



# St John's Cathedral 聖公會聖約翰座堂

Anglican Diocese of Hong Kong Island  
Hong Kong Sheng Kung Hui

*'St John's Cathedral is a place of God's grace, welcoming all,  
following Christ and changing lives in the heart of Hong Kong.'*

## THE TENTH SUNDAY AFTER TRINITY 4TH AUGUST 2024

### **8.00am Said Eucharist**

Celebrant and Preacher: The Revd Canon Dwight dela Torre  
Reader: Jeannie Chan

### **9.00am Sung Eucharist** (<https://youtube.com/live/vLq8II590CE>)

Celebrant and Preacher: The Revd Amos Poon  
Deacon: The Revd Polly Wong  
Communion Setting: Addington Service (Richard Shephard)  
Hymns: 467, 598 (T.216), 386, 387i  
Voluntary: Chaconne from 'King Arthur' (Henry Purcell)  
Readers: Kevin She, Thomas Swain  
Intercessor: Frank Lang

### **10.30am Sung Eucharist (Mandarin)**

Celebrant: The Revd Canon Peter Koon  
Preacher: The Revd Polly Wong

### **11.45am Responsorial Eucharist—Provincial (Rite II)**

Celebrant and Preacher: The Revd Will Newman  
Reader: Saki Tsoi  
Intercessor: Douglas Lam

### **1.30pm Sung Eucharist (Pilipino)**

Celebrant and Preacher: The Revd Canon Dwight dela Torre

### **5.00pm Choral Evensong**

Officiant and Preacher: The Revd Will Newman  
Reader: William Cheng

## THIS WEEK AT ST JOHN'S CATHEDRAL

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<b>MON 5th August 2024</b>	8.00am	Said Eucharist
	12.25pm	<i>Meditation Group</i>
	1.00pm	One o'clock Prayer
<b>TUE 6th The Transfiguration of Our Lord</b>	8.00am	Said Eucharist
	1.00pm	One o'clock Prayer
	1.15pm	Said Eucharist
	7.00pm	<i>Bible Reading Fellowship (in person)</i>
	7.30pm	Sung Eucharist ( <a href="https://youtube.com/live/n-iV-N_8Jrs">https://youtube.com/live/n-iV-N_8Jrs</a> )
<b>WED 7th</b>	8.00am	Said Eucharist
	1.00pm	One o'clock Prayer
	1.15pm	<i>Lunchtime Recital—La eufonia's Lunchtime Recital</i>
	6.00pm	Said Eucharist
<b>THU 8th</b>	8.30am	Said Eucharist
	1.00pm	One o'clock Prayer
	1.15pm	Said Eucharist
	2.30pm	<i>Parents and Toddlers</i>
	8.30pm	<i>Prayers for Peace (ZOOM)</i>
<b>FRI 9th</b>	8.00am	Said Eucharist
	1.00pm	One o'clock Prayer
	8.00pm	<i>'Among Us' (Youth Ministry)</i>
<b>SAT 10th</b>	8.30am	Said Eucharist
	12.00noon	Sung Eucharist
	4.00pm	<i>Andrew Fellowship</i>
	6.00pm	Sung Eucharist ( <i>Cantonese</i> )(Anticipated Sunday Service)
<b>SUN 11th August</b> <i>1 Kings 19.4-8</i> <i>Psalms 34.1-8</i> <i>Ephesians 4.25-5.2</i> <i>John 6.35, 41-51</i>	<b>The Eleventh Sunday after Trinity</b>	
	8.00am	Said Eucharist Celebrant and Preacher: The Revd Robert Martin
	9.00am	Responsorial Eucharist (Common Worship) Celebrant and Preacher: The Revd Canon Dwight dela Torre
	10.30am	Sung Eucharist (Mandarin) Celebrant and Preacher: The Revd Canon Peter Koon
	11.45am	Responsorial Eucharist—Provincial (Rite II) Celebrant and Preacher: The Revd Canon Dwight dela Torre
	1.30pm	Sung Eucharist (Pilipino) Celebrant and Preacher: The Revd Sharon Langbis
	5.00pm	Healing Eucharist Celebrant: The Revd Sharon Langbis Preacher: The Revd Robert Martin

ONLINE DONATION



<https://www.stjohnscathedral.org.hk/Donation/default.aspx?lang=1>

*Welcome to all who worship here today. Visiting communicants, of whatever Christian tradition, are invited to receive communion here. **No unauthorized photography, video filming or sound recording during the service. Please set your mobile phone to silent and refrain from using it during the service.***

**COLLECT**

Let your merciful ears, O Lord, be open to the prayers of your humble servants; and that they may obtain their petitions make them to ask such things as shall please you; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

**FIRST READING**

**Exod. 16. 2-4, 9-15**

A reading from the book of Exodus.

