

靈 感



無私・奉獻

義工情

Selfless • Devoted
The Passion of Volunteers

* 為小樂樂祈禱!!

周六 5:00 pm
為耆婆婆送飯

下周日 3:00 pm
探訪院友 @ 靈實



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：

基督教靈實協會（下簡稱靈實）自創立以來，一直見證上帝的恩典及帶領。司務道教士在開拓調景嶺這片荒原之初，物資困乏，卻能彰顯主恩——在最危急的關頭，上帝每每回應我們的禱告，給予靈實滿有驚喜的恩典。靈實的服務不斷發展，時至今日，我們已有超過一千八百名同工，可惜仍未足夠應付繁重的工作。

上帝的恩典一直夠靈實所用。祂明白到香港需要服事的人群愈來愈多，而靈實的資源、人手並不足夠。上帝就在那時開始，感動一班不問回報、盡心付出、與靈實有共同異象的人紛紛來到這個大家庭，加入義工的行列。

義工們不顧路遙曲折，也不計較自身的艱難，來到靈實這個大家庭，向有需要的人付出自己的時間、愛心與勞力。他們無私服務的心，實在值得敬佩。在此，我要向長久以來一直默默付出的義工們致以由衷的感謝，沒有你們的參與，靈實的服務使用者所能享用的服務將會大為失色。

今期的靈感，讀者可以認識到一班默默為靈實工作的義工們，透過義工服務，他們不單可以幫助別人，同時也帶給自己生命的轉變，在服務當中建立生命。靈實的使命，就是要服事者與被服事者彼此建立更豐盛的生命。在義工們的身上，可以見證靈實的使命，我實感到欣喜及鼓舞。

盼望在前面的路上，義工們仍會繼續與靈實同行，一起將愛與關懷帶給更多的人，並且在靈實這個家中共同成长，見證主的恩典。

Dear Supporters,

Ever since the establishment of Haven of Hope Christian Service (the Haven of Hope), we have been a testimony of God's grace and guidance. When Sister Annie Skau Berntsen pioneered our services on the barren land of Tiu King Ling with a shortage of resources, we witnessed God's great love when He never ceased to respond to our prayers during our most difficult times and bestow on us amazing grace. The expansion of the services of the Haven of Hope never ceases. Today, with over 1,800 colleagues, we still experience inadequacies while tackling our onerous duties.

God's grace has always been bountiful at the Haven of Hope. He understands the growing number of people in need of our services in Hong Kong and the limited resources and manpower at the Haven of Hope. That is when He started to inspire a group of altruistic and dedicated volunteers who share our vision to join our big family.

Despite the long and winding road, and disregarding personal hardships, volunteers come to us to serve the needy, sacrificing their time and offering love and labour. We applaud their selflessness and I must take this opportunity to express our heartfelt gratitude to them for their continuous contribution to the Haven of Hope. Without them, our service would have lost much luster.

In this issue of our Newsletter, readers will meet our reticent and dedicated volunteers. Through their voluntary work, they have not only brought irreplaceable help to those in need but also constructive changes to their own lives. Our mission at the Haven of Hope is to build up more bountiful lives for both the serving and the served. Our volunteers are personified testimony of our mission; and for this, I truly feel heartened.

On the road ahead of us, I sincerely hope for our volunteers to continue to walk with us and disseminate love and care to more people. With God's blessings, we aspire to grow and prosper in the big family of the Haven of Hope to testify God's grace.

行政總裁
Chief Executive Officer

林正財醫生
Dr Lam Ching-choi

靈·感

第七十八期 二〇一二年一月

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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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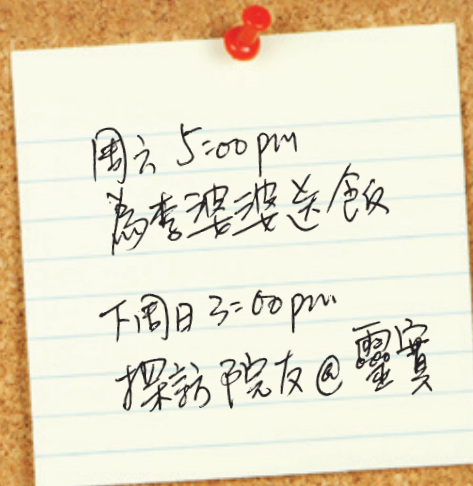
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無私·奉獻 義工情

「多謝您們無私的付出，讓靈實的服務得以發展。」靈實的同工衷心地向一班義工稱謝。義工齊聲回應說：「我也多謝您們，給我們服務別人的機會。」原來，義工早已融入靈實的大家庭，並稱自己為「靈實人」，與我們一起並肩幫助社會弱勢社群，包括孤苦無依的長者、智障人士、傷健人士、長期病患者等等。靈實的義工，不問回報，無私付出，是靈實的寶貴資產。

無私付出 愛心傳餸

社區健康中心街坊義工 | 崔景彬

食品價格飆升，令基層市民本自微薄的收入更形捉襟見肘。窮困人士要獲得兩餐溫飽所要面對的沉重負擔，崔景彬十分體會得到。憑著一顆愛長者、愛鄰舍的心，崔景彬與一班街坊義工參與靈實於十月初推出的「愛心傳餸」慈善計劃，為低收入長者送上免費的新鮮食材。

逢星期二、四、六幫忙送食材，逢星期一、三、五亦幫忙派麵包，崔景彬每天都默默地為香港貧苦的一群付出。熱心助人的他，每天盡心地向長者派發食材；遇到長者有額外的需要(如陪診)，他亦會毫不猶豫地多走一步，務求長者們得到適切的幫助，感受到被關懷的溫暖。



一眾義工在分發新鮮食材予有需要的長者。
The volunteers distribute the raw food to the elderly in need.

