



**August 6, 2023**

**聖靈降臨後第十主日讚頌早禱崇拜**

10<sup>th</sup> 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 Collect**

Almighty God, your Son Jesus Christ fed the hungry with the bread of his life and the word of his kingdom. Renew your people with your heavenly grace, and in all our weakness sustain us by your true and living bread, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

## 中文講道

### REC CHINESE SERMON

聖靈揀選，聖靈禁止，聖靈開導

Spirit chooses, Spirit forbids, Spirit opens

講道：伍德賢總主教 Bishop Silas Ng

1. 聖靈揀選  
Spirit chooses

使徒行傳 Acts 15:36 – 16:5

2. 聖靈禁止  
Spirit forbids

使徒行傳 Acts 16:6-8

3. 聖靈開導  
Spirit opens

使徒行傳 Acts 16:9-15

茶餘飯後大問題：

分享一個你最近因聖靈開導而恍然大悟的經歷。

Big Question:

Share a recent experience of suddenly understand something because of the Holy Spirit.

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## 英文家庭講道

### REC ENGLISH FAMILY SERMON

**The Spirit Sets Us Free (Acts 16:16-40)**

**Preacher: Rev. Joshua Siu**

Earthly Wealth Threatened by Heavenly Power

In Prison But Free

The Spirit Sets Us Free

**主日崇拜詩歌**  
**Sunday Worship Hymns**

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

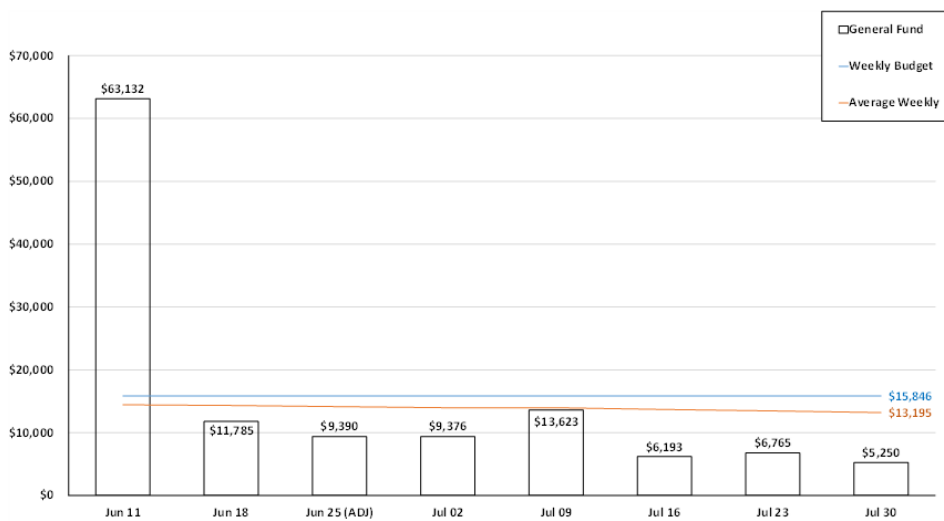
進堂詩	Opening Hymn	no. 8	我靈頌主歌	O Bless The Lord, My Soul
奉獻詩	Offertory Hymn	no. 408	緊靠上主歌	O For A Closer Walk With God
退堂詩	Recessional Hymn	no. 374	求作遠象歌	Be Thou My Vision

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

進堂讚頌歌	Praise Worship Team		我要向高山舉目 有祢同行 請差遣我	
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. 374	求作遠象歌	Be Thou My Vision

**30 July 2023**  
**奉獻**  
**OFFERING**

Budget	\$15,846/wk
YTD Avg	\$13,195/wk
Difference	(\$2,652/wk)



**Offering**

經常費 General Fund :	\$5,250.00
設施改善基金 Imp't Fund :	\$900.00
主教基金 Bishop's Fund :	\$330.00

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。因我們已在星期四寄出這申請函件，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. And, we mailed the application to the City Hall last Thursday. Please continue to pray for the Lord's favour as we will then await the response from City Hall.

人的心靈健康是非常重要的、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.

