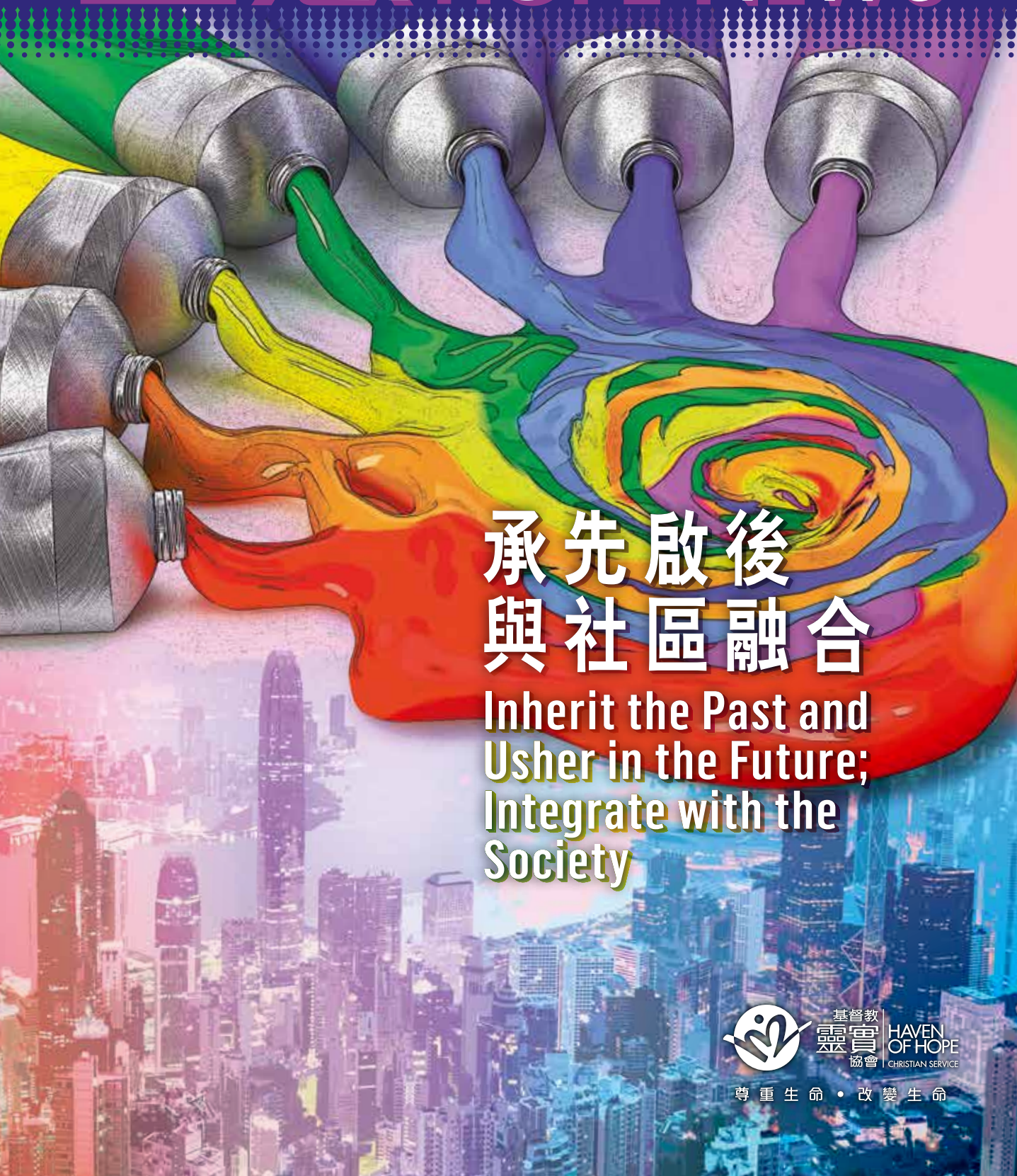


# 靈感 HAVEN OF HOPE NEWS

107  
2022



## 承先啟後 與社區融合

Inherit the Past and  
Usher in the Future;  
Integrate with the  
Society



基督教  
靈實  
協會

HAVEN  
OF HOPE  
CHRISTIAN SERVICE

尊重生命 • 改變生命

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2022 ISSUE 107  
HAVEN OF HOPE NEWS

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## 《靈感》電子版

HAVEN OF HOPE NEWS Digital Version

[https://www.hohcs.org.hk/content\\_72.html](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  
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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2703 3284

#### 更正啟事 Amendment Notice

敬啟者：

第106期《靈感》提及的「靈實蠔涌臺」，其正確名稱為「蠔涌  
福利設施大樓」。就此引起的不便，謹此致歉，敬請見諒！

Dear Sir/Madam,

The correct name of the premises mentioned in the 106th  
issue of Haven of Hope News should be "Ho Chung Welfare  
Facilities Block", instead of "Haven of Hope Ho Chung  
Terrace". We hereby make the amendment and please  
accept our apology for the inconvenience caused.



香港公益金  
THE COMMUNITY CHEST  
會員機構 MEMBER AGENCY

## WORDS FROM CEO 行政總裁的話

### 親愛的靈感讀者：

隨着社會的進步，現今的服務機構需要不斷提升專業質素，  
才能滿足市民的要求。在追求專業質素的同時，服務機構  
也要好好地維繫與社區的網絡，切實掌握市民的真正需要，  
為他們提供適切和貼心的服務。

基督教靈實協會(下稱靈實)的創辦人司務道教士，於1950年代  
由挪威來港，本着基督的大愛，在調景嶺荒原的小社區，  
開展救助貧苦難民和傳福音的事工。她到處贈醫施藥，時常  
展現親切的笑容，故能夠深入人心，成為居民的好鄰居。  
她真正地做到融入社區，了解到居民的需要，因而創立肺病  
療養所、護士學校和恩光護幼院，打下鞏固的基石，使靈實  
發展成一間提供長者、健康、復康和教育服務的機構。

靈實是將軍澳和西貢居民的鄰居，多年來獲得他們的認同。  
憑藉近七十年與社區建立的鄰舍關係和網絡，一直在社區內  
拓展服務，近年投得了西貢地區康健站、蠔涌福利設施大樓  
的營運合約。西貢地區康健站已於2021年投入服務，會透過  
「醫社合作」做好基層醫療工作，把健康資訊帶入居民的  
生活圈，並守護他們的健康。蠔涌福利設施大樓預計於2022年  
陸續啟用，它將擴大我們在將軍澳和西貢區的網絡，同時加強  
我們與鄉郊居民的接觸和聯繫。

另外，我們也有軟件配合的工作，於2020年制訂機構的十年  
計劃「異象二零三零」，其中一個重點方向是整合長久以來  
累積的經驗，鞏固良好的服務文化，以提升服務的質素。  
2021年底，「尋找司務道教士足跡之旅」的十四個歷史景點  
的開幕，以及新書《司務道信心行傳》的出版，都是強化靈  
實內部優良服務文化的重要工作，務求讓我們一同學習前人的  
榜樣，秉承「尊重生命・改變生命」的精神，積極進取地  
提升服務質素，回應社會的需求。

行政總裁

林正財醫生



### Dear Haven of Hope Supporters,

Along with the evolving social development, nowadays not only that  
service providers should consistently upgrade their quality of  
professional services in order to suffice the needs of the public, but  
also better maintain a sound network with the community while  
pursuing the quality of professionalism. Only by doing so can they  
substantially keep abreast of people's genuine needs and provide  
them with timely and tailor-made services.

Sister Annie Skau, the founder of Haven of Hope Christian Service  
(thereafter referred to as HOHCS) moved to Hong Kong from Norway  
in the 1950s. Upholding the great love of Jesus Christ, Sister Annie  
started assisting the refugees suffering from poverty and undertaking  
the work of gospel spreading in a small community on the barren  
upland in Tiu Keng Leng. Wearing a warm smiling face, Sister Annie  
offered medical assistance to the needy. She then took root in the  
hearts of the people and became a good neighbour of them. Sister  
Annie truly devoted herself to the community and fully understood  
the residents' needs. She founded the Haven of Hope Tuberculosis  
Sanatorium, the Nursing School and the Children Preventorium,  
which later facilitated the development of HOHCS into an  
organisation for providing elderly, health, rehabilitation and  
education services.

HOHCS has been a well-recognised neighbour of the residents in  
Tseung Kwan O and Sai Kung for years. Capitalising on the  
neighbourhood and network that have been established with the  
community for nearly 70 years, HOHCS is committed to extending its  
services in the community. In recent years, HOHCS has been given the  
opportunity to operate the Sai Kung District Health Centre Express  
and Ho Chung Welfare Facilities Block. The former has commenced  
services in 2021, aiming to do the primary medical work well through  
medical-social collaboration, in addition to bringing more health  
information to the residents for the benefit of their well-being.  
Besides, Ho Chung Welfare Facilities Block is set to provide services  
starting from 2022, which will then further expand our service  
network in Tseung Kwan O and Sai Kung, as well as strengthen our  
exchanges and communication with people living in the rural areas.

