

Order of Service | 崇拜程序

4 October 2026 • Pentecost 19 (Year A) • Season of Creation: Living Water
2026年10月4日 • 圣灵降临后第十九主日（甲年） • 创造季节：活水

English	中文（简体）
Prelude TIS 655 Spirit Song (O let the Son of God enfold you) <i>Summary: A gentle invitation to let Jesus fill our lives. The song speaks of handing our tears and pain over to him, being made whole by the Spirit, and entering a life of joy in Jesus' name.</i>	序乐 TIS 655 《Spirit Song》（愿神的儿子拥抱你） <i>内容简介：这首诗歌温柔地邀请我们让耶稣充满我们的生命。歌中谈到把我们的眼泪和痛苦交给他，被圣灵医治而得完整，并在耶稣的名里进入喜乐的生命。</i>
Welcome and Notices – Ian 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.	欢迎与通告 – Ian 问安与欢迎 愿主耶稣基督的恩惠、 神的慈爱、 圣灵的感动， 常与你们众人同在。 也与你同在。

English	中文（简体）
Acknowledgement of Country From before recorded time, the Wurundjeri-Woiwurrung and Boonwurrung peoples of the Kulin Nation cared for this Land. We praise the Creator for the beauty of this Land and honour those who have cared for it. We acknowledge the Elders and community members who have told the sacred stories and nurtured faithfulness to the Creator. We ask God's blessing on those who continue to work for the healing and restoration of this Land and Her Communities.	土地致意 自有历史记载之前，库林族（Kulin Nation）的 Wurundjeri-Woiwurrung 族和 Boonwurrung 族人就一直守护着这片土地。我们为这片土地的美丽赞美造物主，并尊敬那些守护这片土地的人。我们感谢长老和社区成员，他们讲述神圣的故事，并培育了对造物主的忠信。我们祈求神赐福给那些继续为这片土地及其社群的医治与复原而努力的人。
Welcome and Notices Welcome to those in the room and those joining us on the livestream. 5th and final Sunday of Season of Creation. Theme: Living Water. Holy Communion: come forward this week. A special welcome and blessing to those who are visiting with us today and to those who are celebrating birthdays this week. Notices Mission Planning workshop after worship Fete Bible study Treasurer	欢迎与通告 欢迎在场的各位，以及通过直播与我们同在的各位。 今天是创造季节的第五个、也是最后一个主日，主题是“活水”。本周圣餐请大家上前领受。 特别欢迎并祝福今天来访的朋友，以及本周庆祝生日的弟兄姊妹。 通告 崇拜后举行使命规划工作坊 园游会（Fete） 查经班 司库报告

English	中文（简体）
Call to Worship – Ian Jesus said, Everyone who drinks of this water will be thirsty again; <i>[rain stick]</i> but those who drink from the water that I will give them, will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life. Bring the thirst of your soul to worship our life-giving God today. Just as Jesus met the woman at the well and gave her living water, may we also meet him here, hear his words, and know the spring of his life gushing up in us. Let us worship God and sing.	宣召 – Ian 耶稣说： 凡喝这水的，还要再渴； <i>[雨声棒]</i> 人若喝我所赐的水， 就永远不渴。 我所赐的水， 要在他里头成为泉源， 直涌到永生。 请把你灵魂的干渴， 带来敬拜赐生命的神。 正如耶稣在井边遇见那位妇人， 赐给她活水， 愿我们也在此遇见他，听见他的话语， 并知道他生命的泉源在我们里面涌流。 让我们敬拜神，并歌唱。

English	中文（简体）
Gathering Song – Living Waters (Getty) <i>Bible carried in and candle lit during song.</i> <i>Summary: A call to the thirsty, weary and broken to find rest and refreshing in Christ, the living water. The song celebrates a river of mercy and love, and speaks of forgiveness, healing, and a secure hope that leaves no room for fear.</i>	聚会诗歌 – 《Living Waters》 (Getty) <i>歌唱期间，圣经被捧入，烛火被点燃。</i> <i>内容简介：这首诗歌呼召口渴、疲倦、破碎的人，在基督这活水里得安息与更新。歌中赞美怜悯与慈爱的河流，并谈到赦免、医治，以及使人不再惧怕的稳固盼望。</i>
Introduction to Theme – Chris This morning we come to the final sermon in our Season of Creation series on living water. We've travelled through creation, the Red Sea, the wilderness and even a stormy sea, and today we arrive at an ordinary well with an ordinary jar and a very important conversation. As we meet Jesus and the Samaritan woman, we are reminded that he knows us completely, loves us deeply and offers us water that never runs dry. We'll also share in communion together, remembering that the One who offers living water is the same One who gave himself for us. So, whether you've brought a reusable bottle, a takeaway coffee or simply a thirsty heart, let's worship together.	主题介绍 – Chris 今天早晨，我们来到创造季节“活水”系列的最后一篇讲道。我们已经走过创造、红海、旷野，甚至风浪中的海面；今天，我们来到一口普通的井、一个普通的水罐，和一场非常重要的对话。当我们遇见耶稣和那位撒玛利亚妇人，我们被提醒：他完全认识我们，深深爱我们，并赐给我们永不干涸的水。我们也要一同领受圣餐，記念那位赐下活水的，正是为我们舍己的那一位。所以，无论你带来的是可重复使用的水瓶、一杯外带咖啡，还是仅仅一颗干渴的心，让我们一同敬拜。

Prayers of Adoration and Confession – Ian

Dear Jesus, source of living water,
just as you met the woman at the well,
so meet us here this morning.

