

美佳堂乐龄主日庆典

MEGA CMC SENIOR SUNDAY CELEBRATION

24.09.2023

8.30am/11.00am

主日庆典程序 Order of Sunday Celebration

敬拜赞美 Praise & Worship

郑企春与团队 / 乐龄敬拜团

祷告 Prayer

陈淑萍牧师 / 张启荣传道

使徒信经 Apostles' Creed

乐龄诗班献诗 Senior Choir Presentation

欢迎 Welcome

主席: 洪定文弟兄

报告 Announcement

奉献 Offering

三一颂 Doxology

祷告 Prayer

黄松生弟兄

背诵经文 Scripture Memorization

哥林多后书 2 Corinthians 4:16

读经 Scripture Reading

诗篇 Psalm 92:14

证道 Sermon

珍惜自身，活得精彩

讲员: 黄约辉牧师

翻译: 吴惠中姐妹

回应诗 Response Song

祝福 Benediction

潘武忠牧师

美佳堂主题

Mega CMC Theme

合神心意的世代

Generations After God's Own Heart

背诵经文 Scripture Memorization

所以，我们不丧胆。虽然我们外在的人日渐朽坏，内在的人却日日更新。
So we do not lose heart. Though our outer self is wasting away,
our inner self is being renewed day by day.

哥林多后书 2 Corinthians 4:16

01/10	下主日圣工人员 (请代祷) Next Sunday Ministry Personnel	
	8.30am	11.00am
讲员	潘武忠牧师	
翻译	-	林斌生弟兄
主席	陈爱仁弟兄	梁汉运弟兄
敬拜团	魏友凯/ 陈仪芬与团队	

团契/聚会出席人数 Fellowship/Meeting Attendance			
16/09	线上	星期六晨祷	25
	Save Sex 2.0 Confere -nce	青少年	122
		家长	42
		服事团队	32

国语崇拜	成人	主日学
Dmsra Perdana	25	9
Kg Kemensah	-	-
Kg Ganoh	12	12
Kg Tanjung Keruing	-	-
Kg Batu Hitam	-	-
Kg Kemomoi	-	-
Kg Bukit Biru	-	-
Kg Jubau	5	10
Kg Banai	8	4
Kg Petai	6	-
Muadzam Shah	-	-
	56	35
	91	

主日崇拜出席人数及奉献 Sunday Attendance & Offering				
17/09		实体	线上	奉献
中文	8.30am (407) 11.00am (272) 主日学-成人 (92)	771	83	RM 12,104.62
MEC	8.30am (9) 11.15am (131)	140		RM 1,259.76
主日学	8.30am (122) 11.00am (109)	231		
美佳厦大	10am	56 (incl Zoom)		RM 345.00

温馨提醒 Friendly Reminder:

- ! 崇拜者可自由选择是否佩戴口罩
- ! 若感到不适 (咳嗽/伤风感冒/喉咙不舒服)，建议可戴上口罩或选择参加线上崇拜

通告 Notice

洗礼/转会/坚信礼/信仰课程 Baptism/Transfer of Membership/Confirmation/‘Beginning of Faith’ (日期 Date: 24/12/2023)

报名链接 Register here:

<https://linktr.ee/joinmega>



报名截止 Closing Date: 08/10/2023

更多详情 For any inquiries

☎ or 📞 03-61579711

课程 Courses:

洗礼/转会/坚信礼/信仰课程

101 课程: 21/10/2023

201 课程: 28/10/2023

301 课程: 04/11/2023

自由之路: 18/11/2023

时间: 2-6 pm
(1pm有午餐招待)

地点: 美佳堂 (实体)

儿童/婴儿洗礼

父母培训课程:

21/10/2023

时间: 2-5 pm

(线上 via Zoom)

注: 崇拜散会后, lobby将设有询问及报名柜台, 欢迎弟兄姐妹前往咨询。

心理健康讲座

主题: 《打开圣经, 强心抗忧》

讲员: 何汉寅牧师 (博士)

日期: 28.10.2023

时间: 9am - 1pm

地点: (实体) 美佳堂圣殿 /
(线上) Zoom

合适对象:

若你已经有一段时间挣扎于情绪低落、焦虑不安、失去动力、消极想法;或是你想要学习陪伴和鼓励处于忧郁或低潮中的人

备注: 参与实体聚会有午餐招待



从【工作的魅力】论基督徒工作观

地点: Online Zoom 线上课程

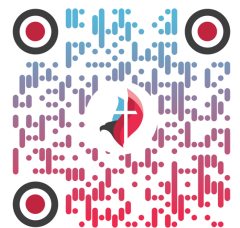
日期: 24/10, 31/10, 7/11, 21/11

时间: 周二 8:30-9:45pm

导师: 陈莲娜 Anna 传道



更多资讯请浏览网站



来临崇拜讲题 Upcoming Sermon Topics (十月 October)

