

Order of Service 礼拜程序

2/8/2026 · 2026年8月2日

Pentecost 10 A · 圣灵降临节后第十主日 (甲年)

English	中文 (Chinese)
Welcome and Notices	欢迎与报告
Greeting and Welcome The grace of our Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with you all. And also with you.	问候与欢迎 愿我们主耶稣基督的恩典、 上帝的慈爱、 圣灵的感动， 常与你们众人同在。 也与你同在。
Multilingual Greetings Wominjeka (Woiwurrung) zǎo shang hǎo 早上好 (Mandarin – China) Salamat Hari Minggu (Bahasa Indonesia, Malay) An-nyeong-ha-se-yo 안녕하세요 (Korean) Kaalai Vanakkam காலை வணக்கம் (Tamil – Sri Lanka) zou san 早晨 (Cantonese – China, Taiwan, Hong Kong) Maayong buntag (Visaya — Philippines) sobh bakhir صبح بخیر (Farsi/Persian – Iran) Charbake male (Nuer – South Sudan) Good Morning (English)	多语言问安 Wominjeka (Woiwurrung 语) zǎo shang hǎo 早上好 (普通话 – 中国) Salamat Hari Minggu (印尼语 / 马来语) An-nyeong-ha-se-yo 안녕하세요 (韩语) Kaalai Vanakkam காலை வணக்கம் (泰米尔语 – 斯里兰卡) zou san 早晨 (粤语 – 中国、台湾、香港) Maayong buntag (比萨亚语 – 菲律宾) sobh bakhir صبح بخیر (波斯语 – 伊朗) Charbake male (努尔语 – 南苏丹) Good Morning (英语)

English	中文 (Chinese)
Acknowledgement of Country As we come together in worship, we acknowledge the Wurundjeri-Woiwurrung and Bunurong peoples of the Kulin Nation, the traditional custodians of this land. We give thanks for their deep spiritual relationship with the land, and for their faithful care of God's creation throughout countless generations. We commit ourselves to walk together in justice, reconciliation, and peace. May God bless this land and all who dwell upon it.	对这片土地的致敬 当我们聚集敬拜之际，我们谨此承认沃伦足里-威乌隆族（Wurundjeri-Woiwurrung）与本农族（Bunurong）——库林民族（Kulin Nation）——作为这片土地世代相传的传统守护者。我们感谢他们与这片土地之间深厚的属灵联系，也感谢他们世代忠心看顾上帝所造的这片大地。我们承诺同心同行，追求公义、和解与平安。愿上帝赐福这片土地，以及一切居住在其上的人。
Welcome Welcome to those in the room and those joining us on the livestream. A special welcome and blessing to those who are visiting with us today and to those who are celebrating birthdays this week.	欢迎 欢迎在场的各位，也欢迎透过网络直播与我们同在的朋友们。 特别欢迎并祝福今天来到我们中间的访客，以及本周过生日的弟兄姊妹。
Notices Bible Study Trivia night Sunday Squad	报告事项 查经班 知识问答之夜 主日小队
Bible and Candle As we welcome the bible we are reminded that this is the story of God's people, carried down through the ages to us. Let us open our hearts to hear it afresh today. This small flame reminds us of a great truth: Christ is with us. Let us worship in the light of his presence.	圣经与烛光 当我们迎接圣经时，我们被提醒：这是上帝子民的故事，历世历代流传至今，来到我们面前。让我们敞开心扉，今日重新聆听这故事。 这小小的烛光提醒我们一个伟大的真理：基督与我们同在。让我们在他同在的光中敬拜。
Call to Worship We gather here this morning, some of us tired, hungry, and in need of rest. And God invites us to sit down at his table. Here there is bread enough for everyone. Here there is welcome enough for everyone. So let us come and be fed.	崇拜宣召 我们今早在此聚集，当中有人疲惫、饥饿、需要安歇。 上帝邀请我们坐在他的筵席前。 在这里，有足够众人享用的粮食。

