

中浸園地

iCentral Corner Vol.2

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祂, 他和她,  
我們是一家  
One Family



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## 編者的話 Words from Editors

聖誕快到了，我們又迎來了“中浸園地”的第二期，真是喜上加喜的事。

本期有很多美好的信息。有剛受浸姐妹的見證，也有教會執事們的心聲；有神在荒島的作為，也有青年人在復活節營會的收穫；有婆媳之道，也有養生之道。相信總有一些讓您受益的文章，敬請垂注。

“中浸園地”就像一個小花園一樣，全靠中浸所有弟兄姊妹精心的栽培呵護。希望弟兄姊妹能栽花的栽花，能澆水的澆水，能鋤草的鋤草。您甚至站在一旁欣賞花草，也是對“中浸園地”的支持。

### Words from the editors

With this latest release of iCentralCorner and Christmas approaching around the corner it's time to celebrate!

There are a good variety of articles included in this issue: baptismal testimonies from our brothers and sisters, heart-felt words from deacons, photos and reports from the congregational camps, an example of a supportive relationship between mother-in-law and daughter-in-law, ways to care for your health & etc. We trust the words shared here will be edifying to all.

iCentralCorner is like a small garden raised and maintained carefully by those in the CBC family. We hope each of us in the church will play the roles in tending the garden whether it be pruning, irrigating, or cleaning out the weeds. We value your support and contribution to iCentralCorner even if you are just here to walk by, take in and browse through the contents.



## 祂和他 之 李同仰和祂

李同仰弟兄,又或稱呼為Joseph,Joe 或 "大舊",是我們教會的執事·秘書·參加國語堂的崇拜,同時也曾是國語堂同工會的主席。每個星期天我們都會在教會與他一起敬拜,但不一定有時間跟他長聊,了解他的生活及事奉,今天我們很高興能夠跟他作一採訪,以讓我們對他多一點認識及了解。

編者:Joseph,你是何時信主及如何來到中央浸信會呢?

李:我出生於香港一個基督徒的家庭·從小在教會長大。我在香港的教會是宣道會國語堂,是由一批來自中國大陸的信徒創辦的·崇拜用國語·有廣東話傳譯。我十二歲接受洗禮,從小參加教會的團契·也有參與事奉。1978年在神的帶領下來到澳洲升學·當年我與三個中學同學住在一起·星期六到East Sydney Technical College 上中文課·跟著馮約瑟師母會來接我們去參加星期六中午的查經班,星期天我去中央浸信會聚會·當年的崇拜是英語的,但有廣東話傳譯。就這樣開始在中浸聚會。

編者:作為第二代基督徒,你是否從小便跟隨主直至現今?

李:我從小在教會中長大·參加崇拜·主日學·小學團契·中學團契·詩班·暑期聖經班·夏令營·也參與其中的事奉,因為經常參加教會的各種活動·故此對一些聖經問題的標準答案耳熟能詳·再加上我活躍參與教會的事奉·所以在別人眼中·我是一個屬靈生命有長進的少年人。然而·我在學校中也十分活躍·經常在放學後與同學玩耍到天黑才回家。升上中學後·進入反叛成長期,我漸漸發覺非基督徒同學生活也很好·星期六·星期天不用上教堂·有更多的時間打球玩耍。也感受到聖經的教導對生活有諸般約束;同時·在教會的事奉中聽聞見過當中的一些人事問題·因此我在初中三以後就漸漸退出教會·成了一個只在重大節日才上教會的信徒。到澳大利亞後·因為要適應新的環境·努力讀書·加上生活上需要自給自足·接著離開大學進入社會工作·努力追求事業的發展·同時享受自由自在的個人生活·所以·在信仰生活上並沒有什麼進步。在這一段漫長的"曠野"歲月當中·特別是進入社會工作以後·面對困難以及在職場上觀察到人生百態的時候·我常常想起聖經中的教導·漸漸地重新領略到上帝的話是真理。我有一個喜愛思考及辨證的個性·這一段經歷讓我在一個客觀的環境中重新肯定我個人對基督的信仰。感謝神·在我當"浪子"的日子裡·祂沒有放棄我這個罪人·不但如此·祂用慈繩愛索默然指導我人生的路途。我認識我的妻子Patricia後·她把我帶回中浸的家·當年真有一種"回到我父的美家"的感受。

編者:回顧過往的日子·你是否看到上帝時刻在掌管你的生命及引領前路?

李:人到中年·難免"溫故"---回頭看·反省;"知新"---累積經驗·勇往直前。在我生命裡有幾次生死的經歷,都是天父的保守。五歲時過馬路·我差點被車撞死。八歲入醫院開刀動手術·十歲游泳遇溺被救生員救回·新西蘭渡蜜月玩激流艇被激浪衝走·後被救回,這都是天父的恩典。

我能來到澳大利亞升學一事,使我深深感受到主的帶領及作為。我從幼兒園到高中·一直在浸信會辦的一間中文學校就讀·對學校以外的事情都不太清楚·我的學習成績不算太差·但花在遊玩的時間比學習要多。中五時參加一公開試(會考),可算是中六之後大學入學考試的預考,我在中五的公開試·成績平平·拿到成績後·如夢初醒·呆坐半天·後悔不已·知道自己在香港升學的希望十分渺茫。故此·中六起我開始發奮學習·但為時已晚·那段時間我徬徨不安。有一天·一個好同學告訴我他將會遞交赴澳大利亞就讀申請表·還說如被接納·在澳大利亞讀書不用交學費·問我要不要試試。我在毫無準備的情況下·經過英語考試·面試·被通知參加體檢。我感到十分詫異·因為同班同學中有很多英語比我好的·都沒有被錄取。邀請我申請的那位同學·成績十分好·又有親戚在澳大利亞·也沒有被錄取·此人後來赴劍橋大學讀醫學!我檢查身體後一直沒有收到領事館的通知·心情由興奮變為徬徨。七八年二月底·澳大利亞中學開學已近一個月了(我當時還有數個月便要完成中六)·忽然收到領事館通知·要我在一個星期內離開香港·赴澳就讀·否則簽證作廢。後來才得知有部分申請表被錯誤處理·導致一批學生一直沒有收到簽證·而我就是其中一位。回顧前半生·來澳就讀是我人生的一個重要的轉捩點。其中過程有著不可思議之處·雖然當年為努力學習沒有把回到教會放在首位·但神仍然指引我的前路。

編者：你如何開始參與中浸普通話的事奉？

李：2005年，我從日本回到澳洲並轉換了工作，碩士課程畢業，女兒也開始上中學。我終於有時間對我過去生命做一個總結。回頭看都是只有恩典，心裡充滿激動和感恩，決定以後的日子要有一個新的方向，多花一點時間在事奉的工作上，積財在天。2006年，譚國雄弟兄知道我可以說普通話，便邀請我在中浸家庭營裡幫忙帶普通話青年組的查經。時光如飛而去，如此八年已經過去。

編者：你如何克服事奉中的困難，起跌？

李：我母親曾經是教會的司庫，有時聽到她跟父親提到教會中人事的複雜，而自己年紀小的時候也有一些類似的經歷，所以在回到教會以後，都很小心不再去接觸教會行政的架構。隨著年齡的增長，職場上經驗的累積，加上學習聖經的教導，開始明白人事的複雜與矛盾可以有很多個層面，縱然從正面出發，不同的人對同一件事情的解決方法都可能不一樣。即使方法一樣，執行時細節輕重也可不一樣。在以神的愛為主題的機構裡，對哪一件事在什麼時候需要堅持，對哪一件事在什麼時候需要妥協，就要看你個人與神的關係，看你能不能將一切得失交託給神，祈求神的智慧，聽從神的話，順從祂的帶領。保羅在提摩太後書4：7分享他一生的經歷時說："那美好的仗我已經打過了"，他並沒有說所有的仗都打贏了，"當跑的路我已經跑盡了"，他並沒有說他每次都跑贏了，"所信的道我已經守住了"，他也沒有說他能幫助每一個人守住真道。他所說的不過是竭盡所能，但保羅告訴我們，這已足夠安然見主面了。倘若做基督徒一定會有苦難，參與事奉就更會有困難起伏，問題在於我們如何以竭盡所能，以一切交託與神的心境安然面對困難，渡過難關。

編者：你對中浸的未來有甚麼期望？

李：自一九七八年我來到悉尼後，過去的三十幾年悉尼的變化很大，中浸的變化也一樣很大，悉尼華人教會的發展也很大。回顧過去的中浸，在悉尼華人教會發展中起到重要的作用。現在很多華人教會裡都可以找到中浸以前的會友，而且有不少人成為教會的領袖。因為周邊環境的發展，中浸成為一所城市中的教會。城市的教會有它的獨特性。我不知道三十年後的中浸是如何一個面貌，我祇希望教會的領袖在繁忙的事奉中依然與神有親密的關係，竭力為主作工，讓神自己掌管祂自己家的前路。

編者：請你分享你喜愛的經文。

李：在我的教會經歷中，曾見到不少基督徒為某種原因不單離開事奉的崗位，更離開教會，我自己也曾有此經歷。猶大書20至21節提醒我無論何事最重要的乃是我個人與神的關係：

**"親愛的弟兄啊，你們卻要在至聖的真道上造就自己，在聖靈裏禱告，保守自己常在神的愛中，仰望我們主耶穌基督的憐憫，直到永生。"**

感謝神把Joe帶回祂的家裡，感謝神使用他在中浸服侍，感謝神我們是兄弟姐妹，願我們都可與他一起為主打美好的仗，為主跑盡我們的路，一生守住主的道。



# 祂和他 之 鍾偉賢和祂

鍾偉賢 (Rudolph) 弟兄, 在年青時已被CBC 的弟兄姊妹稱為 “dol叔”, 不知為何被稱為亞叔, 只知他從少就坐著叔父輩份。他出生於香港, 1981年來雪梨定居, 1984年決志成為基督徒, 1985年起在中央浸信會聚會, 自小生活在女權家庭, 家中除父母外, 有一兄長及六位姊姊, 排行最小, 至今與Eva姊妹結婚已19載及有兩位可愛女兒(Ester and Elizabeth), 仍然是家庭中的少數族類(但肯定是一家之主)。很多人都可能認識他從事電腦行業, 原來他曾就讀醫學, 後以科學學士畢業, 過去15年在投資銀行工作。



## 他在中浸的服侍

平常跟dol叔交談, 他總給人溫柔及關懷的感覺, 但話中又充滿幽默, 叫人發出內心微笑。神在他生命中有不少的恩賜, 最為大家認識的莫過於音樂, 他多年來都在粵語堂的詩班服侍, 近年更是詩班的其中一位指揮, 又曾是聖樂委員會的主席, 協助組織聖誕及復活節的神曲獻唱。Rudolph 對聖經亦很有追求及認識, 從他家中存放不少的屬靈書籍可見一斑, 他參與中文基督教教育委員會的事工已超過15年, 多年來都是主日查經班的導師, 對宣教事工亦有抱負, 今年擔起傳道事工委員會的主席。

