



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4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

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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



Ottawa Canada



BREAKING NEWS

The Sunday Mass SHENG SHEN (HOLY SPIRIT) PARISH



~ Come AND See ~

09:30 a.m. Mass

† English

† Prepared by our SSPC's

Youth-Adult group

11:30 a.m. Mass

† Chinese & English

† Prepared by our SSPC's

Adult group

EVERY
SUNDAY

1187 Michael
Street North,
Ottawa, ON
K1J 7T2



OUR WEBSITE

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.

歡迎各位參與
All are welcome!



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

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



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!



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.

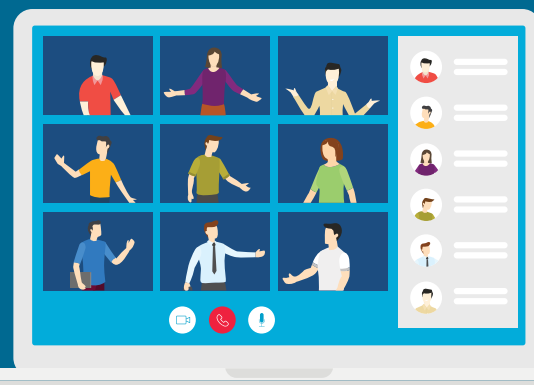
此通訊只刊登堂區主辦的活動及有關資料。內容由行政事務管理決定。

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

MARCH Sunday Masses





Cherie Wong 黃詠琪 and Anyi Hu 胡焜熠 were presented for Rite of Election at the Notre Dame Cathedral on March 9 in the afternoon. Both of them signed at the Book of Election in front of Archbishop Marcel Damphousse.



Rite of Election and Rite of Calling Candidates



Appel décisif et candidature

候洗者黃詠琪和胡焜熠參與甄選禮時，在總主教 Marcel Damphousse 面前簽名於甄選冊內。

5/3 Ash Wednesday



23/3 1st Scrutiny 第一次考核禮 - 授信經

羅德偉神父在 3月23 日九點半主日感恩祭中為 Cherie Wing Kei Wong 黃詠琪和 Anyi Andy Hu 胡焯燦進行第一次考核禮。並授信經予候洗者。

熱烈歡迎候洗者

2025





Andy Hui



Cherie Wong



天主保佑

聖神天堂
Shang Shan Holy Spirit Parish
Community Founded in 1955



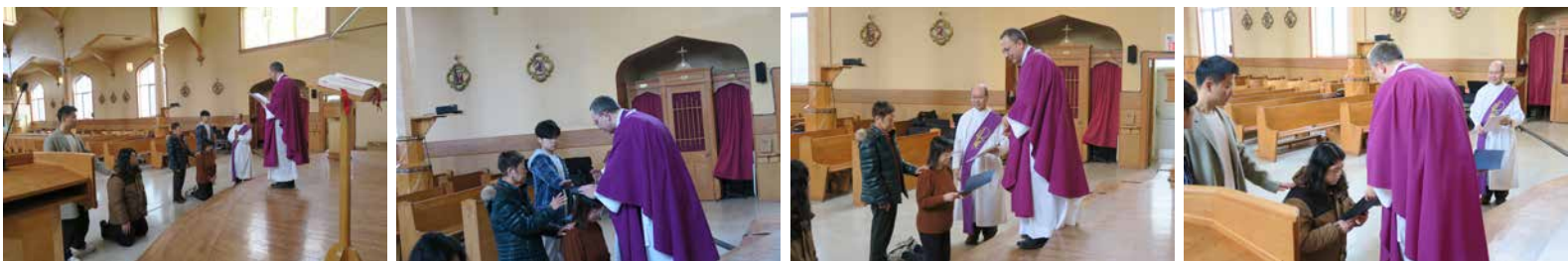
30/3 2nd Scrutiny 第二次考核禮

羅德偉神父在 3月30 日九點半主日感恩祭中為 Cherie Wing Kei Wong 黃詠琪和 Anyi Andy Hu 胡焯燦進行第二次考核禮。



6/4 3rd Scrutiny 第三次考核禮 - 授天主經

羅德偉神父在 4月6 日九點半主日感恩祭中。為今年兩位候洗者 —— Cherie Wing Kei Wong 黃詠琪和 Anyi Andy Hu 胡焯燦進行第三次考核禮並授予天主經。



