



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

Family Month 家庭月

22nd March 2026

二零二六年三月二十二日

<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	Elder Warren Lowe 劉德章長老	Colossians 歌羅西書 3:23-24 ; Romans 羅馬書 12:1-2
9am Mandarin Service 上午九時國語崇拜	Ronald Tse 謝朗曦	Genesis 創世記 2:18-25
10:30am Cantonese Service 上午十時三十分粵語崇拜	Ronald Tse 謝朗曦	Genesis 創世記 2:18-25
12pm English/Cantonese 下午十二時英、粵語崇拜	Ronald Tse 謝朗曦	Genesis 創世記 2:18-25
4pm English Service 下午四時英語崇拜	Elder Warren Lowe 劉德章長老	Colossians 歌羅西書 3:23-24 ; Romans 羅馬書 12:1-2

Pastoral Team 教牧團：

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Reflection on Balancing Work and Family Lives

“Whatever you do, work at it with all your heart, as working for the Lord...” Col 3:23

“Anyone who does not provide for their relatives... has denied the faith.” 1 Tim 5:8

Our pastors preached on “Work Life/Family Balance,” last Sunday, reminding us that both work and family are God’s blessings, meant to give purpose and enjoyment. Each requires gratitude, intentionality, and alignment with God’s design. Balance does not necessarily mean equal time and effort for each area, but wise stewardship according to individual circumstances.

I would like to share several practical approaches—lessons learned through mistakes—that may help brothers and sisters avoid similar pitfalls.

Cultural influences

Our understanding of work and family is shaped by upbringing. Traditional Chinese culture places strong emphasis on working hard to provide for the family, while intimate family relationships have historically been less prioritised. This has led to generations of men working far from home for years on end, sacrificing family life for provision. Today, similar patterns persist—fathers working overseas while mothers and children remain in Australia, or men who are physically present but mentally consumed by work.

While certain situations may require temporary sacrifices, we must continually reflect on whether our arrangements honour both work and family, rather than neglecting one for the other.

Make it a family discussion

Balancing work and family should be openly discussed among all family members. Sharing about the joys and struggles of work/studies and other aspects of life is important in building up trust.” Clear communication helps align expectations and ensures everyone has space to focus on responsibilities while still nurturing family life.

Identify what truly matters

In a fast-paced world, we must intentionally identify the essential aspects of both work and family. At work, this may involve clarifying core responsibilities, avoiding “responsibility creep,” and setting healthy boundaries with supervisors. Anxiety about job security often drives people to overwork, but this is where faith must be exercised.

For the family, we should define our goals—creating a godly environment where each member can grow spiritually and where love is nurtured. This may include regular family devotions, shared meals, and discussing major decisions together.

Be transformed, not conformed

Romans 12:2 warns us not to adopt the world’s values. Standards of living, definitions of success, and pressures surrounding housing or education can subtly distort our priorities and negatively impact quality family life. Biblical principles must guide our choices.

Set clear boundaries

With working from home now common, boundaries between work and family are essential. Busy seasons will arise, but we should plan how to compensate for lost family time and avoid developing habits that consistently prioritise work over family relationships.

May the Lord grant us wisdom to enjoy His blessings of both work and family.

平衡工作與家庭生活的反思

「無論做甚麼，都要從心裡做，像是給主做的，不是給人做的。」西 3:23

「人若不看顧親屬，就是背了真道，比不信的人還不好，不看顧自己家裡的人，更是如此。」提前 5:8

上主日，我們的牧者們在講道中解釋了『工作與家庭的平衡』，提醒我們工作與家庭都是神所賜的祝福，旨在給我們生活的目的與喜樂。我們需要為兩者感恩、刻意經營，並與神的設計對齊。所謂的平衡並不一定代表在每個範疇投入相同的時間與精力，而是按著個人處境作出智慧的管理。

