

E	POSTAGE PAID	Permit
	HONG KONG	No.
	PORT PAYE	3170

BULK ECONOMY

# 靈感

# HAVEN OF HOPE NEWS

JAN 2018

## 專題 THEME

靈實「愛心傳遞」慈善計劃  
 改變基層長者的生活  
 Haven of Hope "Food Pack with Love"  
 Charity Programme: Changes the life  
 of the underprivileged elders

基督教靈實協會 Haven of Hope Christian Service

香港新界將軍澳靈實路七號 7 Haven of Hope Road, Tseung Kwan O, N.T., Hong Kong ■ 網址 Website : www.hohcs.org.hk

■ 服務查詢熱線 Service Enquiry Hotline : (852) 2701 9019 傳真 Fax : 2706 0463 電郵 Email : info@hohcs.org.hk  
 ■ 義工及捐款熱線 Volunteer & Donation Hotline : (852) 2703 3284 傳真 Fax : 2702 8173 電郵 Email : crd@hohcs.org.hk

## 捐款回條 Donation Form

NEW-BL-18-01

本人樂意支持基督教靈實協會的服務，願意捐助 In support of Haven of Hope Christian Service, I donate :

### 捐款金額 Donation Amount :

HK \$200   
  HK \$400   
  HK \$600   
  HK \$800   
  HK \$1,000   
  Others \_\_\_\_\_

### 願捐助予 I would like to donate to :

基督教靈實協會 Haven of Hope Christian Service   
  靈實醫院 Haven of Hope Hospital   
  靈實司務道寧養院 Haven of Hope Sister Annie Skau Holistic Care Centre   
  靈實恩光成長中心 Haven of Hope Sunnyside Enabling Centre  
 福音事工 Evangelistic Work   
  靈實「築動生命全方位關顧計劃」 The Haven Project

需單次減稅收據 One-off Tax Deductible Receipt   
  需每年減稅收據 Yearly Tax Deductible Receipt

捐款總數 Total Donation Amount : HK\$ \_\_\_\_\_ 日期 Date : \_\_\_\_\_

姓名 Name : \_\_\_\_\_ (先生/小姐/太太 Mr/Miss/Mrs) 電話 Tel : \_\_\_\_\_

香港身份證號碼(頭4位數字) HKID (first 4 digits) : \_\_\_\_\_ 出生日期 Date of Birth\* : \_\_\_\_\_ 教育程度 Education\* : \_\_\_\_\_ 職業 Occupation\* : \_\_\_\_\_

捐款者編號(封底郵寄地址右下角) Donor's reference no. (the no. on the right hand bottom of the address label) : \_\_\_\_\_

地址 Address : 室/樓號Room/Flat \_\_\_\_\_ 樓層Floor \_\_\_\_\_ 座Block \_\_\_\_\_ 大廈Building \_\_\_\_\_ 街道Street \_\_\_\_\_

地區 District : \_\_\_\_\_ 電郵 Email Address : \_\_\_\_\_

請轉後頁填寫個人資料收集聲明 Please turn over for the Use of Personal Data Declaration

### 捐款方法 Donation Method

劃線支票 Crossed Cheque : 祈付「基督教靈實協會」 Payable to "HAVEN OF HOPE CHRISTIAN SERVICE"

直接存入戶口 Bank Deposit : 香港中國銀行 Bank of China 012-874-1-035785-2

信用卡 Credit Card :      

持卡人姓名 Cardholder Name : \_\_\_\_\_ 信用卡號碼 Credit Card Number : \_\_\_\_\_

持卡人簽署 Authorised Signature : \_\_\_\_\_ 有效期至 Card Valid Until : \_\_\_\_\_

繳費靈 Payment by Phone Service (PPS) : 透過電話18033或互聯網www.ppskh.com捐款，基督教靈實協會商戶編號「9453」。  
 Make payment through telephone 18033 or www.ppskh.com, merchant code "9453".

按月自動轉賬 Autopay : 會按上述個人資料寄上「直接付款授權書」，或可於本會網頁內下載www.hohcs.org.hk。  
 "Direct Debit Authorisation Form" will be sent to you according to the personal information above or you can download the form from our website www.hohcs.org.hk.

備註 Remarks : ■ \*非必要填寫  
\*Optional.

■ 請將支票、銀行存款單或直接付款授權書寄回本會傳訊及籌募部收。  
 Please send cheques, deposit slips or Direct Debit Authorisation to our Communications and Resource Development Department.

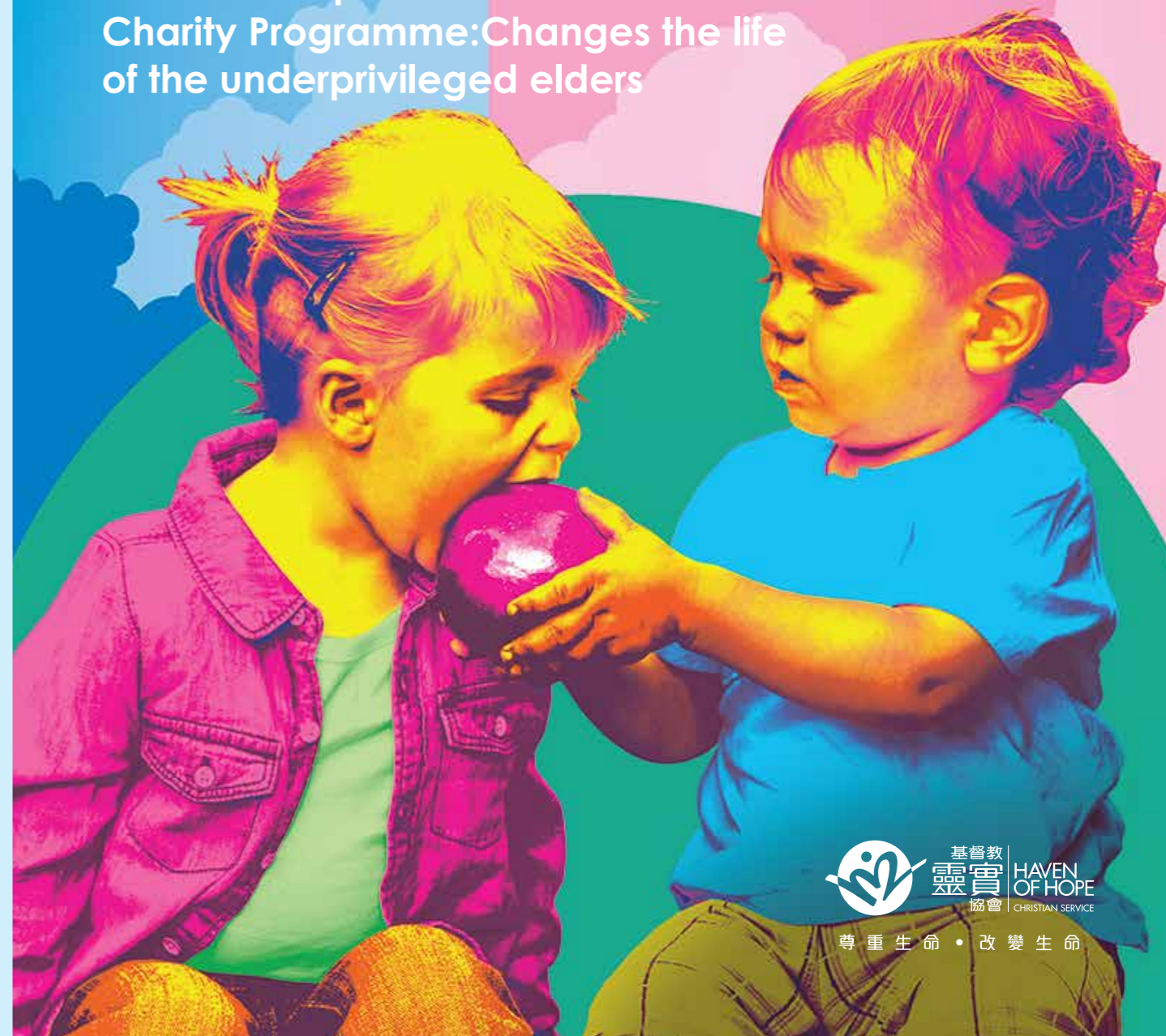
■ 捐款港幣100元以上將獲發減稅收據。  
 Tax deductible receipt will be given to donations of HK\$100 or above.

