

## Fifth Sunday after the Epiphany

Year B

February 7, 2021

<i>Praise Song: Hallelujah Praise God</i> .....	Online Video
The Collect of the Day .....	BCP p.100
<i>Wait for the Lord</i> .....	Online Video
Psalms .....	147:1-12, 21c
The Lesson of the Day .....	Mark 1:29-39
<i>On Eagle's 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>Lord, We Gather Today</i> .....	Online Video
Prayer of Spiritual Communion .....	Slide
<i>Blessed Assurance</i> .....	Online Video
Blessing and Dismissal .....	BCP 216

## 顯現後第五主日

乙年

2021年2月7日

<i>讚美詩：哈利路亞讚美上帝</i> .....	網路影片
本日祝文 .....	公禱書 100 頁
<i>等候主</i> .....	網路影片
詩篇.....	(147:1-12, 21c)
本日經課 .....	(馬可福音 1:29-39)
<i>乘鷹翅膀</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>主我們今日聚集</i> .....	網路影片
屬靈聖餐的禱告.....	幻燈片
<i>有福的確據</i> .....	網路影片
祝福與遣散.....	公禱書 216

Date	Preacher/ Interpreter	LEM	Acolyte	Reader/ Prayer	Usher
<b>2/7 Bilingual Service &amp; Annual Meeting</b>	Mo. Fennie Chang	<b>Live-Streaming Sunday Morning Worship</b> At 10am from St. Thomas' Facebook & <b>Annual Meeting on Zoom</b> at 11:20am			
<b>2/14 Bilingual Service</b>	Mo. Fennie Chang	<b>Live-Streaming Sunday Morning Worship</b> At 10am from St. Thomas' Facebook			

日期	証道/翻譯	襄理	司從	經課/ 禱文	招待
<b>2/7 雙語崇拜 &amp; 年議會</b>	張信芬牧師	網路直播主日崇拜 早上十點聖多馬堂臉書 & 早上 11:20 教會年議會於 Zoom			
<b>2/14 雙語崇拜</b>	張信芬牧師	網路直播主日崇拜 早上十點聖多馬堂臉書			

Message Reflection for This Sunday  
本主日信息省思

“Soar on Wings like Eagles”:

- 1) What's the true purpose of Jesus' coming down to earth?
- 2) Where can you see “yourself” in the picture of today's gospel? What does it mean to you?
- 3) Why is “eagle” used as a metaphor for God's people in the Bible? What does it imply to us?
- 4) Which part of the message today inspires you most? Why?
- 5) What do you feel invited to do in church and in your personal life through the message today?

“如鷹展翅上騰”：

- 1) 耶穌來到世上的真正目的為何？
- 2) 在今天的福音書裡面，你可以在哪裡找到自己？這對於你蘊含著什麼意義？
- 3) 為何「老鷹」在聖經中被用來比擬上帝的子民？其中對於你具有什麼寓意？
- 4) 今天信息中哪一個部分最能觸動你的心？為什麼？
- 5) 你覺得今天的消息邀請你在教會及個人的生活中去做什麼？

**Weekly Bible Reading Plan 每週讀經計畫**

OT 舊約: Gn 創 42-48; Jb 伯 8-14

NT 新約: Mk 可 12-16; Lk 1; Rom 羅 12-16; 1Cor 林前 1-2



**Vicar / 堂牧:**

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**Saint Thomas's Episcopal Church**

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**Fifth Sunday after the Epiphany: Year B**

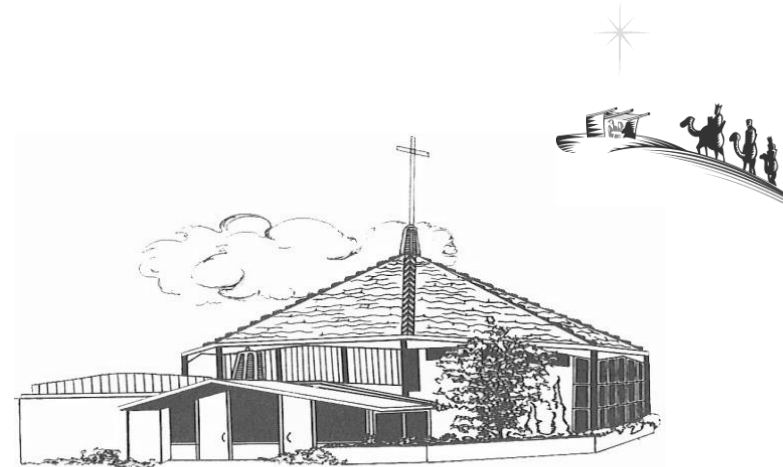
**(Live-Streaming: 10am Sunday Worship: English & Mandarin)**

