



Director's Thought >>

June 26 of 2015, was a historical day for USA as well as ministries like **PLUC**. We lost another nation to same sex marriage in the name of human rights. In fact this did not come as a surprise for us as we have been praying for Lord's mercy upon USA many years ago. That night I browsed through my facebook and was overwhelmed with 2 emotions.

Firstly was anger. I was so angry with how some Christians responded so judgmentally though we do not agree with same sex marriage. Yet what right do we have to be so judgmental till cursing them to death. Then at other end, I was so sad when I saw many Christians began to change their facebook profile photo into the "Rainbow" color. They were celebrating "Love wins" especially the post-modernism generation. Either they were plain naïve or are liberal in their stand.

Have you counted the number of colors in rainbow? There are 7 and not 6. The "Rainbow" color that adorned your facebook profile photo has 6 only and it represent LGBTIQ pride symbol. The meaning of red carries a message that sexual right indeed is human right (<http://taiwanfamily.com/>). The churches in Malaysia have rooms to educate and build a generation that pursue holiness and not embrace lies that have become truth. How can this be accomplished? It can be accomplished by creating awareness of this crisis that we are facing and not be in denial. Churches can at least start with "What is biblical sexuality?"

3 September 2016 marks **PLUC** 15 years in journeying with those who struggle with their gender. We will continue to raise the bar in creating awareness for churches and believers who still hold on to His standard of marriage and family. He made us in His image, male and female He created us (*Genesis 1:27*). God did not make a mistake in creating us to be more like Him. Ultimately that is our goal: To be more like Him.

In conjunction with our 15 years of thanksgiving, we will be organizing talks on helping churches and believers of Christ to understand what gender identity confusion is all about. Please come and celebrate together with us on 3 September 2016.

The Lord is merciful and gracious and His desire is to see the hurting and marginalized return to the Father's heart. He is waiting for all the prodigals He loves them and we should too.

I am praying for more workers in this harvest field. Each time I meet them, my heart cries for workers as the harvest is plentiful. If the Lord has place in your heart a burden for this group of people, drop by for a cuppa and let us chat.

Blessed New Year and may the Lord minister to your needs.

Dignity Redeemed,
Rev Tryphena Law

15th Anniversary Seminar 十五周年讲座会

MAN OR WOMAN ?
性别身份困扰
Gender Identity Confusion

是男?
是女?

Speakers 讲员:
Dr Melvin Wong 黄伟康博士
Dr Hong Kwai Wah 康贵华医生

Date 日期: 3 Sept 2016 Time 时间: 9am to 4pm
Venue 地点: Life Point Subang Jaya Assembly of God
Fee 费用: RM 70 (Lunch provided 包含午餐)
Enquiry 咨询: 03-78873501 / 012-8853501 (Poh Ling)
or registration@pluc.org.my

PURSUING LIBERTY UNDER CHRIST 基督里得自由

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2015年6月26日，对美国和与“基督里得自由”（PLUC）相同性质的事工机构来说，是历史性的一天，因为世界又多了一个以维护人权之名而认同“同性婚姻”的国家。面对这项重大改变，我们一点都不感到意外。过去几年来，我们一直都求神怜悯美国这片土地。当晚，当我在游览面子书时，有两种情绪涌上心头。

一是愤怒，我看见一些基督徒批判式的回应而令我感到生气，究竟我们有什么资格去定一个人的罪，甚至诅咒他们致死呢？另一方面，我也因着一些基督徒把面子书上的个人图像改为“彩虹”的背景而感到难过。他们打着欢庆“真爱无敌”的旗号，尤其是后现代主义思维的青年。或许他们不了解“彩虹”背后的意义，抑或他们只是在表明他们的立场。

