

靈感 HAVEN OF HOPE NEWS

116
SEP 2025



光
Light

尋覓 • 照亮 • 同行
Seeking • Illuminating • Walking Together



基督教
靈實
協會

HAVEN
OF HOPE
CHRISTIAN SERVICE

尊重生命 • 改變生命

C O N T E N T S

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《靈感》電子版
HAVEN OF HOPE NEWS Digital Version
https://www.hohcs.org.hk/content_72.html



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Haven Of Hope Christian Service

異象禱詞 VISION

神啊，我們並肩服事及成長，見證福音，並體會祢的愛。
願祢心滿意足。阿們。
God, together we serve and grow, witness the Gospel and experience Your love. May You be satisfied. Amen.

使命 MISSION

透過關懷全人的事工，我們致力與人分享福音及建立基督化社群。在基督的愛中，我們以關懷、專業及進取的精神提供服務，使服事者及被服事者彼此建立更豐盛的生命。
Through a ministry of holistic care, we strive to share the Gospel and develop a Christian community. In the love of Christ, we deliver our service in a caring, professional and progressive spirit so that the lives of those serving and being served are mutually enriched.

靈實精神 CORE VALUES

以愛心關懷及積極進取的態度、專業的精神，服務人群，傳揚福音。
With loving care and professionalism, we serve; with progressive and evangelistic attitudes, we commit.

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WORDS FROM CEO

行政總裁的話

親愛的靈感讀者：

九年前，靈實「築動生命全方位關顧計劃」正式啟動。我還記得在計劃的啟動禮及午宴上，主禮嘉賓、靈實的一眾董事成員以及參與的賓客在九龍東皇冠假日酒店聚首一堂，一同見證靈實啟動十年發展——當天的情境仍然歷歷在目，恍如昨日。

「築動生命全方位關顧計劃」可謂是靈實踏進千禧年來最大型、投入最多資源的項目之一。這個計劃包括多項擴建以及新建工程，為要讓機構能更好應對社會的變化和需要。多年來，我們本著「尊重生命・改變生命」的精神，積極觀察及回應社會的需要，要為不同群體帶來光 and 希望。轉眼間，我們已經來到收成的時候：擴建靈實醫院的工程已經於二零二二年完工，信望愛樓落成；位於西貢的靈實蠔涌福利設施大樓有兩個服務單位，分別是服務智障人士的日間活動中心暨宿舍，以及今年二月開始接受入住申請的頤養院暨長者日間護理中心；靈實胡平頤養院也於去年完成擴建及優化工程，配合樂齡科技，成為新一代的智能院舍。在靈實臺上的司務道寧養院於今年六月完成第一期擴建計劃，我看到新大樓的地基工程圓滿竣工，彷彿看到靈實在未來的日子如何成為這片社區的祝福。靈實創辦人司務道教士在回憶錄分享到自己初建靈實肺病療養院（現為靈實醫院）時的心境：「我們不斷發現，無論大事小事，主耶穌確實照自己的應許，為我們成就一切。每一次看見祂大能的作為，我們不能不流出喜樂、感恩的眼淚。」我今天看到靈實臺上的每項工程，想到當年的靈實也是這樣倚靠主的大能，成為社區的祝福和希望，我便如像創辦人般，要不住的感恩。

經上記著說：「你們是世上的光……人點燈，不放在斗底下，是放在燈臺上，就照亮一家的人。」(馬太福音五章十四至十五節)七十多年來，靈實在將軍澳區服務這裏的人群，一直緊記要成為社區的祝福，照亮這裏有需要的人。在這個計劃裏，靈實點上一盞一盞的燈，照亮社區，成為社群的光和希望。願在未來的十年、二十年裏，靈實繼續在這條散播希望的路上，繼續發光。

行政總裁
林正財醫生

Dear Haven of Hope Supporters,

Nine years ago, "The Haven Project" was officially launched. I can still remember the ceremony and luncheon at Crowne Plaza Hong Kong, Kowloon East, where officiating guests, Haven of Hope's board members, and invited guests gathered to witness the launch of Haven of Hope's 10-year development initiative. I remember that day vividly, as if it was yesterday.

"The Heaven Project" is considered one of the largest and most resource-intensive projects that Haven of Hope has embarked on since entering the millennium. This project includes multiple expansion and new construction work that will enable our organization to better respond and adapt to the changes and needs of the society. Over the years, we have actively served and responded to our community, upheld our spirit of "Respecting Life, Impacting Life" and bringing light and hope to diverse groups of users.

In a blink of an eye, we have arrived at the time of harvest: the expansion project of Haven of Hope Hospital was completed in 2022, and the Trinity Block was inaugurated; the Ho Chung Welfare Facilities Block in Sai Kung now has two service units, namely a Day Activity Centre cum Hostel for people with intellectual disabilities, and an Elderly Home cum Day Centre for the Elderly, which has started accepting applications for admissions since February this year; the Haven of Hope Woo Ping Care & Attention Home has also completed its extension and enhancement project last year, integrating Geron-technology to become a new generation of smart residential care home.

In June this year, on the terrace of Haven of Hope, we have completed the first phase of expansion work for Sister Annie Skau Holistic Care Centre. As I watched the successful completion of the foundation work for the new building, I could envision how Haven of Hope will become a blessing for our community in the years to come. In her memoir, Sister Annie Skau, founder of Haven of Hope, shared her feelings when the Haven of Hope Tuberculosis Sanatorium (now Haven of Hope Hospital) was first established: "We discovered also that regardless of things big or small, He really fulfilled everything for us according to His promises. Every time seeing His mighty work, I could not help but let tears of joy and thanksgiving fall." Today, as I bear witness to every project on the terrace, I thought about how Haven of Hope had relied on the Lord's power over the years to become a blessing and hope for the community. Like our founder, I cannot help but feel grateful.

The Bible says, "You are the light of the world...No one lights a lamp and puts it under a basket, but on a lampstand, and it gives light to all in the house." (Matthew 5:14-15) For over 70 years, Haven of Hope has served the people of Tseung Kwan O, always keeping in mind its mission to be a blessing to the community and to illuminate those in need. In this project, Haven of Hope lights up one lamp after another to illuminate the community, becoming its light and hope.

May Haven of Hope continues to shine on this path of spreading hope over the next 10 to 20 years!

Dr. Lam Ching-choi
Chief Executive Officer

光： 尋覓・照亮・同行

「光，明也。从火在人上，光明意也。」在《說文解字》中，「光」的意思為「明亮」，字形上，从火，表示火能發光，又從人在火上，有「光明照耀」的意思。靈實的創辦人司務道教士於上世紀五十年代來到調景嶺，看到許多人身患肺病，對生活絕望。她在荒原上建立療養院，就是看到時人的需要，要照亮他們的前路，為他們帶來光和希望。今天，靈實依然貫徹「尊重生命・改變生命」的服務精神，在社區散播「光」。

姑娘特別製作的交通資訊
Transport info board nicely made
by staff of the centre



「共築・幸福」計劃 — 尋覓需要「光」的群體

靈實地區長者中心今年參與房屋局主辦的「共築・幸福」計劃，與數個將軍澳屋邨合作，將幸福帶給居民。每個月長者都總有一些時候需要外出（例如到屋邨繳費處交租），靈實希望能趁著這個機會，關心一眾長者，包括獨居及隱蔽長者。由於獨居長者在平日生活得不到家人的照顧，他們的需要可能較容易被忽略；而隱蔽長者更是欠缺家庭支援，沒有正常的社交生活。這些長者不但缺乏關心，還失去了對生活的期盼——對他們來說，社會的關懷便是他們所需要的「光」。

因此，靈實在這些日子派出註冊護士、藥劑師、社工和義工等，透過不同的活動、講座，以及各項的身體檢查，例如認知及腦退化檢測、骨質密度檢查、血糖測試、量度血壓等等，接觸並認識這些長者。我們與他們建立互信，讓他們及早了解自己的健康狀況之餘，同時為他們提供適切的支援，幫助他們與時並進，掌握健康及社會資訊，最重要的是感受到我們關懷，就像一束溫暖的光，照亮他們生活的前路。

讓我們雀躍的是，透過與屋邨管理處建立良好關係，靈實與這些屋邨逐漸建立了互相支援的轉介機制，讓我們可以把「光」播種到更多長者家中。在六月底的一個晚上，有長者家中突然爆水管，靈實的同工經屋邨管理處了解情況後主動提供協助。處理完長者家的水管問題後，同工又發現長者身體異常腫脹，似有不妥，便又主動陪伴老人家到醫院看診。我們越是尋找，便越找到這些等待「光」的人。在一次一次散播「光」的行動中，我們接觸到許多難以想像的個案，例如有長者被斷電二十多年，直至同工上門才發現並解決，這些個案都成為我們繼續前行的動力。

靈實全護通 — 在困難的日子裏照亮一家人

住在將軍澳的陸婆婆是靈實長者日間訓練中心的常客，也是「社區照顧服務券」的受惠者。幾年前婆婆經歷了兩次大手術，手術後身體不如以前般壯健，要照顧自己及患有腦退化症的丈夫，顯然力不從心。幸好她當初術後出院時接觸到靈實的長者離院綜合支援計劃，經同工轉介認識到靈實翠林長者日間訓練中心的訓練中心的服務。

