



屋崙華人自理浸信會
Chinese Independent Baptist Church

Following Christ Together

同跟主腳步

2026

以弗所書 4:15 - 16

Eph 4:15 - 16



— YEAR ANNIVERSARY —

ACC 全教會退修會

目錄/目录 TABLE OF CONTENTS

Theme Verse / 主題經文	3
Theme Song / 營歌	4, 7, 10
English Speaker	13
English Messages	14, 16, 21, 23, 28, 30
粵語堂講員	35
粵語堂信息	36, 38, 45, 52, 59, 61
普通话堂讲员	66
普通话堂信息	67, 69, 76, 78, 85, 87
Schedule / 營會時間表	48, 49
Children's Program / 小孩托兒資料	50, 51
English Devotions	18, 25, 32
粵語堂靈修	41, 55, 63
普通话堂灵修	72, 81, 89
Map / 地圖	92, 93
Campground Rules / 退修會營地守則	94
Committee / 委員會	95



同跟主腳步 Following Christ Together
2026 CIBC ALL CHURCH CAMP 全教會退修會

主題經文 | 主题经文

Theme Verse

以弗所書 4:15 - 16

15 惟用愛心說誠實話，凡事長進，連於元首基督，
16 全身都靠他聯絡得合式，百節各按各職，照著各體的功用彼此相助，便叫身體漸漸增長，在愛中建立自己。

以弗所书 4:15 - 16

15 惟用爱心说诚实话，凡事长进，连于元首基督，
16 全身都靠他联络得合式，百节各按各职，照着各体的功用彼此相助，便叫身体渐渐增长，在爱中建立自己。

Eph 4:15 - 16

15 Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ.
16 From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.



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Theme song



Born of the Spirit and raised unto life
Following Jesus, our sins left behind
This is our story

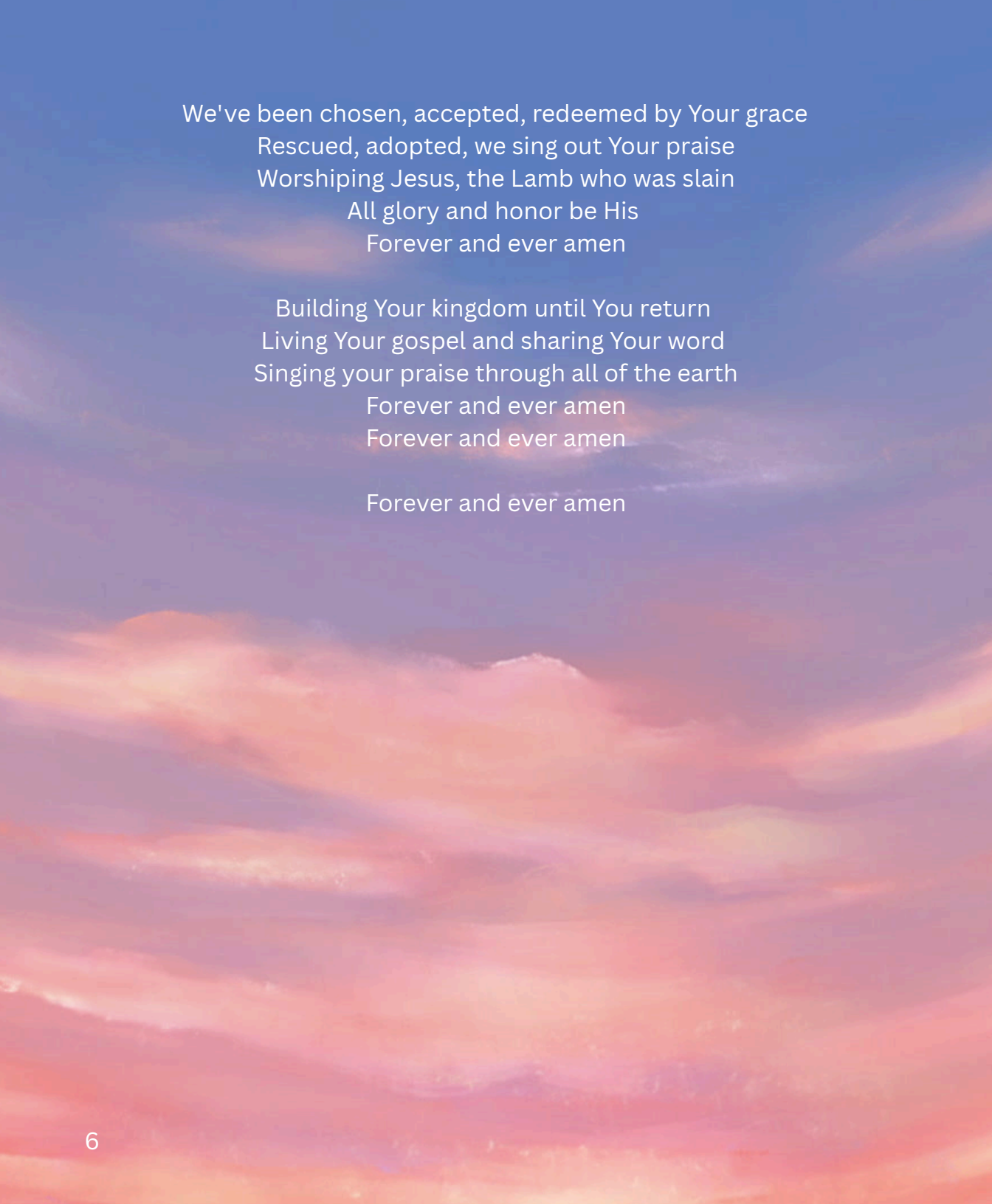
People from every nation and tongue
Lift up your voice as we sing out as one
Praise to the Father, the Spirit, the Son
Forever and ever amen

We believe in the gospel, with power to save
Belong to one body, the family of faith
Becoming like Jesus from day unto day
We believe, yes we believe

