



Praying for Panama

為巴拿馬禱告(3)

Short term mission team – The Top...

短宣隊之最

We are happy to see any short mission teams come and share their lives with us. They come on their own finance and time. With their expertise, they serve and reach out to this community for Christ's sake. With a humble spirit, they eager to learn about Panama, Chinese community and many aspects of mission work. Their efforts are often translated into friendship and bridge for the Gospel. In the mean time, they share our joy and challenges in real-time mission operation. We take our hats off to them.

我們每次有機會接待短宣隊都很高興因為可以與他們分享彼此的生命。他們自己出錢用自己的時間和才幹因基督的名來宣教並服務社區。謙卑的學習並瞭解巴拿馬文化，華人情況及宣教事工。他們工作的成果經常能與未信主的建立友誼和福音的橋樑。同時，他們可即時親身體驗宣教工作的喜樂與挑戰。我們深深向他們致敬。

Richmond Chinese Alliance team (RCAC) came for 12 days. In many ways they set the record for us. Among all the short term mission teams that we experienced, they reached the top on:

1. Number of people: 12 in all. Biggest so far.
2. Greatest age range: 16 – 70+
3. Super organized: They all first timers for STM but their preparation will shock you.

4. Best food service: Their own chefs prepared for the team 3 gourmet meals a day on top of afternoon tea, fruit and dessert. Both Chefs still carried many other ministry roles besides cooking.
5. Most fun group: They worked hard but they had so much fun and laughter.

Allow me to highlight a few of their ministry efforts.

加拿大列治文宣道會(簡稱列宣) 在七月來巴拿馬十二天。在很多方面他們都創下記錄。從我們的經驗，這隊在多方面是短宣隊之[最]。讓我試列五項：

1. 最多人數: 12 人最大的隊伍
2. 最大年歲差距: 16 至 70 多歲
3. 最詳盡的籌劃: 雖然全是第一次參加短宣，他們籌劃安排之周密會使你驚訝讚賞
4. 最有口福: 隨隊的兩大廚師日日供應三餐豐美的伙食 (雞, 鴨, 魚, 牛, 豬, 羊, 蝦及新鮮的蔬菜, 水果) 加上下午茶及甜點。這兩位大廚還擔任了許多外展及教會的事工。
5. 最開心的: 雖然全隊的事工很艱難繁瑣, 但團隊中只見喜樂歡笑的臉。

讓我分享一些他們事工的內容

Dental & Health Seminars

牙科及健康講座

Our dentist conducted two seminars to explain the common dental diseases and its prevention in adults and children. He also brought examination kits and offered free dental exam for a total of 75 people.

短宣隊中的牙醫主持了兩次的講座。清楚的解釋了一般成人及兒童牙科病的症狀及預防的措施。他更帶來檢查工具為多過 75 位朋友免費檢查。



Health and Home Safety Seminars

健康及家中安全講座

Two Canadian retired registered nurses presented two interesting and informative talks. They also gave free checkup for blood pressure and blood sugar after the seminars. Many came and received important medical advice. Some had to come back again to assure the condition had improved.

兩位加拿大退休的註冊護士主持了兩次講座關於豬流感及其他常見的保健情況。講座有興味又有內涵。她們還為社區免費驗血壓及血糖。



許多人參與並得到很好的指導。有些還需要復診，保證情況有所改進。

Children's Happy Day

兒童歡樂日

We scheduled two Children's Happy Days in the Country Club and one in the King's Park. The duration for each was different: the Country Club two-hour session for two Fridays; one five-hour session for the King's Park. There were games, stories, singing and snacks. The theme was "Jonah". Kids had a wonderful time. We would connect with parents in the future.





distribute flyers and Christian pamphlets. They also tried to connect with the local residents at poolside and ping-pong room. The overall reaction was positive but guarded. Turning the soil is always a tough chore but necessary for a good harvest.

短宣隊除了以上的外展活動，在君王福音站內每周還有不少的工作。例如每周的豐富人生為未信的(介紹溫哥華)及信徒的小組查經。又幫福音站改進網絡硬件及換一吊扇。作宣傳時走遍七座高樓大廈派傳單及屬靈小冊子。更利用空餘時間在泳池及乒乓球房與居民接觸認識。一般的反應良好但很謹慎。翻土是難事，但是要有好收成就必須作這事。



Other activities

其他的工作

STM team kept pretty busy throughout the week. They hosted weekly meetings in our condo to introduce British Columbia and Richmond. They also conducted Bible studies for believers. They helped to upgrade our internet system and replaced a ceiling fan in the condo. For promotion, we went through 7 high-rise towers to

Happy meal time 歡樂佳餚 1

STM devoted a good portion of their time to serve and support the ministry of our mother church, Aqua Viva Church. They had involved in Sunday worship, sister's fellowship, men's fellowship, and visitation. They also helped a needy family to paint the house.

