



Chinese Presbyterian Church 雪梨華人長老會

A Disciple-Making Church 造就門徒的教會

Live out Christ daily and enjoy His kingship

每天活出基督，以王為樂

6th July 2025

二零二五年七月六日

<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	Nehemiah 尼希米記 9
9am Mandarin Service 上午九時國語崇拜	Pastor Raymond Wong 黃金耀傳道	Nehemiah 尼希米記 9
10:30am Cantonese Service 上午十時三十分粵語崇拜	Rev Chris Chan 陳靈光牧師	Nehemiah 尼希米記 9
12pm English/Cantonese 下午十二時英、粵語崇拜	Pastor Raymond Wong 黃金耀傳道	Nehemiah 尼希米記 9
4pm English Service 下午四時英語崇拜	Rev Chris Chan 陳靈光牧師	Nehemiah 尼希米記 9

Pastoral Team 教牧團：

Moderator 會正：

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Appointed Organist 風琴：

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Thank you so much for your ongoing prayers, kind messages, and thoughtful greetings—both during my time away and since returning to CPC last month. It has been a joy to be back among familiar faces and warm smiles. I am especially grateful to our pastors, leaders and congregation who lovingly shared the load while I was away, and to the church for graciously giving me the space to rest and recover.

The first half of last year was a particularly stretching season. With Chris on leave and my father's health declining, I was often switching between ministry responsibilities and supporting him through those final months. After his funeral in May, I found myself physically and emotionally worn down. I had hoped a short rest would be enough—especially with Chris's return—but as the year went on, I noticed signs that I was running low. I was unusually tender in conversations and sensed it was time to pause and seek renewal.

By God's grace, though it was a quiet and slower season, this break gave space for rest, reflection, and gradual renewal.

Firstly, I have been learning to let go. Ministry continued in my absence—not without challenges, but with many glimpses of grace. At times when I had little capacity to respond, God provided in other ways. Some matters resolved quietly; others were carried faithfully by others. I was reminded again: this is God's church. He works through me, but also far beyond me. I do not have to carry heavy burdens alone.

Secondly, I have become more attentive to the early signs of stress. One small and recent moment stays with me—I was rushing to catch a train and suddenly thought, Are you stressed again? I was. So I kept walking, but began to pray the Lord's Prayer. Though I did not slow my steps, I found myself slowing down on the inside. I am learning small ways to stay grounded in God, even in the midst of busy moments.

There is more I could share. If you would like to catch up sometime—or if you have also been feeling tired or stretched—I would be glad to listen and walk with you.

I am gradually returning to ministry and hope to resume full-time soon. With clearer boundaries and regular rhythms of rest, I hope not just to serve longer, but to serve with deeper peace and renewed energy—resting in God's care as I return to ministry.

衷心感謝大家在我休息期間，和回到長老會之後，持續以禱告、關懷的信息和溫暖的問候陪伴著我。能再次見到熟悉的面孔和親切的笑容，實在是一件喜樂的事。我特別感謝教會的牧者、領袖和弟兄姊妹，在我離開的日子裡愛心地分擔事奉的責任，也謝謝教會給我這段寶貴的時間去休息和恢復。

去年上半年對我來說是一段特別緊張的時期。當時陳牧師正休假，而我父親的身體也在走下坡路，我常在教會事奉和照顧父親之間穿梭。父親在五月安息主懷後，我整個人身心俱疲。原本以為只要稍作休息就能恢復，特別是在陳牧師回來後。但隨著日子過去，我開始發現情緒較低。我在一些談話中容易變得敏感，也開始察覺，是時候暫停腳步、得著更新。

感謝主的恩典，雖然這段時間過得安靜而緩慢，卻也成為了一段休整、反思和逐步恢復的旅程。

首先，我在學習放手。在我不在的日子，教會的事工仍然繼續運行——不是沒有挑戰，但卻充滿恩典的痕跡。有些事情在我無力回應時，神就透過其他方式供應；有些需要，默默地被其他人承擔起來。這一切再次提醒我：這是神的教會。祂透過我去工作，也遠遠超越我而在工作。我不需要獨自承擔重的擔子。

其次，我更留意壓力的初期跡象。我記得最近的一幕很清楚——那天我趕著搭火車，心裡突然閃過一句：「你又在緊張了嗎？」那一刻，我確實是有壓力的。所以我一邊走路，一邊默默唸起主禱文。雖然腳步沒停下來，但內心卻慢慢地靜下來。我在學習，即使在忙碌中，也能用這些小小的方式，重新專注在主裡。