The whole congregation of the Israelites complained against Moses and Aaron in the wilderness. The Israelites said to them, 'If only we had died by the hand of the LORD in the land of Egypt, when we sat by the fleshpots and ate our fill of bread; for you have brought us out into this wilderness to kill this whole assembly with hunger.'

Then the LORD said to Moses, 'I am going to rain bread from heaven for you, and each day the people shall go out and gather enough for that day. In that way I will test them, whether they will follow my instruction or not. Then Moses said to Aaron, 'Say to the whole congregation of the Israelites, "Draw near to the LORD, for he has heard your complaining.'" And as Aaron spoke to the whole congregation of the Israelites, they looked towards the wilderness, and the glory of the LORD appeared in the cloud. The LORD spoke to Moses and said, 'I have heard the complaining of the Israelites; say to them, "At twilight you shall eat meat, and in the morning you shall have your fill of bread; then you shall know that I am the LORD your God.'"

In the evening quails came up and covered the camp; and in the morning there was a layer of dew around the camp. When the layer of dew lifted, there on the surface of the wilderness was a fine flaky substance, as fine as frost on the ground. When the Israelites saw it, they said to one another, 'What is it?' For they did not know what it was. Moses said to them, 'It is the bread that the LORD has given you to eat.'

This is the word of the Lord.

**All Thanks be to God.**

**SECOND READING**

**Ephesians 4.1-16**

A reading from the letter of Paul to the Ephesians.

I, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, making every effort to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called to the one hope of your calling, one Lord, one faith, one baptism, one God and Father of all, who is above all and through all and in all.

But each of us was given grace according to the measure of Christ's gift. Therefore it is said, 'When he ascended on high he made captivity itself a captive; he gave gifts to his people.' (When it says, 'He ascended', what does it mean but that he had also descended into the lower parts of the earth? He who descended is the same one who ascended far above all the heavens, so that he might fill all things.) The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until all of us come to the unity of the faith and of the knowledge of the Son of God, to maturity, to the measure of the full stature of Christ. We must no longer be children, tossed to and fro and blown about by every wind of doctrine, by people's trickery, by their craftiness in deceitful scheming. But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, from whom the whole body, joined and knitted together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love.

This is the word of the Lord.

**All Thanks be to God.**

**GOSPEL READING**

**John 6.24-35**

Hear the Gospel of our Lord Jesus Christ according to John.

**All Glory to you, O Lord.**

When the crowd saw that neither Jesus nor his disciples were there, they themselves got into the boats and went to Capernaum looking for Jesus.

When they found him on the other side of the lake, they said to him, 'Rabbi, when did you come here?' Jesus answered them, 'Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves. Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal.' Then they said to him, 'What must we do to perform the works of God?' Jesus answered them, 'This is the work of God, that you believe in him whom he has sent.' So they said to him, 'What sign are you going to give us then, so that we may see it and believe you? What work are you performing? Our ancestors ate the manna in the wilderness; as it is written, "He gave them bread from heaven to eat."'" Then Jesus said to them, 'Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world.' They said to him, 'Sir, give us this bread always.'

Jesus said to them, 'I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.'

This is the Gospel of the Lord.

**All Praise to you, O Christ.**

**POST COMMUNION PRAYER**

God of our pilgrimage, you have willed that the gate of mercy should stand open for those who trust in you: look upon us with your favour that we who follow the path of your will may never wander from the way of life; through Jesus Christ our Lord. **Amen.**



**FOR YOUR PRAYERS THIS WEEK**

**In the worldwide Anglican Communion** we pray for The Anglican Church of Kenya.

**Hong Kong Sheng Kung Hui** (Anglican Province of Hong Kong & Macau); for the Most Revd Andrew Chan, our Archbishop and primate; for our Diocesan Bishop, the Rt Revd Dr Matthias Der, and for all bishops, priests and deacons within our diocese and province.

**We also pray for the Church of The Transfiguration**, for the Lord's bountiful support in their ministries; Pray for the nurture and evangelism ministries, for the spiritual growth of parishioners, that the parish may flourish; for the Sunday school and youth fellowship ministries, that the Lord may grant them teachers and leaders blessed with talents; for the gospel ministry of the school attached to the parish; may the Lord God grant them sufficient resources and suitable staff members, that the good news may be heard by students and parents both

**Within the Cathedral Parish** we pray for the Cathedral Church and its various congregations, for the Dean and the chaplains; for our daughter churches; St Stephen's Chapel, Stanley, Discovery Bay Church and Emmanuel Church, Pokfulam; and their Priests in Charge.

