

基督教靈實協會 Haven of Hope Christian Service

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靈感 HAVEN OF HOPE NEWS 102

JAN 2020

主題 Theme

傳統啟迪未來 Traditions Inspire the Future

CONTENTS

JAN 2020 ISSUE 102

HAVEN OF HOPE NEWS

主題：傳統啟迪未來

Theme: Traditions Inspire the Future

4 - 7

專題：瀕臨消失的粵劇戲服縫製工藝

Feature: Traditional Hand-stitching of Cantonese Opera Costumes on the Brink of Vanishing

8 - 9

尊重生命 BLOG

Respecting Life BLOG

10 - 11

改變生命的故事

Impacting Life Story

12 - 13

一行一故事

Tell Us Your Story

14 - 15

您的支持帶來改變

You Can Change the World

16 - 17

最新消息

What's New

18 - 19

健康知多少？

Health Tips

20 - 21

給捐贈者的話

Message to Donors

22

《靈感》電子版載於

https://www.hohcs.org.hk/content_72.html

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基督教靈實協會

Haven Of Hope Christian Service

異象禱詞 Vision Prayer

神啊，我們並肩服事及成長，見證福音，並體會祢的愛，願祢心滿意足。阿們。

God, together we serve and grow, witness the Gospel and experience Your love. May you be satisfied. Amen.

使命 Mission

透過關懷全人的事工，我們致力與人分享福音及建立基督教化社群。在基督的愛中，我們以關懷、專業及進取的精神提供服務，使服事者及被服事者彼此建立更豐盛的生命。

Through a ministry of holistic care, we strive to share Gospel and develop a Christian community. In the love of Christ, we deliver our service in a caring, professional and progressive spirit so that the lives of those serving and being served are mutually enriched.

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WORDS FROM CEO

行政總裁的話

親愛的靈感讀者：

傳統代表昔日流傳下來的智慧，有其獨特的價值，在追求進步和改變的今天，我們要顛覆或突破傳統，但也要尊重傳統，並從中學習和參考，藉以啟迪新思維，為未來創造新的傳統。

基督教靈實協會（下稱靈實）是由「尊重生命・改變生命」的精神建立起來，而這份精神更成為整個機構的獨有傳統。我們在此基礎上成長，且與時並進，以關懷、專業及進取的態度，不斷創新和拓展多元化的全人服務，並分享福音和建構基督教化社群，使服事者和被服事者彼此建立及得著更豐盛的生命。

在靈實走過的66年裡，司務道教士等創辦人和每一個年代的同工，在工作和服事上，造就了大大小小的傳統和文化，包括在祈禱石上為事工祈禱、護士完成訓練後進行加冠禮、同工在聖誕節一起攜著洋燭到病房傳光和報佳音等，雖然當中有一些傳統和文化隨著時代變遷而消失，但它們所蘊含的正面意義，成為影響我們發展的核心價值，而此核心價值更是我們最值得保留和珍惜的重要資產。

尊重和秉承傳統不等於固步自封或眷戀過往，而是在前進的時候，亦要偶爾回顧，看看從傳統事物的意識形態當中，可否得到啟發，從而創造出更理想的未來。

行政總裁
林正財醫生

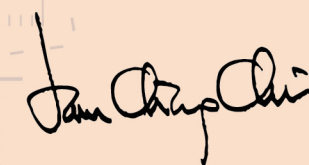
Dear Haven of Hope Supporters,

The wisdom that past traditions represent has its unique value. In the pursuit of progress and change, while we challenge or break through traditions, we must also respect traditions and learn from it, in order to inspire new thinking and create new traditions for our future.

Haven of Hope Christian Service (HOHCS) is established by the spirit of "Respecting Life • Impacting Life", and this spirit has become a unique tradition of our entire organisation. We have grown on this basis, but keep pace with the times. With a caring, professional and progressive attitude, we continue to innovate and expand our diversified holistic services. We also share the gospel and develop a Christian community enriching the lives of those serving and being served.

Over the last 66 years, HOHCS along with our founders and co-workers have created various traditions and cultures within our works and ministries, including praying for the ministry on the Prayer Rock, crowning ceremony for nurses upon completion of their training, co-workers visiting the wards with candlelight convocation at Christmas and spreading the good news of Jesus Christ. Although some of these traditions and cultures have disappeared with the change of times, its essence and meaning have shaped our core value, and that is our most important asset to be preserved and cherished.

Respecting and adhering to tradition does not mean standing still or feeling nostalgic. While we thrive forward, we must also reflect to see if we can be inspired by traditional ideology to create a better, brighter future.



Dr. Lam Ching-choi
Chief Executive Officer



傳統啟迪未來 Traditions Inspire the Future

社會前進的步伐不會停頓，我們需要緊隨其後，不斷更新知識和思維，但同時亦不能忽略或忘記一些傳統，以及影響深遠的舊人、舊事、舊物，例如製衣、塑膠花和檀香扇等傳統工業，因為這是香港經濟發展的基石；而一些有趣的用品，更反映當時的商業智慧，如菜市場和商店售賣食物或貨品時，用鹹水草將之綁好，讓顧客帶走，這可說是環保的先驅。凡此種種都是社會進步的根基，也是我們創新、改變、開創未來的啟發和參考。

專門研究香港歷史的香港中文大學人類學系教授張展鴻稱：「昔日的香港傳統文化如今變成文化遺產，我們不一定要保留這些傳統，但卻要重視其價值，要認同過往它們的貢獻及上一代人的努力，因為這是社會某一代人的人生經歷。」他續指：「以檀香扇為例，上一代香港人就是依靠這類低成本工業為生，而所有檀香扇都有一定的專門工序，並由人手雕刻而成。」

The pace of social progress will never stop. We need to follow closely and constantly update our knowledge and thinking, but at the same time we cannot neglect nor forget certain traditions or people, things and events from the past that have profound and far-reaching influence. Traditional industries such as clothings, plastic flowers and sandalwood fans were the cornerstone of Hong Kong's economic development and some interesting products even reflected the business wisdom of the time.

For example, when food or goods are sold at wet markets and shops, they are tied up with saltwater grass (*Cyperus malaccensis*) to allow customers to take away; this truly is pioneering in environmental protection. Such innovations are the foundation of social progress, and they provide inspirations and references for us to innovate, change and shape the future.

Professor Sidney C.H. Cheung of the Department of Anthropology at the Chinese University of Hong Kong said, "Hong Kong's past traditions are now becoming an intangible cultural heritage. We do not necessarily have to keep these regional traditions, but we must recognise its values and appreciate the contributions and efforts of the previous generations as this is their life work and experiences." He continued, "Taking the sandalwood fan as an example, the older generation of Hong Kong people relied on this type of low-cost production to make a living, and all sandalwood fans have a certain special production process and are all carved by hand."

香港中文大學人類學系教授張展鴻認為過去的傳統傳承了草根階層的刻苦和移民社區的求變精神。

Professor Cheung of the Department of Anthropology at the Chinese University of Hong Kong believes that our past tradition has inherited the diligence of Hong Kong grassroots and the pioneering spirit of an immigrant community.

