



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9月份堂區通訊



周進考神父 Fr. Andrew Jinkao Zhou
(Parochial Administrator 堂區行政司鐸)
范浩泉執事 Deacon Peter Fan

Administration Team

周進考神父 Fr. Andrew Jinkao Zhou
(Parochial Administrator 堂區行政司鐸)
農大鈞 John Nung (總務主任
General Affair In-Charge)
黃健平 Dicky Wong (神父助理/禮儀協調員
Assistant to Pastor/ Liturgy Coordinator)
羅靜如 Angelina Lo (堂區辦事處協調員
Parish office Administration Coordinator)
陳瑞平 Sunny Chan (關愛組協調員
Christian Service Coordinator)

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
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半
Sunday 10:30-11:30am

堂區辦公時間 Parish Office Hours

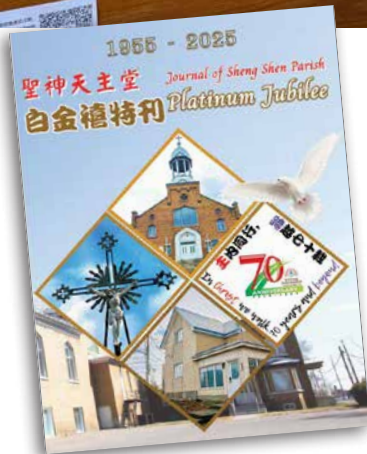
星期二至五早上十時至中午十二時
Tue-Fri 10am-12pm

惠捐支票抬頭

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



平日彌撒 Weekday Mass



多謝各位慷慨捐助! 聖堂
土庫入口的兩鐵門已經預
訂, 期望11月底前換妥。

Thank you all for your
generous donations!
The two iron doors at
the church basement
entrance have been
ordered and are
expected to be installed
by the end of November.

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

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!

平日彌撒

每星期二、三、四及五
每天中午十二時舉行彌撒。
Weekday mass on Tuesdays, Wednesdays,
Thursdays and Fridays at 12 noon.

歡迎參與, 共同祈禱。
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

“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. Jinkao Zhou

九月份聖言反思

September Scripture Reflection



瑪18:15---20告诉我们，当弟兄犯罪时，耶稣没有叫我们去批评他，也没有叫我们背后议论他，而是教导我们以爱心去挽回他：“如果你的弟兄得罪了你，你就去，趁他只有你和他独处的时候规劝他”。这段福音提醒我们，真正的爱不是纵容，而是帮助弟兄走向正路。面对别人的过失，我们需要谦卑、忍耐和善意，而不是不理、远离和冷漠。同时，耶稣也提醒我们反省自己，我们有没有因为别人的一点过错就给人定罪？有没有把批评变成伤害？把纠正变成排斥？“哪里有两三人因我的名聚在一起，我就在他们中间”这句话告诉我们，基督徒团体的中心是耶稣基督。愿我们无论在家庭、在教会在任何地方都以耶稣为中心。

Matthew 18:15-20 tells us that when a brother sins, Jesus does not tell us to criticize him or gossip about him behind his back. Instead, He teaches us to win him back with love: "If your brother sins against you, go and tell him his fault between you and him alone."

This Gospel passage reminds us that true love is not about turning a blind eye, but about helping our brother return to the right path. When dealing with the mistakes of others, we need humility, patience, and goodwill, rather than ignoring them, keeping our distance, or showing indifference. At the same time, Jesus reminds us to reflect on ourselves: Do we condemn others just because of a minor fault? Have we allowed our criticism to cause hurt? Have we turned correction into rejection? The words "For where two or three are gathered together in my name, there am I in the midst of them" show us that Jesus Christ is the center of the Christian community. May we always keep Jesus at the center, whether we are in our families, at church, or anywhere else.

