

靈感 HAVEN OF HOPE NEWS

2023

願景之都 燃點盼望
VISION CITY IGNITING HOPE



鄭漢鈞細說靈實「七色戰隊」

Dr Cheng Hon-kwan elaborates on HOHCS' "Seven Colours Team"

將軍澳風物汛開幕

TKO Heritage Post Grand Opening



基督教
靈實
協會

HAVEN
OF HOPE
CHRISTIAN SERVICE

尊重生命 • 改變生命

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Haven of Hope Christian Service

真象禱詞 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教社群。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 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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WORDS FROM CEO

行政總裁的話

親愛的靈感讀者：

2023年是基督教靈實協會（下稱靈實）成立七十周年的重要日子，從上世紀50年代為調景嶺難民提供服務開始，靈實一直默默耕耘，以「尊重生命・改變生命」的精神服事社區，由簡單的診療所發展成現時的綜合社會服務機構，多年來與將軍澳新市鎮共同成長。在靈實準備慶祝七十大壽之際，將軍澳也有好消息，將軍澳跨灣大橋和「將軍澳風物汛」相繼開幕，使大家倍感興奮。

早於二十多年前，將軍澳人口開始急升，靈實已經積極回應社區的需要，致力推動促進居民健康的工作，要達成這個目標，不但要做好醫療系統，也要提倡健康的生活習慣。基於要把將軍澳構建成健康城市的願景，在討論興建將軍澳跨灣大橋時，我在西貢區議會上建議和力爭要讓行人和單車都可以上到的大橋做運動，建議終被採納。

大橋於2022年12月初通車，是全香港首條設有行車道、單車徑和行人路的海上高架橋，現在終於有一條讓市民做運動和欣賞美麗海灣風景的大橋，期望這個在香港首創的大橋設計不僅成為新地標，而且可以鼓勵市民養成多做運動的習慣，從而讓公眾明白到在基建注入健康元素的益處。非常感恩，在大橋通車後，靈實獲政府批准在大橋上舉行首項慈善活動——充滿活力和愛的生命跑和慈善行。

另一個重要地標將軍澳風物汛於2022年平安夜也開幕了，這是由政府、西貢區議會和靈實合作的「社區重點項目計劃」之一，把舊調景嶺警署復修成風物歷史資料館和民宿，並交由靈實營運。舊調景嶺警署是清拆調景嶺時唯一保存下來的建築物，滿載調景嶺及將軍澳居民的集體回憶，屬將軍澳歷史風物資料館的不二之選。

將軍澳風物汛將會舉辦展覽、講座、表演、藝術工作坊等有質素的休閒活動，並會僱用心智障礙人士，為他們提供就業和培訓機會。在過去七十年，靈實與將軍澳的歷史緊扣在一起，並十分高興能夠見證這座地標的活化成集歷史、文化、休閒活動於一身的基地，期望藉此構建一個多元、共融、關愛、健康和充滿活力的社區。

行政總裁
林正財醫生

Dear Haven of Hope Supporters,

2023 is an important year as it marks the 70th Anniversary of Haven of Hope Christian Service's establishment (hereinafter referred to as HOHCS). From its humble beginning by providing services refugees in Tiu Keng Leng in the 50s of the last century, HOHCS has worked diligently, serving the community in the spirit of "Respecting Life, Impacting Life."

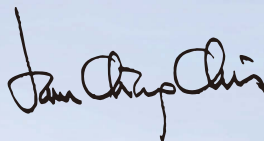
Over the years, we have grown alongside Tseung Kwan O. From a simple clinic, we have developed into a modern and comprehensive social services organisation. As HOHCS prepares to celebrate its 70th Birthday, there are also good news from Tseung Kwan O with the successive opening of The Tseung Kwan O Cross Bay Bridge and the TKO Heritage Post, making us extremely happy and excited.

As early as 20 years ago, the population in Tseung Kwan O began to increase rapidly. HOHCS actively responded to the needs of the community and has committed to promoting resident's health. To achieve this goal, not only must we improve the medical systems, we must also promote healthy living habits. Based on the vision of transforming Tseung Kwan O into a healthy city, while discussing the construction work of the Tseung Kwan O Cross Bay Bridge at the Sai Kung District Council meetings, I have proposed and campaigned for the bridge to be accessible to both pedestrians and cyclists. I am happy to see that my proposals were eventually adopted.

Opened to traffic in early December 2022, the bridge is the first ever marine crossing in Hong Kong equipped with carriageways, cycling tracks and footpaths. Now, there is finally a bridge that allows citizens to exercise and enjoy the beautiful scenery of the bay. I hope the bridge's design, a first of its kind in Hong Kong, will not only become a new landmark but also encourages citizens to develop the habit of doing more exercise. Thereby allowing the public to see the benefits of integrating health elements into infrastructures. I am also grateful that after the bridge was officially opened to traffic, HOHCS was approved by the government to hold its first charity event "HOPES RUNNER: RUN & WALK 2023" on the bridge.

Another important landmark, the TKO Heritage Post, was also opened on Christmas Eve in 2022. This is one of the "Key Community Focused Projects" jointly launched by the Home Affairs Department, Sai Kung District Council and HOHCS. Through the restoration of the former Rennie's Mill Police Station into a historical museum and an "InnSpired Heritage" Homestay, it will be operated by HOHCS. The old police station was the only building preserved during the demolition of Tiu Keng Leng. It is full of Tiu Keng Leng and Tseung Kwan O residents' collective memories so it is the best choice to become Tseung Kwan O's historical museum.

Other than holding quality social activities such as exhibitions, lectures, performances, art workshops, etc. TKO Heritage Post will also employ people with mental and physical disabilities, providing them with employment and training opportunities. Over the past 70 years, HOHCS was closely linked with the history of Tseung Kwan O, now, it will be blessed to witness the revitalisation of this landmark into a base integrating history, culture, and leisure activities, in line with our vision of building a diverse, inclusive, caring, healthy and vibrant community.



Dr Lam Ching-choi
Chief Executive Officer

願景之都 燃點盼望

Vision City Igniting Hope

願景就好像是指引機構前行的一盞明燈，基督教靈實協會（下稱靈實）在過去七十年有一個願景，盼望使西貢和將軍澳區，以至香港成為一個健康和幸福的社區，而要實現這個願景，除了做好醫療系統外，還要讓市民培養健康的生活習慣。隨著將軍澳跨灣大橋於2022年12月啟用，市民不但有一個感到自豪的新地標，而且多了一個消閒和運動的好去處。在大橋通車後，靈實在橋上舉行了首個大型慈善活動——「2023 HOPES RUNNER 靈實生命跑及慈善行」，既為籌款扶助弱勢社群，同時也推動市民利用大橋建立健康生活模式。

Vision is like a beacon guiding an organization forward. For the past seven decades, Haven of Hope Christian Service (hereinafter referred to as HOHCS) has a vision of making Sai Kung, Tseung Kwan O, and even Hong Kong a healthy and happy community. To realise this vision, in addition to improving the medical systems, it is also necessary for citizens to cultivate healthy living habits.

With the commissioning of the Tseung Kwan O Cross Bay Bridge in December 2022, residents not only have a new landmark to be proud of, but also a good place for leisure and sports. After the official opening, HOHCS held its first large-scale charity event, the "HOPES RUNNER: RUN & WALK 2023" on the bridge. This event not only raises funds to support the underprivileged, but also promotes the use of the bridge to establish a healthy lifestyle.

