



# 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 ELEVENTH SUNDAY AFTER TRINITY 11TH AUGUST 2024

### **8.00am Said Eucharist**

Celebrant and Preacher: The Revd Robert Martin  
Reader: Letty Awingan

### **9.00am Responsorial Eucharist—Common Worship**

*(<https://youtube.com/live/v354orXdaFo>)*

Celebrant and Preacher: The Revd Canon Dwight dela Torre  
Communion Setting: Mass of Christ the Saviour (Dan Schutte)  
Hymns: 342, Break thou the bread of life, 368,  
Lord, thy church on earth is seeking  
Voluntary: Fantasia in G minor BWV 542 (Johann  
Sebastian Bach)  
Readers: Michael Gibb, Marina Lau  
Intercessor: Kevin She

### **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  
Reader: Karman Kar  
Intercessor: Daniel Kong

### **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  
Hymns: 353, Break thou the bread of life, 368, 414  
Reader: Douglas Lam

## THIS WEEK AT ST JOHN'S CATHEDRAL

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<b>MON 12th August</b>	8.00am	Said Eucharist
	12.25pm	<i>Meditation Group</i>
	1.00pm	One o'clock Prayer
<b>TUE 13th</b>	8.00am	Said Eucharist
	1.00pm	One o'clock Prayer
	1.15pm	Said Eucharist
	7.00pm	<i>Bible Reading Fellowship (in person)</i>
<b>WED 14th</b>	8.00am	Said Eucharist
	1.00pm	One o'clock Prayer
	1.15pm	<i>Lunchtime Recital—Flute Recital with Venus Yuk Ying Chan</i>
	6.00pm	Said Eucharist
<b>THU 15th</b> <b>The Blessed Virgin Mary</b>	8.30am	Said Eucharist
	1.00pm	One o'clock Prayer
	1.15pm	Said Eucharist
	2.30pm	<i>Parents and Toddlers</i>
	7.30pm	Sung Eucharist
	8.30pm	<i>Prayers for Peace (ZOOM)</i>
<b>FRI 16th</b>	8.00am	Said Eucharist
	1.00pm	One o'clock Prayer
	8.00pm	<i>'Among Us' (Youth Ministry)</i>
<b>SAT 17th</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 18th August</b> <i>Proverbs 9.1-6</i> <i>Psalms 34.9-14</i> <i>Ephesians 5.15-20</i> <i>John 6.51-58</i>	<b>The Twelfth Sunday after Trinity</b>	
	8.00am	Said Eucharist Celebrant and Preacher: The Revd Sharon Langbis
	9.00am	Sung Eucharist Celebrant and Preacher: The Revd Canon Peter Koon
	10.30am	Sung Eucharist (Mandarin) Celebrant and Preacher: The Revd Amos Poon
	11.45am	Responsorial Eucharist—Provincial (Rite II) Celebrant and Preacher: The Revd Sharon Langbis
	1.30pm	Sung Eucharist (Pilipino) Celebrant and Preacher: The Revd Canon Dwight dela Torre
	5.00pm	Choral Evensong Officiant and 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**

O God, you declare your almighty power most chiefly in showing mercy and pity: mercifully grant to us such a measure of your grace, that we, running the way of your commandments, may receive your gracious promises, and be made partakers of your heavenly treasure; 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**  
**1 Kings 19.4-8**

A reading from the first book of Kings.

Elijah went a day's journey into the wilderness, and came and sat down under a solitary broom tree. He asked that he might die: 'It is enough; now, O LORD, take away my life, for I am no better than my ancestors.' Then he lay down under the broom tree and fell asleep. Suddenly an angel touched him and said to him, 'Get up and eat.' He looked, and there at his head was a cake baked on hot stones, and a jar of water. He ate and drank, and lay down again. The angel of the LORD came a second time, touched him, and said, 'Get up and eat, otherwise the journey will be too much for you.' He got up, and ate and drank; then he went in the strength of that food for forty days and forty nights to Horeb the mount of God.

This is the word of the Lord.  
**All Thanks be to God.**

**SECOND READING**  
**Ephesians 4.25-5.2**

A reading from the letter of St Paul to the Ephesians.

Putting away falsehood, let all of us speak the truth to our neighbours, for we are members of one another. Be angry but do not sin; do not let the sun go down on your anger, and do not make room for the devil. Thieves must give up stealing; rather let them labour and work honestly with their own

hands, so as to have something to share with the needy. Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear. And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption. Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, and be kind to one another, tender-hearted, forgiving one another, as God in Christ has forgiven you. Therefore be imitators of God, as beloved children, and live in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

This is the word of the Lord.  
**All Thanks be to God.**

**GOSPEL READING**  
**John 6.35, 41-51**

Hear the Gospel of our Lord Jesus Christ according to John.  
**All Glory to you, O Lord.**

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

Then the Jews began to complain about him because he said, 'I am the bread that came down from heaven.' They were saying, 'Is not this Jesus, the son of Joseph, whose father and mother we know? How can he now say, "I have come down from heaven"?' Jesus answered them, 'Do not complain among yourselves. No one can come to me unless drawn by the Father who sent me; and I will raise that person up on the last day. It is written in the prophets, "And they shall all be taught by God." Everyone who has heard and learned from the Father comes to me. Not that anyone has seen the Father except the one who is from God; he has seen the Father. Very truly, I tell you, whoever believes has eternal life. I am the bread of life. Your ancestors ate the manna in the wilderness, and they died.

