Presence Family MAGAZINE

活現家庭雜誌

May 2011 Issue 2 | 五月號 第二期

www.presenceministry.org

Family Resiliency

Why some families cope better than others? p.2

家庭在困境中的適應力：

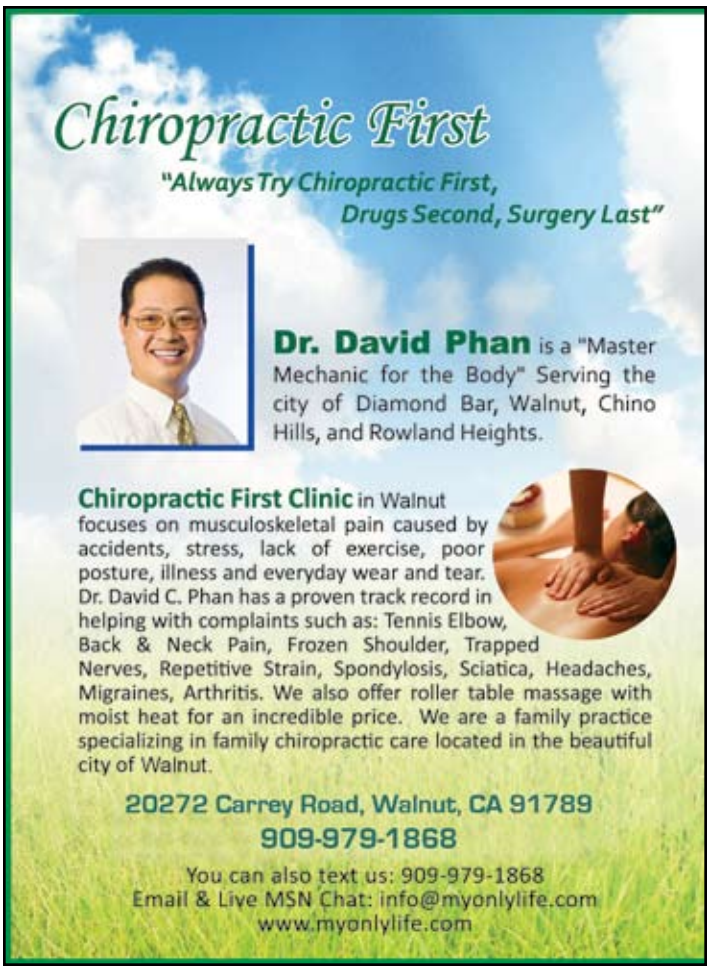
何解一些家庭的適應力比其他的強？

How do you relieve stress in life? p.8

如何疏解惱人的壓力？

Help For Stressed Out Families p.23

受壓家庭的出路



Publisher | **出版：**

Presence Ministry 活現事工
20651 Golden Springs Dr., #104, Walnut, CA 91789
Tel | 電話：(626) 810-5200
Fax | 傳真：(626) 810-5220
Email | 電郵：info@presenceministry.org
Website | 網址：www.presenceministry.org

***Editorial Director* | *編輯總監*：** Agnes Ip

***Managing Editor* | *執行編輯*：** Lily Ma

***Editorial Department* | 編輯部：**
Phoebe Chow, Susan Chow, Cindy Eng, Katy Lee, Jocelyn Loie, Janice Teng, Sue Wong, Christine Wu, Roranda Yeung

***Cover & Layout Design* | *封面及版面設計*：**
Ada Tran

***Advertising Design* | *廣告設計*：**
Yin Cheung, Leona Lau, Silvia Liu

Presence Ministry Team | 活現事工團隊

***Founder & President* | *創辦人及總幹士*：**
Agnes Ip

***Coworkers* | *同工*：**
Jody Chan, Monica Chuen, Lily Ma, Christine Wu

***Office Volunteers* | *辦公室義工*：**
Vicky Ly, Jinny Chow, Cindy Eng

Presence Board Members | 活現董事：

***President* | 主席：** Agnes Ip
Secretary | 秘書： Jenny Lee
***Treasurer* | 財政：** L. Ma
***Members* | 董事：**
Rev. & Dr. Timothy Tin, Elsa Tsang

If you like to support the publication of Presence Family Magazine financially, you can either donate toward this ministry, or sponsor this ministry through advertising in this magazine. All donations and sponsorships are tax deductable.

如您願意在經濟上支持活現家庭雜誌的出版，歡迎為此事工奉獻或以廣告形式贊助。所有奉獻或贊助，將獲發抵稅收據。

活現 Presence

Editor's Corner
編 者 的 話

Lily Ma 馬王藹麗

Stress is an inevitable part of our lives. To some people, stress hurts them physically and emotionally. Stress can even destroy their relationships with others. But to a few, stress helps them become stronger and gain a better understanding of real life. "What doesn't kill us makes us stronger" is so true. Actually what is stress? How can we get relief from stress? How can we seek a way out and mature through our problems? In this issue, we gather different views, stories, and studies to better understand stress and its impact to the families. We hope that you and your family can also become stronger and more mature from dealing with stress in life.

壓力是都市人生活的一部分，無可避免。對有些人來說，壓力絕對是損害健康、打擊情緒、甚至破壞關係的元凶。但是對另外一些人來說，壓力卻可成為成長的動力，令人更深體會人生。「不把我們打倒的困難會使我們變得剛強」這句話何等真實。究竟壓力本身是甚麼回事？遇到壓力時可怎樣應付以致得到舒緩？困境下怎樣尋求出路和成長？這期活現家庭雜誌將透過不同的人物、不同的故事、不同的研究，與你一起分析壓力與家庭的問題，但願你和你的家也能在壓力中不斷成長。

Table of Contents
目 錄

May 2011 | 二零一一年五月
Issue 2 | 第二期

2 **Family Resiliency:**
Why some families cope better than others?
家庭在困境中的適應力：何解一些家庭的適應力比其他的強？

8 **How do you relieve stress in life?**
如何疏解惱人的壓力？

13 **Raising an autistic child**
與自閉兒一起走過的成長路

23 **Help For Stressed Out Families - Research Brief**
受壓家庭的出路 – 研究簡報

28 **Resolving Stress in the Family - A Counselor's Perspective**
輔導員眼中的壓力人生

32 **Living with Intense Stress**
走出重壓的陰霾

Presence Ministry Product
活現事工產品

Order Form ? 訂購單

Title of the Product 產品	Suggested donation 建議奉獻價	Quantity 數量	Amount 金額
Parenting and Family 親子家庭教育系列			
粵語 CD/DVD			
PAC001: CD 幫助孩子建立自尊心 (粵)	$10		
PAC002: CD 訓練孩子處理衝突 (粵)	$10		
PAC003: CD 孩子行為的危機訊號 (粵)	$10		
PAC004: CD 協助孩子面對災難 (粵)	$10		
PAC005: CD 如何與孩子談性 (粵)	$10		
PAC006: CD 孩子的道德智商 MQ (粵)	$10		
PAC007: CD 孩子不同的學習風格 (粵)	$10		
PAC008: 7CDs new 粵語親子教育系列優惠套裝 (共7片)	$55		
PAC009: CD new 健康家庭須有的基本心理概念 (粵)	$10		
PMC001: 2CDs (粵) 父母與青少年子女溝通之難，難在？	$15		
PMD001: DVD (粵) 父母與青少年子女溝通之難，難在？	$15		
雙語小冊子			
PMB301: BOOKLET (bilingual/雙語) 克服與青少年子女溝通的障礙	$3		
PMB302: BOOKLET (bilingual/雙語) 健康家庭須有的基本心理概念	$3		
國語 CD/DVD			
PAC101: 2CDs new 培養孩子處理困境的能力 (國)	$20		
PAC102: 2CDs new 青少年領袖訓練與親子培育課程(國)	$15		
PAC103: 2CDs new 親子互動與情緒管理 (國)	$15		
PAC104: 2CDs new 愛的語言與家庭界線 (國)	$15		
PAC105: 2CDs new 中年人的婚姻危機與處理 (國)	$15		
PAC106: 2CDs new 家庭暴力與輔導 (國)	$15		
PAC107: CD new 個人自主權與家庭壓力的處理 (國)	$10		
PAC108: 11CDs 國語家庭教育系列優惠套裝 (共11片)	$70		

Title of the Product 產品	Suggested donation 建議奉獻價	Quantity 數量	Amount 金額
Marriage Series 婚姻系列			
國語 CD/DVD			
FTC 101: 4CDs 愛深長路	$25		
FDC101: 4CDs 幸福...其實很簡單	$25		
FLC101: 4CDs 中年人的新契機	$25		
Internet Addiction Series 網絡沉溺系列			
English CD/DVD			
CMC301: 2CDs (Eng / 國語翻譯) Internet Addiction in Teens: How to Avoid and Overcome	$15		
CMC201: 2CDs (Eng) Clnical Session: Internet Addiction - Basic Principles for Causes & Treatment	$20		
CMD201: DVD (Eng) Clnical Session: Internet Addiction - Basic Principles for Causes & Treatment	$25		
INC201: CD (Eng) new Confessions of a Gaming Addict	$10		
IKC201: CD (Eng) new Parenting Our Children in the Age of the Internet	$10		
粵語 CD/DVD			
CMC001: 2CDs (粵) 青少年網路沈溺: 如何避免和勝過	$15		
CMC302: 2CDs (粵/ 國語翻譯) 成人網路沈溺: 認知與解構	$15		
Total 合計:			

Shipping & Handling 郵資及包裝
Within USA 美國本土:
$5 for purchase under $15
$8 for purchase between $16 - $30
$10 for purchase between $31 - $60
$15 for purchase between $60 - $99
Free for purchase $100 or more

Name 姓名: _____
Address 地址: _____
_____
Tel 電話: ( ) _____
Email 電郵地址: _____

Please send your completed order form to Presence Ministry. Make check payable to PRESENCE
請填妥訂購單，連同支票郵寄到活現事工。支票抬頭請寫：**PRESENCE**
Mailing Address : 20651 Golden Springs Drive #104, Walnut, CA 91789

Refund Policy: Any item return or exchange must be made within **10 days of receipt.** Any defective, incorrect, or damaged item may be returned or exchanged. Any media products may only be returned for refunds if unopened. If opened, only replacement of the same item may be allowed. For further assistance, contact Presence at 626-810-5200.

Family Resiliency

家庭在困境中的適應力

Why some families cope better than others?

何解一些家庭的適應力比其他的強？

Agnes Ip 葉顏瑋茵

"Harmony" is a familiar concept to the Chinese. It has been a major theme in Chinese families for thousands of years. Today, the Chinese government even has a mandate to promote "Harmony" as the theme for the country. It is not surprising to find that "harmony" is an indicator of a healthy family in Western family therapy. McCubbin and McCubbin (1989) define a healthy family as "family resiliency or the ability of family to respond to situations and crises encountered over the family life cycles" (p.6.) "Resilience" is the characteristic of families achieving or adapting from many life challenges in order to achieve balance and harmony (Allen, 1998.)

Through my years of clinical experience in private practice, I have noticed that some families adapt better than others. Some get stronger when facing difficulties while other families become weaker or keep falling apart again and again. What is the difference that produces family resiliency? How can families achieve balanced and harmonious relationships in a crisis?

Perception of adversity affects a family's level of stress

The following five situations demonstrate how the perception of difficulty relates to stress. The first four are based on Rueben Hill's family stress model (Friedman, 1998) and the last one is my own observation.

1. Families perceive less stress when they face planned events rather than unexpected ones. If you are expected to be laid off within 3 months, it is less stressful than to be laid off suddenly without notice.

「和諧」是中國人熟悉的概念，它亦是中國人家庭幾千年以來一個重要的題目，連今日的中國政府都以和諧作為國家的主題。無獨有偶，西方人的家庭治療也以「和諧」作為一個健康家庭的指標。McCubbin 和 McCubbin (1989) 將健康家庭定義為「一些能在人生週期中所遇到的各種的狀況和危機下中、作出適當回應和最終適應的家庭」（第6頁）。「彈性」和 「適應力」是這些家庭的特點。他們能夠適應生命中許多的挑戰，以致達到平衡與和諧 (Allen,1998)。

在多年臨牀輔導的經驗中，我發現有些家庭比其他的家庭更有適應困境的能力。他們可以越走越強；相反，有些家庭遇到困難便會每況愈下，一蹶不振。這些具適應能力的家庭究竟有何不同呢？為甚麼他們能夠在危機中可以取得平衡與和諧的家庭關係呢？

家庭對處境不同的詮釋

將直接影響其受壓的程度

在以下五種的情況中，家庭可能會以不同的觀點來看待他們的難處和受壓的程度。頭四項是根據Rueben Hill (Friedman, 1998) 的家庭壓力模式中的四大前設，最後一項是我個人的觀察。

第一，當家庭面對預期之中的事情時，比面對意料之外的事情，所要面對的壓力會來得較少。知道自己可能在3個月後遭公司解雇，比起在沒有心理準備下被解雇，壓力相對會較低。

2. Difficult events occurring outside the family are less stressful than situations within the family. For example, a serious illness within the family is perceived to be more painful than war or flood.
3. Stressors that had been experienced before lead to a lesser level of stress than if the stressors have never happened to the family. For example, a family may see their child's chronic sneezing as less stressful than the child's first nosebleed.
4. Ambiguous situations are more stressful than certain events. For example, a family may see having lung cancer as less stressful than an unknown illness.
5. Families perceive less stress if they know other families have experienced similar situations rather than a situation that is unique to them. In counseling sessions, many families would often ask "Why our family?" "Why only our family is so unlucky!"

第二，家庭面對外界發生的事，對比家裏發生的事，前者壓力會較少。比如家人得了重病，會比面對戰爭或是水災更加難過。

第三，當家庭面對曾經遇過的難處，所承受的壓力會比起一些從未遇過的難題較少。孩子常打噴嗤的情況會較容易處理，但面對孩子第一次流鼻血，則顯得措手不及。

第四，確定的情況比含糊的情況，所帶來的壓力較少。若家人得了肺癌，比起得了不知名的嚴重絕症，家庭面對的壓力，會較容易承受。

第五，是我個人的觀察。發生在多數家庭的難處，比起自己一家獨有的困難，會令家庭較易適應。不少被輔導的家庭成員，都會問-----「為甚麼是我們？」「為甚麼只有我們這一家才這麼倒霉？」

Internal factors affect family's ability to adapt

Internal factors of the families will also directly impact the ways an individual, and the family as a whole, respond to the crisis as well as their ability to adapt. According to McCubbin and McCubbin's Resiliency Model of Stress, Adjustment, and Adaptation, there are four factors which will influence family in crisis leading to a positive family relationship:

1. Family has more cohesion, adaptability, hardiness and routine.
2. Family is able to use resources to adapt to their stressful events.
3. Family has a positive appraisal of their stressful situation.
4. Family uses a wide range of coping and problem strategies to manage a crisis situation.

