

Fourth Sunday in Lent

Year B

March 14, 2021

Meditation: <i>Be Exalted, O God</i>	Online Video
Opening Sentence	BCP 14
Confession of Sin	BCP 17
The Invitatory and Psalter	BCP 18
Psalm	107:1-3, 17-22
The Lesson of the Day	John 3:14-21
<i>John 3:16</i>	Online Video
Sermon	The Rev. Fennie Chang
The Apostles' Creed	BCP 34
The Prayers of the People	Slide
The Peace	BCP p. 210
Offertory Sentences	BCP 226
<i>I Offer My Life</i>	Online Video
Prayer of Spiritual Communion	Slide
<i>Lead Me Lord</i>	Online Video
Blessing and Dismissal	BCP 216

Date	Preacher/ Interpreter	LEM	Acolyte	Reader/ Prayer	Usher
3/14 Bilingual Service	Mo. Fennie Chang	Live-Streaming Sunday Morning Worship At 10am from St. Thomas' Facebook			
3/21 Bilingual Service	Mo. Fennie Chang	Live-Streaming Sunday Morning Worship At 10am from St. Thomas' Facebook			

大齋第四主日

乙年

2021年3月14日

默想: <i>至高真神</i>	網路影片
宣告經文	公禱書 14 頁
認罪文	公禱書 17 頁
宣召及詩篇	公禱書 18 頁
詩篇	(107:1-3, 17-22)
本日經課	(約翰福音 3:14-21)
<i>約翰福音 3:16</i>	網路影片
證道	張信芬牧師
使徒信經	公禱書 34 頁
會眾禱文	幻燈片
平安禮	公禱書 210 頁
奉獻詞	公禱書 226 頁
<i>獻上我的生命</i>	網路影片
屬靈聖餐的禱告	幻燈片
<i>主引領我</i>	網路影片
祝福與遣散	公禱書 216

日期	証道/翻譯	襄理	司從	經課/ 禱文	招待
3/14 雙語崇拜	張信芬牧師	網路直播主日崇拜 早上十點聖多馬堂臉書			
3/21 雙語崇拜	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

“How to Enter into Eternal Life?”:

- 1) Please define “eternal life” in your own words.
- 2) How did Jesus bring heaven to earth? Please describe it specifically.
- 3) Have you ever experienced “eternal life” on your faith journey?
Please share your experience.
- 4) Which part of the message today has impacted you most? Why?
- 5) How do you feel called by God to pursue eternal life? How can you begin your pursuit in Lent?

“如何進入永生?”:

- 1)請用你自己的話來定義「永生」。
- 2)耶穌如何將天堂帶到地上來?請具體說明。
- 3)你是否曾在信仰旅程中經歷過永生?請分享你的經驗。
- 4)今天信息中哪一個部分對你的震撼最大?為什麼?
- 5)你覺得神呼召你如何來追尋永生?你覺得在大齋節期間如何開始你的追尋?

Weekly Bible Reading Plan 每週讀經計畫

OT 舊約: Ex 出 27-33; Prv 箴 3-9

NT 新約: Jn 約 6-12; Gal 加 2-6; Eph 弗 1-2



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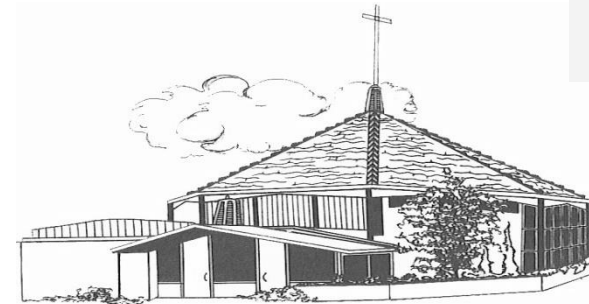
Fourth Sunday in Lent, Year B

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

大齋節第四主日, 乙年

(英&華語早上 10 點主日崇拜網路直播)

March 14, 2021



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 March 14, 2021

(1) **Sanctuary Candle:** The sanctuary candle this week is continue to give thanks for the season of Lent as well as to pray for the renewal of our body, mind and spirit.

(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 (5) & (6)*.

(3) **Daylight Saving Time Begins:** Today, 3/14, please remember to turn your clock forward one hour.

(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 Evening Prayer/Bible Study Schedule:** 3/17 & 24, 6:30 pm: Lenten Wed Evening Prayer (Facebook); 4/7 & 4/21, 6:30 pm: Bible Study Fellowship (Zoom). All are welcome!

