



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7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

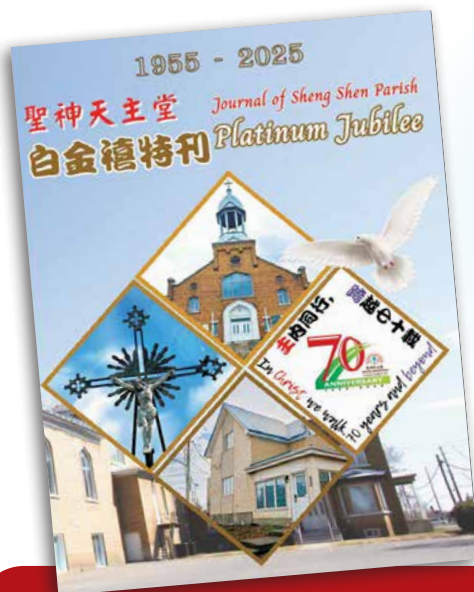
惠捐支票抬頭

Please make all cheques payable to:
Sheng Shen Chinese Catholic Community



CSJ Team & volunteers holding brainstorming planning meetings for parish summer activity

暑期活動策劃會議



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.



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!

今年七月恢復每星期二, 三, 四及五每天中午十二時舉行彌撒。歡迎參與, 共同祈禱。

Effective July, 2026, parish will resume having weekday mass on Tuesdays, Wednesdays, Thursdays and Fridays at 12 noon. All are welcome to come and participate.

在聖經內成長：每周聖經研習 每天閱讀聖言三章

“凡属于圣神堂的全体教友，我们开始一起读圣经，每天读三章，每天会有负责人在群里发信息读第几章到第几章，希望教友们每天在微信群里或者在WhatsApp群里打卡。圣热罗尼莫说：不认识圣经，就不认识耶稣。让我们从圣经开始，更深的去认识耶稣。”

周進考神父

周神父鼓勵及希望教友們打開心目，每天閱讀聖言三章，明白祂為我們所造的一切感恩，每天都有天父「好」的開始祝福。如若參與網上分享，可與周神父聯絡。

Fr Zhou encourages and hopes that parishioners will open their hearts and read three chapters of the Scriptures every day, understanding and giving thanks for all that God has created for us. Each day begins with the Heavenly Father's good blessing. If you wish to participate in the online sharing, please contact Fr Zhou.



周進考神父 Fr. Jin Kao Zhou

七月份聖言反思 July Scripture Reflection



7月份常年期第十四主日道理反省

在《玛窦福音》5:1-12 中，耶稣向群众宣讲真福八端，揭示了天国子民应有的生命态度。世人常追求财富、权力和享乐，但耶稣却称贫穷的人、温良的人、哀恸的人、渴慕正义的人是有福的，因为他们的希望寄托在天主身上。

真福八端不是软弱的表现，而是基督徒生活的道路。心灵贫穷提醒我们谦逊依靠天主；温良教导我们以爱化解冲突；怜悯人使我们效法天父的慈悲；缔造和平的人则成为天主爱的工具。

当我们为信仰和正义而受苦时，耶稣鼓励我们不要灰心，因为天国的赏报是丰厚的。

Reflection for the 14th Sunday in Ordinary Time (July)

In the Gospel of Matthew 5:1-12, Jesus shares the Beatitudes with the crowd, showing us the beautiful heart and attitude that children of God should have. While the world often chases after wealth, power, and pleasure, Jesus gently tells us that those who are poor in spirit, the meek, those who mourn, and those who hunger for justice are truly blessed. Their happiness is real because they place all their hope in God.

The Beatitudes are not a sign of weakness; they are a loving path for us to live by as Christians. Being poor in spirit reminds us to depend on God with a humble heart. Being meek teaches us how to heal conflicts with love. Showing mercy allows us to follow the kind and merciful example of our Heavenly Father, while becoming peacemakers turns us into gentle instruments of His love.

Whenever we face hardships or suffer for our faith and what is right, Jesus encourages us not to lose heart. He reminds us that the reward waiting for us in Heaven is incredibly rich and full of joy.

Assumption of Mary August 15



關愛組愛心活動



★ THE WORLD'S GAME. ★
★ THE BIGGEST STAGE. ★

FIFA 2026

FINAL

WATCH PARTY!



ONE GAME. ONE WORLD. TOGETHER.

