

Bishop of Singapore:
Archdeacon of Singapore:

The Most Revd Dr Titus Chung
Ven Daniel Wee Chun Chian

Vicar:
Clergy:

Revd Martin Jungnickel
Revd Calvin Wee | Revd King Chiew Kwang



圣希达堂
ST HILDA'S CHURCH

Church Theme 2026: "The Fear of the LORD is the Beginning of..."

"I came that they may have life and have it abundantly." John 10: 10b

24th May 2026
Pentecost Sunday

THE COLLECT

Almighty God who on the day of Pentecost sent your Holy Spirit to the disciples with the wind from heaven and in tongues of flame, filling them with joy and boldness to preach the Gospel: send us out in the power of the same Spirit to witness to your truth and to draw all men to the fire of your love; through Jesus Christ our Lord. Amen.

Scripture Readings / Sermon Title:

8am & 10.15am

OT/NT: Acts 2:42 - 47
Gospel: Luke 24:28 - 35
Sermon Title: *"On Mission Together"*

MWS (Thu 28th May)

OT/NT: Acts 2: 1 - 2, 8:1b - 8
Gospel: John 14: 15 - 18, 25 - 27
Sermon Title: *"Spirit Empowered Peace"*

Memory Verse:

"And day by day, attending the temple together and breaking bread in their homes, they received their food with glad and generous hearts, praising God and having favor with all the people."

Acts 2:46 - 47

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.

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

Thursday

11am (Holy Communion)

Sunday

8am (Holy Communion)

10.15am (Holy Communion)

Hokkien

Saturday

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

Mandarin

Sunday

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

Children / Youth Ministries

Sunday at 8am

Worship for all in Room 201

Primary 3 to 6 in Room 115

Primary 1 & 2 and children 6 year and below - in the Creche (*back of the church sanctuary*).

Youth ministry - Room 202

Sunday at 10.15am

Cradle Club (Toddlers) in Room 211

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

Primary 1 to 3 – Room 115

Primary 4 to 6 – Room 106

Youth Ministry – Joshua Hall, Timothy Centre, Rooms 202 & 210

WEEKLY

Online (Non-Holy Communion) Service or Sermon

is available on Sundays from 3pm.

YouTube channel: bit.ly/shconline

ALL ARE WELCOME!

TUESDAY

Fire Place (Bible Study)

Tuesdays from 10am - 11.30am on Zoom.

For details, please contact facilitators: John Teo 98165424 / Chan Mun Seng 96210535

Please note that Fireplace will be closed from now till 9th June 2026.

When we resume, the study will be on "The Relationship Principles of Jesus".

FRIDAY

***Men's Prayer 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

GUEST PREACHER TODAY (8am & 10.15am Service)

A warm welcome to our guest preacher, Dr Leslie Tay who will share God's Word with us today.

Dr Tay is a family physician who is perhaps more well known as the man behind eatishootipost.sg — Singapore's longest running food blog, which this year celebrates its twentieth anniversary. What is less known about him is that he also runs two Bible study groups focused on ministering to men for over a decade. These are men from all walks of life — many of whom are from the food industry.

MISSION COMMISSIONING TODAY

We will commission two of our sisters, Michelle Lim and Olivia Kang as they have stepped forward to serve in Cambodia for the period of June to August to teach children in the village there, English.

Do uphold them in your prayers.

SHC WALK AND JOG

Wednesday, 27th May 2026 at 7am

This is a 2km walk around Ceylon Rd and a 4km jog from church to East Coast Park and return.

Registration ends today. Please scan this QR code to register.



OUR DAILY BREAD (JUNE TO AUGUST 2026)

Limited copies are available for free at the Info Desk.

SERVICE ON SUNDAY, 7TH JUNE 2026

There will only be 1 English service on 7th June at 9am in Bethel Hall as some of our brothers and sisters will be at the church camp in Kuala Lumpur.

CHURCH CAMP

145 members have registered for Church Camp 2026.

Camp Briefings will be held

- 28 May - After Mid-Week Service
- 31 May - After 8am Service in Daniel Room
- 31 May - After 10:15 Service in the Bethel Hall

The theme for Fun Nite is *Many Tribes Many Tongues Many Nations*.

We invite every camper to dress in the traditional ethnic costume of a people group — your own heritage, a nation on your heart, or a culture from the pages of Scripture.

