



察覺缺乏 與需要

*Realising
the Needs of People*

他看見許多的人，就憐憫他們；
因為他們困苦流離，如同羊沒有牧人一般。

馬太福音9章36節

*When he saw the crowds,
he had compassion on them,
because they were harassed and helpless,
like sheep without a shepherd.*

Matthew 9:36

靈實長者地區服務新一屆及將退任的委任會員代表聚首一堂，在「一起走過的日子」嘉許分享會中分享感受及經歷，內容令人感動。



觸動的時刻 *Touching Moments*



靈實護養院院友和家人一同暢遊迪士尼樂園，晚上更欣賞煙花表演，盡興而歸！



「你哋話係咪人比花嬌呢？」靈實翠林老人日間活動中心的服務使用者於維園花展留下倩影。



「好嘢！這裏好像荷蘭的鬱金香田呀！」靈實（西貢）改善家居及社區照顧服務的服務使用者豎起姆指大讚。



義工與樂頌居院友合作玩遊戲，真高興！



「哈哈！原來旅行中摘到的士多啤梨可以做耳環。」靈實長者地區服務的長者興奮地說。



「睇下我哋園藝小組嘅收成幾豐富！」靈實司務道護養院的院友似乎相當滿意呢。



靈實胡平頤養院十周年院慶感恩崇拜，眾人投入地唱詩歌，感謝神過去十年的帶領。



郭世光先生及太太葉美玉女士一直熱心支持靈實，他倆更於3月21日在靈實寧養院一樓禮拜堂接受洗禮。



120位香港教牧同工參加靈實社區福音事工組主辦的「手掌按摩與教牧關顧工作坊」，學習自我保健、關懷信徒及傳揚福音的實踐。



靈實福音事工部於4月8日中午在靈實醫院舉行了逾越節感恩聖餐崇拜，與員工一起默想及記念主的救恩。



承蒙香港靈合堂贊助，靈實醫院於3月28日舉辦了復活愛心袋派送活動，將愛心和關懷傳遞予離院院友。



靈實醫院於3月7日舉辦「懷舊金曲演唱會」，紅十字會義工的美妙歌聲不只令院友聽出耳油，更令他們的心弦快活地躍動起來。



年廿八當天，同工到各病室派送由郭世光伉儷捐贈的新年福袋「活得好」，讓每個病室都洋溢著溫暖。

觸動的時刻 *Touching Moments*



「街坊軍團——將軍澳鄰里互助計劃」組織區內居民擔任鄰里義工，在義工的帶領下，長者們都積極投入學習十式運動，強健體魄。



「全人健康均衡儲蓄計劃頒獎禮暨港鐵競步邀請賽」於3月1日在將軍澳港鐵站外舉行。比賽前，健兒專心聆聽香港業餘田徑總會教練的指示，進行熱身運動。



靈實明德日間活動中心暨宿舍的服務使用者於「港鐵競步邀請賽2009」復康組比賽喜獲亞軍。



靈實翠林智樂居舉辦的「舞出真我」計劃由專業導師任教，讓服務使用者能接觸藝術。



靈實日間社區復康中心的服務使用者與職員一同參與融入社區活動，乘搭公共交通工具到迪士尼樂園暢遊。



靈實梁燭初寶林早期教育及訓練中心與香港展能藝術會合辦了「塗鴉密碼」，導師正教導小朋友繪畫模型道具，小朋友都很專心地創作呢！



「西貢健康安全城市」及港鐵合辦了「我心目中的健康城市」繪畫比賽，小朋友繪畫時全神貫注，完成後更雀躍得展示大作。



「我可愛還是他可愛呢？」靈實秀茂坪日間活動中心暨宿舍的服務使用者俏皮地說。

靈實坑口護理院職員於農曆新年前夕
與院友到花市選購鮮花佈置院舍，看
看當日院友所選的鮮花多漂亮！

Touching Moments 觸動的時刻



靈實恩光學校學生與教師助理到鯉魚涌公園遊玩，並在消防模型船前留影。



靈實創毅中心的服务使用者、家長、義工及職員一同參觀2009花卉展覽，過了一個既充實又愉快的下午。



靈實寶林日間活動中心暨宿舍服務使用者到屯門公園的爬蟲館參觀，認識不同的爬蟲類，擴闊視野。



靈實恩光學校學生在新春團拜的扮嘢大賽中各出奇謀，扮相維肖維妙。



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倘若要找一對最能察覺對方需要的，我相信非歸母親與嬰孩莫屬。試想想，當嬰孩還未懂何為語言、何為溝通的時候，最能明白他的需要及給予適時「支援」的，就是母親，可能因為嬰兒在母親體內的十個多月期間，他們已建立了一份不能解釋、卻又奇妙的關係吧！難怪母親節的「宣傳」，往往勝於父親節。但我又相信，上天給人情感、給人一顆心，足已能夠幫助我們明白另一個人的需要，不論那個人與你有沒有親屬關係，只要懂得善用那份情感及那顆心，每個人都可察覺他人的需要。今期《靈·感》的主題是「察覺缺乏與需要」，你能在當中的分享，找到自己的影子嗎？

If you look for a pairing of two beings who know the needs of the other well, I would say it is a mother and her baby. Just think about it, when the baby does not know what language is, or what communication is, who gives it timely support to fulfill its needs? Yes, it is its mother. Perhaps all the months spent in the womb ensures an almost miraculous relationship that no one can fathom. It is little wonder why the promotion of Mother's Day is more than that of Father's Day.

However, I believe that God has given everyone the gift of a sensitive heart, which helps us understand the needs of others, regardless of whether they are family or strangers. As long as you know how to use the gift you already have, you can realise and understand the needs of others. "Realising the needs of people" is the theme of this issue of Haven of Hope News. We hope that these stories inspire you to realise the needs of people in your life.

