

1955 - 2025

聖神天主堂

Journal of Sheng Shen Parish

白金禧特刊

Platinum Jubilee



主內同行， 禧慶七十載  
In Christ we walk. 70 years and beyond





**渥**太華聖神天主教團體在1955年由聖母無原罪修女會始創。至今已有七十年。盼望主內兄弟姐妹的共同努力和事工能依天主的旨意恆常持續。為方便朋友們了解團體的源起及發展，現將六十周年特刊電子化，加上過去十年的發展，讓各位參閱。萬望各位不吝賜教，幫助我們不斷改善。主佑。

**S**heng Shen Chinese Catholic Community was founded by the Missionary Sisters of Immaculate Conception (MIC) in 1955. We are celebrating our 70th Anniversary this year, 2025. We pray, through our shared efforts, will go on forever with the guidance and blessing of the Holy Spirit. For this reason, we initiated the current electronic version of the Anniversary Journal so that it could be updated regularly. In the ensuing pages, we will start with the 60th Anniversary Journal which documented our ministries from Day 1. We have substantiated it with the history and projects that flourished in the last 10 years so that our friends would get a full picture of our development. Enjoy!



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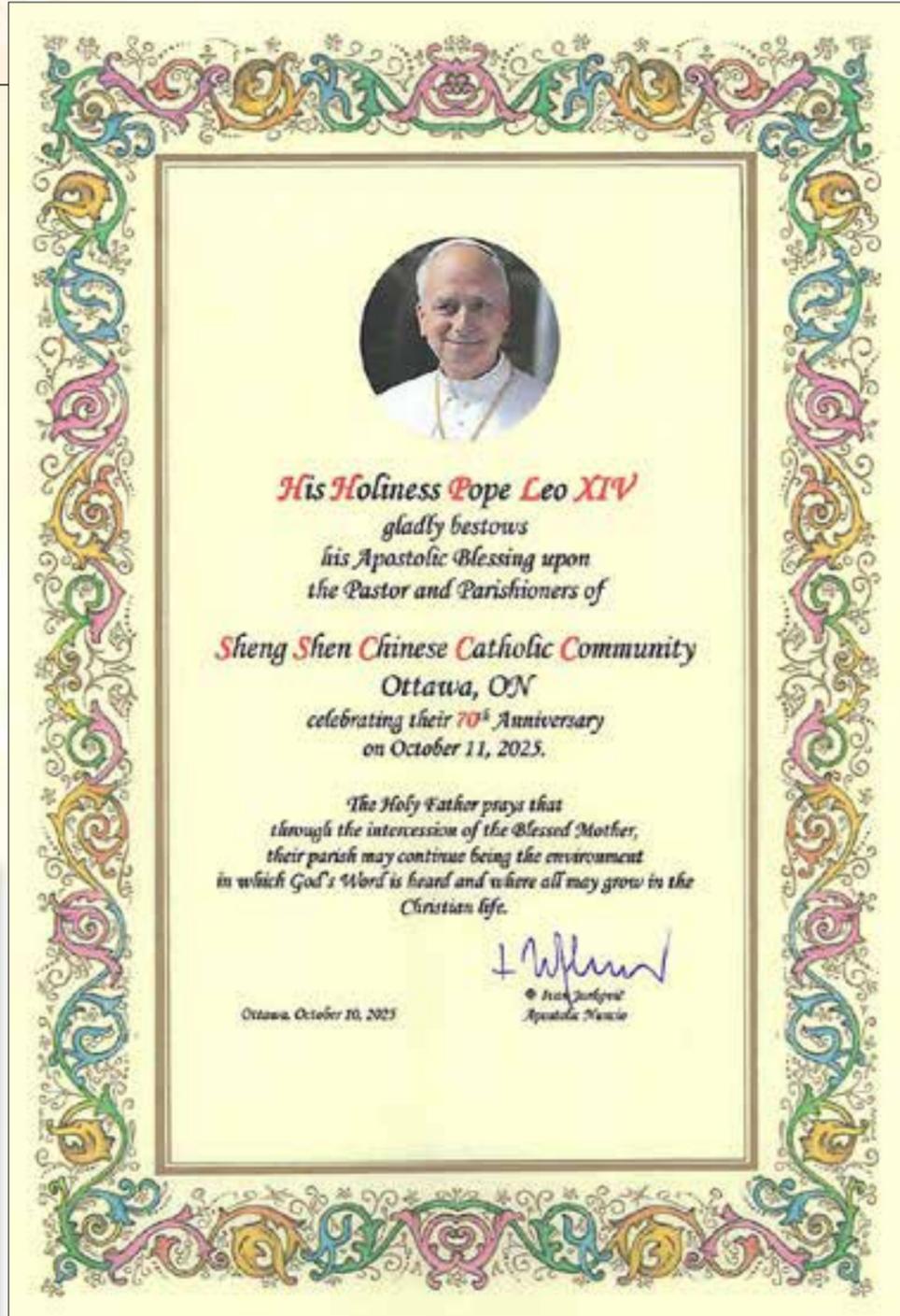
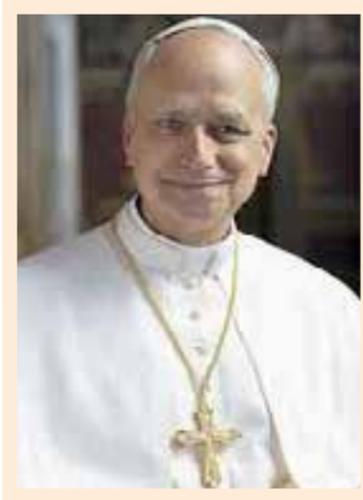
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# 辭

賀  
辭 MESSAGES



*His Holiness Pope Leo XIV*  
gladly bestows  
his Apostolic Blessing upon  
the Pastor and Parishioners of  
**Sheng Shen Chinese Catholic Community**  
Ottawa, ON  
celebrating their 70<sup>th</sup> Anniversary  
on October 11, 2025.

*The Holy Father prays that  
through the intercession of the Blessed Mother,  
their parish may continue being the environment  
in which God's Word is heard and where all may grow in the  
Christian life.*

*[Signature]*  
✠ Jack Joseph  
Apostolic Nuncio

Ottawa, October 10, 2025

Sept. 30th, 2025

Dear Friends of Sheng Shen Catholic Church,

Congratulations to you as you celebrate your 70<sup>th</sup> Anniversary of foundation!

It was my joy to have the chance to meet Deacon Peter Fan and some of your pastoral team before the opening of your Pastoral Center in 2023. What a marvel for me to witness your dynamism and your warm and joyful spirit! You are certainly a dynamic Community who have faithfully served the Chinese Community over the years. Your journey was not easy but you did it beautifully and successfully!

I thank you for your fidelity in bonding with us MIC Sisters over the past 70 years! This is really remarkable. I see the great harvest of your labour, it has surely given so much honour and joy to our pioneer Sisters. May you continue to thrive as a Community of faithful, drawing more immigrants to know God by day.

I regret that I will not be able to attend your important event but I will surely pray for you on that special day of Oct. 5<sup>th</sup>. May God continue to shower upon you His choicest blessings! Have a wonderful celebration and warm regards to everyone! And may Our Heavenly Mother and Venerable Dolia Tetreault watch over you and bless you always!

Yours in Christ,

*[Signature]*  
Sr. Cecilia Mzumara, MIC  
Superior General



# 晉 禧

## A Heartfelt Congratulation to Ottawa Sheng Shen Chinese Catholic Church on the occasion of your 70th Anniversary of Foundation

Oct. 11, 1955-Oct. 5, 2025

The Sheng Shen Chinese Catholic Church has a remarkable witnessing history to share today. This community was founded by a group of pioneer Sisters: the Missionary Sisters of the Immaculate Conception, in 1955. The Sisters opened the Centre as a "Home away from home" for the Chinese students coming from Hong Kong. Slowly, this group of youth began to take roots in Ottawa and became a small community of faithful.

Like the Israelites, this small community journeyed like a migrant community. They accepted all challenges of letting go and moving on from their founding home, 30 Goulburn Ave., in 1984 to a temporary sojourn in Our Lady of Perpetual Help Church. Then in 1991, they made a second sojourn to Assumption Church. Later in 2006, they were welcomed to celebrate their Sunday Mass at the Diocesan Centre.

Despite all the movings, challenges, and new adaptations, the Sheng Shen Catholic Community never lost hope nor fell apart. As a migrant community, they learned how to adjust and adapt. All this is because they have "an exceptional and dedicated Pastoral Team" under the wonderful leadership of Deacon Peter Fan and the faithful support of different priests and Archbishops of Ottawa.

At last in 2010, after years of efforts in searching for a place that can be called their own, this community finally settled down officially in the present location as an independent Catholic Church known as the Ottawa Sheng Shen Catholic Church (Holy Spirit Catholic Church). Their name is certainly significant because it is indeed the work of the Holy Spirit who guides them all along the way so that despite all challenges they continue to stay together as a "Visible Body of Christ" open to welcome all newcomers and reach out to care for the youth.

January 22nd, 2023, after a collective effort of fundraising and the blessing of their new Archbishop Marcel Dampousse, Sheng Shen Chinese Catholic Church joyfully opened their own Pastoral Center to welcome the youth and newcomers. The inauguration Mass was a moment of community joy and thanksgiving. Although due to different reasons, the MIC Sisters were unable to be present at the event, yet they were personally greeted by Sr. Cecilia Mzumara, our Superior General prior to the Opening Celebration.

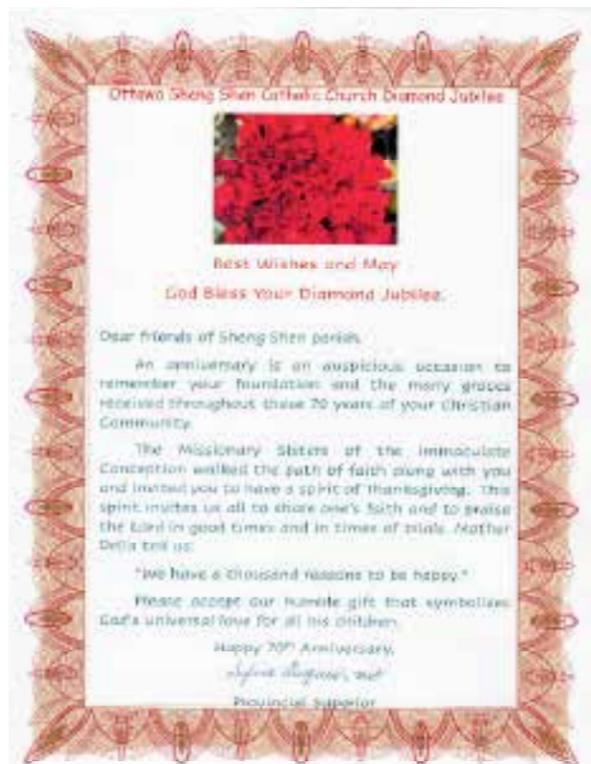
Indeed, 70 years of fidelity for a group of lay people walking in the footsteps of their founding pioneers is truly a giant act of faith and dedication! Their efforts are incredible, their courage is invincible, and their gratefulness to the MIC Sisters is admirable!

Today, they finally have their own first full-time pastor, Fr. Andrew Zhou, CSJB. Let us give thanks to God for this special blessing from the Congregation of St. John the Baptist. May Sheng Shen Catholic Church continue to grow in faith and in unity!

All the MIC sisters of our new Residence join me in wishing you all a vibrant future filled with joy and hope as we celebrate the Jubilee Year of Hope. May God bless you for your 70 years of fidelity and labour with joy and thanksgiving!

In Communion and Prayer,

Cecilia Hong, M.I.C.



**值** 此圣神堂庆祝七十周年之际，我怀着满心的欢喜与感恩，送上最诚挚的祝福！七十年风雨兼程，教堂如同一座坚固的灯塔，照亮无数信徒的心灵之路。它不仅是信仰的寄托，更是爱与温暖的汇聚之地。七十年来，这里见证了无数生命的成长、心灵的救赎，承载着一代又一代信徒的虔诚与希望。欣逢圣神堂70周年堂庆，得知我是七十年之久第一位正式的本堂神父，深感荣幸。同时，也深知使命神圣，责任重大。愿我们大家共同努力，在圣神的光照和带领下继往开来，再创辉煌……愿圣神堂在未来的岁月里，继续传递天主的爱，引领更多的人走向光明和平安。愿主的恩典常与我们同在，让这座教堂永远充满喜乐与荣耀！阿们！

本堂神父周进考

## 慶祝聖神堂建堂七十週年鑽慶

聖神引領七十載，  
神恩無數藏心懷；  
堂區教友樂共融，  
慶祝贊頌主恩澤！

耀漢小兄弟會愛德省省長  
秦英神父偕眾兄弟 共賀



# 辭



Solemnity of Pentecost  
May 31, 2015

Congratulations on the Diamond Jubilee of the Chinese Catholic Community here in Ottawa! Sixty years of celebrating our faith here in the Archdiocese of Ottawa within the context the venerable Chinese culture is very significant.

From modest beginnings with the support of the MIC Sisters, the community has grown and been established as a significant welcoming and supportive presence for Chinese Catholic Canadians to practice and grow in faith.

In this year of celebrations, I encourage you in your decision at **Sheng Shen Parish** to focus on evangelizing the young people of the parish, helping the baptized to grow in faith and in your ongoing efforts in pastoral care for those in need.

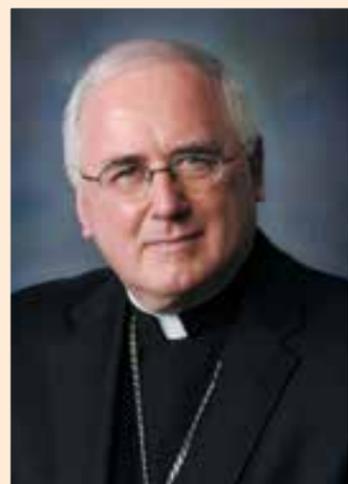
The Priest Scholar Program which the parish has created is a wonderful witness to the youth of an engaged, intelligent young Catholic priest continuing to learn and grow in his faith and understanding. St. Anselm famously described theology as "faith seeking understanding." This definition is one all can embrace as we strive to grow and mature spiritually.

Your care and concern for seniors is one way that the parish will productively put into practice the call of Pope Francis to be agents of God's mercy in the coming **Jubilee Year of Mercy** beginning on the Feast of the Immaculate Conception (December 8, 2015). Loneliness and feeling isolated or disconnected often burden our elder sisters and brothers in Christ. Your efforts to care for the senior members of the community show your respect for elders in the parish and the growing needs of this segment of the population.

I pray that your pastoral theme this year, "**In Christ We Walk, 60 Years and Beyond,**" will be a fruitful guiding principle and a source of inspiration for Sheng Shen Parish and the members of the Ottawa Chinese Catholic Community.

May God's blessing descend upon you through His Holy Spirit in a special way this year as you celebrate your 60<sup>th</sup> Anniversary.

✠ Terrence Prendergast, S.J.  
Archbishop of Ottawa



Dear parishioners of Sheng Shen (Holy Spirit) Parish,

Greetings in Christ our Lord!

It was a joy, as the Auxiliary Bishop of Ottawa, and the Vicar for the National Language Parishes, Communities and Faithful, to participate, recently, in the launching of the Community's sixtieth anniversary celebrations. The Ottawa Chinese Catholic Community grew in faith and devotion for fifty-six years and then, on January 1, 2011, it was canonically established as a parish under the patronage of Sheng Shen (Holy Spirit). Your theme for this Diamond Jubilee is: "In Christ we walk, 60 years and beyond". The people of this parish have shown throughout these sixty years that, indeed, in Christ they walk.

Throughout the years, many members of the clergy and numerous faithful parishioners have contributed to the flourishing of Sheng Shen Parish as a beacon of faith, hope, and love in our Archdiocese. The Chinese heritage and culture is a cherished one in the Archdiocese of Ottawa and it deserves to be preserved and shared with all of us. I especially commend you for your dedication to youth, evangelization and pastoral care in this coming year.

The Archdiocese and I rejoice with you during this Diamond Jubilee year. We thank God for all the graces he has bestowed upon you. United with you, we go forward, trusting in our Lord's continued blessings.

Sincerely yours in Christ,

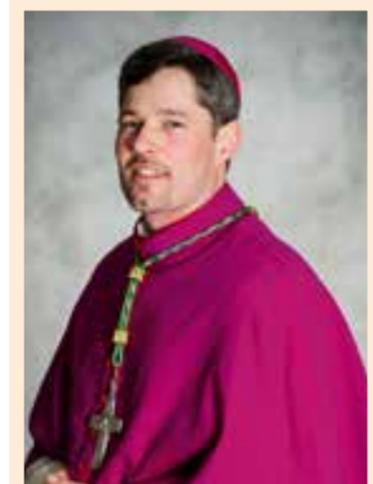
Most Rev. Christian Hambeck, C.C., V.G.  
Auxiliary Bishop of Ottawa  
The Solemnity of the Annunciation of the Lord,  
March 25, 2015



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Congratulations to all the people who make up the Chinese Catholic Church in Ottawa!

Yes, my warm congratulations on the occasion of the 60th Anniversary of your Foundation!

I was privileged over the years to participate in some of your functions. I was indeed impressed by the vibrant and joyful atmosphere. There was so much warmth and homeliness like a Family-celebration. Both the organizers and the participants shared the work: everyone contributed in one way or another. I was able to appreciate even more the ambiance when I was informed during the celebrations, that the organizers were on a voluntary basis and the participants came readily to support the activities.

We, the MICs are really proud and grateful to see that the 'seed' we had planted, has now, through your dedication and commitment, grown into a 'big tree', with branches extending to other Chinese Communities in other cities.

You can certainly count on us, to 'walk' with you as you go forward towards the future, building a dynamic and open Christian Community that radiates the JOY OF THE GOSPEL.

May our Venerable Foundress, Délia Tétrault, whose 150th anniversary of birth we are celebrating this year, bless and accompany you in your special mission among the Chinese.

Yours in Mary Immaculate,

Lucie Gagné, M.I.C.  
Provincial Superior



# 辭



My dear brothers and sisters in Christ:

We have journeyed together on the path to holiness these past few years and we now come together to carry out a joyous celebration of the 60<sup>th</sup> Anniversary of Sheng Shen Chinese Catholic Church.

It is indeed most fitting and paramount that we first give glory, praise, honour, and thanksgiving to Almighty God for all His blessings and graces to our parish community, Sheng Shen (Holy Spirit).

May God send the Holy Spirit to give us wisdom and guide us so that our lives may radiate holiness and faith.

“+ O Gracious God, with grateful hearts we give you thanks for your overflowing generosity to us. We offer you praise for the prosperity and blessings we have received at your hands.

Thank you for our home, family and friends.

Thank you for our health, our work and our play.

Continue to make our parish community and our country, Canada, fruitful, prosperous and safe, and let our love for you, be seen in our pursuit of peace and justice, and in our generous response to those in need. May we continue to live in your friendship and in harmony with each other.

Open our hearts to your love. Praise and glory to you, Lord God, now and forever. Amen.”

I wish to thank our Archbishop Prendergast SJ, for his interest in the Chinese Catholic community, and being instrumental in giving us a suitable place of worship. We look forward to his continued advice and spiritual guidance.

As your Priest-Moderator, I pray for God's blessings on you and your families. I consider it a great privilege and honour to serve God and His Church. It is my sincere hope that God will continue to bless us and make our parish a vibrant, prayerful community of faith. We are the body of Christ and we must reach out to each other and make that body strong. By worshipping God as a community of faith and participating in all the sacraments, we are in turn exalted and grow in holiness. As an active community of believers, living the Gospel and growing in faith, love and service, we must strive:

1. to strengthen one another in community through prayer, charity and social activities,
2. to provide opportunities for growing into a mature understanding of our faith, and
3. to deepen our understanding of ourselves and our relationship with God.

Our parish community is an active community of believers, living the Gospel, and growing in faith, love, and service. We need each and everyone to help build up this community to be the light of the world and the salt of the earth. Our community is indeed a very dynamic congregation consisting of many talented and skilled professionals of varied backgrounds. The success of this church is based on a great number of volunteers who have selflessly given of their time, talents, money, input and active participation in all facets of community life and in Liturgy. First and foremost, we are very fortunate to have Deacon Peter Fan, who is an outstanding and brilliant man who has dedicated himself 100% to the welfare and common good of the church in all aspects. He is a credit to our church. We have an outstanding Administrative Staff coordinated by Angelina Lo, and excellent and dedicated Finance and Pastoral Councils. In my opinion, we are a thriving and vibrant Christian community of worship, prayer, and fraternity. We are all together a sign of the Good News – we are a symbol of this wonderful message of God. This is a message of LOVE. The lives of the Saints highlight the universal call to holiness for all God's people. In imitating the saints, each of us needs to do so in our own particular way. God desires us to follow the examples of the saints by absorbing the vital sap of their virtues and turning it into our own life-blood, adapting it to our own individual capacities and particular circumstances. All our volunteers have a very positive influence with respect to our solidarity as a community and in our prayer life. May Jesus Christ lead us daily to grow in faithfulness and love.

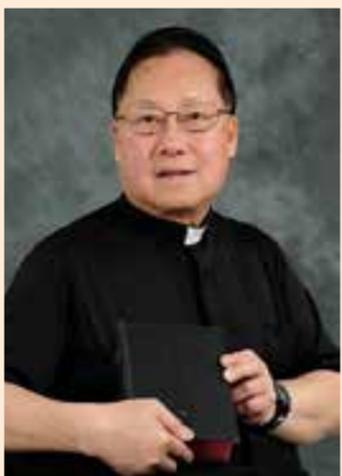
I wish all of you Happiness, Good Health, and Prosperity!

May the Lord bless you and keep you!

May His face shine upon you and be gracious to you!

May He look upon you with kindness and give you peace!

Rev. Dr. Stephen Liang M.D.  
Priest-Moderator



“In Christ we walk,  
60 years and beyond”

Rooted in Christ, empowered and directed by the Holy Spirit, we journey. We journey to the Father.

On the shoulders of our forerunners and the foundation they laid down, we are able to see further and work more for the greater glory of God.

Following the initiatives pioneered in the past decades, we, the Chinese Catholic Community in Ottawa, were given the potential and space to develop further.

Together we journey in

Prayer:

We break bread, we observe the Holy Hour, we forgive and are forgiven, we walk in the Way of the Cross, we journey with our elders in their final hours, and we continue with our pilgrimages in different locations and in life.

While we pray, we share

His Word,

engaging in reflective studies of the Bible. We create opportunities, for both young and old, to sing His praises. We reflect on His Word in retreats and prayer meetings.

While His Word feed our

Life,

We engage each other in Basic Christian Communities. We celebrate with each other in different stages and settings of life, through mutual care and support, for we know Christ lives among us and in each other we see Christ.

The following pages consist of a few excerpts of the life and development of the Sheng Shen (Holy Spirit) Parish in Ottawa. Hope you enjoy it and pray that these memories continue to engage you in our community.

Peter Fan  
Deacon

『主內同行，跨越六十載』

我們植根於基督，跟隨聖神的帶領，走向天父。

在前人建立的基礎上，我們穩步前行；借助他們廣博的視野，我們胸襟更闊，目標更可以大一點，遠一點。

藉著前輩數十年努力的成果，這十年來，團體內的姊妹兄弟有更大的發展潛力和空間。

我們分享

祈禱生活：

我們擘餅。我們一起朝拜聖體。我們原諒，也被原諒。在苦路上同行。陪伴年青人成長，陪伴長者走過在世的最後歲月。更在不同時空一起進行生命的朝聖之旅。

祂的聖言：

通過聖經研習，我們分享祂的聖言。我們以不同音樂頌唱祂的聖詠。我們經常在祈禱會和退省中默想祂的聖訓。

主內的生活：

通過基基團（信仰小團體）我們分享生活和聖言。我們在人生不同的階段和情況，大家守望相助，互相支持關愛。我們知道基督存活在我們中間。在團體的摯友中我們看見基督。

在下面的文字圖片中，我們嘗試把聖神天主堂的生活片斷展示給各位。希望各位享受這些美妙的回憶，更盼望各位繼續為這天主建立的團體努力。

范浩泉執事



# 組

堂區組織 OUR STRUCTURE

## 聖神天主堂 堂區組織

### Sheng Shen (Holy Spirit) Parish Organization

在聖神的指引和渥太華教區的規程範圍內，我們堂區通過牧靈議會，財務委員會，行政團隊，以及各專責委員會，如禮儀，團體生活等組合推動團體運作。我們以信、望、愛德為基礎，籌劃活動，支持和面對教友，堂區，以至社區的成長和需要。

牧靈議會通過公開的定期會議及各委員會，廣集意見和推行各項計劃。

財務委員會以教區的指引為依歸，根據會計原則，制定預算案。並監察財務管理。確保健全的財政運作。

鑑於我們堂區在成長中，暫未能負擔全職的駐堂司鐸和職員，教友們同心合力，為堂區奉獻。眾多志願工作人員，同心戮力為管理，維修，活動組織各方面付出。堂區成立行政團隊統籌各項工作。

Guided by the Holy Spirit and the instructions of the Archdiocese of Ottawa, the Sheng Shen (Holy Spirit) Parish is supported by different advisory councils and committees. They include, to name a few, Pastoral Council and Finance Council, the Administration team, the Liturgy Committees, Christian Education Committee, Community Life Committee, Christian Services and Youth Group, the choirs and many others. They serve as an advisory body to enhance the nurturing of faith as disciples of Christ living in



joy and hope, through planning and implementing pastoral and community building programs, in caring and healing, reaching out to others in love and service.

The governance of the Pastoral Council is exercised through deliberations in its meetings, either on the overall council level or in standing and ad hoc committees, such as committees on:

- Liturgy
- Christian Education
- Community Life
- Christian Service
- Youth
- 60th Anniversary Celebrations, and
- Others.

The Finance Council helps in formulating and executing the budget and ensures that the procedures follow the guidance of the Archdiocese.

The Administration Team coordinates a team of volunteers in the operation of the Parish. In the absence of a resident Pastor and full time paid office staff, our parish depends on a network of volunteers to help in operating all the projects of the community. These volunteers are mostly compensated through travelling subsidies only. We are most appreciative of their offerings and sacrifices to ensure the smooth operation of the community.

## 牧靈議會 Reflections on our very own Miracle

Miracle! This year is our community's 60th Anniversary. Sixty years look like a very long period of time. However, our church is still very young. Sixty years ago, a group of overseas students came to study in Ottawa. They were away from their families, their homes. They were lonely in this unfamiliar society and struggled in their daily life. Even in these difficult times, they still had faith. They gathered together to worship God.

God listened to their prayer. The Sisters from the MIC Congregation (the Missionary Sisters of the Immaculate Conception) and other priests came and guided them. An Ottawa Chinese Catholic Community was established. At first, they rented the basements from other churches to do the Sunday Mass. They moved from church to church. In the face of immense difficulty, God responded.

God listened to their prayer again. Deacon Peter Fan came out from nowhere. No more than a few people in the Community had heard of him. He and Fr. Bosco Wong worked with our Diocese to move our Community to the Diocesan Center temporarily and used the chapel and the facilities there for mass, other liturgy and activities a few hours every Sunday and occasionally on weekdays.

The Israelites wandered in the desert for 40 years before they could settle down. After over 50 years, God gave us another miracle. With endless

days and nights of discussion demonstrating the need to have a church of our own, Fr. Bosco Wong and Deacon Peter finally got the most compassionate approval from the Archbishop of Ottawa, Reverend Terrence Prendergast, S.J. to grant us a church (the former Notre Dame de Lourde à Cyrville, 1187 Michael Street, Ottawa, ON K1J 7T2). Furthermore, we are no longer just a community. We officially became a parish in Ottawa with our own name, "Sheng Shen (Holy Spirit) Parish."

Miracle! God told us to love, to forgive, and to learn to work together. Not just words but also action is needed. We were almost history, but yet the church becomes the new home of our parishioners. Although we still cannot afford a full time priest of our own, we do have different priests from different parishes helping us with the liturgy and pastoral work. Thanks to the Vocation Development and Priest Scholar Program, we now have a Mandarin speaking priest directly from China working with us, especially our Mandarin speaking parishioners.

Spiritual workshops, retreats and continuous reflections on Biblical teachings let us experience first class teaching of the Bible. For example, the Wisdom Literature workshops from such world renowned scholars as Fr. Walter Vogels and the retreats with the MIC Sisters helped us in the journey.

Every year, we organize concerts on sacred music in different formats. The concerts ranged from those of the young people to that of the more mature adults using Cantonese Opera for Evangelization. The concerts brought us to another level. For example, the visit from Fr. Giovanni Giampietro P. I.M.E. (恩保德神父) and the Evangelization Concert (逾越知音) Team from Hong Kong made us think of what Evangelization should be. We look forward to the young people and their families continuing their evangelizing journey in S.E. Asia with the EV Concert Team in this 60th Anniversary year of our community.

Ask ourselves what we can do to help our church, from the monthly / weekly clean up to administration, from spiritual development to joining the different ministries. We struggled a long way from nothing to have our own church. We count on the next generation to continue and develop a stronger parish. As members of the Pastoral Council and our Parish, it is our responsibility to recruit, educate and energize people to serve and develop our parish. We are starting to build a strong foundation, with God's care, love and mercy. Let us pray for the guidance and strength of the Holy Spirit to serve the Chinese and others for generations to come.

— David Chan  
Chair, Pastoral Council



# 組

## 財務委員會 Finance Council

The Finance Council oversees the financial management of our Parish. Its membership is made up of volunteers with diverse educational background and work experience in finance, engineering, general administration and repairs and maintenance of buildings. It functions as an advisory body to our Priest Moderator.

There are normally six sittings within any fiscal year for the Finance Council. Its mission is to ensure that the financial regulations and guidelines

directed by the Diocese of Ottawa are strictly adhered to.

The roles of the Finance Council are to :

1. review and approve periodic (quarterly, semi-annual and annual) financial statements and reports;
2. establish guidelines on financial planning and approve annual budgets;
3. review and approve special and/or large expenditure items;
4. review and approve major reno-

vation or repairs and maintenance projects; and

5. resolve and/or provide guidelines on general financial administrative issues.

Currently there are five members in the Finance Council, not including the Priest Moderator and the Deacon Pastoral Coordinator.

— James Fong  
Chair



Finance Council in the 90's



Finance Council in 2015

## Sunday Collection



## 堂區行政組

### Parish Administration Team

渥太華教區在2010年9月允准團體接管 1187 Michael Street的教堂並命名為聖神天主堂後，堂區辦事處正式成立，由一群義務工作人員抱著團隊的精神，各展所長分擔一般行政事務及財務管理，務使堂區的運作及發展能有效及順利推行，堂區辦事處的辦公時間為星期二至星期五上午十時至中午十二時。行政組織架構如圖下：

With the re-location of our Community in September, 2010 to our present site at 1187 Michael Street and the establishment of Sheng Shen Parish, the Administration Team, consisting of a group of volunteers, was set up, tapping from their expertise and experience to help in overseeing the smooth and efficient operation of the parish, managing all aspects of administrative and accounting tasks. Opening hours of Parish Office are every Tuesday to Friday from 10:00 a.m. to 12:00 noon. Structure of the Administration Team is as shown below:

<b>Priest Moderator</b>	<b>Deacon Pastoral Coordinator</b>
Fr. Stephen Liang M.D.	Deacon Peter Fan
	<b>Administration Coordinator</b>
	Angelina Lo
	<b>Finance Team</b>
	Suk Lan Mok Magdalene Chan James Fong (in consultation)
	<b>General Administration</b>
	Adison Tsang (till Jan 2015) Suk Lan Mok Bosco T.K. Wong Fred Szeto Cecilia Chow Lucille Fong David Chan Maria Lei Cai



#### OTHER

##### Library

Maria Lei Cai  
Louisa Wong Fun Fun

##### Gift Corner

Bosco T.K. Wong  
James Wong

##### Parish Bulletin

Deacon Peter Fan  
Angelina Lo  
Yu Feng Chen  
Fred Szeto  
Louis Chan  
Cecilia Chow

##### Parish Website

Lucy El-Hage  
George El-Hage  
Fred Szeto

##### Parish Facebook

Bill Chan  
Fred Szeto

##### Technical Help

Dicky Wong

曾服務團體的修女/神職界/  
牧靈議會/財務委員會/行政團隊/委員

**Clergy/Religious, the  
Pastoral Council, Finance  
Council and Administration**

# 組

年份 Year(s)	曾服務團體的修女/神職界 Clergy/Religious	牧靈議會 Pastoral Council	財務委員會 Finance Council	行政團隊 Administration Team	委員 Members
1955-1960	聖母無原罪傳教會修女 Sr. Nina Ennis & MIC Sisters 李振聲神父 Fr. Joseph Lee (1957) Rev. Jerome Rozon (occasionally) Fr. Raymond Bastein (1960) Sr. St. Edmond		黃雅麗姑娘 Alice Wong (1955-82)		
1961-1965	李紹昆神父 Fr. Cyrus Lee (1964-1965)				
1966-1970	陳學強神父 Fr. Peter Chan (1967)				
1976-1980	曾慶文神父 Fr. John Benjamin Tsang (1976-1977) Fr. Lawrence Dewan (at intervals)				
1981-1985	黃礎健神父 (司鐸 Pastor)	郭傑雄 Peter Kwok 陳耀天 Bernard Chan (Chair 1984-5)	鄧鉅振 Thomas Tang 梁德威 David Leung (1984-5)		羅偉當 Thomas Lo (Secretary 1983) 陳耀天 Bernard Chan (Liturgy 1983) 江智鍾 Paul Kiang (Secretary 1984-5) 王芬芬 Louisa Wong (Liturgy 1984-5) 蕭禹璋 Stephen Siu (Culture 1983-5)

年份 Year(s)	曾服務團體的修女/神職界 Clergy/Religious	牧靈議會 Pastoral Council	財務委員會 Finance Council	行政團隊 Administration Team	委員 Members
1986-1990	Fr. L. Dewan (at intervals)	陳耀天 Bernard Chan (Chair 1986) 蕭禹璋 Stephen Siu (Chair 1987) 馬鼎山 Timothy Ma (Chair 1988) 張子華 Lawrence Cheung (Chair 1989) 李家慶 Francis Ly (Chair 1990)	梁德威 David Leung (1986) 張子華 Lawrence Cheung (1990) 張麟 Thomas Leung (1990)		江智鍾 Paul Kiang (Secretary 1986) 王芬芬 Louisa Wong (Lit- urgy 1986) 蕭禹璋 Stephen Siu (Culture 1996) 梁德威 David Leung (Secretary 1987, 1990) 吳鍾興家 Georgina Ing (Lit- urgy 1987-8) 馬鼎山 Timothy Ma (Culture 1987-1990) 練漢雄 Hong Hun Lin (Sec- retary 1988-9) 張子華 Lawrence Cheung (Culture 1988) 楊兆球 Stephen Yeung (Liturgy, 1989) 李家慶 Francis Ly (Culture 1989) 陳嘉廉 Peter Chan (Liturgy 1990) 霍旭鵬 Stephen Fok (Culture 1990)

# 組

年份 Year(s)	曾服務團體的修女／神職界 Clergy/Religious	牧靈議會 Pastoral Council	財務委員會 Finance Council	行政團隊 Administration Team	委員 Members
1991-1995	Fr. L. Dewan (at intervals) 謝堅成神父 Fr. Francis Tse (1992-1994 occasionally) 黃礎健神父 Fr. Bosco Wong (司鐸Pastor)	陳嘉廉 Peter Chan (Chair 1991-2) 陳鳳珠 Judy Chan (Chair 1993) 王芬芬 Louisa Wong (Chair 1994-5)	張子華 Lawrence Cheung (1991-4) 梁麟 Thomas Leung (1991-4) 鄧鉅振 Thomas Tang (1993) 劉毓霖 John Lau(1994-5) 楊惠梅 Fatima Yeong (1995) 馬鼎山 Timothy Ma (1995)		馬鼎山 Timothy Ma (Secretary 1991-2) 陳鳳珠 Judy Chan (Liturgy 1991-2) 霍旭鵬 Stephen Fok (Culture 1990) 馬鼎山 Timothy Ma (Culture, 1991-2) 宣達榮 David Shuen (Secretary 1993) 阮張愛蓮 Therese Yuen (Lit- urgy 1993-5) 曾梁小萍 Anne Tsang (Culture 1993) 劉張淑真 Fatima Lau (Christian Education 1993-4) 楊惠梅 Fatima Yeong (Sec- retary 1994) 歐慧賢 Linda Au (Culture 1994-5) 羅靜如 Angelina Lo (Secretary 1995) 沈陳蓮娣 Janet Sham (Chris- tian Education 1995)
1996-2000	黃礎健神父 Fr. Bosco Wong (司鐸Pastor) 黃金嬌修女 Sr. Shirley Wong 杜寶田神父 Fr. Thomas Tou (1997, for 3 months)	王芬芬 Louisa Wong (1996-1997) 冼文健 Peter Sinn (1997)	劉毓霖 John Lau (1996-7) 楊惠梅 Fatima Yeong (1996-9)		羅靜如 Angelina Lo (1996-8) 阮張愛蓮 Therese Yuen (Lit- urgy 1996) 陳瑞平 Sunny Chan (Liturgy 1997-8) 劉江漢雯 Millie Lau (Culture 1996-7) 沈陳蓮娣 Janet Sham (Christian Education 1996 PR 1998-9)

