

牧者的话
吴乃力牧师✉

在恩典中前行

罗马书 12:1-8；彼得前书 4:7-11

在现今的教会生活中，我们常常会看到一种无形的划分：年轻人习惯聚在一起聊天，成年人自成一圈，而乐龄长辈则大多安静地坐在后排。这种现象在新加坡的许多教会中并不罕见，虽然大家并非刻意疏离，但自然而然地被年龄划分到了不同的主日学、小组或团契中。这种模式固然有其功能，但也引发了一个值得深思的问题：我们是否已经太习惯于这种“分开走”的模式，而逐渐忘记了什么是真正的“一起同行”？

许多人对“传承”的理解，往往局限于上一代将棒子交给下一代的接力赛模式，仿佛长辈只是“给的人”，而晚辈只是“接的人”。然而，圣经所启示的传承远不止于此，它关乎每一个年龄层在当下如何彼此欣赏、彼此帮助、并肩前行。



身体只有一个：跨越年龄的合一

罗马书12章提醒我们：肢体虽然各具用处，但在基督里却同属一个身体，彼此互为肢体。在这个身体里，没有谁比谁更重要，也没有谁是多余的。因此，我们要打破一种固有的观念：年轻人并不是“未来的教会”，乐龄长辈也不是“过去的贡献者”，每一个人都是这个身体鲜活的“现在”，都是教会此时此刻不可缺少的一部分。

在习惯于“比较”与“怕输”的环境中，上帝的设计却是“互补”的关系。长辈拥有岁月沉淀下来的智慧与经验，年轻人怀揣改变世界的活力，而成年人则承担承上启下的重要角色。在恩典中同行的前提，就是承认无论身处哪个年龄段，我们都彼此需要。 >>

彼此欣赏：看见各人的恩赐

每一个肢体都拥有从上帝而来的独特恩赐，这些恩赐不只是为了完成事工，更是为了彼此服侍，彼此成全。当不同年龄层的人愿意放下成见时，便能看见对方生命中的亮点：

- **对于年轻人而言：**也许会觉得长辈保守或缓慢，但他们拥有的劝勉、忍耐与深厚的生命经验，能为年轻人在焦虑中提供一份稳健的遮盖。
- **对于长辈而言：**也许会觉得年轻人不够成熟，但他们带来的创意、热情与对新科技的掌握，正能帮助教会更勇敢地面对改变。
- **对于成年人而言：**他们夹在两代人之间，虽然常感疲累，却拥有承接与执行的恩赐，是教会中的“桥梁”，能有效地连接两代人的想法。

跨代同行不是争论谁听谁的，而是学会彼此看见：原来上帝也在对方身上动工。

心的敞开：从“彼此款待”开始

同行，往往从彼得前书4章所提到的“彼此款待”开始。在忙碌的生活节奏中，款待未必意味着准备盛大的宴席，更是一种“心的敞开”。这种跨代的款待其实非常简单：

一位年轻人主动坐到一位独坐的长辈身边一同唱诗；

一位长辈真诚地对年轻人说：“我每天都在为你祷告”；

一个家庭邀请年轻的弟兄姐妹到家里吃一顿家常饭。

当这些看似微小的行动发生时，教会便开始显出恩典多彩的样式。不同背景、不同年龄的人，都能在主里真实地连结与同行。

重新定义传承：当下的同行

圣经中的传承模式，并不是冷冰冰的“接力赛”，而是温暖的“同行”。传承，其实就在每一个当下发生：

当年轻人教长辈用手机阅读圣经；

当长辈向年轻人分享经营婚姻的经验；

当大家一起流泪、一起吃饭、一起在软弱中彼此扶持。

这个世界教导我们“各人自扫门前雪”，并倾向于看重成功与能力，但上帝的心意却是让每一个肢体都被看为宝贵。无论是灰心的年轻人、孤单的长辈，还是疲惫的成年人，在基督的身体里都是不可或缺的一份子。

结语：从今天开始跨出一步

上帝所要建立的不是一个完美的个人，而是一个能彼此同行的属灵家庭。因此。从今天开始，我们在恩典中跨出具体的一步：

主动找一位不同年龄层的人真心交流；

聚会时，刻意坐在不熟悉、不同年龄层的人身边；

向身边的人表达由衷的欣赏与感谢。

愿我们不再只是同在一间教会，而是真正成为在一个在恩典中跨代同行的群体。阿们！

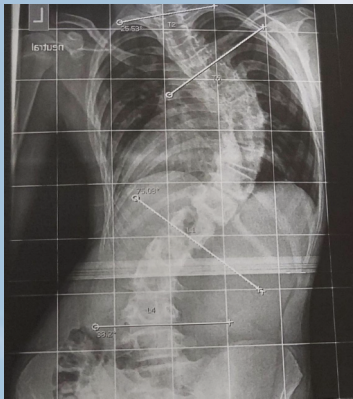


年轻就蒙上帝使用

--外展事工干事的自我介绍

感恩上帝的带领，让我来到宏茂桥堂这个属灵的大家庭，与大家一同敬拜、服侍与成长。我在今年三月份加入教牧同工队伍，担任外展事工干事，负责社会关怀、见证及布道事工。

我出生于新加坡，父母来自香港。因此，粤语是我学习的第一种语言。自小我随着父母参加华文教会的主日学，长大后也参与崇拜、少年团契和青年团契。



十岁时，我接受了脊柱侧弯（scoliosis）手术。虽然我从小在主日学成长，但当时我仍未有得救的确据。面对一次需要全身麻醉的手术，我对失去知觉感到害怕。在手术室里，我第一次认真思考生死的人生课题。那一刻，我深深感受到，上帝是我唯一的依靠。回想耶稣在客西马尼园的祷告，我对上帝说：“今日我把生命的主权交给祢，若祢愿意让我继续存活，我愿为祢而活，因为生命是祢所赐的。”

