

生命
轉化
生命

Lives Transforming
Lives



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：

「一粒麥子不落在地裡死了，仍舊是一粒。若是死了，就結出許多子粒來。」約12:24。耶穌基督還在世上的時候，熱心幫助貧窮人，醫治患病的人。這些人不單得到身體上的醫治，生命更加得到轉化；瞎眼的不單可以看見，心眼也打開了，明白活著的盼望。耶穌基督被釘在十字架上，十架的犧牲更令凡相信他的人得到永恆的生命。

基督教靈實協會（下簡稱「靈實」）的創辦人之一司務道教士以耶穌基督為榜樣，在世上服事有需要的人，不少人的生命因著她無私的付出而得到轉化。在剛舉行的司務道教士100歲生辰感恩會中，嘉賓含著淚地分享司教士如何影響他們的一生，場面十分感人。（詳見第14-16頁）

靈實的服務是以耶穌基督為榜樣去事奉、關懷社會被忽略的一群。人的生命對我們來說十分重要，因為我們重視生命。耶穌曾說祂來世上的目的是要人得生命，並且得的更豐盛。遇見親人即將離世，我們還可以以喜樂、積極的心去面對嗎？

今期的《靈感》，我們可以從三個生命被轉化的故事，見證院友及其家人如何因著靈實的服務而得到豐盛的生命，積極面對人生，並把這股正能量祝福其他有需要的人。

Dear Supporters,

"... unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds." (John 12:24)

While Jesus Christ was still on the earth, He ardently helped the poor and healed the sick. The people He encountered were physically alleviated and spiritually transformed. The blind recovered their sights and their eyes were opened to seeing the living hope: through Jesus Christ's suffering and sacrifice on the cross, whoever believes in Him is granted eternal life.

Sister Annie Skau Berntsen, one of the founders of Haven of Hope Christian Service (HOHCS), served all those in need in the imitation of Jesus Christ, and many lives were transformed through witnessing her selfless devotion. At the recent Thanksgiving Service celebrating the legacy of Sister Annie on the centenary of her birth, it was very moving to hear the guests tearfully recount her influence on their lives. (See Pages 14 -16 for details.)

Following the example of Jesus Christ, HOHCS is dedicated to serving the neglected groups of society. We are deeply concerned with the lives of each individual we care for, because we treasure every life. Jesus said, "I came that they may have life, and have it abundantly." Can we still remain joyful and optimistic when our loved ones are facing death? In this issue we share three encouraging stories demonstrating how the ministry of HOHCS can help our service users and their families undergo a metamorphosis. Not only did they gain abundant lives with hope for the future, but were also empowered to bless many others.

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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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生命 轉化 生命

當人生的路差不多走到盡頭：患病者將會面臨死亡，家人將會經歷痛失至愛，這是一幅何等傷感的畫面。如何可以將傷感的畫面轉化成一份祝福？如何可以從黑暗中走出陰霾，轉化成積極、豐盛的人生？相信今期《靈感》所撰寫的三個故事，可以帶給您一些啟發。

喜樂的回憶 活著的盼望

劉平於年前經歷喪妻之痛，接受訪問時，難以想像他可以如此開懷。「痛？其實不是那麼痛。」他稱，太太月麗臨終前給我很大的鼓勵，靈實寧養院的同工為我們奉獻很多，故此當月麗離去時，我們雙方都沒有遺憾，只有喜樂。

06年月麗患上末期肺癌，臨別前三星期，劉平每天晚上都會在寧養院留宿，陪伴左右。「當時我們就像年輕時拍拖一樣，在夜蘭人靜時，重溫過去的點滴。」他稱，「寧養院的『通容』服務加上運用舒緩治療的治病方法，月麗在人生的最後階段活得十分精彩。我感受到她的快樂，所以我也快樂！」

寧養院的護士每天都陪伴月麗讀經，令她感到無比的平安、喜樂與溫暖。月麗希望返天家前能編織一件毛衣給丈夫，於是她每天在病床上一針一針的在縫。疲累了，護士便會立時頂上，為她繼續完成。最終，月麗完成心願，送上人生最後一件毛衣給丈

夫。這件毛衣，成為了劉平人生最珍貴的一份禮物。

07年1月19日是劉平和月麗結婚19周年紀念的日子，當天寧養院的同工為劉平帶來了畢生難忘的驚喜。同工秘密地為他們佈置場地、預備鮮花、借用衣服，19年前的婚禮在眾人的見證下在寧養院重演，感動身旁每一個人。

月麗終於在平安之中離世，追思禮拜亦在寧養院舉行。護士利用私人時間替已離世的月麗清潔、換衣服，因為他們並不視月麗為病人，而是家人。現在，劉平每當想起與月麗在寧養院生活時的點滴，都會報以微笑。



寧養院的「通容」，讓所有弟兄姊妹都可以齊來探望月麗。
Thanks to the understanding by HCC, all of Yue-lai's siblings could visit her together.



寧養院為他們重演19年前的婚禮。
HCC organised an unforgettable 19th wedding anniversary for the couple.

Lives Transforming Lives

As the end of life draws near, patients face death and families are confronted with the ordeal of losing a loved one. It is a time of great sadness. How can this picture of grief be transformed into one of blessings? How does one step out of the dark gloom and into a hopeful, fulfilling life? This issue of the Haven of Hope News brings you three inspiring stories.

Joyful memories and a living hope

Years ago, Lau Ping experienced the pain of losing his wife. At our interview, we were surprised to find him quite cheerful. "Pain? Actually it wasn't all too painful," he said. "Karen, my wife, encouraged me greatly before she passed away, and the staff at Haven of Hope Holistic Care Centre (HCC) did a lot for us. When Karen passed away, we had no regrets, only a peaceful joy."

Karen was diagnosed with terminal lung cancer in 2006. In the three weeks leading up to her death, Lau Ping stayed at the centre every night to accompany her. "It was like being back in our youthful dating years—going over those old memories in the quiet of the night." He also said, "The accommodation and the palliative care treatment at the centre allowed Karen to live her last days to the fullest. I felt her happiness, and that made me happy too."

The nurses at HCC read the Scriptures with Karen daily. This gave her great peace, joy and warmth. It was Karen's hope to finish knitting a sweater for her husband before returning to her heavenly home. Every day she knitted in bed, one stitch at a time. When she

got tired, nurses would take over and continue for her. At last, her wish was realised: she finished knitting one last sweater for her husband. The sweater became the most precious gift for Lau Ping.

January 19th, 2007 was the couple's nineteenth wedding anniversary. On that day, the staff of HCC prepared an unforgettable surprise for Lau Ping. Unbeknown to the couple, the staff decorated a room, prepared fresh bouquets and rented wedding attire. Then the couple renewed their vows from nineteen years ago in a touching ceremony at the Centre.

