



高徹斯特華人基督教會

Colchester Chinese Christian Church

月刊 **Monthly Bulletin**

8/2025



在今年 3 月份的月刊中，我曾分享信徒需要不斷成長與裝備去成為「門徒」，不但有信心，還要加上德行、知識、節制、忍耐、虔敬、愛弟兄的心，並最終活出愛眾人的心（彼得後書 1:5-8）。這樣的靈命裝備，並不是為了讓自己看起來更「屬靈」，而是為了回應主對我們的呼召，進一步「**各盡其職，建立基督的身體**」。

以弗所書 4:12 說：「**為要成全聖徒，各盡其職，建立基督的身體**。」這節經文將信仰的裝備與實際的服事連繫起來：當我們在主裡成長，就自然會甘心樂意地服事，讓教會得建立，讓上帝得榮耀。

彼得前書 4:10 提醒我們：「**各人要照所得的恩賜彼此服事，作上帝百般恩賜的好管家**。」這節經文指出幾個關於服事的重要真理：首先，「**各人**」代表每一位信徒都有服事的責任，沒有人是例外；其次，「**照所得的恩賜**」提醒我們，上帝賜給每人不同的才幹與能力；再者，「**彼此服事**」說明服事的對象正是我們身邊的弟兄姊妹；最後，「**好管家**」點出我們服事的態度，要忠心地管理與使用上帝給的資源。

很多人以為，只有講道、帶查經、教主日學才算服事，其實不然。聖經說上帝的恩賜是「**百般**」的（彼前 4:10），NIV 的翻譯是 “in its various forms”，意思是形式多樣。例如：關心別人、陪伴孤單者、預備飯食、清潔場地、探訪病人、歡迎新朋友、協助行政……這些都是上帝所喜悅的服事。你可能不擅長講話，但你可以傾聽；你不喜歡站在前面，但你可以默默付出、在背後禱告。

彼得前書 4:11 也提醒我們：「**若有服事人的，要按著上帝所賜的力量服事。**」有時我們會覺得服事很累、很沮喪，甚至心中沒有愛了。這時候正好是提醒我們：是不是不自覺地開始靠自己的力量服事，而忘了倚靠上帝？

真正的服事，不是靠「死撐」，也不是「做完就算」，而是每次都從上帝那裡支取能力，求問祂的心意，靠聖靈而行。這樣的服事才會持久、有果效，也更能反映出上帝的榮耀。

彼得接著說：「**叫上帝在凡事上因耶穌基督得榮耀。**」這就是我們服事的終極目的——不是出風頭，不是證明自己有能力，而是讓人透過我們的生命，看見主的榮美與作為。這也就是以弗所書所說的「**建立基督的身體**」——教會不是一個活動中心，而是一群彼此相愛、彼此服事、彼此建造的屬靈群體。

讓我們一同回應上帝的呼召：「**各盡其職，建立教會**」，在日常的服事中榮耀主名，並使教會成為一個合上帝心意、有愛、有生命力的地方。你，也願意參與其中嗎？

In our March bulletin, we explored how Christians must continually grow and be equipped in order to become ‘disciples’. This growth involves more than simply having faith—it requires the addition of goodness, knowledge, self-control, perseverance, godliness, mutual affection, and ultimately, love (2 Peter 1:5-8). Such spiritual formation is not about appearing more ‘spiritual’, but about responding to God’s calling to serve “**so that the body of Christ may be built up.**”

Ephesians 4:12 says, “**to equip his people for works of service, so that the body of Christ may be built up.**” This verse connects spiritual growth with practical service. When we grow in the Lord, we naturally become willing to serve, and through that service, the Church is built up and God is glorified.

1 Peter 4:10 instructs us: “**Each of you should use whatever gift you have received to serve others, as faithful stewards of God’s grace in its various forms.**” This verse highlights several important truths about Christian service:

First, **“each of you”** shows that every believer is called to serve—no one is excluded. Second, **“whatever gift you have received”** reminds us that God gives each person unique talents and abilities. Third, **“to serve others”** points out that our service is directed toward the people around us—our brothers and sisters in Christ. Finally, being a **“faithful steward”** reveals the attitude we are to have in service: one of responsibility and loyalty in using what God has entrusted to us.

