

## 關懷技巧訓練 Caring Skills Training

粵語主領  
Cantonese

日期 Date 21 & 28 March 2009 (Saturdays)  
地點 Venue 北區雪梨華人基督教會  
Northern District Chinese Christian Church Sydney  
41 Boundary Road, Epping NSW  
時間 Time 9:00am – 5:00pm  
費用 Fees \$70.00 per person (GST & notes incl.)

(本次訓練課程只限於北區雪梨華人基督教會會友。如個別團體、教會或團契有興趣，我們很樂意安排合適你們的訓練日期。查詢: First Light Care Association Inc. Tel: 9211 9988)

## 嗨，爹！ Hey, Dad! Group 14

粵語主講  
Cantonese

一個專為父親而設以強化家庭關係的教養子女課程！  
A parenting program for fathers to promote stronger family relationships.

講員 Speaker 黃進源先生 Mr. William Wong  
日期 Date 16 & 23 May 2009 (Saturdays)  
時間 Time 9:00am – 5:00pm  
地點 Venue 29 Yardley Ave., Waitara (near Toyota Hornsby)  
Waitara office, Centacare Broken Bay  
費用 Fees \$70 per person (GST & notes incl.)  
太太曾參加「嗨，媽！」優先取錄 Priority will be given to the husbands of previous "Hey, Mum!" participants.

## 為主來夢想 Dream... for the Lord

粵語主領  
Cantonese

導師 羅乃萱女士、徐惠儀女士  
日期 2009年 5月26日(星期二)至5月30日(星期六)  
時間 9:45am – 2:30pm (星期二至五)  
9:45am – 3:00pm (星期六)  
地點 FLC Sydney West Counselling & Education Centre  
7 Crown Street, Harris Park NSW 2150  
費用 \$250 (包括講義、茶點及午餐)  
截止報名 2009年 3月31日  
報名表格 請向晨光關懷協會索取或於www.firstlightcare.org.au下載

## 嗨，媽！ Hey, Mum! Group 13

粵語主講  
Cantonese

一個專為母親而設以強化家庭關係的教養子女課程！  
A parenting program for mothers to promote stronger family relationships.  
講員 Speakers 黃進源先生 Mr. William Wong / 柳秀玲女士 Mrs. Aileen Lau  
日期 Date 22/5, 29/5, 5/6, 12/6, 19/6, 26/6 (Fridays)  
時間 Time 10:00am – 12:30pm  
地點 Venue Chinese & Australian Baptist Church – Thornleigh  
235 Pennant Hills Road, Thornleigh  
費用 Fees \$70 per person (GST & notes incl.)  
丈夫曾參加「嗨，爹！」優先取錄 Priority will be given to the wives of previous "Hey, Dad!" participants.

## “.....Ready for High School?” Group 8

Conducted  
in English

A 2-day workshop designed for year 7 children (in 2010) to prepare them for the challenges of adolescence  
日期 Date 20 & 27 June, 2009 (Saturdays)  
時間 Time 10:00am – 4:00pm  
地點 Venue Dougherty Community Centre, 7 Victor Street, Chatswood  
費用 Fees \$40.00 per child (originally \$80) This group is partly funded by the Gordon Social and Recreation Club through the Community Support and Expenditure Scheme.) This program is delivered in partnership with Willoughby City Council.

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SERVING THE COMMUNITY  
晨光關懷協會  
first light care  
ASSOCIATION INC.

# newsletter 通訊

March 2009  
Vol 3 No.1

in this issue: Becoming a Support Partner of First Light Care Kids and the Internet

## I can do everything through Him who gives me strength.

Dear Brothers & Sisters and Friends,

In the past few months, I have come to know that many people around me have suffered significant decline in values of their personal investment and retirement plans. Many others are watching with increasing anxiety the prospect of losing their business or their jobs. As the world tries to grapple with the worsening impacts of the global financial crisis, we Australians have suffered a double blow of severe flood in Queensland and the worst ever bushfire in Victoria with devastating loss of properties and hundreds of lives. These are testing times!

