

線上崇拜請撥電話號碼**647-374-4685**，接通後請按會議號碼**814-540-623#**，  
聽指示再按#，然後按入密碼。崇拜後請按#彼此問安。  
或，網上視聽請連接 <https://zoom.us/j/814540623>，然後按入密碼。

**多倫多中華聯合教會 Toronto Chinese United Church**

**主耶穌復活紀念日崇拜**

**EASTER SUNDAY WORSHIP SERVICE**

二零二四年三月三十一日上午十一時 MARCH 31, 2023 11:00AM

主禮：葉呂婉禎	Leader: Betty Yip
宣道：麥堅時牧師，鄒梓嫻牧師	Preacher: Rev. Liz Mackenzie & Rev. Cathy Zou
音樂：葉賜光(電風琴)	Musicians: Kenneth Yip (organist)
英文崇拜唱歌組	The Talking Donkeys
國語傳譯：張耀之	Mandarin Interpreter: Queenie Zhang
英文讀經：余頌恩	English Reader: Douglas Yee
簡報：劉曉銀	PowerPoint Preparation: Jenny Liu
主播：孔令東	Zoom Hosting: Donald Kong
影音組：廖永輝，林銘輝	AV Team: Peter Liu, Matthew Lum
蕭舒啟恩，戴梁潔玲	Karen Siu, Margaret Tai
接待：廖蔡嘉倫，廖永樂	Receptionist: Karen Liu, Paul Liu

**序樂靜默.....PRELUDE**

「青苗生長歌」(普天頌讚第197首) “Now the Green Blade Riseth” (VU#186)

**宣召.....CALL TO WORSHIP**

**唱詩.....PROCESSIONAL HYMN**

「基督復生歌」(普天頌讚第190首) “Jesus Christ is Risen Today” (VU#155)

**原住民族土地確認.....LAND ACKNOWLEDGEMENT**

**牧師領禱.....OPENING PRAYER BY MINISTER**

**主禱文.....THE LORD’S PRAYER**

**詩班獻詩.....CHOIR ANTHEM**

「榮耀的復活」 “Easter Gloria” (Mark Hayes)

伴奏：廖琪珍 Pianist: Kitty Liu

指揮：葉賜光 Conductor: Kenneth Yip

**讀經.....SCRIPTURE READING**

(1) 哥林多前書15: 1-11 1 Corinthians 15: 1-11

葉呂婉禎誦讀 Read by Betty Yip

(2) 馬可福音16: 1-8 Mark 16: 1-8

余頌恩誦讀 Read by Peter Yee

**宣道.....SERMON**

「復活節的盼望」 “Easter Message of Hope”

**回應詩.....RESPONSIVE HYMN**

“On The Third Day”

英文崇拜唱歌組領 Led by The Talking Donkeys

**奉獻禱告.....OFFERTORY PRAYER**

**為教會禱告.....CONGREGATIONAL PRAYER**

**祝福.....BLESSINGS**

**散會詩.....RECESSIONAL HYMN**

「光榮屬主歌」(普天頌讚第183首) “Thine Is the Glory” (VU #173)

**本主日獻花.....FLOWER DONATION**

陳曾月萍

張健忠、余妙霞

## **關懷與支持 PASTORAL SUPPORT :**

1. 堂會已修改強制性戴口罩的政策。雖然本教會不實施強制性戴口罩，若你們在教會時不能有社交距離的情況下，我們鼓勵每個人仍然戴上口罩、洗手或消毒雙手、和按時接種預防疫苗，倘若你生病或有出現任何症狀時必須留在家中。堂會強調十分注重每個人的健康和 safety，我們在需要的時候會重新審視這項政策。

Covid-19 - At its June 15, 2023 meeting, the Church Board amended the mandatory mask policy for all church members, staff and visitors. While the mask policy is no longer mandatory, especially if physically distancing can be achieved, everyone is still encouraged to wear a mask, wash or sanitize their hands, stay up-to-date with their vaccinations and to stay home if sick or have symptoms of illness. The Church Board wishes to emphasize that everyone's health and safety are priorities, and will revisit this policy at any time and if necessary.

2. 本堂的雲端電話416-754-7147新系統已使用多時，為簡化撥打四個數目字的內線號碼，你只要按一個數目字便可通話傳輸與同工交談或留言：“3”字是鄒梓嫻牧師 (Rev. Zou x1003)， “2”字是麥堅時牧師 (Rev. Mackenzie x1002)， “1”字是行政幹事黃布愛玲(Regina x1001)；“4”字是兼職幹事劉曉銀(Jenny x1004)。如果你來電時記得各人的內線，是可以即時撥打號碼的。

若你或有親友需要輔導或代禱關懷，亦事先徵得其同意，歡迎你通知鄒梓嫻牧師與他、她聯絡。

The church's Avaya Cloud telephone system has been in use for more than a year. In order to simplify dialing the extension with four digits, now you only need to press one digit to communicate with the party or leave a message: to reach our Ministers press 3 (Rev. Cathy Zou x1003) or press 2 (Rev. Liz Mackenzie x1002); press 1 for Administrative Secretary (Regina Wong x1001); press 4 for Part-time Secretary (Jenny Liu x1004). If you remember their extension, you may dial it at any time.