(6) **Holy Week Live-Streaming Service Schedule:**

Holy Monday, Mar 29—St. Thomas FB Live Evening Prayer at 7:30 pm
Holy Tuesday, Mar 30—St. Thomas FB Live Evening Prayer at 7:30 pm
Holy Wednesday, Mar 31—St. Thomas FB Live Evening Prayer at 7:30 pm
Maundy Thursday, Apr 1—St. Thomas FB Live Evening Prayer at 7:30 pm
Good Friday, Apr 2—St. Thomas FB Live Evening Prayer at 7:30 pm
The Great Vigil of Easter, Apr 3 (Sat)—Diocesan Joint Service at 8:00 pm
Easter, Apr 4—St. Thomas FB Live Bilingual Service at 10am

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

(8) **March Bishop's Committee Meeting on Zoom:** Thurs, 3/18, 7:00 pm. All the committee members are to be online for the meeting, and everyone else interested is also welcome to join us.

(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) 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) Marjelyn Vielma (breast cancer); (14) Jim Wei's parents; (15) Dorothy Smith; (16) Roger Magnuson; (17) Edgar Fradejas; (18) Sally and her family in China.

二零二一年三月十四日家事公佈

(1) **聖壇燭:** 這個星期的聖壇燭繼續為著大齋節獻上感恩，並為自己的身心靈更新來禱告。

(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(5) & (6)。

(3) **日光節約時間開始:** 今天，3/14，請記得把時間調快一小時。

(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) **週三晚禱/查經網路直播聚會時間表:**

3/17 & 24—大齋節週三晚禱，晚上6:30晚禱(臉書); 4/7 & 4/21—晚上6:30查經團契(Zoom)。歡迎參加!

(6) **聖週聚會網路直播時間表:**

聖週禮拜一，3月29日—聖多馬堂晚禱臉書直播，晚上7點30分
聖週禮拜二，3月30日—聖多馬堂晚禱臉書直播，晚上7點30分
聖週禮拜三，3月31日—聖多馬堂晚禱臉書直播，晚上7點30分
聖週禮拜四(設立聖餐日)4月1日—聖多馬堂晚禱臉書直播，晚上7點30分
救主受難日(禮拜五)，4月2日—聖多馬堂晚禱臉書直播，晚上7點30分
主復活大守夜(禮拜六)，4月3日—教區聯合崇拜直播，晚上8點
復活節，4月4日—聖多馬堂臉書直播雙語崇拜，早上10點

(7) **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。

(8) **三月份堂務委員會會議透過 Zoom 舉行:** 週四，3/18，晚上 7:00。所有委員務必參加; 有興趣會友也歡迎列席。

(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) 林醫師和林景崐, (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) Marjelyn Vielma (乳癌), (14) Jim Wei 的父母, (15) Dorothy Smith, (16) Roger Magnuson, (17) Edgar Fradejas, (18) 孟莎和在中國的家人。

Fourth Sunday in Lent, Year B

Gracious Father, whose blessed Son Jesus Christ came down from heaven to be the true bread which gives life to the world: Evermore give us this bread, that he may live in us, and we in him; who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen.*

Numbers 21:4-9

From Mount Hor the Israelites set out by the way to the Red Sea, to go around the land of Edom; but the people became impatient on the way. The people spoke against God and against Moses, "Why have you brought us up out of Egypt to die in the wilderness? For there is no food and no water, and we detest this miserable food." Then the LORD sent poisonous serpents among the people, and they bit the people, so that many Israelites died. The people came to Moses and said, "We have sinned by speaking against the LORD and against you; pray to the LORD to take away the serpents from us." So Moses prayed for the people. And the LORD said to Moses, "Make a poisonous serpent, and set it on a pole; and everyone who is bitten shall look at it and live." So Moses made a serpent of bronze, and put it upon a pole; and whenever a serpent bit someone, that person would look at the serpent of bronze and live.

Psalms 107:1-3, 17-22

- 1 Give thanks to the LORD, for he is good, *
and his mercy endures for ever.
- 2 Let all those whom the LORD has redeemed proclaim *
that he redeemed them from the hand of the foe.
- 3 He gathered them out of the lands; *
from the east and from the west,
from the north and from the south.
- 17 Some were fools and took to rebellious ways; *
they were afflicted because of their sins.
- 18 They abhorred all manner of food *
and drew near to death's door.
- 19 Then they cried to the LORD in their trouble, *
and he delivered them from their distress.
- 20 He sent forth his word and healed them *
and saved them from the grave.
- 21 Let them give thanks to the LORD for his mercy *
and the wonders he does for his children.
- 22 Let them offer a sacrifice of thanksgiving *
and tell of his acts with shouts of joy.