我還有許多可以分享的。如果你想見面分享、或者你正經歷疲乏或掙扎的時候，很歡迎你找我聊聊，我很樂意聆聽，陪你一起走這段路。

我正逐步回到事奉的崗位，盼望不久後能夠恢復全職的服侍。藉著更清晰的界線和有節奏的休息，我盼望不只是服事得更久，更是能在神的保守中，帶著平安與新的力量來服侍。

English Worship Service

9:00am

Speaker Rev Chris Chan

Chairperson

Elder Charles Uen

Deuteronomy 32:3-4

CALL TO WORSHIP

I will proclaim the name of the Lord. Oh, praise the greatness of our God! He is the Rock, his works are perfect, and all his ways are just. A faithful God who does no wrong, upright and just is he.

OPENING PRAYER

WORSHIP IN SONGS

SCRIPTURE READING

Psalm 51: 1-12

Janet Lee

PASTORAL and INTERCESSORY PRAYER

Elder Bernard Wong

SCRIPTURE READING

Nehemiah 9:1-8; 26-38

Janet Lee

SERMON

**Repentance – The Key to
Spiritual Revival**

COLLECTION

COMMUNION

BENEDICTION

WELCOME and CHURCH NEWS

Next week:

Speaker: Pastor Steaven Cheung

Chairperson: Susan Quay

Reader: Janet Lee

Children's Talk: Holiday break

Scripture Nehemiah 10

國語崇拜
Mandarin Worship Service

9:00am 上午九時

講員：黃金耀傳道

讀經：常莉莉

主席：鄒鵬長老

司琴：盧安品

宣召

申命記 32:3-4

詩歌

奇異恩典

140 首(1,2,3 段)

禱告

敬拜讚美

讀經

尼希米記 9:1-8, 32-38

證道

「復興三「重」奏」

回應詩歌

代禱

鄒鵬長老

家事分享

奉獻

是否將一切獻上

394 首(1,2,4 段)

三一頌

使徒信經

祝福

阿們頌

下主日：

講員：王琰傳道

讀經：劉靜

主席：曾恩臨長老

司琴：盧安品

經文：尼希米記 10

詩歌：399 首(僅第一頁)

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

風琴： 雷朱彥欣

主席： 朱立基長老

序 樂

宣 召

申命記 32:3-4

禱 告

讚美詩

聖靈恩光

122 首

獻 詩

平安的盟約

詩班

讀 經

尼希米記 9:1-8; 26-38

證 道

悔改-屬靈復興的關鍵

回應奉獻

耶穌我來

198 首

家事分享

三一頌

祝 福

殿 樂

下主日：

講員： 蔡小麗傳道

風琴： 張健樂

主席： 謝朗曦

經文： 尼希米記 10

英、粵語崇拜

English / Cantonese Worship Service

12pm 下午十二時

Speaker: Pastor Raymond Wong
Chairperson: Elder Phillip Lowe, Peter Leung
Interpreter: Peter Leung
Organist: Angel Lu

講員： 黃金耀傳道
主席： 劉遠達長老、梁緯浩
傳譯： 梁緯浩
風琴： 盧安如

PROCESSION

著 往

SILENT MEDITATION

默 禱

INTROIT

始 禮 頌

**CALL TO
WORSHIP**

Deuteronomy 32:3-4

宣 召

申命記 32:3-4

HYMN OF PRAISE

No.25

唱 詩

25 首

"Praise My Soul, the King of Heaven"

「我靈讚美天上君王」

OPENING PRAYER

禱 告

READING

Romans 7:9-16

讀 經

羅馬書 7:9-16

INTERCESSORY PRAYER

牧 禱

CHURCH NEWS

家 事 分 享

OFFERTORY

No.92

奉 獻

92 首

"O Sacred Head, Now Wounded"

「受難歌」

DOXOLOGY

(Front Cover, Hymn of Praise)

三 一 頌

〔讚美詩首頁〕

**SCRIPTURE
READING**

Nehemiah 9:1-8, 32-38

讀 經

尼希米記 9:1-8, 32-38

Elder George Fong, Peter Leung

方潤麟長老、梁緯浩

SERMON

"Revival Trio"

證 道

「復興三「重」奏」

HOLY COMMUNION

聖 餐

MISSIONARY GIVING

No. 262

差 傳 奉 獻

262 首

"Teach Me Thy Way, O Lord"

「主啊，指示祢路」

BENEDICTION

祝 福

POSTLUDE

殿 樂

Next Week 下主日：

Speaker: Pastor Dorothy Choi
Chairpersons: Elder George Fong, Peter Leung
Interpreter: Peter Leung
Organist: Eric Chia
Scripture: Nehemiah 10

講員： 蔡小麗傳道
主席： 方潤麟長老、梁緯浩
傳譯： 梁緯浩
風琴： 謝傑平
經文： 尼希米記 10

Church News

Thanks to Pastor Raymond Wong for preaching at 9am Mandarin Service and 12pm English/Cantonese Services this morning.

