

海谷通訊

The Tolo Adventurer

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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>
18-19 / 7 / 2004	少年主日學營 Sunday School Camp	TAC575C
25 / 7 / 2004	海谷團契 TAC Fellowship	TAC576F
7-8 / 8 / 2004	福音歷奇營 CABC Camp	TAC577A
18 / 8 / 2004	學生夏令日營 Summer Day Camp	TAC578A
21-22 / 8 / 2004	Topper 風帆班 Topper Sailing Course	TAC579S
29 / 8 / 2004	海谷團契 TAC Fellowship	TAC580F
18-19 / 9 / 2004	風帆入門班 Level 1 Sailing Course	TAC581S
26 / 9 / 2004	海谷團契 TAC Fellowship	TAC582F
2-3 / 10 / 2004	風帆入門班 Level 1 Sailing Course	TAC583S
31 / 10 / 2004	海谷團契 TAC Fellowship	TAC584F

活動簡介

少年主日學營

18-19 / 7 / 2004

TAC575C

由海谷中心及中華基督教禮賢會彩雲堂合辦。對象是該堂的少年主日學學生，藉著營會讓參加者投入享受大自然，開心成長並與導師建立更好關係。參加者由彩雲堂招收，海谷中心不接受報名。

海谷團契

25 / 7 / 2004 ; 29 / 8 / 2004 ; 26 / 9 / 2004 ; 31 / 10 / 2004

生活於現今世代很不容易，世事紛亂，人生價值難判，對錯是非也很難分辨。基督信仰所強調的「信望愛」，以「信」居首要位置。這「信」指的是甚麼？與我們的日常生活又有甚麼關係？基督徒怎樣本著「信」來生活處世？本季海谷團契將跟據雅各書來查考以上的問題。

聚會舉行時間是上述星期日的下午四時至五時半，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。

福音歷奇營

7-8 / 8 / 2004

TAC577W

由海谷中心及寶血中學合辦，對象是該校的中五學生。會考是中五學生的一大挑戰，會造成很大的壓力和影響，會考過後的前路亦可能會令人迷茫困擾。藉著接觸大自然和信仰歷奇活動，營會希望讓參加的同學能減輕精神上的壓力，擴展對生命的視野，加深對生命的認識，並增加相互合作的團隊精神。參加者由該校社工招收，海谷中心不接受報名。

學生夏令日營

18 / 8 / 2004

TAC578W

由海谷中心及恩悅補習中心合辦，對象是該中心的會員。恩悅補習中心由一班志願基督徒推動，幫助求學中的少年人面對學習、生活以至信仰上的

困難。藉著接觸大自然和信仰歷奇活動，營會希望讓參加者能在美麗的大自然裡，放下沉重的學習包袱，舒展身心，撿拾生命中應有的喜悅，進而加強對未來的信心與盼望。參加者由該中心招收，海谷中心不接受報名。

Topper 風帆班

21-22 / 8 / 2004

TAC579S

駕駛不同類型的帆船需要有一些不同的技巧，多接觸不同類型的帆船，能擴展個人駕駛帆船的能力。海谷中心的風帆入門班是以 Mirror 來教授的，我們特別安排了這個教授駕駛 Topper 帆船的訓練班，讓參加者掌握駕駛 Topper 帆船的技巧。參加者須年滿 16 歲並已完成風帆入門班課程。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。

風帆入門班

18-19 / 9 / 2004 ; 2-3 / 10 / 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

- TAC579S **Topper 風帆班** 21-22 / 8 / 2004
 TAC581S 風帆入門班 18-19 / 9 / 2004
 TAC583S 風帆入門班 2-3 / 10 / 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

FAITH

It is six months since Grace was born. When I looked back, things seemed to be so difficult and also so easy..... I took back an article that was written 1 year ago, which captured my feelings during that time, just want to share the mixed feeling.

The articles wrote;

Tonite is a surprise to me! I will become the father again the 3rd time ! Properly within 9 months later. But seems I have not any big enjoyment coming after, like what I had before when Rachel and Isaac came. Rather, I feel a little bit confused and unprepared, and also some sort of worry....

- *Worry for my wife, cause she need to face the process again, and may be she need to do operation and all the "Mother-hood" work again.*
- *Worry for the 2 dragons, Rachel and Isaac, for we may get less care and love to them and they may raise complaint*
- *Worry for the financial burden that we need to get to feed those little dragons.*
- *Worry for the job security for both my wife and me, particularly for Michelle who had prepared to fight again after this year-end....*

All in all, this baby is not prepared and planned... in the hand of mankind... in that moment of time.

