



SERVING THE COMMUNITY



# newsletter 通訊

March 2008  
Vol 2 No.1

in this issue: Overseas Student Ministry Training II  
Current News | Hey! Mum & Dad

## A Word of Wisdom!

*Do to others  
as you would have  
them do to you.  
(Luke 6:31)*

## Key to Happiness

*Do not be anxious  
about anything, but in  
everything, by prayer  
and petition, with  
thanksgiving, present  
your requests to God.  
(Philippians 4:6)*

FIRST LIGHT CARE  
ASSOCIATION INC

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Sydney NSW 2000

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

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

Telephone: (02) 9211 9988  
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## A Word from the Centre Director

Dear Brothers, Sisters & Friends,

THERE IS A SAYING that goes "It takes 10 years to grow a tree, but 100 years to grow a man".

Ten years have passed since First Light Care began its service to the community on 6 April 1998. At the time of writing, we have been compiling articles from brothers and sisters reflecting on FLC's work over the last 10 years. During that time, many people have looked after FLC, establishing its roots, and have been involved in its growth. Many people have partnered with us in working with FLC's vision of providing shade for many during life's journey; providing fruit for nourishment, and working to maintain the tree and continue its growth. As people have been involved in FLC's work, it has grown, and we see how its growth has served people over time. By faith many things have happened during this time.

Since FLC began 10 years ago, my eldest son has finished university. When FLC began he was in high school. Now he is working. My two younger sons were in primary school, now they are both in university. As I reflect on these things, I cannot help but draw an analogy between FLC's work and parenting (after all, we have been running parenting workshops for many years now!). Recently one of

my sons gained his full driver's licence whilst my youngest son cannot wait to get his 'green Ps'. As a parent, I can see that growth cannot be rushed, otherwise valuable lessons cannot be learnt. There is a great deal of dedicated time invested in being a parent. All the way, through those difficulties and distractions, I needed to be patient for the goal – the hope of what kind of adult I wanted my child to become. I wonder what FLC will become.

Our duty, and FLC's continued existence and growth is to continue to help people in the community in overcoming physical, psychological, relational and spiritual problems. The problems of the past will happen again – there is nothing new under the sun. However we have a great hope, that through demonstrating the love of God this tree will be able to provide shade and fruit for many more people.

As we look forward beyond this first 10 years, I am thankful for the continuing involvement of many people who give generously of their talents, time and money for our mission. FLC will continue to prepare programs and to do our best to serve the community in more far-reaching ways than before.

Grace be with you and your family!

**Gerald Cheung**  
Centre Director

[www.firstlightcare.org.au](http://www.firstlightcare.org.au)

1. Our volunteer May Tse has given our website a new look! Please visit [[www.firstlightcare.org.au](http://www.firstlightcare.org.au)] to find out more about our current services and programs. You can download the information and enrollment forms of our programs from the website now!
2. Application for registration as a Harm Prevention Charitable Institution has been submitted to the Federal Government. Please remember this in your prayer.
3. First Light Care has now served the community for ten years. In this special year, we shall publish a "First Light Care 10th Anniversary Thanksgiving Album" to recount the rich grace we have experienced.

## 晨光最新消息

1. 義工謝美儀姊妹為晨光的網站設計了新面目。請大家看看這個網頁 [[www.firstlightcare.org.au](http://www.firstlightcare.org.au)]，以了解更多有關我們目前的服務和活動。你現在可以從我們的網址下載各課程資料及報名表格。
2. 註冊為傷害預防慈善機構的申請書已提交給聯邦政府，請在你的禱告中記念。
3. 晨光服事社群十年，我們將籍著這特別的日子出版一本“晨光十周年感恩專輯”，數算神豐盛恩典，榮神益人！

## Position of Administrative Officer

(3-5 days/week)

WE ARE LOOKING for someone who is ready to meet the challenge of a demanding but rewarding position in providing reception, secretarial and administrative support to our counselling centres and the Association. You get to meet (and help) people from all walks of life with a team of committed professionals! Essential knowledge, skills, experience and attributes required:

- Competent in performing reception, administrative and secretarial duties
- Fluent English and Chinese (Cantonese & Mandarin), spoken and written
- Proficient in Microsoft Office and Chinese word-processing in the Windows environment
- Excellent interpersonal skills - mature, compassionate and sensitive to people's needs
- Able to handle sensitive and confidential information
- Able to work with minimum supervision

Please send your expression of interest, marked 'Confidential', with names and contact numbers of three referees before 15-4-2008 to Mr Gerald Cheung, Director-Counselling Centre, P.O. Box K1012, Haymarket NSW 1240

## Volunteer

(2-4 hours/week)

We are looking for a volunteer who can help to clean our counselling centre at Harris Park once a week.