我想分享幾個實際的做法——多是從錯誤中學來的功課——盼望能幫助弟兄姊妹避免重蹈覆轍。

文化的影響

我們對工作與家庭的觀念深受成長背景影響。中國傳統文化非常重視努力工作來養家糊口，而對親密的家庭關係歷來不那麼看重。這導致多代的男士多年遠離家鄉工作，犧牲家庭生活來維持生計。現今，類似的模式依然存在——不少父親海外工作，留下母親及孩子們在澳洲生活，又或作父親的雖然人在，但心卻常不在，被工作所消耗。雖然某些情況下可能有暫時作犧牲的需要，但我們必須不斷反思：我們的安排是否同時並重工作與家庭，而不是忽略其一。

讓全家一起討論

平衡工作與家庭應該成為全家共同討論的議題。分享工作、學業與生活中的喜樂與掙扎，有助於建立互相信任。清楚的溝通能對齊彼此對家庭的期望，並確保每個人都有足夠的空間盡自己工作的責任，同時也維繫有素質的家庭生活。

辨識真正的關鍵

在節奏快速的世界裡，我們必須刻意辨識工作與家庭生活中真正重要的部分。在工作上，這可能包括釐清核心職責、避免「責任蔓延」、並與主管商討及建立清楚的界線。對工作不保的焦慮常使人過度工作，這是我們需要操練信心信靠主的地方。

在家庭方面，我們應該確立目標——建立一個敬虔的家庭環境，使每位成員都能在屬靈上一同成長，並在培養相愛的關係。這可能包括固定的家庭靈修、一起用餐、以及共同討論重大決定。

心意更新而變化

羅馬書 12:2 提醒我們不要效法這個世界。社會對生活水平、成功的定義、關於房產或兒女教育的看法，都可能悄悄扭曲我們的優先次序，並削弱家庭生活的素質。聖經的原則必須成為我們選擇的指引。

設立清楚的界線

在居家工作的時代，有工作與家庭的界線更顯重要。工作忙碌的季節及特發事件難免會出現，但我們應該預先計畫如何補償在這些情況下失去的家庭時間，並避免養成長期以工作壓倒家庭關係的習慣。

願主賜給我們智慧，享受祂所賜的工作與家庭這兩大祝福。

English Worship Service

9:00am

Speaker Elder Warren Lowe

Chairperson John Lim

Exodus 34:10

CALL TO WORSHIP

Then the Lord said: "I am making a covenant with you. Before all your people I will do wonders never before done in any nation in all the world. The people you live among will see how awesome is the work that I, the Lord, will do for you."

OPENING PRAYER

WORSHIP IN SONG

SCRIPTURE READING

Mathew 5:13-16

Sophia Mar

CONFIRMATION

CHILDREN'S TALK

Meily Choi

PASTORAL and INTERCESSORY PRAYER

Elder Keith Mar

SCRIPTURE READING

**Colossians 3:23-24,
Romans 12:1-2**

Sophia Mar

SERMON

**"A disciple in the Workplace –
Living for Christ in all of life"**

COLLECTION

BENEDICTION

WELCOME and CHURCH NEWS

Next week:

Speaker: Rev Adam Breasley

Chairperson: Elder Warren Lowe

Reader: Susie Chu

Children's Talk: Bowie Lee

粵語崇拜

Cantonese Worship Service

10:30am 上午十時三十分

講員：謝朗曦
主席：黃泰思

司琴：劉月霞

序 樂

宣 召

出埃及記 34:10

禱 告

讚美詩

美哉主耶穌

44 首

宣 訊

蔡徐美華

敬拜讚美

齊來崇拜
我願意給祢

敬拜隊

轉 會

讀 經

創世記 2:18-25

證 道

「至死不渝」

回應奉獻

主信實無變

家事分享

三一頌

祝 福

殿 樂

下主日：11:30 英、粵語聯合崇拜

講員：陳靈光牧師
主席：羅德良長老

風琴：劉月霞

英、粵語崇拜

English / Cantonese Worship Service

12pm 下午十二時

Speaker:	Ronald Tse	講員:	謝朗曦
Chairperson:	Elder George Fong	主席:	方潤麟長老
Interpreter:	Natalie Leung	傳譯:	梁詩詠
Organist:	Eric Chia	風琴:	謝傑平
PROCESSION		著往	
SILENT MEDITATION		默禱	
INTROIT		始禮頌	
CALL TO WORSHIP	Exodus 34:10	宜召	出埃及記 34:10
HYMN OF PRAISE	No.4 “Holy Holy Holy”	唱詩	4首 「聖哉聖哉聖哉」
OPENING PRAYER		禱告	
READING	Ephesians 5:31-33	讀經	以弗所書 5:31-33
INTERCESSORY PRAYER		牧禱	
CHURCH NEWS		家事分享	
OFFERTORY	No.141 “Wonderful Grace of Jesus”	奉獻	141首 「耶穌奇妙的救恩」
DOXOLOGY	(Front Cover, Hymn of Praise)	三一頌	〔讚美詩首頁〕
SCRIPTURE READING	Genesis 2:18-25 Elder George Fong	讀經	創世記 2:18-25 方潤麟長老
SERMON	“Faithful Unto Death”	證道	「至死不渝」
HYMN OF RESPONSE	No. 259 “Be Thou my vision”	唱詩	259首 「成為我異象」
BENEDICTION		祝福	
POSTLUDE		殿樂	

Next Week 下主日: 11:30am Combined English / Cantonese Worship Service

Speaker:	Rev Chris Chan	講員:	陳靈光牧師
Chairpersons:	Elder Jason Lo	主席:	羅德良長老
Organist:	Jandy Cheung	風琴:	劉月霞

Church News

Confirmation and Transference will be held at 9am Family English Service and 10:30am Cantonese Service today for the following brothers and sisters. Confirmation: Samantha CHOI. Transference: Joseph CHAN.

Annual Congregational Meeting (ACM) will be held next Sunday 29/3. We encourage all members to attend. The meeting will be conducted both physically & by Zoom meeting. Services that day are arranged as below:

9am Family English Service (Auditorium)

9am Mandarin Service (Worship Centre)

10.30am ACM (Auditorium)

11.30am English/Cantonese Service (Auditorium)

Annual Report and agenda can be viewed on the CPC website. Limited hardcopies are also available today in the foyer. Please be aware to pick up TWO booklets, the 2025 Annual Report (blue cover) and the Financial Report (orange cover).

Easter Services

Maundy Thursday Service: 2/4 at 6pm (English)

Good Friday Service: 3/4 at 10am (English / Mandarin / Cantonese)

Easter Sunday Services: 5/4 (no 4pm service, other services will be held as usual)

Combine Choir is practising for Good Friday Service on Sundays at CPC auditorium 2pm - 3.30pm. We will be presenting 'Calvary' by Paul Rodney. All are welcome to join us.

Katoomba Easter Convention (KEC) will be held from Good Friday 3 Apr to Easter Monday 6 Apr 2025. Registration via the link <https://easterconvention.com/register/>

On Leave Pastor Dorothy Choi will be on leave from 20/3-23/3. Belinda Yu is on leave until 9/4.

Church Lunch Thank you for supporting the church lunch ministry and the fellowship it brings to our congregation. To assist with the smooth running of the lunch service, please return any cutlery by 1:00 pm. We also welcome any feedback or suggestions.

Renovation Project Delay Due to outstanding items that need to be resolved, the box gutter and painting refurbishment project has been delayed. We will keep the congregation updated.

Host international students for dinner in partnership with Power To Change - Campus this Easter. A great way to share Christ's love & hospitality! Register by 25 March at <https://friendsfordinner.com.au/hosts/hosts-sydney/>

Intercession

- Pray for brothers & sisters suffering from illness: Vernon & Rennie Wong-See, Meredith Tsai, Lyn Kwong, Andrew Pau, Albert & Anne Looi, Alex Wong, Eva Wong and Joseph Loy. We pray whether it be physical, emotional, or spiritual illness, God may comfort, heal and remind them that they are not alone, for the Lord is with them, carrying them through every challenge.
- Please pray for Kevin and Freya's ministry at UTS. Thank God for the opportunity for them to visit the country they plan to serve in the future. Pray for patience, perseverance, and wisdom as they witness to family members who hold secular values and cultural views. Give thanks for Alex, Emi, Frank, and Kayla, who take God's Word seriously and desire to be faithful disciples used by Him. Pray for the Chopstik Fellowship, as the number of Christian students has decreased this year—may the Lord strengthen their faith and unity so that they continue to shine for Him on campus.

