



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10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)

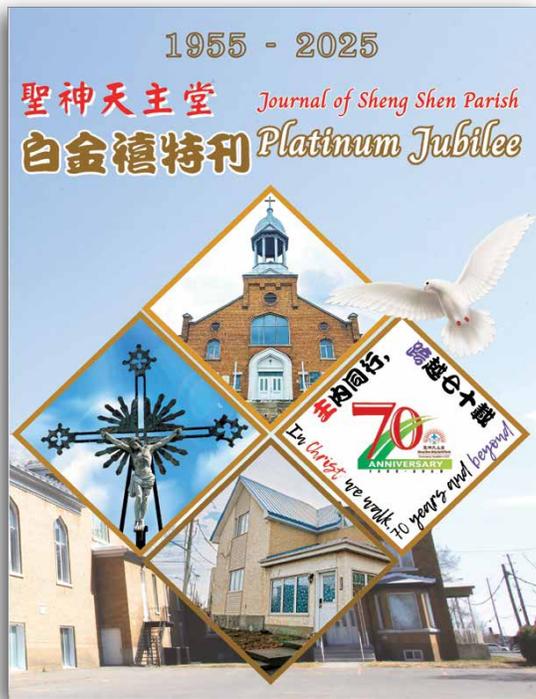
(粵語, 國語, 英語)
星期日上午十時半 Sunday 10:30am

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.



當日的感恩祭將有網上直播. 連結:
www.youtube.com/live/tXiv3qu8T4Q

Terrence Prendergast 總主教
為我們主持 11:30 a.m. 的彌撒, 開始時以隊伍圍繞教堂遊行一週, 隨著十字聖架, 騎士會儀仗隊, 輔祭, 讀經員, 福音書, 神父, 主教, 教友們跟著進入教堂參與彌撒。



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 70週年 慶祝紀念

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
透過電子轉帳回復: 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 e-transfer:
shengshenhs@gmail.com
Message:
Anniversary lunch for
(Your name)



探索堂區未來發展

適逢聖神天主堂成立七十周年，周進考神父帶同多位堂區資深委員與渥太華—康沃爾總教區的行政人員進行磋商。該項磋商在九月中旬開始，討論重點在於堂區的發展，其中涵蓋(但不限於)旨在福傳工作的物業發展項目。是次磋商檢視了堂區現有資源，以及政府於教堂周邊的積極開發。本堂一直致力於社區基層工作，聯繫本堂各教友，更關懷社會各界，協助新移民安居樂業，舉辦青少年活動並推動社區凝聚計劃等。本堂多年來與志同道合的機構並肩合作，例如「總教區受造界牧靈部」、渥太華華裔社區服務中心、政府官員等亦為堅實夥伴，因此，我們深具推展教會福傳事工的能力。憑藉耕耘社區十五載，我們展望福傳及牧靈規劃的光明前景，期望與教區及各堂區通力合作，培育聖召、推展福傳。

此外，本堂更得到教友Banc Sushi 的倪寬先生 (Ni Kuan) 熱心支持，為當日與會者贊助了豐盛午餐，既能為我們在緊湊會議間補充體力，又能營造溫馨氛圍。

我們衷心感謝總教區同工及本堂支持者與我們一同推展天主的國。展望未來數年，我們期盼更多好友參與這項任重道遠的事工，並給予我們建議及支持。

EXPLORING THE FUTURE OF PARISH DEVELOPMENT

On this momentous occasion of the 70th Anniversary of the founding of the Sheng Shen Community, our Parish, under the leadership of Fr. Jinkao Zhou and with the enthusiastic and seasoned support of experienced members of the Community, launched consultations with the administrative staff of the Archdiocese of Ottawa-Cornwall in mid-September, focusing on the development of the Parish including but not limited to property development with Evangelization as the goal.

Both sides discussed the parish's existing resources, including the government's proactive development efforts around the church. Through our efforts working with the grass root of our community, we have reached out to, not only our parishioners, but also different aspects related to the population, new immigrant settlement, youth program, community cohesion projects. Working with like-minded organizations, such as the Ministry for Creation of the Archdiocese, Ottawa Chinese Community Service Centre, government officials, and others, we are in the position to help further the work of the Church. Building on our fifteen years of community service, we look forward to a bright future in evangelization and pastoral planning. We express our willingness to work collaboratively with the diocese and parishes in nurturing vocations and evangelizing.

This good beginning was further encouraged by the support of Ni Kuan (倪寬) of Banc Sushi, a fervent parishioner. Ni Kuan donated a sumptuous lunch for the participants of the meeting. It helped not only to feed us in the middle of our brief but intense deliberation but also help to cultivate a favorable atmosphere for the meeting.

