



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 FIFTH SUNDAY AFTER TRINITY 5TH JULY 2026

8.00am Said Eucharist

Celebrant and Preacher: The Revd Robert Martin CMP
Reader: Douglas Lam

9.00am Sung Eucharist (<https://youtube.com/live/j1eSAuJrFBU>) (*Eucharistic Prayer E*)

Celebrant: The Dean
Preacher: The Very Revd Professor Martyn Percy
Deacon: The Revd Robert Martin CMP
Communion Setting: St Martin's Mass (David Bednall)
Hymns: 359 (omit *), 486, 385, 498i
Anthem: Hear my prayer (Felix Mendelssohn)
Readers: Thomas Swain, Gordon Jones
Intercessor: Frank Lang
Voluntary: Prelude in C minor, Op. 37 No. 1
(Felix Mendelssohn)

10.30am Sung Eucharist (Mandarin)

Celebrant: The Revd Francis Yu
Preacher: The Revd Canon Peter Koon

11.45am Responsorial Eucharist—Provincial (Rite II)

Celebrant: The Dean
Preacher: The Revd Robert Martin CMP
Reader: Gareth Williams
Intercessor: Letty Awingan

1.30pm Sung Eucharist (Pilipino)

Celebrant and Preacher: The Revd Canon Dwight dela Torre

5.00pm Choral Evensong

Officiant and Preacher: The Revd Drew Courtright
Reader: Letty Awingan

THIS WEEK AT ST JOHN'S CATHEDRAL

MON 6th July	8.00am	Said Eucharist
	12.25pm	<i>Meditation Group</i>
	1.00pm	One o'clock Prayer
TUE 7th	8.00am	Said Eucharist
	1.00pm	One o'clock Prayer
	1.15pm	Said Eucharist
	7.00pm	<i>Bible Reading Fellowship (in person)</i>
WED 8th	8.00am	Said Eucharist
	1.00pm	One o'clock Prayer
	1.15pm	<i>Lunchtime Recital—Resonating Briefs with Ivy Pan, Selina Chan & Emma Au</i>
	6.00pm	Said Eucharist
THU 9th <i>Saints and Martyrs of China</i>	8.30am	Said Eucharist
	1.00pm	One o'clock Prayer
	1.15pm	Said Eucharist
	2.30pm	<i>Parents and Toddlers—NO MEETING</i>
		<i>The Parents and Toddlers is taking a summer break in July and August. Further updates will follow.</i>
FRI 10th	8.00am	Said Eucharist
	3.00pm	<i>Friday Fellowship Group</i>
	8.00pm	<i>'Among Us' (Youth Ministry)</i>
SAT 11th <i>Benedict of Nursia, Abbot of Monte Cassino, Father of Western Monasticism, c. 550</i>	8.30am	Said Eucharist
	12.00noon	Said Eucharist (Filipino)
	4.00pm	<i>Andrew Fellowship</i>
	6.00pm	Sung Eucharist (Cantonese) (Anticipated Sunday Service)
SUN 12th July <i>Isaiah 55.10-13</i> <i>Psalms 65 (or 65.8-end)</i> <i>Romans 8.1-11</i> <i>Matthew 13.1-9, 18-23</i>	The Sixth Sunday after Trinity (Sea Sunday)	
	8.00am	Sung Eucharist Celebrant and Preacher: The Revd Desmond Cox
	9.00am	Responsorial Eucharist Celebrant: The Revd Robert Martin CMP Preacher: The Revd Desmond Cox
	10.30am	Sung Eucharist (Mandarin) Celebrant: The Revd Canon Peter Koon Preacher: The Revd Francis Yu
	11.45am	Choral Mattins Officiant: The Revd Robert Martin CMP Preacher: The Revd Professor Philip Wickeri
	1.30pm	Sung Eucharist (Filipino) Celebrant and Preacher: The Revd Sharon Langbis
	5.00pm	Healing Eucharist Celebrant: The Revd Robert Martin CMP Preacher: The Revd Sharon Langbis

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 unauthorised 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

Almighty and everlasting God, by whose Spirit the whole body of the Church is governed and sanctified: hear our prayer which we offer for all your faithful people, that in their vocation and ministry they may serve you in holiness and truth to the glory of your name; through our Lord and Saviour Jesus Christ, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

FIRST READING

Zechariah 9.9-12

A reading from the book of the prophet Zechariah.

Rejoice greatly, O daughter Zion! Shout aloud, O daughter Jerusalem! Lo, your king comes to you; triumphant and victorious is he, humble and riding on a donkey, on a colt, the foal of a donkey. He will cut off the chariot from Ephraim and the warhorse from Jerusalem; and the battle-bow shall be cut off, and he shall command peace to the nations; his dominion shall be from sea to sea, and from the River to the ends of the earth. As for you also, because of the blood of my covenant with you, I will set your prisoners free from the waterless pit. Return to your stronghold, O prisoners of hope; today I declare that I will restore to you double.

This is the word of the Lord.

All Thanks be to God.

SECOND READING

Romans 7.15-25a

A reading from the letter of Paul to the Romans.

