

伟讯

CAC NEWS

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促进沟通 • To Communicate

增进了解 • To Understand

分享见证 • To Witness

与冠病共度圣诞

Masking up for Christmas

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The Methodist Church in Singapore

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吴乃力牧师 (博士)

华人年议会会长

Rev Dr Gregory Goh Nai Lat

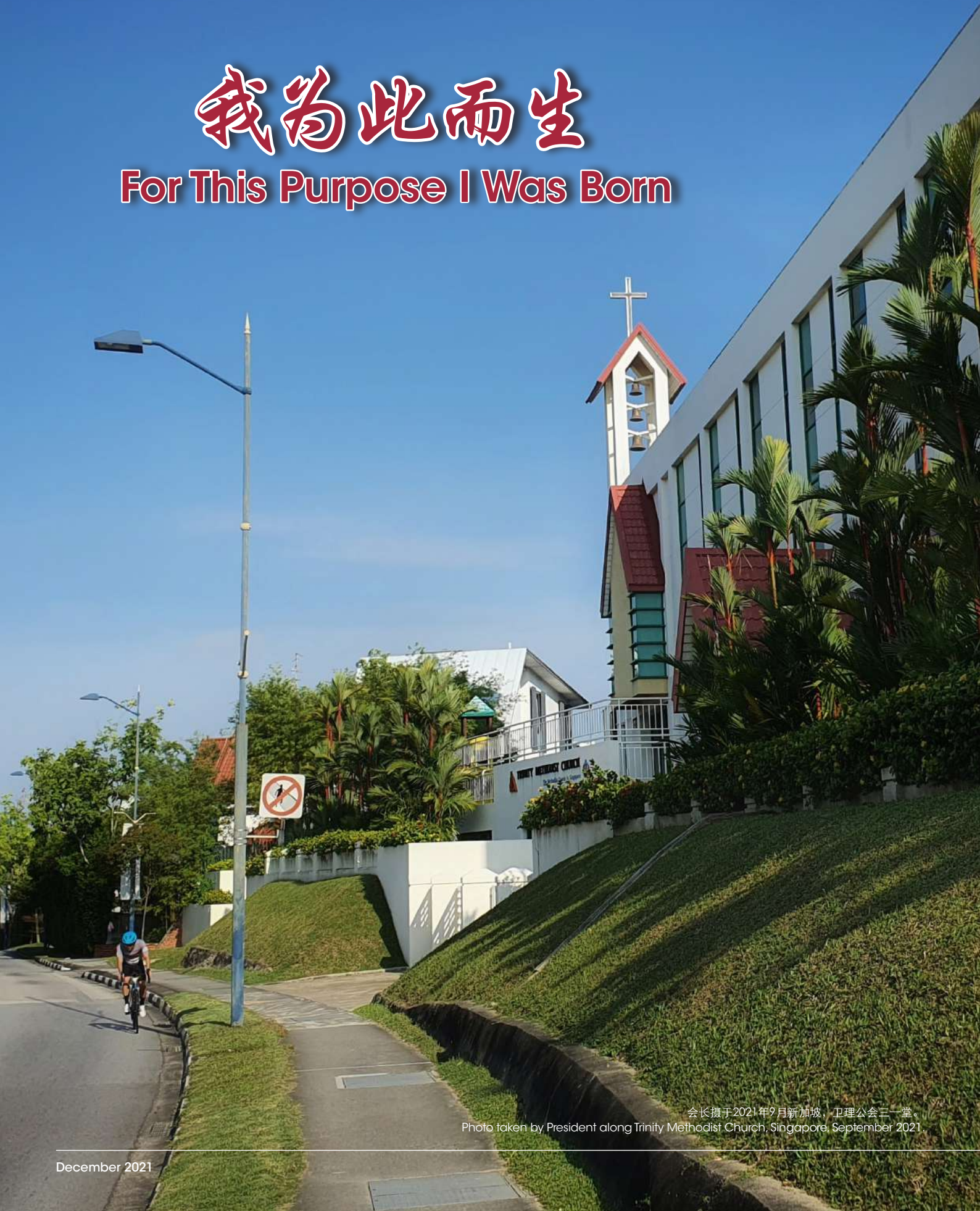
President, Chinese Annual Conference

心灵相簿

The President's Gallery

我为此而生

For This Purpose I Was Born



会长摄于2021年9月新加坡，卫理公会三一堂。
Photo taken by President along Trinity Methodist Church, Singapore, September 2021.

“我为此而生”

- “...我要为真理作见证，我为此而生，也为此来到世上。凡是属于真理的人，都听我的声音。”（约翰福音18:37）
- “因为人子来，不是要受人服事，而是要服事人，并且要舍命，作许多人的赎价。”（马可福音10:45）
- “因为人子来，是要寻找拯救丧失的人。”（路加福音19:10）

1. 塑造门徒的年议会专案小组

这两年的疫情带给我们哪些学习？它如何影响我们对事工的认识和进行的方式？我们是否会从这疫情中变得更坚韧？

当过去能在教会举行的许多事工和活动无法进行时，我们开始自问要如何继续活出信仰、与其他在基督里的肢体保持联系？我们要如何成长，并继续作耶稣的门徒？

我们的身份不在乎我们是哪一间堂会的会友，也不来自我们所事奉的岗位。我们是耶稣基督的门徒，这是我们竖立在我们主面前的身份。我们也蒙召去使人做主的门徒。这是教会存在的首要目的！

年会执行部今年十月设立了塑造门徒的年议会专案小组，为的是帮助我们更专注于塑造门徒的使命并设计一套塑造门徒的策略提供各堂会使用。这对于我们委派制度和联系关系是非常重要的。

成为塑造门徒的年议会需要不同层面的协调和不同部的交接和融合，同时，也有一些工作是不在任何部的范畴里。专案小组由会长担任主席，委员包括：副会长颜耀光先生、年会会友领袖梁绍雄医生、教区长 - 严家慧牧师（博士）、陆永德牧师、蔡伟山牧师、林建隆牧师、杨乾元博士、孔学仁先生、周美丽牧师、洪坤成博士、郭韵仪女士和吴玉秀女士。

塑造门徒的年议会专案小组将分成两个工作小组：

（一）塑造门徒的途径；（二）塑造门徒的教牧和领袖，分别由杨乾元博士和孔学仁先生带领。从2022年开始，专案小组将每四个月聚集一次。两个工作小组会在不同时期集合和商讨，然后再向专案小组汇报进度，促进协调和汇集策略。

我们欢迎不同的堂会提供专案小组建设性的见解和经验。小组也非常乐意与各堂会领袖面谈和分享。在11月6日，来自十七间堂会的67位牧者和领袖参加了华人年议会领袖团契的线上聚集。杨乾元博士也在这个聚会中分享了卫理公会武吉班让堂所采用的塑造门徒途径。大家在这次聚集中有美好的团契，也能感受到上帝恩典的同在。在上帝的恩典与怜悯中，我非常期待并向往和大家一起同奔这激励人心的旅程。

2. 《圣经天地》

四宗华文教会理事会在有关华文主日学的交流会举办后，开始推行设计《圣经天地》主日学教材的计划。中文教会的主日学事工常面对的一大挑战就是缺乏合适的中文

主日学教材。至今，我们还在采用来自香港和台湾出版社的教材。使用这些教材对以华文为二语的国家如新加坡和其他区域来说是充满挑战的，因为内容的编写方式是以华文为一语的程度来编写。在交流会上，大家一致认为编写一套华文为二语的圣经教材极为需要。这个呼吁也汇集了各教会积极的回应和投入开展新事工。

这突破性的开展事工目的是支持新加坡华文教会发展以华文为二语的圣经教学课程。此计划由三一神学院林德平牧师（博士）带领。这个计划已开始进行，课程内容将是为学前至中四的儿童和少年人所编写。他们也计划在2022年3月推出第一批的教材，供K1、小三以及中一这三个年级使用。

为协助老师和负责同工进行相关的准备工作，他们也在今年10月30日在线上举行了教材使用说明会。这个计划深受许多好评，其进展更是让许多教会感到鼓舞和兴奋。

目前，《圣经天地》出版印刷大部分的费用已得到了赞助，尚需筹集新币40万作为未来三年出版事工的运作、教师培训和教材推广之用。各宗派将负责筹集10万。我鼓励堂会慷慨奉献支持这个事工，并在来届新预算年度里，以年议会的名义，一起奉献。更重要的是，让我们为《圣经天地》的团队如教科内容设计小组、设计小组、培训小组等相关工作和参与者来代祷。愿上帝使用《圣经天地》事工，赐福我们的下一代。

3. “信仰与性向”论坛会——由家庭部与真爱机构协办（9月7、14、21、28日及10月5日）

我为由家庭部与真爱机构所协办的“信仰与性向”论坛会能圆满的进行和完成献上感恩。五周的论坛会上所分享的内容令人获益匪浅，感动人心。此论坛会报名参加者高达483人- 其中有382位来自华人年议会、50位来自三一一年议会、46位来自其他宗派的教会以及5位来自其他信仰群体。我们会继续与其他机构合作，进一步提供各堂会更多的装备，成为世界的盐和光。我们家庭部有一组核心团队，汇集了不同资料供年议会和堂会使用。我呼吁所有堂会重视此事工，并在教会牧养计划中作为必要落实的事工之一。