瀕臨消失的工藝 不變的精神

檀香扇的歷史可追溯至1960及70年代，當時香港經濟以輕工業為主，九龍油麻地上海街一帶是傳統華人社區的經濟活動樞紐，張教授指出：「過去的傳統傳承了草根階層的刻苦和移民社區的求變精神，我曾在上海街遇到檀香扇莊的第二代，扇莊是由其父親創立於生活艱苦的1960年代，雖然今天他們沒有繼承家族生意，但仍對檀香扇的製作瞭如指掌。最近，一位內地顧客希望買到70年代的檀香扇，扇莊的第二代採用當年的檀香材料，依照40年前的工序去重新製作。」檀香扇的手工藝幾近消失，下一代卻傳承了先賢的精神。

傳統技術：昔日生活的命脈

不少瀕臨消失或已消失的本土傳統技術，讓舊日的港人養活一家，雖然他們生活環境很差，但憑著努力和團結，令香港的經濟突飛猛進，對香港貢獻良多，當中有些技術更永遠留名。

張教授舉例說：「2013年完成的香港非物質文化遺產清單中，豉油釀製技術被列為其中之一，然而由於廠房佔地大，工資成本高，在今日講求生產效率、寸土寸金的香港，只有極少數醬油廠仍沿用傳統釀製方法。」

七十年代的檀香扇。
1970s Sandalwood Fan.

扇莊的第二代依照40年前的工序去製作檀香扇。

Second generation sandalwood fan maker used 40 years old technique to make new fan.

扇莊的第二代找到當年做檀香扇的材料。

Second Generation sandalwood fan maker found the old sandalwood materials.

Disappearing craftsmanship, immutable spirit

The history of the sandalwood fan can be traced back to the 1960s and 1970s. During that time, Hong Kong's economy was dominated by light industry. The Shanghai Street area of Yaumatei, Kowloon was the lively, economic hub of traditional Chinese communities. Professor Cheung pointed out, "Our past tradition has inherited the diligence of Hong Kong grassroots and the pioneering spirit of an immigrant community. I once encountered a second generation successor of a sandalwood fan workshop in Shanghai Street. His father started this hands-on business during the arduous years of the 1960s. Although he did not inherit the family business today, he still possesses intimate knowledge of the making of the fan. Recently, a mainland customer wanted to buy a sandalwood fan from the 70s so the second generation fan maker rummaged through all their old sandalwood materials and re-produced the fan accordingly to the process of 40 years ago." The craftsmanship of the sandalwood fan has almost disappeared, but the next generation has inherited the spirit of their ancestors.

Traditional technique: The lifeline of older generations

Many local traditional techniques that are on the verge of disappearing or have disappeared, have allowed older generations of Hong Kong people to support their families. Although their living conditions were very poor, their hard work and perseverance contributed to the extraordinary progress of Hong Kong's economy. Some of such techniques also have lasting legacies.

Professor Cheung said, "In the 2013 completed list of Hong Kong's intangible cultural heritage, soya sauce brewing technique has been listed. However, due to large plant space and high wage costs, only a handful of soya sauce factories still use traditional brewing methods today."

昔日的油麻地上海街一帶是傳統華人社區的經濟活動樞紐，有些以製作檀香扇為生。

In olden days, Shanghai Street area of Yaumatei, Kowloon was the lively, economic hub of traditional Chinese communities. Some of whom made sandalwood fans for a living.



梁智達醫生回想當年靈實臺的屬靈氣氛已經很濃厚。
Dr. Leung recalled that the spiritual atmosphere at HOHCS was very strong.

傳統技術和精神除了在商業、經濟、藝術及文化等範疇的發展上舉足輕重之外，更帶動社區的成長，例如1950年代只是一片荒原的吊頸嶺(今天的調景嶺)，因著司務道等多位外國宣教士，建立了靈實以及其「尊重生命・改變生命」的傳統，照顧困苦的病人，引起社會關注，更影響將軍澳這個新市鎮的發展。

今天是昨天的延續

昔日在資源匱乏的吊頸嶺，司務道教士和靈實同工為肺病病人提籃施藥、石上診療，這種回應弱勢人士需要的服事，成為靈實的傳統，即使現在已採用先進的醫護設施，但服事的傳統始終如一，並由同工代代延續。曾任靈實醫院院長及現任靈實司務道寧養院(下稱寧養院)院長梁智達醫生回想靈實的發展時，勾起很多難忘的回憶。他稱：「當年司教士必定陪伴晚期病人走完最後一段路，不會讓他們孤單和恐懼，這種精神成為今天靈實提供紓緩治療服務的藍本。」

梁醫生自1987年1月加入靈實醫院，隨後一家搬入靈實宿舍居住。「由於同工大多住在醫院的宿舍，這裡就像一個小社區，彼此互相照顧，不分彼此，那時開始靈實已建立一種僕人領袖的服事。」今天，靈實仍主張僕人領袖的傳統，如每逢新年，靈實的行政總裁都會親身前往各部門向同工拜年及勉勵同工。

In addition to the importance of traditional technique and spirit in the development of business, economics, art, and culture, it also drives the growth of the community. For example, in the 1950s, Rennie's Mill (today's Tiu Keng Leng) was a barren land until foreign missionaries like Sister Annie Skau, founder of HOHCS, established its spirituality and tradition of "Respecting Life • Impacting life", taking care of sick patients. This has aroused public and social attention thus impacting the development of Tseung Kwan O new town.

Today is the continuation of yesterday

In the barren and undeveloped upland called 'Hanging Neck Ridge' (today's Tiu Keng Leng), Sister Annie and our colleagues worked tirelessly to provide medical and spiritual care for patients with lung disease. This spirit of caring for the vulnerable has become a tradition which has remained consistent throughout the years even through advancement in medical technology. When Dr. Antony Leung, the former Medical Superintendent of Haven of Hope Hospital (HHH) and the current Medical Superintendent of Haven of Hope Sister Annie Skau Holistic Care Centre (SASHCC), was reminded of the development of HOHCS, he recalled many unforgettable memories. "In those days, Sister Annie must accompany advanced patients to complete their final journey, and would not let them be lonely and fearful. This spirit has become the blueprint for providing palliative care services till today," he said.

Dr. Leung joined HHH in January 1987, and the family moved into the hospital dormitory. "Because most of the co-workers lived in hospital dormitories, it was like a small community, where everyone took care of each other, regardless. At that time, HOHCS established a servant-leadership." Till today, HOHCS still advocates servant leaders. Every New Year, the CEO will personally go to every department to wish and encourage co-workers.

