



Chinese Presbyterian Church 雪梨華人長老會

A Disciple-Making Church 造就門徒的教會

**Redeemed, Thrive, Fruitful**

**得蒙救贖，蓬勃成長，果實累累**

15<sup>th</sup> May 2022

二零二二年五月十五日

<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 Chris Chan 陳靈光牧師	Joel 約珥書 2: 28-32
9am Mandarin Service 上午九時國語崇拜	Pastor Arthur Leung 梁偉剛傳道	Joel 約珥書 2: 28-32
10:30am Cantonese Service 上午十時三十分粵語崇拜	Pastor Dorothy Choi 蔡小麗傳道	Joel 約珥書 2: 28-32
12am English/Cantonese 下午十二時英、粵語崇拜	Rev Chris Chan 陳靈光牧師	Joel 約珥書 2: 28-32
4pm English Service 下午四時英語崇拜	Rev Chris Chan 陳靈光牧師	Joel 約珥書 2: 28-32

**Pastoral Team 教牧團：**

**Moderator 會正：**

Rev Chris Chan 陳靈光牧師 0433 370 271 [Chris.Chan@cpc.org.au](mailto:Chris.Chan@cpc.org.au)  
 Rev Andrew Choy 蔡沛良牧師 0411 774 894 [Andrew.Choy@cpc.org.au](mailto:Andrew.Choy@cpc.org.au)  
 Pastor Dorothy Choi 蔡小麗傳道 0414 672 188 [Dorothy.Choi@cpc.org.au](mailto:Dorothy.Choi@cpc.org.au)  
 Pastor Steaven Cheung 張展熙傳道 0404 694 890 [Steaven.Cheung@cpc.org.au](mailto:Steaven.Cheung@cpc.org.au)  
 Pastor Arthur Leung 梁偉剛傳道 0404 804 346 [Arthur.Leung@cpc.org.au](mailto:Arthur.Leung@cpc.org.au)  
 Pastor Esther Wang 王琰傳道 0416 294 556 [Esther.Wang@cpc.org.au](mailto:Esther.Wang@cpc.org.au)

**Session Clerk 書記：**

Elder Bernard Wong 王春毅長老 0411 264 000 [Session@cpc.org.au](mailto:Session@cpc.org.au)

**Appointed Organist 風琴：**

Mr. Eric Chia 謝傑平 0414 888 020 [Organist@cpc.org.au](mailto:Organist@cpc.org.au)

Address 地址

Corner of Crown & Albion Streets, Surry Hills, NSW 2010

Phone 電話

+(612) 9331 4459 Fax 傳真 +(612) 9360 6020

Office Hours 辦公時間

Tuesday, Thursday and Friday 星期二、四、五

Office Email 辦公室電郵

[cpc.office@cpc.org.au](mailto:cpc.office@cpc.org.au)

Room Bookings 場地分配

[cpc.booking@cpc.org.au](mailto:cpc.booking@cpc.org.au)

Website 網址

[www.cpc.org.au](http://www.cpc.org.au)



## Journeying Through Grief

In my last article, we looked at how we can accompany others through grief. This time, I would like to focus on how we go through the grief journey ourselves because at some point in life, we all experience the loss of our loved ones. It is therefore not a question of “if”, but a question of “when”. How do we cope when that happens?

Of the five stages of grief coined by E. Kubler-Ross, anger is a taboo among many Christians especially when it is directed towards God. Most of us believe that anger towards God is downright blasphemous. Yet in the normal process of grief, anger is almost inevitable. Is there a proper way to express anger without sinning against God? There is a three-step process in dealing with anger particularly at God: first to “admit the anger,” then to “sit with the anger” and finally to “express the anger.”

The first task of coping with anger is to freely, non-judgmentally acknowledge it. The apostle Paul does not say anger is a sin. Instead, he says, “in your anger, do not sin.” (Eph 4:26a) It is alright to let God know that you are angry and why.

Next, we need to sit with the anger. For some people, just acknowledging and accepting it is enough to further process their anger. For others, it requires talking about the loss with those they feel safe with.

Thirdly, we tap into the rich biblical treasure in order to release the anger. A study in the Journal of Psychology and Theology has shown that feelings of anger towards God are decreased and intimacy with Him is increased among those who meditated regularly on the psalms of lamentation over a four-week period.

