

# 康恩通訊

2009年9月

## Latest News

Thanks to God for HIS guidance and provisions, CanCare has planned a series of activities and training programs for the past few months. We aim at equipping voluntary workers with the knowledge and skills to promote and extend the ministries of CanCare to many others, so that their lives can also be touched and filled with blessings and love from God. Some of the initiatives have been successfully delivered while others are yet to be conducted in the near future. The following provides you with more details.

### Fundamental Patient Visitation Skills Training – Mandarin

The first training course in patient visitation skills delivered in Mandarin has been satisfactorily completed. 21 brothers and sisters from 10 different churches attended the training conducted by Mrs Ruby Chan, a professional counsellor, over four consecutive Wednesday evenings from 29 April 2009. Thanks to our Lord, five participants committed to become CanCare volunteers upon completing their training. The participants indicate that the knowledge and skills that they have acquired will not only be highly useful when they serve cancer clients, they will also be applicable in their ministries at their own churches.

### Launch of the Relaxation Exercise CD

The Relaxation Exercise CD jointly produced by CanCare and Blacktown Community Health Centre was officially launched in the morning of 3 July 2009 at the Education Centre of Hebron Chinese Alliance Church in Westmead. CanCare's Vice Chairman, Dr Thomas Ng, spoke at the launch which was attended by over 70 people, including representatives from Blacktown Community Health Centre. The CD aims to assist cancer patients to relax – emotionally, physically and spiritually. It is a high quality CD produced under professional quality control and assurance in its content, music and recording. Please contact CanCare for a free copy of the CD for the patients.



## 最新消息

感謝 神一路的帶領！康恩同工在過去的幾個月裡悉心籌備了一系列的訓練課程和活動。旨在幫助大家在服事上從知識與技巧等方面得著更多更好的裝備，並推廣康恩事工以讓更多人感受 神的恩典。其中有些已圓滿完成了，有些會在近期舉辦。現將詳情報告如下：

### 普通話‘基本探訪技巧訓練’

康恩首次的普通話‘基本探訪技巧訓練’課程已如期順利完成。來自 10 個不同教會的 21 位弟兄姐妹參加了從 4 月 29 日開始連續四



個星期三晚上的訓練課程。導師為專業輔導員陳鄭鳳儀女士。感謝 神，有 5 位弟兄姐妹願意成為康恩的義工。受訓者表示學習該課程不僅對自己參與康恩關懷事工很有幫助，而且可以運用學到的知識服事所在教會。

### 鬆弛練習’光碟發布會

7 月 3 日上午 10 時 30 分，康恩與柏克鎮社區健康中心為共同攜手製作的‘鬆弛練習’光碟在希伯崙堂教育中心舉行了發布會。康恩副會長吳恒堅醫生在會上發言；柏克鎮社區健康中心也派代表參與和分享。逾 70 人光臨此次發布會，場面熱鬧。該專輯在講員、文字處理、音樂、錄音及後期製作等均邀請了專業人仕，效果甚佳。盼望能帶給癌症病人平安的心靈與鬆弛的情緒。可向本會索取‘鬆弛練習’光碟送給有需要的病人。



Clarissa Mulas B.Soc Stud, MAASW(Acc)  
Director, Multicultural Health Network, SWAHS  
Deputy Director, Diversity Health Institute

## Cancer Awareness Course

The Cancer Awareness course was jointly conducted by CanCare and the NSW Cancer Council. Over 60 people attended the course which was held over six weeks from 25 July to 29 August 2009. Professional speakers including medical specialists, dietician, general practitioner, lawyer and community nurse presented on various topics to enrich participants' understanding of the causes, treatment and management of cancer, and the impact that the illness could have on patients and their families. It is worth mentioning that many participants managed to overcome their uneasiness interacting with other people in a new environment and took hold of opportunities during course breaks to integrate and successfully build friendship with many other participants! CanCare is very pleased to have conducted this course jointly with the NSW Cancer Council. It is committed to providing valuable and needy assistance to cancer patients and their families and will seek opportunities to develop further partnership initiatives with the NSW Cancer Council.

## Cancare Support Group

In response to the needs of cancer patients and their families for support, both spiritually and psychologically, Cancare has been actively planning to establish its first support group. The support group will initially meet for six times – three between September and November 2009, and the other sessions from February to April 2010. Professional health workers including psychologist and doctors will be invited to speak at each meeting, followed by small group discussions to encourage sharing of information and concerns, and providing support for each other. Details for the 2009 sessions are:

- Dates: 19 Sept, 24 Oct, 21 Nov 2009 (Saturday)
- Time: 2:00 – 4:30pm
- Venue: Hebron Chinese Alliance Church  
51 Hawkesbury Road, Westmead 2145
- Content: special topics, relaxation music & singing, group discussions, socialisation and afternoon tea
- Target: All Cantonese speaking cancer patients & families/carers (Christians and non-Christians are all welcome)

Let's all come together ~ share our joy and hardships in life ~ and build a network of support