年份 Year(s)	曾服務團體的修女／神職界 Clergy/Religious	牧靈議會 Pastoral Council	財務委員會 Finance Council	行政團隊 Administration Team	委員 Members
1996-2000	黃礎健神父 Fr. Bosco Wong (司鐸Pastor) 黃金嬌修女 Sr. Shirley Wong (1996-2000) 杜寶田神父 Fr. Thomas Tou (occasionally) 尹雅白神父 Fr. James Wan Fr. Jose Serafin Anaya (arrived, Oct. 2000)	吳志聯 Cary Ng (1998-2001)	馬鼎山 Timothy Ma (1996-2000) 陳吳靜嫻 Vicky Chan (1997-2000) 宣達榮 David Shuen (1998) 農李美玲 May Nung (1999-2000)		司徒黃金霞 Teresa Szeto (Community Life 1998-2000) 冼文健 Peter Sinn (Christian Education 1998) 陳李麗芬 Angelina Chan (Secretary 1999-2000) 潘鵬 Thomas Pan (Chris- tian Education 1997) 王芬芬 Louisa Wong (Lit- urgy 1999) 楊惠梅 Fatima Yeong (PR 2000) 段陳仲英 Chung Ying Tuen (Christian Education 1999-2000) 歐陽陳小喬 Rosa Auyeung (Liturgy 2000) 陳蔡植城 Mary Rose Chan (Liturgy 2000)

# 組

年份 Year(s)	曾服務團體的修女/神職 界Clergy/Religious	牧靈議會 Pastoral Council	財務委員會 Finance Council	行政團隊 Administration Team	委員 Members
2001-2005	<p>薛勵民神父 Fr. Jose Serafin Anaya (2000-2005)</p> <p>杜寶田神父 Fr. Thomas Tou (for a few months)</p> <p>尹雅白神父 Fr. James Wan (a few months in 2004-5)</p>	<p>吳志聯 Cary Ng (2001)</p> <p>歐兆樑 Raymond Au (2002-2005)</p>	<p>馬鼎山 Timothy Ma (2001)</p> <p>蕭禹璋 Stephen Siu (2001-2)</p> <p>陳吳靜嫻 Vicky Chan (2001)</p> <p>梁德威 David Leung (2001)</p> <p>陳兆基 Jonathan Chan (2001-4)</p> <p>李美玲 Mei Ling Li (2001-5)</p> <p>沈錫雄 Edward Sham (2002-4)</p> <p>曾煥華 Adison Tsang (2003-5)</p> <p>鄧鉅振 Thomas Tang (2005)</p> <p>伍陳麗珠 Linda Chan (2005)</p> <p>May Nung (2001)</p>		<p>譚美華 Catherine Leung (Secretary 2001-2)</p> <p>歐陽陳小喬 Rosa Auyeung (Liturgy 2001-4)</p> <p>司徒黃金霞 Teresa Szeto (Community Life 2001)</p> <p>謝碧雲 Peggy Ng (Community Life 2002-3)</p> <p>楊惠梅 Fatima Yeong (PR 2001-3)</p> <p>李麗賢 Joan Li (Christian Education 2001-2)</p> <p>Amanda Chien (Secretary 2003-4)</p> <p>司徒黃金霞 Teresa Szeto (Secretary 2005)</p> <p>陳瑞朝 David Chan (Liturgy 2005)</p> <p>歐慧賢 Linda Au (Culture 2004-5)</p> <p>陳楊美蘭 Louisa Chan (PR 2004-5)</p> <p>吳慶平 Dominic Ng (Christian Education 2003-4)</p> <p>沈錫雄 Edward Sham (Christian Education 2005)</p>

年份 Year(s)	曾服務團體的修女/神職 界Clergy/Religious	牧靈議會 Pastoral Council	財務委員會 Finance Council	行政團隊 Administration Team	委員 Members
2006-2010	<p>黃礎健神父 Fr. Bosco Wong (Bishop' s Delegate, 2006-2010)</p> <p>范浩泉 Deacon Candidate Peter Fan (Pastoral Coordinator 2006-2008)</p> <p>范浩泉執事 Deacon Peter Fan (Pastoral Coordinator 2008-2010)</p>	<p>羅靜如 Angelina Lo (2006-2008)</p> <p>曾煥華 Adison Tsang (Co-Chair 2008-2010)</p> <p>黃英 Huang Ying (Co-Chair 2008-2010)</p>	<p>曾煥華 Adison Tsang (Chair 2006-7)</p> <p>鄧鉅振 Thomas Tang (2006-7, Chair 2008 2009-2010)</p> <p>伍陳麗珠 Linda Chan (2006-8, Co-chair 2009-10)</p> <p>陳楊美蘭 Louisa Chan (2006-7)</p> <p>李嘉華 Virginia Lee (2008, Co-chair 2009- 10)</p> <p>Celine Ma (2008-2010)</p> <p>黃挺光 Bosco T.K.Wong (2008-2010)</p>	<p>羅靜如 Angelina Lo (Admin. Coordinator 2006-2010)</p>	<p>司徒黃金霞 Teresa Szeto (Secretary 2006)</p> <p>陳瑞朝 David Chan (Liturgy 2006)</p> <p>陳淑芬 Cecilia Chow (Community Life Coordinator 2006-7, 2008-2010)</p> <p>陳育峰 Yufeng Chen (PR 2006, Secretary 2009-10)</p> <p>沈錫雄 Edward Sham (Christian Education 2006)</p> <p>歐陽佩詩 Teresa Auyeung (Secretary 2007-8)</p> <p>李美玲 Meiling Li (Liturgy 2007)</p> <p>Dicky Wong (Christian Education 2007-2008)</p> <p>黃英 Huang Ying (PR 2007)</p> <p>陳兆基 Jonathon Chan (Bulletin &amp; Website 2007)</p> <p>陳楚儀 Chan Chor Yee (Community Life Coordinator 2008-2010)</p> <p>伍陳麗珠 Linda Chan (Community Life 2008-2009)</p> <p>黎寶珍 Katie Ng (PR 2008-2010)</p> <p>Rexan Wong (Liturgy Co-Chair 2009-2010)</p> <p>Bosco Kung (Liturgy Co-Chair 2009-2010)</p> <p>John Nung (Christian Education Co-chair 2009-10)</p> <p>Bill Chan (Christian Education Co-chair 2009-10)</p>

# 歷

回顧成長歷程

THE HISTORY

## 長期會友的聯絡

### Connecting with long term members - Founders Group

自 2006年始，我們團體漸漸重建和長期會友的聯絡。數位在早期已投身這團體的教友，不遺餘力地接觸和鼓勵舊教友參與活動及和我們保持聯絡。現在我們已重建這網絡，並經常邀請他們提供意見，和參與策劃。對團體的進展幫助不少。

Since 2006, our Community attempts to re-connect with members who have been out of touch. Through a group of dedicated parishioners who have been with us since the early days, even in the 1950s, we have been trying to contact former members of the Community. The Founders Group was established. Through the years and by means of such channels as the web site,

electronic messages, seasons' greetings and the Parish Bulletin, we have been able to re-build a lot of the contacts with members, not only in Canada but also all over the world. We have been able to connect occasionally, even meet in social gatherings, with some of the long term members. Please help to update our network through providing the latest information of the friends you know well.

年份 Year(s)	曾服務團體的修女/神職 界Clergy/Religious	牧靈議會 Pastoral Council	財務委員會 Finance Council	行政團隊 Administration Team	委員 Members
2011- 2015	<p>黃礎健神父 Fr. Bosco Wong (Pastoral Coordinator 2010-2013)</p> <p>范浩泉執事 Deacon Peter Fan (Assistant to the Pastoral Coordinator 2010-2013, Pastoral Coordinator 2013-2015)</p> <p>梁增仁神父 Fr. Stephen Liang (2013-2015 Priest Moderator)</p>	<p>曾煥華 Adison Tsang (Co-Chair 2011)</p> <p>黃英 Huang Ying (Co-Chair 2011)</p> <p>陳瑞朝 David Chan (Chair 2012-5)</p> <p>Bosco Kung (Member 2012-5)</p> <p>Richard Chan (Member 2012-5)</p> <p>楊建華 Yang Jian Hua (Member 2012-5)</p> <p>Dorothy Chan (Member 2012-5)</p>	<p>伍陳麗珠 Linda Chan (Co-chair 2011, 2012-2015)</p> <p>李嘉華 Virginia Lee (Co-chair 2011)</p> <p>鄧鉅振 Thomas Tang (Chair 2012-4)</p> <p>Celine Ma (2011-5)</p> <p>挺光 Bosco T.K.Wong (2011-5)</p> <p>方良炎 James Fong (2012-5, Chair 2015)</p> <p>Jimmy Ha (2015)</p> <p>黎寶珍 Katie Ng (2015)</p>	<p>羅靜如 Angelina Lo (Admin Coordinator 2011-5)</p> <p>曾煥華 Adison Tsang (2011-5)</p> <p>陳瑞朝 David Chan (2011-5)</p> <p>黃挺光 Bosco T.K.Wong (2011-5)</p> <p>莫淑蘭 Suk Lan Mok (2010-5)</p> <p>陳淑薇 Mag- dalene Chan (2012-5)</p> <p>司徒惠良 Fred Szeto (2015)</p> <p>周陳淑芬 Cecilia Chow (2015)</p> <p>方李美娥 Lucille Fong (2015)</p>	<p>陳育峰 Yufeng Chen (Secretary 2011)</p> <p>Rexan Wong (Liturgy Co-Chair 2011, Coordinator 2012-5)</p> <p>Bosco Kung (Liturgy Co-Chair 2011)</p> <p>John Nung (Christian Education Co-chair 2011)</p> <p>Bill Chan (Christian Education Co-chair 2011)</p> <p>黎寶珍 Katie Ng (PR 2011)</p> <p>黃礎健神父 Fr. Bosco Wong (Christian Education 2012-3)</p> <p>梁增仁神父 Fr. Stephen Liang (Christian Education 2013-5)</p> <p>范浩泉執事 Deacon Peter Fan (Christian Education 2012-5)</p> <p>Rexan Wong (Liturgy 2012-5)</p> <p>歐慧賢 Linda Au (Community Life Coordinator 2012-5)</p> <p>陳楚儀 Chor Yee Chan (Community Life Coordinator 2011, 2012-5)</p> <p>陳淑芬 Cecilia Chow (Community Life 2011-5)</p> <p>羅靜如 Angelina Lo (Christian Service 2012-5)</p>

\*資料來源：五十週年特刊及堂區檔案。我們歡迎各方提供資料，經常更新內容。請把有關訊息通知堂區辦事處。謝謝，主祐。

\*The above information was collected from the 50th Anniversary Journal of our Community and parish records. We hope to update it regularly. Kindly contact the Parish Office, if you have additional information. Thank you and God bless.



# 歷



## 主的愛永常在！ 基督的小羊兒

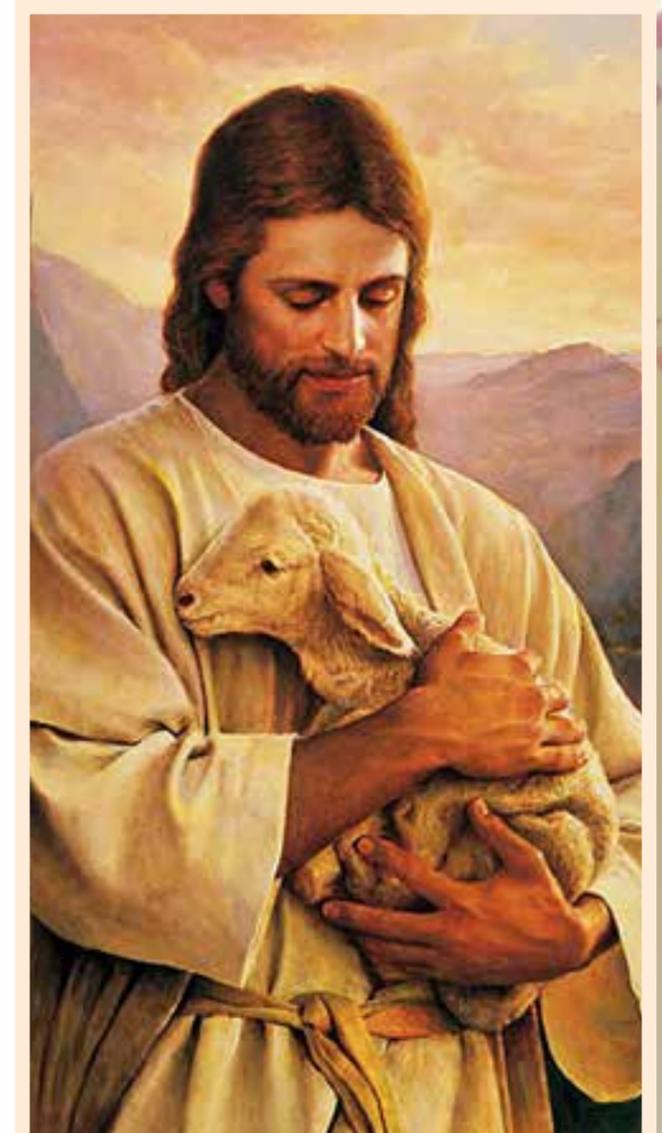
四十年前，我認識了加京華人天主教團體，當時位於渥太華大學附近443 Gilmore Street，由聖母無原罪傳教修女會三位修女Sr. Nina 講英語，Sr. Tudio和 Sr. Theresa兩位講法語，主要的是一位女教友黃雅麗女士能精通英法粵語在該處拓展為華人社區服務，在一九五五年十月十一日正式成立加京華人天主教團體。

白駒過隙，屈指一算今年已是成立了六十週年。回顧這二三十年 團體的成長與發展至今日的成果，實在經歷不少考驗，困境重重，動蕩危機，種種掙扎，發生磨擦，面對種種不明朗的因素。但亦有豐盛難忘，充滿活力喜樂融融的一班兄弟姊妹全心堅信上主以信、望、愛三德的精神努力勤謹求天主聖神繼續指引，我更相信聖母無原罪女修會的修女們在天國為我們的團體祈禱，現在一直仍然關心眷顧我們的修女們不惜時間精神，繼續接觸支持鼓勵我們，懷 團結喜樂互助互愛的精神使這肢脈發揚光大。

今日要特別衷心感謝神父修女們的祈禱和敬意為本團體歷年來扎根，建立一個以基督精神服務他人，又承蒙天主的慷慨讓我們終於加京華人天主教團體有自己的堂區，今天我返回天主教華人堂區乃是天主聖神的指引，最近一年多因姊妹邀請參與幾次的堂區大型活動，最主要是范浩泉夫婦在團體中的服務見證，以及兄弟姊妹在愛中共融服務成長，彼此喜樂融融，可見主耶穌基督的臨在，願彼此攜手努力向前邁進發揚光大，福傳之光，發射四週。

分享：人若能看到自己有限就能正確與神與人溝通，達到和諧與共融，蒙受聖體滋養，當我們領了聖體後，懷中就有主耶穌，我們可以效法聖母瑪利亞的祈禱。她的祈禱是謙遜者的祈禱。聖母瑪利亞承認自己的祈禱有限，常求天主幫助，常謙虛自己，在主前開放自己，願意承行主旨，常常祈禱犧牲，誠心渴望天主，勇往地以言以行為主見證。

— Louisa Wong



# 尋根MIC修女 Founding Moments - MIC roots

# 歷史



Commemoration Mass Celebration on the 150th birthday of Sister Délia Tétreault, founder of MIC, at St. Viateur Church on 24 June, 2015



Sister Jeanne Gauvin welcoming us at Galerie d'art d'Outremont on 27 June 2015



MIC Founder Sister Délia Tétreault 1865-1941



Visit to MIC Exhibition in Commemoration of Sister Délia Tétreault's 150th birthday at Galerie d'art d'Outremont on 27 June 2015

# 麻止

## The Ottawa Catholic Chinese Centre

The first Catholic Chinese Centre in Ottawa was founded by MIC sisters in 1956 and located on 443 Gilmore Street. The Chinese Centre provided boarding to young Chinese ladies who were students at Universities. The Center provided a meeting place for Chinese students both men and women. The Centre's facilities were well used by these students for relaxing, studying, social gatherings, attending religious services like the Sunday Mass for Catholics, etc. All the MIC sisters were concerned with the activities of the Center and they helped in various ways. The following are some little stories told by Sr. Huguette Turcotte, Sr. Marie Therese Beaudette and Sr. Suzanna Labelle.



Miss Wong, a Chinese lady who had come from Canton to work at the Center, and Sr. Nina were like mothers to the young people who came to the Center. Sr. Nina was like a real mother marrying her daughter, looking after the preparation of the great event, including the bridal gown, the special songs, the reception, etc.



A gift from Sheng Shen Parish to MIC

# 歷

**2** There was also Sr. Marie Reine. She was young and energetic. She would cook her Sunday dinner with two or three toddlers in high chairs in her kitchen. She had candies for them. She would speak in French with them. When the children cried for their mummies, she would make faces to get them laugh. All in all, she managed to keep them happy and cook her dinner.



**3** During the Sunday Mass, an 80 year old sister was taking care of two or three babies sleeping on her bed, in her room. Things were all right as long as the babies would sleep and the sister could pray her rosary quietly. However, she sometimes would become frantic when the babies would start crying all together.



**4** Sr. Marie Therese Beaudette was one of the first MIC sisters helping at the Centre. Her first activity was the first mid-night mass to be held at the Centre. She had contacted about 20 students who would come to Mass. When she was preparing for 20, her superior told her 10 would be enough. Sr. Beaudette had hard time to understand the reasoning of her superior. When the time came to Mass, only 7 or 8 students showed up. Sr. Beaudette attributed her superior's sophisticated observation to her previous missionary experience in China.



Written: May Nung  
Illustration: Louis Chan

# 打好基礎， 迎接突破的機遇

## Building the Foundation for A Decade of Breakthrough

**在**我們團體的五十週年慶典中，前主教，Archbishop Marcel Gervais，鼓勵我們加一把勁，朝建立堂區的方向邁進。

在2007年，現任主教，Archbishop Terrence Prendergast, S.J. 和 Mgr. Kevin Beach, Vicar General，鼓勵我們建立堂區，並尋找永久會址。一個包括黃礎健神父，范浩泉執事，曾煥華，羅靜如和黃英的小組，為建立永久堂區不斷諮商，尋找。

於2010年，獲主教批准接管現有的聖堂。主教亦於2011年一月正式祝聖我們堂區為聖神天主堂。

自2010年始，我們的維修和資源團隊在鄧鉅振，陳瑞朝，黎實珍，莫淑蘭，陳勒秋，李明和沈錫雄及哥倫布騎士們的統籌和眾多志願工作人員努力下，我們的百齡聖堂得以保持整潔及運作正常。各位居功至偉。

經杜實田神父推介，梁增仁神父支持，范執事的積極斡旋，自2013年始，我們策劃培聖和神父學者計劃，為未來的聖召和福傳打下基礎。

際此六十週年慶典我們特別感謝

天主的恩寵，聖神的帶領，聖教會的眷顧，和同仁的無私奉獻。我們衷心銘感。

以下羅列團體的發展簡介，並將以電子存案和放上堂區網頁，以便教友查閱。又朋友們若有進一步的資料，歡迎各位提供，以便我們更正和補充。

**In** our 50th anniversary celebration, 2005, former Archbishop Marcel Gervais encouraged our Community to work towards the goal of establishing our own parish and a permanent place of worship.

In 2007, with the encouragement of the current Archbishop Terrence Prendergast, S.J., and Mgr. Kevin Beach, the Vicar General, a committee consisting of Fr. Bosco Wong, Deacon Peter Fan, Adison Tsang, Angelina Lo and Huang Ying, worked hard looking for a permanent home for our Community.

In 2010, the Diocese transferred the church on 1187 Michael Street to us. The Archbishop inaugurated our Community into a full parish in January 2011.

From 2010 till now, with the tireless

efforts of the repair, maintenance and fundraising teams, coordinated by Thomas Tang, Alain Chan, Katie Ng, David Chan, Suk Lan Mok, Lee Ming and Edward Sham & the Knights of Columbus, and through the dedication of the many selfless volunteers, our Community has been able to maintain this hundred-year old church in working conditions.

Since 2013, through the introduction of Fr. Thomas Tou, supported by Fr. Stephen Liang, and coordinated by Deacon Fan, we move our community forward with a strong Priest Scholar Program. This builds a solid foundation for vocation and evangelization.

It is through God's blessing, the guidance of the Holy Spirit, the support of the Diocese and the dedication of our parishioners that this ground-breaking decade emerged. We are most grateful.

A brief outline of the developments since the establishment of our Community in 1955 follows. We will set up this historical record in our parish web site. If our readers are aware of amendments needed, please contact our Parish to make the necessary changes.

Enjoy! Thank you!

## 大事記 The History

### 1955

聖母無原罪傳教修女會的修女得到當時的新加籍聯誼會主席 Mgr. J.N. Gelineau 蒙席的批准，開展她們在華人社區的工作。修女們和教友黃雅麗姑娘 (Alice Wong) 租用一處原本屬於仁愛女修會的地方作團址，十月十一日加京華人天主教團體 (Ottawa Chinese Catholic Community, OCCC) 正式成立。Sisters from the Missionary Sisters of The Immaculate Conception, upon permission from Mgr J.N.Gelineau, President of the Association for the Neo-Canadian, initiated to visit some Chinese families and restaurant owners. The Sisters and Madam Alice Wong, after renting a house belonging to the Grey Sisters of the Immaculate Conception, formally started their work in the Chinese Community. On October 11, the Ottawa Chinese Catholic Community was officially established.



### 1956

團體搬到 443 Gilmour St.，開始有自己的感恩彌撒。Having moved to 443 Gilmour Street, the Community started to have its own place to celebrate Mass. The first Mass was celebrated by Mgr J.N. Gelineau.



### 1957

第一位負責團體的特派司鐸李振聲神父到任。後因病回芝加哥居住。九月廿九日由 Rev. Jerome Rozon 接替。Father Joseph Lee from Chicago was the first Chaplain to help out the Community. However, he later left for Chicago due to sickness. He was replaced by Rev. Jerome Rozon on September 29.

# 歷



團體首次為嬰兒洗禮。  
The first Infant Baptism in our Community.



1958 主顯節，團體第一位領洗的成人是李樹寧先生。  
Mr. Lee See Ning became the first adult baptized at the Community on the feast of the Epiphany in February.



# 歷

## 1960

### March 18-20

團體舉行了第一次為期三天的四旬期退省。The Community held its first 3-day retreat during Lent.

### July 1

修會和團體日益擴展，修會購下 30 Goulburn Ave.。七月一日團體跟隨修會一同搬往新址，並正式命名為天主教華人中心。當時服務中心的神父是 Fr. Raymond Bastein O.M.I.



To cope with continuous development, the Missionary Sisters of The Immaculate Conception purchased their own property at 30 Goulburn Avenue. On July 1, the Community moved to this new property and the place was officially known as The Chinese Catholic Centre.

Fr. Raymond Bastein O.M.I. served the Community during this period.

### October

團體聖母軍由Sister St. Edmond協助成立，並舉辦開放日為團體籌募經費。

The Legion of Mary was first set up. The Legion organized an Open House to raise funds for the Community with the help of Sister St. Edmond.



## 1964

### February 9

宗座駐加拿大代辦Sebastiano Baggio蒙席到訪，由當時在聖保祿大學攻讀神學的李紹昆神父 (Fr. Cyrus Lee) 接待。

The visit of H.E. Mgr. Sebastiano Baggio, Apostolate Delegate to Canada, was received by Father Cyrus Lee, who was then a student of Theology at St. Paul's University.



## August 14

主教 Carl Van Melchebeke 蒙席訪問中心。H.E. Mgr. Carl Van Melchebeke, C.I.M.C. Bishop of the Chinese Diaspora visited the Community.

## 1965

### May 30

來自台灣的李紹昆神父告別團體。Fr. Cyrus Lee from Taiwan bade farewell to the Community.

## 1967

在 St. Patricks College 攻讀的陳學強神父 (Fr. Peter Chan) 是團體的活躍分子，每逢團體有特別的活動或慶典，他必定帶同一班同學參加。可惜在二月廿五日因交通意外不幸逝世。

Fr. Peter Chan, a student of St. Patrick's College, was an active participant of the Community. He would always bring along a group of students to take part in the Community's celebrations or special events. Unfortunately, he died of a traffic accident on February 25.

教友在華人中心舉行婚禮。

「修女嫁女」成一時佳話。

Weddings taking place at the Chinese Centre: with sample photos generously provided by Jeffrey Ho 何鈞偉 (serving as the Best Man) on the weddings of Augustina Wan & David Yeung 楊大平, as well as Lawrence Cho 曹尚 and Florence. Sr. Nina and the other Best Man Chris Ng 吳新之 were also featured in the photos. These are precious moments.



## 1976

### September 26

來自香港的曾慶文神父成為團體的特派司鐸，並在感恩祭前教授天主教教理。可惜他只服務了一年便要返回香港工作。

Fr. John B. Tsang of Hong Kong was named Chaplain for the Community. He led Catechism class for the Community before Mass. However, he left for Hong Kong after serving the Community for a year.



## 1979

### March 5

另一位來自香港的林焯焯神父訪問本團體，為團體主持耶穌受難日一天退省，和在復活主日和 Fr. Dewan 一同主持感恩聖祭。

Fr. Gabriel Lam of Hong Kong came to visit the Community and helped to organize a one-day retreat on Good Friday. On Easter Sunday, Father Lam and Chaplain Fr. Lawrence Dewan celebrated Mass for the Community.



### July

市長Mayor Marian Dewar發起「救援四千」(Project 4000) 行動，目的是幫助越南難民和一些華人移民家庭適應加國的生活。因此團體開設不同程度的英文班幫助他們學習英語。

Mayor Marian Dewar initiated "Project 4000", a campaign aiming to help refugees from Vietnam and some Chinese immigrant families to adapt to the Canadian ways of living. The Community responded by running different levels of English classes to enhance their English learning.

### September 1

黃礎健兄弟在他進入修院前到訪團體。Mr. Bosco Wong visited the Community before entering the seminary.

## 1980

### October 11

團體慶祝天主教華人中心成立25週年。邀請 Fr. Maurice Robitaille, O.M.I. 和 Fr. Lawrence Dewan 一同主持感恩祭，出席人數超過一百人。彌撒後還舉行中式晚宴。

The Community commemorated its 25th anniversary. Fr. Lawrence Dewan and Maurice Robitaille con-celebrated Mass, which was well attended by over one hundred parishioners. The Mass was followed by a Chinese banquet.



## 1982

團體創辦人之一的黃雅麗姑娘在八月去世。她對團體貢獻良多，她的離去是團體一大損失。

Madam Alice Wong, one of the founders of the Community, passed away in August. On account of her important role and tremendous contribution to the community, her death was a great loss to the Community.



### December 27

修會為華人中心在地庫增建新翼，並於十二月二十七日由主教 Rev. John Beahen 主持開幕祝聖禮儀。A new wing was extended at the basement for the Chinese Centre. The opening and blessing of the new wing was officiated by Bishop John Beahen of Ottawa.

## 1984

### June 16

黃礎健執事晉鐸，成為渥太華教區首位華籍神父，並獲主教正式委派為本團體的主任司鐸。

Fr. Bosco Wong, upon his ordination to the priesthood, became the first Chinese priest in Ottawa. He was appointed by the Archbishop to be the pastor of the Community.



### September

同年九月中團體亦搬往聖母永助堂 (Our Lady of Perpetual Help Parish)，更定期每主日下午一時半由黃神父主持中文彌撒。同時，得到主教允許我們的團體成為一個慈善團體，能夠簽發奉獻金的報稅收條。

To facilitate its future development, the Community moved to Our Lady of Perpetual Help Parish in mid-September. Mass was celebrated in Chinese by Fr. Bosco Wong every Sunday at 1:30 p.m.



Meanwhile, with the consent of the Archbishop of Ottawa, the Community became a recognized charity that could issue donation receipts for tax exemption.

### October

教宗若望保祿二世訪問加拿大，並在渥太華舉行了一台露天感恩彌撒。

Pope John Paul II visited Canada and an outdoor Mass was celebrated in Ottawa.

### 1985

在黃神父的領導下，成立家庭信仰生活分享小組。神父連同數位教友為慕道者定期舉行聚會。

Under the guidance of Fr. Bosco Wong, the first Family Faith Sharing Group was formed. Fr. Wong and a few parishioners held regular meetings for catechumens.

### 1986

成立兒童主日學，共分幼、中、大三班。Sunday School for children was set up for Junior, Intermediate and Senior Classes.

### 1987

#### August 1

本團體與滿地可華人堂區相約一同前往 Rigaud 朝聖，參加人數有二百多人，並由兩地的鄭神父和黃神父在當地舉行了一台露天彌撒。

The Community and the Chinese Community of Montreal jointly paid a pilgrimage to Rigaud. An outdoor Mass was con-celebrated by Fathers Cheng and Wong, Pastors of the two communities.

### 1988

#### August 20

團體往滿地可聖若瑟大教堂朝聖，之後探訪當地的華人堂區。

The Community organized a pilgrimage to St. Joseph Oratory in Montreal. A visit was made to the Chinese Catholic Church of Montreal afterwards.

### September

黃神父被主教派往羅馬深造。職務由 Fr. Dewan 代替。

Fr. Bosco Wong was nominated by the Archbishop to enroll in post-graduate studies in Rome. His responsibilities were taken over by Fr. Dewan.

### 1989

#### April 15

家庭信仰生活分享小組改組為家庭聖經分享小組，演變成為日後的基基團。

The Family Faith Sharing Group was transformed to the Bible Sharing Group, which further developed into Basic Christian Communities.

#### May 14

輔祭會正式成立。希望年輕的成員對團體有更大的歸屬感。

Altar Service was formally established on May 14, aiming to help the youth to build up a greater sense of belonging to the Community.

### 1990

來自香港的范錦棠神父在渥太華聖保祿大學深造，每逢主日都與 Fr. Dewan 共祭，並在彌撒中加入中文講道，更為團體舉辦了多項神修活動。

Fr. Joseph Fan of Hong Kong took his course at St. Paul's University. He con-celebrated Sunday Mass with Fr. Dewan, while preaching in Chinese. Fr. Fan also helped to organize various religious activities.

### 1991

#### March 2

邀請來自多倫多的馮鳳文修女主持退省日，主題為「信仰和生活」在聖保祿神學院舉行，有二十多人參加。

Sister Fung-man Fung of Toronto was invited to host a retreat for us. The theme was "Faith and Life". It was held at St. Paul's University and over twenty participants attended.

#### April 28

團體與聖母永助堂西人團體及菲律賓團體一同合辦了一台民族彌撒。邀請渥太華教區的副理主教主持。



The Community gathered for an ethnic mass with the Filipinos and parishioners of Our Lady of Perpetual Help, presided by Bishop Brendan O'Brien, Auxiliary Bishop of Ottawa.

黃神父從羅馬學成歸來，重掌團體司鐸職位，並改組團體組織。

牧靈議會和財務組正式成立，牧靈議會負責推動團體的靈修活動；

財務組負責管理財政，維修和發展。

團體於十二月一日搬到聖母升天堂 (Our Lady of Assumption Church)，並在十二月八日舉行遷堂特別感恩祭。

Fr. Bosco Wong returned from his study in Rome. He was re-appointed as Pastor of the Community by the Archbishop. After resuming his duties, Fr. Wong re-structured the Community's organization. A Pastoral Council was established to focus on spiritual activities while a Finance Committee was set up to administer financial, repair and development issues. On December 1, the Community moved to Our Lady of the Assumption Church.



### 1992

#### October 3

團體在聖母升天堂舉行了第一屆賣物會和堂區開放日。

The Community held its first fund-raising bazaar and Open Day at Our Lady of the Assumption Church.

### 1993

禮儀組改革完成，共設有五個小組，分別是輔祭組、祭衣房組、聖詠組、讀經組和送聖體員組。其中送聖體員組是今年新設立的小組，幫助神父在彌撒中送聖體及分擔神父外送聖體的工作。

The Liturgy Committee was re-structured into 5 sub-committees: Altar Service, the Sacristans, the Choir, the Lectors and Eucharistic Ministers.

The Eucharistic Ministers were newly established this year to share responsibility with the priest to distribute Holy Eucharist during Mass and reach out to home-bound parishioners.

#### March 19-21

舉行一連三日的避靜，地點是 Alymer 一間避靜所，由來自香港在聖保祿大學攻讀神學的謝堅成神父主持，共有十多位教友參加。

Fr. Francis Tse, who came from Hong Kong to study Theology at St. Paul's University, led a 3-day retreat for 10 parishioners at Alymer.

#### April 8-10

本團體首次有機會一連三日用中文舉行聖週禮儀，各教友的反應十分熱烈。

For the first time, the Triduum was celebrated in Cantonese. The parishioners were very enthusiastic, using mother tongue in the liturgy.

#### July

香港教區秘書長李亮神父到訪。

Fr. Lawrence Lee, Secretary of the Hong Kong Diocese, came to visit the Community.

### 1994

#### April

逾越節，有兩個家庭共七人和一位女青年接受入門聖事，他們是首批經過半年慕道期，而認識基督、跟隨基督的人。

Two families and one young woman were baptized at the Easter Vigil. They attended a 18-month Catechism Class. This is the first attempt by the Community to operate a longer R.C.I.A. session.

自九二年來渥太華聖保祿大學攻讀神



學的謝堅成神父，兩年來不斷服務本團體，分擔黃神父部份的工作，為團體貢獻良多。本團體特別為他的離去舉行歡送會。

Fr. Francis Tse of Hong Kong, who came to attend St. Paul's University in Ottawa in 1992, shared responsibility with Fr. Bosco Wong in presiding Sunday Masses and other religious activities. In appreciation of his great contribution to the Community during his two years' stay, a special farewell party was organized for him at his departure.

#### June 19

黃礎健神父晉鐸十週年紀念慶祝會。

The Community celebrated the 10th Anniversary of Fr. Bosco Wong's ordination.

#### October

玫瑰月特別定為傳訊月，有講座、證道、派遣禮和聖母像遊行。

This month of the Rosary was earmarked as the month for communication. It was substantially celebrated with seminar, testimony, Commissioning Ceremony and the parade of the statue of Mary.



### 1995

基基團在九四年發展迅速，由原來一團增加至三團，而今年再增多一團，共有四個基基團。

Basic Christian Community saw its rapid expansion from one to three regions in 1994. This year, another

# 歷止

new community was set up, making a total of four Basic Christian Communities.

#### June 25

本團體首次舉行夫婦懇談會，共有十二對夫婦參加。

12 couples participated in the first sharing session for married couple.

#### October 8

團體成立四十週年紀念慶典在聖母升天堂舉行，由渥太華區主教 Rev. Marcel Gervais 及本團體主任司鐸黃礎健神父，和曾服務本團體的 Fr. Dewan,

Fr. Leo 和特別由香港回來的謝堅成神父一起舉行感恩聖祭。參加者除教友外，亦有數位創辦本團體的聖母無原罪傳教修女會的修女，同頌主恩。感恩祭後在聖堂的禮堂茶聚。

之後前往唐人街的富麗華酒家舉行聚餐。筵開廿六席，席間觥籌交錯，熱鬧非常，餘慶節目亦十分豐富，直至九時許才盡興而歸。

The Community commemorated its 40th Anniversary at Our Lady of the Assumption Church. Mass celebration was presided by Archbishop Marcel Gervais of Ottawa and con-celebrated by Fr. Bosco Wong, the Community's pastor, Fr. Dewan who had served the Community, as well as Fr. Francis Tse who came specially from Hong Kong for the occasion. Apart from members of the Community, parishioners from Montreal, Toronto and Vancouver Catholic Communities also joined us in the celebration.

