



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



2022年1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

Update of changes on COVID Restrictions from Province of Ontario effective 01/05/22

2022年1月5日生效的 安省更新疫情預防病毒蔓延限制令

- Indoor religious services are limited to 50% of capacity and outdoor services are to maintain physical distancing of 2 metres. 室內宗教禮儀只可容納50%人數, 戶外則參加者必須互相保持兩米距離。
- All parish work is conducted remotely, unless the nature of the work requires workers to be on-site at the workplace. 所有堂區工作, 除非其性質必須在堂區內進行, 改為遙控進行。
- Indoor meeting and event spaces, such as banquet halls and conference/convention centres, are to be closed, with limited exceptions. 所有在禮堂舉行的會議或其他活動, 除非特別情況, 停止進行。
- Outdoor meeting and event facilities are limited to 10 people per table, patrons must remain seated and no dancing or singing. 戶外活動人數每檯只限 10 人, 禁止跳舞或歌唱。
- Informal social gatherings are limited to 5 people indoors and 10 people outdoors. 室內社交聚會人數限 5 人, 戶外則限 10 人。
- Congregational singing is not allowed. 除了歌詠團, 禮儀其他參與者請勿詠唱。
- Religious services are required to maintain physical distancing of 2 meters with a limit of 50% of capacity. A sign must be posted in a conspicuous location visible to the public that states the capacity limits according to this order. 宗教禮儀只可容納50%人數及參加者必須互相保持兩米距離。活動場地必須在顯注地方通告限制的人數。
- The number of members of the public in the place of a facility shall be limited so that member of the public are able to maintain a physical distance of at least two metres from every other person in the facility. 活動場地必須有足夠空間讓參予者可互相保持兩米距離。



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

主內弟兄姊妹:

謹祝各位新年快樂,
闔家平安。彌撒持續
重開, 請按情況來參與。

保重, 主佑。
聖神天主堂。



Dear Sisters & Brothers in Christ,
Happy New Year! Wish you and
your whole family peace in the
Lord and great health.

Keep safe & well.

God bless.

Sheng Shen (Holy Spirit) Parish.

**2018-2022
PASTORAL CENTRE
Fundraising Meter**

\$750,000

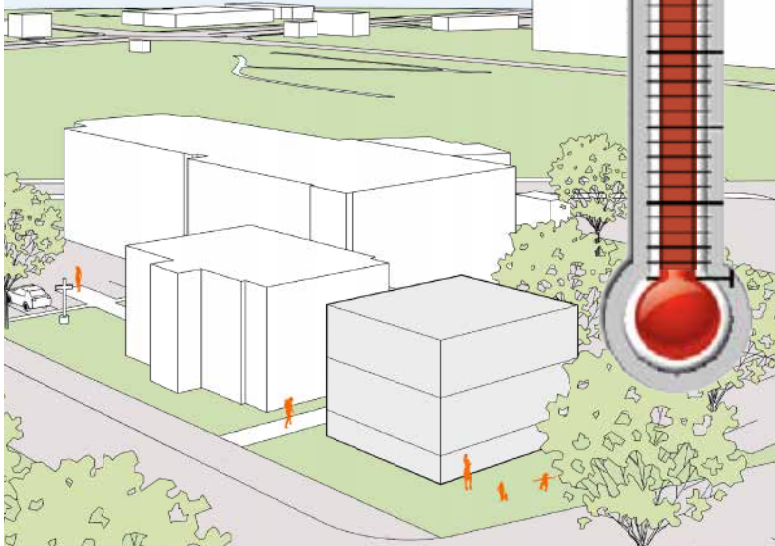
As at January 2, 2022

截至2022年1月2日捐款共達

**BUY A BRICK
PLEDGE
Fundraising**

\$452,222.31

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.



教宗方濟各一月份祈禱意向

Pope Francis's Prayer of Intention for January 2022

總意向: 請為培養手足情誼祈禱

祈願所有遭受宗教歧視與迫害的人, 在他們所生活的社會, 獲得承認他們同為人類手足的權利與尊嚴。

Universal: For true human fraternity

We pray for all those suffering from religious discrimination and persecution; may their own rights and dignity be recognized, which originate from being brothers and sisters in the human family.

聖神牧民中心進展順利

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

- 牧民中心籌委會正與則師及計劃監督緊密商討中心圖則。
- 並已聯繫渥太華市政府, 著手確定圖則細節。
- 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.
- Our professional team is also in the process of working with the City of Ottawa to finalize the details of the site plan.
- 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.

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, (每台奉獻彌撒收費\$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。

**一月份
每星期四
頌念玫瑰經**



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

PASTOR'S MESSAGE

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

The year 2022 lies before us like a **blank canvas**. So what will we “paint” on this canvas?

