

麥穗

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THE SEED



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While listening to the Easter musical of "The Unfinished Story" sung by Grace Melodia, I was reading the submissions for "The Seed". While reading the intriguing, enlightening and incredible stories written by our brothers and sisters, I was feeling so blessed and grateful to be a part of MCPC. The testimonies of your salvation, the journeys through your illnesses, together with inspirational poems, hometown sentiments, thanksgiving prayers and wonderful travel journals, all reminded me of our world which was once rich and prosperous, but now fell apart due to the epidemic and war. Only by believing Christ is "The Almighty Risen Lord" that even if the body becomes weak and corrupt, the world falls into chaos, we as born-again Christians can still rely on the glory and power of the Lord to shine in the last days. Brothers and sisters! Let us hold the hand of the Lord and move forward with hope, courage and the assurance of eternal life!

"The body that is sown is perishable, it is raised imperishable; it is sown in dishonour, it is raised in glory; it is sown in weakness, it is raised in power; it is sown a natural body, it is raised a spiritual body."

(1 Corinthians 15:42-44)

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The Almighty Risen Christ



全能復活主

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我是如何逃出死亡

高恆志

自從去年十一月中離開康復醫院以來，我一直都在家中休養，勤於運動，早睡早起，靠着那加給我力量的，身體能夠漸漸康復，體力亦慢慢恢復，已經參與部份教會事奉及同學會理事的策劃工作。蒙神的醫治及保守，最近更加重返我身為安省公務員的工作崗位。我願將一切榮耀頌讚都歸給愛我們的天父上帝，獻上我衷心的讚美和無盡的感恩。我更加要感謝教會的弟兄姊妹，一直都為我和家人懇切地祈禱，並負責醫院接送及日常生活的協助，在此我對你們的關心慰問，深表謝意，實在不是筆墨可以形容，我會永遠記念你們的愛護與關懷。請繼續為我禱告，記念我的康復旅程。

以下文章轉載自 2022 年一月加東版「號角」，願與各位分享。



接種兩針疫苗 出現發燒作嘔

去年4月我接種了第一針輝瑞 (Pfizer) 疫苗注射，7月接種第二針時是 Moderna (即所謂的

混合針)。過不久竟逐漸出現發燒和作嘔的感覺，兩、三個星期後失去胃口，初時以為是正常反應，所以沒加理會。在 8 月底的一個週六晚上，我突然發燒，有點像感冒，想著睡醒便沒事。第二天早上，我前往教會參加主日崇



拜，聚會以網上直播方式舉行，現場只有講員、牧師、司琴和負責音響的弟兄姊妹，我則是當天的主席和領詩。開始領唱不久，我便出現呼吸急速 (Shortness of Breath) 的症狀，說話也感到乏力，只好找牧師一起合唱，

勉強完成任務。到了 26 日晚開始出現腳腫，第二天經家庭醫生診斷後，建議我立即前去急症室，於是我來到士嘉堡綜合醫院 (Scarborough General Hospital) 接受檢查。因著疫情，太太不能留下來陪我。早上時分，太太接到專科醫生通知，說我心臟病發和心臟衰竭 (正常人心率

是 55%，我只得 20%），水腫情況已大有改善，院方預計過幾天便可以出院。

醫生無能為力 暗示快將死去

兩日後，被轉送到百年醫院 (Centenary Hospital) 做檢查。當天下午院方著太太立即前去醫院，原來我出現第二次中風，情況十分危險，所有測試即時停止。以我五十多歲的年紀，24 小時內出現兩次中風是罕見的，加上當時我的心臟功能只有 1%，血栓情況也很嚴重，他們估計我是在送往百年醫院前一天的黃昏，已發生了第一次中風。專科醫生查問，為甚麼當天竟然沒有人察覺我出現高血壓和第一次中風，還把我送到醫院做檢查，及後再出現第二次中風。院方也找不到心臟病發的原因，我一向沒吸煙和飲酒習慣。

當天晚上，醫療團隊告知家人，我右邊心臟仍然有 1% 運作功能的血管，把血塊帶到腦部，導致腦出血。若要救心臟的話，需使用大量和重劑量的薄血藥 (Blood thinner)，但這麼一來，就會進一步導致腦部流血不止而死亡；然而，若先處理腦部出血的問題，隨時會心臟病發致死。腫瘤專科和心臟專科醫療團隊處於兩難之間，兩方都表示無能為力，唯有觀察一晚再作打算。此時，其中一位醫生對我太太說：「你

快點找人為他做 confession (懺悔告解) 吧！」
(天主教通常會為臨終病人做懺悔告解的儀式) ，似乎暗示我快將死去。

人盡頭神開始 認定耶穌醫治

太太立時邀請牧師為我祈禱，她相信人的盡頭

便是神的開始，更認定耶穌是施行神蹟奇事和醫治的神。當晚回家後，她邀請所有認識



我們的基督徒朋友和眾教會為我祈禱；而在她跪下來向神禱告之際，突然腦海中出現《聖經·路加福音》8章，耶穌醫治睚魯女兒的經文——「耶穌說：『不要怕，只要信，你的女兒就必得救。』」當時她立意抓緊神，求祂醫治我，否則就不讓祂離去，好像雅各抓住神求祝福一

樣。感恩，當晚我安然渡過。9月1日，心臟病情十分危急，隨時有生命危險，醫院立刻把我轉送到市中心的 St. Michael's Hospital 進行手術。事出突然，太太立刻向神呼求，當時有一位弟兄正在我家附近工作，接到通知後5分鐘內來到我家，把太太接到百年醫院見我。第二天，醫生為我做了一個 Blood Stent (血管支架)，把栓塞的血管撐開。翌日，我龍精虎猛地坐在病床上，心臟專科醫生萬分驚訝，他們估計幾天內我可以出院。

