

Fifth Sunday after Pentecost: Proper 9

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|---|------------------------|
| Year A | July 5, 2020 |
| <i>Praise Song: Crown Him King of Kings</i> | Online Video |
| The Collect of the Day | BCP 114 |
| <i>You Are Mine</i> | Online Video |
| Psalm | 145: 8-15 |
| The Lesson of the Day | Matthew 11:16-19,25-30 |
| <i>Under His Wings</i> | Online Video |
| Sermon | The Rev. Fennie Chang |
| The Nicene Creed | BCP 208 |
| The Prayers of the People | Slide |
| The Confession and Absolution | BCP 210 |
| The Peace | BCP 210 |
| Offertory Sentences | BCP 186 |
| <i>Fill My Cup Lord</i> | Online Video |
| Prayer of Spiritual Communion | Slide |
| <i>God of Our Fathers</i> | Online Video |
| Blessing and Dismissal | BCP 216 |

聖靈降臨後第五主日：合時儀文(九)

| | |
|--------------------------|-----------------------|
| 甲年 | 2020年7月5日 |
| <i>進堂讚美詩：擁戴祂為王</i> | 網路影片 |
| 本日祝文 | 公禱書 114 頁 |
| <i>你歸屬我</i> | 網路影片 |
| 詩篇 | (145: 8-15) |
| 本日經課 | (馬太福音 11:16-19,25-30) |
| <i>在祂翅膀下</i> | 網路影片 |
| 證道 | 張信芬牧師 |
| 尼西亞信經 | 公禱書 208 頁 |
| 會眾禱文 | 幻燈片 |
| 認罪文 | 公禱書 210 頁 |
| 平安禮 | 公禱書 210 頁 |
| 奉獻詞 | 公禱書 186 頁 |
| <i>求主充滿我杯</i> | 網路影片 |
| 屬靈聖餐的禱告 | 幻燈片 |
| <i>萬代真神</i> | 網路影片 |
| 祝福與遣散 | 公禱書 216 |

| Date | Preacher/ Interpreter | LEM | Acolyte | Reader/ Prayer | Usher |
|---------------------------------------|--------------------------|---|---------|-------------------|-------|
| 7/5 Bilingual Service | Mo. Fennie Chang | Live-Streaming Sunday Morning Worship At 10am from Facebook | | | |
| 7/12 Bilingual Service | Mo. Fennie Chang | Live-Streaming Sunday Morning Worship At 10am from Facebook | | | |

| 日期 | 証道/翻譯 | 襄理 | 司從 | 經課/ 禱文 | 招待 |
|----------------------|-------|----|---------------------------|-----------|----|
| 7/5 雙語崇拜 | 張信芬牧師 | | 網路直播主日崇拜 早上十點臉書 | | |
| 7/12 雙語崇拜 | 張信芬牧師 | | 網路直播主日崇拜 早上十點臉書 | | |

Message Reflection for This Sunday 本主日信息省思

“Yoke with Jesus”:

- 1) What is the outcome of being indifferent to the well-being of others amid this pandemic? Please explain with examples.
- 2) Why did Jesus drink and eat with tax collectors and sinners? Whom do you think Jesus would sit at a table with today?
- 3) Do you feel being a Christian enables you to live free and light? Why or why not?
- 4) Why did Jesus say, “my yoke is easy, and my burden is light”?
- 5) Does the message today speak to you especially in your situation today? Why or why not?

“與耶穌同軛”：

- 1) 在此疫情中漠視他人的福祉所造成的結果為何？請舉例說明。
- 2) 為何耶穌與稅吏和罪人吃喝？你認為耶穌在今天會和誰同坐席？
- 3) 你是否感覺作為基督徒讓你活得更自由輕鬆？為什麼？
- 4) 為什麼耶穌說「我的軛是容易的、我的擔子是輕省的」？
- 5) 今天的信息是否特別在你今天的處境中觸動你的心？為什麼？

Weekly Bible Reading Plan 每週讀經計畫

OT 舊約: Jos 書 9-19; Ps 詩 140-150; Jer 耶 3-9

NT 新約: Mt 太 17-23



Vicar / 堂牧:

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Assisting Priest / 牧師助理:

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Bishop's Warden / 堂長: Mr. Roger Magnuson C/P 手機 626-523-3615

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St. Thomas's Episcopal Church

Hacienda Heights, California

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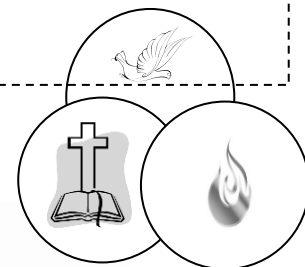
stthomashca@gmail.com

