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A Generation for the Cultural Mission -
Supporting Christian and Family Values since 2003

Listening to The Hearts of The Young Generation

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Listening to The Hearts of The Young Generation -

An Interview with Dr. Agnes Ip

Lily Ma

Last year, "Crazy Rich Asians" - a love story featuring Asian families - was released. In addition to highlighting the extravagant lifestyle and values of wealthy families, the story clearly portrayed the different goals held to and pursued by the two generations. The main actress' words to the rich boyfriend's mother were also very thought-provoking: "If Nick chose his family (family goals and values, not his own ideals and loves), he might spend the rest of his life resenting you."

Out of love, parents have many expectations of and even demands for their children's future. However, today's youth are growing up in a very different society and culture, and what they ask for is often different from the values of the previous generation. Parents' desire for love and protection sometimes hurts relationships and becomes the source of pain for young people.

Therefore, Presence feels it is important to listen to the voices of the younger generation, and hopes to help young people find their way of faith and life through building more understanding and trust between the two generations. We interviewed Dr. Agnes Ip, who took us to explore the different characteristics of Asian families and youth and helped us to understand the latter's current social situation, setting the stage for us to listen to the hearts of the younger generation.

Editor: Presence was established to preserve the faith of the younger generation. Sixteen years have passed. How is Presence moving toward this goal? Are there any specific examples?

Ip: In the past, we kept on exploring, trying to feel the heartbeat of the times and young people. At different stages of our development, we used different ways to preserve the younger generation's faith, including:

1) Youth Leadership Training (YLT) - Through assertiveness training, we helped youth build relationships with their parents and society.

2) Family Conferences - Partnering with local churches, we provided day camps to train the entire family, including parents and youth, in how to build family relationships.

3) Responding to current social issues - We hosted workshops on topics such as internet addiction, mental health, sexual orientation, and so on.

4) Establishment of "RE:NEW a Presence movement" (2011) - We have hosted Faith Seminars for young Christians and provided a platform for them to express themselves through our publications. We also encouraged young people to live committed lives to God through the "Forty Day Impact Challenge" Campaign. https://presencequotient.org/zh-hant/services/renewapresencemovement/

5) Establishment of "Presence Possibilities" (2013) - We have provided professional assessment and consultation services on personalities, college majors, and career choices. In addition, we have hosted soft-skill training and other online classes, with the aim to help the younger generation discover their life directions. https://presencequotient.org/zh-hant/services/presence-possibilities/

6) Intergenerational Mentorship Conference - We gathered parents, youth pastors, and youth to explore effective ways to communicate and build relationships across generations.

7) Presence Life Planning Curriculum - We integrated training materials in the past and created an education course for the soul (spirit and mind) to help believers, families, and individuals examine their lives. https://presencequotient.org/zh-hant/presence-life-planning-curriculum-adult/

Editor: What do you think the younger generation desires the most?

Ip: I feel that this generation of young people needs to be affirmed and to find their own importance. In addition, they are eager to have peer approval and relationship with their peers.

Editor: Why is it so important to listen to the hearts of the younger generation?

Ip: The current social system places great emphasis on elite education. It emphasizes the training of skills and tends to measure an individual's value based on his or her skills. Society generally does not provide a platform and environment for young people to explore and cultivate their own personal identity, value, and role. This trend makes young people feel hopeless and frustrated. We hope that by listening to the voices of the younger generation, we can open channels of communication that will help young people find themselves and be sure of their value.

Editor: Based on your observation, what do most Asian families and parents value the most? How does that compare to their children's expectations?

Ip: Asians generally value the stability of the family, which is often linked to work, income, and social status. Naturally, parents have requirements and opinions about their children's academic and career achievements. While young people explore life and learn about themselves, they desire unconditional love from their parents, allowing them to be rid of the burdens of income and social status and pursue their dreams. To blend the differences between the two generations' expectations and family values, both parents and children must realize that they still need to learn and grow, and even let go of what they have insisted on before and allow their ideas to be transformed. Parents need to understand that the social situation that their children are in is very complicated, and the goals of the previous generation no longer guarantee success. On the other hand, some families are child-centered and fully engaged in allowing their children to pursue their dreams. But at the same time, these parents worry about their children's economic independence and self-sufficiency. Therefore, young people must understand the realistic requirements of life and be responsible for their own growth, future and life.

If church youth workers can provide a platform for parents and young people to communicate, listen to one another, learn and grow together, and to give parents timely information on social and youth culture and challenges faced by young people, this will not only close the gap between the two generations, but will also help the younger generation develop their own lives in a loving environment.

Editor: The title of Presence's 16th Anniversary Dinner is also "Listening to The Hearts of The Young Generation." How are we going to explore this topic?

Ip: We designed a series of surveys to collect thoughts and ideas about church's youth ministries from parents, youth workers, and youth. We hope that the survey results will give some indicators to help churches examine the effectiveness of their youth ministries and understand how to listen to the voices of the younger generation and respond accordingly. Ultimately, we would like to see youth grow and live a down-to-earth Christian life.

The next generation is our future hope. If we can feel their heartbeat and shepherd them according to the real needs of their hearts, not only will this help them walk their spiritual journey and become more mature Christians and influencers in the church and society, but this will also help close the gaps between the two generations, so that intergenerational relationships can be built and mutual shepherding achieved.

Intergenerational Family Ministry – Key to ministering to families and the younger generation

Kathy Tse

From my experiences serving in children, youth and adult ministries in the past 20 years. I strongly believe that Intergenerational Family Ministry is the key to teaching children, mentoring youth, training up leaders, and equipping parents for the next generation. Children ministry, youth ministry, and adult ministry are quite independently operated in traditional churches. Over the years, however, we have seen problems and conflicts in church that are caused by generational gaps, cultural differences, and/or diverse worldviews. I have seen these issues hurt the unity of Christ and create resentment and bitterness at the worst. Intergenerational Family Ministry can solve these problems in today's churches, especially in the setting of North American Chinese churches. Strong relationships require a foundation of heartfelt conversations. Intergenerational Family Ministry is a channel to connect all three ministries together, creating a space for such meaningful conversations to take place. The inclusive environment enhances intergenerational communication and builds strong bonds among family members.

Let me share a few myths that I think are common in churches, and that may create hindrances for intergenerational family ministry.

Myth #1: Children and youth ONLY want to be taught by a teacher who speaks fluent English.

As long as a Christian teacher can speak English and has a heart to teach, it will be enough for them to teach both children and youth at church. I have seen a middle-aged Christian teacher whose English is minimal, yet his past experience as a gangster has captured the attention and the hearts of the young people. His testimony also acted as a cross-cultural experience for the youth to step out of their comfort zone to accept others who are different. Because of Christ, we can all be one in Christ as Paul stated in Gal 3:28, "There is neither Jew nor Greek, there is neither slave nor free, there is no male and female, for you are all one in Christ Jesus."

