



激變. 蛻變. 創新

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新冠疫情爆發至今三年以來，已嚴重地侵襲著全球人類的全人健康，工作、生活、甚至是生命；亦加速了國際政治及經濟危機。儘管世衛已宣稱與病毒共存，且大多數的國家亦先後進行解封，然而人類仍受著不斷變種病毒的威脅。面對著激變而複雜的世局，「泉源」秉持著以不變應萬變的信念，專心依靠那位不變，並賜生命和力量的造物主，並持定所賦予的異象和召命，轉化疫情為提昇視野，壯闊胸懷，及懷抱人間疾苦的機遇，為備受疫情衝擊的社羣開創急需而適切的服務，壯健抗逆韌力。

提升自我覺察，強化心理，精神及心靈素質

針對疫情對民眾身心社靈的衝擊，三年以來著力開設經臨床實証的正念／靜觀系列課程，(Mindfulness Based Courses)，藉以協助受眾學習在動蕩的環境中，為自己留有安靜的空間，對自己仁慈，覺察自己的情感和思想，做自己情緒的好管家，能智慧地調適自己的壓力、焦慮和憂鬱，能活在當下，處變不驚。同時增設靈命塑造 (Spiritual Formation Courses) 課程系列及靈程導引 (Spiritual Direction) 服務，協助信徒建立與神親密的關係，促進自我認識，建立健康自我形象，體驗神在自己人生際遇中的同在，醫治，塑造和感召，找到生命的錨，無懼風雨。當生命經歷蛻變成長，建立好健康的自我保護機制和安全感，自然會促進與身邊重要的人之間的互信和尊重，開創人際和諧。課程果效顯注，參加者的回饋都十分令人鼓舞。

創新社群關愛活動，激活抗逆韌力

挫敗、痛苦、喪失、哀傷都是人類共有的人生經驗。面對疫情，除協助受眾學會自我關愛，更激勵大家主動地去關注陷於困苦中的親友及鄰舍，並能以同理心，主動地投身關懷的行動，尤其是對備受隔離的孤苦長者。這幾年「泉源」成功地申請到聯邦政府的長者新視野基金 (New Horizons for Seniors Grant)，積極地策動多個關懷長者及義工培訓計劃，成績斐然。

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今年十一月再度策動關懷疫情後的移民長者全人健康的愛心行動，培訓義工領袖認識華裔移民長者的身體、精神、三代關係、文化適應、居家安老等問題及需要。協助義工領袖學習轉化逆境為培育生命的溫度和深度，協助長者重拾自信和自尊，驅走孤寂，一起體現生命的意義，韌力和精彩。參加者反應熱烈，期盼他們成為帶動壯大社群身心社靈健康和抗逆韌力的又一生力軍。

非凡伙伴湧流愛的「泉源」

「泉源」是一個非牟利的慈善機構，雖然沒有來自政府提供的核心經費，卻為到有著一班忠心，並認同「泉源」異象和信念的支持者而深懷感恩。他們以真摯的愛心和個別獨特的方式，獻出才幹、資財及積極參與籌款活動，成為「泉源」的非凡伙伴，一起為處於人生低谷的個人，家庭及社群，提供及時的心理治療和婚姻家庭輔導，並全人保健教育，讓他們感受到生命的共鳴與結連，重拾對逆境的勇氣和力量，改寫生命的故事。

聖誕的來臨，祈望有更多人有感於那位道成肉身，與人同在、同感、同苦的恩主的感召，成為祂向人類施慈愛的非凡夥伴，為我們的親友、鄰舍、社會及下一代，帶來積極深遠的影響，一起驗證愛是枯歇心靈的泉源，世上最佳且恆久有效的疫苗。誠邀你成為「泉源」的非凡伙伴，共同創造更多具創意和實用的資源拓展計畫，回應激增和急切的社羣需求。詳情請參閱「泉源通訊」。能有你們成為「泉源」的非凡伙伴，會是我們收到最珍貴的聖誕禮物。祝願聖誕的祥和、歡樂與溫馨，帶給你及家人無邊的康寧與祝福！

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Transformation & Innovation through Time of Turbulence