你是否曾数算过彩虹的颜色种类？实际上，彩虹有7种颜色而非6种。面子书图像上的“彩虹”却只有6种，而这6种颜色即是同志的符号象征。当中的红色所要带出来的信息是性权，也就是人权。（<http://taiwanfamily.com/>）马来西亚的教会尚有许多空间来教导和建立信徒们追求圣洁的世代，而非包容和接受一些被扭曲的真理。教会要如何实现呢？就是唤起信徒对这个敏感议题的醒觉与认识，而非否定它的存在。教会可以从“什么是合乎圣经的性？”来着手处理。

2016年9月3日将见证“基督里得自由”（PLUC）陪伴性别困扰挣扎者的旅程已走过15年。我们会继续并积极地推广这方面的醒觉，尤其是持守上帝对婚姻与家庭准则的教会和众弟兄姐妹。上帝按着自己的形象造人，乃是照着祂的形象造男造女（创1：27）。上帝按祂的形象造人绝对无差错，最终目的乃是要我们更像祂。

在迈入这感恩的15周年，我们将举办一场讲座会，协助教会和弟兄姐妹更加了解有关性别困扰的议题。欢迎前来与我们一同欢庆！

上帝是满有怜悯与恩典的，祂渴望看见那些受伤和被边缘化的群体回到祂的怀抱，祂正等待着所有的浪子。祂爱他们，我们也应该要爱他们。

我祷告禾场上兴起更多的工人，每一次的面谈都让我看见工人的需要，因为要收割的庄稼很多。如果上帝让您对这些群体有负担，欢迎您前来和我喝茶聊聊。

新年蒙恩，愿上帝祝福您所需的。

尊严被得赎的，
罗碧玲牧师



Nature or Nurture?

*“Are people born gay?”
“Is it a biological or environmental issue?”*

These are the usual questions, even among Christians, when encountering the issue of homosexuality. What are the factors leading to homosexuality? Is it a choice, and if so, is it something that can be ‘fixed’? At the heart of these is the question: “What causes homosexuality?” Is it nature OR nurture, or nature AND nurture?

Addressing this, Dr. Christopher Yuan revealed some of his personal research on the following questions:



*“Dignity Redeemed”
Conference: We are so blessed by the sharing of Leon, Angela and Christopher Yuan together with Pastor Jenny Li, executive director of Taiwan Rainbow-7.
研习会现场：袁立扬，蔣朗今与袁幼轩以及来自台湾“走出埃及辅导协会”秘书长厉真妮传道的分享深深地祝福了我们！*



Does genetics play a role or does the structure of the brain play a role resulting in homosexuality?

Studies on twins for the evidence of genetic influence were made by at least 4 groups of researchers, namely, Bailey and Pillard (1991); Bailey, Dunne and Martin (2000); Bearman and Bruckner (2002) and Langström, Rahman, Carlström, Lichtenstein (2008). I will not go into details of the research. However, Dr. Yuan opines that there is insufficient evidence to draw a conclusion as the studies did not focus on the gay community specifically but rather they were general surveys in an attempt to draw a conclusion to justify the role of genetics in gay tendencies. Hence, they were not reliable and cannot apply to all.

Two other groups of researchers, Simon LeVay (1991) and Byne, Tobet, Mattiace, et al. (2001), did studies on the brain structure to determine its role in homosexual leanings and again these two groups could not prove anything conclusive. Dr. Yuan quotes LeVay’s conclusion: “It’s important to stress what I didn’t find. I did not prove that homosexuality is genetic, or find a genetic cause for being gay. I didn’t show that gay men are born that way, the most common mistake people make in interpreting my work. Nor did I locate a gay center in the brain... Since I look at adult brains, we don’t know if the differences I found were there at birth or if they appeared later.”

Another researcher, Hamer (himself a gay), clarified “environment factors play a role”. He states further that there is not a single master gene that makes people gay and that he doesn’t think that we will ever be able to predict who will be gay. This conclusion came as a result of his finding on chromosomes based on 76 gay brothers and their families.

