

# 將曙光帶進幽谷中

## Bringing LIGHT to the Valley



詹可欣傳道

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當收到家人或是朋友病倒的消息，慰問中總加一句「祝你早日康復」。其實何謂康復呢？很多染疫的病人痊癒後仍要忍受某些後遺症，他們是康復了嗎？如果要患者完全回復到病前的健康狀態才算是康復，那麼對那些難以完全消除病徵或經歷切除手術的病人就更難達到康復了。另外，患有精神病患的朋友，康復就更是漫長的等待。蔡偉文醫生在他的著作「幽谷萌芽」一書中指出病患的康復不應只單看身體的復原。假若病患者能在治療過程中對自己和人生有更多認識和反思，並找到人生新的意義，能善用所有的去發揮所長，祝福他人，其實這樣由病患到更新蛻變也是康復的一種。

這樣對康復的重新定義，給予我們很大的啟迪，讓我們反省當與患有精神病的朋友同行時，除了鼓勵他們接受醫生及藥物幫助，更可以陪伴患者發掘長處、建立新的興趣、重尋和肯定上帝賦予的人生價值，並與他們一起參與服事及祝福他人。當我們的焦點不再是「解決」病症，而是轉到病者的身心靈健康方面，患者更容易能享受上帝所賜予的一切及活出生命的活力。這樣的「康復」更能讓患者在幽谷中茁壯。

對於「健康」的人來說，我們都需要時刻在神面前反思：我們是否不斷被神的話語提醒更新，過著一個有活潑的生命及一個能祝福別的人生。否則，我們也會容易「生病」。願我們互勉之。

「因我們的神憐憫的心腸，叫清晨的日光從高天臨到我們，要照亮坐在黑暗中死蔭裏的人，把我們的腳引到平安的路上。」（路加福音 1:79）

When we hear news of friends or relatives getting sick, "get well soon" is something that we would wish them. But what does it mean to "get well"? Are patients fully recovered when they have lingering long-term effects after they are better? If getting well means returning to the physical state prior to the illness, then there are many who will never "get well." And for those battling mental illness, "getting well" will be a long wait. In Dr. Choy's "Blossoms in the Valley," he stated that "getting well" should not be merely a physical state. If a patient can reflect and learn more about themselves, rediscover the meaning of life, and unleash their potential to bless others, this renewal is also a form of recovery.

This new definition of "getting well" has inspired us to rethink how we should walk with those struggling with mental illness. Other than encouraging them to seek medical help, we can walk with them as they discover their strengths, develop new hobbies, recover and reaffirm their self-worth in God while serving with them to bless others. When our focus is no longer treating the symptoms, but the person's holistic well-being, it will be easier for one to enjoy what God has given them and live life to its fullest. This kind of "getting well" allows them to blossom in the dark valley.

For those who are "healthy" we need to reflect continually to God asking if we are being renewed by His words, and living a life that is active and a blessing to others. If not, we may easily be "sick." May we encourage one another.

*"Because of the tender mercy of our God, by which the rising sun will come to us from heaven to shine on those living in darkness and in the shadow of death, to guide our feet into the path of peace."* (Luke 1:78-79)



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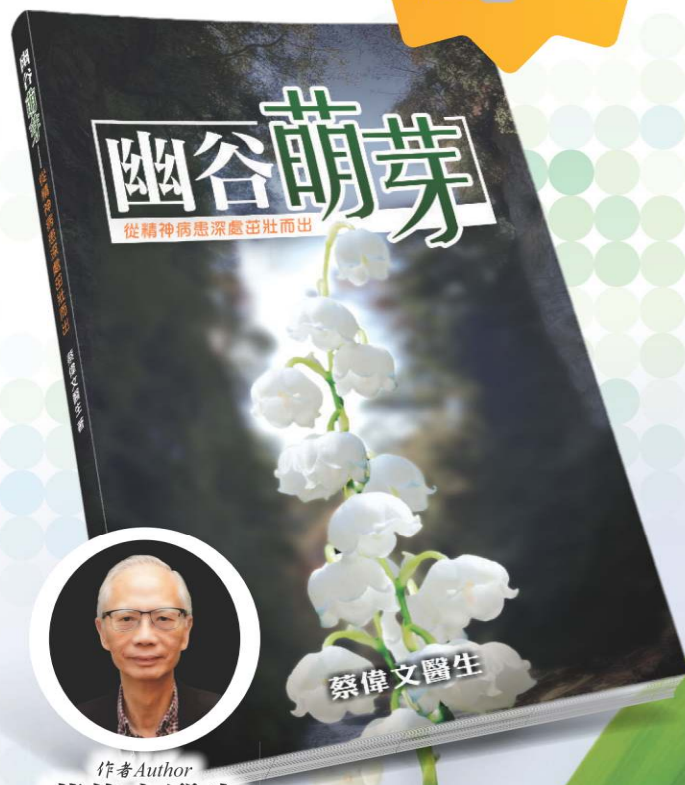
# 幽谷萌芽

