

Bishop of Singapore:
Assistant Bishop:
Archdeacon of Singapore:

Rt Revd Dr Titus Chung
Rt Revd Low Jee King
Ven Daniel Wee Chun Chian

Vicar:
Clergy:

Revd Martin Jungnickel
Revd Calvin Wee | Revd Tay Hong Ern



Church Theme 2023: "Redeemed to Worship"

"Let my people go, so that they may worship me." Exodus 8:1

15th / 16th July 2023
6th Sunday after Trinity

THE COLLECT

Lord, you have taught us that all our doings without love are nothing worth. Send your Holy Spirit and pour into our hearts that most excellent gift of love, the true bond of peace and of all virtues, without which whoever lives is counted dead before you. Grant this for the sake of your only Son, Jesus Christ our Lord. Amen.

Scripture Readings / Sermon Title:

E3

OT: 2 Kings 22:2, 2 Chronicles 35:1 - 6
Sermon Title: *"A Spark of Faithfulness"*

SES & E2:

NT: Rom 8:1-14 / Gospel: Mt 13:1-9, 18-23
Sermon Title: *"Freedom and Obligation"*

E1:

NT: Rom 8:1-16 / Gospel: Mt 13:1-9, 18-23
Sermon Title: *"Life in the Spirit or Flesh"*

Memory Verse:

"The Israelites had done all the work just as the Lord had commanded Moses. Moses inspected the work and saw that they had done it just as the Lord had commanded. So Moses blessed them."

Exodus 39:42-43

WELCOME

To all who have come to worship with us. We invite members and visitors to stay back after the Sunday worship services for refreshments and fellowship at the Manna House.

vision: In Christ we serve the COMMUNITY as a beacon of FAITH, HOPE & LOVE

mission: To be a worshipping community that is grounded in God's Word, empowered by the Holy Spirit for sanctification, ministry and missions and is growing in Christ to reach out as a beacon of Faith, Hope & Love.

Church Services

English

Saturday

E3: 2pm

SES: 5pm (Holy Communion)

Sunday

E1: 8am (Holy Communion)

E2: 10.15am (Holy Communion)

Hokkien

Saturday

2pm (Holy Communion on 1st & 3rd)

Mandarin

Sunday

10.30am (Holy Communion on 1st & 3rd)

Children's Ministries

Saturday at 5pm

Primary 1 - 6 in Daniel Room

Sunday at 8am

Pre-school (Age 4-6) & Primary 1 - 3 in Room 201

Primary 4 to 6 in Room 210

Youth ministry - The Creed in Daniel Room

Sunday at 10.15am

Cradle Club (Toddlers) in Room 211

Pre-school (Aged 4 - 6) in Room 201

Primary 1 to 3 - in Daniel Room

Primary 4 to 6 - in Joshua Hall

Youth Cell - Tim Centre

WEEKLY

Online (Non-Holy Communion) Services

is available on Sundays from 3pm.

YouTube channel: bit.ly/shconline

The podcast (audio of the sermon only) will be available each Tuesday.

Podcast: <https://sthildas.org.sg/glory-to-god/podcasts/>

ALL ARE WELCOME!

TUESDAY

FISH (Prayer Meeting) // 9AM on Zoom (Contact Tina Kong @ 97780818)

***Fire Place** (Bible Study) – *Book of Jude*

Facilitators: John Teo & Chan Mun Seng // 10 - 11.30am on Zoom

FRIDAY

***Men's Breakfast Fellowship** // 7.15am to 8.15am

***YASH** (Young Adults of St Hilda's) **Bible Study** // 8pm to 10pm

**(Please contact the church office for details.)*

ANNOUNCEMENTS

THE MEETING PLACE

"Praying Right – Warfare Prayer in the Light of Scripture"

Speaker: Rev Daniel Tong

This Tuesday, 18 July 2023 at 2pm
in Daniel Room

Handbills are available at the Info Desk.

Please register with the church office.

MISSION TO CAMBODIA.

(28 August to 5 Sept 2023)

Medical Mission – Mon. 28 Aug. to

Fri.1 Sept. 2023

Soccer ministry / Workshop

Sat.2nd and Sun.3rd Sept.