However when a family accumulates many demands from multiple stressors, strains and transitions, it results in a negative family relationship. (Freidman, 1998; McCubbin & McCubbin, 1993)

家庭內部的因素影響
危機中的適應能力

不單家庭如何看待所處的環境，會影響他們受壓的程度，其實家庭內部的因素也會直接影響家人本身和家庭整體對危險適應的能力。按 McCubbin and McCubbin 在壓力下調整和適應的模式，家庭在各種各樣的壓力下，仍能導致正面的家庭關係，有以下四方面的因素 (McCubbin, 1993, p. 55):

（一）家庭有更多的凝聚力，適應性和抗逆性，在家中有相聚的時間和常規。

（二）家庭能夠利用自己的資源，以適應壓力的情況。

（三）家庭對壓力的處境，能有正面的評價。

（四）家庭能以廣泛的應對策略，來處理危機。

相反，當家庭長時間累積過重的壓力和生活的變奏，則會產生負面的家庭關係。(Freidman, 1998; McCubbin & McCubbin, 1993)

Nine characteristics of a resilient family

Fortunately, there are more factors that are positive than negative. However, there's an old Chinese saying (loosely translated) – A parent with a long term chronic illness cannot expect even a dutiful son to constantly care for him. When a family has to deal with a long term stress, every member at home lives under constant high pressure. Not every one can handle such pain; adapting to the stress to achieve balance and harmony in the family will be a challenge. Patterson's (1991) study, pointed out that families who are able to deal with a chronic illness resulting in resilience all have the following nine characteristics:

1. Being able to balance the illness with other family needs. The family takes care of each other's needs, they comfort and support one another. They do not blindly pour all their resources onto only the sick member. Thus, family members are able to fight the long battle of illness together.
2. Having clear family boundary. Family members are able to respect each other and to accept each person's responsibilities and limitations. They are not overly demanding on each member to revolve around the schedule of the infirmed. The family is able to live harmoniously when each one's personal space is recognized.
3. Being able to openly communicate. Intimacy in a family is built when members regularly express their thoughts and are willing to listen and accept each other's feelings, both positive and negative.
4. Finding positive attributions or meaning in the situation. Hardship is perceived as a life experience to refine their character and a means to learn to humble themselves and cherish each other.
5. Maintaining flexibility. Creativity and flexibility is used to arrange the family routines instead of making strong demands that cause members to feel restricted.
6. Committing to each other as a unit. The power of the family comes from each member patiently giving endless support over the long term.
7. Putting active efforts into coping. While feeling low is unavoidable during hard times, family members know to turn their minds toward more positive and workable matters that bring new energy to the family.

處變能不驚的家庭
所具備的九種特質

可喜的是，建立正面關係的因素總比負面的還多。話說回來，中國人常講的一句話：久病牀前無孝子！當家庭成員長期病患，家人長時間活在高度受壓的狀態下，並不是每個家人都能承受這種痛苦；更難談得上在適應中，與其他家人共同達到平衡與和諧的家庭關係。在 Patterson(1991) 的研究中，指出能夠在家人長期病患時，產生抗逆能力的家庭，都擁有以下九種特質：

1. 能夠平衡照顧病患與其他的家庭需要：家人能夠顧及彼此之間的需要，互相給予安慰和支持，不盲目地把所有的資源都放在照顧病患者身上，以致家庭成員們能夠有效地一起長期應戰。
2. 有明確的家庭界線：家人能夠互相尊重，接納各人的責任和限制，不會過度地要求每個人的生活起作，都要配合病患者。各人能有更多的私人空間，生活就能更和諧。
3. 能夠坦誠溝通：家人經常互訴心聲，願意聆聽和接受彼此正面和負面的感受，他們在困境中建立親密的關係。
4. 對所處的情況，尋找到積極的解釋或意義：把困難看為人生經歷，好好磨練品格，學會謙卑自已，懂得互相珍惜。
5. 保持靈活性：當家人的生活受到一定的影響時，硬性的規定只會使人感到被約束。他們以靈活有創意來安排家事，使更多的家人得益處。

8. Keeping social connections. A patient who suffers from a chronic illness is always isolated. Family members could utilize more community resources and church support to help the patient stay connected to the society.
9. Establishing collaborative relationships with professionals. Family members are able to gain guidance and support from professionals. Better arrangements can be made for the patient, thus reducing unnecessary troubles of daily life, benefitting the entire family.

Families who have these nine characteristics are resilient families who are better able to cope with adversity. Living under difficult circumstances can result in stronger personal lives and more united and powerful family bonds. Unfortunately, families lacking these nine characteristics are more likely to decline under long-term accumulation of stresses and become weaker and weaker over time. Helplessness and pain will be felt in the family with members complaining to each other.

Particularly in our current economic recession, every family needs to develop these nine characteristics. Family members must stay together to face the hardships of life, and we must try our best to establish a balanced life and to build a harmonious family!

"Perseverance must finish its work so that you may be mature and complete, not lacking anything. If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him." (NIV Bible, James 1:4-5.)

6. 每位成員對家庭的委身。家庭的力量，來自各人長期以來的忍耐和不離不棄的支持。
7. 將積極努力應對：困難時，難免有低落的心情。家人懂得把他們的心思轉移，放在一些正面、能做的事上，會為家庭帶來新的動力。
8. 保持與社會的連系：長期病患者容易與人隔離，家人運用社區的資源和教會的支持，使病患者能融於社會。
9. 能與專業人士建立合作關係：家人得到專業人士的指導和支持，可以減少生活上不必要的困難，並能為病人作出更好的安排，對整體家庭有益處。

擁有這九種特質的家庭就是那些具彈性能面對逆境的家庭。個人生命能夠從逆境中成長，得以茁壯。愛亦能夠把痛苦昇華，這樣家庭能夠在困難適應後，變得更加團結有力。可惜的是，缺乏這些特質的家庭，容易失落於長期積累的壓力中，一次比一次更形脆弱，使家庭陷於無助的痛苦和互相抱怨的光境中。在目前經濟衰退的時侯，其實每個家庭都需要培養出這九種家庭的特質，一起共渡時艱，以致在應對人生中不同的挑戰時，能竭力建立平衡的人生、和諧的家庭！

「但忍耐也當成功，使你們成全完備，毫無缺欠。你們中間若有缺少智慧的，應當求那厚賜與眾人，也不斥責人的神，主就必賜給他。」 (雅各書1:4 -5)

References

Allen, M.T. (1998). Traditional parenting and childrearing: Promoting harmony and beauty for life. Navajo parenting workshop at Northern Arizona Museum. May 15, 1998. Flagstaff, AZ.

Friedman, M.M. (1998). Family nursing.(4th Ed.). Stamford, Connecticut: Appleton & Lange.

Mc Cubbin, M.A. (1993). Family stress theory and the development of nursing knowledge about family adaptation. In S.L. Feetham, S.B. Meister, J.M.Bell, & C.L. Gillis (Eds.) The Nursing Family. New Bury Park: Sage Publications, 46-58.

McCubbin, M.A., & McCubbin, H.I. (1989). Families coping with illness: The resiliency model of family stress, adjustment and adaptation. In, C.B. Danielson, B. Hamel-Bissel, & P.Winstead-Fry, Families, health & illness: Perspectives on coping and intervention. St. Louis: Mosby.

Patterson, J. (1991). Family resilience to the challenge of a child's disability. Pediatric Annals, 20(9), Sept, 491-499.

HOW DO YOU

RELIEVE STRESS IN LIFE?

如何疏解惱人的壓力？

Christine Wu 吳曉光

Everyone experiences all kinds of pressure or stress from daily lives. Some pressures are internal, such as from school or friendship that is part of the growing pains. Some pressures are external, like growing up in a single parent home and feeling helpless from the economic downturn. No matter where the pressure is from, if we live under pressure for a long time, it would bring serious adverse effects on our psychological health.

According to a recent report from the American Psychology Association (APA) entitled "Stress in America", residents from Los Angeles ranked No.1 in stress level, far exceeding the national average. They are more concerned about money, jobs and economic issues. Angelinos are also less capable to relieve stress compared to residents in other major metropolitan cities.

We would like to offer some helpful suggestions to relieve stress.

每個人的生活中多多少少會遇到各種各樣的壓力，有的是內在的，如階段性成長所帶來的壓力，包括學業、交友等；有的是外在的，來自環境，如單親家庭、金融風暴所帶來的力不從心、無所適從等。不管是內在的，還是外在的，人若長期處在壓力之下，會嚴重地影響身心的健康。

根據美國心理學協會（APA）最新公佈的「美國的壓力」最新研究報告，由於關注金錢、工作與經濟，洛杉磯居民的壓力遠超過全美平均值，高居全國第一。而洛杉磯人比起美國其他大城市居民又比較不會疏壓。這裡，我們給大家介紹幾個疏解惱人壓力的方法。

Method 1

Adjust your attitude; be more optimistic.

"Attitude determines destiny." This saying is not an exaggeration. Whenever there are problems that we are unable to deal with, negative reactions such as fatigue, grouchiness, headache and feeling of helplessness will surface. If we change our mentality and look at our situation from another perspective, we would be able to reduce the adverse impact.

There are old proverbs that go like this: "A loss may turn out to be a gain", and, "There is opportunity in every crisis." These point us to the fact that there are two sides to every coin, and there is always more than one way to look at any situation. If we can optimistically look at what we have and be thankful and not dwell on what we don't have, then our stress level will naturally reduce. Of course, this kind of change will not occur overnight. We need to constantly practice on evaluating our situations from different angles.

方法一：

調整心態，用積極的態度去面對。

有人說，「態度決定一切。」這話一點不為過。壓力，通常是因為人的能力無法順利地應付外在環境的威脅，因而相應地產生一些負面的情緒，如疲累、易怒、頭痛、不知所措等。如果我們能調整自己的思維方式，超越環境進行換位思考，以積極的角度來看待壓力，雖然逆境還在，但它對我們的影響會減輕。古人云，「塞翁失馬，焉知非福？」也有俗語說，「危機中必有轉機。」都說明任何事物都有其兩面性，如果我們能改為以積極的態度去感謝我們所擁有的，而不是看我們所沒有的，我們的壓力自然會降低。當然，這樣的改變不是一蹴而就的，需要不斷的學習。

對於自身成長過程中的階段性壓力，可以常用一些積極的想法提醒自己，如「一切都會過去的」；「沒有一個人是完美的，誰都會犯錯」。這樣也可以降低壓力。

Method # 2:

Let family be the center of our focus

Living a simple life and having good family relationship is the best medicine for relieving stress. When we are pressed from the outside world with nowhere to turn, we often rediscover that love from our family is the greatest treasure in the world. As a family, we can live a simple life by eliminating unnecessary expenses and living within our means. A family can participate in free yet healthy activities such as walking, hiking and playing games or sports together. When we are closer to nature, our minds are more open to appreciate and enjoy what we do have.

方法二：

將生活的重心轉向家人，重拾親情。

過簡單生活的同時，將重心轉向經營家庭和親情。當被外界壓力壓的透不過氣時，往往會發現親情才是世界上最寶貴的財富。全家人可以一起做節衣縮食的計劃，減少一切不必要的開支，量入為出，過簡單的生活；家庭成員間彼此鼓勵、互相打氣，全家人可以一起去做一些免費的、有益健康的活動，如散步、遠足、球類運動等。置身於大自然中不僅可以陶冶性情，也可使心胸更開闊，有助於全家人更珍惜目前所擁有的，一起共度難關。

Method # 3:

Develop hobbies and *interests*

方法三：

培養一些興趣愛好

When pressure gets us down, do something enjoyable such as reading a book or a magazine, organizing old pictures, chatting with a friend, listening to relaxing music or knitting. We can volunteer to help less fortunate people at a charity. Some have said, 'We feel less pain when our attention is put on others rather than ourselves.' If we have this mentality of "worse than some, but better off than many," then our stress level will be lowered.

因壓力而感到情緒低落時，找一些自己喜歡的事情來做。例如，讀一本喜歡的書、雜誌；整理過去的照片；和朋友聊天；放鬆心情聽音樂；或編織毛衣等。或找個社會公益團體做義工，去關心別人。有人說，「當你感到痛苦時，最好的解脫辦法，就是忘記自己轉向他人。」這樣便能經歷「比上不足，比下有餘。」壓力自然減輕。

Method # 4:

REFLECT on our lives

方法四：

藉此機會反省人生

We tend to take things for granted when life is going smoothly. We seldom value our jobs, our health and our families until adversities strike. This is the golden opportunity to ask yourselves this question: "What is my life goal - is it my job, money, a bigger house, a more expensive car or a better school for my children?" Many people seek a relationship with God through this self reflection after losing their jobs in this economic tsunami. They are able to realign their value system and realize that there are more important things in life than working and making money. This is what it means to have a blessing in disguise.

生活一番平順時，人們往往容易視自己所擁有的為理所當然。可是有一天，當逆境來臨，所擁有的東西被剝奪時，才忽然領悟到它們的寶貴，如工作、健康、家人的親情。不妨藉此機會反問自己，「我生活的目的到底是甚麼？」是否只為了事業、金錢、更大的房子、更好的車子，以及孩子考上更好的學校？有很多在這巨大的金融海嘯衝擊下失去工作的人，經過自我的反省，重新找回信仰，回到上帝的身邊，使自己的人生價值觀有了調整，認識到在自己的生命中還有比工作、金錢等更重要的東西。所謂「因禍得福」。

Method # 5:

Most important - faith in God gives power

Faith in God allows us to view life from God's vantage point. We become more mature when we can look back on things from a historical perspective. Something considered very important to us now will become very trivial after a few short years.

God loves us. The Bible says, "For I know the plans I have for you," declares the Lord, "plans for prosperity and not for harm, plans to give you hope and a future." (Jeremiah 29:11, NIV) "As the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts higher than yours." (Isaiah 55:9) Even when we face different kinds of problems and difficulties, God promises us good. "And we know that in all things God works for the good of those who love him." (Romans 8:28) Above all, He gives us a "cure-all pill" in 1 Peter 5:7. "Cast all your anxiety on him because he cares for you." And in Philippians 4:6-7, "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

*****

From what we have talked about, stress is not unbearable if we can learn to face our problems with optimism and appreciation of what we have been given. At the same time, self-reflecting and adjusting our value system are also essential. Above all, faith in God is the major force in helping us to find life's true meaning and gives us motivation to grow through adversity.

