

靈感 HAVEN OF HOPE NEWS 115 2025

靈實以愛・印證生命
IN FAITH・WE SERVE

在每個所觸碰的生命留下足跡
OUR FINGERPRINTS DON'T FADE
FROM THE LIFE WE'VE TOUCHED



鑄造「異象禱詞、使命・精神」
靈實董事趙宗義律師的「奇妙旅程」

Forging "Vision Prayer, Mission,
and Core Values"
- The "Amazing Journey" of Board
Member Mr Chiu Chung-ye, Charles



基督教
靈實
協會
HAVEN
OF HOPE
CHRISTIAN SERVICE

尊重生命・改變生命

CONTENTS

2025 ISSUE 115

HAVEN OF HOPE NEWS

主題：在每個所觸碰的生命留下足跡：
靈實協會的服務之旅

Theme: Our Fingerprints Don't Fade from the
Lives We've Touched –
Our Care Service Journey

4-7

專題：鑄造「異象禱詞、使命、精神」
靈實董事趙宗義律師的「奇妙旅程」

Feature: Forging "Vision Prayer, Mission,
and Core Values"-The "Amazing Journey"
of Board Member Mr Chiu Chung-yee, Charles

8-9

改變生命的故事：在靈實遇見主

Impacting Life Story:
At HOHCS I Seek my Lord

10-11

尊重生命 Blog

Respecting Life Blog

12-15

一行一故事

Tell Us Your Story

16-17

健康知多少？

Health Tips

18-19

您的支持帶來改變

You Can Change the World

20-22

《靈感》電子版

HAVEN OF HOPE NEWS Digital Version

https://www.hohcs.org.hk/content_72.html



電子版登記
Register for
Digital Version

根據《公司條例》(第622章)，基督教靈實協會為一所擔保有限公司。
Haven of Hope Christian Service is a company limited by guarantee under
the Companies Ordinance (Cap.622).

編委會名譽會員

Editorial Board Honorary Member

何志濤 Rev Peter Ho

梁智達 Dr Antony Leung

編委會 Editorial Board

陳曉鳳 Flora Chan

陳詠琴 Jackie Chan

蔡慧嫻 Mary Choy

何少珊 Susan Ho

葉子悅 Abbie Ip

葉嘉儀 Amy Ip

林君賢 Rex Lam

林舒陽 York Lam

廖慧欣 Fanny Liu

羅嘉珮 Jane Lo

吳蔓瑜 Mandy Ng

黃少清 Joanne Wong

余佩儀 Rev Esther Yu

依姓氏英文字母順序排列

Alphabetical Order (Surname)

基督教靈實協會

Haven of Hope Christian Service

異象禱詞 Vision Prayer

神啊，我們並肩服事及成長，見證福音，並體會祢的
愛，願祢心滿意足。阿們。

God, together we serve and grow, witness the Gospel
and experience Your love. May you be satisfied.
Amen.

使命 Mission

透過關懷全人的事工，我們致力與人分享福音及建立
基督化社群。在基督的愛中，我們以關懷、專業及進
取的精神提供服務，使服事者及被服事者彼此建立更
豐盛的生命。

Through a ministry of holistic care, we strive to share
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.

地址 Address

香港新界將軍澳靈實路7號

7 Haven of Hope Road, Tseung Kwan O, N.T., Hong
Kong

網址 Website

www.hohcs.org.hk

電郵 Email

info@hohcs.org.hk

服務查詢熱線 Service Enquiry Hotline

2701 9019

義工及捐款熱線 Volunteer & Donation Hotline

2703 3284

本刊所有文章版權屬基督教靈實協會所有。

歡迎引用或轉載，唯需事前徵詢本機構同意。

All published materials are under copyright protection.
Permission must be obtained from Haven of Hope
Christian Service for the reproduction of the contents.



香港公益金
THE COMMUNITY CHEST
會員機構 MEMBER AGENCY



社會福利署社會服務處
Social Welfare Department Social Services Unit

WORDS FROM CEO

行政總裁的話

親愛的靈感讀者：

1953年3月，司務道教士來到調景嶺，與另外幾位同工在一個約300多呎的簡陋小木房，開展了靈實的奇妙之旅。他們稱這小木房為「皇宮」——這裏早上是病人診症治療之處，晚上是同工休息的地方。在這些艱難的日子裏，靈實的創辦人看到不止息的災難：貧困、飢餓、疾病把人團團包圍，好像沒有盡頭一樣。他們發現痛苦的根源不單是物質的缺乏，更是來自心靈的絕望和愁苦，窮困和疾病使人意志消沉，更失去面對明天的勇氣。找到生命的希望，難道不比醫治身體病痛更為重要嗎？這些醫護人於是又擔負起朋友、家人、教師、父母、牧師的角色：讓病人認識基督的愛，為小孩子病患提供教育機會、和病友促膝談心、安慰痛苦的心靈。這便是靈實的初心：滋潤枯乾的心靈，觸碰每一個生命。

70多年後的今日，靈實仍然謹記創辦人的初心，我們從司教士的身教言教，再加上禱告中的引導，確立了協會的異象、使命和精神 (VMV)，關顧服務使用者的「身、心、社、靈」便成為了靈實的服務重點。在我們眼中，服務對象從來無分大小：不論是走到生命最後一程的婆婆、痛症纏身的伯伯、年紀輕輕不幸患癌的小伙子，還是發燒來配藥的小朋友，只要來到靈實的大門前，我們就是他們生命的同行者。在外人眼中，他們在靈實的故事不一定驚天地、泣鬼神，也許只是走過人生必經的階段，體驗了一回無可避免的離別和痛苦，但我們本着基督的愛與之同行，平凡中更顯寶貴，在他們生命中留下足跡。

我並沒有說要影響生命是一件容易的事，事實上靈實所走過的路並非都一帆風順，有光風霽月，亦有陰霾漫天的日子。但正如神親自安慰司教士一樣，「他必看見自己勞苦的功效，便心滿意足。」（以賽亞書53:11），我們要常常提醒自己那建立靈實的初心：讓基督的愛在各人身上工作。這一個個的故事，一個個的服務使用者，不都是我們勞苦功效的見證人麼？他們如同雲彩圍繞着我們，作為我們時時刻刻的勉勵。願這些生命故事都能激勵各位同工和支持者，繼續實踐那最初的願景。

行政總裁
林正財醫生

Dear Haven of Hope Supporters,

In March 1953, Sister Annie Skau arrived at Tiu Keng Leng and began her work with some other colleagues in a makeshift wooden cottage of about 300 square feet. They named it the "Royal Palace." This facility served dual purposes: as a clinic for meeting patients during the day and as a resting place for staff in the evenings. During these hard times, the founders of Haven of Hope realised that people suffering from calamities, poverty, hunger, and diseases actually faced issues beyond material deprivation. In addition, they underwent spiritual despair and in front of them was an uncertain future. Isn't finding hope for life more important than curing physical sufferings? Thus, the doctors and nurses took on multiple roles including those of friends, family, teachers, parents, and pastors. They wanted to deliver the love of Jesus Christ to the sick and impoverished; provide educational opportunities for ill children; engage in meaningful conversations with patients; and offer comfort to those who were suffering. This is where Haven of Hope started: to evangelise, heal broken hearts and make a positive impact on every life they touched.