4. 卫理公会跨年议会圣诞节外展事工

会长理事会按照三个年议会属下堂会的地理位置划分为不同的教会区域。我们鼓励每个教会区域联合设计圣诞节布道外展计划并在这4年期间落实。希望不同堂会的维系和彼此的信任能透过一起服事社区而促进加强。

5. 第八届世界循道卫理宗华人教会联合宣教大会——传承生命，接棒前行

第八届宣教大会将由新加坡卫理公会华人年议会承办。大会将在明年6月9日至13日在线上举行。世界循道卫理宗华人教会联合宣教大会是每隔五年举办一次，并由不同国家的华人年议会轮流承办。我们是在25年前，即1997年承办第三届宣教大会，当时的聚会地点是卫理公会直落亚逸礼拜堂。明年，由于冠状病毒疫情的缘故，我们将全程在线上举行。若受邀的国家代表能前来我国参加聚会，我们可能会举行实体的会员大会，人数限五十人以内。

这次的宣教大会也是第一次以英语主讲大会主题（华语翻译）的大会，受邀分享的讲员是苏诺铭荣誉会督。大会期间也会有不同主题的工作坊和宣教士的分享。我们会陆续分享更多有关宣教大会的节目和报名详情。我鼓励各堂会将此第八届宣教大会纳入堂会的事工年历，并邀请会友报名参加。

“FOR THIS PURPOSE I WAS BORN”

- *“For this purpose I was born and for this purpose I have come into the world—to bear witness to the truth.” (John 18:37);*
- *“For even the Son of Man came not to be served but to serve, and to give his life as a ransom for many.” (Mark 10:45);*
- *“For the Son of Man came to seek and to save the lost.” (Luke 19:10).*

1. Disciple-Making Conference Task Force

What have we learnt from these two years of the pandemic? How has it impacted our understanding and running of ministries? Will we emerge stronger after the pandemic?

When many church ministries and activities that used to be held onsite were not permitted, we had to ask ourselves how we could continue to live out our faith, connect with the body of Christ, grow, and be Jesus' disciples.

Our identity is not about our church membership, and neither is it about the ministry position in which we serve. We are the disciples of Jesus Christ. That is our identity when we stand before our Lord. We are also called to make disciples. The Church exists for this primary purpose!

The Conference Executive Board set up the Disciple-Making Conference Task Force (DMCTF) in October 2021, with the intention to sharpen the Conference's focus and develop a disciple-making pathway that all churches can take reference from and follow. This is crucial for our itinerary appointment system and our connectional relationship.

Becoming a Disciple-Making Conference would require much coordination, and the coming together of several Boards; there will also be assignments that do not fall under the scope of any existing Boards.

来届的宣教大会将作为我们年会牧者的退修会。所有华人年议会的教牧都必全时间出席。我请教会在安排事工或活动时多加留意，避免与宣教大会进行的日期冲突。青年部也将在明年停办卫理青年领袖特会，并鼓励青少年报名参加宣教大会。

总结

根据世界卫生组织网站有关新冠病毒的全球数据显示——已有 5,070,244 世人死于病毒、以及 251,266,207 确诊患者。你觉得世界卫生组织会在何时正式公布疫情结束？重要吗？我自问。

让我们在这世上尚存的年日活得有目标，如约翰卫斯理所教导：“除了拯救灵魂之外你无需忙于其他事务。为此，要全心全意关注这事工。不单去需要你的人那里，更当去那些最需要你的人那儿。”

愿上帝赐给我们智慧和勇气在这世上活出不一样的生命。

DMCTF was formed under the President's office and its members include Vice-President, Mr Guan Yeow Kwang; Conference Lay Leader, Dr Benjamin Leong; District Superintendents, Rev Dr Niam Kai Huey, Rev Lek Yong Teck, Rev Chua Ooi Suah, and Rev Philip Lim; Dr Stephen Yeo, Mr Khoo Hock Yuan, Rev Cynthia Choo, Dr David Ang, Ms Kwok Wan Yee, and Ms Amy Goh.

DMCTF has two workgroups – Disciple-Making Pathway (DMP) and Disciple-Making Pastors and Leaders (DMP/L), headed by Dr Stephen Yeo and Mr Khoo Hock Yun respectively. The Taskforce will meet quarterly starting 2022. The two workgroups will meet separately and report back to DMCTF for synergism.

Churches are welcome to contribute their constructive insights and experiences with us; we will be happy to hear more from our local church leaders. 67 pastors-in-charge and leaders from 17 churches gathered online on 6 November 2021 for CAC's Leaders Fellowship, where we got to hear about Bukit Panjang MC's disciple-making model from Dr Stephen Yeo. We enjoyed a good Christian conferencing and could feel the grace of God dwelling among us. In God's grace and mercy, I look forward to running this exciting journey together with all.

2. Explore the Bible in Chinese (EBIC)

The Four Denominations Council of Chinese Churches initiated the EBIC project after they organised

a forum to discuss the needs of Chinese Sunday schools. One of the main challenges identified was the lack of suitable Chinese Sunday school materials. Till today, we have been using materials from Hong Kong and Taiwan publishers, where contents were written to cater to those with Mandarin as their first language. This poses a great challenge for Singapore and other regions where Mandarin is not our first language. The need to develop Sunday School materials suitable for our local context was mooted at the forum. It was a clarion call that activated churches to collaborate and mobilise efforts to begin the EBIC project.

This ground-breaking initiative headed by Rev Dr Lim Teck Peng from the Trinity Theological College aims to support Chinese churches with a set of Sunday School materials for children who take Chinese as a Second Language (CSL). The project has begun and the curriculum will cover classes from Pre-school to Secondary 4. The first launching, projected to be in March 2022, will consist of teaching materials for Kindergarten 1, Primary 3, and Secondary 1.

An online introductory session was also organised on 30 Oct 2021 to (a) explain EBIC's features, teaching resources, and support system for teachers and leaders in charge, and (b) discuss the curriculum implementation process. This initiative has received many positive remarks and churches are excited to see it introduced.

The bulk of the project's publication cost has been raised, and the plan is to raise another S\$400,000 from churches to cover the operations and teachers' training costs over the next three years. Each denomination has been entrusted with raising \$100K. I encourage churches to donate generously towards this project; and as a Conference, we can make our contribution in the next budget year. More importantly, let us pray for the EBIC teams as they explore the pedagogy, content, design, editorial, training, and many other work aspects of this project. May God use this project to bless our future generations.

3. Faith and Sexuality Forum by BoFL and TrueLove.is (7,14,21,28 Sep, 5 Oct)

I thank God for the successful running of this 5-session forum by the Board of Family Life (BoFL) and TrueLove.is. The sessions were very beneficial and touching. A total of 483 participants signed up for the forum - 382 from CAC, 50 from TRAC, 46 from non-Methodist churches, and 5 observers from another faith. We will continue to partner with different organizations to further equip our churches to be the salt and light of Christ in our world through this ministry. We have a dedicated team in BoFL who have put together various resources to help the Conference and local churches. I urge all churches to take this ministry seriously and make it one of your church's "must-do" pastoral ministries.

4. One MCS Cross Conferences Christmas Outreach

The Council of Presidents has divided the churches from all 3 Conferences into clusters, according to the geographical location of each church. Cluster churches are encouraged to undertake a joint Christmas outreach project together within this quadrennium. The hope is to promote relationships and trust between churches as we serve the community together.

5. World Federation of Chinese Methodist Churches (WFCMC) 8th Missions Conference - Living A Missional Legacy

We are the organisers of the 8th Missions Conference, which will be held online from 9 - 13 June 2022. This conference is held once every 5 years, where each Conference member takes turns in organising each time. We hosted the 3rd Missions Conference 25 years ago, in 1997, at Telok Ayer Chinese Methodist Church. Due to the pandemic, programmes will be conducted online this time. If the invited representatives of various countries can travel to Singapore, we may have the AGM on-site, limited to about 50 people.

For the first time, the WFCMC Missions Conference keynote speeches will be given in English, coupled with Chinese interpretation. We will be hearing from the invited keynote speaker, Bishop Emeritus Dr Robert Solomon. There will also be many workshops and sharing by missionaries. We will soon release the details of programmes and registration. I encourage churches to add the 8th Missions Conference into your church calendars and invite your members to register.

This upcoming conference will replace CAC's annual Pastors Retreat as full-time attendance is expected of all CAC Pastors. The BoYM Methodist Young Leaders' Conference will also be suspended for the year as we encourage our youths to partake in this conference. I seek that churches take note in ensuring that no other church activities will be arranged during the conference period.

Conclusion

According to the WHO Coronavirus statistics, the world has now over 5 million deaths, and more than 251 million confirmed cases. When do you think we will hear WHO's official declaration that the Covid-19 pandemic has ended? Does it matter?

Let us live our days with purpose on this earth like what John Wesley has taught us: *"You have nothing to do but to save souls. Therefore, spend and be spent in this work. And go always, not only to those that want you but to those that want you most."*

May God grant us wisdom and courage to live out a life of difference on this earth.

