

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**



第六期



February 1, 2014

本期内容

圣经的启示 (Bible's Revelation) : Psalm 139: 14 诗篇 139:14	p. 1
牧师讲道精选 (Selected Sermon) : Join God's Plan A 加入神的第一方案	p. 1-2
绿色菜园 (Organic Gardening) : 特邀专栏 (5)	p. 3
诗歌欣赏 (Life)	p. 4
维梅尔的《戴珍珠耳环的少女》 (Selected Article)	p.5
养生小知识 - 帮助失眠 (Sleep Help)	p.6
读书园地 (Book Club) : Kane and Abel 该隐和亚伯	p. 7
活动预告, 敬请光临 (Church Activities)	p. 7
联系方式 (Contact Us)	p. 2



牧师讲道精选

加入神的第一方案 Join God's Plan A

朱玉明
12-08-2013

读经: 出埃及记 15:22-26, 23:20-26

Verses: Exodus 6: 15:22-26, 23:20-26

前言: 上礼拜天我们讲了感恩中的“恩”字。“恩”或“恩典”在圣经中的含义是 1. 耶稣基督自己和神无偿赐给人的恩惠, 福祉和能力; 2. 如同他给撒该救恩 (grace of salvation) 一样, 神要把恩典给予一切对他有兴趣的人; 3. 我们不能忘恩负义, 要做个报恩的人, 行事为人 与蒙召的恩相称 (以弗所书 4:1); 4. 要恒久在神的恩中 (使徒行传 13:43)---不离开。实际上神要把救恩赏赐给撒该这样的人不是他的初衷, 或第一方案, 而是他的第二方案。神的第一方案是让亚当和夏娃不犯罪而永远生活在伊甸园中, 他们在那里繁衍后代 (创世纪)。神差遣独生爱子耶稣基督救赎 (redeem) 我们是神的第二方案, 因为我们犯罪之后, 把自己交在撒旦手中。以弗所书 1:7--我们借这爱子的血, 得蒙救赎, 过犯得以赦免, 乃是照他丰富的恩典--- In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace. 从这里我们可以看到, 神的第二方案是把坏的变好, 或把错误纠正过来, 而神的第一方案是使好的不变坏, 使正确的不变成错误。同样, 神的医治也是神的第二方案。我们先从“耶和華拉法” (Jehovah Rapha) 说起, 因为健康和医治是神最典型的第一和第二方案。

1. 神的医治是神的第二方案 (出埃及记 15:22-26)

A. 以色列人在过红海以后, 在旷野走了三天, 找不到水, 后来找到了一个水潭, 但水是苦的, 就给那地方取名“吗拉”

B. 这里的苦水象征着人生的一切苦难: 饥饿, 贫穷, 疾病, 罪恶, 死亡, 自然灾害等, 这些都是人类的罪造成的。

C. 耶和華神吩咐摩西把一棵树投入水里, 水就变甜了。这里的一棵树就是预表耶稣。加 3:13--基督既为我们受了咒诅, 就赎出我们脱离律法的咒诅。因为经上记着, 凡挂在木头上都是被咒诅的。--- Christ has made us free from the curse of the law, having become a curse for us: because it is said in the Writings, A curse on everyone who is put to death by hanging on a tree.

(后接第 2 页)

圣经的启示



诗篇 139:14: 我要称谢你, 因我受造, 奇妙可畏。你的作为奇妙, 这是我心深知道的。

Psalm 139: 14: I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that fully well.

有个统计, 科学家中天文物理学家相信神的居多, 因为他们在研究宇宙过程中常常被神的所造震撼。在美国, 统计发现大多数医生相信神的存在并参加礼拜活动, 比例甚至超出一般的民众。人常常会很固执, 没有亲眼所见, 没有亲自感受过的, 很难去相信。作为医生, 我深知道人体的奇妙, 并看到精神和人体相互作用的神奇, 神的每一个作为、创造都让我惊叹。有人说人的 99% 的基因和猿是一样的, 就否定神的创造论。那么松木桌子和松木板凳的“基因”还是 100% 一样的, 难道就可以否定人是它们的创造者吗? 更有人攻击神存在, 往往用“进化论”的理论。可是他们实在是搞错了, 达尔文提出的只是一个根据观察后提升出来的理论, 理论往往只在被观察的范围内适用, 一旦脱离了其观察范围被提升后, 就不一定正确了, 更不能代表真理。比如牛顿的三大定律, 都有其适用范围, 一但超出, 就不成立了, 要用相对论来解释了。我医生做的年份越长, 越知道人是不可能从猴子进化来的, “进化论”只适合于种族之内, 却不适合于种族之间。当人从学习科学, 发展到迷信科学, 反而是不信科学, 因为科学本身就是不断地对自身进行修整。睁眼看看宇宙, 看看自然界, 看看自己, 我们的造物主的伟大和神奇就不言而喻了! 相反, 如果我们用“科学”去否认神, 却恰恰说明了无知和悖逆。

