

第七章：『社會犯罪的悲劇』

「神是我們的避難所、是我們的力量、是我們在患難中隨時的幫助。所以地雖改變、山雖搖動到海心、其中的水雖匉匉翻騰、山雖因海漲而戰抖、我們也不害怕。〔細拉〕」《詩 46:1-3》

「〔大衛逃避掃羅、藏在洞裏·那時他作這金詩、交與伶長、調用休要毀壞。〕 神阿、求你憐憫我、憐憫我·因為我的心投靠你·我要投靠在你翅膀的蔭下、等到災害過去。我要求告至高的 神、就是為我成全諸事的 神。」《詩 57:1-2》

「一聲轟然劇響. Terry 不敢確定她是聽到的還是只感覺到的聲音.時鐘指向 9:02am.在這一個人美麗清靜的一九九五年四月的早晨,陽光依然斜照在 Oklahoma City. 她常常聽到飛機起飛的聲音,但這一響很不像飛機的聲音,很不一樣....很突然....也很奇怪....後來好像一陣死寂.168 位朋友,鄰居與他們的家人死於一場大爆炸,從此日子不再一樣了....」

(一) 認識危機:

災難與重大的事故不定期不定點也持續地發生在美國的各處,使人心惶惶,不知道這不受歡迎的感覺甚麼時候會輪到自己.它們以「天災」的形式出現如,龍捲風,暴風,地震,水災等.然而災難也可能用其它的姿態臨到是直接源於個人犯罪的動機與惡性如暴徒,綁架,犯罪或是一些間接的破壞如炸飛機,火車等.除此之外對個人的傷害也直接影響整個社區的安寧如孩同被謀殺,學校老師被學生圍毆等.本章將針對犯罪與其對社區的安危討論我們的輔導策略.

(二) 危機所帶來的影響:

In community disaster, individual may experience physical reactions of shock, disorientation, and numbness. Among all those impacted there can also be emotional response of shock, disbelief and denial. Shock is often accompanied by an overwhelming cataclysm¹ of emotions, including anger or rage, fear or terror, frustration, confusion, guilt or self-blame, grief or sorrow.² Addition to victims who personally are affected by the crisis, family members, neighbors, friends, rescue workers, and others may also experience physical and emotional reaction as well.

(三) 你當如何幫助與鼓勵:

當災難來臨時,整個社區都體驗到共同的損失,極大的破壞並對信心(對人,社會,政府以至於對神)的動搖.對於地方社區的設施房產的破壞尚可於數月之內恢復,但是對於人的心理與靈性所帶來的影響卻需要幾年的時間復原.有的人甚至覺得從此往日不再.在短短的一煞那,所有往日的寧靜祥和,一景一物與一草一木,人事全非.也就是在這時候,教會與基督徒

¹ A violent and sudden upheaval.

² "Responding to Communities in Crisis," copyright, 1994, National Organization for Victim Assistance, Washington, D.C., 1994, 2-7.

個人可以提供及時的幫助與安慰。

在面對整個社區的危難時基督徒與教會所該提供的是針對受害人的「安全」與「資源」緊急的協助。不但個人可以做,更可以由教會統一來組織與地方救難隊配合。尤其是提供暫時的住處,衣物,食物,交通接送,孩童照管等。但是在這之外基督徒與教會更可以提供靈性的安慰是其他的機構所不能提供的。以下提出幾個建議當面對受害的人時我們給與靈性的幫助與原則:

- Allow the victims to express their questions, concerns, and even anger at God. Survivors often look for “ permission “ to confront spiritual questions openly.
- Listen without judgment. In the days, weeks, and months, after a crisis, the survivors need to turn to people of faith, who will listen carefully and without judgment.
- Affirm the wrongness or evil of what had happened. This is particularly important when the trauma has been caused by human cruelty or brutality.
- As appropriate, encourage the victims to talk about how their faith and belief may help them cope with what has happened.

In addition to addressing to spiritual concerns and issues, you and your church can help in the recovery and healing after a community tragedy. Some specific suggestions are:

- Pray for the victims, their families, the rescue and support workers, and all those impacted by the disaster. You and your church can be of vital importance through intercessory prayer. You may want to encourage your church, Bible Study, or prayer group to hold a special time of prayer for those impacted by the disaster.(Be careful not to publicly announce any tragic news of which a family has not yet been informed)
- Organize a church special service. It could be service that provides support and encouragement for the survivors and their families or memorial service for those whose lives were lost in the disaster. Such service bring the community together and allow for cooperate prayer, expression of shared loss and grief and remembrance, which can help significantly in the healing process.
- Offer on going support groups for survivors and their families in the weeks, months and even years after the crisis. These groups should be overseen by a professional counselor with experience in trauma and crisis counseling.