心臟停跳 20 秒 裝心臟除顫器

可是，兩天後醫院又告知太太，我情況再度危急，在午夜1點至6點期間，發生了兩至三次心搏停和中風，心臟甚至停跳了20秒；醫護人員為我做了4至5分的CPR(心肺復甦術)，接著又施行了AED(自動體外心臟去纖維性顫動法)。幾天前對我滿懷希望的醫療團隊，此刻也感到有點沮喪，他們開一個特別會議，商討如何處理我這個特殊個案。由於我心跳太快，不能把氧氣帶到腦部，所以他們一致決定，在我病情穩定下就為我安裝一個ICD(植入式心臟除顫器)，若然心跳過快或再次停頓，這儀器便會自動運作，電擊心臟，使心律恢復正常。在安裝ICD前一晚，

醫生為我換了一種較好的藥物。但是幾天後身上出了很多紅疹，不能入睡，也沒胃口進食，但醫生只看作一般的敏感和失眠症為我處方，家人擔心我的腎臟負荷不了那麼多的藥物；幸而另一位醫生為我改回之前的用藥，症狀便消失了，不必服用額外的藥物。

自行上落樓梯 記憶認人無誤

當醫生處理好我心臟的問題後，便提出醫治腦部方案。感謝神，在 9 月 24 日被送到設備和聲譽都很好的 Bridgepoint 醫院治理。期間的治療，包括 Occupational Therapy（職業治療）和 Physio Speech（言語治療），重新學習走路和說話，直到 11 月 12 日才出院。及後，因為我的進展不錯，可自行上落樓梯，記憶和認人都完全沒有問題，所以院方認為無需為我提供跟進服務，只要日後按時覆診便可。我不會追究為何會在我身上發生這件事，既是神容許，我會安然接受；而我這個個別病例，真無法確定是否跟接種疫苗有關，所以我希望大家還是應該依從衛生部的指引，按照家庭醫生的建議，以及自己的身體狀況去作出適合的決定。出院後，一班舊生校友會的老同學來我家，為我開了一個感恩會，見證神的醫治，帶我走過死蔭的幽谷。今天我能如常生活，完全是神的恩典和

眾弟兄姊妹的代禱和關愛。當然太太和家人辛勞付出，也是我非常感激的。神啊！多謝你助我逃出死亡，讓我仍存活在世，必然有你的美意，今後我願意聽命於你，為你所用。

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我的見證

梁詠雯

當我知道要寫見證時毫無頭緒，不知如何下筆。感謝神的帶領，聖靈的感動，使我很快很流暢地完成以下的見證，再次經歷神。「*當將你的事交託耶和華，並倚靠他，他就必成全。*」(詩篇 37:5)

我生長在一個無信仰的家庭，一家五口相處融洽。我是「乖乖女」，甚得父母疼惜。記得很小時，和二哥打架。父母回家我便哭著「告狀」說：「哥哥欺負我！」卻沒有告訴他們我「搥」哥哥，父母便罰他。沒有人教我這樣做，但小小年紀已有這罪性。其實犯罪不一定是殺人放火，講大話或貪心也是罪，可見人人都犯了罪。

我由幼稚園至中學都是讀基督教學校，聽過很多聖經故事，但我沒有想過要信耶穌，也從來沒有思想關於「生」、「死」、「永恆」和「苦難」等問題。後來讀中學時有位朋友邀

請我父母和我返教會參加崇拜。我很喜歡聽牧師講道，覺得很有意思，很有深度，知道耶穌基督為我罪受死，這救恩感動了我，我便參加洗禮預備班，然後洗禮加入教會。

我以前很自私、自我和驕傲，但信主後聽了很多道理便有所改變，學會替人設想，關心和欣賞別人的長處。我以前對於「睇相」、「星座」等很有興趣，也讀了一個「面相」班。當我知道我信的是以一位忌邪的神，我便將所有有關的書扔掉，並祈禱向神認錯求饒恕。

來了加拿大後，我用了一段頗長的時間來預備考鋼琴演奏級文憑，要背誦琴譜彈奏約一小時。我記性不好，預備考試時常常彈到中間便彈不下去。我懇切禱告，也多謝很多弟兄姊妹為我代禱，感謝主我終於克服了這困難，拿到了這張文憑。我經歷了神的同在和帶領，我知道我可用這音樂恩賜去事奉祂。

我很盼望「永生」，即使離開世界，會到神那裏，永遠和祂在一起，唱詩讚美祂，在那裏不再有痛苦、眼淚，真是好得無比！今生我要努力為主作工，忠心事奉以致將來不會愧見主面。

你想不想改變你的人生，使之有方向，有平安喜樂？我鼓勵你決志，接受耶穌基督為你的救主，邀請聖靈入住你的內心，保守帶領你向前走，過一個有意義的人生，將來享有永生的福樂！

至於我，立志作了以下的決定：

- 每主日參加崇拜，不可停止聚會；
- 繼續詩班的事奉；
- 參加主日學的研經，學習聖經真理，要行道而不是單單聽道；
- 參加團契聚會，學習與弟兄姊妹相處，互相關懷，在靈裏互相扶持、代禱。

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這是我打算在復活節講道的題目，在去年十一月底，牧師邀請我在今年復活節講道，我有點受寵若驚，認為教會的重要節期，講道的必然是主任牧師，宣教師，或是有名望的神學教授，很少假手於長老或平信徒。我曾聽過一位退休的牧師說：「這四十多年來，作為主任牧師，每逢教會的重要節日，必然要我擔任說教，幾十年同樣的講這些題目，就算我不覺得厭倦，聽的也會乏味！」然而我把這邀請放在禱告中，思想到從聖經的領受是不受時空的限制，每日打開經文是有不同的領受，一句經文的亮光，你從沒有見過的生命的領域，卻在這時刻擴闊，這就是說你是從聖靈引導獲得啟示。後來我毅然的答應。

十二月初生活十分忙碌，不知何故，晚上突然發高燒，打冷震及頻出汗。我認為可能是打了 Covid-19 第三針出現的後遺症。當時疫情日漸猖獗，急症室堆滿了人。我嘗試聯絡家庭

