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11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

堂區行政組 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)
李利 Lily Li (Pastoral Council Co-Chair)
陳利爵 Richard Chan (Pastoral Council Co-Chair)

Editorial Team
周進考神父 Fr. Andrew Jinkao Zhou
羅靜如 Angelina Lo
黎銘賢 Boris Lai
鍾翠明 Vanessa 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
(兒童 5-10 歲 / children aged 5-10)
星期日十一時半彌撒中舉行
During every Sunday 11:30 am. mass

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



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.



聖神天主堂
Sheng Shen (Holy Spirit) Parish
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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

平日中午12時彌撒將於2026年10月1日起至2027年5月31日暫停舉行，作冬季休息。隨著夏季臨近，彌撒將於2027年6月1日起恢復舉行。

12 noon Weekday Mass will stop to be run starting from 1 Oct 2026 – 31 May 2027 for winter break, and will resume on 1 June 2027 as summer approaches.



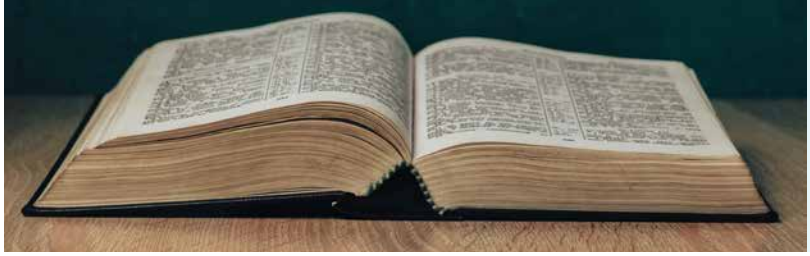
在聖經內成長: 每周聖經研習
每天閱讀聖言三章

“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



十一月份聖言反思
November Scripture Reflection

十一月煉靈月

十一月是我们天主教会特别纪念亡者信友、为炼狱灵魂祈祷的日子。我们相信死亡不是生命的终结,而是进入永恒的开始。为那些已经离世、仍在净化中的灵魂祈祷,是我们爱的表达,也是对天主仁慈的依靠。我们可以透过弥撒、念玫瑰经、爱德善工来帮助他们早日进入光荣。这也是提醒我们珍惜当下的生命,常常悔改、活出圣洁的生活。愿天主坚固我们的信德,也让我们怀着盼望,等候有一天遇他们永远相遇。凡诸信者灵魂,赖天主仁慈,息止安所。

November – Prayer for the Holy Souls

November is a special time for our Catholic Church to remember the faithful departed and pray for the souls in purgatory.

We believe that death is not the end of life, but the beginning of eternal life. Praying for the souls who have died and are still being purified is an expression of our love, and also our trust in God's mercy.

We can help them enter into glory sooner through the Holy Mass, praying the Rosary, and doing acts of charity.

This also reminds us to cherish our present life, to repent often, and to live a holy life.

May God strengthen our faith, and may we live with hope, waiting for the day when we will be reunited with them forever.

May the souls of all the faithful departed, through the mercy of God, rest in peace.

Sunday School



Answer the Call Benefit Gala 29/10







Vote of Thanks 鳴謝

教友 Nellie Wong 捐贈兩部房車 (Honda Civic & Hyundai Elantra) 給堂區, 透過 Canada Helps 處理, 總額為 $1,232.25。扣除手續費後, 我們於 2026 年 10 月 9 日收到 $1,201.44。在此謹向 Nellie 致謝, 願主祝福保佑你!



長者力量與平衡運動

Strength & Balance Exercise



Ottawa Public Health/ACB Wellness Resource Center 贊助堂區舉辦以下有助加強肌肉, 大大減少跌倒風險, 令身體靈活度增強, 有益平日生活的運動:

日期 10月4日-- 12月9日 (共10週, 每週兩次)
每週星期三 11:00 a.m.-12:00 noon
每週星期日 10:15 a.m. -11:15a.m.

