

愛·關懷 城市宣教

Love & Care

Evangelistic Works in the City



基督教
靈實
協會

HAVEN
OF HOPE
CHRISTIAN SERVICE

以愛心服事關懷 | With Love, We Serve and Care

行政總裁的話 From the CEO

親愛的靈實支持者：

靈實一向以全人關顧的服務模式，照顧服務使用者身心社靈各方面的需要。我們身體上的器官是環環緊扣、不能分割，正如我們的身心健康、社交生活、心靈需要也是缺一不可。

靈實的使命是「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」。我們以全人關顧的理念服事，無論是基督徒、非基督徒，我們都一視同仁，關顧他們身體及心靈上的需要。有時候病者因為疾病未能痊癒而處於人生的低潮，但我們盼望透過靈實的福音工作，便能使他們心靈的缺憾得以完全。

靈實的福音工作共分三個範疇：在社區散播福音種子的有社區福音事工組；在院舍有長者院舍組及在靈實醫院的院牧事工組，以全面關心不同服務使用者的情況和屬靈需要。有別於其他服務，福音事工不是一項獨立的工作，而是完完全全的結合在服務單位內，與各職系的同工配合，一同服務有需要的人，成為當中不能分割的一部分。

靈實以傳揚福音為目標，但我們並不會強迫服務使用者接受，因為我們相信基督的愛是可以與任何人分享，無分信仰、種族，也可以經歷基督的大愛。耶穌基督因愛人的緣故主動走到人群中，體察人的需要，醫治人的心靈。同樣地，我們希望學習耶穌基督的樣式，以愛心服事關懷，並積極分享福音訊息。

今期《靈·感》的主題為「愛·關懷 城市宣教」，讓大家更多了解靈實的福音工作。靈實盼望從服事當中彰顯耶穌基督無私的愛，引領人歸向耶穌，讓人得著永恆的生命、盼望和喜樂。

Dear Supporters,

Haven of Hope has been ever rendering services in a holistic care fashion, catering for the physical, psychological and spiritual needs of clients. Our organs are interlinked and indivisible, being synonymous with the inseparable and indispensable relationships among our physical and psychological wellness, social life and spiritual demands.

Our Mission "Through a ministry of holistic care, we strive to share the Gospel and develop Christian Community". We serve people with the concept of holistic care. We treat everyone, including Christians and non-Christians, equally by taking good care of their physical and spiritual needs. Patients, who are as usual at the bottom of their life journey, are still struggling with their not-yet-recovered diseases, however, through the evangelistic work, the emptiness of their souls can be filled up and made complete.

Unlike other services, the Evangelistic Work cannot be run independently but should be rather wholly integrated into the service units, turning to be an indivisible part, thus pairing all professionals to serve the needy. The Evangelistic Work of Haven of Hope is divided into three scopes: The Community Evangelistic Work Unit for sowing the seeds of gospel to the community; Elderly Homes Unit and the Chaplaincy Unit to cater for the physical and spiritual needs of elders and patients in Haven of Hope Hospital.

We, rooted in the spread of gospel as our targets, will never compel the clients to believe in it. Instead, we deeply trust that Jesus' love can be shared and every single of us can experience this greatest love of Jesus regardless of religions and nations. Jesus acting out of love took the initiative to walk into the crowds, sensitizing himself with human beings' needs and healing their souls. In a similar vein, we hope that we can learn the living model of Jesus, showcasing his love and care as well as sharing the good news with our neighbors.

In this "Love and Care. Evangelistic Works in the City" issue, is to introduce the works of our Evangelistic Work Department. We endeavor to demonstrate the altruistic love of Jesus through a wide array of services, with a cordial wish to bring people towards Jesus, making them harbor the enjoyment of the eternal life, hope and joy.

行政總裁
Chief Executive Officer

林正財醫生
Dr. Lam Ching-choi

MAY 2011 • ISSUE 76
HAVEN OF HOPE NEWS

靈·感

第七十六期 二〇一一年五月

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異象禱詞 | Vision Prayer

神啊，我們並肩服事及成長，見證福音，並體會祢的愛，願祢心滿意足。阿們。

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

使命 | Mission

透過關懷全人的事工，我們致力與人分享福音及建立基督化社群。在基督的愛中，我們以關懷、專業及進取的精神提供服務，使服事者及被服事者彼此建立更豐盛的生命。

Through a ministry of holistic care, we strive to share 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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本刊全書採用符合國際公認環保印刷用紙80gsm INNOTECH。
This publication is printed on 80gsm INNOTECH FSC CERTIFIED Environmental Protection paper.