What is more, we have devised the 10-year "Vision 2030" in 2020,  
as part of our software assisting project for the organisation. One of  
the key directions is to elevate the service quality by pulling together  
the great deal of experience that has been accumulated for long and  
consolidating the sound culture of services. In late 2021, the 14  
historical spots under the "Tracking the Footprint of Sister Annie"  
programme were unveiled, along with the release of the  
auto-biography of Sister Annie Skau Berntsen. All these amplified our  
vital efforts of strengthening the excellent internal service culture of  
HOHCS, enabling us to learn from the predecessors and uphold the  
spirit of "Respecting Life • Impacting Life", while proactively striving  
to enhance service quality in response to the social needs.

Dr. Lam Ching-choi  
Chief Executive Officer

# 承先啟後 與社區融合

## Inherit the Past and Usher in the Future; Integrate with the Society



承先啟後，繼往開來，靈實一直重視文化承傳。靈實創辦人司務道教士和同工本著基督的愛與關懷，於1953年開始在調景嶺為弱勢社群提籃施藥、石上診療，並融入社區，與他們建立鄰舍關係。發展到今天，靈實已成為提供長者、健康、復康及教育服務的多元化綜合社會服務機構，繼續實踐「尊重生命・改變生命」的精神。

Haven of Hope Christian Service has long been attaching importance to cultural inheritance, setting sight to inherit the past and usher in the future for making progress. HOHCS founder Sister Annie Skau and her co-workers cherished with them Jesus Christ's love and care. In 1953, they started providing medical assistance and treatment to the underprivileged groups in Tiu Keng Leng, devoting themselves to the community and building relationships with the neighbour. To date, HOHCS has developed into a diversified and integrated social service organisation, providing elderly, health, rehabilitation and education services, also consistently living up to the spirit of "Respecting Life • Impacting Life".



導賞員計超六十年前得到靈實的照料，雙方建立了深厚的友誼。Tour guide Kai Chiu, who received HOHCS' care 60 years ago, has developed a profound friendship with HOHCS.

### 尋找司務道足跡之旅開幕

為了繼續緊貼社會的發展和需要，提升服務的質素，靈實展開了鞏固良好服務文化的項目，讓這一代的靈實人踏上創辦人司教士走過的路，感受在神帶領下所作的事工，既學習如何與社區融合，也期望從中得到新的啟發。這個項目的重要一環是「尋找司務道教士足跡之旅」，位於靈實臺一帶的十四個歷史景點已於2021年12月開幕。

### 服務貧苦 笑容親切

計超是其中一名導賞義工，他的經歷便是靈實與社區建立鄰舍關係的故事。他憶述，當年調景嶺是一個小社區，居民大多是貧苦的難民，有傷病時會到靈實肺病療養院（靈實醫院的前身）求醫。靈實臺當時被稱為「元洲」，由於司教士的身形高大，居民都暱稱她為「元洲巨人」。

六十年前，計超經司教士安排，在靈實兒童病房逗留了三天，司教士的笑容使他畢生難忘。他之後在司教士的協助下，得到入學讀書的機會，也因而認識了主耶穌，改變了他的生命。最近他重遊舊地，參與「尋找司務道教士足跡之旅」的開幕活動，往事至今仍歷歷在目，他與靈實已經建立了深厚的友誼，並表示「今天我作為靈實之友，樂意參與導賞工作，使更多香港市民了解靈實的珍貴歷史。」

### 靈實禮拜堂照耀社區

文化之旅的第一站是靈實禮拜堂，司教士曾在靈實臺的海邊小山丘上領受一個異象，要建立一座禮拜堂，成為附近村落中千千萬萬人黑暗中的光。禮拜堂於1961年落成，外牆的十字架當時由光管砌成，每晚都會亮起，成了前面海灣的燈塔，為附近水域的船隻導航。在1980年代填海後，昔日的海灣已變成將軍澳新市鎮，現在禮拜堂外牆十字架換上了色彩繽紛的馬賽克設計，將會繼續透過靈實的服務，用神的愛照耀社區。



### Unveiling the Journey of Seeking Sister Annie's Footprint

In an effort to keep track of the development and needs of the society, HOHCS strives to uplift the service quality through the launch of projects that aim to consolidate the sound service culture. It enables this generation of HOHCS people to step on the footprint that had been walked through by Sister Annie, so as to get a feel of providing services under the lead of God. Not only can they learn how to integrate with the community, but also be inspired and gain new insights. "Tracking the Footprint of Sister Annie" is among the essences of this project. The 14 historical spots located along the Haven of Hope Terrace were unveiled in December 2021.



靈實禮拜堂的十字架最近復修，換上色彩繽紛的馬賽克設計。The cross on the Haven of Hope Chapel has been recently renovated with a colourful mosaic design.



昔日的靈實禮拜堂，外牆的十字架由光管砌成每晚照亮附近的社區。In the past, the cross on the wall of the Haven of Hope Chapel made up of light pipes lit up the community nearby every night.

### Serving the Impoverished with a Friendly Smile

Kai Chiu is one of the volunteer tour guides, whose experience records the story of HOHCS when it comes to developing neighbour relationships in the community. As far as he recalled, Tiu Keng Leng was a small community where most residents were poverty-stricken refugees. Whenever they were sick or injured, they would go to Haven of Hope Tuberculosis Sanatorium (former Haven of Hope Hospital) for help. The Haven of Hope Terrace was called "Yuen Chau" at that time. As Sister Annie was tall, residents used to call her "the Yuen Chau Giant".

About 60 years ago, under the arrangement of Sister Annie, Kai Chiu had an experience of staying in the Haven of Hope paediatric ward for 3 days. He described Sister Annie's smile was so unforgettable. He then later got a chance to study in a school upon Sister Annie's assistance, where he learned about Jesus Christ and changed his life. Recently, Kai Chiu revisited the places and participated in the "Tracking the Footprint of Sister Annie" opening ceremony. Memories flashed through his mind. He has developed and maintained a sound friendship with HOHCS. "Today, as a friend of HOHCS, I am more than delighted to be a tour guide for this project, enabling more Hong Kong people to know about the precious history of HOHCS."

### Haven of Hope Chapel Lights Up the Community

The culture tour starts from the Haven of Hope Chapel. Having seen a vision on a seaside hill near the Haven of Hope Terrace, Sister Annie built the Haven of Hope Chapel, and it soon became the light in the dark for thousands of villagers nearby. Upon completion of the Chapel's construction work in 1961, the cross on the wall made up of light pipes lit up every night, becoming the lighthouse of the gulf that navigated the ships in the adjacent waters. After reclamation in the 1980s, the gulf was then transformed into Tseung Kwan O new town. Now, the cross on the exterior wall of the Chapel was renovated with a colourful mosaic design, which symbolises that HOHCS' services will continue to shine the community with God's love.

### 建立肺病療養院 在絕望中帶來盼望

在調景嶺社區成立初期，司教士和同工在區內建造簡陋的診所，到處贈醫施藥，不辭勞苦地關顧貧困的傷病者，她每天要照顧肺病患者，感到有需要一間肺病療養院，遂於1955年建立靈實肺病療養院，為社區內的肺病患者提供服務，同時向他們傳福音，讓他們在徬徨和絕望中得到心靈上的關懷，為他們帶來盼望。

靈實肺病療養院於1976年改名為靈實醫院，如今已發展復康及延續護理醫院，提供復康服務、胸肺服務、舒緩治療、內科及療養服務，主要服務對象為觀塘、將軍澳及西貢區的居民。醫院以全人關懷、積極進取和尊重生命的態度，幫助病人及其家人去面對疾病、痛苦，甚至死亡，活得有尊嚴和平安。

靈實的健康服務多年來一直擴展。靈實醫院的擴建工作現已接近完成，信望愛樓將投入服務。以「用愛擁抱晚晴」為理念的司務道寧養院於2006年啟用，為體弱長者、長期病患者和末期病人提供整合醫療護理、復康和靈性關懷，現正籌備擴建。靈實也投得西貢地區康健站的營辦權，透過醫社合作，為社區提供基層醫療健康服務。



### 成立恩光護幼院

靈實恩光學校前身為恩光護幼院，於1961年成立，為照顧當時靈實肺病療養院病人的子女而設立，其後於1975年加設嚴重智障兒童服務部，並於1981年獲政府全面資助，改名為恩光學校暨兒童院。校舍於1989年被列為危樓，暫時遷往將軍澳寶林邨的臨時校舍，直至1995年重建工程完成，學校遷回將軍澳安達臣道的原址。1998年改名為靈實恩光學校，是一所為六至十八歲嚴重智障兒童提供特殊教育及寄宿服務的特殊學校，現正研究擴建。

1964年的靈實醫院全景。  
Overview of Haven of Hope Hospital in 1964.



