

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**



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## Church Theme 2023: “Redeemed to Worship”

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

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8<sup>th</sup> / 9<sup>th</sup> July 2023

*5<sup>th</sup> Sunday after Trinity*

### THE COLLECT

Almighty God, without you we are not able to please you. Mercifully grant that your Holy Spirit may in all things direct and rule our hearts, through Jesus Christ our Lord. Amen.

### *Scripture Readings / Sermon Title:*

**E3, SES, E1 & E3:**

OT/NT: Exodus 39: 42 - 43 + 40: 34 - 38

Gospel: John 4:23 - 24

Sermon Title: *“Worshipping in Spirit  
and in Truth”*

### 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 1<sup>st</sup> & 3<sup>rd</sup>)

### Mandarin

#### Sunday

10.30am (Holy Communion on 1<sup>st</sup> & 3<sup>rd</sup>)

## 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

## PRAYER BULLETIN

### Church

- Pray for our Bishop Titus Chung, Assistant Bishop Low Jee King, Archdeacon Daniel Wee, our Diocesan officers, Vicars, clergy, deaconesses, and staff, that God will anoint and empower them for His service.

### World & Singapore

- Asia is home to 4.6 billion people or 60% of the total world's population. China and India each, have 1.4 billion people, by far the two most populous countries in the world, making up 60% of Asia's population. Pray for the LORD of the harvest to send out more labourers in these countries to hasten the spread of the gospel, to these least evangelised continents.
- Climate change will continue to be the cause of recurrent disasters - drought, wildfires, floods which will affect food production leading to hunger and breakout of pandemics. Pray for rapid deployment of aid to those affected.
- Pray for the Minister of Health, Mr Ong Ye Kung, and his team as they continue to build a good healthcare system in Singapore, encourage Singaporeans to focus on taking an active part in staying healthy, and improving the quality of life for all.
- Pray for our healthcare professionals as they undertake their duties, that God grant them wisdom, strength, and compassionate hearts as they take care of the sick and elderly, and bless them with success, satisfaction, and joy in all the good work they do.

### St Hilda's Church

- Thank God for His protection and grace over the smooth operation of the fencing project.
- Pray for Vicar that God's anointing and shalom be upon him as he leads the church.
- Pray for every Pastoral and Admin. Staff, that the Lord will bless the work of their hands and that they may find satisfaction in the Lord's presence as they view work as a worship unto God.
- Pray for us to be a church that hunger for His presence and to continue to walk in the Holy Spirit so that His name will be glorified in our work, witness, and worship.
- Pray for our youths to be passionate for the things of God and be ever ready to obey Him when God calls.
- Pray for the sick among us and their caregivers. Pray for God to give them strength, comfort, and hope for each day. Pray also for those suffering from dementia; Pray for more dementia friendly neighbourhoods and local communities who will support those with dementia living in their midst and their caregivers.

## WEEKLY

### Online (Non-Holy Communion) Services

is available on Sundays from 3pm.

YouTube channel: [bit.ly/shconline](https://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

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.

Soccer ministry / Workshop

Sat.2nd and Sun.3rd Sept.

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

### PRAYING FOR BP RAPHAEL SAMUEL

We thank God for Bp Raphael's ministry last weekend. Those who wish to pray for him and his ministry and would like to receive prayer updates, please contact Samuel Ratnam at 81236632.

### 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.

### FAREWELL

We bid farewell to the Wong Family, Hong Meng & Sandra, Claire and Joshua as they are being expatriated to the US. We thank them for their faithful service and wish them God's blessing. We look forward to receiving them back upon their return.

## ANNOUNCEMENTS

### 40 Day 2023 (1<sup>st</sup> JULY TO 9 AUGUST)

This year, the devotions are brought to us on screen daily. Published on **LoveSingapore** platforms from 1 July to 9 August:

- Facebook  
<https://www.facebook.com/lovesingapore.org.sg>
- Instagram  
<https://www.instagram.com/lovesingaporeonline/>
- YouTube  
<https://www.youtube.com/lovesingaporeonline>
- Website  
<http://lovesingapore.org.sg/>

### ST JAMES' CHURCH MARKETPLACE EVENT "GOD @ WORK"

God is deep at work...are we hearing His call? Come and hear what Revd Barney Lau has to share about how we can bear witness for God and His work at the marketplace. This event is open to all! So start inviting your friends & colleagues to be ministered to and be blessed.

Date/Time: Friday, 14 July 2023, 8pm - 9.30pm

Venue: St James' Church, Level 3, Sanctuary 1, 1 Leedon Road S(267828)

Light Refreshments will be provided from 7.15pm

Interested participants may register at <https://forms.gle/MwK6BeKiVeLhNAZt7>.

Registration closes on 9 July 2023.

