



聖神天主堂

Sheng Shen (Holy Spirit) Parish

1187 Rue Michael Street North, Ottawa, Ontario K1J 7T2
Tel: (613) 747-2080 Fax: (613) 747-6115
Email: inquiry@ottawachinesecatholic.org
Web: ottawachinesecatholic.org



2025年9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
杜光智 Brian To
胡偉雄 Alex Wu
何嘉禧 Peter He
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
鍾沅晴 Ginny Chung
周陳淑芬 Cecilia Chow
陳志華 Louis Chan

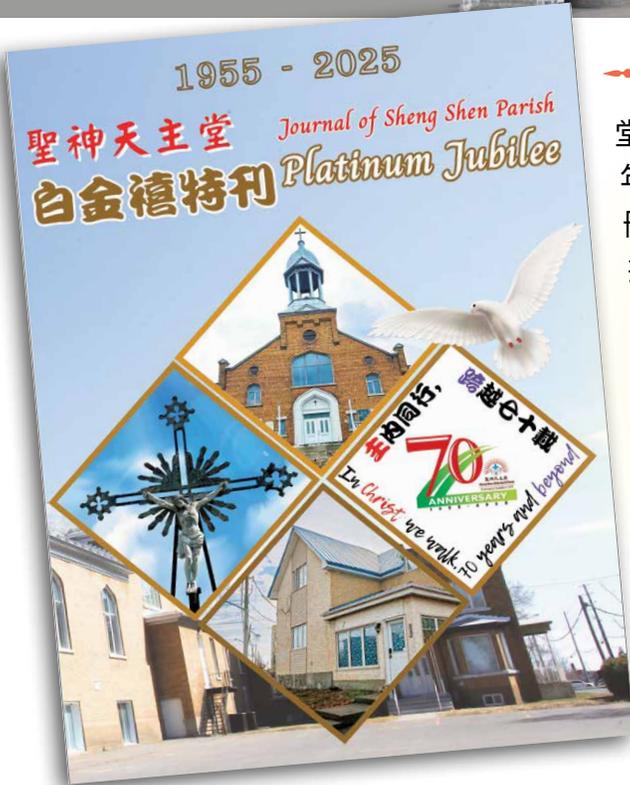
成人慕道 Rite of Christians Initiation of Adults (RCIA)
(粵語、國語、英語)
星期日上午十時半 Sunday 10:30am

青少年活動 Children/Youth Activities
星期日上午十時半 Sunday 10:30am

兒童禮儀 Children Liturgy
星期日上午十一時半 Sunday 11:30am

堂區辦公時間 Parish Office Hours
星期二至五早上十時至中午十二時
Tue-Fri 10am-12pm

惠捐支票抬頭
Please make all cheques payable to:
Sheng Shen Chinese Catholic Community



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 will reveal our 70 years' developmental journey.



主日聖言反思 周進考神父 Fr. Andrew Jinkao Zhou



"So likewise, whoever among you does not forsake all that he has cannot be my disciple"
Luke 14:25-33

This passage does not literally instruct us to hate our family or abandon all material possessions. Instead, it emphasizes the importance of prioritizing our love for God above everything else. In our daily lives, we are often entangled in various worldly desires and concerns, such as wealth, status, and fame, which can hinder our ability to build a closer relationship with God. We must reflect on whether we are overly dependent on material comforts or excessively focused on our family to the point of neglecting our love for God. It is important to find a balance between loving our family and loving God, guided by divine love, and to courageously let go of anything that obstructs our spiritual growth. Moreover, we need to understand that true renunciation is not about pursuing an ascetic life but about attaining something far more precious—a close relationship with God. In doing so, we can more freely follow Jesus and become true disciples.

「你们中不论是谁，如果不舍弃他的一切所有，不能做我的门徒」 路加福音 14：25-33

这句话并非要求我们真的去憎恨家人或舍弃一切物质，而是提醒我们要将对天主的爱置于首位。在现实生活中，我们常常会被各种世俗的欲望和牵挂所束缚，如财富、地位、名誉等，这些可能会阻碍我们与天主建立更亲密的关系。我们需要反思自己是否过于依赖物质享受，是否因为对家人的过度牵挂而忽略了对天主的爱。我们应该学会在爱家人和爱天主之间找到平衡，以天主的爱为指引，勇敢地放下那些阻碍我们追求属灵成长的东西。同时，我们也需要明白，真正的舍弃并不是为了追求苦行，而是为了获得更宝贵的东西——与天主的亲密关系。通过这种方式，我们可以更加自由地跟随耶稣，成为真正的门徒。

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!



