



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

Web: www.ottawachinesecatholic.org/

2026 年10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
(堂區行政司鐸 Parochial Administrator)
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)
曾偉光 Isaac Tsang (財務委員會共同主席)
孫樺梅 Maria Sun (財務委員會共同主席)
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
鍾翠明 Vanessa Chung
陳志華 Louis Chan
周陳淑芬 Cecilia Chow

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 10:30 am

青少年活動 Children/Youth Activities

星期日上午十時半 Sunday 10:30 am

兒童主日學 Children Liturgy

(兒童 5-10 歲 children aged 5-10)
星期日十一時半彌撒中舉行。

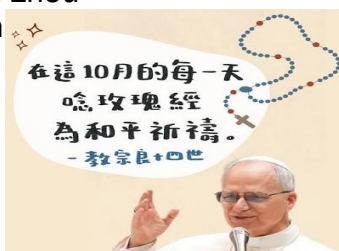
During every Sunday 11:30 am. mass

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 10:00-12:00

惠捐支票抬頭

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



FOREVER
Thankful
ALWAYS
Grateful
ABUNDANTLY
Blessed



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

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

暫停舉行, 作冬季休息。
將於2027年6月恢復
舉行。

Close for winter break,
will resume on June 1st
2027.



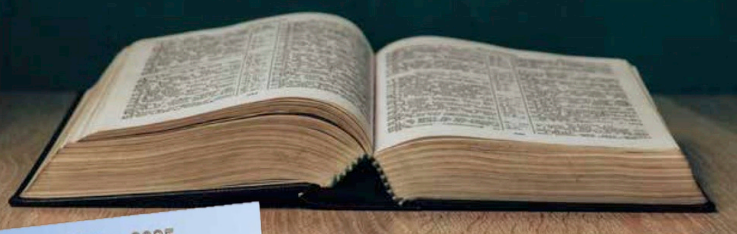
在聖經內成長：每周聖經研習 每天閱讀聖言三章

“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.



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.



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.

主日聖言反思 Gospel Reflection

周進考神父 Fr. Jin Kao Zhou



十月份的聖言反思

每年的十月份是特別敬礼玫瑰圣母月。玫瑰经是圣母愿意我们每天诵经的经文，玫瑰经是带领我们走进耶稣，学习圣母信德的道路。圣母的一生都在聆听天主，相信天主，并在各种境遇中向天主说：“愿照你的话在我身上成就吧。”

在今天的忙碌和充满压力的生活中，我们更需要玫瑰经帮助我们安静下来，把家庭、工作、困难和忧虑都交托给天主。“把你的重担交托给天主，祂必会照顾你。”

愿我们每天都虔诚的诵念玫瑰经，借着玫瑰经得天主更多恩宠。

Every October is the special month of Our Lady of the Holy Rosary. The Rosary is the prayer that Our Lady wants us to pray every day. It is a path that leads us to Jesus and helps us learn from Mary's faith. All her life, Mary listened to God and believed in Him. In every situation, she said to God, "May it be done to me according to your word."

In our busy and stressful lives today, we need the Rosary even more to help us find peace. We can entrust our family, work, difficulties, and worries to God. As it says, "Give your burdens to the Lord, and He will take care of you."

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。

收錄禮: 鍾忠愛, 許家豪 13/9 Rite of Acceptance



每星期四



Link for weekly Thursday

頌念玫瑰經



Zoom link to run the rosary/meeting session
<https://carleton-ca.zoom.us/j/95118427282>
 Meeting ID: 951 1842 7282

