

# 靈感 HAVEN OF 86 HOPE NEWS SEP 2014

專題  
THEME

## 港孩 講孩

Our Children  
Our Future

專訪忌廉哥

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從紓緩治療部見證神的足印

Witness Footprints of God in Palliative Care Unit

靈實耆樂餅義賣 改善長者生活

Qile Cake Charity Sale  
Improve the Elderly's Quality of Life



基督教  
靈實  
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HAVEN OF HOPE  
CHRISTIAN SERVICE

尊重生命 • 改變生命

# 行政總裁的話

## Words from the CEO

親愛的靈實支持者：

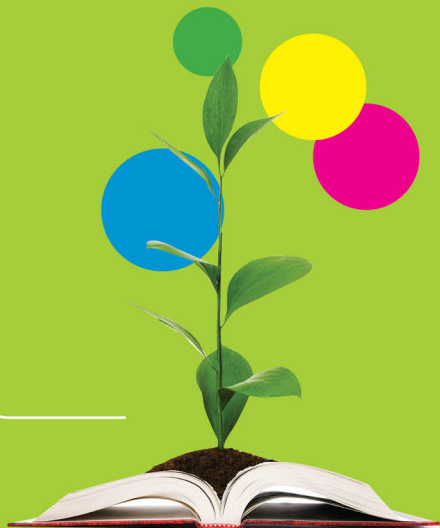
轉眼間2014年已過了超過三分二，時間永遠在不經不覺間溜走，我們不能控制時間溜走的速度，但我們卻可以善用和珍惜時間，豐富自己人生。人生幾十年似長還短，生命本身就是要累積不同的「資產」，例如健康、學識、見識、內涵、經歷和體驗，累積高質素「資產」愈多，代表個人品德修養愈高。

不過，人要累積優良品德，並非一朝一夕的事，必須自小培養。記得兒子年幼時亦有頑皮的時候，當時我跟自己說兒子就像一張白紙，我的教導會直接影響他將來的成長；我從不要求他成就要多高，反而希望他有良好的品格，做個有用的人回饋社會。

我深深明白現今社會競爭激烈，家長很自然地會把子女的學業成績放在第一位，但久而久之大家卻彷彿忘記了德育同樣重要；需知道子女有良好品格，對將來待人接物，甚至事業前途發展也有關係，家長實在不容忽視。

為了協助家長培養子女的德育，一直以來堅持以人為本，為人多想一步、多走一步的基督教靈實協會(以下簡稱靈實)，今年特意推出「靈實小慈善家」計劃，希望透過不同活動，例如生命教育講座、義工活動等，從小開始培養小朋友的修養。同時，靈實期望參與計劃的小朋友透過義工服務與不同階層人士接觸，體會到不同階層人士的生活狀況，藉此幫助弱勢社群，培養小朋友學懂珍惜所有、尊重別人等正確的價值觀。正如之前提到，良好的品德及內涵正是生命所需的重要資產，要從小一點一滴累積起來，我們期望每個小朋友都能成為「生命的富翁」。

靈實將本著「尊重生命・改變生命」的理念推行「靈實小慈善家」計劃，希望藉此計劃培養未來社會棟樑，與我們攜手為社會出一分綿力！



Dear supporters,

Time flies, and we are now in the third quarter of 2014. Although we cannot control time, we as human can always control how to use it. Enriching our lives through accumulating different types of "capital", such as health, knowledge, insights, connotation and experiences are secrets of using time wisely. And these are the "capital" that makes life worthwhile.

However, accumulating moral fortunes is never an over-night thing. Good habits are developed since a young age. When my son was young, he occasionally misbehaved too. I told myself that my son resembled a blank sheet of paper and my teaching would directly affect his growth through time. Instead of urging him to fly high, I paid more attention to development of good character. I wanted him to become a person of integrity and would contribute to the society when he grows up.

Of course I understand how competitive our society is. Many of our fellow parents set aside everything else and focus on academic performance, for it seems to be so important in many ways; however, let's not forget that moral education is equally important for our pillars of the future. A good character is not only the key to our children's social life, but also their career development.

To help parents develop their children's moral values, Haven of Hope Christian Service (HOHCS) has launched the *Haven of Hope Young Philanthropist* Programme in accordance with our decades-old tradition of serving the community with love. We aim to cultivate good habits in children through different activities, such as parent-children seminars and volunteer activities. At the same time, HOHCS looks forward to giving the young participants an opportunity to understand the living conditions of different social classes through personal experiences, so as to enable them to treasure what they have while respecting other people. As mentioned before, good character and inner beauty are "must-haves" in one's life, and they are heavenly wealth to be accumulated through time. I wish our Young Philanthropists "good fortune" and happiness in God!

With the belief of "Respecting Life. Impacting Life" in our hearts, the *Haven of Hope Young Philanthropist* Programme intends to nurture good qualities of our future pillars of the society. Together, we shall make a positive impact on people's life.

行政總裁  
Chief Executive Officer

A handwritten signature in black ink, appearing to read 'Lam Ching-choi'.

林正財醫生  
Dr Lam Ching-choi

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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  
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sional and progressive spirit so that the lives of those  
serving and being served are mutually enriched.

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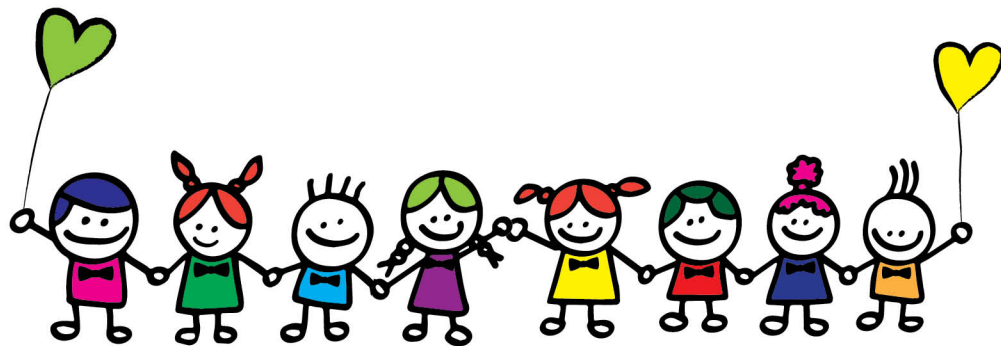
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# 港孩・講孩

「港孩」、「三低」、「高分低能」等負面的名詞，都經常用作形容一群被父母、傭人或者身邊的親人所寵壞，受盡保護，不懂自我照顧的孩子，有些十多歲的孩子甚至連簡單的生活技巧，例如自己洗頭髮、綁鞋帶或者便後清潔都不懂：有人甚至形容他們為「六不得」，即「餓不得、飽不得、熱不得、凍不得、累不得、辛苦不得」，如同玻璃一般脆弱。

這些年青人又過於自我，往往以自己為中心，不懂處理自己情緒，亦不懂面對壓力和逆境，最終造成俗稱「三低」的惡果，即自理能力偏低、情緒智商偏低、以及抗逆力低。

年輕一代是香港未來發展的重要動力，加強和培育新一代正確的價值觀及人生觀確實是刻不容緩。靈實特意邀請了資深教育界代表鮮魚行學校校長梁紀昌以及暢銷育兒書-「龍媽蜜語」的作者張淑儀博士，分享對「港孩」的看法，以及共同探究解決方法。



鮮魚行學校校長 — 梁紀昌校長在教育界工作30多年，育有一名女兒，他怎樣看「港孩」現象？對孩子未來有何影響呢？

靈：靈感

梁：梁紀昌校長

靈：你認為『三低』、『港孩』這個負面現象是誰造成的？有哪些主要成因？

梁：我認為主要有三大成因，第一：現今的父母對子女過份保護，親自為子女打點生活瑣事；第二：家長工作忙碌，沒有空餘時間照顧子女，所以將最好的生活條件給予子女作補償；第三：有些家長為了安排子女入讀名校或希望他們順利入大學，只要求子女專注學業，忽略基本自理能力訓練，最終令子女變成俗稱的『港孩』。我記得曾經有一位女孩，自小由傭人照顧，根本不知道什麼是煮熱水，直至她十多歲時，有一次媽媽要求她拿熱水泡茶出來奉客，但見她只用了凍水泡茶，媽媽細問之下，才知道女兒根本不知道如何煮熱水。

靈：孩子懂不懂煮熱水這些小事，對孩子的將來有何影響？

梁：其實這正好反映了孩子自理能力的高低。孩子的自理能力、情緒智商、抗逆力低都對成長很重要，並將直接影響孩子將來能否自立；能自立的孩子社交技巧相對提高，他們懂得與別人相處，處事亦更成熟，將來自然更能於工作上有好表現。其實，現今社會在工作上已經不單只是看重孩子的成績，亦看重人際關係、相處之道、主動性及責任感等，所以應該自小培養孩子自立，這對他們成長及將來處事方式攸關重要。

# Our Children· Our Future

“Hong Kong Kids”, “Triple Low”, “High Score, Low Ability” and other negative terms are often used for describing a pampered new generation in Hong Kong. These young people have access to all kinds of resources and live in an environment with free flow of information. They are being so overprotected and even spoiled by their parents, domestic helpers or relatives that they know little about self-care. Some of them lack even the most basic life skills, such as washing their hair, tying shoelaces or managing their personal hygiene. Worse still, they are regarded as suffering from the “The Six Incapabilities”, i.e. unable to stand hunger, fullness, heat, coldness, fatigue and hardship, while giving the general public an impression that they are as fragile as glass.

