



## 愛的擔當、承傳召命

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過去三年多以來，新冠疫情雖然帶給人類健康、經濟及關係巨大的衝擊，卻也讓我們有機會以嶄新的思維和角度去洞察世情，刷新異象，承傳召命，感染愛的擔當。

### 懷抱召命的挑戰

自1987年成立以來，「泉源」即致力於整合心理治療和婚姻家庭專業輔導，義工關顧及專業輔導培訓，外展社區心理及精神健康預防教育，並靈命塑造等四元配合服務形式，為華裔社區提供身心社靈全人健康服務。除徵召人才外，籌募經費亦成為「泉源」每年的挑戰。在沒獲得政府於核心資金上的供援，我們全年約佔60%以上的經費須透過籌款獲得，藉以補助低收入受眾，同樣得到適切的專業服務，尤其是這幾年的疫情，帶給人們莫大的經濟壓力及精神上的創傷。

### 激活愛的「泉源」

洞察幻變，提升視野，回應時需，除繼續舉辦周年愛的「泉源」步行籌款之外，去年更與一眾既有愛心，又勇於擔當的非凡夥伴，開啟有史以來首次以音樂形式的籌款活動，精彩感人，成績斐然。今年感召了更多關愛社群的非凡夥伴，再接再厲，精心策動了於10月16日的「聲暖人心燃希望」籌款晚會，用愛激活愛，鼓動社區各行各業的人士，以個別獨特的方式，參與及支持是晚的籌款活動。尤其令人感到欣喜的，就是參加者很多來自不同背景，不同年齡，甚至是從沒交集過的，卻懷著同一的愛心，一起奔赴這別具意義的籌款活動，要藉著歌曲帶給人們心靈的共鳴與治癒，讓歷盡滄桑的生命故事，散發出生命的韌力。反響觸動人心，成績亦令人倍感鼓舞，歡迎到訪「泉源」網站lwcounselling.ca收看及捐款。「泉源」十分珍惜能夠與大家相遇，尤其感恩能有此共襄善舉的機會。我們已計劃明年5月25日再度舉行慈善晚會，歡迎您的參與，讓大家愛的光芒，照耀社區的每一個角落。

### 作個敢愛敢當的使者

曾有學員問道：「如何能讓更多人認識『泉源』，且獲益於所提供的關注全人健康的優質服務？」答案十分之精簡而實用，只需要每位認同「泉源」的異象和召命的支持者，及曾受惠於「泉源」服務的個人，家庭及羣體，都願意現身說法，就都是「泉源」最佳而有效的推廣大使，一起輸出有效的信息，可讓更多人獲得「泉源」眾多服務的好處。世界需要我們有愛的擔當，有活出愛的勇氣，共同擔負造就自己，守護家人，關愛鄰舍，造福下一代的人生任務。尤其是當此政治動盪，經濟不景，人心孤苦，敵意叢生的幽暗時代，我們或許不知道明天將會如何，但深信只要我們持守著對生命的尊重，對愛的堅持，對人能付以真心，成為別人真誠的朋友，一起共渡時艱，便能以愛治癒人世間的紛爭和傷害。

衷心感謝你一直以來的陪伴支持，特此為你送上聖誕的問候與祝福，期待新的一年裡，我們能一起活出愛的活力和喜悅，為人們帶來正能量、安康、快樂與希望。

### 聯絡方法：

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# Our Inherited Calling

## Our Committed Love

### Kit-ming Koo

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Marriage & Family Therapist, Executive Director

In the past three years, the pandemic has been a huge challenge to our health, economy and relationships. Yet, it has also allowed us to see the world with a renewed perspective and vision, reminding us of our calling and commitment to love.

#### Embracing the Challenge of Mission

Since its inception in 1987, Living Water has served to better the holistic health of our Chinese community through integrating the following four components in our service: psychotherapy, marital and family counseling; volunteerism and professional training; community outreach and mental health education; and spiritual formation.

Other than recruiting prime human resources, fund raising is another challenge that Living Water faces every year. Since there are no core funding from the government, more than 60% of our annual budget needs to be raised. Through this, low income individuals can receive subsidies and benefit from our timely service. This is particularly so, as the pandemic has brought on extra layers of financial pressure and mental stress.

#### Igniting the "Living Water of Love"

As we are keenly aware of our ever-changing world, we expand our vision so as to respond to the needs around us. In addition to our annual walkathon, we had our inaugural music fund raising event last year, with help from our extraordinary partners who delivered with their love and commitment. It was truly a success filled with many touching moments. This year, our extraordinary partners planned another fundraising Charity Show on October 16. As love mobilized love, participants from all walks of life supported the event in their unique ways. It was pleasing to see how love drew participants from diverse backgrounds and age groups to this meaningful event to raise fund together, even as many of them had never met before. Through music, wounded souls could resonate with the songs and found healing; while lives filled with trials could radiate through sharing their resilient stories. We were touched by people's responses and encouraged to see the resulting impact. Living Water values the opportunity to have met so many and is thankful that, through this charitable opportunity, love spreads to every corner of our community. Please click to see the Charity Show and support us through [www.lwcounselling.ca](http://www.lwcounselling.ca). Welcome to join our coming year Charity Show scheduled on May 25, 2024.

One trainee once asked, "How can more people know about Living Water and benefit from its high-quality holistic health services?". The answer is quite simple and yet practical. If our supporters who share our vision and calling, together with those, be it individuals, families or community groups, who have benefited from our services, simply spread their Living Water experiences in their own words, they will be acting as our most effective ambassadors.






#### A Messenger Bold in Love and Duty

Our world needs our courage and commitment to live out love, in such a way that we not only better ourselves, look after our families, but also care for our neighbors; and complete our life's mission in blessing generations that follow. This is particularly so in our current atmosphere of political tension, economic downturn where people live in loneliness and animosity. We may not know what tomorrow holds, but if we hold onto our respect for life and stay committed to love, we can be genuine friends who walk through difficult times together, and see how love can overcome challenges and mend wounds in our world. We earnestly invite you to be our extraordinary partners, to live out lives with vitality and joy, and inspire those around us.

Deeply grateful for your continuous companionship and support, I extend heartfelt Christmas greetings and blessings to you. Looking forward to the new year, may we together embody the vitality and joy of love, bringing positive energy, well-being, happiness, and hope to others.

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#### Contact Us:

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