Pillar and ground of the truth found in Christ
Salt of the earth and a beacon of light
Shining Your hope in the darkest of night
That the world may believe

Precious and holy, Your beautiful bride
Purchased with love and with great sacrifice
We are Your church, the Savior our prize
Forever and ever amen

We believe in the gospel, with power to save
Belong to one body, the family of faith
Becoming like Jesus from day unto day
We believe, yes we believe



We've been chosen, accepted, redeemed by Your grace
Rescued, adopted, we sing out Your praise
Worshiping Jesus, the Lamb who was slain
All glory and honor be His
Forever and ever amen

Building Your kingdom until You return
Living Your gospel and sharing Your word
Singing your praise through all of the earth
Forever and ever amen
Forever and ever amen

Forever and ever amen

營歌



聖靈作引航, 祢賜我新生
脫離過錯, 全靠基督深恩
我這生歸祢

聖徒讚美神, 以敬畏的心
你和我結連, 發讚美聲音
萬眾都稱讚, 祢三一～神
於主裡合一不可分

我認定, 福音可使我徹底更新
一主一洗, 一信 盟誓裡相親
同效法主足印, 願每日同行
再邁步, 哪管艱辛

聖靈賜聖言, 作信仰根基
要團結作鹽, 作光見生機
讓這束光照亮暗淡靈魂
免絕望, 得歡欣

馬槽裡降臨, 十架裡犧牲
聖城再建成, 與基督相親
願我身體, 做祢殿傳揚
立下決心, 傾出這生

我認定, 福音可使我徹底更新
一主一洗, 一信 盟誓裡相親
同效法主足印, 願每日同行
再邁步, 哪管艱辛

祢的揀選跟寬恕, 我看到主恩
基督的寶架, 重建我身份
共建主的國, 並救贖靈魂
興起這, 屬天的教會
但願祢的國度來臨

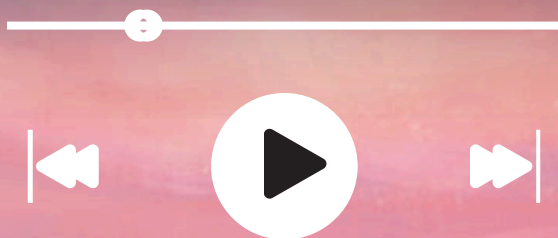
盼求祢再來, 神國已展開
聽從祢訓言, 這生添色彩
用愛宣講, 屬主的記載
主的國延伸不可改
藉着祢的聖殿展開

我認定, 福音可使我徹底更新
一主一洗, 一信 盟誓裡相親
同效法主足印, 願每日同行
再邁步, 哪管艱辛

祢的揀選跟寬恕, 我看到主恩
基督的寶架, 重建我身份
共建主的國, 並救贖靈魂
興起這, 屬天的教會
但願祢的國度來臨

但願祢的國度來臨

营歌



从圣灵而生 得见主真光
同跟主脚步 不受罪捆绑
生命新篇章

世上万国语言虽然多样
同心合意高唱却能共响
赞美归父子圣灵三一神
永永远远不止阿门

(我)们信福音是得救的盼望
(因)信归为一体来共聚一堂
(日)渐更新同效法耶稣模样
这就是 我等信仰

基督的真理在心中导航
做不失味的盐 灯台上光
在至暗时刻信心更辉煌
让万邦 都向往

圣洁而珍贵我主的新娘
极重的牺牲和爱来代偿
我们是你教会祢是新郎
永永远远不止阿门

(我)们信福音是得救的盼望
(因)信归为一体来共聚一堂
(日)渐更新同效法耶稣模样
这就是 我等信仰

(我)们已被祢拣选接纳和释放
如此救恩配得永远颂扬
一同敬拜基督无罪羔羊
荣耀尊贵都归于祢
永永远远不止阿门

建立祢国度等祢从天降
活出祢样式让福音传扬
歌颂祢荣耀在天地回荡
永永远远不止阿门
永永远远不止阿门

(我)们信福音是得救的盼望
(因)信归为一体来共聚一堂
(日)渐更新同效法耶稣模样
这就是 我等信仰

(我)们已被祢拣选接纳和释放
如此救恩配得永远颂扬
一同敬拜基督无罪羔羊
荣耀尊贵都归于祢
永永远远不止阿门

永永远远不止阿门
永永远远不止阿门

English Speaker Information

英文堂講員信息 | 英文堂讲员信息



Pastor Toby Yuen

Pastor Toby Yuen is a pastor at Bay Area Chinese Bible Church. He has over 18 years of ministry experience dating back to 2007. His passion is to connect people to the gospel of Jesus Christ and to help others see how the gospel shapes their identity. While growing up in Oakland, Pastor Toby was surrounded by a predominantly Christian setting: Christian family, Christian school, Christian church, etc. However, he never really cared about his own spiritual life until upper high school where he started to question everything that was taught to him. Through reading books and questioning adults around him throughout his early college years, the Christian faith became more and more clear and his heart for God and ministry started to come into picture. As a result, he dedicated himself to studying at Multnomah Biblical Seminary in Portland, OR with the goal of becoming a youth pastor. After graduating seminary, Pastor Toby returned to his home church and has ministered to the youth since 2007. Outside of ministry, Toby invests himself in his 5 F's: faith, family, friends, food, and football. It's not uncommon to find him watching videos of food, travel, or sports—especially his favorite team, the San Francisco 49ers.



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2026 CIBC ALL CHURCH CAMP 全教會退修會

English Messages

Friday Night

From Far Off Strangers to Fellow Citizens

Ephesians 2:11-22

Big Idea: The gospel doesn't just reconcile us to God-- it reconciles us to one another, creating one family in Christ. Our unity begins at the cross.



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NOTES



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2026 CIBC ALL CHURCH CAMP 全教會退修會

English Messages

Saturday Morning

Walking as One

Ephesians 4:1-6

Big Idea: Because Christ has made us one, we must walk and live as one.