同行者義工
 星期 = 晚 8 pm
 星期六中午



Selfless • Devoted *The Passion of Volunteers*

"Thank you for your selfless dedication that facilitates the development of the Haven of Hope." The staff of the Haven of Hope expressed their sincere gratitude to the volunteers. And, the volunteers responded, "thank you for giving us the opportunity to serve." As it turns out, the volunteers have integrated into the big family of the Haven of Hope and come to regard themselves as the HOH people. They work alongside with us to help minority groups in the community such as the lonely elderly, the mentally handicapped, the physically handicapped and people with chronic illnesses, etc. With their devoted and selfless spirit, these volunteers are undoubtedly precious assets of the Haven of Hope.

Selfless Dedication – Distributing "Food Pack with Love"

Chui King-bun, Volunteer of Community Health Centre

The soaring food prices in Hong Kong are making it harder and harder for the grassroots to make ends meet. King-bun truly empathises with the poor whose financial burden is immensely heavy. With love towards the elderly and his neighbours, King-bun, together with a group of neighbourhood volunteers, participates in the 'Food Pack with Love' Charity Scheme launched by the Haven of Hope in October 2011 to deliver raw food to low-income elders for free.

King-bun is devoted to helping the poor in Hong Kong in a low-profile manner. Helping with both the "Food

Pack with Love" Charity Scheme and the Bread Delivery Project, King-bun is involved in his neighbourhood volunteer work six days a week. Apart from delivering food every day, King-bun also goes out of his way to meet the other needs of the elderly, such as escorting elders for medical consultation. It is his wish that his work will bring the elderly persons in his neighbourhood the appropriate help they need and the loving care that they lack.

In his low-profile volunteer works, King-bun finds contentment when he sees the meaningfulness behind his works. On the day of the interview, he delivered the food

在默默無聞的義工路上，最令崔景彬滿足的，是他實實在在地看到其工作的意義。訪問當天，他需要把飯餸親自派往給一位年過九十歲的獨居李婆婆，由於經濟拮据及不良於行，李婆婆並不能常常享受豐富的餸菜，人變得愈來愈消瘦。

靈實的免費餸菜服務令她可以親自烹調更多有益健康的食物，見到李婆婆精神飽滿的樣子，義工們均十分欣慰。崔景彬無私的付出，帶給很多獨居長者無可取替的關懷。在勞碌大半生後老有所依，安居家中，飽食兩餐而不用入住老人院舍，這是很多長者所渴望得到的晚景。若缺乏了這班不問回報、熱心付出的義工，靈實將無法透過「愛心傳餸」的慈善服務，為一群貧窮長者圓這個晚年的夢。



義工崔景彬將新鮮食材送到行動不便的李婆婆家中。
Volunteer Chui King-bun delivers a food pack to Ms Lee's home.

生命豐盛生命

靈實醫院義工 | 秀霞

秀霞自1997年參與靈實醫院的義工服務，至今已有十五年之久。「靈實醫院的義工服務十分有意義，令我不願意離開這個崗位。」秀霞不捨的不止是一班生活有困難，需要別人幫助的院友，她更不捨的是這個能豐富秀霞生命的義工服務。

從過往義工的經歷，秀霞學懂不少人生的智慧，她認識一位八十歲的老婆婆，晚年仍積極地學習英文，婆婆對她說：「英文雖然難學，可能一天並不能學到。若我能一星期學到一個生字；那麼，一年便可以學到數十個生字了。」從婆婆身上，她見到一顆不斷奮鬥的堅毅心，影響秀霞的生命，使她在閒時也報讀不同的課程，為自己增值。從義工服務裡，別人的生命就成為豐盛秀霞生命的泉源。

「人家遇到這麼多困難都可以捱過，何況是自己，我已學懂超然，放下，不計較！」現在的秀霞希望能帶領更多新義工參與服務，為有需要的人士服務，也可令自己的生命活得更加精彩。「當上義工後，我與家姑的感情變得

更好，丈夫也稱讚我比從前更積極、開心、有耐性。」秀霞在說話中流露出幸福的樣子，感到眼前擁有的一切並非必然。



義工的服務令秀霞（右一）的生命轉變。
Volunteer work changes the life of Sau Ha (the first from the right side).



十月初，靈實推出「愛心傳遞」慈善計劃，為低收入家庭長者送上免費的新鮮食材。
The Haven of Hope launched "Food Pack with Love" Charity Scheme in October 2011 to deliver raw food to low-income elders for free.

pack to Ms Lee, a 90-year old elderly woman who lives alone. Owing to her financial difficulties and her inability to walk, Ms Lee could not enjoy proper meals, and became thinner with each passing day.

With the Haven of Hope "Food Pack with Love" Charity Scheme, Ms Lee can prepare healthier meals on her own. The volunteers are pleased to see that Ms Lee is now spirited and contented. The selfless sacrifice of Tsui King-bun has brought irreplaceable care to many elderly who live alone. After decades of hard-earned lives, many elderly wish to have a cozy home, two warm meals and someone to rely upon, instead of checking into an elderly institution. Without this group of passionate volunteers who never ask for anything in return, it would be impossible for the Haven of Hope to fulfill this twilight wish of the deprived elderly.

Living a Fruitful Life

Volunteer at Haven of Hope Hospital - Sau Ha

Since 1997, Sau Ha has been working as a volunteer at Haven of Hope Hospital. Till now, it has been 15 years. "The volunteer work at Haven of Hope Hospital is so meaningful that I never think of leaving this position," said Sau Ha. Sau Ha not only misses those hospital patients who have lived a hard life and are in need of help, but also this meaningful volunteer job which has enriched her life.

From her past volunteer experiences, Sau Ha has learned a lot about life wisdoms. She knew an old lady who, in 80 years of age, still made great efforts to learn English. The old lady told her, "English might be difficult to learn, and maybe I can barely make any progress in a day; but if I could learn one new word a week, dozens of vocabularies could be learnt in a year." Sau Ha is impressed by the old lady's determination and perseverance, which have affected her own life. Fueled

by her newfound passion for lifelong learning and self-improvement, she took several different courses at her own spare time. In her volunteer work, Sau Ha finds inspiration from the people she meets and serves, and her life is enriched from this life disseminating process.