**顯現節後第五主日，乙年**

**(英&華語早上 10 點主日崇拜網路直播)**

**February 7, 2021**

**(Zoom Annual Meeting 網路年議會 at 11:20 am)**



**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 February 7, 2021

**(1) Sanctuary Candle:** The sanctuary candle this week is to thank God for His loving care for St. Thomas Church. May God continue to be gracious to St. Thomas' and bless all the ministries we plan to carry out in this New Year!

**(2) Annual Meeting (Zoom):** This Sun, 2/7, 11:20 am (following the 10:00am Facebook-Live Sunday service); please check our weekly e-news for details.

**(3) 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 (5) & (7).

**(4) 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.

**(5) Wed Live-Streaming Bible Study/Evening Prayer Schedule:** 2/10, 6:30 pm: Bible Study Fellowship (Zoom); 2/17 (Ash Wed) & 2/24, 6:30 pm: Evening Prayer (Facebook). All are welcome!

**(6) Family Visitation to Be Continued:** Mo. Fennie will continue this visitation to every household on behalf of St. Thomas.

**(7) Two February Bishop's Committee Meetings on Zoom:** Sun, 2/7, 12:00 noon (right after the annual meeting); Thurs, 2/25, 7:00 pm; both will be virtual meetings on Zoom. All the committee members are to be online for the meetings, and everyone else interested is also welcome to join us.

**(8) Diocesan Chinese Congregations' New Year Celebration (Zoom):** Sat, 2/13, 5:00 pm. All are welcome; pls check the weekly e-news for the Zoom link.

**(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](http://www.stthomashh.com). Thank you for your loving care for God's church!

**Prayer Request:** For the healing of (1) Joyce White; (2) Rosie & Bas Lim; (3) Shirley Hovelsrud; (4) Jean & Tenbo Lo; Lily (kidney & liver); (5) Donna Edwards; (6) Jackie Gibson; (7) Lisa Zhang's family; (8) Pamela Popalan (breast cancer); (9) Roel Dalida; (10) Daniel Adams (eyes & kidneys); (11) Caryl Gonzales; (12) Moti; (13) Marjolyne Vielma (breast cancer); (14) Jim Wei's parents; (15) Deo Fradejas (recovery from stroke); (16) Dorothy Smith; (17) Evelina Fradejas; (18) Roger Magnuson; (19) Edgar Fradejas; (20) Sally and her family in China.

## 二零二一年二月七日家事公佈

**(1) 聖壇燭:** 本週的聖壇燭是為著上帝對聖多馬堂的愛和看顧來獻上感恩。懇求祂繼續恩待聖多馬堂，並祝福我們在新年所計劃進行的一切事工。

**(2) 年議會 (Zoom):** 主日, 2/7, 上午 11:20 (於 10:00 臉書直播主日崇拜之後); 詳情請查看每週電子通訊。

**(3) 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(5)& (7)。

**(4) 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。

**(5) 週三查經/晚禱網路直播時間表:**

2/10—晚上 6:30 查經團契 (Zoom); 2/17 (聖灰星期三) & 2/24—晚上 6:30 晚禱 (臉書)。歡迎參加!

**(6) 家庭探訪將持續進行:** 張牧師將代表聖多馬堂繼續探訪每位成員的家庭。

**(7) 兩次二月份堂務委員會會議透過 Zoom 舉行:** 主日, 2/7, 中午 12:00 (年議會之後立即舉行); 週四, 2/25, 晚上 7:00; 兩次都是網路視訊會議。所有委員務必參加; 有興趣會友也歡迎列席。

**(8) 教區所有中文堂新年慶祝會 (Zoom):** 週六, 2/13, 下午 5:00。歡迎參加; Zoom 連結, 請查看每週電子通訊!

**(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](http://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) 林醫師和林景崑, (3) Shirley Hovelsrud, (4) 吳錦雲和盧天保; 吳錦雲的姊姊 Lily (腎和肺), (5) Donna Edwards, (6) Jackie Gibson, (7) 張磊的家人, (8) Pamela Popalan (乳癌), (9) Roel Dalida, (10) Daniel Adams (眼睛和腎臟), (11) Caryl Gonzales, (12) Moti, (13) Marjolyne Vielma (乳癌), (14) Jim Wei 的父母, (15) Deo Fradejas (中風恢復), (16) Dorothy Smith, (17) Evelina Fradejas, (18) Roger Magnuson, (19) Edgar Fradejas, (20) 孟莎和在中國的家人。