回顧當年, 他在中浸的事奉生活源於當年有弟兄姊妹邀請, 他認為當時被邀請可能是弟兄姊妹認為他是合適人選, 給與他機會, 又或是他們讓他有機會在事奉中成長, 對此他常存感恩! 多年來在事奉的經驗中都讓他親身經歷神, 在某些崗位上, 他是回應神對他的呼召, 然而也有一些崗位是因為缺人而自願嘗試去承擔。

## 他服侍的抱負

中央浸信會是一所健康的教會, 是一所能活出神使命的教會是他多年來在教會服事中所追求的, 他期盼弟兄姊妹在教會中都可以找到一崗位成長, 在當中可以得到支持, 鼓勵及安慰, 同時亦有機會去服侍神。而他亦祈求自己能經常忠心持久地服侍主, 使他能成為別人的幫助。

## 他事奉的高山低谷

事奉多年, 每當見到弟兄姊妹能在屬靈上成長都是對他的鼓舞, 尤其見到某些願意成為一些崗位的接棒人, 同時能見到弟兄姊妹的服侍可見証神對人(包括他自己)生命的改變及祝福, 這足以支持他繼續走事奉的道路。但無可厚非, 我們都是罪人, 都不能全然像耶穌, 有時弟兄姊妹在意見上分歧以致成為陌路人, 這都會帶他走進低谷, 他感恩神仍牽引他的手面對人生或事奉的高山低谷。

## 他的時間分配

忙碌已成為我們現代都市人的標誌, 他在銀行工作的張力也很大, 以致也不能好好平衡工作, 事奉及家庭的時間分配, 工作幾乎占去他三份一的時間, 事奉上的準備及各種會議後, 他盡量把星期六留作家庭日, 女兒們放假盡量能休假與他們到郊區露營或旅行, 使用社交網站可幫助他與親友保持聯繫, 遺憾是不能常常見面。

信靠主, 期盼自己能忠心持久服侍主, 願自己能成為別人的幫助, 為他這顆心我們獻上感恩!

# One Family

My name is Karen Lee and by the grace of God, I belong to His family through grace in Jesus Christ.

I was born in Hong Kong, and I have a love of writing, reading and enjoy the company of music and cats where I am afforded the opportunity.

It did not seem that long ago that I arrived at Central Baptist Church with my mum, having not long moved to Australia from Hong Kong, the first step in a story that God had laid out before the both of us. I have a qualification in Health Sciences and have been working in administration for the past ten or so years. I had been privileged to have been a part of the high school, university and young workers' ministries, and I currently serve in the International Congregation, in the ministries of Street Café, the Welcoming Team, Growth Groups and assist here and there with various ministries as need arises. I also serve as a deacon.

As I think back on my journey at Central Baptist Church, I realised that God was very gracious to me even in my inexperience when I started leading in High School ministry at the age of eighteen. There was I smoothed of my rough edges for seven years, and took on University Ministry then went onto young workers' ministry until I was invited to consider Street Café and onto further responsibilities. Through this time, God has taught me (and is still teaching me) what it means to partner with the King of Kings. He has taught me that fear and unbelief will kill the believer from the inside – whether it is fear of burn-out, fear of rejection, or just fear of being hurt – all these are evidence that we have not yet truly learned love. Fear leads us to control, to manipulate – whether by rules or reason to our detriment. Fear causes us to fight or to flee – to react rather than to respond, because fear tells us that things are out of control. God constantly



reminds me that in spite of all that is happening, He is still the sovereign King of the Universe, and it is He who will ultimately make judgement. Fear causes self-preservation – Jesus declared that those who try to save themselves will lose their life, but those who spend it in His Name will find it (Luke 17:33). It has been said many times, that love conquers all, yet this lesson is the hardest of all. To truly love is to be vulnerable, to risk being hurt, and to take chances on others because we have been shown such abundant grace by God Himself. To truly love is a constant struggle against insisting on being right all the time, and to give up one's freedom to boast, and to judge and to exact human justice.

I have observed that the greatest pitfall in ministry is to forget just how fallen and wretched we have been before God touched our lives with His grace. When the people of God forget the grace they have been shown, they cease to give grace to those who truly need it. When grace is forgotten in a church, figures will eclipse faith, policies will prevail over people and religion reigns until relationships are soured and destroyed. It is then that the enemy can find its way in and attack the church of God. This goes back to the question of identity – remembering that as Christians, we are not “better” than others; we are

sinners saved by grace. Until we come face to face with just how wretched we are, there is no real concept of grace. And it is in the measure of grace we display that others can see the true measure of our faith.

I often wonder what people perceive when the word “deacon” is mentioned. Jesus chose the weak, the uneducated, and the women to be His followers. Shepherds were His first human messengers. I have once heard it said, that in a particular church, when the pastor was looking for people to serve as leaders, he went to the lunch hall after a big event, and watched the people. He noted those who stood around making high-sounding conversation, and he noted those who were in the background washing up and picking up the rubbish. He then made invitation to those who were picking up the rubbish and cleaning the tables to be on his team. The one who was willing to wash the toilets and did so with love and a cheerful heart was the one who he gave the most responsibility to.

To me, serving as a deacon is not about committees and meetings and fancy words and traditions, although being a deacon seems to encompass these tasks within the Central Baptist context. Being a deacon is about being willing and ready to scrub the toilets, to sit with the homeless, to get our hands dirty, to clean up after the event. How can I lead where I will not go myself? But such is the example of Jesus, and this is one lesson I am learning day by day. So many days I fail, and I take the easy way out; but God is gracious, and He is giving me the opportunities to be more like Christ each day at work, at church and at home. And that lesson will continue until He calls me back to Glory.

I was asked to write about what achievements I thought I had gained in ministry. It seemed an odd question to me, as all our works are filthy rags in the light of the Gospel of Grace. While I cannot speak of achievements, I do have a number of highlights, milestones and ethos I can perhaps mention. I have a passion in interactive training, and assisting with the combined leaders’ training day in 2013 was a massive ministry highlight for me. I have an interest in documentation and collating procedures for future reference, and I enjoy designing and delivering training in a small-group context. I also believe very much in training others on the job and allowing people to make mistakes. If Jesus allowed His disciples to make mistakes (e.g. Peter, Paul etc.) who are we to demand perfection of others? We

may demand excellence of ourselves, but we must allow others take their own journeys with God.

The constant challenge of working out the distribution of time and energy between the ministries of work, church and home is never-ending. I am convinced that all of the “parts” of our lives are a whole – and the whole of our lives belong to God. Whether at work or at home or at church, what we do is a part of our ministry that God has given us, we are “on mission” at all times, because ministry is not what we do, it is WHO we are. It is in seeking our identity in Christ in all the contexts that He has placed us in that we begin to see His sovereignty and His providence. I believe God wants us to give our best at work as to Him, and to give our best at church as to Him and to give our best at home as to Him. The only way that can happen and be sustained, is if we allow Him to work through us with His Holy Spirit. It is from His well our water of life must be drawn.

So, thank you for reading thus far, and for allowing me the opportunity to introduce myself. My hope for Central Baptist is that God will make this church a lighthouse and a beacon in this City of Sydney, that our influence and ministries will go beyond the four heritage-listed sandstone walls of the church building, that our door is where people meet Jesus and that our gathering will be an out-flowing of supernatural love and fellowship that will bring honour and praise to Him.



# How I become a Christian

Grace Li

My name is Grace, and I've been attending CBC for quite some time. My parents brought me up at CBC when I was a baby and I've been attending ever since. I have the stereotypical Christian story of being born and raised into a Christian family and am very thankful for this blessing. My first friends were from this church and we grew up together, attending Sunday School and Timothy/ Blaze youth and the majority of people I knew as a child in my life were from church. It seemed like a normal thing to attend church without even questioning why. When I started attending primary school in the public education system, I couldn't understand why everyone didn't attend church, but I didn't question it and accepted it as the norm.

It was in 2002 whilst I was attending a short school holiday program at a family friend's house, where I was introduced to and explained the 'good news' of Jesus Christ's purpose on earth, which was essentially, the gospel. At that time, I wasn't even 10 years old yet, but maybe because I was a child, and also an only child, I took everything quite seriously. It was towards the end of the program where I really questioned myself about what this 'Jesus story' was and what I believed in as a person. I decided to make the decision to follow Jesus wholeheartedly and to ask Jesus to be Lord over my life after returning home one day.

Since that time, there have of course been ups and downs in life as every child turning into a teenager experiences. But because I had not made my decision to follow Jesus known to anyone then, I didn't know what to do about it. I kept it to myself, and continued attending church every week as usual. With the help of my Sunday School teachers, youth leaders and the aunts and uncles around church, they taught me more and more about Bible stories and about what Jesus had done for each and every one of us whether we accepted His love for us or not and how we should be as Christians. I think it was up until I was in year 9 that I knew all of this in my mind and also thought that I knew it in my heart. I didn't think too much about my actions and choices then, and it wasn't until I transferred back to a public school in year 9, which didn't have Christian teachings integrated into the school curriculum and where not everyone was a Christian, that I re-evaluated my life and walk with Christ.

It took me about two years to re-evaluate my life, not

about how I wanted to live it, but how I needed to live it. I slowly grew to understand about how as Christians we should love to the best of our ability and ultimately lay down our lives for the sake of making God's kingdom even bigger. By then, the senior years of high school started and I thought my walk with God could only get better from there onwards. Little did I know that God had so much more planned. I thought that now I fully understood what it meant to be a Christian, I could consider publically proclaiming Jesus as my Saviour in the act of baptism. During this time. I came across a situation in my life where I didn't know how to handle it, or the people involved in it. A best friend of 10 years and I went through some conflict, and it went on for about half a year or so, into our final year of high school during the HSC. It was constantly on my mind all the way through to the HSC since she was the one constant friend I had for 10 or so years. Through this time of trial, I could only depend and rely on God for strength and I constantly sought Him for guidance not only on how to treat the situation and the people affected by it, but every other situation I may ever come across and everyone else along with it. When I felt like it was too much to handle in the midst of my HSC year, I would open my Bible and no matter where I would turn to - whether it was just one verse, or one whole chapter - God would remind me that He was constantly there by my side, teaching me a lesson about my character. One of them was Psalm 32:5, ***"I will instruct you and teach you in the way you should go; I will counsel and watch over you."*** He would still be teaching me how to mature as a Christian in any and every situation as I gradually came to realise that God's love for us was so immense for us that He would never put us through something He knew we couldn't handle. Through this realisation, 1 Thessalonians 5:18 reminded me to, ***"give thanks in all circumstances, for this is God's will for you in Christ Jesus."*** It taught me how to be thankful for absolutely everything I had experienced and ever will experience. Though I had found comfort in God's Word, there were of course small periods of time where I wallowed in self pity and it was Matthew 11:28-30 which encouraged me to cast all of my worries onto Jesus. ***"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."*** It was at this time that I really changed my thoughts, actions and attitudes as a Christian.