"Having witnessed how others have overcome their many life difficulties, I promise myself that I would not be an exception. I have learnt how to be detached and how to let go. I also try not to fuss about." Now, Sau Ha hopes to lead more new volunteers to join this service, and in the process lives out her own meaningful life.

"After joining voluntary work, my mother-in-law and I get closer. My husband also praises me for becoming more positive, patient and happier." Today, Sau Ha finds herself blissful, as she now knows how to take what she has for granted.

難忘與智障學生共舞

靈實恩光學校義工 | 冼雅珩

冼雅珩於去年曾參與靈實恩光學校30周年的「愛與恩光同行」舞台劇，在參與的過程中，她發現自己懷有身孕。儘管學校多番勸告，生怕她因排練舞蹈而過於勞累，影響腹中的孩子，冼雅珩卻不放棄擔任「愛與恩光同行」舞台劇的義工作，協助智障學生排練舞蹈。她稱：「眼見恩光學校的學生雖在智力發展上有缺陷，然而在他們身上卻有一份難得的純樸氣質，臉上常掛著孩子氣的笑容。而且，他們對排練活動十分積極投入，我在不知不覺間便投入在他們的舞蹈排練當中。」

在她的堅持下，冼雅珩最終安排在舞台上協助一位需要使用輪椅的學生跳舞，讓她參與「愛與恩光同行」舞台劇，而這次的經歷令她載滿了人生當中最富趣味性和最難忘的回憶。



冼雅珩與學生在台上演出。
Sin Nga-hang performs with students on the stage.

由體會而生的共鳴

靈實長者地區服務「伴你同行」老年痴呆症護老者支援服務先導計劃「同行者」義工 | 李栢開

李栢開是家中的長子，在父親嚴重中風入住老人院後，李先生便把年邁的母親接回家中照顧，以盡孝道。不料，父母親相繼患上老年痴呆症，由於他並不了解及認識老年痴呆症的病理與照顧技巧，他與家人曾走過一段不能言喻的照顧歷程。

李先生一直為不懂照顧父母而未能釋懷，然而他並沒有停留在未能諒解的糾結中，反之，今日的李先生不但能明白老年痴呆症患者及其家人的遭遇，他更不斷參加義工服務，把自身的經歷及體會，化成與別人之間的共鳴，去幫助其他有需要的人。

他參與靈實長者地區服務「伴你同行」老年痴呆症護老者支援服務先導計劃，以不斷學習的態度擔任「同行者」義工，並參與治療小組工作及探訪老年痴呆症患者及照顧者。在家訪服務中，他會為患者提供認知能力活動，

並鼓勵照顧者參與其中。他亦會以朋友及同行者的身份，為患者與照顧者帶來關顧，使他們的生活增添色彩，一起共度難關。



李栢開（左一）以自身的體會去安慰及照顧他人。
Lee Pak Hoi (the first from left side) shares his experiences to console and take care of others.

Unforgettable Dancing Experience with Students with Intellectual Disabilities

Volunteer at Haven of Hope Sunnyside School - Eunice Sin

Last year, Eunice Sin participated in the musical “Walk Hand-in-Hand with Love” for the celebration of Haven of Hope Sunnyside School 30th Anniversary. However, during the period of rehearsal, Eunice Sin found that she was pregnant. Out of concern for the health of her pregnancy, the School advised Eunice to withdraw from the exhausting practices. Despite the strong advice from Sunnyside School, Eunice insisted on continuing with her volunteer work in helping the intellectually-challenged students to rehearse for the musical “Walk Hand-in-Hand with Love”. “Although students at Sunnyside School have intellectual disabilities, they are so adorably innocent and always have a lovely smile on their faces. What’s more, the students practiced so enthusiastically that I, too, unknowingly became committed to their dance rehearsal.” Eunice reflected.

At her insistence, Eunice finally was arranged to help a student in wheelchair in the dance performance.

Eunice’s participation in the musical “Walk Hand-in-Hand with Love” is a credit to her unwavering perseverance, and it has given her the most interesting and unforgettable memories.



冼雅珩（前排左二）在舞台劇與表演者分享她的喜悅。

Eunice Sin (the second from the left side in the first row) shares her joy with performers in the musical.

The Resonance of Empathy

Community Services for Elderly – “Stand by Me”, Supporting Services for Caregivers of People with Dementia, Pilot Programme Volunteer - Lee Pak-hoi

Lee Pak-hoi is the eldest son. After Lee’s father had moved to an elderly home because of stroke, Lee asked his aging mother to stay with him and looked after her. However, Lee’s parents both suffered from dementia (Alzheimer’s disease). As Lee did not know much about the pathology and care-taking skills of this disease, he and his family went through an unspeakably difficult time.

For a long time, Lee could not be relieved from the guilty feeling of not knowing how to take care of his parents. However, he did not wallow in the past unpleasant experiences. Instead, Lee gained insight into the experience of dementia patients and their families.

He empathised deeply with them and strived to share his experiences with those in need.

Lee joined Supporting Services for Caregivers of People with Dementia, Pilot Programme by the Haven of Hope Community Services for Elderly as a ‘companion’ volunteer and, with a humble learning heart, helped with the work of therapy groups and paid visits to people with dementia and their carers. During these home visits, he provided cognitive training activities for patients and encouraged carers to participate. He also cared for patients and carers as a friend and a “companion” volunteer to enlighten their lives and overcome hurdles together.



靈實將軍澳及西貢地區支援中心

已於2011年9月5日搬遷至尚德中心，為肢體傷殘及弱智人士提供更加適切的服務。新中心佔地5000呎，設備完善，能提供多項復康設施。服務使用者可以透過中心的服務及設施，提升自立能力，擴闊社交圈子，令他們能融入社區，活出豐盛的人生。

中心的服務對象是6至59歲的肢體傷殘及弱智人士，主要服務內容多樣化，包括全人教室，教授服務使用者個人起居照顧技巧及提供生活技能訓練；托管服務，為有需要的家庭於日間照顧學員；以及上門照顧服務。此外，本中心亦支持個人發展計劃，因應服務使用者的興趣及需要等各項因素而為他們舉辦各類興趣班及社交活動。

中心名稱：靈實將軍澳及西貢地區支援中心

地址：新界將軍澳尚德邨尚仁樓地下B及C翼

查詢電話：2702 6002



服務使用者可以透過中心的服務及設施，提升自立能力，擴闊社交圈子。

Service users develop their self-care capability and broaden their social circles with the centre's services and facilities.



