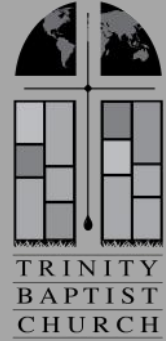


WELCOME



TRINITY BAPTIST CHURCH – July 12, 2026

Knowing God, Touching Lives

“In my distress I called to the Lord, and he answered me.”

“我遭遇患難求告耶和華、你就應允我。”

[**Jonah** 約拿書 2:2a]

Welcome to the Sanctuary – In-Person and Live-Stream Services and Simultaneous Mandarin Translation

歡迎來到大堂聚會-面對面，現場直播及普通話同步翻譯崇拜

We are delighted you can join us today.

Please stay after the service for refreshments in our gym.

We offer simultaneous Mandarin translation.

- **Please bring your cellphone and earbuds to access the translation in our sanctuary.**
 - Information is available in the foyer or on our church website.
- A printed English/Chinese script of the sermon is also available in the foyer & on our website.

歡迎您今天和我們一起來敬拜主。崇拜後邀請您到體育室一起享用茶點。

我們的崇拜備有普通話同步翻譯。

- 請您攜帶自己的手機和耳機來使用此系統。
- 資訊中心或教會網站可取得使用方法的相關訊息。
- 兩堂崇拜都備有紙本英文講道的中文翻譯稿，教會網站也可下載。

We acknowledge that the land on which we gather is the unceded territory of the Coast Salish Peoples, including the territories of the Musqueam, Squamish, and Tsleil-Waututh Nations.

“...yet I will look again towards your holy temple.”

“...我仍要仰望你的聖殿。”

[Jonah 約拿書 2:4b]

Call to Worship 宣召

Songs of Worship 詩歌敬拜:

“Hope of the Nations” 萬國的盼望

“My Lighthouse” 我燈塔

Hymn#433 “Sweet Hour of Prayer” 禱告良辰

Offering 奉獻:

Offering Song 詩歌: “Breathe on Me” 願主向我吹氣

Children's Moment 兒童時刻

Family News 家事報告

Pastoral Prayer 禱告

Scripture Reading 讀經 Jonah 約拿書 2:1-4

Sermon 證道: “Learning to Really Pray”- Pastor Lee

Song of Response 回應詩歌: “Step by Step” 每一步

Benediction 祝禱

Let us pray...

讓我們一起禱告...



Please join us for a prayer gathering on Saturday, August 8 at 10am. As we continue to seek God's leading during this time of transition, let's come together to seek God's face.

8月8日周六早上10點讓我們一起來禱告。

在這過渡時期，讓我們一同聚集尋求神的面與帶領。

Prayer 代禱

prayer@tbcvancouver.ca

We promise to treat all prayer requests with discretion and in confidence according to your wishes.

代禱需求，請寄到上面電郵地址，

所有代禱事項必定保密。

THIS WEEK 本週活動

SUNDAY

- Volleyball 3:15-5:45pm 排球

MONDAY

- Sports Fellowship 6pm

WEDNESDAY

- Pickleball 5:30pm 匹克球

SATURDAY

- New Life Fellowship (online) 7pm
新生命團契 (線上)

For detailed information, please visit our website or contact the church office.

詳情請見教會網站或聯絡教會辦公室。

Pastor Tom's schedule

梅牧師的時間表

Pastor Tom will be preaching, **July 19, and 26**, and will be available in-person **July 19-26**. Please feel free to contact Pastor Tom anytime at tmei@tbcvancouver.ca to set up an in-person meeting for when he is in Vancouver, or a phone call when he is away.

梅牧師將於**7月19及26日**證道，**7月19-26日**將在教會。歡迎隨時透過電子郵件 tmei@tbcvancouver.ca 聯絡梅牧師，若他身在溫哥華，可安排會面，若他不在溫哥華，則可安排電話通話。

Memory Verse

James 雅各書 5:13

"Is anyone among you in trouble? Let them pray.
Is anyone happy? Let them sing songs of praise."

“你們中間有受苦的呢、他就該禱告。
有喜樂的呢、他就該歌頌。”



Pray with us for Bolivia

為玻利維亞禱告

Our CBM missionary Patty Nacho writes, "Bolivia's President has declared a state of emergency after weeks of mass anti-government protests over rising living costs and economic pressure that have since grown into an escalating political crisis.

Praise the Lord that protestors have discontinued most of the road blockages. Food, fuel, and medical supplies are starting to reach the cities again. Please pray for peace and stability. Hugs from Bolivia!"

我們的 CBM 宣教士 Patty 寫道：「民眾因生活成本上漲和經濟壓力而發起數週的大規模反政府抗議，事態已演變成日益加劇的政治危機，玻利維亞總統因此宣布進入緊急狀態。」

感謝主，抗議者已解除大部分道路封鎖。食物、燃料和醫療物資正開始重新運抵各城市。請為和平與穩定禱告。來自玻利維亞的擁抱！」

Phillips Group

Annual Luncheon Meeting for Men and Women
in Trinity's Fireside Room

**on Monday, July 20 2026
from 11:00am - 12:30pm**

**\$15.00 per person. Funds donated to
Canadian Baptist Ministries (CBM)**

**All men women are welcome -
maybe for your first time.**

Come and enjoy spending time together.

Purpose: Scripture reading, singing, a
devotional, mission updates, prayer,
conversation, and lunch together.

Phillips 小組年度弟兄姊妹午餐會

時間: 7月20日早上11:00-12:30

每人\$15元, 餐費將捐給加拿大浸信宣教事工

歡迎所有弟兄姊妹參加-
或許這是您的第一次

Pastor Away

Pastor Chris will be away
on vacation July 3 -13.

Chris牧師於七月3-13放假。

Kids' Bible Adventure Week

兒童聖經夏令營

Aug. 17-21

For more details, please email Pastor
Chris at chrischu@tbcvancouver.ca or
contact Matthew Ferrer.

For more information, or to inquire
about volunteering, please visit their
table in the gym.



GIVING 捐款和十一奉獻



Place your offering in
the offering bags
during Sunday
services.

主日崇拜放在奉獻袋中。



Mail or deliver a
cheque to the
church office
(no cash). 郵寄
到教會(勿寄現金)



Auto-deposit e-Transfer at
give@tbcvancouver.ca
電子匯款自動轉帳, 請用以上電郵



Canada Helps Go to
www.canadahelps.org
網上奉獻-請點擊上面網站

CONTACT US 聯繫我們

Pastors 牧師:

Interim Senior Pastor: Tom Mei
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Associate Pastor: Lee Boehm
leeboehm@tbcvancouver.ca

Associate Pastor: Doris Kung
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Pastor of Youth & Young Adults:

Silas Kittikundamrongpon
silaskittikundamrongpon@tbcvancouver.ca

Pastor of Children & Families: Chris Chu
chrischu@tbcvancouver.ca

Church Office 教會辦公室:
Email: office@tbcvancouver.ca
Phone: 604.266.6238

****Please visit our website for more information and photos. 更多消息和活動照片請見教會網站****