Myth #2: ONLY younger adults are suitable to serve in children and youth ministries.

While it is true that younger adults can relate better to children and youth, more mature adults would have the advantage of maturity and more life experience in certain aspects of a ministry. Therefore, it would be great to have a combination of younger and more mature adults working together as a team. This echoes Titus 2:3-8, which states that older men are to be role models for younger men and older women are to teach younger women.

Myth #3: Youth ONLY want to hang out with other youths.

It is very true that young people want to hang out with their peers to build relationships, but at the same time, they want to be loved and guided by more mature adults and learn from their examples. It is also important that young people learn how to relate to mature adult Christians. Intergenerational activities are good ways to encourage young people to interact and converse with the older generation. Family worship will be a great platform to encourage families to worship God and grow spiritually together regardless of age. Moses emphasized the importance of teaching God's word in the family in Deuteronomy 6:6-7, "These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up."

From my experience of working with families, one of the most effective ways to improve communication is to have regular family time at home. I believe many families have family vacation or activities together that are very good for the entire family, but deeper conversation is somewhat lacking. Therefore deliberate effort made toward planning for regular family time is very important.

Over the years serving in youth and children ministries, I have seen many issues with kids that arise when they reach pre-teen or teenage years. Parents have shared with me that suddenly their kids become

rebellious and have turned from an angel to a devil! The truth is that a child does not change overnight. Their behaviors develop gradually over the years. It is important then to equip both parents and young people. Strong Intergenerational Family Ministry plays an important role in this regard as it integrates the entire family together for bonding, interactions, and equipping. As parents receive training from church to minister to their children, they can better guide their kids spiritually. According to the National Study of Youth Religion data[1], only 1 percent of youth ages 15 to 17 raised by parents who show low priority in religion are still religious in their mid-to-late 20s. In contrast, the data shows that 82 percent of children still active as young adults in a church were raised by parents who talked about their faith at home, who placed high importance on their beliefs, and are still active in church. This data shows the importance of the joint effort between parents and churches to grow and nourish young people in Christ. As a pastor, a parent, and a church leader, I urge you to get involved and make a difference in the next generation. May our gracious Lord bless you as you invest your time and effort into the eternal kingdom.

[1]https://www.huffpost.com/entry/the-no-1-reason-teens-kee_b_6067838 [7/4/2019]

Kathy Tse's Bio:

Kathy serves as the Young Family Pastor at Arise Church in Fremont, CA. She graduated from Cal Poly San Luis Obispo with a degree in Electronic Engineering. Kathy received her Master of Christian Study degree in 2016 from Christian Leadership Institute. She is currently completing the Master of Divinity program. Kathy has two grown children. Her family enjoys being with friends and going on vacation with other families, and camping has always been at the top of their list.

Writer (left) and Dr. Agnes Ip (right)

2019 SoCal Ministry Highlights –

Presence Editing Team

As in previous years, Presence has again been invited to provide parenting, personal growth, and emotional health training to Christians in different local churches in 2019. It is worth mentioning that this year, more younger parents have come to Presence to be trained. We are delighted to see that parents realize the need to learn parenting skills while their children are still young, as this helps build a strong foundation for healthy family growth.

In addition, churches and fellowships have realized that the "Presence Life Planning Curriculum" (PLPC) can have a significant impact on Christians' spiritual and personal growth. Quite a number of churches have selected a PLPC module for their fellowship or retreat topic this year. In the future, Presence will explore more ways to partner with churches to help them incorporate this important education course for the soul (spirit and mind) into their ministries.

The biggest event in the first half of 2019 took place on May 18. Presence partnered with the Orange County Herald Center (OCHC) in hosting the "Holistic Youth Conference," and we served around 200 parents and youths (in the past, Dr. Agnes Ip helped OCHC conduct a training on "Online Gaming Addiction: Exploring the Truth about Video Games – Educational, Recreational or Detrimental"). The focus of this year's conference was youth's mental wellness. Not only was Dr. Ip the keynote speaker to the parents, but she was also actively involved in the preparation process, leading to this collaboration. Please see the pictures for highlights of the conference:

In view of the increasingly serious issue of youth mental health, Presence and OCHC co-hosted seminars and workshops for parents and young people on May 18.

Dr. Agnes Ip shared tips on "Building Family Resilience" with more than 100 parents. She also invited a panel of students to discuss how youth can face challenges with a positive attitude.

In addition to the main seminar, parents were able to attend workshops led by other speakers about youth psychological disorders and community mental health resources.

The workshops for youth were about "Becoming A Wellness Influencer" and were led by Dr. Connie Bartlett and several other speakers. About 90 youths learned communication skills to become mental wellness influencers.

Presence
in NorCal and Other Areas

Lily Ma

In the past few years, Presence has built deep relationships with different churches and Christians in NorCal. Many pastors, church leaders and volunteers have become dear friends of Presence; some ministry partners have even been supporting us financially on a regular basis. We also held two vision-sharing dinners and partnered with churches to host different events. We are very grateful for all of these.

In 2019, from April to June, we had the opportunity to serve at a seminary and various churches:

4/30-5/9, American Chinese Evangelical Seminary – Life Planning Curriculum (masters degree course)

5/4 Community Baptist Church of San Jose – Parenting workshop

5/5 Bay Area Chinese Bible Church at Alameda – Sunday sermon and parenting workshop

5/10-12 Bay Area Chinese Bible Church at San Leandro – Mother's Day sermon and parenting workshop

6/16 Bay Area Chinese Bible Church at San Leandro – Father's Day sermon

6/22-23 Crosspoint Church at Tracy and Pleasanton – Sunday sermon and parenting workshop

In addition, we were able to explore with a number of pastors the need and development of integrating family and youth ministries. We also discussed the possibility of incorporating the "Presence Life Planning Curriculum" in churches' regular schedules. These valuable conversations not only helped calibrate the focus of our ministry, but they were also treasured fellowship opportunities in the Lord.

Earlier this year, we were invited by Chinese Evangelical Church of San Diego to lead a parenting series on April 14. During Sunday school and the afternoon workshop, we shepherded a group of parents and grandparents who were eager to learn and longed for family growth. We later found out that this collaboration took place because one sister learned about us from our magazine and felt that Presence would be a good fit for their family ministry. We saw everything work together, and we thank God for using different ministries in Presence to serve His church.

Last but not least, Metro Phoenix Chinese Alliance Church has always supported our family ministry and has invited us more than once to lead their events. This Labor Day weekend, our contracted speaker Dr. Phillip Lowe, will speak at their retreat.

With God's grace and provision, and by faith, we will continue to serve more people, near and far, through different channels.

Workshops in San Diego

Events in NorCal

2019 Event Highlights
(Jan - Jun)

	Number of Events	Number of People Served
Total	37	1,832
Presence Quotient ®	26	1,622
Presence Possibilities	9	56
RE:NEW	2	154

Presence Possibilities held the "Tax Reform and You" workshop on June 23 with Jun Wang, CPA, as the speaker.