These young people are self-centered in nature, while having difficulty in handling their own emotions. They often find it hard to manage stress and adversity which leads to the “Triple Low” issue, i.e. low ability in self-care, low EQ (Emotional Quotient), and low resilience.

As the younger generation makes an important driving force for future development, it is of utmost urgency for the society to strengthen and nurture the young people with positive values and outlook on life. HOHCS, in the light of this, invited Mr Leung Kee-cheong (Principal of Fresh Fish Traders’ School) and Dr Rachel Cheung Shuk-yee Author of *Sweet Tales of Dragon Mom*, a parenting bestseller) to share with us their views on “Hong Kong Kids” and possible solutions to the heated issue.



Mr Leung Kee-cheong, Principal of Fresh Fish Traders’ School, has over 30 years’ of experience in the education sector. As father of the only daughter in the family, what is his view on the phenomenon of “Hong Kong Kids” and its impact on our children’s future?

HOHCS : Haven of Hope News

Leung : Mr Leung Kee-cheong

HOHCS : Who do you think is responsible for issues like “Triple Low” and “Hong Kong Kids”? What are the major causes?

Leung : I think that is caused by three factors. Firstly, today’s parents are overprotective of their children, and they lay their hands on every single detail of their children’s lives. Secondly, most parents are busy with their work and spend less time with their children, and therefore they offer their children the best they can as compensation. Thirdly, some parents want so much to enroll their children into elite schools and universities that the latter are required to concentrate solely on their academic performance. These young people, as such, turned into “Hong Kong Kids” who lack even the most basic skills of self-care. I know of a girl who doesn’t know how to boil water – she was taken care of and “brought up” by her domestic helper. Turning into a teenager, the girl was asked by her mom one day to serve hot tea to family guests.

To her mom’s surprise, she served the tea in cold water instead and only until then that her mom realised her daughter did not know how to boil water.

HOHCS : How is this impacting on children’s future?

Leung : It reflects their level of self-care ability, EQ and resilience that are all important for children and have a direct influence on their future independence. High independence would in turn enhance children’s social skills, which are pivotal to their harmonic relationships with other people. These days, academic performance is not the only requirement at the workplace; instead, interpersonal relations, social skills and proactiveness are highly valued as well. Therefore it is very important for children to learn to be independent since an early age.

張淑儀博士是暢銷育兒書「龍媽蜜語」作者，曾任職投資銀行亞洲區人力資源總監，及香港城市大學兼任講師，現職人事管理顧問的張博士育有兩名分別11及9歲的女兒，在她眼中，如何管教孩子，才不會教出「港孩」？又如何培養孩子的愛心？



靈：靈感

張：張淑儀博士

靈：在這個年代，香港的孩子普遍很依賴父母，你是如何教導女兒們自覺地學習呢？

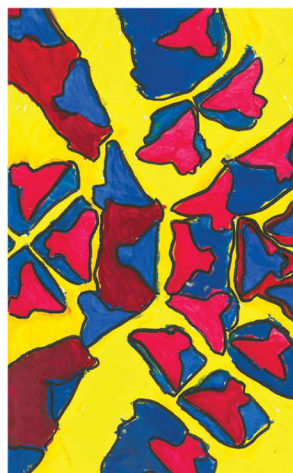
張：孩子的習慣是父母從小培養的，以我的女兒為例，她們上小學之前，我已跟她們說好不會聘請補習老師，她們必須自己學習、專心上課。當她們功課有困難時，我會引導她們自己找答案，以免她們只依賴我代找答案。

我時常與其他家長分享：教導孩子最重要是鼓勵，我會努力營造歡樂的氣氛，也會時常讚賞孩子的好行為，例如：「你今天自動自覺練琴，好叻喎！」這樣，她們就會明白「自動自覺練琴」是會得到稱讚，而不是只為成績或結果，鼓勵她們更努力練習。

靈：你是怎樣教導女兒們要有愛心、誠實、負責任等特質呢？

張：晚上時間許可的話，我都會跟孩子講故事，這樣既能是親子時間，同時也是教育孩子品德的好時機。我會通過講故事教導孩子正確的價值觀，以及如何成為「好孩子」。當然，作為父母，我們必須以身作則成為孩子學習的榜樣。例如：家長不能一面揀飲擇食，一面要求孩子多吃蔬菜。

當孩子漸漸長大，就不能再單靠講故事了。我會跟他們分析事情，問她們對事情的意見，同時引導她們選擇正確的價值觀。我會利用一些時事與女兒們討論和分析事件背後的意義，例如我會問問女兒們對事件的看法、分析因果、假如代入事件主角，她們又會如何應對等。我覺得憑著這些分析過程，可以訓練她們的思考及建立正確的人生觀。



張博士認為畫畫有助培養良好的性情以及提供空間讓孩子思考，因此十分鼓勵女兒們畫畫！

Dr Cheung believes drawing is a good way to nurture children's temper. She highly encourages her daughters to draw!

當子女面對失敗時，父母更要支持子女，陪她們面對逆境，而不是一面倒怪責。總的來說，「港孩」這種社會現象愈來愈普遍，值得家長、政府及普羅大眾進一步反思，要為孩子建立正確的價值觀及培養良好的特質，必須從小一點一滴累積和訓練，家長們亦應以身作則，培育擁有良好特質及品性的下一代。



暢銷育兒書「龍媽蜜語」

Parenting Bestseller: *Sweet Tales of Dragon Mom*

Dr. Rachel Cheung Shuk-yee is the author of a parenting best-seller ***Sweet Tales of Dragon Mom***. Dr Cheung, former Director of Human Resources of the Asian Region for an investment bank and part-time lecturer at City University of Hong Kong, is currently working as a Human Resources Consultant. As mother of two daughters (aged 9 and 11), what are her parenting tips for raising independent and caring children?

HOHCS : Haven of Hope News

Cheung : Dr. Rachel Cheung Shuk-yee

HOHCS : Children in Hong Kong tend to be very dependent on their parents these days, how do you teach your daughters to learn consciously?

Cheung : We cultivate good habits in children since a young age. Taking my daughters as an example, they have been told before Primary 1 that they are not going to have a tutor and they would have to learn assiduously by paying attention in class. When they encounter difficulty with their homework, I don't give them answers directly. Instead, I tend to guide them through the process of finding their own answers.

One important skill about teaching your children is encouragement. This is what I often share with other fellow parents. What I do is to create a joyful atmosphere and praise children for their good behaviors from time to time. "You voluntarily practised the piano today. Brilliant!" In this way, my children have come to understand that "practising the piano voluntarily" will receive positive response, thus reinforcing the behaviour to support their learning.

HOHCS : How do you teach your girls about virtues like love, honesty, and responsibility?

Cheung : Whenever I have time, I tell my girls stories at night. This not only fosters a good relationship with my children but is also a great opportunity to teach children about morality. I teach my children about the right values through stories and how to become a "good child". Of course, as parents, we should serve as role models for our children, e.g. we should not keep an unhealthy diet while asking our children to eat more vegetables.

As children grow, we can no longer rely on storytelling. I'd analyse different issues with them and guide them through the journey of developing the right values. We would also analyse public affairs, the cause and effect, and different perspectives together. This is excellent training for their thinking which allows them to develop a good outlook on life.

As parents, we should support our kids when failure strikes. We have to teach them ways to cope with adversities instead of blaming them for not achieving success. Overall speaking, there are more and more "Hong Kong Kids" around, and we the parents, the government as well as everyone in this society should reflect on why this phenomenon has taken place. We need to develop right values and good behaviours in children step by step, while parents should also do their best to act as role models for their own kids.