This is the bread that comes down from heaven, so that one may eat of it and not die. I am the living bread that came down from heaven. Whoever eats of this bread will live for ever; and the bread that I will give for the life of the world is my flesh.'

This is the Gospel of the Lord.

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

### POST COMMUNION PRAYER

Lord of all mercy, we your faithful people have celebrated that one true sacrifice which takes away our sins and brings pardon and peace: by our communion keep us firm on the foundation of the gospel and preserve us from all sin; through Jesus Christ our Lord. **Amen.**



### FOR YOUR PRAYERS THIS WEEK

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

**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 Holy Word;** for the Revd Richard Tsang, the Vicar; the Revd Mark Tang, the Honorary Priest, and their family members; for all members of the Parish Vestry, volunteers and office staff that they will wholeheartedly carry out their stewardship duties; for the congregation stewardship in the parish, their contribution of talent, time, and financial resources for church growth and development; for the support of the parish's financial need; for the youth and parent ministry of the church and schools.

**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 also remember in our prayers our Council members, Cathedral Staff, Cathedral Servers, Cathedral Sidesmen, Poverty Alleviation Group, our Prison Ministry, Music Ministry, and Lunchtime Recitals.

**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:*

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

*Please pray for the recently departed:*  
Arthur James Millar

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

## NOTICES

### 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 BLESSED VIRGIN MARY

Thursday 15<sup>th</sup> August 2024  
7.30pm Sung Eucharist



*And blessed is the fruit  
of your womb*

*Celebrant:  
The Revd Canon Dwight dela Torre*

*Preacher:  
The Revd Robert Martin*

<https://youtube.com/live/LiYabd5rOro>

### 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.

### PLACEMENT

Nic Long, an ordinand from Cambridge, is with us on placement at St John's Cathedral from now until early September. At the end of his placement Nic will write a theological reflection on his experience. Any names that may be included will be changed to preserve anonymity. Nevertheless, you may withdraw yourself from being the subject of any written reflection if you wish, by emailing Will at [newman@stjohnscathedral.org.hk](mailto:newman@stjohnscathedral.org.hk) Please welcome Nic when you meet him.

### VISITING TAIWAN EPISCOPAL CHURCH

Fr Amos Poon and the LEC youth group are leading a group of 15 people with St James' Church on a visit to the Diocese of Taiwan from 8<sup>th</sup>-12<sup>th</sup>, 2024. Please pray for this tour and that the exchange between the groups would be fruitful.



**Theme:**

**Fear not,  
Follow me**

### CURSILLO HK7

**3<sup>rd</sup>—6<sup>th</sup> October (Thu 5pm - Sun 4pm)**

*Honeyville Retreat House, Mt Davis, Kennedy Town*

A residential weekend leading to continuing engagement in a community of Christians Living an active life in their parish and environment.

Requirements:

- Over 18 years old
- Baptized for at least 2 years
- Anglican parishioners

Enquiry: [cursillohk@gmail.com](mailto:cursillohk@gmail.com)

Registration deadline: 31<sup>st</sup> August 2024



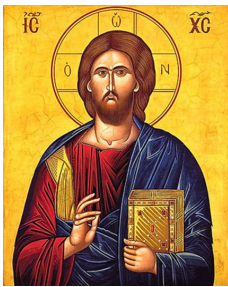
**JOIN US**

***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: extended to 14<sup>th</sup> August 2024**

Course Fee: HKD1000

## NOTICES



### **Diocese of Hong Kong Island, HKS KH 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 THANKSGIVING SERVICE 2024**

Sponsored by St Paul's Church and the family of the late Mrs Lily Pong since 2014, the scholarship aims at providing subsidies to existing and potential church organists in HKS KH to be better equipped with organ playing techniques and church service conducting skills. At the end of this academic year, the Standing Commission for Liturgical Matters will organize the Annual Thanksgiving Service of the Scholarship. Details are as below:

Date: Saturday, 24<sup>th</sup> August 2024  
Time: 4.00pm  
Venue: Hong Kong Sheng Kung Hui St Paul's Church, Glenealy, Central  
Officiant: The Revd Jason Leung  
Blessing: The Most Revd Andrew Chan

All are welcome to join us to celebrate God's blessing on the Scholarship over the past few years. For any further enquiries, please contact the Provincial Music Director, Mr Felix Yeung at (852) 2523 4157.

# 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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