

Bishop of Singapore:
Assistant Bishop:
Archdeacon of Singapore:

The Most 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



圣希达堂

ST HILDA'S CHURCH

Church Theme 2025: "Being One in Christ"

*"There is one body and one Spirit—just as you were called to the one hope that belongs to your call—
one Lord, one faith, one baptism, one God and Father of all, who is over all and through all and in all."
Ephesians 4: 4 - 6*

8th / 9th March 2025
1st Sunday of Lent

THE COLLECT

Almighty God, whose Son Jesus Christ
fasted forty days in the wilderness, and
was tempted as we are, yet without sin:
give us grace to discipline ourselves
in obedience to your Spirit; and,
as you know our weakness,
so may we know your power to save;
through Jesus Christ our Lord. Amen.

Scripture Readings / Sermon Title:

E3, SES, E1 & E2

OT/NT: 2 Timothy 3: 16 – 4: 5

Gospel: Mark 8: 27 - 31

Sermon Title: "Life-giving Word"

Memory Verse:

*"He is the image of the
invisible God, the firstborn
of all creation. For by him
all things were created, in
heaven and on earth, visible
and invisible, whether
thrones or dominions or
rulers or authorities—all
things were created through
him and for him."*

Colossians 1:15-16 (ESV)

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

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 / Youth Ministries

Saturday at 5pm

Primary 1 - 6 in Room 115

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 (at 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 - Joshua Hall

Youth Cell - Timothy 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

Fire Place (Bible Study) *study on the Gospel according to John*
Tuesdays from 10am -11.30am on Zoom.

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

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

MEDICAL & DENTAL MISSION TO CAMBODIA

(17th to 21st March 2025)

Please pray for following who will be
commissioned at E1 Service this week.
Janet Goh AT, Melissa Goh,
Paul Ramani, Joshua Thambiah,
Leslie & Susan Peters and Julianna Yik,
staff from Chapel of Christ Our Hope.

VOLUNTEERS NEEDED!

If you have a passion for teaching
children the word of God, we need you!
Our Kids For Christ (KFC) ministry needs
more teachers/assistants for the Sunday
classes

You can reach out to any of our KFC
teachers or contact the church office for
more information.

ST HILDA'S CHURCH CONFERENCE IN AUGUST

Hi Church, on 8th to 10th August we will
be having our first-ever SHC
Conference in church. It will be a time of
learning more about God, encountering
Him and worshipping together. There
will also be a children's programme so
families can take part. Please lock in
your calendars!

More details will be out soon.

COMMUNITY GARDENING

Check out the first two flower beds at
our courtyard. How about adopting one,
too... 🥰

Please contact the church office for
more details.

COLLECTION

Total amount collected for Watoto Children's Choir Concert (16 Feb.2025)

S\$24,965.25 (e-transfer S\$19,507/-; Cash: S\$5,458.25)

Thank you for giving!

YOUTH CAMP 2025 - "LOOK UP"

Happening from **6-9 June**, the highly anticipated youth camp is back again!

This year, our theme is "Look Up" based on Isaiah 6 - we want to behold the Lord and be transformed by Him! We are excited to see the Lord move powerfully once again.

Location: St Hildas Church

Please contact Adele (96348632) for any queries.

Scan the QR Code below to sign up now!



ANNOUNCEMENTS – THE LARGER FAMILY

DAILY LENT DEVOTIONS @ PRAYDOS

Beginning on Ash Wednesday (5 Mar), the PrayDOS app will include a short daily devotion based on selected readings and prayers from the Morning Office. It is available for anyone and is suitable for personal and family devotions. There is also an audio option available.

PrayDOS is a project initiated by Marine Parade Christian Centre. You may download the PrayDOS app from the App Store (Apple) or Google Play Store, or access it from a web browser using this link: praydos.web.app.

BLESSED TO BE A BLESSING

St Andrew's Autism Centre 20th Anniversary Thanksgiving Concert

Friday, 2nd & Saturday, 3rd May 2025

at St Andrew's Cathedral (Nave)

Tickets are at \$50 or \$100

Handbills with full details are available at the Info Desk.

"LET YOUR LIGHT SHINE" CHRISTIAN PRESCHOOL CAREER FAIR 2025

The faith-based preschool sector is hosting a career fair to invite Christians to explore meaningful career opportunities in church preschools. They are in search for passionate educators to nurture the next generation with wisdom, love, and biblical values.