Following Karen's peaceful passing, her memorial service was also held at the centre. The nurses took time from their off-hours to help bathe her and change her clothes: they saw Karen not as a patient, but as family. Today, every time Lau Ping remembers the moments he spent with Karen at the Holistic Care Centre, the memories always bring a smile to his face.



妻子月麗生前給劉平很大的鼓勵。
Yuet-lai was an important source of encouragement for Lau Ping.



這件毛衣，成為了劉平人生最珍貴的一份禮物。
The sweater became the most precious gift for Lau Ping.

黯淡的燈火，重燃生命的活力

很多人都會怕「入醫院」，那怕會「有入無出」。對於長期要進出醫院的病人來說，疾病對意志力的挑戰絕不比身體少。與疾病抗爭，會讓病者心情低落，甚至失去自信。如遇到親人離世更可能使他們一蹶不振。

陳先生（化名）是靈實醫院胸肺科的病人，在治療期間，太太常伴左右，與醫護人員有說有笑。對需要坐輪椅的陳先生而言，雖然要面對長期的治療，但因著太太的支持和鼓勵，使他遇到什麼挫折也能咬緊牙關地面對過來。好景不常，太太突然離世，使他陷入了人生最黑暗的時光。面對眼前人的離去，陳先生對任何的人和事再也漠不關心，把自己完全封閉和抽離起來，只進入與太太的回憶中，失去生存意志與盼望。

醫護人員觀察到陳先生的情況後，便邀請他參加醫院舉辦的「胸肺復康計劃」。陳先生起初十分抗拒，但經過醫護人員多番熱心邀請後，他終於願意接受六星期的治療

活動。在醫護人員的悉心照顧和關懷下，陳先生慢慢從黑暗中跨步出來，由自我封閉，抽離社群，漸漸打開心扉，擺脫內心沉重的枷鎖，開始表達內心深處的感受。在護士的帶領下，陳先生在不同的小組活動中，投入參與，在傾訴的過程中，得以慢慢尋回昔日內心的平靜，讓心靈得到康復。

「胸肺復康計劃」目的是協助患者提升「身」、「心」、「靈」的素質，包括增強體能和自我照顧能力、舒解氣促的狀況、舒緩焦慮及不安的情緒、強化社群生活，提高生活質素。陳先生出席「胸肺復康計劃」的畢業禮時，已不需乘坐輪椅，並可以自行走路。他充滿信心地說：「我已由谷底爬番上嚟，見到曙光！」及後，陳先生更經常參與不同的戶外活動，以過來人的身份，鼓勵其他患者參與「胸肺復康計劃」。



在醫護人員的悉心照顧和關懷下，病人重燃生命的活力。
Patients are reinvigorated under the conscientious treatment and care of the staff.



醫生及護士除了治療及護理病人外，亦會了解他們的需要。
Besides administering treatments, the doctors and nurses of HHH are also concerned with the patients.

生命 轉化 生命

A rekindled passion for life

Many people are afraid of being admitted into hospitals. They fear there will be no coming out again. For patients who are in and out of the hospital over a prolonged period of time, their illness is as much a challenge to their willpower as to their body. Battling illnesses can result in low spirits and even loss of confidence. When further faced with the death of a relative, they may fall into deeper despair.

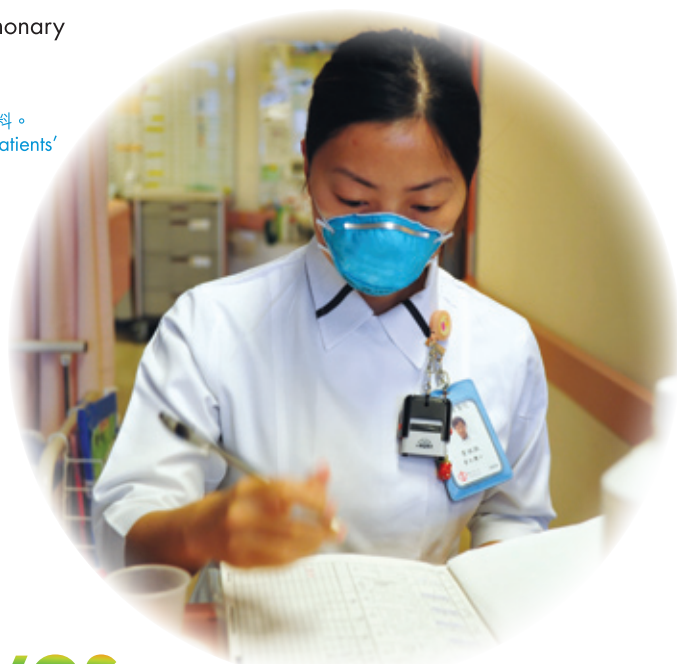
Mr Chan (pseudonym) was a respiratory patient at Haven of Hope Hospital (HHH). Previously, when he was accompanied by his wife during his therapy, Mr Chan would chat and joke around with the medical staff. Although wheelchair-bound and facing long-term treatment, Mr Chan was bolstered by his wife's encouragement and support, and took on setbacks with stiff upper lip. However, that did not last, as Mrs Chan passed away suddenly. Her death plunged Mr Chan into the darkest time of his life. Following her death, Mr Chan lost interest in the people and things around him. He withdrew into himself, retreating into the memories he shared with his wife. He lost the will and hope to live.

Taking note of his condition, our medical staff invited Mr Chan to participate in the hospital's Pulmonary

Rehabilitation Programme. Mr Chan was resistant to the idea at first, but following repeated warm invitations, eventually agreed to six weeks of treatment. Under the attentive care of the staff, he gradually emerged from the darkness of his self-seclusion. Shaking off his heaviness of heart, he began to be more open with sharing his inner feelings. He took part in a variety of group activities conducted by nurses. Gradually, through opening up, Mr Chan recovered his inner peace and found healing.

The Pulmonary Rehabilitation Programme aims to promote wellness in body, mind and spirit of the patients. It raises the quality of life through enhancing physical health and self-care abilities, relieving problems such as shortness of breath as well as feelings of fear and anxiety, and strengthening communal life. By the graduation ceremony for the programme, Mr Chan could walk on his own, no longer needing a wheelchair. Brimming with confidence, he said, "I've climbed back up the abyss—I can now see light!" Since then, Mr Chan often joins in on various outdoor excursions so as to use his experience to encourage other programme participants.

護士細心跟進病人的資料。
A nurse studying the patients' information attentively.



