

Tenth Sunday after Pentecost

Year B: Proper 13	August 1, 2021
<i>Praise Song: I Will Rejoice</i>	Online Video
The Collect of the Day	BCP 116
First Lesson	Exodus 16:2-4, 9-15
Psalm	78:23-29
Second Lesson	Ephesians 4:1-16
Before Gospel: <i>Alleluia</i>	
Gospel	John 6:24-35
After Gospel: <i>Alleluia</i>	
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
<i>Offertory Music: Morning Has Broken</i>	Janice Lee & Gigi Kwok
<i>Offertory Hymn: I Surrender All</i>	Slide
The Great Thanksgiving, Prayer A	BCP 211
Proper Preface for Pentecost	BCP 230
<i>Sanctus</i>	S 125
The Lord's Prayer	BCP 214
The Breaking of the Bread	BCP 214
<i>Communion Music</i>	
Post-Communion Prayer	BCP 215
Announcements	
<i>Count Your Blessings</i>	Online Video
Blessing and Dismissal	BCP 216

Date	Preacher/Interpreter	Altar Guild	Acolyte	Reader/Prayer	Usher
8/1 Bilingual Service	Mo. Fennie Chang	Dorothy Smith	Janis Magnuson	Flora Chow	Roger Magnuson Milagros Fradejas
8/8 Bilingual Service	Mo. Fennie Chang	Dorothy Smith	Janis Magnuson	Mike Smith	Roger Magnuson Milagros Fradejas

聖靈降臨後第十主日

乙年：合時儀文十三	2021年8月1日
讚美詩：我要喜樂	網路影片
本日祝文	公禱書 115 頁
首段經課	(出埃及記 16:2-4, 9-15)
詩篇	(78:23-29)
次段經課	(以弗所書 4:1-16)
福音前：哈利路亞	
福音書	(約翰福音 6:24-35)
福音後：哈利路亞	
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
奉獻音樂：東方破曉歌	李孟潔 & 郭雅文
奉獻詩歌：全所有奉獻	幻燈片
祝聖禮文（一）	公禱書 211 頁
合宜序文：聖靈降臨節	公禱書 230 頁
聖哉頌	幻燈片（英文聖詩音樂）
主禱文	公禱書 214 頁
擘餅禮	公禱書 214 頁
聖餐音樂	
聖餐後禱文	公禱書 215 頁
教會事務公佈	
數算主恩	網路影片
祝福與遣散	公禱書 216 頁

日期	証道/翻譯	聖壇小組	司從	經課/禱文	招待
8/1 雙語崇拜	張信芬 牧師	Dorothy Smith	Janis Magnuson	周李芳	Roger Magnuson Milagros Fradejas
8/8 雙語崇拜	張信芬 牧師	Dorothy Smith	Janis Magnuson	Mike Smith	Roger Magnuson Milagros Fradejas

Message Reflection for This Sunday

本主日信息省思

“True Bread from Heaven”:

- 1) To your understanding, what is “eternal life”?
- 2) Jesus said, “Do not work for the food that perishes, but for the food that endures for eternal life.” What does he mean? Do you agree? Why/why not?
- 3) Some people think money can buy happiness but others don't. What do you think?
- 4) On a scale of 1-10, how would you rate your commitment to following Jesus in terms of your trust, time, talent, and treasure? Why would you give such a rating?
- 5) How has the message today impacted your mindset? What change or action do you feel called to make or take from now on in this life?

“天上來的真糧”:

- 1) 根據你的瞭解，什麼叫做「永生」？
- 2) 耶穌說：“不要為那必壞的食物勞力，要為那存到永生的食物勞力。”他意謂著什麼？你同意耶穌的說法嗎？為何同意或不同意？
- 3) 有些人認為金錢可以買快樂，有些人反對。你對此議題有何看法？
- 4) 在 1-10 的評分表上，你對於自己在跟隨耶穌的信賴感、時間使用、才幹付出、及金錢擺上等方面的整體評價為何？你為何給自己這樣的評價？
- 5) 今天的信息對於你心思意念有什麼樣的影響？你感覺上帝呼召你在今生以後要作什麼樣的改變或採取什麼樣的行動？

Weekly Bible Reading Plan 每週讀經計畫

OT 舊約: Jgs 士 18-21; Ru 得 1-4; Jer 耶 32-38; Ps 詩 1-12

NT 新約: Acts 使 22-28



Vicar / 堂牧:

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Assisting Priest / 牧師助理:

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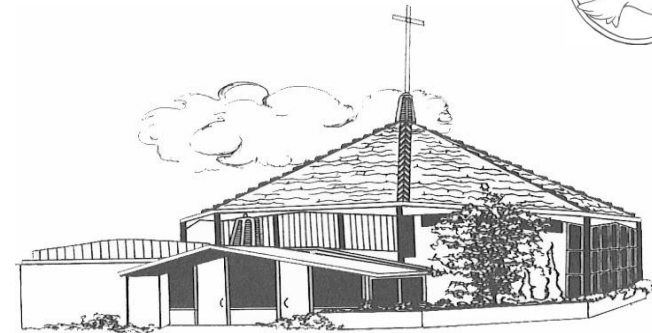
Tenth Sunday after Pentecost: Proper 13, Year B

(10:00 am Bilingual: English & Mandarin)

聖靈降臨後第十主日：合時儀文十三，乙年

(早上 10 點英 & 華語聖餐崇拜)

August 1, 2021



Sunday Holy Eucharist Service 主日聖餐崇拜:

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

英華語 (雙語) 聖餐崇拜 (音樂)

Tenth Sunday after Pentecost, Year B, Proper 13

Let your continual mercy, O Lord, cleanse and defend your Church; and, because it cannot continue in safety without your help, protect and govern it always by your goodness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

Exodus 16:2-4, 9-15

The whole congregation of the Israelites complained against Moses and Aaron in the wilderness. The Israelites said to them, "If only we had died by the hand of the LORD in the land of Egypt, when we sat by the fleshpots and ate our fill of bread; for you have brought us out into this wilderness to kill this whole assembly with hunger."

Then the LORD said to Moses, "I am going to rain bread from heaven for you, and each day the people shall go out and gather enough for that day. In that way I will test them, whether they will follow my instruction or not."

Then Moses said to Aaron, "Say to the whole congregation of the Israelites, 'Draw near to the LORD, for he has heard your complaining.'" And as Aaron spoke to the whole congregation of the Israelites, they looked toward the wilderness, and the glory of the LORD appeared in the cloud. The LORD spoke to Moses and said, "I have heard the complaining of the Israelites; say to them, 'At twilight you shall eat meat, and in the morning you shall have your fill of bread; then you shall know that I am the LORD your God.'"

In the evening quails came up and covered the camp; and in the morning there was a layer of dew around the camp. When the layer of dew lifted, there on the surface of the wilderness was a fine flaky substance, as fine as frost on the ground. When the Israelites saw it, they said to one another, "What is it?" For they did not know what it was. Moses said to them, "It is the bread that the LORD has given you to eat."

Psalms 78:23-29

23 So he commanded the clouds above *
and opened the doors of heaven.

24 He rained down manna upon them to eat *
and gave them grain from heaven.

25 So mortals ate the bread of angels; *
he provided for them food enough.

26 He caused the east wind to blow in the heavens *
and led out the south wind by his might.

27 He rained down flesh upon them like dust *
and winged birds like the sand of the sea.

28 He let it fall in the midst of their camp *
and round about their dwellings.

29 So they ate and were well filled, *
for he gave them what they craved.

Ephesians 4:1-16

I therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, making every effort to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called to the one hope of your calling, one Lord, one faith, one baptism, one God and Father of all, who is above all and through all and in all. But each of us was given grace according to the measure of Christ's gift. Therefore it is said, "When he ascended on high he made captivity itself a captive; he gave gifts to his people." (When it says, "He ascended," what does it mean but that he had also descended into the lower parts of the earth? He who descended is the same one who ascended far above all the heavens, so that he might fill all things.) The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until all of us come to the unity of the faith and of the knowledge of the Son of God, to maturity, to the measure of the full stature of Christ. We must no longer be children, tossed to and fro and blown about by every wind of doctrine, by people's trickery, by their craftiness in deceitful scheming. But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, from whom the whole body, joined and knit together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love.

John 6:24-35

The next day, when the people who remained after the feeding of the five thousand saw that neither Jesus nor his disciples were there, they themselves got into the boats and went to Capernaum looking for Jesus.