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Over the past 3 years, the pandemic has caused significant damage to different aspects of human life globally, ranging from people's health, employment, daily living and even loss of life. It also intensifies the political and economic crisis at the international level. While the World Health Organization has declared that Coronavirus is to co-exist in society, and many countries have started to ease COVID restrictions, the world is still facing the threat from the continuous evolving COVID variants. As we are dealing with radical changes in our sophisticated world, Living Water continues to uphold our belief that we can depend on God, our Creator. God is constant and never change. He gives us life and strength. We will hold on to the calling and vision given by God. Through the time of the pandemic, we strive to broaden our horizon and vision. We embrace human suffering as well as opportunities in life, and work at developing appropriate services that our community desperately need as we build capacities to adjust to the disturbances from the pandemic.

Building Self-Awareness, Strengthening Psychological, Mental and Spiritual Well-being

In addressing the challenges in the many aspects of individual's holistic well-being that the pandemic has brought, we have focused on developing Mindfulness Based Courses in the past 3 years. We aim at supporting individuals to find ways to cope in a time of turmoil. These include learning self-care and give personal space to oneself, building self-awareness of feelings and thoughts, self-management of emotions and stress, coping with depression and anxiety, living in the present, and staying calm during changes. We have also developed a series of Spiritual Formation Courses and Spiritual Direction services. Our goals are to support Christians to build intimate relationship with God; enhance self-awareness, build positive self-image, experience the healing and presence of God, search for inspiration, find the anchor of

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life and have the courage to deal with adversity. When lives experience growth and transformation by transformation by developing a positive self-identity, enhancing sense of security and self-care, it will naturally promote mutual trust and respect with important people around us, and create the interpersonal harmony. Our courses have received positive feedback from our participants and we have demonstrated to be effective to achieve these goals.

Innovative Approach in Promoting Mutual Support & Building Perseverance in Coping with the Pandemic

Failure, suffering, losses, and sadness are universal in life. During the pandemic, while we support individuals to learn about self-care, it is also important that we care about our friends and neighbor in distress, and especially be empathetic in caring for the seniors that are lonely and socially isolated. For the past few years, Living Water has secured funding through the Federal Government's New Horizons For Seniors Grant. We are able to implement numerous senior support initiatives and volunteer training projects with outstanding results. In November this year, we are conducting another series of volunteer training: Aging Well in an Engaging Community for Immigrant Seniors. We aim at enhancing our volunteer leaders' knowledge on seniors' holistic health, promoting understanding of intergenerational relationships, cultural adjustment, issues pertaining to aging at home and needs of our seniors. Our goal is to facilitate volunteer leaders transforming the adversity to nourishing their maturity. Our projects help seniors rebuild their self-confidence, enhance their self-esteem, and break social isolation. Together they make their lives more meaningful and colorful. We receive very positive responses from our participants. We hope that they will be the leaders in building community capacity to promote holistic health and build resilience in overcoming adversity.

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Our Exceptional Partners with Never Ending Love

Living Water is a non-profit charitable organization. Although we do not receive any core funding from the government, we are blessed to have a group of supporters who share our vision and beliefs. We are grateful for their commitment. They contribute with a loving heart in their unique ways. They offer their skills, financial support and participate actively in our fundraising activities. Our supporters are truly our exceptional partners. Together we serve those who hit their lowest point in life, families and community groups in needs. We provide psychotherapy, marital counseling and conduct holistic health training. We promote a sense of connectedness in individuals' lives, support them to rebuild their strength, gain courage to deal with challenges, and write new chapters in their lives.

As Christmas is now approaching, we pray that more people will be inspired by the calling from our loving God and become our amazing partners. We hope that our work can bring positive impact on our community and the next generation. Together, let's experience that love is the fountainhead of the dry soul, and the world's most effective, everlasting "vaccine". We sincerely invite you to join us as Living Water amazing partners. Let us work together on resource development and build more innovative projects in response to the rapidly increasing needs in the community. For details, please refer to Living Water Newsletter. Having you as our amazing partner is the most precious Christmas gift we could have. May this Christmas bring you and your family peace, joy, warmth and endless blessings.

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