■ 以信用卡或繳費靈捐款者可傳真此表格到本會傳訊及籌募部(傳真號碼: 2702 8173)。此表格可自行複印。

Please send this form to our Communications and Resource Development Department by fax ( fax no. :2702 8173) if you donate by credit card or PPS. Please copy the if necessary

捐款人之個人資料，只為傳遞本會資訊及籌款之用。若捐款者不願收到本會資訊或需要更改個人資料，請致電2703 3284或電郵至privacy@hohcs.org.hk與本會傳訊及籌募部聯絡。

Donor's personal data will only be used by HOHCS for passing information and fundraising work. Donors who don't want to receive our information or want to change their personal data, please contact our Communications and Resource Development Department at 2703 3284 or email to privacy@hohcs.org.hk.



# CONTENTS

JAN 2018 ISSUE 96  
HAVEN OF HOPE  
NEWS

主題：專訪胡頌恆神父  
有關香港貧窮狀況及介紹靈實  
「愛心傳餅」慈善計劃

4-7

Theme: Interview with Father John  
Wotherspoon about poverty in  
Hong Kong and Introduce Haven of Hope  
"Food Pack with Love" Charity Programme

專題：與基層人士同行送別之路

Feature: Helping the Underprivileged  
Bid Their Loved Ones Farewell 8-9

尊重生命 Blog

Respecting Life Blog

10-11

您的支持帶來改變

You Can Change the World

12-13

改變生命的故事

Impacting Life Story

14-15

一行一故事

Tell Us Your Story

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

## 編委會 | Editorial Board

蔡慧嫻	Mary Choy
梁智達	Dr Antony Leung
潘煒珊	Linda Poon
梁詠茵	Viann Leung
黃少清	Joanne Wong
翁詠華	Wing Yung
何少珊	Susan Ho
廖鳳翎	Lydia Liu
林君賢	Rex Lam
馬司諾	Noko Ma
孔淑芝	Suzette Hung

## 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.

### 地址 | Address

香港新界將軍澳靈實路7號  
7 Haven of Hope Road, Tseung Kwan O, N.T., Hong Kong

### 網址 | Website

www.hohcs.org.hk

### 電郵 | Email

info@hohcs.org.hk

### 服務查詢熱線 | Service Enquiry Hotline

2701 9019

### 義工及捐款熱線 | Volunteer & Donation Hotline

2703 3284



本刊所有文章版權屬基督教靈實協會所有。  
歡迎引用或轉載，唯需事前徵詢本會同意。

All published materials are under copyright protection.  
Permission must be obtained from Haven of Hope Christian Service for the reproduction of the contents.

# WORDS FROM CEO

## 行政總裁的話

### 親愛的靈感讀者：

政府上年11月公布最新的貧窮人口數據，2016年全港貧窮人口突破135萬人，即每五人有一人屬貧窮人口。恆常現金福利政策介入後，長者貧窮率約32%，清貧長者高達337,000人。

司務道教士1953年成立基督教靈實協會，服侍當時貧苦的肺病病人。秉承司教士的精神，靈實的宗旨是照顧貧窮及有需要的人，幫助他們改變生命，重拾尊嚴和價值。面對物價高漲、生活指數急升，很多長者都節衣縮食，三餐拼湊作兩餐，又或者購買雪藏肉類或罐頭，分開多次煮食；然而，長期進食營養價值低的食物及不良的飲食習慣都有機會損害健康。有見及此，靈實自2011年推出「愛心傳餅」慈善計劃，透過向長者派發新鮮餅菜包，使他們可以烹調出合乎個人口味的菜式，並與鄰舍彼此分享，締結關愛的網絡，凝聚社會資本。

計劃只是一個起點，促使社會大眾齊心關注基層人士的需要。我們相信貧窮問題非一朝一夕可以解決，但作為社會的一員，你和我都可以出一分力幫助有需要的人，使他們在困難的日子可以看見曙光。

行政總裁  
林正財醫生

### Dear Supporters,

The government announced the latest poverty statistics in November 2017. The size of the impoverished population in Hong Kong in 2016 exceeded 1.35 million. That means, one out of every five persons lived in poverty. After taking the government's cash interventions into account, the poverty rate of elders was around 32%. A total of 337,000 elders were living in poverty.

Haven of Hope Christian Service was founded by Sister Annie Skau in 1953. With love, she served and cared for the poor patients suffering from tuberculosis. Inheriting Sister Annie's caring spirit, HOHCS upholds the mission of serving the poor and the needy. We respect life and impact life. In view of the soaring inflation, many elders lead a frugal life. With their tight budget, they eat less and tend to buy frozen meat or canned food. Nevertheless, a prolonged intake of food with low nutritious value and poor eating habits may give rise to health problems. In this light, HOHCS has launched the "Food Pack with Love" Charity Programme since 2011. By providing elders with fresh produce, they can make dishes which suit their taste. Moreover, when the elders share the food with their neighbours, a social network of love and care is woven; social capital is accumulated.

This programme is just a starting point. By this, we encourage the public to pay attention to the needs of the underprivileged. We believe that the issue of poverty can't be resolved overnight. However, we all can lend a helping hand to the needy so that they can see the ray of hope in times of adversity.

Dr Lam Ching-choi  
Chief Executive Officer

# THEME 主題



胡頌恆神父九年前開始舉辦薄餅派對，服侍區內有需要的人。

**Starting from nine years ago, Father Wotherspoon organized the pizza party to serve the needy in community.**



薄餅派對每星期日於小學禮堂內舉行，參加人數逾200人。

**The pizza party was held in a primary school hall every Sunday. More than 200 poor and needy joined the gathering.**

## 專訪胡頌恆神父有關香港貧窮狀況

2016年全港貧窮人口突破135萬人，即每五人有一人屬貧窮人口。在通漲高企的香港社會，貧窮人士生活捉襟見肘，我們可以如何施以援手呢？今期靈感專訪多年服侍貧窮及有需要人士的胡頌恆神父 (Father John Wotherspoon)，談談他對香港貧窮狀況的觀察。

操流利廣東話的胡頌恆神父來自澳洲，1985年來港，起初主要負責堂區的服侍，包括主持彌撒、探訪醫院病友、舉辦英文班等，其後專注監獄事工，到訪全港監獄，關心囚友，與他們交朋友，帶他們認識神。

為了更接近更生人士及貧苦大眾，九年前，胡神父離開了修院提供的住所，在廟街租住一間劏房，過簡樸的生活，穿的都是二手衣物。在狹小的房間內，每星期日都會舉行一次「薄餅派對」，初初主要邀請更生人士到他家中吃薄餅，關心他們找工作、找居所的情況，後來區內的露宿者、長者、基層家庭知道了，紛紛前來參加，聚會移師到一所小學的禮堂。現在，每星期的聚會有二百多人，10%是更生人士，10%是露宿者，其餘都是一些活在貧窮線的長者，大家一起吃飯盒，唱詩歌，分享愛。