Ephesians 2:1-10

You were dead through the trespasses and sins in which you once lived, following the course of this world, following the ruler of the power of the air, the spirit that is now at work among those who are disobedient. All of us once lived among them in the passions of our flesh, following the desires of flesh and senses, and we were by nature children of wrath, like everyone else. God, who is rich in mercy, out of the great love with which he loved us even when we were dead through our trespasses, made us alive together with Christ-- by grace you have been saved-- and raised us up with him and seated us with him in the heavenly places in Christ Jesus, so that in the ages to come he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus. For by grace you have been saved through faith, and this is not your own doing; it is the gift of God-- not the result of works, so that no one may boast. For we are what he has made us, created in Christ Jesus for good works, which God prepared beforehand to be our way of life.

John 3:14-21

Jesus said to Nicodemus, "Just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life. "For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. "Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him. Those who believe in him are not condemned; but those who do not believe are condemned already, because they have not believed in the name of the only Son of God. And this is the judgment, that the light has come into the world, and people loved darkness rather than light because their deeds were evil. For all who do evil hate the light and do not come to the light, so that their deeds may not be exposed. But those who do what is true come to the light, so that it may be clearly seen that their deeds have been done in God."

大齋第四主日，乙年

恩慈的聖父，你當讚美的聖子耶穌基督從天降臨，成為賜生命給世界的真糧：求主常常將這靈糧賜給我們，使基督住在我們裡面、我們也住在基督裡面。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。

民數記 21:4-9

他們從何珥山起行、往紅海那條路走、要繞過以東地。百姓因這路難行、心中甚是煩躁。就怨讟上帝和摩西、說、你們為甚麼把我們從埃及領出來、使我們死在曠野呢。這裏沒有糧、沒有水、我們的心厭惡這淡薄的食物。於是耶和華使火蛇進入百姓中間、蛇就咬他們、以色列人中死了許多。百姓到摩西那裏說、我們怨讟耶和華和你、有罪了、求你禱告耶和華、叫這些蛇離開我們。於是摩西為百姓禱告。耶和華對摩西說、你製造一條火蛇、挂在杆子上、凡被咬的、一望這蛇、就必得活。摩西便製造一條銅蛇、挂在杆子上。凡被蛇咬的、一望這銅蛇、就活了。

詩篇 107:1-3, 17-22

107:1 你們要稱謝耶和華、因他本為善。他的慈愛、永遠長存。

107:2 願耶和華的贖民說這話、就是他從敵人手中所救贖的、

107:3 從各地、從東從西、從南從北、所招聚來的。

107:17 愚妄人因自己的過犯、和自己的罪孽、便受苦楚。

107:18 他們心裏厭惡各樣的食物、就臨近死門。

107:19 於是他們在苦難中哀求耶和華、他從他們的禍患中、拯救他們。

107:20 他發命醫治他們、救他們脫離死亡。

107:21 但願人因耶和華的慈愛、和他向人所行的奇事、都稱讚他。

107:22 願他們以感謝為祭獻給他、歡呼述說他的作為。

以弗所書 2:1-10

你們死在過犯罪惡之中、他叫你們活過來。那時、你們在其中行事為人隨從今世的風俗、順服空中掌權者的首領、就是現今在悖逆之子心中運行的邪靈。我們從前也都在他們中間、放縱肉體的私慾、隨著肉體和心中所喜好的去行、本為可怒之子、和別人一樣。然而上帝既有豐富的憐憫、因他愛我們的大愛、當我們死在過犯中的時候、便叫我們與基督一同活過來。他又叫我們與基督耶穌一同復活、一同坐在天上、要將他極豐富的恩典、就是他在基督耶穌裏向我們所施的恩慈、顯明給後來的世代看。你們得救是本乎恩、也因著信、這並不是出於自己、乃是上帝所賜的、也不是出於行為、免得有人自誇。我們原是他的工作、在基督耶穌裏造成的、為要叫我們行善、就是上帝所預備叫我們行的。

約翰福音 3:14-21

摩西在曠野怎樣舉蛇、人子也必照樣被舉起來。叫一切信他的都得永生。上帝愛世人、甚至將他的獨生子賜給他們、叫一切信他的、不至滅亡、反得永生。因為上帝差他的兒子降世、不是要定世人的罪、乃是要叫世人因他得救。信他的人、不被定罪。不信的人、罪已經定了、因為他不信上帝獨生子的名。光來到世間、世人因自己的行為是惡的、不愛光倒愛黑暗、定他們的罪就是在此。凡作惡的便恨光、並不來就光、恐怕他的行為受責備。但行真理的必來就光、要顯明他所行的是靠上帝而行。