Completing my high school studies, and entering into tertiary education, I became a Sunday School teacher. I wanted to help teach the children about God's Word and His love for them just as I had once learnt in Sunday School. Seeing their enthusiasm, curiosity and love of learning about our Lord really encouraged and helped me mature in my walk with God. Their constant thirst of wanting to know more about who Jesus was and what He had done for us every week at Sunday School urged me to reassess my own spiritual growth and where I was at. I am still learning and adjusting my life in accordance to God.

I want to thank all of the Sunday School teachers and youth leaders I've had taking their time out to lead me over the years, and all of the brothers and sisters in Christ who've helped me progress in my walk with God. I know that God has blessed me with so many people in my life to help me grow and spur me on in my walk with Him and that nothing can replace His love, grace and mercy for each one of us no matter how big of a failure or how unworthy of His love we may think we are.



## My identity on God

Rebecca Xu

I grew up in a world where God did not exist, or He was only seen as a genie who grants wishes. My family is non-Christian so I wasn't exposed to God or who He is. I had never been to a church and even in primary school I went to non-scripture classes. For the first half of my life I really hadn't known or experienced God and He didn't affect my life in any way.

I attended Presbyterian Ladies College for high school, and although it was a Presbyterian school, the school's religion didn't mean anything to me. I was just sent there because it was just another private school. There were religious education classes which were compulsory, and being the Asian child I was, I would listen in class and study for the exams to do well in the subject, but never actually take the information to heart. This was probably the first time I was exposed to this person called God and what He did.

It wasn't until year 9 when my friend Valerie invited me to the combined BLAZE (youth group) and IGNITE (young adult group) monthly games week at CBC was I actually exposed to what a church was like and what Christians were like. I would show up every month because it was just playing games and it was fun. After a while I did actually start going to the youth group that was on every week, and me being the playful person I was, continued going to church even when it was

exam time and the friends who brought me to church stopped going. I was what people would call a "social church goer", who went to church just for the social aspect. I never really thought what going to church and being a Christian meant. I only attended youth group and never went to service because I found it boring and couldn't understand the content.

In 2009, I went to BLAZE Youth Getaway Camp for the first time, which is held during Easter every year. It was during this camp that I began to understand and question what going to church and being a Christian actually meant. It was customary on the last day of the camp to take communion and it was the first time I had heard of what taking communion really meant. Pastor Steve Turner read out to us 1 Corinthians 11:27-29, "***So then, whoever eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of sinning against the body and blood of the Lord. Everyone ought to examine themselves before they eat of the bread and drink from the cup. For those who eat and drink without discerning the body of Christ eat and drink judgement on themselves.***" For the first time I questioned myself, "Why have I been going to church for the past year?" I realised that I had brought judgement on myself that one time during service when I unknowingly took the bread and drank the cup just because everyone

else was doing it. Now that I understood the meaning of communion, I realised that I now faced judgement for my actions and I was overcome with fear as I felt the weight of my sin fall on me.

1 Peter 3:18 says, ***“For Christ died for sins once for all, the righteous for the unrighteous, to bring you to God. He was put to death in the body but made alive by the Spirit.”*** Although I was aware of the gift of Jesus dying on the cross, taking our judgement and punishment for our sins, I couldn't accept it. I wasn't able to because in my mind I saw Christians with their believing families being able to spend their eternity in heaven together, whilst I coming from a non Christian family, I would be forever alone in heaven. I wasn't able to commit to Christ and accept all that He had done because I hold my family close and really value them. The good news about what Jesus had done for me, giving me eternal life lingered on my mind for a while. It took a while to sink in and after much contemplation; I finally came to the conclusion that if I didn't do anything then my whole family including myself would be doomed to hell. It was then that I decided to commit to Christ and hoped that through myself, I could be a Christian example to my family and lead them to eventually believe in God and all that He had done for them. Another truth that helped me was the reminder that I wouldn't be alone in heaven as I would have my Heavenly Father and fellow brothers and sisters in Christ with me.

Of course, the story doesn't end there. After becoming a Christian your life doesn't just become sunshine and rainbows. There are points in life where God reminds us of who we are, who He is and how our faith affects our life. Last year I faced a wake-up call in my Christian

walk. I was trying to keep up this perfect and happy Christian façade, when in reality my life wasn't like that. I'm not perfect, I don't always serve for the right reasons or remember who it is I'm serving. But, God in His mercy keeps revealing to me through His word and His people how I can keep living for Him.

Ephesians 2:1-10, pointed me back to God and what really matters in life. It talks about how we were dead in our sin, following the ways of the world, bound for a course of eternal death in hell. But then because of God's great love and mercy, we were made alive in Christ through His death and resurrection. It is by this grace that we are saved through faith, not from ourselves or anything that we do - it is a gift from God. Grace reminds us that our salvation has nothing to do with us or what we do. It's all about what God has done. It reminded me to stop putting the focus on myself and to base my identity on God and the things He has already done for us.

Ephesians 2:8-10 <sup>8</sup> ***For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—*** <sup>9</sup> ***not by works, so that no one can boast.*** <sup>10</sup> ***For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.***



## God's offer to me

Ann

In this day and age it's easy to think of ourselves as invincible, where in the developed world we control our life and it's all in our grasp if we fight for it. Growing up I stood by the idea that we shape our own fortunes that good things happen to good people who work hard doing the right things.

I had a vague idea of some higher being out there, but thought that was a genie, there to grant all my wishes. In year 8, a good friend of mine invited me to an event called RICE. It was at RICE where I first found out that the wish-granting genie has a name, Jesus and He isn't there just to grant me wishes but He came to save us from our sins. At the time, though the message resonated with me, I hadn't really understood it. What is sin and why did Christ have to save me from it?

I decided that sin was just something wicked and evil, something totally extreme and didn't apply to me because it's not like I killed anyone or robbed a bank. I'm just an average person who tried to be good! Instead of being grateful that God reached out to us when He didn't owe us anything, I was arrogant. God is doing everything wrong. Why is He allowing all the good people to suffer? Why does hell exist? Why is He so intent on punishing us? I thought God was just losing it. There are too many people in the world and we're too complicated for Him to handle so this is why all this injustice is happening. I saw myself as greater than God.

Two years later, God showed me a glimpse of whom He actually is. When my grandpa passed away at the end of year 10 I thought I was mentally prepared since he had been very sick. However, actually standing there at his funeral and seeing his body in the casket changed everything. At the cremation, what I vividly witnessed was the body of my grandfather wheeled into the furnace, what came out was a tiny box of his remains. A life that ended in ashes.

It was the first time in my life that I had come into close contact with death and when I contemplated the magnitude of death, I was petrified. I could not escape it. Nobody could tell me what it would feel like. I had no idea what would be on the other side if anything, and was there any meaning in my life if I am going to die eventually. It was the first time I had come to terms with just how fragile we are, that despite all the

things we can grasp with our two hands, we cannot escape death.

It was with this consuming fear that I turned to the gospel. For the first time, I realised what Jesus was offering us an eternal life. The best part was that I did not have to do anything to receive it because He already paid the price in our place not because we deserved it, but because of His immense love for us.

It was also the first time that I saw my sin. Sin is simply, disobeying God. I saw my arrogance and pride where I believed myself better than God that I could live without Him. I was constantly trying to fill my insecurities with working for success, by paying attention to my appearance, trying to please my friends and parents. What I realised was that all that became a vacuum that consumed me. All these didn't make me any happier or fulfilled. Instead I became obsessed. All my happiness and worth depended on being skinner, smarter and cherished by the people around me. I've experienced how destructive this can become.

God shows me and continues to remind me that I should stop running away from the only thing that would truly satisfy me - an identity built not on worldly standards but on the love of Christ.

In Psalm 73:26, "my flesh and heart may fail, but God is the strength of my heart and portion forever."

I am truly blessed to be part of Christ's church. By church, I don't mean the four walls surrounding us. I mean the people in it. To my friends, Joyce and Val who continuously invited the reluctant high school Ann into the community, my youth leaders and fellow brothers and sisters in Christ who challenged me throughout the years to investigate my faith, I thank God for bringing you guys into my life.

To my friends who graciously took time to come today, even if you just came to see me drowning in a tub, you've all shown me the kind of love God has for us. I hope I told you a good story, not about me, but about God. I want to challenge you all, to consider God's offer.

I can't promise you that taking up God's offer would mean a life of no troubles. What it does mean for me is that God is my stronghold, my hiding place, my place of rest and my first love.

## 輸贏得失盡交神

Florence

我生長於基督教家庭，小時候媽媽就帶我和弟弟上主日學，聖經故事耳熟能詳。但到了中學三、四年級的時候，由於反叛，再加上被世俗的東西吸引，就遠離了神。一開始是停止上教會，後來經常聽到未信神的人質疑聖經，久而久之我的心裏就沒有神了。

我爸爸在我七歲的時候因肝癌去世，媽媽獨自把我和弟弟撫養成人。幸好我比較懂事，很會照顧自己，這樣媽媽只照顧弟弟就可以了。我這種懂事的性格，慢慢就變成了好勝和驕傲，其中又夾雜有自卑。因為我不想因沒有父親而被人輕視，所以立志要做得更出色，甚至得到全世界的讚揚。小學階段我在普通學校讀書，我努力學習，考了第一名。中學我考入名校，在學校我名列前茅。我生性愛出風頭，我那時真的成了"風雲人物"。我參加許多課外活動，當了好幾個學會的主席。一直到了大學，都是這樣。但其實我一直都不快樂，我的自信心要不斷從外在的成就和他人的認同中建立。一旦遇到小小的挫折，或者大一點的挫折，我的自信心，甚至自尊心就會嚴重受損。這樣，我不斷地與別人比較，給自己很大的壓力。我從會考A level，即HSC開始，就整天生病，一咳就是幾個月。到了大學二、三年級，我患皮膚敏感，一發病就得服藥，在大學幾年幾乎藥不離口。

好勝的我經常問自己："我已經這麼好，為什麼還會有這些痛苦？"在大學四年級，我選修了一門哲學課程，叫"愛情哲學"，內容是講愛。我發覺這些跟我小時候聽過的聖經故事以及聖詩裡的愛其實是一樣的。不過哲學家要用一套套高深的理論去支持他對愛的理解，但每套理論都有漏洞，不會完美。但信耶穌就不同，我們不需要高深的理論，因為神先愛我們，耶穌的愛是白白給我們的，我們從神而來的救恩是白白得來的。在神裡面，沒有比較，我不必用勝過他人的辦法而得到神的愛。就像《馬太福音》裡葡萄園故事所講的一樣，沒有誰理應多得，誰理應少得，因為神的救恩是白白得來的，不是人可以用人的力量賺取的。這樣，我在大學四年級就浪子回頭，重新回到教會。當我打電話跟媽媽說我要回到教會的時候，她是那麼的高興，她立即打電話幫我聯絡教會的青少年團契。

再次信耶穌後，我學會了把一切交託給神，不再那麼計較得失輸贏，因為神愛我們，不在乎我們輸贏，就算我們輸了，失敗了，神照樣愛我們，他的愛永不改變。信了耶穌後，我也學會了感恩。就像嗎哪團團歌所唱的："讓我細數一生，每一次喜與樂，定更相信，神在看顧。"以前，我很介意自己沒有父親，但信了耶穌以後，我懂得要感激神一直看顧我們一家三口。我媽媽是一個沒什麼學歷的人，她一個人撫養我和弟弟，我們沒有餓壞，也沒有學壞，這些其實是神大大的看顧，感謝主！

