



特殊需要關懷中心

父母講座：行為矯正訓練班

日期：04/15/2017 (週六)

時間：上午10:00-1:00pm

講員：Loukia Tsami

Research Associate

地點：9800 Town Park Dr. Suite 255,
Houston, TX77036



健康講座

主題：**睡眠的秘密：如何選擇適合的床墊**

時間：2017年3月4日 (週六) 2-4 PM

主講：劉雲山 博士

地點：華人聖經教會 6025 Sovereign
Drive. Houston, TX77036



光鹽社廣播網節目預告

心靈加油站 (AM 1050)

主持人李論 戴秋月 戴禮約

時間：每週一上午 9:30-10:00

3月6日 神愛奇妙

3月13日 訪談：享受耶穌的福氣

3月20日 在神沒有難成的事

3月27日 訪談：以馬內利的神

粵語飛揚 (AM1050)

或 <http://fly1320.webnode.com/>

光鹽社免費營養課

養生方法除了吃得健康，還要搭配運動。2017年2月11日至4月15日，光鹽社將於每週六上午10:00-12:00舉辦免費營養課，歡迎大家隨時參加，一起學習正確的營養觀念，一起運動互相學習督促，讓我們的生活品質一起提高！

詳情請見本刊第7頁。



“癌症後的積極生活”支持小組 繼續報名

疲憊和**壓力**是癌症健存者常見的問題。獲得癌症診斷之後，保持健康積極的生活可以有效幫助健存者減少疲勞和壓力，並降低復發的可能性。

自2017年3月開始，光鹽社與安德森癌症中心合作組織“癌症後的積極生活”支持小組。小組聚會講員為安德森醫院講師，並配有中文翻譯和中文教材。聚會一共六次，每次聚會設計有不同講題，討論題目，以及體能活動。參加者需事先報名，參加者限於已經**診斷有癌症**，目前處於**緩解期** (in remission)，並且已經不在進行放療和化療的**女性病友**。報名將於3月25日聚會開始之前結束。

時間：3月11日，3月25日，4月8日，4月22日，5月14日，5月28日 (均為週六) 下午 2:00-4:00pm

地點：光鹽社辦公室

諮詢電話：713-988-4724



3月份節目表：(STV15.3)

主持人 孫威令、孫明美

3月7日 近視防護

陳卓 醫師

3月21日 物理治療

華彬 理療師

時間：每月第一和第三週週二

下午 7:30 - 8:30

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顧問 黃繼榮 陳康元 王禮聖
劉如峰 江桂芝 張學鈞 張大倫
黃嘉生 潘敏 許重一

理事長 袁昶黎

副理事長 黃龍雄

理事會秘書 張懷平

理事 鄧福真 孫威令 劉再蓉
陳瑞坪 劉會緣 戴秋月

總幹事 孫紅濱

行政助理 陳邱梅 胡兆祖 林莉婷
何淑坤 趙小江 邱月香 湯飛 葉晉嘉
陳京之 陳怡姣

友友關懷 鄧福真 趙小江 鄭曉紅
宁新宇 吳靜 王琳 王欣 徐玲
林佐成 廖喜梅 唐萬千 錢正民
黃玉玲 楊姝 李筱梅 韓雯

福音廣播 戴秋月 李論 戴禮約
江桂芝 孫威令 唐萬千 冷國總

特殊關懷 何淑坤 張桂蓮 張懷平

粵語飛揚 岑振強 方方 陳瑞坪

年長關懷 孫威令 陳邱梅

西北辦事處 余南燕 甘玫 嚴慧娜

东南辦事處 袁昶黎 劉再蓉

資源開發委員會 鄧福真 侯秀宜
劉會緣 李筱梅 袁昶黎

法律顧問 歐陽婉貞 黎廣業
Kathy Cheng

HCC ensemble

Alice Ma & Kelly Huang

Serena Li

Jadely Ko

Alina Dong

蔡毅

Carlo Ho

Karen Chang

Crystal Wang

劉良子

彭靜

Danni He 何丹妮

藍育青

Jane Xue 薛倩

愛樂合唱團

20週年
光鹽社慈善音樂會
2017年2月25日下午3點
曉士頓中國教會

Time: 2017/02/25 3pm | Address: Houston Chinese Church 10305 S. Main St. Houston TX 77025
售票處：光鹽社 713-988-4724 | 何處覓 713-995-0343 | 袁祖黎 281-961-2621 | 鄧福真 281-799-7574
孫威令 281-763-9365 | Angela Wang 832-860-9457 | Lydia Liu 832-563-2670 | 陳瑞坪 713-466-0900