方法五：
最重要是信仰的力量

人有信仰，才能學會站在高處，從上帝的角度縱觀周遭所發生的一切，從歷史的角度看問題，使自己有所成長。有些當時覺得是天大的事情，幾年後因著我們的成長再回過頭來看，根本不足掛齒。何況上帝是愛我們的，他向我們所懷的意念，「是賜平安的意念，不是降災禍的意念」(耶利米書二十九章11節)。「天怎樣高過地，照樣上帝的道路高過我們的道路，上帝的意念高過我們的意念」（以賽亞書五十五章9節），儘管我們會遇到各樣的逆境和難處，但上帝應許我們，「萬事都互相效力，叫愛上帝的人得益處」（羅馬書八章28節）。況且他還將「靈丹妙藥」賜給我們，「你們要將一切的憂慮卸給上帝，因為他顧念你們。」（彼得前書五章7節）「應當一無掛慮，只要凡事藉著禱告、祈求和感謝，將你們所要的告訴上帝，他所賜出人意外的平安，必在基督耶穌裡保守你們的心懷意念。」（腓立比書四章6節）

*****

由此看來，壓力並不可怕。重要的是，我們要學會以積極的心態去面對，珍惜所擁有的；同時，對人生有所反思，調整自己的人生價值觀，找回生命的真正意義，讓自己的心靈在逆境中有所成長。而信仰則是造就堅強心靈的一個重要因素。

做個好男人

弟兄退修會

主講：林修榮先生

簡介：在美國居住32年，結婚34年，於商界服務21年，全時間義務工作14年；有生之年學習做個好男人。

日期：2011年10月8日（星期六）（粵語）
時間：9:00am~4:30pm
地點：洛杉磯國語浸信會 (嘉惠堂)
210 N. Garfield Ave.,
Alhambra, CA 91801

日期：2011年10月9日（星期日）（國語）
時間：2:00pm~8:30pm
地點：羅蘭崗基督徒禮拜堂
19309 Colima Rd.,
Rowland Heights, CA 91748

查詢：626-810-5200
或 www.presenceministry.org
報名：626-810-5200
或info@presenceministry.org
費用：每人20元（包括午餐或晚餐）

主辦：活現事工 (Presence Ministry)
協辦：羅蘭崗基督徒禮拜堂

活現 Presence

RHCCC

RAISING
An Autistic Child
與自閉兒一起走過的成長路

Father's Perspective:
父親的分享

Some people say when a family has an autistic child, the whole family will become "autistic" or very much withdrawn and detached from other people. You can probably imagine the struggles and the stress that a family faces when raising an autistic child. Yet the hard work and the tears can also bear fruit. This testimony of a family with an autistic son shows how God turns their struggles into growth and blessings, to the family as well as to the people around them.

有人說家有自閉兒，全家都自閉。當中我們可以體會養育一個患有自閉症的孩子，家人須面對怎樣的挑戰困難，箇中滋味，實在不足為外人道。全副精神都放在自閉兒身上，家庭也難免變得抽離。然而家人的付出和眼淚，卻往往會結出美好的果子。從以下一個家庭的分享，可見上帝怎樣把爭扎和痛苦轉化為成長和祝福——不單使這個家庭深深蒙福，也使身邊的人因他們而蒙福。

我兒在三歲左右的時候，「自閉症」這個名稱從此就冠在他身上了。專家報告指出他的智商較同齡兒童低出二十巴仙，學習能力低而慢，一切自閉症會有的行為表現都出現在他身上，困難和問題如排山倒海般的挑戰著我們夫婦。我唸教育、擁有教育碩士學位、更有多年的教學經驗、任教的是全城最貴的國際學校，奈何面對自己兒子的表現、卻令我變得束手無策， 甚至開始懷疑自己對教育的肯定和信念。

我兒七歲時才開始學叫爸媽，整天活在他自己的世界，把玩具車子排得井井有條，不說話不唱歌，奈何 ！他經常不知危險而衝出馬路，不理會我們的警告而跳進水中，奈何！他不與別人玩耍也不理外間事物，不曉得一二三而只知吃麥當勞藍色紙包著的魚柳飽，這又奈何！ 兒子行為固執，加上兩眼散漫而全無眼神接觸，與人的溝通可謂嚴重塞車，奈何！ 他的學習進度像烏龜加蝸牛的慢，一個簡單如刷牙洗面每天要做的動作，做來容易、說也簡單，但在我兒身上，又是一個需要29個步驟才能完成的動作，你又奈何？

我見過大笨象跳舞繪畫、猴子翻筋斗玩把戲、鯨魚海豚表現花式動作、鸚鵡能講能唱、貓狗乖巧服從命令。這些都是刻苦訓練的成果。我就是不相信我不能教好我的自閉兒，令他有學習的能力。於是我就毅然放下教鞭，移民美國，與他來個大比拼，看誰的堅忍度強 。我給自己的新挑戰，就是深信只要提升心中的教學理念，拼除傳統的教學方式，用多角度 、立體式、實物化去改變他的自閉行為、每天與他「砌磋」，就能將他訓練成材。

The label "autism" has been with my son since he was about 3 years old. Professionals said his IQ was about 20% lower than that of kids his same age. His learning skill is low and slow and all the special characteristics that an autistic child would exhibit, he has them all! All these pose enormous challenges to me and my wife. I am an educator by training, I taught in the most prestigious international school in town, I have a master degree in education and have many years of teaching experiences, but when I see my son's autistic behavior, I was completely lost.

My son did not start to talk until around 7 years old. He lived in his own world most of the time. He loved to line up all his toy cars. He didn't talk, he didn't sing, what can we do? He didn't know the word "danger" and would cross the road without any caution. When he saw water he would jump right into it, whether it is an ocean or a river, what can we say? He didn't like to play with others and he didn't care what's going on in the outside world. He didn't know how to count and he only liked "M" fish burgers wrapped in blue paper. His communication highway is severely congested, what can we do? Progress on learning is like a turtle if not a snail, a simple everyday task like washing the face and brushing the teeth would take him a total of 29 steps to finish, sigh!!

I have seen elephants dance and paint, monkeys doing somersaults and tricks, whales and dolphins performing, parrots sing and talk, cats and dogs follow order; all these are results of training and I just can't accept the fact that my son is not trainable or "educatable". So finally I decided to quit my teaching job, immigrate to America, and posed new challenges to myself. I will apply my educational ambition, give up the traditional way of teaching, try to look at things from different angles, even in 3D, and use practical methods to change my son's behavior, and pray that some day he will be alright, that he will become a useful person and not a burden to society.

We find that being observant is a very important factor in bringing up children. Amongst all the toys, my son only likes cars and nothing else. So, we use "car" to open up his mind and heart to teach him. If we want to teach him alphabets and numbers, we teach him how to read license plates. If we want to teach him colors, shapes, size, we point to different parts of cars. If we want to teach him discipline, we use traffic rules. We let him have hands-on experiences in everything so his senses can be stimulated. Our family is united in handling our son with lots of love and patience, but at the same time we don't give up our principles and yield to his unreasonable demands. We just need lots of wisdom and creativity in taking care of him.

The principles we live by are based on faith in God and God's true divine Words. We believe in the power of the Holy Spirit and we look up to God as the Master of our home. Our son's Chinese name reflects our family's experience in Christ – based on the faith that we live.

One evening after we had dinner in a restaurant, my wife posed a test to my son. She asked him if she can throw away a toothpick out of the car window since it was dark and we were on a highway, no one would see us. The answer he gave her was simple and straightforward: "But God is watching". We were so comforted and joyful! After this incident, we know that his faith is strong and that he knows there is a God who is watching over every step of his life, and he knows to fear this God. What more can we ask for in life than to raise a child who is God-fearing?

I believe God in heaven must be very pleased with my son. One time when we were out of town, he told us he went to meet his professor at 6 am to see if he can change his class schedule from 11am to 7am because he thinks he will become lazy if he doesn't have class until 11am. Even his professor said he is really one of a kind and he has not seen such a student in many years.

Have faith in Jesus, hold on to the Word of God, bring all your burdens of raising kids to God, tell Him your worries and troubles, He will guide you through and bless your family with joy and blessings from above. I once raised my hand when the pastor asked during Sunday service, "Who is a 100% happy person?" I know it is rare to find someone who feels himself a perfectly happy man in this world. Honestly I really feel I am one of the happiest men on earth. I am proud to have a son who is so useful and independent and can take care of himself. I am proud to have a daughter who is honest and responsible. And I am also proud of having a wife who is smart and capable. Every time when my whole family gets together and enjoys a wonderful meal prepared by me and my son, I would give thanks to the Lord for the great things He has done in our family and I give all the glory to God.

我們教養兒子的心得是從觀察開始。我兒在各種玩具中獨愛車，對其他甚麼都沒有興趣，因此我們就用車來打開他自閉的心門，開始教他單字發音。英文字母、數目字，我們就用車牌； 教顏色，形狀 和大小，我們就用車身；學守規矩，我們就用行車法例 。我們的目標 是多用實物體驗去激發他的注意力，全家憑著同一信念，常與他說話，多加 愛心與忍耐，但同時堅守原則，不向他的無理要求而屈服。

有一次我們在外晚飯後，太太刻意試他，說：「我們可否將牙簽拋出車外，在這漆黑的公路上，人不可能看見」，他馬上回應說：「但神會看見啊・」「But God is watching.」我們實在感到很安慰，因為他心中有神，並且敬畏祂。我倆在外的時候，他曾在清晨六時回校等老師批準他把上課時間提早（因他認為十一時的堂是浪費時間），那種求學傻勁連教授也說近年罕見。神 賜給我們的產業如此豐厚，我們 除了感恩還有何話可說呢 ！

本着信心、持守真道，將教導孩子的難處告訴神，將自己的擔憂、無奈交給主，祂就會指引我們的路，從而我們就可以在家中享受從天而來的福樂。我曾在聚會中舉手認為自己是一個有「快樂」滿分的人，我知道在現今社會上可以說是寥寥可數，而我真的覺得自己是個十分快樂的人，我以有一個自閉得有用的兒子為傲，加上一個正直又有責任感的女兒，以及一個精明能幹的太太，想到一家人每天能一同吃飯，各人心存感恩去享用兒子與我共同預備的飯菜，我就感謝神在我家所成就的大事，願將一切榮耀都歸給祂。

母親的分享 Mother's Perspective:

Having a daughter could recite poetry at 19 months old, I was faced with a son who couldn't even utter a word at three years old. I still can't get over the shock when the bad news came that he was diagnosed as "autistic". Psychology was my minor in college, so I immediately dug through the books to figure out how "autism" was going to impact my life. Unfortunately, as of now, there is still no single authoritative "clinically confirmed" cause of autism. So I had to do my own analysis of the cause of my son's autism. Could it be the air pressure when I was on the plane pregnant with him? Or was it the agony and emotional instability of being apart from my husband for a few months? Was it the pregnancy induced diabetes, the C section, the Chinese herbal soup? Guilt overcame me and I was quite tortured for a while. I remember studying Dr. Kubler-Ross' research on death and dying that identified five stages of grief: denial, anger, bargaining, depression and acceptance. I

女兒十九個月大就能諗唐詩，我的兒子卻竟然三歲也不開口。最終驚聞惡耗原來他是一個自閉兒，那種好像被判死刑的感覺至今仍心有餘悸。大學時副修心理學的我立刻翻查書本，嘗試了解箇中因由，原來自閉症尚是一個未被確定原由的領域。心中不期然自我分析，究竟是懷孕時坐飛機氣壓引起、與丈夫分隔兩地的牽掛和情緒不定、妊娠性糖尿病、開刀、飲十三太保抑或是吃生化湯引起的呢？那種自責心情，實在是一種折磨。記得心理學家 Dr. Kubler-Ross 曾形容一個面對死亡的人的心路歷程，就是否定與隔離、生氣發怒、討價還價、抑鬱沮喪、及至最終接受

am sure that I went through all those 5 stages, but luckily it was a very short process. I am a Christian and I quickly recovered from the grief knowing that there must be a reason why God allowed this to happen to me. It didn't take long for me to gather all my grief, put them aside, and get ready to face all the challenges ahead of me. I know that if I prolong acceptance of the situation, the one who suffers most would be my son. He would be deprived of the golden time to learn and acquire life skills. I got this "self help" notion from my numerous plane ride experiences. In an emergency situation, all passengers are asked to put on their own oxygen masks first before helping their children. We may think we are so great to take care of others first, but by the time we finish helping them, we are out of oxygen ourselves. Who then would be able to take care of those we die for? God's words from the Bible have been my strength throughout this time, verses such as "Your strength will equal your days" (Deuteronomy 33:25,), "I can do everything through Christ who gives me strength" (Philippians 4:13), "Rejoice in the Lord always…Do not be anxious about anything…" (Philippians 4:4-6) kept my life going joyfully.

My son is a really lovely boy; he is kind, responsible, considerate, and a peacemaker. From him I understand why God wants us to enter His Kingdom like a child. When he was small he didn't know how to express himself. Whenever he was very nervous, I would hold him tight to my heart in the hope that my peacefulness can be transferred to him. I felt very close to him and I felt his struggle as his heart would be beating very fast against mine. After a while he would be able to calm down as if he felt the security and love I passed on to him.

I also find touring around the world a big help to my son to learn things faster. When we are on vacation he is more relaxed and is easier to absorb new things. Basically he has limited imaginations and he needs to see, feel, touch and smell things for himself before he can recognize that those things do exist. When his horizon is widened he is more interested in the world around him. I recently received an email depicting the 58 places a person must see before he dies; we have been to 38 of them already. I think my son gains more self confidence by getting to know different cultures and all the stimulations associated with those touring experiences.

Everyday living with my son brings new surprises. With all the changes in the environment as he grows, everyday is a new challenge and is also an endless struggle. The anxiety, disappointment and sense of failure are beyond words. But with all the strength from the Lord, I know that I can do anything through His grace and blessings and I believe that my life is more abundant and fulfilling in having a special person like my son as part of my family.

