

1. We thank the sponsors for their generous support for the "First Light Care 10th Anniversary Thanksgiving Album" which will be published in October.
2. FLC Annual General Meeting and 10th anniversary celebration activity will be held on 25/10/2008.
3. We are glad to have Ms May Tse undergoing her placement as an Intern Psychologist at our counselling centres since 15/7/2008.
4. We thank Dr Philemon Choi, Ms Li Pik Sum and Mr Alex Lee of Hong Kong Breakthrough for bringing great encouragement to the young adults and church leaders in Sydney in July.
5. Centre Director, Gerald Cheung, will join Dr Philemon Choi and other voluntary counselling trainers from Hong Kong for a Post-disaster Psychological Rehabilitation Training Project in Sichuan, China at the end of September. He will also attend the Third International Conference on Chinese Grassroots Evangelism in Hong Kong in early October.
6. Our thanks and warm welcome to our guest speakers, Rev Andrew Wong and Mrs Linda Wong, who will come all the way from Canada to conduct a series of public meetings in November.

晨光最新消息

1. 我們感謝許多贊助商為將在十月出版的「晨光十週年感恩專輯」作出慷慨的支持。
2. 晨光週年會員大會與十週年慶祝活動將在十月二十五日舉行。
3. 我們很高興有謝美儀女士在七月十五日開始在晨光的輔導中心作實習心理學家。
4. 我們感謝香港突破機構的蔡元雲醫生，李碧心和李德誠先生在七月帶給悉尼的青年人和教會領袖極大鼓勵。
5. 中心總監張有倫將在今年九月底隨同蔡元雲醫生和其他義務心理輔導導師從香港到中國四川參與「災後心理康復培訓」工作，並在十月初參加在香港舉行的第三屆世界華人基層福音會議。
6. 我們感謝和熱烈歡迎黃可順牧師和黃林定瀾師母將在十一月從加拿大遠道而來帶領一連串公開聚會。

輔導中心總監的話

親愛的弟兄姊妹和朋友們：

我很高興與大家分享一個好消息，在2008年7月10日澳洲聯邦政府已批准晨光成為一個防止傷害慈善機構。我們感謝上帝在我們慶祝祂這個事工十週年的時候賜給我們一個這麼美好的禮物。每個參與這事工的人為晨光多年來為社群所作的努力被認同而歡欣。我代表晨光感謝你們在過去十年的鼎力支持，使晨光能達到這成就。

新的慈善機構地位給向晨光提供財政支持的社會人士一個享有捐款免稅的優惠。捐助給「晨光關懷基金」的款項可享有扣減稅項的優待。

馬太福音這樣記載：「耶穌走遍各城各鄉，在各會堂裡教導人，宣揚天國的福音，醫治各種疾病、各種病症。他看見群眾，就憐憫他們，因為他們困苦無依，像沒有牧人的羊一樣。他就對門

徒說：「莊稼多，工人少；所以你們應當求莊稼的主派工人去收割。」」（新譯本-馬太福音9:35-38）

在我們今天的社會、還有不少「困苦無依」的人。在上帝的幫助和你們的支持下，晨光可望得到更多忠心的工人，像耶穌當年那樣，在人群工作，幫助更多的人經歷上帝的恩慈和恩惠，將愛和希望帶到人群，讓和平進入家庭。將你的幫助給與我們，我們便能夠為教會和社群的福利做更大的工作。

「你們是世上的光...你們的光也應當照在人前，讓他們看見你們的好行為，又頌讚你們在天上的父。」（新譯本-馬太福音5:14, 16）

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



Personal Reflections on "Hey, Dad!" course

FIRST LIGHT CARE'S "Hey, Dad!" course has helped me to realise my blind spots in parenting.

I lived in Hong Kong for 25 years before I migrated to Sydney. My parents' parenting methods, including smacking were very common in the government housing estate where I grew up. Hence, I did not have any good parenting model to follow.

When my children were born here in Sydney, I thought I was capable of being a good parent to my own children. Everything seemed fine when my children were in their primary school years. I devoted my personal time to them as much as possible. In hindsight, I now know that I could have done a lot better in many areas,

if I had known and practised the skills taught at the "Hey, Dad!" course.

