



**October 1, 2023**

**聖靈降臨後第十八主日讚頌早禱崇拜**

18<sup>th</sup> Sunday after Pentecost Praise Morning Prayer

**本主日祝文**

恩慈的主啊，求你使你的教會能藉著聖靈合而為一，在世界萬族中彰顯你的權能，榮耀你的聖名。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**

Grant, O merciful God, that your Church, being gathered by your Holy Spirit into one, may show forth your power among all peoples, to the glory of your name; 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

要不斷做你得救生命的 Work Out  
Continue to Work Out Your Salvation

講道：伍德賢總主教 Bishop Silas Ng

1. 內憂外患，何能合一？  
Spiritual Warfare! Unity?

腓立比書 Philippians 1:27-30; 4:2-3; 2:1-4

2. 要不斷做你得救生命的 Work Out  
Continue to Work Out Your Salvation

腓立比書 Philippians 2:5-15

茶餘飯後大問題：

你認為身體的 **work out** 及屬靈的 **work out** 有何重要？你從今日開始會有何 **work out** 方面的行動？

Big Question:

What kind of importance is Spiritual and Physical work out? What would be your work out plan starting today?

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英文家庭講道  
REC ENGLISH FAMILY SERMON

Becoming Spiritually Healthy Together (Philippians 2:1-13)

Preacher: Rev. Joshua Siu

What have you experienced of Jesus?

Be like-minded, have the same love

Imitate the attitude of Jesus

Continue to work out your salvation

主日崇拜詩歌  
Sunday Worship Hymns

早堂 8:30am 崇拜  
8:30am Sunday worship

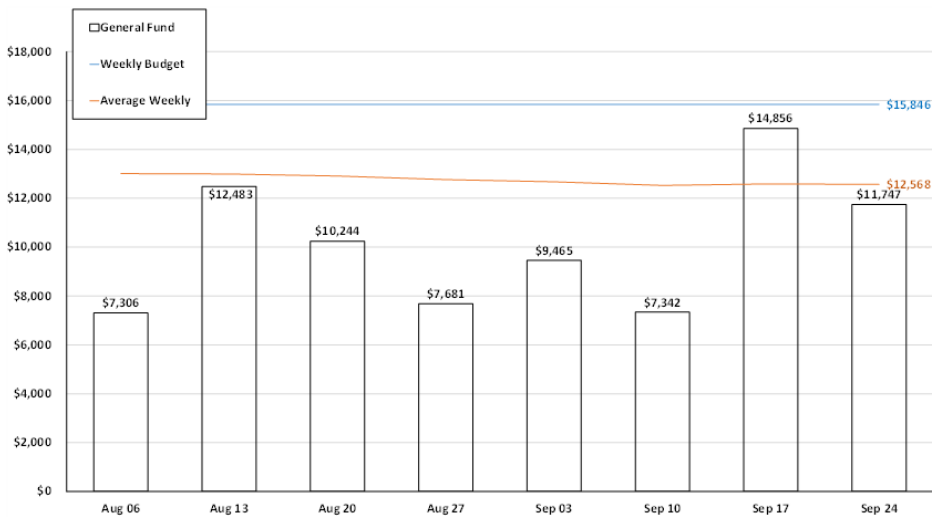
進堂詩	Opening Hymn	no. 42	擁戴歌	Crown Him With Many Crowns
奉獻詩	Offertory Hymn	no. 319	與主偕行歌	O Master, let Me Walk With Thee
退堂詩	Recessional Hymn	no. 556	恩光歌	Jesus Bids Us Shine

午堂 11am 崇拜  
11am Sunday worship

進堂讚頌歌	Praise Worship Team		祢成就救恩 The Bond of Love 愛使我們相聚在一起 活出愛	
奉獻詩	Offertory Hymn	no. 319	與主偕行歌	O Master, let Me Walk With Thee
退堂詩	Recessional Hymn	no. 556	恩光歌	Jesus Bids Us Shine

24 Sep 2023  
奉獻  
OFFERING

Budget	\$15,846/wk
YTD Avg	\$12,568/wk
Difference	(\$3,278/wk)



