



聖神天主堂

Sheng Shen (Holy Spirit) Parish

1187 Rue Michael Street North, Ottawa, Ontario K1J 7T2

Tel: (613) 747-2080 Fax: (613) 747-6115

Web: www.ottawachinesecatholic.org/



2026年2月份堂區通訊



Parochial Administrator

周進考神父 Fr. Andrew Jinkao Zhou

Deacon

范浩泉執事 Deacon Peter Fan

Administration Team

羅靜如 Angelina Lo

司徒惠良 Fred Szeto

鄭宏釗 Hongzhao Zheng

胡偉雄 Alex Wu

張啟軒 Ray Zhang



Editorial Team

周進考神父 Fr. Andrew Jinkao Zhou

范浩泉執事 Deacon Peter Fan

羅靜如 Angelina Lo

黎銘賢 Boris Lai

陳志華 Louis Chan

周陳淑芬 Cecilia Chow

鍾沅晴 Ginny Chung

成人慕道 / Rite of Christians Initiation of Adults (RCIA)

(粵語, 國語, 英語)

星期日上午十時半 Sunday 10:30 am

青少年活動 Children/Youth Activities

星期日上午十時半 Sunday 10:30 am

兒童禮儀 Children Liturgy

星期日上午十時半 Sunday 10:30-11:15 am

堂區辦公時間 Parish Office Hours

星期二至五早上十時至中午十二時 Tue-Fri 10:00-12:00 pm

惠捐支票抬頭

Please make all cheques payable to:

"Sheng Shen Chinese Catholic Community"



主日感恩祭 Sunday Mass

All liturgies in English & Chinese

星期日 早上九時半及
十一時半

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

歡迎各位參與
All are welcome!



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

平日彌撒

因天氣關係，平日彌撒將在較為適合的情況下再另行安排時間舉行。教友若要為其親戚朋友奉獻彌撒，請聯絡周神父，為各位的特別意向奉獻彌撒。

祈禱牆 Prayer Wall

聖神天主堂

Église Catholique Sheng Shen Catholic Church
1187 Michael Street North, Ottawa, ON K1J 7T2, Canada



Name 姓名: _____

Address 地址: _____

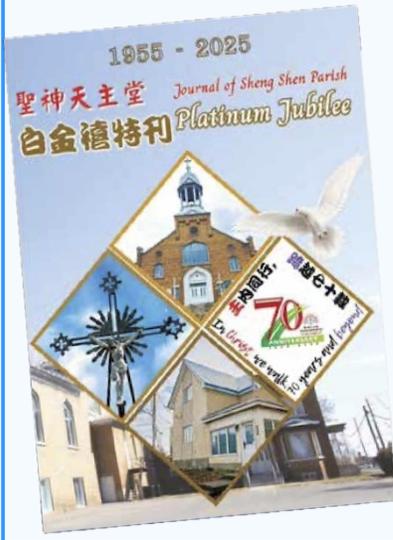
Phone 電話: _____ Email 電郵地址: _____

Name(s) on the Prayer Wall 在祈禱牆的名字: _____

自由奉獻 Free-will donation - Amount: _____

Cash or cheque payable to 期票抬頭請寫 'Sheng Shen Chinese Catholic Community'

Signature 簽名: _____ Date 日期: _____



堂區已更新及刊載 2015-2025 年的重要事件在70週年紀念刊冊的『大事記』58頁內，只需按二維碼標誌即可參閱團體70年來及近十年的發展里程。

We have updated and posted the major events occurred in 2015-2025 to the 70th Anniversary Journal, and incorporated such contents in "The History" page of 60th Anniversary Journal. By clicking on the QR Quote, it will reveal our journey of development for the last 70 years.



為響應環保及節省印刷開支，堂區現用電郵發放每月的通訊。教友如欲索閱印製的堂區通訊，可向堂區辦事處聯絡。

To be environmentally friendly and to minimize our printing cost, our parish will distribute the monthly bulletin electronically from now on. Parishioners wishing to get the hard copy bulletin should approach the Parish Office.

所有聖事禮儀的諮詢，特別是殯葬，結婚或嬰孩洗禮等禮儀，首先要直接與周進考神父或范浩泉執事聯絡及會面後才可訂定舉行日期。會面時，自會解釋禮儀程序及其他資料。

All Sacramental requests, especially funeral, wedding and infant baptism, must first book an appointment with Fr. Andrew Jinkao Zhou or Deacon Peter Fan before any decision be made on the date of the event. They will be briefed about procedures and requirement in the interview with either Fr. Zhou or Deacon Fan.