基督化傳統根深柢固

過往和現在一樣，同工的關係十分密切，敬拜的文化是維繫感情的關鍵之一。梁醫生說：「當年靈實的屬靈氣氛十分濃厚，每天早上同工會到靈實禮拜堂早禱、唱聖詩和查經等，每逢周日亦會一起崇拜，不少同工因此信主。」時至今日，隨著科技的發展，延續傳統的方式也要與時並進。梁醫生認為人與人可以透過科技彼此拉近，他稱：「我也經常用WhatsApp向同工發放有關信仰的訊息，鼓勵他們，讓他們認識福音。此外，靈實現在設有福音事工部，有專責的部門去關顧服務使用者與同工。我們每月第一個星期亦會透過電郵向同工推薦屬靈及栽培生命成長的書籍，又會舉行查經班，牧養同工。」不僅如此，靈實各部門亦會舉辦不同形式的聚會，如祈禱會及啟發課程等，讓同工有機會接觸福音。

傳統即使消失，也只是形態上，其意義和精神永遠存在，影響未來。就如每年平安夜的聖誕傳光儀式，院牧、同工、義工一起到病房報佳音，雖然我們現在以電燈取替蠟燭來傳光，人與事也變遷，但不變的是其意義和精神，目的是要分享耶穌誕生的好訊息。昔日，護士是以師徒制度培育新一班的醫護界精英，並用筆墨來記錄當時的情況；今天，師徒制消失，卻孕育了「靈實專業進修學院」，培訓更多醫療界人材，而科技亦令這些傳統更加有條理地傳承下去。

Deeply rooted Christian traditions

As in the past, all co-workers have very close relationships, and the culture of worship is one of the key reasons in maintaining relationships. Dr. Leung said, "At that time, the spiritual atmosphere of HOHCS was very strong. Every morning, I went to Haven of Hope Chapel with my co-workers to pray, sing hymns, and read the Bible. We worshipped together every Sunday and many of them have believed in God". Today, with the development of science and technology, the way to continue the tradition must keep pace with the times. Dr. Leung believes that people can be closer to each other through technology. He said, "I also often use WhatsApp to send messages about faith to my colleagues, encourage them and let them know the Gospel. In addition, there is Evangelistic Work Department to care for service users and co-workers. We will also recommend spiritual and life enrichment books to co-workers by email every first week of each month. We will also hold bible study classes for co-workers."

Not only that, the various departments in HOHCS also identify different types of meetings, such as prayer meetings and Alpha Course, so that colleagues can have easy access to the gospel.

Even when tradition disappears, it is only morphological. Its meaning and spirit will always exist in affecting the future. Just like the candlelight convocation every Christmas Eve, pastors, co-workers, and volunteers will visit the wards to share the good news. Although we now use electric light instead of candle to transmit the light, what is unchanged is its meaning and the purpose which is to share the good news of the birth of Jesus. In the past, nurses used the mentoring system to train new elites in the healthcare industry, using pen and ink to record every situation. Today, the mentoring system has disappeared and has given birth to the Haven of Hope Professional Training Institute; training and nurturing more healthcare professionals. And with technology, our traditions can be passed on systematically.



在1988-89年度的歡迎晚宴上，梁醫生(右二)在昔日靈實醫院的飯堂與創辦人司務道教士(左二)合照。

At the welcoming dinner of 1988-89, photo of Dr. Leung (second from the right) and Sister Anne Skau (second from the left), founder of HOHCS.

瀕臨消失 的粵劇戲服 縫製工藝

Traditional Hand-stitching of Cantonese Opera Costumes on the Brink of Vanishing



每件頭飾作品均是源叔的心血結晶。
To Uncle Yuen, each headdress is a precious masterpiece.

在本土傳統藝術當中，粵劇較為源遠流長，當大家醉心欣賞粵劇表演時，有否想過一套套華麗的戲服和頭飾，是出自工藝師非凡的巧手和心思？戲服上每個細節都各有含意？粵劇戲服以刺繡為主，巧妙之處在於以不同的圖案，突顯不同角色的身份和地位。例如繡上大鷹或老虎代表臣子、金錢福鼠代表富有的人、不同朝代以不同的龍代表皇帝，而梅花及竹則代表小生和花旦。

投身粵劇戲服界70年的陳國源師傅(下稱源叔)，從當粵劇演員開始入行，後來再轉型至幕後製作頭飾戲服，見證著不同年代粵劇戲服的變遷。他最初學做頭飾，到1960年代才開始做戲服，由於他是演員出身，對戲服頭飾有一定認識，亦了解演員的需要，因此其作品深得不少小生和花旦青睞，其中的著名老倌如靚次伯、梁醒波和鄧碧雲等，都是他的捧場客。

源叔回想說，1950年代香港很少娛樂，粵劇因而極受歡迎，造就了戲服行業，單是中環已有不少戲服公司。早期的戲服以米白色真絲製造，再用染料染成不同顏色，既名貴又輕巧，而且以刺繡為主，靠人手一針一針繡上不同圖案，其後發展至釘上由海外運來的七彩膠片，令戲服閃閃生輝，近年則流行衣車繡花。

源叔的家恍如戲服倉庫，放滿他的作品，由1920年代繡有兔毛的紅色戲服，以至近年的仿珍珠及鑽石金冠，每件都是他親手設計和打造的心血結晶。不過，源叔坦言自己年紀已大，很難再找人承繼手造頭飾的技藝。「每造一頂頭冠需用上兩星期，即每個月最多只能造兩頂，但收入卻不成正比，所以很難有人願意入行。」近年本港只餘少數生產戲服工匠，加上國內工資比香港便宜，令戲服生產線轉到內地。

不過，源叔始終是行內老行尊，有一定的客源，因此對他影響不算大，他近年更為兒童粵劇製造戲服，希望繼續為傳承這傳統藝術文化出力。

Cantonese Opera is among the various local traditional arts that has a rather long history of culture. While indulging in the performance of Cantonese Opera, have you ever thought of the ornate opera costumes and headdresses being crafted by the extraordinary skillful hands and detail-minded costume maker? Believe it or not, each particular of a costume is embedded with special meaning. Cantonese Opera costume is primarily featured with embroidery. Its uniqueness rests upon the different patterns on the costume, identifying different roles and statuses of various characters. For instance, a costume bedecked with a big eagle or tiger represents a minister; a Chinese bat with gold coins represents wealthy people; different dragons represents the emperor in different dynasties; while plum blossom and bamboo represent "Siu Sang" (literally means young gentleman) and "Fa Dan" (literally means supporting female) respectively.

Chan Kwok-yuen (Uncle Yuen), a master costume and headdress maker for Cantonese Opera, has been devoting himself to this aesthetic industry for 70 years. Witnessing the ups and downs of Cantonese Opera, Uncle Yuen started his career as a Cantonese Opera actor, then switched to producing opera costumes and headdresses behind the curtain. Uncle Yuen first learned the skill of making headdresses, then not until 1960s that he began to make opera costumes. He has acquired a better understanding of opera costumes and headdresses, as well as the needs of performers, thanks to his background as an actor. Thus, Uncle Yuen's masterpieces have been highly praised and adopted by many "Siu Sangs" and "Fa Dans", among whom were prominent performers Lan Chi-pat, Leung Sing-por and Tang Bik-wan, to name a few.

