



衝破障礙 迎向社區

Breakthrough to the Community



天主教聖安德肋小學學生探訪靈實護養院長者及贈送小禮物，大家都傾得十分投契。



親親動物醫生——睇吓動物醫生幾可愛，同我地一齊玩之外，仲同我地一齊排排坐呀！

Touching Moments

觸動的時刻



長者們齊心合力挑戰難度。



「老婆，是您的手嗎？」——一班長者夫婦在「情牽共行夫婦小組」活動中玩得十分投入。



親手做的月餅特別美味！



中秋佳節考考你眼界，看你能否擲中秋食品。



她就是長者地區服務——健明中心的「盆栽管理員」，看看我們的小花園多美麗！



中秋節「點點滴滴」在燈籠，靈實（西貢）改善家居及社區照顧服務職員與長者在歇息營內一同合力製作傳統的楊桃燈籠，大家動手又動腦，彼此都樂在其中。

寶林日間活動中心暨宿舍的學員聯同健康發展中心的婦女義工於金門家庭同樂日合演非洲鼓後，與金門建築有限公司總裁何安誠先生熱切握手，表達善意。



靈寶將軍澳及西貢地區支援中心會員到「葛量洪號滅火輪展覽館」一遊，盡顯海上救援隊員英姿。



靈寶明德日間活動中心暨宿舍的服務使用者在「智義雜技團」計劃與義工們一同學習雜技，作將來表演之用。



靈寶寶林日間活動中心暨宿舍於10月30日舉辦了名為「我們寶林這一家」開放日，服務使用者與義工朋友一同落力表演非洲鼓。



社區福音事工組為社區診所同事舉辦福音午餐會，靈寶董事何煒業醫生分享多年來在國內服事的所見所聞。參加者在聚會中亦學習了「手掌按摩」的其中一式。



伯伯復康治療進展良好，靠著儀器幫助，可以站起來慶祝生日呢！



吳美樂博士師生們於8月11日為靈寶醫院病人及其家屬演奏鋼琴和分享詩歌，以音樂表達關愛。

「坦克車」係點行架？要一齊諗吓辦法先！我地架「坦克車」終於行到啦！



秀茂坪日間活動中心暨宿舍的服務使用者與職員到大潭董軍營露營，並製作「羅馬炮台」。



邊個話我地唔識打拾波！



由瑞安海鷗社贊助，書伴我行（香港）基金會之圖書館書架開幕禮於10月23日舉行，一班靈實梁炳初寶林早期教育及訓練中心的小朋友，正細心聆聽該會同工的故事分享。

觸動的時刻 *Touching Moments*

有媽媽及義工陪著暢泳，靈實恩光學校學生玩得特別開心！



「活出健康色彩」社區健康推廣計劃——健體同樂日，專業物理治療師安排親子健體活動！



靈實恩光學校榮獲「至『營』學校」認證資格，為本港十六所「至『營』小學」之一，一眾師生出席嘉許禮，表現得十分雀躍。



在靈實白普理景林社區健康發展中心主辦的「Pizza開心之旅」暑期參觀活動上，參加的小朋友不單可以參觀廚房及親手製作意大利薄餅，更可學習餐桌禮儀及享受豐富美食。



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有一天，兒子問爸爸：「爸爸，你和我一起去跑馬拉松，好嗎？」爸爸說好。

第二次，兒子又問爸爸：「爸爸，你和我一起去跑馬拉松，好嗎？」爸爸又說好。

有一天，兒子問爸爸：「爸爸，和我一起去參加鐵人競賽，好嗎？」鐵人競賽是最困難的比賽，必須游泳4公里、腳踏車180公里及跑步42公里。爸爸說好，我們去參加。

以上故事看起來很簡單，請點擊以下連結，觀賞影片，你將會了解愛的偉大！

<http://www.youtube.com/watch?v=VJMbk9dtpdY>

今期《靈·感》的主題為「衝破障礙，迎向社區」。我立時想起以上的真人真事，故事中的父親以無限的愛和堅忍去與殘障的兒子跨越種種困難，完成看似不可能的鐵人賽事。靈實藉着不同的服務，與殘障人士一起衝破障礙。我們也會與您分享幾個殘障人士奮勇向前的故事，以他們不屈不朽的精神，鼓勵大家積極面對人生每一個困難。

One day, a son asked his dad "Daddy, would you like to run a marathon with me?". The father said "yes". And they ran their first marathon together.

Another time, the son asked his dad again "Daddy, would you like to run a marathon with me?". The father said "yes son".

One day, the son asked his father "Daddy, would you run the Ironman with me?" The Ironman is the most difficult triathlon ever (4km swimming, 180km biking and 42km running). And the dad said "yes".

The story looks simple until you watch the following clip. Just amazing, how much can love be....?

<http://www.youtube.com/watch?v=VJMbk9dtpdY>

I remember the aforementioned story when I am preparing this issue with the topic "Breakthrough to the community". The father in the story completed the ironman match with his disable son and overcame every difficulty with his infinite love and patience. The Haven of Hope breaks through all the barriers with the disabled person. We will share with you some encouraging stories of our disabled users and cheer you up in encountering any hardship in your life.