醫生，他卻因為退休在即，建議我到急症室求診。他認為在這境況下，若然在外邊進行一連串的檢測需要排期很久，若在急症室求診就比較容易解決。我在這時，惟有向神祈禱，求神開路。

我認識的一位心臟醫生，在太太與他談起我的近況後，竟然答應見我一面，安排我盡快做驗血和掃描。在大風雪的早上，幸得 Brian 相助，跑來跑去的完成檢驗。醫生看過，認為事態嚴重，非到急症室不可，於是他即安排我到 St. Michael's Hospital 應診。在急症室，各樣程序都進行得很順利。不到一小時，有一組醫生來見我，居然把我過往多年的病歷如數家珍的說出來。跟著整個晚上就進行一連串的檢查，給我消炎藥等，我即時感到舒適。醫院特別准許太太在房間陪伴，她在沙發坐了一整晚。第二天我不准吃喝，因要照 MRI 和其他檢查。當晚我要離開急症室轉到頂樓的一個約四百尺的單人房，從落地玻璃窗看到 downtown 大廈的頂樓。這個時候，我出奇的感到精神很

好，但由於我在很短的時間要到醫院，祇帶了一個手機及我每日靈修的資料。這裡有書枱，有沙發，十分廣闊，但醫生吩咐我不准下床，除非有護士扶著。這個時候，我思前想後，感到神出手的奇妙。這一切的安排，是出乎我的所想所求。護士也覺得我出奇的平靜，整日都情願坐在椅上，不上床休息。



我感到主與我同行的平安。由於我太過安靜，醫生突然安排我去接受醫科學生面談有關醫院對社區的貢獻。那天是星期日，早上那相

熟的護士向我打招呼，我說 Good Morning, Dorothy and Good Morning Jesus. 她卻回答 Praise the Lord，很開心與這位信念相投的護士交往。那位准醫生準時到達，是一位女仕，她在 St. Mike's 實習，準備碩士論文。她問我對醫院與社區的關係有何看法，我問她有沒有 social medicine 的這一課，她說沒有，並問我為什麼會提出這個問題。我把以往作為社會工作者的經歷告訴她，如何善用社會資源，還舉個例：當一位吸毒者吃過量毒品入院求診，你把他醫好了，放他回原地，再面對吸毒的引誘，你是不是前功盡廢？用了差不多二小時討論很多問題，最後她認為這面談很有建設性，臨別時放下\$20 給我，說這是大學規則定下的面談心意，我禮貌地拒絕，心裡想我這方面的建議是不能用金錢衡量的。(一笑!)

從 1 月 21 日入院到 25 日出院，我只需長時間用口服藥物治療，不用留院觀察，祇需定期回醫院檢查便可。留在家中這一段時間，由於不打算出外，免得受感染，影響康復進

展，便能利用這段時間，整理一下講道的大綱和參考資料，我也藉此機會向我的心臟醫生表達謝意。他突然向我說出這段話：「梅先生，現在我才告訴你，你的病情是十分複雜危殆，遲些接受治療恐怕太遲，若是早一些發現會更好。」言下之意，我當時的境況是危在旦夕了。這正是看到主奇妙的作為，時間就在主的手中。

執筆時，仍舊是按時吃藥。感謝主，講道的初稿和投影片 PowerPoint 總算完成了。回想過去的這段日子，不但經歷屬靈的爭戰，更把自己連於耶穌到一個更深的層次。蒙聖靈感動、帶領、醫治和保護我這個一無是處的人，能夠成為榮耀主的器皿，活現主復活的大能，怎能不感恩！

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全知同在創造神，
能力超越眾萬物，
復活救恩臨罪人，
活出真理皆見證，
主乃力量活水源，
賜下平安除惶恐，
永勝死亡滅毒病，
生命之道祈聖靈！

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Testimony: How I Came to Christ

Kary Chung

10/10/2021

Good Morning Everyone! My name is Kary and I am in grade 11 this year. Today, I will be sharing my testimony of how I came to Christ :)

I grow up in a Christian family and was baptized at the Rhenish Church of Canada on December 25th, 2012. I remember the day when my parents brought me to go to church... As my parents were driving, I was wondering about where we were going and so I asked and they replied with "You'll see." I did not attend church regularly from time to time, I would choose to sleep over joining service and did not choose to play with the other kids at times in Sunday School whenever I attended church, instead I would stay with my parents in the Cantonese service.

As a kid, I never really questioned intently about who God is or knew that He sent his one and only Son to die for my sins so that I am forgiven and may have eternal life if I believe and that I am a sinner. I remember that I had many fears of dying one day because I didn't know that I could be saved and that there is indeed a Way! I did not understand clearly about why I prayed or to whom. I did not really question or battle in my mind intensely about this as a kid because I didn't think about asking someone or was afraid to have asked the wrong thing. I didn't really have a relationship with the Lord. I would only pray at times when I wanted something worldly or I had fears in my heart. In the year of 2016, my family and I, along with many other people from Rhenish Church started attending Markham

Chinese Presbyterian Church (MCPC). At first, I was worried about coming to this church as it was unknown to me, but my parents reassured me that some people in our fellowship were there too. I remember coming to MCPC with my parents and my siblings on the day it was a Christmas service and there were many people. Throughout the years of attending church, I started to attend Light Fellowship with other people like Renee and Selena.

Although I joined the meeting almost monthly, I was distant and was not involved. Whenever I was asked by someone to join the Cornerstone Youth Fellowship, I would have the excuse of “sorry, I have something to do.” And I would be on my phone a lot whenever I was at church, I was quiet and quite rude. My heart was hard and proud. I didn’t want to be close with people at church because I would think I was better. In reality, I am not. I am a sinner for I’ve done a lot of wrong things. Even now, I am not better than anyone else, I sin a lot and struggle with sin often.