(黄衡)

牧师讲道精选：“加入神的第一方案”

(续第 1 页)

D. 神为他们制定了律例和典章 (a ruling and instruction), 并说, 要是他们做正事, 听诫命, 他就不把疾病加在他们身上

E. 神说“我是耶和拉法”---我是耶和拉你的医治者: 他能医治苦水使之变甜; 能医治我们身上的疾病

F. 医治是神的第二方案, 苦水早就在那里了, 医治是恢复是补救, 神在说他是拉法之前, 希望以色列人不生病

2. 我们健康没有疾病是神的第一方案 (出埃及记 23:20-26)

A. 在摩西第一次登西奈山时, 耶和拉说他要派天使---神的荣耀和同在---保护和引导他们去应许之地

B. 天使会赶走迦南地的其他族类, 条件是以色列人要听从他, 也就是神自己

C. 耶和拉又说要是他们不事奉迦南地居民的神, 单单事奉耶和拉的话, 他要赐福他们的粮和水---健康的基础

D. 并且要使他们不生病 (去除疾病), 境内没有小产的, 不生育的---当时人口是最重要的---他们要寿终正寝

E. 在这里我们可以看出, 健康没有疾病是神的第一方案, 而医治却是神的第二方案

3. 神的第一方案与第二方案比较

A. 健康永远要比医治好; 圣洁公义永远要比认罪悔改好; 富足永远要比求神供应好; 顺境永远要比求神帮助好

B. 我们往往是从神的第二方案认识神信耶稣的, 也就是从得神的医治, 赦免, 供应和帮助开始的

C. 在我们认识神后, 要像雅比斯 (Jabez) 一样, 求神让我们进入他的第一方案: 他求神不要让他遭患难和痛苦, 而不是等有难出来时, 求神帮助。

历代志上 4:10 -- 雅比斯求告以色列的神说, 甚愿你赐福与我, 扩张我的境界, 常与我同在, 保佑我不遭患难, 不受艰苦。神就应允他所求的。

总结: 加入神的第一方案

1. 加入神的第一方案就是若你是从神的第二方案进入第一方案, 就不要再离开;
2. 我们得了医治, 罪得赦免, 得神供应, 进入顺境, 有了理想的工作, 婚姻家庭之后, 要留在神的第一方案中: 使徒行传 13:43: 犹太人和敬虔进犹太教的人, 多有跟从保罗, 巴拿巴的, 二人对他们讲道, 劝他们务要恒久在神的恩中。
3. 我们的明天在 90% 的情况下是可以预测的, 我们种什么就收什么 (加拉太书 6:7)
4. 要是我们遵行神的话, 敬拜神, 奉献给神, 祷告, 禁食, 爱人如己, 神就会赐恩我们, 保守我们
5. 我们有的方面在神的第一方案中, 有的方面在第二方案中, 求神使我们尽早进入第一方案

Summary: Join God's Plan A

Many times we get to know God via illness being healed, sins being pardoned, or needs being provided (God's Plan B). God's Plan A, however, was to have Adam and Eve living with him forever, in the graceful, fully provided Garden of Eden. After humans sinned, we were separated from our Creator. The curses of sins followed us; we suffer illness, hunger, tribulation, wars, and death. God sent his son, Jesus, to bear all our sins so that we can be redeemed and rejoin God to live in his Plan A again.

Our future is 90% predictable, as said in Galatians 6:7 A man reaps what he sows. If we listen to God, worship only the real God, devote to Him, talk with Him (pray), repent our sins, do what pleases God, honor our parents, love and help others as we love ourselves, God will grant us his grace, protect us, and give us boundless blessings. Acts 13:43: many of the Jews and devout converts to Judaism followed Paul and Barnabas, who talked with them and urged them to continue in the grace of God. Let's pray like Jabez that we enter God's Plan A and stay there.

1 Chronicles 4:10 -- Jabez cried out to the God of Israel, "Oh, that you would bless me and enlarge my territory! Let your hand be with me, and keep me from harm so that I will be free from pain." And God granted his request.

