



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
Email: inquiry@ottawachinesecatholic.org
Web: ottawachinesecatholic.org



2021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 peterhcfan@gmail.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

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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

Letter from GT21 Committee 加東21委員會

Hello everybody,

The Eastern Canada Chinese Catholic Living Camp (ECCCLC), often referred to as Ga Tung, is an annual retreat held during the Labour Day Weekend. This retreat is intended for Catholic youth between the ages of 17-35 to share their spirituality & to learn more about the Catholic faith.

We're currently hosting an art fundraiser which features pieces such as paintings, drawings, and other crafts. The fundraiser is open from June 10th to July 30th, and the art pieces will be shown through three rounds. To see the pieces available, please visit: <http://www.32auctions.com/GT21ArtFundraiser>.

Registration for this retreat will open on July 2nd and close on August 8th. As the retreat will be mostly held online this year, there will be no registration fees. To sign up please visit: <https://eccclc.ca/registration>. For more information, please visit <https://eccclc.ca> or email gt21committee@gmail.com.

God Bless,
GT21 Committee

大家好,

加拿大東岸天主教華人生活營, 也稱為加東, 是在九月勞動節週末舉行。這個是為了17-35歲的天主教青年分享和了解天主教信仰。

為了支持生活營營運開支, 舉行了網上藝術義賣籌款, 包括繪畫、素描和工藝品等。這個籌款活動由6月10日至7月30日, 所有展出品分三部分展出。請登錄以下網站: <http://www.32auctions.com/GT21ArtFundraiser>。

生活營登記將於7月2日開始, 並於8月8日截止。由於今年的生活營大部分將會在網上舉行, 所以今年的生活營是免收費。如果想報名參加, 請登錄以下網站: <https://eccclc.ca/registration>。如需要更多信息, 可到 <https://eccclc.ca> 或電郵至 gt21committee@gmail.com。

天主保佑,
加東21委員會

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

彌撒已重開,
請按情況來參與。
保重, 主佑。
聖神天主堂。



Dear Sisters & Brothers in Christ,
Blessings to your whole family.
We have resumed celebrating masses in person. Come and join us if the situation permits. Keep safe & well

God bless.
Sheng Shen (Holy Spirit) Parish.

**2018-2022
PASTORAL CENTRE
Fundraising Meter**

As at July 4, 2021

截至2021年7月4日捐款共達

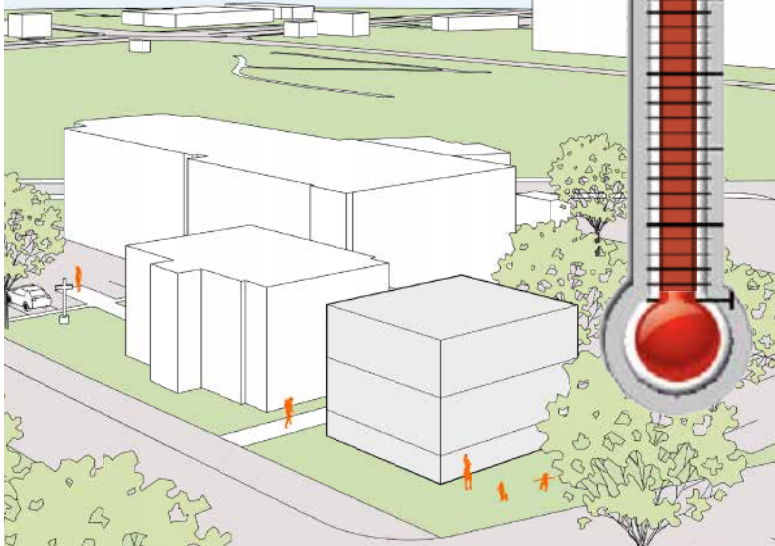
\$750,000

BUY A BRICK PLEDGE

Fundraising

\$362,691.33

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



聖神牧民中心進展順利 Development of the Sheng Shen Pastoral Centre

今年六月，渥太華總主教會同教區顧問團，批准牧民中心建設經費、貸款及免教區稅籌款上限，並和我們堂區推薦的則師簽約。

在主教的聖神降臨節的網上直播彌撒中，我們公佈中心的設計初擬。又積極諮詢各有關人士及樂助籌建中心的捐獻及協助策劃的熱心教友。反應熱烈，捐獻成果令人鼓舞。讓我們繼續努力，為堂區的未來發展打好基礎。在此對各熱心人士，致萬分謝意。

On June 8, the College of Consultors of the Archdiocese of Ottawa-Cornwall officially approved the firm, Build Well to Be Well Inc., to serve as the Architect of Sheng Shen Pastoral Centre and signed the contract with the Firm.