Uncle Yuen recounted that there were not many entertainments during the 1950s of Hong Kong, enabling the prosperous development of Cantonese Opera, and so as the opera costumes industry. At that time, there were many opera costumes shops in Central. In early times, opera costumes were mainly made of real silk in beige-white, then dyed into different colours. The embroidered piece looks elegant and is light and handy. It is beautifully embroidered with different patterns stitched by hands. The trend, later, developed into stitching plastic pieces imported from overseas, making the opera costumes dazzle. In recent years, it is more common to use embroidery machines in the production of Cantonese Opera costumes.

Uncle Yuen's home is just like a store room for opera costumes where he keeps his masterpieces, from the red costume bedecked with rabbit fur in 1920s, to the recent golden crown decorated with imitated pearls and diamonds. Each piece is precious designed and stitched by his hands. Uncle Yuen admitted, however, that he is getting old and is difficult to find a successor to inherit his hand-making skills. "It takes about two weeks to make a crown, which means you can only make two pieces in a month. The salary is far from enough to compensate the production time. That is why few people want to engage in this industry", he said. Uncle Yuen pointed out that now there are only a few opera costumes makers in Hong Kong, and that the cheaper Chinese labour cost has also led to relocation of the production lines to the Mainland China.

Yet the effect on Uncle Yuen is minimal as he is a veteran costume maker and has secured some "loyal customers". Recently, Uncle Yuen even makes costumes for junior Cantonese Opera, in the hope of making continuous contributions to pass on this traditional Chinese culture.



1920年的戲服繡有兔毛裝飾，源叔一直保存至今。
Uncle Yuen retained the 1920s' opera costume bedecked with rabbit fur.

RESPECTING LIFE BLOG

尊重生命 BLOG



靈實恩光學校 Haven of Hope Sunnyside School

親子宿營：一眾學生與家長難得在外宿營，並與老師一同玩遊戲。

Family Camping: Students and their parents treasured the opportunity of camping and played games with teachers.

靈實司務道寧養院 Haven of Hope Sister Annie Skau Holistic Care Centre

社工安排院友在寧養院舉行個人攝影展。當天，院友家屬、教會肢體及寧養院一眾同工均出席支持，同工更為這次攝影展舉行簡單而隆重的剪綵儀式。

Arranged by social workers, a patient of the SASHCC was able to host a photography exhibition in the Centre. Family members of the patient, the Church and co-workers of the SASHCC showed their support and attended a simple but solemn ribbon-cutting ceremony.



靈實全護通 Haven of Hope TotalCare



愛家人，趁著白晝，為生命增添陽光色彩。
Love our family members! Fun-filled our lives with bright sunlight in daytime.



共享美食，感恩共聚歡愉。
Enjoy food and the precious moment of gathering.

傳訊及籌募部 Communications and Resource Development Department

為使更多人認識兒童粵劇及宣傳2019雛聲頌揚：兒童粵劇折子戲，我們在大型商廈舉行粵劇戲服展覽。

For the sake of promoting junior Cantonese Opera and the "Joyous Moment: Junior Cantonese Opera Charity Performance 2019", we staged a gallery displaying Cantonese Opera costumes in commercial building in Hong Kong.

2019靈實耆樂餅義賣籌款公開義賣日已在11月2及3日順利舉行，為靈實非政府資助長者服務籌募經費，再次感謝同工和義工們落力幫忙。

The HOHCS Qile Cake Open Sale was held on 2 to 3 November 2019, raising fund for HOHCS' non-subservent elderly services. Hats off to the co-workers and volunteers for their vigorous support.



靈實創毅中心 Haven of Hope Integrated Vocational Rehabilitation Services Centre

服務使用者在「午間鬆一鬆」時製作不同的創意手工，他們在當中彼此認識、加強溝通。

Service users made creative craftworks during the "Lunch Break with Fun", also getting to know one another and fostering communications.



IMPACTING LIFE STORY

改變生命的故事

無懼低谷 相伴同行

Standing Side by Side
to Brave the Rough Sea



「慶幸遇上你，否則我不知怎樣……」麥婆婆握著社工溫嘉曦的手並眼帶淚光說。麥婆婆由於在長者中心意外跌倒，導致腰椎橫突及患有嚴重腰背痛，影響活動能力。從前麥婆婆每天堅持到長者中心活動，更會到市場買餸；現在她頓失方向，只能待在家中休養，生活上必須依賴家人的協助，情緒難免受到影響。麥婆婆與女兒預見出院後所面對的壓力及困難，便向醫院申請靈實的長者離院支援服務，盼望上門的復康運動能幫助麥婆婆加快復原。

麥婆婆出院後，靈實的社工便上門家訪以了解她的整體情況。當時，面容疲倦的麥婆婆沒有笑容，腰背痛令她坐立不安、寸步難行及寢食難安。出院初期，她必須配戴腰封以固定傷勢及利用助行架輔助步行。社工留意到麥婆婆因擔心日後生活要完全依賴他人照顧，故出現自我封閉的情況，而且對生活開始失去信心。

經社工的專業評估後，麥婆婆的日常生活主要受疼痛影響，便建議她接受復康運動，期望透過物理治療師的評估及專門設計的運動能減輕患處的痛楚，改善活動能力。起初，麥婆婆對使用電療機進行復康運動的成效存疑，態度有所保留，經社工講解電療機的使用、效用及舉出以往成功的例子後，麥婆婆終於接受服務。每次進行復康運動時，健康服務員會細心講解運動流程，並按照麥婆婆的狀況來利用電療機舒緩痛楚。經多次的電療後，她的痛楚及活動能力有明顯改善，而且更能外出走廊活動。此外，我們又為她提供陪診服務，並解釋家居安全的重要性；而職業治療師亦到訪，為其家居作家居安全環境評估。

麥婆婆在我們及女兒的照顧下，情況逐漸改善。麥婆婆致電社工講述她的情況，社工可在話筒裡感受到她的喜悅。後期，麥婆婆更可撐著拐杖到長者中心活動，生活慢慢重上軌道，並回復對生活的信心。在服務完結前，社工再次上門探訪她，當時她已不用配戴腰封，並撐著拐杖步行及可自行燒飯、煲湯。麥婆婆看見我，便握著我手，眼帶淚光說感激有靈實的適切及耐心的照顧，令她可從病患中走出來，恢復從前的生活模式。

[轉載自《靈實愛相傳65》
作者：溫嘉曦 (社工 / 長者離院綜合支援計劃 -
靈實家居長者照顧隊 (觀塘)]

"I am more than lucky to have you, or else I wonder what will have happened to me " said Po Po Mak with tears as she grabbed tight my hands. Po Po Mak has been suffering from lumbar vertebrae transverses after an accidental fall in the elderly centre. In addition to her serious back pain, Po Po Mak's physical ability was adversely affected. In the past, Po Po Mak went to the elderly centre and wet markets every day; but now, she was at a loss. The only thing she could do after discharging from hospital was to stay home, take rest and rely on her family members' assistance in daily living. Anticipating that Po Po Mak would be beset with pressure and challenges, her daughter applied for HOHCS' Integrated Discharge Support Programme for Elderly Patients. She hoped that the rehabilitation exercises at home would help speed up her mother's recovery.