司教士與病童在花園玩耍。  
Sister Annie plays with paediatric patients in a garden.

經常展現親切笑容的司教士，為病友帶來歡樂。  
Sister Annie often wears a smiling face and brings happiness to patients.

### 將軍澳風物汛 活化成歷史資料館

將軍澳風物汛前身為舊調景嶺警署，已有約六十年歷史，經復修及活化後成為歷史風物資料館，既展示將軍澳發展成為新市鎮前的面貌，亦把將軍澳、調景嶺及坑口鄉郊的發展里程一一呈現眼前，並會有導賞員為參觀者講述故事。該處除了有文物館以外，還設有旅舍，提供住宿服務，將可為市民及社區提供一個洗滌心靈的地方，同時為復康人士提供一展所長的培訓地點。

靈實臺是一個起點，讓靈實融入社區，與居民構建緊密鄰舍關係。靈實現時有超過50個服務單位提供支援，服務範圍遍佈整個將軍澳區，並擴展至西貢、東九龍、港島東、港島西等其他地區，並繼續以關懷、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。



恩光學校。  
恩光護幼院於1961年成立，最初是照顧病人的子女。  
Haven of Hope Sunnyside School.  
The Sunnyside Children's Preventorium was established in 1961 to take care of the patients' children.



### Construction of Haven of Hope Tuberculosis Sanatorium to Bring Hope amid Desperation

At the early formation of the Tiu Keng Leng community, Sister Annie and her co-workers built simple clinics in the community, offering medical assistance in different places and painstakingly taking care of the impoverished patients and injured people. Since she was obligated to take care of the tuberculosis patients every day, she observed the necessity of building a tuberculosis sanatorium. Soon in 1955, the Haven of Hope Tuberculosis Sanatorium was built to provide services for the tuberculosis patients in the community, while also serving to spread the gospel so that patients could gain spiritual care with hope amid helplessness and desperation.

Haven of Hope Tuberculosis Sanatorium was renamed the Haven of Hope Hospital in 1976. Nowadays, it has developed into a rehabilitation and extended care hospital, offering rehabilitation, tuberculosis and chest, palliative therapy, internal medicine and infirmary services, targeting residents in Kwun Tong, Tseung Kwan O and Sai Kung. Centering on holistic care with the attitudes of motivation and respecting life, the hospital is positioned to help patients and family members to encounter disease, pain and even death, and to live in dignity and peace.

HOHCS has been committed to expanding its healthcare services for years. As the expansion work of the Haven of Hope Hospital is close to completion, its Trinity Block will soon commence service. Sister Annie Skau Holistic Care Centre, themed "Embrace the Last Journey with Love", has come into operation in 2006, providing integrated healthcare, rehabilitation and spiritual care to the infirm elderly, chronic and late-stage patients. While expansion of the hospital is underway, HOHCS has also been granted the contract to operate the Sai Kung District Health Centre Express. It is hoped that through medical-social collaboration, primary healthcare services can be made available in the community.

將軍澳風物汛前身是舊調景嶺警署，經復修及活化後成為歷史風物資料館。  
TKO Heritage Post, formerly the old Tiu Keng Leng Police Station, was renovated and revitalised into a Heritage Museum of History.



### Establishing the Sunnyside Children's Preventorium

Established in 1961, Haven of Hope Sunnyside School, formerly the Sunnyside Children's Preventorium, initially aimed to take care of children of the Haven of Hope Tuberculosis Sanatorium patients. Later, the severe mental disabled children service unit was set up in 1975, which obtained full subsidy from the government in 1981 and renamed the Sunnyside Children's Preventorium. In 1989, the school campus was classified as a dangerous building. A temporary campus was then set up in Po Lam Estate of Tseung Kwun O. Upon completion of renovation in 1995, the campus was relocated to its original site in Anderson Road. Renamed Haven of Hope Sunnyside School in 1998, it is a special school that provides special education and placement services for children aged 6 to 18 with severe mental disabilities. A study is currently examining expansion of the school.

### TKO Heritage Post Revitalised as a Heritage Museum of History

Having some 60 years of history, the TKO Heritage Post, formerly the old Tiu Keng Leng Police Station, was renovated and revitalised into a Heritage Museum of History. It not only exhibited how Tseung Kwan O was transformed into a new town, but also displayed the developmental milestones of Tseung Kwan O, Tiu Keng Leng and the Hang Hau village, along with tour guides highlighting remarkable stories to participants. Apart from the Art Museum, the TKO Heritage Post also provides accommodation services, which makes it a place that helps purify the soul and mindset of people in the community. It also becomes a training spot for rehabilitates to showcase their talent.

The Haven of Hope Terrace is a starting point that enables HOHCS to integrate into the community and build a close neighbour relationship with residents. Nowadays, HOHCS has set up more than 50 service units, providing services covering the entire Tseung Kwan O and extending to other districts, including Sai Kung, Kowloon East, Hong Kong Island East and West. It will continue to provide services with the spirit of caring, professionalism and progressiveness so that both service users and caregivers can enrich their lives with fulfilment.



## 靈實恩光成長中心 讓特殊學校畢業生持續學習

Sunnyside Enabling Centre Enables Special Education School Graduates to Continue Learning

感官花園為學員提供戶外休憩及學習環境。  
Sensory Garden provides students an outdoor resting place and learning environment.



羅啟康為學員開設咖啡閣，啟發他們的潛能。  
Law Kai-hong set up a café to explore student's talents.

### 羅啟康：全港唯一 不感驕傲

嚴重智障的學童在特殊學校畢業後，不能再接受資助教育，動輒要等超過十年才可得到成人服務，大部分在等候期間不是直接進入院舍過著刻板的生活，便是呆在家中。為照顧畢業生和家人的身、心、社、靈需要，靈實恩光成長中心（下稱成長中心）在過去十六年一直為輪候成人服務的畢業生提供銜接服務。成長中心總監羅啟康說：「開始的時候是想幫到畢業生，做了十六年仍然是香港唯一一間，我不覺得好驕傲，更多人做會更好。」

### 社會缺乏銜接服務

羅啟康於2017年退休前是靈實恩光學校的校長，他早於1991年出任校長時已留意到畢業生的需要，他們畢業後失去持續的訓練和治療，身體機能會迅速下滑。羅憶述，他當年與梁智達醫生一同到安老院探望一名畢業生，「他躺臥着，一日只有幾次可以離開床，只有去廁所、食飯、洗澡，而其餘時間是躺下的。我們覺得，他們有服務等如無服務。結果，這個小朋友過一兩年便離世了。」

特殊學校畢業生如果留在家中，家人便要負起照顧畢業生的沉重壓力，曾有家人疑抵不住壓力而釀成倫常悲劇。羅啟康也遇過一次難過的經歷，一名恩光學校畢業生，在家人稍一不留神時走失，結果不幸墜海溺斃。這宗悲劇令他反思：「這些小朋友的父母如果不在家，他們如何得到照顧？」

### 全面關顧

靈實看到社會上有這方面的需要，於2006年創立成長中心，為輪候成人服務的特殊學校畢業生提供持續學習和家庭支援服務。成長中心除了為學員提供物理治療、職業治療、言語治療和音樂治療外，也鼓勵家長及照顧者一同學習如何為學員進行訓練及治療，讓他們感受到關愛。成長中心還會定期舉行無障礙敬拜，照顧他們心靈上的需要。

### 信心的功課 十六年恩典

成長中心一直以自負盈虧模式營運，完全依賴基金資助和捐款支持。羅啟康表示，中心的營運是信心的功課，他確信神有祂的安排，「這十六年來都看到上帝很多恩典」。成長中心現位於恩光學校，為配合恩光學校的發展，將於2022年8月遷出，現正物色新地點，盼望可繼續這項有意義的服務。

羅啟康指出，嚴重智障學員也有其潛能，只要得到適當培育，是可以有改善的。他感慨道，這些孩子從不懂得要求，也不懂得將期望告訴他人，他希望盡力幫助他們，即使畢業後也不會喪失訓練自理能力和學習的機會，「這個工作，你說是呼召也好，心願也好，我期望可以為這些小朋友盡一點力量。」

### Law Kai-hong: The Only One in Hong Kong; Not Feeling Proud at All

Severely mentally disabled students are unable to receive subsidised education after graduating from the special schools. Very often, they need to wait as long as 10 years to be admitted to the adult services. During the waiting period, most of them are either simply living a boring life at a hostel, or just idling at home. With the aim of caring the physical and psychological wellness, social life and spiritual needs of the graduates and their family members, Haven of Hope Sunnyside Enabling Centre (thereafter referred to as "the Centre"), over the past 16 years, has been offering connecting services for those graduates awaiting the adult services. Mr. Law Kai-hong, Superintendent of the Centre, said, "At the very beginning, we wish to help the graduates. Having been in operation for 16 years, it remains the only centre offering this kind of service in Hong Kong. I am not really proud of it. Rather, I would prefer more people to engage in similar services."