Children's first five years are critical for shaping their character, learning, and faith. As Proverbs 22:6 says, "Train up a child in the way he should go." If you feel called to teach and guide young children, this is your chance! You may scan the QR code or visit the link provided below to register and find out more!

Date: 15 March 2025 (Saturday)

Time: 9am - 6pm

Venue: St Andrew's Cathedral Pavilion

Address: 11 St Andrew's Rd, Singapore 178959

To Register: Scan the QR Code or use this link - bit.ly/reg-cpcareer



JOB VACANCIES WITHIN THE ANGLICAN COMMUNITY

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

Church

- Pray for Abp Titus Chung and his leadership team that they will work collaboratively with other leaders in the region to enable continued and sustained church growth in South East Asia and beyond.
- Pray that the work of the province will continue to flourish under God's wisdom and guidance so that His people can be united in spirit, heart and direction to advance His Kingdom.
- To pray for worldwide churches to be a beacon of light to the community, that they may provide a source of comfort to those in need, as well as hope to the lost and disheartened.

World

- Pray for collaboration and cooperation amongst world leaders towards the betterment of relationship between governments around the world so that they may seek peace and harmony rather than advancing their own interests.
- Pray for the amicable and speedy resolution of the Ukraine – Russia war so that suffering can be quickly reduced in afflicted areas.
- Pray for peace in Middle East, speedy release of all hostages and the extension of cease fire.

Singapore

- Lift up our President, Prime Minister and all cabinet ministers in prayer. Let us pray that Godly wisdom and direction will prevail in all decisions made regarding our defence, finance and environment.
- We pray especially that the relevant agencies overseeing Singapore's digital resources may be vigilant towards all potential risks and that they may put in place robust fences that will safeguard our digital infrastructure and assets.

St Hilda's Church

- We pray for our clergy, Vicar Martin, Rev Hong En, Rev Calvin that God may always watch over them and their families. May God's anointing wisdom and strength be upon them as they work together to shepherd the church and render pastoral care to all members.
- May they constantly be refreshed by the Holy Spirit and be lifted up in mind, body and spirit as they carry out God's work faithfully and tirelessly in accordance to His will.
- We pray for the pastoral staff, PCC leaders and admin staff; may God watch over them and bless the work of their hands as they seek to be fruitful in the work that they are called upon to do.
- We pray for the anointing of the Holy Spirit upon our Youth Leaders, Sunday school teachers and volunteers who serve each week that they may forge effective discipleship amongst young believers.
- We also pray for those who are sad, lonely and sick, who suffer in body, mind and spirit and those whose illness is long term and demands much patience to bear, may the Lord strengthen them with his presence and give them courage, hope and peace.



Winter Snowman Socktacular



Thank you Ang Sahs!

on 26 February, 20 seniors had a wonderful time making sock snowmens with the help of volunteers from Ang Sahs, Ms Angeline and Ms Estee. Their faces lit up with joy as they crafted unique creations, sharing laughter and stories. The Ang Sah team's patient guidance fostered a warm, creative atmosphere, bringing everyone together.



NEIGHBOURHOOD BLESSING

Dates: **5 & 6 April**

(To request for other dates, please contact Ps Amy)



Say “Hi” to
someone around
Ceylon Rd!



CONNECTING WITH OUR NEIGHBOURS!

With a token gift & information on
our Good Friday & Easter services,
let's take this opportunity
to invite our neighbours to celebrate with us!

Please contact Ps Amy Ong:
amyong@sthildas.org.sg
for more info.



High tea!

cum



Fall Prevention

Talk



**Fall among seniors
are common and can affect
one's quality of life**

**Join us for high tea and learn about
how you can stay healthy and
reduce your risk of fall**



**Marcus Tow
Physiotherapist**

Tuesday, 8 April 2025

2pm to 4pm

Manna House, St Hilda's Church

**Registration
QR Code**



REGISTER AT:

Info Desk

Church Office : 6344 3463

Use QR Code



Meeting Place
St Hilda's Church



Dear Seniors

We're re-starting Meeting Place with a high tea and a talk for seniors on fall prevention.

Come, join us for a time of fellowship over a cup of tea and finger food while getting valuable tips on fall prevention from our very own member, Marcus Tow, an experienced physiotherapist.

Highlights

Falls Prevention Checklist for Seniors

- Essential home exercises for balance and strength
- Home safety modification
- Safe community mobility

Falls among older adults are leading causes of hospital stays, disability and mortality. The reasons for these falls are multi-faceted and require effective prevention strategies. The talk provides a helpful checklist of practical solutions that can help you to stay safe, confident and independent.

