

靈感

司務道教士誕辰
100周年

薪火相傳 延續愛與關懷

Sister Annie Centennial Anniversary :
*Disseminating a
Century's Love and Care*



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：

「務」實去華，卻「道」遠任重，香港基督教靈實協會(下簡稱「靈實」)的創辦人之一司務道教士以其名字活出她豐盛傳奇的一生。今年是司務道教士誕生一百周年，就讓今期《靈·感》以司務道教士為主題，來回顧她的一生及表達我們對司教士的懷念。

司務道教士曾在自傳中憶述一則在靈實發生的故事。有一次，她遇到一位青年病人到醫務所叩門，他病得很重，體溫高達華氏一百零五度。從晚上八點鐘到早上四點多鐘，司教士與同工們用盡各樣方法替他降溫，熱度卻始終沒有減退的跡象。司教士當時感到無能為力去幫助這位年青人，於是她就跪在床邊，為他禱告：「主呀，假若他的身體救不了，求祢救他的靈魂。」當她禱告後，年青人的體溫就下降了，很快就回復正常，翌日他不辭而別。司教士後來卻收到他的信說：「祂已聽了你的禱告，治好了我的身體，也拯救了我的靈魂。」原來，這位年青人後來進了聖經學校，忠心事奉主。

這個故事深深打動我的心扉，令我看見人的軟弱。我們縱然滿有醫學的知識，唯有上帝才是我們最終的醫治者。靈實所提供的服務不單是要讓人獲得身體上的健康，更加是靈魂上的拯救。司務道教士雖然不在我們中間，但她的精神卻永遠留在靈實。這份精神薪火相傳，直至今天，靈實的同工並不會把服務看成一件工作，而是會用愛心帶給其他人喜樂，以聖經的教導去愛周圍的鄰舍。

靈實的使命就是要透過各種各樣的服務，與人見證上帝的愛，分享上帝的福音，最終服事者與被服事者都得到生命的建立。

Dear Supporters,

Sister Annie, one of the founders of Haven of Hope Christian Service (HOHCS), has lived out her belief of trying her utmost to be seriously pragmatic and duly responsible. She has made a prosperous and legendary life. This year marks the centenary anniversary of her birthday. This edition of the newsletter focuses on Sister Annie, in reminiscence of her whole life and in our deepest memory of her.

In her autograph, Sister Annie recalled a story happening at HOHCS.

One day, she came across a young patient, knocking at the door of the medical centre. That young man was severely unwell with a very high body temperature of 100.5 °F. From 8 p.m. up to about 4 a.m., Sister Annie and her staff went to great lengths to lower his body temperature, but to no avail. She felt vulnerable and helpless in front of him. Then she knelt down beside his bed, praying hard for him, "Lord, please save his soul if his body fails to be saved." Once finished, that young man got his body temperature lowered, returning to normal very soon. On the following day, he left without uttering a word. Sister Annie received a letter from him later which read, "HE listened to your prayers. My body is saved and so is my soul." That young man entered a biblical seminary afterwards, serving God faithfully.

This story has struck a profound impact on me, making me observe the weaknesses of others. Only God is the ultimate healer of ours even though we are enriched with medical knowledge nowadays. The services of HOHCS not only offer the physical health to people, but also render the saving of soul to everyone. Sister Annie is no longer physically being with us, but her spirit stays with us at HOHCS forever and ever. Her spirit passes on up to now. Staff members of HOHCS do not regard their services purely as a task. Instead, they do their work with passion, bringing joy to people and loving their neighbors as taught in the Bible.

The mission of HOHCS is to have a testimony of God's love before people, and share the gospel with people through a wide array of services, finally building up the lives of the servants and the served.

行政總裁
Chief Executive Officer

林正財醫生
Dr. Lam Ching-choi

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基督教靈實協會 Haven of Hope Christian Service

異象禱詞 | Vision Prayer

神啊，我們並肩服事及成長，見證福音，並體會祢的愛，願祢心滿意足。阿們。

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

使命 | Mission

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

Through a ministry of holistic care, we strive to share 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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司務道教士誕辰 100周年

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懷念司務道教士 1911-1992

一位女子本著異象，離鄉別井，跟數千名難民棲身於一片荒原上；但心裡仍是充滿喜樂，為著病人最微小的需要勞苦奔波——她就是靈實創辦人之一的司務道教士。

由挪威的家鄉遠赴陝西，以至其後踏足五十多年前的調景嶺——司教士走過的路途雖遠，但卻總不如她的影響深遠。司教士的委身精神確實把基督的愛充分彰顯在她的日常生活點滴中，甚或在她的心扉裏，她所思念的不僅是差遣她的神，還有每一位跟她素未謀面、卻等待著被關心的中國人。儘管她已回天家接近二十年，時至今日，她的生命見證仍然激勵著在靈實工作的各同工……

司務道教士(1911-1992) 生平簡介

- 1911年5月29日 出生於挪威
- 1925年 因祖母患病，萌生當護士的志向
- 1932年4月 在復活節早晨清楚重新得救
- 1934年 在挪威聖約教會伯利恆堂接受水禮
- 1934年11月25日 蒙召往中國傳福音
- 1938年10月6日 首次到香港
- 1953年 與其他宣教士創立基督教靈實協會(前身為「將軍澳區醫援會」)及在調景嶺之醫務所做醫療福音工作
- 1955年 靈實醫院開幕(前身為靈實肺病療養院)，司教士為護士長。
- 1961年 創辦恩光護幼院(前身為恩光學校/兒童院)
- 1966年6月25日 在挪威與貝德遜先生(Mr. Reidar Berntsen)結婚
- 1973年 司教士從靈實醫院榮休，退任護士長
- 1992年11月26日 在挪威荷頓市家中逝世，享年八十一歲

資料來源：《一粒麥子》、《荒原上》、《盼望之灣》

In memory of Sister Annie Skau Berntsen, 1911-1992

A lady with a vision left her hometown, embarking and living on a piece of barren upland with thousands of refugees. Even so, she was filled with joy, working painstakingly to cater for the needs of the tiniest. Sister Annie is one of the founders of the Haven of Hope.

