



**July 30, 2023**

**聖靈降臨後第九主日讚頌早禱崇拜**  
9<sup>th</sup> Sunday after Pentecost Praise Morning Prayer

**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 Collect**

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, now and forever. Amen.

中文講道  
REC CHINESE SERMON

禁食禱告，聖靈差遣  
Fasting and Praying, the Holy Spirit sends

講道：伍德賢總主教 Bishop Silas Ng

1. 主道興旺，越發廣傳  
God's Word continued to spread and flourish  
使徒行傳 Acts 12:24-25
2. 敬拜禁食，聖靈說話  
Worshipping and fasting, the Holy Spirit speaks  
使徒行傳 Acts 13:1-3
3. 禁食禱告，聖靈差遣  
Fasting and Praying, the Holy Spirit sends  
使徒行傳 Acts 13:3-15

茶餘飯後大問題：  
分享你最肚餓的一次經歷。

Big Question:  
Share an experience of your most hungry moment.

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英文家庭講道  
REC ENGLISH FAMILY SERMON

**Sent on God's Mission (Acts 12:25 – 13:3)**

**Preacher: Rev. Joshua Siu**

Know God's Mission by Listening

Joining God's Mission by Giving

Sending and Commissioning for God's Work

**主日崇拜詩歌**  
**Sunday Worship Hymns**

**早堂 8:30am 崇拜**  
**8:30am Sunday worship**

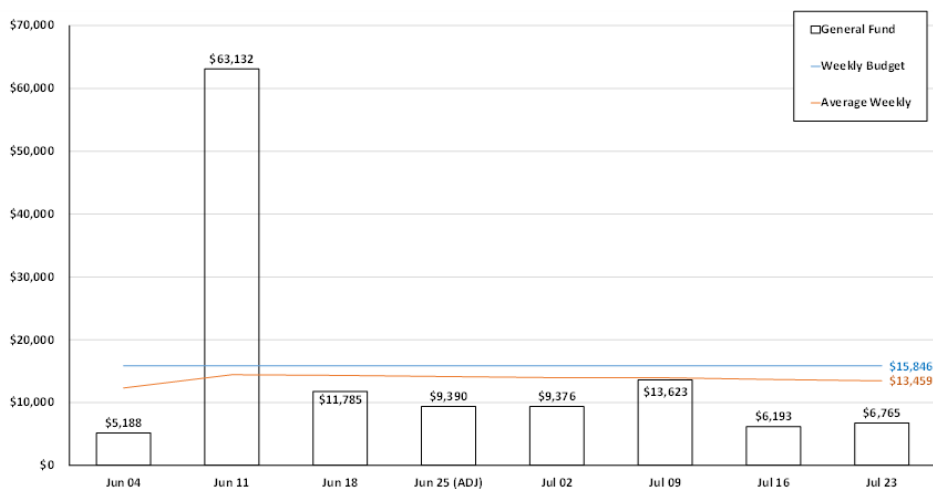
進堂詩	Opening Hymn	no. 8	我靈頌主歌	O Bless The Lord, My Soul
奉獻詩	Offertory Hymn	no. 408	緊靠上主歌	O For A Closer Walk With God
退堂詩	Recessional Hymn	no. 83	神聖之靈歌	Spirit Divine, Attend Our Prayers

**午堂 11am 崇拜**  
**11am Sunday worship**

進堂讚頌歌	Praise Worship Team		讚頌你 Hallelujah (廣東話) 沒有祢那有我 從心合一	一切歌頌讚美 (普通話)
奉獻詩	Offertory Hymn	no. 408	緊靠上主歌	O For A Closer Walk With God
退堂詩	Recessional Hymn	no. 83	神聖之靈歌	Spirit Divine, Attend Our Prayers

**23 July 2023**  
**奉獻**  
**OFFERING**

Budget	\$15,846/wk
YTD Avg	\$13,459/wk
Difference	(\$2,387/wk)



**Offering**

經常費 General Fund :	\$6,765.00
設施改善基金 Imp't Fund :	\$30.00

報告  
ANNOUNCEMENTS

統一廣場新堂裝修進展

親愛的兄姊，衷心多謝您們的恆切祈禱！經過很繁複的工序與不斷的禱告，我們終於收到統一廣場管理委員會的函件，可以向市政府申請裝修准許證了。因我們將在這星期寄出這申請函件，請大家繼續祈禱，使我們向市政府的申請能早日通過，可以開始拆卸及裝修。

Church Development Progress:

Dear Church, thank you for your faithful prayers! After much work and prayer, we have received the letter of consent from our strata, which now allows us to proceed with the Building Permit Application. Please continue to pray for the Lord's favour as we will be making this submission in the coming week, and as we will then await the response from City Hall.