 BIG SCREEN
BIG ENERGY

 GOOD FOOD
COLD DRINKS

 GREAT VIBES
UNFORGETTABLE MOMENTS

 **JULY 19, 2026** |  **3:00 PM**

 **OUR CHURCH**
1187 Michael St, Gloucester, ON K1J 7T1

**BRING YOUR CREW. WEAR YOUR COLORS.
LET'S WATCH HISTORY TOGETHER!**



加拿大暑期工作计划青年同工已确定举办
2026 FIFA 世界杯總決賽觀賽活動。

時間：2026年7月19日(星期日)

12:45 主日彌撒後共聚potluck午餐

3:00 世界杯總決賽觀賽

地點：教會禮堂 (Church Hall)

歡迎大家前來，一起觀看精彩比賽，
共享歡樂時光！

也請大家積極支持CSJ事工，
期待與您相聚！

The CSJ youth workers have worked
out to do the 2026 FIFA World Cup Final
Watch Party on Sunday 19/7 at 3 pm.

Let's have potluck lunch after mass by
12:45 p.m. at church hall and watch the
game by 3 p.m.

Please support the CSJ Program
and come to share the fun
watching together.

shottawa.tv FREE Bus Rides ALL SUMMER for Youth !! 🚌



Starting July 1 until August 31, anyone aged 11-18 can ride OC Transpo buses, O-Train services, and Para Transpo completely FREE across Ottawa.

To ride for free, youth will need a PRESTO card with either a Youth or Pre-Teen pass loaded onto it. Student Transit Pass holders are already good to go and can continue using their existing card.

The program is part of OC Transpo's effort to encourage more young people to explore the city, get to summer jobs, visit friends, attend events, and stay active throughout the summer without transportation costs.

The free rides don't completely end after summer either. Beginning September 1, youth and pre-teens can continue riding free on weekday evenings after 5 p.m., weekends, and statutory holidays with a PRESTO card.

Kids 10 and under continue to ride free year-round.

Good move by the city or should free transit be expanded even further? Thoughts on this !? 🤔👇



聖經分享日

日期 - 7月5日 • 時間 - 主日彌撒後 • 地點 - H101 室

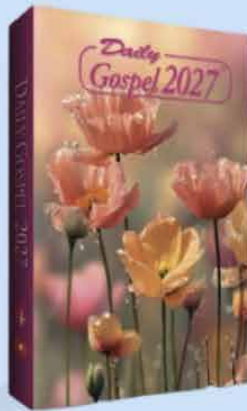


July Weekday 12 noon Masses

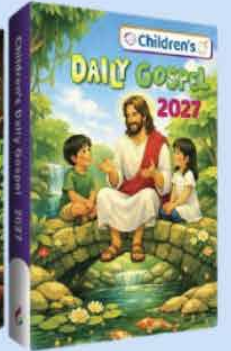
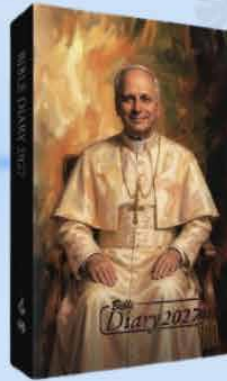


2026 加拿大暑期工作計劃 Canada Summer Job CSJ

堂區已獲聯邦政府支助在今年6月29日至8月8日期間僱用兩位青年 Adrian Chan 和 Derrick Yim 服務堂區, 培育他們吸取在行政工作及團體社區活動的經驗. 希望團體亦給與青年支持和鼓勵, 共同參與策劃及推動夏季的各類活動.



每日聖言
Daily Gospel
2027



立即預訂
PRE-ORDER now!

截止日期 Deadline: July 18, 2026

Inquiry: 647-729-7172 / bookstore@FLL.cc

每日聖言 / Daily Gospel / Bible Diary 2027

《生命恩泉書舍》現正接受預訂



每日聖言 2027 及 Daily Gospel 2027 (英文版)

兒童每日聖言 2027和 Children's Daily Gospel 2027 (英文版)

Bible Diary 2027 (英文版)