English	中文 (Chinese)
Let us worship the God who satisfies us fully.	在这里，有足够众人得着的欢迎。 让我们前来，得着饱足。 让我们敬拜这位使我们完全满足的上帝。
Song of praise TIS 105 Let all the world in every corner sing	赞美诗歌 TIS 105 《普世万方齐声颂》（暂译，待核）
Introduction to Theme Our culture often tells us that we never have enough, enough time, enough energy, or enough resources to keep up with the demands of life. This morning, we visit a pretty well-known story from the Bible: the feeding of the 5,000. This is Matthew's version, which highlights some very important parts—showing us a Jesus who validates our need to pause and rest, yet steps in with overflowing abundance when we feel we have nothing left to give. What if the pressure to manufacture our own strength isn't what God asks of us at all? Let's explore these themes together this morning as we discover what happens when we bring our small offerings to an endless source of grace.	主题引言 我们的文化常常告诉我们：我们永远不够——没有足够的时间、精力，或资源来应付生活的种种要求。今天早上，我们要一同思想圣经中一段广为人知的故事：五饼二鱼，五千人得饱足。这是马太福音的记载，其中特别强调了几个重要的层面——向我们展现一位耶稣，他认同我们需要停下来、安歇的需要，然而当我们觉得已经一无所有时，他却以满溢的恩典介入其中。如果我们不必靠自己制造力量，而这根本不是上帝对我们的要求呢？让我们今早一同来探讨这些主题，看看当我们将自己微小的奉献，带到那取之不尽的恩典泉源前时，会发生什么事。
Prayers of Adoration and Confession Loving God, you are the God who sees. Nothing escapes your notice and no one is hidden from your sight. You are patient and kind, slow to judge and quick to welcome. Your wisdom stretches beyond anything we can measure, yet you bend down to notice the smallest details of our lives. You are just, and in your justice, no person is counted as less than another. You are generous, and in your generosity, there is room at your table for everyone. We praise you, for this is who you are. We confess that we do not always see others the way you do. We notice the people who seem important and forget the people who feel invisible. We save our time and kindness for those who can give something back, and we walk past those who cannot. We say we welcome everyone, but our actions do not always show it. We build circles that are easy and comfortable, and we leave others standing outside them, wondering if they belong. Forgive us, loving God. Open our eyes to see the people we have overlooked. Give us hearts that welcome everyone to your table, just as you welcome us. Teach us to notice the person standing quietly at the edge, and give us the courage to invite	颂赞与认罪祷告 慈爱的上帝，你是那位鉴察一切的上帝。没有一事逃过你的眼目，没有一人隐藏在你的视线之外。你满有忍耐与恩慈，不轻易论断，却乐意接纳。你的智慧超乎我们所能测度，然而你却俯身留意我们生命中最微小的细节。你是公义的，在你的公义中，没有一人被视为不如他人。你是慷慨的，在你的慷慨中，你的筵席上有众人的位分。我们赞美你，因为这就是你。 我们承认，我们并不总是像你那样看待他人。我们注意那些看似重要的人，却忘记那些觉得自己无足轻重的人。我们把时间与善意留给那些能有所回报的人，却对那些无法回报的人视而不见。我们口说欢迎众人，行为却并不总是如此。我们建立起容易而舒适的小圈子，却让他人站在圈外，疑惑自己是否被接纳。

English	中文 (Chinese)
them in. Help our welcome be as wide as yours. Through Jesus Christ, who counts every one of us as precious. Amen.	慈爱的上帝，求你赦免我们。求你开我们的眼睛，看见那些被我们忽略的人。求你赐给我们像你欢迎我们那样，欢迎众人来到你筵席前的心。教导我们留意那默默站在边缘的人，赐给我们勇气去邀请他们进来。求你使我们的欢迎，如同你的欢迎一样宽广。藉着看每一个人都为宝贵的耶稣基督，祈祷。阿们。
Word of Grace Hear this good news: you are seen, counted, and known by name. No matter how small or overlooked you feel, God stops, turns, and sees you. In Jesus Christ, you are welcomed home, loved, and forgiven. Thanks be to God	恩言 请听这好消息：你被看见、被数算、被称名认识。无论你觉得自己多么渺小或被忽略，上帝都会停下脚步，转身看顾你。在耶稣基督里，你被迎回家中，被爱，也被赦免。 感谢上帝
Bible Readings — Margaret Duncan Matthew 14:13-21 With the Children	读经 —— 玛格丽特·邓肯 (Margaret Duncan) 马太福音 14:13-21 儿童时刻
Song — Wellsprings	诗歌 —— 活水泉源 (Wellsprings)
Bible Readings — Margaret Duncan Psalm 145:8-9, 14-21	读经 —— 玛格丽特·邓肯 (Margaret Duncan) 诗篇 145:8-9, 14-21
Reflection	证道
Not that long ago my family was invited to a pot luck lunch. It was pretty short notice, so I had no idea what to bring. I had a look in the pantry and found that I had enough ingredients to make a lemon cake. It didn't take me that long to whip up and it was done. It wasn't too long before we had to go, I looked at this small little cake, that looked delicious but was rather small and thought how on earth this was going to feed 30-50 people. I thought I can't just bring this cake I need to bring something else.	不久前，我们全家受邀参加一场百家宴（各自带菜的聚餐）。通知得相当仓促，我完全不知道该带什么去。我翻了翻食品柜，发现材料刚好够做一个柠檬蛋糕。做起来并不费多少功夫，很快就完成了。可是没过多久我们就得出发了，我看着这个看起来很美味、却相当小的蛋糕，心想：这怎么可能喂饱三十到五十个人呢？我想，我不能只带这个蛋糕去，我得再带点别的东西。