After discharging from the hospital, HOHCS' social workers visited Po Po Mak to examine her overall situation and needs. Seeing no smile on her face, Po Po Mak, at that time, was very tired and restless due to the back pain; what's more, she found it difficult to walk and lost appetite. She had to wear waist belt to fix the injury and use walking frame to assist walking. Our social workers particularly noted that she seemed to lose confidence in future living and become self-contained as she was so worried about having to fully dependent on other people.

According to social workers' professional assessment, Po Po Mak's daily living was largely affected by her pain. Therefore, it is suggested that she took part in rehabilitation exercises, in the hope of reducing pain and enhancing physical ability by taking physiotherapist's advice and tailored rehabilitation exercises. When getting started, Po Po Mak was a bit suspicious about the effectiveness of using transcutaneous electrical nerve stimulation for rehabilitation. Not until social workers explained in details about its usage and effects with successful cases that Po Po Mak eventually agreed to use the service. Before conducting the treatment, health worker would expound on the progress of exercise and adjust the transcutaneous electrical nerve stimulation in accordance with Po Po Mak's situation so as to alleviate pain. After several times of treatment, Po Po Mak saw substantive improvement on reducing her pain and enhancing movement capability, and that she could even walk along the corridor. Besides, we particularly arranged out-patient escort service for Po Po Mak and explained to her about the importance of home safety. Occupational therapist also visited her to assess the environment of home safety.

With holistic caring from her daughter and our team members, progress has been made gradually. We were more than happy to hear Po Po Mak's pleasant voice and share her happiness over the phone when she talked to our social workers. Later, she was able to go to the elderly centre herself using a crutch. Po Po Mak regained her confidence in living as she continued to keep it up. Before drawing this case to a close, we visited Po Po Mak again and found that she no longer had to wear a waist belt. She could use a crutch to assist walking and cook for herself. When Po Po Mak saw me, she simply held my hands and burst into tears, expressing her gratitude towards HOHCS' timely and attentive caring. Po Po Mak can now walk out from sickness and resume a normal life.

[Excerpt from "Inheriting Love • 65";
Author: Wan Ka-hei (Social Worker/Integrated
Discharge Support Programme for Elderly Patients -
Haven of Hope Home Support Team (Kwun Tong)]





余牧師（後左）曾幫助不少人在心靈裡尋回人生的意義和價值。

Rev. Yu (back row, the left) has been helping many people to retrace the meaning and values of life.

心靈關顧院牧： 助人尋回人生意義 和價值

Spiritual Caring Chaplain to Retrace Life Meaning and Values

一句鼓勵的說話，一個支持的手勢，會令人得到心靈上的安慰，把一切變得更正面和積極。靈實社區福音事工組主任傳道余佩儀牧師擔任心靈關顧工作超過20年，面對復康智障的學員，她更感受到他們對靈性關懷的需要。

余牧師縷述她的體會：「復康中心最近進行大裝修，中心的活動、甚至宿舍都有新的安排，要智障學員適應新的環境，是一件十分困難的事。當智障學員轉了新的飯堂，他們會拒絕吃飯；當他們轉換了宿舍，又會感到不安，難以入睡。」這時候，中心的同工要面對很大的挑戰，並希望讓這班學員接受心靈治療，以幫助他們順利適應新的轉變。

有需要的學員被安排與余牧師進行個別對談。「在與學員進行心靈治療時，我們若稱呼其名字，他們會感受到被關懷，所以我會先呼喚他們的名字，然後又說：拍拍手，拍拍手，耶穌很愛你，這可引導他們離開不安的情緒。」余牧師說：「當學員與我們一起說耶穌很愛你，並用手指互相指著對方時，他們的不安情緒會在遊戲過程中得到轉化及釋放，感覺到自己被關心和被愛，而最重要是被耶穌所愛。只要與他們重複地做這些動作，他們便能慢慢放鬆，心情也愈來愈好。他們的心靈得到治療，才會肯睡覺和吃飯。」

對智障人士來說，余牧師認為最重要是給他們認識天上的父親，讓他們知道世上有一位父親疼愛和看顧他們，他們便會感受到被愛和被重視，然後感覺自己進入安全區，愉悅的反應便會重現。

每個人也需被關顧

余牧師過去曾幫助不少靈實的服務使用者、家人和同工，與他們進行心靈治療，旨在協助他們重尋生命的平安，以及讓他們在心靈裡尋回人生的意義和價值。那麼人需要心靈治療呢？她表示：「任何人都需要靈性關懷，而且人人都可關懷別人的心靈，例如在工作的地方，我們可以經常用正面的說話去造就別人，用積極的行動去鼓勵其他人，給對方肯定。若我們認定這些美善行動的價值及意義，工作的動力亦有所提升。」

透過畫畫，復康學員得到心靈的關懷。

Through drawing, the rehabilitating students acquired a sense of spiritual care.



An encouraging rhetoric, coupled with a bolstering gesture, can help soothe the soul, bringing about positive and proactive changes. Rev. Yu Pui-yee, Senior Chaplain of the Community Evangelistic Work Unit, who has been engaging in the spiritual caring work for more than 20 years, well understands how important spiritual caring could mean to the mentally handicapped students in the journey of rehabilitation.

Sharing her experience, Rev. Yu recalled, "Due to the recent massive renovation of the rehabilitation centre, new arrangements have been made to both activities and hostel of the centre. Those mentally handicapped students may find it difficult to adapt to the new environment. Take, for example, they may refuse to have meals in the new canteen; or feel uneasy or suffer from insomnia in the new living place." Rev. Yu asserted that it poses great challenges to co-workers of the centre. Hence, they deem the provision of psychological and spiritual treatment to the handicapped students as pivotal to assisting them in coping with new changes.

Dialogue with Rev. Yu will be arranged for students in need. Rev. Yu said, "In the course of spiritual counseling, trainees will feel heart-warmed if you call them by names. So, I will first call their names, then comfort them by asking them to clap their hands, telling them that Jesus Christ loves them much. This might help channel their feeling of insecurity." She continued that when trainees chant together "Jesus Christ loves you" and use their fingers pointing at one another, their sense of unease will be transformed and unleashed in the process of playing games. They will then have a sense of being embraced with caring and love, and most importantly, receiving the love of Jesus Christ. As long as they repeat the motions, a feeling of relaxing in good mood will be generated gradually. Only by taking psychological and spiritual care treatment can the impaired students get to sleep and eat.

To Rev. Yu, what seems to be the most important is to introduce our heavenly Father to those mentally handicapped, letting them know that there is a Father God who loves and cares about them. Once they feel being loved and valued, they will feel like entering into a "security zone" with a reflection of happiness.

Everyone is in Need of Care

Rev. Yu has long been helping many HOHCS service users, family members and co-workers, providing spiritual caring for them. She aspires to bring peace again to their life, as well as retrace the meaning and values of life deep down in their soul. Then, who should receive the spiritual caring? Rev. Yu contended that "Everyone needs spiritual caring, and that it has never been easier for people to care about others' spiritual needs. We can render positive rhetoric to our co-workers in workplace, taking proactive approach to encourage and give recognition to others. If we acknowledge the values and impacts of these goodness and mercy, it will be conducive to boosting the working momentum."