华人年议会第46届议会

46th Session of the Chinese Annual Conference



赞美主，华人年议会第46届议会于2021年11月15至18日顺利举行，圆满结束。如同去年，今年的会议以线上和实体方式同步举行。我们也为天恩堂在这四天的热情款待和支持感谢上帝。

在第46届议会第2天的会长报告中，吴乃力牧师（博士）带领大家关注华人年议会重要的计划和事工。执行部设立了一个新的专案小组，为的是拟定一套塑造门徒的策略供各堂会使用。吴会长也分享四宗华文教会理事会的一项新事工--发展一套适合新加坡儿童的华文圣经教学课程。吴会长呼吁各部和各堂会的合作与协调，努力完成上帝呼召我们去做的事。会长完整的报告在第2至5页。

黄昌荣会督（博士）宣讲腓立比书2:14-16的信息，提醒我们今生为上帝劳碌，凡所行的，都不要发怨言。如果我们的目标是要将祂的话语表明出来，并在这世界成为基督的光，那就没有抱怨的余地。正如腓立比书所说，黄会督勉励我们要靠主常常喜乐；并坚守生命之道。如此，当祂再来时，我们知道我们在主里的劳苦必不徒然。

同样的，吴会长也提醒我们要遵行上帝的话，以谦卑的心与祂同行（弥迦书6:8）。闭幕崇拜中，吴会长进一步劝勉凡上帝的仆人都要带着正确的态度，即穿上基督的谦卑。因着耶稣的谦卑，我们与上帝的关系才得以恢复；也只有借着效法祂的谦卑，我们才能实实在在地仰赖上帝。无论我们的地位如何，吴会长勉励我们“只为罪感到羞耻，只怕罪，并只渴望上帝”。



今年，我们为退休牧者傅俊利牧师以及蔡尚志牧师忠心的服事献上感恩。同时，我们也恭贺新按立的副牧：许巽然牧师、洪培正牧师和王美娇牧师；以及长牧：吴钧杰牧师、何秀芳牧师和陈书铭牧师。若想更多了解以上几位牧者们，请阅读9至11页。

年会委派了59位牧者到17间堂会。请参阅20至22页2022年的委任表。荣耀归于上帝，因祂带领年会度过了另一年。愿主继续使用年会以及各个堂会完成祂的旨意。我们期待明年于卫理公会宏茂桥堂举行的第47届议会。



We praise God for the successful run of the 46th Session of the Chinese Annual Conference (CAC) from 15 to 18 November 2021. Like last year, this year's conference was held both online as well as onsite, at Hakka Methodist Church (HKMC). We give thanks to God for our host church, HKMC, for their hospitality and significant support throughout the 4 days.

In his President's address on the 2nd day of the 46th Session, Rev Dr Gregory Goh drew attention to a couple of significant projects and ministries that CAC has recently undertaken. A new taskforce was formed by the Executive Board, for the purpose of developing a streamlined disciple-making pathway that our Local Churches can follow. President Goh also shared about the initiative of the Four Denominations Council of Chinese Churches to develop a set of Chinese Sunday School curriculum—teaching materials that will be better suited for children in Singapore. Setting aside the desires for the Covid-19 pandemic to be over, President Goh appeals for the continued contribution and coordination of our boards and churches as we strive to accomplish the work that God has called us to do. President's full address can be found on pages 2 to 5.

As we labour for God in this life, we can be reminded through the Bishop Dr Gordon Wong's sermon on Philippians 2:14-16 to do all things without grumbling. If our goal is to hold out His Word and be the light of Christ in this world, then there is no room for grumbling. In the words taken from the book of Philippians, Bishop Wong exhorts us to rejoice in the Lord always; and to hold on firmly to the Word of life so

that when He returns, we know we have not laboured in vain.

In a similar vein, President Goh reminds us to obey His Word, and to walk humbly with our Lord (Micah 6:8). At the Closing Service, President Goh further admonishes for the labourers of God to be clothed with the right attitude, that is, the humility of Christ. It is in Jesus' humility that our relationship with God could be restored, and it will be through our imitating of His humility may we be brought into a rightful dependence on God. Regardless of our worldly statuses, we were encouraged to "be ashamed of nothing but sin, to be afraid of nothing but sin, and to desire nothing but God".

This year, we give thanks for the faithful services of retired pastors, Rev Poh Heow Lee and Rev Louis Chai. We also celebrate the ordination of our new Deacons: Rev Shawn Koh, Rev Timothy Ang, and Rev Ong Bee Keow; as well as Elders: Rev Jasper Ngoh, Rev Jacqueline Ho, and Rev Glenn Tan. For more on the above-mentioned pastors, please read pages 9 to 11.

A total of 59 pastors were appointed to CAC's 17 churches. Visit pages 20 to 22 for the 2022 Pastors' Appointments List. All glory to God for bringing CAC through yet another year. May He continue to work through the CAC and our churches for His great purposes. We look forward to the 47th Session of the Chinese Annual Conference which will be held at Ang Mo Kio Chinese Methodist Church.

New MOTs of 2021

2021年新试用会员

The Chinese Annual Conference (CAC) is delighted to welcome 5 new Members-on-Trial this year. We give thanks to God who has called them into the pastoral ministry and pray that their families will continue to be a good support to them in their journey of full time service to God.

今年，华人年议会欢迎5位新的试用会员。感谢上帝呼召他们。祈愿他们的家庭在他们全职服事的道路上继续成为他们的支持。



Pr Sharon Lee Li Ping
李丽萍传道



Pr Michael Lee
Swee Yan
李瑞缘传道



Pr Teh You Siong
郑有祥传道



Pr Gareth Yeo Yong Tai
杨泳泰传道



Pr Joseph Chen
Yong Chang
陈勇畅传道

St. Andrew Cathedral
Church
圣安德烈座堂

Bukit Panjang
Methodist Church
卫理公会武吉班让堂

Ang Mo Kio Chinese
Methodist Church
卫理公会宏茂桥堂

Telok Ayer Chinese
Methodist Church
卫理公会直落亚逸堂

Spiritual Grace
Presbyterian
长老会灵恩堂

Telok Ayer Chinese
Methodist Church
卫理公会直落亚逸堂

Sengkang Methodist
Church
卫理公会盛港堂

Bukit Panjang
Methodist Church
卫理公会武吉班让堂

Grace Methodist
Church
卫理公会恩典堂

Kum Yan Methodist
Church
卫理公会感恩堂

- Christian Education
基督教教育
- Family Ministry
家庭事工
- Cell Group Ministry
小组事工

- Pastoral Care
牧养
- Cell Group Ministry
小组事工

- Sunday School
主日学
- Cell Group Ministry
小组事工
- PPRSC
教牧与会友关系及职员委员会
- Discipleship &
Nurture Committee
培训委员会

- Sunday School
主日学
- Worship Team
敬拜团
- Young Adults Ministry
青成事工

- Sunday School
主日学
- Choir 诗班
- Youth Fellowship
青年团契

Pr Sharon grew up in a Christian family. Since receiving her confirmation at 15 years old, she has had the opportunity to serve in different church ministries. The many years of serving in church grew and spurred her spiritually. Eventually leaving her HR profession in 2002, Pr Sharon enrolled into Trinity Theological College and began her journey to full-time ministry.

丽萍传道在一个基督教家庭长大。自15岁接受坚信礼后，就有机会参与教会不同的事工。多年的事奉，不但激励了她，也使她的灵命得到成长。后来，她于2002年卸下人力资源专业，进入三一神学院，开始了她全职事奉的旅程。

Pr Michael received God's calling to enter pastoral ministry when he was a youth. Despite being fearful and reluctant, he shares that God did not give up on him. Through years of preparation and equipping, God enabled him to obey Him and learn to trust Him in the journey of discipleship.

年轻时，瑞缘传道就蒙上帝呼召，进入牧养的服事。尽管他有些害怕，也不情愿，上帝却没有放弃他。经过多年的预备和装备，上帝使瑞缘传道在作主门徒的旅程中学习顺服并信靠祂。

A Stephen Tong gospel rally sparked in Pr You Siong the idea of full-time service to the Lord; the thought never left his mind as he continued serving in the church in the few years that followed. With the support of his wife, he eventually took the step towards full-time ministry during a church gospel rally.

有一次的唐崇荣培灵会燃起有祥传道一生服事主的想法；接下来，这念头在多年的教会服事中不断浮现。某次培灵会中，在他的妻子支持之下，他终于迈开脚步，进入全职事奉。

Through past ministry involvements, Pr Gareth sees a greater need in the Chinese speaking churches of the Methodist body in Singapore. He believes that he has been divinely placed by God to be in a Chinese church and to serve a Chinese-speaking congregation.

透过多方面的事奉，泳泰传道看见新加坡卫理公会的华语会众有更大的需要。他深信今日之所以在一间华人教会服事，牧养华语会众，都是上帝神圣的安排。

Pr Joseph received his initial calling around the age of 17. Through a time of seeking the Lord, multiple experiences, and serving in Toa Payoh Chinese Methodist Church as a Lay Ministry Staff, his calling from God was affirmed.

勇畅传道在17岁的时候蒙上帝呼召。经过一段时间寻求主，透过多方面的经历，以及在大巴窑堂担任事工干事之后，他确认了上帝对他的呼召。

Pastor Retirement 2021

2021年牧者荣休

CAC saw the retirement of Rev Poh Heow Lee and Rev Louis Chai Shung Chee at the Closing Service of the 46th Session of the Chinese Annual Conference on 19 November 2021. Read on to find out more about their pastoral journey, how they feel about retirement, and more! Scan the QR code to watch the full videos.

