



聖神天主堂

Sheng Shen (Holy Spirit) Parish

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

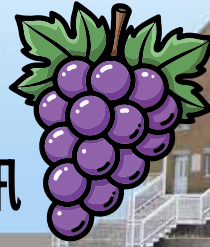
Tel: (613) 747-2080 Fax: (613) 747-6115

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2026年3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

鍾翠明 Vanessa Chung

Editorial Team

周進考神父 Fr. Andrew Jinkao Zhou

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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

星期日上午十時半至十一時十五分

Sunday 10:30-11:15am

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

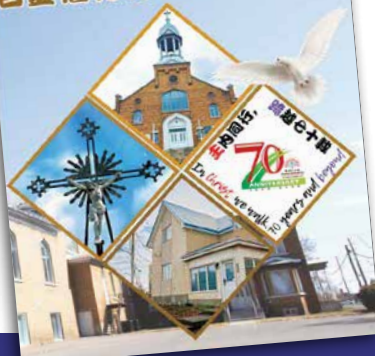


Pope Francis' Fasting List for Lent

During Lent, we Catholics are known for giving up things like chocolate or alcohol. Such deprivation is certainly good for us. But Lent can be more. Rather than chocolates or alcohol alone, why don't we try giving up some of our daily sins that we fall into on a regular basis?

- Fast from hurting words and say kind words.
- Fast from sadness and be filled with gratitude.
- Fast from anger and be filled with patience.
- Fast from pessimism and be filled with hope.
- Fast from worries and have trust in God.
- Fast from complaints; contemplate simplicity.
- Fast from pressures and be prayerful.
- Fast from bitterness; fill your hearts with joy.
- Fast from selfishness and be compassionate.
- Fast from grudges and be reconciled.
- Fast from words; be silent and listen.

1955 - 2025
聖神天主堂 Journal of Sheng Shen Parish
白金禧特刊 Platinum Jubilee



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 code, it will reveal our journey of development for the last 70 years.



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!



The Catholic Practice of Sitting, Standing, Kneeling, and Bowing During Mass

天主教彌撒中坐、立、跪與鞠躬的禮儀

St. Augustine Church, Ottawa



Attending a Catholic Mass can feel like participating in a well-choreographed dance. The congregation moves together, shifting between sitting, standing, kneeling, and bowing at different moments. These postures are not random; they each carry deep meaning, reinforcing the spiritual and communal aspects of worship. Understanding when and why Catholics move in these ways can enrich one's experience of the Mass, deepening participation and appreciation for the sacred liturgy.

與天主教彌撒，猶如置身於一場精心編排的舞蹈之中。會眾在不同的時刻齊聲配合，輪流坐下、站立、跪拜及鞠躬。這些姿態並非隨意為之，而是各有深刻的含義，藉此彰顯敬拜的靈性涵意及共融精神。了解天主教徒採取這些姿態的時機與原因，能使人更豐富地經歷這場彌撒，更深刻地融入並欣賞神聖的禮儀。

The Meaning Behind Postures in Mass 彌撒姿態的意義

Catholic worship is both spiritual and physical. The various postures express different attitudes of the heart — reverence, humility, attentiveness, and adoration. These movements are not just for show; they help to engage the whole person — body and soul — in prayer. The Catechism of the Catholic Church (CCC 2566) reminds us that "man expresses and perceives spiritual realities through physical signs and symbols". Just as words communicate ideas, gestures communicate reverence and worship.

天主教的敬拜，兼具靈性與形體兩個維度。各種姿態表達了內心不同的態度——崇敬、謙遜、專注與欽崇。這些動作並非表面儀式，而是幫助人以整體的身心靈投入祈禱之中。《天主教教理》(CCC 2566) 提醒我們：「人藉著有形的記號與象徵，表達並領悟靈性的實況。」正如言語傳遞思想，肢體動作也同樣傳遞敬畏與崇拜。

Sitting: A Posture of Receptive Listening and Reflection 坐：接納聆聽與默想的姿態

Sitting is the posture of learning, meditation, and attentiveness. In daily life, people sit when they listen to a teacher, a storyteller, or a mentor. In the same way, sitting during Mass signifies a readiness to receive God's Word.

坐，是學習、默想與專注聆聽的姿態。在日常生活中，人們聆聽老師、說書人或導師時，都會端坐而聽。同樣，在彌撒中坐下，象徵著預備好的心，以領受天主的聖言。

The congregation sits during the following:

會眾在以下時刻坐下：

- The First and Second Readings (from the Old Testament, Psalms, New Testament Letters)
第一及第二篇讀經(取自舊約、詩篇、新約書信)

- The Homily, when the priest or deacon offers a reflection on the readings
講道時，神父或執事就讀經作出講解與反思
- The Preparation of the Gifts, as the altar is set for the Liturgy of the Eucharist
奉獻禮時，祭台為聖體聖事禮儀作預備期間

Standing: A Posture of Reverence, Readiness and Praise 立：崇敬、預備與讚頌的姿態

Standing in worship is an ancient biblical tradition. In the Old Testament, God's people stood to hear the Law proclaimed (Nehemiah 8:5-6). Early Christians also stood to pray as a sign of being a people of the Resurrection. Today, Catholics stand during key moments of the Mass to show reverence, attentiveness and unity.

