

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

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



第八期



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牧师讲道精选

你知道神对你的期望吗？

What's God's Expectation of You?

朱玉明

07-13-2014

读经: 使徒行传 7:20-36, 以斯帖记 4:14b

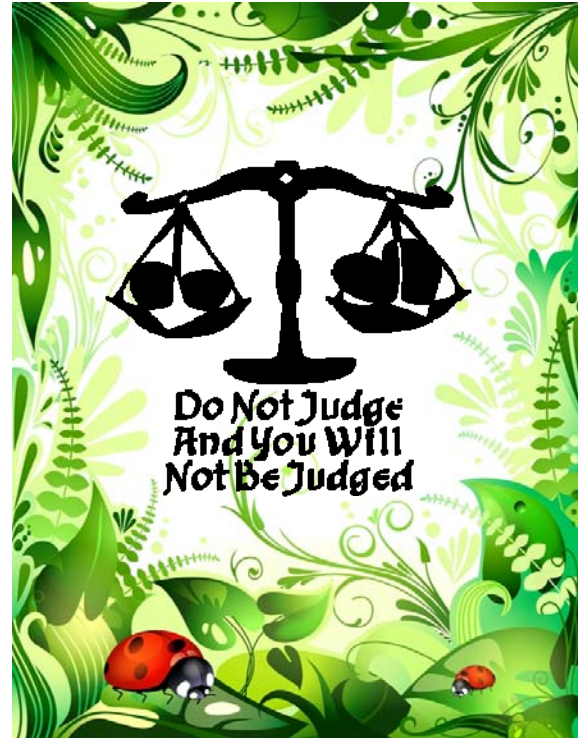
Verses: Acts 7:20-36, Esther 4:14b

前言: 上主日我们讲了“主啊,光照我们!”。其总意是神的光和我们所认知的天然光是有所不同的,神的光的光源就是神自己,就是他的荣耀。神的光能使人悔改,能为我们行神迹,行医治,能保护我们,引导我们,神也要我们基督徒在世上发光,求主光照我们,使我们能得到神的恩典,使我们知道我们里面还有污秽,认罪悔改后,变得更圣洁,更有能力。今天我们要讲的主题实际上是从我们信仰的角度去回答一个古老的哲学命题:“我从哪里来?我在这里做什么?我将往哪里去?”。但我们今天主要是讲“我在这里应该做什么?”。现在我们从摩西人生经历来对照我们自己的人生经历,从而明白神现在对我们的期望。

1. 神在我们尚未出生的时候就认识我们了 (使徒行传 7:20-21, 诗篇 139:16, 耶利米书 1:5, 使徒行传 17:26)

- A. 神的救赎计划是在主耶稣尚未出生的时候就开始了,摩西在那个时代出生在埃及一个利未人家,完全是神的安排
- B. 神在我们尚未出生以前就认识了我们,这对我们来说是很理解的,但对神来说,这就是一个事实。诗篇 139:16 “我未成形的体质,你的眼早已看见了。你所定的日子,我尚未度一日,你都写在你的册上了” Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be. 耶利米书 1:5 我未将你造在腹中,我已晓得你。你未出母胎,我已分别你为圣。我已派你作列国的先知。Before I formed you in the womb I knew you, before you were born I set you apart; I appointed you as a prophet to the nations. 使徒行传 17:26 “他从一本造出万族的人,住在全地上,并且预先定准他们的年限,和所住的疆界” From one man he made all the nations, that they should inhabit the whole earth; and he marked out their appointed times in history and the boundaries of their lands.
- C. 从这三节经文我们可以看出:在我们尚未存在的时候,神就对我们的一生有个计划,包括在哪里生活,人生有几个阶段

圣经的启示



马太福音 7:1: 你们不要论断人,免得你们被论断。

Matthew 7:1: Do not judge, or you too will be judged.