從精神病患深處茁壯而出

**Blossoms in the Valley** *Emerging from the Depths of Mental Illness (Chinese Edition)*
每本原價 ~~\$18.00~~  
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要有曙光，在幽谷中的百合花籽也能萌芽，茁壯而出，結出美麗的花朵。蔡偉文醫生在他 23 年作精神病專科醫生的生涯中，看到精神病患者被邊緣化及標籤化，令他深感到若大眾能對精神病有多一點認識，同時對患者有多一點包容、多一點接納和多一點支持，情況便會被大大的扭轉。故他在退休後將他的體會，藉著十個真人真事改編成的同行故事，讓讀者看到患者是有血有肉的個人，以及他們在醫護人員、群體及親朋組成的治療同盟所帶來的曙光，是可以在精神病的幽谷中，茁壯而出的。作者以輕鬆的筆法，讓讀者仿如在他身旁，與十個故事的主人翁一起同行治病路。作者更在書的最後加上詞庫章，好讓讀者們能對精神科的詞彙有更進一步的認識。感謝神，加拿大中信文字宣教事工能與蔡醫生合作出版了「幽谷萌芽」，現正在中信書室有售。

When the light of dawn shines through, lily seeds in a dark valley can still germinate and blossom. During his 23 years medical practice in mental health, Dr. Thomas Choy witnessed many patients were being marginalized and stereotyped. He feels that if the public can be better informed about mental illness, they will have more tolerance, acceptance and supports towards the patients. Situations of many would turn better. Thus, after his retirement, he has woven 10 real-life stories together into this book, "Blossoms in The Valley", to remind his reader that a mental health patient is a real person, who can still grow and blossom in the dark valley of mental illness, with the light brought by the joint effort of medical professionals, community, close friends, and relatives. With a lively style of story telling, Dr. Choy brings his readers to walk alongside with his patients in their journeys of recovery. He has also included a glossary at the end to help his readers to understand more about psychiatric terminology. CCM literature mission is grateful in helping Dr. Choy to publish the Chinese version of this book. It is now available at our bookstore.


 作者 Author  
**蔡偉文醫生**  
 Dr. Thomas Choy


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# 提起精神

## Let's Care about MENTAL ILLNESS

中信精神健康事工  
CCM MENTAL HEALTH MINISTRY

許婉華 卡城及愛城中心主任

Queenie Hui Centre Director, Calgary and Edmonton Centres

我於 2013 年加入中信大家庭，有幸開展屬靈導引事工，從與尋求導引的主內姊妹的分享及數個愛主但患有精神病的朋友經歷中，我深深渴望教會對患精神病的肢體有更多的接納及承載，讓教會不只是一個安心報喜的地方，而是能培育信徒與孤單受苦肢體同行的避難所。

2019 年加拿大研究指出每五個加拿大人中便有一個感到孤單；2020 年初爆發新冠疫情導致孤單問題加劇，人的精神健康惡化，我感到宣揚及實踐主「甘苦與共的愛」是刻不容緩；在卡城及愛城中心的同工及當時的總幹事譚卓全博士的全力支持下，於 2020 年 8 月便開展了中信全國性「提起精神」精神健康事工。

事工有五大方向：社區教育、康復服務、靈命成長、倡導工作及關顧訓練課程，希望能

1. 為華人社區提供正確精神病患的資訊，摒除誤解及偏見；
2. 提供有效的精神保健方法，增強免疫力；
3. 協助精神病患者及家人康復；
4. 協助教會成為精神病患者及家人復元的助力。

若果主願意，中信及教會便能在這抗疫的大時代及往後的日子，實踐主「甘苦與共、同行的愛」，叫那羞愧的、被摒棄的有容身之所及遇到神。

In 2013, I joined CCM family and started to offer Spiritual Direction. Hearing a few directees' sharing and experiencing some faithful Christian friends' struggles with mental illness, I deeply desired churches to be more accepting and hospitable to believers with mental illness, and be a place where not only happiness is safe to share, but also a resting place where lonely people with suffering find companions.