推動嶄新設計 為市民出橋

沒有主動積極的行動，願景只會淪為空談。靈實行政總裁林正財醫生述，因為靈實和他都有推動健康幸福社區的願景，故他於二十多年前在西貢區議會上提出在將軍澳跨灣大橋建造單車徑和行人路。政府部門最初持有不同意見，認為這種設計既在香港沒有先例，而且會增加建築成本。然而，若能夠在大橋加入健康元素，鼓勵男女老少利用大橋勤做運動，從而降低他們患心臟病及中風等長期病患，節省的醫療開支反而更多，經過仔細研究，他的建議最後被採納。

現在環顧將軍澳，整個社區環境都提倡健康生活，圍繞居民的健康設想。例如，有符合國際標準的香港單車館；區內以單車徑連接，居民出入可以單車代步。全長約兩公里的將軍澳南海濱長廊，是居民跑步、踏單車的運動熱點。期待多年的將軍澳跨灣大橋啟用，再為社區增添活力。林醫生盼望今次的成功例子可推動未來基建設計的改變，以便從社區建設、交通網絡、居住環境等多方位著手改善居民身、心、社、靈的健康，讓全港市民受惠。

用愛心連結社區 一起奔向全民健康

在過去七十年，靈實一直「尊重生命・改變生命」，回應社會人士對長者、健康、復康、教育等各方面的需要，更於2020年制訂「異象二零三零」十年服務計劃，不但強化優質服務和推動創新服務模式，更著意提升對建立及培育社群的承擔。林醫生表示，靈實希望和社區的結連做得更好，亦讓西貢、將軍澳區及其他社區的市民知道，靈實對社區有所承擔，希望提倡健康、共融、連結等概念。

靈實就好像一條橋，提供專業的綜合社會服務，用愛心連結社區。在籌辦和舉行「2023 HOPES RUNNER 靈實生命跑及慈善行」期間，靈實連結多個政府部門、商業機構和義工團隊，一同合作，讓活動得以順利在將軍澳跨灣大橋順利進行。多位政商界名人當日更親身到場支持，他們出席開幕禮後，分別在大橋上踏單車、跑步或步行，為活動打開序幕。是次活動充分反映共融的元素，參加者來自不同年齡層，有運動健兒，也有傷殘人士，他們目標一致，共同為靈實的

政府資助服務及十年基建「築動生命全方位關顧計劃」籌款，以支持靈實提升服務質素，讓更多有需要的人受惠。

林醫生表示：「靈實有一個願景，就是希望讓西貢和將軍澳區，以至香港成為一個健康、市民感到幸福快樂的社區。這個願景不會停下來，而將軍澳跨灣大橋正正是一個起點。因此，靈實決定推展『願景之都』計劃，將會繼續和將軍澳一起成長，就像大橋一樣，連繫社區，透過服務單位的活動以及和其他機構合作，一起推動健康工作。」從基層醫療、晚期照顧、長者服務，到市民的日常運動和文化歷史，靈實希望繼續和社區同行，與大眾一起一步一步建立和實現健康快樂的願景之都。

Promote Innovative Designs Creating a Bridge for All

Without proactive actions, visions would not have materialised. Dr Lam Ching-chai, Chief Executive Officer of HOHCS recounted that both the organisation and him share the same vision of promoting a healthy and happy community. Therefore, he had proposed to the Sai Kung District Council more than 20 years ago to build cycling track and pedestrian



願景之都的概念不但連貫靈實的不同服務，而且也透過各類型活動，連結公眾和不同機構的力量和資源，從而攜手建構健康和幸福的社會。

Vision City is a concept that not only links up different services of HOHCS, but also connects the strength and resources of public and different organisations through various types of activities in order to build a healthy and happy society together.



(土木工程拓展署提供)

(Photo by Civil Engineering and Development Department)

footpath on the Tseung Kwan O Cross Bay Bridge. Government initially held different opinions, arguing that such an unprecedented design in Hong Kong would increase construction costs. However, if health elements can be added to the bridge, it will encourage men, women and children to use the bridge to exercise frequently, so as to reduce chronic diseases such as heart disease and stroke. In the long run, it will help save more medical expenses. After careful study and consideration, his proposal was finally adopted.

Looking around Tseung Kwan O right now, the environment in the community revolves around the health of residents and promoting healthier living. For example, there is the Hong Kong Velodrome that meets international standards; the area is connected by a cycling track allowing residents to travel by bicycle. The Tseung Kwan O South Waterfront Promenade, which is about two kilometers long, is a hot spot for residents to run and cycle. With the opening of the long awaited Tseung Kwan O Cross Bay Bridge, it will further boost the vitality of the community.

Dr Lam hopes that this successful example can drive changes in future infrastructure designs. Improving the physical, mental, social, and spiritual health of residents in terms of community development, transportation network and living environment, to benefit all Hong Kong residents.

Connect Community with Love Working towards Universal Health

Over the past 70 years, HOHCS has been adhering to the spirit of "Respecting Life, Impacting Life" in responding to the needs of the community, from the elderly, health, rehabilitation, education, and others. In 2020, a 10-year service plan "Vision 2030" was formulated. Not only will it strengthen high-quality services and promote innovative service models, it also aims to enhance its commitment of building and nurturing the community. Dr Lam said that HOHCS aims to better connect with the community and show the residents of Sai Kung, Tseung Kwan O, and other communities that HOHCS is committed to promoting concepts of health, inclusiveness, and connectivity within the community.

HOHCS is like a bridge, providing professional and comprehensive social services and connecting communities with love. During the preparation and holding of the "HOPES RUNNER: RUN & WALK 2023", HOHCS collaborated and worked closely with various government departments, commercial organisations and volunteer groups to facilitate the smooth running of the event at the Tseung Kwan O Cross Bay Bridge. Celebrities from the political and business sectors even came to support the event in person. After attending the opening ceremony, they cycled, ran, or walked on the bridge to kick off the event.

This event fully reflected elements of communion with participants coming from all ages, from athletes to people with disabilities. They share the same goal of raising funds for HOHCS' non-subsided services and "The Haven Project", a 10-year capital development project to support HOHCS in improving quality of services so as to benefit more people in need.

Dr Lam expressed: "HOHCS has a vision, which is to make Sai Kung, Tseung Kwan O, and even Hong Kong a healthy and happy community. This vision will not stop, and the Tseung Kwan O Cross Bay Bridge is just the beginning. Therefore, HOHCS has decided to promote the "Vision City" project, and will continue to grow together with Tseung Kwan O. Like a bridge, we will connect the community through activities from our service units and working with other organisations to promote health."

From primary medical care, end-of-life care, elderly services, as well as the daily movement and cultural history of the residents, HOHCS hopes to continue walking alongside the community and gradually build and achieve a "Vision City" of health and happiness.





vibrancy
活力



連結





愛與共融 Love and Communion



onnnect



鄭漢鈞細說靈實「七色戰隊」

Dr Cheng Hon-kwan elaborates on HOHCS' "Seven Colours Team"

由當年司務道教士於調景嶺「開荒」，至今時今日拓展至港九新界逾五十個服務單位，不經不覺，基督教靈實協會已邁向服務香港七十年。這些年來，有來自不同專業的有心人，憑著信仰、熱誠，帶著無私事奉的心加入董事會，帶領靈實一步一步發展至今。這隊猶如「七色戰隊」的靈實董事會成員，多年來各展所長，互為配合，目標一致地傳承司務道「尊重生命・改變生命」的精神，造福社會。

From the "reclaimed barren land" of Sister Annie Skau in Tiu Keng Ling, it has now expanded to more than 50 service units in Hong Kong, Kowloon and the New Territories, and before you know it, Haven of Hope Christian Service (HOHCS) has been serving Hong Kong for 70 years.

Over the years, caring people from different professions have joined the board of directors. With faith, enthusiasm, and a heart for selfless service, they have led the development of HOHCS every step of the way. Like members of the "Seven Colours Team", the board of directors have developed their strength and cooperated with each other to uphold the spirit of "Respecting Life. Impacting Life" for the benefit of the society.



鄭博士認為信仰對他相當重要，透過聖經更讓他明白神的道理，引領他走神的路，故每日都會進行靈修。

Dr Cheng believes that faith is very important to him. Through the Bible he learns the truth of God which leads him to walk the way of God and conducts daily spiritual practice.

要數「七色戰隊」的代表，鄭漢鈞博士絕對是重要的一員。猶記起當年加入靈實，鄭認為是神的恩典和安排。「我於一次教會會議中，坐於當年靈

實（前名將軍澳醫援會）董事會主席陳立僑醫生身旁，我們相當投契，他不但向我介紹靈實，讓我了解其服務宗旨，及後更邀請我加入理事會，我毫不猶豫一口答應，造就我人生首次參與服務社會的機會。」

真和愛心。」他更笑謂：「雖然機構的財政緊拙，『今年不知明年事』，但機構上下憑着信心及神的帶領，總算『年關難過年過』。」亦因靈實的服務獲社會肯定，得到善長和外國教會的捐助，漸漸茁壯發展，更見規模。



雖已達耄耋之年，鄭博士仍精力無限，近日更鑽研四書五經，了解中國歷史，以充實自己。

Although Dr Cheng is 95 years old, he still has boundless energy. Recently, he even studied the Four Books and Five Classics to learn about Chinese history in order to enrich himself.

