

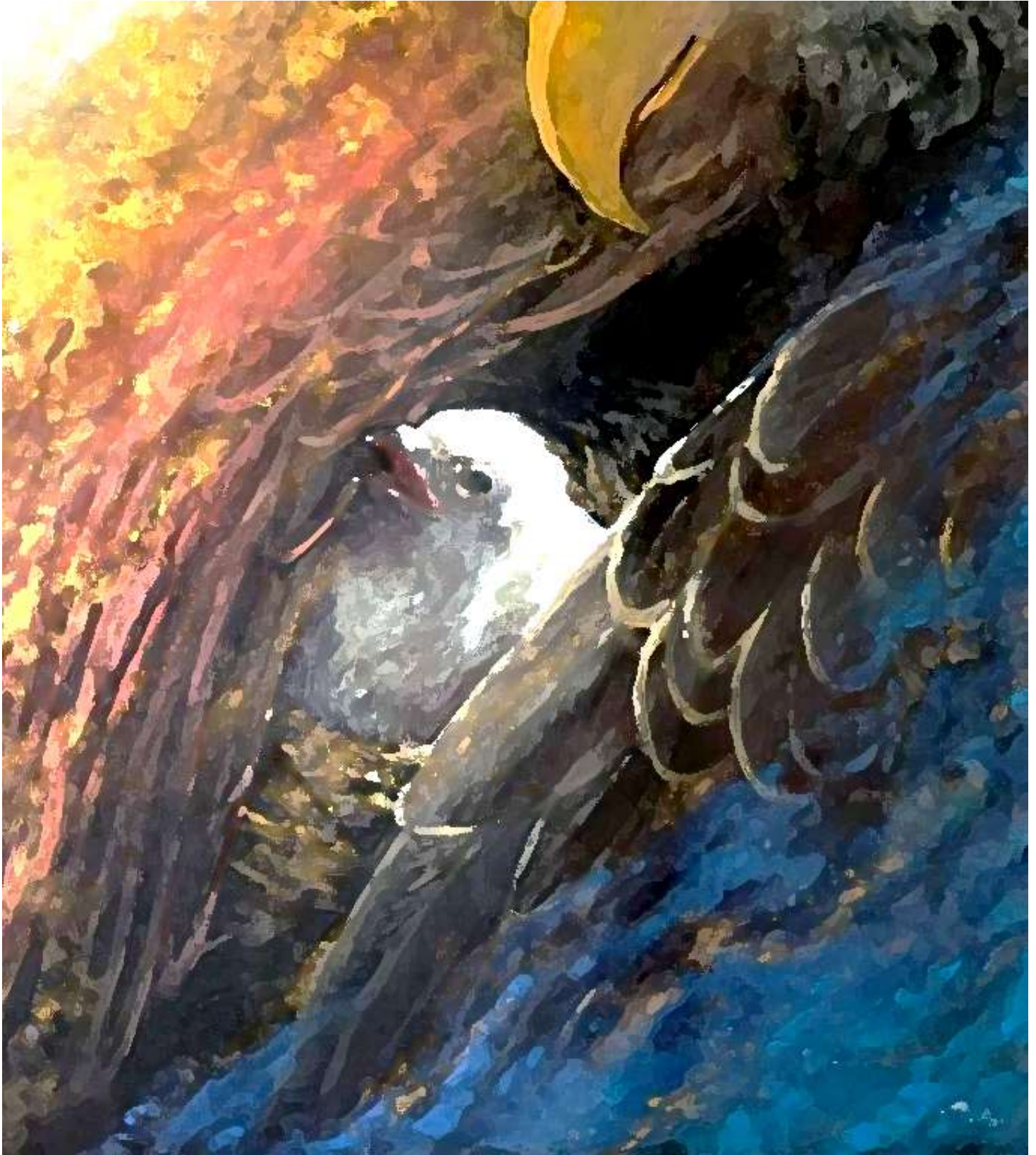


高徹斯特華人基督教會

Colchester Chinese Christian Church

月刊 **Monthly Bulletin**

7/2025



在這個充滿不安與動盪的時代，戰爭威脅、天災疾病、社會失序，都令人膽顫心驚。許多人心裡都可能有一個問號：如果患難忽然臨到，我預備好了嗎？

詩篇 91 是一首上帝子民面對患難之時的信心之歌，提醒我們：無論外在環境如何動盪，唯有上帝才是我們真正的避難所。我們可以從這篇詩篇中思想三個關鍵的問題。

一、我們是否住在至高者的隱密處？

「住在至高者隱密處的，必住在全能者的蔭下。」（1 節）

不是每個人都能享有這應許，唯有那些天天親近上帝、真實與祂同行的人，才能住在祂的蔭下。詩人形容上帝是我們的盾牌、避難所與保障，我們不能單靠保險、存款或軍力來得著真正的平安，唯有上帝的同在才是穩妥之所。

