



過節

Feasts

申命記

Deut. 16:1-17

一年三次： Three times a year

除酵節

Unleavened Bread

七七節

The Feast of Weeks

住棚節

Tabernacles

• 逾越節

Passover

• 除酵節

Unleavened
Bread

• 初熟節

First Fruits

• 五旬節

Pentecost

• 吹角節

Trumpets

• 贖罪日

Day of
Atonement

• 住棚節

Tabernacles

過節的意義

Meaning of the Feasts

1. 記念神過去的作為

To remember what God has done in the past

2. 感謝神當下的同在與供應

To be grateful for what God has provided now

3. 預演神將來要做的事

To prepare for what is going to happen in the future

怎樣過節 How to celebrate

1. 向神獻祭 Bring offers to God
2. 一同快樂 Be joyful together
 - 家人 Families
 - 利未人 the Levites
 - 窮人 the Poor

應用 Application

過節的時候 During the feasts

- 我們當記念上帝過去的恩典，並且把兒女帶到上帝的面前

We need to remember God's grace, and lead our children before God.

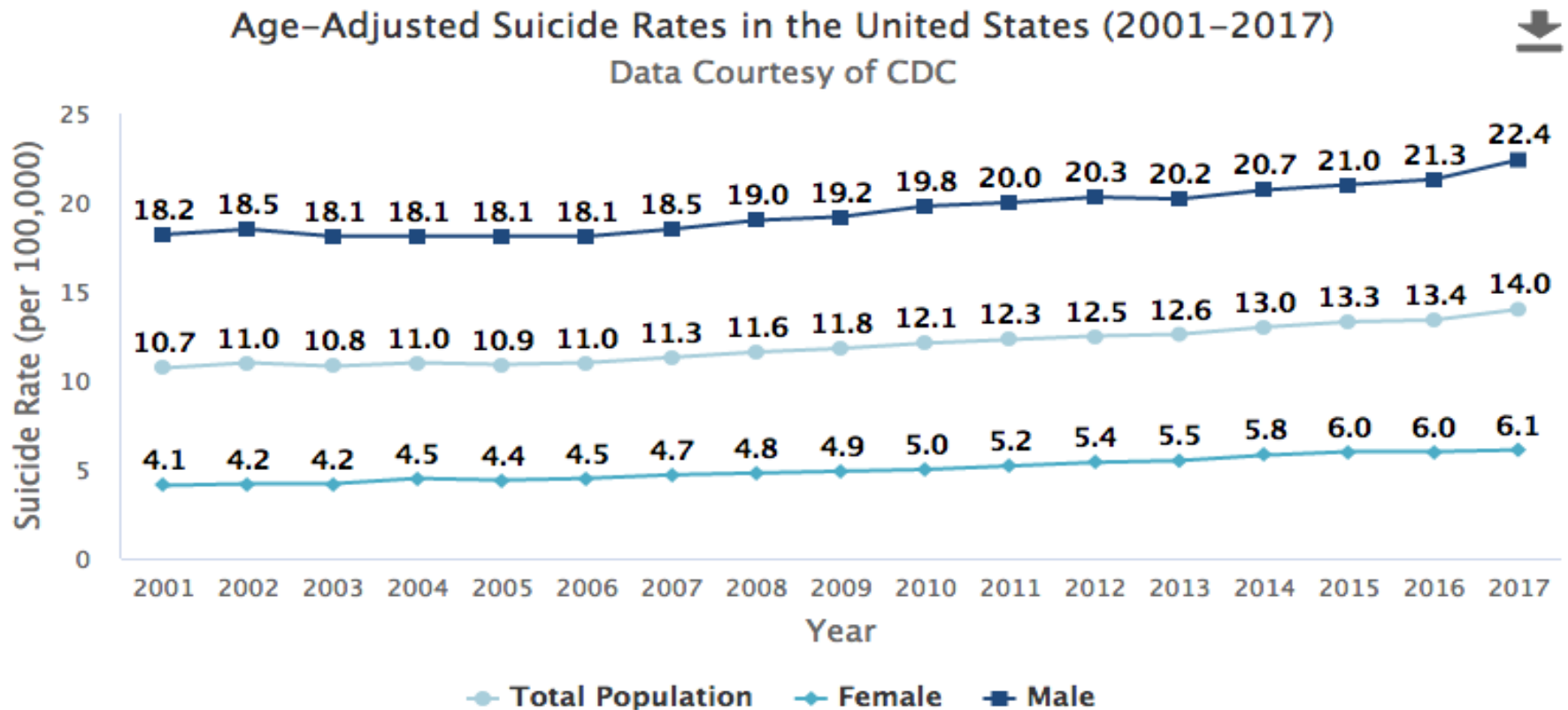
兒童和青少年的心理健康

**Children and Youth
Mental health**

2001 to 2017 total suicide rate increased 31%
from 10.7 to 14 per 100,000

The suicide rate among males remain nearly 4
times higher than among females

Figure 1



從2007年到2017年之間，
10-24歲自殺率增長了56%