靈實全護通暨靈實長者日間暨復康中心(港島東)

已於2011年11月23日正式啟用，新中心以自負盈虧的形式運作，服務安排較為彈性。服務內容包括：日間個人起居照顧、服康訓練、生活技能訓練、家傭照顧指導及護老者支援服務等。此服務歡迎五十歲以上，患有老年痴呆症的長者、曾中風長者或有復康需要之長者申請。查詢電話：2663 3001。

靈實長者日間暨復康中心(港島東)開放日活動。
Activities from HKEDE Open Day.



「居家樂悠悠－緊急長者上門復康及護理服務支援計劃」

為協助有需要的長者居家安老，政府提供上門復康及護理服務、日間護理中心等，但此類服務均需輪候。有見及此，基督教靈實協會靈實全護通於2011年4月推出「居家樂悠悠－緊急長者上門復康及護理服務支援計劃」，以津助低收入家庭在輪候公營服務期間短暫時間使用靈實全護通提供的上門復康及護理服務，以紓緩照顧者的壓力。申請手續簡單，歡迎致電2663 3001查詢。



「居家樂悠悠－緊急長者上門復康及護理服務支援計劃」：靈實同工正在教導長者做復康運動。

SFEIC: The Haven of Hope's staff leads elders in rehabilitating exercises.

NEW

Haven of Hope Tseung Kwan O and Sai Kung District Support Centre (DSC)

has been moved to the new Sheung Tak Centre on 5 September 2011 to better serve the physically and mentally disabled. The new centre is 5000 sq. ft. in size with a comprehensive range of rehabilitation equipment. Service users will be able to enhance their life skills, broaden their social circles, and integrate into their community, thereby living a full life.

The service targets of the Centre are physically and mentally disabled persons aged 6 to 59. Its diverse array of services includes a holistic education room, for teaching and training service users in daily living and care skills; day care service, for looking after service users for families in need; and home care services. Moreover, the Centre also supports the Individual Development Plan, and would arrange hobby classes and social activities according to the interest and needs of the service users.

Centre name: Haven of Hope Tseung Kwan O and Sai Kung District Support Centre (DSC)

Address: B&C Wings, G/F, Sheung Yan House, Sheung Tak Estate, Tseung Kwan O, N.T.

Inquiry: 2702 6002

NEW

Haven of Hope Day Care cum Rehabilitation Centre for the Elderly (Hong Kong East; HKEDE)

has formally begun operation on 23 November 2011. The new centre is run on a self-financed basis, and thus enjoys greater flexibility in service arrangements. The scope of services of the centre includes: day-time person care, rehabilitation training, life-skills training, caretaking training for domestic helpers and caretaker support. The services provided by this centre are open to elders over 50 years of age and who are suffering from dementia, recovering from strokes or have rehabilitation needs otherwise. For inquiries, please call 2663 3001.

NEW

Supporting Frail Elders in Community (SFEIC)

To assist the elders in need to age in the community, the government provides a range of home care rehabilitation and nursing services as well as day care centres; however, they all have lengthy waiting periods. In order to relieve the stress faced by the caretakers during the wait, HOHCS TotalCare launched the **Supporting Frail Elders in Community** in April 2011 to subsidise low-income households pending government services to temporarily use home care rehabilitation and nursing services. The application process is simple. For inquiries, please call 2663 3001.

「愛・生命・敢夢敢想」音樂劇

由基督教將軍澳及西貢地區支援中心籌辦的「愛・生命・敢夢敢想」音樂劇已於2011年10月29日（六）假荃灣大會堂舉行。各演員均希望以其生命的故事，向社會帶出積極向上的訊息。



十位傷健人士聯同其他義務演員於荃灣大會堂合力上演一部由真人真事改寫的音樂劇。

A cast of ten persons with physical handicap and other volunteer performers staged a musical adapted from real-life stories.

葉天恩： 生命掌握在自己手中

葉天恩，生於中產家庭，父親為商人，家住半山。1998年2月15日的報紙頭條，有以下的大字標題：「法國女留學生」、「家住半山」、「情人節」、「車禍」、「殘廢」，全部都是形容天恩在情人節當晚的遭遇，令她餘生需要靠輪椅代步。然而，意外並沒有令天恩從此一蹶不振，相反，她比任何人更堅強振作。

由於家庭重男輕女，從小缺乏父母愛護的天恩，性格獨立。眼見身邊的哥哥及弟弟都可以遠赴外國留學，爸爸卻不願把金錢投資在天恩身上，她心有不甘。於是，她一邊攻讀大專的設計課程，一邊當設計員，以賺取金錢，前往法國留學。憑著她的決心與毅力，她最終在法國完成設計藝術的學位。

留學回來，前途應是一片光明，卻遇上車禍。出事後，她並沒有抱怨，更積極向前，以無窮勇氣自強地生活。她學駕車、獨自居住、自立公司，以證明自己與正常人沒有分別。



女主角天恩在台上演出。

Rabi Yim, the main actress, performs on stage.

忠哥： 只要努力，不怕艱辛， 成功在望

自小患上小兒麻痺症的忠哥，十多歲時，父母雙亡，需要自力更新。學歷低、身體殘障，要找一份工作並不容易，然而憑著毅力，逆境自強的心，忠哥一步一步的走向成功。

以「成功」這個詞語來形容忠哥，實在並不過份。年少的他認為人生沒有將來，但今天，他很有體會的說：「轉眼間，現在已是將來了。」原來，只要努力，不怕艱辛，將來一定很美滿。在這數十年間，忠哥成功經營報紙檔，建立家室及育有四名子女。快60歲的忠哥現已退休，正與妻子一起享受人生。想到現在的自殺情況，曾經歷艱難日子的他稱：「以前的年代，我們只會怕死。」他認為只要仍有生命，路就會慢慢為你打開。

“Love • Life • Dare to Dream & Envisage”—The Musical



各嘉賓在台上為音樂劇進行亮燈開幕儀式。

Guests officiate onstage the “lights-up” opening ceremony for the musical.

