



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



2025年2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

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呂永恒 Keith Lui Keith.1192@gmail.com

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張啟軒 Ray Zhang ray.qixuan@hotmail.com

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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



主日感恩祭 Sunday Mass

All liturgies in English & Chinese

星期日 早上九時半及
十一時半

Sunday 9:30 a.m. &
11:30 a.m.

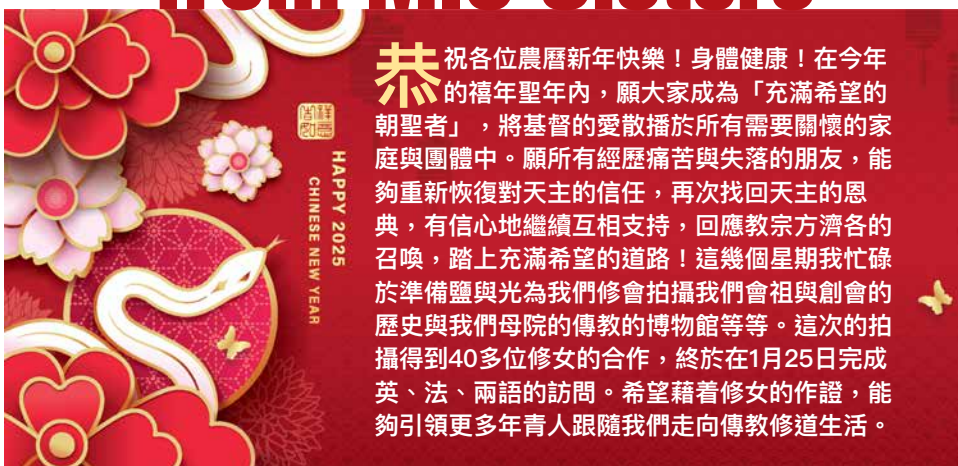


Sheng Shen Parish
1187 Rue Michael St. North
Ottawa, Ontario K1J 7T2
Tel: 613-747-2080

歡迎各位參與
All are welcome!



NEW YEAR GREETINGS & MESSAGE from MIC Sisters



恭祝各位農曆新年快樂！身體健康！在今年
的禧年聖年內，願大家成為「充滿希望的
朝聖者」，將基督的愛散播於所有需要關懷的家
庭與團體中。願所有經歷痛苦與失落的朋友，能
夠重新恢復對天主的信任，再次找回天主的恩
典，有信心地繼續互相支持，回應教宗方濟各的
召喚，踏上充滿希望的道路！這幾個星期我忙碌
於準備鹽與光為我們修會拍攝我們會祖與創會的
歷史與我們母院的傳教的博物館等等。這次的拍
攝得到40多位修女的合作，終於在1月25日完成
英、法、兩語的訪問。希望藉着修女的作證，能
夠引領更多年青人跟隨我們走向傳教修道生活。



信德園

我們的堂區和牧靈中心的翻新工程不斷進展! 我們極力改善教堂和設施, 讓它們展現嶄新面貌。這次优化的重點是我們的信德園, 感謝 堂區各家庭同心協力, 花園正逐漸蛻變。我們與教區主持「守護天主創造的寰宇」及熱心志願者攜手合作, 讓我們的教堂成為一個祥和的祈禱和反思之地, 並珍惜愛護天父賜予我們的伊甸園。感謝您的支持和慷慨捐助, 讓我們達至今天的成績, 我們深感感激。今年哥倫布騎士總會更資助我們信德園植樹計劃。騎士會不斷支持我們成長, 同仁等衷心銘感。

我們期待各位就堂區的發展提出真知灼見, 從而令我們一起能夠時刻進步, 為聖神天主堂創就更光輝的未來。感謝 您與我們攜手並肩, 懷着信德共創明天!



祈禱小堂 Chapel for Meditation



信德園 Faith Garden

Faith Garden

Exciting changes are underway at our Parish and Pastoral Centre! We're working hard to upgrade our church and facilities, giving them a fresh new look. The heart of this upgrade is our beautiful Faith Garden, growing thanks to the efforts of families in our community. We're teaming up with the Care for Creation Ministry of the Archdiocese of Ottawa-Cornwall and dedicated volunteers to make our church a serene place for prayer and reflection while being kind to our planet.

