



即將舉行的活動 UPCOMING EVENTS



掃描了解詳情
SCAN FOR
MORE DETAILS

國語



高情商親子互動工作坊：
發展親子关系的同理心
**High EQ Parent-Child Interactive Workshop:
Developing Empathy in Parent-child
Relationships**

費用: \$30

28/2/26 (Sat) 8:00PM - 9:30PM (via Google Meet)



高情商親子互動工作坊：
化親子衝突為生命成長
**High EQ Parent-Child Interactive Workshop:
Transforming Parent-child Conflict into
Personal Growth**

費用: \$30

14/3/26 (Sat) 8:00PM - 9:30PM (via Google Meet)

*所有收益將捐贈給晨光基金，用以支持我們的事工，幫助更多需要幫助的人。
您的參與將不僅有助於自我增值，還他人帶來希望和支持。



國語親子工作坊：
如何发掘培养孩子的天赋优势
**Mandarin Parent-Child Workshop:
How to Discover and Nurture Your
Child's Talents and Strengths**

費用全免

21/3/26 (Sat) 9:30AM - 12:30PM (北雪梨華人宣道會)

假期通告 HOLIDAY NOTICE

晨光服務將於 2025年12月24日（星期三）至2026年1月1日（星期四） 休息，2026年1月2日（星期五） 恢復服務。
Our service will be closed from 24/12/2025 (Wednesday) to 1/1/2026 (Thursday), and will reopen on 2/1/2026 (Friday).



向晨光所有的會友，同工，義工和支持者：
我們說一聲“感謝您的支持”
並祝聖誕快樂及新年蒙福！

To all our members, staff, volunteers & supporters:
May we say "thank you for your support" and
wish you a Merry Christmas & a Blessed New Year!

感謝
THANKS

感恩事項 THANKSGIVING

1. 我們感恩潘紀恩博士於2025年9月加入我們的團隊。她的專業知識、豐富經驗與熱誠，為我們的治療師團隊帶來了美好的補足，感謝神親自帶領她的加入。
 2. 我們也正準備在2026年初迎接一位新的執委會成員。讚美主，因祂信實的供應與完美的時間安排！
 3. 隨著年終將至，我們回顧神豐盛的恩典——祂的供應、保守，甚至那些使我們更親近祂的試煉。我們感謝這位信實的神，因祂在每一個季節中都以不變的愛與引導帶領我們。
1. We are thankful to have Dr Kean Poon join our team from September 2025. Her expertise, experience, and passion are a wonderful addition to our team of therapists, and we thank God for bringing her on board.
 2. We are also in the process of welcoming a new MC member early in 2026. Praise God for His faithful provision and perfect timing!
 3. As we approach the end of the year, we take time to reflect on God's abundant blessings—His provision, protection, and even the trials that draw us closer to Him. We thank our faithful God for His unchanging love and guidance through every season.

代禱事項 PRAYER

1. 請為我們明年初即將舉行的策劃會議禱告，求神親自指引，使我們清楚明白祂的帶領，並賜給我們智慧、力量與愛心，使我們忠心服事祂。
 2. 也請記念我們許多的個案，他們當中有些感到孤單，有些是單親家長，或來自破碎的家庭。隨著節日臨近，願他們在這段時間經歷神的平安、愛與安慰；並在世人慶祝耶穌降生的時候，能認識祂為他們的救主。
1. Please pray for God's guidance as we prepare for our planning meeting early next year. May the Lord grant us clarity in His leading and equip us with wisdom, strength, and love to serve faithfully in His work.
 2. Please remember in prayer many of our clients who may be feeling isolated, are single parents, or come from broken families. As the festive season approaches, may they experience God's peace, love, and comfort—and may they come to know Jesus as their Saviour as the world celebrates His birth.



晨光關懷協會
first light care
ASSOCIATION INC.
ABN 21 133 068 517



NEWSLETTER 通
DEC 2025 訊

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會長報告

洪國智博士牧師

感謝上帝的信實，帶領晨光關懷協會走過二十多年，在社區中成為一盞憐憫與盼望的明燈。如今，在第三個十年的服事中，我們正面對著新的挑戰與契機。

在本年的“策劃日”會議中，我再次想起保羅對提摩太的勸勉：「我們勞苦努力，正是為此，因我們的指望在乎永生的神——他是萬人的救主，更是信徒的救主。」（提摩太前書4:10）

我們的事工，不只是專業與組織的運作，更是屬靈的呼召；在需要的人面前，活出基督的愛，將上帝的安慰與真光帶給他們，即使道路充滿不確定，我們仍舊憑信心而行。

一、異象與使命

新的一年，晨光將繼續持守兩個核心抱負：

1. **專業服務** —— 成為在評估、治療及關懷上的專業輔導中心。
2. **早期介入** —— 在危機加深之前希望為個人和家庭提供協助、支持小組和可用的資源。

這提醒我們，晨光的使命不只是**專業**的，也是**牧養**的：我們以臨床的專業回應需求，更以基督的心腸服事有需要的人。

PRESIDENT'S REPORT

REV DR KWOK CHI HUNG

Thanks be to God for His faithfulness, guiding the First Light Care Association for more than 20 years, making it a lamp of compassion and hope in the community. Now, in our third decade of service, we face both new challenges and new opportunities.

At this year's "Planning Day" meeting, I was reminded once again of Paul's encouragement to Timothy: *"That is why we labor and strive, because we have put our hope in the living God, who is the Savior of all people, and especially of those who believe."* (1 Timothy 4:10)

Our ministry is not merely about professional service or organisational operation—it is a spiritual calling: to live out Christ's love before those in need, to bring God's comfort and true light to them. Even when the road is filled with uncertainty, we continue to walk by faith.

