



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.'*

20TH OCTOBER 2019

THE EIGHTEENTH SUNDAY AFTER TRINITY

8.00am Said Eucharist

Celebrant and Preacher: The Revd Sharon Langbis

Reader: Faye Yee

9.00am Sung Eucharist

Celebrant: The Revd Sharon Langbis

Preacher: The Revd John Chynchen

Deacon: The Dean

Communion Setting: St John's Mass (Ernest Hui)

Psalm: 121 (Frost)

Hymns: 55, 370, 423ii, 216 (T.433)

Anthem: Thou knowest, Lord (Bob Chilcott)

Voluntary: Voluntary for the Single Organ in D Minor
(Henry Purcell)

Readers/Intercessor: Andrew Ashley, Patricia Hon/Simon Fong

10.30am Sung Eucharist (in Mandarin)

Celebrant: The Dean

Preacher: The Revd Wu Wai Ho

11.45am Responsorial Eucharist

Celebrant: The Revd Sharon Langbis

Preacher: The Revd John Chynchen

Reader/Intercessor: Saki Tsoi/Kevin She

2.00pm Sung Eucharist (in Filipino)

Celebrant and Preacher: The Revd Canon Dwight dela Torre

6.00pm Choral Evensong (See insert)

Officiant: The Revd Robert Martin

Preacher: The Dean

Reader: William Cheng

Welcome to all who worship here today. Visiting communicants, of whatever Christian tradition, are invited to receive communion here. Gluten-free communion wafers are available on request at all Eucharists in this Cathedral. Please enquire of the Sidesmen or Servers for directions to the distribution. **No unauthorized photography, video filming or sound recording during the service.**



聖公會聖約翰座堂

Faith in the City
1849 - 2019

THIS WEEK AT ST JOHN'S CATHEDRAL

SUN 20th October	12.00noon	<i>Chinese Congregation Fellowship</i>
MON 21st	8.00am 12.30pm 1.00pm	Said Eucharist <i>Meditation Group</i> One o'clock Prayer
TUE 22nd	8.00am 1.00pm 7.00pm	Said Eucharist One o'clock Prayer <i>Bible Reading Fellowship (English)</i>
WED 23rd	8.00am 1.00pm 1.10pm 2.30pm 6.00pm	Said Eucharist One o'clock Prayer <i>Lunchtime Recital—Ipswich School Chapel Choir Concert</i> <i>Bible Reading Prayer Fellowship (Chinese)</i> Said Eucharist
THU 24th	8.30am 1.00pm 1.15pm 2.30pm	Said Eucharist One o'clock Prayer Said Eucharist <i>NO Parents and Toddlers</i>
FRI 25th	8.00am 1.00pm 3.00pm	Said Eucharist One o'clock Prayer <i>Friday Fellowship Group</i>
SAT 26th	8.30am 10.00am 6.00pm	Said Eucharist <i>Michaelmas Fair</i> Sung Eucharist (Cantonese) (Anticipated Sunday Service)
SUN 27th October <i>Ecclus. 35.12-17</i> <i>Psalms 84.1-8</i> <i>2 Timothy 4.6-8, 16-18</i> <i>Luke 18.9-14</i>	The Last Sunday after Trinity 8.00am 9.00am 10.30am 11.45am 1.15pm 3.30pm	Said Eucharist Celebrant and Preacher: The Dean Sung Eucharist Celebrant: The Revd Jenny Wong Nam Preacher: The Dean Sung Eucharist (Mandarin) Celebrant: The Revd Wu Wai Ho Preacher: The Revd Canon Peter Koon Responsorial Eucharist with Children's Baptism Celebrant: The Dean Preacher: The Revd Sharon Langbis Sung Eucharist (Filipino) Celebrant and Preacher: The Revd Sharon Langbis Prayers for the City—Evening Prayer in Taizé style Officiant: The Revd Will Newman Preacher: The Revd Mark Rogers



THEFT PREVENTION

As with any big city centre, please keep your valuables with you. If you feel unsafe at any time, please let a staff member or sidesman know.

