

倚靠主活出璀璨人生
Relying on GOD to live to the **Fulllest**



詹可欣傳道
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您期望你的人生能夠活出璀璨嗎？最近有長輩與我們同工分享詩篇 90 篇，他說我們要過有福的人生包括以下這三方面：得著智慧的心渡日，活在神的愛裡，積極地參與服事。這確是好好的提醒。中信溫哥華中心列治文辦事處在慶祝十五週年的活動中，邀請了多位來自不同背景的中信好朋友來分享他們的經歷。他們在順境、逆境、平凡或高高低低的生活，都願意倚靠從神以來的智慧渡日、活在神的愛裡、聽從神的呼召，以及積極地以服事來回應，讓他們的人生活出璀璨。加拿大中信就是盼望能與鄰舍同行，彰顯神的信實和慈愛，幫助他們活出不一樣美麗的生命！

Do you long to live your life to the fullest? An elder recently shared Psalm 90 with our staff. He said that there are three aspects of living a blessed life: living each day with His wisdom, living in His love, and actively participating in serving Him. This is indeed a good reminder. During the 15th anniversary of our Vancouver Centre Richmond office, we have invited a few of our friends from various backgrounds to share their life stories. Whether in prosperity, adversity, or ordinary times of their lives, they all are willing to rely on the wisdom from God to live their lives in His love and actively responding His calls through serving. CCM Canada hopes to walk with our neighbours, demonstrate God's faithfulness and love, and help them live their lives to the fullest!

請繼續以禱告及奉獻
支持加拿大中信事工
願主祝福您！



Please continue to support CCM Canada
through prayers and donations.
May God Bless you!

序 INTRODUCTION

秦陳慧雯 Elaine Chun

2008年正當全球面對金融海嘯，人心惶惶的時候，中信溫哥華中心逆流而上，選址列治文公眾市場設立辦事處。透過舉辦適合華人的活動，為坊眾提供身心靈輔助，從基督的信仰得到安慰、鼓勵和盼望。

疫情之後，由於面對經濟或家庭困難的人士增多，再加上從香港移居列治文人士增加，我們中心便提供有關精神健康的活動，及為新移民安排各類型的講座幫助他們應付生活各階段實際的需要、幫助他們融入主流社會的生活以及讓他們在徬徨無助時感到人間有情。

作為中信城市宣教同工的我，為的是效法耶穌的認同，走進人群中，扶助不能幫助自己的人、安慰在憂傷當中的人，憑著耶穌的愛、透過關懷、聆聽和同行，讓服事的對象，有機會明白基督的救贖。這是我對接待進出列治文辦事處人士的原則，也是城市宣教存在的目的和托負。

對我來說找到造物主所托負的、不負所托，並且完成托負就是璀璨人生！

值此溫哥華中信中心列治文辦事處慶祝成立 15 週年之際，我們邀請了另外 8 位分享他們活出璀璨人生的經歷，請詳閱以下他們分享的撮要或在網上閱讀全文（中文）：

In 2008, when the world was facing the financial crisis which filled people with anxiety and uncertainty, CCM Vancouver Centre established an office in the Richmond Public Market. Through organizing various events for Chinese, we provide holistic care to the community, and bring them comfort, encouragement and hope through the Christian faith.

After the pandemic, as there are more people facing economic hardship and family difficulties and more immigrants came from Hong Kong, we started to provide mental health related services, and organized various practical workshops to help the immigrants to adapt to the new environment, to integrate into the mainstream, and to feel being cared for during the helplessness times.

As part of Urban Mission of CCM, I follow the example of Jesus, to dwell into the community, to help those who cannot help themselves, and to comfort those who are grieving. With Jesus' love, we help the people we serve to understand the salvation of Christ through our care, listening, and companionship. This is my principle of serving the people who visit our office, and the purpose of Urban Mission.

For me, finding, responding to and fulfilling the call of my Creator is how I live my life to the fullest.

As we celebrate the 15th anniversary of our Richmond office, we have invited 8 guests to share their experience of living their lives to the fullest. You can read the summarized version of their sharing below, or complete version (Chinese only) online:

在乏力中活出璀璨人生 Live to the fullest through Illness

Rebecca Kwan

我在 7 年前被診斷患上了罕見的免疫系統病皮肌炎，加上媽媽在我患病翌年離世，令獨自在溫哥華養病的我身心靈都崩潰了。在這數年無奈及傷痛的日子中，神對我總是不離不棄，用祂的話語來安慰我，更安排很多天使照顧和鼓勵我。在患病期間，繪畫成為我的心靈治療，讓我短暫地忘記痛楚及痕癢。我最希望的是透過畫作及神話語的結合，鼓勵人每天親近神，使他們能在乏力之中活出璀璨的人生。

I was diagnosed with a rare autoimmune disease 7 years ago. With my mother passed away the year following my diagnosis, I felt lonely and emotionally distressed to deal with the illness by myself. But God never abandoned me throughout these years of helplessness and pain. He comforted me with His words and led many angels to care for and encourage me. Painting became my spiritual therapy, helping me to forget the pain and itching temporarily. My greatest hope is to draw people to God through the combination of art and His words, so that they will continue to live their lives to the fullest even when they are feeling weak.