3. 我們感謝弟兄姊妹和主內朋友對教會的支持，在疫情影響下都按著能力以金錢回應上帝給予的恩典。請使用適合你的方法捐獻：(1)若你親自交來教會，請先通知行政幹事黃布愛玲，以確保你的安全；(2)郵寄支票致本教會；(3)使用網上捐款 <https://www.canadahelps.org/en/dn/47894>，但本堂要繳付4%手續費。(4)使用閣下的銀行電子轉賬服務，收款抬頭為 <Toronto Chinese United Church>，將奉獻金額用帳戶內的電郵地址發送到 [etransfer@tcuc.ca](mailto:etransfer@tcuc.ca) 即可。請在 <留言> 部寫上你的捐封號碼，如果您有具體指示，分配捐款予指定基金，可以在 <留言> 部註明。由於 <留言> 部的空間有限，建議您使用縮寫（例如，S=主日捐，BM=建設及維修基金，V=前瞻基金，T=感恩捐，F=獻花，B=獻刊，MS=傳道服務基金。至於外展或特別捐，則請留言指示）。如果您將 <留言> 部分留空，則所發送的金額將被視為主日捐。

Thank you for your continued financial support of the ministry needs of TCUC. We accept e-transfers! Please send to "Toronto Chinese United Church" via [etransfer@tcuc.ca](mailto:etransfer@tcuc.ca). When sending an e-transfer, please also include name, donation envelope number and an instruction on where the donation should go (M&S, World Vision, etc.). If the message section is left blank, the donation will be treated as Sunday Offering only. Meanwhile, TCUC continues to offer existing donation options of cash (hand delivery), cheque through Canada Post or through the CanadaHelps site. For first time supporters, please e-Mail your name and address to the administrative office so that TCUC will be able to provide you with an offering number linked only to your name and subsequently issue you an official Charitable Donations receipt representing your total givings under your number for the calendar year. One does not need to be a member of TCUC to make an offering and receive a charitable donations receipt.

## 會務消息 ANNOUNCEMENT :

### 1. 誠邀你和親友參加以下的聚會或活動：

- **兒童主日學**  
兒童主日學上午11時15分在地下一號室進行，今日主題是「耶穌復活」。
- **The Talking Donkeys**  
英文崇拜歌唱組每主日下午12:30在正堂練詩。  
The Talking Donkeys practice every Sunday at 12:30pm in the Sanctuary.
- **詩班練詩 TCUC Choir**  
教會詩班每主日下午2:00在正堂練詩。  
Choir practice every Sunday at 2:00pm in the Sanctuary
- **排舞班 Line Dance**  
排舞班活動於每主日下午2:15-3:45在教會運動場進行。有興趣參加者請聯絡林伍妙玲姊妹。  
Line Dance activities every Sunday at 2:15pm in the gymnasium. If you are interested, please contact Margaret Lam.
- **羽毛球 Badminton**  
羽毛球活動於每週三晚上7:00在教會運動場進行。有興趣參加者請聯絡廖永輝弟兄。  
Badminton activities every Wednesday at 7:00pm in the gymnasium. If you are interested, please contact Peter Liu.

### 2. 行政幹事假期 Administrative Secretary Vacation

行政幹事黃布愛玲於3月23日(星期六)至4月7日(星期日)放假。期間，各單位如有消息要登載週刊或事務要處理，請與兼職幹事劉曉銀、鄒梓嫻牧師或麥堅時牧師聯絡；而劉幹事在這段時間每週工作四十小時。三月份各特別捐獻芳名及其他事務將於行政幹事假期後處理。

Our Administrative Secretary will be on vacation from March 23<sup>rd</sup> to April 7<sup>th</sup>, 2024. For those who need to post notices or announcements in the Sunday bulletins as well as any church business, please contact the Part-time Secretary Jenny Liu, Rev. Cathy Zou, or Rev. Liz Mackenzie. During Regina's absence, Jenny will work 40 hours per week.

The list of flowers/bulletin/special donations of March 2024 and other matters would be dealt with after her holidays.

