



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



2026年4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

錢燕華 Chris Chin

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

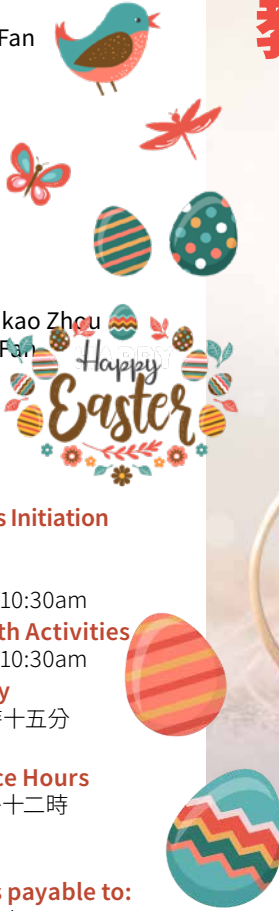
星期二至五早上十時至中午十二時

Tue-Fri 10am-12pm

惠捐支票抬頭

Please make all cheques payable to:

Sheng Shen Chinese Catholic Community



教區2026年的結婚週年紀念彌撒

教區2026年的結婚週年紀念彌撒定於5月3日(星期日)二時三十分在主教座堂舉行, 結婚5年, 10年, 15年, 20年, 25年, 30年, 40年, 50年, 60年及以上的參與者可掃描 QR code 報名。

Diocesan Wedding Anniversary Mass 2026: For those celebrating 60 (or more), 50, 40, 30, 25, 20, 15, 10 & 5 years of marriage in 2026! At Notre Dame Cathedral on Sunday, May 3, 2:30 pm. The registration form is now available at the QR code.



截止日期為4月16日

Please notify the parish office of your registration before April 16 to ensure your place!



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

Extracted from
St. Augustine
Church, Ottawa



(ooo to continue 續上期)

Kneeling: A Posture of Adoration and Humility 跪：欽崇與謙遜的姿態

Kneeling is perhaps the most distinctive posture in Catholic worship. It expresses deep reverence, humility, and adoration before God. Kneeling is common in Scripture — people kneel before God in prayer (Daniel 6:10, Acts 9:40), and at the name of Jesus, "every knee should bend" (Philippians 2:10).

跪或許是天主教敬拜中最具標誌性的姿態。它表達了對天主深切的崇敬、謙遜與欽崇。跪拜在聖經中屢見不鮮——人們跪在天主前祈禱（達尼爾書 6:10；宗徒大事錄 9:40），而在耶穌的名前，「每一雙膝都應跪下」（斐理伯書 2:10）。

During Mass, Catholics kneel:

在彌撒中，天主教徒在以下時刻跪下：

- During the Eucharistic Prayer, from after the Holy, Holy, Holy (Sanctus) until the acclamation of Faith (Save us, Saviour of the world...) 聖體禱文期間，自「聖哉經」後至信仰歡呼（拯救我們，世界的救主...）
- After the Acclamation of Faith till the Our Father 信仰歡呼後至天主經前
- After receiving Holy Communion, during personal prayer of thanksgiving (optional, though greatly encouraged; standing is encouraged during the Communion procession) 領聖體後，個人感恩祈禱期間（可選擇，但受到大力鼓勵；在領聖體行列期間則站立）

Bowing: A Gesture of Humility and Reverence 鞠躬：謙遜與崇敬的姿態

Bowing is a more minor movement than kneeling, yet it carries profound meaning. It is a gesture of humility, reverence, and respect. There are two primary types of bows in Catholic liturgy:

鞠躬雖不及跪拜顯著，卻同樣蘊含深刻的意義。它是謙遜、崇敬與尊重的姿態。天主教禮儀中主要有兩種鞠躬：

1. A Simple Bow (a slight inclination of the head)
點頭致意（輕微低頭）

Catholics make a simple bow:

天主教徒在以下時刻作點頭致意：

- Before receiving Holy Communion, as a sign of reverence for Christ's presence 領聖體前，以示對基督臨在的崇敬
- When hearing or speaking the name of Jesus 聽到或說出耶穌聖名時

This small but meaningful gesture acknowledges God's presence and our need for His grace.

這個細小而意義深遠的動作，承認天主的臨在，以及我們對祂恩典的需要。

2. A Profound Bow (bending the waist)
深鞠躬（彎腰）

This deeper bow is made:

深鞠躬在以下時刻施行：

- During the Creed, at the words "and by the Holy Spirit was incarnate of the Virgin Mary, and became man" 宣誦信經時，念至「藉聖神降孕，由童貞瑪利亞誕生，且成為人」時
- When approaching or leaving the altar, out of reverence for Christ 前往或離開祭台時，以示對基督的崇敬
- Before the processional cross during liturgies 在禮儀中，在進堂十字架前

Bowing reminds Catholics that worship is about the word and the heart's disposition before God.

