



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



2023年8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

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

周陳淑芬 Cecilia Chow cecechow@gmail.com

鄭宏釗 Hongzhao Zheng bitry960603@gmail.com

Jongmyoung Lim jongmyoung00@gmail.com

杜光智 Brian To brian.to2121@gmail.com

胡偉雄 Alex Wu cace.wu@gmail.com

呂永恒 Keith Lui

Editorial Team

范浩泉執事 Deacon Peter Fan

羅靜如 Angelina Lo

黎銘賢 Boris Lai

周陳淑芬 Cecilia Chow

陳志華 Louis Chan

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

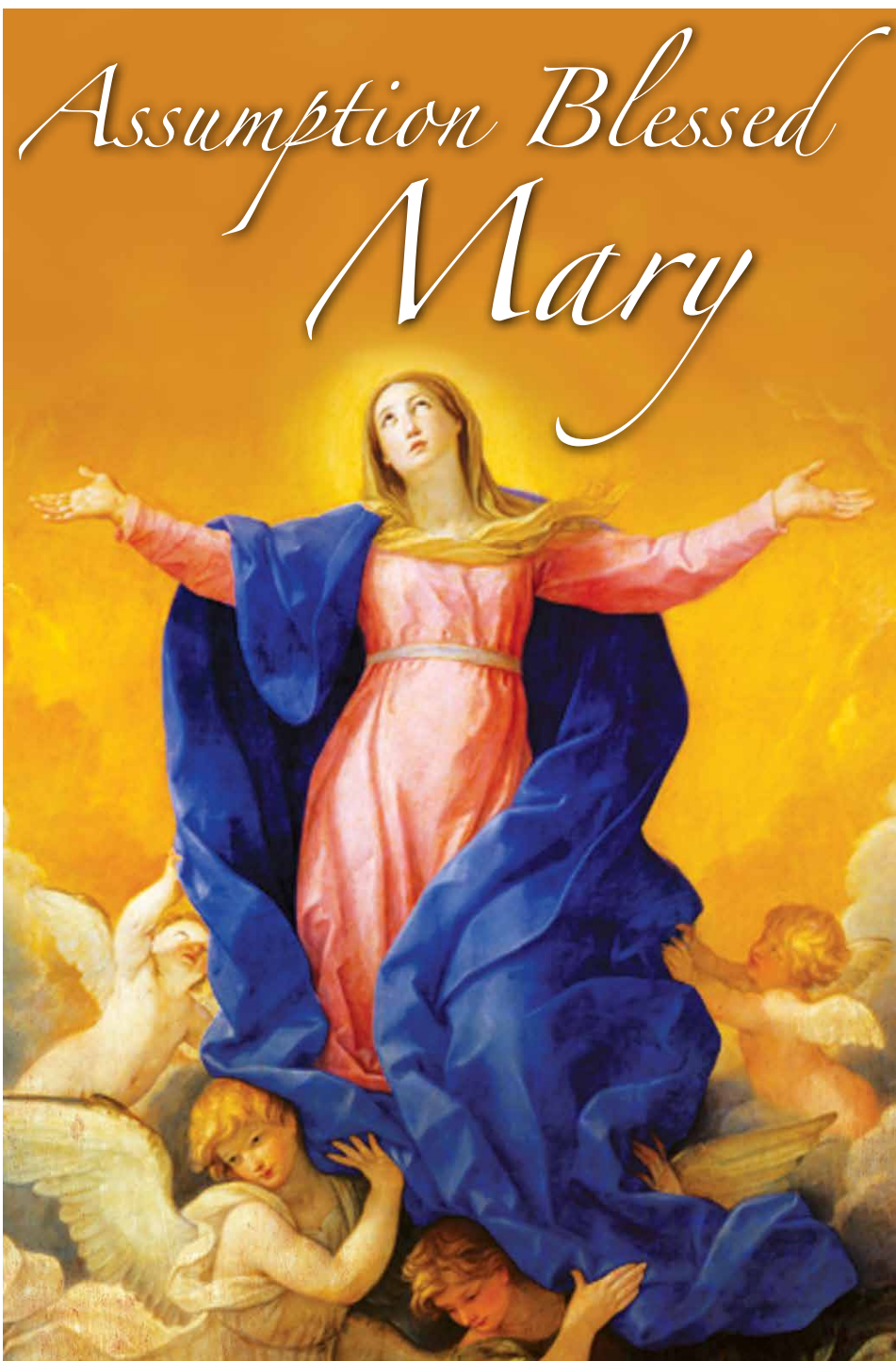
星期日上午十一時半 Sunday 11:30am

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 10am-12pm

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

Sheng Shen Chinese Catholic Community



Assumption Blessed Mary

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

**2018-2023
PASTORAL CENTRE
Fundraising Meter**

As at August 6, 2023
截至2023年8月6日捐款共達

**BUY A BRICK
PLEDGE**

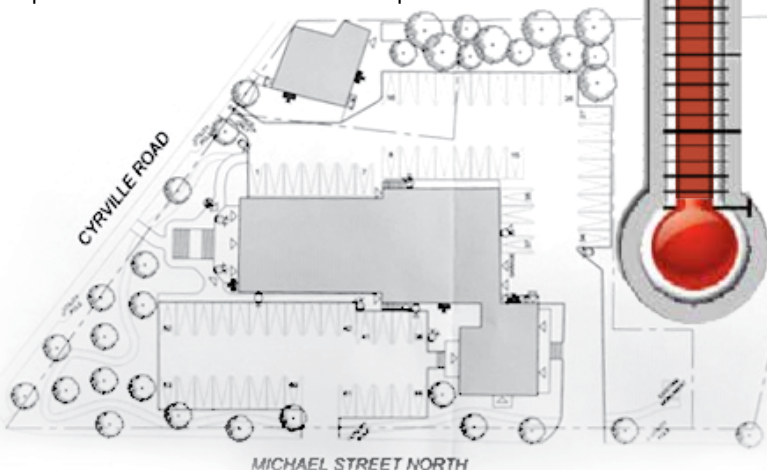
Fundraising

\$592,598.40



\$1,000,000

Note: On December 6 2022, the Archdiocese raised the limit of our fundraising in support of our renovation of the new Pastoral Centre while upgrading the structure of the existing church, from \$750,000.00 to one million, (i.e., an increase of \$250,000.00). The Diocesan Tax Exemption period will continue till the end of September 2023.



**聖神牧民中心
Pastoral Centre Project**

牧民中心的擴展計劃持續。通過今年加拿大暑期青年計劃的推動和人力支援，和各義工的努力，我們繼續研究和策劃牧民活動，並進行維修和擴展租務。維修工作更包括聖堂其他設施，和周圍環境。並計劃向教區申請延長寬免教區稅務時限，以便我們籌措更多資金，改善聖堂設施。盼望各位繼續支持這長遠計劃。

The development plans of our Parish and Pastoral Centre now focus on upgrading the church and its facilities, including the Pastoral Centre. The Canada Summer Job 2023 gives us additional impetus in terms of manpower, programming and operation. We plan to apply to the Archdiocese to extend our Capital Campaign to next year to ensure that we continue to benefit from the exemption of the diocesan tax. Please advise us and donate generously to ensure an even more dynamic future for Sheng Shen.



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.