As we gather in your Spirit to worship
in this Season of Creation
grant us to see your face, hear your words,
and to know the spring of your life gushing up in us,
like water from the rock.

In silence
become aware of the longing in your soul this morning.
For what do you thirst?

Silence

Merciful God,
the well of your love is infinitely deep,
the spring of your life is never dry,
the water you give to quench the thirst of our souls
flows for eternity.

But we confess that we seek to satisfy our thirst
from the wells that the world digs.
We return again and again to drink of
greed, divisiveness, selfishness, violence and triviality,
and we find ourselves always thirsty.

Have mercy on us.
Lead us back to Jesus we pray.
Lead us to drink from the wellspring of life.
Amen.

赞美与认罪祷告 – Ian

亲爱的耶稣，活水的源头，
正如你在井边遇见那位妇人，
求你今早也在此遇见我们。

当我们在你的灵里聚集，
在这创造季节中敬拜，
求你让我们得见你的面，听见你的话语，
并知道你生命的泉源在我们里面涌流，
如同从磐石中涌出的水。

请在静默中，
觉察你灵魂今早的渴望。
你渴慕的是什么？

静默

怜悯的神，
你慈爱的井深不可测，
你生命的泉源永不干涸，
你赐下止息我们灵魂干渴的水，
直流到永远。

但我们承认，我们用这世界所挖的井
来满足自己的干渴。
我们一次又一次地回去啜饮

English	中文（简体）
	贪婪、分裂、自私、暴力和琐碎， 却发现自己总是干渴。 求你怜悯我们。 求你带领我们回到耶稣面前。 求你带领我们喝生命的泉源。 阿们。
Word of Grace Jesus said, "...those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life." Today we join our voices with the woman at the well as she says to Jesus, "Sir, give me this living water, so that I may never be thirsty..." The waters of grace flow for her and they flow for us. Drink deeply as you hear Christ's word to us all: Your sin is forgiven. Thanks be to God.	恩典的话语 耶稣说：“人若喝我所赐的水，就永远不渴。我所赐的水，要在他里头成为泉源，直涌到永生。” 今天，我们与井边的妇人同声对耶稣说： “先生，请把这活水赐给我，叫我永不干渴.....” 恩典的活水为她涌流，也为我们涌流。 请尽情畅饮，听基督对我们众人所说的话： 你的罪已蒙赦免。 感谢神。

Gospel Reading – Eileen Scott

John 4:5-30 – Jesus and the Samaritan woman

5 Jesus came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. 6 Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon.

7 A Samaritan woman came to draw water, and Jesus said to her, "Give me a drink." 8 (His disciples had gone to the city to buy food.) 9 The Samaritan woman said to him, "How is it that you, a Jew, ask a drink of me, a woman of Samaria?" (Jews do not share things in common with Samaritans.), 10 Jesus answered her, "If you knew the gift of God and who it is that is saying to you, 'Give me a drink,' you would have asked him, and he would have given you living water." 11 The woman said to him, "Sir, you have no bucket, and the well is deep. Where do you get that living water? 12 Are you greater than our ancestor Jacob, who gave us the well and with his sons and his flocks drank from it?" 13 Jesus said to her, "Everyone who drinks of this water will be thirsty again, 14 but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life." 15 The woman said to him, "Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water."

16 Jesus said to her, "Go, call your husband, and come back." 17 The woman answered him, "I have no husband." Jesus said to her, "You are right in saying, 'I have no husband,' 18 for you have had five husbands, and the one you have now is not your husband. What you have said is true!" 19 The woman said to him, "Sir, I see that you are a prophet. 20 Our ancestors worshiped on this mountain, but you say that the place where people must worship is in Jerusalem." 21 Jesus said to her, "Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. 22 You worship what you do not know; we worship what we know, for salvation is from the Jews. 23 But the hour is coming and is now here when the true worshipers will worship the Father in spirit and truth, for the Father seeks such as these to worship him. 24 God is spirit, and those who

福音书朗读 – Eileen Scott

约翰福音 4:5-30 – 耶稣与撒玛利亚妇人

(中文经文取自《和合本》)