於天津修畢土木工程，更取得大學助教席的鄭博士，原計劃在內地工作，惟在神的安排下，讓他於1948年留在香港，更落地生根。在政府工作多年後，他認為人有一定的社會經驗後，必須回饋社會，故決定提早退休發展自己的事業，並參與多項公職，利用自己的專長服務社會，亦在因緣際會下於1981年加入靈實董事會。

鄭坦言：「我會形容靈實是一個很『精緻』的組織，素質好且人才雲集，當中更有許多基督徒，大家本著主的愛作服事，讓我充分體會到同工們的認

對於靈實的「七色戰隊」，有來自工程、金融、法律及醫務界等專業人士，鄭直言：「我們邀請董事是看信仰和以基督耶穌為中心。大家都以愛心事奉，所以目標都是一致的。當然，有專業技能者，有機會可以發揮，而大家都是有經驗的人士，在制定靈實的發展工作計劃，都能互相搭配，但仍不離上帝的旨意，一同幫助弱勢，並傳揚福音。」

雖然戰隊各人在社會均舉足輕重，但鄭認為：「董事們以及同工之間，均合作關係良好，印象中並沒有激烈爭論，只見和平討論和參加有建設性的意見。一般計劃都由行政總裁與管理層人員具體研究訂定，呈上董事會經討論後批准，我們都會尊重別人以及專業意見。」



鄭博士去年獲頒長期服務獎時，與同工們分享靈實點滴。

When Dr Cheng was awarded the Long Service Award last year, he shared some inspirational insights with his colleagues.

服務靈實40年，剛於去年取得長期服務獎的鄭博士，現雖退下火線，擔任董事會名譽主席及資深會員，但95歲的他仍心繫靈實，辦公桌當眼處不乏靈實年報及文件。鄭笑言：「神賜予我有健康的身體及精力，我當然要好好利用，就算我95歲都要努力！」他寄語新一代的靈實人，要跟從聖經的道理不斷學習及充實自己，他期望靈實在「七色戰隊」及新一代同工的合作下，繼續傳承敬神愛人的精神，造福社會。

When it comes to representatives of the "Seven Colours Team", Dr Cheng Hon-kwan is definitely an important member. Recalling when he first joined HOHCS, Dr Cheng believes that it was God's grace and arrangement. "In a church meeting, I sat next to Dr Ding Lik-kiu, Chairman of the Board of HOHCS (formerly known as Junk Bay Medical Relief Council) and we got along quite well. Not only did he introduced HOHCS and its service mission to me, he also invited me to join the council. I agreed without hesitation and it had given me the opportunity to participate in serving the community for the first time in my life."

Graduated from civil engineering in Tianjin, Dr Cheng obtained a teaching assistant position at a university. Originally, he planned to work in the mainland but in 1948, under God's arrangement, he stayed and settled down in

Hong Kong. After working for the government for many years, he believes that people must give back to society after achieving certain social experiences. Therefore, he decided to retire early to develop his own vocation and participated in various public offices, using his expertise to serve the community. In 1981, due to a chance meeting, he joined HOHCS' board of directors.

Dr Cheng said frankly, "I would describe HOHCS as a very 'exquisite' organisation with high quality talents. There are many Christians among them and everyone serves in the love of the Lord which made me fully appreciate the earnestness and love of our co-workers." He even said laughingly, "Although the organisation's finances are tight and we face uncertainties every year. With faith and guidance from God, the organisation will always pull through all challenges." Also, because of the quality services provided by HOHCS, the organisation has been recognised by the society. With donations from charitable people and foreign churches, it gradually developed and grew in scale.

With regards to HOHCS' "Seven Colours Team" there are professionals from engineering, finance, law, and medical fields. Dr Cheng said candidly, "We invite board of directors based on faith and Jesus Christ as the centre. Everyone serves with love so the goal is the same. Of course, those with professional technical skills can play their roles as all of them are experienced people. Together, they collaborated in formulating HOHCS' developmental strategy. But they must all remain true to God's will,

which is to help the weak and preach the gospel."

Although each member of the team plays an important role in society, Dr Cheng said, "The directors and staff have a good working relationship. In my impression, there were no heated debates but peaceful and constructive participation. Generally, plans are studied and formulated by the Chief Executive Officer and management team. After which it will be submitted to the board of directors for discussion and approval, and we respect the opinions of others and professionals."

After 40 years of service, Dr Cheng received his Long Service Award last year. Although he has retired from the front line and serves as the Honorary Chairman and Senior Member of the Board, the 95-year-old still cares about HOHCS and has many annual reports and documents on his desk. Dr Cheng said laughingly, "God has blessed me with a healthy body and energy so I have to make good use of it. I must still work hard even if I am 95 years old!" He urged the new generation of HOHCS' staff to learn and enrich themselves according to the principles of the Bible. He hopes that with cooperation of the "Seven Colours Team" and the new generation staff, HOHCS can continue to inherit the spirit of respecting God, loving others, and benefiting the society.



四十年代電子計算機及電腦仍未普及，鄭博士笑謂當年讀書靠手上這把計算尺走天涯。

In the 1940s, electronic calculators and computers were not yet popularised. Dr Cheng said with a smile that he could go anywhere in the world with the slide ruler in his hand.

靈實精神從未變 服事人群蒙主恩

The Unwavering Spirit of Haven of Hope Christian Service Those Who Serve will be Blessed by God's Grace

70年前，司務道教士和其他宣教士來到調景嶺的山頭上，以醫療服務展開傳道的工作，他們會唱詩歌和讀聖經給病人聽，給予病人靈性上的關懷。縱然今天的醫療服務已經有大變化，但靈實以基督教信仰為中心的服事從未改變，就像靈實禮拜堂的十字架一樣，一直都向將軍澳的市民見證主耶穌的關愛。

70 years ago, Sister Annie Skau and other missionaries came to the upland of Tiu Keng Leng to carry out evangelistic work through medical services. They sang hymns and read the Bible to the sick and provided spiritual care. Although today's medical care has undergone drastic changes, Christ-centered care and services of Haven of Hope Christian Service (HOHCS) have not changed. Just like the cross at Haven of Hope Chapel, it has long witnessed the love of Lord Jesus to the residents of Tseung Kwan O.



Pius(右一)在80年代開始加入靈實，和同工合影。
Pius (first from the right) with his co-workers. He first joined HOHCS in the 80s.

是靈實醫院首任院長姜彼得醫生(Dr Peter Jenkins)的宿舍。雖然山中宿舍有不少蚊蟲，當年山頭上亦有偷渡客出沒，Pius仍然形容那三年在宿舍住得非常寫意。

主看顧一切

「王的心在耶和華手中，好像隴溝的水隨意流轉。」(箴言21:1)專注於神的作為，因為一切都在主的手中，無論靈實經歷什麼問題，神、我們的主，都一定會在適當的時刻來看顧、成就我們服事的果效。這是靈實前靈性關顧主管李利平牧師(Pius)在調景嶺這個小山嶺上服事多年的深刻感受。

Pius和靈實的故事要從1985年說起，社工出身的他加入作為社會服務主任，主要服務調景嶺居民。在80年代後期，他擔任過靈實的行政主任和恩光學校的校監。回想當年的恩光和調景嶺村位置偏僻，他需要住在協會宿舍，以便在緊急情況如颱風或停電時可以立即處理。同工稱呼這座兩層高的宿舍為Jenkins' Castle，因為這曾經

離開又回來 一切從未變

Pius之後離開了靈實，回到當初他認識主的地方——澳洲悉尼，修讀神學。不過他一直有一個心願，就是回來靈實參與院牧部事工。有一次林正財醫生到澳洲公幹，途經悉尼時，詢問Pius會否考慮申請福音事工部主管一職。Pius擔心靈實應該有不少轉變，不肯定能否適應。林醫生指雖然靈實發展急速，但靈實的基因從未改變，這番話鼓勵了Pius於2008年6月重返靈實，開始在福音事工部的工作，期後擔任靈性關顧總監。

家的感覺 禮拜堂的趣事

靈實禮拜堂被大自然包圍，Pius發現草地上遍佈雜草，於是和同工一起在午飯時間為禮拜堂除雜草。他也在工餘時間安裝喉管為禮拜堂四周的草地和樹木灑水。禮拜堂正門前的石梯本來沒有照明，他便安裝了自動照明系統，只要有人在晚上路過便會亮燈。他希望禮拜堂除了讓同工敬拜主外，還可以服事社群，例如租借作為安息禮拜的場地，因此他在禮拜堂外的走廊上裝上一些捲簾，防止陽光直接照射會短暫放在走廊的棺木上。在禮拜堂外牆十字架換上馬賽克新裝前，Pius曾以熒光油漆塗抹十字架，並在晚上用紫外光照射，使十字架在黑暗中發出淡淡的藍光，見證靈實當初在調景嶺的山崗上創立，成為居民的盼望之灣。