I. Vision and Mission

In the new year, First Light Care will continue to hold on to two core aspirations:

1. **Professional Service** —— To be a professional counselling centre in assessment, therapy, and care.
2. **Early Intervention** —— To assist individuals and families with support groups and resources before crises deepen.

This reminds us that First Light Care's mission is not only professional, but also pastoral: we respond with clinical expertise, but we serve with the heart of Christ.

二、重點方向

1. 拓展服務，帶來醫治

晨光會繼續鞏固現有服務（如抑鬱、焦慮、哀傷、婚姻家庭等輔導），並探索新的領域，包括創傷關懷、子女成長支援、教育講座，以及新移民家庭服務。這些不只是計劃，而是渴望康復之人的恩典渠道。

2. 建立團隊，重視「生命」

晨光一直強調最寶貴的資源是「人」。今年的重點包括：

- 招募能操普通話及廣東話的心理學家，以回應社區日益增加的需求。
- 提供同工更完善的督導與支持，確保沒有人獨自承擔重擔。
- 強調「在基督裡的生命」(Being) 先於「所做的事」(Doing)。因此，我們特別關心同工的身心靈需要，盼望他們能得著從上帝而來的力量去服侍。

3. 深化合作關係

我們會繼續與教會同行，提供社會狀況的洞察，成為牧者的伙伴，並裝備信徒彼此關顧。在一個由人工智能急速塑造的世界裡，晨光的使命是保存著機器無法取代的價值——真實的陪伴、憐憫的傾聽、以及屬靈的盼望。

II. Key Directions

1. Expanding Services to Bring Healing

First Light Care will continue to strengthen existing services (such as counselling for depression, anxiety, grief, marriage and family), while also exploring new areas, including trauma care, child development support, educational seminars, and services for new immigrant families. These are not merely plans, but channels of grace for those longing for recovery.

2. Building the Team, Valuing "Life"

First Light Care has always emphasised that its most precious resource is "people." This year's priorities include:

- Recruiting psychologists fluent in Mandarin and Cantonese to meet growing community needs.
- Providing staff with more comprehensive supervision and support, ensuring no one bears the burden alone.
- Emphasising that *"life in Christ" (Being) comes before "what we do" (Doing)*. Therefore, we especially care about the physical, emotional, and spiritual needs of our coworkers, hoping they may draw strength from God to serve.

3. Deepening Partnerships

We will continue to walk alongside churches, providing insights into social issues, partnering with pastors, and equipping believers to care for one another. In a world rapidly shaped by artificial intelligence, First Light Care's mission is to preserve what machines can never replace—genuine companionship, compassionate listening, and spiritual hope.

III. Pastoral Encouragement

This year marks the completion of my fourth year as President, and I especially want to encourage the coworkers of First Light Care:

Your work is sacred. Whether you are offering counselling, managing accounts, answering calls, or leading seminars, you are part of God's ministry of healing lives.

三、牧養的鼓勵

這年我會完成會長四年的任期，特別很想鼓勵晨光的同工們，請記得：

你們的工作是神聖的。無論您是提供諮詢、管理帳戶、接聽電話或主持研討會，你們都是上帝治癒生命事工的一部分。

- 當你坐在受苦的人身旁，你就是彰顯基督的憐憫。
- 當你為父母或青少年準備講座，你就是為下一代播下真理的種子。
- 當你彼此扶持、互相守望，你就是活出基督的愛。

挑戰是真實的——倦怠(Burnout)、經濟壓力、文化變遷——但我們的盼望也同樣真實。我們的盼望不在於我們的力量，而在於那位呼召我們從事這工作的永生上帝。我們同心協力，就能保持堅定、合一，並且碩果累累。

結語

晨光關懷協會不只是一個機構，而是一個信心與服事的群體。展望2026年，讓我們不僅帶著策略前進，更帶著祈禱、信心和團結前進。

願主賜福每一位同工，堅固你們的心靈，賜你們在服事中喜樂。讓我們繼續閃耀祂的光芒，因為在基督裡，我們所做的一切努力都不會徒勞無功的。讓我們持守使命，將祂的光照進更多的生命中。

最後，代表晨光特別感謝過去一年一直支持晨光的眾教會、教牧、信徒和朋友，謝謝大家常以禱告和奉獻，表達對晨光的鼓勵。我也感謝晨光的顧問委員會、管理委員會、所有的同工和義工團隊，每一位付出寶貴的時間和經驗，令晨光這個團隊能更專業的服務有需要的人。願上帝親自報答他們的勞苦！

- When you sit beside someone in suffering, you embody Christ's compassion.
- When you prepare seminars for parents or youth, you are planting seeds of truth for the next generation.
- When you support and watch over one another, you are living out Christ's love.

The challenges are real—burnout, financial pressures, cultural changes—yet our hope is just as real. Our hope does not rest in our own strength but in the eternal God who has called us into this work. Together, we can remain steadfast, united, and fruitful.

Conclusion

First Light Care Association is not just an organisation, but a community of faith and service. As we look ahead to 2026, let us move forward not only with strategies, but also with prayer, faith, and unity.

May the Lord bless every coworker, strengthen your hearts, and grant you joy in serving. Let us continue to shine His light, for in Christ, none of our labour is in vain. Let us hold fast to the mission and bring His light into more lives.

Finally, on behalf of First Light Care, I wish to express heartfelt thanks to the churches, pastors, believers, and friends who have supported us over the past year. Thank you for your prayers and offerings, which have encouraged First Light Care greatly. I also thank our Advisory Board, Management Committee, staff, and volunteer teams—each one has contributed precious time and expertise, enabling First Light Care to serve those in need more professionally. May God Himself reward their labour!