



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5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

主日感恩祭
Sunday Mass
All liturgies in English & Chinese

星期日 早上九時半及
Sunday 9:30 a.m. &
11:30 a.m.

歡迎各位參與
All are welcome!

歡送羅德偉神父 (F. Barnard) 午餐聚會

Date | 17 May, 2026, Sunday

Time | 12:00 noon after re-scheduling
Sunday Mass to 10:30 a.m.

Place | Mandarin Buffet Restaurant
at 290 West Hunt Club Road

Contact for Registration

1) via 聖神天主堂 WhatsApp
or WeChat Chat Group

OR

2) notify Hongzhao Zheng (鄭宏釗)
at bitry960603@gmail.com

1955 - 2025
聖神天主堂 Journal of Sheng Shen Parish
白金禧特刊 Platinum Jubilee

70
We have walked 70 years and counting!

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。



在聖經內成長：每周聖經研習 每天閱讀聖言三章

“从周一开始，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.



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



五月份復活期第五主日道理反省

我們從讀經一看到耶穌復活後的效果——宗徒們大膽的宣講和作證，信主的數目大為增加，甚至司祭中也有許多人服從了信仰。讀經二的信息是：我們是天主特選的種族，王家的司祭，所以我們要珍惜和鞏固我們的信仰，這信仰是耶穌用他的苦難聖死和鮮血換來的！福音中耶穌再一次安慰信友心裡不要煩亂，要信賴天主。耶穌對多默的回答是說他和天父是一體，所做的是一致的。同時告訴信仰他的人，要效法他，跟隨他，信仰他，順服他才能和他一起進入父家。因為他說：我是道路、真理、生命，除非經過我，誰也不能到父那裡去！

Reflection for the Fifth Sunday of Easter

From the First Reading, we see the effects of Jesus' Resurrection—the Apostles' bold preaching and witnessing. The number of believers increased greatly, and even many of the priests became obedient to the faith. The message of the Second Reading is: we are a chosen race and a royal priesthood. Therefore, we must cherish and strengthen our faith, which was won by Jesus through his passion, death, and blood! In the Gospel, Jesus once again comforts the believers, telling them not to let their hearts be troubled and to trust in God. Jesus' answer to Thomas is that he and the Heavenly Father are one, and what they do is the same. At the same time, he tells those who believe in him to imitate him, follow him, believe in him, and obey him so that they can enter the Father's house with him. Because he said: "I am the way, the truth, and the life. No one comes to the Father except through me!"

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

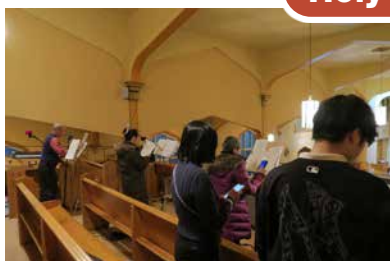
Holy Week Liturgy

Holy Thursday 聖週四

Presentation of Holy Oil



Holy Mass



Washing of feet



Eucharistic Adoration





Good Friday 耶穌苦難紀念日



Way of the Cross 拜苦路





Easter Vigil 復活節前夜間禮儀



Baptism of Lu JiQuan 盧繼全兄弟的洗禮



Easter Sunday 復活節





皈依者: Beulah Madimba



歡迎候洗者和皈依者
Welcoming our Elect and Candidate for Full Communion

2026

聖神天主堂
St. Spirit Catholic Church
Community Founded in 1911

The Elect 候洗者

The Candidate for Full Communion 皈依者



Lu Jiquan 卢继全



Beulah Madimba

天主保佑

HAPPY BIRTHDAY

Easter Sunday

Birthday Celebration for
Fr. Zhou & Fr. Barnard
and Welcoming Neophyte **Lu Jiquan**

April Birthdays



教區2026年的結婚週年紀念彌撒

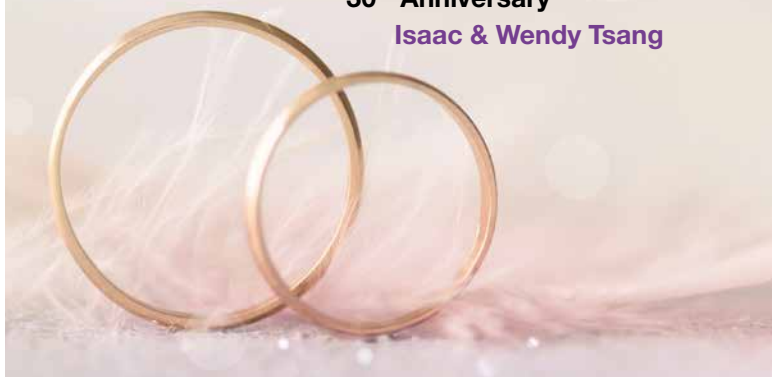
2026 Wedding Anniversary Celebration Mass at Notre Dame Cathedral 3/5