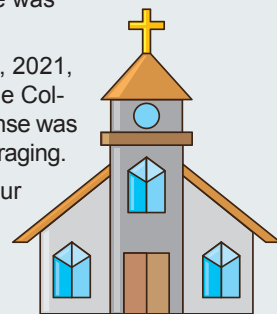
The College of Consultors also approved 1.8 million dollars as the budget limit for building the Pastoral Centre, thereby approving the loan limit of \$900,000 from the Archdiocese.

In the same meeting the College raised the Diocesan Tax Exemption limit for Sheng Shen (Holy Spirit) Parish to \$750,000 (from \$550,000) so that our Parish would be able to raise more funds for repairing the existing facilities and to establish a comfortable cushion of resources for building the Pastoral Centre.

In the celebration of the Pentecost Mass presided by Archbishop Marcel Dampousse, live-streamed on 23rd May, 2021, the Preliminary Design for the Pastoral Centre was presented to all Parishioners.

In a Zoom meeting with donors, on 23rd June, 2021, the Preliminary Design and the decisions of the College of Consultors were presented. The response was fantastic and the ensuing donations most encouraging.

THANK YOU, donors and parishioners, for your enthusiastic support. We look forward to your input both in terms of ideas and personal participation as the building of the Centre proceeds in the next 2-3 years.



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。

積極維修，防患未然

Urgent Repairs to ensure safety and utilization

渥太華總主教會同教區顧問團，批准牧民中心建設經費、貸款及免教區稅籌款上限中，包含維修現有設施。年來堂區已根據需要，維修暖氣系統，鐘樓，階梯，煙囪等設施。現在集中處理聖堂緊急出口和神父宿舍的後方露台。請教友們留意，小心使用。同時呼籲各位出力出錢，協助我們協助堂區把設施及發展計劃做得更理想。

Following the decision of the College of Consultors in June, our Parish starts retrofitting our current facilities in stages.

The first projects of the repairs would include:

- The Balcony at the back of the Rectory and
- The Emergency escape on the side of Mary - Our Lady.

All parishioners are asked to avoid using those exits, unless in the case of extreme urgency. Thank you for your understanding.



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 2021

總意向: 為社會友誼

願我們能在社會、經濟和政治的衝突中，勇敢並熱情的建立對話與友誼。

Universal: Social Friendship

We pray that, in social, economic and political situations of conflict, we may be courageous and passionate architects of dialogue and friendship.

恭喜在疫情中 畢業的朋友

Congratulations to all Graduates & Let's pray for them

在 2020-2021 封關期間，我們堂區剛巧有很多朋友畢業：中學、大學、研究院都有。

堂區同仁一方面為他們高興，也為辛勤培育他們的家人欣慰。我們特別恭喜他們及祈盼他們前程遠大，俊業宏揚。

During these two years of pandemic, 2020-2021, we have a large group of people graduating from different levels, high school, university, graduate school, etc. It is hard not to be able to celebrate with friends and families to the full.

**Graduates, CONGRATULATIONS!
We wish you all a BRIGHT FUTURE!**

Graduates of 2020-2021 in our Sheng Shen community:

- Fr. Barnard 羅德偉神父
- Shobie Lung
- Kasie Lung
- Lydia Nung
- Jonah Nung
- Louis Wang
- 郑宏钊
- Christine Wong
- Patient Bahizire
- 夏晴
- Angela Kam
- Diane Tsang



**And other graduates that we are not aware of.
If you or a family member graduated in this
period, 2020-2021, please tell us.
We love to report the good news and celebrate
with you.**

PASTOR'S MESSAGE

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

16th Sunday in Ordinary Time – July 18, 2021

“Come away by yourselves to a deserted place and rest a while...”
Mark 6: 7-13

Dare we believe that COVID-19 is behind us?

The vaccines seem to be doing their job. Infections, hospitalizations and (most blessedly) deaths are down. Our world and lives are re-opening.

We're starting to feel “normal” again.

Make no mistake: No one wants to go back to being shuttered in our homes, to be terrified of physical contact with loved ones, to spending our days in front of computers and Zoom cameras, to juggling face masks and hand sanitizer.

Many people are still nervous about what a return to ‘normal’ will mean...

There's so much to look forward to in a post-pandemic world: hugs, unmasked faces, gathering in churches and classrooms again. But our worries about how to re-enter the world of classrooms and offices are reminders that the post-pandemic world also looms up as a challenge. As the world re-opens, how will we find our way in it? We have an opportunity to do more than go back to the way things were — a chance, even a responsibility, to do better. How can we rise to it...?