愛·關懷 城市宣教

基督教靈實協會的福音工作始於五十年代，當時一群全然委身於神的外籍醫務宣教士，踏足調景嶺，透過服事當地的難民，傳揚基督毫無保留的大愛。

靈實的異象和使命，以基督為中心，而傳揚福音更是靈實的核心價值之一。靈實福音事工部共分為三個組別：院牧事工組、長者院舍組及社區福音事工組。

院牧事工組

院牧事工組的服務使用者是指靈實醫院院友及家屬。院友在醫院的時間相對性地比較短，再加上病情隨時有轉變，所以院牧們每天的探訪工作十分重要，需要把握時機，佈道撒種。

「人生難免面對各樣疾病、生離死別，這些『不如意』之事常在醫院內發生。當我們或我們的家人落在如斯處境時，我們心裡都渴望『有人噓寒問暖』、『有人細心關懷』、『有人陪伴同行』……」我們院牧其中一個重大使命

就是回應這些呼聲，以基督的愛去牧養關懷他們。此外，院牧還需招募和訓練教會的義工，以回應醫院內的需要。

長者院舍組

長者院舍組的服務使用者是指靈實五間長者院舍內的院友及家屬。院友住院的時間及家屬探訪的時間也較長，所以家屬與院牧可以建立較穩固的關係。院牧們每天的工作是以個別探望為主，但亦會定時安排團契或崇拜給院友及親屬。

每一間院舍都派駐院牧作牧養關懷，同時也因應每一院舍的獨特性，在事工上及策略上作出不同的調整。我們在每一個院舍都舉辦院友崇拜、查經班或詩歌分享等不同聚會。另外，院牧每天個別關懷探訪院友，聆聽他們的心事，關懷他們的身體及心靈，為他們祈禱，並為對福音有興趣的院友，分享主耶穌愛的故事；為決志信主的院友，安排教會牧者為他們施洗。

近年來，我們亦關注院舍內員工的靈性關懷工作，除了在院舍內為員工舉行查經班、交更祈禱、福音佈道活動等聚會之外，院牧還經常個別關懷有需要的員工，例如個別約午

Love & Care Evangelistic Works in the City



院牧事工組為醫院的義工舉辦《義工嘉許日》。藉遊戲彼此認識。
The Chaplaincy Unit team held a 'Volunteers' Recognition Day' for the volunteers in the hospital. They knew more about each other through playing games.



《義工嘉許日》結束後，便來個大合照。
A group photo of the chaplains and volunteers.

Our evangelistic works have been started since the 1950s. Haven of Hope was founded by a group of committed missionaries, who acted out of their love for God, to serve and preach the gospel in remote China.

Christianity is the cornerstone of Haven of Hope Christian Service. Through our Evangelistic Works Department, we share the gospel and develop a Christian community.

Our Evangelistic Works Department consists of the Chaplaincy Unit, the Elderly Homes Unit and the Community Evangelistic Work Unit.

Chaplaincy Unit

We are here to serve the patients and their relatives of Haven of Hope Hospital. As patients only stay in the hospital for a short while and their conditions may change anytime, Chaplain's timely visit is crucial.

Elderly Homes Unit

This unit is to serve the elderly residents of our five elderly homes and their relatives. It is easier for the chaplain to establish a stronger bond with the residents and their relatives as they will stay longer. Chaplain pays visits every day and arranges regular fellowship and worship for the residents and their relatives.



福音事工部為靈實同事舉辦《豐盛人生之生死教育》課程。
Evangelistic Works Department held a course of 'Abundant Life: Life and death education' for HOHCS' staff.

飯交談及祈禱等，盼望能夠讓同事在工作之餘，也感受到關懷。

社區福音事工

社區福音事工組的服務使用者是指靈實社區服務單位（包括長者中心、診所、智障中心宿舍及家庭中心）的服務使用者及家屬。牧養模式是為他們安排團契小組及不同形式的福音活動，如：福音興趣班、健康工作坊和福音營等。

靈實社區福音事工其中一個服事的特色，就是以關心健康為接觸點，服務靈實不同服務群體，10多年來推動不同的健康工作坊，如腳底按摩和手掌按摩健康法，舒筋活絡12式健康運動、312健康鍛練法、讚美操、笑療操、身心靈靚湯、飲茶與健康、睡得香甜、陽光五指法等幫助許多有需要的人，得著身心靈健康的祝福。

笑療操：笑出健康快樂運動

笑是一種有益身心的健康運動，笑療專家指出，笑可以強身健體，消除煩惱，延年益壽有良好的作用。正如聖經箴言記載：「喜樂的心乃是良藥」，這是上帝賜予人類寶貴的禮物，並且不用花錢就能保健治病的靈丹妙藥。笑療操由靈實自創，共有九個快樂人生主題：包括快樂、感謝、讚美、禱告、寬恕、選擇、掃除、放下和信望愛九式，而每一主題都有五種元素：包括一首詩歌 + 健康運動 + 不同歡笑 + 快樂信息 + 配合遊戲。



中華基督教會錦江堂李祖耀牧師為兩位司務道護養院的院友施洗。
Two elderly of SASNH were baptized by Rev Li Cho-yiu of the Church of Christ in China Kam Kong Church

手掌按摩與愛家人十式

讓家人透過簡易手掌按摩，配合愛家人十式口訣（「心肝脾肺腎」及「眼耳口鼻皮」），增進相互的溝通與提升家庭生活的樂趣。方法是按著手掌圖示，一方以恰當力度加壓，由淺入深，以輕中強的力度按摩，讓對方得到合適的刺激，感受你的愛與關懷和健康的服事。

「親愛的兄弟阿，我願你凡事興盛，身體健壯，正如你的靈魂興盛一樣。」約翰三書：2

關懷人的工作是相當用心的服事，不單需要知識與技巧，還需要心力和智慧，因此我們盼望能夠有更多同路人與我們一起同行服事，有教會多來院舍探訪服事，讓主的名更得彰顯榮耀！阿們！

Care for our staff is also one of the main concerns. Bible study, prayer meeting, and preaching are arranged regularly for our staff. And the chaplain will have lunch and prayer meetings with those staff in need individually. So our staff can be cared for while working there.