The conclusions made by LeVay and Hamer are worth thinking about for a stand on whether genetics play a role in homosexuality. To me, it is an obvious “no” as there is no conclusive evidence to prove that one’s biological nature plays a role in homosexuality.

Meanwhile, the studies on the environmental factors that lead to homosexuality were conducted in three categories – first, twin studies, familial factors and childhood gender non-conformity, secondly, fraternal birth order, and finally, urban vs rural settings. Again these studies were not conclusive as the period of research conducted is too wide.



From Dr. Yuan’s critique of studies attempting to link biological and environmental factors to homosexuality, the clearest conclusion is that homosexuality is a social science issue that has been turned into a natural science factor by the pro-gay community to support their case.

Based on the research revealed by Dr. Yuan, my observation is that if we say one is born gay, then the question arises of what determines this and when. Is it before birth or after birth? My understanding from Dr. Yuan’s research indicates to me that a gay individual cannot determine the origins of being gay, but he or she can definitely identify when that inclination began due to various environmental factors along their life journey.

Furthermore, whether nature or nurture, there appears to be no conclusive evidence supporting any findings that homosexuality is determined by any particular factor or factors despite researchers attempting to conclude that nature and nurture both play complex roles. Many of the studies could not be replicated. Hence, my conclusion is that the issue of homosexuality has no basis of any one factor of influence to justify it. It follows then that those who are involved or support homosexuality are looking for justification and acceptance that it is in them and therefore, not a matter of will or choice. If one stands on the environmental factor, however, homosexuality becomes an individual’s choice due to social problems.

Finally, science does not contradict God. Every human being has the capacity to sin and we are all born with a sinful nature (Psalm 51: 5). From the perspective of biblical anthropology, it is a fact that biology does not make something morally permissible or determinative. The reality, as Dr. Yuan further explains, is that man need not, and should not, do what animals do. It is our understanding of our identity with our Creator God in Christ Jesus that must ultimately determine our behaviour patterns. It is not how much you know God, but how you respond to God and honour Him with your life for the glory of God.

Having experienced a gay lifestyle with its devastating results and subsequently discovering a new life of freedom in Christ, Dr. Yuan has carefully studied the research done on homosexuality and stands out as one who not only speaks from his own experience, but as one with strong scientific credibility and knowledge of God’s Word. As he emphasises, he could not find a single verse in the Bible that justifies the gay lifestyle. If the Bible is truth, then science and everything related will confirm that truth.

God is clearly using Christopher Yuan’s life journey to underscore the truth of the gospel so that the lives of many will be transformed. To God be the glory!

A Participant Reflects on Her Learning at PLUC’s Dignity Redeemed Conference with Dr. Christopher Yuan, March 2015. By Pastor Anita Sim, Klang CMC.



先天？ 后天？

“同性恋是天生的吗？是生理因素还是环境影响？”这些都是普遍上大家面对同性恋课题时所作出的回应，包括基督徒。究竟同性恋的因素是什么？若是个选择，是否表示当中必有解决方案？那么，“同性恋如何形成？”是个大哉问。对一般人，甚至同性恋群体所作的研究当中，仍有一系列的疑问是无法找到明确的答案的。同性恋是先天还是后天？或是先天和后天？

text by Pastor Ania Sim

袁幼轩博士提供了一些他在这方面所做的个人分析：



基因或脑部的构造会导致一个人成为同性恋吗？

至少有4项研究以双胞胎为范本来证实基因的影响，当中包括Bailey and Pillard (1991); Bailey, Dunne and Martin (2000); Bearman and Bruckner (2002) and Langström, Rahman, Carlström, Lichtenstein (2008)。我不会深入探讨这些研究结果。袁幼轩博士表示这些研究缺乏客观性，因为它只是一个试图证明基因对同性恋的影响的综合性研究，并没有特别针对同性恋群体。所以该研究所得到的结论并不可靠也无法全面的应用。

