



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 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

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

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

諸聖節 (All Saints)

11月1日聖人



靈火天地

今日是「諸聖節」，我們聯同天上所有聖人，一起讚美光榮天主。願我們藉聖人們的代禱，堅強信德，並按照真福八端去生活。

主內弟兄姊妹：
彌撒已重開，請按情況來參與。又周六，十一月廿日及十二月十八日，下午一時，我們在聖堂朝拜聖體，親身或網上參與皆可。朝拜聖體連結如下：
<https://us02web.zoom.us/j/87957866057>
盼望有多一個機會和你共禱，互相支持。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.
Holy Hour in person or online will also resume on Saturday November 20 & December 18 at 1 p.m. Zoom link: <https://us02web.zoom.us/j/87957866057>

God bless.
Sheng Shen (Holy Spirit) Parish.

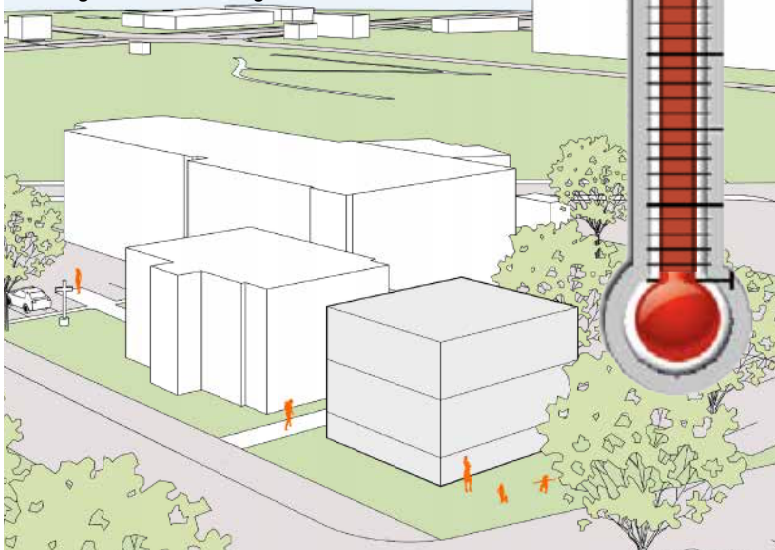
**2018-2022
PASTORAL CENTRE
Fundraising Meter** **\$750,000**

As at September 5, 2021
截至2021年11月7日捐款共達

**BUY A BRICK
PLEDGE
Fundraising**

\$392,608.54

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.



教宗方濟各十一月份祈禱意向

Pope Francis's Prayer of Intention for November 2021

總意向: 為受憂鬱症之苦的人

願所有深受憂鬱症折磨的人能獲得支持, 找到引導他們走向生命的光芒。

Universal: People Who Suffer from Depression

We pray that people who suffer from depression or burn-out will find support and a light that opens them up to life.

PASTOR'S MESSAGE

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

Christ the King ~ John 18: 33b-37 — November 21, 2021

"My kingdom does not belong to this world... my kingdom is not here..."

"Heaven" is realized here on earth when the compassion and generosity that God envisions for God's beloved humanity is lived. We end this liturgical year celebrating the reign of God's Christ — but the Messiah's reign is not a future, cosmic event but has already begun in every town or city, in every home, in every heart. Heaven becomes a reality here and now when we embrace God's vision of humankind as a family made in the image of God, a vision of one another as sisters and brothers, a vision of the world centered in the spirit of hope and compassion taught by the Gospel Jesus. May we be about the work of realizing heaven: to serve God by service to one another, to honour and care for and about one another as fellow citizens and heirs of the Kingdom of God.

普世君王 ~ 若:18:33B-37 — 十一月廿一日

“我的國不屬於這世界....我的國不是這世界的.....”