Rabi Yim: your life is in your hands

Rabi Yim was born to wealth. Her father was a businessman and her family resided in Mid-Levels. However on 15 February 1998, the following were on the newspapers headlines: “Female Student Studies in France”, “Resides in Mid-Levels”, “Valentine’s Day”, “Traffic Accident” and “Becomes Disabled”, all of which described the tragedy Rabi suffered on the night of the Valentine’s Day, which made her a wheelchair user for the rest of her life. Even so, the accident did not bring Rabi to her knees. Quite the contrary, she stayed stronger than anyone else.

Rabi’s family favoured its sons. The lack of parental love had made Rabi an independent person. Seeing her brothers sailing overseas to study abroad, while her father refused to invest on her, she felt unjust. As a result, she took a design course at a tertiary institution while freelancing as a designer to earn her way to study in France. By her determination and perseverance, she eventually finished her degree in Arts and Design in France.

Back from France, there should have been a bright future ahead of Rabi, but then she had the traffic accident. Rabi did not complain about her misfortune, but carried on with her life with immense courage. She learnt how to drive; she lived alone; she formed her own company; and she has proven that she is not different from any other normal and healthy persons.

Organised by Haven of Hope Tseung Kwan O and Sai Kung District Support Centre (DSC), the “Love • Life • Dare to Dream & Envisage” — The Musical was held at Tsuen Wan Town Hall on 29 October 2011. Each actor and actress hoped to use the story of his or her life, to bring forward a positive message to society.

Brother Chung: if you work hard and fear no pain, success is within reach

Brother Chung has had polio since he was a child. He lost his parents as a teenager and had to support himself. With few academic qualifications and a physical disability, it was not easy for him to find a job. However, by his perseverance and self-reliance, Brother Chung gradually strode to his success.

It is not overreaching to use the word “successful” to describe Brother Chung. When he was young he thought he had no future, but today he said, “In a blink of an eye, now is the future.” Truly, if you work hard and fear no pain, your future must be fruitful. In a few decades, Brother Chung has successfully operated and managed a newspaper stand, built a family and brought up four children. Aged nearly 60, Brother Chung is now retired, and enjoying his life with his wife. Speaking of the suicide rates nowadays, Brother Chung, who had experienced his difficult times, said, “In our days, we were just afraid of death.” He thinks as long as one stays alive, his or her path would slowly open up.



忠哥、妻子及四位兒女。

Brother Chung, his wife and his four children.

在「景林邨社區教育嘉年華」活動上，各主禮嘉賓及社區夥伴代表一起主持典禮儀式，象徵攜手合作，向社區灌注愛心及力量，推動鄰里互助，建設和諧社區。

Officiating guests and community partner representatives preside at the King Lam Estate Carnival for Community Education, symbolising the cooperation that invests love and efforts into its surrounding community. In joint hands, they promote the spirit of mutual assistance in the neighbourhood and the building of a harmonious community.



靈實恩光學校宿舍部舉行舊生聚會。

Sunny Side School Boarding Section hosts an alumni gathering.



靈實恩光學校的舊生見到同工非常喜悅。

Sunny Side School alumni welcome the Haven of Hope colleagues.



小朋友參加靈實白普理景林社區健康發展中心籌辦的「甜蜜星級Cupcake」，場面歡樂有趣，更可與家人分享美味！

Children attend "Sweet Starry Cupcake" hosted by Haven of Hope Bradbury King Lam Community Health Development Centre. The scene is filled with joy and the children share their creations with their families.



靈實恩光學校學生華華說：「科學館內的遊戲真好玩！」

"The games at the Science Museum is so much fun!" said Wah-wah, student of Sunny Side School.

「勇闖熊貓基地」聖經課程中，小學生能在多元化的活動中，認識到天父的大愛與看顧，讓他們身心靈都得著滿足和成長。

In the bible course "Storming the Panda Base", primary school students learn about the Heavenly Father's great love and care through a range of activities, with which their bodies, hearts and minds grow and are fulfilled.



在暑期託管服務裡，尚德社區健康發展中心與銅鑼灣浸信會合辦了「勇闖熊貓基地」聖經課程。

Haven of Hope Sheung Tak Community Health Development Centre holds in partnership with Causeway Bay Baptist Church the bible course "Storming the Panda Base" as part of its summer day care service.

在靈實 與神相遇

林靜儀 行政經理（培訓），人力資源部

與神相遇的經歷，十分刺激及精彩。過往十二年在靈實的事工，神在工作上使用我，亦改變我的生命。

在1998年的夏天，醫院管理局調派我到靈實醫院擔任「靈實醫院司務道護士學校」最後一班護士學生的班主任。這是我生命中極其重要的經歷——神讓我在靈實認識祂更深。

護士學校設計的教學課程，加入關顧及輔導的元素。靈實的護士訓練別具一格，是非一般的訓練和教導，著重對人的牧養，強調生命影響生命的過程。在這樣的教導下，護士學生再不是廉價勞工，而是一份值得別人尊重的職業，是「靈實」大家庭的一份子，故此護士學生無論在「加冠禮」（戴上護士帽的儀式）或是「畢業禮」上都非常認真及備受重視。

護士們一直堅守以基督的愛為本作為教學的方法及照顧模式，深深地影響我對護理教育的看法。神賜給我最大的禮物是最後一班的護士學生（即84班同學），在他們身上，我體會到這套非一般的教導及管理模式的果效，因為



護士學校的學生懇切地禱告。

The nursing school students pray hard and sincerely.

