



# 生命园地

本期要目:

- 第一页: 來, 得安息!
- 第二页: 关注心脏病 靠主享平安
- 第三页: 开班啦!
- 第四页: Open Meeting of 3Ls

生命园地 第十六期 (二零零九年九月)

北美基督徒中心出版

## 來, 得安息!

赵杨

题记: 2009年9月7日劳工节, 教会举办了一个名为“來, 得安息!”的特会, 除教会众弟兄姊妹参加外, 还广邀福音朋友前来享受属于天国的平安与喜乐。



Jer 31:12-14 他們要來到錫安的高處歌唱、又流歸耶和華施恩之地、就是有五穀、新酒、和油、並羊羔、牛犢之地。他們的心必像澆灌的園子、他們也不再有一點愁煩。那時處女必歡樂跳舞、年少的年老的、也必一同歡樂、因為我要使他們的悲哀變為歡喜、並要安慰他們、使他們的愁煩轉為快樂。我必以肥油使祭司的心滿足。我的百姓也要因我的恩惠知足。這是耶和華說的。

早晨7点, 儿子耀民又如往常, 当起了爸爸妈妈的小闹钟。好疲倦呀, 为了能在床上多赖几分钟, 我尽力不理他, 为的是让他知道今天与往常的不同。又是劳工节了, 不用上班, 好舒服呀。美梦被小家伙一次又一次地打破, 可起床的勇气却来自弟兄的提醒:“快起来哦, 今天还要晨更哪。”对, “人活着不是单靠食物, 乃是靠神口里所出的一切话。”莫名其妙地这样的经节出现在脑海里。

又是阴天, 不禁又在心里默默地祷告: 主啊, 请您赐给我们一个好天气吧!

真好, 今天不用准备早餐, 又可以尽享主内的喜乐。我又迟到了! 一开会所的门, 美妙的歌声就飘出来了:“我的心, 你要称颂耶和華, 不可忘记他的恩惠。他赦免你一切过犯罪孽, 医治你疾病复原。”“耶和華有怜悯的爱, 且有丰盛无尽的恩典, 从亘古直到永远, 耶和華他是我的神。”美好的旋律和神的爱的

言语, 让我不愿在外面停留。匆忙地签了到, 急忙寻找第二家小组。进了门, 见熟悉的弟兄姊妹都已经满满地坐了一圈儿, 大家正欢喜快乐地唱第二首诗歌: “他们将要来到锡安的高处歌唱, 又要流归耶和華施恩之地, 就是有五谷, 新酒, 和油, 并羊羔, 牛犊之地; 他们的心必像浇灌的园子, 他们也必不再有一点愁烦。”

啊! 我真向往锡安, 那里我不再有一点愁烦, 那该多好。事实上, 此时此刻, 一起和弟兄姊妹大声歌唱, 感恩赞美主, 我就已经没有一点愁烦了, 又何必再去锡安? 谢弟兄的分享让我心里释然: 锡安就是豫表现在的教会。当你和众教会弟兄姊妹聚集, 你就如同站在锡安的高处, 教会就是耶和華施恩之地。难怪我有如此真切的体会, 原来我就在这耶和華施恩之地。晨更还未结束, 一缕阳光照在窗上, 乌云一点点散开, 每个弟兄姊妹的脸上都写满了对神的感激。神啊, 你真是垂听祷告的神! 啊, 主啊, 感谢你的恩惠和慈爱, 我的心因你的爱而全然满足! 阿门!

# 关注心脏病 靠主享平安



编者语：在加拿大，每年大约有十万人因心脏病而到医院求诊。心脏病已严重影响了患者的正常生活，甚至危及生命。鉴于此，教会在9月7日的特会中，专门组织了几位有深厚医学背景的弟兄姊妹给大家上了一堂心脏病专业知识课，希望能提醒大家关注心脏病，选择健康的生活方式。同时，教会也希望能够帮助弟兄姊妹以及福音朋友关注灵里的健康，从而能够享受主里的平安。以下是一组有关心脏病的信息，供弟兄姊妹们参考。

## 心脏病徵状

心臟與人一樣，有病未必一定有徵狀可以看到，但部份人的身體會發出警號，要主人留意。

- 氣促、出汗
- 胸痛、心悸
- 頭痛、頭暈
- 疲倦
- 水腫
- 腿肌痛
- 昏厥
- 心絞痛
- 心律紊亂—即心跳不正常，可以是心跳次數維持正常水平但呈不規則頻率、過慢或過快等。

- 心力衰竭—心臟因長期不能發揮正常功能，以致有呼吸急促、下肢水腫，平臥時呼吸困難，皮膚呈紫色，血壓下降，身體冰冷、出汗，甚至休克。
- 猝然死亡

## 預防心臟病

- 治療及預防高血壓、膽固醇和糖尿病
- 健康的生活習慣  
以清淡的飲食為原則，少吃含高糖分、鹽分、脂肪和膽固醇的食物，可減低罹患高血壓、糖尿病等的機會。
- 戒煙戒酒
- 保持心情輕鬆愉快
- 控制體重，因肥胖會令心臟負荷增加，生病的機會自然高些。
- 定期檢查，可以及早發現病情，儘早治療。
- 適量運動  
適量運動能幫助強化心臟，亦可消耗脂肪，但運動量不能超過身體負荷，否則可能會令心臟負荷過重，出現急性心臟病病發。心跳速度可以做運動量的指標，一般而言，運動時的心跳應該是最高心跳的60-80%，這樣便不會危險。最高心跳率的計法是(220-年齡)。若本身已有長期病的人，應該向醫生請教哪種運動較適合。