當天主想像祂深愛的人類世界充滿仁慈與憐愛時, “天國” 已存在世上了. 我們以耶穌普世君王節結束這個常年期---但救世主的統領時期並不只是寄望於未來的宇宙, 卻已臨在每個小鎮, 城市, 家庭及每人心緒中. 當我們接受人類家庭是按照天主肖像的旨意創造, 我們彼此是兄弟姊妹, 及察覺到世界是跟隨基督福音的訓示, 以希望與慈愛為中心時, 天國已實現當前了. 願我們能實踐天國的事工: 彼此互相服務如同事主一樣, 彼此以大家都是天國的公民和繼承人而互相尊重關懷以待.

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”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, (每台奉獻彌撒收費\$15.00), 而堂區辦事處會隨後以奉獻彌撒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。

**十一月份每星期四
頌念玫瑰經**



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

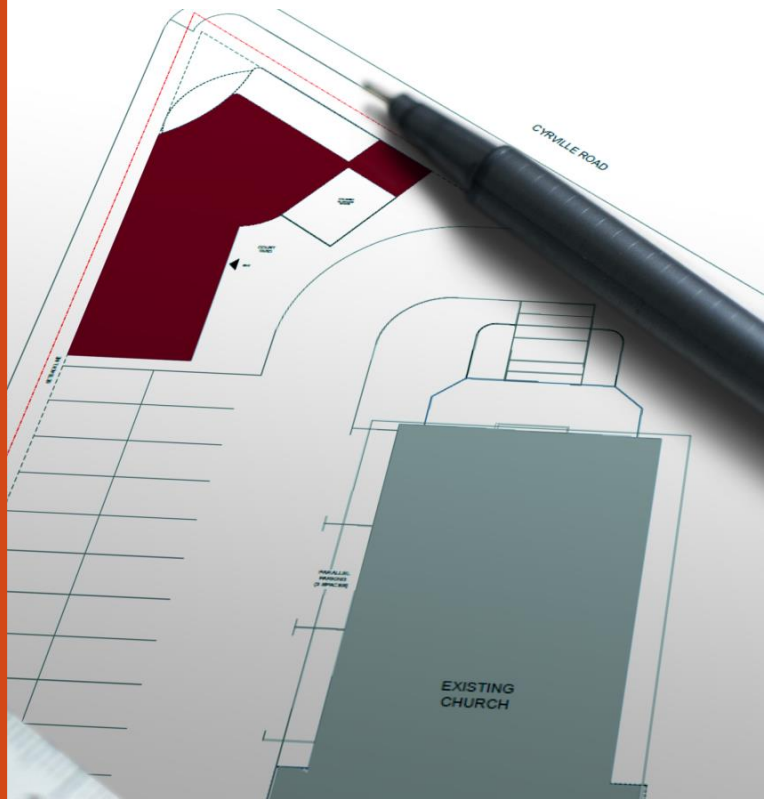
PASTORAL CENTER

SPRING 2022

FUNDS RAISED TO DATE

\$392,608.54 OF \$750,000

THE BUY-A-BRICK CAMPAIGN
IS STILL GOING!



牧民中心籌委會正與則師及計劃監督緊密商討中心圖則。

為推動聖神天主教團體的目標與使命，牧民中心會繼續透過青少年及長者住宿服務與社區活動，強化我們的堂區。

我們極需要你們的協助，向親友推介牧民中心計劃，支持我們在 2022 年春啟動建築工程。

請各位留意在我們月報和網站中的牧民中心簡訊，分享最新發展消息給親友。

Our Project Committee is working very hard with the architects and our project manager to finalize the design of the Pastoral Center.

In line with the original mission of the Sheng Shen Chinese Catholic Community, this Pastoral Center will continue to build and strengthen our parish by hosting residences for youth and seniors and also establish a base for community programs and social support.

With a deadline to break ground in Spring 2022, we need your help to spread the word to your friends and family about this vital project.

Subscribe to the Pastoral Center Project Newsletter to stay up-to-date and share the news easily with your loved ones.

Email

parishoffice@ottawachinesecatholic.org

我們持續提供牧民中心資訊。

請用以上電郵地址聯絡我們，

以便通知最新消息。

to sign up for the Pastoral Center
Project Newsletter

捐款可在堂區網頁或以下

二維碼支持計劃

Donate from anywhere!