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《靈·感》第七十五期 二〇一〇年十二月 | Haven of Hope News Issue 75 December 2010

編委會：王愛盈、陳笑梅、何少珊、葉嘉儀、李偉勳、陳佩芳 | Editorial board: Calia Wong, Sybil Chan, Susan Ho, Amy Ip, Grant Lee, Daisy Chan

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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衝破障礙 迎向社區

基督教靈實協會現時為不同年齡、不同殘障程度的人士提供適切的服務，包括教育、技能及職能訓練、復康及住宿服務等等。殘障人士需要別人的愛和鼓勵去面對生命中每一個困難，所以靈實願意成為這群殘障人士的同路人，與他們攜手迎接每一個挑戰。我們亦希望社會大眾能更深入認識殘障人士，並向他們伸出援手，以愛與他們一起迎向社區。

走出四面牆 見識體驗更多

對健全人士而言，早上起來能呼吸、能踏出家門、上班上學、乘車遊遍全港都是輕鬆易事，但對於殘障人士而言，卻非必然。不過只要他們跨越種種的障礙，便能感受更多生命的美麗時刻。

早產女童 晴晴的世界

晴晴今年3歲3個月大，為早產女童，出生時體重只有0.64千克（1.4磅），所以需留院至18個月大才獲准第一次回家。在院期間曾因肺部受感染而影響肺功能，故一直需要氧氣機協助呼吸，如晴晴需要外出，父母要為她安排手提氧氣樽，所須費用高昂而且也不方便。長期在這種環境下生活大大減少晴晴對外界接觸的機會，繼而減慢其體能發展。

晴晴自2009年7月起接受靈實梁燦初寶林早期教育及訓練中心服務，因為她在日常生活需要依靠氧氣機，故中心的兒童訓練導師及治療師均會上門為晴晴提供訓練。後來在基金的資助下，中心特別為晴晴添置氧氣機及其他輔助器材，使她有機會到中心接受服務外，又能增加她的生活體驗，有助她的身心靈發展。見到她開心愉快地成長，實在值得感恩。

曾經隱蔽 社交焦慮症患者華哥

40歲的華哥，患有社交焦慮症，多年來不但足不出戶，更愛把自己困在家中自製的木箱中。即使家人多番的鼓勵或勸喻，華哥都不理會，只偶爾由家務助理帶他往精神科日間診所覆診時才會外出。

靈實家居綜合服務（將軍澳及西貢地區支援中心前身）於五年前開始接觸華哥。為帶華哥重返社區，同工持續到他家中探訪，從中深入了解他並建立彼此的信任。同工亦細心教導他一些電腦知識，豐富他的生命及令他與社會連結起來。另外，他們為華哥申請基金，讓華哥有機會衝出香港，到澳門旅遊，藉以看一看木箱以外的世界。因為他們的愛心關懷，最終成功邀請到華哥踏出勇敢的一步，到中心接受訓練。

自今年3月起，華哥已成為了地區支援中心的服務支援助理，專責中心清潔事宜。在同工的協助下，華哥不再將自己隱藏在恐懼當中。他因為同工的愛與鼓勵，能夠衝破種種障礙，並且敞開了自己的心，經歷了絕不簡單的改變。



華哥把中心內的窗抹得乾乾淨淨。
Brother Wah was cleaning the windows in the centre.

Breakthrough to the Community

Haven of Hope Christian Service provides services, include education, skills and vocational training, rehabilitation and residential service, to people at different age with different level of disabilities. Disabled persons need love and encouragement to encounter any difficulty in their lives. The Haven of Hope is willing to be a buddy of the disabled persons and overcome challenges with them. We also hope the public will have better understanding on disabled persons, so to love and give them a helping hand.

Experience Beyond the Walls...

It's easy to breathe, to leave home for work or school and to travel around Hong Kong for a normal person. However for disabled persons, they may need to overcome numerous barriers before they can complete the aforesaid tasks. But once they do so, they can surely experience the beauty of life.

Never Hide Again!

40-year-old Brother Wah, who suffered from social-phobia, isolated himself at home by hiding inside a self-made wooden box for many years. He did not care even his family members encourage him continuously. He only leaves home when the home-helpers led him to have follow-up checking in psychiatric clinic occasionally.

Haven of Hope Home Integrated Service (former of Haven of Hope Tseung Kwan O and Sai Kung District Support Centre (DSC)) approached Brother Wah 5 years ago. The staff put effort to establish a trustful relationship with him and strengthened his life experience through home visits. They also taught him computer to enrich his life and made him get connected with the emerging world. In addition, our staff applied a funding for Brother Wah successfully so he could visit Macau to broaden his horizon. With loving care, it is so happy that Brother Wah finally walked out from his box and received training in the centre.

Brother Wah is now a General Service Assistant and responsible to clean the centre since March 2010. With love and encouragement from our staff, Brother Wah no longer hid himself in fear. He has experienced a great change, and is now facing challenges positively and bravely.

The World of Baby Ching Ching

Ching Ching is a premature born girl who is three years and three months old now. Because of her low birth weight of 0.64kg (1.4 pound), she stayed in the hospital for 18 months before she was allowed to back home. As Ching Ching's lung was infected during her stay in the hospital, she needed to rely on oxygen machine to assist breathing. Her parents had to carry mobile oxygen cylinder everytime Ching Ching wanted to go out. Apart from the inconvenience, it was also an economic burden to their parents. It greatly affected her social life and reduced her chance of life experience. In fact, her physical development was also slowed down.

Starting from July 2009, Ching Ching has been receiving the service from Haven of Hope K C Liang Po Lam Early Education & Training Centre, where the Special Child Care Worker and the Therapists arrange onsite training for her. With donation support, the centre rented a portable cylinder, and bought a refill cylinder and an oxygen sensor for her. Now, she can go everywhere now. We are happy to see she grow stronger and stronger everyday. Thanks God.



做完運動·要吸吸氧氣·幫助呼吸·「我仍然可以繼續啊！」
Ching Ching was using the oxygen machine after doing exercise. "I am ready to continue now!"