「30年前，香港有很多窮人，30年後，窮人仍然很多，他們很需要我們幫助。」胡神父指，每星期的聚會都吸引很多人參與，有些人一天才吃一餐飯，沒有錢買飯就靠麪包餅乾果腹，寒冬來到，他們沒有禦寒衣物，所以當有有心人捐贈衣物，他們都會蜂擁上前領取。問及其中一位為何不領取政府緩助金，他指政府緩助必須透過銀行戶口發出，而銀行規定每月平均存款不能低於五千元，否則會收取手續費，所以他申請不到戶口就不能領綜緩。

除了胡神父，還有一群義工協助服侍，陳志剛是其中一位，他參與薄餅派對的服侍已有好幾年，他認為香港有愛心的人仍然很多，他們願意付出金錢和時間，與貧窮人同行，所以不時也有有心人出錢「加餸」，或送贈禮物，而義工也會把聚會派剩的飯盒和禮物派給附近的露宿者，把愛繼續傳揚開去。「愛心付出能幫助有需要的人，自己也有成長。」陳志剛希望更多人可以成為同行者，用愛祝福貧窮及有需要的人。



## Interview with Father John Wotherspoon about poverty in Hong Kong

In 2016, the impoverished population in Hong Kong exceeded 1.35 million. One in every five persons was living in poverty. An economy with a relatively high inflation rate like Hong Kong creates particular difficulties for the poor. How can we offer our support? In this issue, we interviewed Father John Wotherspoon, who has been serving poor people in need for years. He told us his views on the poverty situation in Hong Kong.

Arriving from Australia in 1985, Father Wotherspoon can speak fluent Cantonese now. At the beginning, he was responsible for serving his parish, including conducting mass, paying hospital visits and teaching English. Later on, he focused on ministering to prisoners. He visited all prisons in the territory to make friends with prisoners and led many of them to believe in God.

Nine years ago, Father Wotherspoon left his residence provided by the monastery and moved into a subdivided flat on Temple Street to stay closer with the poor and the needy. He lived a humble life and wore second-hand clothes. Every Sunday he organised a "pizza party" in his small unit and invited rehabilitated offenders to share in the meal. During these occasions, he showed special care to his guests as how their job hunting activities were going, and whether or not they were looking for a place to live. Later on, homeless individuals, the elderly as well as grassroots families in the community also came and joined the party, which has now moved to a primary school hall. Currently, about 200 people regularly attend this weekly gathering. Among them, 10% are rehabilitated persons, 10% are homeless, while the rest are poor senior citizens. Together with love in their hearts, they share meal boxes and sing hymns.

"Thirty years ago, there were indeed many poor people in Hong Kong; yet, after 30 years, we still have a large number of people living in poverty," said Father Wotherspoon. "They really need our assistance." He added that the weekly gatherings have attracted many people, some of whom can only afford one meal per day. They eat bread and biscuits instead of rice when no money is left in their pocket. During the cold winter, they do not have sufficient clothing to

keep themselves warm. So when there are clothing donations, they rush to get them. When these poverty-stricken people are asked why they don't apply for Comprehensive Social Security Assistance, they said that government subsidies are only issued via bank accounts. However, the banks will levy a charge if the average monthly balances are less than \$5,000. For this reason, they don't have bank accounts to receive the allowance.

Father Wotherspoon is supported by a group of volunteers, and Eddie Chan is one of them. Eddie has volunteered in the pizza party for a period of time. He believes that there are lots of generous people who are willing to contribute money and time to help the poor. For example, apart from the meal box, they would buy extra food or give away gifts. Eddie said, "Spreading love to the less fortunate not only support those in need but also helped me grow." He hopes that more people could join the team to help those who live in poverty.



陳志剛希望更多人可以成為同行者，用愛祝福貧窮及有需要的人。

**Eddie hopes that more people could join the team to help the impoverished.**

# THEME 主題



秀蘭婆婆今年91歲，每星期領取2次免費的「謎包」，烹調美味且有營養的菜式，令生活有所改變。  
**Ninety-one-year-old senior, Sau-lan receives free food packs twice a week to cook delicious and nutritious dishes. This helps improve her quality of life.**

## 靈實「愛心傳謎」慈善計劃

俗語說：「巧婦難為無米炊」，在通漲日益加劇的情況下，相信大家對這句話別有一番體會。長者貧窮率一向較其他年齡組別高，在屋邨家訪中，我們看見大部份長者生活十分節儉，一餐飯謎要分開數餐吃。個別長者更表示現在百物騰貴，連吃也吃不飽，所以即使知道吃隔夜飯菜對身體無益，但也無可奈何。

為了身體力行幫助這些長者解決燃眉之急，靈實於2011年10月初開始推行「愛心傳謎」慈善計劃，經社工及其他專業同工評估後，有需要的長者每星期兩次前往指定六個靈實服務單位領取新鮮謎菜包，菜包內有肉類、蔬菜或豆腐等，運用煮食智慧，烹調出合乎個人口味的菜式。

起初，我們曾構思設立食堂或食物銀行，但考慮到有些長者可能身體欠佳，而一般食物銀行所派發的罐頭、乾糧亦不足以為長者提供所需的營養，我們決定透過「愛心傳謎」計劃，與義工合作，向基層長者派發新鮮食材。施展廚藝的過程中，長者不但發揮創意，為平凡的食材添上色彩，煮出營養高又美味的菜式；他們更重拾自主及尊嚴，感受到自我的價值，能夠照顧自己，過一個自己想要的生活。此外，我們於派謎時間會為長者開辦運動班，及安排身體檢查，鼓勵長者與鄰居分享，或交流煮食心得，建立緊密的鄰舍關係，彼此互助。

其中一位受惠長者秀蘭婆婆今年91歲，她有經濟困難，需要自己照顧自己，就到家裡附近的靈實地區長者服務中心，每星期領取2次免費的「謎包」她指：「自己買謎有時很貴，十元的豬肉也沒有謎包提供的這麼多，省下來的錢就可以飲一餐茶。大眾善長捐款，令我們生活有所改變。」

除了可以獲得實際幫助外，長者到中心領取謎包時也會與其他「老友記」閒話家常，報名參加中心舉辦的活動，擴闊生活圈子。如發現長者多天也未前來領謎包，義工會電話跟進，或與社工安排家訪，關心長者，提供緊急支援。

計劃推行至今，合共派發超過230,000份新鮮謎包，充分發揮捐贈者、義工及社福機構的力量，一同實踐「尊重生命·改變生命」的精神。



## 'Food Pack with Love' Charity Programme

While the inflation rate continues to climb, the elderly, whose poverty rate is always higher than other age groups, are particularly hard hit. In our frequent home visits at public housing estates, we have found that many senior citizens have to live frugally, eating smaller meals and some foods that have been kept in refrigerators for a long time. This situation is certainly not good for their health. Nonetheless, they have no other better alternatives.

To help alleviate the situation, Haven of Hope Christian Service has been implementing the 'Food Pack With Love' Charity Programme since October 2011. Following various assessments made by social workers and other related professionals, the elderly in need will come to collect food packs twice a week at one of the six designated HOHCS centres. Each pack includes fresh meat, vegetables or tofu or other items that elders can make use of to prepare dishes that they like.

