# St Mary's 2pm Cantonese Service

# English Translations

Everyone is welcome at St Mary's 2pm Cantonese service. But we recognise that not everyone can speak Cantonese. Or read it!

So this document, updated every week, gives you:

- 'PinYin' versions of songs (where the Chinese sounds are written in English letters, e.g. Ye Sou (Jesus)), with English translations;

- Readings in English (which you should also be able to find on the screen);

- Translations of the sermon and the follow-up application points into English; and

- Liturgy (words that we say together) in 'PinYin' and English, as for the songs.

These should be in the order in which they come during the service.

We will try to seat you on an English-speaking table, so you can join in with the discussion in your own language.

Hopefully, this helps English speakers to join in with the service as much as possible, and understand what is being said around you … even to join in with some of the Cantonese where you feel able! Any problems, just ask someone who speaks some English!

**Andy Crook**

**Cantonese Service Pastor**

# Anglican Liturgy for Cantonese Service of the Word

# 廣東話崇拜的 聖公會聖餐禮儀

St. Mary's Church Stockport (2025)

## Greeting 歡迎 fun1 ying4

*Pastor:* The Lord be with you
牧師：願主與你同在
*muk6 si1:* yun6 jyu2 yu5 nei5 tung4 joi6

***All*** **And also with you.**
會眾：也與你同在
***wui2 jung3:*** **ya5 yu5 nei5 tung4 joi6**

## Confession懺悔認罪 chaam3 fui3 ying6 jeui6

***All*** **Lord God,**
會眾：主啊，神啊
***wui2 jung3:*** **jyu2 a3, san4 a3**

**we have sinned against you;**
我們得罪了祢；
**ngo5 mun4 dak1 jeui6 liu5 nei5**

**we have done evil in your sight.**
我們在祢的眼中仍然犯罪
**ngo5 mun4 joi6 nei5 dik1 ngaan5 jung1 ying4 yin4 faan6 jeui6**

**We are sorry and repent.**
我們願意道歉並悔改。
**ngo5 mun4 yun6 yi3 dou6 hip3 bing6 fui3 goi2.**

**Have mercy on us**
求祢施恩給我們
**kau4 nei5 si1 yan1 kap1 ngo5 mun4**

**according to your love.**
根據祢對我們的愛
**gan1 geui3 nei5 deui3 ngo5 mun4 dik1 oi3**

**Wash away our wrongdoing**
洗清我們的過犯
**sai2 ching1 ngo5 mun4 dik1 gwo3 faan6**

**and cleanse us from our sin.**
並潔淨我們的罪。
**bing6 git3 jeng6 ngo5 mun4 dik1 jeui6.**

**Renew a right spirit within us**
透過正確的靈更新我們
**tau3 gwo3 jing3 kok3 dik1 ling4 gang1 san1 ngo5 mun4**

**and restore us to the joy**
並恢復我們使我們能為自己的救恩喜樂——
**bing6 fui1 fuk6 ngo5 mun4 si2 ngo5 mun4 nang4 wai4 ji6 gei2 dik1 gau3 yan1 hei2 lok6**

**of your salvation;**
祢的拯救；
**nei5 dik1 ching2 gau3 ;**

**through Jesus Christ our Lord.**
藉著耶穌基督我們的主。
**jik6 jeuk6 ye4 sou1 gei1 duk1 ngo5 mun4 dik1 jyu2.**

**Amen.** 阿們。**a3 mun4.**

## Absolution 堅固 gin1 gu3

## 3. **Yat Mou Gwaa Lui**

Ying dong yat mou gwaa lui, paau hoi sam tau ge daam,

Faan si jik jeuk tou gou, jun sou sam yi, san joi teng,

Ying dong yat mou gwaa lui, jyu ge yan chi bat bin,

Ngai naan yik joi hon gu, cheung lou boon ngo jau gwo.

Seung dai ge juk fuk yan doi,

Jung si yi naan ying bit yuet gwo,

Yeung mong san gam tin bat joi ging paa;

Min deui chin tou mai lei bat ding,

Yeung laai san kei kau seun sam dou gwo,

Kaau jeuk san mui yat min deui tiu jin.

Ying dong yat mou gwaa lui, sam jung han kau ji gai,

San joi mak mak ying wan, wai ngo ji yan chin lou leui,

Ying dong yat mou gwaa lui, jik si so kau bat gin,

Ying mei jyut mong jeui song, chin lou ding yau ji yi.

Seung dai ge juk fuk yan doi,

Jung si yi naan ying bit yuet gwo,

Yeung mong san gam tin bat joi ging paa;

Min deui chin tou mai lei bat ding,

Yeung laai san kei kau seun sam dou gwo,

Kaau jeuk san mui yat min deui tiu jin.

Seung dai ge juk fuk yan doi,

Jung si yi naan ying bit yuet gwo,

Yeung mong san gam tin bat joi ging paa;

Min deui chin tou mai lei bat ding,

Yeung laai san kei kau seun sam dou gwo,

Kaau jeuk san mui yat min deui tiu jin.

# Philippians 4:4-9

## Introduction

I really like the Bible app.