Support this project by donating
online via our website or scan the
QR code





團體成立66週年慶祝會

今年十月是我們團體建立的66周年。疫情雖已放緩，我們仍依從安省防疫守則，安排了在十月十七日，彌撒後戶外燒烤慶祝，以策安全。是日陣雨稍過，天氣轉晴。教友們在露天的安全環境下聚首言歡，慶祝周年，真是上主的恩賜。

This year, our faith community celebrates the 66th anniversary of its founding by the MIC Sisters. To celebrate our anniversary, we arranged an outdoor BBQ after mass on October 17. The weather cooperated with partial sunny sky after days of rain. Over 80 people gathered and celebrated in the outdoor safe environment of our parking plaza. It is indeed God's blessings. Thanks be to the MIC Sisters and to God.



聖神牧民中心進展順利

The Sheng Shen Pastoral Centre takes steps to consolidate the Preliminary Design

感謝教區專業團隊的協助我們堂區已和則師和顧問公司簽約，並展開初期工程。盼望可在明年春季動土。我們將持續向教友匯報進展，特別是慷慨助建牧民中心的朋友。謝謝各位的支持，並請留意進度，提供意見。

Following the recommendations of the Archdiocese, our Parish has secured the service of Colliers, Project Leader, Inc., as the Project Manager to work with our architect, Build Well to be Well Inc., in pursuing the next stage of our Pastoral Centre, including such steps as schematic design, site plan, construction documents building permit, etc. We look forward to breaking ground in the Spring of 2022.



好消息

歡迎 Sharon Kan (耿靜慧), Xiaolin Kang (康曉琳), Cheryl Chin (陳穎思) 和 Nelson Kan (甘鈺峰) 加入聖神牧民中心籌備委員會，感謝他們熱心參予籌款、財務及行政事務的工作。

Great Help to the Sheng Shen Pastoral Centre — Welcoming Sharon Kan, Cheryl Chin, Nelson Gan and Xiaolin Kang to the fundraising and management team.



Joyful Snapshots
of Faith Garden 2021
信德園剪影



Archdiocesan Vaccination Policy 教區防疫注射政策

Marcel Damphousse 總主教鼓勵教友接受打防疫疫苗，以減低個人感染疫症的機會，亦能保障即使不幸染上疫症，也能減輕病情，及能減輕醫療系統對住院接受治療需求擴大的壓力。很感恩及多謝教區內教友們在這艱辛期間，仍能本著愛與互相尊重的精神，幫助孤獨及無助的人，並以各式途徑提供主日/平日彌撒與互禱。

以下是 Marcel Damphousse 給與堂區義工的信函：



COVID-19 Vaccination Policy of the Archdiocese of Ottawa-Cornwall for all Volunteers – Phase I

1. PURPOSE

The Archdiocese of Ottawa-Cornwall has adopted this policy to increase the protection and safety of our clergy, employees and volunteers by reducing the transmission of COVID-19 within the workplace. The organization is committed to protecting the health and safety of its clergy, employees, volunteers and the public during the COVID-19 public health emergency.

2. APPLICATION

This policy applies to all Archdiocese of Ottawa-Cornwall and Parishes' volunteers.

Definition

VOLUNTEERS	A person volunteering their time to serve at the Archdiocese of Ottawa-Cornwall or in Parishes or properties owned by the Archdiocese (such as readers, lectors, lay ministers, lay managers and other positions of a similar nature).
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3. TEMPORARY DURATION OF POLICY

This Policy is in effect as of **November 1st, 2021** until further notice. This Policy is intended to be an interim policy of the Archdiocese and therefore the Policy is subject to change according to public health guidance, government regulations and legislation, as determined in the sole discretion of the Archdiocese. The Archdiocese reserves the right to amend the Policy as needed.

4. GUIDELINES

At the moment, COVID-19 vaccinations are not a requirement for volunteering at the Archdiocese of Ottawa-Cornwall or in Parishes, and receiving a vaccination is each volunteer's choice. Given the continuing spread of COVID-19 with new variants, and following public health guidance in Ontario and federally, full vaccination is strongly recommended for all volunteers who serve in the Archdiocese, in order to maintain a safe and healthy workplace. Full vaccination means receiving all recommended doses within the recommended time period of an approved Health Canada COVID-19 vaccine, including the 14-day period following the second or last dose (Full Vaccination).