Pius在靈實服事，亦把禮拜堂當家一樣打理和照顧，被問到對靈實的感覺



Pius近照
A recent photo of Rev Pius

時，他指靈實在他心中有一個很重要的位置，靈實的服務是主喜悅的事工。「尊重生命，改變生命」並不是一句口號，而是我們對受眾的一個見證。

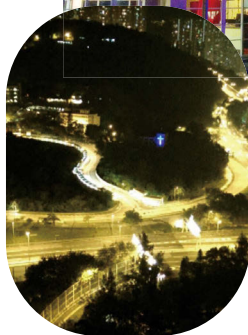
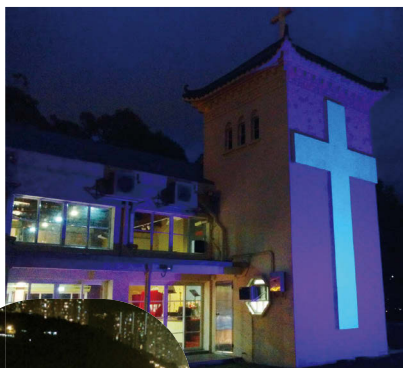


禮拜堂有一些小工程都是由他在工餘時間完成，例如塗油漆。Using his spare time, he completed many small projects for the chapel, such as painting.



禮拜堂外的十字架未有馬賽克裝飾前，Pius (右一)曾塗上熒光顏料，讓它晚上在紫光燈照射下散發出淡淡的藍光。

Before the cross outside the chapel was decorated with new mosaics outlook, Pius (first on the right) painted it with fluorescent paint and used ultraviolet light to illuminate it at night.



塗上熒光油漆的十字架晚上在紫光燈照射下散發出淡淡的藍光，向將軍澳的市民見證主耶穌的關愛。

Painted with fluorescent paint, the cross emitted a faint blue glow at night under ultraviolet light. A testament of God's love for the residents of Tseung Kwan O.

The Lord Takes Care of Everything

"The king's heart is in the hand of the LORD, like the rivers of water; He turns it wherever He wishes." (Proverbs 21:1) Focus on God's work, because everything is in the hands of the Lord. No matter what kind of problems HOHCS is experiencing, God, our Lord, will surely come and take care of us at the right time and help us achieve our service results. This is the profound feeling of Rev Pius Li, former Head of Spiritual Care of HOHCS, who has been serving on this small hill on Tiu Keng Leng for many years.

The story of Rev Pius with HOHCS began in 1985. A social worker by training, he joined as a Social Service Officer, mainly serving the residents of Tiu Keng Leng. In late 80s, he served as HOHCS' Administrative Officer and Supervisor of Sunnyside School.

Recalling how remote the location of Sunnyside School and Tiu Keng Leng villages were back then, he needed to live in the dormitory of HOHCS, so that he could deal with emergencies such as typhoons or power outages immediately. Staff called this two stories dormitory Jenkins' Castle

because it used to be the dormitory of Dr Peter Jenkins, the first Chief Executive Officer of Haven of Hope Hospital. Even though there were many mosquitoes in the dormitory and stowaways on the hill, Pius still described his three years in the dormitory as very enjoyable.

Left and returned Nothing Has Changed

After Pius left HOHCS, he returned to the place where he first acknowledged God – Sydney Australia, to study theology. However, he had one wish, which was return to HOHCS and be part of the pastoral care work. Once, while passing through Sydney on a business trip to Australia, Dr Lam asked Pius if he would consider applying for the position as Head of Evangelistic Work Department. Pius was worried that HOHCS has undergone many changes and he might not be able to adapt. Dr Lam went on to point out that although HOHCS has developed rapidly, the DNA of the organisation has never changed. These

words encouraged Pius to return to HOHCS and in June 2008, he began work in the Evangelistic Work Department and later became Head of Spiritual Care of HOHCS.

Feels Like Home Fun Facts About the Chapel

Haven of Hope Chapel is surrounded by nature, Pius noticed that the grass was full of weed, so he and some co-workers weeded the chapel during their lunch time. In his spare time, he also installed pipes to sprinkle water on the grass and trees surrounding the chapel. Originally, the stone staircase in front of the chapel's main entrance was unlit, so he installed an automatic lighting system that would illuminate whenever someone passed by at night. Besides being a place where staff can worship the Lord, he hoped the chapel can also serve the community, for instance, as a rental venue for memorial services. So, he installed roller blinds along the corridor outside the chapel to protect the coffin in the hallway from direct sunlight. Before the cross on the exterior wall of the chapel was replaced with new mosaic outlook, Pius once painted it with fluorescent paint, and using ultraviolet light to illuminate it at night so that the cross emitted a faint blue glow in the dark. A testament that HOHCS was established on the hill top of Tiu Keng Leng and it became the haven of hope for residents.

When Pius was serving at HOHCS, he managed and took care of the chapel as if it was his home. When asked how he feels about HOHCS, he said it has a very important place in his heart. Serving at HOHCS is a ministry that pleases the Lord. "Respecting Life. Impacting Life" is not a slogan but a testimony to our patrons.



Pius和同工一起在午飯時在禮拜堂外的草地除雜草。Pius and co-workers weeding the chapel during their lunch time.

與恩光同行十五年 義剪解決家長生活難題

Fifteen years with Sunnyside School, helping parents with free haircuts.



靈實在這七十年得以穩步擴展，有賴同行者的支持，當中包括義工的無私奉獻。2008年開始，髮型師黎永昌（Ken）開始統籌髮型師團契，每年四次，安排髮型師到靈實恩光學校（下稱「恩光」），為嚴重智障的學生義務剪髮。這項服務開始至今從未間斷，Ken從中領略到健康並非必然，感恩自己有幸過正常的生活之餘，更向同行推廣義剪服務，期盼他們對生命也有所領悟。

The steady expansion of Haven of Hope Christian Service in the past 70 years was made possible by the support of companions, including the selfless dedication of our volunteers. Since 2008, Ken Lai started and coordinated a Christian fellowship with fellow hairstylists. Four times a year, the volunteer hair-stylists provided free haircuts to students with severe intellectual disabilities at Haven of Hope Sunnyside School (hereinafter referred to as Sunnyside School).

恩光的學生在熟悉的環境中，有家長、老師邊陪伴在側，在理髮時會較少抗拒。經過髮型師的一雙巧手，學生在剪髮後都精神奕奕。不過，如果家長帶他們到髮廊剪髮，一般髮廊或理髮師未必會受歡迎，因為他們在剪髮時可能會在店內鬧情緒和吵嚷。Ken明白到家長要照顧這些學生已經殊不簡單，他的團契希望透過職業技能上的一點侍奉，協助家長解決生活上面對的難題。

每次義剪服務結束後，Ken都堅持和團契成員同心祈禱。在過去十五年，有髮型師退出，也有新髮型師加入，但每當恩光有義剪活動，髮型師都會主動出席，所以每次都有足夠義工，為三十至五十名恩光學生剪髮。Ken覺得是神在背後感動他們，使他們在服務後心底感到平安，因而繼續參與。凡恩光有義剪活動，Ken更例必出席，他看見一些學生隨著歲月慢慢長大，覺得十分感恩。

走出迷失 導人向主

憑藉基督教的信仰，Ken自己也經歷了生命的改變。他曾經濫藥和酗酒，但他正如《以弗所書》所說，現在已經成功脫去舊人、穿上新人。他於2005年至2017年在一間基督教社企髮廊服務期間，曾以自身經歷為例，培訓誤入歧途的邊緣的青少年，希望他們也迷途知返。

2017年，Ken開辦了自己的髮廊，他認為每個人都是尋索者，都要尋找人生道路上的方向，而最終的歸宿是十字架的救恩，故為髮廊取名為「Seekers」（尋索者）。他在名片的背後印上聖經金句：「你們祈求，就給你們；尋找，就尋見；叩門，就給你們開門」（馬太福音 7:7）。髮廊也成為Ken傳道的地方，在他受訪前一個星期，他與一位首次來到髮廊的女顧客人分享自己的信仰，女顧客隨即去教會，並決志信主。他說：「我喜歡與人分享信仰，做義工分享就更加好」，並盼望可以結出更多神的果子。

This free hair cut service has never been interrupted since its inception. Ken learned that health is not inevitable and he is grateful to be fortunate enough to live a normal life. He hopes that by promoting charity hair-cutting services to his peers, they would gain more insight to life.

