



Chinese Presbyterian Church 雪梨華人長老會

A Disciple-making Church 造就門徒的教會

To Reach the Lost and to Disciple the Saved

拯救失喪者 裝備得救者

9th August 2020

二零二零年八月九日

<u>Services 聚會</u>	<u>Speaker 講員</u>	<u>Scripture 經文</u>
9am Family English Service 上午九時家庭英語崇拜	Rev. Luke Tattersall 路加·塔特索爾牧師	Colossians 歌羅西書 1:24-2:5
9am Mandarin Service 上午九時國語崇拜	William Xu 許用香	James 雅各書 1:19-25
10:30am Cantonese Service 上午十時三十分粵語崇拜	Pastor Jeffrey Chiu 丘子彬傳道	James 雅各書 1:19-27
12pm English/Cantonese 下午十二時英、粵語崇拜	Adjourned 休會	
4pm English Service 下午四時英語崇拜	Combined with 9am English 與上午九時英語崇拜合併	

Pastoral Team 教牧團：

Moderator 會正：	Rev Chris Chan 陳靈光牧師	0433 370 271	ChrisChan@cpc.org.au
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Coping with Pandemic Fatigue

After going through the pandemic for the past six months, some people are feeling tired, and hopeless. At times when the pandemic is still lurking around, more may have given up on hand sanitising, venturing out and about without genuine need – This may well be a sign of Pandemic Fatigue. Pandemic Fatigue/ Caution Fatigue is being defined as the reduction of alertness; the inability to process new information; and the lacking of the motivation to comply, due to prolonged pressure. It is very difficult to make sound decision, and maintain healthy habits once Pandemic Fatigue emerges.

It may well be more challenging for Christians as we have to manage our spiritual life on top of everything. A recent survey from the Barna Group (USA) noted one-third of the of the followers have ceased online worship since the lockdown, while more than half of the young millennium have shown no interest in online worship.

How do we escape from the Pandemic Fatigue on one hand, and maintain our lively spiritual life on the other? Chinese Theology Professor, Dr Annie Pan, noted one cannot control the future as before. It is no longer “what” or “how” to deal with it, but by renewing our attitude towards spiritual life and life in general. In the past, we reap (hopefully) what we sow; however, we do not have that certainty anymore. The Pandemic taught us to be humble before God, acknowledging His ways and thoughts are higher than ours (Isaiah 55:8); and that we hold limited knowledge towards God, such to keep an open and revered mind towards Him by acknowledging our fragility and littleness.

By faith, we shall continue our own personal story with God, which will combine to form the greater and bigger picture of His salvation. Thus, let's all focus doing our best in our life, touching others by our creativity and joyfulness, and counting his blessing in our daily prayers.

應對「抗疫疲勞」

經過半年的疫情，不少人覺無力、無望。更有不少人在疫情仍然反覆時，開始不再勤潔手，增加不必要外出的次數，也許就是「抗疫疲勞」作祟。「抗疫疲勞」或「謹慎疲勞」乃是人們處於長期的壓力下，降低危機意識，無法接收更多新資訊，也缺乏動力來遵守規定。當「抗疫疲勞」一出現，我們便很難做出正確的決定，也難維持健康的習慣。

對基督徒來說，挑戰或許更多，因為我們還要兼顧自身的屬靈生命。根據美國巴拿研究中心的調查，自從封鎖措施實施以來，三份之一的信徒沒有參加教會的網上崇拜。在年輕的「千禧世代」的人之中，更有超過一半的青年信徒對網上聚會完全不感興趣。

在疫情中，我們可如何走出「抗疫疲勞」，並維持活潑的靈命？華人神學教授，潘怡蓉博士提出，疫情彷彿教曉我們，人不能如從前一般去掌握未來。不是我們可做甚麼，或有甚麼方法去解決問題，反而要用新的態度去看待我們每天的生活及屬靈生命。以前我們投放多少努力，便會（或期望）有多少成果，但今日我們已不能有這樣的肯定。疫情教導我們要謙卑來到神面前，承認神的意念及道路高於人的（賽 55:8-9）；並承認人對神的知識是有限的，對於未知的部份，要存開放及敬畏的心，承認自己的脆弱及渺小（詩 8:4-5）。