The year 2020 was difficult, as I was staying at home a lot and did not attend church. In the closing weeks before school of that year, I was unmotivated to live. I did not know the purpose in life. I was struggling at a point where I was lost and did not even text my friends for help or advice as I didn’t think that I really had trustworthy friends. There were many thoughts that clouded my mind which would make it difficult for me to go through my day. However, I kept thinking of waiting another day, or one more month. And if it were not for God’s love for me, I would not have been here at all. Just before I almost decided to give in to my unhealthy thoughts, God interceded.

On top of my mental health struggles, I was also quite a rebellious person. I always yelled at others and judged others for how they did things until I was told that I had a big ego. I believed that I was the one causing all the problems at home and the troubles. I started to repent of what I used to do, although I did not know that God was gradually changing me. In Matthew 7:3-5, *“3 Why do you look at the speck of sawdust in your brother’s eye and pay no attention to the plank in your own eye? 4 How can you say to your brother, ‘Let me take the speck out of your eye,’ when all the time there is a plank in your own eye? 5 You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother’s eye.”*

Later on, I realized that I needed Jesus, a big lightbulb that just went “ding!” And I think I remember being pointed toward Christ, as my parents knew I was going through a difficult time, they pointed me to watch the online English Sunday Services on YouTube. And it eventually led me to join the Youth Cornerstone Fellowship, which was something really scary, but when I joined and started to read God’s word more, my heart was changing because God was changing my heart. And something I struggled with a lot before, like swearing or saying words I should not say, I tried to stop doing that.

However, I would be influenced by friends to say those words. But after coming to know Christ, if I were to say those words, it would make me feel saddened. Throughout my mental health struggles, the fact that God is close to the broken-hearted struck me. In Psalm 34:18 *“The Lord is close*

to the broken-hearted and saves those who are crushed in spirit.”

Somewhere either in June or July, I got asked by Pastor Adrian if I wanted to get confirmed (join the Baptism class), and I said yes. Through the classes, I got to learn more in-depth about sin, communion, prayer and grew closer to God. It made me question about my own faith and to check my heart to see if I truly love God. Questions would make me worry so much, and I let those fears be magnified in my mind instead of fixing my mind on things above. I slowly lost sight of knowing what God says and instead set my mind on my own understanding and what others may say, instead of trusting God and seeking Him. Even after, I still struggled and wrestled with the question of “should I get confirmed this year?” My mind would be full of questions and doubts that I would try to push away the thoughts until I surrendered to God. I kept praying and praying, and I was pointed towards getting confirmed this year. It was a blessing to have had sisters in Christ, like Renee and Michelle supporting me through it. And it still is a continual healing and changing in my heart and mind as God continues to reveal things to me. It is a continual walk with God daily.

The song *Lighthouse* by Rend Collective has a part that stuck with me and it said “*In my wrestling and in my doubts. In my failures, You won't walk out... In the silence, You won't let go. In the questions, Your truth will hold.*” I am still going through the journey of understanding the Gospel more and learning to trust in God alone, even in the uncertainty. After getting confirmed, as I have been

reminded of before, It is not the end of the journey but a continual walk with Christ. It is only the beginning.

The glory belongs to God only. Soli Deo Gloria

Matthew 11:28-30, “**28** *“Come to me, all you who are weary and burdened, and I will give you rest. **29** Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. **30** For my yoke is easy and my burden is light.”*

Lastly, I want to remind everyone of this verse which is

Hebrews 10:25 *“not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.”*

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My Testimony

Michelle Lai

Good morning everyone, my name is Michelle Lai and I'm currently in grade 9. Today, I will be sharing with you my journey of how I became a Christian.

First of all, I was born in a Christian family and was baptized at the Rhenish Church of Canada in 2007 when I was a baby. I don't remember much because later on, my family and I attended MCPC. My parents would make me go to church every Sunday, but I never liked it. I didn't want to associate with any of the people either because I disliked anything related to the church.

When I was younger, I never had an identity in Christ. When I was growing up, I would go to church with my family. I knew about the Bible stories and about how Jesus died for our sins, but I didn't care about it much. When I was in grades 2-3, I think it was the one moment in my life where I thought God might be real. However, in grade 4, I felt like school was starting to become my top priority. I placed my identity in my academics because grades mattered a lot to me. Sometimes, my marks didn't satisfy and discouraged me more when I did poorly. It took me a while to realize I couldn't be the best at every subject and it was hard to accept as well. Whenever I got a mark that wasn't to my expectations, I felt like a failure. Especially during online school in grade 7, I was in my worst state. I was burnt out from all the workload I was getting and I didn't want to continue with anything anymore. I felt that everything was meaningless and I didn't understand why life seemed so hard even though it was just my grades that bothered me. I felt very lonely at that time because I never

talked to anyone about my struggles. In grade 8, I went back to in-person school for a bit, but I went back online in 2021. Online school was much harder for me because I couldn't seek help from anyone. Throughout this time, I never sought God. I had a closed mindset and didn't want help. I was independent and tried to face struggles on my own, but it didn't turn out well.

Around grade 7, I started attending Cornerstone Fellowship. For a while, I disliked going and during online fellowships, I would often skip the meetings or just join and not focused. However, my mom would still encourage me to go to Cornerstone and watch the online church services every Sunday. She helped impact my decision to come to Christ and was the one who told me to join baptism class. In Deuteronomy 6:6-7, it says: *"These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up."* My mom follows this teaching since she persistently tries to bring me to Christ and fellowship with others. Besides my parents, my friends greatly influenced me too. When grade 9 came, I was back to in-person school and I made more friends. In Ecclesiastes 4:9-10a, it says, *"Two are better than one, because they have a good return for work; if one falls down, his friend can help him up."* I had classmates who were with me for so many years, but I always ignored them since I isolated myself a lot. However, because we struggled in online school, we helped each other more and eventually became close. I've attended a Christian school all my life, but the majority of the students aren't Christian. Luckily, I made more friends this year, including Christian ones. I remember I used to have very

few friends and I always prayed to God for people to talk to. God has answered my prayers and helped me open up myself a bit more to others. Two of my close friends are Christians and have helped me throughout my journey with Christ. In the past, I would have no one to talk to about Christianity because no one believed in it. This year, I was able to talk with my friends about God and the beliefs we shared. I finally felt like people connected with me through my religion. Also, one of my friends invited me to my school's worship band practice at lunchtime. My teacher would make us all pray at the end of each practice, and even though I was scared to pray at first, I managed to get more comfortable with it. I am very grateful for my non-Christian friends, but they never talked about God and avoided the topic of it. I am very thankful to my Christian friends because I can express myself more with them. I talk to them a lot because they are trustworthy and positive influences. Before, I was unsure of my identity in Christ, but with the help of my friends and family, I have accepted God as my Lord and Savior.