年会在刚过的华人年议会第46届议会的11月19日闭幕礼祝贺服侍多年的傅後利牧师和蔡尚志牧师正式荣休。以下阅读他们分享他们全职牧羊的路程、今日荣休的感触及更多。扫描二维码观看完整的视频。



Rev Poh Heow Lee
傅後利牧师

"I was active in my home church, Grace Methodist Church and my contract service with the SAF had come to an end God showed that it made sense that I should serve both God and country in full time roles..... 5 years later, God opened the door (for me) to study overseas..... This training strengthened my resolve to work with young people..... With this intent, I applied for ordination in the CAC. I supposed that this would lead to a position of a youth pastor, what I didn't know is that there was no such position. But God had a larger plan; He showed and provided specific roles and opportunities to lead the young people in the Conference and also the church congregations. God had used me to go where I have not gone before in ministry."

Rev Poh shares more on the greatest takeaway in his many years of serving and his outlook on upcoming years. Watch full video: tiny.cc/cac46revheowlee.



Rev Louis Chai
蔡尚志牧师

"I thank the Lord for giving me this opportunity to serve Him with all of you. It's my privilege and honour that 14 years of my life was dedicated to full-time ministry, in a mission organisation and in the church..... Even after my stroke in 2013, that changed all my plans, God has been faithful. He walked (with) me through the valley of shadow of death, He spoke to me, and healed me..... Today I'm going to be officially retired, after 8 years of MC (medical leave)."

Who has been Rev Louis' greatest support and partner in ministry? What will he continue to strive towards now that he has retired? Watch full video: tiny.cc/cac46revlouis.

"我要感谢天父上帝，让我有机会和大家一起服事祂。我的生命中有14年的时间能在宣教机构和教会全时间服事。我感到无比的荣幸；感谢主的恩典……尽管我在2013年脑中风，改变了我原有的一切计划，天父上帝总是信使的我虽然行过死荫的幽谷祂却与我同在，和我交谈，并医治我……拿了8年的病假我今天可以正式地退休。"

谁是蔡牧师最坚定的帮助和事工上最好的同伴？退休后，牧师将继续为什么而奋斗？收看完整视频：tiny.cc/cac46revlouis



Pastor Ordination 2021

2021年牧者按立

CAC is happy to present to all our 6 pastors, who were ordained at the Closing Service of the 46th Session of the Chinese Annual Conference. Rev Jasper Ngoh, Rev Jacqueline Ho, and Rev Glenn Tan were ordained Elders; Rev Shawn Koh, Rev Timothy Ang, and Rev Ong Bee Keow were ordained Deacons. We had each of them share with us a little about their pastoral journey thus far—the grateful, the memorable, and the comforting. Scan the QR codes to watch the full videos and get to know more about our pastors.

华人年议会很高兴与大家介绍在年会第46届议会闭幕礼被按立的6位牧者们。被按立为长牧有：吴钧杰牧师、何秀芳牧师及陈书铭牧师。被按立为副牧的有：许巽然牧师、洪培正牧师及王美娇牧师。我们邀请牧者们于我们分享他们至今的牧羊的旅程—感恩的、难忘的、或安慰的经历。扫描二维码收看完整的视频，跟家认识我们的牧者们。

Elder Ordinations



Rev Jasper Ngoh
吴钧杰牧师

tiny.cc/cac46revjasper

"Reflecting on my journey so far, I think the biggest lesson that I've learnt and must continue to work on is the importance of humility. I see humility being modelled through my fellow bond servants of Jesus Christ, who have served genuinely, and out of their humility very effectively build up the body of Christ. It also humbles me to observe God's mysterious ways of building up His own body through unexpected persons, and unexpected means..... I'm just so grateful for a community of fellow pilgrims, within the TA family..... the Wesleyan bands that I'm a part of, as well as a small group of CAC pastors who have been my source of inspiration and wisdom..... Special thanks to Christine and my troop of 4 critters at home, as well as our families—they have been most patient with me on my journey of service. Pray for me and my family to serve with unfailing love as we commit ourselves to a lifetime of witness and service. Glory be to God!"



Rev Jacqueline Ho
何秀芳牧师

tiny.cc/cac46revjacqueline

"过去服事的学习与经历当中，最令我难忘的是每一次能够看见上帝所爱的儿女的生命被建立，领受主耶稣的爱与力量，重新回到主的面前……成为主忠心的门徒。从试用的年会会员到副牧的这几年中，我领会到生命中一个宝贵的功课那就是：常常需要以谦卑的心不断地学习……我非常感谢过去服事过的堂会的牧长与领袖……（也）感谢我的家人使我能够坚固牧师、妻子以及母亲的责任……接下来，我会继续的和众弟兄姐妹一同服事、学习与成长，努力地为主上帝的国度以及基督的福音来摆上。请继续为我祷告。”



Rev Glenn Tan
陈书铭牧师

tiny.cc/cac46revglenn

"One of the most important lessons I've learnt and am still learning in my ministry journey is that *people are invaluable*. To me, the people that God has brought alongside us in the journey of ministry are often forgotten means of grace. I think that without them, ministry would be impossible. As such, it is with a grateful heart that I thank God for the people whom He has called to come alongside, to sojourn together..... As Paul wrote in Philippians 1, 'I thank my God every time I remember you. In all my prayers for all of you, I always pray with joy because of your partnership in the gospel from the first day until now'..... May God continue to call us to run the race with perseverance until we see Christ again. Amen."



Deacon Ordinations



Rev Shawn Koh
许巽然牧师

tiny.cc/cac46revshawn

only eat from your hand if the sheep recognises you. So, in these 2 years, I have spent a lot of time caring for all the people that are entrusted to me."

“耶稣在圣经里面告诉我们“凡劳苦担重担的人可以到我这里来，我就使你们得安息。”……当我觉得服侍没有力或者是想要休息的时候，我都会尝试寻找耶稣，去到耶稣那里跟耶稣亲近……我常常提醒自己我要像耶稣一样。当人来到耶稣跟前时，他能够得到安息；当会友来到我跟前时，我必须把耶稣的那一份安息带给他们。

In these 2 years of pastoral ministry, I realised that in order to effectively feed the flock, a shepherd must have a relationship with the flock. A sheep will



Rev Timothy Ang
洪培正牧师

tiny.cc/cac46revtimothy

God. I covet your prayers, that I may serve faithfully in the vocation of the care of souls, confident that the One who cares for my soul has given His life for me and will equipped me for whatever He has called me to do."

"I give thanks to God for calling me to this sacred work. I first sensed the calling during a church mission trip in the year 2000. It has been an experience of grace upon grace as our Heavenly Father has led me each step of the way, assuring me inwardly, and blessing me with godly mentors and fellow sojourners along the way. Special thanks to my wife, Velma, and our 3 children, as well as our families of origin…… I'm also indebted to my home church and spiritual family, Telok Ayer, for being the place of spiritual nurture…… I embark on ordained ministry with a sense of fear and trembling before



Rev Ong Bee Keow
王美娇牧师

tiny.cc/cac46revbeekeow

that He kept me focused on His Word. Through meditation and reflection, I am brought closer to God."

"I received my first appointment during the Special Session in Aug 2019. Having joined barely for 6 months, Covid-19 struck…… Then we started online services, buying the green screen, (and) setting up a recording space…… My online shopping hit a record high during that time. I remember I was always drenched after each sermon recording, because I had to close all the windows and there was no air-conditioning in the room. Those were the challenging times, but they were also teaching moments for me. Like the psalmist said: "I lift up my eyes to the hills, where does my help come from? My help comes from the Lord, who made heaven and earth". Indeed, I thank God



历经疫情，历经心理健康

Protecting Our Mental Health Amidst a Pandemic



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2019年，一场突如其来的疫情，对每个人而言，都是个不小的心理应激事件，都不可以避开疫情带来的身心影响。很多人出现焦虑、恐慌、担忧、悲观、麻木、厌倦等负面情绪，抑郁失眠的人也越来越多。心病和身病息息相关，心理免疫系统会影响到身体的免疫力。健康的心理，稳定的情绪是抵抗病毒的重要屏障。

历经疫情，我们该如何维护心理健康呢？

认识真理，打稳根基。

压力感受的两个重要影响因素：是否是自愿选择；是否在能掌控的范围内。突发的疫情和需要适应的新常态，即不是自愿选择，也可能失去掌控感，难免有很大的压力体验。但上帝的话语告诉我们，当神国度再临之前，世界将面对不断升级的灾难，就如同产妇在迎接新生命前的阵痛。约翰福音16:33，耶稣告诉他的门徒：“我将这些事告诉你们，是要叫你们在我里面有平安。在世上你们有苦难，但你们可以放心，我已经胜了世界。”以赛亚书30:15也说“得救在乎回归安息，得力在乎平静安稳。”基督掌控全局，是我们永远的磐石。回到真理的根基，安静在主里面。让心里真正笃定，真正有安息的依据，是维护心理健康的扎实根基。

接纳现状，管理情绪。

疫情中的各种经历是不在我们控制范围内的外界刺激。如何看待这些经历则是在我们控制范围内的。学习用不同的角度和层面来看待同样的事，可以发展心理的坚韧性，维护心理健康。面对疫情，难免会有负面情绪反应。与其消极逃避抑制，不如积极的应对。情绪也是上帝所许可的。

应对负面情绪三步曲：1) 接纳疏导情绪；2) 推理分析事件；3) 具体改进行动。

通常，外界刺激传递到情绪脑的速度快过传到理性脑的速度。通常事件发生，在理性分析前，会先引发各种起伏的情绪。需要接纳这些情绪的存在，如同船在大海上走，有起伏和波浪，不需要抗拒波浪，只需随着起伏，都会过去。先接纳疏导情绪，再做推理分析。