English	中文 (Chinese)
So on my way to the lunch, I stopped at the petrol station and bought a packet of chips. Just a plain bag of salt and vinegar chips. I put them in a bowl to make them look more official, like I'd made an effort, and I walked in feeling a bit embarrassed, thinking, "This is the best I can do. It won't be enough."	于是在去聚餐的路上，我在加油站停下来，买了一包薯片——就是普通的盐醋味薯片。我把它倒进一个碗里，让它看起来正式一点，好像我有认真准备过，然后带着几分尴尬走进来，心里想：'这就是我能拿出的最好的东西了，肯定不够。'
You can guess what happened next. The hall was absolutely full of food. Curries, roasts, salads, three different kinds of pavlova, someone's grandmother's dumplings, sausage rolls, more sausage rolls than any group of humans could reasonably need. Not only did everyone eat until they were completely full, but at the end of the afternoon, people were practically begging us to take food home! I went home with three plastic containers full of delicious leftovers. I had spent my morning worrying about worrying there wouldn't be enough, when I was actually stepping into an ocean of abundance.	你们可以猜到接下来发生了什么。大厅里摆满了食物：咖喱、烤肉、沙拉、三种不同做法的帕夫洛娃蛋糕、某位祖母做的饺子、香肠卷——多到任何一群人都用不完的香肠卷。不但每个人都吃到心满意足，到了下午结束时，大家几乎是求着我们把食物带回家！我带着三个塑料盒，装满美味的剩菜回家了。我整个早上都在担心食物不够，结果我其实是走进了一片丰盛的海洋。
I share that story because today's Bible reading is about a lunch too, although this one had a much bigger guest list, and much higher stakes. It's the story often called the Feeding of the Five Thousand, from Matthew chapter 14.	我分享这个故事，是因为今天的圣经经文也和一顿午餐有关，只是这次的宾客名单大得多，风险也高得多。这就是常被称为'五饼二鱼喂饱五千人'的故事，出自马太福音第十四章。
This story appears in all four of the Gospels, but today we are focusing on Matthew, and there are some very important statements made in Matthew's version of the story.	这个故事在四卷福音书中都有记载，但今天我们要专注于马太福音的版本，因为马太的记载中有一些非常重要的表述。
Just before our passage, Matthew tells us that John the Baptist, Jesus' relative, and the one who baptised him in the Jordan River, has just been killed by King Herod. When Jesus hears the news, Matthew tells us he "withdrew from there in a boat to a desolate place by himself" (14:13).	就在我们这段经文之前，马太告诉我们，施洗约翰——耶稣的亲属，也是在约旦河为他施洗的那位——刚刚被希律王杀害了。马太告诉我们，耶稣听到这个消息后，'就上船离开那里，独自退到偏僻的地方' (14:13)。
Jesus wanted to get away. He wanted time alone. He was grieving someone he loved, and he needed space.	耶稣想要离开，想要独处的时间。他正在为所爱之人的离世而悲伤，他需要空间。
I think this matters more than we usually admit. We can sometimes think that needing a break, needing time out, needing to step away and be alone with our sadness, is a sign that our faith isn't strong enough, or that we're not coping the way a "good Christian" should. But here is Jesus doing exactly that. Taking time out isn't weakness. It's not a lack of trust in God. It's part of being human, we need rest, we need quiet, and we need space to grieve. If Jesus needed it, we don't need to feel guilty about needing it too.	我认为这一点比我们平常愿意承认的更加重要。我们有时会以为，需要休息、需要暂停、需要独自沉浸在悲伤中，是信心不够坚强的表现，或是没能像一个'好基督徒'该有的样子去面对。但在这里，耶稣正是这样做的。暂停脚步并不是软弱，也不是对上帝缺乏信靠，而是身为人的一部分——我们需要安歇，需要安静，需要空间去哀伤。如果耶稣都需要这些，我们也不必因为自己需要而感到愧疚。