For over 70 years, Haven of Hope Christian Service (HOHCS) has remained dedicated to its founding principles. Guided by our founder's vision and sustained through consistent prayers, we have clearly defined our mission, and core values; emphasising holistic care that addresses physical, mental, social, and spiritual needs, thereby establishing our foundational service pillars. At HOHCS, we support individuals from all walks of life—whether they are a frail elderly woman in the final stage of life, an aged man with chronic illness, a young man battling cancer, or a child seeking medication for a fever. In parallel, we serve as their companions. While outsiders may view these experiences as mediocre—merely the inevitable phases of life, pain, and separation—our journey together in Christ's love empowers us to recognise the true value of life and cherish every moment.

Impacting life is never easy. Although the path of the HOHCS is not smooth and easy: we have ups and downs; triumphs and challenges, God comforts us, as He did with Sister Anne, **"he will see the light of life and be satisfied," (Isaiah 53:11).** We must always remember why we started: to let the love of God work in everyone. Aren't our service users' stories a proof of our persistent endeavor? We are surrounded by such a great cloud of witnesses who serve as a source of encouragement and motivation for our staff and supporters. May these narratives inspire us to remember where and why we start, day by day.



Dr Lam Ching-choi
Chief Executive Officer

在每個所觸碰的生命留下足跡： 我們的服務之旅

Our Fingerprints Don't Fade from the Lives we've Touched – Our Care Service Journey

在基督教靈實協會（靈實），我們深信每一個行動，無論大小，都能在他人生命中留下深遠的印記。透過身、心、社、靈四大服務領域，幫助人們面對生活中的挑戰，並創造轉變與成長的可能。以下的故事展示了我們如何影響和改變服務對象的生活。

At Haven of Hope Christian Service (HOHCS), we believe that every action, no matter big or small, can leave an indelible mark on the lives of others. By focusing on 4 major areas of our service users - their body, mind, spirit, and social needs, we help them deal with challenges in life and create the possibility for transformation and growth. Here are the real-life stories that illustrate how HOHCS has made an impact and change the lives of those we serve:

身體：靈實胡平頤養院的醫療守護

靈實胡平頤養院的醫療團隊為長者提供基礎醫療服務，關注長者的整體福祉，確保他們在尊嚴中度過晚年。靈實前董事彭紹華醫生的父親在這裡接受貼心的安老照顧，不僅找回了生活的節奏，還成功管理慢性病，令生活品質顯著提升。

胡平頤養院透過以人為本及細緻專業的態度，全方位守護長者院友身、心、靈的健康，讓長者們不再感到孤獨，並重拾對生活的熱情和自信。護老服務涵蓋了營養、物理治療和心理健康等多個層面，讓每位長者感受到家的溫暖。醫療團隊會定期舉辦健康講座，幫助長者提升自我管理能力，提供身心靈內外的全方位支援。

Body: The Medical Care & Safe Guard at Haven of Hope Woo Ping Care & Attention Home

Our medical team at Haven of Hope Woo Ping Care & Attention Home provides primary medical care services for the elderly, focusing on their overall well-being and ensuring that they can live out their old age with dignity. The father of Dr Pang Siu Wah, a former director of HOHCS, was receiving elderly care at the facility, not only did he regain his rhythm of life, he was also successful in managing his chronic diseases, thus, significantly improving his quality of life.

Through a patient-oriented, meticulous, and professional work ethics, the Care & Attention Home safe-guards the body, mind, and spiritual health of our elderly residents so that they no longer feel lonely and help them regain the passion and self-confidence in life. Our elderly care services cover multiple aspects, such as nutrition, physiotherapy, and mental health, allowing every resident to feel the warmth of a home. Our medical team also hold regular health seminars to help them improve their self-management skills and provide all-round support physically, mentally, and spiritually.



胡平頤養院擴建及優化工程完畢，院舍將科技融入長者生活當中。

Gerontechnology is introduced to the residents after the Extension and Enhancement Project of the Care & Attention Home.



此外，醫療團隊還會根據每位長者的個別需要，定制個性化的護理計劃。定時監測健康狀況和採取預防措施，改善長者的健康狀況，提升他們的生活滿意度，讓每位長者都能在這裡度過充實而有尊嚴的晚年。

心靈：靈實司務道寧養院的情感支持



靈實司務道寧養院不僅為長者/病者提供醫療護理，更提供心靈上的慰藉。駐院的心靈社康服務及牧關部，包括院牧、社工及活動工作員，透過床邊探訪、靈性關

院舍通過舉辦不同形式的活動，幫助院友重拾生趣、維持良好生活質素。
We help residents regain their passions and maintain a good quality of life through various types of activities.



懷、個案輔導、社康及治療活動、家屬關顧、哀傷輔導及義工服務等，與病人同行，支援院友及家屬的身、心、社、靈方面的需要。

院舍通過舉辦不同形式的活動（如：院友崇拜、懷舊金曲、樂韻悠揚、參觀展覽、節慶活動、音樂及園藝治療等），幫助院友重拾生趣、維持良好生活質素。院牧每週定期探訪院友，關懷、陪伴及聆聽他們的靈性需要，並適時分享上帝的愛及救恩，讓他們得享屬天的平安及盼望。在院友離世前及離世後，社工及院牧亦會持續為家屬提供預前哀傷支援及哀傷輔導，幫助他們處理情緒及過渡哀傷。

寧養院致力為院友及家屬提供四全照顧—全人、全家、全程及全隊，不僅讓院友得到尊嚴及平安，還為他們的家屬帶來了安慰和支持。

Additionally, based on the individual needs of the residents, our medical team will personalise care plans for them. Regular health status monitoring and preventive measures are also taken to improve their health and quality of life so that every elderly can live with grace and dignity.

Mind: The Emotional Support at Haven of Hope Sister Annie Skau Holistic Care Centre

Haven of Hope Sister Annie Skau Holistic Care Centre (SASHCC) not only provides medical care to sick elderly, it also makes provisions for one's mental health. Our in-house social welfare



and pastoral care services include chaplains, social workers, as well as activity workers. Through bedside visits, spiritual care, individual counseling, community health and therapeutic activities, family care, grief counselling and volunteer services, we walk along-side our patients and their families to provide physical, mental, social, and spiritual support.

