

今天! 2月28日

12:30-2:00pm. 利未室.

习作坊
心手相连关爱无限



**Workshop:
The Gift of Touch**

Learn to give healing touch to yourself and others in this workshop about acupoints and energy channels. Attend the session with someone dear to you.



“妈妈，你今天吃药了吗？”

这或许是我们关心亲人长辈时最常说的话！还有其他关怀方式和选择吗？来体验和学习穴位吧！或许你能以另一种方式关爱他人。

邀请你带另一位亲人或好友一起来学习经络穴位。

或许，头疼、晕眩、腰疼、经痛、过敏、发烧、牙痛、腹痛、腹泻、精神不好等等不一定要服药。以关爱出发，寻找和触按经络穴位，可以帮助自己和他人舒缓许多症状和不适。平常多保养穴位，更可以强身健体长智慧，拥有健康生活品质。

**“True wisdom consists in two things:
Knowledge of God and Knowledge of Self.” John Calvin**

From Feb to Jun, in addition to our regular classes on OT Theology and Gospel A, LED Ministry has lined up programs to help us gain better understanding of our bodily being.

“真智慧蕴涵在两样事实中：认识神和认识自我。” - 加尔文

培育事工在推出旧约神学和福音课之外，今年上半年将举办一系列有关“身体”的活动供大家一齐探索，学习，成长，讨主喜悦。

- 3月: Book-sharing on C.S. Lewis' "Mere Christianity"; Walk @ Botanic Gardens' Medical Plants Garden
- 4月: Life Sharing on "No Rainbow without Rain" by Vanessa; 讲座: 五色食物
- 5月: Workshops on "Embracing the Bodily Us!" and "The Body of Christ"
- 6月: Movie: PINA; and Yes! We are organizing a JAM session.

Make a date with LED and start inviting your friends to join the programs!

欢迎你邀请你的亲朋戚友来参加这些学习的机会!

利未室，让您寻得智慧，活出信仰的学习空间。即使在没有特备活动的日子，还是欢迎你到这里坐坐！

Come learn something and explore beauty in the Leviticus Room. It's open for you from 11:30am-2:30pm daily even when there are no planned activities! 培育事工脸书 LEaD  [facebook.com/leadjubilee](https://www.facebook.com/leadjubilee)