English	中文 (Chinese)
But as Jesus' boat was crossing the lake, the crowd saw where He was going. Thousands of people walked around the shore on foot to meet Him on the other side!	然而，就在耶稣的船渡过湖面的时候，群众看见了他要去的方向。成千上万的人徒步绕着岸边走去，要在对岸迎接他！
How would you feel, You are grieving, you get off the boat expecting peace and quiet, and instead, there are thousands of loud, needy people waiting for you.	试想一下你会有什么感受：你正在哀伤，你下了船，期待的是平静与安宁，结果等着你的，却是成千上万吵闹又充满需要的人群。
Now, if I were Jesus, I might have stayed in the boat and said, "Guys, please, check my calendar! Today is my day off!"	如果换作是我，我可能会留在船上说：'各位，拜托看看我的日程表！今天是我的休息日！'
But look at Jesus response, He doesn't get angry. Verse 14 says He had compassion on them and healed their sick. The Greek word for compassion here describes a feeling deep down in your stomach. Jesus felt their pain.	但请看耶稣的反应——他没有生气。第14节说，他看见这许多的人，就动了怜悯的心，治好了他们中间的病人。这里'怜悯'一词在希腊原文中，描述的是一种发自肺腑深处的感受。耶稣真切地感受到了他们的痛苦。
Then, as the sun began to go down, they are in the middle of nowhere, and the crowd is getting hungry.	接着，太阳渐渐西下，他们身处荒郊野外，群众也开始感到饥饿。
The disciples come to Jesus, and they do the most sensible, logical thing possible. They say to Him: "This is a remote place, and it's already late. Send the crowds away so they can go to the villages and buy themselves some food"	门徒来到耶稣面前，做了最合情合理的事：他们对他说：'这是个偏僻的地方，天色已经不早了，请叫众人散去，好让他们到村子里去，自己买些食物。'
Now, let's give the disciples some credit here! They weren't being mean or lazy. This was reality, there were no Maccas in sight, there were no supermarkets on the corner, there wasn't even Uber Eats. Pretty soon they would be dealing with some pretty Hangry people.	我们得为门徒说句公道话！他们并不是刻薄或懒惰。这就是现实：附近没有快餐店，街角也没有超市，甚至连外卖平台都没有。很快，他们就要应付一群饿到发火的人了。
Let's look at what they have: five small loaves of bread and two little fish. That's it. That's the whole supply.	让我们来看看他们手上有什么：五个小饼，两条小鱼。就这些，这就是全部的供应。
If you sat down and did the maths, there is no version of "five loaves and two fish" that reasonably feeds a crowd that size. The disciples aren't wrong about the numbers. Sending everyone home was the responsible thing to suggest when the resources clearly weren't enough.	如果你坐下来算一算，无论怎么算，'五个饼、两条鱼'都不可能合理地喂饱这么大一群人。门徒在数字上并没有算错。当资源明显不足时，建议大家回家，本就是负责任的做法。