Commissioning of Lector : Ernest Ho

傑出義工獎
Outstanding Volunteer Award
黃暉 Wei Huang
陳利爵 Richard Chan



聖神天主堂 Sheng Shen (Holy Spirit) Parish
2025 聖灰及聖週禮儀 Ash Wednesday & Holy Week

時間	禮儀	地點
3月5日(星期三) 7 p.m.	聖灰禮儀 (守大/小齋) Ash Wednesday (Fast & Abstinence)	聖堂
4月12日(星期六) 1:30 p.m.	四旬期團體悔罪修和禮儀及告解 Lenten Penitential Service	聖堂
4月13日(星期日) 9:30 a.m. 11:30 a.m.	基督苦難主日(聖枝主日) Passion (Palm) Sunday 請教友上午11:15在教堂正門集合	聖堂
4月15日(星期二) 5 p.m.	聖油彌撒 Chrism Mass	主教座堂 Notre Dame Cathedral Basilica 385 Sussex Drive, Ottawa, ON K1N 1J9
4月17日(星期四) 8 p.m.	聖週四 - 主的晚餐 Holy Thursday 黃昏感恩祭 (聖油進堂禮, 彌撒, 濯足禮, 朝拜聖體)	聖堂
4月18日(星期五) 1:30 p.m. 拜苦路 3 p.m. 救主苦難禮儀 5 p.m. 預習聖週六禮儀	聖週五 - 救主受難紀念 (守大小齋) Good Friday -拜苦路 -救主苦難禮儀, 聖道禮, 朝拜十字聖架, 領聖體 -預習聖週六禮儀	聖堂 聖堂 聖堂
4月19日(星期六) 8 p.m.	聖週六 - 復活慶典夜間禮儀 Easter Vigil 候洗者當晚領洗, 堅振及領受聖體	聖堂
4月20日(星期日) 9:30 a.m. 11:30 a.m.	復活主日感恩祭 Easter Sunday	聖堂



Way of the Cross

【榮光之子如斯慘劇，仁慈之母見而傷心，悲從之隨痛久長。】
 領：主、基督，我們讚美你、讚美你。
 眾：祢用此聖架，救贖普世。（起立）



Pontical Collection on Good Friday in support of the Holy Land, April 17, 2025

The annual Good Friday Collection throughout the world is at the request of the Holy See. It is for the support of the many social, educational, and parish projects of the Church throughout the Holy Land, and it helps to assure the Church's presence and a measure of security and peace for our brothers and sisters.

Please give generously during your parish's Good Friday celebration on April 18, 2025.

If you are unable to attend the service, it is possible to contribute online by going to Commissariat.ca/supporting-us and donating via CanadaHelps or Interac e-transfer. Receipts will be issued.

教會在2025年4月18日 於聖地宗座的募捐公告

我們將於2025年4月18日的受難日進行募款，
(詳情請參考 www.commissariat.ca)

每年基督受難日的募款是聖座對全球各教區和信徒的唯一年度請求。教會運用該筆善款以營運及維護聖地。這些聖地不但對世界各地的基督徒可謂至關重要，還可以為信眾提供牧靈、教育及社會服務。

教會和主內的弟兄姊妹都期待您伸出援手，讓基督的信仰充盈在這片土地上。因此請您慷慨解囊，支持2025年4月18日的募款活動。

如果您無法親身到臨，仍可以透過 Commissariat.ca/supporting-us 網站進行線上捐款，亦可使用 CanadaHelps 或 Interac 電子轉帳來捐款，我們均會發放收據以作確認。

聖座委託這項事工已差不多700年，一直薪火相傳，就着各位的支持，本人謹代表方濟各守護會，致以衷心感謝。

加拿大聖地專員
Fr. Robert Mokry, o.f.m

Archdiocesan Vision Teaser

GO OUT
GO DEEP
GO TOGETHER

Come to the Archbishop's Reception on May 15th to
CATCH THE VISION!

The vision embodies our commitment to becoming a missionary Church, one that brings hope and God's love to every corner of our community in Ottawa-Cornwall area.

It challenges us to step beyond our comfort zone (Go Out), deepen our faith and connection with Christ (Go Deep), and foster unity as we journey together in service to others (Go Together).

Cost of ticket: **\$65 per person**

教宗方濟各二零二五年四月份祈禱意向 Pope Francis's Prayer of Intention for April 2025

普世意向: 請為新技術的運用祈禱

願新技術的運用不取代人際關係，而是尊重人的尊嚴，有助於我們面對這個時代的危機。

Universal: For the use of the new technologies

Let us pray that the use of the new technologies will not replace human relationships, will respect the dignity of the person, and will help us face the crises of our times.

PASTOR'S MESSAGE

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

April 20, 2025: Easter – The Resurrection of the Lord

...The women found the stone rolled away from the tomb; but when they entered, they did not find the body of the Lord Jesus.

