



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

10th April 2022

二零二二年四月十日

<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	Pastor Steaven Cheung 張展熙傳道	Romans 羅馬書 16:25-27
9am Mandarin Service 上午九時國語崇拜	Pastor Arthur Leung 梁偉剛傳道	Romans 羅馬書 1:14-17
10:30am Cantonese Service 上午十時三十分粵語崇拜	Rev Chris Chan 陳靈光牧師	Romans 羅馬書 5:1-11
12am English/Cantonese 下午十二時英、粵語崇拜	Pastor Steaven Cheung 張展熙傳道	Romans 羅馬書 16:25-27
4pm English Service 下午四時英語崇拜	Pastor Steaven Cheung 張展熙傳道	Topic: God and dating 主題：上帝和男女約會

Pastoral Team 教牧團：

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“Mourn with those who mourn”

At some point in life, we all experience the loss of our loved ones. It is not a question of “if”, but a question of “when”. And when that happens, how do we cope? Is the way we deal with our loss helpful or hurting? World-renowned psychiatrist E. Kubler-Ross described the five stages of grief as: Denial, Anger, Bargaining, Depression and Acceptance. These are the stages that grieving individuals have more or less encountered in their mourning process. Grief counselling expert J. W. Worden on the other hand, provides a framework of four tasks to journey through grief: Accept the reality, Process the pain, Adjust to the new world, and Embark on new life. While we are not counselling experts, yet when our brothers and sisters are coping with grief and loss, how can we journey with them? This first part of two pastoral letters on grief hopefully sheds some light on walking alongside our grieving brothers and sisters.

Firstly, we should give them our heart. While paradise is always promised for those received by the Lord, the left-behind bereaved families often miss out on the promise of finding meaning out of their loss in this life. Given the unique and diverse needs of individual grievers, we are called to walk alongside them in such a difficult journey as sympathetically as possible. Romans 12:15b states “mourn with those who mourn.” The context in which Paul was writing was related to loving action and service towards others. The sympathy we show to those who mourn conveys our shared brokenness while we strive to experience the solace only God can give.

Secondly, we need to give them space. The stages or tasks of grief briefly mentioned above may help serve as a reference only, because everyone is unique and so is their loss and grieving experience. We need to refrain from relying on past experiences and/or projecting unhealthily our own emotions onto those we journey with. The journey of grief is as unique as each individual of the entire humanity. Therefore, we should allow our brothers and sisters space and help foster a self-initiated pace as they go through some of the most turbulent times in life.

Who around you are currently experiencing any kind of loss and are in great need of support and comfort? How will you journey with them?

“與哀哭的人要同哭”

在生命中的某個時刻，我們都會經歷到失去親人的滋味。這並不是「會否」的問題，而是「何時」的問題。當這事情真的發生時，我們該如何應對？我們處理失落的方式，是有益還是有害的？世界著名的精神病學家 E. Kubler-Ross 將哀傷的五個階段描述為：否認、憤怒、討價還價、抑鬱和接受，這些是哀傷的人在哀悼的過程中，或多或少所遇到的階段。哀傷輔導專家 J. W. Worden 另外提供了一個框架，其中包含四個任務來度過哀傷：接受現實、處理痛苦、適應新世界和開始新生活。雖然我們不是輔導專家，但當我們的弟兄姊妹們面對哀傷和失落時，我們可如何與他們同行呢？這談及哀傷的系列的首部分，希望能為我們，該如何與哀傷的弟兄姊妹同行，來提供一些啟迪。

首先，我們應該把我們的心給他們。對於被上主接去的人來說，雖然樂園總是一個應許之地，但留下來的遺屬，往往錯過仍然在世存活時，於失落中可獲得的重要意義。鑑於個別悲傷者的獨特性和多樣化的需要，我們盡可能帶著同情心，來與他們在如此艱難的過程中同行。羅馬書 12:15 下說：「與哀哭的人要同哭」。保羅寫作的背景是與愛的行動，和對他人的服侍有關。我們向哀哭的人表達的同情，傳遞出我們一起經歷的破碎，同時我們努力體現只有神才能給予的安慰。

其次，我們需要給他們空間。上面簡要提到的哀傷階段或任務，極其量只能作為一個參考，因為每個人都是獨一無二的，他們的失落和哀傷經歷也是如此。我們需要避免依賴過去的經歷，和/或將自己的情緒，不健康地投射到與我們同行的人身上。哀傷的過程與全人類中的每個人，同樣都是獨特的。因此，我們應該給予我們的弟兄姊妹一些空間，並幫助他們在經歷人生中最動盪的時期，建立一種自發的步伐。

你身旁有哪些人正在經歷任何形式的失落，並極之需要得到支持和安慰？你將如何與他們一起同行？

English Worship Service

9am

Speaker: Pastor Steaven Cheung

Chairperson: Elder Albert Seah

Psalm 22:25-26

CALL TO WORSHIP

From you comes the theme of my praise in the great assembly;
before those who fear you I will fulfill my vows. The poor will eat and
be satisfied; those who seek the Lord will praise him— may your
hearts live forever!