Holy Communion and Missionary Giving at the 9am English, 12pm English/ Cantonese and 4pm English Services today. Please be prayerful for the needs of our missionaries and give generously.

Chinese School, Sunday School, CYA & Lunch are on recess until 20/7.

PWA and Men's Fellowship Monthly Meeting

Date: 17 July (Thursday)

Time: 10:30 AM

Venue: Church Worship Centre

Speaker: Dr. Winnie Tse

Topic: Untangling the Distress of Interpersonal Tensions

All are welcome to attend.

CPC Food Fair & Fellowship Fete will be held on 13th September 2025. What you can do to help:

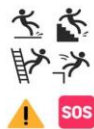
1. Join the CPC fete team
2. Lock in a stall
3. Think of ideas
4. Join in

Please get involved or send Ben Johnston an email at ben.johnston@member.cpc.org.au.

Safety spot

Despite our best efforts, accidents, incidents and near misses (i.e. it nearly became an accident), can and do happen. The best way to minimise and prevent these in the future, is to report them to your WHS committee through the QR code. You can find it in the Breezeway and on the door to the Office.

Scan QR code to report
Near Miss / Accidents / Incident



Sermon reflection

1. What is entailed in true repentance from our sins, individually and corporately?
2. Why is repentance necessary for spiritual revival of Christians?
3. How and for what should CPC, as Christ's community repent in order to experience a revival?

Welcome We warmly welcome the secondary students and teachers from Ying Wa College, HK worshipping at the 9am Family English Service today. Thanks that we can join together for worship and praise, celebrating the love and grace of our Lord Jesus Christ.

Condolences Rev John Ting was called home to be with the Lord on Saturday 28/6. We pray for the Lord to comfort his family. His funeral will be held at 10am on Saturday 12/7 at Macquarie Park Cemetery, Magnolia Chapel. Please register at the link below to attend the funeral service by 9/7.

<https://docs.google.com/forms/d/e/1FAIpQLSfjPUOrrHU5A ugYNSkjgExFBtE9JuxN6ylfcwbHONb2yZSlg/viewform>

Wreaths can be sent to Macquarie Park Cemetery, Magnolia Chapel. Alternatively, memorial contributions to the Cornerstone Missionary Fund (Australia) or Adam Road Presbyterian Church Missionary Fund (Singapore) are equally welcome.

Cornerstone

BSB: 012 287 A/C No: 380 261 578

ARPC

Bank Code: 7171 A/C No: 064-002195-8

Livestream:

<https://streaming.naoca.com.au/e/a09794c4-8fbd-4e07-97a2-71729a5a5077> PIN: 6239

Caretaker Amy Lau is on leave until 17/7.

On Leave Rev Adam Breasley is on leave until 7/7.

Pastor Dorothy Choi has returned to work on a reduced workload basis after some months of recuperation. She is contactable by the usual means for any pastoral needs. Please continue to pray for her full recovery.

Sunday School Holiday Program is held in the Fellowship Hall, room 416 today and on Sundays 13/7 and 20/7 at 9:15-10:15am and 10:45 to 12pm.

Intercession

- Pray for brothers & sisters suffering from illness: Meredith Tsai, Irene Chang, Lyn Kwong, Andrew Pau, Albert & Anne Looi, Alex Wong and Eva Wong. We pray whether it be physical, emotional, or spiritual illness, May God comfort, heal and remind that they are not alone, for Lord is with them, carrying them through every challenge.
- The attendance at July Combined Prayer meeting was 54.