歷奇天地

「歷奇」？你會否認為只是年青人的玩意？其實，智障人士也可以去「歷奇」的。靈實明德日間活動中心暨宿舍於「無障礙空間」計劃中舉辦了無障礙歷奇小組和為期兩日一夜的無障礙「歷奇」營，讓服務使用者學習團隊禮儀和解決問題的技巧。

活動中，智障學員在導師的引導下參與不同的歷奇活動，其中最為深刻的是「夜行」。每位智障學員都戴上手套，頸上掛著哨子，在漆黑一片的叢林斜坡裡捉著引路的麻繩一步一步向前行。很感恩，他們都成功突破了障礙。

其實只要有機會，智障人士也可以活得「無障礙」。

熱火行動

為了增加社區人士對智障人士的認識，從而達至「社區融合」的理念，靈實秀茂坪日間活動中心暨宿舍於本年8月舉辦一項名為「熱火行動」的活動，讓十多名青少年義工對智障人士有更具體和深入的認識。

活動中的義工與十多名智障學員參與了一個兩日一夜的宿營，透過不同的集體遊戲、小組分享等等，促進彼此的溝通。其中，在「坦克車」活動中，雙方都很主動和投入，一起以報紙及簡單材料製作一輛絕不簡單的「坦克車」，並且在「坦克車」內同步邁進，真正體現出「傷健一家」的精神。有部份義工更表示這是首次近距離接觸智障人士，見到他們的能力和投入感，令他們大開眼界。

無障礙行動

在一個有障礙的社會中，我們積極地為殘障人士建立一個無障礙的空間。在各種活動的配合下，我們更邀請了充滿愛心與熱誠的義工與日間活動中心暨宿舍的智障成年舍友一起行動，共建一個無障礙的社會。

傑仔在導師的引導下完成不同任務。

Kit was completing different tasks with tutor's guidance.

恩光咖啡閣之「我要做好呢份工」

對靈實恩光學校的學生琛琛及靈實恩光成長中心的學員阿鍾來說，在新開張的恩光咖啡閣工作非常富挑戰性，由侍應生、清潔員、收銀員到水吧，都有機會嘗試。

工作時，琛琛和阿鍾會身穿整齊的制服，精神抖擻地在由實用教學室改裝的工作間，預備咖啡、羅漢果茶及木瓜雪耳糖水。他們更會將飲品送給來自學校各部門的顧客享用。他們亦會在咖啡閣招呼堂食客人，落單時還會推介鎮店之寶：洛神花蜜。雖然工作時要老師及導師在旁協助，但他們已培養良好的工作態度、有禮貌，而且有效率。完成工作後，還會檢討當天的工作表現，務求「做好呢份工」！

學以致用 踏上職場

有很多人誤會殘障人士都是需要終身受助，但其實並不盡然。只要用心發掘他們的工作潛能，加一點協助，他們絕對可踏上職場，展示個人的能力。

阿鍾認真學習煲糖水。

Ah Chui was preparing sweet soup earnestly.

World of Adventure

Do you think that adventure game is only designed for youngsters? In fact, people with intellectual disability can also set out for adventure. In the project "No Obstacle Space", service users of Ming Tak Day Activity cum Hostel learned team manners and the skill of solving problem through joining an adventure group and a two-day camp.

During the camp, the service users were led to participate different adventure games. One of which was the "Night Walk". Each service users put on a pair of gloves and wore a whistle. With a rope, they walked step by step in the dark and even climbed up the slopes. It was appreciated that all of them had broken through their limitations in this adventure.

With chances given, people with intellectual disability can also live without barriers.

Barrier Free Action

We progressively create a barrier free space for the disabled in a world with barriers. With various activities hosted, a group of volunteers with love and passion were also invited to interact with the residents of our Day Activity Centres cum Hostels and act together to build a barrier free community.

服務使用者與義工一起製作「坦克車」。
Service users and volunteers were making the "Tank" together.



Extraordinary Action

A programme namely "Extraordinary Action" was conducted by Haven of Hope Sau Mau Ping Day Activity Centre cum Hostel in August 2010. The programme aimed at achieving "Social Inclusion" and educating the general public to understand more on people with mental handicapped. Series of activities such as a two-day overnight camp and volunteer trainings for teenagers were held.

Volunteers shared that they had never communicated and interacted with mental handicapped people closely before. Especially in the "Tank" activity during the camp, both volunteers and disabled persons created the "Tank" together with newspapers and some simple materials. They also banded together to complete the task. All of them enjoyed the game very much. With this valuable experience, they realised the concept of "Family of Normal and Disabled".

Sunnyside Coffee Shop- "I will get the job done"

Sum Sum, student of Haven of Hope Sunnyside School and Ah Chui, student of Haven of Hope Sunnyside Enabling Centre, are now receiving training in the newly opened Sunnyside Coffee Shop. They work as waiter and waitress, cleaner, cashier and bartender. It is a very challenging job and they have to learn to follow instructions and develop good working attitude. Teachers and supervisors always give them help and assistance to overcome each challenge that they are facing everyday.

During work, Sum Sum and Ah Chui in neat uniform are always in high-spirit. They prepare coffee, Luo Han Guo tea and papaya with white fungus sweet soup in the Practical Subject Room and deliver the drinks to customers who are scattered in different departments in the School. Sometimes they serve in the coffee shop and recommend customers to order the shop's special - roselle with honey. After work each day, they even make evaluation on their performance so they can "Get the job done".

Learn to Work

It is not always true that disabled persons are lifelong "recipients". As long as we explore their potential and provide them with suitable assistance, disabled persons can definitely show their abilities on work.

藝術展現真我 發放抗逆自強正能量

因為在智力和身體上的限制，殘障人士在學習音樂、舞蹈上會比一般人困難。但這些困難卻沒有減低他們對學習藝術性活動的興趣，他們積極的學習態度讓他們能在學習的過程中抒發真我性情，並且透過公開表演，向公眾人士發放出他們無比的正能量。



舞出真我

「重飾演某段美麗故事主人，飾演你舊年共尋夢的戀人……」大家應該對陳慧嫻主唱的《傻女》都耳熟能詳，大家又有沒有留意這首歌曲曾經被改編為快版，而一群殘障學員亦跟著強勁節奏一邊哼唱歌曲，一邊舞動著閃閃發光的啦啦球在社區人士面前表演的模樣？

由靈實將軍澳及西貢地區支援中心主辦的「舞出真我」計劃由2008年12月開始，將近兩年的時間，培養了31名由起初對舞蹈一竅不通到現在可以站在舞台上揮灑自如的舞者，正正體現出將不可能變為無限可能的理念。

七色音樂團

紅、橙、黃、綠、青、藍、紫，這七種彩虹顏色帶給人希望。對於靈實寶林日間活動中心暨宿舍的舍友來說，這七種顏色讓他們有更多不同的體驗及與社區人士接觸的機會。

以「七色音樂團」為名的手鈴隊使用的曲譜以顏色代替音符，方便智障人士按顏色進行演奏。藉著音樂，不但可以抒發智障人士的情緒，亦可透過公開表演增加他們與社區人士的接觸，促進社會上和諧共融。近年來，「七色音樂團」得到很多公開表演的機會，讓社區人士瞭解他們的能力及欣賞他們的才華。樂團亦曾邀請社區人士與團員合奏，增加大家的互動，真正達到社區共融，和諧完美。



「我的恩典夠你用的，因為我的能力，
是在人的軟弱上顯得完全。」

哥林多後書12：9

「七色音樂團」的團員穿著整齊的制服，預備去表演。

Members of the Rainbow Music Group in uniform and were ready for the show.