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基督教靈實協會 | Haven of Hope Christian Service

異象禱詞：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。

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

使命：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。

Mission: Through a ministry of holistic care, we strive to share the 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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察覺缺乏與需要

陳健生醫生，靈實醫院副行政總監暨部門主管（內科）

「你有甚麼需要？」

相信不是很多人敢發問這條問題，因為他們不知道能否應付發問後得到的答案。因此，有些人分辨了英文的“Need”及“Want”。“Need”是真實的需要，而“Want”則是需求。這裡所討論的是需要，不是需求。現代人的需求實在太多了，但在這些需求背後，人往往有不少隱藏的需要。

「他看見許多的人，就憐憫他們；因為他們困苦流離，如同羊沒有牧人一般。」（馬太福音9章36節）。這裡提到四個重要的詞語：「看見」、「憐憫」、「困苦流離」和「羊沒有牧人」。細心看，這裡包涵著四個重要景象：生命被牧養、生命得到憐憫、生命的困苦與流離及生命被看見、被察覺。

「被牧養」是人原本被神創造時相愛的景象。「困苦流離」是當罪進入人類及世界帶來的幽暗景象。「憐憫」意思是同受苦難，是耶穌道成肉身的分擔景象。「看見」是人子耶穌心靈洞察所愛的人的景象。

耶穌更加在差遣他的門徒時（馬太福音10章）提出了實際行動的指引：「隨走隨傳，說『天國近了！』醫治病人，叫死人復活，叫長大麻瘋的潔淨，把鬼趕出去。你們白白地得來，也要白白地捨去。」這裡耶穌向門徒提出要滿足人不同的需要。

但在實際生活中，如何才能察覺別人的缺乏與需要呢？

耶穌對不同的人，洞悉到他們不同的內在需要。約翰福音3章至6章記載了耶穌遇見四類不同的人。約翰福音3章記載了耶穌與一個猶太人的官尼哥德慕相遇，耶穌看見他真正的需要是「生命必須重生」。約翰福音4章記載了耶穌與撒馬利亞婦人在中午相遇，她需要的不單是水，而是活水；只有透過新生命，她才能回復一個聖潔的男女關係。約翰福音5章記載了耶穌在畢士大池與病了三十八年的人相遇，他需要的是透過心靈醫治，身體才能被醫治——起來行走。約翰福音6章記載了耶穌與五千名饑餓的群眾相遇，他們除了需要食物外，還需要生命的糧。

五十多年前，主的僕人看見將軍澳住了不少患有肺病的病人，因此建立了靈實肺病療養院。當時，人的需要是比較明顯，而今天人的需要是比較隱藏的。

時代不一樣，但上帝——我們的牧人——卻沒有改變。讓主透過我們，察覺別人的缺乏與需要，使主的心得到滿足。

靈實是一個服事別人的地方，但很多時候，服務使用者的需要，未必能單從表面上看到，例如在院舍居住的，他需要的，並不單單是居住的地方，而是可嚐到食物的滋味；在醫院的，他不只是需要治療，更是別人的尊重及體恤。

Realising the Needs of People

Dr Chan Kin-sang, deputy hospital chief executive & chief of service (medicine),
Haven of Hope Hospital

What are your needs?

Not many people would ask such a question, because they don't know whether they could respond to it. Therefore, some people distinguish the meaning of "need" and "want". "Need" means something that is a must, while "want" means desire, something we would like to have. This article talks about needs and while we all have many wants there are those who have unnoticed needs.

"When he saw the crowds, he had compassion on them, because they were harassed and helpless, like sheep without a shepherd." (Matthew 9:36) In this sentence, there are four key expressions, "saw", "compassion", "harassed and helpless" and "sheep without a shepherd". If we pay attention to this sentence, it symbolises four important situations: a life which was taken care of, a life which had mercy, a life which was harassed and helpless, and a life which was seen and realised.

"A life which was taken care" shows that people loved one another in God's creation. "Harassed and helpless" shows the dim situation of the human world because of sin. "Compassion" means facing troubles together and it shows that Jesus Christ became flesh and shared the responsibility of our sin. "Saw" shows that Jesus Christ's spirit could understand his beloved ones.

In Matthew Chapter 10, Jesus even gave an actual instruction to his disciples, "As you go, preach this message: The kingdom of heaven is near. Heal the sick, raise the dead, cleanse those who have leprosy, drive out demons. Freely you have received, freely give." Jesus told his disciples to fulfill the various **needs** of people.

How can we realise the needs of our fellow citizens?

Jesus realised the underlying needs of different people. In John Chapters 3 to 6, Jesus met four kinds of people. In John Chapter 3, Jesus met Nicodemus, a member of the Jewish ruling council. Jesus realised "He must be born again" and this was his need. In John Chapter 4, Jesus met a Samaritan woman at noon. What she needed was not only a drink, but also living water. Through a new life, she could have a holy relationship in love. In John Chapter 5, Jesus met a man who was invalid for thirty-eight years in Bethesda. What he needed was the healing of his body "Get up! And walk!" through spiritual healing. In John Chapter 6, Jesus met 5,000 hungry people. What they needed was not only bread, but also the bread of life.

Fifty years ago, the servants of God saw that there were many tuberculosis patients in Tseung Kwan O, so they established Haven of Hope Tuberculosis Sanatorium. At that time, people's needs were much more obvious when compared to today.

Although times change, God still wants to be our shepherd. Through hope God enables us to realise the needs of our fellow human beings and gives us the guidance we need.

The Haven of Hope is an organisation that serves people. However, the needs of the service users are not always so obvious. For example, for the elderly in the elderly homes, what they need is not only a residential place, but also a chance to enjoy simple pleasures, such as food. For patients in hospital, what they need is not only treatment, but also the respect and understanding of others.