### Lack of Connecting Services in the Society

Mr. Law was the principal of Haven of Hope Sunnyside School before retirement in 2017. As early as in 1991 when he became the head of the school, he had already noticed the needs of the graduates. He noted that once they graduated, they would receive no sustained training and treatment, resulting in the rapid decline of body function. Law recalled that he visited a graduate at an elderly home with Dr. Antony Leung. "The graduate was lying in bed the whole day, except for a few times going to toilets, having meals and showers. They were not providing the services they needed. One or two years later, the kid passed away eventually," he said.

If graduates of the special schools stay at home, their family members will have to bear the heavy burden of taking care of them. There have been cases of family members failing to withstand the pressure, thus leading to family tragedy. Mr. Law had a painful memory as a Sunnyside School graduate went missing due to an accidental carelessness of family members. The graduate was then found to have drowned and died in the sea. The tragedy made Law reflect that: "How come these kids can be taken care properly if their parents are not at home?"



手眼協調訓練。  
Hand-eye coordination training.

### Holistic Care

Noting that there is a need for such kinds of services in the society, Haven of Hope Christian Service founded the Centre in 2006, providing sustained learning and family support services for special school graduates who await the adult services. In addition to providing physiotherapy, occupational therapy, speech therapy and music therapy for students, the Centre also encourages parents and caregivers to learn how to provide training and treatment for students, so that they can have a feeling of being loved and cared for. The Centre also holds barrier-free worship regularly in order to take care of their spiritual needs.

### A Homework of Confidence with 16 Years of Grace

The Centre has been operating on a self-financing basis, entirely relying on funding and donations. Mr. Law deemed it as "the homework of confidence" when he referred to the Centre's operation. He firmly believed that God had a plan. "I can see that God has been so gracious over the past 16 years," said Law. The Centre is currently located in Haven of Hope Sunnyside School. In coordination with the development of the School, the Centre will have to move out by August this year. The progress of exploring a new venue for continuing these meaningful services is ongoing.

Mr. Law pointed out that those severely mentally disabled students also have the talent and can make changes, given that they receive appropriate training. Unfortunately, he said these kids never know how to make requests or tell others about their expectations. He hoped to make every effort to help them, so that they will not lose the chance of self-care training and learning even after graduation. "Whatever you describe this task as a calling or a wish, I hope I could contribute and do something for these kids."

身體機能訓練。  
Body function training.



# RESPECTING LIFE BLOG

## 尊重生命BLOG

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

恩光學校四十週年校慶活動由2021年10月29日的開展禮正式揭開了序幕，當天的主禮嘉賓為林綺華校監、靈實行政總裁暨校董林正財醫生、恩光家職會主席陳李慧敏女士及蔡奕玲校長。

學生代表分四組上台張貼果子，每組由主禮嘉賓陪同一起栽種生命樹。主禮嘉賓再以創新的形式主持生命樹注水禮，將恩光四十週年校慶的主題：「活在恩光」活靈活現地顯示出來，亦象徵著學生在恩光充滿朝氣的生活。

The celebration activities for the 40th anniversary of Sunnyside School have been officially kicked off, along with the opening ceremony held on 29 October 2021. Among the officiating guests for the ceremony were Ms. Evelyn Lam, Supervisor; Dr. Lam Ching Choi, Chief Executive Officer cum School Manager; Mrs. Alicia Chan, Chairperson of Parent Staff Association and Ms. Cosette Choi, Principal of Sunnyside School.

Student representatives were divided into four groups, each group was accompanied by the officiating guests to plant the tree of life by sticking the fruit on the backdrop. The guests then hosted a watering ceremony for the trees of life in an innovative way, exhibiting vividly the theme of the 40th anniversary, "Living in Sunnyside", which also symbolises the dynamic and energetic life of Sunnyside students.



四位主禮嘉賓。  
The four officiating guests.



學生代表參與40週年校慶活動開展禮。  
Student representatives participate in the school's 40th anniversary celebration launching ceremony.



一眾校董家長齊出席支持。  
Presence of the school management team and parents to show their support.

同學僥倖：「好開心和校監同台！」  
A student named Hei Hei says,  
"I'm so happy to be on stage with the school Supervisor!"



### 食得有尊嚴計劃 Eating in Dignity Project

靈實了解到吞嚥困難者的需要，於2018年由職業治療師、廚師和社企餐廳同工成立了「食得到尊嚴計劃」，為他們提供外形味道吸引的軟餐。團隊2021年挑戰難度，以「剔除糯米黏口質感，重現精髓味道」為主題，參加由香港社會服務聯會（社聯）轄下社會企業商務中心舉辦的第三屆「食得喜」樂齡美食烹飪大賽2021，參賽作品「古法糯米雞」及「芒果糯米糍」獲得業界和公眾的肯定，奪得「公眾投票最具人氣」大獎。

HOHCS cares about the needs of people who suffer from dysphagia. Hence, a project entitled "Eating in Dignity" was launched in 2018 by a group of occupational therapists, chefs, and fellow workers from the social enterprise restaurants, offering attractive and tasty soft meals for them. The team then took a further challenge in 2021 by participating in the 3rd Care Food Cooking Contest 2021 organised by the Social Enterprise Business Centre (SEBC) under the Hong Kong Council of Social Service (HKCSS). Taking the theme of "getting rid of the sticky taste of glutinous rice; re-emergence of the taste of essence", they presented two entries - the "old-style Lo Mai Gai (steamed glutinous rice with chicken)" and the "mango mochi". Their dishes were well-recognised by the industry sector and members of the public, being honoured with the "Public Voting for the Most Popular" grand award.



參賽團隊奪獎後高興合照。  
The thrilled participating team takes a group photo after scooping the award.



創毅中心為學員舉辦攝影展。  
Integrated Vocational Rehabilitation Services Centre holds a photo exhibition for its students.

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

中心安排有心智障礙的學員走出社區，用手機拍攝他們感受到的世界，並於2021年11月至2022年1月期間，先後在炮台山和觀塘為他們舉行了二次小型攝影展。學員為生命創造價值的努力，以及靈實為弱勢社群的付出，均得到社會人士的支持。

The Centre made arrangements for the mentally ill students to come out of the community, using their mobile phones to take snapshots that express their feelings about the world. Two small-scale photo exhibitions to showcase their photos were held in Fortress Hill and Kwun Tong respectively, from November 2021 to January 2022. The students' efforts of creating values for life and HOHCS' contribution towards the underprivileged have gained support from the community.

### 承傳靈實精神 肩負護士使命



Christine參與護士節活動，傳遞燭光。  
Christine participates in the Nurse Day event,  
passing on the candlelight.



「司務道教士說過，要愛惜病人。以前如果病人入院，他們的子女被留在家中，無人照顧，於是她便將這些孩子帶來，既照顧病人，又照顧他們的孩子。這真的是愛屋及烏。雖然現時未必能這樣做，但我們服事時也要出於關顧，要記住當年司教士如何做。」說起司教士的往事時，靈實專業發展高級行政經理林玉貞（Christine）娓娓道來，在社區照護工作上，她時常想起司教士當護士的榜樣。

司務道教士昔日透過護士工作救濟基層，並以生命影響生命，讓更多人認識基督教信仰。Christine在靈實服務逾二十年，曾擔任靈實護養院院長。她體會到，作為在社區服務的護士，不能單單提供護理服務，也要關顧病人和服務使用者的身、心、社、靈，各方面的需要。

在最近一次訪談中，Christine分享了在醫院工作和在社區服務的不同之處，以及作為護士需要具備什麼特質。她說在醫院裏，醫護人員須爭分奪秒，救急扶危，醫治傷患，提供即時的護理；至於在院舍服務的護士，則負責長期照顧，除了要持續關注服務使用者的病情，更要投放更多心力，了解他們的生活背景及各方面的需要，與家屬溝通，建立互信關係。

回想起在靈實護養院服務二十年的時光，Christine說推動「安享終老院舍中」服務，是她最大的挑戰，也是她的成就。這項服務是時任靈實護養院院長梁文英於1999年提出，服務容許病情穩定的長者，選擇在院舍中渡過人生最後階段。Christine表示，不少晚期長者的心願，是希望免