Sister Annie left her hometown, Norway, travelling a long way to Shaanxi. Then for 50 years afterwards, she dwelled in Tiu Keng Leng. Her pathway is far and long, but her repercussions on us are far more than profound. As seen from her daily life, Sister Annie's devotion is a full embodiment of the love of Jesus Christ. Deep down in her heart, it is not only about her God who rendered her a mission, but also about her grave concerns over those Chinese who were unknown and badly in need of care. Her life testimony still spurs the staff members of the Haven of Hope up to now albeit the fact that she has rested in peace for almost 20 years.



1941年，司教士於中國傳揚福音。
Sister Annie launched the evangelistic work in China.

Sister Annie Skau (1911 – 1992) Brief Biography

29 May 1911	Born in Norway	1955	Acting as Matron with the opening of Haven of Hope Hospital (formerly known as "Haven of Hope Tuberculosis Sanatorium")
1925	Aspired to becoming a nurse after her grandma was ill		
April 1932	Having a clear belief of rebirth in the morning of Easter	1961	Founding of the Sunnyside children's Preventorium (formerly known as Sunnyside School/Children's Hostel)
1934	Baptized in the Bethlehem Chapel of the Mission Covenant Church of Norway	25 Jun. 1966	Married with Mr. Reidar Berntsen in Norway
25 Nov. 1934	Called to preach in China	1973	Retiring as Matron from Haven of Hope Hospital
6 Oct. 1938	Visiting to Hong Kong for the first time		
1953	Collaborating with other missionaries to found Haven of Hope Christian Service (formerly known as the "Junk Bay Medical Relief Council")	1992	Passing away at home at Horten, Norway at the age of 81

Sources: "A Grain of Wheat", "On the Barren Upland", and "The Haven of Hope"



1957年9月，司務道教士歡迎第22任港督葛量洪爵士參觀靈實。
On September 1957, Sister Annie welcomed Sir Grantham, the Governor in his visit to the Haven of Hope Christian Service.



1958年秋，靈實女宿舍落成。
The female hostel of the Haven of Hope Christian Service was set up in the Fall of 1958.



60年代，司教士在聖誕節，帶領醫院護士傳光報佳音給病友。
Sister Annie took the lead of nurses to pass the good news to patients at Christmas in the 1960s.

60年代，司教士看重每顆幼小的心靈。
In the 1960s, Sister Annie underscored the importance of every single tiny soul.

1990年，司教士重訪靈實期間，仍不忘探望病人。
In 1990, Sister Annie re-visited Haven of Hope Christian Service, not missing any chance to see patients.

司務道教士理念的背後： 基督精神

吳少珍姑娘

要怎樣才可以形容司務道教士呢？就讓我用以下兩件事情去懷念她。

還記得在1992年，我曾到挪威探望她，她在臥房的床頭上擺放著一句聖經金句，上面寫著：「本是世界不配有的人」（來11：38下），當時我深深被金句吸引。我在想，為何司教士會選擇這金句成為她的座右銘，她是否在表明自己的服侍心志？我發現，她銘記於心的只有主耶穌愛人的心腸及常以僕人的身份來服侍人。她已把屬世的事拋諸腦後，她所作的並非為自己的好處，也不是要得到世界的榮耀，卻是要討主的喜悅和榮耀主。

又記得剛剛在靈實醫院工作時，我只知道司教士是靈實醫院創辦人之一，猜想她做事全力以赴，事事親力親為，而且是最不遺餘力的一個。後來，從靈實醫院的護士前輩口中才得知她是一個滿有愛心的人，而這份愛心更加是非一般的愛心。她透過信仰、醫療、護理專業，透透徹徹地實踐聖經的誡命：「你要盡心、盡性、盡意、盡力愛主你的神。其

次就是要愛人如己。」（可12:30-31）這就是司教士理念的背後：基督精神。

今天，靈實正發展多元化的服務，包括長者服務、復康服務、健康服務及福音事工，她的基督精神成為了靈實發展的磐石和根基。



司務道教士正在撰寫兩本自傳：《陝西鈴跡》及《荒原上》。
Sister Annie wrote her two autobiographies, "Trails of Glad Tidings in Shan Xi" and "The Barren Upland".

What's behind the ideals of Sister Annie: *The Spirit of Christianity*

Michelle Ng

How can I depict Sister Annie? Let me tell you two incidents in memory of her.

Remembering in 1992, I paid a visit to her in Norway. A scripture placed in her bed cabinet of the bedroom read, "The world was not worthy of them". (Hebrews 11:38) I was deeply impressed by this. At that time, I thought, "Why does she pick up this scripture as her motto? Is she expressing her mission?" I found out that what lied deep down in her heart, was the kindness of Jesus Christ towards the mankind as well as Jesus Christ's service to others as a servant. She put away the secular but placed the service to others as her the top priority. What she did was not either for her own good or for the fame of the world, but merely for the joy and glory of God.

I just remembered when I first worked at Haven of Hope Hospital (HHH), I got to know that Sister Annie is one of the founders of it. I guessed she was the one who worked to the fullest, got things done one by one on her own, and spared no efforts at work. Afterwards, I learned from seniors of nurses of HHH that Sister Annie is a person full of love and this kind of love is truly extraordinary. With her belief, medical as well as nursing professionalism, she put the entire biblical commandments into practice – "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 neighbor as yourself" (Mark 12:30-31). This is the thing behind the belief/mission of Sister Annie – The Spirit of Christianity.

Today, the services of the Haven of Hope have become widely diversified, including the elderly care service, rehabilitation service, health care service and evangelistic work. Sister Annie's spirit of Christianity has laid the foundation and even turned to be the cornerstone of the development of the Haven of Hope.

薪火相傳 延續愛與關懷
*Disseminating a Century's
Love and Care*

1976年6月，司教士證道。
Sister Annie delivered a sermon in June 1976.