二、我們是否相信上帝仍然在看顧？

「雖有千人仆倒在你旁邊，萬人仆倒在你右邊，這災卻不得臨近你。」（7 節）

這並不保證信主的人不會遇到苦難，但卻應許：即使身處困境，上帝的同在與保守都會不離不棄。祂不一定會讓風暴止息，卻一定會賜給我們在風浪中仍能站立得穩的平安。

三、我們是否與上帝有真實的關係？

「上帝說：因為他專心愛我，我就要搭救他；因為他知道我的名，我要把他安置在高處。他若求告我，我就應允他；他在急難中，我要與他同在；我要搭救他，使他尊貴。我要使他足享長壽，將我的救恩顯明給他。」（14-16 節）

這些應許只是向那些專心愛上帝、常常親近祂、與祂建立真實關係的人發出。換言之，並不是那些在災難時才來尋求上帝的人，而是在平常日子已經與祂同行的人。

當然，上帝對我們的保護與應允，並不是用來交換我們的順從，而是出於祂與我們立約的愛。問題是我們是否願意今天就與祂建立這份真實的關係？

約伯記 5:7-8 說：「人生在世必遇患難，如同火星飛騰。至於我，我必仰望上帝，把我的事情託付祂。」

我們不知道明天如何，但我們知道誰掌管明天。我們或許無法改變世界局勢，但我們可以選擇今天是否住在上帝裡，專一心愛祂，全心信靠祂及倚靠祂。

願詩篇 91 篇能成為我們每日的禱告與宣告：「祂是我的避難所，是我的山寨，是我的上帝，是我所倚靠的。」（2 節）

In this era filled with uncertainty and turmoil—with threats of war, natural disasters, disease, and social disorder—many people carry a troubling question in their hearts: If hardship suddenly comes, am I ready?

Psalm 91 is a song of faith for God's people in times of trouble. It reminds us that no matter how unstable the world around us becomes, only God is our true refuge. From this Psalm, we can reflect on three key questions:

1. Are we dwelling in the secret place of the Most High?

"Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty." (v.1)

Not everyone can claim this promise—it belongs only to those who draw near to God daily and walk with Him genuinely. The psalmist describes God as our shield, refuge, and fortress. We cannot rely solely on insurance, savings, or military strength for true peace. Only God's presence provides true security.

2. Do we believe that God is still watching over us?

"A thousand may fall at your side, ten thousand at your right hand, but it will not come near you." (v.7)

This is not a guarantee that believers will be exempt from suffering, but it is a promise that even in the midst of hardship, God's presence and protection will not leave us. He may not always calm the storm, but He will give us peace that enables us to stand firm through the storm.

3. Do we have a real relationship with God?

"Because he loves me," says the Lord, "I will rescue him; I will protect him, for he acknowledges my name. He will call on me, and I will answer him; I will be with him in trouble, I will deliver him and honor him. With long life I will satisfy him and show him my salvation." (vv.14–16)

These promises are made to those who love God wholeheartedly, who draw near to Him, and who build a real relationship with Him. In other words, not just to those who seek God only during disaster, but to those who walk with Him in everyday life.

Of course, God's protection and His answers are not a reward we trade for our obedience, but an expression of His covenant love for us. The real question is: Are we willing to build that genuine relationship with Him today?

Job 5:7–8 says:

"Yet man is born to trouble as surely as sparks fly upward. But as for me, I would seek God and commit my cause to Him."

We don't know what tomorrow holds, but we know the One who holds tomorrow. We may not be able to change the course of world events, but we can choose today to dwell in God, to love Him wholeheartedly, and to trust and rely on Him.