We were most privileged to have the presence of a few pioneers of the Community, the Missionary Sisters of Immaculate Conception, in particular Sr. Nina, joining us in thanksgiving and in praising Lord.

Tea reception was held at the hall of the Church immediately after Mass, followed by a banquet at the Fuliwah Restaurant in Chinatown. There were many guests, filling 26 tables. We all had a great time enjoying fine cuisine and very entertaining performances.



### November 11

青年基基團正式成立，一群充滿活力幹勁的青年為團體增添生力軍。

A Youth Basic Christian Community was formally set up. Being active and energetic, the youth added much vitality to the Community.

### December 2

本團體四個不同地區的基基團舉行首次大聚會。分享的主題是如何將福音的精神生活化。表達的形式是由基基團選擇一段福音，透過話劇的演繹引導出天主聖言的啟示及領悟她的慈恩。

為提高兒童/青少年在主日彌撒的參與，嘗試每兩個月舉行一次兒童/青少年彌撒，讀經由青少年們用英語誦讀，信友禱文也是由青少年用英語撰讀。

The four Regional Basic Christian Communities held their first annual gathering. The theme for the sharing was "How to integrate the spirit of the gospel into our daily living." Each Regional Basic Christian Community took turn to select a section from the gospel. Through dramatic presentation, they demonstrated their understanding of God's mercy and compassion, as well as insight from His words.

## 1996

### February 24

在二月廿四日，長遠發展小組於聖母升天堂，召開一個諮詢會議，探索團體發展的路向。定出團體未來的目標，分別是：

1. 加強團體成員的聯繫；
  2. 加強團體的信仰培育；
  3. 推廣福傳工作；
  4. 協助新移民教友適應加拿大環境。
- 為達到以上目標，團體需要：

1. 固定的堂址；
  2. 華人神父；
  3. 聘請長期牧民工作者。
- 財務組公報九五年團體財務狀況。發覺推行該計劃，在財政上有很大的困難。

To explore the long term development of the Community, a working group was formed and a consultative meeting was called to gather opinion.

Future goals of the Community were spelt out as follows:

1. To foster closer fellowship and communication among members;
  2. To establish formation programs on faith;
  3. To engage in evangelization;
  4. To assist new immigrants to adapt to the new Canadian environment;
- For this plan, the following elements were considered essential:

1. To acquire a permanent venue for the Community;
2. To have a Chinese priest;
3. To hire a pastoral administrator.

The Finance Committee announced the Community's financial standing as of the end of 1995, and expressed grave concern for the Community's financial capacity to achieve the plan.

### February

雲南發生地震，團體響應賑災。除了在二月十八日收集教友的捐獻，財政組再加撥款，合計500元，交與紅十字會代轉有關當局作應急之用。

The Community responded to the appeal for donation to earthquake victims in Yunan, China. On top of the special collection from parishioners on 18th February, the Finance Committee

made an additional contribution of \$500, and delivered it to the Red Cross for transfer to the emergency relief authorities.

### April 6

團體五個基基團舉行了一日的四旬期退省。主題分別是「罪」和「更生的精神」。The five Basic Christian Communities organized a day retreat during Lent. The theme was focused on "Sin" and "Spirit of Renewal."

### June

第三主日，在Grotto聖母崗舉行戶外彌撒，慶祝父親節，暨黃礎健神父晉鐸十二週年，彌撒後在River Road 河畔野餐。

In honour of Father's Day and the celebration of Fr. Bosco Wong's 12th anniversary of his ordination, an outdoor Mass was held at the Grotto on the third Sunday, followed by picnic in the Riverside Park.

### June 29 - July 1

基基團舉行一連三日的朝聖旅行。地點是Mamora的Greensides Farm, Midland的Martyrs Shrine和多倫多的中華殉道真福堂。參加人數共43人。旅途暢順愉快，各人都能感受到與主親近的平安和喜悅。

The Basic Christian Communities organized a 3-day pilgrimage to visit Greensides Farm, Mamora, Martyrs Shrine, Midland and The Blessed Chinese Martyrs Parish of Toronto. The 43 participants enjoyed a pleasant trip and felt the peace and joy of nearness to God.

### July 6

團體一群長者在黃礎健神父和王芬芬陪同下，前往Upper Canada Village一遊。透過欣賞大自然美麗的風景，感受造物主的偉大。

Accompanied by Fr. Bosco Wong and Louisa Wong, the seniors of the Community had a day trip to Upper Canada Village, recognizing the greatness of the Creator while appreciating the beauty of nature.

### July

香港瑪利亞方濟各傳教修會的黃金嬌修女(Sr. Shirley Wong)由七月份開始投入本團體的牧靈工作。

Commencing July, Sister Shirley Wong of Franciscan Missionary of Mary of Hong Kong joined the pastoral team to serve the Community.

### July 18 - 23

香港方濟各修會(O.F.M.)夏志誠神父到訪，期間夏神父除了參與基基團聚會外，更在七月廿一日主日感恩祭前舉行了一個「如何與天主溝通」的座談會，引導教友開放自己，主動與主親近。

Fr. Joseph Ha of St. Frances Xavier Mission (O.F.M.) of Hong Kong visited the Community. Apart from attending gathering of the Basic Christian Community, he also conducted a talk on "How to communicate with God" before Sunday Mass on July 21, urging parishioners to open themselves to God and reach out to Him.

### September 3

香港天主教教區的閻德龍神父到訪，主持以「團體的發展」為主題的座談會。神父說話生動靈活，令我們獲益良多。閻神父更於九月三日參加年長教友基基團聚會，並舉行感恩祭。

Fr. Joseph Yim of the Hong Kong Catholic Diocese came for a visit. He gave a very interesting talk on the Development of a Catholic Community. Fr. Yim also joined the BCC for Seniors and presided in their Eucharist.

### September

香港天主教教區的譚錦榮神父到訪，除參加Barrhaven 區基基團聚會外，更於九月十五日親臨聖母升天堂舉行主日感恩祭。

Fr. Francis Tam of the Hong Kong Catholic Diocese visited the Community. He participated in the Barrhaven Basic Christian Community's gathering and presided over Sunday Mass at Our Lady of the Assumption Church on Sept. 15.

### November 3

本團體首次舉辦夫婦心有靈犀遊戲大賽，當日除了參賽的十一對夫婦外，還有很多教友出席支持和打氣。

Eleven couples participated in the Games Day for married couples run

for the first time by the Community. The event was well supported.



### November 9-10

本團體很榮幸得到卡城到訪的兒科專家鄔維揚醫生主講「增進兒童的潛能」和「卡城華人堂區發展」兩個講座。

The Community had the great pleasure in welcoming Dr. W.Y. Wu, pediatrician from Calgary. Dr. Wu gave two talks on "Enhancing children's potentials" and "The Development of the Chinese Catholic Community in Calgary."

### November 16

普通話基基團在黃金嬌修女的協調下，舉行第一次的聚會，共有六個家庭參加。Through the co-ordination of Sister Shirley Wong, the Mandarin-speaking Basic Christian Community held its first meeting.

### December 7 - 8

團體邀請到香港方濟各修會夏志誠神父主持兩日的退省，主題為「回歸父家」和「修和聖事」。

Fr. Joseph Ha of St. Francis Xavier Commission (O.F.M.) of Hong Kong was invited to run a 2-day retreat. The themes were "Returning Home to the Father" and "The Sacrament of Reconciliation".

## 1997

### January 3

黃礎健神父展開為期三個月的休假。在此期間，由滿地可的杜實田神父暫代。

Fr. Bosco Wong took a 3-month vacation. Fr. Thomas Tou from Montreal substituted him in presiding the Sunday Masses during his absence.

# 歷止

### January

牧職團由下列三位組成 - 主任司鐸：黃礎健神父；牧民助理：黃金嬌修女；培育協調：盧匡平兄弟。他們同時是牧靈議會的當然委員(Ex-Officio member)。他們相輔相成，領導團體的運作和決策。

Commencing January, the Pastoral Team consisted of Fr. Bosco Wong, the Administrator, Sister Shirley Wong, Pastoral Assistant and Peter Lo, Education Coordinator. They were at the same time Ex-officio members of the Pastoral Council, working together in overseeing the operation and decision making of the Community.

### March 1 - 2

團體很榮幸再次邀請到香港方濟各修會夏志誠神父主持兩日的退省，主題為「打開天窗」，神父為我們分享祈禱的原則與方法。

The Community was most pleased to have Fr. Joseph Ha's presence again in running a 2-day retreat on "Opening to God -- principles and methods of prayer."

### May 17 - 20

團體舉辦四天紐約、華盛頓朝聖觀光團，參加人數多達54人。此次朝聖團十分成功，大獲好評。

The Community organized a 4-day pilgrimage to U.S.A, visiting New York and Washington. The 54 participants felt that it was a most gratifying experience.

# 歷止

## May 31 - June 1

渥太華教區成立150週年，在 Corel Centre 舉行三日慶典。團體教友積極參與，讚頌上主不斷的照顧和祝福。

The Diocese of Ottawa celebrated the 150th anniversary of its founding in a 3-day liturgy and program in the Corel Centre. Our Community participated enthusiastically, thanking God for the grace and blessing.

## July

教區委任黃礎健神父繼續服務聖母升天堂，為期三年。黃金嬌修女由七月份開始，正式被委任為團體的負責人，全權負責團體的一切行政事宜。黃神父專注在禮儀及聖事上提供支援。

The Diocese appointed Fr. Bosco Wong to continue his ministry at Our Lady of the Assumption Church for another 3 years. Meanwhile, Sister Shirley Wong was formally appointed as the Administrator, overseeing all administrative responsibilities for the Community, whereas Fr. Bosco Wong would focus on sacramental and liturgical duties, providing necessary support.

## September

服務團體多年，牧靈議會會長王芬芬於九月份離開團體作其個人發展。餘下任期由冼文健兄弟接任。

Louisa Wong, Chair of the Pastoral Council who had served the Community for many years, left to pursue career development. Peter Sinn replaced her for the remaining term.

## September 28

團體為75歲以上的長者舉行彌撒及茶點慶祝生辰，共有23位長者參加。

Mass celebration and birthday party was arranged for seniors of age 75 or over. 23 elderly members participated in the event.

## October 26

團體為結婚10-50週年的教友，舉行結婚週年紀念感恩祭。共有六對夫婦參加。其中魏世昌夫婦結婚超過50年。

Mass was celebrated for couples having their 10-50th wedding anniversary. Among the 6 couples in

participation, Mr. and Mrs. S. Z. Wei had been married for over 50 years.

## November 30

將臨期首主日。為迎接2000大禧年，教宗若望保祿二世向全球教會，發表了第三個千年將臨之際的宗座文告。將1997-1999這最後三年的主題訂為：97年—耶穌；98—聖神；99—天主聖父。讓教友在靈性上和神修上充份準備，合而為一，去領受天主的特別恩寵。

In preparation for the Advent and the Novo Millenio Adveniente in the Year 2000, Pope John Paul II announced his third Millennium Bulletin to churches over the world. The central themes for the last 3 years, 1997-1999, were set as: 97 – Jesus; 98 – The Holy Spirit; 99 – God the Father, to prepare Christians fully for God's graces in the Millennium.

## 1998

### January

財務組公報：團體為渥太華教區150週年籌款成績美滿，一共籌得34,680.00元，比原本30,000元的目標超出15%。潘鵬兄弟因健康問題，辭去信仰培育之職務，由冼文健兄弟接替。

The Temporal Committee reported satisfactory result of the fundraising campaign for the 150th Anniversary Celebration of the Ottawa Diocese. A total of \$34,680.00 was gathered, 15% higher than the target of \$30,000.00.

Thomas Pan resigned from the Christian Education post for health reasons. Peter Sinn substituted him.

## May 31

聖神降臨節，除了感恩祭外，舉行開放日，目的是介紹團體的目標、組織、發展及活動，增強與外界的聯繫。

In addition to Mass celebration on the Feast of the Pentecost, an open house was held, to introduce the objectives, organization, development and activities of the Community, so that a stronger tie could be established with the community at large.

## August 1-2

一年一度的朝聖觀光，今年地點選在 Quebec City 和 Ste-Anne-de-Beaupre，參加人數共50人。

Quebec City and Ste-Anne-de-Beaupre were picked for this year's pilgrimage. There were altogether 50 participants.

## 1999

### September 22

聖座萬民宣道部，海外華人傳教處主任司鐸彭保祿神父路經渥太華一天，為團體講解海外華人傳教的方針和對象。彭神父勉勵我們，拓展基督的神國，任重道遠：要繼續努力，各盡本份來推動堂區各項的工作。

Fr. Paul Pang, Pastor of the Congregation for the Evangelization of the People and Overseas Chinese Evangelical Commission passed by Ottawa for a day. He introduced the objectives and target group in evangelizing overseas Chinese. Fr. Pang encouraged the Community in its development.

### September 26

健康講座。題目是「藥物和食物之間的作用」。首次由 Raymond Au 藥劑師主講。自此歐兄弟持續為我們團體主持健康座談會。

Raymond Au, a pharmacist and parishioner, delivered a health talk on "Effects of Drugs and Food". Since then, Raymond has been giving us talks and advice on health and medical issues.

## 2000

### March 13-14

培育組舉辦兒童春假日營March Break Day Camp，提供兒童在遊戲中學習及發展才能的機會，參加的小朋友有三十多人。

Over 30 children participated in the March Break Day Camp organized by the Christian Education Group. The Camp offered opportunities for the children to learn through play and develop their potentials.

## April 30

「團體與我」講座，由黃金嬌修女主講。修女勉勵團體每一位成員，都要按教會的訓導和指示去實行各自的使命。

Sister Shirley Wong delivered a talk on "The Community and I". She encouraged every member to carry out their mission in accordance with the teaching and instruction of the Church.

## May 14

由剛加入渥太華 Companion Of The Cross 的 Francis Ching 為團體的青少年分享他的「信仰旅程」，怎樣回應上主的召叫，跟隨主的道路。

Francis Ching who had just joined the Companion of the Cross in Ottawa shared his "Journey of Faith" with youths of the Community. He highlighted on how he responded to God's call to follow His path.

## May

陳蔡植城姊妹辭去牧靈議會禮儀職務，牧職團委任陳小喬姊妹擔任該職。

Mary Rose Chan resigned from the Liturgy Committee. She was replaced by Rosa Auyeung.

## June

黃金嬌修女辭去牧職團之職務。

Effective June, Sister Shirley Wong resigned from the Pastoral Team.

## June 18

慶祝團體成立45週年，感恩祭後在地庫禮堂由黃神父主持慶祝會，節目內容豐富，有展覽、問答比賽、話劇和舞蹈表演。參加人數眾多。

The Community celebrated its 45th anniversary which was well attended. It started with Mass celebration, followed by a party, with a variety of programs including exhibition, quiz, drama and dance performance.

## June 25

感恩祭後中西教友二百餘人在聖母升天堂地庫禮堂歡送黃礎健神父。在溫馨的笑聲中獻上我們誠意的祝福，祝願神父在新的堂區繼續拓展基督的神國。

Over 200 parishioners of Our Lady

of the Assumption Church and the Community threw a farewell party for Fr. Bosco Wong in the church hall. In joyous laughter and affection, everybody wished Father Wong success in his new post.

## July

黃礎健神父被派往 St. Basil's Parish 服務。由 Fr. Oakwood 暫時接替團體司鐸之職務；羅靜如姊妹暫時出任團體負責人一職。

Fr. Bosco Wong was transferred to St. Basil's Parish. He was temporarily replaced by Fr. Oakwood while Angelina Lo temporarily helped out as the Administrator of the Community.

## September 2-4

家庭營2000，共有15個家庭參加，今年的家庭營著重人格成長。讓每一位參加者有機會進一步認識自己的情緒對日常生活的影響。

A total of 15 families participated in the Family Camp 2000. The theme of the year was on personality development, enhancing participating members to acquire greater understanding of the impact of their emotions on daily living.

## September 6

香港聖神修院教授林榮鈞神父訪問加國。團體很榮幸邀請他主持一個很生動的講座：「飲飽食足如何投資？」讓我們自己抉擇怎樣成為新世紀的基督徒，巧妙地投資時間去建設愛的文化，踏實地跟隨基督。

Fr. Anselm Lam of the Holy Spirit Seminary, Hong Kong, visited the Community and hosted an interesting talk on "Being well fed, what next to invest?", giving insight on how Christians in the new millennium should invest their time appropriately to love and follow Christ.

## October 16

團體歡迎新任司鐸薛勵民神父 Fr. Jose Serafin 到任。

The Community welcomed the arrival of the new Pastor, Fr. Jose Serafin.



## October 17

闊別六年的謝堅成神父從香港來探訪團體，與教友聚舊，分享他親歷母親臨終的經驗和感受。他說疾病其實可以比喻作將臨期，為回歸父家作好準備。

Fr. Francis Tse who had left the Community for 6 years returned for a visit. In the reunion with us, he shared the process of his mother's passing away, in which he identified sickness as a process of preparing ourselves to return to our Father in heaven.

## October 21

團體第一次舉辦福傳大會，主題：「活得更精彩」。當晚無論在佈置、音響、燈光、舞蹈、伴奏均十分成功，還有兩位口才出眾的司儀和內容充實、生動、感人的證道。

The Community held its very first Evangelization Event with the theme on "Living a more enriched life". The event was a great success, as evidenced by the very impressive and touching witnessing, excellent program, the set, sound system, lighting, dance and music, as well as the two eloquent masters of ceremonies.

# 歷止

## November 26

探訪隊正式成立，組員十多名，協助神父探訪新舊教友。

The Community Visitation Team, consisting of over ten members, was formally set up to assist the Administrator to establish contact with old and new members.

## 2001

### January 7

千禧年慶典順利完成，主教假座堂舉行基督徒合一日。主教提醒我們雖然來自不同的國家，但都是天主的子民，要在聖神內合而為一。

The Millennium celebrations were concluded on Christian Unity Day held at Notre Dame Cathedral. The Archbishop reminded that all human kind, despite of ethnic differences, should be one in the Holy Spirit.

### October 7

專業攝影師 Thomas Lo 兄弟主持「個人/家庭攝影集」活動。是日共籌得 1,045 元。A "Personal/family Photo Day", organized by our professional photographer Thomas Lo, was held to raise funds for the Community. A total of \$1,045 was collected.

## 2002

### January

創辦團體的聖母無原罪傳教修女會，其中一位修女 Sr. Nina Ennis 逝世。Sr. Nina 是一位非常仁慈的長者，為上主奉獻她的一生，只問付出，不望回報。由 1961 年至 1982 年，二十多年來致力服務渥太華的華人留學生和新移民，為他們建立一個溫馨的家，她像一位慈母一樣給予他們身心無限量的支持和幫助。在她一生中，我們看到上主的慈愛，在她身上發揮得淋漓盡致。華人團體得以成立和成長，與 Sr. Nina 有極大的淵源。



Sr. Nina Ennis of the Missionary Sisters of the Immaculate Conception, one of the pioneer founders of the Community, passed away. Her compassion, dedication to the Chinese overseas students and new immigrants, and tireless work provided us a home away from home. Much of the growth and development of the Community was a result of her motherly care and support.

### February 10

新春感恩祭：特別邀請 Fr. Bastein 和 Fr. Dewan 與薛神父共祭。在感恩祭中特別為 Sr. Nina Ennis 回歸天父的懷抱而祈禱。當天參與聖祭者比平日多了 30 多位舊朋友。他們都是 Sr. Nina 的仔仔、女女。M.I.C. 洪吟芳修女專程從滿地可前來，參與感恩祭並介紹有關 Sr. Nina 的生平，及她那份鍾情於中國留學生的情懷。

The Chinese New Year Thanksgiving Mass was con-celebrated by Fr. Bastein, Fr. Dewan and Fr. Serafin. The Community also took the occasion to say special prayers in loving memory of Sr. Nina Ennis. Over 30 old members who were close to Sr. Nina came back to attend Mass. Sr. Cecilia Hong of M.I.C. also came from Montreal to deliver the eulogy in praise of Sr. Nina's dedicated work towards Chinese overseas students.



### April 29

耶穌苦難日。台灣耶穌會的李哲修神父應邀到團體講避靜。主題：逾越奧蹟。Fr. J.S. Lee of the Jesuit Society of Taiwan led a retreat with the theme on 'The Passover'.

## June 29-30

聖母無原罪傳教修女會創會 100 週年紀念，團體組團前往祝賀。懷著家有喜事的心情，參與這個有意義的盛典，更順道前往 St. Ann Basilica 大教堂和滿地可華人天主堂朝聖。

The Community participated in the Mass in commemoration of the 100th Anniversary of the Missionary Sisters of the Immaculate Conception. We also went on a pilgrimage to St. Anne Basilica and the Montreal Chinese Catholic Church.



### August 6

成立兩年的民歌組，除了年中不斷探訪本地的護老院外，今年更探訪遠在多倫多的頤康中心耆老護理院，用歌聲將喜悅和關懷帶給一些孤寂的老人。

The Community's Folk Song Group had been established for 2 years, visiting elderly homes in Ottawa regularly. The Group made a special visit to the Nursing Home of Yee Hong Elderly Centre in Toronto. It brought joy and care to residents through songs.



## October 26

今年的福傳大會，假座 Bronson Centre 舉行。主題是「信仰、芬、分、FUN」。內容有歌詠、清談、證道、講道和舞蹈。

The Evangelization Event which was held every two years took place at Bronson Centre. The theme for this year was Faith : Fragrance, Sharing and Fun. Programs included songs, talks, witnessing and dance.



## 2003

### January 2

薛勵民神父出席墨西哥外方傳教會會議，為期兩個月，司鐸一職由岑維立神父代理。

Fr. Jose Serafin was away to Mexico to attend a conference of the Foreign Missions Society of Mexico. His duties were temporarily taken up by Fr. Victor Zavala.

### January 26

團體一位前教友 Paul Kiang 經過四年進修，於一月廿六日在 Houston 由當地的主教祝聖成為終身執事，主的葡萄園又增多一位工人。

Paul Kiang, a former member of the Community, having completed a 4-year training program, was ordained as a Permanent Deacon by the Bishop in Houston.

### February 9

新春聯歡賀羊年。聖母無原罪傳教修女會總會長宋文瑛修女，率領五位任職修會議員的修女，由魁北克省前來參加。

The Community celebrated the Year of the Ram. We were honored to have a senior leader of the Order and 5 other Sisters from the Missionary Sisters of the Immaculate Conception of Quebec come for the occasion.

## May 4 & 25

由香港來渥太華聖保祿大學修讀聖經學的資深中學教師蘇詠芬小姐，為本團體的青少年主持兩次講座。主題分別是「青少年與人際關係」及「青少年與偶像崇拜」。

Miss Christine So, an experienced secondary school teacher from Hong Kong, came to Ottawa to engage in Bible Studies at St. Paul University. She conducted two talks to our young people.

### August 16

Rigaud 朝聖日。薛神父主持感恩祭，並特別為長者舉行傅油聖事。隨後前往參觀滿地可聖若瑟大教堂，和探訪聖母無原罪傳教修女會，得到洪修女和修女們熱誠的招待。

Pilgrimage Day at Rigaud and Montreal. Apart from presiding Mass, Fr. Jose Serafin rendered the Sacrament of Ointment to the elderly. After that, we visited St. Joseph Oratory, as well as Sr. Cecilia Hong of the Missionary sisters of the Immaculate Conception. We were warmly received by the Sisters.

## 2004

### February 29

團體為薛神父舉行一個別開生面兼富有墨西哥色彩的生日，目的只是想對神父表達一聲「薛神父，我們愛您！」

The Community organized a Mexican style birthday party for Fr. Jose Serafin, just a way to express our love for him.



### October 13

前牧靈議會主席 (1998-2001 年) 吳志聯兄弟, Cary Ng, 因癌病逝世。

Cary Ng, former President of the Pastoral Council (1998-2001), passed away of cancer.

### October 23

福傳大會在聖母升天堂地庫舉行。主題是「放下繁囂，邁向彩虹」。內容有證道、歌詠、幻燈、默劇和舞蹈。宣傳廣及新時代電視、城市電視、渥太華多元文化電台、多倫多多元文化電台及美加華語廣播電台等。

The Bi-annual Evangelization Event was held at the basement of Our Lady of the Assumption Church. The theme was "Leave worldly concerns. Live an enlightened life." Programs covered witnessing, songs, slide shows and dance. Promotion of the program was extended to the Fairchild Television, Talent Vision T.V., OMNI 1 & 2, Rogers Ottawa Cable 22, CHIN FM 97.9 Ottawa, CHIN FM 100.7 Toronto as well as North America Chinese Radio.

### November 21

團體在感恩祭後為尹雅白神父舉行「晉鐸 40 週年慶祝會」。尹神父今年九月由滿地可來渥太華聖保祿大學進修，課餘參與本團體各項活動，服務良多。

The Community celebrated Fr. James Wan's 40th anniversary of his ordination after Mass. Fr. Wan came from Montreal to attend programs at St. Paul's University. He was very active in the Community.

## 2005 |||

### January 30 - March 13

瑪利亞方濟各傳教會黃鳳儀修女，在聖保祿大學研究及搜集有關宗徒大事錄的資料。她在四旬期為團體主持兩個講座。主題分別是：「宗徒大事錄：一部歷史小說？」和「從宗徒大事錄看門徒之道」。

Sister Emily Wong of Franciscan Missionaries of Mary, FMM, was doing research work on The Acts of the Apostles at St. Paul's University. She accepted the Community's invitation at Lent to deliver two talks on "The Acts of the Apostles: A historical novel?" and "A Look at the path of the disciples from the perspective of The Acts of the Apostles."

### February 21

新春聯歡日：今年的慶祝會首先為團體金禧慶典揭開序幕，迎接團體踏入新里程。還有慈善義唱為南亞國家受地震及海嘯的災民籌款。

The opening ceremony of the Community's 50th Anniversary celebration was held during the Chinese New Year party. In addition, a Charity Karaoke fundraising was run to collect donations for the South Asian earthquake and tsunami victims.



### February 27 & March 20

聖母無原罪傳教修女會洪吟芳修女，特別為團體金禧主持兩次講座。主題是「回顧及展望天主教徒在加京華人天主教團體的角色與責任」。第一次用粵語，介紹團體的歷史背景與精神。第二次用普通話，配以中文字幕，探討團體的優點和缺點，分析現在與展望將來。兩次參加的人數均十分踴躍。

To commemorate the Community's 50th Anniversary, Sister Cecilia Hong of the Missionary of The Immaculate Conception held two special sharing sessions on "Review and Future Vision: the roles and responsibilities of a Catholic in the Ottawa Chinese Catholic Community." The first session which high-lighted the history and spirit of the Community was conducted in Cantonese. The second session was conducted in Mandarin. She reviewed the strength and weakness of the Community. She also analysed the current situation and looked ahead to the future. Both sessions had good participation.

### April 9

團體參加在渥大華國會山莊舉行之「維護婚姻大遊行」。

The Community participated in the "March for Marriage and Freedom" on the Parliament Hill.

### April 09

團體金禧籌委會多謝數位前堂委，特別為金禧慶典分享他們在團體過往的體驗與感受。講者包括：趙耘清、郭傑雄、陳耀天、羅偉當等兄弟。

The Planning Committee for the 50th Anniversary Celebration wishes to thank the following former Pastoral Council members for sharing their experiences and thoughts of the Community in commemoration of the Golden Jubilee: Vincent Chiu, Peter Kwok, Bernard Chan and Thomas Lo.

### May 1 - October 2

為敬禮聖母並感謝上主對團體50年的眷顧，舉辦家庭玫瑰經大串連，每一參加家庭負責一週，每日誦念一串玫瑰經，為家庭及團體祈禱，反應熱烈。

To thank God and to pray for Our Lady's intercession, a family rosary chain was organized. Each participating family recited the daily rosary for one whole week. The response was tremendous.

### May 14

Francis Ching 兄弟在渥太華主教座堂晉鐸。繼黃礎健神父之後，成為第二位在加京晉鐸的華籍神父。

Francis Ching, a former youth member of the Community, was ordained to the priesthood at the Notre Dame Cathedral. He is the second Chinese priest ordained in Ottawa after Father Bosco Wong.



### June 26

驪歌再奏。為團體服務五年的薛勵民神父要離開我們，返回香港接受新的挑戰。當日上午十時薛神父為中西教友主持最後一台彌撒，之後在教堂地庫舉行惜別聚餐。晚上六時，百餘教友在揚子江酒樓，為薛神父舉行惜別晚宴。在依依不捨的心情中，獻上我們誠意的祝福。

Another farewell party: Father Jose Sarafin who had served the Community for five years had to leave for new challenges in Hong Kong. He presided Mass for both congregations of the Community and Our Lady of the Assumption Church at the 10:30 Mass, after which a lunch gathering was held at the Church's basement hall. In the evening, over one hundred members of the Community joined a farewell banquet for Father Jose Sarafin at the Yangtze Restaurant to wish him all the best.

### August 6

為慶祝團體金禧，團體特別組團前往聖母無原罪傳教修女會及滿地可朝聖。參加人數五十六人。

To commemorate the Golden Jubilee Celebration of the Community, over 56 members participated in the pilgrimage to the Missionary Sisters of the Immaculate Conception in Montreal.

## 2006 |||

### February

進行「牧靈工作問券調查」以協助堂區發展。

A 'Survey of Pastoral Work' was conducted to explore avenues for parish development.

### April

The internet and the web site of the Community was established and upgraded.

團體設立網站。

Tutoring groups were organized.

組織補習小組。

### April 29

洪修女為團體主講「配偶關係」工作坊。Sr. Cecilia Hong conducted a workshop on 'Marital relations'.

### June

展開「2006 福傳」計劃。

The '2006 Evangelization Plan' was launched.

### July 1

教區委任范浩泉兄弟為團體牧靈協調。

Peter Fan was appointed by the Diocese as the Pastoral Coordinator.

### August 24

團體搬到位於 Kilborn Place 的渥太華天主教教區中心。

The Community moved to the Diocesan Centre at Kilborn Place, its new home.



### September

黃神父主持「成人慕道」工作坊。

Fr. Wong gave a workshop on R.C.I.A.

## 2007 |||

### January

推行穿梭接載服務，以方便各教友。

The Shuttle Service was launched to help members using public transportation.

### February

黃神父主持禮儀講座。

Fr. Wong conducted a workshop on Liturgy.

堂區建設籌備委員會經常聚會，商議堂區的發展。並和主教及教區各部門緊密聯絡，促成建堂的目標。

The Parish Development Committee held meetings and visits to explore with the Diocese and members on different ways to acquire a permanent home and to be established as a full parish.

### July - August

團體參與歡迎新任總主教 Terrence Prendergast, S.J..

Welcome our new Archbishop Terrence Prendergast, S.J., to Ottawa.



### August 6

往滿地可朝聖。超過百位朋友參與。Pilgrimage to St. Joseph Oratory and Chinese Parish in Ottawa. Over a hundred people participated.

### September 22

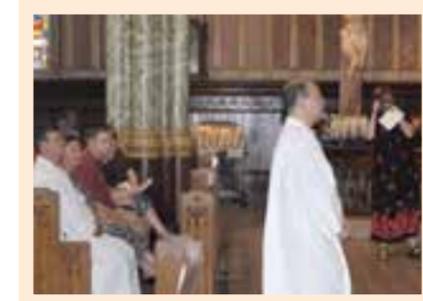
中秋福傳大會。

Evangelization and Mid-Autumn Festival Nite.

## 2008 |||

### June 8

主教祝聖范浩泉兄弟，為渥太華首位華



# 歷止

人終身執事。

Peter Fan was ordained as the first Chinese Permanent Deacon in Ottawa.

### July 20

福傳辯論活動。

Debate for Evangelization.

### September 11

保祿年工作坊。

Workshops for the Year of St. Paul.

## 2009 |||

重新建立長期教友的聯絡網。

The Founders Group was formed.

### January 12

超過十位教友參與教區主辦的成人信仰培訓課程。

Over 10 people from our Community participated in the Adult Faith Program of the Diocese.

### January 18

團體主辦工作坊，探討天主教會有關社會問題的訓示。

Workshop on the Social Teachings of the Church.

### January 24

聖洗事工團隊培訓。

Workshop on Baptismal Team.

### April

成人輔祭培訓。

The formation of Adult Altar Servers was launched.

### May 10

主辦婚姻講座。

Workshop on Marriage.

## June 5-7

開始協助教區舉辦青年營。

Our Community began to assist the Diocese in running the 'Under the Son' youth weekend every year.

## June 21

為黃神父慶祝晉鐸二十五週年。

Our Community celebrated Fr. Wong's 25th Anniversary of ordination.

## August 22-27

七位教友參與教區主辦的聖樂夏令課程。

Seven members from our Community participated in the Summer School for Liturgical Music.

## September

接觸及支持「生命恩泉」(加拿大華語天主教傳播機構), 推廣福傳。

Our Community established contacts with Fountain of Love & Life, the Chinese Catholic TV in Canada and supported their fundraising Gala on 29th November, the beginning of a great working relationship.

## 2010

經團體的兄弟姐妹, 特別是黃神父及范執事和曾煥華, 羅靜如和黃英等堂區籌委的多年努力, 和總主教 Archbishop Terrence Prendergast, S.J., Mgr. Kevin Beach 副主教, 及教區各部門的關懷照顧, 團體終於獲教區批准成立為獨立堂區。教區同時准許我們堂區以前 Notre Dame de Lourdes Cyrville 教堂 (1187 Michael St.) 為永久會址。

Through the great care of Archbishop Prendergast, Mgr. Kevin Beach and tireless efforts of our community members, especially the Parish Formation Committee consisting of Fr. Bosco Wong, Deacon Peter Fan, Adison Tsang, Angelina Lo and Huang Ying, the Archdiocese transferred the premises of the former Parish Notre Dame de Lourdes à Cyrville 1187 Michael St. to our Community.



## August

團體遷入新址。

Our Community moved into our new home on Michael Street.

## October 3

遷堂誌慶 — 首次感恩祭。超過400人參與。濟濟一堂, 同頌主恩。主教也親臨祝賀及鼓勵。

The First Mass in the new home was celebrated. Over 400 members and guests participated in the mass and celebration. Archbishop Prendergast visited and encouraged us in his speech.

## November 18-20

將臨期退省及團體修和。由黃神父主持。MIC蔡修女特別由滿地可來主講。

The Advent Retreat & Reconciliation was celebrated. It was hosted by Fr. Wong with Sr. Celia Chua, MIC, from Montreal as the key-note speaker.

## 2011

### January 1

渥太華教區總主教批准聖神華人天主教團體正式成為堂區, 並正名為「聖神天主堂」。

Archbishop Prendergast granted our Community a full parish status, under the name of Sheng Shen (Holy Spirit) Parish.



## January 23

總主教蒞臨我們堂區主持感恩祭, 並為我們正式揭幕和祝聖。

On 23rd January, Archbishop Prendergast presided over the Inauguration Mass and blessed our Parish.

## February

與全加青年組織, CCO, 建立合作關係, 推廣福傳。

Our Parish established a working relationship with the Canada-wide youth organization, Catholic Christian Outreach (CCO).

## April 2-3

黃神父及蔡修女主持四旬期團體修和及退省。

Lenten Retreat & Community Reconciliation was again conducted by Fr. Wong and Sr. Chua, MIC.

## April 22

特別邀請香港徐錦堯神父, 以視頻為我們作聖周五退省講座。

On Good Friday morning, as part of the Holy Week reflections, a retreat was conducted by Fr. K.Y. Tsui from Hong Kong via Skype.

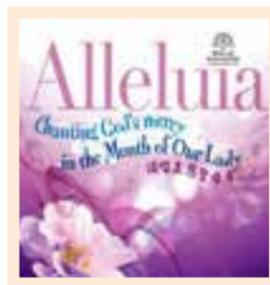
## May

舉辦成人慕道工作坊。

The R.C.I.A. workshops were organized.

開始每年舉辦「阿利路亞聖樂會」。

The annual 'Alleluia Concert' was launched.



