“Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God.” (Ephesians 6:14-17)
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Several years ago, I had the opportunity to go to Urumqi, China on a short missions trip. Our group of over twenty Christians, none of whom spoke fluent Mandarin, was eager to embark on our mission adventure. Our training and prep work began a year before our departure date. We were required to attend weekly prayer meetings and workshops specifically designed to provide us with tools for language teaching and information on the city’s geography, history, and people. Experienced veterans who had been to Urumqi shared about the cultural differences and the challenges we would face.

By the end of our 12-week trip, we had accomplished what we had set out to do – teach English, develop relationships and share God’s Word to people in Urumqi, China. As I reflect on my experience, I realize that accomplishing our assignment was not really all that we had done. More important was the fact that we had gotten up out of our comfortable chairs and expanded our horizons; we had learned about and experienced a different culture and a deeper relationship with God, fostered intimate relationships with our brothers and sisters, and we had gained a better understanding of what it means to serve our Lord. We had enriched our lives as Christians.

Thank God for Kevin and Sandy, who were brave enough to drive a group of 20 youths all the way to Fresno this March to attend the two-day “Acquire the Fire” retreat. And thank God for the Lutheran Youth Group leaders who will be taking three of Hope’s youths to New Orleans this July to attend the Lutheran Youth Gathering. Thank God for all of those who make the extra effort to attend Sunday School each week so that they can gain a better understanding of God’s Word. Wouldn’t God be pleased to know that we are making an effort to step outside of our little circles and learn about how we can better prepare ourselves to spread His message whether that be through attending Sunday School, going to Christian conferences, or even signing up to go on a missions trip.

As Christians we are charged with the Great Commission – to spread His love and His Word to people of all nations. Pastor Woo shares some guidelines for how we might equip ourselves for such a huge task. Fran reflects on how God’s Word helps her love others, and Junette shares a hymn that sums up her approach to enriching her life.

Gordon writes about how his spiritual life has been enriched through his experiences in Life Fellowship. Our youths share their reflections on their experiences at the “Acquire the Fire” retreat in March and how God has used this experience to open their eyes and enrich their lives as Christians. And these are just a few of the pieces you’ll see in this issue. I am sure you will be inspired as you read; perhaps you’ll be moved to share your stories on how you have taken steps to enrich your spiritual life.

Along with this issue, each of you will be receiving a “Readers’ survey,” which we encourage you to complete and return to us. God has been so good in blessing our newsletter ministry by giving us inspiration for themes and ideas for what to include in each issue. We’re interested in your suggestions for future themes and topics. Your suggestions have led to the addition of a “Healthy Cuisine for Kids” section. We’re looking forward to more of your creative suggestions!

We look forward to hearing from you. Happy reading!

Esther
Editor-in-Chief
編者的話
~by Vanessa Fan

或許你會覺今期中文版主題翻譯與英文版主題有點怪，我也同樣認為怪怪的，其實我確花了很長的時間去思考這期主題的中文版，結論是Enriching our lives as Christians是上聯，而常作準備是下聯。

我們基督徒要使自己的生命更豐富，就必須裝備自己，常作準備。

我個人覺得要使自己的生命更豐富，就是多花時間在教會這個家裡。任何需要人幫手的地方，也去幫忙。

事奉的崗位無分輕重，大小，台前或幕後，只一心為上帝服侍。

那麼我們就要好好在各方面裝備自己，常作準備被主使用。縱使有時用不著自己幫手的地方，也應參與和出席，因為這是我可以給弟兄姐妹的一個支持和鼓勵。
From the Pastor’s Desk

Dear Friends of Hope Lutheran Church and School,

Good health is one of life’s most cherished blessings. This is true for Christians and non-Christians alike, but Christians alone have the potential to enjoy a wellness that includes spiritual as well as physical and emotional.

As stewards of this human body, we are obligated to do what we can to maintain our physical well-being. First, we must eat properly, paying attention to good nutrition. We need a good and balanced diet in order to maintain a healthy body. As Christians, we know that our bodies are temples of the Holy Spirit, vehicles through which we can serve the Lord, so we must treat our bodies with respect by getting proper nourishment in a balanced diet.

Second, because rest is a human necessity, people who get adequate rest are able to accomplish more than those who don’t. This body gets tired, requiring time for rest and relaxation. Those who ignore that need by becoming workaholics will pay for it in broken bodies and troubled minds. Wise is the person who respects that need and does what he/she should to meet it.

Third, we must exercise sensibly. Most, if not all, of us know that exercise can result in our improved physical health. If we want to maintain a strong and healthy body, physical exercise is essential.

Our thoughts play a vital role in our physical health. In fact, the brain can release certain elements that are more effective in relieving pain than morphine. Because the mind has such a powerful influence on the body, we must protect it and avoid exposing it to contaminants and their sources, such as unwholesome programming on television and the Internet. In Paul’s words, “Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.” (Philippians 4:8)

Fifth, an annual visit to the doctor’s office for a physical checkup is a prudent way of maintaining physical health. Many things that concern our bodies are understood and best addressed by a trained medical doctor who is in the position to provide medical attention and prescribe any necessary treatment.

In the same way that we take steps to maintain physical health, we must take steps to maintain our spiritual health. The Bible provides some guidelines for how to do this. First, we must read God’s Word. As born again Christians, we need proper spiritual nourishment, which comes through feasting on the truths of the Bible. Just as a lack of nutrition leads to health problems, so a deficiency in spiritual nourishment hinders the well-being of our spiritual health. Bible reading is as much of the diet for our souls as food is for our bodies. It will help us grow in grace, giving us strength to overcome temptation and be victorious in times of trials and bringing us joy. As we comprehend the truths of the Bible and put them into practice, with God’s help, we will experience the spiritual health that God intends for His children.

