



newsletter 通訊

Sept 2009
Vol 3 No.3

in this issue: **Becoming one of the 600 Support Partners of First Light Care**
Thank You Letter From A Ministry Partner | Cherish CD

我要為你的慈愛
高興歡喜。因為你見過
我的困苦，知道我心中的
艱難。

詩 31:7

**I will be glad and
rejoice in your love, for
you saw my affliction
and knew the anguish
of my soul.**
Psalm 31:7

但願使人有盼望的
神，因信，將諸般的喜樂
平安，充滿你們的心，
使你們藉著聖靈的能力，
大有盼望。

羅 15:13

**May the God of
hope fill you with
joy and peace as you
trust in him, so that
you may overflow with
hope by the power of
the Holy Spirit.**
Romans 15:13

FIRST LIGHT CARE
ASSOCIATION INC

SYDNEY CITY:

2nd Floor, 627 George Street,
Sydney NSW 2000

SYDNEY WEST:

7 Crown Street, Harris Park
(near Parramatta) NSW 2150

POSTAL ADDRESS:

P.O. Box K1012,
Haymarket NSW 1240,
Australia

Telephone: (02) 9211 9988

Fax: (02) 9281 2281

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

Romans 8: 38-39

Dear Brothers & Sisters and Friends,

IN OUR LIVES TODAY, there is great pressure toward financial enrichment, corporate success, personal achievement and fame, raising a perfect family, and physical beauty - to become the centre of our identity and self worth. Though these things are gifts from God, they cannot, of themselves, give the love, joy and meaning to our lives that their allurements seem to promise. When striving for these becomes the purpose of life, instead of righteousness with God, we become choked by empty expectations and hopes, causing countless personal and relational issues. The empty pursuit of these things has caused much devastation to many people.

As a counsellor, the most satisfying and joyful part of my work is to help people relocate the joy in their lives. By discussing and helping people through important issues, they are able to find their central identity and meaning again in the deep love and grace of God through Jesus Christ.

In early July, two of my dear friends (Paul Lau and Grace Wong), whom I have walked with very closely, passed away. They fought their respective illnesses with courage and tenacity until the very end, wanting to spend just that little bit more time in this

world with their loved ones. They both left this life peacefully as they had found their relatively short lives lived not senselessly but full of meaning: they experienced love from their families and friends and they found great comfort in God's love as they saw His purpose in their lives fulfilled. Jesus, "the Shepherd and Overseer of [their] souls," brought them home peacefully.

In late July, I spent seven days in a leadership training camp run by Hong Kong Breakthrough. The participants in the camp included university students and professional workers of different ages from several different countries. These people are hungry to be loved and to love, regardless of their country of origin or economic status. They all wanted to live purposeful lives and to help others in theirs.

"Man does not live on bread alone, but on every word that comes from the mouth of God." God's words will indeed give you meaning in the love and joy God gives to our lives through our Lord Jesus!

May you live for Christ, and share His transforming love and grace in all things with many others!

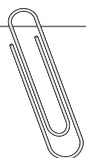
Gerald Cheung
Centre Director

Becoming one of the 600 Support Partners of First Light Care

WE SINCERELY invite you to become one of the 600 FLC support partners we are seeking and make a tax-deductible donation of \$10 a week (\$45 a month or \$520 a year) to support and sustain this ministry, especially during this downturn in the economy.

晨光600您

我們真誠地邀請您成為“晨光600您”的一個合作夥伴，定期每個星期捐獻10元(或相等於每月45元或每年520元，捐款可扣稅)，特別在這低迷的經濟環境下支持晨光和維持這事工服務。



「因為我深信無論是死、是生，是天使、是掌權的、是有能的，是現在的事、是將來的事，是高處的、是低處的，是別的受造之物，都不能叫我們與神的愛隔絕；這愛是在我們的主耶穌基督裏的。」（羅馬書8:38-39）

親愛的弟兄姊妹和朋友們：

在我們現今的生活中，都會因為追求建立經濟上的富裕、事業上的成功、個人的成就、名聲、完美的家庭及外表儀容的美麗而面對著極大的壓力，這一切都似乎成為我們評估自我身份及價值的重心。然而，這一切皆為神所賜的禮物，它們本身卻並非好像那令人神往的許諾般，能夠帶給我們人生真正的愛、喜樂及意義。如果我們致力爭取這些成為人生的目標而捨卻尋求神的公義，我們將會被那些虛空及不切實際的期望所窒息，從而引發個人及人際關係上無盡的問題，這樣的窮追不捨只會給很多人帶來徹底的毀壞。