COLLECT

Almighty and everlasting God, increase in us your gift of faith that, forsaking what lies behind and reaching out to that which is before, we may run the way of your commandments and win the crown of everlasting joy; 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

Genesis 32.22-31

A reading from the book of Genesis.

At night Jacob got up and took his two wives, his two maids, and his eleven children, and crossed the ford of the Jabbok. He took them and sent them across the stream, and likewise everything that he had. Jacob was left alone; and a man wrestled with him until day-break. When the man saw that he did not prevail against Jacob, he struck him on the hip socket; and Jacob's hip was put out of joint as he wrestled with him. Then he said, 'Let me go, for the day is breaking.' But Jacob said, 'I will not let you go, unless you bless me.' So he said to him, 'What is your name?' And he said, 'Jacob.' Then the man said, 'You shall no longer be called Jacob, but Israel, for you have striven with God and with humans, and have prevailed.' Then Jacob asked him, 'Please tell me your name.' But he said, 'Why is it that you ask my name?' And there he blessed him. So Jacob called the place Peniel, saying, 'For I have seen God face to face, and yet my life is preserved.' The sun rose upon him as he passed Penuel, limping because of his hip.

This is the word of the Lord.

All Thanks be to God.

PSALM 121

1 I will lift up mine eyes unto the hills : from whence cometh my help.
2 My help cometh even from the Lord : who hath made heaven and earth.
3 He will not suffer thy foot to be moved : and he that keepeth thee will not sleep.
4 Behold, he that keepeth Israel : shall neither slumber nor sleep.
5 The Lord himself is thy keeper : the Lord is thy defence upon thy right hand;
6 So that the sun shall not burn thee by day : neither the moon by night.
7 The Lord shall preserve thee from all evil : yea, it is even he that shall keep thy soul.
8 The Lord shall preserve thy going out, and thy coming in : from this time forth for evermore.
Glory be to the Father, and to the Son : and to the Holy Ghost;
As it was in the beginning, is now, and ever shall be: world without end.

SECOND READING

2 Timothy 3.14-4.5

A reading from the second letter of Paul to Timothy.

Continue in what you have learned and firmly believed, knowing from whom you learned it, and how from childhood you have known the sacred writings that are able to instruct you for salvation through faith in Christ Jesus. All scripture is inspired by God and is useful for teaching, for reproof, for correction, and for training in righteousness, so that everyone who belongs to God may be proficient, equipped for every good work. In the presence of God and of Christ Jesus, who is to judge the living and the dead, and in view of his appearing and his kingdom, I solemnly urge you: proclaim the message; be persistent whether the time is favourable or unfavourable; convince, rebuke, and encourage, with the utmost patience in teaching. For the time is coming when

people will not put up with sound doctrine, but having itching ears, they will accumulate for themselves teachers to suit their own desires, and will turn away from listening to the truth and wander away to myths. As for you, always be sober, endure suffering, do the work of an evangelist, carry out your ministry fully.

This is the word of the Lord.

All Thanks be to God.

GOSPEL READING

Luke 18.1-8

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

All Glory to you, O Lord.

Jesus told his disciples a parable about their need to pray always and not to lose heart. He said, 'In a certain city there was a judge who neither feared God nor had respect for people. In that city there was a widow who kept coming to him and saying, "Grant me justice against my opponent." For a while he refused; but later he said to himself, "Though I have no fear of God and no respect for anyone, yet because this widow keeps bothering me, I will grant her justice, so that she may not wear me out by continually coming." And the Lord said, "Listen to what the unjust judge says. And will not God grant justice to his chosen ones who cry to him day and night? Will he delay long in helping them? I tell you, he will quickly grant justice to them. And yet, when the Son of Man comes, will he find faith on earth?'

This is the Gospel of the Lord.

All Praise to you, O Christ.