After coming to Christ, I realized that school and earthly values aren't as important as I believed. I still think school is essential, but I know it's not what defines me. God has changed me for the better, so I should live my life for Him in return. Before I trusted God, I blamed him for all that was going wrong, but then I started praying and relying on him which has helped me have a more positive attitude towards life. I also used to think I was very sinful, so God would never forgive me for things I've done wrong. I am still a sinner, but I've repented to God and I know he has forgiven me. Accepting Him into my life has made things much easier because I'm no longer isolated from everyone

and upset with myself. I pray to God about things I struggle with and thank Him for all that he's blessed me with. My relationship with Christ is what helps me face challenges in life. If I didn't accept him into my heart, I would probably be in a very bad state right now. Even though being a Christian will be difficult because others will judge me, I look forward to continuing this journey and sharing about Christ with those around me.

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Holy Spirit

Alice Lai

The Holy Spirit is compared to the wind by Jesus Christ. It is the will of God. It is the way God moves people towards Him, understanding Him, and away from sin and sinning. It is one of the three persons in one God, with the same name shared by the other two persons of the three.

God, you are the almighty real ruling king I know.
You are the almighty real ruling king.
You are seated on the throne you're in charge.
You are tolerant for now.
We're carnal

人有是屬血氣的、有罪、敗壞、屈服於肉慾。
You are tolerant for our sake, to save more.
We want to follow the Holy Spirit to do your will!
You are the almighty real ruling king
No others are as mighty.
No others are real.
No others can rule to the end.
No others can remain a king forever!
Only our almighty real ruling king.

物質主義的人 · you bring nothing to the grave .
享樂主義的人 you enjoy at the expense of what?
Enjoyment is just a byproduct of honouring God.
Not the target but a byproduct, not the target!
Especially do not seek enjoyment in sinning!
Legalized horse racing, abortion, marijuana , euthanasia ,
homosexuality, do not make wrong right!

個人主義的人 you are self-centered, selfish, narcissistic,
nothing left to love one another.

Consecrate ourselves to God and follow His Spirit!

Separate from the world, dare to differ!

If the king is seated there on the throne, I am nothing
whatever goals and targets we adopted.

If you insist on your old way, you do not see God.

If you cannot come to God, you do not know Christ.

If you do not know how to behave, you are not aware of
the Holy Spirit.

Come on, brush up. Find out what is missing in your life.
Make your life full and fulfilling.

中文意譯：

聖靈傳達神的意思，

全能真實的主宰是三一神，

警告世人不正當的人生觀和傾向，

指出找不到神的原因，答尼哥底母之問。

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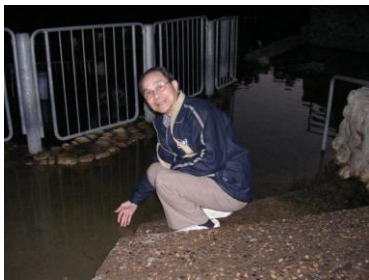
約旦河探幽 - 聖經上引人注目的地標: < 約旦河 >

以色列民為要得神應許他們的地業，過了約旦河便開始面對爭戰的人生，也是充滿盼望豐盛的人生，雖然一次又一次與敵人爭戰，每次爭戰，耶和華與他們同在，最後才進入流奶與蜜之迦南美地。

約旦河是聖經中最引人注目的地標，是新舊約的聖地，也是世界上最出名的河流之一。耶穌的開路先鋒施洗約翰，身穿駱駝毛的衣服，腰束皮帶，喫蝗蟲野蜜，這位奇人在約旦河為人施洗，傳悔改之道，為主耶穌預備道路。



(朝聖者在約旦河受洗後，就把白袍帶回家作為紀念，更有人保存著作為他們的壽衣)



耶穌從加利利來到約旦河，要受約翰的洗。「耶穌受了洗，隨即從水裡上來，天忽然為祂開了，祂就看見神的靈，彷彿鴿子降下，落在祂身上。從天上有聲音說：這是我的愛子、我所喜悅的」(太三：16~17)。聖靈降在聖子耶穌身上，可以有力量展開傳道的工作，聖父的聲音見證耶穌是祂的愛子，「三位一體」的真理在這裡顯明出來。

(遊學團的導遊張牧師在河邊向團友分享)



當時耶穌被聖靈引到曠野，受魔鬼的試探。他禁食四十晝夜，後

來就餓了。魔鬼進前來，三次試探耶穌：「你若是神的兒子，可以吩咐這些石頭變成食物」。耶穌回答說：「人活著不是單靠食物，乃是靠神口裡所出的一切話」。魔鬼見物質引誘不了耶穌，就利用虛榮來試探祂，要祂從神的居所、聖殿的最高處跳下去，一點都不受傷，就可以向世人證明祂是神的兒子。耶穌當然有這能力，因為耶穌就是神子，何須靠行神蹟來證明？站在魔鬼面前的就是神，不可試探祂。最後魔鬼利用權力來試探耶穌，只要肯向它下拜，世上的一切榮華富貴都賜給祂。耶穌用同樣的武器，也就是神的話，勝過諸般的試探和引誘，擊退了魔鬼。以後耶穌殷勤不懈，