Speaker Profile

Marcus Tow is a Principal Physiotherapist licensed with the Allied Health Professionals Council (AHPC) in Singapore and attained a Bachelor of Science (Physiotherapy) from Trinity College Dublin. He has 12 years of working experience across varied settings such as hospitals, clinics, nursing homes and rehabilitation centres with a specialty in adult and pediatric neuro-rehabilitation.

Jio your kakis and sign up now! C ya! 😊



中文部周刊

2025 异象：实现改变从自己开始

如何做到：亲近主（真理的圣灵）

留心聆听 恒心信靠 耐心祷告

就会领受更多恩典 施更多恩典

结果：活出大诫命和大使命

华语堂早祷崇拜

3月9日（主日）上午10时30分

宣召	公祷书第1页第2段	郭晋凌弟兄
认罪	第3-5段	郭晋凌弟兄
解罪	第2页第6段	郑鸿恩牧师
祝文	大斋第一主日	郭晋凌弟兄
敬赞		林春景弟兄
代祷		刘禹攸姐妹
读经	约翰福音1:17 马太福音5:17	陈骏年弟兄
证道	上帝的律法， 恩典，与人的生活道德标准	尤木钦弟兄
信经	使徒信经	郭晋凌弟兄
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	郑鸿恩牧师
见证		刘朋弟兄
报告	家事报告	郑鸿恩牧师
散会		林春景弟兄

需要特别祷告的弟兄姐妹，
请留在圣殿，让牧者与领袖们为您代祷。

本周执勤

副领	祥兴
招待	彩娟 陈叶 文菁 庭绿

下周值勤

3月16日（主日）

圣餐崇拜

讲员	郑鸿恩牧师
题目	效法系列2 -雅各与约翰
经文	约一4:19-21
主礼	牧师/松和 传道/心莲
主领	莱金/思佳
副领	
代祷	
读经	巩豫
招待	怡霖 晋凌 志强 淑贞
见证	
爱筵	加东小组

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：郑鸿恩牧师、
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

3月8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	郑鸿恩牧师
敬赞		张宝珠姐妹
广福 读经	腓立比书3:13-14	林友松弟兄 吴燕丽姐妹
证道	全新的你	张丽芳传道
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		郑鸿恩牧师
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	秀卿/素珍
茶点	Alice/美玲
车长	Oliver/秀凤

福建堂下周执勤

3月15日(六)

圣餐崇拜

讲员	黄德成牧师
题目	胜过忧虑
经文	路12:22-34
主礼	燕丽/传道
广福 读经	爱霞/友松
主领	秀凤/爱桃
副领	
招待	秀卿/素珍
茶点	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) 1:30pm
(回丹戎禺) 4:00pm

大斋第一主日

全能的上帝，祢的圣子耶稣，曾在旷野禁食四十昼夜，被试探如我们一样，但祢却不犯罪。主祢知道我们是软弱的，求祢赐我们有攻克己身的恩典来顺服圣灵，并体会到祢拯救的大能。这都是靠着主耶稣基督求的。阿们。

家事报告

1. 讣告

华语堂王亚莲姐妹于3月5日凌晨安息主怀，享年71岁。

华语堂林淑贞姐妹的母亲冯金好姐妹于3月6日安息主怀，享年86岁。

请为丧家代祷。

2. 中文部委员线上会议

日期：3月9日（主日）3PM

请委员们，准时出席！

3. 恩典门训第一季

本周三晚，我们将探讨基督徒的工作观！思考圣经如何看待工作，以及信仰如何塑造我们的职场观。

讨论话题：

1. 工作 只是谋生的方式之一，还是有更深的意义？
2. 退休后，是否仍需继续工作？
3. 人类的工作 是堕落后的惩罚，还是起初的使命？
4. 基督徒在职场中 应如何顺服权柄？是唯命是从，还是有智慧地服从？
5. 如何在职业选择上 荣耀神，活出呼召？
6. “安息日是为人设立的，人不是为安息日设立的。” 这意味着什么？我们应该如何看待工作与休息的关系？