Harvesting in Faith Garden/Sharing with parishioners 信德園的收割與分享

開心的成果分享！教友的自由奉獻共達\$35.75,撥作支持堂區費用。



CSJ Youth's participation in MP Mona Fortier's Barbecue Party on 13/8



OCT 29, 2026
5 PM - 9 PM

OTTAWA CONFERENCE
& EVENT CENTRE
200 COVENTRY RD

ANSWER THE CALL

Benefit Gala

SUPPORTING OUR SEMINARIANS

TICKETS
Presale Price - \$150.00
until Aug 31, 2026
Regular Price - \$160.00
* partial tax receipt provided



聖母無原罪升天感恩祭 Assumption of the Blessed Virgin Mary



聖物

RELIGIOUS ARTICLES

Bring the blessings of faith into your daily life
讓信仰的祝福伴隨你

Faith Brings Us Closer to God



金屬聖牌 / 十字架
Medals / Crucifixes
\$3.- / each



聖本篤手鍊
St. Benedict Bracelet
\$18.- / each



聖本篤鑰匙扣
St. Benedict Keychain
\$7.- / each



聖母聖心布帶
Scapular (Our Lady of Mt. Carmel)
\$5.- / each



十字襟章
Cross Pin
\$5.- / each



聖母子掛飾
Mary & Child Keychain
\$5.- / each



其他聖物
More Religious Items
\$9.- / each

每個主日發售
Available Every Sunday

Support our parish
Share the blessings

堂區清潔日 Church Cleaning Day







聖神天主堂
Sheng Shen (Holy Spirit) Parish
Community founded in 1955



CSJ青年、團體生活與哥倫布騎士會合辦
CSJ Youth Workers, Community Life & Knights of Columbus
(所有收益將用作教堂維修 / All proceeds to church renovation)

BBQ LUNCH





September 1st 2026

World Day of Prayer for the Care of Creation

Dear Brothers and Sisters in Christ,

The Season of Creation running from Sept. 1 to Oct. 4th, is a time to be grateful for God's abundance, for all his Creation. Creation is the first love message of God to humankind. It is a place where we can encounter God. This year's theme for the Season of Creation is "Living Water" (see Ezekiel 47:1-12: water flowing from God's sanctuary). The theme highlights the interconnectedness of spiritual life and environmental stewardship, calling participants to **immerse themselves in God's life-giving water** and to actively work for the renewal of creation.

This is a moment to take action to protect Creation in our everyday choices. Let us support access to safe water for all nations and start at home by being careful not to waste or contaminate our water. Let us be grateful for the gift of water, and resolve to be good stewards, making good decisions as we go and seek the fountain of life in Jesus Christ. Starting this year, I strongly encourage you to avoid (or even ban) single-use plastic water bottles in our churches, at committee meetings and parish celebrations.

Especially in this Jubilee Year of St. Francis of Assisi may we be agents of change, allowing the eucharist to transform us so we may bring goodness wherever we go, adopting simple lifestyles and nourishing awe of God in all his Creation.

Le 1^{er} septembre 2026

Journée mondiale de prière pour la sauvegarde de la création

Chers frères et sœurs en Jésus Christ,

La Saison de la Création, qui s'étend du 1^{er} septembre au 4 octobre, nous donne l'occasion de rendre grâce à Dieu pour l'abondance de sa Création. La Création est le premier message d'amour de Dieu à l'humanité. Elle est un lieu où nous pouvons rencontrer Dieu. Le thème de cette année pour la Saison de la Création est « L'eau vive » (voir Ez 47,1-12: l'eau jaillissant du sanctuaire de Dieu). Ce thème met en évidence l'interdépendance entre la vie spirituelle et la gestion responsable de l'environnement, appelant les participants à **s'immerger dans l'eau vivifiante de Dieu** et à œuvrer activement pour le renouveau de la Création.