"Why do you seek the living one among the dead? He is not here, but has been raised. Remember what he said to you while he was still in Galilee, that the Son of Man must be handed over to sinners and be crucified, and rise on the third day." Luke 24: 1-12

The Risen Christ calls us out of the dark crypts and tombs of our lives and into the light of hope, of healing, of re-creation. In his rising from the dead, Christ enables us to bring into our lives all that he lived and taught and gave: love, compassion, generosity and humility that ultimately triumphs over the "deadness" of hatred, prejudice, despair and death. This Easter let us dare to live in hope: hope that frees us from our graves of fear and anxiety, hope that pulls us out of our tombs of denial and cynicism, hope that compels us to transform our lives and world in the peace of this holy season. Let us live our lives in "living" grace: that, in the spirit of God's Christ who "goes before us," we can transform our own Galilees into the Kingdom of God's justice and mercy.

The empty tomb of Easter vindicates Jesus' Gospel of humble servanthood and unconditional and ready forgiveness. The Risen One is in our midst the compassion of our spouse and loved ones, the guidance of our teachers and coaches, the wisdom of our elders, the love of friends, the affirmation of our sisters and brothers in Christ. Neither the injustice of the cross nor the specter of death can separate us from the love of God.

2025年4月20日：復活節 — 主的復活

...婦女們見墓穴的石頭滾開了，她們進去，不見了主耶穌的遺體。

「你們為什麼在死人中尋找活人呢？他不在這裡，已經復活了。你們應當記得：他還在加里肋亞時，對你們所說的話：人子必須被交給罪人，被釘在十字架上，第三天復活。」路加福音 24: 1-12

主基督在復活後呼喚我們，要離開生活中黑暗的墓穴，投向希望、治癒和重生的光明。藉着基督的復活，我們能夠將祂的生活態度和教導，以及賜予我們的一切，統統帶入我們的生命中：愛、同情、慷慨和謙卑，最終戰勝仇恨、偏見、絕望和死亡的「死寂」。在這個復活節，讓我們敢於生活在希望中：希望使我們從恐懼和焦慮的墳墓中解放出來；希望拯救我們不再否認基督，並脫離憤世嫉俗的墓穴；希望更促使我們在這個神聖節慶裏，平安地蛻變自己的生活 and 世界，讓我們在「活生生的」恩典中生活：在主基督「走在我們前面」的精神中，我們能夠將自己的加里肋亞轉變為神公義與仁慈的國度。

在這段復活節的福音中，耶穌空置的墓穴闡明了主的謙遜，更讓我們知道，主愛是無條件的，並時刻懷着寬恕的心。復活的奧蹟其實時刻都在我們當中，無論是夫妻、戀人間相濡以沫之情，又或是師長的指導、長輩的珍言、同輩的友情，以及主內弟兄姐妹的認同，全都在體現出復活的精神。無論是十字架的不公，還是死亡的幽靈，都無法使我們與神的愛隔絕。

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. 由2025年1月19日開始，堂區每個主日增添9:30a.m. 一台彌撒。
3. 堂區清潔日定於4月12日(星期六)上午十時進行。懇請義出席協助。
4. 4月15日聖週二的聖油彌撒定於主教座堂下午五時舉行。歡迎教友參與。
Parishioners are invited to attend the Chrism Mass on Tuesday, April 15 at Notre Dame Cathedral Basilica.
5. 教區2025年的結婚週年紀念彌撒定於5月4日(星期日)二時三十分在主教座堂舉行。結婚5年,10年,15年, 20年, 25年, 30年, 40年, 50年,60年及以上的參與者可在 <https://forms.office.com/r/jpBDLwDOKg> 索取表格報名。
Diocesan Wedding Anniversary Mass 2025: For those celebrating 60 (or more), 50, 40, 30, 25, 20, 15, 10 & 5 years of marriage in 2025 at Notre Dame Cathedral on Sunday, May 4, 2:30 p.m. The registration form is available at <https://forms.office.com/r/jpBDLwDOKg>



POTLUCK LUNCH
to celebrate the April Birthdays of
FR. LIANG and FR. BARNARD
on Easter Sunday 20/4 after mass



Thank you, Julie & Jack and Cathy
for donating the beautiful dining chairs to our church

Thank you, Ginny, JB and Hongzhao
for shipping them to our church so promptly

Letter of thanks from
Peter Chan Wai-ming
太極師傅



To Members of Sheng Shen Catholic Church,

Thank you very much for your cares and prayers.

My rectum anal cancer had been erased by radiation and chemo treatment.

What bothers me right now:

- a) The protruding of the hemorrhoids which too easily falls down again after pulling back into the body and sometimes it hurts when I walk;*
- b) Side effects of the treatment: half of my body right now is covered by rashes which are itchy;*
- c) Skin of my fingers crack.*

Your cares and prayers give me strength to overcome my difficulty. Thanks from the bottom of my heart to you all.