5 于是到了撒玛利亚的一座城，名叫叙加，靠近雅各给他儿子约瑟的那块地。6 在那里有雅各井。耶稣因走路困乏，就坐在井旁；那时约有午正。7 有一个撒玛利亚的妇人来打水。耶稣对她说：“请你给我水喝。” 8 那时门徒进城买食物去了。9 撒玛利亚的妇人对他说道：“你既是犹太人，怎么向我一个撒玛利亚妇人要水喝呢？” 原来犹太人和撒玛利亚人没有来往。10 耶稣回答说：“你若知道神的恩赐，又知道是谁对你说‘给我水喝’，你必早求他，他也必早给了你活水。” 11 妇人说：“先生，没有打水的器具，井又深，你从哪里得活水呢？ 12 我们的祖宗雅各将这井留给我们，他自己和儿子并牲畜也都喝这井里的水，难道你比他还大吗？” 13 耶稣回答说：“凡喝这水的还要再渴； 14 人若喝我所赐的水，就永远不渴。我所赐的水，要在他里头成为泉源，直涌到永生。” 15 妇人说：“先生，请把这水赐给我，叫我不渴，也不用来这么远打水。”

16 耶稣说：“你去叫你丈夫也到这里来。” 17 妇人说：“我没有丈夫。” 耶稣说：“你说没有丈夫是不错的。 18 你已经有五个丈夫，现在有的也不是你的丈夫。你这话是真的。” 19 妇人说：“先生，我看出你是先知。 20 我们的祖宗在这山上礼拜，你们倒说，应当礼拜的地方是在耶路撒冷。” 21 耶稣说：“妇人，你当信我。时候将到，你们拜父，也不在这山上，也不在耶路撒冷。 22 你们所拜的，你们不知道；我们所拜的，我们知道，因为救恩是从犹太人出来的。 23 时候将到，如今就是了，那真正拜父的，要用心灵和诚实拜他，因为父

English	中文（简体）
worship him must worship in spirit and truth.” 25 The woman said to him, “I know that Messiah is coming” (who is called Christ). “When he comes, he will proclaim all things to us.” 26 Jesus said to her, “I am he, the one who is speaking to you.” 27 Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, “What do you want?” or, “Why are you speaking with her?” 28 Then the woman left her water jar and went back to the city. She said to the people, 29 “Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?” 30 They left the city and were on their way to him. For these words of wisdom, and for Christ the living Word: Thanks be to God.	要这样的人拜他。24 神是灵，所以拜他的必须用心灵和诚实拜他。” 25 妇人说：“我知道弥赛亚（就是那称为基督的）要来；他来了，必将一切的事都告诉我们。” 26 耶稣说：“这和你说话的就是他！” 27 当下门徒回来，就希奇耶稣和一个妇人说话；只是没有人说：“你是要什么？”或说：“你为什么和她说话？” 28 那妇人就撇下水罐，往城里去，对众人说：29 “你们来看，有一个人将我素来所行的事都给我说出来了，莫非这就是基督吗？” 30 众人就出城，往耶稣那里去。 为着这些智慧的话语，也为着基督这活的道： 感谢神。
With the Children – Chris Song – Wellsprings <i>Summary: A song for children about going each day to the wellsprings of life to find Jesus, like the woman at the well. It is honest about the hard days (dry, tired, overwhelmed) as well as the days when faith feels strong and life feels new.</i>	与孩子们同在 – Chris 诗歌 – 《Wellsprings》 <i>内容简介：这是一首儿童诗歌，讲到我们像古时的妇人一样，每天来到生命的泉源，在那里寻见耶稣。歌中坦诚面对艰难的日子（干涸、疲惫、不堪重负），也歌唱信心强大、生命焕然一新的日子。</i>

Bible Reading – Eileen Scott

Psalm 42:1-6a

1 As a deer longs for flowing streams,
so my soul longs for you, O God.

2 My soul thirsts for God,
for the living God.

When shall I come and behold
the face of God?

3 My tears have been my food
day and night,

while people say to me continually,
“Where is your God?”

4 These things I remember,
as I pour out my soul:
how I went with the throng
and led them in procession to the house of God,
with glad shouts and songs of thanksgiving,
a multitude keeping festival.

5 Why are you cast down, O my soul,
and why are you disquieted within me?
Hope in God, for I shall again praise him,
my help 6 and my God.

For these words of wisdom, and for Christ the living Word:
Thanks be to God.

经文朗读 – Eileen Scott

诗篇 42:1-6上

(中文经文取自《和合本》)

1 神啊，我的心切慕你，如鹿切慕溪水。2 我的心渴想神，就是永生神；我几时得朝见神呢？3 我昼夜以眼泪当饮食；人不住地对我说：“你的神在哪里呢？”4 我从前与众人同往，用欢呼称赞的声音领他们到神的殿里，大家守节。我追想这些事，我的心极其悲伤。5 我的心哪，你为何忧闷？为何在我里面烦躁？应当仰望神，因我还要称赞他。他笑脸帮助我。6 我的神啊……

