

疫中關愛

Providing Care during TURMOIL



詹可欣傳道
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你 有否覺得生活中總有大大小小的處境叫我們舉步維艱？正如因著這場疫情，政府所頒布的居家令、社交隔離等措施，就大大限制了我們的活動範圍！但如果我們不固步自封，有勇氣為更好的原因去突破積習和思想，生命就會變得豁然開朗和精彩。例如你可以試用數碼電話和平版電腦上 ZOOM，又或者返璞歸真提筆寫信和打電話，居家仍能與外界保持溝通和活躍啊！

中信疫中關愛我們銀髮一族，誰說人退休後就一定要停下來？長者在家仍然可以發揮正向影響力！正視生、老、病、死教我們更有智慧活出人生！

此外，青年人不需因經濟低迷而感到氣餒，不因缺乏愛而絕望，靠着上帝的力量、加上一個機會、一點幫助和鼓勵，同樣可以步上康莊大道。讓我們一起重建社區吧！

感謝神，「我們既因耶穌的血得以坦然進入至聖所，是藉着他給我們開了一條又新又活的路…」
(希伯來書 10:19-20)

願您得著豐盛生命！

Do you feel there have been many setbacks in our lives? During this pandemic, we are set back by the quarantine protocols, health restrictions, and social distancing guidelines. However, if we think outside the box or break through the habits, we will find our lives are still bright and beautiful. For example, we can keep connecting with others and stay active through new technologies such as ZOOM, or old technologies such as letter writing and voice calling through telephones.

CCM continues to provide care to our silver-haired people. Retirement does not mean we have to stop, instead, seniors can continue to contribute positively to the community at home, and can continue to live their lives to the fullness with the understanding of the real meaning of life and death!

On the other hand, youths do not need to feel discouraged with the economic turmoil, and feel despair with the lack of love in the world. With the strength from our God, and with an opportunity and encouragement provided by CCM, a new and living way is still ahead of them! Let's rebuild the community together!

Thanks God, "since we have confidence to enter the Most Holy Place by the blood of Jesus, by a new and living way opened for us through the curtain, that is, his body ..."
(Hebrews 10:19-20)

May you continue be blessed with a fruitful life!



長者事工

SENIOR MINISTRY

溫哥華 VANCOUVER

鄧穎零 Terries Chow 中信溫哥華中心事工主任 (關顧) CCM Vancouver Centre Ministry Director (Caring)

壹位獨居長者跟我說：「只有 Siri，無論重複問幾多次，都不會嫌我煩。」，從他無奈與無助的回應中，令我們這班關顧者感觸良多！

An elderly who lives alone once shared with me, "Siri is the only one who is not annoyed by my many repeated questions." The helplessness in this comment has stirred up many feelings in us, the ones who care for the seniors.

疫情至今已超過一年了，不少長者在疫情中被迫停止社交活動，除了健康大受影響外，嚴重的孤獨感亦導致許多長者失眠和抑鬱，甚或令原有的病患出現病情惡化的情況，可以說是身、心、社、靈均受影響。

Pandemic has already been going on for more than a year. Many seniors were forced to stop all social activities during this time. Other than their health being affected, the loneliness has caused them to have insomnia and depression, and even worsened their existing illnesses. Basically, the physical, mental, social, and spiritual health of our seniors were greatly affected by the pandemic.

中信中心關顧事工在這段期間想盡方法去關懷長者，盼望遏止孤單感的蔓延，即使見面次數減少，亦盡量善用電話、視像等方式加強聯繫，減低長者的孤獨感。此病雖然可怕，但阻礙不了我們對長者的關愛，陪伴著他們一起渡過難關，願病毒早日退去。以下是參與中信長者事工之參加者的感受：

The caring ministry of CCM has been providing care, through telephone calls and online video calls, to our seniors to keep them connected and ease their loneliness during isolation. Even though the pandemic is scary, it does not stop us from caring our seniors and from walking along with them. Here are some feedbacks from the participants who have attended our senior programs:

中信週三約定里活動 CCM Senior Care Group on Wednesdays

多謝安排視像/電話會議，使我在疫情期間有特定的學習和分享人生經歷的機會，令我們的距離拉近。

Thank you for arranging the online meeting. It has given me an opportunity to learn and to share about my life experiences during the pandemic. It has also shortened the distance with each other.

多謝中信開闢這平台，使我在疫情期間有學習和分享的機會，我從沒想過，看著植物一天一天的長大，是那麼的開心！再次多謝中信中心！

Thank you for the platform provided by CCM! We can learn from and share with each other during the pandemic. I never imagined I can have so much joy from watching my plants growing day by day. Thank you CCM!

