



# 我愛故我在 「泉源」成立35載初衷不變



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人生如旅途，歲月如歌，一如生命的成長階段，眨眼之間，2022年已是「泉源」邁步朝氣勃發的壯年。回顧數十載與你們共渡了既艱辛又美好的歲月，你們的同心同行，矢志不渝的真摯之情，讓「泉源」得以在幻變莫測的世代中，歷經千錘百練後，沉澱出一顆不驚不擾的心，並持定起初的博愛精神和不畏難的勇氣，嚮往全人關愛的異象和感召，並落實擴展四元服務模式，建構個人、婚姻、家庭及社群的全人健康，特此向我等非凡夥伴致以衷誠的謝忱。

全球在經歷了新冠狀病毒兩年多的蹂躪後，大多數人都以積極樂觀的期盼，踏入2022年，卻被俄羅斯入侵烏克蘭所爆發的戰事，再度陷入焦慮恐慌的情緒中。表面看來是各國間於意識型態，軍事，經濟，和科網等方面之戰，然而歸根究底，卻是全球人類的一場是非善惡的真理之戰，也是屬靈的爭戰，考驗著人類文明的進退，亦測試著人性的光輝和醜陋的真面目的揭露。自人類進入全球化體系以來，世上事無大小的發生，就像發生在我們周邊一般。世界充滿著變數，歷史不斷變遷，人生本來就充滿著喜怒哀驚，苦難以不同的形式進駐人類的歷史，面對世界的不確

(接後頁)

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定性，不能擺脫的人生的憂患和苦難，尤如兩國爭戰一般，我們可以如何裝備自己與苦難交鋒，才能化患難為更強的意志，生命的力量，和奮鬥的泉源。綜合對患難倖存者的一些研究所得，都顯示倖存者都具備著一些共有的生命特質：1) 具創意和勇氣去面對困難，及解決問題的能力。2) 具有人際溝通，彈性，組織和合作的能力。3) 具有自我管理和調節情緒的能力。4) 具利他主意，關懷別人的善良人性。5) 遵循和固守信仰，持超越自我的生命意義，甚至懷有慷慨就義的精神。雖然這些特性都不是自然而有，卻可以經過培育和訓練，加以發掘，磨練和運用。

以上研究正好肯定「泉源」成立的意義和價值－促進全人健康的覺醒，培育及裝備個人、夫婦、家庭及社區的健康，以面對人生不同際遇的憂患及處境的挑戰，唯是「泉源」更為著重的是，這些特性的發掘和培育，必須建基於愛，成長於愛，甚至是為愛而受苦。面對著當今動盪不安的世界，「泉源」繼續秉持愛的初衷與行動，邁步和實踐以下四大目標：1) 藉專業心理及婚姻家庭治療，以醫治和復康心理、精神及人倫健康，終止傷痛代傳。2) 創意拓展身、心、社、靈全人健康教育，提昇自我覺察及情商，以強化不同年齡層的抗逆韌力。3) 強化及拓展個人、家庭、群體、教會及

機構間的了解、溝通和合作，匯聚社會資源，消除誤解知仇視，壯健社會和諧康寧。4) 以愛人如己的利他精神和行動，強化專業及義工培訓，服務有需要的群體，壯大群體聯繫，守望相助的精神。5) 提昇對信仰的反思，深入探討心靈、安全感及真自由的失落，提醒人們對終極關懷的覺醒及體現。

作家三毛說：「心若沒有棲息地方，到哪裡都是在流浪」。神學家奧古斯丁說：「主啊！祢為自己的緣故，創造了我們。我們的心得不著安息，除非我們的心安息在祢裡面」。生於不同時代及背景的他們，卻不約而同地提醒你我，人生必須關注的終極關懷。


