

The First Sunday in Lent

Year A March 1, 2020

Entrance Hymn: 40 Days and 40 Nights E150//C142
 Opening Acclamation BCP 201
 The Decalogue BCP 200
 Confession of Sin and Absolution BCP 202
 Kyrie BCP 206
 The Collect of the Day BCP 102
 First Lesson Genesis 2:15-17; 3:1-7
 Psalm 32
 Second Lesson Romans 5:12-19
Before Gospel: O How He Loves You and Me Slide
 Gospel Matthew 4:1-11
After Gospel: O How He Loves You and Me Slide
 Sermon The Rev. Fennie Chang
 The Nicene Creed BCP 208
 The Prayers of the People Slide
 The Peace BCP 210
Offertory Anthem: Lord, Have Mercy The Choir
Offertory Hymn: I Surrender All Slide
 The Great Thanksgiving, Prayer C BCP 219
Sanctus Slide
 The Lord's Prayer BCP 214
 The Breaking of the Bread BCP 214
Hymn: Bread of the World, in Mercy Broken E301//C256
 Post-Communion Prayer BCP 216
 Announcements
Hymn: Now Quit Your Cares E145// C
 Blessing and Dismissal BCP 216

Date	Preacher/Interpreter	LEM	Acolyte	Reader/Prayer	Usher
3/1 Bilingual Service	Mo. Fennie Chang	Roger Magnuson Flora Chow	Janis Magnuson Alex Zhong	Evelina Fradejas	Sabrina Lin Antao Chien
3/8 Bilingual Joint Service	Bishop Diane Bruce/ Mo. Fennie Chang	Dorothy Smith Mike Smith	Janis Magnuson	Flora Chow	Roger Magnuson Milagros Fradejas

8 o'clock	3/1	Lilia Tansiongco	3/8	10am Joint Service
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大齋節第一主日

甲年 2020年3月1日

進堂詩：四旬禁食歌 ----- 普天頌讚第 142 首
 宣召 ----- 公禱書 201 頁
 宣讀十誡 ----- 公禱書 200 頁
 認罪與赦罪 ----- 公禱書 202 頁
 憐憫頌 ----- 公禱書 206 頁
 本日祝文 ----- 公禱書 102 頁
 首段經課 ----- (創世記 2:15-17; 3:1-7)
 詩篇 ----- (32)
 次段經課 ----- (羅馬書 5:12-19)
福音前：祂多麼愛我們 ----- 幻燈片
 福音書 ----- (馬太福音 4:1-11)
福音後：祂多麼愛我們 ----- 幻燈片
 證道 ----- 張信芬牧師
 尼西亞信經 ----- 公禱書 208 頁
 會眾禱文 ----- 幻燈片
 平安禮 ----- 公禱書 210 頁
獻金聖頌：求主憐憫 ----- 教會詩班
獻金聖詩：全所有奉獻 ----- 幻燈片
 祝聖禮文(三) ----- 公禱書 219 頁
聖哉頌 ----- 幻燈片
 主禱文 ----- 公禱書 214 頁
 擘餅禮 ----- 公禱書 214 頁
聖餐音樂：救世天糧歌 ----- 普天頌讚第 256 首
 聖餐後禱文 ----- 公禱書 216 頁
 教會事務公佈
退堂聖詩： ----- 英文聖詩
 祝福與遣散 ----- 公禱書 216 頁

日期	証道/翻譯	襄理	司從	經課/禱文	招待
3/1 雙語崇拜	張信芬 牧師	Roger Magnuson 周李芳	Janis Magnuson 鍾喻竹	Evelina Fradejas	林玲君 簡安道
3/8 雙語聯合崇拜	唐金琮主教 /張信芬 牧師	Dorothy Smith Mike Smith	Janis Magnuson	周李芳	Roger Magnuson Milagros Fradejas

Message Reflection for This Sunday
本主日信息省思

“Be a Winner of Spiritual Battles”:

- 1) Where does Satan try all its best to confine us?
- 2) What are the three things that Jesus was tempted with by Satan?
- 3) How did Jesus defeat the enemy's scheme each time he was tempted?
- 4) What is the most important key to being a winner of spiritual battles?
- 5) What temptation are you struggling with? What would be the best spiritual weapon for you to win your battle?