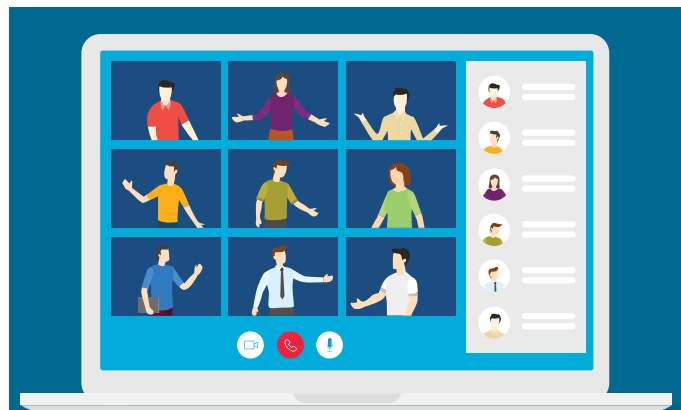
此通訊只刊登堂區主辦的活動及有關資料。內容由行政事務管理決定。

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。



Link for weekly Thursday Rosary Zoom info:

<http://us02web.zoom.us/j/84314789760?pwd=L0dGTGUvNE4xQVNsUjl4SG1ycEp5UT09>

FIND AND FOLLOW US ON SOCIAL MEDIA

@聖神天主堂 - Sheng Shen - Parish

@shengshen.parish

教宗方濟各八月份祈禱意向

Pope Francis's Prayer of Intention for August 2023

福傳意向: 為世界青年日

為在里斯本舉行的世界青年日祈禱，願這項活動能幫助青年在他們生活中活出福音，並為福音作證。

Universal: For World Youth Day

We pray the World Youth Day in Lisbon will help young people to live and witness the Gospel in their own lives.



主內弟兄姊妹:

祝願 基督和聖神的恩寵與各位常在。

盼望各位支持我們年青人的各項活動:

- 八月二十七日: 彌撒後,「暑期青年計劃」音樂會;
- 加東青年營: 九月一至四日舉行。

請踴躍支持參與。

Dear Sisters & Brothers in Christ,

May the blessings of the Risen Lord and Holy Spirit be with you.

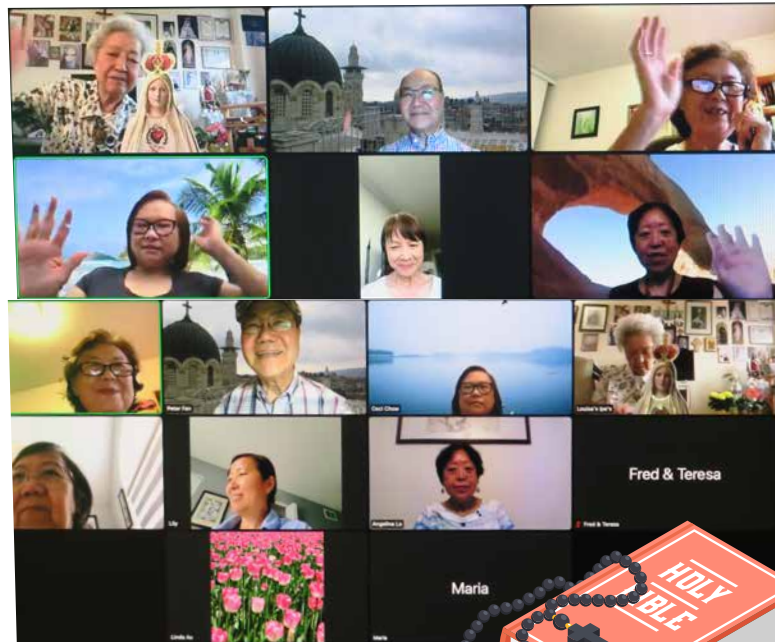
Pray support our young people in their programs:

- August 27: After mass interns of Canada Summer Job (CSJ) 2023 would present a Music & Fun Day.
- GaTung Youth Camp, September 1 - 4.

Let us support our young people, through donation and involvement.