信德園

我們的堂區和牧靈中心的翻新工程不斷進展! 我們極力改善教堂和設施, 讓它們展現嶄新面貌。這次優化的重點是我們的信德園, 感謝堂區各家庭同心協力, 花園正逐漸蛻變。我們與教區主持「守護天主創造的寰宇」及熱心志願者攜手合作, 讓我們的教堂成為一個祥和的祈禱和反思之地, 並珍惜愛護天父賜予我們的伊甸園。感謝您的支持和慷慨捐助, 讓我們達至今天的成績, 我們深感感激。今年哥倫布騎士總會更資助我們信德園植樹計劃。騎士會不斷支持我們成長, 同仁等衷心銘感。我們期待各位就堂區的發展提出真知灼見, 從而令我們一起能夠時刻進步, 為聖神天主堂創就更光輝的未來。感謝您與我們攜手並肩, 懷着信德共創明天!

Faith Garden

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

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

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

鞏固成果 策劃未來



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

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

所有聖事禮儀的諮詢, 特別是殯葬, 結婚或嬰孩洗禮等禮儀, 首先要直接與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 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, 教友仍舊向堂區辦事處登記日期奉獻彌撒, (每台奉獻彌撒收費\$15.00), 而堂區辦事處會隨後以奉獻彌撒咭通知被奉獻彌撒者及其家人有關日期等事宜。

請各小組協調人及教友注意, 每主日堂區報告及奉獻彌撒通知截止時間改為逢星期三中午十二時。

成人慕道 — 普通話與粵語的成人慕道和兒童禮儀每星期日上午十時三十分在 H101 室進行。查詢可與范執事聯絡。



Link for weekly Thursday Rosary Zoom info:

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

FIND AND FOLLOW US ON SOCIAL MEDIA

 @聖神天主堂 - Sheng Shen - Parish

 @shengshen.parish

AUGUST
Sunday Masses



First Sunday Mass
presided by
Fr. Zhou



**BBQ Welcome Party
to Fr. Zhou on 10/8**



**關愛組的愛心行動
Christian Services : Visit on 4/9**



傑出義工獎 Outstanding Volunteer Award
Isaac Tsang & Wendy Wong

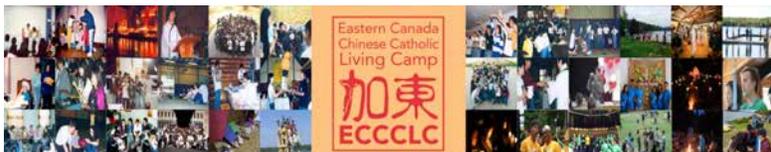


Joint Pastoral & Finance Council Meeting on 21/8



ZOOM 線上中文課程
Online Chinese Language Class

本堂區將舉辦網上中文課程，以粵語按照香港課程教授繁體中文，逢星期五下午五時至六時進行，每節25分鐘。
報名及查詢: learning.sspc@gmail.com. 詳情請瀏覽海報。



加東公教青年營 GATUNG 2025



Zoom網上中文教室(初小程度)
教學媒體: 粵語及繁體中文(香港課程)
上課日期: 逢星期五
上課時間: 下午5時 / 5時30分
每節時間: 25分鐘 導師: 黎老師
每節收費: 5加元 每組人數: 3人
每月學費請於首個周日於彌撒捐獻
並撥作本堂區經費



報名及查詢:
learning.sspc@gmail.com



名額有限，歡迎查詢及報名！



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，除了每星期一周神父休假外，請先與他預約。

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

每星期四 頌念玫瑰經



2. 聖神天主堂慶祝70週年: 十月五日上午11:30 由總主教主持感恩祭及後午餐歡聚。屆時眾多創會修女、神父及朋友將蒞臨，共享主內的喜悅，敬請預留時間，一同同樂。預訂午餐，每份\$25，可電子轉帳。報名訂餐截止日期9月28日，臨時參予者恕未能供應食物
- Sheng Shen Community has scheduled to celebrates our 70th Anniversary on October 5, with 11:30am Mass to be presided by Archbishop and con-celebrated by many priests associated with our Community, followed by lunch. Our founding MIC Sisters, many priests and friends will also join us.