Personally, I believe that without going through the full extent of grief prevents us from experiencing what only God can offer – comfort and peace (Isaiah 9:6; Mt 5:4). If you like to read, I encourage you to read C. S. Lewis’ *A Grief Observed* which is a compilation of his journals reflecting on the loss of his wife. It opens a window for all to see how he is figuring out how to process his wife’s death, how to process the things he knew objectively but had never had to really deal with personally. The disclosure of his inner world serves as an invitation for all to discover the hidden gift in grief.

## 渡過哀傷

在我的上一篇文章中，我們看到如何陪伴他人渡過哀傷。這一次，我想專注於我們自己如何渡過悲傷的歷程；因為在人生的某個時刻，我們都會面對失去親人的經歷。因此，這並不是「會否」的問題，而是「何時」的問題。當這事情發生時，我們該如何應對？

在 E. Kubler-Ross 提出的五個哀傷階段中，憤怒是基督徒的禁忌，尤其是當憤怒是指向著上帝時。我們大多數人認為，向神發怒是徹底的褻瀆。然而，在正常的哀傷過程中，憤怒幾乎是不可避免的。那麼有否適當的方式來表達憤怒，而又不得罪神呢？處理憤怒，特別是對神的憤怒，需要有一個三部曲。首先是「承認憤怒」，然後「接納/容許憤怒」，最後「抒發憤怒」。

處理憤怒的首要任務是自由地、非評判地承認它。使徒保羅並沒有說憤怒是一種罪。相反，他說：「發怒卻不要犯罪。」（弗 4:26 上）讓神知道你發怒，以及發怒的原因是可以的。

接下來，我們需要接納/容許憤怒的存在。對於一些人來說，僅僅承認和接受它，可使他們進一步處理其怒氣。對於其他人來說，他們需要與令他們感到安心的人，談論使自己感失落的事情。

第三，我們要利用豐富的聖經寶庫來抒發憤怒。《心理學與神學期刊》上的一項研究表明，在四個星期內，定期默想詩篇中哀歌的人，對神的憤怒情緒會減少，而與神的親密感會增加。

我個人相信，如果沒有徹底全面地經歷哀傷，我們將無法體驗到，只有神才能給予的東西——安慰與平安（賽 9:6；太 5:4）。如果你喜歡閱讀，我鼓勵你讀魯益師（C. S. Lewis）的《卿卿如晤》（又名悲傷的體驗），這是他為失去其妻而作的反省的日記彙編。這書為所有人打開一扇窗戶，讓人看到他如何面對妻子的死去，並如何處理他客觀地知道，但從未親身體會過的事情。他內心世界的揭露，成為所有人的邀請，在哀傷中發現那隱藏的禮物。

# English Worship Service

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9am

**Speaker:** Rev Chris Chan

**Chairperson:** Elder George Fong

## 1 Chronicles 29:11-13

### CALL TO WORSHIP

Yours, Lord, is the greatness and the power and the glory and the majesty and the splendour, for everything in heaven and earth is yours. Yours, Lord, is the kingdom; you are exalted as head over all. Wealth and honour come from you; you are the ruler of all things. In your hands are strength and power to exalt and give strength to all. Now, our God, we give you thanks, and praise your glorious name.

### OPENING HYMN

### OPENING PRAYER

### SCRIPTURE READING

**Ephesians 5:8-20**

Grace Wong

### CHILDREN'S TALK

Rae Ho

### WELCOME and ANNOUNCEMENTS

### PASTORAL and INTERCESSORY PRAYER

Elder Charles Uen

### SCRIPTURE READING

**Joel 2: 28-32**

Grace Wong

### SERMON

**“Spirit-filled Lives”**

### HYMN OF RESPONSE

### BENEDICTION

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#### Next week:

**Speaker:** Pastor Steaven Cheung

**Chairperson:** Elder George Fong

**Reader:** Aaron Chan

**Scripture:** Joel 3:1-21

**Children's  
Talk:** Mark Leong

國語崇拜  
Mandarin Worship Service

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9am 上午九時

講員： 梁偉剛傳道

讀經： 樓滢滢

主席： 吳翠陽

司琴： 盧有慧

宣 召

歷代誌上 29:11-13

禱 告

敬拜讚美

讀 經

約珥書 2:28-32

證 道

「耶和華，大而可畏的日子」

回應詩歌

代 禱

林緯權長老

報 告

奉 獻

三一頌

使徒信經

祝 福

阿門頌

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下主日：

講員： 呂岳鴻長老

讀經： 蘇丹

主席： 鄭崙豪

司琴： 盧安如

經文： 約珥書 3:1-21

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

粵語崇拜  
Cantonese Worship Service

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10:30am 上午十時三十分

講員： 蔡小麗傳道  
主席： 朱立基長老

司琴： 賴民莊

序 樂

宣 召

歷代誌上 29:11-13

禱 告

童 訊

Rae Ho

敬拜讚美

讚美詩 23 - 祢真偉大  
讚美詩 285 - 耶穌領我  
神的道路

詩班

報 告

讀 經

約珥書 2: 28-32

證 道

「嶄新的群體」

回應奉獻

新生的光采

三一頌

祝 福

殿 樂

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下主日

講員： 蔡沛良牧師  
主席： 張健樂  
經文： 約珥書 3:1-21

司琴： 王諾謙

**英、粵語崇拜**  
**English / Cantonese Worship Service**

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12pm 下午十二時

<b>Speaker:</b>	Rev Chris Chan	<b>講員：</b>	陳靈光牧師
<b>Chairpersons:</b>	Elder George Fong, Peter Leung	<b>主席：</b>	方潤麟長老、梁緯浩
<b>Interpreter:</b>	Peter Leung	<b>傳譯：</b>	梁緯浩

<b>PROCESSION</b>		<b>著 往</b>	
<b>SILENT MEDITATION</b>		<b>默 禱</b>	
<b>INTROIT</b>		<b>始 禮 頌</b>	
<b>CALL TO WORSHIP</b>	1 Chronicles 29:11-13	<b>宣 召</b>	歷代誌上 29:11-13
<b>HYMN OF PRAISE</b>	No.5 "The God of Abraham Praise"	<b>唱 詩</b>	5 首 「亞伯拉罕的神」
<b>OPENING PRAYER</b>		<b>禱 告</b>	
<b>READING</b>	Ephesians 5:8-20	<b>讀 經</b>	以弗所書 5:8-20
<b>INTERCESSORY PRAYER</b>		<b>牧 禱</b>	
<b>ANNOUNCEMENTS</b>		<b>報 告</b>	
<b>OFFERTORY</b>	No.389 "My Jesus, I Love Thee"	<b>奉 獻</b>	389 首 「主耶穌我愛你」
<b>DOXOLOGY</b>	(Front Cover, Hymn of Praise)	<b>三一頌</b>	〔讚美詩首頁〕
<b>SCRIPTURE READING</b>	Joel 2: 28-32 Elder George Fong, Peter Leung,	<b>讀 經</b>	約珥書 2: 28-32 方潤麟長老、梁緯浩
<b>SERMON</b>	"Spirit-filled Lives"	<b>證 道</b>	「聖靈澆灌的生命」
<b>HYMN OF RESPONSE</b>	No. 259 "Be Thou My Vision"	<b>唱 詩</b>	259 首 「成為我異象」
<b>BENEDICTION</b>		<b>祝 福</b>	
<b>POSTLUDE</b>		<b>殿 樂</b>	

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**Next Week 下主日**

<b>Speaker:</b>	Pastor Steaven Cheung	<b>講員：</b>	張展熙傳道
<b>Chairpersons:</b>	Elder George Fong, Peter Leung	<b>主席：</b>	方潤麟長老、梁緯浩
<b>Interpreter:</b>	Peter Leung	<b>傳譯：</b>	梁緯浩
<b>Scripture:</b>	Joel 3:1-21	<b>經文：</b>	約珥書 3:1-21



**Breaking the Silence** training in Mandarin is held in the Worship Centre by Rev Andrew Choy from 1pm-4pm today.

**PWA & Men's Fellowship Meeting** in May will be held on Thursday 19/5 at 10:30am in the worship centre. The theme of the talk is "The Meaning of Life". Please register by tomorrow 16/5 noon for lunch order. Sign up by contacting Angela on 0424 060 012.

**Combined Choir** practice for CPC Anniversary Service on Sunday in the auditorium from 1:30pm.

**Combined Church Camp** Due to COVID lockdown, it has been more than three years since the last time all our congregations gathered to learn and fellowship together. Eventually, we can now organise a combined camp this year on the Labour Day long weekend from the Friday evening to Sunday afternoon (30 Sept. to 2 Oct) at the Tops Conference Centre, Stanwell Tops. The speaker will be "Pastor Paul" of IDMC fame. Please diarise this important event and plan to attend.

**Worship Services Onsite** We encourage everyone to join us for regular fellowship and worship. Please be considerate even though government COVID rules have relaxed, as others may be in vulnerable health group.

Take personal measures including good hygiene practice, mask wearing and avoiding close contact with others.

If you have symptoms or considered a close contact without symptoms, take a rapid antigen test and/or observe an isolation period, even if not legally required.