Does anyone else use the Bible app?

It helps me learn more Cantonese!

I also like its Bible reading plans

These plans can help you start reading the Bible

They can help you with a Bible book.

Or they can help you face different experiences and emotions.

In my app, here are some examples

If you want peace, here is a Bible reading plan

If you are angry (Fan6 lou6), here is a Bible reading plan

These Bible reading plans are really useful.

But did you know that today's Scripture with regard to many of these things, really helps us.

If we are feeling anxious, it helps us know what we ought to do.

If we seek peace, it helps us know what we ought to do.

If we seek joy, it helps us know what we ought to do.

### Anxiety

Lots of people struggle with anxiety.

Paul tells us that we don't need to worry.

[6] Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

Why does he say that?

I personally often struggle with anxiety. Especially this week. When I was preparing this sermon.

How can St Paul help me?

We cannot simply say to ourselves 'don't be anxious'!

My experience is that if anxiety disappears, it usually will come back.

So, we need to use something better to go and replace anxiety.

What can we use to replace anxiety?

In verse 6, Paul says 'pray about everything'

This week, I have been facing some difficult situations – I completely can't affect situations.

So, I pray. Lord, only you can change this situation. I know you love me. I know you are powerful. Please help.

If I trust God, I can leave everything with him.

Paul also tells us we need to constantly give thanks.

We often forget to give thanks.

The other day, when I felt anxious, I started thanking God.

Some of my thanks seemed quite small.

'Thank you, God, for my warm house'

'Thank you, God, for food'

‘Thank you, God, for a healthy body’

When I did this, I realised God has blessed me.

He has answered lots of prayers.

When I prayed like this, I remembered how many current blessings were past prayer responses!

So, Paul encourages us to use prayer and thanksgiving to replace anxiety.

## Second concept – peace

Talking about peace is much shorter.

Because Paul says that prayer with thanksgiving will help us have (dak1 dou3) peace.

7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Paul says that God will give us peace.

He also says that this peace will protect us.

What does he mean? What protection?

Because we easily believe the devil’s lies…

‘God does not love you’

‘God has no power’

‘God forgets your prayers’

‘There is no God’

God’s peace protects our hearts.

In another Bible book, Paul says that peace is also the fruit of the spirit. Galatians 5:22-23

So, if we are seeking peace…

We need to pray.

We need to pray about everything.

We need to give thanks.

And we need to ask God to fill us with his Spirit.

And Paul also tells us … not to think about nothing, but to think about good things!

In verse 8, he tells us to think about good things.

8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent [virtuous] or praiseworthy – think about such things.

In your life, I don't know what this would be … good, noble and excellent things.

Sometimes it is gratitude.

Sometimes is is praise.

Sometimes it is a good goal or purpose.

Sometimes it is a role model. Verse 9 is about role models.

In Philippians, Paul is always talking about role models. Have you found a Christian role model yet?

## Third concept – joy

This Autumn we have said many times that Paul is very joyful

Even though he is in prison.

He is always rejoicing!

In verse 4, he tells us always to rejoice. He says it twice!

4 Rejoice in the Lord always. I will say it again: rejoice!

This week, I have been thinking about joy.

Joy and happiness are not the same.

If I am happy, it is always because of something.

I am happy because …

I have an English driving licence

I have just got married

I have a new grandchild

I have a new job

Someone just gave a big present to me

I will tomorrow eat dim sum.

Joy is different.

I can be joyful if life is difficult.

I can be joyful if my circumstances are hard.

I can be joyful if I am waiting for things.

I can be joyful if I am unhappy.

How?

I am joyful because of who God is, not because of my circumstances.

I am joyful because of what God has already done. The cross. The resurrection.

I am joyful because of what God will do in the future … come again.

I am joyful because he loves me.

These are all certain things. They are not circumstances.

We should also realise that joy is a decision. Joy is a choice.

Even if my circumstances are bad, I can decide to rejoice.

# 《主的喜樂是我力量》普通話拼音

第一段

Zhǔ de xǐ yuè shì wǒ lì liàng,
Nǐ de jiù ēn shì wǒ pàn wàng。

Suī rán gǎn lǎn shù bù xiào lì,
Yě xǔ pú táo shù bù jié guǒ。

Wǒ réng yīn jiù wǒ de Shén huān xīn kuài lè。

Zhǔ de xǐ yuè shì wǒ lì liàng,
Nǐ de jiù ēn shì wǒ pàn wàng。

Suī rán gǎn lǎn shù bù xiào lì,
Yě xǔ pú táo shù bù jié guǒ。

Wǒ réng yīn jiù wǒ de Shén huān xīn kuài lè。

副歌

Wǒ yào zàn měi,
Wú lùn dé shí huò bù dé shí,
Wǒ yào zàn měi。

Měi tiān cóng rì chū dào rì luò,
Wǒ xīn jiān dìng yú nǐ,
Měi tiān zàn měi bù tíng。