**聖神天主堂
70週年 慶祝紀念**

70 ANNIVERSARY

時間: 上午 11:30 由總主教主持彌撒
下午 12:30 午餐歡聚

地點: 聖神天主堂
1187 Michael St. Ottawa, ON K1J 7T1

票價: 每位 \$25

截止日期: 2025年9月28日
透過電子轉帳回覆: shengshenhs@gmail.com

**Celebrating Sheng Shen
70th Anniversary**

Date: October 5th, 2025
Time: 11:30 am: mass presided by Archbishop
12:30 pm: Lunch celebration

Place: Sheng Shen Parish,
1187 Michael St. Ottawa,
Ontario K1J 7T1

Price: \$25 per person.
Deadline: By September 28, 2025
RSVP by etransfer:
shengshenhs@gmail.com

Message:
Anniversary lunch for
(Your name)

Come join us to share the joy of this happy occasion. Lunch charge is \$25 per person. R.S.V.P by etransfer. Deadline for lunch reservation is September 28. No food could be served if no prior reservation is registered.

3. 聖母無原罪修女會(MIC Sisters)印刷的2026年月曆每本售價\$5。請購買支持。Please support the MIC Sisters by purchasing their 2026 Calendars at cost of \$5 each.

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

網上捐款，
簡單直接，
方便大家。

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

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

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

and DONATE!

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

電郵: parishoffice@ottawachinesecatholic.org

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



Request for Mass Offering

奉獻彌撒申請表

財務委員會	Finance Council	牧靈議會	Pastoral Council
周進考神父	Fr. Andrew Jinkao Zhou (Administrator)	周進考神父	Fr. Andrew Jinkao Zhou (Administrator)
范浩泉執事	Deacon Peter Fan (Deacon)	范浩泉執事	Deacon Peter Fan (Deacon)
會員	Members	李利	Lily Li (共同主席 Co-Chair)
黎寶珍	Katie Ng (共同主席 Co-Chair)	陳利爵	Richard Chan (共同主席 Co-Chair)
張彥潔	Agnes Zhang (共同主席 Co-Chair)	歐慧賢	Linda Au (團體生活 Community Life)
孫擘梅	Maria Sun	陳淑芬	Cecilia Chow (團體生活 Community Life)
曾偉光	Isaac Tsang	黎寶珍	Katie Ng (財務委員會代表 Finance Council Representative)
鄧鉅振	Thomas Tang	陳勒秋	Alain Chan (維修 Maintenance)
陳麗珠	Linda Chan	鄭宏釗	Hongzhao Zheng (青年代表 Youth Representatives)
秦恬宜	Candy Chun	鍾沅晴	Ginny Chung (青年代表 Youth Representatives)
出席	In attendance	羅靜如	Angelina Lo (行政 Administration)
羅靜如	Angelina Lo	行政小組	Administration Team
鄭宏釗	Hongzhao Zheng	羅靜如	Angelina Lo (行政協調及團隊)
杜光智	Brian To		
張啟軒	Ray Zhang		
信仰培育	Christian Education		
周進考神父	Fr. Andrew Jinkao Zhou (Administrator)		
范浩泉執事	Deacon Peter Fan (Deacon)		
羅德偉神父	Fr. Lodewicus Barnard		
鄭宏釗	Hongzhao Zheng		