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 V. Winter Care



原文：郝品梅 (Pamela Hurst); 翻译：俞文萃

What a wonderful time to celebrate and reflect on what our savior has done for us! In doing so, enjoy family and friends, remember to treat your houseplants to a treat so they will make it throughout the season with vibrancy. For a nice winter wash, combine 3 tsp of baby shampoo, 3 tsp ammonia, 1 tsp of antiseptic mouth wash, 1 quart of room temperature water. Mix in a sprayer for a light mist a couple days a week. For herbs, veggies and citrus trees that are brought inside, use a gallon container of water, mix in 1/8 tsp of dish liquid and 1tsp of liquid kelp. Mix well, and pour into your handheld sprayer misting every two to three weeks. Keep your poinsettias in a sunny spot but not a window sill, they don't like drafts. If your leaves wilt, it's either too dry or catching a draft. They can be re-potted; all year long they can be happy if you put them in the right spot. I have an Aloe plant that I placed in the garage for the winter, a few weeks later I noticed beautiful prawns sprawling out in a beauty of a pink/red color. Be sure to heavily mulch your blueberries and fruit trees. If you have been fortunate to have winter veggies, mulch, water and feed as weather permitting. Vegetables get dry during the winter; so, be mindful and don't forget to hand weed. Take a look at some wonderful turnips and lettuces!

在（冬季）这个时候来庆贺与反思救主为我们所做的一切是多么的美妙绝伦！这时候，当你与家人朋友欢聚一堂，可别忘了也得好好款待一下你们屋里的植物，让它们这一季都能蓬勃生长。给植物做冬日清洗，可以用三小勺婴儿洗涤水，三小勺氨水，一小勺灭菌漱口水，和一夸特（四分之一加仑）水。把这些混合在喷水壶里，一个星期喷几次。对于那些香料植物或是从室外搬进来的桔类植物，可以用一加仑的水，加入 1/8 小勺的洗碗剂和一小勺海草灰，混合均匀，倒入手持的喷水壶里，每两到三周喷一次。猩猩木得放在阳光充足的地方，但是别放在窗口边，因为它们不喜欢吹风。如果它们枯了，要不就是因为太干，要不就是因为吹着风了。你可以给它们换（大）盆，只要放对了地方它们一年四季都没问题。我有一盆芦荟冬天的时候摆在车库里，几个礼拜之后我发现有粉红色的枝叶四处伸展开来，非常美丽。蓝莓和果树要好好地加护盖物。如果你有幸能有冬天的蔬菜，给它们加上护盖物，如果天气允许的话就浇水施肥。蔬菜在冬天会变干，所以得小心，还别忘了人工除除杂草。看看这些萝卜叶和莴苣，太棒啦！



Life

By Melvin Cooper

俞文萃 朱玉明 译

Editor: Melvin Cooper, born and raised in Buffalo, NY, was one of the 11 volunteers who left New York Harbor in July 1999 aboard the Young America – a replica of an eighteenth century slaving vessel – to lower a monument 427 km in Mid-Atlantic waters facing the Continent of Africa, in memory of African victims of the Atlantic Slave Trade at the infamous Middle Passage. They were lost at sea for almost two weeks before being rescued. Mr. Cooper had brushed with death, so he is living his life to its fullness. He loves arts and music from all around the world. He makes and plays bamboo flute, produces and records with home studio.

编者序：Melvin Cooper 生在长在纽约州的水牛城。1999 年的 7 月他与其他 10 位志愿者登上了 Young America – 一艘 18 世纪贩卖黑奴船的复制船-去大西洋中部海域投放一个纪念碑。这就是被拍过纪录片的 Middle Passage Project，以纪念在通过 Middle Passage 时受难的非洲黑奴。Young America 在大洋上遇险，两周后才得救。Cooper 与死亡擦肩而过，所以他热爱生活，现是自由音乐人。

Living is a deliberate act to be deeper into it make adjustments
A mind can be half-life dormant the self needs greater fulfillment
Expose your soul source force to life
The pulse's signals reason with all perception
From instinct to cosmic connection
A bundle of energy inter connected
Project it to perceive and reflect it
Then project it like music
To be protected like movement
The soul sings and dances improvement
Life is a deliberate fact not to be treated as abstract