“成為屬靈爭戰的得勝者”：

- 1) 撒旦一直想盡辦法要把我們困在何處？
- 2) 撒旦用哪三樣東西來試探耶穌？
- 3) 耶穌如何戰勝每次從撒旦來的試探？
- 4) 成為屬靈爭戰得勝者的最重要關鍵為何？
- 5) 你正面臨什麼樣的試探？什麼是你戰勝試探的最佳利器？

Weekly Bible Reading Plan 每週讀經計畫

OT 舊約: Ex 出 13-19; Jb 伯 31-37

NT 新約: Lk 16-22; 2Cor 林後 1-7



Vicar / 堂牧:

The Rev. Dr. Fennie Hsin-Fen Chang / 張信芬牧師
hsinfenchang@hotmail.com

Assisting Priest / 牧師助理:

The Rev. Ricardo Gonzales 立.肯沙樂牧師
Rgonz2016@yahoo.com

Bishop's Warden / 堂長: Mr. Roger Magnuson

Junior Warden / 副堂長: Ms. Dorothy dorothismithpt@yahoo.com

Treasurer / 財政: Ms. Janis Magnuson / 萬珍妮

Jmagnus745@yahoo.com

Music Coordinator / 音樂負責: Ms. Evelina Fradejas

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Principal Accompanists / 司琴負責:

Ms. Janice Lee / 李孟潔姐妹
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St. Thomas's Episcopal Church

Hacienda Heights, California

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The First Sunday in Lent, Year A

(8:00 am English; 10:00 am Bilingual: English & Mandarin)

大齋節第一主日，甲年

(早上 8 點英語聖餐崇拜；10 點英&華語聖餐崇拜)

March 1, 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)

Readings for the First Sunday in Lent, Year A

Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are assaulted by many temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen.*

Genesis 2:15-17; 3:1-7

The LORD God took the man and put him in the garden of Eden to till it and keep it. And the LORD God commanded the man, "You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die." Now the serpent was more crafty than any other wild animal that the LORD God had made. He said to the woman, "Did God say, 'You shall not eat from any tree in the garden?'" The woman said to the serpent, "We may eat of the fruit of the trees in the garden; but God said, 'You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die.'" But the serpent said to the woman, "You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil." So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves.

Psalm 32

- 1 Happy are they whose transgressions are forgiven,
and whose sin is put away!
- 2 Happy are they to whom the LORD imputes no guilt,
and in whose spirit there is no guile!
- 3 While I held my tongue, my bones withered away,
because of my groaning all day long.
- 4 For your hand was heavy upon me day and night;
my moisture was dried up as in the heat of summer.
- 5 Then I acknowledged my sin to you, and did not conceal my guilt.
- 6 I said, "I will confess my transgressions to the LORD."
Then you forgave me the guilt of my sin.
- 7 Therefore all the faithful will make their prayers to you in time of
trouble; when the great waters overflow, they shall not reach them.
- 8 You are my hiding-place; you preserve me from trouble;
you surround me with shouts of deliverance.
- 9 "I will instruct you and teach you in the way that you should go;
I will guide you with my eye.
- 10 Do not be like horse or mule, which have no understanding;
who must be fitted with bit and bridle, or else they will not stay near
you."

- 11 Great are the tribulations of the wicked;
but mercy embraces those who trust in the LORD.
- 12 Be glad, you righteous, and rejoice in the LORD;
shout for joy, all who are true of heart.

Romans 5:12-19

As sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned-- sin was indeed in the world before the law, but sin is not reckoned when there is no law. Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come. But the free gift is not like the trespass. For if the many died through the one man's trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. And the free gift is not like the effect of the one man's sin. For the judgment following one trespass brought condemnation, but the free gift following many trespasses brings justification. If, because of the one man's trespass, death exercised dominion through that one, much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ. Therefore just as one man's trespass led to condemnation for all, so one man's act of righteousness leads to justification and life for all. For just as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

Matthew 4:1-11

After Jesus was baptized, he was led up by the Spirit into the wilderness to be tempted by the devil. He fasted forty days and forty nights, and afterwards he was famished. The tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written, 'One does not live by bread alone, but by every word that comes from the mouth of God.'" Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down; for it is written, 'He will command his angels concerning you,' and 'On their hands they will bear you up, so that you will not dash your foot against a stone.'" Jesus said to him, "Again it is written, 'Do not put the Lord your God to the test.'" Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor; and he said to him, "All these I will give you, if you will fall down and worship me." Jesus said to him, "Away with you, Satan! for it is written, 'Worship the Lord your God, and serve only him.'" Then the devil left him, and suddenly angels came and waited on him.