聖神天主堂

Sheng Shen (Holy Spirit) Parish



每星期四

頌念玫瑰經



PASTOR'S MESSAGE

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

AUGUST 6, 2023: TRANSFIGURATION OF THE LORD

"His face shone like the sun and his clothes became white as light."
Matthew 17: 1-9

The real measure of who we are and what we will become is found in the values we hold in the depths of our hearts — values which give expression to the way we live our lives. That is what Peter, James and John see in Jesus in the Gospel story of the transfiguration: the very life and love of God that dwells within their beloved rabbi. It's that "light" within Jesus that leads him on to Jerusalem and the work of redemption. That "light" of the sacred, that love of God, dwells within each one of us, as well, calling us beyond our own needs, wants and interests to "transfigure" our lives and our world in that love. In the transforming love of Christ the Messiah-Servant, we can "transfigure" despair into hope, sadness into joy, anguish into healing, estrangement into community.

八月六日: 耶穌顯聖容

『他的面貌發光有如太陽，他的衣服潔白如光。』

瑪竇福音 17:1-9

究竟我們怎樣才能真確地衡量自我，尋找人生目標呢？其實，問題的答案就藏在我們內心深處所秉持的價值，並如何把它彰顯到日常生活裏面。在福音故事中，伯多祿、雅各伯和約翰就從耶穌顯聖之中，看到答案：那正是駐留在主鍾愛的經師之內，天父賜予的那份主愛以及真生命。

耶穌的「真光」引導他前往耶路撒冷，完成救贖工作。「真光」就是上主的愛，它也駐紮在我們眾人心中，不斷呼喚我們超脫自身的需要、欲望以及利益，從而「轉化」我們的生命，「轉化」我們所愛的世界。憑着救世主基督以僕人精神發揮的愛，絕望可以「轉化」為希望，悲傷可以「轉化」為喜樂，痛苦能「轉化」為痊癒，疏離可以「轉化」為團結。



Sunday Masses



七月二十二日舉行的售賣會共籌得 \$491.15, 將撥作支持 Buy A Brick Campaign. 多謝各青年暑期工作者的積極籌備, Brass Quintet 的音樂演奏, 及各志願者的協助, 使活動順利完成. Yard Sale on 22/7 generated an income of \$491.15 in support of the Buy A Brick Campaign. We owe the success of the event to the zealous preparation of the Canada Summer Job (CSJ) interns, the Brass Quintet's musical performance and our volunteers' assistance. A vote of thanks to all.



Yard Sale 售賣場

WITH LIVE CONCERT





聖神天主堂
Sheng Shen (Holy Spirit) Parish
Community founded in 1955

旅行同樂日 ANNUAL PICNIC







CSJ Interns' participation at BBQ Gathering hosted by Vanier MP Mona Fortier on 13/7

Due to severe thunderstorm warning, the event was moved indoors. Our interns had the chance to chat with the honorable MP Mona Fortier who gave encouraging words for their success and learning through the CSJ Program.



售價: 每本\$10.95 (已連稅)

訂購需另付 \$1 行政附加費, 由堂區安排領取書籍。

Each costs \$10.95 (tax included)

Add \$1 Administration Cost for purchase with parish shipping arrangement.