作為一個輔導員，令我感到滿足及快樂的就是可以幫助別人重拾生命的喜樂；透過與求助者的討論和協助他們經歷生命中重大的事情，讓他們藉著耶穌基督，在神的大愛與恩典中重尋他們最重要的身份。

七月初，有兩位我曾緊貼陪伴他們走過人生旅程的摯友(劉超嘗和黃秀竹)離開世界。為了爭取與他們的摯愛在世上共渡僅餘的歲月，他們都懷著無比的勇氣與頑強的意志，分別與病魔搏鬥直

至最後一刻；最後他們都安詳而去，因為發覺自己的生命雖然短暫但並非毫無意義，反之，卻是意義深遠的。他們都經歷家人、朋友的關愛，更重要的就是：當他們看見神在他們生命中的目的得以成全，便在神無比的慈愛中得著莫大的安慰。最後，耶穌基督——我們的靈魂的牧人監督將他們安然接返天家。

七月底，我參加了由香港突破機構舉辦的七天領袖訓練營，參加者有來自不同國家、不同年紀的大學生及專業人士，無論這班人來自何處或那個經濟階層，他們都極度渴望「去愛」與「被愛」，也盼望過著有目標的生活並透過他們的生命幫助更多人。

「人活著不是單靠食物，乃是靠神口裏所出的一切話。」神的話語誠然能叫你明瞭祂藉我們的主耶穌基督在我們生命中所賜的愛和喜樂。

但願你每天為主而活，並樂意與人分享祂那徹底改變人心的愛和祂在每事上所顯的恩典！

張有倫
輔導中心總監

Thank You Letter From A Ministry Partner

Dear Elsie, Gloria and FLC team,

THANKS FOR ALL the effort that was put on the camp for our church. I would like to show our appreciation on behalf of the whole youth group and leaders and our pastor to FLC.

We have experienced love, unity and sacrifice under the guidance of the Holy Spirit. Please send our compliments to William and to those who helped us organise the camp in the beginning and guided us to the end.

The activities were so great that the youth are going to remember it and share with others in the coming weeks or

months or even longer. The leaders, including my wife and myself, also learned a lot. I can imagine how hard it was to pack and unpack all the equipment and gear that was used for the camp. I didn't know Elsie was so tough that she can finish ten proper push-ups liked the other youth although she was slim. Gloria was always so calm and knowledgeable and wise that she can analyse and de-brief the youth after the activities.

Thanks again!

In Christ,
Steff Chiu

Baulkham Hills Chinese Alliance Church

「Cherish珍惜」CD音樂專輯

Dora Lee, "Cherish" Production Team



珍惜
cherish

從今天開始...
由身邊開始...

“I was so touched when I listened to it, my tears just simply can't stop running down. Love every single song, thank you so much for everyone's efforts & praises to our Heavenly Father! May HE use the CD to touch the people's heart!” (Maggie, Australia)

“I listened to it several times since the first moment I laid my hands on it! It's a real masterpiece! Really good quality ~ musical arrangements to recording... May God use this CD to help those in need, to comfort and to strengthen them. Love all the songs, how it all talks about the different type of relationship.” (from New Zealand)

“The Songs and melodies are excellent and the lyrics are touching. And the production of CD is very professional! The idea is meaningful.” (Stephen, Hong Kong)

“一隻值得支持及擁有嘅CD... 啲歌幾好聽同幾有新鮮感... 誠意之作... 多謝推介... 繼續努力創作... 用音樂去祝福更多人及家庭... GOD BLESS.” (Vincent, Hong Kong)

“我已聽過CD的所有歌曲了，每首歌也很感動人心呢。我有教會的弟兄姊妹聽過全碟後，更買多了一隻，藉以祝福他人呢！” (Nikki, Hong Kong)

誠意分享八首本地創作、
悉心錄製的詩歌：

- 媽媽您真美
(孩子心目中的媽媽)
- 誓約(夫妻關係)
- 爺爺(爺孫關係)
- 上帝的禮物(初為人母)
- 巨人(孩子心目中的爸爸)
- 哀禱(苦難中反思 - 記念5.12四川地震)
- Joy of Rainbow
(基督徒對摯親離世的思念 - 天堂的盼望)
- 同行者(與神一起上路 - 晨光十週年感恩)



每張光碟
售價\$15

凡購買三張可享有
優惠價\$40

「晨光關懷協會」在八月份推出一張音樂專輯「Cherish珍惜」，在短短一個月，已經賣了超過1200張。不但在Sydney本土，也延伸到香港的數間基督教書室也有發售。我們一班同工都十分感恩，看到神藉著這光碟觸動了很多人。透過在不同教會的推介，也讓更多人認識晨光關懷協會的事工。

如果你還未擁有...

