



OCCA NEWSLETTER March 31, 2022

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纽约橙郡中文学校云端 2021-2022 学年春季学期已于 2 月 19 日上午 10 点正式开学啦! 热烈欢迎所有的学龄儿童们, 青少年们和成年朋友们积极报名参加橙郡中文学校的网课中文学习!



CDC
Guidance for
COVID-19

1. **STAY UP TO DATE ON YOUR COVID-19 VACCINES**
2. **GET TESTED IF YOU HAVE SYMPTOMS**
3. **LEARN MORE ABOUT UPDATED COVID-19 BOOSTER SHOT GUIDANCE**

《圣经系列讲座》开讲啦！

—— 唐隽

三月三日晚上，橙郡华人基督教会举办了《圣经系列讲座》第一讲，约有六十余人在线参加。第一次讲座的主题分别为《圣经的文学成就及影响》和《圣经中的智慧和知识(上)》。讲座以一首盛晓玫演唱的诗歌 - 《恩典的记号》开始，紧接着是简短祷告及讲座和讲员简介。《圣经系列讲座》的时间是每月第一个周四晚上八点，由橙郡华人协会副会长江岚教授和橙郡华人基督教会陆传道联合讲解。先由江岚教授从文学角度阐释圣经，再由陆传道从神学角度探讨人生，认识创造宇宙万物又爱我们的神，进而了解圣经与世界、社会和生命的关系，帮助我们过有意义的人生。

去年七月十七日，陆长老和江岚教授在大熊山橙郡华人协会举办的 picnic 上认识。两个多月后就有了联合讲解圣经的想法。11/14/2021，陆长老和教会同工邀请江岚教授及前华人协会吴康健会长到 Joseph and May 家里详细地商讨了讲座计划。之后，两位讲员经常联络、沟通并一起祷告，花了大量时间为讲座做了充分准备。第一次讲座后，会众的反响热烈，即可学到知识，又能感悟到人生真谛。江岚教授是中国古典文学博士，华文女作家。陆长老是电机博士，原新泽西主恩堂长老，现为橙郡华人基督教会传道。在过去二十多年的时间里，陆长老和维敏师母经常来橙郡华人基督教会讲道、带领主日学，帮助弟兄姊妹学习神的话，建立更丰盛的生命。陆长老是一位很有教导恩赐和亲和力的长老，他的讲道和主日学条理清晰，每次听完后都觉得收获满满、受益匪浅。今年开始陆长老受聘为橙郡华人基督教会传道。

(提摩太后书 3:16-17) 圣经都是神所默示的，于教训、督责、使人归正、教导人学义都是有益的，叫属神的人得以完全，预备行各样的善事。从圣经探讨人生包括的内容很多，比如情绪管理，夫妻关系和教养儿女等等。欢迎朋友们四月份第一个周四 (4/7/2022) 晚上八点再上 Zoom 来听主题分别是《圣经文学的精神意蕴及其表达 (上)》和《圣经中的智慧和知识(中)》的《圣经系列讲座》第二讲。也邀请大家有时间去位于 Goshen 的橙郡华人基督教会即将建成的新教堂的工地走一走看一看。相信完全投入使用后的新教堂，必将成为所有橙郡华人的祝福。愿神赐福每一位！



文学维度的《圣经》概念

承先启后的体式
摩西十诫、新约书信、《约翰福音》
赞美诗

素材、灵感与语言的文学再现
莎士比亚、[约翰·弥尔顿](#)、约翰·班扬、[艾米莉·勃朗特](#)和[海明威](#)

英格兰的文艺复兴
《詹姆斯王译本》(King James Bible), 1611

作为文学经典的《圣经》
the Bible as literature
Richard G. Moulton, 《圣经文学研究：经书主要文学形式论述》，1896

神 启示

《圣经》

- 圣经告诉我们何為智慧
- 圣经告诉我们何為知識
- 圣经告诉我们何為人生

《圣经》和人生探討是息息相關, 不可分離的! 因為神創造了世界萬物, 也設定了一切秩序, 規律, 意義和目標! 神又藉著《圣经》啟示祂自己, 心意和計劃給我們, 如果沒有《圣经》便沒有人生探討的基礎, 就無法知道我們存在的目的和意義。