耶稣的这个教导很简单,但是很难做到。

This teaching from Jesus was simply stated; however, it is very hard to carry out.

人从生来就在不断地判定事物,论断人。从生存角度来说,这是一个必须学会的能力。否则,怎么知道谁是亲人会养育我们,谁是坏人需要躲避;谁可以信任,谁不可以呢?那为什么耶稣又让我们不要论断人?

Since birth, humans are constantly judging things and others. From survival point, it is a skill that must be learned. Otherwise, how can we be close to those who nurture us, and avoid the potential harmful? Who to trust and who not is the question constantly asked. Then, why would Jesus teach us not to judge?

(后接第 6 页)

牧师讲道精选：“你知道神对你的期望吗？”

(续第 1 页)

- D. 我们在什么时代出生都是神的安排, 也是神的奥秘, 现在在大陆也把人分为 50, 60, 70, 80, 90 后, 因为每个时代各具特色
- E. 神在摩西出生之后, 通过接生婆施弗拉 (Shiphrah) 和普阿 (Puah) 和法老的女儿保护了摩西的生命, 神也同样地保护了我们
- F. 神把我带到这个世界上来的目的是什么? 其中一个目的就是我们来到教会, 成为了他的子民(600 犹太人在以色列)

2. 神赏赐我们所有的一切才干 (使徒行传 7:22)

- A. 神安排摩西学了埃及人一切的学问 (wisdom), 这是神对他的预备, 因为他需要有知识和学问才能领以色列人出埃及
- B. 我们所受的教育, 我们的学识和知识都是神的赏赐, 同样神也要我们在他的教会中使用这些才干- “神生我才必要用”
- C. 在教会中我们每个人的才干是不一样的, 但教会都需要: 煮饭, 帮助人, 读经, 领会, 祷告, 财务, 教导等等 (哥林多前书 12:12-18)

3. 神要使用我们一切的经历, 无论是正面的还是负面的, 塑造我们 (使徒行传 7:23-29)

- A. 摩西在被神呼召之前, 经历了为保护同胞而杀人, 潜逃, 在米甸 (Midian) 牧养 40 年, 他学了谦卑。民数记 12:3 “摩西为人极其谦和, 胜过世上的众人” ---Now the man Moses was humble, more so than anyone on earth
- B. 神也要用到我们一切的经历, 塑造我们, 帮助我们认识祂, 从而更好侍奉祂。哥林多后书 1:4 “我们在一切患难中, 他就安慰我们, 叫我们能用神所赐的安慰, 去安慰那遭各样患难的人” --- who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God

4. 神在我们认识他之后, 赋予我们使命 (徒 7:30-36)

- A. 尽管神在我们尚未存在之前就认识我们, 我们认识他的时间各不一样, 摩西是在 80 岁的时候才认识神的
- B. 神找到摩西, 告诉他他是谁, 并赋予他领以色列人出埃及的使命, 也是神先找到我们, 我们知道神给我们的使命吗?
- C. 摩西响应了神的呼召, 引领百姓出埃及被奴之地

总结: 你知道神对你的期望吗(斯 4:14) What's God's Expectation of You?

1. 我们的出生绝非偶然, 神对我们的一生都有一个计划, 也就是旨意, 首先感谢神赐给我们生命, 并对我们生命的保守
2. 神通过我们生长的环境, 培养了我们, 使我们有不同的才干和经历, 我们要感谢神
3. 我们能成为基督徒是神的恩典, 他先爱了我们, 他拣选了我们, 我们能在美国生活也不是偶然, 是神的恩典
4. 我们所有的一切的一切, 都是来自于神, 而神赐给我们这一切是要我们今天能够好好地侍奉他, 正如他对以斯帖一样
5. 我们都需自问: 神现在要我们做什么? 我怎样才能更好地服事神? 我有没有达到神的期望? 重要的是愿意侍奉神

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 VI.