大齋節第一主日祝文，甲年：

全能的上帝，你當得讚美的聖子曾經被聖靈引領，受魔鬼的試探：求主快來幫助我們這些受到多樣試探攻擊的人；主知道我們各人的軟弱，求主讓我們每個人都看見主拯救的大能；這都是靠著主的聖子--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。

創世記 2:15-17; 3:1-7

耶和華上帝將那人安置在伊甸園、使他修理看守。耶和華上帝吩咐他說、園中各樣樹上的果子、你可以隨意吃、只是分別善惡樹上的果子、你不可吃、因為你吃的日子必定死。耶和華上帝所造的、惟有蛇比田野一切的活物更狡猾。蛇對女人說、上帝豈是真說、不許你們吃園中所有樹上的果子麼。女人對蛇說、園中樹上的果子我們可以吃、惟有園當中那棵樹上的果子、上帝曾說、你們不可吃、也不可摸、免得你們死。蛇對女人說、你們不一定死、因為上帝知道、你們吃的日子眼睛就明亮了、你們便如上帝能知道善惡。於是女人見那棵樹的果子好作食物、也悅人的眼目、且是可喜愛的、能使人有智慧、就摘下果子來吃了、又給他丈夫、他丈夫也吃了。他們二人的眼睛就明亮了、才知道自己是赤身露體、便拿無花果樹的葉子、為自己編作裙子。

詩篇32

- 1 得赦免其過、遮蓋其罪的、這人是有福的。
- 2 凡心裏沒有詭詐、耶和華不算為有罪的、這人是有福的。
- 3 我閉口不認罪的時候、因終日唉哼、而骨頭枯乾。
- 4 黑夜白日、你的手在我身上沉重、我的精液耗盡、如同夏天的乾旱
- 5 我向你陳明我的罪、不隱瞞我的惡。
- 6 我說、我要向耶和華承認我的過犯、你就赦免我的罪惡。
- 7 為此、凡虔誠人、都當趁你可尋找的時候禱告你、大水泛溢的時候、必不能到他那裏。
- 8 你是我藏身之處、你必保佑我脫離苦難、以得救的樂歌、四面環繞我。
- 9 我要教導你、指示你當行的路、我要定睛在你身上勸戒你。
- 10 你不可像那無知的騾馬、必用嚼環轡頭勒住他。

不然、就不能馴服他。

- 11 惡人必多受苦楚、惟獨倚靠耶和華的、必有慈愛四面環繞他。
- 12 你們義人應當靠耶和華歡喜快樂、你們心裏正直的人、都當歡呼。

羅馬書5:12-19

這就如罪是從一人入了世界、死又是從罪來的、於是死就臨到眾人、因為眾人都犯了罪。沒有律法之先、罪已經在世上、但沒有律法、罪也不算罪。然而從亞當到摩西死就作了王、連那些不與亞當犯一樣罪過的、也在他的權下、亞當乃是那以後要來之人的預像。只是過犯不如恩賜、若因一人的過犯、眾人都死了、何況神的恩典、與那因耶穌基督一人恩典中的賞賜、豈不更加倍的臨到眾人麼。因一人犯罪就定罪、也不如恩賜、原來審判是由一人而定罪、恩賜乃是由許多過犯而稱義。若因一人的過犯、死就因這一人作了王、何況那些受洪恩又蒙所賜之義的、豈不更要因耶穌基督一人在生命中作王麼。如此說來、因一次的過犯、眾人都被定罪、照樣、因一次的義行、眾人也就被稱義得生命了。因一人的悖逆、眾人成為罪人、照樣、因一人的順從、眾人也成為義了。

馬太福音 4:1-11

當時、耶穌被聖靈引到曠野、受魔鬼的試探。他禁食四十晝夜、後來就餓了。那試探人的進前來、對他說、你若是神的兒子、可以吩咐這些石頭變成食物。耶穌卻回答說、經上記著說、『人活著、不是單靠食物、乃是靠神口裏所出的一切話。』魔鬼就帶他進了聖城、叫他站在殿頂上、對他說、你若是神的兒子、可以跳下去、因為經上記著說、『主要為你吩咐他的使者、用手托著你、免得你的腳碰在石頭上。』耶穌對他說、經上又記著說、『不可試探主你的神。』魔鬼又帶他上了一座最高的山、將世上的萬國、與萬國的榮華、都指給他看、對他說、你若俯伏拜我、我就把這一切都賜給你。耶穌說、撒但退去吧。〔撒但就是抵擋的意思乃魔鬼的別名〕因為經上記著說、『當拜主你的神、單要事奉他。』於是魔鬼離了耶穌、有天使來伺候他。