This year, Columbus Club – Council 485 Charitable Foundation is funding us in planting shrubs and other plants around the church. The Knight of Columbus supports us year after year. For this great help in our Parish's development, we are most thankful.

Your support and generous donations have brought us this far, and we're incredibly grateful. Your ideas and enthusiasm mean the world to us. Together, we've accomplished so much, and we can't wait to create an even brighter future for Sheng Shen. Thank you for being a part of our journey.

鞏固成果 策劃未來



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.

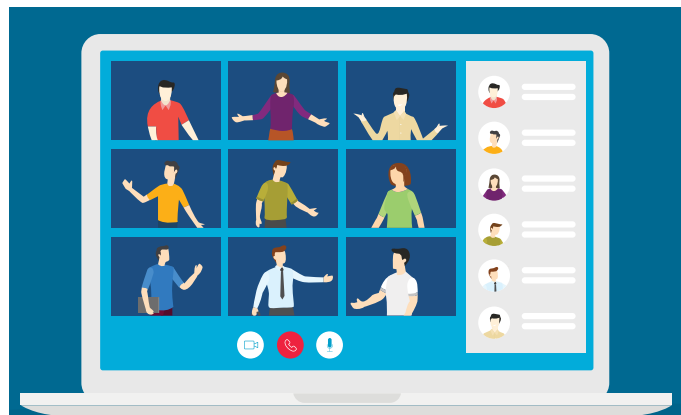
此通訊只刊登堂區主辦的活動及有關資料。內容由行政事務管理決定。

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

教宗方濟各二零二五年二月份祈禱意向 Pope Francis's Prayer of Intention for January 2025

普世意向: 請為司鐸和修會生活的聖召祈禱

青年被召以司鐸和修會生活來服事基督的使命，願教會團體能接納他們的渴望和疑慮。

Universal: For vocations to the priesthood and religious life

Let us pray that the ecclesial community might welcome the desires and doubts of those young people who feel a call to serve Christ's mission in the priesthood and religious life.



PASTOR'S MESSAGE

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

February 16, 2025: 6th Sunday in Ordinary Time

"Blessed are you who are poor, for the kingdom of God is yours. Blessed are you who are now hungry, for you will be satisfied. Blessed are you who are now weeping, for you will laugh . . . But woe to you who are rich, for you have received your consolation. Woe to you who are filled now, for you will be hungry. Woe to you who laugh now, for you will grieve and weep." Luke 6: 17, 20-26

We can't escape the "woes" of life. Disappointment, heartache, brokenness, and fear are all part of the human experience, and try as we might, we can't isolate our daughters and sons — or ourselves, for that matter — from such trauma and pain. But Christ calls us to embrace the wisdom and courage to transform life's woes through the "blessedness" of compassion, sacrifice and patience. Hope, Henri Nouwen writes, "is willing to leave unanswered questions unanswered and unknown futures unknown. Hope makes you see God's guiding hand not only in the gentle and pleasant moments but also in the shadows of disappointment and darkness." In Luke's Sermon on the Plain, Jesus challenges everything our consumer-driven, me-first, bottom-line-oriented society holds dear: Wealth, fame and power are not the stuff of hope, but hope is realized in compassion, mercy and justice. Today's Gospel challenges us to embrace a different understanding and commitment to truth: to seek the common good before what is good mainly for us, to bring compassion and forgiveness to others despite our own anger and discomfort, to free ourselves from the pursuit of the things of this world in order to seek the lasting treasures of the kingdom of God.