"Dance the Real Me!"

Many people may know the famous song "Silly Girl" of Priscilla Chan. Do you know that the song has been remixed into a presto mood? Imagine that some disabled trainees are following the beat of the song, waving the shining pom-pom and dancing in front of the community in a professional manner. Isn't it amazing?

The project "Dance the Real Me!" has been hosted by DSC since December 2008. 31 disabled persons were trained to become professional dancers in two years which makes impossible to be possible!



服務使用者開心地跳出精彩的舞蹈。

They were happy to perform the wonderful dance show.

Release Positive Energy through Art Performance

Disabled persons need more effort to learn music and art than normal people, but it never reduces their interest to learn. They show their true nature through their active learning attitude. Through open performances, they share their positive energy to encourage the general public that nothing is impossible

Rainbow Music Group

Rainbow gives us hope because of its bright seven colours. For the service users of the Rainbow Music Group of Po Lam Day Activity Centre cum Hostel, rainbow gives them chances to enrich their lives through music performances.

Labeled with different colours, our service users can complete various music pieces through using the ring bells. In our Rainbow Music Group, our service users showed their talents, also expressed their feelings through music. All along these years, the Rainbow Music Group performed in different occasions with different groups of general public. These opportunities greatly enhanced the interaction between the community and the disabled persons.



But he said to me,
 "My grace is sufficient for you,
 for my power is made perfect in weakness."
 Therefore I will boast all the more gladly
 about my weaknesses,
 so that Christ's power may rest on me.

2 Corinthians 12:9



耆樂夥伴
"Qile" Partner



全力支持
Supported By



鳴謝
Acknowledgement



靈實一年一度的耆樂餅義賣籌款活動

已於11月27及28日順利舉行，為非資助的靈實長者服務籌募經費。今年活動主題是「『家』多一點愛」，希望喚起大家關注家中長者的需要。是次義賣除了獲宏利人壽保險（國際）有限公司舉辦內部銷售及招募義工支持外，亦獲得車路士足球學校（香港）、市民大眾、公司、學校、屋邨屋苑、義工團體積極參與，同心用愛為長者送上祝福。

您的愛心捐款 使長者活得更健康

靈實多年來致力回應社會需要，提供創新服務。靈實透過市民及社會各界一點一滴的捐款，能夠拓展及支持尚未獲政府資助的長者服務，包括聘請所需人手，如護士、社工、物理治療師等；購置醫療器材及復康用具；為有需要長者改善家居設施，協助復康療程及防此發生意外；舉辦關心獨居長者計劃、訓練義工、護老培訓計劃，以及不同興趣班，建立長者自信心，讓他們過一個精彩的晚年。因此，您的一分一毫能使長者活得更豐盛、更健康。

如欲支持或了解更多靈實的長者服務，請致電2703 3373或瀏覽 www.hohcs.org.hk

「『家』多一點愛」攝影比賽

為了進一步推廣關愛長者的訊息，今年特別舉辦了「『家』多一點愛」攝影比賽，透過活動鼓勵參加者欣賞「家有一老，如有一寶」的可貴，讓他們更注意身邊長者的需要，給長者加多一點愛。

是次比賽邀請了大中華攝影學會協助評審作品，得獎結果及作品如下：

公開組 Open Group

冠軍：馬嘉寬
Champion : Ma Ka Foon

敢闖地雷陣
Rush to the Landmine

亞軍：孔慶源
1st Runner-up : Hung Hing Yuen

齊齊吹蠟燭，加多一點愛
Blow the Candles with Love

季軍：林穎兒
2nd Runner-up : Lam Wing Yee

婆婆，cheers !
Grandma, Cheers!



宏利出錢出力，幫助有需要的長者。
Manulife helped the elderly in need by making donation as well as volunteer support.



山度士先生及車路士足球學校（香港）的義工均十分落力義賣耆樂餅。
Mr Santos and the volunteers of Chelsea FC Soccer School (HK) sold the "Qile" cakes enthusiastically.

特別鳴謝「『家』多一點愛」攝影比賽合辦機構及贊助商（排名不分先後）

Special acknowledgement to the Co-organiser and the Sponsor of the "Love Your Family Love The Elderly" Photo Competition (In no particular order)



特別鳴謝「耆樂餅義賣籌款2010—社區參與（西貢、將軍澳）策動小組」（排名不分先後）：

Special acknowledgement to "Qile" Charity Cake Sale 2010- Community Participation (Sai Kung and Tseung Kwan O) Mobilisation Committee (In no particular order):

伍炳耀議員 Mr Ng Ping-yiu | 何民傑議員 Mr Ho Man-kit, Raymond | 林少忠議員 Mr Lam Siu-chung, Frankie
祁麗媚議員 Ms Ki Lai-mei | 陳國旗議員, BBS Mr Chan Kwok-kai, BBS | 陳繼偉議員 Mr Chan Kai-wai
鍾群珍議員 Ms Chung Kwan-chun | 譚領律議員 Mr Tam Lanny, Stanley

特別鳴謝贊助商

Special acknowledgement to the Sponsors



The annual “Qile” Charity Cakes Sale, which aims to raise funds for the non-subvented Elderly Care Service of the Haven of Hope, was successfully held on 27 and 28 November 2010. “Love Your Family♥Love The Elderly” is the main theme of the programme this year in order to arouse the public awareness of caring for the needs of those elderly staying at homes. It was greatly supported by Manulife (International) Limited, Chelsea FC Soccer School (HK), the general public, companies, schools, residential estates and volunteers, which joined together to care for the needy elderly.

