



# 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.'*

## 6TH MARCH 2022 THE FIRST SUNDAY OF LENT

### 9.00am Sung Eucharist

Celebrant: The Revd Robert Martin  
Preacher: The Revd Canon Dwight dela Torre  
Communion Setting: The Book of Common Prayer Noted (John Merbecke)  
Hymns: 67, 414, 410 (v.1,3,6,7), 74 (omit v.5)

### 5th March Saturday Eucharist (Anticipated service)

6.00pm Holy Eucharist (Cantonese)  
<https://youtu.be/foHuDuViE4c>

### 6th March Sunday Eucharist and Choral Evensong

9.00am Sung Eucharist (English)  
<https://youtu.be/ypZyPQSh288>

10.30am Holy Eucharist (Mandarin)  
<https://youtu.be/F-V5uhBSvWs>

10.30am Holy Eucharist (Filipino)  
<https://youtu.be/apuouaAwCho>

5.00pm Choral Evensong  
<https://youtu.be/qsF-5HSShOk>

ONLINE  
DONATION



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

**COLLECT**

Almighty God, whose Son Jesus Christ fasted forty days in the wilderness, and was tempted as we are, yet without sin: give us grace to discipline ourselves in obedience to your Spirit; and, as you know our weakness, so may we know your power to save; 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**

**Deuteronomy 26.1-11**

A reading from the book of Deuteronomy.

Moses spoke to the people, saying: When you have come into the land that the LORD your God is giving you as an inheritance to possess, and you possess it, and settle in it, you shall take some of the first of all the fruit of the ground, which you harvest from the land that the LORD your God is giving you, and you shall put it in a basket and go to the place that the LORD your God will choose as a dwelling for his name. You shall go to the priest who is in office at that time, and say to him, 'Today I declare to the LORD your God that I have come into the land that the LORD swore to our ancestors to give us.' When the priest takes the basket from your hand and sets it down before the altar of the LORD your God, you shall make this response before the LORD your God: 'A wandering Aramean was my ancestor; he went down into Egypt and lived there as an alien, few in number, and there he became a great nation, mighty and populous. When the Egyptians treated us harshly and afflicted us, by imposing hard labour on us, we cried to the LORD, the God of our ancestors; the LORD heard our voice and saw our affliction, our toil, and our oppression. The Lord brought us out of Egypt with a mighty hand and an outstretched arm, with a terrifying display of power, and with signs and wonders; and he brought us into this place and gave us this land, a land

flowing with milk and honey. So now I bring the first of the fruit of the ground that you, O LORD, have given me.' You shall set it down before the LORD your God and bow down before the LORD your God. Then you, together with the Levites and the aliens who reside among you, shall celebrate with all the bounty that the LORD your God has given to you and to your house.

This is the word of the Lord.

**All Thanks be to God.**

**SECOND READING**

**Romans 10.8b-13**

A reading from the second letter of Paul to the Romans.

What does scripture say?

'The word is near you, on your lips and in your heart' (that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, 'No one who believes in him will be put to shame.' For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, 'Everyone who calls on the name of the Lord shall be saved.'

This is the word of the Lord.

**All Thanks be to God.**

**GOSPEL READING**

**Luke 4.1-13**

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

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

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, 'If you are the Son of God, command this stone to become a loaf of bread.' Jesus

answered him, 'It is written, "One does not live by bread alone."'

Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, 'To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours.' Jesus answered him, 'It is written,

"Worship the Lord your God, and serve only him."'

Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, 'If you are the Son of God, throw yourself down from here, for it is written,

"He will command his angels concerning you, to protect you", and "On their hands they will bear you up, so that you will not dash your foot against a stone."'

Jesus answered him, 'It is said, "Do not put the Lord your God to the test."' When the devil had finished every test, he departed from him until an opportune time.

This is the Gospel of the Lord.

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

### POST COMMUNION PRAYER

Lord God, you have renewed us with the living bread from heaven; by it you nourish our faith, increase our hope, and strengthen our love: teach us always to hunger for him who is the true and living bread, and enable us to live by every word that proceeds from out of your mouth; through Jesus Christ our Lord. **Amen.**

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### 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 Matthias Der, and for all bishops, priests and deacons within our diocese and province.

#### **We pray for the Church of The Incarnation,**

for the Revd Samuel Tang, the Mission Church Council Members and the congregation; for their evangelistic ministry, Sunday School and Choir; for the collaboration of Church and School, for the SKH Wei Lun Primary School; **for Discovery Bay Church**; for the Revd Mark Rogers; and for the ministries of the church.

#### **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 Welcomers & Cathedral Minders, Sunday School, Discoverers, Parents and Toddlers, Education for Ministry (EfM) Courses, CLARES, Castaways, and SJC Flower Guild.