事實。我相信這五個階段我全都經歷過。慶幸是作為一個基督徒，我很快就從自責自憐中抽身，知道神一定有祂的美意存在。因此決定收拾心情，昂然踏步向前走，免得再蹉跎歲月，錯過了兒子學習的黃金時期。因為坐飛機多了，領悟到一個人生哲理：遇空難時，首先要自救，戴上氧氣罩，才去救身邊的人。否則忙亂中若先救別人，結果自己缺氧，又如何可以保護身邊的人呢？而神的話語亦一直在我心中鼓勵我,「日子如何，力量也如何」(申命記32:25)；「我靠著那加給我力量的，凡事都能作」(腓立比書4:13)；「我們應當一無掛慮，…. 要常常喜樂」(腓立比書4:4-6)等等。

我兒實在是一個可愛的孩子。他為人善良、盡責、體貼人心、喜愛和平。從他身上，我明白到神為何要我們像小孩子一樣進入天國。我兒小時候因為不懂表達自己，有需要時就表現煩燥。當他緊張的時候，我就會緊抱著他，讓他感覺到我平靜的心。兩母子心連心，我也感覺到他的爭扎，我相信他能感受到我的愛和平安，繼而慢慢的平靜下來。另一方面，我也盡量去明白他的需要。久而久之，他的煩燥漸漸也減少了。到現在很少人會相信他是一個曾經煩燥不安的人。

此外,我也發現旅遊對他幫助很大。當他外出遊玩時，或許是心情輕鬆開朗的關係，他比較容易學習新事物。他的想像力有限，凡事需親身經歷、接觸過、摸過、看過，他才能體會和學到。所以我們就常帶他到各國遊歷，以增加他的見聞，讓他知道這世界很多事物是實在存在的。最近收到一封電郵，提及世界最值得去的地方有58處，原來我們已去了38處。可見兒子的眼界真的濶了，人也自信多了。

與我兒相處，每天都有新驚喜。隨著他的年齡、環境的變化，每天都是一個挑戰，甚至是一個無止境的奮鬥。當中的懊惱、失望、挫折感，實罄竹難書。但我靠著那加給我力量的，我深知凡事都能作。我深信我的生命，因我兒會活到更精彩。

Sister's perspective

姊姊眼中的弟弟

There are a lot of characteristics that accentuates my brother's "uniqueness." Just to name a few are his bear-size body, checking himself out in the mirror, peeking at his phone constantly, and watching the same TV programs or movies over and over again. Yes, these may sound abnormal, but there is always a gentle smile that goes along with it – something he likes to do especially when no one is around. People who don't know him may think that he is anti-sociable as he always likes to hide himself in the dark and be away from the crowd. He has a special thinking process so intricate that others usually would not understand. It takes time, trial and error, and experience to know what he really wants. In order to explore deeper into his world, one must investigate what his interests are, then pay close attention to his peculiar acts and have close eye contacts with him. The experiences that I've gathered all started when we were at a very young age.

As his sister, I've never considered him a burden to the family. Even though I lose patience with him sometimes because he reacts too slowly and pays no attention to what I say, I'm still thankful that his relationship with me is different from my friends and their siblings who argue and fight with each other often. He is indeed a very precious gift to me, and I consider him my best friend.

There is one scene in my mind I will never forget. When I was seven years old, I did something to my brother that hurt my mom, and that was the first time I saw my mom cry. That day, I pushed him around because I was jealous of him getting too much attention from my parents and I felt neglected. When my mom saw what was happening, not only did she not scold me, she even held on to me and started to tear up. She held me close and said, "My dear daughter, you have to understand that your brother is a special boy. You are his elder sister and you have to help mom and dad take care of him. In the future when mom and dad do not have the ability to take care of him

擁有「敦厚」的身形，喜歡經常望著鏡子和自己所喜愛的手提電話，然後會流露著得意笑容的，這就是我可愛的弟弟。或許很多人只會察覺到他是一個獨行俠，總喜歡在自己的世界裡徘徊、是個極少與人溝通的怪人。其實在家裏，他總是不斷與我用一套特別的方式來溝通和逗對方笑。他背後擁有一種神秘的思想，若要知道他在想甚麼，就要從他的興趣開始，並且留意他的行為，眼神和舉動。這一切經驗，都要從小時候說起。作為他的姐姐我從來都沒有覺得他是一個負擔。雖然小時侯我會偶然欺負他，因為他反應慢或對我不理不睬，但我總是慶幸和他的關係不像我同學和朋友般跟他們的弟妹打架吵架。相反，弟弟是一個難能可貴的弟弟，甚至乎可稱得上我最好的朋友。

我七歲那一年，我做錯了一件事而讓我第一次看見媽媽哭了。那個情景到現在還很深刻，我一輩子都不會忘記。那一天，我欺負了弟弟，因為我一直妒忌他得到更多家人的注意，而我卻被忽略了。媽媽看見，她不但沒有教訓我，反而流淚抱緊著我，在我耳邊說:「女兒呀，你要明白弟弟是一個特別的小孩，妳是姐姐，一定要幫爸媽照顧他。萬一以後爸媽沒有能力照顧他的時候，他會很可憐的」，然後她說：「妳一定要疼弟弟。媽媽同樣疼愛妳，只是用不同的方式而已。妳要確實明白這道理，要懂事，知道嗎？」我不知原來我這樣做會為爸媽帶來傷害。從那天起，我對自己說，我不可以再加添爸媽的重擔，他們的擔子經已很重了，我一定要懂事，幫忙照顧弟

anymore, he will become a very poor person deprived of help and love." Then she added, "Mom also loves you very much but I'm just using a different way to show it. Therefore, you have to understand and help us take care of him, ok?" I didn't realize that I have made my parents worry so much. From that day on, I told myself that I will not add more burdens to them because they are already very weary and tired over their daily duties. I admit that there are times when I can't live up to my own promise, but I gradually start to appreciate my brother more and to accept him as he is. Sometimes he is actually a more sensible and mature person than me and I've learned a lot from him. Not too long ago one day I told my mom with confidence that "If I have nothing to eat, I'll make sure that he gets something to eat; and when I have something to eat, I will make sure that he gets the best choice." Mom said she felt very relieved and proud of having a daughter like me. She can be assured that my brother and I will love and look after each other with God's blessing and grace.

Now that we're both grown up, my brother is the main helper of the house and when my parents are not home, and he is the one who takes care of me and makes sure my stomach is full. He does a lot of household chores such as the laundry, washes the car and filles me in with high tech information like new iPhone applications! We can testify that God is really an amazing God as he can use such a special weak person, like my brother, to do extraordinary things. We always share with others that in fact my brother is a "blessing in disguise" to our family because he truly is a treasure in our hearts. For myself, I have learned to be more appreciative of things in life and not to take things for granted. I learned how to look at things positively. My brother's world is very pure and simple when compared to normal kids in this generation who has lost a lot of life's basic principles and values; he is far more appreciative of what he has. Now and always, I open my arms each day to accept this wonderful gift from God – my brother.

弟。我不時也有爭扎，但日子久了，我慢慢懂得真正去欣賞弟弟的善良和正直。其實他才是一個不平凡的人，有時候他甚至比我更加成熟和體諒別人。終於有一天，我滿有把握的對媽媽說：「就算我以後沒有吃的，我也會給他吃。有吃的，就會把最好的給他。」媽媽聽了這話很安慰，因為知道以後就我們姐弟二人會靠着神的恩典相依為命、相親相愛。媽媽也因為有這樣一個懂事的女兒而感到十分驕傲。

現在，當爸媽不在的時候，總是弟弟照顧我、給我飽足。他甚至充當「苦力」，洗衣服、洗車，不時還細心地介紹一些新的資訊給我，就如 iPhone4 的功能之類！世事很難預料，但神卻透過一個平凡的人做很多不平凡的事。沒料到原來弟弟是神給我們一家變相的祝福。透過弟弟，我也學會了成為一個懂得感恩的人，凡事學習正面思考。弟弟的世界多麼的純真，與這世代的青少年比較，他更懂得去感激他所得到和擁有的。而我則學會欣然接受從神而來給我們的禮物——我的弟弟。

Son's perspective
兒子的自白

During my childhood growing up was kind of the hardest thing I have experienced. I am autistic since I was born and I didn't talk until I was around 7 years old. Growing up was kind of hard for me like I do not make a lot of friends and sometimes people being very mean to me or yelling at me for no reason at all. I also have learning disability too like I don't know things while I was going to school so I was placed in Special Ed classes because of my learning disability like I not good at math at all. I always have interest in cars a lot even I have to get a lot of toy cars during my childhood too which my family said "you already have so many toy cars at home already" that how I remember.

Growing up I had a fear that I will never get a driver's license because of my disability that didn't stop me from there. When I was in High School I was a freshmen I have seen a lot of like juniors or Seniors driving to school at that time and I was determine to work hard for my driver's license and learn how to drive. Well at that time I was still young only 14 years old of course I have to wait until 16 years old. So after graduating from High School I did not have a license yet so one year later in 2006 I went to the DMV to take the written test of course I was nervous at the end I passed the written test for the first time and I was very proud of myself at that time. So I learned to drive through a driving instructor I remember on the first day of my driving lesson the instructor told me to drive on the freeway already so I have no comment on that and it was raining at that time the day I always remember. After 5 driving lessons I went to DMV to take a wheel test of course I was very nervous at that time after the test I passed for the first time again and I was very proud of myself that I finally got a drivers license for me.

Now I am still going to college trying to get a certificate in automotive technology. I am trying to pursue a career in the automotive industries of course it's hard for me now because of the economic recession now. So I am just taking the time now to studying and get my certificate.

童年成長的經歷，對我來說是一段艱苦的日子，我出生時已是一個「自閉兒」，我到七歲才開始說話。我不懂得如何交朋友，別人不時都會對我態度不友善，甚至無理的罵我。我還有學習困難，被校方安排到「特殊教育班」。我有很多東西都不明白，尤其是數學；我祇對車感興趣，故此我擁有很多玩具車。每當我要求再買玩具車時，我的家人總告訴我，我已擁有太多玩具車了。這是我童年唯一的記憶。

中學時，我最擔心是拿不到駕駛執照，但我從未氣餒。看到很多高班同學們開車上學，我就很羨慕，決定要學他們一樣，終有一天我會考取駕使執照，可以自己開車，當時我只有十四歲，我知道我必須等到十六歲才合乎資格去申請。我中學畢業後一年，即2006年我終於到 DMV 考筆試，並能一次就考取合格，我感到非常驕傲。之後我跟一個教車師傅學習駕駛汽車，第一次在下雨天，師傅帶我上高速公路，我實在害怕，學了五次共十小時後，師傅帶我去考路試，並且一次成功，我開心又驕傲，我終於擁有美國加州合法駕駛執照了。

現在上大學，選修汽車技術課程。我希望在汽車事業方面發展，我知道在現今經濟衰退情況下是會有困難的，但現在的我，專心一意祇想完成學習課程，考取合格汽車技術文憑。

About the authors: *The authors' names have been withheld to protect their privacy. They are an immigrant family from Hong Kong. The parents are Christians since childhood and firmly believe that God created each one of us for a reason. The challenges that God allows in life are just a way to bring Him more glory. The family has confidence that God has prepared them and He would guide us through all ups and downs. They have strong faith in the Lord that their lives would be a meaningful and blessed one. Their son is a "blessing in disguise" and they thank God for choosing them to receive His grace through this special channel.*

作者簡介：為保障私隱，作者名字並沒有詳列。這是一個從香港移民來美的家庭。當中父母自小就成為基督徒，確信上帝創造每個人的背後都有特別的意義。人生的挑戰正好給人機會來榮耀祂。這個家庭相信上帝必會引領他們渡過人生的高低，而他們的兒子只是化裝的祝福。他們感謝上帝透過這個渠道來賜福他們，使他們的生命活得充滿意義和姿采。

Quick & Easy Recipe

Chicken with Ginger & Oyster Sauce

INGREDIENTS

Chicken thigh 2-4 pieces, cut into 1" strip
2 teaspoon light soy sauce
2 Tablespoon vegetable oil
2 Tablespoon Ginger with or without skin and cut into 1/4" square
2 Tablespoon Oyster sauce
1 Teaspoon dark soy sauce (optional)

PREPARATION

Add light soy sauce to chicken and mix well.

Heat oil in wok or pan.

Add ginger, stir fry for 1 minute, add chicken strips,

stir fry until the chicken is thoroughly cooked (about 2-3 minutes, depends on the size of chicken strips).

Add oyster sauce and dark soy sauce, stir fry.

If desired, add a mixture of 1 tablespoon of corn starch with 1/2 cup of water, to make gravy like sauce, and serve over rice.

For a quick one dish meal, add or over vegetable of choice such as steamed broccoli, potato & carrot, onion, baby corn, asparagus.

Healthy Recipe

Sautéed Garlicky Ginger Eggplant

Portions: 4 Serving size: 3/4 cup

INGREDIENTS

- 2 tablespoons sesame oil
- 2 cups Chinese eggplant, sliced 1-1/2" long pieces
- 2 teaspoons fresh ginger, grated
- 2 cloves garlic, minced
- 1/2 cup mushroom pieces
- 1 cup bean sprouts
- 1/4 cup fresh basil, chopped
- 1/4 teaspoon red chili pepper flakes
- 1 tablespoon hoisin sauce

PREPARATION

1. Heat sesame oil in a large skillet. Add eggplant slices, ginger, garlic, mushrooms and bean sprouts. Stir-fry over medium-high heat until eggplant begins to soften, 4-6 minutes.
2. Add basil, chili pepper flakes and hoisin sauce to eggplant. Continue cooking for 1-2 minutes. Remove from heat and serve.

Dessert

Mango Mochi

Ingredients to make about 10 pieces.

DOUGH
60g glutinous rice flour
4g wheat starch (Tang flour)
5g custard powder
8g tapioca flour
45g sugar
80g milk
5g vegetable oil

FILLING
60g mango, diced
30g mango puree
30g milk
30g heavy cream
6g corn starch
7g sugar
fine coconut shreds

NOTES

1) The dough will be very sticky. Wetting your hands or wearing a pair of gloves will make it easier to handle.
2) It's best to serve the same day. The dough will become hard in the refrigerator.
3) Custard powder gives the dough a nice color and vanilla flavor.