預訂截止日期: 2026年7月18日

報名請與 Fred Szeto 聯絡

取書及付款詳情將稍後通知



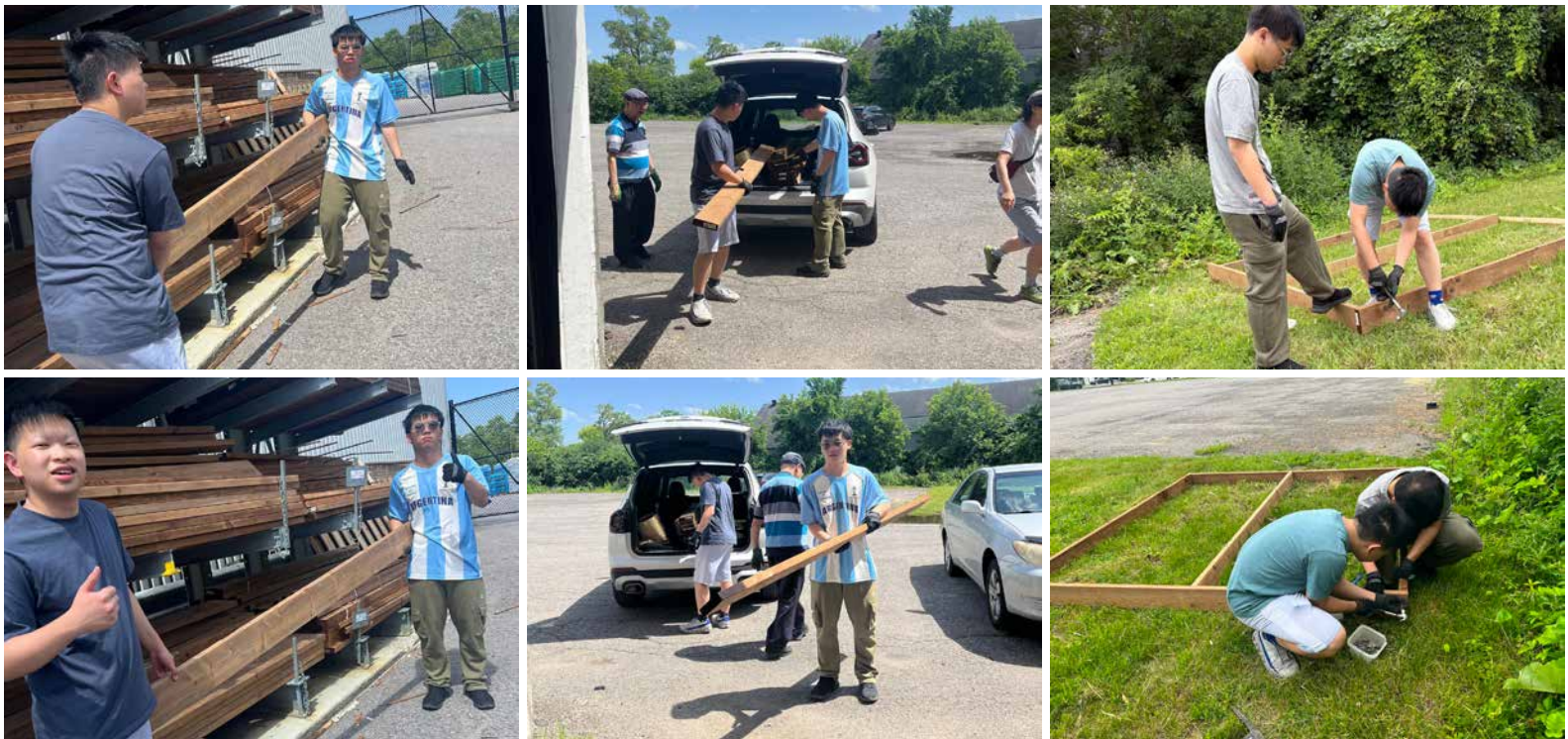
信 德 園

New Look of the Faith Garden 信德園

多謝 楊建華兄弟 / 陳志雲兄弟 / 李明兄弟 努力的成果



CSJ Summer Workers continue to build our Faith Garden 信德園 with wooden planting boxes



Potluck 午餐慶祝端午節及父親節



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. For other times, except for every Monday when Fr Zhou is on leave, please make an appointment with him in advance.
2. 每月第二個主日彌撒結束前，周神父會祝福當月生日的教友。並由七月份開始，在彌撒後於禮堂舉行 Potluck 午餐，為當月壽星慶祝生日。歡迎大家踴躍參加，共享美食，同頌主恩。Beginning in July, a potluck lunch will be held in the parish hall after Mass on the second Sunday of each month to celebrate the birthdays of all parishioners celebrating their birthdays that month.
3. 教友在主日彌撒中作捐款奉獻時，請記得在捐獻信封上寫明信封號碼。如尚未索取捐獻信封號碼，請填寫名字及地址，以便年底發放退稅收條。To facilitate the parish to issue tax receipts at the year end, donors please mark your donation envelope number or name/address on the donation envelope.



端午节粽子义卖

为堂区筹款活动已经圆满结束，扣除开支后，一共筹得五百四十元 (\$540)。

多谢所有热心教友的支持，同时也多谢协助筹备这次活动的教友：Teresa Szeto、Susana Yuen 及 Ernest Ho。

The Dragon Boat Festival rice dumpling charity sale, organized as a fundraising event for the parish, has concluded successfully. After expenses were deducted, a total of \$540 was raised.

We sincerely thank all parishioners for their generous support. We would also like to express our gratitude to the parishioners who helped organize this event: Teresa Szeto, Susana Yuen, and Ernest Ho.