#### **We also pray for our link Diocese of Toungoo, Myanmar;**

pray for the Rt Revd Dr Saw Sheesho, Bishop, and for the parishes where people are suffering from COVID-19 and the lack of vaccines and adequate protective equipment.

## PRAYERS

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### PRAYER REQUESTS

*Please pray for those who are sick:*

Fung Wan Yuk, Grace Yuen, Wong Dor Chun, Yvonne Fong, Pekkle Cheng, Kevin Marc Lee, Christina Leong, Edwin Yeo Thiam Lock, Dennis Chan, Helen Chan Sui Lung, Brigitta Wheele, Daniel Colson, Laurie Rooke, Yee (Zoe) Szeto-Law, Marin Leong Kum Chee, Peggy Yu, Tsui Man Fong, Tiew Siew Lee, Wong Lai King, Jane Pang Tong, Leung Sze Man, Victoria Kwan, Alice Wright, JoAnne Sharlach, Joyce Chan, Sanson Lau, Raymond Yuen, Kasper Buist, Christina Poon, John Cavid, Lo Yuk Wah, Val Rice, Catherine Chan, Therese Marie Gerarda Chan, Lee Sui Sung, Eva Sorrel, Rebecca Crawford, Tounng Ming, Averil Ashley, Tommy Hui, Lene Bille Hoegh, George Fong, Evelena Mathias, Michael Chang, and Heather Little.

*We also pray for those who are suffering from COVID-19.*

*Please pray for the recently departed:*

Shum Ching Yue, Magda Verhaegen, Chan Mun, Chin Yi Kum, Leung Lai Ming, and Winston Lim.

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

### A PRAYER AS WE FACE A LOCKDOWN

Loving God,

help us  
to focus on what we have  
not on what may be removed or changed.

Strengthen us  
when we feel discouraged  
or overwhelmed.

Embrace us  
so that us we know your loving presence  
within us and among us.

Walk with us  
as we bring your love, and carry your light,  
into our world.

Amen.

*Sandra Lucas, MDiv.*



### PRAYERS FOR PEACE

The war in Ukraine is bringing destruction and death to a people who want to live in peace and security. Join us to pray for peace in Ukraine, and peace in ourselves, every Friday evening at 8.00pm on Zoom. You may like to have a candle, pen and paper, and maybe a handful of earth ready with you.

<https://us06web.zoom.us/j/85334679522?pwd=STZpQzNpMUlld1BHWDFNaop6Q1FKUT09>



### **PASTORAL LETTER FROM THE HKSKH HOUSE OF BISHOPS 2022.02.25**

Dear Brothers and Sisters in Christ,

As we pray for God's continued mercy amidst our COVID situation here in Hong Kong, we are also moved by the developments around the world to offer our sincerest prayers to God on the situation in Ukraine.

The eyes of the world are fixed on the ongoing conflict between Russia and Ukraine. Many analysts are worried this spark, if allowed to grow, may turn into a firestorm, a crisis that should plague the world for a long period of time, or even a war that brings the sort of destruction unseen since the end of the WWII. We therefore urge all the faithful within the Hong Kong Sheng Kung Hui to pray for the leaders around the world, that they may resolve conflicts with a heart of peace. We pray as well for the people of Ukraine, that God may protect them. We pray for the church and its faithful in Ukraine, especially the Anglican clergy and congregation still there, that God may steel their faith, their hope, and their love. We call for all our brothers and sisters in Christ to express their prayers in their own ways. We know that some provinces are urging their faithful to light a candle every night at 8.00pm, and some others are calling for a weekly period of fasting and praying. May we all find a way to offer our sincerest prayers for peace in this our world.

In these complicated and dire times, it may not be helped that we find our hearts clouded with fear, worry, and despair. As Christians, we must hold fast our belief that our Lord is the God who rules our history and the universe. For as long as we are united in prayer, as long as we conduct our lives with faith, hope and love, the future that is peace shall live on.

Let us share in our prayers for the people of Ukraine, by the words written by Archbishop Justin Welby and Archbishop Stephen Cottrell:

God of peace and justice,  
we pray for the people of Ukraine today.  
We pray for peace and the laying down of weapons.  
We pray for all those who fear for tomorrow,  
that your Spirit of comfort would draw near to them.  
We pray for those with power over war or peace,  
for wisdom, discernment and compassion  
to guide their decisions.  
Above all, we pray for all your precious children, at risk and in fear,  
that you would hold and protect them.  
We pray in the name of Jesus, the Prince of Peace.  
Amen.

++Andrew Chan   +Timothy Kwok   +Matthias Der



## NOTICES

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### **WORSHIP SERVICES AT ST JOHN'S CATHEDRAL SUSPENDED**

In response to the latest announcement from the House of Bishops of Hong Kong Sheng Kung Hui, public worship services and group activities of St John's Cathedral are suspended from the 7<sup>th</sup> January 2022 until further notice. This extraordinary measure is to minimize public gatherings for the health and safety of all.