Members who are interested, kindly
contact Mr Leslie Peters at 90013003

YOUTH FOCUS WEEKEND

We will celebrate Youth Weekend next week. (There won't be any E3 Service).

YOUNG ADULTS (YA) RETREAT

There is no E3 Service on Saturday, 29 July 2023 as the YA Ministry will be away on a retreat for that weekend.

NEW SERMON SERIES

We will soon embark on a new sermon series on the book of Revelation. Home Cells who wish to follow the series may place orders for the workbooks with Catherine of the church office.

ANNOUNCEMENTS

SELF-CARE FOR MENTAL WELL BEING

Jointly organised by St George's Church and Caregivers' Alliance Limited (CAL)

The talk will provide participants to consider the importance of self-care for their mental well-being and to avoid burnout in caring for others affected by mental or chronic illnesses. Participants will learn practical ways to self-care.

Date: 22 July 2023 **Time:** 2pm to 4pm

Venue: Youth Building, Ground Floor, St George's Church, 44 Minden Road

Speaker: Ms Michelle Tan, Outreach Manager, CAL

Interested participants may find out more and register at

<https://stgeorgeschurch.churchcenter.com/registrations> by 20 July 2023.

TTC OPEN HOUSE 2023

Considering Theological Education? Trinity Theological College (TTC) is having an open house for prospective students to experience what it like to study in TTC. If you wish to visit, do register using the QR code, or on their website at ttc.edu.sg/english/OpenHouse2023

Date: 23 August 2023

Time: 830am - 2pm

Address: Trinity Theological College, 490 Upper Bukit Timah Road

Registration closes on 20 August 2023.

JOB VACANCY WITHIN THE DIOCESE OF SINGAPORE

The Diocesan Central Administration is recruiting for an Human Resource Executive/ Senior Executive. Interested applicants may find out more about these recruitment positions at anglican.org.sg/work-with-us/.

PARISH OF THE WEEK (POTW)

This is a 2-year (2023-2024) campaign by the Diocese of Singapore where one parish is featured per week. During the featured week, there will be videos to introduce the parish.

More information about Parish of the Week can be found on the diocesan website at www.anglican.org.sg/potw

This week's, POTW is Church of the Ascension (COA).

COA started as a mid-week Holy Communion Service for staff and students of St. Andrew's School after World War II. It was only in 1952 that this Service was renamed as Church of the Ascension.

COA moved to its current site on Ascension Day in 1962. The church building is conserved as a national heritage building and is also known as the "church on the hill". It was the place where residents of Potong Pasir sought refuge in the 1960s whenever there were floods.

Today, COA provides chaplaincy support to the students at Ascension Kindergarten, Little Seeds Preschool (Ascension) and St. Andrew's Junior School. COA strives to be a light for Christ in Potong Pasir and the newly developed estate of Bidadari.

GIVING

OFFERTORY

The 4 different payments methods which you may contribute –

+ Cash - put in an envelope, set it aside and bring it to church

+ Cheque – Write to "St Hilda's Church" and mail it to:

41 Ceylon Road S (429630)

+ Electronically

i) St Hilda's Church DBS Account No.: 004-006227-2

ii) via **PayNow**



iii) Using your bank's internet banking or mobile banking app.
Enter UEN T08CC4076F at the PayNow transfer screen and verify St Hilda's Church as recipient before confirming the transfer.

PRAYER BULLETIN

Church

- Pray for blessing upon our Bishop and all clergy in the many speaking engagements, that they will receive fresh insights through the Holy Spirit. As they prepare sermons, we pray they too will be strengthened and refreshed by God's Word.
- Parish of the Week: Church of the Ascension. Pray for the chaplaincy work that many youth will be reached for Christ. We pray for every chapel session may the presence of God be so evident to all and there will be conviction of the Holy Spirit, repentance and salvations week after week.

