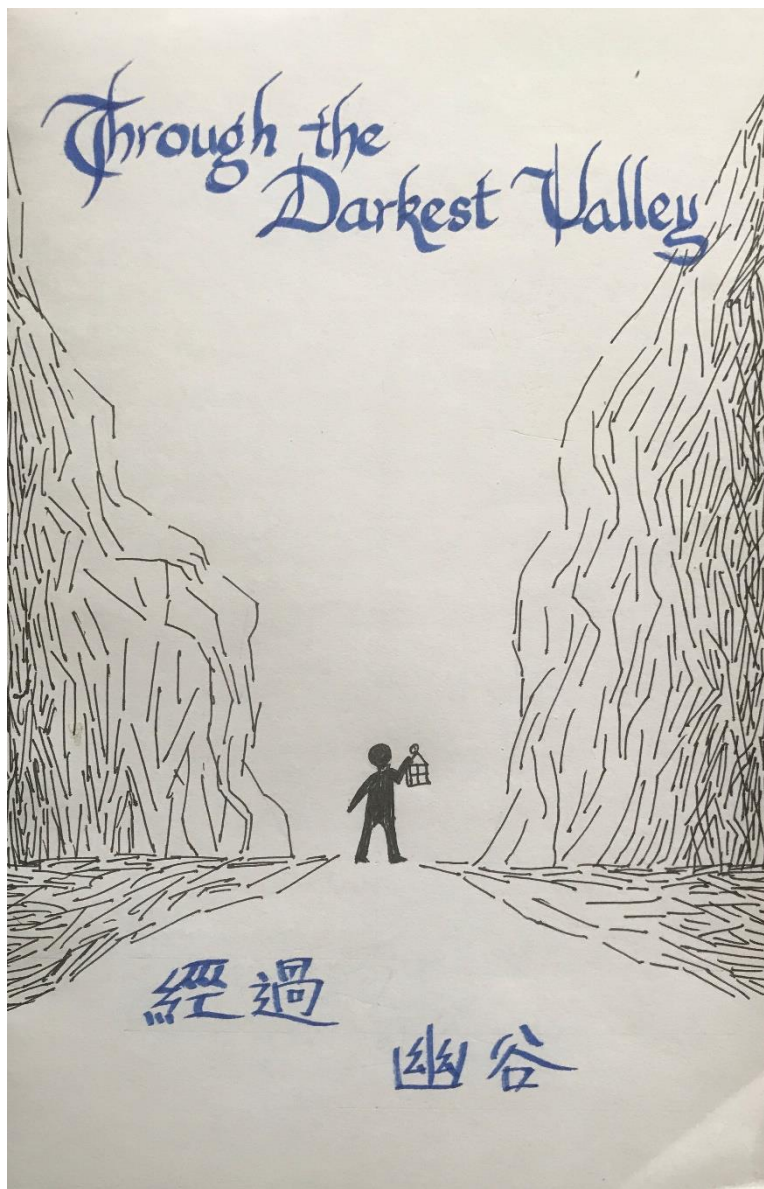


Through the Darkest Valley



經過

幽谷

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「這聖經能使你因在基督耶穌裏的信有得救的智慧。」（提摩太後書 3:15）

最近新型冠狀病毒流感疫情蔓延迅速，瞬息萬變，愈演愈烈。它本來源於地球另一處，起初是隔岸觀火，似乎與我們無關，卻因人類往來穿梭頻繁而席捲全球，從亞洲、中東、歐洲、北美洲，並且南半球的大洋洲、南美洲，全球幾乎無一倖免。影響之鉅，動搖民生、民心、金融、政治。國際反應各異，並且互相推責，此病毒實是全球人類看不見的公敵，盼望基督徒祈禱，喚醒人類僅有基本的良知，發揮互相幫助，愛護鄰舍，彼此守望。在此，屬於基督的群體，耶穌的跟隨者要活出耶穌基督的教導，在世作光作鹽，表彰基督的愛，甚至犧牲精神。

有關耶穌基督和祂的教導盡在聖經（祂的話語）中，我們作為蒙大恩被上帝揀選，被聖靈光照，被耶穌基督救贖的一群，屬於三一神的子民，當在世上活出祂的樣式。現今情況敦促我們反思，對聖經應該有三個態度：

(1) **學習聖經 (Learn the Word)**：這是我們應當，也是必須的，人活著不是單靠食物，乃是從上帝口中所說的一切話，就是傳流到我們手中的聖經，要天天查閱，孜孜不倦，靠著聖靈，好好學習，謙虛受教。因為聖經能夠帶領我們知道 (Know) 認識主耶穌，認識自己的罪，知道如何悔改，認識得救之途徑，得救之方法，得救之信心，得救之恩典，學習上帝的話語乃是一生之久的功課，人人都要學習，不可輕視忽略。

(2) **愛慕聖經 (Love the Word)**：越多學習聖經，越多的明白當中的道理，內心就越甘甜。被聖經智慧所充滿的人外面喜樂，愛慕是由認識產生，認識是由學習產生，越認識上帝的真道，就越被真理改變。因為聖經是上帝口中的話，是帶有生命，是起死回生，是生命供應的養分。渴慕神的話，如鹿渴慕溪水，如樹栽於溪旁，生命得滋潤，茁壯成長。愛慕神說話與生命長大 (Grow) 是分不開，一個喜愛閱讀上帝說話的人，必然在屬靈上有長進，抱著謙卑受教的心，靠著聖靈所賜的悟性，虛心聆聽，必然越走越像我們的主耶穌基督。

(3) **活出聖經 (Live the Word)**：學習生出認識，認識生出愛慕，愛慕生出生命的改變。一

個人完全活在上帝的統治中，心思是上帝的說話，意念是上帝的道理，行為是上帝的教訓。因此，學習聖經，愛慕聖經，很自然就能活出（Show）聖經，這是基督全人生命在世上的顯彰，是基督使者地上的見証。曾聽過有人說：「那些不信的人不讀聖經，但他們會讀『你』。」是的，世界是現實的，基督的信仰，上帝的說話並非紙上談兵，空有理論，故作高深。不，上帝的道最終是要改變人的生命，活出基督，凡跟隨祂的人都被祂呼召、培育、差派出去為祂作見證，領人歸向祂（歌羅西書 1:28「我們傳揚他，是用諸般的智慧，勸戒各人，教導各人，要把各人在基督裏完完全全地獻上。」）上述所有：呼召、培育、差派，盡在聖經裏，上帝已經清楚向人說明。因此，聖經是我們人生的寶訓。努力學習、愛慕、活出，不可偏離。人若說他愛神，卻塞住憐憫的心，忽視有需要的人，就是偽君子，面對汹涌撲來的疫情海嘯，