For enquiry about the above positions, please call Gerald Cheung on (02) 9211 9988.



BAULKHAM HILLS

第10組 Group 10

## 嗨，媽！Hey, Mum！

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! (粵語主講Cantonese)



講員SPEAKERS

黃進源先生

Mr. William Wong

柳王秀玲女士

Mrs. Aileen Lau

丈夫曾參加「嗨，爹！」優先取錄  
Priority will be given to the wives of previous "Hey, Dad!" participants.

- 了解孩子的成長路  
Understanding Child Development
- 處理兒女的情緒  
Dealing with Strong Emotion
- 建立孩子的好自尊  
Building up Self-esteem
- 與孩子建立有效的溝通  
Effective Communication
- 有效的管教  
Disciplining Children

**Fees \$70/person**

(as of 2008, GST & notes incl.)

查詢 For enquiry

晨光關懷協會

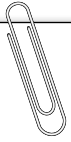
First Light Care

(02) 9211 9988

日期 Date: 13/5, 20/5, 27/5, 3/6, 10/6 and 17/6/08  
(Tuesday)

時間 Time: 10:00am – 12:30pm

地點 Venue: Baulkham Hills Chinese Alliance Church  
2/4 Gladstone Road, Castle Hill, NSW



## 輔導中心總監的話

親愛的弟兄姐妹及朋友們，

常言道：『十年樹木，百年樹人』。

晨光關懷協會於1998年4月6日開始服務社群已轉眼十年。我們現正搜集一些兄弟姐妹們對晨光過去十年的工作的紀念文章。在過去十年裏，很多人看顧晨光，建立其根基，並一直參與其成長。很多人都與我們合作，為晨光的異象努力同工，要為許多人在人生旅程上提供蔭庇，供應鮮果作為營養品，保養樹木，並延續其成長。像一直參與其事奉的義工一樣，晨光一路成長，並且見證晨光如何在過去成長的十年期間服事不少群體。憑著信心，許多事情在過去十年中發生了。

從晨光在十年前成立至今，我的長子已完成了大學課程。當晨光開始時，他還是一個中學生。現在，他已進入社會工作。我的兩個小兒子在十年前還是小學生，現在都讀大學了！當我思想這些事情時，我難以避免以晨光的事工和養育子女打個比喻（畢竟，我們一直舉辦親子工作坊多年！）。最近我的一個兒子拿到成人駕駛執照，而我最小

的兒子卻急不及待地期望快一點得到他的綠色P牌。作為家長，我可以看到的是成長不能倉卒，否則不能汲取寶貴的經驗教訓。身為父母，須要投資大量的時間專注在這角色上。整個進程，經過那些困難和使人分心煩擾的事，我需要有專注目標的耐心—我祈望自己的孩子會成為什麼樣的成人。同樣，我祈望晨光將會成為怎麼樣的機構。

我們的責任與晨光的延續及成長是要繼續幫助這個社群的人去克服生理、心理、人際關係和靈性問題。過去的問題會再次發生……日光之下並無新事。但是我們有一個很大的盼望，就是透過展示上帝的愛，這棵樹將可提供綠蔭和果實給與更多更多的人。

我們展望未來十年之際，我感謝很多人繼續慷慨地奉獻他們的恩賜，時間和金錢參與晨光的事工。晨光將會繼續努力工作，繼續竭盡所能，以更深遠的方式服務四周社群。

願神的恩惠與您和您的家庭同在！

張有倫  
輔導中心總監

WAITARA

第13組 Group 13

## 嗨，爹！Hey, Dad！

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! (粵語主講Cantonese)



講員SPEAKER  
黃進源先生  
Mr. William Wong

太太曾參加「嗨，媽！」優先取錄  
Priority will be given to the husbands of previous "Hey, Mum!" participants.