# 做貓也慈善

靈：靈感

HOHCS : HOHCS Newsletter

忌廉：忌廉哥

Cream : Cream Bro

小高：忌廉爸爸 — 小高

Mr Gao : Cream Bro's Dad



靈：忌廉哥，請問你覺得你跟其他貓有什麼分別，為什麼這麼紅？

忌廉：其實我除左食多人少少、瞓多人少少，其實同其他貓都是一樣的。至於我為什麼會紅，我相信是跟我的CHOK樣跟身形有關。

靈：你為何會有幫人既使命？

忌廉：我好喜歡親近人類，人類就是我的朋友，可謂相識滿香港。朋友有需要幫忙時，我當然要出一分力啦！

靈：身為報紙檔的店長，工作繁忙，你怎樣抽空幫助別人呢？

忌廉：其實有些患有情緒病的朋友時常來探我，他們透過跟我接觸，擺出一副“Chok”樣跟他們影相、逗下他們開心、一起玩耍，慢慢就起了情緒治療的作用，為他們帶來喜樂，因此我可算是他們的「情緒治療師」！

我有很多粉絲幫我、愛護我，當然感到好幸福！而我因為跟人類接觸多了，亦知道施比受更有福的道理，並成立了「忌廉哥基金」幫助流浪貓狗。我知道世界上還有很多流浪貓狗連溫飽都不足，我捐了很多貓糧、狗糧去貓狗場，好希望能幫助到牠們！

除了流浪貓狗，今次我更參加了「靈寶小慈善家」計劃，更成為小慈善家榜樣！這是我第一次做慈善大使，和小朋友一起參與的活動，希望和小朋友一起關心社會，把歡樂帶給弱勢社群及有需要幫助的人！身邊的人開心，我就開心了！當然，我見到罐罐就最開心呢！

靈：忌廉咁乖，小高的教導功不可沒！小高，你可以分享一下「教仔」的經驗嗎？

小高：其實忌廉哥一向都好乖！牠天生就擁有一夥保護弱小的善心，見到受傷、弱小的貓狗，會對牠們特別溫柔。有一次在公開活動中，忌廉哥見到被虐、沒有後腳的「麗麗」，就把身體靠下去，好似要攙扶「麗麗」！我感覺到忌廉天生就是本性善良，擁有成為小慈善家模樣的特質！

## Cat Philanthropist

HOHCS : Cream Bro, you're getting so popular but do you think you're different from your kind?

Cream : I don't see a big difference between my fellows and maybe I eat and sleep a little bit more. I think all the attention that I got has to do with my smart look and my body.

HOHCS : What makes you so determined to help people?

Cream : I love to get close to humans, they are my friends! I have friends from all over Hong Kong, and you have to be there for your friends whenever they need help, right?

HOHCS : As a "Shop Manager" of a newspaper stand, how do you manage to help people when you have such a heavy workload?

Cream : There are friends who suffer from mood disorders coming by from time to time. I play with them, and I connect with them. Sometimes I play smart for them to take pictures. That's how I lift their spirits and I guess it works as an emotional therapy. I'm a therapist now, sort of.

I feel so blessed because I've got all the support from the fans. When I get more contacts with humans, I learn how much better it is to give than to receive. That's why I launched the 'Cream Bro Foundation' to help the stray dogs and cats. There are a lot of my friends still suffering from starvation. I've been donating lots of dry food to them, and I hope it's working out for them.

Other than helping the stray dogs and cats, I have also joined the Haven of Hope Young Philanthropist Programme, and it's a real honor to become a role model for other young philanthropists. This is my first time to be a charity ambassador. I want to participate in every activity with the children and together show our concerns for people in need. Most importantly, we want to bring them joy. I'm happy when they're happy. Of course, food makes me happier.

HOHCS : Such a good boy! But I believe Mr. Gao must have taught you well! Please, Gao, share with us your parenting experience.

Gao : He's always been a good boy! He was born with a kind heart and it gets extremely soft when he sees those injured or weak dogs and cats. I saw him trying to help Lily, who had been abused and lost her hind legs, in a public event. He just drew near her and supported her in walking. I can tell that he is essentially a good boy. Kindness is in his nature and that's what he got to be a young philanthropist.

### 小慈善家 - 忌廉哥生活點滴 YOUNG PHILANTHROPIST - FACTS ABOUT CREAM BRO

品種 : 英國短毛貓  
年齡 : 9歲 (仍然年青有為! 活力十足!)  
腰圍 : 23吋 (無意減肥!)  
體重 : 18磅 (份量十足)  
家庭狀況 : 主人高先生(小高)、高太太、已成家立室  
愛妻為忌廉嫂(妹妹)  
最鍾意食物 : 罐罐(罐頭貓糧)  
處世格言 : 退一步，海闊天空  
最新動向 : 成為靈寶小慈善家 (請大家多多支持!)

Breed : British Shorthair  
Age : 9-year-old (still young and energetic!)  
Waistline : 23-inch (no intention to lose weight)  
Weight : 18-pound (such a bulky boy)  
Family status : Mr. Gao (Dad); Mrs. Gao (Mum); Mrs. Cream Bro (wife)  
Favorite food : Tin (canned cat food)  
Motto : Compromise makes a conflict much easier to resolve  
What's new : Becoming a role model of the Haven of Hope Young Philanthropist Programme (please support!)

靈實小慈善家大招募  
HAVEN OF HOPE YOUNG PHILANTHROPIST WANTED

想培養孩子愛心，又想孩子開心學習，更想增加親子時間？

靈實小慈善家滿足你三個願望！

Want your children to be kind-hearted, learn happily and have more parent-children time? Haven of Hope Young Philanthropist Programme is what you need!

靈實致力將關愛精神推廣至香港未來的主人翁，培養孩子愛心和責任感，以及熱心公益的態度，同時配合學校「其他學習經歷」(OLE)要求，今年特別舉辦「靈實小慈善家」計劃。透過「親子/生命教育講座」、「義工活動」及「親子活動」等多元化活動，擴闊孩子眼界，並樹立正確的價值觀，讓孩子「贏在起跑線上」。此計劃已經得到多名社會知名人士擔任榮譽顧問，當中包括著名前香港足球先生山度士先生以及資深傳媒人車淑梅小姐等，連本地紅「貓」忌廉哥亦全力支持。

「靈實小慈善家」計劃歡迎3至18歲孩子參加，靈實小慈善家有機會參加「車淑梅司儀技巧班」、「車路士足球班」、「創意皮革班」等豐富活動。**首100名參加者更可獲樂高玩具乙份**。名額有限，立即行動！

In order to cultivate the sense of love and responsibility of our future leaders and to devote them in charity, as well as to fulfill "Other Learning Experience" (OLE) requirements of schools, HOHCS introduces you to the "Haven of Hope Young Philanthropist" Programme. Through participating in a wide range of activities such as "Life Education Seminars", "Volunteering Activities", "Parent-Children Activities" etc which are especially designed for your children to broaden their horizon and establish the right values, so they can get a step ahead of the competition. This programme has received enormous support from professionals in the society to act as our honorary advisors, such as Former Hong Kong Footballer of the Year, Mr Leslie G Santos and Media Veteran, Ms Candy S M Chea etc.. Other than that, we have also received keen support from our famous cat, Cream Bro.

Children aged 3-18 are welcome to join. Each philanthropist is entitled to participate in events such as "MC Skills Coached By Ms Candy Chea", "Football lesson by Chelsea Soccer School", "Creative Leather Sewing Workshop" etc. **The first 100 successful participants will receive a pack of free LEGO toy!** Act now and enrol!



