

Eleventh Sunday after Pentecost

Year B: Proper 13	August 5, 2018
<i>Praise Song: When I Praise You, I'm Filled with Joy</i>	Slide
The Collect of the Day	BCP 115
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</i>	
<i>Offertory Hymn: I Surrender All</i>	
Slide	
The Great Thanksgiving, Prayer A	BCP 211
Proper Preface for Pentecost	BCP230
<i>Sanctus</i>	
S 129	
The Lord's Prayer	BCP 214
The Breaking of the Bread	BCP 214
<i>Hymn: Strength For Service</i>	
E312//C247	
Post-Communion Prayer	BCP 215
Announcements	
<i>Hymn: I Am the Bread of Life</i>	
E335	
Blessing and Dismissal	BCP 216

Date	Preacher/ Interpreter	LEM	Acolyte	Reader/ Prayer	Usher
8/5 Bilingual Service	Mo. Fennie Chang	Hin-chung Chan Jim Huff	Bill Spoja Alex Zhong	Carol Gonzales	Lina Yu Milagros Fradejas
8/12 Bilingual Service	Fr. Ric Gonzales / Phoebe Pao	Flora Chow Mike Smith	Janis Maguson Alex Zhong	Flora Chow	Henry Liao Roger Magnuson

8 o'clock	8/5	Lilia Tansiongco	8/12	Maury Edwards
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聖靈降臨後第十一主日

乙年：合時儀文十三	2018年8月5日
讚美詩：讚美的孩子最喜樂	幻燈片
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）
<i>福音前：哈利路亞</i>	
福音書	（約翰福音 6:24-35）
<i>福音後：哈利路亞</i>	
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
<i>獻金音樂</i> ：	
<i>獻金詩歌：全所有奉獻</i>	
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
<i>聖哉頌</i>	
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
<i>聖餐詩歌：求增力量歌</i>	
普天頌讚第 247 首	
聖餐後禱文	公禱書 215 頁
教會事務公佈	
<i>退堂聖詩：我是生命的糧</i>	
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
8/5 雙語 崇拜	張信芬 牧師	陳顯宗 Jim Huff	Bill Spoja 钟喻竹	Carol Gonzales	喻莉皓 Milagros Fradejas
8/12 雙語 崇拜	立.肯沙樂 牧師/ 鮑李寶萱	周李芳 Mike Smith	Janis Maguson 钟喻竹	周李芳	廖鴻業 Roger Magnuson

Message Reflection for This Sunday
本主日信息省思

“True Bread from Heaven”:

- 1) What does the story of “twins talking in the womb” mean to you in terms of the meaning of “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) “子宮內雙胞胎對話”的故事在“永生”的意義上對你有什麼樣的啟發？
- 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 19-21, Ru 得 1-4, 1 Sm 撒 1, Jer 耶 33-39, Ps 詩 3-14

NT 新約: Acts 使 23-28, Rom 羅 1

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 Smith dorothysmithpt@yahoo.com

Treasurer / 財政: Ms. Janis Magnuson / 萬珍妮 Jmagnus745@yahoo.com

Music Coordinator / 音樂負責: Ms. Evelina Fradejas evefrad@aol.com

Choir Director / 詩班指揮: Mr. Steve Sprague sprague10@att.net

Principal Accompanists / 司琴負責:

Ms. Janice Lee / 李孟潔姐妹 Janlee01@gmail.com

Ms. Gigi Kwok / 郭雅文 wgchoo@yahoo.com

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Eleventh Sunday after Pentecost: Proper 13, Year B
(8:00 am English; 10:00 am Bilingual: English & Mandarin)
聖靈降臨後第十一主日：合時儀文十三，乙年
(早上 8 點英語聖餐崇拜；10 點英&華語聖餐崇拜)

August 5, 2018



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)

Eleventh 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."

聖靈降臨後第十一主日，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、有鵓鶉飛來、遮滿了營。早晨在營四圍的地面上有露水、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 August 5, 2018