Lives Transforming Lives

生命轉化為積極 施比受更為有福

陳少芝(Mabel)是財經界的高層，在她心目中任職財經界的人士總會計較金錢，然而她卻一直支持靈實寧養院的事工，因為她在那裡明白「施比受更有福」的道理。

Mabel的爸爸在2008年發現患上癌症，痊癒機會十分渺茫。那時候，她只希望爸爸能在平安、舒適的環境下離開世界。「一個人若要準備離開，便要走得舒舒服服，並且有尊嚴。」她稱，醫療可以為人減除95%的痛苦，但仍有5%。若得到其他人的關心、鼓勵，病人就可以忘記餘下5%的痛楚。由於Mabel認同舒緩治療的果效及希望得到全人關懷的服事，於是她選擇寧養院作為爸爸在世上最後的居所。

「爸爸不愛說話，起初更抗拒離家居住。然而，每次往寧養院探望爸爸時，我總發現他猶如置身家中一樣，爸爸與醫生、護士、司機、甚至護衛員相處融洽，並打成一片。」探病時，最令Mabel傷腦筋的莫過於家庭成員之多，她說：「我們家有六兄弟姐妹，六個家庭一起來探病確實是很有難度，然而寧養院卻開放其獨立房間，讓我們一起探病，享受樂聚天倫。」

Mabel深信爸爸的轉變是與一班有著基督教背景的同工有關。事實上，每當爸爸需要接受治療前，護士都會為爸爸祈禱，平安就留在爸爸心裡。梁院長也經常探訪爸爸，與他分享信仰，最終爸爸在臨終前決志信主，得著永生的盼望。爸爸臨返天家前，寧養院安排了心理醫生與爸爸閒聊，在醫生的引導下，爸爸重溫與子女發生



Mabel相信「施比受更為有福」，在往後的日子更加服事身邊的人。
Mabel believes that "it is more blessed to give than to receive". She is even more willing to serve those around her in the future.

的舊事，並逐一道出對他們的心聲，說話期間也不禁流出男兒淚來。爸爸最後的心聲道出後，亦無憾地離開這個世界。子女在心理醫生口中知道爸爸最後的留言，亦把它如至寶一樣永留心中。

「既然爸爸已經平安、無憾地離開，我也不感到難過。」Mabel十分認同寧養院的宗旨，她稱：「這樣周全的服務，收費卻那麼便宜，我實在不明白如何經營下去。」爸爸在離世前曾受到這麼周全的服事，女兒為要報答，為要實踐施比受更為有福的道理，她成為寧養院的捐助者，為的是希望仍在世上的日子幫助更多有需要的人。



Mabel一家與爸爸合照。
Mabel's family gathers for a photo with her father.

生命 轉化 生命

Learning the blessing of giving

Mabel Chan holds a senior position in the finance sector. In her mind, people working in this industry are naturally scrupulous about money. However this has not stopped her from giving toward the ministry of HCC, for it was there where she truly came to understand "it is more blessed to give than to receive".

In 2008, Mabel's father was diagnosed with cancer with a poor prognosis. At that time all Mabel hoped for was for her father to spend his last days in a peaceful, comfortable environment. "A person preparing for the end should at least have a comfortable, dignified end." She believes that medical care can alleviate up to 95% of a person's pain, while the remaining 5% can be relieved through care and encouragement from others. As Mabel believed in the effectiveness of palliative treatment and desired for her father to receive holistic care, she chose HCC to be his last home on earth.

"My father was never fond of talking. At first, he was even more opposed to living away from home. And yet every time when I visited him, I found him living as if he were in a family. He got along really well with the doctors, nurses, drivers, and even the security guards." During visiting hours, Mabel's biggest headache was how to accommodate the large number of family members. She said, "We have six siblings in my family. It's not easy for six families to visit at the same time. But HCC opened up

a private room for us, and we were able to enjoy family time together."

Mabel credits the change in her father to the Christian background of the staff at HCC. Prior to each treatment session, nurses prayed for her father to have peace in his heart. Dr Leung, HCC's Medical Superintendent, visited often and shared his faith with Mabel's father. Mabel's father finally committed his life to Jesus Christ before his passing, and came to have the hope of eternal life. Before he returned to his heavenly home, the centre arranged for an informal counselling session. Under the psychologist's gentle prompting, Mabel's father relived old memories spent with his children and talked about the special place each of them held in his heart. As he spoke, the grown man could not hold back his tears. Not long afterwards, Mabel's father passed away, without leaving any regrets behind. His final words were relayed to his children and became a treasure to be cherished in their hearts.

"My father left peacefully and without regrets, so I wasn't sad." Mabel agrees with the mission of HCC. She said, "The services are comprehensive, yet the fees are very affordable. It's incredible how it manages." To show her appreciation for the thorough care her father received while he was there, and to practice the greater blessing of giving, Mabel has become a donor of HCC in hopes that similar help will reach many others in need.



Mabel為寧養院三周年感恩會紀念日當義工。
Mabel volunteers at HCC's third anniversary celebration.

Lives Transforming Lives

您的支持帶來改變 You can Change the World

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客席演出單位 Guest performer:



奇異恩典

慈善合唱音樂會

你們的幫助，使我弟弟有尊嚴地走過他最後一程，你們不單單做好這份工作，而是從這份工作中散播愛和關懷，讓家人感受到溫暖，從傷痛中學習接受……

多謝你在我的父親最後的幾個星期照顧他，令他可以過世時無任何痛楚。護士耐心的照顧，讓他恢復人生樂趣……我永遠無法忘記父親進入你們病房後的笑容。

~摘錄自家屬感謝卡

每次收到感謝卡都會成為靈實寧養院每位同工服事的動力，亦是給予各支持者的最佳禮物。感謝神讓我們在過去一年，陪伴百多位院友行畢人生最後一程，並在其家人傷痛之時送上及時的安慰、支持和鼓勵。在此，感謝您一直的參與和支持，盼望在往後的日子，我們能繼續並肩服事，令更多人的生命得到祝福。

本著基督的愛，靈實寧養院為院友和家人免費提供心靈關顧和哀傷輔導服務。為使事工順利發展，每年我們都要籌募經費。今年，我們很榮幸邀請到香港西貢合唱團和 Die Konzertisten Charity Institute 為「奇異恩典」慈善合唱音樂會作義務演出，音樂是上帝奇妙的創造，當眾人大合唱時更能體現人與人之間的合作精神，彼此唱和，互相配合，唱出更完美的歌聲樂韻。

活動詳情：

日期：2012年7月13日（星期五）

時間：晚上7時30分

地點：國際基督教優質音樂中學暨小學——以勒音樂廳

網址：www.hohcs.org.hk/project9.php

誠邀您贊助或捐款，支持是次慈善音樂會，與我們一起見證每個動人的故事，譜寫出美麗的生命樂章，讓晚期病患者及家屬得到全人的照顧和關懷。

贊助／訂票查詢：2703 3371 鄭美綸小姐
2703 3237 李靜茹小姐

網上訂票及捐款：www.hohc.org.hk/concert2012/

Amazing Grace

Charity Choral Concert



“My sincere gratitude to you for taking care of my father in the last weeks of his life’s journey, helping him to depart painlessly. The patience shown by the nurses caring for him had rekindled his fondness for living..... and I can never forget the wide smile on my father’s face after he had moved into the Holistic Care Centre.”