Second, we must spend regular time in prayer. Communicating with God on a regular and consistent basis cannot be overemphasized. As we open our hearts, express our feelings, and reveal our needs through prayer, we must recognize that we are talking with our Father in heaven. Many Christians
who are stunted in their growth never truly appreciate the fact that God is their heavenly Father and that His ear is ever open to their cries. God promises to answer our prayers and His response of “Yes, No, or Wait” is always in our best interest. Through communion and prayer, we will develop a kinship to the Lord Jesus, our Savior. Prayer with God is most important to our spiritual health.

Third, we must worship and fellowship with brothers and sisters in God’s house. Every Christian should unite in a Bible-centered, gospel-preaching, Christ-honoring church and be faithful in his/her attendance and support of it. We can gain spiritual nourishment through Holy Communion and listening to the preaching of God’s Word. In finding opportunities for service, we will be strengthened through fellowship with our brothers and sisters in Christ. The fellowship in the house of God is of tremendous importance to our spiritual growth and health. Just as a small child is more likely to be well-adjusted if he/she has playmates, so a Christian makes better spiritual progress if he/she has contact with and feels the influence of fellow Christians. God never intended for His children to be spiritual hermits.

Fourth, we must be active in Christian service. Working for the Lord is spiritual exercise, which is just as essential for our souls as physical activity is for our bodies. As believers, we want to serve God, and the degree of our faithfulness in serving God will determine to a large extent the quality of our spiritual health.

A very important element of Christian service, of course, is telling others about Jesus Christ. Before His ascension, Jesus gave us the Great Commission, “Go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And I will be with you always, until the end of the age” (Matt.28:19-20). This is the mission of the church. There is nothing quite like leading a lost soul to Christ. It will enhance our spiritual health as nothing else can. To see a sinner come to Christ, have his/her sins forgiven, find peace with God, and be given bright hope for the future is to experience a thrill and excitement that goes beyond what words can describe. It is one of the best things we can do for our spiritual health, to equip ourselves, to enrich our lives.

Through the Bible, we know that God has given us all the ingredients for cooking, but if we want to eat, we must cook. Likewise, God has given us all the ingredients for both spiritual and physical health. If we want to have a strong, healthy body and soul, we must cook with the Lord’s help. Amen.

Pastor Woo
健康的身體是人生最珍貴的祝福。無論是否基督徒，這都無可否認。但基督徒可以更加享受全面的身、心、靈的健康。

作為自己身體的管家，我們有責任去使我們的身體保持健全。有很多事我們必要做的，目的只为保持身體健康。首先，我們要定時進食，要留意營養質素，更要有均衡的飲食，切忌揀飲擇食。作為基督徒，我們知道我們的身體是聖靈的殿，是用來服事上帝的，我們必需重視和培養自己的身體。常言道種瓜得瓜、種豆得豆。

其次，我們必須有充分的休息。休息是人體的基本需要。懂得休息的人往往比不懂得的人能完成更多的事情。身體倦了，就要休息。不去理會這需要的人到頭來只會傷害自己的身體及思維功能。所以，不要讓自己成為一個工作狂，導致損壞了自己的身體。能夠懂得照顧自己身體需要的人便是聰明。

第三，我們應有適當的運動。大部分人都知道運動能強身健體。若我們想擁有一個強壯和健康的身體，適當的運動是不能缺的。

第四，我們應該具備有益健康的思惟。正面的思惟對保持身體健康是重要的因素。就個人經驗而言，我們的思惟有一種既神祕又強而有力的力量去影響我們的身體。舉例說：我們的腦袋能發放一些比嗎啡更有效的止痛元素。所以，我們就應好好以有益健康的思惟去保護自己的腦袋。不要被不健康的電視節目和互聯網資信污染我們的腦袋。

第五，每年我們應當去做身體檢查。我們不是醫生，有很多關於身體的事我們都不知曉，更不能察覺得到。受過專業訓練的醫生就能診斷出問題的所在。若要保持身體健康，每年一度的例行身體檢查是必要的。

同樣，靈裡的健康等同其他在生命中重要的東西是絕不是可有可無的。靠著神的恩典和大能，我們要實踐以下的屬靈指引來裝備自己的屬靈生命。首先，我們要讀神的話語。凡相信主耶穌基督，並承認祂為個人救主的人是已經重生。作為新生的「嬰孩」，我們需要成長。我們需要恰當的屬靈滋潤，這往往是藉勤讀聖經得到飽飽。有好的營養對身體健康是極重要的。對三至八十歲的人來說，這道理都合乎。缺乏營養會引致很多疾病；同様地靈命缺乏滋潤時，靈裡的健康成長會被阻礙。讀聖經對我們的靈命健康應該像食物對我們的身體健康一樣，不能缺少的。聖經能我們在恩典裡成長、有能力去抵擋引誘、在試煉中能得勝；神的話語使我們喜樂。當我們能領悟聖經真理並在生活中實踐真理，在神的幫助下我們會體驗到神為祂的兒女所預備的靈命健康。