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2026 CIBC ALL CHURCH CAMP 全教會退修會

NOTES



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2026 CIBC ALL CHURCH CAMP 全教會退修會

English Devotion

Saturday Morning

Speaking the Truth in Love

“Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ,”

Ephesians 4:15 ESV

Oftentimes in today’s world, we are commended for “telling it like it is”. Any unkind or hurtful words, or lack of compassion can be excused. After all, what’s important is honesty, or telling the truth, right? Or so the world would like us to think. But truth without love tears down, hurts, and destroys. As followers of Christ, there is a better way. We are called to build each other up with truth and LOVE. We speak the uncompromised truth of the gospel with genuine sacrificial love and care, so that our brothers and sisters can grow in Christ.



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1. In Ephesians 4:1 – 3 it says: “I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, eager to maintain the unity of the Spirit in the bond of peace.”

How is speaking the truth in love related to walking in a manner worthy of the calling with which you have been called?

2. Can you think of a time where you did not speak the truth in love? If you could go back to that moment, what would you have done differently?

3. What do you need to improve on in this area? What steps can you take starting today?



NOTES



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2026 CIBC ALL CHURCH CAMP 全教會退修會

English Messages

Saturday Night

Purpose Over Positions

Ephesians 4:7-14

Big Idea: When we prioritize our purpose as a church over our positions or preferences in the church, maturity results.



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2026 CIBC ALL CHURCH CAMP 全教會退修會

NOTES



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2026 CIBC ALL CHURCH CAMP 全教會退修會

English Messages

Sunday Morning

Growing Up Together

Ephesians 4:15-16

Big Idea: The whole church grows into Christ when all parts of the body are working properly.



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2026 CIBC ALL CHURCH CAMP 全教會退修會

NOTES



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2026 CIBC ALL CHURCH CAMP 全教會退修會

English Devotion

Sunday Morning

We Need Everybody in the Body

Reading: 1 Corinthians 12: 12 – 27

Why do we have wisdom teeth? Almost everyone at some point or another needs them taken out. In fact, dentists plan out years ahead for when a child needs their wisdom teeth taken out. However, it is true that they were actually needed in the past. It is only over time and diet that wisdom teeth no longer serves their intended purpose for humanity. But not so with the body of Christ! In the body of Christ there are no expendable parts. No one loses their purpose. In fact, 1 Corinthians 12:12 – 27 says that every member of the body is needed and every member is to serve its intended purpose.



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2026 CIBC ALL CHURCH CAMP 全教會退修會

1. Take a moment to thank and praise God for this local body of Christ that He has placed you in.

2. Can you think of a brother or sister whose ministry and service you've appreciated, and who maybe doesn't get enough encouragement? Think of how you can encourage them. Or if they are at ACC this weekend, find them and let them know!

3. Take a moment to consider what your purpose is in the body of Christ. Where has God placed you?



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2026 CIBC ALL CHURCH CAMP 全教會退修會

NOTES



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2026 CIBC ALL CHURCH CAMP 全教會退修會

English Messages

Sunday Night

Put Off and Put On

Ephesians 4:17-32

Big Idea: Following Christ together means continually putting off our old way of life and putting on the new self, allowing the gospel to transform our attitudes, words, and relationships.



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2026 CIBC ALL CHURCH CAMP 全教會退修會

NOTES



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2026 CIBC ALL CHURCH CAMP 全教會退修會

English Messages

Monday Morning

Stand Together

Ephesians 6:10-20

Big Idea: God's plan was never for the armor of God to be "worn" individually, but for the church to wear it as a whole. This is the only way we can defeat our common enemy.



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2026 CIBC ALL CHURCH CAMP 全教會退修會

NOTES



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2026 CIBC ALL CHURCH CAMP 全教會退修會

English Devotion

Monday Morning

Building up the Body in Love

In Ephesians 4:11,12, Paul speaks of “11 And he gave the apostles, the prophets, the evangelists, the shepherds and teachers, 12 to equip the saints for the work of ministry, for building up the body of Christ,”

Praise the Lord, He has blessed us with Pastors and Teachers! However, Paul explains that their main job is to equip the rest of the body to “work properly” as mentioned in v16. In other words, they are not to do all the work themselves, but to get the body working right! Once we are all working properly, there is natural growth as we build each other up in love.

In v16: “from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.”



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2026 CIBC ALL CHURCH CAMP 全教會退修會

1. Take a moment to thank and praise the Lord for our pastors and teachers that serve us faithfully!
2. Reflect on your own spiritual growth. Are you “working properly”? What needs growth and adjustment?
3. As our retreat draws to a close and we all return home, reflect on how you can fulfill your role in building up the body of Christ.



NOTES



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2026 CIBC ALL CHURCH CAMP 全教會退修會

粵語堂講員 | 粤语堂讲员

Cantonese Speaker Information



余啟泉牧師

余啟泉牧師生於香港，於87年來美讀書，88年重生得救。97年短宣後接受神全時間事奉的呼召，於98年進入加州海外神學院接受神學裝備。畢業後與太太Florence於2002-2008年在費城中華基督教會服侍。現服侍於華人金巴崙長老會。



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粵語堂信息

星期五晚

我只想一生跟你走

路加福音 9:23-25



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筆記



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2026 CIBC ALL CHURCH CAMP 全教會退修會

粵語堂信息

星期六早

唯獨祢是不可取替

啟示錄 2:1-7



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筆記



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2026 CIBC ALL CHURCH CAMP 全教會退修會

討論問題

1. 如果主今日寫信給CIBC, 祂會稱讚什麼? 又會提醒什麼?
2. 你有沒有試過越忙教會, 越少親近神?
3. 你自己的「屬靈冷淡警號」是什麼?
4. 你覺得一個渴慕神的人, 在生活上會有什麼不同?
5. 從今個星期開始, 你可以做一件什麼具體的事. 重新培養對神的渴慕?



