

## 重視人的尊貴 與價值 *Worthiness of a Person*







靈實長者地區服務的會員在健明五週年聚餐中獻唱「祝酒歌」，歌聲繞樑三日。



靈實長者地區服務第二屆委任會員代表在就職典禮中，接受由服務經理陳笑梅姑娘（左）頒發的委任狀。

## 觸動的時刻 *Touching Moments*

義工正耐心地教導靈實翠林老人日間活動中心的長者唱歌。



靈實護理院院友於父親節獲家人送贈親手製作的心意相架，笑逐顏開。

「你看這些康乃馨多漂亮！」這些花朵都是靈實義務道護理院院友的家人與職員親手製作的。



靈實（西貢）改善家居及社區照顧服務的服務使用者與太太一同到迪士尼樂園，拍下拖，影下相。



樂頤居院友在端午節收到愛心糉子，十分高興！





30多位靈實社區診所員工於6月30日午餐聚會中聆聽陸錦蘭博士講解進化論與信仰的關係，獲益良多。



「看我身手多敏捷！」靈實胡平頤養院院友興奮地打球。



父親節，靈實寧養院職員及義工一起製作鳳梨酥，送給作父親的院友。



靈實寧養院於3月舉行賣物會，參加者踴躍捐贈禮物，籌得的款項將用作同工福利。



律政司司長黃仁龍先生（中）於8月24日探訪樂頤居，除了碰見中學時代的師兄外（司長右旁），更巧遇其小學老師陸女士（司長左旁）。大家細說當年，場面溫馨。



靈實胡平頤養院院牧推行了「無障礙敬拜—失智症」計劃，其中一次活動讓院友享受餵奶給嬰孩的樂趣，並體會主耶穌也是同樣照顧她！



黃司長亦探訪了在樂頤居住了5年的住戶陳氏夫婦，了解他們生活的情況，夫婦二人對司長來訪都顯得十分興奮。





兩對一起學習拉丁舞的兄弟姊妹，於「家多一點點」活動中表演拉丁舞，充滿默契。



「街坊軍團——將軍澳鄰里互助計劃」的小義工獲贈得意可愛的吹氣小動物，展露燦爛笑容。

## 觸動的時刻 *Touching Moments*



靈實醫院於6月19日舉辦「父親節小禮物派送」活動，義工不但派送小禮物給院友，更為他們送上溫暖的關懷和殷切的祝福。



為響應世界無煙日，靈實醫院於5月30日在翠林商場舉辦「我愛無煙家庭」活動，將無煙訊息傳遞給每個家庭。



在4月9日的「活出關愛心」活動，靈實醫院喜獲義工協助派送禮物予全院院友，院牧亦向他們宣揚復活節訊息，祝福他們福杯滿溢。





靈實日間社區康復中心舉辦了「生活多姿采小組」，讓服務使用者到郊外遠足，挑戰身體上的障礙。



經過長時間的相處，靈實翠林智樂居的職員和學員已變得「老友鬼鬼」，連燦爛笑容都變得一致。



西貢區議會社會服務及健康安全城市委員會聯同「西貢健康安全城市」統籌辦事處，向世界衛生組織申請西貢安全社區的認證。兩位來自澳洲的世衛代表於5月27日到訪西貢及將軍澳區，並與西貢區區議員、政府部門代表及企業代表會面。他們非常滿意西貢、將軍澳的社區安全發展，西貢安全社區認證已被確認，並於六月中正式獲通知。



靈實創毅中心的服務使用者很重視及享受每月的足球隊聚會。平等、友誼和尊重是他們的力量及信念。



靈實明德日間活動中心暨宿舍的服務使用者參觀「挪亞方舟」，親身體會聖經的記載。



「我係農夫嗎？」靈實秀茂坪日間活動中心暨宿舍的服務使用者俏皮地說。





靈實梁焯初實林早期教育及訓練中心的學童有媽媽陪同學習，事半功倍！



靈實寶林日間活動中心暨宿舍於3月舉辦大埔海濱公園踏單車活動，服務使用者舒展身心之餘，亦能親近大自然。



在4月11日悅樂社的遊戲中，義工和靈實將軍澳及西貢地區支援中心的學員打成一片，大家都樂在其中。



「一年一度的維園花展，點會無我哋份？」靈實坑口護理院的院友一同欣賞花展，與花爭妍。

## Touching Moments 觸動的時刻



靈實恩光學校獲得香港綠色學校獎中學組亞軍，校長和學生都喜上眉梢。



刷牙是一項很嚴肅的任務，你看靈實恩光學校的學生多認真！





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## 編者話 From the Editor

最近逛書局時看到一本有關婚姻的書《女人要愛・男人要尊重》。作者指出妻子需要無條件的愛，丈夫需要無條件的尊重，這是開啟夫妻溝通和相處的鑰匙。其實愛和尊重，是每一個人都需要、都渴望擁有。心理學家亞伯拉罕・馬斯洛的需求層次理論也指出，被愛、被尊重、被重視，是社交層面的需要。耶穌明白人的需要，同時他也看重每一個，視人為寶貴，「你們看那天上的飛鳥，也不種，也不收，也不積蓄在倉裏，你們的天父尚且養活牠。你們不比飛鳥貴重得多嗎？」（馬太福音6章26節）假若每個人能重視他人，懂得愛及尊重別人，相信世界會變得很美好。

Recently at a bookshop, I found the book *Love and Respect*. The author mentioned that a wife needs unconditional love while a husband unconditional respect. This is the key to effective communication between couples according to the book. Honestly speaking, Respect and Love is what everyone desires.