## June 9

團體參與渥太華教區升格為總教區的125週年慶典。

Our Parish participated in the 125th Anniversary of the elevation of the Ottawa Diocese to that of an Archdiocese.

## June 18

十位教友參加有關新聖祭禮儀的聖樂工作坊。

Ten people from our Parish participated in the Workshop on Liturgical Music associated with the newly revised Sacramentary.

## September

組織多次集思會, 討論「聖神堂區的願景」。

A series of meetings to reflect on the mission of our Parish.

## September 7

慕道工作坊。由黃神父主講。

A 'R.C.I.A.' workshop conducted by Fr. Wong.

## 2012

### January

教區將聖堂業權轉給我們團體。

The Diocese transfers the ownership of the church property to our Parish.

### April 14

「阿利路亞音樂會」: 我們團體的國、粵、老、中、青人士都參與。

The 'Alleluia Concert' was presented, involving all people, young & old, Cantonese & Mandarin speaking members.

### June 25

我們堂區繼續支持教區主辦的青年周末營。

Our Parish continues to support the Diocese's 'Under the Son' youth weekend.

### May 12

進行聖堂主要維修工程。堂區大量義務工作人員參與。

Major repair was launched in our church premises, with lots of volunteers from among our parishioners.



## September

我們團體繼續支持加東青年營。每年參加人數穩定增長, 為我們的青年工作打下基礎。

Our Community continues to support the Eastern Canada Chinese Catholic Living Camp (ECCCLC), with more young people participating every year.

## October

加納籌款晚宴如期在 Pineview Golf Club 舉行。是晚25席, 座無虛設。賓客滿堂, 節目緊湊。為聖堂維修工程籌得超過七萬元。突顯我們堂區教友的無私奉獻。

The Cana Gala was launched to raise funds for our major repair. The Gala was overbooked with fantastic programs, raising more than \$70,000 for repairs, well beyond our target. This is the result of the selfless contribution of our parishioners.



# 歷

## November 2012 – April 2013

為推動教會信德年, 我們團體舉辦聖經及教會訓導的講座。

Year of the Faith workshops on the Bible and the teachings of the Church.

## 2013

### January

陳勒秋獲教區青年獎。

Alain Chan of our Parish was awarded the Don Bosco Youth Award by the Diocese.

### May 25

聖神降臨音樂會: 我們堂區教友全面參與, 更邀得我們的教友, 專業豎琴音樂家 Teresa Suen 參加演奏名曲。

Our Pentecost Concert was conducted by Shawne Elizabeth Beame, featuring Teresa Suen on the harp and many singers from our Parish.



Teresa Suen

## August

黃神父調任 St. Patrick Basilica。梁增仁神父接任我們堂區的聖職統籌，范執事繼續牧靈統籌職務。

In August, Father Wong was transferred to St. Patrick Basilica as Rector. The Archdiocese appointed Fr. Stephen Liang as the Priest Moderator and Deacon Peter Fan as the Pastoral Coordinator of Sheng Shen (Holy Spirit) Parish.



## August

堂區推動環保綠化計劃，由年青人主導。並獲頒發聖所環保評核獎。

The Green Program was launched. Our Parish was given the Award for Environmental Audit of Holy Space by the Environment Ministry of the Diocese. Young people are the main operators of the Green Program.

## September 14

開始每月朝拜聖體。

The monthly Holy Hour was launched.

## October 6

青年小組往滿地可聖若瑟大教堂朝聖，並探訪聖母無原罪修女總會和杜實田神父。

The Youth Group went on a pilgrimage to St. Joseph Oratory and visited MIC Sisters and Fr. Tou in Montreal.

## 2014

### January

農李美玲獲教區青年獎。

May Nung of our Parish was awarded the Don Bosco Youth Award by the Diocese.

### March

中國河北趙縣教區主教代理張文茜神父，拜訪我們堂區及教區，商討神父學者計劃。並主持四旬期團體修和。

Fr. W.X.Zhang of Zhaoxian Diocese, Hebei, China visited our Parish and discussed the possibility of the Priest Scholar Program. Fr. Zhang also helped to celebrate the Community Reconciliation of Lent.

### April 29

我們在新聖堂舉行第一次婚禮。新人為鄭誠和林敏瓊。

The first wedding in our new church was celebrated for Henry Cheng and Joanna Lin.

### August 9-11

由香港恩保德神父及其團隊主導，我們堂區協辦的「逾越知音」福傳音樂會在渥太華舉行。這活動為我們團體打下福傳與培聖的基礎。

The Evangelization Concert organized by the Friends of Jesus Passover from Hong Kong, under Fr. Giovanni Giampietro, was sponsored by our Parish and held in Ottawa. It helped to energize us for Evangelization and Vocation.



### September

神父學者計劃的第一位神父，池尚培神父，抵 並開始學習和堂區工作。

First priest under the Priest Scholar Program in co-operation with Zhaoxian Diocese, Hebei Province of China, Fr. ShangPei Chi, arrived from China.



### September 20

尹雅白神父和香港聖安多尼堂教友來訪。我們更為尹神父慶祝晉鐸五十週年。

Fr. James Wan visited our Parish with

parishioners from St. Anthony Parish from Hong Kong. We also celebrated the 50th Anniversary of Fr. Wan's ordination.

### October 19

聖母無原罪修會蔡修女和林修女為我們在魁省翠湖山主持避靜。

A retreat was conducted by Sr. Celia Chua and Sr. Mary Olga Lam, MIC, at the MIC cottage near Mont Tremblant, Quebec.

## 2015

為慶祝我們團體創立六十週年，我們籌劃以下項目，為未來進一步發展打好基礎。

To celebrate the 60th Anniversary of the founding of our Community, a good number of projects were envisaged, including:

- The Gala on October 11, 彌撒及晚宴
- 朝聖: Montreal and Midland pilgrimages
- 紀念 T-shirts
- 紀念旗幟 a commemorative banner
- 新醒獅 a new lion for Lion Dance
- 祈禱園 a prayer garden
- 教友家庭照片集 Family portraits for the 60th Anniversary Diamond Jubilee Journal.
- 鑽禧特刊 Anniversary Journal and the archives
- 紀念月曆 60th anniversary calendar
- 資助青年人音樂計劃，包括往東南亞的逾越之旅，及在堂區的音樂活動。sponsoring concerts involving youths, both in S.E.Asia with Fr. Yan's EV Concerts and in Ottawa.
- 福音粵曲 Cantonese Opera for Evangelization

### January

歐慧賢獲教區青年獎。

Linda Au of our Parish was awarded the Don Bosco Youth Award by the Diocese.

### March

Fr. Lawrence Dewan, O.P., 為我們團體服務超過半世紀。他安詳地回到主的懷抱。他的關愛和事工永遠和我們在一起。

Fr. Dewan, who served our Community selflessly over many decades, passed away peacefully. His love and care for us will remain with us forever.



### May 24

團體支持聖母無原罪修會會祖冥壽慶典，包括組團參與彌撒及展覽。

Our Community joined the celebration of the 150th Birthday of Founding Mother Délia of the MIC Sisters through participating :

- In the Commemoration Mass Celebration on Pentecost Day May 24 at St. Viateur Church, Outremont, Quebec.
- In the Exhibition of the Ministries of MIC Sisters at the Galerie d'art d'Outremont on June 27 and July 4.



### June 27 & July 4

兩個滿地可朝聖團



# 歷止

### July 11

往加拿大殉道聖人園地朝聖團  
Pilgrimage to the Canadian Shrine, Midland, Ontario.



### July

堂區三位青年及一位家長參與由恩保德神父帶領在緬甸，越南及泰國的‘我信故我言’福傳音樂會。

3 youths and one parent participated in the S.E. Asia Evangelization Concert with Fr. Giovanni Giampietro Yan Po Tak and Friends of Jesus Passover (FOJP) in Myanmar, Vietnam and Thailand.



### September 2

我們在梁增仁神父的帶領下，前往 Notre Dame Cemetery 在團體的開拓者黃雅麗(黃姑)女士與陳學強神父的墓地拜祭及祈禱。

Our Long term members visited Notre Dame Cemetery and paid tribute to our late long term pioneers, Alice Wong and Fr. Peter Chan, with prayer led by Fr. Stephen Liang. After the visit, lunch at Yang Ming Buffet House.



# 歷止



### October 11

六十週年彌撒，祈禱園動土禮及晚宴，由總主教主禮。超過三百位朋友參加，濟濟一堂，同頌主恩，並為未來的福傳及發展打好基礎。

Diamond Jubilee celebrated, with Mass presided and ground-breaking of the Prayer Garden by Archbishop Prendergast. The banquet in the evening was attended by over 300 guests and parishioners.



# Final Mass in Diocesan Centre

# 歷止



# 歷



First Mass in  
1187 Michael Street





聖神天主堂  
Église Catholique Sheng Shen Catholic Church  
Community founded in 1955

# 新堂區 New Parish

*Sheng Shen Parish, the faith community of the Chinese Catholics of Ottawa, was inaugurated and blessed by Archbishop Terrence Prendergast, S.J., on 23rd January, 2011.*



# 歷止



## 2014

### October

神父學者計劃開始;  
歡迎首位神父學者池尚培來我們堂區進修服務。

#### Priest Scholar Program

Welcoming Fr. Shangpei Chi to come to our Parish as the first candidate of our Priest Scholar Program.



60th Anniversary DINNER GALA  
Over 300 attended the well programmed Gala. The proceeds were donated to support the Syrian Refugee Project.



祈禱園動土禮:  
在六十周年當天, 主教主持動土禮。  
Faith Garden Ground Breaking  
Archbishop Prendergast S.J. and Auxiliary Bishop Christian CC helped to officiate in breaking the ground for the Faith Garden.

## 2015

永生主內, 我們懷念你!  
In loving memory of Fr. Lawrence Dewan (1932-2015)

### July

拜訪創會修女的展覽, 了解她們的事工。  
Visiting MIC Sisters' Exhibition to showcase their founding and ministries.



### August

福音粵曲彌撒  
Mass with Cantonese Opera Gospel Singing

### October

晚宴: 晚宴節目豐富, 教友親朋踴躍參與, 超過三百位出席。大會總收入支援難民計劃。



### November

慈悲禧年開始  
Jubilee Year of Mercy  
難民計劃: 我們團體響應教宗的號召, 踴躍投身, 參與難民計劃小組。

#### Refugee Project: a joint effort

As the refugee crisis deepened, our community responded to the appeal of Pope Francis and took proactive action with other parishes to help settle refugees coming to Ottawa.

### December

萬民傳訊部秘書長韓大輝總主教訪問我們堂區。  
Archbishop Savio Hon, the Secretary General of the Congregation of the Evangelization of People, visited our community.

## 2016

### April

六十周年之旅: 拜訪創立渥太華天主教華人團體的聖母無原罪修會的修女, 向地利亞會祖致敬。同時拜訪蒙特利爾華人堂區的杜寶田神父。  
Year of Divine Mercy Pilgrimage to celebrate the 60th Anniversary of the Founding of OCCC.  
On this occasion of the 60th Anniversary of Ottawa Chinese Catholic Community, the Community pay a special visit to the Mother House of the Sisters of Immaculate Conception in Montreal, pay respects to the tomb of Sr. Delia Tetreault, the founder of the MIC Sisters, as well as Fr. Tou, the Pastor of Montreal Chinese Catholic Parish.



### May

環保獎: 我們堂區獲頒 2016 年度聖堂環保獎。該獎項為鼓勵各聖堂環保行動而設。我們堂區近年來的物料循環及廢物, 垃圾處理方法獲得肯定, 是渥太華地區兩間獲獎聖堂之一。環保獎鼓勵我們繼續為保有上主的創造努力。

#### Green Sacred Space Award 2016 for Sheng Shen (Holy Spirit) Parish:

Recognizing our efforts in introducing and sustaining measures to ensure approaches that are environmentally friendly, including consistent recycling, composting and introducing practices that would reduce the economic footprint of our behavior, such as eliminating the use of plastic bottles and foam plates.

### June

堂區義工感謝日。  
Parish Volunteer Appreciation Day  
Completion of Church Entrance Renovation

### September

天主教教育局開始在本堂區為敘利亞難民開辦英語為第二語言(ESL)課程

Ottawa Catholic School Board started to run ESL class at our parish for Syrian refugees.

### October

神父宿舍地庫裝修  
Renovation work in rectory basement.

### December

Setting up Fr. Vogel's Library: hosting the treasures of Fr. Walter Vogel's lifelong publications and collection  
為支持重整暖氣系統的卡拉OK籌款活動共籌得\$12,060

Karaoke Fundraising Event raised \$12,060 in support of renovation of heating system.

## 2017

### January

私房菜籌款。  
Private Dining Gala to fundraise for the Development Fund.

### February

渥太華華人社區服務中心和我們堂區合作 利亞難民計劃, 協助難民安居和語言培訓。

Our Parish worked with Ottawa Chinese Community Service Centre (OCCSC) on settling refugees from Syria and in providing language formation.

聖經講座及聖經圖書館正式成立。

Fr. Vogels' Bible Workshop Series and the opening of the Vogel's Library in our Parish. Our Parish hosted the series until Fr. Vogel retired to Belgium. Our Parish hosts the Library perpetually.

### July

河北省趙縣教區秘書長靳志芳神父訪問渥太華。池尚培神父學成歸國。主內一家親: 和池神父和靳神父歡聚及暫別。

Fr. Jin, Vicar General of Zhaoxian Diocese, Hebei, China, visited Ottawa. Fr. Chi returned to his diocese in China completing his studies in Ottawa.

滿地可華人天主堂百年紀念慶典  
Montreal Chinese Church 100th Anniversary Celebration.

耀漢小兄弟會會長陳耀漢神父來訪我們堂區, 並拜會 我們教區的主教, 探討長遠合作。

Fr. John Tran, Superior General of the Congregation of St. John the Baptist, visited our Parish and our Archbishop Prendergast, S.J. to consider the possibility of long term ministry in our Ottawa community.

# 歷止

### October

與主教座堂合辦敘利亞難民家庭安居計劃。

Arrival of the Syrian Refugee Family of joint Refugee Project with Notre Dame Cathedral.

### November

堂區長遠發展計劃

A chance for the long term development of our Parish.

## 2018

### January

難民計劃完滿結束。

The Refugee Project - a satisfactory completion.

### March

歡迎黃航海神父

Welcome and Introducing Fr. Anthony Hang Hai Hoang CSJB

### June

堂區園藝組成立

Parish Gardening Group started.

## 2019

### January

籌劃發展聖神天主堂

Sheng Shen Parish Development Plan initiated.

### March

和教區合作推動安全環境

Working with the Archdiocese to promote Safe Environment.

### July

命恩泉福傳粵曲組到訪，引發教友對福音粵曲的興趣和參與。

The Visit of the Committee on Evangelizing Through Cantonese Opera, Fountain of Love & Life. It generated interest in the ministry.

### September

杜實田神父9月5日蒙主恩召

(1921-2019)

Fr. Thomas To passed away on September 5.

## 2020

### March

新冠肺炎病毒疫症爆發。

COVID-19 Pandemic.

因新冠狀肺炎病毒大流行取消彌撒。

### May

因疫情，堂區教友網上唸玫瑰經和在四旬期拜苦路，幫助教友持續神靈聯繫。

Online Rosary and the Way of the Cross:

The weekly online Rosary and the Way of the Cross (during Lent) were instituted to help strengthen our spiritual and social bonds.

### June

彌撒部分復常。

First in-person Mass held, with restrictions, after the Pandemic.

羅德偉神父晉鐸 (29/06) 及在聖神天主堂進首祭 (5/07) 彌撒部分復常。

The Ordination of Fr. Barnard S.J. on June 29 and offering his first Sunday Mass at Sheng Shenn on July 5.



## 2021

### February

由於疫情持續，堂區舉行農曆新年網上直播彌撒慶祝。由總主教主持。

Due to the Pandemic, the Chinese New Year Mass, celebrated by Archbishop Marcel Dampousse was livestreamed.

### June

推動加拿大暑期工作計劃

2022 Canada Summer Job Program (CSJ) was launched.

彌撒重開。教友恢復親身參與彌撒。In person Mass celebration resumed.

### November

堂區購入隔鄰物業作為牧民中心的第一步。

Sheng Shen Parish acquired the property next door, 1126 Cyrville Road as the initial site for the Pastoral Centre.

## 2023

### January

聖神牧民中心第一期由渥太華總主教主持開幕

Sheng Shen Pastoral Phase I Centre Grand Opening by Archbishop Marcel Dampousse, January 22, 2023.



聖母無原罪修女總會長親臨祝賀 Sr. Cecilia Mzumara, Superior General of MIC Sisters visited our Parish on the occasion of the Opening of Sheng Shen Pastoral Centre Phase I.



### July

堂區持續推動加拿大我們青年暑期工作計劃。

Canada Summer Job Program (CSJ) continued.

## 2024

### July

堂區持續推動加拿大我們青年暑期工作計劃。

Canada Summer Job Program (CSJ) continued.

# 歷

### November

堂區推動‘心靈的盛宴’靈修計劃。 Spiritual Formation program launched.

## 2025

### April

開始每主日舉行加開九時半彌撒，以配合社區的迅速發展。

Mass every Sunday, at 9:30 a.m. – a new beginning to cater to the growing community.

### July

韓總主教探訪堂區及主持彌撒。 Archbishop Savio Hon visited and celebrated mass with parish.

梁增仁神父榮休。 Fr. Stephen Liang retired.



### August

渥太華教區委任耀漢小兄弟會周進考神父為我們堂區司鐸。 Fr. Andrew Zhou of the Congregation of St. John the Baptist was appointed the Parochial Administrator of Sheng Sheng (Holy Spirit) Parish.



# 聖神牧民中心 Sheng Shen Pastoral Centre

天主，通過教區，恩賜給我們兩個豐盛的塔冷通，一個是志願人才的塔冷通；一個是土地資源的塔冷通。但是兩個塔冷通都漸趨老化：我們最有動力的一群已屆六十；而我們的聖堂也有九十多年歷史。是重新動員，重新建設的時候。這是釜底抽薪，未雨綢繆。這就是我們未來十年的發展計劃：我們盼望藉此牧民青年中心這源遠流長計劃，改善堂區設備及加強維修工程，同時建立年青和長者都匯聚祈禱，互助，互勉的地方。盼望通過我們的信仰，我們的團體給每一代的人都帶來喜樂。

我們的 Buy a Brick 募捐運動自2018年11月推出後，教友的支持反應熱烈，慷慨捐獻。堂區藉著2019農曆新年慶祝會的喜慶日子，恭請關心我們堂區的Prendergast 主教，

創立渥太華人天主教團體的MIC聖母無原罪修會的修女們，及極力支持我們堂區發展的梁增仁本堂神父為Buy a Brick Prayer Wall 祈禱牆揭幕。同時很開心接受MIC 修會送贈的耶穌與兒童的畫像。

在疫情期間，物價暴漲，堂區原本籌劃的牧民中心建設計劃成本由一百八十萬升至三百萬。我們諮商教區和發展專業人後，決定暫時放棄自建牧民中心計劃，在2022年改為以籌得款項，無需按揭，現金購入鄰近物業作為牧民中心第一期投資計劃。這第一期牧民中心在2023年1月22日 農曆大年初一由渥太華總主教主持開幕。教區並於2024-5年開始和我們堂區諮商未來合作發展計劃。



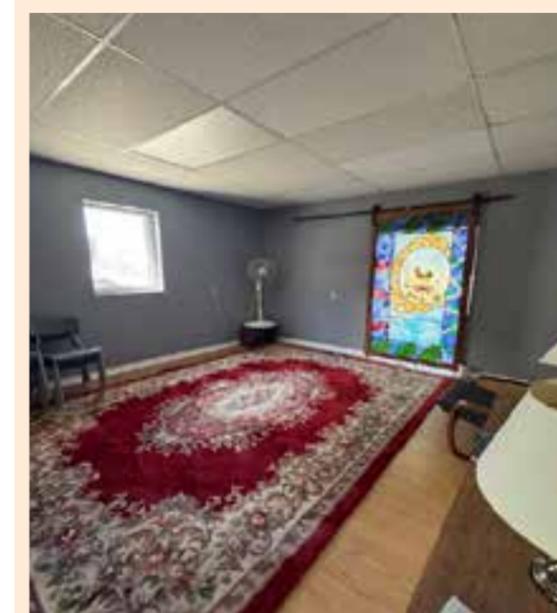
To rejuvenate our parish and grow, the Pastoral Youth Centre Project aims to foster a community of mutual prayers, help and support to the young and old. God blesses us with lots of talents, especially PEOPLE and RESOURCES. In the last few years, we have been able to maintain a big church with a small but dedicated group of volunteers in our parish. However, we are aging, both the people and the building, hence the development plan for the next few years. We count on parishioners and friends of the Sheng Shen community to contribute ideas, generous donation and hard work to accomplish our vision. Together we will rejuvenate our parish and grow.

Through the zealous support of our parishioners, the Buy A Brick Campaign had attained pledges of \$189,850.00 as at 3 March, 2019. On 2 February the day of our Lunar New Year celebration, we witnessed the unveiling of the Buy A Brick Prayer Wall by our fervent supporters Archbishop Prendergast S.J., the MIC Sisters and Fr. Stephen Liang. We also received with appreciation the gift of painting of Jesus & Children from the MIC Sisters.

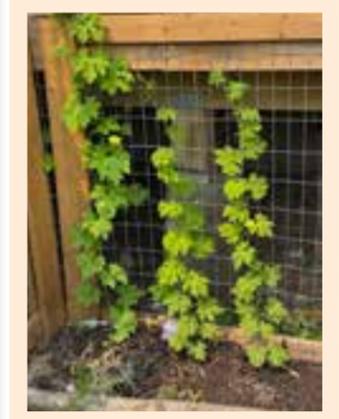
During the period of COVID pandemic, 2019 to 2022, the costs of everything increased rapidly, including construction costs. The original estimate of 1.8 million in early 2019 was increased to 3 million dollars by Spring 2022. The Sheng Shen Pastoral Centre Development Committee, along with expert advice from the Archdiocese of Ottawa-Cornwall, decided to abandon the plan of building a new pastoral centre for now. Instead, the funds raised combined with the savings of the Parish, amounting to over \$800,000. A property, at 1126 Cyrville Road, adjacent to the church grounds was available at a price within our budget.

With the approval of the Archdiocese, our Parish acquired the property without mortgage. The newly acquired property added 2 rental apartments and a prayer & storage area to the facilities of our Church, as well as 4800 square feet of land. This constitutes Phase I of our Sheng Shen Pastoral Centre.

By 2024-5, the administration team of the Archdiocese of Ottawa-Cornwall realized the potential of our development plan and approached our Parish to consider the possibilities of collaboration in developing the concept and Sheng Shen Pastoral Centre and related development programs laying the ground work for future cooperation for Evangelization and Community Development.



# 事

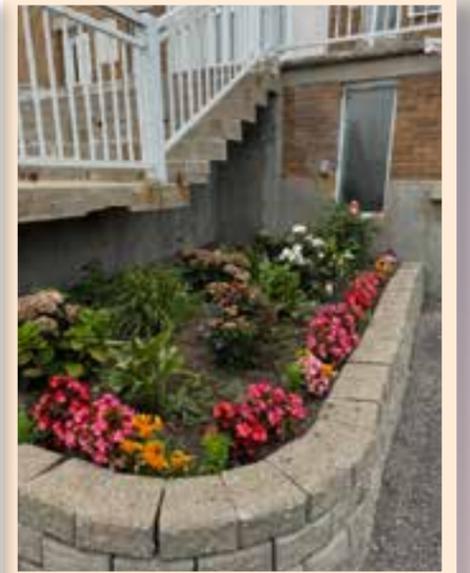


**我** 護天主的造物，為信仰耕耘，奉獻我們一分力，一點心。這就是我們推動祈禱種植計劃的目標。現在是初步嘗試。我們開始重整聖堂的周圍環境，保育原有的天然植物，又通過教友對種植與環保的共同興趣，加上教區環保事工和外界從事保育團體和市政府的支持，我們已開始有點成果。願我們繼續互愛互助互禱，在發展過程中體驗到天主對做物的關懷和愛護。

of Ottawa-Cornwall, as well as environment organizations such as Faith for the Common Good and the City of Ottawa, we have started incorporating concepts of environment protection and planting into the development of our church environment.

In these initial years of the Faith Garden, we have been encouraged by such great support in acquiring the necessary planting and watering equipment, as well as precious advice. We long to engage more people and resources in incorporating concepts of spiritual, community and environment promotion while pursuing the goals of optimizing our resource development.

Through the great efforts of our Gardening Team, the encouragement of the Ministry of Enhancing God's Creation of the Archdiocese



## 輔祭組 Altar Service

Young children wishing to join Altar Service are all welcome. It may well be the first ministry a child begins participating in the church.

As they grow they are encouraged to join other ministries such as the choir, the youth league, the lectors, and so on. Altar servicing prepares them to become active members in our church.

We also aim at recruiting adults, particularly the parents of young altar servers. We want to arrange as much as possible for the parents and their children to serve together. It

is a blessing to the families when all their members stand around the altar offering masses together.

Our altar servers have served in many occasions such as ordinary masses, solemnities, baptisms, and funerals. We look forward to serve in marriages when we have the opportunity.

It is important to bear in mind that altar service is not a service to people; it is a service to Christ.

— Bosco Kung

我們的堂區輔祭組成員一直都以青少年為主，直至幾年前才進行了改革，輔祭組增添了一批成年人加入，效果非常好。這可以讓不同年紀的人也有機會當輔祭，而且鼓勵家庭一起參與，這凝聚了一家人在彌撒中彼此合作及服務上主的精神。自己也是其中一員，從中了解到不少當輔祭的各種知識。如果你和子女也想嘗試及體驗一下，或者想知多些有關禮儀的資料，便請與輔祭組聯絡吧！

— Rexan Wong



# 事



# 事

工 MINISTRIES

## 接待及奉獻 Reception and Collection

### Ushers Ministry

The mission of the Ushers Ministry is to ensure the needs and comfort of parishioners and guests are met during Mass. Our ushers greet, welcome and seat the parishioners and visitors when they gather for Sunday Mass. We also maintain an atmosphere of reverence and order

during Mass with a ready-to-serve attitude. As well, we take up the Sunday collection and give out Sunday prayer books and other materials when necessary.

Contact Fred Szeto at *frederick.szeto@gmail.com* to get involved.

**接**待組的任務是致力招呼參與主日彌撒的教友和訪客。接待員歡迎教友和指引他們就座。我們帶微笑，懷隨時準備服務教友的心，保持彌撒莊嚴的氣氛和秩序。我們也負責收集主日彌撒奉獻和派發禮儀書及祈禱物。

如果你有興趣加入接待小組，請電郵 Fred Szeto: *frederick.szeto@gmail.com*

— Fred Szeto



## 祭衣房 Sacristy

**在**聖神的帶領下，『祭衣房』小組每個主日的工作是：感恩祭前燃點祭台上的蠟燭，準備神父要用的聖爵，麵餅，酒，水，及讀的福音，經文，並安排教友在感恩祭中奉獻酒和麵餅，感恩祭後清理祭台上的用品，並放回原處。

歡迎教友參加『祭衣房』的工作，以謙卑之心，為主服務。

— Teresa Szeto



## 讀經員 Lectors

**我**幼小的時候很喜歡聽故事，也愛看童話書。現在我在讀經時，那本並不是普通的書，而是一本天主的福音，也是主的聖言。藉著耶穌基督的生活經歷，和祂做的超乎尋常的事，見證了偉大的神蹟。身為基督徒的我，一定要以耶穌的生活行事為借鏡，要聽從天主的話，聽耶穌的話，溶入於日常生活中，因為祂對我們說話，並用祂的話語拯救了我們，使我們獲得內心的喜樂，並為身邊的人帶來益處和快樂。

— Anita Cheung

### 讀經員點滴 - 我的心聲

**我**開始為堂區服務已有一年，那時我是自告奮勇的。藉此機會可為天主做事，是一種光榮之事呢！

首先我要明瞭自己讀什麼，反思每字每句的用意，每次得悉要讀某段經文，我起碼都要朗讀十次，務求要將聲音提高，咬字發音清楚，留意標點符號，意念組合，明白經文內容，盡量令自己的感覺投入經文內，臨彌撒前我都會祈禱，希望得到聖神領導，好讓聖言得以傳送到各教友耳朵和心中。

— Joyce



### 讀經員我思我見

**不**經不覺在讀經組待了很多年，感謝每一位過去及在任的主內兄弟姊妹，多年來一直為了我們聖堂每星期舉行的聖祭，不論在寒冬冰雨，風霜雨雪，都準時來聖堂，為主服務。尤其是在長周末及長假期，他們都捨棄可以放假與家人出外同樂，共敘天倫的日子，而回到教堂為我們服務。藉著這機會，向他們作出無言的感激，深深感謝他們為主及為我們聖堂作出的奉獻。

感謝主，令到我們的讀經員，由最初參加讀經，第一次上台，患得患失，緊張的心情到現在揮灑自如，充滿自信。使到每一位教友，都能用心聆聽，更加投入聖祭中。其實，參加成為聖堂的讀經員，可以令我們更容易養成誦讀聖經的習慣。每次讀經前，大家都預先準備，在家中，再三誦讀溫習，

無形中，可以加深自己對聖經的認識。

我們期望每次當值的讀經員，都能預早到達聖堂，預備當日的讀經。但有時候，原來的讀經員，突然因事缺席或其他原因而遲到，其他的讀經員立刻補上，從不抱怨或計較，令到聖祭能夠順利進行。這種互助互補合作的專業精神，實在值得我們致敬。

未來，希望大家更能認識讀經員的工作，加入我們這個大家庭中，除了服務聖堂外，對自己在靈修上，在日常工作中，都得到聖經的啟示，工作與靈修，一起進步。再次感謝每一位過去及現任的主內兄弟姊妹，沒有你們對讀經員工作的認真、熱誠的態度、團隊及包容的精神，我們並沒有可能在彌撒中，讀經這麼順利。

主祐。

— David Chan

## 聖藝範聖詠團(粵語) St. Ephraem Choir

不論我們稱它為聖樂團、歌詠團或詩歌班，在我們教會禮儀中，歌詠團一直佔有相當重要的地位。不是因為它唱得如何動聽，或者音樂造詣有多高、或者音樂如何能迎合現代人的口味，最重要是在於所頌唱的曲調和歌詞能夠配合讀經、禮儀和教會年曆慶典，和能夠帶領信友投入參與感恩聖祭。

聖藝範聖詠團一直抱著的宗旨是：在禮儀進行時，詠唱適合的聖歌，配合禮儀的經文，引導信友積極參與禮儀，好能榮耀天主，在生活中傳揚福音訊息！

在七、八十年時代，我們渥京天主教華人團體的中心小堂設在渥太華 聖母無原罪傳教修女會 (M.I.C.) 的修院中，每個主日我們都有兩台感恩祭 (粵語和英語)，早期人數雖不多，亦無正式訓練的歌詠團，但在幾位有經驗的琴師幫助下，來參與感恩祭的教友，都相當投入地高聲頌唱，禮儀氣氛十分濃厚！引證了感恩聖祭歌詠本來就應該是團體一同 與的。

為了更確認聖詠團是堂區善會之一，和我們願意追隨 St. Ephraem (教會聖樂主保) 對聖樂的熱誠，約在2008年取名「聖藝範聖詠團」。負責主日感恩聖祭和其他

禮儀的歌曲，更在聖祭前的一個小時和每月定期輪流在不同的團員家中練習聖詠。

在愛德服務方面，我們在每年聖誕節前往 Carlingview Manor 護理院報佳音，及在其他節日與他們分享主的喜樂，亦有個別團員每星期探訪那裡的華裔老人家。此外、在康樂方面，我們也有舉行不定期的聯誼活動、聚餐和旅行。

我們歡迎任何音樂造詣程度和年齡的弟兄姊妹 加，以教會的音樂，一起善用上主給與我們的神恩，詠唱讚頌天主！。來吧！願意唱、喜歡唱比懂得唱更重要！

— 蕭禹璋 Stephen Siu



## 青年歌詠組 Youth Choir



## 國語聖詠團 Mandarin Choir

音樂是天主的奇妙化工，聖詠更是他用來啟迪薰陶我的工具，主，為此我讚美你。

聖詠曾把我帶到幾位臨終的主內姊妹身邊，陪伴她們走過一段備受考驗的時光。肉軀雖然受苦，愛主的人心 卻出奇地平安喜樂。不單對擺在面前的死亡無懼，反而對天父一生的眷顧極其感恩。

她們面對死亡的從容，令我讚嘆不己之餘，更使我從中領悟到之所以能夠在絕境中仍不失盼望、在看似無恩可感時仍心存感恩，全繫於真摯的愛主之情和對永生的盼望。

這份信仰的自然流露，激勵我學習祈求信德和愛德的恩寵。原以為一個難過悲傷經驗，竟成了我個人信仰的逾越，這不是天父美意的安排又是什麼？

聖詠又把我帶入露宿者之家一小撮信主的人中間。雖然他們信仰的表達與一般人不同，但他們心中那份不堪當的真摯情感一再沖擊著我，令我惻疑天主在世

間所尋找的，會不會就是這一份自我省察的謙卑呢？

這個發現令我不能繼續無視自己心底那份隱藏得極好的高傲與自負。我開始認識到在求主讓我認識他偉大的同時，更要求主助我能認清自己卑微的重要。

藉著聖詠，我有幸認識了二位雖失去自理能力，心靈卻受到光照的耆老。他們身體力行，把愛主的心付諸於堅持一生的行動，這份活見證推動我去把握當下擁有的健康和自主能力，積極地尋找每天參與彌撒的可能，並奮力認識天主。當日後環境或健康不再許可，無法按照自己意願去自由參與時，始能欣然接受，不感欠缺。為將來面對天主而作好準備的這份儆醒，是多充滿智慧，多 值得學習啊！

聖詠於我的助祐當然遠遠不止於此。但誠如天主的良善寬仁，人又怎能一一數算清楚呢？既然如此，就讓我用一生歲月，以屬靈的聖詠不停地讚頌上主的慈愛吧！

— Irene Chang



## 老人院探訪 Senior home visits



## 粵韻福傳 Cantonese Opera for Evangelization



# 事

# 聖事

## 送聖體員 Eucharist Ministers

### 送聖體聖血服務 Ministry of Holy Eucharist

**耶** 蘇拿起餅來，祝謝了，擘開，遞給門徒說：「你們拿去吃罷！這是我的身體。」祂又拿起杯來，感謝後，遞給門徒喝，說：「這是我的血，盟約的血，為大家所傾流。」谷〔14：22—24〕

「送聖體聖血員」全名實際是「非常務送聖體聖血員」，基於基督肢體憂戚相關原則，在常務送聖體聖血員〔神職人員，即主教，司鐸和執事〕進行感恩祭中，非常務

聖體聖血員便協助他們，把聖體聖血，分送給教友。

會員皆由神父甄選和委任。年老病患教友，希望接受聖體聖事，歡迎來電堂區辦事處告知閣下電話地址，以便雙方安排及查詢。

聖體聖血使我們更能夠與耶穌基督保持密切關係，進入我們的生命，滋養我們的心靈，改變我們的生活，讓我們活在真理中。

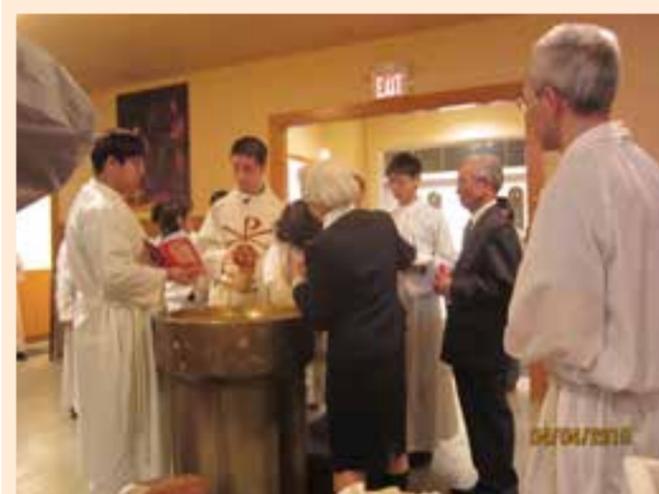
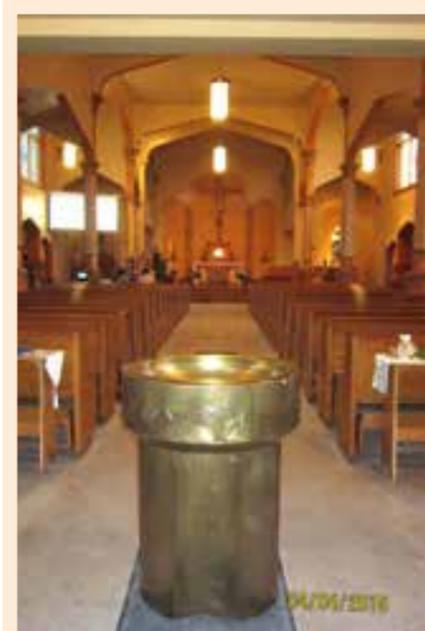
—Joyce Wong

## 禮儀及聖事 Sacraments & Rites



領洗 Baptism

# 事



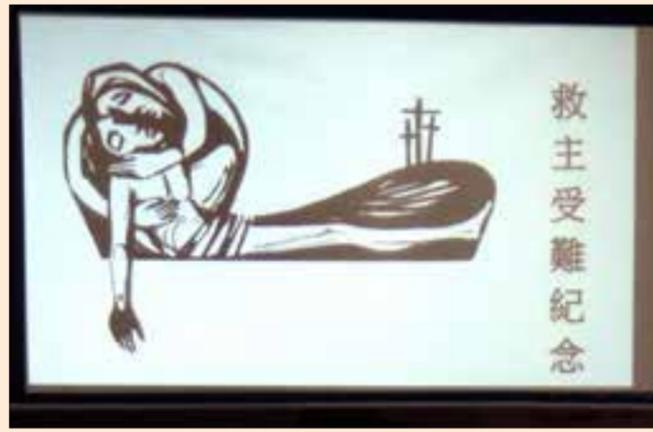
聖週  
Holy Week



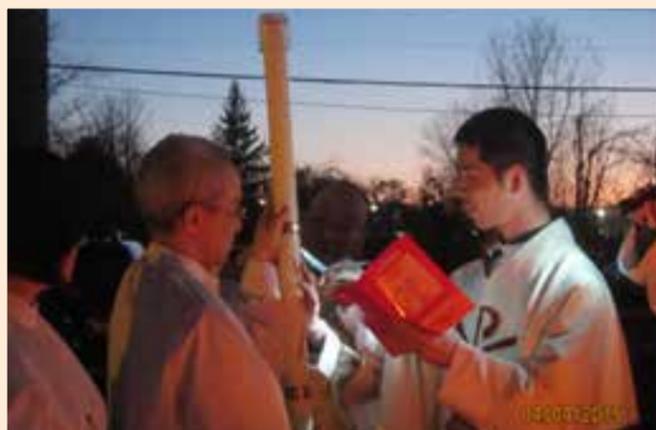
# 事



# 事



# 事



# Pilgrimages and Other Masses

# 事



Thanksgiving Mass  
with  
the Vicar General  
and  
the Indian Malayalam Community  
on  
Sunday, March 20, at 11:30 a.m.  
\* Welcome \*





## 修和聖事 Reconciliation

**與** 天主修和幫助我們靈修生活和個人成長。我們堂區盡力推廣。每周彌撒前後和將臨期及四旬期，我們堂區都舉行告解及團體修和。同時每月的第三周末，藉明供聖體之便，神父更為有需要的教友辦告解。盼望這事工在教友間植根宏揚。

**R**econciliation helps in our spiritual development and personal life. Our parish launches a renewed effort to engage parishioners in this ministry. Apart from chances for confessions before and after mass, as well as the Community Reconciliation and Confessions in Advent and Lent, every third Saturday of each month, we encourage friends to take advantage of the Holy Hour to go to confession. Come and join us in this important ministry.