Not known what God has planned in this baby, His good asset, the only thing we could do is just pray, pray and pray! But we have to rest assure that nothing in Him is meaningless and also unplanned. And when we think about the bird flying in the sky, and they can survive without doing anything, why we, as the child of God, need to worry about it.

Where is our trust and belief?

Hence think further, why worry? Why don't we think about all the funny things again....

- *3 little dragons, mom & dad all together sleeping in our bed to listen to story telling, may be we can ask one to speak to others every nite in turn, and hence we may only need to tell story once per 5 nites, instead of everynite.*
- *Now kissing each other need 1x4 times and our faces will be full of 'water' after all done.*
- *When we pray together, we need more time and properly one may already go to sleep when everyone finished, cause it takes time.*
- *And we will fully packed in a Taxi, and definitely we need a 7 persons van for sure to hold everyone.*
- *And in the restaurant, we could not sit in those 2x2 tables now, but rather, we need a round table that could put all in place. Should we order 2 set of dinner or 3 sets instead, 2 will not enough, but 3 will be too much... it is a difficult question.*

The year when this little baby can get us more relief should be age around 2, that should passed fast. By that time, Rachel will be 10 and Isaac will be 6 then. Should be good enough to take care and play with this little girl. And we should further think that if they get along well, Michelle and I may even have more spare time to enjoy our life, reading books, seeing movies and drama, go to sailing or hiking for a day, grasp a good dinner as well. That will be fun!

Thinking even longer term, the three of them should be able to take care of each other more than just between two when they need help and support, and also when two are in quarrel, there is the third one that can help intervene and get things solved.

Hence, thinking along the path, that is more fun, and seems nothing needs to worry

End of article

I thank for our God that we have Him to give us faith, hope and love. I still do not know what will come and what will happen in the coming future, there definitely will have sunny weather, but surely should also have cloudy sky, and even heavy rain sometimes...but trust that everything in Him is planned and we could rest in Him.

A father

單純的喜悅

有一個小女孩每天都從家裡走路去上學。一天早上天氣不太好，雲層漸漸變厚，到了下午時風吹得更急，不久開始有閃電、打雷、下大雨。小女孩的媽媽很擔心，她擔心小女孩會被打雷嚇著，甚至被雷打到。雷雨下得愈來愈大，閃電像一把銳利的劍刺破天空，小女孩的媽媽趕緊開著她的車，沿著上學的路線去找小女孩。不久媽媽看到自己的小女兒一個人走在街上，卻發現每次閃電時，她都停下腳步、抬頭往上看、並露出微笑。看了許久，媽媽終於忍不住叫住她的孩子，問她說：「妳在做甚麼啊？」她說：「上帝剛才幫我照相，所以我要笑啊！」

知道自己「有限」的聰明

有一個聰明的男孩，有一天媽媽帶著他到雜貨店去買東西，老板看到這個可愛的小孩，就打開一罐糖果，要小男孩自己拿一把糖果？但是這個男孩卻沒有任何的動作。幾次的邀請之後，老板親自抓了一大把糖果放進小孩的口袋。回到家中，母親很好奇的問小男孩，為什麼沒有自己去拿糖果而要老板拿呢？小男孩回答得很妙：「因為我的手比較小呀！老板的手比較大，所以他拿的一定比我拿的多！」

【這是一個聰明的孩子，他知道自己的有限，而更重要的，他也明白別人比自己強。凡事不只靠自己的力量，學會適時的依靠他人，是一種謙卑，更是一種明智。】

聽的藝術

美國知名主持人林克萊特一天訪問一名小朋友，問他說：「你長大後想要當甚麼呀？」小朋友天真的回答：「嗯…我要當飛機的駕駛員！」林克萊特接著問：「如果有一天，你的飛機飛到太平洋上空所有引擎都熄火了，你會怎麼辦？」小朋友想了想：「我會先告訴坐在飛機上的人綁好安全帶，然後掛上我的降落傘跳出去。」當在現場的觀眾笑得東倒西歪時，林克萊特繼續注視著這孩子，想看是不是自作聰明的傢伙。沒想到，接著孩子的兩行熱淚奪眶而出，這才使林克萊特發覺這孩子的悲憫之情遠非筆墨所能形容。於是林克萊特問他說：「為甚麼要這麼做？」小孩的答案透露出一個孩子真摯的想法：「我要去拿燃料，我還要回來！」
「我還要回來！」。

【你聽到別人說話時，你真的聽懂他說的意思嗎？你懂嗎？如果不懂，就請聽別人說完吧，這就是「聽的藝術」。聽話不要聽一半，也不要把自己的意思，投射到別人所說的話上頭。】

— 完 —