

SERVING THE COMMUNITY



晨光關懷協會  
**first light care**  
ASSOCIATION INC.

# newsletter 通訊

June 2008  
Vol 2 No.2

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Women's Conference

## 人生智慧

### A Word of Wisdom!

神能將各樣的恩惠，  
多多的加給你們。  
使你們凡事常常充足，  
能多行各樣善事。  
哥林多後書9:8

*And God is able to make  
all grace abound to you,  
so that in all things at all  
times, having all that you  
need, you will abound in  
every good work.  
2 Corinthians 9:8*

## 快樂之鑰

### Key to Happiness

你手若有行善的  
力量，不可推辭，就當向那  
應得的人施行。  
箴言3:27

*Do not withhold  
good from those who  
deserve it, when it is in  
your power to act.  
Proverb 3:27*

#### FIRST LIGHT CARE ASSOCIATION INC

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## A Word from the Centre Director

Dear Brothers, Sisters & Friends,

THE RECENT CYCLONE in Burma and the earthquakes in Sichuan, China have created human tragedies of unimaginable scale. In an instant, parents became childless, children became orphans and millions of people were left homeless. It will take a long while before people in affected areas recover from the trauma. To rebuild their lives, they stand in need of help and support - may our prayers move us to action in response. You are encouraged to help by making a donation to the Red Cross and the Salvation Army who are providing effective relief work in these disaster areas.

Closer to home, we in Australia – a country blessed with rich natural resources, a highly educated population and advanced technology and infrastructure - may be better able to cope with the natural disasters, like the extended drought in recent years, than many other countries. However, our society still has to face many other human problems that are happening around us. We have to help ourselves because no other country will come to our aid.

Many clients I have met in my counselling room have proudly declared that "I undertook great projects: I built houses for myself... I amassed silver and gold for myself..."(Ecclesiastes 2:4,8). However, just like King Solomon of Israel in the Old Testament, they found that happiness did not follow their successes. Sadly, among the fruits of their toil were marriage break-up, family disharmony and depression. Many echo King Solomon's lament: "What does a man get for all the toil and anxious striving with which he labours under the sun?" (Ecclesiastes 2:22)

King Solomon reminds us that "there is nothing better for men than to be happy and do good while they are alive" (Ecclesiastes 3:12). What is good? The answer is "to act justly and to love mercy and to walk humbly with your God" (Micah 6:8). If we practise this in our own lives, in our family and in our communities, we will find contentment and fulfilment. There will be far fewer human problems, and we can active in truly caring for others.

Grace be with you and your family!

**Gerald Cheung**  
Centre Director

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

1. The initial feedback from the Federal Government about our application for registration as a Harm Prevention Charitable Institution has been very encouraging. Please continue to remember this in your prayer as we wait for the final outcome.
2. We are thankful for the generous support from many sponsors for the "First Light Care 10th Anniversary Thanksgiving Album" which will be published in the next few months. Please contact us if you wish to support this album.
3. Our warm welcome to Mrs Ling Ling Wong who has joined the administrative team in June.
4. We are glad to have Dr Adam Chan and Mrs Aileen Lau undergoing their counselling clinical placement at our counselling centres.
5. Please pray for good health for FLC members, staff, volunteers and their families so that they can serve the community undistractedly.
6. Our warm welcome to Dr Philemon Choi and Mr Alex Lee of Hong Kong Breakthrough who will visit Sydney again in July. We are deeply grateful for their support of this ministry and other ministries in Sydney over the past ten years. Their public seminars will again bless many people in Sydney this time.