## 兒童禮儀 Children Liturgy

**曾** 幾何時教過主日學，實際時間真的不太記得了，只依稀記得每次輪到自己要教學的那段時間，都非常緊張及有些少無形壓力！

由於本身對聖經的故事不是有太深的認識，而主日學的目的：是要向孩子們從聖經中學習敬畏神、愛神等美好的態度，因此，每次的備課，都要不停找資料及準備教材，當然也加上無數次的祈禱，求神賜我力量及堅強我的信德，做好每次教學流程。

其實孩子們對聖經的故事已經

耳熟能詳，而我這位導師只能儘量做到準備充足，利用一些教材，以不同方式講述聖經的故事，以免孩子們覺得無聊，因而無心上課；所以花上的時間，往往真的是無法預料。直到最後，因為正職工作及中文學校兼職工作的事宜，無暇兼顧太多，唯有退出教主日學這份任務。

暮然回首，教主日學這段期間，能令自己對主的認識加深了不少，也很享受與孩子們分享的過程；這一切，隨了感恩，都是感恩，主祐！

— 張貴鳳 Jessica Cheung

### 往昔的儿童主日学

**今** 年適逢是我們華人天主教團體慶祝六十週年，令我想起三十年前，我亦曾加過堂區不同的事工，其中最深刻的莫過於彌撒前的兒童主日學。

作為其中的導師，要在每主日彌撒前的短短三十分鐘，向年幼的他們〔三至八歲〕，介紹天主教信仰、禮儀、教堂佈置等，真的不容易；我們一方面希望他們對信仰有點認識，另一方面希望提高他們和家人一起 與主日感恩祭的興

趣。加上他們當中很多不是唸教會學校的，或他們的父母本身對信仰和禮儀也不大明白，所以我們希望透過：聖經故事、班上活動、小手工、觀教堂、和一些帶回家做的小習作，令他們能夠有系統地認識感恩祭、學習祈禱、接觸聖體聖事、和聆聽一些有趣的聖人聖女故事。

我們成人學習信仰不單要靠聆聽教導得來的，還需要依靠榜樣、見證、示範、感染和鼓勵。小朋友更需要從認識和感受「教會是我家」。開始學習互相接受、容忍、

互愛，從而建立與主關係！姑勿論他們能領悟多少，但我每次能夠見到那些天真爛漫的小朋友，很樂意加主日學，我實在感到很開心！真多謝他們父母願意交付和合作。現在華人堂區逐漸成長，很感恩的是現在見到往日的小朋友，已經早已成長，不少已為人父母，更帶同他們的子女，與我們或其他堂區的主日感恩祭和工作，令我很感謝上主給他們的恩寵、和給予我機會服務我們華人團體！

— 馮秀美 Sandy Siu





### Sunday School Reflection

I used to think that since we cannot see God, it would be difficult to explain to young children that God is here with us and that He loves us. Contrary to my old way of thinking, the ability of young children to feel love and to respond to love with trust is

much better than adults. That is one of the reasons that God especially loves little children.

Did you know that our faith is really all about trusting and loving God? All God wants for us is to have a good life filled with His joy and love. It is just like how we want our children to be happy. God's joy and love can only

be found by living the way He teaches us. Therefore, it is very important for us parents to help little children know God and His teachings so that they can receive all God has provided for them. Let our faith and our children's faith in God with the help of the Holy Spirit grow together.

— May Nung



很 很感恩,有機會為兒童主日學/兒童聖道禮儀擔任導師。初期時,對聖經不熟識也不理解,一面學習,一面準備教材,漸漸加深了對聖經故事,內容及教理的了解,並有一些簡單淺易的認識。很珍惜每次與一班小朋友分享聖言,能啟發和引導他們對聖經故事的理解,內心是充滿主賜的喜樂和平安。小孩天真單純,聖經提及耶穌喜愛小孩,

在馬爾谷福音10: 14-16及路加福音 18: 16-17,耶穌說:「你們讓小孩子到我跟前來,不要阻止他們!天主的國正屬於這樣的人... 誰若不像小孩子一樣接受天主的國,決不能進」。

初中時期,看過'To Sir with Love'的電影,啟發了我對有教無類,以仁愛去接納,包容,鼓勵及幫助有問題而無助的青少年學生的正面態度。往後,有機會看過有關

鮑思高神父(Fr. Don Bosco)的書籍及影帶。這一切的安排,藉聖神的引領給我開啟智慧,不跟隨附和世俗,真正了解什麼是真理,以怎樣的態度,心思把天主的聖言傳給天主揀選/召叫的小孩子。智慧篇6:15,「願天主使我遵照他的意願說話,使我的思想配合他恩賜,因為是他領導智慧」。

— Mei Ling

### Sunday School

謝 謝謝你們教導了我:有幸在本團體的第一份義工:兒童主日學導師。這一份非常開心及甚為挑戰性的差事。那時因教材來源不足,而我喜歡有點創意和創新。每主日的課程設計,課前的祈禱與及故事;手工;遊戲等都要根據不同年 兒童的需要設計。以有趣的方式,讓他們加強對聖經的瞭解。後來女兒出世後,更加覺得這份工作是主的恩賜,因為我從其他孩子身上,學習到孩童靈

性生活上的需要,因而教育女兒便容易得多。

在這段長長的當主日學導師的時間內,從孩童的參與和他們的答問,我獲益良多!

感謝我所有的主日學生們!

Why do I teach? It is because I love it and there is so much joy out of connecting with kids!

“Jesus said, ‘Let the little children come to me and do not try to stop them; for the kingdom of heaven belongs to such as these.’ (Matthew 19:14)

— Linda Au

# 事

### 敬祖禮 Rite of Honoring Ancestors

每 年農曆新年,我們堂區都舉行敬祖禮。附杜實田神父的一篇文章。詳述敬祖禮的原由和程序,供各位參考。

Our Parish conducts the Rite of Honoring Ancestors every Chinese New Year. We are attaching an article by Fr. Tou. The article traces the origin of the Rite. Fr. Tou also suggests certain procedures for the Rite and celebrations associated with it.



# 事



[应时常祈祷，  
不要灰心] (路: 18, 1)

**简史：**祭天敬祖，是中国的文化传统，习来已久。明末清初，耶稣会士利玛窦神父，最先进入中国，接触士大夫等社会上层人士。随后道明会和方济各会的神父们，也由菲律宾进入福建，所接触的，多是乡下的人。两方面各将敬祖的事，向罗马报告并请示，而所得的回覆，互相矛盾。这真如盲人摸象，各执一词，互不相让演成[礼仪之争]。

教宗克来孟在1715年三月十九日，全面禁止教友参加祀孔敬祖仪式，并不准公开讨论。直到二百二十年之后，1935年三月二十八日，教宗比约十二世，藉传信部回答吉林教区主教询问时，才解除这项禁令。可惜当日吉林已属满洲国，

而且连年战争，无法传递消息。待1939年，日军占领山东，孔子的老家，且为了政治目的，大事举行[祀孔]活动，反对者，科以重罚。那时田耕莘（尚未升为枢机），正是阳毅教区主教，首当其衝，遂急电罗马请示。可幸他属下的传教士，多是德国人（与日本同属轴心国，通讯少受限制）。传信部及时重申前令，准许教友参于民俗式的祀孔典礼，无形中避免了一场惨剧。

请注意：为避免误解，应采用\*敬祖\*而避开\*祭祖\*

我们现行的仪式，大约可分为三个主题：祭天，敬祖，团拜。

祭天：因有许多教外人参加，我们不便开弥撒，但要朗诵信经。主礼者要事前介绍一下，我们祭拜

的，不是教外人所认为的一位冷酷的造物主，而是耶稣所启示的爱人，救人并接纳人们享永生的天主。新春开始，我们更可祈求上主，赏赐大家身体健康与平安。这一节，可采用香港或台湾出版的读经或歌唱等。

敬祖：就中国文化来讲，饮水思源，追恩报德，本是文化的传统。而天主教的信仰，好似兴奋剂一样，注入我们文化内，能使它更为活跃，更具意义。例如面对祖先牌三鞠躬，普遍认为理所当然的，实际是空洞的。因为祖先今天的存在，尚不得而知，如何向他们传达我们的敬意？今加入教会灵魂不死不灭，和\*诸圣相通功\*的信理，我们便更可以向他们表达敬意，为

他们祈祷，代他们祈祷，甚致向他们祈祷。不要误认他们未信耶稣，都已下了地狱。梵二大公议，教会宪章167节，告诉我们：[人若非因己罪，而不认识基督的福音及教会，却能真心诚意地寻求天主，在主宠的感召下，按良心指示，努力承行天主旨意，也能获得救恩]。

但是我们不认识他们，又没有感情，如何能为他们祈祷？为克服这一困扰，我们应深思一下天主的本性和时间的道理：为我们来讲，昨天已属过去，存入人的记忆中；明天尚在希望内，毫无把握；属于我们的，只有今天，或者现时。但为天主却没有时间的限止，过去，将来，为祂都是现实，我们不能完全明白的。这就是说，我们现在的祈祷，为百年前的祖先，也可能有了功效。也就是说因我们今天此时的代祷，为几百年前的他们也可能有了功效，已接受了天主的助佑。神学家名之为[预见]。天主[预见]耶稣的救赎，赏锡圣母始胎无原罪。大家想过这端道理吗？

祈祷并非只多念几遍经，因为认真地讲，祈祷即是人与天主的密切沟通：爱天主，赞美主，悔罪，求恕，都是祈祷。在生活中，接受天主的圣意，忍受病苦也都是祈祷。圣经劝人[应时常祈祷，不要灰心]（路：18，1）。丈夫返工，以基督作风，爱主爱人的精神去工作；夫人在家，以基督的精神，主持家务，教养子女，也都是祈祷。

团体仪式时，很难一一提出先人的名字，不过可以静默三分钟，让每人追念自己的祖先，应做的善，生活中要受的苦，好以基督的精神去接受。炼灵所需要的，正是这类补赎的神功。同时也可以向祖先祈祷。

奉献时可用花，香，菓，避开食物（参阅圣咏106，28节）。好避开令人妄想，亡者还须要食物，因民间还有《饿死鬼》的传说。献香时，我们大都用佛教的线香，名存实亡，味道不知哪里去了。我现住老人院，殡礼是常事，不过殡礼中辞灵礼所用的香炉，是双手捧着

一个火种碟子，少放一些乳香，全堂都可闻到。实在值得我们取法。

团拜：本是种很有意义的活动，新年见面彼此问候一番，欢笑几声，尤其是在过去，有点芥蒂的人们，以笑泯怨仇，忘记前嫌，也是一个好机会。最好使出席者，都能彼此拉手，尤其是初次见面的教外朋友们。自然时间不宜太长，但对生人必定要拉手，熟人则点头而过。试想一下，耶稣最大的诫命是爱人，不识或不接触人，如何去爱人呢？

表扬忠孝：在团体中如有兄弟姐妹，特别辛苦地照顾家中长者或病患，不妨在团拜时，表扬一番，这对其本人是一种鼓励，为参礼者也是一次邀请，可引人加入堂区爱德组，探访堂区内的孤独老人等。

教宗本笃十六世\*在真理中实践爱德\*的通谕中告诉我们：科技全球化，能使千里成为邻人，但没有使我们成为兄弟姐妹。然而弟兄手足之情，正是基督徒追求的精神。

# 明供聖體 Holy Hour

**從** 2013年9月起，由梁神父提議的定期“明供聖體”聖儀，每個月的第三個星期六，下午1：30正式舉行。為我們平信徒來說，確實是一個很好而又值得珍惜與主相交的機會。

在每次的聖儀當中，教友們都能拋開日常世俗的煩憂，靜心來到主基督前向他細訴生活的點滴。耶穌隱於謙卑及脆弱的麵餅外形下，邀請我們：「凡勞苦和負重擔的，都到我跟前來，我要使你們安息。你們背起我的軛，跟我學罷！因為我是良善心謙的：這樣你們必要找得你們靈魂的安息。」(瑪 11:28-29)

因為聖體與基督苦難是不可分割的奧蹟，每次到聖體前，也就是到

主的十字架前。我們能在自己的祈禱裡，將需要主的慈悲的人，交托到主的破碎的聖心中，讓耶穌的寶血洗淨、醫治及救贖他們。這種賠補的行為不但價值無限，而聖體更會轉化我們，使我們在祂愛的火燄內被淨化，使我們日益肖似基督。

主的臨在使我們更能打開心扉，好讓聖神降臨引領我們到他的聖座前與他相聚。而在靜默中，我們就能走到自己的內心深處，讓天主聖神洗滌我們。

當教會用聖體盒或用「聖體光座」明供聖體時，是為引導教友承認基督奇妙的臨在，也邀請我們與基督心心相印。因此，明供聖體非常適合於培養對基督應有的、那種

真誠與精神的敬禮。如我們能多參與明供聖體，我們便可不斷地尋求基督的醫治，重過新的信仰生活。

前教宗若望保祿二世也曾強調聖體是救主慈悲的偉大奧蹟，透過聖體，主耶穌向人顯示無限愛情直至世界的終結。教宗再次呼籲所有牧者，以身作則，鼓勵教友朝拜明供聖體，因為這是感恩祭的延續，信友能以之表達對主感恩之心情，並藉朝拜聖體恩寵滿溢。

上主，求以信德之光，照耀我們的心靈，並用愛德之火予以燃燒，使我們明認在這聖事內臨在的主、天主，以心神、並按真理朝拜祂。祂是天主，永生永王。

— Gladys Wong



# 福傳與慕道

## RCIA and RCIC

**我**們堂區年來得各方面的幫助和堂區兄弟姊妹的努力，每年都有數位以致數個家庭慕道及受洗進教。香港的逾越知音團體在恩保德神父帶領下更在2014年夏，來渥太華舉辦福傳大會。讓我們加把勁，傳揚天主的福音，使我們的行列更壯大，更多人認識和皈依天主。

Through the faith and great efforts our brothers and sisters in the Community, our Parish has been blessed with a solid group of catechumen. Every year, we have a few families baptized as children of God. In 2014, the evangelizing team under Fr. Giovanni Giampietro from Hong Kong visited us specially to

engage in Evangelization in Ottawa. They presented an Evangelization Concert that attracted a full house in our church, as well as conducted community visits to evangelize. Let's build on this great work of our forerunners and spread the good news even further.



# 福傳與慕道

# 事



# 聖經研習和專題研討計劃

## Bible Study and Workshops

# 事

## Workshops

### 普通话圣经学习小组简介

这个小组在渴望更好地认识真天主的动机下形成的，以学习《圣经》为起点，在Peter Fan, Sunny Chan 等大力支持下于2年前开始了。

我们读了《宗徒大事录》的全部章节。通过学习我们了解了教会成立的过程；宗徒们如何在艰苦的环境下宣讲主的福音以致为主献上自己的生命；天主在这个过程中怎样以大能的手臂扶持教会，以神奇的上智引导外邦人皈依等。

我们的学习形式是以诵读《圣经》原文为主，以个人提出问题大



家讨论解决问题为辅。因为我们很多地结合了现实的生活情况，使我们的讨论也非常生动有趣。

现在正在读《箴言》，希望可

以学习天主的真智慧，并能生活中实践出来。

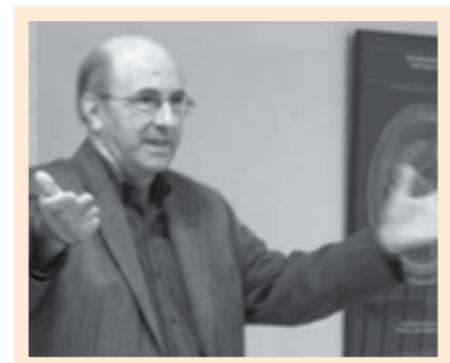
— 张彦洁



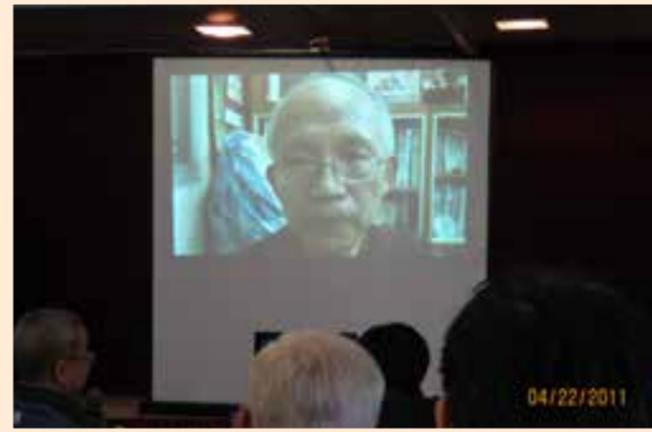
### 聖經研習 Workshops

聖經和禮儀的研習，以致教會發展的探討，是我們堂區另一特色。除了教友們的個人和小組研習外，我們堂區亦經常舉辦聖經，禮儀等培訓計劃。除了我們的神父，修女樂於主辦主講這些課程外，我們得天主眷顧，每年都因緣際會，獲得很多專家為我們介紹各方面的專業課題。這些講座研討對我們的成長幫助甚大。盼望我們繼續朝這方向發展。

Our parish is blessed with priests, nuns and experts of different fields, who are readily available and willing to help us in exploring different fields for our development, whether it is Bible study, liturgy, the environment or personal well-being. Every couple of weeks, there is usually a workshop that caters to the needs of the seniors, youth and for parishioners in general. Some workshops are held on a regular basis, for example, Fr. Walter Vogels, an expert of the Old Testament, generously offers us short courses on different books of the Old Testament, usually in the Fall and Winter. These workshops are most important for our growth spiritually, socially, as well as in terms of health and other areas.



# 事



# 事

## 關於基基團

关于《基基团》的内容。坦白讲，我不是行家，只不过我在蒙特利耳堂区服务超过四十年，只可介绍一些蒙城华人堂区，基基团的一些小小经验而已。

首先我们堂区，成立了一个读经班，每周六开会，时间是晚间一个钟头。几年后，有一位香港学生加入，他曾在台湾读书，曾参加过那里的《基基团？组织（即基督徒基层团体）。向大家介绍，多数认为很好，一个创新的名词，于是把读经班改名为基基团。一年后，多数人认为，目标太分散，读经的味道被冲散了。只好将读经班回复原状，而基基团改为到家庭去举办，每月一次。

既是晚间又在家庭，第一问题就是晚餐。每一地区，聚五六家教友，每家以人数而定，带一两味菜，主办家庭提供汤，饭，家庭主妇们事前沟通，以避免重叠等等。

程序：大致以主日所读的福音为主题，加以深度了解，实际实行，如何为基督作证等。有时将主题改为教会或社会上，大家感觉兴

趣的问题，或教外友人提到的疑难，例如：安乐死，堕胎，离婚，同性恋等等。故此事先应准备资料，而且人数愈多愈好，到时才可各抒己见。因为不是读经班，我们也可加入社会资讯。例如传递一些教友之间的喜丧事件，尤其是有何需要协助的地方。探访病患，安慰居丧者，劝人和解等。

彼此代祷：个人如有急需，或感恩的事件，也可请大家为此事件祈祷。有时自动为信仰生活作证。在这一点上，我们应向基督教朋友们多多学习。将爱德或其他德行的实践，例举出来，可以曾加它的感染力，并引发听众的热忱。

几个月前，我听到教宗方济各，为对罗马城内，露宿者表示关怀，免费午餐，几十年前早已开办。另建宿舍，他们也不肯入住。由夜店晚探访露宿者口中得知，他们需要厕所，於是便在圣伯铎大殿前，大石柱的开始处，为他们兴建了厕所。这一不为人知的小建筑，为旅游观光者，无意中带来很多方便，但他们多不了解它的起因。其后又增建了浴室，这都是方济各老



人家，爱人的表现！在我们生活的小圈子内，真的我们一点点小事都不能做吗？我想这就是基基团的主要目的。  
— 杜宝田神父

## 信仰小團體/基基團

## Basic Christian Communities

活潑的信仰小團體/基基團是我們堂區的一個特色。令我們的使徒生活及生命更豐富，教友們的關係更密切。這密切的關係和豐富的教友生活，與聖教會及堂區的趨向和組織是一致的。教宗保祿六世在他的1975年文告中提及：信仰小團體的特質是在堂區生活中和司鐸、教友團結一致，藉聖教會的訓誨成長。

我們堂區多年來出現多個信仰小團體/基基團，因各種情況成長和轉變。但始終是環繞著教會聖訓和團結教友的宗旨上持續存在。目前堂區內現有五個小團體。同時因應

各種需要和年齡及文化情況，不斷孕育，演變。以下是教友們的一些反思。我們更邀請杜寶田神父分享他在滿地可華人堂區的經驗。

**B**asic Christian Communities of faith are a special feature of our Parish. Through the years, the number and nature of these small groups evolved and changed. However, they all follow the Pope's guidance with regard to these communities:

*"Small communities or communautes de base appear and develop, almost without exception, within the Church, having solidarity with her life, being nourished by her teaching and united*

*with her pastors."*

*Evangelii Nundianti (The effort to proclaim the Gospel to the men of our time), Apostolic Exhortation of Pope Paul VI, 8 December 1975, #58.*

As of today, there are five such communities that meet regularly. New ones are being envisaged and emerge, such as those among the young and different language and age groups. Included in this section are some reflections of their participants, as well Fr. Tou sharing his precious experience working with the Chinese Parish in Montreal.

— 范浩泉執事 Deacon Peter Fan

## 保祿基基團

保祿基基團是由兩對熱心的夫婦在去年提議組成，他們希望有人帶領研讀聖經並分享聖經與生活的體驗，達成信徒間彼此支持及鼓勵。

此基基團的名字為「保祿基基團」，因保祿在歸化之前只憑肉眼看見耶穌，即只根據世俗人的見解判斷耶穌，否認他是以色列民族所期待的默西亞；但保祿歸化後，立刻承認耶穌是救世主，是人類的救主，是天主的聖子，並向當時世界

文化最高的希臘、羅馬傳揚福音。

「保祿基基團」的成員亦渴望效法保祿宗徒的福傳精神、尋求更認識基督、容納任何有意跟隨主耶穌的人，每月一次在感恩祭後假聖堂聚會，他們每次聚會都嘗試邀請堂區未參加其他基基團的兄弟姐妹來加入，有已領洗的也有望教的，隨著每次主題、聖經的研讀，經解讀後，得到聖神的引導，分享生活點滴，真實地有為鄰居分憂解困，也有為家人靈魂需要祈求，這發顯

了基基團的真正情誼和福傳的精神。若不是天主的啟示無人能尋找到天主和知祂的心意。  
— 盧匡平



## 生命轉變的感受

在一九九三年住在渥太華西區的兄弟姐妹，對肉身的食物都講究，雖然在渥太華也沒有什麼佳餚可嘗，一天來回到多倫多為了吃美食大有人在。而靈性的成長亦講究，瞭解對上主的意願不比食物更渴求嗎？因而成立了「西區基基團」至今。「基基團」定期每月一次輪次在成員家中聚會。成員將「基基團」的聚會在日常生活優次排列最高，通常聚會日期不會時常改動，但我們的團員因工作需輪班，我們會接納和同意改動，為體現在基督肢體內團結一的精神。

參與「基基團」後，我更明瞭基督徒的使命，天主的聖言實在增強了我的信德幅度，對耶穌基督真裡的教導，就像活水源泉般滋養了內在的我、減退驕傲、接受誹謗、寬恕別人。耶穌解放了我帶著原罪的性格，在祂內學習祂的良善心謙，找到心靈的平安，讓我負的軛較以往感到柔和及輕鬆。

在若望福音第八章提到犯姦淫時被捉到的婦女，該受石頭砸死的；耶穌出人意外地說話，將一個步向「死亡」的人領回來，祂的

做法不僅給那婦人再生的機會，也給與當場的老少一個自我反省的機會，亦讓我學習耶穌那饒恕別人的態度和胸懷。耶穌又說：「天主使太陽上升，光照惡人，也光照善人；……你們若只愛那愛你們的人，你們還有什麼賞報呢？」(瑪5: 45-46) 這些超乎一般人的教訓，為我真是當頭棒喝的勸導。

在這裡想分享一次在參與感恩祭時經驗，因教堂半圓形的設計圍繞祭台而建，當行平安禮時，看見左前方不遠處有一位男士蹣跚起左以手在趾縫搔癢，那時心內起了一種厭惡感，接下來排隊前行領聖體；他竟在我前面，想起他搔趾，我預備領聖體的心靈狀態，被投入紊亂不安中，為的是認為耶穌基督被這個看似毫無準備，且有點不敬行為表現的人去領受，實在不是味兒。隊伍像與時間停頓很久一般，走近送聖體員之前，他沒有領耶穌聖體，只是行鞠躬禮，便走至送耶穌聖血那裡，接過盛著耶穌聖血的杯領了一口，我想！我該領聖血或不領呢！這百萬份一刻裡，終於我領了。天主讓我在這時想到耶穌曾說：「禍哉，你們經師和法利塞假

善人！因為你們好像用石灰刷白的墳墓：外面看來倒華麗，一面卻滿是死者的骨骸和各樣的污穢。同樣，你們外面叫人看來倒像義人，你們一面卻滿是虛偽和不法。」〔瑪23: 27-28〕我領了聖體回到座位時，想著我何資格去定奪他內心的虔誠，他搔腳趾；雖我沒搔趾，可我分心和判斷他，在天主前「同出一轍」。讓我想起漸愧不如，謝耶穌聖體給我的自省能力和想起祂的教訓。

每次聚會聆聽耶穌的教訓，催促我在生活裡，學習以祂的眼睛看事物和祂的心對人，學習祂的慈愛去對待一些以前我不能容忍的人；現還要繼續不懈地改善，削平自己的弱點，「好使我能成為在天之父的子女。因耶穌要我是成全的，如同天父是成全的。」(瑪 5: 48)

耶穌以祂的寶血修復我敗壞的生命，我亦希望以我的生命來影響其他生命。這都是參加「基基團」後因著聖經的說話，內心向上主的教導敏感度強化的關係。

感謝天主！

— 李麗賢

## 國語基基團

年多來，我們國語基基團——先从最简单的圣经常识开始，逐渐教给大家学习圣经的方法，随着我们对整部圣经的了解，原来整部圣经犹如一座天主赐给人类的灵性的图书馆，里面珍藏了天主对人类的启示和救恩。在张彦洁和陈育峰两位老师带领下，一副恢宏博宇的天国巨卷临现在我们面前。

能夠讓這個小團體有活力地成長，我先介绍一下我们团里的宝贝们，噢，可能有人问：“为什么叫宝贝”？哦：物以稀为贵！非常10+1(10个教友+1个神父)。先介绍池神父，来自中国河北赵县，他常说自己长得像和尚，嗯！面相和善、笑脸常开，在中国人叫“和尚”，外国人不就叫“神父”吗，哈哈！开个玩笑！不过池神父在每次基基团活动时，每当大家在分享圣经时，最后他总能解释的让这个话题圆满，可见他的“道行之深”啊！嘿嘿！

第二位是大名鼎鼎的才子博士陈育峰，此君才高八斗，拥有众多学历，不过在基基团里大家都称他“陈老师”，他的那本圣经是有些与众不同的，书已经被各色的标

签贴满，一如他一贯对工作、生活、学习尤其是信仰认真负责的态度，而且在学习时，他总能够很好的将圣经的道理与鲜活的生活恰如其分的结合起来，让人对信仰有了更好的诠释。

第三位是温良贤淑的张彦洁老师，出生于天主教世家的她，让我们瞠目结舌的是她对圣经娴熟的程度，当她在讲课时，那一段经文、那一个人、那一件事。。。哇、天哪！她都能告诉你，当然还有她经典的讲解——她几乎就是一本活圣经！

由于篇幅所限，让我们简短的介绍其余几位宝贝：渥太华最优秀的数学老师之一吴祈，而且他做的中国北方面食堪称一绝。我们基基团的美女秘书长李莉（她总是可以把一切安排的井井有条）。笑口常开乐于助人的黄晔。风趣幽默风度翩翩的夏少仁先生，他可是一位地道的美食家，做着一手好菜。美丽善良的上海姑娘杨曼利。来自中国天津的可爱女孩张婧。相亲相爱的杨尤国蔡蕾夫妇。

通过这一年的学习，基基团这个小小的组织成了我们每个月期待相聚的小港湾，在品尝大家带来的南北美味以外，我们还在享受天主带给我们更加崇高的品味——爱！

# 事

加入我们、加入爱，天主与你、我同在！一首小诗献给我们基基团和即将加入我们的您！

打开圣经的瞬间，有人推开了我灵魂的大门，一道温暖的光穿越了我的灵魂，我走进了圣殿、天主走进了我的灵魂

主啊，我从哪里来？  
主说：你从爱中来  
主啊，我要到哪里去？  
主告诉我们要到爱中去。

— 杨尤国

## 西區基基團 - 感想

我和丈夫大約在2002年加入西區基基團每月一次的聚會，很自然地成了習慣，一直堅持至今。最初，因信仰上很膚淺，希望藉一些資深教友引導及分享信仰上的知識。慶幸是一開始我們抱謙虛受教的態度接受聖言的洗滌。現在回想最早的幾年是探索期，後漸漸步入成熟階段。五、六年前我自己亦開始對信仰有一份熱誠，願意主動回應與本地教區舉辦的聖經班和信仰培育課程。這幾年真的看到自己的進步及更能深入領悟天主的大智慧。亦更體驗到若每事以天主聖言為依歸，聖神的德能定必引領保護。基基團是我在信仰成長過程的轉捩點和起步點。教友們要珍惜及熱心參與。

— 李美玲, 劉偉全 Mei Ling Li, Francis Lau



# 事

## 東區基基團

**自** 我在2000年領洗，不經不覺在這堂區已有十多年。我非常感謝 Cary Ng 帶領我接觸慕道班，認識天主。初時，我是十分抗拒的。我也很感謝 Peter Lo，我們的導師，他教導我怎樣在靈修中成長。

我也參加了基基團，在那裡認識了很多教友。雖然有些比較深交，有些則和我交情泛泛。雖然，其中一些已經離開我們歸於天國，也有些不再參加基基團。

可是，我深深感到在我的人生旅程中，最開心的是，無論是困



難或快樂的時候，都因著我們的信仰，感到聖神的存在和支持，天父的愛總是默默陪伴著我。主佑！ — Julianna

## 把光榮歸於天主

**願** 我們藉天主聖神的指引而把光榮歸於天，亦將天主的光明，真理及平安帶到加拿大渥太華聖神天主堂的每個人的心中。每個人都懷著承行主旨，就是讓上主隨意在我們生命中作祂願意的事。上主是我們慈愛的天父，從祂而來的一切都是福樂，為我們都是喜樂慶事。今年二零一五年十月十一日就是我們華人天主教團體（聖神堂）成立六十週年充滿喜慶的日子。

我們衷心感謝聖母無原罪女修會傳教在一九五五年十月十一日加京正式成立華人天主教團體，展開她們在華人社區的工作，並前往探訪一些華人家庭，宣揚福音工作。

一九七六年香港曾慶文神父來加攻讀牧民輔導學，就讀於St. Paul University，主日在天主教華人中心主持彌撒。那時每當香港有神職人員



來渥太華攻讀，接送一職乃是我的職務。因神長們的鼓勵，便開始我宗徒工作的使命，服務中心，直至一九九七年九月因上主的召叫——愛的召喚，放棄一切，跟隨基督，聽命勝過祭獻。“上主聖意乃我心志，唯一天主，於我足矣。”如同聖保祿宗徒所說：我們每個基督徒生活於世，以愛主為中心，承行主旨。

服務於主，不求取悅於人，只求取悅於天主。

最近自華人團體承主教給予現

有安定的居所，上主又吹動我返回團體，以行為作見證，以愛主為人服務，少說話，多祈禱。人若能看到自己的有限，就能正確地與神與人溝通，達到和諧與共融，蒙受聖體滋養，當我們領了聖體後，心中有主耶穌，我們可以效法聖母瑪利亞的祈禱，是謙遜的祈禱，承認自己的有限，常求天主幫助，常謙虛自己，在主前開放自己，願意承行主旨，常常祈禱犧牲，誠心渴望天主，勇敢地以言以行作證，在團體中生活彼此互愛互助，共融合一。

讓我們生活在這個樂園中。讓我們感謝上主賜予這個團體。讓我們祈禱，在信仰上增進信望愛三德。

攜手合作，邁向永生之路，與主常存，彼此共勉。

— Louisa Wong

## Significance of Faith-Sharing Group in My Faith Journey

The Basic Christian Community (BCC) and many other faith-sharing groups that I came across in the past thirty some years are the compasses of my faith journey. My faith journey has been like a boat in a vast ocean trying to find its destination. Even with a GPS (the Church), my route is never straight. It is a zigzag line with occasional U-turns. Through the preparation for the meetings and the sharing among members, my spirit is replenished. I regain my focus. Though our paths are different; our experiences are also different; our ultimate goals are the same. Sometimes when our paths cross, we endure the same pain or celebrate the same joy. As such our feelings are echoed; our spirits are boosted; our friendship and love in Christ are strengthened.