事工及文化承傳—— 靈實福音佈道團

司務道教士與一群靈實醫院的基督徒同工於一九六四年組成靈實福音佈道團，同心推動醫院的福音工作。至今，佈道團雖然經歷不少變遷，但它對福音工作的委身仍然堅定不移。

在六、七十年代，佈道團已積極拓展福音工作，近至同工的信仰栽培及病人的福音關懷，遠至社區服務及走進鄉村開展佈道事工，都是承傳基督精神，一直延續至今。至於佈道團今天的使命，團長高寶珊姑娘說：「一如以往，我們的服侍主要有兩方面：推動基督徒同工在醫院的福音工作及鼓勵同工在服侍病人時實踐全人關顧。」

高姑娘續稱，隨著香港社會的轉變及將軍澳區的發展，佈道團推動事工的策略及形式也因時制宜。她舉例稱：「昔

日的職員團契模式已不適用，取而代之是透過一些軟性的福音聚會，加強同工彼此的聯繫，以生命影響生命，把基督的愛感染周圍的人。」

此外，醫院自一九七七年起設有院牧事工，佈道團自此與院牧保持緊密的合作關係，共同承擔各項事工。在院友的福音工作方面，佈道團維持每月一次的「病室傳喜訊」及每年一次的聖誕傳光活動。在同工的關顧方面，佈道團則藉著每月一次的「樂韻悠揚」作詩歌分享及每半年一次的「黃昏小聚」，讓同工互相支持、彼此牧養。

今年，佈道團服侍的新方向就是關心新入職的同事。佈道團將在九月安排與這批生力軍共晉午膳，藉此介紹靈實醫院的文化，並建立彼此關係，期望他們可以更易投入醫院的工作環境。對於如何帶動新同事在職場中作美好的見證，高寶珊姑娘持守著「以生命影響生命」的理念，她深信基督徒同事們的身體力行、以身作則的服侍，就是一種活出信仰的生命傳遞。



70年代後期，司教士在聖誕前夕帶領同工到病房傳光及報佳音。
In the late 1970s, Sister Annie led staff to wards to pass the Christian light on Christmas Eve.

The Passing On of Ministry and Culture – Haven of Hope Evangelistic Fellowship

Sister Annie and some Haven of Hope Hospital (HHH) staff set up Haven of Hope Evangelistic Fellowship (HOHEF) in 1964. Its objective is to promote the evangelistic work in the hospital together. Up to now, there have been changes in the Fellowship but not its devotion at all.

In the 1960s and 70s, the Fellowship had actively launched the evangelistic work, ranging from the staff religious cultivation and evangelistic care of patients to the community service and preaching in the villages. All these are the embodiment of Christianity up to now. As for the mission of the Fellowship, Miss Polly Ko, the chair remarked, "Our services were divided into two in the past: first, promote the evangelistic work in the hospital among staff Christians; second, encourage the holistic care in the service delivery to patients among staff."

Ms Ko added that with the changes of Hong Kong society and development of the Tseung Kwan O District, the evangelistic strategies and form of the Fellowship would vary from time to time. She cited an example, saying, "The mode of the former staff fellowship did not work any more. Instead, through some soft evangelistic gatherings, the relationships among staff can be strengthened. We try to impact on the lives of one's life, spreading the love of Christ to them."

Besides, our hospital has established a Chaplaincy Unit since 1977. From that time onwards, the Fellowship has been working well with the Chaplains, taking up every evangelistic work side by side. Regarding such work among patients, the Fellowship maintains the monthly "Wards Evangelism" and the annual "Christmas Light Passing Program". When it comes to the care of the staff, the Fellowship fosters the mutual support and pastoral care through the monthly "Music for Ears" as the sharing of hymns and the half-yearly "Gatherings at sunset".



佈道團正在作詩歌分享
The Evangelistic Fellowship was singing hymns for sharing.

This year, the Fellow harbors a new service direction – showing concerns towards the newly employed. In the coming September, the Fellowship will arrange a lunch gathering for them. We hope to introduce the culture of HHH, build up the rapport among us and integrate them into the new working environment. Concerning the way to encourage the new blood to have a good testimony in the workplace, Ms Koo still upholds her belief, "Impact on the lives of one's life". She deeply trusts that the Christian way of life of putting words into action and setting a good example is the best way to live out the spirit of Christianity.

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延續司務道教士的服務心—— 靈實慈恩醫療服務



司教士巡視病房時，病人都會熱情地歡迎她。

Sister Annie made her round of the ward, receiving a warm welcome from patients at all times.

司教士常常笑面迎人。

Sister Annie always wore a smiling face.

1955年10月，司教士與同工在靈實肺病療養院開幕禮時合照。

In October 1955, Sister Annie and staff posed for a photo at the Opening Ceremony of Haven of Hope Tuberculosis Sanatorium.

昔日司務道教士懷着基督的愛和憐憫，隻身來到香港展開醫療及傳道的工作。她顧念到病患者的需要，於是在調景嶺荒原上建立一間醫務所，為貧苦的病人提供緊急的醫療援助。靈實繼續承傳司教士愛與關懷的精神，於2007年拓展靈實慈恩醫療服務（下簡稱：「慈恩醫療」），為更多有需要的長者及有經濟困難的人士提供價錢相宜而優質的醫療服務。

慈恩醫療推出至今不斷因應社會的需要而增設相關的醫療服務，現時服務包括：中醫服務、牙醫服務、長者視光檢查服務、白內障摘除手術等。值得一提的是慈恩醫療於2008年推出「免費白內障摘除手術」計劃，幫助長者恢復視力。現時長者平均需要輪候三年以上才可於政府醫院接受白內障摘除手術，為讓有需要長者不會因為延誤治療而導致青光眼或失明，這項服務可帶給他們及時的幫助。

靈實深信眼睛是靈魂之窗，失去光明會令人恐懼，活在黑暗會令人失落，我們不忍見到長者的晚年活在黑暗之中。一位曾接受「免費白內障摘除手術」的朱伯伯分享稱：「感謝靈實的幫助，讓我可以半年內完成手術。我完全感受到你們對長者的愛心，現在我可以看得清楚，好開心。」

回想五十多年前，司教士以身作則，用行動表達她對人的愛和熱誠。司教士以愛感動當天的病友，也激勵今天的靈實。靈實同工本著基督的愛去服事人，並以全人關懷的信念不斷開拓各種各樣的服務。



An Extension of the Serving Heart of Sister Annie – Haven of Hope Charity Medical Service (HOHCMS)

In the past, Sister Annie traveled alone to Hong Kong to start the medical and evangelistic work with Jesus' love and pity. Gravely concerned about the needs of the sick, she set up a medical centre on a barren upland in Tiu Keng Leng. She was dedicated to serving the poor patients by the provision of emergent medical help. HOHCS follows the spirit of love and care of Sister Annie, extending the HOHCMS in 2007. This offers economical and quality medical services to more elders and those in financial difficulties.