2022是「泉源」成立35週年的誌慶，特別以嶄新的形式舉辦－《星Sing聲》愛的傳遞晚會，藉歌聲及生命故事分享，與大家回憶一起走過的日子，感激生命，並藉以徵召更多同懷異像，敢於擁抱憂患，建立生命的非凡伙伴，一起迸發愛的能量，建造個人、家庭、及社會的安康幸福。

我愛故我在，有愛自非凡，誠邀踴躍參加支持，詳情歡迎關注本刊消息專欄，期待著與你的相遇。😊

#### 參考資料

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# I Love Therefore I Am Beginning Our 35th Year, Still Staying True to Our Original Intention

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As LWCC enters the 35th year of operation, we look back with much appreciation and gratitude at the love that you, our dedicated extraordinary partners, have shown us through the years, journeying with us through the ups and downs in very challenging and ever-changing times. Your unwavering support enabled us to come through trials and tribulations with confidence and courage, staying true to our original vision and calling of caring for the whole person, and solidifying a 4-pronged service model to address the holistic health of individuals, marriages, family and community.

After more than two years of worldwide devastation by COVID-19, most people were looking forward to a better 2022. Yet, the invasion of Ukraine by Russia plunged us back into anxiety and fear. On the surface, it seems to be an ideological, military, economic and technology war between countries. However, at the root, it is a battle between truth and falsehood, right versus wrong, for all of humanity. It is also a spiritual war, revealing the bright side and the ugly side of human nature, and testing whether civilization will progress or regress.

Since globalization, events in the world, whether big or small, seem to happen right next to us. Like countries going to war, how do we equip ourselves to battle tribulations in a world of uncertainties, changes, suffering and anxiety, and strengthen our resources and courage to conquer such challenges? Various studies on survivors of hardship show that they have the following special qualities: (1) ability to face difficulties and solve problems creatively with courage, (2) versatility and skill in fostering interpersonal relationships and organizational co-operation; (3) ability to manage and regulate emotions; (4) concern for the interest and goodness of others; and (5) having a strong faith and a generous selfless philosophy of life, perhaps even to the extent of martyrdom. Those qualities do not come naturally, but can be discovered, nurtured, developed and put to good use.



The above mentioned studies affirm the LWCC values and reason for our existence – promoting awareness of holistic health, nurturing the health of individuals, couples, families and communities, and equipping them to deal with life's challenges in various difficult circumstances. We especially emphasize that for those qualities to be discovered and nurtured, love is foundational and essential to growth, even a willingness to suffer for love. In this tumultuous world, LWCC is staying true to our original intention of putting love in action, marching forward towards the following five goals: (1) through professional psycho- and marital therapy, restore mental and psychological wellbeing and healthy relationships, preventing hurt from being passed from generation to generation; (2) through creative holistic physical, psychological, social and spiritual health education for different age groups, strengthen their resilience and ability to deal with challenges and adversity; (3) through stronger co-operation among individuals, families, communities and churches and marshalling various resources, promote mutual understanding, remove hatred and strive for peace and harmony in society; (4) in the spirit of “love your neighbour as yourself”, strengthen training for professionals and volunteers in serving the needy, promoting the spirit of mutual understanding and co-operation; and (5) raise the consciousness of the spiritual dimension, delving deeply into issues of faith, security, freedom and eternity.

Echo Chen, a Chinese author, wrote, “If there is nowhere for my soul, I could just be roving around.” Saint Augustine, a theologian, wrote, “O Lord! You have made us for Yourself, our heart is restless until it rests in You.” Although born in different centuries and different backgrounds, they both reminded you and me of the ultimate issue of life that we should all be concerned about.

2022 marks the 35th year since LWCC's inception. We will celebrate this milestone anniversary in a brand new format ---- “星Sing 聲 : A Legacy of Love” will be an evening when, through music and sharing of life stories, we will reminisce about our journey and celebrate life. We hope that more like-minded people who share our vision will become our extraordinary partners in blessing individuals, families and society through the power of love. Please see further details of the event in this newsletter and join us. We look forward to seeing you that evening. 😊