Community Evangelistic Works Unit

Love your neighbor as for yourself. Besides our service users and their relatives, we also spread the gospel to the community including the elderly, the mentally handicapped and their family members, etc. through various activities like cell group, interest class, health talks, camps and so on.

Healthiness is the special focus of our community evangelistic works. Over the past 10 years, we hosted a variety of health workshops, e.g. laugh therapy, foot and hand palm massage, tea and health, etc. Through which, our participants got blessed physically and mentally.

Laughing Therapy

It's always good to laugh. It takes your nuisance away and strengthens the body.

Palm Massage

It's a good way to enhance communication and intimacy for families to do palm massage.



社區福音事工組安排短宣隊到北京探訪教會，並藉不同的方法祝福當地信徒。

Community Evangelistic Works Unit organized a mission trip to Beijing. They visited different churches and used various means and tools to bless the local believers.

"Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers." (3John 1:2)

It takes more than knowledge and techniques to care for people. It has to come from the heart and God. We hope to have more people to serve with us, and more churches to visit us to glorify thy name. Amen!



來自不同教會的教牧同工在社區福音事工組舉辦的《笑療法與教牧關顧工作坊》投入學習。

Pastors from different churches participated actively in the Laughing Therapy and Pastoral Caring Workshop.



醫院由2010年3月開始，重新有病人崇拜；時間是在每個月的第四個星期六下午舉行。
Patient's Worship in the Hosptial is held in the afternoon of the fourth Saturday every month. It was restarted in March 2010.



司務道護養院與耆福義工團合作，為院友舉辦「中秋佳節慶團圓」，長者們笑逐顏開。
SASNH and a volunteer group serving for the elderly jointly hosted the 'Happy reunion in the Mid-autumn Festival'.



彩龍鳳劇團演員與一眾主禮嘉賓合照
Cantonese opera performers and the officiating guests

靈實醫院重置計劃籌款愛心第三炮 靈實慈善粵劇籌款匯演

隨著觀塘、將軍澳以及西貢區人口增加和老化，預計在未來十年內，相關的醫療需求將不斷增加。有見及此，靈實醫院現正計劃重置療養病房，亦同時加強日間醫療及復康設施，以及照顧者的訓練及支援服務。大樓預計於2015年落成。

整項工程費用，除了向政府申請撥款外，靈實亦需要籌募部份經費，故特別成立了「西貢、將軍澳區社區籌款顧問團」，透過西貢區民政事務專員、西貢區議員及地區領袖支持，協助推動社區參與，讓重置計劃得以順利定成，令更多居民受惠。

是次粵劇籌款匯演便是今次靈實醫院重置計劃社區籌款的第三炮活動，主禮嘉賓包括醫院管理局行政總裁梁栢賢醫生、西貢民政事務處高級聯絡主任李成輝先生、西貢區議會主席及靈實醫院重置計劃社區籌款顧問團主席吳仕福博士、慈善粵劇籌款工作小組召集人凌文海議員、九龍東醫院聯網總監暨基督教聯合醫院行政總監雷操爽醫生，基督教靈實協會董事會主席暨靈實醫院管治委員會主席趙宗義律師，靈實行政總裁林正財醫生及靈實醫院行政總監徐德義醫生。當晚由彩龍鳳劇團演出著名劇目「痴鳳狂龍」，並獲多位善長慷慨贊助，共籌得港幣一百零六萬五千元。連同早前所舉辦之慈善晚宴及愛心券義賣，共籌得港幣一百七十萬元。

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

Owing to the ageing population and the increase in population in Kwun Tong, Tseung Kwan O and Sai Kung, it is expected that there will be a greater demand for medical services within the coming ten years. Therefore, Haven of Hope Hospital is launching a re-provisioning project which includes the construction of a new block providing medical day care service, advanced rehabilitation facilities and carers' support service, as well as the housing arrangement of the existing infirmary wards. The construction of the new block would be completed by 2015.

For the capital cost of the project, in addition to applying for funding from the government, Haven of Hope also needs to raise funds. Thus, we have set up the "Sai Kung and Tseung Kwan O Community Fundraising Advisory Group", which comprises Sai Kung District Officer, Sai Kung District Council members and district leaders to mobilize the participation of the community.