HOHCMS, addressing the ever-changing needs of the community, expands relevant medical services. The current services encompass Chinese Medicine Service, Dental Service, Optometry for the Elderly, Cataract Removal Service, etc. The project, "Free Cataract Surgery Programme" conducted since 2008 helps the elderly restore their vision. Currently, the elderly need to wait for 3 years or more on average for such a service in public hospitals. Our service can provide the needy elders with immediate assistance, in order not to delay the diagnosis and even avoid the occurrence of glaucoma or blindness.

HOHCS deeply believes in a Chinese saying, "The eyes are the windows of a mind". Losing vision will make people

fear while residing in darkness makes ones feel lost. We cannot bear seeing the elders live in a tunnel without any ray of light. Mr. Chu, a patient who received the "Free Cataract Surgery Programme" said in his sharing, "Thanks to the help of Haven of Hope Christian Service, I have had the operation in just half a year. I fully feel that your love to us elders. Now, I am able to see clearly. So happy."

Recalling the time of 50 years before, Sister Annie set herself as an example by putting words into action to showcase her love and passion towards others. She impressed the patients at that time by her deepest love. Her strong passion did motivate everyone of HOHCS today. Our staff serve people with Jesus' love and expand our services with the belief of the holistic care.



薪火相傳 延續愛與關懷
Disseminating a Century's
Love and Care

主辦機構 Organiser :



義賣禮品/ Charity Gift Item :
每款港幣 HK\$50 (per pack)



一套四款精美咖啡杯，內附芝麻梳打餅、《天使心》月刊訂閱優惠及芥菜種免費會籍優惠

A Collection of 4 exquisite coffee cups with sesames biscuits, Angel's Heart Monthly Magazine Subscription Offer and Kelvin Collections Free Membership

VanGO便利店義賣詳情 Charity Sale at VanGo Convenience Store

義賣日期/ Charity Sale Period : 24/10/2011 - 20/11/2011

義賣地點/ Location Details : 港、九、新界約50間分店 (詳情請於10月瀏覽耆樂餅網站)
Approx. 50 stores in the territories (Please visit the "Qile" cake website in October)

訂餅/捐餅 Cake Order/ Cake Donation

截止日期 Deadline : 20/12/2011

查詢/索取訂購表格 For Enquires/ Cake Order Form : 2703 3223

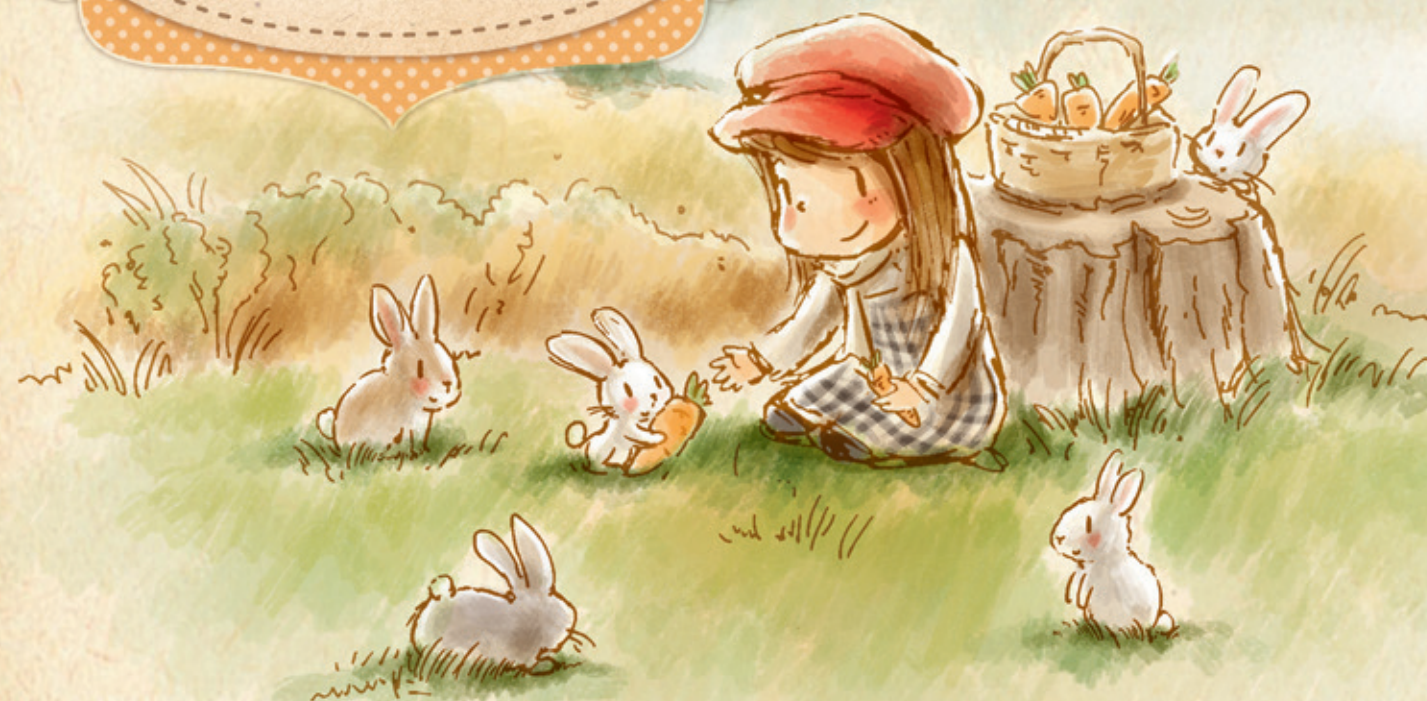
網上訂購 Online Cake Order : www.hohcs.org.hk/Qilecake



耆樂大使
"Qile" Ambassador

高皓正先生
Mr Zac Kao

分享愛 Love Sharing



公開義賣日 Open Sale

籌款目的/ Fundraising Objective :

為社區上的長期病患長者提供適切的家居護理及照顧服務

To help the chronic illness elderly in the community to receive proper Home Care Service

籌款目標/ Fundraising Target : 港幣400萬元 HK\$4 million

義賣日期/ Date : 3/12/2011 - 4/12/2011 (Sat & Sun)