### 晨光最新消息

1. 關於我們註冊為傷害預防的慈善機構的申請一事，聯邦政府初步的反饋意見非常令人鼓舞。我們還在等待最後申請結果時，請繼續在您的祈禱記念這事。
2. 我們感謝許多贊助商為在這數個月內出版的『晨光十周年感恩專輯』作出慷慨的支持。如果你想支持這個專輯，請聯繫我們。
3. 我們熱烈歡迎黃李玲姊妹在6月加入了行政同行列。
4. 我們很高興今年有陳朝發醫生和柳黃秀玲女士在我們的輔導中心作輔導臨床實習。
5. 請為我們晨光的會員，同工，義工和他們的家人祈求身體健康，使他們能專心服務社群。
6. 我們熱烈歡迎香港突破機構的蔡元雲醫生和李德誠先生在7月重訪悉尼。我們深深感謝他們在過去的十年給予晨光和其他在悉尼的事工的支持。很多人將透過他們這次多個的公開研討會而被祝福。

## MY 'FIRST LIGHT' ENCOUNTERS :

# A Man's Journey

Peter Auyeung, Evangelical Free Church of Australia, Lindfield

LET ME START OFF by introducing myself. I migrated to Australia 15 years ago from Hong Kong. I am married with two sons.

Reflecting on the past, it has been almost ten years since my first encounter with First Light Care (FLC) with eight sessions of 'Hey Dad'. This was the first time I met William Wong, who facilitated the sessions with about twelve Cantonese speaking 'dads'. My two boys were then aged seven and four. Apart from William, I have since had contact with my fellow program participants on different church functions and seminars. In hindsight, those sessions benefited me personally through reflection, which gave me insight into how I should handle my kids.

My second encounter with FLC was the Men's Conference 2005 held in 2005 at Merroo Conference Centre. I was impressed by the level of participation by the men involved in the conference and was challenged by the messages. Several months after the conference, a reunion for those who attended was organised and I attended. Despite the fact that there was only a small number of us present for the occasion, those of us who were present formed a pilot men's support group which enabled us to explore ways as to how the needs of the group could be best served. This also helped us to develop a preliminary program to be used as material for future meetings of the support group. The pilot group continued to meet for 18 months and was completed successfully shortly before Men's Conference November 2007.

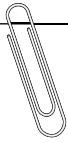
After the 2007 Conference, many men expressed their interest in joining a men's support group. The latest Men's Support Group commenced meeting in January 2008 and since then we have met on the fourth Thursday night every

month with a total of 34 members in four groups. I feel privileged for the opportunity to serve this ministry as one of the group leaders.

In hindsight, my journey from group participant to leader over the past two years has been fairly lengthy, due largely to my introverted personality. My transition from participant to leader has been by God's grace. These group meetings with my fellow brothers have further provided me with the opportunity to see that I am not alone and that God works through us and amongst us. The 'men only' setting provides me with unique scenarios to reflect and respond to eventually leading to changes in my life which I may say have been voluntary, albeit with the support of those in the group. Personally, I am thankful for what I have experienced in sharing my journey with those men of which mostly are brothers in Christ.

I am still unsure as to where the Lord is leading us from here but rest assured whatever He has started, He surely will finish for His own glory. With all these encounters, all I can say is that He has revealed Himself and His love to us at the time we came together. Just as he has promised in His Words in Malachi 3:16 -18:

"then those who feared the LORD talked with each other; and the LORD listened and heard. A scroll of remembrance was written in his presence concerning those who feared the LORD and honored his name. "They will be mine," says the LORD Almighty, "in the day when I make up my treasured possession. I will spare them, just as in compassion a man spares his son who serves him. And you will again see the distinction between the righteous and the wicked, between those who serve God and those who do not."



## 輔導中心總監的話

親愛的弟兄姊妹和朋友們：

**最**近的緬甸風災和中國四川地震的天災造成了巨大的人間悲劇。在瞬間，父母失去了兒女，兒童變為了孤兒，以百萬計的人無家可歸。在災區的人民將須要一段長時間才能從創傷中恢復元氣。這些災民實在需要幫助和支持去重建他們的生活，盼望我們的祈禱能推動我們以實際的行動來回應災民的需要。我鼓勵你們捐款給紅十字會和救世軍，他們現正在這些災區提供有效的救災工作。