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

義工招募

Recruitment of Volunteers

- 關愛組:** 實踐基督徒愛人互助互勉的精神, 關愛組欲擴展關愛行動, 以不同的方式與長者, 患病者及有需要的家庭接觸問候與支援。現招募義工參與及策劃活動。有興趣者請與周進考神父或Angelina Lo 聯絡。
Christian Service Committee: To live out the Christian spirit of mutual love, support, and encouragement, the Christian Service Committee seeks to expand its outreach efforts to connecting with and offering comfort and assistance to the elderly, the sick, and families in need in various ways. We are now recruiting volunteers to participate and plan these activities. If you are interested, please contact Fr. Andrew Zhou or Angelina Lo.
 - 團體生活組:** 新任駐堂司鐸周進考神父期待與更多的教友聯系認識, 邀請教友主日彌撒後留步往禮堂歡聚。團體生活組亦需要更多義工協助組織茶點及事後清潔工作。義工請與 Linda Au 或Ceci Chow 聯絡。
Community Life Committee: Our newly appointed parish priest, Fr. Andrew Zhou, wishes to get to know more parishioners and invites everyone to stay behind after Sunday Mass for fellowship in the parish hall. The Community Life Committee is also looking for more volunteers to assist with organizing refreshments and handling clean-up afterwards.
- If you would like to be volunteers, please contact Linda Au or Ceci Chow.**

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

關愛		Christian Service	
羅靜如	Angelina Lo	區兆樑	Raymond Au
劉湘貴	Gloria Kung	溫麗妮	Lai Nai Wan
羅翠貞	Helena Wong	王芬芬	Louisa Wong
曾兆祺	Leonard Tsang	段安林	Dennis Duan
古媽珊	Serena Tsang	陳潔華	Jennifer Yeung
曾慧潔	Gladys Wong	黃懿德	Christine Wong
黃健平	Dicky Wong	黃振方	James Wong
John Nung	John Nung (Choir A)	陳志雲	Bony Chan
農大鈞	Sunny Chan (Choir B)	楊建華	Jian Hua Yang
陳瑞平	Sunny Chan (Choir B)	陳麗珠	Linda Chan
司徒惠良	Fred Szeto	陳小喬	Rosa AuYeung
黃暉	Wei Huang	劉湘貴	Gloria Kung
孫擘梅	Maria Sun	葉敏華	Anita Cheung
王芬芬	Louisa Wong	龍映如	Baylie Lung
叢英	Catherine Au	黎銘賢	Boris Lai
歐慧賢	Linda Au	黃玉華	Wendy Wong
段曹正心	Carol Duan	鄭宏釗	Hongzhao Zheng



Mass Celebration on Feast of Assumption of Blessed Mary

聖母無原罪升天瞻禮彌撒 15/8



Universal Prayer all through the Jubilee Year

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

2025禧年普世祈禱

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



Hong Kong Style
Chinese
Restaurant



808 Somerset St. W., Ottawa, Ontario K1R 6R5
(613) 563-2432
www.cafeorient.ca

Business hours: Thurs to Tues 11 a.m. to 9:00 p.m. Closed on Wed



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

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



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Fax: 613-749-1804

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356 Preston St. Ottawa, ON K1S 4M7

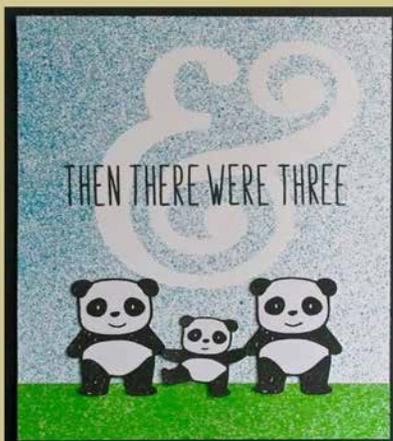
教宗良十四世的九月祈禱意願

Pope Leo XIV's Prayer Intention for September

祈禱意向：請為我們與所有受造物的關係祈禱。願我們受聖方濟各的啟發，體驗與所有受天主鍾愛、值得愛護和尊重的受造物之間的相互依存關係。

Universal: For our relationship with all of creation.

Let us pray that, inspired by Saint Francis, we might experience our interdependence with all creatures who are loved by God and worthy of love and respect.



Custom handmade cards
手製各類心意賀咭

Cecilia Chow
613-325-1958
cecechow@gmail.com

(形象, 顏色或個人
訊息的設計, 可按
顧客需要而配合)

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Special request images & colors
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