

Good News

Therefore the Lord himself will give you a sign: The virgin will be with child and will give birth to a son, and will call him Immanuel.

Isaiah 7:14

But the angel said to them, "Do not be afraid. I bring you good news of great joy that will be for all the people. Today in the town of David a Saviour has been born to you; he is Christ the Lord.

Luke 2:10-11

Suddenly a great company of the heavenly host appeared with the angel, praising God and saying, "Glory to God in the highest, and on earth peace to men on whom his favour rests."

Luke 2:13-14

佳音

必有童女懷孕生子，給他起名叫以馬內利。(就是神與我們同在的意思)

以賽亞書 7:14

那天使對他們說，不要懼怕，我報給你們大喜的信息，是關乎萬民的，因今天在大衛的城裡，為你們生了救主，就是主基督。

路加福音 2:10-11

忽然有一大隊天兵，同那天使讚美神說：在至高之處榮耀歸與神，在地上平安歸與他所喜悅的人。

路加福音 2:13-14



A Word from the President

Rev. Joseph Fung

AFTER 23 YEARS SERVING our church my Lord let me retire from pastoral ministries. I pray that in my remaining years, He will continue to let me serve Him in different areas. I thank Him that indeed He has opened a different way for me to serve Him at First Light Care since my retirement from pastoral ministry.

The growth of First Light Care's services has been evident during this year. We have younger workers currently gaining experience at our centres. Soon, we hope, some of them will be able to join us to help us to expand our service to those in need, if we can raise more support!

I would like to express a few words of thanks for the dedication of our staff and volunteers. I am amazed at the dedication and the extra amount of time they have put in for their work for our centres. I thank

them for their dedication and selfless love for humanity and to our Lord!

I have been particularly excited that during my first year of involvement as president, I witnessed, after 10 years of FLC's establishment, the Australian Commonwealth Government has finally granted us deductible gift recipient status as a Harm Prevention Charitable Institution. This, we believe, will enable us to further expand our services with more financial support from our supporters: churches as well as from the general public.

Society will continue producing people who may lose their way. Who will help them?

New migrants will need guidance to settle into this new country. Who will offer them suitable help?

May our light shine and shine at dawn!

裝備下一代

親愛的弟兄姊妹和朋友们：

在隨同蔡元雲醫生和其他義務導師到中國四川參與一個心理輔導培訓工作後，我已在十月初回到悉尼。我現在還感覺到在我與一些遭受嚴重創傷的地震災民相遇時內心所經歷的難過和沉重。在今年五月所發生的大災難令到七萬人喪失生命，一千萬人無家可歸。請紀念這眾多的人民現時正努力重建自己的生活。這次的經歷亦提醒我一件重要事情，就是任何社會都要擁有一批既能幹又富於同情心的輔導員去幫助任何人類或自然的災難的受害者。

我接著就高興地與我親愛的同工和160名支持者在十日二十五日的感恩晚宴上一起慶祝晨光的十週年。我們真的為第一個十年裏所經歷的恩典而感謝。10週年紀念感恩特刊也在晚宴上隆重推出，發給社群。您可以在我們兩個輔導中心，為自己或您的朋友索取這本免費的的特刊。

我們十分感謝來自加拿大的嘉賓講員黃林定瀾師母和黃可順牧師，他們不懈努力地11月和12月初主持婦

女營，牧師和師母聚會及其他一連串公開聚會。我們非常感謝他們使許多人在靈命和家庭生活上得到更新。

我特別請您記念晨光在現時全球金融危機已影響澳洲下所經歷的財政壓力。我真摯的請求您考慮成為我們祈禱所求的500名新的信心認獻者的其中一位，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。這些捐款將使我們能夠招聘和訓練一些年輕的輔導員和家庭教育工作者。在我們的經驗較豐富的同工仍然在晨光事奉時，我們需要傳遞我們的經驗給年輕的專業人員，好好裝備他們，使他們有能力更好地服務我們的下一代。培養一個專業人員需要時間！我們必須現在就開始讓他們做準備，以造福我們的下一代。若您願意成為晨光的經濟支持者，請填寫附上的捐獻表後寄回給我們。我在此預先感謝您的支持。