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2026 CIBC ALL CHURCH CAMP 全教會退修會

粵語堂靈修

跟隨主腳步,我們跟隨主腳步的就是作主的門徒,作門徒的意思便是「要受操練」!從今天開始,一連三天,我們每天都學習一個作耶穌門徒必須經受的操練。

(參考書籍:人生的操練,作者 艾德滿,翻譯 彭道川,正道出版社香港)

星期六早

「悔改」的操練

閱讀經文：

施洗約翰的信息：馬太福音3:1-8

耶穌的信息：馬可福音1:14-15

默想經文：

馬可福音1:15宣告了一個新時代已經開始；神藉着耶穌基督實現他的救贖計劃，神的國已經臨到；因此，人唯一合宜的回應，就是持續悔改、持續相信福音，讓基督作生命的主。



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2026 CIBC ALL CHURCH CAMP 全教會退修會

閱讀文章：

我們要作門徒，必須經受「悔改」的操練，那就是認清因背叛神而失去了的身份，存着悔罪的心，來到主耶穌基督這位救主的跟前。我們心裏承認，「我們都如羊走迷，各人偏行己路」賽53:6，「世人都犯了罪，虧缺了神的榮耀」羅3:23，「聖經把眾人都圈在罪裏」加3:22；並且承認我們「本為可怒之子，和別人一樣... 在所應許的諸約上是局外人，活在世上沒有指望，沒有神」弗2:3,12

反思 與 實踐：

1. 活在神的時間觀中：相信神的救恩計劃已經在基督裏展開，因此帶着盼望生活，而不是被世界的變化左右。
2. 讓神作王：每天問自己：「今天我生命中有哪些領域？仍然由自己掌權，而不是讓基督掌權？」
3. 持續悔改：悔改不是一次性的決定，而是每天願意接受神話語的光照，承認自己的罪，轉向神。
4. 持續信靠福音：不只是相信自己得救，更是在每天面對工作、家庭、試探和苦難時，仍然相信耶穌已經藉着十字架和復活得勝。

回應的禱告：



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2026 CIBC ALL CHURCH CAMP 全教會退修會

筆記



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2026 CIBC ALL CHURCH CAMP 全教會退修會

粵語堂信息

星期六晚

愛祢直到地老天荒 (一)

馬可福音 12:28-34



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2026 CIBC ALL CHURCH CAMP 全教會退修會

筆記



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2026 CIBC ALL CHURCH CAMP 全教會退修會

大會程序 | 大会程序

Schedule

(1) Everyone in Tabernacle. Children (Elementary and pre-schoolers) will participate in Joint Worship with their parents in Tabernacle. After Joint Worship, children will be dismissed to the Nursery room and Ark 1. Pre-schoolers will be dismissed to the Nursery room.

所有人在大堂聚會。敬拜後小學生會到 the Nursery room and Ark 1.

2) Cantonese Adult in Nelson Hall.

廣東話堂成人在 Nelson Hall 聚會

English Adult and Youth in Tabernacle.

英文堂成人和青少年在大堂聚會.

Mandarin Adult and Youth in Berea.

普通話堂成人和青少年在 Berea 聚會.

Children in the Nursery room and Ark 1

小學生在Nursery room或Ark 1聚會.

(3) Everyone at the Tabernacle

所有人到 Tabernacle.

(4) Everyone at the Ark

所有人到 Ark.

(5) Short-Term Mission Sharing meet at Nelson Hall

短宣分享在Nelson Hall

Children's Program will be in operation. Please pick up your children by Friday 9:10pm;

Saturday 12:00pm and 8:45pm; Sunday 12:00pm and 8:45pm; Monday 12:00pm.

崇拜和信息期間有兒童節目。請於星期五 9:10pm、星期六 12:00pm 及 8:45pm、星期日 12:00pm

及 8:45pm、星期一 12:00pm 前接回子女。



同跟主腳步 Following Christ Together
2026 CIBC ALL CHURCH CAMP 全教會退修會

	9/4 FRIDAY 星期五		9/5 SATURDAY 星期六
		7:00-8:00	(3)MORNING EXERCISE 早晨早操
		8:00-8:45	BREAKFAST 早餐
		8:50-9:05	(1)ANNOUNCEMENTS 報告
		9:10-9:40	(1)JOINT WORSHIP 聯合音樂敬拜
		9:45-10:45	(2)MESSAGE 信息
		11:00-11:55	(2)DISCUSSION 小組討論
		12:00-12:45	LUNCH 午餐
		12:50-1:15	PERSONAL DEVOTION 個人靈修
		1:20-2:15	(2)THEME NIGHT PREPARATION 2 主題之夜排練 2
3:00-7:30	CHECK IN 登記	2:15-3:30	(3)GROUP GAMES 集體遊戲
5:30-6:30	DINNER 晚餐	3:30-5:30	FREE TIME/ (5)SHORT TERM MISSIONS(OPTIONAL 4:00 - 5:00) 自由時間/短宣
7:35-7:40	(1)ANNOUNCEMENTS 報告	5:30-6:30	DINNER 晚餐
7:40-8:10	(1)JOINT WORSHIP 聯合音樂敬拜	7:05-7:35	(2)WORSHIP 音樂敬拜
8:15-9:05	(2)MESSAGE 信息	7:40-8:40	(2)MESSAGE 信息
9:05-10:00	(2)THEME NIGHT PREPARATION 1 主題之夜排練 1	8:50-10:20	(3)THEME NIGHT 主題之夜
10:00-11:45	FREE TIME / LATE SNACK 自由時間 / 夜宵	10:20-11:45	FREE TIME / LATE SNACK 自由時間 / 夜宵
12:00	LIGHTS OUT 熄燈	12:00	LIGHTS OUT 熄燈