### 3. 你有一個...名牌！ YOU HAVE A NAME...TAG!!!

由復活節主日起，所有弟兄姊妹和朋友都可以佩戴自己的名牌。請您進入本堂之後，在教會前門之接待處尋找您的名牌，於崇拜期間佩戴它，然後當您離開教會時將名牌放回盒中。本堂致力於成為一個熱情好客的地方，我們希望各人（新朋友和長期會友）都能夠彼此認識，並幫助大家一同融入一直更新變化的多倫多中華聯合教會這個信仰家庭。如果您在盒子中找不到您的名牌，請與鄒梓嫻牧師、麥堅時牧師或行政幹事聯絡。

On Easter Sunday, name tags for all of the TCUC faith family will be available to wear. Please look for your name tag at the front doors to the sanctuary, wear it during the service, and then replace it in the appropriate name tag box before you leave the TCUC building. As TCUC's commitment to being a welcoming and hospitable place, we are ensuring that everyone (newcomers and "oldcomers") will get to know the names of the TCUC faithful and feel included in the family of faith that is TCUC. If you cannot find your nametag in one of the boxes, please speak to Rev. Cathy Zou, Rev. Liz Mackenzie, or Regina Wong.

### 4. 「抱緊我，生為連結」教育課程

多倫多中華聯合教會與惠恩健康中心(Grace Health Centre)聯合主辦「抱緊我，生為連結」促進伴侶關係的教育課程。這是加港心聯心計劃之第二個外展事工，您的伴侶關係值得您去投資這13堂的課程。誠邀個人、情侶或夫婦參加；並鼓勵你向所認識的親朋戚友推介。  
日期：4月14日至7月28日（星期日）

時間：下午2:00 - 3:30

地點：多倫多中華聯合教會，或選擇以Zoom上課亦可

語言：廣東話

導師：黃達瑩醫生【他是安大略省的註冊婚姻和家庭治療師，也是安大略省婚姻和家庭治療協會 (OAMFT)、加拿大婚姻和家庭治療協會 (CAMFT) 及美國婚姻和家庭治療協會 (AAMFT) 的臨床會員和監督員。黃醫生是唯一擁有粵語 EFT 認證的國際培訓師，並已培訓了數以千計在本地和國際的專業助人者。】

報名或查詢：請聯絡陳華正弟兄 (647)471-8891

歡迎瀏覽以下的課程簡介短片：

<https://youtu.be/52ByaxVz1f0?si=3fczM5Kvflwhg0yJ>

<https://youtu.be/mlx8VOMssIU?si=O6hZjk9YGTphZVmQ>

[https://www.youtube.com/watch?v=JBSV7Nn3BMc&list=PLKZ7fv7yRZwkP0t9nI\\_hjHmrfZpBIQe8j](https://www.youtube.com/watch?v=JBSV7Nn3BMc&list=PLKZ7fv7yRZwkP0t9nI_hjHmrfZpBIQe8j)

The Canada-Hong Kong United Heart-to-Heart project of Toronto Chinese United Church and Grace Health Center jointly organized the "Hold Me Tight" Couple Relationship Education and Enhancement Program. It is an educational program based on the theory and practice of Emotionally Focused Couples Therapy (EFT). Created on the foundations of studies of adult attachment theory, EFT is an empirically tested model of couples therapy that has shown excellent, lasting outcomes with many different kinds of couples.

Your partnership is worth investing in these 13 lessons. Individuals, partners or couples are invited to attend. We also encourage you to introduce this course to your friends and relatives.

Date: Sundays, from April 14<sup>th</sup> to July 28<sup>th</sup>

Time: 2:00 pm to 3:30pm

Place: Toronto Chinese United Church (3300 Kennedy Road, Scarborough) or participants to select thru Zoom

Language: Cantonese

Speaker: Dr. Tat-Kwan Wong. He is a family physician who has supported the healthcare of many intergenerational families of all ethnic and spiritual backgrounds. He has more than 35 years of experience managing all medical conditions in all age groups holistically. He has more than 30 years of experience in psychotherapy and counseling. His integrated approach aims at holistic wellness in clients in the physical/medical, emotional, relational and spiritual realms. He helps each client to achieve their full potential. He is now focused on training and mentoring the next generation of physicians.

Registration: please contact Ean at (647)471-8891

For more information, please access to:

<https://youtu.be/52ByaxVz1f0?si=3fczM5Kvflwhg0yJ>

<https://youtu.be/mlx8VOMssIU?si=O6hZjk9YGTphZVmQ>

[https://www.youtube.com/watch?v=JBSV7Nn3BMc&list=PLKZ7fv7yRZwkP0t9nI\\_hjHmrfZpBIQe8j](https://www.youtube.com/watch?v=JBSV7Nn3BMc&list=PLKZ7fv7yRZwkP0t9nI_hjHmrfZpBIQe8j)