We pray for the on-going search for a new Cathedral Chaplain and for a new Priest-in-Charge of Discovery Bay Church.

We also remember in our prayers our Welcomers & Cathedral Minders, Sunday School, Discoverers, Parents and Toddlers, Education for Ministry (EfM) Courses, CLARES, Castaways, and SJC Flower Guild.

**We pray for our link diocese of Toungoo in Myanmar**, giving thanks that our donations have helped to provide food, medicines and healthcare for 1700 refugees from the fighting that has destroyed many villages in remote areas of the diocese.

### PRAYER REQUESTS

*Please pray for those who are sick:*

The Dean, Fung Wan Nui, Irena Wu, Andy Lowrey, Marylou Davis, Tung Yim Fong, Rosendo Burgos, Jerry Gleicher, Goh Phiak Swan, Annabella Janssen, SoSo Mei Ping Wong-Leung, Rozana Leung-Bishop, Lucita Villareal, Sister Jean Mary, Chu Lai Man, Hung Yeung Pong Wah, Jane Pang Tong, Arturo Lamshing, Daisy Tai, Toung Ming, Eva Sorrel, Therese Marie Gerarda Chan, Muriel Tsang, Sanson Lau, Fr Hugh Phillipson, Sarah Wong, Peter Carton, Hsu Hon Chung, Claire Gotten, Chuan Xiaokang, Raymond Yuen, Wong Dor Chun, Joseph Chu and Wanda Wan H.

*Please pray for the recently departed:*  
Li Lu Wen, Lee

Please remember those named above in your private prayers. To include someone in this prayer list, please contact Elisa, **Tel: 2523 4157**.

### PRAYERS FOR PEACE

As conflicts rage in the Holy Land, Gaza and Ukraine, our world needs peace more than ever. Join members of the congregation to pray for peace on Zoom, every Thursday evening 8.30-9.00pm. Prayers provided, just join in. Please WhatsApp Will on 6254 7514 for the Zoom link.

## THE TRANSFIGURATION OF THE LORD



Tuesday 6<sup>th</sup> August 2024  
7.30pm Sung Eucharist

*Celebrant: The Revd Robert Martin*

*Preacher: The Revd Will Newman*

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### REFRESHMENTS in the Li Hall after 9.00am service

Please join us for light refreshments; a good opportunity to renew acquaintances, welcome visitors and new friends while enjoying fellowship with other parishioners.

## CLARES

### Donations Needed

Castaways needs donations of clothing, including bags and shoes and household linen. All goods must be in a good, clean, saleable condition.

Please bring them to the Castaways Charity Shop during the following opening hours:

*Wednesday 12.00 noon—2.30pm*  
*Thursday 12.00 noon—2.30pm*  
*Friday 12.00 noon—2.30pm*  
*Saturday 10.00am—12.00 noon*

***Celebration of the 175<sup>th</sup> Anniversary of  
the Cathedral Church of St John the Evangelist  
on Sunday 15<sup>th</sup> September 2024***



*A Thanksgiving Eucharist at 5.00pm  
at St John's Cathedral  
followed by  
an Anniversary Gala Dinner at 7.30pm  
at the City Hall Maxim's Palace*

Tickets for the Gala Dinner at \$500 per person  
are available at the Cathedral office  
on a first come first served basis.  
Please call 2523 4157. *All are welcome!*



## **Faith Begins:**

**The Christian Faith explored,  
discussed and enjoyed!**

on Wednesday evenings starting at 7.00pm  
followed by a talk and discussion.

‘Faith Begins’ is a course for adults who have been regularly attending services in St John’s Cathedral or the daughter churches for at least 6 months, and who want to belong to the Anglican Church and become part of the regular worshipping community.

‘Faith Begins’ includes talks and discussion about many different aspects of Christian belief and living as a Christian. It leads to baptism and confirmation at St John’s Cathedral, when you commit yourself to following Jesus Christ.

The next ‘Faith Begins’ will start on 21<sup>st</sup> August 2024, continues every Wednesday up to 13<sup>th</sup> November. The Baptism and Confirmation Service will be held in the cathedral on 17<sup>th</sup> November at 5.00pm.