時間/ Time : 1:00- 5:00 pm

地點/ Venue : 詳情請於11月致電2703 3371或瀏覽

www.hohcs.org.hk/Qilecake

Please call 2703 3371 in November or visit

www.hohcs.org.hk/Qilecake for details

耆樂夥伴 "Qile" Partner :



指定插畫師 Illustrator :



義賣夥伴 Retailing Partner :



媒體夥伴 Media Partner

(排名不分先後 In no particular order) :



耆樂愛心企業 "Qile" Companies

(排名不分先後 In no particular order) :



耆樂餅捐款／捐餅／訂餅表格

請以正楷填寫下列表格，並在適當的方格加上「✓」號。

*請刪除不適用者

個人資料

姓名：_____先生／太太／小姐

聯絡電話：_____

地址：_____

電郵：_____

捐款

CKS_NEW_1109_D

☐ 本人／本機構樂意支持靈實長者服務，並願意捐助港幣

☐ \$2,000 ☐ \$1,000 ☐ \$500 ☐ 其他 _____

捐款收據抬頭名稱：_____

捐餅

CKS_NEW_1109_DK

☐ 本人／本機構樂意捐贈_____盒耆樂餅予長者，合共港幣\$_____（每款愛心價\$50）

捐款收據抬頭名稱：_____

☐ 請代本人／本機構將耆樂餅捐贈給獨居或住在院舍的長者

☐ 請代本人／本機構將耆樂餅捐贈給（捐贈50盒或以上）：

機構名稱：_____

地址：_____

☐ 本人會自行安排將耆樂餅捐贈給其他長者中心／院舍
註：若你選擇自行將耆樂餅捐贈給其他長者中心／院舍，本會將於你呈交中心／院舍發出的收貨證明文件後才發出減稅收據。

訂餅

CKS_NEW_1109_KO

☐ 本人／本機構現訂購_____盒耆樂餅，合共港幣\$_____（每款愛心價\$50），請於_____月_____日的辦公時間內送貨（訂購50盒或以上）。

送貨或郵寄餅券地址（如跟上述地址不同）：

收貨人名稱：_____先生／太太／小姐

聯絡電話：_____

訂購收據*：☐ 要 ☐ 不要

*註：訂購收據並不能作減稅之用。

捐款/付款方法：

☐ 劃線支票：〔祈付「基督教靈實協會」〕

☐ 直接存入戶口：匯豐銀行戶口018-8-113856

☐ 繳費靈：輸入商戶編號「9453」後，選擇「01」

☐ 信用咭（請將填妥之表格直接傳真至2702 8173）

☐ VISA ☐ MasterCard ☐ Diners Club International ☐ American Express

持咭人姓名：_____

信用咭號碼：_____

有效日期：_____

持咭人簽署：_____

本人未能支持是次活動，但願意／不願意*收到

☐ 靈實電子通訊 ☐ 靈實刊物《靈·感》

（請填妥「個人資料」並直接傳真至2702 8173或寄回本會）

備註：

1. 請將支票或銀行入數收據及填妥之表格一併寄回本會。地址：香港新界將軍澳靈實路七號基督教靈實協會傳訊及籌募部收。
2. 捐款／捐餅港幣\$100或以上，將獲發減稅收據。
3. 根據《個人資料（私隱）條例》，閣下可隨時選擇不收取本會以後之任何宣傳郵件，如欲辦理有關手續，請致函上述地址。

“Qile” Cakes Cash Donation/ Cake Donation/ Cake Order Form

(Fill in Chinese/ English version only)

Please fill in the form in block letters and mark a “✓” in the appropriate boxes.

* Please delete whenever applicable

Personal Information

Name: _____ Mr/Mrs/Miss

Contact No.: _____

Address: _____

Email: _____

Donation _____ CKS_NEW_1109_D

☐ I/ My organisation would like to support the elderly care service of Haven of Hope Christian Service, and donate (in HKD)

☐ \$2,000 ☐ \$1,000 ☐ \$500 ☐ Others _____

Name of recipient on the donation receipt: _____

Cake Donation _____ CKS_NEW_1109_DK

☐ I/ My organisation would like to donate _____ box(es) of “Qile” cakes to the elderly. The total amount is HK\$_____ (\$50/ box) .

Name of recipient on the donation receipt: _____

☐ Please donate the cakes to the singleton elderly or elderly at elderly homes on my/ my organisation behalf.

☐ Please donate the cakes to (for cake donation of 50 boxes or above):

Name of Organisation : _____

Address : _____

☐ I will donate the cakes to the elderly centres / homes by myself.

Remarks: If you would like to donate the cakes to the elderly centres/ homes by yourself, tax deductible donation receipt will be issued after the submission of the cakes delivery note from the designated elderly centres/ homes.

Cake Order _____ CKS_NEW_1109_KO

☐ I/ My organisation would like to order _____ box(es) of “Qile” cakes. The total amount is HK\$_____ (\$50/box) . Please deliver the cakes to the following address during the office hours on _____ (Date). Cakes / cake coupons delivery address (if different from the above address) :

Name of Recipient : _____ Mr/ Mrs/ Miss

Contact No. : _____

Require Cake Order Receipt* : ☐ Yes ☐ No

*Remarks : Cake order receipt cannot be used for tax deduction.

Donation/ Payment Method:

☐ Crossed cheque: (Payable to “Haven of Hope Christian Service”)

☐ Direct Debit Cash to Bank : HSBC 018-8-113856

☐ Payment by Phone Service (PPS) : Insert the merchant code “9453” and choose “01”

☐ Credit Card (Please fill in the form and fax to us at 2702 8173)

☐ VISA ☐ MasterCard ☐ Diners Club International ☐ American Express

Cardholder Name: _____

Card Account No.: _____

Card Expiry Date: _____

Authorised Signature: _____

I/ My organisation could not support this event, but would/ would not* like to receive

☐ eNewsletter ☐ Newsletter

(Please fill in the personal information and send to the Haven of Hope by fax at 2702 8173 or by mail.)

Remarks:

1. Please send cheques or deposit slips together with this form to “Communications and Resource Development Department, Haven of Hope Christian Service, 7 Haven of Hope Road, Tseung Kwan O, New Territories, Hong Kong” .
2. Tax deductible receipt will be given to donation/ cake donation of HK\$100 or above.
3. According to the “Personal Data (Privacy) Ordinance” , donors who do not want to receive any promotional materials, please write to the above address.