此通訊只刊登堂區主辦的活動及有關資料。內容由行政事務管理決定。

All material that is submitted for publication in the bulletin must be parish-sponsored activities. The publication of such material is at the discretion of the Administration.

堂區現推出 "奉獻彌撒咭" 給教友選擇以 "奉獻彌撒" 方式向亡者家人或親友致悼念 / 為亡者靈魂安息祈禱 / 感恩用途。此方法與目前奉獻彌撒沒有改變，教友繼續向堂區辦事處登記日期奉獻彌撒。(每台奉獻彌撒收費 \$15.00)，而堂區辦事處會隨後以奉獻彌撒咭通知被奉獻彌撒者及其家人有關日期等事宜。

請各小組協調人及教友注意，每主日堂區報告及奉獻彌撒通知截止時間改為逢星期一。

成人慕道一 普通話與粵語的成人慕道每星期日上午十時三十分進行。查詢可與周神父或范執事聯絡。



教宗良十四世的二月份祈禱意願 Pope Leo XIV's Prayer Intention for February 2026

Universal : For children with incurable diseases and their families

祈禱意向 : 為患有不治之症的兒童祈禱

That children suffering from incurable diseases and their families receive the necessary medical care and support, never losing strength and hope.

讓我們祈禱，讓那些患有不治之症的兒童及其家人能夠獲得必要的醫療照顧和支持，永不失去力量和希望。



Link for weekly Thursday Rosary Zoom info:

<http://us02web.zoom.us/j/84314789760?pwd=L0dGTGUvNE4xQVNsUjI4SG1yYEp5UT09>

FIND AND FOLLOW US ON SOCIAL MEDIA



@聖神天主堂 - Sheng Shen - Parish

<https://www.facebook.com/profile.php?id=100083706042191>



@shengshen.parish

<https://www.instagram.com/shengshen.parish/>

主日聖言反思 Gospel Reflection

周进考神父 Fr. Jin Kao Zhou



Lent Reflection

The Ash Wednesday liturgy underscores the vital importance of repentance and reconciliation. In the

first reading, the Lord calls His people to "return to me with all your heart, with fasting, weeping, and mourning." He reminds us that true repentance is a transformation of the heart, not merely an outward ritual.

In the Gospel, Jesus teaches us that almsgiving, prayer, and fasting should spring from sincerity, not from a desire for human praise. These readings remind us that Lent is a season for self-examination and returning to God. We are called to rend our hearts, not merely our garments, and to welcome the joy of Easter through genuine repentance and trust in God. During this Lenten season, let us be reconciled with God and one another through prayer, self-denial, and acts of charity, becoming witnesses to God's grace.

圣灰礼仪/四旬期反思

圣灰礼仪强调了悔改与和好的重要性。读经一中，上主呼吁人们“全心归向我，禁食、哭泣、哀伤”，并提醒我们悔改应是内心的转变，而非表面的仪式。福音中，耶稣教导我们施舍、祈祷、禁食应出于真诚，而非为博取他人称赞。这些读经提醒我们，四旬期是反思自身、回归天主的时期。我们应撕裂心灵，而非仅撕裂衣服，以真诚的悔改和对天主的信赖，迎接复活节的喜乐。让我们在四旬期中，通过祈祷、克己和爱德行动，与天主和他人和好，成为天主恩宠的见证者。

四旬期遇到春节的建议：

四旬期与春节相遇时，可结合两者的精神，既尊重传统节日，又保持四旬期的灵修氛围：

适度守斋：

若因春节家庭聚会难以完全守斋，可选择其他方式克己，如减少娱乐，节约开支，将节省的资源用于帮助他人。

家庭祈祷：

在春节家庭聚会中，可安排简短的祈祷，感谢天主的恩赐，祈求家庭平安，将节日的欢乐与信仰结合。

传递爱德：

春节期间是与亲友团聚的时刻，除了团聚，可给亲朋好友打电话、发信息……实践四旬期的爱德精神。

愿我们在四旬期与春节的交汇中，既能享受节日的欢乐，又能深化与天主的关系，以爱与感恩的心迎接复活节的喜乐。

周进考神父

Observing Lent during Lunar New Year

When Lent coincides with Lunar New Year, we can integrate the spirit of both seasons, honouring traditional festivities while maintaining the penitential character of Lent.