為福音奔走，開始佈道(太四：1～11)。聖經中也有記載到耶穌曾在約旦河中醫治癱瘋病人的神蹟：摩西雖然走過了約旦河，但本人卻不能進入迦南美地；(王下二：11) 以利亞和以利沙正在約旦河邊走著說話，忽有火車火馬，將二人隔開，以利亞就乘旋風昇天去了；亞蘭王的元帥乃縵患了大麻瘋，他聽信先知以利沙的話，在約旦河沐浴七回就潔淨了(王下五章)。

傳說耶穌受洗的地點是離耶利哥東邊五哩的約旦河。因為耶穌在約旦河受洗，所以基督徒都尊約旦河為聖河。這裡到處都是從世界各地來的朝聖團，川流不息。據統計每年來自不同國家、不同種族專程來約旦河洗禮的人超過 50 萬人。

約旦河是一條奇妙的河流，遠自三千呎高冰雪覆蓋的黑門山，流經加利利海後，再蜿蜒而下，進入低於海平面 1300 呎的死海。(以西結四十七章預言海水越來越多，海水變甜，必有極多的魚。)這時大家都趕著要去下一站的提比

利亞坐漁船夜遊，體驗兩千年前耶穌的門徒出海的經歷。



去提比利亞途中，因還有點時間，Tim 特別安排大家去參觀集體農莊開的超市，

以色列人因人力物資較缺乏，聽說集體農莊 (lavi Kibbutz) 是由以色列前總理，倡導錫安主義的本古理昂，於 1910 年一手催生出來的。當初一些百姓，因為財力和人力的不足，就組織起來，集結他們的資金和人力，如同初代耶路撒冷的教會，是個凡物公用的團體，同心協力。以色列人也真的厲害，將這大而可畏乾旱的曠野，從一片荒蕪地開發成綠洲，發展出很有規劃的農產豐富之企業管理農場，令人欽敬。工作共同分擔，有如共產制度下縮小版的人民公社，他們沒有私人財產，一切物品都是公用，利潤也是共享。同酬同榮，每人各施其職，同

心努力。團結就是力量，使以色列的經濟欣欣向榮，這樣井然有序的管理，非常成功。他們發展出各種事業：有農場、超市、旅館等超過270個事業。最棒的是他們的凝聚力及價值觀，大家都按照紀律遵守合約。說實在的，他們若不同心，是很難在這種環境生存下去的。我們參觀的超級市場是在加利利海附近，裡面除了農產品之外，還有其他民生用品，各式香料，連印度的咖哩粉都買得到，真是應有盡有。我們今晚將住在以色列的旅館，也是屬於「集體農場」的旗下，

提比利亞(Tiberias)或稱加利利海(Galili)

接著就前往今天最後一站的提比利亞。提比利亞是以色列最大的淡水湖，也是地球上最低的一個淡水湖，由於此湖位於地勢較低窪的裂谷中，群山環抱，當地中海的冷空氣從群山峽口流入，與湖上的熱空氣相遇激盪，經常會突然發生強烈風暴。在新約時代，提比利亞統

稱海，其實是湖，有眾多魚群，耶穌的門徒在此打魚為生。



(Tim 和張牧師在漁船上分享此湖的事蹟)

(馮津牧師帶領唱詩和禱告)



(團友們在漁船上一起唱詩讚美神)

因要趕搭六點十五分的船，這時已是夜幕低垂，我們在張牧師的引導下，來到提比利亞海邊，坐的是模擬耶穌時代門徒出海打漁的船，這是一次很特別的經歷。大家依序上船，分坐在船的兩旁。根據船長解釋：一九八六年加利利面臨嚴重的乾旱，海水銳減，水位退到幾乎見底，以致發現一條沉船，船身露出水面，專家們小心翼翼的把整條船從海裡移上岸來，工程非常艱鉅。經過歷史考古學家考証，可追溯到耶穌時代，約有兩千多年歷史的古船---耶穌的門徒彼得他們捕魚使用的就是這種漁船。歷經這麼久遠的年代，又沉在水裡這麼長時間，還能保存下來，真是意義非凡。我們何等有幸坐在船上，不禁想起當年耶穌在加利利海邊走，彼得和他兄弟安德烈在海裡撒網；耶穌對他們說：「來跟從我，我要叫你們得人如得魚。他們就立刻捨了網，跟從了祂...」(太四：18，22)。

為了讓我們親身體驗在加利利出海的經驗，漁船遂往水深之處開出去，讓我們漫遊加利利

海。這時四面陰暗，除了看到極遠處岸邊點點燈光外，海面漆黑一片。這時船長以洪亮的歌聲，熱情的唱起希伯來歌助興。接下來團友也一起唱詩回應，手牽手圍成一圈在船上載歌載舞，歡欣喜樂之聲劃破了靜寂的夜空。

回座後，我反身注視著船舷邊的海水，想起耶穌行了五餅二魚餵飽五千人的神蹟後，祂隨即催門徒上船，先渡到那邊去，等祂叫眾人散開。門徒的船在海中，因風不順，船被風浪搖撼。夜裡四更天，耶穌在海面走向門徒那裡去，門徒看到有人在海上走，驚慌地以為是鬼怪，非常害怕，就喊叫起來。耶穌連忙對他們說：
「是我，你們放心，不要怕。」彼得說：「主，如果是你，請叫我從水面上走到你那裡去。」耶穌說：「你來罷。」彼得下了船走在水面上，彼得因看到風浪甚大，就害怕，將要沉下去，便喊著說：「主啊，救我！」耶穌趕緊伸手拉住他，說：「你這小信的人哪，為甚麼疑惑呢？」他們上了船後，風就止住了。在船上的