另外两组由Simon LeVay (1991) 和Byne, Tobet, Mattiace, et al. (2001)针对脑部构造对同性恋的影响所做的研究结果一样无法重复。袁幼轩博士引用LeVay的结论：“非常需要强调的是我没有找到的是什么。我并未证明出同性恋行为是基因造成的，也未发现造成同性恋的基因因素。我并没有表示男同性恋是天生的，然而这却是大家解读我研究时最常见的错误。我也没有在大脑中找到同性恋中心……因为我观察的是成人的脑部，并不晓得所发现的差异是出生就有还是后来出现的。”

Hammer本身是位同性恋者，也作了另一项研究；他表示“环境会影响一个人成为同性恋。”从他研究76位同性恋兄弟和其家人的染色体中他发现一个人成为同性恋者不单是因为基因的缘故，而我们也无法预测一个人是否会成为同性恋者。

LeVay和Hammer所提出的结论值得我们在基因对同性恋的影响的立场上作出反思；而对我本身而言，基因无法决定同性恋行为，因为当中并没有令人信服证明。所以我们不能断定生理上的因素会导致同性恋。

关于环境因素造成同性恋的研究可分为三类，分别是双胞胎研究，家族因素以及缺乏童年性别认同，兄弟的排行，城市与乡村。当中的研究时期差距太大所以也无法提供有力的证明。

从袁幼轩博士对于环境和生理上的研究所作出的评论中，我所得到的结论是其实同性恋是社会科学课题，只是支持的一方把它的因素与自然科学相提并论。

根据袁幼轩博士所提供的研究中，我认为如果我们说同性恋是天生的，那它是取决于什么东西和什么时候发生的呢？是一个人出生之前或之后呢？说明同性恋是天生就无需找出根源？根据袁幼轩博士的分析，我所理解的是同性恋者无法确定一个人会成为同性恋者的根源，但一个同性恋者可以解释同性恋的迹象在他们的生命中什么时候开始因着环境因素而出现。

此外，不管是先天或后天，我们始终找不到有力的证据去支持同性恋是因着某种特定的因素；研究者们大多数都认为先天和后天的影响都扮演着重要的角色。很多的研究是无法重复的。所以我的结论是同性恋的因素并没有基本原则作为解释，反而是同性恋群体或支持同性恋的人在找理由来证明同性恋是与生俱来并且想要得到认同。如果一方认为同性恋是因着环境因素，那表示它是能被改变的。这也一个人回应一个社会问题的个人选择。

最后，科学和上帝是没有冲突的。每个人都会犯罪，也是带着罪性来到世上（诗篇51：5）。从圣经人类学的角度来看，生物学的构造不能在道德上许可化某样东西或决定一切。袁幼轩博士更加以解释说明人类不该模仿动物的行为。我们的行为取决于我们对于创造主所赐予的在耶稣基督里的身份有多了解。

不是你对神知道多少，而是你如何回应神并因着神的荣耀活出恭敬顺从的生活。经历了同性恋生活且在基督里找到全新的生命，袁幼轩博士的分享是综合了他仔细地分析与同性恋课题相关的研究后，按着他本身在科学上的知识和神的话语所得来的结论。

袁幼轩博士指出他无法从圣经中找出合理化他的同性恋生活的经文，若圣经是无误的，所有的身体状况与科学和所有一切都会认同同性恋生活。

神确实透过袁幼轩博士的生命经历来述说福音的真理，许多的生命也因此被改变。对袁幼轩博士而言，他看见神如何使用他的过去来将他赎回，但对袁蒋郎而言，要看见自己的儿子被神救赎，考验了她对神完全的信赖。为着袁幼轩博士和袁蒋郎的生命，把荣耀归给神。

▲ Speakers and the ministry team from PLUC and Glad Tidings PJ. 讲员与PLUC和神召会喜信堂团队。
▼ Leon and Angela Yuan together with interpreter, Karline Chew.



