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基督教靈實協會 Haven of Hope Christian Service

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靈感 HAVEN OF HOPE NEWS

SEP 2018

專題 THEME

用心尊重生命
 泛起關愛的漣漪
 Respecting Life with Love
 Influencing Others
 with Care

C♥NTENTS

SEP 2018 ISSUE 98

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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：

我們在剛過去的7月舉行了靈實「愛相傳·65」慶祝活動，慶祝靈實成立65周年。65年前，數個宣教士，包括來自挪威的司務道教士，在調景嶺的荒原上建立靈實，以專業的技巧、積極進取的態度，愛心照顧肺病人，播下福音的種子。司教士「尊重生命·改變生命」的精神，影響著一代又一代的靈實人，鼓勵我們在服務中竭盡全力，把愛和靈實精神相傳下去。

我們相信上帝按自己的形象創造人，因此我們各人都有美善的本質，富有「尊重生命·改變生命」的力量。今天，除靈實以外，社區上也有不少人積極在自己的崗位和日常生活中，活出尊重生命及改變生命的正能量。今期靈感專訪了兩位靈實忠實合作伙伴－藝人河國榮及非牟利團體「毛孩守護者」創辦人陸家捷，訴說他們尊重生命、改變生命的故事。此外，我們會介紹邵氏影城香港有限公司如何透過支持「荃情·觸動生命」粵劇慈善演出推廣尊重生命、改變生命的精神。

在未來的日子，靈實會繼續服務更多貧窮及有需要的人，並與社區伙伴同行，一起以愛改變生命，請支持我們！

行政總裁
林正財醫生

Dear Haven of Hope Supporters,

To commemorate the 65th anniversary of Haven of Hope Christian Service (HOHCS), we organised an array of "Inheriting Love · 65" celebratory activities in July. Several missionaries, including Sister Annie Skau came to Hong Kong 65 years ago and founded HOHCS in Tiu Keng Leng. With her professional skills, progressive attitude and heartfelt love, she took good care of the tuberculosis patients while spreading the Gospel. Adhering to the motto of "Respecting Life-Impacting Life", she motivated her fellow Haven of Hopers over several generations to devote their efforts in caring for the needy and pass on love and the HOHCS spirit to people around.

We believe that God created men in His own image and likeness, we all have the inborn temperament of beauty and righteousness as well as possess the motivation to respect life and impact life. In fact, many people in society endeavour their utmost to fulfill their roles and duties in lives so as to realise the positive values of "Respecting Life-Impacting Life". This issue of Haven of Hope News covers the stories of two of our faithful partners - Gregory Charles Rivers, the popular artiste, and Kent Luk, the founder of Hong Kong Paws Guardian. In addition, we introduce how Shaw Movie City(Hong Kong) Limited helped to promote the spirit of "Respecting Life- Impacting Life" by supporting "Elate · Epitomise · Life" Fundraising Show in Support of the Charity Cantonese Opera Performance.

Together with our community partners, HOHCS will continue to serve the poor and needy with love. Please support us!

Dr Lam Ching-choi
Chief Executive Officer

THEME 主題



雖從未受過正統訓練，但憑著一顆愛心，五年來，「毛孩守護者」創辦人陸家捷曾深夜上山、下水渠，追蹤到人跡罕至的地方，為的是拯救狗隻生命。
Although he isn't professionally trained, he goes everywhere, even to the remotest areas to rescue hopeless dogs.

用心尊重生命 泛起關愛的漣漪

靈實相信「尊重生命」是一股力量，有感染力，能夠泛起關愛的漣漪，改變生命。拯救動物組織「毛孩守護者」創辦人陸家捷及致力追夢的藝人河國榮兩位是靈實的愛心合作伙伴，就讓我們一起細聽他們尊重生命，以愛傳愛的故事。

改變毛孩生命的守護者

「毛孩守護者」（下稱「毛守」）成立於2013年，致力拯救流浪狗，同時招募義工協助照顧或暫託的工作，使受傷的狗隻身心靈盡快康復，增加找到新主人的機會。創辦人陸家捷指出，最初成立組織只為結合更多同路人的力量，拯救流浪狗。雖從未受過正統訓練，但憑著一顆愛心，五年來，他曾深夜上山、下水渠，追蹤到人跡罕至的地方，為的只是希望實現組織的宗旨「救得一隻得一隻，用真誠改變生命」。

至今，毛守已經拯救了超過1,500隻流浪狗，雖然營運狗場每月的開支多達60萬元，面對財困、求助人士的無理，陸家捷多次想暫停拯救的工作，然而，他始終不能放下內心對動物的愛和感情，這份尊重和憐憫之情原來與他小時候的經歷有關。

「我小時候已經喜歡狗，但家人比較傳統，不准飼養。我就讀培正，學校有隻大唐狗，是校工養的，每逢小息我都會帶芝士去餵牠，由於長期被綁，唐狗對人有些抗拒，當其他同學走近，牠都會狂吠，惟獨是我走近，牠認得我皮鞋發出的聲音，知道是我，就不會吠。」他覺得狗很有靈性和人性，因此特別喜歡牠們。

五年來的拯救工作有開心，也有失意的時候。最令陸家捷感到欣慰的是，毛守的出現提高了香港人保護動物的意識。現在，街上途人看見地上有血，懷疑有動物受傷，就會立即打電話給毛守或其他動物救援組織。他感恩可以利用一己微小的力量，幫助人，改變他人的命運。他相信這份信念和靈實創辦人司務道教士當年照顧肺結核病人的心志一樣。

「最初我以為靈實只是一間醫院，但後來當我來到靈實各服務單位，協助進行拍攝工作，才發現靈實服務十分多元化，而且是一間充滿愛和使命感的機構。沒有愛，我相信不會有這些服務。」陸家捷希望社會上有多人像靈實、毛守等一樣，以愛和信念，影響身邊的人。

Respecting Life With Love. Influencing Others With Care.

Haven of Hope Christian Service (HOHCS) believes in the power of respecting life, which helps influence others to care, love and impact life. Through the stories of Kent Luk, the founder of Hong Kong Paws Guardian (HK Paws), and artiste Gregory Charles Rivers, both of whom are supportive partners of HOHCS, we hope to inspire more people to care and to love.

The Guardian that Protects Animals' Lives

Established in 2013, HK Paws is committed to rescuing homeless dogs while also recruiting volunteers to provide for abandoned animals with temporary foster shelters, medical treatment and permanent homes. Kent Luk says the original purpose of setting up the organisation was to gather like-minded people together. Although he isn't professionally trained, he goes everywhere, even to the remotest areas to rescue hopeless dogs, for realising the organisation's mission: "Putting forth our best efforts to save each and every animal in a difficult plight and sincerely work to improve their lives".