人就拜祂說：「你真是神的兒子」(可六章 45 ~50)。

又有一次，也是在晚上，耶穌跟門徒同在一條船上，忽然起了暴風，海水打入船內，甚至要滿了，門徒非常驚慌，而耶穌卻在船尾睡覺。門徒叫醒了祂說：「我們快沒命了，你不顧我們嗎？」耶穌醒了，就斥責風和海，結果風就靜止了。(可四章 35 ~ 41) 平靜風和海的權柄只有神才有，神能將狂亂的海平靜，因耶穌是神子，所以風和海都聽祂的。想到這裡令人熱血澎湃，耶穌所走過的路，所作的事跡，正點點滴滴出現眼前.....。



(遊罷加利利湖就回到下榻的地方 Kibbutz Maagan，這裡也是集體農莊經營的，環境清幽，是渡假的好地方。)

12/28 日 Sun 第八日 八福堂、彼得受職堂、五餅二魚堂、迦百農、迦拿

八福堂 七點四十五分告別了加利利，前往北邊參觀周邊多個地點，首先來到八福堂公園外面的停車場，然後大家步行進入公園，裡面種植了五顏六色的花卉，爭妍鬥麗，鳥語花香，風景優美，在和風吹拂下令人精神舒暢。以色列人種植花卉之技術是世界第一，現已超越號稱花卉王國的荷蘭，成為聖誕紅出口第一大國。農耕技術也是世界第一流，不禁為神的選民以色列鼓掌叫好。這裡看到許多穿黑袍戴寬邊黑帽的猶太拉比，張牧師用流利的希伯來語跟他們交談。原來今天是假日，除了一批批的遊客外，當地遊人也不少。八福堂依傍加利利湖而



築，從這裡可以遠眺加利利湖，也可以在湖邊檢小石頭，別有一番風貌。



(在加利利湖畔檢小石頭)

(八福堂旁邊是寧靜的加利利湖。)



(八福堂外貌)



(八福堂內景)

登山寶訓論及八種福氣，故稱為「八福山」。
1938年，由天主教方濟會依照義大利人安東尼的構想建造成的八角形教堂，後稱為八福堂。天主教喜歡在耶穌行神蹟的地方建教堂，目前仍由義大利人管理。造型優雅的建築用當地的黑色玄武石建成，周邊的圓拱則用拿撒勒的白色岩石所造，四面環繞白色石柱，在陽光下的八福堂顯得格外高雅美麗。教堂八扇拱頂的窗，刻上耶穌論八福的部分文字。八福山 (Mt. Beatitudes)，因耶穌曾在此傳講「登山寶訓」，論八福而得名。基督徒喜歡在此默想。

今天是主日，就在加利利海邊，八福堂前面，團友們坐在這個具有特別有意義的地點，由我們的團牧馮津牧師主領第一次的敬拜，向大家分享「八福之意義」的信息。（見下圖）

經文：太五章 3~10 節



（使徒彼得
跪在耶穌
腳前的銅
像）



位於加利利海岸旁，八福堂對面，有使徒彼得跪在耶穌腳前的銅像，聽說這裡就是耶穌復活後第三次顯現的地方。約廿一章 5 ~17 節如此記載：天將亮的時候，耶穌站在岸上，知道門徒打了一整晚的魚，並沒有打著什麼，連吃的食物都沒有，耶穌叫門徒往船右邊撒網，結果網到一百五十三條大魚，耶穌為又餓又疲憊的門徒預備了熱騰騰豐富的早餐。這裡是耶穌三次問西門彼得：你愛我比這些更深麼？親自呼召彼得「餵養我的羊」的地方。

(彼得受職堂)





（這座由方濟會於 1933 建立的彼得受職堂，堂內有信徒在祈禱）

該教堂是建在整塊石頭上，一塊稱為「基督之桌」的玄武岩石上（見下圖），復活後的耶穌，是在這塊石頭上為門徒預備早餐。



耶穌接二連三問彼得：「你愛我比這更多嗎？」彼得說：「主啊...你知道我愛你。」耶穌對他說：「你餵養我的羊。」耶穌不但沒有責備背棄祂的彼得，反以恩慈、饒恕、赦免的態度去接納他，且委以重任。彼得受職堂紀念耶穌作在彼得身上的事，充滿了主愛的教導。

五餅二魚堂

位於加利利海西北的湖畔，紀念主耶穌以五餅二魚餵飽五千人的神蹟。教堂的地板有馬賽克鑲嵌的五餅二魚圖案，而在祭臺下的一塊石灰石，據說就是當年放五餅二魚的石頭。



(地板上馬賽克
五餅二魚圖)

當時耶穌講道直到夜幕低垂，在這荒山野嶺，要怎麼樣才能餵飽五千人的會眾呢？耶穌問門徒手中有甚麼東西，安德烈帶了一個有五餅二魚的小孩子來到耶穌跟前。耶穌拿起餅和魚，祝謝了，然後叫門徒分給眾人吃。門徒越分越多，直到眾人都吃飽了，還剩下十二籃，這神蹟顯示了神的恩典是豐豐富富的。



(中午去大飯堂
吃彼得魚套餐)

一條炸魚(黑魴)，配猶太人的 pita bread 與炸薯條，沙拉無限供應，若臨時定餐的話，每人要\$20。這裡是名副其實的大飯堂，長桌長板凳，遊客滿滿的水洩不通，匆匆吃完午餐，又西向出發前往迦拿。

迦伯農

迦伯農也是在加利利附近，耶穌剛出來傳道時大部分時間都住在迦伯農，節期才去耶路撒冷。迦伯農為傳道中心，靠海，在埃及前往大馬士革的大路旁，這條大路叫「沿海的路」。耶穌與門徒常在此走動，福音的光遍照全加利利的約旦河兩岸，後來福音更從耶路撒冷、猶大全地傳開，一直到地極，使它成為耶穌第二故鄉和傳福音中心。祂所選擇的這個主流城鎮，並不是一個偏僻無名的小城，實際上它還是羅馬政治命脈中的一個重鎮，也是行過許多神蹟的地方。