Through various types of activities, for example, fellowship sessions, playing of nostalgic songs, visiting exhibitions, taking part in festival celebrations, music therapy, and horticultural therapy, etc. we help residents regain their passions in life and maintain a good quality of life. Every week, on a regular basis, our chaplains visit the residents to spend time with them, talk to them and listen to their spiritual needs. And at a suitable occasion, they share the love and salvation of God so that residents can receive heavenly peace and hope. Our chaplains and social workers also provide pre and post grief counseling and support to family members dealing with the loss of their loved ones and help them transit through the grieving process.

At SASHCC, we are committed to providing our residents and their families with a four-dimensional care approach, targeting the whole person, whole family, whole process and whole team. We hope to bring dignity and peace to our residents and provide comfort and support to their families.

社群：舒筋樂活新里程計劃的社交融入

因腦膜炎而四肢殘障的小陳通過參與靈實的舒筋樂活新里程計劃，不僅身體康復得更可，更在社會上重新找到了位置。該計劃組織各種活動，如輪椅旅遊和社交聚會，鼓勵殘疾人士融入社會，增強自信和自我價值感。小陳成為了一名輪椅旅遊YouTube創作者，通過分享經歷激勵他人追求獨立自主、豐富多姿的生活。

此計劃還包括職業培訓和就業輔導，幫助參與者找到合適的工作，進一步促進社會和經濟獨立。小陳的故事展示了靈實協會在促進社會包容性方面的重要角色，讓每位參與者重拾自信，並在社會中找到自己的

Social: The Social Integration of ReLive Project

Mr Chan is physically handicapped due to meningitis. After joining Haven of Hope's ReLive Project, not only did he improve his physical abilities, he also regained his footing in the society. The project organised a variety of activities such as wheelchair friendly tours and social gatherings that encourages people with disabilities to integrate into the society and enhance their sense of self worth and confidence. Mr Chan went on to become a YouTube content creator for wheelchair travels, sharing his own experiences and inspiring others to pursue their independent, rich and colourful life.

ReLive Project also provides vocational training and career coaching to help participants find suitable jobs, further promoting their social and economic independence. Mr Chan's story demonstrates the important role of Haven of Hope in promoting social inclusion and allowing participants to regain confidence in their lives and find their place in society. Through these activities, not only did Mr Chan improve his own quality of life, he has also become an active contributor to society, inspiring others to overcome difficulties to pursue their dreams.

In this project, participants also get to share and talk about their challenges and triumphs in life. Such atmosphere of sharing and mutual support allows everyone to feel a sense of camaraderie and be inspired to solving problems through collective wisdom. Through The ReLive Project, Haven of Hope is committed to breaking the stereotypes and help people with disabilities to rebuild self-confidence, reintegrate them back into the community to lead fulfilling and meaningful lives.



參與者一起分享生活中的挑戰與勝利，使每個人都能感受到團隊的力量。
In this project, participants also get to share and talk about their challenges and triumphs in life.

位置。通過這些活動，小陳不僅改善了自己的生活品質，還成為了社會的積極貢獻者，鼓勵他人克服困難，追求自己的夢想。

在這個計劃中，參與者們還會一起分享生活中的挑戰與勝利，這種互相支持的氛圍使得每個人都能感受到團隊的力量，並在集體的智慧中找到解決問題的靈感。透過舒筋樂活新里程計劃，靈實協會致力於打破傳統思維，幫助殘疾人士重建自信，重新融入社區，過上充實而有意義的生活。

靈性：靈實恩光學校和成長中心的靈性成長

在靈實恩光學校和成長中心，智障學童和他的家人可以找到了精神上的慰藉和成長。透過參與各種活動，如家庭崇拜和靈性研討會，他們加深了對彼此的理解，增強了信仰。靈性的成長使得他們能更好地應對

Spirit: The Spiritual growth at Haven of Hope Sunnyside School and Sunnyside Enabling Centre

At Haven of Hope Sunnyside School and Sunnyside Enabling Centre, students with intellectual disability and their families found spiritual solace and growth. By taking part in various activities, such as family worship sessions and spiritual seminars, they have deepened their understanding of one another and strengthened their faith. Spiritual growth has allowed them to better cope with challenges in life and made the whole family more united when facing difficulties.

Both the School and the Centre provide not just education but also spiritual nourishment that helps everyone find meaning and purpose in life. The support from the Centre has enabled students and their families to feel stronger and more hopeful despite the setbacks. Through these activities, it will enhance one's personal spiritual growth, help build deep connections in the community and create a support system for one another.

Interactions between family members will also become more in-depth, and it will further strengthen mutual trust and

生活中的挑戰，讓全家人在面對困難時更加團結。

靈實恩光學校和成長中心提供的不僅僅是教育，更是一種靈性的滋養，幫助每一個人找到生活的意義和目標。中心的支持讓智障學童和他的家人在波折中仍能感受到希望和力量。透過這些活動，提升個人的靈性成長，在社區中建立了深厚的連結，成為彼此的支持系統。

家庭成員之間的交流亦變得更加深入，彼此的信任和理解也隨之增強。這不僅讓他們在面對生活的挑戰時更加堅強，也讓他們在日常生活中更加珍惜彼此的陪伴與支持。

種種故事展示了靈實協會在提供專業服務方面的優秀表現，並實踐聖經的教導：「我實在告訴你們：這些事你們既做在我這弟兄中一個最小的身上，就是做在我身上了。」（馬太福音25:40）每一個小小的服務，都是對主的服務，也是對生命的尊重與關懷。

在靈實，我們相信，這些服務不僅改變了生活，更塑造了生命。從身體到心靈的照顧，從個人到社會的融入，靈實協會的服務涵蓋了人的全方位需要。這不僅是對個體的幫助，更是對整個社會的貢獻。每一個被觸碰的生命，都可能成為影響他人的源泉。

透過每一次的服務，靈實不僅是在做出改變，更是在創造希望。每個被幫助的人都可能成為未來幫助他人的關鍵。這是一個循環的美麗過程，讓愛延續，讓影響深遠。靈實協會的使命不僅是幫助那些需要的人，更是將上帝的愛傳遞給每一個人，讓每一個生命都能在愛與希望中成長與綻放。

靈實恩光學校和成長中心提供的不僅僅是教育，更是一種靈性的滋養，幫助每一個人找到生活的意義和目標。

Both the School and the Centre provide not just education but also spiritual nourishment that helps everyone find meaning and purpose in life.



understanding. It will make them stronger when facing with life's challenges, deepen the support for one another and cherish each other's company in their daily lives.

All these stories demonstrate the outstanding performance of Haven of Hope in providing high quality, professional care services and putting into practice the teachings of the Gospel of Matthew: **"Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me."** (Matthew 25:40) Every small service is a service to the Lord, as well as respect and care for life.

At HOHCS, we believe that our care services not only change lives, but transform lives. From physical to spiritual care, from personal to social integration, we cater to a full range of human needs. It is not just about helping the individual; it is also our contribution to the entire society as every life we touch may become a positive source of influence for others.

