

臨別感言  
Parting Reflection

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

剛從社交媒體收到兩張感人的圖片，一對熟悉的牧師夫婦，在雨中為一個敘利亞難民家庭搬屋。這個敘利亞難民家庭在戰亂中逃離家園，在難民營等候多年，才被一群本地華人基督徒申請來到加拿大定居。

這兩幅的照片令我聯想到耶穌在路加福音十章講到有關好撒瑪利亞人的故事。耶穌回應律法師的問題，如何才可以承受永生。耶穌清楚指出，愛神和愛鄰舍就是我們信仰的核心。

在中信全時間事奉五年，神很清楚給中信一個獨特的異象，就是協助本地基督徒群體，透過全人關懷，將基督愛的福音，傳揚開去。

在疫情期間，我們更經歷福音的大能，透過在患難中看顧孤兒寡婦，對弱者的關懷，貧窮人的施贈，受壓制的支援，孤單者的同行，讓基督的福音顯現人間。

承受永生不再是一張免費上天堂的門票，而是接受耶穌基督的邀請，生命更新，進入社群，愛鄰舍如同自己。

神啊！願祢的國降臨。

From social media, I received heartwarming photos showing a pastoral couple with whom I am familiar, helping a Syrian refugee family move in the rain. The family fled their war-torn home, awaiting in a refugee camp for many years before a group of local Chinese Christians applied for them to settle in Canada.

The photos remind me of the Good Samaritan story recorded in Luke 10. An expert of law asked Jesus, "What must I do to inherit eternal life?" Jesus definitively answered, "Love the Lord your God and Love your neighbor." This is the core of our belief.

During my ministry here in the last five years, it is evident that God gave CCM a special mission. Our vision is to help local Christian communities spread the love of Christ through holistic care.

During the pandemic, we witnessed the mighty power of the Gospel. The love of our Lord manifested itself among our communities through care of widows and orphans, the vulnerable, the poor, the oppressed, and the lonely.

Inheriting eternal life is not about receiving a free ticket to heaven. The purpose is to accept the invitation from Jesus Christ to renew our lives, to dwell among His people, and to love our neighbors as ourselves.

Oh God, may Your Kingdom come!



# 精神健康事工 MENTAL HEALTH MINISTRY

許婉華 Queenie Hui  
精神健康事工策劃小組主席

Chair of Mental Health Ministry Task Force

**新**冠肺炎對人類精神健康的威脅不下於身體健康。加拿大最大的精神科教學醫院及研究權威「成癮及精神健康中心」數據顯示，由今年五月開始，焦慮、酗酒、孤單及抑鬱是18歲及以上人士四大問題，酗酒的情況於四十歲以下成人及六十歲以上人士更有上升趨勢。基督的愛激勵教會走入人羣及愛鄰舍；但精神健康確實是專門科目，專門的裝備也實在需要。

有見及此，加拿大中信推動「精神健康事工」，望能與精神病患者、教會及社區同行。首個項目已於八月廿二日至九月十一日舉辦，名為『提起「精神」：讓信仰與精神病患共舞』。此網上

研討會在內容及形式上都是加拿大華人信徒中一大突破。在預錄的三小時內容中，有信徒打破沉默、分享精神病患中的信仰歷程；亦有蔡偉文醫生及陳玉駒牧師的循循教導。研討會有過千人登記，以下是一些參與者的迴響：



COVID-19 affects both of our physical and mental health. The Centre of Addition and Mental health, Canada's largest mental health teaching hospital and one of the world's leading research centres, found that the top four problems among adults over 18 since this May are: anxiety, alcoholism, loneliness, and depression. It also found that there is an upward trend of alcoholism among adults younger than 40 and older than 60. Since mental health is a speciality, churches need to be equipped accordingly to provide appropriate care and love for the ones in need among us.

Due to this, CCM Canada initiates "Mental Health Ministry" to promote awareness on this topic in churches and communities, with the hope that we can walk alongside patients with mental illness. Between August 22 and September 11, we hosted a mental health virtual summit: "Let's care about mental illness in church", which was a

first among the Chinese Christian community. During the 3-hour pre-recorded summit, we have Christians sharing their faith journey with mental illness, and Dr. Thomas Choy and Rev. Terence Chan delivering valuable and informational teachings. We have over 1000 people registered for the summit. The followings are some of the feedback:

感謝神透過這個講座，以專業及系統性的教導，讓我再次了解及認識何謂精神病患。在生活當中及教會裏，都曾接觸到精神及情緒有困難的朋友、肢體，甚至家人。我在教會中亦參與關顧的服事，講員提出的方法我大都在使用，但他們提及的禁忌我就更多的觸犯。感謝神，藉此講座，不但增添我的專業知識，在關顧的技巧上也有更多專業的指引，十分寶貴！

Thank God for the summit. The systematic and professional trainings have renewed my understanding on mental illness. I have encountered many friends, Christians, and family members struggled with mental and emotional problems at life and ministry. I found myself using many methods taught by the speakers, but also making many mistakes mentioned by them. Thank God that I have gained professional knowledge and acquired many precious caring techniques with guidance!

