

# 三谷恩泉

Stream of Blessings



第六期秋季號

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## 2years!

## 週年 感言

❖薛忠勇

九月份當全美都在緬懷 911 事件十週年之際，三谷會堂卻在神前感恩歡慶植堂二週年！

猶記八四年畢業後到高中任教，第一年基本上只在「求存」階段，因為一切要從零開始，無論適應環境、編製課程、執行紀律、填寫報告、熟識校規等，彷彿都在一片忙亂中渡過。當時不敢要求自己教得好不好，但求能應付不失責就夠了。

好不容易才撐到第二年，雖已奠下了基礎，亦擁有某些經驗，然而還屬「修正」階段，許多方面因教材不全或有誤，需要不斷補添矯正。直至工作的第三年，才真正算能鬆一口氣，進入了「檢討改良」的階段，開始比較敢嚐試嶄新的教學方法，甚至願意捨棄不太合適的教材。

同樣道理，三谷植堂首兩年，均屬「求存修正」的

階段，許多事奉、活動、聚會安排等，不敢要求過高，只求能順利進行就不錯了。但如今教會步入第三年，也應該進入「檢討改善」的階段，亦可以說到了一個「關鍵性」時期。

從北區母會出來植堂的過程中，三谷摒棄了一些舊傳統，但同時亦製造了一些新的傳統，然而傳統有良有莠，好習慣難學，壞習慣卻難改。如西方人所說：「在混凝土沒凝結之前」(Before things are set in concrete)，應趕快「改革」，割斷一切過往所形成的不良理念、作風、方法、習慣等，及早修正更新，免得代代相傳，承接過往，日後造成根深蒂固的不良影響，無法突破。在新舊難合的比喻中，主耶穌提醒我們不要「把新酒放在舊皮袋裡」(參路 5:36-39)。人是慣性動物，我們常常為了一切份安全感而不太願意改變舊的方式、接受新的挑戰。



我盼望主給予三谷長執同工更明確的異象，更寬宏的視野，更有膽量，更加謙卑，敢於取捨變通，改良歸正，帶領三谷會堂成為更貼近神心意的教會。✠

藉神的道，在三谷地區建立基督化華人家庭，薪火傳承耶穌的愛與教訓。

To build up Chinese Christian families in Tri-valley with the Word of God, and to pass down the love and teachings of Jesus through generations.

# Forgiveness

❖ Robert Chu

Forgiveness is not an easy topic that I can discuss with everyone since I had gone through a lot of difficulties in my early childhood. In using today's terminology, I would be considered a victim of child abuse. My father, who came from a rich family, was the youngest of the five children. Shortly after the Second World War, he and my mother got married through my step grandmother's arrangement. Their marriage was not very successful as they were always fighting with each other. I remembered when I was young, often time when they got into an argument, my father would throw all my mother's belongings to the street and threatened her with a knife in his hand to never come back. In addition, he would also use me to vent his anger by punishing me every night and having me stand facing the wall with a dust pan in my hand because I failed to review my lessons from school and fell asleep during the mid-night hours – I normally had to force to stay up right after dinner onto mid-night.

When I was five years old, my grandfather passed away and my father did not allow me to stay overnight in the funeral service, which was a normal practice at that time. I was very angry because I knew my grandfather loved me and even at his sick bed, he offered me the tender meat from his meals, which I never got to taste when I was young. That evening, when I was not permitted to attend the service, I used my teeth to bite my father but it was of no avail as he was too strong for me.

My father died in the hospital when I was nine. Instead of feeling sad, I was so happy for the first time in my life to hear the news of his passing. I remembered I was riding a tricycle outside and enjoyed the freedom of the fresh air. I did not shed any tears for my father at the funeral service.

Years and years later, I heard a radio talk show from Dennis Rainey of Family Life Radio. He mentioned about forgiveness. He talked about how we should forgive our parents who might have hurt us. I realized for the first time in my life what I had done to myself by holding on the excess baggage of my very past and expecting my parents to beg me to forgive them. This was not possible of course since time had already passed.

Denise Miller wrote an article about Forgiveness. She mentioned that the wrongs of parents are among the most difficult to forgive. If we choose not to forgive them, she added, "We will not live our lives completely until we have resolved this issue and feel the security of unconditional love. We stay locked into the badness and never grow up. We stay there waiting as that forever-child." That is the danger of keeping the attitude of unforgiveness.

Now, extending this idea of forgiveness to others, the bible talks a lot about it in many places. In Luke 17:4, it mentions about forgiving those who have wronged us seven times a day. Sometimes it is hard to count. In Colossians 3:13, it teaches us to make allowance for each other's faults and to forgive anyone who offends us. I believe the best example of forgiveness is when Christ was hung on the cross. Even with all the pain and sufferings he was experiencing, he still asked our Heavenly Father to forgive those who had put him there. It is certainly not easy for me to forgive others.

There is another article in Christian Women Rock which mentions about how forgiveness can bring healing. It says, "God forgives very easily when we ask for forgiveness, and does not keep track of how many times we mess up. Forgiveness is a promise from God, just one more way God shows His love for us. It is important for our mental and spiritual health to forgive and apologize when we are in the wrong. When we do, we are being obedient to God for His word tells us to do this as well. When we forgive we can experience God's healing, and when we ask for forgiveness from God, he is faithful to His promise. We are forgiven when we repent. There are times we need to forgive our own well being because when we hang onto things it festers inside us. When things fester we can become very bitter which can hurt ourselves and other relationships in our lives, such as our marriage. Even when we may feel that a person doesn't deserve to be forgiven, remember God forgives us even when we don't deserve it, and the most significant symbol of this is the cross."

Lately I attended a replacement seminar for those who have just got lay off. The first thing they taught was to write down on a paper what we felt about our previous employers' wrong doings. Then, we burn the paper afterwards. The theory behind it is that if we go to an interview and keep on telling people how bad we are treated by our previous employers, the potential employers may consider those individuals are hard to manage and may not consider hiring them. In the same token, in order to relieve us from holding on the old baggage, we should do the same things – finding a place to burn the hurts and the thoughts and choosing to forgive and forget others.

In conclusion, forgiveness is a practice we should do on a regular basis as disciples of Jesus. It is not an easy task to accomplish, because it hurts. However, the healing coming from it outweighs the cost we may have to pay. We need to imitate Jesus as He is the one, who taught us how to forgive and He is the one, who first forgave us. Amen!



FORGIVE

FORGET

# 每天愛你多一些

❖ 梁慧儀

**聖**經以弗所書 5:22 至 6:4 是一段熟悉的經文，**主**但當我最近再一次閱讀的時候，神卻讓我有新的感受和學習。

「你們作妻子的，當順服自己的丈夫，如同順服主」(5:22)。這一節經文是使徒保羅勸勉妻子要去順服自己的丈夫。在當時的社會背景之中，婦女的地位是絕對在男人之下，妻子甚至於可視為丈夫的一件物件(property)，所以妻子要去順服丈夫是一件理所當然的事。

我們如何將當日『妻子順服丈夫』的原則應用在今天的家庭生活中呢？是否無論丈夫所作的是對或錯，妻子一概順服？即使不甘心樂意，也都照單全收？使徒保羅在 22 節中提醒我們，妻子順服丈夫應是如同順服主一樣。妻子的順服不是單靠著自己的理性去作決定，也不是隨著自己的心情而去作選擇，更不是憑著自己的智慧去作判斷。最關鍵的是：絕非丈夫值不值得妻子去順服。

我們的主已經順服在父神的旨意之下，走上十架之路，為我們的罪而死。事實上，我們在黑暗中的罪人又是否值得主這樣去順服犧牲呢？「順服」的根基必須建立在主耶穌的身上才能結出美好的果子，這樣的順服才能持久和蒙神喜悅。

在 5 章 21 節，保羅給了我們一個達成順服的秘訣，就是「又當存敬畏基督的心，彼此順服」。原來順服就是基督徒應有的責任，我們的心態是應以敬畏基督的心去彼此順服，而不是去比較配偶的行為表現。

箴言 9:10「敬畏耶和華是智慧的開端」，當我們常存以主為尊的心去尊重配偶，從神而來的智慧就會一步步的引領我們，讓夫妻能蒙神更豐盛的祝福。

使徒保羅打破了當時的傳統文化背景去勸勉丈夫要愛妻子，在那時候夫妻不一定是相愛而結合，所以丈夫對妻子不一定是有著濃厚的愛意。但保羅強調丈夫對妻子要有一份極深厚的愛，一份無可測度的愛。這份愛就像基督愛教會一樣，為教會捨己。丈夫的愛不應是因著妻子的可愛，也不是按著她的外貌，更不是由於妻子的順服才去愛。這「愛」字的原文是 agape，是一種不求回報、自我犧牲，像基督捨身那樣的愛。使徒保羅教導丈夫要獻出生命、一生去愛護妻子。

當我們的婚姻已渡過一段悠長日子，可能會覺得並無必要去刻意做某些事，來維持這份愛，因此愛情就會隨著歲月如流，變得淡而無味。約翰一書 3:18「...我們相愛不要只在言語和舌頭上，總要在行為和誠實上」。使徒約翰告訴我們，愛是需要用行動真誠表達出來的。假若夫妻結婚多年，但卻忽略了表達愛意，那麼彼此之間感情變冷，不正是應有的苦果嗎？

在愛的語言一書中，作者加里查普曼(Gary Chapman)提出了五個我們可以學習對配偶表達愛意的方式：(一) 肯定的言詞；(二) 精心的時刻；(三) 接受禮物；(四) 服務的行動；(五) 身體的接觸。倘若丈夫能夠說些讚美妻子的言詞、能夠花一點時間去聆聽、用一點心思去給妻子送禮物、幫助她去完成家務、給妻子一個擁抱，那麼在平淡的夫妻生活中，就可加添溫馨的色彩。

雅歌 2:2-3「我的佳偶在女子中、好像百合花在荊棘內。我的良人在男子中、如同蘋果樹在樹林中」。盼望我們夫妻都能夠學習彼此相愛，在主的愛中榮耀基督的名。👩

「又當存敬畏基督的心，彼此順服。」(弗 5:21)

# 執子之手，與子偕老



今年暑假，三谷會堂弟兄姊妹觀賞由 Good TV 內製作，學習婚姻之道的『牽手情』系列，獲益良多，茲將部份分享輯錄如下：

## 黎章丞、程建紅 夫婦 (太太分享)



**感**謝神，讓我們在這個暑假作了個最聰明的選擇——參加 Home Group 聚會，討論和學習『牽手情』這個特輯。

十五年的婚姻，育有兩個孩子，夫妻生活漸漸變得平淡。當起初火熱的激情變冷，日常免不了的小磨擦呈現時，唇槍舌劍、彼此挑剔也時有發生，雖無重大衝突，但日積月累，不自覺間便會損及婚姻。

在『牽手情』特輯中，我們學習到夫妻間的互相接納、寬恕，家庭裏的角色和責任，改變角度去看對方的『缺點』，是性格上的『特點』，彼此互補不足，從而肯定和欣賞對方。

實踐神的話，使我們的關係出現微妙的變化，我甚至有重新戀愛的感覺！深切領會聖經的好處，日後我們將安排時間，一家人都來參加聚會。

特輯中教導說：「若要有皇后般的看待，須把你丈夫視作皇帝」，我學習到順服丈夫的功課，所以他讓我來分享感受時，雖然有些緊張，我也『順服』了丈夫的意願，和大家分享！



## 楊尊德、黃霞 夫婦 (太太分享)

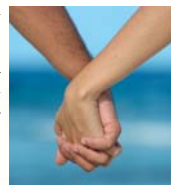


**我**是綜合了小組中多對夫妻的分享。首先是澄清了一些對婚姻長期以來的誤解。

**誤解一：**婚姻的來歷。中國有諺：「男大當婚，女大當嫁」。以為達到一定年齡便可嫁娶，實際上，只是身體成熟，而心智仍然幼稚，這樣的婚姻難以美滿幸福。

聖經中說明為甚麼有婚姻的設立：「耶和華神說，那人獨居不好，我要為他造一個配偶幫助他」(創 2:18)。獨身不是不可以，只是太孤單寂寞了，神為人準備配偶，讓我們在地上享受婚姻生活。

**誤解二：**男人是頭，女人地位從屬，不如男人。細想一下，能夠處於『幫助』一方，是否更聰明、更能幹才可勝任？而神將最後的決定權交給男人，連神都信得過他，身為太太的，又因何不能？這其中，又使我們可以操練『交托給上帝』的功課。



在學習『牽手情』的小組中分享中，有位太太見證夫妻關係的改變：以前吵架，不了了之，先生不會認輸作甚麼低頭表示，但最近的一次，他主動給太太買了杯香濃熱咖啡，以示和好！

另一位太太分享說：以前夫妻間有爭執，她會非常任性，認為錯的總是對方，但現在，知道自己也有錯

了。有位先生說得好：「總而言之就是一句話：對太太好嘛！」

至於怎麼對妻子好，便大有學問了。聖經說：「丈夫也當照樣愛妻子，如同愛自己的身子；愛妻子便是愛自己了」（弗 5:28）。你總不能送自己喜歡的球賽入場券，然後跟她去看比賽，便是作為『對太太好』的行動。愛妻子，對她好，需要『投其所好』——送她喜愛的禮品、陪她去逛街購物…

至於我自己有兩點領受：

其一是聖經對人的要求，是那讀經的，不是拿出聖經的章節，要求別人怎樣。

其二是聖經告訴我們，不是對方『值得被敬重』、或『值得去愛』才實行，乃是因為『上帝所吩咐的』。

## 宗咏、徐楊 夫婦 (先生分享)



每次看完『牽手情』，感覺都不太好受，因為發現原來自己和婚姻的要求相差好遠！特別是對溝通的方式感到虧欠太多。

其中提到溝通的五個層次：寒暄、交換資訊事實、交換意見看法、表達情緒感受、毫無保留完全誠實的透明溝通，最後的兩種我幾乎沒有，甚至連最起碼的寒暄也很少！



這與我的成長背景有關。祖籍山東，一般山東人說話都是直來直去，少顧他人感受；加上我自小就離家求學，不善表達感情；夫妻相處之道更是無緣識荊。至有甚者，在領結婚証的當天上午，還跟未來太太吵了一架！不良溝通可見一斑。

『牽手情』系列給我最大的啟發是，別受世俗的婚姻觀左右，認為夫妻應各走一半，你付出五十我便回以五十，公平交易，看對方做的夠不夠，是否吃虧。

另外，要將自己交給主耶穌，視婚姻為事奉的一部份。

信主後，我的婚姻生活有了奇妙的改變，雖然偶爾爭執難免，但關係的修復很快；我更與太太訂下一個看在世人眼中有些奇怪之約：她有眼疾視覺不良，我擔心若然早她一步安息主懷，她便無人照顧，所以我們有個約定：我要比她後死。

聖經讓我知道，婚姻由上帝設立，是神聖的盟約，至死方休。「既然如此，夫妻不再是兩個人，乃是一體的了。所以神配合的，人不可分開」（可 10:8-9）信焉！

## 劉佳、簡健華 夫婦 (先生分享)



開放家庭，與慕道朋友和弟兄姐妹一起學習『牽手情』，獲益匪淺。

這是我第一次學到如何經營婚姻，也怎樣將聖經的道理應用在實際生活上。聖經說，愛需要忍耐、捨己；但相信在日常生活中，太太遇上生命危險，勞動丈夫捨身英雄救美的機會絕無僅有，那又如何『捨己』呢？

原來，當丈夫經過一天打拼下班回家，疲累已極不想稍動時，太太需要幫忙做家務看孩子功課倒垃圾…你願意起來嗎？這就是『捨己』，並無犧牲性命之虞，就是那麼簡單的小事情，丈夫能做這樣的『捨己』嗎？

負責帶領討論，又有意外收穫。我和太太事先一起觀看，彼此討論，正好操練溝通的功課，有深層次的交流，更享受到夫妻同心事奉的美好。

我還認識到，成功的婚姻需要有主耶穌，單靠自己是不行的。有時聽見國內傳來某個親友的離婚消息，我就想，假若還沒信主，今天我的景況會如何？感謝神！遵行祂的話，可以確保家庭和諧，婚姻美滿。👉





# Experiencing God Moment

❖ Jeff Koh

With more than 23 million members in the United States and Canada, Netflix is the world's leading Internet subscription service for enjoying movies and TV shows. For \$7.99 a month, Netflix members can instantly watch unlimited movies and TV episodes streamed over the internet to PCs, Macs and TVs.

I became a victim/subscriber of Netflix about a year ago when one of our nieces gave us a free 1 year subscription to Netflix as our Christmas present. Prior to that, we had been a user of the \$1 Red Box vending machines or going down to the nearest Blockbuster to rent a movie on an ad-hoc basis (keep in mind that Blockbuster has gone belly-up as of several months ago.)

I did not think too much about the Netflix subscription initially. But being a person who likes action and true story movies, I started to watch a limited number of movies from time to time over the course of the past year using the Netflix membership.

Netflix does a great job in making you become addicted to their product or service. They are very prompt in their DVD delivery (3 days turn around) or instant viewing through streaming. You can also setup your account with movies that you would like to watch so that it will automatically be sent when you return the viewed DVD. Now, with the advent of instant streaming, you can watch "UNLIMITED" movies at a click of your mouse, keyboard or even with your phone for just \$7.99 per month.

Well, the year was up with my membership a few weeks ago and I was struggling to see whether I should renew it. After a lot of reflection and prayers, I decided not to renew the membership. I did not think it would be wise to continue the membership since it would just take time away from me to spend in doing other things that might be more meaningful (such as reading the bible more, or engaging on a hobby or playing golf more to stay in shape...) Most importantly, by not renewing the subscription, I've averted the daily temptation that is just around the corner for me of wanting to watch movies.

The best way not to be tempted is to avoid the temptation totally. The bible story of Joseph comes into mind. When Joseph was being tempted and seduced by Potiphar's wife, he did not succumb to her seduction but ran away instead (Gen 39: 1-23).

I'm sure all of us have some sort of things we enjoy and may do it excessively (such as eating, drinking, playing video games, watching TV or movies, talking on the phone, surfing the internet and so forth). However, we know deep in our hearts that we should avoid, restrict or reduce them. Therefore, I would like to challenge all of us to try to avert any temptation that we may have. In so doing, we may be freed and able to find better use of our time and resources.



## Half Moon Bay

❖ Kelly Liu

As an incoming senior, and with a super busy summer schedule, I personally had not planned on attending any of the youth outings over the summer. Particularly in regards to the Half Moon Bay Outing, I did not anticipated to join, considering I had just returned home after having been in San Luis Obispo for a month. The adults in charge were discussing having the teens bring bikes to the trip and my initial reaction was "that's way too much hassle, and in the end, no one's going to bring anything..." Nevertheless, I did end up going and the outing turned out much different than expected.

There was a bigger turnout than I had expected. Maybe it was because I was gone for a month and hadn't met all the new kids that joined our youth group. On top of that, my initial reaction to the proposal of bringing bikes was completely off too. Enough kids had brought their bikes that Uncle Larry needed to drive his truck to get them all there. Some kids didn't bring bikes, thus, upon arrival, we stopped at a bike rental shop so they could get their bikes. So naturally, with all the bikes on hand, the first thing we did was go biking. There was some complaint about going biking before we left, but once we got started, no one really seemed to care. The youth mobbed together and waited at the head of the bike trail, and later led the way down the trail. The trail eventually ended at a street, so we turned back and headed down the other direction. After almost two hours of riding, we turned back and headed for the beach. The weather wasn't ideal for hanging out by the ocean, but beaches are beaches and it was fun nonetheless.

Looking back on the outing, it was a wonderful time for the youth to really get to know each other. During the school year, we are all busy with our own business, and an outing like the one to Half Moon Bay was definitely a good way to get us interacting and bonding. From the planning to the actual event, I would dare say: "our outing to Half Moon Bay was a success!"



## 蒙神祝福的一家

❖馬俐

感謝神！我們一家無論到那裡，都蒙神的保守和祝福。

1997年的夏天，我和張雷搬到灣區，開始在北區基督徒會堂參加聚會，於2000年受洗，並成為方舟團契同工。2009年，會堂決定到 Pleasanton 植堂，我們也有幸成為其中一份子，和弟兄姊妹齊心為主作工。

2009年底，張雷應深圳交響樂團之聘，我們一家需回國生活，面臨「海歸」的適應問題。感謝主一路帶領，順利處理在美國的一切，又幫助我們很快便能投入回國後的新環境。原先最擔心兒子 Artie 的求學問題，神也讓他進入一所不錯的學校就讀，並認識了不少新朋友。

今年夏季，乘著暑期放假，我帶著 Artie 返回灣區探訪，又得到三谷會堂弟兄姊妹的熱情款待，讓我們賓至如歸，有回到家的感覺。特別要感謝吳玉華姐妹百忙中為我奔勞，幫助租賃房子；還有就是胡笑梅姐妹把她的車子借給我使用，讓我們渡過了非常快樂難忘的六個星期。

這個暑假的美國之行，我深深體會到在神的國度裏，弟兄姊妹都是一家人，作為神的兒女，無論在哪處，都有來自祂的祝福，是最有福之人。✠



## Gleaning for the Hungry

❖ Corrina Tse

After a tiring 6 hour drive to Dinuba, California, the 12 of us were ready to get out of the car. The first thing we did was to settle into our hotel rooms. Some of us ran up the stairs excited to spend two whole days with our friends. Others just sat there in front of the television. The chaperones were also tired from driving so they sat outside and chatted. While we had a good night sleep, none of us knew what was going to happen tomorrow.

The next morning we drove down to Gleaning for the Hungry. Already at the place were many other youth groups. We had a small worship session first and then the director of the place showed us what we would be doing for the next ten hours. There were several machines that needed the help of volunteers, and we were there exactly to do that. The first one was to throw away all the rotten peaches and it was the messiest station because at the end of my shift, my shirt, pants and even some of my hair was covered with peaches! The second machine was to turn the peach stems upwards so that another machine could easily cut the seeds out. The third machine was to throw away all the cores of the peaches. The fourth machine took a lot of patience; it was to make sure only the skin of the peach would touch the wooden crates. Finally, the crates along with all the peaches would be taken outside to be dried.



Even though our youth group didn't stay for the whole week to volunteer and make the dried fruits, but we did get to experience one day's work of processing dried peaches. It was hard working and I learned that those dried fruit could be someone's meal in a third world country. That Monday would be a day that none of us could forget. We worked the whole day with a five minute break every two hours. I think that this experience really made us realize how blessed we are living in the Bay Area of California where we have abundance of many things. Even hearing the testimonies of how the staff came to Gleanings made us think about what God wanted us to do with our lives. It is inspiring how these families could give up so much for the little things that they had at Gleanings. The staff live in trailer homes and do not own many things like we do here. Their action reminds me of Matthew 5:16 **"Let your light so shine before men that they might see your good works and give glory to your Father who is in Heaven."** May our light also so shine before men so that He will be glorified. ✠

感謝神...

### 恩雨點滴

- ◆ 8/28 在 Amador Valley Community Park 舉行的 Kick Off 郊遊有非常多的新朋友參加。
- ◆ 感謝神本季有四位慕道朋友決志：姚文娟、王文玉、曾岳林、楊巧林。
- ◆ 在九月新學年多增加了一個週五 Home Group 聚會，神感動兩戶肢體開放家庭。10/7 晚 AWANA、青少年、成人出席創 202 人記錄。
- ◆ 週五聚會租用白人教會(PEFC)及主日崇拜租用旅館(Sheraton)均順利續約至明年六月。

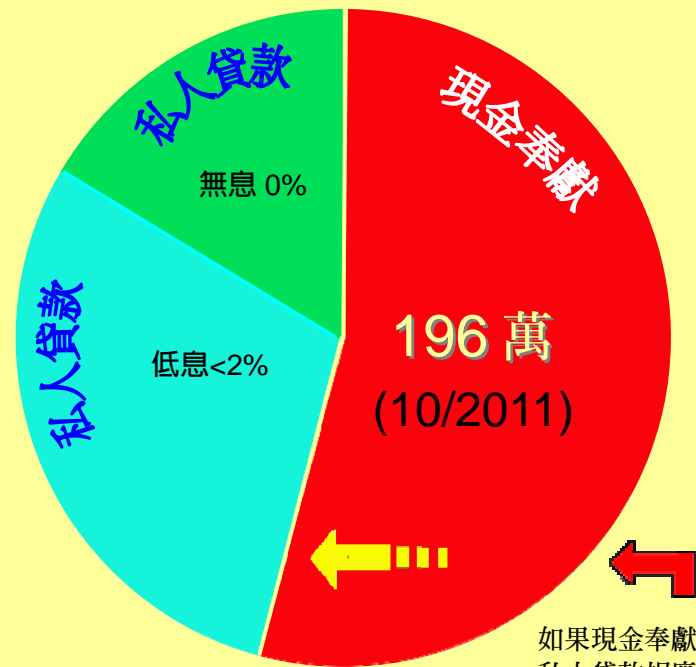
九月找到一棟合適樓宇，  
目前正積極與賣主洽商  
「購買合約」，請代禱！

❖ 主編：陳海山  
❖ 插圖/排版：薛忠勇、麥美玲

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### 主日聚會

崇 拜： 9:45 - 11:00 AM  
主日學： 11:15 AM - 12:15 PM  
禱告會： 1:30 - 2:30 PM  
Four Points by Sheraton  
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Pleasanton, CA 94588

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### 週五聚會： 8:00 - 10:00 PM

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