婆婆憶述中心的姑娘是她最艱難日子裏的依靠，「我每次打電話給社工麥姑娘，她都二話不說即刻上來幫我。」原來陸婆婆曾試過在家中突然感到十分不適，有昏厥的感覺，她好不容易坐到椅子上，第一時間致電中心護士崔姑娘，護士即時安撫她並體貼地安排了中心職員郭姑娘送丈夫回家，免卻了她到樓下接丈夫時出現危險。中心職員將丈夫送回家後，更替她做了基本檢查，再三確認她平安了才離開。她形容這裡的姑娘總是對老人家的需求盡心盡力，讓她十分安心。

手術後，陸婆婆的腳需要定期的康復治療，而跟據以往丈夫使用靈實翠林長者日間訓練中心的經驗，當自己需要服務時，便不假思索地選擇了靈實翠林長者日間訓練中心的社區服務券家居復康服務。由於她有心臟的毛病，要盡量避免服用消炎藥物，使她常常在夜間痛楚難忍。中心的物理治療師張姑娘上門為她進行手法治療，加上復康助理蕭姑娘恆常上門協



靈實地區長者中心參與房屋局主辦的「共築・幸福」計劃
Haven of Hope District Elderly Community Service Centre
participated in the "Well-Being" Project

助她做運動，她的情況有十分明顯的改善。一開始她要依賴輪椅代步，現在她已經能靠拐杖重新走路，甚至試過不靠拐杖，並可兩手各抱一個孫女走路。除了復康訓練以外，陸婆婆也常常使用到靈實的陪診服務。最令她印象深刻的，是中心的莊姑娘不但十分細心，在見醫生時更是詳細詢問婆婆的康復進度以及詳情。連醫生都誤會是女兒帶婆婆來覆診，問婆婆說：「這是你女兒嗎？」真的只有女兒才會這樣著緊地問問題！

靈實長者訓練中心的服務也讓陸婆婆女兒的壓力減輕了不少。婆婆女兒與女婿育有一對孖生女兒，本來已經分身不暇。婆婆明白女兒與女婿的辛苦，擔心自己會成為他們的負擔，常常忍不住落淚。女兒的心情亦同樣焦急，不希望母親獨自承擔壓力，有時說話失了和氣，導致相處氣氛緊張。陸婆婆每每有不開心的時候，中心姑娘便會安慰開解她，讓她明白到女兒其實與她一樣是緊張對方，大家的出發點都是好的。對婆婆而言，中心姑娘的安慰常常起到橋樑的作用，讓她能冷靜下來換位思考，在幫助她和女兒維繫正面關係上，有著重要的效果。

其實靈實的服務從不囿於中心，同工的關懷與專業協助就像一束光，照射到社會每一個地方，在溫暖中引領有需要的群體渡過各種難關。看到香港人口老化，不少家庭對家居照顧服務的需求不斷上升，靈實的專業團隊也提供全面及多元化的相應服務，包括護理、復康、中醫、物理治療、職業治療、言語治療、香薰治療等等，將有需要人士的家改造成護理小天地，把專業護理融入到他們的生活之中。靈實一直運用專業知識，配合時代及社會需要的變遷，調適，為服務使用者開闢全人照顧的新路徑。

Light: Seeking • Illuminating • Walking Together



恩光成長中心 — 抓住希望與之同行

靈實恩光成長中心位於新蒲崗萬迪廣場，主要服務18歲或以上中度至嚴重智障人士。雖然學員在特殊學校已接受10多年的照顧和教育，可是在畢業後，有機會因為缺乏練習和跟進治療而智能倒退。成長中心的設立目的，正是為了讓他們可以輪候成人院舍時可以繼續接受訓練和復康治療，探索身體的潛能和學習能力。

成長中心有兩至三位大腦性視障的學員。這種視障在嚴重智障的群體中並不罕見，患者眼部機能與旁人無異，可以正常接收資訊，不過由於大腦無法分析眼睛所接收的資訊，導致他們視而不見，實際上無法「看」到這個世界。亦因為大腦長期無法真正為所接收的資訊解碼，導致學員目光呆滯，眼睛會開始不願為大腦服務，視力也會下降。他們與盲人不一樣，視覺能力其實是可以透過腦部訓練而有所改善。

成長中心將訓練重心集中於腦部可塑性，透過訓練神經線，讓眼睛所接收的資訊可以透過其他渠道傳達給身體。這些學員通常會在較黑的環境進行訓練，以集中的光源吸引注意力，希望眼睛可以給予反應。這個訓練雖然漫長，而且結果難以預測：有些學員的情況可能一直都得不到改善；有些學員在經過訓練後，開始對某些特定的顏色或圖案有反應，但在這場需要耐性和信心的探索之旅中，成長中心依然努力不懈，將目光集中於最微小的希望，因為即使1%的改善，對學員來說已是向前很大的一步。我們就抓住這1%的希望，為了讓他們重見光明而奮鬥。

「他必看見自己勞苦的功效，便心滿意足。」（以賽亞書53:11）靈實在香港服務七十餘年，驀然回首，便會看到所散播的光就像一支一支的小蠟燭，照亮了這個社區。靈實所投放的不是絢爛的煙花，煙花雖震撼卻瞬間即逝。我們在社區默默工作，積少成多，從創辦人所燃點的第一根蠟燭開始，到今天萬家燈火，便是我們散播的光和希望最好的證明。



According to "Shuowen Jiezi", the first dictionary in Chinese linguistic written by Xu Shen in the Eastern Han Dynasty, the ancient Chinese character of "Guang" (光) means "bright". Its character formation comprises of the word "Fire" (火), signifying its ability to emit "Light", and the word "Person" (人) on top of it, suggesting the idea of "Shining Brightly".

Haven of Hope Christian Service's founder, Sister Annie Skau, arrived in Tiu Keng Leng in the 1950s and saw many people suffering from lung diseases and despairing about life. She went on to establish a sanatorium on this desolate wasteland because she saw the needs of the people and wanted to illuminate their path and bring them light and hope. Today, Haven of Hope continues to uphold its service spirit of "Respecting Life · Impacting Life," spreading light throughout the community.

"Well · Being" Project – Seeking those in need of "Light"

This year, Haven of Hope District Elderly Community Service Centre participated in the "Well · Being" Project organized by the Hong Kong Housing Authority, collaborating with several Tseung Kwan O housing estates to bring happiness to residents. Every month, there are times where the elderly need to go out, for example, to pay rent at the housing estate office. Haven of Hope seized the chance to care for them, including elderly living alone and elderly living in seclusion also known as "hidden elderly". For elderly people living alone, they might not get daily family care so their needs may be overlooked. "Hidden Elderly" on the other hand, do not have any family support nor a normal social life. These elderly not only lack care but also lose hope in life, for them, the care given by the society is the "light" they need.

Therefore, Haven of Hope has deployed registered nurses, pharmacists, social workers, and volunteers to engage with and get to know these elderly people through various activities, seminars, and different kinds of physical examinations, including cognitive and dementia testing, bone density testing, blood sugar testing and blood pressure measurements, etc. Through building of mutual trusts and allowing them to understand their health status early on, we can then provide the most appropriate support and help them keep abreast of the latest health and social information. Most importantly, we would like them to feel our care, like a ray of warm light, illuminating the path ahead of them.

What excited us is that by building good relationships with the housing estate management, we have established mutual support and a referral mechanism, allowing us to spread the "light" to more elderly in need. One night in late June, a water pipe suddenly burst in an elderly's home. After learning about the situation from the estate management office, our co-worker immediately responded. While dealing with the water pipe problem, our colleague observed that the elderly man's body was abnormally swollen and he looked unwell, so he took the initiative to accompany him to the hospital for treatment.

The more we search, the more we find people waiting for the "light". On our journey of spreading light, we encountered many unimaginable cases, such as an elderly person who has been living without electricity for over 20 years. It was only discovered when our co-workers visited and helped resolved the problem. These cases have become our biggest motivation to keep moving forward.



腦退化檢測
Dementia test was
carried out



Haven of Hope's Total Care – Illuminating families during difficult times

Ms Luk, who lives in Tsui Lam Estate in Tseung Kwan O is a regular visitor of Haven of Hope Day Care Centre for the Elderly. She is also a recipient of “The Elderly Community Care Service Voucher Scheme”. A few years ago, Luk underwent 2 major surgeries. After the operations, her health was not as robust as before and it was evident that she was struggling to take care of herself and her husband, who suffers from dementia. Fortunately, when she was discharged from the hospital, she came in contact with Haven of Hope Integrated Discharge Support Programme for the Elderly (IDSP) and was referred by our colleague to the services of Haven of Hope Tsui Lam Day Training Centre for the Elderly (TLTC).

Luk recalled that during her most difficult times it was the staff at the Day Care Centre that gave her biggest support. “Every time I called them, they would help me without any hesitation.” It turns out that once Luk suddenly felt very unwell at home and was about to faint. After struggling to sit down on a chair, she immediately called Ms Chui, a nurse of the Centre. Chui comforted her through phone and immediately sent another staff, Ms Kowk, to escort her husband back home, preventing any incident that may happen when Luk come to take him. The staff delivered Luk a preliminary body check and left only after reconfirming her safe and fine. She described how the staff members there are always very attentive to the needs of the elderly, which makes her feel very at ease.