“With your help, my younger brother was able to finish his walk in life with dignity. Not only are you concerned with doing your job well, but you also use your service to spread love and care, which has warmly touched his family, and has allowed us to learn to accept and embrace the fact amidst the pain.....”

~Excerpts from thank you cards from families of former residents

Every one of your thank-you cards fuels our staff at Haven of Hope Holistic Care Centre (HCC) with a greater incentive to serve, and each of them is a precious gift for our supporters. We are grateful to God that we have been able to accompany over one hundred of our residents as they complete their life-journeys over the past year, and have been able to offer timely consolation, encouragement and support to their families. We would like to take this opportunity to express our profound appreciation for your continuous participation and support, and we are hoping that we can continue to serve hand-in-hand to bless many more lives in the coming days.

Founded on the love of Christ, HCC provides residents as well as their families with Psycho-Social-Spiritual Care and Bereavement Counselling services at no cost. In order to develop this ministry, we raise funds every year. This year we are honoured to be able to invite the *Hong Kong Sai Kung Chorus*, together with *Die Konzertisten Charity Institute* to perform for benefit in the Amazing Grace Charity Choral Concert. Music is an amazing creation by God, and the spirit of synergy between people is best

manifested in choral singing, with its harmonious vocal articulations complementing one another to create the perfect melody.

Concert details

Date : 13 July 2012 (Friday)

Time : 7:30 PM

Venue : Jehovahjireh Concert Hall, International Christian Quality Music Secondary and Primary School

Website: www.hohcs.org.hk/project9.php

We cordially invite you to support this concert through sponsorship or donation. Witness with us the beautiful melody of life composed by these moving stories, and together let's provide holistic attention and care to late-stage patients and their loved ones.

**Enquiries : Ms Cecilia Cheng 2703 3371
Ms Jonice Lee 2703 3237**

**Online ticket purchase/donation :
www.hohcs.org.hk/concert2012/**

慈善音樂會贊助/捐款/訂票表格

Charity Concert Sponsorship/Donation/Ticket Purchase Form

1. 贊助 Sponsorship 請於適當空格填上「✓」號 Please tick the appropriate box(es)

贊助類別 Types of Sponsorship	贊助金額 Sponsorship Amount	贊助類別 Types of Sponsorship	贊助金額 Sponsorship Amount
<input type="checkbox"/> 鑽石贊助 Diamond Sponsor	HK\$500,000	<input type="checkbox"/> 綠寶石贊助 Emerald Sponsor	HK\$100,000
鳴謝 Acknowledgement <ul style="list-style-type: none"> • 場刊內頁雙頁全版廣告 • 獲贈門券20張 • 於靈實刊物《靈感》及電子通訊刊登公司商標 • 場刊鳴謝 • 司儀於音樂會鳴謝 • 獲邀出席雞尾酒會 • 2 full pages advertisement in the concert program • 20 complimentary tickets • Logo appearance on Haven of Hope Christian Service's newsletter (approximately 20,000 circulations) and e-News (approximately 7,000 circulations) • Acknowledgement in the concert program • MC verbal acknowledgement at the beginning of the concert • Guest invitation to the VIP cocktail reception 		鳴謝 Acknowledgement <ul style="list-style-type: none"> • 場刊內頁全版廣告 • 獲贈門券8張 • 於靈實刊物《靈感》及電子通訊刊登公司商標 • 場刊鳴謝 • 司儀於音樂會鳴謝 • 獲邀出席雞尾酒會 • 1 full page advertisement in the concert program • 8 complimentary tickets • Logo appearance on Haven of Hope Christian Service's newsletter (approximately 20,000 circulations) and e-News (approximately 7,000 circulations) • Acknowledgement in the concert program • MC verbal acknowledgement at the beginning of the concert • Guest invitation to the VIP cocktail reception 	
<input type="checkbox"/> 黃寶石贊助 Topaz Sponsor	HK\$250,000	<input type="checkbox"/> 紅寶石贊助 Ruby Sponsor	HK\$50,000
鳴謝 Acknowledgement <ul style="list-style-type: none"> • 場刊封面內頁或封底內頁全版廣告 • 獲贈門券12張 • 於靈實刊物《靈感》及電子通訊刊登公司商標 • 場刊鳴謝 • 司儀於音樂會鳴謝 • 獲邀出席雞尾酒會 • 1 full page advertisement (inside cover or inside back cover) in the concert program • 12 complimentary tickets • Logo appearance on Haven of Hope Christian Service's newsletter (approximately 20,000 circulations) and e-News (approximately 7,000 circulations) • Acknowledgement in the concert program • MC verbal acknowledgement at the beginning of the concert • Guest invitation to the VIP cocktail reception 		鳴謝 Acknowledgement <ul style="list-style-type: none"> • 場刊內頁半版廣告 • 獲贈門券6張 • 於靈實刊物《靈感》及電子通訊刊登公司商標 • 場刊鳴謝 • 司儀於音樂會鳴謝 • 獲邀出席雞尾酒會 • 1 half page advertisement in the concert program • 6 complimentary tickets • Logo appearance on Haven of Hope Christian Service's newsletter (approximately 20,000 circulations) and e-News (approximately 7,000 circulations) • Acknowledgement in the concert program • MC verbal acknowledgement at the beginning of the concert • Guest invitation to the VIP cocktail reception 	
		<input type="checkbox"/> 翡翠贊助 Jade Sponsor (只限個人名義贊助) (For individual sponsor only)	HK\$20,000
		鳴謝 Acknowledgement <ul style="list-style-type: none"> • 獲贈門券4張 • 場刊鳴謝 • 獲邀出席雞尾酒會 • 4 complimentary tickets • Acknowledgement in the concert program • Guest invitation to the VIP cocktail reception 	

2. 捐款 Donation (HCC_CRT_1203_ND)

本人／本公司／機構願意捐款港幣_____元支持是次慈善音樂會。

I / My company/organization would like to donate HK\$_____ to support the charity concert.

3. 訂票 Ticket Purchase (HCC_CRT_1203_NO)

請填上所需門票數量。

Please indicate the number of seats required.