我們更要學習每天憑信心向前行，因為我們每天的小故事，正是匯聚成神救恩的大故事。所以，讓我們做好生活中的小事，以創意為生活增添樂趣，製造機會與人聊天，每天禱告數算主恩，好嗎？

English Worship Service

9am

Speaker: Rev.Luke Tattersall

Chairperson: Selwyn Wu

Psalm 46:1-3

CALL TO WORSHIP

“God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging.”

OPENING HYMN

OPENING PRAYER

SCRIPTURE READING

Ezekiel 36:24-32

Grace Wong

CHILDRENS TALK

Annabel Lui

WELCOME & ANNOUNCEMENTS

PASTORAL and INTERCESSORY PRAYER

Elder Albert Seah

SCRIPTURE READING

Colossians 1:24-2:5

Grace Wong

SERMON

“New Life ...New Purpose”

HYMN OF RESPONSE

BENEDICTION

Next week:

Speaker: Rev.Luke Tattersall

Chairperson: Michael Luk

Reader: Helena Leung

Scripture: Ezekiel 37:1-14
Colossians 2:6-23

Children’s talk: Barnabas Lau

國語崇拜

Mandarin Worship Service

9am 上午九時

講員： 許用香

讀經： 詹超

主席： 詹超

司琴： 張宗耀

宣 召

詩篇 150:1-2

禱 告

敬拜讚美

讀 經

雅各書 1:19-25

證 道

「聽道且行道」

回應詩歌

報 告

代 禱

曾恩臨長老

奉 獻

三一頌

使徒信經

祝 福

阿門頌

下主日：

講員： 王琰

讀經： 鄭峯豪

主席： 鄭峯豪

司琴： 盧安如

經文： 雅各書 2:14-26

講道集：<http://www.cpcm.org.au/post.php?p=19>

粵語崇拜

Cantonese Worship Service

10:30am 上午十時三十分

講員： 丘子彬傳道
主席： 楊柏輝長老

司琴： 梁悅

序 樂
宣 召
禱 告

詩篇 150:3-6

敬 拜 讚 美

撒種
讚美詩 135 - 堅立在應許上
活現主愛

敬拜小組

報 告

分 享

門徒訓練

鄭應麟

牧 禱

讀 經

雅各書 1:19-27

證 道

「地球人．門徒」

回 應 奉 獻

活現主愛

三 一 頌

祝 福

殿 樂

下主日：

講員： 蔡沛良牧師

司琴： 王諾謙

主席： 張新昌長老

經文： 雅各書 2:14-26

英、粵語崇拜

English / Cantonese Worship Service

12pm 下午十二時

ADJOURNED

Please join the 9 am English Worship
Service online

休會

請參與上午十時三十分粵語網上
崇拜

Next Week 下主日

ADJOURNED 休會

Church News

Thanks to our interim moderator, Rev. Luke Tattersall for preaching at the 9am English Service and Pastor Jeffrey Chiu for preaching at the 10:30am Cantonese Service.

Condolence Mr Noel Ling, our former elder, rested with the Lord on 30/7. We pray for the Lord to comfort his family members. The funeral will be streamed online on Tuesday 11/8 at 2.40pm. Please contact Elder Bernard Wong for the streaming details.

Church COVID-19 policy as of 24/7 updates as follows:

1. To enhance the atmosphere of worship, the streaming & worship teams are allowed to attend the live-streaming of worship services where their congregations elect to adopt this form of streaming (Mandarin & Cantonese; English elects to continue with pre-recording until further notice).

2. Considering the susceptibility of the elderly to COVID19 and also the current resource limitations, all services will resume normal service arrangements together when allowed to do so, rather than having smaller congregations resuming before others, even though government regulation may allow the latter.