短宣隊也盡力服事支持我們的母會-活泉堂.他們參予主日崇拜, 婦女天地, 男人天空及探訪. 更有機會幫助一家庭油漆.



Men's fellowship 男人天空 1



婦女天地 Sister's fellowship 1



探訪 Visitation 1



Painting for a family 為一家庭油漆 1

Hard to say "goodbye" 難捨難分

After 12 exciting days, we were reluctant to send them home. They have been a significant part of our ministry. It's filled with purpose and fun. Thank God for keeping all of us safe and healthy. We may all have added a few pounds. Yet it's time to shed the STM FAT off (FAT does not stand for Flexible, Available, and Teachable.). At the airport, Stella and Matthew held back our tears, hugged and thanked everyone. We will see them again soon, real soon. In 6 weeks, we will meet again in Richmond. . Praise the Lord.

在精彩的 12 天之後, 我們依依不得的讓短宣隊回家. 他們在過去的一周多他們是我們事工很重要的一部分. 滿有意義及喜樂. 感謝 神保守全隊的平安與健康. 每個人肯定加了幾磅需要除去脂肪-FAT (F 不代表 靈活, A 不代表 願意, T 不代表 可教). 在機場我們強忍著淚水, 擁抱感激每一位. 知道很快又可在列治文相見, 很快. . 六周後再見. 讚美 神.



Second trip to Chitre 在赴奇特利

We were invited to re-visit the Chitre church on the first weekend in August. However Stella's back pain flared up. It got worse earlier that week. It was impossible for her to survive the four-hour car ride. Desperately she cried out to the Lord for His divine healing. Miraculously the spasms were gone and pain much lessened the morning we left. Indeed His grace is sufficient, especially for those weak ones like her. Weekend was packed with many activities.

我們再次被奇特利教會邀請於八月初去服事。師母背痛的舊患再發。那周開始師母痛的嚴重，根本無法坐四小時車。在無助中，她向神呼求求神大能的醫治。神的恩典實在豐盛，在出發的早上，神奇妙的大大減少背的痛苦。我們順利成行。周末有一連串的活動。

Friday night, we visited Aquadulce which was 30 minute driving from Chitre. Matthew led a Bible study which began at 10 p.m. People were still eager to learn the Word of God after a long day of work.

周五晚，梁傳道帶我們去甜水鎮車距是 30 分鐘。牧師帶領查經從晚上十點開始。弟兄姊妹經過一天勞碌的工作還渴望查考神的話語真是難得。



On Saturday night, there was another Bible study in Chitre at 10:00p.m. On Sunday, Pastor Mel Leung invited Matthew to preach in the

service and teach in Sunday school. The best part was yet to come! After Sunday school Stella conducted a cooking class. Amazingly both 麵筋 and 叉燒肉 turned out to be very delicious. Praise the Lord!

周六晚上在奇特利有另一查經班也是晚上十點開始。梁傳道邀請牧師在主日崇拜及主日學分享信息。精彩的節目在主日學之後。師母試範教作麵筋和叉燒肉。成果真是美味可口。讚美神。



路 17:6 主說：「你們若有信心像一粒芥菜種，就是對這棵桑樹說：『你要拔起根來，栽在海裡』，他也必聽從你們。(Luke 17:6)

Thanksgiving & Prayer requests:

感恩代禱事項

1. Thank God for the STM team from RCAC Richmond Canada.
2. Pray for next Canadian STM team for safety and many outreach events. They will be here from Sept. 1st – 14th.
3. Thank God for healing on Stella's back and Matthew's cold.

4. Outreach events at Country Club and King's Park.
5. Church growth in Aqua Viva Church.
6. People open their hearts to Jesus
7. Our health and safety.
8. H1N1 flu epidemic will be under control.

代禱事項:

1. 感謝 神為我們預備加拿大列治文華人宣道會短宣隊.
2. 為加拿大短 宣隊的平安及成功的事工, 將於九月 1-14 日
3. 感謝 神醫治師母的背痛及牧師的感冒
4. 君王區福音外展的工作
5. 巴拿馬活泉堂的增長與強健
6. 人願意打開心門接受耶穌
7. 我們的健康及安全
8. 豬流感的控制及滅除