In the Hierarchy of Needs model presented by a psychologist Abraham Maslow, love and respect are the social needs of a human being. Everyone needs to be: loved, respected and valued. Jesus understands the needs of people and values the life of everyone. "Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?" (Matthew 6:26) If we love, respect and value others the world would be a beautiful place.

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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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# 用基督的愛擁抱晚晴

梁智達醫生，靈實寧養院院長

一位我很敬仰的老弟兄在他晚年的時候寫了一本靈修小品，首三篇文章的題目依次序是：「認識神的心意」、「確立人生目標」及「投資在建立人的生命上」。因為物質世界的東西終有一天會消失，惟有人的靈魂會存到永遠。

人是尊貴的，是上帝照祂自己的形象所造，人的生命有永恆的價值，「上帝造萬物，各按其時成為美好，又將永生安置在世人心裏。」（傳道書3章11節）人是上帝創造的高峰，是「有靈的活人」，是祂所愛所珍貴的。上帝看重人的價值到一個地步，甚至願意差遣祂的獨生愛子耶穌基督，為贖世人的罪犧牲在十字架上：「上帝愛世人，甚至將祂的獨生子賜給他們，叫一切信祂的，不致滅亡，反得永生。」（約翰福音3章16節）

在靈實，我們學習實踐「用愛心服事關懷」、「並肩服事及成長，見證福音，體會神的愛，讓神的心意滿足」。我們重視人的尊貴與價值，每一位服務使用者都是配得我們的尊重、珍愛和委身的服事，縱然他們的身體衰弱，心智殘缺，但透過神所賜予的屬靈視野，讓我們看到生命永恆的價值和意義，也樂意在他們油盡燈枯的時候不離不棄，「用愛擁抱晚晴」。

在「荒原上」的年代，司務道教士不怕危險、不避辛勞地在牀邊陪伴嚴重肺結核病友，護送他們直到天家門口，還說在垂死病友的臉上，窺見天上的榮光。（註一）

過去三年在寧養院的服事中，讓我再次有機會參與臨床的工作和直接與晚期病友及其家人溝通，以及與同工一起建立寧養院「以基督為中心的治療模式」，嘗試將醫療和心靈關顧整合。我發現每一位病友都有他自己的故事和獨特的地方，當我們願意效法基督，以愛去關心、去聆聽、去服事、去與人同行；讓病友在一個以基督為中心的醫治群體中感受到被愛、被尊重，生命的價值被肯定，更「在基督裏完完全全地引到上帝面前」的時候（歌羅西書1章28節），奇妙的改變便發生……

未滿二十歲的年青救生員，在癌症的試煉中，仍然沒有埋怨，更為家人和醫護人員對他的關愛感恩；年青的醫科學生，看到媽媽的生命怎樣被尊重，怎樣在基督的愛圍繞下平安離世，便決心在今年的暑期到紓緩治療科單位學習；前列腺癌已轉移到脊骨的弟兄，在領洗之後，滿有喜樂，坐著輪椅上向其他院友作見證，更祝福了我好友的岳丈，他在臨終前受洗歸入基督；年青時是出色的足球員，事業有成的大男人，起初不能接受肝癌轉移到脊椎，雙腳不能活動的事實，經常緊握著拳頭；但與基督相遇後全然改變，洗禮的時候面容安詳得像小孩子一樣。

「重視人的尊貴與價值」是要以行動實踐。在寧養院，除為院友度身設計全人治療的計劃外，整個醫療團隊也會在每星期的病室會議後，為他們題名禱告。「重視人的尊貴與價值」是建基於神的愛和在聖經的教導下，對生命的反思。當我們懂得去愛、去尊重和去肯定病友生命的價值時，我們就會願意放下自己，用心聆聽，謙卑服事，用基督的愛擁抱晚晴。



註一：《荒原上》，司務道教士自傳之二；第121-123頁



# *Embracing the Last Journey with the Love of Christ*

**Dr Antony Leung**, medical superintendent, Haven of Hope Holistic Care Centre

One of my revered brothers wrote a book in his late life on spiritual contemplation, the first three topics were “Knowing the Lord”, “Setting the goal of life” and “Investing in others’ lives”. Everything in our world will vanish, but a person’s soul will last forever.

“He has made everything beautiful in its time. He has also set eternity in the hearts of men.” (Ecclesiastes 3:11) God really values us and even sent his one and only son Jesus Christ to sacrifice himself for our sins and died on the cross. “For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.” (John 3:16)

## *Serving God and Our Users*

In the Haven of Hope, we strive to serve and care with love, to serve and grow together, witness the Gospel and experience God’s love that HE may be satisfied. We value the worth of the individual. Although our service users are often frail and handicapped; everyone of them are worthy of our respect and service from the heart. We will willingly accompany them to the end and embrace their last journey with love as we see the eternal meaning of their lives through the spiritual perspective.

In the era of *On the Barren Upland*, Sister Annie Skau served her tuberculosis patients with great diligence, courage and love. Many a time, she would nurse them personally in their terminal stage and accompany them to the gate of heaven. She even said she had got a glimpse of the heavenly glory from the countenance of dying patients.<sup>1</sup>

## *Holistic Care Centre*

Serving at Haven of Hope Holistic Care Centre (HCC) for the past three years has enabled me to be involved once again in clinical work and direct communication with patients and their families. The Centre has developed a Christ-centred Healing Model in an attempt to integrate medical treatment with psychosocial and spiritual care. Each patient has his/her own unique story. When we follow the example of the love of Christ, to care, listen, serve and walk together with them, they will feel our love and respect, and their lives could be transformed in the Christ-centred healing community.

And wonderful things happened.....