3. Given that arrangement has been made with an external speaker for online preaching in August & September for the English services, resumption of normal service arrangement is unlikely to take place until October, even if government regulation were to allow such resumption before then.

4. Small group physical meetings are allowed on or off site. For on-site it is determined by the 4sq.m per person rule in each venue (rather than the whole site). For off-site the limit is 20 people, however, NSW Government recommends limiting visitors to 10 people as a general principle. These limits are subject to the 4 square meter per person rule. Social distancing requirements continues to apply. Please book on-site meetings with the church office.

5. Limit for funeral services and wedding is determined by the 4sq.m per person rule in each venue.

Full details could be found at <http://www.cpc.org.au/content/coronavirus-measures>.

Offertory during Coronavirus crisis All members are encouraged to use online giving, both for General Fund and Missionary Giving. Otherwise, please put aside your cash giving during the offertory time slot in our online worship services, to be brought to church at a later date. Please be mindful that the church's expenditure is not reduced even though we have stopped meeting physically.

On Leave Rev Chris Chan is on sick leave until further notice. Rev Tom Wall is on extended leave. Irene Ma is on leave until 4/9.

Interim Moderator Please continue to pray for Rev Chris Chan and Rev Thomas Wall. During Chris' absence, the Presbytery of Sydney East has appointed an Interim Moderator, Rev Luke Tattersall, to oversee CPC. He is responsible for the preaching roster, and chair session, COM and congregation meetings. Rev Tattersall is the current minister at Balmain Presbyterian Church and is also the moderator of Presbytery Sydney East. For all pastoral matters, please contact the pastoral team or the elders.

Intentional Disciple Making Church (IDMC) Conference "Redefining Success" will be held on 14/8 from 7:45-10:00pm and 15/8 from 9am to 12pm online this year. For free registration, please go to <https://college.idmc.com.au/p/idmc-conference-2020>.

Pray for

- Sick brothers & sisters at home or in hospital, for those recovering from illness and for those who are going through troubled times. May they find comfort and peace, Rev Chris Chan, Rev Tom Wall, Andrew Pau, Irene Lu, Albert & Anne Looi, Alex Wong, Eva Wong.
- Pray for God's provision to missions fund. Year-to-date collection is 23% lower than budget. Pray that financial support to our missionaries will bring the gospel to people of all nations and glory to God.
- Pray for the elders and pastors to lead CPC in the absence of Rev Chan and Rev Wall. Pray for each member is to exercise gifts and in constant prayers in order to build up our church in this time of need.
- Pray for essential food supply and welfare of the people of Lebanon while it experiences political and economic instability and the recent big explosion. Pray for the local churches may bring hope and peace in the local community.
- God's healing and deliverance for the needy and fearful world and for more people to turn to God.
- Arthur Leung of Power to Change.
- Kit Yan Ng of AFES. Pray for the start of 3 weekly prayer groups in semester 2. Pray for CBM students to have the desire to pray for non-Christian friends in the campus and outside. Furthermore, pray for the start of Japanese prayer groups in the campus.
- Wayne Tso of AFES.

Online Giving:	CPC General Fund	經常費	(Westpac Bank) BSB 032-044 Ac# 225830
網上奉獻	CPC Missionary Fund	宣教基金	(Westpac Bank) BSB 032-134 Ac# 123723