卻醫療程序的痛苦，並在熟悉的環境中平靜地終老。不過，她指要實行這項服務，需要克服重重難關，包括要與醫生及團隊密切溝通，向家屬解釋院舍限制，並達成共識，院舍與家屬之間的信任非常重要。

時至今日，「安享終老院舍中」服務已推行二十二年，Christine說，同工們都為此感到自豪：「在當時來說是非常嶄新的服務，長者能在家人的陪同下，在自己熟悉的床上安然去世。正如靈實的價值，是在乎愛心關懷，提供專業服務。」她相信，若同工能多行一步，定能造就更多生命，自己的生命也會有所改變。

作為一名資深護士，Christine深深明白到護士從醫院走進社區，需要時間適應和調節心態。為了幫助後輩，她先後花了五年時間籌備和編寫《靈實社區照護服務 護士入職培訓手冊》。這本專為社區護士編寫的培訓手冊，是在香港首本的書籍。她期望日後加入靈實的護士，更了解他們的角色及工作方向，並可以承傳靈實的文化和司教士的精神，以愛心服務社群，實踐「尊重生命・改變生命」。



靈實護養院二十周年院慶展覽會，  
同工留影。  
Group photo with co-workers at the  
exhibition of the 20th anniversary of  
Haven of Hope Nursing Home

### Inheriting HOHCS Spirit Upholding the Nurse Mission

“Sister Annie Skau said we should love and care about the patients. In the past, if a patient was admitted to hospital, his/her children would be left at home without care. Hence, Sister Annie brought these children back, taking care of both patients and their children. This is exactly an exemplar of loving people and the ones they love. Though we may not be able to do so at this moment, we should serve with a sense of caring and duly memorise what Sister Annie had done,” said Christine Lam, Senior Executive Manager of Professional Development of Haven of Hope Christian Service (HOHCS), recalling the deeds of Sister Annie. When performing the community care services, Lam often thinks of Sister Annie and observes her as a nursing role model.

Sister Annie had been previously assisting the grassroots through serving as nurse, in addition to impacting life with her life, and letting more people know about Christianity. Having been serving in HOHCS for more than two decades, Christine had assumed Head of Haven of Hope Nursing Home. She understands that as a nurse serving the community, it is far from enough to only provide nursing services. Rather, it is equally essential to care about the physical, mental, social and spiritual needs of both patients and service users.

In a recent interview, Christine shared her views over the differences of serving in hospital and the community, as well as the characteristics that she deems important as being a nurse. She said in hospitals, the medical personnel are used to struggling with the time to rescue life, cure diseases and injuries, as well as provide instant treatment. Whereas for nurses who serve in the nursing homes, they are responsible for long-term caring. Not only do they have to pay attention to the medical condition of service users, but also spare much effort to understand their life background and various needs, building mutual trust and fostering communication with their family members.

Recalling the good old days of working with Haven of Hope Nursing Home for 20 years, Christine regarded the “Dying in Nursing Home” service as the biggest challenge, but also a great achievement. This service was initiated by Ms. Leung Man-ying, then Head of Haven of Hope Nursing Home in 1999, which offers a choice for the elder patients in stable condition to spend their last journey in a nursing home. Christine asserted that many late-stage elders wish to get rid of the torturing medical therapy and pass away peacefully in a familiarised environment. However, she highlighted the hurdles of providing this service, including the close communication among doctors and the medical teams, the explanation of restrictions stipulated by the Nursing Home to the family members so as to reach consensus, given the utmost significance of mutual trust.

Up to date, the “Dying in Nursing Home” service has been running for 22 years. Christine said she and her co-workers are proud of it. “At that time, the launch of this service was really a milestone. The elders can pass away peacefully in their familiar beds, with the companion of their family members. It coincides with HOHCS’ value of ‘love and care matter most; provide professional services’.” She believed that as long as the co-workers take a step forward, they can definitely benefit and impact more people’s lives, also bringing changes to their own life too.

As a veteran nurse, Christine understands that it takes time and adjustment of mindset for a nurse to switch working from hospital to the community. To assist the younger generation, she spent 5 years preparing and compiling the “HOHCS Community Care Services: Handbook of Orientation Nurse Training”. This handbook is the first compilation in Hong Kong that tailors for training of community nurses. She hoped that in future nurses who join HOHCS will have a better understanding of their role and the direction of work. They can also uphold HOHCS’ culture and Sister Annie’s spirit, serving the community with love and giving into full play the motto of “Respecting life • Impacting life”.

# 粵劇小演員望再振興熱潮

## Child Performers of Cantonese Opera Hope to Revive Popularity

粵劇是重要的傳統文化，於1950至1960年代踏入全盛時期，但其後逐漸式微，觀眾年齡開始老化，變成了小眾文化，演員也出現青黃不接的情況。粵劇近年加入創新的舞台效果、樂器、表演形式，並培育年青的演員和觀眾，希望他們傳承這種珍貴文化傳統。有興趣加入粵劇行業的小演員莫鈞麟說：「現在有一班演員將一些創新的元素加入粵劇，我希望藉此令到更多人去認識粵劇文化，並繼續去推廣，再次振興粵劇的熱潮。」

十四歲的鈞麟早於三至四歲時已開始聽粵曲，因為覺得演員服飾和故事都很吸引，萌生興趣，開始學粵劇。他現時主要當丑生，指丑生「可以吸引更多觀眾的眼球」，他會揣摩甚麼動作讓觀眾發笑。他希想嘗試當不同角色，特別是反串當老旦。

鈞麟說：「我希望我可以加入粵劇這個行業，因為我覺得要有更多人去傳承這種中華文化，希望有更多的年輕人去加入這個行業。」他以往曾在聲輝粵劇推廣協會（下稱聲輝）舉辦的兒童粵劇中演出，為靈實籌款，他覺得「幾開心，做到喜歡的事，又可以幫助到別人。」

四歲的張芯喬也是從小接觸粵劇，未滿一歲便跟媽媽到聲輝的會址看兒童粵劇折子戲的綵排，當時的她沒有被鑼鼓等的大聲響嚇著，反而跟著音樂揮動小手小腳。每年聲輝為靈實籌款的折子戲，芯喬都會出席，目不轉睛地欣賞台上的演出。

直到去年，芯喬參加靈實舉行的粵劇體驗工作坊，試穿郡主的服飾，在聲輝粵劇導師的指導下舞扇弄槍、劈一字馬、舞水袖。自那天起，芯喬便開始踏上她學粵劇之路。

「我希望可以上台做不同的角色，做郡主、仙女。」被問到為什麼會喜歡粵劇，芯喬興奮地說：「我好鍾意粵劇的頭飾、閃令令，而且郡主、仙女的裙子都很漂亮，我希望可以化一個漂亮的粵劇妝，在台上唱粵劇給大家聽，爸爸、媽媽和妹妹在台下拍手掌。」

雖然芯喬從未踏上台板演出，但曾經在學校內穿上戲服表演，毫不怯場。靈實「2022雛聲頌揚：兒童粵劇折子戲」將於今年年中舉行，她非常期待說：「我會努力練習，我真的好希望化靚妝表演，好似（《天仙配》中）七仙女那麼漂亮。我還要邀請我的好朋友和同學一起來看我表演呢！」



鈞麟希望透過粵劇表演把歡笑和快樂帶給觀眾。  
Alan Mok hopes to bring joy and happiness to audiences through performance in Cantonese opera.

Cantonese opera is a vital traditional culture, which entered its heydays in the 1950s-1960s, and later declined in popularity. With the aging of the audience base, Cantonese opera has gradually become a minority culture, resulting in the succession problem. Recently, innovative stage effects, instruments and different modes of performance have been added to Cantonese opera, in addition to the cultivation of young performers and audiences so that they can inherit this precious traditional culture. Child actor Alan Mok, who is a fan of Cantonese opera, said, "Now there is a group of actors who inject innovative elements into Cantonese opera. By doing so, it is hoped that more people will get to know about the culture of Cantonese opera and continue to promote it so as to revive its popularity."

The 14-year-old Alan started listening to Cantonese opera as early as he was 3 to 4 years old. Attracted by the costumes and stories of Cantonese opera, he has generated considerable interest and began to learn performing Cantonese opera. Alan is now primarily performing the clown role in Cantonese opera, asserting that the clown can "catch the eyes of more audiences". He is fond of figuring out what motions can make audiences laugh. He hopes to take different roles, particularly the reverse role of being an old female character.

Alan said, "I wish to be part of the Cantonese opera because I deem it as essential to having more people inheriting this Chinese culture and more young people taking it as a career." He had taken part in the children's Cantonese opera organised by the Sing Fai Cantonese Opera Promotion Association Limited (thereafter referred to as Sing Fai) to raise funds for HOHCS. He felt happy that "he could do something he likes while helping others."