我來到澳洲，也是神的安排。那時候我知道自己的大學成績不夠好，畢業後當不了律師。雖然那時已經信了耶穌，心裡有平安，但實際上我都不知道畢業以後要做甚麼。碰巧教會有位姊妹說澳洲的工作簽證很好，鼓勵我去玩，我就來了。來了一個月，我就知道原來我可以在這邊做律師。就這樣，我就在神的安排下，在這邊做研究生，做實習，計劃做律師。我希望我可以像嗎哪團團訓所說的，做好基督徒，做鹽做光。《馬太福音》五章十七節說："你們的光也當這樣照在人前，叫他們看見你們的好行為，便將榮耀歸給你們在天上的父。"感謝主。

## 唯有愛能戰勝恨 Suki Wen

我成长于中国一个十分普通的家庭，从小听说的“宗教”只有佛教。还记得那时姥姥带着我给家里供奉的菩萨磕头上香，祈求她保佑一家老小平安如意。可是每次这样的仪式之后，我从未觉得生活有什么好的改变。

第一次听到耶稣基督的故事是在我上小学的时候，那时候学校来了一个外国老师，在英语课上给我们讲圣诞节的来历。当老师讲到主耶稣出生在牛棚里，不知为何我竟流下了眼泪。当时具体的词句已渐渐模糊，唯有图画书上点点星光至今难忘。那微弱的小小光芒照亮了我的心灵。至今想起，那时主已悄悄来到我身边，开始保守看顾我。

第二次与主有交通是和妈妈在外面吃饭时遇到带着小孙女在天津游玩的一对美国基督徒老夫妇。当时小小的我出于好奇与他们的小孙女一起玩耍用英语聊天。那对老夫妇很是善良热情，邀请我第二天和他们一起共游津城。令我至今难忘的是他们在每次用餐的时候必祷告。那是我第一次看到祷告的场景。我看着他们一家三口虔诚地说着祷告词，还问了我的英文名为我祈祷祝福。虽然当时的我听不懂他们在说什么，但又一次与主的接触令我感到这位我不曾深切了解不曾见过的天父上帝是如此圣洁。

时光飞逝，岁月如梭，转眼间十几年飞逝而去，我不曾再与主接触过。只是从2006年起我的生活便不再平静。从我两岁起一直在外工作的父亲有了外遇，导致父母离异；妈妈白手起家，可事业却屡遭瓶颈濒临破产，负债累累，还要赡养卧病在床的姥姥姥爷；而我上了一所不喜欢的初中，自暴自弃，再不是从前般努力上进的优等生；初二那年，多年执念复婚的妈妈彻底死了心，从此我的亲生父母成了陌路人，妈妈与他人再婚。一次又一次的打击让我性情大变，悲观厌世，对生活失去了希望，甚至一度有轻生的念头。然而主是多么地爱我，祂在我最孤单痛苦的时候赐给我们家最好的礼物——我同母异父的弟弟。那是五年来我第一次感到生命的奇迹，也是弟弟给了我活下去的勇气。初三时我幡然醒悟，奋发图强，不管周围多少不信任和贬低，甚至我的老师断言我只能去念职专技校，不可能念大学，更不会有好的未来。最终我以优异的成绩考入天津非常优秀的高中。可是愚蠢无知的我只认为是自己的努力和功劳，没有认识到是主从未放弃我一直爱护我。于是主又悄悄地给我一个巨大的考验。

上了高中，我的亲生父亲（他是个佛教徒）突然调回天津工作，对我说要弥补多年来未曾陪伴我成长的时光，我们搬出从前的家在外面租房子住。那时的我十分开心，觉得自己是世上最幸福的人，却不知变故早已不知不觉扼住了我的喉咙。

2013年春节后没多久，生父和继母在从北京回天津的路上突发连环撞车，父亲还好只是一根手指骨折，但继母三根肋骨断裂和脾破裂，最终摘了脾。那段时间家里一直阴云密布，我也心急如焚，日日为继母担心。过了几天，妈妈一通急电却如五雷轰顶改变了这一切。在电话里妈妈告诉我有中介打电话问她是否要卖我们以前住的那套房子，妈妈连连回绝说是搞错了，但那中介十分肯定，还报出了我家的地址。仔细问后发现是父亲登记了。放下电话，我急切地闯入了父亲的房间问个究竟。父亲听后只是说爸爸现在急需好几十万治病修车，等以后买个更好的房子给你。我一针见血地对父亲说，你和继母都有人身保险，撞坏的车也是上了全险，为何需要卖掉房子才能救急？再说那个房子当年是妈妈付钱买的，你没资格卖掉！如果有难处妈妈可以帮你，只求不要卖掉这间满载我们一家温馨回忆的房子。父亲大为光火，打了我一记重重的耳光并告诉我：老子要卖房子谁也拦不住！我和你继母是走了一趟鬼门关的人，其他不相干的人少在这里废话！你要是拦我，就滚出这个家门！从小到大，父亲一直视我为掌上明珠，虽然不曾陪伴我成长，却不舍得我受一点苦，更不要说打我。那是我人生中最痛苦的一夜，我哭着收好了所有东西，第二天妈妈就带我离开了那个房子，准备搬回以前的房子住。谁知父亲早就料到我们会回去，早已换了门锁。妈妈气极了打电话去理论，爸爸在电话那端破口大骂，说妈妈教子无方，我小小年纪就学会离家出走，而我更是不孝子，还未成年便开始贪图父亲的财产.....那一字一句就像是万箭穿心，把生父多年来在我心中的高大完美形象彻底瓦解。我对他的

# 我如此認識祢 My Journey with the Lord

最后一点希望彻底破灭。当时我在心中立下毒誓：只要我活一日便要和他斗到底！我找来锁匠撬了锁，搬回了我自己的家。

虽然我搬回了从前的小屋，但每天在学校里神情恍惚，除了必须说的话外，其它一概沉默不语，中午饭时间什么都不吃，独自一人趴在桌上流泪，晚上回到家来，独自一人在只剩一张床和一个书桌的空荡荡房子放声大哭。我开始怨天尤人，感叹上天何其不公，让我小小年纪就受尽苦楚。那时的我只知再难过也要活下去，因为我恨他！我还要和父亲斗，我要让他身败名裂！而这样的我，妈妈是看在眼里，疼在心上。

有一日妈妈告诉我，她已做决志祷告，成为一名基督徒。她将我的情况告诉了牧师，牧师表示很想见见我。虽然是第一次见面，牧师的和蔼可亲令我卸下心防，他用《圣经》中的许多话语开导和劝解我：

**“耶和华靠近伤心的人，拯救灵性悔悟的人。”（诗篇34：18）**

**“我以永远的爱爱你，因此我以慈爱吸引你。”（耶利米书31：3）**

霎时间，我感到一双看不见的手正在抚慰我那颗支离破碎的心，主在我耳边轻轻低语，告诉我：孩子别怕，因为我是你的避难所，是你的力量，是你在患难中随时的帮助！**“不要怕，只要信！”（马可福音5：36）**感谢主！在无限的感动中我做了决志祷告，成为了神的儿女！天父是万能的主，祂在我身上再次显现了祂的大能。从未想过出国的我，竟然有幸来澳大利亚念书。办签证的过程也是一波三折，但是感谢主，在签证高峰期竟然半个月就批下来了！

虽然我信了主，但是在我心中仍未彻底原谅我的父亲。我的性格实在是太爱恨分明，不肯忘怀过去痛彻心扉的伤害。于是我没有告诉我的父亲，独自一人来到悉尼求学。到了悉尼后，我乘公车第一次来City，下车的地方就是中央浸信会。那时对这间教会有莫名的亲切感。各种“机缘巧合”下，我来到中央浸信会这个温暖的大家庭。在CBC也认识了许多善良热情的弟兄姐妹，让我在异国孤苦无依的日子倍感喜乐，每周都盼望着周日的到来。在每个主日崇拜和慕道班、马可班的学习中，我学习了许多神的话语，也深深地感受到主是那么地无私博爱，甘愿背负我们的罪上十字架牺牲，流下宝血洗净我们的罪，使我们得永生。而我这个罪人又是多么不配，应当低头悔改。感谢主，是您一次次用您的话语洗涤我的心，让我的心变得柔软。最终我战胜自己的“老我”，主动联系了我的父亲，父女之间重归于好。

这次，我与青年组仁爱团契的兄弟姐妹们一起参加了“使命DNA”复活节生活营，短短的三天两夜真是充实了我的内心，也让我意识到我是个只知索取却不回报的罪人。我愿用我的全部侍奉主，尽心、尽性、尽力爱耶和华！感谢主，您用永远的爱爱着我，现在该是我承担这“重大责任”的时候了。我愿“与基督同死同复活”，继续在主爱里成长，让您成为我唯一的领路者，使用我直到永永远远！阿门！



# 女性更年期食療

華

筆者最近參加了一個農業的研討會，研究植物作為食療及藥療的項目遍及世界各地，西方的研究方向多為理解各植物的成份，從而分析其對人體的效用，澳洲近年都有項目研究原土居民所採用的植物的藥療作用，最近一份報告已分析了百多種澳洲原土植物的成份及其藥用效果，並與原土居民合作編成一本手冊。這一報告讓我想起中國人歷史悠久的本草綱目，當中所蘊藏的智識，尤其中國人所言的寒涼溫熱，陰陽平衡，絕非現代科學研究容易掌握的。由於興趣所致，筆者閒時喜歡閱讀一些關於中醫食療的書籍，對自己的日常飲食有了進一步了解，尤其本身進入更年期，更年期過渡的順逆將影響老年期的體質。最近又讀了一本“更年期食療”的書本(張群湘博士、鄔麗妹編著，萬里機構、得利書局出版)，在此作為一讀書報告與各位分享書中的內容。

對某些女性而言，更年期可能不會帶來甚麼問題，但不同人可能出現不同的症狀，總括當中可能出現症狀包括：

- 月經周期紊亂，提前或錯後，經量逐漸減少
- 煩惱、緊張、興奮時會自覺感到一股熱氣自胸部向頭面部上湧，而且皮膚有局部發紅現象伴出汗，每次發作持續數分鐘
- 胸悶、心慌氣短，出現嘆氣樣呼吸，有時心動過速或心律不齊
- 血壓容易波動，多數收縮血壓升高，更年期結束會回復正常
- 手腳冰冷
- 精神抑鬱憂慮，情緒低落或心煩易怒，容易激動和失眠多夢

