



美國晨曦會

這福音本是神的大能，要救一切相信的。

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美國晨曦會戒癮農場 2019 年 4 月號代禱月訊

感謝神的帶領，我們美國晨曦戒癮之家能夠第一次，進入到美國的公立學校做反毒的宣導事工，這也是美國晨曦戒癮事工新的一項里程碑，當天來參加的同學非常踴躍，我們的 Marvin 學員並且分享他的個人見證（詳文如下，附上中英文版）我們將一切的榮耀歸給神。這次有機會能夠做反毒的宣導，乃是透過 Dougherty Valley (San Ramon) 高中校園內，一個 AP Outreach (<https://www.apoutreach.com>) 社團的邀請。此項團體的創辦學生是 Aaron Chiang。他的父母 Tony 和 Kathy 從美國晨曦會 14 年前開創之時，就十分關心支持我們的事工。Aaron 在成長過程中就常常接觸到晨曦戒癮的事工，也看見毒品在他生活周圍的影響，因此心中有負擔成立此校園社團，來幫助同學拒絕毒品的危害。

【見證分享】我叫 Marvin，27 歲，紐約出生長大，在皇后區高中就學，也是我開始接觸藥毒的時候。雖然我們來自不同的背景，但我們可能都有類似的掙扎經歷。我個人在高一時開始抽香煙和嘗試大麻，不用說現在到處都可以很容易獲取大麻，因為美國許多州已經合法化了。特別是現在的毒品包括超流行的電子煙在內，已經成為我們社區的大問題。為什麼我之所以有這樣的感受呢？因為我對上面所說的各種毒品都經歷過，我每天都在使用毒品的興奮狀態中，因為嚴重依賴電子煙，臉頰泛展著如嬰兒般的神情，但是千萬不要讓我開始述說吸毒興奮過後的戒斷階段，那才是更加難熬的痛苦經驗。

這些毒品不單是佔據我所有清醒的時間，它們更是界定了我的生命。如果離開了這些煙毒，我變得好像失去了一切，什麼都沒有了，我也無法集中我的注意力精神。甚至我覺得如果不使用毒品我就無法過『正常』的社交生活，我感到人生乏味，開始麻木失去了知覺，就好像哈立德唱的歌詞所描述：“年輕，愚蠢，切斷高中生活”。這是一個殘忍的事實，我感到非常後悔難過，因為這一切都是從那好奇心的嘗試開始的：“拉一下嘛！不會害死你的啦！”這可能只是來自同伴的誘惑壓力，或是希望被認同的動機造成，最終導致一連串藥毒品癮癖的形成，也逐漸成為一個成癮的生活方式。如同聖經所描述的虛空的虛空，一切都是虛空，如同捕風。我的人氣聲望消失的無影無踪，我的身體健康也隨著吸毒嚴重而遞減衰弱。我從暑期工作中賺到的金錢都浪費殆盡了，我曾經所擁有的一切，全沒了。我現在不得不承認，原來我真正想要的是被周圍的人所愛、所認可，我只想過一個有價值的人生。但我也注意到人會改變，朋友也會改變。我的六個最親密朋友都死了，都因為藥物使用劑量過高。假如你現在的學生生活，無法跟我所描述的有任何交集的話，不用擔心，這可能是一種祝福。我同時也要向你們說明，這不僅是另一個藥毒物預防的演說而已，因為這確實是我個人所經歷過的真實生活見證，我相信還有許多你身邊的人，現在可能正落入毒品試探的邊緣，可能需要你的幫助。希望我們有能夠一起同心制止這種藥毒物的瘋狂流行病。

記得 10 多年前我開始吸毒生涯，那也正是你們（在場的學生）現在的年齡。雖然我現在已經接受晨曦會戒癮的輔導而逐漸恢復健康，但是沒有人需要經歷類似的成癮掙扎才長大，犯錯是無法絕對避免的，但不要让毒品成為你犯下的最後一個錯誤。因為當我從毒癮中醒悟過來的時候，我的生命已經白白浪費了 10 年的黃金歲月，甚至可能更糟糕的事會發生，你可能已經看不到明天的晨光了！從來沒有任何一個吸毒的人會告訴你，他們吸毒的快樂的結局，因為事實根本不存在這樣的結局。如果你是想追求良好的人際關係，我相信你也不寄望聽到別人用“笨蛋”的名字來和呼叫你，我想也沒有人想跟一個

吸毒自私的人做朋友。我記得我曾經把所有賺得的積蓄全都花費在購買毒品上，最後甚至連送一張生日賀卡（像美金 2 塊錢）給女朋友都買不起。總之，我想說的是，不要讓藥毒品的濫用奪走你的寶貴身份，要趁你還年輕的時候享受你的青春，追求你的夢想，使你的美夢成真，做一個真正的自己。

最後，我要感恩的是耶穌，因為連我親生的父母都無法在身邊幫助我，是祂把我從毒癮中救拔出來。也許我們當中的人，或是你認識的人正在經歷類似的爭扎，或已經嘗試了所有的解決途徑，但我想要強調的是，其實你並不孤單，不要害怕為自己或為他人去溝通，告訴他們需要尋求幫助，或是找輔導員、找學校師長，或者與精神領袖交談，因為只有你認識的人才能獲取他們的信任。我不是要你做個告密者，只是建議你對自己和別人保持真誠的態度。感謝您的時間。

My name is Marvin. Firstly, I'm 27 years old and I'm born and raised in N.Y.C.. I went to H.S. in Queens. That's when and where I started experimenting with drugs. You might be thinking we come from different environments but I think we all go through the same struggle. I started smoking cigarettes and weed in freshman year of H.S.. I'm sure the access of weed is a lot easier this day and age by all people. It is being legalized in multiple states around the U.S. and doesn't seem to be slowing down. I feel that drugs these days including cigarettes and vapes have become a huge problem in our community. The reason why I feel this way is because I'm guilty of all the above. I was high every day and was attached to my vape. I had a vape to my face like a baby with a binky. Don't let me get started on the drug withdrawals that came after using every day. Just Google drug withdrawals.