以上信息由刘玉姊妹提供

## Little Shepherd

### 小牧童



## 开班啦!

刘献伟

九月的温哥华，秋高气爽，气候宜人。在这个美好的季节里，我们教会的儿童班迎来了新学期的开始。九月五日，一场别开生面的开学仪式在教会正式举行。这次的儿童班，按照孩子们年龄的不同，分为三个班，并且给每个班起了不同的名字。3岁至5岁，为小班，称为“小牧童”班；6岁至8岁，为中班，称为“小勇士”班；9岁至12岁，为大班，称为“小管家”班。每个班级，都有自己不同的形象设计，并且有着不同的意义。比如，小牧童是为了培养孩子们善良，坚韧，仁慈相待别人的含义；小勇士则是寓意着他们坚强，勇敢，敢于迎接挑战的品德；小管家是为了让他们成为神的有智慧的管家。教会还为每个班级都配备了3-4位老师，每



### 小勇士 Little Soldier

周六轮流为孩子们上课。

这样的分

班，具有不同的意义。早在今年7月份开始，为了能够在孩童们的培育上更进一步，使这些孩子们长大能够成为神有用的器皿，教会就陆续召集一些有志愿服侍孩童的姐妹，多次开会，确定培养目标，制定教材内容，力求在形式上丰富多样，在内容上别具一格。在教材方面，为了和主日的内容区别开来，主要集中在孩子们的性情，个性和行为的培养上。

在这次开学仪式上，还为孩子们佩带了印有班级图案及孩子们名字的漂亮的名签。最为生动有趣的场面是JEFF和DAISY带领大家学唱《哈利路亚，阿门》。他们寓教于乐，声情并茂的教唱给孩子们留下了很深的印象。连仅仅二岁的ELISA都学会了“哈利路亚，赞美主”。另外，教会的老弟兄，也是儿童班的主要倡导者，陈惠忠弟兄还带领孩子们认识了各位老师。

最后，开学仪式在华玲姊妹（以前曾服侍过多年儿童班的老师）对孩子们无限的厚望中结束。

## Little Stewards

### 小管家



# Garden of Life

North America Christian Centre

[www.naccvan.com](http://www.naccvan.com)

8850 Selkirk Street, Vancouver, BC. Canada V6P 4J8

## Open Meeting of 3Ls

Daisy Chen

After months of preparation, on September 5<sup>th</sup>, our Saturday children's meetings had a new beginning. In the past, the Saturday meetings were set to keep the children occupied in order to free up their parents for adult meetings. However these new meetings created for children aged 3 to 12 have a clear goal of training them up in the way they should go (Proverbs 22:6) so that they will become vessels useful for the Master (2 Timothy 2:21).

Twenty-five children attended our opening meeting. They were first introduced to their respective groups: little shepherds for children of age 3 to 5, little soldiers, for those of age 6 to 9 and little stewards, 10 to 12.



We had a great singing time where everyone enjoyed a new song “clap your hands and sing to the LORD” in both Chinese and English. The new Saturday children's meetings will be bilingual so that our children will know how to fellowship in Chinese especially with their parents. Most of our parents have learned English as their second language and find it difficult to connect with their children on spiritual matters in English. The three groups of children also sang the song with their new group names. They took turns and sang as individual groups: “little shepherds sing to the LORD,” “little soldiers sing to the LORD” and “little stewards sing to the LORD.”

With the music still lingering in our minds, all the children were introduced to their teachers. Everyone was presented a badge with the group name and the group symbol to

wear.

Then the three groups of children were encouraged to imitate the great Shepherd (Hebrews 13:20), David's 600 mighty men (1 Samuel 23:5) and the faithful and wise steward in the parable spoken by Jesus (Luke 12:42). More specifically, the little shepherds will learn to love and care for one another, put others' needs before their own and obey their parents. The little soldiers will learn to be strong and bold and make right choices. The little stewards will learn to be responsible and diligent, helping at home and at meetings and consider others more than

themselves.

Afterwards all the children were reminded by the verses from 1 King Chapter 9 that they need to have a proper walk before God because God sees and cares for us continually.

<sup>3</sup>And the LORD said to him: “I have heard your prayer and your supplication that you have made before Me; I have consecrated this house which you have built to put My name there forever, and My eyes and My heart will be there perpetually. Now if you walk before Me as your father David walked, in integrity of heart and in uprightness, to do according to all that I have commanded you, and if you keep My statutes and My judgments, - 1 King 9

When we concluded our 45-minute combined meeting, all the groups headed to their designated classrooms and had their first meetings. The lessons were prepared by a group of sisters, who have children participating in these groups. They took up the burden to understand the needs of our children and created lessons in order to train our children through a variety of activities.