The Cantonese Opera Charity Concert was the third fundraising event of the Haven of Hope Hospital Re-Provisioning Project, with such officiating guests as Mr Leung Pak-yin, Chief Executive, Hospital Authority; Mr Lee Shing-fai, Senior Liaison Officer, Home Affairs Department; Dr Ng Sze-fuk, Chairman of Sai Kung District Council and "Sai Kung and Tseung Kwan O Community Fundraising Advisory Group"; Mr Ling Man-hoi, Convener of Cantonese Opera Charity Concert Fundraising Committee; Dr Joseph Lui Cho-ze, Cluster Chief Executive, Kowloon East Cluster, Hospital Authority and Hospital Chief Executive, United Christian Hospital; Mr Charles Chiu, Chairman, Board of Directors, Haven of Hope Christian Service and Haven of Hope Hospital Governing Committee; Dr Lam Ching-choi, Chief Executive Officer, Haven of Hope Christian Service and Dr Chui Tak-yi, Hospital Chief Executive, Haven of Hope Hospital. The Cantonese Opera was performed by a famous organization. With the generous support from donors, HK\$1,065,000 was raised from the Cantonese Opera. In addition to the charity dinner and charity coupon sale held before, HK\$1,700,000 was raised in total for the Re-provisioning project.



一眾主禮嘉賓、靈實醫院重置計劃社區籌款顧問團及贊助商合照
Group photo of officiating guests, "Sai Kung and Tseung Kwan O Community Fundraising Advisory Group members and sponsors



是次慈善粵劇籌款匯演共籌得港幣一百零六萬五千元
HK\$1,065,000 was raised from the Cantonese Opera Charity Concert

「愛與恩光同行」： 盼望與喜樂同行

「恩光是個快樂家，
你的家，我的家！
恩光是個快樂家，哈利路亞！」

黃愷欣、徐偉賢、麥映綢清脆的歌聲，伴著天真爛漫的孩子在舞台上載歌載舞，縱然這是一群需要坐輪椅的智障兒，他們仍能發揮所長，將他們積極歡樂的一面帶給觀眾。靈實恩光學校於三十週年紀念，將學校經歷的感恩環節搬上舞台，於2011年4月9日至10日在柴灣青年廣場Y 綜藝館公演「愛與恩光同行」舞台劇，由校內嚴重智障學生、同工及家長等粉墨登場演出。

由早期破舊的危樓演變至現今完備的設施，從照顧肺病友子女到智障學生、再接著的智障畢業生，「愛與恩光同行」一劇希望能喚起社會對智障人士的關注，並為「靈實恩光成長中心」籌募經費。

靈實恩光成長中心由基督教靈實協會在五年前成立，以自負盈虧的模式經營，為社區內有發展障礙或學習困難的兩歲或以上的兒童至青少年提供治療服務，扣除開支把剩餘的收入補貼離校生服務，即仍在等待成人服務而家庭照顧有困難的恩光畢業生。每年中心均需籌募經費以補貼有經濟困難的家庭。



台上眾人合力演出
All show their best on stage.

「愛與恩光同行」舞台劇邀得香港特殊教育議會榮譽主席馬時亨教授擔任主禮嘉賓，撥冗出席首演前雞尾酒會，並在舞台劇開幕前致鼓勵辭。舞台劇末後設即場募捐環節，並由一位成長中心學員的家長分享其女兒的成長及在恩光學習的進程。其真情剖白感動了台下的觀眾，加深了大家對智障人士的認識及他們面對的困境。

是次舞台劇共籌得超過一百萬元，成績令人滿意。期望這股為智障畢業生可持續學習的集體力量，能繼續以雪球式的效應滾動下去，令更多的孩子及其家人不用再為離校的生活而憂心忡忡，反之能邁向未來，與喜樂同行。



恩光學生粉墨登場
Sunnyside students on stage

“Walk Hand in Hand with Love” Musical –
with a hope to walk
with joy and happiness

“Sunnyside is a happy home.
It's your home and my home!
Sunnyside is a happy home, hallelujah!”

The beautiful voice of artists together with the dance and music of innocent children painted a positive and joyful picture in the minds of the audience. Though the wheelchair-bound children suffering from mental impairment, they could showcase their potential on stage. Thanks to the donations of the DFS Hong Kong Limited, the history of Haven of Hope Sunnyside School was displayed in a fundraising musical performed by students, parents, staff members and artists at Youth Square, Chai Wan on 9-10 April 2011.

At one time, the main school building was declared as dangerous and people using it were forced to relocate to containers. Sunnyside School has undergone episodes of gloom and joy in its development. Apart from witnessing God's grace on Sunnyside, the musical also introduced the graduate service offered by Haven of Hope Sunnyside Enabling Centre (SEC), with its future development in need of public concerns and support.

SEC established and operated in a self-financed mode by Haven of Hope Christian Service 5 years ago. It serves children aged two or above who suffer from developmental delay and learning difficulties. Money raised through the musical are used to subsidize the graduate service of SEC. At present, SEC serves Sunnyside School graduates who are waiting for the adult service and whose families have difficulty to look after them.

The “Walk Hand in Hand with Love” Musical has invited honorable Prof. Frederick Ma, GBS, JP, Honorary Chairman of the Hong Kong Special School Council as the officiating guest who attended the pre-show cocktail reception and delivered an encouraging speech to the audience before the show. During the on-site donation at the end of the show, a parent of a SEC student shared his daughter's development in Sunnyside that touched the audience and enhanced their understanding of the mentally impaired people and their difficult situation.

The musical has raised over HK\$1 million. It is hoped that the power of the public to care for our graduates will be snowballed. More children and their family would not be worried but face the future with joy and happiness.