食得是福

鄭家良，靈實護養院職業治療師

「長者要吃（甚至愛吃）軟身的食物，如豆腐及包點。」這些話真的出自長者口中嗎？其實，很多長者會因病患而影響吞嚥能力。而且，比起四肢的活動能力，進食能力的復原往往會被視為次要，因此他們未能獲得理想的進食質素。

我們一班職業治療師制訂了「食得是福」改善進食質素計劃。透過與長者外出飲茶，評估他們的進食能力，為他們制訂合適的進食計劃。隨著年紀漸長、身體漸漸衰退，長者可參與的活動越來越少，而進食對他們的意義亦遠超我們想像。作為照顧員，我希望能夠從他們的角度出發，了解他們對「食」的喜好及實際的進食能力，令他們晚年能夠「食得是福」。



鄭家良透過與長者外出飲茶，藉此深入評估他們的進食能力。
By having meals with the elderly in restaurants, Kevin could evaluate their eating ability.

與時並進的 兒童託管服務

邱佩芬，靈實尚德社區健康發展中心隊長

以往，兒童託管服務大多旨在「有人睇仔及補習功課」。時移世易，社會對兒童服務有更高要求。為了切合現今家庭的需要，我們開展了「尚品遊學園」家庭支援及兒童成長服務，強調兒童的全人關顧及發展，重視品格建立、自我照顧和培養健康生活習慣等。我們更設假期託管、短期緊急託管及義工接送服務。另外，我們會定期舉行家長活動，提供諮詢及教育性課程，建立家長支援網絡，幫助家長面對管教子女的挑戰。兒童託管服務不但託管兒童，更支援兒童的家庭。

一個痰袋

岑妙珍，靈實醫院療養服務部註冊護士

我曾在醫院看到有氣管造口的病者，雖然表面上他與急症醫院的病者一樣，但在造口位置卻多了一個痰袋。後來我得知原來是一位護士為該名病者而設，它可防止病者在咳出痰液時，把痰液噴出，弄污衣物及環境。我感受到醫院職員和護理同工對護理工作的熱誠，看到病者的基本需要，繼而設計出適切的護理。「一個痰袋」的背後可真不簡單。

與神相遇

杜文傑，靈實明德日間活動中心暨宿舍社工

人有很多不同的需要，智障人士亦然。但我們會否遺忘了生命中最重要的是「認識獨一的真神」？

回想起來，中心確是一個讓智障服務使用者、同工與神相遇的地方！神讓我看到：

- 教會麗道堂弟兄姊妹九年來的付出，定期讓服務使用者參與團契、崇拜和查經班
- 基督徒同工默默教導和陪伴服務使用者為家人祈禱
- 靈實傳道人定期到訪中心
- 服務使用者生命的改變
- 同工透過不同的經歷「認識神」

以上的一切並非必然。靈實希望透過耶穌基督的愛，讓同工和服務使用者能夠得著更豐盛的生命。



杜文傑（右三）與同事在公在私都合作無間。
Keith (third from right) has a close relationship with colleagues.

Happiness in Eating

Kevin Kwong, occupational therapist,
Haven of Hope Nursing Home

It is common for people to say, "The elderly has to, or loves to, eat soft food, such as bean curd and bread". However, is this what the elderly really think and feel? Illness does inhibit the swallowing ability of most elderly. Moreover, when compared with the movement of their limbs, swallowing is less significant in the rehabilitation process. Generally, quality of eating is not satisfactory among the elderly.

In response, the occupational therapists of Haven of Hope set up a "Happiness in Eating" eating enhancement programme, which aims at evaluating the ingestion ability of the elderly through having meals in restaurants and designing an ideal individual eating plan. As the elderly become older and frailer, they cannot participate in many activities. For them, eating is far more important than we think. As a carer, I hope to think from their angle, understand their favourites and actual capacity of eating, with the aim for them to find happiness in eating.

Encountering God

Keith To, social worker,
Haven of Hope Ming Tak Day Activity Centre cum Hostel

All human beings, including the intellectually disabled, have needs. At times, we all forget the most important need in our life is to "know the only true God".

Haven of Hope Ming Tak Day Activity Centre cum Hostel is a place where service users with intellectual disabilities and employees can encounter God!

God shows me:

- The contribution of Leto Church in the past nine years, such as organising fellowship, worship and Bible class for our service users;
- The faithful heart of Christian colleagues who taught service users to pray for their families and pray with them;
- The serving heart of chaplains who always visited us;
- The gradual change of the service users' lives;
- Colleagues understanding God through different channels.

The Haven of Hope hopes that both our service users and our staff will, through experiencing holistic love of Christ, have their lives enriched.

Individual Care

Shum Miu Chun, registered nurse,
Haven of Hope Hospital Infirmery Service Division

In Haven of Hope Hospital, I have seen many examples of staff offering loving kindness and respect to patients. One example involves a nurse who tailor-made a sputum bag for a tracheostomy patient. When sputum spurted out from the tracheostomy tube, the wonderfully designed sputum bag helped to prevent the sputum from contaminating the environment and patient's clothes. This nurse provided ideal nursing care based on the patient's need. A simple but underlying deep gesture.

Evolution of After School Child Care Service

Katie Yau, team leader,
Haven of Hope Sheung Tak Community Health Development Centre

Child care service has long been focusing on child caretaking and homework assistance. But, as time goes by, social expectations on children services became higher. In order to meet the needs of families today, Haven of Hope Sheung Tak Community Health Development Centre launched a project "Wonderland of Characters" Family Support and Children Development Service, which focuses on children's character building, self care and healthy living.

Also, in view of the needs in child escorting and child care service in school holidays, we provide short-term child care in school holidays, occasional child care and escorting services. In addition, we provide regular activities for parents by providing consultation and educational classes, and establishing support networks between parents. Therefore, we can assist parents in facing the challenges of modern parenting. After School Child Care Service not only provides care for children, but also their families.



接受託管服務的兒童及其家長參與「聖誕親子呵呵呵，溫情派~對」，與同工一同分享聖誕節的歡樂氣氛。

Children at our After School Child Care Service, with their parents, joined "Parent-child Hot-pot Together". They enjoyed the joyful Christmas atmosphere with staff at Sheung Tak Community Health Development Centre.

