



# 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



### HAPPY NEW YEAR

## 2026年1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

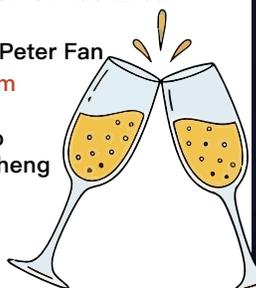
### 堂區辦公時間 Parish Office Hours

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



*La joie de l'Évangile nous envoie en mission!  
Joyeux Noël!*

Alors que nous célébrons la naissance de notre Sauveur, nous nous rappelons que l'amour de Dieu nous parvient de la manière la plus humble qui soit : un petit enfant dans une crèche, qui apporte pourtant la lumière au monde. Cette période nous invite à ouvrir nos cœurs à l'espoir, à la paix et à la joie, et à partager généreusement ces dons avec ceux et celles qui nous entourent.

\* Nous vous souhaitons un Noël béni et joyeux, ainsi qu'une nouvelle année remplie de la grâce abondante de Dieu.

Avec nos prières et bénédictions,

✠ Marcel Dampousse  
Archbishop of Ottawa-Cornwall

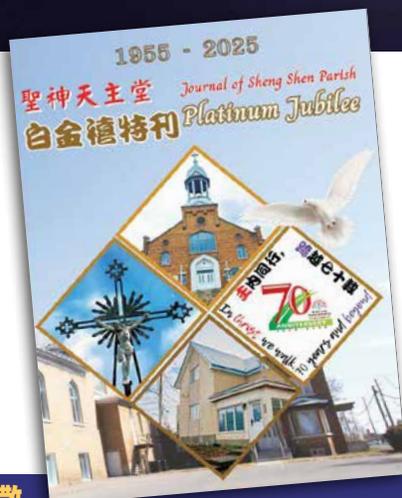
*The joy of the Gospel calls us into mission!  
Merry Christmas!*

As we celebrate the birth of our Savior, we remember that God's love comes to us in the most humble way possible: a little child in a manger, yet bringing light to the world. This season invites us to open our hearts to hope, peace, and joy, and to share these gifts generously with those around us.

We wish you a blessed and joyful Christmas, and a New Year filled with God's abundant grace.

With our prayers and blessings,

✠ Yvan Mathieu, S.M.  
Auxiliary Bishop of Ottawa-Cornwall



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 70<sup>th</sup> Anniversary Journal, and incorporated such contents in "The History" page of 60<sup>th</sup> Anniversary Journal. By clicking on the QR Quote will reveal our 70 years' developmental journey.



### 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。

### 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!





聖誕前夕彌撒



聖誕日彌撒





入门圣事收录礼 — 卢继全兄弟



Rite of Welcoming for Full Communion — Beulah



主日聖言反思  
Gospel Reflection

周进考神父 Fr. Jin Kao Zhou



2026年元月一号天主之母节 路加福音2章16--21节反省

在路加福音2章16至21节中，牧羊人听从天使的指示，急忙前往白冷郡，找到了玛利亚、若瑟和躺在马槽中的婴孩耶稣。他们将天使的话传开，虽遭众人诧异，却因亲眼所见而归光荣于天主，赞美不停。这段经文让我们深感震撼！牧羊人本是社会边缘人，却成为第一个见证救主降生的群体。他们的积极回应——急忙前往、如实传扬、归光荣与天主——展现了对天主旨意的全然顺服。相比之下，我们在生活中往往对天主的呼召反应迟缓，甚至怀疑、犹豫。我们常被世俗的忙碌和琐事缠绕，忽略了天主在平凡的生活中向我们显现的旨意。玛利亚则将这一切事存在心里，反复思想。她的沉默与深思，提醒我们信仰不仅是外在的行动，更是内心的沉淀与领受。她以母亲的温柔和顺服，接纳了天主的安排，即便未来充满未知与苦难，仍选择默默承担。这段经文如同一面镜子，映照出我们的信仰态度：我们是否像牧羊人一样，对天主的旨意迅速回应？是否像玛利亚一样，在生活中默默领受和实行天主的旨意，将信仰扎根于内心？愿我们都能从这段圣经中汲取力量，以更谦卑、更顺服的心，积极回应天主在我们生命中的引领。

Reflection on the Gospel of Luke 2:16-21 for the Solemnity of Mary, Mother of God, January 1, 2026

In Luke 2:16-21, the shepherds obey the angel's instructions and hurry to Bethlehem, where they find Mary, Joseph, and the infant Jesus lying in a manger. They spread the word about what the angel had told them, and though people are amazed, the shepherds return glorifying and praising God for all they have seen and heard.