My awareness of my deficiency in parenting began to emerge when my children commenced their high school studies. In their process of establishing their identities, they became very assertive; particularly when they wanted to be more independent. This had a huge psychological impact on me as I felt my status in the family had changed from "hero" to "zero". To make matters worse, I failed to show empathy to my teenage children, let alone to engage with them as I forgot my own teenage years and to be sensitive to their needs. The conflict with my children kept on aggravating. My wife had wisely reminded me that my role as the head of the family is

對“嗨，爹！”課程的個人看法

晨光的“嗨，爹！”課程幫我認識到自己在教養子女方面的盲點。

移居雪梨前，我在香港居住了二十五年。雙親所用的教養子女方法，包括責打孩子，在我那成長的政府屋邨裡實在是司空見慣的。所以我沒有教子女的好榜樣去跟從。

當孩子們相繼在雪梨出生時，我自信有能力作一個好父親。當孩子們仍在小學階段，一切看來都不錯。我盡量犧牲自己的時間來陪他們。然而到了現在，我才明白如果當時我能明白和運用“嗨，爹！”課程的技巧，我會在很多方面做得更好。

我開始意識到自己在教養子女上出了問題是在孩子剛就讀中學的時候。那時因孩子自我意識開始樹立，他們變得非常反叛，特別是他們想要得到更多的自主。我感到自己在家中的地位從“英雄”突降至“最低點”，對我心理上造成極大的衝擊。更糟糕的是，我不肯認同那已是青春期的孩子，不肯考慮和他們交流，因為我已忘記了昔日自己曾是青春期的青少年，我也忽略了他

們的需要。和孩子的衝突日漸惡化。就在此時，妻子一言道破，提醒了我——我那一家之主的地位是無法替代的。我便四出尋找教養子女的良方。

2008年5月我終於參加了“嗨，爹！”教養子女課程。它對我的幫助，超乎我的期望。這個課程不但讓我在有趣、輕鬆的教學法中，例如冰山理論(Iceberg Theory)，學會如何與不同年齡階段的子女建立牢固感情關係的堅實知識；也給我很多機會通過對大量真人真事個案研究進行角色扮演，把所學得的予以實習。本課程的導師黃進源先生每當觀看解決家庭衝突角色扮演練習後，都會給予寶貴的反饋及實用的建議。除了一系列理論性的講課外，這個課程還包括既有趣又互動的實習工作坊，從而幫助學員明白和學以致用。

我極力推薦“嗨，爹！”課程給任何一位有心要和子女建立更密切的感情關係和開拓教養子女技巧的父親。“嗨，爹！”課程確實是所有為人父者要備的可貴資源。

蘇武明
晨光「嗨，爹！」第十三組參加者
5/8/2008

irreplaceable and I desperately sought parenting wisdom from all avenues.

I attended the "Hey, Dad!" course in May 2008 and it helped me well beyond my expectations. This course not only taught me solid theory in an interesting and lively way (eg iceberg theory) on how to build intimate emotional relationship with my own children of different age groups, the course also offered me many opportunities to practise what I learnt from the course through role-playing in numerous real-life case studies. The course instructor, Mr William Wong, also provided valuable feedback and practical advice after observing

the family conflict solution role playing exercises. Instead of being just a series of theoretical lectures, the course comprised of interesting and interactive practical workshops to help the participant to understand and apply the things we had learnt.

I strongly recommend the "Hey, Dad!" course to any fathers who wish to build a closer emotional bond with their children and broaden their parenting skills. The "Hey, Dad!" course is definitely a valuable resource for all fathers.