World

- US, Japan, India and various parts of the world are affected by severe flooding. Pray for protection of lives and successful rescue efforts that are ongoing.
- Pray for provision of basic needs to reach all who are in need and those living in the interior.
- Pray for wisdom and strength upon leadership of churches in these affected areas to lead the people of God under such dire circumstances.
- Let us continue to pray for peace in Ukraine and Sudan.

Singapore

- Pray for our government as they find ways to deal with increasing cost of living. Pray for families who struggle financially that help and support will be easily made available to them.
- As the government deals with local challenges, pray for justice, righteousness and integrity to be the foundation of our nation.

St Hilda's Church

- SHC Family Sunday (6 Aug 2023): We pray for an atmosphere of joy & rejoicing as a family of God that God will bind our hearts together in His bond of love.
- Pray for the fellowship over food and games to facilitate avenues of interactions and getting to know each other as a body of Christ.
- Pray for Vicar, Revd Calvin Wee and Revd Tay Hong Ern to be refreshed daily in their Quiet Time and to be drawn into deep communion with God through the Holy Spirit.
- As the PCC and all ministry leaders serve together with the clergy, pastoral and admin. staff, we pray for the wonder and splendour of God to fill their hearts and eyes that they will be inspired and be re-fired as they serve together.
- We pray for all members to receive from the Lord as we faithfully gather in worship week after week. May our hearts be fertile ground and our spirit to yield to the Word of God to set us free from sin and to live in the victory of Christ's resurrection.
- We remember those who suffer in mind, body and spirit, the lonely and the bereaved. May they experience God's healing grace and His ever-present help in times of need.

"Wheel-Angels" Needed!

We are planning outings for our centre and community seniors to visit an Orchid exhibition in August!



The outings will be held over 3 days,
9.30am – 12noon, as follows:

Wed 16 Aug	Thu 17 Aug	Fri 18 Aug
7 volunteers	7 volunteers	7 volunteers

Lunch will be provided for volunteers.
We look forward to having helping hands to assist our seniors during the outing so they can enjoy this wonderland of orchid display.

To sign up, please contact Evelyn, David or Jesmine at Tel: 63450054



Praying Right - Warfare Prayer in the Light of Scripture

Do you believe there is power in prayer?

Do you, in your prayers seek to bind evil forces and release blessings?

Many do.

In this talk, we will delve a little further into these practices through the lens of Scripture, with the view of getting to know more intimately the One to whom we pray.

sign up now!

*Light refreshments will
be provided. All are
welcome!*

Date: 18 July 2023 (Tues)

Time: 2.00 – 4.00pm

Venue: Daniel Room

Speaker: Rev Daniel Tong is married and father of 3 young adults. He is the Vicar of St. Andrew's Community Chapel and Head of Pastoral Care Services at St Andrew's Community Hospital. He is the author of 5 books, one of which is Praying Right: Warfare Prayer in the Light of Scripture.

中文部周刊



圣希达堂
ST HILDA'S CHURCH

2023 异象： 操练

常敬拜经历主 建关系有幸福 常改进成大福

结果：更爱神 爱人 传福音

华语堂圣餐崇拜

7月16日(主日)上午10时30分

宣召	公祷书第26页第2-3 段	陈永铃弟兄
认罪	第27页第 4 段 , 6-7 段	陈永铃弟兄
解罪	第30页第 8 段	郑鸿恩牧师
祝文	三位一体后第六主日	陈永铃弟兄
敬赞		刘莱金姐妹
读经	诗篇 112: 1-10	刘碧兰姐妹
福音	马太福音 13:1-9, 18-23	郑鸿恩牧师
证道	恩典的上帝与 成圣	郑鸿恩牧师
信经	尼西亚信经	陈永铃弟兄
问安	公祷书第35页第18段	郑鸿恩牧师
奉献	奉献礼文	刘莱金姐妹
圣餐	公祷书第36页第21段	郑鸿恩牧师
祝福		郑鸿恩牧师
报告	家事报告	陈秀燕传道
散会		刘莱金姐妹

