

Merry Christmas and a Blessed New Year

SERVING THE COMMUNITY



newsletter 通訊

Dec 2009
Vol 3 No.4

in this issue: Becoming One of the 600 Support Partners of First Light Care
Father & Child Day Camp | A word from the Centre Director

我們務要認識耶和華，
竭力追求認識祂，祂出現
確如晨光，祂必臨到
我們像甘雨，
像滋潤田地的春雨。

何西阿書 6:3

Let us acknowledge the Lord; let us press on to acknowledge Him, as surely as the sun rises, He will appear; He will come to us like the winter rains, like the spring rains that water the earth.

Hosea 6:3

我來了、是要叫羊
(或作人)得生命、並且得
的更豐盛。

約翰福音 10:10

I have come that they may have life, and have it to the full.

John 10:10

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A Word from the President

Rev. Joseph Fung

The end of the 2nd year of my involvement with First Light Care management committee is fast approaching. Thank God for the expansion of our services to the community. I have witnessed again the many needed changes in the organisation this year.

First Light Care believe in the importance of training good counsellors for the next generation and therefore commit a fair amount of our resources for this program. We have continued our effort in the training of post-graduate counselling students this year.

First Light Care believe in the importance of preventive education programs. I am pleased to see that resources committed to these programs have significantly increased by 160% this year. It should be noted that increase in income generated from these programs was 44%. In other words, the entire education program of itself ran at a financial

deficit. However, it is a price we consider worth paying in our attempts to contribute to building a better-informed community!

Thank God that First Light Care expanded many services to the community this year. However, these services incurred heavy costs to our financial and human resources. Our existing support structure is experiencing fatigue. The growing workload also stretches our staffing resources to their limits. In order for us to continue expanding these services, we need to raise more funds and improve our efficiency through organisational restructuring. We are still in the early stages of making changes to this supporting structure.

We need people who share First Light Care's vision to join us to give better support for First Light's expanding ministries in order to better reach our communities.

How and where will you be able to help First Light Care achieve our goal?

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.

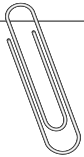
晨光600您 我們真誠地邀請您成為“晨光600您”的一個合作夥伴，定期每個星期捐獻10元(每月45元或每年520元，捐款可扣稅)支持晨光和維持這事工服務。

Holiday Notice

Our two Counselling Centres will be closed from 24/12/2009 to 8/1/2010. We will re-open on Monday, 11/1/2010. May we wish you a Merry Christmas & a Blessed New Year!

假期通告

晨光輔導中心將於2009年12月24日至2010年1月8日休假。2010年1月11日(星期一)起照常辦公。謹祝聖誕快樂及新年蒙福!



會長的話

馮約瑟牧師

轉瞬間參與晨光管理委員會的工作快滿兩年了。感謝神！晨光擴充了社群的服務。我再次目睹了這協會在今年內作出許多多切合需要的改變。

晨光關懷協會相信訓練優秀的輔導員作接班人的重要性，所以我們決定投放大量資源在專業輔導訓練中。今年我們繼續努力訓練就讀輔導學研究生學位的學生。

本協會相信預防性教育課程的重要性。我很高興看見今年投放在這些預防性教育課程的資源增加了160%。縱使知道從這些課程所得的收入只不過增加了44%，換言之，整個教育課程本身在財政上來說就是虧蝕，但為了要創造更好的社群，我們還是認為值得這樣做。

感謝神讓晨光在今年擴充了很多社區服務。可是，這些服務無論在財政和人力資源方面的成本均非常高昂，而我們現存的支援架構正面臨筋疲力竭的局面，不斷增加的工作量也令我們人手資源繃得很緊。為了讓服務能繼續擴充，我們要籌募更多的經費和重新規劃組織架構來提高效率。我們仍在修改支援架構的運作。

我們需要那些分享晨光異象的人士加入我們的行列，大力支援晨光事工延伸到社區的每一角落。

在協助晨光關懷協會達成目標一事上，請問你會怎麼做？你會在什麼位置上？

「Cherish珍惜」CD音樂專輯

Dora Lee, "Cherish" Production Team

「晨光關懷協會」在八月份推出一張音樂專輯「Cherish珍惜」，好評如潮。感謝各方支持，現已存貨有限，如果你還未擁有，請從速購買！

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。

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。

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。



從今天開始... 由身邊開始...