Historically **PLUC** was with **Exodus Asia Pacific** and then later grown into another region called **Exodus East Asia (EEA)** that was formed in 2009. **EEA** which is part of **Exodus Global Alliance** consists of ministries from Singapore, Philippines, Taiwan and Malaysia. These ministries supported each other and have very strong ministry relationship. In 2013, all the ministries decided to come out independently from **EEA** due to some reasons. After 18 months being independent, we finally decided to form a new alliance to respond to the demand of this issue globally.

Therefore 16 March 2015, in the humble office of **PLUC**, this new alliance was formed. We are known as **C7+** which was derived from:

- C = Complete wholeness in Christ**
- 7 = Number of colors in rainbow**
- + = Inclusion of other ministries and symbol of the Cross**

The ministries in **C7+** are Philippines (**Bagong Pag-asa**), Singapore (**Choices, Fountain Gate Ministries, Love's Hope Singapore**), Taiwan (**Rainbow-7**), Malaysia (**PLUC**) and its consultant, Dr Melvin and Connie Wong from USA.

“基督里得自由” (**PLUC**) 曾是“出埃及全球联盟组织亚太区”一员，2009年再次成为“出埃及东亚区”一员。“出埃及东亚区”隶属“出埃及全球联盟”组织，其成员来自新加坡、菲律宾和台湾。这些机构在事工上互相支持，有着紧密的联系。2013年，各成员国机构达成共识并离开“出埃及东亚区”。18个月后，因着全球的需要，我们再次组织全新的联盟，于是“**C7+**”于2015年3月16日在 **PLUC** 的办公室诞生了。“**C7+**”源于：

- C = 在基督里的完整性**
- 7 = 彩虹的7种颜色**
- + = 其他机构和十字架的象征**

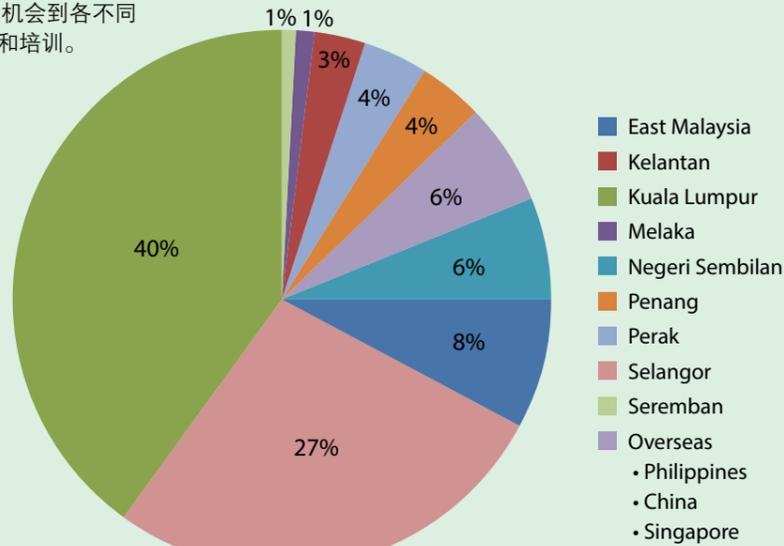
“**C7+**”成员有来自菲律宾的“新希望”、新加坡的“抉择机构, Fountain Gate Ministries, Love's Hope Singapore”、台湾的“走出埃及辅导协会”和马来西亚的“基督里得自由” (**PLUC**)，而顾问是来自美国的黄伟康博士和 Connie Wong。

2015 Ministries 事工行程 >>

Besides providing pastoral care to journey with this group of broken people, it is also **PLUC's** desire to see churches have burden for this group of people, therefore to be equip. Last year, God opened doors in local and overseas (such as Philippines, China and Singapore). **PLUC** was given the opportunity to speak and conduct trainings in different locations which included organizations, camps, schools, bible seminaries, churches, colleges etc.