誠意向您推介這張「珍惜」音樂專輯——八首很有意思、悉心錄製的本地創作詩歌，配以設計精美的封套冊子，加上詩歌背後的見証分享——是您表達關懷的好選擇。

我們一班對音樂有熱誠，對這事工有負擔的基督徒很想透過這些詩歌內正面的訊息，鼓勵您在這關係脆弱疏離的世代，珍惜與家人的關係。

每張光碟售價\$15，凡購買三張可享有優惠價\$40。這CD所有收益將全數用作拓展晨光事工，希望得到您的支持。

除了自己珍藏及送給最愛的家人，更鼓勵您贈送一張給一個您想祝福的家庭。但願神透過這音樂專輯祝福您的家。

麥覺理墓園及火葬園 Macquarie Park Cemetery & Crematorium, North Ryde

本墓園是現今紐省一個頂級信託管理方式非盈利的政府墓園。墓園位於雪梨市北區，鄰近車士活(Chatswood), North Ryde火車站位於墓園對面，地點非常方便。

本園適合華人的服務包括：喪禮，葬禮，火化及骨灰安放。一站式的服務，免去家人奔波勞碌之苦。歡迎海外華僑將先人骨灰移居澳洲(非澳洲移民也可)。

請注意本園辦事處是唯一處理本園所有購買或轉名永久用地埋葬權事宜。歡迎查詢及安排實地參觀墓園設施，請致電：

福地及喪禮策劃顧問

姚小姐 Ms. Yiu

(02) 9805 0499 或 0401 299 991

免費講座 無需報名 Free Seminars. Registration not required.

「培育子女方程式、燃亮親子成長路」
“Raising Children”

This series of seminars are run in partnership with Sydney Chinese Alliance Church and are funded by Bexley RSL Club through the Rockdale City Council's Community Development Support Expenditure Scheme.

地點/Venue : 雪梨華人宣道會
Sydney Chinese Alliance Church
40-42 George Street, Rockdale NSW

對象/Target : 父母 Parents

粵語主講
國語翻譯
Cantonese
with Mandarin
translation

第一講：衝破文化兩代情
Parenting in the Middle of Two Cultures

講員/Speaker : 黃進源先生 William Wong
日期/Date : 10/10/2009 (Saturday)
時間/Time : 10:30am - 12:30pm

第二講：不驕不縱、作育英才
Raising Kids Indulgence Free

講員/Speaker : 黃進源先生 William Wong
日期/Date : 17/10/2009 (Saturday)
時間/Time : 10:30am - 12:30pm

第三講：幫助孩子面對欺凌
Helping Your Child Deal with Bullying

講員/Speaker : 陳詠文小姐 Miss Elsie Chan
日期/Date : 24/10/2009 (Saturday)
時間/Time : 10:30am - 12:30pm

『尋找心靈綠洲！』 - 男士心靈系列聚會
Gen-X Men (Spiritual Series)

講員/Speaker : 梁明生牧師 Rev. Ming Ling
日期/Date : 11/10/2009 (Saturday)
時間/Time : 3:00 - 5:00pm
地點/Venue : Dougherty Community Centre
7 Victor Street, Chatswood
(opposite Westfield Shopping Centre Car Park)

對象/Target : Generation X Men (age 30-45)
查詢/Enquire : (02) 9211 9988 or flcmen@firstlightcare.org.au

免費講座
報名從速
名額有限
Free Seminar
粵語主講
Cantonese

晨光2009男士研討營(兩天日營)
First Light Care 2009 Men's Conference
(2-day Day camp)

大會主題 Theme : 兄弟情、朋友愛 Brotherhood

講員/Speaker : 梁明生牧師 Rev. Ming Leung
日期/Date : 30/10/2009 (Friday) & 31/10/2009 (Saturday)
時間/Time : 9:00am - 5:00pm
地點/Venue : 霹靂鎮華人基督教會Blacktown Chinese Christian Church
3 George Street, Blacktown, NSW (近火車站)
費用/Cost : \$110.00 (inc. GST)

粵語主講
Cantonese
報名從速
Registration
required.

準備上中學! (第十組)

Conducted in English

“.....Ready for High School?” Group 10

A 2-day workshop designed for year 7 children (in 2010) to prepare them for the challenges of adolescence

日期/Date : 16 & 17 October 2009 (Friday & Saturday)
時間/Time : 10:00am - 4:00pm
地點/Venue : FLC Sydney West Counselling & Education Centre
7 Crown Street, Harris Park (near Parramatta)
NSW 2150
費用/Cost : \$80.00 per child

FULL 額滿

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