At the very beginning, we had come up with the idea of establishing a hot kitchen or a food bank. However, we realised that some seniors are in poor health. At the same time, we also knew that many canned and dried food items provided by different food banks may not offer enough nutrition for the elders. Thus, with the support of our volunteers, we decided to distribute fresh ingredients via the 'Food Pack with Love' Charity Programme. Seniors can apply their own creative cooking skills to prepare different kinds of delicious and healthy dishes. Moreover, the programme also provides them with a sense of self-worth and dignity, so that they can look after themselves and live the lifestyle they prefer. In addition, we encourage the elderly in this scheme to join exercise classes or do health checks when they are waiting to get the food packs in the centre. In this way, they can build more closely knit and mutually supportive community relationships with their neighbours.

Ninety-one-year-old senior, Sau-lan, one of the food pack recipients, has financial difficulties and needs to take care of herself. She goes to the nearby Haven of Hope District Elderly Community Centre for free food packs twice a week. "It's very expensive to buy food

ingredients now," she said "When I pay \$10 for pork, it is far less than the portion in this food pack. The programme helps me spend less, allowing me to 'yum cha' once in a while at restaurants. The generous support of the donors has certainly helped me improve my quality of life."

In addition to the practical financial assistance in kind, seniors can also mingle with their peers and register for various social activities while they collect food packs at the centres. This eventually expands their social circle. In the event that some seniors fail to show up for food packs for a few days, our volunteers and social workers will follow up with phone calls or home visits. We care for the seniors very much and are ready to provide emergency assistance.

More than 230,000 fresh food packs have been distributed since the programme was launched. This is a true testament to the power and determination of the donors, volunteers and social welfare organizations to realise the spirit of "Respecting Life • Impacting Life".



「愛心傳謎」慈善計劃推行至今，合共派發超過230,000份新鮮謎包。  
**More than 230,000 fresh food packs have been distributed since the launch of the programme.**

# FEATURE 專題



鍾廣雄(左)和黃少萍(右)在完美句號事工中深深體會我們要珍惜生命、珍惜日子，愛不要遲疑。  
**Working in GloryReturn, Chung Kwong Hung (left) and Pinky Wong (right) understand more the importance of treasuring our lives and expressing our love without hesitation.**



會面室寧靜舒適的環境佈置帶給逝者家人一份安慰。  
**The tranquil environment of the meeting room offers consolation to those who have lost their family members.**

## 與基層人士同行送別之路

為人生劃上完美的句號是所有人的心願，基層市民雖然經濟有困難，但仍然希望為離世的摯愛送上祝福，透過妥善安排殯葬事宜，與逝者同走人生最後一站。完美句號基金有限公司(下稱「完美句號」) 2013註冊成為非牟利機構，為貧困家庭提供基督教殯儀服務，並推動生死教育。

走進完美句號的會客室沒有一絲沉重的氣氛，卻予人一種平靜的感覺，相信也是基金會特意透過環境佈置，帶給逝者家人一份安慰。幹事鍾廣雄指出，成立完美句號基金有兩個宗旨，首先能為窮乏及無依者提供廉宜及貼心的殯葬服務，其次是期望殯葬及禮序的安排可得著更新。「在安息禮中，有時教會會偏重宣講福音，但對於喪親的家人，能夠在過程中哀悼摯愛也很重要，我們希望禮序的編排可以有更好的平衡。」他補充。此外，近年愈來愈多沒有宗教信仰的人不想進行傳統的道教或佛教儀式，而希望舉行告別禮。曾經有末期癌症病人在臨終前拍攝短片，在告別禮中播放，彷彿現身說法鼓勵在世的家人和朋友。

自2011年成立至今，完美句號一共服侍超過300個家庭，大部分是綜緩和低收入人士。鍾廣雄憶述其中一個印象深刻的個案：「逝者是一個十多歲、智力有障礙的女孩，媽媽要照顧她，一點都不易，我起初以為隨著女孩離開，媽媽會得到釋放，但在告別禮裡，媽媽表達出對女兒的不捨，從前女兒晚上在床前輕喚母親的聲音，仍然深深留在她心坎中。」他坦言自己也被她們的愛感動，令他頓悟「生命無常，愛不要遲疑」，現在，每當想念父親，鍾廣雄都會立刻致電他。

完美句號另一位幹事黃少萍指出身邊不乏經歷喪親的朋友，但香港生活壓力大，根本沒有時間停下來休息。她認為無論安息禮或告別禮都沒有既定的禮序，但用心的籌劃能助逝者親友釋放壓抑的情緒。

談及生死教育，鍾廣雄和黃少萍認為現在坊間的資源十分豐富，有各種書籍和資料介紹理念和實務守則，而很多長者都願意開放討論，表達自己的心願，但在預設醫療指示及預設臨終照顧計劃方面則需要各界多下功夫。

## Helping the Underprivileged Bid Their Loved Ones Farewell

**All of us wish to conclude our lives in a stress-free manner. Though faced with enormous financial difficulties, the underprivileged also have a desire to express their most sincere final words to the loved ones and have proper funeral arrangements. GloryReturn Foundation of Hong Kong Limited (GloryReturn) is a non-profit organisation which provides Christian funeral services for poor families and offer life education.**

The meeting room of GloryReturn is filled with a tranquil ambience, without any sadness or despair. It is in this type of environment that GloryReturn intends to soothe the grief of those who have lost their families. Chung Kwong-hung, officer of the organisation, explains that GloryReturn was established by Christians with two missions. First, they provide low-priced and quality funeral services for the poor and needy. Second, they intend to renew traditional funeral arrangements and ceremonies. "In memorial services, sometimes, churches may focus more on spreading the Gospel but less on expressing condolences to the family members of the deceased." said Chung. "We hope to promote a more balanced ceremonial arrangement." He also adds that more and more people who do not have any religious belief tend not to adopt traditional Taoist or Buddhist funeral rites. Instead, they prefer a memorial session. He remembers a late-stage cancer patient who made a video of his own, for showing in his funeral ceremony to encourage his family and friends.

Established in 2011, GloryReturn has already served more than 300 families, most of whom are low-income and recipients of Comprehensive Social Security Assistance. Chung recalls the case which impressed him most, "The deceased was a mentally disabled young girl. I thought her death would be a relief to her mother who had spent so much effort taking care of her daughter. Nevertheless, the mother, in fact, felt it extremely hard to part with her little girl. Her daughter's soft voice at bedtime was still deep in the mother's heart." He said he was really moved by their love. Helping them in the funeral inspired him to feel that life

is so fragile and we thus should not hesitate to express our love. Mr. Chung now calls his dad by phone instantly every time he misses him.

Pinky Wong, another officer of GloryReturn, says that given the heavy pressure in Hong Kong, many people don't even have time to calm down when their family members passed away. She adds that there are no strict rituals carried out in either the memorial or farewell service. Heartfelt planning and arrangements can help relieve the pent-up trauma of those who are separated forever from their loved ones.

Chung and Wong said that a lot of books and information about life education can be found in Hong Kong nowadays. In addition, more and more seniors do not mind openly discussing the issue of death and expressing their wishes. However, our society should expend greater efforts in promoting advance care planning and palliative care services.



近年愈來愈多人舉行無宗教儀式的告別禮，當中懷念的環節能藉逝者的故事與來賓分享生命訊息。  
**More and more people have recently preferred a farewell ceremony without any religious affiliation. They tend to choose a memorial session in order to share stories about the departed for guests to better understand the important values of life.**

# RESPECTING LIFE BLOG

## 尊重生命BLOG

### 福音事工部 Evangelistic Work Department

為慶祝靈實醫院62周年，院牧事工組在10月18日至20日，以「愛的承傳」為主題，舉辦培靈會並介紹與香港有關的醫療宣教和踏上宣教之路的前靈實同事。



院牧向同事講解展板上有關醫療宣教的內容。  
The Chaplains explaining to the staff the content of the display boards and introducing to them more about the medical missions.