You can Change the World 您的支持帶來改變



中原慈善基金
CENTALINE CHARITY FUND



洞悉社會需要 延續愛心行動

中原慈善基金（下簡稱「中原」）一向樂於行善，為幫助香港更多有需要的人士，中原已捐出合共港幣49萬元，分別幫助以下三類人士：

患白內障的長者

現時長者平均需要輪候三年以上才可於政府醫院接受白內障手術，有些長者因為延誤治療而導致青光眼或失明。為使有需要的長者接受及時的治療，中原捐出港幣30萬元為他們提供「免費白內障摘除手術」。

智障人士

智障人士比普通人較早踏入老年期，然而社會一直對這些人士缺乏照顧。為有效幫助智障人士的身體機能、認知及

感官能力延遲退化，靈實的服務中心有需要改善相關的復康設施。

發展遲緩的兒童

對一些發展遲緩的兒童，接受早期的訓練教育與治療，改善的機會愈大。由於治療的費用昂貴及六歲以下的兒童才獲得政府的資助，部份經濟有困難的家長在缺乏資助下都會在小孩六歲後停止治療，令他們的情況惡化。

為幫助這些智障人士及六歲後的發展遲緩兒童，中原特別捐贈港幣19萬元，資助靈實三間日間活動中心暨宿舍、靈實坑口護理院及靈實將軍澳及西貢地區支援中心添置復康設施，預計有187名院友及600名人次受惠。

Sensitive to the Community Needs Go on to take the love actions

The Centaline Charity Fund (later referred as “Centaline”) has always been philanthropic, benevolently donating a total of HK\$490,000 to help the needy of Hong Kong, including the following three groups:

Elders with cataract

Currently, elders need to queue up for three years or more in public hospitals to receive the cataract surgery. Some of them have developed glaucoma or even lost their vision because of delayed treatment. In order to provide the elders with timely treatment, Centaline has donated HK\$300,000 to this group of recipients to undergo the “Free Cataract Surgery Program”.

People with mental retardation

The mentally retarded enter the aging phase earlier than normal people. However, there is not sufficient community care offered to them. To postpone the degeneration of their physical, cognitive and sensory functions, the service centres of HOHCS has to upgrade their relevant rehabilitation facilities.

Children with developmental delay

For those children who suffer from developmental delay, they will stand a greater chance of improvement if they are able to receive early training, education and therapy. Due to the high cost of therapy and the fact that only those under the age of 6 are eligible for government subsidies, some parents with financial difficulties will have no choice but to cease the therapy when their children reach 6, exaggerating the conditions of them.

To help those mentally retarded and children aged over 6 with developmental delay, Centaline has made a generous donation of HK\$190,000, subsidizing three Haven of Hope Day Activity Centres cum Hostels, Haven of Hope Hang Hau Care and Attention Home for Severely Disabled and Haven of Hope Tseung Kwan O and Sai Kung District Support Centre to install additional rehabilitation facilities. It is estimated that 187 hostel residents and 600 man-times can be benefited from this charitable donation.

同一天空下的你我他

邢羽雄

攝影在很多人眼中是一種十分普及和簡單的玩意，但對智障人士來說，攝影一點也不簡單。為了發展他們的潛能、締造更多學習機會和引起社區人士的關注，靈實秀茂坪日間活動中心暨宿舍與西九龍獅子會於去年十月起合辦「愛同行・關愛計劃」，智障人士可以透過相片把他們眼中的世界簡單直接地表達出來，此項計劃會讓智障人士參與不同的外拍活動、義工探訪和相片展覽。

此計劃已於今年六月結束，我們將把智障人士部份的攝影作品輯錄成一本影冊，以展示他們生活上的「喜、怒、哀、樂」。為實現智障人士的夢想，影冊會用作慈善義賣，籌得款項將作為協助智障人士藝術發展的用途，使他們能擁抱生命、與愛同行！

何水福之作品：
我愛樹葉落在地上的感覺！
Work of Ho Sui Fook:
I enjoy having the feeling of
leaves falling down on the
ground!



陸秋琼之作品：
哈哈！我都愛拍其他朋友
靜態的一面！
Work of Luk Chau King,
Anny:
Ha, ha! I also love taking
snapshots of others in
silence!



We're no strangers in the same sky Ying

Photography is a very common and simple activity in the eyes of many. However, it becomes not as simple as you think for the mentally retarded (MR). To develop their potentials, create more opportunities and arouse the public concerns, Haven of Hope Sau Mau Ping Day Activity Centre cum Hostel and the West Kowloon Lions Club co-organized an event, "Love to walk together - Love and Care Project" from last October onwards. The MR can simply express their ideas of the world through photos. This project allows them to participate in outdoor activities, volunteer visits and photo exhibitions.

This project came to an end in June this year. We are going to collect and compile some of the photos into an album, displaying their "joy, anger, sorrow and happiness" of the life. With a view to realizing the dreams of the MR, this album will be put on the charity sale. The money raised will be used for the arts development of the MR, promoting them to embrace the life and walk with love.



▲
我哋合力扎紮好個「水炮架」，等陣一齊大作戰！
We're making the "Water-canon Stand", getting ready for the match!



▲
溫敏儀之作品：
我愛這「綠色」！
Work of Wun Man Yi:
I love this "green".



▲
黃子樂之作品：
我愛與別人溝通、我愛拍攝笑容！因為我喜歡笑！
Work of Wong Tsz Lok:
I love talking to others, taking photos of smiling faces because I am fond of laughter!

不被痛楚操控 積極自我重整 與慢性疼痛共處 由《生活中的調適步伐》做起

由創傷和疾病帶來的痛楚，最終有可能演變成沒有表面特徵的「慢性疼痛」。當患上痛症時，患者可能會由疼痛感覺去主導思想行為，影響日常社交活動。

有見及此，靈實醫院最近編製了一本小冊子：《生活中的調適步伐—慢性疼痛復康錦囊》。書中介绍一個普遍應用於患有慢性疼痛病人身上的復康概念：「調適步伐」及如何把「調適步伐」融入在日常生活當中。

小冊子會以「心」、「衣」、「食」、「住」、「行」五方面提供實用技巧及應用錦囊。

「心」指導病患者如何從內心改變「疼痛」的觀念，以建立正面的態度；

「衣」介紹穿衣之道及技巧；

「食」介紹如何善用烹調時間進行「調適步伐」；

「住」介紹居住環境的設計及日常生活的安排；

「行」介紹運動計劃、正確姿勢及出外注意事項。

我們期望復康人士可藉著「調適步伐」的技巧和概念應用在日常生活各細節上，讓他們能與慢性疼痛共處，逐漸增加自信及提升生活質素。

Not manipulated by pain Ready to self-regulate Live with chronic pain Let's kick off from "Pacing in daily life"

Pain caused by traumas and diseases can eventually turn to be "chronic pain" without any exterior features. Patients contracting pain will probably be led by the feeling of pain in their thinking and behavior, striking an impact on their daily social activities.