PREPARATION

1) Make the filling first by heating milk and sugar in a small pot until it boils. Mix the cream with cornstarch and add to the boiling mixture. Stir constantly until it thickens. Remove from heat and add the puree and stir. Put it in the freezer for about 30 minutes until it firms up.
2) Mix all the dough ingredients and steam for 15-20 minutes. Let it cool completely before using.
3) Divide the cooked dough and the filling into 10 equal parts. Flatten each piece of dough and wrap with the filling and a piece of the diced mango.
4) Roll the ball in a dish of coconut flakes.

www.passionbaker-phoebe.blogspot.com

簡 易 食 譜

蠔油羌雞柳

材料：

- 雞肚肉4件1” 寬
- 生抽 2 茶匙
- 菜油 2 湯匙
- 羌 (去皮或連皮均可) 2 湯匙切小片
- 蠔油 2 湯匙
- 老抽 1 茶匙 (隨意)

做法：

1. 用生抽醃雞件， 鑊燒熱，加油, 加羌片爆一會，加入雞肉，炒2至3分鐘直至雞肉熟透。
2. 加蠔油、老抽，炒勻便成。如喜歡獻汁，可加入生粉水(1湯匙生粉加半杯水)，煮滾便成。
3. 如做客飯可加入西蘭花、薯仔、紅蘿蔔、 洋葱、小玉米筍或梨筍。

健 康 食 譜

大蒜姜燴茄子

份量： 4　　每份： 3/4杯

- 2大湯匙麻油
- 2杯中國茄子，切1-1/2” 長片
- 2茶匙新鮮姜，磨碎
- 2個蒜，剁碎
- 1/2杯蘑菇片
- 1杯绿豆芽
- 1/4杯新鮮的香葉，切好
- 1/4茶匙红辣椒片
- 1大湯匙海鮮醬

做法：

1. 燒熱一個大長柄淺鍋，加麻油。 把切片茄子、姜、蘑菇和豆芽加到熱鍋， 攪動直到茄子開始變軟，約 4-6分鐘。
2. 加入香葉、辣椒片和海鮮醬。再烹調約1-2分鐘，可上碟。

Nutrients per serving

Calories:	91
Protein:	2 g
Carbohydrate:	6 g
Fat:	7 g
Cholesterol:	0 mg
Sodium:	81 mg
Potassium:	189 mg
Phosphorus:	39 mg
Calcium:	14 mg
Fiber:	1.9 g

每食用份量的營養值：

卡路里	91
蛋白質	2克
碳水化合物	6克
脂肪	7克
膽固醇	0毫克
鈉	81毫克
鉀	189毫克
磷	39毫克
鈣	14毫克
纖維	1.9克

甜 品

芒果糯米滋

這食譜獨特之處是在於餡料內除了有新鮮芒果肉之外，更加入香滑果茸，使糯米滋富有濃郁的芒果香味，與眾不同！

材料：約做10個

皮料：

60g	糯米粉
4g	澄麵
8g	木薯粉
5g	吉士粉
45g	糖
80g	奶
5g	菜油

餡料：

60g	芒果肉，切粒
30g	芒果茸
30g	奶
7g	糖
30g	奶油
6g	粟粉
	適量椰絲

1) 先做餡料：奶和糖放小煲中煮滾，玉米粉加奶油開成糊狀，加入煲中，不斷攪勻成糊狀，熄火，加入芒果茸，攪勻，放入冰箱約半小時至硬身。
2) 將所有皮料攪勻，大火蒸約15分鐘，待涼。
3) 將已蒸熟皮料及餡料分別分成十份，用一份皮包一份餡及芒果肉，再滾上椰絲，便成。

注意事項：

1) 蒸熟了的皮料會很黐手，一定要待凉及戴上手套或用水濕手才容易操作。
2) 做好要即日享用，放雪柜會變硬，影響口感。
3) 皮料加了吉士粉會更香及增加色澤。

www.passionbaker-phoebe.blogspot.com

活現 Presence

認知行為療法

給輕度抑鬱和焦慮者的自助訓練

認知行為療法(Cognitive Behavior Therapy)， 是目前美國心理學會(American Psychological Association)認可為最有實証的心理療法之一，並被廣泛研究及應用於處理情緒及行為問題。在治療抑鬱症、焦慮症、壓力、恐慌性疾患（或稱恐慌症）、強迫性疾患、懼曠症（或稱廣場焦慮症）、飲食性疾患上有明顯成效。

本課程幫助受訓者，認識個人的思維如何影響其情緒及行為，因此當有負面情緒及失調行為時，從問題中擬定目標，找出當時影響個人的想法，然後運用各種具體及實際的方法來進行治療。

講員：葉顏瑋茵女士
(活現事工創辦人及加州執業婚姻家庭治療師。現正進修臨牀心理學博士)

粵語系列

主辦單位：羅省華人播道會、活現事工
日期: 2011年6月25日(星期六)
時間: 早上九時至下午四時
地點：羅省華人播道會 (交誼廳)
1111 S. Atlantic Blvd., Monterey Park, CA 91754

國語系列

主辦單位：愛鄰台福基督教會、活現事工
日期：2011年9 月24日(星期六)
時間: 早上九時至下午四時
地點：愛鄰台福基督教會
18555 Farjardo St, Rowland Heights, CA 91748

費用: $20 (含講義及簡便午餐)
教牧及全時間神學生免費　講座為成人而設、不設孩童照顧

CEFC 使萬民作主的門徒

報名和查詢: 請與活現事工聯絡，致電(626) 810-5200
或 電郵 Info@PresenceMinistry.org 報名表可在網站 www.PresenceMinistry.org下載

Evangelical Formosan Church

HELP for Stressed Out Families

受壓家庭的出路

When was the last day you experienced no stress?

Can you even remember one?

What about your kids? When is the last day they experienced a stress-free day?

你最後一次感竟覺生活毫無壓力是甚麼時候呢？

你可曾經有過這樣的日子？

你的孩子又怎樣？他門有否經歷過毫無壓力的日子？

The answer might surprise you. Your kids are probably more stressed than you might think, and here's an even bigger wake-up call: Part of that stress stems from your own stress.

After surveying over 2,000 U.S. adults and over 1,000 U.S. children ranging from 8 to 17 years old, the recently-released 2010 Stress in America Report holds both bad news and good news for families. First, the bad news: Our parental stress seeps into our kids. But here's the good news: By making a few small changes in your family, your home can become a refuge from stress.

How is Parental Stress Affecting Kids?

According to the Stress in America study conducted by the American Psychological Association, no parent is an island. Our own stress trickles, or in some cases, gushes, through our family. Some of the most interesting (and may I say personally convicting) findings include:[1]

- One-third of children surveyed between ages 8-17 believe their parent has been "always" or "often" worried or stressed out about things during the past month.

答案可能令你驚訝，你的孩子很可能承受着比你想像更大的壓力，而它的來源部份是來自你本人。

最近發表的「2010美國的壓力報告」，經過調查超過二千名成人及一千名年齡介乎八至十七歲青少年，它得出的結論好壞參半，首先是壞消息：父母受的壓力不知不覺間在影響下一代，但好消息是：只要稍作調整，你的家也可以成為壓力的避難所。

父母的壓力如何影響孩子呢?

跟據「美國的壓力報告」的報導，美國心理學會做了一個調查，發現父母並不是孤島，我們所受的壓力會直接影響我們的家人，這個調查最有趣的包括以下幾點（也是令我深刻體會的）：[1]

- 八至十七歲受訪兒童中，有三分一相信他們的父母在過去一個月內為着某些事情曾「經常」或「時常」憂慮和感到壓力。

About Dr. Kara Powell
作者簡介

Dr. Powell is the Executive Director of the Fuller Youth Institute (www.FullerYouthInstitute.org) and a faculty member at Fuller Theological Seminary.

Powell 博士為「福樂青少年研究所」行政主任及「福樂神學院」教授，www.fulleryouthinstitue.org 。

- Four in 10 children report feeling sad when their parent is stressed or worried.
- One-third of children (34 percent) say they know their parent is worried or stressed out when they yell. Other signs of parental stress perceived by children are arguing with other people in the house, complaining or telling children about their problems and being too busy or not having enough time to spend with them.
- Nearly a third of children surveyed between ages 8-17 reported that in the past month, they experienced physical health symptoms that are often associated with stress such as sleep problems, headaches, and an upset stomach.

As disconcerting as those findings are, something else bothers me more. The study also found that parents are largely unaware of their kids' stress levels. According to the report, "One in five children worry a lot or a great deal about things in their lives but very few parents (8 percent) report that their child is experiencing a great deal of stress (8, 9 or 10 on a scale of 1 to 10)." [2]

All this stress often adds up to burnout. According to other research, burned-out parents lead to burned-out kids. Specifically, parents who feel burned out at work are more likely to have teenage kids who experience burnout at school. [3]

How Do Kids Respond to Their Stress?

Whether the source of kids' stress is their parents' stress or another source, kids' response to stress is somewhat Couch Potato-esque. Both tweens (described in this study as kids ages 8-12) and teens (in this study, kids ages 13-17) tend to use sedentary behaviors to make themselves feel better when they are worried.

- 在十個小孩中有四個表示當父母焦慮時，他們會感到傷心。
- 三分一的兒童（百分之三十四）表示當父母呼喝他們時，他們便知道父母是備受壓力。其他讓兒童發覺父母有壓力的徵狀包括與別人不和，投訴關於兒童的問題及缺乏與兒童相處的時間。
- 接近三分一受訪年齡介乎八至十七歲的青少年在過去一個月，曾遇到因壓力而產生的健康問題，如睡眠失調， 頭痛及胃痛等。

這些發現不但使人感到困惑，有些地方更令我感到不安。這報告發現做父母的是大部份不知道孩子受壓力的情況，跟據這報告：「五個兒童中便有一個是十分担心他們的生活情況，而父母之中卻只有一小部份（百分之八）報告他們的子女正在承受着壓力（在一至十等級中之八、九或十級）。」

這些壓力會令人出現倦怠的情況。 有其他研究指出，倦怠的父母會產生倦怠的子女，父母在工作上感覺倦怠、精力耗盡，有很大可能他們的青少年子女會在學業上也感到倦怠。

兒童怎樣對壓力作出反應？

無論孩童的壓力是來自父母或其他源頭，他們的反應大概是滿不在乎 / 不知所措 / 無所適從，不論是少年（八至十二歲）或青年（十三至十七歲），當他們為一些事情擔心的時候，他們的反應通常都是靜態性的。

Out for a Walk

到外面走走

Sunlight, fresh air & work out help you de-stress and lift your spirits.

陽光、新鮮空氣及
適量運動，
有助減壓和改善情緒。

生活小貼士

SWEET TREAT
給自己一點甜頭

STRESSED

backwards is:

DESSERTS

英文「遇到壓力」一字
倒過來併便成為「甜品」

- 36% of tweens and 66% of teens listen to music.
- 56% of tweens and 41% of teens play video games.
- 34% of tweens and 30% of teens watch TV. [4]

Of course, there are worse ways to deal with stress, but given the rampant rates of obesity observed by the Centers for Disease Control and Prevention (nearly one in five young people is obese), we need to offer our kids healthier stress-relieving tools.[5]

How Can We Do a Better Job Helping our Kids with Their Stress?

In another good news/bad news dichotomy in this breaking research about stress, the good news is that the vast majority of tweens (86 percent) and teens (74 percent) surveyed said that they felt very or somewhat comfortable talking to their parents about the things that cause them stress. Here's the not-so-good news: Only half have talked to their parents about things they are worried or stressed about in the past month. 6 In other words, our kids are open to talking to us, but it's not happening very often.

While we may or may not have control over the factors that contribute to our stress right now, we can change the ways we talk about stress in our homes. The following suggestions can help your family both discuss stress and become a refuge from it.

1. Explain what you are noticing in your kid. If your child seems distracted or distraught, or if they are withdrawing into media more than normal, let them know that you notice the change. Try opening up a conversation with your kid by sharing something like, "I notice something seems to be on your mind. Anything you want to talk about?"
2. Ask questions. Sometimes a more direct approach is needed. Without badgering your kid, ask them how it's going with their friends, with their homework, and with

- 百分之三十六的少年及百分之六十六的青年聽音樂
- 百分之五十六的少年及百分之四十一的青年玩遊戲機
- 百分之三十四的少年及百分之三十的青年看電視

當然，有人會用較差的方法去面對壓力。但是面對日益嚴重的肥胖問題（差不多五名小童便有一名是過重的），疾病預防及控制中心建議我們的孩子選擇一些較健康的方法來面對壓力。

我們怎樣可以更有效地幫助兒童面對壓力？

這個研究中有另一個好壞參半的發現，好的消息是絕大部份的青年（百分之八十六）與少年（百分之七十四）是開放和願意與父母談及自己的壓力的，壞消息是：只有一半的青少年曾經在過去一個月內與父母談及他們壓力的問題。換句話說，孩童對我們是願意開放的，但能實際討論也不是經常發生。

雖然產生壓力的因素，有些可以控制，有些卻不可以，但我們絕對可以改變在家庭中討論壓力的方法，以下是一些有助家人討論壓力及使家庭成為壓力避難所的建議：

1) 將你在孩子身上的發現向他解釋：如果你的孩子表現得困擾或心煩意亂，又或者他比平常更多藉着媒體去逃避現實，你要讓他知道你是注意到的，嘗試用這些話去打開話題：「我留意到你最近有心事，有沒有甚麼可以與我分享呢？」

2) 發問問題：有時需要直接了當，與其旁敲側擊地問他關於他的朋友，功課

their various activities. Consider raising the question about stress directly by asking: "If you were going to be stressed about something right now, what would it be?"

3. Share your own experience with stress as a teenager. Think back to middle school and high school. What caused you stress then? How did you handle that stress? If you tended to get stomach aches or headaches, and your child is experiencing the same, let them know that you can relate.

4. Make feelings a regular part of your discussions. In our family, not a day goes by that I don't ask one of my kids this question: "How did that make you feel?" Whether something exciting or distressing happens to my kids, I want them to learn to put words to all of their feelings, including stress and disappointment.

5. Play the "What will happen next?" game. Often kids' stress stems from a fear of the unknown, or projecting the worst case scenario. To help kids realistically contemplate future consequences, try a great game that a friend of mine played with her kids as they were growing up called the "What will happen next?" game. She gave various scenarios to her kids (whether real or hypothetical), often while they were driving from one hockey practice to the next, and asked them: What will happen next? By helping your child understand the logical consequences of their choices, you both give them more of a sense of control and help them identify wise choices ahead of time.