登記網址 Website : [www.hohcs.org.hk/yp](http://www.hohcs.org.hk/yp)

Facebook : [www.facebook.com/hohcs.org.hk](https://www.facebook.com/hohcs.org.hk)

查詢 Enquiry : 2703 3284

「靈實小慈善家」計劃參加表格 Please fill in the following information

參加者姓名 (中文)	
Name of Participant (English)	
出生日期(日/月/年) Date of Birth (DD/MM/YY)	
性別 Gender	<input type="checkbox"/> 男 Male <input type="checkbox"/> 女 Female
就讀學校名稱 (中文)	
Name of School (English)	
家長/監護人名字 (中文)	先生/小姐/太太
Name of Parent/Guardian (English) Mr / Ms / Mrs	
聯絡號碼 Telephone Number	
郵寄地址 Mailing Address	
電郵地址 Email Address 此乃登記電郵 (Registered E-mail)	

守護天使每月捐款計劃

(每月港幣 \$150)  
Guardian Angel Donation (Monthly Donation of HK\$150)

請使用每月捐款表格並連同此參加表格交回傳訊及籌募部

Please use the monthly donation form and return to Communications and Resource Development Department along with this enrolment form

靈實小慈善家守護天使可獲：  
Young Philanthropist Guardian Angel will receive :

• 靈實小慈善家迎新套裝  
Young Philanthropist Welcome Pack

• 配合學校「其他學習經歷」活動並取得證書  
Participate in OLE related activities and receive a certificate

• 參加「親子生命教育」講座  
Participate in "Parent-Children Life Education Seminar"

• 撰寫「親子生命教育」講座感想及得著，優異作品將於網上表揚  
Write a reflection about the "Parent-Children Life Education Seminar", selected works will be shared on the Programme website

• 與靈實服務使用者書信交流，讓他們得到安慰  
Communication with Haven of Hope Service Users to show a caring heart

• 有機會與忌廉哥及朋友一起做義工  
A chance to volunteer with Cream Bro & Friends

捐款港幣\$150 :  
Donate HK \$150 :

您可以幫助 You can help:

6名長者得到新鮮菜包煮食，或讓9名智障人士得到一星期的飲用鮮奶，加強鈣質吸收

6 elderly with Fresh Food Pack, or 1 Week's worth of milk for extra calcium consumption for 9 mentally disabled people

靈實小慈善家可獲「銅錦囊」：  
Young Philanthropist will receive a "Bronze Kit" :

• 靈實小慈善家迎新套裝  
Young Philanthropist Welcome Pack

• 參加「其他學習經歷」活動並取得證書  
Participate in OLE related activities and receive a certificate

• 參加「親子生命教育」講座  
Participate in "Parent-Children Life Education Seminar"

• 撰寫「親子生命教育」講座感想及得著，優異作品將於網上表揚  
Write a reflection about the "Parent-Children Life Education Seminar", selected works will be shared on the Programme website

捐款港幣\$450 :  
Donate HK \$450 :

您可以幫助 You can help:

2名長者獲得45分鐘免費小組物理治療

Enable 2 elderly to receive a 45 mins session of group rehabilitation service

靈實小慈善家可獲「銀錦囊」：  
Young Philanthropist will receive a "Silver Kit":

• 靈實小慈善家迎新套裝  
Young Philanthropist Welcome Pack

• 配合學校「其他學習經歷」活動並取得證書  
Participate in OLE related activities and receive a certificate

• 由專業社工或臨床心理學家分享育兒技巧  
Parenting skills workshop by Social Worker or Clinical Psychologist

• 自由選擇參加其中一項親子活動及講座，其中包括：  
Entitled to participate in one of the "Personal Enhancement" Activities and Seminar including:

• 環保紙製作及繪染工作坊  
Eco-paper Making & Dyeing Workshop  
• 創意皮革班  
Creative Leather Sewing Workshop  
等等And More

捐款港幣\$1,000或以上：  
Donate HK \$1,000 or more：

您可以幫助 You can help:

4名長者得到認知障礙症初步評估

4 elderly receive a free mild cognitive impairment primary assessment

靈實小慈善家可獲「金錦囊」：  
Young Philanthropist will receive a "Gold Kit":

• 靈實小慈善家迎新套裝  
Young Philanthropist Welcome Pack

• 配合學校「其他學習經歷」活動並取得證書  
Participate in OLE related activities and receive a certificate:

• 由專業社工或臨床心理學家分享育兒技巧  
Parenting skills workshop by Social Worker or Clinical Psychologist

自由選擇參加親子活動及講座，其中包括：  
Entitled to participate in "Personal Enhancement" Activities and Seminars including:

• 車淑梅司機技巧班  
MC Skills coached by Ms Candy Chea  
• 車路士足球班  
Football lessons given by Chelsea Soccer School  
等等 And More

• 參與義工活動及獲得「靈實義工證書」  
Participate in Volunteering Activities and receive a "Certification of Volunteer" issued by Haven of Hope Christian Service

• 獲贈「愛心成績表」以作個人履歷  
Receive a "Certification of Good Deeds" in recognition of Young Philanthropist's good deeds.

• 參加年終分享活動  
Participate in that year's finale gathering

### 孩子的聲明 Declaration of Young Philanthropist:

我，\_\_\_\_\_ (孩子姓名)，承諾會用心參與這項計劃，遵守計劃守則，學習幫助別人及服從父母的指示。我願意學習與人分享，用愛心關懷朋友、長者及其他有需要的人。我長大後，會努力建設社會，成為一個有愛心和貢獻的人。

I, \_\_\_\_\_ (Name of Participant), pledge to commit to the programme with a sincere heart. I am engaged in helping other people, following the rules of the programme and obeying my parents' instructions. I will learn to share and care for my friends, elderly and people in need. When I grow up, I will contribute to the society and become a person with a good heart.

靈實小慈善家簽名

Young Philanthropist's Signature: \_\_\_\_\_

家長/監護人簽名

Parent/Guardian's Signature: \_\_\_\_\_

日期/Date: \_\_\_\_\_

### 靈實小慈善家計劃守則：

1. 最少捐出港幣\$150方可參與「靈實小慈善家」計劃。
2. 如欲參加計劃所舉行之各項活動，必須於指定期間報名，逾期報名恕不接受。從未參與任何活動及講座的申請者將獲優先處理，餘額以先到先得之方式處理。
3. 每位靈實小慈善家的家長可取得捐款收據，作退稅之用。
4. 任何活動或講座之更新，將於網上公佈，敬請自行留意活動網頁內容更新。參加者需於成功登記後12個月內完成有關活動，逾期恕不接受。
5. 所有活動及講座名額先到先得，從未參加任何活動及講座的申請者將獲優先處理。
6. 所有捐款金額以靈實過往例子計算，當中已包括行政開支。
7. 「靈實小慈善家」計劃若引起任何爭議，基督教靈實協會保留最終決定權。

### Young Philanthropist Programme Rules:

1. Participants must contribute at least HK\$ 150 to join the Haven of Hope Young Philanthropist Programme.
2. Participants must enrol in the specific dates for any activities held by the Programme. Late registration will not be accepted. Priority will be given to applicants who have not participated in any activities; remaining applications will be processed on a first-come-first-serve basis.
3. Parents of each Young Philanthropist will receive a tax-deductible receipt for the donation.
4. Any changes in schedule of Activities and Seminars will be announced on the Young Philanthropist website, please check the programme website for any updates. Participants must finish the Programme activities within 12 months after successful enrolment, late applications will not be accepted.
5. All Activities and Seminars are on a first come first serve basis, priority will be given to applicants who have not participated in any events.
6. Donation amounts are of estimation by past examples of HOHCS, administration cost are inclusive.
7. If there should be any controversies of the Young Philanthropist Programme, Haven of Hope Christian Service reserves the right to the final decisions.

### 捐款方法 Donation Method：

本人願意捐出以下款項參加「靈實小慈善家計劃」及支持靈實的服務。

I would like to donate the following sum to join the Young Philanthropist Programme and to support the services of HOHCS.

☐ \$150 ☐ \$450 ☐ \$1,000 ☐ 其他Others \$

請選擇其中一項捐款方法 (1) 信用卡賬戶, (2) 郵寄劃線支票 或 (3) 直接存入本會銀行戶口

Please choose one donation method through (1) Credit Card, (2) Crossed Cheque by Mail or (3) Direct Debit to Bank Account

☐ 劃線支票<sup>1</sup> ( 祈付「基督教靈實協會」 ) Crossed cheque<sup>1</sup>: (Payable to "Haven of Hope Christian Service")

☐ 直接存入戶口<sup>1</sup> Direct Debit Cash to Bank : Bank of China Account  
中國銀行戶口：012-874-0-012319-5

請將支票或銀行存款單寄回本會傳訊及籌募部收。

Please send the cheque or deposit slips to our Communications and Resource Development Department.

☐ 信用卡Credit Card (請將填妥之表格直接傳真至2702 8173 Please fill in the form and fax to us at 2702 8173)

☐ Visa ☐ MasterCard ☐ Diners ☐ AE

持咭人姓名Cardholder Name: \_\_\_\_\_

信用卡號碼Card Account No: \_\_\_\_\_

有效日期Card Expiry Date: \_\_\_\_\_

持咭人簽署Authorised Signature: \_\_\_\_\_

\*簽名必需與閣下之信用卡簽名完全相同，表格上如有任何塗改，請在旁簽署。  
Please ensure that you sign the form as well as any alterations in the same way as you sign your credit card account.