手术后，我一点也不感到疼痛。虽然有数十公分的伤口，按常理来说不可能不痛，但上帝却让我经历了奇妙的恩典。我献上感恩的祷告：“主啊！谢谢祢给我机会更多认识祢。我愿意将生命献上服侍祢。”

这是属于我的“雅德门经历”：上帝不只是圣经中的上帝，也不只是我父母所信的上帝，更是成为我个人的上帝。在青少年时期，经过大学和职场的历练，使我更认识上帝，也更清楚自己的呼召。因此，今年二十五岁的我，战战兢兢地踏上全职服侍的道路。

或许有人会觉得，年轻人在华文教会担任外展同工是不可思议的。但有一句话说：“上帝不是呼召有资格的人，而是使被呼召的人合乎资格。”在圣经中，撒母耳被上帝呼召时仍是一个孩子。我相信，上帝兴起不同年龄层的人，完成祂在各人生命中的召命。无论是少年还是老年，上帝都能使用你，去完成祂的大使命。

耶稣进前来，对他们说：“天上地下所有的权柄都赐给我了。所以，你们要去，使万民作我的门徒，奉父、子、圣灵的名给他们施洗，凡我所吩咐你们的，都教训他们遵守。我就常与你们同在，直到世界的末了。”

（马太福音28:18-20）

阿们！



受难节

静思崇拜后的 感恩与领悟

今年的受难节，对我和先生万伟来说，是一次非常特别且深刻的属灵经历。我们第一次参与以“泰泽”方式进行的静思崇拜。在那安静、简朴却充满上帝同在的氛围中，我们的心被深深触动。在整个敬拜、诗歌、默祷与静思的过程中，我们的内心经历了很大的起伏。从起初安静的默祷，到渐渐被带入更深的思想与省察，我们仿佛一步一步走近主的十字架，更真实地思想耶稣为我们所成就的救恩。

当我们手持电子蜡烛祷告的那一刻，我们两人竟不约而同地流下了眼泪。那不是出于悲伤，而是一种很深的感动与回应。我们清楚地感受到上帝就在我们当中，与我们同在，也再次经历祂对我们的爱、祝福与保守。那一刻所流的泪水，是感恩、是喜乐，也是从心底涌流出来的满足。

这场静思崇拜，让我们不只是“参与”一个聚会，而是真正投入与主相遇的时刻。在安静中，我们重新对焦生命，也更深体会到主耶稣为我们所付出的代价与那份无条件的爱。

我们由衷感谢牧师们尽心尽力地策划与预备，并带领教会的圣歌团与同工们全心投入配合，使这样一个触动人心的敬拜成为可能。也感谢上帝亲自同在，使我们在其中被更新、被触摸。愿一切荣耀归给爱我们的主。也愿更多弟兄姐妹在这样的敬拜中，经历祂真实的同在与丰盛的恩典。-关玉娟、胡万伟



关于静思崇拜

平日的主日崇拜中，我们通常从牧师对经文的宣讲中学习圣经。谁能想到，这种泰泽静默的方式，凭借《在黑夜中我们追寻》、《主听我祈祷》、《耶稣，求纪念我》这样每首只有三五句、旋律也甚为简单的诗歌，通过反复吟唱，并没有让人觉得空洞，反而使人渐渐从外在的参与进入内在的祈祷，让身心沉浸在空灵而神圣的气氛中，使心灵得到洗涤与清空，并舒服地进入省思状态，进而有所体悟，收获良多。

关于“追求真理”

另一个印象很深的安排就是让这些吟唱穿插在耶稣受难的影片片段中，歌词和旋律配合影片的情节，表达的正是我们的情感。耶稣在被审判的时候，对波拉多提到“追求真理”这四个字。这四个字我耳熟能详。年轻时，对真理的理解就是，事情的真相，作记者就是去挖掘新闻事件的来龙去脉，还原事件的本来面目。

活到这把年纪之后，我发现对于客观世界而言，并不存在绝对的真理。即使是刚刚发生的事件，哪怕有人现场目击，也会因观察角度不同而有不同的结论。当耶稣提到这四个字的时候，他指的真理是什么？我们以前追求的是客观真理，而顺服上帝则是心灵层次的真理。

关于“我为主活”

过去我常常停留在“主为我死”的感动中，却未能认真面对“我为主活”的呼召。我应该只作那个被动领受恩典的人吗？还是应该进一步追问：主为我舍命，我今日的生活难道不应有相称的回应吗？在聚会中感动、在诗歌中流泪，已经不够了；停留在理解福音、研读圣经上面，已经不够了；而是应该让上帝的灵进入我的生命，重新调整我看世界的眼光、做人做事的态度和人生的方向。-韩英

受难节崇拜采用泰泽方式，那种简短、重复的诗歌配以简单的钢琴伴奏，与主日崇拜很不一样。这场崇拜让我不再只是一个旁观者，而是成为一个参与者。透过吟唱不同的泰泽诗歌，我深深体会到其中的意义，使我更亲近我们的主耶稣，也帮助我在这神圣的一周里更加坚定对主的信靠。

其中一首触动我的诗歌《不再有忧虑》，提醒我不要忧虑，也不要惧怕，因为唯有基督能真正满足我们。再次观看关于耶稣被出卖、被捕、受审和被钉十字架的影片，让我再次思想祂爱的深度，也使我内心充满深深的感恩与敬拜。每段影片之后，都有安静与默想的时间，使我能够专注思想耶稣基督在十字架上的救赎。在忙碌的生活中，我们常常从一件事赶往另一件事，我意识到自己确实需要刻意留出安静与反思的时间。