为着这些智慧的话语，也为着基督这活的道：
感谢神。

English	中文（简体）
Reflection – Chris Leaving the Jar Behind	反思 – Chris 放下水罐
Think about when you grew up and what it was like for you back then. I grew up in the 80s and 90s and it was a much simpler time. Think about when you were thirsty. If you were at school, you waited until you walked past a rusty metal water fountain in the school yard. People would jam them and use them to squirt people. But they just hit the spot. If you were out and about and you were thirsty, you would jump by someone's front yard and drink straight from their tap. Or, if you were playing outside, you just drank straight from the green garden hose in the backyard. It tasted a little bit like rubber and warm plastic, and somehow, we all survived!	回想一下你成长的年代，那时是什么样子。我成长于上世纪八九十年代，那是一个简单得多的时代。想想你口渴的时候：如果在学校，你就要等到走过操场上那个生锈的金属饮水机才能喝水。大家会把出水口堵住，再拿它来互相喷水。可它们喝起来就是那么解渴。如果你在外面闲逛口渴了，就会拐到别人家的前院，直接对着人家的水龙头喝。又或者，如果你在外面玩耍，就直接喝后院那条绿色花园水管里的水。那水带着一点橡胶和温热塑料的味道，可不知怎么的，我们居然全都活了下来！

English	中文（简体）
Today, things are very different. Today, we all carry all kinds of drink bottles. Some schools have a “no drink bottle, no play” policy: if kids want to play outside, they need to provide their own drink bottle. Kids at school, parents at the grocery store, and grandparents at the park carry metal cups the size of small fire extinguishers. Some are clear plastic jugs the size of a car battery. The bottled water industry in Australia is worth 1.8 billion dollars, and it was estimated that Australians spent over 700 million dollars on bottled water last year.	今天，情况大不相同。如今我们人人都带着各式各样的水瓶。有些学校实行“没有水瓶，不许玩耍”的规定：孩子们若想到户外玩，就必须自带水瓶。学校里的孩子、超市里的家长、公园里的祖父母，都带着像小型灭火器那么大的金属水杯。有些则是像汽车电瓶那么大的透明塑料水壶。澳大利亚的瓶装水行业价值18亿澳元，据估计，去年澳大利亚人在瓶装水上花费超过7亿澳元。
The reason behind this is that we are taking water seriously. Our need for water is essential. Thirst is real. It is for us now and it was for people throughout time.	这背后的原因是，我们很认真地对待水。我们对水的需要是根本的，口渴是真实的。对我们如此，对历代的人也是如此。

English	中文（简体）
If we track over our series on living water so far: we started in the very beginning, in Genesis, where the Spirit of God floated over the dark, wild waters of Creation, bringing life and beauty out of nothing. Then we walked with the Israelites up to the edge of the Red Sea, where God parted the waters to make a road to freedom. We stood in the hot desert with Moses, when the people were so thirsty they were ready to give up, and God brought fresh, cool water gushing out of a hard, dry rock. And we got into a boat with Peter, watching him step out onto the stormy waves to walk toward Jesus, learning that even when we sink in fear, Jesus reaches into the water to pull us up.	回顾我们这个“活水”系列到目前为止的旅程：我们从最初的《创世记》开始，神的灵运行在创造之初那黑暗、狂野的水面上，从虚无中带出生命与美好。接着，我们与以色列人一同走到红海边，神把海水分开，开出一条通往自由的道路。我们和摩西一起站在炎热的旷野中，那时百姓渴得几乎要放弃，神却使清凉的活水从坚硬干涸的磐石中涌流而出。我们还和彼得一同上了船，看着他踏出船外，在风浪中走向耶稣，也学到：即使我们因恐惧而下沉，耶稣仍会伸手入水，把我们拉起来。
Today we come to the last stop in our series. No sea. No storm. No gushing rock. Just an ordinary well, an ordinary jar, and a very ordinary-looking man who is tired and thirsty.	今天我们来到这个系列的最后一站。没有大海，没有风暴，也没有涌流的磐石。只有一口普通的井，一个普通的水罐，和一位看起来非常普通、又累又渴的人。

English	中文（简体）
John tells us Jesus is walking from Judea in the south to Galilee in the north, and he “had to go through Samaria” . Here is the surprise: he didn't have to. Most Jewish travellers avoided Samaria completely, crossing the Jordan River and walking the long way round, adding a day or two to the trip. Imagine taking a two-day detour just to avoid one neighbourhood. That is how strong the feeling was.	约翰告诉我们，耶稣正从南边的犹太前往北边的加利利，他“必须经过撒玛利亚”。出人意料的是：其实他并非必须如此。大多数犹太旅客会完全避开撒玛利亚，渡过约旦河，绕远路而行，使行程多出一两天。想想看，仅仅为了避开一个社区，就多绕两天的路。当时的敌意就是这样强烈。
There was history between the Jewish people and the Samaritans. In 722 BC, the Assyrian army conquered the northern kingdom of Israel. Foreign people were moved in and married the Israelites who stayed, and their descendants became the Samaritans. Jews thought, “You are not pure.” Around 128 BC, a Jewish ruler burned down their temple. By Jesus' day, this was hundreds of years of hurt on both sides.	犹太人和撒玛利亚人之间有着历史恩怨。公元前722年，亚述军队征服了以色列北国。外族人被迁入当地，与留下来的以色列人通婚，他们的后代就成了撒玛利亚人。犹太人认为：“你们不纯正。”约公元前128年，一位犹太统治者焚毁了他们的圣殿。到耶稣的时代，双方已经积累了数百年的伤痛。
So a Jewish teacher sits at a well in Samaria. Then a Samaritan woman walks up, at noon.	于是，一位犹太教师坐在撒玛利亚的一口井边。接着，一位撒玛利亚妇人在正午走了过来。