Participants: 60th Anniversary
Len & Serena Tsang

50th Anniversary
James & Lucille Fong
David & Pauline Leung

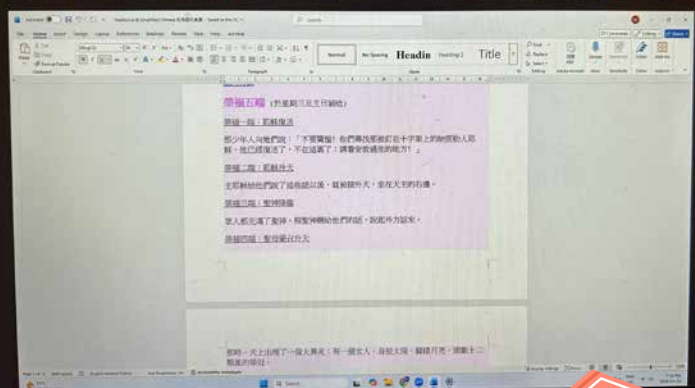
40th Anniversary
Louis & Jessica Chan

30th Anniversary
Isaac & Wendy Tsang



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

<http://us02web.zoom.us/j/84314789760?pwd=L0dGTGUvNE4xQVNsUjI4SG1ycEp5UT09>



每星期四
頌念玫瑰經



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.
3. 堂區安排在5月10日11:30 p.m. 彌撒後慶祝母親節 — Potluck 午餐 及卡拉OK 餘興籌款節目，以\$10 贊助每一首歌。
4. 羅德偉神父歡送會將於5月17日舉行。詳情請參閱第一頁。
5. 5月17日主日彌撒將有第二次奉獻，為教宗的牧民工作。



2026.04.04
Ginny & J.B.'s
baby boy
Congratulations!

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	陳勳秋	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)
陳淑芬	Cecilia Chow
陳勳秋	Alain Chan
陳小喬	Rosa AuYeung
張小雲	Xaoyun Zhang
李利	Lily Li
孫擘梅	Maria Sun
黃曉	Teresa Wang
張貴鳳	Jessica Cheung
謝夢儀	Julianna Tse
葉敏華	Anita Cheung
黃振方	James Wong
羅翠貞	Helena Wong
陳潔華	Jennifer Yeung
陳利爵	Richard Chan
陳麗珠	Linda Chan
李溫麗妮	Lai Nai Wan
段曹正心	Carol Duan
農大鈞	John Nung
農李美玲	May Nung
周健明	Gary Chow
陳瑞平	Sunny Chan
劉秀英	Christina Fan
陳潤發	Louis Chan Yun Fat
鍾翠明	Vanessa Chung

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

禮儀	Liturgy
黃金霞	Teresa Wong Szeto (Sacristy)
李利	Lily Li (Lectors)
農李美玲	May Lung (Children Liturgy)
王治耀	Louis Wang (Altar Server, Youth Liturgy)
龍桂裳	Shobie Lung (Youth Liturgy)
農正心	Lydia Nung (Youth Liturgy)
Patient Bahizire	(Youth Liturgy)
羅翠貞	Helena Wong
溫麗妮	Lai Nai Wan
江美珍	Connie Kam
曾兆祺	Leonard Tsang
古媽珊	Serena Tsang
曾慧潔	Gladys Wong
黃健平	Dicky Wong
農大鈞	John Nung (Choir A)
陳瑞平	Sunny Chan (Choir B)
司徒惠良	Fred Szeto
黃曉	Wei Huang
孫擘梅	Maria Sun
叢英	Catherine Au
歐慧賢	Linda Au
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

Request by/申請人

Intention for/意願為

9:30 a.m.

or

11:30a.m

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: _____

教宗良十四世的五月祈禱意願

Pope Leo XIV's Prayer Intention for May

祈禱意向: 为了人人都能有食物

祈求避免食物浪费, 并确保人人都能获得优质的食物。

Universal: That everyone might have food

Let us pray that everyone, from large producers to small consumers, be committed to avoid wasting food, and to ensure that everyone has access to quality food.

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

Adam Auyeung



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