The 4-year-old Charmaine Cheung has known about Cantonese opera since childhood. She went to the Sing Fai's performance site to watch rehearsal of the children's Cantonese opera within the first year of her birth. At that time, instead of being scared by the loud sound of the percussion instruments, she followed the rhythms to move her little hands and feet. Every year, Sing Fai organises Cantonese opera to raise funds for HOHCS. Charmaine has never missed the chance to attend and couldn't take her eyes off the performance.

Last year, Charmaine took part in the HOHCS' Cantonese opera workshop and got a chance to try on the princess costume. Under the guidance of Sing Fai's instructors, Charmaine danced with fan and gun, performed split stretch and the long sleeves dance. Since then, Charmaine has embarked on her Cantonese opera journey.

"I wish I can perform different characters on stage, such as princess and fairy maiden," said Charmaine. When asked why she likes Cantonese opera, Charmaine was thrilled, saying that "I love the blinking head ornament worn in Cantonese opera. More importantly, the dressing of the princess and fairy maiden is so beautiful. I wish I could have a charming opera make-up and perform on stage, with my dad, mum and sister clapping their hands under the stage."

Though Charmaine has yet to perform formally on stage, she had the experience of wearing costumes to perform in school, feeling no fear at all. The "Junior Cantonese Opera 2022" hosted by HOHCS will be held in the Xiqu Centre of the West Kowloon Cultural District in the middle of this year. Looking forward to it, Charmaine said, "I will practice diligently as I really wish to perform well with a brilliant make-up, just as pretty as the seventh fairy in 'The Goddess Marriage'. Also, I will invite my good friends and classmates to watch my performance!"



芯喬喜愛粵劇的戲服，希望上台演出。  
Charmaine Cheung likes the Cantonese opera costume very much and wishes to have a chance of an on-stage performance.

### 以藝人的 影響力做善事

# 汪 阿 姐：這是我的人生日程

Exercise an artist's  
impact to do charity works  
Liza Wang :  
This is my life diary



靈實恩光成長中心總監羅啟康與學員家長曾太獻花，  
答謝汪博士及梁兆明對中心的支持。  
Mr Law Kai-hong, Superintendent of Sunnyside Enabling Centre,  
presents souvenirs to the leading actors of "The Goddess Marriage" -  
Dr. Liza Wang and Mr Liang Zhao-ming.

常言道：「戲如人生，人生如戲」。在演藝界多年，享有『阿姐』稱號的汪明荃博士，認為過往每個角色都豐富了她的經歷，正因為每個角色都與生活一一對應，要將角色發揮到淋漓盡致，必須透過深入了解和體驗。因為這種努力不懈，由心而發的動力，讓她有機會了解社會民生，繼而推動她要以自身的力量，關心和扶助社會弱勢。

著名藝人汪明荃博士，雖已達從心之年，但仍有用不完的精力，她除了身兼多項要職、為粵劇界盡心盡力兼活躍於演藝界外，更抽身擔任慈善工作，汪博士不諱言：「我的成就全賴公眾對我的支持和信任，所以我必須取諸社會，用諸社會，以藝人給我的身分和影響力，幫助社會上有需要的人士。」

汪博士認為：「作為藝人，可以有好多大影響力。我十分幸運地加入演藝界，可以接觸到不同階層，而且在這行那麼久，『阿姐』這個身分的影響力好大，加上我相信施比受更為有福，所以我要透過言辭與行動，關心社會，回饋社會。」

汪博士表示，她知道靈實在將軍澳區服務多年，亦目睹靈實不斷擴充發展，有感發展需要龐大的資金。所以，言行一致的汪博士，過去透過粵劇演出，為靈實籌得可觀的善款；而去年聖誕，由汪博士及羅家英領軍的福隆粵劇團，再度為靈實舉辦慈善專場，憑動人的中國古代神話愛情故事《天仙配》，為靈實恩光成長中心籌款。「我雖然無接觸過智障人士，但我相信照顧他們，必須要有很大的耐性和愛心，而成長中心的存在，對成年的智障人士是有相當需要，當晚羅總監的致辭，亦令我相當動容。所以我希望社會上有能力的，都可以為成長中心以及這群缺乏社會支援的小眾出一分力。」

縱使生活已被填得密密麻麻，但汪博士認為：「人要好好分配和善用時間，除了兼顧家庭與事業外，亦要分配時間做善事。這一直是我的人生日程，總之有錢、有時間，我就一定會幫手。」汪博士期望日後與靈實有更多慈善合作的機會，攜手讓更多有需要人士得到援助。



《天仙配》精彩花絮  
Snapshot of "The Goddess Marriage".



As the old saying goes "Life is like a drama, drama is like life". Having been engaged in the entertainment sector for years, Dr. Liza Wang, who earns the prestigious title of "Ah Jie" (meaning "respectful sister"), deems every character that she plays as conducive to enriching her experience. Since each character corresponds to the real life, it is essential to act it out through deep understanding and enrichment of experience. Dr. Liza Wang's painstaking efforts and wholehearted attitude enable her to understand more about the community and people's livelihood, also serving as an impetus for her to contribute, care and support the underprivileged groups in the society.

Though Dr. Liza Wang, a renowned artist, has reached the late age, she remains dynamic and energetic. Not only does she assume key positions in the society, enthusiastically take part in the Cantonese opera and the entertainment sectors, but also spares some time to engage in charity activities. "Since my success rests upon public support and trust, I am obligated to reward the society after taking from the society. Capitalising on my role as an artist, I should exercise my impact to help the needy in the society," asserted Dr. Wang.

Dr. Wang added, "The influence of an artist could be tremendous. I am lucky enough to be part of the entertainment sector, giving me the chance to reach different strata in the society. Having been in this sector for years, my identity of 'Ah Jie' does mean a lot to influence others. Most importantly, I believe that it is more blessed to give than to receive. Therefore, I wish to extend my regards and reward the society through substantial words and deeds."

Knowing that HOHCS has been serving Tseung Kwan O district for many years, Dr. Liza Wang said she has witnessed its expansion and development over the time. Development requires huge capital support. As such, Dr. Wang takes her words into actions. Through performing Cantonese opera, she succeeded in raising a considerable amount of funds for HOHCS. In the last Christmas, the Boomablis Cantonese Opera Troupe led by Dr. Wang and Dr. Law Ka-ying, once again, hosted a dedicated charity show for HOHCS. "The Goddess Marriage", a very touching ancient Chinese mythological love story, was performed to raise fund for the Sunnyside Enabling Centre. "Though I have no experience of getting along with the mentally disabled, I think we should take care of them with great love and patience. The Sunnyside Enabling Centre is essential to the mentally disabled adults. I was really touched by the remarks of Mr. Law, Superintendent of the Centre. It is my aspiration that people who are capable enough should contribute more to assist the Centre and the minority groups as they lack support from the society."

Despite the hustle and bustle of life, Dr. Wang opined that "Everyone should make good use of time. Apart from managing my work and family life, time should also be allocated to charity activities. This is my life diary. Whenever I have money and time, I will definitely lend a helping hand to the needy." Dr. Wang hoped that she can have more charitable collaboration with HOHCS in the future, joining forces to assist more people in need.

## 《司務道信心行傳》 正式上架發售



靈實創辦人之一司務道教士昔日懷着基督的愛和憐憫，隻身來到香港開展醫療及傳道的工作。她顧念病患的需要，在調景嶺荒原上建立一間醫務所（即今天的靈實），為貧苦病人提供緊急醫療援助。回顧司務道教士一生的工作歷盡不同的信心考驗，病房被颱風徹底摧毀，禮拜堂被大火燒成灰燼，但她往往在看似行到末路盡處的時候，上帝便伸出恩手供應，為她和靈實預備了當行的路。

靈實分別於一九八三年及一九八五年出版《陝西鈴蹤》及《荒原上》兩部經典屬靈傳記，記述了司務道教士在中國陝西省一帶傳道十三年，以及在香港調景嶺從事醫療福音工作二十年的事奉歷程。為了紀念司教士在港的工作，我們將兩書重新審訂並合併出版成新書——《司務道信心行傳》。

此合訂本除了全新排版裝幀，更加插了一些全新的地圖資料，以及大量珍貴的歷史照片，以時間順序為主線，輔以文字說明，當中不少更是首次公開，增添本書的歷史意義和收藏價值。我們希望讀者能更立體地了解司教士在陝西及調景嶺的生活環境、人物互動和事奉軌跡。《司務道信心行傳》於一月三日正式公開發售，已於基道書樓、靈實便利店及e-Touch shop上架，請大家踴躍支持！



司教士愛彈琴，與同工一起唱詩讚美神。  
Sister Annie liked playing piano. She and her colleagues sang hymns to praise God.