English	中文（简体）
John says it was about the sixth hour, midday. In that hot country, women drew water in the cool of the morning, together, sharing the news. Nobody chose noon. The sun is fierce and the well has no one around it. Have you ever dodged someone at the shops because you felt embarrassed? You might have thought, I will just go to the shops early in the morning so I won't see anyone. Same idea. She planned her whole day around not being seen. Jesus later says, kindly, "You have had five husbands, and the man you now have is not your husband" (v.18). We don't know her whole story. But she had learned that noon was safer than morning. She was desperate for water, and even more desperate to avoid people.	约翰说那时“约有午正”，也就是正午时分。在那炎热的地方，妇女们都在清凉的早晨一起打水，一边交换消息。没有人会选择正午。烈日当空，井边空无一人。你有没有过因为尴尬而在商店里躲着某个人？你也许想过：我还是一大早去店里吧，这样就不会碰见任何人。道理是一样的。她把一整天的安排都围绕着“不被人看见”。耶稣后来温和地说：“你已经有五个丈夫，现在有的也不是你的丈夫”（第18节）。我们并不知道她完整的故事。但她已经学到：正午比早晨更安全。她极度渴求水，却更极度渴望避开人群。

English	中文（简体）
Jesus doesn' t begin with her past. He begins with a request: "Will you give me a drink?" Everyone else saw a problem. Jesus says, "I need something from you." Think about that. A Jewish teacher isn' t supposed to speak to a Samaritan woman in public, and he asks for her help. He treats her as a person who has something to give. She is surprised: "You are a Jew and I am a Samaritan woman. How can you ask me for a drink?" Jesus answers, "If you knew the gift of God and who it is that asks you for a drink, you would have asked him and he would have given you living water."	耶稣并不是从她的过去开始的。他是从一个请求开始的：“你给我水喝。”别人看到的都是问题，耶稣却说：“我需要你给我一些东西。”想想这一点。一位犹太教师本不该在公开场合与撒玛利亚妇人说话，他却向她求助。他把她当作一个有东西可以给予的人。她感到惊讶：“你既是犹太人，怎么向我一个撒玛利亚妇人要水喝呢？”耶稣回答：“你若知道神的赐予，又知道是谁对你说‘给我水喝’，你必早求他，他也必早给了你活水。”
There is a moment of confusion for the woman. She thinks about buckets and that Jesus doesn' t have one. The well is deep. But Jesus says, "Everyone who drinks this water will be thirsty again, but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life."	妇人一时感到困惑。她想到的是水桶，而耶稣并没有水桶，这口井又很深。但耶稣说：“凡喝这水的，还要再渴；人若喝我所赐的水，就永远不渴。我所赐的水，要在他里头成为泉源，直涌到永生。”

English	中文（简体）
Physical water is good, but it is temporary. Even the biggest bottle in the world needs a refill. Living water means fresh, flowing water, like a spring or river. This thread runs through the whole Bible. Isaiah calls, “Come, all you who are thirsty, come to the waters.” And Jeremiah records God’ s sad complaint that his people left him, “the spring of living water,” and dug cracked cisterns that cannot hold water. We have all looked for things to keep us satisfied: success, approval, being busy, being perfect. They are like the water bottles of our lives. They hold water for a while, then leak or run out. Jesus offers the real spring.	实际的水是好的，但它是暂时的。即使世上最大的水瓶也需要再灌满。“活水”指的是新鲜、流动的水，就像泉源或河流。这条线贯穿整本圣经。以赛亚呼召说：“你们一切干渴的，都当就近水来。”耶利米则记下了神悲伤的控诉：他的百姓离弃了他这“活水的泉源”，为自己凿出“破裂不能存水的池子”。我们都曾寻找各样东西来使自己满足：成功、认可、忙碌、完美。它们就像我们生命中的水瓶，能盛水一时，随后就渗漏或用尽。耶稣所赐的，才是真正的泉源。
Something surprising happens at the end of this passage. It states, “Then, leaving her water jar, the woman went back to the town and said to the people, ‘Come, see a man who told me everything I ever did. Could this be the Messiah?’ ”	在这段经文的结尾，发生了一件出人意料的事。经上说：“那妇人就留下水罐，进城去，对众人说：‘你们来看一个人，他将我素来所行的一切事都给我说出来了，莫非这就是基督吗？’ ”