YOU CAN CHANGE THE WORLD

您的支持帶來改變

劉千石： 一次相遇 廿載扶持 Lau Chin-shek： An Encounter of Support For Two Decades

「我們應當彼此相愛，因為愛是從神來的。凡有愛心的，都是由神而生，並且認識神，沒有愛心的，就不認識神，因為神就是愛。」(約翰壹書4:7-8)。在1975年受洗成為基督徒的劉千石(下稱石哥)，一直本著這份愛心，為不同的慈善團體出力，靈實是其中之一。

石哥與靈實的合作淵源，可追溯至1990年代初。當時，石哥任職於香港基督教工業委員會，而該會的時任董事會主席，是時任靈實董事會主席陳立僑醫生，石哥遂參與了粵曲籌款晚會，為靈實醫院舒緩治療服務籌募經費，因而認識了靈實，並得悉靈實的服務不止於醫療，還有長者、健康及復康服務。

「轉眼間，認識靈實已有二十多個年頭，我一直很欣賞他們踏實地服事社會上有需要的人，並尊重每個生命。因此，每當靈實邀請我參與慈善籌款活動，我都很樂意支持。」

身兼本港著名兒童粵劇演出團體 - 聲輝粵劇推廣協會(下稱聲輝)名譽會長的石哥，自小被粵劇千變萬化的特質所吸引，他說，不同演員有不同唱腔，演繹也有不同，亦能打動人心。他認為，粵劇有其獨有價值，實在值得政府以至每個香港人珍惜這份藝術，並承傳下去。事實上，石哥推動粵劇的工作，自1969年實驗粵劇團開始，至今剛好50年。他目前是聲輝粵劇推廣協會的名譽會長，矢志繼續推廣本土粵劇文化，希望薪火相傳。

石哥與靈實合作已有超過20年時間，他很欣賞靈實踏實地服事社會上有需要的人，尊重每個生命。
Shek Gor has been collaborating with HOHCS for more than 20 years. He hails HOHCS for providing pragmatic services for the needy in the community, as well as respecting life.

石哥說：「以前跟學戲的人，只可在台板邊的『虎度門』偷望老倌台上演出從而偷師，現在學戲的人則幸福得多，可以有專門的老師教授。」石哥期望，現代的粵劇演員可以提高表演水平，以吸引更多觀眾入場。

除了推動粵劇文化，他更把這份熱誠化成慈善力量，帶領著聲輝連續五年為靈實不同的服務單位籌款，期盼可凝聚關注弱勢的力量。每當聲輝為靈實作慈善演出前數個月，石哥都積極參與籌備工作，從選擇場地、演出日期、宣傳、邀請嘉賓名單以至演出安排細節等，他都給予寶貴意見，更親自致電鼓勵其身邊的朋友、官商名流、以往的工作夥伴等，購票或捐款支持。因此聲輝每次演出都賣個滿堂紅，除了聲輝一向叫好叫座之外，石哥亦功不可沒！

對行善毫不吝嗇、寫得一手好書法的石哥，在去年和今年均捐出親筆書寫的聖經金句墨寶，讓靈實製作揮春及月曆，用上帝的話語祝福大家。

石哥與靈實的合作可謂從不間斷，他期望彼此的良好關係可持續，一起幫助更多弱勢人士。

"Let us love one another, for love is from God; and everyone who loves is born of God and knows God. The one who does not love does not know God, for God is love" (1 John 4:7-8). Lau Chin-shek (Shek Gor) was baptised in 1975. He has been wholeheartedly devoting himself in support of different charity organisations, among which is HOHCS.

The long-standing collaborative relationship between Shek Gor and HOHCS can be traced back to the early 1990s. He was working at Hong Kong Christian Industrial Committee while Dr. Ding Lik-kiu was the Chairman of Board of Directors of the Committee and the Chairman of Board of Directors of HOHCS then. The relationship facilitated Shek Gor's participation in a fundraising Cantonese Opera for Haven of Hope Hospital's palliative care service. Since then, he got to know more about HOHCS' services, ranging from not only medical treatment, but also elderly, health and rehabilitation services.

Shek Gor said, "Time flies. I have been knowing HOHCS well for more than 20 years. I particularly appreciate HOHCS' persistence in providing pragmatic assistance to the needy in our community, and respecting life. Therefore, I am more than happy to render support to HOHCS' charity events whenever receiving invitations."

Shek Gor also assumes the Honourable Chairman of Sing Fai Cantonese Opera Promotion Association Limited (Sing Fai), a renowned organisation of junior Cantonese Opera in Hong Kong. He said he has been fascinated by the overarching Cantonese Opera since childhood. Different voices and presentation styles of actors appeal to touch Shek Gor's soul. He asserted that the Hong Kong government and people should treasure and pass on the unique values of Cantonese Opera.

Shek Gor is one of the pioneers in promoting Cantonese Opera. His mission commenced when he joined the Group of Hong Kong Experimental Cantonese Opera in 1969. He has devoted 50 years to the development of Cantonese Opera and has taken up the post of Sing Fai's Honourable Chairman. He aspires to promote the indigenous Cantonese Opera culture, and pledges to pass it on to the next generations.

每年的雛聲頌揚慈善演出，石哥(右四)都親力親為到場為小演員打氣。
Every year, Shek Gor (fourth from the right) presents at the show venue of "Joyous Moment: Junior Cantonese Opera Charity Performance" to boost momentum for the junior Cantonese Opera actors.

Shek Gor continued, "In the past, opera apprentice could only stealthily observe the performance of veteran actors far away at the stage entrance. Now, it is so good that they can learn from professional lecturers". Shek Gor hopes that Cantonese Opera performers can scale up their performance standards so as to attract more audiences.

Apart from promoting Cantonese Opera culture, Shek Gor turns his enthusiasm into charity force, leading Sing Fai, for the fifth consecutive years, to raise fund for various service units of HOHCS. He wishes to draw together the forces that pay heed to the needs of the unprivileged groups. Every time when Sing Fai is committed to performing in a charity show, Shek Gor will proactively take part in the preparation work several months ahead of the show time. From venue selection, performance date, publicity, guest invitation to arrangement details, Shek Gor is always there to give invaluable opinions. He even initiates to call his friends, officials, business people, celebrities, and ex-colleagues, asking them to support the donation. No wonder that Sing Fai guarantees full house for every single performance. The success is not only attributed to Sing Fai's appealing and excellent performance, but also Shek Gor's unfailing efforts!

Shek Gor, who is generous and good at Chinese calligraphy, gave HOHCS the right to publish his calligraphy of Bible verses in these two years. These calligraphy pieces have been issued as spring couplets and calendar by HOHCS, spreading the God's blessings to people.

Shek Gor hopes that the seamless collaboration with HOHCS will last for long so as to join forces in helping more people in need.