Through every care service, HOHCS is not only making changes, but also creating hope. Everyone who receives help can be the key to helping others in the future. This is a beautiful cyclical process where love is everlasting and has a profound impact. The mission of HOHCS is not only to help those in need but also to convey God's love to everyone so that every human life can grow and blossom in love and hope.



鑄造「異象禱詞、使命、精神」 靈實董事趙宗義律師的「奇妙旅程」

Forging "Vision Prayer, Mission, and Core Values" - The "Amazing Journey" of Board Member Mr Chiu Chung-ye, Charles

約三十多年前，靈實只是由靈實醫院本部、恩光學校以及數個社區中心組成，儘管規模及服務單位數量不能與今天相比，機構仍本著司務道教士的言教身教及精神，致力為社區提供關懷及專業的服務。隨著社會對各類服務的需要愈來愈大，靈實規模也逐步發展，董事會開始思考十年、二十年、三十年後靈實的模樣，如何繼續深化及承傳司教士的精神，透過關懷全人的事工傳播主的福音及建立基督社群，變成一項必須完成的重要議題。這時，靈實「異象禱詞、使命、精神」（簡稱VMV）被鑄造及首次被提出，而包括時任靈實董事會主席趙宗義律師在內的一眾靈實人，在過程中扮演十分重要的角色。

About 30 years ago, Haven of Hope Christian Service (HOHCS) consisted of Haven of Hope Hospital, Sunnyside School, and several community centers. Although the scale and number of service units are not comparable to where we are today, the organization is still committed to providing best quality care and professional services to the community, in accordance with the teachings and spirit of our founder, Sister Annie Skau.

As society's demand for various care services grows, HOHCS also scaled up and expanded. Our Board of Directors began to envision what HOHCS would look like in 10, 20 and 30 years and how we can continue to inherit and deepen the spirit of Sister Annie Skau. Our ability to spread the gospel of the Lord and build a Christian community through a ministry that cares for the whole person has become an important mission that must be accomplished. It was during this time where "Vision Prayer, Mission and Core Values" (abbreviated as VMV) was first forged and proposed. A group of people, including Lawyer Mr Chiu Chung-ye, Charles, who was the former chairman of HOHCS's Board of Directors, played a very important role in the process.



基礎，不致偏離甚至遺忘機構的初衷，於是他與其他同工展開另一段旅程——探索及重塑靈實的異象禱詞、使命和精神。

這段旅程為時接近一年，當時趙律師與董事會成員及主要服務單位的領導進行多次退修，透過禱告、分組討論彼此分享對靈實未來的期許，他們希望讓靈實的使命、精神及服務傳遞出去，讓公眾清楚明白。經過不斷過濾、思考及禱告，大家逐漸歸結出「愛(心關懷)、專(業精神)、傳(揚福音)、積(極進取)」四個靈實的精神、核心價值(Core Values)，再由此鑄造出機構的使命(Mission)及異象禱詞(Vision Prayer)，現時同工們或社會最為熟悉的靈實信息「尊重生命·改變生命」亦是由此發展而成。

趙律師形容整個探索及重塑靈實精神的過程，是一個逐步進化的過程，而機構的創新也體現其中。靈實的異像內容十分豐富，用一句《聖經》金句或句子難以總結和概括，大家於是別出心裁，選擇以禱詞「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。」作為替代。無論在當時抑或現在看來，這個決定也是十分創新，亦與機構積極進取的創新精神這個核心價值相呼應。

困難時引領方向的原則

儘管VMV已提出多時，最令趙律師感恩的是，無論時代及人怎樣變化也好，靈實仍然可以保持機構的精神和文化，體現VMV的傳承作用。無論靈實面臨的困難再大，或需要作出的決定再重大也好，VMV也是董事會考慮時的首要原則，引領機構作出正確的抉擇。

趙律師以機構最初應否開展靈實司務道寧養院的服務為例，不諱言董事會當時評估開展服務很有可能錄得嚴重虧損，服務甚至最終可能因此而結束。董事會經過多次討論，考慮服務可以填補社會服務的缺口，讓更多需要寧養服務的市民，在生命晚期時得到適切治療、有尊嚴的照顧和心靈的平安，這與VMV致力為被服事者建立

VMV的鑄造和創新

今年靈實的周年晚宴，趙宗義律師獲頒三十五年的長期服務獎。回顧加入靈實以來，趙律師形容這是上帝賜予自己的「人生最奇妙及最大旅程」，過程中讓他謙卑，亦把他的眼目開啟，見證主的愛去到不起眼的地方、彰顯出來。

在擔任主席期間，趙律師意識到要有系統地傳承機構的精神和文化，才能令當時的靈實進一步發展，並確保服務擁有



更豐盛的生命，傳揚福音的精神是不謀而合；所以，董事會最終仍是一致通過決定，毅然本著上帝給予的勇氣和信實，勇敢踏上開展服務的路途。

直到今天，趙律師仍然十分慶幸董事會當年作出這個決定，表示寧養院成立以來一直有上帝為其開路，院舍總能找到新的捐款，令服務得以持續營運下去，至今更已有約有千名服務使用者決志信主，將司教士的身教言教、透過關懷全人的事工傳播主的福音及建立基督社群的精神實踐出來。

靈性的關懷 靈性的增長

靈實作為一個成立逾七十年的機構，趙律師眼見一代代新人加入，一代代同事退休離去，在人事變更下，機構及服務的發展始終沒有偏離VMV，同工在機構舉行的研讀聖經團契（BSF）、「生命之光」等活動中，靈性得到關懷及增長，鑄造出一代代靈實人，令靈實的精神及文化得以一直保存並發展下去。

Forging and Evolution of "VMV"

At this year's HOHCS Annual Dinner, Mr Chiu Chung-ye, Charles, was presented with a 35 Years Long Service Award. Reflecting on his journey with HOHCS, Mr Chiu described it as "The Most Amazing and Greatest Journey of his Life" that God has given him. Through the process, it has humbled him and opened his eyes to witness how God's love has manifested even in the most inconspicuous places.

During his tenure as chairman, Mr Chiu realised that for HOHCS to develop further and have a strong foundation for its services, it must systematically pass on our spirit and culture so that we do not deviate or forget the

vision of the organization. With that in mind, he and fellow co-workers embarked on another journey – to explore and reshape HOHCS's vision prayers, mission, and core values.

This journey lasted nearly a year, during which Mr Chiu along with other board members and leaders of key service areas carried out numerous retreats to share their hopes for the future of HOHCS. Through many prayers and group discussions, they hope to convey clearly the organization's vision prayer, mission, and core values so that the public can better understand them. After continuous refinement, reflection, and prayers, they gradually come up with 4 Core Values for HOHCS – **Love, Professionalism, Evangelism, and Progressiveness**. Based on these core values, the organization's mission and vision prayer were forged. And, the slogan that all our co-workers and the society today is most familiar with – "Respecting Life • Impacting Life" was then developed.