The program is targeted at children in Years 4 to 6 and their fathers.
本營會的對象是四至六年級的學生及他們的父親。

Father & Child Day Camp 爸爸與孩子的日營

IN THIS WORLD, bustling with activity and endless "TO DO" lists, many of us may find ourselves neglecting what we actually value and cherish – relationships. In fact, many fathers may be so busy with work and other obligations that they just don't have time to play and talk to their children. Perhaps some don't even know how or where to start. It's a shame, really, particularly since there is research which suggests that a child's relationship with their parents is of utmost importance during their upbringing.

On an early August Saturday morning in 2009, an eager group of fathers and children joined First Light Care at the Baden-Powell Scout Centre. Here, fathers and children alike played lots of games, participated in lots of activities and learned lots about how to communicate with each other through interactive means. The aim of our program was to help build the relationship between a father and child – the product of our program was many tired fathers and children laughing and smiling on their way home.

Think you or your spouse would benefit from learning how to talk and build a relationship with your children? Our next Father & Child Camp will be held on the 20th of March, 2010.



現今世界人們為著形形色式的活動和數之不盡的「工作」清單擠滿得團團轉之際，我們當中或許會有很多人發現自己疏忽了一些我們該重視及關心的——關係。事實上，很多父親可能忙於工作及其他的責任而沒空和孩子們玩耍及交談，也可能有些是不知道如何或從何開始。多麼遺憾！特別是研究報告指出孩童在幼年期與父母的關係是極為重要的。

二零零九年一個八月星期六的大清早，一群熱心的父親和孩子參加了晨光在Baden-Powell童軍中心舉辦的父親與孩子日營。在那裏，父親和孩子們都一樣玩了很多遊戲；透過參與很多互動的活動，他們學習了許多如何彼此互相溝通的方法。這個營會的目的是幫助父親與孩子建立關係——當看見許多拖著疲乏身軀、臉帶笑容的父親和孩子們踏上歸家之途便是這營會的結精品。

請你或你的配偶想一想學習如何和你的孩子們交談及建立關係的好處。我們下一期「父親與孩子日營」將於2010年3月20日舉行。

Spots are limited so hurry and enquire at First Light Care on Tel: (02) 9211 9988 or Email: education@firstlightcare.org.au
名額有限，報名從速。有意者請向晨光查詢 電話：(02) 9211 9988 或 電郵：education@firstlightcare.org.au

"In everything that he undertook in the service of God's temple and in obedience to the law and the commands, he sought his God and worked wholeheartedly. And so he prospered."

2 Chronicles 31:21

Dear Brothers & Sisters and Friends,

As I reflect on this past year, my heart is filled with gratitude because His grace is sufficient. We are grateful to our donors for their unfailing support and the many volunteers who helped in our fundraising activities during the year, ensuring our financial wellbeing in this difficult time of the global financial crisis.

We are grateful to all our staff as they continue to serve faithfully and with professionalism and creativity, often beyond the call of duty. We are particularly thankful for the many guest speakers and volunteers who spent time helping out in running the education activities and in providing administrative support. I am pleased to report that, with the dedication of our staff and volunteers, we have been able to increase the overall services to the community this year.

It is pleasing to see the ministry continue to evolve and develop, as different talents join the ministry.

Every organisation needs constant renewal in every level in order to meet the changing demands and challenges of

its time in fulfilling its vision and mission. It is the quality of its innovation and the commitment from the people, who are already involved or who will be involved in the ministry, that will determine the effectiveness of our service to the community.

For this ministry, with a relatively short history, small financial resources and manpower, we have now been blessed with a tax status as a charity that will help us to achieve greater things for the good of the community. However, there is a lot that we can seek do better as an organisation and as a service. We are to begin a new stage of our journey in building up First Light Care to realise its God-given potential to become a service that will bring light to the lives of many more people.

Thank you for walking with us in this journey.

A Merry Christmas and a Blessed New Year to you and your family!

Gerald Cheung
Centre Director

First Light Care Counselling Service 晨光輔導服務：

Professional counselling service provided by experienced counsellors who speak English, Cantonese & Mandarin.