So far, HK Paws has saved more than 1,500 homeless dogs; yet, the expense of shelter operations is more than \$600,000 per month. For more than once, Luk had considered terminating the voluntary work in view of the financial difficulties and unreasonable demands they faced from people who sought help. Nevertheless, he found himself unable to give up his love and affection for animals. "I have had special affection toward dogs since I was very young but I wasn't allowed by my family to adopt one," he says. "I used to feed a mongrel dog adopted by my school janitor staff. I would give him a tiny piece of cheese at recess. As he was tied up most of the time, he barked at other classmates, except me. Obviously, he recognised me as well as the sound that my shoes made." Luk loves dogs very much because he thinks they are like human.

During the five years of rescue work, Luk has encountered happy as well as frustrating moments. Nevertheless, he is grateful for the increased public awareness of animal protection because of the work that HK Paws has done. When people find blood on streets and suspect

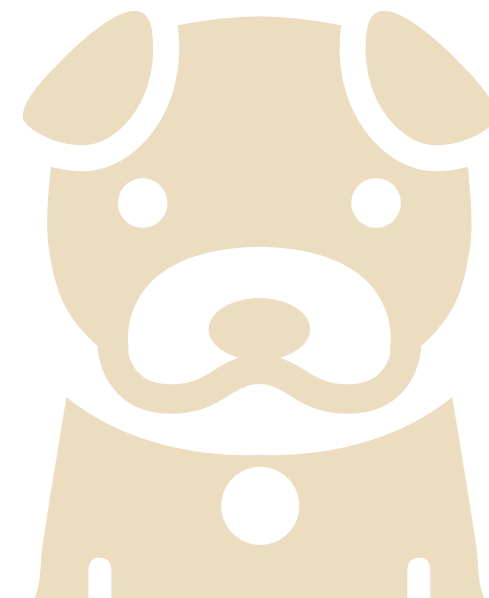


陸家捷感恩可以利用一己微小的力量，幫助人，改變他人的命運。

Kent feels thankful that even his small contribution can change others' lives.

a case of animal accident, they would call HK Paws or other animal rescue organisations for help. He feels thankful that even his small contribution can change others' lives, just like what Sister Annie Skau, the founder of HOHCS, had done to help the tuberculosis patients in Tiu Keng Leng in the last century.

"Previously I thought the Haven of Hope was just a hospital," says Luk. "When I came to HOHCS for video shooting, I found that it indeed provides a wide range of services, which are full of love with a true sense of purpose." He hopes more people could follow the work of HOHCS and HK Paws to impact lives with love.



THEME 主題



藝人河國榮希望個人音樂會將來可以移師到馬來西亞或內地舉行，鼓勵當地的年青人，尋找理想，堅持下去，努力圓夢。

Artiste Gregory Charles Rivers hopes to host similar concerts in Malaysia and in mainland China to encourage the young people there to pursue their dreams with perseverance.

敢夢敢想 熱愛生命的藝人歌手

藝人河國榮與靈實表面上看似毫無關係，但事實上，兩者自2017年開始結緣，當時靈實舉辦慈善高爾夫球賽，希望邀請河國榮擔任午宴的表演嘉賓，沒想到他一口答應。午宴上，他一口氣連唱幾首廣東歌，令在場的嘉賓都對他另眼相看。

原來早在31年前，他仍在澳洲攻讀醫科，當時學校有很多香港留學生，令他認識到廣東流行曲，愈聽就愈喜歡，甚至在大學文化交流會上演唱廣東歌。經過三年思索，他最終決定放棄讀醫，買了一張單程機票，帶著5,000元，隻身來港發展，矢志成為一位廣東歌歌手。他坦言：「很多朋友笑我傻，叫我先讀完醫科，成為醫生，再來香港都未遲，但我知道不可能，那個時候就要抉擇。」

多年來，他試過寄人籬下、失業、患病，所有東西「由零開始」，他更為了圓夢，耗盡積蓄，於今年5月舉辦首個個人音樂會。音樂會舉行前，坊間都不對他寄予厚望，有些人更擔心伴奏的是否那些「酒廊級數」的樂手，但他的信心從未有動搖。他甚至租用專業錄音室練歌，努力備戰，結果他音樂會上的表現令人讚嘆不絕，大家都覺得他真的做到了。

河國榮敢於追夢，31年前他決定來港，今年他舉辦個人音樂會，夢想是有代價的，但他認為一切都值得。他更希望音樂會將來可以移師到馬來西亞或內地舉行，鼓勵當地的年青人，尋找理想，堅持下去，努力圓夢。

除了演藝工作，河國榮間中也會協助一些慈善機構進行宣傳活動，如幫助一些罕病兒童、單親家庭的機構，但他會小心選擇，因為他知道藝人有影響力，可以左右市民大眾的抉擇。問及對靈實的印象，他覺得靈實幫助有需要的人，不是為自己的益處，是為社會，而且跟靈實同工的合作中，都感受到他們是用心服侍的人。

即將於11月21日舉行的靈實清水灣慈善高爾夫球賽中，河國榮會再度擔任表演嘉賓，在舞台上展現他對音樂的熱誠，期望以他用心尊重生命，致力追夢的精神，感動更多有心人，一起支持靈實，幫助弱勢社群。

Daring to Dream · Passionate in Life.

Gregory Charles Rivers and HOHCS have nurtured a close partnership since 2017, when he performed at the HOHCS Charity Golf Tournament luncheon. During the event, he sang several Cantonese songs and impressed many guests.

Indeed, when he was studying in Australia for his medical degree 31 years ago, he made friends with many classmates from Hong Kong, who aroused his interest in Cantonese music and Cantopop. Three years later, he withdrew from his studies and came to Hong Kong alone to pursue his dream. All he had was a one-way flight ticket and \$5,000. "Many of my friends said I was stupid and that I should finish my degree studies first before pursuing my dream," admits Gregory. "But I thought it was the time that I had to make the decision."

The journey wasn't an easy one. He had to start everything from scratch as well as overcome many obstacles, e.g. financial difficulties, joblessness and even illness. Despite all the setbacks, he never gave up his dream. He hosted his first individual concert last May. Before the show, many people didn't have much confidence about the overall quality. In fact, he tried his best to practise in professional studios. In the end, everyone was much impressed by his brilliant performance in the concert.

From deciding to come to Hong Kong 31 years ago, to hosting his concert this year, Gregory has never given up and truly believes that all of his efforts to date were worth it. He hopes to host similar concerts in Malaysia and in mainland China to encourage the young people there to pursue their dreams with perseverance.

Apart from his career in the entertainment industry, Gregory has shared his reputation and influence to help promote various carefully selected charity organisations, including those devoted to helping child patients with rare illnesses, single parent families, and others. He understands very well that HOHCS is committed to helping those in need as well as society at large. Through his participation in various projects with HOHCS, Gregory has also observed how all the staff wholeheartedly serve the people.