祝您和您的一家聖誕快樂，新年蒙福！

張有倫
輔導中心總監

會長的話

馮約瑟牧師

服務神家二十三年後，神讓我從教牧工作崗位上退了下來。我曾禱告神，容我在餘下的歲月能繼續在不同的領域去事奉祂。感謝神！從我退休以後，祂為我在晨光開啓了不同事奉祂的途徑。

今年晨光的服務有顯明的進展。目前已有年輕的同工在中心吸取經驗。我們期盼假若我們籌募到更多的經費，他們當中便可以有一些人能很快地加入我們的行列，協助我們將服務擴展到有需要的人士。

在此，我必須要向我們的同工及義工所作出的奉獻表達衷心的謝意。他們為中心的工作投入額外的時間與奉獻實在令我吃驚。感謝他們對神、對人的奉獻和無私的愛。

我真的萬分興奮在我擔任會長的第一年就能見證著晨光成立十年後終能獲得澳洲聯邦政府批准為防止傷害慈善機構，對中心的捐款可作稅項回扣。我們相信此認證會讓我們從我們的支持者，無論是各教會或公眾人士，得到更多經濟上的支持，進一步去擴展我們的服務。

社會上不斷有人迷路。誰會去幫助他們？

新移民需要有人指導，好能在這新的國家定居下來。誰能為他們提供適當的幫助？

讓我們的光燃亮，在黎明的一刻就燃亮！

A Blossoming Life in the Eternal Light

THIS IS THE SECOND TIME that God gave me the honour to serve Him via the FLC 2008 Women's Conference Organising Committee. I enjoyed the same joyful experience that I had in 2006 as I again worked closely with my sisters in Christ, led by William Wong.

The Committee dedicated our different strengths and gifts that our LORD has given to each of us. Our goal was united – to glorify His Name in this Women's Ministry. I looked forward to our monthly meetings and marvelling at His divine intervention and guidance in resolving challenging situations. He faithfully responded to our prayers and did His Will in His own time.

During the Conference, thanks to my team members' capable and selfless assistance, despite my share of responsibilities, I could take to heart God's messages that were given through our competent and graceful speaker, Mrs Linda Wong:

1. God's Love reveals His Sovereignty – in it, there is discipline and salvation. I am to forgive and be rebuilt in His Love.
2. God's Grace is to be claimed and revered. I am to turn away from the past and rest in His Eternal Grace in submission and joy.
3. God's Faith is revealed in adversities. I am to trust in the eternal hope

and become the conduit of His Grace in whatever circumstances.

4. God's Wisdom is dependable. He chooses the best for me out of His Love – I am to empty myself and step out in faith to be filled with His Blessing.
5. God is Awesome. I am to humble before Him for cleansing and revival to live a blossoming life. HE IS! HE IS IN (神在，神在內)!

Thank You, LORD – may all the Glory be Yours!

Annie Wong
10/12/2008

青蔥歲月伴他同行 Journey with Your Teenagers

粵語主講
Cantonese

專為有青少年子女的父母(及祖父母)而設的講座

This program is designed for parents (and grandparents) who have teenage children.

第一講:	了解青少年成長路	日期Date: Tuesday, 10-3-2009
Talk 1:	Understanding the Growing Pain of Teenagers	
第二講:	溝通! 溝通!	日期Date: Tuesday, 17-3-2009
Talk 2:	Communication! Communication!	
第三講:	繽紛荳芽夢	日期Date: Tuesday, 24-3-2009
Talk 3:	Boy/Girl Relationships - Parents' Concern	
第四講:	網上青少年	日期Date: Tuesday, 31-3-2009
Talk 4:	Internet and Teenagers	

時間 Time: 10:00am - 12:00noon

講員 Speaker: 黃進源先生 William Wong 晨光教育訓練主任 (Education and Training Coordinator)
資深輔導員、社工及家庭教育者 (Experienced Counsellor, Social Worker & Family Educator)

地點 Venue: Rockdale City Library 樂調市圖書館
448 Princes Highway Rockdale NSW 2216 (Cnr Bryant Street)

查詢 Enquiry: 晨光關懷協會 First Light Care 電話Tel: (02) 9211 9988
樂調市圖書館 Rockdale City Library 電話Tel: (02) 9562 1824

協辦機構 樂調市議會 This program is delivered in partnership with Rockdale City Council.

婦女訓練課程

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
 查詢 First Light Care Association Inc. (02)9211 9988

晨光男士守望小組 (09組)

Men's Support Group (Group 09)

粵語主領
Cantonese

每月第一個星期四舉行
 Regular meetings will be held on the first Thursday of every month.