L'heure est venue d'agir pour protéger la Création à travers nos choix quotidiens et notre engagement. Soutenons l'accès à l'eau potable pour toutes les nations et commençons chez nous, en veillant à ne pas gaspiller ni contaminer notre eau. Soyons reconnaissants pour ce don qu'est l'eau, et prenons la résolution d'en être de bons intendants, en prenant les bonnes décisions au fur et à mesure que nous avançons et que nous recherchons la source de vie en Jésus-Christ. À partir de cette année, je vous encourage vivement à éviter (voire à bannir) les bouteilles d'eau en plastique à usage unique dans nos églises, lors des réunions de comités et des célébrations paroissiales.

En cette Année jubilaire de Saint François d'Assise tout particulièrement, puissions-nous être des acteurs du changement, en laissant l'Eucharistie nous transformer afin d'apporter le bien partout où nous allons, en adoptant des modes de vie simples et en nourrissant notre émerveillement devant Dieu dans toute sa Création.


+Marcel Dampousse
Archevêque d'Ottawa-Cornwall

Office of the Archbishop
200-1209 Michael Street N
Ottawa, Ontario K1J 7T2

Bureau de l'Archevêque
200-1209 rue Michael N
Ottawa, Ontario K1J 7T2

613-738-5025 x 233
613-738-0130
ottawacornwall.ca

FIFA World Cup \$1 Souvenir Coin



CSJ 青年工作者Derrick Yim & Adrian Chan 搜購了一些\$1的2026世界杯足球紀念硬幣, 提供給教友收購留念及作自由奉獻捐款支持堂區經費。除卻成本後, 餘額\$122捐給堂區。



堂區行政組派遣禮 30/8

總務主任
神父助理/禮儀協調員
堂區辦事處協調員
財務委員會共同主席
財務委員會共同主席
關愛組協調員

農大鈞 John Nung
黃健平 Dicky Wong
羅靜如 Angelina Lo
曾偉光 Isaac Tsang
孫樺梅 Maria Sun
陳瑞平 Sunny Chan





Hubert's Baptism

周神父在八月三十日的九時半彌撒中為 Ginny Chung 和 Adam-Patenaude 的兒子 Hubert 洗禮。讓我們一起歡迎 Hubert 加入天主教大家庭，並祈求天主賜福他及他的家人。

We joyfully celebrate the Baptism of Hubert, son of Ginny Chung and JB Adam-Patenaude.



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後，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。Every second Sunday of the month, Fr. Zhou would give blessing to parishioners having birthday in that month. Then potluck lunch will be held in the parish hall after Mass to celebrate the parishioners' birthday.
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.
4. 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)。如欲訂購，請從速與 Fred Szeto 聯絡。

9月27日十一點半主日彌撒後
Potluck 餐慶祝中秋節



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	范浩泉執事 Deacon Peter Fan
曾偉光 Isaac Tsang (Co-Chair)	李利 Lily Li (Co-Chair)
孫曉梅 Maria Sun (Co-Chair)	陳利爵 Richard Chan (Co-Chair)
黎寶珍 Katie Ng	農大鈞 John Nung (General Affair In-charge)
鄧鉅振 Thomas Tang	歐慧賢 Linda Au (Community Life)
陳麗珠 Linda Chan	陳淑芬 Cecilia Chow (Community Life)
秦恬宜 Candy Chun	曾偉光 Isaac Tsang (Finance Council Representative)
出席 In attendance	孫曉梅 Maria Sun (Finance Council Representative)
羅靜如 Angelina Lo	陳勒秋 Alain Chan (Maintenance)
鄭宏釗 Hongzhao Zheng	李明 Lee Ming (Maintenance)
張啟軒 Ray Zhang	鄭宏釗 Hongzhao Zheng (Youth Representatives)
行政辦公室 Parish Office Team	羅靜如 Angelina Lo (Parish Office Representative)
羅靜如 Angelina Lo (Coordinator)	信仰培育 Christian Education
鍾翠明 Vanessa Chung	周進考神父 Fr. Andrew Jinkao Zhou
錢燕華 Chris Chin	范浩泉執事 Deacon Peter Fan
司徒惠良 Fred Szeto	黃健平 Dicky Wong
陳淑芬 Cecilia Chow	
張啟軒 Ray Zhang	
鄭宏釗 Hongzhao Zheng	
胡偉雄 Alex Wu	