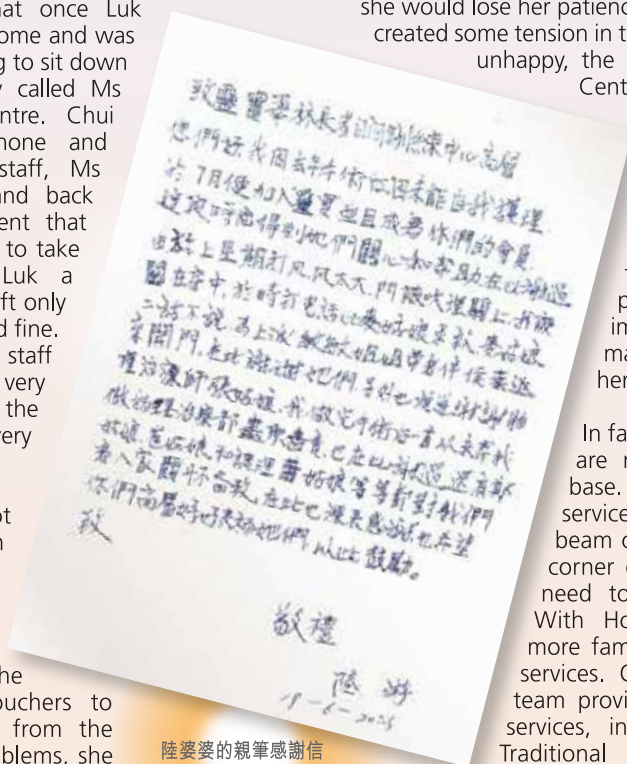
After the operation, Luk's foot requires regular rehabilitation treatment. With an observation of how her husband was taken care in TLTC, without a second thought she uses the community care service vouchers to receive home care services from the Centre. Due to her heart problems, she must avoid taking anti-inflammatory drugs as much as possible, which often leaves her to suffer unbearable pain at night. A physiotherapist would visit her at home to provide hands on therapy and combining with regular home visits and exercise sessions from a rehabilitation assistant, her condition has improved significantly. At first, Luk needs to rely on a wheelchair to get around, but now she can walk.

She even tried walking without crutches while holding a grandchild in each hand. In addition to rehabilitation training, Luk is also a frequent user of Haven of Hope's clinic companion service. What impressed her the most was the attentiveness of the staff members as every time she needs to see the doctor; they would always inquire in detail about her recovery progress and asked specific questions. “Even the doctor mistakenly thought it was my daughter who brought me in for my follow-up appointment. Only a daughter would ask questions like that.”

The services provided by Haven of Hope Day Training Centre for the Elderly has also help relieved a lot of stress for Luk's daughter. Her daughter and son-in-law have a pair of twin daughters so they are already stretched very thin. Understanding their hardships and worrying about becoming a burden would often bring Luk to tears. Her daughter's state of mind was equally anxious as she does not want her mother to bear the pressure alone. Sometimes she would lose her patience and spoke harshly and that has created some tension in their relationship. Whenever Luk is unhappy, the staff members at the Day Care

Centre would comfort her and make her understand that her daughter is just as worried and only has good intentions. The comfort and care Luk received at the Centre has allowed her to calm down and think from another person's perspective. This has played an important role in helping her maintain a positive relationship with her daughter.

In fact, the services of Haven of Hope are not just limited to the Centre base. The care and professional services of our staff members are like a beam of warm light, illuminating every corner of our society, guiding those in need to overcome various difficulties. With Hong Kong's aging population, more families are seeking for home care services. Our dedicated and professional team provides comprehensive and diverse services, including nursing, rehabilitation, Traditional Chinese Medicine, physical therapy, occupational therapy, speech therapy, aromatherapy, and more. We have transformed the homes of those in need into small nursing spaces, integrating professional care into their lifestyles. And, in response to the changing times and social needs, Haven of Hope has made timely adjustments and utilized professional expertise to create new pathways for service users to receive holistic care.



陸婆婆的親筆感謝信
A hand written thank you
letter by Ms Luk.



成長中心學員透過集中光源進行訓練
Members underwent training in dark environment
with a concentrated light source

Haven of Hope Sunnyside Enabling Centre –Embracing Hope and Walking Together

Haven of Hope Sunnyside Enabling Centre, located in Maxgrand Plaza at San Po Kong, primarily serves individuals aged 18 and above with moderate to severe intellectual disabilities. Although students have received over a decade of care and education in special schools, they may experience cognitive decline after graduation due to a lack of practice and follow-up treatment. The purpose of establishing the Sunnyside Enabling Centre is to allow these students to continue to receive training and rehabilitation treatment while waiting for admission to adult care facilities. It will also help them to explore their physical potential and learning abilities.

There are 2 to 3 students with Cerebral Visual Impairment at the Enabling Centre. This type of visual impairment is not uncommon among people with severe intellectual disabilities. Their eyes function normally, just like everyone else and can receive information. However, since the brain is unable to analyse any information received, they are effectively blind and unable to “see” the world. This chronic inability of the brain to decode any information, causes their gaze to become dull and unfocused. When their eyes become less able to serve the brain, their vision deteriorates. Unlike the blind, their visual abilities can improve through brain training.

At our Enabling Centre, we focus on training the brain's plasticity and neural pathways so that information received by the eyes can be transmitted to the body through alternative channels. Participants typically undergo training in a dark environment and using a concentrated light source to attract their attention, hoping to elicit a reaction from their eyes. This training process is lengthy and the results unpredictable: some trainees may never see improvement, while others may develop a reaction to specific colours or patterns. However, on this journey of discovery it requires patience and confidence. At Sunnyside Enabling Centre, we

continued to persevere and focus even on the smallest glimmer of hope. Even a 1% chance of improvement is a significant step forward for each trainee. We will grasp this 1% of hope and strive to restore their sight.

“After he has suffered, he will see the light of life and be satisfied.” (Isaiah 53:11)

Haven of Hope has served Hong Kong for over 70 years. Looking back, we can see the light we have ignited, like tiny candles, illuminating the community. What we have displayed, is not dazzling fireworks, which, while impressive, they are fleeting. We work quietly in the community, accumulating small steps and building upon them. From the first candle lit by our founder to thousands of lights in our community today, they are the best testament to the light and hope that Haven of Hope has ignited.



訓練中心張貼的感謝信
Thank you letters posted at the centre



賽馬會「智康健」計劃
Jockey Club
"Brain Health" Project

三個「及早」： 賽馬會「智康健」計劃 支援早期認知障礙症 患者及照顧者

Three “Early” features under
the Jockey Club “Brain Health” Project give
tailor-made support for early-stage
dementia patients and their caregiver

Currently, about 10% of Hong Kong people aged 70 and above may be affected by dementia. Nevertheless, access to public medical services normally takes a long wait, often between 12 and 18 months. This significant delay inevitably poses a heavy emotional and tangible burden on both patients and their caregivers. As a partner of the Jockey Club “Brain Health” Project, Haven of Hope Christian Service (HOHCS) is committed to the mission of “early detection, early diagnosis, early intervention”. In line with this commitment, HOHCS provides free dementia screening and holistic community support; thereby ensuring the patients and caregivers a timely medical follow-up and guidance, and seize the golden chance for effective treatment.

The “Brain Health” Project is built on 3 key pillars. The first is “early detection” – HOHCS offers participants free cognitive tests, identifying potential cases that may benefit from further medical attention. These cases will be referred to community clinics for follow-up care and some more in-depth diagnostic procedures, such as brain scans and blood tests, if necessary.

Dr Li Shun Cheong, one of the practitioners of the programme, emphasised the importance of “early diagnosis”. He explained that identifying the condition swiftly allows doctors to capitalise on the optimal treatment window. Moreover, early detection enables healthcare professionals to identify and address reversible factors – such as vitamin deficiencies and endocrine disorders- by applying quick and appropriate interventions.

Following a medical diagnosis, “early intervention” through a comprehensive range of treatment options, including both pharmacological and non-pharmacological approaches, can help to slow disease progression and significantly enhance the quality of life for patients and their caregivers.

Mr Li, a participant of the Project, shared that upon receiving a medical diagnosis and appropriate medication from the programme doctors, his condition greatly improved. Moreover, he also stressed the importance of regular follow-up consultations that have provided him with timely medical advice and a better understanding of his health status.

Another participant, Mr Choi, a caregiver, expressed appreciation for the support the programme renders. “The initiative has delivered a full range of medical care for my father while we are waiting for government health services,” he said. “In parallel, this also addresses the emotional and psychological needs of the caregivers and the family members by conducting mental health education sessions and fostering a mutual support system. All these resources allow us to share our experiences, seek emotional relief, and stay connected with others facing similar challenges.”

If you notice an elderly person shows signs of dementia, please contact HOHCS “Brain Health” Project team at 2701 0602 to schedule a cognitive assessment.