站立敬拜是古老的聖經傳統。在舊約中，天主的子民站立聆聽律法的宣讀(尼赫米雅記 8:5-6)。早期的基督徒也以站立祈禱，象徵自己是復活的子民。時至今日，天主教徒在彌撒的重要時刻站立，以表達崇敬、專注與合一。

The congregation stands:

會眾在以下時刻站立：

- At the beginning of Mass, for the entrance procession and greeting
彌撒開始時，迎接進堂行列及問候
- For the Gospel reading as a sign of special reverence for Christ's words
恭讀福音時，以示對基督言語的特別崇敬
- During the Profession of Faith (Nicene or Apostles' Creed)
宣誓信仰時(尼西亞信經或使徒信經)
- For the Prayers of the Faithful, interceding for the Church and the world
信友禱文時，為教會及世界轉禱
- Throughout the Eucharistic Prayer, except during the consecration (when kneeling)
聖體禱文期間(祝聖時除外，祝聖時跪下)
- For the Lord's Prayer, the Sign of Peace, and the Communion Procession
天主經、平安禮及領聖體行列
- At the final blessing and dismissal
最後祝福及遣散禮

Standing shows active participation. It is a posture of respect, expressing readiness to act on God's Word. During the Creed, standing also signifies unity in belief as the congregation declares its faith together.

站立表示積極參與，是尊重的姿態，表達出隨時回應天主聖言的預備。在宣誦信經時，站立亦象徵信仰的合一，會眾共同宣告信仰。

(ooo to be continued 下期續)



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
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



兒童主日學分為兩班, 初班由五歲至七歲, 高班由八歲至十歲。初班的課程名為天父愛我, 課程內容是為幫助兒童認識天父愛每一個人。高班的主題是愛主愛人, 課程的編排是為幫助兒童實踐愛天主和愛人的誠命。

CHILDREN'S Sunday School 兒童主日學



主日聖言反思 Gospel Reflection

周進考神父 Fr. Jin Kao Zhou



四旬期反思 Lenten Reflection

四旬期第二主日在《瑪竇福音》17章1-9節中, 耶穌在山上顯聖容, 讓門徒瞥見其天主性的光輝。這不僅是安慰, 更是為祂即將面臨的苦難作準備。它提醒我們, 信仰不僅要在光榮時刻敬拜, 更要在生活的“苦難”中, 唯獨仰望耶穌, 听从祂的教誨。

當我們處於人生的順境或高峰時, 往往如伯多祿般渴望停留在那一刻。然而, 耶穌帶門徒下山, 正如信仰要求我們回歸現實。山上顯聖容的異象是為堅固門徒的信德, 使他們在看到耶穌受難時, 仍能認出祂是天主子。

在日常生活中, 我們常被忙碌、忧虑或世俗的榮耀所困。這份福音提醒我, 真正的信仰生活應當是“舉目不見一人, 只見耶穌”。我們要學會在祈禱中尋找力量, 聆聽天父的囑托: “這是我的愛子, 我所喜悅的, 你們要听从祂!” 無論生活中是充滿光明還是面臨十字架, 只要緊緊跟隨耶穌, 便能在那看似黑暗的旅途中, 尋得永恆的平安與光亮。

Lenten Reflection

On the Second Sunday of Lent, the Gospel of Matthew (17:1-9) recounts the Transfiguration of Jesus on the mountain, where He allowed His disciples to catch a glimpse of His divine glory. This was not merely for their consolation, but a vital preparation for the Passion He was soon to endure. It serves as a reminder that our faith is not meant only for moments of glory; rather, amidst the "tribulations" of life, we must fix our gaze on Jesus alone and heed His divine teachings.

When we experience life's peaks or successes, we often, like Peter, desire to remain in that moment. However, Jesus led His disciples back down the mountain, just as our faith calls us to return to the reality of our daily lives. The vision of the Transfiguration was meant to fortify the disciples' faith, so that when they witnessed the suffering of Jesus, they would still recognize Him as the Son of God.

In our daily lives, we are frequently burdened by busyness, anxieties, or worldly honors. This Gospel reminds me that a true life of faith should be one where we "raise our eyes and see no one but Jesus." We must learn to find strength in prayer and listen to the Father's command: "This is my beloved Son, with whom I am well pleased; listen to Him!" Whether our lives are filled with light or we are facing the Cross, by following Jesus closely, we will find eternal peace and light even in the midst of the darkest journey.