English	中文 (Chinese)
And I think most of us know that feeling. We look at a problem in our lives, a health scare, a financial mess, grief, a broken relationship, the state of the world, and the maths simply doesn't work. We're not unfaithful for noticing that. We're just being honest.	我想我们大多数人都明白这种感受。我们看着生命中的某个难题——一场健康危机、一团财务乱局、丧亲之痛、破裂的关系、这世界的现状——发现这笔账根本算不过来。我们注意到这一点，并不代表我们缺乏信心，我们只是诚实。
But then Jesus says something that changes the whole story: "You give them something to eat" (14:16).	但接下来，耶稣说了一句改变整个故事走向的话：'你们给他们吃吧'（14:16）。
He doesn't ask for a bigger supply from somewhere else. He asks the disciples to bring what's already in their hands. Five loaves. Two fish. Not enough, but not nothing.	他并没有要求从别处取得更多的供应，而是请门徒把他们手上已有的东西拿出来——五个饼，两条鱼。不够，但也不是一无所有。
Here's a detail worth slowing down on.	这里有一个值得我们放慢脚步细细品味的细节。
Matthew tells us the number fed was "about five thousand men, besides women and children" (14:21). If you look at how Mark and Luke tell this same story, they only count the men.	马太告诉我们，得饱足的人数'约有五千，还不算妇女孩子'（14:21）。如果你去看马可与路加如何记述同一个故事，他们只计算了男人的人数。
But Matthew goes out of his way to mention them anyway. It's a small line, but it says something big: this feast wasn't only for the people who "officially" counted. In the ancient Roman and Jewish world, when people counted crowds or armies, they only counted the adult men. Women and children were often ignored in official headcounts. They were treated as invisible, non-important people in society.	但马太却特意提到了妇女和孩子。这只是短短一句话，却道出了重大的意义：这场筵席不只是为那些'被正式计算在内'的人预备的。在古代罗马与犹太世界，人们在统计人群或军队人数时，通常只计算成年男性，妇女和孩子往往被排除在正式的人口统计之外，在社会中被视为无关紧要、几乎不存在的人。
This Feast was for everyone who showed up, women, children, whoever came along, however unofficial their place in the crowd might have seemed. Nobody was too small, too young, or too unimportant to be fed.	这场筵席是为每一个来到现场的人预备的——妇女、孩子，无论是谁来了，无论他们在人群中的位置显得多么不正式。没有人会因为太渺小、太年幼，或太不重要，而得不到喂养。
By highlighting this small detail, Matthew is teaching us something profound about God's heart: God's grace is for everyone. In God's eyes, no one is invisible. No one is sitting in the "cheap seats." Whether you are a man, a woman, a child, rich, poor, an executive, or a new migrant arriving in a country for the first time, you are counted at God's table!	藉着强调这个细微的细节，马太向我们展示了上帝心意中一个深刻的真理：上帝的恩典是给所有人的。在上帝眼中，没有人是隐形的，没有人坐在'廉价座位'上。无论你是男人、女人、孩子，无论富有或贫穷，无论是高层管理人员，还是初来乍到的新移民，你都被算在上帝的筵席之中！

English	中文 (Chinese)
So, what happens with those five loaves and two fish?	那么，这五个饼、两条鱼后来怎么样了？
Jesus blesses them, and as the disciples start handing out the food, something extraordinary happens. The bread keeps coming. The fish keeps coming.	耶稣为它们祝谢，当门徒开始分发食物时，不寻常的事发生了：饼源源不断，鱼也源源不断。
The Bible says in verse 20: "They all ate and were satisfied."	圣经在第20节说：'他们都吃，并且吃饱了。'
The word "satisfied" in the original language means completely full! Their stomachs were full! And after thousands of people ate until they were completely stuffed, the disciples collected the leftovers: twelve basketfuls.	'吃饱了'这个词在原文中的意思是完全地满足、彻底地饱足！他们的肚腹都饱了！在成千上万的人吃到心满意足之后，门徒把剩下的零碎收拾起来，装满了十二个篮子。
Why twelve? Twelve was the number of the tribes of Israel. It was God's way of saying: "There is more than enough for all of my people, with plenty left over!"	为什么是十二个篮子呢？十二是以色列支派的数目。这是上帝在说：'我为我所有的子民预备的，绰绰有余，还有许多剩余！'
This is the true nature of God: God is a God of overflowing grace.	这就是上帝真实的本性：上帝是恩典满溢的上帝。
So often, we approach God with a "packet of potato chips" mindset. We look at our own lives, our energy, our patience, our love, and we think, "I don't have enough."	我们常常带着'一包薯片'的心态来到上帝面前。我们看着自己的生命、自己的精力、耐心、爱心，心想：'我拥有的不够。'
We think, "I don't have enough faith to pray." "I don't have enough love to forgive that person who hurt me." "I don't have enough energy to serve at church this week." Or worse, we think God's love is limited!	我们想：'我没有足够的信心去祷告。' '我没有足够的爱去饶恕那个伤害我的人。' '我没有足够的精力这周去教会服侍。' 更糟的是，我们甚至以为上帝的爱是有限的！
God does not ration His grace out with a tiny spoon. He doesn't give you a small drop of forgiveness and say, "Now be careful, don't waste it!" God dishes out His grace with a massive shovel! It overflows!	上帝并不是用一支小汤匙来配给他的恩典。他不会只给你一小滴赦免，然后说：'小心点，别浪费了！' 上帝是用一把巨大的铲子来分发他的恩典的！恩典满溢而出！
When God forgives you, He forgives you completely. When God offers you His love, it is an endless ocean. You cannot drain the ocean with a tea cup!	当上帝赦免你的时候，他是完全地赦免。当上帝将他的爱赐给你时，那是一片无边无际的海洋。你无法用一个茶杯把整片海洋舀干！