Mr Chiu described the entire process of exploring and reshaping the essence of HOHCS as a gradual evolutionary process, in which the innovation of the organization is also reflected. Since the visions of HOHCS are profound in substance, it is difficult to summarize and generalize with a Bible verse or statement. Therefore, as an alternative, everyone decided to pray upon it: "O God, we serve and grow together, we bear witness to the gospel and experience your love. May you be satisfied, Amen." Such a decision was very innovative both during that time and now, it also echoes the organization's core value of proactive innovation.

Guiding Principles during Difficult Times

Although HOHCS's VMV was forged a long time ago, what makes Mr Chiu most grateful is the fact that no matter how the times and people have changed, HOHCS is still adhering to the spirit and culture of our founders and preserving the legacy of VMV. No matter how great the challenges or how important the decisions, VMV will always be the guiding principles for the board of directors to make the right decisions.

Citing the example on whether the organization should have launched the services of HOHCS Sister Annie Skau Holistic Care Centre, Mr Chiu admitted

that based on initial assessment by the board, the Care Centre was likely to result in heavy losses and it might be terminated. After many discussions, the board felt that the services could fill the gap in social services so that more residents who require palliative care can receive appropriate treatment, dignified care, and peace of mind in the final stages of their lives. This coincided with VMV's commitment to building a more abundant life for our service users and spreading the gospel. Hence, the board of directors unanimously approved the decision and courageously embarked on the journey of service with the courage and faith bestowed by God.

To this day, Mr Chiu is still very grateful to the board of directors for making this decision. He felt that God has always paved the way since the establishment of the Care Centre and the hospice has always found new donations to enable its continuous operations. To date, over 1,000 service users have converted to Christianity. Through a ministry of caring for the Whole person and putting into the practice the words and teachings of Sister Annie Skau, we are spreading the Lord's Gospel and building a Christian community within our society.

Spiritual Care & Growth

As an organization that was established over 70 years ago, Mr Chiu has witnessed generations of newcomers joining the company and generations of colleagues leaving or retiring. Despite the personnel changes and the advancement of our services, the organization has never deviated from the VMV.

Through activities such as Bible Study Fellowships (BSF) and "Light of Life", we nurture and care for the spirituality of all our co-workers so that in years to come, the spirit and culture of HOHCS can be preserved and developed.



在靈實遇見主

At HOHCS I Seek my Lord



我自小在基督教學校讀書，一早便認識主耶穌是誰，但可能從讀書到工作都沒有經歷太大挫折，所以人生前半部份與神有很遠距離，亦未試過尋求天父的幫助。但感謝神，由我小時候已經將基督信仰的種子植我心中，等待發芽。

直至2006年時兒子出世，我做了母親當然好開心，殊不知原來上天同時亦將要接走我媽媽。當時媽媽腸癌復發，不斷進出醫院。我們眼見她的生命在倒數，而爸爸每天到醫院照顧她亦身心疲累，一時間陷入兩難之境：一方面政府醫院床位有限，進院一段時間便提醒我們要為媽媽安排出院；另一方面我們又擔心出院後爸爸要照顧媽媽有困難。我作為女兒心如刀割，既心痛媽媽，又擔心爸爸很大

安。我感受到這間院舍每一個員工都有如天使般溫柔，社工亦經常為我們一家祈禱。記得有一天探望媽媽時，護士興奮地跟我說，媽媽半夜突然告訴他們說自己要信耶穌，當時院牧很「有心」，即刻返回院舍與我媽媽決志信主，最後媽媽住了大約個多月，就在寧養院平靜地走完人生的最後一程。

神繼續看顧我們一家，我其實很擔心爸爸喪偶後的生活，但神卻看透我的心事。當時寧養院同工在媽媽過身後仍十分關心我爸爸，還邀請了爸爸在這裏當義工。在爸爸當義工的8個年頭裏，他感受到很多愛，寧養院同工又經常向他傳福音，雖然他口裏未說信主，但我相信基督的種子一直在他及我心入面成長。

生有時，死有時，突然有一日神要接走我的爸爸。2015年爸爸突然急病，入院5天已離世。在彌留之際，寧養院很多同工都趕到深切治療部探望爸爸。我記得到最後只剩下我和院牧，當時爸爸已經昏迷，院牧把握最後機會問爸爸信主意願：如果信就「郁一郁」身體。爸爸雖然昏迷，但竟然懂得向我們展現一個極明顯的微笑作回應，實在是太神奇了，這一幕我和院牧都好清楚見到，我更確信神真的在我一家身邊。

神的恩典繼續在我生命出現，我當時工作上遇到不少令我沮喪的人和事，導致自己很想離開商業機構。我就祈禱求神領我找到一份適合的工作，最後便來到基督教靈實協會。我覺得是神呼召我加入，亦感恩現在服侍的其中一個院舍就是寧養院。現在每天上下班都會經過我第一次遇見神的這條靈實路。

雖然工作總會面對挑戰，但我在這裏結識到許多對信仰既認真又虔誠的同事，讓我有更多機會認識神，更可以將信仰與工作結合。這真是一個莫大的恩典，希望在我人生裏可以繼續學習如何結出聖靈的果實，做個真正的靈實人。

其實信主後的人生並非一帆風順，我仍然會遇到許多意想不到的問題，甚至是一些打擊，亦不一定常常找到傾訴對象。但每次經歷幽谷過後，我都發現原來有一個堅固的倚靠。現在我懂得要凡事祈禱，凡事感恩，凡事相信，凡事盼望，感謝主。

李燕貞(人力資源部助理經理)



壓力。我有一天在探望完媽媽回家的途中(媽媽當時住在靈實醫院)，剛好就走在靈實路上，由於情緒很差，再加上可能產後抑鬱發作，我邊走邊耐不住眼淚。就在我如此無助之際，腦海不知為何突然想起主耶穌，這粒信仰的種子終於發芽，當下我就向耶穌祈禱說：「耶穌，如果祢真的存在，就請救救我媽媽，救救我的家，我真的不知該如何面對這一切。」奇妙的是，沒隔多久，我就接到醫院社工電話，告訴我說將軍澳有一所寧養院(靈實司務道寧養院)即將投入服務，是由基督教靈實協會創立的晚期照顧病院，可以照顧媽媽生命最後一程。當時爸爸很快就決定將媽媽送進寧養院，媽媽還有幸成為寧養院第一個病人。神是真正回應了我的禱告！

媽媽的身體一天天衰弱下去，我看在眼內自然會難過，但自從媽媽入住寧養院後，心中竟然多了一份平

I was taught in a Christian environment during my studies and have known about Jesus since childhood. Probably because of my carefree lifestyle in my earlier life, I kept myself aloof from God, not to mention seeking help from Him. Praise God, for He has planted a seed of Christianity in my heart. But it takes time to sprout.