原文：郝品梅 (Pamela Hurst); 翻译：俞文萃

Much to my surprise, my cabbages made it through the winter

Although we were experiencing a late start to warm weather this year, we could still be proactive in preparing for a great season of planting. I started seeds in the garage and by early April, they were almost ready for outdoors.

让我吃惊的是, 我的卷心菜抗过了整个冬天 ...

虽然今年天暖得迟了些, 我们还是可以积极地为一个美好的种植季做准备。我是在车库里预备种子的, 它们在 4 月初就都差不多已经可以种植到户外了。

Prepare your tools and pots/containers with a light cleaning solution, two caps of bleach per gallon of water, it does not sound like much bleach but it is plenty. After you dip your garden tools and pots, hose them down and let them air dry outside. Be sure to rake up all dead leaves, before mowing the lawn for the first time removing the thick thatch. Prepare your gardening beds by turning over soil, and adding fresh compost and humus with good rich soil. You can also buy soil completely enriched with all you need, which is very convenient. You can put broccoli, lettuce and greens in the ground now.

用比较淡的清洁剂清洗你的工具和坛坛罐罐, 一加仑水用两瓶盖的漂白剂, 听上去好像漂白剂不够多但实际上是足够了。你把种植的工具和容器在里面清洗之后, 用水龙头冲洗干净, 放在外面晾干。第一次割草之前一定要把上面的旧树叶扫除, 松干净。把菜园里的土松一松, 用一些好的土加上新鲜的混合肥和腐植土。你也可以买现成的混合好的土壤, 这就很方便。现在你可以种一些绿花菜, 生菜, 或别的绿叶菜。

(后接第 4 页)



Labor Day 周末 (8 月 30 日) 烧烤活动

联络人: 郁阳: 404-819-8380, 朱牧师: 678-923-8700。

欢迎光临!

(绿色菜园 – 上接第 3 页)

When we have 5 days to a week of consistently warm temperatures over 70 degrees, it is when we can trust our young veggies and flowers in the ground. Don't forget to use organically approved products, because things will be absorbed into veggies and fruits, and you and your family will be consuming them. Even in my blooming flowers, I use organic soil and food because, the nectar will be supper for birds and bees, which help support our environment and sweeten our crops with proper pollination.

等我们有持续五天到一个星期 70 度以上温暖天气的时候, 就可以放心种下一些幼嫩的蔬菜和花朵了。别忘了种蔬菜和水果要用绿色天然的肥料, 因为这是你和你家人要食用的。我就算是种花, 也用绿色天然的土壤和肥料, 因为它们的花蜜是鸟和蜜蜂很好的食物, 这样一来可以帮助维持一个好的生态环境, 也通过合适的授粉增加农作物的甜度。

As the Georgia temperature rises, be sure to lightly and organically mulch to conserve moisture and energy within the root system and require less watering. Trees that bear fruit need to be monitored for holes in leaf which indicates some type of insect infestation. A good organic soap based spray will work, you can ask your local lawn and garden staff to direct you to the organic approved products. Don't forget to sow radish seeds within your garden, this will eliminate a lot of insects, and the radish is a crunchy addition to a wonderful salad. Mums are beautiful but a dreaded addition for the squirrels, they simply can't stand the smell. I keep potted Shasta daisies near my sitting areas, they repel mosquitoes. Hand weed in the garden, and place your bird feeder near your tomatoes, they will devour those pesky worms. This should take you all the way through the summer!