在飲食方面，各人因體質及狀況不同可能有不同的需要，以下為一些較普遍的食療中藥可供參考：

- 補氣: 紅棗、淮山、花旗參
- 補血: 當歸
- 補陰: 百合、麥冬、玉竹、沙參、杞子
- 祛風濕: 桑寄生

而食材方面，對更年期有幫助的食物包括：

韭菜、芹菜、金針、黃豆、黑豆、鴨、蠔豉、蠔、泥鰱、雪耳、木耳、核桃、黑芝麻、蜂蜜等。

總括而言，更年期的姊妹，飲食以滋陰養血斂陽為主，以達至調和陰陽、延緩衰老。為更方便大家應用以上的食/藥材，以下為一些適合更年期食用的菜譜，可日常煮食作參考之用(菜譜內容只包括材料及效用，各位自由發揮烹調方法)。作為溫馨提示，若身體有某些病疾，要留意某些食材是否需要小心使用。

## 紅棗圓肉花旗參茶

紅棗6粒，圓肉、花旗參片適量

更年期煩躁，失眠，口乾煩渴，及護肝清補作用

## 清補涼瘦肉湯

瘦肉400克，清補涼一包，冬菇4粒，蜜棗2粒

更年期作日常防病抗病保健飲用

## 雙耳杞子羹

雞肉160克，雪耳160克，雲耳80克，杞子2茶匙，薑2片，上湯一罐

更年期人士調整血壓，增強體質

## 花旗參杞子烏雞湯

烏雞一隻，花旗參片40克，杞子一茶匙，蜜棗2粒，田七片適量，薑一塊

更年期肝腎不足以致月經不調，口燥心煩，眼朦目澀，疲倦乏力等

## 紅棗木瓜牛鰵魚湯

牛鰵魚一條，木瓜一個，紅棗10粒，薑一塊

更年期氣陰兩虛所致胃口欠佳，疲倦乏力，大便秘結等

## 花菇花膠湯

花菇6-8粒，花膠160克，瘦肉160克，蔥一條，蜜棗2粒，薑一塊  
更年期脾腎虛弱所致容易疲勞，氣短聲低，腰膝酸軟，皮膚多皺失潤等

## 蓮藕紅蘿蔔豬蹄湯

豬蹄320克，蓮藕160克，紅蘿蔔1條，無花果3粒，蠔豉4粒，薏米40克  
陰虛而胃口欠佳人仕

## 節瓜瑤柱排骨湯

排骨320克，節瓜2條，瑤柱40克，蓮子適量，薑一塊  
更年期血壓偏高，頭痛不適，容易疲勞最適合。

## 蘑菇青瓜炒生魚片

生魚一條，青瓜2條，蘑菇160克，杞子1茶匙，蒜茸少許，薑1塊  
更年期脾、肝、腎功能失調所致血脂高、血壓高、骨質疏鬆、大便秘結等

## 蠔仔扒韭菜豆乾

韭菜320克，豆乾兩塊，蠔仔240克，薑茸、蒜茸各少許  
適合更年期脾腎兩虛人仕

## 洋葱白飯魚炒蛋

洋葱半個，白飯魚160克，雞蛋2隻，紅蘿蔔少許，蔥1條，薑茸少許  
更年期骨質疏鬆，記憶力減退

## 冬菇雲耳金針蒸雞

雞半隻，金針40克，雲耳20克，冬菇6粒，紅棗8粒，薑適量，杞子少許  
幫助更年期抗壓抗疲勞。

## 百合蓮子粥

百合蓮子各80克，大米適量  
更年期的失眠煩躁，情緒不安及神經衰弱，尤其對安神助眠效果特別好



## The Flood

Eve Koh

A drop of blood,  
Red as wine,  
The doing of a flood,  
They say it's fine.

Broken buildings,  
Failing to stand,  
Broken dams,  
On no man's land.

Streaming tears,  
Down people's faces,  
For their fear,  
Of the remaining traces.

Heads bowed down to pray,  
To God for those they have lost,  
Asking him to stay,  
By their side at all costs.

It has been done,  
Mother Nature's wrath,  
It's all finished,  
Time to go down a different path.

## 主的圣果何等甘甜

朱桂珍

我要赞美主，感谢阿爸父。

最近，我因结肠肿瘤做了手术，无论在术前还是术后，都蒙神的恩惠，一切都很顺利。每一个环节都在祂的掌控之中，就像按计划执行似的。我虽经历了病痛，但却又一次亲身见证了祂是一位又真又活的真神，对我的灵魂触动很大，就像尝了一个又香又甜的圣果，哈利路亚！

首先神为我指派了一位我认为最理想的医生为我治疗。医生姓林，来自香港，会说国语，为我这个英语不过关的人提供了方便。他正年富力强，是悉尼大学的博士和名誉院士，是富有经验的医生，使我对他充满了信心。

在手术前，我常感到肛门口有便意，家庭医生介绍我到林医生处检查治疗。林医生决定我要做肠镜检查。因我没有买医疗保险，一般要等三个月以上。但林医生精心安排，仅用三个星期替我做了肠镜。检查发现在我回盲瓣处有一个7公分大的肿块，在横结肠处有二个小息肉。当时决定4月10号替我做手术，这样从看门诊到手术仅五个星期，时间之短，连我女儿和她的同事都不敢相信，怀疑医生是否按买医疗保险的时间安排的，否则不可能这么快。这真是神的恩典。

给我做的是微创手术，切除了一个7x3.5x2.5公分大小的肿块，剪掉了五十公分的肠子。五十多年前，我在医科大学实习时曾参与过同样的手术，那时需要在腹部切一个很大的刀口，而这次手术，只在腹部打四个洞的微创手术，使我十分感叹医学技术的高明。

当决定我要做手术时，我是比较恐惧的，我只能向阿爸父请求，求阿爸父给我力量，希望手术能一次成功。神真是听祷告的神，我在看圣经时，只见神说：“耶和华必在你前面行，祂必与你同在，必

不撇下你，也不会丢弃你，不要惧怕，也不要惊惶（申命记31章8节）。我顿时觉得神在回应我，这字字句句都是对我说的，祂告诉我，祂必与我同在，叫我不害怕，故我想，既然有神的恩手牵着我，我何必恐惧呢？再加上我们教会的牧师和所有教友都在为我祷告，使我的信心倍增，故在开刀前，我的情绪比较安定，像没事似的。借此机会我要感谢牧师和各位教友为我祷告和对我的关心。牧师和教友还专程来我家看望我，给我很大的安慰，深刻体会到我们教会是个大家庭，生活在一个亲切、和谐和温暖的大家庭。

手术以后，我心里最大的忧虑就是这个肠瘤究竟是良性还是恶性的，我想，除了依靠神还能依靠谁？我又向神祷告，祈求这个肠瘤不是恶性的。化验结果，医生告诉我是良性的，但是细胞已高度间变，要是不及时手术，后果很严重。我庆幸主如此看顾我，能不失时机手术，避免了许多痛苦和麻烦，我由衷的感叹阿爸父的恩典。

主也早已为我做好了术后康复的安排。平时我和我先生一起，家务劳动主要是我做的，而术后我需要被照顾，他感到有点为难，怕照顾不好会影响我的健康。正巧我女儿原计划4月10日安排去香港、澳门和上海参加同学聚会，已向公司请了三个星期的假。当她知道我要做手术以后，立即退掉了所订的宾馆客房，留下来专心照顾我，并安排出院以后接到她家，为了提供生活方便，还把她们的房间和我们的房间对调，叫我们住在她的房间。我怕污染她的床铺，怕女婿不高兴，而她这个主意正是女婿提出来的，我也就恭敬不如从命，去她家住了三个礼拜。多亏有了他们的精心照顾，使我在生活上没有遇到什么困难。真心感谢神为我所安排的一切。

## 主的恩典夠我們用

潘瑜

我要见证主在我身上奇妙的大能。主再一次救我脱离了死亡的幽谷，我要献上感谢赞美。

今年三月份，我因感冒发热服用抗生素但无效，家庭医生致电堪培拉给我申请另一种抗生素。我同时服用三种抗生素，但持续高温已两周，引起了肺炎，医生要我进医院治疗。

进了医院，医生认为我来迟了，肺炎很严重，血压较低，给我接氧气。因我从小就患了支气管扩张病，常咳血，肺部感染，靠抗生素治疗。后肺部阴影，两次都有支扩，左侧较严重，做手术先把左肺下叶及上叶舌叶切除，但右侧仍有支扩存在，经常感染，唯一用抗生素，造成对很多抗生素过敏不能用。医院只得起用另一种抗生素给我静脉点滴，但这药对全身副作用很大，首先出现了腹泻，一天一共10多次。脚肿得很厉害，也许对肾脏有影响。我唯一切切求告主，把自己完全交托主手上。主不断加我力量，例如到厕所按铃，需要护士来帮忙，但要等很久，我就自己把氧气管拿掉，推著滴注架上厕所。

经过治疗，体温逐下降，但晚上还有低温，医生给我服Panadol，病情有些好转，住院7天出院，身体非常虚弱，还是腹泻、脚肿，晚上有低温，要服用Panadol。我不住祷告，求主大能力的手医治我。将近一星期后，晚上逐渐没有低温了。感谢主，在神没有难成的事，神超自然的大能医治了我。在病中，主的话时时安慰我、帮助我。主说你不要怕，因为我与你同在；主又说我的恩典够你用的；祂的恩典乃是一生之久。我就靠着主这三句话，主使我有充足的信心度过每一天。我时时刻刻经历着主与我同在的喜乐与平安。

在养病日子里，感谢主的恩典，金牧师来看望我、为我祷告。第一次来时看到我憔悴的脸，身体非常虚弱，第二次来，我已有好转。此外金牧师还每天打电话来关心我身体情况。教会弟兄姊妹及常青组的弟兄姊妹也为我病祷告。由于我肺活量不够，说话不便，所以谢绝了大家爱心探望。

在这属灵的大家庭里，有牧者和弟兄姊妹的爱心关怀，这是神的恩典。感谢主赞美主。我很渴望能早日康复和弟兄姊妹一起到主面前崇拜主。一面祷告主，一面耐心等候主的带领。感谢主，经过三个多月的休养，终于能来到主面前崇拜主。

我要在众人面前感恩见证神在我身上的奇妙大能，愿荣耀归给我们全能的主。

## 神在荒島的作為

Vivian Ku

在馬太福音19章2節，主耶穌曾說：在神凡事都能。今年的6月份，香港晨曦島的總幹事葉太帶領了兩位學員來到中浸，又讓我們看到靠著耶穌凡事都能的奇妙作為。晨曦島可以說是香港的一個荒島，是陳保羅牧師創辦的一個福音戒毒事工所在地，專門協助吸毒人士以福音戒毒，此事工大部份經費由香港政府資助，但仍有四份之一經費需福音戒毒事工自己籌募，任何人士在香港因吸毒被補，可被判入牢或到晨曦島戒毒，由於晨曦島為荒島，設備不足，需逗留的時間較長，所以很多吸毒者不選擇到晨曦島，然而當中也有人選擇到此地，又或有些吸毒者在家人朋友鼓勵下到島上戒毒的。