"Relationship Cultivation Among Three Generations in Chinese Family" workshop at the Bread of Life Church on June 29.

"Presence Life Planning Curriculum" training classes in SoCal and NorCal

Behind the scenes of the PLPC Training Course production

2019 January-June Financial Report

Total Income: $61,093
Expenses: $129,078
Balance: ($67,985)

By the grace of God, we continue serving different generations with all our hearts and resources. Funding is always short for non-profit organizations like us, therefore we would very much appreciate if you could consider pledging your support on a monthly basis to help Presence continue providing services in the community and even online. We seek to support and equip churches, families, and the next generation.

To find out how to support us financially, simply scan the QR code to go to our "Donate" page. May God bless you abundantly!

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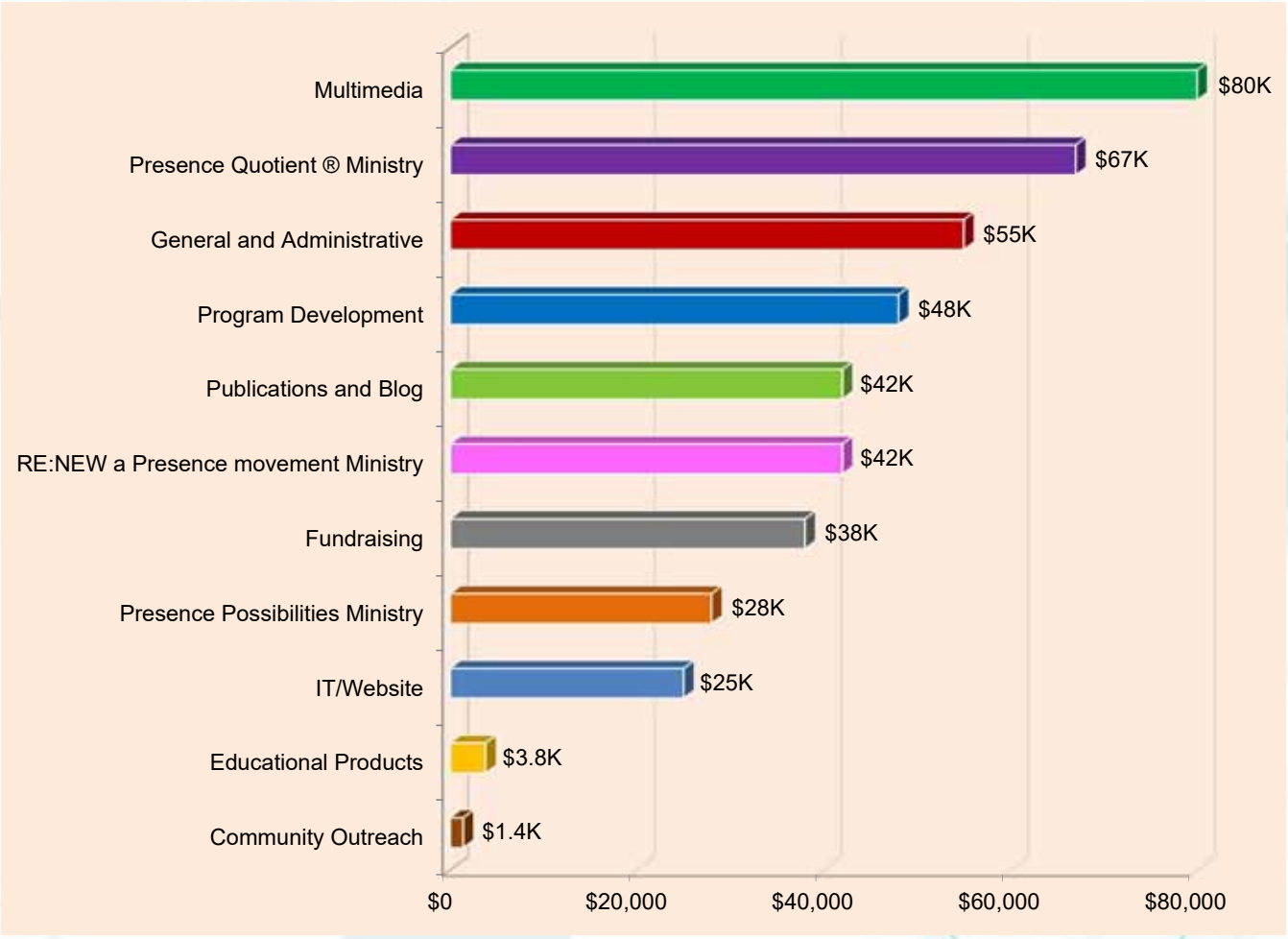
2020 Projection: $429,665



Presence Possibilities' College Major and Career Consultation Service

Jennifer Wong

We are frequently asked this question by parents: How can we motivate our children? Parents feel frustrated because they know how smart their children are, but these children often have no motivation in school work or academic studies. Rather, they have used most of their energy and time on online games and social media activities.

We have also met many anxious parents whose children are about to enter college, yet their children have no clue which majors to choose. Parents worry that if their children have chosen a wrong major and need to change in the middle of their course, not only will they have wasted time, but they may also feel discouraged. Those with stronger wills and more assertive personalities may take the change easier; others may take it as a total failure and completely lose their self-confidence. There have been cases where parents disagreed with the career path their children selected, and the disagreement turned into arguments, leading to rifts in their relationships.

Presence Possibilities' College Major and Career Consultation Service has helped many families resolve the above problems. This service was established about 6 years ago. Many of our clients were referred to us by other families who had used this service before and were very satisfied with the results. In the first half of 2019, out of Dr. Agnes Ip's busy schedule, we were able to serve a total of 6 junior high and freshman college students. After taking the assessment and doing a 1-on-1 consultation with Dr. Ip, they all agreed that they had a much deeper understanding of their personalities! Such understanding is very important and helpful not only in selecting a major for their college years, but it also plays an essential role in deciding their career path in the future.

I want to highlight a high school student whom we just served. We helped him find a major and a career path that best fit him. At the end of the service, he expressed that he was not interested in studying in the past because he did not have a clear objective. Now that he has found one, he said he would keep focus and press on to accomplish it! The parent was overjoyed and grateful to see such a change in his attitude towards studying.

Every time I see families come in with concerns or worries but leave with excitement, hope and harmony, I am very joyful and emotional. I feel as if I have just witnessed someone who has accepted Christ as his/her Savior. What a blessing it is for me to be able to take part in helping young people find their goal and pursue it with passion!!

If your child wants to have a deeper understanding of his/her personality, so that he/she can decide on a college major or a career most suitable and enjoyable for him/her, please contact us for more detailed information. It is our hope that through this service, your child's unique talents and potential could be developed. May his/her resulting success contribute to the advancement of society and bring glory to God - his/her Creator!