首演前雞尾酒會，讓一眾嘉賓分享恩光30週年校慶的喜悅。
Guests sharing the happiness of Sunnyside's 30th anniversary at the cocktail reception.

鳴謝
Special Thanks :



「用愛擁抱晚晴」

靈實寧養院 五周年紀念籌款活動

每個人都喜歡被愛及被尊重，即使走到人生最後的階段，能夠感到被愛及關懷，便能幫助為生命畫上完美的句號。一直以來，靈實寧養院（簡稱「寧養院」），致力為體弱長者、長期及晚期病患者提供整合的醫療和靈性關顧的全人照顧，讓院友在面對身體衰退甚至死亡時，得到適切的醫治，有尊嚴的照顧及心靈的平安。

今年寧養院踏入五周年的日子，過去寧養院一直秉承「用愛擁抱晚晴」的服務理念，透過心靈關顧服務，幫助五百名病人及其家人走過人生最艱難的日子。從病友家人的致謝信中，進一步證明心靈關顧工作對他們是十分重要的。由於這項免費服務需靠善款支持，故寧養院今年會透過一系列的籌款活動，為免費心靈關顧服務籌募經費。

“Embrace the Last Journey with Love”

Haven of Hope Holistic Care Centre 5th Anniversary Fundraising Campaign

Everyone would like to be loved and respected. For the patients coming to the last stage of their lives, love and care could help them to complete their life journey without regret. Haven of Hope Holistic Care Centre (the “Centre”) strives to provide holistic care for the frail elders, chronically ill and patients with late-stage cancer with an integrated approach in medical service and spiritual ministry. The Centre aims at bringing comfort, dignity and peace to the residents in face of physical illnesses and even death.

It is very special for Haven of Hope Holistic Care Centre this year because the Centre is entering her 5th year of service. With the mission to “Embrace the Last Journey with Love”, 500 patients and their families were helped to go through the difficult times by the psycho-social-spiritual service. Upon receipt of the numerous appreciation from the family members, it is proven that the psycho-social-spiritual service is a substantial aid to them. This service is provided for free which has to be supported by donation. Therefore, a series of fundraising events will be launched this year.



靈實寧養院五周年紀念 慈善音樂會

音樂除了帶給人歡樂及喜悅之外，對於晚期病患者來說，也能為他們帶來安慰及平安。靈實獲香港愛樂團支持，於2011年4月3日假香港文化中心舉辦慈善音樂會，邀請了律政司司長黃仁龍先生蒞臨主禮。當晚除了有香港愛樂團精彩的演出外，來自美國的世界著名鋼琴家薩楚爾博士特別為慈善音樂會演出。是次活動為寧養院免費心靈關顧服務籌得約港幣一百萬元。

5th Anniversary Charity Concert of Haven of Hope Holistic Care Centre

Music can not only bring joy and happiness to people, but it can also bring comfort and peace to the terminally ill. With the support of the SAR Philharmonic Orchestra, a charity concert was held on 3 April 2011 at the Hong Kong Cultural Centre, with Mr Wong Yan-lung, SC, JP, Secretary for Justice, as the officiating guest. In addition to the performance by the SAR Philharmonic Orchestra, Dr Uriel Tschor, a world-wide famous pianist, came from the United States to perform in the charity concert. With the contributions from the donors, a total of around HK\$1 million was raised for the free psycho-social-spiritual service of the Holistic Care Centre.



鳴謝
Special Thanks :



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「用愛擁抱晚晴」 “Embrace the Last Journey with Love”

靈實寧養院五周年紀念 高爾夫球慈善賽暨慈善晚宴

你有否想過透過運動幫助有需要的人？如果你對高爾夫球有興趣，便不可錯過這次慈善活動。清水灣鄉村俱樂部將於2011年6月22日舉辦高爾夫球慈善賽，為寧養院免費心靈關顧服務籌募善款，目標為港幣五十萬元。每隊除了四名成員外，更會由一位專業教練陪同，讓大家可以互相交流心得。

日期：2011年6月22日（星期三）
開球時間：下午一時正
場地：香港新界大坳門路139號
清水灣鄉村俱樂部18洞高球場
主禮嘉賓：馬時亨先生, GBS, JP
慈善賽後設有慈善晚宴
報名：請於www.hohcs.org.hk下載報名表格
查詢：鄧先生 2703 3284

請支持是次慈善高爾夫球賽，與我們一起「用愛擁抱晚晴」，讓一班有需要的晚期病患者感受到愛及關懷。

Haven of Hope Holistic Care Centre 5th Anniversary Charity Golf Pro-Am Tournament cum Charity Dinner

Have you ever thought of helping out people by playing sports? If you are interested in golf, you should not miss the coming charity event. Supported by The Clearwater Bay Golf & Country Club, the Charity Golf Pro-Am Tournament will be held on 22 June 2011 to raise HK\$500,000 for the free psycho-social-spiritual service of the Holistic Care Centre. Each flight will be formed by a Golf professional in addition to four amateurs, facilitating the sharing on golf techniques in the team.