### **Praise and Thanksgiving**

Decisions and sharing at the Session Meeting on 13/5.

### **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, Andrew Pau, Irene Lu, Albert & Anne Looi, Alex Wong, Eva Wong, Dr. Parco Wong.
- Pray for the Federal Election set on 21 May. Pray that our nation will receive mercy and find grace to help us in our time of need. Pray in faith for a Prime Minister and government that will be under God's authority so that Australia can fulfil, in every way, the calling He has for us
- Restaurant Missions Inc.
- First Light Care Fund.
- Chinese Christian Missions Aust Inc.
- For more detailed prayer needs of the missionaries and the church, please refer to the Church's latest Prayer Calendar by following the link below.

#### **Online Giving:**

CPC General Fund

(Westpac Bank) BSB 032-044 Ac# 225830

CPC Missionary Fund

(Westpac Bank) BSB 032-134 Ac# 123723

**Church's Prayer Calendar: <http://bit.ly/CPCEngPrayer>**

**Last Sunday's Online Viewing: 274**

**Last Sunday's Physical Attendance: 262**



**聯合教會退修會** 由於疫情封鎖，自上次我們所有的會眾共聚一起學習和團契以來，已經過去了三年多。我們現在終於可以在今年的勞動節長週末，從週五晚到週日下午（9月30日至10月2日）在 Stanwell Tops 會議中心舉辦聯合退修會。講員將是以「銳意培育門徒大會」（IDMC）著名的「保羅牧師」。請預留時間並計劃參加。

**成人基督教課程** 將於5/6-10/7（共五課，26/6/22休課）由余梁寶齡師母教授「生物倫理學」Bioethics。下午1:30-3:00在311室上課。隨著科技的進步，人類已經利用這些進步並應用於生物醫學領域。本課程介紹生物倫理學Bioethics中的幾個領域，包括安樂死、輔助生殖技術ART，（例如體外受精、避孕與節育、代孕父母、生命的開始、墮胎和殺嬰，基因檢測、家庭計劃），Cloning、臨終決定和關懷等等……

我們將探索這些技術為什麼發展到當前階段，以及其他國家當前的發展，並對社會、家庭和教會的影響。

課程的目的是希望幫助基督徒了解什麼是生物倫理學，如何從聖經的角度看待這一點，找出聖經和世俗觀點之間的衝突，並幫助他們更加了解正在發生在我們這個世界的事情，並思想作為基督徒有什麼責任和行動。鼓勵弟兄姊妹參加，請聯絡 Alan Tong 0414 639 973 報名。

**打破沉默訓練(國語)** 將由蔡沛良牧師帶領，於今日下午1:00-4:00在敬拜中心舉行。

**婦女弟兄團契聚會** 五月月會在教會實體舉行，月會專題講座：“人生的意義”。16/5明日中午前報名，需要預訂午餐飯盒。查詢：Angela 姊妹 0424 060 012。

**聯合詩班** 於今並下主日下午1:30在禮堂為教會週年堂慶聯合崇拜練詩。

**實體崇拜 (除堂慶崇拜外)** 不再需要預先登記，歡迎大家參加各堂實體崇拜。即使政府的新冠疫情規則已經放寬，請關顧其他健康弱勢群體，採取良好的衛生習慣、戴口罩和避免與他人密切接觸。

如果您有症狀或是沒有症狀的密切接觸者，請進行快速檢測和/或即使沒有法律要求也保持隔離期。

## 感恩

在13/5舉行的長老議會及他們屬靈的決策。

## 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：鮑皓暉、呂高懷樂、雷青吉、雷彭安梨、Alex Wong、Eva Wong，王耀邦醫生。
- 為着5月21日的聯邦選舉的事兒，我們只管坦然無懼的來到施恩的寶座前：祈禱讓我們的國家可以得着憐憫，尋見恩惠，作為適時的幫助。憑信心為選出一位服在上帝權柄之下的總理和政府祈禱，好使澳洲能夠在各方面成就上帝對我們的呼召。
- 餐館福音團契。
- 晨光關懷協會。
- 澳洲中國信徒佈道會。
- 請參閱最新的教會祈禱月曆，以獲取更多宣教士及教會的代禱需要（連結在本頁下方）。

網上奉獻

經常費

(Westpac Bank) BSB 032-044 Ac# 225830

宣教基金

(Westpac Bank) BSB 032-134 Ac# 123723

教會祈禱月曆: <http://bit.ly/CPCChiPrayer>

上主日網上收看: 274

上主日出席人數: 262