



中華基督教循道衛理美以美會  
Chinese United Methodist Church



2/26/2023

1<sup>st</sup> Sunday in Lent 大齋期第一主日

English Sunday Service at 9:00 am, Cantonese Sunday Service at 11:00 am

英語堂主日崇拜 上午九時, 粵語堂主日崇拜 上午十一時

Praise Time 詩歌讚美

Praise Team 敬拜小組

Scripture Reading 讀經

Praise Team 敬拜小組

Pastoral Prayer

Rev. Ernest Kan 簡祺輝牧師

The Lord's Prayer

Our Father, who art in heaven, hallowed be Thy name. Thy kingdom come, Thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation but deliver us from evil. For Thine is the kingdom, and the power and the glory, forever. Amen.

主禱文

我們在天上的父，願人都尊父的名為聖。願父的國降臨。願父的旨意行在地上，如同行在天上。我們日用的飲食，求父今日賜給我們。又求饒恕我們的罪，因為我們饒恕得罪我們的人。不叫我們遇見試探，拯救我們脫離兇惡；因為國度、權柄、榮耀、全是父的，直到永遠。阿們。

Message 宣道

Rev. Ernest Kan 簡祺輝牧師

9:00 am “Bible is the Word of God” ④ What shall Man Live On? (Matthew 4: 1—11)

11:00 am 「聖經就是神的話」④ 成人活著是靠甚麼？ (馬太福音 4: 1—11)

Praise Time 詩歌讚美

Praise Team 敬拜小組

Benediction 祝福

Rev. Ernest Kan 簡祺輝牧師

## 會務報告 ANNOUNCEMENTS

本會歡迎各位兄姊今主日一同在本堂參加主日崇拜，分享團契友誼。並特別歡迎初次參加本堂主日崇拜之朋友，請留下通訊以便聯絡。

We would like to extend our warmest welcome to you who are attending our Worship Service today, particularly to those who are joining our fellowship for the first time. Newcomers are cordially requested to fill out a registration card located in the slots behind the pews



QR Code for Church bulletin, announcements

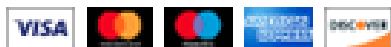
下載教會主日週刊和報告的二維碼



QR Code for YouTube Channel Sunday Worship

觀看教會主日崇拜網上頻道的二維碼

**Donate**



教會已開始設立網上奉獻。只要上網到本堂網頁 <https://cumcsf.org/>，在右上角按 **Donate**，就可看按，就進入 **Paypal** 的安全網頁，按指示奉獻。多謝。  
**Paypal** 不會額外收費。

You may start using our on-line donation to facilitate your offering. Go to our church website and press 'Donate' at the upper right-hand corner. It will direct you to the secured Paypal website. Follow simple steps and you can make your donation. No service fee will be charged. Thank you.



本堂逢禮拜四下午八時十五分至九時十五分在網上舉行祈禱會。歡迎大家一起參加。報名請與王瑞蘭姊妹聯絡，以便可以得到網上連結。

We have a church prayer meeting online on Thursday from 8:15-9:15 pm. Please register your name with Miss Eliza Wong so that you may get the ZOOM link.

### Bible Study



本堂逢禮拜四下午九時十五分至十時十五分在網上舉行查經班。主題為「耶穌基督的比喻」。歡迎大家一起參加。報名請與王瑞蘭姊妹聯絡，以便可以得到網上連結。 We have a church bible study meeting online on Thursday from 9:15-10:15 pm. Theme of the Bible Study — 'All the Parables of Jesus' Please register your name with Miss Eliza Wong so that you may get the ZOOM link.



紀念世上在各地因國仇家恨而引出的恐怖仇殺事件，求主憐憫我們；  
紀念世上戰亂和暴政下失去自由和家園的難民；  
紀念欠缺公正的世事，願在冤情中受屈受害的得到上帝公義的拯救；  
紀念身患危疾的病人，願上帝賜下勇氣和平安，叫他們面對治療和藥物的挑戰。

Pray for those who were hurt by hatred and terrible means. May the Lord comfort all of us;  
Pray for those who lost their homes and freedom because of the warfare;  
Pray for those who suffer from the persecution of all kind of unfair cause;  
Pray for those who suffer from the pain and life-threatening situation because of all kind of disease.