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



中心定期安排義工為服務使用者進行義剪活動。  
Volunteers regularly helped our service users in doing nice haircuts.

### 靈實恩光學校 Haven of Hope Sunnyside School



一年一度的靈實福音嘉年華假靈實恩光學校舉行，看學生收到禮物多開心！  
See how happy our students were when receiving gifts at the annual Haven of Hope Gospel Carnival for Physically Handicapped and Able-bodied at Sunnyside School!

To celebrate the 62<sup>nd</sup> anniversary of Haven of Hope Hospital, the Chaplaincy Unit organized a spiritual nurturing conference from 18 to 20 October as one of the celebratory activities. The theme of the conference was "Heritage of Love".



醫院同事穿上展示的民族服裝。  
Staff members of Haven of Hope Hospital wearing costumes of various ethnic groups.

### 靈實長者日間暨復康中心 (港島東) Haven of Hope Day Care cum Rehabilitation Centre for Elderly (HK East)



輕輕鬆鬆傳球，樂也融融。  
Pass the ball with fun.



樟木頭老人度假中心一日親子遊，母子倆享受難得的寧靜。  
Mother and son spent a peaceful and lovely day at Cheung Muk Tau Holiday Centre for the Elderly.

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



義工：「一人一次敲冰格，看誰能不把小豬從冰塊跌下來。」  
院友：「看我的本領！」  
The volunteer said, "Each of us knocks the ice for once and see who can avoid pulling down the piggy from the ice."  
The elderly said, "See how I can make it!"



院友也成為義工，和其他義工一同協助「歡樂茶檔」，製作三文治。  
Our elderly collaborated with other volunteers and prepared sandwiches for "Joyful Snack Bar".

### 靈實復康服務部 Haven of Hope Rehabilitation Services

靈實復康服務部於2017年11月4日假西貢鄧肇堅運動場舉行第三屆傷健共融運動會，並以「傷健無分你我他 活力盡展樂一家」為大會口號。



各嘉賓在一眾參加者見證下燃點火炬，宣佈運動會正式開始。  
(上圖左起：靈實復康服務主管暨大會召集人曾思愛女士、靈實服務總監莊寶玲女士、西貢民政事務處民政事務助理專員朱志豪先生、社會福利署黃大仙及西貢區福利專員呂少英女士、西貢區議會社會服務及健康安全城市委員會委員譚領律先生、靈實恩光成長中心總監羅啟康先生、靈實恩光學校校長蔡奕玲女士)  
The guests lighted up the fire with the testament of all the participants. (From the left: Ms Carmen Tsang, Head of Haven of Hope Rehabilitation Services cum Convenor of the event; Ms Chris Chong, Director of Service of HOHCS; Mr Marco Chu, Assistant District Officer of Sai Kung District Office; Ms Micy Lui, District Social Welfare Officer (Wong Tai Sin/Sai Kung), Social Welfare Department; Mr Stanley Tam, MH, Chairman of Sai Kung District Council Social Services & Healthy and Safe City Committee; Mr Law Kai-hong, Director of Sunnyside Enabling Centre; Ms Cosset Choi, Principal of Sunnyside School)

On 4 November 2017, the 3<sup>rd</sup> Sports Day for Disabled and Able-bodied was held by Haven of Hope Rehabilitation Services at Sai Kung Tang Shiu Kin Sports Ground. The theme of the Sports Day was "We are a Happy Family without differentiation between the disabled and the able-bodied".



接力賽參賽健兒都聚精會神地留意著起跑的訊號，全力以赴往前跑。  
Participants of the relay race listened carefully to the signal and went to great lengths to complete the race.

# YOU CAN CHANGE THE WORLD

## 您的支持帶來改變

### 2017靈實耆樂餅公開義賣圓滿結束

2017靈實耆樂餅公開義賣已於2017年11月4至5日順利舉行，今年在全港各區91個地點進行義賣，獲得超過20個企業伙伴，共600名義工鼎力支持，整個耆樂餅義賣的銷售數字已十分接近籌款目標。

靈實行政總裁林正財醫生於公開義賣日親自到場探班，為義工打氣加油，答謝一眾義工為有需要的長者出一分力，齊心推動長者「居家安老」。其中，一班「靈實小慈善家」更組隊參與義賣，實行從小開始學習敬愛長者，推廣長幼共融的精神。可愛活潑的小慈善家充分發揮團體合作精神，每位都是成功的推銷員，向途人介紹靈實長者服務，又向他們解釋購買精美的耆樂餅可以如何幫助體弱長者，結果不消一個下午400多個普通裝耆樂餅就售罄。

另外，耆樂餅屋邨屋苑義賣也合共籌得超過\$18萬，冠、亞、季軍分別為香港房屋協會一觀塘花園大廈、維景灣畔業主委員會及疊翠軒業主立案法團。實有賴各屋邨屋苑及議員辦事處多年來全力支持耆樂餅義賣，經過逾20年的合作，耆樂餅及靈實的服務都廣泛為地區居民所認識，促進了靈實與地區伙伴的合作。

今年，耆樂餅的籌款目標為150萬，我們仍然需要您的支持，使更多有需要的長者受惠。新春將至，誠意推介大家購買耆樂餅禮盒裝，優惠價每盒\$100，如有查詢，歡迎致電2703 3290 (陳小姐)。



### The Haven of Hope Qile Cake Public Charity Sales - A Roaring Success!

Held in 91 locations across various districts on 4 and 5 November, Haven of Hope Qile Cake Charity Sale 2017 concluded with great success. With the kind support of more than 20 corporate partners and about 600 volunteers, the charity sales have so far almost reached our fundraising target.

Dr Lam Ching-choi, Chief Executive Officer of Haven of Hope Christian Service, visited the sale booths to support and thank the volunteers for their contributions for the elderly in need and for promoting 'Ageing in Place.' A group of Haven of Hope 'Young Philanthropists' (YP) also took part in the charity sales where they learned how to better respect the elderly and establish harmonious relations between the younger and the older generations. With a strong sense of teamwork, these YP served as brilliant sales persons to promote our elderly services and explain how the purchase of Qile Cakes could assist the needy seniors. As a result, all 400 Qile Cake regular packs were sold out in a single afternoon.

More than \$180,000 was collected through the Qile Cake Charity Sales across various housing estates. In terms of overall purchases, Hong Kong Housing Society-Kwun Tong Garden Estate, Ocean Shores Owners' Committee and the Incorporated Owners of The Pinnacle eventually emerged as champions, first runner-up and second runner-up, respectively. We sincerely thank all the estates and District Councillor Offices for their donations in this campaign spanning more than 20 years. It has helped district residents know more about Qile Cakes as well as the services provided by HOHCS, for facilitating mutual co-operation.

This year our charity sales target is \$1.5 million. That's why we still need additional support from you to help more senior citizens in need. Now we want to present Qile Cakes in gift packs to celebrate the Lunar New Year at a special price of \$100 per box. For enquiries please contact Ms. Chan at 2703 3290.