Your costume is more than a celebration of diversity. It is an act of worship, a visual declaration that the gospel is for every tribe and every tongue, and a prayer that all peoples will one day stand together before the throne of the Lamb.

MEDICAL MISSION CAMBODIA SVAY PRAHOUT

Dates: 13 July to 17 July 2026

Closing Date: 7 June 2026

Contact - Janet Goh A T at 96961391 / Janet@pinkgiraffe.org

OR Leslie Peters at 9001 3003 / Omega51@gmail.com

YOUTH CAMP season is here again 🎉

The camp will be happening from 25 to 28 June, and sign-ups are now open at \$55 per camper (friends come for free!)

This year's theme is **WAKE UP** 🌞, based on 1 Thessalonians 5:5-6 -

"For you are all children of light, children of the day. We are not of the night or of the darkness. So then let us not sleep, as others do, but let us keep awake and be sober."

The link to register is here - tinyurl.com/ndcamp26

We hope you can sign up your children for a time of awesome bonding, and more importantly, meeting with God and getting to know Him 🙏

If you have any questions, please contact Isaiah @ 8699 1983 ✨

CAR DECALS & PARKING IN CHURCH ON SUNDAYS

Church members and regular worshippers who drive and park their vehicle in church on Sundays, please take note of the following:

- i) Purchase a car decal (\$3) from the church office if you do not have one
- ii) Exchange your car decal for a new one (FOC) if the existing one belongs to your previous vehicle
- iii) Please park your vehicle in designated lots
- iv) If you should double park, please have your name and mobile number displayed on the dashboard of your vehicle and ensure you are contactable during service.

ANNOUNCEMENTS – THE LARGER FAMILY

WHITSUNDAY (PENTECOST) - TODAY

We commemorate the descent of the Holy Spirit and the beginning of the Church's mission to the world, as recorded in Acts 2. In the same spirit of advancing the church's mission, the Diocese is making a special appeal for financial contributions towards one of our ministries.

This year's Whitsunday free-will offering will be channeled towards supporting and strengthening SAMH-SACS Chaplaincy Work in the Diocese of Singapore.

If you'd like to make a free-will offering for this purpose, please direct the funds SHC and indicate 'Whitsunday 2026'.

JOB OPPORTUNITIES WITHIN THE DIOCESE OF SINGAPORE

Interested applicants may visit: anglican.org.sg/work-with-us/ for details of the recruitment advertisement.

GIVING

OFFERTORY

- + Cash – put into the offertory bag during offertory
- + Electronically
 - i) Standing Order to 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

Diocese of Singapore

Pray for... Archbishop Titus Chung, our clergy, and lay leaders across the Diocese. Ask that God will renew their hearts daily, grant them discernment for the season ahead, and protect their families as they serve the Kingdom.

We ask for a fresh outpouring of the Holy Spirit upon all 27 parishes and our seven mission deaneries, equipping every church to stand as a vibrant beacon of faith, hope, and love.

We pray that the Lord will raise up the next generation of full-time and lay workers, granting our local bodies a unified kingdom mindset to plant vibrant congregations and boldly carry the light of the Gospel across Southeast Asia.

World

Pray for... a global move of God's peace, reconciliation, and healing. In a world deeply fragmented by geopolitical conflicts, severe economic anxieties, and humanitarian crises, we intercede for international leaders to be guided by wisdom, justice, and mercy.

Protect our missionary partners serving in vulnerable or hostile frontiers. May the global Church stand as an unshakeable, compassionate sanctuary—proclaiming the hope of the cross, defending the broken, comforting the grieving, and pointing a searching world to the true restoration found only in Jesus Christ.

Singapore

Pray for... our nation, our government, and all who hold public office, that they may govern with integrity, righteousness, and a genuine care for the vulnerable.

In our rapidly aging nation, especially our senior citizens. We pray for excellent healthcare infrastructure, caregiver support, and community initiatives that combat loneliness. May our seniors experience dignity, purpose, and deep joy in their golden years, and may the Church be a family that honours, includes, and finishes well alongside them.

May our schools, workplaces, and homes be spaces where moral truth thrives, and may the Church in Singapore remain an active, life-giving blessing to the community.