May Psalm 91 become our daily prayer and declaration:

"He is my refuge and my fortress, my God, in whom I trust." (v.2)

神的奇妙作為 God's Marvelous Deeds

孫婉莉 Wanli Sun

那年春節，我在教會大堂分享了我的見證，講述神如何將我從焦慮與抑鬱中拯救出來。幾個月後，神以另一種奇妙的方式向我顯明，他的恩典遠不止於此。正如聖經所言：「**天怎樣高過地，照樣我的道路高過你們的道路，我的意念高過你們的意念。**」（以賽亞書 55：9）

事情的經過大致如下——

那一年，为了更好地照顧孩子，我選擇離開職場，成為全職家庭主婦。三年一晃而過，孩子們進入中學，我決定重返職場。經歷了幾個月的波折後，我終於找到了一份薪資和待遇都不錯的工作。然而，這份工作的內容與我的經驗和能力並不匹配，並非我所擅長的領域。但因急於就業，當時並未深思。

進入工作後，我開始感到焦慮不安，因為任務極具挑戰性。我每天努力工作到深夜，拼盡全力，卻始終進展緩慢。兩個月後，我的直屬上司終於開口，在一次一對一談話中直言我無法勝任這份工作，並嚴厲質問為何沒有及早向她反映，這兩個月的時間已經被浪費了。

我每周都會與上司進行一小時的一對一溝通，彙報工作進展並接受指導。然而，每次溝通前我都會異常緊張，甚至徹夜難眠。她的言語中充滿不滿，而我對自己的信心也越來越

低，最終發展為嚴重的焦慮症，每周有好幾天無法入睡。生活變得黑暗不堪。我尋求心理醫生的幫助，並不斷向神禱告。

儘管如此，我並沒有被解僱，因為仍有一部分工作是我擅長的且我完成得很出色。後來，上司重新調整了我的職責，讓我專注於擅長的領域，將其他任務交給其他員工。一切開始慢慢好轉，但我依舊缺乏信心，依然害怕這位上司，焦慮感仍未消散。

就這樣又過了幾個月，這位上司終於辭職離開，接替她的是一位與我氣場相合、相處融洽的新上司。我的焦慮症也隨之逐漸緩解，直至一年後徹底康復。這便是我在教會分享的見證——神的救恩已經讓我心懷感激。後來我才領悟，神的旨意不僅是為我挪開大山，更是要讓我擁有摧毀大山的能力。

一年多后，我突然接到了前上司的電話。原來，她如今擔任一家公司的財務總監，希望我加入她的團隊，並開出了極具吸引力的薪資和職位。我驚訝地發現，原來她一直看好我，並非我所想像的那樣否定我。然而，我仍然害怕她，擔心焦慮症會再次找上門。於是，我諮詢了幾位朋友，他們的建議也是最好不要接受這份工作。但我心中始終有個微弱的聲音，促使我去接受這個機會。最終，我決定將這件事交託給神。

連續兩個夜晚，我坐在鋼琴旁彈奏詩歌，敬拜神。在敬拜中，我感受到難以言喻的平安與寧靜，彷彿有雙手託住我，不論外界風雨交加，我在他的懷抱中卻風平浪靜。於是，我接受了這份工作。

如今，我在新崗位上已經工作了一年，這是我進入職場以來最快樂的一份工作。因為過去的經歷，我的上司深知我的能力和擅長的領域，她安排我負責的工作是我得心應手的。我不僅得到了上司的信任與放手，也得到了團隊全力以赴的支援，結識了許多有趣且大方的靈魂。我也逐漸更加瞭解這位上司，她不再是令我畏懼的高高在上的女皇，而是一個有血有肉的普通女人。

或許，神是要我換個角度看待世界，以更有愛、更寬容的眼光去接受身邊的每一個人，甚至是那些曾經指責過你的人，讓你生氣的人，讓你害怕的人。而這份愛與寬容同樣適用於自己——為什麼急於否定自己，為什麼不能更加寬容自己呢？我們是神的兒女，所受的乃是神兒女的靈，又有什麼可懼怕的呢？「你們所受的，不是奴僕的靈，使你們仍舊害怕；所受的乃是兒子的靈，因此我們呼叫：『阿爸，父！』」（羅馬書 8:15）

That Lunar New Year, I shared my testimony at church, telling how God rescued me from anxiety and depression. A few months later, God revealed to me in another wonderful way that His grace was far more abundant than I had imagined. As the Bible says:

"As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts." (Isaiah 55:9)

Here's roughly what happened—

That year, in order to better care for my children, I chose to leave the workforce and became a full-time homemaker. Three years quickly passed, and once the children entered secondary school, I decided to return to work. After several months of ups and downs, I finally found a job with good pay and benefits. However, the role didn't match my experience or skillset and was outside of my area of expertise. But I was eager to be employed and didn't think it through deeply at the time.