In view of this, Haven of Hope Hospital (HHH) has recently published a booklet, "Chronic Pain Rehabilitation Kit - Pacing in daily life". A concept which is commonly applicable to the rehabilitation for patients with chronic pain, is introduced in this booklet - "Pacing" and how to integrate the "Pacing" into daily lives.

There are 5 sections in the booklet, including basic necessities of life into which practical skills and application packs are incorporated.

"Psychology" refers to the way on how patients rectify the concept of "pain" in the mind towards a positive attitude;

"Dress-up" introduces the principles and skills of dressing;

"Dining" introduces the way on how to optimally use the time to proceed with "Adjustment Steps";

"Living" introduces the design of the living environments and the arrangements of the daily life;

"Posture" introduces the sports project, proper gestures and items to note in outing.

We expect that people undergoing the process of rehabilitation can incorporate the skills and concepts of "Adjustment Steps" into every detail of the daily life, making them suffer less with chronic pain, gradually raise the level of confidence and enhance the quality of life.

小冊子現已上載於醫院管理局智友站及基督教靈實協會網站，有興趣者可於以下網址下載：

The booklet has been uploaded to the websites of the "Smart Patient" of the Hospital Authority and Haven of Hope Christian Service. Those interested can browse the following websites for more information:

基督教靈實協會 (靈實刊物—醫療篇) Haven of Hope Christian Service Publications - Medical :

http://www.hohcs.org.hk/book_other.php?cid=4

醫院管理局智友站 Smart Patient of Hospital Authority :

http://www21.ha.org.hk/files/PDF/self_tools_printed_matter/HHH-PainBooklet.pdf



靈實e通訊



出版

靈實e通訊終於出版了！

靈實與時並進，不斷為靈實的支持者提供更快更新的資訊，期望您能更了解及緊貼我們的動向與發展。作為至in的您，請立即訂閱。

訂閱後，我們將每月以電郵方式把靈實的最新消息、最緊貼社會的資訊、有關身心靈健康的知識及照顧長者的貼士等傳送給大家。此外，我們亦歡迎您把靈實e通訊介紹給身邊的親朋好友，讓e通訊成為大家的資訊平台。

e通訊更誠邀您加入我們的顧問團，您的意見正是推動我們不斷進步的重要元素，為提供更全面、更貼身的資訊內容，我們鼓勵您向我們表達寶貴的意見。

若您想收到靈實e通訊或對其有任何意見，您可以透過以下方法與我們聯絡：

電話：2703-3284 鄧先生 / Mr Kenson Tang
電郵：info@hohcs.org.hk
傳真：: 2702-8173
網頁：http://www.hohcs.org.hk/subscribe.php

Haven of Hope Christian Service eNews *is out now!*

Haven of Hope Christian Service (HOHCS) eNews is finally out in the cyber space!

Keeping abreast of the world, HOHCS has been providing our supporters with up-to-minute information, hoping to let you keep in touch with our latest news and development. Please act now and subscribe our eNews!

Upon subscription, we will send you the latest information about HOHCS and updated news about the community, the newest knowledge about the physical and mental health, as well as useful tips in taking caring of the elderly. You are also welcome to forward the eNews to your friends, making it an information platform for you all.

Besides, we would like to invite you to join our Advisory Team. Your opinions are precisely what motivate us strive for improvement, providing you with comprehensive and up-to-second content. We strongly encourage you to send us your valuable views.

If you would like to receive our eNews or share your opinions with us, please contact us by one of the following ways:

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與司務道教士並肩荒原上

「咚！咚！咚！每當火警鐘聲響起，我們女同工便會拿著水桶排隊救火；男同工則拿著地拖撲火。」她不是消防員，而是在靈實工作了三十四年，與司務道教士並肩服事十二載的退休護士長黃茵若姑娘。

「多年前，調景嶺是一個交通不便，十分荒蕪的地方，根本沒有人願意前來照顧肺病人，所以每當有山火，同工都要先自行撲熄。」黃姑娘稱。原本在山頂醫院工作的黃姑娘，在教會的一次聚會中認識到靈實的事工，她看見肺病人的需要，更深深被司教士服侍的心感動，於是她決定辭職，跟隨司教士一同服侍在調景嶺的肺病人。

在司教士身上，黃姑娘看到神怎樣使



司教士悉心栽培後輩，在她身旁的是靈實第二任護士長黃茵若姑娘。
Sister Annie wholeheartedly coaching the next generation (Miss Mary Wong-the second Matron of the Hospital was by her side)

用祂忠心的使女。她形容司教士為她的上司、屬靈的母親、真摯的朋友。

「司教士沒有什麼不願意拿出來與病人分享，她就像眾人的「媽媽」，在處理醫院事務、看顧護理病人和教導學生等各方面，每每都盡力做到最好」。司教士的動力就像催化劑一樣，不斷激勵身邊的人也願意把最好的獻給病人。儘管處於生活水平惡劣，醫療物質緊拙的情況，但他們仍能以有限的護理知識、醫療技術和藥物，讓病人得到身心靈的醫治，使他們在愛與關懷下平安地離世！

雖然司教士已魂歸天國十九年，但她無私奉獻的精神仍長存在我們心中，盼望我們可以秉承司教士偉大的愛，用心關懷服侍每一位服務使用者。

Working side by side with Sister Annie on Barren Upland

“Dong! Dong! Dong! Once the fire alarm is sounded, we female staff will bring buckets of water to put out the fire while the male staff will carry the mobs for it.” “She” is not a fire-fighter, but has worked at Haven of Hope Christian Service for 34 years, serving shoulder to shoulder with Sister Annie for 12 years – Ms. Mary Wong, a retired matron.