Our deepest gratitude goes out to the staff of the Archdiocese and our supporters in the Parish in helping to further the Kingdom of God. We look forward to the participation, advice, support and engagement of even more friends in this meaningful and long-lasting work in the years ahead.

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.

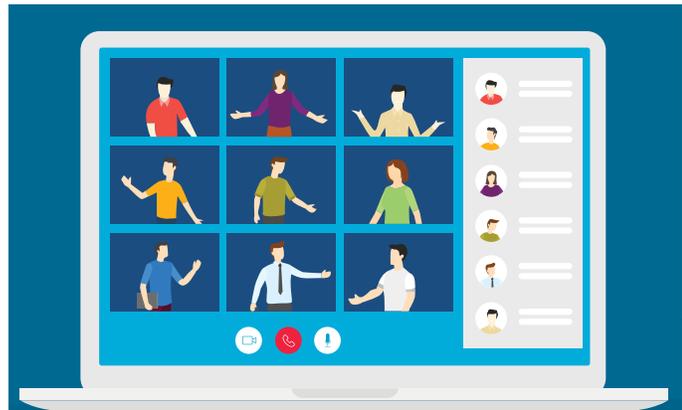
此通訊只刊登堂區主辦的活動及有關資料。內容由行政事務管理決定。

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



主日聖言反思 Gospel Reflection

周进考神父 Fr. Jin Kao Zhou



常年期二十八主日

耶稣便说：「洁淨了的，不是十个人吗？那九个人在那里呢？除了这个外邦人，就没有别人回来，归光荣于天主吗？」 路 17:11—19

十个痲病人得洁淨后，仅有一人返回感恩，这一事件引发深刻的反省。我们常因忙碌或习以为常，忽略生命中的恩典。那位撒玛利亚人的举动提醒我们：真正的得救不仅是身体的痊愈，更是心灵的觉醒——懂得感恩、铭记恩典，并以行动回应。我们是否在生活的顺境中忘却了赐予者，在困境中抱怨而非祈求？就像有的教友有需要时才来教堂，目的达成了，就来的少了，甚至很长时间再来（再有需要时）。这样不是感恩，而是交易！愿我们能像那位归来的病人一样，以信德看见恩典，以感恩传递爱，让生命因这份觉醒而真正得救。

"And Jesus answering said, 'Were there not ten cleansed? But where are the nine? There are not found that returned to give glory to God, save this stranger.'" Luke 17:11-19

Ten men with leprosy were cleansed, yet only one returned to give thanks - a gesture that leads to profound reflection. The Samaritan's gesture reminds us: the true salvation is not only the healing of our body, but also the awakening of our spiritual lives - to understand gratitude, cherish His blessings, and respond through deeds.

Do we forget the giver in our good times? Do we complain rather than pray in our hard times? Just as some parishioners come to church only when they are in need, but they don't come as often when they have gotten what they want, or even they stay away for a very long period of time (and return when they have needs again). This is not gratitude but exchange!

May we learn from the returning cured Samaritan, and may we see the blessings with our faith and spread love with our gratitude, so our lives will be truly healed through this awakening.

70
YEARS ANNIVERSARY

Pastor's Message on Sheng Shen Community's 70th Anniversary

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

As Sheng Shen Catholic Parish celebrates her seventieth anniversary, I am deeply honored to extend my most heartfelt blessings with profound joy and gratitude!

Through seventy years of trials and triumphs, she has been standing as an unwavering lighthouse, illuminating myriad parishioners' spiritual journeys. She serves not only as a sanctuary for our faith, but also as a dwelling place of God's love and warmth. In those years, she has witnessed life's transformation, spiritual metamorphosis, and carried the devotion and hopes of parishioners of different generations. Celebrating her seventieth anniversary, I feel deeply honored to learn that I am her first full time pastor in seventy years. At the same time, I am acutely cognizant of the sacred nature of my mission and the magnitude of my responsibility.

May we unite in all our endeavors, illuminated and guided by the Holy Spirit, so we can carry forward the legacy and forge ahead to create a resplendent future. In the coming years, the Sheng Shen Catholic Parish will continue to be a vessel of God's love, guiding more souls toward light and peace. May the blessing of God always be with us, and may our parish overflow with joy and glory. Amen!

