

海谷通訊

The Tolo Adventurer

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Email Version 電郵版

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海谷中心簡介

海谷中心成立於 1978 年，是由一群基督徒及朋友負責組織及推動之不牟利志願團體。中心的宗旨是透過戶外團體活動，推展人與神、人與大自然和人與人的溝通和瞭解。海谷中心的會址位於香港其中一個海岸公園－西貢半島北部之海下灣，該處生長了數十種熱帶珊瑚和不同的海洋生物。海谷中心的房舍和設備，是職員及學員一磚一木建成的，簡樸自然。我們會在秋冬期間進行遠足行山，在夏季則舉辦風帆課程，另外亦會在不同時間舉辦信仰歷奇課程，和每月在市區聚會的團契。

Tolo Adventure Centre, T.A.C., was found in 1978. It is a non-profit making voluntary association run by a group of Christians and helpers. It aims to promote people's relation with one another, with the nature, and with God through outdoor group activities. It is located in the Hoi Ha Marine Park where tropical corals and underwater lives flourish. Our centre and facilities are simple and natural, hand-built by our staff and guests. We organise hiking in autumn and winter, sailing course in summer, Christianity and adventure based counseling course throughout the year, as well as monthly fellowship in downtown.

活動日程表

<u>日期 Date</u>	<u>活動項目 Event</u>	<u>編號 Code</u>
7-8 / 2 / 2004	造船工作營 Work Camp	TAC566W
6-7 / 3 / 2004	造船工作營 Work Camp	TAC567W
20-21 / 3 / 2004	造船工作營 Work Camp	TAC568W
10-11 / 4 / 2004	風帆同樂營 Sailing Fun Camp	TAC569S
25 / 4 / 2004	海谷團契 Fellowship	TAC570F
1-2 / 5 / 2004	風帆入門班 Level 1 Sailing Course	TAC571S
30 / 5 / 2004	海谷團契 Fellowship	TAC572F
12-13 / 6 / 2004	風帆入門班 Level 1 Sailing Course	TAC573S
27 / 6 / 2004	海谷團契 Fellowship	TAC574F

活動簡介

造船工作營

7-8 / 2 / 2004 ; 6-7 / 3 / 2004 ; 20-21 / 3 / 2004

為著更新中心的船隊，我們從英國訂購了兩隻 Mirror 帆船的組件，在中心安排工作營把組件裝嵌。裝嵌的過程就如同砌大型積木般，把切割好的木片及散件組合起來，過程不但有趣，還有很大的滿足感和相關技術的學習。經過上季多個工作營，裝嵌工作已接近完成，有興趣參與最後階段工作的朋友請把握這三個造船工作營的機會。中心會安排美味膳食及接送交通，收費每天二十元正。有意參加者，請於任何時間致電 Hermia 91029710 或透過海谷中心的電郵地址（見首頁）報名，提供姓名、聯絡電話號碼、參加人數等資料，中心職員會回覆確實，並告知集合時間、地點及有關資料。

風帆同樂營 10-11 / 4 / 2004

風帆同樂營是兩艘新船下水之禮，亦是為曾經參加過造船工作營或風帆訓練班的朋友們，提供一個享受乘坐風帆之樂或重溫駕駛技術的機會。在第一天出海活動之後，更會安排豐富的燒烤晚會，讓各人盡情享受靜夜的閒情。活動收費每人港幣二百元正。有意參加者，請於任何時間致電 Hermia 91029710 或透過海谷中心的電郵地址（見首頁）報名，提供姓名、聯絡電話號碼、參加人數等資料，中心職員會回覆確實，並告知集合時間、地點及有關資料。

海谷團契

25 / 4 / 2004 ; 30 / 5 / 2004 ; 27 / 6 / 2004

本季海谷團契聚會的主題詳列如下，舉行時間由下午四時至五時半，地點在海谷職員的家中，費用全免。有意參加的朋友，請於聚會舉行前致電 Hermia(蝦米) 91029710 或透過海谷中心的電郵地址（見首頁）報名，提供姓名、聯絡電話號碼、參加人數等資料，中心職員會回覆確實，並告知詳細地點及有關資料。