智障人士的靈性需要

梁詠雯，公共關係組行政經理



譚君現是一位嚴重弱智和殘障的少年，在他成長的旅途中，出入醫院已成為他們一家的「例行約會」，縱然如此，君現的父母不但沒有因他的限制而掉下他，相反卻對他愛護有加，而「笑」更成為他們一家人溝通和了解的橋樑。對於譚瑞麒（君現的爸爸）而言，「笑」更是一個回應，回應在風暴、人生的高高低低當中的一個神聖空間。「這空間的神聖，不在乎尋找到出路或解決問題的方法，而是遇上生命的主。愛我的主就在風暴中鼓勵我說：『是我，不要怕！』與祂面對面好讓我在那裡再領受被擁抱、被接納、被體恤、被扶持，使我縱然拖著沮喪、茫然、不知所措的步伐，也仍能繼續上路前行。」神的同在實在給予譚君現一家很大的支持。

但是，教會如何可以明白及接納像譚君現的家庭？雖然教會可以給他們很多安慰和支持，但由於教會不曉得如何作出關顧和援助，譚先生亦曾經歷到傷害。

在2007年9月，靈實成立了「智障人士福音工作研究小組」，目的是藉多重角度，展現「照顧智障人士靈性需要」的現況，從而作出反思，探索教會如何邁向真正合一的「無障礙

敬拜」，亦盼望透過小組的研究結果，可更有效推動智障人士的服事和靈性關顧。

研究結果及「無障礙敬拜——照顧智障人士靈性需要」研討會已於2009年4月20日下午假中國神學研究院順利舉行，當日更邀請到香港理工大學康復治療學系助理教授蕭敏康博士、中國神學研究院余達心院長及譚瑞麒先生擔任新聞發佈會的嘉賓，及於研討會中分別就「影響智障人士參與宗教活動的因素」、「殘障與心靈的提昇」及「家長對教會的期望」作分享。

余達心院長在發佈會中分享：「有人會問智障人士他們究竟明不明白福音？其實我們很少去用上帝的角度去看甚麼是正常，甚麼是扭曲。一般人相信一個正常人能有足夠的智力去理解福音，殊不知他們既定的價值觀卻會敵擋聖靈的工作；相反，智障人士因沒有既定的世界觀，他們的心靈有空間讓神及聖靈工作。作為教友，我們應把這些大小生命邀請進入我們的群體中，來慶祝上帝的恩典。」

研究結果及個案分享已輯錄成《無障礙敬拜——照顧智障人士靈性需要》一書，盼望透過研究及分享，為我們提供一個察覺到智障人士的需要，特別在靈性上的點子。



三名參加者在「無障礙敬拜」中表現投入。

Three of the attendees of the Barrier Free Worship programme enjoying the activities.

Exploring the Spiritual Needs of the Disabled

Almond Leung, executive manager, public relations section

Tam Kwan-yin is a severely intellectually and physically disabled teenager. In his life, transferring in and out of hospital has become a “regular appointment” for his family. Despite these challenges his parents love him more than you can imagine. A smile is the main form of communication between him and his family. For Mr Tam Shui-ki, Kwan-yin’s father, a smile is a reply and a holy space to him to face the “stormy” and challenging life. “The holiness of the space doesn’t mean finding the solution or problem solving method. Instead, it is the space that I can find God, the creator of the world. God loves me and encourages me during my stormy period. This enables me to feel that I am embraced, accepted, understood and supported. Though I feel frustrated, lost and helpless at times, I still could walk with faith.” God’s presence in the Tam family is their ultimate source of support.

However, could a church understand and accept such a family like the Tams? Although a church could provide comfort and support to the Tam family, it is not always able to provide the most relevant care and support and at times discrimination has been felt.

Barrier Free Worship

In September 2007, the Haven of Hope set up a research team for the mentally disabled which aims to evaluate the existing situation regarding spiritual care for persons with intellectual disabilities from different

perspectives. Based on the research result, it is hoped that we could explore how to bring unity of acceptance to churches as well as knowing how to serve persons with intellectual disabilities more effectively.

The seminar “Barrier Free Worship — Spiritual Care For Persons With Intellectual Disabilities” was held at Hong Kong Graduate School of Theology on 20 April, and the research result was released the same day. The guests of the press conference were Dr Andrew MH Siu, assistant professor, department of rehabilitation sciences, The Hong Kong Polytechnic University; Dr Carver Yu, president of Hong Kong Graduate School of Theology; and Mr Tam Shui-ki. At the seminar they individually discussed “Factors Affecting the Mentally Disabled in Participating in Religious Activities”, “Disabled and the Spiritual Sublime” and “Parents’ Expectations of the Church”, respectively.

More Space in their Hearts

Dr Carver Yu said, “Some people asked whether the mentally disabled could understand the gospel. Actually, we seldom use God’s point of view to differentiate normal from abnormal. Generally speaking, people think that a normal person could have enough intelligence to understand the gospel. However, their “built-in” value will expel the work of the Spirit. On the contrary, people with intellectual disabilities have more space in their heart for the Spirit to work on. As a member of a church, we should bring different people to join our worship and to celebrate the Grace of God together.”

The research results and the case sharing were published in the book “Barrier Free Worship — Spiritual Care For Persons With Intellectual Disabilities”. We hope that through this research and sharing more people will understand the spiritual needs of people with intellectual disabilities.



「無障礙敬拜」包含多元化活動，讓超過二十個家庭受惠。

More than 20 families (over 80 persons) benefited from the programme, with its range of activities.