When they found him on the other side of the sea, they said to him, "Rabbi, when did you come here?" Jesus answered them, "Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves. Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal." Then they said to him, "What must we do to perform the works of God?" Jesus answered them, "This is the work of God, that you believe in him whom he has sent." So they said to him, "What sign are you going to give us then, so that we may see it and believe you? What work are you performing? Our ancestors ate the manna in the wilderness; as it is written, 'He gave them bread from heaven to eat.'" Then Jesus said to them, "Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world." They said to him, "Sir, give us this bread always."

Jesus said to them, "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty."

聖靈降臨後第十主日，乙年；合時儀文十三

主啊，求主常施憐憫，潔淨、保護主的教會；教會若沒有主的福佑，就不得平安：求主用主的良善，施恩保佑和治理主的全教會；這都是靠著我們的主耶穌基督，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。

出埃及記 16:2-4, 9-15

以色列全會眾在曠野向摩西、亞倫發怨言、說、巴不得我們早死在埃及地耶和華的手下、那時我們坐在肉鍋旁邊、吃得飽足、你們將我們領出來、到這曠野、是要叫這全會眾都餓死阿。耶和華對摩西說、我要將糧食從天降給你們、百姓可以出去、每天收每天的分、我好試驗他們遵不遵我的法度。摩西對亞倫說、你告訴以色列全會眾說、你們就近耶和華面前、因為他已經聽見你們的怨言了。亞倫正對以色列全會眾說話的時候、他們向曠野觀看、不料、耶和華的榮光在雲中顯現。耶和華曉諭摩西說、我已經聽見以色列人的怨言、你告訴他們說、到黃昏的時候、你們要吃肉、早晨必有食物得飽、你們就知道我是耶和華你們的上帝。到了晚上、有鶴鶉飛來、遮滿了營、早晨在營四圍的地上有露水、露水上升之後、不料、野地面上有如白霜的小圓物。以色列人看見、不知道是甚麼、就彼此對問說、這是甚麼呢、摩西對他們說、這就是耶和華給你們吃的食物。

詩篇 78:23-29

78:23 他卻吩咐天空、又敞開天上的門、
78:24 降嗎哪像雨給他們吃、將天上的糧食賜給他們。
78:25 各人吃大能者的食物、他賜下糧食、使他們飽足。
78:26 他領東風起在天空、又用能力引了南風來。
78:27 他降肉像雨在他們當中、多如塵土、又降飛鳥、多如海沙、
78:28 落在他們的營中、在他們住處的四面。
78:29 他們吃了、而且飽足、這樣、就隨了他們所欲的。

以弗所書 4:1-16

我為主被囚的勸你們、既然蒙召、行事為人就當與蒙召的恩相

稱、凡事謙虛、溫柔、忍耐、用愛心互相寬容、用和平彼此聯絡、竭力保守聖靈所賜合而為一的心。身體只有一個、聖靈只有一個、正如你們蒙召、同有一個指望、一主、一信、一洗、一上帝、就是眾人的父、超乎眾人之上、貫乎眾人之中、也住在眾人之內。我們各人蒙恩、都是照基督所量給各人的恩賜。所以經上說、『他升上高天的時候、擄掠了仇敵、將各樣的恩賜賞給人。』（既說升上、豈不是先降在地下麼、那降下的、就是遠升諸天之上要充滿萬有的。）他所賜的有使徒、有先知、有傳福音的、有牧師和教師、為要成全聖徒、各盡其職、建立基督的身體、直等到我們眾人在真道上同歸於一、認識上帝的兒子、得以長大成人、滿有基督長成的身量、使我們不再作小孩子、中了人的詭計、和欺騙的法術、被一切異教之風搖動、飄來飄去、就隨從各樣的異端、惟用愛心說誠實話、凡事長進、連於元首基督、全身都靠他聯絡得合式、百節各按各職、照著各體的功用、彼此相助、便叫身體漸漸增長、在愛中建立自己。