English	中文 (Chinese)
How does this look for us practically this week?	这对我们这一周的实际生活来说，意味着什么呢？
First, bring your "little plate" to Jesus.	首先，把你那'小小的一盘'带到耶稣面前。
Don't wait until you are "perfect" or have everything figured out before you come to God. If all you have today is a tiny bit of faith, a small prayer, or five minutes of time—give it to Jesus! He delights in taking our small, humble offerings and multiplying them into something beautiful. Bring your five loaves and 2 fishes and see what great things God can do with it.	不要等到自己'完美'了，或把一切都想清楚了，才来到上帝面前。如果你今天所拥有的，只是一点点信心、一个小小的祷告，或是五分钟的时间——把它献给耶稣！他乐意接过我们微小、谦卑的奉献，将它们变成美好的事物。带上你的五个饼、两条鱼，看看上帝能用它们成就何等奇妙的事。
Second, rest when you need to rest.	第二，当你需要安歇时，就安歇。
Remember that Jesus got into the boat when He was tired. You don't have to save the world today—Jesus already did that! Give yourself permission to pause, breathe, and let God refresh your soul.	要记得，耶稣在疲惫的时候，也上了船。你今天不必去拯救世界——耶稣已经做成了这件事！容许自己暂停下来，呼吸片刻，让上帝更新你的心灵。
And finally, share the abundance.	最后，分享这份丰盛。
When you realize that God's love for you will never run out, you can stop hoarding your love, your time, and your kindness. You can forgive generously. You can be kind to the difficult neighbor. You can welcome the stranger. Why? Because you aren't afraid of running empty! You are connected to an overflowing source.	当你明白上帝对你的爱永不枯竭时，你就可以不再囤积你的爱、你的时间、你的善意。你可以慷慨地饶恕人，可以善待那位难相处的邻居，可以欢迎陌生人。为什么呢？因为你不再害怕会耗尽——你所连接的，是一个永不干涸、满溢而出的源头。
Think back to that potluck lunch I was so worried about.	回想一下我曾经那么担心的那场百家宴。
I was stressing out, driving to the petrol station, trying to solve a problem of scarcity with a cheap bag of chips. I was convinced I didn't have enough to offer. But when I stepped into that hall, I didn't find scarcity—I found a feast. And I walked home with containers overflowing with food I didn't even earn.	我当时焦虑不已，开车到加油站，想用一包廉价的薯片来解决匮乏的问题。我确信自己没有足够的东西可以奉献。但当我踏进那个大厅时，我看见的不是匮乏，而是一场盛宴。我带着满满的、我根本不配得的食物回家了。
My friends, that is what life with God looks like.	朋友们，这就是与上帝同行的生命样式。

