

你們是世上的

You are the *Light* of the World



譚阜全博士
Dr. Thomas Tam
加拿大中信總幹事
Executive Director, CCM Canada



原本安排在今年2月，完成了四年任期後，便卸下總幹事一職。神特別的安排，將退休時間延伸到九月，讓我有機會帶領中信團隊，追隨聖靈的帶領，勇敢堅毅地在疫情中，尋求創新方式，繼續關顧社區上不同的弱勢群體，見證基督的愛。

耶穌在世時教導門徒：「你們是世上的光，城造在山上，是不能隱藏的……你們的光也當這樣照在人前，叫他們看見你的好行為，便將榮耀歸給你們在天上的父。」(太5:14-16)

與每一個蒙恩得救的信徒連在一起，中信從神而來的託付，就是透過道成肉身的關懷和捨己，將基督的真光照亮社區每一個黑暗的角落。

過去六年，從被邀請加入董事局及其後出任總幹事，神讓我有機會與一群忠心愛主的同工，義工和支持者，一同實踐全人關懷，傳揚福音。由始至終，神給我對中信的願景依然清晰，展望未來，中信繼續成為：

- 教會進入社區的平台
- 弟兄姊妹實踐全人關懷，傳揚福音的起點
- 孤單困境中的人的同行者

願中信的光，照在人前，將榮耀歸給我們在天上的父！

As many of you know, I originally planned to retire from my position as Executive Director of CCM in February. However, God delayed my plans to September, giving me the opportunity to lead the CCM Team under the guidance of the Holy Spirit, in seeking new and creative ways to serve the vulnerable during this pandemic and to witness the love of Jesus Christ.

Jesus taught, *"You are the light of the world. A town built on a hill cannot be hidden...let your light shine before others, that they may see your good deeds and glorify your Father in heaven"* (Matthew 5:14-16).

In this sense, God has entrusted CCM to connect His believers, to dwell among the people providing love and care, and to be the light of Christ shining onto all the dark corners in our community.

Six years ago, I was invited to join the board of CCM, later becoming its Executive Director. God provided me with bountiful opportunities to serve alongside a faithful group of co-workers, volunteers, and supporters, in fulfilling God's call to proclaim His Word through holistic care.

Since its inception, CCM's vision has been abundantly clear. We will continue to be:

- A platform for churches to connect with our communities;
- A place for brothers and sisters to provide holistic care, and to proclaim His gospel;
- And a companion for the lonely and the distressed.

Let the light of our God, to shine through CCM, to be seen by everyone, and to be the glory of Him.

特殊需要兒童及家庭支援事工 MINISTRY FOR FAMILIES WITH CHILDREN WITH SPECIAL NEEDS

從 1999 年開始，中信已經在卡加利服侍有特殊需要兒童的家庭。這個事工逐漸成長，分別在 2015 年及 2019 年擴展至溫哥華及滿地可。我們的讀者可在今期的「祈求和感謝」中認識這個事工。

CCM has started to serve families with children with special needs as early as in 1999 at Calgary Centre. This ministry continues to grow not only in Calgary, but also starts to establish in Vancouver in 2015 and Montreal in 2019. Our readers can learn more of the ministry from this issue of Prayer & Praise.

卡城中信中心 CALGARY CCM CENTRE

中信資源中心 CCM RESOURCE CENTRE

經過十多年的發展，在 2015 年，卡城中信中心為有特殊需要兒童的家庭成立了中信資源中心，為他們提供一站式的服務。自此以後，每年為大約 40 個（粵語及國語）家庭服務。資源中心有四個目標：