# IMPACTING LIFE STORY

## 改變生命的故事



### 調整思考角度 為實現理想努力

就讀於區內一所主流名校的林同學，初中時名列前茅，但升上高中後，由於學術科目要求更深層次的理解及抽象思維，她的成績一落千丈；加上社交上的障礙，以致自我形象低落，沉迷網絡世界，不少人標籤她為「態度惡劣」。因此，她堅決不完成中四課程便輟學就業。林同學的母親遂向靈實將軍澳及西貢地區支援中心求助，讓女兒參加「創我天地」計劃。

職業治療師及社工介入過程中，發現林同學一直抱有理想，只是不知如何實現。於是，團隊引導她明白按階梯學習相關知識及技巧的重要，與她分享一些高中應用課程的資料，並陪伴她參加相關院校課程之開放日，以獲取更多資訊及引導她判斷課程是否適合自己。

在過程中，團隊亦推動機構、家長和學校三方面的緊密聯繫和合作，使三方都能清楚了解林同學的需要，針對不同環境出現的狀況作出即時商討和提出有效意見，以達成一致共識，讓林同學在生活中能建立恆常習慣，改善情緒、行為或社交等問題。除了支援學校社工及家長，團隊亦向學校建議改善林同學的上課安排，以提升上課效能，改善她容易疲勞的狀況。暑假期間，團隊安排林同學到中心進行服務支援助理實習訓練，讓她體驗並反思以現時的學歷能否同時兼顧工作及實現理想。

經過一年的介入服務，林同學漸漸明白家長、學校及未來路向的要求，並且學習轉換角度思考出路的安排。她現於原校重讀中四，調整選修科後，她上學的動機及態度有明顯改善，並為實現理想而作出實際的行動及生活上的轉變。



### Re-orienting perspectives in thinking to make dreams come true

Having previously studied at a mainstream school, Lam ranked among the top at the early stages of her secondary school days. However, her grades fell off dramatically after reaching the senior level as the subjects she took required a great deal of abstract thinking and in-depth understanding. This situation exacerbated as she also had difficulties in socialising with her classmates. Her ego collapsed and she could only function within the realm of the Internet. Many people labelled her as a person with a "bad attitude". Eventually, she decided to quit school. Her mother sought help from Haven of Hope Tseung Kwan O and Sai Kung District Support Centre. Lam later joined the "My Way" Programme.

The occupational therapist and social worker discovered that Lam did indeed have her own dreams but she just didn't know how to realise them. Based on their observations, the team helped her understand the importance of step-by-step learning of relevant knowledge and techniques. They also shared with her information about applied knowledge courses at various high schools, and accompanied her to attend information days at those schools that provided these kinds of courses. This allowed her to search for more updates and become a better judge of appropriate courses for her selection.

During the process, the team joined hands with her parents and the school so that all can better understand her needs and reach a consensus on discussing and dealing with different situations. This helped her build daily healthy habits to alleviate her emotional, behavioural and social problems. Apart from providing support to the school social worker and her parents, the team also advised her school to modify her class schedule in order to enhance her overall learning efficiency and improve her condition of being easily fatigued. During the summer, the team arranged for her to participate in an internship programme as a service support assistant. This experience allowed her

to rethink whether or not her current education qualifications would enable her to work and make her own way at the same time.

After one year, Lam gradually came to understand the requirements of her parents and the school as well as learning how to replan her future direction from different perspectives. She then re-enrolled in her form four studies. Now after selecting several elective courses, she is motivated to begin studying again and improve her attitude. She has also taken practical steps and changed her daily lifestyle in order to make her dreams come true.





# TELL US YOUR STORY

## 一行一故事



看見服務使用者有進展，生命被造就，為李玉芬帶來滿足感。

**Maggie feels highly contented when she saw her service users making progress and undergoing transformation in lives.**

### 靈活變通的職業治療師

提起職業治療師，很多或許會被他們的職銜誤導，以為他們是負責治療有職業病的病人。今期靈感，我們邀請了靈實西醫診所服務營運經理李玉芬為我們揭開職業治療師的神秘面紗。

負責管理西醫診所服務之前，李玉芬是一名前線職業治療師，曾經服侍嚴重殘疾人士、中風人士等。她解釋，職業治療師的「職業」，英文是“occupation”，意思是指任何佔據 (occupy) 時間的事情，包括日常生活，如刷牙、洗面；成年人或學生的工作、學習；兒童玩樂優閒的時間；要用時間參與，有意義的事情全部都是職業。有些人可能因為先天或後天因素，例如意外，而未能正常參與這些活動，需要透過訓練或輔以工具協助，才能回復一般功能。

職業治療師服侍的對象十分廣泛，包括兒童、成年人、長者、中風人士、腦神經有缺損的人等。與物理治療師不同，職業治療師著重以活動訓練服務使用者；相反，物理治療師慣常用物理原理，如超聲波、衝擊波等進行治療。針對患有相同疾病而年齡不同的人，職業治療師會為他們設計不同的治療目標。「同樣是中風人士，長者、家庭主婦和地盤工人的治療目標各有不同。因應他們的角色，長者可能只需回復活動及社交能力，主婦著重有能力做家务，工人則要回復工作能力。」李玉芬解釋。

雖然服侍的對象各有不同，但每位職業治療師都是擁有職業治療學位，曾經於醫院或社福機構接受最少一千小時實習訓練，獲註冊認可。職業治療師普遍的性格都較外向，喜歡接觸人，更需要運用創意為服務使用者度身訂做治療方案。李玉芬最深刻是十多年前實習時，為一名寒背且患有柏金遜症的婆婆特製訓練工具，她憶述：「當時導師要我為婆婆特製一個坐墊及背墊，並按她的身體情況，用海綿親手製作！」

李玉芬認為對服務人感興趣的朋友較適合投身職業治療行業，而職業治療並沒有一套既定的治療方案，故需靈活變通去處理問題，前線服務經驗也令她現在處理管理工作時，懂得用不同向導分析事情。

### The Flexible Occupational Therapist

Many people may be misled by the title – 'occupational therapist' and think that they are responsible for curing patients with 'occupational' diseases. In this issue of Haven of Hope News, we have invited Maggie Lee, operations manager of the Haven of Hope Western Clinic Services, to explain what her profession is all about.

Before taking up her management role, Maggie was a frontline occupational therapist serving those who had severe handicaps or suffered from strokes, etc. She explains that the word 'occupation' as in "occupational therapist" refers to any matter that occupies our time in our daily lives, such as brushing our teeth, washing our face, working, studying, and even children's play time. In other words, occupations cover all issues that take up our time and are meaningful. Due to innate factors or others, e.g. accidents, some people are unable to participate in these activities and must undergo training or make use of special aid to restore their normal functions.

The target users of occupational therapists include a diverse range of people, like children, adults, elderly, the disabled as well as those with neurological problems. While physiotherapists used to adopt technologies like ultrasound, shock waves and others in therapy, occupational therapists on the other hand make use of a wide range of different activities to train their patients. For people of different ages that have the same type of illness, occupational therapists design various treatment regimens accordingly. "In the case of stroke, even with the same illness, the treatment objectives for the elderly, housewives and construction workers are all different." Maggie explains. "Due to the difference in their roles, we may want to help elderly focus more on restoring their activities in daily living and social skills. However, housewives may need to do household chores again and construction workers must find a way to get back to their workplaces."

Every occupational therapist, whoever he or she serves, should have a Bachelor's degree in occupational therapy, undergo at least one thousand hours of practical training in hospitals or social welfare centres,

and become registered. Occupational therapists tend to be out-going, good interpersonal communicators and creative in tailor-making therapy solutions for their service users. Maggie can still remember the days when she was in practical training over ten years ago. She made tools to help an old lady who suffered from curvature of the spine and Parkinson's disease. "My instructor asked me to make a seat cushion and back cushion for her according to her physical conditions. So, I used sponges to make this from scratch."