圣经的文学阐释及人生探讨

亲爱的朋友，你了解圣经吗？你知道圣经是世上最畅销的一本书吗？你知道圣经和人生的关系吗？OCCCC 诚挚邀请您参加圣经系列 Zoom 讲座，特邀江岚教授先从文学角度阐释，再由陆宁馨长老从神学角度探讨人生！让我们一起来探索其中的奥秘，认识创造宇宙万物又爱我们的神，进而了解圣经与世界，社会，人生和生命的关系，并帮助我们过有意义的人生！

第二讲：一、圣经文学的精神意蕴及其表达 (上) 二、《圣经》中的智慧和知识 (中)

时间：

DATE：四月七日

每月第一个周四晚上八点

ZOOM ID：709-647-6827

PASSCODE：135246

讲员简介：

江岚教授 - 文学博士，执教于 St. Peter's University. 主要研究方向：中国古典文学域外英译研究、东西方比较文学与文化研究。

陆宁馨长老 - 电机博士，专业：通讯和导航，2008年按立为新泽西主恩堂长老，曾任长老团主席三年，现聘为橙郡华人基督教会传道。

联络：

陈强仪长老 (OCCCC), philchen552@gmail.com

唐隽姊妹 (OCCA), junetang88@yahoo.com

Choon Jin Lee 弟兄追思礼拜

Choon Jin Lee弟兄悼於2022年1月24日安息主懷， 留给所有爱他的亲属朋友无限的追思和美好的记忆。

謹訂2022年4月9日（六） 下午二时，於橙郡華人基督教會（OCCCC）新堂舉行追思禮拜。敬邀你共同參與追思和禱告。

時間：April, 9, 2022 (Sat) 2:00pm-4:00pm

地址： 48 Cheechunk Road, Goshen, NY



1.序 樂 Nancy/Jenny
Prelude

2.宣 召/祈 禱 梁弟兄
Invocation

3.獻 詩 OCCCC Choir
Choir

4.讀 經 <詩篇23>
Scripture <Psalm 23>

5.信 息 陸寧馨傳道
Message

6.故人略歷 Ruth

7.故人緬懷： Pastor Ivanildo Trindade (video)
思 念 Chris and Danny Lauterbach
Tribute Joseph shih
Cherry Zhou

8.家屬致謝 Ruth
Thanks

9.頌 榮 <再相會>
Doxology <God be with you till we meet again>

10.祝 禱 陳長老
Benediction

11.殿 樂 Nancy/Jenny
Postlude

耶穌對他說、復活在我、生命也在我，信我的人、雖然死了、也必復活。凡活著信我的人、必永遠不死。你信這話麼。（約11:25-26）

Jesus said to her, "I am the resurrection and the life. He who believes in me will live, even though he dies; and whoever lives and believes in me will never die. Do you believe this?" (John 11:25-26)