無論在言談舉止、對人的尊重、看法及對護理的抱負，他們都有一份特別的素質。10多年後的今天，我仍能從他們的生命中找到那份純潔的品格及氣質，對人的關顧及愛心。當想起我在「護士教師」的職事上劃上句號之前，經歷這奇妙的恩典，我都會感謝愛我的神。

耶穌說：「我是葡萄樹、你們是枝子，常在我裡面的、我也常在他裡面、這人就多結果子，因為離了我、你們就不能作甚麼。」約翰福音15章5節

耶穌又說：「憑著他們的果子，就可以認出他們來。」馬太福音 7章20節

今日，我們就憑著這些「屬靈的果實（靈實）」，認出我們所屬的群體和根源來。在這個人類生命質素逐漸走下坡的世代裡，仍有「靈實」的堅持，有甘願為別人付出、爭取及犧牲的同工，為的是「看人的價值及質素，比一切重要」。但願這些「果實」，能夠扎根真道、深入世界，亦盼望每一位同工都可以在靈實文化的感染下，透過服事別人，時刻與神相遇，得著更豐盛的生命。

In touch with God at the Haven of Hope

Ms Lam Ching-yee, Executive Manager (Training), Staff Engagement Department

It is an exciting and wonderful experience for me to meet with God. In the past 12 years, I have been serving God in the Haven of Hope through my working position, and He has changed my life gradually.

In the summer of 1998, the Hospital Authority assigned me as the Head teacher of the last class of the Haven of Hope (Sister Annie Skau Berntsen) Nursing School. This made a significant experience in my life and I have encountered with God more deeply in the Haven of Hope.

The curriculum of the Haven of Hope Nursing School contained the elements of care and counselling. It emphasised not only training and tutoring, but also the nurturing of good values and life disseminating process, making it distinct from other nursing schools. Becoming a nurse would no longer be a cheap labour, but a family member of the Haven of Hope and a respectful career. Therefore, we place great importance on the Capping Ceremony (a ceremony to present nurse caps to students) and Graduation Ceremony.

Our nurses insisted on teaching and taking care of the students based on the principle of love. This had deeply affected my perception on nursing education. God has granted me a precious gift – the students from the last class of the nursing school (i.e. the 84th class) – from their good manners, their sincere respect for others and their vision on nursing, I could see the significance of this extra-ordinary education and management method. Over the past decade, I can still find the attributes of purity, love and care in their lives. Every time, when I think of this graceful experience, I thank to my Lord who loves me so much.

I am the vine, you are the branches: he who is in me at all times as I am in him, gives much fruit, because without me you are able to do nothing. (John 15:5, The Bible)

So by their fruits you will get knowledge of them. (Matthew 7:20, The Bible)

Today, by these spiritual fruits (which is the Chinese name of the Haven of Hope), we can identify the group and root we belong to. In this generation where moral standards are on the decline, the Haven of Hope still insists on serving the people with an unselfish heart. Our staff is willing to devote to the people they serve, for we believe the value and quality of a person are more important than anything. We hope these “fruits”, rooted in the Truth, will plunge into the world to serve; and that through serving, every staff can be in touch with God and earn a more fruitful life.



2000年6月24日，護士學校的學生在靈實醫院拍照留念。

The nursing school students took this photo at Haven of Hope Hospital on 24 June 2000.

耆樂餅義賣籌款 2011

基督教靈實協會自1995年開始每年舉辦「耆樂餅義賣籌款活動」，為靈實長者服務籌募經費。今年耆樂餅的主題是「分享愛 Love Sharing」，籌得的善款會幫助一班患有長期病患的長者，讓他們能接受適切的家居護理及照顧服務，暫緩他們身體的機能衰退，同時喚起社會人士關注他們的需要。

今年，我們特別邀請了插畫師芝麻羔，為我們設計四款精美咖啡杯，更獲著名藝人高皓正的支持，擔任耆樂大使，協助我們宣傳活動。除此以外，今年亦是我們首次與VanGO便利店合作，於港、九、新界四十五間便利店義賣耆樂餅，增加活動收益。

耆樂餅義賣籌款開展禮

為宣傳公開義賣日，靈實於11月26日假九龍灣Mega Box 舉行「耆樂餅義賣籌款開展禮」。我們很榮幸邀請了安老事務委員會主席陳章明教授、宏利人壽保險（國際）有限公司副總裁兼香港經銷業務部主管周嘉賢女士、耆樂大使高皓正先生、耆樂餅指定插畫師芝麻羔及著名足球員山度士先生出席，將今年耆樂餅的主題「分享愛」及關懷長者的訊息帶到現場觀眾當中，大會更安排高皓正、芝麻羔及山度士先生為現場購買耆樂餅的善長簽名留念，場面十分熱鬧。

公開義賣日

今年耆樂餅公開義賣日已於12月3日及4日順利舉行，感謝各公司機構、學校、屋邨、屋苑、議員、義工團體及個人積極參與義賣工作，並感謝一眾購買耆樂餅的善長。最後，特別感謝我們的耆樂夥伴—宏利人壽保險（國際）有限公司。他們自2003年開始，鼓勵內部同事訂購耆樂餅，以及在公開義賣日安排約40個攤位的義工參與義賣，讓更多有需要的長者感受到社會人士對他們的關心。



耆樂大使高皓正與長者為活動拍攝宣傳短片。
“Qile” Ambassador Zac Kao and an elder featured in a promotional video for the campaign.



一眾主禮嘉賓為開展禮儀式揭開序幕。（左起：基督教靈實協會行政總裁林正財醫生、宏利人壽保險（國際）有限公司副總裁兼香港經銷業務部主管周嘉賢女士、著名足球員山度士先生、安老事務委員會主席陳章明教授、耆樂大使高皓正先生、耆樂餅指定插畫師芝麻羔）

Officiating guests conduct the Kick-off Ceremony. (From left: Dr Lam Ching-choi, Chief Executive Officer of Haven of Hope Christian Service; Ms Karen Chow, Vice President and Head of Agency Sales of Manulife (International) Limited; Mr Leslie Santos, famous soccer player; Professor Alfred Chan, Chairman of Elderly Commission; Artiste Zac Kao, “Qile” Ambassador; and Dreamergo, Illustrator of “Qile” cake)



基督教靈實協會行政總裁林正財醫生親身到義賣攤位現場，為義工們打氣。
Dr Lam Ching-choi, Chief Executive Officer of Haven of Hope Christian Service, visits a Charity Sale counter and greets the volunteers.