Once I started the job, I began feeling uneasy because the tasks were extremely challenging. I worked late into the night every day, giving it my all, yet made very little progress. Two months in, my direct supervisor finally spoke up. In a one-on-one meeting, she bluntly said I was not competent for the role and harshly questioned why I hadn't reported my struggles earlier, saying the past two months had been wasted.

I had weekly one-on-one sessions with her, each lasting an hour, to report on progress and receive guidance. But before each meeting, I would get so nervous I couldn't sleep the night before. Her tone was filled with dissatisfaction, and my self-confidence steadily dropped, eventually turning into severe anxiety. Several nights each week, I couldn't sleep at all. Life became unbearably dark. I sought help from a psychologist and constantly prayed to God.

Even so, I wasn't fired, because there was still part of the job I was good at and performed well. Later, my supervisor adjusted my responsibilities, allowing me to focus on what I did best, while assigning other tasks to other employees. Things slowly began to improve, but I still lacked confidence. I remained fearful of this supervisor, and the anxiety lingered.

Months passed, and eventually this supervisor resigned. She was replaced by someone whose personality meshed well with mine, and we got along smoothly. My anxiety gradually eased, and within a year, I was fully recovered. That was the testimony I shared at church—how God's salvation had filled me with gratitude. But later, I came to realize that God's will was not only to move the mountain out of my way, but to give me the strength to crush that mountain myself.

More than a year later, I suddenly received a call from my former supervisor. She was now serving as the Chief Financial Officer of another company and wanted me to join her team, offering a very attractive salary and position. I was stunned to learn that she had always thought highly of me—it wasn't the rejection I had once imagined. Still, I was afraid of her. I feared that my anxiety would return. I consulted a few friends, and their advice was to decline the offer. Yet deep inside, there was a still small voice nudging me to take this opportunity. So I decided to entrust the matter to God.

For two consecutive nights, I sat at the piano, playing worship songs and praising God. In worship, I felt a peace and calm that defied words—it was as if a pair of hands was holding me, and no matter how fierce the storm outside, I was safe and sound in His embrace. So I accepted the offer.

Now, I've been in this new role for a year, and it has been the happiest job I've ever had. Because of our past experiences, my supervisor now understands my strengths and abilities well. She assigns me tasks I'm confident in and gives me full trust and autonomy. I also receive enthusiastic support from the whole team and have met many interesting and generous souls. As I gradually got to know this supervisor better, she no longer seemed like the fearsome queen towering over me, but a regular, flesh-and-blood human being.

Perhaps, God wanted me to see the world from a different perspective—to accept everyone around me with greater love and grace, even those who once criticized me, made me angry, or scared me. And this same love and grace also applies to ourselves—why are we so quick to deny ourselves? Why can't we be more forgiving toward ourselves? We are God's children and have received the Spirit of sonship—what then is there to fear?

"The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, 'Abba, Father.'" (Romans 8:15)



本月刊歡迎弟兄姊妹們投稿，內容可以是個人見證、故事或文章等，稿件請交予黃虹青牧師。另外，也歡迎對本月刊的內容提出意見和建議，請直接與黃日強牧師溝通。Brothers and sisters are welcomed to contribute personal testimonies, stories, or articles to this monthly bulletin. Please send the manuscripts to Rev. Helen Wong. Comments and suggestions regarding the contents of this bulletin are also welcomed. Please communicate directly to Rev. Stanley Wong.

中文/合堂崇拜 Chinese Service — 主日下午 2 時

日期 Date	講員 Preacher	講題 Sermon Title	經文 Bible Passage	主席 Service Leader	領唱 Worship Leader	司琴 Pianoist	讀經 Scripture Reading	司事茶點 Usher/ Refreshment	翻譯 Inter- preter	影音 Video & Audio
6/7 聖餐	黃日強 牧師	假如這是最後機會..... If This is the Last Chance.....	詩篇 Psalms 91	明琴		皓蓉	Alvin	小娟 Esther Lee Shirley Y Iris Wong	David Lo	Brondson Micah
13/7	黃虹青 牧師	聖靈果子 (六) : 良善 The Fruit of the Holy Spirit (6): Goodness	加拉太書 5:22-23、馬可福音 10:17-22	Angel		皓蓉	Philip Wong	Esther Lee Dorothy M Ann Wendy	Connie	Brondson Roy
20/7	黃日強 牧師	以弗所書講道 (四) : 在基督裡合一 Sermon on Ephesians (4): One in Christ	以弗所書 Ephesians 2:11-22	Carson	小梅	Melody	James	小娟 麗雲 Grace Joey	Connie	Parco Roy
27/7	周國昌 牧師	待定	待定	Helen 牧師		皓蓉	Andy Cheng	麗娟 韋真 Bonny Dorothy L	Peace	Jason Andy