Your Donation Will Lead a Healthy Life for the Elderly

The Haven of Hope has provided innovative services to meet the changing needs of the society. With the bit by bit donation from the public, the Haven of Hope could extend or provide the services without the government funding. It includes the recruitment of professional staff such as nurses, social workers, physiotherapists, etc. Also, the donation would be used to purchase medical and rehabilitation equipments, as well as to enhance the home facilities for the elderly so that they could rehabilitate properly and prevent accidents. Besides, we can organize some special programmes for singleton elderly, volunteers and carers in need, and also the interests classes to enrich the lives of the elderly with the fund raised. Therefore, every penny will lead a healthy life for the elderly.

Should you want to support or enquire about our Elderly Care Service, please call 2703 3373 or visit our website www.hohcs.org.hk

“Love Your Family♥Love The Elderly” Photo Competition

To further promote the “Caring for the Elderly” message, the “Love Your Family♥Love The Elderly” Photo Competition was launched from 1st September to 20th October this year. In the process of capturing the precious moments, participants spent more quality time to get along with and care for the elderly.

Greater China Photographic Society was invited to be the judge of the competition. The result and awarded photos are as follows:

學生組 Student Group

冠軍：鄭崇希
Champion :
Cheng Sung Hei
我的寶貝
My Darling

亞軍：劉柏妍
1st Runner-up :
Lau Laura Lavinia
添一分暖意
Give More Warmth

季軍：洗文蔚
2nd Runner-up :
Sin Man Wai
婆婆我愛妳
Grandma, I Love You

長者組 Elderly Group

冠軍：鄭佩蓮
Champion :
Cheng Pui Li
良朋歡聚
Happy Gathering
with Friends

亞軍：鄭寶珠
1st Runner-up :
Cheng Bo Chu
拾趣
Picking with Fun

季軍：趙麗華
2nd Runner-up :
Chiu Lai Wa
滿載而歸
Rewarded with
Joy and Happiness



特別鳴謝以下單位協助宣傳（排名不分先後）：
Special acknowledgement to the following parties for promotional support (In no particular order):



特別鳴謝以下單位協助展示宣傳品（排名不分先後）：
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新世界第一渡輪服務有限公司 First Ferry | 中環專線小巴有限公司 Central Maxicab Limited | 新世界第一巴士及城巴有限公司 New World First Bus Services Limited & Citybus Limited
政府飛行服務隊 Government Flying Service | 香港護士協會 Association of Hong Kong Nursing Staff | 香港樹仁大學學生會 The Student Union of Hong Kong Shue Yan University
中華基督教會銘賢書院 CCC Ming Yin College | 聖公會基孝中學 S.K.H. Kei Hau Secondary School | 宣道中學 Christian Alliance College
聖公會將軍澳基德小學公益少年團 S.K.H. Tseung Kwan O Kei Tak Primary School - Community Youth Club | 寶林邨業主立案法團 The Incorporated Owners' of Po Lam Estate
翠林邨業主立案法團 The Incorporated Owners' of Tsui Lam Estate | 公務員事務局法定語文事務部 Official Languages Division, Civil Service Bureau
康盈苑業主立案法團 The Incorporated Owners' of Hong Ying Court | 置邦興業有限公司 ISS EastPoint Properties Limited | 康怡護老中心 Hong Yee Elderly Centre
明愛元朗長者社區中心 Caritas District Elderly Centre - Yuen Long | 聖雅各福群會退休人士義務工作協會 Hong Kong Retired Persons Volunteer Association | 惠心護老院 Kind Heart Elderly Care Limited
香港仔街坊福利社會服務中心-林德和長者鄰舍中心 Aberdeen Kai-fong Welfare Association Social Service Centre Lam Yingwah Neighbourhood Elderly Centre
鄰舍輔導會深水埗康齡社區服務中心 Neighbourhood Advice-Action Council - Sham Shui Po District Elderly Community Centre | 基督教懷智服務處朗屏藝坊及朗屏宿舍 House of Arts and Skills & Long Ping Hostel



比賽開始前，各高球手一同合照。
A group photo taking before the game started.

第十三屆 靈實高爾夫球慈善賽

第十三屆靈實高爾夫球慈善賽已於2010年11月13至14日，假南沙高爾夫球場順利舉行。這項一年一度的盛事能夠繼續取得成功，實在是有賴各參加者及贊助商的鼎力捐獻及支持。今年有超過80名球手參加，為今屆慈善賽籌得合共五十五萬元善款。

過去兩年，慈善賽籌得的一百萬元善款，已全數撥作支持靈實「免費白內障摘除手術」服務。這項醫療服務於08年6月推出，至今已為450名長者進行手術，令有需要的長者重見光明。

今年籌得的善款，靈實希望為未獲政府資助的社區健康及家庭服務籌募經費，推廣「身、心、社、靈」全人健康，締造健康友愛的社區。



(左起) 基督教靈實協會董事會主席趙宗義律師及行政總裁林正財醫生與參加者合照。

(From left) Mr Charles Chiu, Board Chairman of Haven of Hope Christian Service and Dr Lam Ching-Choi, CEO of Haven of Hope Christian Service, together taking photo with participants.

The 13th Anniversary Haven of Hope Fundraising Golf Tournament

Organized by Haven of Hope Christian Service, the 13th Anniversary Haven of Hope Fundraising Golf Tournament was held on 13-14 November 2010, at Nansha Golf Club, China.

With the great support and donation from various sponsors, more than 80 golfers participated in this competition and over HK\$550,000 was raised in this year's tournament.

