



July 26, 2020

聖靈降臨後第八主日聖餐崇拜

8th Sunday after Pentecost Eucharist

本主日祝文

上帝啊，你是信靠你的人的護佑者，沒有你，我們不會剛強，也不能分別為聖。求你加倍施恩給我們，使我們能在你的治理和引導下，渡過短暫世塵，卻不忘永恆的事物。這都是靠著我們的主耶穌基督。主耶穌與聖父、聖靈，一同永生、一同掌權，永為一上帝，世世無盡。阿們。

Today's Collective Prayer

O God, the protector of all who trust in you, without whom nothing is strong, nothing is holy, increase and multiply upon us your mercy, that with you as our ruler and guide, we may so pass through things temporal, that we lose not the things eternal; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, forever and ever. Amen.

中文講道
REC CHINESE SERMON

復和
Reconciliation

新的人
New Humanity
復和使你成為新的人 Reconciliation makes one new humanity

弗 Eph 2:11-16

新的關係
New Relationship
復和使你有新的關係 Reconciliation gives you a new relationship

弗 Eph 2:17-18

新的家
New Home
復和使你進入新的家 Reconciliation gives you a new home

弗 Eph 2:19-22

茶餘飯後大問題：
請分享一個你想帶來復和之破碎了的關係。

Big Question:
Please share with a broken relationship that you would like to have reconciliation.

英文家庭講道
REC ENGLISH FAMILY SERMON

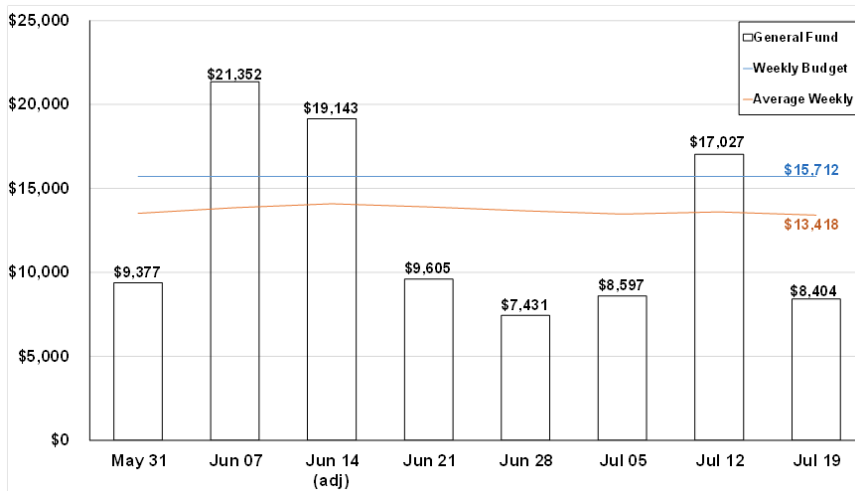
Tear Down the Walls (Ephesians 2:11-22)

A Divided Humanity – Separating from Christ and community

One New Humanity – Tearing down the walls

A Restored Humanity – Reconciling through the cross

19 July 2020
崇拜人數及奉獻
OFFERING



Budget	\$15,712/wk
YTD Avg	\$13,418/wk
Difference	(\$ 2,294/wk)

Offering

經常費 General Fund : \$8,404.00

主教基金 Bishop's Fund : \$650.00

報告
ANNOUNCEMENTS

Guidelines for REC small group activities

- Encourage small groups to conduct online meetings
- Exercise precautions to temporarily restrict indoor group gatherings
- Limit time and number of people and keep physical distance in outdoor group gatherings
- Follow BC guidelines for social interaction

REC 小組活動指引

- 鼓勵小組使用網上聚會
- 以謹慎計暫緩小組室內活動及聚會
- 減低小組戶外活動人數及時間, 保持社交距離
- 遵守 BC 社區活動指引

B.C. provincial health officer Dr. Bonnie Henry's update on July 21, 2020:

Among the recent community outbreak of new COVID-19 cases in BC, many of the new cases are a result of community transmission from an increase in social interactions this summer.

"We can stop transmission by seeing fewer people, only spending time with people we know, keeping a safe distance from others and using a mask when that is difficult," she stated. "We also need to support contact tracing efforts by paying attention to where we go and who we see, and always, without exception, staying home if we are feeling at all unwell."

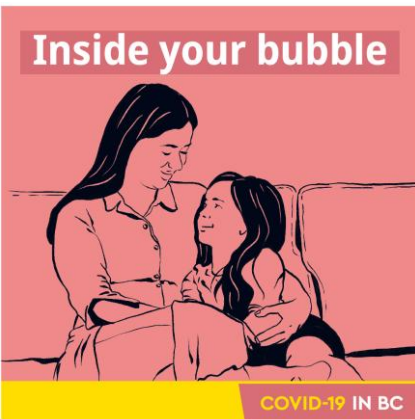
Guidelines for Social Interaction

There are key guidelines to keep yourself and others safe.