Accompanied by parents and teachers and under familiar environment, the Sunnyside School students are less resistant when getting their hair cut. Under the skillful hands of the hair-stylists, students are always in high spirits after the haircut. However, if parents were to take them to a regular hair salon, the students might make noise and feel emotional. Ken understands that it is not easy for parents to take care of these students so he hopes by providing such professional services, his team of



恩光學校頒發嘉許狀給髮型師團契。

Sunnyside School presenting Certificate of Appreciation to volunteer hair-stylists.

volunteer hair-stylists can help parents solve some day to day living problems.

After each charity hair-cut services, Ken would insist on praying with his team mates. In the past fifteen years, some hair-stylists have quitted and new ones have joined, but whenever there is a charity hair cutting event at Sunnyside School, Ken and his group of hair-stylists would always take the initiative to attend to ensure that there are enough volunteers to cut the hair of 30 to 50 Sunnyside School students. Ken felt that God's spirit was at work, granting them a peace of mind after every haircut service so that they can continue to participate. Whenever Sunnyside School has a charity hair cut event, Ken will always be there and he felt very blessed to see some of the students grow up over the years.

Finding a way out and leading people to the Lord

Relying on his Christian faith, Ken also had a life changing experience. He used to abuse drugs and alcohol but like the Book of Ephesians, he succeeded in shedding his old self and becoming new again. During his service at a Christian enterprise hair salon, he used his own experience as an example to train marginalised young people, hoping they will also learn from their mistakes.



有家長、老師陪伴在側，學生在理髮時甚少抗拒。

Accompanied by parents and teachers, students are less resistant to getting their hair cut.

髮型師團契每年四次到恩光義務為學生理髮。

Four times a year, volunteer hairstylists from the Christian fellowship visit Sunnyside School to provide free hair cutting services.



Ken曾獲政府頒發十年義工長期服務嘉許狀。

Ken was awarded with a 10 Year Long Service Certificate by the government.

In 2017, Ken opened his own hair salon. He believes that everyone is a seeker, looking for the direction on the road of life, and the ultimate destination is the salvation of the cross, so he named the hair salon "Seekers". On the back of his business card, he printed a Bible verse: "Ask, and it will be given unto you. Seek, and you will find; Knock and the door will be opened to you" (Matthew 7:7). The hair salon also became a place for Ken to preach. A week before this interview, he shared his faith with a female customer who came to the hair salon for the very first time. After the sharing, she started going to church and converted to Christianity. He said, "I like to share my faith with others, and it would be even better to share my faith through volunteering, so hopefully it will bear more fruits of God."

鼓勵會員行善 保協義賣耆樂餅

Encouraging Members to be Charitable – Qile Cake Charity Sale

保險業界一向強調以客戶的利益為先，許多人未必聯想到他們除了在日常工作中努力為客戶爭取最大的權益外，亦一直熱心公益，希望可回饋社會，弘揚業界的關愛精神。有接近一萬七千名會員的香港人壽保險從業員協會（下稱「保協」）為鼓勵會員身體力行把愛心傳遞給社會，舉辦了首屆「全港保險愛心公益日」，重點項目包括組織義工團參加耆樂餅公開義賣日，為靈寶的非政府資助服務籌募經費。

The insurance industry has always emphasised that the interests of customers come first. Many people may not realise that apart from striving for the best interests of customers in their daily work, they are also very enthusiastic about public welfare, hoping to give back to the society and foster a spirit of caring in the industry. With nearly 17,000 members, the Life Underwriters Association of Hong Kong (LUAHK) organised the first "LUA Charity Day" to encourage members to pass on their love to the community. Key projects include organising volunteer groups to participate in the Qile Cake Charity Sale to raise funds for Haven of Hope Christian Service's non-subservent services.

有50年歷史的保協，不但重視提升業界的專業水準，更鼓勵會員參與公益和公眾事務。保協會長謝立義指出：「作為業界代表組織之一，保協有責任推動同業在工餘時間積極回饋社會，鼓勵同業的全面發展，建立行業的正面形象。」

推動「保單捐贈計劃」

為履行社會責任，保協不但於1998年成立了慈善基金，撥款支持不同慈善機構，而且推動「保單捐贈計劃」，鼓勵保單持有人遺愛人間，將百分之一或更多的保額捐贈予心儀的慈善機構。保協慈善基金主席蘇婉薇博士補充：「自2005年推出計劃後，累計有一萬三千張認捐保單，認捐保額總額達四億四千萬元，逾一百五十間慈善機構加入成為計劃的支持機構，已經有機構開始受惠。」



行善不分年紀，保協會長謝立義（右）到場為大小義工打氣。
Doing good deeds regardless of age! Mr Stanley Tse, President of LUAHK was present to cheer for volunteers, young and old.

保協近年成立社會服務發展部，籌組義工隊，與慈善機構合作，透過實際行動服務社會。保協認為慈善基金的發展已有一定規模和成熟程度，加上建立了穩定的義工團隊，故於2022年11月舉行首屆全港保險愛心公益日，希望可以弘揚大愛精神。

活動值得推廣給同業

11月12日，保協組織約二百三十名義工，在全港各地共二十二個攤位公開義賣耆樂餅。全港保險愛心公益日籌委會主席姜楚芝說：「耆樂餅義賣活動至今超過二十年，非常成熟及有規模，讓長者的生活得到支援，為他們的生命帶來改變，受惠長者不計其數，加上靈寶多年來與保協合作緊密，亦是保單捐贈計劃所支持的機構之一，保協因此決定動員義工隊參與義賣耆樂餅。」



保協組織約二百三十人在全港各地義賣耆樂餅。
LUAHK organised about 230 volunteers to sell Qile Cakes in various places across Hong Kong to raise funds.



姜楚芝(後排左四)和李佩珊(後排左三)頒發嘉許狀給小義工的代表。
Miss May Keung (back row, forth from the left) and Miss Zen Li (back row, third from left) presented Certificates of Commendation to representatives of young volunteers.

籌委會副主席李佩珊分享參與義賣活動的喜悅指，由於耆樂餅的包裝設計討人喜愛，不少會員帶同小朋友和客戶一起義賣，讓他們透過親身參與，了解義賣耆樂餅的意義。她說：「我自己也帶同小朋友一齊做義工，家長的反應很好，紛紛表示下次要邀請他們一同參與。通過這活動，既可以做義工，又提供了一天的親子活動，更可訓練小朋友的主動性，參與的家長好有滿足感，值得推廣給同業。」

With 50 years of history, LUAHK not only attaches great importance to enhancing the professional standards of the industry, but also encourages its members to participate in public affairs and public welfare activities. Mr Stanley Tse, President of LUAHK emphasised, "As one of the representative organisations in the industry, LUAHK has the responsibility to encourage our members to actively give back to the community in their spare time. We want to encourage the all-round development of our peers and build a positive image of the industry."

Promoting "Policy Donation Scheme"

To fulfill its responsibility to the society, LUAHK not only established a charity fund in 1998 to support different charities, but also promoted the "Policy Donation Scheme", encouraging bereaved loved ones of policy holders to donate 1% or more of the insured sum to their favorite charity. Dr Teresa So, Chairwoman of LUAHK Foundation Limited added: "Since the launch of the scheme in 2005, a total of 13,000 insurance policies have been pledged and the total pledged amounted to HK\$440 million. More than 150 charities have joined and some of them have already benefited from it."

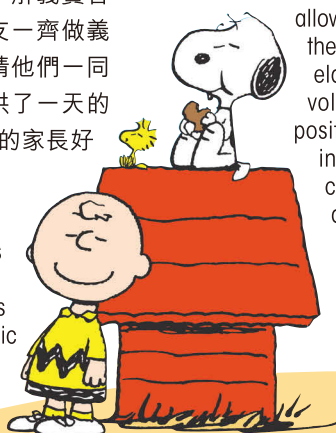
In recent years, LUAHK has set up the Community Service Department to organise volunteers to cooperate with charities and serve the society through practical actions. Believing that the development of the charitable foundation has reached a certain scale and maturity, coupled with the establishment of a

stable volunteer team, LUAHK held the first LUA Charity Day in November 2022, hoping to promote the spirit of philanthropy.