從義工活出璀璨人生 Live to the fullest through Volunteering

Olivia Lau

雖然我只不過是一位平凡的家庭主婦，沒有特別技能及出色的學歷，但在神的帶領及安排，我於十四年前加入成為中信的義工。我曾經在一以服侍婦女為主的聚會中負責帶領小組分享、分享手部護理及烹飪心得等，亦曾參與護老院探訪活動及以介紹基督教基本教義為主的啟發課程。在疫情期間，我亦有參與網上手工及烘焙活動等。在這義工路上，神是元帥一路前行帶領，我只需要信靠順服。義工的經歷讓我這個平凡的家庭主婦活出璀璨人生，在生活上能更明白神的心意，更親近神！

I am just an ordinary housewife without any special skills and academic achievements, but through God's guidance, I joined CCM Canada as a volunteer 14 years ago. I led group discussion and shared about hand care tips and cooking experience at a women's group, participated in visitations to seniors, and served at the Alpha course for Christian faith seekers. During the pandemic, I have helped the online crafting and baking classes. On the road of volunteering, I just faithfully follow my commander, God in leading. Volunteering let an ordinary housewife like me to live my life to the fullest, to understand God better, and to get closer to Him.

從音樂活出璀璨人生 Live to the fullest through *Music*

Kenneth Yick

我從小就喜歡音樂。在 13 歲時買了第一個吉他，開始彈我第一首歌；大學畢業後，便在工餘時教導音樂。於 1976 年移民多倫多，在生活艱難的時候，靠著唱歌學生錄下的歌聲得著安慰和鼓勵。在 1984 年來到溫哥華工作及以音樂事奉。在 2000 年成立了第一隊樂隊，在不同地方演出，逐漸成為專業音樂人。退休後，便到中信列治文辦事處教結他以音樂服侍社群。我覺得自己像一道流通的管子，通過音樂將快樂帶給大家，亦願能夠鼓勵知音人從音樂活出璀璨的人生。

I love music since I was young. I bought my first guitar and played my first song when I was 13. After graduating from university, I started teaching music parttime. In 1976, I immigrated to Toronto. I found comfort and encouragement from the vocal recordings of my students whenever life is difficult. In 1984, I moved to Vancouver to work and served in music ministry. In 2000, I formed my first band, performed at various venues, and gradually became a professional musician. After retirement, I began to serve the community through CCM Canada Richmond Office by teaching guitar. I feel like I am a channel, bringing joy to others through music, and encouragement to my fellow music lovers to live a full life through music.

在風暴中活出璀璨人生 Live to the fullest through *Storms*

Alice Wong

在三十年的移民生活中，曾經面對著不同的風浪。在移民初期，工作上及生活上都面對重大的改變。丈夫 Simon 又在十六年前患上了三叉神經痛症。當時我要照顧兩個青少年期的兒子、年紀老邁的奶奶及每天被疼痛煎熬的丈夫，同時亦要面對兩個房貸、一家生活開支的經濟壓力以及因著股市波動而帶來的大量工作。自己曾經陷入憂鬱症的邊緣亦有離開世界的念頭。在最無助及無望的時候，我終於願意謙卑跪下來向天上爸爸呼求，祂在困難中抱起我跨過死蔭的幽谷，保守我在風暴中活出璀璨的人生。

I have faced many challenges since immigration 30 years ago. At the beginning, I faced significant changes in work and life. My husband, Simon, suffered from trigeminal neuralgia 16 years ago. I had to take care of my two teenage sons, an elderly grandmother, and a husband who suffered from pain every day. At the same time, we faced the economic pressure of two mortgages and living expenses, as well as a large amount of work caused by stock market fluctuations. I was on the verge of depression and had thoughts of leaving the world. At the most helpless and hopeless moment, I finally humbled myself and prayed to our Heavenly Father. He carried me through the valley of the shadow of death and protect me to live my life to the fullest during storms and challenges.

從事奉中活出璀璨人生 Live to the fullest through *Serving*

Pastor Michael Chan

我從少年信主，青年立志奉獻事主，壯年仍為主效力。一路走來雖知不易，但奇妙的是每當面對人生路上的障礙時，主總會帶領我經過。主給每一個屬祂的人，每一位跟從基督的人，堅心要事奉祂的人，所面對的挑戰也特別多，新的問題總是接踵而至。但只要我們在困難面前不放棄，將身體獻上，當作活祭，神的幫助及賜福就自然會來到，我們必能從事奉中活出璀璨人生！

I became a Christian in my youth and dedicated myself to serving the Lord since then. The path of serving was not easy, but the Lord has led me to face and overcome every obstacle. For anyone who believes in Him, follow Him, and dedicate to serve Him, the Lord will challenge him more and put him in more trials. As long as we do not give up in facing the challenges, but offer our lives as a living sacrifice, His help and blessing will come, and we will live our lives to the fullest through serving Him.