讲道中有一句话特别触动我：“主为我而死，我为主而活。”我体会到，唯有当我降服，让耶稣的生命住在我里面，祂才会赐给我力量，使我能够饶恕那些曾经伤害我的人。当讲员邀请我们从台上领取一支电子蜡烛时，我感到有些惊讶，因为我原以为那只是装饰。对我来说，这是一个具有象征意义的行动，代表着让基督进入我们的生命，帮助我们面对各种挣扎与挑战。这烛光也提醒我，要让基督的生命在我里面掌权，并将祂的爱与光带给身边的人。

崇拜中最令我深受鼓励的环节，是全体会众一同祷告，为世界、为教会，以及为那些在疾病中受苦的人代祷，因为这场崇拜不仅围绕着“我”，更是拥抱整个群体。当我们同声唱起祷告诗歌《主听我祈祷》时，我相信主已垂听了我们每一个人的祷告。-蔡玉梅

《泰泽规章》指出，祷告的目的是要模仿门徒“常……称颂神”（路加福音24:53），并如大卫所说，叫我们的灵歌颂上帝、并不住声（诗篇30:12）。因此，为了教导我们常常祷告、不可灰心（路加福音18:1），我们重复简短的祷文，使之在我们的日常生活中持续产生影响。借着重复，耶稣的爱以及我们对祂的爱在我们内心涌流。

泰泽式的受难节静思崇拜就是以这种精神进行的。十字架置于圣坛前，祭台布被撤去，在客西马尼园《在黑暗中我们追随》。当耶稣被定罪、鞭打、钉十架，我们《因十字架苦难》而被上主释放。讲道勉励我们因主为我们死，我们就为主活后，我们近前仰望十架，从十架脚下接过蜡烛。最后，我们与十架上那强盗一同祈祷《耶稣，求纪念我》、默祷、在黑暗中散会。

借着祷文与近前回应，我们不仅用自己的心思意念，更用全人来敬拜上帝，并回应祂伟大的救赎工作。正如上帝与人相合为一位基督，我们的灵魂与肉体也相合为一人。因此，我们不能只凭“感觉”、“感动”、或只停留在脑海里的“信心”来回应上帝。我们要用身体走向十字架，用喉咙与会众一同咏唱祷文——这是合宜的。正如大斋期禁食一样，透过受难节静思崇拜，我们亲身体验主耶稣所经历的饥渴与黑暗，从而学习跟随主走向十架，与祂一同埋葬。我觉得这种属灵操练是非常宝贵的。-陈宇哲

儿童主日学 复活节活动

4月5日是复活节，也是我第二次参与儿童级复活节活动的策划。我第一次参与时，负责活动的另一位老师已经着手策划了大部分的节目，所以对我来说是相对轻松的。而今年不同的是：这是我第一次全程参与，包括场地安排、报名表格设计、以及邀请社区孩子等等。我很感恩有一群伙伴主动地在各个岗位甘心服侍，彼此配搭。

这次也是我加入儿童事工以来第一次遇到复活节和圣餐主日在同一天，所以节目进行当天时间有些紧迫，孩子和老师要怎么领圣餐的安排也有些混乱。但是感谢主！在没有其他指示的情况下，所有的老师们还能有条不紊地维持秩序，引领孩子们回到教室并到圣殿领圣餐。老师们也主动配合时间，轮流守在教室里照看没有领圣餐的孩子，好让其他老师也能领圣餐。这又何尝不是体现出了耶稣所教的“爱人如己”？

不仅如此，3、4月份对我来说其实是2026年以来最忙碌的时期。自己负责的工作项目和教会小组、儿童级活动接踵而至，忙碌的生活甚至让我一度感到消沉。神奇的是，即使时间紧凑，所有事情都安排得恰到好处，准备时间上完全没有冲突，所有项目最后皆顺利进行。这让我再次深刻体会到，我们的主的确是为我们供应一切的上帝。-罗维哲



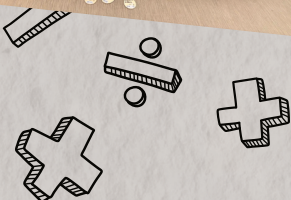
在今年的复活节服侍中，我心里充满了感恩与惊喜。这是我第一次尝试用“数学”的方式向小学生分享福音。一开始我还有些担心孩子们是否能够理解，但当我看到他们专注的眼神和积极的回应时，我深深体会到，原来上帝真的可以使用我们生活中最平凡的工具向人显明祂的爱。

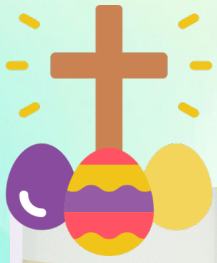
透过简单的加减乘除，我带他们一步步看见：爱是可以不断“加增”的，罪可以被“减去”，而上帝的恩典却是“无限倍增”的。那一刻，我不只是一个讲解者，更像是与他们一同发现上帝奥秘的同行者。原来，数学不只是课本里的知识，也可以成为通往真理的一座桥梁。

这次也让我特别感恩，能够与儿童事工的同工们一同服侍。当中有曾经教导过我的主日学老师，也有我过去所带领的年轻人。能够与大家一起同心配搭，让我深深体会到属灵生命的传承与连接，是何等美好！

这次的经历让我更加确信，上帝的爱是何等具体、真实，甚至可以透过日常的学习与生活被人看见。祂不受任何形式的限制，只要我们愿意，祂就能使用一切来触摸人心。

我也在祷告中把每一位孩子交托给天父上帝，愿他们不只是听见一个有趣的分享，更是在心中真实经历到上帝对他们个人的爱。愿这份爱在他们生命中慢慢发芽、成长，成为他们一生的力量与盼望。-陈莹洁