1. 協助家庭與專業及支援服務聯繫
我們的華語家庭服務聯絡員幫助英語能力有限的家長在社會服務體系中尋找到有關特殊需要兒童的資源。
2. 幫助家庭建立自我提升生活的能力
我們提供：
 - 資訊性講座讓家長能作出合適的決定
 - 有關家長精神健康的講座
 - 專業輔導
 - 音樂治療讓特殊需要兒童的溝通及生活能力提高
 - 家長支援小組讓家長們彼此支持及增加社交機會
3. 增強華人社區對特殊需要兒童家庭的支持能力
教會是我們在社區的最好夥伴。信徒對於能夠明白、接納及聯繫這些家庭的熱心是有目共睹的。
4. 傳福音
我們以自己為耶穌的手和腳，用行動將祂的福音傳廣。

After over 10 years of developing the ministry, in 2015, CCM Resource Centre was formed to be a "one stop for all" service centre for the families. Since then, we have been serving about 40 families (Cantonese and Mandarin speaking) each year. The Resource Centre has 4 main goals:

1. Connecting Families with Essential Professional and Support Services
CCM Liaison service helps Chinese parents with limited English capabilities to navigate through the social service system for children with special needs.
2. Capacity Building of Families to Improve Their Well Beings
We achieve that mainly by providing:
 - Information sessions to empower them to make informed decisions
 - Educational talks to improve parents' mental health
 - Professional counselling to family members of the special need child
 - Music therapy to children with special needs to improve their communications and well beings
 - Parents Support Group to reduce isolation and experience mutual support
3. Capacity Building of Chinese Community to Support These Special Families
Church has always been our best community partner. Believers' eagerness to understand, include and connect with special needs families was phenomenal.
4. Sharing the Gospel
We shared the gospel by being the hands and feet of Jesus.



家長支援小組
Parents Support Group



兒童藝術日營
Spring Children Art Camp



加西冬令會講座
Workshop at Winter Conference



手語訓練
Sign Languages Training



保齡夜
Bowling Night



贈送口罩
Giving out Facemask

「不一樣的家長」互助組

PARENTS WITH SPECIAL NEEDS CHILDREN SUPPORT GROUP

對於要照顧一個有特殊需要兒童的家長來說，是一條漫長而孤單的路。有見及此，從2015年開始，溫哥華中信中心開展了一個「不一樣的家長」互助組。我們的目標是提供一個平台讓這些家長獲得及分享有關的資訊，讓他們能夠彼此聯繫及互助地前進，亦讓他們在路上不再孤單。直到今天，我們在大溫服侍超過200個家庭。這是我們的活動：

Noticing the journey of the parents of a child with special needs is a long and lonely one, Vancouver CCM Centre took our small step back in the end of 2015 to start up a Chinese parent support group with less than 10 parents. Our goal is to provide a platform for parents to share related information and resources. And most of all to connect and support the Chinese speaking parents to walk together; assuring them that they are not alone on this journey. As of today, we have outreached to more than 200 parents in the Lower Mainland. Here are some of our activities:



感官藝術
Sensory Experience



音樂治療班
Music Therapy Class



空手道班
Karate Class



恩筵
Thanksgiving Dinner



家長聖誕慶祝
Christmas Celebration for Parents



夏季旅行
Summer Trip

- 我們每月都有一次聚會。邀請講員負責不同的講座，如資金管理、育兒、情緒及精神健康、遺產計劃、治療方法、營養及煮食等等。
- 可以全家參與的特別活動如手工藝品工作坊、焗製麵包及甜品、音樂治療、暑期郊外活動等。
- 每週舉辦的「特殊需要兒童空手道班」
- 為有特殊需要兒童及青少年的華人家庭而設的資訊日
- 情人節的愛筵和感恩節的恩筵

- We meet regularly once a month. We invited speakers to hold workshops on various topics like funding, parenting, emotional and mental health, estate planning, treatment methods, nutrition, and cooking.
- Special activities that can involve the whole family to participate like crafts & arts workshops, baking activities, music therapy workshops and summer outings
- A weekly Special Needs Children Karate
- Special Needs Resources Fair
- "Love Feast" on Valentine's Day and a "Thanksgiving Feast" on Thanksgiving

在2019年8月起，我們的服務延伸至列治文中信中心，每兩個月都有一次講座，為大溫南部有需要的家庭提供另一個聚會場所。

We have also begun to extend our support group service to Richmond CCM Centre, in August 2019. We hold workshops bimonthly and try to provide another meeting location to fit the needs of some families who live in further south of the Lower Mainland.