随着佐治亚温度上升, 要记住稍微铺些天然的树皮碎片以保存土壤里的水份和植物根系里的能量, 这样可以减少浇水。种果树的话要注意观察叶子上有没有洞, 有洞的话就表明有虫害。用一些好的天然的清洗喷洒剂就可以了, 你可以向你当地的园艺工作人员询问哪里可以买到这种天然的产品。别忘了可以在你的园子里撒上一些萝卜种子, 它可以赶走许多小虫, 而且萝卜脆脆的, 加在沙拉里也很好吃。一种叫 mum 的菊花非常漂亮, 却让小松鼠望而却步, 它们就是受不了它的气味。我总是在花园座位边上放一些盆栽的雏菊, 它们可以驱蚊。在园子里手工除除草, 在西红柿边上放鸟食, 用它们来消灭那些讨厌的蠕虫。这些应该可以帮你度过一夏了。

Tomatoes, ah, the smell against the skin and the juicy burst at first slice! Not so fast, due to our very cold winter and late start to spring there has been some difficulty for most. Too many cool snap, not enough long standing temperatures over 80, even in the month of April has not allowed our crops to do so well at least not as easy as in a normal spring/summer. I had to hand pollinate ALL my vegetables, those in ground and in pots. My success lies mainly in pots.

西红柿, 啊, 那透着皮儿的香气和一刀切下去的果汁四溢啊。不过慢着, 因为我们过去那个冬天非常冷, 春天又来得迟, 我们大都遇到些问题。太多的温度骤降, 没能有持续 80 度的气温, 哪怕到了四月农作物都还不能好好生长, 至少不像以往的春夏季那么容易。我不得不手工给我的蔬菜授粉, 地里的也好, 盆子里的也好。我的成功主要是在盆栽里面。



(后接第 5 页)

(绿色菜园 – 上接第 4 页)

My potted tomatoes were delicious, juicy and flavorful. It was a difficult task, due to no bumble bees, only the big carpenter drilling bees. If you see unexplained saw dust, this is the cause. They resembles a queen bee, however, some of these particular nuisances are actually of nectar stealing. They drill holes into wood to build a nest for the following year. They normally stay around 6-8 weeks, wreaking havoc in your wood fence, paneling or whatever wood surface they can. I use organic repellent directly on them.

我的盆栽西红柿非常好吃,又多汁又美味。这可不是轻而易举得来的,因为没有大黄蜂,只有木蜂。如果你看到不明来由的木屑,木蜂就是缘由了。它们就好像是蜂皇一样,但是这些公害其实是偷蜜贼。它们会在木头里钻洞为来年筑窝。它们一般会停留 6 到 8 个礼拜,在你的木栅栏,窗框,或者任何的木结构上大肆破坏。我直接用天然驱虫剂来对付它们。

The carpenter drilling bees stayed around longer due to the weather, and to my dismay, hummingbirds did not appear until late April. They were predicted to arrive by March 21, but this odd weather pattern changed that. I only have one this year as opposed to several hummingbirds living a happy life in my garden.

今年因为气候的原因木蜂停留得更久,而且让我头疼的是今年蜂鸟也直到四月底才来。它们本来预计 3 月 21 日就要来的,但是反常的天气使这个发生了改变。今年只有一只蜂鸟来了我这儿,不像往年都有好几只快活地生活在我的花园里。

Not many gardeners have nice bell peppers in ground this year, either. Take a look at your lawn, it has suffered as well. Plan A&B, is to stay patient, monitor your garden, tap vegetables lightly when you see them flower to help with pollination. Mulch heavily as the temperature reaches the 90 degree range.

今年,也还没多少人能种出好的灯笼椒。看看你的草地,也受到了影响。所以头几步的计划是,要有耐心,注意观察你的花园,果蔬开花的时候,轻敲它们来帮助它们授粉。气温达到 90 度以上就要厚厚地盖上碎木屑。

Don't forget pets need more water, wash your bird bath and check it periodically and add water. Place vegetables in height proportions, thus enabling them to shade short veggies, which will conserve moisture. I mulch ALL of my potted vegetables and fruit, if you see a strange bug or infestation of any sort, snap a photo with your cell phone, and take it to your local garden shop for an organic way to prevent, reduce and eliminate the problems. You can and will survive this odd growing season, a little extra time and care is all you need.