	9/6 SUNDAY 星期日		9/7 MONDAY 星期一
7:00-8:00	(3)MORNING EXERCISE 早晨早操	7:00-8:00	(3)MORNING EXERCISE 早晨早操
8:00-8:45	BREAKFAST 早餐	8:00-8:45	BREAKFAST 早餐
8:45-9:15	(4)CAMP PICTURE 全體合照	8:45-9:00	VACATE BY 9:00 收拾退房
9:15-10:00	(1)COMMUNION 聖餐 JOINT WORSHIP 聯合音樂敬拜	9:00-9:25	PERSONAL DEVOTION 個人靈修
10:00-11:00	(2)ANNOUNCEMENTS 報告 MESSAGE 信息	9:30-9:45	(1)APPRECIATION 鳴謝
11:00-11:55	(2)DISCUSSION 小組討論	9:45-10:15	(1)JOINT WORSHIP 聯合音樂敬拜
12:00-12:45	LUNCH 午餐	10:20-11:55	(2)MESSAGE+Q&A 信息問題解答
12:50-1:15	PERSONAL DEVOTION 個人靈修	12:00-12:45	LUNCH 午餐
1:20-2:30	(3)GROUP GAMES 集體遊戲		
2:30-5:30	FREE TIME 自由時間		
5:30-6:30	DINNER 晚餐		
7:05-7:35	(2)WORSHIP 音樂敬拜		
7:40-8:40	(2)MESSAGE 信息		
8:45-9:15	(2)PRAYER MEETING 祈禱會		
9:15-10:30	(2)CAMPFIRE SHARING 營火會		
10:30-11:45	FREE TIME / LATE SNACK 自由時間 / 夜宵		
12:00	LIGHTS OUT 熄燈		

小孩托兒資料 | 小孩托儿资料

Children's Program

Many of our children's program staff are returning teachers and assistants to All Church Camp to once again care for and teach Biblical truths to your children. Snacks will be provided during the three morning sessions (Saturday morning, Sunday morning, and Monday morning).

接送時間 Drop-Off and Pick-Up Times:

	星期五 FRIDAY	星期六 SATURDAY	星期日 SUNDAY	星期一 MONDAY
早晨 Morning		9:40am - 12:00pm	10:00am - 12:00pm	10:15am - 12:00pm
晚間 Evening	8:10pm - 9:10pm	7:00pm - 8:45pm	7:00pm - 8:45pm	

- Drop-off: Children's Program rooms will be open 5-10 minutes prior to each adult program session for drop-off.
- Please bring your children to the restroom before dropping off your children. Please label your child's water bottle with his/her name.
- Pick-up: We ask that parents be prompt in picking up your child(ren). For Friday evening, Saturday evening, and Sunday evening sessions, parents are to pick up their child(ren) no later than 9:10 p.m.



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2026 CIBC ALL CHURCH CAMP 全教會退修會

小孩托兒資料 | 小孩托儿资料

Children's Program

Lower Elementary (PK - 2nd Grade)	
Location	Nursery Room
Group 1	PK - 2nd Grade
Staff	Jamie Newton (Teacher) Jeffery Newton (Assistant)
CIBC Coordinator	Antonia Fiedler

Upper Elementary (3rd - 5th Grade)	
Location	Ark 1
Group 2	3rd - 5th Grade
Staff	Desiree Carreiro (Teacher) Gabby Herrera (Assistant)
CIBC Coordinator	Antonia Fiedler

Notes for Parents:

Elementary-age children will join the combined Joint Worship time in the Tabernacle for adult sessions.

After the worship time, the children will be dismissed to the Nursery room (PK - 2nd grade) and Ark 1 (3rd-5th grade).

Please pick up your child(ren) from the Nursery room (PK - 2nd grade) and Ark 1 (3rd-5th grade).



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粵語堂信息

星期日早

愛祢直到地老天荒 (二)

馬可福音 12:28-34



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2026 CIBC ALL CHURCH CAMP 全教會退修會

筆記



同跟主腳步 Following Christ Together
2026 CIBC ALL CHURCH CAMP 全教會退修會

討論問題

1. 耶穌說要「盡心, 盡性, 盡意, 盡力」愛主你的神。你覺得自己最難實踐的是哪一方面? 為什麼?
2. 你覺得在日常生活中, 什麼事情最考驗你是否真正順服?
3. 你在讀聖經或聽道時, 最常遇到的困難是什麼? 你覺得今個星期可以作出什麼小改變, 幫助自己更明白神的話?
4. 你覺得自己最需要建立哪一個屬靈習慣? 最大的攔阻是什麼?



同跟主腳步 Following Christ Together
2026 CIBC ALL CHURCH CAMP 全教會退修會

粵語堂靈修

星期日早

「犧牲」的操練

閱讀經文：

馬可福音8:34-35

腓立比書 2:5-8

加拉太書2:20

默想經文：

「為主犧牲」，不是鼓勵人盲目受苦，而是因着愛基督、跟從基督、傳揚福音，而甘心「捨己」放下自己的權利、利益、舒適，甚至生命，並願意「背起十架」承受代價。

真正的「為主犧牲」，不是不斷證明自己有多大的付出，而是每天讓基督在我們裏面掌權。當愛基督成為生命的中心，犧牲就不再只是失去，而是甘心將最好的獻給那位先為我們捨己的主。



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閱讀文章：

要作門徒，必須經受「犧牲」的操練。我們的主說，「愛父母過於愛我的，不配作我的門徒；愛兒女過於愛我的，也不配作我的門徒」太10:37。這些話就是要探測我們的內心深處。後來主又說，「人到我這裏來，若不憎惡自己的父母、妻子、兄弟、姊妹、以及自己的生命的，就不能作我的門徒」路14:26

「憎惡」所有的人，連自己的生命在內，這個嚴格無可通融的標準到底是什麼意思呢？我們應該深愛父母，弟兄、兒女；我們歸屬基督了，便愛別人更深。那麼，我們主的意思是指什麼呢？豈不是要我們都像保羅一樣「將萬事當作有損的，因我已認識我主基督耶穌為至寶；為了他，我已經丟棄萬事，看作糞土，為要得着基督」腓3:8 麼？我們應該以主耶穌作心裏的永遠最高主宰，在我們的生活中，不容任何人或任何東西分佔那個地位。



