



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11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

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 70th 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.

Ottawa, October 10, 2025

Ivan Jurković
Apostolic Nuncio



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!



鞏固成果 策劃未來



Sheng Shen (Holy Spirit) Faith Garden 2025 A Progress Report

Sheng Shen (Holy Spirit) Parish and Community has been engaging in environment related projects for over 10 years, in fact, since we moved into the current grounds of 1187 Michael Street North, Ottawa, ON K1J 7T2. Our intention is to transform the old industrial outlook of our setting, in which the church is located, back to a more natural and environmentally beneficial setting for all, plants, insects, humans and worship.

Through the support of like-minded ministries and organizations, such as Faith for the Common Good and the ministries for the environment in our Archdiocese of Ottawa-Cornwall, we have been able to take small steps to transform the surroundings of our Church.

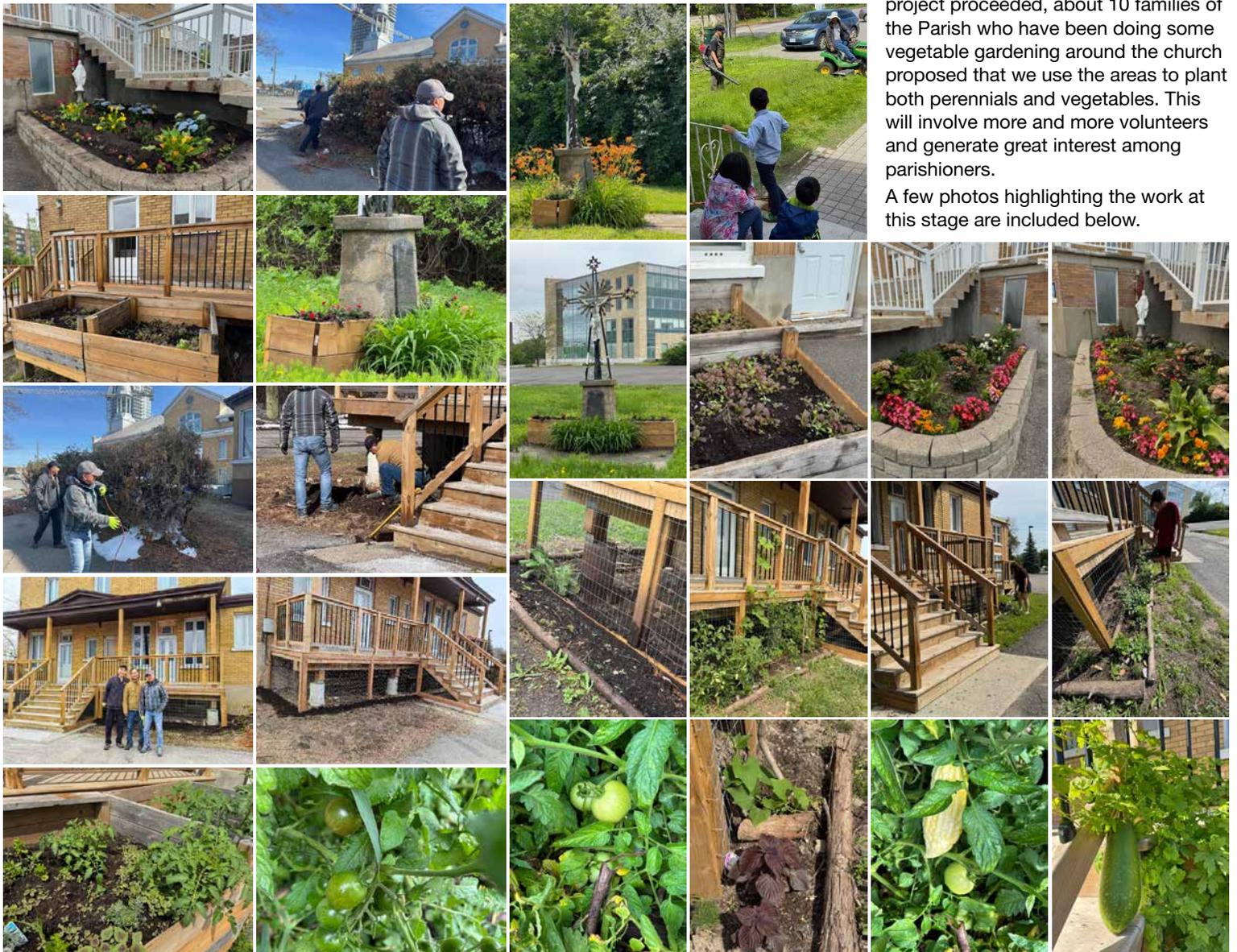
In 2025 through the financial support of the City of Ottawa and the Knights of Columbus Council 485 Charitable Foundation, as well as dedicated volunteers of our Parish, we have restored the planting areas at the back and front of the church.