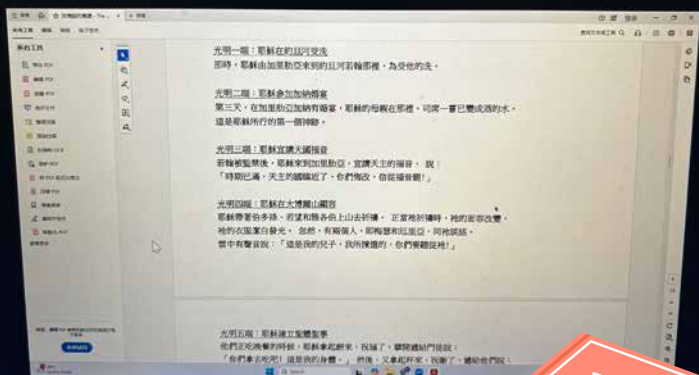




**Link for weekly Thursday
Rosary/the Way of the Cross Zoom info:**

<https://carleton-ca.zoom.us/j/94639137962>

Meeting ID: 946 3913 7962



**每星期四
頌念玫瑰經**



王芬芬的生活近照

開心的笑容, 享受夏日戶外午餐。



**網上電子轉賬捐款/付費/支付租金
給聖神天主堂**

**Interac E-Transfer Payment to
Sheng Shen Parish for
Donation/ Purchase/Rental Payment**

- 1 Create/enter Payee's name 收款人名稱:**
SHENG SHEN CHINESE CATHOLIC CO
- 2 Transfer Method:** select Email and enter
finance1@ottawachinesecatholic.org
付款方法: 選用電郵 finance1@ottawachinesecatholic.org
- 3 Transfer Date 付款日期:**
- 4 Message Box 信息:**
 - Name of Donor/Payer 捐款人/付款人姓名
 - Amount & Purpose of Payment 付款金額及目的
 - Donor's/Payer's Donation Envelope Number 捐款信封號碼
 - Donor's/ Payer's email address 捐款人/付款人電郵地址
 - Donor's/ Payer's mailing address 捐款人/付款人郵寄地址
- 5. For parish record re. issue of tax receipt for donations:**
copy and paste Message Box items (item 4 above)
to mailbox of finance1@ottawachinesecatholic.org
or fill in Interac E-Transfer Info Form

**Interac E-Transfer Payment to
Sheng Shen Parish Information Form
電子轉賬捐款/付費/給聖神天主堂表格**

Name of Donor/Payer 捐款人/付款人姓名:

Amount & Purpose of Payment 付款金額及目的:

Donor's/Payer's Donation Envelope Number 捐款信封號碼:

Donor's/Payer's email address 捐款人/付款人電郵地址:

Donor's/Payer's mailing address 捐款人/付款人郵寄地址:

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)
孫曉梅	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)	鄭宏釗	Hongzhao Zheng
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	Julianne Tse
陳淑芬	Cecilia Chow	葉敏華	Anita Cheung
陳勒秋	Alain Chan	黃振方	James Wong
陳小喬	Rosa AuYeung	羅翠貞	Helena Wong
張小雲	Xaoyun Zhang	陳潔華	Jennifer Yeung
李利	Lily Li	陳利爵	Richard Chan
孫曉梅	Maria Sun	陳麗珠	Linda Chan
黃曉	Teresa Wang	李溫麗妮	Lai Nai Wan
張貴鳳	Jessica Cheung	段曹正心	Carol Duan
農大鈞	John Nung	鍾翠明	Vanessa Chung

關愛	Christian Service		
羅靜如	Angelina Lo	溫麗妮	Lai Nai Wan
劉湘貴	Gloria Kung	張愛蓮	Therese Yuen
羅翠貞	Helena Wong	劉秀英	Christina Fan
區兆樑	Raymond Au	黃金霞	Teresa Szeto
黃英	Catherine Au	曾慧潔	Gladys Wong
陳瑞平	Sunny Chan		

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

FIND AND FOLLOW US ON SOCIAL MEDIA



@聖神天主堂 - Sheng Shen - Parish



@shengshen.parish



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: _____

教宗良十四世的七月祈禱意願

Pope Leo XIV's Prayer Intention for July

祈禱意向：為了尊重人類生命

願人類生命在其每個階段都能得到尊重和守護，並被視為天主的恩典。

Universal: For respect for human life

Let us pray for the respect and protection of human life in all its stages, recognizing it as a gift from God.

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 Charles



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，(每份奉獻彌撒收費\$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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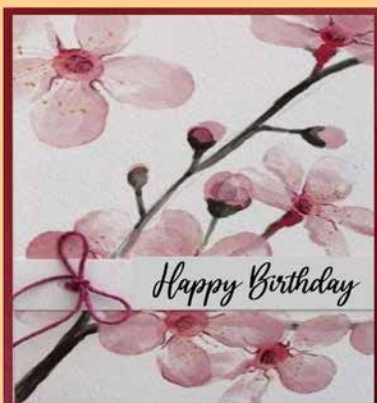
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