别忘了小动物也需要更多的水,把给鸟清洗的水盆洗干净,定期检查和加水。把蔬菜按照高矮来种植,这样长得高的可以给长得矮的遮荫,以保存水分。我给我所有盆栽的蔬果都加上碎木屑,如果你看到有奇怪的小虫或是任何的虫害,用手机拍张照片,拿到你当地的园艺商店,问他们有什么天然的方法可以预防,减少,并排除问题。只要花多一点点时间和精力,你就可以也一定能度过这个反常的生长季。

Happy gardening, go organic, everyone can!

种植快乐,选择绿色天然,人人可以!

(圣经的启示 – 上接第 2 页)

首先，不要被表面现象所迷惑。你有没有过经历，一个貌似普通的人却身怀绝技，而一个似乎大款的人却欠债累累？当年哈佛校长的秘书以貌取人，让哈佛大学丧失了一笔巨额捐款，当然也才有了斯坦福大学的诞生。但是，我们说“不要以貌取人”不是让大家都有功利心，不去得罪潜在的有权有势之人，而是要大家都有尊重别人的心，无论对方如何，他/她也是神的所造之物，要给予尊重。

First of all, do not be fooled by appearance. Have you ever had the experience of a seemingly ordinary person carrying great talent, and a seemingly wealthy man but heavily indebted? The Harvard Principal's secretary, years back, judged a couple by their look; therefore, he lost a huge donation to Harvard, and of course, led to the birth of Stanford. Nevertheless, when we say, "do not judge people by their appearance", we are not teaching to follow benefits and rewards, by not offending potentially powerful and rich people; rather, we are saying that everyone should respect others, regardless of people's appearance, by the simple fact that we are all God's creations. Everyone deserves to be respected.

更进一步地说，很多事情不像你所看到的那样。最近我侄女在微信中晒了一篇文章，“你不知道的事”：一个被讨厌的死攥着钱的室友原来不止在上大学，还要种菜、卖菜，养活一群弟妹；一个女孩离开患尿毒症的男朋友，似乎爱情这么脆弱，背后却是因为男孩否则不做治疗；有人说父母没有给他所要的，却不知道他们为了他放弃了自己的梦想...我们总是容易轻易地听到一些事情，看到一些事情，就开始理所当然地因此去判断他人。我们有没有想过，很有可能你只是看到了表面或一个侧面，事情真相远不是你所想的？Cleveland Clinic 在 YouTube 上的一个“Empathy”录像，没有情节，没有对白，却让我们一屋子久经沙场的医护人员伤心的伤心，落泪的落泪！当我们谨记事事都有原因，人人都有故事，就不会轻易去判定他人了。

Furthermore, many things are not like what you see. My niece recently aired in WeChat an article, "Things You Do Not Know": an annoying roommate who always clutches on his money in fact has not only to support himself through college, but also has to work and feed a group of siblings; a girl who left her boyfriend suffering from uremia would make people think there is no true love in the world, but what people don't know is that the boy would otherwise refuse treatments; a child complaining of parents not giving him what he wants, not knowing in fact that they sacrificed their dreams for him ... It's always easy for us to judge when we hear about something, or see something. Have you ever realized that very likely you only saw just one side of the story, and the truth is far from what you think? The "Empathy" video placed by Cleveland Clinic on YouTube, without plots or dialogues, moved a roomful of doctors and nurses into sobs and tears! When we remember that everything has a reason, and everyone has a story, it will be easier for us to not judge.