The challenge of the past year and a half required us to live our lives in new ways: a new emphasis on family, less obsessiveness about our jobs and careers, rediscovered gratitude for the simple, ordinary things of life that we had taken for granted. In some ways, this time has been a “deserted place” to recalibrate our lives; it's been a time to rediscover love and friendship, empathy and joy in the things of God. So, while we're happy to move beyond this horrible pandemic, may we continue to preserve the “deserted” places and times it afforded us to escape the demands of our calendars and things-to-do lists in order to re-center our lives in the compassion and grace of God, to hear again the voice of Christ the Shepherd calling us to lives of joyful gratitude and fulfilling service.

常年期第十六主日

「獨自往一處荒蕪的地方休憩一會兒...」

谷: 2: 1-11

你覺得疫情已遠離我們嗎？

疫苗似乎發揮了效能。病毒的感染，住院及死亡數據都感恩地降低。世界與生活也重開。

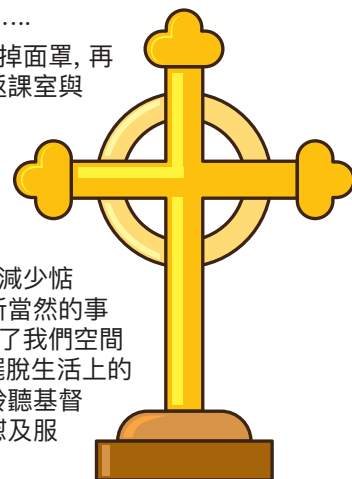
我們也漸回復正常。

無可否認：誰會願意再要被困家中，恐懼與至親保持距離，終日面對著電腦和Zoom鏡頭，不停反覆用面罩與洗手液。

很多人仍然擔心回復正常會怎麼樣.....

疫情後有很多的期望：與人擁抱，除掉面罩，再在教堂和課室重聚見面。但憂慮重返課室與辦公室的心態卻會造成一種威脅。我們如何再溶入重開的世界？我們或有機會比以前做得更好或負起更大的責任，但怎能達到呢？

過去一年半的挑戰令我們要以新的方法更改生活模式：變得注重家庭，減少惦念工作與事業，重新以感恩回應理所當然的事物。在某方面而言，這段時光有若給了我們空間去調校生活；去重拾親情與友誼，擺脫生活上的種種枷鎖而歸向上主的恩慈，重新聆聽基督善牧的聲音，呼喚我們嚮往感恩快慰及服務他人的生活。



信德園參與熱烈，成果美滿

Faith Garden prospers in the middle of the pandemic

在疫情中多個家庭仍熱烈參與信德園的耕作，接近大自然，明認天主造物的奇妙。

感謝以下各位奉獻：

- Thanks to Anita Cheung, Mr & Mrs Lee 李先生太太, 邱亞杰康曉琳闔家 Yajie Qui, Xiaolin Kang & Family, 貞姐 Jing Je, Peter & Christina Fan, the Faith Garden had a most successful beginning of the planting season.

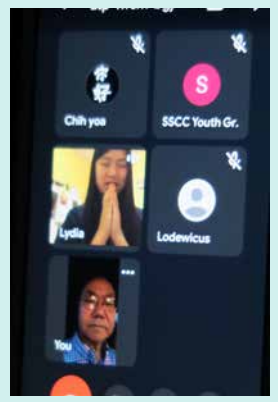
- Thank you for the many people who helped tend the Garden, watering, weeding, etc., especially Fr. Jose. The Garden is already bearing fruit, both in sight and in produce.
- All parishioners are invited to join us in looking after the Faith Garden.
- You are also welcome to harvest and enjoy the fruit of your labor at your own leisure.
- A few photos of the beautiful results are presented in this Bulletin.





SPIRIT WEEKEND ON 19/6

- Thank you to Louis Wang for leading the discussions in the meeting. It was an informative discussion on the topic of Theology of the Body.
 - Louis has kindly shared with participants the takeaways from the meeting as well as videos and slides for you to explore.
 - Main take-aways:
Purity: total gift of self, is related to chastity which is a temperance virtue
- [Link to the slides.](#)
- [Link to the video about Freedom from Ascension Presents.](#)
- [Link to a supplementary video about original sin](#)



God Bless,
The Spirit Weekend Team

The Parish Community appreciate the donation by
Rosa and Adam AuYeung.

THANK YOU sooo much!!





JUNE ONLINE ROSARY PRAYING

PASTORAL YOUTH CENTRE PRESENTATION



HAPPY
75th
birthday! *Peter*

齊煮泰開心

Happy Thai Dining

Thai Phat Phed Neua (辣炒牛肉)

不懼疫情，嚴守規則，通過美食，會友怡情。謝謝各位的努力，結出美滿的成果。讓我們再接再勵。

Thank you, Linda Chan 陳麗珠姊妹 for making the fantastic evening of Thai Fine Dining on 26th June possible.