Note:
"Presence Possibilities" also provides Learning Styles & Multiple Intelligences Assessments and consultation service to 4th– 8th graders and their parents. Please contact us at (626) 810-5200 if interested.

College Major & Career Exploration Service

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Which part of the assessment was most helpful & beneficial to you?

E. L. : "Understanding my personality & it's compatibility with certain careers..."

J. S. : "Personality assessment helped find goal…"
" The consultant is very competent & professional."

I. W. : " Narrowing down the subject interest is helpful, especially in narrowing down my search."

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Presence Possibilities aims to help individuals and families succeed through professional assessments and consultations identifying their personality, unique talents, culture, learning style, ideal college major and career. It is an initiative of Presence Quotient®, a 501(c)(3) non-profit organization based on Christian and family values.

Serving the Young Generation

Pray. Share. Support

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Date: 11/2/2019 Time: 9:30am - 12pm
(light breakfast at 9:30am)

We have invited a few churches to come share their experiences - struggles and success - with serving in youth ministry.
It is a platform for anyone who cares for the youth ministry to come, pray together and to encourage and build up each other.

活現 Presence Quotient

renew a Presence movement

"Presence Life Planning Curriculum" Development Report

Maggie Hui

Since its launch in 2017, the "Presence Life Planning Curriculum" (PLPC), has positively impacted its participants: some re-evaluated their value systems, some examined their relationships with family members, and even some non-believers were attracted to this training and were willing to walk into church… We thank God for all these results!

God has even provided a brand new opportunity for PLPC in 2019. In May, Presence Hong Kong applied for the Community Investment and Inclusion Fund (CIIF) given by the Government of Hong Kong. Through partnering with a local Hong Kong high school, college, church, and a community organization, we will be presenting the introductory PLPC classes (modules A1 to A4; please see the following table for details) to high schoolers, while incorporating elements from our Intergenerational Mentorship program. Our goal is to help cultivate resilience in students, their families, and the entire community. Regardless of whether the CIIF application is approved or not, we will implement this comprehensive program in the Sham Tsui Po area in early 2020. We hope that people of different ages will benefit from this education course for the soul (spirit and mind).

PLPC Module	Problems Faced by Highschoolers	PLPC Skills
A1. Defining Core Values: Setting Life Priorities	Lack of long-term life goals	Set up life priority and values
A2. Managing Your Life: Pursuing Physical and Emotional Health	Weak life-coping skills	Learn healthy lifestyle and life management skills
A3. Cherishing Your Relationships: Investing in Intimate Relationships	Lack of family support	Build skills for interpersonal intimacy
A4. Resisting Temptations: Handling Stress with a Healthy Attitude in Order to Resist Temptations from Social Media	Lack of stress management skills and stress from extensive use of social media	Learn how to manage the use of social media, build self-esteem, and learn stress management skills

As for here in the United States, besides hosting PLPC classes in SoCal and NorCal this year (please see the table for details), we are busily producing the teaching videos of modules A1 to A4 to be used in a train-the-trainer program. Our prayer is to spread the message of life planning through churches, the internet, and other venues, so that more people will treasure life more and get closer to the Lord who is the Author of Life.

2019 PLPC classes in SoCal and NorCal:

Date	Venue	PLPC Class Content
4/30-5/9	American Chinese Evangelical Seminary in NorCal	Life Planning (8 modules) Masters Degree Course
6/1	Home of Everlasting Love Christian Church	Module A3. Cherishing Your Relationships: Investing in Intimate Relationships
7/26-7/28	San Gabriel Valley Alliance Church - Carmel Fellowship Retreat	
8/31-9/2	Chinese Baptist Church of Central Orange County - Livingspring Fellowship Retreat	

RE:NEW Ministry Highlight

Wicy Zhang

In 2019, RE:NEW has been greatly blessed to have held events and shared resources targeted at helping the younger generation.

On February 1, 2019, RE:NEW hosted its signature annual Faith Seminar event in partnership with Chinese Evangelical Free Church, LA. The topic was Evangelism and Reaching the Lost and was led by Pastor Shimazaki from Seeds of Life Church, Alhambra. Listening to the message on reaching out to those who have yet to experience the gospel was a true reminder for us to share the good news. The inspiring message touched the heart of one young girl who came to Christ that evening during the altar call. Praise the Lord! We praise God for a fruitful event and hope that our future Faith Seminars will continue to touch the hearts of many.

RE:NEW also started a youth prayer blog series titled, "Praying For Our Parents", and is shared on our website every other month. Back in 2017, Presence started monthly prayer meetings for parents to pray for the youth. In return, as a way to continue the intergenerational vision, we created a prayer blog series to guide the youth on how to pray for their parents. We hope to encourage the youth to practice praying and to care for their parents through acts of prayer and reflecting on the different challenges and seasons their parents encounter. These blogs can be viewed here: https://renewtheresponse.org/category/prayer-blog-series/

Another event we held this year was the youth ministry prayer meeting on April 17, 2019. Our goal was to bring together people who have a passion for the youth and to pray over them. We invited three presenters: Pastor Christopher Spolar from Chinese

Bible Missions Church of LA, Pastor Jason Low from Bread of Life Church of Torrance, and youth leader Lydia Chan from Grace Alliance Church of West Covina to share their struggles and successes with leading youth ministry. We were extremely grateful for all the experiences they shared with us. Upon listening to each presenter's different backgrounds and their struggles, our eyes were opened to the importance of and need for supporting youth workers and leaders so that they may raise up the younger generation. In the coming months, we will hold another meeting on November 2! We hope to continue these conversations and prayers together as a community. Please look forward to it!

Additionally, we have created a few surveys for the youth, youth workers, and parents. These surveys are used to collect information about the younger generation and how we can better serve their spiritual needs. We hope that the collected data can help churches in the community see how they can serve and meet the needs of their youth, together with youth workers and parents, in their ministries.

RE:NEW is committed to continue hosting more events and offering more resources for the youth and youth workers to help strengthen them and encourage them to live out faith-filled lives. Please continue to partner with us!

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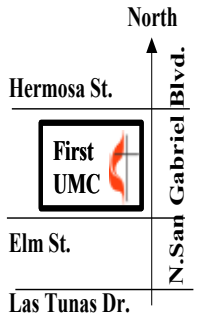

《聆聽年輕一代的心聲》：
葉顏瑋茵博士專訪

馬王藹麗

去年上映了一套以亞裔家庭為題材的愛情故事“Crazy Rich Asians”，故事除了突出富豪家庭的非一般生活文化和價值觀之外，也明顯看見兩代之間所守護和追求的不同目標。女主角對富豪男朋友媽媽的一些話，亦十分發人心省：「如果Nick選擇的是家庭（家庭的目標、價值觀，而非自己的理想和所愛），他會花餘下的一生來恨妳。」

父母因著愛，對子女的未來和前途存在許多期望甚至要求。不過，今天年輕人面對不同的社會和文化，他們內心所求的，卻往往有別於上一代的價值觀。父母出於愛和保護的期望，有時反而傷害關係、成為年輕人痛苦的根源。

因此我們很感受到聆聽年輕人心聲的重要，盼望透過兩代更多的了解、信任和體諒，幫助年輕一代尋找信仰和生命的路向。我們訪問了葉顏瑋茵博士，她帶我們去探討亞裔家庭以及青少年的不同特色，明白現今他們所面對的社會處境，為聆聽年輕一代心聲打開序幕。

編:活現成立之初，是為了保全年輕一代的信仰生命。過去十六年之久，您看見活現怎樣邁向這個目標呢？有沒有一些實際的例子可以分享?