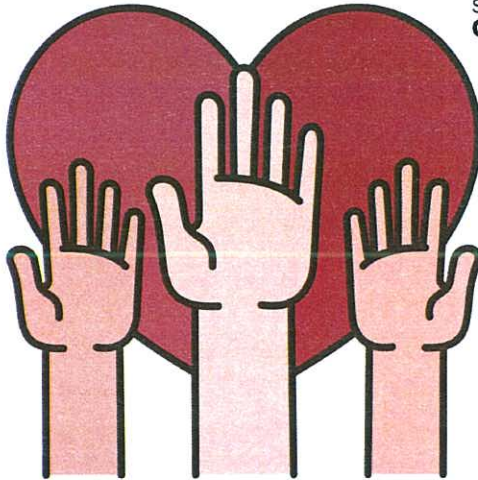
St Hilda's Church

Pray for... our Vicar, pastoral team, and entire leadership and staff as they care for our congregation. May the Lord grant them fresh spiritual vision, strength, and protection as they care for the spiritual health of our community.

Keep our church community united, emotionally healthy, and spiritually awake. We ask that the Holy Spirit stir a deep hunger for the Word and prayer in our cell ministry and weekend services.

As Archdeacon Daniel Wee waits upon the Lord and prepares to bring the Word to our Church Camp, protect his health, cover his family, and grant him deep prophetic insight. May the message he carries pierce our hearts, awaken our spirits, and fuel our church to step out on mission together.

Our brothers and sisters who are physically ill, homebound, or mourning the loss of loved ones. We pray for supernatural healing over diseased bodies, divine strength for weary caregivers.



REMINDER FOR ANGSAHS/VOLUNTEERS!

Parents' Day Fiesta Tracking

SUNDAY, 24 MAY 2026

10AM-3PM

REPORTING VENUE: KATONG CC

Lunch will be provided, see you there!



To follow **St Hilda's Church News Channel** on WhatsApp for the latest notice, reminder or announcement, please scan this QR code"

Vicar writes....

"Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver."

(2 Corinthians 9:7)

Dear St Hilda's Family,

Blessings to you and your loved ones on this Pentecost Sunday!

We give thanks to the Lord for his work in and through St Hilda's Church and for how he enables us to care for his church, even her buildings. With the legacy gifts of one of our faithful families, PCC approved three renovation projects that enable us to better steward the space God has entrusted to us and to serve our growing congregation more effectively.

1) Replacement of Church Sanctuary Pews

We will replace the pews in the sanctuary to create approximately 50+ additional seats:



- The new pews will be slightly longer and ergonomically shaped for better seating comfort.
- The center aisle will be narrowed slightly.
- A new carpet along the centre aisle will be framed with mosaic tiling to enhance both durability and aesthetics.

The new pews are expected to arrive from Indonesia on 9 June.

We are also reaching out within the Anglican community, especially the schools to explore if they may wish to receive some of the existing pews for use by students (e.g. at children's waiting areas).

2) Lower Roof Extension

The lower roof will be extended from the staircase leading up to the church office past below Bethel Hall towards the lift area. This enhancement will provide a more sheltered walkway from the pick-up and drop-off



point near the Manna House to the worship halls, especially during rainy weather. It will also beautify our courtyard.

Works are scheduled to begin in the next two weeks.

3) Painting of Ceylon Road Campus

We have commenced painting works at 41 Ceylon Road that will include:



- All 3 worship halls.
- All rooms and offices on levels 1 & 2.
- The full exterior of the buildings.

We are keeping close to the original colours. As the exterior was last painted more than 10 years ago, the fresh coat of paint may look different.

The painting project is expected to take approximately three months, subject to weather conditions.

To minimise inconvenience, no works will be carried out during service times.

We seek your patience and understanding during this period of the renovation works. For any questions or concerns, please feel free to approach our Wardens, Danny Koh or Lily John.

Let us continue to pray for the safety of the workers and for good weather. May these improvements create a welcoming space for many more to encounter the Lord.

With much love,

Ps Martin



**THE DIOCESE OF SINGAPORE
27th SESSION OF SYNOD (1st MEETING)
15TH MAY 2026**

**PRESIDENTIAL ADDRESS
GROWING TOWARD MATURITY IN CHRIST**

Brothers and Sisters in Christ, welcome to the 1st Meeting of the 27th Session of Synod of the Diocese of Singapore.

It is a joy to gather here as Synod, representing our parishes, our deaneries, and our affiliated entities, united as one Diocese under God.