昔日靈實肺病療養院遠景。  
Distant view of Haven of Hope Tuberculosis Sanatorium in the old days.

## An Auto-biography of Sister Annie Skau Berntsen on the Shelf

Sister Annie Skau, one of the Haven of Hope Christian Service (HOHCS) founders, embraced the love and empathy from Jesus Christ when she first came to Hong Kong alone, undertaking the medical and preaching tasks. Caring the patients' needs, she established a clinic on the barren land in Tiu Keng Leng (currently the HOHCS), providing emergent medical assistance to patients suffering from poverty. Tracking Sister Annie Skau's whole life, she had encountered different faith challenges at work, from patients' wards being destroyed by the typhoon to the church being burnt into ash. Miraculously, whenever she seemed to come to a dead end, God lent a helping hand and paved the promising roads for her and HOHCS.

HOHCS published two classic and spiritual biographies, namely the "Trails of Glad Tidings in Shan Xi" and "On the Barren Upland", in 1983 and 1985 respectively. They recorded Sister Annie Skau's 13-year acts of preaching across the Shanxi province in China, also marking her 20-year roadmap of servings and spreading the medical gospels in Tiu Keng Leng of Hong Kong. To commemorate Sister Annie Skau's work in Hong Kong, we re-compiled the two books into a combined version.

Apart from re-compilation, the new book also incorporates some new maps and information, plus lots of precious captioned historical photos in chronological order. Many of them have never been released, thus enriching its historical significance and making it more collectable. We hope to present readers a full picture of Sister Annie Skau's living, interpersonal exchanges and trails of servings in Shanxi and Tiu Keng Leng. The new book has been made available on shelf in the Logos Book House, Haven of Hope Convenience Store and e-Touch shop, starting from 3 January. Your vigorous support is most welcome!



司教士於一九五三至一九五四年  
在調景嶺開設醫務所。  
During 1953 to 1954, Sister Annie set up a clinic  
in Tiu Keng Leng.



大火後禮拜堂的十字架絲毫無損。  
The cross on the exterior wall of the Chapel  
survived intact after the big fire.

# HEALTH TIPS

## 健康知多少？

# 濕毒

「濕毒」為「濕」與「毒」之結合。濕毒的產生與氣候、生活及飲食習慣有很大關係，可從這些方面預防及改善。

「濕」有內外之分。外濕為六淫之一（六淫即六種因氣候變化異常而產生的致病因素：風、寒、暑、濕、燥、火），多由於天陰淫雨，久居濕地等外在濕邪侵襲人體所致。內濕的形成則由多種原因，如飲食不節，而致脾失健運，津液不得運化傳輸，水濕停聚而生，此所謂「諸濕腫滿，皆屬於脾」（《黃帝內經》）。

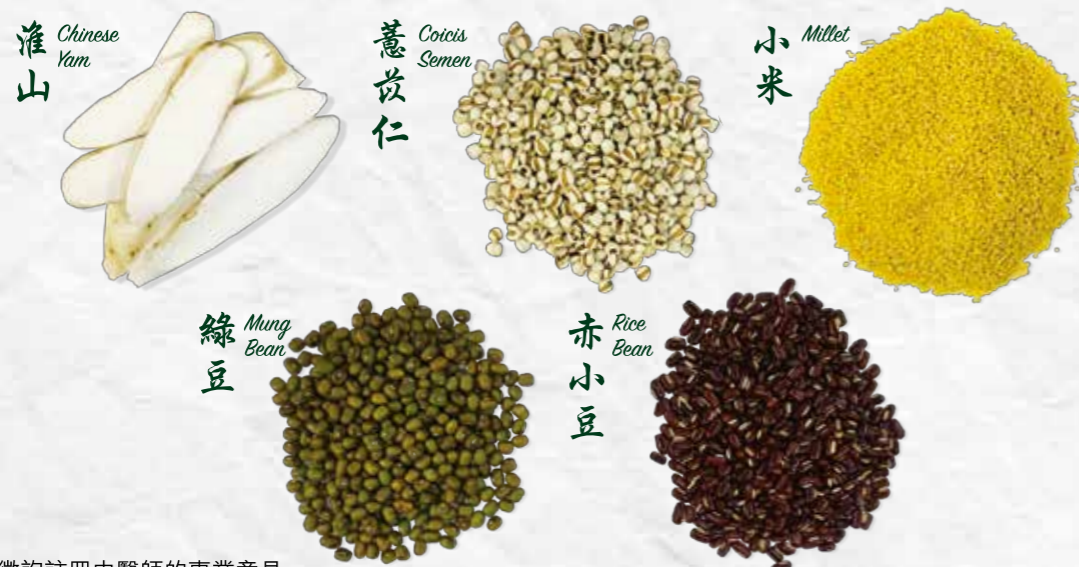
「毒」亦有內外之分。外毒源於體外，如食物毒、藥毒、蟲毒等，若六淫久積，蘊結不解亦可成毒。內毒多因於臟腑功能失常，以致多種代謝物排出不暢，積聚釀化而成，此為「毒，邪氣蘊結不解之謂」（《金匱要略心典》）。

濕性重著、黏滯，易阻滯氣機，導致痰、瘀等病理產物蓄積，蘊結日久而成毒。濕毒致病，範圍甚廣，當中以濕毒浸淫肌膚而致的皮膚病較為普遍，如濕疹、銀屑病、藥物性皮炎、膿瘡（下肢慢性潰瘍）等。

脾主化濕，故脾胃功能正常與否是祛濕的關鍵。然而都市人生活節奏緊張，飲食不定時，不知節制，恣食生冷油膩、過多肉類、宵夜等均會減弱脾胃功能。要保持脾胃健運，應飲食定時且均衡，以清淡易消化為主，即所謂「淡食以養胃」。此外，咖啡、奶茶屬於濕，海鮮類則因濕氣重，濕盛成毒而屬濕毒之物，故亦應少食。

常用的健脾祛濕食物有：淮山、薏苡仁、小米、綠豆、赤小豆等，可用其熬粥以健脾益胃。此外，亦可透過按壓足三里、豐隆、陰陵泉、公孫等穴位健脾理氣化濕。

「濕為陰邪，非溫不化」。曬太陽及適量運動均可增加陽氣，有助祛濕。在溫和的陽光下曬至溫暖即可，切勿曝曬或曬至大汗淋漓，以免耗傷陽氣。適量運動有助全身氣血運行，氣行則水濕行。運動或出汗後應將身體抹乾，並換下濕透的衣服，以保持乾爽。



若有任何疑問，可徵詢註冊中醫師的專業意見。  
For enquiries, please consult a registered TCM practitioner.

## Dampness toxin

Literally "dampness toxin" is a combination of "dampness" and "toxin", which is closely relating to climate, lifestyle habits and diet. Likewise, it can be prevented and rectified.

"Dampness" can be divided into endogenous and exogenous factors. The exogenous dampness is one of the Six Evils. (In Traditional Chinese Medicine, the Six Evils are the pathogenic elements caused by abnormal weather changes including wind, cold, heat, dampness, dryness and fire). People who live in a damp environment or a wetland for a prolonged time are susceptible to exogenous damp evils. On the other hand, the endogenous dampness is created for various reasons, including improper diet that impairs the spleen operation. Endogenous dampness is formed by a poorly functioning spleen that cannot smoothly transform and transport the body fluids. Some of which accumulates in the spleen; and further hinders the flow. This was mentioned in *Huangdi Neijing* as the dampness will cause different kinds of swellings due to a weakened spleen.