— Jeff Cheung

## 基層基督徒團體

**「基**團」(BCC: Basic Christian Community) 是梵蒂岡第二屆大公會議後、在南美洲為幫助信友在欠缺牧者照顧、提供更善度基督徒生活的牧民模式。其所強調的精神，就是初期教會團體的精神：信徒不單過著彼此扶持、也能為主作證的生活。

基督徒在現世生活環境，始終是少數份子，徹底實踐信仰並不容易；透過「基基團」的氛圍，信徒分享他們的信仰生活體驗，他們以基督為中心，藉著聖言，願意不斷接受聖神的帶領，再配合團體的共

融精神及彼此支持，使成員都有機會在信仰上得到紮根、成長。

其實，每位基督徒都需要在日常生活中不斷以聖言作為指引及反省，虛心接受祂的教導，轉變內心的動力，改善自己的生活陋習，這樣以一個「不斷慕道」的精神來皈依基督。當發覺自己的步伐並非朝向福音的指標時，成員便需有所更正，從新較正焦點，然後才繼續前進。

「基基團」的成員需要了解到自己就是一個邁向天國的旅途者，抱著不斷慕道的精神，一起建設一個能夠為主作證的團體，縱使團體

內成員有不是的地方，嘗試為之祈禱，以己所長，幫助有需要的成員繼續投身。

「基基團」由不同的人組成，需要很強的包容力，一方面不排斥別人，也不排斥自己(不會說自己不適合這團體.....等等)。

在這，期望那些未嘗試體驗「基基團」的人能考慮抽空參加，一起在信仰上繼續成長，實踐基督那「願信徒合而為一」的祈求(若17：20-21)。

— 李麗賢

## 基基團 — 我的感想

**自** 從十多年前領洗後開始，我跟太太便一直參加基基團聚會。因為我們相信「光明之子」在「世俗之子」的氛圍下生活，確是會遇到不少困難和挑戰，甚至是氣餒的事情。幸而在這基層基督徒團體裡，我們找到信仰的支持和借鏡的地方。誠如徐錦堯神父在正視人生信仰一書說：「基督徒要生活在基督徒環境中」，

基基團正是一個很好的督徒環境，幫助我們發展信仰。藉著祈禱、讀經、具體的生活經驗分享、信仰的掙扎等等，我們從聖言裡得到力量、從其他成員處得到支持，讓我們在信仰的道路上不會感到孤單。我不是說基基團能為我們解決生活上的問題，但這信仰小團體確是個信仰加油站，讓我們在成聖之路上歇息，抖擻精神後再上路。而且我

們經過多年的聚會，成員之間不經不覺亦建立起一份深厚的情誼。

最後願以張文西神父的一篇文章作結。他寫道：「非常鼓勵大家加不同的聖經分享班、祈禱會、信仰小團體等。每一個人至少定期參加一個信仰小團體，這樣可以維持自己的信仰，得到靈性生命的滋養。」

— Dicky Wong

## 基基團體驗

**在**過去作為教友的十二年裡，我分參加了幾個不同地區及性質的基基團，我前後共參加過四個。有根據成員身份劃分的新教友基基團，有因當時神師帶領的西區基基團，有以語言區分的國語基基團，到現在剛加了幾個月西南區基基團。這些不同形式存在的基基團，可說是

我們堂區的特色，他們因應不同需要而成立，目的是希望把較接近背景、教友，溶合在一起，於各方面更容易配合，更融洽和更有共鳴。我在不同時期參與了這幾個不同的團體，可說是機緣巧合，也因此我與他們都建立了不同的情誼；透過分享、交往，我學懂更多。大部份基基團的運作，通常是把住在同區的

教友組合起來，作定期聚會，以聖經作主導，提升自己的信仰生活；教友間互相支持，分享生命中的苦與樂，發揮彼此互愛的精神，一起活出基督。如果你仍未有參加基基團的經驗，我推薦你應去體驗一下，它能滋養你靈性的發展！

— Rexan

## 基基團 — 我的感想

**在**香港，我和先生是多年的「星期天」教友。移民加拿大之後，為追求真正信仰的道路，加上語言表達暢所欲言的方便，順理成章的便參加了華人聖堂「基層基督團體」。轉眼間這已是十六年的時間，感謝主給予我們信仰成長的機會。藉每一個月定期福音、祈禱和生活體驗分享，我已感受到我們團員之間越來越有

基督徒的「默契」。耶穌說：「你們以我的名字聚集，我便會在你們中間」。

我欣賞團員們對信仰的肯定，堅持、衝勁和熱誠。更珍惜彼此間的鼓勵和支持。不知不覺間，我和先生開始參加了其他聖經班的講座等，更主動渴求追尋基督的聖言。

雖然生活仍充滿挑戰、磨練和張掛。但我們已肯定「上主是我的

牧者，我甚麼也不顧慮」。我們感受到「昨天」的舊我已不再存在。今天我們充滿感恩的心情，在主內用心去回應對主對人的愛。

願聖神光照我們團員的思想和內心，引領我們所言所行，更能回應福音的教導。

— Gloria Kung

## 基基團生活有感

**池**神父曾在講道中提及，若要走路走得快，獨自一人很合適。但要走得遠，與人同行會更佳。其實在信仰路上前進也一樣。個人祈禱讀經等內修固然重要，與其他弟兄姊妹共同參與教會事工，分享見證生活及信仰體驗，亦屬必須。兩者的關係就如雙腿走路，缺一不可。

一個由 Angelina Lo, Linda Au, Sunny Chan, Suk Lan Mok, Jeff Cheung, Linda Hardinge, Nelly Lung, Bill Chan, Rexan Wong 和我組成的基層基督徒團體正在我們的信仰生活上發揮著後者的功用。

由於我們的團友來自不同堂

區，大家的經驗及關注各異，故此我們的基基團擁有客觀、自由及包容空間。對讚頌天主、學習聖言、反省生活、心靈對話都極為有利。為信仰生命的培育和紮根，實在是一個不可多得的好園地。

對我個人而言，基基團生活更是彌足珍貴。因為每次當我陷入信心動搖，軟弱無信的掙扎時，團友間的扶持打氣，真誠而不批判的全心接納，往往成為我得以在逆境中繼續走下去的動力。

而我最感恩的莫過於基基團在我個人與教會間所發揮的揉合調節作用。它一方面幫助我開放自我，融入教會大家庭，另一方面又時時

提醒我必須把注視基督列為生命第一優次。我熱切期待每一次聚會，感覺有如心靈赴宴，因我知道它對我靈修有莫大裨益。

在這，我見到天主怎樣在每位團友的生命中臨在與作工；在這，我深切體會到基督徒生活原來真的是可以如此活潑、積極、彼此相愛。這份甜蜜美好，全屬天主賜與，願光榮歸於父。

其實天父早已為我們所有基督徒備下了這最好的一份，願大家齊來參加領受。願我們在信仰路上都可以走得更快更遠更喜樂！

— Irene Chang

## Barrhaven Basic Christian Community

**W**e have a lot of good memory about the Barrhaven BCC. Through sharing, the group not only have a chance to understand more about the Bible, strengthen our faith, but also allows the group members and their families to develop a strong bonding and lifelong friendship. I sincerely hope that the BCC can continue to grow spiritually and develop a mutual trust among the group members.

— Winnie & Lawrence Cheung

**我**們是比較其他基基團較早成立和較有固定成員，更有幾個家庭是開始時已參加，可以說是一組較成熟的一組。(但並非最年長的一組 lol!) 我們大部分住在西區，如 Barrhaven and Kanata. 能夠讓這個小團體有活力地成長，而且持之以恆，就是每月一次的家庭式聚會。以基督為根，聖言為本：時而喜悅，時而憂傷，時而讚美，集體唱詠，祈禱。還有互相的關

心和支助。更多時由此召集堂區的活動時，齊齊一呼百應。有部份團員不是本堂區的，但他們都願意義務幫忙我們的堂區。以行動作出奉獻。

還記得早期曾集體助養貧窮地區兒童，近年更成立焗烤餅小組。還記得新聖堂慶祝的龍年大蛋糕嗎？感謝主賜與這個豐盛的小團體，求聖神繼續帶領，讓我們彼此發光發熱活出基督。主佑！

— 小小的種子成員：歐慧賢 Linda Au



**93**年底移民加拿大，定居渥太華Barrhaven區，很快接觸到加京華人天主教團體，並認識了不少住在Barrhaven區的教友。記得當年是Lawrence Cheung 建議在Barrhaven區組織基基團，以聯繫區內大約8-9個家庭每月聚會一次，分享生活體驗，談論一些有關聖經或靈修上的話題，會後並有potluck聚餐及餘興節目。最早期的成員包括 Lawrence & Winnie Cheung, Louisa Wong, David & Pauline Leung, Margaret & Francis Ly, Fatima & John Lau, Carrie & Timothy Ma, Linda Au, Sunny & Suk Lan, Rosa AuYeung 及我與我的母親。

每月的分享聚會都是真誠的交

流，坦然開放心靈接受聖言，彼此傾訴聆聽心聲，不論是喜悅或困難重擔，互相扶持鼓勵和表達關懷慰藉。透過每次的輪流準備分享資料大綱，確能協助我們加深認識聖經奧理，領悟上主的慈愛，基督在我們日常生活中的臨在，在信仰成長的路途上，在如何實踐基督徒精神方面，實在獲益良多！

很感恩在基基團內目睹及深深感受到友情支持幫助的可貴！懷舊的思潮不禁湧上：尤記最初新領車牌時，尚欠信心在高速公路行走，Lawrence 主動陪同在側壯膽及指導；第一次駕車往多倫多時，John Lau 在前引路；團友對母親的關懷，尊重與遷就，耐心陪伴提供她至心愛的消遣麻雀耍樂，使

她在病痛苦楚中，也能發出會心的微笑，說疾病的挑戰，只是為罪過補贖，與基督甘願化身成人，被釘死在十字架上救贖普世，實是微不足道；為她安排一個充滿溫馨熱鬧的八十大生辰慶祝會；在她洗腎時/心臟病(cardiac arrest) 病發時往醫院探問；為她坐輪椅出入方便特別安裝了一道斜坡連接屋內與車房，在浴室安置扶手設備... 凡此等等，銘記在心！

這些年來，一直堅持未停參與 Barrhaven區的基基團，團隊的凝聚力及支持如同強心針，給予我更大的力量及堅定的信念更新自己，鞭策我努力跟隨基督，為主作證。

— Angelina Lo

# 事

事  
工 MINISTRIES

## 團體生活

## Community Life



## Community Life Committee

### 團體生活組的 Q and A:

**問**：除了吃喝玩樂的預備工作，團體生活組對聖神天主堂有什麼意義嗎？

**答**：對、但最重要的是「持家」，我們要讓大家對堂區有「家」的感覺，一個舒適的地方，飲杯茶，聚一聚，像是回到家，見到家人那樣親切。尤其是身在異鄉的華人，每一次大型的慶祝會，如聖誕餐舞會及農曆新年慶祝會，就有家庭聚會的感覺。

**問**：那跟信仰有什麼關係？

**答**：教會的建立，是基督期望藉著教會的臨在和團體的服務及信仰生活，善導萬民同歸一棧，共成一家。除了年中的幾個活動，我們亦是各善會的小小螺絲釘，幫忙膳食小點。

**問**：有什麼感想和希望？

**答**：今年是本堂區建堂60週年的大喜年，我們團體生活組，著誠摯的心邀請堂區的姊妹弟兄（當然亦包括我本人），藉此良機，思考個人與主的關係，如何能夠參與堂區

的各善會，以服務延續前人勞苦的多年耕耘。

藉此機會，我們十分感謝過去辭勞苦的姊妹弟兄幫忙，願主多賜恩寵，讓我們堂區能源源不斷，承擔基督使命，從侍奉開始，光榮天主。

求聖母為我們堂區的每個家庭代禱。

“The greatest among you will be your servant. ...” Matthew 23:11

— Linda Au

**我**加入團體生活組已超過十年，很感恩能夠為堂區服務，並與主內兄弟姊妹一起完成各項活動。

團體生活組除舉行特設活動外，每週的例行工作是煲茶水、預備茶點、洗杯碟、清理餐檯、廚房等。

彌撒後的茶點是由教友輪流提供。藉茶聚促進教友的溝通及友愛，並使繼續留在堂區內工作的教友能進食一些食物以補充精力。很感謝那些沒有時間留下來茶聚的教友提供食物，他們認為自己沒有時間為堂區直接服務，但可以奉獻食物，以支持奉獻時間為堂區服務的主內兄弟姊妹。希望沒有奉獻食物的教友，也能這樣做。

主祐！

— 陳楚儀

### Experience of Community Life

I have been involved with community life since 2006. No doubt it's been challenging from time to time and there is so much to learn. Yet I think the experience has made me a better follower of Christ. Knowing that I am serving God with this work has brought me joy and satisfaction.

In general, the purpose of the tasks undertaken by the community life members is to organize events to build community spirit within the parish and beyond. These events are mostly successful due to the great team work and the support of the parishioners who help out in so many different ways. To organize an event is not an easy undertaking because it involves many players and coordination of activities. The community life core members plan and share the majority of the main responsibilities, such as: decide on an event; design a poster to

advertise and promote the event; print and sell tickets; prepare the menu and order food; plan other entertaining activities; set up room; serve food; clean dishes; clean up the room and take out the garbage. These are some of the essential tasks required to run an event.

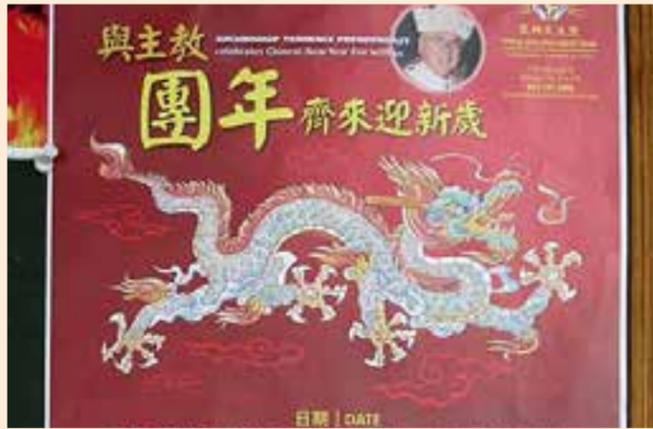
As you can see, it requires a lot of help and manpower. We hope that you can help and share some of these tasks with us. Any help, small or large, is welcome. The events are held in order to build community spirit, friendship and hopefully to have some new members as part of our evangelization work. We invite friends and families to participate and attend the events.

We work hard, play hard and most of all we pray hard too.

God Bless you all!

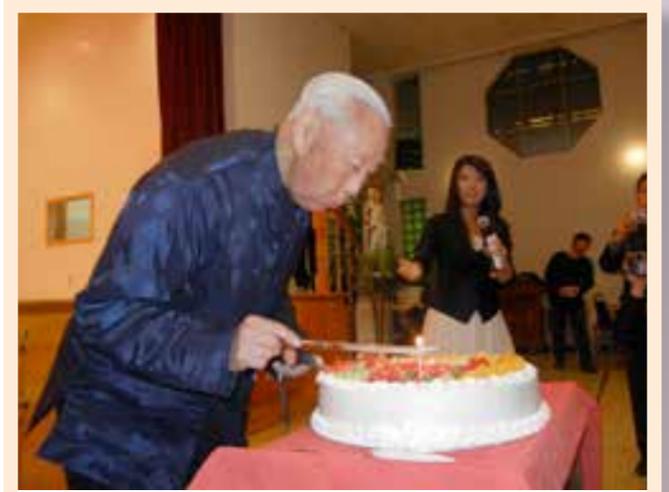
— Cecilia Chow

# 事





# 事



# 事



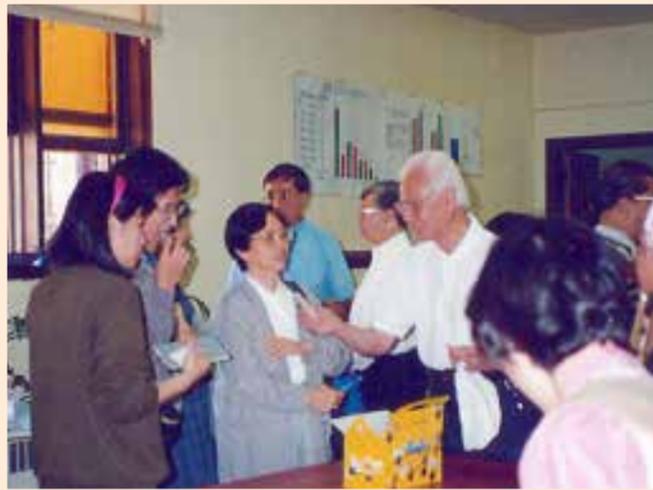
# 元宵開燈 Chinese Valentine

# 事



# 事

## Fellowship after Sunday Masses



## Christmas Celebrations



# 事





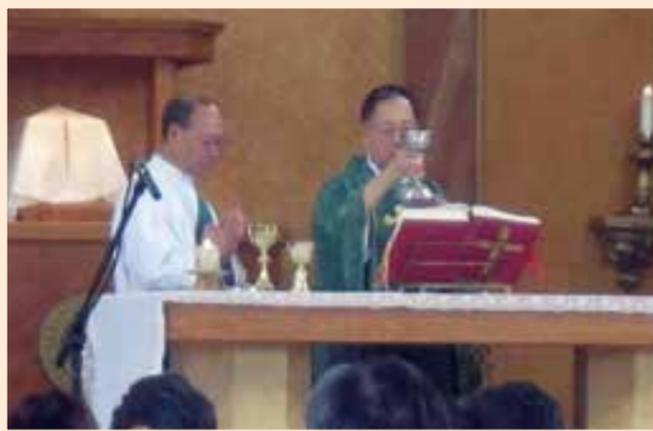
# Organization & Planning

# 事



# Welcome & Farewell

# 事



# 祈禱會與關愛組

## On Prayer Meeting & Christian Service

**每**月的祈禱會起初由婦女組發起組織，後期堂區架構增添關愛組，祈禱會的事工可說是異工同曲。

身為兩個小組的成員，我體會到耶穌曾說過的話：“若你們中二人，在地上同心合意，無論為什麼事祈禱，我在天之父，必要給他們成就，因為那裡有兩個或三個人，因我的名字聚在一起，我就在他們中間。”(瑪 18:19)。

為此，我們懷著關愛及互相扶持之心，每月為家庭、親友、教會團體、世界各地的需要祈求上主的應允憐憫；同時藉著祈禱及聖經反思，提供我們與主建立更親密關係的橋樑，感受主的慈悲眷顧！因此，祈禱會也可說是堂區內的一個互助小組 (support group)。

在參與關愛組的親善探訪活動中，我感受到“施比受更有福”的快樂！曾經與貞姐、阮太，Gloria Kung, Louisa Wong, Rosa Hong, Fred & Teresa Szeto, Peter Fan 等主內的兄弟姊妹聯同探望一些患病，手術後在家休養康復，在護老院舍安享晚年，或因年長行動不便，未能親臨堂區參予主日感恩祭的長者。一幕幕他們見到我們時的興奮喜悅，緬懷舊事，重複

的感謝，開心享用我們帶備的食物。(有時卻是他們隆情厚意招待我們茶點)，一齊祈禱的情景，重現眼前！其實，正如貞姐提及過，有機會與心力去關懷服務別人，才是我們的福氣，也是盡基督徒的使命，效法基督服務群眾！

主佑及讓我們大家互勉！

— Angelina Lo



## 關愛組 Christian Service

**專**體遷移至聖神天主堂的現址後，在2012年1月開始重整組織架構。關愛組成為常設委員會新置的一份子，成員大多數是婦女組的中堅份子，分擔了婦女組部份的服務，如探訪慰問獨居長者/病患者，給予有需要的家庭或受創傷家庭支援，推動健康及社會服務資訊講座，支持食物銀行的聖誕佳節溫暖送人間計劃等。

“因為我餓了，你們給了我吃；我渴了，你們給了我喝；... 我患病，你們看顧了我...” 瑪 25: 35-37  
 “凡你們對我這些最小兄弟所做的，就是對我做的。” 瑪 25: 41  
 我們本著愛人是愛天主的具體表現，透過提供一些愛心關懷的服務，實踐基督徒的精神。

— Angelina Lo



## A reflection

**在**加入關愛組前幾個月，一次巧合的談話中，答應一位教友的請求，去探望她朋友的年老親人。她住在一所老人院，離我上班及我家的地方不遠，很方便。天主回應了我的禱告，給我這次可以實踐愛德的小小事工。這位老婦很可愛，很開朗，寬容。每次的短短探訪給我很正面的能量。很舒懷。

當教堂成立關愛組，我很樂意

成為一份子。前往探訪一些舊教友。在探訪中，這些智慧老人講及很多人生的經歷，真獲益良多。我也樂此不疲，聽得津津有味。雖然，也遇上一位老人家比較固執，祇好為他默默祈禱及以忍耐，寬容的態度為他服務。真正的愛，是為對方的益處眼。希望這小小的考驗不會使天主失望。

— Mei Ling Lee



## 探訪點滴

**聖**神天主堂的關愛小組成立於2012年，目的是集合主內教友的力量，透過探訪，去關懷和慰問我們身邊有需要的弟兄姊妹和他們的親人。

我自己並不是一個健談的人，不善於社交。我喜歡靜靜的聆聽別人細訴他們的故事。當他們分享生活中的喜與樂，及苦惱時，我會很自然地替他們高興或納悶。我知道這對於整件事情並未能作任何實際的幫助。然而我可以做到的就是做位好好的聆聽者，默默地支持，為他祈禱，求主俯允垂憐他們。

還記得有一次，我和我的小組拍擋美玲去醫院探望一位年老病危的伯伯。當我們走到他的床邊，我眼睛接觸到的，是一位目光呆滯，奄奄一息的病人。當我們分別在床兩邊握著他軟弱無力的手，為他頌唸玫瑰經時，我感覺到我的拍擋一邊用嗚咽的聲線頌唸經文，一邊在抹眼淚。慢慢地，我看到這位本身不是教友的伯伯，很緩慢地張開了他的眼睛，靜靜地聽我們祈禱，樣

子漸漸變得平靜安祥之餘，我看到他很努力的握著我的手。

這一刻，我突然感受到一份平安的喜悅，一點也不像置身於醫院憂傷的氣氛中，我確信基督已臨在我們中間。

— Gloria Kung





# 健康講座 Health Talks

# 事



# 祈禱會

## Prayer Meetings



**參** 加了祈禱會已有一年之久，我最大的得著就是，每次聚會都使我有機會去探討耶穌的教誨，領悟聖經的真理，以及分享姊妹們的親身體會。最顯著的得益，就是我學習如何將耶穌的教訓成為我的生活智慧，我將耶穌的說話付諸行動，例如寬恕別人，愛人如己，凡事有盼望，凡事依靠主。耶穌的話也漸漸改變了我的待人接物及處事的態度。

在此，我誠意邀請各位朋友來參加每月第二個星期六下午一時半的祈禱會。最後，讓我和大家分享這一篇令我感動的「聖方濟祈禱文」

上主，讓我成為你的工具，播種平安，將愛散播在有仇恨的地方，有傷害的就有寬恕，在有懷疑的心中播下信心，在絕望中給與希望，黑暗中能看見光明，在愁苦中能帶來喜樂，我的聖主，請賜予我力量去安慰，瞭解，關愛別人，因為我們只有施予中才能收穫，在寬恕別人時自己也得到寬恕，在生命逝去時，得到永生。亞孟！

— Teresa Szeto



**身** 為基督徒，雖然知道要常祈禱才可以保持與主的聯繫及溝通；但自己卻常找到理由，即藉口，而缺席婦女會每月在聖堂舉行的祈禱會。直至人遇上挫敗，身心俱疲，才曉得用祈禱歸向天主。希望大家能珍惜這與主相階的時刻，多來參加祈禱會吧！

— Rexan

### 婦女祈禱會

**每** 次參與婦女祈禱會，很感受到在主內，一女性教友團結一致，為各人及社會的需求祈禱。大家全心全意祈求天主的德能光照，得享平安。在分享聖言，聖人軼事或一些神父的講解經文，使我更能明悟天主的大智慧，給與力量改變一些自我愚昧的思維。有時會掙扎出席，因開車路程也需要半小時。可是，每次完畢回家，心中 滿載天主的平安。

— Mei Ling Li

### 祈禱會

齊祈禱的用意是代表共融，團結精神，好讓我們感覺在耶穌中給予我們的力量，在生活上增出援手，傳揚天主的愛，去幫助和鼓勵別人。

— 李太



# 事

**為** 有需要的人祈禱是我的福氣，希望將來多一些教友參與。

— 貞姐

### 祈禱會

**每** 月第二個星期六下午一時三十分舉行祈禱及讀經反思與分享：

a) 祈禱

藉著祈禱與主共融，祈求上主眷顧，賜大家力量面對生活的挑戰，形式包括跟從教宗方濟各每月的祈禱意向祈求；自發的祈禱為世界，為家庭，為病患者，為聖召...等禱告；誦念玫瑰經。

b) 讀經反思與分享

藉著讀經/神父主日講道的分享，探討及反思生活上的體驗與意義。

— Angelina

# 長青組 Evergreen Group

**長**青組 (The Evergreen Group) 成立於2006年，發起人Margaret Chin當年從千里達移居渥太華接受醫療服務並參予團體的活動，觸起構思為團體內的長者組織活動，增強他們的凝聚力，並發揚互助互愛，互相關懷支持的精神，好使大家有如松柏



長青，保持精力充沛，開懷活出主恩！Margaret 不幸在2010年與世長辭，長青組懷念這始創人！

長青組的活動包括歌唱耍樂，參予堂區聖誕迎農曆新年的歌唱表演，逢星期四早上的karaoke 歌唱活動，慶賀佳節的聚餐，生日慶祝會，慶祝結婚週年紀念等。

— Angelina

## 活出主恩

信主在我內，孤獨不可怕。  
人生如戲劇，有悲也有喜。  
深信主陪伴，主扶我同行。  
悲已忘記了，喜是笑哈哈。

— Rosa Hong

很榮幸參加長青組，長青組一切活動我都有精神和魄力去參與，真感恩。

— 貞姐

回顧從前未進入教會時，於生活於家庭負擔很重的我，時常有一種沒有安全，無助，失落的感覺。自從成了基督徒，進入天主的懷抱後，我不再有失望，因為我相信了天主，並依靠祂。在我軟弱時，上主的慈愛和聖神的帶領下，我會找到力量，勇氣和平安。因為主與我同在。上主是萬有的。

— Anita Cheung

## 長青樹立主殿 活出萌芽頌天恩

金色年華渡長青，誰道人生無再少。  
門前流水尚能西，休將白髮唱黃雞。  
——出自蘇軾之《浣溪沙》

— Peter Chan

## Evergreen Group 花絮點滴

長青組內天才橫溢：

- 歌唱能力- 為了培養長青組員對歌唱的興趣，及回應團體生活組的邀請參與節日表演節目，在Margaret的督促，鼓勵及帶領下，我們發掘了James Wong, 陳偉明師傅, Linda Chan 及 Joyce Wong 有唱粵曲的天份與唱腔，是長青組的表演台柱。一些害羞或音律不準的成員亦漸漸投入和唱，每次的歌唱練習都在笑聲震耳及歡樂中度過。記得某年更經Margaret的鞭撻及屢次的勤奮苦煉後，長青組學會了在聖誕聯

- 歡會用西班牙文唱出“聖誕快樂 Feliz Navidad” 的歌曲呢！堂區遷進Michael Street 現址後，當日的歌唱活動為新堂區的karaoke 活動鋪好平台，加上每星期四貞姐或間中師傅精心烹煮的午餐讓大家都唱歌完畢之後享用，使每星期的karaoke歌唱活動更受歡迎。
- 跳舞才能- James Wong 可說是聞歌起舞的表表者。“舊愛新歡” 正是他的飲歌，他很自然的邊唱邊跳，駕輕就熟跟著節拍踏步起舞。當然陳偉明師傅與Joyce Wong也是能歌

- 善舞的人物！
- 廚藝頂呱呱- 長青組早期的聚餐或生日慶祝會通常以potluck形式進行。大家都帶備精美食品共同分享，有時更現場示範烹製過程，較特出的有James Wong的山草羊腩煲，貞姐的貴妃雞，Joyce Wong寶刀未老製造的雜果fresh cream cake, Linda Chan 的泰式燒牛肉沙拉, Louisa Wong 的齋菜和椰汁千層糕, Therese Yuen的紙包蛋糕, Anita Cheung的糖水……都是備受欣賞的佳餚！





## 哥倫布騎士會485議會: 聖神堂圓桌

### Knight of Columbus - Council 485: Sheng Shen Parish Round Table



堂區在2010年九月份搬進現時的地方，瞬間便五年光景，回想2009年初，我們還是稱為華人天主教團體時，知道很快便會成立堂區，並擁有自己的教堂時，那份高興和喜樂仍言猶在耳。這實在有賴各神長及眾教友五十多年來的合作和努力耕耘，才有今日的成果。

當時負責團體(主教代表)的黃礎健神父，以他發展自己堂區(St. Basil's Church)的經驗，建議並邀請活躍於各善會的男士們參加哥倫布騎士會，並於團體成立騎士會圓桌(Round Table)，協助堂區的服務工作。2009年6月份，約十多位團體的男仕們與議會485的成員在St. Basil's Church會面，他們詳細地向大家介紹哥倫布騎士會的歷史和組織；成員在堂區擔當的角色等。

在2009年8月份和11月份的二次入會儀式中，共有9位兄弟成為騎士會的一級騎士。在當年11月下旬，騎士會聖神天主堂圓桌正式成立。

哥倫布騎士會創會的原則和理念是行善，團結，友愛和效忠(Charity, Unity, fraternity & Patriotism)。以福傳和天主教教育參予公民事務和援助有需要的人等工作，支持聖教會。騎士兄弟們團結一致，互相扶持，為堂區和社會服務。

聖神騎士會圓桌現有17位騎士兄弟，四級騎士有五位，其它為一至三級騎士。多年來我們一直得到議會485(Council 485)的鼎力支持和幫助，真正體驗到那份團結和友愛的精神。各騎士兄弟在堂區也各自擔當很多不同的角色，協助堂區的日常運作。我們現在統籌教堂

的清潔工作，夏天的園圃花卉栽種和剪草，冬天剷雪服務等，以確保堂區的內外美觀和安全。每年將臨期，騎士們向教友籌募食物，捐贈食物調濟庫。每年一度在六月份舉行的停車場拍賣會(yard sale)，在騎士兄弟和眾教友的合作下，每年都取得不錯的成績。收入也撥充維修基金，福傳工作和青少年活動等。

展望未來，希望眾兄弟們能為培聖基金盡一分力量，以行動支持來渥太華深造的華籍神父們。希望他們能早日學成歸國，開拓基督的神國。更加希望多一些主內兄弟能加入騎士會的行列，以共同的理想護衛家庭和信仰。

— Edward Sham,  
Round-table coordinator

# 事



# 事

## 婦女組 Women's League

### 堂 區婦女組成立的目標:

1. 實踐基督徒的精神, 提供一些愛心關懷的服務, 給予有需要的家庭支持與幫助, 例如探訪慰問獨居長者/病患者, 舉行小組祈禱等...
2. 作為一個互助互愛的小組, 增強堂區的凝聚力
3. 協助推動及安排堂區的活動, 如舉辦愛心午餐, 婦女關注的健康, 廚藝, 運動... 的講座/課程
4. 如有需要, 組織慈善籌募運動, 如天災的賑濟, 受創傷家庭的支援, 堂區的建設...

Note: Christian Service Committee, set up at a later date, adopted some of the above items such as visit to the sick and elderly, family in need, educational health talks, condolences to bereaved families in loss of members and others.

### 活動:

1. 愛心午餐
2. 康樂活動:  
早期曾在星期日彌撒後在禮堂由吳楊 (Jenny Wu) 舞蹈老師教導中國民間舞蹈, 或由 Linda Au 帶領作半小時的伸展與呼吸強身的瑜伽伸展呼吸運動, 茶點預祝國際婦女節。

3. 探訪工作:  
2011年三月開始進行組織探訪小組, 分工探訪有需要的教友。
4. 社會服務活動:  
參予每年將臨期間支持食物銀行的捐募乾貨運動。

(Note: Knights of Columbus later took over major responsibility in coordinating such campaign)

— Angelina Lo



# 事



## 愛心午餐

宗旨：  
組織慈善籌募運動，如天災的賑濟，  
受創傷家庭的支援，堂區的建設，慶  
祝壽辰等...

**車仔麵**、豬腸粉、咸  
肉、皮蛋瘦  
肉粥，一想起這些食物，就垂涎三  
尺，在婦女會「愛心午餐」活動  
中，就可以品嚐到這些由姊妹們精  
心炮製出來的美食，既可以用為聖堂  
修葺籌款，又可以發揮互助合作  
精神，還有一家大小可以享受一頓  
美味的午餐，不亦樂乎！請留意下  
次舉辦的日期，火速購票，以免向  
隅。參加義工行列，無任歡迎！

— Teresa Szeto



## 聖物部 Gift Corner

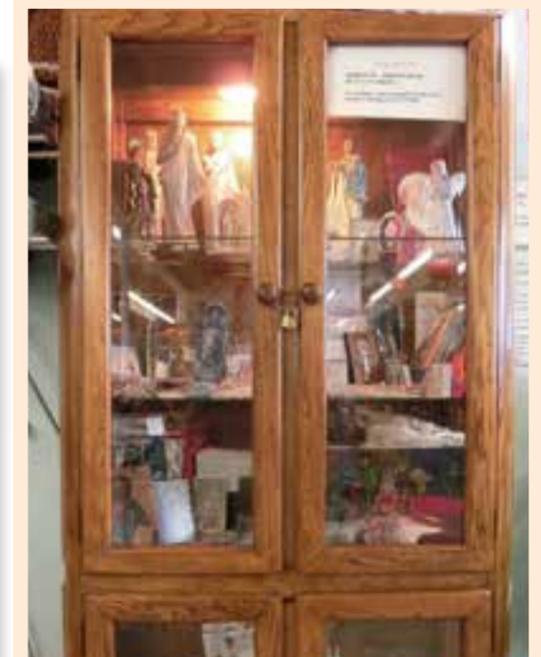
**人** 生在世有不同大小煩惱。但是如手  
上有壹聖物，再加上每日早上念玫瑰  
經，可以解除痛苦煩惱。所以有些人  
來到教堂奉獻並買些聖物。在煩惱之時，口中  
念玫瑰經，便覺得心煩意燥給解除，不其然有  
開心感覺。感恩之餘還要多多看聖經，內容能  
教人道理。

— James Wong

**聖** 物部開始運作於2010年10月。  
聖物來源是由教友捐贈及教友回港時自  
公教進行社購買。一年內最多人購買聖物算  
是在聖誕節及復活節前後。如適逢神父在場可  
以即時祝聖，十分方便。

任何教友想參加這部份義工，無任歡迎。

— Bosco Wong



# 青年組 The Youth Group

## An introduction

We, the Sheng Shen Parish Youth Group, also known as the Jesus Christ Club, are a group of the young members of our parish aged 12-25 years old dedicated to serving our community. We do this by organizing Masses and performing at parish events. We strive to grow closer to God through events such as retreats, talks, and workshops.

We are also aiming to attend the 2016 World Youth Day in Poland and join Fr. Yan on upcoming missionary journeys with the Friends of Jesus' Passover. In order to financially support these events, we host fundraisers, such as handmade card sales and bake sales.

# 事



## Who Are We?

We are the youth of Sheng Shen Parish. In today's society, it is often hard to hold on to what we believe in, with media and other trends to distract us. Thus, we formed this youth group so that together, we can "sustain the fire" of our faith.

## Working as a Team



Although our numbers are few, we always put in our best effort to make every project a successful one. We regularly help out during mass as altar servers and pianists.



## Praise Him with Song

A song is a form of prayer, and we love singing together! Whether it's in performing a concert or in celebrating mass, we want to share God's Word through song.