Let me start by welcoming those who are attending Synod for the first time. We are glad to have you here, and we thank you for stepping forward to serve. To be elected as a Synod Representative is both a privilege and a responsibility. Your parish has entrusted you with an important role in the common life of the Diocese. I hope this will be a meaningful term of service for you, and that you will take part with humility, attentiveness, and a readiness to learn and contribute.

I also want to acknowledge those who served in the previous term and have now been elected again for this new session. Thank you for your continued faithfulness and willingness to serve. Your experience and perspective are valuable, and I trust that you will continue to contribute well, while also helping newer members find their footing in Synod.

ONE DIOCESE UNDER GOD

As we begin this new session, it is worth reminding ourselves what the Diocese is called to be. Our Constitution states that we are to “make the Church in the Diocese to be ever more and more truly a body, a small living organism within the Body of Christ, working with Him for the salvation of [all] and for the Kingdom of God.”

That is what we are called to be together as a Diocese. We are not merely a collection of parishes, deaneries, and affiliated entities, each occupied with its own concerns. We are one Diocese under the Great Shepherd, called to serve together in the mission of Christ.

This is why the role of Synod matters. As Synod Members, you are entrusted with a responsibility not only to your own parish, but to the governance and common life of the Diocese as a whole. Sharing in the prayerful deliberation and ordering of matters affecting our discipline and mission, you serve not simply as representatives of your parish, but as members of the Synod of the Diocese, called to discern and act for the good of the whole Diocese just as you would for the good of your own parish.

But your responsibility does not end here. You are also responsible for communicating the mind and decisions of Synod to your parish, helping your church members to understand what has been agreed, why it matters, and how your parish should respond. Through you, the Diocese looks to each parish to participate faithfully in our shared ministries, projects and policies.

Above all, we ask that you uphold the Diocese in prayer, remembering that apart from God we can do nothing, and that it is by His grace that we are given wisdom and strength to serve together faithfully.

MATURE DISCIPLES OF CHRIST

Brothers and sisters in Christ, as we take up our responsibilities in this Synod, we do well always to keep before us the twin teachings of our Lord Jesus Christ.

First, the Great Commandment, given by our Lord in Matthew 22:36–40, calls us to love the Lord our God with all our heart, soul, and mind, and to love our neighbour as ourselves. This is foundational to the Christian life.

Second, the Great Commission: “Go therefore and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you.”

These two teachings belong together. We are called not only to live as disciples of Christ, but also to form disciples of Christ.

If we are serious about discipleship, we must ask ourselves what kind of disciples we are becoming and what kind we are forming. A mature disciple of Christ is not simply one who knows Scripture well, even though knowledge of God’s Word is essential. Knowledge on its own is not the same as maturity. The deeper question is whether what we know of God’s Word is being worked faithfully into the way we live, serve, and respond in daily life.

Nor is it enough simply to affirm grace, even though Christ’s redeeming love lies at the heart of our Christian faith. The grace we receive is not meant to leave us unchanged, but to lead us into repentance, holiness, and newness of life. A mature disciple is one in whom the truth of Scripture and the grace of Christ are being worked into his daily life, choices, and service.

That does not happen automatically. It requires humility, repentance, and a willingness to be changed. It involves working out our salvation with fear and trembling, not in our own strength, but in dependence on the Holy Spirit, who forms us into the likeness of Christ. The Spirit takes the truth we know and the grace we have received, and works them into lives of obedience, maturity, and faithfulness. Where the Spirit is at work, truth takes root, grace bears fruit, and disciples begin to reflect the likeness of Christ.

So as we think about the life of the Diocese, our parishes, and our ministries, this must remain one of the central concerns before us: whether we ourselves are being formed in this way, and whether we are helping others become disciples grounded in God’s Word, shaped by His grace, and ready to obey Him faithfully.

Let me now briefly mention a few matters in the life of the Diocese for which we give thanks.

We thank God for His faithfulness to our Diocese, and for the faithful work of ministry across our parishes and Area Groups. Our Area Groups continue to foster fellowship, mutual support, and practical cooperation among parishes. This year, we rejoice with many of our parishes: Chapel of Christ the King celebrates their 40th Anniversary, All Saints' Church (English) their 40th Anniversary, Marine Parade Christian Centre their 50th Anniversary, Church of Our Saviour and St Peter's Church their 70th Anniversary, and St Paul's Church their 90th Anniversary. We give thanks for God's sustaining grace and faithfulness to these parishes through the years.