In this year we may see in our midst more problems of unemployment, financial stresses, strained marriage, depression and anxiety. To many, the future seems becoming bleaker and bleaker! All these man-made and natural disasters seem to remind us that even in a rich country like Australia life is still mercilessly unpredictable and beyond our control.

The truth is, these painful economic downturns do not last forever, and that just as other recessions have ended, so too will this one. With time, efforts and compassionate support, people will also recover from trauma and grief caused by disasters. While we are going through these trials, we would do well to remember the words of the Apostle Paul: "I have learned

to be content with whatever circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through Him who gives me strength." (Philippians 4:11-13). Ultimately, our faith and security should not be in wealth and possession but in our God.

In the wake of the economic crisis we may worry about money and may even plan to change the way we live our Christian life. I am reminded of the example of the very poor Macedonian churches that gave generously, even beyond their ability, to help God's people in Judea (2 Corinthians 8:1-5). Indeed, the best way to forget about our worries is to directly or indirectly help and serve others who are in need of help right now.

"Though He was rich, yet for your sake He became poor, so that you through His poverty might become rich" (2 Corinthians 8:9). Our Lord Jesus Christ has saved us by giving up Himself on the cross. As followers of Christ, we are called to follow His example and to give ourselves up for others so that we can be an instrument to bring a "rich" life to many. May His grace and peace be upon many through your giving!

Gerald Cheung  
Centre Director

So that he is fully able to be the saviour of all who come to God through him, because he is ever living to make prayer to God for them. Hebrews 7:25

凡靠著祂進到神面前的人，祂都能拯救到底；因為祂是長遠活著，替他們祈求。

Let this be my last word, brothers; be glad; be complete; be comforted; be of the same mind; be at peace with one another; and the God of love and peace will be with you. 2 Corinthians 13:11

還有未了的話：  
願弟兄們都喜樂；要作完全人；要受安慰；要同心合意；要彼此和睦；  
如此，仁愛和平的神，必常與你們同在！

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## Becoming a Support Partner of First Light Care

We are thankful that our recent Planning Day has helped us to renew our spirit, our mind and our strength as we seek to better serve the community in the next 10 years. Please remember this ministry for the family in your prayer as we put our plan into action.

The downturn in the economy may cause a disruption in our ability to obtain sufficient financial support for our operations. We sincerely invite you to become a First Light Care support partner and make a tax-deductible donation of \$10 a week (or \$520 a year) to support and sustain this ministry. Thank you for your support.

FLC Management Committee

## 成為晨光的合作夥伴

我們為最近舉行的計劃日而感恩。這計劃日幫助了我們在心靈和力量上更新，激動我們在未來十年能更好地服務社群。在我們將計劃付諸行動時，請您祈禱記念這個家庭事工。

低迷的經濟可能造成我們不能獲得足夠的捐款來支持我們的事工服務。我們真誠地邀請您在財政上成為晨光的合作夥伴，定期每個星期捐贈10元(或相等於每年520元，捐款可扣稅)支持晨光和維持這事工服務。感謝您的支持!

晨光管理委員會

# Kids and the Internet

Gloria Lau | Education & Training Officer

As you may all be aware, the internet is gradually becoming a big player in our lives. It's convenient! You can contact friends and family from all over the world, it gives you access to seemingly endless amounts of information, it keeps you updated on news and current affairs, and it even gives you the freedom to skip the cues when getting your shopping done!

As the internet becomes an integral tool for functioning in this world, have you ever stopped to consider the effects it has on your life? What about on the communication within your family? On your children?

As the world is adopting a 'can't live without it' attitude towards this technology, have you or your children ever contemplated the negatives of this tool? All those stories about children becoming addicted to online

gaming, about children chatting to unknown people online, all those family communication lines breaking down because the child eats and sleeps in front of the computer. Don't think it will ever happen in your family?

First Light Care is currently running a new program called "Kids and the Internet". It aims to provide children and parents with information regarding the pros and cons of the internet, internet addiction, and internet safety. We also teach skills to help enhance communication between children and their parents with regards to internet usage in order to help foster better relationships.