St John's Cathedral services will be broadcast through the Cathedral website and on YouTube. Please join us.

By the order of the House of Bishops, the Cathedral is temporarily closed from 10<sup>th</sup> February 2022 until further notice.

### **'FAITH BEGINS'**

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

**Wednesday evenings  
from 30<sup>th</sup> March to 22<sup>nd</sup> June 2022**

'Faith Begins' is a course for adult baptism and confirmation at St John's Cathedral. The course is for people who have been worshipping for at least three months in the cathedral parish.

The course is by Zoom, and explores the Christian faith in a relaxed atmosphere with a talk and informal discussion. 'Faith Begins' is rooted in the Anglican tradition which values the bible, tradition, and reason, and interprets them in the light of a modern understanding about life and the world we live in.

***How do I enrol?*** Just send your contact details to the Revd Amos Poon at [amospoon@stjohnscathedral.org.hk](mailto:amospoon@stjohnscathedral.org.hk)

**Registration deadline: 27<sup>th</sup> March 2022**

### **SUBSCRIPTION OF 'THE DAILY WORD' IN THE YOUTUBE CHANNEL**

It is about a year since the Province of Hong Kong Sheng Kung Hui launched 'The Daily Word' on Ash Wednesday in 2021, the Communication Team of the Steering Committee of the Hong Kong Sheng Kung Hui Church Policy Paper would like to invite all the church members again to subscribe 'The Daily Word' in the YouTube channel and make use of this resource for their daily devotion to strengthen their spiritual life. Please send the following YouTube link to your church members, inviting them to subscribe and press the bell, in order to receive the notification.

[https://www.youtube.com/channel/UCvoQNALJ5a8a0o4Plgxn\\_ow/featured](https://www.youtube.com/channel/UCvoQNALJ5a8a0o4Plgxn_ow/featured)

## LENTEN PASTORAL LETTER FROM THE HSKKH HOUSE OF BISHOPS 2022.03.2

Dear Brothers and Sisters in Christ,

*'Do not fear, for I am with you, do not be afraid, for I am your God; I will strengthen you, I will help you, I will uphold you with my victorious right hand.'* (Isaiah 44:10)

As the pandemic rages on, and as Russia and Ukraine plunge ever deeper into conflict, it is all the more important for us to stay true to our Father's promise. For he is with us, and he has not abandoned us. When we can look up to him with steadfast faith, and we the faithful can brave the waves together, the time will come when we shall finally reach the shores under the protection of our Lord. Be not afraid, for our Lord Jesus walks with us, and the church is a constant companion in our times of fear and doubt. Whenever you are in need, please contact your clergy who are here for you.

Lent is here, and for forty days it is customary for the church to ask the faithful to undergo a period of simplicity, discipline, and self-denial, such that we can place our lives entirely in the hands of God, and be closer to him. In these forty days, let us dedicate more time to bible reading, praying, meditation, self-reflection, and reading devotional books. Let us allow ourselves to be guided by the Holy Spirit, and be renewed and transformed. Let us turn away from sin, and return to the way of holiness.

Lent is a time we examine the darkness and weaknesses in our lives. The love of God will guide us through the death and resurrection of Christ that we may also overcome darkness and enter the life of light.

There are three main things that we should all take heed of during Lent:

(1) Fasting is a tradition common amongst many Christians during Lent. In modern times, this would mean cutting off certain pleasures from our daily lives as a form of self-denial, perhaps reducing the hours we spend on the Internet, on video games, online shopping, or how much chocolate we eat. On top of these, it is important that we try to put away the negativity and pessimism that arose from this ongoing pandemic. The virus has been with us for more than two years now, and many feel desperate, lost, and hopeless at the situation. Some find themselves trapped in a dark and dismal state. In this Lent, we need to say 'No' to such hopelessness, and let the faithfulness of God and his loving protection be the transforming agent to our negativity and stress. The purpose of Lenten fasting is to teach people not to focus on our weakness, but to understand the greatness and truth of our heavenly father. Let us not be pulled down by the pandemic this year, but rather, raise our eyes to meet the face of God above, and let his tender mercy come upon us. For he is our sure refuge, and with him, we can find the strength and faith to face everything.

(2) During Lent, as we try to stay away from sins, we should also seek to make our lives well-pleasing to God. As we face rising unemployment, decreasing income, and the prospect of being kept in quarantine or COVID testing, what can we do to glorify God and to help others? We can help those who are in need. For example, teaching the elderly who may not know how to operate all sorts of pandemic-related mobile applications, and who do not know how to find the latest information about the pandemic. We should help those who come from low-income households, that they may live a stable life amidst these uncertainties. We should also check on our brothers and sisters in Christ frequently via phone calls and messages. As we are stuck at home, we should take the opportunity to spend the time understanding our family members better, that our bonds and love may grow deeper. In these difficult times, we are to look after each other, to help one another, and to dedicate even more love and care to those around us. These are the times when we learn to love one another.

