

# 將藍天WALLS 帶進城廓HEARTS

Breaking through the  
in our



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有位弟兄曾經分享：「城市給人的感覺是繁榮、喧鬧，我們生活在其中，給道道門戶和牆壁分隔，甚至內心也給重重圍困，什麼時候我們才可以掙脫束縛和枷鎖，抬頭望到一片藍天呢？」

過去一年，有機會與中信溫哥華中心的「加男天地」及多倫多中心的「男人新天地」部分成員接觸、參與活動及分享事工需要。這些機會令我感到很難得，我看見這群男士是充滿喜樂、常常感恩及樂意參與服事人群。從談話中聽到他們對從前的懊悔、對家人不夠貼心的歉意，然後怎樣透過參加男士組後，生命得著突破、建立了真誠的友誼、經歷神的更新，並且更願意關心身邊的家人、配偶和鄰舍。作為旁觀者的我，深深感受到這群弟兄從心而發的自由和釋放，友情的可貴及生命的爆炸力！

區祥江博士在他的著作中提到：男人為了安全，常常會在同性間豎立圍牆，以至抹殺同性友誼的發展和更深一層的情感聯繫（從未遇上的男性，1991）。感恩這群弟兄願意懷著勇氣地去敞開自己，靠賴著神厚厚的恩典，不但拆掉他們之間的圍牆，更成為家人及社區的祝福！

感動！感恩！

A brother once shared, "A city is often viewed as free and vibrant, however, we often find ourselves separated from each other by doors and walls, and our hearts entrapped within them. How can we break free from the shackles and see the blue sky above us?"

In the last year, I had the opportunity to meet members of our men's ministry at the Vancouver Centre and the Toronto Centre through some events and share with them the needs of our ministries. I felt these opportunities were precious, as I found these groups of men are full of joy, grace, and enthusiasm in serving our communities. Through our conversation, I heard their regrets of the past, being insensible to their families, and then their transformation through the men's groups to build sincere friendships, experience renewal from God, and become attentive to their family members, spouses, and neighbours. As an observer, I can feel their freedom from the past, the value of their friendships, and the explosiveness of their transformed lives!

In his book, "An Unfamiliar Side of Man" (1991), Dr. Raymond Au wrote, "Men often put walls around himself from other men for his own safety. This prevents them from having and developing a deeper emotional connection with other men." Thank God that the members in our men's ministries are courageous to open up themselves and rely on God's grace. They have not only demolished the walls amongst them but have also become a blessing to their own families and communities.

I am moved and grateful for their testimonies!



## 加男天地



在籌備中信溫哥華中心的「加男天地」時，我們一班籌委的討論主要圍繞着一個問題：「我們能夠為溫哥華的弟兄做些什麼？」轉眼四年過去了，這個不斷被提問的問題終於有了答案。

「加男天地」在2018年開始正式聚會，定下凝聚、同行、更新及服侍為我們的四個重點。有了方向後，便憑著信心啟航！

「加男天地」的弟兄大多數是年紀較成熟的一群，認識新朋友不易，所以面對著凝聚的困難。全賴一些熱心的弟兄，起了帶頭的作用，由小規模的聚會及探訪開始，加上深入坦誠的週會分享，弟兄的堤防慢慢溶化，亦願意掙脫內心的束縛而開放自己，自發參與更多的活動！

要建立同行的關係，我們需要一種態度和一個行動：態度是真誠，行動是聆聽。當弟兄願意敞開自己、心事被聆聽的時候，他們將會被瞭解及接納。弟兄需要的並不是一個指引出路的導師，而是能夠彼此扶持的同行者。

當我們活在繁榮及喧鬧的城市中，心靈長期無法安靜，在無情歲月的擠壓下，思想更根深蒂固，難以作出任何改變及更新！但是透過弟兄之間的互相代禱，將重重的束縛掙脫，生命得以更新！

「加男天地」的存在，本身就是一種服侍。各類型的聚會，如戶外活動、食遍大溫的茶聚、每週的小組分享及自發性的Alpha Course等等，為弟兄之間建立了深厚的情誼，更使凝聚、同行、更新各項目標，透過弟兄間的彼此服侍，得以深化，並把關愛傳揚開去，服侍弱勢社群及有需要的人士。

經過四年的時間，「加男天地」解答了「我們能夠為溫哥華的弟兄做些什麼？」：不是我們可以為弟兄做些什麼，而是弟兄為我們做了什麼；我們不是高高在上伸出援手的救世者，而是和弟兄一同攜手共行天路的夥伴！

感謝加男，因為我們得着的遠比付出多，是你讓我們走出自己的城牆，看到城外的藍天！

When CCM Vancouver Centre began to plan for the men's ministry, the planning committee focused on this one question, "How can we help the brothers living in Vancouver?" 4 years have passed, and we finally got an answer. We started in 2018 with 4 focuses: gather, walk along, renewal, and serve.

As our members are more mature in age and thus not easy to make new friends initially, we experienced difficulty in gathering them together. After some enthusiastic brothers started to lead small gatherings and visitations with deep and sincere sharing, the walls amongst our group began to melt away. The members became more willing to open up and participate in more activities together.

To build a walk-along relationship, we need to have a sincere attitude and a listening ear. When a brother is willing to open his heart to share, and find being listened, he will feel being understood and accepted. What brothers need is not a guide to lead them, but someone who can walk along with.

When living in a vibrant city full of many daily stresses, one cannot easily quiet the mind, make changes, and have renewal! However, through the prayers with other brothers, the entrapments can be broken free and be renewed.

The existence of men's ministry is to serve. Through various gatherings, such as outings, dim sum lunches, weekly gatherings, and Alpha course, we are able to build a deep and loving relationship, in which we spread the love through serving the disadvantaged and the ones in need within our community.