POST COMMUNION PRAYER

We praise and thank you, O Christ, for this sacred feast: for here we receive you, here the memory of your passion is renewed, here our minds are filled with grace, and here a pledge of future glory is given, when we shall feast at that table where you reign with all your saints for ever. **Amen.**

FOR YOUR PRAYERS THIS WEEK

In the worldwide Anglican Communion we pray for the Church in the Province of the West Indies.

We pray for the Province of Hong Kong Sheng Kung Hui (Anglican Province of Hong Kong & Macau); for the Most Revd Dr Paul Kwong, our archbishop and primate; and for all bishops, priests and deacons within our diocese and province.

We pray for St Luke's Church; for the faith-seeking of new comers, the spirituality and devotion of the parishioners; for the development of St Luke's Church Pastoral Centre; for the ministries of students and parents of SKH Lui Ming Choi Memorial Primary School; for the ministries of SKH Central and Western District Day Care Centre for the Elderly and SKH St Luke's Settlement Neighbourhood Elderly Centre, that God may guide them and provide for their needs.

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 'Grace in a busy week', Bible Reading Fellowship, Chinese Bible Reading Prayer Fellowship, Andrew Fellowship, Friday Fellowship Group, Filipino Fellowship, and the IFI Fellowship.

We also pray for our link Diocese of Toungoo, Myanmar; for the Rt Revd Dr Saw Shee Sho, his priests, people and ministry.

PRAYER REQUESTS

Please pray for those who are sick:

Benjamin Ng, Geoff Walsh, Nie Shi Fa, Shirley Nie, John McIntosh, Jennifer D. Ambatcan, Catherine Chan, Marianne Felch, Annie Kwan, May Cheng, Toun Ming, Roger Bebbington, Elaine Cogan, Daisy Tai, Irene Lo Oi Lin, Jeshar Yau, Timothy Moreno, Margaret Pini, Mike Chan, Phyllis Schmitz, Anthony Chan,

Chen Kuk Tye, Chong Yuk Lau, Tai Yu Hei, Christina Chan, Eunice Chan, Ron Fast, Kathryn Lewis, Raymond Yuen, Monica Cornelius, John David, Carrie McKinnon, Donna Gail Willis, Richard Jones, Meena Tsui, Kathryn McCallen, Susan Westlake and Caroline Yu.

*Please pray for the recently departed:
Sir David Akers-Jones*

The funeral of Sir David Akers-Jones will be held at St John's Cathedral on Friday 25th October 2019 at 11.00am.

Prayers will be offered for those named above during the weekday Eucharist. To include someone in this prayer list, please contact Elisa, **Tel.: 2523 4157**.

A PRAYER FOR HONG KONG

O Saviour Christ, in whose love lies the secret of all life and the hope of all people, we pray for quiet courage to match this hour. We did not choose to be born or live in such an age; but let its problems challenge us, its discoveries exhilarate us, its injustices anger us, its possibilities inspire us and its vigour renew us, for your Kingdom's sake. Amen.

Celebration of the 170th Anniversary of the Cathedral Church of St John the Evangelist

*on The Feast of Christ the King
Sunday 24th November 2019*

*A Thanksgiving Eucharist at 5.00pm
at St John's Cathedral*

*followed by
an Anniversary Gala Dinner at
7.30pm at the Metropol Restaurant*

Tickets at \$300 are available at the Cathedral office.

You can also call 2523 4157.

*All are welcome!
Bring your family and friends along.*

CLERGY

The Revd Franklin Lee is leading the worship and preaching at Discovery Bay Church this morning.



CHANGE OF SERVICE TIMES

Due to the current situation in Hong Kong, and for the safety of all, the following temporary worship schedule for Sunday at St John's Cathedral will be introduced starting from 27th October.

- 8.00am Said Eucharist**
- 9.00am Sung Eucharist**
- 10.30am Eucharist in Mandarin**
- 11.45am Responsorial Eucharist/
Choral Mattins**
- 1.15pm Eucharist in Filipino**
- 3.30pm Afternoon Service
(service format according to rota)**
- 5.00pm Cathedral Closes**

The temporary schedule will continue in the month of November. Sorry for the inconvenience caused.