All individuals are encouraged to be fully vaccinated in order to protect themselves against serious illness from COVID-19, as well as to provide indirect protection to others, including parishioners and visitors at all Archdiocese locations, which includes churches, parish or chancery offices, and cemeteries.

All volunteers of the Archdiocese of Ottawa-Cornwall and Parishes, must continue to use personal protective equipment and abide by the COVID-19 pandemic plan of Archdiocese of Ottawa-Cornwall, whether they have been vaccinated against COVID-19 or not. This includes complying with infection prevention practices, such as handwashing and sanitizing, wearing a mask, and informing management if they experience any symptoms related to COVID-19.

5. TRAINING

All volunteers are encouraged to complete COVID-19 Health and Safety and vaccination education training sessions.

Resources available:

Ask the experts video series: COVID-19 vaccines questions.	https://www.canada.ca/en/health-canada/services/video/ask-experts-covid-19-vaccines.html *Short videos on different questions of less than 2 minutes.
Video series: "My Why" on getting the COVID-19 vaccine (health professionals)	https://www.canada.ca/en/health-canada/services/video/my-why-getting-covid-19-vaccine.html *Short videos of less than 2 minutes.
COVID19 and work: Staying healthy and safe at work during the COVID-19 pandemic.	https://openwh.org/courses/COVID-19-and-work *For individuals interested in having in-depth information for the workplace. Approx. 2 hours.

SUNDAY MASS



9:30 A.M. ENGLISH MASS ON 18/9

We are happy to welcome some 80 members of CCO and their families came to attend our English Sunday Mass on 18 October.



Date: November 10, 2021
To: Parishes, priests and deacons
From: Fr. Dan Van Delst, Chancellor
Re: Congregational Singing – Update to Addendum – WorshipSafe Guidelines

After consultation with others including the ACBO, Archbishop Marcel has approved that congregational singing be allowed again. The other COVID-19 preventative measures are to remain in place including the wearing of a face mask and two-metre physical distancing.

The distancing required of choir between choir members is decreased from 3-metres to 2-metres. The choir members are still to wear masks while singing.

Priests are now allowed to sing the part of the Mass while in the sanctuary when not wearing a mask provided that the required 3-metres physical distancing is observed.

Modification to the Archdiocese of Ottawa-Cornwall Addendum – WorshipSafe Guidelines (August 6, 2021):

1. On page 9: the revised text for the section “Music During Mass” is the following:

Music During Mass

With the other COVID-19 preventative measures in place including facemasks and physical distancing, parishioners attending at Mass are allowed to sing.

A cantor (accompanied by a single instrumentalist) may sing at Mass as long as the cantor is a minimum of 2 m (6 ft) from anyone else while singing.

In a church where physical distancing can be ensured between choir members, then such a choir is possible but only if the choir members are a minimum of 2 m (6 ft) from one another and any other person in the Church.

2. On page 9: the revised text for the section “Liturgy of the Word” is the following:

Liturgy of the Word

The Liturgy of the Word takes place in the usual manner. Masks may be removed for any reading, speaking or sung part of the Mass as long as a three metres (ten feet) distancing is observed.

The Creed is professed and the Prayers of the Faithful are offered. The petitions may be announced by the priest at the chair.

Should you have any questions, please contact the Chancery.

Thank you for your continued cooperation during these challenging days.



All Souls' Day NOVEMBER 2

JESUS, DEAR SAVIOR,
on this day we prayerfully remember all our loved ones who have died. Please give them comfort and hope and may they be at peace, knowing that they will rest in God's arms eternally. Thank You for our memories of them and for the good times we shared. We ask You, please, through their intercession, to deepen our faith, strengthen our hope and increase our love that we, too, may someday stand before You, ready to enter Your Holy Kingdom. Through Your Immaculate Mother, we ask this, in Your most Holy Name,
Amen