Date: 22 June 2011 (Wednesday)
Tee-off Time: Shotgun starts at 13:00
Venue: 18-hole Championship Course
The Clearwater Bay Golf & Country Club
139 Tai Au Mun Road, Clearwater Bay, N.T.,
Hong Kong
Officiating Guest: Mr Frederick Ma Si-hang, GBS, JP
Remarks: The tournament followed by the Charity Dinner
Enrollment: Enrollment form can be downloaded from
www.hohcs.org.hk
For Enquiry: Mr Kenson Tang 2703 3284

Let's “Embrace the Last Journey with Love” by participating in the charity golf tournament to bring love and care to patients at the last journey of their lives.

鳴謝
Special Thanks :



The Clearwater Bay Golf & Country Club
HONG KONG

從Facebook 到心靈加油站

周家成牧師

去年本人在Facebook網絡關顧同事的需要上，體驗到不同的人有不同的需要，透過在網上分享基督教詩歌、靈修、見証和勵志文章，每天早上在上班前分享優美詩歌和靈修經文，晚上在家中分享生命見証和勵志文章，就是這樣的服事，Facebook網絡關顧由4位同事開始，經過一年的努力，竟吸引超過1600人成為朋友，他們來自香港和世界各地，每天有50至100人回應網上的分享和提出代禱需要，甚至有個別網友提出信仰、工作、戀愛、婚姻和健康等問題，希望得到關心和鼓勵。因此《心靈加油站》嘗試把過去一年的服事心得與同事分享，盼望可以為大家帶來一點心靈關顧的祝福。

在Facebook網絡關顧的日子以下的體會：

1. 看見無助者的呼聲

許多人面對人生不同的苦難，如患病、工作壓力、失戀失婚和人生的迷網，他們非常渴望有人在網上看見他們的需要和心聲。因此，每天靠著上帝的恩典，分享詩歌、靈修、見証和勵志文章去回應他們的渴求，讓上帝親自賜下安慰和平安的祝福。

2. 看見感恩者的回應

在網上每天有50至100人回應他們的心聲，有不少人感謝神的安慰和垂聽他們的禱告，也藉著各人分享回應，彼此勉勵，彼此建立豐盛生命，並主動介紹朋友加入，成為傳揚福音和生命造就的園地。

3. 施比受更為有福的服事

雖然在服事上付出時間和心力，但在搜集資料過程中，自己先有得著，並且是有回報的。記得去年5月是本人生日，竟然在網上收到超過100位朋友的生日祝福，包括生日蛋糕、生日卡、鮮花、朱古力和祝福語，令我非常感動。因此建立美好友誼，與喜樂的人同喜樂，與哀哭的人同哀哭。

4. 傳福音背後的代禱者

記得去年10月舉辦靈實北京短宣探訪團，本人邀請他們代禱記念七天行程，求主祝福賜平安，結果上帝感動100位代禱勇士每天為北京短宣代禱。感謝神，上帝垂聽眾人的禱告，帶領435位中國同胞決志信主。

Facebook Evangelism

Rev Sunny Chow

I have started using Facebook to care for our colleagues since last year. Through sharing of hymns, spirituality, testimony, and encouraging words on this new platform day by day, the number of friends of mine has grown from 4 to 1600 in a year. There are about 50 to 100 comments and prayer requests on a daily basis. Some of them asked questions related to religion, work, love, marriage, health issue, etc, as they would like to gain some support and encouragement. I would just like to share with you all some of the things I have learnt during the past year.

1. To hear the voice of the helpless

Many people are suffering from difficulties, such as illness, stress, loss of marriage and a miserable life. Through the sharing of poetry, spiritual, inspirational articles to witness and response to their thirst for God himself, it bestows the blessings of comfort and peace.

2. To see the responses from the thankful ones

There are 50 to 100 comments to us each day about how thankful they are for God's comfort and listening to their prayers. And they actively invite others to join, so as to spread the Lord's words.

3. To be more blessed by giving than being served

It takes time and huge effort to serve, but I do gain a lot during the process, which is very rewarding. I was thrilled when I got over 100 facebook greetings on my birthday last year.

We did build up friendship on this new platform and to have joy with those who rejoice, and weep with those who mourn.

4. To be always in prayer

I was on a mission trip to visit Beijing last October and my prayer request was to keep us safe during the 7-day trip. Over 100 Christians were touched by God and kept us in prayer every day. And we are so thankful for God's grace that 435 people in China were led to God.