- (1) **Sanctuary Candle:** The sanctuary candle this week is to give thanks to the Lord for all His abundant provision and to pray for St. Thomas' congregation to have a cheerful heart to give.
- (2) **Offering for Luncheon:** Let's thank Lijun and Edgardo Garcia for their contribution to the luncheon today. May God bless them and their family with peace and good health.
- (3) **Weekly Watchful Prayer Time:** Wednesdays, 5:00-7:00 pm. Wherever you are, please remember to commit yourself to this watchful prayer time each week to pray for the needs of your church.
- (4) **Our Church Needs Your Financial Support to the Project of the Installation of New AC Units in the Parish Hall:** Thank God for all the progress of the AC units project. Let's continue to respond to God's calling by **giving generously to reach our goal!**
- (5) **Next Bishop's Committee Meeting:** Wednesday, 8/8, 7:00 pm, in the meeting room right next to the church office. All the committee members are to attend and anyone interested is also welcome to sit in.
- (6) **Hawaiian Luau--EAM/LA Fundraising Dinner Party:** Saturday, 8/11, Saturday, 6:00-9:00 pm, at the Cathedral Center of St. Paul (840 Echo Park Ave., Los Angeles). This fundraiser is to support those attending the EAM Consultation 9/27-10/1 in Honolulu, Hawaii. Tickets will still be available at the entrance of the party.
- (7) **Celebration of St. Thomas' New Ministry & Mo. Fennie's Installation as the 7th Vicar:** Saturday, 9/8, 2:00 pm, in the main sanctuary. Diocesan Bishop John Taylor will preach and officiate at the service. A reception will follow in the parish hall. Please save this date on your calendar and come join us for a celebration!
- (8) **Mo. Fennie on Leave:** 8/10-12, 8/21-23, 8/29-9/5. During those days, in case of emergency, please contact Fr. Ric, Bishop's Warden Roger Magnuson, or Junior Warden Dorothy Smith.
- (9) **Signup for Offering the Church's Luncheon September - December 2018:** Please sign up for offering the luncheon after the Sunday service. The sign-up sheet is posted on the bulletin board in the parish hall. Your offering can be for your birthday or any anniversary. Any questions please ask Dorothy Smith.

Prayer Request: For (1) Joyce White's rehab; (2) Jim Huff's health; (3) Janie Huff's healing of asthma; (4) Rosie's & Bas Lim's health; (5) Freda, Richard & Shirley Hovelsrud; (6) Jean's health & Tenbo Lo's healing; (7) Donna Edwards' backache; (8) Alison's right leg; (9) Colleen's chemo therapy; (10) Irene Kubo's rest & recovery; (11) Carol Spoja's recovery from foot surgery; (12) Maury Edwards' rest & recovery.

二零一八年八月五日家事公佈

- (1) **聖壇燭:** 這個星期的聖壇燭是為了主一切豐盛的供應來感謝，並為聖多馬堂弟兄姊妹有甘心樂意給予的心來禱告。
- (2) **午餐奉獻:** 感谢袁麗君和 Edgardo Garcia 夫婦奉獻今天的午餐。求主賜福他們和家人健康平安！
- (3) **每週守望禱告時間:** 週三，下午 5:00-7:00。無論在何處，請記得每週持守這段守望禱告的時間，來為教會的需要禱告。
- (4) **我們需要您的支持來為副堂裝設冷氣機:** 我們要為裝設冷氣的計畫所有的進展來感謝上帝。也請大家繼續為此計劃的需要來踴躍奉獻達到目標，以回應上帝的呼召！
- (5) **下次堂務委員會會議:** 週三，8/8，晚上 7:00，在教會辦公室旁的會議室舉行。所有委員請務必參加，其他會友也歡迎旁聽。
- (6) **夏威夷烤野豬晚宴--亞裔事工研討會募款晚宴:** 週六，8/11，地點在聖保羅座堂中心 (840 Echo Park Ave., Los Angeles)，晚上 6:00-9:00。募款目的是為了補貼去夏威夷參加 9/27-10/1 全美亞裔事工研討會的出席者。入場券在當天入場時仍可購買。
- (7) **歡慶聖多馬堂新事工及張信芬牧師就任第七任堂牧:** 週六，9/8，下午 2:00，在本堂舉行。教區主教約翰泰勒(John Taylor)將蒞臨主持和講道，請預留時間，一同參與歡慶這特別的日子。
- (8) **張牧師休假:** 8/10-12, 8/21-23, 8/29-9/5，張牧師休假期間，若有緊急需要，請聯絡立.肯沙樂牧師、堂長 Roger Magnuson 或副堂長 Dorothy Smith。
- (9) **需要教友自由奉獻 2018 九月-十二月 教會午餐:** 請弟兄姐妹填寫奉獻午餐的表格，表格張貼在副堂的佈告板；弟兄姐妹可以奉獻當著感恩週年，生日，紀念某人等等。任何疑問請聯絡 Dorothy Smith。

代禱事項: (1) Joyce White之復建。(2) Jim Huff 的健康。(3) Janie Huff 的氣喘醫治。(4) 林醫師和林景岷的健康。(5) Freda, Richard & Shirley Hovelsrud。(6) 吳錦雲的健康和盧天保的醫治。(7) Donna Edwards 的背痛。(8) 陳碧玲右腿。(9) Colleen的化療。(10) Irene Kubo的休息和康復。(11) Carol Spoja的腳手術復原。(12) Maury Edwards 的休息和康復。