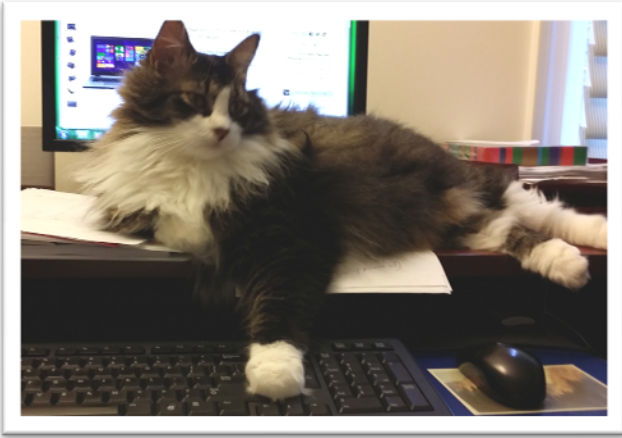
最后，退一万步说，有些事确实不对，有些人确实不好，我们必须意识到人都不完美，如果我们论断他人，神也会论断我们；如果我们要神的宽恕，我们就要先学会宽恕他人。记得当年卢刚枪杀 Iowa University 师生，让我感动的是一位受害者的家属（基督徒），写信去安慰卢刚的父母。如果没有耶稣的爱，人是很难有这种情怀的。但是，这些基督徒遵照耶稣的教导做了！

Finally, calmly said, some things are not right, some people are not good; still, we must realize that no one is perfect. If we judge others, God will judge us; if we want God's forgiveness, we must first learn to forgive others. I still remember the incidence when Gang Lu shot Iowa University faculty members and a student; what moved me was the family members of a victim (Christians) wrote to comfort Gang Lu's parents. If they did not carry the love of Jesus, it would be the most difficult thing to do. But, they did what Jesus taught!

有人说这不是让我们不辨黑白吗？其实，世上有多少事是非黑即白呢？绝大多数都是灰色的。把所有的灰色变成黑或白，才是现在社会这么多争斗、冲突、战争的原因。所以，用你的尊重、宽容去把灰色变为彩色，才是耶稣教给我们的智慧。

Some would say, aren't you telling us not to differentiate black from white? In fact, how many things on the world are really either black or white? The vast majority are gray. To turn gray into black or white is the reason why there are so many social strife, conflicts, and wars today. Your respect and tolerance can turn grey into color; this is what Jesus wanted us to.

(Wei Huang 黄卫)



How to reduce computer radiation level?

如何减少计算机的辐射?

Wei Huang MD, PhD
黄卫

Our affectionate Maine Coon cat gave me a big dilemma. He loves to accompany me while I am working at the computer; and of course, I love his companion as well. I wouldn't have thought of the hazard of computer radiation for myself, as I need to work, but the thought of hurting this little thing frightens me. Especially because of his much smaller size, the harm of computer radiation can be more prominent.

Therefore, I started researching into the topic and found some information that I'd like to share with you, who either care for your own health, or your loved ones!

To maximize your protection:

1. Place computer tower cases on the floor, as far away from the user as possible;
2. If you have uninterrupted computer power supply, you need to place it as far away from everyone as the cable strength allows;
3. Use screens that are LCD or LED;
4. Laptops are better when on battery use. Remember to turn off its Wi-Fi feature;
5. Avoid using wireless equipments, e.g. keyboard, mouse, printer, or scanner.

我们家那位情深意长的缅因猫给我出了一个难题。当我在电脑前工作时，他喜欢来陪伴我；当然，我也很喜欢他这个伴侣。因为我需要工作，电脑辐射自然无法避免；但会伤害了这个小东西的念头把我吓坏了。尤其是他的块头小得多，辐射的危害就会更加突出。

因此，我开始对这方面进行研究，发现了一些信息，愿与大家分享，无论是为了您自己的健康，或者您所爱的！

为了最大限度地加强防护：

- 1，将电脑主机壳放在地上，而且越远离用户越好；
- 2，如果您有计算机的不间断电源，在电缆强度允许的条件下，您需要让它尽量远离任何人；
- 3，使用的屏幕最好是 LCD 或 LED；
- 4，笔记本电脑在使用电池时辐射稍好，记着关闭 Wi-Fi 通道；
- 5，避免使用无线设备，例如键盘，鼠标，打印机，或扫描仪。



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)