English	中文（简体）
Just before this, she mentions the Messiah, and Jesus answers, “I who speak to you am he.” The first person he tells so clearly is not a priest or a scholar. It is a Samaritan woman at a well at noon.	就在这之前，她提到弥赛亚，耶稣回答说：“这和你说话的就是他。”他如此清楚地告诉的第一个人，不是祭司，也不是学者，而是正午在井边的一位撒玛利亚妇人。
The Samaritan woman leaves her jar and runs off to tell everyone about Jesus. She left her jar. Think about what that jar meant. It was the reason for her whole risky trip, her daily reminder that life was about getting by. She didn’ t want to see anyone, but she was so desperate for water that she had to come. She came for one reason, to fill that jar, and now she walks away without it. Maybe she plans to come back. It doesn't matter. In that one moment she leaves the jar behind. She came for water and got a spring.	撒玛利亚妇人留下水罐，跑去向众人讲述耶稣。她留下了水罐。想想那个水罐意味着什么。它是她整个冒险之行的缘由，是她每天都在提醒自己“生活不过是勉强度日”的象征。她不想见任何人，但她太渴求水了，不得不来。她来只为一个原因——把水罐装满，如今她却丢下水罐走了。也许她打算回来取，这并不重要。就在那一刻，她把水罐留在了身后。她为水而来，得到的却是泉源。

English	中文（简体）
And look where she runs: to the town, to the very people she was avoiding! “He told me everything I ever did.” Yesterday that sentence was her nightmare. She wouldn’ t dare talk to people. Now it is her good news. Noon is when you hide. The town square is where you stand up. Jesus knew everything, and he stayed. He still offered the water.	再看她往哪里跑：往城里，跑向她一直躲避的那些人！“他将我素来所行的一切事都给我说出来了。”昨天，这句话还是她的噩梦，她不敢和任何人交谈。如今，这句话成了她的好消息。正午是人躲藏的时候，城中的广场则是人站出来的地方。耶稣知道一切，却仍然留下来，仍然把水赐给她。
This is what an encounter with Jesus does. She goes from self-doubt to bold, from hiding to telling.	这就是与耶稣相遇所带来的改变。她从自我怀疑变得勇敢，从躲藏变为述说。
There is an old folk tale from Asia about a water bearer who had two large clay pots. Every day, he hung them on a wooden pole across his shoulders and walked to the river to bring water back to his master’ s house.	亚洲有一个古老的民间故事，说的是一位挑水夫，他有两个大陶罐。每天， he 把它们挂在横搁于肩上的木扁担两端，走到河边，把水挑回主人的家。
One pot was perfect. It never spilled a drop. The other had a big crack down the side. By the time they reached the house, the cracked pot was only half full.	其中一个罐子完好无损，一滴水也不会洒出来。另一个罐子侧面有一道很大的裂缝。等到他们走向主人家时，裂了缝的罐子只剩下半罐水。

English	中文（简体）
This went on for two years. The perfect pot was very proud. But the poor cracked pot felt ashamed. One day by the river it said, “I am so sorry. Because of my flaw, half the water leaks out and you do all this heavy work. I am a failure. You should throw me away and get a new pot.”	这样持续了两年。完好的罐子非常骄傲，而可怜的裂罐子却满心羞愧。一天在河边，它说：“我真的很抱歉。因为我的缺陷，一半的水都漏掉了，你却要白白做这么多重活。我是个失败品。你应该把我扔掉，换一个新罐子。”
The water bearer smiled kindly and said, “Did you notice the beautiful wildflowers growing along your side of the path, and none on the other? I have always known about your crack. So I planted flower seeds on your side of the road. Every day, as we walk back, you have been watering them! For two years, I have picked these gorgeous flowers to decorate my master’ s table. Without you being just the way you are, there would not be this beauty.”	挑水夫和蔼地笑了笑，说：“你有没有注意到，小路靠你这一边长着美丽的野花，另一边却一朵也没有？我一直都知道你有裂缝，所以我在你这一边的路旁撒下了花种。每天我们走回来的时候，你都在给它们浇水！这两年来，我采下这些美丽的花朵，装点主人的餐桌。如果你不是现在这个样子，就不会有这份美丽。”
What a powerful story. The water bearer knew the cracks of the jar, accepted them, and used the jar to water the flowers. This is what God does for us. God sees us, accepts us just the way we are and uses us.	多么有力的故事。挑水夫知道罐子的裂缝，接纳它，并用这个罐子去浇灌花朵。神也是这样对待我们的：神看见我们，按我们本来的样子接纳我们，并使用我们。

English	中文（简体）
When I think about this story it reminds me of three things.	每当我想起这个故事，就想到三件事。
First, put down the jar. It was the one thing she came for, and she left it at the well. Sometimes we carry around things that we think will refresh us and fill us up, things like approval, achievement, a full calendar: the biggest bottle we can find for a thirst no bottle can reach. We grew up drinking from fountains and the garden hose and lived to tell the tale. You' ll survive putting this down.	第一，放下水罐。那是她来此的唯一目的，她却把它留在了井边。有时我们背负着一些东西，以为它们能使我们得着更新和满足，比如认可、成就、排得满满的日程：我们找来最大的瓶子，去应对一种没有任何瓶子能够解除的干渴。我们从小喝着饮水器和花园水管里的水长大，还能把这些经历讲给别人听。放下这些，你也会安然无恙的。
Second, bring your cracks. Jesus didn' t wait for the woman to be fixed. He asked for a drink, told her who he was, and sent her. Like the water bearer with his cracked pot, he never wanted a perfect one, he wanted one he could use. Your worth isn' t in being flawless. It' s in being known and loved by him.	第二，带着你的裂缝来。耶稣没有等这位妇人被“修好”。他向她要水喝，向她表明自己是谁，并差遣她出去。就像那位挑水夫对待他的裂罐子，他从不需要一个完美的罐子，他要的是一个他可以使用的罐子。你的价值不在于毫无瑕疵，而在于被他认识、被他所爱。