Fifth Sunday after Pentecost: Proper 9, Year A
(Live-Streaming: 10am Sunday Worship: English & Mandarin)

聖靈降臨後第五主日：合時儀文(九)，甲年

(英&華語早上 10 點主日崇拜網路直播)

July 5, 2020



Sunday Holy Eucharist Service 主日聖餐崇拜:

8:00 am English Holy Eucharist 英語聖餐崇拜

10:00am English & Mandarin (Bilingual) Holy Eucharist (Music)

英華語(雙語) 聖餐崇拜(音樂)

(No In-Person Worship until further notice)

Announcements for July 5, 2020

(1) **Sanctuary Candle:** The sanctuary candle this week is to give thanks for Independence Day and to pray for all the people across this nation to be united in peace and love.

(2) **All In-Person Services or Gatherings at St. Thomas Suspended: There is no in-person worship or gathering at St. Thomas until further notice; Sunday 10am worship is live-streamed from Facebook, and the weekday fellowship or meetings are also available through online streaming. For details, please see Announcements (4) & (7).**

(3) **Weekly Watchful Prayer Time:** Weds, 5:00-7:00 pm. Please remember to pray for the need of God's church and His people during this period of time wherever you are.

(4) **Wed Live-Streaming Fellowship/Evening Prayer Schedule:** 7/8, 6:30 pm: Evening Prayer (Facebook); 7/15, 12:30 pm: Lunch Fellowship (Zoom). **All are welcome!**

(5) **Online Memorial Service via Zoom to Celebrate the Life of Sister Freda Cheung:** Saturday, 7/11, 4:00 pm. The link to the service: <https://us02web.zoom.us/j/89481823235> (for details, please check St. Thomas Weekly E-news or contact Mo Fennie).

(6) **Monthly Lay Eucharistic Visit Cancelled:** There won't be any lay Eucharistic visit until further notice.

(7) **July Bishop's Committee Meeting on Zoom:** Thurs, 7/23, 7:00 pm; this will be a virtual meeting on Zoom. All the committee members are to be online for the meeting, and anyone else interested is also welcome to join us.

(8) **Spiritual Formation (2): "Spiritual Healing" Postponed:** This formation class is postponed until further notice.

(9) **St. Thomas' Pastoral Care Team Available to Support You:** During this time of lockdown, please feel free to contact **Mo Fennie** (626-274-3092; hsinfenchang@hotmail.com) or the contact person of your group:

English: Dorothy Smith (dorothysmithpt@yahoo.com; 626-664-0037)

Filipino: Karen Fradejas (kdacillo228@yahoo.com; 909-815-4672)

Cantonese: Flora Chow (florachow42@gmail.com; 626-422-4724)

Mandarin: Sabrina Lin (lingchun@hotmail.com; 646-250-1125)

(10) **Please Continue to Give Generously to Support God's Church:** You can send your personal check (made out to STEC) to St. Thomas Church, 15694 Tetley St., Hacienda Hts, CA 91745 or do it online through our church website: www.stthomashh.com. Thank you for your loving care for God's church!

Prayer Request: For the healing of (1) Joyce White; (2) Jim Huff; (3) Rosie & Bas Lim; (4) Shirley Hovelsrud; (5) Jean & Tenbo Lo; Jean's nephew John (recovery from car accident) and her sister Lily (kidney & liver); (6) Donna Edwards; (7) Irene & Richard Kubo; (8) Jackie Gibson; (9) Lisa Zhang's family; (10) Pamela Popalan (breast cancer); (11) Roel Dalida; (12) Daniel Adams (eyes & kidneys); (13) Caryl Gonzales; (14) Moti; (15) Marjolyn Vielma (breast cancer); (16) Roger Magnuson (sleep); (17) Jim Wei's parents; (18) Dominador Fradejas (recovery from surgery); (19) Dorothy Smith; (20) Evelina Fradejas; (21) Flora Chow (eye surgery).

二零二零年七月五日家事公佈

(1) **聖壇燭:** 這個星期的聖壇燭是為著獨立紀念日來感恩，並為全美國民眾能在和平及愛中合而為一來代禱。

(2) **所有在聖多馬堂舉行的所有主日崇拜及聚會暫停:** 所有在本堂舉行的崇拜或聚會都暫停，直到進一步消息公佈。主日十點崇拜透過臉書直播，所有週間的團契或會議亦改由網路直播。所有細節，請看家事公佈(4)&(7)。

(3) **每週守望禱告時間:** 每週三，下午 5:00-7:00。無論你在哪裡，請記得在這段時間中，為神的教會及祂子民之需要來代禱。

(4) **週三聚會網路直播時間表:**

7月8日 – 晚上6:30晚禱 (臉書); 7月15日 – 中午12:30午餐團契(Zoom)。歡迎參加!