## AM Canada 主辦 "MISSION 113 工作坊"

日期：2023 年 9 月 5 及 12 日(星期二)

時間：7:30am-8:30am

講員：Melter 大主教 (聖公會東南亞教省主教長，聖公會沙巴教區主教)

內容：分享楊平忠大主教如何在 1993 年從領受 MISSION 113 的異象，到如何在馬來西亞沙巴教區推動此運動直至現今帶來的果效。

參加方法：將會以 ZOOM 進行，請到以下之網頁報名

<https://www.theamcanada.ca/connecting-2023-workshops>

此工作坊目的為連結 AM Canada 眾教會的教牧和弟兄姊妹，自 2021 年開始，每年二至三次，去年五月在非洲烏干達舉行的 Anglican Mission 董事會，眾大主教和主教認同此工作，由今年開始提升為整個 Anglican Mission 的工作坊，讓加拿大，美國，印度，海地及非洲的 Anglican Mission 教會有機會藉工作坊學習並增進及連結彼此的關係，請兄姊把握此機會參加，以英語進行，不設翻譯，詳情如下：

### Connecting Workshop "MISSION 113" organized by AM Canada

Dates: Tuesday – September 5 and 12

Time: 7:30am – 8:30am

Speaker: The Most Rev. Melter Tais (Primate and Archbishop of the Anglican Province of South East Asia, Bishop of the Diocese of Sabah)

Content: Archbishop Melter will share what he has experienced since Archbishop Yong Ping Chung launched MISSION 113 in 1993 for the Diocese of Sabah. How did Archbishop Yong led the Diocese to do that, the result, the fruits and the influences until now.

These two workshops will be through ZOOM, to register, please click this link:

<https://www.theamcanada.ca/connecting-2023-workshops>

## 二十七週年堂慶感恩聯歡晚餐

本堂為成立二十七週年誌慶，謹訂於 2023 年 9 月 10 日 (主日) 晚上 6 時 30 分假列治文金濤海鮮酒家 (Unit 1298, 3779 Sexsmith Road, Richmond, BC) 舉行感恩聯歡晚餐。歡迎教友聯同親友齊來歡聚，同頌主恩。名額有限，請報名從速。

餐券預購：8 月 6 日起至 8 月 27 日止

1. 請於每主日在教會大堂堂慶晚餐售票處購買餐券，時間由主日上午 9 時 30 分至 11 時以及 11 點午堂崇拜後至下午 1 時
2. 參與者可以自組 10 人一桌，然後在大堂堂慶晚餐售票處購買餐券。

餐費：每位 55 元

查詢聯絡 Teresa Chan 604-377-3563 或 Grace McQuaid 236-988-1008

### 27<sup>th</sup> Anniversary and Celebration Dinner

The Dinner will be held on September 10<sup>th</sup>, 2023 (Sunday) 6:30pm at Kam Tou Seafood Restaurant (Unit 1298, 3779 Sexsmith Road, Richmond, BC). All parishioners, their families and friends are welcome to join for celebration and praise the Lord.

Dinner Ticket Sale: From August 6<sup>th</sup> to August 27<sup>th</sup>

1. Please purchase dinner tickets from the Ticket Sale Booth at the church lobby on Sunday between 9:30 – 11:00 am and after 11am Sunday service to 1:00 pm.
2. Participants may select your own people (10 people per table), then pre purchase dinner tickets at the Ticket Sale Booth.

Dinner Fees: \$55 per head

For inquiries contact: Teresa Chan 604-377-3563 or Grace McQuaid 236-988-1008

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**

請注意餘下的上課日期 (紅色) 有所更改 (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  
**Dec 8**