「信心歷奇」 靈實醫院70周年 A VENTURE OF FAITH



踏入2025年，靈實醫院由創院至今已進入第70個恩典的年頭，當中經歷了豐盛而奇妙的信心歷程。醫院以「信心歷奇」(Venture of Faith)為70周年主題，乃源於《南華早報》1955年10月23日的靈實肺病療養院的開幕禮報道。當時調景嶺基督教醫務所委辦會（「基督教靈實協會」前身）主席晏樹庭醫生形容靈實肺病療養院（「靈實醫院」前身）的成立有如Venture of Faith，意思是指憑著信心跟從神的帶領，便往往經歷祂奇妙的供應和帶領。

紅耳鵯作70周年大使

靈實醫院信望愛樓的復康花園剛啟用時，吸引紅耳鵯（red whiskered bulbul）在園內築巢，生了一窩又一窩的可愛鵯寶寶，激發起同事們的好奇心和愛心，同事們不但日復日為牠們拍照，且互相傳閱、又做圖輯。紅耳鵯喜愛棲息在靈實，儼如靈實大家庭的一份子。當醫院籌備慶祝70周年時，「信信」、「望望」、「愛愛」三位鵯寶寶更眾望所歸地被選為70周年大使！



鵯寶寶在復康花園茁壯成長
The bulbul chicks flourish in the garden.

新服務影片及慶祝活動慶周年

為紀念70周年誌慶，靈實醫院特別推出新服務影片！影片概述了靈實醫院如何由荒原上成立的肺病療養院，發展至今成為九龍東醫院聯網內主要的復康及延續護理醫院。大家可掃下面的二維碼瀏覽。

此外，醫院慶祝70周年的活動十分多元，當中主要的節目包括有院慶啟動禮、醫學會議、感恩崇拜、晚宴、開放日及各項身心社靈的活動。



Celebrating the 70th Anniversary of Haven of Hope Hospital

Stepping into 2025, Haven of Hope Hospital joyfully celebrates its 70th anniversary — a journey of faith, overflowing with grace and amazement. The theme of the anniversary ‘Venture of Faith’ can trace back to the historic inaugural ceremony of ‘Haven of Hope Tuberculosis Sanatorium’, as captured in the South China Morning Post on 23 October 1955. Back then, Dr Frank Ashton, Chairman of the Rennie’s Mill Camp Church Clinic Committee (the forerunner of ‘Haven of Hope Christian Service’), described the founding of the Tuberculosis Sanatorium (presently known as ‘Haven of Hope Hospital’) as a Venture of Faith, leaping into the unknown as guided by the faith in God’s miraculous plans and providence.

Meeting Our 70th Anniversary Ambassadors: The Red Whiskered Bulbuls

The commencement of the Courtyard Garden at Trinity Block quickly attracted new residence. Red-whiskered bulbuls built their nests here, hatching out nests of bulbul chicks. Their presence prompted curiosity and caring love – staff snap and share photos of them, generates stickers and make albums. We are delighted that the birds seem to love their new inhabit environment, making them a member of the Haven of Hope family. Three adorable bulbul chicks—affectionately named “Faith,” “Hope,” and “Love”—unanimously became our Ambassadors of the 70th Anniversary.

New service videos and Anniversary celebrating events

To celebrate this extraordinary anniversary, Haven of Hope Hospital has released a new service video, chronicling its transformation from a sanatorium nestled in the wilderness to a major rehabilitation and continuing care provider in the East Kowloon Cluster. Just scan the QR code below to watch the video!

To celebrate the anniversary, the Hospital features a series of extensive events, including Thanksgiving Worship, Anniversary Dinner, Open day, and many more.

靈實醫院70周年慶祝活動一覽表 Here's a sneak peek at the highlights:

1月20日 20 January	70周年院慶啟動禮 70th Anniversary Celebration Kick-off Ceremony
2月12日 12 February	70周年甜蜜蜜烹飪大賽 70th Anniversary Cooking Competition
4月22日 22 April	70周年毛巾操啟動禮 70th Anniversary Towel Exercise Kick-off Ceremony
5月6日 6 May	70周年音樂沙龍 70th Anniversary Music Salon
7月18日 18 July	70周年小手作工作坊 70th Anniversary Craft Workshop
7-9月 July-September	70周年短片創作比賽 70th Anniversary Creative Video Contest
9月24日 24 September	70周年醫學會議 70th Anniversary Medical Conference
10月22日中午 22 October noon	70周年感恩崇拜 70th Anniversary Thanksgiving Worship
10月22日晚上 22 October evening	70周年晚宴 70th Anniversary Dinner
11月8日 8 November	70周年開放日 70th Anniversary Open Day

靈實醫院服務影片
Hospital service video



社區藥房與各單位合力
為市民健康提供全方位專業服務



健康管家服務日 — 骨質篇
Health Keeper Service Day:
Bone Density Chapter

基層健康醫療除了與社區、醫療體系及政策的發展息息相關，也是守護市民健康的第一道防線。想想，如果社區有地方能夠為市民提供全面及專業的健康服務，提供藥物諮詢服務、慢性病和輕症管治服務，又有不同的社區健康教育及推廣活動等；光是想想，也令市民感到安心及充滿希望。

這份初心，推動「藥健同心靈實社區藥房」（計劃是由香港賽馬會慈善信託基金策劃並捐助）與靈實基層健康部的診所服務、健康發展中心、西貢地區康健站及長者服務部的各長者中心，定期舉辦幫助不同服務使用者的健康活動，例如「血糖關注日」、「健康輕鬆行」、「健康管家服務日」、「與藥劑師約會」。每個單位合力貢獻各長，產生1加1大於2的協同效應。

不論您是否會員、任何年齡、任何性別、任何居住地區、是否基層，「藥健同心靈實社區藥房」及靈實基層健康部各個單位，都會全心全意為大家的健康把關！

Community Pharmacy and Partners:
A Collaborative Approach to Delivering Comprehensive and Professional Public Health Services

Primary healthcare services are essential to the development of medical systems and policy, forming the backbone of a thriving community. They serve as the first line of public health defence, offering services that include drug consultations, chronic disease management, treatment of minor ailments, primary health education, and related promotional activities. It sounds amazing, doesn't it? These services do serve as key pillars in fostering community health and overall well-being.

Upholding such a vision, PHARM+ Haven of Hope Community Pharmacy (PLCP), funded by the Hong Kong Jockey Club Charities Trust, has been collaborating with Haven of Hope Christian Service (HOHCS) local clinics, health centres, the Sai Kung District Health Centre Express, and elderly care facilities. Together, they organized regular health programs such as 'Blood Sugar Awareness Day', 'Healthy Relaxing Walk', 'Health Keeper Service Day', and 'Date with Pharmacist'. Each unit contributes their specific expertise, resulting in collaborative outcomes that surpass what could be achieved individually.

PLCP and the HOH Primary Health Department are dedicated to providing healthcare services for all—regardless of membership, age, gender, place of residence, or socio-economic status.

各項活動回顧 An overview of several organised activities

血糖關注日 Blood Sugar Awareness Day	與診所服務合辦，為正服用降血糖藥的藥房會員提供免費的基本血糖測試、用藥注意事項等，如有需要將轉介會員參加後續的血糖管理跟進計劃。 Pharmacy members who are using blood sugar-lowering medication can receive free medication, along with clinic services. Basic blood sugar tests and medication guidance are provided, and members may be referred to further blood sugar management follow-up as needed.
健康輕鬆行 Healthy Relaxing Walk	與健康發展中心合辦，提供「體脂機」進行體質測試，了解身體脂肪百分比、肌肉質量、體內年齡等，如有需要將轉介會員參加後續的體重管理跟進計劃。 In collaboration with the Health Development Centre, a "Body Composition Scale" is available for physical fitness assessments, measuring body fat percentage, muscle mass, metabolic age, and others. Members may be referred to a weight management follow-up programme if needed.
健康管家服務日 — Health Keeper Service Day: 血糖篇 及 骨質篇 Blood Glucose and Bone Density Screening	與各靈實長者中心合辦，為長者中心會員提供免費的糖化血紅素HbA1C測試，以及基本腳踝骨質密度測量，並由註冊護士講解報告數據及健康注意事項，藥劑師亦會提供用藥注意事項。 In partnership with Sai Kung District Health Centre Express, the Centre offered members complimentary HbA1C testing and basic ankle bone density measurement. Registered nurses explain the reports and provide health-related guidance while pharmacists offer medication-related information.
與藥劑師約會 Date with Pharmacist	與西貢地區康健站合辦，為康健站會員提供專題健康教育講座，藥劑師亦會就專題健康及用藥提供解答。 Organized with Sai Kung District Health Centre Express, providing feature health education talks for the members of the Centre. Pharmacists also answered questions about medication and health-related issues.



健康管家服務日 — 血糖篇
Health Keeper Service Day:
Blood Glucose Chapter



前瞻社區需要 預防勝治療

靈實守護基層健康需要

Prevention is better than cure

Proactive planning will address community needs and effectively support primary health care

靈實的故事始於基層健康醫療。70多年前，調景嶺這片荒原上，住著不少肺病人士，受貧病煎熬的他們，幸好有司務道教士及其他宣教士成立的「將軍澳區醫援會」（靈實前身）伸出援手，這些有需要市民的生命才見到曙光。這份關顧市民健康的愛，一直體現在靈實的四大服務範疇及精神之中，務求為社區打造一個健康的「願景之都」。

乳癌是香港女性致命癌症的第3位，為此靈實參與了衛生署推出的「第二階段乳癌篩查先導計劃」（先導計劃），為合資格女士提供資助乳癌篩查服務，希望幫助屬高風險罹患乳癌的女士及早發現和治療乳癌，從而提升乳癌患者的康復機會。

過去10年，乳癌的發病率一直有上升趨勢，令市民健康響起警鐘。靈實基層健康服務營運總經理陳芷欣認為，機構服務一直前瞻社區需要，相信先導計劃定能協助市民守護健康：「基層健康醫療的重點之一，是著重預防。透過健康風險評估及篩查，先導計劃能及早辨別健康問題再跟進治療，令乳癌患者有更高機會康復，同時減輕醫療體系負擔。」

由6月起，靈實余兆麟坑口診所為合資格女士，提供資助乳癌篩查服務，接受乳房X光造影檢查。此外，確定帶有特定基因突變的女士，將額外獲安排接受超聲波乳房檢查。如女士符合資格，可致電2703 2060，或WhatsApp到 5596 1030，向診所預約及查詢。

The story of Haven of Hope Christian Service (HOHCS) was deeply rooted in primary health care. Over 70 years ago, HOHCS started on the barren upland of Tiu Keng Leng, where many tuberculosis patients lived. In response, Sister Annie Skau and a group of dedicated foreign missionaries established the Junk Bay Medical Relief Council (the predecessor of HOHCS) to provide much-needed medical assistance; thus reigniting a spark of light and hope in those suffering from illness and poverty. This compassionate spirit continues to drive HOHCS today, as it strives to build a Visionary City through its four core service areas.

