

從新得力

「但那等候耶和華的必重新得力。他們必如鷹展翅上騰；他們奔跑卻不困倦，行走卻不疲乏。」（以賽亞書 40：31）

感恩

1. 「緬北南楂拉希望之家孤兒院」：感謝主，希望之家曹傳道在四月份與城哈拿傳道結婚；腊戍分院的挖井工程順利完成；潑水節假期期間，十幾位大孩子參加了在腊戍舉辦「華福上緬甸區第三十九屆聯合進修大會」。從進修大會回來，每位孩子都分享了他/她們在這一次大會中的得着，為他們能有這樣寶貴的學習機會感恩。



2. 「緬北貴概聖光高中與得恩高中」：感謝主，高中網課新學期在四月初開始，有高一和高二兩個班級。非常感恩，今年神感動了 17 位志願者老師加入網絡教學與我們一起配搭。除了聖經、英語、漢語、數學、電腦等課程，這學期增加了，生物、化學，及史地。

从你自己谈起

化学元素与健康的问题

Na⁺、K⁺、Mg²⁺、Ca²⁺四种离子占人体金属离子总量的99%。
如果得不到足量的食盐，就会患缺钠症，严重时导致死亡；镁是体内多种酶的激活剂，对维持心肌正常生理功能有重要作用。
钙是构成骨骼和牙齿的主要成分。钙和镁都能调节植物和动物体内磷酸盐的输送和沉积。钙能维持神经肌肉的正常兴奋和心跳规律，血钙增高可抑制神经肌肉的兴奋，血钙降低，则引起兴奋性增强而产生手足抽搐。

磷也是人体必需的常量元素，主要参与机体组成及能量代谢，也是软组织的重要成分。人体骨骼、牙齿中的磷为钙量的一半，机体中的磷还参与许多结构性的活动，例如储存能量、活化物质、组成酶的成分、调节酸碱平衡等。

代禱

1. 「緬北南楂拉希望之家孤兒院」：請記念在南楂拉和腊戍兩地的院童，為他們的靈性與學習禱告。也為曹傳道和院內同工們的事奉禱告。

2. 「緬北貴概聖光高中與得恩高中」：緬甸網絡不穩定。請繼續為高中網課每天能夠順利進行，學生們都能專心向學禱告，求主幫助高一班的同學們適應網課的教學方式。

3. 「二十周年感恩會」：請為 10 月 29 日「傳仁」二十周年感恩會禱告，求主帶領一切籌備工作的進行。

Renew Our Strength

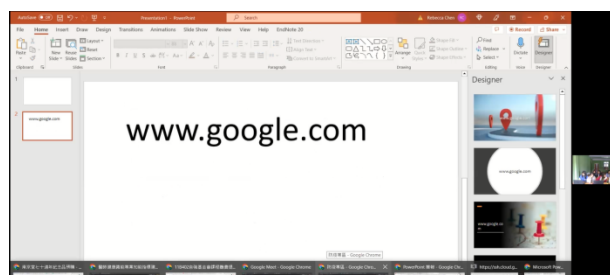
“But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.” (Isaiah 40 : 31)

THANKSGIVING

1. The Home of Hope Orphanage at Namsalup, northern Myanmar: Thanks to the Lord, Minister Cao of the Home of Hope married Minister Cheng Hanna in April; the well-digging project of the Lashio branch was successfully completed; the children participated in the “Thirty-ninth Joint Learning Conference of the CCCOWE Upper Myanmar District” held in Lashio during the Water Pouring Festival holiday. After returning from the conference, each child shared what he/she had learned in this conference. The children were grateful for having such a valuable learning opportunity.



2. The Holy Light High School and De'en High School at Kutkai, northern Myanmar: Thanks to the Lord that the new semester of high school online classes began in early April, with the first- and second-year classes. We are very grateful. This year, God moved 17 volunteer teachers to join us in online teaching. In addition to the Bible, English, Chinese, mathematics, computer, this semester has added biology, chemistry, and history, and geography to their curriculum.



PRAYER

1. The Home of Hope Orphanage at Namsalup, northern Myanmar: Please remember the children in Namsalup and Lashio. Pray for their spirituality and learning. Pray also for the ministry of Minister Cao and the co-workers of the orphanage.
2. The Holy Light High School and De'en High School at Kutkai, northern Myanmar: Please continue to pray that the high school online classes can go smoothly every day and that students can concentrate on learning. Please ask the Lord to help the students in the 10th grade of high school to adapt to the online teaching method.
3. The 20th Anniversary Thanksgiving Meeting: Please pray for the Go and Love Foundation's 20th Anniversary Thanksgiving Meeting, to be held on October 29, and ask the Lord to lead all the preparations.