皮膚病~濕瘡

濕瘡是一種過敏性炎症皮膚病。特點是具有對稱分布，多形皮損，搔癢糜爛，反覆發作，易成慢性。相當於現代醫學的濕疹。一般可分為急性、亞急性或慢性濕瘡。

病因

隋代巢元方在《諸病源候論·頭面身體諸瘡候》中記載：「夫內熱外虛，則生瘡。為風濕所乘…濕熱相搏，故頭面身體皆生瘡。」在這明確提出了風、濕、熱三邪為濕瘡主要的致病因素。

病機

濕瘡的急性期多「濕熱」偏重，濕熱之邪，浸淫肌膚，引發濕瘡；亞急性期多與脾虛濕戀有關，常由於急性濕瘡未能及時治療，或處理不當，致病程遷延所致。慢性濕瘡可因濕熱蘊久，傷陰化燥，瘀阻經絡，血不營膚，肌膚失去濡養，致肌膚甲錯。急性和亞急性濕瘡長期不癒，或反覆發作而成慢性濕瘡，病程較長，時輕時重，可延至數月至數年，常反覆呈急性或亞急性發作。

臨床表現

劇烈瘙癢是濕瘡主要表現。每個階段各有特點。

• 急性濕瘡

病變常為片狀或彌漫性，無明顯邊界。皮損為多數密集的粟粒大小的丘疹、丘疱疹，基底潮紅，由於搔抓，丘疹、丘疱疹或水疱頂端搔破後流滋、糜爛及結痂。自覺瘙癢劇烈，局部皮損灼熱感。

• 亞急性濕瘡

自感劇烈瘙癢。皮損較急性濕瘡輕，以丘疹、結痂、鱗屑為主，僅有少量水疱及輕度糜爛。



• 慢性濕瘡

表現為皮膚肥厚粗糙，觸之較硬，色暗紅或紫褐色，皮紋顯著或呈苔癬樣變。皮損表面常附有鱗屑伴抓痕、血痂、色素沉著，部分皮損可出現新的丘疹或水疱，抓破後有少量流滋。常易出現皸裂。

治療

1. 臨床上根據引起濕瘡的病因，及個體體質差異，辨證用藥。
2. 除口服方藥外，亦可用外洗方局部外洗，清熱祛濕止癢。

預防及調攝

1. 濕瘡患者日常應避免搔抓患處。
2. 切忌用熱水燙洗
3. 對於急性濕瘡患者，切忌接觸肥皂等刺激物。
4. 避免接觸致敏原引起濕瘡發作。
5. 忌食辛辣、牛、羊肉、蝦蟹等發物。

Allergic Inflammatory Dermatitis ~ Shi Chuang

Shi Chuang (濕瘡) is a kind of common allergic inflammatory dermatosis. Its clinical characteristics are polymorphic skin lesions, symmetrical distribution, severe itchiness and frequent recurrences. It is divided into three phases: acute, sub-acute and chronic. It is almost equivalent to Eczema in Western Medicine.

Aetiology

The documentary records for Shi Chuang in the book Zhu BingYuan Hou Lun (Aetiology and Pathogenesis of various disease) which is published in Sui (隋) dynasty points out that Shi Chuang is commonly caused by Wind, Damp and Heat evil*.

Pathogenesis

Acute phase is mainly caused by Damp and Heat evil. The evil attacks the skin and triggers the onset of dermatitis. If an acute attack fails to clear after 3-4 weeks, the disease may enter a sub-acute phase. In this phase, Damp evil is the dominant factor. Persistent accumulation of Damp and Heat evil will in turn lead to the stagnation in the meridian. Blood is not able to circulate to the skin and fails to nourish the skin. Skin becomes dry and thick. Disease goes into a chronic stage whereby there are remissions and exacerbations depending upon the triggers and the constitution of the patient.

Clinical appearance

The cardinal feature of Shi Chuang is itch. There are different features in each phase.

• Acute phase

It is recognized by its: redness, papules and swelling usually with an ill defined border; blistering usually with vesicles but, in fierce cases, with large blisters; weeping and crusting; and burning sensation.

• Sub-acute phase

Itching may be more pronounced than burning sensation. The oozing dries up; the skin becomes dry, crusted and scaly.

• Chronic phase

May show all of the above features but in general: less vesicular and exudative; more scaly, pigmented and thickened; more likely to show lichenification - dry leathery thickened state, with increased skin markings, secondary to repeated scratching or rubbing; and more likely to fissure.

Treatment

1. Decoction is prescribed according to the pathogenic factor and the constitution of the patient.
2. Decoction as external wash to alleviate the itchiness.

Precautions

1. Patients should avoid scratching and rubbing of the skin lesion.
2. Avoid hot bath.
3. Avoid harsh soaps, detergents and solvents.
4. Avoid environmental factors that may trigger an attack. e.g. pollens, mites
5. Be aware of any foods that may cause an outbreak and avoid those foods e.g. spicy food, beef, lamp and seafood.

*The unfavorable climatic changes are perceived as the exogenous pathogenic factor which is called evil (邪) in Chinese Medicine Theory. There are six evils: Wind, Cold, Dampness, Dryness, Heat and Summer-heat.