(四) 必須要的事前準備:

面對社區的災難最明顯的特性就是它的突發性或不可知性。然而教會依然可以先有準備使災難發生的時候人所面對的驚嚇可以達到最低的限度。教會與社區的資源若可以充份配合將發揮最大的果效。以下的步驟可以幫助教會建立一個危機處理小組計劃:

1. 認識現有的社區援助來源:

《例如》: 看電話簿或網頁 Yellow page or web browser under the title of :

- * Family Counseling Service
- * Metro Help Hotline

- * Parent Anonymous
- * Better Business Bureau of Washington
- * Legal Aid Bureau
- * Township Reach out to Youth
- * Turning Point
- * Invictus for Drug abuse
- * Battered woman program
- * Child Abuse Hotline
- * UW Medical Center Crisis Intervention Center
- * Parent Stress Hotline
- * Salvation Army Temporary Housing
- * Missing Person Service
- * Runaway Switch board service

2. 成立危機處理小組:

在教會裡成立一義工小組,平時只須確定他們服事的意願,安排定期訪問以上的機構。
(他們非常樂意接待教會義工團隊並且願意提供訓練與資訊)

3. 設計教會自己的服事計劃與步驟:分工與團隊

4. 訓練並預備同工及義工:

教會裡召開「危機處理講習班」,「基礎臨床輔導協助」,「自我成長訓練」,「聖經心理輔導」等,以備不時之需。

(五) 有益的話與行動:

- 「I am very sorry that this happened to you and our community.對於這發生的事,我很痛心」 Offer your condolences and express your concern for their well-being.
- 「May I help you by _____?我可以準備一點吃的給你,好嗎?」 Provide specific suggestions on how you might be able to help individuals. (But always get their permission first!先徵求當事人的同意)
- 「May I pray with you or for you at this time?我可以和你一起禱告嗎?」 Offer to pray with them or for them, if they are comfortable. Most people deeply appreciate the offer of prayer.

(六) 當避免的話與行動:

- 「You should be glad that it was not worse」 「不錯啦!你家才一人受傷,你看隔壁老王全家都走了!」
- 「This must be God's will 這一定是神的美意!」 「生老病死人之常情,早死晚死都是會死!」 「身外之物,生不帶來,死不帶去嘛!」 Rather let them know that God is present with them in the time of suffering and He is great provider and comforter in the midst of pain and tragedy.
- 「請不要過度憂傷,家裡已經死了一個,不要再哭下去,會哭死人的!」
- 「你再哭我就不知道怎樣幫你了!」

(七) 相關的經文:

『耶和華知道完全人的日子· 他們的產業、要存到永遠。他們在急難的時候、不至羞愧、在飢荒的日子、必得飽足。』《詩 37:18-19》

『忽然來的驚恐、不要害怕· 惡人遭毀滅、也不要恐懼· 因為耶和華是你所倚靠的· 他必保守你的· 不陷入網羅。』《箴 3:25-26》

『誰能使我們與基督的愛隔絕呢· 難道是患難麼、是困苦麼、是逼迫麼、是饑餓麼、是赤身露體麼、是危險麼、是刀劍麼。如經上所記、『我們為你的緣故、終日被殺· 人看我們如將宰的羊。』然而靠著愛我們的主、在這一切的事上、已經得勝有餘了。因為我深信無論是死、是生、是天使、是掌權的、是有能的、是現在的事、是將來的事、是高處的、是低處的、是別的受造之物、都不能叫我們與神的愛隔絕· 這愛是在我們的主基督耶穌裏的。』《羅 8:35-39》

(八) 為受難與苦害的人禱告:

我們的禱告固然要真誠與用心靈為受難者代求,但是事先預備的禱告更是我們操練的機會之一。操練禱告的方法有許多但其目的都是與神交通的一種敬拜。因為神真知道人的苦痛,祂更願意祂的兒女用禱告來彼此扶持。

『主阿,我們的(家庭或社區)正遭遇到災變,面對許多的損失與悲傷。請來幫助我們,安慰我們的心。請你賜我們智慧,好使我們知道怎樣在患難中互相幫助。給我們力量使我們能實際地有效地幫助與安慰。開我們的心眼使我們看見並體會人的憂傷與苦楚。賜我們單純倚靠你的信心。在我們等候你的時候,給我們盼望好使我們看見你的恩慈。靠耶穌基督的名禱告。阿們』

(九) 其它參考的資訊:

- ✧ Critical Incident and Trauma in The Work Place: Recognition, Response, Recovery by Gerald Lewis, (Accelerated Development, Inc. 1994) This book provides a comprehensive understanding of physiological and psychological reactions to stress; how to provide assistance to families and organizations.
- ✧ Critical Incident Stress Debriefing: An Operation Manual for the prevention of Traumatic Stress among emergency service and disaster workers by J.T Michell and G.S. Everly (Chevron Publishing Co. 1993)
- ✧ For more information on setting up church and community crisis-response team contact: NOVA at (202) 232-6682 or write to : NOVA 1757 Park Rd. NW Washington, DC 20010