An Announcements for March 1, 2020

- (1) **Sanctuary Candle:** The sanctuary candle this week is to give thanks for the season of Lent to reexamine ourselves for a closer walk with the Lord.
- (2) **Offering for Luncheon:** Let's thank Tina and John for their contribution to the luncheon today. May God bless them with peace and good health!
- (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) **March 2020 Important Dates:**
3/7, Sat, 8:00 am – 4:00 pm, **Diocesan Ministry Fair** at Campbell Hall School, 4533 Laurel Canyon Blvd, Studio City. It's free to attend this Ministry Fair. If interested, please contact Mo Fennie.
3/8, Next Sun, 10:00 am, **Bishop Diane's Visitation and Joint Service**
3/19, Thu, 7:00 pm, Bishop's Committee Meeting, in the meeting room.
3/24, Tue, 7:00 pm, Coronavirus Presentation by the LA County Dept of Public Health, in the main sanctuary. All are welcome.
- (5) **Wednesday Soup Suppers in Lent: 3/4, 11, 18, 25 & 4/1, 5:30 pm**, there will be a soup & bread supper in the parish hall, followed by an evening prayer & spiritual meditation in the main sanctuary for repentance and confession. (Those to prepare supper: Altar Guild 3/4; Choir 3/11; Men's Bible Study 3/18; Bishop's Committee 3/25; Mandarin Group 4/1) Any question, please ask Mo. Fennie.
- (6) **Monthly Lay Eucharistic Visit:** Next visit is scheduled for this Sun, 3/15.
- (7) **Spiritual Formation (2): Spiritual Healing:** Sat, 3/21-6/27, 2:00-4:00 pm, in the parish hall. Mo. Fennie is leading this spiritual formation class (in English) every other Saturday afternoon. For registration, please contact Mo. Fennie.
- (8) **Signup for Offering the Church's Luncheon 2020:** Please sign up for offering the luncheon after the Sunday service (esp. 4/12, 19, 26). The sign-up sheet is posted on the bulletin board in the parish hall. Your offering can be for your birthday, thanksgiving, or any anniversary. Any questions, please ask Dorothy Smith.

Prayer Request: For the healing of (1) Joyce & Chuck White; (2) Jim & Janie Huff (asthma); (3) Rosie & Bas Lim; (4) Freda Cheung; (5) Shirley Hovelsrud; (6) Jean & Tenbo Lo; (7) Donna Edwards (fall injury); (8) Irene & Richard Kubo; (9) Jackie Gibson; (10) Lisa Zhang's family; (11) Pamela Popalan (breast cancer); (12) Belen & Roel Dalida; (13) Daniel Adams (eyes & kidneys); (14) Caryl Gonzales; (15) Moti; (16) Marjolyn Vielma (breast cancer); (17) Roger Magnuson (heart).

二零二零年三月一日家事公佈

- (1) **聖壇燭:** 這個星期的聖壇燭是為大齋節而獻上感恩，使我們能重新自我省思，與主更加親近。
- (2) **午餐奉獻:** 感謝陳顯宗和王麗兒夫婦奉獻午餐。求主賜福他們健康平安！
- (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) **二零二零年三月份重要日期:**
3/7, 週六, 上午 8:00 – 下午 4:00, **教區事工展覽會**，於 Campbell Hall School 舉行 (4533 Laurel Canyon Blvd, Studio City)。免費參加，有興趣者請聯絡張牧師。
3/8, 主日, 上午 10:00, **唐金琮主教探訪日及聯合禮拜**
3/19, 週四, 晚上 7:00, 堂務委員會會議，於會議室舉行。
3/24, 週二, 晚上 7:00, 羅省公共衛生局主講如何因應新冠病毒，於主堂舉行。請踴躍參加！
- (5) **週三大齋節期間清淡晚餐:** 大齋節期間週三(3/4, 11, 18, 25 & 4/1)傍晚 5:30 有麵包和湯作為清淡晚餐守懺悔節日，意表認罪悔改；之後在教堂也有禱告和默想的聚會。(負責預備晚餐小組如下: 聖壇小組 3/4; 教會詩班 3/11; 弟兄查經班 3/18; 堂務委員會 3/25; 華語團契 4/1)。任何問題，請聯絡張牧師。
- (6) **教會每月聖餐探訪:** 下次聖餐探訪預定於本主日，3/15。
- (7) **靈命塑造 (2): 屬靈操練:** 週六，3/21-6/27，下午 2:00-4:00，在教會副堂舉行。這是由張牧師所帶領的靈命塑造課程 (英語)，每隔週的週六下午上課。有興趣者，請向張牧師報名。
- (8) **需要教友自由奉獻 2020 教會午餐:** 請弟兄姐妹填寫奉獻午餐表格 (特別是 4/12, 19, 26)，表格張貼在副堂的佈告板；弟兄姐妹可以為著生日、感恩、週年紀念等來奉獻。任何疑問請聯絡 Dorothy Smith。

代禱事項: 為醫治 (1) Joyce & Chuck White, (2) Jim & Janie Huff (氣喘), (3) 林醫師和林景崑, (4) 張朱素蘭, (5) Shirley Hovelsrud, (6) 吳錦雲和盧天保, (7) Donna Edwards (跌傷), (8) Irene & Richard Kubo, (9) Jackie Gibson, (10) 張磊的家人, (11) Pamela Popalan (乳癌), (12) Belen & Roel Dalida, (13) Daniel Adams (眼睛和腎臟), (14) Caryl Gonzales, (15) Moti, (16) Marjolyn Vielma (乳癌), (17) Roger Magnuson (心臟)。