Moderate Fasting

If family gatherings during Lunar New Year make complete fasting difficult, we can practice self-denial in other ways—such as limiting entertainment, reducing expenditures, and directing the resources saved toward helping those in need.:

Family Prayer:

During Lunar New Year family gatherings, we can incorporate a brief prayer to give thanks for God's blessings and to pray for the family's well-being, uniting the joy of the festival with our faith.

Practicing Charity:

Lunar New Year is a time for reuniting with family and friends. Beyond gathering in person, we can also reach out through phone calls and messages, embodying the spirit of charity that defines Lent.

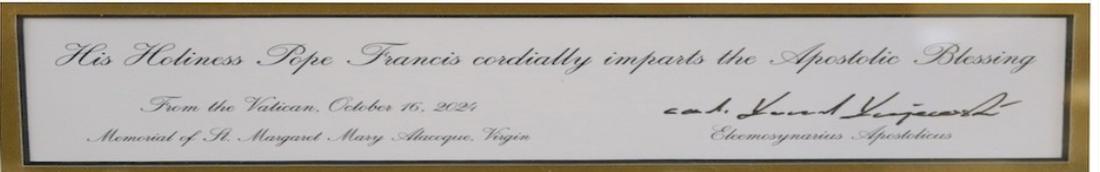
May we, in this convergence of Lent and Lunar New Year, both enjoy the festive joy and deepen our relationship with God, welcoming the joy of Easter with hearts filled with love and gratitude.



聖神天主堂 Sheng Shen (Holy Spirit) Parish 2026 聖灰及聖週禮儀 Ash Wednesday & Holy Week

時間	禮儀	地點
二月十八日(星期三) 晚上六時	聖灰禮儀 (守大/小齋) Ash Wednesday (Fast & Abstinence) 	聖堂 
三月八日 (星期日) 下午一時	 四旬期團體悔罪修和禮儀及告解 Lenten Reconciliation	聖堂 
三月二十九日 (星期日) 早上九時半 上午十一時半	 基督苦難主日(聖枝主日) Passion (Palm) Sunday 請教友上午11:15在教堂正門集合	聖堂 
三月三十一日(星期二) 晚上五時	聖油彌撒 Chrism Mass 	主教座堂 Notre Dame Cathedral Basilica 385 Sussex Drive, Ottawa, ON K1N 1J9 
四月二日(星期四) 晚上八時	聖週四 - 主的晚餐 Holy Thursday  黃昏感恩祭 (聖油進堂禮, 彌撒, 濯足禮, 朝拜聖體)	聖堂 
四月三日 (星期五) 下午一時半 下午三時	聖週五 - 救主受難紀念 (守大小齋) Good Friday  -拜苦路 -救主苦難禮儀, 聖道禮, 朝拜十字聖架, 領聖體 -預習聖週六禮儀 	聖堂 聖堂 聖堂 
四月四日 (星期六) 晚上八時	聖週六 - 逾越節守夜禮洗禮 Easter Vigil  候洗者當晚領洗, 堅振及領受聖體 	聖堂 
四月五日 (星期日) 早上九時半 上午十一時半	復活主日感恩祭/清明節 Easter Sunday  	聖堂 

耶穌聖心彌撒 Sacred Heart of Jesus Mass | February 11:30 a.m.



耶穌聖心聖像在 2026 年 1 月 31 日至 2 月 3 日供奉在聖神天主堂聖堂內。供奉聖像是促進對耶穌基督的虔誠敬愛。聖像象徵基督的愛，慈悲和憐憫。耶穌聖心聖像由聖座在梵蒂岡經教宗方濟各祝聖，然後分發世界各地供奉。

聖神天主堂已安排在 2 月 1 日（星期日）11:30 a.m. 舉行特敬耶穌聖心彌撒，彌撒後朝拜聖體及耶穌聖心。我們一起朝拜，領受基督的恩典。

The Sacred Heart icon was available for Sheng Shen Parish, from January 31 to February 3, 2026. The icon symbolizes Christ's love, compassion, and mercy. It is the aim of this program to continue to foster greater devotion to the Sacred Heart of Jesus. Each framed icon bears the blessing of Pope Francis.