复活节洗礼



吴思敏



林荣发



张嘉旻



陈秀宝



萧恩培



汤子嫣



王天悦



张婷婷

生命见证

忙碌中的平安

今年的复活节，我和女儿受洗归主，开启了生命的崭新篇章。然而，紧接而来的是女儿GCSE备考的压力，以及我面对跨国搬家与工作的种种挑战。那段忙乱而疲惫的日子，我们甚至无法稳定参与主日崇拜。在这些“焦头烂额”的时刻里，我们并没有感到孤单。

虽然暂时没法去教会参加礼拜，但我们母女俩达成共识：每天都在家里一起祷告。以前遇到这么多事我们肯定会心慌，但现在心里踏实多了。我发现，信仰不一定要做出什么惊天动地的事，而是在这种手忙脚乱的日常里，能有一份平和的心情去处理一件件的琐事。我们打算等六月初重回教会参加崇拜和聚会！这段忙碌中的平安，就是主给我们最好的礼物。

-张婷婷



“看哪，
弟兄和睦同居，
是何等的善，
何等的美！”
(诗篇 133:1)

“各人要照所得的
恩赐彼此服事，
作上帝百般恩赐
的好管家。”
(彼得前书 4:10)

爱中相聚 同心建造

一 爱中相聚 同享团契

教会于5月2日（星期六）举行了“全教会爱宴暨教会翻新筹款拍卖会”，在主的恩典与带领下顺利完成。当天弟兄姐妹欢聚一堂，现场洋溢着彼此相爱、同心扶持的温馨属灵氛围，成为教会合一美好的见证。

吴丽真牧师和厦语崇拜的弟兄姐妹及各小组成员均踊跃参与，大家怀着爱心预备各式佳肴。从家常料理到特色美食，每一道菜肴不仅色香味俱全，更承载着彼此关怀与服侍的心意。透过食物的分享，弟兄姐妹彼此交流，在轻松愉快的氛围中建立更深厚的团契关系。

二 喜乐分享 见证主爱

齐唱诗歌《爱使我们相聚一起》后，吴丽真牧师带领感恩祷告，爱宴便正式开始。餐桌上琳琅满目的美食令人垂涎，众人一同享用，现场欢声笑语此起彼落，洋溢着喜乐与温暖，充分展现了主内一家彼此相爱的美好画面。

在这段宝贵的相聚时光中，弟兄姐妹彼此关怀、真诚交流，让人深切体会到教会就是我们属灵的家。同时，许多服侍人员都默默付出，将食物先分给他人后，自己才用餐，流露出谦卑与舍己的生命见证，令人感动。



三 同心奉献 建造圣殿

爱宴过后，我们进行教会翻新筹款拍卖会。弟兄姐妹热烈响应，踊跃参与竞标，现场气氛热烈，大家都积极投入其中。无论是奉献物品或参与竞标，大家都同心支持教会的翻新工程，甘心乐意地摆上自己的一份心意。

正如经上所说：各人按着所得的恩赐彼此服侍，为主的家尽心尽力。大家有钱出钱，有力出力，同心同行，使筹款活动取得美好的成果，也成为教会合一与彼此扶持的美好见证。

四 圆满落幕 荣耀归主

聚会尾声，由吴丽真牧师作祝福祷告，为当天的活动画上圆满的句号。整场聚会不仅让弟兄姐妹在爱中彼此建造，也进一步凝聚了教会的向心力，使众人在主里更加合一。

愿主继续带领宏茂桥堂的弟兄姐妹，在爱中扎根，在真道上成长，将基督的爱活出来，并传扬出去，成为更多人的祝福。

愿一切荣耀归于主。阿们！

“我在启发课程中服侍的经历”

我是在2023年开始参与《启发》课程的服侍。

《启发》课程是一个充满互动环节的课程，参加者一起吃晚餐后，便进入唱诗、游戏、看视频的环节，过后便分小组，进入小组分享。大家在轻松和友善的氛围中，探索基督教信仰及生命的意义。

当组长的挑战是要记住新朋友的名字，用耳朵去聆听对方的分享，让他们觉得被倾听、被尊重、被理解，以便解开他们心中对信仰的谜团。

在《启发》课程的服侍中，我常常在一些参加者的身上看到他们生命的改变，从不信到愿意多了解；课程结束后，也有一些学员继续参加教会的跟进课程及立约小组，生命不断改变和成长，最终还接受耶稣为个人救主。

在带领《启发》小组中，我的生命也经历过改变，我学习如何不断地倚靠上帝。感谢上帝让我有机会走出教堂的四面墙壁，进入中途之家去带领《启发》小组，服侍那些被社会边缘化的群体。

最后我真诚邀请大家带新朋友来和我们一起体验《启发》课程的乐趣，他们不需要改变自己，也不需要立刻相信什么，只要愿意来听、来想、来问就行了。我相信这个课程必然会成为他们生命中一个重要的转折点。——柯志启



“从学习者成为团队的一员”

我们在2025年7月参加了《启发》课程，亲身感受到《启发》课程的轻松有趣，大家一边享用美食一边相互交流，接下来一起玩游戏，看视频，然后在小组里分享心得和感受。在愉快的氛围中，一节课很快就结束了；但大家都意犹未尽，期待着下一课的来临。

《启发》共有十二节课，课程编排环环相扣。我们亲身感受到《启发》课程不仅仅是一个传扬福音的工具。在课程里，组长们关怀着每一位组员，引领我们灵命的增长，他们无私地付出，使我们感受到深深的爱意，显明了上帝的大爱和祂的同在。