我聽見從天上有聲音說、你要寫下、從今以後、在主裡面而死的人有福了，聖靈說、是的、他們息了自己的勞苦、作工的果效也隨著他們。（啟示錄14: 13）

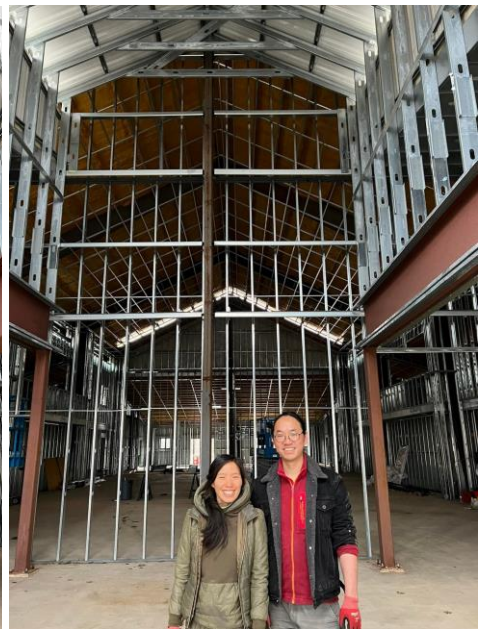
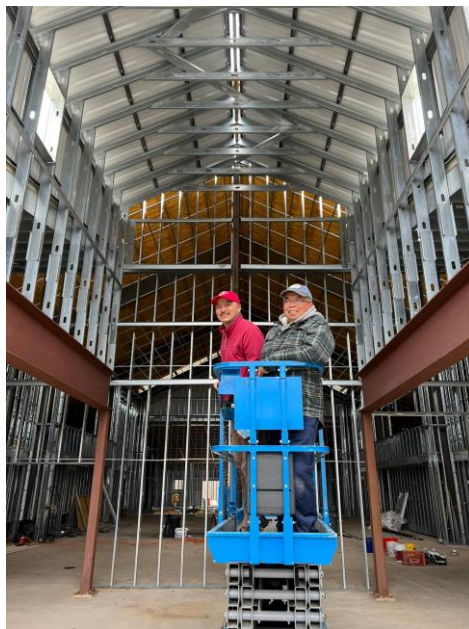
Then I heard a voice from heaven say, "Write: Blessed are the dead who die in the Lord from now on." "Yes," says the Spirit, "they will rest from their labor, for their deeds will follow them." (Revelation 14:13)

OCCCC News 教会新闻



More progress on framing the church's front lobby:
See for yourself!

48 Cheechunk Road
Goshen, NY 10924



2022 年“同一个世界里的你和我”云端系列活动 (One World: You & Me)

丁作辉博士 (前任美东中文学校总协会会长): 认识美国社会福利系统 社会安全基金 (Social Security) 福利和资格; 红蓝卡 (Medicare) 和白卡 (Medicaid), 以及它们之间的区别。

认识美国社会福利系统

- 社会安全基金 (Social Security) 福利和资格
- 红蓝卡 (Medicare) 医疗保险 福利和资格
- 白卡 (Medicaid) 医疗补助 福利和资格
- 它们之间有什么区别?

Federal Benefits and Social Security



不要不留心就让你可享的福利溜走
也不要错误期待可能享受不到的福利

Date: 03/12, 2022
Time: 08:00 – 9:00 PM EST
<https://zoom.us/j/98314218176>
Zoom ID: 98314218176

专题讲员: 丁作辉博士



认识美国社会福利系统

社会安全基金 (Social Security) 福利和资格
红蓝卡 (Medicare) 医疗保险 福利和资格
白卡 (Medicaid) 医疗补助 福利和资格
长期护理的考虑

了解美国的省税投资储蓄帐号

- 在美国, 为什么税务局会想着帮着我们省税?
- 有哪些省税的 储蓄投资帐号我们可以使用? 帐户使用规则。
- 如何充分利用这些帐号做好
 - 市场风险 & 税务风险的控制
 - 中期和长期的家庭财务规划



在美国, 省什麼都不如省税!
缴税是好公民应尽的义务。但也不要辜负了国税局为您省税的好意!



Date: 03/26, 2022
Time: 08:00 – 9:30 PM EST

注册链接 请长按二维码

理想的退休收入来源

稳定可靠的终身收入

- ❖ Pension- 公司年金
- ❖ Social Security- 社保
- ❖ Annuities- 个人年金

一辈子基本生活需求

- ❖ Food – 吃
- ❖ Clothing – 穿
- ❖ Lodging – 住
- ❖ Healthcare – 医疗

靈活收入 (稅務好處)

- ❖ 延稅類投資
401k/IRA(增长), NQ-Annuity(增长)
- ❖ 免稅類投資
IUL(保本增长), Roth IRA/401k(增长)

其他生活開銷

- ❖ Vacations – 旅行
- ❖ Eating out – 美食
- ❖ Hobbies – 兴趣爱好
- ❖ Emergency – 急用钱.....