## A Journey to Follow Christ

Going on a retreat is always something that the youth group looks forward to doing. Travelling lets us learn more about God and reflect on our faith while we take a step away from our daily lives.



Currently, our goal is to attend World Youth Day in 2016, so we have been working hard to fundraise enough for all of us to go.



Sheng Shen Catholic Parish  
Youth Group

— Christine Wong

# 2013 Youth Group visiting MIC Sisters at Montreal

## My Appreciation for the MIC Sisters

When I first visited the MIC sisters, I was astounded by their kindness. They showed us around the mother house. We saw the room in which Délia Tétrault lived. Délia's possessions that were there were very well preserved by the sisters. The sisters told us about Délia's childhood dream. I was inspired by the dreams of Délia, even while she was such a small girl at the time. Délia dreamed that there was a field of wheat. The wheat was transformed into the heads of children. Délia knew that this represented the pagan children in the world. The sisters would be reaping the good fruits of their work with children around the world. The dream was a calling from God, and

Délia decided to pursue those dreams and accomplish them. Then, we visited a room with souvenirs which the sisters had brought back with them from the countries they had gone to. After the tour, the sisters offered us cookies, chips, tea, and other goodies. We finished our visit with prayers and songs, such as "Bless the Lord", and "I've Got the Joy, Joy, Joy."

I think the MIC Sisters are very considerate, because they take care of people in need in their missions. They thank God daily, and are very devout people. They give joy to everyone everywhere through their kindness and help. I pray that God will bless them in their work and reward them greatly for their deeds.

— Jonah Nung

# 事





"Sustain the Fire."  
- Jesus Christ Club

*We, the Sheng Shen Parish Youth Group, also known as the Jesus Christ Club, are a group of young members from ages 12-25 who are dedicated to serving our parish and our community.*



Youth Group Activities

Our parish's youth group has create our very own Green Team. Our Green Team was formed in 2013 summer in response to the need of making our church more environmentally friendly, an effort to reduce our collective environmental footprint. At the same time, our parish was granted with the Green Audit of Sacred Space Award. On August 21, the team attended a green audit given by Mr. Stephen Collette, an environmental expert. One of the duties of the Green Team is looking after the green bin usage during the parish's Sunday potlucks.



Green Team

Youth Group

— Kasie Lung



EV Concert



In August 2014, a group known of Chinese Catholic youth and adults from various worldwide Chinese communities, known as the Friends of Jesus' Passover (FOJP), visited Sheng Shen Catholic Parish. During their visit, they held an EV Concert, which is an annual evangelical event organized by the FOJP. The purpose of the EV Concerts is to spread the Gospel to non-believers. The concert held at our church featured singing, acting, and the sharing of experiences. The theme of the concert was "I believe, therefore I am." Our youth group was able to participate in and help out with many aspects of this concert. The FOJP themselves were very inviting, patient, and friendly when teaching our youth group the songs and dances. Through the EV Concert and the visit of the FOJP, we were able to help spread the glory of God and also strengthen our own relationship with God.

We strive to grow closer to God through events such as organizing Masses, performing at parish events, attending retreats, talks, as well as workshops. We are also aiming to attend the 2016 World Youth Day in Poland and join Fr. Yan on upcoming missionary journeys with the Friends of Jesus' Passover. In order to financially support these events, we host fundraisers, such as handmade card sales and bake sales.



MIC Sisters

*In October 2014, our parish's youth group and some accompanying adults journeyed to the summer house of the MIC Sisters in Labelle, Quebec for a retreat. During the time spent there, the youth participated in many activities. We enjoyed being able to go on a walk in the surrounding woods and go boating on the lake to enjoy the breathtaking scenery. Besides that, we were also able to spend time with other members of the youth group, participate in Sunday Mass, and reflect the concepts of "Bringing Mary into our Homes" and "Mission and Discipleship" from presentations given by the sisters. The experience was very unique and also helped to bring the youth group members closer.*



# 加東青年營

## Eastern Canada Chinese Catholic Living Camp



**加**東公教青年營每年在勞動節週末舉行。營地多選在多倫多或京士頓附近。每年我們堂區都有數位年青朋友參加。初秋的天氣甚佳，環境優美，加上節目編排得宜，由年青人自己主導，令參加的青年無論在信仰、靈性、組織能力及友情方面都獲益良多。盼望每年更多年青朋友參加。

**T**he Eastern Canada Chinese Catholic Living Camp takes place over the Labour Day weekend every year. A group of 150 to 200 young people, age 17 to 35, would gather in a camp site, usually near Toronto and Kingston. The Fall setting and the weather are most beautiful. About 20 organizers and clergy are there to help in running the different programs. Every year, a number of youths from

our Parish in Ottawa take part this year. The program consists of both fun and serious reflections of the participants as young Catholics. The atmosphere, the fellowship and the sense of being together in God is most enriching, spiritually and socially. Hope that this would open the door for more young people to benefit from the Camp in years to come.



### Eastern Canada Chinese Christian Living Camp (加東公教青年營) team's visit (February 2015)

**T**he meeting with the people from Ga Tung was a memorable experience that made me really eager and excited to attend the Ga Tung living camp at the end of August!!!

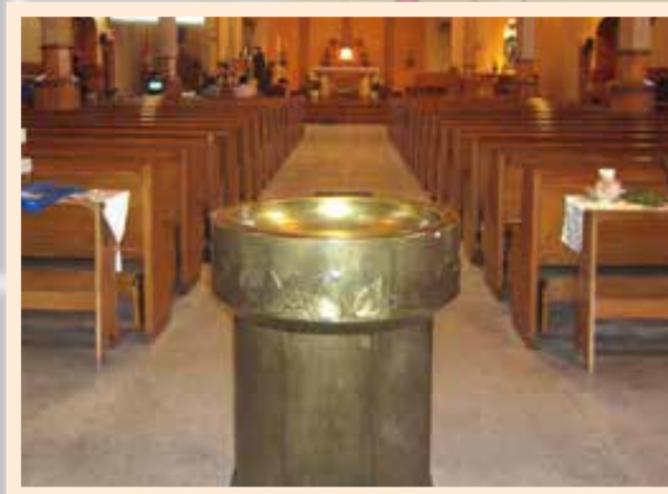
— Shobie Lung



# 事

# 事

## Something new



# Retreats at MIC Sister's Summer House

事



# Interest groups

## 椅子瑜伽 Chair Yoga

**很** 多人都會將時間和金錢投資在物質上，好容易忽略了心靈與健康方面都是要投資的。

所有的健康研究報告都指出，人必須每天要做伸展運動。為什麼要從椅子開始？序漸進的學習，可讓更多人感興趣。考瑜伽教師牌已超過十年的我，從初學已感受到這運動對本人的正面影響，而我當初的理想現仍沒有改變，就是讓更多人可以分享到這運動的喜悅；帶動自身的力量，改善健康和活得更美好。

有感我們聖堂成員的需要，而且時間許可，所以應邀在我們聖堂授課。在渥京甚少以中文教授瑜伽，而椅子瑜伽是較新和易學的課程。適合任何年齡和健康狀況，只要你可以坐下來和呼吸那麼你便可以學習。

祝願第一次的冬天課程的六位學員：能夠以有限的所學，繼續努力練習，改善和保持健康狀況。請留意下次課程時間。主佑各位身心健康，主寵日增。

— Certified Yoga Instructor : Linda Au



## Cooking Class – Baking Group



## Cooking Class – Youth Cooking Class



## 交流从语言开始

**教** 堂执事范浩泉先生曾经说过一句话：“不管什么人，出于什么目的，只要你想进教堂，我们都欢迎”。在堂区大力推动下，我们有了“太极班”，现在又有了“国语班”，以后我们可能还有“乒乓球班”，“数学班”等等。要让更多的人走进我们教堂，走进天主！我们也要走进他们，因为我们都是兄弟姐妹，我们教堂就是一个大家庭，一个互相关爱、相互包容的大家庭！

在国语班里面，快乐伴随着我们，大家操着不同的语言走进了一个教室，这里面有很多有趣的事情，因为不同的发音让大家觉得学语言是这么的有趣，粤语有九个音节，国语有四个音节，英语只有两个音节，像“火”这个字，对于说粤语的人想要发音正确，的确是很难的，还有“日”，啊！每当大家发出这些音节时，大家都开心的笑，无论怎样，都感觉非常开心，就像回到儿时一样：开心、快乐！只是有时担心，房顶会被我们的笑声掀开啊！

哈哈！无论大家学了多少，快乐总是能够拉近彼此的距离！愿更多的人加入我们的国语班，加入快乐的大家庭！

— 杨尤国

# 事





## 足球隊

於二零零八年，堂區在聖保祿中學租借了兩個室內運動場，以供教友晚上消閑運動之用。初期許多教友喜歡來玩玩羽毛球或排球甚麼的，後來熱情冷卻了，人就越來越少。幾位教友開始嘗試進行室內足球比賽，於是就孕育了本堂的足球隊。

也不是從開始就一帆風順的，早期有些父母都會帶同子女來參加，後來幾經轉折，最終只剩下數名六十後的大叔，全晚只得二至三人對賽也是試過的。其實已經盡量放寬要求，不論男女老少、經驗老手或是球場新丁，都無任歡迎，同時不斷鼓勵大家，廣邀親朋戚友參與。捱了好一段日子，出席人數開始穩定，尤

其最近加入了本堂兩位神父，終於人數得以維持在八至十人左右。希望今年夏天暑假移師室外運動場，會有更多教友參與。

現在全體成員都差不多是年過五十的大叔，其實都是志在活動一下筋骨，絕少有拼搏衝撞和肢體衝突的，大家輕輕鬆鬆，就如老朋友閒話家常般度過每星期一次的歡樂時光。

假如大家有興趣的話，我們的操練時間為每星期一晚上七時三十分至九時，地點是聖保祿中學室內運動場 (Greenbank & Queensway)。每年夏季將會移師室外繼續操練，歡迎聯絡我們任何一位弟兄，或向堂區查詢。

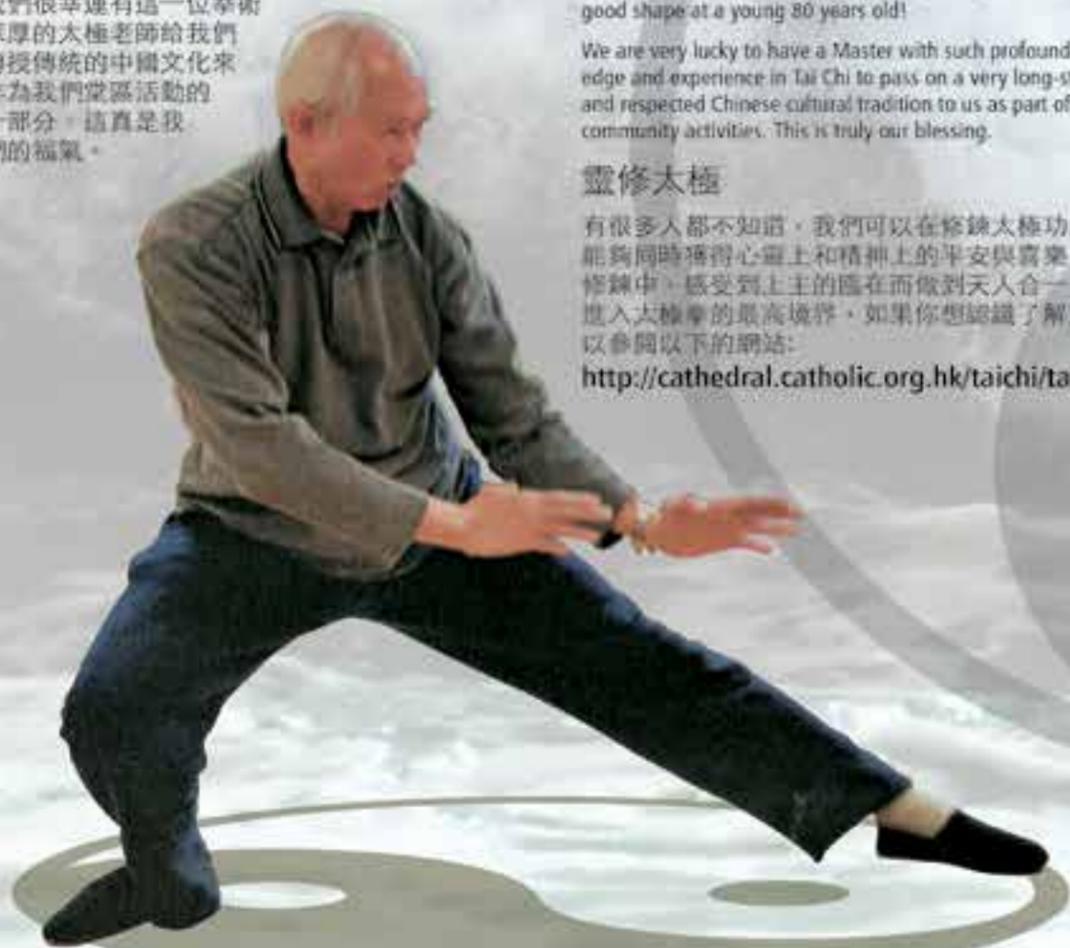
— Louis Chan

# 太極班

**堂**區太極班始於2001年，由主任司鐸薛蘭文神父主導邀請陳偉明老師在教堂教授傳統108式吳家太極拳，2009年由於陳老師須要全心照顧病患妻子而暫停授徒，2011年春天在師母主禮安息後才再執教。

練習太極拳的好處有很多，從報章和健身刊物也可閱讀到，特別是太極拳在對身心修養方面有極大的影響而被醫學界所推薦，為着病人的健康和復原，有些家庭醫生和醫療專家也建議他們的病人去練習太極拳。而太極拳在對陳老師來說也有一個很刻骨銘心的經歷，2008年陳老師在接受渥太華公民報採訪時憶述了他在30多歲時的健康狀況並不大好，但在鍛鍊了太極拳6-8個月後他的健康則已大有改善，陳老師今天已達80高齡，但他仍然很壯健。

我們很幸運有這一位拳術深厚的太極老師給我們傳授傳統的中國文化來作為我們堂區活動的一部分，這真是我們的福氣。



Tai Chi classes were initiated by Father Jose Serafin in 2001. Master Peter Chan was invited to teach the traditional 108 Square Forms of the Wu Style Tai Chi Chuan in the church. Master Chan has been the "si-fou" since the beginning, except in 2009 when he had to take a break from teaching in order to look after his wife. He resumed teaching after her passing in 2011.

The benefit and wellness of practicing Tai Chi Chuan has been heralded by medical experts and presented in newspapers and medical journals. Some family doctors and medical specialists have even advised their patients to practice Tai Chi Chuan to improve their health and well-being. Master Chan's commitment to Tai Chi Chuan is deeply personal. In an interview with the Ottawa Citizen in 2008, Master Chan revealed that his health was very poor in his 30s. However, after only 6 to 8 months of practicing the Tai Chi Chuan, his health improved significantly. Today, Master Chan is in good shape at a young 80 years old!

We are very lucky to have a Master with such profound knowledge and experience in Tai Chi to pass on a very long-standing and respected Chinese cultural tradition to us as part of our church community activities. This is truly our blessing.

## 靈修太極

有很多人都不知道，我們可以在修鍊太極功的時候，能夠同時獲得心靈上和精神上的平安與喜樂，若能在修鍊中，感受到上主的臨在而做到天人合一，這就是進入太極拳的最高境界，如果你想認識了解更多，可以參閱以下的網站：

<http://cathedral.catholic.org.hk/taichi/taichi.htm>

感謝天主賜給我們一位太極拳名師——陳偉明老師，他不但毫無保留將他數十年的太極拳法 傾囊相授，並在開學授太極氣功，以增強學員的體能。可信本人天生愚魯更加生性懶惰，難追隨老師多年，環未領悟出太極拳精粹，實有愧於老師教導，祈求上主繼續福佑老師，願老師多福多壽，將其家太極拳傳於世。

陳國平

跟隨陳老師習藝多年，他教導有方、態度認真，雖然有時上課不集中，在老師嚴厲指導下，使我獲益良多，在此衷心感謝。

Adam

假如你逢週二、週六、週日早上十時三十分來到我們的教堂禮堂，你會看見 陳偉明老師循循善誘、有教無類、以無比的耐心、認真的教授我們太極拳，同學亦同樣認真學習、好學不倦、熱烈贊同，非常投入，簡直是太極拳發燒友。正是教的享受，學的開心。

為什麼學習太極拳，也會變成發燒友的呢？朋友，如要尋求答案，快來加入我們的行列吧！

Christina Fan

還記得，2013年7月第一個星期六的早上，在教堂的停車場，我巧遇了陳偉明老師，就這樣開啓了我對太極拳的興趣。

起初，像一個對左右上下部分不清的我去學打太極，為老師和學生來說，確實是一個非常大的挑戰。幸好老師教授有方，在短短不到半年內，他不僅教與我吳家太極拳套路，雖然仍打得不好，還給我講解了拳理和丹田呼吸的重要性，使我從練習中能體驗到其中之“妙”。

謝謝老師。

Marianna



# 耀我中華萬世邦



由於不喜愛運動，身體的筋骨相繼投訴，有時疼痛到整夜難眠，得到丈夫的極力鼓勵，我重拾十多年前的學過的太極。陳老師說：「你若想得到全面健康的效果，至少要鍛煉一年的時間。」當我上完第一課的那天晚上，我是一覺睡到天明。我對自己說：「我應該要積極練習，善待自己的身體。」

Gloria

在套拳以外，師傅也教「單式」，是將幾個重要的招式，反覆逐一練習，例如呼吸、腰、腿、重心等。「單式」非常容易掌握，容易記憶，又只需少量空間，所以在家中也隨時可以練習，非常方便，而且它是太極拳的基本功夫。

Bosco Kung



My biggest challenge in Tai Chi is slowing down and not using strength. Especially since I studied other martial that emphasized speed and strength.

Jacque

I followed Peter to the church to learn from him. In addition to Tai Chi, I now have a community of friends and people whom I care about. Practicing Tai Chi on Sunday mornings reminds me of happy occasions in my youth, spending time in church basements!

Jamie



My wife and I have been practicing Tai Chi with Peter Chan, our Coach, for less than two years. Peter enjoys teaching Tai Chi and is very patient with individual student.

To our recollection, it was testing for us starters to learn Wu's Tai Chi. We were lost souls indeed! Then, the crystal moment came and some progress was made!

Now, we share together the appreciation of Tai Chi as an essential health exercise, science and martial art. Ultimately, despite challenges and issues, we are still seeking for harmony to attain a healthy body and soul.

Edward Chiu & Ann Cheung-Chiu



本人有腰背、手臂及手關節痛，學習太極拳後，關節痛減少，得以繼續學習，保持身體健康！

Connie

# 太極拳式冠天下

Chinese Calligraphy — Maria Luk



# 維修 Repair & Maintenance

# 事



# 事



# 事



# Fellowship with other communities



# 參



## Participation in the Diocese Program



## North American Chinese Clergy



# 家

## Archbishop's Annual Charity Dinner



# Chrim Mass



# Diocesan Feast Day



家



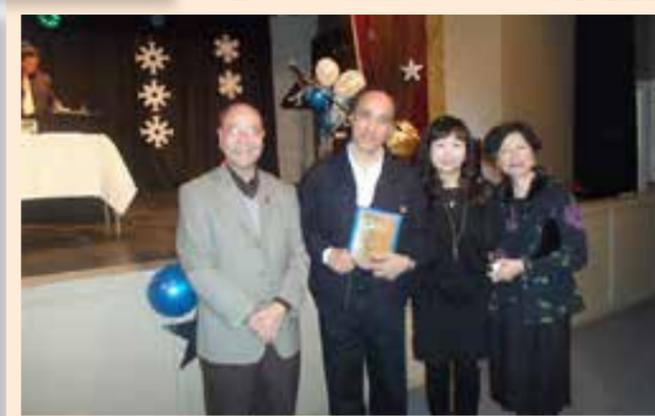
## Diocese's 125th Anniversary celebration



## Don Bosco Award



2013 Awardee Alain Chan



2014 Awardee May Nung



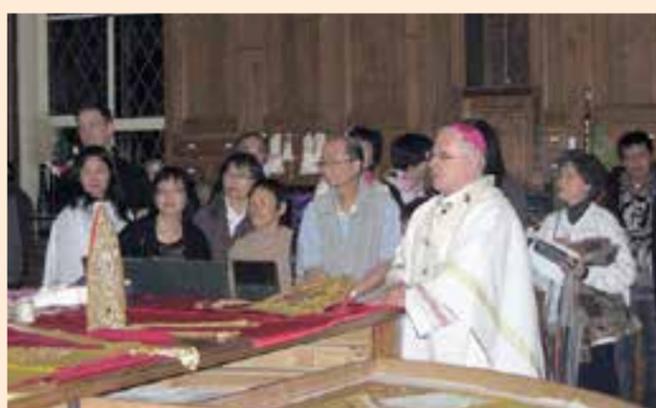
2015 Awardee Linda Au



# Neophyte Mass

# 家

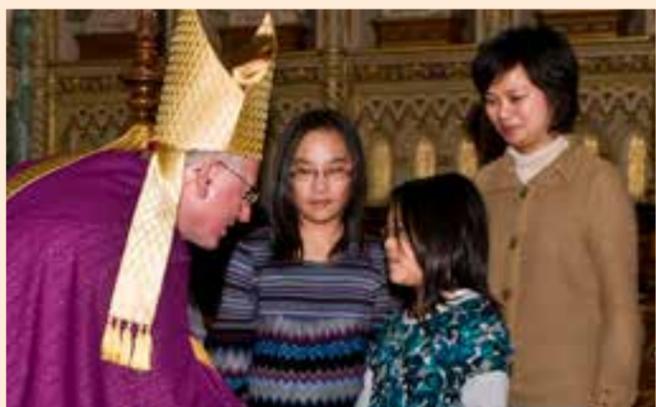
# Outreach Under the Son



# 家



# Rite of Election

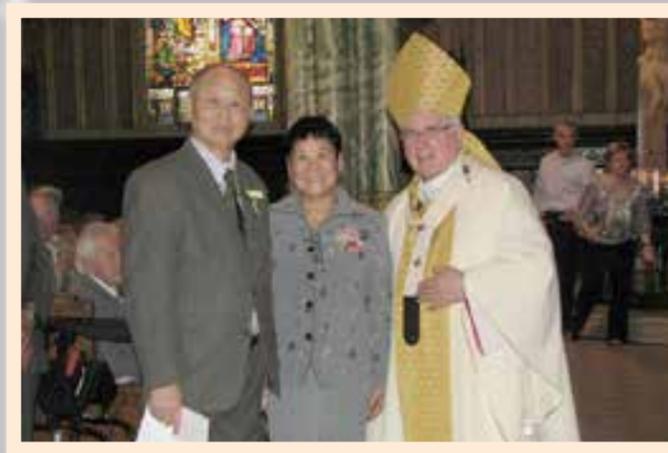


# 民族彌撒 Homeland Mass

# 家



# Wedding Anniversary



# 感

## 我信故我言

**主**內的兄弟姊妹：  
過去這半年，我經歷了好幾次驚心的事情，令我感覺到生命的無常，健康不是必然的。事情是這樣的，小兒自小熱愛曲棍球，也因這個運動，他的肩膀多次脫臼。為了穩定它，小兒需要做第三次的手術，醫生說這一次應該是最後一次了。手術很成功，當他從手術室準備推到康復室的時候，他的心臟突然停頓了，於是醫生馬上給他做心肺復甦法，當時沒有反應，跟著用電擊法，也沒有反應，如是者醫生重複了很多次，十分鐘后，小兒的心跳開始回復過來。後來醫生替他做了一個測試，原來他有一種叫 Brugada syndrome 綜合症，這種症狀是心臟遺傳性疾病，病者男性為多，在

三十至四十歲之間會突然猝死。不知道是我本人或是我先生的遺傳，現在我們還在追索中。如今小兒身上裝置了一部 Defibrillator，用來平衡他的心跳。當醫生來電告知的時候，我一直在祈禱，希望天主不要這麼早就帶走小兒，他才三十七歲，還有兩個年少活潑可愛的子女。現在小兒康復了，一切都回復正常。感謝主，感謝他聆聽我的哀求。還有就是我的妹夫，在四月中醫生確診他有第四期肺癌。我家每個人都很震驚，每天為他祈禱，也希望上主再次聽到我們的懇求，讓他勇敢地面對這次極大的挑戰。

就正如今年「逾越知音」福傳之旅的主題，「我信故我言」。

— 陳麗珠

## 小小圖書館人生大舞台

**教**堂的图书馆虽小，但里面的哲理却不小，它给我们的教友带来了不少的乐趣，在加拿大不是随处都有中文书的哟，我们的图书馆不但有信仰方面的书，其它从烹饪到音乐小说等等都有，更重要的是还有一些早年香港等地的古书籍，更重要的是很多都是繁体字，对从香港或者台湾等地不懂简体字的老移民是很重要的。在我整理这些书籍时，感觉到这些早期的著作的作者对作品的严谨的态度，让人叹为观止。同时也感慨和感谢老一辈移民们能够保存这些图书，我们中国文化才能生生不息在加拿大保留下来！还有一些音像方面的资料，例如信仰方面的电影、纪录片、音乐等等，都是值得欣赏的。当我们触碰“它们”

时，我相信您的灵魂也将受到“它们”的触碰！希望您方便的时候光

顾我们小小图书馆！

— 蔡蕾



## 我和天主的緣份

**中**國人在很多事情上相信緣份，相識是緣份、分手也是緣份，彷彿在說冥冥中自有安排。

小時候，我唸書的學校裡有所聖堂。每次上聖經課後，我都要進去望彌撒，那景象到現在還是歷歷在目：猛烈的陽光穿過彩色玻璃變得暖暖的，散落在米白色的大理石地板上。彩色的餘光反映到白色的祭台布上，跟金色的燭台和聖爵出奇地相襯。懸掛在聖堂中央的十字苦架散發著寧靜、莊嚴、和冰冷的感覺。那時我對彌撒一竅不通，而且當彌撒過了一半老師便帶我們非教友離開。因此我除了滿腦子問號之外，還得再問：「為甚麼我沒份？」可是，天主祇站在苦架下慈祥的看著我離去。

長大後幸運地可以來渥太華唸書，因而認識了班上一位「加京華人天主教團體」的教友。有一年她邀請我參加團體辦的佈道會，那時跳的我婉拒了她的邀請，以後的一段短時間我甚至還刻意的避開她。就這樣我平白錯過了認識華人團體的機會，也跟天主擦身而過。離開學校後我急不及待的跳進「社會」這個花花世界，過著自以為是和自覺精彩的生活。各種各樣的事物就像糖果玩具吸引小孩般，把我跟天主之間的距離拉得遠遠的。但天主還是在那裡等著。

## 達同一驛站

**有**一股活力的泉源「愛」，懂得怎樣去「愛」，存在的春去秋來，在萬事萬物的變更中、甚麼瑣碎、寂寞和空虛煩惱 我們。每人走在不同的生活道路上，最後我們該如何面對上主，只有愛，只有犧牲。主

移民後忙碌的生活趨於平淡，反而讓我有機會思考人生問題。九八年的夏天，我終於來到華人團體敲門，踏進了「聖母升天堂」。這所聖堂一下子勾起了我兒時對聖堂的印象，因此對聖堂毫不陌生。不過我亦赫然發現彌撒禮儀是用中文唸的、彌撒經書也是用中文寫的、聖堂不再是冰冷的而是充滿人情味的。後來才知道這些都是梵二改革後的結果。一年多的慕道期過去，收錄禮、甄選禮、考核禮等讓我有機會經驗昔日基督徒皈依的過程。我終於在復活節領受入門聖事了。還記得當我領聖體聖事的一 那，我跟自己說：「我終於有份了。」站在身後的天主點了點頭。

成為教友之後，我融入了華人團體的教友生活。沒多久，太太跟兩個女兒也領洗了。蜜月期過去，信仰生活開始變得平淡乏味，這是「厄瑪烏症候群」！然後團體裡的一些糾紛和缺乏本堂神父的情況下，令我們考慮要繼續參加華人團體，或是到家裡附近的西人堂區去？要做個主日教友，抑或是個積極進取的教友？我們很快便找到了答案：「天主是不看情面的」，「不要讓你的兄弟跌倒！」，「祂未曾應允天常蔚藍，花兒常開。」於是我們繼續從主日感恩祭、讀經、聖經班、基基團、避靜等吸取力量，那些紛爭便慢慢地不再困擾我

們。天主面帶微笑地看著。

「你們往普天下去，向一切受造物宣傳福音」這句話，在一次佈道會後一直縈繞在心上。心想家裡還有父母尚未領洗，我便結巴巴的跟一向順從中國民間信仰習俗的媽媽談基督信仰，也邀請她跟爸一起到聖堂看看。想不到他們很快便加入慕道班，翌年爸爸媽媽便受了洗，事就這這樣成了！事有湊巧，住在多倫多的弟弟也因為子女入學的事而舉家加入了天主教會。然後一位慕道班導師跟我說，她在養老院為我外婆傳授道理。我外婆是個性子很強的人，但為天主沒有事情是不可能的，祂能改變人心。年多以後，外婆也領洗了。她會唸的經文比我還多呢！

天主自有祂的計劃。祂好像編劇家寫好了劇本讓人去飾演，每個角色都有祂最好的安排。人，按著自己的好惡和自由意志去演他的一份。因此每個人都有屬於自己的一條人生路，而天主就在不同的階段等著人回應祂的召叫。默言回首，家裡以前沒有一個人是教友。輾轉多年，家裡各人現在都是天父膝下的兒女。緣份也好，巧合也好，我相信冥冥中自有主的安排，我們只需要按著良知和聖神的帶領去走，那意想不到的喜樂自會加在我們身上。

— Dicky Wong

## 感恩

**身** 為基督徒，我們都清楚知道，很多事情的發生，其背後必定有上主為我們特設的原因及作用，而我們必須相信，這全是天主為我們作的最好的安排！特別是病苦、磨難和種種考驗，那是天父給我們人生的試煉，惟有跨越它們，我們才能變得更能抵禦，生命才會有進展！

前段日子，自己的身心都跌進了谷底，那份傷痛、困苦、憂悶、難耐及無助，真的不能言喻，難以表達，無法解釋，更不可能為別人所理解；相信祇有曾經歷過的人才可以體會！或許，這些發生在我身上的，正正是為了讓我更能體會其他身處同樣境況的人的痛苦，讓我可以真切及肯定的告訴他們：我明白、我知道、我了解那感受！

那困境我是怎樣跨過的呢！？雖然我是個基督徒，但仍是個罪人，信德又薄弱，更是軟弱人類的代表；在那困難時期，我受試探、跌倒、哀鳴，我開始懷疑、抱怨，甚至發出控訴，責問天主那是為什麼，我究竟做錯了什麼！但正如之前所述，這是天父早為我安排的——祂叫我認識了約伯。祂讓我在一個主日裡聽到部份約

伯傳的讀經；祂讓我在互聯網上搜尋到不少關於約伯的背景，對約伯傳的分析和不同的說法；祂讓我反覆多次的細閱了約伯傳；Fr. Vogel 剛好在那段時間，辦了連續兩天的靈修講座，論及約伯傳，經神父簡潔提出的幾個要 及指示，我領悟了許多重要而簡單的道理；最後我在安德修士傳記中看到約伯受苦的理論——天主允許撒旦試探自己的僕人，好堅強他們的信德。

那段時間，我從不同的渠道接收到同樣的訊息，就是要依恃上主，要交托，並且要通過認真祈禱，勤讀聖言，多做補贖及參予修和聖事，藉此與天主重建親密關係。我在困苦中不斷地祈禱、念經，平安的感覺油然而生，這先穩定了我的心神，滋養了我的靈，提升了我的動力，讓我逐步親近天主，做該做的事，多考慮別人的需要及感受，盡力做好可以做的。天父還特別安排了眾多天使在我身邊扶持我，有為我默默祈禱的，有為我不斷打氣的；還有我的丈夫及兩個兒子，他們一起陪伴我走過那段艱難的日子！更憑藉 洗禮時天主便給了我的恩寵，教我將一切交托在祂

手中，叫我重建信心。

我重生了——我的健康情況在極短時間內產生了很大變化，時間剛好踏入四旬期；祇幾天前後的我，那明顯的分別，身邊很多人也可察覺，這極速的改變，印證了我們常在彌撒中所說的“我當不起你到我心裡來，祇要你說一句話，我的靈魂就會痊癒”。上主對我是多的細心，我逐步領會祂對我所有細緻的安排，這是何其精密的計算與配合，我深切地感受到祂對我的大愛！天主的大能實在太神奇、太精妙了，人不可能插手干預，亦不可能明白天主的計劃！

此刻，我真能體會到為什麼有些病苦中的教友仍能非常感恩！感恩是因為知道自己不是獨對苦難，上主與你同行、同受苦；感恩是因在困苦中不祇看到自己的痛苦，還看見天主那奇妙的計劃。就算在逆境中，祇要知道主與我們同在，便能感恩；危難發生時，當下可能不明白，但祇要有盼望，便能感恩！所以，往後在祈求天父時，不一定求賜免受痛苦或試探，祇求祂在困苦中與我們同在，能在生命裡與我們同行，在困難時能信靠祂便足夠了！

— Louisa Wong

## 耶穌說

**耶** 穌說：「你應全心、全靈、全意愛上主你的天主，並愛近人如你自己」。(瑪廿二：37-39)

原來人生在世上是為了愛主愛人，我們活在世上最主要基本要學習的事情就是“如何活於愛”。

我們每一位基督徒在領洗之後就屬於一個教堂區，擴展一個地方教會而致歸屬於一個耶穌建立至一至聖、至公，從宗徒傳下來的一牧

一棧的天主教教會，現建基於羅馬隸屬現任教宗方濟各，在他的“信德之光通諭中闡明了真理，愛和信德之間的密切關係，所以我們每一個基督徒的使命歸屬於一個堂區，以愛主愛人”的精神活出聖言生活，發展基督徒愛的使命——真理教我們謙虛柔和，愛讓我們懂得尊重他人，與人和睦相處，信德使我們走向光明的前程，在愛內彼此共融，成化一個真正基督化的生活團

體，“成全自己成全別人。”

願我在這團體中供獻上主給予的一切恩寵，善用它，只願我能效法我的主保聖女小德肋撒的精神本“犧牲小我成全大我”“常喜樂、愛犧牲、肯助人”。

祈禱是我的力量，犧牲是我們的精神，愛德是我們生命，作見證，多祈禱，少說話，熱心服務公益，忘我精神，工作不分貴賤。



## 中文教堂对我家庭的影响

**致** 华人天主教团体成立60周年特刊，朋友们会问我们说：“华人天主教团体的教堂是那么远，为什么你会坚持去而不选择去离家较近的教堂参与弥撒呢？”仔细思考一下我认为有两个重要的因素：

一· 信仰方面的促进。

我们这个团体就是一个充满新鲜血液的团体，每年都有很多的新领洗入教的人。他们当中有不少人是认真追求基督的福音，努力生活出基督福音的。我接触到的信友中有的对《圣经》有热切的渴望，在短时间里可以通读新约及旧约全集。这激励我也开始认真阅读《圣经》，了解耶稣对我们的要求和如果去追随基督。

二· 生活方面的支持帮助。

## Community life

**+** 分欣赏团体生活组成成员的积极参与和全程投入，为圣堂所举办一切有关团体聚会的活动作准备及安排。

每次被邀请为团体生活所舉

当我们最初来到渥太华时一切都是陌生的，有人介绍我们来到华人天主教团体最直接的感受是我看到的是中文，听到的是中文。这一下子让我们忐忑的心踏实了许多。后来，慢慢和团体中大部分信友认识，从刚开始的仅仅打个招呼，到后来的知心朋友，给我感觉就象是生活在娘家。每次我困难的时候总有有热心的朋友主动地，及时地帮忙。在这个温暖的团体的朋友的支持下我们顺利地度过了新移民的困难时期。我知道这一切是主的仁慈眷顾下实现的。同时我们现在也愿意尽我们的所能帮助有需要的朋友。

三· 华人教友的使命

渥太华华人天主教团体已经存在了60年。蒙上主的庇佑和很多前

# 感

辈不断努力，克服了很多困难，才延续至今。我的家庭参加团体活动有近10年了，这只是漫长历史的一页。我们有义务去帮助华人教会发展，让更多的华人感受到信仰在生活中的重要；把华人团体传承下去。当然，社会生活中的人是形形色色的。我们希望大家都能求同存异，互相包容，让我们能持平和的心态，生活在主的信仰当中。

我相信是天主上智的安排使我们相聚在这个大家庭里，在这里我们不仅朝拜我们的主天主，也因着朋友间的彼此支持和帮助让我感觉自己是生活在天国里。这也是我们坚持来这个华人天主教团体的原因。

— 夏少仁

行的活动作帮忙，清潔和收拾物品時，若時間配合，我很樂意作義工。雖然未能像其他義工們從早到活動完畢全程付出。當中亦有所領悟：在參與的過程中，產生一種無形的

凝聚力量，在互相體諒中，活出寬恕，在無私中付出，犧牲或奉獻，活出了基督的愛。

— Mei Ling Li

# 感



## 祈祷是克服困难的良方

在过去几年里，通过不断学习圣经，和兄弟姐妹交流心得体会，越来越感到圣经就好像是医生开的处方，而祈祷就好像正在体验这个药方。祈祷时我和上主交流，祈祷时我向上主倾诉心中的苦恼，上主会安慰我、鼓励我，指点我，让我整个身体慢慢感觉到力量和轻松。

我最喜欢的一段祷文就是伏求圣神降临诵：

伏求圣神降临，从天射光，充满我的心，你是贫乏人的恩主，孤独人的慈父，灵性的光辉，忧患人的安乐，痛苦人的安慰，劳苦人的安息，涕泣人的欢乐，我心灵的嘉宾。求你清洁我的心污，灌溉我的心枯，医治我的心病，和顺我的心硬，温暖我的心寒，指引我的道路。

天主，求你以圣神充满信徒的心，赐给我们以圣神的光辉，增长智慧，常享安乐，因我们的主基督。阿门。

正像绝大多数移民一样，出国后希望通过自己的不断刻苦努力，做一个对家庭负责任、对社会有贡献的人。但是在这道路上会遇到这样那样的困难，有些似乎还不是通过个人的努力一时能解决的困难。有一段时间，我陷入了极其苦恼的心理困境当中。

后来我找了个兄弟交流，以期得到什么好办法。他告诉我：一切交给上主。起初，我不以为然，总觉得上帝离我太远。我在工作中比别人更努力，为什么... ..? 带着这样的心情好几年，经常失眠、焦虑不堪。

两三年之后，对同一个问题我又找了另外几个兄弟姐妹交流。出乎我的意料，他们仍有着共同的回答：一切交给上主；祈祷时告诉他你的想法。于是我试着和上主交流——特别是在夜深人静时。通过交流，我释放了我心中的苦闷和压力，我听到了上帝的宽慰：同样的努力在不同的环境下可能会得到不同的反应，或者反应的方式不一样，时间远近也不一样，不应该因此被刺激，不应该在意眼前的反应，不应该抱怨，不应该放弃。你认为你是对的就应该坚持到底。通过这种祈祷我慢慢地感觉好多了。

“圣经是天主的语言，只有懂得圣经才能懂得天主对我们说的话，当我们困惑的时候，有时候不是天主不给我们指导而是我们未能听懂天主说的话”。祈祷就是与天主交流，把你的困惑说出来。当把困惑说出来就好像扔掉压在你胸部的石头，感到天主清晰的指点。

— Eric Wu 胡老師

## In God we trust

I love writing and it has always been part of my way of relaxing. It brings me peace. When I was asked to write something for our Diamond Jubilee 60th anniversary journal; for months, I have no idea how to start, where to start and I procrastinated and telling myself that I am not good at this and people might read me the wrong way.