Many assume that only preaching, leading Bible studies, or teaching Sunday School count as real ministry. But that is not the case. Scripture says God’s grace comes **“in its various forms”** (1 Peter 4:10, NIV). This means that service can take many shapes: caring for others, visiting the lonely, preparing meals, cleaning the premises, encouraging the sick, welcoming newcomers, assisting with administration, and more. All these are pleasing to God. You may not be confident speaking, but you can listen with empathy. You may prefer not to stand on stage, but you can quietly support others in prayer and service behind the scenes.

1 Peter 4:11 continues, **“If anyone serves, they should do so with the strength God provides.”** Sometimes we may feel tired, discouraged, or even emotionally depleted in our service. That is a signal for us to pause and ask: Am I serving in my own strength rather than relying on God?

True service does not come from sheer willpower, nor is it simply about completing tasks. Rather, it is about drawing strength from the Lord, seeking His will, and relying on the Holy Spirit. Only then will our service be sustainable, fruitful, and truly glorifying to God.

Peter goes on to say, **“so that in all things God may be praised through Jesus Christ.”** This is the ultimate goal of our service—not to gain recognition, not to showcase our abilities, but to let others see the beauty and work of Christ through our lives.

This is what Ephesians means by **“so that the body of Christ may be built up.”** The Church is not just a community center; it is a spiritual family composed of those who love, serve, and build one another up in Christ.

Let us respond to God’s call: to serve **“so that the body of Christ may be built up.”** May we glorify His name in our everyday service, and may our church grow into a community that reflects God’s heart—full of love, vitality, and unity. Are you willing to be part of that?

分享園地 SHARING Forum

何瑞嫻 Ho Sui Han (Ann)

轉眼間來了英國已經三年多，大致上已經適應英國生活。感恩認識到很多朋友，感恩學識增值自己，感恩去改變自己，感恩成為基督徒。

在我過去的人生裏面，沒有上帝，沒有聖經，沒有教會，對基督教沒有好感，沒有相信，沒有…，沒有…。最沒有可能成為基督徒。

2024 年某一天，我突然感到有個信息叫我要信主，於是我跟丈夫說：我想信主。

丈夫問：點解？

我答：原來信主很簡單，沒有壓力，只要信，不用憂慮，內心感到平安喜樂。

耶和華所賜的福使人富足，並不加上憂慮。（箴言 10:22）

我有一個免疫系統的病需要每 3 個月打針治療，以往在香港很方便，只要打電話預約醫務診所便可以了（當然要自費，而費用也不便宜）！

記得來了英國 3 個月後，我的身體又提醒我要去打針，因為整塊面和身體已經出晒紅班，持續脫皮，於是我去 GP，以為好像香港一樣，可以預約打針，誰不知這裡醫療制度大大不同。

GP 醫生要轉介去專科，保守估計要等候 48 個星期才見醫生，再去評估。

當時我覺得不知所措，很擔心憂慮點算？難道我要每 3 個月返香港打針？感恩在本地教會學習英文期間，認識 Dave 牧師和很多朋友，他們見到我的情況，紛紛來慰問關心我，幫我祈禱 🙏，牧師更親自致電有關部門幫忙加快安排見醫生。當時我還未信主，但仍然感謝她們為我祈禱 🙏。

一個月後，我收到醫院通知，安排我 6 星期內見醫生 — 這是第一個上帝的恩典，由 48 個星期縮短至 6 個星期！

之後見到醫生，知道我的情況，理解我的憂慮，幫我申請政府資助，因為打針費用非常昂貴，成功申請機會不大，當時我都不抱太大期望。

感謝主安排一個很好的醫生給我，初步申請遲遲未有答覆，但她不斷為我努力，終於獲得政府資助安排打針 — 這是第二個上帝的恩典！感謝主，感謝醫生，感謝大家 🙏！

上帝是我們的避難所，是我們的力量，是我們在患難中隨時的幫助。（詩篇 46:1）

雖然我之前不是基督徒，甚至不相信，唯獨主一直保守著我，主沒有因我的不相信而放棄我，反而更加的愛我，看顧我，感謝主 🙏！

當將你的事交託耶和華，並倚靠他，他就必成全。（詩篇 37:5）

It's been over three years since I came to the UK. By now, I've mostly adapted to life here. I'm thankful for the many friends I've met, thankful for the knowledge I've gained and how I've grown, thankful for the changes in myself, and thankful that I have become a Christian.