在教會遇上的兩位學員BJ及志揚，都是已戒除毒癮而且重生得救的基督徒。BJ是尼泊爾人，而志揚是地道香港人，今天的他們，看上去都是健康的青年人，可是在過往的人生，他們都是活在一個沒有希望的生命裡。不論你是哪一個國籍及說哪一種語言，毒品都會尋找機會走進你的圈子，你的生命裡，然後你就會過著同一公式的生活，睡覺－醒來－用各種方法得到金錢－找拆家買毒品－吸毒－睡覺，生命只有吸毒一事是必需的，本身又擔心被警察拘捕而終日提心吊膽，同時又為身邊家人朋友帶來不少問題，很多時候他們本身也想戒毒，知道自己需要改過，脫離這種日子，但總是力不從心，BJ就曾經連戒毒的藥品也上了癮。

從BJ及志揚的分享，我最大的感受是看到神如何改變這班昔日被喻為社會的敗類，使他們今日成為別人的祝福。他們分享了初到晨曦島時，見到一位位紋身的男士，都明白他們的過往非同一般身家清白人士，但這些人竟無私地照顧他們，為他們準備日常的起居飲食，從而令他們大受感動，有著被愛被接納的感覺，當中更了解到這些人的改變，原來是神的作為，他們在島上除了戒毒，更明白了耶穌的愛及救恩而成為神的兒子，生命得以更新。可是正如聖經所言，立志由得我，只是行出由不得我。戒了毒不代表他們從此重新做人，回到正道，與毒品絕交。就如志揚，他曾戒毒成功出島，可是沒有靠著神生活，漸漸地又走向吸毒這條老路，直至自己陷入人生最大的困境，才體會到依靠神的必要，之後在兄長的鼓勵下再入晨曦島戒毒，並決志不再像從前過信而不靠的生活，而是全然依靠，至今已脫離毒品三年多了。

福音戒毒已聽聞了一段日子，這是第一次如此近距離接觸福音戒毒中心的學員，讓我又一次認識神的大能，同時提醒自己，無論我們處於哪一光景，只有過信靠的生活，我們才可以戰勝生活所遇到的種種試探。



## A few words on late June Righton

Ailsa Thompson

June was received into the membership of Central Baptist Church on 1st February, 1952 and was Office Secretary for a period during the ministry of Dr. Ernest Watson (1953 – 1955) when 72 were added to the membership.

After finishing Secondary School, June undertook a secretarial course at the then Technical College at Ultimo, and was employed in the N.S.W. Public Service at the Health Department.

Following Bible College and School Teacher training, June left for missionary service in the Sudan in 1957 with the Sudan Interior Mission (SIM). She was required to undertake language study in Arabic and later in French. After missionaries were unable to work in the Sudan, she moved to the Chad.

Prayer and Bible Study was held at Central Baptist Church on Wednesday evenings under the leadership of the Pastor. I can recall June using her French Bible at the meetings conducted by Rev. Edward Yu and Rev. Frank Starr.

I can also recall June parking outside the Church in George Street while she came into the building to collect something she needed to assist her at Back to the Bible ministry!

June's ministry at Central Baptist Church included serving as a Deacon, Sunday School Teacher, Scripture in School Teacher, Chairman of the Missionary Committee when she encouraged the young people to become involved, Bible Study and Prayer Meeting leader on Wednesday evenings when not conducted by a Pastor, and Prayer Convener on Sunday morning prior to the Worship Services.



The monthly International Fellowship meeting was held on Saturday afternoon in the lounge room as well as at various homes. I can recall June sharing her knowledge of Islam and answering questions.

June cared for her mother during her final years which nearly reached 100.

Of late, June was finding it difficult to cope and thanks are expressed to the people who helped her in various ways, including transport to and from Church Services.

Thanks are also expressed to Viola Chao for her loving concern which resulted in her finding that June has been "Called Home". Many today thank the Lord for the opportunity of knowing June, and we express our sympathy to her brother, Alan and his family.

## June Righton's Memorial Service – Dedication and Eulogy

Karen Lee

June in her own quiet way, left a legacy of kindness and love upon the lives of those she touched. It did not matter whether young or old, June showed genuine interest and care in those she encountered.

I asked around those who belonged to the “younger” generation who have known her of their impressions and memories of her, and I hope I can represent their thoughts well. There are several themes or words that kept recurring through the recollections of her that I had collated.

**Generous** – June was a giver. When she spent time with you, she gave of herself, her time and her love. Often-times, after sharing with her some situation or thought or story, she would come up after church the following week and give something from her collection that related to whatever we had spoken to her about. When I told her about the High School students at church and what they were learning, she brought a large of several hand-written song lyrics from her days of teaching children and suggested that I might have more use of them than she would. She would bring articles that she had come across from conversations we have had, or books that were of help to us.

**Caring** – June was always looking out for others, and had the habit of taking extra church bulletins or sermon notes for friends she knew were unable to attend the service that week. She would mail them off so that they, too, could enjoy the worship in some way. June would look out for those who were at church for the first time, and talk with them to put them at ease. She would always sit with the newcomers at lunch where she could, and keep them company. June would also make a special effort to keep in touch with those who did not have a Christian background, and would call from time to time to see how they were going. June had the habit of remembering things that have been mentioned in the course of conversation, and she would ask about the details the following week. June would remember birthdays and write a card for the occasion.

**Thankful** – So many things in life can be disappointing, and can get us down. Not so with June. Wilson and Lily,



who drove June to Church almost every Sunday for the past few years have testified to a life of thankfulness and joy in the Lord that has turned every occasion for complaint into an opportunity of thankfulness and praise. Things that for many of us, may seem small or insignificant, but to June, they were a testimony of God's amazing blessing and keeping – like being helped off the bus by a driver, or being able to catch up with family and friends. June was a reminder to us that God was not just the God of the big miracles and the spectacular things – but He was God of the small blessings that we so easily forget about.

**Prayerful** – June was known around the church as a “prayer warrior”. While age prevented her from being very active in many things, she would take home all the prayer bulletins and the conversations of the day, and the ministries of the church and pray for them. This quiet but powerful partnership no doubt sustained many-a-ministry and encouraged many who served God both at home, and around the world.

There are so many more things that could be said about June, but time would not permit at this point. It would suffice to say that many of us would miss her dearly – her presence, her joyfulness and the genuine way she cared for people around her. There is one less saint here in our midst, but our loss is Heaven's gain – and there she will remain in the presence of the Holy One – free of pain, suffering, and the effects of age, safe at last. And when we, when our time comes to cross that bridge in Jesus Christ, we shall meet again in the presence of the King of Kings.

## 我對奶奶的懷念

張蔡惠嫻

媽咪 – 是我對張陳月娟女士 (亦即是我奶奶) 親切的稱呼，而事實上可以這樣說，她是多年與我相依為命，形影不離的第二個母親。

當丈夫百鏞介紹她母親給我認識時，我第一眼就感到她很美，雖然當時媽咪年紀不輕，但是從她的五官可以清楚看到她清秀的輪廓，很有古典的美。

媽咪很喜歡裝扮和愛被別人稱讚，她是唯美主義者，所以是一絲不苟，常常打扮齊整和漂亮的，即使是在老人院也維持這個習慣，她又喜歡買新衣，但經常說沒衣服穿。她最擅長整理收拾，可以將一個廚房整天搬來搬去，在家中或在老人院，經常都喜歡將抽屜的物件和房內放着的小擺設搬來搬去，所以經常跌倒。還有一樣，家中一定要清潔，整齊，我與她同住十多年，受到她的薰陶，也變得很清潔，整齊。她對食物是很有要求的，換句話是非常挑剔，她不吃牛肉，不吃豬肉，只吃雞肉，魚 (一千零一種魚)，蔬菜就只吃幾種例如：菠菜、生菜、莧菜和番茄及薯仔，她也很喜歡吃龍蝦和魚翅，我的好朋友 Annie 很慷慨，常常邀請她吃龍蝦。她也喜歡吃芒果，一日可以吃兩至三個都不怕肚瀉，但自從她生過皮膚癬之後，她就吃少很多芒果了，但見到龍眼和荔枝就雙眼放光。其實媽咪很喜歡聽粵劇，又喜歡看演唱會，最喜歡歌星是徐小鳳。

媽咪是在我丈夫百鏞離世返天家的第二年信主 (1998)，是于師母 Kitty Fok 向她傳福音，因為她明白基督教的真理，弟兄姊妹們在百鏞患病時及逝世後來到我們家幫助我們做家務，其中 Peter Wan 弟兄自願來到我們家陪伴我們兩個女人，她看到基督徒那份無私的愛，媽咪很受感動，就信了主耶穌，受了浸，成為中央浸信會大家庭的成員。我老爺也比我媽咪還早一步之前信了主。他是在老人院，謝牧師為他受浸，成為基督徒。所以多年來，媽咪都祈禱希望大伯一家人都信主，得到永恆的生命，這也是她一直以來的願望。

成為基督徒後，媽咪積極參與星期日的崇拜，參加長者團契的活動和每年教會主辦的退修會，她很享受和喜悅教會的生活。而最令我欣賞和佩服的是她每星期都帶備一個小型錄音機，將粵語堂整個崇拜過程，包括詩歌敬拜，牧師講道全部收錄起來，如果當中有詩歌沒有收集在生命詩集內的，崇拜結束後，她會去向音響控制室要求複印一份副本，或者問牧師、師母取一份



歌詞，帶回家整理成一輯輯的錄音帶，寫上年、月、日放入盒內，每天都拿出來播放，自己倚在牀上聽講道和跟著詩歌哼起上來，重覆又重覆不知多少次，事實上她信主是很清心的，全心全意，這點和我丈夫一樣，對神的話語篤信不疑，非常渴慕神的話語。她說她感到詩歌內的歌詞是很有意思，一聽詩歌，內心便很舒服，這一點我也自慚不如。記得有一年去退修會，她又如常帶錄音機去，那天大會的錄音機有一段時間失靈，幸好媽咪有錄上，所以工作人員便向媽咪借來再翻錄。

雖然媽咪是內向寡言的人，但原來她很喜歡去旅行，以前年輕時去過很多的地方旅行，例如台灣，東南亞，中國，又曾去過兩次歐洲，順便探望百鏞，因為我丈夫百鏞當時在倫敦讀書和工作，後來又在新西蘭住了一年，(因為我大伯 Patrick 在新西蘭進修博士學位。) 和我一起住的時候，很多時我都帶她去郊區遊玩，如 Canberra、Wollongong、Newcastle、Kiama、The Entrance、Gosford 等，甚至曾兩次與我一起探望中浸以前英文堂的 Burce King 和太太 Loucelle，並在他們家作客，住了兩晚，我常對媽咪說，你兒子百鏞都未有帶你去這麼多地方？她說有去過 Gold Coast 和 Canberra，即使她在後期在老人院拿拐仗或推著自己的車仔，媽咪都很喜歡去街，她絕對是對生活充滿了熱誠！

很多人羨慕我和媽咪可以建立如此深厚的感情，我和媽咪自百鏞離世後，就住在一起，這間 Concord 的房子，面積不少，環境靜中帶旺，只是我們兩人居住，當時我們關係很緊張，很多爭吵，很多埋怨，可能大家年齡的差距，生活習