日期	時間	主題	目的	引用經文	敬拜詩歌
25/4	16:00-17:30	基督徒與苦難	知道基督徒應有受苦的心志,對患難應有正確的態度,知道如何勝過苦難	彼前 4:1-2, 12-19,5:10 約 16:33	偶然遇到的驚喜
30/5	同上	尼希米的啓示 -化悲哀為力量	效法尼希米有信心的禱告,以行動事奉神	尼 1:3-11	我以禱告來到你面前

27/6	同上	一個女人的啓示- 愛的傾注	更全心的去愛耶穌,在 愛中生愛,化爲無窮的 勇氣及信心	可 14:3-9	獻給我天上的 主
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風帆入門班 1-2 / 5 / 2004 ; 12-13 / 6 / 2004

一級風帆訓練班主要教授駕駛風帆的基本理論及入門技術，使參加者對駕駛風帆有初步的認識。凡完成課程者都可獲頒發本會的一級風帆證書。參加者須年滿 16 歲，不一定要懂得游泳。課程收費港幣 200 元，包括教材、用具、膳食及住宿。有意參加的朋友，請填妥以下報名表，然後透過海谷中心的電郵地址（見首頁）寄回，中心職員會回覆確實，在接受申請後會再通知繳費，並告知詳細有關資料。

海谷中心活動報名表格

- TAC571S 風帆入門班 1-2 / 5 / 2004
 TAC573S 風帆入門班 12-13 / 6 / 2004
(請在合適方格內打上✓號或刪除不適合者)

中文姓名：_____ 簡稱：_____

英文姓名：_____ 教育程度：_____

性別：_____ 年齡：_____ 宗教：_____

電話：(手提)_____ (辦)_____ (宅)：_____

電郵地址：_____ 傳真：_____

地址：_____

職業/就讀學校：_____

曾否參加海谷中心課程？ 有 無

若有，請列明年份及課程性質：_____

若無，你從何得知海谷中心的消息：_____

如有意外，請代通知： (姓名) _____

(電話) _____

【參加者須自負意外責任】

文章分享

The Hospital Window

Two men, both seriously ill, occupied the same hospital room. One man was allowed to sit up in his bed for an hour each afternoon to help drain the fluid from his lungs. His bed was next to the room's only window. The other man had to spend all his time flat on his back. The men talked for hours on end. They spoke of their wives and families, their homes, their jobs, and all other issues in life.

Every afternoon when the man in the bed by the window could sit up, he would pass the time by describing to his roommate all the things he could see outside the window.

The man in the other bed began to live for those one hour periods when his world would be broadened and enlivened by all the activity and color of the world outside.

The window overlooked a park with a lovely lake. Ducks and swans played on the water while children sailed their model boats. Young lovers walked arm in arm amidst flowers of every color and a fine view of the city skyline could be seen in the distance.

As the man by the window described all this in exquisite details, the man on the other side of the room would close his eyes and imagine the picturesque scene.

One warm afternoon the man by the window described a parade passing by.

Although the other man couldn't hear the band - he could see it in his mind's eye as the gentleman by the window portrayed it with descriptive words.

Days and weeks passed.

One morning, the day nurse arrived to bring water for their baths only to find the lifeless body of the man by the window, who had died peacefully in his sleep. She was saddened and called the hospital attendants to take the body away.

As soon as it seemed appropriate, the other man asked if he could be moved next to the window. The nurse was happy to make the switch, and after making sure he was comfortable, she left him alone.

Slowly, painfully, he propped himself up on one elbow to take his first look at the real world outside.

He strained to slowly turn to look out the window beside the bed.

It faced a blank wall. The man asked the nurse what could have compelled his deceased roommate who had described such wonderful things outside this window.

The nurse responded that the man was blind and could not even see the wall.

She said, "Perhaps he just wanted to encourage you."

Epilogue:

There is tremendous happiness in making others happy, despite our own situations.

Shared grief is half the sorrow, but happiness when shared, is doubled.

If you want to feel rich, just count all the things you have that money can't buy.