May we pray today that 2022 will be a year of:

- 1. Order:** to realize that God has given every one of us “talents” to contribute to the realization of the Kingdom of God here and now.
- 2. Design:** to see this world through the eyes of God and realize God’s vision for God’s beloved creation – including us – a world united by the Spirit of justice, peace and mercy.
- 3. Composition:** to make this year a place of welcome for all, including the vulnerable, the forgotten, the poor.
- 4. Balance:** to strike that difficult balance between the demands of our work and professions, our obligations and responsibilities, and our vocations as parents, families members, neighbors, citizens – and disciples.
- 5. Light:** to let the light that dawns at Christmas illuminate our homes and hearts in every season of 2022.
- 6. Harmony:** that we may see and hear the love of God in one another and so re-create this world in God’s justice and peace. God has given us a new year. It’s both a gift and responsibility. Together, let’s make 2022 a masterwork worthy of our Creator.

PRAYER:

All time is yours, O God; all life comes into being by your breath; all creation is formed by your hands. We thank you for the gift of the new year before us. May 2022 truly be “new” for us: by the light of your wisdom and possibilities of your grace, may we make of this year a beautiful work of goodness, generosity and peace.

2022 年有如面前一幅空白的畫布。我們該在這畫布塗上什麼？讓我們今天祈求2022年是：

- 1. 井然有序：**明瞭上主已賜給我們每人天份履行在世建立天主的王國。
- 2. 設計：**從天主的角度觀看世界，領悟天主對創造天地與人類的遠見：一個公義，和平及仁愛的世界。
- 3. 構思：**讓今年是友善好施的一年，包括脆弱，被遺忘和窮困的一群。
- 4. 平衡：**在工作上的要求與專業的信念，我們的承諾與責任，我們身為父母，家庭成員，鄰人，市民和信徒的使命間取得平衡。
- 5. 光耀：**讓聖誕的曙光在每一季節照亮我們的家居與心靈。
- 6. 和諧：**望我們能彼此體會主愛的臨在，因而把主的公義與和平重建人間。

祈禱：

天主，所有時間全屬你；所有生命由你嘔氣而成；所有受造物由你手創造。我們感謝你恩賜新的一年。願2022年是我們更新的年：因你智慧的光與寵佑，願我們今年能成為一個美好，慈祥和平安的年。

*From All of Us at the Archdiocese
we wish you a Blessed and Merry Christmas*



團體消息 Announcement

- 2022年堂區月曆已出版。歡迎索取及自由奉獻。2022 Parish Calendar is ready for pick up. Your free will donation is appreciated.
- 2022年1月份的朝拜聖體禮儀定於1月15日下午一時舉行。

多謝大家響應及支持
渥太華食物銀行每年的
Holiday Food Drive 運動，
堂區將送交所收集的乾貨食品
及捐款 \$210 給渥太華食物銀行。



Birthday Blessing for Cecilia Chow



Sunday Mass



9:30 A.M. ENGLISH MASS ON 19/12





Christmas Eve Mass (livestreaming) 24/12 聖誕前夕感恩祭(網上直播)

聖誕前夕感恩祭由 Fr. Matthew Livingstone 主持，同時現場直播，並播放 Fr. Barnard 從南非和池尚培神父在河北送給大家的聖誕祝福。
更多謝Jeff Lavery 在感恩祭後帶領聖誕頌詠，我們的小朋友邱一諾(QQ)也以小提琴為大家演奏了一首平安夜。



Christmas Day Mass (livestreaming) 聖誕日感恩祭(網上直播) 25/12

聖誕日感恩祭由梁增仁神父主持，同時現場直播，並播放 Fr. Barnard 從南非和池尚培神父在河北送給大家的聖誕祝福。



2021 Advent Community Reconciliation



基於近期的更新疫情預防病毒蔓延限制令，我們需要更改慶祝農曆新年的活動如下：

- 2022年2月6日 11:30 a.m. 的農曆新年感恩祭仍由Marcel Damphousse 總主教親臨主持，同時網上直播。現場參予人數為 50%。
- 取消往滕王閣酒家聚餐。
- 其他新的安排，稍後宣告。

Due to new COVID restrictions, we need to change the format of our Chinese New Year celebration program:

- Archbishop Marcel Damphousse will celebrate our livestreaming New Year Mass with us at 11:30 a.m. on February 6, 2022. Indoor capacity at church is 50%.
- Lunch gathering at Mandarin Ogilvie Restaurant is now cancelled.
- We will make further announcement once the program is finalized.