I prayed and asked the Lord for his help and embrace. This morning, I finally got my light...

When I arrived in Ottawa on Oct 10th, 1973- I was at the tender age of 18 and heading to so many unknowns but filled with excitement and love.

My boyfriend Cary Ng (later my husband and father of my 2 sons) brought me to church in Sandy Hill on Goulburn Ave. It was a residence with a little chapel for the sisters and the house owner, Ms. Alice Wong. This huge mansion was full of natural wood and trimmings. It was a gracious home of God. It also housed many overseas girl students from Hong Kong, I was one of the students resided there for a short while until I got settled.

I was later married in 1974 in this little chapel. Father Mario was the priest. My parents were in Hong Kong. Paul and Evelyn were my God parents and Paul gave me away. It was a humble little wedding; we spent \$100.00 for the whole ceremony but it was just lovely!

Life got busy with kids and career; my faith got side tracked and for a while I was a lost soul. I missed God but was also making so many excuses on why I couldn't attend mass. Deep inside my heart, that little chapel, Mdm Alice Wong and so many others kept coming back into my mind and my soul. I had dreams that the Lord took my hand and said "come home to visit for a while, my child, we missed you"...

I once read that we believers are like ships that God wants to turn out to sea to sail, the wind and waves carry us. That sea represents the freedom we have in God, and the wind is a symbol of the Holy Spirit. As believers, sometimes we are tied to the dock because that is the only place we can avoid becoming shipwrecked until we learn how to follow Him. I experienced many shipwrecks and every time when it happened, I asked God "Why, Lord? Have you forsaken me?" And, he would answer; "you were drowned, I pulled you back up, my child".

I think I am a complicated person. My way of seeing and doing things was so complicated that it kept me from enjoying anything. We say that we live in a complicated society, but I believe we are the complicated ones, and that we complicated life.

Serving God should not be complicated, and yet it can become very complicated and complex. Worry, fear, anxiety, jealousy, resentment, and bitterness are all very complicated. Little children have none of these.

Believing simplifies life for me. It releases joy and leaves me free to enjoy life while God takes care of our circumstances but I still take ownership of my own doings and responsibilities.

I believe when God says that He wants to bless us, that He will reap what we sow, wants us to forgive our enemies, even though it doesn't make any sense to us, we should believe Him--instead of being resentful.

Even though life can get complicated, we can simplify it by approaching it as a child would.

Trust in Him, Trust God and believe that he loves you unconditionally, and not let fear and anger control you. Trust that God does not want you to live a complicated life.....

— Katie Ng

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BITS & PIECES



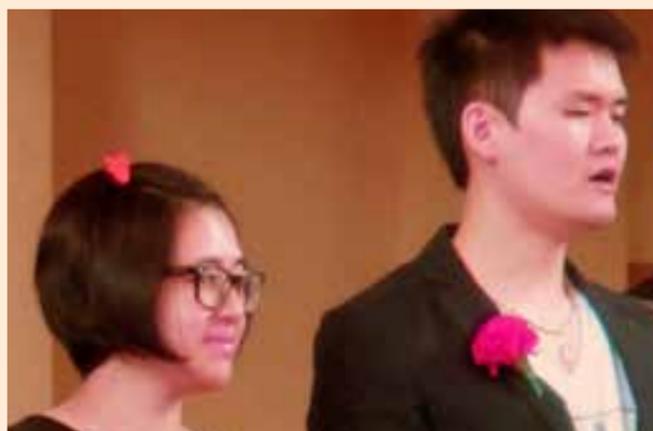
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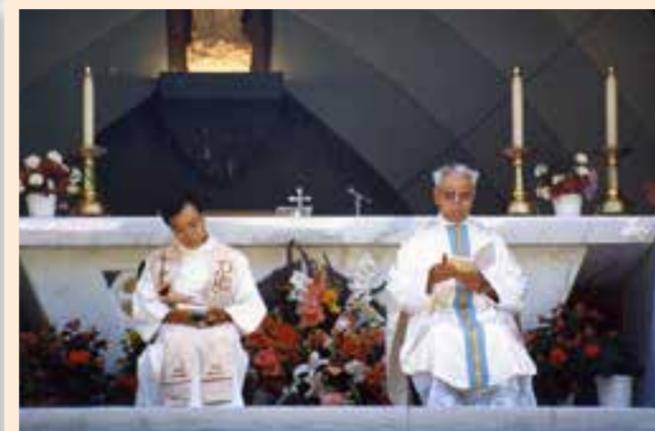
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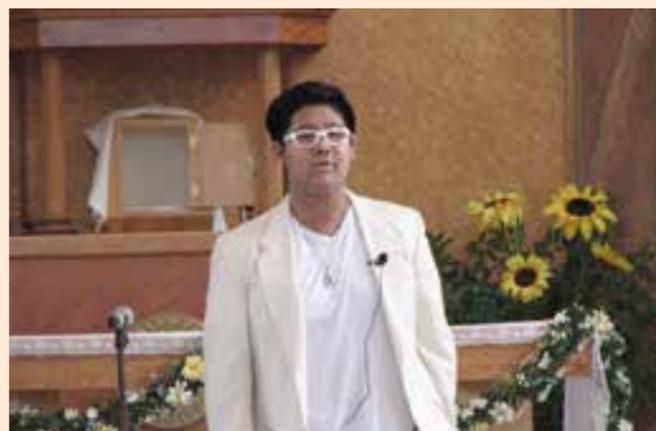
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# 家

聖神是我家  
MY HOME

堂區是我家  
不分你我他  
一齊來建設  
成為基督化  
互助又互愛  
活動多姿采  
熱心做福傳  
聖化益大家

尹雅白神父贈言

# 家



Anniversary Team



Mandarin Choir



Knight of Columbus



Cantonese Choir



Women Group



Photo booth Group



Logo designer — Jonah Nung



Vincent Chiu and family



Vincent Chiu and families



Catherine; Raymond and Felicia Au

# 家



Andria Poon



Bill Chan; Rexan Wong; Byron and Colman Chan



Cathy Lung and family



Ceci and Gary Chow



Angelina Lo



Catherine & Jeff Cheung

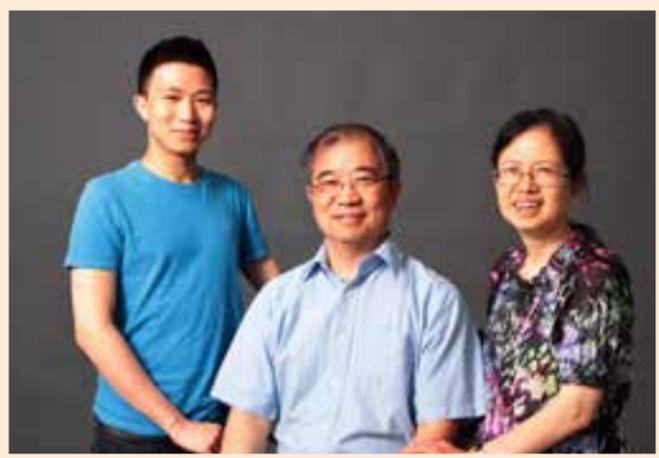


Christine; Celine and Johnny Wang



Chang Liu and family

# 家



William, Chor-ye and David Chan



BihuaTan; Angela; Fiona and Collin Kam



Dorothy Chan



Chris Liu and family



David Xia and family



Dicky Wong and family



Anne and Edward Chiu



Christina and Deacon Peter Fan



Diana Dai and family



段建平及太太

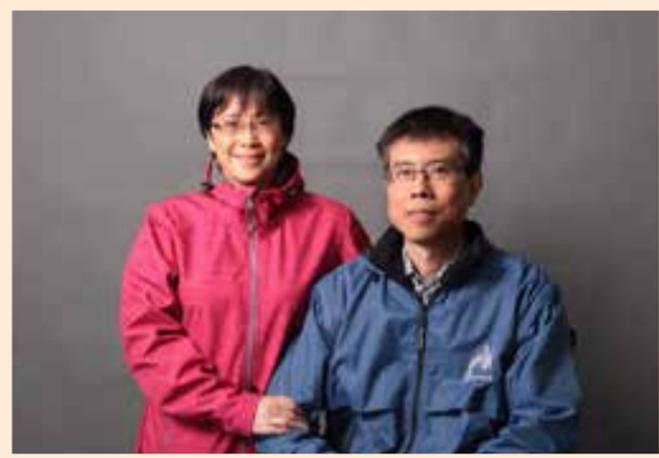


Elizabeth Fung

# 家



Eva and Thomas Tang



Irene and William Chan



James Wong and 貞姐



Eric; Bosco; Gloria and Alex Kung



Cecilia Ho and Irene Choi



Janet and Edward Sham



Jessica and Louis Chan



Grace and Jimmy Ha



Lucille and James Fong



Jennifer and Sam Yeung family



Joyce and Bosco Wong

# 家



Julianna Tse



John and Li Dan



Clarine; Linda and Alain Chan



Katie Ng and family



Li Ming and Wan Lai Nai



Linda and David Ng



Lucy and George El-Hage



Annie and Lena Liu



Stephane, Lily Li and Danny



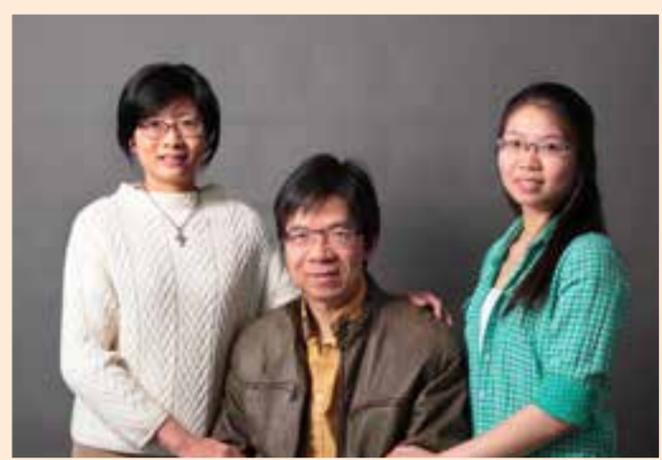
Louisa Wong



Manli Yang



Margaret Lee



Mei-ling; Francis and Fiona Lau



Pauline and David Leung



Mary Song & Joseph Xiong



Mr. and Mrs. Ong-Tone



Peter Chan



Maria and Peter Yang



Jonah, May, Lydia and John Nung



鍾國俊及鍾豐蘭



Peter Tam



Richard Chan

# 家



Rosa and Adam Auyeung



Sister Aline



Teresa and Fred Szeto



Rosa Hong



Sister Cecilia Hong



Teresa, James Campbell and family



Teresa Tong and Ivan Sham



Sandy and Stephen Siu



Suk-lan and Sunny Chan



Teresa Goh



Therese Yuen



Anita Cheung



Jianhua Yang and family



Warren Szeto and family



Jie Yi Li and Nelson Gan



Jing Zhang



倪寬及家庭

## 聖堂綠化計劃 The Green Program

我們是主所創造，我們有責任促進環境的保育和豐盛增長，造福人群。

教區的環保事功專責小組提名我們堂區，競選聖堂綠化計劃。我們獲頒是項獎項。於2013年八月二十一日，由環保專家來我們聖堂進行環保評估，提供未來環保和發展的意見。

我們環保團隊，行政和維修發展小組配合專家的評估和意見，為聖堂作進一步的環保努力。我們堂區十多位青年及成年教友參與，令我們不但了解聖堂需要改善的地方，更學習了不少環保要訣。

The Environment Ministry of the Catholic Archdiocese of Ottawa

nominated our parish, Sheng Shen (Holy Spirit) Parish, to be one of the awardees for the Greening Sacred Spaces Program of the organization - Faith and the Common Good.

This award gives us the amount of \$1000 in the form of the service provided by a green audit expert. The expert assessed the facilities of our church and made recommendation for long term environmental improvement and development.

The audit took place on Wednesday, August 21, 2013. Follow up presentations and implementations took place in the months that followed.

An environmental expert, Mr. Stephen Collette, conducted an in-depth assessment of the facilities in our church. More than 10 parishioners,

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ON THE HORIZON

including youths and adults, participated in the assessment.

We not only learned a lot about how to improve our church environmentally, we are also blessed with deeper understanding of the sources and ways of improving our environment.

Together we contribute to the preservation and enhancement of God's precious creation for generations to come.



## The Environment workshop



The Green inspection gave me further knowledge towards making our community a better and a safer environment under the guidance of the Holy Spirit. It helped me understand what had to be done in order to make our church safer and how to safely finish the job.

Stephen, the environment expert, was a great help. When questions needed answering, he did a great job

instructing and telling us what has to be done. He showed us the outside and inside of our church and pretty much covered all of the basics to fixing up our church.

To wrap it all up, the inspection was a great help to our community and will make church a safer place.

— Colman Chan



## The Environment Audit



### Introduction:

The Green Team making up of our parish youth was formed in Summer 2013 in response to the need of making our church more environmentally friendly, an effort to reduce our collective environmental footprint. At the same time, our parish was granted with the Green Audit of Sacred Space Award. On August 21, the team attended a green audit given by Mr. Stephen Collette, an environmental expert. One of the duties of the Green Team was looking after the green bin usage during the parish's Sunday potlucks.

### Reflections:

The Sheng Shen Chinese Catholic Church Community has repaired and sustained a good ecofriendly environment in the church that is efficient in energy and water use. There are still minor things that need to be dealt with to help make the building better for the environment.

The building was built a while ago but still is in relatively great shape. There are cracks and holes near the weak points of the walls which are the corners where the window meets the wall or the top of the wall. These cracks can be and should be fixed to keep the building durable and more

ecofriendly by not letting the outside environment interfere the set temperature in the church; the more durable the building is, the more ecofriendly it gets. Another factor that contributes to the damage of the walls is the water spouts that point into or slope into the walls. Water spouts must always point away from the building and the water must slope away from front of the building as well.

A good solution to this problem lies in either repositioning the spouts, or using rain barrels so that the rain water can be reused in watering the plants and other outdoor uses.

— Byron Chan

# 神父學者計劃

## Priest Scholar Program

**經**多方努力和主教及渥太華教區的大力支持。我們堂區和中國河北省趙縣教區達成協議。由趙縣教區選派神父來渥太華進修，同時駐在我們堂區，協助禮儀靈修工作。

我們堂區財務委員會和牧靈議會亦議決支持這項計劃。並成立培育聖召基金（培聖基金），籌募該計劃和長遠聖召發展的經費。教區極力支持這基金，並豁免其教區稅項三年。三年後如進展良好，可繼續申請豁免。我們衷心感謝主教和教區的鼓勵和支持。我們呼籲教友們大力推動和捐助我們為培育聖召的努力。捐款請用『培聖基金』的特別捐獻信封。謝謝。

### Vocation Development Fund (To Support Clergy Formation and Endowment Plan)

Through the great efforts of our parish, the Ottawa Archdiocese and Zhaoxian Diocese of Hebei Province, China, it was agreed that our parish would support priests from Zhaoxian Diocese coming to serve in our Parish while pursuing graduate studies in Ottawa.

Archbishop Prendergast S.J. and the College of Consultors have approved tax exemption for funds raised by Sheng Shen (Holy Spirit) Parish for this purpose for three years (until 2017) up to \$20,000 per year. This exemption is renewable subject to favorable review. We are most thankful for the support that the Ottawa Diocese gives us. We trust our parishioners would donate generously to this plan for our long term development of clergy.



池尚培神父 Fr. Shang Pei Chi



## 抒懷

池尚培神父

窗外的細雨不停  
海鷗的鳴叫不止  
那由綠而紅的楓樹  
改變了顏色  
轉換了季節

由Ottawa  
到China  
半个地球的距离  
日夜旋轉的位置  
两个天地

茉莉花歌曲的清香  
打斷了咖啡的濃郁  
圣若瑟堂里的心脏  
看见了耶路撒冷城外的惊慌  
我順着異國的呼喚而來

如果呼喚的全部  
不包含思念和愛戀  
我會不悲不喜  
一如旁觀者  
看着这个世界

就好像是一个奇迹  
一如当年的彩虹标记  
天主说了一句  
更新了我的记忆  
盟约成为了献礼

我过得很好  
自己做饭  
每天学习  
常常祈祷  
就像春暖花开的时节

隱形的神人  
伴在我的左右  
如同城外无处不見的森林  
几百年的时间  
呵護着人來人往

天主創造的時候  
我没有参与  
但我希望  
他对世界美化的牆壁  
鐫刻上我的名字

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# 逾越知音



## 2014 Evangelization Concert

在 2014年，恩保德神父和香港的『逾越知音』團隊專程來渥太華和我們團體，一起推動福傳。由籌備，演出，探訪，以致延後計劃都給我們莫大的鼓舞和學習的機會。令團體同仁更注重和投身福傳。我們已積極策劃未來數年的福傳，特別是青年的福傳計劃。盼望教友們熱心支持參與。

The evangelizing team of Friends of Jesus Passover from Hong Kong, under the leadership of Fr. Giovanni Giampietro, came to Ottawa in August 2014. We worked with the Team in planning, producing the concert, doing community visits and conduct follow-up plans. This shared journey of evangelization taught us a lot and helped us in focusing even more on evangelization. There are many more continuing programs to report in the near future. Together, let us help build the extended family of Christ.

**我信故我在**

福音音樂會

**Evangelization Concert "I believe, therefore I am"**

**逾越知音**

為一個由香港天主教華人青年團體，由恩保德神父帶領下將在渥太華舉行一個福音音樂會，透過歌曲，生活見證，禱告及祈禱，與大家分享「我信故我在」生命主題，希望能讓您在忙碌的片刻，心靈上的愉悅。

福音音樂會將以普通話，廣東話及英語進行，歡迎盡來參與！

"I believe, therefore I am" concert will be conducted in Chinese and English

日期/ Date: 8月9日 / August 9th  
 時間/ Time: 7:30 p.m.  
 地點/ Place: 聖神天主堂 / Sheng Shen Catholic Church  
 1187 Michael Street, Ottawa  
 查詢/ Enquiry: (613) 747-2060

請盡來參與/ Please also join!

- 歡迎禮堂 8月8日/Aug 8th, 7:30 p.m. 由渥太華主教主持 / Welcoming Pilgrimage Mass by our Archbishop Terrance Prendergast.
- 8月10日/Aug 10th, 11:30 a.m. 彌撒, 及後戶丹 BBQ / Sunday Mass 11:30 a.m. BBQ 1:00 p.m.

# 逾越知音2014

## Evangelization Concert

**在** 2014年，恩保德神父和香港的『逾越知音』團隊專程來渥太華和我們團體，一起推動福傳。由籌備，演出，探訪，以致延後計劃都給我們莫大的鼓舞和學習的機會。令團體同仁更注重和投身福傳。我們已積極策劃未來

數年的福傳，特別是青年的福傳計劃。

盼望教友們熱心支持參與。

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籌備團隊



探訪老人院



探訪中文學校



我信故我在



"You are the Truth."



Togetherness



Togetherness



"The Wind Blows Where It Wants"



恩保德神父講道

# 展



[我信故我在]



戶外分享



Singing at China Town



戶外分享



Farewell lunch



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## A Rectory Afire with God's Amazing Love and Goodness

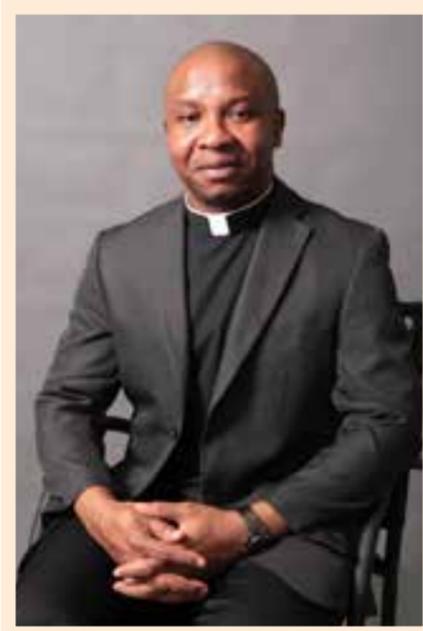
One of the greatest uncertainties in life often has to do with the experience of leaving one's own home country. The fact of leaving behind familiar terrains, friends and family, food, ways of doing and understanding things can present real coping challenges; especially as one begins to settle and face the realities of life in the new place quite far from home. Where one is a priest, it would at times be quite easy to assume that everything would be set and ready, waiting for one to arrive and start living as though one never stepped into a new environment. But is this smooth arrival and settling-in story the case for us the priests who now live in the rectory? Perhaps, not simply so.

I did not at first have it tough finding a parish to live in and do my studies when I newly arrived in Ottawa. But when the need arose for me to relocate to a new parish here, it did not come quite easy. This is because all the parishes that have residence program for student priests were all fully booked by then. Things were not looking pleasant. But I never gave up hope. Just when desperation was almost setting in on my new

situation, the door of the residence program here in this parish threw itself wide open to me. The warmth of welcome I received from the parishioners when I finally moved in was and is still to this very day indescribable. My feeling was that of someone who has finally found a home.

But again, being someone who enjoys the steady company of other priests around me, I started feeling a bit out of place with the reality that I was as yet the only priest in the rectory. I stayed in the rectory alone, ate alone, prayed alone, played alone, shopped alone, and went to school alone. It wasn't that fun. You can then imagine my joy now that it is not just only me in the rectory but two more priests residing in and going to school from the rectory. What a blessing!

With the facilities in the rectory serving us to our satisfaction, we have time to relax, chat, catch the bus to school in the morning, do our private studies, pray, celebrate our masses, do laundry, learn each other's culture, socialize with parishioners, poke fun at each other, cook our meals, and do much more. With three of us living



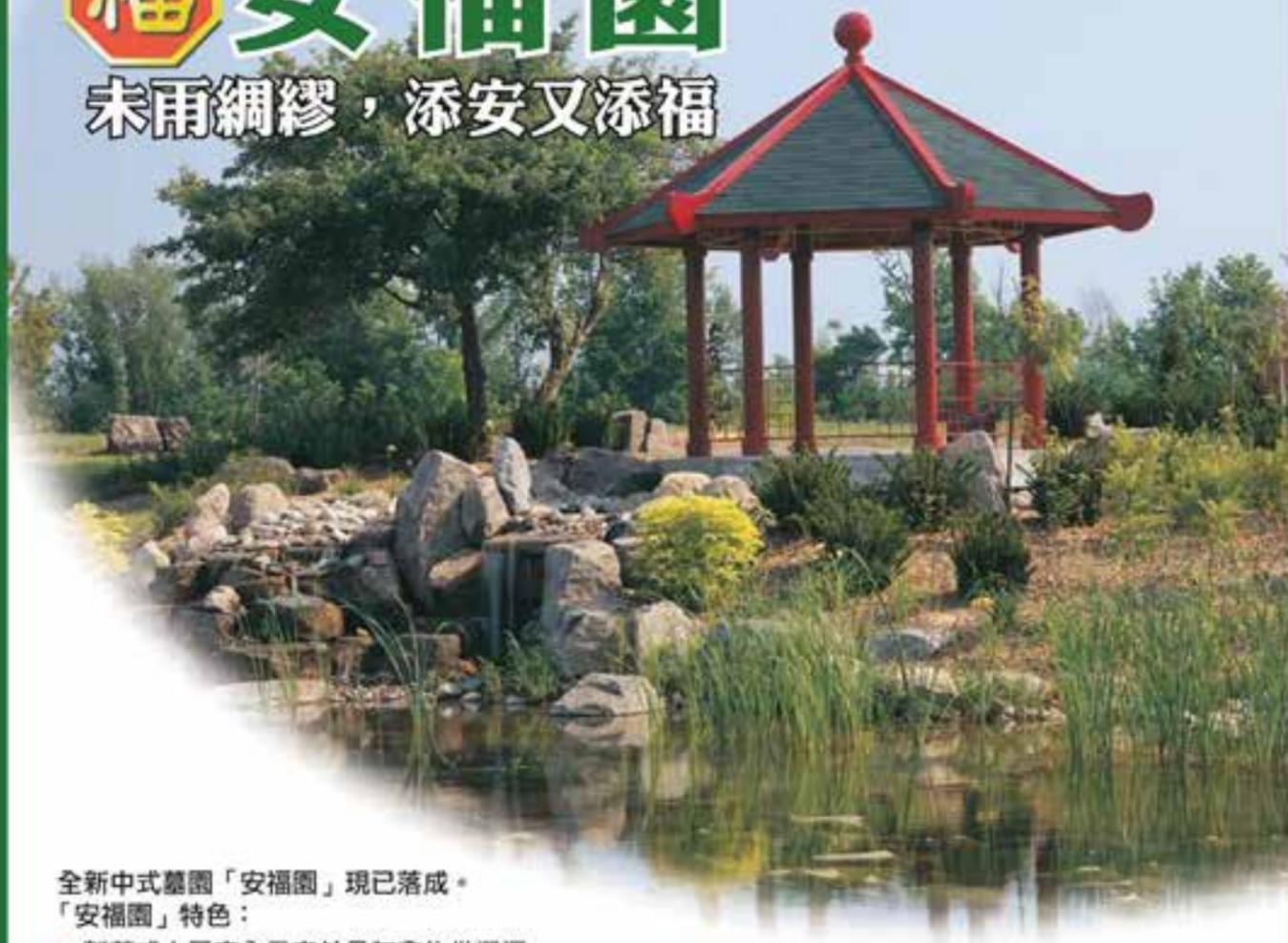
together, the rectory is on fire with God's amazing love and goodness! Leaving our home countries can be tough, but the joy we finally found here is indeed a precious treasure without measure.

— Fr. Arinze Onwuzulik



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### 祖先也移民

我們已移居到一個環境優美，生活安定的加國社會。這時我們有否想到在他方已故的先人或親屬呢？我們提供多種室內及室外骨灰龕位，供選擇，豐儉隨意……

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#### 每週製作電視及電台節目

每星期半小時的電視節目「愛·常傳」及一小時的電台節目「愛·生命」在加拿大的中文媒體播出，並上載到網站 [www.FLL.cc](http://www.FLL.cc)，讓世界各地的觀眾聽眾欣賞。



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#### 訂閱每週「恩泉啟迪」Newspiration



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#### 信仰文摘「恩泉文摘」inspire.FLL.cc



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# Congratulation! Sheng Shen Parish, 60th anniversary!



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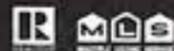
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| 聖神天主堂長青組                        | Lucille & James Fong  | Catherine & Raymond Au    |
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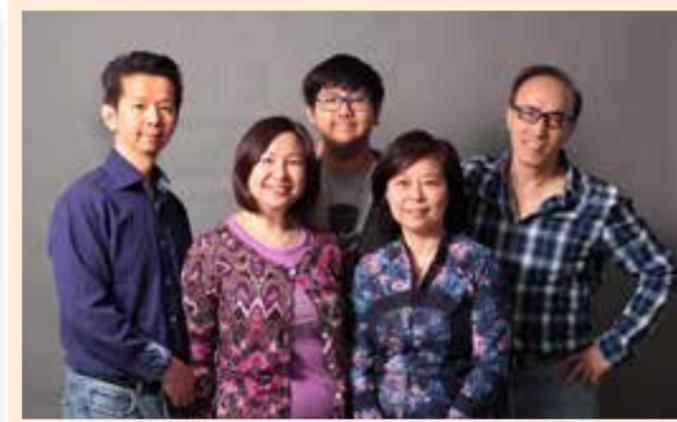


Photo Team

# 鑽禧團隊

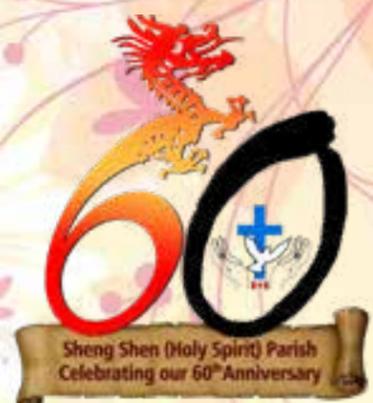
## The Diamond Jubilee Team

2014年夏，喜逢恩保德神父的逾越之音團隊來渥太華展開福傳大計。我們團體廣招教友參與，並以此基礎，組成六十週年的鑽禧隊。感謝同仁等熱烈投身，並每月聚會集思，構想週年慶典細節，並於2015年一月正式展開工作。同仁等的熱誠和奉獻令人感動，更值得記取，為我們的榜樣。我們合照存念，為我們這歷史一刻，留個完美的印記。

As we prepared for the Evangelization Concert in 2014, we reached out to all the members in our Community seeking their participation and help. The response was tremendous. That formed the basis for the Diamond Team to celebrate the 60th Anniversary of the founding of our Community, the Sheng Shen (Holy Spirit) Chinese Catholic Community in Ottawa. Monthly brain storming sessions took place. By January 2015, the Diamond Team was ready to launch the different programs for the

# 鑽禧

THE DIAMOND TEAM



year-long celebration. Here are a few photos depicting the Diamond Team who made this possible. Enjoy and let us treasure the great memory of working together for the people of God in this historic moment.

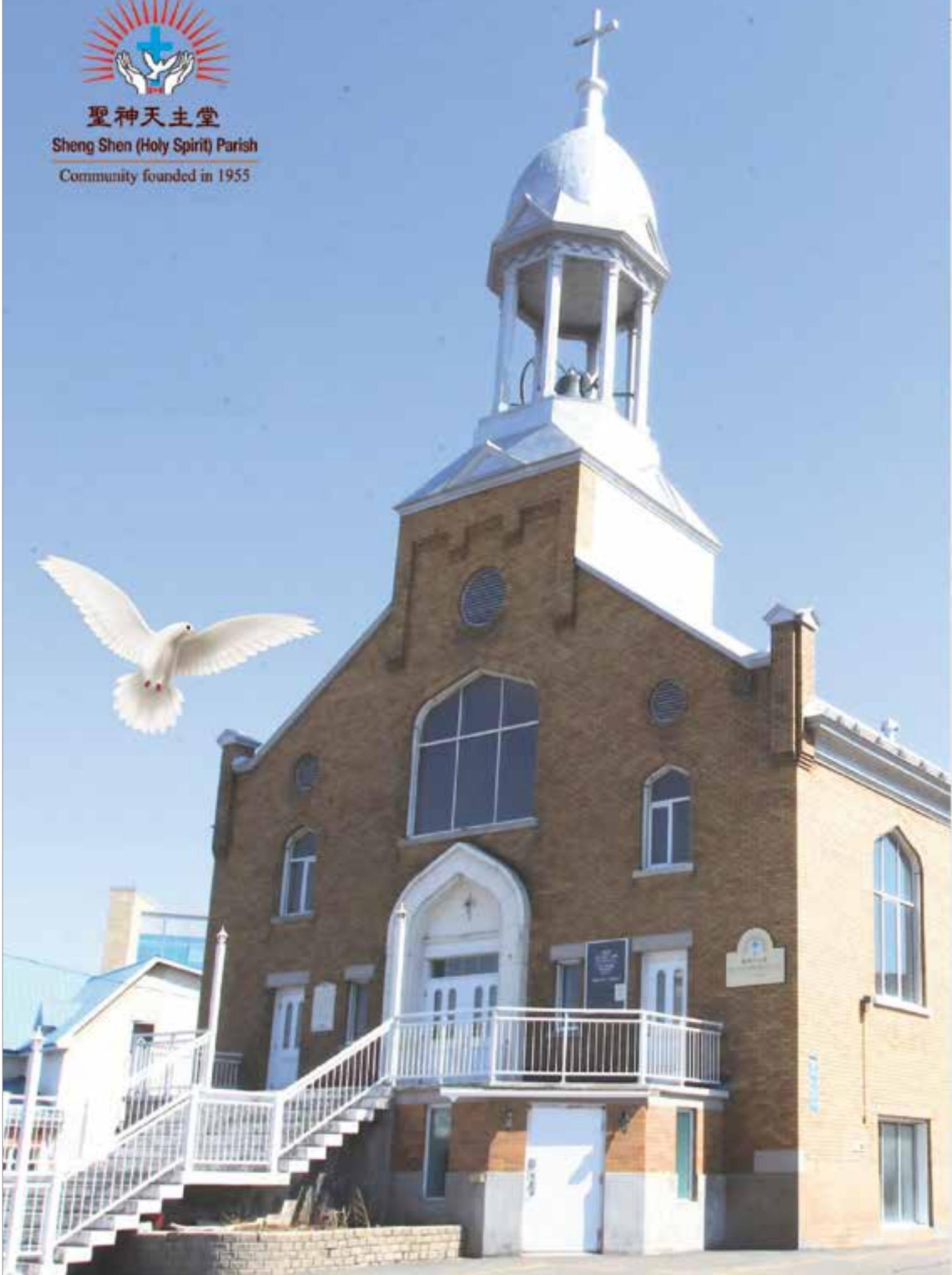




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Sheng Shen (Holy Spirit) Parish

Community founded in 1955



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