English	中文（简体）
Third, let the living water flow. A spring isn' t for keeping. Go to the person at their noon well with a conversation, a meal, an invitation. And let it flow into the world he made: a refillable bottle, a tap, care for our creeks and waterways. Gifts are looked after.	第三，让活水流淌。泉源不是用来囤积的。带着一次交谈、一顿饭、一个邀请，去到那些在“正午的井边”的人那里。也让它流入他所创造的世界：一只可重复灌装的水瓶，一个水龙头，对我们的溪流和水道的爱护。恩赐当被好好珍惜与看顾。
So come to Jesus just as you are, cracks and all. Drink deeply of the living water he offers, the kind that never runs dry. Then run, so full of it and so busy sharing the good news that you leave your bottle behind. Amen.	所以，就带着你本来的样子，带着你所有的裂缝，来到耶稣面前。尽情畅饮他所赐的活水，那永不干涸的活水。然后奔跑吧，满心充满这活水，忙着分享这好消息，以至于把你的水瓶丢在身后。阿们。
Offering Song – Deeper River (Hannah) <i>Summary: Pictures a deep river running in the silence of the soul, fed by a spring of living water that is the voice of Jesus. It acknowledges that life's river can wander and tumble, and invites us to pause, listen and drink, trusting that the living waters will carry, cleanse and quench us again.</i> Offering Dedication – Chris	奉献诗歌 – 《Deeper River》（Hannah） <i>内容简介：诗歌描绘灵魂的静默中有一条深深流淌的河，它的源头是活水的泉源，也就是耶稣的声音。歌中承认生命之河时而蜿蜒、时而湍急，邀请我们停下来、聆听、畅饮，相信活水会再次托住我们、洗净我们、解我们的干渴。</i> 奉献祝谢 – Chris
Prayers of the People – Kaye Morgan <i>(Prayers led by Kaye Morgan.)</i>	会众代祷 – Kaye Morgan <i>(由 Kaye Morgan 带领代祷。)</i>

English	中文（简体）
Holy Communion Margaret Duncan, Rufane Smith, Michelle Smith, Kerryn Leister, Benjamin Leister Communion Song TIS 703 As the deer pants for the water (single verse only) <i>Summary: A short song of longing for God, comparing the soul's thirst to a deer seeking water. It declares that God alone is our heart's desire, strength and shield, and expresses the wish to worship.</i>	圣餐 Margaret Duncan、Rufane Smith、Michelle Smith、Kerryn Leister、Benjamin Leister 圣餐诗歌 TIS 703 《As the deer pants for the water》（只唱一节） <i>内容简介：这是一首表达渴慕神的短诗，把灵魂的干渴比作鹿渴求溪水。歌中宣告唯有神是我们心中所愿、我们的力量和盾牌，并表达敬拜他的渴望。</i>
Invitation Ian: This is not our table but the Lord's. Jesus said to the woman at the well, "Give me a drink," and he now offers us a place to eat and drink and be satisfied. Whoever you are, wherever you have been, and whatever you are carrying, you are welcome here.	邀请 Ian：这不是我们的桌子，而是主的桌子。耶稣曾对井边的妇人说：“请你给我水喝。”如今他邀请我们来吃、来喝、得饱足。无论你是谁，无论你去过哪里，无论你背负着什么，在这里你都受欢迎。

English	中文（简体）
Thanksgiving Ian: 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.	感恩祷告 Ian：我们是基督的身体。 他的灵与我们同在。 让我们把心向上举。 我们把心举向神。 让我们感谢神，祂是智慧与慈爱。 感谢赞美是应当的。
Thanksgiving (continued) Ian: It is right, and our joy, to give you thanks, holy God, source of all life. You brought water from the rock for your thirsty people. You led them through the desert to springs of mercy. Through the prophets you promised that all who thirst would come to the waters. Chris: In Jesus, your Word made flesh, you came among us. Weary from the road, he sat beside a well and asked a stranger for a drink. He spoke truth with grace and broke down the walls between people. He offered a spring welling up to eternal life and called us to worship in spirit and truth. And so, with the woman at the well, with the Samaritans who believed, and with all your saints in every land and age, we sing your praise:	感恩祷告（续） Ian：圣洁的神，万有生命的源头，感谢你是应当的，也是我们的喜乐。你为口渴的百姓使水从磐石中涌出。你带领他们走过旷野，来到怜悯的泉源。你藉着先知应许：凡口渴的人都要来到水边。 Chris：在耶稣——你成为肉身的道——里，你来到我们中间。他因路途劳累，坐在井边，向一位陌生人要水喝。他以恩典说出真理，拆毁了人与人之间的墙。他赐下涌流到永生的泉源，并呼召我们用心灵和诚实敬拜。 因此，我们与井边的妇人、与那些信主的撒玛利亚人、与各地各世代的众圣徒一同歌唱赞美你：