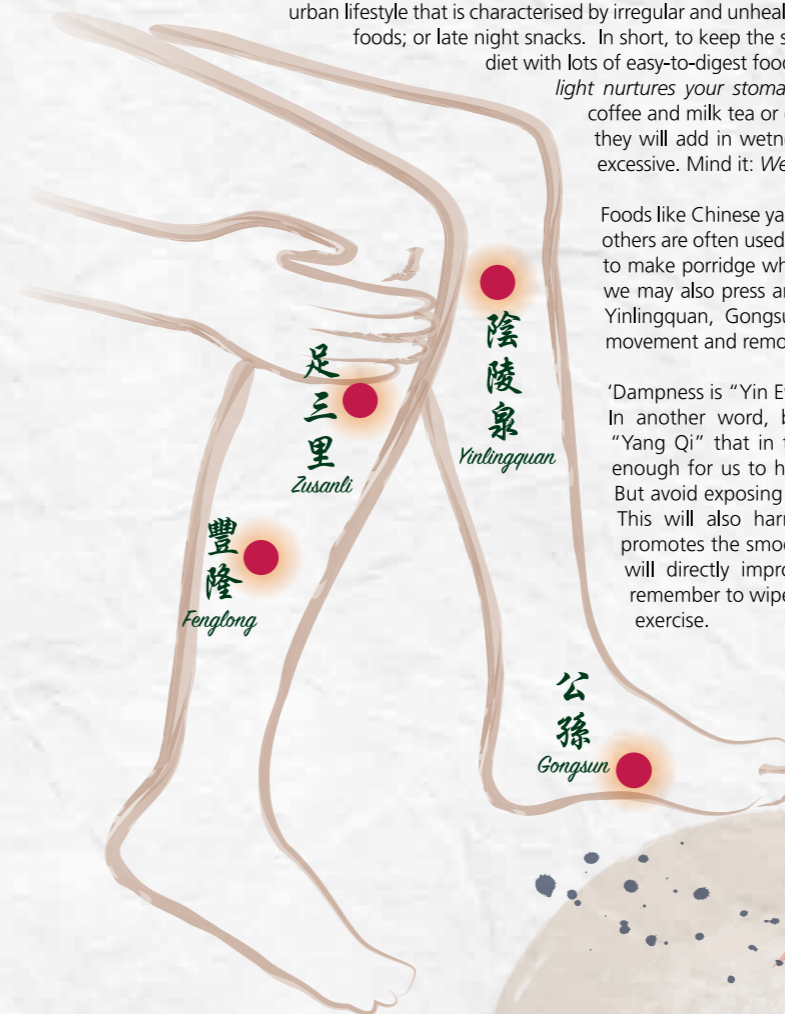
Similarly, "toxin" is also divided into endogenous and exogenous elements. The one originating from outside the human body is exogenous toxin; for example, those resulting from food poisoning, drug poisoning, insect poisoning and others. Moreover, if the Six Evils are retained inside the body over time, they will become endogenous toxin which often result from the malfunctioning of the viscera that fails to transport or transform various forms of metabolites without the proper discharge. Such accumulation will also form the toxins as written in *Jin Kui Yao Lue Xin Dian*.

Dampness by nature is heavy and sticky and tends to hinder a smooth Qi flow within the meridians. When it is accumulated in the body for a prolonged time, it will congeal into phlegm, blood stasis and other pathological substances; thus conducting to form the toxins. Moreover, the dampness toxins will cause a wide spectrum of diseases. It is found that common skin diseases; such as eczema, psoriasis, drug-induced rash, ecthyma (chronic ulcer of the lower extremities) and others are mainly caused by the accumulation of dampness toxin on the epidermis.

As the spleen controls water metabolism and is responsible for transporting the excess fluid out to the meridians and out of the body, it plays a crucial role in removing the wetness. However, the harmony of the spleen may be upset by stressful and hectic urban lifestyle that is characterised by irregular and unhealthy diets like eating too much meat, fatty and cold foods; or late night snacks. In short, to keep the spleen healthy, we should regularly eat a balanced diet with lots of easy-to-digest food. This reminds us of a Chinese quote that "Eating light nurtures your stomach". In addition, we should also avoid drinking coffee and milk tea or eating seafood, as they are wet by nature. Or else they will add in wetness to our body that forms the toxins if they are excessive. Mind it: *We are what we eat*.

Foods like Chinese yam, coicis semen, millet, mung bean, rice bean and others are often used to help eliminate dampness. So we may use them to make porridge which is good for our spleen and stomach. Besides, we may also press and massage the acupoints like Zusanli, Fenglong, Yinlingquan, Gongsun and others so as to regulate the spleen Qi movement and remove dampness.

'Dampness is "Yin Evil" which will be dispelled by warmth and heat'. In another word, both sunlight and moderate exercise enhance "Yang Qi" that in turn helps remove the dampness. So it is good enough for us to have a mild sunbathing to keep ourselves warm. But avoid exposing ourselves to the sun in order to sweat profusely. This will also harm the Yang Qi. Moreover, moderate exercise promotes the smooth circulations of Qi and blood in the body that will directly improve the discharge of the body fluids. But do remember to wipe the sweat off, and change into dry clothes after exercise.



# MESSAGE TO DONORS

## 給捐贈者的話

My connection with Haven of Hope Christian Service (HOHCS) goes back to mid-May 2013 when my mum was admitted to Sister Annie Skau Holistic Care Centre. A cancer patient, mum's condition deteriorated sharply in the previous two months, with the tumors spreading rapidly. My heart wrenched when seeing my beloved mum suffer immensely on her sick bed. Mum's doctor suggested that palliative care at a hospice could be an option for her. Thanks to Father God for a smooth transfer of mum to the Centre. It is a tranquil place, with spacious rooms for the patients. But what impressed me most was the loving and caring medical team. My special thanks go to Superintendent Dr Antony Leung, Dr Paul Wong, Alice, Francis, Ms Fong and Chaplain Tam.

Shortly after her admission to the Holistic Care Centre, mum entered a coma. One day she was treated to a warm bath from head to toes. Two medical assistants wheeled mum to a warm room, transferred her onto a specially equipped bed, and washed her hair and body with meticulous care. Watching by the side, I could not help thinking: Mum must enjoy the bath very much! On the sixth day of her stay at the Centre, mum passed away and returned to Heaven. I am thankful to the Centre for helping my mum walk the final leg of her life journey with dignity. With gratitude and appreciation, I started making donations for the services of the Centre after learning that they are not fully funded by the Government.

Apart from the Holistic Care Centre and a number of special HOHCS projects, Haven of Hope Sunnyside School has a special spot in my heart. I always hope that children with intellectual disabilities are well looked after. I also hope that they are provided with vocational training so that they can earn a living on their own. Years ago I came across a little girl with intellectual disability on the train. Her mother was a young lady. To this day I still remember her smiling face. I was touched by her looks, which exuded a strong sense of optimism and resilience.

On the road I walk as a donor, I have gained a lot and found true contentment. I know for sure that Father God is pleased with what I have been doing. I live reasonably well. What I possess is entirely from Father. Could I have a stable income if Father did not give me the ability to work? I retired four years ago after working as a translator in the civil service for over 30 years. Ten odd years ago I started teaching as a part-time lecturer at The Chinese University of Hong Kong and a few other universities. Father has taught me that the money or time He gives me is not for my personal use. I should share it with other people. I am one of God's housekeepers, entrusted with the mission to deliver His blessings to people in need, just like the ravens that brought Elijah bread and meat. At one point I was disheartened as I realized how little I could offer for the great numbers of people in need. Father cheered me up by reminding me of the miracle of "five loaves and two fish". What the little boy offered was only five small barley loaves and two small fish – far too little to feed more than five thousand people. But once the food was in Jesus' hands, our Lord worked a miracle that was far beyond what people could imagine.

Lo Man Wa, Holly

與靈實的淵源始於2013年5月。當時媽媽病重，3、4月間病情惡化，癌細胞急速擴散。眼見至親飽受折磨，心裏十分難過。主診醫生提及可考慮轉往寧養院，讓病人接受舒緩治療。感謝天父，媽媽5月中旬順利轉往靈實司務道寧養院。寧養院環境清幽，房間寬敞，但最令我印象深刻的，是醫護人員的貼心照顧、愛心關懷，特別感謝梁院長、黃醫生、Alice、Francis、方姑娘、譚院牧。

媽媽轉院不久便進入彌留狀態，一直昏睡。一天，兩位醫護助理替媽媽洗澡洗頭，我在旁看着。媽媽躺在一張特製的牀上，兩位醫護助理極其細心的替她梳洗，當時心想：媽媽一定舒服極啦。媽媽留院五天便離世，返回天家。寧養院讓媽媽有尊嚴地走完人生最後一程，我感念至今。得悉寧養院的服務並非全數由政府資助後，便開始響應捐助的呼籲，以感激的心情支持。

除了寧養院和一些特別項目，我對恩光學校比較關注，一直希望智障兒童得到妥善照顧，並學得謀生技能。多年前，在火車上看見一個智障小女孩，她的媽媽很年青，臉上的笑容至今難忘，她表現的樂觀、堅強深深觸動了我。

在學習捐獻的路上，實在收穫豐富，心靈滿足，因為確知這是父神喜悅的。我擁有的，都是天父賜給我的。若不是天父讓我有工作能力，我怎能有穩定收入？在政府擔任翻譯工作三十多年，四年前退休，十多年前開始在大學，主要是中文大學擔任兼職講師，生活安定。天父向來的教導是：祂賜給我的金錢、時間不要獨享，要與人分享。我不過是祂的管家，負責傳送祂的祝福，好比給先知以利亞送餅送肉的烏鴉。也曾有洩氣的時候，深感需要幫助的人何其多，自己獻上的一份何其小。不過，天父給我打氣，讓我想起「五餅二魚」神蹟中的小男孩。小男孩拿出五個餅、兩條小魚，份量很少，但他交在主耶穌手中，主耶穌就成就大事，遠遠超過人所能想像的。

魯曼華

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