



August 2, 2020

聖靈降臨後第九主日讚頌早禱崇拜

9th Sunday after Pentecost Praise Morning Prayer

本主日祝文

全能的上帝，你的聖子耶穌基督用生命的糧及上帝的道餵養飢餓者。求你用天恩更新你的子民，在我們軟弱時，用你的真理和永生的糧支持我們。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

福音的奧秘

The Mystery of the Gospel

弗 Eph 3:1-13

基督的囚

Prisoner of Christ

弗 Eph 3:1

福音的奧秘 – 神賜恩給我

Mystery of the Gospel – grace given to me

弗 Eph 3:2-6

福音的奧秘 – 照神的恩賜

Minister of the Gospel – grace given to me

弗 Eph 3:7-13

英文家庭講道

REC ENGLISH FAMILY SERMON

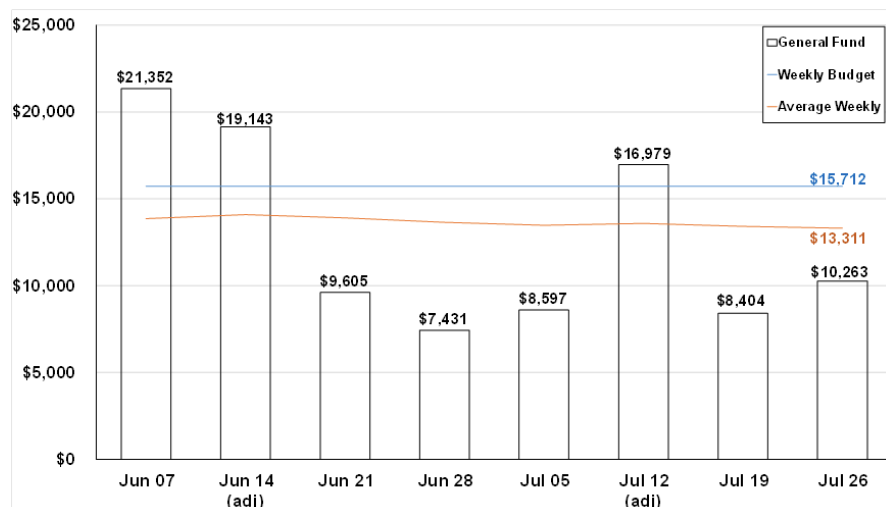
The Mystery of the Gospel (Ephesians 3:1-13)

Prisoner of Christ (Eph 3:1)

Mystery of the Gospel – grace given to me (Eph 3:2-6)

Minister of the Gospel – grace given to me (Eph 3:7-13)

26 July 2020
 崇拜人數及奉獻
 OFFERING



Budget	\$15,712/wk
YTD Avg	\$13,311/wk
Difference	(\$ 2,401/wk)

Offering

經常費 General Fund :	\$10,263.00
發展基金 Dev't. Fund :	\$492.00
主教基金 Bishop's Fund :	\$200.00

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."

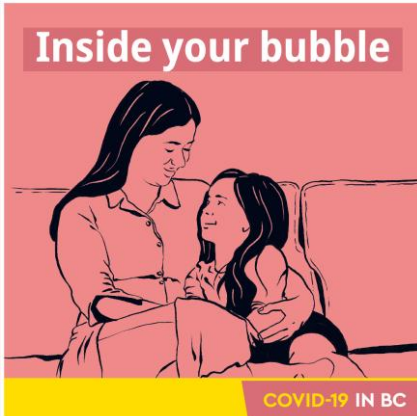
Guidelines for Social Interaction

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.

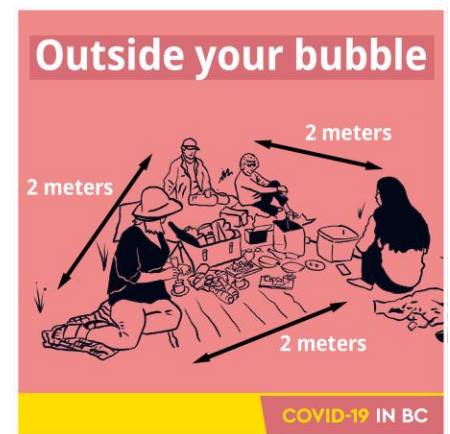


- Try to limit the number of people in your bubble
- Every time you add someone to your bubble, you are also connecting with everybody in their bubble
- Inside your bubble you can hug and kiss and do not need to wear a mask or stay 2 m apart
- Remember, vigilant hand-washing and space cleaning is still 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 family who aren't in your bubble:

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



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

Updated Guidance (July 17, 2020) for Faith-Based Organizations to Prevent COVID-19 Transmission
http://www.bccdc.ca/Health-Info-Site/Documents/COVID_public_guidance/Guidance_Faith_Based.pdf

2020 年教友大會以 Zoom 進行

日期：2020 年 9 月 13 日 (主日及堂慶日)

時間：2 pm – 3:30 pm

歡迎所有兄姊參加，懇請註冊教友務必出席，註冊教友名單如下：

2020 REC Annual General Meeting through Zoom

Date: September 13, 2020

Time: 2pm – 3:30pm

We welcome all brothers and sisters to join the AGM Meeting. Registered members are sincerely invited to attend this meeting, the registered members list is as follows:

「註冊教友」名單 "Registered Member" List

1. Au	Norah	區仕巧	46. Cheung	Peter	張佑誠
2. Awando	Francis		47. Cheung	Rosanna	張陸妙玲
3. Briedis	George	白德仕	48. Cheung	Terence Chi-Leung	張子良
4. Briedis	Grace	白曹慧娟	49. Choi	Alice	蔡美香
5. Chan	Ally Suk Wa	陳淑華	50. Choi	Brenda Li	蔡李月媚
6. Chan	Chi Yam Cliff	陳志欽	51. Choi	Dickson	蔡偉權
7. Chan	Dionne	陳玉賢	52. Chow	Hoi Yan Eva	周凱欣
8. Chan	Eleanor	陳陳綺梅	53. Chu	David	諸永康
9. Chan	Ernest	陳國偉	54. Chu	Ivy Cheng	諸鄭慕貞
10. Chan	Fiona	陳嘉賢	55. Chui	Eric	崔金強
11. Chan	Florence Tsang	陳曾蓮香	56. Fan	Linda	范曉霞
12. Chan	Gary	陳家永	57. Fok	Helen	霍海欣
13. Chan	Hannah	陳美嫻	58. Fok	Henry	霍謙諒
14. Chan	Hazel	陳景禧	59. Fok	Joey	霍麗珍
15. Chan	Henry	陳祺志	60. Fok	Sam	霍耀森
16. Chan	Ivy	陳汝青	61. Fong	Christine	方曉雲
17. Chan	Judy	陳沛姿	62. Fong	Sherla Yeung	方楊楚珊
18. Chan	Kam	陳錦邦	63. Fong	Sonia	方秀薇
19. Chan	Katherine	陳結梅	64. Fu	Christine	容德儀
20. Chan	Kelvin	陳家浩	65. Fung	Dennis	馮振邦
21. Chan	Kerry	陳伍嘉怡	66. Fung	Gordon	馮培昌
22. Chan	Lai Kuen Lorraine	陳麗娟	67. Ha	Grace	夏嘉怡
23. Chan	May	陳美蘭	68. Han	Yang Hannah	韓揚
24. Chan	May Kwun	陳美君	69. Har	Caroline	夏貴蘭
25. Chan	Paul	陳博	70. He	Fanny	何燕芬
26. Chan	Pauline	陳婉清	71. He	Gen	何根
27. Chan	Petula	陳玉芬	72. He	Nancy	何惠英
28. Chan	Raymond	陳文強	73. He	Xiuhong Peng	何彭綉紅
29. Chan	Robert	陳友農	74. Heung	Annie	香綺萍
30. Chan	Sandy	陳靜儀	75. Hird	Mark	
31. Chan	Sunny	陳慎源	76. Ho	Jeff	何志成
32. Chan	Teresa Cheng	陳鄭惠英	77. Ho	Sharon	何瑞智
33. Chan	Vicky Wai Ki	陳卉祈	78. Hoh	Aaron	賀仰臨
34. Chan	Vivian	陳蔚然	79. Hoh	Ella Lau	賀劉綺娜
35. Chan	Wilson	陳立雄	80. Hui	Connie Sui Kong	許穗江
36. Chan	Zenbia	陳美美	81. Hung	Amy	熊凱汶
37. Chau	Esther	周鳳儀	82. Hung	Daniel	洪觀舜
38. Chang	Anne	張寶珠	83. Hung	Emily	洪鈺林
39. Cheng	Isabella	鄭明虹	84. Hung	Eric	洪志誠
40. Cheung	Anthony	張永樂	85. Hung	Selina	孔張淑群
41. Cheung	Connie	張笑蘭	86. Hung	Victor	孔慶貽
42. Cheung	Edmund	張思遠	87. Jung	Hung Yip	鄭鴻業
43. Cheung	Kenny	張宇堃	88. Kan	Phoebe	簡徐碧霞
44. Cheung	Leona	張加希	89. Ko	Sarah	高嫦樂
45. Cheung	Mei	張媚	90. Kwan	Jennifer	關妙玲