不單讓我學懂編織的技巧，更重要的是能送出給有需要的人，倍感有意思，很有滿足感啊！

Beside learning the knitting skill, I felt meaningful and satisfied by giving the finished products out as gifts to the needy people.

在編織組裡大家都有互動及互勉的精神！可以幫到需要的人，更幫助了我善用時間，充實的過好每一天，很有成就感。

In the knitting group, we motivated and encouraged each other. I felt achieved from using my time in fullness to provide care to the ones in needs.



全國長者關顧活動：「耆樂無窮 - 活出圓滿人生」線上講座

National Senior Caring Ministry: "A Joyous Golden Age: Series on Living Out the Fullness of Life"

題目：接種 COVID-19 疫苗的利與弊

Topic: the pros and cons of getting vaccinated



在今次講座內容裏，有專業人士的知識和解答，令到很多人都受惠，現在更明白多了，謝謝呀！

During this workshop, many people are benefited with the knowledge from the professional speaker. We have understood more about the vaccination. Thank you!

我想再次多謝中信中心！理解現時的情況是很需要多些正確的講座，我們仍要忍耐！要有正能量和信心！感謝主！

I would like to thank CCM Centre once again! It is important to have this kind of workshop to provide us with accurate information at the present situation. Thank you God! We have to remain patience and positive, and continue to believe in Him!

溫哥華

VANCOUVER

啟動未來 始於足下

中信青年就業計劃 2021

CCM Youth Employment Program

鄭子禧傳道 Pastor Desmond Cheng 中信溫哥華中心事工統籌（教牧關顧）CCM Vancouver Centre Ministry Coordinator (Pastoral Care)

自從疫情開始，不少的年青人因尋找工作遇上困難而感到沮喪及迷茫。有見及此，加拿大中信開始了青年就業計劃 (YEP) 去支援我們社區中的年青人，讓他們在這不明朗的環境中看見出路。這個計劃首先幫助參與的年青人從認識自己中尋見神所賜與的恩賜及才能，然後裝備他們能在職場上有意義地去建立及發揮這些恩賜及才能。

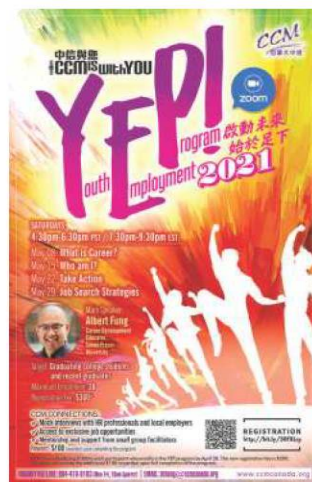
青年就業計劃將會在今年五月的四個週六以網上研討會及工作坊的形式進行。我們邀請了卑詩省西門菲沙大學職業培訓教師 Albert Fung 從基督教的世界觀分享有關職業尋索及發展的體會和經驗。我們亦有一班盡心的導師帶領參與的年青人從自我反思中籌劃一個度身訂做的職業計劃。我們更為參與者提供一些實用的求職工具、職位空缺資源庫以及與專業人事或雇主模擬面試的機會。

聖經告訴我們工作是神的恩賜。雖然工作因人的墮落而變得辛勞，但神是能藉我們的工作去成就祂奇妙的計劃。神邀請我們與祂一同工作，將祂的祝福帶到祂所創造的世界中（創 1:26-28；林前 3:9）。我們相信我們的下一代有很大的潛力，在適當的引導及機會下，他們將在社會中成為基督的使者，為神而發光！我們誠意邀請你成為我們的禱告夥伴，並將這個青年就業計劃告知你的群體，一起建立我們的年青人！

Since the beginning of the pandemic, many young people have felt discouraged and confused as they encountered great difficulties in finding employment. In response to the need, CCM Canada has created the Youth Employment Program (YEP) to support our young people in the community and help them find clarity during this time of uncertainty. YEP is designed to first help participants look inward to discover their God-given gifts and talents. It will then equip and empower them to take meaningful actions to cultivate and express these gifts into service for others in their careers.

The program will take place in the form of live webinars and workshops over four Saturdays in May. Our guest speaker, Albert Fung, Career Development Educator at SFU, will share his insights and experience in career exploration and development based on a Christian worldview. With guidance and mentorship from our dedicated facilitators, participants will learn to forge a personal career through guided self-reflections and creating a career plan. Some highly practical job-searching tools and skills will be covered toward the final parts of the program. Upon completion, a job bank especially created for YEP will be accessible to the participants. Complimentary mock interviews with HR professionals and local employers will also be provided.