### 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>.

### REGISTRATION EXERCISE FOR ADMISSION TO PRIMARY ONE (Phase 2B) IN 2024 FOR ANGLICAN SCHOOLS

MOE has announced the dates for Phase 2B of the Primary One registration: from 9am, Monday, 24 July 2023 to 4.30pm, Tuesday, 25 July 2023.

Please contact the church office by 2 July 2023 to obtain Form A which is required for the registration in an Anglican School under Phase 2B.

Parents will need to:

1. Submit Form A for the Vicar's endorsement by (9 July 2023) with the following supporting documents: a) Child/ward's Birth Certificate b) Parent/s Baptism and Confirmation Certificate

2. With the endorsed Form A, submit it together with other necessary documents as indicated on the MOE website when Phase 2B is launched as indicated above. Submission is to be made through the FormSG using the SingPass. For more information, please visit the following MOE website (<https://www.moe.gov.sg/primary/p1-registration/how-to-register?pt=2B>).

### 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](http://www.anglican.org.sg/potw)

This week's, POTW is Chapel of the Resurrection (COR) - founded in 1979 with 80 members who would meet in the canteen of St Andrew's Junior College at the then-campus at Malan Road. Under the leadership of her first Vicar, the late Revd Canon Dr James Wong, COR planted several churches including 5 local parishes and 2 congregations.

Today, COR, an intergenerational church is located at St Andrew's Village in Potong Pasir and continues to provide chaplaincy support to the students and staff of St Andrew's Junior College.

Let's pray for Revd David Lee the Vicar of COR and Ps Wendy Yong who serves as a Chaplaincy Worker.

## 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.

# 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

## 华语堂早祷崇拜 7月9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	郑鸿恩牧师
祝文	三位一体后第五主日	吴松和弟兄
敬赞		林春景弟兄
代祷		陈德仁弟兄
读经	马可福音 5:21-43	简志强弟兄
证道	不要怕， 只要信。	陈秀燕传道
信经	使徒信经	吴松和弟兄
奉献		林春景弟兄
祝福		郑鸿恩牧师
见证		郭思佳姐妹
报告		郑鸿恩牧师
散会		林春景弟兄

### 本周值勤

主礼	松和
副领	咏宣
招待	彩娟/家恒 文菁/庭绿

### 下周值勤

7月 16日（主日）  
圣餐崇拜

讲员	郑鸿恩牧师
题目	敬畏神所带来的恩典
经文	诗篇 112: 1-10
主礼	耀辉
主领	莱金/秀莹
副领	
代祷	一
读经	碧兰
招待	怡霖/晋凌 志强/淑贞
见证	一

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

# 福建堂早祷崇拜

7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		黄炎成弟兄
广福 读经	传道书 5:18-20	李秀卿姐妹 傅亚瑞弟兄
证道	活在当下， 乐在当儿！	杜淑兰传道
奉献		黄炎成弟兄
祝福		郑鸿恩牧师
报告		杜淑兰传道
散会		黄炎成弟兄
小小组		郑鸿恩牧师

## 本周值勤

襄理	一
副领	宝珠
茶点	Alice/美玲
车长	Oliver/秀凤
招待	秀卿 / 丽珍 Alice/美玲

## 福建堂

## 下周值勤

7月 15日

## 圣餐崇拜

讲员	吴福妹牧师
题目	待定
经文	待定
主礼/ 襄理	爱桃/燕丽
主领	秀凤/贞霖
副领	
读经	爱霞/丽珍
招待	秀卿 / 亚瑞 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



## 三位一体后第五主日祝文

全能的上帝阿，除了祢以外，我们无法讨祢喜悦，求祢施怜悯，  
让圣灵凡事都指引我们，并掌管我们的心，  
这都是靠我主耶稣基督求的。阿们。

# 家事报告

### 1. 中文部委员线上会议

日期：7月9日（主日）3pm

请委员们预留时间，准时出席。

### 2. 周六华福黄金时光——强化骨骼，预防跌倒（叶瑞清博士）

日期：7月15日（主日）11am

地点：Joshua Hall

叶博士期望通过她提供的双语工作坊一同和积极智龄的年长人士迈向优雅、和谐、睿智的人生。请向办公室报名。

### 3. 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！

### 4. 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。

## 5. 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：圣公会善牧堂（Queenstown）

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。

## 6. 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。

## 7. 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（30人为限）

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。





圣希达堂

St. Hilda's Church

41 Ceylon rd. S429630

周六黄金时光

健康讲座:

“强化骨骼，  
预防跌倒”

叶瑞清博士



日期: 2023年7月15日(周六)

时间: 早上11点

地址: 圣希达堂-Joshua Hall

会后午餐招待!



# 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？

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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。



## 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：**



# 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,