6. See if the stressor can be removed. At times, we as parents can best aid our child by helping them remove the stressor. If they are too busy, help them choose one activity to eliminate. If their friends are toxic, help them identify a few other kids they might want to get to know. Brainstorm with them what they can change to gain greater peace of mind and schedule.

或其他活動，有時要單刀直入地問他：「假如你現在有壓力煩惱，那麼會是甚麼呢？」

3) 現身說法：想像現在時光倒流，你在初中及高中時有甚麼壓力呢？ 你當時怎樣處理？如果你面對壓力時會胃痛或頭痛，而你的孩子也有同樣的反應，那麼你便可以讓他知道你能與他身同感受。

4) 要讓感受成為你們談話的重點：在我的家庭裏，我每天都會問我的孩子：「你有甚麼感受啊？ 」無論開心或不開心的事情發生，我都希望我的孩子學會去表達他的感受，這也包括壓力與令他們失望的事情。

5) 玩遊戲——「下一步將會發生甚麼事?」：通常孩童的壓力是由於對一些未知的事而產生恐懼或作出最壞打算。我有個朋友常與他的孩子玩這個「下一步將會發生甚麼事?」的遊戲，可以幫助孩子現實地預計後果，我朋友會利用接送孩子去打球的機會，在車上給他們一些個案（無論是實際的或假設性的），然後問他們：下一步將會發生甚麼事?這些可以訓練他們知道一些抉擇的邏輯後果，令他們覺得有控制權及引導他們作明智之抉擇。

6) 看看可否除去壓力的源頭：很多時候我們為人父母能夠做的便是幫助孩子去除壓力的根源，如果他們是過於忙碌，便可幫他們減少一些活動，如果他們的朋友是些害群之馬，那麼便要介紹他們認識別的孩子，總之，要與他們一起去想怎樣才可以過些令他們安心的日子。

7) 爭取支援：大都份人感到壓力越大時，便越少與人交往，但往往這是最差的方法來處理壓力。無論個人或家庭，得到群體的支持是很重要

生活小貼士

S
Self-awareness
自我認知

T
Time for yourself, your family
花時間照顧自己及與家人相聚

R
Rest & Relax
學習休息與鬆弛

E
Easy, take it easy
放開懷抱

S
Social Support
社交網絡的支援

S
Seek Help
尋求幫助

7. Get more support. For most of us, the more stressed we are, the less we connect with other people. Yet one of the worst ways to tackle stress is to try to go it alone. Personally and as a family, tap into the power of community to support you during your high-stress times. Whether it's scheduling a regular phone call or coffee meeting with a friend to be honest about life, or doing something fun together with another family, involve others in your pursuit of lowering your family stress.

Just yesterday I said to my husband, "I think about half of good parenting is having enough energy." I know I am my worst as a parent when I am stressed and tired. So while beyond the scope of the research, perhaps one of the best ways you and I can help our kids is to reduce our own stress.

Maybe, just maybe, peace in the home starts with us.

Action Steps:

1. *Which finding of the Stress in America study is most surprising to you?*
2. *On a scale of 1-10 (with 10 being "highly stressed"), how stressed are you?*
3. *Using the same scale, how stressed are your kids? Reflecting upon the data indicating that parents are often unaware of their kids' stress, would you like to revise your answer?*
4. *Which of the suggestions made in this article would be most helpful in your family?*
5. *What can you do to reduce your own stress this month? How could you create more space for family "downtime"?*

的，不論是電話少聊天或約會朋友，又或者多找一個家庭出外遊玩，對減壓都有幫助。

昨天我才對丈夫說：「我認為要好好教養子女，最重要是有足夠精力。」我知道當我疲倦及受壓時，我便是一個最差的母親。因此，最能幫到孩子的便是先為自己減壓。

歸根究底，家庭健康，一切都可能由父母開始。

實際行動：

1) 那一項「美國人的壓力」報告的發現令你最為驚訝呢？
2) 在一至十的等級內（十是「壓力最大」），你的壓力在哪等級呢？
3) 用同一指標，你孩子的壓力在何等級呢？ 從研究報告中顯示父母通常都對孩子所受的壓力毫不知情，根據這項發現，你會否修改你的答案呢？
4) 這篇文章內的建議對你的家庭有沒有幫助呢？
5) 今個月你會做些甚麼去為自己減壓呢？你會怎樣去製造多些家人相聚的輕鬆時間呢？

Recommended Resources 建議資料：

The Three Big Questions for a Frantic Family: A Leadership Fable About Restoring Sanity To The Most Important Organization In Your Life , Patrick Lencioni

Adrenaline and Stress , *Archibald Hart*, *Silence and Solitude* (Fuller Youth Institute), *Activating and Resting* (Fuller Youth Institute)

1. American Psychological Association, "*2010 Stress in America Report*", http://www.apa.org/news/press/releases/stress/key-findings.aspx
2. American Psychological Association, "*2010 Stress in America Report*"
3. As reported by Tara Parker-Pope, "*Burned out? So Are Your Kids*," NY Times January 27, 2010. Burnout in this study is defined as "feeling exhausted and overwhelmed by work and school demands, feelings of cynicism about job and school work or feeling inadequate and powerless."
4. American Psychological Association, "*2010 Stress in America Report*"
5. Centers for Disease Control and Prevention, "*Childhood Overweight and Obesity*," http://www.cdc.gov/obesity/childhood/index.html.
6. American Psychological Association, "*2010 Stress in America Report*"

©2011 Fuller Youth Institute

This article is used by permission from Fuller Youth Institute • 本文蒙福樂青少年研究所允准轉載

趙楊愛雲女士 專訪

An Interview with

Annette Jewik

Interviewed by ***Lily Ma*** 採訪：馬王鵲麗

Annette Jewik is not only a knowledgeable family counselor, she is also a sought-after speaker on television and in community and church sponsored workshops. Her light-hearted discussions and insightful analyses deeply inspires her audience. During this special interview, Annette reveals her personal experiences in counseling families under stress.

From Orphanage to Los Angeles

Annette had firsthand experience of profound stress at a young age when she lost her father and was sent to live in an orphanage in Hong Kong. She excelled in school. As a result, an organization sponsored her to further her college education in the United States. She chose Sociology as her major course of study, with the intention of returning to serve in the orphanage in which she grew up, which was quite unusual among her fellow students.

Upon graduation, she followed her plan and returned to the orphanage to work as a social worker. It didn't take her long to notice that many of the children in the orphanage were deeply marred by the troubled families from which they came. Her main job was not merely to solve a social problem; her greater responsibility was to offer counseling to meet these children's emotional needs. To better equip herself for the work, Annette returned to the United States to pursue a Master's degree in Family Counseling. Once again she returned to the orphanage and worked as the counselor to the children for three more years until she got married. After immigrating to Los Angeles, she started her own family but continued her work in family counseling.

Influence of the Family of Origin

Through years of working at the Chinatown Service Center, school districts and Asian Pacific Family Center. Annette encountered numerous families who were experiencing crisis and deep struggles. Most of them came to her unwillingly, sent by various government agencies or social workers. Some were new immigrants, with language barriers and a low education level, who struggled daily with work and finances. Additional stress at home came as a result of cultural differences with their children that created relational problems. Harsh

我所認識的趙楊愛雲女士不但是一位資深的婚姻家庭輔導員，她更是一名廣受歡迎的講員。不論是電台的節目，或是社區、教會主辦的家庭講座，她輕鬆的討論、對家庭問題深入淺出卻又精闢的分析，都令聽眾無不獲益良多。這次專訪中才發現，趙太多年輔導事業的背後原來更有一段故事。

從兒童之家到洛杉磯

趙太幼年喪父，是一名孤兒，入住香港兒童之家。由於學業成績優秀，中學畢業後便被保送到美國升讀大學。跟許多大學生不同之處，是她早就決定為了重返兒童之家服事而選擇修讀社會學。畢業後她回到香港，在她成長的兒童之家擔任社工。幾年間的服事令她體會到入住兒童之家的孩子，已不再是單純失去父母的孤兒，不少是出於問題家庭的問題兒童。趙太深感她該作的不只是個社工，還要成為這些孩子的輔導員，協助他們解決種種心理的問題。因此趙太毅然重返美國修讀她的婚姻家庭輔導碩士，學成之後趙太又再度回到兒童之家，花了三年時間以輔導的角色來服事那裏的孩子。後來，因為結婚和組織家庭的緣故於洛杉磯定居。

Annette Jewik is currently working at San Gabriel Valley Alliance Church as their Director of Children's Ministry. She also practices counseling part time at Living Grace. If you need counseling service, you may contact Living Grace at 626-282-9280, or www.lgrace.org.

趙楊愛雲女士現職於羅省東區宣道會，為該教會的兒童事工主任。趙女士同時於恩泉輔導中心擔任部分時間輔導工作。如需輔導服務，請與恩泉輔導中心聯絡，電話 626-281-9280 或網址 www.lgrace.org。

Resolving Stress in the Family

-- A Counselor's Perspective

輔導員眼中的壓力人生

words and corporal punishment were common means used by immigrant parents to discipline their children. This, however, is unacceptable in the American culture and to the younger generation.

The highly educated and financially established families are not immune from experiencing stress. Among Annette's clients, some were very well-to-do, but despite their success, they also developed personality disorders and emotional and relational problems. Their difficulties were often rooted in their childhood. These adults disciplined their own children the same way they were treated when they were growing up. One of her clients consistently used negative and curse words. After numerous counseling sessions, Annette learned that was the way his mother related to him.

Keys to Successful Counseling

Establishing an objective is one of the keys to successful problem solving. Annette requires those who come to her for counseling assistance, voluntarily or not, to establish an attainable goal, such as to improve relationship with a certain family member or to learn a disciplinary skill. The more specific the goal, the more commitment one will give and a better chance for the problem to be solved. For those who refused counseling for fear of being labeled as emotionally crippled, Annette encourages them to step back and learn from the past, and view the counseling process as a study course for growth. During her counseling, Annette maintains her good humor. She reminds her clients that our journey of life is not necessarily full of bitterness and tears, there are always moments of joy and laughter.

The success of counseling largely depends on the client's attitude. The obstinate client will most likely fail. On the other hand, if one shares truthfully without being defensive, the counselor will be able to offer proper guidance. Solutions to problems may very well be in sight. Some hesitate to change, fearing the added pressure of adjustment as a result of changes. There are also some who only expect others to change to meet their expectations. They would never consider self-examination, while always casting blame on others.

原生家庭的影響

婚後的趙太，曾多年服務於華埠服務中心、校區以及亞太家庭服務中心。因為工作的關係，趙太曾接觸無數在壓力中爭扎的家庭。這些家庭和青少年大都是透過社工或不同政府部門轉介而來，絕大部分屬非自願性的，也有許多是新移民，他們的教育和經濟水平偏低，生活資源缺乏，屬於經常感覺無助的一個族群。這個族群的壓力多來自語言的障礙、工作和經濟的困難，其中不乏因文化差異而產生的兒女管教問題。這個族群的家長多不懂得把孩童視為獨立個體來尊重，常用打罵來加以管教，在美國文化的社會中造成很大的矛盾。但當中亦有不少是家境富裕，家長受過高深教育的家庭。這個族群的壓力多來自扭曲的性格、情緒困擾和人際關係的問題，而問題的根源與原生家庭的經歷關係最大。這些成年人昔日的成長經歷，往往反映在今日的兒女管教上。例如一位受助者，思想和心靈都十分負面，言談間充滿咒罵，深入探究下才發現他的媽媽也是不停用謾罵來對待孩子。

輔導過程中的成功要訣

一般來到輔導室求助的個案，不論是自願性的或非自願性的，趙太均會先讓受助者制定目標，即經過輔導後渴望見到的結果，例如與某個家人的關係得到甚麼程度的改善，或某方面兒女管教的技巧得到成長。基本上，目標越清晰具體，當事人越肯委身去學習，那麼問題得到解決的機會就越大。不少人抗拒尋求輔導，是懼怕被標簽為心理有問題和障礙的人。其實若能退一步看見每個人成長都要經過無數的學習，把輔導過程視為個人成長所上的課，心態不是輕鬆多嗎？趙太分享在輔導室中，她也盡量保持輕鬆的氣氛，畢竟成長的學習不盡是苦澀的，人生的痛苦艱難背後，也存在不少足以令人會心微笑的片段。

In order for counseling to be helpful, the counselor's primary role must be an encourager and a cheerleader so that the client feels secure, respected, and accepted. The job goes beyond psychological analysis. However, as much as emotional support is needed, the client needs to learn independence, recognize boundaries, assume his own responsibility, remain hopeful, and be confident of change. Drawing support from people around him also plays an important role toward success.

Annette recalls one successful case involving domestic violence. Fleeing from her abusive husband, her client, Anne* moved to the U.S. with her children. Emotionally wounded and stressed by the demands of life, she was helpless and worn out. To get on the road to recovery, Anne had to first deal with their physical needs. She learned how to effectively make use of the social welfare benefits. Then she established boundaries to protect herself and her children from further harm by the husband who still visited occasionally. Gradually she felt empowered to say no to unfair treatment. Growing up in an abusive family, this was a major breakthrough and a brave step for Anne. Annette, as counselor, came alongside to offer support and encouragement. With the goal to love and protect her children, in addition to the hope of a brighter future for her kids, Anne persevered, grew, and matured. Eventually, Anne was able to emerge from the bondage of violence, and to raise her children in a secure home environment.

Learning Personal Responsibility

Unfortunately, the result of counseling is not always positive. Betty* was one of Annette's clients who failed to make improvements in her life. Betty was deeply stressed by her young daughter, who had a child out of wedlock. Feeling the burden of her daughter's behavior, Betty exhaustively cared for the baby with her own time and money. The daughter, on the other hand, continued her unruly lifestyle after the baby was born. She squandered the welfare money designated for the baby, and never took her role as a mother seriously.