### **The Fifth Sunday after Epiphany, Year B**

Set us free, O God, from the bondage of our sins, and give us the liberty of that abundant life which you have made known to us in your Son our Savior Jesus Christ; who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. *Amen.*

#### **Isaiah 40:21-31**

Have you not known? Have you not heard? Has it not been told you from the beginning? Have you not understood from the foundations of the earth? It is he who sits above the circle of the earth, and its inhabitants are like grasshoppers; who stretches out the heavens like a curtain, and spreads them like a tent to live in; who brings princes to naught, and makes the rulers of the earth as nothing. Scarcely are they planted, scarcely sown, scarcely has their stem taken root in the earth, when he blows upon them, and they wither, and the tempest carries them off like stubble. To whom then will you compare me, or who is my equal? says the Holy One. Lift up your eyes on high and see: Who created these? He who brings out their host and numbers them, calling them all by name; because he is great in strength, mighty in power, not one is missing. Why do you say, O Jacob, and speak, O Israel, "My way is hidden from the LORD, and my right is disregarded by my God"? Have you not known? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. He gives power to the faint, and strengthens the powerless. Even youths will faint and be weary, and the young will fall exhausted; but those who wait for the LORD shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.

#### **Psalms 147:1-12, 21c**

1 Hallelujah!

How good it is to sing praises to our God! \*  
how pleasant it is to honor him with praise!

2 The LORD rebuilds Jerusalem; \*  
he gathers the exiles of Israel.

3 He heals the brokenhearted \*  
and binds up their wounds.

4 He counts the number of the stars \*  
and calls them all by their names.

5 Great is our LORD and mighty in power; \*  
there is no limit to his wisdom.

6 The LORD lifts up the lowly, \*  
but casts the wicked to the ground.

7 Sing to the LORD with thanksgiving; \*  
make music to our God upon the harp.

8 He covers the heavens with clouds \*  
and prepares rain for the earth;

9 He makes grass to grow upon the mountains \*  
and green plants to serve mankind.

10 He provides food for flocks and herds \*  
and for the young ravens when they cry.

11 He is not impressed by the might of a horse; \*  
he has no pleasure in the strength of a man;

12 But the LORD has pleasure in those who fear him, \*  
in those who await his gracious favor.

21c Hallelujah!

#### **1 Corinthians 9:16-23**

If I proclaim the gospel, this gives me no ground for boasting, for an obligation is laid on me, and woe to me if I do not proclaim the gospel! For if I do this of my own will, I have a reward; but if not of my own will, I am entrusted with a commission. What then is my reward? Just this: that in my proclamation I may make the gospel free of charge, so as not to make full use of my rights in the gospel.

For though I am free with respect to all, I have made myself a slave to all, so that I might win more of them. To the Jews I became as a Jew, in order to win Jews. To those under the law I became as one under the law (though I myself am not under the law) so that I might win those under the law. To those outside the law I became as one outside the law (though I am not free from God's law but am under Christ's law) so that I might win those outside the law. To the weak I became weak, so that I might win the weak. I have become all things to all people, that I might by all means save some. I do it all for the sake of the gospel, so that I may share in its blessings.

#### **Mark 1:29-39**

Jesus left the synagogue at Capernaum, and entered the house of Simon and Andrew, with James and John. Now Simon's mother-in-law was in bed with a fever, and they told him about her at once. He came and took her by the hand and lifted her up. Then the fever left her, and she began to serve them.

That evening, at sundown, they brought to him all who were sick or possessed with demons. And the whole city was gathered around the door. And he cured many who were sick with various diseases, and cast out many demons; and he would not permit the demons to speak, because they knew him.

In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. And Simon and his companions hunted for him. When they found him, they said to him, "Everyone is searching for you." He answered, "Let us go on to the neighboring towns, so that I may proclaim the message there also; for that is what I came out to do." And he went throughout Galilee, proclaiming the message in their synagogues and casting out demons.