2009年1月15日，凌晨1:45分，加拿大多倫多。

不知為何，突然從夢中醒來，雖然最近的金融海嘯嚴重影響全球，當然也包括我在內，但這卻不是令我醒來的原因；相反，我想到上天對我已不薄，讓我還有健康的身體、有愛我的家人、有開心的家庭、又有一班好友……想到這裡，不得不感謝上天賜予我的。但是，在這個經濟不景氣的時候，我相信有更多人需要別人的幫助。想到這裡，便拿起電話致電回港……

有心人基金

2009年1月16日，中午12:45分，香港將軍澳，基督教靈實協會。

正在埋首工作的我，看見每日要處理的工作，實在令人頭痛，但感恩的是透過這份工作，能夠幫助很多有需要的人，想到這裡，案頭上的文件、待覆的電郵、接二連三的會議……，那些算得是甚麼呢！

鈴鈴鈴，鈴鈴鈴……

「午安，基督教靈實協會。」

「Almond呀，我係Truman呀，有件事情想找你幫手。」

「好呀，你講呀。」

「我想捐一點點錢，唔算多，是希望幫助一些剛剛親人離世，而經濟又有困難的家庭，我好想在這方面幫到他們，我能做的很有限，但真的好希望可以幫助他們。如果可以，更希望係一直可以幫落去。」

數日後，便收到一張由加拿大多倫多寄來的支票。

就這樣，「Fund from Hearts有心人基金」便成立。縱然金額不多，但愛心卻很多。而且這顆心更串連了其他有心人，他們的心意透過靈實及「Fund from Hearts有心人基金」，轉贈予有需要的人手上。

「我同自己講，我只需要簡單一些的生活，食得簡單啲，買得平宜啲，便可以幫到更多人。原來上天對我所做的事，已給了我回報，就是可以好似依家這樣，無憂無愁快快樂樂地享受生活，哈哈！」這就是Truman的其中一個人生哲理。

基金成立已來，已幫助了數個家庭，當你知道他們的故事後，你或會感到難過、傷心，有些家人更會難以接受親人離世這個事實，猶如噩耗，但當他們知道原來世界上有些素未謀面的人，竟然想起他們，那份由衷的感謝，能帶走他們的一點點哀愁。

你願意成為一個帶走他們哀愁的一顆心嗎？

如有感動捐款支持「Fund from Hearts有心人基金」，請將支票（抬頭：基督教靈實協會）寄回本會公共關係組（地址：香港新界將軍澳靈實路七號）。其他捐款方法請瀏覽www.hohcs.org.hk或致電2703-3371查詢。

1:45am, 15 January 2009, Toronto, Canada

I suddenly awoke in the evening. Although the financial crisis affects the economy of the world seriously, including myself, it was only part of the reason I woke. I was reminded that I now have health, lovely and happy family, friends and more. I couldn't stop giving thanks to God. But I also know there must many people who need help from others under this economic situation. When I thought of that, I picked up the phone and called back to Hong Kong and the Haven of Hope.

GIVING FROM THE HEART

12:45pm, 16 January 2009, Tseung Kwan O, Hong Kong, Haven of Hope Christian Service

I was terribly busy. There is so much work to do, which was giving me a headache. However, when stopped and thought I realised that what I am doing could help other people. The piles of documents on my desk, those un-replied emails, meetings to attend, became meaningful instead of stressful.

That same afternoon, I received a call.

"Good afternoon, thanks for calling the Haven of Hope."

"Almond, this is Truman, I want you to give me a hand."

"Sure, what can I do for you?"

"I want to give a donation. Just a little but I want to help those needy families whose member has just passed away. I really want to help them though what I can do is limited. But I really want to support them during their sorrowful situation. If possible, I want to do this continuously."

A few days later, a cheque from Toronto, Canada was received.

Thus began the "Funds from the Heart". Though the donation is not much at the moment, you can find love here. Added to this, the heart of Truman links more hearts together to help those people in need. The gift from donors can be passed to families through the Haven of Hope and the Fund. There is love all around.

"I always tell myself. I just need a simple life. I can have simple food and buy cheaper things. What I have saved can help others. Of course, I do have rewards by enjoying life, hahaha." This is one of the life philosophies of Truman.

"Funds from the Heart" has already helped several families. When you know their stories, you would feel sad. Some of the family members could not face the death of their relatives, which made the situation even worse. However, when they received the gift, when they knew there are anonymous people that care for them, they were moved. I am sure the action has led to shedding a tear or two of love.

Do you want to move others with your love?

If you want to give a donation to the fund, please send a cheque made payable to "Haven of Hope Christian Service". You can also make a donation through different means by visiting our website: www.hohcs.org.hk or call us at 2703-3371.

清水灣鄉村俱樂部 慈善哥爾夫球賽

由清水灣鄉村俱樂部主辦之「清水灣鄉村俱樂部慈善哥爾夫球賽」已於2009年4月22日（星期三）舉行，為靈實寧養院籌得約港幣五十萬元。是次活動吸引了近百位哥爾夫球愛好者參加，大會更特別安排哥爾夫球教練與參加者交流心得。一眾參加者都非常投入，既可做善事，亦可大展身手。



是次比賽為靈實寧養院籌得港幣五十萬元善款。

The tournament raised \$500,000 for the Haven of Hope Holistic Care Centre.



近百位哥爾夫球愛好者參加了是次慈善賽。

Hundreds of golfers enjoyed the tournament very much.

The Clearwater Bay Charity Pro-Am Tournament 2009

The Clearwater Bay Golf & Country Club launched the "The Clearwater Bay Charity Pro-Am Tournament 2009" on 22 April and approximately \$500,000 was raised for the Haven of Hope Holistic Care Centre. Hundreds of golfers enjoyed the tournament very much, not only did they get to swing for fun, but they also helped frail elderly with late-stage cancer or other chronic illnesses.