在任何一个处境中，天父必不撇下我们，也不丢弃我们。谦卑到天父面前，放下我的主张，许可天父的主权在我的软弱上彰显。天父必会与我们同行，也帮助我们在其中发展更成熟的灵命，让生命往下扎根，向上结果子。

在这过程中，涂鸦、捏压力球、深呼吸、听音乐等都是建设性应对情绪的方式，还可以发展健康的兴趣爱好，维持身心的活力。比如专心读一本好书、整理家庭相册，学习新的烹饪等。此外，美国西北大学医学院黄维仁博士研发的《亲密之旅》情感智慧和自我成长课程中的“情绪自我调节五要诀”也是有效应对情绪，清除心理垃圾，维护心理健康的实用工具。

避免不知不觉中在家人面前放肆自己的负面情绪来掌控家人，弥补掌控感的缺失。纠正“自己人，没关系”的想法。不让家庭成为法庭，要让家成为爱的港湾，成为面对最真实的人性，破碎自我，培育门徒的地方。当然，也可以通过洗手、戴口罩等保护自己的方式来增加自己的掌控感，减少引发不必要的焦虑等负面情绪的可能性。

对于本就容易焦虑的个体，鼓励把焦虑控制在有限的范围里。只在固定时间看疫情相关信息，其他时间让自己的注意力从疫情中转移开，去关心帮助他人，做适合自己，能增加愉悦心情的事。若尝试这些方式后依然无效，鼓励寻求专业心理辅导的帮助。

不当孤岛，与人链接。

隔疫不隔爱，不当孤岛，保持与人的有意义的链接。在一项针对1000位34岁-93岁的人的研究里，也发现彼此关心，能够避免压力带来的伤害。约翰福音15:12“你们要彼此相爱，像我爱你们一样，这就是我的命令。”

远程办公刚开始的新鲜、喜悦感过后，大致9个月后会便会产生强烈的与世隔绝感，孤独感，容易焦虑。让爱走动吧！可以用电话、视频信息等方式维持和增加和人的链接，使大脑产生更多催产素（也叫拥抱激素），调节大脑的社会本能，让人更愿意支持和帮助他人，还可以保护心脏。

其他维护心理健康小贴士

睡眠：没有良好睡眠很难维持良好心理健康。

饮食：营养均衡的饮食可以保证身心健康。

运动：可以选择合适的室内外运动，促使大脑神经递质的分泌（如多巴胺，也被称为“快乐因子”），让人产生愉悦感，增加身心理免疫力。

与其被动抱怨黑暗，不如主动寻求光明。坚信光亮来了，黑暗自然就少了。

深深祝福平安、喜乐！



In 2019, the sudden pandemic was the source of significant psychological stress for all. No one was spared from the physical and mental implications it inflicted. Negative emotions such as anxiety, panic, worry, pessimism, apathy and weariness were experienced by many. More and more people were suffering from depression and insomnia. As mental and physical illnesses are fundamentally linked, our psychological immune system affects our body's immunity. A healthy and emotionally stable mind serves as an important barrier against the virus.

Confronted with this pandemic, how can we better protect ourselves mentally?

Know the Truth and Lay a Solid Foundation.

The stress we feel is influenced by 2 important factors: whether it was of voluntary choosing; and whether it is within our control. The outbreak of the pandemic and our need to adapt to a new normal was neither of our voluntary choosing, nor something we had much control over; inevitably, great stresses were experienced. But the Word of God has foretold us of the increasing catastrophes and sufferings the world is to experience before His Kingdom returns, which is akin to the labour pains a woman feels prior to the welcoming of a new life. In John 16:33, Jesus said to His disciples: "I have said these things to you, that in me you may have peace. In the world, you will have tribulation. But take heart; I have overcome the world." Isaiah 30:15 also writes: "In returning and rest you shall be saved; in quietness and in trust shall be your strength." Christ is in control of everything and He is our eternal Rock. Return to the foundation of the Truth, and rest in the Lord. Allowing the heart to be truly settled and rested makes for a solid foundation to safeguarding mental health.

Accept the Status Quo and Manage Emotions.

Various experiences brought on by the pandemic are external stimuli that are outside of our control. Yet, we are fully in control of how we view them. Learning to look at a matter from different angles and levels help to develop mental toughness and safeguard our mental health. Negative emotional reactions are unavoidable in the face of a pandemic, but rather than trying to escape with suppression, why not deal with our emotions with positivity? After all, God granted us to have emotions.

3 steps to coping with negative emotions: 1) Accept and guide the emotions; 2) Analyse and rationalise the matter at hand, and 3) Take practical steps toward improvement.

Usually, an external stimulus is transmitted to the emotional side of the brain faster than to the rational side of the brain. As a result, when an event occurs, emotions of all kinds are typically triggered before the mind can rationally analyse it. We need to acknowledge these emotions. Just as a ship sails on the sea and concurs to the frequency of the waves instead of resisting it; follow along with the ups and downs of our emotions and they will eventually come to pass. First, accept and then guide the emotions; then, analyse and rationalise them.

Regardless of our circumstances, our heavenly Father will never leave nor forsake us. Come before Him in humility, let go of your self-assertion, and let the Sovereignty of God take over. His power is made perfect in our weaknesses. Surely, our heavenly Father is walking alongside us and helping us to grow in spiritual maturity amidst our circumstances. Let life take root and bear its fruit.

In this process, doodling, squeezing on a stress ball, taking deep breaths, and listening to music are all constructive ways of coping with emotions. Developing healthy hobbies also help to maintain physical and mental vitality. Some healthy hobbies could include reading a good book, organising family photo albums, learning to cook new dishes, etc. The 5 tips for regulating our emotions, offered in the *Journey to Intimacy* emotional intelligence and personal growth curriculum developed by Dr Wei-Jen Huang of Northwestern University School of Medicine, may also be an effective tool for coping with emotions, clearing out mental trash, and protecting mental health.

Avoid unknowingly controlling your family by displaying your negative emotions in front of them, to make up for feelings of lack of control. Rectify the idea of "We are family, so it is okay". Do not let the home become a courthouse; instead, let it be a harbour of love—a place that faces the truest human emotions, humbles oneself, and nurtures disciples. Of course, we can also take protective measures such as washing our hands and wearing a mask to increase our sense of control, thereby reducing experiences of unnecessary anxiety and negative emotions.

For individuals who are more prone to feeling anxious, it is encouraged that they deal with their anxiety within set boundaries. For instance, only look into pandemic-related news during a fixed time, and for the rest of the time, divert attention to other matters. Care for and help others; do what suits you and brightens your mood. If these methods are ineffective, it is encouraged that professional counselling help is sought.

Don't Isolate Yourself, Connect with People.

We may be isolated due to the pandemic, but we are not isolated from love. Maintain meaningful connections with people. A study done with 1000 people aged 34-93 found that caring for one another helps to avoid the harms caused by stress. John 15:12 also reads, "This is my commandment, that you love one another as I have loved you."

As the excitement and joys of telecommuting begin wearing off at about the 9-month mark, a strong sense of isolation, loneliness, and ease of feeling anxious will set in. So spread the love. Maintain and increase connections with people through phones, video messages etc. This will help the brain to produce more oxytocin (also called the "cuddle hormone"), which regulates social cognition; makes people more willing to support and help others; and also protects our hearts.

Other Tips for Safeguarding our Mental Health

- Sleep** : A lack of adequate sleep makes maintaining a good mental health extra difficult.
- Diet** : A balanced diet can ensure physical and mental health.
- Exercise** : Pick indoor or outdoor sports that suit you. They encourage secretion of neurotransmitters in the brain (such as dopamine, also known as the "happy hormone") that makes one happy. It will increase the body and minds ability to fight the pandemic.

Rather than passively grumbling about the darkness, actively seek the light. Firmly believe that when light enters, darkness will naturally disappear.

Heartfelt wishes of peace and joy for all!

与冠病共度圣诞



梁志诚
《卫讯》编委

经文：

在伯利恒的野外有牧羊人，夜间值班看守羊群。有主的一个使者站在他们旁边，主的荣光四面照着他们，牧羊人就很惧怕。那天使对他们说：“不要惧怕！看哪！因为我报给你们大喜的信息，是关乎万民的…”（路2:8-10）

每逢圣诞节，总会想起儿时报佳音的情景。除了唱圣诞诗，也朗读经文，把圣诞喜讯带到一户户的家庭。那时，最常用的经文，莫过于路加福音第2章，天使的宣告与赞美。

疫情当下的圣诞，在重读此段经文时，意外地被2章8-10节所触动！路加医生说：“**在伯利恒的野外有牧羊人，夜间值班看守羊群。**”对当过兵的人而言，想必尝过夜间值班守护营地的滋味。有时长官会突然袭击，以测试值勤士兵是否足够警醒。

野外是人烟稀少之地，更何况在夜间，环境必然格外静谧。虽然如此，值班者还得时刻警醒，确保羊群安全。其他人则可稍微歇息。

其实，这正是一项重要的生活指南。无论我们从事哪一行业，都不能无间断的值班。人人都需要休息，避免精神和体力过度消耗，引发不良的健康问题！

冠病令许多人精神紧绷。据8月份报道，自去年推出以来的全国关爱热线，已接获超过4万5千通求助电话。这是因为疫情影响人们的日常作息，导致许多人面对更大压力和焦虑。

不知不觉中，我们迎来第二个疫情笼罩的圣诞。在病毒肆虐的低下，我们是否还能像以往一样，带着喜乐和兴奋的心情欢度这个节日呢？

传统庆典、盛宴和嬉笑玩乐的节目，目前还是无法进行。不过，我们可以选择在安静之中，藉着主使者在首个圣诞夜里所说的话，重温上帝的爱，感受祂的同在，让我们疲惫的身心灵得着安抚。