The program is aimed at parents and their children who are currently in Year 5 or 6. If you think this workshop may be useful for you and your child, inquire about it at First Light Care.

## 兒童與上網

劉嘉恩 | 教育訓練員

你們或許都會察覺到上網已在我們生活中所扮演的重要角色。它真是太方便了！藉著它，你可以和全世界的朋友及家人聯繫，你似乎可以接觸到無限量的資訊，你可以獲得最新的新聞及時事，甚至你不可不須理會任何人的提示自由自在地買好要買的東西。

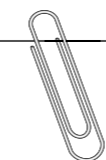
當上網成為現今世界事物運轉的一件組合工具時，你曾否停下來想一想上網對你個人生活的影響？對你家中各人交往的影響？對孩子的影響？

在世人對這種科技採取「沒有了它就不能過活」的態度之際，你或你的孩子到底有沒有思考過這工具的負面問題？其實，所有故事有關孩子沉迷於網上遊戲、

與陌生人在網上結交，以及所有那些家庭溝通的方法失靈，都只源於孩子呆在電腦面前吃和睡。請不要以為這些事情不會發生在你家裡？

晨光近期將推出一個名為“Kids and the Internet”『兒童與上網』的新課程，目的是為孩子與家長提供有關上網的各種資訊，包括對上網正反兩方面的意見、上網上癮與安全的問題。我們也會在上網處理的話題上，教導一些增進孩子與家長溝通的技巧，從而促進雙方更理想的關係。

這課程的對象是家長與他們就讀五年級或六年級的孩子。如果你認為此工作坊會對你和孩子都有益處，請向晨光查詢。



## 我靠著那加給我力量的，凡事都能作

親愛的弟兄姊妹和朋友們：

過去的幾個月，我認識到許許多多在我身傍的人，他們遭受慘重的個人投資及退休計劃資金的損失。其他人眼巴巴地看著生意的虧損或失業，心裡就只得不停地焦急。當全世界努力去克服全球金融危機所造成的惡化影響之際，沒想到我們澳洲人還要遭受雙重打擊，那就是昆省嚴重的水災及維省有史以來最災難性山林大火所導致龐大的財物 and 超過二百人喪生。這些都是試煉！

今年在我們中間的人可能會面對更多的失業、財政壓力、緊張的婚姻關係、憂鬱及焦慮。對很多人來說，前途越來越黯淡！所有人為和自然的災害提醒了我們，在如澳洲般富裕的國家，生命仍然是如斯的無常、難以逆料和非人力所能控制。

事實上，這些痛苦的經濟逆轉其實不會永遠持續，其他的不景氣也會有終結的一天。隨著時間、奮鬥和關愛的支援，人們總會從災害造成的創傷和悲傷的陰霾奮起、鳳凰再生。當我們經歷這些考驗時，只要我們還記得使徒保羅說過的話，一切便會變得更好。保羅說：「我並不是因缺乏說這話，我無論在什麼景況，都可以知足。這是我已經學會了。我知道怎樣處卑賤，也知道怎樣處豐富，或飽足、或飢餓、或有餘、或缺乏。隨事隨在，我都得了祕訣。我靠著那加給我力量的，凡事都能作」（腓立比書4:11-13）。最後，我們的信心和保障不應來自於財富和產業，而是依靠那加給我們的神。

經過這次經濟危機，或會我們擔心金錢，或會我們計劃改變我們基督徒生

命的生活方式。極窮的馬其頓眾教會超過了能力、慷慨的捐助幫助在猶太地的神的子民。（哥林多後書8:1-5）提醒了我，真的，忘記自己的憂慮最佳的方法就是直接或間接去幫助和服事那急需救助的人。