Breast cancer is the third leading cause of death among women in Hong Kong. In light of this situation, HOHCS has joined the "Breast Cancer Screening Pilot Programme Phase II" organized by the Department of Health that offers subsidized breast cancer screening service for eligible women. This initiative aims to facilitate early detection and timely treatment for those at higher risk, thereby improving their prospects for recovery.

Over the past decade, breast cancer rates have been rising; raising alarms for public health. In alignment with HOHCS's commitment to addressing community health needs, Ms Cinder Chan, Operations General Manager of HOHCS Primary Health Services, believes that the pilot programme will help to support public health. "One of the fundamental points of primary health care is prevention. Through health risk assessment and screening, the pilot programme enables early detection and subsequent intervention for health issues; thus improving recovery prospects for breast cancer patients and reducing the burden on the healthcare system," she said.

Starting from June, Haven of Hope S K Yee Hang Hau Clinic has provided eligible women subsidized breast cancer screening service, including mammograms. In addition, women with specific genetic mutations will also receive ultrasound breast examination. To book or enquire, please call 2703 2060 or WhatsApp 5596 1030.

合資格接受資助乳癌篩查服務的女士條件
The eligibility criteria for women to receive subsidized breast cancer screening services

1 年齡介乎35歲至74歲。如有家族乳癌或卵巢癌病史的婦女，則可按家族中最年輕的確診年齡提早十年開始篩查（但不早於30歲）
Age range: 35–74. Women with a family history of breast or ovarian cancer may begin screening 10 years before the youngest diagnosed case in the family, (but not earlier than age 30).

2 屬高風險人士，即經基因檢測確認自身帶有特定基因突變使其罹患乳癌的終生風險增加，或有強烈家族乳癌/卵巢癌病史
Individuals considered to be at high risk include those confirmed by genetic testing to carry breast cancer-related gene mutations, or those with a strong family history of breast or ovarian cancer.

3 持有效香港身份證或《豁免登記證明書》，並已登記加入醫健通
Hold a valid Hong Kong Identity Card or Certificate of Exemption and have registered for eHealth

4 無乳癌症狀
No breast cancer symptoms

5 無乳癌病史
No history of breast cancer

6 在過去一年內沒有接受乳房X光造影篩查，或到期接受醫生建議的乳房X光造影篩查
No mammography screening within the past one year, or is due for mammography screening as advised by a doctor



照顧「照顧者」——專訪盧葦蓁女士

Caring for the Caregivers — Interviewing Ms Thalea Lo

編按：近年，照顧者壓力成為社會關注的議題，傷感的故事，發生次數愈來愈多。是因為經濟疲弱、人口老化，導致惡耗頻生？在香港，身為一個照顧者，到底面對甚麼情況，又需要甚麼支援？

靈實行政總裁林正財醫生早前與香港著名填詞人盧國沾先生的獨女盧葦蓁女士（Thalea）進行訪談。Thalea是雙親唯一的照顧者，也是靈實胡平頤養院服務使用者的家屬。她的經歷，有淚水、有壓力、有惶惑，也有感恩、盼望和祝福。

Thalea的故事與悲慘雖然沾不上邊，但以下四個關鍵詞所呈現的照顧者狀況，卻不是她獨有；或許，也道出許多照顧者的共同心声。

下文根據靈實YouTube節目「與林醫生對話」的訪談撰寫。篇幅所限，未能盡錄豐富內容。想足本重溫，可掃描下頁的二維碼觀看。

The increasing stress faced by caregivers has sparked significant social concern in recent years. Alongside this, numerous heart-breaking stories have captured public attention. Is it the weakening economy or the ageing population that has caused these challenges? What are the real issues confronting caregivers in Hong Kong, and what kind of support do they need?

Dr Lam Ching-choi, the CEO of Haven of Hope Christian Service (HOHCS), had an in-depth dialogue with Ms Thalea Lo, the only daughter of the late Mr Jimmy Lo Kwok-Tsim, a renowned Hong Kong lyricist. Thalea shouldered the full weight of caregiving for both her ageing parents. As a family member of a service user at Woo Ping Care & Attention Home, her journey is a tapestry woven from threads of tears, stress, and frustration, interlaced with joy, hope, and gratitude.

The word 'miserable' may not be the best fit to describe Thalea's experience as a caregiver. Instead, four key themes encapsulate the essence of a caregiver's journey, quietly echoing the truths felt by many in similar roles. While her story may not be unique, it resonates deeply.

This article is excerpted from an interview featured on the YouTube programme: Dr. C.C. Lam's Channel. Due to space limitations, the full content cannot be captured here. Please scan the QR code (p.15) to watch the complete interview.



盧葦蓁女士與林正財醫生圍繞照顧者的狀況展開深入交流。
Ms. Thalea Lo had an in-depth dialogue with Dr. Lam Ching Choi, focusing on the challenges faced by the caregivers.



照顧人是一場長途賽，就算被照顧者的身體狀況一直平穩，照顧者始終會記掛心頭，壓力也由此而生。長期照顧家人，有時亦令Thalea感到吃力。母親生病前，Thalea尚有這個最佳隊友幫忙「二打一」，合力照顧父親，之後卻變成「一打二」，箇中辛勞及壓力不問而知。

新冠肺炎發生時，Thalea的壓力隨之爆發。疫情時，全港院舍基於防疫需要，有一段時間禁止家人談訪。期間，雖然錄得零感染個案的胡平頤養院已盡力安撫，始終無法消弭院友見不到家人的失落；一想到父親的落寞之情，Thalea十分痛心，也與全港所有照顧者一樣，身心俱疲，感到前所未有的壓力……

Caregiving is a long and demanding journey. Even when the person being cared for remains in stable condition, the caregiver is never free from weariness, leading to persistent stress. Caring for a family member with illness over an extended period often leaves Thalea emotionally drained. Before her mother fell ill, she was Thalea's greatest ally in caring for her father, Jimmy Lo. But when her mother's health deteriorated, everything changed. Thalea suddenly found herself as the sole caregiver for both parents, losing crucial support while taking on the care of another. The pressure of this role was relentless, and the emotional toll was significant.

During the COVID-19 pandemic, Thalea's stress surged to a breaking point. Elderly homes across Hong Kong suspended family visits for extended periods to secure the health and safety of residents. Although Woo Ping Care & Attention Home successfully maintained zero COVID-19 cases and

worked tirelessly to comfort its residents, the desperation of being isolated from family members was undeniable. Thalea's heart ached at the thought of how lonely her father must have felt. Like many caregivers across the city, she was physically and emotionally depleted by the unprecedented pressures of the time.



平衡 BALANCE

照顧者其中一個經常糾結的地方，就是如何兼顧照顧與工作，魚與熊掌不能兼得，平衡兩者又何嘗容易？這裡沒有一個標準答案，必須聆聽自己的內心。

曾經，Thalea為了兼顧照顧及工作，把自己逼成一條繃緊的橡皮筋，但身體開始變差，她不得不靜下來，問問內心，甚麼是最重要？只是三秒鐘時間，Thalea就決定……

Caregivers often struggle to balance their responsibilities for others with their job commitments. It is clear that achieving both is no easy task; striking that delicate equilibrium is challenging. There is no one-size-fits-all solution. Perhaps, in times of uncertainty, the best guidance is to trust one's instincts and follow one's heart.

At a certain point, Thalea found herself stretched impossibly thin, caught between the demands of caregiving and the pressures of work, feeling like a rubber band on the verge of snapping. Her health began to falter, forcing her to pause and reflect on what truly mattered. In a fleeting moment—just three seconds—Thalea made her decision to...

看開 RELAX

照顧過程牽涉極多細節；掛萬，仍有機會漏一。無論做得多麼小心，要找還是可以找到不足的地方。這種不斷自我質疑的內耗，十分磨人，對於自我要求不低的Thalea尤甚。

其實，Thalea一直沒有聽到太多批評的聲音，反而是有點逞強的性格，讓自己沒有喘息餘地。這些年來，她看開了，也懂得為壓力找出口，朋友成為了她的救命稻草……

Caregiving encompasses endless details, and even the most vigilant efforts can't catch them all, and despite every precaution, imperfections inevitably arise. For Thalea, who holds herself to impossibly high standards, this cycle of self-doubt is particularly exhausting.