(3) As we pray and meditate throughout this Lent, it is also a great opportunity for us to learn to 'wait'. Though we cannot fully understand God's plans for this pandemic, and while we pray for worldwide recovery, we hold firm the belief that our God is the God of history. As we seek peace in our prayers, we must not forget the infected and their families, and pray that God may heal and protect them. We pray as well for all the front end and support staff who worked tirelessly against the pandemic, especially our medical workers, COVID testers, and government officials. May God grant them wisdom and strength. We pray for those who are waiting to be admitted into hospitals and those who are quarantined at home, that they may find peace and health. May God look with favour upon those who have fallen into economic difficulties, and may God grant us all peace and faith, that we may march on in these pandemic times, and persevere against all odds. May we turn to the example of St Paul, that we could 'Rejoice in hope, be patient in suffering, and persevere in prayer'. May we find true communion in God through prayers.

The Lenten season is a time for reshaping our lives. With this ongoing pandemic, let us rediscover the truth that our very existence is in the loving care of God. With faith, we may walk each day with God, and with his power we can each day drive back darkness. May God guide us through a meaningful Lent, and may God protect us, that the pandemic may come to an end soon. May his peace prevail, and may God bless each of us.

++ Andrew Chan +Timothy Kwok +Matthias Der

### LENT COURSES 2022



This Lent, the Province of HKSKH encourages all parishes and missionary churches to study together the book **‘Turn’**, from a series called ‘The Way of Love’. The book encourages Christians to follow Jesus’ Way of Love by turning towards God: pause, listen, and choose to follow Jesus in our daily life.

You can join one of the courses with the Cathedral clergy, in different languages. Let us journey spiritually together in this Lent.  
(Course material will be available at the Cathedral Bookstore.)

**COURSES ON ZOOM** \*Lent begins on Ash Wednesday, 2<sup>nd</sup> March 2022.

**Tuesdays** (Starting on 8<sup>th</sup> March) **8.00pm (English)**

Zoom Link:

<https://uso6web.zoom.us/j/81403228525?pwd=OWp4cCtwVzZwRkhDazdDeVg1aUsxQT09>

**Wednesdays** (Starting on 2<sup>nd</sup> March) **2.30pm (Cantonese)**

Please contact the Revd Amos Poon at [amospoon@stjohnscathedral.org.hk](mailto:amospoon@stjohnscathedral.org.hk)

**Fridays** (Starting on 4<sup>th</sup> March) **3.00pm (English)**

Please contact the Revd Amos Poon at [amospoon@stjohnscathedral.org.hk](mailto:amospoon@stjohnscathedral.org.hk)

**Sundays** (Starting on 13<sup>th</sup> March) **3.00pm (Filipino)**

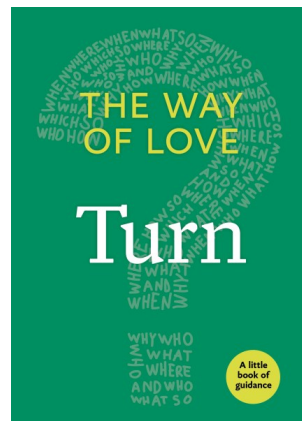
Please contact the Revd Sharon Langbis at [sharonlangbis@stjohnscathedral.org.hk](mailto:sharonlangbis@stjohnscathedral.org.hk)

### THE WAY OF LOVE: TURN

Follow Jesus’ Way of Love  
by turning towards God: pause, listen,  
and choose to follow Jesus in our daily life.

「轉向」尋回愛的道路

學習如何踐行「愛的道路」，  
從罪惡與仇恨中，轉向仁愛和公義。



### ST JOHN’S CATHEDRAL MICHAELMAS FAIR 2022

You can order your **Christmas stockings** with names for Christmas times 2022. Each stocking costs \$100. Order forms are available at the Cathedral office and on the shelves at the entrance of the Church.

Payments can be made in cash to Mr Thomas Li, our Executive Administrator, or by crossed cheque, payable to St John’s Cathedral.

Order deadline: 31<sup>st</sup> March 2022

For enquiries, please contact Mrs June Li at Tel: 2849 6057  
or Mr Thomas Li at Tel: 2523 4157.





## ST JOHN'S CATHEDRAL MINISTRY TEAM

### Dean

The Very Revd Kwok-keung Chan

### 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

Outreach — The Revd Mark Rogers  
(*Priest-In-Charge of Discovery Bay Church*)

Youth Ministry — The Revd Amos Poon

### Honorary Chaplain:

The Revd Dr Philip Wickeri

### 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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