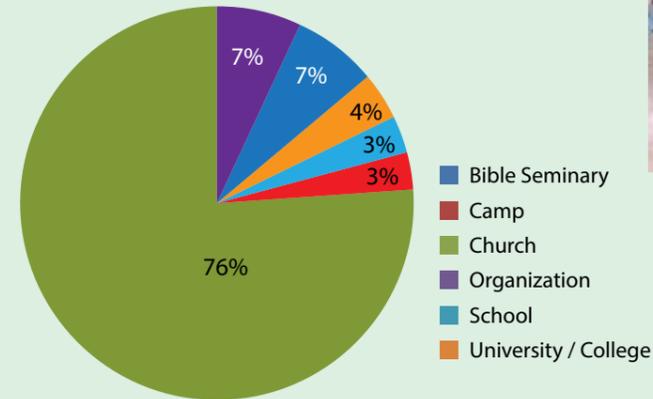
“基督里得自由” (**PLUC**) 除了提供教牧辅导来陪伴破碎的群体，我们也非常期待更多的教会对这些群体有负担，并且得到装备来陪伴他们。在过去的一年里，上帝在马来西亚和海外地区如菲律宾、新加坡、中国温州和昆明都为我们开了许多的门，让我们有机会到各不同的机构、营会、学校、神学院、教会和大院校等分享和培训。

2015 **PLUC**: Speaking & Teaching Locations
事工分享地点



↳ Love Cheras
← 温州首届同性恋辅导专题研讨会

2015 **PLUC**: Groups Ministered
服侍群组



→ Leaders Networking Meeting



↑ Human Life Service be Transformed Conference
← St Peter's College Major Seminary



← Kuching 古晋

PLUC Staff Retreat 同工退休会 >> ▪ Poh Ling 宝琳

Thank God for His grace, last August, we had the chance to enjoy our 2D1N retreat camp in the nature. Frasers Hill was the venue of our retreat, the picturesque scenery and cool weather were refreshingly soothing, just what one expects for a "retreat". Merrymaking aside, we also spent some time to review our ministry and to ponder upon future development; above all, we ensured that everyone in the team works toward the same direction while recognizing our own roles, so that we could be more productive in serving the Lord and the others. 2D1N was short, but it was enough for me to bask in the glory of God's wonderful creation, and to deeply appreciate Psalm 103:5 (NLT), "He fills my life with good things. My youth is renewed like the eagle's!" I am very grateful for such a time to recharge.

感谢神的恩典，去年8月，我们有机会走进大自然享受两天一夜的同工退休会。这次退休会的地点是Fraser Hill，美丽的风景和凉爽的天气真是让人心旷神怡，完全符合“退休”的心境。除了吃喝享乐，我们也安排一段时间来检讨和规划事工的发展；更重要的是确保团队的每一个人都有共同的异象，认清自己的岗位，以便更有果效的服事神、造就人。短短两天一夜的行程使我不但赞叹上帝的创造何等美好，也深深地体会到 诗103: 5 所说的“祂用美物使你所欲的得以知足，以致你如鹰返老还童。”非常感恩有这充电的时光！



Welcome our new staff 欢迎新同工 ▪ Steven

过去在教会服侍的我，现在换个环境来到**PLUC**工作，我认识了同性恋事工。我发现这个事工和我过去的服侍很不一样，**PLUC**是以教牧辅导的方式站在前线陪伴这班破碎的群体。盼望这事工可以帮助更多对性困扰的人。**PLUC**的牧者与同工们也愿意付出时间与精神来陪伴性困扰者，盼望与他们一起努力走在事奉的道路上。愿神供应**PLUC**的需要，愿有越来越多的义工看到这个圈子的需要加入**PLUC**的团队。

Testimonies 见证分享 >>

My name is William. I come from a family of seven. Growing up, my father's job required him to be outstation most of the time. As a result, I had an absent father. I used to remember the hours where I waited for my father to come home and spend time with me. I longed for his strong and affirming love, the love of a father.