In 2006, I alternated between joy and deep despair: I became a mother to my new born son and God took my beloved mom. When her brain cancer recurred in the later stage of her life, she often went in and out of the hospital. We all knew that her life was waning. At that time, my dad had to rush to the hospital every day to look after her. Gradually he became exhausted both physically and mentally. We were worried that he could hardly take care of her after her discharge. Hence, we faced a dilemma: due to the shortage of beds in public hospitals, we were reminded to arrange for her discharge shortly after she had been admitted. As a daughter, I was torn between a deep sense of heartache for my dying mom and helplessness for my dad's unbearable burden. One day, on my way home after visiting my mom at the hospital (who was then residing in Haven of Hope Hospital), I was overwhelmed and perhaps under post-natal depression, I could not help weeping. Out of desperate helplessness, I thought of God and prayed, "Jesus Christ, are You here? If so, please save my mom and my family as I feel helpless and lost. I can't manage all these on my own." Aha! The spiritual seed inside me sprouted at the right time! It was truly a miracle that after a while, a social worker from the Hospital called and informed me that a new holistic home in Tseung Kwan O (Haven of Hope Sister Annie Skau Holistic Care Centre (or SASHCC)) would be in service soon. This Care Centre is managed by Haven of Hope Christian Service (HOHCS) and can offer the end-of-life care services my mom needed. Instantly, my dad accepted this suggestion. Fortunately, my mom was the first registered patient admitted to SASHCC. It was true that God was answering my prayer! Amen!

To my great sorrow, I witnessed the declining health of my mum day by day, but I seemed to regain my inner peace after her admission to the Care Centre. I really "saw" the compassion and gentle spirit emitted from every single staff at the Care Centre as if they were God-sent angels. Moreover, the social worker often prayed for my family. One day during my usual visit, a nurse approached me excitedly with the news. At the preceding midnight, my mum all of a sudden told the staff that she would like to accept Jesus as her Savior. Without any delay, the Chaplain, who was so kindhearted, immediately hurried back and helped her make a prayer to accept the Lord. It was around a month before she passed away at SASHCC.

God continued to express His love for my family; and felt my great concern over my dad's being after my mom's departure. In addition, the staff at SASHCC also kept on caring for my dad and warmly invited him to serve as a volunteer. During his 8-year voluntary work at SASHCC, he felt the tender care from the staff embody Godly love who had never stopped spreading the gospel to him. Although he never declared verbally that he believed in Jesus Christ, I was convinced that the seed of Christianity was implanted in me and him, alike.

To everything there is a season: a time to be born and a time to die. God all of a sudden took away my dad from us out of everyone's expectation. In 2015, he fell ill and passed away within 5 days after being sent to hospital. When he was staying in the Intensive Care Unit (ICU), many staff members from the SASHCC rushed to visit

him. At the very last moment, when only the chaplain and I stayed with him, I remembered, the chaplain seized the last chance and asked my dad, who was already in a coma, "Do you want to believe in God? If yes, just "wiggle" your body." At that time, despite his unconsciousness, my dad could respond amazingly with a broad smile! It is truly mind-boggling, indeed! We were deeply impressed by this wonderful moment. And I squarely believe in God's presence with my family over time.

God's grace continued to manifest Himself in my life. At that time, I felt so frustrated at my work and the people around me that I intended to leave the commercial world, so I prayed for a suitable job. Responding to His call, I believe, eventually I joined HOHCS. I am grateful that under the big umbrella of HOHCS, SASHCC is one of the service points that I am currently serving. Here I walk on the same road, during my daily commute to and from work, as the first time I met Him at HOHCS.

Despite the daily challenges at work, I am surrounded by lots of sincere and faithful Christian colleagues who are dedicated to working together as we try to stay close to our Lord day by day. I should express my heartfelt gratitude that I can also apply the Christian belief to my daily work. Hopefully, I strive to grow stronger and harvest more spiritual fruit in my life; and live a true HOHCS's (spiritual) being.

Even after committing to God, as expected, life often throws me challenges or even blows. There were times that I found it difficult to share my burdens or sufferings with anyone. But whenever I walk out of the shallow valleys, I realise that I've already got the Rock to rely on. Now I learn to pray; and give thanks in all circumstances. Always trust. Always hope. Give thanks to our Lord.

Venus Lee (Assistant Manager, Staff Engagement Department)



致力於晚期照顧培訓 以人為本傳承教育

Advanced End-of-Life Professional Training: Taught to be People-oriented and Caring with Heart

基督教靈實協會長期致力於提升醫療與護理服務質素，特別注重晚期照顧的專業培訓。培訓課程旨在提高員工的專業技能，以更貼心地服務社會，滿足服務使用者及其家屬的多方面(身心社靈)的需求。

安寧照顧基礎課程(EOL)由靈實專業進修學院前校長Alice領導，Alice設計了一系列專業課程，針對不同背景的醫護人員提供應有的知識、技能和照顧態度，課程內容涵蓋基礎晚期照顧、溝通技巧、心理支持及症狀控制等，旨在全面提升同事對晚期照顧的挑戰。Alice認為「無論是專業還是前線同事，都需要更深入的知識和技能來應對晚期照顧的挑戰。」



靈實日間中心的護士羅姑娘透過參加課程，深化了對生死教育的理解與實踐。課程中特別強調預設照顧計劃(ACP)的重要性，以幫助長者及其家屬與醫護人員的溝通過程，透過討論和分析，在其生命末晚期時對醫療決定和個人照顧計劃等意願的表達。羅姑娘於課程中學會了如何與長者及其家屬有效溝通，確保他們的需求和意願，被充分理解和尊重，亦讓她重新思考如何與長者及其家人溝通關於生命晚期的選擇。

透過這些專科培訓，靈實協會不僅提升了醫護人員的專科護理能力，也增強了對服務使用者及其家屬的全面支持。Alice希望進一步深化課程，促進更多不同專業團隊的協作，共同提升服務質素；羅姑娘也計劃在日間中心推動更多關於生死教育的論壇和工作坊，分

享她在培訓中獲得的知識、技能和照顧態度，提升團隊的專業水平。

成功實施教育和培訓計劃，不僅提高了護理服務的質素，亦體現了靈實協會對以人為本和用心照顧態度的堅持。靈實協會將繼續堅持這個使命，提供高質素的醫療和護理服務，為社會作出更大的貢獻。

Haven of Hope Christian Service (HOHCS) endeavours to enhance the quality of medical and nursing services, particularly for end-of-life care. A training programme is therefore established for healthcare professionals to acquire better skills to fulfil the needs of the community, the patients and their families.