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反思與實踐：

1. 今天我有沒有因為愛主而放下自己的意思，選擇順服神？
2. 今天我有沒有為愛人、服侍人？而甘願付出時間、金錢或精力？
3. 今天我有沒有因堅持真理？而承受一些代價？
4. 今天我的決定是讓自己得益，還是讓基督得榮耀？
5. 今天我是否把自己當作「活祭」獻給神，而不是只在方便的時候才跟隨他？

回應的禱告：



同跟主腳步 Following Christ Together
2026 CIBC ALL CHURCH CAMP 全教會退修會

筆記



同跟主腳步 Following Christ Together
2026 CIBC ALL CHURCH CAMP 全教會退修會

粵語堂信息

星期日晚

我的名字在祢心上

詩篇139:13-18



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2026 CIBC ALL CHURCH CAMP 全教會退修會

筆記



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2026 CIBC ALL CHURCH CAMP 全教會退修會

粵語堂信息

星期一早

讓祢的愛泛起漣漪

路加福音10:25-37



同跟主腳步 Following Christ Together
2026 CIBC ALL CHURCH CAMP 全教會退修會

筆記



同跟主腳步 Following Christ Together
2026 CIBC ALL CHURCH CAMP 全教會退修會

粵語堂靈修

星期一早

「決心」的操練

閱讀經文：

以弗所書6:10-17

默想經文：

在這場屬靈爭戰中，當我們面對困難、試探、逼迫或灰心時，可能會想停下來、放棄、妥協，但是保羅提醒信徒，不要放棄，要在神所賜的能力中堅持到底。只要屬靈爭戰還沒有結束，就仍然要靠主站立。

閱讀文章：

已經着手的事，要有「決心」完成；這是我們所需要的一種操練。我們的主耶穌基督的生平，便是這種操練的一個非常好的榜樣。在世上的工作做完了，主耶穌能夠這樣禱告：「你所托付我的事我已經完成了」約17:4。



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難道我們就不能跟隨主的腳步，被它的靈充滿，心裏火熱，步伐加快，雙手有力，意志堅定，有信心的盾牌，有聖靈的寶劍，全心忍耐，奔跑那擺在我們前面的路程，來完成當做的工作麼？難道我們就不能信靠他的恩典是足夠的，他的能力是在人的軟弱上顯得完全，他的幫助是穩妥的，他的信實是缺不廢棄的，來經受盡本分的操練麼？

反思 與 實踐：

1. 常常提醒自己：「今天我要靠主，不是靠自己。」每天早上先禱告，把工作家庭服侍交託給神。當面對困難時，先尋求神的心意，而不是立刻憑自己的經驗處理。
2. 當信仰受到挑戰時，仍持守真理。當服侍遇到挫折時，不輕易放棄神的托付。當生活充滿壓力時，仍然相信神在掌權。
3. 忠心完成神交託的責任，不半途而廢。
4. 積極參與教會生活，不孤立自己。與教會一起站立，在屬靈爭戰中接受屬靈同伴的鼓勵和提醒，彼此代禱、彼此扶持。

回應的禱告：



同跟主腳步 Following Christ Together
2026 CIBC ALL CHURCH CAMP 全教會退修會

筆記



同跟主腳步 Following Christ Together
2026 CIBC ALL CHURCH CAMP 全教會退修會

普通話堂講員 | 普通话堂讲员
Mandarin Speaker Information



蔡明謀牧師

蔡明謀牧師年幼隨父母全家移民來美，在伯克萊大學和斯坦福大學先後取得學士和碩士學位，主修電機，畢業後從事半導體工作。受神呼召後，全時間在達拉斯神學院接受裝備，獲得神學碩士及哲學博士學位，之後在基督工人神學院任教，現任院長。主要研究包括新約聖經、靈命塑造、和教會健康與成長。蔡老師與師母Jackie育有二女，余暇之時愛好拉小提琴，打乒乓球、籃球，和烹飪美食與家人分享。



同跟主腳步 Following Christ Together
2026 CIBC ALL CHURCH CAMP 全教會退修會

普通话堂信息

星期五晚

同有主眼光

约翰福音 12: 20 - 26



同跟主腳步 Following Christ Together
2026 CIBC ALL CHURCH CAMP 全教會退修會

笔记



同跟主腳步 Following Christ Together
2026 CIBC ALL CHURCH CAMP 全教會退修會

普通话堂信息

星期六早

同效主生命

马太福音 4：3 - 10



同跟主腳步 Following Christ Together
2026 CIBC ALL CHURCH CAMP 全教會退修會

分组讨论

1. 你的灵命有哪些优缺？你是如何胜过自身弱点的？
2. 从今天早上的信息中，有哪些方法能帮助你更佳地塑造自己的灵命？如何更好地 寻求圣灵引导与教会弟兄姐妹的帮助？



同跟主腳步 Following Christ Together
2026 CIBC ALL CHURCH CAMP 全教會退修會

笔记



同跟主腳步 Following Christ Together
2026 CIBC ALL CHURCH CAMP 全教會退修會

普通话堂灵修

跟随主脚步,我们跟随主脚步的就是作主的门徒,作门徒的意思便是「要受操练」!从今天开始,一连三天,我们每天都学习一个作耶稣门徒必须经受的操练。

(参考书籍:人生的操练,作者 艾德满,翻译 彭道川,正道出版社香港)

星期六早

「悔改」的操练

阅读经文：

施洗约翰的信息：马太福音3:1-8

耶稣的信息：马可福音1:14-15

默想经文：

马可福音1:15宣告了一个新时代已经开始；神借着耶稣基督实现他的救赎计划，神的国已经临到；因此，人唯一合宜的回应，就是持续悔改、持续相信福音，让基督作生命的主。



同跟主脚步 Following Christ Together
2026 CIBC ALL CHURCH CAMP 全教會退修會

阅读文章：

我们要作门徒，必须经受「悔改」的操练，那就是认清因背叛神而失去了的身份，存着悔罪的心，来到主耶稣基督这位救主的跟前。我们心里承认，「我们都如羊走迷，各人偏行己路」赛53:6，「世人都犯了罪，亏缺了神的荣耀」罗3:23，「圣经把众人都圈在罪里」加3:22；并且承认我们「本为可怒之子，和别人一样... 在所应许的诸约上是局外人，活在世上没有指望，没有神」弗2:3,12