回來談到我們的家園，澳洲是一個擁有豐富的自然資源，高教育水準的人民和先進的技術和基礎設施的幸福國家。相對而言，澳洲比其他許多國家可能有能力更好地應付自然災害，如近年來的乾旱氣候。然而，我們的社會仍然面臨著許多正在發生在我們身邊的人的問題。我們必須要自我幫助，因為沒有其他國家會來幫助我們解決這些問題。

許多人曾在我的輔導室自豪地宣布：『我為自己動

大工程，建造房屋...我又為自己積蓄金銀...』(傳道書2:4,8)。不過，就像舊約中以色列的所羅門王，他們卻發現幸福快樂並沒有跟著他們的成功而來。可悲的是，他們辛勞的成果竟是婚姻破裂，家庭不和與抑鬱病。許多人迴響所羅門王的慨嘆：『人在日光之下勞碌累心，在他一切的勞碌上得著甚麼呢？』(傳道書2:22)

所羅門王提醒我們：『我知道世人，莫如終身喜樂行善。』(傳道書3:12)何為善？答案是：『行公義，好憐憫，存謙卑的心，與你的神同行。』(彌迦書6:8)。如果我們在我們自己的個人生命，家庭和社區實踐這教導，我們會找到心靈滿足和成就感。人的問題會少很多，我們可以更積極參與真正的關顧他人。

願神的恩惠與您和您的家庭同在！

您的同工  
**張有倫**  
輔導中心總監

## 晨光2008 女士研討營

### 講員推介

**記**得多年前，參加一個退修營會。主領者要求每一位參加者，用一個小時的時間安靜默想，把從出生至現今，寫下每一位主安排出現在我們生命中的天使。我清楚記得，當時最先寫下的，就是黃可順牧師與黃林定瀾師母(Rev. Andrew Wong & Mrs. Linda Wong)的名字。

還記得，他們是當時多倫多華人浸信會的資深牧者，在多城無人不識。至於我與外子志滌，則仍是在神學院進修裝備的黃毛小子。沒想到，後來竟見到黃牧師成為我們在神學院的同學。至我們申請加入海外基督使團成為宣教士的時候，黃師母更是當時面試的委員。

一見黃師母，已被她溫文典雅的氣質所吸引。心想，好一位高貴的師母啊！更沒料到的是，自我倆當宣教士開始，至進入文字工作與牧會，到今天投身家庭服事，黃牧師夫婦對我倆的關心，二十多年來從



黃林定瀾師母

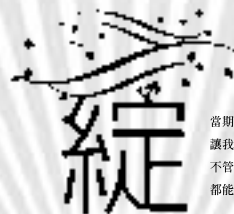
沒間斷。他倆有機會回港，就會來探訪我們，跟我們分享他們的服事與異象，也帶給我們很多鼓勵與支持。

他倆的組合，是我們心目中神的工人的典範。黃牧師的謙和與見識，師母的對人的敏銳關懷與洞見，都是我們這代牧者的榜樣。所以，當聽到晨光邀請黃師母來主領婦女研討會，並邀得黃牧師主持一連串的聚會，我更深深覺得，這是悉尼弟兄姊妹的福氣。

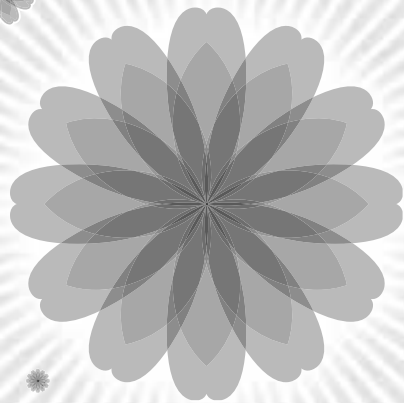
在此，我誠意向大家推薦，這位曾深深影響我倆服事生命的牧者，也是我們的生命師傅。這個世代，能言善說的講者不少，但能說又能把生命的道活出來，讓周遭的人深深被他們的生命所感染的講者，卻不多。黃可順牧師與師母，在我倆的心中，正是這樣的兩位主的僕人使女。