2009靈實董事會策略計劃退修日

2009年靈實董事會策略計劃退修日已於4月25日（星期六）假沙田突破青年村舉行。全球受到金融海嘯的衝擊，百業面對嚴峻的考驗，而靈實亦無可避免受到影響。董事會藉此機會為靈實的發展提出寶貴的意見，討論了兩項主要課題——「靈實在財務上的可持續性發展」和「靈實異象、使命及精神的實踐」。我們預計本年度將有近三百萬元赤字。為應付金融海嘯帶來的衝擊，靈實除了努力開源節流外，同時亦很需要每一位捐助者的支持。有關「靈實異象、使命及精神的實踐」，退修日報告了「異象2010」督導小組（註一）早前所訂立各項方案的推行情況。

註一：「異象2010」督導小組由十六位來自不同單位、職級的同事組成，目的是檢討「異象2010」工作的成效，當中包括重新審視靈實的異象、使命及靈實精神等。



靈實董事與管理層同工出席退修日，一起探討影響靈實發展的主要課題。

The Haven of Hope board members and management attended the retreat and had focused discussion on issues affecting the development of the Haven of Hope.

Annual Day Retreat for Strategic Planning 2009

The Annual Day Retreat for Strategic Planning 2009 was held in the Breakthrough Village Campsite in Shatin on 25 April (Saturday). With the impact of the world financial tsunami, the business environment and economy of Hong Kong is facing a big challenge. The Haven of Hope has also inevitably been affected. Facing the critical situation, the Board took the retreat as a good chance to have in-depth discussions on the development of the Haven of Hope. The foci, namely "Financial Sustainability" and "Realisation of Vision, Mission and Values" were discussed. Having been influenced by the financial turmoil, it is foreseen that the Haven of Hope will incur a deficit of \$3 million in 2008/2009. To cope with the challenge, apart from striving to explore ways for increasing income and cutting costs, your donations will be much treasured by the Haven of Hope. For the "Realisation of Vision, Mission and Values", the implementation progress of various initiatives previously proposed by the Vision 2010 Steering Group* was updated at the retreat.

* Vision 2010 Steering Group was formed by 16 staff from different units and ranks, and aims at evaluating the effectiveness of "Vision 2010" works by examining the vision, mission and core values of the Haven of Hope.

從生命中的脆弱學習謙卑

徐德義醫生，靈實醫院行政總監

無論何人，因為門徒的名，只把一杯涼水給這小子裡的一個喝，
我實在告訴你們，這人不能不得賞賜。

~ 耶穌（聖經馬太福音10章42節）~

聖善的上主，求你教我們按你當配受的來服事你；付出而不計代價；爭戰而不顧受傷；
勤奮而不求安逸；工作而不求獎賞，只知道行在你的旨意中。阿們。

~ 聖依納爵（耶穌會創辦人）~

如果你很謙卑，那麼無論是誇讚還是羞辱，沒有任何事能夠擊倒你，因為你清楚自己是誰。

~ 德蘭修女 ~

那時，耶和華從旋風中回答約伯說：「誰用無知的言語使我的旨意暗昧不明？你要如勇士束腰；
我問你，你可以指示我。我立大地根基的時候，你在哪裡呢？你若有聰明，只管說吧！
你若曉得就說，是誰定地的尺度？是誰把準繩拉在其上？地的根基安置在何處？
地的角石是誰安置的？那時，晨星一同歌唱；上帝的眾子也都歡呼。」

約伯回答耶和華說：「我知道，你萬事都能做；你的旨意不能攔阻。
誰用無知的言語使你的旨意隱藏呢？我所說的是我不明白的；這些事太奇妙，是我不知道的。
求你聽我，我要說話；我問你，求你指示我。我從前風聞有你，現在親眼看見你。
因此我厭惡自己，在塵土和爐灰中懊悔。」

~ 聖經約伯記 38章1~7節，42章1~6節 ~

每一位醫生選擇以醫生作為職業原因各異，而我的其中一個原因很簡單，就是當時的成績讓我可被醫科學院取錄。對我來說，醫科學院的生活不甚有趣，有太多追不及的目標。雖然學院內的老師在各自的範疇內有顯著的學術成就，可惜，有「仁者風範」的卻很少。

當我還是醫科學生的時候，有一天，我在一間很大的地區醫院學習。那時，一位醫生和一位護士正替一名年老的女士就診。她身型細小瘦削，神情迷惘，不能即時回答醫生的提問。在旁的護士漸漸變得不耐煩，催促病人「正確」回答醫生的問題。那位醫生反為病人辯護，向護士解釋病人由於發高熱而導致神智不清。原來該名病人從東南亞



站在高山上，徐醫生感到人的渺小。

While Dr Chui was standing up on a hill, he would feel the smallness of human beings.

乘船到香港時，在途中發高熱，後証實感染心內膜炎。剎那間，我從恆常的學習、觀察「有趣病例」中醒覺過來，原來人在生病時會變得如此脆弱。身為醫務人員，需要用包容及服事的心態去照顧有需要的病人。

醫科畢業後不久，我的家人一個接一個的病倒，媽媽也是其中之一。有一次因她持續數天發高熱及神智不清，我們將她送往一家大規模的地區急症醫院，她被安置在帆布床上。那個時代，若病人情況處於危險期，醫院會要求家人簽紙，表示明白。當我在文件上簽署時，體會到這並不是簽一個名字這樣簡單，卻是被宣判而不得上訴，令人十分無奈。兩年後，媽媽的活動能力及智力

漸漸衰退，一天獨留在家時，不慎跌倒而再次送院。主診醫生安排與我見面，跟我解釋媽媽腦素描的結果，以及證實她患有老人痴呆症。當時媽媽只有五十八歲，主診醫生是高我兩屆的師姐，她向我解釋診斷時，我腦海裡只是一片空白。

我在九十年代初期開始在靈實工作。有一晚，當我推開書架的玻璃門時，門突然塌下，其中一面玻璃的切口更割破了我左手的食指，登時血液四濺。由於辦公室內沒有其他人，我只好用右手包著流血的食指，走過花園，奔到「溫柔」病房求助，然後被送往聯合醫院。由於手指的一條神經和動脈被切斷，需要當晚接受手術。當我被推入手術室時，天花板上的燈光在我面前「快速移動」，令我有天旋地轉的感覺。手術室很冷，醫生說只會修補神經線，但不會接駁斷了的動脈。往後的