OPENING HYMN

OPENING PRAYER

SCRIPTURE READING

Psalm 121

Philippa Seah

CHILDREN'S TALK

Ben Johnston

SPOTLIGHT

Murray and Elizabeth

WELCOME and ANNOUNCEMENTS

PASTORAL and INTERCESSORY PRAYER

Elder Andrew Lu

SCRIPTURE READING

Romans 16:25-27

Philippa Seah

SERMON

‘Ordo Salutis - Order of Salvation’

HYMN OF RESPONSE

BENEDICTION

Next week:

Speaker: Rev Chris Chan

Chairperson: Phillip Yu

Reader: Wendy Mar

Scripture: TBA

**Children's
Talk:** Johnny Tse

國語崇拜
Mandarin Worship Service

9am 上午九時

講員： 梁偉剛傳道

讀經： 周捷

主席： 林緯權長老

司琴： 盧安品

宣 召

詩篇 22:25-26

禱 告

敬拜讚美

讀 經

羅馬書 1:14-17

證 道

「學了羅馬書，然後呢？」

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

下主日：

講員： 王琰傳道

讀經： 王薇茜

主席： 鄒鵬長老

司琴： 盧有慧

經文： 待定

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： 陳靈光牧師

司琴： 莊恩

主席： 謝嘉文

序 樂

宣 召

詩篇 22:25-26

禱 告

宣 訊

莊信彬

敬 拜 讚 美

讚美詩 343 - 奇妙的救主
讓愛留痕

敬拜隊

報 告

洗 禮

讀 經

羅馬書 5:1-11

證 道

「全備的救恩」羅馬書 1-6 章總結

回 應 奉 獻

讚美詩 141 - 耶穌奇妙的救恩

三 一 頌

祝 福

殿 樂

下主日

講員： 蔡小麗傳道

司琴： 待定

主席： 張新昌長老

經文： 帖撒羅尼迦前書 4:13-18

英、粵語崇拜
English / Cantonese Worship Service

12pm 下午十二時

Speaker:	Pastor Steaven Cheung	講員：	張展熙傳道
Chairpersons:	Elder George Fong, Peter Leung	主席：	方潤麟長老，梁緯浩
Interpreter:	Peter Leung	傳譯：	梁緯浩

PROCESSION		著 往	
SILENT MEDITATION		默 禱	
INTROIT		始 禮 頌	
CALL TO WORSHIP	Psalm 22:25-26	宣 召	詩篇 22:25-26
HYMN OF PRAISE	No.4	唱 詩	4 首
	"Holy, Holy, Holy"		「聖哉聖哉聖哉」
OPENING PRAYER		禱 告	
READING	Psalm 121	讀 經	詩篇 121
INTERCESSORY PRAYER		牧 禱	
ANNOUNCEMENTS		報 告	
OFFERTORY	No.55	奉 獻	55 首
	"Jesus the Very Thought of Thee"		「耶穌每逢想念著你」
DOXOLOGY	(Front Cover, Hymn of Praise)	三 一 頌	〔讚美詩首頁〕
SCRIPTURE READING	Romans 16:25-27	讀 經	羅馬書 16:25-27
	Elder George Fong, Peter Leung		方潤麟長老、梁緯浩
SERMON	"Ordo Salutis - Order of Salvation"	證 道	「救贖之旅」
HYMN OF RESPONSE	No.283	唱 詩	283 首
	"Near to the Heart of God"		「有一安息寧靜之處」
BENEDICTION		祝 福	
POSTLUDE		殿 樂	

Next Week 下主日

Speaker:	Pastor Dorothy Choi	講員：	蔡小麗傳道
Chairpersons:	Elder George Fong	主席：	方潤麟長老
Interpreter:	TBA	傳譯：	待定
Scripture:	1 Thessalonians 4:13-18	經文：	帖撒羅尼迦前書 4:13-18

Church News

Baptism is held at 10:30am Cantonese Service today.
Adult Baptism: Tsz Hin Chan and Song An Gloria Huang.

Easter Services

Maundy Thursday: 14/4 at 7pm English
Good Friday: 15/4 at 10am English / Mandarin / Cantonese
Easter Sunday: 17/4 (five services as usual)

Special Appeal to assist Southern Cross Presbyterian Church, Lismore

The congregation of the Lismore church has been devastated by the recent floods. Many members have lost their livelihoods and unable to keep up with their giving towards the church, which is now facing serious financial difficulty.

The Maundy Thursday, Good Friday and Easter Service collections will go towards helping the Lismore church, which is strategic in the ministry in the Northern Rivers district. Please give generously towards this in solidarity with God's people.