從人生決擇活出璀璨人生 Live to the fullest through *Decision Making*

Jackie Cheng

我的一生經歷不斷的起起跌跌：一秒之差，生命就會完結；一日之別，財富就會盡失。感謝神對我永不放棄。祂成為我人生的導師，指教我怎樣數算自己的日子，好叫我得著智慧的心，使我有信心地在每一天作合乎祂心意的決擇。祂亦成為我個人的保鏢，保護著我的性命，使我脫離災禍。我明白到唯有藉著我們的創造主，讚美祂對我們的恩慈，倚靠著祂的能力，按著祂的心意去行，我們便可以帶著勇氣及盼望在這個破碎的世界中活出璀璨的人生。

My life has been full of ups and downs. I almost lost my life in a split second, and lost all my wealth in a single day. I am grateful that God never gave up on me. He is my life mentor, teaching me how to number my days and gain a heart of wisdom, so that I can faithfully make decisions of my life according to His will. He is also my bodyguard, protecting my life and delivering me from disaster. I understand that only through praising the kindness of our Creator, relying on His strength, following of His will, we will have the courage and hope to live our lives to the fullest in this broken world.

從關懷活出璀璨人生 Live to the fullest through Caring

Rita Yu

自從 2009 年完成了中信舉辦的「危疾關懷」基督徒訓練課程後，我便從全職工作中抽出每個星期三的早上參加義工探訪隊。當探訪完病患者，看到他們的無奈，等待死亡時，自己心情很是沉重，好像什麼也幫不了他們。感謝神讓我們一班義工都能在每月一次的祈禱會中互相支持，彼此代禱，再次從神那裡得著力量。以前我總是處於被動，被關懷的角色，現在已懂得主動去關心及慰問其他人，亦懂得耐心聆聽病患者的心聲。藉著關懷事工，我的人生及屬靈生命已不再一樣。受訪的患者因我們的鼓勵而從新得力，從病中活出更璀璨的人生。

After completing "Caring for the Critically Ill" training by CCM in 2009, I started to take time off from my fulltime job every Wednesday morning to volunteer in the visitation team. My heart is saddened when I see the helplessness of the patients on deathbed, as there is nothing I can help. I am thankful that our team of volunteers has a monthly prayer meeting to support and pray for each other, and to regain the strength from God. In the past, I was always being cared for, but now I have learned to take the initiative to care for and comfort others, and to patiently listen to the patients. Through the caring ministry, not just my life has changed, but the patients are also encouraged, and able to live their lives to the fullest during their illness.

從政治活出璀璨人生 Live to the fullest through Politics

Councillor Chak Au

90 年代中期，有很多香港新移民定居在列治文，由於對教育制度不了解及文化上的衝突，導致很多家庭及學生與教育局存在不協調的地方，我在一些朋友鼓勵下決定投身教育部門，嘗試進入體制裡面成為教育局及家長溝通的橋樑，於是在 1999 年參選成為學務委員。然後在 2011 年成為市議員。在從政中最大安慰及樂趣就是能夠「Make a Difference」，在社區的發展過程中有份。以戰戰兢兢的態度回應造物主所托負的、履行所托，讓我能透過從政去為主活出璀璨人生。

In the mid-1990s, there were many new Hong Kong immigrants settled in Richmond. Due to their lack of understanding of the education system and cultural differences, there was disharmony among families, students, and the Ministry of Education. Encouraged by some friends, I decided to become a bridge between the Ministry of Education and parents, so I ran for school trustee in 1999. And in 2011, I became a city councillor. The biggest delight in my political career is being able to "Make a Difference" and to be a part of the community's development. As I cautiously and faithfully responding to our Lord's calling, I can live my life to the fullest without regrets through my political career.



閱讀網上完全版
Read the full version online
(Chinese only)

1. 求神帶領我們去為祂活出璀璨的人生；
Pray God for his guidance to live our lives to the fullest for Him;
2. 呼召更多的弟兄姊妹在各社區見證神恩及愛；
God's call upon more believers to witness His grace and love at our communities;
3. 繼續保守我們的健康，以及各小城探訪隊及海外宣教隊的行程；
His continuing protection of our health, and the trips of our Small Town visitation teams and Overseas mission teams;
4. 讓弱勢人士、長期病患者及其家人得著從神而來的平安、愛和盼望。
God's comfort, love and hope for the ones, who are vulnerable or with chronic illness, and their families.



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