The Bible reveals that work is a good gift from God. Though work became toilsome after the Fall, it does not negate God's wonderful purposes in instituting work. We are still invited to be co-workers with God in bringing blessing to his created world (Gen 1:26-28; 1 Cor 3:9). We believe our younger generation has great potentials and are Christ's ambassadors in all realms of culture and society if they are given the right guidance and opportunities to shine. We invite you to partner with us in prayer and spreading the word about YEP among your community. Let us work together to build up our young people!



與年輕人同尋精神健康之路

Starting to Feel Our Way through Youth Mental Health

Rev. Rici Be

中信滿地可中心事工統籌(青年精神健康事工) CCM Montreal Centre Ministry Coordinator (Youth Mental Health)

滿地可

MONTREAL

你曾否想知道你身邊有沒有年輕人的精神健康出現了問題嗎？或是曾向神尋問究竟身邊哪一個年輕人正在精神健康中掙扎著呢？加拿大精神健康協會（CAMH）估計有10-20%加拿大的年輕人正處於精神失調當中，而在12至19歲的年輕人中，有5%的少男及12%的少女患上了嚴重抑鬱症。可悲的是，協會更估計在這年齡組別中，有三百二十萬的年輕人有很大機會患上抑鬱症。

深信關係及身份建立是年青人能否健康成長兩個重要的支柱。神有計劃讓教會去幫助這些年輕人，但對他們面對的精神健康問題，除了只是用一些節目去處理，我們會否自問：

1. 我們的年青人正面對著什麼挑戰呢？（我們能否嘗試去明白，而不是去批判呢？）
2. 教會及其會友是否成為我們年青人所面對挑戰之一呢？（我們會否悔改及尋求饒恕呢？）
3. 教會怎樣才能成為一個安全及不能隱藏的山城好讓年青人能夠坦誠分享他們的處境呢？（我們能否接納他們全人及與他們一起去盼望他們理想中的未來呢？）

當教會：

1. 在幫助年輕人的身份建立及紮根在耶穌及其福音上
2. 作為他們與神建立更深關係的同路人

的同時，若我們能明白年輕人所面對的挑戰，我們就更能夠讓教會朝向正確方向及集中能力去應對。

耶穌及其福音雖然不能解除或令人免疫於精神健康上的各種掙扎，但祂的群體在其他資源配合下，可以成為一個健康及讓年輕人的精神得著茁壯發展的康復空間。

Have you ever wondered "Are there youth around me struggling with their mental health?" Perhaps a better question is "God, who are the youth around me already struggling with their mental health?" The Canadian Mental Health Association (CAMH) estimates that mental illness or disorder is the reality of 10-20% of Canadian youth. If we focus on depression alone, we find that about 5% of male and 12% of female, aged 12-19, have experienced a major depressive disorder and sadly, CAMH warns us that 3.2 million 12-19 years old in Canada are at risk of developing depression.

I believe 2 pillars hold the world and well-being of our youth: relationships and identity formation. God has a plan for his church to help the youth instead of tackling mental health with programs, do we take the time to ask ourselves:

1. What are the challenges the youth face? (And are we ready to seek to understand instead of judging?)
2. Is the church and its members part of their challenge? (And will we ask for forgiveness and repent?)
3. How can the church be a safe and intentional city on a hill for the youth to open up about their realities? (And will we truly welcome them as they are and hope for the future with them?)

Knowing what our youth faces and properly posturing the church will help us focus our efforts to tackle the right challenges as we

1. Present Jesus and the Gospel in a way that will take root in the identity of the youth
2. Journey with them through a personal relationship with Jesus that will affect their other relationships

Jesus and His Gospel do not offer immunity or cure mental health struggles but His community can certainly be a healthy and healing space to contribute to a thriving mental health, along with other resources.

1. 求神緩和種族之間的衝突，使我們能彼此了解和諧共處；
God's help in resolving the conflicts between races, and in guiding us to understand each other and to live in harmony;
2. 為社區中長者身心社靈的健康及年青人的經濟和未來；
Pray for the physical, mental, social, and spiritual health of the seniors, and the finance and future of the youths;
3. 為中信青年創業事工的籌備及安排，和；
Pray for the preparation and coordination of the youth entrepreneurship ministries;
4. 求神為中信安排合適的人選作為總幹事。
Pray for a suitable candidate as the new executive director of CCM.

代禱欄
PRAYER
CORNER



中信中心
CCM
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