\$ 200 x _____ \$ 120 x _____

\$ 80 x _____ \$ 40 x _____ (只限學生 For student only ¹)

付款方法 Payment Method

☐ 郵寄劃線支票² (祈付「基督教靈實協會」) **Crossed Cheque Payable to "Haven of Hope Christian Service"**²

☐ 直接存入本會銀行戶口 (中國銀行戶口: **012-874-1-035785-2**)²
Direct Debit to Bank of China (HK) Account: 012-874-1-035785-2²

☐ 信用咭 **Credit Card**³ ☐  ☐  ☐  ☐ 

持咭人姓名 Card Holder Name :

持咭人簽署 Card Holder Signature :

信用咭號碼 Card Number :

有效日期 Expiry Date :

聯絡資料 Contact Information

中文姓名／公司名稱 Chinese Name/Company Name in Chinese : _____ (先生／女士)

英文姓名／公司名稱 English Name/Company Name in English : _____ (Mr/Ms)

公司／機構聯絡人(如適用) Company/Organization Contact Person (if applicable) : _____ (先生／女士)
(Mr/Ms)

地址 Address : _____

電話 Tel :

傳真號碼 Fax no :

電郵 Email : _____

備註 Remarks:

- 訂票時請郵寄/傳真有效學生證副本。
Please mail / fax the effective student ID card copy when ordering.
- 請將支票或銀行存款單據與此表格一併寄回新界將軍澳靈實路七號基督教靈實協會傳訊及籌募部。
Please send cheques or deposit slips together with this form to Communications & Resource Development Department, Haven of Hope Christian Service, 7 Haven of Hope Road, Tseung Kwan O, N.T.
- 以信用卡捐款者，請直接將此表格傳真至本會 (傳真: 2702 8173)。
For those paid by credit card, please fax this form to 2702 8173.
- 捐款壹佰元以上，將獲發減稅收據。
Tax deductible receipt will be given to donations of HK\$100 or above.
- 如有任何查詢，請致電2703 3371與鄭美綸小姐或2703 3237與李靜茹小姐聯絡。
For enquiry, please contact Miss Cecilia Cheng at 2703 3371 or Miss Janice Lee at 2703 3237.

司務道教士的100歲生辰紀念日暨 靈實福音事工部成立35周年的感恩會

百載傳承主福音 卅五同行關愛心

基督教靈實協會(靈實)創辦人之一司務道教士的100歲生辰紀念日及靈實福音事工部成立35周年的感恩會已於2012年3月3日(六)假靈實醫院附屬樓演講廳舉行。當天，一眾靈實董事、新舊同工、服務使用者等等齊集靈實臺，重溫與司教士一起的日子。

立志成為社工 服事貧苦大眾

香港長者安居服務協會顧問馬錦華先生為前靈實服務使用者，年幼多病，四歲時仍不能站立。於是，母親帶他四處求醫，當時她對上帝許下承諾：「若上帝能把兒子的病治癒，我就信耶穌。」在鄰居的提議下，馬錦華被送到當時的靈實醫院求醫，結果疾病得到痊癒，自此母親成為家中第一位基督徒。

起初他對司教士十分好奇，因為他不明白司教士為什麼要隻身從老遠的挪威來到香港。漸漸地，他發現司教士的宣教心源自她對上帝的愛和信心，為的是要服事香港有需要的人。司教士的見證影響了年少時馬錦華對前路的抉擇，結果他當了超過三十年的社工，為的是與司教士一樣，幫助有需要的人。



靈實董事會主席趙宗義律師(左三)、靈實前同工郭陳悅卿(左四)、靈實前服務使用者馬錦華(右二)及福音事工部院牧事工組前主任牧林奕龍牧師(右四)齊集感恩會分享對司教士的感受。
Chairman of the HOHCS Board of Directors Mr Chiu Chung-ye, Charles (third from left); former HOHCS staff member Mrs Olive Kwok (fourth from left); former HOHCS service user Mr Timothy Ma (second from right) and Rev Vincent Lam (fourth from right) gather at the service to share their encounters with Sister Annie.



沙田浸信會話劇小組以話劇的形式表達對司教士的懷念。圖中(左二)可見司教士正關心當時調景嶺的難民。
The drama troupe of Shatin Baptist Church remembers Sister Annie through a performance. Sister Annie (second from left) is seen here caring for refugees at Rennie's Mill.

靈實薪火相傳 傳揚愛精神

靈實前同工郭陳月卿重回靈實舊地時感到十分恩惠，在場的出席者包括年輕人、老年人、新舊同工，他們濟濟一堂出席感恩會，可見司教士的精神可以一代一代的伸延下去。

在這個公開場合上，郭太道出了幾十年來心底的說話：「我不是最好的學生，也不是最聽話的學生，但是司教士本着神的憐憫接納我，令我感激不已。」她仍記得當年的一些故事：一位軍官夫婦多次戒毒失敗，快要將兒女賣去，以籌錢買毒品。當時，司教士義無反顧地把他們全家接到自己家中照顧。有幾次，郭太需要金錢應急，司教士就把郭太所畫的畫買下，以示幫助，由此可見，司教士就像耶穌基督一樣，全心全意地幫助有需要的人。



靈實前同工郭陳悅卿含淚感謝司教士。
Tearfully, former HOHCS staff member Mrs Olive Kwok expresses her gratitude towards Sister Annie.

Celebrating a Centennial Legacy of Passionate Mission cum Thirty-Five Years of Evangelistic Ministry

On March 3, 2012, HOHCS celebrated two important milestones in her history: the centenary of the birthday of Sister Annie, one of the founders of HOHCS; and the 35th anniversary of the founding of the Evangelistic Work Department (EWD). A commemorative and thanksgiving service was held in the lecture hall of the Haven of Hope Hospital Annex. Gathering on the Haven of Hope Terrace, the HOHCS Board of Directors, staff members, both present and past, and service users revisited earlier days spent in the company of Sister Annie.

靈實前服務使用者馬錦華
分享與司教士的經歷。
Former HOHCS service
user Mr Timothy Ma
discusses his first-
handed experience
interacting with Sis-
ter Annie.



A fervour to serve the needy through social work

Timothy Ma, a Consultant at the Senior Citizen Home Safety Association (SCHSA), was a HOHCS service user. When he was small, he was troubled by various illnesses, so that, even by the age of four, he was still unable to stand. His mother tried numerous doctors for him, without success. She made a promise to God, praying, "If You would only heal my son, I will believe in Jesus." Following her neighbour's suggestion, she subsequently sent Timothy to the Haven of Hope Hospital where he was healed. His mother then joyfully became the first Christian in her family.

The presence of Sister Annie piqued Timothy's curiosity—he was mystified as to why she had travelled alone such a long distance, all the way from Norway to Hong Kong. Over time, he came to see how her heart for mission stemmed from her love and faith in God, and how that motivated her service to the needy in Hong Kong. Sister Annie's living example influenced young Timothy in the choice of his future career: he became a social worker, and laboured in the field for over thirty years; inspired to serve the needy in the same spirit as displayed in Sister Annie.

Passing the Torch: HOHCS Spreading the Spirit of Love

Mrs Olive Kwok, a former staff member at HOHCS, was delighted to return to the place where she had devoted many years of service. Everyone: the young and the old; both long-serving and newer employees, gathered together at the Anniversary Thanksgiving Service, demonstrating that the spirit inspired by Sister Annie continues to be conveyed to each new generation.

