

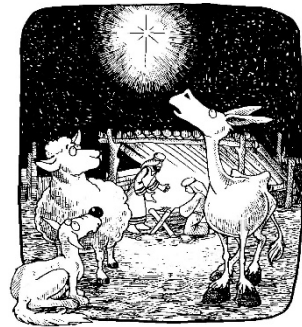
2018 Advent Series

2018 年將臨節講座

Snapshots of Learning from our Parish Mental-Health Ministry

從本堂的「精神及情緒健康事工」學到的心得

Noel



Sundays:

Dec. 2, 9 & 16

12:45pm

主日:

十二月二、九及十六日

下午十二時四十五分

“It’s more blessed to give than to receive”. From our past more than a decade’s Parish Mental Health Ministry, we’d learned a lot (both experientially and theologically). We would like to share some of them in this Advent Series.

「施比受更為有福」：本堂在過去多年來從事於服侍「精神及情緒健康欠佳者」的事工中，學到了不少心得，特在這降臨節中與眾分享。

Dec. 2 – Walking in love into Reality with Helpful Resources

十二月二日：憑著愛，輔以專業性的資源來踏進事工以正視現實。

Dec. 9 – It’s not mere Health issue but also Justice issue.

十二月九日：它不僅關於健康問題，更是個公義的問題。

Dec. 16 – God has given us Inner Gifts for Healing.

十二月十六日：上帝已賜我們內住的治療恩賜

Come and join us to contemplate.

(This year Christmas Potluck Dinner is on Dec 23)

讓我們同來聆聽及思考上述主題。（我們今年的聖誕 Potluck 聚餐是在十二月二十三日）

You can bring your bag lunch to enjoy before the session begins

(Coffee/tea will be provided)

可帶同你的午餐在每次開始前享用（有茶 / 咖啡供應）

Dec. 2 – Walking in love into Realty with Helpful Resouces
十二月二日：憑著愛，輔以專業性的資源來踏進事工以正視現實。

Canadian Realty: 1 in 5 experience a mental illness; 1 in 100 will develop schizophrenia or Bi-polar Disorder; 1 in 3 will develop a mental health problem: anxiety, substance related problems, mood problems, depression; building emotional resilience.

**Resources from: Canadian Mental Health Assosiation, Mental Health First Aid
Youth in BC Crisis Centre, bouncebackbc, the F.O.R.C.E. Society for Kid's Mental Health, Kalty Resouce Centre at BC Children's Hospital**

Dec. 9 – It's not mere Health issue but also Justice issue.
十二月九日：它不僅關於健康問題，更是個公義的問題。

Mental illness can lead to marginalization, stigmatization, ghettoization, isolation, discrimination and displacement – it can be humiliating, disorienting, uncomfortable and even frightening.

Dec. 16 – God has given us Inner Gifts for Healing.
十二月十六日：上帝已賜我們內住的治療恩賜

Gifts of strength, beauty, courage, compassion, hope, joy, talent, imagination, reverence, wisdom, love and faith (suggested by Charlene Costanzo in her book 'The 12 Gifts of Healing')