## ‘認識癌症’課程

由新州癌症協會和康恩聯合主辦‘認識癌症’課程已於7月25日至8月29日圓滿舉行。

出席人數高達60

人。在為期6週的課程中，分別有專科醫生、營養師、家庭科醫生、社區護士和律師等業內人仕作為講員，讓學習者得以從不同角度去認識癌症對病人及其家屬的影響，收益匪淺。值得一提的是，學員由開始的陌生拘謹，進而在茶點時的分享、爭取機會交通，到後來成為志趣相投的好朋友。而當中的癌症患者和家人更表達了希望得到康恩服務的願望。康恩很高興有機會與新州癌症協會進行合作交流。希望以後有更多的合作機會，給病人及家屬提供更多的幫助。



Dr Mark Wong & Dr Thomas Ng



## 康恩關懷支持小組

康恩了解到癌症患者及其家人心靈上的需求，他們很需要支持幫助。有鑒於此，康恩正積極籌備一個關懷支持小組，為病者及家屬提供心靈上的支持。‘支持小組’預定有每月一次聚會；分別在今年的9月開始。屆時將邀請心理學家和醫生到小組開辦諮詢講座，並通過病人與家屬的分享，達到互相支持的效果。今年小組聚會的具體安排如下：

- 日期： 19/09, 24/10, 21/11  
 時間： 星期六下午二至四點半  
 地點： 宣道會希伯崙堂教育中心  
51 Hawkesbury Rd, Westmead 2145  
 內容： 輕歌妙韻、專題講座、分享及茶點聯誼  
 對象： 所有癌症病人及家屬（不局限於基督徒）
- 讓我們歡聚一堂 分享生活苦與樂  
 - 攜手同走人生路 -

## Cancer Awareness and Resources Expo (CARE)

CanRevive, Australian Chinese Medical Association (ACMA) and the NSW Cancer Council will jointly host a Cancer Awareness and Resources Expo (CARE) on 7 November 2009. The aim is to increase the Chinese community's understanding of cancer and the various available services, and the importance of cancer prevention. CanCare has been invited to participate in this event. Apart from setting up an information stall, our Vice Chairman, Dr Thomas Ng will also deliver a presentation on the day.

Date & Time: 7 November 2009, 10 am - 4pm

Venue: Wesley Conference Centre  
220 Pitt Street, Sydney

Content: 1. Special topic presentations – deliver by health specialists  
2. Information stalls – set up by cancer related services  
3. Demonstration of Qi Gong, Art Therapy, Healthy Eating, Relaxation massage, sports, etc.

CanCare encourages volunteers to actively participate in this event and offer their time to support this event. Please contact CanCare Volunteers Coordinator, Lorna or Calvin if interested.

## Advanced Clinical Pastoral Care Training

Due to overwhelming demand for the visitation skills training delivered in last April by CPE Instructor Chaplain (Training Supervisor), Ms Sun-Nan Tong of the Nethersole Hospital, CanCare has invited Ms Tong to run an Advanced Clinical Pastoral Care Training course so that more brothers and sisters can benefit from such invaluable learning:

Date: 1 – 3 December 2009

Time: 7:30 – 9:30pm

Venue: CABC  
1 Reserve Street, West Ryde

Application forms will be distributed to different churches. Alternatively please contact CanCare directly for a copy of the application form.

## Co-Worker Retreat

CanCare will hold its 'co-worker retreat' on 5 & 6 December 2009. The theme is 'Imitate Christ' and the focus will be on four key areas: reflection, forward planning, thanksgiving and team building. Through this retreat, CanCare hopes to build a team of 'Christ-Like' volunteers. The program for the retreat is both full and diversified – with both committee members and volunteers reflecting on their work and achievements, visualising and planning for the future, group activities and games, devotion and meditation, thanksgiving, dinner function and delicious meals.

## 癌症資訊日

更生會、澳華醫學會和新州癌症協會定於 11 月 7 日聯袂合辦「癌症資訊日」。旨在提高華人社區對癌症及其有關服務的認識，並使社區人士認識防癌的重要性。康恩應邀參加此活動。當日，吳恒堅醫生將主領一個講座；康恩還會負責擺設攤位以提供相關資訊。

時間: 11 月 7 日上午 10 時至下午 4 時

地點: 雪梨衛斯理中心  
(Wesley Conference Centre)  
220 Pitt Street, Sydney 2000

內容: 1. 專題講座---由專科醫生主講  
2. 資訊攤位---由有關癌症服務機構

提供 3. 示範活動---介紹及示範與輔助療法有關的活動，如鬆弛運動、營養食譜、香薰療法、音樂療法及郭林氣功等。

!! 康恩鼓勵義工們積極參與幫忙。如有興趣，請與義工聯絡員聯繫!!