At the service, Mrs Kwok spoke publicly words she had treasured in her heart for decades: "I was neither the best nor a particularly obedient student, but I was so thankful that, by the mercy of God, I was still accepted by Sister Annie." She recalled various stories from her days with Sister Annie: reminiscing, for example, about the military officer and his wife who, despite repeated attempts, could not overcome their drug addiction. They were at the point of selling their children to pay for their habit. Sister Annie, without hesitation, invited their whole family to stay with her so that she could care for them. Sometimes, when Mrs Kwok needed money in an emergency, Sister Annie would buy her paintings to support her. Imitating Jesus Christ, Sister Annie wholeheartedly helped everyone in need.



一眾靈實新舊同工、服務使用者等齊集靈實臺，重溫與司教士一起的日子。
HOH staff, old and new, and former service users gather at Haven of Hope Terrace in remembrance of their time with Sister Annie.

「不再一樣」： 以上帝為中心的服事

司教士也是普通人，生命中也會有起落，但她在軟弱中見得到上帝的帶領及恩典。

前福音事工部院牧事工組主任院牧林奕龍牧師在感恩會證道時稱，一場颱風在1954年把「整個靈實」捲走，眼見一年來的心血和努力化為烏有，司教士感到非常痛苦。傷心過後，司教士明白到痛苦背後必有恩典，在災難後上帝會給她更大的恩惠。

林牧師續說，颱風艾黛成為司教士和靈實歷史上的轉捩點。司教士明白唯有依賴上帝，事工才可以發展。從此，她的事奉必定以上帝為中心，神蹟便會出現。雖然，調景嶺山頭被颱風摧毀，司教士卻在不久收到一張從美國寄來的二萬五千元匯票，上帝聽禱告！這筆錢竟然是由一班小朋友奉獻而來，以支持靈實醫院的事工。一年後，靈實肺病療養院亦在上帝的恩典中開幕。

一場無情的風暴，竟成為應許的實現；司教士學會了完全放下自己，靈實從此不再一樣。

司教士曾用過的物品，如護士袍。
Items used by Sister Annie, such as her nurse gown.



舊同工們在院牧的帶領下重遊靈實台。司教士常在大石上為靈實的事工禱告，故此石又名「祈禱石」，在靈實醫院新院落成時遷移至此；石後的雕塑象徵靈實的事工正揭開新的一頁。
HOH alumni revisit Haven of Hope Terrace. The rock pictured was once Sister Annie's "prayer rock". It was placed here upon the completion of the new Haven of Hope Hospital complex. The statue behind the rock represents the ministry of HOH turning over a new leaf.

林奕龍牧師勉勵大家要效法司教士，以上帝為中心來服事周圍的人。
Revd Lam encourages everyone to follow Sister Annie's example, keeping God in the centre of their service to others.



“No Longer The Same:” God-Centred Service

As with any other person, Sister Annie experienced both ups and downs in her life. However, in her moments of weakness, she was sustained by the guidance and grace from God.

In his sermon at the Thanksgiving Service, the Revd Vincent Lam, the former Senior Chaplain of the Evangelistic Work Department's Chaplaincy Unit, shared how a typhoon destroyed "the entire Haven of Hope" in 1954. Sister Annie was devastated to witness her painstaking effort from the past year demolished. Once her grief had subsided, she realised that the suffering was a grace in disguise, and that God had an even greater favour planned for her in the future.

Revd Lam continued by saying that Typhoon Ida became a turning point for both Sister Annie and of Haven of Hope. Sister Annie learnt that the ministry could only be advanced through reliance on God. Since then, her ministry was fully God-centred, leading to one miracle after another. God always listens to our prayers! Although the buildings on top of Rennie's Mill were decimated, Sister Annie soon received a \$25,000 money order from the United States: a group of children had donated to support the ministry of the Haven of Hope Hospital. One year later, the Haven of Hope Tuberculosis Sanatorium was inaugurated through God's grace.

A merciless tempest became the realisation of God's promise. Sister Annie learnt to completely surrender herself, and since then the Haven of Hope has no longer been the same.

創毅中心 致力打造環保工場

近年來社會大力推動環保，靈實創毅中心(創毅中心)的學員也以身作則，立志成為環保大使。創毅中心的學員全都是殘障/弱能人士，為使他們能提高環保意識，回饋社會，創毅中心決心成為一所環保工場。

創毅中心已在過去半年舉辦了一連九項宣揚綠色生活的活動，包括講座、工作坊、種植及比賽等，以教育學員、街坊、家長如何在繁忙的日常生活中，也可做到環保的果效。

以下為創毅中心一些環保的經驗：



為推動環保，創毅中心每次送出的禮物都是由學員自製的環保精品。
To promote environmental-friendliness, all of IVRSC's gifts items are green and handmade by its students.



創毅中心的學員利用環保自製的清潔劑在農曆新年期間為獨居長者大掃除。
During Chinese New Year, IVRSC students help singleton elderly clean-up their homes with home-made environmentally-friendly detergent.



基督教靈實協會行政總裁林正財醫生參與創毅中心的活動時，利用自製的紙球及膠樽來玩保齡球。
Dr Lam Ching-choi, Chief Executive Officer of HOHCS, bowls with homemade paper bowling ball and plastic bottles at an IVRSC event.

IVRSC is positioning itself as a Green Workshop

Environmental-friendliness has been heavily emphasised by society in the recent years. Students at Haven of Hope Integrated Vocational Rehabilitation Services Centre (IVRSC) are taking the initiative to go green. IVRSC's students are all people with disabilities/intellectually handicapped. To heighten their awareness for environmental protection for the benefit of the society, IVRSC is determined to establish itself as a training centre fully committed to environmental practices.

IVRSC has organised a series of activities promoting a green lifestyle in the past six months. Over the period, IVRSC held a total of nine events, including a talk, workshops, a planting event, and competitions. These activities aim to educate students, neighbours and parents how to incorporate good environmental practice into their busy daily lives.

The following are some of the environment accomplishments of IVRSC:



「天使媽媽愛環保嘉年華暨嘉許典禮」的開幕儀式是由廁紙筒、碎紙而造成的環保炮。
"Mom's Little Angels" Green Carnival and Awards Ceremony opens with environmentally-friendly confetti cannons made from toilet paper tubes and scrap paper.



參與「伴你飛翔——青少年生命護航計劃」的小學生動筆寫揮春，完成後高興地展示自己的作品。

Primary school students cheerfully present their work after writing Lunar New Year greeting scrolls as part of the "Wingman - Youth Mentorship Project".