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91. Kwok	Lai Chun Chan	郭陳麗珍	146. Lo	Jenny	黃佩蘭師母
92. Kwok	May Ngan	郭顏筱薇	147. Lo	Wayne	盧維溢牧師
93. Kwok	Raymond Chun Ping	郭振平	148. Lui	Ruby Wai Ming	呂慧明
94. Kwok	Rossana	郭楊曼儀	149. Luu	Chantel	
95. Kwok	Samuel	郭志豪	150. Mak	Alan	麥銳光
96. Kwok	Winnie Yuen Fun	張婉芬	151. Mak	Bruce	麥志華
97. Ku	Ava	古逸勵	152. Mak	Eddy	麥定基
98. Lai	Carmen	賴欣桐	153. Mak	Lillian	麥鍾潔冰
99. Lai	Eric Hoo Qu Lai	黎浩橋	154. Mak	Lindy Mok	麥莫翠樺
100. Lai	Peter	黎彼得	155. Mak	Maggie	麥夢珊
101. Lai	Phoebe Tai	黎戴寶嫦	156. McQuaid	Grace	陳艷莊
102. Lam	Amy	林嘉怡	157. Mok	Kitty	莫嘉雯
103. Lam	Anthony		158. Mok	Raymond	莫志昌
104. Lam	Jason	林頌恩	159. Mow	Agnes	繆謝美慧
105. Lam	Julius	林美嬋	160. Mow	Gregory	繆達夫
106. Lam	Marian	林李美瑩	161. Mow	May	繆萬美鳳
107. Lam	Mo Kwong	林慕光	162. Mow	Wyman	繆仕贈
108. Lam	Nivea	林慧中	163. Ng	Andrew	吳樹德
109. Lam	Priscilla	林慧玲	164. Ng	Anna	Anna 師母
110. Lao	Jolene	劉茁玲	165. Ng	Athanasius	伍因諾
111. Lau	Candy	劉凱晴	166. Ng	Edmond	吳偉超
112. Lau	Connie Shun Pik	劉黃純碧	167. Ng	Eunice	吳黃翠珠
113. Lau	Debbie	劉黃芷筠	168. Ng	Ignatius	伍因信牧師
114. Lau	Frank	劉振輝	169. Ng	Meiann	潘潔芳
115. Lau	Hannah	劉黃婉嫻	170. Ng	Michelle	伍文嘉美師母
116. Lau	Kent	劉偉堅	171. Ng	Philip	吳恭寧
117. Lau	Kit Ching	劉潔貞	172. Ng	Silas	伍德賢總主教
118. Lau	Kevin	劉紹光	173. Ng	Vance	吳殷蔚
119. Lau	Leroy	劉嘉軒	174. Ngai	David Kwong Tai	魏光第
120. Lau	Lucas	劉嘉亮	175. Ngai	Yip Bing Ling	魏葉炳玲
121. Lau	Vanessa	劉凱韻	176. Ngai	Veronica	魏國樺
122. Lau	Vincent Siu Ping	劉肇平	177. Omwa	Georgia	
123. Law	Kitty	羅秀馨	178. Peng	Yen Amanda	彭妍
124. Lee	Angela	李育珍	179. Poon	Benny	潘浩堯
125. Lee	Clarice	李葆真	180. Poon	Diana	潘妙嫻
126. Lee	Eric	李彥珩	181. Poon	Katie	潘麗琪
127. Lee	Martha Lau	李劉淑貞	182. Ren	Yuan	任怨
128. Lee	Nancy	鄭惠彩	183. Sha	David	沙存偉
129. Lee	Po Fong Grace	許步芳	184. Sham	Yat Man (Abel)	岑逸民
130. Lee	Wai-Ping Betty Ng	李吳衛平	185. Sham	Raymond	沈安麟
131. Leong	Grace	梁燕翹	186. Shin	Barry	單保龍
132. Leung	Adrian	梁瑞慶	187. Shum	Wendy	岑志穎
133. Leung	May	梁頌卿	188. Siu	Emily	邵欣琪
134. Leung	Paulo	梁景華	189. Siu	Gavin	蕭敏聰
135. Leung	Thomas	梁偉池	190. Siu	Joshua	蕭重信牧師
136. Leung	Wai See Esther	梁偉思	191. Siu	Rachel	Rachel 師母
137. Li	Andy	李穎謙	192. So	Charmain	蘇尚敏
138. Li	Raymond	李煦恩	193. So	Clara	蘇尚賢
139. Li	Theresa	李吳瑞姬	194. So	Esther	郭香蘭
140. Liang	Ke Xuan Shirley	梁可璇	195. So	Josephine	蘇黃玉卿
141. Lim	Tji Yen	林子岩	196. So	Simon	蘇志強
142. Lo	Cindy	羅靜君	197. Su	Vicky	蘇碧菁
143. Lo	Daniel	盧振傑	198. Suhartono	Yan Jun Yanti	潘玉燕
144. Lo	Doris	盧蔡青盈	199. Sung	Peggy	宋黃碧姬
145. Lo	Edward	盧星五	200. Sze	Peric	施文雅