第二，我們必需定時有禱告的時間。我們不能不強調與上帝的溝通定要持久和成為習慣。我們要知道，禱告是與天父交談，我們該打開自己的心，表達自己的感受，和訴說自己的需要。很多在靈裡停滯不前的基督徒都因為未能百份百視上帝為他們天上的父親，和未能明白天父的確會聆聽他的呼喚。可是上帝應允祂會聽我們的禱告，和祂的答案無論是「好，不要，或等待」都只是出於祂的心意並賜最好的給我們。透過在靈裡相交，我與神禱告，曾祈求我們建立成為一個與我們救主、靈裡的長兄、主耶穌相近的屬

牧師的信
~by Pastor Woo
靈的家。禱告對我們靈命的健康是非常重要的。

第三，我們該參與崇拜和與主內弟兄姐妹有團契生活。每一位基督徒應該以聖經為中心，以傳福音為宗旨，以榮耀基督為重的教會成為一體，並出席與支持教會上忠心回應。你便會得到從聖餐及神話語的教導而來的屬靈滋潤。你亦會找到事奉的機會，和藉著與弟兄姐妹的肢體生活而被建立堅固。

在神家裡的肢體生活是對靈裡成長和靈命的健康是極之重要的。就好像擁有朋輩的小孩子多是成長健全的。同樣，所以基督徒能夠得以成長全憑與其他基督徒有接觸和彼此感染和鼓勵。上帝從沒有要他的兒女們做屬靈的獨行俠。

第四、我們應該活躍於神的事工。為神工作是一種屬靈操練，是我們心靈必需要的，就正如身體做運動一樣。作為信徒，我們都希望能服侍主。在我們忠心地服侍主的程度能夠定奪我們靈裡健康的質素。

其中一樣非常重要的神的事工就是傳福音。在耶穌升天前，祂給了我們一個「大使命」--所以，你們要去，使萬民作我的門徒，奉父、子、聖靈的名給他們施洗。凡我所吩咐你們的，都教訓他們遵守，我就常與你們同在，直到世界的末了。（馬太福音 28:19-20）

這是我們教會的使命。沒有任何東西能與帶領一個失喪的靈魂到主耶穌跟前相比的。沒有任何一樣事物像它能使我們的靈命健康增強。看見一個罪人來到主的跟前、罪被寬恕、在上帝中得到平安、及生命得到盼望，這一切一切都非一般筆墨可以形容，箇中的精采剌激盪漾。這是我們可以為自己靈命健康可做最美麗不過之事，藉此也能裝備自己，和豐富自己的生命。

透過聖經我們知道神已經賜給我們各樣的材料作煮食之用。但若我們想進食，就必須親自下廚。同樣，神亦已給了我們靈裡和身體健康所需的材料，若我們要有強而有力，健康身體和心靈，我們必須與神一起下廚。阿們。
The Way I Enrich My Life
~by Junette Cockerill

I wrote so many different things and discovered that if you read the verses to the hymn “O Master Let Me Walk with Thee” you will see it all summed up.

O Master, let me walk with Thee,
In lowly paths of service free;
Tell me Thy secret; help me bear
The strain of toil, the fret of care.
Help me the slow of heart to move
By some clear, winning word of love;
Teach me the wayward feet to stay,
And guide them in the homeward way.
Teach me Thy patience; still with Thee
In closer, dearer, company,
In work that keeps faith sweet and strong,
In trust that triumphs over wrong.
In hope that sends a shining ray
Far down the future’s broadening way,
In peace that only Thou canst give,
With Thee, O Master, let me live. Amen

(Hymn #336 in Hymns for God’s People)
I am convinced that our Lord Jesus’ bloodshed was for you and me. I believe in the Easter Resurrection and that we will rise to join our Father and all of the saints we love and have lost, who have gone on before us. That is His promise, which lifts our grief and sorrow. His love causes me to take His message to the streets to all who will listen and believe.

My Father knew me inside and out even before my birth. He knows my vulnerabilities and frailties, and He has my destiny and life journey planned. King David expressed it so well when he said: “O LORD, you have searched me and you know me. You know when I sit and when I rise; you perceive my thoughts from afar. You discern my going out and my lying down; you are familiar with all my ways. Before a word is on my tongue you know it completely, O LORD.” (Psalm 139:1-3)

He rescues me from battles with Satan, and He helps me to love Him and mankind. I know sin lurks within me, and when noted, I repent and turn from it, receiving His peace and forgiveness. It is God who holds me close in times of disease with His power to heal when doctors cannot cure me. The Lord Jesus lives within my heart and causes me to speak personally in His name. I believe angels get very excited when I witness and a soul is marked down in the book of eternal life. God pours His love into our hands, minds, souls, feet and entire being for His glory and His purpose. What a life of heaven on earth despite pain and sorrows!

When we have a creed with the Savior, we are passionately driven to stand up and be counted on to stand for His righteousness to the death. When Jesus enters our hearts, and we sense His unfailing love, we surrender and entrust our entire life to Him. I trust He will hold me up in all of life’s storms, and I no longer need to call on others’ council before asking His help.

Christ encourages me to love those who have no ability to love in return. He fills the voids and pours His mercy into me, pushing me not to hoard but to share with all peoples. It totally satisfies me to follow Him in this world that is not my home and where some might not understand the miracle of blessing from God.

Speaking from 71 years of experience, if we seek and thirst for Him wholeheartedly and desire His ways above our own, we will find fulfillment and joy amidst hardship and loss.

I thank the Lord heartily that I know all of you, that the Chinese congregation has merged with us, giving of herself so freely and for all the new converts on Christmas. I believe God has many good things planned for us, anointing Pastor Woo to bring us through these perplexing times. Have a blessed Easter and springtime in our communion and union.
Equipping Myself for God’s Work
~ by Cynthia Huang

Not long ago when the Winter Olympic Games were being held in Vancouver, I stayed up many nights catching those Olympic moments. Of the many winter sports showcased, my favorite is figure skating. I love it for its story-telling choreography and its elegance. The skater’s gracefulness on the ice makes the sport seem almost effortless. I admire the skaters’ dedication and commitment; despite struggles and tribulations, they persevered to qualify for the Olympics and a chance at winning gold. Like the figure skaters who spend most of their lives equipping themselves to compete in the Olympics, we as Christians are called to equip ourselves throughout our lives to share the gospel.

When we watch the Olympic figure skaters skate, we don’t see them getting up before dawn to practice; nor do we see their stringent diets and their strenuous body building routines, all on top of their schoolwork. Imagine the devotion and sacrifice. Equipping ourselves to serve as vessels of Jesus takes devotion, too. Some among us have been called to serve Him and minister to His people as full-time church workers. Others have been called to serve as lay people. Despite the obvious difference in the amount of time and in the nature of the responsibilities between a full-time church worker and lay person, devotion and practice are the brick and mortar for equipping ourselves to do God’s work.

Though I have been called to be a teacher/preschool director, I have enjoyed getting involved in various ministries outside of my main responsibilities. This has provided me opportunities to determine my gifts and be refined as a person. If you knew me 10 years ago, you would notice some of those changes. I have become more mature and thoughtful in the way
I handle conflicts because God has provided many opportunities for me to work with people of different personalities and backgrounds and through those opportunities I have learned to understand situations from others’ perspectives. I have lost many hours of sleep thinking of challenging issues as I served in the various ministries. During those times, I prayed, and prayer help me turn over my fears, concerns, and hurts to Jesus. Through praying, I become less nearsighted and tinted with my own beliefs and desires, allowing me to perceive the well being of the body of Christ as far more important than the job to be done.

The other experience that has impacted my life, equipping me to serve Jesus, is in caring for a family member whom I loved dearly, my father. I am a daddy’s girl and my dad’s struggle with terminal pancreatic cancer has been the biggest challenge of my life. However, it has also been a time for me to grow very close to my Heavenly Father. I’ve learned to trust Him – to bring my father to faith. I’ve learned to sacrifice. But mostly, I’ve learn to love, to be compassionate, to be moved by other’s pain and suffering. It is never easy to welcome painful experiences just as it is not easy for the Olympic figure skaters to appreciate their rigorous training. As Yancy quotes Aeschylus, however,

*Pain that cannot forget
Falls drop by drop
Upon the heart
Until in our despair there comes wisdom
Through the awful grace of God*

*(Where Is God When It Hurts?, 1996, p. 115)*

I have been touched, caring for my dying father, to “rejoice with those who rejoice; mourn with those who mourn”.

I have learned from my experience that being equipped to serve is more than understanding the Bible. It is putting the Word of God to practice through service whether that be helping with Sunday school, serving in children’s ministry, or going on a short mission, and along the way, determining our strengths and gifts and learning to collaborate with others. Most importantly, being equipped is learning to feel for others, to be compassionate.
2010年是新的一年，這一年內我和一班弟兄姐妹也有新的使命，要在這新的一年裡在歡欣團契事奉，我不敢說要帶領團契，因為無論在哪一方面我都不配做團長。難道神的旨意要磨練我嗎？使我成長嗎？

最近我從「心靈小點心」一本書中的「五枚銅板」的小故事中得到了啟發，也學會了一些心得，故事大約有五個小朋友手裡拿著各一個銅板（大約是一毫子）來到教會，他們各自排隊將銅板放入奉獻箱裡，第一個嘻皮笑臉地將銅板放入去，小天使在一旁記錄著：“他捐出了一枚"銅"幣，因為他平日對同伴一點兒也不關心。"第二個小朋友大搖大擺地來到將一枚銅板放入奉獻箱，小天使記錄著：他奉獻了一枚"銅"幣，因為他心中滿是傲氣。

第三個小朋友心想，既然人家都奉獻了，那我只好也捐了，小天使記著：他投的是一枚"鐵"幣，因為他心太冰冷了。

到了第四個小朋友，他要將銅板投下去的一剎那，他想到了冬天在街頭的流浪漢，他流下了一滴眼淚，天使記著：這孩子投下一枚"銀"幣，因為他滿有同情心。

最後一個孩子來到奉獻箱時，心中默禱著："親愛的主耶穌，求您能使用這小小的銅板能為您做最多的事。"天使記著：這孩子投下的是，一枚"金"幣，因為他充滿愛和同情心。以上是小故事的大概內容，希望我們都得到省悟，事工也是奉獻的一種，我們是否也擁有"耐心，真心，愛心"呢？耶穌給我們的大使命如何去完成呢？我們用心去想一想吧！
重要的是
這個家要有愛...

如果要用一個四字語詞來形容我當初接受主光團契團長一職時的心情，「十五十六」會最貼切了。當弟兄姊妹投選了我那刻，我腦子是一片空白，只知道反問自己「我有什麼本事帶領團契？」信主的時間和對聖經的知識遠遠不及其他姊妹呢！我不斷禱告求神帶領。感謝神，我得到很多弟兄姊妹的支持和鼓勵。他們的說話就像一支強心針，真是凡事互相效力叫愛神的人得益處。

團契是一個彼此建立關係，彼此學習神話語的家。在當中我們學習宽容，接納，付出，更重要的是這個家要有愛。當一個家（團契）沒有愛時就會使人感受不到有歸屬感，沒有任何一個人會願意停留多一刻在一個冷冰冰的窩中。

今年主光團契的主题是「互相建立愛」和「傳福音」。傳福音是每個基督徒應盡的責任，亦是神給我們最大的使命。感謝神，通過團契讓我們更加清楚傳福音的重要性和技巧。但最重要是有行動，不可以紙上談兵。想到如何裝備自己對我來說是一個很好的挑戰；對弟兄姊妹亦是一個提醒。如果我們沒有好好裝備自己，我們如何去傳福音呢？如何去宣揚神的愛呢？所以我們必需找緊這些學習傳福音訓練的機會，好好裝備自己被主使用。

Ping Wang
主光團契團長

Serve one another in love.
Galatians 5:13, NIV
團契狂想曲
~by 暉

今年剛好是生命團契的15歲生日。當年是少年人的團友，今日已是成為在職的青年。雖然我們不再是十多歲的小伙子，但是生命團契內的每位弟兄姊妹仍舊有一顆對主委身的赤子之心，去為主做光做鹽。

在過去的十五年裏，生命團契經歷過許多的高高低低。團歌也更新了好幾首，由當年的“圓”、“真理內心種”、“一身衝勁”至今日的“惟獨敬虔”。1995年團契剛開始時，團契還沒有命名為生命團契（生命團契是在1999年命名的）。當年只是簡稱為青少年團契，人數大概有五至六個人吧。1997年年中，上任恩望堂葉牧師離美返港。當年便有數位熱心的弟兄姊妹站起來，肩負起帶領團契十多人的責任，他們就是大家都熟識的Charles & Nancy跟現今移居於Florida的Paul弟兄。

葉牧師離開後，主就帶領當年還是實習牧師的Pastor Lenny Szeto到我們中間，Pastor Szeto還帶領過我們全教會第一次上Oakland的某教會辦退修會。當年全教會的男生都在那教會的室內籃球場過夜的情景簡直是“畢生難忘”。到Pastor Szeto實習完畢離開後，現任的胡牧師就被呼召來到我們恩望堂當中，更是帶領了團契一段長的時間。

Fai Chan
生命團契團長
1997～2000年中間，感謝主不斷的加添，團契的人數一度超過30～40人以上，但因為一時間有太多新朋友與基督徒比例失平衡；加上當年團友的屬靈裝備並未足夠，一兩年過去後便開始有一些新朋友慢慢的流失。同時間從2000年開始，本身的團友進入“大學遷徙期”，很多弟兄姊妹都去了不同的城市或省份去修讀他們的專科。團契人數一度滑落至十多人。

2002年起由Mona姊妹擔任團長一職，當年人數雖然少了，但正因是這個緣故，反叫團內的關係更加堅固，弟兄姊妹更加團結。而團契的流程和節目亦趨向更有系統和秩序。

2006年Mona姊妹離任團長後，就由學業有成歸來的Derex弟兄接棒，繼續帶領團契向下扎根，向上結果。團契這多個年頭裏舉辦過多多少少的活動，當中有我們每隔一年的團契退修會和不同地方的旅行，我們的腳跡到過了不少地方，有Lake Tahoe, Mt. Cross, Mt. Hermon, Los Altos Hidden Villa, Redwood Alliance, Sacramento River, Yosemite, 等等。

團契裏的點點滴滴其實也是我人生中的斷斷片段，我在這裡成長，洗禮，認識到我的太太，從展開追求，我們熱戀相愛，至在團契當中求婚，踏進教會的紅地毯，在主面前結為夫妻。這些都是離不開團契的生動生活，生命團契彷彿是我生命中的一部份。

感謝神在2010年給我有事奉的機會去服侍團契中的弟兄姊妹。盼望自己能有更多的預備去服侍他們；用更多的時間去為他們禱告。生命團契未來兩年的主題是“Pass It On”就是將福音的好消息傳出去透過個人佈道或細胞小組，我們的盼望是籍此能把身邊的朋友、同事、親人帶進主的羊圈裏。
In March, our youth group went to a youth conference in Fresno. Seeing the worship leader leading worship, the drama group delivering a strong message in action, and the speaker using media to leave an unforgettable impression of the message was very inspiring. However, none of these compared to the moment when the girls from my small group stepped out to the stage to recommit themselves to God. Each of them had taken a big step and grown in faith: they had gone from not liking praise songs and worship to now looking up praise songs on Youtube, regularly attending church, and fellowshipping with each other; whereas they used to not connect with God, now they were committing themselves to God. Sometimes it was frustrating when they didn’t make enough effort in their ministry to outreach others, but it has been most rewarding to see them grow and change bit by bit.

Summer is approaching, and the youth, along with Kevin and I, are already planning our Summer Day Camp. Training and preparation are a load of work, but the work is all enjoyable because we are working with these energetic youths. We are also in the process of planning our own retreat and mission trip. Please keep us in your prayer since we know we can’t do anything without God’s guidance and support from our church. Emmanuel.
Our Youths Speak

The “Acquire the Fire” conference, for me, was as great experience. The atmosphere was just amazing with about 1,000 people. The worship time was an emotional and spiritual awakening where everyone could walk up towards the stage and just praise God. The skits that they did, which applied to our daily lives, were mind boggling. One of the skits dealt with sin affecting our lives and how we can draw closer to God or fall to the Devil. The conference was not just about learning about God, but also about what we can do for God. We were exposed to different programs related to mission trips, sponsoring children, and other things that help bring God to non-believers. The conference showed me that there is a lot more to being a Christian than going to church, fellowship, and Bible Study.

~Daniel Lee

Last week at ATF, even though I sometimes fell asleep during the lectures, I learned a lot about relationships, what sin is like, and how we are being fought over by angels and demons. From this, I learned I should try harder to listen to the Holy Spirit.

~Benny Choi

I learned a lot from the ATF conference. They showed me a new perspective of being a Christian in a way that I can relate to. One of the things that really stuck with me is committing to God. And if we commit, then we will have to be willing to give up everything else.

~Vivian Tang

“Acquire the Fire” is a youth conference that Serendipity Fellowship attended. Going to the conference was an enlightening experience; so many youths recommitted themselves to God. It was a very touching experience especially when they showed how many people didn’t know God and have basic necessities. Our fellowship is going to sponsor a child from a third-world country and give him a chance for a better life. I learned to only listen to God and not to listen to the world around us. Equipped with what I learned, I’m going into the world with a strengthened faith.

~Kimberley Wan

At ATF I learned that God is with us. He strengthens us, but there are going to be demons out there, trying to make us do bad things. God will send an angel to help and strengthen us to make the right decision. I now know that I was listening to the demon when I was doing all of those bad things when I was small but now I try not to.

~Kevin Kong

Youth in Action
The “Acquire the Fire” conference was a good experience for me. The youth conference was very different from other retreats because of the concerts, skits, professional performances, and the enormous number of people who attended. The concerts were really special because they showed that we could all worship in different ways, even through rock’n roll, metal, and rap. The conference helped me strengthen my relationship with God overall. It reminded me where I was with God and what I needed to do to keep my faith strong. At the conference, the youth pastor also encouraged us to make commitments to God and to promise Him to no longer live in sin. I really enjoyed the retreat and hope to go there again next year.
~Geoffrey Wan

God’s love has changed my life by making me try to change for the better. I will try to preach the gospel to my friends. I feel loved even when I’m alone at home or elsewhere because God is with me. When I stumble, all I need is to talk to God for help.
~Renee Lau

Last week, I went to the “Acquire the Fire” conference. I learned about marriage and how not to have babies until after marriage. I also got closer to God, committing my life to Him. In doing this, I know that I can trust in God and know that I can go to Him anytime I need Him. He will always be there for me in any time of need.

In a few months, I will be going to New Orleans for the Lutheran Youth Gathering with West Portal Lutheran church. We will learn about God and I expect that we will have a lot of fun together, praising, fellowshipping, worshipping and serving God.

In doing these two things, I am get closer to God.
~Kristen Chan

God has changed me in many ways, teaching me not to judge people by their appearance but by how they act toward people. At the “Acquire the Fire” conference, I learned that there are bad spirits around us and that God tries to protect us from them everyday. I learned that we as Christians should be an image of God and always think like him, asking “What would Jesus do?” God has done a lot in my life, helping me get closer to Christians and become calmer in life. I also learned that when someone is mean to me, I shouldn’t be mean back but ten times nicer to them.
~Eva Kong

God has shaped my life by making my life problem-free. I have a happy family and know good people at school, and I am thankful for that.
~Kristine Rosas
Hope Lutheran Church and You

~by Pastor Woo

How does one become a member of Hope Lutheran Church and School?

There are three ways a person may become a member of Hope Lutheran Church and join our church family in Christ.

First, church membership can be acquired through baptism and confirmation. When a person believes in Jesus Christ as Lord and Savior, he becomes a redeemed child of God, a Christian. Then when he is baptized in Christ here at Hope, he becomes a member of this local body of believers called Hope Lutheran Church. If you desire baptism or have any questions about baptism, please speak to Pastor Woo.

Second, church membership can be obtained through a letter of transfer. If you are a member of another LCMS Lutheran Church, you may join Hope Lutheran Church with a letter of transfer from the other church. We’ll be happy to request a letter of transfer on your behalf when you make clear to us your intent.

Finally, church membership can be obtained through a statement of profession. If you have believed in Jesus Christ as Lord and Savior, have been baptized in Him, and have attended a Christian church, you may join Hope Lutheran Church by signing a statement of profession, declaring your faith in the Lutheran understanding. If this is your intent, please let Pastor Woo know. Upon completing one of the above procedures, the new member is required to go through an Adult Membership Class with the Pastor.
I am delighted to have entered the HOPE family through confirmation last Christmas. Upon reflection, I found significant changes thus far in my life mainly with my pride and my relationships with others.

I was blessed to have been baptized as an infant. In elementary school, I was introduced to Jesus Christ and Catholicism. Over the years, I thought about the idea of Salvation and the promises that God provides, but they did not linger in my mind for long. It was not until about a year ago when I came to HOPE, being led by the Holy Spirit, that I truly came to believe in and rely on God.

My purpose for going to our monthly prayer meetings has changed 180 degrees. My purpose used to be to fulfill my need to network, but today, my goal is to gain a better understanding of God’s Word and to show care about brothers and sisters. Thanks to James Lee and Fai Chan in our cell group and to Pastor Woo for his guidance, I have been able to strengthen my spiritual life and develop a much better relationship with God.

Before I came to know God, I would give up on challenges pretty easily due to my low self-esteem, and I had a tendency to hide my weaknesses and disengage myself from others during unpleasant times. It caused me great sorrow and despair even when I was only facing relatively minor difficulties. My actions helped create a slippery slope that drove me away from loving others.

Coming to know and believe in God, I have been able to release my pride and be humble and cheerful about what God may have prepared for me down the road. I am now able to stop blaming myself and express my feelings to others; having been touched by the love of the brothers and sisters that are centered on God’s unconditional love, I am not afraid anymore.

I am able to care for others, which in turn has brought me joy. My relationships with others have improved, even with my eldest brother, Dennis, with whom I did not always share many joyful experiences. I have started feeling and appreciating his brotherly love, which I once ignored and took for granted. I have taken actions to express my love for him and my gratitude for what he has done for me.

I will trust God’s plan for me. Because I had problems finding a job last year, I considered relocating, even though I do not want to leave the Bay Area. I prayed for God to lead me to wherever He wants me to be as His servant. In early February, I was offered a job in Hong Kong. I spent the next two weeks bidding for offers here but was unsuccessful. I am convinced that it is God’s will and have made the decision to relocate.

I really appreciate the care and the love from brothers and sisters at HOPE especially those in Life Fellowship. Please do look for me when you are in Hong Kong.
就在2009年聖誕節,我很高興能在路德會恩望堂行了堅振禮,明正言順的成為恩望堂的一份子。經過自己多番思考後,原來自己的生命在這短短兩年間有了很大的變化,尤其是自己的驕傲性格和對別人的關係,特別是我和我的兩位哥哥。

有關自己的少少背景,我一出生便受了洗,小學時段透過學校表面地認識了主耶穌和天主教。隨著年月的消逝,我偶然也會思考有關主耶穌給我們人類的拯救和上帝給世人的應許。很可惜,沒有一次能令我有特別的感覺。直到一年多之前我因著聖靈的感動而來了恩望堂,隨即我開始依靠和相信上帝的存在。

在未信主之前,我是一個非常容易放棄的人,可能是自己的自信心不足,在很多挑戰來臨時我都很快放棄,我更慣性把自己的弱點隱藏,在遇到不開心的時候,也慣常地自閉起來,就算再芝麻綠豆的事,我也會變得很失落和悲哀。就像斜坡一樣,越滑越遠。

信主之後,一切都變了。無論甚麼事,我都放下了驕傲的心,謙卑起來,喜樂地面對一切天父為我準備的前路。舉例說,我能不再責罵自己,把自己的感受跟別人訴說,因為愛裡沒有懼怕。弟兄姐妹給我的愛和主耶穌無條件的愛讓我明白一切。

此刻我因為工作而已在香港生活了,我很捨不得離開恩望堂。一直都為此事而禱告,祈求神可以讓我留在灣區,但我更知道回香港是天父的旨意,因為我要把福音傳給住在香港的爸爸和媽媽。我真的很感激恩望堂每一位弟兄姐妹對我的關懷和愛,尤其是在生命團契的弟兄姐妹。若你來香港的話,記得要找我。
Christmas Fellowship Dinner
12/12/2009
Hope’s Photo Gallery

Christmas Baptism
12/25/2009

BAPTISM & CONFIRMATION:
Ricky Lam | Carol Kwok | Alan Kwok | Sebastian Goh

CONFIRMATION:
Sandy Liu | Windy Liu | Frankie Choi
Vivian Tang | Eva Kong | Jeff Chen | Connie Kong
Kevin Kong | San Li | Gordon Pong | Elaine Ieng
Hope’s Photo Gallery

Chinese Lunar New Year Luncheon
2/21/2010
Trivia Pursuit

Directions: Test your knowledge of Bible trivia by completing the following chart.

Submitting your answers: Please write your answers on a separate sheet of paper and drop it off in our feedback/offering box at the rear of the Sanctuary.

Submission Deadline: April 30, 2010 at 12 p.m.

Names of winners (those whose answers are 100% correct) will be posted in the next issue of Hope's newsletter.

Change of life, Change of names.

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Congratulations to our 7 winners for getting 100% of the answers correct on the Trivia Pursuit questions in our Winter issue:

Cecilia Cantwell   Junette Cockerill
Gloria Alves       Stella Wong
Velda Chin         Cindy Wu
Grayson Kuehnert

Participants who submitted answers: 8

Answers to January’s Trivia Pursuit Questions:

01. A gourd (Jonah 4:6) 06. The Palm (Psalm 92:12, Jeremiah 10:5)
02. Jacob (Genesis 30:37-39) 07. Gopherwood (Genesis 6:14)
03. A Broom tree (1 Kings 19:4) 08. The Cassia tree (Exodus 30:24)
05. Song of Solomon (2:3) 10. Acacia (Exodus 25:10)
聖經小測驗 04.10

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上期聖經小測驗 01.2010  |  答案:
01. 蓼麻(約拿4:6)
02. 雅各(創世記30:37-39)
03. 羅騰樹(烈王紀上19:4)
04. 芥菜(馬太13:31)
05. 雅各2:3
06. 杏仁(創世記10:5)
07. 歌斐木(創世記6:14)
08. 桂皮(出埃及記30:24)
09. 麥(出埃及記9:32)
10. 皂莢木(出埃及記25:10)
靈命進深、廣傳福音是中文部於2010和2011年的主題和目標。這日曆上每日都有一章新約的經文。如果您靈修時跟著日曆的經文閱讀，明年同一日就剛好讀完了全本新約聖經。所以不論您何時起步，最重要每日靈修和讀神的話語。我們的靈命必日漸進深！