In the past, my life had no God, no Bible, no church. I had no favorable impression of Christianity, no belief, no... no... absolutely no chance of becoming a Christian.

But one day in 2024, I suddenly felt a message telling me I needed to believe in the Lord. So I said to my husband, "I want to believe in Jesus."

He asked, "Why?"

I replied, "Because believing in the Lord is actually very simple—no pressure. Just believe. No need to worry. And I feel peace and joy in my heart."

"The blessing of the Lord brings wealth, without painful toil for it." (Proverbs 10:22)

I have an autoimmune condition that requires injections every three months. Back in Hong Kong, it was easy—just a phone call to book a private clinic (of course it was self-funded, and the fees were not cheap).

Three months after arriving in the UK, my body reminded me again—it was time for the injection. My face and body broke out in red patches and peeling skin. I went to the GP thinking it would be as simple as in Hong Kong: book an appointment and get the injection. To my surprise, the medical system here is very different.

The GP had to refer me to a specialist, and I was told I'd have to wait an estimated 48 weeks just to see the doctor for assessment.

At the time, I felt lost and anxious. What should I do? Would I need to fly back to Hong Kong every three months just to get the treatment? Thankfully, while attending English classes at a local church, I met Pastor Dave and many friends. They saw my condition and came to comfort and care for me, offering to pray for me. Pastor Dave even personally called the relevant department to help speed up the process. At that time, I wasn't a believer yet, but I was already grateful that they prayed for me.

One month later, I received notification from the hospital: I would get to see the specialist in six weeks — This was the first blessing from God — a wait time shortened from 48 weeks to just 6 weeks!

When I saw the doctor, she understood my condition and concerns. She helped me apply for government funding because the injections were extremely expensive. I didn't hold out much hope, as the chances of approval were low.

But thank the Lord for providing such a good doctor for me. Although the application was delayed with no reply at first, she kept working hard for me. Eventually, I received government support for my treatment — This was the second blessing from God! Thank the Lord, thank the doctor, thank everyone!



“God is our refuge and strength, an ever-present help in trouble.” (Psalm 46:1)

Even though I wasn't a Christian before, not even a believer, the Lord still protected me. He didn't give up on me because of my unbelief. Instead, He loved me even more and watched over me. Thank You, Lord! 🙏

“Commit your way to the Lord; trust in Him, and He will act.” (Psalm 37:5)



本月刊歡迎弟兄姊妹們投稿，內容可以是個人見證、故事或文章等，稿件請交予黃虹青牧師。另外，也歡迎對本月刊的內容提出意見和建議，請直接與黃日強牧師溝通。Brothers and sisters are welcomed to contribute personal testimonies, stories, or articles to this monthly bulletin. Please send the manuscripts to Rev. Helen Wong. Comments and suggestions regarding the contents of this bulletin are also welcomed. Please communicate directly to Rev. Stanley Wong.

中文/合堂崇拜 Chinese Service — 主日下午 2 時

日期 Date	講員 Preacher	講題 Sermon Title	經文 Bible Passage	主席 Service Leader	領唱 Worship Leader	司琴 Pianoist	讀經 Scripture Reading	司事茶點 Usher/ Refreshment	翻譯 Inter- preter	影音 Video & Audio
3/8 聖餐	黃日強 牧師	各盡其職，建立教會 To serve in order to build up the Church	以弗所書 4:12、彼得前 書 4:10-11 上	明琴		皓蓉	Sunny	小娟 Esther Lee Shirley Y 韋真	Peace	Jason Andy
10/8	黃虹青 牧師	聖靈果子(七)：信實 The Fruit of the Holy Spirit (7): Faithfulness	加拉太書 5:22- 23、希伯來書 11:1-6	梅蘭		皓蓉	Wicky	Iris Wong Bonny Ann Wendy	麗雲	Jason Roy
17/8	周國昌 牧師	待定	待定	樹照	明琴	Melody	Roy	麗雲 Grace Joey Dorothy M	Peace	Parco Roy
24/8	黃日強 牧師	以弗所書講道(五)： 上帝的神奇計劃 Sermon on Ephesians (5): God's Wonderful Plan Revealed	以弗所書 3:1-13	Eva	Helen 牧師	皓蓉	Addy Cheung	麗娟 Bonny Iris Wong Dorothy L	Peace	Jason Micah
31/8	黃虹青 牧師	聖靈果子(八)：溫柔 The Fruit of the Holy Spirit (8): Gentleness	加拉太書 5:22- 23、馬太福音 11:29、雅各書 3:13	梅蘭		Melody	家園	Cindy Ou Shirley Y Melissa Shirley C	Connie	Brondson Andy
場地預備及收拾 Venue – 3/8 Mario、Sing; 10/8 Eddie、Kenson; 17/8 楊壹、Sing; 24/8 Brondson、Mario; 30/8 Eddie、Kenson 主日學 Sunday School – 3/8 PIC (Cindy Ou)、Helpers (Queenie Ip、Candy); 10/8 PIC (Iris)、Helpers (Melissa、樂情); 17/8 PIC (婉莉)、Helpers (一壹、明琴); 24/8 PIC (Cindy Ou)、Helpers (Queenie Ip、Candy); 31/8 PIC (婉莉)、Helpers (樂情、Iris)										