本周值勤

主礼	传道/永铃 牧师/心莲
副领	秀莹
招待	怡霖/晋凌 志强/淑贞

下周值勤

7月 23日(主日)
早祷崇拜

讲员	洪茂祥牧师
题目	完备的救恩
经文	提多书3:5-6
主礼	耀辉
主领	志娟/祥兴
副领	
代祷	松和
读经	贞霓
招待	秀卿/桂蓉 金山/莲珠
见证	春景

本堂使用圣经版本
《和合本修订版》

新加坡教区主教：章剑文主教（博士）
牧正：Revd Martin Jungnickel
中文部教牧：郑鸿恩牧师、
杜淑兰传道（福建堂）、陈秀燕传道（华语堂）
41 Ceylon rd Singapore 429630
YouTube频道：“圣希达堂中文部”
Tel: (65) 6344 3463

福建堂圣餐崇拜

7月15日(六)下午2时正

宣召	公祷书第26页第2-3 段	何爱桃姐妹
认罪	第27页第 4 段 , 6-7 段	何爱桃姐妹
解罪	公祷书第30页第 8 段	郑鸿恩牧师
敬赞		林秀凤姐妹
广福	马太福音 11: 28	何爱霞姐妹
读经		吴丽珍姐妹
福音	约翰福音 14: 27	郑鸿恩牧师
证道	赐平安的主	吴福妹牧师
问安		郑鸿恩牧师
奉献		林秀凤姐妹
圣餐	公祷书第36页第21段	郑鸿恩牧师
祝福		郑鸿恩牧师
报告	家事报告	杜淑兰传道
散会		林秀凤姐妹

本周值勤

襄理	燕丽
副领	贞霖
茶点	Alice/美玲
车长	Oliver/秀凤
招待	秀卿 / 亚瑞 Alice/美玲

福建堂

下周值勤

7月 22日

早祷崇拜

讲员	杜淑兰传道
题目	待定
经文	待定
主礼/ 襄理	燕丽
主领	宝珠/炎成
副领	
读经	秀卿/亚瑞
招待	秀卿 / 丽珍 Alice/美玲

丹戎禺社区交通车

每周六1.30pm (去) / 4pm (回) 在大牌10、12号
接送。详情请洽办公室

三位一体后第六主日祝文

主阿，主曾教训我们，凡事若没有爱，就没有益处，人若没有爱在主前虽生犹死。爱德是和平的根源，万德的总纲。所以求主赐圣灵，将那至宝的爱德，充满我们的心，这都是靠着主耶稣基督求的。阿们。

家事报告

1. 华语堂爱宴（每月一次）

日期：7月16日（主日）

地点：Manna House

负责人：光全/淡莹；本月值勤：甘榜安南组

同时我们会为着7月份的寿星们庆祝并祝福祷告，诚挚欢迎与邀请大家，特邀寿星一同来庆祝并团契！

本月寿星（依照日期排列）：卓施姣、黄桂凤、邓华、刘鞏豫、林秋娥、胡瑞龙、麦浩恩、麦显恩、张崇霓、陈素平、杜淑兰传道、陈月英、郑明珠、梁有根、刘碧兰。
*若没您的名字，请通知办公室更新资料，谢谢。

2. 华福踏青活动（每个月第四个周六）

日期：7月22日（六）8.30AM

负责人：晋凌弟兄/致晖弟兄

集合地点：Botanical Garden MRT Station Exit A

驾车人士，车子可以停在Adam Road Food Centre Public Carpark, Cluny Court Parking, Serene Centre Parking