- 聖經告訴我們一個**事實**：「耶和華坐在洪水之上為王；耶和華坐著為王，直到永遠。」（詩篇 29:10）；

- 聖經給我們一個**安慰**：「不要害怕，因為我與你同在。」
(以賽亞書 41:10)；
- 聖經也給我們一個**應許**：「我留下平安給你們，我把我的平安賜給你們。我所賜給你們的，不像世人所賜的。你們心裏不要憂愁，也不要膽怯。」 (約翰福音 14:27)；
- 聖經更給我們一個**使命**：「要記念幫助窮人。」 (加拉太書 2:10)；

就是在疫情當中，雖然我們顯得左支右絀，但仍然不要忘記你周圍有需要的人，他們可以是你的親戚、朋友、基督徒、點頭之交，甚至是完全不認識的。誠如耶穌基督昔日的教導：作一個好撒馬利亞人。直到今日，仍是字字鏗鏘，直接刺中我們的心坎，剖開陳明我們的自私和軟弱在祂面前，在生命中產生震盪迴響。弟兄姊妹，當你看見身邊受傷和患病的人，需要問問自己，所學習的聖道，上帝苦口婆心屢屢的提醒，聖靈的光照，基督的榜樣，我們能夠視而不見嗎？弟兄姊妹：起來，上帝將你們放在這世代，在這凶險危難的時刻，需要

為上帝作一點事、發一點光。基督耶穌捨命為你，你怎能夠無動於衷呢？你們要嚐嚐主恩的滋味，便知道祂的美善。你真的嚐過了嗎？你願意別人也都有機會嗎？我相信，「你們既知道這些事，若是去實行就有福了。」（約 13:17）。祈禱甚願你們能兌現上帝這寶貴的應許，永遠蒙福：作為蒙福得福的人，也是送福的耶穌跟隨者，與別人一同靠著上帝的恩典和拯救，走過疫情。

Message from Pastor Lawrence Leung

*“and how from infancy you have known the **Holy Scriptures**, which are able to make you wise for salvation through faith in Christ Jesus.” (2*

Timothy 3:15 NIV)

The novel coronavirus, COVID-19, has been rapidly spreading and the situation is getting worse. As the pandemic started, it seemed like it had nothing to do with us. Due to global travels, person-to-person transmissions have affected

almost every part of the world. The increasing number of infections has greatly impacted our livelihood, public mood, the economy and politics. Different countries have varied responses and have even blamed each other for the infection. The virus is our invisible enemy and I pray for the awakening of our consciences during this time to help each other, love our neighbours and care for one another. As authentic Christians and followers of Jesus Christ, we ought to obey His teachings and live out Christ in our lives. For we are the light and salt of the world and we demonstrate His love by caring for others and sacrificing our own needs.

Jesus' teachings are recorded in the Bible, which is God's Word. The Bible says that by grace we were chosen by God the Father, enlightened by the Holy Spirit and redeemed by Jesus Christ. We are the chosen people of the Triune God and we are to follow Jesus' example. Today's situation urges us to reflect on the following three ways to experience the Bible:

- (1) Learn the Word** : Reading the Bible is right and necessary as we do not live by bread alone, but on every word that

comes from the mouth of God. We must be steadfast in studying the Scriptures daily. The Holy Spirit helps us to humbly accept His teachings. The Bible helps us know Jesus, realize our sins, understand repentance, know the way of salvation, learn how to be saved, comprehend saving faith and appreciate saving grace. Learning God's Word is a lifelong commitment for all Christians, and this should be taken seriously.

- (2) **Love the Word** : The more we study the Bible, the better we understand His doctrines. Studying His Word brings sweetness to our souls, fills us with wisdom and we overflow with joy. As we study His Word, we develop understanding and through understanding we develop love for His Word. The more you read the Bible, the more it will transform you, because the Bible is the Word of God, which has the power to resurrect and it nourishes our lives. As the deer pants for streams of water, our souls long for God's Word; like a tree planted by streams of water, His Word nourishes

our lives as we grow stronger. Loving God's Word goes hand in hand with spiritual growth, as one who loves to read the Bible will most certainly grow spiritually as well. The Holy Spirit helps us understand His Word and as we humbly listen, we will become more and more like Jesus Christ.

(3) Live the Word : Learning produces understanding and understanding produces love, which leads to life changes. A person who continually obeys God, fills his/her thoughts and mind with His Word will follow God's teachings. Hence, we must study the Bible, love His Word and this naturally leads us to becoming more like Christ. As ambassadors on earth, we are witnesses for Jesus. You may have heard this saying, "although non-Christians don't 'read' the Bible, they can 'read' you." This is the reality of our belief. Christianity is not just theoretical, with only profound and fancy words, but true Christian faith can be seen, as ultimately God's Word transforms our lives so that

we exemplify Jesus. All His disciples are called, nurtured and sent out as His witnesses to lead others to Christ. *“We proclaim Him, admonishing and teaching everyone with all wisdom, so that we may present everyone perfect in Christ.”* (Colossians 1:28 NIV) God has made it very clear that we must study the Bible diligently, love His Word, obey His teachings and live out our faith. If anyone says that he/she loves God, but shows no compassion and neglects those in need, then he/she is a hypocrite. The following Bible verses demonstrate how God can help us face this pandemic:

- **Fact** from the Bible:
“The Lord sits enthroned over the flood; the Lord is enthroned as King forever.” (Psalm 29:10 NIV)
- **Encouragement** from the Bible:
“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous

right hand.”