English Youth Meeting 英文青少年聚會 – Every Sunday at 2:00pm

Date	Meeting Leader	Topic
10/8	Ka Ho	To be decided
17/8	Stanley	To be decided
24/8	Major Luis	To be decided
31/8	Shu Chiu	To be decided

廣東話網上查經 Cantonese Online Bible Studies 星期三晚上 8 時

日期	查考經文	日期	查考經文
6/8	羅馬書 14 章	20/8	羅馬書 16 章
13/8	羅馬書 15 章	27/8	暫停一次

其他聚會 Other Meetings

- ☐ 教會禱告會 Prayer Meeting — 逢星期一 晚上 Monday 8:30 PM (網上 Zoom)
- ☐ 喜樂聚 — 逢第二及第四個星期一 2nd & 4th Monday 早上 11:00AM-下午 2:00PM
- ☐ 靈家少年團 — 逢第一及第三個星期六 1st & 3rd Saturday 下午 1:00-3:00PM
- ☐ 弟兄組 — 逢第三個星期六 早上 9:00-11:30AM
- ☐ 職青團契 — 逢第二及第四個主日 2nd & 4th Sunday 下午 4:00-5:30PM

八月份金句 Golden Verse of August

你們要謹慎行事，
不要像愚昧人，當像智慧人；
要愛惜光陰，因為現今的世代邪惡。

Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil.

(以弗所書 Ephesians 5:15-16)

奉獻 Offering

奉獻是基督徒對上帝的愛的回應，也是對上帝信心的表達。請將奉獻透過銀行轉帳至教會下列的戶口，在金錢上繼續支持教會的工作。另外，假如您是有繳稅的，我們建議您填寫一份退稅(Gift Aid)申請表，詳情請向教會財政或牧者查詢。 Offering is a Christian response to God's love and also an expression of faith in God. Please transfer your offering to the following account of the church through bank transfer so as to continue supporting the works of the church financially. In addition, if you are tax-payers, we suggest you fill out a Gift Aid application form. For details, please check with our Treasurer or the pastors.

Sort Code: 40-52-40

Account number: 00019224

Account name: The Colchester Chinese Christian Church

7月主日崇拜出席人數及奉獻

Attendance & Offering of Sunday Services in July

Date 日期	Chinese Service 中文崇拜	Youth Meeting 青少年聚會	Sunday School 兒童主日學	Total Attendance 總人數	Offering 奉獻 (£)
	Combined Service 聯合聚會				
6/7	66	12	10	88	264.50
13/7	60	10	5	75	205.65
20/7	67	13	7	87	270.00
27/7	60	10	5	75	198.24
Avg. 平均	63	11	7	81	Tot. 合共 938.39

+ Offering via Bank Transfer 轉帳奉獻 (£) **2,095.50 = 3,033.89**

如何聯絡我們 How to contact us

教牧同工 Pastors	黃日強牧師 Rev. Stanley Wong (stanleyyatk Wong@gmail.com) 黃虹青牧師 Rev. Helen Wong (helenhungtwong@gmail.com)
聯絡電話 Contact No.	07858-029381
郵寄地址 Mailing Address	Colchester Chinese Christian Church C/O Salvation Army Citadel, Butt Road, Colchester CO2 7BG
網址 Website:	https://colchesterccc.wixsite.com/chinesechurch 電郵 Email: colchesterccc@gmail.com