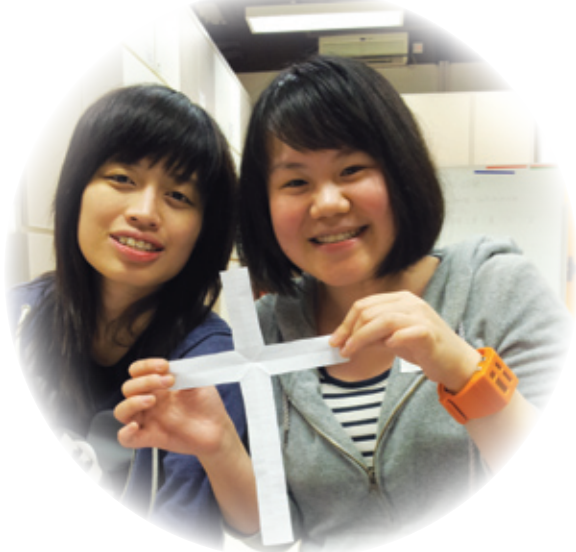
不論在家還是在中心，我們都努力實踐「一團和氣」呀！

At home or the centre, we strive to achieve harmony.



一班同工為2012年靈實成立日暨周年晚會服事，很有意義！

How meaningful: a group of HOHCS staff serving at the HOHCS Foundation Day cum Staff Annual Dinner 2012.



▲ 只要一CUT，一張白紙也可變成十字架！
With a single cut, a simple sheet of paper
can be turned into a cross!



▲ 福音事工部希望把愛的訊息帶給周圍的人。
Evangelistic Works Department wishes to spread
the message of love to everybody around.



寶林社區發展中心舉辦「笑得燦爛全家福比賽」，看！冠軍得獎者譚卓活家庭笑得多燦爛！

互訴心聲破障礙
衝突難免齊忍耐
笑容常掛在臉龐
健康家庭由我創

Haven of Hope Bradbury Po Lam
Community Health Development Centre
held "Say Cheese!" Family Photo
Competition. Look at the bright smiles of
the winner Tam Cheuk-wood family!



▲ 雙亞軍得獎者馮紹樑家庭
珍惜一家人相處的時刻
互相分享 相互成長
彼此親一親 快樂悠然生
One of the 2nd place winners : the Fung family



▲ 雙亞軍得獎者陳慧兒家庭
樂觀心態 面對困難；放下成見 坦誠溝通
控制情緒 耐心教養；身教引導 潛移默化
愛心接納 鼓勵欣賞；互相尊重 彼此關懷
安排時間 家庭活動；家庭和諧 父母開始
One of the 2nd place winners : Ois Chan family

一份用心的服事

梁智達醫生，靈實寧養院院長

在上帝的感召下，五年前我作了人生一項重大的決定，由靈實醫院轉職至靈實寧養院，負責創院的工作。

當初離開醫院、熟悉的環境和多年並肩服事的同工，重新由零開始，建立寧養院全生命晚期服事的事工，實在有不少困難和掙扎。然而，順從上帝的帶領卻令我有更多的得著。陪伴病友們度過他/她們生命最後一程，喜樂時同笑，哀傷時同哭，使我學懂人在死亡面前，惟有謙卑地投靠上帝，因為上帝才是真正的心靈醫治者和永恆生命的主宰。

在靈實精神「用愛心服事關懷」的基礎上，寧養院的使命是「用愛擁抱晚晴」。院友面對肉身衰敗和死亡的威脅，經常產生負面情緒，其家人也因此承受壓力，十分需要我們以基督的愛心去關懷和體諒他們。有見及此，寧養院在初期投入服務時，我便建立「用心待人，感受管理」的服務文化，除了為院友提供細緻周全的醫療護理，也要給予院友及家屬適切的輔導和靈性關懷。非常感恩的是，同工們都積極實踐「靈實精神」，不單耐心聆聽院友和家人的傾訴，更尊重他們的意願和感受。



寧養院的全人服事，離不開各同工美好的配搭。
The provision of whole-person care at HCC relies on the teamwork of our staff.

長期義工李伯(也是寧養院第一位院友的丈夫)與梁院長合照。
Dr Leung and long-time HCC volunteer Mr Lee, the husband of our first resident.

在寧養院工作，最蒙恩的莫過於有機會親身參與傳揚福音，引導院友和家屬到主基督耶穌面前。每天，同工都在撒種，在每星期的病室會議後，也會為每一位新入院或臨終的院友同心禱告，因為我們相信聖經的應許：「所以，我們不畏懼。外體雖然毀壞，內心卻一天新似一天。」（林後4:16）還記得有一位臨終前才信主的伯伯，當我問他：「你願意接受耶穌基督作你個人的救主嗎？」當時他戴著氧氣罩，已沒有說話的能力，但卻不停努力地在點頭。在那一刻，我深深感到上帝慈愛的臨在和福音的大能。這些生命裡深刻的經歷也成為我在寧養院繼續耕耘的最大動力。

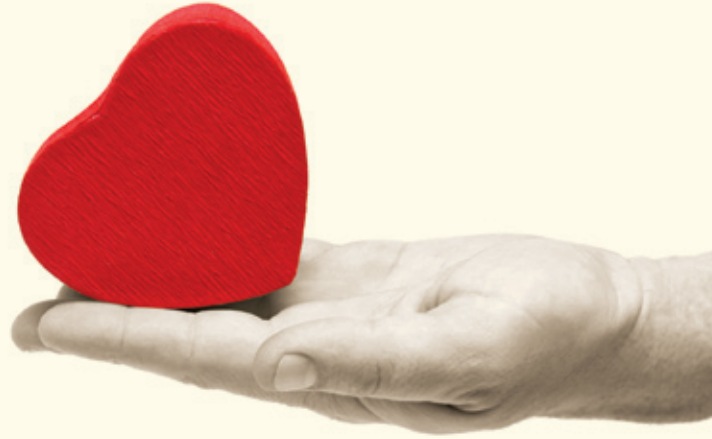
寧養院的工作並沒有政府資助，但收費卻遠低於一般的私家醫院，不過，當我見到仍有不少基層的病人因經濟問題而不能享用院內的服務，心中仍感到遺憾。故此，我們現正積極尋求社會善長的捐助，擴大「愛心資助病床」計劃*，期望至少能有二至四張病床恆常地用作服事基層的市民。

五年的光陰，見證寧養院的成長，或許我們未能治愈院友身體上的病患，但卻能在院友最需要的時候與他們同行，實在是上好的福分。正如德蘭修女所說：「我們不能作什麼大事，但可以用最大的愛心作好每一件微小的事」（“we can do no great things, only small things with great love”）。盼望您繼續支持寧養院的事工，並為我們繼續禱告。

*註：寧養院現在每個財政年度都有小額撥款，資助一些失了預算的院友部份留院費用。但若提供一張全額資助(免費)的病床，每年所需的金額是五十七萬，預計可以幫助到6至12位晚晴病人及家庭。

Serving from the Heart

Dr. Antony Leung,
Medical Superintendent,
Haven of Hope Holistic Care Centre



Responding to God's call five years ago, I made a crucial decision that changed the course of my life. I left Haven of Hope Hospital (HHH) to take up the post of the first medical superintendent at Haven of Hope Holistic Care Centre (HCC), where I was responsible for laying the groundwork of its ministry.