(Isaiah 41:10 NIV)

- **Promise** from the Bible:

“Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”

(John 14:27 NIV)

- **Mission** from the Bible:

“All they asked was that we should continue to remember the poor, the very thing I had been eager to do all along.” *(Galatians 2:10)*

Although there are many uncertainties and we may feel that we don't have enough to get through this pandemic, let us not forget those around us who are in need. They could be our relatives, friends, other Christians, acquaintances and those we don't know. Jesus' teachings are still very relevant today and He teaches us to be good Samaritans. His Word penetrates our hearts, as we realize that we are

selfish and weak, and His Word leads to life changing responses. Brothers and sisters, when those around you are suffering or sick, ask yourselves, what have you learned from the Bible? God patiently and continually reminds us through the Holy Spirit to follow Christ's example, so how can we still turn a blind eye? Brothers and sisters, let us take action, for God put us in this circumstance to do something for Him and shine His light. Jesus died for you, how can you be indifferent? Have you experienced God's grace and His goodness? Will you let others have the chance to experience God's grace? The Bible says, "*Now that you know these things, you will be blessed if you do them.*" (John 13:17 NIV)

My prayer is that you will receive His guaranteed promise. As followers of Christ, you will be forever blessed, and may you also be a blessing to others. May you be united together, relying on God's grace and deliverance to overcome this pandemic.

受苦節福音話劇祈禱會 2020. 03. 05

Prepared by 高恆志 Sam Ko

2020 DRAMA - 王者的苦杯 Passion of The Christ

日期：四月四日(週六) 麥恆長老會

四月十日(週五) 翟輔民華人宣道會

時間：晚上七時半

使命與異象

- 盼望接觸更多未信朋友；將福音傳遍整個多倫多，甚至地極。希望藉著不同的媒體 (話劇)，將人帶到神的面前。

我們所重視的是

- 團隊精神
- 對主委身

話劇主題

- 耶穌基督是一位大能的神；因祂掌管萬物，更有醫治的能力。祂因愛我們，而願意走上這條苦路；為眾人犧牲。
-

1. 逾越節是猶太人的節日。這個節日是要紀念上帝在公元前 1513 年拯救以色列人，讓他們脫離_____人的奴役並獲得自由。上帝吩咐以色列人每年要在猶太曆的亞筆月（後來稱為尼散月）十四日慶祝這個重要的日子。出埃及記 12:42；利未記 23:5；申命記 16:1
2. 預備逾越節晚餐
逾越節前，耶穌差派兩個門徒 _____ 及 _____，叫他們進入城內預備逾越節的晚餐。太 26:17-19；可 14:12-16；路 22:7-13
3. 香膏抹耶穌
_____ 拿著一斤極貴的純哪噠香膏，抹耶穌的腳，又用自己頭髮去擦，屋裏充滿了膏的香氣。太 26:6-13；可 14:3-9；約 12:2-8
4. 耶穌預言猶大會出賣主
太 26:20-25；可 14:17-21；約 13:18-30
5. 耶穌設立聖餐
太 26:26-29；可 14:22-25；路 22:14-20
6. 在橄欖山上禱告
耶穌同門徒來到一個地方，名叫_____ 他帶著_____、_____ 和_____ 同去

太 26:36-46；可 14:32-42；路 22:39-46

7. 耶穌被捉拿

太 26:47-56；可 14:43-52；路 22:47-53；約 18:2-11

8. 耶穌在議會受審

抓耶穌的人把他帶到大祭司 _____
那裏去

太 26:57-68；可 14:53-65；路 22:54, 63-71；約 18:12-14, 19-24

9. 彼得三次不認主

太 26:69-75；可 14:66-72；路 22:55-62；約 18:15-18, 25-27

10. 出賣耶穌的猶大

太 27:3-5

11. 耶穌在彼拉多面前受審

太 27:11-14；可 15:1-5；路 23:1-5；約 18:28-38

12. 要求彼拉多將耶穌釘十字架；釋放 _____

太 27:15-26；可 15:6-15；路 23:13-25；約 19:1-16

13. 耶穌被帶去釘十字架：去到一個地方名叫 _____，希伯來話即是 _____。

但由於耶穌受了鞭打，體力不支，多次跌倒，就勉強一個 _____ 人 _____，背起耶穌的十字架。

太 27:32-34；可 15:21-23；路 23:26-31；約 19:17

14. 兩個強盜：一個在 _____，一個在 _____

太 27:38, 44；可 15:27, 32；路 23:32-33, 39-43；約 19:18

15. 耶穌釘在十字架上 - 拆毀聖殿，又能夠在三日重建起來

太 27:39-40；可 15:29-32

耶穌在甚麼時候說過？ _____ (請舉經節)

請為下列已舉辦項目祈禱感謝神：

1. 為劇本多次修改 Script Revision：感謝神賜智慧予他們，將耶穌雖然是神，但願意為人犧牲的一面顯露在眾人面前。
2. 為尋找角色及分配，排演練習的安排。
3. 為這話劇創作一個全新劇名：王者的苦杯。
4. 一月十九日於翟輔民宣道會舉行之演員及工作人員的啟動大會 (Kick-Off Meeting)：將計劃及將來的演出，首先交在神的手裏面，讓主耶穌成為我們事奉的目標，與及這段期間能經歷祂在我們每個人身上的作為。

5. 由於涉及人數及不同幕數非常之多，為到每一場排演練習的編排之複雜情況，需要大家有充分合作的精神及容忍的心。
6. 特別為到長老會參與話劇其中一些角色，讓我們與翟輔民弟兄姊妹能同心同行去事奉主。
7. 高恆志 Sam Ko 邀請麥恆長老會兄姊參與台前幕後不同的角色。
8. 卓承彬 Nelson Cho 飾演約翰，李沛輝 Clement Lee 飾演巴拉巴。
9. 為我們每一個預習排演的過程，讓演員能投入每一個角色當中。
10. 一月廿七日：圍讀(讀稿計時)，二月：分幕排練 Practice by Scene。
11. 為技術組於二月廿二日在麥恆長老會視察場地，設計擴展平台。

為到過去兩個月幾次排練感謝神，雖然當中有困難，但給我們力量去克服。請繼續為以下各樣項目代禱：

1. 請繼續為每一個參加者，給與他們需要負責的部分有好的預備
2. 為演員緊密的排演過程，求主賜他們有智慧及記憶，能去活演聖經中的角色。為兄姊在繁忙的工作上及事奉上，都能有充分的休息