A Worthy Event to Promote to Peers

On 12 November, about 230 volunteers organised by LUAHK set up 22 counters across Hong Kong for the Qile Cake Charity Open Sale. Miss May Keung, Chairwoman of the LUA Charity Day Organising Committee, commented: "The Qile Cake Charity Sale has been running for more than 20 years and it is very well developed and extensive. It has supported and benefited countless elderly and brought positive changes to their lives. In addition, LUAHK has cooperated closely with HOHCS for many years since it is one of the organisations supported by the "Policy Donation Scheme." Therefore, LUAHK decided to mobilise volunteer teams to participate in the charity sale."

Miss Zen Li, Vice Chairwoman of the LUA Charity Day Organising Committee, shared the joy of participating in the charity sale by saying that because of the cute design and packaging of the Qile Cakes, many members brought their children and customers along to take part in the charity sale, allowing them to experience the significance of the event through personal participation. Miss Li elaborated: "I also brought my children to do volunteer work. All parents responded very positively by saying that they would like to get involved again. Through this event, not only can we do volunteer work, it also provided a day of parent-child activities. It is good training for children's initiative and very rewarding for parents. Such an event is worth promoting to our peers in the industry."



蘇婉薇博士(後排左)積極支持耆樂餅義賣。
Dr Teresa So (back row, left) actively supports the Qile Cake Charity Sale.



撰寫暖心故事《一期一會》作者Perri Chan：愛要及時

Love Must Be Timely – Heartwarming stories from Perri Chan, author of “A Time for Us”

日本茶道常言「一期一會」，意思是指我們要珍惜人生中僅有一次的相會，要把握當下。對於曾任保險業10年的陳沛延 (Perri Chan) 來說，她深明生離死別可以來得突然，而其母親兩年半前驟然離世，更喚醒她要愛得及時。她與不同好友相處時發現，縱然有人身患重症，有人面對先天缺憾，但他們卻以正面的態度面對。好像靈實恩光成長中心家長Lilian，過去23年來無微不至地照顧先天小腦發育不全的兒子，積極地克服難關，令Perri深受感動。Perri將她所觀察到的10個故事撰寫成書——《一期一會》，希望向讀者送上溫暖，激勵大家要主動關心身邊的人及愛得及時。

There is an old saying in Japanese tea ceremony, "One Meeting, One Chance" which means there is only one chance in life so we must cherish and seize the moment. For Perri Chan, who has worked in the insurance industry for 10 years, she deeply understands that life and death can come suddenly, and the death of her mother two and a half years ago has awoken her to love before it is too late.

Through spending time with different friends, she found that while some people were seriously ill and some faced congenital defects, they faced it with a positive attitude. Take for instance Lilian, a parent from Haven of Hope Sunnyside Enabling Centre (hereinafter referred to as Enabling Centre), who took meticulous care of her son with congenital cerebellar hypoplasia over 23 years and overcame many difficulties. Perri was deeply moved by her story. Using her observations, Perri wrote 10 stories and released "A Time for Us", hoping that the book will send warmth to readers and encourage everyone to take the initiative to care for the people around them and love in time.

Perri自大學時期已有一個寫作夢，而近年她看到香港的社會氣氛和經濟低迷，這些因素驅使她執筆著書，盼透過文字向大眾傳達正能量。經過兩個多月的努力，她於2022年9月出版了《一期一會》。此書收錄了10個故事，而其中一章的主角就是Lilian。在Perri眼中，這位曾與她一起在職場上打拼的前同事兼好姊妹，是一位不折不扣的「Super Mum」。

為了照顧有嚴重智力障礙的兒子Jason，Lilian在他年幼時毅然辭去銀行投資部門工作，並攻讀幼兒發展心理學，全職照顧和訓練兒子。到Jason長大成青少年後，Lilian一家決定由加拿大返港，轉為爸爸全職照顧兒子，媽媽外出工作。在這段時間，Jason在靈實恩光學校上課，至21歲畢業後再獲安排到靈實恩光成長中心（下稱成

長中心）持續訓練和學習。

Perri在這位姊妹身上看到對兒子不離不棄的愛，對家庭的傾力付出。她了解到要照顧特殊兒子所花的體力和心力，非一般人能體會，包括Lilian每天為兒子換3次尿片，時刻留心他有否流口水並替他抹乾，悉心照料其日常作息，又要為他安排接受各種訓練，發展其潛能。Perri表示，Lilian養育Jason的故事令她很深刻，並說：「Lilian的個性很正面，很charm（有魅力），很展現到生命力。」她續說，從Lilian身上明白到，縱使人生有苦難和挑戰，最重要是以怎樣的態度面對，嘗試找出當中的正面意義。

在Perri寫下這段感人故事前，她還翻看了Lilian早前接受的傳媒訪問片段，報道除了訪問有關Jason的故事，還提



《一期一會》封面
"A Time for Us" by author Perri Chan



Perri Chan

及了成長中心是全港唯一為嚴重智障畢業生提供持續學習機會的平台，中心為自負盈虧，需要外界支持。Perri說：「訪問片段最觸動我的是，Lilian說Jason還可以在成長中心上課，還可以接觸社區。」她嘆道：「社會可能已遺忘了這個群體（特殊學生），但靈實很有心、很務實地服務他們，我好希望有更多人關注。」Perri表示，她寫書的初衷是向讀者送上溫暖和祝福，同時她亦希望支持成長中心。因此，她決定將書本收益扣除成本後，用作慈善用途，部份善款捐予成長中心。Perri說，衷心希望讀者細閱這本書時領會到愛要及時，並踏出一步，主動關心身邊的人和關愛社區。

Perri has dreamt of being a writer since university days. In recent years, after witnessing the social and economic downturn in Hong Kong, it inspired her to write, hoping to convey positive energy to the public through words. After more than two months of hard work, she published "A Time for Us" in September 2022. This book contains 10 stories, and one of the protagonists is Lilian. In Perri's eyes, this former colleague and good sister is unreservedly a "Super Mum"!

Jason was born with severe intellectual disabilities; so, to take care of him full time, Lilian resolutely resigned from her job in investment banking to study childhood developmental psychology. By the time Jason became a teenager, Lilian's family decided to return to Hong Kong from Canada, where her husband took care of him full time, while she went out to work. During this time, Jason attended Haven of Hope Sunnyside School. After graduating at the age of 21, he was arranged to continue his training and learning at Enabling Centre.

Through her good friend, Perri saw her unwavering love for her son and dedication to her family. She learned that the physical and mental effort required to take care of a child with special needs is beyond ordinary people's comprehension. Other than taking good care of her son's daily routine like changing diapers 3 times a day, keeping an eye on his drooling, and wiping him dry, Lilian also needs to arrange for various trainings to develop his potential. Perri was deeply moved by how Lilian took care of her

son and said "Lilian's personality is very positive, very charming and full of vitality." She went on to say that she learned from Lilian that even if there were sufferings and challenges in life, the most important thing is to face them with the right attitude and try to find positive meanings in them.

Before Perri wrote this touching story, she looked through Lilian's earlier media interviews. In addition to Jason's story, the interview also mentioned that Enabling Centre is the only platform in Hong Kong that provides continuous learning opportunities for graduates with severe intellectual disabilities, and that Enabling Centre is self-financed and needed external support.

"What touched me most in the interview was that Lilian said, 'Jason could still take classes in Enabling Centre and stayed

connected with the community.' The society may have forgotten about this group (special needs students) but Haven of Hope Christian Service serves them with compassion and pragmatically so I hope more people will pay attention." Perri expressed that her original intention of writing the book was to send warmth and blessings to readers, but at the same time, she also wanted to show her support for Enabling Centre. Therefore, she decided to use the book proceeds, after deducting the costs for charity purposes and part of the proceeds was donated to Enabling Centre.

Perri sincerely hopes that after reading the book, readers will understand that love must be timely and take a step forward to care for and love the people around them and the community.

Perri (左) 於2022年9月出版《一期一會》，書本收益扣除成本後用作慈善用途，部份善款捐予靈實恩光成長中心。成長中心總監羅啟康 (右) 獲邀出席新書分享會。

Perri (left) published "A Time for Us" in September 2022. Proceeds from the book were used for charity purposes after deducting costs and part of the money was donated to Haven of Hope Sunnyside Enabling Centre.

Mr Law Kai-hong, Superintendent of Enabling Centre (right), was invited to attend the book launch.



《一期一會》新書分享會於2022年9月舉行。
"A Time for Us" book launch in September 2022.