一年一度的光鹽社慈善音樂會將於2017年2月25日於曉士頓中國教會舉辦，自光鹽社成立以來，在義工們的付出及社會善心人士的支持與捐助下，每年有超過 8,000人受惠于光鹽社的各項服務。今年適逢光鹽社20周年，光鹽社將邀請到各方音樂及舞蹈家表演獨唱、合唱、舞蹈及各種樂器演出，節目精彩可期。票价为\$20, \$50和\$100，敬請踴躍購票支持。

——理事長的話

新年作新人——袁昶黎長老

“一年之計在於春，一生之計在於神。”

主後2017年(黃曆4715年)農曆新年或春節才過(1/28)。14億中華炎黃子孫何其有幸可過兩個新年！大家辭舊迎新，興高彩烈，歡欣鼓舞慶祝春節！

新年是償還舊債，購辦年貨，及清掃家居的時節。新年是全家圍爐吃除夕年夜飯，享受佳餚美饌，山珍海味的團圓時光。新年是兒孫向父母長輩鞠躬，叩頭拜年，領取紅包壓歲錢；敘舊話家常，或打麻將，玩遊戲，或觀賞央視春晚，通宵守歲不眠的時候。每當午夜，烟火爆竹，漫天亮響，歡慶高潮迭起。“爆竹聲中一歲除，春風送暖入屠蘇；千門萬戶曠曠日，總把新桃換舊符”。大年初一，人人穿戴打扮得光鮮亮麗，帥男個個英俊瀟灑，美女人人嫵媚俊俏。賀客盈門，恭喜發財，聲不絕耳；大街小巷的拜年人潮，絡繹不絕於途。處處張燈結彩，歡聲笑語，鞭炮聲及喧天價響之舞龍和舞獅鑼鼓聲，熱鬧非凡，喜氣洋洋，酷似人間天堂…

代表好運及吉祥的紅色春聯，戶戶可見：如“天增歲月人增壽，春滿乾坤福滿門。”，“國泰民安四化有望，風調雨順五穀豐登。”春聯的由來可溯自新年典故——約在商朝，有名叫“年”的兇猛巨獸，出沒於新年的前夕，且會吞吃人畜。有人想出驅“年”妙方——因年獸懼見紅色，每家門框及門楣貼紅紙條，用爆竹聲嚇唬或驅趕年獸，果真一舉奏效。大家高興互道恭喜，倖存過“年”關，燃放鞭炮，及舞龍，和舞獅慶祝。



無獨有偶，聖經上記載，BC. 1300，約在中國商朝，以色列民族英雄摩西，要求法老王釋放以民出埃及未果。於是神巡行擊殺埃及人長子，逾越(passover)以色列人家，因神諭摩西，指示他們宰羊羔，取血塗抹於家門門框及門楣上，避災免禍。而且中、以守節食物也頗相似，如吃芥菜及餃子，或苦菜及無酵餅。今天要過年關或逾越被擊殺，只有靠耶穌基督代罪羔羊的寶血，那是祂為你我釘在十架所流的，我們才能戰勝死亡，得到永遠的生命！這才是信仰基督的真義。



新年新希望，“若有人在基督裏，他就是新造的人，舊事已過，都變成新的了。”朋友，今天容我誠邀您打開心門，迎接耶穌進入您內心作您個人救主，祂必賜您永生與平安。願神在丁酉新年祝福您及光鹽社！

——Words from the Chairman

Becoming a New Creation in New Year—Elder Charles Yuan

“The work for the whole year is best begun in spring, and the life of a man is best begun in God. “

How lucky we Chinese are to celebrate two New Year days each year, one is the first day of AD 2017, and another is the first day of the Almanac year of 4715 in Chinese Lunar Calendar, or called Spring Festival. Nowadays, 1.4 billion Chinese descendants celebrate the Spring Festival, the most important Chinese traditional holiday in the world joyfully!

The Spring Festival is a time to pay off the debts, purchase festival food and clothes, and clean up the household. It is a family reunion time for a big feast. It is a time to get a red envelop of money from the elderlies of the family after bowing with respect. It is a time to chit chat with the families, play games, or watch the CCTV Spring Entertainment Program. Many folks stay up all night on New Year's Eve to observe the traditional custom. Fireworks and firecrackers have been lighting and sounding all around the clock and places. On the New Year Day, every one dresses up to greet each other from door to door, “Congratulation, Happy New Year!” The dragon and lion dances are performing everywhere with the beating of gongs and drums, and cheerful noises filled in the air.

Red spring couplets, mean Fortune and Happiness, are displayed on the top and sides of door frames on each household, such as “Man grows with age as time advances, happiness overflows household as Spring comes.” and “Peace and prosperity flourishes, Good weather brings harvest. “The spring couplets were originated from a renowned folktale, “ In ancient times, there was a monster named Nian, which dwelled deep in the sea all year round and only showed up every New Year's Eve to eat people and livestock in nearby villages. Therefore, on the day of New Year's Eve, people would flee to remote mountains to avoid being harmed by the monster. People had lived in fear of this monster until one day an old wise man visited the village. He figured out a successful way to scare away the monster by pasting red papers on doors, burning bamboo to make a loud cracking sound. People happily greeted each other on their survival from the monster Nian.

Coincidentally, the Bible described a similar history occurred in BC.1300, Moses asked Pharaoh, the King of Egypt to let the Israelites go and free from slavery without success. Finally, God passed through Egypt and stroke down every firstborn of both people and animals, while passed-over the Israelites without any harm. The Lord instructed Moses and Aaron to slaughter a lamb for each household, and take some of the blood putting it on the sides and tops of the doorframes of the houses to escape the destruction. As well, the food they ate are similar, such as eating bitter herbs, and bread made without yeast by the Israelites, and mustard herbs and dumplings by Chinese.

Today, if we want to pass-over or avoid the destruction, we need to rely only on the precious blood of Jesus Christ which is shed from His crucifixion for us. And we can get eternal life thereby.

New Year new resolution, “Therefore, if anyone is in Christ, he is a new creation: the old has gone, the new is here!” Dear friend, I cordially invite you to open the door to welcome Jesus into your heart as your personal Savior!

May God bless you, and the LSA!

蒙福的服侍

各位光鹽社的朋友們，新年好！

又是一年一度辭舊迎新的時節了。在這2017年新的一年開始的時候，恭祝您身體健康，新年蒙福！

每年我們出這一期年刊，也是我們數算神的恩典，獻上我們的感恩的時節。感謝神！光鹽社今年邁入第二十個年頭了，光鹽社走到今天，實在是神的恩典和帶領。一路走來，不論高山低谷，祂都與我們同在，祂使我們軟弱時得剛強，缺乏時得供應，看不到方向時為我們指路。神施行祂奇妙的作為，用祂大能的手扶持我們，讓我們克服各方面的困難和攔阻，達到祂要我們達成的成果。神的恩典真是超過我們的所求所想。感謝贊美主！

我也要特別感謝歷年來這麼多的義工，因著基督的愛，因著心中的一份感動，在這裡默默服侍有需要的人，服侍也許是素未平生的人，也許是從未謀面的人，也許是他們原本不喜歡的人。時光荏苒，歲歲年年，我們的同工從青絲到白發，他們在這裡日夜夜的付出，不求名不求利，只求討主的喜悅。謝謝你們放下自我，彼此包容，彼此扶持，彼此激勵。謝謝你們奉獻各自的時間，精力與才華在光鹽社的各項事工上。有的在台前，有的在幕後。相信神榮耀的冠冕為您留存！我也要特別謝謝您與我們同心同行，一路相伴，藉著您的支持與奉獻，我們才可能20年來堅持做光做鹽，服務我們的社區。

近些年來，來休士頓MD Anderson 就醫的華人癌友人數顯著增長。2016年我們服務過的來休士頓就醫家庭有超過百戶。光鹽社為他們特別建立了“光鹽社愛心家園”微信群。在這個家園裡互助互愛，分享經驗，交流信息。這個平台也大大提高了服務效率。很多問題當場可以得到解決。除了光鹽社持續地按照他們的需求提供就醫及生活上的幫助外，陶加獻牧師每周一次為他們提供心靈上的關懷，傳福音，領人歸主。曉士頓中國教會的弟兄姐妹也就近為他們提供了屬靈的家，給與他們家人般的關愛。幫助他們身心靈的需要。篇幅所限無法在這裡細數感人的故事，也無法將義工的名字一一列出。無論是一聲問候，一次交通接送，一堂英文口語課，還是在深夜急診的出手相助，重症加護病房的貼心陪伴，安寧病床邊的婚禮，追思禮拜的最后相送，不是親人勝似親人。這些點點滴滴如春風化雨，感動了無數人，讓無數人的生命得到改變，讓他們在這裡認識了這一切的愛的源头-我們的主耶穌基督。讓他們在苦難中找到一生最美的祝福，並成為他人的祝福。

為了更有效地服務癌症病友，2016年光鹽社和角聲社區中心聯手成立了“癌友全人關懷基督徒聯盟”，並邀請所有有心參與癌友關懷的機構，教會和個人加入。藉著聯盟我們得以整合各方資源，發揮各方所長，協調人力，使病友得到身心靈全方位的更有效的服務。這些年來，我們越來越深切的體會到合作和合一的重要。合作使我們的服務事半功倍，使我們個人或一個組織無法完成的服務通過合作可以達成。合一使我們的各方面的事工得以順利推展，效率倍增，服侍中有平安喜樂，為主做美好見証，拓展神的國度。

在過去的一年裡，我們提供了3千多次的服務來幫助民眾上網申請個人，小型企業，以及兒童和孕婦的醫療保險。其中有很大一部分人來美多年，從未買過醫療保險。也有人對美國的醫療體系，及怎樣用保險都一無所知。我們的健保導航員用他們的愛心，耐心及專業知識為民眾提供有效的全面的服務。有些客人和我們說，“買了保險后中間要換醫生，賬單的問題，有別人告訴他們這些是你們自己的事，我們只賣保險不管售後服務，這些問題不是我們的業務範圍。但在光鹽社都能得到幫助，光鹽社的服務真是不一樣。”我們把這不一樣都歸於我們的主耶穌基督。感謝神，賜我們愛心和能力，能夠使用我們這些卑微軟弱的人在祂的大使命上有份，藉光鹽社來彰顯主的愛，讓人認識主耶穌犧牲的愛。

為有特殊需要的成人（高中畢業以後）而設立的SMILE 成長班，在過去的一年裡穩定的成長，最使我們欣慰的是看到這些大孩子們的笑臉，看到每個孩子在生活，社交各方面的技能上的進步。2016年我們還新增了小孩子的學習障礙，心智發育的早期初檢。期望早期發現及早干預。也為已確診的孩子提供音樂治療，來幫助他們改善肢體、表達溝通、認知理解、社會行為、以及情緒表達等方面的問題。為了讓父母們更有效的幫助他們的孩子，為父母辦了各種講座包括行為矯正的訓練和父母的權益。當初在沒有任何經費，缺乏人手的情況下，因著這些孩子的需要，我們憑信心為孩子們成立了這個成長班，現在回頭來看，真是感謝主，我們憑信心擺上，主就為我們開路，神的祝福滿滿。從開始的只有華人家庭到目前有其他族裔的孩子加入。感謝主，帶領一心一意只為特兒家庭服事的同工進來成為團隊，彼此激勵，願意服務特兒家庭。感謝許多專業的老師願意來為孩子們上課。也非常感謝許多父母的參與和投入，大家同舟共濟，齊心努力。為着這些天使般純真的可愛的孩子們。

過去的一年中，我們走出華人社區與越南裔，韓裔，菲律賓裔等亞裔組織聯合。為亞裔社區在健保，健康教育和健康篩檢等方面提供服務。我們也為這些亞裔組織舉辦了幾場培訓。很高興能夠和其他亞裔組織一起共同成長。并回饋我們的社區。

粵語飛揚節目越來越豐富精彩。義工們在他們各自的工作之餘，自編自導自播制作了舞台劇。頗具專業水準。一周五天為聽眾呈現高品質的節目。

展望2017年，我們當以基督的心為心，努力為主做工，搶救喪失的靈魂。希望與更多的教會合作，藉著我們服務的機會，將福音傳給那些還沒有認識耶穌的人，將他們帶到教會，使他們得著更豐盛的生命。也使那些有感動願意接受耶穌的人都得到牧養。

在癌友關懷方面，我們將繼續擴展癌友全人關懷基督徒聯盟，希望更多的教會和個人加入義工行列。完善資料庫的設計與管理，便於資源共享和義工協調，並進一步做國際病友回國後的跟進。讓他們在回國後仍有一個愛心家園，得到屬靈的照顧，分享並傳遞這一份來自耶穌的愛。

在有特殊需要的人士關懷方面，期望能募集到經費，買一部10人座的車，可以接送有特殊需要的人士來參加日間的SMILE 成長班的活動。也同時可用於癌友交通接送的需要。光鹽社是一個非盈利機構，除了申請到的計劃補助經費用於指定的項目外，其他運營經費完全仰賴神藉著眾教會，商家和愛心人士的支持和愛心奉獻。我們相信只要堅持做神所喜悅的事，必要經歷祂在各方面豐盛的恩典。

請繼續為我們代禱，也與我們聯絡成為義工。更因著您愛心的捐贈，我們才可能在2017年繼續服務我們的社區。求神賜給我們每一位同工謙卑服侍的心，願意陪有需要的人多走一里路。求神賜給我們包容的心，能海納百川，包容所有我們遇到的人，面對所有的委屈與誤解，身心靈的軟弱疲乏，都能定睛仰望主耶穌。雖然前面的挑戰很多，但深信神的恩手會帶領我們，讓我們的團隊繼續在這蒙福的服侍中成長。求神用祂的大愛澆灌我們，賜我們源源不斷的力量。讓光鹽社在社區繼續做光做鹽。

願神在新的一年裡，賜福您和您的一家平安喜樂。

孫紅濱 博士 光鹽社執行長

——Word from the Executive Director

Blessed Ministry

Dear friends of Light and Salt Association, happy new year!

Once again we are saying goodbye to the past year and welcoming the new future. In the beginning of the new 2017, I would like to wish all of you to have a healthy body and blessed new year!

Every year as we publish our annual book, it's also a time for us to count the blessings from God, and offer our thanksgiving. Praise the God! Light and Salt Association (LSA) is stepping into its 20th year by God's grace and guidance. In the past journey, He has been with us through mountains and valleys. He strengthened us in times of weakness; provided us when we lack, guided us in times when we cannot see direction. God has done wonderful works, and upheld us with His mighty hands, so that we can overcome difficulties and obstacles from all aspects, to achieve what He wanted us to achieve. God's grace indeed exceeded what we expected and asked for. Thanks and praise be to the Lord!

I would like to extend my appreciation especially to our volunteers from all past years, who served those they had not known or met, or even disliked before, because of the love of the Christ, or the move they feel in their heart. The time zips by, our co-workers' hair turned from black to grey. They have been giving day and night, not for fame or wealth, but to please the Lord only. Thank you for laying down yourselves to be tolerant, upholding, and encourage to one another. Thank you for offering your time, energy and talent for the ministries of Light and Salt. Some people stand in the front, some people stand behind the scene. I believe glorious crown will be in store for you! I also want to thank you for walking with us in one heart. Only with your support and offering, we can persist to be the light and salt for our community in the past 20 years.

In recent years, the number of Chinese cancer patient coming to MD Anderson in Houston has been increasing greatly. In the single year of 2016, we have served more than 100 families that came to Houston for cancer treatment. LSA created the Wechat group 'Light and Salt Community of Love' for them, so that they can share experience, exchange information and care for one another. This platform largely improved the effectiveness of service. Many issues can be solved immediately. Other than Light and Salt that continuously provides for their medical and daily needs, Rev. Joshua Tao offers spiritual care for them weekly by sharing the Gospel and leading people to Christ. Brothers and sisters from Houston Chinese Church also provide the patients a spiritual home, and care for their physical, mental and spiritual needs like families do. Due to the limit of space I cannot recount all the touching stories here, nor can I list out all the volunteers' names. One greeting, one ride, one English class, emergency assistance in the late night, cordial accompaniment in ICU, wedding in hospice, the last goodbye at funeral... Volunteers who are not the families of the patients, do more than families can do. All these gracious deeds touched many hearts like gentle raindrops in the spring, transformed many lives, and introduced them to the source of love, our Lord Jesus Christ. They found the most beautiful blessing of the life in the midst of suffering, and became a blessing for others.

To better serve our cancer patients, LSA and Chinese Christian Herald Crusades Houston (CCHC) founded 'Christian Holistic Cancer Care Coalition', and invited all interested cancer caring organizations, churches and individuals to join us. As a coalition we are able to integrate resources, take advantage of the specialized knowledge, and coordinate manpower, so that patients can be served better physically, mentally, and spiritually. Through all these years, we gain deeper and deeper understanding of the importance of collaboration and unification. Collaboration allows us to do double with half effort, so that service that cannot be accomplished by one person or individual organization can be achieved. Unification pushes the progress of our ministry to be smoother and increase the effectiveness, so that we can serve with peace and joy to testify for the Lord, and expand God's kingdom.

In the past year, we offered service for more than 3000 person-times for individual marketplace enrollment, SHOP enrollment, and Medicaid/CHIP application. A large number of our consumers came to the US long time ago, but never purchased health insurance. Some people have no knowledge about the US health insurance system, and how to use health insurance. Our navigators provided comprehensive and helpful services for the public, using their professional knowledge and also their loving and patient heart. Some customers told us, "Other people told us changing our primary doctor or dealing with billing issue after purchasing the insurance is not their business, because they only sell insurance, and will not take care of customer service. However, LSA can help with all of these. The service of LSA is indeed different." We attribute our 'difference' to our Lord Jesus Christ. Thanks be to God who gave us capability and loving hearts, so that we who are weak and insignificant can partake in His great mission, to use LSA to manifest the love of God, and let people know about the sacrificial love of the Christ.

SMILE project set for adults with special needs (after high school), has been growing steadily in the past year. The most precious comfort we received are the smiley faces of these grown children, and to see them making progress in daily living and social skills. In 2016, we started learning disability and developmental delay screening for young children, hoping early screening can lead to early intervention. We also offered music therapy for children who received diagnosis, to improve their motor, communication, cognition, social, behavioral, and emotional expression skills. In order to let parents help their children more effectively, we organized seminars for parents, on topics including behavioral correction training, and parent right. We started our SMILE project by faith when we did not have any founding, and lacked staff, just because these children needed it. As we look back, we are grateful that God created the path and poured down His blessing abundantly when we offered our faith. Initially we only have Chinese families in the project, yet now we have children from other ethnic groups as well. Thanks be to God, who led devoted co-workers to serve special need families and they became encouraging team members to one another. Thanks also go to many professional teachers to offer class for the children, and parents who participated and invested in the project. All these people are like sailors on one boat, who labor towards the same goal for our angle-like pure hearted children.

In the past year, we stepped out our Chinese community to collaborate with Vietnamese, Korean, Pilipino and other Asian organizations, in order to serve Asian community in areas of health insurance, health education, and health screening. We also delivered training for these Asian organizations. It has been a pleasure to grow together with other Asian organizations, and give back to our community.

Our Cantonese radio program has been growing in the variety and quality of contents. Our volunteers self-scripted, self-directed, and self-broadcasted musical which reached a professional standard. The program brings high-quality program for audiences five days a week.

Looking forward to 2017, we shall have the same mindset as Jesus Christ, to labor hard for the Lord, to redeem lost souls. We hope to collaborate with more churches, to spread Gospel through our ministry to those who do not know Jesus yet, so they will be brought to church and receive a more abundant life, and be shepherded as they become willing to accept Jesus as their personal savior.

In cancer patient caring, we will continue to expand Christian Holistic Cancer Care Coalition, and hope that more churches and individuals will join the volunteer team. We hope to improve our database design and management, to make resource sharing and volunteer coordination easier. We would like to follow-up with international patients who returned back to their country, so that they can find another community of love that can care for them spiritually, and they can also share and spread the love from Jesus.

For special need program, we hope to raise fund to purchase a 10-seat van. The van will be used to provide transportation for adults with special needs to participate our SMILE day program, and also meet the transportation needs of cancer patients. LSA is a non-profit organization, which means other than applying grant and using the money on specific programs, we have to fully rely on God's provision through churches, business organizations and charities. We believe that as long as we continue to do what pleases the God, we will surely experience His abundant blessing in all aspects.

Please continue to pray for us, and contact us to become a volunteer. Because only through your loving donation are we able to keep on serving our community. Please pray that God will give each of our co-worker a heart that is willing to serve humbly, and walk an extra mile with those in need. Please also pray that God will give us a tolerating and forgiving heart, so we can fix our eyes on our Lord Jesus in all kinds of encounters, ever when we are weak, even when we feel wronged or misunderstood. Although there are many challenges in front of us, but we believe deeply that God will guide us by his gracious hands, so our team will keep growing in the blessed ministry. May God pour His great love down to us, and give us strength that will never dry up. May LSA continue to be the light and salt for the community.

May God bless you and your family with peace and joy.

(Translated by Jingzhi Chen)

Helen Sun, Ph.D

Executive Director of Light and Salt Association

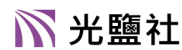


FOOD NUTRITION & WELLNESS EDUCATION PROGRAM 光鹽社免費營養課程

營養和運動都是維持身體健康重要因素。光鹽社將舉辦免費營養與運動教育課程，本課程共有十堂課，課程內容包含營養基礎知識、飲食規劃、食品安全、食材選購與料理、癌症預防等等。此外還安排體能活動，增加身體的運動能力。本課程不論年齡性別，歡迎所有人踴躍參與，共同學習如何透過飲食與運動促進全家人健康！



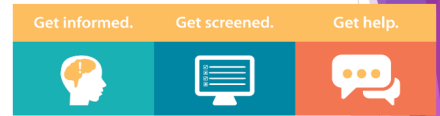
時間：2017/02/11~2017/04/15
每星期六上午10:00-12:00
地點：9800 Town Park Dr #255,
Houston, TX 77036
(中華文化中心二樓255室)
請來電報名(713-988-4724)



免費健康篩檢(Screening) 服務

篩檢項目包含：

1. 子宮頸抹片檢查
2. 乳房攝影
3. 丙型肝炎
4. 糞便潛血



需先核對身分與填寫申請表

歡迎致電光鹽社詢問：713-988-4724

癌症后的積極生活 支持小組



疲憊和**壓力**是癌症健存者常見的問題。獲得癌症診斷之後，保持健康積極的生活可以有效幫助健存者減少疲勞和壓力，降低復發的可能性。

自2017年3月開始，光鹽社與安德森癌症中心合作組織“**癌症后的積極生活**”支持小組。小組聚會講員為安德森醫院講師，并配有中文翻譯和中文教材。聚會一共六次，每次聚會設計有不同講題，討論題目，以及體能活動。參加此支持小組需**事先報名**，參加者限於**已經診斷有癌症**，目前處於**緩解期** (in remission)，並且已經**不在進行放療和化療**的女性病友。報名將於第二次聚會開始之前結束。

時間：2017年3月11日，3月25日，4月8日，
4月22日，5月14日，5月28日 (均為週六) 下午2:00-4:00
地點：光鹽社辦公室 (中華文化中心255室)
9800 Town Park Dr. Houston, TX 77036
諮詢報名電話：713-988-4724



光鹽社健康講座
時間：03/04/2017 2~4pm
地點：華人聖經教會
(6025 Sovereign Dr. Houston, Texas)
講題：**睡眠的秘密：
如何選擇適合的床墊？**
講師：劉雲山 博士



CANCER PREVENTION & RESEARCH
INSTITUTE OF TEXAS

聆“心靈加油[經歷神的‘力量’]”

高唐萬千

這一輯讓我從心底『阿們』！我一生著實經歷“讚美祂，得著何等力量！”