WHAT'S NEW 最新消息

基督教靈實協會慈善專場《木蘭傳說》 為靈實胡平頤養院擴建計劃籌募經費 HOHCS' Special Charity Show "The Legend of Mulan" Fund-raising for Expansion of Woo Ping Care & Attention Home

粵劇文武生衛駿輝一直推廣粵劇，並致力行善，今年已是她連續3年透過慈善粵劇支持靈實的事工。衛駿輝率領鳳翔鴻劇團製作新編粵劇《木蘭傳說》，以破天荒VR立體投影，並加插科技的元素，為靈實胡平頤養院擴建計劃籌募經費。

Wai Chun-fai, a wenyusheng (taking the civil-military role, or the principal male role) of Cantonese Opera has been sparing no efforts in promoting this Chinese art form, and is committed to taking part in charity activities. For the third year in a row, Wai continued to support HOHCS' work through performing in this year's charity Cantonese Opera. Wai led the Fung Cheung Hung Troupe in production of the re-arranged Cantonese Opera entitled "The Legend of Mulan". Aiming to raise fund for the expansion project of the Woo Ping Care & Attention Home, the newly arranged "The Legend of Mulan" made a breakthrough in blending virtual reality (VR), 3D imaging and scientific element with the performance.

慈善專場《木蘭傳說》詳情：

日期：2020年1月11日(星期六)
時間：下午3時正
地點：西九文化區戲曲中心大劇院
榮譽顧問：吳仕福 GBS, 太平紳士
藝術顧問：李奇峰
製作總監：衛駿輝
領銜主演：衛駿輝、梁兆明
八大台柱聯合演出：

陳鴻進、宋洪波、吳立熙、李沛妍、謝曉瑩、
莫華敏、黃春強、廖國森

捐款請致電：**2703 3392 或 2703 3373**
(星期一至五上午8時30分至下午5時)

歡迎上HOHCS e-Touch shop捐款：
www.hohcs-etouch.org.hk/mulan2020



Details of Special Charity Show "The Legend of Mulan":

Date: 11 January 2020 (Saturday)
Time: 3pm
Venue: Grand Theatre,
Xiqu Centre of the West Kowloon Culture District
Honourable Consultant: Ng Sze-fuk, GBS, JP
Art Consultant: Lee Kei-fung
Production Director: Wai Chun-fai
Starring: Wai Chun-fai, Leung Siu-ming
Jointly Performed with Eight Principals of Cantonese Opera Troupes:
Chan Hung-chun, Song Hong-bo, Ng Lap-hei, Li Pui-yan,
Tse Hue-ying, Mo Hua-min, Huang Chun-qi, Liu Kwok-sum.
For donation please contact:
2703 3392 or 2703 3373 (Mon to Fri: 8:30am to 5pm)
Appreciation for visiting the HOHCS e-Touch shop for donation:
www.hohcs-etouch.org.hk/mulan2020



用愛擁抱晚晴慈善音樂會2020 為靈實司務道寧養院服務發展籌募經費 "Embrace the Last Journey with Love" Charity Concert 2020 Fund-raising for Service Development of Haven of Hope Sister Annie Skau Holistic Care Centre

悅耳柔揚的音樂能振奮人心，使人得到喜樂和平安，亦能紓緩哀傷的情緒。今年靈實首次和熊熊兒童合唱團合作舉行「用愛擁抱晚晴慈善音樂會2020」，為靈實司務道寧養院服務發展籌募經費。

屆時熊熊兒童合唱團將會演唱不同類型的歌曲，藉著悠揚悅耳的歌聲、優雅動人的旋律，向各位訴說生命的意義及頌揚天父的大愛。節目精彩，萬勿錯過！

Delightful and endearing music serve to empower people, embracing joy and peace that help soothe sadness. This year HOHCS, for the first time, joins hands with the Bear Music Limited to organise the "Embrace the Last Journey with Love" Charity Concert 2020, with the aim of raising fund for service development of Haven of Hope Sister Annie Skau Holistic Care Centre.

The Bear Music Limited will perform different types of songs. Amplifying its beautiful and pleasant voice, as well as soul-touching melodies, the Bear Music Limited will highlight the meaning of life and praise the greatest love of God. Don't miss this astonishing performance!

用愛擁抱晚晴慈善音樂會2020詳情：

日期：2020年2月16日(星期日)
時間：下午2時
地址：基督教家庭服務中心一樓禮堂
(九龍觀塘翠屏道3號)
票價：\$2000、\$1000、\$680、\$380、\$180
捐款、購票或節目查詢，請致電：
2703 3392 或 2703 3373
(星期一至五上午8時30分至下午5時)

歡迎上HOHCS e-Touch shop捐款或捐贈門票予長者：
www.hohcs-etouch.org.hk/bearbear2020

Details of "Embrace the Last Journey with Love" Charity Concert 2020:

Date: 16 February 2020 (Sunday)
Time: 2pm
Venue: 1/F, Auditorium, Christian Family Service Centre
(3 Tsui Ping Road, Kwun Tong, Kowloon)
Tickets: \$2,000, \$1,000, \$680, \$380, \$180
For donation, ticketing or enquiry, please contact:
2703 3392 or 2703 3373 (Mon to Fri: 8:30am to 5pm)
Appreciation for visiting the HOHCS e-Touch shop for donation or donating tickets to elders:
www.hohcs-etouch.org.hk/bearbear2020



HEALTH TIPS

健康知多少？

透視和預防骨質疏鬆症

Screening and Prevention of Osteoporosis

骨質疏鬆要及早預防，女性進入更年期是骨質下降的高危期，故此必須謹記預防骨質疏鬆，而且特別要保護骨骼。就讓大家以幾分鐘時間，加強對骨骼健康的認識。

問：什麼是預防骨質疏鬆的三大要素？

答：1. 保持活躍、多走動及多做運動。

2. 注意飲食，多進食含有鈣質、維生素D及脂肪較低的食物。

3. 多參與戶外活動，增加吸收維他命D及陽光。

問：恆常運動雖是老生常談，但要做多少運動及有多頻密才算足夠？

答：一個簡單原則供大家參考：

一星期最少三次，每次最少三十分鐘的帶氧運動。

問：為何年紀愈大愈容易跌倒？

答：近年研究發現，腰背姿勢失衡會影響下肢肌肉活動，導致容易跌倒。正常的腰部弧度是微微向前彎，形成所謂S形，而上身的重心落在盤骨中間。我們習慣長時間坐著，或常常向前彎腰，令腰的正常弧度消失，坐臥梳化時更甚，久而久之會令腰部弧度變成C形。當腰的S形消失，身體重心傾前，容易產生肌肉疲勞，亦影響下肢肌肉。年長了，腰的弧度很難再改變過來，故此容易跌倒。

問：長者萬一不慎跌倒導致骨折，可以怎辦？

答：三個重要原則必須留意：

1. 把內科疾病(例如：糖尿病或高血壓)控制好。
2. 讓受傷的部位接受適當訓練，恢復功能。
3. 整理身體活動能力及腰背姿勢，預防再次跌倒。

問：我已經五十歲了，有什麼要預防？

答：五十歲的中年人士要預防骨質疏鬆和跌倒。

預防跌倒有三個基本功：

1. 要保持肌肉力量及反應，恆常運動，例如耍太極、急步行、踏單車等。
2. 訓練平衡力，注意平衡下肢的一些特別技巧，例如練習單腳企和踏步運動。
3. 調整腰背姿勢，訓練下腰肌肉，常做伸展運動。

It is important to prevent osteoporosis as early as possible especially for the postmenopausal women who have the greatest risk for it. Apart from prevention, it is equally important to protect the bones. Let's spend a few minutes to learn how to strengthen our bone mass.