Offering

經常費 General Fund :	\$11,747.00
設施改善基金 Imp't Fund :	\$620.00

## PRAYER ITEMS FOR ONE-YEAR FASTING CAMPAIGN

### 4<sup>th</sup> Week

October 2-7, 2023 (Monday to Saturday)

1. Praise the Lord that we have 122 brothers and sisters joining our prayer and fasting, including many from our sister churches in the Anglican Mission!
2. Let us intercede for our fellow Anglican Mission churches across Canada: Christ the Redeemer (New Brunswick), Toronto Emmanuel Church, All Saints Community Church White Rock, Light of Christ Nanaimo and Jericho Road Church in Port Alberni. Pray that God would encourage and strengthen the congregations and the priests and leaders serving there.
3. We have resubmitted our application to the city. Thank the Lord for the prompt work of our team with the code consultant. Let's pray that He will continue to give us favour and help us through the review process.

## 一年祈禱禁食運動代禱事項

### 第四週

2023 年 10 月 2 日至 10 月 7 日 (星期一至六)

1. 感謝主！我們有 122 位弟兄姊妹參加這個祈禱禁食運動，當中包括了我們在 Anglican Mission 中的姊妹堂會。
2. 我們一同為加拿大 Anglican Mission 的堂會代禱，包括在新省的聖公會 Christ the Redeemer 堂，在安省的多倫多以馬內利堂，在卑詩省白石的 All Saints Community Church，在卑詩省納奈莫的 Light of Christ 堂，以及卑詩省艾伯尼港的 Jericho Road 堂。求主鼓勵並堅固各個會堂，並其教牧和教會領袖。
3. 感謝主使建築條例顧問與我們團隊的工作迅速，使我們能順利向市政府提交我們新堂址的申請。求主施恩，幫助整個批核過程。

## 以馬內利堂一年禁食祈禱運動

日期: 由 2023 年 9 月 10 日起至 2024 年 9 月 8 日完成

目的: 為本堂能於一年內順利完成新堂裝修工程並能於新堂開始崇拜及 "使命 113" 能順利開展

方法: 邀請兄姊於 9 月 10 日開始的 52 個星期，每星期選擇由星期一至六任何一天禁食一餐 (早餐、午餐 或 晚餐; 主日是慶祝及記念耶穌的復活，傳統上不適宜禁食)。兄姊可透過各小組網上簽名或在大堂參加者報各表簽名。

## REC One Year Fasting and Praying Campaign

Date: From September 10, 2023 to September 8, 2024

Purpose: For the smooth completion of the renovation that we can start to worship in our new church site and a good launching of MISSION 113

Method: Brothers and sisters are invited to fast one meal on any day of a week from Monday to Saturday (Sunday is to celebrate Jesus resurrection and traditionally not as a day for fasting). You are welcome to sign your name online through Whatsapp of our various small group or sign your name in the participants list in the lobby.



## 生命查經系列《創世記》(廣東話)

日期：2023 年 9 月 21 日開始 (星期四) 連續八個星期四 至 11 月 9 日

時間：3:30pm - 4:30pm

地點：統一廣場以馬內利堂 (統一廣場三樓 3330 室)

主領：李耀光弟兄

內容：主要查考舊約《創世記》中，四大事件及四大人物與你、我的生命有何關係……

## Life Bible Study Series "Genesis" (In Cantonese)

Date: Eight consecutive Thursdays from September 21, 2023 (Thursday) to November, 9, 2023

Time: 3:30pm – 4:30pm

Place: REC President Plaza (Unit 3330, President Plaza 3<sup>rd</sup> Floor)

Speaker: Mr. Clarence Lee

Topic: Power and Victory

Content: To study the relationship with you and the four major happenings and the four major people in Genesis

## 現時教會廣東話及普通話聚會時間表 Bible Study Classes and Courses

星期二 Tuesday 2:00pm – 3:30pm

《使徒行傳》查經 (統一廣場三樓 3330 室)

"Acts" Series (President Plaza Unit #3330)

星期三 Wednesday 3:30pm – 5:00pm

以馬內利 330 及 本堂新教友，洗禮及按手堅信禮班 (陶源金閣海鮮酒樓)