### 提交參加表格 Submit Enrolment Form：

參加表格郵寄至新界將軍澳靈實路7號，傳真至2702-8173，或登入  
[www.hohcs.org.hk/yp](http://www.hohcs.org.hk/yp)登記。

Please complete the Enrolment Form and return by mail to 7 Haven of Hope Road, Tseung Kwan O, New Territories, by Fax at 2702-8173 or simply register online at [www.hohcs.org.hk/yp](http://www.hohcs.org.hk/yp).

## 在紓緩治療部看見神的足印！

四年前，當時我還未加入靈實的大家庭，媽媽因癌症末期進入了靈實紓緩治療部留院直至過身，由於我當時在廣告公司的工作十分繁忙，每晚也要八九時才抵達醫院探媽媽，因此，我對這間病房印象不深，但就感覺有一種有別於其他醫院的親切感，尤其是大堂上掛著的聖經金句：「主必看見自己勞苦的功效、便心滿意足。」(賽53:11)，當時我對這金句並無深刻體會，想不到四年後的今天，爸爸在離世前同樣入住這間病房，這一次體驗卻令我留下深刻印象，讓我看見神的足印、感受到天使帶來的溫暖！

紓緩治療部是接收晚期病人的病房，為病人及家屬提供起居和心靈上的支援，讓病人平靜地面對生命的終結。爸爸在紓緩治療部留醫四星期，令我印象最深刻的是那裡的醫護人員總是著緊地看顧每位病人，他們經常走到爸爸床前觀察情況；有時爸爸也會像小孩一樣撒嬌，常嚷著要打止痛針，但護士們為免為他注射過量止痛藥，總是細心地安撫他，適當時才為他注射。

雖然每位住院病人因病重而不能如常活動、進食和說話，但病房的護士對待他們如至親，用心去理解，並會易地而處去明白病人的需要，給他們與一般人同等的尊重。簡單如個人衛生及儀容，保持病人身體衛生整潔並不是身體健康的人的特權，所以如情況許可，他們會盡量為爸爸沖涼。而爸爸亦很開心每天都能整整齊齊、乾乾淨淨！我還記得經常照顧爸爸的那位男護士，他總是很耐心地照顧爸爸起居，由於我們不能24小時留在醫院照顧，有時會希望醫護人員可以像家人一樣用心地對待爸爸，他們都盡量滿足到我們的要求；他們又安排心理醫生開解爸爸和我們，同時又向我們解釋爸爸的病情變化，讓我們作好心理準備。這一切均令我對紓緩治療部的醫護人員留下深刻印象！

爸爸離世當晚，男護士致電給我要求我們盡快趕到醫院見他最後一面，當我們抵達醫院時爸爸已安詳離世。當時我實在難以接受事實泣不成聲，男護士考慮到我的感受便跟我說：「你若有說話未跟爸爸說，你現在可以說，因為你爸爸還有聽覺，你的說話他是聽見的。」我很感激那位男護士，因為我再無遺憾。第二天，我去到紓緩治療病房向所有醫護人員致謝，他們都走來跟我聊天，安撫我的情緒。之後，還安排了一位心理醫生為我們作出情緒輔導。我終於明白為何當初爸爸病發時嚷著要轉到靈實醫院，全因是四年前爸爸已經親身體會過紓緩治療部那群醫護人員如何無微不至照顧媽媽，他很希望自己最後的日子得到平安。

從這幾星期的親身體驗，讓我加深認知掛在醫院大堂的金句，體會到當中的信念，我深深感受到紓緩治療部的醫護人員尊重生命的精神，他們本著同一信念，「多走一步」為病人服務，我深信這就是神的足印，祂透過天使一樣的醫護團隊為爸爸和我們帶來無限溫暖，願他們繼續把這種以愛心服事的精神發揚光大！

## Footprints of God in Palliative Care Unit

Four years ago, my mother was hospitalized in the palliative care unit of HOHCS for terminal cancer and spent her final days there. I was not yet a part of the HOHCS big family at that time, instead I was working for an advertising agency with tight and busy work schedule that I could only visit her after 8 or 9 o'clock at night. Therefore I had no distinct memory of this ward by then. Yet, I felt a special sense of intimacy about it, especially when I saw the Bible Verse hanging on the lobby. "After he has suffered, he will see the light of life and be satisfied," (Isaiah 53:11) it says. I couldn't really relate myself to the verse until my father was admitted to this exact same ward four years after my mother left us. This time, it has left me a deep impression. Here I see the footprints of God, here I feel the warmth from angels.

The palliative care unit aims to serve the terminally-ill patients through providing daily life and spiritual support to both patients and their family, so as to help them accept death with a peaceful mind. My father had stayed in the unit for four weeks. What impressed me the most is the love and care the healthcare professionals shown for every patient. They often came up to my father to check his condition thoroughly. Sometimes he would act like a spoiled child and ask for painkilling injection. The nurses comforted him with great patience and waited until it was appropriate for him to take the injection in order to prevent overdose of painkiller.

Hospitalized patients are not able to carry out normal activities, such as eating or talking properly because of the serious illness, but the nurses treat them as family members and try to understand their needs with an attentive heart. They treat them with fair respect. For example, everyone would like to keep their body clean and look well groomed, whether in sickness or in health. It's a basic right that should be enjoyed by everyone but not just those in good health. Therefore they tried to bathe my father regularly whenever possible, and of course he was more than happy to stay clean and fresh every day. I still remember a male nurse who used to take really good care of my father and being very patient with him. As we were not able to stay at the hospital 24 hours a day, sometimes we'd hope that the healthcare professionals could treat my father like we did with all our hearts. They did their best to meet our requests. At the same time they arranged psychological counselling for my father and our family members, and explained father's condition to us in order to help us get psychologically prepared. All these efforts they made have greatly impressed me.

On that night when my father passed away, I got a call from the male nurse asking me to rush to the hospital to see my father. But when I reached there it was too late. I felt very guilty and couldn't stop crying until I heard someone said "Anything you want to say to your dad, go tell him now. He can still hear you. Hearing is the last sense to go." I wouldn't be able to live my life with such regret if the male nurse wasn't there to help, and I thank him for that. The second day, I visited the palliative care unit to extend my heartfelt thanks to all of the healthcare professionals. They all came to talk to me and comfort me. They also referred a psychologist to me for emotional counselling. By then I finally understood why my father wanted to be transferred to HOHCS when he had a seizure. After witnessing how the healthcare professionals took care of my mother four years ago, he'd definitely love to get peace in his final days as well.

The first-hand experience from these few weeks has given me a deeper understanding of the Bible Verse I saw in the lobby. I can feel it in my heart the spirit of respecting life. The healthcare professionals here share the same belief of taking extra care of patients. I truly believe that's the footprints of God and he brings us warmth through this medical team. May they carry forward and further develop the spirit of "serving with care".

Mary Choy,  
Head of Communications and Resource  
Development Department

基督教靈實協會傳訊及籌募部主管

蔡慧嫻

# 支持靈實耆樂餅，為長者生命帶來改變

## Support Qile Cake, Make a Difference to Elderly's Life

靈實耆樂餅已經踏入19周年，過去已為無數有需要長者提供及時的援助，改善他們的生活，甚至保障生命安全。

獨居於公屋一人單位的78歲李伯，患慢性阻塞性肺病，需要在家中使用氧氣機。得到「耆樂基金」幫助，他可以享用每天兩餐的送飯服務、物理治療復康運動訓練、協助沐浴、陪診及家居清潔。他向社康護士表示：「全靠有送飯服務，令我可以吃到新鮮飯餸，身體情況才得以改善。」

This year marks the 19th anniversary of "Qile Cake Charity Sale" organized by Haven of Hope Christian Service (HOHCS). Over the past years, HOHCS had provided timely assistance to innumerable elderly in need through the event, with the aim to improve their living condition and ensure their life safety.

Uncle Lee, 78-year-old patient of chronic obstructive pulmonary disease, lives by himself in one-person PRH unit. Yet benefited from the "Elderly Care Fund", he is now receiving the meal delivery service for two meals a day, as well as bath aids, household cleaning, physical therapy exercises and rehabilitation trainings, and escorting services. "Thanks to the meal delivery service, I can enjoy fresh meal now and it has much improved my overall health condition," says Uncle Lee.