夜间使者

路加描述了那时的情景。当牧羊人夜间看守羊群时，**有主的一个使者站在他们旁边**…这是天使报告大喜信息前的序幕！

牧人之所以需要警醒值班，是因为他们处在不安全的旷野，特别是在黑夜，随时可能遭受豺狼的攻击。但有主的使者站在他们旁边，显示了主与他们同在。

疫情泛滥近乎两年，犹如漫长黑夜。病毒随处埋伏，人人忧心忡忡。这段日子，每逢参加教会崇拜，都听见牧者传道为疫情迫切祷告，祈求天父怜悯眷顾。我们深信，无论日子如何，天父必然守护在我们身边，如同夜间使者，不离不弃地陪伴着我们。

主的荣光

路加跟着记载了更令人惊讶的一幕：**主的荣光四面照着他们**…不单有主的使者，还有主的荣光照耀他们。

在当时罗马的统治下，社会贫富悬殊。牧羊人属低下阶层，工作辛苦、生活贫困、身份卑微，是一般人所遗忘的群体。然而主却愿意主动的亲近他们，将荣光照在他们身上。牧羊人就像在黑暗的圣诞舞台上，突然被强烈的灯光聚焦着，让世人都看见了他们！

光一来，黑暗就被驱走。这光不但消除黑暗，还带来温暖，舒缓疲惫心灵，因而牵动牧羊人，信心满满地前往伯利恒去寻找耶稣。在这个圣诞节，祈望主的荣光，渗透每一个幽暗的心灵，并让圣诞缤纷的色彩，覆盖在冠病弥漫的世界之上。

不要惧怕

当光照着牧人时，他们就很害怕。那是一种自然反应。天使开头的第一句话说：“**不要惧怕**…”。牧羊人必须先镇定下来，才能听清楚接下来所要宣告的大喜信息。如今我们面对前所未见的新冠肺炎，目睹其巨大的杀伤力和影响力，担忧与惧怕也是一种自然反应。

科学家告诉我们，病毒是人类目前所知道能使人生病的最微小生物，而当今肆虐全球的病毒是最让人类头疼的一种。虽然疫苗已经在许多国家普遍使用，但我们并没有看到接种疫苗率越高的国家，病例相应减少。

因此，除了接种疫苗以防重症外，我们还得继续遵守非药物的防疫措施，如戴口罩、勤洗手、少社交和注意卫生等。专家还有一项重要的劝告，就是要增强自我的免疫力。通过饮食、运动、休闲和心理的调适，使自己活得更健康。

如果我们长期处在忧虑与惧怕之中，健康将受影响，免疫力必然减弱。所以，“不要惧怕”也应该是我们内在的一种防疫途径。人类与病毒共存的日子已经开始，但那位昔在、今在、永在的全能者仍在我们身旁。因此，让我们把沉重的心灵担子放下，靠主度过一个既平安又快乐的圣诞节。祈愿在至高之处荣耀归与上帝，在地上平安归与祂所喜悦的人！阿们！

Photo by guille pozzi on Unsplash



It's Christmas Season Again 圣诞节又到了



TUNE INTO SOME CHRISTMAS SONGS 来听一些圣诞歌曲

Welcome Christmas and celebrate our Christ Jesus during this festive season through music and song! We gladly share with all some Christian Christmas songs, amongst which some were sung by CAC's very own church members! This December, listen to them as you work, rest or play, or when you have friends and family over.

让我们一同以音乐与诗歌迎接圣诞节，庆祝救主耶稣基督的诞生。我们很高兴与大家分享一些由各堂会友所演唱的圣诞节诗歌。12月份，无论您办公、休息、游玩或迎接客人，都可播放聆听。

Productions by CAC Churches and Members 各堂会友制作的视频:

What Child Is This
by Justin Yeo and
Leong Shengyu of
QCMC



Fairest Lord Jesus
by Justin Yeo and
Leong Shengyu of
QCMC



When I Kneel at the
Manger Tonight
by Charis Methodist
Virtual Church



Christmas
Medley by GMC
Choir



Christmas
at Home 2020 by
TACMC



婴孩是谁 -
女皇镇堂杨镕玮和
梁胜语



美哉主耶稣 -
女皇镇堂杨镕玮和
梁胜语



在家过圣诞
2020 (粤语) -
直落亚逸堂



夜半歌声 /
It Came Upon The
Midnight Clear -
女皇镇堂杨镕玮和梁胜语



以马内利来临/
O Come, O Come,
Emmanuel -
女皇镇堂杨镕玮和梁胜语



在家过圣诞
2020 (华语) -
直落亚逸堂



When I Kneel at the Manger Tonight
offered by
Charis Methodist Church Virtual Choir

YouTube Christmas
Songs Playlist (English)



圣诞诗歌播放列表
(华语)



As we remind ourselves that Christmas is about the birth of King Jesus, don't forget to share the above Christmas songs with your loved ones. Invite them, also, to a Christmas service in your church!

当我们提醒自己圣诞节是关乎主耶稣的诞生时，别忘了与您的亲人分享以上的圣诞诗歌，并邀请他们参与您堂会圣诞节崇拜。

Keep On Keeping On



Rev Glenn Tan

Associate Pastor of Toa Payoh
Chinese Methodist Church

Philippians 3:12-14

Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me. Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

Introduction

Most marathon runners share a common experience – running into a metaphorical wall during the race. At about three-quarter way into a 42 km marathon, an athlete would quite suddenly be overcome by dreaded feelings of fatigue and a loss of energy. It could literally feel like running into a brick wall.

This happens because your body can only store a finite amount of energy and at about 32 km, there is just no energy left. Negative thoughts flood the athlete's brain. The body screams to the brain, "You have pushed beyond your limits. It's impossible to go on. Enough is enough." Some runners slow to a walking pace; others would be so overwhelmed with both physical and mental fatigue that they simply stop. These runners have run 32 km, but they did not finish the marathon. They did not reach their goal, and they will not be winning a prize.

A wise friend in ministry once told me, "Glenn, the call to full-time ministry is not a sprint; it is a marathon." And for this reason, I thought of sharing on Philippians 3:12-14 at this juncture of my ministry journey as a reminder to myself and hopefully to encourage all of us to "keep on keeping on".

We all know that Paul's letter to the church in Philippi is part of a quartet written whilst he was under house arrest or imprisoned in Rome. I'd like us to consider two key points in these short three verses.

Not There Yet

First, Paul writes in verse 12: "Not that I have already obtained all this, or have already arrived at my goal,"

What is Paul trying to say here? Isn't this the apostle to the Gentiles? Didn't he travel more than 16,000 km on his three missionary journeys, planting 14 or more churches? Wasn't he under house arrest in Rome and awaiting execution whilst writing to the Philippian church? Why do we get a sense that his mission is still incomplete even as he nears the end of his life? What other goal is Paul seeking to arrive at?

The context of Philippians 3 shows us that Paul's expressed goal is to know Christ – not just mentally comprehend who He is, but to experience the power of His resurrection – to participate in His suffering, become like Him in His death, and attain resurrection from the dead.

Paul knows that being under house arrest is not the end of his ministry marathon. His goal, his prize, is not here on earth. He knows that God has called him heavenward in Christ Jesus. He exhorts in verse 20 that his mission, so long as he still draws breath or before Christ comes again, is to bring people to citizenship in heaven.

Keep On Keeping On

And so, Paul tells his readers that he will keep on keeping on!

Paul uses the verbs "press on" and "straining" thrice altogether in these three scripture verses. He says, "I press on to take hold of that for which Christ Jesus took hold of me", I am "straining toward what is ahead", "I press on toward the goal to win the prize." But how was Paul doing so whilst imprisoned?

It is perhaps pertinent to consider the semantics of the Greek words translated as "press on" and "straining." "Press on" does not just mean persevere, it has the connotations of following with haste, with intensity of effort. As if lagging behind, Paul is pouring a tremendous effort into his ministry goal, because the word translated as "straining" is better translated as "to try hard, to stretch out."

Taken together, Paul is telling the readers in Philippi that despite the gospel work he has been able to accomplish, despite the fact that he was imprisoned



and can no longer step out of the front door to be a witness for Christ, it almost seems that Paul has redoubled his efforts – he was straining and reaching out from his prison.

This is corroborated in Acts 28:30-31, which say, “For two whole years Paul stayed there in his own rented house and welcomed all who came to see him. He proclaimed the kingdom of God and taught about the Lord Jesus Christ—with all boldness and without hindrance!” Not only that, Luke did not record that Paul also wrote the four prison epistles. Despite his physical constraints, the Apostle Paul was determined to keep on keeping on for Christ!

Application

Whether laity or clergy, and regardless of which juncture of our ministry marathon we are each at, Paul reminds us that we share one commonality: it isn't over until it is over; we are all still in the marathon of ministry. So let us consider two crucial questions:

1. Are we still pressing on and straining in ministry?
2. What are we pressing on and straining in ministry for? What goals are we headed to?

Covid-19 may be *the* wall in our ministry. It has quite literally imprisoned some of us at home. For pastors and leaders of the church, ministry in the era of Covid-19 means having to strain, to reach beyond conventional methods of pastoral care to shepherd our sheep. We will also have to strain and press on in encouraging our congregation members to return to on-site services as some of our sheep have grown accustomed to the convenience of attending church services from home.