Emmanuel 330 and REC New Comers, Baptism and Confirmation Classes (Parkhill Seafood Restaurant)

星期四 Thursday 3:30pm – 5:00pm

以馬內利 330 及 本堂《創世記》查經 (統一廣場三樓 3330 室)

Emmanuel 330 and REC "Genesis" Series (President Plaza Unit #3330)

星期四 Thursday 8:00pm – 9:30pm

普通話查經 (以馬內利堂二樓)

Mandarin Bible Study (REC 2<sup>nd</sup> Floor)

星期六 Saturday 9:00am – 9:30am

聖餐崇拜 (統一廣場三樓 3330 室)

Eucharist (President Plaza Unit #3330)

星期日 Sunday 2:00pm – 3:30pm

「同心同行村」(以馬內利堂) 主日講道查經系列(五個小組同時進行)

One Heart, One Direction Village (REC) Sunday Sermon Series (Five small groups together)

星期日 Sunday 2:00pm – 4:00pm

普通話查經 (以馬內利堂二樓)

Mandarin Bible Study (REC 2<sup>nd</sup> Floor)

## 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 whatsapp 604-721-9918 聯絡。

當晚需要四位接待員及四位司事。有意者請與 Alice Wong whatsapp 604-889-9882 或 Christina Tan 778-323-9422 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 whatsapp 604-889-9882 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 whatsapp 604-889-9882 聯絡。

## 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 whatsapp 604-721-9918 for tickets.

We would also need 4 ushers at the door, and 4 ushers for collecting donation and distribution of gifts. Please contact Alice Wong whatsapp 604-889-9882 or Christina Tan 778-323-9422.

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 whatsapp 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.

## 帶健康回家

人的心靈健康是重要、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，男女皆宜。

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。

## Bringing Health Home

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.

## 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：使徒行傳

### 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: Acts

### 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，逢星期三晚上 8 時 在网上藉著 Zoom 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.
- Prayer meeting is held on every Wednesday at 8pm on-line via the Zoom platform.

### 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

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、白德仕、白曹慧娟、郭顏筱薇、潘劉桂香、辜裕洲、辜凌志斌、黎彼得、李煦恩

Infirm

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

**本主日聖壇獻花 Altar Flowers:**

宋黃碧姬紀念宋張月娥女士 *Peggy Sung*





## 聖公會以馬內利堂及以馬內利 330

### 新教友,洗禮及堅信按手禮廣東話班 2023

我們誠意邀請您參加特別為已完成啟發課程，預備領受洗禮及堅信按手禮，及預備成為本堂註冊教友的兄弟精心設計的課程。

時間: 由 9 月 20 日至 11 月 15 日 星期三 3:30pm-4:30pm

地點: 陶源金閣 7997 Westminister Hwy #200 Richmond

報名請電話 604 214 0321 或電郵 [info@richmondemmanuelchurch.org](mailto:info@richmondemmanuelchurch.org) 本堂辦事處便可，課程之內容如下：

1. 9 月 20 日	苗圃八福 1: 口出恩言(上)	使徒信經
2. 9 月 27 日	苗圃八福 1: 口出恩言(下)	
3. 10 月 4 日	苗圃八福 2: 一筆勾銷	
4. 10 月 11 日	苗圃八福 3: 笑口常開	主禱文
5. 10 月 18 日	苗圃八福 4: 一團和氣	
6. 10 月 25 日	苗圃八福 5: 代代平安	
7. 11 月 1 日	苗圃八福 6: 重新得力	十誡
8. 11 月 8 日	苗圃八福 7: 病得醫治	基督教歷史 1
9. 11 月 15 日	苗圃八福 8: 凡事富足	基督教歷史 2

以下是電郵報名時你要填寫的資料:

姓名：(中) \_\_\_\_\_

(英)： \_\_\_\_\_

電話：(手提) \_\_\_\_\_

電郵： \_\_\_\_\_

性別：☐男 ☐女

組別：☐ 30 歲及以下 ☐ 31-45 歲 ☐ 46-59 歲 ☐ 60 歲以上