義工團拜大玩轉：「送虎迎兔」，部門義工大募集，來個團拜大玩轉！

平等機會委員會的義工帶領靈實恩光學校的學生乘搭昂坪360纜車，並到昂坪市集遊覽，平機會林煥光主席送禮物給學生留念。



靈實護養院十二周年院慶暨健康之星加許禮



為慶祝恩光校慶三十週年，靈實董事會主席（中）聯同眾主禮嘉賓，主持一個別開生面的亮燈儀式。靈實恩光成長中心



小天使來訪十分高興



在靈實白普理景林社區健康發展中心籌辦的「創意趣味兒童畫班」上，參加的小朋友不單培養了繪畫的興趣，更建立起友誼。



在「西貢區鄰里互助計劃」的愛心湯水活動上，社區夥伴香港科技大學學生事務處的青年義工與景林邨內獨居長者玩集體遊戲，大家都有機會伸展一下！



胡平院友參觀一年一度花卉展



在「伴你飛翔」青少年生命護航計劃的活動中，小學生與護航員一起切磋棋藝。



靈實周年晚宴上與眾同樂

傷健共融運動會 2011

承蒙西貢區議會撥款贊助，西貢區議會社會服務及健康安全城市委員會合辦的靈實復康住宿服務傷健共融運動會，已於2011年1月23日在將軍澳運動場隨著一片熱烈的歡呼聲中完滿結束。

運動會當日獲社會福利署黃大仙及西貢區助理福利專員李金容女士及西貢區議會社會服務及健康安全城市委員會主席陳繼偉先生出席典禮儀式，並由長者與智障人士一起以非洲鼓樂為全場共十七個團體近五百五十多名的殘疾、智障、青年人及社區人士掀開運動會的序幕。

Inclusive Sports Day 2011

The HOHCS Residential Services for Disabled Inclusive Sports Day 2011, funded by the Sai Kung District Council and jointly organized by the Sai Kung Healthy and Safe City, was held successfully at the Tseung Kwan O Sports Ground on 23 January 2011.

The Sports Day was kicked off by Ms Lee Kam-yung, Assistant District Social Welfare Officer (Wong Tai Sin / Sai Kung) of the Social Welfare Department and Mr Chan Kai-wai, Social Service & Healthy and Safe City Committee Chairman, followed by an exciting African drum performance by the elderly and people with disabilities. More than 550 elderly people, people with disabilities, as well as young people from 17 organizations participated in the Day.



為喚起市民對健康的關注，西貢健康安全城市連同西貢區議會社會服務及健康安全城市委員會轄下健康安全城市活動工作小組，於2010年6月推出了為期一年的「活出健康色彩」社區健康推廣計劃。透過計劃，我們不但訓練了超過百位「健康大使」，更在將軍澳不同地區推行了8次健康宣傳站及4次健體同樂日，為社區人士進行「代謝綜合症」初步評估，宣傳健康生活的訊息。

為嘉許計劃的協作團體及積極參與服務的「健康大使」，計劃於3月20日於將軍澳運動場舉行了「活出健康色彩」嘉許禮暨港鐵競步邀請賽。嘉許禮當日更設有港鐵競步邀請賽，期望鼓勵市民將運動融入生活之中。



“Living Healthy Colours” community health promotion campaign

In order to arouse the public health concerns, the Sai Kung Healthy and Safe City together with the Sai Kung District Council Social Services and Health and Safe City Committee's Working Group on Healthy and Safe City activities, rolled out a one-year long "Living Healthy Colours community health promotion campaign in June 2010". Through the program, we have trained over one hundred "Health Ambassadors", and also set up 8 healthy promotion counters as well as four fitness fun days throughout the Tseung Kwan O area.

The Living Healthy Colours Recognition Ceremony cum MTR Race Walking Competition was held on 20 March 2011 to recognize the organizing partners and all health ambassadors. There was a Race Walking Invitation, hoping to encourage the public to integrate sports activities into their daily lives.

體弱長者 家居照顧服務試驗計劃

在香港的安老服務中，以家居為本的社區服務，包括有綜合家居照顧服務、改善家居及社區照顧服務和離院長者綜合支援計劃。回應「居家安老」的社會政策，由二零一一年三月起，社會福利署於九龍區成立了三隊的試驗服務隊伍，名為「體弱長者家居照顧服務試驗計劃」，是一項為期三年長者的社區服務。

基督教靈實協會與社會福利署共同合作為其中居於觀塘區的體弱長者提供相關的社區支援服務。

此項服務的目的，正是支援那些在社區生活的體弱長者，及其照顧者。當中的長者，是透過社會福利署安老服務統一評估機制下，被評定為嚴重的缺損程度。

服務會以到戶形式進行，內容包括：專業護理、復康運動、認知訓練、家居改裝、照顧者支援或輔導服務、個人照顧、家居支援、陪診、看顧等……，會以長者的個人需要而計劃一套具彈性的服務，以回應長者不同階段的需要；服務的另一目的，也是為護老者提供訓練和指導，以減輕照顧壓力。藉以支援長者繼續在家中居住。

Home Care Service for Frail Elders

In response to the "Ageing in Place" policy, the Social Welfare Department launched a 3-year pilot project on the Home Care Service for Frail Elder in March 2011. It differs from the 3 existing home care services for the elderly as it is an innovative service serving those who are on the waiting list of Nursing Home placement with the aim to support them to live in their familiar community as far as possible and to support their care givers. The Haven of Hope Christian Service is one of the 3 operators of this project and our target users are those frail elders living in Kwun Tong district and their care givers. The elders receive a tailor-made and flexible service package with services such as nursing care, rehabilitation exercise, cognitive training, personal care, elderly sitting, counseling, support and training to caregivers, etc.



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Please complete the above form in block letters and mail/fax this notification together with you old mailing address label to Communications and Resource Development Department, Haven of Hope Christian Service.



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

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

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