~ Mona Chiu，中文部主席
聖靈所結的果子，就是仁愛、喜樂、和平、忍耐、恩慈、良善、信實、溫柔、節制。這樣的事，沒有律法禁止。（加 5:22-23）

要常常喜樂，不住的禱告，凡事謝恩，因為這是神在基督耶穌裡向你們所定的旨意。（帖前 5:16-18）
Carrot and Beef Congee

Ingredients:
Rice - 2 tbsps.
Carrot and beef stock - ¾ cup
Cooked carrots - 1-2 slices

Directions:
1. Wash rice and soak in water to the level of the rice for 1 hour. (Soaking rice in water may speed up the process by which the congee becomes fine.)
2. Mash the cooked carrots.
3. Remove any oil from the surface of the carrot and beef stock. Bring to a boil.
4. Add rice and the water used for soaking the rice.
5. Simmer over low heat until rice becomes a thin paste. Add mashed carrots. Stir well and simmer for a while more. Season with a pinch of salt.
6. Let cool to desirable temperature and enjoy.

Nutritional Value and Functions:
Both beef and carrots contain protein and vitamin A and are foods of high nutritional value. Also, carrots strengthen the stomach and help smooth digestion.
請踴躍投稿

下一期的『恩望』將於七月初發行，因知道很多人有投稿的心。
現在先透露一下下期內容。

主題: 過一個平衡的生活
暫定發行日期: 七月第一個星期日
截稿日期: 五月二十三日

稿件要求: 中文或英文，手抄或電腦檔案均可以

稿文題材: 1. 散文, 隨筆, 見証, 分享或意見。
2. 美味食譜
3. 任何其他獨立題材

基於大家都非常勇躍投稿, 很多時候編輯部都未能有時間看畢所有稿件, 以這當中就有遺漏的, 敬請見諒。又有一些是獨立題才, 很難歸入主題內容, 我們也盡量刊登, 若未見貴稿刊登, 請耐心等候。

我們亦非常歡迎讀者提供任何意見, 希望可以把《恩望》做得更好。若有意見或問題, 可向總編輯Esther或Vanessa查詢。

Invitation to Participate

Hope’s Quarterly Newsletter is made possible by the combined efforts of a group of brothers and sisters who are committed to bringing you articles and stories that you will find encouraging and inspiring and innovative ideas that you will find practical and helpful in your daily lives. In each issue, besides learning the latest news about Hope’s church family, you will enjoy interesting and thought-provoking pieces that will challenge you to draw closer to God and serve Him with gifts He has blessed you with.

Each issue will focus on specific themes that we will announce so that you may have the opportunity to contribute to the newsletter if you wish.

We invite you to share your reactions and feedback with us. Please feel free to e-mail us at echan@sfsu.edu or lowbvan@yahoo.com. You may also call and leave a message for us at 650-991-4673 or fax us your response at 650-991-9723. We will also have a feedback box in the rear of the sanctuary if you would like to just drop off a comment or suggestion for how we can improve the Hope Newsletter.

Each issue of the newsletter is free, but any donation, no matter how small, would be greatly appreciated. We extend our deepest thanks to all our readers for your continued support.
Mark your calendars!

**EXCITING UPCOMING EVENTS:**
路德會恩望堂暨學校活動一覽表

<table>
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<th>Event 活動</th>
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<tbody>
<tr>
<td>Monthly Church Prayer Meetings 祈禱會</td>
<td>Every third Sunday of the month.</td>
</tr>
<tr>
<td></td>
<td>每月第三個星期日</td>
</tr>
<tr>
<td></td>
<td>12 p.m. – 12:30 p.m.</td>
</tr>
<tr>
<td>BBQ &amp; Church Family Day</td>
<td>July 18, 2010, Sunday</td>
</tr>
<tr>
<td></td>
<td>after Chinese Service</td>
</tr>
<tr>
<td>2010 Summer Day Camp</td>
<td>June 21st, 2009 - July 30th, 2010</td>
</tr>
<tr>
<td>Theme: Math Excel/Outdoor Activities</td>
<td></td>
</tr>
<tr>
<td>Distribution of the next issue of our Hope Newsletter</td>
<td>1st Sunday of July, 2010</td>
</tr>
<tr>
<td></td>
<td>Rear of the Sanctuary</td>
</tr>
<tr>
<td>Chinese Congregational Retreat 退修會</td>
<td>8/27-8/29, 2010 (Fri - Sun)</td>
</tr>
<tr>
<td></td>
<td>Mount Hermon, Santa Cruz</td>
</tr>
</tbody>
</table>
路德會恩望堂暨學校
是一個提供住在本社區的居民一起去分享主基督耶穌的福音。『福音』這二字的意思是『好消息』，簡單來說，就是讓我
們知道上帝愛我們，甚至派的
獨生子基督耶穌來到世上去告訴
我們—基督耶穌道成肉身
來到世上，為我們死在十字架
上，擔當我們世人所有的罪，並
得勝了，目的只為了能免我們的
罪，洗淨我們一切的不義。我們
主要是傳基督耶穌的救—只
有藉著祂，我們才得饒恕、拯救
和生命。無論你以前是怎樣的
人，怎麼貪戀這個世界，或者怎
樣遠離上帝，祂都不會離棄你，
只要你願意悔改，上帝必定會
不計你的過往，接納和憐憫你，
因為我們的上帝是滿有憐憫和
慈愛的。歡迎參加我們的聚會，
一起敬拜和讚美我們全能全知
的上帝。