那棟白色石灰岩所建的會堂，是用在附近所找到的石頭，部分重建起來。因為重修的時候並沒有正確完全可靠的歷史可依據，然而它卻成為吸引遊客的觀光點。關於這個原來相當雄偉的建築物建造年代，至今尚未確定；雖然在其下方黑色玄武岩地基上原來的會堂，很可能是耶穌時期的遺址，但肯定的是，這白色石灰岩的會堂，並不是耶穌當年去過的會堂。

因這裡是受保護的重地，進入迦伯農遺址，有一道鐵門進去，裡面可以看到一座彼得手拿掌管天堂鑰匙的銅像（右圖），天主教認為彼得是管理天堂的，只要與天堂有關的都提到彼得。（馬太福音十六章18~19節）



主曾對彼得說：「你是彼得(是小石)，我要把我的教會建在這磐石上(耶穌自己)；陰間的權柄，不能勝過他。我要把天國的鑰匙給你，凡你在地上所捆綁的，在天上也要捆綁；凡你在地上所釋放的，在天上也要釋放」。

教會的基礎是基督自己，這磐石是指像彼得那樣的信心，和眾使徒所建立的教會的根基，認主耶穌為基督。「鑰匙」是權柄的表徵，使徒時代的教會歷史說明彼得怎樣拿著天國的鑰匙，在五旬節那天打開了向以色列人傳道之門，後來在哥尼流家中開啟了向外邦人傳道的紀年。但彼得的權柄是有限的，他除了說自己是按著恩賜作使徒和按著職責作長老之外，沒有其他任何特別的權柄。

我們繼續往裡走，右邊是彼得的住家，下層遺址保持原貌，在上面則蓋了新



的建築。迦伯農是一個小小的村莊，是火石地帶，耶穌曾在此醫好彼得岳母的熱病，治好了就起來服事他們。

1968~1986年，考古學家發現一座猶太會堂的遺跡，是第一世紀的建築，相信是主耶



穌在迦伯農教導人的那座會堂，現只剩下一些斷壁殘垣，若領隊不講解，真的看不出來。

1926年猶太教在會堂重建，于1990年建成聖彼得教堂，聽說是彼得的住家。



馬可福音二：1~12 節提到耶穌在這裡醫治癱子的神蹟。有一次有人聽到耶穌很有醫病的能力，就抬了一個癱瘓的人來找耶穌治病，因當時有很多人來聽道，他們來到門口進不去，他們對耶穌很有信心，知道祂有醫治癱子的能力，就先掀開屋頂，把癱子從屋頂縋下去。耶穌看見他們的信心，就治好了癱子，這神蹟震撼全村，把榮耀歸給神。

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秦始皇統一中原之後，發兵三十萬，將嶺南、廣東等地區收入中國版圖，潮汕地區也在其中，至今二千多年。潮汕地區至今尚有秦國之方言，譬如「吃粥」，潮語是「食糜」，據考證此乃秦國之方言，學者考察尚有許多例子，省了！

潮汕地區在廣東省的東部，佔地約廣東省之四份一，卻人口眾多。2021年政府統計，目前全球潮汕人約有六千萬，國內約三千八百萬，港澳台約二百七十五萬。海外約二千萬，華僑中有三份之一是潮汕人。我聽說泰國約八百萬人，加拿大約十二萬人，加上我是十二萬零一人。

我的家鄉有三條大河，就是韓江、榕江和練江，在汕頭市海港匯合流入南海。我出生於汕頭市，祖家在練江南岸之石米岐鄉，又稱練南鄉，七歲時曾經住鄉一年。

潮汕的著名人物，古代有韓愈及泰國的達信大帝，又稱鄭皇。現代有饒宗頤大師，李嘉誠、馬化騰等慈善家。著名古蹟有韓江大橋，著名飲品為功夫茶，而著名食物是潮州獅子鵝及煎蠔餅。



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天父，早安！回想過去的波折，都是恩典！為自己向神感恩，使我能夠從過去的日子裡，找出以前沒有察覺到的祝福；好讓我可以更有信心地倚靠在天父懷裡，期待新的一年，將要經歷的新恩典。

【聖經中的祝福】

只要剛強，大大壯膽，謹守遵行我僕人摩西所吩咐你的一切律法，不可偏離左右，使你無論往哪裡去，都可以順利。（約書亞記 1:7）

【有神同在就好】

天父，謝謝祢的恩典，讓孩子總算捱過了今年。雖然這一年中遭遇的困難特別多，但我從祢而得的幫助也是特別多。

因此我要向祢求一顆感恩的心，使自己在面對前面未知的挑戰時，能夠更多地倚靠祢，那位一路保護我，伴著我走的神，好得著祢向我應許的祝福。

相信不論將來需要迎接多少的煩惱，肩上負擔的擔子要增加多少的壓力，只要愛我的父神仍與我同在，就絕對有祢奇妙的辦法，帶給我比過去更豐盛的益處。

感謝天父垂聽我的禱告，奉主耶穌的聖名祈求。阿們！



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一邊聽著頌恩旋律的「未完的故事」，一邊翻閱著弟兄姊妹的投稿，一邊寫著這段「編後語」，心被恩感！姊妹們的得救見證、弟兄們的患病經歷，加上勵志詩詞、故鄉情懷、感恩禱文及精彩遊記，令我聯想到曾經一度極端繁榮進步的現今世代，卻因疫情及戰爭跌落谷底。縱使身體會衰弱朽壞，世界會沉淪變亂，但作為重生的基督徒，只要相信基督是「全能復活主」，依然可以靠著主的榮耀和能力，在末世綻放異彩。弟兄姊妹們！讓我們牽著主的手，滿有盼望地勇往向前走，朝著永生之門進發！

所種的是必朽壞的，復活的是不朽壞的；所種的是羞辱的，復活的是榮耀的；所種的是軟弱的，復活的是強壯的；所種的是血氣的身體，復活的是靈性的身體。(哥林多前書 15 章 42-44 節)

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