Eric So, Participant of "Hey, Dad!" Group 13,
First Light Care
5/8/2008

認識抑鬱症 Understanding Depression

講員/Speaker: 王毅醫生 Dr Max Wong
語言/Language: 粵語主講 Cantonese
日期/Date: 20/09/2008 (Saturday)
時間/Time: 7.30 – 9.00pm
地點/Venue: 寶活華人長老會
Burwood Chinese Presbyterian Church
46-48 Belmore Street, Burwood 2134

嗨，爹！Hey, Dad! Waitara - Group 14

講員/Speaker: 黃進源先生 William Wong
語言/Language: 粵語主講 Cantonese
日期/Date: 11/10, 18/10/2008 (Saturday)
時間/Time: 9:00am – 5:00pm
地點/Venue: 29 Yardley Ave., Waitara (near Toyota Hornsby)
Waitara Office, Centacare Broken Bay
費用/Fee: \$70/person (GST & notes incl.)
(This program is sponsored by Centacare Broken Bay)

Journeys of a Teenager: preadolescence - Group 6

"...Ready for High School?"

『準備上中學!』
Workshop leaders:
Ms. Joyce Auyeung | Ms. Elsie Chan | Ms. Gloria Lau
Cost: \$80 per child (Conducted in English)
Date: Friday, 10th of Oct and Saturday 11th of Oct, 2008 (school holidays)
Venue: Baulkham Hills Chinese Alliance Church
2/4 Gladstone Road, Castle Hill, 2154
Time: 10:00am – 4:00pm

Men's Special Seminar 再振再厲勇闖新里程 Breakthrough Mid-life Crisis

免費
FREE

講員/Speaker: 黃可順牧師 Rev. Andrew Wong
語言/Language: 粵語主講 Cantonese
日期/Date: 20/11/2008 (Thursday)
時間/Time: 7:00pm – 10:00pm
地點/Venue: Ryde-Eastwood Leagues Club
117 Rydedale Road, West Ryde 2114
對象/Target: 男士 Men
Registration 報名查詢flcmen@yahoo.com.au
名額有限，從速報名

嗨，媽！Hey, Mum! Group 12

講員/Speakers: 黃進源先生 William Wong
柳王秀玲女士 Aileen Lau
語言/Language: 粵語主講 Cantonese
日期/Date: 17/10, 24/10, 31/10, 7/11, 14/11, 21/11/08/2008 (Friday)
時間/Time: 10:00am – 12:30pm
地點/Venue: First Light Care Association Inc.
7 Crowns Street, Harris Park, 2156
費用/Fee: \$70/person (GST & notes incl.)

查詢詳情: (02) 9211 9988

十一月特別聚會

November Special Meetings

November

Fri 21

講題/Program **父母子女共成長**
講員/Speaker 黃林定瀾師母 Mrs. Linda Wong
日期/Date 21/11/2008 (Fri) 時間/Time 7.30pm - 9.30pm
地點/Venue 霹靂鎮華人基督教會
Blacktown Chinese Christian Church
3 George Street, Blacktown 2148

語言/Language: 粵語主講, 國語翻譯
Cantonese with Mandarin translation
對象/Target: 父母 Parents

Sat 22

講題/Program **重燃愛火, 情繫一生**
講員/Speaker 黃林定瀾師母 Mrs. Linda Wong
日期/Date 22/11/2008 (Sat) 時間/Time 7.30pm - 9.30pm
地點/Venue 寶活華人長老會
Burwood Chinese Presbyterian Church
46-48 Belmore Street, Burwood 2134

語言/Language: 粵語主講 Cantonese
對象/Target: 夫婦 Couples

Tue 25

講題/Program **以聖經為基礎的事奉**
講員/Speaker 黃可順牧師 Rev. Andrew Wong
日期/Date 25/11/2008 (Tue) 時間/Time 7.30pm - 9.30pm
地點/Venue 華澳浸信會展愛堂
Chinese and Australian Baptist Church - West Ryde
1 Reserve Street, West Ryde 2114

語言/Language: 粵語主講 Cantonese
對象/Target: 基督徒 Christians

Wed 26

講題/Program **建立孩子終身受用的價值觀**
講員/Speaker 黃林定瀾師母 Mrs. Linda Wong
日期/Date 26/11/2008 (Wed) 時間/Time 7.30pm - 9.30pm
地點/Venue 比華利山華人浸信會
Beverly Hills Chinese Baptist Church
192 Stoney Creek Road, Beverly Hills 2209