生活当深思而行，适时而调
思想可半休半眠，然自我却要寻求更高
让你的灵魂去触摸生命的源头
使你脉搏的跳动与所有感知相合
从天赋本性到有序宇宙
万物皆为能量的错综联合
规划生活以审视与反思
如音乐般谱写
又如乐章般守护
灵魂要唱出、跳出那进步
生活当深思而行，切不可恍然而过

维梅尔的《戴珍珠耳环的少女》

2013年9月20日

马怡华

“Look who's visiting Atlanta this summer -- Girl with a Pearl Earring.” “看，这个夏天谁来亚特兰大了，戴珍珠耳环的少女。”亚特兰大 High 艺术博物馆的广告如是说。

四百多年前，荷兰画家维梅尔 (Vermeer) 创作了一幅名为《戴珍珠耳环的少女》的油画。这幅画被誉为是荷兰的蒙娜丽莎，列入世界十大经典油画之中。

去年圣诞节过后，我在 HBO 电影频道中偶然看到了十年前根据同名畅销小说改变的电影，第一次知道了《戴珍珠耳环的少女》这幅名画。电影的情节是虚构的，但是电影拍摄得非常唯美，每一个画面都像是一幅精致的油画。不想半年过后，《少女》竟然来到了家门口。

八月的一个星期六早晨，天气些许清凉。我穿戴整齐，来到 High 艺术博物馆，挤进人头攒动的参观人群，为的是相会这位来自远方的少女，真是不亦乐乎。

少女带着荷兰黄金时期的气息：鲑鱼的海腥和郁金香的芬芳，正静静地等候着我。

四目交汇，一次时空的穿越。少女侧着脸，双眸明亮，如同珍珠耳环一样，闪烁着光芒。红润的嘴唇微微张开着，似乎她正在向我娓娓道来她的经历，也似乎是她对我讲的故事有所反应，彼此间无拘无束地互动交流着……

维梅尔在这幅《少女》画像中，用黑色作背景底色，略去烦杂，进而突出人物形象。他把少女描绘得栩栩鲜活，立体生动，能够呼之欲出。素朴的粗衣和头巾相衬着少女勃发的青春，为画面定下了纯洁简单和本真无华的基调，同时也飘逸着一丝青涩的美丽。道具珍珠耳环又让少女平添灵气，从而脱俗超凡，不同于一般。

一幅画背后的故事通常要用成千上万的文字来描述，然而 High 艺术博物馆就这幅《少女》名画在 Facebook 征集六个字的故事。跟帖者无数，于是我也冥思苦想大半天，憋出了如下一句话：

Vermeer was dead, I'm still alive. 维梅尔早已离世，但我仍然活在当下。

幸会了，《少女》。从知道名画到在千里之外亲眼目睹原作，实乃缘分使然。

Go Girl! 美哉，戴珍珠耳环的少女。





Getting to Sleep Easily

Homi Sethna

失眠在中老年人中很常见，也让很多人烦恼，影响着健康和情绪。虽然失眠的最有效治疗是行为认知疗法 (Behavior Cognitive Therapy) 及睡眠卫生 (Sleep Hygiene)，即改变对睡眠的错误认知及对作息制度的调整，但还是有很多患者不服用药物就无法入睡。作者 Homi 也曾经需依靠安眠药才能入睡，他的妻子趁一次旅行的机会，把他所依赖的药物戒除。他后来靠着以下一些方式找到了重新安睡的法则，愿与众弟兄姐妹们分享。

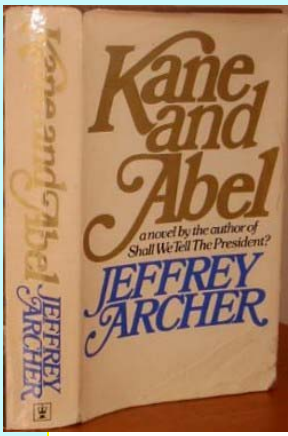
Since I had two recent surgeries in 2012, I found out that I have more trouble getting to sleep, especially when my head rests on the pillow at night. After reading different sleep articles on this subject, I have used the following tips and achieved some good success.

- 1) Avoid eating heavy an hour before bedtime. I usually eat a small bowl of fruit at this time.
- 2) For at least one hour before going to bed, avoid any visual distractions such as watching television. You may read a book before bedtime, but usually about half an hour before bedtime, I'd take a warm shower to get ready for the winding down.
- 3) The next step is very important for me: I lie down in the bed and listen to some soft orchestral classical music. Three religious songs are always at the end in the following sequence:
 - a) Ave Maria (either an orchestral version or the vocal Pavarotti version)
 - b) A gospel song (sent to me about a year ago by my daughter) with the title "Awesome". It has been translated in various languages and the words are truly inspirational! You can find the complete vocals by church choirs on YouTube by the Fellowship Chicago choir lead by Reverend Charles Jenkins.
 - c) The last part of the music journal that sends me to sleep is from the Thais opera, called "Meditation" (no vocal, just one of the most peaceful and beautiful classical music pieces), also available on YouTube.