If you are at greater risk (over the age of 60 or with underlying medical conditions), be informed of your risk, think through your risk tolerance and take extra precautions.

Inside Your Bubble

Your bubble includes members of your immediate household and can be carefully expanded to include others.

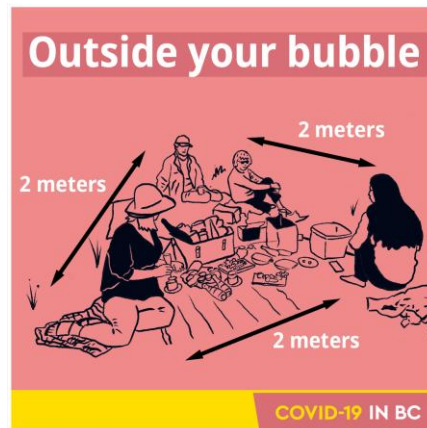


- Try to limit the number of people in your bubble
- Every time you add someone to your bubble, you are also connecting with everybody in their bubble
 - Inside your bubble you can hug and kiss and do not need to wear a mask or stay 2 m apart
 - Remember, vigilant hand-washing and space cleaning is still important
 - If you are sick, self-isolate from people in your bubble as much as possible

Outside Your Bubble

In personal settings when you're seeing friends and aren't in your bubble:

- Only get together in small groups of 2 to 6
- Keep 2 m of physical distance from those who your bubble and limit your time together
- Stay home and away from others if you have like symptoms
- Take extra precautions for those at higher risk illness from COVID-19, including older people with chronic health condition



family who
people
are outside
cold or flu-
for serious
and those

source: <https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/phase-3>

本堂之國語事工由六月開始新動態 (Zoom online 網上進行)

- a. 每月第一及第三主日早上十一時國語崇拜
第一主日盧維溢牧師主領及講道
第三主日周裕先牧師主領及講道
- b. 每月第二及第四星期 星期四研經小組
第二星期 星期四 10:30am 周裕先牧師主領
第四星期 星期四 8pm 盧維溢牧師主領

Our new strategy for Mandarin ministry starting in June (All ministries will be through Zoom online)

- a. 1st and 3rd Sunday Mandarin service at 11am
1st Sunday: Rev. Wayne Lo officiate and preach
3rd Sunday: Rev. Michael Chou officiate and preach
- b. 2nd and 4th week Thursday Bible study group
2nd week Thursday 10:30am: led by Rev. Michael Chou
4th week Thursday 8pm: led by Rev. Wayne Lo

其它 Others

伍德賢總主教將於七月三十日(四)下午二時假沙省 Regina 市 Rosehill Park Alliance Church 為於七月十六日(四)返天家的 Tom Needham 牧師主持安息禮拜。

Tom 牧師曾任加拿大皇家空軍少校，之後修讀神學被按立為牧師，再受聘於空軍為牧師，退休後加入 AM Canada 為 Regina 的 St. Jude's Apostolic Anglican Church 之主任牧師。請為 Tom 牧師太太 Rosemary 及其家人祈禱，願主安慰，並請為伍總主教夫婦因疫情問題決定駕車前往之來回 3,600 公里車程安全代禱，他們會於 8 月 3 日(一)返抵溫哥華。

Apostolic Vicar Silas is going to officiate the funeral for Rev. Tom Needham, Rector of St. Jude's Apostolic Anglican Church, Regina on July 30 (Thursday).

Rev. Tom was a Major in Canadian Royal Air Force, being ordained and became an Air Force Chaplain. He joined AM Canada serving with us the past ten years. Please pray for Tom's wife and her family, may the Lord comfort them. Also, please pray for Silas and Michelle as they decided not to fly but to drive a total of 3,600 Km, please pray for their safety in this long driving journey. They will come back on August 3 (Monday).

牧區代禱網絡

Parish Cycle of Prayer:

身體欠安

王志榮、盧冠羣、吳李寶珠、韋婉環、何陳燕聯、周芙蓉、

潘妙嫻、白德仕、程余鳳英、鮑敬榮、郭顏筱薇

Infirm

Basil Wong, Kenneth Lo, Mabel Li, Jenny Wei, Yan Lian Chan Ho, Fu Yung Chau,
Diana Poon, George Briedis, Yu Fung Ying Ching, Ken Bau, May Ngan Kwok