人的心靈健康是非常重要、但身體健康也不可輕看。本堂將由八月十九日 (星期六) 開始，試辦兩個月的強身健體操，活動有益身心，男女偕宜。

主題：《帶健康回家》

目的：幫助促進血液循環，強身健體舒筋活絡，鍛練動作協調性以防止老人痴呆。

我們所編創的簡單易學健身操，通過鍛練能改善體態，使大家擁有精神健康輕鬆生活。就讓我們一同行動起來，把健康帶回家。

由八月十九日開始：

逢星期六 下午 4:00 – 5:00

逢星期二 早上 9:30 – 10:30

每堂費用: \$3.00

報名方式：請到大堂報名

詳情及報名，請聯絡：陳陳綺梅 Eleanor Chan 604-723-7233

\*\*每堂人數為 30 名，額滿即止。

Starting from August 19th (Saturday), we will be conducting a two-month trial of body-strengthening exercises that are beneficial for both the body and mind, suitable for both men and women.

Theme: "Bringing Health Home"

Objective: To promote blood circulation, strengthen the body, relax muscles and tendons, enhance coordination, and prevent dementia in the elderly.

We have designed simple and easy-to-learn fitness exercises that can improve posture and contribute to everyone's mental well-being, leading to a relaxed lifestyle. Let's take action together and bring good health home.

Starting from August 19th:

Every Saturday: 4:00 PM – 5:00 PM

Every Tuesday: 9:30 AM – 10:30 AM

Each Session: \$3.00

Registration Method: register in the lobby

For more details and registration, please contact: Eleanor Chan 陳陳綺梅 604-723-7233

\*\* Each session can accommodate up to 30 participants, so register early to secure your spot.

## 謝仲賢法政牧師於本年九月一日開始成為我們的半職牧師 (廣東話事工)

本堂堂議會於七月十二日(星期三)的會議中一致通過聘任謝仲賢法政牧師於本年九月一日開始成為我們的半職牧師 (廣東話事工)，通過的動議如下:

"聘任謝仲賢法政牧師自 2023 年 9 月 1 日起根據雙方的協訂一個二年的合同為以馬內利堂之半職牧師"

我們感謝主帶領我們有謝法政的新任命，請為謝法政牧師在本堂的新工作祈禱。

## Rev. Dr. Canon Philip Tse's new position as half time priest (Cantonese Ministry) in REC starting September 1, 2023

On July 12, 2023, our Council passed a motion unanimously to have a two years contract to employ Rev. Dr. Canon Philip Tse as our half time pastor (Cantonese Ministry) starting on September 1, 2023. Please see the motion:

To offer a two years employment contract to Rev. Dr. Canon Philip Tse as our Half Time Pastor according to the job description agreed by both parties with effect from 1<sup>st</sup> September, 2023.

We give thanks to the Lord for this new appointment and we ask your prayers for Canon Philip's new ministry at REC.

## 為聖公會緬甸 Sittwe 教區風災的救援奉獻總數

衷心多謝兄姊為的救災奉獻，以馬內利堂收到 \$5,890，AM Canada 從各教會包括以馬內利堂的奉獻總數是 \$18,510，將會在下週由 AM Canada 電滙給 Sittwe 教區作為賑災之用。

## Total donation to the Sittwe Diocese, Myanmar

A big thank you to the support of your donation to Bishop James' Sittwe Diocese last month. The total donation we received from REC is \$5,890 and the total donation AM Canada received from our churches is \$18,510. AM Canada will transfer the total donation to the Sittwe Diocese, Myanmar next week.