Perri (左) 的好友Lilian (右) 是靈實恩光成長中心家長，廿多年來努力不懈地照顧先天小腦發育不全的兒子。Perri被她的故事觸動，遂寫成《一期一會》其中一章。

Lilian (right), a good friend of Perri (left), is a parent of Haven of Hope Sunnyside Enabling Centre. For more than 20 years, she worked tirelessly to take care of her son who was born with cerebellar hypoplasia. Perri was touched by her story and wrote about it in the book.

將軍澳風物汛開幕

TKO Heritage Post Grand Opening



歷史風物館已經啟用。
The Historical Museum is opened to public.

「將軍澳風物汛」是民政事務總署、西貢區議會和基督教靈實協會合作的「社區重點項目計劃」之一，並由靈實負責營運。該項目透過把舊調景嶺警署復修而成歷史風物資料館和民宿「靈風雅舍」，把將軍澳區現存唯一上世紀60年代的建築物保留下來。

它除了展示將軍澳展成為新市鎮的里程外，也透過舉辦創意活動，鼓勵公眾合作及參與，包括展覽、講座、手作及運動工作坊等，並僱用心智障礙人士，既提供培訓及就業機會，又建立可共融及可持續發展社區。

將軍澳風物汛的歷史風物資料館於2022年12月24日開幕，而民宿部份亦計劃於2023年初投入服務。靈實行政

總裁林正財醫生期望，將軍澳風物汛讓居民體會到將軍澳不再是一個僅供市民居住的地方，而是一個集休閒、運動、文化、歷史、創作等各方面齊全的社區。

“TKO Heritage Post” is one of the “Key Community Focused Projects” jointly launched by the Home Affairs Department, Sai Kung District Council and Haven of Hope Christian Services (HOHCS), and is operated by HOHCS. Through the restoration of the former Rennie’s Mill Police Station, the project has turned it into a historical museum and an “InnSpired Heritage” homestay, preserving the only surviving building from the 60s in Tseung Kwan O.

In addition to showcasing the milestone of Tseung Kwan O as a new town, it also



民宿「靈風雅舍」將投入服務。
“InnSpired Heritage” Home Stay will operate soon.

encourages public participation and cooperation through creative activities, including exhibitions, lectures, handicraft, and sports workshops, etc. The project also provides training and employment opportunities to people with disabilities, aiming to build an inclusive and sustainable community.



義務導賞員正講解昔日調景嶺的歷史。
A volunteer guide is explaining the history of Tiu Keng Leng.

The historical museum of TKO Heritage Post was opened on 24 December 2022 and the homestay is scheduled to be operational in early 2023. Dr Lam Ching-Chai, Chief Executive Officer of HOHCS, hopes the TKO Heritage Post will remind residents that Tseung Kwan O is not just a place to live in. It is a community that fully integrates leisure, sports, culture, history, and creativity.

由舊調景嶺警署復修而成的「將軍澳風物汛」外貌。

The façade of TKO Heritage Post after restoration from the former Rennie’s Mill Police Station.



《福星高照喜迎春》慈善粵劇專場順利進行

“Life's Blessing to Shum And Maang” – Another Successful Cantonese Opera Charity Performance

基督教靈實協會粵劇慈善專場《福星高照喜迎春》由汪明荃博士、梁兆明、李秋元及一眾大佬信擔綱演出，於2022年12月18日晚上順利進行，在掌聲和歡笑聲中圓滿落幕，為靈實健康服務——司務道寧養院籌款。由練習和綵排，到演出當日，一眾大佬信都非常認真準備，為求給觀眾最好的表演，演出精彩絕倫。

汪明荃博士帶領的福陞粵劇團和靈實理念一致，盡心盡力為社會服務，2022年已經是我們合作的第五年了！《福星高照喜迎春》在聖誕佳節前上演，為寧養院籌款之餘，亦在佳節送上喜樂和溫暖，期望透過慈善專場籌得的善款，能服務更多有需要的人。

Haven of Hope Christian Service's Charity Cantonese Opera "Life's Blessing to Shum And Maang" was performed by Dr Liza Wang, Liang Zhao Ming, Li Qiu Yuan, and a group of bigwigs on the evening of December 18, 2022. It went smoothly and ended successfully to applause and laughter while raising funds for Haven of Hope Sister Annie Skau Holistic Care Centre



(SASHCC). From practice and rehearsal to the day of the performance, all the bigwigs prepared very seriously in order to give the best performances to the audience and the show was fantastic.

The Boomabliiss Cantonese Opera Troupe led by Dr Liza Wang shares the same philosophy as HOHCS and is dedicated to serving the society. In 2022, it marked the fifth year of our collaboration! "Life's Blessing to Shum And Maang" was staged before the Christmas festivities not only to raise funds for SASHCC but also to spread warmth and joy during the festive season. We hope the money raised through this charity event can serve more people in need.

靈實耆樂餅公開義賣日 Haven of Hope Christian Service's Qile Cake Charity Sale



這麼人見人愛的史諾比手挽盒和環保袋是什麼呢？原來是靈實耆樂餅啊！年度盛事、萬眾期待的靈實耆樂餅公開義賣日已於2022年11月12及13日圓滿結束，在港、九、新界各大指定地點、商場及港鐵站都遍佈我們耆樂餅的街站。林醫生專程到街站為義工打打氣，亦有同事熱心組成義工隊幫忙義賣。

感激每一位協助靈實耆樂餅義賣的義工，無論落場義賣或是後勤幫忙都傾盡

全力。你的支持令一班公公婆婆生活得到改善，期待在2023年的耆樂餅公開義賣日再見到大家，和我們一起感受為善助人的快樂，改變生命。

What are these lovable Snoopy handle boxes and eco-friendly reusable shopping bags for? They are for Haven of Hope Christian Service's Qile Cake Charity Sale! This much anticipated, annual grand event was successfully concluded on 12 and 13 November 2022. Across Hong Kong Island, Kowloon and the New Territories, there were



designated booths in shopping malls and MTR stations selling Qile Cakes. Dr Lam personally made a special trip to the street booths to cheer on the volunteers and some of our enthusiastic colleagues even formed volunteer teams to help with the charity sale.

We would like to thank every volunteer who has assisted in Qile Cake Charity Sale. Everyone has done their very best no matter on-site sale or logistical assistance. Your support has helped improved the lives of senior citizens and we look forward to seeing you again at the 2023 Qile Cake Charity Sale. Come join us and feel the joy of helping others and changing lives!

秋冬乾燥 內外防治有法

Some thorough inside-out protection for dry autumn and winter

歲末將至，天氣轉冷，從中醫角度來看，秋令主燥，正常氣候本來就會變得乾燥，平常人身體沒有偏盛偏虛，能夠平穩度過季節的變化，或者僅僅覺得皮膚有些乾燥，稍微加強潤膚即可。不過，對於平素身體不足的人，尤其體質偏於血虛、陰虛的人，全身可能變得十分乾燥，出現眼乾、口乾、大便乾等。加上疫情期間需保持雙手清潔，使皮膚尤其乾燥，甚至皸裂疼痛。

乾燥天氣下，除了頻頻外搽潤膚霜，更可調攝飲食，宜以養陰生津為主，一般選用無花果、百合、雪耳、木耳、蓮藕、杏仁、馬蹄等食材，少食辛辣、煎炸，從內到外為身體「補水」。

對於平素血虛的人士，證見面唇色淡、皮膚乾燥、頭暈眼花、心悸失眠等，可以選用養血的平和之品，比如桑寄生蓮子蛋茶，或用當歸煮蛋。若兼有內寒，出現手足冷、怕冷、腹痛，可食用當歸羊肉湯。

When a year is going to end, the weather becomes colder. From Traditional Chinese Medicine's (TCM) perspective, the autumn is dry resonating with general climatic rhythm. To a normal and healthy person, he may easily adapt to the climate changes. At most - his skin may be susceptible to dryness that requires application of moisturiser. But for those with poorer physique, particularly a deficiency in blood and yin, the dryness-heat attacks the whole body causing dryness of eyes, nose and mouth and dry stool. During pandemic, the problem may be worsened by frequent hand washing for hygienic reason. Thus further depriving the skin of the natural moisture barrier and resulting in chapping and pain.

During the dry season, we always apply moisturiser. Furthermore, we also extract moisture from our diet mainly for replenishing body fluid and yin reserve. After all, we are what we eat. In general, people use figs, lily bulbs, snow fungi, black fungi, lotus root, almonds, water chestnuts and others. Eat less spicy or fried food. Staying hydrated from inside out is a must.