約翰福音 6:24-35

眾人見耶穌和門徒都不在那裏、就上了船、往迦百農去找耶穌。既在海那邊找著了、就對他說、拉比、是幾時到這裏來的。耶穌回答說、我實實在在的告訴你們、你們找我、並不是因見了神蹟、乃是因吃餅得飽。不要為那必壞的食物勞力、要為那存到永生的食物勞力、就是人子要賜給你們的、因為人子是父上帝所印證的。眾人問他說、我們當行甚麼、才算作上帝的工呢。耶穌回答說、信上帝所差來的、這就是作上帝的工。他們又說、你行甚麼神蹟、叫我們看見就信你、你到底作甚麼事呢。我們的祖宗在曠野吃過嗎哪、如經上寫著說、『他從天上賜下糧來給他們吃。』耶穌說、我實實在在的告訴你們、那從天上來的糧、不是摩西賜給你們的、乃是我父將天上來的真糧賜給你們。因為上帝的糧、就是那從天上降下來賜生命給世界的。他們說、主阿、常將這糧賜給我們。耶穌說、我就是生命的糧、到我這裏來的、必定不餓、信我的、永遠不渴。

Announcements for Aug 1, 2021

(1) **Sanctuary Candle:** The sanctuary candle this week is to continue to give thanks to God for the season after Pentecost, through which we can now enjoy being in the presence of the Holy Spirit at all times. May the Holy Spirit fill each day of our lives and give us His comfort and strength continually!

(2) **St. Thomas' In-person Worship Resumes:** **This Sun, 8/1, 10AM;** after church reopening, Sunday 10am worship & weekday evening prayer services will continue to be livestreamed from Facebook, and the weekday fellowship/meetings may remain available through online streaming. For details, please see *Announcements* (3), (4) & (5).

(3) **Wed Live-Streaming Evening Prayer/Bible Study Schedule:** 8/4 & 8/18, 6:30 pm: Bible Study Fellowship (Zoom); 8/11 & 8/25, 6:30 pm: Evening Prayer (Facebook). All are welcome!

(4) **August Bishop's Committee Meeting on Zoom:** Thurs, 8/26, 7:00 pm. All the committee members are to be online for the meeting, and everyone else interested is also welcome to join us.

(5) **The Li Tim-Oi Center's Liturgy & BCP Zoom Class (in Mandarin):** Sat, 8/28, 10:00am-12:00noon. Mo Fennie is teaching this monthly online class (7/31-11/27), and five members of our Mandarin group are taking this class. Please pray for Mo Fennie and all the students.

(6) **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)

(7) **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 (1) Chuck (stroke) & Joyce White (fall injury); (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) Marjolyn Vielma (breast cancer); (14) Jim Wei's parents; (15) Dorothy Smith; (16) Roger Magnuson; (17) Edgar Fradejas; (18) Janis Magnuson (left hip fracture); (19) Sally's mother (thyroid cancer); (20) Marilyn (hip replacement); (21) Mo. Fennie's father (heart failure).

二零二一年八月一日家事公佈

(1) **聖壇燭:** 這個星期的聖壇燭是繼續為著聖靈降臨的節期使我們隨時都有祂的同在來感謝上帝。願聖靈充滿我們每天的日子，並且持續賜給我們安慰和力量！

(2) **聖多馬堂恢復舉行實體崇拜:** 本主日，八月一日，上午十點。在教會重新開放之後，主日十點崇拜及週間晚禱也將繼續透過臉書直播，其他週間團契或會議亦會繼續透過網路舉行。所有細節，請看家事公佈 (3), (4) & (5)。

(3) **週三晚禱 查經網路直播聚會時間表:** 7/28 & 8/11-晚上6:30晚禱 (臉書); 8/4 & 8/18-晚上6:30查經團契 (Zoom)。歡迎參加！

(4) **八月份堂務委員會會議透過 Zoom 舉行:** 週四，8/26，晚上 7:00。所有委員務必參加；有興趣會友也歡迎列席。

(5) **李天媛中心「禮儀與公禱書」課程透過 Zoom 舉行:** 週六，8/28，上午 10:00 - 中午 12:00。由張牧師教導此每月一次的網路課程 (7/31-11/27)，本堂華語弟兄姊妹有五人報名上課，請為張牧師及所有學員禱告。

(6) **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)

(7) **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 (1) Chuck (中風) 和 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) Marjolyn Vielma (乳癌), (14) Jim Wei 的父母, (15) Dorothy Smith, (16) Roger Magnuson, (17) Edgar Fradejas, (18) Janis Magnuson (左腕關節斷裂); (19) 孟莎的媽媽 (甲狀腺癌); (20) Marilyn (腕關節更換); (21) 張牧師的父親 (心臟衰竭)。