Ms Chan's superb cuisine and the joyful collaboration of the organizers, the food preparation & presentation, the Zoom technical staff, the publicity, the deliverers, as well as our fervent supporters of the cuisine and donors, made the event most enjoyable.

It is our simple but effective way of confronting the isolation and boredom imposed by the pandemic. We have done a great job collectively.

Together we are one in community spirit. And together we would go far beyond the current situation of pandemic restrictions and get ready for re-opening and fertilizing the grounds of our friendship and fellowship of faith.

We look forward to the next Fine Dining event!!

Cooking Demonstration on Zoom

Preparation



Pentecost coloring by kids

Elena Lavanchy



Esther Lau



Esther Lau



Elena Lavanchy



Elsa Lavanchy



Kyle Liu



Kristen Liu



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。

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.

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
	Louis Wang	歐慧賢 Linda Au
王治耀	(Aitar Server, Youth Liturgy)	段安林 Dennis Duan
龍桂裳	Shobie Lung (Youth Liturgy)	段曹正心 Carol Duan
胡露施	Melissa Wu (Youth Liturgy)	沈慧珠 Martha Wong
農正心	Lydia Nung (Youth Liturgy)	陳潔華 Jennifer Yeung
Patient	Patient Bahzire (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 (Sacrity)	黃振方 James Wong
羅翠貞	Helena Wong	陳志雲 Bony Chan
溫麗妮	Lai Nai Wan	楊建華 Jian Hua Yang
江美珍	Connie Kam	夏景榮 Jimmy Ha
曾兆祺	Leonard Tsang	陳麗珠 Linda Chan
古嬌珊	Serena Tsang	莫淑蘭 Suk Lan Mok
曾慧潔	Gladys Wong	黃庭光 Bosco Wong
李美玲	Melling Li	陳小喬 Rosa AuYeung
黃健平	Dicky Wong	劉湘貴 Gloria Kung
農大鈞	John Nung (Choir A)	葉敏華 Anita Cheung
陳瑞平	Sunny Chan (Choir B)	龍映如 Baylie Lung
司徒惠良	Fred Szeto	甘穎詩 Fiona Kam
黃峰	Wei Huang	王澤楓 Ze Feng Wang
孫曉梅	Maria Sun	張澤哈 Danny Zhang
王芬芬	Louisa Wong	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
孫曉梅	Maria Sun	陳志彪 Bill Chan
夏藝紜	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	王芬芬 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	王芬芬 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	
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. Lodewicus 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

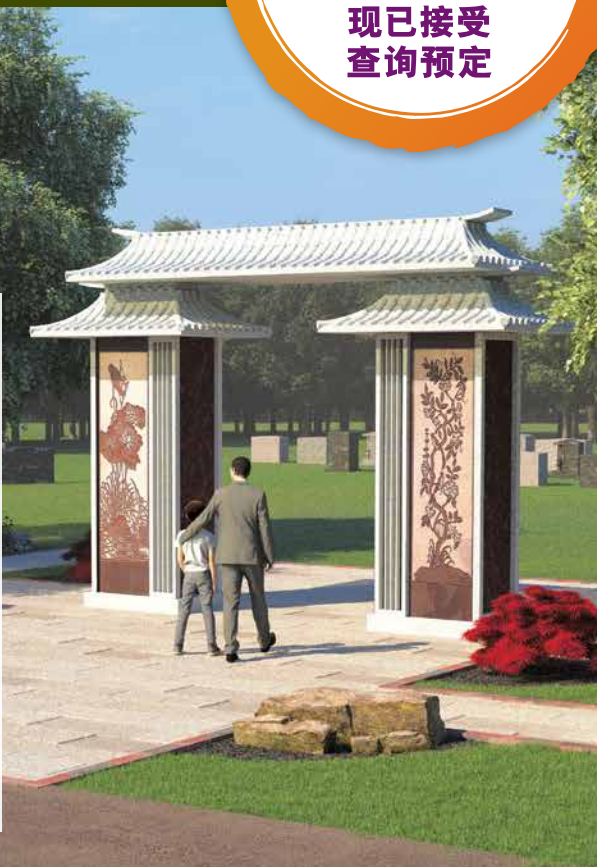
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全新南向安福園第二期將在2021年落成，富有中國元素的秀麗景觀設計，讓先人能在親切的环境中安息。更有傳統中式設計的拱門矗立于入口處，歡迎來探訪的親友。理想福地，勿勿錯過！

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團體消息 Announcement

Spirit Weekend will be on July 17, Saturday from 7-9 p.m.

七月份的 Spirit Weekend 定於 7月17日 (星期六) 晚上七時至九時舉行, 主題是分享

“Examining Relationships through Theology of the Body – Part 2”



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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