### ***How do I enrol?***

Just send your contact details to Fr Amos at  
[amospoon@stjohnscathedral.org.hk](mailto:amospoon@stjohnscathedral.org.hk)

**Registration deadline: 10<sup>th</sup> August 2024**

Course Fee: HKD1000

## NOTICES



### Diocese of Hong Kong Island, HKSKH BISHOP'S BIBLE STUDY SERIES 2024

Date/Time: **Thursday 15<sup>th</sup> August / 7.30pm** Season 3  
Meeting in-person without live-streaming

Venue: **Li Hall, St John's Cathedral**

Leaders: The Rt Revd Dr Matthias Der, The Revd Tsui Yuk Fan,  
The Revd Canon Dr Lam Chun Wai, The Revd Canon Ip Kam Fai

Contents: Witness Sharing, Bible Study, Q & A session, Prayers

Deadline for enrollment: 3 days before each meeting.

★ *To encourage participation, those who join the meeting four times or above between July and December will be awarded a souvenir.*

Enrollment: Participants may enroll for a month or quarterly. Walk-in is also welcome. Please visit the Diocesan website or scan the QR code below and submit the completed google form; or call the Diocesan Office for enrolment.

Please scan for  
enrolment



Please scan for  
Bible study  
materials



For enquiries, please contact Ms Yeung of the Diocesan Office at Tel: 2526 5366

### MRS LILY PONG SCHOLARSHIP FOR CHURCH ORGANISTS OPEN FOR APPLICATION (2025-26)

'The Mrs Lily Pong Scholarship for Church Organists' for admission in September 2025 is now opened for application. Sponsored by St Paul's Church and the family of the late Mrs Lily Pong, the scholarship aims at providing subsidy to existing and potential church organists in HKSKH to be better equipped with organ playing techniques and church service playing skills. The scholarship will provide a scheme for one-on-one tuition with a qualified professional organ instructor in Hong Kong over a period of up to three (3) years, depending on the ability of the participants. The participants must commit to finish the scheme and serve as organist at his/her parish/mission church for at least two (2) years after completing the scheme.

Interested candidates please contact your parish administrators for information pack of the scheme and application form or download them from the Provincial website ([www.hkskh.org](http://www.hkskh.org)). Deadline for application is 18<sup>th</sup> October 2024 (Friday).

# ST JOHN'S CATHEDRAL MINISTRY TEAM

## Dean

The Very Revd Kwok-keung Chan  
(Acting Priest-In-Charge of Discovery Bay Church)

## Clergy Ministry Co-ordinators:

Chinese Ministry –  
The Revd Canon Peter Koon  
The Revd Amos Poon

Christian Education – The Revd Will Newman  
(Priest-In-Charge of St Stephen's Chapel, Stanley)

Filipino Ministry –  
The Revd Canon Dwight dela Torre  
The Revd Sharon Langbis

Liturgy and Spirituality – The Revd Robert Martin  
(Priest-In-Charge of Emmanuel Church, Pokfulam)

Mission and Ministry – The Revd Amos Poon

Youth Ministry – The Revd Amos Poon

## Honorary Chaplains:

The Revd Professor Philip Wickeri  
The Revd Polly Wong Heung-fong

## Executive Administrator:

Mr Thomas Li

## Serving the wider community:

SJC Counselling Service  
Mission for Migrant Workers  
SJC Life Enrichment Centre  
Cathedral Bookstore  
CLARES/Castaways  
Prison Ministry



Information about St John's Cathedral and its ministries can be found on the notice boards and on the website: [www.stjohnscathedral.org.hk](http://www.stjohnscathedral.org.hk).

Clergy are here to listen and help. Please feel free to speak to one of them after the services, or make contact during the week: St John's Cathedral, 4–8 Garden Road, Central Tel: 2523 4157

## Welcome to St John's Cathedral!

Please complete this form and hand it to one of the Clergy, a Sidesman or the Welcome Table.

Surname: \_\_\_\_\_

First Name: \_\_\_\_\_

Name of spouse (if applicable) \_\_\_\_\_

Names and ages of children (if applicable) \_\_\_\_\_

E-mail: \_\_\_\_\_ Phone: \_\_\_\_\_

*Please circle as appropriate:*

*I attend the 8.00am/9.00am/10.30am/11.45am/1.30pm/5.00pm service.*

*I am interested in finding out about: Sunday School / Cathedral Choir / CLARES / Baptism & Confirmation / Flower Guild / Sidesman / Servers Guild / Fellowship Group / Stewardship Scheme / Uniformed Group.*

*Other questions / information:* \_\_\_\_\_

I do not agree to receive any promotional materials from St John's Cathedral.

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