After 4 years, the answer to our original question is not what we can do, but what brothers can do for us. We are not saviour, but merely a partner walking along with others!

Thank you for the Vancouver Men's ministry. What we have gained is more than what we have given. Because of this ministry, many brothers are able to break free from the walls and see the blue sky above.



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中信多倫多中心

男人新天地

MW  
MEN'S NEW WORLD



多倫多中信中心的「男人新天地」已開始了八年半。感謝神保守我們向兄弟們達成【風雨雪疫】都不改的承諾，讓過去 440 多次週會都差不多從未間斷，並且因疫情採用了 Zoom 平台後，平均出席人數由七年前的每週 40 人增至現在的 65 人，參與兄弟不單止在大多市，更擴展至其他城市，如溫哥華、愛民頓、美國侯斯頓、香港等等，甚至一些因身心靈情況而不便出門的兄弟也能參與。

雖然我們這個小組不會討論或宣傳任何宗教，但參與的主內弟兄們都是以生命和言行去活出基督教的信仰。我們是以《提倡真我文化、分享成敗得失、醒察內心幽暗、共創真摯友誼》的核心價值去進行聚會。當我們願意不再戴上面具，而是真誠地分享生命中的得失及幽暗，彼此之間的分隔就能夠被打破，讓我們能夠建立深厚真摯的友誼、消除孤單感及舒緩深藏在心裏的憤怒及憂傷，更有些兄弟因此而悔改得救。

小組是由一個基督徒核心團隊策動管理，各人都是被神呼召而進入這個隊工，按著恩賜互相配搭，事奉充滿喜樂。小組成員年齡從 35 歲到 75 歲，有不同的宗教背景、教育程度及各類型的工作。我們看見不少男士從自卑變得有自信、從自大變得謙卑、從抑鬱病到現在滿是正能量，從不了解太太到現在懂得溝通，讓自己、家人及社區都得到祝福。

"Men's New World" at CCM Toronto Centre has been running for more than 8 years. With God's providence, we kept the promise to our members that we would meet in all weathers, as we had met 440 times with almost no cancellation. Since we started to use Zoom during the pandemic, our attendance has increased from 40 to 65. We have members that came from not just Metro Toronto, but also from Vancouver, Edmonton, Houston, and Hong Kong. We even have members, who are inconvenient to leave home due to their health conditions, joining our meetings via Zoom as well.

Even though our group does not talk about religion, our members in Christ are living out our faith in both actions and words. Our core value is to build sincere friendships through cultivating a culture of truth, sharing of our successes and failures, and reflecting the darkness in our own hearts. When we are willing to take off our masks and openly share our failures and darkness, the walls amongst us can be broken. Then, we can build sincere friendships, eliminate loneliness, and relieve the anger and sadness in our hearts. Several members had even repented and saved in Christ.

Our group is coordinated by a team of Christians, who are all called to serve in our group. We serve each other in joy with our gifts. Our members come from all ages (35 to 75), with many religious beliefs, at various education levels, and from various occupations. We have witnessed members being transformed with confidence and humbleness, from depression to living life with positive energy, and from misunderstanding in marriage to attentive husbands. We have brought many blessing to our members, our families, and our communities.

若您希望認識「男人新天地」更多，請瀏覽我們的網頁：

If you would like to know more about "Men's New World", please visit the following website:

<https://centre.toronto.ccmcanada.org/mens-new-world/>



摘錄自與多倫多中心主任吳贊娟姊妹的訪問：  
Excerpt from the interview with CCM Toronto  
Centre Director Winnie Ng:



八年前多前的某一天，一位正處於人生低谷中的男士進入我們的中心尋求協助。由於當時我們沒有男同工，我只能有限度地幫助他。在此之前，有兩位女同工不約而同問會否在中心開展男士事工。這便驅使我們懇切地尋問神，在大半年的尋求過程中，看見神親自揀選不同恩賜不同性情的弟兄來到我們當中一起尋求、禱告、學習及鼓勵。「男人新天地」便從禱告中誕生。令我最感動的是看見一班男士認真及投入地參與各活動，放下身段謙卑地學習及聆聽、真誠地分享過往對家人的得與失、熱心的關懷別人、並充滿活力地回饋社會。當初那位尋求協助的男士也成為我們的成員，從低谷中走出。「男人新天地」不但改變及祝福一眾男士，也令到他們的家人及社區得到祝福！

One day in more than 8 years ago, a man, who was in the lowest point of his life, came into our centre to seek help. I could only provide him with limited help as our centre did not have any male staff. Before this, 2 of our staffs had coincidentally asked if we would consider developing men's ministry at our centre. Thus, we started to earnestly pray about this. During our discernment of nearly a year, we witnessed God has chosen brothers with various gifts and personalities to join us to seek, pray, learn, and encourage with one another. "Men's New World" was then started. I am mostly touched when I saw a group of men wholeheartedly in participating our various events, humbly in learning and listening, sincerely in sharing their successes and failures, enthusiastically in caring others, and energetically in giving back to the society. The man that sought help that day has become our member and walked out from the dark valley. "Men's New World" does not only bless a group of men, but also bless their families and the communities!

1. 求神繼續帶領中信男士事工，讓更多家庭得福；  
God's guidance in our Men's ministry, such that more families will be blessed;
2. 求神看顧因戰亂而要逃亡的家庭，讓他們找到可安身的地方；  
God's protection to the refugees of the war, and pray that they can find a safe place to settle;
3. 呼召更多的信徒關心社區有需要的人士，熱心及慷慨地幫助們；  
More believers respond to God's call to care and help the people in needs within our communities;
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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