			YTD Giving	YTD Budget
Online Giving:	CPC General Fund	(Westpac) BSB 032-044 Ac# 225830	\$ 221,191	\$ 324,000
	CPC Missionary Fund	(Westpac) BSB 032-134 Ac# 123723	\$ 58,837	\$ 64,615
	Box gutter and repainting project	(Westpac) BSB 032-090 Ac# 112992		

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

Last Sunday's Online Viewing: 47

Last Sunday's Physical Attendance: 441

Today's Flowers in Auditorium: Wendy Mar

家事分享

堅信禮及轉會 今日在上午九時英語崇拜及十時三十分粵語崇拜中舉行。堅信禮：蔡穎恩。轉會：陳卓熙。

會友大會 將於下主日上午十時半在正堂舉行，鼓勵所有會友參加。會議將用實體和 Zoom 同時進行。當日崇拜時間如下：

上午九時 國語崇拜（敬拜中心）；
上午九時 英語崇拜（正堂）；
上午十時半 會友大會（正堂）；
上午十一時半 英、粵語崇拜（正堂）

年報和大會議程可以在雪梨華人長老會網站上查看。備有少量的影印本，請向接待取閱。請留意需要拿兩本小冊子，2025 年報（藍色封面）和財政報告（橙色封面）。

復活節崇拜時間

濯足節：週四 2/4 晚上 6 時（英語）。
受難節：週五 3/4 上午 10 時（英語/國語/粵語）。
復活節：主日 5/4 沒有下午四時英語崇拜，其他各堂崇拜如常舉行。

耶穌受難日聯合詩班 於每週日下午 2:00 - 3:30 在正堂練習。我們將獻唱 Paul Rodney 的《Calvary》。歡迎大家踴躍參加。

康恩關懷中心

Surry Hills 支持小組聚會
日期：4/4/2026 星期六
時間：上午 10:00-中午 12:30
地點：教會敬拜中心
主題：“書發”人生
講員：文潔璇 Kathryn
歡迎癌病人及其照顧者參加
有興趣參加者請與 Bonnie 報名
聯絡電話 0423 080 618

同工休假 蔡小麗傳道於 20/3-23/3 休假。余愛卿休假至 9/4。

教會午膳 感謝大家支持教會午餐事工，以及為會眾帶來團契與分享的機會。為了協助午餐的服侍順利進行，請於下午 1:00 前歸還餐具。也歡迎大家提供意見或建議。

裝修工程延期通告

由於仍有若干事項需要處理，天溝及油漆翻新工程將會延期進行。我們會繼續向會眾提供最新消息。

招待海外留學生共進晚餐 與 Power To Change - Campus 合作。請點選聯結 <https://friendsfordinner.com.au/hosts/hosts-sydney/> 進行線上報名。截止日期為 3 月 25 日。

代禱

- 記念在病痛及康復中的弟兄姊妹：黃啟樂、黃太 (Rennie Wong-See)、蔡師母 (Meredith Tsai)、Lyn Kwong、鮑皓暉、雷青吉、雷彭安梨、Alex Wong、Eva Wong 和 Joseph Loy。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。
- 為 Kevin 與 Freya 在雪梨科技大學的事工代禱。感謝神賜下機會，讓他們能探訪未來計劃服事的國家。求主賜下耐心、毅力與智慧，使他們能在與家人相處中作主見證，儘管家人持有世俗的價值觀與文化背景。感謝神為着 Alex、Emi、Frank 和 Kayla，他們認真對待神的話語，願意成為主的門徒並被神使用。請為 Chopstik 團契禱告，今年基督徒學生人數減少，求主堅固他們的信心與合一，使他們在校園中繼續為主發光。

			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	\$ 221,191	\$ 324,000
	宣教基金	(Westpac) BSB 032-134 Ac# 123723	\$ 58,837	\$ 64,615
集水槽及油漆修繕工程		(Westpac) BSB 032-090 Ac# 112992		

教會祈禱月曆: <http://bit.ly/CPCChiPrayer>

上主日網上收看: 47

上主日出席人數: 441

今日正堂花卉: 馬呂和麗