When Betty came to Annette for assistance, she was frustrated at doing this thankless job. Through the counseling sessions,

輔導室中擬定的目標，最終不一定會成功。成與敗的關鍵往往取決於受助者的態度。當中最常見的失敗原因是當事人不肯改變。透過輔導員的引導，特別是當事人願意放下防衛，真誠與輔導員對談時，一般問題的所在甚至出路是不難看見的。但最終的成功還是要透過當事人決心把所學的逐步實踐，才可看見轉機和成長。有些人不肯改變是因為害怕改變時帶來的外在壓力，也有人是因為性格的扭曲所致，特別是有些人從來不曾自我反省，總覺得一切問題都只是別人的，永遠只要求別人改變來符合自己的要求。

要看見成功的輔導個案，趙太認為輔導員要超越單純心理分析，給與受助者一份全人的關懷，並讓當事人感覺安全、被尊重和被了解。受助者的問題往往除了個人心理因素外，也需要不同資源的配合。當事人身邊的支持系統也扮演極為重要的角色，輔導員要能靈活運用，給予受助者最適切的引導協助。同時在輔導的過程中，幫助受助人學習放手、學劃界線、看見自己的責任、心存盼望、也相信自己有能力改變。輔導員在這旅程中一邊同行、一邊鼓勵和支援，這樣成功的機會就大大提高。

在趙太輔導的個案中，其中一個成功例子是一位因逃避家暴而隻身帶著幾個孩子移民美國的媽媽。這位A太太在個人資源極為缺乏的情況下，深感傍徨無助，因而產生極大的焦慮和抑鬱，甚至接近崩潰的地步。由於這個家庭的實際問題不少，因此要克服情緒問題前必先解決其生活所需，有效的運用社會資源，是邁向成長的第一步。施暴的丈夫偶爾會從原居地來探望家人，A太太在過程中就必須學習劃界線，明白自己有責任和能力向無理的對待說不，不容丈夫有機會再傷害自己和孩子。由于A太太自己成長的過程中也受過父

she understood that, to get her daughter to change, she needed to be determined and allow the daughter assume the responsibility. However, instead of changing her way of dealing with the daughter, Betty held on to the wishful thinking that the daughter would take the initiative to make changes. She refused to let go of taking the responsibility for the baby. She tolerated the daughter's perpetual behaviors: hoarding the welfare money, not abiding by house rules, and not enduring the consequences of her uncooperative behavior. Betty feared her uncommitted daughter might put the precious granddaughter at risk once she relinquished the baby. In reality if the baby was left uncared for, government agency or social workers will take over and ensure the baby's well being.

Because of Betty's refusal to let go, her daughter was never forced to grow up and to bear consequences of her actions. Betty failed to realize her main responsibility was to train up her daughter to be a mature woman and a responsible mother. She didn't understand that true love means to help her daughter to uphold principles and fulfill obligations. In the fear of losing her granddaughter, Betty was willing to forgo teaching and disciplining her own daughter. She continued to raise her granddaughter alone until she became totally exhausted, depressed, and helpless.

Whether one can overcome and mature during hardship is a matter of personal choice. Choosing to confront the problem and willingness to learn and accept changes are factors leading to breakthrough and growth. It is best to seek help when problems first surface. "Don't wait until the pain of not dealing with the problem is greater than dealing with it before seeking help," advised Annette. With wise counsel and faithful support from family and friends, an insurmountable burden becomes bearable. Don't stall until the problem grows to irreparable ruin.

Annette's best advice is if you are still thinking and feeling unsure of whether to seek help, don't wait any longer. "Be courageous. Deal with the problem," says Annette. "The most important motivating force is love - for yourself and for those you deeply care about." Because of love, we can experience miracles in life!

*client names have been changed to protect their privacy

"Choosing to confront the problem and willing to learn and accept changes are factors leading to breakthrough and growth."

"選擇面對，勇於學習和改變，敢於接受改變帶來的影響，都是帶來突破和成長的因素。"

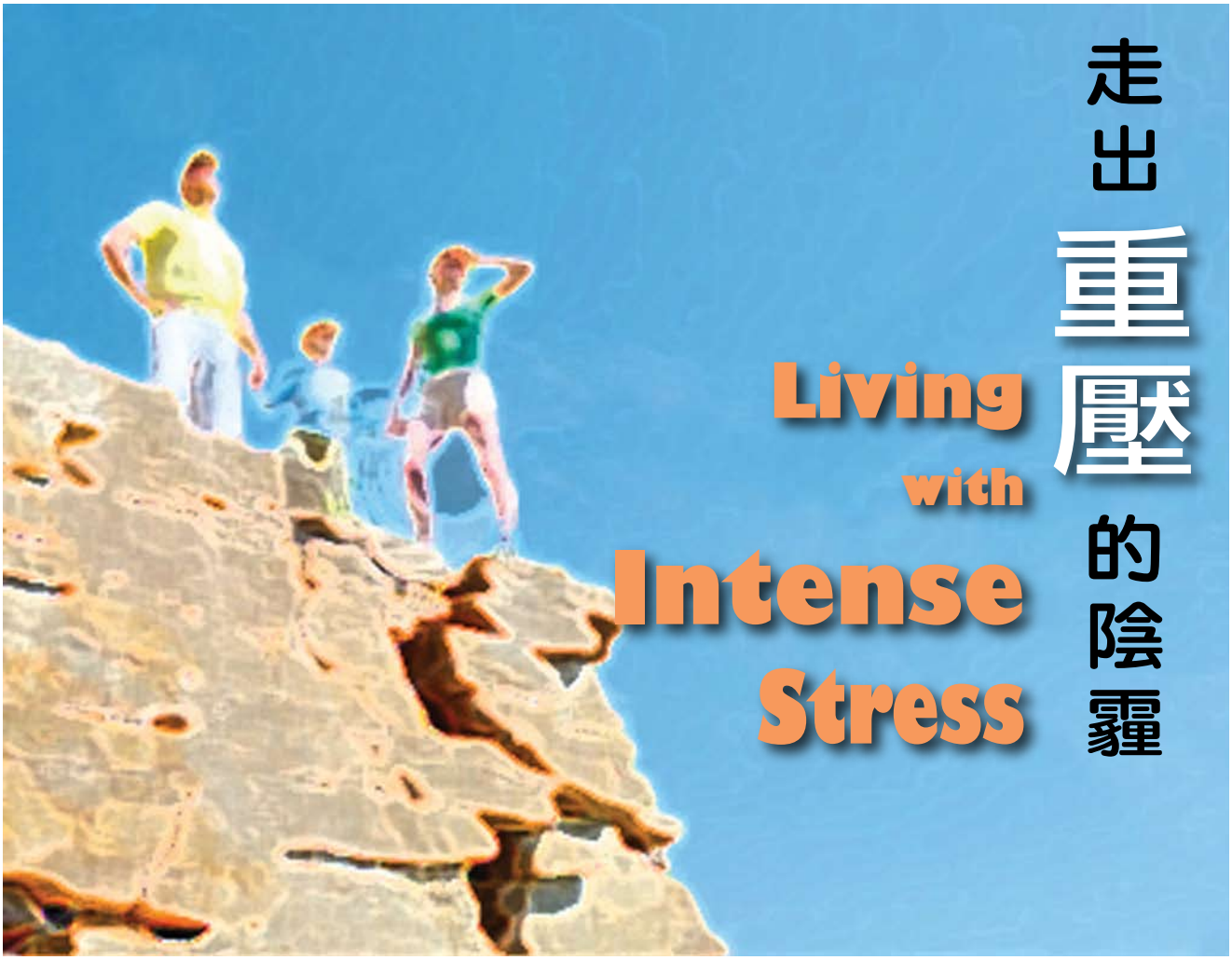
母的虐待，因此學習說不和定立界線時有一定的阻力。然而因著內心一個清晰的目標，就是愛和保護孩子；並且在受助的過程中看到盼望，曉得隨著日子的過去，孩子每天的成長，壓力和問題最終會得到解決；同時在過程中感受到輔導員的全心相信和全力支持。透過A太太持續努力的學習和成長，孩子終於可以擁有一個安全的家。A太太最終能夠自己站起來，從暴力的陰影下得到釋放。

學習承擔個人責任

當然輔導室中也會看到一些失敗的例子。B太太年輕的女兒因遇人不淑，結果未婚懷孕。產下嬰兒後，女兒如常生活，照顧嬰兒的責任全由B太太一手包辦，連政府給與單親媽媽的津貼都全由女兒取去。B太太出錢出力，獨力照顧嬰兒，承擔女兒做錯事的後果；相反，女兒卻坐視不理，我行我素，把嬰兒只當作娃娃，偶然才拿來玩玩。B太太因此情緒極為困擾，尋求輔導。輔導過程中B太太明白要女兒改變，自己必須恨下決心，讓女兒承擔責任。但B太太不敢向女兒要求交出政府津貼，也不敢定下替女兒帶嬰兒的條件，更不敢執行女兒不合作的後果。她雖然了解只要她願意放手，即或女兒不肯改變，社工和政府部門都會介入和跟進，確保嬰兒得到合理的照顧。但是B太太仍然非常擔心一旦自己決心不帶嬰兒，這孫女便得不到親人的照顧。表面似是人之常情，但因B太太不敢放手，女兒永遠無法成長、來承擔責任。B太太忽略了自己有責任訓練女兒成為一個負責任的人和媽媽。她不明白愛中必須帶有原則和責任，反而因害怕面對女兒的反抗而放棄管教女兒的責任，繼續忍受獨力照顧孫女的擔子，以致自己心靈的壓力和困擾無法得到解決。

一個人在困境中，能否克服並成長，極大程度決定於個人的決擇。選擇面對，勇於學習和改變，敢於接受改變帶來的影響，都是帶來突破和成長的因素。面對這一切絕非容易，但若能在過程中遇到一位良師益友陪伴同行，擔子就能輕省一點。解決困難是每個人須自負的責任，別人充其量只能給與意見和支持。遇到困難，最好是在問題發生的初期便尋求幫助，避免到了「不處理問題的傷痛過於處理問題的傷痛之時」"When the pain of not dealing with the problem is greater than dealing with it"，才採取行動，此時生命可能已變得一團糟，難以收拾。

假如今日的您還在猶疑，不知道困擾中應否尋求幫助，請不要再拖延，當鼓起勇氣來面對問題。這決擇背後最大的動力往往是愛，包括對自己和自己所關心的人的愛。因著愛，生命中是會有奇蹟的！



Editors

The word stress usually comes with a negative connotation, but some people would describe stress as the motivating force behind growing to maturity. It is safe to say that a life without any suffering is not a true blessing. In fact, those who have experienced intense stress often grow in maturity and character. On the other hand, when we encounter unexpected setback, agonizing stress, or an extended period of darkness, the suffering and heavy load may cause us to stumble, become depressed or even have a nervous breakdown.

Life's biggest question is: **How can we maintain optimism when we are at the lowest point in our lives?** Or, how can we survive under intense pressure? The following are the true stories of two women who had to deal with very difficult circumstances. We can gain valuable insights from their experience.

編輯組

壓力一詞總給人負面的感覺，但亦有人形容壓力是成長的動力，畢竟完全無風無浪的人生，並不見得就是幸福。反而在壓力下成長的生命，更能茁壯和成熟。然而人生路上遇到突如其來的打擊、重壓，或長期處於低谷幽暗中，這些痛苦和重擔也足以令人全然跌倒，造成情緒鬱結甚至精神崩潰。**低谷中怎能見曙光，重壓下怎能得重生，是人生一大學問。**編輯組就這課題找到兩位過來人，與我們分享他們的經驗。其中，蘭西的一家經歷移民風浪及生意失敗，編輯組特別採訪，將他們的故事撰寫下來，盼望我們從他們的故事和心路歷程，得到一點啟示。

Character Sketch 人物素描

End of the Road but Not a Dead End

At the peak of emigration in 1997, Nancy and her family emigrated from Hong Kong to Canada. The economy was booming and there was no sign of the impending financial crisis. Nancy's husband was working in the flourishing business of logistics. Thus, as soon as their family became permanent residents of Canada, her husband accepted a job offer in New York, United States. During those years they had a good income and a prosperous life. One can say that they were rather proud of themselves. With life going so smoothly, they saw no need to prepare for any potential crisis. Not only did they not save up for a rainy day, they also did not actively process their application for permanent residency in the United States.

Since the business of logistics was in high demand at that time, Nancy's husband left his job to fulfill his dream of owning his own business. But good times never last. After laboring day and night to get their logistics business off the ground, 9-11 happened, causing their business to plummet. They struggled to keep the company afloat, but after several years, they finally had to close it down. Nightmares soon followed.

In order to make a living, Nancy's husband had to re-enter the workforce. But because he was not a United States resident, job prospects were few. Finally, he landed a job offered by his former boss in Los Angeles. Conflicts with his supervior soon resulted in his resignation. From there, he experienced several lay-offs because of subsequent economic downturns. The days of unemployment were not only depressing, it also threw the whole family into great economic hardship. Coupled with the accumulated debts from their business failure, they were loaded down with heavy financial burdens. In order to supplement the family income, Nancy, who had never worked outside the home, was willing to become a domestic worker. The nature of her job required her to

窮途卻不是末路

蘭西一家在97年移民潮的高峰期舉家從香港移民加拿大，當時正值經濟繁榮、金融風暴尚未來到。蘭西的丈夫任職物流業，景氣亦十分蓬勃。因此他們一家剛取得加拿大居留權便馬上被邀到美國紐約工作，幾年間擁有豐厚的收入和富裕的生活，可說是人生頗為得意的幾年。因為事事順利，對前途欠缺危機感，不但沒有積穀防饑，連居留美國的手續也沒有積極辦理。

由於當時物流業一片好景，蘭西的丈夫把心一橫，決定辭去工作一圓自己的創業夢。可是好景不常，辛苦經營的物流事業，剛起步便遇上九一一的恐怖襲擊，生意一落千丈。辛苦支撐了幾年，這盤生意終告結束，隨之而來的竟是噩夢連連。

為了生計，蘭西的丈夫只好重投職場，卻礙於並非美國居民，尋找工作困難重重。後得舊老闆向他招手，於洛杉磯的分公司提供一個職位，又遇上與上司的協調問題不歡而散。幾經努力再尋到的工作，亦因經濟不景氣而遭到解雇。失業的日子不但令人沮喪，更使全家陷入極大的經濟困境，加上之前生意失敗積欠下來的債務，可謂百上加斤。蘭西過去從不曾工作過，但為了生活，只好替人做家傭以幫補家庭。那種需要卑躬屈身、事事聽命服事別人的感受令蘭西十分難堪，不時以淚洗面。在這些困難的日子裏，學習接受別人的恩惠，也是人生一重要考驗。有一次，蘭西收到一張朋友給的支票，面額不少。手執這張支票不知哭了多久，良久也不敢前去兌現。面對別人的恩情，一方面心存感激，一方面卻更顯出家道中落的打擊。幸而因著蘭西的

submit herself to obey every whim of her employers. She felt humiliated and was often in tears.