Alice, former Principal of the Haven of Hope Professional Training Institute (HOHPTI), designed the End-of-Life Care (EOL) Basic Training Programme to equip healthcare staff of different backgrounds with essential skills in caregiving, communication, psychological support, symptom management, etc. to enhance their capabilities on EOL care. Alice believes all staff members, including professionals and frontline staff, should have more in-depth knowledge and skills to meet the challenges ahead.

Ms Law, a nurse from one of the HOHCS Day Activities centres, has gained both theoretical and practical knowledge on life education after attending the training programme. She learnt about the importance of Advance Care Planning (ACP), which significantly helps patients express their preferences on treatment in their last journey. Moreover, she has also learned how to effectively communicate with the seniors and their families to understand and respect their choices. Eventually, this inspired her to reflect on how to communicate with patients and families more effectively about the options in end-of-end care.

HOHCS enhances the competence of healthcare professionals through comprehensive workshops, thereby improving the support given to patients and their families. Alice hopes to expand the course and promote multidisciplinary collaboration, thus further enhancing service quality. Meanwhile, Ms Law plans to initiate more forums and workshops on life education at the Day Activity Centre to share knowledge learnt from the course and enhance team professionalism. With great success, the training programme has improved medical and nursing care quality, thus demonstrating its commitment to people-oriented services that care for the users with heart through constant learning. Striving to uphold the mission of providing high-quality medical and nursing services, HOHCS will never stop contributing to the community.

小藥房大故事 The Remarkable Story of a Small Community Pharmacy

靈實的故事無分大小，不但有跨越生死的時刻，還有最日常不過的健康毛病，都見證着靈實「尊重生命・改變生命」的精神。原來連靈實的社區藥房也每天上演着小人物大故事呢！一天有位中年男士來到藥房，見到穿着白袍的藥劑師便緊張地訴說自己的健康問題。這位男士最近看了醫生，但當服用醫生處方的藥物後便越發覺得不舒服。他非常疑惑，明明藥物是醫院醫生處方的，照常理來說不應該有問題。所以他又不敢擅自停藥，但總覺得食完後有問題，不但身體十分疲倦，甚至出現肌肉疼痛。他在無可奈何情況下來到靈實的社區藥房，希望社區藥劑師可以幫忙。

大概經過四十分鐘抽絲剝繭的諮詢後，藥劑師發現他其實不太清楚自己服藥的情況，例如他正同時服用兩隻膽固醇藥，而且不太明白早前醫生及醫院藥劑師對藥物的講解。社區藥劑師大致了解事情後，便詳細解釋他正在服用的藥物有何功效和副作用，又幫助他整合用藥紀錄、有甚麼潛在藥物相沖、如何應對漏服藥物、如何編排服藥時間等。由於懷疑他的病徵是由藥物副作用引起，所以社區藥劑師當天也建議他再次諮詢開藥醫生及做詳細檢查。

令社區藥劑師意想不到的，兩個星期後這位男士又再次來到社區藥房，當值前台的又剛好是當天為他提供諮詢服務的社區藥劑師。他告訴社區藥劑師，離開藥房的當天已經馬上諮詢醫生並做了詳細檢查，結果真如社區藥劑師懷疑一樣，是藥物副作用引起的身體不適。現在調整劑量後，他身體的不適和肌肉痛已經完全消失了。

靈實對社區的關懷，有時候就是在不知不覺間幫助了這裏的人。這個看似細小的社區藥房每天都上演了這樣真實的故事；正因為真實，所以更加觸動人心。在這個社區裏的一個小藥房，在藥房裏的藥劑師承傳着當初靈實創立的願景——守護這片社區和這裏的人。只要藥房的大門開著，隨時都是這個社區健康的守護者。

Stories at the Haven of Hope Christian Service, ranging from significant events to daily occurrences reflect our spirit of "Respecting Life • Impacting Life". Even our community pharmacy tells great stories of normal people like you and I! On one occasion, a middle-aged man visited, seeking help from our pharmacist in his white coat. The man felt discomfort from



prescribed medication and was uncertain if he should stop taking it. Despite following his hospital doctor's prescription, he suffered from fatigue and muscle pain. In desperation, he came to our Community Pharmacy for guidance.

After a thorough 40-minute consultation, our pharmacist discovered that the patient was unaware of the details regarding his medications. For example, he was taking two cholesterol pills simultaneously and had limited understanding of the instructions previously given by the doctor and the hospital pharmacist. Our community pharmacist assessed his situation comprehensively and then explained the effects and side effects of his medications in great detail, clarifying potential drug interactions and proper medication scheduling. On the same day, our pharmacist recommended him to consult his prescribing doctor again for a detailed examination as his symptoms might be attributable to the side effects of medication.

Two weeks later, the man unexpectedly returned to the community pharmacy. Coincidentally, the same pharmacist who had provided counseling that day was on duty. The man shared that he had consulted his doctor as advised, resulting in a thorough examination. The doctor confirmed that his discomfort was indeed caused by medication side effects. With adjustments to his medication dosage, his physical discomfort and muscle pain were completely resolved.

The community pharmacy demonstrates the significant impact HOHCS can have through everyday interactions. Sometimes, assistance is provided without direct awareness. This community pharmacy presents real stories daily. Every pharmacist in this small pharmacy promotes the vision of HOHCS, conveying a spirit of care and support to individuals and society as a whole. As long as the pharmacy remains open, it serves as a health guardian for the community.

「賽馬會安寧頌：融和篇」計劃

Jockey Club End-of-Life Community Care Project: Unison



賽馬會安寧頌一直在安老業界推動院舍及社區晚期護理服務。隨著殘疾人士漸漸步入老齡化，賽馬會安寧頌關注到殘疾人士的晚晴需要，因此香港賽馬會慈善信託基金於2024年開展為期5年的「賽馬會安寧頌：融和篇」計劃，為殘疾人士提供社區晚期照顧服務，藉以提升他們晚晴的生活質素。另外，計劃亦為相關服務的專業人員提供培訓，並舉辦公眾教育活動。

「賽馬會安寧頌：融和篇」計劃結合跨界別力量，聯繫社區及醫療系統，期望發展一套整全舒緩及晚期照顧服務模式，讓殘疾人士可以在充份知情下作出合適的晚期護理選擇，在人生最後階段獲得全人關顧。計劃合作夥伴包括：香港大學、香港中文大學、香港明愛、扶康會、基督教靈實協會、匡智會、香港傷健協會、香港聖公會福利協會、新生精神康復會、香港耀能協會、聖雅各福群會及東華三院，一同為殘疾人士提供晚晴支援服務。

基督教靈實協會一直致力推廣舒緩及晚期照顧服務，作為計劃合作夥伴之一，靈實協會透過本計劃的專業團隊，包括護士、社工、職業治療師及院牧，提供全面的晚晴照顧服務。計劃已於今年的8月1日開展服務，靈實協會核下的復康服務單位（靈實坑口護理院、靈實蠔涌日間活動中心暨宿舍、靈實明德日間活動中心暨宿舍、靈實秀茂坪日間活動中心暨宿舍、靈實翠