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CHANGE OF MICHAELMAS FAIR OPENING HOURS

Saturday 26th October
10.00am—2.00pm
(instead of 10.00am—4.00pm)



ST JOHN'S CATHEDRAL

聖約翰座堂 Li Hall 李堂

CHARITY CHRISTMAS CARD & HANDICRAFT FAIR

8th, 9th NOVEMBER
10am - 4pm

11月8-9日
上午10時至下午4時

MRS LILY PONG SCHOLARSHIP FOR CHURCH ORGANISTS

Open for Application (2020-21)

The 'Mrs Lily Pong Scholarship for Church Organists' for admission in September 2020 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). Deadline for application is 28th October 2019 (Monday).

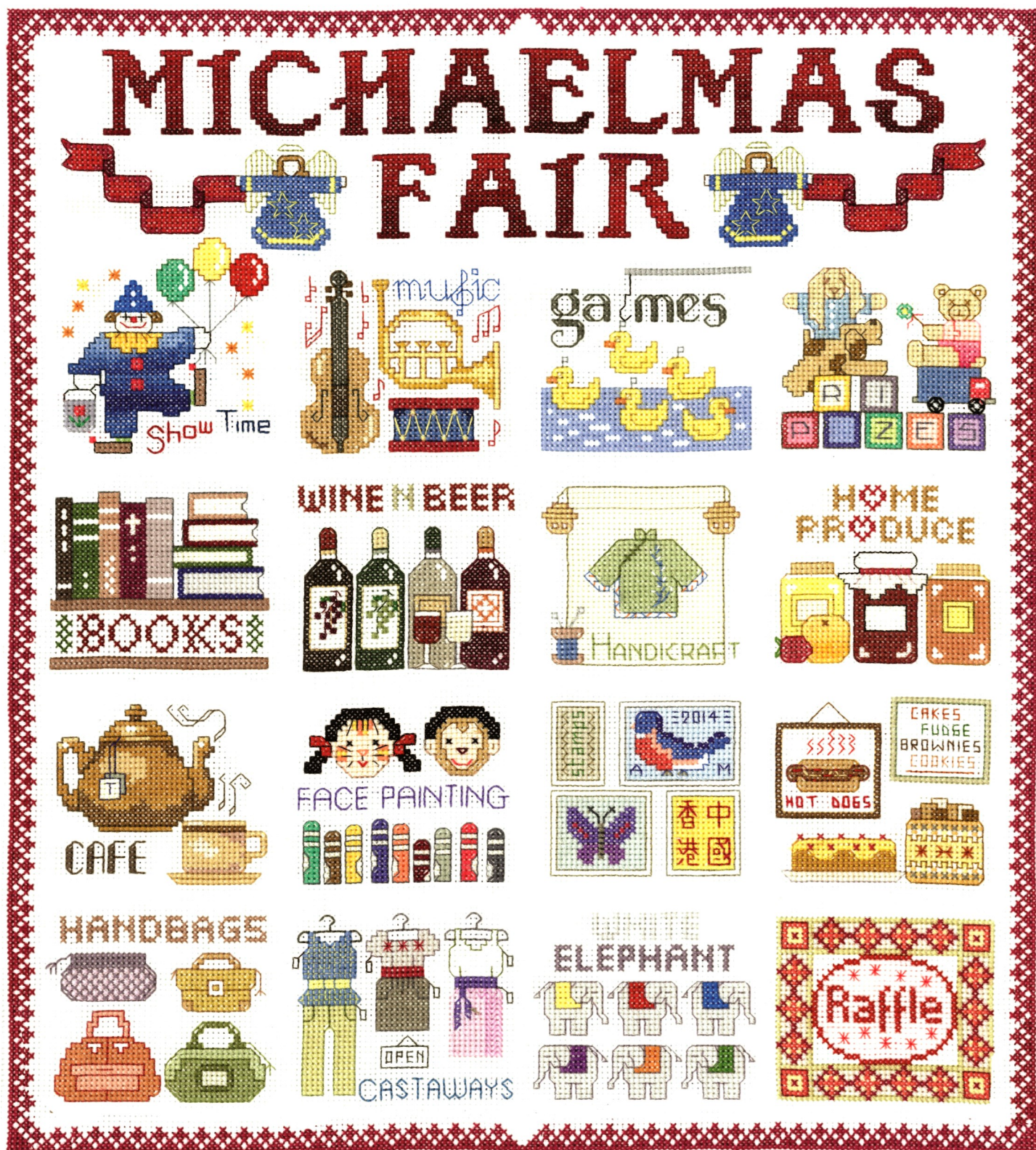
MISSION MATTERS

Highlights of the life-changing work of our Cathedral outreach.

Today: A brief vignette from St John's Cathedral Counselling Service

1. I sought counselling finally for anxiety that had been affecting me for many years. It was hard for me to meet friends or to work confidently in my job. Through counselling with my psychologist at SJC Counselling Service, I learnt that a lot of my anxiety was due to internalized beliefs I had about the world and I was trying to avoid anxiety at all costs even when it hurt me in the long run. My psychologist was patient with me, I was able to slowly challenge my negative beliefs that were holding me back. Now I have become much more adaptive and able to face challenges unlike before. This has had a great effect on my social life and in my relationships with others. I feel that I have also become more positive at work and increased my ability to be assertive. I highly encourage those who suffer from depression and anxiety to seek professional help and be able to enjoy life again.

2. St John's Cathedral Counselling Service was recommended to me by a friend. After contacting them, I was assigned to a counsellor to work on my fear of flying. This fear had been troubling me for many years and made the summers really difficult as I wanted so much to fly home yet it would take all my energy and strength to survive the 16 hour flight back to the States. It came