透過生命恩泉機構訂購截止日期: 14/8

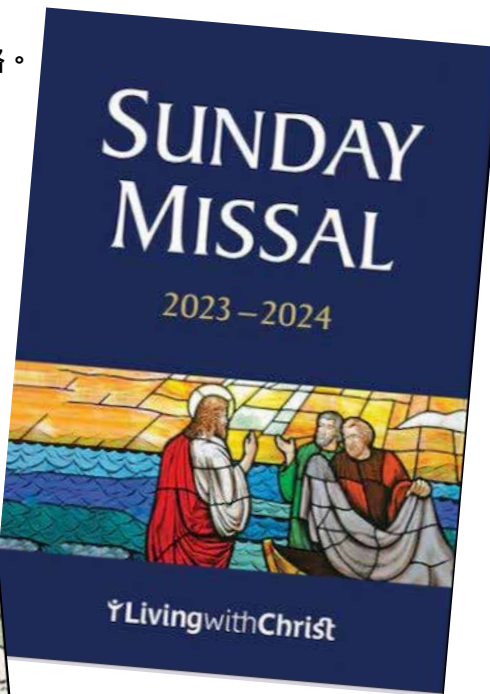
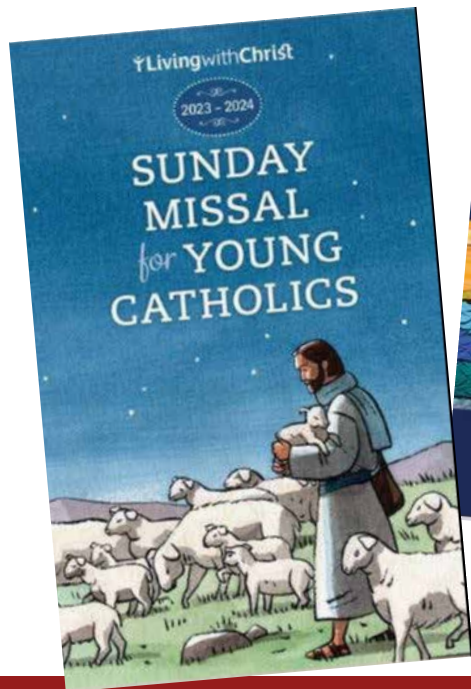
Deadline for pre-order through

Fountain of Love and Life: 14 August

如欲訂購, 即從速與 Fred Szeto 聯絡。

To order: please contact Fred Szeto

at earliest convenience.



Living with Christ

Sunday Missal &
Sunday Missal for Young Catholics
2023-2024
PRE-ORDER NOW
Deadline for Pre-Order: Aug 14, 2023



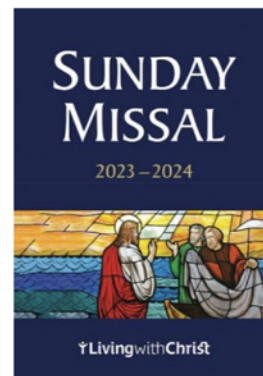
[2023-2024 Living with Christ Sunday Missal & Sunday Missal for Young Catholics]

2023-2024 Living with Christ Sunday Missal

\$6.95, tax included.

The 2023-2024 Living with Christ Sunday Missal is the resource that helps Catholics prepare for and celebrate the Eucharist on every Sunday and Holy Day of Obligation of the year. This inspirational Sunday Missal includes all Sunday readings for Year B (U.S. Lectionary), complete Order of Mass and Sunday prayers and blessings, and spiritual reflections on the readings.

- Type Size: 10.6 pt.
- No Hymn is included.
- Paperback.
- Size: 4.25" x 6.25" | 614 pages

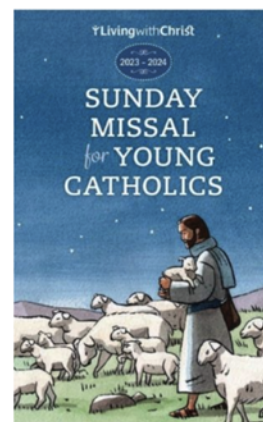


2023-2024 Living with Christ Sunday Missal for Young Catholics

\$10.95, tax included

Give the Sunday Missal for Young Catholics - children, youth and their families, and promote active participation in the Mass.

- Perfect for children ages 7 and up.
- Stunning full-colour illustrations throughout.
- Keyword page for every Sunday explaining biblical words and concepts.
- Clear introduction of the parts of the Mass - perfect for children and families.
- Attractive and durable laminated cover - ideal for parish, home and school.



[Click Here to Pre-order](#)

Deadline for Pre-order: 14 August 2023.