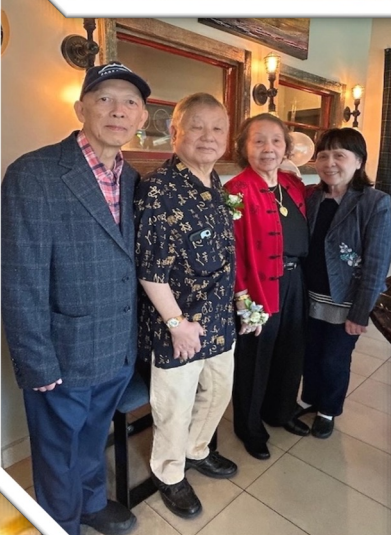
*Hail Mary,
 full of grace,
 the Lord
 is with thee.
 Blessed art
 thou among
 women,
 and blessed is
 the fruit of thy
 womb, Jesus.
 Holy Mary,
 Mother of God,
 pray for us sinners,
 now and at the hour
 of our death.
 Amen.*



SHARING SESSION FOR LECTORS 20/9



CELEBRATION of Jimmy & Grace Ha 60th HAPPY WEDDING Anniversary



為長者及
病患者
施行傅油
聖事
Sacrament of
the Anointing
of the Sick
and the elderly

10月25日 11:30 主日彌撒，
周神父將為長者及病患者
施行傅油聖事。

請踴躍參與並領受神恩

At 11:30am Sunday Mass
on October 25, Fr. Zhou will
**administer the Sacrament of the
Anointing of the Sick** to the
elderly and those who are ill.

**Welcome to participate and
receive God's grace.**

OUTSTANDING VOLUNTEER AWARD FOR SEPTEMBER 2026 LORI AUYEUNG



教宗良十四世的十月份祈禱意願 Pope Leo XIV's Prayer Intention for October 2026

Universal : For mental health ministry

祈禱意向:請為心理健康牧靈祈禱

Let us pray that the mental health ministry be established throughout the Church, helping to overcome the stigma and discrimination of persons with mental illnesses.

願心理健康牧靈關懷深入教會各個層面，幫助我們消除對心理疾病患者的羞辱與歧視。



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*

FIND AND FOLLOW US ON SOCIAL MEDIA



@聖神天主堂 - Sheng Shen - Parish

ID: <https://www.facebook.com/profile.php?id=61592705190476>



@shengshen_parish_parish_ottawa

ID: https://www.instagram.com/shengshen_parish_ottawa/

2026 September Birthdays



PILGRIMAGE TO REGAUD 2/9



VISIT TO LOUISA AND SISTER CECILIA HONG 2/9





長者力量與平衡運動 Strength & Balance Exercise
歡迎參與, 祝君健康! All are welcome to join and Good Health!



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

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 (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

Teacher: Julianna Tse

Fee: Free of charge

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 11:30 am 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. 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。
5. 10月11日團體成立71年紀念日，11:30 a.m. 彌撒後在禮堂舉行Potluck 慶祝會，及後播放中文電影 [媽媽的神奇小子]，歡迎大家參與盡興。
6. 10月18日主日彌撒將有第二次奉獻，為支持傳信月各國的福傳工作 Evangelization of the Nations (World Mission Sunday).
7. 11月8日主日彌撒將有第二次奉獻，為支持Hearst Moosonee 教區的工作。

Upcoming event 十二月未來活動

FRI

18

SAT

19

SUN

20

聖誕佳節盆菜聯歡會
暨祝賀范浩泉執事榮休
之喜及八十大壽慶祝會

X'mas Party & Celebration
in honour of
Deacon Peter's retirement
and 80th Birthday

Date: 20 December (Sunday)
十二月二十日 (星期日)

Time: 12:45 p.m.

Place: Sheng Shen Church Hall

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.

詳情稍後公佈 Details will be disclosed later



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)
孫曄梅 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	孫曄梅 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	段曹正心 Carol Duan	錢燕華 Chris Chin
孫曄梅 Maria Sun	農大鈞 John Nung	
黃曉 Teresa Wang		
葉敏華 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	葉敏華 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)	孫曄梅 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)	段曹正心 Carol Duan	鄭宏釗 Hongzhao Zheng
羅翠貞 Helena Wong	陳潔華 Jennifer Yeung	趙康綺 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



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



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: _____



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Chinese
Restaurant



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(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

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<https://order.plento.io/restaurant/sushi-poke-go>



Bane Sushi 一番料理

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Fax: 613-749-1804

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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



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: