

Reaching

福达季讯

亚特兰大中华基督教会
First Atlanta Chinese Christian Church
6060 Spalding Drive
Norcross, GA 30092

主日崇拜：周日下午 2:30
Sunday Worship Service: 2:30pm

牧师：朱玉明
Pastor: Michael Zhu
Email: pastorzhu@facchurch.org



得着祝福，成为祝福 **Be Blessed, Be a Blessing**



第五期



November 3, 2013

本期内容

圣经的启示 (Bible's Revelation) : John 16: 33 约翰福音 16:33	p. 1
牧师讲道精选 (Selected Sermon) : Beware of the Invisible Enemy 小心看不见的敌人	p. 1-2
绿色菜园 (Organic Gardening) : 特邀专栏 (4)	p. 3
“天下第一村”感言 (Reflections on the “World Village”)	p. 4-8
读书园地 (Book Club) : God's Generals 神的将军们	p. 9-10
食谱分享 (Cooking Recipe) : Roasted Butternut Squash 烤冬南瓜	p. 10
人生感悟 (Selected Article) : Calm and Cool 坦然、潇洒	p. 11
活动预告, 敬请光临 (Church Activities)	p. 11
联系方式 (Contact Us)	p. 2



牧师讲道精选

小心看不见的敌人 Beware of the Invisible Enemy

朱玉明
09-01-2013

读经: 以弗所书 6:10-20
Verses: Ephesians 6: 10-20

前言: 从创世记 1:1-2 “起初神创造天地。地是空虚混沌。渊面黑暗。神的灵运行在水面上。”到启示录的 12:10 “...因为那在我们神面前昼夜控告我们弟兄的，已经被摔下去了”，我们的世界至始至终存在着两种敌对的势力: 耶和華神和撒但。神要賜人永生; 撒但要人灭亡; 神要人健康; 撒但要人生病; 神要人信靠他, 敬拜他, 事奉他; 而撒但却要人不信神, 敬拜他自己, 事奉瑪門(金錢)。我们是否有时会感到事奉主没意思, 神没有像聖經里说的那样爱我们, 听我们的祷告; 信耶穌和不信耶穌差别也不大, 因为有些不信神的人却生活富足, 腰缠万贯; 没有必要每个礼拜天都去教会, 等等? 如果你有上述情况的话, 请记住这些就是撒但的试探和破坏, 他也曾经试探过我们的主。那么我们当如何识破和抵挡这个看不见的敌人呢?

1. 撒但是堕落的天使(以赛亚书 14:12-15)

- A. 撒但是神的杰作: 无所不备, 智慧充足, 全然美丽, 是受膏遮掩约柜的天使基路伯, 曾在伊甸园(以西结书 28:12-14)
- B. 撒但因为要与神同等而堕落(以赛亚书 14:12, 路加福音 10:18)
- C. 撒但的工作是败坏基督徒的信心, 阻碍人信耶穌(彼得前书 5:8--务要谨守, 儆醒。因为你们的仇敌魔鬼, 如同吼叫的狮子, 遍地游行, 寻找可吞吃的人。---Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.)

2. 穿戴全副军装, 抵御撒但的诡计和攻击(以弗所书 6:10-18)

- A. 穿戴神所赐的全副军装就能抵挡撒但的诡计, 因为现在我们与撒但是处于战事状态(以弗所书 6:11-12)
- B. 全副军装: 真理(truth)---束腰的带子(loins girding belt); 公义(righteousness)---护心镜(breastplate); 福音(gospel)---鞋子(shoes);

(后接第 2 页)

圣经的启示



约翰福音 16:33 我将这些事告诉你们, 是要叫你们在我里面有平安。在世上你们有苦难。但你们可以放心, 我已经胜了世界。

John 16: 33: I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.

Tebow 在他最辉煌的时候用他的 eye black 向全世界传递着神的话语; 现在他处在事业的最低谷, 耶穌的许诺仍旧支撑着他。他的球友赞叹他是一个极其努力、专注、敬业、和有集体精神的球员。当他只能坐在电话机前等着的时候, 他仍旧怀着感恩的心, 在他的微信中看不到沮丧、牢骚, 只有感谢和希望。正如约翰福音 16 章 33 节, 虽然“在世上你们有苦难”, “我...要叫你们在我里面有平安”。

Tebow made God's words known to the world with his eye blacks during his heroic time. Now outcast by NFL, Jesus' words are still his pillar. His former teammates told news media that Tebow is everything you want from a football player, hardworking, focused, dedicated, and a great team player. Now, when he can only sit in front of a phone that is not ringing, he shows only gratefulness and hopefulness in his tweeters, just as Jesus said in John 16:33, "In this world you will have trouble", "... in me you may have peace."

牧师讲道精选：“小心看不见的敌人”

(续第 1 页)

信实(faith)---藤牌(shield); 救恩(salvation) ---头盔(helmet); 聖靈(holy spirit) ---宝剑(sword)

C. 穿戴全副军装的意义:

1. 真理束腰---无论在何种情况下, 都抓住神不放
2. 公义护胸---按圣经的原则行事为人, 爱神爱人
3. 福音当鞋---无论得时不得时都要传福音
4. 信实挡箭---用信心的眼光看待所有的事情
5. 救恩戴头---知道我们是神的儿女, 神是我们的帮助, 耶稣是我们的救主
6. 聖靈的宝剑---熟读神的话语并知道如何运用, 如同耶稣用神的话抵挡撒旦的诱惑

3. 得胜撒旦的两件法宝---主耶稣的名和他的宝血

A. 虽然作为人, 我们不能打败撒旦, 但是主耶稣给我们赶走撒旦的权柄 (路加福音 10:19: 我已经给你们权柄, 可以践踏蛇和蝎子, 又胜过仇敌一切的能力, 断没有什么能害你们。I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you.)

B. 奉主耶稣的名宣告, 撒旦就会离开我们 (马可福音 16:17: 信的人必有神迹随着他们, 就是奉我的名赶鬼。And these signs will accompany those who believe: In my name they will drive out demons.)

C. 提及耶稣的宝血, 撒旦就会离开我们 (启示录 12:11: 弟兄胜过他(撒旦), 是因羔羊的血, 和自己所见证的道。They triumphed over him by the blood of the Lamb and by the word of their testimony.)

总结: 小心看不见的敌人

1. 撒旦我们虽然肉眼看不见, 但是他的存在和做的破坏活动是真实的
2. 常常提醒自己, 撒旦正在寻找机会败坏我们与主耶稣的关系
3. 常常检查自己有没有穿戴神所赐的全副军装
4. 在自己的信心软弱的时候, 奉主耶稣的名和靠他的宝血, 赶走撒旦和一切黑暗的权势
5. 为信心软弱的兄弟姐妹祷告, 宣告他们是耶稣的产业
6. 我们千万要小心, 不要中了撒旦的诡计

Summary: Beware of the Invisible Enemy

1. Although Satan is invisible, his presence and his activities are real;
2. Satan is constantly seeking opportunities to sabotage our relationship with Lord Jesus;
3. Always check to see if we are dressed in whole armor that God provided us with;
4. When our own confidence is low, we can drive away Satan and his dark power in the name of Jesus and by the blood Jesus shed for us;
5. Pray for brothers and sisters whose faiths are weak, declaring them as Jesus' property;
6. We must always be careful not to enter Satan's traps, which are everywhere on this world.



Contact Us: 欢迎踊跃来信、来稿, newsletter@facchurch.org, 标题为“福达”

Green Gardening – Everybody Can Do It!

绿色菜园专栏 IV. Good Surprise



原文：郝品梅 (Pamela Hurst); 翻译：俞文萃

A funny thing happened on the way to the garden, seeds that were planted over a year ago have popped up! We do eventually reap what we sow is very befitting in my natural garden. As I turned over my soil to amend and prepare it, days later I recognized watermelon! I am attaching a photo of this fast growing, lovely sight. They were extremely sweet and crunchy, crisp and red. Sow your melon seeds spaced at least two inches apart, push them into the ground with your fingers as deep as an inch or so very casually. Feed well within a few weeks; weeds rarely will be a problem. Weather conditions permitting in Georgia, late February should work well. As fall approaches I miss the sight of ladybugs, they snack on aphids as they are in larval or adult form. Fortunately for me, I am en route from Parksdale Farm, near Plant City, Florida (how poetic) back to Atlanta. I retrieved my sterile soil by the loads, it is free of weeds and any type of seeds; they make it there. The smell is so earthy and sentimental of the days my grandpa and I gardened. It's time to clean out your beds of dried foliage, weeds and inspect and smell your soil. I do this by familiarity, but for all, ask yourself if the soil looks and feel as it did upon purchase. It is now deprived of nutrition due to growth and weather conditions of the summer months. It's time to amend with organic compost, manure and nutrient rich soil - all of the organic blend. I actually remove the top layer and dig the middle soil out, spread it in flower beds and replace it with fresh blended mixtures, such as the soil I just purchased. Lightly mix bone meal, Epsom salt and organic fertilizer, spread it on top and rake in lightly. I leave my bed this way for a few days while I am deciding what I want where. Since it is fall, which signals lively root vegetables and lettuces, the choices are easy. Let's plant in good soil and reap God's bountiful harvest!

在去园子的小道上我发现一个有趣的现象:我一年多前种下去的种子长出来了!我们最终是会收获我们所播种的,这句话用在我的全自然园子里真是再合适不过了。我在院子里翻土,对泥土进行修复和预备,之后不几天我就发现了西瓜!我在这儿附上一张照片,让大家看看这快速生长的喜人一幕。这西瓜甜极了,咬上去啧啧作响,瓜瓢又脆又红。种瓜的时候,瓜种之间至少得隔开两英寸,用手指很随意地把种子推到土壤里大概一寸深。接下来的几个星期好好施肥,杂草一般都不会是问题。在佐治亚州天气条件允许的情况下,二月下旬应该可以(种)。在秋天快要来到的时候,我想念那些不再看见的瓢虫,它们无论是在幼虫或是完全长成之时,都会吃蚜虫。所幸的是,我正在从佛罗里达州,靠近帕浪市的帕克斯旦农场回亚特兰大的路上(这些地名听上去多富有诗意啊)。在那里,他们出产纯净的泥土,就是不含野草和任何种子的泥土;回家后,我把整车皮的纯土卸下来。纯土的泥土味很浓,使我联想到曾经与我祖父一起打理园子的日子,此时心里不免有点惆怅。接下来,就该清理盖满枯叶和野草的园地,并检验和闻一闻你的泥土。这些步骤我都是凭经验做的,要是你们做的话,问问自己泥土看上去和捏上去的感觉和买的时候是否一样。由于植物的生长和夏季的天气条件,泥土已经失去了营养成分。现在应该用有机肥,粪肥和含有丰富有机养分的泥土,对你园地的泥土进行修补。我实际上是把表层的泥土去掉不要了,把中间的泥土挖出来,撒在几个花坛里。用刚拌好的混合泥土,例如我刚买的泥土,替代挖出来的中间段泥土。把少许的骨粉,泻盐和有机肥调和在一起,撒在园子上面,然后轻轻地耙一耙。在我决定种什么之前,我就不再对园子做什么。既然现在是秋天,而秋天预示着充满生机的有根蔬菜和莴苣的到来,那么,选择种什么是一件简单的事。让我们的好土中播种,收获神所赐的丰收吧。



“天下第一村”感言 Reflections on the “World Village”

黄卫

美国朋友问起华西村，这是我给他们讲的故事。。。

Communist party won over people’s hearts, obviously, before 1949 and made it possible to be the one party that brought China back to a unionized nation after over a hundred years of wars. However, many including intellectual elite, human rights advocates, and entrepreneurs found out soon afterwards that power can erode any type of beautiful ideology. Ugly but real human nature always wins. China suffered tremendously under Mao’s one-party rule from 1949.

Although after 1980’s, things changed drastically in economic recovery, in intellectual elite policies, in encouraging capitalism under communism, a lot of social problems still exist and might be bigger problems than ever. Wide spread corruptions enter every corner of the government; environmental erosions affect every aspect of people’s life; disparity between rich and poor becomes huge. The list goes on and on. But, this village is something extraordinary. At the gate of the village, this is what welcomes you, “天下第一村”- “China Huaxi Village” – “the World Village” or if translating word for word, “Number 1 Village Under the Sun”...



(后接第 5 页)

(“天下第一村”上接第 4 页)

These pictures are showing the village’s residential area, each house having about 3000-4000 Sqft:



Take a closer look at their community:



Beautiful houses, clean streets, and,
(后接第 6 页)

(“天下第一村”上接第 5 页)

...inside a regular villager's house, people happily live there:



These are the types of cars the villagers drive:



(后接第 7 页)

(“天下第一村”上接第 6 页)

The village was initially established in 1961. And, the one man, Renbao Wu 吴仁宝 – the Party Secretary of the village (the no.1 leader of the village) - started one small industry in the area (of course that was in 1970's). Initially they had to do it underground as capitalism was not allowed in China till 80's.



The village was completely “rebuilt” with the money produced by 58 enterprises since 1980's, including manufacturing and high tech companies. BUT, amazingly, it was turned into a rare example of utopia in the world under the communist concept. Current population is little over 30,000. Annual gross revenue of the village is over 4 billion dollars. Everybody gets free basic living supplies, free education, retirement pension, and free medical care. Wu's family didn't use the power to get more money than others.

This is Wu visiting the annual physical exam room in 2008:



(后接第 8 页)

(“天下第一村”上接第 7 页)

New types of farming, a five star hotel, and ox made of 1 tone of REAL gold are just a few amazing things in the village that attract tourism:

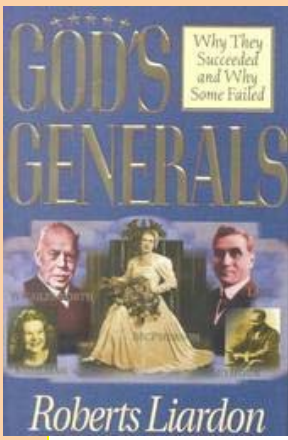


More people are attracted to it by the ideology and practice behind the prosperity. I know I am.

However, in 2003, the son of Wu heap succession of the village’s leadership. In 2010, reporters visited “new comers” of the village, who used to live in nearby villages that later joined Huaxi. The “new comers” felt that their land was taken without proper compensation, that they were treated as “second class” not getting the same benefits as original Huaxi villagers, that they were “forced” to sell their old houses cheap and buy into new bigger houses, that they lived in areas where pollutions were worse from industry, and that they were not as rich as others although they worked as hard ...

All sound familiar?

Although I would feel sad, I will not be surprised to see this current utopia community turning into another regular place on the earth in another 50 years. Utopian socialism is the ideology to have people work hard to their capability, take only for necessity, and share the wealth evenly and unselfishly; it has undoubtedly attracted many people on the world since its birth in early 19th century. However, sadly, it goes against general human nature, which is selfish and greedy. Romans 7:18, “For I know that nothing good dwells in me, that is, in my flesh. For I have the desire to do what is right, but not the ability to carry it out.” Only in God’s hands, can utopia be delivered, never in this world of materialism and in this flesh.



读书园地 朱玉明

《神的将军们》
God's Generals

“神的将军们”是由罗伯特-李亚顿在 1993 年写的一部传记集，里面有十二篇传记，分别记载了从 19 世纪 80 年代至 20 世纪 60 年代的 80 年中被神重用的十二位仆人和使女的故事。他们共同的特点就是分别在英国和美国这块自由的土地上，彰显了圣灵的大能和神的荣耀，他们的经历犹如新约“使徒行传”的续篇。书中引用了大量的史料，包括历史档案、新闻报纸、和照片。作者对其中的每一位都作了公正和客观的评价。他们有一般人不具备的属灵恩赐，尤其是医病、赶鬼、和带下神的荣耀；与此同时，他们也有人的软弱，如无法抗拒金钱和权力的诱惑，沉迷于酗酒，和把个人的情感放在神的工作之上等等。

“God's Generals”, a collection of biographies, was authored by Robert Liardon in 1993. It contains twelve biographies recounting the stories of twelve God's servants and maidservants who were mightily used by God within some eighty years from 1880s to 1960s. They all share a commonality that they manifested the power of the Holy Spirit and God's glory respectively in Great Britain and here in the US, land of freedom. Their experiences can be described as a continuity of the Acts of the Apostles in the New Testament. The author quoted in the book many historical materials including copies of historical archives, newspapers and photographs. Mr. Liardon offered at the end of each biography his own fair and objective opinion about each of them. All these “Generals” possessed some unusual spiritual gifts, especially in the area of healing, exorcism and bringing down God's glory. However, at the same time, they also partook in the human weaknesses such as failing to overcome the temptations of money and power, indulging in alcohol, and prioritizing personal affection over God's work.

从性别上看，在这十二位神的将军中有三位是女性，他们是马利亚-伍德艾特，艾米-麦克法盛和凯瑟琳-库曼。从事工的区域上划分的话，只有伊万-罗伯特和史密斯-魏格伍斯的事工是在英国的威尔斯和英格兰，而其他十位的服事都在美国。从种族上看，有一位黑人，威廉-赛默。

Gender-wise, there were three females among the twelve “Generals”; they are Maria Woodworth-Etter, Aimee McPherson and Kathryn Kuhlman. From the perspective of the regions where all the ministries took place, Evan Roberts labored in Wales and Smith Wigglesworth in England, while the rest ten conducted most of their ministries in the US. We will notice there is one black “General” named William Seymore among the twelve, when we take a glance at their ethnic background.

这十二位“将军”对神医治的能力有极大的信心，这样大的信心对我们大多数的弟兄姐妹来说简直是望尘莫及。其中有最神奇经历的就是约翰-雷克，他在 1910 年带着自己的团队去非洲宣教，当时他所在的那个国家爆发了瘟疫，在不到一个月的时间里，人口的四分之一都死了。当地政府悬赏 \$1,000 美金给予任何愿意照顾瘟疫病人的护士，雷克和他的团队无偿地把尸体搬出房子进行埋葬。有一个医生作了这样一个试验：他把从死人的肺中取出来的泡沫先放在显微镜下，看到了许多活著的细菌，然后把这些泡沫放在雷克的手上，结果发现那些细菌立刻就死了。

These twelve “Generals” had tremendous faith in God's healing power. Most of us cannot even come close to their level of faith, let alone comparing our faith in God's healing with theirs. John Lake's story is the most fascinating and legendary. He took his team on a missionary trip and landed on African soil in January of 1910. A plague was raging over portions of the nation. In less than a month, one quarter of the entire population died. The government was offering \$1,000 to any nurse who would care for the sick. Lake and his associates brought out the dead from the houses and buried them, free of charge. A doctor did an experiment with Lake. He took the foam from the lungs of a dead plague victim and put it under a microscope showing masses of living germs. Then the doctor spread the deadly germ foam on Lake's hands and found that the germs died instantly.

(后接第 10 页)



读书园地

《神的将军们》 朱玉明

(上接第 9 页)

这本书的实质就是“神的简历”，也就是神自己作为的记录。它所记载的每一位“将军”都在教会历史上占有一席之地。在我母校的教堂圆顶上有十六幅人物肖像，他们是教会两千年历史中的杰出代表。这十二位将军中的一位就在他们之列，他就是黑人布道家威廉-赛默。他领导了 1906 至 1910 年的洛杉矶阿竹撒大街（Azusa Street）大复兴，这次复兴对现代的灵恩运动和现在的五旬节教派有着深远的影响。

This book in essence is God's resume, that is, the record of God's own actions. Every "General" in the book holds a special position in the church's history. On the ceiling of the chapel in my Alma Mater, there are sixteen portraits of God's great servants, who represent all the men and women used by God in the entire 2000 years of church's history. One of the twelve Generals is among the sixteen depictions and his name is William Seymore, who facilitated the Azusa Street Revival in Los Angeles, which lasted from 1906 to 1910. This revival had a profound influence and impact on the modern Charismatic movement and present-day Pentecostal church denomination.

这书记载的是神的荣耀，我们在阅读的时候，一定要记得，神是十二位将军的元帅，这十二位将军的经历只是彰显了神的荣耀，他们只是神手上的手套，神才是救赎，医治和恩典的源头。

What is written in this book can be summarized as the glory of God. When we read it, we must bear in mind that God is the Marshal above these twelve "Generals", whose experiences were merely a manifestation of God's glory. They are at best the gloves of God, who is the very source of redemption, healing and grace.

Roasted Butternut Squash by Yeour-Rong Jih 纪有容



Ingredients:

- 2 small butternut squash (approximately 2 lbs)
- ½ white onion
- 2 red bell peppers
- 2 tbs garlic
- olive oil
- salt

原料:

- 2 个小的冬南瓜 (约 2 磅)
- 半个白洋葱
- 2 个红甜椒
- 2 小汤匙碎蒜末
- 橄榄油
- 盐

Recipe:

1. Preheat oven to 375°F;
2. Peel the butternut squash and cut into cubes (approximately 1in in size);
3. Coat with olive oil and place on large baking sheet so that it is only one layer;
4. Bake for 20-30 minutes until squash begins to soften;
5. Dice red bell pepper and onion; mix pepper, onion and garlic with softened butternut squash;
6. Return to oven for another 20-30 minutes until squash is completely cooked and bell peppers are tender.

做法:

1. 烤箱预热 375 度;
2. 冬南瓜去皮，切成小块 (约 1 寸方块);
3. 将 2 放在大烤盘上，淋上橄榄油;
4. 烤 20-30 分钟，使冬南瓜变软;
5. 红甜椒切丝，洋葱切方块，加碎蒜末，全部与冬南瓜混合;
6. 再放入烤箱 20-30 分钟，直到冬南瓜完全熟透，红甜椒变软即可。

坦然

2012 年

时间在变，人也在变...

挥别时，一定要微笑...

暖一颗心要很多年，凉一颗心只要一瞬间。原谅一个人是容易的，但，再一次相信，就没那么容易。有些事，不管我们如何努力，就是回不去了；很多时候，宁愿被误会，也不想去解释，信与不信，就在你一念之间：懂我的人，何必解释！活着就要善待自己，不管是友情，还是爱情，你来，我热情相拥，你走，我坦然放手。我向往这样的心境，不计得失。

有时候，世界很大很大，大到我们一辈子都没有机会相遇；有时候，世界又很小很小，小到一抬头就看到了你的脸；

遇见时，一定要感激；

相爱时，一定要珍惜；

转身时，一定要优雅；

挥别时，一定要微笑；

因为一转身，可能这辈子再也不会相见了...



潇洒

2013 年

春光明媚的夏季，我有幸接受朋友的邀请到迈阿密一游，由于前一天驱车劳累，傍晚我们入住了酒店，没能去领略大西洋海岸的夜景。清晨，我们早早地起床，早饭没吃就换上泳装，直奔大海。当我一脚踏入那纤细的沙，看到白白的云、蓝蓝的天、绿绿的海，我几乎像个孩子般地冲入海水中，激动、兴奋、感慨 ... 我梦寐以求的大西洋，我终于来了！我高举双手，“上帝，我感谢你，是你创造了这么清爽迷人、浩瀚广大的美丽宇宙，感谢你，我的主，有你真好！”

哗哗的海浪声仿佛在告诉我，人活的每一天都不仅仅是普普通通的一天。

清晨带着大自然给我的礼物 – 明媚的阳光和清新的空气 – 唤醒了的不仅是我沉睡的身体，还唤醒了我的生命。

感谢主，活着，真好！

让我们充满活力地去迎接上帝赐予的每一天生命吧。

Sister Li joined our church this year with her husband, Ronald. Her sincerity, warmth, and positive spirit affect us as much as her delicious steamed buns feeding us. Welcome, Sister Li!



教会活动
敬请光临

1. 主日学周日 1:30-2:30pm
2. 主日崇拜周日 2:30-4:00pm (其后有茶点)
3. 祷告会每周二 7:30-8:30pm (晚餐 6:30-7:20pm)
4. 晨祷每周四 7:30-8:30am
5. 查经班每月第二和第四个周五 8:00-9:30pm
6. 长青团契每月最后一周的周四 10:00am – 1:00pm (中午聚餐)
7. 感恩节和圣诞节教会有聚餐 Thanksgiving Dinner (11/28), Christmas Dinner (12/25)