This crisis also tested Nancy's ability to accept help from others. When she received a check of a generous amount from a friend, she could not help but cry. She held onto the check for a long time without cashing it. On the one hand, she was very grateful for the kindness of her friend but at the same time it revealed their own inadequacy. With faith in God and encouragement and support of her friends at church, she persevered through those long dark days without mental breakdown.

While Nancy had been praying for the plight of her family, hoping to bounce back from the bottom of the pit as quickly as possible, God did not answer her prayers yet. Their situation remained unchanged. When they still could not find employment, their last hope of staying in the United States was gone. Full of discouragement, they moved back to Vancouver. Although they are permanent residents of Canada, they had never lived in Canada. Nobody understood how anxious they were with this move.

Their lives in Vancouver were no better than before. Since they lacked local working experience, it was difficult for them to find even a minimum wage job. In two years time, they could only find some menial temporary work. Words could not describe their feelings of humiliation and pain. Through all this, Nancy's faith in God was not shaken; she kept praying daily and looking for blessings to be thankful for every day. Finally, in the beginning of 2010 her husband was able to return to his profession when he was hired by a logistics company in Los Angeles. In the process of moving back to Los Angeles, they discovered that had they not left United States for over a year, they would not have been eligible for the work visa. When they looked back, those difficult days in Vancouver were actually pre-arranged by God.

In order to avoid displacing the entire family, her husband moved to Los Angeles first to get stabilized in his job. However, having the family separated was distressing. During that time, as Nancy was struggling with whether or not she should just take the kids to United States to join her husband, their home was burglarized. Everyone thought this was a misfortune, but Nancy could see the hand of God guiding them. The compensation from the insurance company was just enough to pay for their trips to the United States. This was confirmation that God wanted their family to be reunited. Although their future is still uncertain and their financial burden is still heavy, they are certain that God is guiding them. This gives them hope and the driving force to keep going. The greater blessing is that Nancy's husband has truly experienced God and made the commitment to become a Christian.

信仰、以及身邊教會朋友的鼓勵和支持，在這漫長黑暗的日子裡才不至於崩潰。

蘭西一直為家庭的困境禱告，盼望盡快可從谷底中反彈，可惜環境卻一路未見轉機。工作找不到，連居留美國的盼望也幻滅了。懷著沮喪的心情，舉家被迫遷回加拿大溫哥華。雖然身為加籍人士，但從未真正在加國生活過，前途茫茫，滋味實不足為外人道。

溫哥華的日子並未見到任何起色，就業市場同樣低溫，加上他們缺乏當地工作經驗，連僅為餬口的工作都難以找尋。兩年間也只能找著一些卑微的臨時工作，委屈和痛苦的感覺難以形容。蘭西並未因此信心動搖，仍舊堅持禱告，每天留心微小卻值得感恩的事。終於丈夫在2010年初獲洛城一家物流公司聘請，重新回到自己的本行。過程中發現按他們的居留身份狀況，若非曾離境超過一年，根本未能符合資格申請美國工作簽證。回頭望，在那些困難、流離的日子，上主其實已早有安排。

為免全家再次流離，丈夫先到洛城工作，待工作穩定後再行打算。無奈與家人分離的日子並不好過，蘭西心中正在爭扎應否破斧沉舟，與孩子再次來美，不料，家中竟遭遇打劫。眾人看這一家真是禍不單行，蘭西卻看見上帝冥冥中的帶領，藉著保險的賠償，得到了一家來美的旅費，心中確認上帝的心意是要他們一家團聚，共同面對困難。前路縱然仍有不定，過去日子累積下來的經濟壓力依然沉重，能夠肯定路上有上帝引領，是一家能夠走下去的動力和盼望。丈夫也在這過程中誠心體會上主的真實而決意成為基督徒。

Character Sketch 人物素描

The Heart of a Stepmother

Cindy recounts her experiences of divorce and suddenly finding herself a single parent and heavily in debt. Loneliness and helplessness hit her hard. When she entered into her second marriage and became a stepmother, she wondered if she had made the right choice. Cindy shares her journey as a stepmother.

In 1989, our family-operated restaurant and nightclub business failed. My ex-husband disappeared and I was left with an insurmountable debt. He reappeared later with a Hispanic woman and a set of twins three years older than our son. All of a sudden my world fell apart. I can replace material things such as houses, cars and money, but how can I rebuild the trust that I once had with my ex-husband? I could not continue the relationship so I started my life with my son as a single parent. In my hopelessness, time and again I thought of committing suicide. But I could not bear the thought that my young son would lose both of his parents and be left all alone without anyone to take care of him. So I grinded my teeth and hung in there, though I faced creditors hounding me daily.

難為後母心

我們的第二位主角Cindy曾經歷一次失敗的婚姻，走過單親又欠債的孤苦日子。當她再度踏入婚姻，面對複雜的混合家庭關係，也曾懷疑過自己的選擇。這段心路歷程，由Cindy自己向讀者真情告白。

1989年我們家經營的餐館夜總會生意失敗，前夫不知去向，剩下我獨個兒面對巨大債務。後來前夫再度出現，後面竟然跟著一個西裔女人及兩個比我兒子年長三歲的龍鳳胎，我的世界頓然變成灰黯漆黑。房子、公寓、跑車和錢財都是身外物，沒有了可以重頭做起，但失去信任的感情，實在叫我無法維繫。我毅然帶著兒子，開始了我的單親生涯。絕望中屢次出現輕生的念頭，但想到幼子將失去雙親，無人照顧的景況，只好咬緊牙關每日面對被債主追債擔驚受怕的日子。

1998 年認識現任丈夫， 我們二人都曾經歷婚姻失敗，當時我有一個十歲的兒子，他有兩個八歲及六歲的兒子。2005年婚後我便成了兩個小孩的「後母」。我的朋友們取笑我「後母」也敢當，真的不知死活。但是再婚前，我覺得自己已經慎重考慮

In 1998, I met my current husband. Both of us had experienced a failed marriage, my son was ten years old then and he had two sons, ages six and eight. In 2005, after we got married, I found myself as the stepmother of these two younger boys. Before entering into this marriage, I had considered carefully and felt that with love, I can become a non-traditional and competent stepmother. I moved from an 800 square feet apartment into a 2,500 square feet home. I considered myself capable, and determined that nothing was impossible. At the beginning of our marriage, I got up at 6 a.m. every morning, made breakfast and prepared lunch for the family, cleaned the house, took the children to school and picked them up, then cooked dinner. At ten o'clock at night, there was still unfinished housework to be done. No matter how tired I was, I never thought of giving up. However, discouragement came whenever my stepchildren were disobedient or when I had disagreements with their biological mother about how to raise them properly. Even my friends jokingly asked me why I dared to become someone's stepmother.

Though my husband placed a high priority on education, there were too many distractions in our busy society that divided the children's attention. Shuffling between two homes on different weeks also affected their ability to concentrate in school. In order to build a good foundation for their education, every summer since 2nd grade I carefully arranged summer academic programs for the children to learn next year's math, read English literature, and write letters and reports. My husband was an excellent student who graduated from college with a 4.0 GPA, so it was natural for him to expect his own children to achieve the same academic success. Every time he heard other children being admitted to well-known universities or awarded certain scholarships, he would look at me disapprovingly as if I had not done my best yet. This invisible pressure suffocated me at times, but I willingly shouldered this pressure rather than pushing it on the children. It was enough for me to see that they worked hard and did their best at school. I knew of a high school classmate who committed suicide because she failed her exams due to insufficient time to study while helping to operate the family grocery store business. I did not want any of my children to experience the same kind of pressure and give up on their life in order to keep up with their grades. I believe it was more important and meaningful for the children to learn life's skills, understand biblical truths and live a joyful life than studying all the time.

過，我相信祇要有「愛」我一定可以做一個非傳統、不一樣而稱職的「後母」。從一個八百多尺的公寓搬進2,500尺的房子，我自認心靈手巧，一切事在人為，必沒有難成的事。我開始每天早上六時起床，為家人做早餐，準備便當，收拾整理，接送孩子，做晚飯，常常到晚上十時，仍有未做完的家務。身體再累我也從未曾想過要離開此崗位，可是遇到小孩子們不聽話，或與孩子們的生母有不同意見時，我難免也會質疑自己是否選擇錯了。

丈夫非常注重孩子們的學業教育，孩子生長在這個繁忙社會裏，又加上生父，生母家裏兩邊走，太多事情會影響到專心學習。孩子們從小學到高中第二年級，每年的暑假，我都會為他們用心安排，讓他們先練習下一年度的數學，閱讀英文小說，寫信及讀書報告，為他們打好根基。丈夫本身是一位既聰明又用功的好學生，以4.0平均分大學畢業，當然希望小孩子們有同樣或更好的成績，每次聽到別人的孩子考上某某有名大學，或獲得某某獎學金時，總是用奇怪的眼神望着我，好像是對我說我還未做到最好，這無形的壓力有時實在叫我透不過氣。至於我對學業的看法，我認為祇要該子們用功，盡全力應付，就已經足夠了。我有一位中學同學因為幫忙家中的生意，沒有足夠的時間溫習功課導致考試不及格，結果不能升班，因而跳樓自殺。我情願自己承受從丈夫而來的壓力，總好比讓孩子們來承受，更不願意再看見任何一個小孩子因為功課不及格而有輕生或放棄自己的念頭。我覺得教導孩子做人處世的道理，明白聖經的教訓，身心靈愉快，比死讀書來得重要，而且更一生受用。

After a long period of adjustment, finally my husband's two sons recognized me as part of the family. Once, my husband's younger son Richard was sick, I took him to see the doctor and cooked porridge with fish for him. When he woke up coughing at night, I gave him a back rub and massage, puffed his pillow so he would fall asleep again. The next morning he told his father, Auntie Cindy was better than Mom. On another occasion, my hand was injured in a traffic accident and I needed to take Chinese medicine. When I fell asleep while waiting for the Chinese herbs to cool down, my younger step-son woke me up to tell me to drink the medicine before it got cold. His older brother also consoled me after smelling the bitter smell of Chinese medicine. From this small incident, I experienced the care and concern from them that had developed over the years.

Love goes both ways: it gives and receives. Was it they who won my love or was it I who won their heart? In that instant, I believe love united us all together. I watched my three sons grow up happily. When they are healthy and do well in school, I pat myself on the back as a good stepmother. Of course, our family life still faces the usual problems that come from dealing with adolescence. But we know we have to understand and work even harder at growing up together. If we rely on God's love and the support from each other, we can face all the challenges and obstacles that come our way.

經過多番磨合，總算與丈夫的兒子們成為真正的家人。有一回小兒子病了，我帶他去看醫生，回家為他煮魚粥，晚上他從睡夢中因咳嗽醒來，我為他擦背按摩，墊高枕頭，他才再度安然入睡。第二天早晨他告訴爸爸，亞姨比媽媽好。

其後我的手因交通意外受傷得服中藥，一天藥煲好了，正等藥稍涼好入口之際，可能因太累而坐在沙發上睡著了，小兒子推醒我，叫我吃藥，他說他測試過藥溫，剛好入口，如果藥涼了便沒有效了。大兒子聞到藥味也從樓上跑來問我藥是煮給誰的？我告訴他是給我醫治受傷的手用，他說他真替我難過，受了傷還要飲苦藥，希望我能快點好起來，可見他們都很關心我。

愛是一條雙軌路，有來也有往，是他們贏了我的愛？還是我抓住了他們的心？相信在那一刻愛已經把我們連在一起了！眼看著三個兒子愉快成長，每年的健康檢查報告，都一切正常，學校的功課也算是過得去，我想這個後母應算是合格了。當然我們家裡仍然有著各種不同的生活壓力和青少年問題，需要我們去學習、去了解，和一起努力共同成長，靠著上帝的愛和彼此真情的相待，壓力和障礙是可以應付的。

Editor's Response

For most people, life and stress are interconnected, they cannot be separated. For Nancy and Cindy, living with stress was like being in a dark tunnel and not able to see the light at the end of it. It was love and family that taught them to persevere and not give up. It was their faith in God that gave them hope so their experiences of pain did not result in bitterness and despair.

編者的迴響

對於許多人而言，壓力與人生是連在一起，無法分割的。對於上述故事的主人翁，壓力曾經一度像漆黑的洞，看不見盡頭，找不著曙光。是愛和親情教人學會堅毅和那份不言放棄的能耐；是信仰令人體味人生的盼望，使人能可以痛而不苦、受重壓而不絕望。

Presence Family Magazine • 《活現家庭雜誌》

Subscription Form 訂閱表格

FREE Subscription! 免費訂閱

If you wish to receive our free Presence Family Magazine or to update your information, you may subscribe at www.presenceministry.org, OR complete this subscription form and mail it to the following address:
如欲免費訂閱活現家庭雜誌或更新個人資料，歡迎到上網www.presenceministry.org登記 或 填妥訂閱表格寄回以下地址。

20651 Golden Springs Dr., #104, Walnut, CA 91789

Name 姓名： _____ **Gender 性別：** ❑ M 男 ❑ F 女

Age 年齡： ❑ 0-24 ❑ 25-34 ❑ 35-44 ❑ 45-54 ❑ 55-64 ❑ 65 or above 或以上

Language 語言： ❑ Cantonese 粵語 ❑ Mandarin 國語 ❑ English 英語

Please select one of the subscription formats 請選擇其中一種訂閱形式：

❑ **Mail Printed Version 郵寄印刷版**

Address 地址：_____

City: _____ Zip Code: _____

❑ **Email Electronic Version 電郵電子版**

Email Address 電郵：_____

Feedback 意見： _____

_____

鄭治平家庭牙醫診所

Vincent C Cheng, D.D.S. MSc. F.A.D.I.

英國倫敦大學牙周病碩士

Master of Science (University of London)

國際全科牙醫院士

Fellow of Academy Dentistry International

- 精國粵英西泰語
- 全新診所
- 採用高科技電腦數碼X光
- 口腔內視鏡
- 口腔數碼攝影
- 口腔癌篩檢測試
- 精工牙冠牙橋
- 家庭牙科
- 牙科矯正 (Braces)
- 智齒拔除
- 兒童牙科
- 牙齒美容漂白 (Veneer)
- 牙周手術治療
- 根管治療

323-728-3714

616 N. Montebello Blvd.
Montebello, CA 90640

活現 Presence

Presence Ministry
20651 Golden Spring Dr., #104
Walnut, CA 91789

Change Service Requested

Non-Profit Org.
US Postage
PAID
Walnut, CA
Permit No. 4468