In fact, Thalea rarely faced negative feedback nor disapproval from others. However, her strong will led her to set high expectations for herself, pushing so hard that it felt like she could hardly breathe. Recently, she has learned to let go of what weighed her down. At the same time, she has discovered her comfort zone—friendship—where she can open up and ask for support.



懸在心頭的感傷，至今仍未完全消化。回憶與父親相處的最後時光，Thalea仍會落淚。此刻的她，只有思念，沒有遺憾：「爸爸的最後時光，一直有我、媽媽的愛包圍及愛護著，還有院舍照顧團隊的悉心照料。最後一段路，大家也是這樣走過。我已盡力給予他最好的。」與許多照顧者一樣，Thalea走過這段不易走過的路。在未來，她會繼續盡好照顧者的本份，守護自己的母親……

Though grief still lingers and tears fall as Thalea reflects on her father's final moments, she now carries a gentle yearning—without regret. "In his final days," she recalled, "my father was surrounded by love—from me, my mother, and all the compassionate staff at Woo Ping Care and Attention Home. That is how people navigate this journey. In the final stage of life, we all follow the same path. I gave him all the care and love I could." Like many caregivers, Thalea has endured a challenging path. Looking ahead, she remains steadfast in her commitment to care for and support her mother.

* 掃描即時重溫足本內容
* Scan the QR code to watch the full interview.



牧者之道 — 何志滌牧師分享 福音事工工作

The Way of the Shepherd —
Rev. Ho Chi Tik shares on
Evangelical Ministry

關注身心社靈的健康，是靈實一貫服務宗旨。這種精神，體現在照顧服務使用者層面，也體現在關顧同工之中。作為靈實心靈社康服務及牧關部榮譽靈性關懷主管，何志滌牧師在不溫不火的語調中，跟讀者分享自己踏上牧者之路的經過，以及在靈實進行福音事工的多年經驗。

困惑時上帝再次堅定自己

訪問何牧師，有許多出人意表之處。原以為他自小已想做牧師，對《聖經》滾瓜爛熟，誰知他竟說：「其實我年輕時是想做生意，對商業興趣較大，讀教會學校時，宗教科考試卻『肥佬』。」

何牧師在大學階段切實感受到主的大能後，才毅然踏上牧者之路，但這條路卻充滿挑戰。在台灣進行傳道工作後，何牧師回港創立中國基督教播道會同福堂，雖然福音興旺，教會有近6,000名會友，卻面對不少挫折。面對他人的不理解及言辭，何牧師感到心灰意冷：「記得那時已決定回去做會計師，還為此到大學進修。遞信前一天，我放學時在天橋對海哭了足足30分鐘，與神對話。」

「當時上帝清楚地問，為甚麼我答應一生侍奉主，現在卻又不相信祂能帶領自己走過這些困難？」這句話，讓當時感到難過及軟弱的何牧師重新振作，堅定起來，在傳道人這條路上，繼續走下去。

用生命及身教樹立榜樣

靈實心靈社康服務及牧關部透過多元化的途徑，在靈實臺推展福音事工工作，包括義工探訪隊伍、在靈實醫院開展福音事工；支援臨終病人及喪親家屬的心靈關顧等。何牧師在退休後加入靈實心靈社康服務及牧關部，擔任榮譽靈性關懷主管，繼續走在傳道人的道路。

在靈實工作，無論同工是不是信徒，都以能力為本，而且有機會認識及感受到上帝的愛。何牧師特別欣賞及感恩靈實臺的上上下下，合力建立這個美好環境。「傳道不一定透過語言。管理層及同工，無論是已經離開抑或仍然在機構工作的，他們的言教身教都在直接牧養身邊的非教徒同事，以生命影響生命，為其他人樹立標竿和榜樣。」

多變與不變

對於有意成為牧者的後進，何牧師寄語他們必須留意世界，與時並進，好好運用溝通技巧，才能將在天上的上帝真理，落地到社會傳播出去。「走進不同界別、認識不同朋友，學習新知識和技能。」何牧師勸勵大家對於不同意見，一定要維持一個開放的胸襟，再緩緩說：「以多變的方法，傳揚不變的真理；用不變的真理，面對多變的世界。」

這句左右銘，正好為何牧師40年的牧者之道，下了一個最佳的腳注。

Attending to the health of body, mind, spirit and community remains Haven of Hope Christian Service (HOHCS) enduring service spirit. This spirit manifests not only in caring for service users but also in nurturing our staff. As HOHCS Honorary Spiritual Care Director for Mental Health and Community Services, Pastor Peter Ho shares with readers his journey into pastoral ministry and years of evangelical work at HOHCS, speaking in measured tones.

God Reaffirmed His Calling during Times of Doubt

The interview with Pastor Ho revealed many unexpected aspects. One might assume he aspired to be a pastor from childhood and knew the Bible inside out, yet he confessed: 'Truth be told, in my youth I wanted to go into business and had a greater interest in commerce. While studying at church school, I actually failed my religious studies exams.'

It was only after experiencing the Lord's mighty power during his university years that Pastor Ho resolutely embarked on his pastoral journey. Yet this path proved fraught with challenges. After ministering in Taiwan, he returned to Hong Kong to establish the Chinese Christian Evangelical Church Tong Fuk Church. Though the gospel flourished and the congregation grew to nearly 6,000 members, he faced considerable setbacks. Faced with misunderstanding and criticism, Pastor Ho felt utterly disheartened: "I recall having already decided to return to accounting and even enrolled in university for further studies. The day before submitting my resignation, I stood on the footbridge overlooking the harbour after school and wept for a full thirty minutes, conversing with God."

'At that moment, God clearly asked me: Why did I promise to serve Him for life, yet now doubt His ability to guide me through these trials?' These words lifted Pastor Ho from his sorrow and weakness, strengthening his resolve to continue on the path of ministry."

Setting An Example through Life and Personal Conduct

The HOHCS Spiritual Care and Pastoral Ministry Department advances gospel work at the Organization through diverse channels, including volunteer visiting teams, evangelistic outreach at Haven of Hope Hospital, and spiritual care for terminally ill patients and bereaved families. Following his retirement, Pastor Ho joined HOHCS' Spiritual Care and Pastoral Ministry Department as Honorary Spiritual Care Director, continuing his journey as a minister.

At HOHCS, regardless of one's religious background, appointments are merit-based, and all have opportunities to encounter and experience the love of God. Pastor Ho particularly appreciates and is grateful to everyone at HOHCS, working together to build this wonderful environment. 'Preaching need not always be through words. Management and colleagues, whether they have left or remain with the organization, directly shepherd non-Christian colleagues through their words and deeds, influencing lives with their own lives and setting a standard and example for others.'

Change and Constancy

For aspiring pastors, Pastor Ho advises them to remain attentive to the world, keep pace with the times, and master communication skills. Only then can the heavenly truth of God be grounded and disseminated within society. 'Engage with diverse sectors, cultivate varied friendships, and acquire new knowledge and skills.' Pastor Ho urges everyone to maintain an open mind towards differing viewpoints, then reflects: 'Proclaim unchanging truth through adaptable methods; confront a changing world with unchanging truth.'

This motto serves as the best footnote to Pastor Ho's forty-year journey in his pastoral ministry.



簡單4招 食得健康好 Easy

Health Made Simple: 4 Easy Tips for Eating Well

撰文：靈實營養師團隊
Written by: HOHCS Dietitian Team

想想，你有一張填上1億元銀碼的支票，但如果拿走最左手邊的「1」字，即使後面填了多少個「0」，也沒有意義。這個「1」字，就是健康。

《聖經·哥林多前書》第6章19節就提到，「豈不知你們的身體就是聖靈的殿嗎？」，提醒大家身體既是靈性生活的容器，也是服事上帝的工具。可想而知，如果身體不適，不但妨礙我們的工作、社交、情緒等，連靈性侍奉也會受影響。

事實上，強健體魄離不開運動及飲食。不少人覺得健康飲食知易行難，其實只要跟從以下4個簡單小貼士，食得有營其實好easy！

Imagine that you have a cheque for \$100 million in your hands. What is left behind you if the '1' at the very front is removed? A string of zeros – worthless! That single digit "1", giving all the others their value, is your health.

As scripture in 1 Corinthians 6:19 reminds us, "Do you not know that your bodies are temples of the Holy Spirit?" This profound truth calls us to recognise that our bodies are sacred vessels, designed not only to reflect our spirituality, but also to enable us to serve God wholeheartedly. Mind this: when our physical health falters, it affects every facet of life – productivity, relationships, emotions, and ultimately, our spiritual vitality.

Staying healthy starts with 2 key habits: regular exercise and a balanced diet. While many people think that eating well is easier said than done, it doesn't have to be. With these four simple tips, healthy eating can be surprisingly easy – and delicious, too!

貼士 TIPS 1 健康餐單自己煮 Cook the healthy meal yourself

外出食飯難免要面對多鹽、多油、多糖、食材高脂及不新鮮等問題，自己烹調就能從食材及烹調方法兩方面避免這個情況。多用蒸、煮、燉等低脂方式烹調，減少油炸和高油的煮食方法。此外，烹調時除了應多選用新鮮食物外，購買食材時應多留意食物及營養標籤。

餐單或菜式方面，不妨參考由專業營養師開出的健康餐單，這些餐單是因應不同人士的身體狀況、具體需要而設計，確保大家均衡飲食、攝取足夠及多樣化的食物及營養，這樣就可以事半功倍。

Dining out often comes with nutritional downsides – meals may be overly salty, excessively oily and made with high-fat or stale ingredients. In comparison, preparing food at home gives you full control over what goes into your meals, allowing you to opt for healthier cooking methods such as steaming, boiling or stewing while avoiding frying or deep-frying. Try to use fresh ingredients whenever possible, and make a habit of reading nutrition labels carefully so you know exactly what you're consuming.