場地預備及收拾 Venue – 6/7 Mario、Andy Cheng; 13/7 文傑、Brondson; 20/7 Eddie、Kenson; 27/7 楊壹、Sing
主日學 Sunday School - 6/7 PIC (Iris)、Helpers (樂情、Mona); 13/7 PIC (Cindy Ou)、Helpers (一壹、文恩);
20/7 PIC (婉莉)、Helpers (淑賢、Mona); 27/7 PIC (Iris)、Helpers (明琴、樂情)

English Youth Meeting 英文青少年聚會 – Every Sunday at 2:00pm

Date	Meeting Leader	Topic
13/7	Ka Ho	To be decided
20/7	Major Luis	To be decided
27/7	David Lam	To be decided

普通話網上查經 Mandarin Online Bible Studies 星期二早上 10 時

日期	查考經文	日期	查考經文
8/7	約翰福音 7 章 25-52 節	15/7	約翰福音 8 章

廣東話網上查經 Cantonese Online Bible Studies 星期三晚上 8 時

日期	查考經文	日期	查考經文
9/7	羅馬書 12-13 章	23/7	羅馬書 14-15 章
16/7	羅馬書 13-14 章	30/7	羅馬書 15-16 章

其他聚會 Other Meetings

- ☐ 教會禱告會 Prayer Meeting — 逢星期一 晚上 Monday 8:30 PM (網上 Zoom)
- ☐ 喜樂聚 — 逢第二及第四個星期一 2nd & 4th Monday 早上 11:00AM-下午 2:00PM
- ☐ 靈家少年團 — 逢第一及第三個星期六 1st & 3rd Saturday 下午 1:00-3:00PM
- ☐ 姊妹組 — 逢第三個星期三 早上 11:30AM-下午 2:30PM
- ☐ 弟兄組 — 逢第三個星期六 早上 9:00-11:30AM
- ☐ 職青團契 — 逢第二及第四個主日 2nd & 4th Sunday 下午 4:00-5:30PM

七月份金句 Golden Verse of July

你趁著年幼、衰敗的日子尚未來到，
就是你所說，我毫無喜樂的那些年日
未曾臨近之先，當記念造你的主。

Remember your Creator in the days of your youth,
before the days of trouble come and the years approach when you will say,
“I find no pleasure in them”—
(傳道書 Ecclesiastes 12:1)

奉獻 Offering

奉獻是基督徒對上帝的愛的回應，也是對上帝信心的表達。請將奉獻透過銀行轉帳至教會下列的戶口，在金錢上繼續支持教會的工作。另外，假如您是有繳稅的，我們建議您填寫一份退稅(Gift Aid)申請表，詳情請向教會財政或牧者查詢。 Offering is a Christian response to God's love and also an expression of faith in God. Please transfer your offering to the following account of the church through bank transfer so as to continue supporting the works of the church financially. In addition, if you are tax-payers, we suggest you fill out a Gift Aid application form. For details, please check with our Treasurer or the pastors.

Sort Code: 40-52-40

Account number: 00019224

Account name: The Colchester Chinese Christian Church

6月主日崇拜出席人數及奉獻

Attendance & Offering of Sunday Services in June

Date 日期	Chinese Service 中文崇拜	Youth Meeting 青少年聚會	Sunday School 兒童主日學	Total Attendance 總人數	Offering 奉獻 (£)
	Combined Service 聯合聚會				
1/6	76	19	10	105	337.35
8/6	63	16	8	87	255.18
15/6	75	18	9	102	381.69
22/6	79	14	9	102	222.61
29/6	65	14	9	88	301.61
Avg. 平均	72	16	9	97	Tot. 合共 1,498.44

+ Offering via Bank Transfer 轉帳奉獻 (£) 1,043.00 = 2,541.44

如何聯絡我們 How to contact us

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