在新冠狀肺炎大流行期間：

During the COVID-19 pandemic:

- 「不一樣的家長」互助組在社交媒體中繼續聯繫
- 我們在網上舉辦不同的講座，例如每週由 POPARD 準備的訓練。我們更有遠至滿地可的家庭突破地域界限與我們一同學習！
- 開展了再重用布口罩的計劃，將大約1,100個口罩給與 joy fellowships、Lower Mainland Down Syndrome Society 及 Autism BC，再由他們分派給社區中有需要的人士。

- Parents in our support group stay connected through social media.
- Continued to host workshops through online platform, such as weekly virtual sessions with POPARD (Provincial Outreach Program for Autism and Related Disorders). Geographical boundaries were broken through when participants from as far as Montreal joined us online.
- Launched "reusable cloth masks" project, in which 1,100 masks were made and given to people with disabilities through joy fellowships, Lower Mainland Down Syndrome Society, and Autism BC

這些都令到有特殊需要兒童的家長在這艱難的時候仍感到支持和聯繫。他們很喜歡我們的服務，而在講座中汲取了很多有用的資訊。

These help our parents with special needs children to feel connected and supported at this challenging time. The response was very positive and the learning was fruitful.

滿地可中信中心希望通過舉辦各種活動和講座，與有特殊需要兒童的家庭建立起一個長期關懷與支持的關係，除了分擔他們的家庭壓力，更願改變他們與社會隔離的狀態，建立起對基督有歸屬感的精神平台。我們的團隊是由給予屬靈指導的牧者，特殊需要兒童的父母們，相關及有經驗的專業人士，及對此項事工有負擔的義工組成的。

自 2019 年展開服務以來，活動的設計均環繞上述目標：

1. 幫助家庭建立自我提升生活的能力：

- 「自閉症兒童營養調理」講座系列
- 「應用行為分析治療」培訓課程、工作坊及討論會
- 專題講座：幫助家長們認識加拿大政府提供的資助計劃、有關機構的信息、未來就業的可能方向以及家庭財務安全的安排等。

2. 幫助及時獲得相應的社會資源及相關資訊：

將相關資料收集工作逐步系統化，聯絡更多專業人士，為有需要家庭提供更多及時資訊。我們曾經幫助有些家庭改善與社工、專業師及學校的關係，及某些家庭在短時間內得以與醫生聯繫進行評估及診治。

3. 建立互助平臺，豐富社交生活，增強歸屬感，改變與社會隔離的狀態：

我們更特意組織和安排一些小組內部互動活動，如感恩節分享聚餐和步行籌款日。讓家長們能分享他們的一技之長或育兒的心路歷程，讓他們和孩子能勇敢地走出來站在人前，成為他們自己的代言人。



聖誕節聯歡聚會
Christmas celebration



主題講座
Theme talks



講座兒童照顧服務
Child care at talks



生日會
Birthday celebration

4. 同工義工們齊心協力做主工，個人靈命不斷成長：

我們參與服事的義工都是獻上自己的時間及最好的恩賜及資源服事與他們素不相識的家庭。當我們看見有特殊需要兒童舉起自己的小手，隨著音樂的節奏和大家一起律動時，或是有家庭覺志信主時，又或是每一次跨越難阻及挑戰後，我們都備受感動和鼓舞，深深體會到主的恩典夠用。這些鼓勵都能幫助事工團隊隊員個人靈命的成長。

Montreal CCM Centre's plan is to establish a long-term care and support relationships with families with special needs children, share their burden, break the social isolation, and cultivate a spiritual platform with a sense of belonging in Christ. Our team consists of pastoral staffs offering spiritual guidance, parents of special needs children, related occupational therapists, and volunteers passionate in this ministry.