## 進深探訪訓練課程

去年 4 月，康恩邀請了香港拿打素醫院湯新南院牧督導前來帶領探訪訓練，反應熱烈，但因人數限制之故，很多弟兄姐妹未能參加。本會深感抱歉。現康恩再次邀請湯新南院牧蒞臨教授此課程。且盡力安排，爭取增加座位，讓更多的弟兄姐妹可以參加。

日期: 12 月 1、2、3 日

時間: 晚上 7:30 至 9:30

地點: 華澳浸信會—展信堂  
1 Reserve St, West Ryde



報名表稍後將發放到各教會。敬請留意。亦歡迎直接聯絡本會索取報名表。

## 同工退修營

康恩定於 12 月 5、6 日舉行「同工退修營」。主題為「效法基督」。目的是回顧與展望，感恩與祈求。並藉著退修營以建立效法基督精神的團隊。退修營內容豐富，節目精彩。有委員、同工們的回顧分享；有對明年康恩事工的展望與計劃；還有團隊遊戲及活動、晨禱早操、敬拜讚美、同樂晚會、美膳茶點等。

Application for the retreat is closed and all vacancies are filled. However CanCare is liaising with the resort to see if more rooms can be made available for this event.

Date: 5 – 6 December 2009

Time: Arriving at 10am on 5 Dec and departing at 4pm on 6 Dec

Location: Apollo Resort, Central Coast

If you are interested in participating in this retreat, please contact CanCare as soon as possible to check if additional applications will be considered since we have booked a limited number of rooms with the Resort.

### Thanksgiving Items

1. Thanks to God for the successful completion of a number of activities and programs over the past few months. The results have been encouraging and exceeded our expectations.
2. The production of the Relaxation Exercise CD. Thanks to God that the CD is satisfactorily produced and hope that this will provide much help to cancer sufferers.
3. The course jointly conducted with the NSW Cancer Council was very successful and well received. Not only did it offer useful information to the course participants, it helped to increase people's awareness of the work of CanCare and provided the opportunity to promote the support group.
4. Thanks to God that CanCare has received many new client referrals and a few of the patients and family members have subsequently committed to Christ. This greatly touches the lives of CanCare's voluntary workers. It makes them experience the love of God in leading their ministry in Cancare and how our Lord has involved HIMSELF in Cancare's ministry.
5. Thanks to God for our mission on Cancare Support Group, and lead many patients and their families/carers to participate in the group.

### Prayer Items

1. Prayer for the establishment of the Cancare Support Group, which commences in mid September. Hope that this group can provide support for cancer patients and their families, and meet both their psychological and spiritual needs.
2. Pray for the preparation of the Cancer Awareness and Resources Expo (CARE) scheduled for November 2009. May God let CanCare work and interact closely with other organisations and thus provide help for more people.
3. Pray for our Counselling Co-ordinator, Jackie Chan who is undertaking a three month course in CPE in Hong Kong. May God grant him wisdom to complete his course successfully so that he can provide assistance to more patients in the future.

目前報名日期已截止，名額也告滿，但康恩正嘗試與入住酒店方面商議以安排更多房間來滿足需要。

時間： 05/12/09 10am—6/12/09 4pm

地點： Apollo Resort, Central Coast

請您不要錯過最後的報名機會，儘快遞交申請表!!!

### 感恩事項

1. 感謝 神！康恩過去籌備的幾個活動均圓滿結束，且達到出人意料的果效。
2. ‘鬆弛光碟’的製作。感謝神的參與，使光碟順利製作完成。望能通過這光碟去幫助有需要的病人。
3. 與新州癌症協會主辦的‘認識癌症’課程非常成功。不但能為病人提供有關資訊，且藉此課程讓更多人認識康恩事工，同時也將‘支持小組’推廣給病人。
4. 感謝主！在過去幾個月裡，有許多新的病人被轉介到康恩。其中有數位患者及家人因而信主，讓我們經歷祂如何親自與康恩同工。
5. 神讓康恩能成立‘支持小組’，也帶領病人來報名參加。

### 代禱事項

1. 為 9 月中旬開始的‘支持小組’禱告。希望藉此能讓癌症病人得到幫助，照顧他們心靈上的需要。
2. 將 11 月份‘癌症資訊日’的籌備工作交託。求主讓康恩能與其他機構有更多合作交流的機曾從而使多人得益。
3. 輔導聯絡員陳偉雄弟兄現在在香港參加為期三個月的院牧課程，求 神使用課程來裝備他，更能幫助病人。亦特別施恩予陳弟兄，讓他順利完成課程。

4. Pray for the preparation of Advanced Clinical Pastoral Care Training course.
5. Pray that Lord will lead CanCare in building a cohesive team of 'Christ-Like' volunteers through the retreat.
6. Pray for the volunteers and cancer patients' well being – physically, psychologically and spiritually.

*NOTE: Donations to Cancare over \$2 is tax deductible.*

4. 為‘進深關懷探訪’課程來仰望祂。
5. 求 神藉康恩的‘同工退修營’建立‘效法基督’的團隊精神。
6. 為義工與病人的身、心、靈禱告。

*備註：捐款 \$2 或以上，可憑收據退稅*