神說，祂是以“讚美為寶座的”以一位創造主的尊榮。何致需墮落罪人的認可？從我一生八十多年所接受的恩典。我無法不說：因祂是最愛我的父親，也是我應最愛祂的天父！

『心靈加油』中所引用神的話，我忍不住與您分享：

詩篇三三12：“以耶和華為神的，那國是有福的！祂所揀選為自己產業的，那民是有福的！詩篇三三18-19：“耶和華的眼目看顧敬畏祂的人，和仰望祂慈愛的人要救他們的命脫離死亡，並使他們在飢荒中存活。詩篇八一1-4：“你們當向神我們的力量大聲歡呼，向雅各的神發聲歡樂！唱起詩歌，打手鼓，彈美琴與瑟，當在月朔並月望——我們過節的日期吹角。”詩篇二零九30-31：“我要用口極力稱謝耶和華；我要在眾人中間讚美他；因為他必站在窮乏人的右邊，要救他脫離審判他靈魂的人。”詩篇一一五18：“我們要稱謝耶和華，從今時直到永遠。你們要讚美耶和華。”詩篇一四九1：“你們要讚美耶和華！向耶和華唱新歌，在聖民的會中讚美他！願以色列因造他的主歡喜……他要用救恩當作謙卑人的裝飾……他的聖民都有這榮耀。你們要讚美耶和華！”希伯來書十三15：“我們應當靠著耶穌，常常以頌讚為祭獻給神，這就是那承認主名之人嘴唇的果子。”我們應天天因祂從咒詛中救贖我們而大大高興，活在祂恩典中而大大讚美。

基督徒領袖應以身作則，每天至少讚美五分鐘，養成習慣，使自己天天靈、魂、體蒙拯救，再去救人。

保羅在帖撒羅尼迦前書五章16-18節說：“要常常喜樂，不住地禱告，凡事謝恩，因為這是神在基督耶穌裡向你們所定的旨意。”基督徒不管遇何事，若總以讚美回應，就必能免於被不當情緒網綁，從時時等著來壓制、毀壞、殺害我們的仇敵手中脫出。

是的，我應永遠記得神既永遠愛著我，我應當作一可供應基督身體的肢體——過那不斷“讚美主”的生活！謝謝主！



光鹽社 (Light and Salt Association)

9800 Town Park Dr., Suite 255,
Houston, TX 77036

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「你們是世上的鹽...你們是世上的光...你們的光也當照在人前，叫人們看見你們的好行為，便將榮耀歸給你們在天上的父。」(馬太 5:13-16)

光鹽社為政府註冊之501(c)(3)非營利組織，期望藉由結合一群華人及社區資源，不分宗派，不分族群，本著聖經教導基督徒應做世人的光和鹽為原則，關懷並服務大休士頓地區極需幫助的人。

光鹽社辦公室：

電話：(713) 988-4724 網址：www.light-salt.org

中國癌友專網：<http://sunnyembrace.wix.com/lsacancercare>

E-mail：lsahouston@gmail.com 地址：9800 Town Park Dr., Suite 255, Houston, TX 77036

Facebook：光鹽社 Light & Salt Association

辦公時間：上午 9 時至下午 5 時，週一至週五

光鹽社西北辦事處：

13130 Perry Road, Houston, TX 77070

電話：(281) 506-0229

光鹽社東南辦事處：

503 N Austin St, Webster, TX 77598

電話：(281) 338-1929

服務項目

1. 光鹽社癌友關懷網

- 專題講座及一般互助小組（每月第一及第三個週六下午 2-4 時）
- 乳癌互助小組（每月第二個週六下午 2-4 時）
- 電話諮詢及後續關懷、關懷探訪
- 免費假髮、帽子、義乳、營養諮詢
- 免費中英文癌症資訊及書籍、DVD
- 病患協助、福利申請及資源轉介
- 交通接送、中英文就醫及資訊翻譯
- 免費乳房攝影（限低收入和無保險者）

2. 光鹽福音廣播網（請由 www.light-salt.org 或 <http://fly1320.webnode.com> 網上收聽）

- 心靈加油站（每週一 9:30-10:00am, AM 1050）
- 粵語廣播網（每週一至五 3:00-3:30pm, AM 1050）

3. 光鹽健康園地

- **STV 15.3**（每月第一及第三個週二，7:30-8:30 pm）

4. 光鹽社特殊需要關懷中心（www.lightsaltsncc.org）

地點：光鹽社辦公室（9800 Town Park Dr., Suite 255, Houston, TX 77036）（每月第三個週六 11:30 am 到 2:00 pm）

5. 冬衣捐贈、長輩關懷、月訊及年刊



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