Maggie thinks that those who are truly interested in serving people would be suitable to work in occupational therapy. These frontline service experiences inspired her to be flexible and conduct case analysis from different angles in her management role.



職業治療師需要運用創意，為服務使用者度身訂做治療方案。

**Occupational therapists need to use their creativity to tailor-make treatment solutions for their service users.**

# WHAT'S NEW 最新消息



學生學習沖調咖啡。  
Students learn how to brew coffee.



由恩光之友會、恩光學校校監及校長主持  
恩光咖啡教室的開幕儀式。  
The opening ceremony of Sunnyside Cafe  
was officiated by Sunnyside Club, Supervisor  
and Principal of Sunnyside School.

## 恩光咖啡教室

欣蒙恩光之友會及陳標先生家人的捐獻，位處靈實恩光學校地下有蓋操場的課室，得以改裝為咖啡教室。教室設有廚房及餐廳兩部分，為高中生提供一個理想而真實的實習環境。行將畢業的學生可以在開放式的廚房學習烹調簡單小食和飲品，聽從教職員的指令，學習和同學分工合作。高中生亦學習將已完成的作品送到餐檯供客人享用，或以小組形式，遊走全校各部門，向教職員推銷食品，熟習行銷的工作流程。

負責推行此計劃的施鳳棉主任表示：「設立咖啡教室是我們多年的夢想，讓恩光學校的高中生能在幾可亂真的咖啡廳接受訓練，踏踏實實地學習由煮食至接待到經營一條龍的過程。對嚴重智障的學生來說，是寶貴的體驗呢！」

## Sunnyside Café

With the generous donation of Sunnyside Club Limited and Mr. Chan Biu's bequest, the classroom at Sunnyside School's covered playground is converted into a coffee studio. The studio is divided into two parts which include a kitchen and a cafe. It provides the senior secondary students an ideal learning environment. Students who will graduate soon can learn to make simple snacks and drinks at the open kitchen. Meanwhile, they need to listen to the instructions of teaching staff and learn how to cooperate with their classmates. Besides, senior students will learn the skills of delivering food and drinks to the customers. Furthermore, students will be formed into groups and visit different departments of the school to promote the food made by them to gain hands-on experience.

"Establishing the coffee studio had long been our dream. It allows the senior secondary students to be trained in an environment that closely resembles a real café. Hence, they can learn the one-stop process of cooking, serving and operation. This is such a precious experience to the severely mentally disabled students," said Ms Shih Fung Min, senior teacher, who is responsible for promoting the above scheme.

## 靈實e-Touch shop

靈實e-Touch shop現已開業！以後無論是購買靈實精品、捐款、義工登記也可經這個網上平台處理，快捷方便。

e-Touch shop將不定期推出限時優惠，大家可讚好及追蹤「基督教靈實協會」Facebook專頁，第一時間收取靈實最新消息。請密切留意！

立即瀏覽: <https://www.hohcs-etouch.org.hk/>

## Haven of Hope Christian Service Unveils New e-Touch shop

The brand new e-Touch shop from Haven of Hope Christian Service has been launched! This convenient and easy one-stop online platform allows you to buy HOHCS's merchandise, make donations, join our activities and register as a volunteer.

The e-Touch shop will also be bringing you an array of limited offers from time to time. Please LIKE or FOLLOW "Haven of Hope Christian Service" Facebook Page to get promotion updates. Don't miss it!

Click now at: <https://www.hohcs-etouch.org.hk/>



2017靈實「雜聲頌揚：兒童粵劇折子戲」劇照  
Photos of Junior Cantonese Opera Charity  
Performance 2017

## 2018 靈實「雜聲頌揚：兒童粵劇折子戲」

一年一度的靈實「雜聲頌揚：兒童粵劇折子戲」又來了！今年，靈實繼續與聲輝粵劇推廣協會合作，演出將於2018年4月21日假香港文化中心舉行。經過一年的訓練，相信小演員都成長了不少，誠邀您一同見證這群小朋友的努力，同時支持靈實的服務。演出詳情請密切留意靈實網站 ([www.hohcs.org.hk](http://www.hohcs.org.hk))，如有查詢，歡迎致電2703 3373。

## Joyous Moment: Junior Cantonese Opera Charity Performance 2018

This year, Haven of Hope Christian Service continues to join hands with Sing Fai Cantonese Opera Promotion Association to present the annual performance of - Joyous Moment: Junior Cantonese Opera Charity Performance 2018, which will be staged at the Hong Kong Cultural Centre on April 21, 2018. The young artistes have been making significant progress after a year of training.

We cordially invite you to enjoy their marvellous performance while also providing valuable support to Haven of Hope Christian Service. Stay tuned for the latest announcements at: [www.hohcs.org.hk](http://www.hohcs.org.hk) or call: 2703 3373 for enquiries.

# HEALTH TIPS 健康知多少

## 裂牙

裂牙是較少人留意而又可能發展成嚴重的牙患。簡單來說，裂牙可分為三類：

- 第一類：裂紋局限在牙齒表面，即琺瑯質(圖1)，病人一般沒有症狀也不需要治療；
- 第二類：牙齒崩裂較深，延伸至象牙質甚至牙髓神經；病人或會感到痛楚，甚至影響日常飲食；視乎崩裂程度，治療方案有很多種；
- 第三類：裂縫深入，引致牙齒分裂為兩部份；最嚴重時牙齒需要拔除。

第二類的裂牙中，有時早期診斷頗為困難，特別是裂紋不明顯，隱藏在補牙物料下或在牙齦下；有時因為非常疼痛，患者分不清是由哪顆牙齒引致，甚至感到面部及頭部疼痛；當中不少病人曾見過數位牙醫亦未能確診，因而需要轉往專科醫生作進一步檢查。

### 甚麼人較容易出現裂牙？

牙齒雖然相當堅硬，但如果持續過度受力，如病人喜歡吃堅硬的食物，或晚上磨牙；牙齒長期損耗下會增加破裂的機會。另外，意外碰撞、突然咬到硬物、牙齒曾進行較大的修補，或接受過杜牙治療等都有機會造成裂牙。

近年，筆者的大臼齒亦因裂牙問題鑲嵌了金屬牙套(圖2及圖3)，以保護牙齒。因此，提醒大家要愛惜牙齒，小心飲食，定期作牙科檢查。

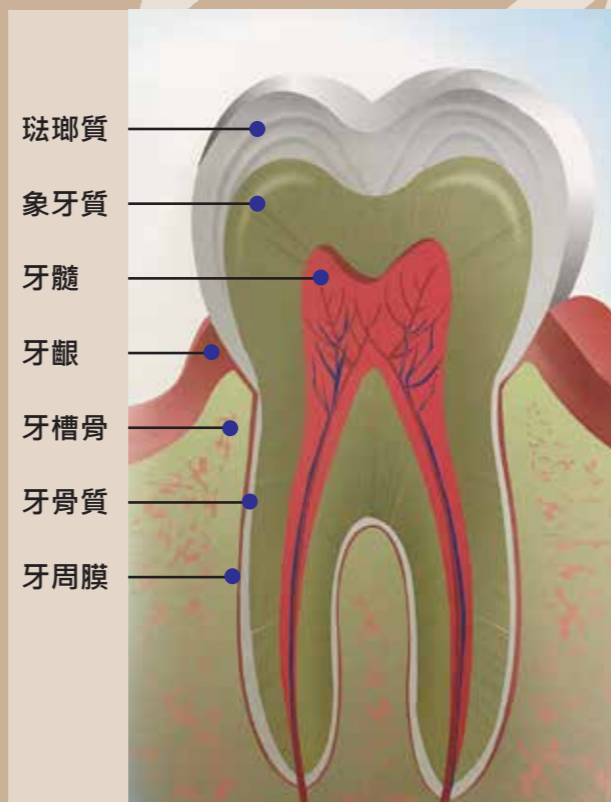


圖 1



圖 2  
Diagram 2



圖 3  
Diagram 3

## Cracked Teeth

Cracked teeth can easily be overlooked but they may eventually result in serious dental problem. Generally speaking, cracked teeth can be divided into three types:

1. Craze lines are tiny cracks that affect only the outer layer, i.e. enamel (diagram 1). There are no symptoms and they require no treatment;
2. A cracked tooth refers to a crack that extends from the chewing surface of the tooth into the dentine and the pulp. Patients, at times, may feel pain which can affect their usual dining habits. Different treatments are available depending on the extent of the crack;
3. A split tooth is marked by a crack with distinct segments that can be separated. In serious cases, split teeth need to be extracted.

For the second type of cracked teeth, early diagnosis may be difficult, particularly for cracks that are not clearly obvious and are located underneath tooth-filling materials or the gingiva. Patients may experience immense pain, yet are unable to locate the specific teeth causing the pain. Pain in face or headache may follow. Those who visit several dental clinics but still cannot find the cause of the pain may need to seek specialists for further check-up.

### Why do some teeth crack so easily?

Although teeth are hard and solid, exposure to pressure for an extended period of time, chewing on hard food as well as clenching or grinding teeth while sleeping can make one's teeth more vulnerable to cracking. Moreover, accidental crashes, suddenly biting on hard objects, having extensive filling of teeth or undergoing root canal treatments can all increase the possibility of cracked teeth.

Recently, I had to fabricate a metal crown (diagram 2 & 3) in my cracked molar to provide protection. A friendly reminder that all of us should take care of our teeth, maintain a healthy diet and visit our dentist regularly for oral check-up.

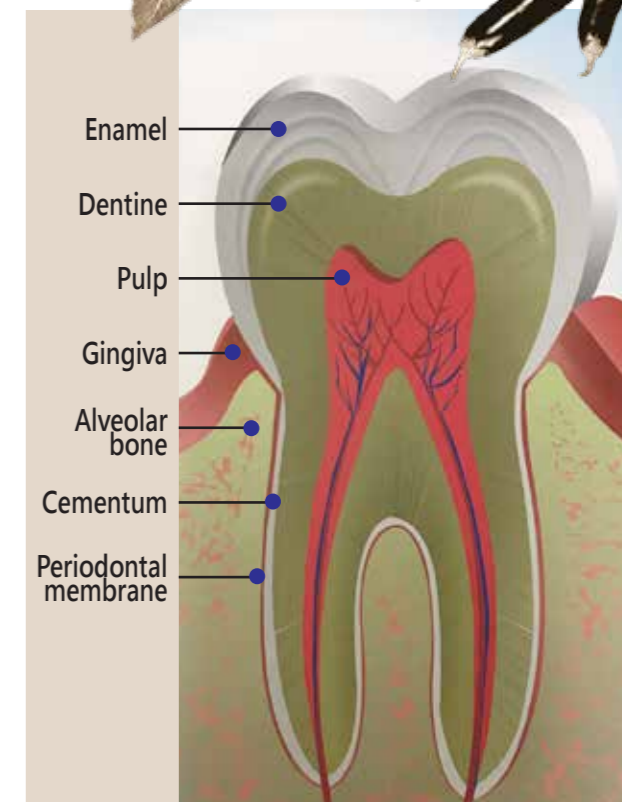


Diagram 1

靈實余兆麟茵怡診所王美珊牙科醫生  
Dr Debby Wong, dental surgeon  
Haven of Hope SK Yee  
Verbena Heights Clinic

# MESSAGE TO DONORS 給捐贈者的話



## 最美的祝福

農曆新年又快到了，來年是戊戌狗年，狗給人的感覺是活潑、可愛、善解人意，是人類最好的朋友。過去，靈實曾經與「柴犬工房」的小柴犬合作推出耆樂餅，又有狗醫生探訪靈實長者院舍，彼此互愛互助，為有需要的人帶來祝福。

香港人口老化，除了需要政府注入更多新思維協助長者居家安老，我們更需要靈實支持者的捐助，同心推展「築動生命全方位關顧計劃」，興建社會服務大樓，並添置各種醫療及復康器材，使體弱長者、嚴重智障人士、晚期病人等有需要人士得以重燃生命的盼望，活得更尊嚴。今期靈感，我們特別預備了五個利是封，大家可以運用其中一個用作為捐獻，在這戊戌狗年，為有需要的人送上最美的祝福。

## The Most Beautiful Blessings

The Year of the Dog is just around the corner. Dogs are forgiving, understanding and joyful. For these reasons, they are "human's best friends." In the past, HOHCS not only collaborated with SHIBAINC to sell charity Qile Cakes, but also arranged dog doctors to visit our elderly homes to bring joy and happiness to those in need.

In response to the growing ageing population trend in Hong Kong, the government need to come up with new ideas to put forward the idea of "Ageing in Place". But at the same time, we also need donations from Haven of Hope supporters to launch the Haven Project that involves the construction of social services building as well as acquisition of equipment for medical use and rehabilitation. All these help the frail elderly people, those with serious mental disabilities and patients with late-stage incurable diseases to gain back their hope and live with dignity. In this issue of Haven of Hope News, we have specially attached five red packets. You may kindly use one of them to make a donation. It would be the most beautiful act of benevolence for those in need in the Year of the Dog.

## 個人資料收集聲明 Use of Personal Data Declaration

基督教靈實協會尊重閣下所提交的個人資料，並會確保所有個人資料都根據《個人資料(私隱)條例》所載的規定妥善保存及適當使用。本會將使用閣下所提交的個人資料(包括閣下的姓名、住址、電話號碼及電郵地址)進行服務宣傳及慈善籌款推廣用途，但我們在未得到閣下的同意之前不能如此使用你的個人資料。

We (Haven of Hope Christian Service) intend to use your name, telephone number, email and address for our communication in future, including our fundraising events and donation appeal, but we cannot use your personal data without your consent.

請於方格加上☑及簽署，以便本會跟進。

Please ☑ to indicate your intention and sign at the end of this statement.

- 本人同意基督教靈實協會及其服務單位使用本人個人資料傳遞服務通訊、活動宣傳及慈善籌款募捐之用。  
I AGREE to the proposed use of my personal data.

簽署 Signature : \_\_\_\_\_ 日期 Date : \_\_\_\_\_



以愛心服事關懷 | With Love, We Serve and Care

## 捐款回條 Donation Form

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教社群，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.

郵票由持  
牌人支付

Postage will be  
Paid by Licensee

您毋需貼上郵票；但如果您能貼上郵票，我們可以節省  
所需的郵票費。請幫忙減低我們的開支。

如在本港投寄  
毋需貼上郵票

No Postage Stamp  
Necessary If  
Posted In Hong Kong

BUSINESS REPLY SERVICE  
LICENCE NO. 1497

基督教靈實協會  
Haven of Hope Christian Service

香港新界將軍澳靈實路七號  
7 Haven of Hope Road, Tseung Kwan O, N.T., Hong Kong

請沿實線剪下信封並按虛線接疊及封口

請沿實線剪下信封並按虛線接疊及封口