欢迎您加入我们的讨论，让工作不仅仅是谋生，更成为使命与祝福！

4. 华语堂爱宴

日期：3月16日（主日）；执勤小组：加东小组

地点：Manna House；

餐费约\$8/人，请自由奉献。欢迎散会后留下一同团契！

5. 教区大斋培灵会

日期：3月14日 - 4月11日（每周五）7:30PM

主题：归向神的心：跟随耶稣的脚踪

书卷：马可福音

讲员：陈耀明博士

地点：圣安德烈座堂大堂

6. 华福黄金时光——爱你的双脚运动

日期：3月22日（六）2PM

讲员：李科宏牧师

您是否有膝盖软骨严重磨损，上下楼梯疼痛的问题呢？请来听李牧师的分享，如何爱我们的双脚，恢复脚力！鼓励弟兄姐妹们邀请亲朋好友一同参与！

7. 华福踏青活动

日期：3月31日（一）公假 8:30AM

地点：万态步行道 Mandai Nature Broadwalk

集合点：教会

费用：\$10.00 作为午餐费用（教会另外津贴约\$10来提供丰富午餐，让我们回到Manna House团契享用。若没有回来吃的不需要支付费用）行程：教会租一辆40座巴士，免费提供大家来回教会和地点（限40人报名，自驾车不限）

鼓励大家参加和请尝试祷告邀请亲友参加，祝福自己和亲友。万态步行道提供一个安静的空间来观赏野生动物和享受自然环境，万勿错过。

我们会散步享受大自然。请大家自己预备防晒，防雨配备，也请穿上轻便的走路鞋，最重要的是请带上愉快的心与弟兄姐妹们度过一个愉快的早晨。名额有限，请尽早向负责人：晋凌/佩娇报名，以免向隅。

8. 华文教会持续发展研讨会《立足本地，放眼世界》

日期：4月5日（六）9AM – 3PM

讲员：颜金勇长老、章剑文大主教、苏立忠牧师、林德平牧师

地点：圣安德烈座堂新圣殿

报名费：现场收取 \$10 包括茶点和午餐

截止日期：3月29日（六）

报名方式：扫描QR码 <https://form.jotform.com/SACM11/seminar>

有4个工作坊，每位报名者仅限选择一个工作坊参加。



工作坊	讲题	讲员
工作坊 一	教出精彩	林美莲博士
工作坊 二	用情、用手和用脑学习和使用华语	潘俐蓉老师
工作坊 三	掌握二语圣经教学的窍门	周岚传道 / 谢淑鲜传道
工作坊 四	培育二语一代的蓝图与策略	林德平牧师（博士）

在本地和世界许多地区，母语已成为华人子弟的第二语言。以此趋势为焦点，并在新加坡国家双语政策的背景下，本研讨会将探讨华文教会持续发展的挑战与契机。由新加坡四宗华文教会理事会主办。