Clearing the grounds and rebuilding the flower/vegetable beds (April 2025)

Following their preparation work in the Fall of 2024, our team of volunteer proceeded to clear the shrubs around the church, especially those at the back of the church, where new wooden patios have been built to replace the old concrete ones that were destroyed by weather and snow.

At first, the team of volunteers were considering planting shrubs. As the project proceeded, about 10 families of the Parish who have been doing some vegetable gardening around the church proposed that we use the areas to plant both perennials and vegetables. This will involve more and more volunteers and generate great interest among parishioners.

A few photos highlighting the work at this stage are included below.



主日聖言反思 Gospel Reflection

周進考神父 Fr. Jin Kao Zhou



十一月二日追思已亡日，常年期第三十一主日。

耶穌對匝凱說：“今天救恩臨到了這一家，因為他也是亞巴郎之子。因為人子來，是為尋找及拯救迷失了的人。”這段經文如同一束光照進黑暗，提醒我們救恩的普世性與天主無盡的愛。匝凱作為稅吏，本被社會視為“罪人”，卻因對耶穌的渴望與接納，迎來救恩的臨在。這讓我們看到，無論身份如何，天主的愛始終向我們敞開，祂尋找的正是那些迷失的靈魂，願以慈愛引領我們回歸。

在追思已亡的時刻，這份反省更顯深沉。我們為逝者祈禱，相信天主的救恩同樣臨於他們。逝者或許曾在塵世迷失，但天主的愛永不放棄任何一個靈魂。正如匝凱的轉變，我們堅信逝者在天主的懷抱中，終將獲得救贖與安寧。追思已亡不僅是對過去的緬懷，更是對天主救恩的堅信——無論生死，祂的愛永遠伴隨我們，給予希望與力量。願我們在這份愛中，為逝者祈禱，也為自己的生命找到歸依的方向。

November 2nd, 31st Sunday in Ordinary Time, is a day of remembering the deceased.

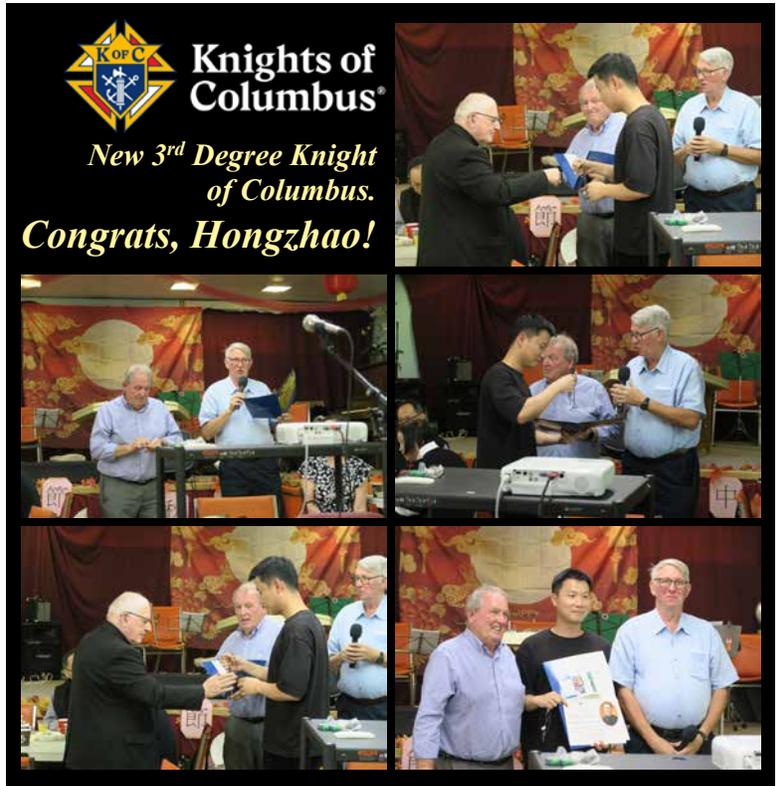
Jesus told Zacchaeus, 'Today, salvation came to this household because he is also a son of Abraham. The Son of Man came to search for and rescue the lost.' This piece of scripture is like a beam of light shining into the darkness that reminds us of the universality of salvation and the endless love of God. Zacchaeus was a tax collector regarded as a sinner, but he received salvation because of his acceptance and longing for Jesus. This passage shows us that no matter what our status and identity are, God's love is always extended to us. God is searching for the lost souls and using his love to lead them back.