The hospital (HHH) was a familiar environment where I had served for many years and worked closely with colleagues I knew well. For me, departing from it in order to build a holistic hospice care ministry at HCC from the ground up presents a host of challenges and struggles. Nonetheless, as I followed God's lead, I have found great rewards. I accompanied the residents on the final walks of their life journeys, rejoicing as they rejoiced, mourning as they mourned. I learnt that, facing death, we can only humbly take refuge in God, the only true Psychological and Spiritual Healer and the Lord of Eternal Life.

Building on the spirit of HOHCS, summarised by her service slogan: "With Love, We Serve and Care," our mission at HCC is to "Embrace the last journey with love." Ailing bodies and the menace of death often provoke negative emotions in our residents, and equally place pressure on their families. They are, therefore, deeply in need of our care and sympathy, so that, through our service, they may experience the love of Jesus Christ. It was in view of this that, at the onset of HCC's operations, I developed our ministry culture on the basis of "serving from the heart and managing with compassion." Providing holistic end-of-life care requires great effort and wisdom: besides detailed and comprehensive medical care, we have to offer appropriate counselling services and spiritual care for residents and their families. I am filled with thanksgiving as I see our staff putting the spirit of HOHCS into active practice, not only by extending an understanding ear to the concerns of residents and their families, but also by honouring their wishes and feelings.

The greatest blessing of working at HCC is the opportunity to share the Gospel at a personal level, leading our residents and their family members to Christ. Our staff sows spiritual seeds daily. After our weekly ward meeting, we would pray with one heart for the new residents and for the deceased because we believe in the promise from the Bible: "So we do not lose heart. Though our outer nature is wasting away, our inner nature is being renewed day by day" (2 Corinthians 4:16). I still remember an elderly man who made the commitment just before he passed away. I asked him, "Are you willing to accept Jesus Christ as your personal Lord and Saviour?" Wearing the oxygen mask, he had already lost his ability to speak, but still, nodded vigorously. At that moment, I intensely felt the presence of God's love and the power of the Gospel fall upon him. These cherished experiences, which have punctuated my life, motivate me to continue labouring for HCC.

Although not subvented by the government, HCC charges fees that are far more affordable than many private hospitals. To my regret, however, I have seen cases where patients from lower socio-economic backgrounds could not afford our services. Therefore, we are actively seeking financial support toward the expansion of our 'Sponsor A Bed' Programme, with the aim of setting up two to four permanent, fully funded bed spaces for these service users.

For five years I have witnessed the growth of HCC. Although we are not always able to give our residents physical healing, it is a great blessing to walk with them in their hour of need. As Mother Teresa said, "We can do no great things, only small things with great love." I hope you will continue to support our ministry through your giving and prayer.

Note: HCC currently provides a mini-grant each fiscal year to support partially those patients who had to overspend on their medical budget. It is estimated that an annual sum of HK\$570,000 is required to finance a fully-funded bed space, which can serve from six to twelve end-of-life residents and their families.

紓緩痛症之飲食建議

註冊營養師 · 張佩斯

根據國際疼痛研究協會指出，疼痛是一種令人不愉快的知覺感受和情緒經驗，而不少經歷過「痛」的人都會對生活感到乏味，甚至認為「痛」隨之而來的一定是「苦」。但「痛」是可以紓緩，而「苦」亦可以轉化。上一期跟大家介紹過物理治療的方法去處理痛症，今期我們會討論到如何在飲食方面轉化痛症帶來的「苦」。

透過適當的飲食，能減少身體製造引起發炎的物質及體內存在具破壞性的氧化物，同時能夠促進體內抗炎的反應及修補受損組織，以紓緩與飲食相關的痛症，包括類風濕性關節炎、退化性關節炎及痛風症。以下是一些飲食小貼士，讓大家食得健康，過一個美滿的人生：

(一) 低糖、低脂、低鹽、高纖之飲食

- 有助控制體重，減低關節的負擔

(二) 適量攝取奧米加三脂肪酸

- 例如三文魚、鯖魚、沙甸魚、合桃等
- 有助減少身體製造引起發炎的物質

(三) 減少進食果糖

- 例如加糖果汁、汽水、運動飲品等
- 有助減少血液尿酸濃度

(四) 控制進食動物性蛋白質

- 包括紅肉及海鮮
- 有助減少因分解蛋白質而產生的尿酸

(五) 避免飲啤酒

- 啤酒含嘌呤，增加製造尿酸，同時增加乳酸，阻礙尿酸排泄。

(六) 攝取充足抗氧化營養素

- 各類蔬菜、水果、果仁等
- 減少體內存在具破壞性的氧化物

(七) 地中海式之飲食模式

- 少紅肉、適量魚、蔬果、全麥五穀類、果仁、豆夾類及橄欖油等
- 促進體內抗炎的反應

(八) 攝取充足維他命D

- 進食低脂奶類、適量曬太陽
- 有助減低患類風濕性關節炎的風險

Diet Suggestions for Pain Relief

Beatrice Cheung, Registered Dietician

Pain is defined by the International Association for the Study of Pain as an "unpleasant sensory and emotional experience". Many who experience pain find that life loses its lustre. They may even come to embrace suffering as the inevitable result of pain. In fact, pain *can* be eased; suffering *can* be alleviated. In the previous issue I introduced physiotherapeutic methods that treat pain. This time, we discuss how changes in diet can allay the suffering pain brings about.

A good diet keeps the body from producing substances that cause inflammation, and reduces harmful oxidants in our systems. At the same time, it improves the body's anti-inflammatory response and repairs damaged tissues. This has the effect of easing pain touched off by a poor diet, e.g. discomfort caused by rheumatoid arthritis, degenerative arthritis, and gout. The following are some tips for a wholesome diet. By eating healthily, you can lead a lifestyle free of needless suffering:

(1) A low-sugar, low-fat, low-salt and high-fibre diet

- Lowers pressure on joints by keeping body weight in check

(2) Ample intake of omega-3 fatty acids

- E.g., salmon, mackerel, sardines and walnuts
- Keeps the body from producing substances that cause inflammation

(3) Reduce fructose intake

- E.g., sweetened juices, soft drinks, sports drinks etc.
- Lowers uric acid levels in blood

(4) Restrict intake of animal-based protein

- E.g., red meats and seafood
- Reduces uric acid formed from protein breakdown

(5) Avoid beer

- Beer contains purine, which both produces more uric acid and hinders its excretion by increasing the level of lactic acid.

(6) Ample intake of antioxidant nutrients

- E.g., vegetables, fruits and nuts etc.
- Reduces harmful oxidants in the body

(7) Mediterranean diet

- Little red meat, adequate amounts of fish, fruits and vegetables, whole grains, nuts, legumes and olive oil
- Improves body's anti-inflammatory response

(8) Ample intake of vitamin D

- By consumption of low-fat dairy products and moderate exposure to sunlight
- Lowers the risk of developing rheumatoid arthritis

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