Pickup Location:

Fountain of Love and Life Resource and Media Centre (Bookstore)
401 Alden Road, Markham, ON L3T 7W5

For inquiries, please contact:

Colette Chow
Email: bookstore@fllr.cc
Phone: 647-729-7172

In Christ,

Fountain of Love and Life Resource and Media Centre

Unsubscribe | Sent by 《生命恩泉》 Fountain of Love and Life
401 Alden Road, Unit 3 • Markham, ON • L3R 4N4

Preview of CSJ Planned Programs

8/8 Visit to MP Chandra Ayra's constituency office in Nepean & Ottawa Chinese Community Service Centre 探訪/參觀 Chandra 國會議員的辦公室及渥太華華人社區服務中心

15/8 10 am - 12 pm 網絡騙詐及預防策略工作坊 Fraud & Cyber Security

17/8 MP Mona Fortier 國會議員定於八月十七日親臨探訪堂區及與CSJ青年們會面

27/8 Concert after mass 彌撒後, 「暑期青年計劃」音樂會

31/8 2023 CSJ完滿結束, 參觀主教座堂及總督府, 以示慶祝。

• Workshop in collaboration with Royal Bank on Prevention of Banking Fraud/Investment 與Royal Bank合辦財務工作坊

• After school programs 課餘活動 (music / maths tuition / recreation activities / reading club)

• Handbook on Volunteerism 義工手冊 善用牧民中心資源

• Promotion/Maximising use of Pastoral Centre Resources: BRING COMMUNITY TOGETHER, PROVIDE ACCESS 善用牧民中心資源策劃



團體消息 Announcement

為響應聯合國世界打擊販運人口行為日，於七月三十日我們誠意邀您欣賞電影《自由之聲》!
In response to United Nations World Day Against Trafficking in Persons, July 30, you are invited to go see the movie "Sound of Freedom"!

Kanata

Landmark Cinemas at 中午 12:50 pm, 下午 3:15 pm, 下午 6:25 pm and 和晚上 9:35 pm

Orleans

Landmark Cinemas at 下午 3:05 pm, 下午 6:10 pm and 和晚上 9:10 pm

1. 教友如欲為親友奉獻彌撒，請填寫申請表交回堂區辦事處。費用 \$15 放進信封，信封面註明奉獻彌撒日期及付款人姓名。
2. 堂區已向生命恩泉機構訂購 2024 每日聖言中英文版。書籍大約十月份完成印刷工作。已報名訂購者請與 Fred Szeto 聯絡付費。
3. 教友如欲訂購香港出版的 2024 公教月曆，請向 Fred Szeto 報名，以便預早安排訂購。
4. 堂區清潔日定於八月十九日(星期六) 下午一時至三時進行。請志願者參與協助清潔工作。Parish Cleaning Day is scheduled on August 19, Saturday, from 1-3 p.m. We appeal to volunteers to come forward to give a helping hand.

FAREWELL
BLESSING TO
MANLI



Form: F2.M3. modified on 2023/06/27



聖神天主堂
Sheng Shen (Holy Spirit) Parish
Community founded in 1953

Request for Mass Offering 奉獻彌撒申請表

Date/日期 _____

Mass at/彌撒時間 9:30 a.m. or 11:30a.m

Request by/申請人 _____

Intention for/意願為 _____

Mass Offering Charge 奉獻彌撒費: \$15

Note: Please put \$15 in an envelope, indicating date of mass offering /name of request person.
註: 付款\$15請放入信封，說明奉獻彌撒日期/申請人姓名

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.

財務委員會	Finance Council
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 (共同主席 Co-Chair)
張彥潔	Agnes Zhang (共同主席 Co-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)
杜光智	Brian To (Finance Team)
鄭宏釗	Hongzhao Zheng (Finance Team)
出席	In attendance
鄧鉅振	Thomas Tang (建設 Project Manager)
羅靜如	Angelina Lo (行政 Administration)
陳麗珠	Linda Chan (行政 Administration)

行政小組	Administrative Team
羅靜如	Angelina Lo (Coordinator)
陳淑芬	Cecilia Chow
司徒惠良	Fred Szeto
杜光智	Brian To
鄭宏釗	Hongzhao Zheng
呂永恒	Keith Lui
胡偉雄	Alex Wu
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 Co-Chair)
陳利爵	Richard Chan (共同主席 Co-Chair)
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)