Monica

首先，感謝中信製作了這個「貼心」又「貼地」的節目。從信徒坦誠的分享、專業人士的講解、到牧者的教導和反思，喚醒了我們關注精神病患者。蔡醫生簡潔清晰地講解精神病，讓普羅大眾都聽得明白。其中，我特別喜歡他帶領我們去理解「精神病康復」這個概念和過程，十分到位，也澄清了一些謬誤。陳牧師引導聽眾，特別是教會去正視精神病，弟兄姊妹如何在患者病患和康復的過程中表達關顧。我相信教會裏有很多熱心的信眾願意幫助精神病患者，只是不懂如何做。今次的講座提出了很多建議，具有參考價值。面對日益複雜的社會環境，大眾的精神健康亦受到莫大的挑戰！雖然教會不是醫療機構，但是可以向患者提供適當的環境和支持。特別是在華人圈子裏，幫助中國人認識精神病，破除禁忌，能為更多人打開醫治之門。願神繼續祝福中信的工作！

Thank CCM for this relevant summit. Through the honest testimonies by other Christians and grounded teachings by the professionals and pastors, I am inspired to care patients with mental illness. Dr Choy's explanation of mental illness is clear and easy to understand. I particularly enjoy his sharing on the recovery process, which is practical and has cleared up a lot of misunderstanding. Rev. Chan focused in helping the church to aware and provide care for members with or recovering from mental illness. I believe many Christians are willing to help, but just do not know how. The summit has provided a lot of valuable lessons to face the complexity of our world and the challenges related to mental health. Even though churches are not medical institutions, they can still provide support, care, and safe space for patients with mental illness. I believe we, especially Chinese, need to break the taboo of mental illness. With the correct understanding of it, we can help many to get proper treatment. May God continue to bless His work at CCM!

Zenobia



講員  
蔡偉文醫生 Dr. Thomas Choy



講員  
陳王駒牧師 Rev. Terence Chan

此研討會只是『提起「精神」』同行計劃的起步。在未來兩年，加拿大中信會顧及不同年紀及語言的華人，致力推行：

- 一、社區教育：透過一連串的全國性講座，協助社區人士及教會深入認識在新冠肺炎下急升的精神病患及問題，例如抑鬱症、自殺、焦慮症、成癮及家暴；
- 二、關顧精神病人的訓練課程，望能與教會及社區羣策羣力，共同渡過新冠肺炎所惡化的精神健康難關；
- 三、精神病患者康復小組及家人的支援小組；
- 四、病患者、家人及關顧者的靈命成長；
- 五、倡導工作。

透過此同行計劃，望能叫精神病患者重新得着接納、尊重及價值，並叫教會能蒙主祝福、加能賜力，成為主耶穌給有精神病患者安歇及得力的地方，阿們！

This summit is only the first of a two-year mental health companionship program geared for Chinese of different ages and language groups:

1. Community education. We will host a series of national seminars to help churches and communities to understand mental health related problems, such as depression, suicides, anxiety, addiction, and domestic violence, that were surged during pandemic.
2. Caring trainings: We will serve together with churches and communities to walk alongside patients with mental illness and to help them overcoming the challenges brought by the pandemic.
3. Support groups: We will connect patients and their families to build a support network.
4. Spiritual growth: We will provide holistic & spiritual care, for patients, their families, and the caregivers.
5. Advocacy.

We believe all these can help patients with mental illness to regain confidence, respect, and self-worth, and help churches to become a place for these patients to receive blessing, rest, and strength from Christ. Amen!

## 給教會的小貼士 Tips for churches

蔡偉文醫生  
Dr. Thomas Choy

- ✓ 認識精神病都是我們軀體上、身體上健康的問題  
To know mental illness is a health problem
- ✓ 明白沒有一個信仰能叫信徒對精神病免疫  
To understand that no belief and religion can prevent the believers from mental illness
- ✓ 更多整全的教導，將神的話語應用在我們現在的文化、社會裡面  
To have more holistic teaching, and to apply God's Words in our present culture and communities
- ✓ 裝備及鼓勵弟兄姐妹和患病者做夥伴、做朋友，肯定病患者的價值，讓他們經歷到愛  
To equip and encourage members to walk alongside the patients, acknowledge their worth and let them experience love in the process
- ✓ 做他們忠實的守望者及通報者  
To be their faithful watchers
- ✓ 要知道自己助人的極限  
To know our limits in giving help





# 計劃 CAMPAIGN

一支持、雙倍力量  
DOUBLE YOUR IMPACT NOW

在新常態中，提醒自己注目在神的憐憫和恩典中，立志繼續服侍社區中的弱勢社群，為他們發聲。

*In the new "normal", we remind ourselves to have our eyes fixed upon God's mercy and grace.  
We vow to continue to serve the vulnerable in our community and be the voice of the voiceless.*

## 籌款目標 TARGET \$500,000

是次籌款活動所得的款項將會用於以下四項事工：  
Fund raised in this campaign will be used to achieve the following initiatives:

關懷服務 Caring Services  
精神健康及輔導服務 Mental Health & Counselling Service  
誇文化瞭解認識的機會 Cross-Cultural Understanding  
青年創業及就業 Youth Entrepreneurship/Employment

加拿大中信慈善基金會將會配對 \$500,000，合共一百萬元  
CCM CANADA CHARITABLE FOUNDATION will match with \$500,000, to a total of \$1 million

此計劃需要您的支持，請透過以下中信網站或郵寄奉獻咭（註明：配對基金）作出捐獻  
This campaign needs your support. Donation can be made at the webpage below  
or by mail with donation card (please specify: Matching Fund)

<https://donate.ccmcanada.org>

查詢詳情 FOR INQUIRIES: 604-877-8606 / info@ccmcanada.org



1. 請為「精神健康事工」策劃小組祈禱，求神帶領及賜智慧，為受精神健康問題困擾的人士提供適時及適切的服務。  
Please pray for our "Mental Health Ministry" task force that they have God's wisdom and guidance to plan timely and most needed services for individuals facing mental health problems.
2. 請為我們的財務需要代禱。在疫情下人心困苦，我們矢志在有限的資源下，繼續為他們提供所需幫助。  
Please pray for our financial needs. People are in distress during pandemic and we are determined to continue our supports to them under tight financial budget.



### 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