During this time of commemorating our deceased, this reflection becomes more profound. We pray for the deceased and believe God's salvation will also embrace them. Though they may have wandered in this world, God's love will not abandon any soul. Just as Zacchaeus was transformed, we deeply believe the deceased will finally receive redemption and peace. Remembrance of the deceased is not merely a recollection of the past, but also an affirmation of God's salvation – whether in life or in death, God's love will always be with us and give us hope and strength. May we pray for the deceased and, in this love, discover the path for our lives.

Mass on Celebration of National Day for Truth and Reconciliation 30/9



OCTOBER Sunday Masses



關愛組愛心活動

馮太剛搬往Stirling Park Senior Living. 周神父與 Raymond & Catherine Au, Angelina, Fred & Teresa, Therese Yuen 在10月11日下午探訪她及其家人. 周神父祝聖了她的新居及給她送聖體. 馮太很滿意新居環境及服務, 並以茶點招待我們, 慶祝喬遷之喜!



祝福許娟闔家



與 Thomas & Eva Tang 歡聚



關愛組分享會





主內弟兄姊妹：
感謝朋友們踴躍參與我們的七十周年彌撒及慶典。
我們濟濟一堂，同頌主恩，真是上主的恩賜。我們同心合力邁向未來。
祝願各位闔家 主內平安。
— Peter

Procession around the church



Mass Celebration





**Words of Encouragement:
Sr. Cecilia Hong on behalf of the MIC Sisters, and
Fr. Deng representing the Congregation of St. John the Baptist 耀漢小兄弟會**



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



A vote of thanks by Fr. Zhou, our Pastor



Lunch Celebration





Karaoke 迎月





Message from Sr. Cecilia Hong

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,
Sr. Cecilia Hong, MIC*



Message from Sr. Dupuis, MIC Provincial

Ottawa Sheng Shen Catholic Church Diamond Jubilee



**Best Wishes and May
God Bless Your Diamond Jubilee.**

Dear friends of Sheng Shen parish,

An anniversary is an auspicious occasion to remember your foundation and the many graces received throughout these 70 years of your Christian Community.

The Missionary Sisters of the Immaculate Conception walked the path of faith along with you and invited you to have a spirit of Thanksgiving. This spirit invites us all to share one's faith and to praise the Lord in good times and in times of trials. Mother Delia tell us:

"We have a thousand reasons to be happy."

Please accept our humble gift that symbolizes God's universal love for all his children.

Happy 70th Anniversary,
Sylvia Dupuis, MIC
Provincial Superior

Message from Sr. Cecilia Mzumara, MIC Superior General



Sept. 30th, 2025

Dear Friends of Sheng Shen Catholic Church,

Congratulations to you as you celebrate your 70th 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. 5th. 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 Delia Tetreault watch over you and bless you always!

Yours in Christ,

Cecilia Mzumara, MIC
Sr. Cecilia Mzumara, MIC
Superior General

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. 十一月煉靈月，教友如欲為親友亡魂祈禱，可填寫在教堂內的祈禱冊上。
November is the Month of Holy Souls in Purgatory. Parishioners wishing to pray for the souls of family and friends can register in the Remembrance Book located in the church.
3. 11月2日開始冬季時間。請在11月1日晚睡覺前把時鐘往後撥一小時。
Daylight Savings Time will end on November 2. Please remember to put the clock backward for one hour before going to bed on the night of November 1.
4. 十一月十六日11:30 a.m.主日彌撒完畢後，周神父將為有需要的教友傳油。
5. 2025-26 的英文版 Sunday Missal 彌撒經書：每本售價\$7。請與 Fred Szeto 訂購。
English Version of Sunday Missal 2025-26 is \$7 per copy. Please contact Fred Szeto to order.
6. 周神父定於每個月第二個主日彌撒完結前，邀請所有該月生日的教友前來祭台接受祝福。
Every second Sunday of the month before 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.