通过《启发》课程，我们的信仰根基变得更加坚定牢固，爱主的心也日日加添，实在受益匪浅！我们觉得，如果有更多人能上《启发》，那该有多好啊！去年12月，教会决定在今年的四月开《启发》课程，教会领袖邀请我们加入《启发》团队，我们欣然接受，毫不迟疑地报名参加了培训课程。培训中，炳亮弟兄诙谐幽默，脸上总是挂满灿烂的笑容，使整个培训过程生动活泼，轻松有趣，打消了我们很多的顾虑，同时也使我们的信仰得到了很好的装备。接下来，团队成员们一起祷告，一起商量讨论，一起筹备，同时也期待着有更多的学员报名参加。团队在佩华姐的带领下，目标明确，不断地恒切祷告。炳亮弟兄也时不时在群组里鼓励大家，大家的心都被圣灵大大地充满，非常火热。感谢主，我们的祷告蒙主垂听，《启发》课程终于在4月5日如期开课了！

愿主继续带领整个《启发》团队，愿主兴起更多弟兄姐妹加入《启发》这个大家庭，使福音广传，直到地极。阿们！

“要收的庄稼多，做工的人少。所以，你们当求庄稼的主打发工人出去收他的庄稼。”（路加福音10:2）——何东方/张蕾



参观卫理公会直落亚逸堂

——国家古迹保护文物的百年历史建筑物

参观期间，陈树霖博士与另一位姐妹分成两批，为大家细心讲解教堂的历史、使命与事工。教堂不仅是传扬福音的地方，在日据时期，更成为百姓避难的庇护所。直到今天，教堂依然开放，让人能够进入休息、喝茶和交流，继续发挥关怀社区的角色。

教堂对面绿树成荫，环境清幽，让人倍感舒畅。楼下的橱柜中陈列着许多珍贵文物，包括古老圣经及历史遗物，让人感受到岁月留下的痕迹与信仰传承的宝贵。

随后，我们上楼参观崇拜厅。由于楼下靠近马路，较为嘈杂，因此崇拜厅设于较宁静的二楼。教堂窗户上保留着两种不同形状的十字架图案：一个象征主耶稣被钉的十字架；另一个则是使徒安德烈倒斜的十字架。这两种标志性的十字架图案至今仍被完整保存下来。

此外，教堂第四层楼早年曾悬挂大钟，但因钟体过重，如今的建筑结构已无法承受，只好收藏于橱柜中，成为珍贵的历史文物供人参观。

感谢上帝的恩典，在新加坡寸土寸金的中央市区，仍保留着这样一间具有历史价值，并继续为主作见证的百年教堂，这是多么难能可贵。此次参观，不但让大家增长见闻，也更加体会信仰一路走来的恩典与传承。——徐来妹



左一为作者徐来妹

4月25日，乐龄团员一早在爱加倍大厅集合，一大伙人乘坐两辆巴士前往参观拥有百年历史的卫理公会直落亚逸堂。感谢陈树霖教授与许恩俶姐妹亲自导览讲解，让我们更认识这间历史悠久的教堂。

直落亚逸堂创立于1889年，最初由福建移民聚集而成。1925年，教堂成为社区中的“灯塔”，也是当时该区最高的建筑物。日军时期，主日崇拜依然继续进行，教堂更成为三百多位居民躲避战火的避难所。

1989年，教堂被列为国家古迹；2025年修复工程中，更发现了一个埋藏百年的“时光囊”。直到今日，教堂仍开放一楼大厅，让附近上班族在午餐时间休息与交流，继续实践关怀社区的使命。

这次参观让我深受感动，也激励我更加愿意投入宏茂桥堂的桥梁事工。若主赐我健康，我愿继续忠心服侍。——吕良音



主耶稣在登山宝训中宣讲“八福”，让我们看见：在人以为缺乏、破碎与痛苦之处，往往隐藏着属天的恩典。回首人生，我竟也经历了另一种“八福”——八次手术，八段幽谷路程，却也八次更深经历上帝的同在，与主同行于恩典路上。

1991年，我因甲状腺肿瘤接受人生第一次手术。手术后，每一次吞咽都像吞下碎玻璃般疼痛，手术也伤及声带，我几乎失声。后来虽慢慢恢复，声音却变得低沉沙哑。那段日子，我不能唱诗敬拜，然而在沉默中，望着银幕上的歌词，似乎感觉主在向我说话。原来，真正的敬拜不只在歌声里，更是在心灵与诚实里；不开口的时侯，我反而更听见上帝温柔的声音。

2003年，我在办公室跌倒导致左手臂严重骨折；医生在手臂里置入七片钛合金片以固定骨头。我惯用左手，只能学习使用右手。一年后，我再次动手术取出钛片，随后开始漫长复健。过后左手始终疼痛无力，但上帝也让我学会在不便中适应。这两次手术让我明白：主能在“破碎”中重建我的生命，使我经历祂完全的恩典。

2015年，我的丈夫因肾衰竭经历两年多的血液透析后，健康逐渐恶化，肾移植成了他唯一的希望；但当时不仅没有合适的肾源，我们甚至连血型都不同。在恒切祷告下，上帝奇妙开路，我们得知不同血型之间也能进行活体移植。在决定进行肾脏移植后，我也害怕，也担心未来，但心里始终有一种平安，因为我知道上帝必亲自带领。如今多年过去，丈夫并没有出现严重排斥反应或并发症。感谢主亲自保守，我们一同经历祂医治的大能。

2018年，我的右膝关节严重发炎，使我疼痛得几乎无法行走。在接受膝关节镜下微钻孔手术后的数月我都需要以轮椅代步。那段期间，许多弟兄姐妹主动接送、陪伴、扶持，他们成为我最真实的随时的帮助。我深深体会到，苦难中有人同行，那是爱的彰显。