在美国的省税帐号类别

1. 健康保險相关 – 国民健康 ✓
– HAS, FSA, LPFSA, Dependent Care FSA
2. 退休收入相关 – 社会稳定
– 401k, 403b, 457, IRA, Roth-IRA, SEP-IRA ...
3. 国民教育相关 – 国家发展
– 529, Coverdell
4. 身故/长照 保險相关 – 家庭保护/照顾弱势
– Life Insurance, LTC Insurance.

Medicare 的四个部分



Part A Hospital Insurance
A部分 医院费用 保险



Part B Medical Insurance
B部分 医生费用 保险



Part C Medicare Advantage Plans (like HMOs and PPOs). Includes Part A & B and sometimes Part D coverage
C部分 包括A B 有时候还有D



Part D Medicare Prescription Drug Coverage
D部分 处方药 保险

<https://www.medicare.gov/your-medicare-costs/medicare-costs-at-a-glance>

我們的錢投資在哪個稅收類別?

年年繳稅

- Savings/銀行存款
- Stock/股票
- Mutual Funds/基金
- Rental/租金

延遲繳稅

- 401(k)/403(b)
- IRA/退休金
- Annuity/年金
- Rental Property/出租房

獲利免稅

- Roth-IRA
- 529/教育基金
- Tax-free Bonds/債券
- 7702/人壽保險 ✓

Community News

母亲节
Mother's Day Handmade Card
卡片制作

Happy Mother's Day



Love you, mom

Zoom meeting ID
登陆账号: 20228 20238

Pass code 密码: 88888

Time 时间: 5/7/2022 周六 Sat. 8pm

手工材料: 卡纸、彩色笔、胶水、剪刀、丝带 (不是必选项)
Materials needed: Paper, color pencils, glue, and scissors
Optional materials: Crayons and ribbon

YOUTH TOWN HALL

WED, APRIL 6 | 6:30PM - 8:00PM

Voice what issues you're facing inside and outside of school, how state government can help, and what you want your State Senator to prioritize this year.

Info & Registration



Make your voice heard!

Middle, High & College

Hosted by
JAMES SKOUFIS
State Senator

District Intern, Office of State Senator James Skoufis

The office of New York State Senator James Skoufis (D-39) is seeking full-time interns for the Summer of 2022.

To apply, interested candidates should submit a cover letter and resume to Yasmine Bouachri at bouachri@nysenate.gov with the subject line "District Intern 2022" by April 29, 2022 at 5 pm.

2022 年“同一个世界里的你和我”云端系列活动 – Series of "One World: You & Me" Virtual Events in 2022

Thanks to all the OCCA volunteers who will be hosting the following events on Zoom for our Chinese community by the end of the 2021-2022 Chinese School year this June!

- 1) 5/1/22-5/31/22 Hosted by Jeffery Shi 史杰 OCCA 学生会主席 *Asian Pacific Heritage Month Celebration 庆祝亚太传统月
- 2) By 5/8/22 Hosted by Angie Lin's Family *Mother's Day Celebration 庆祝母亲节
- 3) By 6/3/22 Hosted by Iris Chen 陈诗漫 OCCA 学生会成员 *Dragon Boat Festival 欢度端午节
- 4) By 6/19/22 Hosted by Andrew Wu 吴宪 OCCA 学生会成员 *Father's Day Celebration 庆祝父亲节
- 5) By 6/25/22 Hosted by Dawson Lin OCCA 学生会成员 *End of Chinese School Year Celebration

👉 Every family is cordially invited to our online events. Please save those dates in your calendar.

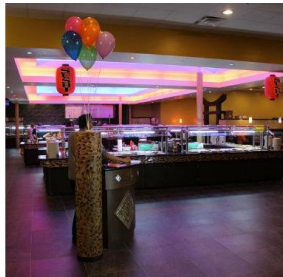
Flaming

Grill & Buffet

OCCA Members
10% Off with
OCCA 2022
Membership
ID



Chinese, Japanese & American
Cuisine Restaurant



Flaming

Grill & Buffet
1399 Route 300,
Newburgh, NY 12550
(Next to Bed Bath & Beyond and
Newburgh Mall)

CAJUN SEAFOOD

Call 845-566-3888
www.flaminggrillbuffetny.com
Business Hours: Sunday to Thursday 11AM-9:30PM
Friday & Saturday 11AM-10:30PM



COMBO SPECIAL BAG (NO SUBSTITUTIONS)

COMBO S1 \$30.50
1/2 lb. snow crab
1/2 lb. black mussel
1/2 lb. shrimp (no head)
1 corn, 2 potatoes and 1 egg.