Gregory has been invited to be the guest performing artiste again for the upcoming HOHCS Clearwater Bay Charity Golf Tournament held on 21 November, to showcase his passion for music and his persistence in pursuing dreams. He hopes his performance would motivate more people to support HOHCS and help the underprivileged.



河國榮於2017靈實舉辦慈善高爾夫球賽的午宴一口氣連唱幾首廣東歌，令在場的嘉賓都對他另眼相看。

Gregory performed at the HOHCS Charity Golf Tournament luncheon in 2017.

FEATURE 專題

經典中創新經典 堅持中積極改變 邵氏影城香港有限公司「荃情·觸動生命」 粵劇慈善演出

經典，是否一定代表年代久遠？非也，今天創造的經典，一樣是傳世之作，就如由靈實、影視紅星兼粵劇名伶汪明荃博士SBS及粵劇界翹楚衛駿輝女士合作、邵氏影城香港有限公司(下稱邵氏影城)冠名贊助的「荃情·觸動生命」粵劇慈善演出，構成史無前例的組合，在慈善活動的合作上創新經典，將戲寶《帝女花》重新演繹，締造粵劇新經典。

接受挑戰「荃」為行善

粵劇，又稱「大戲」、「廣東戲」或「廣東大戲」，是中國廣東省十四種戲曲之一，2009年被聯合國教育、科學及文化組織列為《人類非物質文化遺產代表作名錄》。粵劇的題材多取自民間傳奇或歷史故事等，本港著名的劇目有《帝女花》、《鳳閣恩仇未了情》及《梁山伯與祝英台》等，當中《帝女花》是劇作大師唐滌生撰寫的四大名劇之一。

在上世紀的香港，粵劇演出已是籌款的途徑之一，戲院經營者會為支持社會公益等，減收戲院的租金，讓戲班舉行義演。透過粵劇籌款的形式沿用至今，靈實近年亦多次舉辦粵劇慈善演出，幫助有需要人士，今年更獲得汪明荃博士及衛駿輝女士的支持，成就了萬眾期待的粵劇慈善演出。

汪明荃及衛駿輝對推廣是次合作不遺餘力，繼7月初出席新聞發佈會，宣佈為靈實籌款之後，8月初更接受電視台節目訪問。綜合訪問的內容，汪明荃表示，靈實提供多元化服務，對將軍澳十分重要，而她欣賞靈實為智障人士提供的服務，因為可訓練智障人士照顧自己，從而減輕家人負擔。而衛駿輝指出，今次的善款是用來支持靈實十年基建發展計劃，希望大家出一分力，支持今次的善舉。

她們二人在訪問中談到《帝女花》。汪明荃指最近該劇成為熱門劇目，連京劇也將之改編，她坦言自己以往較少演出四大名劇，較多演出她有份改編的劇本，現在回歸經典，想重新認識《帝女花》。她又說，她曾演過《帝女花》的電視劇，但用粵曲去表達卻不同，手、眼、身、法、步、身段是戲曲不同之處。



汪明荃博士(右)及衛駿輝女士(左)重新演繹經典粵劇戲寶《帝女花》，獲邵氏影城香港有限公司全力支持。
With the full support of Shaw Movie City (Hong Kong) Limited, Dr. Liza Wang (right) and Candy Wai Chun-fai (left) re-invent the classic opera - Princess Chang Ping.



邵氏影城香港有限公司「荃情·觸動生命」粵劇慈善演出一家嘉賓及台柱演員合照。
Group photo of all the VIP guests and major cast in the Charity Cantonese Opera.

Renaissance of a Classic · Pursuit of Change Charity Cantonese Opera Performance in "Elate · Epitomise · Life"

In the artistic realm, classics do not necessarily refer only to ancient works. A classic can be reborn and long-lasting. With this in mind, Charity Cantonese Opera Performance in "Elate · Epitomise · Life, in collaboration with renowned artiste and Cantonese opera star Dr Liza Wang Ming-chuen and elite Cantonese opera master Candy Wai Chun-fai, brings audience the unprecedented legendary opera classic revival of "Princess Chang Ping". HOHCS is also honoured to have Shaw Movie City (Hong Kong) Limited as sole title sponsor.

Embracing Challenge for Charity

Cantonese opera, also known as "Guangdong drama", was included in UNESCO's Intangible Cultural Heritage of Humanity list in 2009. Based on a myriad of stories from Chinese antiquity and mythology, many iconic opera scripts have been written over the centuries, such as "The Princess in Depress", "The Butterfly Lovers", as

well as "Princess Chang Ping", which comprises one of the four masterpieces written by Chinese operatic playwright master Tang Di-sheng.

Cantonese opera charity performance has long been popular since last century. To help those in need, HOHCS has also presented various charity Cantonese opera shows before. This year, we are pleased to have invited Dr Wang and Candy to join hands to bring forth this spectacular performance.

Both of them were fully devoted to promoting the show as well. They attended a press conference held in early July and conducted a TV programme interview in early August. In these occasions, Dr Wang mentioned that HOHCS's versatile services are vitally important to the Tseung Kwan O community. In particular, she expressed great appreciation for the services provided for the mentally disabled who receive training for self-care in

FEATURE 專題



衛駿輝女士2017年公演《花木蘭》，為靈實「築動生命全方位關顧計劃」籌款。
Candy Wai starred in the Cantonese opera - Hua Mulan in 2017 to raise fund for the Haven Project.

衛駿輝則說，她以前演過粵劇《帝女花》，但今次要多謝汪明荃令她溫故知新，讓她看到曲詞之美、意境之美。她又說，「荃情·觸動生命」粵劇慈善演出是個考驗，她會用心去演。

事實上，汪明荃與衛駿輝很早已相識。汪博士是香港八和會館主席，而衛女士是八和粵劇學院第一屆畢業生。昔日，汪博士與羅家英先生創辦了「福陞粵劇團」，忙於改編及演出不同的劇目，也同時要兼顧電視演出，但作為香港八和會館主席，汪博士很希望了解其他主會會員的工作，而她本身又很想試做神功戲，於是多了與衛女士合作。今次之所以接受衛女士的邀請，除了因為很欣賞靈實對社區的承擔外，也為了支持衛女士，因為要經營及管理一個劇團絕不容易，還要創作劇本及演出，汪博士希望多多支持後輩。由此可見，二人在推動粵劇發展的同時亦積極行善，在社會上起示範作用。

今次的慈善活動得以順利舉行，全賴邵氏影城香港有限公司(下稱邵氏影城) 冠名贊助。邵氏影城希望透過有影響力的人士和表演，引起社會關注弱勢社群的需要，因此慷慨捐出港幣\$100萬元， 冠名贊助「荃情·觸動生命」慈善粵劇演出。

