



心有多強 愛有多大



古潔明女士

宗教教育碩士、婚姻及家庭輔導學碩士、註冊婚姻家庭治療師及認證督導、總幹事

後疫情的春天終於到來，萬物復甦的氣息，充滿著生命的活力，使人倍感溫暖。在此動盪不安，幻變莫測的時局，更賦予我們希望的色彩，雖然踏入2024年，國際局勢仍是戰雲密布，暗晦不明，然而幾年來經歷過疫情風暴的洗禮，卻讓我們學會善用風暴作為壯大內心的契機，藉以培養內心的強健，仍能擁抱溫柔，繼續去愛。

2024年策動「壯健內心去愛」更新了的服務拓展精粹

(一) 全面更新泉源網站

提供大眾多種容易接觸泉源輔導中心服務的方式，促進服務外展，除應用電話，電郵，視像，面書及Zoom等溝通及結連方式外，亦開啟了Moodle學習平台，歡迎瀏覽泉源更新網站 lwcounselling.ca。

(二) 重整架構

壯大多層面的優質專業隊工，透過泉源的多元服務，協助面對人生轉變，各方壓力，及遭受情感和關係創傷的人們，治療心靈創傷，強化心理、精神、及心靈素質，於經歷人生不斷悲歡離散的旅途中，能夠轉化歲月風霜為培育內心的壯健，孕育成熟的愛與被愛的能量，重塑健康的心理、心靈、與關係，終止傷痛代傳，邁向整全的自我實現之旅。

(三) 燃點關愛生命的氣魄

洞察社會變遷，關注獨特羣體的需要，如長者、男女兩性及新移民的精神及心靈問題，特設「有你真好」關懷人課程及焦點義工培訓，激勵家庭主力照護者、志願關懷人，並教會探訪及關顧隊員們積極參訓，由學習培育內在健康情感，至有正能量去關懷別人，結合成一股強大的內力，不論外在環境如何轉變轉，依然堅持實踐信念，並且能夠以生命感染生命，一起締造關愛的家庭，教會及社區。

(四) 洞悉籌款的深沉意義及發揮踐愛的能量

在沒有政府任何固定的補助下，每年泉源都必須為65%以上，面對經濟困難而急需泉源專業服務的受眾籌募補助費。疫情的衝擊，亦使泉源於籌款上經歷到前所未有的大挑戰，然而卻給予我們機會對社羣健康，經濟壓力及泉源資源發展等問題上，作出深切的反思與感悟：



1. 籌款活動需以禱告為基礎，認知施恩慈的造物主為祈求的對象，以募捐者及捐獻者甘心樂意的態度為行動的本質，兩者間存有純正意願的自由，如此亦可排除過程中彼此間不必要的尷尬、壓力、及焦慮。
2. 籌款與捐獻行動過程中，反映人們在自身安危的同時，亦不忘對周邊遭遇苦難的人施與關愛，體現到人的真正價值和富足，非在於能朽壞的物質財富上，而是一個受到重視的生命，體現愛與被愛的生命活力和豐盛，亦正與那位行公義，好憐憫的造物主同工。故此籌款就不單在於方式，其本身就是泉源整體事工其中的一個核心感召。

2024年中心舉辦兩個別具深義及獨具風格的籌款活動：

A) 泉源詠心Sing慈善籌款

日期：2024年7月13日(六)1:00 - 5:30pm

地點：Studio 9, 30 Royal Crest Ct, Markham

報名/查詢：請於星期一至五(10am - 6pm)致電

泉源輔導中心 905-763-0818 聯絡同工 April Tsang

截止報名日期：2024年5月31日

B) 愛的泉源步行籌款

日期：2024年10月5日(星期六) 9:30 am - 1:00 pm

地點：Milliken Park, Shelter C, 555 Steele Ave. E. Markham

詳情容後公報



感謝你們一直以來給予泉源愛的共鳴和伴行，深切地需要你們繼續成為泉源「壯健內心去愛」的非凡伙伴，一起體現愛人如己的力量，真實與美好，亦助壯大和穩固泉源事工的發展，能以持續去造福更多有需要的社羣，協助更多人體驗到壯大內心，跨越風暴，敢於去愛，賦予自己的生命寶貴而實質的意義和能量。