Fr. Jin Kao Zhou
Parochial Administrator, Sheng Shen Parish

SEPTEMBER Sunday Masses



**Thank you so much, Felix
for fixing
the church
flood light**



**傑出義工獎 Outstanding Volunteer Award
Ivy Pui**



ZOOM 線上中文課程 Online Chinese Language Class

堂區現舉辦網上中文課程，以粵語按照香港課程教授繁體中文，逢星期五下午五時至五時三十分進行，每節25分鐘，導師黎老師，收費每節五元。收益將撥作堂區經費。詳情請瀏覽堂區通訊海報。

Our parish is offering online Chinese classes now in Traditional Chinese, taught in Cantonese and following the Hong Kong curriculum. Sessions will be held every Friday lasting 25 minutes from 5:00 to 5:30 p.m., with each session charging \$5. All proceeds will go towards parish expenses. For further details, please refer to the poster in parish bulletin.

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！



關愛組愛心活動



13/9 Home of Maria Sun in Kanata



18/9 Home of Vincent & Gemma Chiu in Orleans



團體消息 Announcement

1. 教友辦告解，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

2. 聖神天主堂慶祝70週年:
十月五日上午11:30. 由 Prendergast 總主教主持感恩祭，彌撒進堂禮儀，以巡遊開始。彌撒後午餐歡聚。並有中樂演奏、卡拉OK及迎月活動。過程將有網上直播。
(連結: www.youtube.com/live/tXiV3gu8T4Q)

Archbishop Terrence Prendergast will be the presider of our Anniversary Mass, starting with procession around the church. The Mass is followed by lunch celebration, with Chinese Music Performance and Karaoke in keeping the theme of Mid-Autumn (Harvest Moon) Festival which is on October 6. There will be live streaming of the Mass:
(Link at www.youtube.com/live/tXiV3gu8T4Q)

3. 十月十九日主日感恩祭將有第二次奉獻，為支持世界的福傳工作。
On October 19 World Mission Sunday, there will be second donation during mass in support of evangelization of the nations
4. 堂區清潔日定於十月十一日星期六下午一時至三時舉行。請義工到時出席參與清潔工作。



9.16 Thank you, Ni Kuan!



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)
孫暉梅	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

1. 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.

2. 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
孫暉梅	Maria Sun	陳利爵	Richard Chan
黃暉	Teresa Wang	陳麗珠	Linda Chan
李溫麗妮	Lai Nai Wan	段曹正心	Carol Duan
農大鈞	John Nung	農李美玲	May Nung
周健明	Gary Chow	王芬芬	Louisa Wong
陳瑞平	Sunny Chan	劉秀英	Christina Fan

關愛	Christian Service		
羅靜如	Angelina Lo	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
張愛蓮	Therese Yuen	劉秀英	Christina Fan
黃金霞	Teresa Szeto		

禮儀	Liturgy				
黃金霞	Teresa Wong Szeto (Sacristy)	曾兆祺	Leonard Tsang	段安林	Dennis Duan
李利	Lily Li (Lectors)	古媽珊	Serena Tsang	陳潔華	Jennifer Yeung
農李美玲	May Lung (Children Liturgy)	曾慧潔	Gladys Wong	黃懿德	Christine Wong
王治耀	Louis Wang (Altar Server, Youth Liturgy)	黃健平	Dicky Wong	James Wong	Bony Chan
龍桂裳	Shobie Lung (Youth Liturgy)	農大鈞	John Nung (Choir A)	楊建華	Jian Hua Yang
農正心	Lydia Nung (Youth Liturgy)	陳瑞平	Sunny Chan (Choir B)	陳麗珠	Linda Chan
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		歐慧賢	Linda Au	黃玉華	Wendy Wong
		段曹正心	Carol Duan	鄭宏釗	Hongzhao Zheng



Universal Prayer all through the Jubilee Year

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

2025禧年普世祈禱

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



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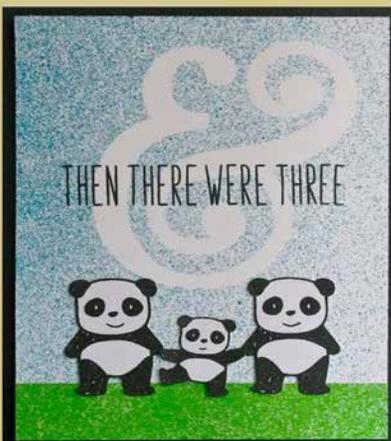
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教宗良十四世的十月祈禱意願

Pope Leo XIV's Prayer Intention for October

祈禱意向：請為不同宗教傳統間的合作祈禱。
願不同宗教傳統的信徒能攜手合作，捍衛並促進和平，
正義與人與人之間的手足情誼。

Universal: For collaboration between different religious traditions.

Let us pray that believers in different religious traditions might work together to defend and promote, peace, justice, and human fraternity.