When I reached adolescence I realised that I was different from the rest of my classmates. I kept my attractions a secret till I continued my studies in Singapore. Away from home then, I began exploring my sexuality. I began to act out what I believed was my natural behaviour with other male companions. This continued for a number of years but I did not find these relationships fulfilling at all. There was an emptiness inside me that I somehow knew only God could fill. I continued this self-destructive behaviour for quite a number of years, changing partners and at times, having multiple partners at a time as well.

In year 2005, I had a serious accident where I had to be on crutches for a whole year. That affected my mobility tremendously. Despite my struggles, none of my many "friends" came to visit me. Lonely, I began to surf the internet for pornography. However, even that could not satisfy the deep longing of my heart, and finally, I became disgusted with the daily pornographic images.

One day, through the leading of the Holy Spirit and hungry for the love of God, I began to search online through Christian websites that dealt with issues relating to same-sex attraction. From the websites which were mainly American, I was directed to **PLUC**. I began attending classes here and discovered the love of Christ which is even stronger and more affirming than I ever believed. Praise the Lord for his everlasting love and kindness that transforms and gives purpose to my life.

我是威廉，生长于7个兄弟姐妹的家庭。在我的成长过程中，我父亲的工作性质需要他常到外坡公干，所以我有缺席的父亲。我记得那时候的自己总是等待着我父亲回来陪我。我渴望从他身上得到力量和肯定，一份父爱。

踏入青少年时期，我开始察觉自己和身边的同学不一样。我压抑着自己对同性的吸引直到我到新加坡求学。离家的日子，也开启了我的性探索之旅。我按着自己所认为的自然本性和其他的同性伴侣开始我的生活。这样的关系维持了好几年，但我一点也不觉得被满足。我其实清楚地知道唯有神能满足我内心的空虚；可是我仍旧让自己走在这自我毁灭的道路上，不停的更换伴侣，也曾试过在同时间拥有不同的伴侣。

在2005年，一起严重的车祸让我必须拄拐整整一年。这深深地影响了我的活动能力。在我疗伤的期间，没有一个同性恋圈子的朋友来探望我。当时的我感到很孤单，于是开始上网浏览色情网站。尽管如此，色情也无法满足我内心深处的渴望；到最后甚至对那些画面感到厌恶。

某天，透过圣灵的带领和对神的爱的渴望驱使我上网寻求跟同性吸引相关的基督教网站。在众多以美国人为主的网站中，我找了“基督里得自由” (**PLUC**) 的网站。我开始出席该机构所提供的课程并开始发掘基督的爱是何等的强烈且超乎我过去所想象的。感谢赞美基督永恒的爱和恩慈改变了我的生命并且带来目的。

Contributors 2015

Churches:

Bethany Church AG, Bethel Church Melaka, Charis Christian Centre, City Revival Church, DUMC, Elim House Church, Faith City Church, Gereja Charis K.L., Glad Tidings Assembly of God (PJ), Kampung Raja Hitam Chinese Methodist Church, Klang Chinese Methodist Church, Mega Chinese Methodist Church, Muk En Methodist Church, SIB KL, Subang Jaya Assembly of God, Wesley Methodist Church (Sitiawan).

Individuals:

Alex, Cheah Ee Keong, Choong Kee Lan, Chu Fui Teng, David and Karen Seah, Voon Choon Khing, Esther Ho, Julian, June Chin, Kenneth Jung, Lawrence & Esther, Lee Wan Ying, Loh Kuo Hao, Me Kuin, Munnice Mok, Ng Wai Kuen, Ong Eng Haw, Ooi Say Hoon, Peter Choo, Thomas, Vijay, Wendy Lee, Yap Soon Hing, Anonymous.