		YTD Giving	YTD Budget
Online Giving:	CPC General Fund (Westpac) BSB 032-044 Ac# 225830	\$650,046	\$ 716,071
	CPC Missionary Fund (Westpac) BSB 032-134 Ac# 123723	\$135,940	\$149,279

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

Last Sunday's Online Viewing: 1115

Last Sunday's Physical Attendance: 417

家事分享

致謝 黃金耀傳道今天在上午九時國語崇拜及下午十二時英、粵語崇拜中證道。謹此致謝。

聖餐暨差傳奉獻 今日在上午九時英語、下午十二時英粵語及下午四時英語崇拜中舉行。請記念本會支持之宣教士的需要。

中文學校、兒童主日學、英語青少年團及教會午膳 今天開始休假，27/7 恢復。

教會美食嘉年華暨團契同樂日 將於 9 月 13 日(週六)舉行。您可以幫助做些什麼？

1. 加入教會賣物會團隊
2. 攤位登記
3. 動動腦提供意見
4. 一起參與

請參與其中或給 Ben 發送電子郵件至 ben.johnston@member.cpc.org.au

婦女弟兄團契月會聚會

時間：17/7 (週四) 上午十時半

地點：教會敬拜中心

講員：謝麗婷博士

主題：解開人際芥蒂的愁緒

歡迎參加

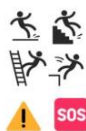
安全提示

儘管我們已盡最大努力，意外、事故和險象環生的情況(即差點成為事故)仍可能發生。

要將這些情況降至最低並預防未來再次發生，最有效的方法就是透過掃描二維碼向我們的工作健康與安全委員會回報事件。

你可以在通風走廊及辦公室門上找到該二維碼。

Scan QR code to report
Near Miss / Accidents / Incident



講道反思

1. 我們在個人層面及作為一個群體 要怎樣做才是真正地從我們的罪中悔改？
2. 為什麼基督徒的屬靈復興需先悔改？
3. 作為基督的群體，CPC 應該如何以及為了什麼而悔改，才能經歷復興？

歡迎 我們熱烈歡迎來自香港英華書院的中學生和老師，參加我們今天早上九時家庭英語崇拜。感謝主讓我們能一同敬拜和讚美，慶賀我們主耶穌基督的愛與恩典。

哀悼 丁崇麟牧師於 28/6 安息主懷。願主親自安慰他的家人，賜他們平安與力量。

丁牧師的安息禮將於 7 月 12 日(星期六)上午 10 時在 Macquarie Park 墳場 Magnolia 禮堂舉行。請於 7 月 9 日前透過以下連結登記出席安息禮：

<https://docs.google.com/forms/d/e/1FAIpQLSfjPUOrrHU5AugYNSkjgExFBtE9JuxN6ylfcwbtHONb2yZSlg/viewform>

如欲獻上花圈，可寄送至：

Macquarie Park Cemetery, Magnolia Chapel
此外，如蒙感動，也可改以奉獻支持以下宣教基金作為紀念：

Cornerstone Missionary Fund (澳洲)

BSB: 012 287 帳號: 380 261 578

Adam Road Presbyterian Church Missionary Fund (新加坡)

Bank Code: 7171 帳號: 064-002195-8

如無法親身出席，也可透過以下連結參與安息禮的直播：

<https://streaming.naoca.com.au/e/a09794c4-8fbd-4e07-97a2-71729a5a5077> PIN: 6239

蔡小麗傳道復職 經過幾個月的休養後，蔡傳道已經在減輕工作量的安排下回復事奉。若有牧養上的需求，可以通常的方式聯繫她。請繼續為她的完全康復祈禱。

看堂同工 劉宋美華休假至 17/7。

同工休假 貝亞當牧師休假至 7/7。

假日主日學活動 今日開始，並在主日 13/7 和 20/7 分兩時段在 416 室(小禮堂)舉行：

上午 9:15 至 10:15；

上午 10:45 至 12 時。

代禱

- 記念在病痛及康復中的弟兄姊妹：蔡師母(Meredith Tsai)、張黃求真、Lyn Kwong、鮑皓暉、雷青吉、雷彭安梨、Alex Wong 和 Eva Wong。求主在他們的身心靈上賜下安慰和醫治，使他們經歷神與他們同在，每天依靠神面對挑戰。
- 7 月聯合禱告會的出席人數為 54 人。

		年初至今的奉獻		年初至今的預算	
網上奉獻	經常費	(Westpac) BSB 032-044 Ac# 225830	\$650,046		\$716,071
	宣教基金	(Westpac) BSB 032-134 Ac# 123723	\$135,940		\$149,279

教會祈禱月曆: <http://bit.ly/CPCChiPrayer>

上主日網上收看: 115

上主日出席人數: 417