This passage deeply moves us! The shepherds were outcasts in society, yet they became the first witnesses to the Savior's birth. Their eager response—hurrying to see Him, sharing the good news faithfully, and giving glory to God—shows their complete obedience to God's will. In contrast, we often respond slowly to God's call in our lives, sometimes with doubt or hesitation. We let ourselves become caught up in worldly busyness and daily troubles, overlooking how God reveals His will to us in ordinary moments.

Mary, meanwhile, treasures all these things and ponders them in her heart. Her silence and deep reflection remind us that faith is not only about outward actions but also about inner contemplation and acceptance. With a mother's tenderness and obedience, she accepts God's plan for her life. Even though the future holds much that is unknown and difficult, she chooses to bear it quietly.

This passage serves as a mirror, reflecting our own attitude toward faith: Do we respond quickly to God's will like the shepherds? Do we quietly receive and live out God's will in our daily lives like Mary, letting our faith take deep root in our hearts?

May we all draw strength from this Scripture, responding to God's guidance in our lives with greater humility and obedience.





# Lighting of Advent Candles



## 將臨期團體悔罪禮儀及告解 Advent Penitential Service

我們憑望德以喜悅期待救主聖誕，堂區於12月7日彌撒後舉行團體修和及告解。

神父並於14及21兩周日彌撒後繼續為教友辦告解。



## 招募主日學老師

堂區希望今年二月份能嘗試重開主日學，提供學習渠道給有了明悟的兒童。現誠意招募主日學老師參與計劃，並與 **Catherine Au** 聯繫。

*Parish plans to re-start the Children's Liturgy by February 2026, targeting children who have gained enlightenment and have the ability to learn. We appeal to recruit teacher to help out. Please contact **Catherine Au** for participation in the program.*





# DECEMBER Sunday Masses & Fellowship



# 聖誕卡拉OK聚餐派對 X'mas Karaoke Potluck Party



## 關愛組愛心活動



探訪黃英



慶祝太極師傅 Peter Chan 生辰快樂



周神父因特發腎石疼痛，元旦凌晨往 Civic Hospital 急診室等候治療。後成功於 1 月 2 日施微創手術。現已出院回神父宿舍休息。住院期間，關愛組多位成員輪流探望慰問，更多謝各教友為神父禱告。祝神父早日痊康復！

## 2025 Ottawa Food Bank Holiday Food Drive Wrap Up

多謝大家響應及支持渥太華食物銀行每年的 Holiday Food Drive 運動，堂區將遞交所收集的乾貨食品及捐款給渥太華食物銀行。

Thanks to your response and support to Ottawa Food Bank's Annual Holiday Food Drive, we will be delivering all collected dry food and cash donation to Ottawa Food Bank.



**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

Early Bird 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 (Shen) Spirit Parish  
Community founded in 1951

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



## 捐贈上落樓梯代步椅

冯太太及其家人慷慨捐出上落樓梯代步椅。如有需要，請與范執事联系。在此謹向冯太太及其家人致謝。

Mrs. Ong-Tone and her children, good friends of our church, generously donated a chair lift (photos attached) to friends of our parish. If you would like to have it kindly contact Peter Fan.

## Presentation of the Pope's Birthday Blessing to 羅翠貞



## 傑出義工獎 Outstanding Volunteer Award David Xia & Agnes Zhang



## 每星期四 頌念玫瑰經

## December Birthday Blessings to Parishioners



## 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. 關愛組誠邀更多義工推動愛心探訪事工。最近有一家庭急需多位義工協助清理家中衣物及雜物，樂意參與協助的義工。現定於1月8日(星期四)上午十點半往此家庭 (Stittsville) 執拾衣物，多謝組員的踴躍支持，其他義工如有興參與，請與 Gloria 聯絡。
3. 團體生活組招募義工在舉行大型慶祝活動後，留步協助清潔執拾工作。請與 Linda Ao 或 Ceci Chow 聯絡。
4. 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.
5. ZOOM網上中文教室：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。報名及查詢：[learning.sspc@gmail.com](mailto:learning.sspc@gmail.com)  
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 email : [learning.sspc@gmail.com](mailto:learning.sspc@gmail.com)