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

FEBRUARY Sunday Masses



聖灰禮儀 Ash Wednesday



Louisa 王芬芬生日

喬遷之喜





總主教 Marcel Damphousse 親臨為堂區主祭農曆新年感恩祭，並祝願教友們馬年平安喜樂。

周神父在彌撒完結前帶領大家以中國禮儀向天主謝恩和拜年。

堂區醒獅隊在Alain的領導下開啟了慶祝會的序幕。兩位司儀Maria Sun 和 Lydia Nung 井井有條地介紹嘉賓，切燒豬儀式，安排參與者拿取食物，宣佈各項兒童表演節目遊戲，50/50抽獎，引用聖言金句恭賀新禧，周神父和羅神父分派紅封包等，令大家在喜氣洋洋的氣氛下歡渡新年。

Mass presided by Archbishop Marcel Damphousse





Lion Dance



Prayer before Meal





Guests Enjoying Buffet Lunch





Games & Performances



Karaoke





A JOURNEY OF SACRIFICE, LOVE, AND REDEMPTION



**Link for weekly Thursday
Rosary/the Way of the Cross Zoom info:**

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



**每星期四
頌念玫瑰經/
拜苦路**

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 and for other times, except Monday which is Fr Zhou's day off.
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.

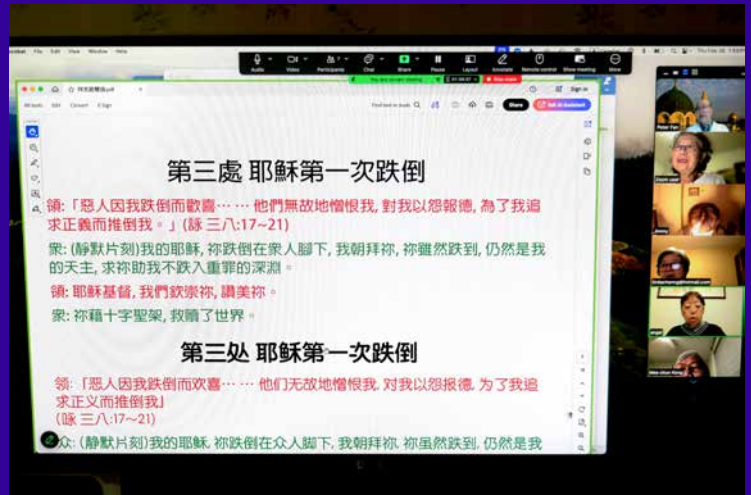
關愛組愛心活動

誠意招募逢星期天, 義載教友由(Stillville/Church) 返教堂參與彌撒的愛德服務. 請聯絡Gloria Kung.



四旬期拜苦路

Way of the Cross Session



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)
曾偉光 Isaac Tsang (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)
鄧鉅振 Thomas Tang	黎寶珍 Katie Ng (財務委員會代表 Finance Council Representative)
陳麗珠 Linda Chan	陳勒秋 Alain Chan (維修 Maintenance)
秦恬宜 Candy Chun	鄭宏釗 Hongzhao Zheng (青年代表 Youth Representatives)
出席 In attendance	鍾沅晴 Ginny Chung (青年代表 Youth Representatives)
羅靜如 Angelina Lo	羅靜如 Angelina Lo (行政 Administration)
鄭宏釗 Hongzhao Zheng	行政小組 Administration Team
張啟軒 Ray Zhang	羅靜如 Angelina Lo (行政協調及團隊)
信仰培育 Christian Education	鍾翠明 Vanessa Chung
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	
農李美玲 May Nung	


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

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
區兆樑 Raymond Au	劉秀英 Christina Fan	陳瑞平 Sunny Chan

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

FIND AND FOLLOW US ON SOCIAL MEDIA

 @聖神天主堂 - Sheng Shen - Parish

 @shengshen.parish



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

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 website, and Donate!

請參照堂區網頁中的連結, 直接捐獻給聖神天主堂。謝謝!!

www.OttawaChineseCatholic.org

我們同時鼓勵各位持續以 Prayer Wall 的表格自由奉獻, 為親友提供祈禱意願。詳情請參閱登載在堂區通訊/網頁的表格, 或在教堂內取用。

The Prayer Wall Form will be used for requesting prayer intentions for family and friends. Free will donation will be appreciated. Please refer to the new form posted in parish bulletin/website, or pick up at entrance of church!

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: _____

教宗良十四世的三月祈禱意願

Pope Leo XIV's Prayer Intention for March

祈禱意向: 請為裁軍與和平祈禱

愿各国迈向真正的裁军, 尤其是核裁军, 愿世界领导人选择对话和外交, 而非诉诸暴力。

Universal: For disarmament and peace

Let us pray that nations move toward effective disarmament, particularly nuclear disarmament, and that world leaders choose the path of dialogue and diplomacy instead of violence.

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.

傑出義工獎 Outstanding Volunteer Award

Ernest Ho



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一。

成人慕道 — 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。



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