精明聰敏的童女, 在等待基督來臨前, 善用生命寶貴的時刻, 以慈悲, 仁愛和寬容滿載我們生命的油燈.

時間是天主的恩賜, 好讓我們能認知及感受天主與祂的奧秘. 很多時候我們的思維與福音比喻中愚蠢的童女一樣: 我們深信稍後必有足夠時間去達成願景, 和總有充沛的資源完成人生大計. 今天的福音喚醒我們認清生命是天主賜與的珍貴禮物, 但這卻是脆弱和短暫的. 這刻當我們正蒙受主的智慧和天恩時, 應是我們既為自己, 及我們所愛的人尋求天主仁愛與平安的良機.

HAPPY 70TH BIRTHDAY, FRED!



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 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'S MESSAGE

October 30, 2020

Pastoral Year Theme: Christ Is Everything for Us



All Saints (Fra Angelico)

The Month of November and Prayers for the Faithful Departed

In light of the many deaths due to Covid-19 or during the pandemic and with the restrictions on traditional visits to cemeteries, the Vatican's Sacred Penitentiary has extended the possibility of obtaining a plenary indulgence for oneself or someone deceased from the usual November 1-8 to the whole month of November. The attached article explains this in further detail.

Remembering in November Deaths in Time of Covid-19

It is recommended to parishes that one or more Masses in November—the month devoted to the Faithful Departed—be dedicated to prayers for those who died in this pandemic period and whose deaths and funerals were celebrated only in a limited way. Of course, mention should also be made of those who died of the Corona virus. The second reading of the Mass of the 32nd Sunday in Ordinary Time (November 7-8) from 1 Thessalonians 4.13-18, which says we disciples of Jesus should not grieve as those who have no hope in the resurrection, offers an opportunity to speak of this.

Decree extends indulgence for the faithful departed throughout November

The Apostolic Penitentiary announces modifications to the Plenary Indulgence for the deceased during the month of November.

Plenary Indulgence during month of November

Due to the coronavirus pandemic and the need to avoid large groups from forming where prohibited, the Plenary Indulgence applicable to the deceased by those who visit a cemetery has been extended beyond the normal dates of 1 to 8 November. This year, the indulgence can be obtained by anyone who visits a cemetery, even if only mentally, on any day in November, and devoutly prays for the faithful departed.

Plenary Indulgence for Feast of All Souls' Day

Regarding the Plenary Indulgence attached to All Souls' Day, 2 November, this year, it can be obtained not only on the preceding or succeeding Sunday, or on the actual Feast day, but on any other day of the month chosen by each member of the faithful. In this case, the indulgence is obtained by "devoutly visiting a church or an oratory", along with the recitation of the Our Father and the Creed, and the other requirements associated with a Plenary Indulgence.

The homebound

For anyone who cannot leave their home for various reasons, including anti-Covid restrictions, they too can obtain the Plenary Indulgence by "uniting themselves spiritually to other members of the faithful". In this case, the condition of being "completely detached from sin" and the intention of completing the other requirements for obtaining a Plenary Indulgence remain. These conditions are Sacramental Confession, reception of Holy Communion and a prayer for the Holy Father's intentions.

The Decree suggests that such prayer take place before an "image of Jesus or the Blessed Virgin Mary". Among the various prayers that are recommended are "prayers for the deceased, Morning or Evening Prayer from the Office of the Dead, the Rosary, the Divine Mercy Chaplet, meditating on various Gospel passages proposed for the liturgy of the Dead, or completing a work of mercy by offering to God the suffering and discomforts of one's own life".

THE HOLY FATHER'S WORDS ON CIVIL UNIONS

As has happened before, Pope Francis' comments on helping those with same-sex attractions to be treated with compassion and even that gay relationships be recognized civilly have provoked strong reactions pro and con. I encourage you in addressing this matter with the faithful to avoid the extremes of either seeing this as a bold new move (it isn't as he has spoken before on these matters and he isn't changing the Church's teaching on marriage) or as a heretical move (the Church's magisterium is not formulated in sound bites in a documentary). Let's keep the Holy Father in our prayers, along with any who are struggling with this news.