聯絡方法：

☎ 905-703-0818

✉ info@lwcounselling.ca

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📍 165 East Beaver Creek Rd,

Unit 9 & 33, Richmond Hill, L4B2N2





The Stronger Our Hearts, The More Abundant Our Love



Kit-ming Koo

M.R.E., M.A., R.M.F.T., AAMFT Approved Supervisor,
Marriage & Family Therapist, Executive Director

Spring has finally arrived after the pandemic. All things have come alive, bringing a breath of warmth and vitality. It offers us a gleam of hope in times of turbulence and unpredictabilities. Even as we are well into 2024, the sound of war with over casting clouds still loom large over our future. Yet, in the last few years, our baptism through trials of the pandemic have only strengthened us, taught us how to grasp opportunities that make us grow, be resilient, be gentle and embrace love.

Highlights of Our Extended Services in the 'Strengthening Our Hearts To Love' 2024 Strategies:

1) A refreshing update to LWCC's website

With many easy means to connect to our services and to enhance our outreach. In addition to telephones, emails, Facebook, zoom and connecting links, a Moodle learning platform has been launched. Feel free to browse our updated website <https://lwcounseling.ca>

2) Restructure and strengthen our multi-level teams of qualified professionals

Through our diversified services, helps are rendered to those facing all kinds of changes and pressures in life; and to those hurt in relationships in need of healings. Despite unrelenting onslaughts of challenges, resilience is built over time to restore a healthy self that learns to love and be loved. In doing so, one materializes not only in self actualization, but stops the pain from passing onto the next generation.

3) Ignite caring hearts

Through awareness of social changes, attentions are paid to the mental health and spiritual needs of identified groups including seniors, new migrants, and both genders with their unique issues. The 'Nice to Have You' equips caregivers and volunteers to better care for their own families and beyond. Through active participation in care teams and church visitations, they learn to enhance their own emotions, then transpire their positive energy when caring for others. Despite external factors, they persevere with their convictions, using their lives to affect others, galvanizing positive energy that permeates into their homes, churches and communities.

4) Understanding the deeper meaning behind fund raising and unleashing the power of love

Without regular government fundings, Living Water needs to raise fund to subsidize more than 65% of users who desperately need, but cannot afford, our services. The pandemic has only made our fund raising effort even more challenging. This however has created an opportunity for Living Water to reflect more deeply on the health of our community under economic pressure and LW's resource development . We realize that :



- a. The basis of our fund raising is prayer that focus on our merciful Creator. Both the fund raiser and the donor approach giving with a pure heart and a free will. As such, the fund raising process can avoid any unnecessary pressure, embarrassment or worries.
- b. The process of fund raising often uncovers one's willingness to give, despite one's own insufficiency, when the needs of others are so apparent. This truly reflects the value of life that is built upon the abundance of love through sharing, exceeding our perishable material needs. It is a witness to working along side our creator who is just and merciful. As such, fund raising to help those in need is not only a means, but a core belief in Living Water's calling.

In 2024, Living Water will host two meaningful and unique fundraising events:

A) Living Water Charity Show

Date: July 13, 2024 (Saturday) 1:00 - 5:30 pm

Location: Studio 9, 30 Royal Crest Ct, Markham

Registration/Inquiry:

Please contact April Tsang at Living Water Counselling Center
905-763-0818 from Monday to Friday (10 am - 6 pm).

Registration deadline: May 31, 2024

B) Living Water of Love Walkathon

Date: October 5, 2024 (Saturday) 9:30 am - 1:00 pm


Location: Milliken Park, Shelter C, 555 Steeles Ave. E. Markham

Details will be announced later.





We thank you for being Living Water's steadfast partners. We need you to continue as our extraordinary partners in our 'Strengthening Our Heart To Love' endeavor. Together we can realize the beauty of loving others as ourselves. Through strengthening Living Water's ministry, we help others to strengthen their own hearts, to overcome storms in their way, to love and find the meaning and power to live a valuable life.

Contact Us :

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