“Many years ago, Tiu Keng Leng was a remote, barren land. There was nobody willing to get there to take care of patients with lung diseases. So in case of fire, staff needed to put out the fire themselves in the first place”, said Ms. Wong. Working at the Peak Hospital before, Ms. Wong came across the services of the Haven of Hope in a church gathering. She noticed the needs of the lung patients and above all, she was even moved by Sister Annie. Ms. Wong was then determined to resign, following the footsteps of Sister Annie to take care of the lung patients of Tiu Keng Leng.

Ms. Wong realizes how God made use of his loyal servant from Sister Annie. She fascinatingly describes Sister Annie as her senior, spiritual mother and intimate friend.

“Sister Annie was most willing to share everything with her patients. She looks like a “Mother” of all. In coping with

hospital matters, taking care of patients, teaching students, etc., she worked to her very best.” Sister Annie had the power with catalytic effects, motivating others to contribute to the patients with their utmost. Those patients were living under poor conditions and inadequate medical provisions. On the other hand, Sister Annie rendered her limited but best nursing knowledge, medical skills and drugs to the patients, also curing their soul and spirit. She let them rest in peace with love and care!

Even though Sister Annie has passed away for 19 years, her spirit of selfless devotion is still lingering in our hearts. We hope that we can sustain her greatest love, serving every service user with love and care.

黃茵若姑娘出席司務道教士一百歲誕辰紀念活動。
Miss Mary Wong attended activity of Sister Annie Centennial Anniversary.



服務使用者麗卿與其復康統籌員房長嘉儀於家舍活動中拍下愉快的一刻。



終於等到乘風航的大日子，你睇我幾大膽……



睇下我哋踢波幾叻！

靈實長者地區服務中心會員甚有喜劇細胞，於「齊來慶端陽」活動中表演話劇，令在場觀看的老友記捧腹大笑。



在母親節前夕，參與「伴你飛翔」青少年生命護航計劃的學生到靈實護養院探訪院友，並與她們一起製作愛心手鍊。



靈實白普理景林社區健康發展中心籌辦的「續Fun扭波訓練」已完滿結束，參加者均願意將來義務參與社區活動，把所學的回饋社區，為小朋友帶來歡樂。



鳳艇到終點了！



我成功挑戰自己啦，準備出海……



看！我在母親節活動中與義工一同製作的彩珠小魚。

夏季養生

夏天氣候炎熱，平時體質虛弱的人很容易會因勞倦過度而耗傷津氣，導致抵抗能力下降，暑熱邪乘虛而入，輕則令人昏昏欲睡、口乾、胃口不佳；重則使人出現發燒、身重、心煩氣燥等症狀。尤其夏天潮熱多濕，梅雨的濕氣若與暑日之熱邪結合而入侵人體，就會形成暑濕、暑熱之症，所以夏季食物應以清淡消暑為主，除了今天介紹的消暑湯水外，平常也要多吃蔬菜水果、多喝水，並要少食辛辣肥膩的食物。

夏季養生小貼士：

一、避暑清心

避暑對策：居室要陰涼通風；中午要及時遮陽；多採用人工降溫措施。除了避暑，還要清心，所以大家要在夏天時常保持清靜愉快的心境，切忌發怒，使人體氣機通暢，順應自然。

二、清熱祛濕

炎暑和濕氣最容易損傷心、脾二臟，易生中暑、疰夏等病症，應在夏天補充足夠水分，故此宜選擇清涼解熱、化濕祛暑的飲品，如綠豆湯、酸梅湯、鮮藿香或佩蘭泡茶等，還可多吃西瓜、冬瓜、黃瓜和苦瓜等。

三、調養脾胃

無論在任何一個季節都要重視脾的保養。如何調養脾胃？下面有幾個方面值得留意：飲食有節，按時定量，不暴飲暴食，不忍饑挨餓；調適寒溫，夏季夜晚不能貪涼，不要睡在露天，入睡後不要扇風，要準備好毛巾被、毯子蓋好腹部，防止著涼。

以上資料由靈實中大中醫教研中心郭志華中醫師提供

Health Preservation in Summer

In exceedingly hot summer, people weak in physical conditions are normally prone to the deterioration of "Jin Qi" due to over-exhaustion, resulting in the fall of resistance against disease. The devils of the summer heat will take advantage of this to attack people, leading them to easily fall asleep, feel dry in the mouth, have poor appetites for the slightest; causing them to have fever, carry heavier weights, feel agitated and moody, etc. for the most severe. In particular, in hot summer with great moisture, the humidity of the rain combines with the evils and hotness of summer, thus attacking the human body. This will eventually lead to diseases related to summer moist or summer heat. Therefore, the best summer dishes should be something light and cool. Besides the cooling soup introduced today, we should eat more fruits and vegetables, as well as drink more water instead of having spicy and oily food.

Tips on Health Preservation in Summer:

1. Escaping from summer heat and keeping a clear mind

Strategies of escaping from summer heat: Living rooms should be cool and ventilated; in the afternoon, it should be duly shaded; artificial cooling measures should be widely used. Apart from escaping from summer heat, we need to keep a clear mind. So we always need to keep calm and stay happy in summer. Don't get angry and let your human body relax. Let nature take its course.

2. Clearing hotness and removing wetness

Heat in summer and intense moisture can easily deteriorate the functionality of the heart and the spleen, giving rise to heat stroke, summer fever, etc. So it is advised to drink adequate water in summer. Drinks with cooling and heat-and-moisture-removing effect, including green bean soup, sour plum soup, fresh rugosa, perrin tea, etc, are strongly recommended. Foods like watermelon, winter melon, yellow melon, bitter melon, etc. are also highly advisable.

3. Upkeep of Spleen and Stomach

The upkeep of the spleen should always be stressed in every season. How can we nurse our spleen and stomach? The following is a list of ways to note: keep a good control of dining, take in regularly and in a designated amount, avoid over-eating, over-drinking, and over-hunger; adjust the room temperature, avoid staying in a too cool environment, sleeping outdoors, and in front of a fan, sleep with the towel to cover the belly well, and avoid from getting cold.

Dr. Kwok Chi-wah
Haven of Hope Christian Service - The Chinese University of Hong Kong
Chinese Medicine Centre for Training and Research

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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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