## The Sunday Lunch

本堂主日午膳於下主日(二月二十六日)崇拜後在副堂舉行。歡迎會眾聚會後留步參加，分享團契友誼。餐費五元，中文堂請向 James Huang 報名，英文堂請向 Johnny Lau 報名，以便預備食物。教會歡迎自由奉獻。請預留時間參加。The Sunday Luncheon Fellowship will have a fellowship luncheon meeting on 2/26/2023 in the Social Hall. Luncheon fee will be \$5.00 each. Please register with James Huang or Johnny Lau for the meal. We welcome free offering to support the luncheon ministry.



本堂設有獻花奉獻，方便會友為喜慶、生辰、感恩，或在上帝面前紀念去世親友等事情作為馨香的供物陳設聖壇表示對上帝的敬意和感謝。收集奉獻除支付每主日鮮花擺設外，並支付有關聖餐用品。有意奉獻者可用奉獻封寫明獻花及預定日期。教會當在指定日期刊登徵信。每份不少於\$10.00。Flowers' donation is a way of giving thanks to the Lord. Donations are welcome. Each entry for the flowers' donation should be \$10.00 or more. Please make your offering through offering envelope and specify the date of recognition. The flower offering received will reimburse the Sunday altar flower and the monthly Holy Communion prefilled set payment.



本堂牧師簡祺輝牧師得會督讚同下將於本年七月一日起退休。願主繼續使用其退休生活，榮神益人。Rev. Ernest Kan will retire on 7/1/2023. May the Lord continues to bless him and his family for the work of God.

中華基督教循道衛理 美以美  
Chinese United Methodist Church

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秘書 Church Secretary: 阮昆玉先生 Mr. Kunyu Ruan

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網址 Web Site: [www.cumcsf.org](http://www.cumcsf.org)

臉書 Facebook: Chinese UMC, San Francisco

## 大齋期 (Lent Season)

大齋期通常是復活節前的四十天開始。舉例來說，本年復活節在四月一日，往上推四十天(因為摩西、以利亞、及耶穌的禁食期都是四十天)，除去主日。

大齋期第一天(本年為二月二十二日)稱為「灰禮拜三」(Ash Wednesday)。「灰」在舊約是悲傷悔罪的表徵。猶太人在這日用灰放於前額，表示哀痛。

大齋期共有五個主日，到第六主日便是棕樹節主日。

頭三個主日強調人對信仰的考驗，需要上帝之幫助。

第四主日是中期主日，有稱為「補養主日」(Refreshment Sunday)，因為那是節期中間，需要歇息重新得力。

第五及棕樹節主日是「受難泛期」(Passiontide)。

第六主日可稱為受難主日(Passion Sunday)，或棕樹節主日(Palm Sunday)。

隨著的週日，稱為「受難週」(Passion Week)，記念耶穌親口向門徒宣告祂將要受苦。



PRAYER



FASTING



ALMSGIVING

Lent Season reminds us with self-denial, self-sacrifice, fasting and spiritual meditations. It is forty days ahead of the Easter (the fasting of Moses, Elijah and Jesus were forty days), excluding Sundays. The first day in Lent is called 'The Ash Wednesday' (It will be 2/22 this year). Putting ash on one's head is an act showing repentance for sins in the Old Testament times.

There are 5 Sundays in the Lenten era. The first 3 Sundays remind the Christians to rely on God's help in times of testing.

The 4<sup>th</sup> Sunday is called 'Refreshment Sunday'. Its theme is concentrated on

'waiting for the Lord to renew our strength.'

The period from 5<sup>th</sup> to 6<sup>th</sup> week is called 'Passiontide'. The 6<sup>th</sup> Sunday is known as 'Passion Sunday' or 'Palm Sunday'.

The following week is 'Passion Week' reminding us that Jesus Christ was going to sacrifice Himself for our sins.

The meaning of the Lent has two fold. First, it reminds us to rely on God's word whenever temptation comes. Second, it reminds us to take up the cross and follow Jesus.

三藩市 循道衛理 美以美會

Chinese United Methodist Church, 1009 Stockton Street

美以美教會兒童畫班

CUMC Children Art Class



開課時間 Date of the first class 1/7/2023

逢星期六 Every Saturday 10:30 - 12:00

年齡由 Age from 5 - 8 歲

每期學費 Tuition per session \$80

**第一期 Session 1 (8 堂 classes)**

**1/7, 1/14, 2/4, 2/11, 2/25, 3/4, 3/11, 3/18**

**第二期 Session 2 (8 堂 classes)**

**4/8, 4/15, 4/22, 4/29, 5/6, 5/13, 5/20, 5/27**

詳情請電 For more information (415) 981-8408

免費

誠懇為您服務

信件翻譯

填寫表格

諮詢服務

逢星期四下午 3 - 3:30



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