葉:過去的日子，我們不斷探索，嘗試掌握時代和年輕一代的脈搏，在不同階段，都有不同進路來回應保全年輕人信仰生命的需要，當中包括:

1)青少年領袖訓練(YLT)-通過自信溝通的訓練，幫助青少年與父母和社會建立關係

2)家庭研討會-與地方教會合作、為整個家庭包括家長及青少年提供家庭和關係成長的訓練日營

3)回應社會議題-主辦了網絡沉溺、各類精神健康、以及性別取向等講座

4)「新心行動」的成立(2011)-為青年信徒提供大型信仰研討會、透過文字出版讓年輕人有發聲的平台、曾以「40日衝擊運動」鼓勵年輕信徒過委身上帝的生活
https://presencequotient.org/zh-hant/services/renewapresencemovement/

5)「活現潛能」的成立(2013)-提供性格、選科和就業的專業評估諮商服務，並開辦軟實力技巧培訓和推出網上訓練；目標在於協助年輕一代更有效尋找生命的路向https://presence-quotient.org/zh-hant/services/presence-possibilities/

6)跨代生命導師研討會-招聚家長、青年事工牧者和年輕人一起探索跨代溝通與建立關係的有效模式

7)活現生命規劃課程-整合過去的培訓材料，幫助信徒、家庭和個人檢視生命的心靈教育https://presencequotient.org/zh-hant/presence-life-planning-curriculum-adult/

編:您認為現在年輕一代，內心最渴望得到的是甚麼?

葉:我覺得這一代的年輕人很需要被肯定、並找到自己的重要性。此外, 同輩的認同和彼此之間的關係, 也是他們所渴望得到的。

編:聆聽年輕人的心聲，為何這樣重要?

葉：現時的社會制度很著重精英教育，十分強調技能的訓練，傾向以個人的技能來衡量生命的價值。社會普遍沒有為年輕人提供平台與環境，去培育他們個人身份、價值和角色

的探索。這種趨勢使青年人感到無望和沮喪。我們希望透過聆聽年輕人的心聲，可以打開溝通的渠道，幫助青年人能找到自我，並能肯定自己的價值。

編:按您的觀察，大部分的亞裔家庭和家長看重的是甚麼？這與子女的期望有何不同？

葉：亞裔一般很看重家庭的穩定性，而這穩定性通常與工作、收入和社會地位掛鉤。自然家長對子女的學業、前途及成就，會有要求和意見。年輕人探索人生、尋找自我的同時，卻很渴望得到父母無條件的愛，容許他們放下收入和社會地位的包袱，追尋自己的夢想。要融和兩代期望和價值觀的差異，父母和子女分別都要意識到自己仍不斷需要學習和成長，甚至包括放低固有的堅持、並理念的轉化；而家長特別需要明白子女所站的社會處境十分複雜，沿用上一代的目標，也不保證能邁向成功。

另一方面，有些家庭卻以孩子為中心，全力配合，讓他們能發揮自己的夢想。可是，這一來又擔心孩子不能經濟獨立、自給自足。因此，年輕人也得明白現實生活的要求，並為自己的成長、前途和生活負責任。

教會青年工作者若能提供平台，讓家長與青少年有機會交流、互相聆聽及一同學習和成長；並在認識社會和年輕人文化、和有關青少年遇到的衝擊上，給與家長適時的資訊，這樣不但可以拉近兩代的距離，亦能幫助青年人在愛的環境下開拓自己的人生。

編:活現十六週年餐會，也以「聆聽年輕一代的心聲」為題。我們將如何探討這個課題？

葉：我們設計了一套問卷，分別搜集家長、青少年和青年工作者對教會青少年工作的感想與意見，盼望可以得出一些指標，有助教會檢視目前青年事工的成效，了解如何進一步聆聽年輕人的心聲，聽懂他們的需要，更有效幫助他們成長、擁有貼地的基督徒人生。

下一代是我們未來的希望，若能觸摸到他們的脈膊，按他們心靈真正的所需，來牧養他們，這不但有助他們行走天路、邁向成熟成功的基督徒人生，在教會和社會發揮他們的影響力；亦能化解兩代之間的隔膜，成為跨代建立關係和互相牧養的支柱。

跨代家庭事工：
服侍家庭及年輕一代的鑰匙

謝梁慧儀

過去二十年，我一直在教會參與兒童、青少年及家庭事工的服侍。從我服侍的體驗，我深信跨代家庭事工是教導孩童、栽培年輕人、訓練領袖和裝備家長培育下一代的關鍵。在一般傳統教會，兒童、青少年和成人事工，都是各自獨立運作的。可是長久下來，我們不難看見教會中兩代之間因代溝、文化差異和不同的世界觀而產生分歧與矛盾，傷害主裡的合一，嚴重者甚至引來彼此怨恨和苦毒。跨代家庭事工可為這些問題提供答案，對於北美華人教會的處境，這就更為真實。跨代家庭事工把三個事工連結在一起，為不同年紀的信徒創造真誠對話的空間，互相融合的環境，促進跨代溝通，使家人的感情更得鞏固。

從我的觀察，教會中存在一些普遍的迷思，或會成為跨代家庭事工的攔阻：

迷思一：兒童和青少年只接受操流利英語的老師

事實上，只要基督徒老師能操英語、又有教導的心腸，這已是足夠的條件在教會帶領和教導孩子。我見過一個中年基督徒老師，英語相當有限，但他過去曾參與黑社會的經歷，卻觸動年輕人的心。他的見證也鼓勵了青年信徒跨越文化、踏出自己的舒適圈，去接納與自己不同背景、不同生命際遇的人。保羅在加拉太書3:28指出因著基督，我們在主裡可以合而為一「並不分猶太人、希利尼人、自主的、為奴的、或男或女，因為你們在基督耶穌裏都成為一了。」

迷思二：只有青成年的導師適合負責兒童和青少年事工

我們相信青成年導師與青少年和兒童相處時，確實更容易產生共鳴，但較成熟的成年人卻擁有更豐富的人生經驗，對處理事工亦有一個不同層次的參與。因此，青少年事工的團隊中，若能兼備不同年齡的導師，果效一定更為理想。正如提多書2:3-8提到年長的該成為年輕的榜樣，而年長的婦女也該教導年輕婦女。