反思 与实践：

1. 活在神的时间观中：相信神的救恩计划已经在基督里展开， 因此带着盼望生活，而不是被世界的变化左右。
2. 让神作王：每天问自己：「今天我生命中有哪些领域？ 仍然由自己掌权，而不是让基督掌权？」
3. 持续悔改：悔改不是一次性的决定，而是每天愿意接受神话语的光照，承认自己的罪，转向神。
4. 持续信靠福音：不只是相信自己得救，更是在每天面对工作、家庭、试探和苦难时，仍然相信耶稣已经借着十字架和复活得胜。

回应的祷告：



同跟主腳步 Following Christ Together
2026 CIBC ALL CHURCH CAMP 全教會退修會

笔记



同跟主腳步 Following Christ Together
2026 CIBC ALL CHURCH CAMP 全教會退修會

普通话堂信息

星期六晚

同遵主旨意

约翰福音 4：34

罗马书 12：1 - 2



同跟主腳步 Following Christ Together
2026 CIBC ALL CHURCH CAMP 全教會退修會

笔记



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2026 CIBC ALL CHURCH CAMP 全教會退修會

普通话堂信息

星期日早

同造主身体

以弗所书 4：12 - 16

约翰福音 13：1 - 17



同跟主腳步 Following Christ Together
2026 CIBC ALL CHURCH CAMP 全教會退修會

笔记



同跟主腳步 Following Christ Together
2026 CIBC ALL CHURCH CAMP 全教會退修會

小组讨论

1. 你对“走进人群”的感受是什么？是害怕？是感到不足？是不情愿？还是漠不关心？若知道圣灵和教会弟兄姐妹一同与你同行，对你的感受有何帮助？
2. 当今社会有哪些需求，是教会能够给出回应的？CIBC要如何成为神恩典的管道，来服事这些需求？



同跟主腳步 Following Christ Together
2026 CIBC ALL CHURCH CAMP 全教會退修會

普通话堂灵修

星期日早

「牺牲」的操练

阅读经文：

马可福音8:34-35

腓立比书 2:5-8

加拉太书2:20

默想经文：

「为主牺牲」，不是鼓励人盲目受苦，而是因着爱基督、跟从基督、传扬福音，而甘心「舍己」放下自己的权利、利益、舒适，甚至生命，并愿意「背起十架」承受代价。

真正的「为主牺牲」，不是不断证明自己有多大的付出，而是每天让基督在我们里面掌权。当爱基督成为生命的中心，牺牲就不再只是失去，而是甘心将最好的献给那位先为我们舍己的主。



同跟主脚步 Following Christ Together
2026 CIBC ALL CHURCH CAMP 全教會退修會

阅读文章：

要作门徒，必须经受「牺牲」的操练。我们的主说，「爱父母过于爱我的，不配作我的门徒；爱儿女过于爱我的，也不配作我的门徒」太10:37。这些话就是要探测我们的内心深处。后来主又说，「人到我这里来，若不憎恶自己的父母、妻子、兄弟、姊妹、以及自己的生命的，就不能作我的门徒」路14:26

「憎恶」所有的人，连自己的生命在内，这个严格无可通融的标准到底是什么意思呢？我们应该深爱父母，弟兄、儿女；我们归属基督了，便爱别人更深。那么，我们主的意思是指什么呢？岂不是要我们都像保罗一样「将万事当作有损的，因我已认识我主基督耶稣为至宝；为了他，我已经丢弃万事，看作粪土，为要得着基督」腓3:8 么？我们应该以主耶稣作心里的永远最高主宰，在我们的生活中，不容任何人或任何东西分占那个地位。



同跟主腳步 Following Christ Together
2026 CIBC ALL CHURCH CAMP 全教會退修會

反思与实践：

1. 今天我有没有因为爱主而放下自己的意思，选择顺服神？
2. 今天我有没有为爱人、服侍人，而甘愿付出时间、金钱或精力？
3. 今天我有没有因坚持真理，而承受一些代价？
4. 今天我的决定是让自己得益，还是让基督得荣耀？
5. 今天我是否把自己当作「活祭」献给神，而不是只在方便的时候才跟随他？

回应的祷告：



同跟主腳步 Following Christ Together
2026 CIBC ALL CHURCH CAMP 全教會退修會

笔记



同跟主腳步 Following Christ Together
2026 CIBC ALL CHURCH CAMP 全教會退修會

普通话堂信息

星期日晚

同行進人群

马太福音 4：13 - 21



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笔记



同跟主腳步 Following Christ Together
2026 CIBC ALL CHURCH CAMP 全教會退修會

普通话堂信息

星期一早

同走主窄路

马太福音 7: 13 - 14



同跟主腳步 Following Christ Together
2026 CIBC ALL CHURCH CAMP 全教會退修會

笔记



同跟主腳步 Following Christ Together
2026 CIBC ALL CHURCH CAMP 全教會退修會

普通话堂灵修

星期一早

「决心」的操练

阅读经文：

以弗所书6:10-17

默想经文：

在这场属灵争战中，当我们面对困难、试探、逼迫或灰心时，可能会想停下来、放弃、妥协，但是保罗提醒信徒，不要放弃，要在神所赐的能力中坚持到底。只要属灵争战还没有结束，就仍然要靠主站立。

阅读文章：

已经着手的事，要有「决心」完成；这是我们所需要的一种操练。我们的主耶稣基督的生平，便是这种操练的一个非常好的榜样。在世上的工作做完了，主耶稣能够这样祷告：「你所托付我的事我已经完成了」约17:4。