非凡的 “八福”

——八次手术中的恩典之路



2024年，我同时接受左手反置式肩关节成形手术与左膝关节置换手术，以消除左手臂及左膝长期发炎的疼痛。四个多小时的手术，加上漫长艰辛、疼痛无比的复健，让我一次次感到疲惫与无力。我常常偷偷流泪：“为什么还没有结束？”但每一次软弱，上帝总藉着一段经文、一个祷告再次激励我。是的，上帝应许在风浪中与我同行，祂的爱是隐藏在眼泪与陪伴里。

今年三月，我的右膝也因长满骨刺而接受关节置换手术。疼痛依旧真实，但我的信心却比从前更加坚定。因为我知道，那位曾陪我走过幽谷的主，绝不会在未来的道路上撇弃我。

回头再看这非凡的“八福”，让我明白苦难从来不是生命的终点，而是领受恩典的起点。我曾以为这八次手术，是我人生中一次次的“失去”，后来才明白，其实那是上帝一次次的“赐予”。

在苦难中持守信心的人有福了，因为他们必拥有喜乐及丰盛的生命。

By His Grace, We Move Forward

Romans 12:1-8 1 Peter 4:7-11

In many churches today, we often see an invisible divide among different age groups. Young people tend to gather with their peers, adults form their own circles, and seniors often sit quietly at the back. This is not uncommon in Singapore churches. While no one intentionally keeps their distance, we naturally find ourselves separated into different Sunday School classes, small groups, and fellowship ministries according to age. Although such arrangements serve practical purposes, they raise an important question: Have we become so accustomed to journeying separately that we have forgotten what it truly means to walk together as one body in Christ?

Many people understand "passing on the faith" as a relay race, where one generation simply hands the baton to the next. In this view, the older generation is the giver, while the younger generation is merely the receiver. Yet the biblical picture of spiritual inheritance is far richer. It involves believers of every generation learning to appreciate one another, support one another, and walk alongside one another in the present.

ONE BODY: UNITY ACROSS GENERATIONS

Romans 12 reminds us that although each member has a different function, we all belong to one body in Christ and are members of one another. Within this body, no one is more important than another, and no one is unnecessary. We therefore need to challenge a common misconception: young people are not merely "the future of the church," and seniors are not simply contributors of the past. Every person is a vital part of the church today. Each one has a unique role to play in the life and ministry of the church right now.



In a society that often encourages comparison and competition, God's design is one of mutual complementarity. Seniors bring wisdom and experience gained through the years, young people bring energy and fresh vision, and adults play an important role in bridging the generations. Walking together in grace begins with recognising that, regardless of our age, we need one another.

RECOGNISING THE STRENGTHS AND GOD'S GIFTS IN ONE ANOTHER

Every member of the body has received unique gifts from God. These gifts are not given merely to accomplish ministry tasks, but to serve and build up one another. When people of different generations are willing to set aside their preconceptions, they begin to recognise the strengths that God has placed in each other's lives.

- For younger people, older believers may sometimes seem cautious or slow to embrace >>

change. Yet their wisdom, encouragement, patience, and years of walking with God can provide much-needed stability and guidance in a world often marked by uncertainty and anxiety.

- For seniors, younger people may at times appear inexperienced or immature. Yet their creativity, enthusiasm, and familiarity with new technologies can help the church engage confidently with a changing world.
- For adults, life is often lived between these two generations. Though they may carry many responsibilities and often feel stretched, they are uniquely gifted to bridge understanding between the young and the old. They help connect perspectives, foster mutual understanding, and strengthen relationships within the church family.

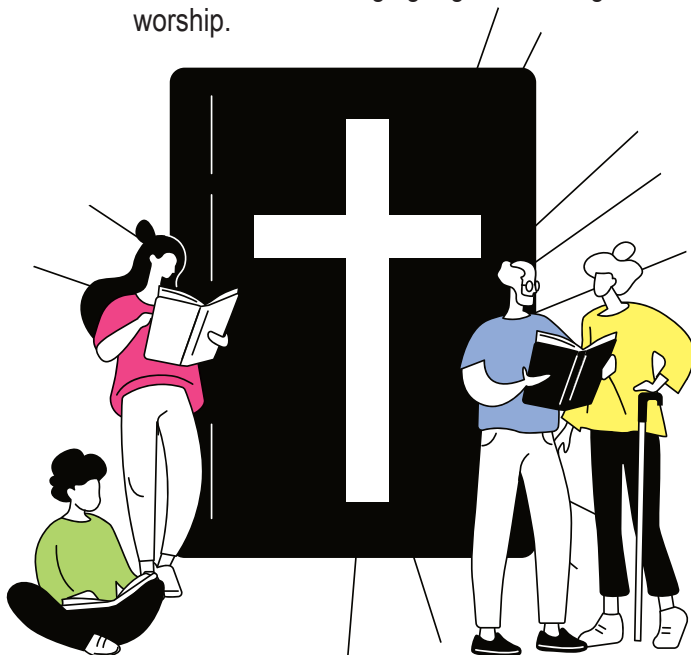
Intergenerational ministry is not about deciding who should have the final say. Rather, it is about learning to see one another through God's eyes and recognising that He is at work in every generation.

HOSPITALITY BEGINS WITH AN OPEN HEART

Walking together often begins with what 1 Peter 4 describes as showing hospitality to one another. In the midst of our busy lives, hospitality does not necessarily mean preparing a lavish meal or hosting a large gathering. More fundamentally, it is about opening our hearts to others.

Such intergenerational hospitality can take very simple forms:

- A young person choosing to sit beside a senior who is alone and singing together during worship.