七十周年朝聖自駕遊

十一月底，一些教友相約往滿地可朝聖，並拜訪MIC修女，有興趣者請向堂區辦事處 parishoffice@ottawachinesecatholic.org 報名。

傑出義工獎 Outstanding Volunteer Award

Baylie & Shobie Lung



Frank Yen receiving the Apostolic Blessing for his 80th Birthday

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

網上捐款，
簡單直接，
方便大家。

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

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

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

and DONATE!

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

電郵: parishoffice@ottawachinesecatholic.org

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



Request for Mass Offering

奉獻彌撒申請表

Date/日期 _____

Mass at/彌撒時間 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

Link for weekly Thursday Rosary Zoom info:
<http://us02web.zoom.us/j/84314789760?pwd=L0dGTGUvNE4xQVNsUjl4SG1ycEp5UT09>

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。

財務委員會 Finance Council	牧靈議會 Pastoral Council
周進考神父 Fr. Andrew Jinkao Zhou (Parochial Administrator)	周進考神父 Fr. Andrew Jinkao Zhou (Parochial 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)
孫曄梅 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	陳勤秋 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	羅靜如 Angelina Lo (行政協調及團隊)
鄭宏釗 Hongzhao Zheng	
杜光智 Brian To	
張啟軒 Ray Zhang	
信仰培育 Christian Education	行政小組 Administration Team
周進考神父 Fr. Andrew Jinkao Zhou (Parochial Administrator)	
范浩泉執事 Deacon Peter Fan (Deacon)	
羅德偉神父 Fr. Lodewicus Barnard	
鄭宏釗 Hongzhao Zheng	

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

關愛 Christian Service		
羅靜如 Angelina Lo	溫麗妮 Lai Nai Wan	黃金霞 Teresa Szeto
劉湘貴 Gloria Kung	王芬芬 Louisa Wong	叢英 Catherine Au
羅翠貞 Helena Wong	張愛蓮 Therese Yuen	曾慧潔 Gladys Wong
區兆傑 Raymond Au	劉秀英 Christina Fan	陳瑞平 Sunny Chan

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	黃振方 James Wong
龍桂裳 Shobie Lung (Youth Liturgy)	農大鈞 John Nung (Choir A)	陳志雲 Bony Chan
農正心 Lydia Nung (Youth Liturgy)	陳瑞平 Sunny Chan (Choir B)	楊建華 Jian Hua Yang
Patient Bahizire (Youth Liturgy)	司徒惠良 Fred Szeto	陳麗珠 Linda Chan
羅翠貞 Helena Wong	黃暉 Wei Huang	陳小喬 Rosa AuYeung
溫麗妮 Lai Nai Wan	孫曄梅 Maria Sun	劉湘貴 Gloria Kung
江美珍 Connie Kam	王芬芬 Louisa Wong	葉敏華 Anita Cheung
	叢英 Catherine Au	龍映如 Baylie Lung
	歐慧賢 Linda Au	黎銘賢 Boris Lai
	段善正心 Carol Duan	黃玉華 Wendy Wong
		鄭宏釗 Hongzhao Zheng

FIND AND FOLLOW US ON SOCIAL MEDIA

@聖神天主堂 - Sheng Shen - Parish

@shengshen.parish



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>



Bane Sushi 一番料理

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Fax: 613-749-1804

919 Montreal RD Ottawa K1K 0S6



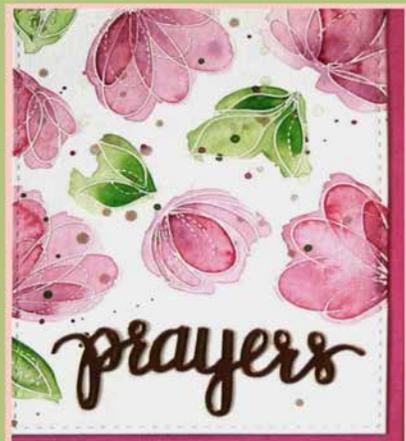
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Nick Shallal

CHEF / OWNER

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Custom personal messages

教宗良十四世的十一月祈禱意願

Pope Leo XIV's Prayer Intention for November

祈禱意向：請為預防自殺祈禱
願那些有輕生念頭的人，能在所處的團體中找到支持、關懷與愛，重新找到生命之美。

Universal: For the prevention of suicide
Let us pray that those who are struggling with suicidal thoughts might find the support, care, and love they need in their community, and be open to the beauty of life.