頒賜全大赦予煉靈

宗座聖赦院因應疫情頒布之新法令

因應今年的疫情，宗座聖赦院於2020年10月22日頒布新法令。規定如下：



於11月內的任何一天，親身或心神前往墳場為亡者祈禱，可求全大赦



於11月內的任何一天，前往聖堂或小堂誦念《天主經》及《信經》為亡者祈禱，可求全大赦



長者、病人及基於嚴重原因不能離開家居者，可自行以合適的方式為亡者祈禱（如念晚課或玫瑰經等）以代替上述指定善工。

為給煉靈求全大赦，必須履行上述任一善工，並滿全以下條件：



棄絕對罪惡（包括小罪）的任何依戀



辦妥告解



善領聖體



為教宗意向祈禱



教區教理培育委員會

2

All Souls' Day · 追思亡者日
November 2 2020

慶祝聖神天主堂 六十五周年



COMMON HUMANITY: 共同人類
聖神才藝共享

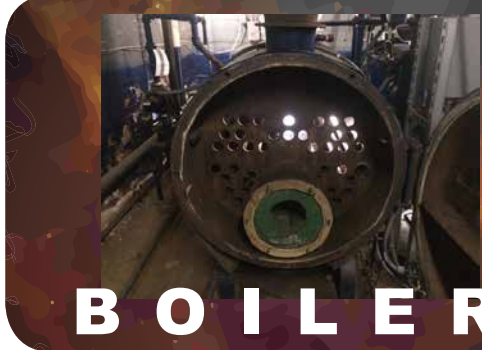
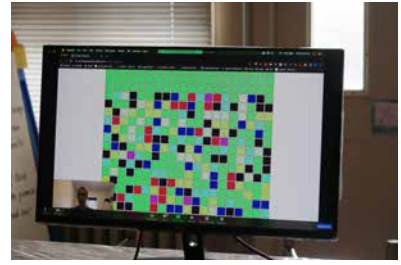
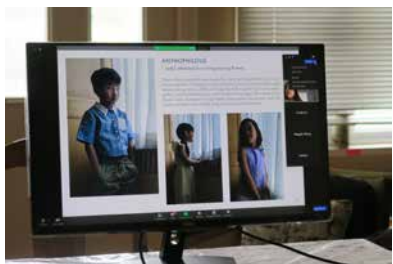
記得登記
電子郵件

十月三日
2PM-4PM

欣賞活動視頻

ssccyouth20@gmail.com

票價:
活動全程
不收費



BOILER REPAIR WORK



WORSHIPPING GOD ON SUNDAYS

Baptism of Ze Feng Wang 3/10

羅德偉神父在十月三日為青年王澤楓(Ze Feng Wang)洗禮



團體消息 Announcement

1. Youth Group's "Spirit Weekend" to be held every third Saturday-Sunday of the month.
2. 十一月十五日主日感恩祭將有第二次奉獻，為支持加拿大的傳教事工。
3. The Archdiocese's Communication Committee has been working extensively on coordinating several media (website, weekly notices etc). The hope is to launch the new website shortly. You can view the "working model" at www.archoc.ca