- A senior sincerely telling a younger believer, "I pray for you every day."
- A family inviting younger brothers and sisters in Christ to share a simple home-cooked meal.

When these seemingly small acts take place, the church begins to reflect the manifold beauty of God's grace. People of different backgrounds and generations are able to build genuine relationships, grow together, and walk alongside one another in Christ.

REDEFINING SPIRITUAL LEGACY

The biblical model of passing on the faith is not a cold relay race in which one generation simply hands the baton to the next. Rather, it is a warm journey of walking together. Spiritual legacy is built in the ordinary moments of everyday life:

- When a young person teaches an older believer how to use a smartphone to read the Bible.
- When a senior shares with a younger believer the lessons learned from a lifetime of marriage and faithfulness.
- When believers weep together, share meals together, and support one another through seasons of weakness.

The world teaches us to look after our own interests and often measures people by their success and abilities. God's heart, however, is that every member of His body is valued and treasured. Whether it is a discouraged young person, a lonely senior, or a weary adult, each has an indispensable place in the body of Christ.

TAKING YOUR FIRST STEP TODAY

God's desire is not merely to shape mature individuals, but to build a spiritual family that walks together in faith. Let us therefore take a practical step forward in grace today:

- Reach out and have a genuine conversation with someone from a different generation.
- At church gatherings, choose to sit beside someone you do not know well or someone from a different age group.
- Express sincere appreciation and gratitude to those around you.

May we not simply attend the same church, but truly become a community that walks together across generations in God's grace. Amen.

Reflections

from Good Friday service



This year's Good Friday Service, which featured short, repetitive Taizé songs accompanied by simple piano music, was not like the regular Sunday services I usually attend. This service allowed me to be a participant rather than merely an audience. We were introduced to Taizé songs, and singing these different songs brought so much meaning as they helped me draw near to our Lord Jesus and strengthened my faith, especially during Holy Week.

One of the songs that ministered to me was “不再有忧虑”，which reminded me not to worry or be afraid, as Christ alone can truly satisfy us. Watching the videos depicting Jesus' betrayal, arrest, trial and crucifixion once again brought to mind the depth of His love and caused me to bow my heart in deep gratitude and worship. There were also periods of silence and meditation after each video, which allowed me time to reflect on the Cross of Jesus Christ. In our busy lives, moving from one task to another, I realised that I need to intentionally set aside times of silence and reflection.

One message that spoke to me from the sermon, “The Lord died for me and I live for the Lord”, was that as I surrender myself to Him, thus allowing the life of Jesus to dwell within me, He will give me the strength to forgive those who have hurt me. I was surprised when the preacher invited us to pick up one battery-operated candle from the stage, as I had thought it was merely for decoration. To me, this was a significant prophetic act of letting Christ into our lives, to help us through whatever struggles we face. This candle will remind me to allow more of Christ's life to reign in me and to bring His love and light to those around me.

The most significant segment of the service was when we prayed together as a church. We prayed for the world, for our church, and for those who are struggling and suffering in sickness. Overall, I was encouraged that this service was not centered on “I, me, myself” but embraced the community. As we sang the prayer “主听我祈祷” in unison, I believed that the Lord heard each of our prayers. - *Carrie Chua*

The Rule of Taizé provides that the objective of prayer is to emulate the disciples “continually... praising God” (Luke 24:53), and that our souls, as David says, praise God and not be silent (Psalm 30:12).¹ Thus in order that we learn to pray without losing heart (Luke 18:1), the prayers are repeated so that it “permeates us insofar as it is maintained throughout our humble daily tasks” – with repetition, “the love of Jesus springs up within us”.²

The Taizé Good Friday service brought forth this value of meditative prayer. With the cross in front of the chancel, altar stripped, we begin at Gethsemane with *De Noche Iremos*, searching in the darkness of the garden. As Jesus is condemned, flogged, and crucified, we pray the *Per Crucem* – by His cross and His passion, we are free from all sins. After the sermon exhorting us to live for Christ in light of His sacrifice for us, we behold the cross, on which was hung the Saviour of the world, as we receive a candle's light from the foot of the cross. After praying the words of the thief on the cross, Jesus, remember me, Christ gives up the ghost and we depart in silence and darkness.

With the prayers and physical response, we worship God and respond to His mighty act of salvation not just with our minds, but with our whole selves. Indeed, as Christ is both God and man, so too we are both rational soul and flesh.³ It is therefore fitting that, on top of being called to assent in faith and trust in Christ, we are also called to come forward to the cross, and chant the prayers as a congregation. As with fasting during Lent, we physically go through the hunger and darkness that our Lord Jesus experienced, and in that manner follow Christ to the cross and to the grave. This is a valuable spiritual discipline to cultivate. - *Xavier Tan*

¹ The Rule of Taizé. Brewster, Massachusetts: Paraclete Press, 2013, pp 15-17.

² The Rule of Taizé, p 19.

³ “The Creed of Saint Athanasius” in *The Book of Common Prayer*. Oxford: Oxford University Press, 1662, p 67.

In the Sermon on the Mount, the Lord Jesus proclaimed the Beatitudes, revealing that heavenly blessings are often hidden in places where people see only frailty, brokenness, and sufferings. Looking back on my own life, I realise that I, too, have experienced another kind of "Beatitudes" journey: eight surgeries, eight valleys to walk through, and yet eight deeper encounters with God's presence.

In 1991, I underwent my first surgery to remove a thyroid tumour. In the days that followed, every swallow felt like swallowing shards of broken glass. The procedure also injured my vocal cords, leaving me almost voiceless. During that season, I could no longer sing hymns in worship. Yet in the silence, as I gazed at the lyrics projected on the screen, I sensed the Lord speaking to me tenderly. It was then that I learned that worship is not expressed only through song, but through a heart that worships in Spirit and in Truth.