Sheng Shen Parish celebrated a Special Devotion Mass to the Sacred Heart of Jesus on February 1, Sunday at 11:30 a.m., with Adoration of the Blessed Sacrament and Devotion to Sacred Heart of Jesus after mass.

3 Ways to Prepare for LENT

Pray and choose a Lenten focus

Spend time asking God what He's inviting you to this Lent. Maybe it's deeper prayer, patience, detachment from distractions, or charity. Picking a clear intention helps your fasting and sacrifices have real purpose.

Go to Confession

Lent is about conversion of heart, and confession clears the slate. Many parishes offer extra confession times before Ash Wednesday, it's a powerful way to enter Lent spiritually reset.

Plan your fasting, abstinence, and almsgiving

Decide ahead of time what you'll give up or take on (food, habits, screen time), how you'll observe fasting and abstinence, and how you'll give to the poor like money, time, or service. Lent works best when it's intentional.

What (is the Law of Fasting?)

1 Regular meatless meal and 2 small meatless collations which if added together would not exceed the main meal in quantity

No snacking between meals

What (is the Law of Abstinence?)

No meat (i.e., flesh and organs of mammals and fowls)

Fish and shellfish are allowed

Catholic Fortress
facebook.com/catholicfortress

露德聖母瞻禮

世界病人日

聖母顯現的訊息
病人痛苦的意義



Painting by Virgilio Tojetti

生命恩泉
Fountain of Love and Life

團體消息 Announcement

1. 教友如欲辦告解，可在主日 11:30 a.m. 彌撒前後與周神父聯絡。其他時間，除了周一神父休假外，請先與他預約。

The faithful who wish to schedule confession can contact Fr. Zhou before or after the Sunday 11:30 am Mass. For other times, except for every Monday when Fr. Zhou is on leave, please make an appointment with him in advance.

2. 每月第二個主日，在彌撒結束前，周神父會邀請當月生日的教友上前到祭台前，接受祝福。

Every second Sunday of the month before the end of mass, Fr. Zhou will invite parishioners who are having their birthdays in the month to come forward to the front of the altar, and receive his blessings.

3. 聖灰禮儀：二月十八日(星期三)，晚上六時舉行。當日守大小齋。

Ash Wednesday: 18th February (Wednesday), 6 p.m. Fasting and abstinence are observed.

22/2 SPECIAL COLLECTION 二月二十二日特別捐款公告

in support of Archbishop's Fund
for Mission Advancement

大主教福傳基金

- On February 22, the First Sunday of Lent, there will be special collection in support of the Diocesan & Missionary Works for the Archbishop's Fund for Mission Advancement, in areas of needs and mission of the Church and the Archdiocese of Ottawa-Cornwall, such as

2月22日為四旬期第一個主日，本教區將為「大主教福傳基金」舉行特別捐款，以支持渥太華-康沃爾總教區的福傳事工及教區運作。

- Evangelization, discipleship, and outreach
推行福傳事工，培育使徒，強化外展服務。
- Ministry to youth and families
向年輕一代及家庭傳遞福音訊息。
- Catholic education and campus ministry
支持學校與大學校園內的信仰傳承。
- Charitable works that respond to community needs

回應社區所需，展開慈善工作。

Your generous gift will allow our local Church to
Go Out, Go Deep, Go Together.

你的慷慨解囊，讓本堂將事工能夠廣
推展、深紮根、並肩行。



Scan here to make a donation online or visit
ottawacornwall.ca/donations.

Select:

Fund - "Special Collections"

Sub-fund - "Missionary & Diocesan Works
(Archbishop's Fund)"

Working with the charitable organization,
Canada Helps, online donation is now available.

Please go to our Parish web site, 請參照堂區網頁中的
連結，直接捐獻給聖神天主堂。謝謝!!

<https://www.ottawachinesecatholic.org/>

and
DONATE!

我們同時鼓勵各位持續以 Buy-a-Brick 的表格捐獻。
詳情請聯絡堂區辦事處 (電話: 613-747-2080)

電郵: parishoffice@ottawachinesecatholic.org

We also urge you continue to use our Buy-a-Brick form
to support donations to the Sheng Shen Pastoral Centre.
For details, please contact us by phone: (613-747-2080) or
via the above email address.