數星期，那條被割破的神經仍然很敏感，每當用棉花球清洗傷口時，一陣劇痛直插指尖。替我清洗傷口的護士不能明白為何每次碰到我的傷口，我會有如斯大的反應。現在，那根指頭還會發麻。

服事和謙卑，是主耶穌教導的兩個重點，祂也以一顆謙卑的心服事人。在我的成長過程中，神透過我個人及家庭遇上的大小難關，教導我謙卑的功課。另一方面，透過藝術和大自然，我感受到神創造的偉大。當我站在山上、海邊，又或經過茂密的灌木叢林時，我看到神創造的奇功，驚訝祂的大能。

唯有懷著一顆謙卑的心，我才能夠與我的病人同行，服事他們。

Serve with Humility

Dr Chui Tak-yi, hospital chief executive, Haven of Hope Hospital

The King will reply, "I tell you the truth, whatever you did for one of the least of these brothers of mine, you did for me."

~ Jesus (Bible, Matt 10:42) ~

*Teach us, good Lord, to serve you as you deserve :
to give, and not to count the cost,
to fight, and not to heed the wounds,
to toil, and not to seek for rest,
to labor, and not to ask for any reward,
save that of knowing that we do your will.*

~ Ignatius of Loyola ~

*If you are humble nothing will touch you,
neither praise nor disgrace,
because you know what you are.*

~ Mother Teresa ~

"Then the LORD answered Job out of the storm. He said: Who is this that darkens my counsel with words without knowledge? Brace yourself like a man; I will question you, and you shall answer me. Where were you when I laid the earth's foundation? Tell me, if you understand. Who marked off its dimensions? Surely you know! Who stretched a measuring line across it? On what were its footings set, or who laid its cornerstone- while the morning stars sang together and all the angels shouted for joy?

Then Job replied to the Lord: I know that you can do all things; no plan of yours can be thwarted. You asked, Who is this that obscures my counsel without knowledge? Surely I spoke of things I did not understand, things too wonderful for me to know. You said, Listen now, and I will speak; I will question you, and you shall answer me. My ears had heard of you but now my eyes have seen you. Therefore I despise myself and repent in dust and ashes."

~ Bible, Job 38:1-7; 42:1-6 ~



透過大自然和藝術，徐醫生感受到神創造的偉大。
Dr Chui feels the greatness of God through arts and nature.



Every doctor chose their career as a doctor for different reasons. One of my reasons was simple - my academic results were good enough for me to go to medical school. Frankly speaking, the days at medical school were not particularly interesting. There was so much to study and targets seemed to be so out of reach. Teachers at medical school were great achievers in their own field, yet there were so few that had impressed me as a person.

One day, when I was attending ward rounds as a student in a busy ward in a big regional hospital, the doctor and nurse were seeing an old lady. I still remember the small and thin lady lying in the bed, disorientated, who did not answer the doctor's question promptly. She was delirious. The nurse was getting impatient and tried to push the lady to give the "proper" answers. The doctor gently defended the patient and explained that she was having high fever and was confused. The lady was travelling to Hong Kong on a ship and developed fever and was suffering from infective endocarditis. Suddenly I was awoken from the routines of studying, doing ward rounds, and seeing "interesting cases". I realised that people could be vulnerable because of an illness, and it is up to the doctor (or in fact any clinical profession) to protect and serve these vulnerable persons.

Soon after graduation from medical school, a number of my family members had fallen ill one after another. One of them was my mother. She had a febrile illness for several days, developed high fever and confusion. We sent her to a big regional acute hospital and she was put in a camp bed. In those days, government hospitals used a form to notify relatives of patients in critical condition. I was asked to sign the form. Two years later, she was found to have progressive motor and mental deterioration. After a fall at home while she was alone, she was admitted to hospital again. The in-charge doctor arranged a meeting to explain to me the CT findings and the diagnosis of Alzheimer's disease. My mother was 58 then. My mind was blank while

the doctor explained how she came to this diagnosis. I did not know how to respond.

When I first started working in the Haven of Hope in the early 90's, one evening, while I was pushing the sliding glass door of a book shelf, it suddenly fell down and the razor sharp edge of one side of the glass slit through my left index finger. Blood was shooting everywhere. There was no one in the office. I held my bleeding finger with my right hand, dashed across the old garden, ran into "Meekness" ward and asked for help. I was sent to United Christian Hospital (UCH). A nerve and artery on one side of the finger was cut, and surgery was to be done on the same night. When I was wheeled to the operation theatre on the trolley, the light boxes on the ceiling passed in front me in "fast motion" and made me dizzy. The operation theatre was very cold, the doctor said he was going to repair the nerve and would leave the artery alone. I felt vulnerable that evening, even though the colleagues in UCH had treated me very nice already. For the next few weeks, the cut nerve was very sensitive, a slight touch with the cotton ball during dressing caused very sharp pain shooting down the finger tip. The nurse who did the dressing could not understand why I reacted so strongly everytime the wound was touched. That finger was never the same again.

Serving and humility are two main themes in Jesus's teachings. Jesus serves in a humble way. As a helping professional, before the 1st half century of my existence, I was taught humility by God through facing difficulties, unrest in the family, big and small illnesses, failures, and deaths. On the other hand, I also feel the greatness of our Creator through arts and nature. I go hiking one or two times every month with a friend. I took pictures, capturing interesting moments and sceneries. Whether I was standing up on a hill, by the seaside, or walking through wide bushes, I would witness, and be in awe of, God's power.

With a humble heart, I walk with my patients and strive to serve them well.

徐醫生除了醫術高明外，在音樂上亦有很深造詣。

Beside being a doctor, Dr Chui is also good at playing the piano.