Even before Covid-19 blanketed the world, the marathon of ministry was already exhausting! We are often pulled in different directions by competing demands for our time. Sometimes, torn asunder with the guilt of not wanting to abandon the ‘responsibility’ that God has called us to, we choose to trudge on. But the brain’s natural defence mechanism kicks in – we shut down or disconnect, and go into cruise control mode. How can we still strain towards the goal that God has called us to when it gets so hard to go on?

A wise leader recently told me that he needed to step down from some of his ministry positions and

only retained one ministry role because he was assigned additional responsibilities at work, and his newborn daughter was facing some health issues. This leader may have slowed down, but he did not quit! Pressing on and straining does not always have to mean going faster. It may sometimes mean going slower in difficult circumstances, while still being faithful to God’s call.

A pastor was so ministered to when he read Hebrews 12:1 that he wrote this exhortation about ‘Cruise Control Christianity’ in his blog,

To persevere, however, especially in the context of the metaphor of running, is to refuse to simply go through the motions. It is to be actively engaged, to move forward with purpose, to refuse to put our lives on cruise control. In spiritual growth, it means that daily devotions (prayer and time in the Word) are not done so that we can check them off the list, but with a genuine desire to be transformed more into the image of Christ. In personal ministry, it means that we do not serve Christ’s people or our neighbours out of a sense of obligation, but with a purposeful desire to further Christ’s kingdom and bring glory to Him. Even in our down time, perseverance in the race means that we do not judge the use of our time solely by what pleases us, but that we run everything through the grid of that which is pleasing to our God... intentionally for Christ and His kingdom.¹

As we reflect on how God has called each one of us to ‘keep on keeping on’ – even when our circumstances change, when we are constrained, or when we think we are nearing the finishing line – we remember the last words of the founder of Methodism, John Wesley. Reportedly still preaching at age 88, just a few days before he died in 1791, he said: “The best of all is, God is with us.”

So keep on keeping on because God, who has called us heavenward to Christ Jesus, is with each one of us, every step of the way.



《门徒》卅周年，欢庆上帝的信实！

俞丽鑫牧师，《门徒》机构主任

主耶稣基督吩咐我们“……你们要去，使万民作我的门徒，奉父子圣灵的名，给他们施洗。凡我所吩咐你们的，都教训他们遵守，我就常与你们同在，直到世界的末了。”（马太福音28:19-20）

自1986年开始，美国联合卫理公会牧者和领袖开始撰写《门徒》研经课程，为帮助参与者完成大使命之际，先塑造自己成为耶稣的门徒，然后去使人做主门徒。诚然，在过去的卅年间，上帝与我们同在，借着许多忠心的仆人，在1991年把《门徒》从美国带到新加坡，然后从新加坡到亚太，包括东马、西马、香港、台湾和澳洲。

2021年11月4日，约120人齐聚卫理公会思珍堂，还有线上300位来自海内外的弟兄姐妹，为着上帝在《门徒》推广的这卅年里——祂的眷顾和信实，来献上感恩和颂赞。在场的会众丝毫不受安全管理措施所影响，个个难掩兴奋的情绪。

当天，黄昌荣会督（博士）在启应祷文和敬拜过后，带领开始祷告。紧接着就是，三位经验丰富的《门徒》培训师/导师，分享了卫理公会门徒塑造的特色和《门徒》研经课程隐藏的宝藏。



生命转变是《门徒》的焦点

“‘门徒’（希腊原文：*mathetes*）在四福音书中出现230次，在使徒行传出现28次。因此，我们不能逃避圣经的教导就是要基督徒成为基督的门徒。”三一年议会会长，蔡芳盛牧师，开场时如此说。

他还指出：“若没有门徒塑造，基督徒的生活就与非信徒没有分别，最终他们无法有效地见证基督。”

“《门徒》研经课程不仅增加我们对信仰的知识，更重要的是我们的生命被转变更像基督。”

“若基督徒不是基督的门徒，我们就会沦为宗教商品和消费主义者。更严重的是，一些自称是耶稣门徒的基督徒在日常生活中，没有为主做好见证，”蔡牧师说。

“我曾多次听到非信徒不愿相信基督教的原因之一，正是因为他们亲自目睹或经历一些基督徒极度不好的榜样和见证。若我们希望世人看见耶稣，我们就必须在自己的日常生活中先活出耶稣美好的榜样。”

“基督徒生命转变的关键——除了读经和认识基督之外，更重要的是寻求与主建立个人关系。”

《门徒》基督徒会谈

三一神学院院长，郑益民牧师（博士）指出基督徒会谈是卫理宗早期发展至关重要的蒙恩途径，但却是我们最忽略的属灵操练。

卫理宗的创始人，卫斯理约翰认为蒙恩途径是上帝所选定的外在记号、言语或行动。这些媒介是上帝用以传通其预设恩典、称义恩典或成圣恩典的普通管道。

“基督徒会谈与祈祷（私人和团体）、阅读、聆听、默想圣经（卫斯理称之为“查考圣经”）、主的晚餐和禁食，都被列为【原设蒙恩管道】。因为这些都是圣经所吩咐的，所有的基督徒都当要追求的层面。可见，卫斯理约翰期望所有卫理公会成员定期参加基督教徒会议谈，”郑牧师说。

他补充说，当卫斯理谈到基督徒会谈时，他不仅仅是在谈论基督徒之间的任何对话。“他指的是一种特刻意的特殊对话。这也就是为什么基督徒会谈需要精心策划和进行的原因。它也是与上帝同在的对话，因此在见面之前和之后都要祈祷。这也是一种彼此造就的对话——宗旨是在人的灵魂中培养上帝的生命。”

郑牧师说：“基督徒会谈如此重要，因为它涉及内在（“我们灵魂的真实状态”）和外在的圣洁（“言语”和“行为”）。其最大的挑战在于，它要求我们进行真诚和真实的对话来面对我们人性的弱点和罪恶，而我们会试图隐藏我们灵魂的真实状态。”

在青年时期就参加《门徒》的郑牧师在总结时说，《门徒》研经课程的问题正是促进这种灵魂真实状态的对话。



《门徒》：缔结属灵友谊

华人年议会会长，吴乃力牧师（博士）以缔结属灵友谊来作为三讲的总结。

“当我们要履行马太福音 28 章的大使命，我们必须确认自己是主的门徒，才能使人做主门徒。”

按吴牧师理解，“信徒和门徒的差异是：信徒强调的是所信的，而门徒强调的是所行的。信徒不一定是门徒，门徒一定是信徒。门徒是那些愿意舍己，背起十字架跟随主的人。”

《门徒》研经课程把信与行结合在一起，从所信‘圣经的教导’到所行‘门徒标志’，从人性的光景到彼此代祷和督促，行出信仰的生活做主的门徒，这都是《门徒》课程的特色。

吴牧师认为，《门徒》借着上帝所赐予的蒙恩途径和属灵友谊帮助人成为基督的门徒。

“卫斯理约翰知道，人需要上帝所供应的恩典，同时清楚人性的软弱——抗拒恩典、缺乏纪律、残余的老我。”

“于是，卫斯理组织了班会、小团、会社为彼此督促的框架。小组的运作是在一个契约之下进行的，大家在爱中彼此守望。小组是卫理运动的精髓，而卫斯理约翰对小组的严格是成功的关键。”

《门徒》课程的设计理念就是在一个立约的小组中运用蒙恩的途径，带来生命的更新。



“你们要彼此相爱，像我爱你们一样，这就是我的命令。人为朋友舍命，人的爱心没有比这个大的。你们若遵行我所吩咐的，就是我的朋友了。以后我不再称你们为仆人，因仆人不知道主人所做的事。我乃称你们为朋友，因我从父所听见的，已经都告诉你们了。”（约翰福音 15:12-15）

吴牧师引述这段经文时说，这是一个亲切，结伴同行的画面。“初期教会把门徒分为三个层次：仆人（第一层），儿女（第二层），朋友（第三层）。当门徒愿意为耶稣舍命如耶稣为朋友舍命，就被称为耶稣的朋友。”

他总结说：“要成为主的门徒，我们需要上帝的恩典，而上帝已经为我们预备了支取恩典的管道。在做主门徒的道路上，我们需要结伴同行，属灵的友谊成为天路旅程中的力量和满足。”

《门徒》卅周年特刊、标志、衬衫和蛋糕

为配合卅周年庆典，门徒机构出版了纪念特刊，由黄昌荣会督（博士）主持发布会。这本《我们神圣的花园》特刊是一本 148 页充满爱、信心和盼望的双语特刊，收录了会督、三位会长和几位神学院卫理宗讲师所撰写与门徒有关的文章，重点阐述了卫理宗门徒塑造的特色。

特刊也追述《门徒》在新加坡 30 年的旅程，见证上帝借着许多忠心仆人的奇妙作为。特刊的最后一个部分收集了来自各个年议会弟兄姐妹的见证分享他们在《门徒》旅程中与上帝相遇，温暖人心的故事。

我们也举办了一个标志设计比赛，并印制了卅周年衬衫。获选的设计来自卫理公会大巴窑堂的黄运金先生。

当天的庆典乃是以卅周年特刊的发布和切蛋糕仪式作为结束。我们特别感谢来自我们的区域伙伴——东马、西马、香港、澳洲和台湾，给予我们的祝福。我们感谢理查威尔基会督，《门徒》创办人，给我们预录的祝词。还有，特别感谢早年在《门徒》培训员和导师培训工作上扮演举足轻重角色的薇妮女士，大老远送上的三十朵玫瑰花。愿一切荣耀归于上帝。