I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. Now if I do what I do not want, I agree that the law is good. But in fact it is no longer I that do it, but sin that dwells within me. For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it. For I do not do the good I want, but the evil I do not

want is what I do. Now if I do what I do not want, it is no longer I that do it, but sin that dwells within me.

So I find it to be a law that when I want to do what is good, evil lies close at hand. For I delight in the law of God in my inmost self, but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. Wretched man that I am! Who will rescue me from this body of death? Thanks be to God through Jesus Christ our Lord!

This is the word of the Lord.

All Thanks be to God.

GOSPEL READING

Matthew 11.16-19, 25-30

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

All Glory to you, O Lord.

At that time Jesus said, "To what will I compare this generation? It is like children sitting in the market-places and calling to one another, "We played the flute for you, and you did not dance; we wailed, and you did not mourn." For John came neither eating nor drinking, and they say, "He has a demon"; the Son of Man came eating and drinking, and they say, "Look, a glutton and a drunkard, a friend of tax-collectors and sinners!" Yet wisdom is vindicated by her deeds.

I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; yes, Father, for such was your gracious will. All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him. Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.'

This is the Gospel of the Lord.

All Praise to you, O Christ.

POST COMMUNION PRAYER

Grant, O Lord, we beseech you, that the course of this world may be so peaceably ordered by your governance, that your Church may joyfully serve you in all godly quietness; through Jesus Christ our Lord. **Amen.**

~~~~

**FOR YOUR PRAYERS THIS WEEK**

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

**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 St Thomas Church**, for the Revd Arthur Ho, the Revd Harwood Fung, staff members, parishioners; for vestry members, members of committees and departments; for the neighbours, youth, children and their parents of the church's Pastoral Centre; For the services, fellowships, the Pastoral Centre, and for the reconstruction of the church building; For St Thomas' Primary School, St Clement's Primary School, St Thomas' Kindergarten, St Thomas' Child Care Centre, Li Ka Shing Care & Attention Home for the Elderly in the parish.

**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 Christians in Central, In Touch Magazine, Cathedral Bookstore, Mission For Migrant Workers, SJC Life Enrichment Centre, and St John's Counselling Service.

**We pray for our link diocese of Toungoo in Myanmar**, where thousands of church members are still suffering from last year's earthquake and floods, and the continuing civil war.

**PRAYER REQUESTS**

*Please pray for those who are sick:*

Sabrina Ho, Leung Chan Ying Ping, Wu Yat Cho, SoSo Mei Ping Wong-Leung, Poon Wan Fung Sebastien, Raymond Yuen, Birdy Yeung, Fung Wan Nui, Eva Sorrel, Tommy Hui, Ray Chan, Therese Marie Gerarda Chan, Cheung Chik Wan, Chung Sheung Yung, Hsu Hon Chung, Teresa Ray Li, Fr John Chynchen, John Chakas, Joseph Chu, Alan Irvine, Ruth Phillipson, Daisy Tai, Jane Pang Tong, Katie Yuet Kum Leung-Lui, Jeffrey Lee, Sylvia Donna Kantor, Hung Yeung Pong Wah, Jan Williams, Bonnie Lin, Louis Shih, Li Chunjuan, Tiffany Au, Esther Bangcawayan, Rozana Leung-Bishop, Irena Wu, Mark Hammitt, Sanson Lau, Chris Maden, Tristan Sherliker, Emily Tso, Pamela Bennett, Brigitta Wheele, Chew Tung Yim Fong, Yeewan Li, Yu Chi Ming, Sister Jean Mary, John Lo, Sarah Wong, Sabine Day, Wanda Wan H, Chuan Xiaokang, Michael Beckett, Merander Ng, Tjhang Chui Fa, Cheung Leung Wah and Donna Willis.

*Please pray for the recently departed:*

Herman Tsoi

*In Memoriam:*

Winston Ching, Priest

Please remember those named above in your private prayers. To include someone in this prayer list, please contact Elisa, Tel: +852 2523 4157.

*REMARKS: Unless Elisa is contacted (deanssec@stjohnscathedral.org.hk) with advice to the contrary, names will be removed from the Prayer Request list after one month.*

**PRAYERS FOR PEACE**

As wars and conflicts bring terror and suffering to so many of God's children in Iran and the Middle East, in Ukraine, and in Africa, you can join our online Peace Prayers, 8.30-8.50pm every Thursday evening. We pray for peace in the world and peace in ourselves, so that we can spread peace around us. WhatsApp Tony Poon tssf on +852 9860 2920 for the link.



**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.

**CLERGY**

This morning, Fr Dwight is celebrating the Eucharist and preaching at Emmanuel Church, Pokfulam.

**ENGLISH SPEAKING EfM  
IS RECRUITING**