A young lifeguard, who had not yet passed his 20<sup>th</sup> birthday showed great courage in his final days with cancer. He, not only had no complaints, but has a thankful heart and attitude towards his family and the staff caring for him; a young medical student, after witnessing her beloved mother cared for with respect and love at the Centre, decided to learn more about palliative medicine in this summer holidays; a young Christian, despite the pain and suffering from prostate cancer spreading to the spine, rejoiced greatly after his baptism. His testimony had been a blessing to many patients including the father-in-law of my good doctor friend who was also eventually baptised just two hours before he died; a successful businessman and an outstanding football player in his younger days could not accept the paralysis of his lower limbs from compression of his spinal cord by cancer cells. He was very uptight and worried initially, always clenching his fists. However, after surrendering to the love of Christ, he became a new person. All the relatives and staff who were present at his baptismal ceremony were impressed by his peace and the child-like restfulness shown in his face.

The respect for the Worthiness of a Person is not just a slogan but needs to be put into practice. In HCC, besides tailor-making a holistic care plan for each newly admitted patient and his/her family, we will also pray for them after the weekly interdisciplinary ward conference. When we reflect upon our own lives, we will understand more about the worth of the individual based on God’s love and the teachings of the Bible. When we have learnt how to love, to respect and to affirm the lives of our patients, we will be willingly putting ourselves aside, listen to them from the heart, serve them humbly and embrace their last journey with the love of Christ.

<sup>1</sup> *On the Barren Upland*; P174-178



靈實重視人的尊貴與價值，不論服務使用者是傷殘的、智障的、體弱的或曾誤入歧途的，我們希望以愛心與關懷接納他們，更重要的是與他們每一個同行。

*The Haven of Hope values the life of all people,  
no matter their needs, disabilities or past action.  
We are willing to accept everyone of them with love and care,  
and more importantly, to walk with them.*

## 與你同行

李麗珍，靈實胡平頤養院服務經理

護士：「李姑娘，牧師（院友）想到白沙灣參加聖誕前夕的主日崇拜，請問你可不可以替他約個臨時特護陪他到教會？」

我：「聖誕假期不容易找特護，剛好我當日放假，可以做他的特護。你們可否安排一位男同事與我前往？」

護士：「可以。」

半年前，莊牧師起床時頭暈跌倒，頸椎骨斷了導致四肢癱瘓。卧床半年，每當他坐起來時，很容易便會導致血壓和血糖下降，所以家人要求是次活動必需有護士同行。而且，白沙灣教會在半山上，途中有60多級梯級和三個窄轉彎位，所以必需有多名強壯男士，連人帶輪椅將牧師抬上山。

當日，我們為牧師借了一部特制輪椅，以便他可以隨時躺下休息。終於，牧師回到自己成立的教會中，會眾見到老牧師都十分感動，彼此互相慰問。從牧師、家人和教會弟兄姊妹臉上流露出的喜悅，可以明白到「與你同行」的人間情誼。



## 將軍澳維修義工隊

唐佩蕙，靈實白普理景林社區健康發展中心團隊隊長

自2006年9月起，將軍澳維修義工隊便為區內的獨居長者提供簡單的家居維修服務。有一次，義工維修時發現一位伯伯家中的浴室有一塊貼滿了膠紙的破裂鏡子，他擔心這會弄傷伯伯的手，便主動找來一塊二手鏡子更換。另外，有一位長者需更換破爛的舊床板時，多位義工即主動幫忙搬運新床板。這些義工「愛與關懷」的行動除了改善長者的家居環境外，亦充分體現了他們「重視人的尊貴與價值」的精神。



除了家居維修外，義工亦會為區內獨居長者提供家居安全及初步跌倒危機評估服務，預防家居意外。

Besides providing maintenance service, our volunteers also conducted home safety checks and assessment of the risks of preventable accidents.



# Walking with You

**Lee Lai-chan**, service manager,  
Haven of Hope Woo Ping Care & Attention Home

**Nurse:** *"Ms Lee, the chaplain (a service user) would like to join the Sunday worship at Hebe Haven on Christmas Eve. Could you arrange a special nurse to go with him?"*

**To me:** *"It is difficult to arrange a special nurse on Christmas Day. I'm on leave that day and I could be his special nurse. Could you also arrange a male colleague to go with us?"*

**Nurse:** *OK.*

Six months ago, chaplain Chong felt dizzy and fell down when he woke up. His cervical vertebra was broken and his limbs were paralysed. As he had to stay in bed during this half year, his blood pressure and glucose concentration would drop whenever he sat up. So, his family requested there be a nurse accompanying him to the worship. Moreover, Hebe Haven is located halfway up a hill, which passes over 60 steps and three narrow corners. Thus, we needed some strong men to carry the chaplain, together with his wheelchair.

That day, we borrowed a tailor-made wheelchair for chaplain Chong, so that he could lie down for a rest anytime. Finally, chaplain Chong arrived at the church which he established, the members were very touched and they asked about each other. From the joy on the faces of chaplain Chong, his family and the members of the church, I really felt the friendship in "Walking with You".



義工上門替區內獨居長者進行家居維修。  
The volunteer providing maintenance service for the singletons.

## Tseung Kwan O Home Maintenance Volunteer Team

**Connie Tong**, team leader,  
Haven of Hope Bradbury King Lam Community Health Development Centre

Since September 2006, Tseung Kwan O Home Maintenance Volunteer Team began providing a home maintenance service to single elderly. During one home visit, a volunteer discovered that an old man was still using a cracked mirror in his bathroom, he then immediately found a second-hand one to replace it in order to avoid the elderly from being injured. In another visit, a singleton needed some help to replace an old bed with a new one; the volunteers offered their help immediately. These "love and care" actions not only improve the living environment of the singletons, but also show their spirit of "Worthiness of a Person."