The donation raised in the past two years, around one million Hong Kong dollars, has been used to support our Charity Medical Service - FREE Cataract Surgery service. Since the service started from June 2008, more than 450 elderly were served with the said optical operations. This year, we planned to raise the fund for supporting our non-subsidized Community Health and Family Service, which is to promote "Holistic Health", facilitate harmonious family relationship and encourage community participation conducive to the building of a healthy and caring community.



高爾夫球手在比賽中大展身手。
Golfer showed his talent in the tournament.

靈實2010全港賣旗籌款

靈實2010全港賣旗籌款已於2010年9月11日順利舉行，為「靈實慈善醫療服務」成功籌得超過港幣100萬元的善款。我們衷心感謝3,200多位熱心的義工，當天在滂沱大雨中仍落力地為靈實籌款，令更多有需要的長者能得到優質的醫療服務。

Haven of Hope Christian Service Flag Day 2010

2010 Flag Day was successfully held on 11 September 2010. We would like to express our sincere gratitude to 3,200 volunteers who raised fund for us in the rainy day. We are joyous to share with you that more than HK\$1M were raised through the meaningful event. The donation will be used to support the Haven of Hope "Charity Medical Service" for the underprivileged elders.

您願意奉獻支持靈實的福音工作嗎？

五十年代，靈實其中一位創辦人司務道教士以基督的愛去服事當時的難民，為他們帶來希望及祝福。至今，靈實仍秉承司教士的精神，在提供專業服務之外，亦著重心靈關顧的工作。

2008年1月，我得了肺病，病情嚴重，進了靈實醫院兩個月。主診醫生曾叫我信主，但我沒有回答她。後來我的身體開始不適，並持續發燒，又進了靈實醫院，並再次遇見那位基督徒醫生，她繼續叫我信主，但我仍沒有回應。

有一天，我正在等候化驗結果的時候，看到牆上的金句字畫，其中一句寫着：「喜樂的心乃是良藥，憂傷的靈使骨枯乾」，當時心裡很忿怒，心想：「怎樣喜樂？病也可以喜樂嗎？」這時候，院牧在我身旁經過，她停下來跟我聊天，並叫我信耶穌，這刻我感覺到天父跟我說話，我連忙回答：「好呀，我信！」在決志的那刻，心裡很平靜。

後來，醫生說我的肺部有部分組織已壞死，需要進行切除手術。記得那天在手術室裏，我感到很害怕，但神對我說：「不要怕，將妳的憂慮交給我！」我知道天父一直與我同在，心裡即時感到很平安及喜樂。

靈實醫院院友羅小姐

靈實透過院牧事工及社區福音的工作，將神的愛帶給未曾得嚐基督救恩的人。我們誠意邀請您以代禱或奉獻的方式，參與神在靈實的福音工作，為他們帶來新生命。

Are you Willing to Support our Evangelistic Work?

In 1950s, Sister Annie Skau, one of the founders of the Haven of Hope, brought hope to the refugees by serving them with Jesus's love. Today, the Haven of Hope succeeds Sister Skau's spirit in emphasizing the spiritual care when delivering our professional services.

I had lung disease and entered the Haven of Hope Hospital in January 2008. The doctor in charge of my case invited me to believe in God but I rejected her. Later, I entered the Hospital and such a doctor invited me to turn to God once again. However, I still made no response to her.

One day, when I was waiting for the lab report, I saw a biblical verse, "A glad heart makes a healthy body, but a crushed spirit makes the bones dry", framed in the wall. I was annoyed and thought, "How can I be glad with my illness?". At that time, a chaplain came across me and stayed to talk to me. She invited me to believe in God. Right at this very moment, I felt God talking to me then I said, "Yes, I do". At the time of turning to God, my heart was very peaceful.

Later, some dead tissues were found in my lung and the doctor asked me to take the excision surgery. I remembered that I was very afraid in the surgery room but God said to me, "Don't be afraid and leave your worry to me!". I knew God was with me, I felt peaceful and joyful at once.

Ms Law, Patient at Haven of Hope Hospital

Through the chaplaincy and community evangelistic work, the Haven of Hope brings the love of God to those who have not received His salvation. We sincerely invite you to support God's evangelistic work in the Haven of Hope by prayer or offering in order to bring a new life to them.

愛與恩光同行三十載

正如柴九的名句所言：「人生有幾多個十年？」不經不覺，靈實恩光學校（恩光）由1981年獲教育署（現改名為教育局）全面資助，到2011年已經踏入第三個十年了。回望前塵片段，神的恩典處處可見。於2010年12月17日的感恩崇拜，以記念神的大愛作為慶祝活動的序幕，中國基督教播道會同福堂何志滌主任牧師出席為講道嘉賓。

回顧恩光歷史

- 1953年1月** 司務道教士在神的安排下從挪威來到香港。
- 1965年** 司教士靠着神而來的信心，加上她對關顧肺病病人及其子女的體恤，興建安達臣道恩光護幼院。
- 1975年** 恩光護幼院開始照顧嚴重智障及傷殘兒童。
- 1981年** 正式向教育署註冊為「恩光學校暨兒童院」。

舞台劇的誕生

由1981年至今，恩光走過了三十年不平凡的路，有悲、有喜；曾棲身危樓、暫住貨櫃，及後遷回重建院舍。獲DFS國際集團香港店捐助，恩光會將珍貴的歷史片段搬上舞台，於2011年4月9日至4月10日在柴灣青年廣場演出，由學生、同工、家長等粉墨登場，與大家分享神在恩光身上顯出的作為。舞台劇的末段，提及靈實恩光成長中心所提供的離校生服務，其未來發展需要大家的關注及施予援手。



恩光學生的演技頗有水準，可見於早前在舞台劇拍攝的劇照。
The lively performance of students could be seen in the last musical photo.

30 years – Walks Hand-in-Hand with Love



Time flies. Receiving full subsidy from the Educational Department (now named as Education Bureau) since 1981, Haven of Hope Sunnyside School (Sunnyside) will celebrate its 30th anniversary in 2011 with programmes of Thanksgiving Service, Open Day and Musical Performance. Reverend Peter Ho, Senior Pastor of Evangelical Free Church of China Tung Fook Church delivered a sermon at the Thanksgiving Service on 17 December 2010. To kick-off our celebration, we would like to give thanks to our God and remember His great love to us all these years.