Education for Ministry, EfM (also called Enquiring Faith Matters) is a four-year mentored self learning course on the Bible, Church history and various topics on Christian beliefs, Christian living and how Christians perceive and interact with the world.

The course is divided into four units, each lasting for a year. The group of participants meet with the mentor each week at St John's Cathedral to share what they understand from the reading assignment and to share one another's thoughts. The abilities to read with discernment and to use a computer as a tool for learning are required.

Each enrolment is for one year and the fee is \$2,200.- Participants are also required to buy their own books.

A course is starting in September 2026. Those interested are welcomed to contact the mentor, Tony Poon tssf at email [ksapoon@gmail.com](mailto:ksapoon@gmail.com) for further details.

**St John's Cathedral Hong Kong  
Summer Sunday School 2026**

*'Fruit of the Spirit'*

**Venue:** Harold Smyth Room

**Date:** Sundays 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> July & 2<sup>nd</sup>, 9<sup>th</sup> August

**Time:** 9.00am - 9.55am

**Online Registration Form:**

[https://forms.cloud.microsoft/pages/responsepage.aspx?id=xVqJbm\\_uH00iQIO6rWubEnVszXEM2D9CnYqfelb0aCNURFU3NUhLREpXNkRTU09ZNkYyOFZBTQ2VS4u&route=shorturl](https://forms.cloud.microsoft/pages/responsepage.aspx?id=xVqJbm_uH00iQIO6rWubEnVszXEM2D9CnYqfelb0aCNURFU3NUhLREpXNkRTU09ZNkYyOFZBTQ2VS4u&route=shorturl)



## **HKSKH Ming Hua Theological College**

**Autumn Semester, 2026/27, is now open for admission!  
(September 2026 – January 2027)**

### **Master of Arts in Christian Studies (MCS)**

#### **MCS102 Bible and Theology in Context**

Lecturer: Dr Stephen Lim & Dr Matthew Jones

Date: 10<sup>th</sup> Sep – 10<sup>th</sup> Dec (Thursdays, except 1<sup>st</sup> and 22<sup>th</sup> Oct)

#### **MCS108 Reading the Bible in the Contemporary World**

Lecturer: Dr Stephen Lim

Date: 9<sup>th</sup> Sep – 2<sup>nd</sup> Dec (Wednesdays, except 21<sup>st</sup> Oct)

#### **MCS113 Who and What is the Church?**

Lecturer: Dr Matthew Jones

Date: 8<sup>th</sup> Sep – 1<sup>st</sup> Dec (Tuesdays, except 20<sup>th</sup> Oct)

*Time: 7.00pm - 9.00pm*

*Venue: Ming Hua Theological College / Zoom\**

*Tuition Fee: HKD9,800 per module*

*Audit Fee: HKD5,880 per module*

*Application Fee: HK\$200*

*Deadline: 31<sup>st</sup> August 2026*

Enrolment & Enquiries: [admission@minghua.edu.hk](mailto:admission@minghua.edu.hk)  
or WhatsApp: +852 9530 7241

\* Zoom setup is for overseas students to attend the classes only.

### **Diploma of Theology**

We would like to inform you that the recruitment for our **Diploma of Theology** programme is open now. It is conducted in Cantonese. Should you have any enquiries, please contact us at [admission@minghua.edu.hk](mailto:admission@minghua.edu.hk) or WhatsApp to +852 9530 7241.



Co-organizer :The Women's Group of St. John's Cathedral and Kei Oi Church, HKSKH

# "Christian Listening Revolution" Course

"He who has ears, let him hear!"

(Matthew 11:15, 13:9, 13:43)

Listen to the cries of troubled souls  
and weep with the weeping

Listen to the Lord's voice  
and follow His guidance

"CL Revolution" course originated from the "Christian Listening" course, which was introduced to Hong Kong in 1997 by the former Dean of St. John's Cathedral, the Revd Canon Stephen Sidebotham, and his wife Peggy. In 2005, it was authorized by the British Acorn Christian Healing Foundation and established "Christian Listening Hong Kong" (CLHK) in Hong Kong to offer the course.

**Speaker: Ms. Linda LUI**

a member of Christ Church, who completed the "Christ Listening" training in the UK and served as the first Chairperson of the Board of Directors of CLHK since 2005.

**"Christian Listening Revolution"  
Course Introduction**

**Date: 2026.07.11 (Sat)**

**Time: 2:30 - 4:30pm**

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

**Free to Attend  
Registration:**

**WhatsApp 9877 7161  
Or QR code**



# ST JOHN'S CATHEDRAL MINISTRY TEAM

## Dean

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

## Clergy Ministry Co-ordinators:

Chinese Ministry -  
The Revd Canon Peter Koon  
The Revd Francis Yu

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 CMP  
(Chaplain to the English-speaking congregations)

Youth Ministry - The Revd Francis Yu

The Revd Drew Courtright  
(Priest-In-Charge of Discovery Bay Church)

## Honorary Chaplains:

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

## Executive Administrator:

Ms Bette Lai

## Serving the wider community:

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



## Safeguarding Officer:

Mr Jason Wong



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, Tel: +852 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.

This information is collected in accordance with the Personal Data Privacy Statement as published on the St John's Cathedral website at '[www.stjohnscathedral.org.hk](http://www.stjohnscathedral.org.hk)'.