Others:

BCM-MPB, Environment Design Consultants Sdn. Bhd., Love's Hope Singapore, Webcon Sdn. Bhd.

Monthly Prayer Meeting 月守祷告会

Date First Saturday of Every Month
(except Public Holiday)

每个月的第一个星期六 (除了公假)

Time 9.00am - 10.00am

We will be sharing with you some information regarding homosexuality.

我们也藉此机会与您分享同性恋课题等相关资讯。



If you are facing issues with sexuality and seeking help, or if you are interested to volunteer, PLUC can be contacted at:

Tel: +603-7887 3501

+6013-352 3501 (Tues-Sat)

+6016-206 3501 (Tues-Sat)

Email: help@pluc.org.my

Website: www.pluc.org.my

Payment of Contribution:

Public Bank Berhad,

Account no: 3133229425

or kindly cross all cheques made payable to PLUC Events Sdn. Bhd.

Testimonies 见证分享 >>

It will be a very difficult journey for me if not for **PLUC**, if I had to went through all that pain and guilt on my own, I would have chosen to drown myself with depression, and perhaps, leading to suicide.

But thanks be to God, He led me to look for **PLUC** and finally to Poh Ling and Pr Tryphena. They gave me godly advises, those that which I can strongly apply in my life, whether knowingly or unknowingly.

I thought my life was a total mess, but they encouraged me that it wasn't, and taught me to take little steps so that I can achieve that of what I thought was impossible. I thought I couldn't win over the spirit of depression, but because they thought me to jot down my happy taught every day, so that I can accumulate my happy thoughts, I could actually use them to fill up my thoughts with jolly ones, that were once empty of happy thoughts. I also thought I was entangled with the relationships I had and couldn't get over it, as I am a person with much emotions, they taught me to set boundaries... And so much more!

If not for **PLUC**, and God, that's for sure, I won't be still standing!

若没有“基督里得自由” (**PLUC**) 的陪伴, 我相信这对我而言是个艰难的旅程; 独自承受一切的痛, 羞愧, 然后让自己沉溺在忧郁症里, 甚至选择结束自己的生命。

但感谢神, 让我有机会透过**PLUC**认识到罗碧玲牧师和宝琳。她们所给的劝告让我可以很实际地运用在我的生活上。

过去我以为我的人生糟透了, 但她们的鼓励使我相信并非这么一回事, 并且教导我

慢慢地把不可能实现为可能。我以为我无法战胜忧郁症, 她们就建议我每天写下让我觉得快乐的事情以便我收藏在我的脑海里, 让我的思想充满快乐的元素; 毕竟在过去我的思想里缺少了这样的元素。因着本身的情绪化, 我以为我会一直纠缠在过去不健康的关系里, 但她们教会我设立界限还有许多的学习!

如果不是**PLUC**, 如果不是上帝, 我肯定无法像现在一样站立得住。

2016 关怀陪伴者培训

FELLOW JOURNEYER TO THE HOMOSEXUALS (IN-HOUSE TRAINING) 关怀陪伴同性恋者

Topics covered in the training 培训内容:

1. What is Pansexuality 何谓泛性
2. Understanding Male & Female Homosexuality 认识同性恋
3. Pastoral counseling for Homosexuals 同性恋教牧辅导
4. Emotional Dependency in homosexuality 同性恋者的情感依赖
5. Breaking the bondages of Sexual addiction 脱离性沉溺
6. Understanding Sexual Abuse 认识性侵犯

► Date: 2/4 (Sat), 9/4 (Sat)
Language: English

► 日期: 16/4 (六), 23/4 (六)
媒介语: 中文

Time 时间: 9.30am-4.00pm

Venue 地点: PLUC Office

Fee 费用: RM50 (Inclusive of training materials 包含培训材料)

Limited Seats 有限名额: 18

Enquiry 咨询: 03-78873501 / 012-8853501 / pohling@pluc.org.my