History of Sunnyside

- January 1953** Sister Annie Skau came to Hong Kong from Norway.
- 1965** With faith and love to the patients and their children, Sister Annie Skau set up Sunnyside Children's Preventorium.
- 1975** Severe mentally impaired children were being taken care in Sunnyside Children's Preventorium.

1981

Registered as Sunnyside School and Children's Hostel under the Education Department.

Forming of Musical Play

Since 1981, Sunnyside has gone through episodes of gloom and joy. We remember that the main building was once declared as dangerous and we were forced to relocate to containers temporarily. Thanks God that we had a chance to redevelop the school and finally we moved back to the campus that we were familiar with.

Thanks to the donation of DFS Hong Kong Limited, the history of Sunnyside will be shown in a musical at Youth Square, Chai Wan on 9-10 April 2011. We will also present the graduate service offered by Haven of Hope Sunnyside Enabling Centre in the show, whose future development needs public concern and support.

靈實醫院 55歲生日快樂！

感恩和讚美神奇妙的恩典和帶領，讓我們跨歷55年間的歲月，紮根於將軍澳，為東九龍區的居民提供全人關懷的專科服務，包括胸肺科、老人及復康科、紓緩治療科及療養服務等。



為慶祝55週年誌慶，靈實醫院同工在大堂排列成「H」字型以履行靈實「全人關懷」(Holistic Care) 的使命—愛心關懷、專業精神、積極進取、傳揚福音。

To celebrate the 55th Anniversary of Haven of Hope Hospital, staff gathered in the lobby in an "H" shape to convey the "Holistic Care" mission – with loving care and professionalism, we serve; with progressive and evangelistic attitudes, we commit.

Happy Birthday to 55 years old Haven of Hope Hospital!

Give thanks and praise to the grace and guidance of God throughout these 55 years situated in Tseung Kwan O and serving the Kowloon East residents with the provision of holistic and specialized services, including Pulmonary Medicine, Geriatric Medicine, Rehabilitation, Palliative Care and Infirmary Services.

靈實醫院重置計劃第三炮

慈善粵劇籌款匯演

內容：粵劇表演
日期：2011年2月26日（星期六）晚
地點：西貢大會堂
查詢：2703 8063

The 3rd Fundraising Event of HHH Re-Provisioning Project Haven of Hope Cantonese Opera Charity Concert

Format：Cantonese Opera Concert
Date：26 February 2011 (Sat) evening
Venue：Sai Kung City Hall

Enquiries：2703 8063



為慶祝醫院生辰，靈實醫院舉辦了一連串的豐富活動，動靜俱全，並以「薪火永相傳・共創新里程」作為誌慶，開展我們未來的工作。

To celebrate the birthday of the hospital, Haven of Hope Hospital (HHH) organized a series of activities, and celebrated with a slogan "Passing the light, entering a new era".

「靈實人・靈實情・靈實景」攝影比賽的得獎作品捕捉了工作中的精彩片段。

The awarded photos from the Photo Contest captured precious moments of HHH's people, passion and view.

▼ 冠軍作品：悉心・惜花 / 莊靜珊攝

1st: Attention. Treasure flowers / Dragon Chong



▼ 亞軍：靈實人—我們為您禱告 / 翁烈坤攝

2nd: Haven of Hope - we pray for you / Steven Yung



季軍：前進吧！我與你同行！ / 曹杏琳攝

3rd: Move on! I will be with you! / Hang-lam Cho



在2010年10月20日感恩崇拜上舉行了司教士傳記簡體版《荒原上、陝西鈴蹤》的獻書禮。

Simplified Chinese version of Sister Annie Skau's autobiographies (On the Barren Upland and Lovely on the Mountains) were published and dedicated to God in the thanksgiving service on 20 October 2010.

在創新里程的一年，醫院計劃興建一座新翼大樓，用作重置現時的療養服務病房，並提供日間內科復康服務及綜合照顧者支援服務。

In a new era, HHH is planning to construct a new block to accommodate the infirmary wards, which provides day medical rehabilitation services and integrated support services for carers.



愛在 和平之光！

「若有人在基督裡，他就是新造的人。
舊事已過，都變成新的了。」

林後 5:17

“Newman”（中文譯為新人）是在26年前受浸時，牧師為他起的名字。他是靈實醫院「和平之光」服務的義工。

30年前，當時仍是癮君子的Newman染上肺病，被送往靈實醫院的和平病房接受治療並遇到很多影響他生命的人，自此，他的生命便不再一樣：在醫護人員的愛心照顧下，Newman明白到何謂以耶穌基督的愛服事病人；另外，當年因為有一位社工在探訪病人後輕輕拍了一下Newman的肩膀並鼓勵他，令Newman自此積極面對人生；及後，一班神學生在病房裡舉行佈道會，神的愛感動了Newman，令他決志信主。Newman信主後生命有很大的轉變，1984年在晨曦會受浸歸入基督，並曾服事不同的基督教機構，包括靈愛中心。

身為「過來人」的Newman，現在每星期兩日，他都以義工身份，到靈實醫院與「和平之光」的病人傾談。「和平之光」是靈實醫院為吸毒病患者而設的服務，包括醫治身體疾病，提供斷癮治療及復康服務。因著相同的經歷，Newman能夠體會病人所面對的困境，他不單以過來人的經驗作分享，鼓勵病人積極面對人生；更常常與他們一同閱讀主的話語、分享信仰、為他們祈禱，讓他們認識福音，從禱告中得力。

「弟兄，我為你祈禱……」他的雙手，曾堅固許多失喪的靈魂。靈實的同工們最欣賞Newman說話風趣幽默、性格爽朗，而Newman也確實為身在病榻中的病友帶來了活潑的盼望！

1984年12月26日Newman（右二）
在晨曦會受浸歸入基督。
Newman (Right 2) was baptised
into Christ in 26th December 1984.