迷思三：青少年只想與其他青少年往來

青少年固然重視與同輩之間的關係和友誼，但他們同時渴望得到成年人的愛護和指引，擁有可以跟隨而邁向成熟的榜樣；因此，學習與成熟的基督徒相處，亦十分重要。跨代活動有助年輕人與成年人相處，而家庭崇拜則是一個很好的平台，讓家中不同年齡的成員能一起敬拜，一同追求靈命的成長。在申命記 6:6-7，摩西強調在家中教導神話語的重要「我今日所吩咐你的話，都要記在心上，也要殷勤教訓你的兒女，無論你坐在家裡、行在路上，躺下、起來，都要談論。」

因著家庭事工的服侍經驗，我發現最有效促進家人溝通，是透過安排經常的家庭相聚時間。不少人會安排家庭一起活動和外遊，這也很有意義，但深度的溝通某程度仍然欠缺，因此，刻意和花心思製造機會讓家人相聚、聊天，是非常重要和需要的。

從牧養兒童及青少年，我看見孩子成長過程中，總會經歷反叛期。家長常常投訴期間孩子的問題，本來像個小天使的孩子忽然變了個小魔頭。行為態度是不會一夜之間轉變的，許多成長問題乃日積月累而成，所以牧養孩子的同時，裝備家長是十分重要的。跨代家庭事工對於親子的互動、關係的結連，和家庭的裝備，扮演極為關鍵的角色。教會若能提供訓練給家長去牧養孩子，這對孩子的靈命成長，定有積極的作

用。根據針對青少年宗教的國家研究(1)，年齡介乎十五至十七歲的青少年，如果父母對宗教並不重視，當中只有百分之一，在二十歲以後仍有宗教信仰。相反，若父母重視和經常談論信仰、並活躍於教會之中，這些青少年有百分之八十二到了青成年，仍會積極參與教會。這些數據顯示家長與教會聯手牧養年輕人、引導他們跟隨基督的重要性。作為教牧、家長和教會領袖，我懇請您積極參與，讓我們的下一代可以擁有不一樣的信仰人生。願賜恩的主，因您在祂國度所投資的時間心力厚待您!

[1] https://www.huffpost.com/entry/the-no-1-reason-teens-kee_b_6067838 [7/4/2019]

作者:
謝梁慧儀在菲利蒙播道會擔任年青家庭事工傳道一職。她畢業於加州州立理工大學聖路易斯-奧比斯堡分校，主修電子工程，並於2016年從北美基督神學院取得基督教研究碩士學位。她現正攻讀道學碩士課程。謝梁慧儀傳道育有兩名成年子女。她一家都非常珍惜與朋友相聚的時間，所以特別喜歡和其他家庭一起渡假，而露營常常都是他們的首選。

作者(左)與葉博士

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活現致力在家庭、教會、社區裡為兩代建立橋樑。我們定期舉辦活動、制作博客和視頻，裝備信徒用真理和愛回應文化和社會問題。

我們邀請您通過微信，WhatsApp和Line與我們保持聯繫，以獲取最新消息。
掃描二維碼或將您的姓名發送到以上電話號碼來加入我們。
我們期待與您進行互動！

2019 活現
南加事工點滴

編輯部

一如既往，活現今年繼續按不同地方教會的需要和邀請，為信徒提供親子、個人成長、情緒健康的培訓。

其中值得一提的是，接受培訓的學員中，多了更年輕的家長。這是一個可喜的現象，讓家長從子女年幼開始，就意識到需要學習養育孩子的方法和技巧，為家庭健康成長打好基礎。

另外，教會、團契也逐漸體會「生命規劃課程」對信徒靈程和成長的重要性。不少教會團契、退修會，都挑選了生命規劃當中的課題為主題。未來，活現會探索更多不同形式，與教會合作，把這個重要的心靈教育課程，一步一步融入和落實在教會日常事工當中。

南加2019上半年最大型的活動，就是5月18日與橙縣角聲合辦的「青少年全人培育研習會」，共服侍了約二百位的家長與學生。過去，葉顏瑋茵博士曾幫助橙縣角聲帶領一個「網絡和網上遊戲沉溺的原因與治療」的訓練。這次研討會的焦點，在於青少年情緒健康。葉博士除了擔任家長研討會的主題講員，也在籌備過程中積極參與，因此促成了這次合作的機會。當天活動的內容和情形，詳見右方圖片：

鑑於日益重要的青少年心理健康議題，活現機構協助橙縣角聲中心於5月18日分別為家長和年輕人，舉辦研討會及工作坊。

葉顏瑋茵博士與超過100名家長分享了她對「建造家庭堅韌力」的看法和實用建議，她並邀請學生小組從專家和青年人角度討論年輕人怎樣以積極態度面對挑戰。

主題研討會外，家長並可參加由其他講員主領的專題工作坊了解常見青少年心理失調症及社區心理健康資源。

另一場針對年輕人的會議題為「成為社區心理健康影響者」，由Connie Bartlett 博士和數名講員主持。 約 90名青少年從中學習溝通和應對技巧，培訓他們成為心理健康的影響者。

外區事工簡報：
北加、聖地牙哥、鳳凰城

馬王藹麗

過去幾年，活現與北加不同教會和信徒，建立了深厚的情誼，不少牧者、領袖以及義工，在這些日子成了活現的好朋友，當中更有長期以奉獻支持我們的事工伙伴；我們也曾在灣區先後舉辦過兩次餐會，與教會合辦過不同的事工，為此，我們滿心感恩。

在2019年四至六月期間，我們有機會在神學院和多個教會服侍：

4/30-5/9 美福神學院 - 生命規劃（碩士班課程）

5/4 聖荷西華人浸信會 - 親子講座

5/5 灣區華人聖經教會 Alameda 聚會點 - 主日講道、親子講座

5/10-12 灣區華人聖經教會 San Leandro聚會點 - 母親節週末主日講道、親子講座

6/16 灣區華人聖經教會 San Leandro 聚會點 - 父親節主日講道

6/22-23 匯點教會 Tracy 和 Pleasanton 聚會點 - 主日講道、週末親子講座

此外，我們也透過與教會牧長的交流，探索家庭事工與青少年事工結合的需要和發展，也研究把「活現生命規劃」課程用於教會日常事工的方向與可行性。這些寶貴的經驗和交流，不但有助校準我們事奉的焦點，亦是我們十分珍惜的主內團契機會。

年初時，我們接到聖地雅歌華人傳道會的邀請，在4/14主日帶領一個親子系列，分別在主日學班和下午的講座中，牧養一群渴望學習和家庭成長的家長和祖父母們。後來才知道這安排源於一位姊妹，從活現刊物中認識了我們機構，覺得我們的理念對他們的家庭事工十分適切，因此促成了這次合作。我們看見萬事都互相效力，也感恩上帝使用我們不同部門的事工，來服侍祂的教會。