(5) **張朱素蘭姊妹網路直播追思禮拜 (Zoom):** 週六, 7/11, 下午4:00。網路連結: <https://us02web.zoom.us/j/89481823235> (詳情請看聖多馬堂每週電子通訊或向張牧師查詢)。

(6) **教會每月聖餐探訪取消:** 目前暫停聖餐探訪直到進一步的公告。

(7) **七月份堂務委員會會議透過 Zoom 舉行:** 週四, 7/23, 下午 7:00; 這是網路直播會議，所有委員務必參加；其他有興趣會友也歡迎列席。

(8) **靈命塑造 (2): 「屬靈醫治」延期開始:** 此課程暫時延期，直到進一步的消息公佈。

(9) **聖多馬堂教牧關懷小組會隨時成為你的支持:** 在目前封城期間，有任何需要，還是可以隨時連絡張牧師 (hsinfenchang@hotmail.com; 626-274-3092) 或您的小組負責人聯絡:

英語: Dorothy Smith (dorothysmithpt@yahoo.com; 626-664-0037)

菲律賓: Karen Fradejas (kdacillo228@yahoo.com; 909-815-4672)

粵語: Flora Chow (florachow42@gmail.com; 626-422-4724)

華語: Sabrina Lin (lingchun@hotmail.com; 646-250-1125)

(10) **請繼續慷慨奉獻來支持主的教會:** 您可以寄個人支票 (STEC) 到 St. Thomas Church, 15694 Tetley St., Hacienda Hts, CA 91745 或透過教會網站: www.stthomashh.com。感謝您對主的教會所給予的愛的關懷!

代禱事項: 為醫治 (1) Joyce White, (2) Jim Huff, (3) 林醫師和林景崑, (4) Shirley Hovelsrud, (5) 吳錦雲和盧天保; 吳錦雲的姊妹 Lily (腎和肺) 及外甥潘仲哲 (車禍復原), (6) Donna Edwards, (7) Irene & Richard Kubo, (8) Jackie Gibson, (9) 張磊的家人, (10) Pamela Popalan (乳癌), (11) Roel Dalida, (12) Daniel Adams (眼睛和腎臟), (13) Caryl Gonzales, (14) Moti, (15) Marjolyn Vielma (乳癌), (16) Roger Magnuson (睡眠), (17) Jim Wei 的父母, (18) Dominador Fradejas (手術恢復), (19) Dorothy Smith, (20) Evelina Fradejas, (21) 周李芳 (眼睛手術)。

Fifth Sunday after Pentecost: Proper 9, Year A

O God, you have taught us to keep all your commandments by loving you and our neighbor: Grant us the grace of your Holy Spirit, that we may be devoted to you with our whole heart, and united to one another with pure affection; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Zechariah 9:9-12

Rejoice greatly, O daughter Zion! Shout aloud, O daughter Jerusalem! Lo, your king comes to you; triumphant and victorious is he, humble and riding on a donkey, on a colt, the foal of a donkey.

He will cut off the chariot from Ephraim and the war horse from Jerusalem; and the battle bow shall be cut off, and he shall command peace to the nations; his dominion shall be from sea to sea, and from the River to the ends of the earth.

As for you also, because of the blood of my covenant with you, I will set your prisoners free from the waterless pit. Return to your stronghold, O prisoners of hope; today I declare that I will restore to you double.

Psalms 145: 8 - 15

8 The Lord is gracious and full of compassion,
slow to anger and of great kindness.

9 The Lord is loving to everyone *
and his compassion is over all his works.

10 All your works praise you, O Lord, *
and your faithful servants bless you.

11 They make known the glory of your
kingdom *
and speak of your power;

12 That the peoples may know of your
power *and the glorious splendor of
your kingdom.

13 Your kingdom is an everlasting
kingdom; * your dominion endures
throughout all ages.

14 The LORD is faithful in all his words *
and merciful in all his deeds.

15 The LORD upholds all those who fall; *
he lifts up those who are bowed down.

Romans 7:15-25a

I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. Now if I do what I do not want, I agree that the law is good. But in fact it is no longer I that do it, but sin that dwells within me. For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it. For I do not do the good I want, but the evil I do not want is what I do. Now if I do what I do not want, it is no longer I that do it, but sin that dwells within me.