時間。為演員在排練時所需要的記性以及用心去揣摩角色，將最好的獻給神。

3. 為到翟輔民詩班及獻唱人員的排練及準備代禱。
4. 為服裝及道具的安排代禱。
5. 為各人身體健康及靈命代禱。
6. 為到今次新冠狀病毒所帶來的負面影響，求主將這個破壞及殺傷力減到最低。更希望不會對今次話劇造成太大的影響。
7. 為燈光，音響，及化裝的一切準備工作。
8. 為李林綠仙 Lucina Lam，梅羅妙玲 Alice Mui，陳梁秀珍 Cindy Chan 協助化裝，美術，後台幕後工作代禱。
9. 為梁冠球牧師 Pastor Lawrence 及高恆志 Sam Ko 代表麥恆長老會與翟輔民宣道會聯絡。
10. 透過話劇講述耶穌受難前的痛苦經歷，讓基督徒能夠反思，其他朋友能夠認識耶穌犧牲的愛。
11. 當晚停車場交通管理員／天氣／大會流程／招待員／音響設備／攝影／PowerPoint 操作／大堂空氣流通：空氣調節／燈光等。
12. 當晚每一位被邀請與會者：
 - 被邀請者 (邀請者)
 1. _____
 2. _____
 3. _____

(編者按: 雖然話劇因疫情關係已被取消, 仍然希望教友為曾經參予計劃及綵排的弟兄姊妹們代禱, 並反思耶穌受難前的痛苦經歷, 再嚐耶穌犧牲的愛。盼望不久的將來, 在疫情過後可以將話劇公演。)

答案: 1.埃及 2.彼得, 約翰 3.馬利亞 6.客西馬尼, 彼得, 雅各, 約翰 8.該亞法 12.巴拉巴 13.曠地, 各各他, 古利奈, 西門 14.左邊, 右邊 15.見約 2:19

我從前是一個很迷信的人，雖然我一直都在基督教學校讀書，但我卻拜神，拜佛，看相，占卦；只要有人說那個靈，我就會去問。

在香港有兩夫婦是基督徒，曾經勸我信主。我好直接地答他們，我說如果信了主，那麼我信的觀世音，黃大仙，四面佛如何處理？之後，我說不會信，但其實主已經在我生命中動工。之後因為病了，入醫院治療，高燒不退，兼且有先天性腎病，有朋友在我入院時送了本聖經給我，我在醫院開始自己同主說話。因為在醫院住了三個月，之後出院，我有試過自己去教會幾次，都沒有什麼感覺。我每次都是坐最後，又是最早走，以免有教友說探訪或其他的事。

之後我結束香港的生意回到加拿大，在加拿大住居的附近有間教會，便開始去崇拜。那陣子其實是我人生最差的時候，身體不好，情緒低落。但在教會裡認識了一班教友，便開始信主的日子。當我每次遇到困難，我覺得主

給我好多恩典，時常為我安排，主的力量真大！

去年因為食錯藥，昏迷了五天。我丈夫同主說如果我醒來，他便信主耶穌。後來真的醒來，我覺得主愛我就如愛拉撒路弟兄一樣！還有今次我買賣房屋都好多問題，但是神一樣為我解決。現在我老公病了，都是神的愛，使他好起來了，所以神的恩典夠我們用！我要時常讚美祢感謝祢，因為祢時常和我們同在，祢是配得榮耀！求神的聖靈充滿我，提醒我！

感謝主耶穌我們的天父！

詩篇 二十三篇
(詞牌：臨江仙)

黃兆楷

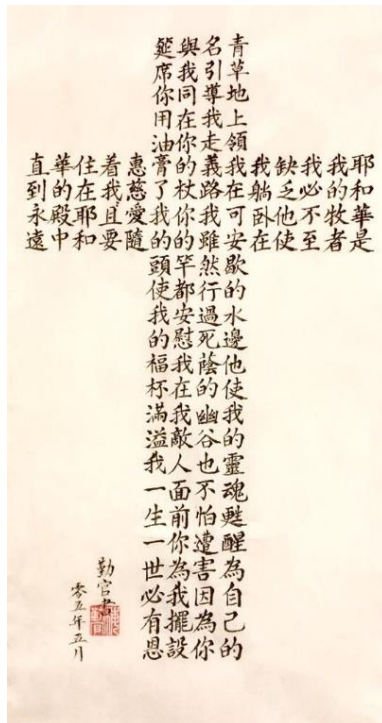
耶和華乃吾尊牧
歇休茂草江濱
聖名義路主施恩
無虞匱乏
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死蔭谷敵前筵設
杖竿護慰俱真
慈膏大愛繫深根
福杯盈溢
主殿永棲身

經過幽谷

李梅筱敏

爸爸走了！在二零二零年二月十七日家庭日中午十二時走了！媽媽、丈夫和我、妹妹和妹夫圍在他的病榻旁，看著他在一片歌聲及禱告聲中平靜安穩地走了！地上的爸爸終於被天上的爸爸接走了！他走的時候，我腦海中浮現的就是爸爸最喜愛的、他自己親手書寫的這幅《十字架》圖畫：「我雖然行過死蔭的幽谷，也不怕遭害，因為你與我同在；你的杖，你的竿，都安慰我。」(詩 23:4)



二月八日(星期六)天朗氣清，丈夫和我、二女兒及女婿一行四人趁著週末，晨早便駕車到 Kingston 探望大女兒一家。半路中途卻接到媽媽的電話，知道爸爸被送進了 Scarborough Hospital (Birchmount Campus – 前士嘉堡慈恩醫院)，原因是他又疴又嘔，加上四肢無力，連下床到洗手間也不能。但他雖然感到不適，卻沒有其他的痛楚。由於妹妹已在旁照顧，留守急症室，媽媽亦已返家休息，我們便繼續行程到 Kingston 午殮。在下午三時許，妹妹便來電告知爸爸的血壓經過幾個鐘頭的用藥卻仍然偏低，情況不甚樂觀。於是我們一行七人便火速由 Kingston 趕到 Scarborough 的醫院，到的時候是六時許。當時梁牧師在急症室內為爸爸禱告，爸的血壓已升高了不少，神智清醒，對答如流，可以被送到普通病房等候電腦掃描的報告。到了普通病房，我們輪流入內問候他，他說已經舒服多了，只是腹部有些痛楚。聽到曾孫 Andy 叫他「太公」之後，他便開心地叫我們去吃晚飯。我們亦在七時多離開醫院，飯後各自歸家。