English	中文（简体）
Holy, holy, holy (TIS 763) <i>Summary: A sung Sanctus, the ancient song of praise to the holy, mighty God whose glory fills heaven and earth. It weaves together cries of “Hosanna” with a welcome for the one who comes in the Lord’s name.</i>	圣哉，圣哉，圣哉 (TIS 763) <i>内容简介：这是唱出的“圣哉经”（Sanctus），一首古老的赞美，颂赞圣洁、全能的神，他的荣耀充满天地。歌中交织着“和散那”的欢呼，以及对奉主名而来者的迎接。</i>
Words of Institution Ian: 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. 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. Great is the mystery of faith: Christ has died. Christ is risen. Christ will come again.	设立圣餐的话 Ian：我们的兄弟耶稣是应当称颂的。他在被出卖的那一夜，拿起饼，祝谢了，擘开，说： “这是我的身体，为你们舍的。 你们每逢吃的时候，要记念我。” 饭后，他照样拿起杯来，说： “这杯是用我的血所立的新约。 你们每逢喝的时候，要记念我。” 信仰的奥秘何等伟大： 基督曾死；基督复活；基督将要再来。

English	中文（简体）
Prayer of Thanksgiving (concluding) Chris: Pour out your Holy Spirit on us and on these gifts of bread and wine, that we, who eat and drink here, may become springs of living water for the world. 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.	感恩祷告（结尾） Chris: 求你将圣灵浇灌在我们身上，也浇灌在这饼和酒上，使我们这些在此吃喝的人，成为世界的活水泉源。 藉着基督，与基督，在基督里， 一切荣耀都归给你—— 万有的源头、 永恒的智慧与圣灵， 独一的神，万物的母亲。 阿们。

English	中文（简体）
The Lord's Prayer Gathered by Christ, we pray as he taught us: Our Father in heaven, hallowed be your name, your kingdom come, your will be done, 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.	主祷文 我们在基督里聚集，照着他所教导的祷告： 我们在天上的父： 愿人都尊你的名为圣； 愿你的国降临； 愿你的旨意行在地上，如同行在天上。 我们日用的饮食，今日赐给我们； 免我们的债，如同我们免了人的债； 不叫我们遇见试探；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 The bread that we break is a sharing in the body of Christ. The cup we take is a sharing in the blood of Christ. We who are many are one body, for we all share in the one bread. The gifts of God for the people of God. Thanks be to God.	擘饼 我们所擘开的饼，是同领基督的身体。 我们所领的杯，是同领基督的血。 我们虽多，仍是一个身体，因为我们都分享这一个饼。 神的恩赐，赐给神的子民。 感谢神。

English	中文（简体）
Distribution Receive this holy sacrament of the body and blood of Christ and feed on him in your hearts by faith with thanksgiving. <i>Congregation come forward to dip in bowl of water and receive elements.</i>	分发 请领受这圣礼， 就是基督的身体和血， 并怀着感恩， 凭着信心，在你们心里以他为粮。 <i>会众上前，在水盆中蘸一下，并领受饼和杯。</i>
Sending Song – TIS 155 How Great Thou Art <i>Summary: A hymn of wonder and praise. It moves from awe at the power and beauty of creation (stars, thunder, forests, birdsong, mountains, streams) to amazement at the cross, where Christ bore our sin, and ends with hope for Christ's return and humble adoration.</i>	差遣诗歌 – TIS 155 《How Great Thou Art》 <i>内容简介：这是一首充满惊叹与赞美的圣诗。歌词从对大自然的能力与美丽（星辰、雷声、森林、鸟鸣、高山、溪流）的敬畏，转向对十字架的惊奇——基督在那里担当我们的罪——最后以对基督再来的盼望和谦卑的敬拜作结。</i>

English	中文（简体）
Blessing and Sending – Chris and Ian May Christ, who sat weary and thirsty at the well, meet you in your thirst and never turn you away. May the Spirit, the spring that wells up to eternal life, refresh you where you are dry and make you a source of kindness in the places you go. May the God who knows you completely and loves you always give you courage to say “Come and see,” and the humility to listen when others speak. And the blessing of God, the source, the course and the flow of living water be upon you and remain with you always. In the name of Christ. Amen.	祝福与差遣 – Chris 与 Ian 愿基督——那位疲倦干渴地坐在井边的主—— 在你干渴时与你相遇，永不拒绝你。 愿圣灵——涌流到永生的泉源—— 在你干枯之处使你重得更新， 并使你在所到之处成为善意的泉源。 愿那完全认识你、永远爱你的神， 赐你勇气说“来看”， 也赐你谦卑，在别人说话时用心倾听。 愿神的祝福—— 活水的源头、河道与水流—— 临到你，并常与你同在。 奉基督的名。 阿们。