此外，鳳凰城華人宣道會對活現的家庭事工，一直十分支持，不只一次邀請我們前往帶領聚會。今夏於勞工節長週末，我們也安排了特約講員劉慈謙博士，主領教會的退修會。

靠主恩典和供應，我們願意憑信心、使用不同的渠道，服侍更多更遠的群體！

聖地牙哥講座

北加活動

2019年1月至6月
活動概覽

	活動次數	接觸人次
總數	37	1,832
活現商數	26	1,622
活現潛能	9	56
新心行動	2	154

活現潛能於3月23日邀得加州職業會計師王俊女士主講「新税制對你的影響」講座。

葉顏瑋茵博士於6月29日在洛杉磯靈糧教會主講「三代情深」家庭講座。

南、北加州「活現生命規劃」課程

「活現生命規劃」導師訓練課程製作花絮

活現財務報告

2019年1-6月活現財務報告

總收入: $61,093
支出: $129,078
結存: ($67,985)

靠著神的恩典，活現繼續全心全意地為不同年代的人服務。對於機構而言，資金總是短缺的，因此我們誠意邀請您參與每月的認獻來支持活現，讓我們可以在社區以至網路上不斷提供培訓和各種服務資源。我們希望活現能成為教會、家庭、特別是新一代適時的幫助。

請掃描二維碼進入我們的「奉獻」頁面來瞭解如何支持活現。願神賜福予您!

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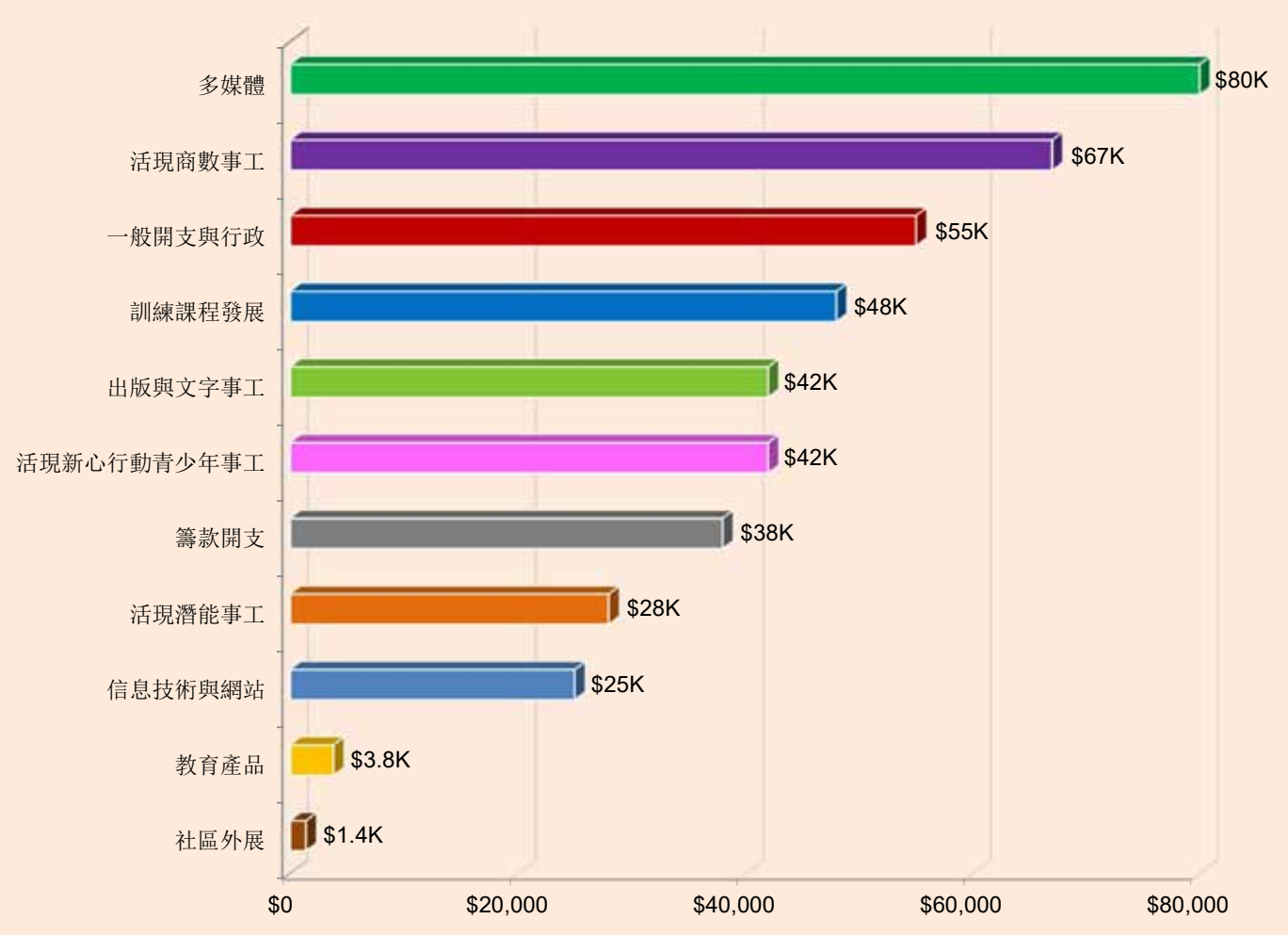
2020 預算
總支出預算：$429,665



淺談「活現潛能」：選科與職業探索評估諮詢服務

黃蔡彩紋

經常碰到家長問一個問題：如何令孩子自發上進？ 一般家長最感懊惱的是看見孩子本質非常聰明，卻毫無進取的動力，把精力全投放在網上遊戲及多媒體的活動上，荒廢了光陰和學業。

也碰到不少家長眼見即將進大學的孩子在選科上不知何去何從而著急。他們擔心孩子一旦選了不對的主修科而須中途轉系，費時失事之餘更令孩子充滿挫敗感；輕則導致情緒低落，心靈脆弱的可能會從此一蹶不振，前途令父母擔憂。有些情況是父母與孩子對選科的意見分歧，產生矛盾和爭論，甚至破壞彼此的關係。

活現潛能的選科與職業探索評估諮詢服務曾幫助許多家庭化解了以上的難題。這服務開設至今差不多有六年之久，不少客户是由曾參加這服務又非常滿意的家庭所推薦。今年上半年，在葉顏瑋茵博士繁忙的日程表裏，也安排了向六個高中與剛進大學的年輕人進行測試和指導。事後，他們都一致認同這測試和與葉博士個別指導，有助加深對自己性格的認識；而這樣的了解對他們選科和日後進入職場有莫大幫助。

特別值得一提的，是其中一位高中生，在經過測試和指導，找到合適自己的主科與職業路向後，向我們表示以往的散漫是因為缺乏目標；現在有了目標，會全力以赴去完成學業。家長看到孩子這學習態度的轉變，也感覺非常欣慰。