鞠躬提醒天主教徒，敬拜在於聖言，更在於內心在天主面前的謙卑態度。

Other Gestures of Reverence in the Mass 彌撒中其他崇敬的姿態

In addition to sitting, standing, kneeling and bowing, there are other meaningful gestures in Catholic worship:

除坐、立、跪與鞠躬外，天主教敬拜中還有其他富有意義的姿態：

- Genuflecting: Catholics bend one knee to the ground in adoration of Christ's real presence in the Eucharist before entering a pew or passing before the Tabernacle.
單膝跪地：進入座位前或經過聖體龕時，天主教徒以單膝跪地，欽崇基督在聖體中的真實臨在。
- The Sign of the Cross: During the Confiteor ("I confess..."), the congregation lightly strikes their chest 3 times while saying "through my fault, through my fault, through my most grievous fault," as a sign of repentance.
捶胸：在「我懺悔」祈禱中，會眾在誦念「我的過錯，我的過錯，我的重大過錯」時，輕拍胸口三次，以示悔罪。
- Extending Hands or Holding Hands: Some Catholics extend their hands in prayer during the Lord's Prayer, though this is optional and varies by local tradition.
伸手或拉手祈禱：部分天主教徒在天主經時伸出雙手或拉手祈禱，這屬自願性質，因地方傳統而有所不同。
- During the Sign of Peace: a handshake, bow, or gesture of reverence to someone sitting nearby
平安禮：與鄰座的人握手、鞠躬或以姿態互表敬意。

Conclusion: Worshiping With Mind, Heart, and Body 結語：以心智、心靈與身體敬拜

The postures of sitting, standing, kneeling, and bowing in the Catholic Mass are more than ritual movements; they are outward expressions of inner faith. Each action serves a purpose — listening, praising, adoring or humbling oneself before God. By understanding these gestures, Catholics can deepen their engagement with the liturgy and pray with their whole being.

天主教彌撒中坐、立、跪與鞠躬的種種姿態，遠不止是禮儀動作，而是內在信仰的外在彰顯。每一個動作皆有其目的——聆聽、讚美、欽崇，或在天主面前自謙。透過理解這些姿態，天主教徒能更深入地投身禮儀，以整個身心靈祈禱。

For newcomers to the Catholic Church, these movements may initially seem unfamiliar. But they become second nature over time, guiding worshippers into deeper communion with God. Whether one sits to absorb the Word, stands in praise, kneels in adoration, or bows in humility, each posture reminds us that worship is both spiritual and embodied — lifting not just the voice but the whole person in love and reverence toward God.

對天主教的新來者而言，這些動作起初或許感到陌生，但隨著時日增長，將會成為自然而然的習慣，引領敬拜者與天主更深地共融。無論是坐下領受聖言、站立讚美、跪下欽崇，還是鞠躬謙遜，每一個姿態都提醒我們：敬拜既是靈性的，也是形體的——以整個身心靈，在愛與崇敬中，高舉自己歸向天主。



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, 朝拜十字架聖架, 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



主日聖言反思
Gospel Reflection
周進考神父 Fr. Jin Kao Zhou



若望福音20:1-9节 复活节

耶穌所愛的門徒“一看见就相信了”，是因他与耶穌朝夕相处的深厚情感连接。就像俩人在一起相处久了，就会了解彼此。真正的信仰不是基于理性证明，而是源于对耶穌的爱与亲密关系。空坟本身并非复活的证据，而是指向复活的记号。这启示我们，在人生的困境与绝望中，要相信天主能在看似无望的境地中创造奇迹，给予我们新的希望和力量。若望虽先到坟墓，却等待伯多祿先进去，体现了对伯多祿作为教会领袖的尊重。耶穌的复活，也启示我们要像耶穌一样，先经历苦难而后进入光荣。

John 20: 1-9 Easter Sunday

The disciple whom Jesus loved 'saw and believed' immediately because he had spent day and night with Jesus, having developed a strong emotional connection. Just as two people who have been together for a long time, they deeply understand each other. True faith is not based on rational proof, but originates from a close relationship and love with Jesus Christ.

The empty tomb itself is not the proof of Resurrection but rather a sign that points to it. This reveals to us that, in the midst of difficulties and despair in our lives, we must believe that God can create miracles in a desperate situation and give us new hope and strength.

Although John had arrived earlier, he waited for Peter to enter before him. This action reflects his respect for Peter as the Church leader.

The resurrection of Jesus inspires us to be like Him, reminding us that we need to endure suffering before entering into glory.

HOLY WEEK
MAY THE ANGELS PROTECT YOU

Palm Sunday

Maundy Thursday

Good Friday

Holy Saturday

Easter Sunday

CHILDREN'S Sunday School 兒童主日學

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

MARCH
Sunday Masses





Rite of Election & Rite of Calling Candidates

甄選禮 1 March



考核禮

候洗者: 盧繼全 Jiquan Lu

第一次考核禮 1st Scrutiny 8 March



第二次考核禮 2nd Scrutiny 15 March



第三次考核禮 3rd Scrutiny 22 March





歡迎候洗者和皈依者

Welcoming our Elect and Candidate for Full Communion

2026



The Elect 候洗者
Lu Jiquan 卢继全



The Candidate for Full Communion 皈依者
Beulah Madimba



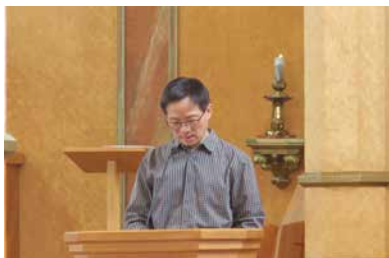
天主保佑





敬祖禮

PALM SUNDAY





Way of the Cross 星期四拜苦路



Lenten 四旬期靜修 Retreat



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，除了每星期一週神父休假外，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.



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: _____

教宗良十四世的四月祈禱意願

Pope Leo XIV's Prayer Intention for April

祈禱意向: 为处于危机的司铎

祈求在牧职中遇到困难、疲惫或危机的司铎能得到支持和安慰, 并重新发现其圣召的喜悦。

Universal: For priests in crisis

Let us pray for priests going through moments of crisis in their vocation, that they may find the accompaniment they need and that communities may support them with understanding and prayer.

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.



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。



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>



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)

Custom 3D cards for
all occasions
Special request images & colors
Custom personal messages



Bane Sushi 一番料理

All You Can Eat Japanese Restaurant



Tel: 613-749-0943
Fax: 613-749-1804

919 Montreal RD Ottawa K1K 0S6