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
羅靜如	Angelina Lo
杜光智	Brian To
鄭宏釗	Hongzhao Zheng
農正心	Lydia Nung
黃懿婷	Christine Wong

團體生活	Community Life
歐慧賢	Linda Au (Coordinator)
陳淑芬	Cecilia Chow
陳勒秋	Alain Chan
陳小喬	Rosa AuYeung
張小雲	Xaoyun Zhang
李利	Lily Li
孫曉梅	Maria Sun
黃曉	Teresa Wang
張貴鳳	Jessica Cheung
謝夢儀	Julianna Tse
葉敏華	Anita Cheung
黃振方	James Wong
羅翠貞	Helena Wong
陳潔華	Jennifer Yeung
陳利爵	Richard Chan
陳麗珠	Linda Chan
李溫麗妮	Lai Nai Wan
段曹正心	Carol Duan
農大鈞	John Nung
農李美玲	May Nung
周健明	Gary Chow
王芬芬	Louisa Wong
陳瑞平	Sunny Chan
劉秀英	Christina Fan

關愛	Christian Service
羅靜如	Angelina Lo
劉湘貴	Gloria Kung
羅翠貞	Helena Wong
區兆傑	Raymond Au
溫麗妮	Lai Nai Wan
王芬芬	Louisa Wong
張愛蓮	Therese Yuen
劉秀英	Christina Fan
黃金霞	Teresa Szeto

禮儀	Liturgy
黃金霞	Teresa Wong Szeto (Sacristy)
李利	Lily Li (Lectors)
農李美玲	May Lung (Children Liturgy)
陳淑芬	Cecilia Chow (Children Liturgy)
Xiaolin	Xiaolin Kang (Children Liturgy)
王治耀	Louis Wang (Altar Server, Youth Liturgy)
龍桂裳	Shobie Lung (Youth Liturgy)
農正心	Lydia Nung (Youth Liturgy)
Patient	Patient Bahizire (Youth Liturgy)
羅翠貞	Helena Wong
溫麗妮	Lai Nai Wan
江美珍	Connie Kam
曾慧潔	Gladys Wong
黃健平	Dicky Wong
農大鈞	John Nung (Choir A)
陳瑞平	Sunny Chan (Choir B)
司徒惠良	Fred Szeto
黃曉	Wei Huang
孫曉梅	Maria Sun
王芬芬	Louisa Wong
蕭英	Catherine Au
歐慧賢	Linda Au
段安林	Dennis Duan
段曹正心	Carol Duan
陳潔華	Jennifer Yeung
黃懿德	Christine Wong
黃振方	James Wong
陳志雲	Bony Chan
楊建華	Jian Hua Yang
陳麗珠	Linda Chan
陳小喬	Rosa AuYeung
劉湘貴	Gloria Kung
葉敏華	Anita Cheung
龍映如	Baylie Lung