This year also marks the 30th Anniversary of our Province. In February, representatives from across the four Dioceses of the Province gathered in Kuala Lumpur for a time of worship, thanksgiving, and reflection. We were glad that many of our former Archbishops were able to be present and share their reflections on God's providence over the past three decades. As we give thanks for His faithfulness in the past, we also look ahead with renewed hope and trust in His continuing grace.

2026 has brought new beginnings in our deaneries. With the recent changes in leadership, I am thankful that the handovers have been smooth. I appreciate the care with which the former Deans have prepared the way, and the maturity of those stepping into these responsibilities. In this season, I have had the opportunity to work more closely with the Deans and with the Associate Director of Missions, Revd Andrew Yap, to listen, to pray, and to better understand the realities and needs within the deaneries, as we consider how best to strengthen ministry on the ground. I am also happy to welcome our newly appointed Associate Dean of Thailand, Revd Dhanadhis Jirathamakul. His appointment reflects our deep commitment to raising up indigenous leaders, those who are rooted in the local culture, language, and context to shepherd and serve their own communities. I look ahead prayerfully, and trust that this new season may, in due course, lead to growth and fruitfulness.

In all these things, we give thanks, and are reminded that much has been entrusted to us in the life of this Diocese. May the Lord grant us wisdom, unity, and faithfulness as we serve Him together. Amen.

A handwritten signature in blue ink, reading "++ Titus Chung ++". The signature is written in a cursive style with a double cross at the beginning and end.

The Most Revd Dr Titus Chung
The Bishop of Singapore



圣希达堂
St Hilda's Church
41 Ceylon Road S429630

中文部周刊

2026主题：跟着耶稣，走丰盛之路

耶稣说，“我来了，是要叫人得生命，并且得的更丰盛。”约翰福音 10:10

华语堂早祷崇拜

5月24日(主日)上午10时30分

宣召	公祷书第1页第2段	吴松和弟兄
认罪	第3-5段	吴松和弟兄
解罪	第2页第6段	龚招光牧师
祝文	圣灵降临(五旬节)主日祝文	吴松和弟兄
敬赞		林春景弟兄
代祷		郭晋凌弟兄
读经	以弗所书6:1-4	陈彬彬姐妹
证道	孝敬有道： 在主里看重父母	陈秀燕传道
信经	使徒信经	吴松和弟兄
奉献	奉献是对上帝爱的回应， 甘心乐意的奉献是神所悦纳的， 您若明白奉献的真理可以做奉献。	林春景弟兄
祝福	总谢文+祝福	龚招光牧师
报告	家事报告	陈秀燕传道
散会		林春景弟兄

有祷告需求的弟兄姐妹，请留在圣殿，让牧者与领袖们为您代祷。

本周执勤

副领	佩玲
招待	秀卿 桂蓉 金山 莲珠

下周值勤

5月31日(主日)
早祷崇拜

讲员	袁凤珠姐妹
题目	家和万事兴
经文	彼前3:1-12
主礼	耀辉
主领	秀燕传道/秀莹
副领	
代祷	光全
读经	春景
招待	秀凤 宝珠 文菁 彩娟

本堂使用圣经版本
《和合本修订版》

教会奉献 PayNow
UEN T08CC4076F,
请注明“CHINESE”



新加坡教区主教：章剑文大主教（博士）
牧正：Revd Martin Jungnickel

中文部教牧：龚招光牧师、
杜淑兰传道（福建堂）、陈秀燕传道（华语堂）
41 Ceylon Road Singapore 429630
YouTube 频道：“圣希达堂中文部”
Tel: (65) 6344 3463

福建堂早祷崇拜

5月23日（六）下午2时正

宣召	公祷书第1页第2段	何爱桃姐妹
认罪	第3-5段	何爱桃姐妹
解罪	第2页第6段	龚招光牧师
敬赞		张宝珠姐妹
广福 读经	出埃及记20:8-11	何爱霞姐妹 吴丽珍姐妹
证道	安息日的精神	黄念开牧师
奉献	奉献是对上帝爱的回应， 甘心乐意的奉献是神所悦纳的， 您若明白奉献的真理 可以做奉献。	张宝珠姐妹
祝福		龚招光牧师
报告	家事报告	杜淑兰传道
散会		张宝珠姐妹