《门徒》卅周年特刊

您可以扫描二维码订购《门徒》卅周年特刊，并爱心奉献每本 \$30 或以上。特刊费用由《门徒》支持者全数赞助。因此，您所奉献的每一分钱都将用于《门徒》在区域的发展圣工，包括《门徒》数码化的项目。



关于《门徒》的一件趣事

您知道吗？三一年议会的堂会是以《门徒》1、2、3 和 4 来区分《门徒》研经课程的四个单元。华人年议会则是以各单元的代表颜色——红色、绿色、紫色和金色。是不是三一年议会比较数字化，而华人年议会比较形象化。您说以马内利年议会会选择什么？

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Punggol Preaching Point

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助理 Assistant Pastor

吴俊强牧师 Rev Nathanael Goh Jun Chuen

传道 Preacher

李瑞缘传道 Pr Michael Lee Swee Yen

隶属 Attachment

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协理 Associate Pastor

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林明忠牧师 Rev Lin Ming Zhong

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助理 Assistant Pastor

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曾国华牧师 Rev Patrick Chen Guek Fah

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传道 Preacher

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隶属 Attachment

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助理 Assistant Pastor

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重聘牧师 (部分) Re-engagement of Pastor (PT)

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陈书铭牧师 Rev Glenn Tan Tze Meng

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卫理学校校牧 Methodist School Chaplains:

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庄俊勇牧师 Rev Bernard Chng,

梅国耀牧师 Rev Boey Kok Yeow,

江宗大牧师 Rev Christopher Kong,

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Peng Lian (PT)

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‘门徒机构’ 主任 Director of DISCIPLE Agency:

俞丽鑫牧师 Rev Lisa Yu Li Hsin

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三一神学院院长及讲师 Trinity Theological College Principal & Lecturer:

郑益民牧师 (博士) Rev Dr Edwin Tay Ed Min

三一神学院讲师及华人年议会三一神学生院牧
Lecturers at Trinity Theological College &
Chaplains to CAC Students at Trinity Theological College:

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隶属: 天恩堂 Local Church Attachment:
Hakka MC

白瑞健牧师 (博士) Rev Dr Andrew Peh Swee Kian

隶属: 武吉班让堂 Local Church Attachment:
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沈圣奇牧师 Rev Jasper Sim Shenq Chyi

额外牧师 Supernumerary:

张建温牧师 Rev Daniel Teoh Kean Oon

父在隐秘中察看

马太福音6:1-18



何秀芳牧师
女皇镇堂协理

马太福音6:1-4

¹“你们要谨慎，不可故意在人面前表现虔诚，叫他们看见，若是这样，就不能得你们天父的赏赐了。”²“所以，你施舍的时候，不可叫人在你前面吹号，像那假冒为善的人在会堂里和街道上所做的，故意要得人的称赞。我实在告诉你们，他们已经得了他们的赏赐。”³你施舍的时候，不要让左手知道右手所做的，⁴好使你隐秘地施舍；**你父在隐秘中察看，必然赏赐你。**”

引言

马太福音第五至七章是耶稣在山上教导门徒的宝贵篇章。第六章1至18节讲的是施予、祷告和禁食的生活；倘若以我们今天的生活处境来思想，可包含着多方面的意义。这段经文的主题是，我们生命的焦点是什么？意即我们所行的，不因为别人看不见，就任意而行；或故意行在别人看见之处。无论是行在个人或众人的面前，都应聚焦在上帝的身上。

一、我们信仰和生活的终极对象是谁？

疫情期间，无论是社会或教会都有一些关怀弱势群体的行动。社会上，我们不难听到某企业公司或某小贩的摊主无私奉献的新闻。有的召集众人以礼包、物资去关怀较弱势的群体。有的则是出钱出力，每天烹煮额外的食物，出动人手去分发给有需要的群体。教会也有关心社体、关怀邻舍的行动。然而触动我心弦的是教会里的同工和弟兄姐妹默默地服事。

疫情的反复情况导致安全措施策略经常更动，教会也因此得及时作出应对的调整。教会行政同工必需须处变不惊地预备安全措施与繁琐的行政事务。录影团队尽力地确保每主日的崇拜都能上线。教会领袖不遗余力在每主日的实体崇拜帮忙；每一位服事人员都忠心、努力谨守岗位，因为他们知道并深信这是做在主耶稣的身上，无需别人的掌声或肯定。

人若是为了取悦别人，他行事的动机和目的就是要赢取人的肯定和赞赏。我对这种希望别人给予肯定的挣扎并不陌生、也不遥远。教会的牧者在讲台的服事上可能也曾遇见这样的挣扎。当讲员宣讲完毕之后，会期待真诚的反馈；但在这期望的背后可能隐藏着得到赞赏和肯定的念头。不知不觉中，讲台的服事，变成了一种莫名的压力，成为沉重的担子。

在祷告方面，当别人带领祷告的时候，会众热烈的回应，“阿们、主啊是的”，但论到我带领祷告，却没有如此踊跃的回应；不免对自己的祷告产生怀疑，甚至是不太肯定自己的祷告。不知不觉中，会众成为了我祷告的观众和焦点。的确，有时我们会在不觉中，把会众或其他人变成我们所看重和在意的目标；期待别人给予称赞、肯定或支持。

想一想，人所行的每一件事，倘若只是为了赢取别人的肯定、赞赏或好评；这样的生命如同背负着重重的担子，太沉重了，会使人被压迫得喘不过气来。

二、你父在隐秘中察看，必然赏赐你

然而，耶稣所教导的，并不是要我们一意孤行地做我们要做的。而是要我们对准生命的焦点，检视我们的动机与对象。主说，问题不是我们在做什么、怎么做，而是我们为谁而做；关键是我们是以人为我们的观众，还是相信那在隐秘处的上帝正在察看我们所行的每件事。诚如经文马太福音6:1-18中三次重复：“你父在隐秘中察看，必然赏赐你”。这样看来，我们应看重或期待的，是来自天上的赏赐吧！

无论我们的奉献和施予是否为人所知，我们非常肯定的是，主正在察看。我们手所做的，那怕是微不足道，甚至是别人不愿意做的，我们仍然确定这就是做在主的身上。有一天我们会惊讶地发现，竟然在不觉中接待了主耶稣。

惟有行在隐秘处，我们的禁食才不是宗教活动或克己的操练，而是体会上帝无比慈爱与怜悯的心肠，能感受他人的痛苦；迫切地想让人知道，基督能解开他们身上的枷锁，使他们得着自由，不再被奴隶的轭所挟制；得着基督里的平安与喜乐。

这样说来，进入内室的祷告就显得无比的重要，因为亲近上帝的，上帝也必与他亲近。亲近主帮助我们能摸着主的心意，能以基督的心为心。况且，内室中的祷告，只有天父上帝在聆听我们的心声，我们不再需要顾及别人的反应和评价，也无需有丰富华丽的词藻，只需像小孩一般的呼求“我们在天上的父”。

总结

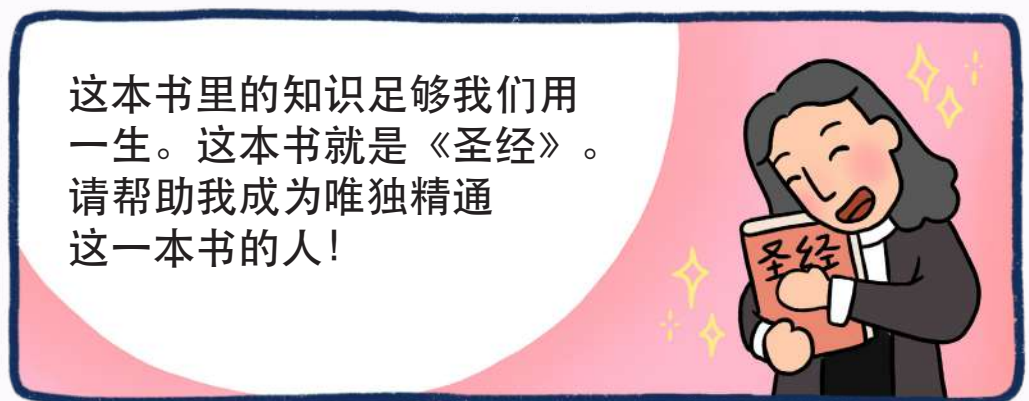
天父给予我们最大的赏赐，就是让我们可以在基督里坦然无惧地亲近祂，并看见父上帝慈爱的面容，领受天父同在的平安与喜乐；看见全地称父的名为圣，父的旨意行在地上，人愿意彼此饶恕接纳，将颂赞、荣耀与权柄都归于上帝。阿们！

反思

1. 我曾否有过想赢取别人肯定的念头？若有，我要如何调整心态？
2. 我有否“在隐秘中”的奉献、行善、服事的经历？

约翰·卫斯理说故事

“精通这一本书”



作者：杨姿英
年会同工

漫画设计：庄偲琦
大巴窑堂会友

@thecheepcheeps_

阅读《约翰·卫斯理说故事》
系列：www.cac-singapore.org.sg/zh/cac-cartoon-i-am-john-wesley_cn

“考考自己”

约翰·卫斯理最爱的一本书是：()

- (1) 爱的教育 (2) 西游记 (3) 《约翰·卫斯理》漫画 (4) 圣经

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