In 2003, I suffered a severe fracture in my left arm after a fall at the office. To stabilise the broken bone, surgeons implanted seven titanium plates in my arm. As I am left-handed, I had to learn to rely on my right hand. A year later, I underwent another operation to remove the plates, followed by a long and demanding period of rehabilitation. Although my left arm has continued to experience pain and weakness, God taught me how to adapt in the midst of limitation and inconvenience. These two surgeries taught me that the Lord is a God of restoration. He does not merely mend what is broken; He rebuilds lives through brokenness itself, drawing us into a deeper experience of His perfect grace.

In 2015, my husband had already endured more than two years of haemodialysis as a result of kidney failure. As his condition steadily worsened, a kidney transplant became his only hope for recovery. Yet the odds seemed stacked against us: there was no suitable donor, and we were not even blood-type compatible. But God answered our persistent prayers in ways we could never have imagined. We discovered that living-donor kidney transplantation was possible even across different blood types. Though the decision to donate brought fears and uncertainties about the future, an abiding peace remained in my heart. I knew that the Lord, who had opened the door, would again guide us through. Many years have now passed, and my husband has not experienced any serious rejection or major complications. We give thanks to the Lord for His faithful protection and for allowing us to witness the power of His healing together.

In 2018, severe inflammation in my right knee left me in such pain that I could barely walk. To address the condition, I underwent arthroscopic subchondral micro-drilling surgery on my knee. For several months after the procedure, I relied on a wheelchair for mobility. During that season, many brothers and sisters in Christ stepped forward to help.

The

Extraordinary Beatitudes

—A Journey of Grace Through Eight Surgeries



Through their care, I experienced God's love in a tangible and deeply personal manner. In that valley, I discovered that suffering need not be borne alone. When God's people walk beside us, His love takes on flesh and becomes visible through their care and companionship.

In 2024, I underwent a Left Reverse Total Shoulder Arthroplasty and a Left Total Knee Arthroplasty to relieve the chronic pain caused by years of inflammation. During the long and intensely painful period of rehabilitation, there were many days when I felt utterly weary and overwhelmed. There were moments when I wept quietly and wondered, "Why isn't this over yet?" Yet whenever I reached the limits of my own strength, God met me there. Through a passage of Scripture, a prayer, or a timely word of encouragement, He renewed my strength and lifted my heart once again. In hindsight, I see that His love was woven through every tear and every act of care, quietly carrying me when I no longer had strength to carry myself.

This March, I underwent a Right Total Knee Arthroplasty after extensive bone spurs had severely damaged my right knee joint. The pain remained real, yet my faith had grown firmer than ever before. The Lord who had carried me through every valley had proven Himself faithful time and again. I knew that the One who had walked with me through the darkest seasons of my life would not abandon me as I journey on the road ahead.

Looking back on these Extraordinary Beatitudes, I have come to understand that suffering is never the end of a chapter in life. Rather, it is often where grace begins to unfold. I once regarded these eight surgeries as a series of losses in my life. Only later did I realise that they were, in fact, God's gifts to me, bestowed again and again through every season of trial.

Blessed are those who remain steadfast in faith through suffering, for they shall inherit the joy and abundance of life that God promises.



爱在社区——银龄饮茶活动

从今年一月开始，本堂与哥本峇鲁区卫理福利服务活跃乐龄中心合办“银龄饮茶” Silver Seniors Yum Cha活动，每逢周三下午3点至4点在不同地点举行：

- 第二个周三——宏茂桥大牌152咖啡店
- 第三个周三——宏茂桥大牌175组屋底层
- 第四个周三——宏茂桥大牌608咖啡店

活动内容皆由本堂妇女会姐妹负责策划及带领，主要包括游戏、手工制作、饮茶聊天等，气氛轻松温馨。藉着这些活动，乐龄人士不但能度过一个愉快充实的下午，我们也能通过交流，互相关怀、建立友谊。

每次活动约有四十多位社区朋友参加，除了乐龄活动中心的会员之外，本堂妇女会的姐妹们也派发宣传单张，邀请附近的乐龄朋友走出家门，与我们一起饮茶。

感谢主的恩典与带领，也感谢这群忠心付出的姐妹们；愿“银龄饮茶”活动继续成长，把温暖与关怀带给社区的长辈们！-张凤屏



家有喜事



新郎：Michael Aistleitner
新娘：庄陌伊
婚礼日期：25/7/2026



父亲：黄敬权牧师
母亲：江燕莉师母
宝宝：黄凯泽 (Kairos)
出生日期：9/4/2026



恭贺周小莉干事荣获MTS
神学研究硕士学位

学院：新加坡三一神学
毕业典礼：16/5/2026

征稿启事

《磐石》欢迎兄弟姐妹们踊跃投稿，中英文不拘，字数不超过900字，所提供的照片文件至少要1MB；来稿请附上真实姓名及电话。请将稿件及照片电邮至admin@amkmc-cac.org.sg或发给编委。编委有权修改稿件和决定刊登日期。谢谢！

《磐石》工作小组

顾问

吴丽真牧师 吴乃力牧师 罗继斌

编委

梅洁敏 (主编) 王佩华 李文娇 吕良音
王阳 黄瑞耀 陈耕时 李兆琼

排版

梁雪怡 曾纯洁 黄子欣 余葳祈 余葳妮

出版

卫理公会宏茂桥堂
1 Ang Mo Kio St 21
Singapore 569383
电话：67056150

电邮：admin@amkmc-cac.org.sg

网址：www.amkmc-cac.org.sg

e-磐石：www.amkmc-cac.org.sg/materials/

承印：NETUCC

MDDI(P)060/11/2025