日期 Date	崇拜 Service	讲题 Topic	经文 Scripture	讲员 Speaker
01/10 (Sun)	Mega CMC	合神心意的关系: 夫妻 (1)	弗 5: 22 - 33	潘武忠牧师
	MEC	Blessed Assurance (7)	1 John 4: 1 - 6	Rev. Matthew
	MXMU	良药苦口	太 11: 25-30	张家鑫神学生
08/10 (Sun)	Mega CMC	合神心意的关系: 夫妻 (2)	弗 5: 22 - 33	潘武忠牧师
	MEC	Blessed Assurance (8)	1 John 4: 7 - 21	Rev. Matthew
	MXMU	在无奈中找动力	传 1: 2	何汉寅牧师

为孕妇代祷 Pregnancy

1. 黄力腾太太(Janette)于今年10月生第一胎。
2. Bryan Chong 太太(Ella) 于今年10月生第一胎。
3. 曾立权太太(林蕙雯)于今年10月生第二胎。
4. 潘武忠牧师太太(潘陈少琴师母)于今年10月生第四胎。
5. William Pan 太太(谭紫恩)于今年12月生第二胎。
6. 梁富杰太太(蔡咏恩)于今年12月生第二胎。
7. 熊荭毅太太(Vickie)于2024年2月生第二胎

2023年 新生宝宝统计 (2022年 共20个)

一月份: 0个	二月份: 1个	三月份: 2个	四月份: 0个
五月份: 4个	六月份: 2个	七月份: 1	八月份: 2个
九月份: 1个	2023总计: 13个		

代祷事项 Intercession

- 会友扬旗的父亲林世光(76岁)双脚因糖尿曾进行截肢。现在又有伤口，请祷告脚上的伤口有好的复原。在信仰上，学习仰望主，在生活上需要有纪律照顾身体。扬旗的母亲吴秀莲(76岁)曾患乳癌并完成了化疗及电疗。请祷告癌细胞不复发，也为着其救恩祷告。
- 刘舜美(77岁)日前确诊大肠癌，手术于30/06/23顺利完成，目前在疗养院修复健康。愿疗养院医生、护士和物理治疗师团队能够让舜美姐得到好的护理，让伤口和褥疮快速愈合，训练她的行动，能吃喝睡，适应疗养院的生活及癌症没有蔓延。

为泰国东北短宣队代祷 Pray for the Mission Team

日期: 24-28/9/2023

队员: 英盛执事, 秀薇姐妹, 嘉志执事, 淑贞姐妹, Frankie弟兄, Penny姐妹, Anna传道, Raymond 执事, Henry Yip弟兄

奉献 Offering

支票抬头 **Cheque payable to:** Mega Chinese Methodist Church

互联网或ATM转帐 **Internet Banking/ATM transfer**

Maybank: 5124 9111 3045

Public Bank: 3161 350 122

请电邮通知 Please notify the third party by email to:
megacmcoffering@gmail.com 或把收据放进奉献信封
or put the bank-in slip into offering envelope.



DuitNow 奉献 Offering

在美佳堂举行婚礼须知 Weddings in Mega CMC

爱心提醒，若您欲在美佳堂举行婚礼，请至少于一年前通知教会。
教会将为您安排六至八次的婚前辅导课程，需用两至三个月来完成。

Gentle reminder, if you plan to hold a wedding in Mega CMC,
please inform the church for at least a year in advance.

As the church will arrange pre-marital counselling sessions of 6 - 8 times, which takes 2-3 months to complete.



基督教卫理公会美佳堂 Mega Chinese Methodist Church
2, Jln. PJU 5/16, PJU 5, Dataran Sunway,
Kota Damansara, 47810 PJ.
Tel: 03-6157 9711 Fax: 03-6150 6132
Homepage: www.megacmc.org.my
Facebook: Mega Chinese Methodist Church (美佳堂)
Instagram: mega_cmc
Youtube: MegaCMC 美佳堂

Office Hour
Mon: Off
Tue - Fri: 9am - 5pm
Sat: 2pm - 6pm

wifi password: Psalm96:9

珍惜自身，活得精彩

Treasure Oneself and Live Wonderfully

24/9/21023

经文 Text: 诗篇 Psalm 92:14

黄约辉牧师编写

「百善孝为先」 Among hundreds of good deeds, it starts with filial
「善之极莫大于孝，恶之极不孝也。」 Among all good deeds, filial is the greatest, but of all the evil doings, being disrespect is the worst.

利未记 Leviticus 19:32

在白发的人面前，你要站起来，也要尊敬老人，又要敬畏上帝。我是耶和華。
Rise in the presence of the aged, show respect for the elderly and revere your God. I am the Lord.

「长者立，幼勿坐；长者坐，命乃坐。」 When the elders stand, the young ones are not allowed to sit; while the elders sit, the young ones may sit if given permission.