COMBO S2 \$29.50
1/2 lb. snow crab
1/2 lb. sausage
1/2 lb. shrimp (no head)
1 corn, 2 potatoes and 1 egg.

COMBO S3 \$35.50
1/2 lb. lobster tail
1/2 lb. sausage
1/2 lb. shrimp (no head)
1 corn, 2 potatoes and 1 egg.

COMBO S4 \$34.50
1/2 lb. king crab leg
1/2 lb. black mussel
1/2 lb. shrimp (no head)
1 corn, 2 potatoes and 1 egg.

CHOOSE YOUR FLAVOR
1.CAJUN (ORIGINAL)
2.GARLIC BUTTER
3.LEMON PEPPER
4.THE TASTY SPECIAL (ALL THE ABOVE)

CHOOSE SPICY LEVEL ▲
NON-SPICY
MILD
MEDIUM
HOT



COMBOS BAG (1 LB FOR EACH SEAFOOD) COME WITH 2 CORNS & 2 POTATOES

COMBO A) \$40
Shrimps with Head and Crab Legs

COMBO B) \$44
Shrimps with No Head and Crab Legs

COMBO C) \$27
Shrimps with Head and Crawfish

COMBO D) \$38
Crab Legs and Black Mussels

COMBO E) \$23
Clams and Black Mussels



EXTRAS

CAJUN FRIES \$5

CORN ON THE COB (2) \$3

POTATOES (3) \$3

BOIL EGGS (2) \$3

SAUSAGES (HALF LB) \$5

SAUSAGES (1 LB) \$9

STEAMED RICE \$3

CAJUN FRIED RICE \$8

SHRIMP CAJUN FRIED RICE \$10

CAJUN WINGS 6Pcs. \$7 /10Pcs. \$11

BUFFALO WINGS 6Pcs. \$7 /10Pcs. \$11

LEMON PEPPER WINGS 6Pcs. \$7 /10Pcs. \$11

WARNING: CONSUMING RAW OR UNDERCOOKED FOODS SUCH AS MEAT, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS.

Flaming

1399 Route 300
Newburgh, NY 12550
(Next to Bed Bath & Beyond
and Newburgh Mall)

Business Hours
Sunday to Thursday 11AM-9:30PM
Friday & Saturday 11AM-10:30PM



Scan QR Code

CALL 845-566-3888 OR
VISIT US @ WWW.FLAMINGGRILLBUFFETNY.COM

Appetizer

Spring Roll (2) \$1.50
Egg Roll (2) \$1.99
Crab Cheese Rangoons (4) \$5.95
Pot Stickers (8) \$5.95

Soup

Beef Soup Pt. \$3.99 Qt. \$5.99
Wonton Soup Pt. \$2.99 Qt. \$4.99
Eggdrop Soup Pt. \$2.99 Qt. \$4.99
Hot & Sour Soup Pt. \$2.99 Qt. \$4.99

Side Order

White Rice Pt. \$1.99 Qt. \$2.99
Plain Fried Rice Pt. \$2.99 Qt. \$4.99

Chicken or Beef or Shrimp Fried Rice choose one Pt. \$4.99 Qt. \$6.99

Sushi Box \$15.99

Choose Any 4 Rolls

- ☐ California Roll
- ☐ Salmon Roll
- ☐ Tuna Roll
- ☐ Spicy Tuna Roll
- ☐ Spicy Crabmeat Roll
- ☐ Eel Roll
- ☐ Crabmeat Roll

