

## 老人運動及查經班



▲ 老人運動班 | 教師：黃愷欣 • Elderly Exercise | Leader: Tomi Wong

專為住在唐人街及附近的長者而設，從1999年十月開始，每週到華埠國際公寓，與大約二十位活潑可愛的婆婆，一起練習「蘭花操」這套廿三式的柔軟體操，並享用婆婆們用愛心預備的茶點，接著欣賞見證影帶，或聆聽聖經故事。

感謝主讓婆婆們從見證中的真人真事，認識神的慈愛和信實，又從聖經故事裡，認識主耶穌的救恩。其中有些婆婆，雖然幼時沒機會讀書識字，現在年紀大了，眼睛昏花，聽覺也不太好，卻願意用心聆聽，努力學習。多位婆婆在晚年的日子，因著認識並相信主耶穌，得享永生的福樂，我們都為她們歡喜感恩。

「我曾因為關節炎，膝蓋痛到蹲不下來，有段時間甚至要拿著拐杖行路。參加運動班後，膝蓋的痛楚減輕了，可以蹲下來，不再需要用拐杖，行路也比前輕快。」（方文秀）

「每次聽聖經故事，就如吃了一頓靈糧，靈裡得著很好的幫助。」  
（黃朱秀巧）



▲ 老人查經班 Elderly Bible Study

## Elderly Exercise & Bible Study

In October 1999, this ministry began serving the elderly people living in the International District and surrounding neighborhoods. We currently meet weekly with a group of about twenty enthusiastic elderly at the International House for exercise, refreshments, testimonial videos and Bible stories.

They have discovered God's love and faithfulness by watching the videos, and they have heard God's plan for salvation through the telling of the Bible stories. Many of the elderly never received schooling, yet despite their failing eyesight and hearing, God's message is received loud and clear. They are so eager to learn, and we thank God for the many that have accepted Jesus. We rejoice that they are assured of eternal life in their golden years.

*"I used to suffer from great joint pain. I could not bend my knees and required a cane to walk. Since I joined the class, the joint pain has reduced significantly. Now, not only can I bend my knees, but I can also walk briskly without a cane."* (Man Sou Fon)

*"Every time I hear the Bible stories, it's like feasting on a full-course spiritual meal. The Bible study has helped my spiritual life."* (Sau Hau Chu)



▲ 團體合照 Elderly Group Picture

▼ 新春喜慶 Chinese New Year Celebration

