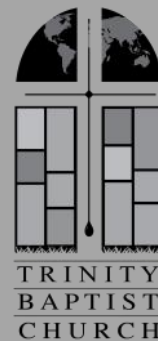


WELCOME



TRINITY BAPTIST CHURCH – July 19, 2026

Knowing God, Touching Lives

“But they who wait for the Lord shall renew their strength;
they shall mount up with wings like eagles.”

“但那等候耶和華的必從新得力。他們必如鷹展翅上騰。”

[Isaiah 以賽亞書 40:31]

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.

**“God is our refuge and strength,
very present help in times of trouble.”**

“神是我们的避难所，是我们的力量，是我们在患难中随时的帮助。”

[Psalm 詩篇 46:1]

Call to Worship 宣召

Songs of Worship 詩歌敬拜:

“10000 Reasons” 一萬個理由

“Blessed Be Your Name” 稱頌祢聖名

“Still” 安靜

Offering 奉獻:

Offering Song 詩歌: “Oceans (Where Feet May Fail)” 恩典之洋 (即使我仍會軟弱)

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 2:5-10

Sermon 證道: “Praying When Praying Is Hard”- Pastor Tom Mei

Song of Response 回應詩歌: “Change My Heart, O God ” 更新我心意

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。

Phillips Group

Phillips 小組年度弟兄姊妹午餐會

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

Tomorrow, 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.***

Last chance to register today in the gym.

時間: 7月20日早上11:00-12:30

THIS WEEK 本週活動

SUNDAY

- Volleyball 3:15-5:45pm 排球

MONDAY

- Phillips Group 11am
- 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 **today and July 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.

梅牧師將於今天及 **7 月 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

Philippians 腓立比書 4:6

"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God."

“应当一无挂虑，只要凡事借着祷告、祈求，和感谢，将你们所要的告诉 神。”



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！」

Kids' Bible Adventure Week



兒童聖經夏令營

Aug. 17-21

Interested in helping our kids learn more about Jesus? Looking for opportunities to work in a team and grow in faith and community?

Visit our KBAW booth in the gym following the services for more info on helping out during our Kids Bible Adventure Week!

Our Youth and Young Adults wrap up their camp today – let's be praying that God will be at work in their hearts, fellowship, and activities!



Attention: All NBF Campers

All who have registered for the NBF Camp – please visit the table in the gym after the service today to ask any questions you may have details and plans for the weekend. Maps are also available.

凡報名參加新開始團契露營的人，歡迎今天崇拜之後至體育室他們攤位詢問營會細節或計畫。備有營地地圖。

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。

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: Doris Kung
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Pastor of Youth & Young Adults:

Silas Kittikundamrongpon
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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****