散会后招待员会分发茶点，请您回家享用。

本周执勤

副领	炎成
招待 茶点	秀卿/素珍 Alice/美玲
车长	Oliver/秀凤

福建堂下周执勤

5月30日（六）

下午3点
黄金时光

讲员	张汉林牧师
题目	幸福好家在双亲
招待 茶点	秀卿/素珍 Alice/美玲
车长	Oliver/秀凤



丹戎禺交通车
每周六在大牌10、12号
(去教会) 1:30 pm
(回丹戎禺) 4:00 pm

圣灵降临（五旬节）主日祝文

全能的上帝啊，祢曾在五旬节赐下圣灵给门徒，如同天上的风及舌头的火焰，将喜乐充满了他们，使他们能放胆的去传讲福音；求祢也藉着圣灵的大能，差遣我们出去为真理做见证，好让世人能被吸引到祢的大爱中；这都是靠着救主耶稣基督求的。阿们。

家事报告

1. 丰盛学堂

圣希达华文与福建堂最近成立了一个让会友有机会共同学习的一个平台。**丰盛学堂**的办堂理念是让我们共同有机会学习神的话语、分享生活和信仰中的恩典、及学习生活小技能以增添生活和信仰的智慧，让我们的教会和日常生活更丰盛。

课程：现代门徒价值观(十课)

日期：5月24日开始(每主日)