邵氏影城與靈實均成立於50年代，兩者分別在影藝界及社福醫療界發展，但同樣情繫西貢將軍澳區。邵氏影城

多年來一直致力促進香港影藝行業的發展，當得悉汪明荃及衛駿輝將傾力支持「荃情·觸動生命」粵劇慈善演出，演繹粵劇戲寶《帝女花》，即答應冠名贊助今次演出。

邵氏影城香港有限公司董事總經理陳偉文先生表示：「邵氏由50年代開始已致力推動本港電影發展，我們希望可以一直延續這份情繫藝術的精神。靈實在區內服務65年，扶助眾多弱勢人士，兩年前更啟動『靈實築動生命全方位關顧計劃』，令更多人受惠，邵氏十分支持這項計劃，所以贊助『荃情·觸動生命』粵劇慈善演出，本人覺得特別有意義。」

陳偉文先生續指：「今次支持「荃情·觸動生命」粵劇慈善演出的另一個原因是《帝女花》為粵劇戲寶，而汪明荃重新演繹為幫助弱勢社群而接受這項挑戰，其善心及推動藝術的心意，值得敬佩，我們當然全力支持。」

「荃情·觸動生命」粵劇慈善演出已於9月1日假沙田大會堂舉行，為靈實十年基建發展計劃 - 「築動生命全方位關顧計劃」中兩大項目 - 擴建靈實胡平頤養院及擴建靈實司務道寧養院籌款。如欲捐款支持靈實，與兩位名伶一起凝聚社會大眾的力量，為弱勢社群帶來希望，請填妥《靈感》封底的捐款回條。



慈善演出當晚精彩劇照。
Photo of the spectacular performance of the Cantonese Opera.

HOHCS. This greatly lessens the burden of their carers. Candy also added that we all should support this charity show as the donations will be used to support the ten-year capital development project of HOHCS.

Dr Wang admitted that she had rarely performed the four masterpieces, though she did star in the TV drama series version of Princess Chang Ping. Candy has performed in Princess Chang Ping before, yet she has discovered the new inner beauties of the opera's rhythm, lyrics and mood this time.

As the chairperson of the Chinese Artists Association of Hong Kong, Dr Wang has known Candy for a long time as the latter is a graduate of the very first training course held by the Association. Although Dr Wang has been mostly preoccupied by other Cantonese opera performances as well as TV shows, she is keen on observing the works of other major members. In this occasion, she accepted the invitation by Candy to participate in this project because she is impressed by HOHCS's staunch commitment. She also wishes to support Candy who now has to manage and operate a troupe by herself. As you can see, both of them endeavour to support Cantonese opera while benefitting the needy. They serve as exemplary role models in society.

Established since the 1950s, Shaw Movie City (Hong Kong) Limited (Shaw Movie City) and HOHCS both are entrenched in Sai Kung and Tseung Kwan O community. As the title sponsor, Shaw Movie City wants to optimise the influence of the artistes and the show to raise public concern for the poor and needy. For this reason, Shaw Movie City generously donated HK\$1 million for this project.

Mr. Raymond Chan, Managing Director of Shaw Movie City said, "Shaw Movie City has been motivating the Hong Kong movie development since the 50s in the hope of sustaining the merit of art loving. Similarly, HOHCS has been serving the district for 65 years. To further its service and to take more care of the needy in the community, HOHCS launched the 'Haven Project' two years ago. Shaw Movie City supports the Haven Project by sponsoring the Cantonese opera performance in 'Elate . Epitomise . Life'."



汪明荃博士和衛駿輝女士現身「今日VIP」節目，宣傳粵劇慈善演出。

Dr. Wang and Candy Wai appeared in the TVB programme — The Green Room to promote the charity opera.

"We strongly support this charity Cantonese opera performance in 'Elate . Epitomise . Life' not merely because of Princess Chang Ping, the treasure in Cantonese opera, but of Dr. Liza Wang's acceptance of this challenging performance for helping the needy despite the difficulties in the new opera presentation. Her good intention in caring and motivating art is second to none and is highly appreciated," Mr. Chan continued.

Charity Cantonese Opera Performance in "Elate·Epitomise·Life" was staged on 1 September at Shatin Town Hall to raise fund for the extension of Haven of Hope Woo Ping Care and Attention Home, and the Haven of Hope Sister Annie Skau Holistic Care Centre. To donate to the Haven Project, please complete the donation form on the back cover of Haven of Hope News.

汪明荃

RESPECTING LIFE BLOG

尊重生命 BLOG

靈實恩光學校
Haven of Hope Sunnyside School



宿生日會：與親朋摯友慶祝是最開心的了！
Birthday party for hostel students: It is the happiest thing on earth to celebrate birthday with your beloved!



科大義工到訪，與學生玩得不亦樂乎！
Volunteers from The University of Science and Technology visited our students and had lots of fun together!



每年到西貢三星灣暢泳，都有恩光之友會義工及消防員義工陪伴。
Every year, volunteers of Sunnyside Club and fireman team accompany our students to enjoy swimming in Trio Beach.

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



可愛的動物醫生探訪院友，為大家的生活添上色彩。
The amiable pet doctor visited our residents which made their lives much more fruitful and beautiful.



職業治療師與院友一起種植的蔬菜盆栽喜見收成，院友更親自下廚炮製「椒絲腐乳通菜」，與其他老友記一起品嚐！
The elderly residents enjoyed gardening with the occupational therapist. The residents even used the fresh produce to cook the dish "Stir-fried water spinach with preserved bean curd and chilli pepper slices" to enjoy with other residents!

靈實復康服務
Haven of Hope Rehabilitation Services



靈實復康服務部「愛相傳65·義工嘉許禮」於5月19日假香港社會服務聯會溫莎公爵社會服務大廈禮堂順利舉行，共239位社區人士出席。大會共嘉許了150多位義工以及20個義工團體，表揚他們委身參與及無私奉獻的義工精神。
The "Inheriting love for 65 years · Volunteer Award Presentation Ceremony" was held by Haven of Hope Rehabilitation Services on 19 May at the Hall of Hong Kong Council of Social Service. There were 239 participants. More than 150 volunteers and 20 volunteering organizations were awarded for their commitment and avid participation in volunteer work.



義工嘉許禮中加插了義工團體表演環節，由坑口護理院義工結他伴奏，地區支援中心會員演繹了多首勵志歌曲。
In the volunteer award presentation, service user of District Support Centre sang many encouraging songs, with the volunteer of Hang Hau Care and Attention Home for the Severely Disabled playing the guitar as accompaniment.