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难道我们就不能跟随主的脚步，被它的灵充满，心里火热，步伐加快，双手有力，意志坚定，有信心的盾牌，有圣灵的宝剑，全心忍耐，奔跑那摆在我们前面的路程，来完成当 做的工作么？难道我们就不能信靠他的恩典是足够的，他的能力是在人的软弱上显得完全，他的帮助是稳妥的，他的信实是缺不废弃的，来经受尽本分的操练么？

反思 与实践：

1. 常常提醒自己：「今天我要靠主，不是靠自己。」每天早上先祷告，把工作家庭服侍交托给神。当面对困难时，先寻求神的心意，而不是立刻凭自己的经验处理。
2. 当信仰受到挑战时，仍持守真理。当服侍遇到挫折时，不轻易放弃神的托付。当生活充满压力时，仍然相信神在掌权。
3. 忠心完成神交托的责任，不半途而废。
4. 积极参与教会生活，不孤立自己。与教会一起站立，在属灵争战中接受属灵同伴的鼓励和提醒，彼此代祷、彼此扶持。

回应的祷告：



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笔记



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MAP KEY

 Parking	 Volleyball
 Bookstore / Martin Lounge	 Pool
 First Aid	 Shuffleboard
 Restrooms	 Ping Pong
 Dining Hall / Snack Shack	 Disc Golf
 Water Dispensers	 Archery
 Campfires	 Playground
 Horseshoe Pit	 Climbing Tower / Rock Wall
 Bocce Ball	 Basketball
 Pickleball	 Gaga Ball

CABIN KEY

North Cabins

- | | |
|-----------|-------------|
| 1. Paul | 7. Mark |
| 2. Peter | 8. Luke |
| 3. Joseph | 9. Andrew |
| 4. John | 10. David |
| 5. Simon | 11. Thomas |
| 6. Gideon | 12. Timothy |

South Cabins

- | | |
|-----------|------------|
| 1. Eve | 7. Sarah |
| 2. Ruth | 8. Naomi |
| 3. Leah | 9. Esther |
| 4. Mary | 10. Rachel |
| 5. Hannah | 11. Martha |
| 6. Dorcus | 12. Lois |

Family Cabins

- | | |
|-----------------|-------------|
| 1. Apple | 9. Birch |
| 2. Eucalyptus 1 | 10. Cedar |
| 3. Eucalyptus 2 | 11. Deodar |
| 4. Fir | 12. Elm |
| 5. Oak | 13. Fern |
| 6. Koa | 14. Gum |
| 7. Joshua | 15. Hickory |
| 8. Ivy | |

Virtue Cabins

- | |
|------------|
| 1. Faith |
| 2. Hope |
| 3. Charity |





退修會營地守則 | 退修会营地守则

Campground Rules

1. All meetings should begin and end on time.

所有聚會必須準時開始及完結。

2. On weeknights, quiet hours begin at 10pm. On the weekend, quiet hours begin at 11pm.

工作日晚上，營地安靜時間從晚上 10 點開始。週末，安靜時間從晚上 11 點開始。

3. The following are prohibited on the campground:

-Skateboards, skates, rollerblades, scooters, and the like

-Pets, with the exception of guide dogs

-Usage of personal cooking or heating devices in accommodations

-Alcoholic beverages, illegal drugs, fireworks, firearms, gambling, amplified music, immoral conduct, and immodest swimming attire

營地規定禁止攜帶以下物品或進行以下活動：

-滑板、溜冰鞋、旱冰鞋、滑板車和類似物品

-寵物 (導盲犬或輔助犬除外)

-在住所使用私人烹飪或取暖設備

-含酒精飲料、違禁藥品、烟花爆竹、槍械、賭博、嘈雜音樂、不道德行為、不雅泳裝

4. For safety, please be mindful of cars on our roads and keep care of your young children as you walk around camp.

安全起見，請小心道路上的車輛，並在營地周圍行走時照看好您的孩子。

5. No smoking on any trail area, in public buildings or in your accommodations.

步道區域、室內公共場所或住所內禁止吸煙。

6. Any youth going off-site must be accompanied by a parent, guardian or sponsor.

所有青少年若有興趣去營地以外的地方，必須有家長、監護人或導師陪同。

7. Cellular phones must be kept on silent/vibration mode before every meeting.

所有手機必須在每次聚會前設置為靜音或震動模式。

8. Everyone should sleep in their assigned rooms. No sleeping is allowed in public areas.

各人應在自己的房間休息，不可在公眾場所睡覺。

9. Leaving the campsite for entertainment or shopping is not encouraged.

不鼓勵弟兄姊妹離開營地到別處娛樂或購物。



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委員會 | 委員会

Committee

Director

Derek Yue (Cantonese)
Nathan Fiedler (English)
David Wu (Mandarin)

Advisor

Ming Lau

Worship Coordinator

ACC Worship Committee

AV / IT Coordinator

Jenkin Hui

Children Program Coordinator

Antonia Fiedler

Devotional Material

Walter Ho
Alan Lim

Recreation Coordinator

Nathan Fiedler

Registration Team

Jenny Bang
Yulia Hu

Snack Coordinators

Carol Lee
Patrick Lee
Shirly Liu
Josiah Lay
Kandace Mok

Camp Poster Designer

Michael Lei

T-Shirt Designer

Jenny Cai

Promotional Video

Eric Arnason
Canlin Cao

Campbook Designer/Publisher

Michael Lei

Camp Photographer

Canlin Cao

Camp Doctor/Nurse

Michelle Chiu
Bernice Chow



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15 惟用爱心说诚实话，凡事长进，连于元首基督，
16 全身都靠他联络得合式，百节各按各职，照着各体的
功用彼此相助，便叫身体渐渐增长，在爱中建立自己。

15 惟用愛心說誠實話，凡事長進，連於元首基督，
16 全身都靠他聯絡得合式，百節各按各職，照著各體的
功用彼此相助，便叫身體漸漸增長，在愛中建立自己。

弗 4:15 - 16

15 Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. 16 From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.

Eph 4:15-16