地點 聖神天主堂地庫禮堂

導師 謝夢儀 Julianna Tse

費用 免費



Ottawa Public Health/ACB Wellness Resource Center is sponsoring Sheng Shen Church to run a series of exercise beneficial in building up strong muscles, minimize the risk of fall and body agility Strength & Balance Exercise

Date 4 Oct - 9 Dec 2026 (10 weeks,twice a week)
Every Wednesday 11:00 a.m.-12:00 noon
Every Sunday 10:15 a.m. -11:15a.m.

Venue Sheng Shen Parish basement hall

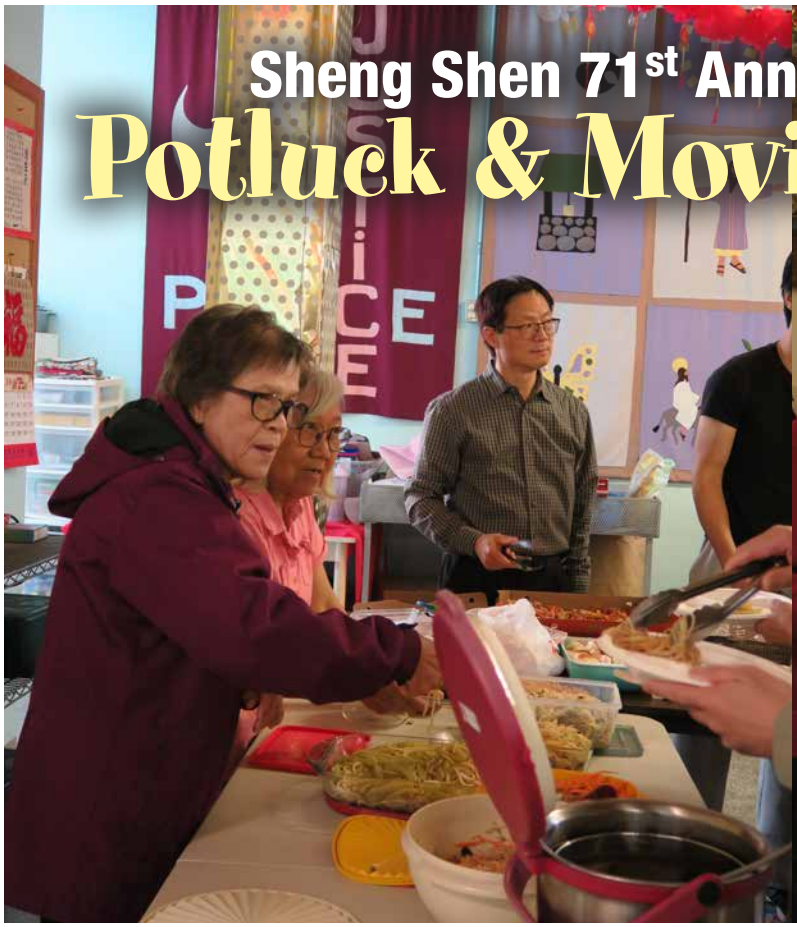
Mentor Julianna Tse

Fee free of charge



歡迎參與, 祝君健康! *All are welcome to join and Good Health !*

Sheng Shen 71st Anniversary Celebration
Potluck & Movie Appreciation




















Liturgy of Annointing of Oil for Seniors and the Sick 25/10











兩扇鐵門已於十月十六日安裝妥當. 多謝各教友慷慨解囊捐款支持所需費用, 共籌得 $6857。

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

Christmas Party

Celebrating

Deacon Peter Fan's Retirement & 80th Birthday

日期 / Date:
20/12 (Sunday)

時間 / Time:
12:45 p.m.

地點 / Place:
Sheng Shen Church
Basement Hall 聖神天主堂地庫禮堂

形式 / Format:
盆菜 Poon Choi / Pizza for Kids

成人每位 / Charge:
$42 per adult 成人每位 $42
$5 for children under 11 小童 11 歲及以下 $5

付款 / To Pay:
e-transfer shengshenhs@gmail.com
Or 或 Cash 現金

聯絡人 / Contact Person:
Ceci Chow, Vanessa Chung

電話 / Tel: 613-747-2080



備註：這活動同時為籌備支助修女到渥太華進修課程並輔助堂區事工計劃
Note: This is also a fundraiser event in support of sponsoring a Sister to study in Ottawa while serving in parish ministries.