九時多剛返家便接到醫院的電話，說爸爸不願等待我們重返醫院，已自行簽名，讓醫生可以為他進行修補腸子穿孔的手術。雖然手

術成功，畢竟因為爸爸年紀老邁兼有其他病歷，需要在深切治療部用呼吸機助他復原。五天後，見他精神好對答佳，便移去呼吸機，讓他的身體自行操作。正當所有人都訝異他意志力及生命力的旺盛之際，卻發現他有肺炎的併發症，短短一天之內他已呼吸困難，神志不清，漸漸對周圍的一切毫無反應。看著爸爸病牀旁的心電監護儀，看著他的心脈及血壓由微弱降到零，雖然眼淚仍是簌簌流下，卻滿心感謝主！因為爸爸已經在八天內行過死蔭的幽谷，到達天國的樂土。

爸爸一生之中與八字結下不解緣。除了他自己排行第八，更娶了也是排行第八的媽媽為妻。除了 8+8 的絕配姻緣，他在世寄居了八十八載。在神的國度裏，他也得了上好的福份，可以用他超然的創作力及令人激賞的書法技巧，將他《梅勤官》一生所積聚的「八福」，都裱在神的生命冊裏。



憶八哥（梅勤官）.....

麥田小徑的背影

梅勤傑

香港淪陷的日子，我和九哥跟四姊回她夫家故鄉佛山蔗圍村避難，而八哥則寄宿於佛山市華英書院，當年我約5歲而八哥比我大六年。

蔗圍是一個小村莊，人口不多，村口有一大片空地，我經常獨個兒獸在那地遼望麥田千頃，看日出，看日落。那時有一個期望，等著要看的是一個人，出現在遠處的小徑，逐漸走近。若他是我的八哥，我就跑出去迎接他，手牽手回村。那一天是我期待很久的日子，我記不起這一天如何過，我祇記得，太陽下山了，他帶我到村口的空地，留下我一個。他走了，看他踏上麥田的小徑，背影漸漸的走遠，呆着遠望的我，哭了一大遍才回家。

日本投降回到香港，一家人相聚，八哥

就讀香港華仁書院，他也把我帶進華仁，一起回校。由於他是籃球健將，每當美國軍艦訪港，學校神父必帶他和球隊與美軍切磋，而我就是負責拿他的書包回家，年復一年的直到他離校轉任體育教師。

閒時，八哥必與我打足球棋子，因工廠有很長的裁衣床。我倆剪下足球健將的照片貼在棋子上，以鈕子作球，就在裁床上玩個痛快。父親是開工廠的，當年香港第一屆工廠杯籃球比賽，我們也派隊參加。八哥負責組隊參賽，勇奪冠軍。自始他便揚名球壇，也曾參加國際比賽。

這也難怪，他的影子常在我的身邊。我在很多社交場合，別人給我介紹，總是問我，你是否梅勤官的弟弟？或說你是華仁書院校友，你懂得梅勤官嗎？你能否打籃球，像你哥哥一樣？其實說起來，我有這個哥哥，是很值得驕傲的！

往後的日子，能一起移民到多倫多，住得很近，在同一教會敬拜事奉，過時過節多數聚在一起。加上梅家每月都有家庭崇拜，一代一代的聚首一堂，數算恩典，真的數之不盡。衆多兄姊中，能在我生命中留下不能磨滅的影子，要算是八哥了！現今他走了，心中還留下他的影兒。那麥田小徑的背影，今天還刻在心坎裡。是的，他是走了，卻不是消失，他朝必然與他在天家相聚時，不會有影子溜走。

十弟 勤傑

*行過死蔭的幽谷，也不怕遭害，因為祢
與我同在。*(詩 23:4)

耶穌基督也曾經是人，他行過的死蔭幽谷，乃是奔赴十架的苦路。是死蔭，因為實在可怕，痛苦，但是為了完成大計救世人，就克服恐懼，順服了！當時，不是有天使來加添他的力量嗎？所以，與父神同在是必然的。不是不會遇到遭害，只是不怕遭害。明明遭害也不怕，因為天使加力。但耶穌背罪人的罪而受罰被釘，天使陪他到何時呢？死亡的一刻，一定離開了，耶穌不也呼叫：「父啊，為什麼離棄我？」

耶穌真的死了。耶穌死了，有人想推翻耶穌是復活的神，就假設祂根本沒有死，不過是暈厥。我是行醫四十多年的西醫，被邀說一課「耶穌死了」。

相關經文可見馬太 27：31,35，約 19：24，詩篇 22 有關脫了節，以賽亞 38：8 有關日影倒退十度(大概是大半小時)，我們需要這

樣的神蹟才能讓一個被打得片體麟傷，流去二成血液的人活過來。

簡單的過程是這樣的：耶穌被打的 39 鞭，在背上、腿背，用的是扣上尖銳的金屬和動物牙齒的鞭，故意把人脫去衣服的身體打得皮破血流，甚至連肋骨都斷裂，肌肉破縫隙中穿出腸來！負責行刑的人是必須要折磨弄死犯人，否則他們要以生命賠償的。

大家想想，人是怎樣呼吸的？只要你挺起胸膛，製造了負數壓力，肺就會自動吸進空氣，當然空氣裡有氧氣，是人必需的東西。另外一個吸進的方法是唱歌的人都知的，是撐大肚皮，拉平了橫隔膜，肺也有負數壓力，也會吸氣，你試試看吧！可是，耶穌要是痛得厲害，動彈不了，呼吸也變淺了。一個被掛的人，肺已經拉到很長，現在要他把氣噴出來也有困難的。

