

即將舉行的活動 UPCOMING EVENTS



廣東話

2025年6月至9月親職講座

25/6 | 愛中有界線：

溫柔而堅定的親職管教之道

30/7 | 陪孩子學會愛與交朋友：

培養孩子的情緒與社交能力

27/8 | 發掘孩子的獨特價值：

幫助孩子認識自我與成長方向

24/9 | 愛中有引導：

父母如何培養孩子的判斷力與責任感

星期三 11:30AM - 1:00PM (設有茶點供應)

晨光關懷協會 | Shop 3, 99-101 Anzac Ave, West Ryde

費用: 每場\$19 | 參加兩場或以上每場 \$15

國語

親子互动工作坊：

如何与孩子的大脑对话？

Parent-child Interactive Workshop:

How to Communicate with Your Child's Brain?

費用: \$30

26/7 (Sat) 7:30PM - 9:00PM (via Google Meet)

親子互动工作坊：

跟孩子一起认识和爱护大脑

Parent-child Interactive Workshop:

Exploring and Caring for the Brain with Your Child

費用: \$30

23/8 (Sat) 7:30PM - 9:00PM (via Google Meet)

如何与青少年谈性？

15/6 (Sun) 3PM - 5PM

2/4 Gladstone Rd Castle Hill

自由奉獻

有效与子女沟通

17/8 (Sun) 3PM - 5PM

2/4 Gladstone Rd Castle Hill

自由奉獻

*所有收益將捐贈給晨光基金，用以支持我們的事工，幫助更多需要幫助的人。
您的參與將不僅有助於自我增值，還他人帶來希望和支持。

晨光通訊 二零二五年六月號

感恩事項 THANKSGIVING

1. 我們感謝上帝帶領新的義工來支持我們的事工及各項需要。
2. 感謝上帝讓我們的同儕支持小組發展順利，並將於七月正式啟動。
3. 在過去一個季度裡，我們感謝上帝賜下許多機會，讓我們能在不同教會分享心理健康的訊息給普通話及廣東話的會眾。

1. We are grateful to God for bringing new volunteers to support our ministry and its various needs.
2. Praise God for the development and upcoming launch of our peer-led support group, starting in July.
3. Over the past quarter, we thank God for the many opportunities to share on mental health topics across various churches, including both Mandarin and Cantonese-speaking congregations.

代禱事項 PRAYER

1. 請為合適的治療師加入晨光代禱，願我們在等候中信靠上帝的時間和供應。
2. 請為我們的財務穩定代禱，使我們能持續推展晨光事工。
3. 請為整個晨光團隊代禱，願我們在提供服務時繼續倚靠上帝的智慧與愛。願祂使用我們，為有需要的人帶來醫治與盼望。

1. Please pray for suitable therapists to join FLC as we wait and trust in God's timing and providence.
2. Please pray for our financial sustainability as we continue the work of this ministry.
3. Please pray for the entire FLC team—that we may continue to rely on God's wisdom and love in delivering our services. May He use us to bring healing and hope to those in need.



NEWSLETTER 通 JUN 2025 訊

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Cherrie 的分享

各位弟兄姊妹，各位朋友：

當我們踏入2025年第二季度，你的心境如何？你是否帶著力量與盼望向前邁進？或是生活的壓力讓你感到疲憊？無論你今天處於何種光景，請記住，神並未應許我們旅途一路順風，但祂應許在每一個低谷與高峰都與我們同行。無論是風平浪靜的日子，或是暴風雨的時刻，祂的同在永不離開我們。

我們的禱告是，你的日子不僅充滿工作與責任，更能在其中看見神的手在你生命中動工——透過回應你的禱告、意想不到的平安，以及祂的同在，使最狂烈的風暴得以平息。

「凡勞苦擔重擔的人，可以到我這裡來，我就使你們得安息。」(馬太福音 11:28)

與傷心的人同行

近來，我有幸與許多正在經歷分居與離婚痛苦的人同行。有些人遭遇了各種形式的家庭暴力，有些人則因伴侶違背婚姻承諾、持續有婚外情而心碎。當這些故事來自盼望永恆盟約關係的基督徒時，尤其令人心痛。

然而，在破碎之中，我見證了那些決心維繫家庭的人所展現的非凡力量。他們如同勇敢的戰士，暫時放下自己的痛苦，以照顧孩子並建立新生活。能以心理學家的身份陪伴、支持並提供關懷，是我莫大的榮幸。

經過長時間的禱告與社區合作，我們很高興宣布晨光將於2025年7月成立一個由同儕主導的單親母親支持小組。這個小組將提供一個安全而充滿關懷的環境，讓女性分享她們的故事、找到鼓勵，並攜手邁向治癒。

如果你或你認識的人能受益於這個小組，請隨時與我們聯繫——我們期待與你交流。

Walking with the Broken-hearted

In recent months, I've had the privilege of working with many individuals navigating the deep pain of separation and divorce. Some have experienced various forms of domestic violence; others are grieving the betrayal of ongoing affairs by spouses who have abandoned their marital commitment. It is particularly heartbreaking when these stories come from fellow Christians who had hoped for lifelong covenant relationships.

Yet, even in the midst of brokenness, I have witnessed extraordinary strength of individuals who are determined to hold their families together. These individuals are like brave soldiers, putting their own pain on hold to care for their children and build a new life. It is an honour to walk alongside them as a psychologist, offering support and compassion.

Through much prayer and community collaboration, we're excited to announce the launch of a peer-led support group for single mothers, beginning in July 2025. This initiative will provide a safe and nurturing space for women to share their stories, find encouragement, and walk together toward healing.

If you or someone you know could benefit from this group, please don't hesitate to reach out—we would love to connect.

A Vision Beyond Therapy

FLC was never meant to be just another psychology or counselling clinic. Our vision is for it to be a place where people encounter God's love and the embrace of a faith-filled community. We believe a place of professional help—but also in the healing that comes from meaningful relationships, prayer, and genuine community support.

Volunteering has always been at the heart of our ministry. We believe the involvement of compassionate volunteers often makes a deep impact. Together—professionals and community—we can be the hands and feet of Jesus, offering comfort and hope.

超越心理治療的異象

晨光從來不只是一般心理或輔導機構。我們的異象是，這裡是一個讓人們能夠遇見神的愛，並感受信仰社群擁抱的地方。我們相信專業的幫助固然重要，但真正的醫治也來自於有意義的關係、祈禱，以及真誠的社群支持。

義工服事始終是我們事工的核心。我們深信，有愛心的義工能夠對我們的事工產生深遠影響。專業人士與社群可攜手合作，一同成為耶穌的手與足，將安慰與盼望帶給有需要的人。

加入我們的事工

我們目前正在尋找：

- 以信仰為心理健康理念基礎的合約心理學家
- 具備數位行銷或社交媒體協調經驗或興趣的義工，幫助我們提升晨光的知名度並擴大我們事工的影響力

如果神感動你來參與其中，我們十分期待聽到你的回應。

感謝你成為晨光大家庭的一員。我們正一同建造一個美好的地方——在這裡，盼望得以重燃，信仰得以培育，生命得以改變。

願恩典與感謝常與你同在！

廖郭冠姿 致意

Join Us in Ministry

We are currently seeking:

- Contractor psychologists who share our faith-based approach to mental health.
- Volunteers with experience or interest in digital marketing and social media coordination, to help us spread awareness of our services and grow our reach.

If God is stirring your heart to get involved, we would love to hear from you.

Thank you for being part of the FLC family. Together, we are building something beautiful—a place where hope is restored, faith is nurtured, and lives are transformed.

Warmly,

Cherrie