Peter Chan
25 March 2025

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.



Request for Mass Offering 奉獻彌撒申請表

Date/日期

Mass at/彌撒時間

Request by/申請人

Intention for/意願為

9:30 a.m.

or

11:30a.m.

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

財務委員會	Finance Council	牧靈議會	Pastoral Council
梁增仁神父	Fr. Stephen Liang (司鐸統籌 Priest Moderator)	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)	范浩泉執事	Deacon Peter Fan (牧民統籌 Pastoral Coordinator)
會員	Members	李利	Lily Li (共同主席 Co-Chair)
黎寶珍	Katie Ng (共同主席 Co-Chair)	陳利爵	Richard Chan (共同主席 Co-Chair)
張彥潔	Agnes Zhang (共同主席 Co-Chair)	歐慧賢	Linda Au (團體生活 Community Life)
農李美玲	May Nung (秘書 Secretary)	黎寶珍	Katie Ng (財務委員會代表 Finance Council Representative)
夏景榮	Jimmy Ha (委員 Member)	王治耀	Louis Wang (青年代表 Youth Representatives)
孫擘梅	Maria Sun	農正心	Lydia Nung (青年代表 Youth Representatives)
曾偉光	Isaac Tsang	陳勒秋	Alain Chan (維修 Maintenance)
秦恬宜	Candy Chun	羅靜如	Angelina Lo (行政 Administration)
出席	In attendance	鄧鉅振	Thomas Tang (建設 Project Manager)
鄧鉅振	Thomas Tang (建設 Project Manager)	羅靜如	Angelina Lo (行政 Administration)
羅靜如	Angelina Lo (行政 Administration)	杜光智	Brian To (Finance Team)
杜光智	Brian To (Finance Team)	陳麗珠	Linda Chan
陳麗珠	Linda Chan	張啟軒	Ray Zhang
張啟軒	Ray Zhang		

行政小組	Administration Team	信仰培育	Christian Education
羅靜如	Angelina Lo (Coordinator)	梁增仁神父	Fr. Stephen Liang (司鐸統籌 Priest Moderator)
陳淑芬	Cecilia Chow	范浩泉執事	Deacon Peter Fan (牧民統籌 Pastoral Coordinator)
司徒惠良	Fred Szeto	羅德偉神父	Fr. Lodewicus Barnard
杜光智	Brian To	羅靜如	Angelina Lo
鄭宏釗	Hongzhao Zheng	杜光智	Brian To
呂永恒	Keith Lui	鄭宏釗	Hongzhao Zheng
胡偉雄	Alex Wu	農正心	Lydia Nung
張啟軒	Ray Zhang	黃懿婷	Christine Wong
Patient Bahizire			
范浩泉執事	Deacon Peter Fan (牧民統籌 Pastoral Coordinator)		

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
孫擘梅	Maria Sun
黃暉	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
李麗嫻	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
區兆樞	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)
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
曾兆樞	Leonard Tsang
古嬌珊	Serena Tsang
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
黃暉	Wei Huang
孫擘梅	Maria Sun
王芬芬	Louisa Wong
叢英	Catherine Au
歐慧賢	Linda Au
段曹正心	Carol Duan
段安林	Dennis 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
黎銘賢	Boris Lai
黃玉華	Wendy Wong
鄭宏釗	Hongzhao Zheng



21/4 禧年和團體成立70周年朝聖程序

為紀念禧年和團體成立70周年,
堂區安排了4月21日(星期一)的一日朝聖活動:

- 上午 10:00 在聖神天主堂停車場集合起程
- 上午 10:30 在 Notre Dame Cemetery 墓園向我們堂區的創建者致敬
- 上午 11:30 主教座堂彌撒/告解(大赦)
- 下午 1:30 午餐聚會

2025年禧年大赦資訊

基本條件

不依戀任何罪惡, 並領受修和聖事 (在履行乙項其中一項善工之前或之後的三週內滿全)、在彌撒中領聖體, 及按照教宗的意向祈禱 (可誦念天主經及聖母經各一遍來滿全)。

須履行的善工

朝聖活動 — 前往朝聖地, 並在該處虔誠地參與聖祭, 或任何以下善工: 聖道禮儀; 時辰頌禱 (誦讀、晨禱、晚禱); 苦路善工; 玫瑰經; 以個別告明作結的團體懺悔禮。

2025 Jubilee Year Plenary Indulgence

Requirements

Detachment from sin (even venial), confession within about 20 days, Communion, and prayer for the Pope's intentions in SSCC monthly bulletin (e.g., an Our Father and Hail Mary).

Fulfillment

Participation in pilgrimage and mass celebration; and any other involvement such as day and evening prayer, way of the cross, rosary, or community penitential service or confession.





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。



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