2025年2月16日：常年期第六主日

「禍患」是我們人生中無可避免的一環。無論失望、心痛、心碎還是恐懼都是人生必經的課題。儘管我們竭盡全力，都無法令自己及兒女遠離這些傷害與痛楚。幸而，主基督呼召我們去擁抱智慧和勇氣，學會彼此關懷，樂於犧牲，耐心待人來將「禍患」轉化。

亨利·諾雲 (Henri Nouwen) 寫道：「『希望』能讓未解的問題保持未解，讓未知的未來保持未知。『希望』讓你在順利和愉快時看清前路，也能在失望和灰暗中得到天主的指引。」

路加在平原上講道，指出當時社會人人看重消費享樂，自我中心、做人做事得過且過，耶穌對此深惡痛絕。其實，不論財富、名望還是權力，都不是『希望』的根基，而『希望』建立在同情、仁慈和公義之中的。今天的福音就是要喚醒我們，要全心理解他人，並決心尋求和維護真理。願我們攜手追求共同的利益，而不是自身的利益；即使我們心感不快，甚至義憤填膺，仍能夠同情，並寬恕他人；擺脫世俗事物的羈絆，全心追求天主國的永恆寶藏。



邱一诺初领圣体 First Communion of Nicholas Qiu





2025.1

Sunday Masses



團體消息 Announcement



1. 2025年將是團體成立70週年，堂區開始策劃慶祝項目及拓展未來計劃，祈盼聖神帶領及向各位齊心齊力共創新猷。
2. 多謝大家響應及支持渥太華食物銀行每年的 Holiday Food Drive 運動，堂區將遞交所收集的乾貨食品及捐款 \$613 給渥太華食物銀行。
3. 堂區由2025年1月19日開始，每主日早上 9:30 及 11:30 奉獻兩台彌撒。



Prep for CNY Celebration

各籌委及青年義工，日以繼夜熱誠參與，策劃節目，佈置場地，創新設計，美輪美奐，煥然一新，令人讚嘆。我們衷心感謝！





Sheng Shen 2025 LNY Event Schedule

SUN, FEB. 2, 2025
12:30PM-3:30PM

- 12:15 PM Check-in begins (arrive early, 200+ attendees)
- 1:00 PM Opening Ceremony & Lion Dance Performance
- 1:15 PM LNY Lunch Feast (10-course buffet & desserts)
- 1:45 PM LNY Surprise Sing & Dance Performances
- Traditional Chinese Orchestra Performance
- Mr. & Ms. LNY 2025 Pageant
- 2:15 PM Photo Booth (with charge- proceeds go to Sheng Shen)
- 2:45 PM Red Envelope Ceremony with LNY Icon, 財神 King of Wealth
- 3:00 PM Closing Ceremony, Announce Winners of 50/50 Raffle + Mr. & Ms. LNY 2025



聖神農曆新年大餐“十全十美”

Sheng Shen Lunar New Year Celebration Feast

10-COURSE MEAL "PERFECT IN EVERY WAY"

- 金燒乳豬 Roasted Suckling Pig
- 京都肉排 Peking Style Pork Chop
- 薑蔥白切雞 Steamed Chicken with Ginger Scallion Sauce
- 冬菇臘味糯米飯 Alain's Signature LNY Sticky Rice
- 揚州炒飯 Yeung-Chow Fried Rice
- 干炒三絲麵 Chicken, Pork & BBQ Pork Chow Mein
- 干燒伊麵 Braised E-Fu Noodles (Vegetarian)
- 雪豆西芹西蘭花 Garlic Snow Peas, Celery, & Broccoli
- 西蘭花炆冬菇 Braised Shiitake Mushrooms with Broccoli
- 春卷 Spring Rolls

新年特色甜品小吃 LNY DESSERTS & SNACKS

- 賀年懷舊糕點小食 (笑口棗, 糖環, 酥角, 麻花, 千層糕)
- LNY Pastries (Variety of Savoury & Sweets)
- 全盒糖果, 柑橘 LNY Candies & Clementines
- 紅豆沙 Red Bean Dessert Soup

2025





3rd Session of Bishop Mathieu's workshop 輔理主教Yvan Mathieu主持的路加福音第三講座

這次講座出席者眾，堂區義工及青年小組協力安排接待和食物。
氣氛熱烈，成績美滿。為未來靈修活動，打好基礎。

The ministry of Jesus according to geography

- i. Ministry in Galilee (4:13 – 9:50)
- ii. Ascent to Jerusalem (9:51 – 19:44)
Matthew 19:1 – 20:34
Mark 9:24 – 10:35
- iii. Ministry in Jerusalem (19:45 – 21:36)
- iv. Passion (22:1 – 23:56)
- v. Resurrection (24:1-53)