大家都看過電影故事中，有人被埋在沙中，僅露出了頭卻還是吸不進氣。那是因為人的肺要能動才可以呼吸。沙把肺壓得緊緊的，人沒有氧氣可換，身體缺氧就死。現在大家試

試深深的吸滿氣，不可吐出來，再吸進去，是不是很難受？這就是肺氣腫的人辛苦的地方。所以，吸不了是死，呼不出也是苦。單憑氧氣弄死耶穌嗎？你要是在網上瀏覽器搜尋一下，就可看到了有人做過實驗，把活人掛在木架上，太辛苦了才放下來。我認為是多餘的。他們有掛到兩肩脫節嗎？為何這樣就算模倣被掛的情況？

所以，不單是氧氣的問題，也有流血過多，沒有足夠紅血球把氧份帶去供應身體。醫學上說，血流多過二成，大概是一升的容量，人就進入低血症休克 **hypovolemic shock**。不夠容量，心臟便不能有效地收緊，來壓出裡面的血，流進大動脈，供應全身。血壓因為沒有足夠血可壓便大大降低了。

還不止這樣，心因為缺氧就運作不正常，下心房心跳加速，企圖推多一點血供應身體。但徒然，因為心當時還未注滿加氧的血，又拿甚麼泵血出去呢！心跳加速惡化成心臟震動，沒規則的震動是推不出任何血的。最後，心臟停止就是心電圖上的一條平線，心停止了。所以我說，人不死，要有氧，有血，有心

壓緊和放鬆，缺一不可。完整的心功能是神做的。氧就像耶穌的救恩，血液就像聖靈的工作，把主耶穌的話語感動人，聖父聖子聖靈，缺一不可。

題外話，有人問，為什麼聖經要說出耶穌流汗如血？又寫兵丁刺祂的胸有血和水流出來，知道祂真的死了？這些都如聖經常有提起的許多地名、人名、官名，不是名字重要，而是要後來的歷史學家、考古學家，都認同聖經的記錄是真確的。血汗是醫學有的。胸裡面的水是讓醫生們認同耶穌真的死了，不是昏倒了。除了用神蹟，不能把耶穌受的傷害倒退還原。除了手腕上的釘痕，故意留給多馬看，其他的身體傷痕都復原了。

血管缺氧，也開始壞掉了，細胞跟細胞之間本來是相連不漏血的，現在漏了，不連結在一起了，血清就流出血管之外。不流不可，因為心不送走血液，血管內的壓力太大才漏出外面。正好，肺和心外面有一個空間平常只是用來潤滑動的肺和動的心，現在就可以容納這漏出來的血清。所以，插入胸間，先出水，後見血。但血比較明顯，聖經才先寫血，後寫

水，可不是水，是血清。血都沒有了二成，加上漏出來的血清，心裡面的只有濃濃的紅血球，白血球和血小板沒有了，怎能活？另外，肺積水有兩種不同的意思，一個是肺外的空間容納漏出來的血清，另一個是肺本身因為心壞了，沒有帶走肺靜脈的血，就鼓漲起來，把肺的組織弄濕了。濕了的氣包怎麼再與外面新的空氣換氧氣？

黎偉豪老師對血管漏感到特別的興趣。我告訴同學，靜脈擴大了就失去了防止倒流的關閉功能，留在腿裡，壓力大了，血清是被逼出血管的，血管壁本身可沒死壞。所以，醫生說要穿緊襪把血擠回血管，或提高放平你的腳，幫助血流回心臟。

同一道理，耶穌極度恐懼的在客西馬利園禱告時，汗腺旁的血管也破了，不只漏了，是破壞了，所以有血流出進入汗腺管，淡淡的血色，聖經形容為流汗如血。這些記錄下的，不是叫我們學醫，只是叫後來的醫生也認同主真的有恐懼過，死過，用神蹟復活了。

再一個題外話，基督徒背十字架，不是要我們學主去死，而是叫我們學主跟從神的計劃

做人。 **Case For Christ** 的作者問被訪問的驗屍官專家，耶穌明知那麼痛苦的，為何還去死？專家答：明知痛苦故意還去死，是因為愛。神愛世人。

在我們的人生裏，有苦有樂，有高有低，有人說，一個最幸福的人，便是平平凡凡，無風無浪，平淡過一生。但事實並非如此，每個人都有不同的經歷，不同的際遇，是悲是喜，都要去面對，真不容易！但作為神的兒女們，與世人不同之處，就是不論在任何光景，主都與我們同在，能與祂共渡此生，便是好得無比！

在我個人來說，我的人生幽谷，莫過於四年前丈夫余其立心臟病發，呼吸困難，立即致電 911, 但搶救無效，短短一小時內已魂返天家。如此突發在我最親愛的人身上，整個天也塌下來了，怎能接受？差不多經過三年的時間，心情才漸漸平靜下來，面對現實，步出幽谷！記得我很懼怕自己會患上憂鬱症，親友們都說我很勇敢，其實我是一個很弱軟的人，給我力量勇氣的是天上的父神，時刻與我同在，賜我從上而來的平安，藉着家人、兒媳、親友們、牧者們、一班弟兄姐妹及禱伴給我的安慰、鼓勵、支持、愛護、代禱...等，就像天使們圍繞着我，幫助我勝過了失落與恐懼。我也默言不語地面對神，不問祂為何有如此不幸的事情發生。因為若是出於神，自有祂的美意，權柄和計劃，我只要信靠和順服，並且凡事交

託和倚靠祂。正如詩篇 37：5 「當將你的事交託耶和華，並倚靠他，他就必成全。」而詩篇 73：25-26 也成為我的指引：「除你以外，在天上我有誰呢？除你以外，在地上我也沒有所愛慕的。我的肉體和我的心腸衰殘；但神是我心裏的力量，又是我的福分，直到永遠。」而「除你以外」也成為我很喜愛的一首歌。