羅乃萱  
晨光2006女士研討營講員

晨光 2008 女士研討營 FLC 2008 WOMEN'S CONFERENCE



當期望與現實抵觸，挑戰與失落衝擊時，讓我們來到永恆主宰面前，祈求心靈的蛻變；不管掙扎與熬煉，歡唱與感恩，都能重拾信心，一起綻放人生姿采！



日期：29/11/2008 (星期六)

上午八時半開始

30/11/2008 (星期日)

下午五時正結束

地點：The Tops Conference Centre  
off Bendena Garden Road  
Stanwell Top NSW

講員：黃林定瀾師母 (Linda Wong)

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。

粵語主講

查詢電話：(02) 9211 9988

晨光關懷協會  
first light care  
ASSOCIATION INC.

## “...Ready for High School?” 「準備上中學！」

A 2 part workshop designed for year 7 children (in 2009) to prepare them 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**  
**Ms. Elsie Chan**

Cost: \$80 per child  
(Conducted in English)  
Date: Friday, 18th of July and Saturday 19th of July, 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

## 嗨，媽！ Hey, Mum!

ROCKDALE 第十一組

講員 Speakers:

黃進源先生  
(William Wong)  
柳王秀玲女士  
(Aileen Lau)



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)

日期 Date: 5/8, 12/8, 19/8, 26/8, 2/9, 9/9/ 2008 (Tues)

時間 Time: 10:00am – 12:30pm

地點 Venue: Rockdale City Library  
448 Princes Highway, Rockdale NSW 2216  
(Corner of Bryant Street)

Fee: \$70/person (as of 2008, GST & notes incl.)

*This program is sponsored by Rockdale City Council*



晨光關懷協會GCCF合辦青年奮興會

## 跳出小人國 我的夢 祂的國

時間：晚上7:30 - 9:30

日期：09/07/08 (三)

地點：中央浸信會 619 George St, Sydney

對象：大學生青年人

語言：廣東話

講員：蔡元雲醫生 (突破機構榮譽總幹事)

## 我的工作 祂的召命

晨光關懷協會GCCF合辦青年奮興會

時間：晚上7:30 - 9:30

日期：10/07/08 (四)

地點：中央浸信會 619 George St, Sydney

對象：在職青年人

語言：廣東話

講員：蔡元雲醫生 (突破機構榮譽總幹事)



## 野外屬靈操練 歷奇系列

本課程嘗試帶你探索大自然的面貌，透過親身經歷，學習如何欣賞大地，改善你與自己、與他人、與神的關係，並聆聽神藉野外環境所傳遞的好消息。

日期：05/07/2008 (Sat)

時間：9:00am - 6:30pm

集合地點：North Epping Scout Hall,  
130 Boundary Road, North Epping

費用：\$40 (在職人士) \$25 (學生) Inc GST

講員：李德誠先生 (突破機構)

歡迎十八歲或以上青年領袖踴躍參加 (名額有限，報名從速)



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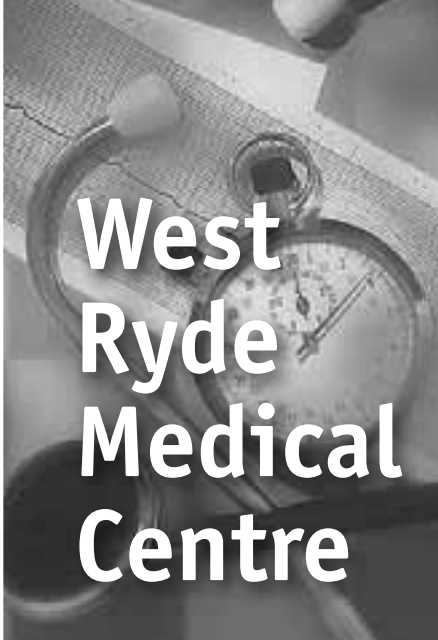
### Framework Optical

Kenneth Poon

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Chatswood, 2067

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