活动时间：一小时左右，过后可以一起到Adam Food Centre 团契和吃早餐。

注意事项：请携带饮用水，雨伞，帽子。穿上轻松的衣物和舒适的步行鞋。请向办公室报名。

3. 华福联合圣餐崇拜——华文部主日

日期：8月6日（主日）9am-10.30am；讲员：陈祯荣牧师

华文部主日交换讲台，鸿恩牧师将到圣安德烈社区教会证道。

*8月5日（六）没有福建堂崇拜

4. 教会家庭日（团契 | 食物 | 游戏活动）

日期：8月6日（主日）10.30am

报名费：S\$10/人，请向办公室登记报名

服装设定Dress Code：配合国庆日可以穿红色/白色。（非硬性规定）

在崇拜过后，鼓励大家一同参与本次全教会活动，目的是为了要增进教会大家庭间的和谐与爱，当天会有各式各样老少咸宜的活动，有吃有玩，欢迎邀请家人朋友一同参加！

5. 亲在人生（情感智慧与幸福关系课程）

日期：8月23、30日，9月6，13，20，27日（三）共六课

时间：8.30-9.30pm

收费：\$20/人（暂定30人为限，请尽快报名！）

想知道如何有效地常活在爱中的秘诀、学习如何让彼此更能够感受到爱、处理差异与冲突、疏导负面情绪，学会合宜表达自我感受和需求？此课程能通过自我改进，提升自己与他人关系，也能帮助身边的人。有兴趣者，请向办公室报名！热烈欢迎邀请亲友报名，一同学习。目前有10位报名！

6. 华语亲子研讨会——引导孩子操练情商

日期：8月5日（六）10am-12pm

讲师：袁凤珠老师

地点：善牧堂2 Dundee road S(149454)

收费：每人S\$16

内容：认识儿童情绪的需要、儿童情绪障碍类型、情绪饥饿的征象、情绪辅导五步骤、情绪智商训练。

报名截止：7月17日（一）请向办公室报名。

7. 教区华文部特别讲座

日期：8月5、12日（六）9am-1pm

主题：在一个性别危机的时代教会当做什么？

讲员：杜国强牧师

地点：圣安德烈座堂

报名费：\$10

报名截止日期：7月29日（六）请向办公室报名。

8. 教区家庭研讨会——真爱在我家（讲员：苏立忠牧师）

日期：9月2日（六）9am-1pm（8.15am开始注册，有早餐供应）

地点：善牧堂 2 Dundee road S(149454)

收费：S\$15(成人) | S\$5（儿童6-12岁，备有儿童聚会）

报名截止日期：8月21日（一）请向办公室报名。

工作坊1:单身不孤单（朱雪玲牧师）

工作坊2:美满夫妻关系（林孔怀弟兄与张济暇姐妹）

工作坊3:探讨青少年与父母相处的鸿沟（袁凤珠姐妹）

工作坊4:我不怕老（容浩然牧师）

详情请见附件。

親在人生

情感智慧與幸福關係課程

- **課程目標：**
學習親密關係經營知能，提升自我覺察與療癒，發展「親」的能力；有健全的個體，自然有健康幸福的關係。
- **課程時間：**
共六周，亞洲時間每週三 8:30-9:30 pm
2023 年 8 月 23、30 日（三）
2023 年 9 月 6、13、20、27 日（三）
- **課程進行方式：**
線上視訊 ZOOM 即時互動，以授課、影片、小組/大組討論分享為主。課程進行時將採固定分組，每組 3 人，為了保有良好學習品質及安全信任的分享環境，6 單元需完整參加。
- **課程招募對象：**
不限資格，無論單身，已婚，任何年齡，有無伴侶，有心學習之一般民眾皆可。
- **課程講員：**
國際親密之旅認證培訓師/台灣教育部家庭教育專業人員 蕭曼麗、吳曼瑄
- **講員簡介：**



引导孩子 操练情商

八月五日，星期六

上午十点 至 中午十二点

圣公会善牧堂 (Queenstown)

收费: 每人\$16



袁凤珠

翱翔辅导服务总裁
专业心理辅导师

现代的父母需要认识与学习情绪管理的重要性，以及如何发现孩子是否有情绪的障碍，同时接纳孩子的情绪，与孩子共情，并及时给予正确的引导。使用情绪辅导五步骤，积极训练孩子情绪智商，让孩子一生受益。

内容大纲:

认识儿童情绪的需要

儿童情绪障碍类型

情绪饥饿的征象

情绪辅导五步骤

情绪智商的训练

袁老师是位拥有三十年辅导经验的专业心理辅导师。她考获中国心理咨询师二级执照以及社会科学辅导硕士。

袁老师常被邀请在学校与社区举办婚姻父母讲座。除了在国内、国外讲学，她也经常接受报章与电台的访谈。

以她的丰富经验，袁老师也当任过导师去训练辅导员与幼教老师。

她发行多种教育讲座光碟，并且出版有关书籍，例如《完全青少年手册》，《父母支援小组手册》，《三代同堂乐融融》等。



立即报名吧!