日期 Date: 5/4, 12/4/2008 (Saturdays)  
時間 Time: 9:00am – 5:00pm  
地點 Venue: 29 Yardley Ave., Waitara (near Toyota Hornsby)  
Waitara office, Centacare Broken Bay

(This program is sponsored by Centacare Broken Bay)

FLC 2008 Women's Conference

## 晨光2008 女士研討營

Conducted  
in Cantonese  
粵語主講

Dates 日期: 29-30/11/2008  
(Saturday & Sunday 星期六及日)

Speaker 講員:  
Mrs. Linda Wong 黃林定瀾師母

Venue 地點:  
The Tops Conference Centre,  
Stanwell Top NSW

詳情快將公佈，敬請密切注意！

Mrs. Linda Wong  
黃林定瀾師母

Master of Christian Education,  
Extensive experience in  
counselling, Christian and  
family education; and women  
ministry  
基督教教育碩士，資深輔導員，具有豐富宗教教育及家庭教育經驗，多年致力於婦女事工。

## 快樂之鑰

應當一無掛慮，只要凡事藉著禱告、祈求、和感謝，將你們所要的告訴神。(腓立庇書 4:6)

## 人生智慧

你們願意人怎樣待你們，你們也要怎樣待人。(路加福音 6:31)

Journeys of a Teenager : preadolescence

Group 5

## “...Ready for High School?”

A 2-day set of workshops designed to prepare those in year 7 (in 2008) for the challenges of adolescence.

TOPICS INCLUDE:

- Self-esteem
- Peer pressure and saying no
- Boy-girl relationships
- Relationships with parents

WORKSHOP LEADERS:

**Ms. Joyce Auyeung**

- Intern Clinical Psychologist with background in youth ministry

**Ms. Elsie Chan**

- Social Worker, experienced child & youth worker

Cost: \$80  
Date: Friday, 18th of April and Saturday 19th of April, 2008 (school holidays)  
Venue: FLC Sydney West Counselling & Education Centre  
7 Crown Street, Harris Park (near Parramatta), NSW 2150  
Time: 10:00am till 4:00pm  
Language: English  
For enquiry: (02) 9211 9988

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Chatswood, 2067

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Fax: (02)9412 2674

## 海外留學生事工訓練課程 II Overseas Student Ministry Training II

一個給青年工作者學習及交流意見的平台，  
探索現時青年事工面對的挑戰

(粵語主講Cantonese)

對象: 18 歲以上及對服侍海外留學生有負擔的基督徒

日期: 逢星期三晚 16/4; 23/4; 30/4; 7/5 & 14/5/2008

時間: 晚上七時半至九時半 7:30 - 9:30pm

費用: 整全課程 (5堂) - \$100 (1堂) - \$25

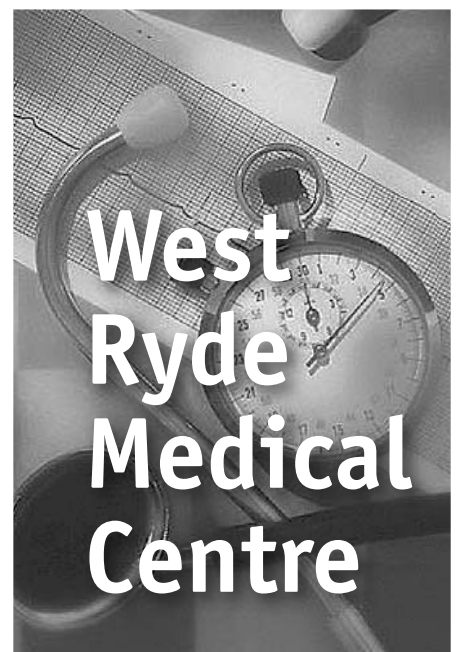
講員: 王毅醫生 Dr. Max Wong  
方兆雄傳道 Pastor Wilson Fong  
黃進源先生 Mr. William Wong

地點: 北雪梨華人宣道會  
59 Carlingford Road, Epping

報名及查詢請電

For registration & enquiry,  
please contact

晨光關懷協會 FLC (02) 9211 9988



990 Victoria Road,  
West Ryde, NSW 2114

Phone: (02) 9808 3333  
Fax: (02) 9808 7864