Q: What are the three major factors of preventing osteoporosis?

- A: 1. Stay active all day : keep walking and exercising.
2. Mind your diet: eat food rich in calcium, vitamin D and of less fat.
3. Engage in more outdoor activities to increase higher Vitamin D and sunlight absorption.

Q: Perhaps, "regular exercises" may sound like a cliché. Literally speaking, how much exercise do I need and how often is it enough for me?

A: Here is a simple rule for your reference, try to do some aerobic exercise for at least 30 minutes every day; and at least thrice weekly.

Q: Why does our balance get worse as we grow older?

A: From the recent studies, we found that imbalanced postural control of the low back will undermine the muscular strength of the low limbs; thus causing more prone to falls. Normally our spine has three natural curves that form an S-shape with the arc of the lower lumbar region slightly bending forward. So most of the weight of our upper body is centred in our pelvis. For those people living a sedentary lifestyle or bending their lumbar region forward will gradually lose the normal arc in the low back. Instead, a C-shape will be formed in the region over time. When this natural S-shape disappears, the entire body will bend forward; resulting in strain and muscular fatigue. This will indirectly weaken the muscles of our lower limbs. But as people age, it will be hard for them to readjust their body curvatures. Therefore they are more prone to fall over.

骨科患者在手術或出院後，需要適切的復康訓練，其心靈也需被關顧。一直致力為長期病患提供全人照顧服務的靈實司務道寧養院，為骨科患者跨出新一步，推出「骨科復康住院計劃」，查詢請致電：**2703 3000**

When a patient is discharged from the hospital or after the orthopedic surgery, he requires not just a tailor-made rehabilitation treatment plan; but also to be cared for. Haven of Hope Sister Annie Skau Holistic Care Centre strives to offer a holistic service for the chronic patients. For sure, the launch of "Orthopedic Rehabilitation and Hospitalisation Plan" has rendered a great step forward for the orthopedic patients. **For enquiries, please call at 2703 3000.**

Q: What can I do if an elder falls accidentally that results in bone fracture?

A: Bear in mind these 3 important principles below:

1. Well manage the internal medicine diseases (such as diabetes or hypertension).
2. Restore the injured part to its normal functions through suitable training.
3. Adjust the physical activity and low back posture to strengthen the muscles and to prevent any further falls.

Q: I am 50 years old now, what can I do to prevent osteoporosis and falls?

A: For the middle-aged people over 50 years old, the 3 following points are the basics:

1. Exercise regularly to keep up the muscular strength and resilience such as playing taichi, jogging and cycling.
2. Balance training especially to learn some skills to strengthen the muscles of the lower limbs, such as single leg standing and stepping exercises.
3. Adjust the low back posture and train the low back by doing back stretching exercises from time to time.

撰文：靈實司務道寧養院骨科醫生熊良儉
Written by: Dr. Hung Leung-kim, Orthopedic Doctor,
Haven of Hope Sister Annie Skau Holistic Care Centre

中年人士要經常做運動，
預防骨質疏鬆和跌倒。

The middle-aged people must
do regular exercises to prevent
osteoporosis and the falls.

MESSAGE TO DONORS

給捐贈者的話

靈實2018/19年度服務接近八十三萬人次 In 2018/19, HOHCS served nearly 830,000 people (in man times)

秉承「尊重生命・改變生命」的精神，靈實積極為市民提供長者服務、復康服務及健康服務。我們以基督信仰為基礎，傳承創辦人司務道教士積極進取的精神，愛心關懷貧窮及有需要的人，幫助他們改變生命。2018/19年度，靈實服務接近八十三萬人次。

Upholding the spirit of "Respecting Life • Impacting Life", HOHCS offers elderly services, rehabilitation services and health care services. Geared by our Christian faith, we inherit our founder, Sister Annie Skau's progressive spirit to care for the poor and needy. Through our service, we respect life and impact life. In 2018/19, HOHCS served nearly 830,000 people (in man times).

關懷長者服務 Care for the Elders

受惠人次：**133,799**

受惠對象：體弱長者、綜援*長者、貧困長者、獨居長者、缺乏支援網絡之長者、認知障礙長者及貧窮護老者等

No. of man time: **133,799**

Beneficiary: Frail elders, elders receiving CSSA*, poor elders, solitary elders, elders with poor support network, elders with cognitive impairment, poor carers, etc.

健康服務 Health Care Services

受惠人次：**306,318**

受惠對象：健康長者、社區市民、晚期病人

No. of man time: **306,318**

Beneficiary: Healthy elders, community dwellers, late-stage patients

慈惠醫療服務 Charity Medical Services

受惠人次：**19,366**

受惠對象：綜援*人士、低收入家庭、65歲或以上長者、於醫院管理局等候白內障摘除手術並缺乏家庭支援的長者、接受綜援*或獲醫療豁免之晚期病人

No. of man time: **19,366**

Beneficiary: Individuals receiving CSSA*, low-income family, elders aged over 65, elders who are queuing for cataract surgery at Hospital Authority and without family support, late-stage patients who are receiving CSSA* or medical waiver

照顧殘疾人士及智障人士服務 Care for People with Disabilities

受惠人次：**163,843**

受惠對象：殘疾人士、智障人士及其家人、綜援*人士

No. of man time: **163,843**

Beneficiary: people with physical disabilities, people with intellectual disabilities and their family, individuals receiving CSSA*

福音關懷事工 Gospel Care

服務人次：**63,618**

對象：院舍長者、智障人士、社區人士、靈實同工

No. of man time: **63,618**

Target: Service users in elderly home, service users with intellectual disabilities, community dwellers, staff of HOHCS

促進社區家庭健康活動 Activities for Enhancing Community Health Development

受惠人次：**141,770**

受惠對象：社區家庭及兒童、低收入家庭

No. of man time: **141,770**

Beneficiary: families and children in community, low-income family

*綜援：綜合社會保障援助計劃

*CSSA: Comprehensive Social Security Assistance

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RESPECTING LIFE • IMPACTING LIFE

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基督教靈實協會創立於一九五三年，是一所非牟利的社會服務機構，透過關懷全人的事工，致力與人分享福音及建立基督化社群，在基督的愛中，以關懷、專業及進取的精神提供服務，使服事者及被服事者彼此建立更豐盛的生命。

Haven of Hope Christian Service (HOHCS) is a non-profit social organisation founded in 1953. Through a ministry of holistic care, HOHCS strives to share the Gospel and develop a Christian community. In the love of Christ, HOHCS delivers services in a caring, professional and progressive spirit so that the lives of those serving and being served are mutually enriched.

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