全新南向安福園

第二期

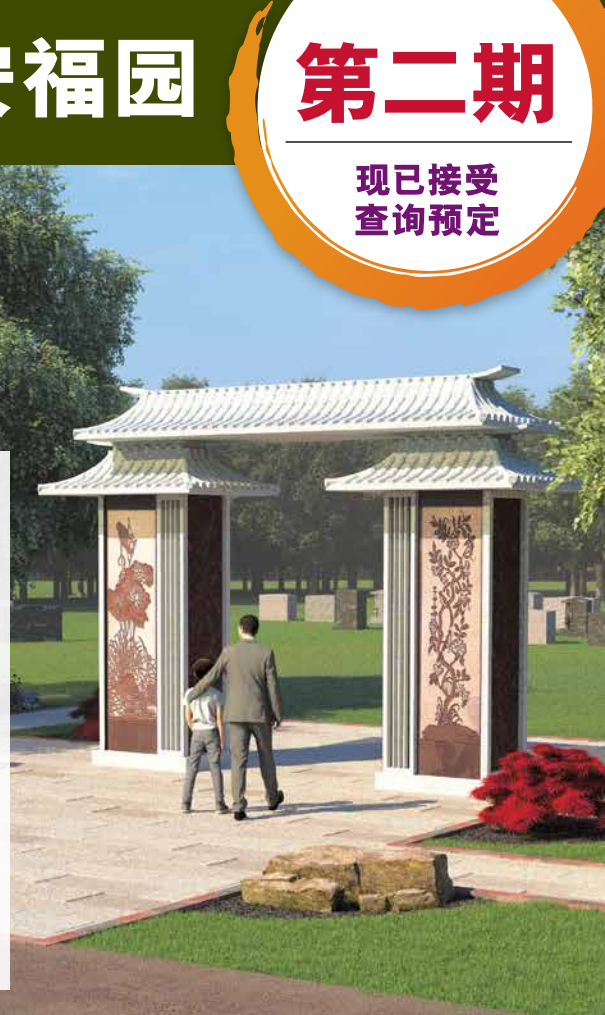
現已接受
查詢預定

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



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



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



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



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
藥劑師

t. 613-234-7011
f. 613-234-7026

somersetdrugs708@gmail.com

YANGTZE DINING LOUNGE

揚子江酒家

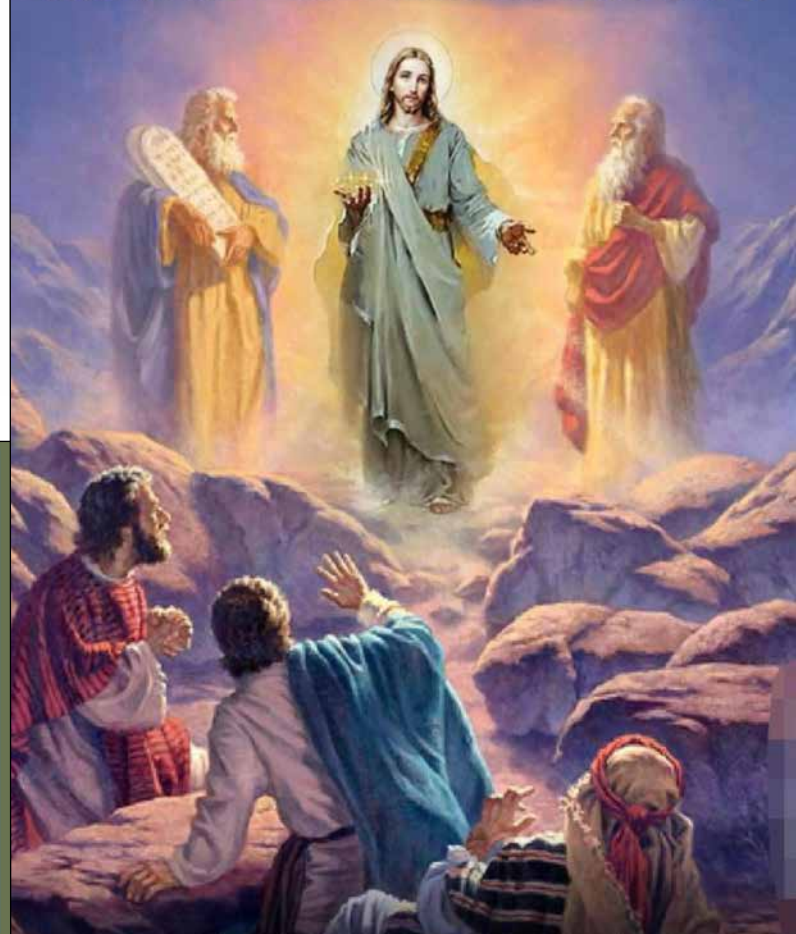
Specializing in Cantonese Cuisine
Licenced Under L.L.B.O.

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

For Reservations
(613) 236-0555

Private Dining Room Available (80 persons)

THE FEAST OF TRANSFIGURATION



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