Lunch Specials Box \$10.99

Choose Any 4 Items
Lunch 11:00AM-3:30 PM

- ☐ French Fries
- ☐ Fried Dumpling
- ☐ Fried Bun
- ☐ Sesame Ball
- ☐ Chicken on a Stick
- ☐ Chicken Nugget
- ☐ Fried Chicken Wing
- ☐ Fried Fish
- ☐ Crawfish
- ☐ Clam
- ☐ White Fish
- ☐ Sautéed Mushrooms
- ☐ Broccoli w. Chicken or Beef choose one
- ☐ General Tsao Chicken
- ☐ Black Pepper Chicken
- ☐ Sesame Chicken
- ☐ Teriyaki Chicken
- ☐ Peanut Chicken
- ☐ Grill Chicken
- ☐ Hibachi Chicken or Beef or Shrimp choose one
- ☐ Teriyaki Fried Rice
- ☐ Lo Mein
- ☐ Macaroni & Cheese

Consumer Advisory: Consumption of undercooked meat, poultry, eggs, or seafood may increase the risk of food-borne illnesses. Alert your server if you have special dietary requirements.

Flaming

CALL 845-566-3888
FLAMINGGRILLBUFFETNY.COM



BOTTLE SODA \$2.50

-PEPSI
-DIET PEPSI
-SPRITE
-GINGER ALE
-DR PEPPER
-ORANGE SODA
BOTTLE WATER \$1.25

Appetizer

Spring Roll (2) \$1.50
Egg Roll (2) \$1.99
Crab Cheese Rangoons (4) \$5.95
Pot Stickers (8) \$5.95

Soup

Beef Soup Pt. \$3.99 Qt. \$5.99
Wonton Soup Pt. \$2.99 Qt. \$4.99
Eggdrop Soup Pt. \$2.99 Qt. \$4.99
Hot & Sour Soup Pt. \$2.99 Qt. \$4.99

Side Order

White Rice Pt. \$1.99 Qt. \$2.99
Plain Fried Rice Pt. \$2.99 Qt. \$4.99
Chicken or Beef or Shrimp Fried Rice choose one Pt. \$4.99 Qt. \$6.99

Sushi Box \$15.99

Choose Any 4 Rolls

- ☐ California Roll
- ☐ Salmon Roll
- ☐ Tuna Roll
- ☐ Spicy Tuna Roll
- ☐ Spicy Crabmeat Roll
- ☐ Eel Roll
- ☐ Crabmeat Roll

Dinner Box \$12.99

Choose Any 4 Items

- ☐ French Fries
- ☐ Fried Dumpling
- ☐ Fried Bun
- ☐ Sesame Ball
- ☐ Chicken on a Stick
- ☐ Chicken Nugget
- ☐ Fried Chicken Wing
- ☐ Fried Fish
- ☐ Baked Crabmeat Cheese
- ☐ Crawfish
- ☐ Clam
- ☐ White Fish
- ☐ Lobster Or Stir Fried Crab choose one
- ☐ Mussel
- ☐ Steamed Flounder Fish
- ☐ Coconut Shrimp
- ☐ Salt & Pepper Shrimp
- ☐ Spare Ribs
- ☐ Sautéed Mushrooms
- ☐ Broccoli w. Chicken or Beef choose one
- ☐ General Tsao Chicken
- ☐ Black Pepper Chicken
- ☐ Sesame Chicken
- ☐ Teriyaki Chicken
- ☐ Peanut Chicken
- ☐ Grill Chicken
- ☐ Grill Duck
- ☐ Hibachi Chicken or Beef or Shrimp choose one
- ☐ Teriyaki Fried Rice
- ☐ Lo Mein (Veggie)
- ☐ Macaroni & Cheese

Jenny Q. Lu, MD, PPLC

Jenny Lu, MD, Family Medicine



75 Crystal Run Rd Ste 105, Middletown, NY 10941
(845) 692-3542

**Dr. Lu is a family physician with over 20 years of experience.
Her services include:**

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Service Schedule

教會聚會時間:

Sun 2:30 PM- Worship Service 主日崇拜

Mon 8:30 AM- Galleria Small Group

Tue 8 PM- Middletown Small Group

Wed 10 AM- Women's Bible Study

Wed 8 PM- Church Prayer Meeting

Thu 10 AM- Monroe Small Group

Fri 8 PM- Bible Study Group

occccnny.org

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Joe, 施 845-728-9121

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