去年推出的兩款耆樂餅以麥兜普通裝及禮盒裝包裝出售廣受大眾歡迎，今年麥兜繼續支持這項有意義活動，擺出其可愛豬樣，設計出三款不同顏色的耆樂袋供選擇，每袋均包括三片奇華迷你合桃酥及一包Lipton茶包，只售港幣20元。此外，我們亦特別設計禮盒裝，內附禮盒裝奇華迷你合桃酥及一套三款麥兜耆樂袋，只售港幣100元，做善事之餘，至愛親朋收到這份禮物必定會笑逐顏開。



Last year, HOHCS collaborated with the local cartoon character McDull on the packing of standard set and gift set of Qile Cake, which were indeed very popular among the public. In view of the success, McDull will continue to support this meaningful event this year by launching the brand new Qile Bag with three different colors and the cute drawing of McDull on it. Each Regular Pack, in just HK\$ 20, includes 3 mini walnut cookies from Kee Wah Bakery and a Lipton tea bag. Gift Box is also available, of which it will include a box set of mini walnut cookies and a set of three different Qile Bags, in just HK\$ 100.

- 訂購100袋靈實耆樂餅，可讓100名基層長者參加靈實「愛心傳餸計劃」，獲免費新鮮餸菜包。
- Order 100 bags of Qile Cake, 100 low-income elderly will be able to benefit from the "Food Pack with Love" Charity Scheme and get free fresh food packs.

- 訂購30袋靈實耆樂餅，可讓60名獨居長者到靈實地區長者中心享用營養湯水。
- Order 30 bags of Qile Cake, 60 elderly who live alone will be able to enjoy nourishing soups at HOHCS Elderly Community Services units.

- 訂購50袋靈實耆樂餅，可協助80名長者進行血糖測試，及早發現致病的高危因素，轉介適當的診治。
- Order 50 bags of Qile Cake, 80 elderly will be able to receive blood glucose test for early detection of high-risk pathogenic factors and refer them for further appropriate treatment.

**靈實耆樂餅訂購 / 捐餅 / 捐款表格**  
**CAKE ORDER / CAKE DONATION / DONATION FORM**

請以正楷填寫下列表格，並在適當的方格加上「✓」號。\*請刪去不適用者  
Please fill in the form in block letters and mark a "✓" in the appropriate boxes.\* Please delete whenever applicable

姓名 Name : \_\_\_\_\_ 先生/太太/小姐 Mr/Mrs/Miss

聯絡電話 Contact No : \_\_\_\_\_ 電郵 Email : \_\_\_\_\_

地址 Address : \_\_\_\_\_

收據抬頭 Name shown on receipt : \_\_\_\_\_

耆樂餅 Qile Cake	義賣價 Charity Price	訂購數量 Order Quantity	捐餅數量 Cake Donation	總數量 Total Quantity	合共 Sub-total
耆樂餅普通裝 "Qile" Cake Regular Pack (包括3件裝合桃酥及茶包) (with 3 pieces of Walnut Cookie & 1 teabag)	HK\$ 20	袋/piece	袋/piece	袋/piece	HK\$
耆樂餅禮盒裝 "Qile" Cake Deluxe Pack (包括18件裝合桃酥及一套 三款麥兜耆樂袋) (with 18 pieces of Walnut Cookie & whole collection of MuDull Qile Bag)	HK\$ 100	盒/box	盒/box	盒/box	HK\$
總額 Total Amount					HK\$

**訂餅 Cake Order**

取餅方法 Collection Method :

- ☐ 自行到本協會領取 Self Pick Up  
☐ 郵寄餅券 Redemption Coupon

(可於公開義賣日指定攤位換領 Can be redeemed at designated counter during Open Sale)

訂購收據 Require Cake Order Receipt\* :

- ☐ 需要 Yes ☐ 不用 No

\*註 Remarks : 訂購收據並不能作減稅之用

Cake order receipt cannot be used for tax deduction.

**捐餅 Cake Donation**

\*捐贈100份以下將由本會自行安排送予靈實轄下長者中心或院舍

For less than 100 pieces of donation, we will deliver the cakes to  
HOHCS' service units.

捐餅收據 Require Cake Donation Receipt\* :

- ☐ 需要 Yes ☐ 不用 No

☐ 請代本人/ 本機構將耆樂餅捐贈給以下指定團體 (捐贈100份或以上)  
Please donate the cakes to the elderly or elderly at elderly  
homes on my/ my organization behalf (donation of 100 bags or above). :

本機構將耆樂餅捐贈給以下指定團體 Name of Organisation :

地址 Address : \_\_\_\_\_

**捐款 Donation**

本人 / 本機構樂意支持靈實長者服務，並願意捐助港幣

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 ☐ 其他 Others \_\_\_\_\_

**付款方法 Donation/ Payment Method**

☐ 劃線支票<sup>1</sup> ( 祈付「基督教靈實協會」)

Crossed cheque<sup>1</sup>: (Payable to "Haven of Hope Christian  
Service")

☐ 直接存入戶口<sup>1</sup> Direct Debit Cash to Bank<sup>1</sup> Bank of China Account  
中國銀行戶口 : 012-874-0-012319-5

☐ 信用卡 Credit Card (請將填妥之表格直接傳真至2702 8173  
Please fill in the form and fax to us at 2702 8173)

☐ Visa ☐ MasterCard ☐ Diners ☐ AE

持咭人姓名 Cardholder Name : \_\_\_\_\_

信用咭號碼 Card Account No : \_\_\_\_\_

有效日期 Card Expiry Date : \_\_\_\_\_

持咭人簽署 Authorized Signature : \_\_\_\_\_

備註 Remarks : <sup>1</sup>請將支票或銀行入數收據及已填妥的表格一併寄回本會(新界將軍澳靈實路7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 and Resource Development Department, Haven of Hope Christian Service, 7 Haven of Hope Road, Tseung Kwan O, New Territories, Hong Kong". 捐款/捐餅港幣\$100或以上，將獲發減稅收據。Tax deductible receipt will be given to donation/ cake donation of HK\$100 or above.

# 尊重生命

Respecting Life Blog

1

## 靈實小慈善家榜樣 Role Model of the Haven of Hope Young Philanthropist



尖東忌廉哥瞓得又做得，做慈善家好得！（傳訊及籌募部）

Tsim Sha Tsui East Cream Bro sleeps well, does well and is modelling well as a philanthropist.

(Communications and Resource Development Department)

3

## 美味大廚 Gourmet Chef



在起居照顧員的指導下，長者們親自炮製美味的甜點脆脆朱古力及布甸，何其了得呢！

（靈實體弱長者家居照顧服務）

Under the guidance of personal care workers, our service users found themselves to be able to make even the most delicate dessert-crunchy chocolate and pudding included! Amazing!

(Haven of Hope Home Care Services for Frail Elders)

2

## 「武藝人生・李小龍展覽」 Visit to the "Bruce Lee : Kung Fu · Art · Life" Exhibition



幾位坑口護理院院友於7月10日，到沙田文化博物館參觀「武藝人生・李小龍展覽」。身為李小龍粉絲的院友，當然要好好把握機會與偶像合照！

（靈實坑口護理院）

Several residents of the Hang Hau Care and Attention Home visited the exhibition at the Heritage Museum in Shatin on July 10. As Bruce Lee fans, they took the opportunity to enjoy the exhibition while taking lots of photos with their beloved idol!

(Haven of Hope Hang Hau Care & Attention Home for Severely Disabled)

4

## 恩光成長中心(銅鑼灣) 開放日 Open Day at Sunnyside Enabling Centre, Causeway Bay



7月13日開放日當天，恩光同工預備了多個遊戲和工作坊讓孩子參加。你看扭波達人工作坊多受歡迎！

（靈實恩光成長中心- 銅鑼灣）

At the Open Day on 13 July, our Sunnyside School colleagues prepared and designed numerous games and workshops for children. Have a look at the popular Balloon Twisting Workshop!

(Haven of Hope Sunnyside Enabling Centre- Causeway Bay)

## 5 超級充氣嘉年華2014 Super Inflatable Game Carnival 2014



巨型忌廉哥吸引小朋友和家長合照！(傳訊及籌募部)

The giant Cream Bro figure attracted kids and parents to take photos together!

(Communications and Resource Development Department)

## 6 碧波暢遊半月灣 Beach Party at Half Moon Bay



在恩光之友的贊助及消防員義工的協助下，恩光的學生和家長來到西貢半月灣暢泳，享受陽光與海灘！  
(靈實恩光學校)

With the sponsorship of Sunnyside Club and Fire Services, students and parents of Sunnyside School arrived at Half Moon Bay for sunbathing and a good swim.

(Haven of Hope Sunnyside School)

## 7 園藝大師 Gardening Guru



園藝組的學員悉心栽種香草，提供新鮮的原料製作天然肥皂。(靈實創毅中心)

Student members of the Gardening Group is busy caring for the herbs they planted for soap-making.