手足口病

葉榮基，家庭醫生
靈實余兆麒茵怡診所

致病原

通常由腸病毒引起，其中以甲類柯薩奇病毒為最主要的病原體；另外，腸病毒 71 型亦是引致手足口病的病原體之一。手足口病在嬰孩及小童較常見，但成年人也可染病。此病在世界各地均曾出現個別病例或集體爆發，並多於夏天及初秋時份出現。

傳播途徑

手足口病是透過人傳人的，如直接接觸病者的鼻或喉嚨分泌，唾液、穿破的水泡及糞便，皆有可能傳播。此病的傳播能力一般由病發初期開始，維持數星期左右，直至糞便中的病毒消失為止，但以病發第一個星期傳播機會最大。

潛伏期

一般約為三至七日。

病徵

顧名思義，手足口病最明顯的特徵是影響手、腳和口。主要的病徵包括發燒、口腔有疼痛的潰瘍及身體出現帶水泡的皮疹。病發時，多先出現發燒、食慾不振、不適及喉嚨痛等徵狀。一至兩天後，口腔出現疼痛的水泡，甚至可能影響吞嚥。這些水泡初時呈細小的紅點，然後或會形成潰瘍。這些潰瘍通常位於舌頭、牙肉及兩腮內的口腔。另外，身體的皮疹主要出現於手掌及腳掌（亦可能出現在屁股及性器官），外形呈扁平或突起的紅點，並不痕癢。有些病者可能只會出現口腔潰瘍或

身體皮疹其中一種。因手足口病而引起的併發症較罕見，如病毒性腦膜炎、病毒性腦炎及類似小兒麻痺症的病症。

治理方法

現時並沒有特定治療手足口病的方法。大部份病者的情況都會自行痊癒，其徵狀如發燒、皮疹及潰瘍，病者一般於一星期後便會自動痊癒。可採用藥物紓緩患者的發燒以及潰瘍引致的痛楚。應確保患者飲用足夠水份，如患者完全不能進食，便可能要入院以靜脈點滴營養液。處理鼻喉排出的分泌物、糞便及弄污的物品後，必須立即洗手。如兒童發高燒、活力減退或病情惡化，家長便應及早攜同子女就醫。

預防方法

要有效預防手足口病，良好的衛生習慣十分重要。要經常洗手，咳嗽或打噴嚏時要掩著口鼻，並避免與病者有親密接觸。另外，良好的環境衛生亦可減低傳播手足口病的機會，例如將染污的物件及其表面清洗，並要保持室內空氣流通。患有手足口病的兒童應避免上學或參加團體活動，直至已經退燒及身體上的水泡乾涸及結痂，以減低手足口病在兒童中傳播的機會。

手足口病的患者對致病的病毒會有抵抗力，但由於手足口病可通過不同的病毒傳播，患者將來仍有機會再次感染手足口病。

參考資料：衛生防護中心、衛生署及美國疾病控制及預防中心 (www.cdc.gov/ncidod/dvrd/revb/enterovirus/hfhf.htm)。

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Hand, Foot and Mouth Disease

Dr Yip Wing-ki, family physician,
Haven of Hope S K Yee Verbena Heights Clinic

Causative Agent

Hand, foot and mouth disease (HFMD) is a viral infection commonly seen in infants and children, although adults can be infected as well. It is usually caused by a group of viruses called enteroviruses. The most common causative agent is coxsackie virus A16. Enterovirus 71 (EV 71) is also one of the causative agents for HFMD. Individual cases and outbreaks occur worldwide. HFMD is more frequently seen in summer and early autumn.

Mode of Transmission

HFMD is transmitted from person to person by direct contact with nose and throat discharges, saliva, fluid from blisters, or the stool of infected persons (who may be asymptomatic). The illness is contagious during the acute stage and may last for several weeks (most contagious during the first week of the illness), as faecal shedding of virus can be detected for several weeks.

Incubation Period

The incubation period is 3-7 days.

Clinical Features

As implied by the name, the most prominent features of HFMD are seen in the hands, feet and mouth region. The main symptoms of HFMD are fever, sores in the mouth and a rash with blisters. It usually begins with fever, poor appetite, malaise and sore throat.

One to two days later, painful sores develop in the mouth. The sores are characterised by small red spots with blisters which then often become ulcers. They are usually located on the tongue, gums, and inside of the cheeks. Flat or raised red spots, which are non-itchy, are found on the palms of the hands and soles of the feet. The rash may also appear on the buttock and/or genitalia.

A person with HFMD may have only the rash or only the mouth sores. Complications are rare, but it may be associated with viral meningitis, encephalitis, or a poliomyelitis-like paralysis.

Management

To date, there is no specific treatment available for HFMD. Fortunately, most cases are self-limiting. Symptoms including fever, rash and ulcers subside spontaneously in one week. Symptomatic treatment is given for fever, aches or pain from the ulcers. Ensure the patient has good hydration with plenty of fluids. If moderate-to-severe dehydration develops, and the patient has very poor oral intake, then admission is advisable for intravenous fluid replacement.

Those who are handling nasal or throat discharges, faeces and soiled articles should wash hands promptly afterwards. Parents are advised to seek prompt medical attention if their children develop a high fever, a decrease in alertness or deterioration of the general condition.

Prevention

Good hygienic practices are the most important measures to prevent HFMD. Measures like frequent hand-washing, covering mouth and nose when coughing or sneezing, and avoidance of close contact with HFMD patients should be observed. The risk of transmitting infection can be further lowered by good environmental hygiene. This includes cleaning of contaminated surfaces and soiled items, and maintaining good indoor ventilation.

Children with HFMD should be excluded from schools or any group activities until the fever has subsided and all the vesicular lesions have dried and crusted. This helps reduce the transmission of infection amongst children.

Infection results in immunity to (protection against) the specific virus that caused HFMD, but a second case of HFMD may occur following infection with a different member of the enterovirus group.



Reference: Centre for Health Protection, Department of Health, Centers for Disease Control and Prevention, USA. Website: www.cdc.gov/ncidod/dvrd/revb/enterovirus/hfhf.htm

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