Since our services began in 2019, our activities have been focusing with the plan above in mind:

1. Tailored lectures and training programs

- A lecture series on diet for autistic children
- ABA training course and workshop
- Topical presentation: helping parents to know about the financial aid offered by the Canadian government, organizations helping the autistic children, potential employment fields for children with special needs, and strategic planning for household financial security.

2. Assisting families to obtain information and access to mainstream support network

Our ministry team is working on a more systematic way to gather information and reaching more professionals, to provide relevant information for families with special needs children. We had helped families to restore their relationship with social workers, therapists, and school, and also to reach doctors to receive timely evaluation and treatment.

3. Establishing platform to cultivate mutual support, enrich social life, enhance sense of belonging, and break the isolation with community

Our ministry team specially arranged internal small group activities, such as Thanksgiving Sharing & Potluck and J-Walkathon funding raising activity, to allow the parents to share their strength and parenting journey with each other, and to allow the parents and children speaking out their needs to the public bravely and become their own representatives.

4. Coworkers and volunteers serving together and gaining personal spiritual growth through ministry

Our coworkers and volunteers are offering their best to serve the families they had never met before. When we witness a special needs child lifting her little hand up and waving in the rhythm with everybody, families made public declaration to receive Jesus Christ as their savior, and all kinds of challenges resolved at the end, we are deeply touched and encouraged by God's blessing. These encouraging moments help the spiritual life growth of our team members.

化了裝的 祝福BLESSING IN DISGUISE

胡楊明珠 Margaret Wu
Family and FSCD Liaison

自 2010 年底開始，卡城中信中心得到亞省政府 Family Support for Children with Disabilities (FSCD) 的撥款，聘請了華語家庭服務聯絡員。聯絡員的工作，包括幫助不諳英語又有特殊需要兒童的家庭，向政府申請支援服務。筆者就是服務這個特殊群體的聯絡員。

由於小兒有自閉症，所以在母親角色上，我與特殊兒童父母是「同路人」，在工作崗位上，是他們的「同行者」；也像一度橋樑，幫助各家庭得到適切的支援，又好比一盞油燈，讓他們在漆黑的夜裏能以繼續前行。他們面對的掙扎和困難，都扣動著我心弦深處。

月前，政府為了控制疫情，敦促市民留在家中，人與人之間要保持社交距離，孩子們（包括特殊兒童）都不在學校上課，很多父母立時要把生活調整，在家看顧兒女，對於有特殊需要孩子的家庭，簡直就是翻天覆地，百上加斤。自從全城進入「封閉狀態」之後，頓然對兒子有新的瞭解。正當各行各業急劇轉型，人們加速把互聯網納入生活之際，小兒卻運作如常，跟先前沒有兩樣，因為「自我封閉」正是他一貫以來的生活模式，網絡世界和電腦科技剛好是他熟悉又擅長的領域。這時候的他，「華麗轉身」倒過來幫助我，成了我的「橋」和我的「燈」。

感恩！誰能料到，特殊需要子女原來是「化了裝的祝福」？

Since 2010, Calgary CCM Centre has been using Alberta's Family Support for Children with Disabilities (FSCD) grant to employ me as the Chinese Family Service Liaison. My responsibility is to help families with special needs children and limited English skill to apply supports from the government.

As my son is autistic, I have similar experiences with other parents who have special needs children. In my role as these families' liaison, I become a bridge and accompaniment for them to acquire relevant support. I am also a lamp for them to walk through their darker moments. The challenges and struggles these families are facing tug at my heartstrings.

Due to COVID-19, we are advised by the government to stay home and maintain physical distance with others.