When planning your meals, consider consulting healthy menu suggestions from professional nutritionists, who often tailor them to accommodate different physical conditions and dietary needs. This will ensure your diet is well-balanced and nutritionally diverse, resulting in maximising the result while minimising effort.



政府訂定的
「星級有營食肆」清單
Scan here to find out
HK government's
"Eat Smart Restaurant
Star+ Campaign"

貼士 TIPS 2

建良好飲食習慣 Cultivate healthy eating habits

良好飲食習慣是健康飲食必不可少的一環，進食時宜養成固定時間和份量，避免暴飲暴食，而慢食及細嚼慢嚥，亦有助身體消化和吸收。要減少進食不健康的食物，例如零食、油炸食品、加工食品等，減少飲酒，以免身體受到酒精損害。

此外，水是維持身體機能的重要元素，宜定時補充身體水份，同時避免飲用太多含糖的飲料。

Establishing healthy eating habits is essential for maintaining overall wellness.

A regular meal schedule with consistent portions can help prevent overconsuming and promote better digestion. Taking time to eat slowly and chew thoroughly will aid digestion and improve nutrient absorption. Moreover, limit your intake of unhealthy foods such as junk food, fried items and heavily processed products. Reducing alcohol consumption is also important, as excessive drinking will lead to serious health issues.

Furthermore, water is critical for maintaining vital bodily functions. It is advisable to stay hydrated throughout the day and avoid drinking sugary beverages.

貼士 TIPS 3

外出用膳要識揀 Make Smart Choices While Dining Out

節慶、生日、商務會面或朋友聯誼等不同情況，少不免需要外出用膳，要吃得健康，還是有方法的。選擇餐廳時，可參考政府訂定的「星級有營食肆」清單，清單提供不同獲健康認證的食肆名稱作參考。

點菜時，宜多留意烹調方式的文字描述，避免點選使用「香煎」、「酥炸」、「椒鹽」、「鹽酥」等字眼的菜式，同時要小心估量食量，以免「眼寬肚窄」點太多食物。點選甜點，最緊要份量適宜。

Eating out sometimes seems unavoidable – whether it is festive celebrations, birthday meals, business meetings, or simply a great time with friends. However, by staying mindful of your choices, you can enjoy delicious meals without sacrificing your health goals.

A smart strategy is to choose the restaurants that prioritise nutritious options. You may refer to the HK government's "Eat Smart Restaurant Star+ Campaign" for identifying the certified restaurants offering healthier dishes.

When ordering dishes, please take a moment to consider how the food is prepared. Try to steer clear of descriptions like "pan-fried", "deep-fried crispy", "spicy salt", "salty and crispy" as they often signal elevated levels of fat, sodium or sugar. Portion control is just as crucial. Whether it is the main course or dessert, choosing the right serving size helps maintain a balanced

貼士 TIPS 4

優質餐具長伴身 Quality Tableware Matters

工欲善其事，必先利其器！很多人往往忽略這點，但其實餐具對於飲食健康非常重要，因為其材質會直接影響食物的保存。在選擇餐具時，應注意材質的安全性、耐用性、是否易於清潔等因素，不鏽鋼餐具因耐用、不易生鏽是其中一個好選擇，現時很多不鏽鋼餐具也能在微波爐、焗爐、洗碗機使用，十分方便。一個優質的餐盒，既可用於帶飯，外賣時也能大派用場，減少使用即棄餐具，可謂一舉兩得，環保又健康。

As the old proverb wisely says, "Good tools are a prerequisite to success"—yet many people overlook this truth when it comes to everyday essentials like tableware. Investing in high-quality tableware plays a crucial role in maintaining healthy eating habits and preserving food effectively.

When choosing the right tableware, consider materials that are safe, durable and easy to clean. Stainless steel tableware is an excellent option: it is tough, resistant to damage, and now comes in designs that are microwave-, stove- and even dishwasher-safe – making it both practical and versatile.

Moreover, a well-designed lunch box also deserves attention. Beyond carrying meals, it reduces reliance on disposable containers, offering a sustainable solution that benefits both our health and the environment. A simple change in your kitchen toolkit can result in a win-win: better meals and a greener planet. One stone kills two birds!

- ★ 健康小貼士
請選用耑樂餅
不鏽鋼便當禮盒
- ★ Healthy Tips
HOHCS Qile Cake
Stainless Steel
Lunch Box Pack



訂購詳情
Ordering
Detail

圖片僅供參考，以實物為準
Photos are for reference only and
may differ from actual product

YOU CAN CHANGE THE WORLD
您的支持帶來改變

「專業」助人 再現工作意義

Helping Others Through
One's Profession Rediscovered the
True Purpose of Work:
The Story of Manulife Hong Kong



看到嗎？助人時的我們總是綻放光芒。這些光，無分專業，只要有心，就能綻放；燃亮自己的同時，為有需要的人送上溫暖及希望。一直深耕細作的靈實，多年來已在社區內連結到不同持份者，合力發光。這些合作結下累累果實，其中一顆，是由靈實與宏利香港細水長流的關係締結而成。

微小善意積成巨大影響

由花開果結到開枝散葉，超過20年的合作關係要一直維持下去，不是易事，背後全憑彼此的信任。Sam姐是宏利康樂會（Recreation Club）的新主席，負責籌辦公司的義工、團隊、周年慶祝活動等，身為宏利區域總監的她事業有成，自言在公益事務方面，自己只是門外漢，所以十分著重與專業社服機構的合作，尤其珍視每年與靈實合作的耆樂餅義賣活動。

「每年義賣宏利都上下一心，同事會把耆樂餅化出一份心意送給客戶，將善意傳播到社區之中。」Sam姐整理一下思緒，接著說：「說『以生命影響生命』是十分老套，但真的，其實我們每個微小舉動，就算只是舉手之勞，集合起來也能產生巨大影響。」

家人生病觸動生命反思

耆樂餅義賣也是這樣，一點點在社區募得的支持和善款，用於靈實的長者服務。工作已經十分忙碌的Sam姐，除了推動宏利參與更多公益活動，原來一直有抽時間做義工，而這與靈實也有關係。她的家人過去罹患骨痛，曾到靈實醫院求診。治療時，醫護及社服同工對病人誠懇的態度、貼心無微的照顧，與商業世界運作形成明顯反差，觸動Sam參與更多義工事務，過程中也引起她更多反思。

「香港社會競爭激烈，十分『內卷』，同事壓力大，社會不少人也有經濟及精神健康問題，置身黑暗中等待一雙援手。所以我會想，做保險是不是可以既講錢、又講心，做多點公益活動？」Sam坦然自白心路歷程。

業餘行善「專業」助人

Sam姐坐言起行，擔任宏利康樂會主席以來，除了籌辦戶外運動、周年宴會等，也帶領同事舉行不同義工活動，例如派飯、探訪院舍等。她經常笑稱自己只是「業餘」，做公益不及靈實專業，但幫助人哪用這樣區分？不同專業自有不同專業的助人方式，Sam姐及其他宏利同事就善用自己的專業保險知識，幫助客戶參加「保單捐贈計劃」，捐出保單內1%的保額予慈善機構，增加慈善機構的善款。

助人自助 光芒綻放

保險、慈善工作，本質上都是幫助別人，從事這些工作的人往往也是抱持這個初衷加入，從中尋覓工作意義。也許不少人會認為助人者是施予一方，Sam姐卻不認同：「許多同事做義工後，人也更加積極、樂觀，會想『原來自己也能帶來改變』，同時反思自己為甚麼做保險、怎樣才能在工作上做得更多，幫助別人、回饋社會。這個生命轉化的過程，與靈實『尊重生命・改變生命』的精神不謀而合。」

無分專業，只要有心，光芒就能綻放。2025年靈實耆樂餅慈善義賣即將展開，今年主題是「食得健康」，我們需要更多像宏利一樣的好拍檔，加入成為義工，合力為機構的長者服務籌款。

想成為靈實耆樂餅慈善義賣義工，可致電熱線 2703 3284 與鄭小姐聯絡，或掃描下面二維碼加入我們助人自助的行列。

如欲了解更多2025靈實耆樂餅慈善義賣詳情請瀏覽：

For more details about 2025 HOHCS
Qile Charity Cake Sales, please view:
<https://www.hohcs-etouch.org.hk/qc2025/>



Isn't it obvious? People tend to shine when they help others. The light radiates, transcending profession, as long as we put our heart into it. While illuminating ourselves, we also bring warmth and hope to those in need. Over the decades, Haven of Hope Christian Service (HOHCS) has been deeply rooted in the community, connecting with different stakeholders to shine together. One of the fruitful collaborations is the long-standing partnership with Manulife Hong Kong.