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)
<b>會員</b>	<b>Members</b>	<b>李利</b>	Lily Li (共同主席 Co-Chair)
黎寶珍	Katie Ng (共同主席 Co-Chair)	<b>陳利爵</b>	Richard Chan (共同主席 Co-Chair)
張彥潔	Agnes Zhang (共同主席 Co-Chair)	<b>歐慧賢</b>	Linda Au (團體生活 Community Life)
孫擘梅	Maria Sun	<b>陳淑芬</b>	Cecilia Chow (團體生活 Community Life)
曾偉光	Isaac Tsang	<b>黎寶珍</b>	Katie Ng (財務委員會代表 Finance Council Representative)
鄧鉅振	Thomas Tang	<b>陳勤秋</b>	Alain Chan (維修 Maintenance)
陳麗珠	Linda Chan	<b>鄭宏釗</b>	Hongzhao Zheng (青年代表 Youth Representatives)
秦恬宜	Candy Chun	<b>鍾沅晴</b>	Ginny Chung (青年代表 Youth Representatives)
<b>出席</b>	<b>In attendance</b>	<b>羅靜如</b>	Angelina Lo (行政 Administration)
羅靜如	Angelina Lo	<b>行政小組</b>	<b>Administration Team</b>
鄭宏釗	Hongzhao Zheng	<b>羅靜如</b>	Angelina Lo (行政協調及團隊)
杜光智	Brian To		
張啟軒	Ray Zhang		
<b>信仰培育</b>	<b>Christian Education</b>		
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
<b>歐慧賢</b>	Linda Au (Coordinator)
<b>陳淑芬</b>	Cecilia Chow
<b>陳勤秋</b>	Alain Chan
<b>陳小喬</b>	Rosa AuYeung
<b>張小雲</b>	Xaoyun Zhang
<b>李利</b>	Lily Li
<b>孫擘梅</b>	Maria Sun
<b>黃曉</b>	Teresa Wang
<b>張貴鳳</b>	Jessica Cheung
<b>謝夢儀</b>	Julianna Tse
<b>葉敏華</b>	Anita Cheung
<b>黃振方</b>	James Wong
<b>羅翠貞</b>	Helena Wong
<b>陳潔華</b>	Jennifer Yeung
<b>陳利爵</b>	Richard Chan
<b>陳麗珠</b>	Linda Chan
<b>李溫麗妮</b>	Lai Nai Wan
<b>段曹正心</b>	Carol Duan
<b>農大鈞</b>	John Nung
<b>農李美玲</b>	May Nung
<b>周健明</b>	Gary Chow
<b>王芬芬</b>	Louisa Wong
<b>陳瑞平</b>	Sunny Chan
<b>劉秀英</b>	Christina Fan

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

禮儀	Liturgy
<b>黃金霞</b>	Teresa Wong Szeto (Sacristy)
<b>李利</b>	Lily Li (Lectors)
<b>農李美玲</b>	May Lung (Children Liturgy)
<b>王治耀</b>	Louis Wang (Altar Server, Youth Liturgy)
<b>龍桂棠</b>	Shobie Lung (Youth Liturgy)
<b>農正心</b>	Lydia Nung (Youth Liturgy)
<b>Patient Bahizire</b>	(Youth Liturgy)
<b>羅翠貞</b>	Helena Wong
<b>溫麗妮</b>	Lai Nai Wan
<b>江美珍</b>	Connie Kam
<b>曾兆祺</b>	Leonard Tsang
<b>古嫣珊</b>	Serena Tsang
<b>曾慧潔</b>	Gladys Wong
<b>黃健平</b>	Dicky Wong
<b>農大鈞</b>	John Nung (Choir A)
<b>陳瑞平</b>	Sunny Chan (Choir B)
<b>司徒惠良</b>	Fred Szeto
<b>黃曉</b>	Wei Huang
<b>孫擘梅</b>	Maria Sun
<b>王芬芬</b>	Louisa Wong
<b>叢英</b>	Catherine Au
<b>歐慧賢</b>	Linda Au
<b>段曹正心</b>	Carol Duan
<b>段安林</b>	Dennis Duan
<b>陳潔華</b>	Jennifer Yeung
<b>黃懿德</b>	Christine Wong
<b>黃振方</b>	James Wong
<b>陳志雲</b>	Bony Chan
<b>楊建華</b>	Jian Hua Yang
<b>陳麗珠</b>	Linda Chan
<b>陳小喬</b>	Rosa AuYeung
<b>劉湘貴</b>	Gloria Kung
<b>葉敏華</b>	Anita Cheung
<b>龍映如</b>	Baylie Lung
<b>黎銘賢</b>	Boris Lai
<b>黃玉華</b>	Wendy Wong
<b>鄭宏釗</b>	Hongzhao Zheng



## 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。

**FIND AND FOLLOW US ON SOCIAL MEDIA**

@聖神天主堂 - Sheng Shen - Parish

@shengshen.parish



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  
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## 教宗良十四世的一月祈禱意願

Pope Leo XIV's Prayer Intention for January 2026

祈禱意向：祈求天主聖言引領我們的祈禱生活

愿天主聖言滋養我們的生活，成為我們團體的希望之源，  
並幫助我們建立一個更具手足情誼和傳教精神的教會。

**Universal: For prayer with the word of God**

Let us pray that praying with the word of God be  
nourishment for our lives and a source of hope in our  
communities, helping us to build a more fraternal and  
missionary Church.

新年快樂

HAPPY CHINESE NEW YEAR