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 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 | 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 |
| 古媽珊 | Serena Tsang | 莫淑蘭 Suk Lan Mok |
| 曾慧潔 | Gladys Wong | 黃庭光 Bosco Wong |
| 李美玲 | Melting 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 |
| 黃輝 | 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 |
| 黃暉 | 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) | |
| 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 | |

全新南向安福園

第二期

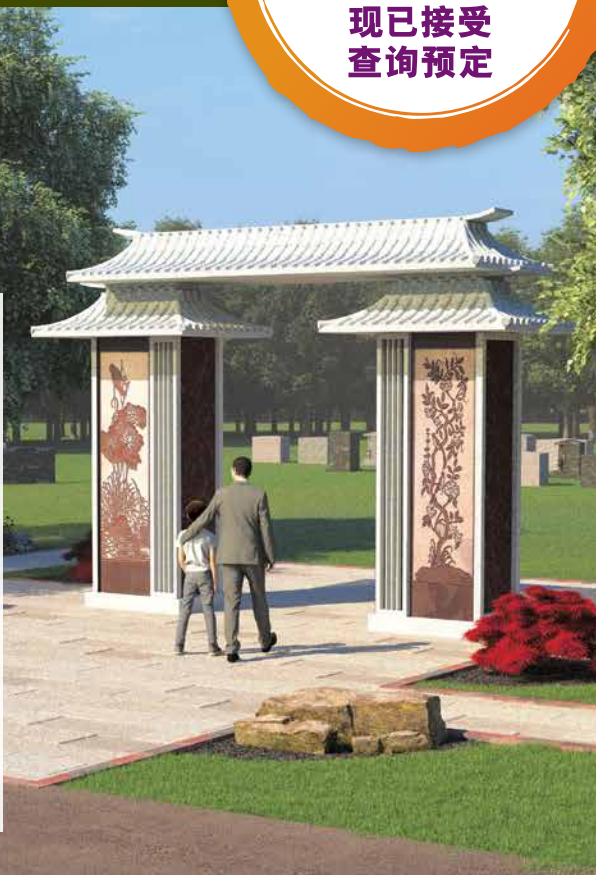
現已接受
查詢預定

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！

Arbor Memorial 重視每位寶貴的顧客，態度專業和藹，歷史悠久，為華人服務多年，現更成為加拿大最具規模備受信賴的殯儀及墓園公司之一。

- 永久福地、家族花園、骨灰福地
- 可分期付款
- 規劃百年儀式服務
- 按自己心意預先計劃
- 免費家庭遺產規劃工具



Capital Funeral Home & Cemetery
by Arbor Memorial

美都殯儀館和墓園(安福園)
3700 Prince of Wales Dr., Nepean,
ON, K2C 3H2
網址: ArborChinese.ca



黃翠霞 Rexan Wong
24小時免費中文諮詢服務
613-808-9829
RWong@arbormemorial.com



LINK ON
UPDATING
PARISH
RECORD

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

www.ottawachinesecatholic.org
作連線更新

https://goo.gl/pKEV0g

Parishioners who wish
to update their personal
registration at the parish office,
please use the update link
https://goo.gl/pKEV0g
in parish's monthly bulletin
or parish's website at →

www.ottawachinesecatholic.org



Hong Kong Style
Chinese
Restaurant



808 Somerset St. W., Ottawa, Ontario K1R 6R5
(613) 563-2432
www.cafeorient.ca

Business hours: Thurs to Tues 11 a.m. to 9:00 p.m. Closed on Wed

魔法分子冰淇淋



Magic Molecule

217 Bank Street Ottawa ON K2P 1W9
Tel.: 613-695-8877

YANGTZE DINING LOUNGE

揚子江酒家

Specializing in Cantonese Cuisine
Licenced Under L.L.B.O.

700 Somerset St. W.
Ottawa, Ontario K1R 6P6

For Reservations
(613) 236-0555

Private Dining Room Available (80 persons)



Specializing in Chinese Cuisine

滕王閣
MANDARIN OGILVIE
FULLY LICENSED DINING LOUNGE

AUTHENTIC CANTONESE
SZECHUAN, THAI & MANDARIN CUISINE
All Day Dim Sum

OPEN
Monday to Sunday
11am to 2:30pm
4pm to 8pm



613-749-8838
www.MandarinOgilvie.com



SOMERSET DRUGS INC. 康寧藥房
PharmaChoice

*Advice
for Life*

708-A Somerset St W,
Ottawa, Ontario K1R 6P6

CHEN XING ZHOU, PHARM.D.
Pharmacist

周晨星, 藥學博士 t. 613-234-7011
藥劑師 f. 613-234-7026

somersetdrugs708@gmail.com



Insurance

Brandon Chow
Insurance Advisor
Life, Health and Wealth

RBC Life Insurance Company

Ottawa
2212 Bank St., Unit B
Ottawa, ON K1V 1J6

brandon.chow@rbc.com

Tel.: 613-733-8511

Fax: 613-592-8077

Cell: 613-513-6417

Custom handmade cards
手製各類心意賀咭

Cecilia Chow
613-325-1958
cecechow@gmail.com

(形象, 顏色或個人
訊息的設計, 可按
顧客需要而配合)

Custom 3D cards for
all occasions
Special request images & colors
Custom personal messages