(Haven of Hope Integrated Vocational Rehabilitation Services Centre)

## 8 舊照：挪威王子及王妃親臨靈實 History: Prince and Princess of Norway Visited the Haven of Hope



挪威王子及王妃於1978年親臨靈實，了解靈實各種服務及探望在香港貢獻多年的司務道教士。

(靈實司務道尊重生命博物館：[www.sisterannie.org](http://www.sisterannie.org))

The Prince and Princess of Norway visited the Haven of Hope in 1978. They visited Sister Annie Skau, who had been serving the local community in Hong Kong for decades, as well as the various services offered by the organization.

(Sister Annie Skau Online Museum : [www.sisterannie.org](http://www.sisterannie.org))

# 您的支持帶來改變 You Can Change the World

## 超級充氣嘉年華2014 Super Inflatable Game Carnival 2014

靈實於8月初參加了假亞洲國際博覽館舉行的超級充氣嘉年華2014。靈實同工及義工們努力推廣「靈實小慈善家」計劃、耆樂餅禮盒及福袋慈善義賣。作為靈實小慈善家榜樣的尖東貓王 - 忌廉哥當日亦化身巨型公仔與孩子們拍照！

HOHCS participated in the Super Inflatable Game Carnival 2014, which took place at Asia World-Expo in early August. Our colleagues and volunteers, did their best to promote the "Haven of Hope Young Philanthropist" Programme, Qile Cake and the Charity Sale. As the "role model" of the "Haven of Hope Young Philanthropist" Programme, Cream Bro, the most popular cat in Tsim Sha Tsui East, supported HOHCS by taking photos with his fans – in the form of a giant plushie!



感謝各義工和同工參與義賣及推廣靈實小慈善家計劃！

Special thanks to our volunteers for their contribution to charity sales and to promote our Young Philanthropist Programme!

## 司務道寧養院「愛·成就完美句號」慈善合唱音樂會2014 "Love Concerto of Life" SASHCC Charity Concert 2014

「愛·成就完美句號」慈善音樂會於2014年8月16日圓滿舉行，當晚有幸邀得中國基督教播道會港福堂堂主任吳宗文牧師為我們領禱及香港特別行政區行政長官辦公室主任邱騰華先生為我們致辭，令音樂會生色不少。香港西貢合唱團及心韻紅棉合唱團為觀眾獻上20多首美妙歌曲，除了令所有出席者均有一個愉快晚上，更為靈實司務道寧養院的免費「心靈關顧服務」籌得港幣二百四十萬善款。我們在此再次感謝所有捐款及購票支持者。



"Love Concerto of Life" charity concert was held successfully on 16th August, 2014. It was a great honor to have Rev. Daniel Ng Chung-man, Head of Social Concerns Department of E.F.C.C. Kong Fok Church, led the prayer and Mr. Edward Yau Tang-wah, Director of the Chief Executive's Office, gave a speech on that day. Over 20 wonderful songs performed by Hong Kong Sai Kung Chorus and Melody in Heart - Kapok Chorus not only gave the participants an enjoyable night but also raised a total of HK\$ 2.4M for the free "Psycho - Social - Spiritual (PSS) Care Service" of Haven of Hope Sister Annie Skau Holistic Care Centre. We hereby thank all the donors and audiences for their great support.

# 最新消息 What's New

靈實將舉行「愛的足印」步行籌款，為長者服務及復康服務籌募經費。我們將先在荃灣公園露天劇場舉行開步禮，然後與靈實復康服務使用者同遊迪欣湖，實踐傷健共融的精神。

日期 : 2015年1月24日 (星期六)  
時間 : 上午9時至中午12時正  
地點 : 荃灣公園露天劇場 (開步禮)  
迪欣湖活動中心 (慈善步行)  
參加費用 : 詳情請留意網上公佈。

We are going to organize "The Love Footprint" Walkathon to raise funds for our elderly and rehabilitation services. The officiating ceremony will take place at the Tsuen Wan Park Amphitheatre, after which there will be a tour around Inspiration Lake with our rehabilitation services users for community integration.

Date : 24 January 2015 (Saturday)  
Time : 9am - 12 noon  
Venue : Amphitheatre, Tsuen Wan Park (Officiating Ceremony)  
Inspiration Lake Recreation Centre (Charity Walk)  
Fee : Please refer to the online announcements for further details

## 慈善步行籌款 Charity Walk 2015



## 靈實高爾夫球賽 Haven of Hope Golf Tournament



一年一度的靈實高爾夫球賽將於11月15日至16日舉行，歡迎各位高爾夫球愛好者組隊參加。今年靈實高爾夫球賽繼續為靈實慈惠服務籌款，為低收入人士、經濟困難長者、獨居長者等提供生活基本所需。

地點 : 中國南沙高爾夫球會  
賽制 : 18洞高爾夫球賽  
參加費用 : \$ 26,720 (每隊)  
詳情請留意網上公佈。

The Haven of Hope's annual golf tournament will be held from 15th to 16th November this year. Golfers are warmly welcome to participate in teams. This year, the Tournament will continue to raise funds for the Relief and Charity Service that provides support to the low-income individuals and seniors who are experiencing financial difficulties/living alone with basic necessities of life.

Venue : Nansha Golf Club, China  
Scoring System : 18-hole  
Fee : HK\$ 26,720 (team)  
Please refer to the online announcements for further details

## 「生命耆盼」慈善電影欣賞會 — 《黃金花四重唱》

“Fulfilling Life” Charity Film Show: “Quartet”

在香港，每十名60歲以上的長者症患者，便有一名患上認知障礙症。隨著香港人口老化問題日趨嚴重，照顧認知障礙症患者的需要也變得越來越迫切。靈實本著「尊重生命 • 改變生命」的服務理念，針對認知障礙症長者情緒、生理時鐘及「日落症候群」問題，開拓全新夜間照顧服務，為認知障礙症患者及其照護者提供更多支援。

「生命耆盼」慈善電影欣賞會為靈實全護通夜間照顧服務籌募經費，並以勵志電影《黃金花四重唱》表達長者在晚年依然能活得精彩的期盼！

日期：2014年11月1日 (星期六)  
時間：晚上7時正  
票價：\$1,000, \$500, \$300, \$150  
地點：香港九龍塘窩打老道224號 香港浸會大學 大學會堂  
查詢及訂票：2703 3237 / fayetsang@hohcs.org.hk

In Hong Kong, 1 out of 10 elderly patients aged over 60 suffers from cognitive disorder. With the intensifying issue of ageing, there have been pressing needs for cognitive care. With HOHCS service motto “Respecting Life · Impacting Life” in mind, HOHCS is launching a new concept - Night Care Centre to cater for the emotional and physical needs (concerning biological clock and Sundown Symptom) of cognitive disorder patients and their carers.

*Quartet*, the featured film, is an inspirational movie on living a fruitful life as an elderly. Proceeds of the “Fulfilling Life” Charity Film Show will go to the aforementioned Night Care Centre operated by Total Care. The details are as follows:

Date: 1 November 2014 (Saturday)  
Time: 7:00 p.m.  
Ticket Prices: HK\$1,000/\$500/\$300/\$150  
Venue: Academic Community Hall, Hong Kong Baptist University, 224 Waterloo Road, Kowloon  
Enquiries and Bookings: 2703 3237 / fayetsang@hohcs.org.hk



## 恩光 - 恩言有您

Gracious Words For You

「恩言有您」是一個專為靈實恩光學校學生設計的輔助溝通應用程式，目的是加強有語言障礙學生的語言表達能力。我們希望藉著神的恩典及一眾恩光同工和家長的教導，學生們能克服言語上的障礙，欣然(「恩言」諧音)地與人溝通。

“Gracious Words For You” is one of the auxiliary communication apps designed for students of Haven of Hope Sunnyside School to enhance the communicative language abilities of learners with language disorders. With the grace of God and the support of the Sunnyside community (including staff and parents), we look forward to witnessing the students' improvement and enjoyment in communication.

歡迎於App Store和Play Store下載及使用。

You may download “Gracious Words For You” App from both App Store and Play Store.