時間 Time 7:30pm – 10:00pm
 地點 Venue 悉尼西區輔導教育中心
FLC Sydney West Counselling & Education Centre
 7 Crown Street, Harris Park 2150

第一次聚會 First Meeting – Thursday 5 March 2009

查詢 For enquiry 請與黃進源先生聯絡 Please contact Mr William Wong
 電話 Telephone (02) 9637 0390 傳真 Fax: (02) 9281 2281
 電郵 Email flcmen.2009@firstlightcare.org.au
 網站 Website www.firstlightcare.org.au (To download a registration form)

嗨，媽！Hey, Mum！ (第十二組 Group 12)

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
 日期 Date 5/3, 12/3, 19/3, 26/3, 2/4, 9/4 /2009 (Thursday)
 時間 Time 10:00am – 12:30pm
 地點 Venue **Gordon Baptist Church**
 Corner of Park Avenue & Garden Square, Gordon 2072
 費用 Fees \$70/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.

'YOUTH EDUCATION AND TRAINING'

“.....Ready for High School?” Group 7

Conducted
in English

A 2 part workshop designed for year 7 children (in 2009)
 to prepare them for the challenges of adolescence

Workshop leaders:

Ms. Joyce Auyeung - Clinical Psychologist with background in youth ministry
Ms. Elsie Chan - Social Worker, experienced child & youth worker
Ms. Gloria Lau - Intern Clinical Psychologist

Date Friday 23rd, Saturday 24th of January 2009 (school holidays)
 Venue **FLC Sydney West Counselling and Education Centre**
 7 Crown Street, Harris Park NSW 2150
 Time 10:00am – 4:00pm
 Cost \$80 per child

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

newsletter 通訊

December 2008
 Vol 2 No.4

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Holiday Notice

Our two counselling centres will be closed from 24/12/2008 to 4/1/2009.

The centres will re-open on Monday, 5/1/2009.

We wish you a Merry Christmas & a Blessed New Year!

假期通告

晨光輔導中心將於2008年12月24日至2009年1月4日
 休假期。

2009年1月5日(星期一)
 起照常辦公

謹祝聖誕快樂
 及新年蒙福!

FIRST LIGHT CARE ASSOCIATION INC
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 Telephone: (02) 9211 9988
 Fax: (02) 9281 2281

Equipping the Next Generation

Dear Brothers & Sisters and Friends,

I RECENTLY RETURNED to Sydney in early October after a trip with Dr Philemon Choi and other volunteer trainers to Sichuan, China, for a counselling training project. Even now, I still feel the sadness and heaviness in my heart after meeting some of the people who suffered serious trauma as a result of the earthquake in May 2008 that killed 70,000 people and left up to 10 million people homeless. Please remember the multitude of people who are now trying to rebuild their lives. The experience has also reminded me that it is important for any community to have competent and compassionate counsellors to help victims of any human or natural tragedies.

On the 25th of October 2008, I then joyfully celebrated our 10th anniversary with my dear co-workers and 160 supporters at a thanksgiving dinner. We are tremendously thankful for the grace that we have experienced in our first ten years. The "FLC 10th Anniversary Thanksgiving Album" was launched at this dinner and is now available to the community. You can pick up free copies of the album at our two counselling centres, for yourself or your friends.

I would like to personally thank Mrs Linda Wong and Rev Andrew Wong, our guest speakers from Canada, who worked tirelessly in conducting the Women's

Conference, meetings for pastors and their wives and several other public meetings in November and early December. We are most thankful that they have brought to many people a renewal in their spiritual and family lives.

I would specially ask you to remember the financial stress on First Light Care as the effects of global financial crisis are realised here in Australia. I would sincerely ask you to consider becoming one of the 500 new donors that we are praying for who will make a pledge to make a tax-deductible donation of \$10 a week (or \$520 a year). The money will allow us to engage and train up some younger counsellors and family educators. We need to pass on our experience to the young professionals when our more experienced staff is still around so that they can be better equipped to serve the next generation with competence. It does take time to train up a professional! We need to prepare them now for the benefit of our next generation. Please complete and return to us the attached donation form if you decide to become our regular financial supporter. Thank you for your support in advance.

Merry Christmas and a Blessed New Year to you and your family.

Gerald Cheung
 Centre Director