資深義務導師教授義工基本的家居維修技能，並於歲晚帶領他們為將軍澳區的獨居長者提供上門維修服務。

Having completed training conducted by the experienced tutor of our Home Maintenance Volunteer Team, the volunteers then visited the singletons in Tseung Kwan O before the Chinese Lunar New Year.



## 最好的禮物

李廷貴，靈實醫院和平之光藥物復康護士

在很多人心目中，吸毒者都是一群無藥可救的人，其實他們每一個背後都有一個故事。每進出一間醫院，他們都會感到沉重的壓力和憂慮，所以故意裝出一副生人勿近的模式，這常會引發很多衝突，需要我們花時間調和。

在和平之光工作最開心的地方是可以跟吸毒者深入傾談，並建立良好的關係。當我們真誠地和他們相處，讓他們感受到適切的幫助時，他們的內心便會有很大的迴響，這時便是我們傳揚福音的好時機。

一般吸毒者成功戒毒前必先經歷過數次失敗，因為當中會面對不少引誘。在服務初期，他們的失敗令我們產生很大的挫敗感，但現在我明白到他們必先經歷過這個階段，才能站立得住。這十多年間，看到不少吸毒者重投社會，這給予我們很大的激勵和支持，亦是天父給我們最好的禮物。



## 不要低估 孩子的能力

李雪儀，靈實梁焯初寶林早期教育及訓練中心社工

為了讓低收入家庭中有發展障礙的兒童及早接受訓練，靈實梁焯初寶林早期教育及訓練中心於2006年推出「學習無障礙計劃」，提供一年免費的早期教育、訓練及輔導服務，以改善兒童的學習能力和強化家長的培育及照顧技巧。每一天，兒童訓練導師透過一些日常用品，訓練兒童認識用品的名稱、用途和顏色，從而提升他們的學習能力；過程中，還要幫助媽媽克服當中的困難。看似很簡單的活動，卻是家長和孩子邁向成長的見證。他們不但沒有逃避困難，更能勇敢地、主動地面對挑戰，他們的付出和態度真的值得我們欣賞。

兒童訓練導師透過日常用品，提升兒童的學習能力和強化家長的培育技巧。

A child care worker makes use of objects in daily life to increase the children's learning ability and to strengthen parenting skills.



## *The Best Gift*

**Lee Ting-kwei**, enrolled nurse (Mobile Acute Drug Rehabilitation Team),  
Haven of Hope Hospital

Most people think that drug abusers with concurrent medical illness are incorrigible. However, each of them has their own story. Whenever they are admitted to a hospital for treatment, they feel stressed and anxious, and put on a pretend hard face. This arouses a lot of conflicts and we have to spend time to reconcile them.

Being a team member of the Mobile Acute Drug Rehabilitation Team, the greatest thing I can share is that we can establish a good relationship with drug abusers. When we get along well and they feel our sincerity, it is an opportunity for us to spread the Gospel.

In general, drug abuse patients usually experience several setbacks during the drug detoxification process because of lots of temptation. We were quite frustrated at their failure at the beginning, but now, we understand that they must go through these stages before overcoming the addiction. In this past decade, we have seen numerous ex-drug abusers reintegrated into society and this gives us great encouragement. This is really the best gift from our Heavenly Father.

## **Never Underestimate the Ability of Children**

**Edith Lee**, social worker,  
Haven of Hope K C Liang Po Lam Early Education and Training Centre

To provide early training for those children with special needs from low-income families, Haven of Hope K C Liang Po Lam Early Education and Training Centre pioneered the "Barrier Free" Programme in 2006, offering one-year of free early education and counselling services aimed at improving the children's learning ability and strengthening parenting and caring skills.

Everyday, our child care worker makes use of objects in daily life to increase the children's learning ability by teaching them the names, functions and colours of the objects. Moreover, she assists the mothers to overcome the children's difficulties during the learning process. It seems to be a simple activity, but it is the proof of the maturing relationship between the parents and the child. Though there are challenges ahead of them, they bravely and proactively face them. Their attitudes and contribution really deserve our appreciation and respect.



## 耆樂餅義賣籌款活動 ——讓長者開展人生新一頁

小朋友學習能力高，所以父母多會讓他們從小學習樂器、畫畫、跳舞等，但你冇想過一班公公婆婆，他們竟能像小朋友一樣學習不同的文化藝術？他們甚至能上台表演，彈奏出美妙的音樂、唱出悅耳的歌聲，真是十分厲害呢！

獲耆樂餅基金贊助，靈實長者地區服務於2008年7月至2009年3月舉辦了「耆藝生活展人生」活動，透過讓長者學習不同的文化藝術，如唱歌、節奏樂、話劇、非洲鼓、攝影等，讓有藝術潛質的長者開拓新的生活經驗，為他們帶來滿足感，充實晚年生活和擴闊社交圈子。

其中的鄧維居伯伯及鄧小芬婆婆都參加了這次計劃，以下是他們的心聲：

### 鄧維居伯伯

年齡：70歲

曾參加之興趣班：非洲鼓、節奏樂、攝影、樂韻組、太極、韓語及話劇

心聲：參加興趣班後，不但增進了不少知識，而且由完全不懂這些藝術到能掌握某程度的技巧，甚至能上台表演，真是十分有滿足感！

### 鄧小芬婆婆

年齡：67歲

曾參加之興趣班：太極、非洲鼓、攝影、樂韻組、韓語及話劇

心聲：以前只顧做工養家，終日奔波勞碌，現在才能真正享受人生，學習不同的興趣，擴闊視野，真是人生的新開始！

今年「耆樂餅義賣籌款活動」將於11月28及29日（星期六及日）舉行，更邀請了西貢議員辦事處、各屋邨、屋苑、商戶、食肆、酒樓、學校及公司等一起支持義賣，務求動員每個單位為靈實長者服務出一分力。

我們誠意邀請您一起支持「耆樂餅義賣籌款2009」！

查詢電話：2703 3373 / 2703 3223 網址：[www.hohcs.org.hk/Qilecake](http://www.hohcs.org.hk/Qilecake)



長者穿上色彩繽紛的服裝表演非洲鼓，活力非常！

The elderly were energetic and wore colourful clothes during the African drumming performance.