HAPPY BIRTHDAY
October













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 emailbox 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:

_____

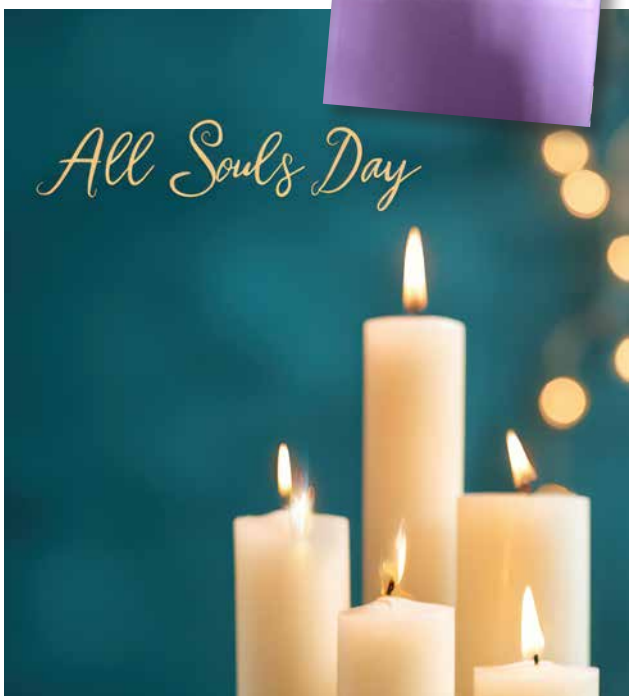
Donor's/Payer's mailing address 捐款人/付款人郵寄地址:

_____

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. 11月煉靈月，教友如欲為親友靈魂安息祈禱，可將意願填寫在煉靈月祈禱冊內。
5. 周神父鼓勵教友們在彌撒中以團體性共同參與及回應禱文，並邀請大家齊聲共同誦念聖神禱文的「請眾同禱」部份。





FIND AND FOLLOW US ON SOCIAL MEDIA

@聖神天主堂 - Sheng Shen - Parish

@shengshen.parish

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

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

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

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: _____

教宗良十四世的十一月祈禱意願
Pope Leo XIV's Prayer Intention for November

祈禱意向：請為善用財富祈禱

願我們妥善使用財富，不屈服於自私的誘惑，始終為共同利益服務，並與窮人守望相助。

Universal: Pray for the proper use of wealth

Let us pray for the proper use of wealth, that not succumbing to the temptation of selfishness, it may always be put at the service the common good and solidarity of those who have less.

傑出義工獎 Outstanding Volunteer Award

Bella Oi Yin LAI • Zhongai Xue 薛忠愛


October


November

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.

所有聖事禮儀的咨詢，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 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。查詢可與周神父聯絡。

Cafe Orient 金鑾灣

Hong Kong Style Chinese Restaurant

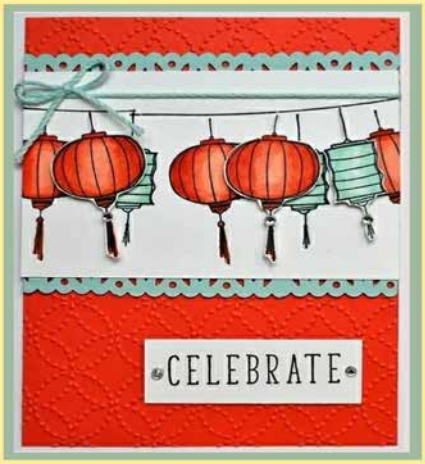


808 Somerset St. W., Ottawa, Ontario K1R 6R5
(613) 563-2432
www.cafeorient.ca
Business hours: Thurs to Tues 11 a.m. to 9:00 p.m. Closed on Wed



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Cecilia Chow
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cecechow@gmail.com

（形象，顏色或個人訊息的設計，可按顧客需要而配合）

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