诚邀您出席，共探前景与机遇。

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. 电子转账扫码，



2025大斋培灵会

归向神的心：跟随耶稣的脚踪



主讲：陈耀明博士

书卷：马可福音

日期/时间：14/3-11/4 每周五 7:30pm



圣公会新加坡教区华文部



圣安德烈座堂华语部 联办



圣安德烈座堂大堂

11 St Andrew's Road S178959

周六黄金时光



圣希达堂

St Hilda's Church
41 Ceylon Road S429630

爱你的双脚运动

您是否有膝盖软骨严重磨损，

上下楼梯疼痛的问题呢？

请来听李牧师的分享，

如何爱我们的双脚，

恢复脚力！

2025年3月22日下午2点

圣希达堂-圣殿



李科宏牧师



费用: \$10

THE MANDAI BOARDWALK

万态步行道

3月31日周一公假
早上8点30分

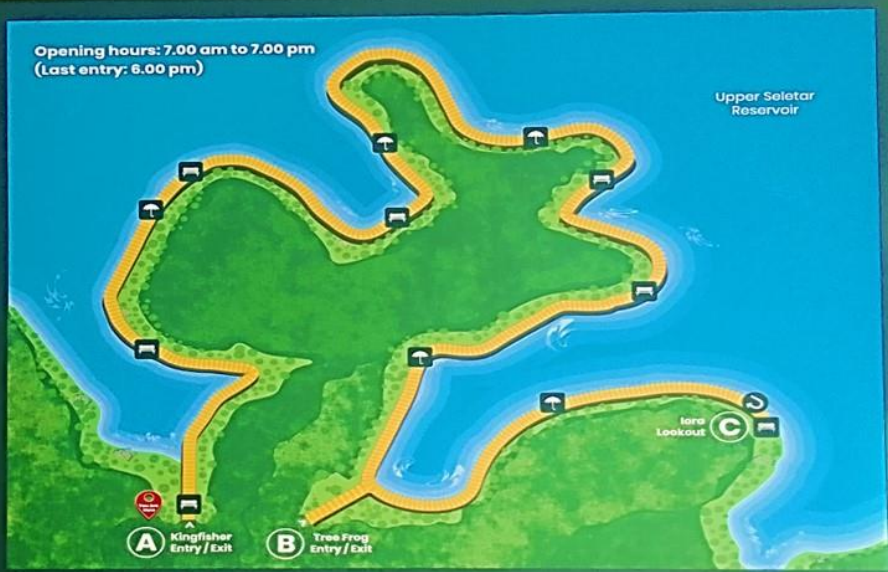


在教会集合



Mandai Boardwalk

Opening hours: 7.00 am to 7.00 pm
(Last entry: 6.00 pm)



Explore the Mandai Boardwalk, a serene escape along the edge of our parks.

Immerse yourself in lush greenery, coastal views, and surrounding wildlife in their natural habitats - all without a ticket!



General information

- A to B : 2700m (~70mins)
- B to C : 600m (~15mins)

Legend

- Shelter
- Rest area

Advisory

- Stay on the boardwalk
- Do not climb over the railings and fencing
- Seek shelter during bad weather
- Boardwalk may be slippery when wet
- For Parks Rules and Conditions, please scan here:



For assistance, please call 6100 0767



立足本地·放眼世界

华文教会持续发展研讨会

SUSTAINABLE DEVELOPMENT OF CHINESE-SPEAKING CHURCHES

DATE 日期: 5 April 2025 (SAT 星期六)

TIME 时间: 9AM-3PM

LOCATION 地点: St Andrew's Cathedral 圣安德烈座堂



扫描注册 SCAN TO REGISTER

或 [HTTPS://FORM.JOTFORM.COM/SACM11/SEMINAR](https://form.jotform.com/SACM11/SEMINAR)

现场收取\$10 报名费

—截止日期29/3

主题讲员:

SPEAKERS



副总理 颜金勇 长老



章剑文 大主教



苏立忠 候任会正



林德平 教授

WORKSHOP 工作坊 1

题目: 教出精彩

讲员: 林美莲博士



简介: 教师有一个独特的优势, 他们可以调动全班孩子、与孩子互动, 来调整和改进每个孩子。然而, 由于不知道到底怎么做, 教师们越来越觉得无法应对挑战的孩子。他们陷入一个过渡期:

用过去的专制方式束缚着他们, 同时他们又面对现代观念的冲突。

这个工作坊的内容包括认识0-12岁儿童发展特征、课室管理以及最新教学法。

希望通过这个工作坊, 让你在教学上教出精彩。

WORKSHOP 工作坊 2

题目: 用情、用手和用脑
学习和使用华语



讲员: 潘俐蓉老师 Ms Debbie Pwa

简介: 本工作坊旨在帮助家长探索可行方法, 支持小学低年级和中年级学生 (P1-P4)

在家中使用华语。参与者将有机会学习如何藉着情感连接 (心)、儿童亲身的参与 (手) 以及认知刺激 (脑), 营造积极、富趣味性的学习体验, 提高儿童学习和使用母语的的兴趣和信心。本工作坊适合华语为第二语言的家长参加。

WORKSHOP 工作坊 3

题目: 掌握二语圣经教学的窍门

讲员: 周岚传道、谢淑鲜传道



简介: 为华语为第二语言的小学生编写圣经教材的挑战在哪里?

需要注意哪些事项? 课堂上老师需要留意什么?

本工作坊将透过实践经验和具体例子引导参与者了解二语圣经教学的概念, 掌握基本的教学原则与策略。

工作坊为参与者提供练习的机会, 适合参与圣经教学和儿童事工的教会同工、老师和宣教士参加。

WORKSHOP 工作坊 4

题目: 培育二语一代的蓝图与策略

讲员: 林德平牧师 (博士)



简介: 本工作坊旨在帮助教牧同工、教会领袖以及宣教士对

“二语一代”的概念有更清楚的掌握, 对“二语一代”的特征和需要有更具体的认识。参与者将有机会探索培育二语一代的蓝图, 并以提升二语一代投身华文事工的兴趣和能力为目的, 掌握所需的培育策略。



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信义会



卫理公会



长老会

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