Online donation
available on the web site of
Sheng Shen (Holy Spirit) Parish

網上捐款，
簡單直接，
方便大家。

In Loving MEMORY



FR. WALTER VOGELS
*passed away on
 January 7, 2026*



01.15 AGM Online Meeting



LUNAR NEW YEAR CELEBRATION

Lion Dance | Live Performances |
 Karaoke | LNY Feast | 50/50

February 15, Sunday, 2026, 12:45 p.m.
 Sheng Shen Catholic Church

11:30 a.m. Mass
 presided by
 Archbishop
 Marcel Dampousse

Before Feb. 9 \$35 After Feb. 9 \$40
 Kid age up to 10 \$10 Baby up to 3 years old Free

Sign up by e-transfer to:
shengshenhs@gmail.com
 Mention: "LNY for _____"

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

1187 Michael Street North, Ottawa,
 ON, Canada, ON K1J 7T2

CHILDREN'S Sunday School 兒童主日學



日期: 2月1日至6月28日
 對象: 初班: 5-7 歲 高班: 8-10 歲
 時間: 每逢星期日 上午10:30 至 11:15 a.m.
 地點: H101室 (地庫會議室)
 報名或查詢, 請聯絡 May Nung

Date : February 1 to June 28
 Age group: Junior class: 5-7 years old
 Senior class: 8-10 years old
 Time: Every Sunday from 10:30 am to 11:15 am
 Place: Room H101 (the meeting room in the basement)
 For registration, please contact May Nung

FAREWELL LUNCH FOR LOUISA WONG 王芬芬歡送會 25/1



Presentation of Outstanding Volunteer Award



Karen Yuen & Kristen Liu 11 /1

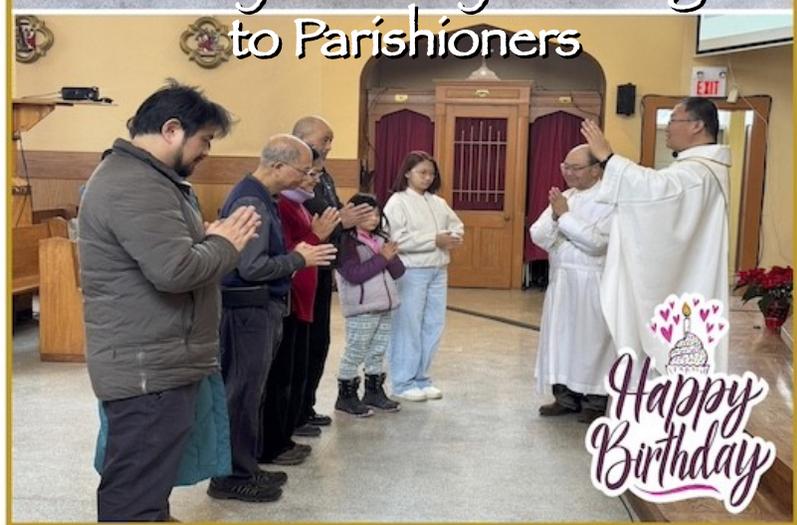


January Birthday Blessings to Parishioners

關愛組愛心活動



探訪楊建華
感恩透過呼籲，關愛組成功地招募了多位義工在1月8日默契合作為有需要的教友執拾衣物。



Happy Birthday

Vote of Thanks to Nellie Wong's Flower Donation



多謝 Stittsville 的 Nellie Wong 贈送各類手製的精緻美麗花卉給堂區



January Sunday Masses

1. 耶穌基督降生於世
 2. 耶穌基督受洗
 3. 耶穌基督受難於十字架
 4. 耶穌基督復活
 5. 耶穌基督升天
 6. 耶穌基督再臨

Every Thursday Online Rosary at 7:30pm

每星期四網上玫瑰經：晚上七時四十五分唸玫瑰經連結



Hail Mary,
full of grace,
the Lord
is with thee.

Blessed art
thou among
women,
and blessed is
the fruit of thy
womb, Jesus.

Holy Mary,
Mother of God,
pray for us sinners,
now and at the hour
of our death.

Amen.



Ottawa Food Bank Holiday Food final wrap up / 食物銀行節日捐贈活動總結



多謝大家響應及支持渥太華食物銀行每年的 Holiday Food Drive 運動，堂區已經遞交所收集的乾貨食品 (共 169 磅) 及捐款 (共 \$498.10) 給渥太華食物銀行。

Thanks to your response and support to Ottawa Food Bank's Annual Holiday Food Drive, we have already delivered all collected dry food (total 169 lbs.) and cash donation (total \$498.10) to Ottawa Food Bank.