WHAT'S NEW 最新消息



2018靈實耆樂餅 靈實與忌廉哥一起 尊重生命・改變生命

「忌廉每天不用擔心三餐溫飽，還得到市民疼錫；但香港每天卻有很多流浪貓狗還在生存邊緣掙扎。所以，我希望忌廉能幫助流浪小動物，使牠們每天吃得飽，肥肥白白。靈實的精神也一樣，以生命影響生命，幫助每個有需要的人。所以當靈實提出耆樂餅的合作，我想也不想便答應！」忌廉哥主人高志成道出與靈實合作的契機。

事實上，靈實自2014年已開始與忌廉哥合作，當時忌廉哥擔任「靈實小慈善家」計劃的大使，教導小朋友尊重生命。今次，高先生決定讓忌廉哥帶領整個家族，以及忌廉哥基金的義工成員，一同發揮正能量，化身親善大使，引起外界對耆樂餅的關注，讓更多人認識靈實，一起關懷長者！今年耆樂餅的公開義賣日於11月10及11日舉行，忌廉哥基金的義工成員亦會親身支持，義賣耆樂餅。高先生希望，稍後有機會，能與義工一同到院舍或中心探訪長者，關懷他們。

今年耆樂餅的籌款目標是港幣\$150萬，設有普通裝，分別是忌廉哥及忌廉嫂別注版耆樂餅零錢包，共四個款式。每個零錢包內有奇華鳳梨酥乙件及Dilmah精選茶包乙份，售價為港幣\$28，充滿愛心和善心的您，當然要儲齊一套啦！另外，我們推出忌廉哥限定版耆樂餅禮盒，內有忌廉哥不鏽鋼保溫杯乙隻及奇華茶曲奇15件，售價為港幣\$130，是別具香港特色的手信，節日餽贈的必選佳品！

Haven of Hope Qile Cake Charity Sale 2018 HOHCS Joins Hands with Cream Bro in - 'Respecting Life • Impacting Life'

"Cream Bro is loved by so many people and is, of course, well fed," says Ko Chi-shing, the cat's owner. "However, there are still a lot of stray dogs and cats who have to struggle to survive. I really hope Cream Bro can help them. By the same token, Haven of Hope Christian Service (HOHCS) helps those in need. For this reason, I am very pleased to support Qile Cake Charity Sale."

In fact, HOHCS has been collaborating with Cream Bro since 2014 when he took on the role of 'HOHCS Young Philanthropist' ambassador to educate kids to respect life. This year, he will lead his entire family and volunteers from Cream Bro Foundation to promote positive energy and act as ambassadors for Qile Cake Charity Sale to show his care and empathy for the elderly. The charity sale will be held on 10 and 11 November. Ko wishes to visit the elderly centres with the volunteers as well.

This year the charity sales target is \$1.5 million. The regular pack has four different versions, with each featuring Cream Bro or his wife. It is a coin bag, with a piece of Kee Wah pineapple shortcake and a Dilmah tea blend, priced at HK\$28. You will definitely give a fig for it at first sight. So, why not collect all four versions? In addition, the Cream Bro limited edition Qile cake gift set is also an option. Each box contains a Cream Bro stainless steel thermos cup plus 15 pieces of Kee Wah tea cookies, priced at HK\$130. Brimming with unique Hong Kong flavour and style, it makes for the ideal festive gift.



2018耆樂餅普通裝
"Qile" Cake 2018 Regular Pack



耆樂餅禮盒裝 "Qile" Cake Deluxe Pack

靈實耆樂餅訂購 / 捐餅 / 捐款表格 Cake Order / Cake Donation/ Donation Form

請以正楷填寫下列表格，並在適當的方格加上「☒」號。*請刪去不適用者
Please fill in the form in BLOCK letters and "☒" the appropriate boxes. Please delete wherever applicable

姓名 Name : _____ 先生 / 太太 / 小姐 Mr/Mrs/Miss

聯絡電話 Contact No : _____

電郵 Email : _____

地址 Address : _____

收據抬頭 Name on Receipt : _____

	義賣價 Charity Price	訂購數量 Cake Order	捐餅數量 Cake Donation	總數量 Total Quantity	合共 Sub-total
耆樂餅普通裝 "Qile" Cake Regular Pack 忌廉哥/忌廉嫂別注版耆樂餅零錢包，共四個款式。零錢包內有奇華鳳梨酥乙件及Dilmah精選茶包乙份。 4 different styles of Cream Bro or Wife Coins Bag. Each bag with 1 piece of Kee Wah Pineapple Shortcake and 1 pack of Dilmah Selected Tea Blend.	HK\$ 28	包/pack(s)	包/pack(s)	包/pack(s)	HK\$
耆樂餅禮盒裝 "Qile" Cake Deluxe Pack 忌廉哥限定版耆樂餅禮盒，內有忌廉哥不鏽鋼保溫杯及奇華茶曲奇15件。 With a Cream Bro Premium Set, Cream Bro stainless steel mug and 15 pieces of Kee Wah Tea Cookies	HK\$ 130	盒/box(es)	盒/box(es)	盒/box(es)	HK\$
				總額 Total	HK\$

訂餅 Cake Order

取餅方法 Collection Method : ☐ 自行到本協會領取 Pick up by myself
☐ 郵寄餅券 Cake Redemption Coupon (可於公開義賣日指定攤位換領 Can be redeemed at designated counter during Open Sale)
☐ 順豐到付 Freight collect via SF Express

訂購收據 Require Cake Order Receipt* : ☐ 需要Yes ☐ 不需要No *註Remarks：訂餅收據不能作減稅之用 Cake order receipt cannot be used for tax deduction.

送貨地址 Delivery address (送貨服務只適用於訂購滿HK\$2,000以上或自付郵費者 Delivery service only applicable to order over \$2,000 or cake delivery service requested with additional delivery charges incurred) : _____

收貨人Name of Recipient : _____ 電話 Contact No.: _____

捐餅 Cake Donation

本人 / 本機構樂意捐贈 _____ 包普通裝靈實耆樂餅(每包\$28)及 _____ 盒禮盒裝靈實耆樂餅(每盒\$130)，共港幣\$_____。

I / My organisation would like to donate _____ pack(s) of Qile cake in Regular Pack and _____ box(es) of Qile cake in Deluxe Pack.
The total amount is HK\$_____.

捐餅收據 Require Cake Donation Receipt : ☐ 需要Yes ☐ 不需要No

捐餅收據抬頭¹ Name of recipient on donation receipt: _____

☐ 請代本人 / 本機構將耆樂餅捐贈給以下指定團體 (捐贈HK\$2,000或以上)

Please donate the cakes to the singleton elderly or elderly at elderly homes on my behalf /my organization's behalf (donation of HK\$2000 or above). :

機構名稱 Name of Organization : _____

地址 Address : _____

*捐贈HK\$2,000以下將由本會自行安排送予靈實轄下長者中心或院舍
For donation of less than HK\$2,000, we will deliver the cakes to HOHCS's service units.

