



羅城西區華人基督教會

Rochester Chinese Christian Church West

主日崇拜 Sunday Worship

二零一六年五月十五日 May 15, 2016

宣召 Call to Worship 以赛亚书 Isaiah 44:6

禱告 Prayer

讚美 Praise # 8 榮耀歸於真神 To God Be the Glory

詩歌 Praise # 368 向高處行 Higher Ground

371 開到水深之處入 Launch Out

牧禱 Pastoral Prayer

讀經 Scripture Reading 以弗所书 Ephesians 4:17-32

講道 Message 瞄准 Take Aim

一、瞄准真理 Take aim at the Truth

二、瞄准新人 Take aim at the New Self

三、瞄准人际关系 Take aim at relationships

詩歌 Response #198 來就上主羔羊 Just As I Am

祝福 Benediction

歡迎與報告 Welcome and Announcements

本主日 Today

下主日 Next Sunday

领会 Presider 徐利利 Lily Herring
 领诗 Song Leader 徐利利 Lily Herring
 讲员 Speaker Pastor Tim
 翻译 Interpreter 何牧师 Pastor Ho
 司琴 Pianist 张薇 Dewi Thio
 投影 Slides 黄颖新 Frances Huang
 音响 AudioSystem 李鸿清 Hongqing Li
 招待 Usher 傅香榕 Xiangrong Fu

章懿 Yi Stanley Zhang
 徐利利 Lily Herring
 钱姚南 Yaonan Qian
 王前磊 Walter Wang
 丘纯如 Shirley Lynn
 劳少莲 Shirley Tang
 James Brancato
 傅秀香 Wendy Chong

报告及代祷事项 Announcements and Prayer Requests

1. Thank the Lord for a memorable Mother's Day celebration last Sunday! 为上周日有一个难忘的母亲节庆祝感谢上帝!
2. Annual Church Retreat is 2 weeks away (5/28-30) at Watson Homestead. Pray for the speaker, Rev. Tim Witmer and all attendees. May we all share a blessed time together. On 5/29, our regular afternoon worship service will be combined with the bilingual worship service at Penfield at 9.30am. 一年一度的退休会将于两周后的 5/28-30 在沃森家园举办,为讲员卫天牧牧师和所有参加者祷告。愿大家能有蒙福的团聚时间。在 5 月 29 日,我们的下午崇拜将和母堂的双语崇拜合并于上午 9:30。
3. 2016 Music and Bible Camp will be held on August 1-5. Registration begins today until 6/26. Please register early, because capacity is limited to 90 campers. 2016 年的音乐圣经营将在 8 月 1-5 号举行。报名是从今天到 6/26。请尽早报名,因为名额仅限 90 位。
4. Prayer items: (1) Short-term mission trip to Indonesia 去印尼的短宣 (2) The recovery and return of NJ student David Zheng 新泽西学生 David Zheng 的恢复和返回 (3) Zhang Zhigang's recovery and return to the US 张志刚的恢复和返回美国

上周人数及奉献 Last Week's Attendance and Offering

	崇拜 Worship	主日学 Sunday School	英文班 ESL	良友团契 Liangyou
成人 Adults	65	30	-	12
儿童+老师 Children + Teachers	32	39		
上周奉献 Last Week's offering	\$1696			

本周金句 Weekly Bible Verse

『不要叫神的圣灵担忧。你们原是受了他的印记、等候得赎的日子来到。』
 (以弗所书 4:30)

“And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.”

(Ephesians 4:30)

Psalm 11 – Don't Despair

When life crumbles, the desire to run away and hide in despair is strong. David counters this impulse with three insights: theological – God is still on his throne and will execute justice in his wise time (verse 4); practical – crises are really tests, opportunities to evaluate what is true and solid and what is flimsy and should be discarded (verses 4-5); and spiritual – what we really need is the knowledge of God's presence and face (verse 7). Only love makes you interested in gazing on someone's face. Pray until God and his love become more real to you. Then you won't run scared.

Prayer: Lord, people are saying, "It's over; just give up." But I won't panic – or should I say, "Lord, help me to not panic"? I know you are on your throne – but my heart doesn't feel that – so speak to my heart. Let me love you enough not to be scared. Amen.

Tim Keller, *The Songs of Jesus*.

诗篇11 - 不要绝望

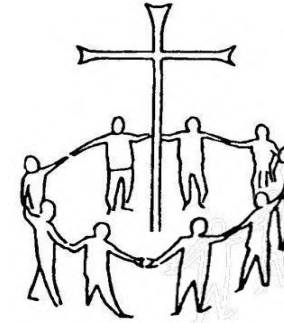
当生活崩溃时，逃跑和在绝望里躲藏的欲望会很强烈的。大卫使用三个观点来反驳这种冲击：神学性 - 神仍然在祂的宝座上，并且将在祂英明的时间里执行公义（第4节）；实用性 - 危机其实是考验和机会，用来评估什么是真的和坚固的，什么是站不住脚而应该丢弃的（4-5节）；属灵性 - 我们真正需要的是认识到神的同在和祂的面（第7节）。只有爱会使你感兴趣凝视一个人的脸。一直祷告让上帝和祂的爱对你来说更加的真实。然后，你就不会因害怕而逃跑。

祷告：主啊，大家都说，“结束了；干脆放弃算了。”但我不会恐慌 - 或者我应该说，“主啊，帮助让我不慌”？我知道你在你的宝座上 - 但我的心不觉得这样 - 请对我的心说话。让我爱你够深以至于不害怕。阿门。



羅城西區華人基督教會

Rochester Chinese Christian Church West
70 Thompson Road, Rochester, New York 14627
(585) 484-0372



建立互相關懷的信心群體

Building a Caring Community of Faith

主日程序 Sunday Programs

良友團契	Liangyou Fellowship	上午 9:30 – 10:30 am
主日崇拜	Worship Service	下午 4:00 – 5:15 pm
兒童/少年崇拜	Children/Youth Worship	下午 4:00 – 5:30 pm
主日學	Sunday School	下午 5:30 – 6:30 pm
英語班	English Class	下午 5:30 – 6:30 pm
晚餐	Dinner	晚上 6:30 pm

團契 Fellowship

週三禱告會	Wednesday Prayer Meeting	晚上 7:30 – 9:00 pm
週五查經	Friday Bible Study	晚上 7:30 – 9:00 pm
週五少年團契	Children/Youth Worship	晚上 7:30 – 9:00 pm

牧師團 Pastoral Staff

韓澤民牧師 Pastor Mitchell R. Herring	電郵	mherring@rochesterccc.org
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