时间：1:30pm-3:00pm

地点：101课室 Daniel Room

对象：“当然学生”：小组组长和副组长, 新信徒；“新学生”：所有会友

导师团队：龚招光牧师、郭晋凌执事、杜淑兰传道、尤木钦弟兄、陈秀燕传道

课程日期与主题

5月24日 价值观 7月05日 家庭观

5月31日 世界观 7月12日 事奉观

6月14日 金钱观 7月19日 领袖观

6月21日 工作观 7月26日 宣教观

6月28日 苦难观 8月02日 自我形象&摆脱过去阴影

课程详情可向晋凌执事或秀燕传道询问。鼓励弟兄姐妹踊跃向教会同工报名。

2. 华福黄金时光——幸福好家在双亲

日期：5月30日（六）3PM

讲员：张汉林牧师

地点：圣殿

节目：破冰，老歌及诗歌分享，信息见证分享，呼召

这是个双亲节布道会，鼓励弟兄姐妹带未信主父母，或亲朋好友来参加。

3. 教会生活营 2026 - 跟着耶稣，走丰盛路

日期：6月5-8日（五-一）

生活营报名已经结束，若临时想要参加弟兄姐妹，还是可以参加，不过需要自己安排交通、住宿和膳食。

已报名参加教会生活营的弟兄姐妹，请注意：5月31日（主日）散会后将有行前说明会，请务必留下来参加，以了解营会安排与注意事项。

营会欢乐之夜主题为：“万族、万民、万国” 启7:9

邀请每位营员穿上不同民族的传统服饰，可以是自己文化背景的服装、所纪念国家的服饰，或圣经中所提到民族的传统服装。

这不只是多元文化的呈现，也是一同回应福音临到万族万民的盼望。让我们带着喜乐和期待的心，一同预备这次营会。

4. 教区信徒装备课程—《助人历程与技巧-以圣经为基础的认知行为治疗》

日期：7月11日（六）9AM – 12PM

讲员：凌展辉长老

地点：圣安德烈座堂

报名费：\$10，截止后报名费\$20；截止日期：29/6；名额有限，满额即止，恕不接受现场报名。请向办公室报名。

5. 新马泰缅中信线上讲座——启悟沟通，家庭和谐

日期：6月3、10、17日（每周三）8PM

讲员：Ms Scarlet Chua, Ms Clara Ko

平台：ZOOM

浅尝「启悟式沟通」，运用同理心、积极聆听，理性回应与建设性对话，同心营造和谐连结的家庭关系，见证基督。

报名链接：<https://forms.gle/PdJbqXPKxnqmhgPVA>

询问：温羽明牧师（92276696）、叶淑芳姐妹（60123648731）



一次欢迎，永远欢迎！

周六	1030am	线上儿童主日学 (Primary 1-6) *每逢第一/第三个星期六	秀燕传道
主日	1030am	喜乐豆(幼儿事工 N1-K2) *每逢第二/第四个星期天	春景/志娟
	4pm	线上门训A班	淑兰传道
周一	8pm	线上门训B班	晋凌
周二	730pm	甘榜安南小组	永铃/美莲
周三	930am	教会小组	秀卿/爱霞
	8pm	后港小组	莱金/碧兰
	830pm	线上基督恩典分享班	木钦/彩娟/永铃
	1230pm	灯塔小组(丹戎禺)	淑兰传道/汉星
周四	8pm	友诺士小组	松和/崇雯
周五	8pm	线上华福祷告会	每月第一周五
	8pm	加东小组	耀辉/致晖
	8pm	青成年小组	翊希Vicson/ 庭绿Christy



欲知更多详情，请向办公室或各部门组长询问。

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. 爱筵奉献，请注明“**CHINESE LUNCH**”，确保款项归入华文部账目。
6. 电子转账扫码，



课程日期与主题

5月24日	现代门徒的价值观
5月31日	现代门徒的世界观
6月14日	现代门徒的金钱观
6月21日	现代门徒的工作观
6月28日	现代门徒的苦难观
7月05日	现代门徒的家庭观
7月12日	现代门徒的事奉观
7月19日	现代门徒的领袖观
7月26日	现代门徒的宣教观
8月02日	自我形象与过去阴影

十课门徒培育课程

开课日期：2026年5月24日

时间：主日下午 1:30

地点：圣希达堂 101课室

导师团队：

郭晋凌执事、陈秀燕传道、杜淑兰传道、
尤木钦弟兄、龚招光牧师



欢迎弟兄姐妹预留时间，一同学习、分享，并在主里成长。

报名或查询详情，请联系晋凌执事或秀燕传道。

黄金时光

幸福好家在双亲

节目：破冰，老歌及诗歌分享，信息见证分享



2026年5月30日下午3点

圣希达堂-圣殿



张汉林牧师



2026年 信徒装备课程 +



凌展辉长老

现任飞跃家庭服务中心及飞跃社区服务高级顾问兼联合创始人，拥有管理硕士及辅导硕士学位，辅导经验丰富，也出版了多本有关亲子关系和婚姻的书藉。
自创立中心以来，他多次受邀在各大报章，电台及电视上接受不同性质的访问，其中包括反应时代变迁所引发的家庭问题及针对各种家庭教育的课题发表意见。同时，他也常受邀到不同的机构，甚至不同的国家如马来西亚，台湾和中国等地担任家庭教育及辅导专题讲员。

助人历程与技巧-以圣经为基础的认知行为治疗

你是否常被负面思想困扰，难以喜乐？是否陷于焦虑、自责与无力感？是否渴望信仰变得实际，为生命带来更新？

课程宗旨：结合认知行为治疗与圣经真理，助你更新心思意念，转化行为，活出自由。

课程内容：

- 理解认知行为治疗
- 更新认知
识别并突破负面思维 | 用圣经真理替代错误观念 | 小组互动与经文祷告
- 转化行为
学习健康的行为改变 | 制定信心行动计划 | 成长属灵习惯（祷告、服事、敬虔实践）

日期 / 时间：2026年7月11日（六） | 9am - 12pm

地点：圣安德烈座堂 (Chapel for All Peoples)
11 St Andrew's Rd, Singapore 178959

报名费：\$10，截止后报名费\$20 | 请向堂会报名付费 | 本次课程只提供饮品

截止报名：2026年6月29日（一）

个人资料使用说明：圣公会新加坡教区华文部会根据圣公会新加坡教区个人资料保护政策收集、使用您的个人资料用作课程行政用途。

2026. 6月 3日 / 10日 / 17日

每逢星期三（三堂课）
8pm-930pm

扫描报名



化解分歧，促进连结

启悟沟通 家庭和谐



- 浅尝「启悟式沟通」，运用同理心、积极倾听
- 理性回应与建设性对话
- 将每一次对话转化为悟解与连结的机会
- 案例讲解

讲师

Scarlet Chan

新马泰通中信启悟导师，获英国剑桥大学教会神学学士，万国基督宣教学院当代宣教研究生，《伴您同行关顾》创办人、永久荣誉顾问

Clara Ko

启悟导师、助教、工商管理硕士MBA



zoom 欢迎爱心奉献

联络：温羽明牧师 (65-9227 6696)