- 没有英文翻译
(No English translation)
- 无儿童看护服务

[HTTPS://FORM.TYPEFORM.COM/TO/MJDG9LYH](https://form.typeform.com/to/MJDG9LYH)

报名截止日期于7月17日





圣公会新加坡教区华文部特别讲座

在一个性别危机的时代教会当做什么？

.....



杜国强牧师
3: 16 教会

在这个性别危机的时代，我们必须清楚认识同性恋运动全球化的趋势，以及努力的装备教会。教会能够为有性别挣扎的人带来希望和接纳。我们可以成为安全和充满爱的族群来做陪伴的工作。课程也会以真理来装备年轻一代如何应对性别危机的冲击。让我们在这性别危机的世界中为基督发光。

- 实体课程：圣安德烈座堂
(B1 Prayer Hall; 11 St Andrew's Road, Singapore 178959)
- 时间：8月5、12日（六）上午9时 - 下午1时
- 报名费：\$10
- 报名截止日期：2023年7月29日（六）
- 请向各自堂会报名

个人资料使用说明：课程信息将通过WhatsApp发送。

圣公会新加坡教区华文部将谨慎处理报名信息，妥善保管，并仅用于课程行政管理用途。



2023 教区家庭研讨会



日期: 2/9/2023

时间: 8:15AM 开始注册 (早餐供应)

9:00AM 聚会开始 - 1PM 结束

收费: \$15 (成人) | \$5 (儿童 6-12岁)
备有儿童聚会

截止日期: 21/8/2023

地点: 善牧堂

2 DUNDEE ROAD, SINGAPORE 149454



讲员: 苏立忠牧师

(现任新加坡生命堂督导与培训牧师)



扫二维码报名

SCAN TO REGISTER



2023



教区家庭研讨会

工作坊 (1) 单身不孤单

- 针对单身的弟兄姐妹活出基督的真爱，了解自己的身份和上帝对性别的定义

讲员：朱雪玲牧师
[AIM 丰盛国际事工]



工作坊 (3)

探讨青少年与父母相处的沟通

- 针对亲子关系
- 如何与孩子建立美好的关系

讲员：袁凤珠姐妹
[翱翔辅导服务中心]



工作坊 (2) 美满夫妻关系

- 针对夫妻关系的问题
- 用实际的方式解决婚姻问题
- 建立真爱在婚姻

讲员：林孔怀弟兄和张齐霞姐妹
[飞跃社区服务]



工作坊 (4) 我不怕老

- 针对年长失落的问题
- 克服身心灵的健康

讲员：容浩然牧师
[神召会恩典堂]



一次欢迎，永远欢迎！

主日	10. 30am 喜乐豆 (Nursery Ministry) 4pm 门训基础A班	志娟/春景 淑兰传道
周一	8pm 门训基础B班	晋凌
周二	7. 30pm 甘榜安南小组	永铃/美莲
周三	10am 教会小组 8pm 后港小组 8. 30pm 基督恩典分享班 12. 30pm 灯塔小组 (丹戎禺)	秀卿/爱霞 莱金/碧兰 木钦/彩娟/永铃 汉星
周四	8pm 友诺士小组	松和/崇雯
周五	8pm 华福线上祷告会 8pm 加东小组 8pm 青成年小组	每月第一周五 耀辉/炎成 翊希/庭绿
周六	10. 30am 线上儿童主日学 (Primary 1-6)	秀燕传道/咏宣

欲知更多详情，请向办公室或负责人询问。

奉献方式

1. 现金投入主日奉献箱
2. 支票, “St Hilda’ s Church” 请在背后注明 “Chinese”
3. 电子转账, St Hilda’ s Church DBS Account No. 004-006227-2
4. 电子转账PayNow, UEN T08CC4076F, 请注明 “Chinese”
5. 电子转账扫码,