慣，成長背景不一樣，大家都是很有性格的女人，這樣走在一起可以想像有多難；她失去了兒子百鏞，我失去了丈夫，大家不懂得互相包容，大家都驕傲，大家覺得自己都是對的，所以就如同火星撞地球一般。當時的我說是基督徒，但是屬靈生命是枯乾的，沒有結果子，行不出生命的見證，經常想：難道每一件事情都是我錯，難道媽咪是沒有錯的嗎？我曾經去請教一位牧師關於我和媽咪之間不愉快的事情，他問我是否知道甚麼是愛？愛是恆久忍耐又有恩慈，但你連這句話都做不到，我聽到牧師一番話感到很慚愧，他說愛是不止一次去愛，是需要恆久地去愛，要忍耐去愛，不是易事，[忍]字是有把刀指著心，是多麼難的事情呢？我就恍然大悟了。

有一次我和奶奶爭吵，氣匆匆開車離開，車行駛了大約五分鐘，突然想起有一位師母曾對我這樣說，倘若兩人有嫌隙時，第一個向對方道歉的才是勝利者，倘若與家中的人有嫌隙，最好大家和好後才離開，因為你離家之後，不知道是否會有機會回家向對方說對不起。所以我馬上停下來，打電話向媽咪道歉。雖然我多次使媽咪不開心，但事情過了之後，總會放下自己，向她道歉，多年來我究道虧欠媽咪多少次？我都已記不清了，但是透過神的話語，讓我明白到即使我是對的，我是有理由的又如何？媽咪是我的長輩，難道要她老人家向我道歉嗎？基督徒經常說要學習聖經，去實踐耶穌基督的愛，去愛弟兄姊妹，但對一位老人家，自己的奶奶，一個已經失去兩位兒子，身體又有缺陷的老人家，難道我可以不愛她嗎？這樣我又怎能活出基督的愛呢？

從那時開始我對媽咪的態度開始改變，同時媽咪對我的態度也有所轉變。

記得二〇〇一年，我曾經放棄過做公關的生意和做地產經紀，跑到Wollongong去，接受一間自助餐館的聘請擔任副經理的職位，我沒有住在公司安排的宿舍，因為是很多人同住一間屋，又不整潔，我另外租了一間一房一廳的單位自己住，我對媽咪說，如果她喜歡的話可以時常來探我，我又答應每晚都打電話給她，那時她時常來探我，她那時常和我契妹Sarah坐火車來，或乘坐Sarah先生的車上來，又或者是等我星期二教完英文課後一起去Wollongong，並且住了兩三天才走，因為我只有一張新的大牀，所以我便與媽咪一起睡，她時常為我蓋被，記得有一兩次我收工晚了，遲了打電話給她，她便打電話給我，說沒有收到我電話，擔心我是否一切安好。

二〇〇八年，當媽咪要賣掉Concord的房子搬去老人院時，我到處找尋住的地方，有些地方是房租昂貴，有些是地點不好，心裡感到很徬徨。媽咪知道後就打電話給一位和我感情要好的宣教士Haely，問她是否可以讓我暫時居住，她幫我付房租。她是奶奶的身份，但竟然降下自己尊嚴幫我去問人，使我非常感動。

每當媽咪雙腿痛時我便幫她做推拿按摩，每當我

肚子痛時，媽咪會用驅風油幫我搽肚子，互相關心愛護都是盡在不言中，無論在以前家中或是在老人院，我都是很喜歡睡在她的小牀上與她一起聊天，她重複又重複的告訴我她過去經歷的事情，兒子小時有趣的事情，有時我邊聽邊睡著了。媽咪一生人覺得驕傲的是生了個三個兒子，個個都受過高等教育，有自己的成就，個個都好孝順，遺憾的是我二伯和百鏞都是英年早逝，令她傷心欲絕！

我知道媽咪仍有一個死結，很多時會記住一些不開心的事情，會有些執著，對某些人都不願意去原諒。我時常用聖經的話語提醒她，我對她說：[您要原諒人，您不原諒人，神都不會原諒您。]我又勸慰她：[為甚麼不可以開放自己，去想一些開心的事情呢？我們的腦袋如此小，如果經常記住不開心的事情，哪裏有地方存放開心的和值得您記念的事情呢？如果我們只喜歡自己喜歡的人，愛那些我們認為值得愛的人，我們與非基督徒又有甚麼分別呢？]我對媽咪說：[我這個如此不可愛的人，但神仍然愛我並用我。]

各位，同是一家人相處，大家對事物的看法和處理事情的方法都有所不同，可能有人對，有人有理由，或者大家都有理由，但在家裡不是講理由的地方，家是講愛的地方，就如同在教會這個大家庭一樣，弟兄姊妹要彼此相愛。

如果要形容媽咪與我這十八年的感情建立，就借用聖經一句話，[流淚撒種，歡呼收割]，十八年是很長的日子，當中有眼淚，有快樂，但結局仍是甘甜的，透過神的愛，聖靈的感動，我和媽咪彼此守望，互相扶持，互相學習，互相包容，彼此實踐愛的真諦 - 就是主耶穌給我們那種無條件的愛。我從媽咪身上便可以看到神的榮耀，我看到神給她很多的恩典。

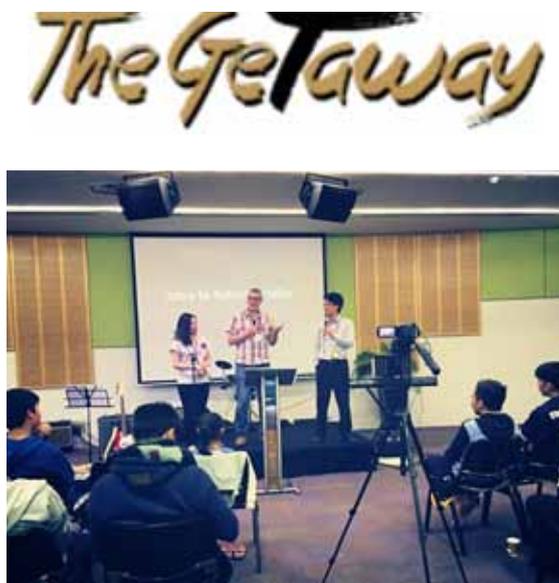
感謝神給媽咪在世寄居有八十九年，感謝神給我有這份福氣去服侍我可愛的奶奶。媽咪多謝您愛我，多謝您對我的恩情，再見媽咪，我愛您！我永遠懷念您！直至有一天我們在天家再見面。



# English Service Retreat

Each year the International Congregation holds an annual camp called 'The Getaway' (previously known as The International Congregation Retreat). During this weekend away, there are activities such as: Worship, Games, Talks, Workshops, Discussion Groups and Testimony Sharing.

It was held this year at Stanwell Tops on the 26th-28th September where we had 57 fellow brothers and sisters participate. The guest speaker was Geoffrey Folland from Campus Crusades for Christ who talked about the theme of 'Identity'. We explored Romans Chapters 1-8 for the duration of the weekend and were reminded of the fundamentals and foundations of the Christian faith; how we are commanded to share the Gospel with the entire world, and that the sinful nature of all men in the eyes of God are justified by faith in Jesus Christ so that we are free from sin. Young or old, no matter what background or culture we come from, we are all called out of the world to live as children of God. Overall, we had a wonderful time of fellowship and nurture in the understanding of who we are, our relationships, and influences that shape our identity as God's representatives. If you are interested to know more about The Getaway or want to help out in next year's The Getaway you can email [mec.cbc@gmail.com](mailto:mec.cbc@gmail.com).



## My YG (Youth Group) Recollection

Timothy Chan

Initially, I approached YG with some fear and trepidation. It had been a number of years since I attended YG as a youth. Of course, a large part of my fear came from being a newly minted blaze leader. I worried about how the youth would treat me in that sort of context, since I didn't have the benefit of prolonged interactions with them up till that point.

YG proved my fear to be unfounded. Being accepted by the youth and watching them readily accept newcomers was amazing. It was also a privilege to lead Bible study and discussion groups because in the process I also learnt a lot about the Bible, my capabilities and the youth group as well.

Looking back at YG, I think it was like a glimpse of heaven. We had marvellous volunteers; Lawrence, Jo and Debbie. We had tremendously sacrificial senior high schoolers taking precious time away to organise and run games. We had spectacularly talented high schoolers leading us during worship. But for all the talent and time put in, what truly made YG special was that it was a community dedicated to knowing God, glorifying Him and building up each other in our relationship with Jesus.

Many times during the weekend, I heard the sentiment, "if only YG could go on for longer!" Well guys, keep your eyes fixed on heaven.

Praise YHWH for a wonderful YG!



**Y**outh Getaway (YG) occurs during the Easter holiday and this year was no different. Unfortunately last year I missed out and so I made sure that I would be there for YG 2014. Never being to YG before, I didn't have high expectations. I assumed it was going to be a casual camp that I would enjoy with some people that attend the same church as I do. Saying this, I was still very eager to spend some quality time with my friends as well as learning about God, however, there were some issues. Being a year 12 student, HSC was one of my main priorities and YG was 2 weeks before my half-yearly exams and so my decision to attend YG was not one without conflicts. It was quite hard to decide whether or not I should attend and I was praying to God asking for directions, and like always, God delivered. One of my friends asked if I wanted to help out with preparing games for YG and being the nice guy that I am, I agreed.

We first all met up at church and headed off together to the train station. There, we caught a two hour train to Lake Mac outdoor recreation centre, waiting patiently for our leaders (who were 1 hour late) to drive us to the venue. When I arrived, my friend and I immediately set off preparing for games, marking out boundaries and setting out the arena. When everyone had arrived, the place started to look pretty crazy. There were leaders organising rooms for everyone, a group of girls setting up name tags as well as the music crew cramming in last minute rehearsals. After the commotion died down a little, we were introduced to our speaker, Daniel Ng and his wife Megan. We then



moved on to games followed up by a discussion within the small group that we were allocated too. Unfortunately my group was not the brightest compared to the others and decided to sit outside in a little hut where we were bombarded with mosquitoes. Dinner was up next, cooked by our amazing chefs Lawrence, Jo and Debbie who we are all greatly thankful for. We then sang a few songs, played some games and it was off to bed for all of us. Refusal towards this request would mean we would have to face the wrath of our leaders (who were not very intimidating but nevertheless we would not want to be in such a position, although I did push it a few times).

Being finished with the first day, I was still yearning for a deeper connection with God so I made the most of all the activities set out for us during the day. Since my friend and I were in charge of running the games, there were some complications and I was not too sure if I got the most out of

my experience at YG. However, this view changed during the talk that Daniel gave us. He talked about how God should be the centre of our lives and that the only thing preventing us from strengthening our relationship with him is our selfish nature and desires of the world. This was a huge challenge for me; I knew that many things had to change if God was to be the centre of my life. After the talk, I had a quiet talk with Daniel. There he shined a light in the direction I should be heading and made it clearly obvious that what I should be aiming for is pleasing God rather than myself. After this talk, we were able to have quiet time by ourselves where everyone would choose their own individual spot to sit and read over their Bibles, reflecting over what was spoken to each of us. I mainly used up this time going over the issue that was discussed before. It was clear what I should do, I had to devote my life to God and resist the temptations of the world that would not please him. At that very point I dedicated my life to God fully and made God, my centre. This was followed up by a game and discussion within our small groups. After discussion, majority of us went down to the jetty where we watched the beautiful sunset; it was a very special feeling for me, being surrounded by so many friends after committing myself to God. I really felt a massive turning point in my life at that moment. That night when the leaders told everyone to go to sleep, I asked one of the leaders if he could possibly allow me to study for my upcoming exams. Feeling guilty or maybe sympathy he allowed me, however, even though I had a friend with me "encouraging" me to study, I couldn't do it. All I could think about was God, it was truly an amazing feeling being surrounded by the Holy Spirit; I

could almost feel it working inside me physically.