## 靈實小慈善家 — 最新活動

為培養孩子們的愛心，靈實透過不同活動讓孩子明白「尊重生命 • 改變生命」的意義，並配合學校「其他學習經歷」(OLE)，頒發義工證書、參與證書等，讓孩子輕鬆學習！

### 最新小慈善家活動包括：

車路士足球班	10月1日	上午10時至11時30分
創意親子皮革班	10月25日	下午3時至6時
耆樂餅公開義賣	11月1至2日	中午12時至6時
環保紙製作班	11月22日	下午2時30分至5時
義工探訪活動—探訪獨居長者	12月6日	上午9時30分至12時
親子生命教育講座	12月20日	上午9時30分至12時

請即報名：[www.hohcs.org.hk/yp](http://www.hohcs.org.hk/yp)



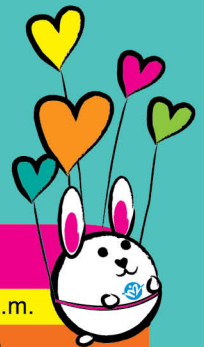
## HOHCS Young Philanthropist Programme – Upcoming Activities

To cultivate a sense of caring in children, the Young Philanthropist Programme offered a wide variety of activities in which participants would learn the meaning of “Respecting Life. Impacting Life”. We will offer Certificate of Voluntary Service or Certificate of Participation that could be used as a proof to meet the requirements of Other Learning Experiences (OLE).

### The latest activities of the Programme:

Football Lessons Given by Chelsea Soccer School	1st October	10:00 a.m. - 11:30 a.m.
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# 拔火罐

拔罐療法又稱「吸筒療法」、「火罐氣」，古稱「角法」。早在西漢時期，《五十二病方》中已經載有關於「角法」的記載，類似於後世的火罐療法。而國外古希臘、古羅馬時代也曾經盛行拔罐療法。

古時拔罐主要為外科治療瘡瘍時，用來吸血排膿。後來又擴大應用於內科病症。隨著醫療實踐的發展，罐的質料和拔罐的方法得到改進，治療範圍亦漸漸擴大。現在連治療內科疾病如頭痛、腰痛、眩暈、面癱、咳嗽、腹痛、甚至減肥等，亦經常拔罐針灸配合使用。



## 中醫理論

中醫學認為，外感六淫、內傷七情、飲食勞逸，在正氣旺盛，生理功能正常的情況下，不會導致人體發病。只有正氣虛弱，人體的臟腑經絡氣血陰陽的功能紊亂，才會成為致病因素，使人發病。而拔罐療法就是以罐為工具，利用燃火、抽氣等方法產生負壓，使之吸附於體表，通過對人體體表穴位的局部刺激，造成局部瘀血，以達到調節經絡、通行氣血、消腫止痛、祛風散寒、扶助正氣，祛除體內的病邪等作用。

## 常用的拔罐方法

- 1** 留罐又稱坐罐：將罐吸附在體表後，使罐吸拔並留置於施術部位約5-10分鐘，然後將罐起下。此法是常用的一種方法，應用於一般疾病。
- 2** 走罐又稱推罐：拔罐時先在所拔部位的皮膚或罐口上，塗一層潤滑劑，再將罐拔在所施術的部位。然後，醫者用手握住罐子，向上下或左右往返推動，令局部皮膚紅潤、充血，然後將罐起下。適用於面積較大、肌肉豐厚部位，如脊背、腰臀、大腿等部位。
- 3** 刺血拔罐又稱刺絡拔罐：在應施術部位的皮膚消毒後，用三棱針點刺出血或用皮膚針叩打出血後，將火罐吸拔於點刺的部位使之出血。一般刺血後拔罐留置10—15分鐘，多用於治療外科疾病如丹毒、扭傷、乳癰等。

## 拔罐的注意事項

如皮膚傷口不易愈合者、孕婦，及皮膚潰瘍者更需慎用拔罐治療，而非任何人都適合。拔罐適應症極多，建議市民到中醫診所求診，以取最好療效。

雖然拔罐對於治療很多疼痛和疾病都有一定作用，但是拔罐只是一種理療手段，不要過度依賴拔罐的作用，應該及時求診進行檢查，拔罐只可作為一個輔助的治療方法，而不是完全依賴拔罐就可以治療各種疾病。

以上資訊僅供參考，詳情需向註冊中醫師查詢。

靈實中大中醫教研中心  
陳綺琪醫師

# Cupping Therapy

Cupping Therapy is also known as “fire cupping” or in ancient times the “horn cupping”. Record of horn cupping can be found in the book Prescriptions for Fifty-two Diseases of the Western Han Dynasty, where the method of the time is shown to be similar to the modern one. Other than China, cupping had once enjoyed great popularity in ancient Greece and Rome as well.

The primary function of cupping in ancient China was to drain blood and pus from ulcers and abscesses during surgery. It was then used in internal diseases as well. With the development of medical practice, the quality of materials and the methods of cupping have been improved to apply on treating a greater scope of diseases. Today, cupping can be used to help with the treatment of internal diseases such as headache, lumbago, vertigo, facial paralysis, coughing, stomach-ache, and even to lose weight, etc. It is also often paired up with acupuncture.

## How it works?

According to traditional Chinese medicine (TCM) theory, the Six Evils (wind, cold, summer heat, dampness, dryness, and fire), the Seven Emotions (joy, anger, anxiety, pensiveness, grief, fear and fright), food and drink, as well as work and leisure are all related to human health. People stay healthy with strong vital Qi and normal physiological functioning of the body. It is the weakened vital Qi as well as functional disorders of the internal organs, main and collateral channels, Qi and blood, and Yin Yang that lead to diseases. Cupping refers to the use of fire to consume the air within the cups, creating negative pressure and thus suction on the body surface. By stimulating the acupuncture points of the body and forming blood stasis, suctions help regulate the channels, activate Qi and blood, disperse swelling, relieve pain, eliminate wind to disperse cold, support the vital Qi and eliminate the pathogenic factors, etc.

## Common Cupping Methods

- 1** Cup retaining, aka stationary cupping: leave the cups on the positioned area for 5 to 10 minutes before removal. This is a method commonly for treating general diseases.
- 2** Cup moving, aka cup sliding: apply a lubricant to the edge of the cups or the skin over the treatment area prior to the practice. The therapist then holds the cup and slides it across the skin to make the target area rosy and congested before finally removing it. This method is suitable for treating large and thickly muscled areas such as the back, waist and hip, as well as the thighs.
- 3** Pricking and cupping, aka blood-letting puncture and cupping: puncture the disinfected treatment area with a three-edged needle or tap it with a dermal needle to cause bleeding. Then apply a cup to induce more bleeding and retain it for 10 to 15 minutes. This method is mostly used in treating surgical diseases such as erysipelas, sprain and acute mastitis.

## Things to notice



Not everyone is suitable to receive cupping therapy. Women in pregnancy, skin ulcer and people with difficulties in wound healing should be more cautious with the treatment. As there are numerous indications for cupping, patients are suggested to seek treatment in TCM clinics for the best therapy.

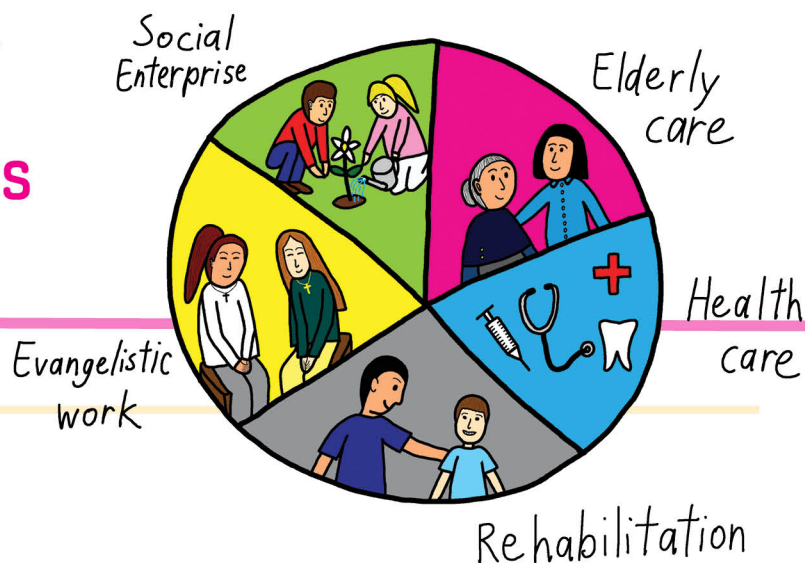
Cupping therapy plays a role in treating many diseases, yet it is unwise to over-rely on it because it is after all a type of physiotherapy and an adjuvant treatment method. It is better to seek medical advice for timely care rather than relying on cupping therapy to treat all diseases.

**Chan Erica Yee Ki**  
Haven of Hope – The Chinese University of Hong Kong Chinese Medicine Centre for Training and Research

The above information is for reference only. Please consult registered TCM practitioners for more details.

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