

# 我唔係 月巴口里予!

你曾經嘗試過減肥幾次?成功嗎?你試盡了所有的減重方法:節食、減肥餐單、低脂飲食、low carb diet、甚至食藥...無錯減了幾磅,但很快又打回原形,甚至更肥...

你知道自己為甚麼會減肥失敗嗎?因為原來減肥是一件比我們想像中複雜許多的事。

我們常常以為減肥是一件肉體的事,但其實減肥不只涉及我們的身體,也牽涉我們的情緒和屬靈生命。單單處理飲食而不顧情緒和屬靈的健康,減肥效果自然不會長久。

這個小組課程用全天候的方法處理身、心、靈的整全需要,以達至全方位並長遠的健康生活。在這個小組中,你將會了解:

- 你為甚麼會貪吃
- 怎樣能永久改變你的壞習慣
- 怎樣靠著福音的大能建立健康的飲食習慣,過自由釋放的新生活

**使者** (加拿大基督使者協會) 是一個以學生工作為目標的全國性非牟利福音機構,於1994年在溫哥華成立分部。透過創新的聚會和個人的接觸,使者幫助一代又一代的加國華人學生認識福音,將基督信仰與生活整合,使他們成為一生跟隨基督的門徒,並拓展具影響力的學生福音見證。

**AFC Vancouver** (Ambassadors For Christ in Canada) is a national non-profit organization for student ministry whose Vancouver office was established in 1994. Through innovative programs and personal mentoring, AFC helps generations of Chinese students in Canada understand the Gospel and integrate the Christian faith with their everyday life, so that they will become life-long disciples of Jesus Christ, developing a contagious Christian student witness.

詳程請到 for more information please visit  
[www.afcvancouver.org](http://www.afcvancouver.org)

## 加拿大基督使者協會 Ambassadors For Christ in Canada

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afc vancouver 加拿大基督使者協會

# 食戒

全天候  
身心靈健康  
纖體減肥療法

RestorationGroup  
復修小組

lose it for **life**



**Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!** (2Corinthians 5:17)

the **gospel** promises **liberation...** but do you believe?

The Gospel that we Christians believe in is a Gospel of liberation. God frees us from all bondages and sins so that we can live a life of fullness and freedom. But many Christians have never experienced the life-transforming power of the Gospel of Jesus Christ, and are still bound by sins and brokenness. These bondages prohibit them from following God wholeheartedly, crippling the church in fierce spiritual battles.

AFC Vancouver is offering **Restoration Group** to help those who are bound and wounded experience the liberation and restoration of the Gospel through biblical teaching, genuine fellowship, honest self-reflection and confession in a safe small group setting. We believe the power of the Gospel can transform life. The only question is, as Jesus asked the invalid lying by the Pool of Bethesda, **do you want to be healed?**



# 食戒

全天候身心靈健康纖體減肥療法

This **Restoration Group** aims to help those young people with weight problem to break free from their bondages in order to live holy life as Jesus' disciples.

Biblical principles will be applied and spiritual disciplines will be employed in the process. Participants will be required to participate fully in all prescribed activities, including attending all weekly sessions. Absence for only one weekly session will be allowed. Participants who is absent for more than once will be asked to leave the group. Fees will not be refunded. Commitment to the program is essential to the success of your change in behavioral pattern.

All information provided by the participants on this application form, including your name, will be kept confidential. Only the instructors, teaching assistants and necessary administrative staff will have access to these information. Anything shared during the weekly sessions will also be kept confidential. Participants will be asked to sign a contract for maintaining confidentiality. This measure is for encouraging all participants to be open and honest in sharing their struggles, which we believe will be much necessary on **the way leading to restoration and liberation.**

Once registered, the instructor will begin praying for you. Please also **pray** for your own participation in this group.

Please send all inquiries and questions to:  
alan@afccanada.org.

## 報名資料

registration information

**Date:** Starting July 6, 2010, every Tuesday night 7:30-9:30pm  
(There may be some weeks when the group will not meet. Detailed schedule will be negotiated. Total 8 to 10 sessions, depending on progress.)

**Venue:** RoomC @ AFC  
Unit 2110 Pacific Plaza  
8888 Odlin Crescent, Richmond, B.C.

**Instructor:** Dr. Alan Yu  
Regional Director of AFC Vancouver  
Alan successfully lost 30 lbs in 6 months using the method described in this course

**Requirements:** 18-30 years old, Christian or non-Christian, who is seeking help in weight management

**Group size:** maximum 12 people + instructor and teaching assistant(s)

**Format:** group discussion, bible study, seminar, intercession, prayer, reflection and sharing

**Fee:** \$80 (to be paid on the first meeting. No refund for dropping out once the group started.)

To register, please go to **www.pp959.com** to fill in online registration form.