The next day was quite intense, though many memorable highlights were recorded such as having a water balloon fight (many grudges were settled that day). We shared an intimate prayer session with each other in the morning followed by Daniel's talk which led to little seminars on specific topics on God that we wanted to learn more about. We were lucky enough to have a few guests to come talk to us and we are all very thankful for them taking time off their busy schedule to help build our relationship with God (big thanks to Karen, Debbie, Nat and Sally-Ann as well as Bernard and Garry who decided to take some time off to spend with us). One of the seminars that I attended talked about our future. There, Debbie talked about how she put all her faith in God to decide the path that she would take and did not question his judgement at all. I was overwhelmed by the amount of trust someone could have in one person alone. I have been yearning for such a connection for so long, and to know that it can be so easily achieved just by keeping faith in God was completely mind blowing to me. We were then made to have dinner and had an awesome time singing and dancing. That night was one of my most favourite nights at the camp. It was so amazing to be along-side such amazing people, singing and praising God. Again, that night, I asked if I could study for my tests, though studying was the one thing I was not doing. I was still so captivated by God and was too excited; I couldn't wait to get back to "normal" life and really begin to ignite my relationship with God.

Sunday had begun and there was one down-side to thinking so much about God the previous night. I woke up at 9:30am and had almost missed breakfast. Everyone was off and about talking and playing games while I was dragging myself out of the cabin, I was so tired that my leader started to feed me cereal (they all laughed at me). Though, it was nothing a hot shower could not fix. I was refreshed and ready for the day. It was a big day for us "game masters," we had been working on a quite a complex game for quite a while before YG had even begun and have been praying for good weather, and of course, God delivered. The game ran pretty smoothly and it looked like everyone enjoyed themselves (well those who didn't get drenched by big water balloons "accidentally" popping on top of their heads). Daniel then gave his final talk. We then had a question and answer segment. The panel con-

sisted of Daniel, Megan and a few of the leaders who did an excellent job in answering the questions given to them. That night was the most chaotic of them all. We grabbed our pens and all began to write motivational notes to each other, encouraging or just simply thanking each other for making our experience at YG so amazing. We battled through the night and continued the next morning (there was no time for me to "study"). It was a gloomy morning, everyone had begun to realise that YG was finishing up. We said our last goodbyes to the campsite as well as Daniel and Megan and were lucky enough to even be able to squeeze in a few last games of table tennis.

We were then on the train back to the city. Unfortunately for us, the train ride was not so pleasing. The train was packed and we found ourselves standing the whole trip next to the entrance of the train. A man was also standing with us. We had started a conversation with him and were clever enough to bring the subject of God



into our conversation. The man told us that he believed in God, however, also believed in the teachings of other religions. It made me realise that when I get back home, I'm not going to be surrounded by such a spiritual presence as I was at YG. I had to start putting effort into my relationship with God, constantly spending time with him and always relying on him. The man also brought to my attention a topic that I had neglected for quite some time. Not all of us know who God really is. This challenged me to strive towards telling people about God and encouraging the ones who already "knew" of Him to further strengthen their relationship with Him. I thought I was a Christian before I went to YG, but now after YG, I know that I am a Christian.



## 使命DNA----国语堂复活节青年营之回顾

“但圣灵降临在你们身上，你们必得着能力；并要在耶路撒冷、犹太全地和撒玛利亚，直到地极，作我的见证”（使徒行传1:8）

DNA是我们身体的遗传分子，是我们基因的重要组成部分，它决定了我们的相貌，我们的身高和我们一切的身体属性，是不可磨灭的一部分。我们每个基督徒身上也有着不可磨灭的部分，那就是神所赐予我们的新生命----基督的生命。生命需要成长，需要滋润，需要哺育，因为我们的生命会经历这样那样的烦恼，欢喜，泪水，青涩和懵懂。

我有时候在想，神真的为我们预备很多！他特别地预备了让我们能够成长的地方——“使命DNA”青年生活营，这是我参加的第三个复活节营会，也是对我影响最为深刻的一届复活节营会，让我纪念主基督从死里复活，让我渡过了感恩的三天，赞美的三天，成长的三天。

在这三天里，让我感受最深的是我们的讲员高永寿牧师的三次讲道，这位说话诙谐幽默，充满热情的牧师不仅生动地讲解了圣经的内容，并且将生命的经历分享给我们每一个人。无论是第一天讲述《约书亚记》中关于重见耶和华，还是到亚伯拉罕委身献以撒的故事，到最后《申命记》中生命转折的提醒，我们每个人都要经历生命的成长，委身和转折，这就像我们的DNA，这个历程是Do Not Avoid的。最让我感动的一幕是当高牧师在讲台上一张一张撕去他手上的纸，告诫我们要撕去身上神所不喜悦的一切的自傲，自义和自私等，我感受到他所撕去的乃是我身上那个旧我，那个神所不喜悦的我。感谢神！为我们

预备了这么好的一个讲员，让他所说的每一句话都满有从神而来的能力，让他的话语就像养料一般滋养我们的生命。

复活节营会另一大特色就是丰富的活动，例如小组查经，集体户外活动和周六晚上的联欢晚会等，其中包括了像躲避球，蜈蚣步和坐地起身等好玩的游戏以及联欢晚会各组所准备的搞笑的话剧。在这里我特别纪念我的小组，感谢神为我预备优秀又可爱的成员一起相伴完成各项的活动，在彼此相处中他们每一个人都留给我美好的记忆。感谢Isaac，在筹备约拿话剧的时候，我曾经认为对你能否胜任约拿这一核心角色持有怀疑的态度，因为在我眼里你并没有良好的语言能力和优秀的表演恩赐，感谢神，让我看到你身上的勤奋和努力，从入营以后，你无时无刻地拿着剧本背台词，当我们排练的时候，你的剧本已经又旧又皱，而我的剧本却不翼而飞了，感谢神使用你拍醒了我，也消除了我的偏见；感谢Suki，我们最可爱也是最投入的小姐妹，我忘不了你在玩踩气球那彪悍的样子，也忘不了你演话剧时那惊世一摔，你是我心中唯一的“最佳女配角”；



感谢晓燕，作为教会元老的人物，感谢你一直顺服我的指挥，每一次听到你热情地叫我组长，我都不好意思了；最后，感谢辛苦的副组长Crystal，摊上一个不靠谱的组长，不知是你的不幸还是我的大幸，感谢你充当小组“保姆”的角色，虽然你身体不适无法参加剧烈的运动，但你依然带领组员圆满完成了周六的户外活动，最后，你安全地回到我们之中，但你的裤子却光荣的牺牲了，再次纪念它。营会中每一个小组都给我留下了深刻的印象，不仅是你们无穷的创造力和热情的投入，也因为我们在彼此的交通中生命得以一起成长，你们是我生命中最宝贵的财富，是我最重要的家人。

时间如逝而去，三天生活营的每一分每一秒都给我留下了值得珍藏在心中的记忆。每次总结分享的时候，我们总有着一种不舍，在三天里面我们彼此分享了成长的苦与乐，彼此激励，彼此扶持，放开自己的心与主同行，那种感觉真的是太美好了！但就像耶稣基督为了我们死，三天战胜了死亡，从死里复活，我们的生命也伴随着营会的结束开始一段新的旅程。就像有一个姐妹所说，虽然有着种种的不舍，想永远地停留在营会中，但人终究要长大。是啊，我们的生命终究会越来越像那位主，让我们心中歌唱，发出赞美，与主同行！





## 廣東話生活營感想

被問及對生活營的感想, 簡單來說有三高。

### 青年指數高

除了在學者眾, 也有很多年青夫婦一家大小總動員。為這三日兩夜帶來了活力与生氣。

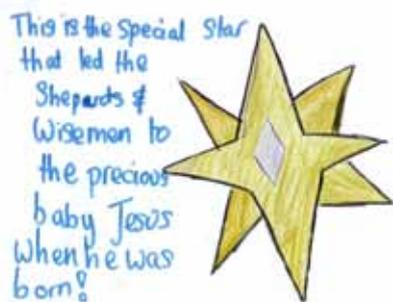
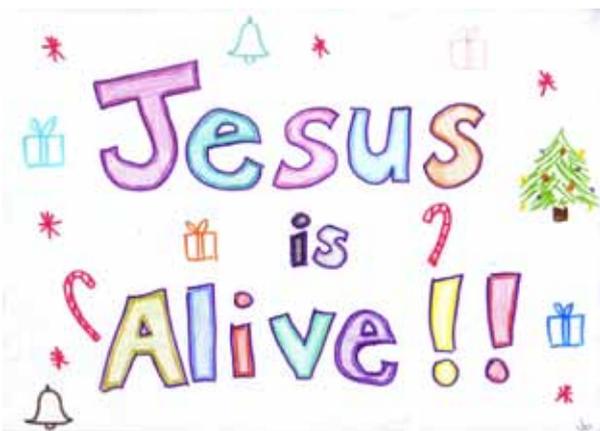
### 會眾反應高

雖然講道主題嚴肅, 但講員表達輕鬆, 引來連番笑聲, 就是在場的幼童們也齊齊發言。

### 整体配合高

從營前的籌劃与宣傳, 至營內的各项目安排, 都感受到籌委的努力与忠心。謝謝你們!





BY CHRISTINA K



## Christmas Events in CBC

The following activities will be held on Christmas Eve (Wednesday). Please come and join us. Friends are also welcome to celebrate the birth of Jesus Christ.

5:30 – 7:00 pm Christmas Dinner at Marigold Restaurant

7:30 – 8:00 pm Carol Singing at CBC

Each participant will be given an electrical candle light. This would promote a warm and shining Christmas atmosphere.

8:30 – 10:00 pm Christmas Eve Worship

25th December, Christmas Day (Thursday)

9:30 – 11:00 am Christmas Day Service

## 中浸聖誕活動

12月24日平安夜(星期三) 教會將舉辦以下活動, 弟兄姊妹要預留時間參加啊! 同時歡迎邀請親友同來慶賀及紀念主耶穌的誕生!

5:30 – 7:00 pm 富麗宮酒樓聖誕聚餐

7:30 – 8:00 pm 中浸正門報佳音

每位參與者將派發一電子蠟燭以增進聖誕溫暖及璀璨的氣氛

8:30 – 10:00 pm 平安夜崇拜

12月25日聖誕日(星期四)

9:30 – 11:00 am 聖誕日崇拜

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