Children (including special need ones) cannot go to school to learn. Many parents need to adjust their schedule and lifestyle to look after the children at home. For families with special needs children, it has been a very stressful and upside-down experience. Since the lockdown, I gain a new perspective of my son. With many businesses adapting and people adjusting, my son is unaffected, as self-isolation is actually his normal lifestyle. His strength and familiarity with online world and computer technologies come to my rescue. He has become my bridge and light!

Thanks God for bringing an unexpected and "disguised blessing" through our special needs children!



作者：左一 Author: First from left

不同時間中不同方式的 共同探索 Navigating Together In Different Forms At Different Times

Size

大約三年前我決定回流 Calgary；抵步後，所有地方都看似熟悉，但對很多事情都覺得很陌生。輾轉下認識了 FSCD Liaison, Ms. Margaret Wu。當時在電話中聽到一位又溫柔又與自己講同一語言的她，真的感到份外親切。Margaret 不但教導了我很多事情，還鼓勵我參加很多在中信舉辦的講座。在講座中，我不但取得很多資訊，還遇見很多同路人，開始令我覺得不再孤單。

後來，我回應天父的呼召成為了中信義工。我喜歡做義工，因為是一件非常有意義的事，藉此幫助中信的同事和到中心求助的人；我也可以改變環境，減輕平日教小朋友的壓力。這段期間，我發覺原來只是幫人打個電話或在網上找些資料，就能換來一個燦爛的笑容。

其後我因找到工作而離開義工崗位，但奇妙的事繼續來：天父又安排我認識了中信的輔導員 Angela。她那充滿動力和善解人意的性格，令我們一家人很容易與她溝通；Angela 也讓我有一個機會表達一些帶小朋友的壓力。這樣我與中信的關係又得以延續。

最後，我想再次多謝中信同工 Queenie、Anne、Karen、Cecilia 等各人！願主保守帶領，賜福你們！

I have decided to come back to Calgary 3 years ago. Upon arrival, everything seems familiar, yet strange. When I first came to know FSCD Liaison, Ms. Margaret Wu over the phone, I felt home as I heard a kind voice which spoke the same language as mine. Margaret taught me a lot and encouraged me to join quite a few CCM's workshops and seminars. At the workshops and seminars, I did not only gain a lot of useful information, but also meet a lot of people with my similar situation. I begin to feel not alone anymore.

I was then called by God to become a CCM volunteer. I enjoy being a volunteer because it is meaningful. I can help CCM's staff and also people who came to seek help. Moreover, the volunteering helped to relieve my stresses from adjusting to new environment and teaching children. I realize a simple phone call or some information searched for them can exchange with a bright smile.

Due to work, even though I had to leave my volunteer role at CCM, my relationship with CCM did not end. God leads me to meet Angela, a CCM family counselor. Her energetic and empathetic personality made my family at ease in communicating with her. She also helped me to voice out stresses that I experienced in teaching children.

Lastly I would like to thank the staffs of CCM: Queenie, Anne, Karen, and Cecilia! May God continue to bless and lead them!

家長回應 RESPONDS FROM PARENTS

溫哥華 VANCOUVER

感恩能夠參與中信在感恩節所舉辦的恩筵。這一年對我和兩個小朋友是艱辛的一年，因為他們的父親在三月去世。而且，我們在加拿大沒有任何親戚，所以一直都沒有在感恩節慶祝。這次恩筵是一個難忘的經歷。

Thanks to CCM for organizing the Thanksgiving Dinner. This has been a hard year for my 2 kids and myself. My kids just lost their father in March. As we do not have any close family members here in Canada, so we have not celebrated any Thanksgiving in all these years. The feast with CCM was such a wonderful experience.

溫哥華 VANCOUVER

在這邊出去用餐確實很難，因為女兒對環境很敏感，地方是否狹窄或者排隊等各種因素都要考慮。你們用心組織的晚餐，味道很好，女兒吃得很開心，吃了很多。謝謝你們對特殊家庭的關注及努力的幫助我們，真的很溫暖！

It is difficult to eat out, as my daughter is sensitive to the environment. We have to consider if the place is roomy enough and if there is lineup needed. At the feast prepared by CCM, my daughter ate a lot and enjoyed it very much. Thanks for your care and support to special needs families. It gives us much warmth!