2024 Jan 5, 19  
**Feb 2, 23**  
**Mar 8, 22**  
**Apr 12**

溫哥華日期 2023 (Fri 7:30-10:30pm)	堂數	包括書卷	溫哥華日期 2024 (Fri 7:30-10:30pm)	堂數	包括書卷
Jun 2, 2023	1	引言 創世記 1-11	Jan 5, 2024	14	耶利米書 耶利米哀歌
Jun 9, 2023	2	創世記 12-50 出埃及記 1-18	Jan 19, 2024	15	以西結書 但以理書 1-6 章 但以理書 7-12 章
Jun 23, 2023	3	出埃及記 19-40 利未記	Feb 2, 204	16	何西阿書 約珥書
Jul 14, 2023	4	民數記 申命記	<b>Feb 23, 2024</b>	17	阿摩司書 俄巴底亞書 約拿書
Jul 28, 2023	5	約書亞記 士師記	<b>Mar 8, 2024</b>	18	彌迦書 那鴻書 哈巴谷書
Aug 11, 2023	6	路得記 撒母耳記上	<b>Mar 22, 2024</b>	19	西番雅書 哈該書
Aug 25, 2023	7	撒母耳記下 列王記上	<b>Apr 12, 2024</b>	20	撒迦利亞書 瑪拉基書
Sep 8, 2023	8	列王記下 歷代志上下			
Sep 22, 2023	9	以斯拉記 尼希米記			
Oct 13, 2023	10	以斯帖記			
Oct 27, 2023	11	約伯記 及 詩篇			
Nov 10, 2023	12	箴言 傳道書			
<b>Dec 8, 2023</b>	13	雅歌書 以賽亞書			

## 8月19日晚上7:30pm

加拿大永恆音樂事工及加拿大影音使團之溫哥華敬拜音樂佈道之旅 2023 在本教會舉行。主題重拾信望愛。免費入場。請邀請親友參加。詳情請聯絡 Christina Tan 並邀請 4-6 位自願者參與司事及陪談員工作。有意者請與 Christina Tan 聯絡。

## August 19, 2023 at 7:30pm

A musical evangelical event organized by Eternity Music Ministry (Canada) and MEA, sponsored by our church.

Admission: free no registration required. No ticket required.

We need 2-4 ushers, and 2-3 counselors who can talk to people who will accept Christ at this event. Please contact Miss Christine Tan if you can help.

It is a golden opportunity to invite friends and share gospel with them.

## 9月23日晚上7:00pm-9:30pm

中信烈治文辦事處 15 週年。中信好聲音綜合表演晚會於本堂舉行。門卷為\$10 出售及詳情將 8 月中公報。

## September 23, 2023 7:00pm – 9:30 pm

CCM 15th year Anniversary Got Music Variety show will be held at our church on Sept 22, 2023, Tickets for this event will be \$10 each. Tickets will be available soon at our church.

## 10月14日晚上7:00pm 第十六屆夫妻節

第十六屆夫妻節 10 月 14 日晚上 7:00pm 夫妻節廣東話在本堂舉辦。吳振志牧師將從香港來主持。免費參予。索取門券，請與 Christine Fu 聯絡。

當晚需要四位接待員及四位司事。有意者請與 Alice Wong/Christina Tan 聯絡。

另外國語夫妻節將在 10 月 15 日下午四時正在高貴林宣道會舉行。並設堅立婚盟。堅立婚盟是能讓夫妻在神面前重新婚姻的盟約。有意者需要向牧師申請。詳情請與 Bishop Silas 或 Alice Wong 聯絡。

夫妻節晚宴 10 月 15 日晚上七時在高貴林利苑海外鮮酒家。

有意參加堅立婚盟請與 Bishop Silas 或 Alice Wong 聯絡 604-889-9882。

## Oct 14, 2023 - The 16th Wedlock Day

16th Wedlock Day. Cantonese program will be held at our church on Oct 14, 2023 at 7:00pm, Pastor Paul Ng will come from HK for this event. tickets are for free, please contact Christine Fu for tickets.

We would also need 4 ushers at the door, and 4 ushers for collecting donation and distribution of gifts.

Mandarin wedlock day will be held on Oct 15, 2023 at 4:00pm at Westwood Alliance Church at 3129 Ozada Ave., Coquitlam, BC V3B 2T6 where couples can also confirm their marriage vow in front of God.

For details, please contact Bishop Silas or Alice Wong 604-889-9882

Wedlock day banquet will be held on Oct 15, 2023 at 7:00pm at Lee Garden Seafood Restaurant at #2001-1163 Pinetree Way, Coquitlam, BC V3B 8A9.

## 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=N1IVUzRlcnBkNUVEYkVrLy9TdklEZz09>

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=NXIxK2hKZlg5UnpGTVp2WVhlcGQ3dz09>

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： \_\_\_\_\_