## 新事工：第一及第三主日午膳及查經小組

本堂將於七月開始在第一及第三個主日午堂崇拜後在副堂午膳及查經小組(分成大概三至四個小組)

主題：請來看，神同在

主領：伍德賢總主教，楊子朗傳道，李耀光弟兄及幾位小組組長

內容：藉小組查經及分享，使該主日的講道經文及信息能為兄姊帶來生活化的分享及生命的豐盛

\*\*報名方式：請向 Christine Fu 報名 (whatsapp 604-721-9918) 或 致電教會 604-214-0321

## New Ministry: 1st and 3rd Sunday lunch and small groups Bible Study

We are going to start a new Cantonese ministry to have lunch and Bible study after our 11am service on the 1st and 3rd Sundays (Consists of three to four small groups)

Theme: Come and See, God with us

Leaders: Bishop Silas, Pastor Christine, brother Clarence Lee and a few small group leaders

Content: Using each Sunday's key passage and sermon message to have Bible study and sharing enriching life transformation for participants

\*\*Register Method: Whatsapp Christine Fu 604-721-9918 or call REC office 604-214-0321

弟兄姊妹若有興趣報讀成為謝法政 "舊約概論" 第六堂的插班生，請向教會秘書 Christine Fu 報名 Whatsapp 604-721-9918。

**截止報名日期：8月7日**

餘下的上課日期 (每月一至二次的週五 @7:30pm Zoom 課) 為:

2023 Aug 11, 25  
Sept 8, 22  
Oct 13, 27  
Nov 10  
2024 Jan 5, 19  
Feb 2, 16  
Mar 1, 15  
Apr 5, 19

### 以馬內利女聲合唱團冬季招生

以馬內利女聲合唱團現在開始冬季招生，姊妹有興趣唱歌，請報名參加。有關詳情，歡迎你參加將於八月十二日舉行之合唱團野餐活動。

女聲合唱團練習時間：每月之第二個星期六，下午 2:30 至 4:30

地點：以馬內利堂

報名方式：請致電 Christine Fu，教會電話 604-214-0321 或 發短信給 Emily Yeung 604-317-0686

### Emmanuel Women's Choir is recruiting for the Fall Season

Ladies, if you are interested in singing, join us! Our rehearsal is on the second Saturday of each month from 2:30 to 4:30 at church. To find out more, come to our choir picnic on **August 12**. We love to see you. Please register with Christine at church 604-214-0321 or leave a message for Emily Yeung at 604-317-0686.

### 統一廣場崇拜及事工

#### **每週星期六 9am 聖餐崇拜**

時間：9:00am – 9:40am

地點：統一廣場三樓

\*\* 除實體崇拜外，也可用此連結透過 Zoom 參加崇拜

<https://us06web.zoom.us/j/3962567042?pwd=N1lVUzRlcnBkNUVEYkVrLy9TdklEZz09>

Meeting ID: 396 256 7042

Passcode: 12345

#### **每週星期二 2pm 查經小組**

時間：2:00pm – 3:30pm

地點：統一廣場三樓

內容：崇拜讚頌，讀經，教導，查經，祈禱

主題：山上寶訓

#### **每週星期五 6:30pm 兒童聚會 (Tent of Meeting)**

每週星期五 7:30pm 中學生、大專及在職青年小組

## Worship and Ministries at President Plaza

### Weekly Saturday 9am Eucharist

Time: 9:00am - 9:40am

Place: President Plaza 3<sup>rd</sup> Floor

\*\* Every Saturday 9:00am is in-person Service, you can use this link to join the Service via Zoom.

<https://us06web.zoom.us/j/3962567042?pwd=N1lVUzRlcnBkNUVEYkVrLy9TdKlEZz09>

Meeting ID: 396 256 7042

Passcode: 12345

### Weekly Tuesday 2pm Worship and Bible Study

Time: 2:00pm - 3:30pm

Place: President Plaza 3<sup>rd</sup> Floor

Content: Worship and Praise, Reading, Teaching, Bible Study, Prayers

Theme: Sermon of the Mount

Weekly Friday 6:30pm Children's Tent of Meeting (TOM)

Weekly Friday 7:30pm Small group meeting: High School, University and Career

## REC English Family

Sunday 11am: REC English Family in-person Sunday worship (it can also be joined via Zoom)

<https://zoom.us/j/98771341280?pwd=NXIxK2hKZlg5UnpGTVp2WWhlcGQ3dz09>

Meeting ID: 987 7134 1280 Passcode: 534299

Friday 6:30pm: Tent of Meeting (TOM) children's group (at President Plaza)

Friday 7:30pm: Youth (high school) group (at President Plaza)

Young adults group (at President Plaza)

## 本堂廣東話實體崇拜

早堂 8:30am 崇拜

每主日之實體聖餐崇拜，早堂崇拜將不會提供即時網上轉播 (No YouTube Live)。

午堂 11am 崇拜

每主日之實體崇拜，第二及第四主日為聖餐崇拜，第一、三及五主日為讚頌早禱崇拜，崇拜錄影稍後會上載 YouTube 但不設即時網上轉播 (No YouTube Live)。

## In-person Cantonese services

### 8:30am Sunday Services

We have in-person weekly Sunday Eucharist and we will provide no YouTube Live for those services.