English	中文 (Chinese)
Stop worrying that your plate is too small. Stop believing the lie that God can't do something extraordinary with the tiny bit you have to offer.	不要再担心你的盘子太小了。不要再相信那个谎言，以为上帝不能用你所拥有的那一点点，成就非凡的事。
Whatever you are holding today, your fatigue, your small faith, your weak prayers, your handful of loaves and fish, put it in God's hands. Step up to the table. Eat until your soul is completely full, and then go out into your homes, your workplaces, and your community, and share the overflowing leftovers of God's amazing grace with everyone you meet.	无论你今天手中拿着什么——你的疲惫、你微小的信心、你软弱无力的祷告、你手中那一点点的饼与鱼——都将它交在上帝手中。走近这筵席，吃到你的灵魂完全饱足，然后走进你的家庭、你的工作场所、你的社区，把上帝奇妙恩典那满溢而出的剩余，分享给你所遇见的每一个人。
Offering Song TIS 595 - O Jesus I have promised	奉献诗歌 TIS 595 《主耶稣我曾应许》（暂译，待核）
Offering Dedication Generous God, thank you that you do not hold back your goodness, but pour out your grace like an overflowing ocean. Everything we own comes from you. As we give today, help us to let go of fear and trust that you will always provide for us. May these offerings bring food to the hungry, comfort to the weary, and hope to our community. In Jesus' name, Amen	奉献献词 慷慨的上帝，感谢你毫不保留你的良善，倾倒你的恩典如同浩瀚汪洋。我们所拥有的一切都来自于你。今日当我们奉献之时，求你帮助我们放下惧怕，信靠你必永远供应我们。愿这些奉献，为饥饿的人带来粮食，为疲惫的人带来安慰，也为我们的社区带来盼望。奉耶稣的名祈求，阿们。
Prayers of the People — Colin King	会众代祷 —— 科林·金 (Colin King)
Holy Communion Lorraine Chee, Jolene Chee, Ross Mackinnon, Herb Fleming, Susan Karoly	圣餐 Lorraine Chee, Jolene Chee, Ross Mackinnon, Herb Fleming, Susan Karoly
Communion Song As we take this bread to eat (Communion Song) As we take this bread to eat, As our lips sip on this wine, I will celebrate new life in me, and in you, And through Jesus Christ we know,	圣餐诗歌 当我们领受这饼（圣餐诗歌） 当我们领受这饼， 当我们的嘴唇沾这杯中的酒， 我要庆贺在我里面，也在你里面的新生命，

English	中文 (Chinese)
God's love flows throughout our lives, Like a river that flows into the sea.	藉着耶稣基督我们知道， 上帝的爱流贯我们的生命， 如同江河流入大海。
Invitation Whatever you bring to this table today, however small it feels, is enough. Just as five loaves and two fish became more than enough for thousands, Christ takes what we offer and makes it plenty. (all hold and eat and drink together.)	邀请 无论你今天带到这筵席前的是什麼，即使觉得微不足道，也已经足够。正如五饼二鱼成为供应数千人绰绰有余的粮食，基督也必将我们所献上的，化为丰盛。 （众人一同领受圣餐。）
Thanksgiving We are the body of Christ His Spirit is with us. Lift up your hearts. We lift our hearts to God. Let us give thanks to God who is Wisdom and Love. It is right to give our thanks and praise. Father of goodness, Mother of kindness, for creation in its wonder and mystery we thank you for Jesus your beloved Son, who comes to save the lost, we thank you for your Holy Spirit in her grace, we thank you And we sing the hymn of unending praise:	感恩颂祷 我们是基督的身体， 他的圣灵与我们同在。 你们心灵要仰望， 我们心灵仰望上帝。 让我们向那有智慧、有慈爱的上帝献上感谢。 这是理所当然的事。 良善的父，慈爱的母， 为着创造中的奇妙与奥秘， 我们感谢你； 为着你的爱子耶稣，他前来拯救迷失的人， 我们感谢你；

English	中文 (Chinese)
	为着你圣灵的恩典， 我们感谢你。 我们同声歌唱这永不止息的赞美之歌：
Holy, holy, holy (TIS763) Holy, holy, holy, Lord God of power, Lord God of might, Lord God of power and might. Heaven and earth are full of your glory. Hosanna in the highest. Hosanna, hosanna, hosanna in the highest. Hosanna, hosanna, hosanna in the highest Blessed, blessed, blessed, blessed is he, who comes in the name, who comes in the Lord's own name. Hosanna, hosanna, hosanna in the highest. Hosanna, hosanna, hosanna in the highest	圣哉，圣哉，圣哉 (TIS 763) 圣哉，圣哉，圣哉， 大能的主上帝，大权能的主上帝， 大能大权能的主上帝。 天地充满你的荣耀。 高高在上，和散那。 和散那，和散那，高高在上和散那。 和散那，和散那，高高在上和散那 当称颂，当称颂，当称颂， 奉主名而来的，是应当称颂的， 那奉主的名而来的。 高高在上，和散那。 和散那，和散那，高高在上和散那
Blessed is our brother Jesus, who on the night of his betrayal took bread, gave thanks, broke it and said: This is my body given for you. Whenever you eat it, remember me.	我们的弟兄耶稣是当受称颂的， 他在被出卖的那一夜， 拿起饼来，祝谢了，擘开，说： 这是我的身体，为你们舍的。