「你們知道我們主耶穌基督的恩典。祂本來富足，卻為你們成了貧窮，叫你們因祂的貧窮，可以成為富足」（哥林多後書8:9）。我們的主耶穌基督為了拯救我們而犧牲在十字架上。作為基督的門徒，我們蒙召便當學效祂的樣式，為他人犧牲，好使我們能成為帶給他們『豐盛』生命的器皿。願神所賜的恩典與平安遠遠超過你們所奉獻的！

張有倫  
輔導中心總監

2006年10月30日被醫生診斷我患上胰臟癌時，滿腦子出現很多為甚麼的問題，但醫生祇說待明天你見到可幫你開刀做手術的專科醫生再說罷。

2006年11月1日早上散步時我對太太說：「回顧我的一生，神給我的眷顧豐豐富滿，我祇覺得虧欠了祂很多，回到天家時，祂定覺得我懶惰。」

我們一路上數算神恩！回到現實，我們憂慮到下午見專科醫生時將遇見的問題，如語言上的溝通，醫理問題，最重要是這位是否適合幫我做手術的醫生。一切一切突然而來的困擾和壓力實叫我們不知如何招架。太太於是打電話到晨光向張有倫弟兄尋求意見和幫助，他看見這突發嚴重的事情便立刻放下手上的工作把我們送到專科醫生處去，經診斷後我便立刻被安排到RNSH急症入院。

經多項基本的檢查後，到晚上約11時我才被安排得到床位。期間，張弟兄更為我做了對這癌病的心理輔導，這使我安然

的把信心交給我們的天父。但當到達病房時，發覺床鋪還未弄好，那位護士在陪個不是後馬上處理床鋪，張弟兄也親自幫手鋪床，護士見他這麼熟手便問他是否在酒店做管房工作，張弟兄回應從前也是從事護理工作。鋪好床後，張弟兄對我說：「神已預備好好的醫生及醫院給你治病，你可安心準備接受手術。」

「他病重在榻，  
耶和華必扶持他；  
他在病中，你必給他鋪床」

兩天後，晨光的黃進源夫婦晚上來探望我時，他的太太說因太晚未能準備手信，祇可送上聖經裡詩篇第41篇第三節，以作神對我的祝福。因為他們的孩子在生病時，有弟兄姊妹贈送過這節詩篇給他們，這使他們心裡甚感恩。詩篇第41篇第三節經文是這樣說：「他病重在榻，耶和華必扶持他；他在病中，你必給他鋪床。」使我回想到兩晚前神不是親自顯明給我鋪床。祂不單是信實的主，更是一位時刻在我們身旁的天父，活的神。

手術後，我三分之一的胃、膽、十

二子腸和胰臟頭部均被切除。跟著是為期六個月共十八次的化療，在患病到療養期間，我在禱告裡祈求主的憐憫覆庇我，醫治我。我就這樣的滿有信心，安然交托，各項療程在神的恩典裡順利完成。臥病期間，主給我們的恩惠豐豐富滿，無微不至，祂更將無數的天使安放在我們身旁，滿有愛心的關懷，不住的代禱，彼此相愛。這使我體驗到神所應許的豐盛且充滿奇妙經歷的生活。

重病過後，我的身、心、靈若不是藉著主耶穌基督的愛，我真的不知如何重新上路。這正如經文上說：「要常常喜樂，不住地禱告，凡事謝恩，因為這是神在基督耶穌裏向你們所定的旨意。」（帖前5:16-18）

2007年7月底我返回公司工作，再過著從前老我的生活。我以為真的可以重拾那我以為好的好日子，但在10月底的CT SCAN檢查時，醫生告訴我癌病復發，我須再作檢血及PET SCAN以確定復發的情況……

(因篇幅較長，下期待續。)

劉超嘗 Paul Lau (晨光會員)

## 父親與子女同樂日

Father and Children Day Camp

日期 Date 29 August 2009 (Saturday)

地點 Venue Baden Powell Scout Centre  
Pomona St., Pennant Hills, NSW

## 晨光2009男士研討營

First Light Care 2009 Men's Conference

日期 Date 30 & 31 October 2009 (Friday-Saturday)

詳情快將公佈，敬請密切注意！