耆樂夥伴
“Qile” Partner :



指定插畫師
Illustrator :



義賣夥伴
Retailing Partner :



媒體夥伴（排名不分先後）

Media Partner (In no particular order) :





VanGO便利店協助於店舖內義賣耆樂餅。
The convenience store VanGo carries "Qile" cakes in its stores.



耆樂大使高皓正與幾位長者中心的學員一同在開展禮上表演歌舞，發揮所長，向現場觀眾展現他們充滿活力的一面。

Zac Kao, "Qile" Ambassador, along with several members of the Haven of Hope District Elderly Community Service – Kin Ming Centre, shows their talents and dynamic side with songs and dances to the audience at the Ceremony.



著名球星山度士先生亦推動其足球學校的學生義賣耆樂餅。
Mr Santos, famous soccer player, mobilises students of his soccer school to participate in the "Qile" Cake Sale.

"Qile" Charity Cakes Sale 2011

Since 1995, the Haven of Hope has annually held "Qile" Charity Cakes Sale, raising funds for the organisation's elderly care services. The theme for the campaign this year is "Love Sharing", and the proceeds from the sale will benefit a group of chronically-ill elderly, providing them with proper home and nursing care services in the hope of postponing their physical deterioration, while raising the society's awareness of their needs.

This year, we invited the noted illustrator Dreamergo to design a set of four exquisite coffee cups. Artiste Zac Kao also supported us as "Qile" Ambassador and joined us in our promotion activities. Besides, we partnered for the first time with the convenience store VanGo, selling "Qile" cakes in 45 of its branch stores across Hong Kong Island, Kowloon and the New Territories in order to maximise the impact of the campaign.

"Qile" Charity Cakes Sale Kick-off Ceremony

To promote our Open Charity Sale, Haven of Hope Christian Service held the "Qile" Charity Cakes Sale 2011 Kick-off Ceremony on 26 November at MegaBox in Kowloon Bay. We were honoured to have in attendance Professor Alfred Chan, Chairman of Elderly Commission; Ms Kareen Chow, Vice President and Head of Agency Sales of Manulife (International) Limited; Artiste Zac Kao, "Qile" Ambassador; Dreamergo, Illustrator of "Qile" cake; and Mr Leslie Santos, famous soccer player, to join hands to bring the messages of "Love Sharing", the theme of the campaign this year, and the need for caring for the elderly to the audience. An autograph-signing session by Zac Kao, Dreamergo and Mr Leslie Santos was arranged for those benefactors who purchased "Qile" cake. The ceremony was warmly received by all.

Open Sale

The "Qile" Charity Cakes Open Sale this year was held successfully on 3 and 4 December. We are grateful to the participating organisations, schools, housing estates, volunteers, volunteer groups; and to everyone who purchased the "Qile" cake. Lastly, we would like to give special thanks to our "Qile" partner — Manulife (International) Limited. Manulife has been partnering with the Haven of Hope since 2003 to bring love and care to the elderly in need through encouraging their staff to purchase "Qile" cake and recruiting volunteers to host approximately 40 counters for the Open Sale every year.

耆樂愛心企業（排名不分先後）
"Qile" Companies (In no particular order) :



其他協助展示宣傳品的單位（排名不分先後）
Special acknowledgement to the following parties for displaying the promotional materials (In no particular order) :

香港鐵路有限公司 MTR Corporation Limited

恒基兆業地產有限公司—恆地會 Henderson Land Development Company Limited – Henderson Club

九龍巴士（一九三三）有限公司 The Kowloon Motor Bus Co. (1933) LTD

耆樂餅義賣籌款2011—得獎結果

Qile Charity Cakes Sale 2011—Competition Results

學界「最高籌款額大獎」

Inter-Schools Fundraising Competition - The Highest Fundraising Award

幼稚園組：鯉魚門循道衛理幼稚園

Kindergarten Group: Lei Yue Mun Methodist Kindergarten

中學組：粉嶺官立學校

Secondary School Group: Fanling Public School

「耆樂滿屋」·愛心屋邨／屋苑籌款

"Qile" Housing Estates / Courts Fundraising Award

全港組 Open Group, Hong Kong :

冠軍 麗晶花園業主委員會
Champion Richland Gardens Owners Committee
亞軍 樂雅苑業主立案法團
1st Runner-up Lok Nga Court Owners' Corporations
季軍 維景灣畔業主委員會
2nd Runner-up Ocean Shores Owners Committee

西貢／將軍澳區 Sai Kung / Tseung Kwan O District :

冠軍 維景灣畔業主委員會
Champion Ocean Shores Owners Committee
亞軍 富寧花園業主立案法團
1st Runner-up Fu Ning Garden Owners' Corporations
季軍 彩明苑業主立案法團
2nd Runner-up Choi Ming Court Owners' Corporations

公開義賣日—最高銷售大獎

Open Sale - The Highest Sales Award

組別一 Group A :

冠軍 宏利人壽保險(國際)有限公司 – Ricardo Lai District
Champion Manulife (International) Limited – Ricardo Lai District
亞軍 宏利人壽保險(國際)有限公司 – Daniel Chu District
1st Runner-up Manulife (International) Limited – Daniel Chu District
季軍 宏利人壽保險(國際)有限公司 – Danny Yau District
2nd Runner-up Manulife (International) Limited – Danny Yau District

組別二 Group B :

冠軍 宏利人壽保險(國際)有限公司
– Frank Lau District, Peter Lau 義工隊
Champion Manulife (International) Limited
– Frank Lau District, Peter Lau's Volunteer Team
亞軍 中華基督教會銘基書院
1st Runner-up CCC Ming Kei College
季軍 伸手助人協會寶林賽馬會老人之家
2nd Runner-up Helping Hand - Po Lam Jockey Club Housing for the Elderly

組別三 Group C :

冠軍 宏利人壽保險(國際)有限公司 – Michelle Lai District
Champion Manulife (International) Limited – Michelle Lai District
亞軍 靈實長者地區服務 - 厚德中心
1st Runner-up Haven of Hope District Elderly Community Service – Hau Tak Centre
季軍 馬鞍山循道衛理小學
2nd Runner-up Ma On Shan Methodist Primary School



一眾高球好手在比拼球技前進行大合照

The golfers gather for a photo before the Tournament begins.