English	中文 (Chinese)
In the same way, after supper, he took the cup saying: This is the cup of a new covenant in my blood. Whenever you drink it, remember me.	你们每逢吃的时候，要如此行，为的是纪念我。 饭后，他也照样拿起杯来，说： 这杯是用我的血所立的 新约。 你们每逢喝的时候，要如此行，为的是纪念我。
Come now, Holy Spirit of our God, love us into the unity of peace through this bread and wine. For: Christ has died, Christ is risen, Christ will come again! Through Christ, with Christ, in Christ all glory be to you, Source of all Being, Eternal Wisdom and Holy Spirit, one God and Mother of all creation. Amen.	上帝的圣灵，求你现在降临， 藉着这饼与杯， 使我们在爱中合而为一，同享平安。因为： 基督已经死了， 基督已经复活， 基督还要再来！ 藉着基督，与基督同在，在基督里， 愿一切荣耀都归给你—— 万有的本源， 永恒的智慧与圣灵， 独一的上帝，万物之母。 阿们。
Lord's Prayer Our Father in heaven, hallowed be your name, your kingdom come, your will be done,	主祷文 我们在天上的父， 愿人都尊你的名为圣，

English	中文 (Chinese)
on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Save us from the time of trial and deliver us from evil. For the kingdom, the power, and the glory are yours now and for ever. Amen.	愿你的国降临， 愿你的旨意成就， 在地上如同在天上。 我们日用的饮食， 求你今日赐给我们。 求你饶恕我们的罪， 如同我们饶恕得罪我们的人。 不叫我们陷入试探， 救我们脱离凶恶。 因为国度、权柄、荣耀， 全是你的， 直到永远。阿们。
Breaking of the Bread Christ is the bread of resurrection: new life for all. Christ is the cup of life: who revives the faint-hearted. From five loaves, a feast for thousands. From this one loaf, life for us all. We who are many are one body, for we all share in the one bread. Let us receive what we are.	掰饼礼 基督是复活的饼： 是众人的新生命。 基督是生命的杯： 使灰心丧志的人重新振作。 从五个饼，成为数千人的筵席。 从这一个饼，成为我们众人的生命。 我们虽多，却是一个身体，

English	中文 (Chinese)
Let us become what we receive: The body of Christ. The gifts of God for the people of God.	因我们都同领这一个饼。 让我们领受我们本是的样式， 让我们成为我们所领受的： 基督的身体。 这是上帝赐给上帝子民的恩典。
Distribution Receive this holy sacrament of the body and blood of Christ and feed on him in your hearts by faith with thanksgiving. Music: musician's choice. Distribution: in pews.	领受圣餐 请领受基督身体与宝血这圣洁的圣礼，凭信心存感恩的心，在你们心中以他为粮。 音乐：由司乐自行选择。 领受方式：于座位上分领。
The Peace	平安礼
Sending Song They'll know we are christians by our Love	差遣诗歌 《因我们的爱，人必认出我们是基督徒》（暂译，待核）
Blessing and Sending Go now, having been fed at God's table. May God the Father satisfy every hunger of your heart. May Christ the Son, the bread of life, sustain you through the week ahead. May the Holy Spirit strengthen you to share what you have received. Go and feed others with the same grace that has fed you. Amen.	祝福与差遣 如今你们已在上帝的筵席上得着饱足，请前去吧。 愿父上帝满足你们心中一切的饥渴。 愿圣子基督，这生命的粮，在未来的一周扶持你们。 愿圣灵坚固你们，使你们能分享自己所领受的。 去吧，用那喂养了你们的同一恩典，去喂养他人。 阿们。

English	中文 (Chinese)
Musicians Organist: Matthew Boldiston Band Leader: Matthew Boldiston Woodwind: Michele Stringer Guitar: David Fraser Singers: Michael Boldiston, Joanne Boldiston, Susan Stringer	音乐服侍人员 司琴: Matthew Boldiston 乐队领队: Matthew Boldiston 木管乐器: Michele Stringer 吉他: David Fraser 歌手: Michael Boldiston, Joanne Boldiston, Susan Stringer
Rosters Door Stewards: Laurel & John Muir Sound: Thomas Leister	事奉轮值 迎宾: Laurel & John Muir 音控: Thomas Leister