### 11am Sunday Services

Sunday services will be in person only.

The 2<sup>nd</sup> & 4<sup>th</sup> Sunday will be Eucharist. The 1<sup>st</sup>, 3<sup>rd</sup> and 5<sup>th</sup> Sunday will be Praise Morning Prayer. There will be no YouTube Live for these services but the recordings will be uploaded afterwards.

## 本堂普通話事工

- 普通話崇拜，每主日(星期天)早上 11 時，在本教堂 2 樓舉行。每月逢第 3 主日有聖餐。
- 祈禱會，每主日早上 10:30 在 2 樓崇拜地點舉行。

## 普通話查經

1. 新約《以弗所書》，由 7 月 9 日開始，逢主日下午 2:00 至 3:30，由盧維溢牧師帶領
2. 舊約《創世記》，逢星期四晚上 8:00 至 9:30，由李耀光弟兄帶領

## Mandarin Ministry

- Worship service in Mandarin is held every Sunday at 11a.m. on the 2nd level of our church site. Holy communion will be held every 3rd Sunday of the month.
- Every Sunday at 10:30 a.m., a prayer meeting for Mandarin ministry is held in the same meeting place of worship.

## Mandarin Bible Study

1. "Ephesians" (New Testament), start on July 9, every Sunday from 2pm – 3:30pm, lead by Rev. Wayne Lo
2. "Genesis" (Old Testament), every Thursday at 8:00pm – 9:30pm, lead by Clarence Lee

## 其它 Others

楊子朗傳道於 7 月 18 日至 8 月 9 日放年假。  
Pastor Christine Yeung on annual leave from July 18 – August 9.

## 禱告 PRAYER

### 牧區代禱網絡 Parish Cycle of Prayer:

身體欠安

吳李寶珠、韋婉環、何根、周芙蓉、潘妙嫻、白德仕、白曹慧娟、郭顏筱薇、潘劉桂香、辜裕洲、辜凌志斌、李煦恩

Infirm

Mabel Li, Jenny Wei, Gen He, Fu Yung Chau, Diana Poon, George Briedis, Grace Briedis, May Ngan Kwok, Poon Lau Kwai Heung, Mr. Koo, Mrs. Koo, Raymond Li



## 歡迎您參加以馬內利 330 啟發課程

我們誠意邀請您參加一個全球已有超過三千萬人參加的「啟發課程」。此課程以輕鬆務實的方式以廣東話探討生命及基督教信仰，由 7 月 12 日開始，逢星期三及四下午 3:30pm 至 4:30pm 進行分二個地點進行。內容包括由啟發課程提供的專輯及小組討論，並有精美茶點，歡迎大家參加。

星期三地點: 陶源金閣 7997 Westminster Hwy #200 Richmond

星期四地點: 統一廣場三樓 3330 聖公會以馬內利堂 8181 Cambie Rd. #3330, Richmond

課程之內容如下：

- |                |      |
|----------------|------|
| 1. 7 月 12,13 日 | 美滿人生 |
| 2. 7 月 19,20 日 | 信心旅程 |
| 3. 7 月 26,27 日 | 祈禱事成 |
| 4. 8 月 2,3 日   | 聖經點睇 |
| 5. 8 月 9,10 日  | 尋求指引 |
| 6. 8 月 16,17 日 | 認識聖靈 |
| 7. 8 月 23,24 日 | 經歷聖靈 |
| 8. 8 月 30,31 日 | 病得醫治 |

請填寫下面之回條交回或寄回本堂便可。或 WhatsApp 604 230 1201 報名。

✂ .....

姓名： (中) \_\_\_\_\_ (英) \_\_\_\_\_

電話： (手提) \_\_\_\_\_

電郵： \_\_\_\_\_