So I find it to be a law that when I want to do what is good, evil lies close at hand. For I delight in the law of God in my inmost self, but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. Wretched man that I am! Who will rescue me from this body of death? Thanks be to God through Jesus Christ our Lord!

Matthew 11:16-19, 25-30

Jesus said to the crowd, "To what will I compare this generation? It is like children sitting in the marketplaces and calling to one another,

'We played the flute for you, and you did not dance;
we wailed, and you did not mourn.'

For John came neither eating nor drinking, and they say, 'He has a demon'; the Son of Man came eating and drinking, and they say, 'Look, a glutton and a drunkard, a friend of tax collectors and sinners!' Yet wisdom is vindicated by her deeds."

At that time Jesus said, "I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; yes, Father, for such was your gracious will. All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.

"Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

聖靈降臨後第五主日：合時儀文九，甲年

上帝啊！你曾經教訓我們，愛主和我們的鄰舍，就是遵守了你全部的誡命：求主將聖靈的恩賜賞賜我們，使我們以純正的愛心彼此聯絡，全心敬愛主；這都是靠著我們的主耶穌基督，聖父和聖子、聖靈，一同永生，一同掌權，惟一上帝，永無窮盡。阿們。

撒迦利亞書 9:9-12

錫安的民哪，應當大大喜樂；耶路撒冷的民哪，應當歡呼。看哪，你的王來到你這裏！他是公義的，並且施行拯救，謙謙和和地騎著驢，就是騎著驢的駒子。

我必除滅以法蓮的戰車和耶路撒冷的戰馬；爭戰的弓也必除滅。他必向列國講和平；他的權柄必從這海管到那海，從大河管到地極。

錫安哪，我因與你立約的血，將你中間被擄而囚的人從無水的坑中釋放出來。你們被囚而有指望的人都要轉回保障。我今日說明，我必加倍賜福給你們。

詩篇 145: 8 - 15

:8 耶和華有恩惠，有憐憫，

不輕易發怒，大有慈愛。

:9 耶和華善待萬民；

他的慈悲覆庇他一切所造的。

:10 耶和華啊，你一切所造的都要稱

謝你；你的聖民也要稱頌你，

:11 傳說你國的榮耀，

談論你的大能，

:12 好叫世人知道你大能的作為，

並你國度威嚴的榮耀。

:13 你的國是永遠的國！

你執掌的權柄存到萬代！

:14 凡跌倒的、耶和華將他們扶持，

凡被壓下的、將他們扶起。

:15 萬民都舉目仰望你，你隨時給他們食物。

羅馬書 7:15-25a

因為我所作的、我自己不明白，我所願意的、我並不作，我所恨惡的、我倒去作。若我所作的、是我所不願意的、我就應承律法是善的。既是這樣、就不是我作的、乃是住在我裏頭的罪作的。我也知道、在我裏頭、就是我肉體之中、沒有良善，因為立志為善由得我、只是行出來由不得我。故此、我所願意的善、我反不作，我所不願意的惡、我倒去作。若我去作所不願意作的、就不是我作的、乃是住在我裏頭的罪作的。我覺得有個律、就是我願意為善的時候、便有惡與我同在。因為按著我裏面的意思。我是喜歡上帝的律，但我覺得肢體中另有個律、和我心中的律交戰、把我擄去叫我附從那肢體中犯罪的律。我真是苦阿、誰能救我脫離這取死的身體呢。感謝上帝、靠著我們的主耶穌基督就能脫離了。

馬太福音 11:16-19, 25-30

耶穌說：我可用甚麼比這世代呢，好像孩童坐在街市上、招呼同伴、說、我們向你們吹笛、你們不跳舞，我們向你們舉哀、你們不捶胸。約翰來了、也不吃、也不喝、人就說他是被鬼附著的。人子來了、也吃、也喝、人又說他是貪食好酒的人、是稅吏和罪人的朋友，但智慧之子、總以智慧為是。那時、耶穌說、父阿、天地的主、我感謝你、因為你將這些事、向聰明通達人、就藏起來、向嬰孩、就顯出來，父阿、是的、因為你的美意本是如此。一切所有的、都是我父交付我的，除了父、沒有人知道子，除了子和子所願意指示的、沒有人知道父。凡勞苦擔重擔的人、可以到我這裏來、我就使你們得安息。我心裏柔和謙卑、你們當負我的軛、學我的樣式、這樣、你們心裏就必得享安息。因為我的軛是容易的、我的擔子是輕省的。