to the point that I wanted to stop flying home but I also really wanted to see my family. My counsellor explored with me my fears about flying and also how it had first started. I learnt that my perceptions of fear when I was on the airplane was actually being amplified by my hypervigilance of all the things that could go wrong during the flight and when there was turbulence, I had become so convinced we would crash. Through learning relaxation techniques and understanding the physiological symptoms of anxiety and also letting myself ride through them rather than to hide from them, I managed to have a much more enjoyable flight this summer back home. Thank you!



Michaelmas Fair

聖約翰座堂賣物會

Date: 26 October 2019 (Saturday)

Time: 10 am - 2 pm

Venue: St John's Cathedral

日期：2019年10月26日（星期六）

時間：上午十時 - 下午二時

地點：聖公會聖約翰座堂

Free Admission 免費入場

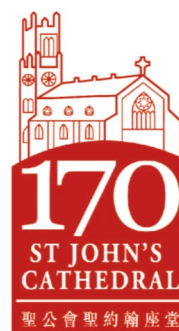
All are welcome 歡迎參加

4-8 Garden Road, Central 中環花園道4至8號 Tel / 電話: 2523 4157 www.stjohnscathedral.org.hk

Scan here
for details:



Artwork by A.M.



Faith in the City
1849 - 2019

ST JOHN'S CATHEDRAL MINISTRY TEAM

Dean: The Very Revd Matthias Der

Clergy Ministry Co-ordinators:

Community Building — The Revd Franklin Lee
Christian Education — The Revd Will Newman
(*Priest-In-Charge of St Stephen's Chapel, Stanley*)
Outreach Ministry — The Revd Mark Rogers
(*Priest-In-Charge of Discovery Bay Church*)
Liturgy and Spirituality — The Revd Robert Martin
(*Priest-In-Charge of Emmanuel Church, Pokfulam*)
Filipino Ministry —
The Revd Canon Dwight dela Torre
The Revd Sharon Langbis
Chinese Ministry —
The Revd Canon Peter Koon
The Revd Wu Wai Ho

Honorary Chaplain:

The Revd Jenny Wong Nam

Executive Administrator:

Mrs Viola Ip

Serving the wider community:

SJC Counselling Service
HELP for Domestic Workers
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.

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/2.00pm/6.00pm 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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