捐款或贊助 Donation or Sponsorship

本人 / 本機構樂意支持靈實長者服務，並願意捐助港幣

I / My organization would like to support the elderly service of Haven of Hope Christian Service, and donate (in HK\$) :

☐ \$20,000 ☐ \$2,000 ☐ \$1,000 ☐ \$500 ☐ 其他Others _____

捐款收據 Require Cake Donation Receipt : ☐ 需要Yes ☐ 不需要No

捐款收據抬頭¹ Name of donor on donation receipt: _____

付款方法 Donation/ Payment Method :

☐ 劃線支票¹ (祈付「基督教靈實協會」) Crossed cheque¹: (Payable to "Haven of Hope Christian Service")

☐ 直接存入戶口¹ Direct Deposit : Bank of China Account 中國銀行戶口 : 012-874-0-012319-5

☐ 信用卡 Credit Card (請將填妥之表格直接傳真至 2702 8173 Please fill in the form and fax via 2702 8173)

☐ Visa ☐ Master ☐ AE

持卡人姓名 Cardholder Name : _____ 信用卡號碼 Card Account No : _____

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

備註Remarks : 1. 請將支票或銀行入數收據及已填妥的表格一併寄回新界將軍澳靈實路7號基督教靈實協會傳訊及籌募部
Please send cheques or deposit slips together with this form to "Communications and Resource Development Department, Haven of Hope Christian Service, 7 Haven of Hope Road, Tseung Kwan O, New Territories, Hong Kong"
2. 捐款/捐餅港幣HK\$100或以上，將獲發收據。Receipt will be given to donation/ cake donation of HK\$100 or above.

IMPACTING LIFE STORY

改變生命的故事



團隊見證著每個感動人心、透過靈性關懷而編織的生命故事。

The team witnesses all kinds of touching life stories weaved by spiritual care.

靈實司務道寧養院 — 晚期照顧的靈性關懷

秉承司務道教士「尊重生命·改變生命」的精神，靈實司務道寧養院（寧養院）為院友提供整合醫療護理、復康及靈性關懷的全人照顧，使院友面對身體機能衰退，甚至走到生命晚期時，仍能得到有尊嚴的照顧，得享心靈的平安，實踐「用愛擁抱晚晴」的服務理念。靈性關懷是全人照顧不可或缺的重要部份，旨在幫助個人與自己、其他人及造物主復和。寧養院以此為導向，關心院友心靈的需要。以下三個生命故事片段，印證了靈性關懷對生命的尊重，帶來生命的改變。

與自己和好 — 肯定自我價值

勞先生感慨只有半百的人生，曾沉迷賭博令致家庭不和。與家人關係雖已改善，內心仍感愧疚。在寧養院他與神相遇，學習以神的眼光重新評斷人生的價值。

病者身體日漸衰殘，常以「有用」、「無用」、「行得慢」等來評價自己。信仰可幫助他們接受自己正經歷的人生階段，肯定自己作為人的價值，整合以往的人生經驗，在病患中尋找意義。

與他人和好 — 滿足愛與被愛

黎先生因病封閉心靈，在兄弟關懷下打開心鎖，重修手足情。在寧養院認識神後，在信仰鼓勵下他主動致電前妻及女兒，表達希望她們從外地回港見他最後一面。感恩彼此能放下前嫌，聚首互訴心事及話別，完成心願。

不少院友得到家人的尊重、接納，關懷及照顧，孤單感得以紓緩，懂得感受別人恩待自己，並學會饒恕別人的傷害，化解不滿及怨恨。

與神和好 - 放下死亡恐懼

與家人感情要好的朱伯，心中不捨及欠缺平安，離世前兩天仍強行張開眼睛不願睡覺、面容痛苦。神感動朱伯在家人見證下信主，院牧領他禱告後頓時表現舒泰。當晚妻子也接受福音，朱伯知道後十分安心，兩天後安詳離世，家人深感安慰。

晚晴病人經歷病患折磨及痛苦，內心對死亡及那未知的將來存莫名恐懼；但藉著重修與自己、與別人及造物主的關係，更相信將來可回到永恆天家再聚，在愛的擁抱下，生命變得有意義和盼望。

「心靈社康服務及牧關部」是寧養院全人關顧團隊的重要成員，院牧及社工與醫護同工透過病室會議、個案會議、交更會、病歷記錄等，一起探討院友的情況及需要，見證著每個感動人心、透過靈性關懷而編織的生命故事。團隊透過探訪、心靈關顧及牧養、個案工作、社康活動、家屬關懷、哀傷輔導，讓寧養院成為病人及其家屬承載傷痛與蒙恩的地方，讓「盼望之灣，平安之所」(Haven of Hope)得到體現。

文中見證均引錄自《用愛擁抱晚晴：意義、愛與盼望的故事》(香港：靈實司務道寧養院，2016，自己和好P.67-71、與他人和好P.54-57、與神和好P.119-122)

Haven of Hope Sister Annie Skau Holistic Care Centre Spiritual Care in End-of-life Care

Upholding Sister Annie Skau's spirit of "Respecting Life, Impacting Life", Haven of Hope Sister Annie Skau Holistic Care Centre (SASHCC) provides holistic care services including integrated medical treatment, rehabilitation and spiritual care, to bring dignity and peace to the frail, late-stage patients. This is all in an effort to realise the mission of "Embracing the Last Journey with Love". Spiritual care is an indispensable part of the holistic services that help patients reconcile with themselves, others as well as God. For this reason, SASHCC cares much about the spiritual and psychological needs of the patients. The following three stories illustrate how our spiritual care respects and impacts lives.

Reconciling with ourselves – affirming our value

Living for half a century, Mr Lo had a difficult period with his family due to his addiction to gambling. Now he has improved his relationship with his family but he still suffers from a sense of regret. At SASHCC, he has learned to re-assess his value in the eyes of God.

Many patients think they are 'useless', 'hopeless', or 'walking too slow'. Notwithstanding, Christian faith helps patients embrace their current life encounters, affirm their value, consolidate their past experiences, and discover new values even in times of sickness.

Reconciling with others – feeling contented by loving and being loved

Mr. Lai isolated himself from the world due to illness. Fortunately, with the love of his siblings, he reconciled his broken relationship with them. Motivated by Christian faith, he made a phone call to his ex-wife and daughter and asked them to come back to Hong Kong to meet him one last time. They felt blessed for this new feeling of letting bygones be bygones.

Many patients have relieved their sense of loneliness by being embraced, respected, cared for by their families. In return they learned to forgive others.