靈實慈善高爾夫球賽2011 共籌三十二萬元

第十四屆靈實慈善高爾夫球賽已於2011年11月12及13日(六、日)假珠海金灣高爾夫俱樂部舉行。當天,近百名高爾夫球愛好者及善長一連兩天參加是次精彩刺激的球賽,為家庭及社區健康服務和中醫外展服務共籌得港幣三十二萬元(扣取成本)。為籌得更多善款,我們更於球賽晚宴間舉行小型拍賣會,拍賣的物品包括:水墨畫、水晶雕塑等;其間競投的氣氛相當激烈,共籌得港幣四萬多元。下一年是靈實慈善高爾夫球賽舉辦第十五周年,您的繼續參與和支持將令明年的賽事更加精彩,亦能把慈善高爾夫球賽推至另一個重要的里程碑。

Haven of Hope Fundraising Golf Tournament 2011 raised HK\$320,000

The 14th Haven of Hope Fundraising Golf Tournament was held on 12 and 13 November 2011 (Saturday and Sunday) at Zhuhai Golden Golf Golf Club. A hundred golfers and donors took part in this exciting two-day tournament and raised a total of HK\$320,000 (net amount) for the family and community health services as well as Chinese medicine outreach services. To encourage further donation, we also held a small auction during the dinner banquet. The hotly contented event enticed over HK\$40,000 with items including ink paintings and crystal sculptures.

The Tournament will enter into its 15th anniversary in the coming year and we eagerly anticipate your continued support and participation and together bring this charitable event to its momentous milestone.

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紓緩痛症之 物理治療

物理治療師 · 岑穎

國際疼痛研究學會將「疼痛」定義為由實際或潛在的組織損傷所引起的一種不良情感體驗和心理感受，根據部位、病因、持續時間、性質等因素分類，最常見是急性和慢性頑固痛症。患者對疼痛的感受、反應及處理方法受到心理因素如情緒、認知、自信、專注力及環境因素如家庭壓力、失業或經濟等問題所影響。因此，除了針對病因的常見治療（止痛藥物、手術、物理治療、中醫）外，還包括心理治療，如催眠、鬆弛和認知療法，以期達到患者自我管理、增加效能感。以下介紹常用紓緩痛症之物理治療：

- **熱敷：**熱療約10-15分鐘，每天約2-3次，應用於不少於受傷後72小時、慢性/長期發炎及痛楚例如筋腱炎、關節炎、滑囊炎、2-3天以上的肌肉緊張痙攣、僵硬的關節。
- **冰敷：**冷療約15-20分鐘，如腫脹疼痛嚴重，可休息1小時後重複使用冷療，應用於受傷後至72小時內、急性或長期慢性痛症、手術後痛楚及腫脹、紓緩組織的腫脹及出血情況。
- **水療：**在水中運動時，體重只有原來的10~30%，減輕對膝關節造成的負擔。
- **經皮神經電刺激療法（TENS）：**人體受電脈衝刺激後增加製造內啡肽（天然的止痛劑），應用於各種急、慢性的痛症、類風濕性的關節炎、帶狀疱疹的神經痛、癌症所導致的疼痛等。
- **電療：**短波透熱電療、干擾波電療、超聲波電療、脈衝磁療等。
- **按摩：**放鬆繃緊的肌肉、增加關節活動幅度，從而促進身體各循環系統的新陳代謝，緩解痛症。
- **運動療法：**適當的伸展運動及帶氧運動有助紓緩痛症。

Pain Relief - Physiotherapy

Shum Wing, Physiotherapist

According to the International Association for the Study of Pain (IASP), the definition of "pain" is an unpleasant sensory and emotional experience related to a real or potential tissue lesion. Based on various factors such as the parts of body affected, causes of injuries, time duration and nature, acute and chronic pains are regarded to be the most common. The feelings, responses of the patient and treatment results are subject to psychological factors – emotion, cognition, confidence and attention, as well as environmental factors – pressure from family, unemployment or financial difficulties. Therefore, apart from common treatments for pains (pain-killers, surgery, physiotherapy and Chinese medicine), other treatment approaches include psychotherapy – hypnotherapy, relaxation therapy and cognitive therapy – they aim at helping patients to achieve self-management and enhance self-efficiency. The most common types of physiotherapies for pain relief are as follows:

- **Heat Therapy:** Heat therapy can be applied twice or three times a day, taking 10 to 15 minutes. It should be used after the initial 72 hour period following injuries. It is also used for chronic pains, such as, tendonitis, arthritis, bursitis, muscle strains and spasms lasting for more than 2 to 3 days, and joint stiffness.
- **Cold Therapy:** Cold therapy takes 15 to 20 minutes. For severe pains and swelling, cold therapy can be applied repeatedly after one-hour rests and should be used for the first 72 hours following injuries. It is also applied for acute or chronic pains, pains and swelling after surgeries, swelling and bleeding of tissues.
- **Hydrotherapy:** When doing exercises inside water, body weight would be reduced to 10 to 30% of the original, therefore stress on painful joints can be reduced.
- **Transcutaneous electrical nerve stimulation (TENS):** More endorphins (natural pain-killers) are produced inside the body by the use of electric currents. It is applied for pains, for instance, acute, chronic pains, rheumatoid arthritis, postherpetic neuralgia, pains caused by cancers and so on.
- **Electrotherapy:** It includes short wave diathermy, interferential therapy, ultrasound therapy, pulsed magnetic field therapy and so on.
- **Massage:** Massage can relax tense muscles and increase joint mobility in order to enhance metabolic rate within circulatory systems and relieve pain.
- **Movement Therapy:** Stretching and aerobic exercises can relieve pain.

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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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