鄧伯伯及鄧婆婆酷愛攝影，兩人均喜歡拍攝大自然美景。（圖左至右分別由鄧伯伯和鄧婆婆所攝）

Grandpa Tang and Granny Tang love photography and both of them like taking photos of the natural scenery.

## 波希米亞人慈善歌劇音樂會 ——為晚期病人及其家人提供心靈關顧和哀傷輔導

靈實於2009年6月16日與香港愛樂團及香港演藝學院攜手合辦「波希米亞人慈善歌劇音樂會」。是次音樂會圓滿結束，更為靈實寧養院籌得超過\$500,000。善款將用於為體弱、長期病患或晚期癌症病友提供免費心靈關顧和哀傷輔導服務。靈實寧養院於2007年11月成立，至今已為300名病人及其家庭提供服務。對每一個人來說，特別是患者者，面對人生晚期的轉變實不容易。不單是病人本身甚至是其家人也要共同面對困難。此時，無論心理、社交和精神上，他們都渴望得到別人的支持。因此，我們服務的其中一個核心便是為他們提供心靈關顧和哀傷輔導服務。在此亦多謝展新科有限公司、葉志成慈善基金有限公司、沛旺有限公司、華新行（塑膠原料）有限公司、陳漢深伉儷基督服務基金有限公司、香港聯青社及所有善長人翁對是次音樂會的支持。



一名可愛的小女孩致送花束予樂團指揮。  
A little girl presented a bouquet to the conductor.



是次音樂會演出成功，得到觀眾一致讚賞。  
The wonderful performance received well-deserved appreciation from the audience.



# "Qile" Charity Cakes Sale: Creating a Flourishing Life for the Elderly

Children learn quickly, so parents always encourage them to play instruments, to draw and to dance when they are young. However, have you imagined that grandpas and grandmas also learn various arts like children? They even perform on stage, play fantastic music and sing beautiful songs. It's really amazing!

Sponsored by the "Qile Cakes Fund", Haven of Hope District Elderly Community Service launched the "Life Enrichment Project" from July 2008 to March 2009. The project aimed at developing the potential of the elderly, increasing their satisfaction of life, enriching their lives and widening their social circle through art, choir, rhythm class, drama, African drumming and photography.

Grandpa David Tang and Granny Tang Siu-fun were two of the participants of the project.

## Grandpa David Tang

Age: 70

**Interest classes joined:** African drums, rhythm class, photography, choir, tai chi, Korean and drama.

**Messages:** After joining the interest classes, I have acquired different kinds of knowledge. From a layman to a player, and even performing on stage, I really feel delighted and enriched.

## Granny Tang Siu-fun

Age: 67

**Interest classes joined:** Tai chi, African drums, photography, choir, Korean and drama.

**Messages:** In the past I had to work and take care of my family and lived a busy life. Now, I can really enjoy life and widen my horizon through various arts. It's really a new start to my life!

This year, the "Qile" Charity Cakes Sale will be launched from 28 to 29 November 2009 (Saturday and Sunday). We also invite District Councilors' Office, private and public housing estates, shops, schools, restaurants, schools and companies to support the sale and make every effort for our elderly services.

**Let's support the "Qile" Charity Cakes Sale 2009!**

**Enquiries:** 2703 3373/2703 3323 **Website:** [www.hohcs.org.hk/Qilecake](http://www.hohcs.org.hk/Qilecake)



# Opera in Concert: La Bohème To Raise Funds for Haven of Hope Holistic Care Centre

With the support of the SAR Philharmonic Orchestra and The Hong Kong Academy for the Performing Arts (APA), a fundraising concert, Opera in Concert: La Bohème by Giacomo Puccini, was successfully held on 16 June 2009 (Tuesday) at APA. The Concert was a resounding success, all the participants enjoyed it very much and over \$0.5 million was raised.



The money will be used to support the psycho-social-spiritual care service of Haven of Hope Holistic Care Centre (HCC). The Centre commenced service in November 2007 and until now has served 300 patients and their families. The last journey of life is really very challenging to all, especially when there is no medicine that can cure the disease. Not only will the patient suffer but also their family members. What the patient and their families need at this stage is the support from others both psycho-socially and spiritually. Psycho-social-spiritual care is therefore one of our major service focuses.

On behalf of HCC service users we would like to express our sincere thanks to: Caltec Corporation Limited, Ip Chi Shing Charitable Foundation Limited, Plenty Field Limited, Wah Sun Hong Limited, WT & HS Chan Christian Service Foundation Limited, Y's Men's Club of Hong Kong, and all the donors who gave support to the concert.