Reconciling with God – Relieving the fear of death

Mr. Chu is a frail elderly patient who had good family relationships. This made him not willing to leave his beloved. Though he was in great pain, he still tried hard to open his eyes wide during his



心靈社康服務及牧關部團隊合照
Group photo of Psycho-Social and Spiritual Care Services Department

final moments. In the end, he was baptised and felt comfortable after praying to God. His wife was also touched by the Gospel. Two days later, he passed away peacefully and his family also felt consoled.

Late-stage patients may fear about death and their unknown future. Nevertheless, through reconciliation with themselves, others and God, they come to believe that one day they will meet again in the everlasting heaven. Life then becomes more meaningful with hope and love.

The Psycho-Social and Spiritual Care Services Department is an important component of the holistic care team of SASHCC. Chaplains and social workers join with medical care staff to understand the needs of patients through ward meetings, case conferences and medical record examinations, etc. By arranging visits, spiritual care and psycho-social activities, caring services for families and bereavement counseling, the team walks with patients and their families. In this way, SASHCC is truly a haven of hope, blessing people with love and peace.

These cases were extracted from - Embrace the Last Journey with Love: The Stories with Values, Love and Hopes (Hong Kong: Haven of Hope Sister Annie Skau Holistic Care Centre, 2016. Reconcile with our own p.p. 67-71; Reconcile with others p.p.54-57; Reconcile with God p.p.119-122)

YOU CAN CHANGE THE WORLD

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「慈惠病床」受惠者婉玲(前)在寧養院感受到無限的愛。
Yuen-ling (front), beneficiary of RCS felt so much love in SASHCC.



「夾心階層寧養病床」受惠者炳容(前)能與親友作最後道別，感到此生無憾。
Ping-Yung (front), beneficiary of "Sandwich Class Beds Programme" had no regrets after properly saying goodbye to his family.

司務道寧養院慈惠病床及夾心階層病床服務

為了把全人生命晚期照顧延伸至弱勢社群，司務道寧養院於2012年開展「慈惠病床」計劃，承蒙眾善長的捐助，計劃至今已服務250多位院友及其家屬，院友住院期間以至安息禮一切費用全免。以下是慈惠病床院友婉玲臨終前寫下的見證：

...患病後，因為用標靶藥治療，財務狀況開始出現問題。我下半身又郁唔到，需要人照顧。社工好體恤我地，幫我地申請司務道寧養院「慈善病床」，費用全免，讓我地可以放心。神的恩典超過我地所想所求，嚟到寧養院更加感受到愛，醫生、護士、照顧員、院牧、義工會定時嚟探我，過程雖然痛苦，但都唔會放棄...

2015年，寧養院開展「夾心階層寧養病床」計劃，讓未能支付全費的病人也可接受優質紓緩治療服務，至今已有50多位院友透過此計劃獲資助部份院費。以下是受惠院友炳容的親友在安息禮上的分享文章：

師傅(炳容)曾多次跟我提及他有個遺憾，就是他沒有盡父親的責任養育孩子，他希望在有生之年，能和孩子見面，說聲「爸爸對不起你.....我沒有盡上父親的責任。」這內心的聲音神彷彿也聽到了，祂把兒子、兒媳和孫兒們也帶來了！兒子握著父親的手，告訴他：「爸爸你放心，我們過得很好。」師傅沒有遺憾了，此生已經很完美.....

2017/18年度，寧養院提供16張慈惠病床及5張夾心階層病床，分別有68位及22位院友受惠。我們期望在2018/19年度，將病床數目增至25張。誠意邀請大家恆常捐獻，幫助更多有需要的人。

您每次捐款：	可資助院友：
\$500	3天早午晚餐+小吃的膳食費
\$1,000	2節個人復康治療療程
\$2,000	1星期傷口護理
\$3,000	1個月4次專科顧問醫生巡房診療

特別鳴謝以下主要捐助者：

- 余兆麒醫療基金
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- 姚嫩娟女士
- 洽蕙基金會公司
- 陳登社會服務基金會
- 傳德蔭基金有限公司
- 維拉律敦治·荻茜慈善基金

Haven of Hope Sister Annie Skau Holistic Care Centre – Relief and Charity Beds Programme and Sandwich Class Beds Programme

To provide palliative care to the underprivileged, Haven of Hope Sister Annie Skau Holistic Care Centre (SASHCC) has launched the "Relief and Charity Beds Programme" (RCS) since 2012. With the generous support of donors, more than 250 patients and their families have benefited from the Programme. All charges during their stay as well as the memorial service fee are waived. The following extract is the sharing from Yuen-ling, one of the beneficiaries:

...My financial situation was getting worse after my targeted therapy. The social worker was considerate and helped us apply for the Relief and Charity Beds Programme. I couldn't believe that God's blessing would be so much more than expected. At SASHCC, staff often came to visit me. Though I was in a great deal of pain, I never gave up hope...

In addition, SASHCC initiated the "Sandwich Class Beds Programme" in 2015, to allow those patients who are out of the social security net; yet can't afford to pay the full price to enjoy quality palliative care. Up to now, more than 50 patients benefited in this Programme. Below is an extract of the sharing from the protege of beneficiary Ping-yung:

My master often told me that the most painful regret in his life was not bearing the proper responsibility to nurture his son. He hoped he could meet his son one last time and apologise to him: "I feel so sorry; I haven't fulfilled my responsibility as your father." Just then, it seemed as if God heard his inner voice and brought to his son, daughter-in-law and grandchildren. His son told him: "No worries, dad. We live well." Master had no more regret...

SASHCC has offered 16 RCS beds and 5 sandwich class beds to benefit 68 and 22 residents respectively in 2017/18. We plan to increase the number of charity beds to 25 in 2018/19. For this reason, we cordially invite you to make regular donations to benefit more poor and needy.