In case of blood deficiency, it will be manifested in malnutrition of the face, lips and tongue; dry skin, dizziness, palpitations, insomnia and others. It is recommended to take in mild food to nourish the blood such as mulberry parasite lotus seed egg tea, or boiled eggs with angelica. Moreover, if one suffers from internal cold like cold limbs, fear of cold, and abdominal pain, he may have mutton soup with angelica.

桑寄生蓮子蛋茶

- 桑寄生40克(量不宜多，否則澀味重)
- 蓮子、枸杞、龍眼肉20克
- 水1升
- 糖36克(可自行按需要調整)
- 雞蛋2隻

雞蛋煮熟，去殼備用。沖洗桑寄生，放入煲湯袋，加水浸泡約15分鐘。開火煮沸後轉中小火煎煮15分鐘，加入蓮子、枸杞、龍眼肉後再煮30分鐘，最後加入糖及雞蛋，熄火加蓋燜後即成。

Mulberry parasite lotus seed & egg tea

- 40g mulberry parasites (preferably not too much; or it will give an astringent flavour)
- 20g for lotus seeds, goji berries and dried longan
- 1 litre water
- 36g sugar (free to adjust to suit particular needs)
- 2 eggs

Boil the eggs first; and then shell it for later use. Rinse the mulberry parasites, and put it in a soup bag. Add water and soak it for about 15 minutes. Boil the soup with medium-low heat after reaching the boiling point. Then add the lotus seeds, goji berries and dried longan; and cook for another 30 minutes. Finally add sugar and boiled eggs. Turn off the burner and cover the pot with a lid. Ready to serve.

當歸羊肉湯

- 當歸9克
- 生薑2片
- 羊肉150克
- 麻油、鹽適量
- 枸杞子約15顆

羊肉汆水後切塊，滾水加入當歸、薑片、羊肉、麻油及鹽，待水再滾起時轉小火，燉至肉爛，加入枸杞即成。

至於平素陰虛的人士，證見眼乾、鼻乾、口乾、皮膚粗糙、

頭髮乾枯，可食用山藥雪耳紅棗湯或菟絲枸杞粥。若兼有內熱，出現心煩失眠、盜汗、手足心熱等，可以選擇使用花旗參燉瘦肉。

菟絲枸杞粥

- 菟絲子3克
- 枸杞15克
- 米100克
- 鹽糖 少許

洗淨菟絲子及米，所有材料加適量水煮成粥，加少許鹽或糖調味。

花旗參燉瘦肉

- 花旗參12克
- 瘦肉200克
- 鹽1/2茶匙
- 生薑1片
- 水1升

將花旗參切片、洗淨，瘦肉用沸水汆過，加入水、瘦肉及生薑進燉盅內，加蓋隔水燉2小時即成。

平素容易泄瀉、胃口不佳，屬於脾胃虛弱的人，則不宜

使用以上較涼潤的食材，可用淮山黨參燉瘦肉或五指毛桃燉雞湯。

Angelica mutton soup

- 9g angelica
- 2 slices of ginger
- 150g of mutton
- Sesame oil and salt to taste
- About 15 pcs. of Goji berries

Cut the lamb into chunks after blanching. Add angelica, ginger, mutton, sesame oil and salt to a pot of boiling water. Use low heat after the water re-boils. Then simmer until the meat melts. Add goji berries and ready to serve.

In case of yin-deficiency, with main symptoms – dry eyes and a dry mouth; and dryness in other parts of the body such as nose, skin and hair, one may take in the soup with yam, snow fungi and red dates or porridge with dodder wolfberries. If coupled with internal heat, including symptoms like anxiety, insomnia, night sweats, and hot limbs, stewed lean pork with American ginseng is recommended.

Dodder goji porridge

- 3g dodder seeds
- 15g goji berries
- 100g rice
- A pinch of salt

Wash the dodder seeds and rice. Add all ingredients with a suitable amount of water and then boil into porridge. Season with salt or sugar and ready to serve.

Stewed lean meat with Ginseng

- 12g American ginseng
- 200g of lean meat
- 1/2 tsp salt
- 1 slice of ginger
- 1 litre of water

Wash the American ginseng; and then slice. Blanch the pork. Then put all ingredients into a soup kettle filled with water; and cover with a lid. Simmer for 2 hours and ready to serve.

But for those, who are prone to diarrhea and poor appetite or with a weak spleen and stomach, they should refrain themselves from using the ingredients which are cool by nature. Instead, prepare the soup with lean pork, yam and tangshen; or five-finger fig root with chicken.

除了飲食的保健外，亦需注意日常起居的細節。天氣雖然寒冷，但洗澡時間亦不宜過長，水溫不宜過熱，宜使用成份溫和的肥皂。同時應保證充足睡眠，使正氣充足，讓身體能安然渡過季節的轉變。

(每人身體狀況不同，飲食建議僅供參考，如有任何疑問，請諮詢閣下的註冊中醫師)

Apart from the toning diet, one should also pay attention to the regular daily life. Don't take a hot bath for too long or use very hot bath water even under the cold winter. Moreover, it is advisable to use mild soap. Get enough sleep is essential to restore the vital energy and prepare ourselves the seasonal changes in weather.

(The dietary recommendation is for reference only. Please note that the physique varies from person to person. For any queries, please consult a registered TCM practitioner.)

- 1 感謝神帶領靈實經過70個年頭，並引領靈實的服務不斷向前，我們的服務除了祝福了將軍澳整個社區外，還伸展至九龍東、港島東、港島西，2023年在西貢蠔涌及對面海也將有我們的服務單位，求主繼續帶領及幫助靈實開拓前路，秉承我們的服務理念，祝福更多有需要的人。
- 2 為靈實臺正在進行的大型拆卸及擴建工程禱告，求主祝福工程順暢，保守所有參與工程的人都有健康、平安。
- 3 因著靈實的服務不斷擴展，各部門、服務單位所需要的空缺，求主記念並預備合適的人選加入團隊，以致能提供更優質的服務予服務使用者。
- 4 為靈實禮拜堂內屋頂的木樑一連串的檢查程序、維修安排、所需費用等事宜祈禱，求主幫助及預備一切所需(包括工程公司及所需費用)；亦為進行檢查及維修的工作人員祈禱，求主保護他們。
- 5 為靈實正計劃2023年度開展不同的員工關懷、福音預工禱告，求主開路並預備同事的心，願未認識主耶穌的同事及服務使用者得蒙福音、早日信主。
- 6 開始踏進冬天，亦是流感高峰期的季節，加上新冠疫情再次嚴峻，為眾同事及服務使用者的身體祈禱，願他們能適應寒冷天氣，並有強壯的身體以抵抗病菌 / 病毒的入侵；亦求主保守他們的心靈，願他們能感受到主賜給他們的平安；願聖靈感動更多的人去關心身邊的有需要的人。

阿們

- 1 Thank you, God, for guiding Haven of Hope Christian Service through the past 70 years and continuously steer our services forward. In addition to blessing the entire community in Tseung Kwan O with our services, we have also extended to Kowloon East, Hong Kong Island East, and Hong Kong Island West. In 2023, our service units in Sai Kung's Ho Chung and Tui Min Hoi will also be operational. May the Lord continue to lead and help HOHCS to forge forward, uphold our service philosophy and bless more people in need.
- 2 We pray for the ongoing large-scale demolition and expansion project of Haven of Hope Terrace. May the Lord bless us with a smooth process and keep all those involved healthy and safe.
- 3 As the services of HOHCS continue to expand, there are vacancies in various departments and service units. We pray that the Lord will remember and prepare suitable candidates to join the team so that we can provide better services to our service users.
- 4 We pray for the series of inspection procedures, maintenance arrangements, and expenses required for the wooden beams on the roof of Haven of Hope Chapel. We ask for the Lord's help to prepare us for all necessary needs (including the engineering company and required costs); we pray for all inspection and maintenance staff and ask the Lord to protect them.
- 5 We pray for the various employee care and pre-evangelistic activities that HOHCS plans to carry out in 2023. May the Lord show us the way and open the hearts of our colleagues. For colleagues and service users who do not know the Lord Jesus, may they receive the gospel and trust in the Lord soon.
- 6 As we enter winter months, it is also the peak season of influenza. In addition, Covid 19 epidemic is getting severe once again. We pray for the health of all colleagues and service users, hope they have a strong body to adapt to cold weather and resist the invasion of germs and viruses; We ask the Lord to protect their hearts and may they feel the peace that the Lord bestows upon them. May the Holy Spirit inspire more people to care for those in need around them.

Amen



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