Last Sunday's Online Viewing 上主日網上收看: 495

家事分享

歡迎 臨時會正路加·塔特索爾牧師在上午九時英語崇拜中證道並丘子彬傳道在上午十時三十分英語崇拜中證道。謹此致謝。

24/7 更新的教會對新冠病毒疫情的政策 內容如下：

1. 為了增強崇拜氣氛，不同崇拜可自行選擇採用不同方式進行網上崇拜。工作人員和崇拜負責人員可參與在場直播崇拜，（國語及粵語崇拜採用直播方式進行，英語則選擇繼續以錄製方式進行，直至另行通知）。
2. 考慮到長者對新冠病毒的敏感性以及當前的資源限制，所有崇拜將在政府允許的情況下一起恢復正常的崇拜安排，較小會眾不會先於其他會眾恢復實體崇拜。
3. 英語崇拜已繼續安排了外來講員在8月和9月進行網上講道，因此即使政府法規允許恢復正常崇拜安排，我們也不會在10月前一起恢復正常崇拜。
4. 政府現允許在教會以內或在教會以外舉行小組聚會。在教會以內聚會，每個場所人數上限要合乎每人有至少4平方米空間的規定（而不是整個教會）。教會以外聚會的人數上限為20人，但是新南威爾士州政府建議一般原則下將訪客限制於10人。並要合乎每人有至少4平方米空間的規定。社交隔離的要求繼續適用。在教會以內舉行的小組聚會需要與教會辦公室預訂。
5. 喪禮或婚禮的人數限額取決於每人4平方米的規則。

政策全文可以在 <http://www.cpc.org.au/content/coronavirus-measures> 中找到。

銳意門徒訓練教會(IDMC)大會 — 「重新定義成功」將於14/8晚上7:45-10:00及10/8上午9至中午12在網上舉行。設國、粵語字幕。國語字幕，請到 <https://college.idmc.com.au/p/idmc-conference-2020-mandarin/> 免費報名。粵語免費報名請到 <https://college.idmc.com.au/p/idmc-conference-2020-cantonese/>。

所有崇拜 會透過網上方式進行，可經網站 <http://cpc.org.au/content/online-worship> 參與。每週程序也可在網站下載。

同工休假 陳靈光牧師休病假，直到另行通知。王多馬牧師休長假。馬文娟休假至4/9。

哀悼 前長老 Noel Ling 於30/7蒙主寵召返回天家。求主安慰其遺屬。安息禮將於下週二11/8下午二時四十分在網上進行。網上連線詳程請與王春毅長老聯繫。

臨時會正 請繼續為陳靈光牧師和王多馬牧師祈禱。在陳靈光牧師休假期間，雪梨東區會任命了路加·塔特索爾牧師 (Rev Luke Tattersall) 為臨時會正，來監管本會。他負責講道的安排，主持長老議會、執理會和會友會議。塔特索爾牧師是巴爾曼(Balmain)長老會的牧師，也是雪梨東區會的現任會正。所有牧養的需要，請聯繫教牧團或長老。

新冠病毒疫情下的奉獻安排 鼓勵所有會友為經常費及宣教基金使用網上奉獻。否則，請在我們網上崇拜的奉獻時段內把奉獻現金存儲，留待日後帶回教會。請注意，即使我們暫停實體的聚會，教會的支出也不會減少。

代禱

- 在病痛及康復中，或在困難中需要安慰、平安的弟兄姊妹。請特別記念：陳靈光牧師、王多馬牧師、鮑皓暉、呂高懷樂、雷青吉、雷彭安梨、Alex Wong、Eva Wong。
- 為神的供應祈禱，宣教年度奉獻至今比預算低了23%。為我們對宣教士的奉獻能帶給各國人民福音並榮耀神代禱。
- 陳牧師和王多馬牧師都在休假中，為長老們和牧者們能帶領教會祈禱。在這需要的時候，為每位會友願意善用恩賜、常常禱告去建立教會祈禱。
- 黎巴嫩經歷多年的政治和經濟不穩定和最近的大爆炸，為人民日常飲食的供應和生活能安定祈禱，也為當地教會能在社區中帶出盼望與和平祈禱。
- 神的醫治及拯救臨到滿有需要及充滿恐慌的世界，並讓人心歸向神。
- 亞洲事工的梁偉剛曾慧嫻。
- 澳大利亞福音派學生團契的伍杰茵。為第2學期開始每週3個禱告小組禱告。祈求CBM學生會渴望在校園內外為非基督徒朋友禱告。此外，為校園內剛開始的日本祈禱小組祈禱。
- 澳大利亞福音派學生團契的曹榮康。