For young people ages 10 to 24, the suicide rate increased by 56 percent between 2007 and 2017, making it the second-leading cause of death for that group.

Suicide was the 2nd leading cause of death for ages 10 to 34

	Select Age Groups						
Rank	10-14	15-24	25-34	35-44	45-54	55-64	All Ages
1	Unintentional Injury 860	Unintentional Injury 13,441	Unintentional Injury 25,669	Unintentional Injury 22,828	Malignant Neoplasms 39,266	Malignant Neoplasms 114,810	Heart Disease 647,457
2	Suicide 517	Suicide 6,252	Suicide 7,948	Malignant Neoplasms 10,900	Heart Disease 32,658	Heart Disease 80,102	Malignant Neoplasms 599,108
3	Malignant Neoplasms 437	Homicide 4,905	Homicide 5,488	Heart Disease 10,401	Unintentional Injury 24,461	Unintentional Injury 23,408	Unintentional Injury 169,936
4	Congenital Abnormalities 191	Malignant Neoplasms 1,374	Heart Disease 3,681	Suicide 7,335	Suicide 8,561	CLRD 18,667	CLRD 160,201
5	Homicide 178	Heart Disease 913	Malignant Neoplasms	Homicide 3,351	Liver Disease 8,312	Diabetes Mellitus 14,904	Cerebrovascular 146,383

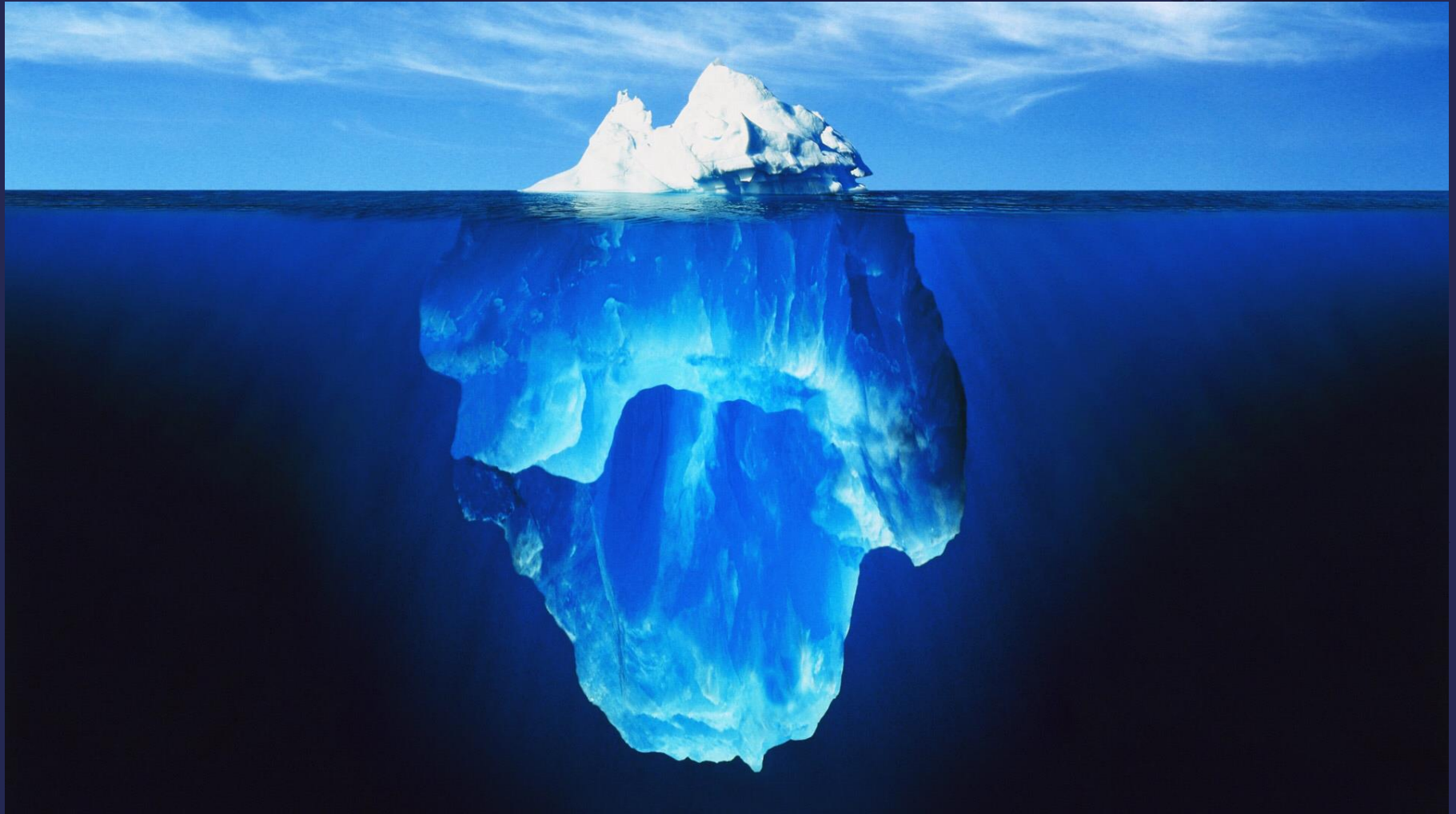
Resilient Coping Strategies for Children/Adolescents:

- **Church/school activities/教會或學校的活動**
- **Drawing/journaling.** Help them express their feelings in a personal, safe way.
- **Reassurance/ fun outing.** Children benefit from reassurance that they get from individuals who are close to them. Creating fun environments/outings for children reminds them how it feels to be happy.
- **Sports.** In addition to providing an outlet for energy, relieving stress, and improving physical fitness, involvement in sports for children to improve their self-confidence, make friends, and gain support.
- **Talking to others.** Just as with adults, children benefit when they share their thoughts and feeling with others. It allows them to know that they are not alone.

Resilient Coping Strategies for Children/Adolescents:

- Talking openly about suicide and depression is a vital first step, experts say. **“Suicide is an enormous problem hiding in plain sight,** perhaps in part because we are reluctant as a society to talk about it,”
- **Tight-knit, supportive communities—including churches—**are another **“protective factor”** against suicide.

"他必使父親的心轉向兒女，兒女的心轉向父親，免得我來咒詛遍地。" 瑪拉基書4:6



應用 Application

過節的時候 During the feasts

- 當記念上帝過去的恩典

Remember God's grace

- 當感謝上帝的恩典，並且幫助有需要的窮人

Be thankful for God's grace, and help those who are in need.

“彩虹之地”

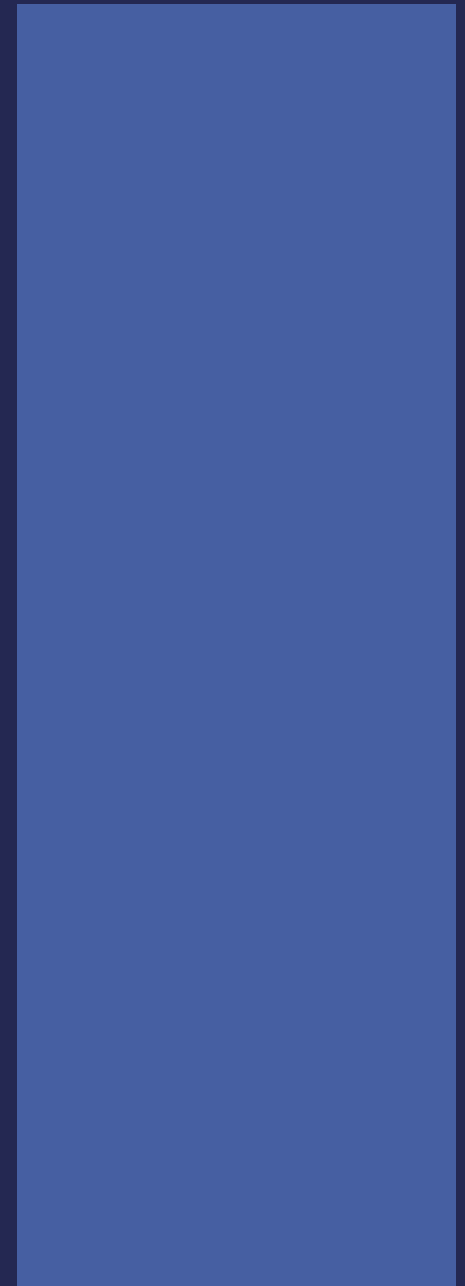
Rainbow Place

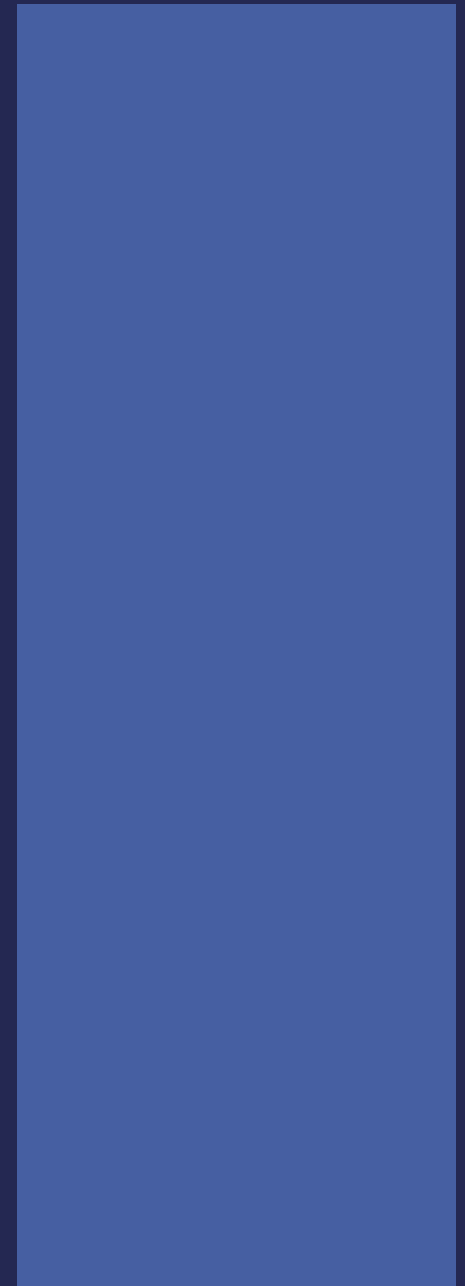


Rockville Walks
HOME

in support of Rainbow Place Shelter
and Child's Housing Program









Our Mission

The mission of Rainbow Place is to provide women emergency overnight shelter during the hypothermia season and assist them as they transition to a better quality of life.

“彩虹之地”的使命是在寒冷的季節裡，為婦女們提供緊急的過夜居所。在她們找到更好的居住地方之前，提供幫助。



Who We Serve

Rainbow Place is an emergency shelter. We work with women at the very beginning of their transition out of homelessness. Our primary focus is to keep the women we serve safe and off of the streets during the harsh winter months.

“彩虹之地”提供緊急的臨時居所，幫助無家可歸的婦女度過一開始的難關。我們首要的目標是幫助這些婦女有一個安全的居所，特別是在天氣寒冷的冬季不必流浪街頭。



How To Help

We need many volunteers year round to help us fulfill our mission. In addition to cash, in kind donations of goods and services are always appreciated at Rainbow Place.

為了完成我們的使命，我們一整年都需要很多的義工。除了奉獻金錢之外，奉獻物品或參與服事都是我們所需要的。

結論 Conclusions

過節的時候 During the feasts

- 當記念上帝過去的恩典

Remember God's grace

- 當感謝上帝當下的恩典

Be thankful for God's grace

- 時時儆醒預備見主

Be alert and prepare to meet with God