語言/Language: 粵語主講 Cantonese
對象/Target: 父母 Parents

Thur 27

講題/Program **事奉中的生命塑造**
講員/Speaker 黃可順牧師 Rev. Andrew Wong
日期/Date 27/11/2008 (Thu) 時間/Time 7.30pm - 9.30pm
地點/Venue 華澳浸信會展愛堂
Chinese and Australian Baptist Church - West Ryde
1 Reserve Street, West Ryde 2114

語言/Language: 粵語主講 Cantonese
對象/Target: 基督徒 Christians

Sat 29

講題/Program **主恩同樣多, 借鏡與反思**
(加拿大華人教會成長過程)
講員/Speaker 黃可順牧師 Rev. Andrew Wong
日期/Date 29/11/2008 (Sat) 時間/Time 7.30pm - 9.30pm
地點/Venue 比華利山華人浸信會
Beverly Hills Chinese Baptist Church
192 Stoney Creek Road, Beverly Hills 2209

語言/Language: 粵語主講 Cantonese
對象/Target: 基督徒 Christians

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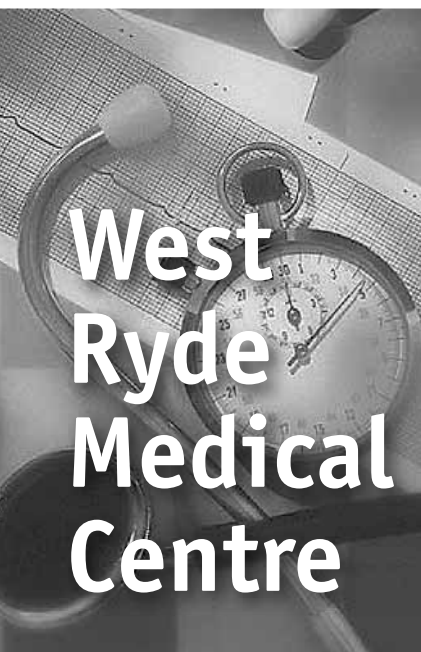
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SERVING THE COMMUNITY



晨光關懷協會
first light care
ASSOCIATION INC.

newsletter 通訊

Sept 2008
Vol 2 No.3

in this issue: Current News | Personal Reflections on "Hey, Dad!"
November Special Meetings

人生智慧 A Word of Wisdom!

求你指教我們怎樣
數算自己的日子、好叫
我們得著智慧的心。
詩篇90:12
So teach us to
number our days, that
we may apply our hearts
unto wisdom.
Psalm 90:12

快樂之鑰 Key to Happiness

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 all 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**

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Sydney NSW 2000

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A Word from the Centre Director

Dear Brothers & Sisters and Friends,

I AM VERY PLEASED TO SHARE with you the good news that the Australian Commonwealth Government has approved the entry of First Light Care to the Register of Harm Prevention Charitable Institutions on 10 July 2008. Everyone involved in this ministry rejoices in being recognized for what First Light Care has been striving to achieve for the community. On behalf of First Light Care, I thank you for your unfailing support in the past ten years which has made this possible.

The new status gives First Light Care a great privilege in terms of having the benefit of tax deductible donations for donors who support our ministry. Donors of gifts made to our public fund, First Light Care Fund, are entitled to income tax deductions for their gifts.

In the gospel of Matthew, it was recorded that "Jesus went through all the towns and villages, teaching in their synagogues, proclaiming the good news of the kingdom and healing every disease

and sickness. When he saw the crowds, he had compassion on them, because they were harassed and helpless, like sheep without a shepherd. Then he said to his disciples, "The harvest is plentiful but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field." (Matthew 9:35-38)

There are still many "harassed and helpless" people in our community today. With God's help and your support, First Light Care will be able to acquire more faithful workers to work, like Jesus did, in the crowds to help more people to experience God's kindness and grace, to bring love and hope in people, and peace to families. Give us your help. We will be able to do greater works together for the good of the church and the community. "You are the light of the world... let your light shine before men, that they may see your good deeds and praise your Father in heaven" (Matthew 5:14-16)

Grace be with you and your family!

Gerald Cheung
Centre Director