# 活著的欣然

陳笑梅，靈實長者地區服務服務經理

上帝讓我們有一趟生存的機會，可能是要讓人領會生命的意義……

一個嬌小柔弱的婆婆躲在靈實長者地區服務健明中心接待處一角，深恐自己會阻礙了人聲鼎沸的群眾。她眼光猶豫，一臉惶惶然與陌生，瑟縮柱邊。記起她是由委任會員代表亞Paul帶來的新會員，由於她不懂廣東話，只能操福建俚語，故我上前招呼一會後，便找來一位熟諳廣東話的福建會員為我傳譯。只消寥寥數語，婆婆的面容寬慰了，並露出淡淡的微笑，更覺她嬌美溫柔。原來她希望使用當日的身體檢查服務，我拜托同工為她照應，她便安心等候。

## 最大的誠命

耶穌回答說：「第一要緊的就是說：『以色列啊，你要聽，主—我們上帝是獨一的主。你要盡心、盡性、盡意、盡力愛主—你的上帝。』其次就是說：『要愛人如己。』再沒有比這兩條誠命更大的了。」（馬可福音12章29至31節）

上帝讓我們有一趟生存的機會，可能是要讓人領會生命的意義……

成長是模糊的，我們無從知曉何時意識自己。在出生的一刻？還是自有記憶的時候開始？此刻，我珍惜活著的新綠多姿，亦感悟人生如藤蔓糾結。服事是一道成長的路，期間會遇上同路人，一起欣然上路；又或會遇到挫折與迷惘，但最要緊的就是緊靠我主耶穌基督。

上下尋索是成長畢生的功課。我想與大家分享一則托爾斯泰的短故事：天使落在凡間，上帝要她學曉三個道理：「人心裏有甚麼？」「人不能知道甚麼？」「人靠甚麼生活？」第一個道理，從人的面容可以看到他心裏有甚麼；第二個道理，就在人不斷為自己籌謀的時候；第三個道理，活著就是愛。誰活在愛裏，上帝就住在他裏面。

領會生命的意義沒有終止的一天，直到生命終結。感謝神。



# The Meaning of *Life*

**Sybil Chan**, service manager,  
Haven of Hope District Elderly Community Service

*Jesus gives us one chance to live; perhaps HE wants us to understand the meaning of life.*

A weak, delicate granny lay hidden in the corner of Haven of Hope District Elderly Community Service - Kin Ming Centre, deeply afraid she would annoy the loud, bustling crowd. Her expression was wild and unfamiliar, and a slight hint of hesitation flashed in her eyes, as she shrunk timidly into the shadows of a pillar. She was a new member, introduced by Paul, who is one of our appointed members. The granny could not speak Cantonese, but was fluent in Fukkienese. Therefore after greetings and introductions, I asked a Fukkienese member who can speak Cantonese as well to be my translator. Just after a matter of a few words, the granny relaxed, a smile replacing the fearful expression on her face. We found out that she was here to use our body check services. I asked a colleague to take care of her. She looked at ease.

## The Most Important Commandments

*The most important one, answered Jesus, is this: "Hear, O Israel, the Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. The second is this: Love your neighbour as yourself. There is no commandment greater than these." (Mark 12:29-31)*

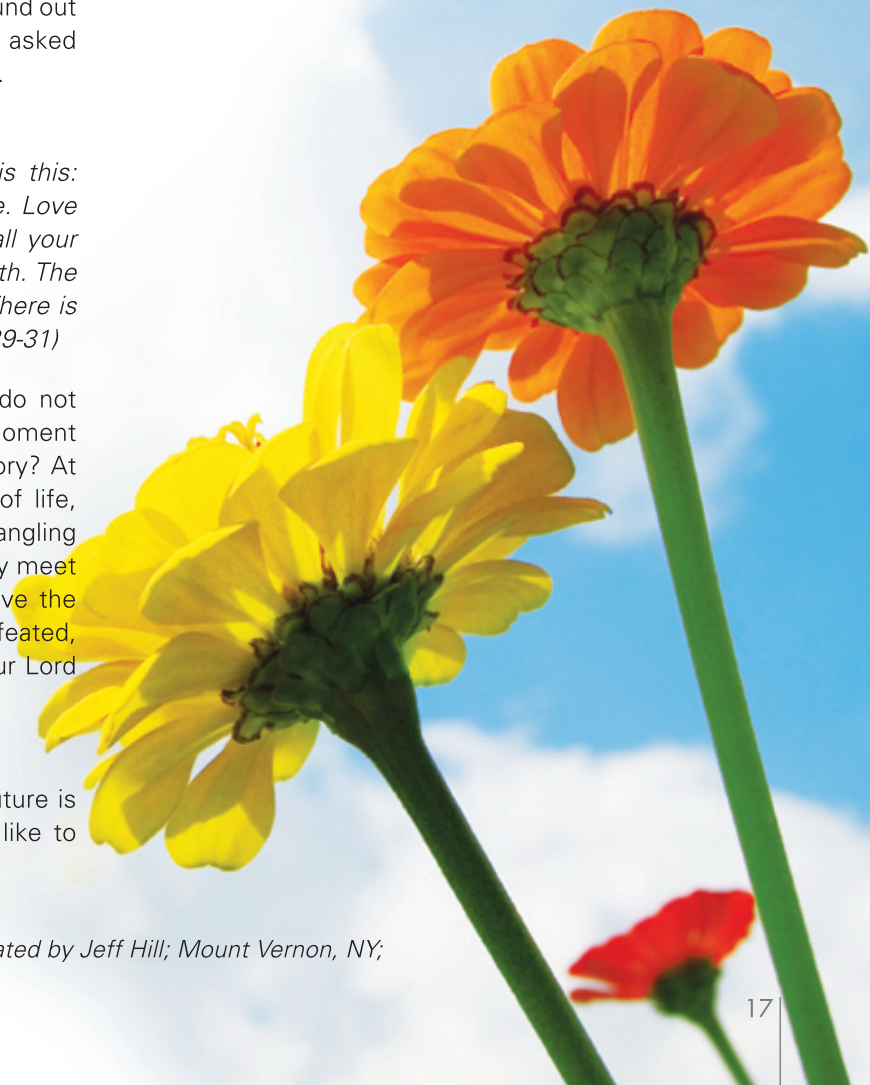
Our own growth is not obvious to us. We do not know when we first conscious of ourselves. The moment we were born? Or when we begin to have memory? At this moment, I cherish the vitality and diversity of life, but also understand the complications and entangling problems of it. Serving is part of maturing. We may meet others who feel the same way, and we shall brave the journey together; or we may become lost and defeated, but it is essential that we still trust and rely on Our Lord Jesus Christ.