老人当尊重和珍惜自己，这样才会活得精彩。 The elders should respect and treasure themselves that they may live wonderfully.

箴言 Proverbs 20:29

强壮乃少年人的荣耀，白发为老年人的尊荣。 The glory of young men is their strength, gray hair the splendor of the old.

「众子啊！现在要听从我，因为谨守我道的，便为有福了。」
Now then, my sons, listen to me, blessed are those who keep my ways.

「老神，在在」 Old and steady

「老人老步定，少年卡盪吓」 The elders are firm and stable, yet youth tends to be frighten easily.

「不听老人言，吃亏在眼前」 You will stand to lose if you do not listen to the elders.

「过桥比你走路较多」 Crossing the bridge more than you walk.

「吃盐比你吃米较多」 Taking salt more than you have rice.

诗篇 Psalms 71:18

上帝啊！我到年老发白的时候，求你不要离弃我，等我将你的能力指示下代，将你的大能指示后世的人。 Even when I am old and gray, do not forsake me, o God, till I declare Your power to the next generation, Your might to all who are to come.

在人生的过程中，每个年龄都有不同的需要、感受和挑战。

In each phase of life, different ages are with different needs, feelings and challenge.

学生 → 考试 Student → Exams

毕业 → 工作 Graduate → Work

结婚 → 家庭负担 Marriage → Family burden

中年 → 危机 Middle age → Crisis

老年 → 病痛与死亡。 Old age → Illnesses and death

「少年想离家，青年想成家，中年不想家，老年要回家。」

The young one wants to leave home while the youth wants to start a family; the middle age does not think about family while the old age wants to go home.

年轻人看未来 The youth sees future

成年人看现在 The adults sees present

老年人却看过去 The old age look at the past

1. 该睡时，睡不著；不该睡时，却呼呼大睡。 When they are supposed to sleep, they could not sleep; but they fall asleep when they are not supposed to.

2. 哭的时候没有眼泪，笑的时候，泪水满脸。 There are no tears when they cry, but when they smile, they have tears all over their faces.

1. 自然的回忆过去。 To naturally ponder about the past.

2. 对未来总是缺乏信心。 Lack of confidence towards the future.

3. 莫名其妙的恐惧不安。 Feeling insecure and suddenly fearful.

4. 难于接受新的事务。 Having difficulty accepting new work/routine.

活到老，表示进入人生最后的一个阶段。 To live at old age means entering the last phase of life.

「老」所表示的，是人生完成的阶段。 [Old] means completing the phase of life.

葛培理博士 Professor Rev. Billy Graham

「我一生被教导如何死，却未被教导如何老！」 I was taught how to die in my whole life but was never taught how to grow old!

「如何享受老年」 How To Enjoy Your Old Age

「义人要发旺如棕树，他们年老时仍要结果子，要满了汁浆而常发青。」 The righteous will flourish like a palm tree, they will still bear fruit in old age, they will stay fresh and green.

「家有一老如有一宝」 Having an elder in your house is like having treasure at home

1. 身体要乾淨 To have clean body
2. 心情要平静 Be calm
3. 口舌要安静 To stay quiet

话到舌尖再思量。Think twice before speaking.

「老有所为，老有所学，老有所医，老有所养，老有所居，老有所乐。」 To have contribution at old age, to be knowledgeable at old age, to be able to receive treatment at old age, to have basic needs at old age, to have a home at old age and to enjoy at old age.

A. 老有所祷 To have prayer at old age

「求祢让你的仆人看见你大能的作为，让我们的子孙看见你荣耀的威力。」 May Your deeds be shown to your servants, Your splendor to their children.

B. 老有所为 To give contribution at old age

- a. 顾孙 Taking care of grandchildren
- b. 顾门 Taking care of the house
- c. 顾狗 Taking care of dogs
- d. 顾外劳 Taking care of maids

C. 老有所乐 To enjoy at old age

「不要埋怨自己得到比别人少，应该庆幸自己得到比别人多。」
Do not complain about having less than others, but consider yourself fortunate to have more compared to others.

「做人不必斤斤计较，凡事向好处想，保持心境乐观。」 Not to be calculative, but to think positive and have optimistic mind at all times.

「多一点感恩，少一点感叹。」 To have more gratitude but less complains.

D. 老有所托 To be submissive at old age

E. 老有所望 To have hope at old age

老人要懂得自重，与珍惜自己，才会被尊重，以及活得更精采。
Elders have to respect and treasure themselves to be respected and to live wonderfully.

「对于愚人，老年是冬天；对于贤者，老人是黄金期。」
To fools, old age is like winter; but to the wise, old age is the golden period.

「不要笑人老，有一日会轮到你。」 Do not laugh at old people for one day it will be your turn.
「不要笑人老，说不定不会轮到你。」 Do not laugh at old people as you might not have the chance to be old.