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婚前輔導教育
- Child & Adolescent Issues
兒童及青少年問題
- Relationships/Sexuality/Sexual Issues
人際關係/性取向/性問題
- Domestic Violence
家庭暴力
- Substance Abuse/Harmful Gambling
物質濫用/傷害性的賭博
- Physical, Emotional & Sexual Abuse
身體、精神與性虐待

Sydney City Counselling Centre
悉尼市區輔導中心

Sydney West Counselling & Education Centre
悉尼西區輔導教育中心

For appointment or enquiry 約見及查詢
Tel 電話：(02) 9211 9988

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

「凡他所行的，無論是辦神殿的事，是遵律法守誠命的，是尋求他的神，都是盡心去行，無不亨通。」（歷代志下31:21）

親愛的弟兄姊妹和朋友們：

當我反思過去一年的時候，感激之情充滿我心，因祂的恩典足夠。實在要感謝我們的捐贈者始終如一的支持及眾多義工在今年的籌款活動中努力不懈，確保機構在這艱難的全球性金融危機時刻仍有穩健的經濟狀況。

在此要感謝一班滿有專業素質及創意的同工，在往往超越了他們職責的要求下，仍忠心地服事；也要感謝不少客座講員及義工付出寶貴時間幫忙舉辦教育性活動和行政上的支援。我很高興地報告在同工及義工的委身參與下，今年我們向社群提供的整體服務有所增長。

因著擁有不同恩賜的人士加入，中心的事工得以逐漸演進及發展。為了實踐其異象及使命，並迎合時代不斷變改的需求及挑戰，每個機構都需要在各個層面作恆常的更新與變奏；正是這些優質的革新和各界參與人士(包括現在

或將來)的委身投入而決定了我們向社會所提供服務的成效。

「晨光」以相對來說較短暫的歷史、較微薄的財力及人力資源，卻蒙神賜福成為一個捐款可扣稅的慈善機構，這實有助我們為所服事社群的益處而成就更艱巨的工作。然而，作為一個服務社群的機構，我們相信仍有很多改良的空間。我們現正開始一個嶄新的里程，以神所賜予的發展潛力去建立「晨光」，使「她」成為一個把曙光帶進更多人生命中的服務機構。

感謝您與我們同行。

祝您和您的一家聖誕快樂，
新年蒙福！

張有倫
輔導中心總監



Education Programs 教育活動 2010

準備上中學! (第十一組)

Conducted in English

“.....Ready for High School?” Group 11

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

日期/Date : 22 & 23/1/2010 (Friday & Saturday)

時間/Time : 10:00am – 4:00pm

地點/Venue : Sydney Chinese Alliance Church
40-42 George Street, Rockdale 2216

費用/Fees : \$20.00 per child (originally \$80; This group is partially funded by Bexley RSL Club through the Rockdale City Council's Community Development Support Expenditure Scheme)

*This program is delivered in partnership with Sydney Chinese Alliance Church.

準備上中學! (第十一組) 父母講座

“.....Ready for High School?” Group 11

Parents' Workshop

2小時免費講座，幫助你認識子女踏入中學所面對的適應和轉變，學習支持他們。

日期/Date : 23/1/2010 (Saturday)

時間/Time : 3:00pm – 5:00pm

地點/Venue : Sydney Chinese Alliance Church
40-42 George Street, Rockdale 2216

對象/Target : 只限 “Ready for High School” (group 10 / 11) 參加者的父母

費用/Fees : 免費 Free

*此講座由Bexley 退伍軍人會透過樂調市政廳之「社區發展援助經費計劃」資助。

粵語主講
國語翻譯
Cantonese
with Mandarin
translation

嗨,媽! Hey, Mum! Group 14

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.

日期/Date : 19/2; 26/2; 5/3; 12/3; 19/3; 26/3/2010 (Fridays)

時間/Time : 10:00am – 12:30pm

地點/Venue : FLC Sydney West Counselling & Education Centre
7 Crown St., Harris Park 2150 (next to Parramatta)

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.

父親與子女同樂日

粵語及英語
Cantonese &
English

Father and Child Day Camp

日期/Date : 20/3/2010 (Saturday)

時間/Time : 9.00am – 6.00pm

地點/Venue : Baden-Powell Scout Centre,
Pomona Street, Pennant Hills, NSW 2120

對象/Target : 父親帶同四至六年級的孩子
Father and Year 4 to 6 child

費用/Fees : 父親加一個孩子 Father and one child \$100
另加每一個孩子 extra child \$25

Smart Kids Holiday Program

英語
新節目
English
New Program

日期/Date : 10 & 17/4/2010 (Saturdays)

對象/Target : 四至五年級的兒童 Year 4 & 5 Children
詳情容後公佈 Details to be announced

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Kenneth Poon Optometrist
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