收录礼 Rite of Acceptance : Andy Hu 胡焜熠



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)
孫暉梅	Maria Sun
曾偉光	Isaac Tsang
秦恬宜	Candy Chun
出席	In attendance
鄧鉅振	Thomas Tang (建設 Project Manager)
羅靜如	Angelina Lo (行政 Administration)
杜光智	Brian To (Finance Team)
陳麗珠	Linda Chan
張啟軒	Ray Zhang

牧靈議會	Pastoral 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)
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 (行政 Administration)



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

行政小組	Administration 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
張啟軒	Ray Zhang
Patient Bahizire	
范浩泉執事	Deacon Peter Fan (牧民統籌 Pastoral Coordinator)

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
孫暉梅	Maria Sun
黃暉	Teresa Wang

張貴鳳	Jessica Cheung	李溫麗妮	Lai Nai Wan
謝夢儀	Julianna Tse	段曹正心	Carol Duan
葉敏華	Anita Cheung	農大鈞	John Nung
黃振方	James Wong	農李美玲	May Nung
羅翠貞	Helena Wong	周健明	Gary Chow
陳潔華	Jennifer Yeung	王芬芬	Louisa Wong
陳利爵	Richard Chan	陳瑞平	Sunny Chan
陳麗珠	Linda Chan	劉秀英	Christina Fan

January 2025 一月: 傑出義工獎 Outstanding Volunteer Award

Lee Ming 李明, Jianhua Yang 杨建华, Bony Chan 陳志雲



李明代表修復花坛的隊伍接受獎狀。

關愛	Christian Service
羅靜如	Angelina Lo
劉湘貴	Gloria Kung
羅翠貞	Helena Wong

區兆樑	Raymond Au	張愛蓮	Therese Yuen
溫麗妮	Lai Nai Wan	劉秀英	Christina Fan
王芬芬	Louisa Wong	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)
王治耀	Louis Wang (Altar Server, Youth Liturgy)
龍桂裳	Shobie Lung (Youth Liturgy)
農正心	Lydia Nung (Youth Liturgy)
Patient Bahizire	(Youth Liturgy)
羅翠貞	Helena Wong
溫麗妮	Lai Nai Wan
江美珍	Connie Kam

曾兆祺	Leonard Tsang	段安林	Dennis Duan
古嬌珊	Serena Tsang	陳潔華	Jennifer Yeung
曾慧潔	Gladys Wong	黃懿德	Christine Wong
黃健平	Dicky Wong	黃振方	James Wong
農大鈞	John Nung (Choir A)	陳志雲	Bony Chan
陳瑞平	Sunny Chan (Choir B)	楊建華	Jian Hua Yang
司徒惠良	Fred Szeto	陳麗珠	Linda Chan
黃暉	Wei Huang	陳小喬	Rosa AuYeung
孫暉梅	Maria Sun	劉湘貴	Gloria Kung
王芬芬	Louisa Wong	葉敏華	Anita Cheung
叢英	Catherine Au	龍映如	Baylie Lung
歐慧賢	Linda Au	黎銘賢	Boris Lai
段曹正心	Carol Duan	黃玉華	Wendy Wong
		鄭宏釗	Hongzhao Zheng



lindachang@ho...

每星期四 頌念玫瑰經




Universal Prayer all through the Jubilee Year

Lord, in this Jubilee Year, guide us as pilgrims of hope. May we radiate Your light in the darkness and bring the flavour of Your love to the world. Strengthen us to be faithful witnesses of Your peace and mercy.

2025禧年普世祈禱

主啊，在這個禧年裡，求祢指引我們作為希望的朝聖者。願我們在黑暗中散發着光芒，並將主愛的芬芳帶給世界。求祢賜予我們力量，成為您和平與慈悲的忠實見證。



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



2138 St Joseph Blvd
Orléans, ON K1C 1E6
(613) 830-9888

Place your order by phone or online at:
<https://order.plento.io/restaurant/sushi-poke-go>



Bane Sushi 一番料理

All You Can Eat Japanese Restaurant



Tel: 613-749-0943
Fax: 613-749-1804

919 Montreal RD Ottawa K1K 0S6



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