Women's Ministry Online Evangelistic Event:

Wednesday 11/5 at 7.30pm-8.45pm
A fun craft activity and a short evangelistic talk on Hope by Caroline Spencer from City Bible Forum. Please save the date and prayerfully consider whom you will invite. Details to follow.
Pre-Registration link: <https://tinyurl.com/HopeCPC>.
For any queries, please contact us at: cpcwomensministry@gmail.com

Worship Services Onsite We welcome everyone to attend any worship service in person. Pre-registration is no longer required. Considering the health and safety of CPC staff, members and visitors, we recommend wearing a mask when indoors and when social distancing is not possible outdoors.

On Leave Rev Andrew Choy is on leave from 8-14/4. Qin Qin Quan is on leave from 14-22/4.

Special Event Clearways will be in place between 1pm-7pm next Sunday 17/4.

PWA & Men's Online Fellowship Meeting in April will continue with bible study on Mark. Please sign up by contacting Angela on 0424 060 012.

Lunch is in recess 10-24/4, and will resume on 1/5.

Sunday School & CYA (Sunday) is in recess from 10-24/4 for 3 weeks, and will resume on 1/5.

10:30 Sunday School Holiday Program is starting after Children's Talk from 10-24/4.

Language School is in recess from 10-24/4 for 3 weeks, and will resume on 1/5.

Praise and Thanksgiving

Decisions and sharing at the Session Meeting on 8/4.

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, Carol Chan, Andrew Pau, Irene Lu, Albert & Anne Looi, Alex Wong, Eva Wong.
- Pray for the flood crisis in NSW and Queensland.
- Pray for the covid situation across different states of Australia.
- There has been a spike in covid cases in several countries across the world. Pray for the people in countries like South Korea, Singapore, China including Hong Kong, as the people are struggling to keep up with the demands of restrictions.
- AFES Tasmania/ Metro student Qinyi.
- Steph Schwarz of SIM.
- Kit Yan Ng of Evangelism Union.
- 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: 377

Last Sunday's Physical Attendance: 303

家 事 分 享

洗禮 於今日上午九時粵語崇拜中舉行。成人：陳子軒、黃頌恩。

復活節崇拜時間

濯足節：週四 14/4 晚上 7 時（英語）。

受難節：週五 15/4 上午 10 時（英/國/粵）。

復活節：主日 17/4 各堂崇拜如常舉行。

特別呼籲協助利斯莫爾 (Lismore) 「南十字星」長老會

利斯莫爾教會的會眾因最近洪水為患，受嚴重衝擊。許多弟兄姊妹失去了生計，無法繼續他們對教會的奉獻，以至教會現在正面臨嚴重的經濟困難。

濯足節日，受難節和復活節崇拜的奉獻將用於幫助利斯莫爾教會，該教會在紐省北部河流地區的事工中具有策略性地位。請慷慨地為此奉獻。

婦女事工網上佈道活動

週三 5 月 11 日晚上 7:30-8:45

進行有趣的手工活動和來自城市聖經論壇的卡羅琳·斯賓塞 (Caroline Spencer) 關於希望的簡短佈道演講。請保存日期並虔誠地考慮您將邀請誰。詳細信息如下：

預註冊鏈接：<https://tinyurl.com/HopeCPC>。

如有任何疑問，請聯繫我們：
cpcwomensministry@gmail.com

實體崇拜 不再需要預先登記，歡迎大家參加各堂實體崇拜。考慮到教會同工、會眾和訪客的健康和安全，我們建議在室內和在室外無法保持社交距離時佩戴口罩。

同工休假 蔡沛良牧師於 8-14/4 休假。陳勤勤於 14-22/4 休假。

教會鄰近街道不能停車通告 將於下主日 17/4 下午 1-7 時執行，請注意。

婦女弟兄團契線上聚會 四月份將繼續查考馬可福音。查詢：Angela 姊妹 0424 060 012。

教會午膳 於 10-24/4 休假，1/5 恢復服務。

主日學及週日青少年團 於 10-24/4 休假，1/5 復課。

假日主日學 於 10-24/4 上午 10:30 時童訊後上課。

語文學校 於 10-24/4 休假，1/5 復課。

感 恩

在 8/4 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：陳蔡慕娟、鮑皓暉、呂高懷樂、雷青吉、雷彭安梨、Alex Wong、Eva Wong。
- 為新南威爾士州和昆士蘭州的洪水災難禱告。
- 為澳洲各州的新冠疫情禱告。
- 世界上有幾個國家的新冠病例激增，特別為韓國、新加坡、中國（包括香港）等國家的人民祈禱。
- 澳大利亞福音派學生團契的 Qinyi。
- 國際事工差會的 Kym & Steph Schwarz。
- 澳大利亞福音派學生團契的伍杰茵。
- 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 377

上主日出席人數: 303