Newman（前右一）與司務道教士
（靈實醫院創始人，後右一）及其
他同工在靈實醫院舊院舍一同團
契。

Newman (Right 1 in the front)
was having gathering with
Sister Annie Skau (Founder of
HHH, Right 1 at the back) and
other colleagues in old wards of
HHH.

Love in the Light of Peace!

Newman was named by the minister when he was baptised 26 years ago. He was a volunteer of the Mobile Acute Drug Rehabilitation Team service (MART) in Haven of Hope Hospital (HHH). The service has a Chinese name of "Light of Peace" which means giving light to people with peace.

When Newman was a drug abuser 30 years ago, he was infected with tuberculosis and was sent to HHH for treatment. Thanks God for His grace and love, Newman met different people who changed his life during his stay in the Peace ward of the hospital: from the loving care of HHH's staff, Newman understood the meaning of "serving with Jesus Christ's love"; from the social worker that gave him a pat on his shoulder, Newman was encouraged to live positively; from an evangelistic gathering that held by a group of seminary students, he decided to believe in God. Newman had a great change in life after he believed in God. In the year 1984, he was baptised in the Operation Dawn. He served in several Christian organisations after that, including Ling Oi Centre.

As someone who had gone through the road of drug treatment, Newman visits and talks to the patients of MART in HHH as a volunteer two days per week. MART is a service provided by HHH to serve drug abusers. The service aims to cure the physical illness of the drug abusers and in addition to provide drug treatment and rehabilitation service to them. With the same experience, Newman understood the difficulties faced by the patients. He shares and encourages the patients to face their lives positively with his experience. To let the patients understand the Gospel and gain energy from prayer, Newman always reads Bible, shares and prays for them.

"Brother, I pray for you..." He had strengthened so many lost souls with his hands. Staff of HHH appreciated Newman's humor and frankness. And he really brings a lively hope to the patients.



Newman為病人祈禱。
Newman was praying
for the patient.



Newman積極參與義工
活動。
Newman was joining
volunteer work actively.

*"Therefore, if anyone is in Christ,
he is a new creation;
the old has gone, the new has come!"*

2 Corinthians 5:17



關於 植牙...

王美珊，牙科醫生

植牙，或俗稱種牙，是牙科界鑲牙的一種方法，發展至今已有約四十年歷史，過去十年間更在本港迅速發展。簡單來說植牙治療可分為：

- 手術部份：將鈦金屬植體用手術方式植入失去牙齒的牙槽骨位置，牙槽骨與植體會於兩至六個月間癒合，牙醫學上稱為「骨整合」。
- 假牙部份：當植體已鞏固在牙槽骨內，牙醫會印取牙模，在植體頂部接合基台及假牙，例如人造牙冠，牙橋或活動假牙。（圖一）

由於涉及手術部份，植牙要考慮的因素較傳統的鑲牙方法如牙橋或活動牙托為多；植牙要考慮到病人：

- 有否良好的身體健康狀況，包括有否吸煙；
- 有否良好口腔衛生；
- 牙槽骨是否健康及足夠；及
- 牙與牙之間有否足夠距離及空間。

當中牙槽骨的「質與量」對鞏固植體十分重要，但有不少病人在失去牙齒後，牙槽骨會有不同程度的萎縮。在缺乏牙槽骨時，進行植牙治療會同時需要「植骨」手術，以鞏固植體。

案 例：

42歲的李先生兒時玩耍時撞傷牙齒，失去了上顎一隻門牙（圖二），因他十分抗拒傳統固定牙橋（需要將缺牙位置兩旁的牙齒磨薄），所以30年來配戴活動牙托，令李先生感到不方便。直到兩年前，李先生接受了植牙治療（同時需要植骨手術），鑲嵌人造牙冠（圖三），從此告別陪伴他多年的活動牙托。



圖一
Diagram 1

Something about *Dental Implant...*

Dr. Debby Wong Mei Shan , Dental Surgeon

Dental implant is a type of dental prosthesis with a surgical component. It firstly appeared in dentistry about 40 years ago and grew rapidly in the dental market of Hong Kong in the past decade. Implant therapy can be simply divided into:

- Surgical part : Titanium fixture is inserted into the edentulous bone by oral surgery. "Osseointegration" between the fixture surface and the bone can be achieved after two to six months.
- Prosthetic part : After rigid fixation of the fixture into the bone, dentist will take impression, then abutment and dental crown, bridge or overdenture could be installed (Diagram 1).

Due to the surgical component, factors needed to be considered in doing the implant treatment would be more than that of the conventional prostheses:

- Does the patient have good medical health, any smoking habit?
- Does the patient have good oral health?
- Does the patient have enough alveolar bone?
- Does the edentulous space enough?

The "quality & quantity" of alveolar bone is important for the success of the fixture. But there are a number of patients present with significant bone resorption after their teeth loss. Therefore "bone graft" surgery is needed in addition to the implant surgery.

Case Sharing:

Mr. Lee, 42-year-old, lost upper front tooth after trauma in his childhood (Diagram 2). He subsequently wore a removable denture for 30 years. It is inconvenient but he is reluctant to receive conventional fixed dental bridge which needs grinding of the adjacent natural teeth. Two years ago he received dental implant treatment together with bone graft surgery (Diagram 3), and no need wearing the removable denture anymore.



圖二
Diagram 2



圖三
Diagram 3

人造牙冠
Dental Crown

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基督教靈實協會 Haven of Hope Christian Service

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

電話 Tel: (852) 2703 3373 傳真 Fax: (852) 2702 8173 電郵 Email: info@hohcs.org.hk 網址 Website: www.hohcs.org.hk

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。

The Haven of Hope Christian Service (HOHCS) is a non-profit social organisation founded in 1953. Through a ministry of holistic care, HOHCS strives to share the Gospel and develop a Christian community. In the love of Christ, HOHCS delivers services in a caring, professional and progressive spirit so that the lives of those serving and being served are mutually enriched.

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