Wǒ yào zàn měi，tiào wǔ zàn měi。

Wǒ yào zàn měi，zì yóu zàn měi。

Dà shēng huān hū nǐ shì yǒng yuǎn dé shèng jūn wáng。

第二段

Zhǔ de xǐ yuè shì wǒ lì liàng,
Nǐ de jiù ēn shì wǒ pàn wàng。

Suī rán gǎn lǎn shù bù xiào lì,
Yě xǔ pú táo shù bù jié guǒ。

Wǒ réng yīn jiù wǒ de Shén huān xīn kuài lè。

副歌（重複）

Wǒ yào zàn měi,
Wú lùn dé shí huò bù dé shí,
Wǒ yào zàn měi。

Měi tiān cóng rì chū dào rì luò,
Wǒ xīn jiān dìng yú nǐ,
Měi tiān zàn měi bù tíng。

Wǒ yào zàn měi，tiào wǔ zàn měi。

Wǒ yào zàn měi，zì yóu zàn měi。

Dà shēng huān hū nǐ shì yǒng yuǎn dé shèng jūn wáng。

副歌（最後一次）

Wǒ yào zàn měi,
Wú lùn dé shí huò bù dé shí,
Wǒ yào zàn měi。

Měi tiān cóng rì chū dào rì luò,
Wǒ xīn jiān dìng yú nǐ,
Měi tiān zàn měi bù tíng。

Wǒ yào zàn měi，tiào wǔ zàn měi。

Wǒ yào zàn měi，zì yóu zàn měi。

Dà shēng huān hū nǐ shì yǒng yuǎn dé shèng jūn wáng。

# Declaration of Faith 信仰宣言

***All*** **Christ died for our sins in accordance with the Scriptures.**
會眾：根據經文,基督為我們的罪而死。
***wui2 jung3:*** **gan1 geui3 ging1 man4, gei1 duk1 wai6 ngo5 mun4 dik1 jeui6 yi4 sei2.**

**He was buried; he was raised to life on the third day in accordance with the Scriptures.**
根據經文,他被埋葬;並在第三天復活。
**gan1 geui3 ging1 man4, ta1 bei6 maai4 jong3, bing6 joi6 dai6 saam1 tin1 fuk6 wut6.**

**Afterwards he appeared to his followers, and to all the apostles.**
隨後,他向他的追隨者和所有門徒顯現。
**cheui4 hau6, ta1 heung3 ta1 dik1 jeui1 cheui4 je2 wo4 so2 yau5 mun4 tou4 hin2 yin6.**

**This we have received, this we believe**
這是我們所領受的,也是我們所相信的。
**je5 si6 ngo5 mun4 so2 leng5 sau6 dik1, ya5 si6 ngo5 mun4 so2 seung1 seun3 dik1.**

**Amen**
阿門。
**a3 mun4.**

# Prayers

祈禱

kei4 tou2

# Lord's Prayer 主禱文

***All*** **Our Father in heaven,**
會眾：我們在天上的父，
***wui2 jung3:*** **ngo5 mun4 joi6 tin1 seung6 dik1 fu6,**

**hallowed be your name,**
願人都尊祢的名為聖，
**yun6 yan4 dou1 jyun1 nei5 dik1 ming4 wai4 sing3,**

**your kingdom come,**
願祢的國降臨，
**yun6 nei5 dik1 gwok3 gong3 lam4,**

**your will be done, on earth as in heaven.**
願祢的旨意，行在地上，如同行在天上。
**yun6 nei5 dik1 ji2 yi3 haang4 joi6 dei6 seung6, yu4 tung4 hang4 joi6 tin1 seung6.**

**Give us today our daily bread.**
我們日用的飲食，今日賜給我們；
**ngo5 mun4 yat6 yung6 dik1 yam2 sik6, gam1 yat6 chi3 kap1 ngo5 mun4.**

**Forgive us our sins as we forgive those who sin against us.**
免我們的債，如同我們免了人的債。
**min5 ngo5 mun4 dik1 jaai3, yu4 tung4 ngo5 mun4 min5 liu5 yan4 dik1 jaai3.**

**Lead us not into temptation but deliver us from evil.**
不叫我們遇見試探，救我們脫離兇惡。
**bat1 giu3 ngo5 mun4 yu6 gin3 si3 taam3, gau3 ngo5 mun4 tyut3 lei4 hung1 ok3.**

**For the kingdom, the power, and the glory are yours**
因為國度、權柄、榮耀，全是祢的，
**yan1 wai6 gwok3 dou6, kyun4 beng3, wing4 yiu6, chyun4 si6 nei5 dik1,**

**now and for ever.**
從今時直到永遠。
**jik6 dou3 wing5 yun5.**

**Amen.** 阿們。
**a3 mun4.**

## Blessing 祝福 juk1 fuk1

## Dismissal 解散 gaai2 saan3

*Pastor:* Go in peace to love and serve the Lord
牧師：平安去愛主、服事主
*muk6 si1:* ping4 on1 heui3 oi3 jyu2, fuk6 si6 jyu2

***All*** **In the name of Christ, Amen.**
會眾：奉基督的名，阿門。
***wui2 jung3:*** **fung6 gei1 duk1 dik1 ming4, a3 mun4**