團體生活 Community Life	黃振方 James Wong	農李美玲 May Nung
陳淑芬 Cecilia Chow	羅翠貞 Helena Wong	周健明 Gary Chow
歐慧賢 Linda Au	陳潔華 Jennifer Yeung	陳瑞平 Sunny Chan
陳勒秋 Alain Chan	陳利爵 Richard Chan	劉秀英 Christina Fan
陳小喬 Rosa AuYeung	陳麗珠 Linda Chan	陳潤發 Louis Chan Yun Fat
張小雲 Xiaoyun Zhang	李溫麗妮 Lai Nai Wan	鍾翠明 Vanessa Chung
李利 Lily Li	段書正心 Carol Duan	錢燕華 Chris Chin
孫曉梅 Maria Sun	農大鈞 John Nung	
黃曉 Teresa Wang		
葉敬華 Anita Cheung		

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

禮儀 Liturgy	曾慧潔 Gladys Wong	陳麗珠 Linda Chan
黃健平 Dicky Wong (Co-Ordinator) (Altar Server)	農大鈞 John Nung	陳小喬 Rosa AuYeung
黃金霞 Teresa Wong Szeto (Sacrity)	陳瑞平 Sunny Chan	劉湘貴 Gloria Kung
李利 Lily Li (Lectors)	司徒惠良 Fred Szeto	葉敬華 Anita Cheung
農李美玲 May Lung (Children Liturgy)	黃曉 Wei Huang	龍映如 Baylie Lung
龍桂裳 Shobie Lung (Youth Liturgy)	孫曉梅 Maria Sun	黎銘賢 Boris Lai
農正心 Lydia Nung (Youth Liturgy)	歐慧賢 Linda Au	黃玉華 Wendy Wong
Patient Bahizire (Youth Liturgy)	段書正心 Carol Duan	鄭宏釗 Hongzhao Zheng
羅翠貞 Helena Wong	陳潔華 Jennifer Yeung	趙康鎬 Elena Lavanchy
溫麗妮 Lai Nai Wan	黃懿德 Christine Wong	陳信憲 Adrian Chan
江美珍 Connie Kam	黃振方 James Wong	嚴浩鳴 Derrick Yim
	陳志雲 Bony Chan	歐陽芷蔚 Lori AuYeung
	楊建華 Jian Hua Yang	賴媛賢 Bella Lai

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祈禱牆 Prayer Wall 的表格自由捐獻, 為親友提供祈禱意願。表格可在堂區通訊 / 網頁, 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. The Form is posted in parish bulletin/website or can be picked up at church entrance.

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: _____

教宗良十四世的九月祈禱意願

Pope Leo XIV's Prayer Intention for July

祈禱意向：請為水資源的管理祈禱

願寶貴的水資源得到公平且可持續的管理，使所有人都能平等地獲取水資源。

Universal: For the care of water

Let us pray for a just and sustainable management of water, a vital resource, so that everyone may have equal access to it.

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。

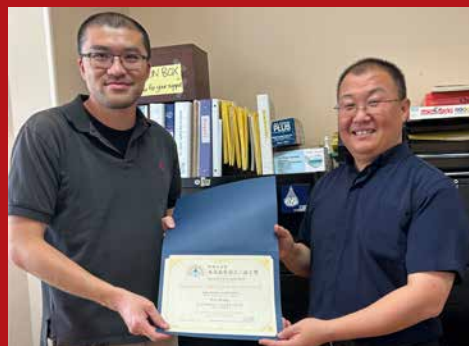
To be environmentally friendly and to minimize our printing cost, our parish will distribute the monthly bulletin electronically from now on. Parishioners wishing to get the hard copy bulletin should approach the Parish Office.

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

Ray Zhang



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“奉獻彌撒咕”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咕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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