多謝 Linda Hardinge 協助
修剪神父宿舍周圍的樹叢。

團體消息 Announcement

十月份開始, 堂區每月一次在星期六下午一時重辦朝拜聖體禮儀, 親身或網上參與皆可。

朝拜聖體連結如下:

<https://us02web.zoom.us/j/87957866057>

日期: 十一月二十日 及重辦十二月十八日

朝拜聖體禮儀 30/10



十月三十日 羅德偉神父在教堂內及網上為我們主持了朝拜聖體禮儀, 解釋了朝拜聖體的意義, 有助我們透過崇拜, 讚頌, 感恩, 祈禱, 福音講導的反思默想, 信友的禱文, 而與基督建立更親密的關係與內心的平安。

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 (Altar Server, Youth Liturgy)	歐慧賢 Linda Au
王治耀	Shobie Lung (Youth Liturgy)	段安林 Dennis Duan
龍桂榮	Melissa Wu (Youth Liturgy)	段曹正心 Carol Duan
胡蕭施	Lydia Nung (Youth Liturgy)	沈慧珠 Martha Wong
農正心	Patience Bahizire (Youth Liturgy)	陳潔儀 Jennifer Yeung
Patient	Joyce Wong (Eucharistic Ministry)	黎潔儀 Jie Yi Li
李美蘭	Teresa Szeto (Sacristy)	黃懿德 Christine Wong
黃金霞	Helena Wong	黃振方 James Wong
羅翠貞	Lai Nai Wan	陳志雲 Bony Chan
溫麗妮	Connie Kam	楊建華 Jian Hua Yang
江美珍	Leonard Tsang	夏景榮 Jimmy Ha
曾兆祺	Serena Tsang	陳麗珠 Linda Chan
古媽珊	Gladys Wong	莫淑蘭 Suk Lan Mok
曾慧潔	Meiling Li	黃庭光 Bosco Wong
李美玲	Dicky Wong	陳小喬 Rosa AuYeung
黃健平	John Nung (Choir A)	劉湘貴 Gloria Kung
農大鈞	Sunny Chan (Choir B)	葉敏華 Anita Cheung
陳瑞平	Fred Szeto	龍映如 Baylie Lung
司徒惠良	Wei Huang	甘穎詩 Fiona Kam
黃暉	Maria Sun	王澤楓 Ze Feng Wang
孫曉梅	Louisa Wong	張澤晗 Danny Zhang
王芬芬	Community Life	夏瑞榮 Stephen Ha

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)	
孫曉梅	Maria Sun (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	

團體生活	Community Life	
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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
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夏藝紜	Diana Xia	農大鈞 John Nung
黃暉	Teresa Wang	農李美玲 May Nung
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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
陳潔儀	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
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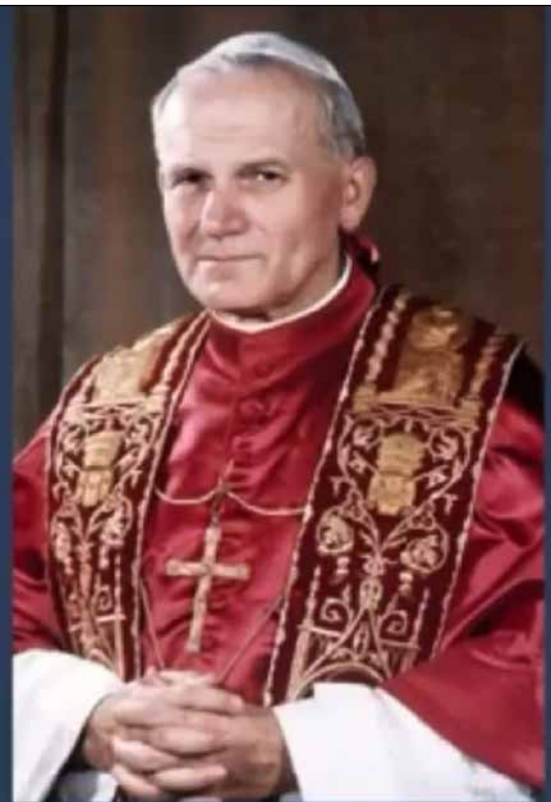
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