



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



3/19/2023

4<sup>th</sup> Sunday in Lent 大齋期第四主日

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 “Saved by Grace” ③ Sin and Grace

( John 8: 1— 18 )

11:00 am 「憑恩典得救」③ 永不放棄

( 約翰福音 8: 1— 18 )

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.



堂區會議於本主日下午一時在小禮堂召開實體會議。會前有點心招待。請各堂區領袖預留時間開會。The Administrative Board will be meeting today at 1:00 pm in the Chapel. Simple refreshment will be served.



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.



Mr. Tobin Lau 與 Miss Julia Iijima 於二〇二三年三月五日(禮拜日)在東灣 Piedmont 的 Piedmont Community Hall 舉行婚禮。Mr. Tobin Lau 為本堂教友 M/M Johnny Lau 之子。願主祝福一對新人。新郎和新娘均為本堂教友。Mr. Tobin Lau married Miss Julia Iijima on 3/5/2023 at Piedmont Community Hall in Piedmont. Mr. Tobin Lau is the son of M/M Johnny Lau. The bride and groom are church members. May the Lord bless the couple.



主耶穌說：「信而受洗的必然得救。」(馬可福音 16:16)任何人若想在復活節主日(4/9)接受洗禮,堅信禮或加入本會,請與簡祺輝牧師聯絡。  
Jesus said, “Whoever believes and is baptized will be saved “ (Mark 16:16) Anyone wants to get baptized, confirmed or joining our church on Easter Sunday, 4/29 please contact Rev. Ernest Kan.



本堂教友唐新景先生於二月廿八日因病在醫院離世安息。在世生活九十二年。其家人於四月八日上午九時於 Olivet Chapel (1651 Hillside Blvd, Colma, CA) 舉行安息禮拜。其家人希望屆時有詩班獻詩,以作讚美上帝。若有兄姊願意在安息禮拜中獻詩請與王瑞蘭姊妹聯絡。願主保守其家屬。Mr. Joe Quon rested in peace on 2/28/2023 in hospital. The family would have a Celebration of Life for Mr. Joe Quon on Saturday, 4/8/2023 at 9:00 am at Olivet Chapel (1651 Hillside Blvd, Colma, CA). Please sign up with Miss Eliza Wong if you would like to join the Choir to praise the Lord during the Service.

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

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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.

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



循道衛理 美以美會 士德頓街 1009 號 415 981 8408

CHINESE UNITED METHODIST CHURCH PRESENTS...

# 2023 Spring Festival

SATURDAY, April 8 2023 @ 2PM TO 4PM

1009 STOCKTON ST., SAN FRANCISCO, CA 94108



*Free*



- > Arts + Crafts
- > Storytime
- > Photo Booth
- > Snack Grab Bags

*Due to COVID  
we are requiring  
all attendees to  
wear a mask*



三藩市灣區

電影首映禮暨佈道會

分享嘉賓：李顯華夫婦（真人故事主角）

日期：4/30/2023, (星期日) 3:00pm (國語)

地點：Fox Theater

2215 Broadway, Redwood City, CA 94063

日期：4/30/2023, (星期日) 7:00pm (粵語)

地點：Fox Theatre

2215 Broadway, Redwood City, CA 94063

免費門票，憑電子門票入場，座滿即止，不設留座

查詢電郵：[info@tmea.us](mailto:info@tmea.us)

查詢電話：(408) 425-2441

# Asian American Caucus Cal-Nev Annual Conference

You are cordially invited to

## Asian American Cultural Festival

hosted by Asian American Caucus

- **Special Guest: Bishop Sally Dyck**
- **When? Saturday, March 25, 2023**
  - 10:30 Coffee Fellowship
  - 11:00 Worship
  - 12:00 Lunch
  - 01:00 Cultural Show
- **Where? Peace UMC @ 30 Kirk Ave. San Jose, CA 95127**
- For more information, please contact Rev. Vathanak Heang at [vathanak.heang@cnumc.org](mailto:vathanak.heang@cnumc.org) or (209) 423 0842