### 顯現後第五主日，乙年

上帝啊！求主從罪惡的捆綁中釋放我們，並將聖子我們求主耶穌基督，所顯示豐盛生命的自由，賜給我們；聖子和聖父，聖靈，一同永生，一同掌權，惟一上帝，永無窮盡。阿們。

### 以賽亞書 40:21-31

你們豈不曾知道麼、你們豈不曾聽見麼、從起初豈沒有人告訴你們麼、自從立地的根基、你們豈沒有明白麼。上帝坐在地球大圈之上、地上的居民好像蝗蟲。他鋪張穹蒼如幔子、展開諸天如可住的帳棚。他使君王歸於虛無、使地上的審判官成為虛空。他們是剛才栽上、剛才種上、根也剛才扎在地裏、他一吹在其上、便都枯乾、旋風將他們吹去、像碎秸一樣。那聖者說、你們將誰比我、叫他與我相等呢。你們向上舉目、看誰創造這萬象、按數目領出、他一一稱其名。因他的權能、又因他的大能大力、連一個都不缺。雅各阿、你為何說、我的道路向耶和華隱藏。以色列阿、你為何言、我的冤屈上帝並不查問。你豈不曾知道麼、你豈不曾聽見麼、永在的上帝耶和華、創造地極的主、並不疲乏、也不困倦。他的智慧無法測度。疲乏的、他賜能力。軟弱的、他加力量。就是少年人也要疲乏困倦、強壯的也必全然跌倒。但那等候耶和華的、必從新得力、他們必如鷹展翅上騰、他們奔跑卻不困倦、行走卻不疲乏。

### 詩篇 147:1-12, 21c

147:1 哈利路亞！因歌頌我們的上帝為善為美。

讚美的話是合宜的。

147:2 耶和華建造耶路撒冷、聚集以色列中被趕散的人。

147:3 他醫好傷心的人、裹好他們的傷處。

147:4 他數點星宿的數目、一一稱他的名。

147:5 我們的主為大、最有能力。他的智慧、無法測度。

147:6 耶和華扶持謙卑人、將惡人傾覆於地。

147:7 你們要以感謝向耶和華歌唱、

用琴向我們的上帝歌頌。

147:8 他用雲遮天。為地降雨、使草生長在山上。

147:9 他賜食給走獸、和啼叫的小烏鴉。

147:10 他不喜悅馬的力大、不喜愛人的腿快。

147:11 耶和華喜愛敬畏他、和盼望他慈愛的人。

147:12 耶路撒冷阿、你要頌讚耶和華。

錫安哪、你要讚美你的上帝。

147:21 哈利路亞！

### 哥林多前書 9:16-23

我傳福音原沒有可誇的，因為我是不得已的。若不傳福音，我便有禍了。我若甘心做這事，就有賞賜；若不甘心，責任卻已經託付我了。既是這樣，我的賞賜是甚麼呢？就是我傳福音的時候叫人不花錢得福音，免得用盡我傳福音的權柄。我雖是自由的，無人轄管；然而我甘心作了眾人的僕人，為要多得人。向猶太人，我就作猶太人，為要得猶太人；向律法以下的人，我雖不在律法以下，還是作律法以下的人，為要得律法以下的人。向沒有律法的人，我就作沒有律法的人，為要得沒有律法的人；其實我在上帝面前，不是沒有律法；在基督面前，正在律法之下。向軟弱的人，我就作軟弱的人，為要得軟弱的人。向甚麼樣的人，我就作甚麼樣的人。無論如何，總要救些人。凡我所行的，都是為福音的緣故，為要與人同得這福音的好處。

### 馬可福音 1:29-39

他們一出會堂，就同著雅各、約翰，進了西門和安得烈的家。西門的岳母正害熱病躺著，就有人告訴耶穌。耶穌進前拉著他的手，扶他起來，熱就退了，他就服事他們。天晚日落的時候，有人帶著一切害病的，和被鬼附的，來到耶穌跟前。合城的人都聚集在門前。耶穌治好了許多害各樣病的人，又趕出許多鬼，不許鬼說話，因為鬼認識他。次日早晨，天未亮的時候，耶穌起來，到曠野地方去，在那裏禱告。西門和同伴追了他去，遇見了就對他說：眾人都找你。耶穌對他們說：我們可以往別處去，到鄰近的鄉村，我也好在那裏傳道，因為我是為

這事出來的。於是在加利利全地，進了會堂，傳道，趕鬼。