Congratulation
to Grandparents
陸慧卿/林錦葵
for the birth of granddaughter





Baptism of Grace & Stephen Ha 4/10

梁增仁神父在十月四日主日
感恩祭後譚麗娟(Grace Ha)
夏瑞榮(Stephen Ha)洗禮





18/10
THIRD SUNDAY
9:30 A.M.
ENGLISH MASS





**歡迎新加入
聖教會大家庭**

2020



聖神天主堂
Sheng Shen Holy Spirit Parish
Community Founded in 1951



Grace Ha 譚麗娟



Stephen Ha 夏瑞榮



Ze Feng Wang
王澤楓

天主保佑

禮儀	Liturgy	
黃翠霞	Rexan Wong (Coordinator)	陳志彪 Bill Chan
李利	Lily Li (Lectors)	馬敘英 Celine Ma
農李美玲	May Nung (Children Liturgy)	龔英 Catherine Au
王治耀	Louis Wang (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
農正心	Lydia Nung (Youth Liturgy)	沈慧珠 Martha Wong
Patient	Patient Bahzire (Youth Liturgy)	陳潔儀 Jennifer Yeung
李美蘭	Joyce Wong (Eucharistic Ministry)	黎潔儀 Jie Yi Li
黃金霞	Teresa Szeto (Sacrists)	黃懿德 Christine Wong
羅翠貞	Helena Wong	黃振方 James Wong
溫麗妮	Lai Nai Wan	陳志雲 Bony Chan
江美珍	Connie Kam	楊建華 Jian Hua Yang
曾兆祺	Leonard Tsang	夏景榮 Jimmy Ha
古嬌珊	Serena Tsang	陳麗珠 Linda Chan
曾慧潔	Gladys Wong	莫淑蘭 Suk Lan Mok
李美玲	Meling Li	黃庭光 Bosco Wong
黃健平	Dicky Wong	陳小喬 Rosa AuYeung
農大鈞	John Nung (Choir A)	劉湘貴 Gloria Kung
陳瑞平	Sunny Chan (Choir B)	葉敏華 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
王芬芳	Louisa Wong	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
陳勒秋	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	Julianna Tse	周健明 Gary Chow
葉敏華	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
陳潔儀	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 Rosa Szeto
李美蘭	Joyce Wong	熊玉桃 Teresa 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	
馬敘英	Celine Ma	
謝夢儀	Julianna Tse	
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)	
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. Lodevicus Barnard	
張彥潔	Agnes Zhang	
羅靜如	Angelina Lo	
夏少仁	David Xia	
陳志彪	Bill Chan	

全新南向安福園

第二期

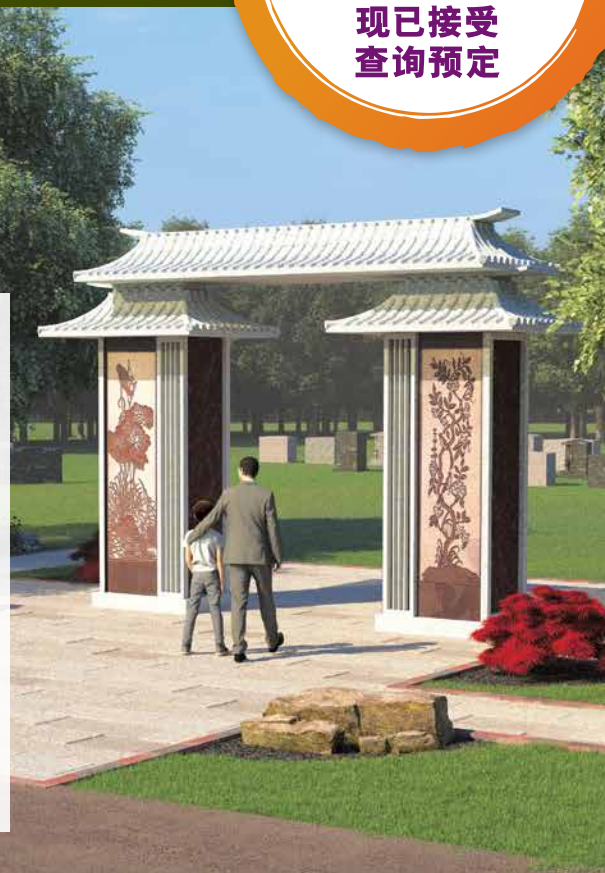
現已接受
查詢預定

理想福地 更多選擇

全新南向安福園第二期將在2021年落成，富有中國元素的秀麗景觀設計，讓先人能在親切的环境中安息。更有傳統中式設計的拱門矗立于入口處，歡迎來探訪的親友。理想福地，勿勿錯過！

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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 de-
sire to receive you into my
soul. Since I cannot at this
moment receive you sacra-
mentally, 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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