A Little Kindness Goes a Long Way

Nurturing a partnership over 20 years, from blossoming to flourishing, is never easy. Mutual trust is the key. Sam, the new chairperson of the Manulife Recreation Club, is responsible for organizing the company's volunteer activities, team building events, and anniversary celebrations etc. Despite being a successful regional director at Manulife, Sam describes herself as a novice in philanthropic work, emphasizing the importance of cooperation with professional social service organizations. In particular, she cherishes the partnership with HOHCS annually in the Qile Cake Charity Sales.

Sam said, "Every year, Manulife colleagues come together and make Qile Cake as gifts for clients; thereby spreading kindness to the community." After ordering her thoughts, she continued, "It might be a cliché to say that 'life impacts life', but even a small gesture can be an act of kindness that creates a powerful leveraging effect through collaboration."

A Life Reflection due to the Illness of a Family Member

Aligning with this notion, Qile Cake Charity Sales raises funds from the community to support HOHCS's elderly services. Despite her busy schedule, Sam has been actively promoting charity work at Manulife. She is also fully dedicated to volunteering whenever time allows, with a commitment closely tied to HOHCS. When a family member was treated for bone cancer at Haven of Hope Hospital, the

compassionate care he received, in stark contrast to the commercial world, deeply moved Sam. Ultimately, this inspired her to become more involved in voluntary work and engage in deeper self-reflection.

"Hong Kong is so highly competitive that the employees tend to be overwhelmed by "involution" or intense internal competition. Even worse, many people face significant financial and mental health challenges, as if they were shouting for help in the darkness. So, I often wonder if we can strike the right balance between financial achievement and pro-bono work in the insurance sector," Sam frankly admitted.

A Charity Amateur vs. a "Professional" Helper

Sam, who walks her talk, has organized various outdoor sports, annual banquets, and numerous volunteer activities, including distributing meal boxes and visiting residential homes. Sometimes she jokingly calls herself an "amateur" in charity work, in contrast to her professional counterparts at HOHCS. Nevertheless, in the spirit of helping others, why should there be a distinction between an amateur and a professional? Different professionals contribute by leveraging their expertise to help others. Sam and her Manulife colleagues, likewise, leverage their professional knowledge in insurance to assist clients in joining the "Policy Donation Programme," which involves donating 1% of their policy sum assured to charitable organizations; thereby increasing their donations.

Helping Yourself and Others Shine out Together

The essence of both insurance and charity work is fundamentally about helping others. This shared objective attracts like-minded individuals to join this field of work as their primary intention. At the same time, they also seek the purpose of work. Many people might think that the one who offers help is purely a giver. Contrary to this, Sam disagreed and explained, "I found colleagues become more positive, more optimistic, and think differently about themselves. They are amazed by how they can make impact to the society. Meanwhile, they started to ponder the very reason of joining the insurance sector and how they could help others and repay the community to a greater extent in their work. Coincidentally, this process of life transformation closely resonates with the missions of HOHCS: 'Respecting Life • Impacting Life'".

This light shines out, transcending professions, as long as we put our heart into it. The 2025 HOHCS Qile Charity Cake Sales have already started. This year, the theme is 'Eating Healthy'. We definitely need more excellent partners like Manulife Insurance to join us as volunteers to help raise funds for our elderly services.

If you are interested in volunteering for HOHCS Qile Charity Cake Sales initiative, please call Ms Cheng at our Hotline 2730 3284 or scan the QR Code on p.20 to join our team in helping yourself and others.

活出TLC Living each moment with TLC

司務道教士曾分享：「藥的名字很簡單，是TLC(Tender Loving Care)。這藥在白天不怕多吃，次數越多越好。」
Sister Annie Skau Bernsten once shared, "The name of the medicine is very simple. It is T. L. C., i.e. Tender Loving Care.
One need not worry about taking this medicine many times a day. In fact the more frequent the better."
(《司務道信心行傳》頁279) (Quoted from "An Autobiography of Sister Annie Skau Bernsten" p.279)

我在「舒緩治療」工作多年時間，一直觀察業界發展，說起來舒緩治療與我入行時已有不少實質變化。記得當年加入靈實司務道寧養院時，社會對寧養服務的支援十分有限，而且往往以為只有臨終或晚期病人才需要相關服務；然而，隨著業界發展，我們的服務已打破舊有「等死」、「有入無出」等負面刻板印象，服務對象亦不限於臨終病人。而這一切都是寧養院一直以來致力重新定義，以及服務未來的發展方向。

Over the years serving in palliative care, I have witnessed the remarkable transformation in this field. Since joining Sister Annie Skau Holistic Care Centre (SASHCC), I have seen palliative care evolving significantly. In the early days, public understanding was limited; and many viewed it merely as end-of-life care, reserved for terminally ill patients, often described as a place of "waiting to die" with "no way out". Thankfully, those outdated perceptions have faded. Through the unwavering dedication of our Holistic Care Centre, we have helped to redefine the narrative and direction of palliative care. Today, it is no longer seen solely as a response to suffering late-stage patients, but as a compassionate journey—one that honours life, dignity, and holistic wellness. In alignment with our mission, we continue to redefine the future of palliative care, guided by love, purpose, and the belief that every moment matters.

Today, "early intervention" stands as one of the main features in developing palliative care. From the moment an incurable disease is diagnosed, patients can begin receiving palliative care – carefully tailored to their medical and physical needs. This marks a radical shift from a traditional and segmented model to a more progressive and integral approach (see chart). Research also shows that early palliative care enhances symptom management. In parallel, it also extends life – sometimes by several months or more. This change reflects a deeper and more caring understanding of palliative care – not just as end-of-life support, but as a holistic life empowering journey.

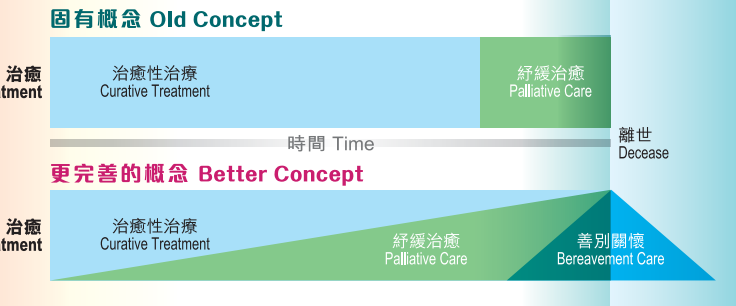
Recently, I received some thank-you cards from the families of our inpatients, and I was deeply moved. Their words conveyed the genuine warmth and constant support they felt from our dedicated team. One card, in particular, stood out – it came from a late-stage patient who expressed heartfelt gratitude for the intensive care provided by our colleagues. Remarkably, he was later discharged and returned home to recuperate. His recovery and sincere message touched us all, and his return home felt nothing short of a miracle!

In light of the ministry needs, and growing demand for hospice services driven by an ageing population, SASHCC launched four new inpatient service packages last year: "Palliative Care Package", "Transitional Care Package", "Geriatric Rehabilitation Package" and "Quality Infirmary Care Package". These packages integrate medical care, nursing support and spiritual aid; thereby offering a seamless, one-stop service tailored to the diverse needs of our patients. Moreover, they have been extended to elderly individuals with relatively stable conditions, as well as those requiring rehabilitation following a stroke or surgery. Aligned with our guiding principle: Integrating Medical and Nursing Care: Embracing the Life Journey with Love, we strive to deliver compassionate and holistic care that honours dignity and enhances quality of life.

For more details about the four service packages, please visit <https://hohcshcc.org.hk/>; scan the QR code; or contact our Administration Department at 2703 3000.

Dr. Paul Wong Kin-shing
Deputy Medical Superintendent of Haven of Hope
Sister Annie Skau Holistic Care Centre

院友親手寫感謝卡道謝。
A user is writing a thank you letter.



舒緩治療最新發展的重點之一，在於「及早介入」。從醫生確診不能根治的身體疾病開始，病人就可因應身體及病情狀況，接受舒緩治療。這代表舒緩治療已由截斷階段式改善為漸進式（見圖表）。研究顯示及早接受舒緩治療的病人，可獲得更好的症狀管理，部分病人更可能多活數月甚至更長時間。

最近，我收到不同院友家屬的感謝咭，均令我非常感動，因為從字裡行間真的感受到院友及家屬，因著同工的忠心服事而得到的溫暖及幫助。特別感恩的是其中一位晚晴院友，在同工的悉心照顧下，情況竟然穩定下來，可出院回家休養。院友出院前更親手寫了感謝咭給我們。同工見證他奇蹟的出院，也為他感恩。

因應事工發展，以及社會人口老化導致的寧養服務需要上升，寧養院去年推出全新4項結合專業醫療及靈性關懷的套式住院服務，包括「舒緩治療」、「長者復康」、「康復療護」及「優質療養」套式服務，服務對象也擴展到身體狀況較穩定的長者，以及中風或術後需要復康人士，以「醫養結合：用愛擁抱生命旅程」理念，為不同需要病人提供一站式無縫照護服務。如欲查詢寧養院4項套式服務詳情，歡迎瀏覽院舍網頁<https://hohcshcc.org.hk/>、掃描二維碼，或致電2703 3000 與行政部同工聯絡。

靈實司務道寧養院副院長
黃建成醫生



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Haven of Hope Christian Service (HOHCS) is a non-profit social organisation founded in 1953. Through a ministry of holistic care, HOHCS strives to share the Gospel and develop a Christian community. In the love of Christ, HOHCS delivers services in a caring, professional and progressive spirit so that the lives of those serving and being served are mutually enriched.

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