Your donation of:	Subsidises residents for:
\$500	Meal charges for three days - breakfast, lunch, dinner and snacks
\$1,000	Two sessions of individual rehabilitation therapy
\$2,000	One week of wound treatment
\$3,000	Four times of specialist consultant's ward round in a month

Special thanks to the following major donors:

- SK Yee Medical Foundation
- KW Lam Foundation
- Ms Susanna Shuk Ching IU
- Hop Wai Foundation
- Chan Dang Social Services Foundation
- Fu Tak lam Foundation Limited
- Vera Ruttonjee Desai Charitable Fund

HEALTH TIPS 健康知多少



中醫如何看「濕疹」？

中醫自古對「濕疹」已有深入的研究。古人根據濕疹發生的不同部位，取以不同的名字，例如發於耳周稱為「旋耳瘡」，發於手部稱為「癩瘡」，發於乳頭成為「乳頭瘡」，發於臍部稱為「臍瘡」，發於四肢彎曲處稱為「四彎風」，發於小腿稱為「臙瘡」等等。此外，在臨床上根據瘡面的性質分兩大類：乾性濕疹和濕性濕疹。「乾性濕疹」中醫稱為「癩瘡」，「濕性濕疹」中醫稱為「濕瘡、浸淫瘡」。《諸病源候論》中記載「燥瘡候，膚腠虛，風濕搏於氣血，則生瘡，若濕氣少，風氣多者，其則乾燥，但癢，搔之白屑出。濕瘡候，膚腠虛，風濕搏於氣血生瘡，若風氣少，濕氣多，其瘡癢痛，搔之汁出，常濡濕者。」

其實風與濕僅僅是濕疹成因中的一種，在臨床中，濕疹的病因是多種的，如：情志不遂、飲食不節、勞逸失度等等。病機屬性亦有風、濕、熱、毒、血虛之別。濕疹可能由於單一的病因而發病，例如以往有濕疹病史的病人，由於工作生活壓力驟增而導致濕疹復發。但臨床上亦可見多個病因參雜以致發病。例如平素脾胃功能不足的病人，其體內可能已積聚痰濕，倘若大量進食海鮮、燒烤等陰濕、燥熱之品，脾胃運化失調的情況加重，水濕不化鬱而化熱，或者水濕與胃中之食積相搏結，形成濕熱積滯，阻滯中焦，發於皮膚而為濕疹。又如產後血虛之體受到風熱之邪侵襲，在肌膚發為濕疹。亦可見濕疹失治，遷延日久發展為陰血不足的乾性濕疹。

由此可見，濕疹成因並非是只有濕，而濕疹的治療亦並非一定是清熱祛濕，而是需要根據個人的具體情況，從整體出發，根據濕疹發生的部位、性質以及個人的生活飲食習慣辨證論治。如受濕疹問題困擾，請盡早求醫。

資料提供：靈實中大中醫教研中心



Eczema in Traditional Chinese Medicine

Using Traditional Chinese Medicine (TCM) in treatment of eczema has been widely studied since ancient times. Different terminology is used if eczema is found in different affecting parts of skin, such as "xuan er chuang" for eczema at external ears; "guo chuang" at hands; "ru tou chuang" at nipples, "qi chuang" at belly button; "si wan feng" at the joints of the extremities; "lian chuang" at calves, etc. In Chinese Medicine, clinically, eczema can be divided into "dry eczema" or "wet eczema" based on its nature.

The causes of eczema are numerous, for instance, emotional disorder, imbalanced diet and insufficient rest. The nature of pathogenesis can be divided into wind ("feng"), dampness ("shi"), heat ("re"), toxin ("du") and blood deficiency ("xue xu"). It may be triggered by a single factor: such as a person with eczema history background may have sudden outbreak due to stress. However, eczema could also be caused by multiple factors. For example, a person's eczema condition could worsen if he/she has already had accumulated dampness within the body together with poor spleen and stomach function and excessive intake of fried/spicy food or seafood. Heat caused by stagnation of dampness or dampness mixed with indigested food will form stagnation of "damp-heat". On the other hand, women with blood deficiency during postpartum period may suffer from eczema if their skins were invaded by wind and heat. Improper treatment of eczema caused by blood deficiency could gradually be changed to "dry eczema".

Eczema is not solely caused by dampness; nor can it simply be treated by removing heat. Treatment varies from person to person and should be dealt with case by case. In diagnosis and differentiation, the nature of eczema must be studied together with the patient's eating habits and lifestyles in a holistic approach. If a person is diagnosed with eczema, he/she is strongly recommended to seek for appropriate medical treatment.

Source: Haven of Hope - The Chinese University of Hong Kong Chinese Medicine Centre for Training and Research



MESSAGE TO DONORS

給捐贈者的話

靈實「愛相傳・65」慶祝活動 感謝各捐款者與靈實同行65年

2018年，基督教靈實協會慶祝成立65周年，我們7月12及13日於播道書院舉行「愛相傳・65」慶祝活動。一連兩天，我們邀請到重量級嘉賓包括香港中文大學莫慶堯醫學講座教授沈祖堯教授、資深傳媒人車淑梅女士、靈實醫院內科部門主管陳健生醫生及靈實前靈性關懷總監李利平牧師主持主題演講。此外，活動設有敬拜讚美及立願環節，感謝上帝在過去的日子，一直帥領靈實發展服務，建立人的生命。各個服務單位更舉辦工作坊、講座及攤位，與同工及嘉賓分享服務成果，令人感受到靈實是一個充滿愛，彼此鼓勵，助人成長的地方。

我們藉著65周年的大日子，衷心感謝多年來支持靈實的捐款者，因著大家慷慨的捐款，靈實得以貼心照顧服務使用者的全人需要，為受傷的人帶來醫治，使他們在靈實(Haven of Hope)這海灣(Haven)得享寧靜及平安，心靈被觸摸，以致有盼望。願意大家繼續與靈實同行，幫助有需要的人！



靈實司務道寧養院敬拜隊帶領同工一起向上帝獻上敬拜讚美。
The worship team of Sister Annie Skau Holistic Care Centre led our colleagues to praise the Lord.



沈祖堯教授以「愛心關懷」為主題，主持演講。
Professor Joseph Sung delivered a speech with the theme of "Loving Care".

"Inheriting Love • 65" Celebration Haven of Hope Gives Thanks to Donors for their 65 Years of Generous Support

To celebrate our 65th anniversary, Haven of Hope Christian Service organized a two-day staff convention with the theme – "Inheriting Love • 65" at Evangel College on 12 and 13 July. VIP keynote speakers included Professor Joseph Sung, Mok Hing Yiu Professor of Medicine at The Chinese University of Hong Kong; Candy Chea, veteran media practitioner; Dr. Chan Kin-sang, head of Haven of Hope Hospital Medicine Services; and Rev. Pius Li, former head of Spiritual Care of HOHCS. In addition, the convention included worship and commitment session to thank God for His guidance. A series of workshops, seminars and booths were also set up by various service units to share their work and achievements with our colleagues and guests. All these showed that HOHCS is a place full of love and joy that truly helps people grow.

We would like to take this opportunity on our 65th anniversary to express our deep gratitude to all donors who have supported HOHCS over years and decades. With your donation, we can cater for the holistic needs of our service users and help cure those who are sick, physically or spiritually. In this way, the Haven of Hope can truly be people's "haven" in which they can enjoy peace and tranquility; and find hope. We wish to walk with you hand in hand to help those in need in the years to come!



慶祝活動氣氛歡愉，令人感受到靈實是充滿愛的地方。
The fun-filled celebration activities gave people the impression that HOHCS is a truly loving place.

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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.

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