In 2019, studies have found 1 in 5 Canadians feeling lonely. Since 2020, the pandemic has aggravated the issue further and deteriorated the mental health of many. I felt the urgency to walk out the talk of "God's steadfast love and faithful companionship". With the support of staff at both Calgary and Edmonton centres, and our former Executive Director, Dr. Thomas Tam, we initiated "Let's Care about Mental Illness", the national Mental Health ministry, in August 2020.

CCM National Mental Health ministry has five focuses: community education, recovery support, spiritual formation, advocacy, and training to care, with the aims to:

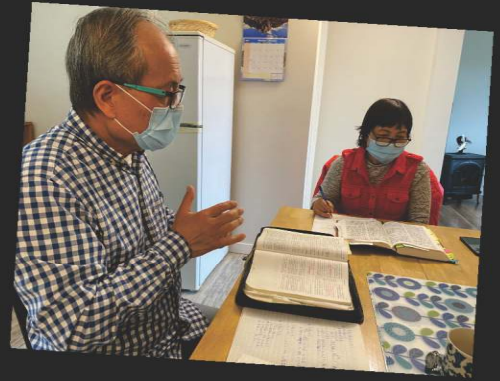
1. provide accurate information about mental illness to Chinese community to reduce stereotypes;
2. enhance individual's ability to protect mental health
3. support the recovery of those who are mentally ill, as well as their family members;
4. equip churches to be supporting places that facilitate brothers and sisters' mental health recovery.

If God permits, may CCM and churches rise up during this pandemic or other disasters to reflect "God's steadfast love and faithful companionship" among those who suffer.



# 走出去 GO

黃學富牧師  
Rev. Isaac Wong



自從放下牧會工作退休後，對宣教仍有很重的負擔。在最近兩年參與了中信小城宣教，每年都會去到卑詩省的 Powell River 停留一個月時間，與當地華人建立友好關係，在閒談中分享福音及信仰問題，也栽培已信肢體靈命更新。疫情期間心裏十分記掛他們，故決定去年九月再次出行，實在看見神的靈每天引導，他們也很歡迎我們的到訪。我們幫助一位初信的姊妹進行了五次查經，並鼓勵她每天的靈修。這位姊妹亦在之後主動來電詢問有關聖經上的問題。我們為這在僻壤中的初苗能成長而感恩！「人子來，為要尋找拯救失喪的人。」（路 19:10）。是神主動去找迷羊，故我們實在不能坐在教會，而是要離開安舒的座位，走向人群，如大使命所說你們要去，使萬民作我的門徒。你願把曙光帶進幽谷中嗎？神昔日問以利亞，你在這裡作甚麼？神同樣在今天也問你在這裡作什麼？你如何回答上帝的呼喚呢？

Since retiring from pastoral duties, I still have a great burden towards mission work. Therefore, I joined CCM small town mission 2 years ago, I visited and stayed at BC's Powell River for a month each year. At Powell River, I have built good relationship with some local Chinese, share with them about the Gospel and faith, and also cultivate the spiritual lives of the believers. As I missed them during the pandemic, I decided to go to them again in September last year. We were warmly welcomed, and had experienced God's guidance daily. During this trip, we led bible study with a new believer 5 times, and encouraged her to have devotion daily. She even called us after our trip to seek answers for her questions about the Bible. We are thankful to witness the growth of a new seed living far away. "For the Son of Man came to seek and to save the lost." (Luke 19:10). It's God who actively finding the lost sheep, thus we should not remain inside a church, but to leave our comfort zone and walk towards the people, as the great commission tells us to "Go and make disciples of all nations." Do you wish to bring the light of dawn to the dark valley? God asked Elijah, what are you doing here? God is asking us the same question today. How are you going to respond to His call?

1. 求神醫治在社區中受著精神困擾的病患者 God's healing to the ones who are suffering from mental illness;
2. 各教會能主動與精神病患者同行，將曙光帶進他們的幽谷中 Churches can take initiative to walk with the ones with mental illness, bringing light to them in their times of darkness;
3. 呼召更多的信徒參與宣教的工作，將靈糧與鼓勵帶到各小城中 More believers respond to God's call to join mission work, bringing spiritual food and encouragement to the small towns;
4. 船運能夠準時到達，讓我們能按時寄出刊物 Shipment can arrive on schedule, so that we can mail out the magazines promptly;
5. 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 for CCM.



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