## Planning for the Future

Reflecting on the past and planning for the future is a continuous, life-long learning process. I would like to

share a short story by Leo Tolstoy: An angel was sent to our mortal world, because God wanted her to learn three things: "What does a man think in his heart?", "What knowledge is forbidden to man?" and "What does man depend on to live?"

The first answer which the angel learnt was: We know what man is really thinking by reading his facial expression. The second, while man is preparing himself; and the third, living is loving. Whoever lives with love, God will live within him. There is no end to understanding the meaning of life, until life itself ends. Thanks be to God.







# 接待小孩

羅牧師帶領一班大學生往印度加爾各答一間收容中心作短期宣教，學習關懷及服事當地的弱勢社群。抵埗後，羅牧師被一名五歲智障的小女孩纏著。該女孩天生眼睛斜視，四肢傷殘。自看到羅牧師的一刻起，她便攬著羅牧師的腳不放，並不停地叫：「姨姨、姨姨……」過了一會，羅牧師開始感到厭煩，甚至想擺脫她，不想再聽到「姨姨、姨姨……」的聲音。

當地的一位職員隨後向羅牧師講述該女孩的背景，原來她天生殘缺，三歲時被父母遺棄在污水溝，幸得一名歐籍的女士路過，並收養她。兩年前，該女士要離開印度，所以便把小女孩帶到曾探訪過的收容中心。「該女孩後來也信了主。當她見到你時，你白皙的皮膚和金頭髮使她誤以為當日收容她的歐籍女士回來了。你代表著她困難時第一位以愛和喜樂接納她的人。被她稱為『姨姨』是何等的光榮！你同意嗎？」

羅牧師明白「姨姨」背後的故事，便蹲下對小女孩說：「你沒有家，也沒有父母，更沒有健全的腦袋，你只有一個小小的殘缺身軀；但從你指頭因著耶穌而散發出來的喜樂，卻是我這個身體健全的人所不及的。」小女孩用雙臂緊緊的攬著她的脖子，再次大喊：「姨姨……」羅牧師亦擁抱著她，含淚說：「我實在不配稱為你的『姨姨』。」

「凡為我名接待一個像這小孩子的，就是接待我；  
凡接待我的，不是接待我，乃是接待那差我來的。」

（馬可福音9章37節）



# Welcome the Little One

Pastor Lori led a team of college students on a short-term mission to learn more about loving and caring for the weak, at a shelter home in Calcutta, India. When they arrived, she was met by a five-year-old mentally disabled girl with squinted eyes and deformed limbs. Upon seeing pastor Lori, this five-year-old girl decided to cling to Lori's leg and kept calling her "auntie, auntie, auntie" all day. After a while, Lori felt like she wanted to fling the girl away from her leg so as to escape the unceasing cries of "auntie, auntie, auntie".

That was until a local staff member explained to Lori the little girl's story. When the little girl was three years old, she was abandoned by her parents and dumped in the gutter because of her apparent disabilities. She was found by a European lady who took her home and looked after her. Two years ago, the European lady had to leave India and the girl was brought to the shelter where pastor Lori visited.

The local staff said to Lori, "Somehow she understood and received Jesus. Then you walked in with your fair skin and blonde hair, she thought you were Auntie, coming back to her. For her, you represent the first person to respond to her difficulty with joy and love. And that's quite a privilege, don't you think, to be called auntie?"

Realising the reasons behind the little girl's unceasing cry for "auntie", Lori knelt down in front of the little girl and said to her, "You have no home, you have no parents; you don't have a sound mind, you only have a broken little body, yet you have got more joy in your fingers for Jesus than my whole body."

While Lori was still speaking, the little girl cried out once again and wrapped her arm around pastor Lori's neck, "A u n t i i e". In tears, Lori embraced the little girl in her arms and replied, "I am not worthy to be called your auntie."

*"Whoever welcomes one of these little children  
in my name welcomes me;  
and whoever welcomes me does not welcome me  
but the one who sent me."*

(Mark 9:37)



# 淺談 溫病 與流感

莊國立，  
靈實浸大中醫診所中醫師

溫病是由溫邪引起的外感熱病，症狀以發熱為主，具有熱象偏重、容易化燥傷陰等特點。中醫很早便對溫病有所認識，在《素問·陰陽應象大論》中已載有「冬傷於寒，春必病溫」這類與溫病病機相關的概念。

隨着歷代醫家不斷研究探討，進一步充實和發展溫病學說。簡單來說，溫病是由特異的致病因素「溫邪」引發，具有較高的傳染性，容易在人群中流行；而不同類型的溫病，亦有其特定的發病季節和氣候，並起病急驟、傳變較快、發熱為主及容易出現高熱、神昏、痙厥等危重證候為共通臨床表現。