每次當我看到帶著問題和疑慮來進行評估諮詢的家庭，在經過指導後歡天喜地、躊躇滿志地離開的時候，我都非常感動；這猶如目睹有人決志信主得救般的興奮。能幫助年輕人找到目標、對自己的前途充滿熱情和希望，委實是一件很美的事。

假如您的孩子想更深入了解自己的個性，以致能尋找適合自己的興趣和職業路向；又或者您渴望孩子重燃對學習的熱誠與鬥志，歡迎來電諮詢。我們期盼藉著這服務，使上帝所賦予每個孩子的獨特氣質和潛能得到發展和發揮，讓他們滿足之餘也能回饋社會，榮耀造他們的主！

註：「活現潛能」為小學、初中生和他們的家長另設有學習風格和多元智能評估測試，詳情歡迎來電查詢(626)810-5200。

大學選科和職業探索指導

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服務包括:兩份專業測試和個別指導
對象: 高中生、大學生、求職和轉行人仕

客户對我們的評價,
對他最有幫助和裨益的部分:

E.L. : "了解我的個性及找出某種職業最能配合我的個性。"

J.S. : "性格評估有助於我找到目標…。"
"顧問經驗豐富、非常專業。"

I.W. : "在縮小學科興趣範圍方面很有幫助,特別是縮小搜索範圍。"

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Presence Possibilities aims to help individuals and families succeed through professional assessments and consultations identifying their personality, unique talents, culture, learning style, ideal college major and career. It is an initiative of Presence Quotient®, a 501(c)(3) non-profit organization based on Christian and family values.

學習風格、多元智能評估

助你了解孩子的天賦,提升他們的學習,促進親子和諧的關係。

活現生命規劃

許美基

「活現生命規劃」自2017年推出以來，為參加者帶來不少正面的學習和果效：有的學員重新探索自己的價值觀，有的審視自己與家人的關係，更有未信主的朋友被課程吸引而願意踏足教會。。。我們為這一切感謝神！

2019年，神更為「活現生命規劃」課程開了一條全新的路。「活現香港」在剛過去的五月申請了香港政府的社區投資共享基金。申請內容是期望透過聯繫高中、大專院校、教會和社區機構，向高中生提供「活現生命規劃」初階課程（單元 A1 至 A4；課程內容請參下表），並配合跨代導師計劃，幫助提升學生們、他們的家庭、以至整個社區的堅韌力。無論此項申請成功與否，「活現」也會於2020年初在香港深水埗區推行這個整全的方案，盼望不同年齡層的人都能得到這心靈培育課程的好處。

生命規劃主題	針對青少年的問題	生命規劃技巧培訓
A1. 尊重生命價值 - 確定人生優先序	缺乏人生長期目標	檢視和重新整理人生優先序
A2. 自我管理 - 建立健康的生活和情緒	缺乏生活管理的能力	學習多元的生活管理技巧
A3. 珍惜關係 - 學習經營生命中重要和親密的關係	缺乏家庭的支持	建立人際親密關係，與家人正面溝通的技巧
A4. 拒絕誘惑 - 以健康的態度面對壓力，來抵禦生命的挑戰和從比較而來的誘惑	缺乏壓力應對的能力，無法面對因過度使用社交媒體帶來的社會壓力和比較	管理社交媒體的使用、建立自尊、學習抗壓和應對技巧

至於美國方面，「活現」今年除了在南、北加州提供「生命規劃」課程以外（詳見右方圖表），我們正密鑼緊鼓地拍攝首半部課程 （單元 A1 至 A4）的視像錄影，用以製作導師訓練課程。我們的禱告是把「生命規劃」的訊息通過教會、互聯網和不同渠道傳播出去，願意更多人藉此更懂得珍惜和規劃生命，也更靠近掌管我們人生的主！

2019 南、北加州「活現生命規劃」課程：

日期	地點	課程主題
4/30-5/9	北加州美福神學院	生命規劃碩士班課程（共八個單元）
6/1	恆愛之家基督教會	A3. 珍惜關係 - 學習經營生命中重要和親密的關係
7/26-7/28	羅省東區宣道會 迦密團契家庭生活營	
8/31-9/2	中橙縣華人浸信會活泉團契退修會	

新心行動2019事工回顧

張穎思

2019年，活現新心行動蒙主祝福，為幫助年輕的一代，舉辦了一些活動，也分享了一些資源。

2019年2月1號，活現新心行動與羅省華人播道會聯合舉辦了一年一度的信仰研討會，題目是「傳福音與未得之民」，由阿罕布拉市Seeds of Life教會的Shimazaki 牧師帶領。講員提醒我們要分享福音、接觸尚未得著拯救之民。激勵人心的信息感動了一位年輕女孩的心，那天晚上當牧師在台上呼召的時候，她接受了耶穌。讚美主！我們為這聚會的成果滿心感謝神！盼望我們未來的信仰研討會可以繼續激勵感動年輕信徒的心。

此外，活現新心行動亦開始了「為父母禱告」的青少年禱告部落格系列，在我們網站上每兩個月有一次分享。早在2017年，活現就開始了每月一次的「父母心禱告會」，讓家長和有心人為兒女及年輕一代禱告。為了持續跨代服事的信念，我們盼望能透過這禱告部落格，引導青少年學習如何為父母禱告，並藉著禱告的行動和想念父母生命中所遭遇的挑戰，來關懷上一代。部落格網址如下：https://renewthere-sponse.org/category/prayer-blog-series/

今年我們也在4月27日舉辦了一個為青少年事工守望的禱告聚會，目標是招聚一些關心年輕人、對青少年事工有負擔的信徒、領袖一起交流、分享和禱告。我們邀請了三位同工分享

他們帶領青少年事工時的掙扎和成功之處，包括來自羅省華人聖經宣道教會的Christopher Spolar牧師，Torrance靈糧堂的 Jason Low 牧師，以及West Covina 華人宣道會恩光堂的青年事工領袖 Lydia Chan。我們非常感謝他們誠懇的分享。聽完每位講員的心聲和掙扎後，我們眼界大開，很具體看見支持青少年同工和領袖的重要和需要，好讓神藉他們去牧養年輕的一代。下半年我們將會在11月2日舉辦另一場聚會！我們盼望可以延續這個平台，讓關心年輕一代的群體，可以繼續對話和禱告。敬請留意參與。

另外，我們設計了一些針對青少年/青少年同工和父母的問卷調查。這些調查內容和收集到的數據，可以用來探索有關年輕一代的需要，為如何更有效服事他們的靈命成長、以及教會青少年事工的方向，提供寶貴的資料。

新心行動會努力為青少年和青年事工同工繼續舉辦更多活動，提供更多資源，勉勵他們活出豐盛的信仰生命。盼望您可以繼續與我們同工同行。