誠意招募

逢星期天, 義載教友由 (Stittsville/Church)

返教堂
參與彌撒
的愛德服務。

請聯絡
Gloria Kung.



財務委員會 Finance Council

周進考神父 Fr. Andrew Jinkao (Parochial Administrator)
范浩泉執事 Deacon Peter Fan (Deacon)

會員 Members:
黎寶珍 Katie Ng (共同主席 Co-Chair) 陳麗珠 Linda Chan
曾偉光 Isaac Tsang (共同主席 Co-Chair) 孫暉梅 Maria Sun
鄧鉅振 Thomas Tang 秦恬宜 Candy Chun

出席 In attendance
羅靜如 Angelina Lo 張啟軒 Ray Zhang
鄭宏釗 Hongzhao Zheng

關愛 Christian Service

羅靜如 Angelina Lo 張愛蓮 Therese Yuen
劉湘貴 Gloria Kung 劉秀英 Christina Fan
羅翠貞 Helena Wong 黃金霞 Teresa Szeto
區兆樑 Raymond Au 龔英 Catherine Au
溫麗妮 Lai Nai Wan 曾慧潔 Gladys Wong
王芬芬 Louisa Wong 陳瑞平 Sunny Chan

團體生活 Community Life

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



牧靈議會 Pastoral Council

周進考神父 Fr. Andrew Jinkao (Parochial Administrator)
范浩泉執事 Deacon Peter Fan (Deacon)
李利 Lily Li (共同主席 Co-Chair)
陳利爵 Richard Chan (共同主席 Co-Chair)
歐慧賢 Linda Au (團體生活 Community Life)
陳淑芬 Cecilia Chow (團體生活 Community Life)
黎寶珍 Katie Ng (財務委員會代表 Finance Council Representative)
陳勒秋 Alain Chan (維修 Maintenance)
鄭宏釗 Hongzhao Zheng (青年代表 Youth Representatives)
鍾沅晴 Ginny Chung (青年代表 Youth Representatives)
羅靜如 Angelina Lo (行政 Administration)

行政小組 Administration Team

羅靜如 Angelina Lo (行政協調及團隊)

信仰培育 Christian Education

周進考神父 Fr. Andrew Jinkao (Parochial Administrator) 羅德偉神父 Fr. Lodewicus Barnard
范浩泉執事 Deacon Peter Fan (Deacon) 鄭宏釗 Hongzhao Zheng
農李美玲 May Nung 農李美玲 May Nung

禮儀 Liturgy

黃金霞 Teresa Wong Szeto (Sacristy) 曾慧潔 Gladys Wong 黃懿婷 Christine Wong
李利 Lily Li (Lectors) 黃健平 Dicky Wong 黃振方 James Wong
農李美玲 May Nung (Children Liturgy) 農大鈞 John Nung (Choir A) 陳志雲 Bony Chan
王治耀 Louis Wang (Altar Server, Youth Liturgy) 陳瑞平 Sunny Chan (Choir B) 楊建華 Jian Hua Yang
龍桂裳 Shobie Lung (Youth Liturgy) 司徒惠良 Fred Szeto 陳麗珠 Linda Chan
農正心 Lydia Nung (Youth Liturgy) 黃暉 Wei Huang 陳小喬 Rosa AuYeung
Patient Bahizire (Youth Liturgy) 孫暉梅 Maria Sun 劉湘貴 Gloria Kung
羅翠貞 Helena Wong 王芬芬 Louisa Wong 葉敏華 Anita Cheung
溫麗妮 Lai Nai Wan 叢英 Catherine Au 龍映如 Baylie Lung
江美珍 Connie Kam Linda Au 黎銘賢 Boris Lai
曾兆祺 Leonard Tsang Carol Duan 黃玉華 Wendy Wong
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Request for Mass Offering
奉獻彌撒申請表

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

Date/日期 _____
 Mass at/彌撒時間 9:30 a.m. or 11:30a.m.
 Request by/申請人 _____
 Intention for/意願為 _____

Mass Offering Charge 奉獻彌撒費: \$15

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

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May 15, 2026

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National March for Life

- Pro-life & family speakers
- Breakout sessions
- Pro-Life Expo
- Networking with pro-life youth