溫病的發病類型可分為「伏邪自發」和「新感引發」兩種。「伏邪自發」是指發病時單純表現為灼熱、煩躁、口渴、尿赤、舌紅等裏熱熾盛的症狀；而「新感引發」則在初起病時以發熱、惡寒、頭痛、咳嗽、苔薄白、脈浮數等衛表證候為主。如此看來，「新感引發」這種類型的溫病，與現代醫學的流行性感冒（簡稱「流感」）的臨床表現甚為相似。

流感是由流感病毒引起的急性呼吸道傳染病，傳染源為病人及隱性感染者，經飛沫傳播，急性發病，以畏寒、高熱、顯著頭痛、乏力、全身酸痛等為主要症狀，同時兼有咽痛、鼻塞、流涕等呼吸道症狀，但一般以全身症狀較重。由於流感病毒致病力強，易發生變異，人群缺乏免疫力，容易引起暴發流行，危害人類，故醫學界與衛生組織均非常重視。

中醫對重視預防溫病傳播，與衛生當局強調預防流感爆發，原則上是一致的。除了教育人群加強衛生措施外，中醫更強調日常調攝。《素問遺篇·刺法論篇》所指的「正氣存內，邪不可干」，就是強調正氣在對抗邪氣上的作用。因此，平時要注意正氣的保養，作息有常，勞逸適度，飲食營養均衡，重視保健調理，配合適量運動，增強體質，時常保持精力充沛，這樣對預防感染本病及減輕病情是十分重要的。



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# Warm Disease and Influenza

**Chong Kwok-lap**, chinese medicine practitioner,  
Haven of Hope – HKBU Chinese Medicine Clinic

“Warm diseases” is a TCM (Traditional Chinese Medicine) term for fevers caused by external warm pathogenic factors and would be similar in nature to what in English is known as infectious diseases. The major symptom of warm diseases is fever with characteristics of significantly high body temperature, causing dry and damaging body fluids. Chinese medicine professionals have known about warm diseases for a long time. “Suwen – Great Theory of Yin Yang Ying Xiang” published around 230BC discussed the concept and mechanisms of warm diseases. “If people were hurt by cold in winter, then they will have warm diseases in spring.”

Throughout continuous study by historical scholars in Chinese medicine, theories about warm diseases have been further enriched and developed. Basically, warm diseases are caused by warm pathogen-specific factors. They have relatively high pathogenicity and could cause outbreak easily. Different types of warm diseases have their specific onset seasons and climates. Their common clinical manifestations are acute onset, relatively fast change, fever, and easily developed critical syndromes such as high fever, coma and spasm.

Two types of incidence, “latent diseases” and “new infections”, can be identified in warm diseases. Simply internal heat symptoms like excess heat, irritability, thirst, “red” urine and “red” tongue will occur in “latent diseases”. While wei-biao symptoms like fever, chills, headache, cough, thin-white coating on the tongue and quick shallow pulse will occur in early stages of “new infections”. From this point of view, the clinical manifestations of “new infections” type warm diseases are quite similar to those of influenza described in modern medicine.

Influenza is an acute respiratory disease caused by the influenza virus. Droplets of saliva of influenza patients and “hidden” infected people are sources of infection. The onset of influenza is always acute. The major symptoms include chills, high fever, significant headache, fatigue and body aches while other respiratory symptoms such as sore throat, stuffy nose and runny nose also occur simultaneously. However, those systematic symptoms are always more serious. Because of its characteristics of high pathogenicity, easy mutation, and that the population lacks immunity leading to easy outbreak, medical professions and health organisations attach great importance to the disease.

The underlying principles of emphasis on prevention of warm diseases in traditional Chinese medicine and prevention of influenza by health organisations are the same. In addition to educating people on strengthening hygiene measures, TCM emphasises more on daily living conditioning. “Suwen Left Over Part – Manipulative Techniques in Acupuncture” mentioned that: “If healthy qi is kept inside, pathogenic factors cannot invade your body.” It emphasises the importance of healthy qi against pathogenic factors. Therefore, attention should be focused on maintaining healthy qi, working and resting regularly, exercising and relaxing adequately, and keeping a balanced diet. It helps to build up your body strength and maintain your energy. These basic guidelines are of vital importance in preventing infectious diseases.



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

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# 愛 · 與長者連線

## “Qile” 搜尋

Have You Been Online Today? - Connect to the Elderly through Love



## 耆樂餅

義賣籌款2009

“Qile” Charity Cakes Sale 2009

**Click!**  
你今日online咗未?

- **義賣日期/ Date :**  
28-29/11/2009 (Sat & Sun)
- **時間/ Time :**  
12:00- 6:00 pm
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(義賣地點詳情可於10月中旬致電2703 3373或  
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基督教靈實協會(簡稱「靈實」)一向重視長者的需要,更每年舉辦「耆樂餅義賣籌款活動」,為靈實長者服務籌募經費。

**義賣物品:** 奇華餅家曲奇,並附有《耆樂錦囊》,幫助大家明白長者的真正需要,懂得如何對長者表示適切的關懷。

**售價 :** 每盒愛心價港幣\$20

### ➤ Open Sale Details

The “Qile” Charity Cakes Sale is an annual fundraising campaign of Haven of Hope Christian Service, which aims at raising funds for the Elderly Care Service.

**Selling Item :** A pack of cookies produced by Kee Wah Limited, as well as a “Qile” tips handbook.

**Selling Price:** HK\$20 per pack

### ➤ 訂餅 / 捐餅

歡迎於2009年9月1日至11月20日訂購耆樂餅及/或捐贈耆樂餅予有需要之長者

### ➤ Cake Order / Cake Donation

Cake order and/ or cake donation to the elderly in need can be made from 1 September to 20 November 2009

### ➤ 網上訂餅 / Online Cake Order

www.hohcs.org.hk/Qilecake