

The Church is planning to update its directory and would like to ask for your help to provide us your contact and church activity information.

You can update your information using one of the following ways:

1. If you have a Realm account, you could update your profile (and your other family members) there: <https://onrealm.org/>
 - How To: <https://help.onrealm.org/content/congregants/congregants/your-profile>
 - If you have forgotten your password, can reset it here: <https://onrealm.org/ForgotPassword>
 - If you would like to have a Realm account (free): [Register now](#)
2. If you do not want to update your information directly in Realm, click this link <https://forms.gle/46N764KRru4Wfr3G9> to provide us your information.
3. If you do not have a Realm account, nor use a computer, we will help you to fill out a paper form. Details will be announced later.

In addition, please provide us your individual or family picture (Please label who is in the picture) using one of the following ways:

1. Upload your picture to your Realm account (<https://onrealm.org>)
How To: <https://help.onrealm.org/content/congregants/congregants/your-profile/update-your-photo>
2. Email your picture to raleighccc.secretary@gmail.com
3. A Photo Sunday will be arranged to take your picture

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教會計劃更新會友的通訊錄，現懇請各位幫忙提供閣下的通訊及教會活動資料以便更新的進行。

你可採用下列任何一種方法提供你的資料：

1. 倘若你已有一個 Realm 帳戶，可直接進入帳戶更新你個人及家庭成員的資料 <https://onrealm.org/>
 - 更新方法，請參考：<https://help.onrealm.org/content/congregants/congregants/your-profile>
 - 若忘記登入密碼，可在此重設密碼：<https://onrealm.org/ForgotPassword>
 - 若沒有帳戶可在此登記（不收費用）(free): [Register now](#)
2. 按這個連線 <https://forms.gle/46N764KRru4Wfr3G9> 填寫你的資料
3. 倘若你沒有 Realm 帳戶，亦不使用電腦，我們會提供個別幫助，詳情稍後公佈

同時，我們亦懇請你提供一張個人或家庭相片（請註明相中人名字）

1. 直接上載相片進入你的 Realm 帳戶 (<https://onrealm.org>)
如何上載，請參考：<https://help.onrealm.org/content/congregants/congregants/your-profile/update-your-photo>
2. 使用電郵將你的相片上載至 Raleighccc.secretary@gmail.com
3. 我們會安排在某一星期日為你拍照，詳情日後公佈

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