最近新型冠狀肺炎疫情猖獗，病毒在中國、南韓、日本、意大利、伊朗等地全球擴散，就連我國總理夫人杜魯多蘇菲也中招，聞者色變，聽者喪膽，人心惶恐，人們集體面對生病，死亡的威脅，不僅是個人的災難，而是全世界人們跌入幽谷。有解經家引用啟示錄 6：7-8 「揭開第四印的時候，我聽見第四個活物說：你來！我就觀看，見有一匹灰色馬；騎在馬上的，名字叫作死，陰府也隨着他。有權柄賜給他們，可以用刀劍，饑荒，瘟疫，野獸，殺害地上四分之一的人。」說明我們正進入第四印中的灰色馬時期。如果你相信啟示錄中的大災難，是發生在基督徒被提之後，你可能不認同以上的解釋，但人們卻情不自禁地禁問：「上帝，你在那裏？請你止息忿怒，饒恕我們的罪過！你是創天造地的主，控制和除掉細菌，拯救我們吧！因主耶穌所受的鞭傷，我們得醫治，所受的刑罰，我們得平安！」我在

二零二零年二月六至十五日與弟弟全家共十人前往加勒比海遊輪 **Symphony of the Seas** 一遊，出發前得知太多有關疫情負面的消息，人也嚇壞了，血壓也升高了，猶疑應否前往，但最後也成行了！神既然在半年前已為我們預備這行程，祂一定保守我們平安的去，平安地回來，況且弟弟夫婦的信心比我大，結果我們有個非常愉快家庭相聚的旅遊，感謝主！讚美主加添我的信心！再一次經歷上帝同行的寶貴！

在這個非常時期的危機中，往往是一個契機，也是轉機，是傳福音的好機會，以下是我最近寄給余其立弟妹的一篇短文，他們有基督徒，天主教徒(長老會是接受天主教的)，也有未信主的，藉此將福音再一次介紹給他們：「各位弟妹，妹夫們和嫂嫂們，你們好！時間過得很快，今天是三月九日，也是四年前大哥返天家的日子，兩年前我們在遊輪上也共渡歡樂的時光！今天在新型冠狀肺炎的疫情下，人心惶恐，但在危機中的契機，總有希望，便是獨一真神主耶穌基督，祂因我們的罪，降生為人，而說謊、發脾氣、嫉妒、驕傲、貪婪，都是罪，只要我們認罪、悔改，耶穌在十字架上所流的寶血便潔淨我們的罪，洗去不義，使我們成為祂的兒女，得永生，是最上好的福份。不論是天主教徒，基督教徒，都是信同一個耶穌。大哥，二哥和二嫂已一同在天家了，相信

大哥的心願是在地上是一家人，在天上也是一家人，記得他曾說過奶奶是到過天主堂的。阿們！」

神沒有承諾我們天色常藍，花香常漫，但卻在詩篇 91:3, 5-6, 9-11, 14-16 很清楚地應許我們，「祂必救你脫離捕鳥人的網羅，和毒害的瘟疫。...你必不怕黑夜的驚駭，或是白日飛的箭；也不怕黑夜行的瘟疫，或是午間滅人的毒病。...耶和華是我的避難所；你已將至高者當你的居所。禍患必不臨到你，災害也不挨近你的帳棚。因祂要為你吩咐祂的使者，在你行的一切道路上保護你。...神說：因為他專心愛我，我就要搭救他；因為他知道我的名，我要把他安置在高處。他若求告我，我就應允他；他在急難中，我要與他同在。我要搭救他，使他尊貴。我要使他足享長壽，將我的救恩顯明給他。」 感謝主！讚美主的應允！但什麼是我們的回應呢？復活節將到，你願意傳揚救主復活的信息嗎？或許你說，我年紀老邁，行動不便，那麼便做代禱勇士吧！我們要為未信主的家人、親友、社區、城市、國家及整個世界的未得之民祈禱，在主耶穌基督未回來之前有更多人相信祂是救主，由罪人成為義人祈禱！為止息新型冠狀肺炎禱告，儆醒不倦，向神呼求，甚至雙膝跪下，求主施恩、憐憫、謙卑地求上帝停止疫情，細菌死亡，不再傳

播，感染的得醫治，並且不復發，更保護前線醫護人員，人們回復正常安康的生活！我們要宣告我們是神的子民，祂是我們的大牧者！是供應和醫治的神，在祂的愛裏無所懼怕！

各位弟兄姐妹，麥恆莊稼已熟，金黃一片，正待收割，難道真的空手見主嗎？現代是科技進步的電子年代，手機所發放的不應是令人震驚的負面資訊，而是天國佳音：藉着聖經裏神的話語、詩歌、見證、講道、話劇...等，成為傳福音的媒介，只要手指一按，讓未信的個人或群組認識並接受救恩，得到從天上而來的福氣，充滿平安和喜樂。刻不容緩，趁在生之年，多作主工，今生無悔，榮神益人。阿們！

人生七十古來稀
精壯三十是正常
活得長壽固然好
死得安然更可貴
何愁七十或百歲
健康生活便精彩
健康究竟是何意
請教醫者父母心
告知方法可盡年
年老疾病總應該

雖然天主宰壽命
疾病可治便健康
時候到了去便是
活活潑潑做老人
老邁多病死蔭谷
靠主行走日子足
神用醫藥僅器皿
何必拒絕不聽勸
只顧情緒或任性
莫錯縱容了自己

Thousands of years ago seventies was longevity,
Some people might not live long after their prime
age of thirties.

It is nice to live long,

But even nicer to live healthy.

Worry not to live till 70 or 100?

Just more exciting to live healthy.

What does "health" mean on earth?

Ask your doctors for knowledge and wisdom.

They will tell you to live your full life expectancy,

Then you may get old or sick but not one single
day less.

God calls the shot how long you can live,

But managed sickness is already good health.

When it is time to quit life just quit,

Yet in the meantime live a lively life.

Getting old and being sick are dark valleys too,

Trust in the LORD and live to the intended
fullness.

Doctors and medicine are vessels of God,

Don't dismiss them.

Indulge not in yourself not your emotions not your
will,

But indulge in God your smartest option.

Through the darkest valley in my life

Wing K. Lam

In August 1973, I landed in Toronto, Canada, as an immigrant with my family. I found a job in a short time in a trading company which was part of a multi-national shoe company with its headquarter in Toronto. My responsibility was to handle the export of shoe making raw materials from Canada/USA to overseas subsidiaries of this multi-national company.

Since international trade was my specialty, I did well in my work. In a few years, I was promoted to the post of Export Manager. I became the second senior person in the company, next to the Company Manager (referred to as Mr. A in this article later) who came from England. I was the co-signer for all cheques issued by the company. Year after year, the company business grew.