These things didn't just occupy all my time, they defined me. I felt as if I were nothing without my cigarettes, I could never focus. I felt like I couldn't socialize without getting high, I was numb. Like Khalid sings, "Young, dumb, broke high school kids." In reality that's the truth and it's sad. It all started from experimenting and curiosity. "A pull won't hurt." I said, and that just led to a barrage of bad habits. What may have come from peer pressure and the desire to fit in, became an addiction of not only the drugs but the lifestyle. I realize now that it was all vanity. My popularity diminished and so did my health. All the money I had made from the summer jobs were gone. As well as all of the money I worked for from the year I got out of H.S. until now. All gone. I believe we all just want to be acknowledged. I realize now what I truly wanted was to be loved by the people around me. I wanted to be something. Later I started to notice that people change, friends change. Total six of my close friends died from drug overdose. Some of you might not be able to relate, which may be a bit of a blessing. I assure you this isn't just another drug prevention speech because this is my life and many others possibly around you right now. WE have the power to stop this DRUG EPIDEMIC TOGETHER. You can help one another while you are still sober. Be a good influence and look out for each other.

The last true memory I had before my recovery was more than 10 years ago, that's around your age. Although I'm better now, nobody should need to go through growing up a drug addict. It's ok to make mistakes but don't let drugs be the last mistake you make. Next thing you'll know is 10 years of your life has wasted away or worse you don't even see the light of tomorrow. No drug user will ever tell you about their happy ending because there is none. To those of you pursuing relationships, I believe you'd want the person you like to know you by name and not as the "pothead." Nobody wants to date a druggie. I wasted so much money selfishly on drugs that I couldn't even buy my H.S. girlfriends birthday cards. That's like 2 bucks. I just want to make a point, that being, DON'T LET DRUGS STEAL YOUR IDENTITY. Go out and play while you're still young. Pursue your dreams, dream big. Be a Youtube sensation. You can be anything these days. You also don't NEED to be anyone. Just be yourself.

Lastly, the person who saved me from my addictions is Jesus. My father wasn't always around so I sought religion. Not everyone finds the same religion helpful but my point is, you are not alone if you or someone you know is going through something similar. Don't be afraid to speak up for yourself or others and look for help when you need it. Talk to a counselor, a teacher, your parents or if you are religious, speak to a spiritual leader. Just someone you know you can trust. I'm not asking you to be a snitch. Just be original and stay true. Thank you again for all your time.

美國晨曦會 同工敬書 4月3日

【代禱事項】

1. 請為劉民和牧師在五月份來美國的行程代禱，其中包括參加美國晨曦戒癮農場的開放日 (Open House, 5/18星期六) 的感恩聚會，5/15~22在舊金山灣區教會的聚會，5/22~26在西雅圖地區的聚會行程來禱告。如果貴教會有需要晨曦會的事工分享、主日信息、佈道會、或個人見證分享等，請聯絡我們。
2. 請繼續為農場的經營運作和所需要的經費預算來代禱，因為晨曦戒癮農場還將會繼續動物的養殖與農作物的耕作事工。如果您有負擔，或知道其他有專業經驗的弟兄姐妹，或是有寶貴的建議願意與我們分享，請直接跟我們中心聯絡。
3. 請繼續為戒癮中心的五位學員：阿恩、阿璋、阿傑、阿昌和阿杰的課程學習和彼此和諧相處，以及個人靈命成長來代禱。新學員阿恩才剛剛進入戒癮中心，尚未滿一個星期。另外也請繼續為已結業的阿澄學員在中心的生活和未來目標來代禱。
4. 請繼續為三位晨曦同工和他們的家庭需要來代禱，祈求神賜下智慧，幫助他們有效地經營管理農場資源，也祈求主興起更多教會的肢體一起參與配搭戒癮事工。
5. 請繼續為 Peter Chen 陳弟兄和阿寶姐妹夫婦兩人同心參與戒癮事奉的心志來感恩，也請繼續為他們將來服事的道路來代禱。
6. 晨曦中心遷移新址：3005 Duvall Ct, Gilroy, CA 95020; 感謝教會的弟兄姐妹繼續支持我們戒毒的事工，弟兄姐妹的奉獻支票請使用以下住址：P. O. Box 3387, Los Altos, CA 94024。
7. 晨曦會創啟地區的陳老師在 4/22~30 也會在舊金山灣區訪問各教會，他的相關資料如下，他的語言是廣東話，如果有任何需要，請跟我們中心的同工聯絡。
http://m.youku.com/video/id_XMTU3NDc2NzU4MA==.html?spm=a2h2a.8293802.0.0
http://m.youku.com/video/id_XMzA1MjcxNTIzMg==.html?x=&sharefrom=android&source=
8. 請繼續為晨曦三位同工在戒毒專業領域在職進修來禱告，還有黃彼得傳道目前在神學院進修的教牧博士論文寫作(有關戒癮復健聖經輔導題目)代禱。

9. 晨曦家屬團契每個月份在晨曦中心舉行聚會，彼此關懷代禱扶持。有任何需要的話，請直接聯絡謝冠廷牧師， Email：andrewkhsieh@gmail.com，或電話：（408）362-0121。

美國晨曦之家全體同工敬上 2019年4月2日



(1) Dougherty Valley (San Ramon) 高中分享 (2) AP Outreach 社團