Sleep Hygiene Instructions

Wei Huang MD, PhD

- Set up regular sleep/wake cycle, eliminating so called "catch-up sleep"
- Limit daytime napping to no more than 40 minutes and only at noon or in early afternoon
- Engage proper light exposure, i.e. increase bright light exposure during daytime and keep bedroom dark during nighttime
- If your mind is occupied before bedtime, write down any worries in a diary. Put it away and then try to fall asleep.
- Eliminate behaviors that focus too much on the time, e.g. clock monitoring during sleep
- Exercise regularly, but limited to morning or afternoon
- Avoid heavy meals less than 3 hours before bedtime
- No more than two caffeinated beverages per day with none after 3 PM
- Limited alcohol intake of at most 1 glass of wine or 1 beer, at least 3 hours prior to sleep
- Smoking cessation if possible; otherwise, limit smoking to none less than 3 hours before bedtime, because nicotine is a stimulant that can keep you awake
- Enhance sleep environment, e.g. do not read, use computer, play video or watch TV in bed. They can stimulate you and keep you awake.
- Create some relaxation routine prior to bedtime, e.g. relaxation session (e.g. deep breathing, progressive muscle relaxation, meditation), yoga, a cup of warm milk, or a warm bath/shower. Avoid playing games or watching TV that stimulate your mind or into late night.
- Limit wake time in bed to less than half an hour. Get up and do something relaxing until you feel sleepy. As one says, "use the bed only for 3 's': sleeping, sexual activity, and resting when sick".



读书园地

Theodore Radu (推薦)

“Kane and Abel”

Jeffrey Archer, born in 1940, is a British author blessed with the gift of writing and able to publish more than 30 books, plays and screenplays, most of the books international bestsellers. His third book, published in 1979, and one of my favorites is Kane and Abel, which is the beginning of a three book saga.

Not only can he write, but he has lived a very interesting life as well. Educated at Oxford, he became one of the youngest members of the House of Commons at age 29 and was then elevated to the House of Lords in 1992. Unexpectedly, later in life he was convicted of perjury and served jail time which then translated into three biographical books “The Prison Diaries”.

William Lowell Kane is the son of a Boston millionaire and Abel Rosnoswski a penniless Polish immigrant; born on the same day in opposite parts of the world, both socially and geographically, their paths were destined to cross in the ruthless struggle to build a fortune. Kane is enlarging a banking fortune and Abel is building up a massive hotel chain. For over sixty years these two powerful personalities were motivated by hate for each other and in the end they either destroy or save the other one, this would be for you to find after reading the book.

It is easy reading with a very compelling plot. You will not be able to let the book down. Not only that, but there are two following books in the same saga and the multitude of his other books, and that is my Christmas present for you.

Jeffrey Archer (杰弗里·阿彻) 是一位杰出的英国作家，他的作品多数成为国际畅销书。其中 Kane and Abel 是一套 3 部曲的头一部，出版于 1979 年。Kane 是一个 Boston 百万富翁的儿子，Abel 是一个身无分文的波兰移民；他们虽然是同年同月同日生，两人却是生活在截然不同的世界里。在 60 年的人生道路上，在积累财富的过程中，他们相互仇恨着，至于最后他们是互相摧毁还是相互拯救，需要你自己去读、去发现。这是一部很容易看的书，故事情节非常吸引人，你会手不释卷的！

杰弗里·阿彻的人生也很传奇。他 1940 年生，曾就读于牛津大学，且代表过英国参加过国际短跑比赛。年轻时的他在仕途上就一帆风顺，后来更是撒切尔夫人的干将。所以他的小说会取材政治、国际争端等，甚而许多名人都成为他书中的人物。而经商的挫折和起伏也带给了他好多写作题材。2001 年他吃官司，两年的囚徒生涯，被他用来写出了 3 本自传体书《监狱日记》。



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 6:30-8:00am
5. 查经班每月第二和第四个周五 8:00-9:00pm
6. 长青团契每月最后一周的周四 10:00am - 1:00pm (中午聚餐)