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201. Szeto	Bernard	司徒聰	234. Wong	Ellen Man Yau	黃文有
202. Tam	Alice	譚美芳	235. Wong	Helen	王吳台珍
203. Tam	Amy	譚美儀	236. Wong	Joyce	黃慧華
204. Tam	Angel	譚美燕	237. Wong	Patrick	黃俊鴻
205. Tam	Fung Siu Ying	譚馮少英	238. Wong	Shirley	黃美霞
206. Tam	Joyce Kit Fong	譚潔芳	239. Wong	Simon Chi Fai	黃志輝
207. Tam	Kitty	譚潔靈	240. Wong	Yuk Yu Stella	王玉瑜
208. Tan	Dorin	譚玳玲	241. Wong	Tracy	黃凱詩
209. To	Anthony	杜鉅洪	242. Wong	Vienna	黃翠珊
210. To	Elise	陶李國玲	243. Wong	Virginia	黃韻盈
211. To	Kit	陶杰	244. Wu	Ching Yan Nicole	鄔靜恩
212. Tong	Ben	唐斌	245. Wu	Dennis	胡大恩
213. Tong	Eunice	唐鄭玉如	246. Wu	Michael	吳宗逸
214. Tong	Dorothy	唐美萍	247. Xie	Liu Hing	謝柳卿
215. Trinh	Johnny	鄭克威	248. Yang	Maggie	楊美琪
216. Tsang	Che Wan	林曾志雲	249. Yau	Raymond	邱利民
217. Tsang	Grace	曾賴嘉麗	250. Ye	Susanna	葉春華
218. Tsang	Jacky	曾毅力	251. Yee	Cecilia	余唐靜伯
219. Tsang	Natalie	曾詠言	252. Yang	Yongbin Robin	楊永斌
220. Tse	Isabel	謝蔚儀	253. Yeung	Alan	楊宇澄
221. Tse	Philip	謝宏柱	254. Yeung	Denny	楊志初
222. Tse	Tony	謝永業	255. Yeung	Emily	楊嘉慧
223. Tsui	Maria	陳永萍	256. Yeung	Florence	楊謝潔文
224. Tung	Michael	董儒熊	257. Yeung	Iris	楊柳影
225. Wei	Jenny	韋婉環	258. Yeung	Lucy	楊慧麗傳道
226. Witrina	Andy	黃俊毅	259. Yeung	Olivia	楊詠琛
227. Wong	Albert	黃子英	260. Yeung	Sharon	楊詠懿
228. Wong	Alex	黃頌濤	261. Yim	Gamaliel	嚴熾亮
229. Wong	Alice	黃邱婉芬	262. Yip	Kwok Chun Janet	葉國珍
230. Wong	Basil	王志榮	263. Young	Jones	楊浩宗
231. Wong	Daisy	黃碧瑜	264. Yu	Betty	余錦屏
232. Wong	Man Kam David	黃文錦	265. Yuen	Zoe	袁煥蓉
233. Wong	Doreen	黃寶珠	266. Zhou	Christine	周綺筠

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

本堂教友程余鳳英姊妹於 7 月 31 日 (五) 安息主懷，安息禮拜假 Ocean View Funeral Home (4000 Imperial Street, Burnaby) 舉行，安息禮拜之日期及時間容後公佈，請為程姊妹家人祈禱。

Our Parishioner, Mrs. Yu Fung Ying Ching passed away on July 31 (Friday). Her funeral service will be held at Ocean View Funeral Home (4000 Imperial Street, Burnaby). Date and Time of her funeral service will be announced later. Please pray for the Ching's family.

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、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, Ken Bau, May Ngan Kwok