溫哥華 VANCOUVER

作為一個特殊孩子的家長是上主給我們一個非常大的考驗。但是有像中信中心的互助組給予我們很大幫助，因可以互相支持和交流。Mable 及其他工作人員給予我們很多訊息，提供相關機構方便我們求助。我鼓勵相同情況家長參加，不要害怕，因為你不會感覺孤單無助。

It's a great test by God as parents of special needs children. However, with the help of CCM, we can support and encourage each other. Mable and other volunteers have provided us a lot of information, and connected us with related organization for further assistance. I encourage other parents with special needs children to join us. You will not feel lonely anymore.

滿地可 MONTREAL

「營養知識得到了大更新」

「原來我們並不孤單！」

「認識了很多新朋友，得到了很多鼓勵和關懷！」

「每次聚會總是收穫多多！」

更有家長呼籲其他父母：「別讓事工團隊累趴下」

"My knowledge on nutrition is greatly refreshed."

"We are not alone."

"I got to know a lot of new friends, and received lots of encouragement."

"I always learn so much at each event."

Some parents encourage other parents to act, "Do not let the ministry team burn out."

特別報告 ANNOUNCEMENT

董事會主席馬叔和醫生 from our Chairman, Dr. Ian Ma

中信的總幹事譚卓全博士將於本年九月一日退休。我們感謝譚博士在過去五年來對中信的付出及委身。我也在此請大家懇切代禱，求神帶領新的總幹事帶領中信未來的事工。

Please be informed that our Executive Director, Dr Thomas Tam will retire from the present position on September 1, 2020. We thank Thomas for his dedication and commitment in serving CCM Canada in his fifth year. I would also like all of you to pray fervently for God to give us a new ED to lead CCM Canada in the years to come.

請為中信特殊需要兒童及家庭支援事工代禱：

Please pray for Special Needs Children and Family Ministry:

1. 求神感動及安排足夠的義工加入我們在不同社區的服事團隊。
Sufficient volunteers in joining our team in various communities.
2. 求神預備專業人士為到這些家庭提供及時的專業指導。
Professionals that can provide important information and guidance for the families.
3. 讓我們的團隊得著快捷精準及適切的信息和培訓。
Our team can have correct, timely, and relevant information and trainings.
4. 讓我們有足夠的空間及設施進行有關的活動。
Venues and sufficient space for us to hold various activities.
5. 為這些家庭有足夠的經濟能力應付生活及治療費用。
Financial needs of the families for their livelihood and medical expenses.

代禱欄
PRAYER
CORNER



中信中心
CCM
CENTRE

	地址 ADDRESS	電話 TEL	傳真 FAX	電郵 EMAIL
溫哥華 Vancouver	4533 Kingsborough Street, Burnaby, BC V5H 4V3	604-877-8606	604-877-8676	burnaby@ccmcanada.org
列治文 Richmond	#2320-8260 Westminster Hwy., Richmond, BC V6X 3Y2	604-285-0552	604-285-0582	richmond@ccmcanada.org
卡加利 Calgary	#209-108 3rd Ave. S.W., Calgary, AB T2P 0E7	403-233-8763	—	calgary@ccmcanada.org
愛民頓 Edmonton	#102-6030 88th St., Edmonton, AB T6E 6G4	587-982-8111	—	edmonton@ccmcanada.org
多倫多 Toronto	#3107-4438 Sheppard Ave. E, Scarborough, ON M1S 5V9	416-291-3202	647-436-4768	toronto@ccmcanada.org
滿地可 Montreal	#102-870 Decarie Blvd., Saint-Laurent, QC H4L 3L9	514-878-3113	514-878-3113	montreal@ccmcanada.org