Amidst this good time, disaster suddenly took place. I was plunged from the mountain peak to the darkest valley. The disastrous event started to take shape when the Mr. A told me one day that

he needed a large sum of money urgently. He said that he wanted to borrow the money from the company and the loan to him would be covered by promissory note issued by him. I believed in him. Subsequently, two company cheques, made up in his favour, were issued amounting to half a million Canadian dollars.

The loan made out to Mr. A by the company was discovered by the company auditors at the year end. The matter was reported to the senior management in the Headquarter. Mr. A was asked to repay the loan to the company immediately. He was unable to return the money to the company. This case was then referred to the Police who took over the investigation.

The end result was that Mr. A was fired from the company. The Police accused him of fraud in a criminal court in Toronto. For me, I was asked to resign from the company on the basis of gross negligence.

So, I lost my job and became unemployed. For the first few days, after my children had gone to school and my wife had left home taking up a supply teacher job, I felt very lonely and depressed. I felt abandoned by the world. I read

the Bible every day and prayed to God for help. After a week, I began to feel better. The Word of God calmed me down and comforted me. I found peace in Philippians 4:6-7, *“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God . And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”* Gradually, I also regained confidence from Psalm 23:4, *“Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.”* My strength was renewed when I read in 1 Corinthians 10-13, *“No temptation has seized you except what is common to man. And God is faithful, he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it.”*

Three months passed. After several attempts to look for employment, the Lord gave me a job as Export Co-ordinator in a manufacturing company in Etobicoke. The company made outdoor products and exported most of its products to overseas countries.

After working in Etobicoke for one year, I decided to move my home to Etobicoke from Scarborough to be closer to the workplace. When I lived in Scarborough, my family and I attended the Agincourt Mission of the Toronto Chinese Presbyterian Church. After I had moved my home to Etobicoke, I began attending the Toronto Chinese Presbyterian Church, Downtown, to save commute time.

Then, things began to change for the better. I bought a two-storey detached house located in a quiet and scenic area in Etobicoke. It was spacious and very functional. My wife found a teaching post in a nursery school within walking distance from my home. My children found it more convenient to attend University of Toronto from the new location.

My whole family enjoyed attending and serving in CPC, Toronto. We had joined various fellowships and served the Lord in different capacities. I started to serve as a deacon. Later I assumed also the post of chairman of the Caleb Fellowship. In 1993, I was elected and ordained as an elder. From 1994-1995, I served as Clerk of Session of CPC, Toronto. My wife Rebecca also

served as Sunday School teacher, choir member and Caleb Fellowship staff, apart from assisting me in the eldership ministry. I am most grateful to God that both my son and daughter came to know their life partners in the Youth Fellowship.

I retired from the post of Traffic Manager of the company after ten years' service. I enjoyed the work during my stay. The company was run by Americans who were more liberal in their approach. I had good rapport with the management.

One year after my retirement, I moved back to Scarborough in order to be closer to my children. The Lord then brought me back to MCPC after an absence of more than a decade.

In retrospect, I think the changes and difficulty which I went through after the loss of my job had enriched my life immensely. God has been my protector and provider. God has turned the hardest place in my life into fertile ground. My testimony is that when life becomes difficult, do not give up. We have to fix our eyes on the good Lord; we have to rest in God with the assurance of His ever presence. The Lord is our

shepherd and with His sovereign power and sustaining grace, we shall not want. Praise Him!

This incident happened about twenty years ago but it seemed like yesterday.

One morning, as I woke up and went to use the toilet in the bathroom as usual, I was frightened and astonished to see a pool of blood in the toilet. Quickly I made an appointment with the family doctor who calmed me down and assured me it had to be an infection of the bladder. After some prescribed medication, the situation improved. However, not long after, another pool of blood occurred.

I was then referred to a urologist for further examination. After the cystoscopy, the specialist called my husband and son into the consultation room --- it was cancer of the bladder! As it was bleeding, I needed immediate surgery. Since there was no hospital bed available at that time, I was sent home to wait ... For how long? No one knew!

I was called back to the hospital the moment I got home and was admitted immediately. After many tests preparing for the surgery, I was told I had to wait for the availability of the operating room... For how long? No one knew!

Since it was late in the afternoon, I told my husband to go home to rest. I was along with God by my side. Gussed it must be near midnight, I was wakened and taken to the operating room.

The surgeon asked, “Do you want to call your husband to come?”

I answered, “No need. Let him sleep.”

“Do you want to call your son?”

“No need. He has a midnight shift in the hospital. Let him work.”

I added peacefully and calmly, “God is with me.”

“Do you want to be put to sleep totally or partially?”

“Totally!”

The peace and the assurance of God being there watching over me was indescribable.

When I woke up, I heard the surgeon talking to my son over the phone, telling him the surgery was successful.

I was discharged the next day in the afternoon as if nothing had happened. I resumed

my daily routines...cooking, gardening and cleaning...like before.

Looking back, the most difficult part was waiting in the unknown. Luckily the Lord is my comfort, help and assurance. He knows and He cares! In my darkest hours, I trusted in Him. Whatever happens, He is watching over me!

Praise Him! Thank Him!

每次要定下「麥穗」的專題，主都會讓我看見祂的指示，聽見祂的聲音，容讓我在教會的文字事工與祂同行。

數月前，收到了崔何鳳萍姊妹的來稿，道出她夫婦倆的得救經歷，加上受難節將至，遂以「經過幽谷」為本期「麥穗」的專題。誰知竟然真的要經歷喪父之痛，更要看到新冠肺炎疫症在全球肆虐，讓我真正體驗見證到身在幽谷的傷痛及惶恐。幸好有主話語的提醒及激勵，無論是透過詩篇 23 篇、91 篇或其他的經節，都知道神要我們的靈魂甦醒，就算社會內一切不必要的工作都停頓了，惟獨神的工作卻是永不停滯，基督的救恩永遠長存！

願每一位教友都抓著一盞滿有主話語的明亮燈臺，與祂同步經過幽谷！

編輯部

李梅筱敏 (主編)

潘展強

陳培元

陳李鳳招

梁廖靜恩

梁漢繁

Wing K. Lam (English)

David Lee (English)