林智樂居）院友及學員可向單位申請住宿晚晴支援服務。計劃稍後亦會擴展至靈實將軍澳及西貢地區支援中心，並設轉介服務，將軍澳及東九龍地區人士稍後可透過中心申請轉介。

任何18歲或以上的殘疾人士（身體殘障或智障）如同時患有癌症、慢性器官衰竭或其他晚期疾病之患者（如醫生診斷其壽命約為12個月優先）可申請晚期照顧服務。經評估合適後，團隊將為患者及其家人提供身心社靈層面的支援，包括由護士行情評估以提供相應症狀處理、護理照顧、商討預設照顧計劃、臨終支援，另有社工提供情緒輔導、哀傷支援及義工探訪服務，以紓緩患者不適及照顧者壓力。

由2024年8月起，我們主力提供一連串的专业培訓及晚情支援教育，包括認識舒緩治療服務、患者的身心社靈需要及哀傷支援等題目，讓前線同工及大眾認識晚晴支援及如何支援晚晴殘疾人士，以提升他們支援晚晴患者的能力。我們的辦公室在11月開始投入服務，地址位於將軍澳南豐廣場基座1樓B47及B48號，同時亦歡迎致電3104 4043查詢計劃詳情。

（文章節錄於靈實住宿復康服務季度通訊〈點滴〉第七期）



計劃亦為相關服務的專業人員提供培訓，並舉辦公眾教育活動。
The programme aims to enhance the capacity of service providers and raising the public awareness through education.



Over time, the Jockey Club End-of-Life Community Care Project (JCECC Project) has striven to promote a service model that gives holistic support to terminally ill elders in the community and elderly homes. Coupled with a rapidly ageing population, the number of physically handicapped suffering from terminal illnesses is also escalating. In light of this, the Hong Kong Jockey Club Charities Trust has launched the "JCECC Project: Unison", a five-year project aiming at not only improving the quality of end-of-life care for physically handicapped patients; but also enhancing the capacity of service providers and raising the public awareness towards this care service through education.

The "JCECC Project: Unison" aims to develop a holistic model of palliative and end-of-life care services by integrating cross-sectoral efforts and linking up the community and the healthcare system, so that persons with disabilities can make informed choices of end-of-life care and receive holistic care in the last stage of their lives. Moreover, it is also multi-institutional involving many partner organizations below: the University of Hong Kong, the Chinese University of Hong Kong, Caritas Hong Kong, Fu Hong Society, Haven of Hope Christian Service (HOHCS), Hong Chi Association, Hong Kong Phab Association, Hong Kong Sheng Kung Hui Welfare Council, New Life Psychiatric Rehabilitation Association, The Spastics Association of Hong Kong, St. James' Settlement and Tung Wah Group of Hospitals. Altogether, they join hands to offer end-of-life care services for physically handicapped patients.

We have also tried our best to promote palliative end-of-life care in the city. As a partner of the JCECC Project, HOHCS renders the project participants access to appropriate holistic care services in their last journeys through the aid of a team of professionals, including nurses, social workers, occupational therapists and pastors.

The project began on 1 August, 2024; any service users of the rehabilitation centres or residential homes under the umbrella of HOHCS (including Haven of Hope Hang Hau Care & Attention Home for Severely Disabled (CASD), Haven of Hope Ho Chung Day Activity Centre cum Hostel (HCDACH), Haven of Hope Ming Tak Day Activity Centre cum Hostel (MTDACH), Haven of Hope Sau Mau Ping Day Activity Centre cum Hostel (SMPDACH), Haven of Hope Tsui Lam Hostel (TLH)) may directly apply for the end-of-life care services from their corresponding service centres or hostels. The same service will be extended to Haven of Hope Tseung Kwan O and Sai Kung District Support Centre (DSC) later. Moreover, applications for referral services will soon be

available for people in Tseung Kwan O and East Kowloon.

Anyone with disabilities (physically or intellectually) aged 18 or above with cancer, other chronic organ failures or terminal illnesses may apply for end-of-life care services. However, priority will be given to those with a doctor's diagnosis, with a life expectancy of about 12 months. After assessment, the patient eligible for the service and his/her family will be offered a holistic care package addressing the physical, emotional, social and spiritual needs including firstly the nurse's evaluation of the general condition, the team will then adopt appropriate strategies for symptom management and prescription, formulate a supportive care plan, introduce the end-of-life care service, and provide support throughout the whole journey. In addition, the social worker will offer emotional counselling and bereavement support and arrange volunteer visits to alleviate the patient's discomfort and relieve the caregiver's stress.

Since August 2024, HOHCS has proactively conducted a series of professional trainings while advocating end-of-life service, including palliative care services, adopting measures to meet the patient's physical, emotional, social and spiritual needs to give bereavement support, etc. Hopefully, all these efforts will enhance the capacity of the end-of-life care service. Meanwhile, the office, situated at B47 and B48, 1/F, Base of Nan Fung Plaza, Tseung Kwan O, has been operating since November 2024. For more details, please feel free to call 3104 4043.

(This is an excerpt from the 7th issue of the Quarterly Newsletter of the Haven of Hope Residential Rehabilitation Services.)



職業治療的力量：Eric的啟發之旅

The Power of Occupational Therapy: Illustrated by Eric's Inspiring Story

許多人對職業治療的理解往往停留在「工作」這一層面，然而對職業治療師Eric而言，職業治療不僅是一種專業的實踐，更是他對學生生命的深刻投入。Eric現於靈實恩光學校中擔任職業治療師，致力幫助有特殊需要的學生克服各種挑戰，陪伴他們發掘自身潛能，找到生活中的意義和自信。

Many people believe that occupational therapy is simply about "work". However, Eric, an occupational therapist at Haven of Hope Sunnyside School, exemplifies the profound impact of occupational therapy on students with special needs. His dedication goes beyond professional practice, focusing on nurturing students' potential and self-confidence as they overcome challenges through daily activities.

培養基本生活技能和感官協調

Eric強調，職業治療中「職業」的本意，核心其實在於「有意義的活動」。這些活動涵蓋自我照顧、學習和娛樂，透過這些活動使學生找到快樂和成就感。在學校中，學生的主要任務是學習，而職業治療師則幫助他們在這一過程中獲得必要的技能和支持。

在日常工作中，Eric專注於教導學生基本的自我照顧技能，例如如何正確進食、穿衣和保持個人衛生等。對於智力有嚴重障礙的學生來說，這些簡單的任務成為了巨大的挑戰。Eric通過個人化的訓練計劃，幫助學生從使用特製的餐具開始，逐步提升技能到普通餐具的使用，不僅提高學生的生活技能，也幫助他們重建自信心。

除了自我照顧，Eric還重視學生的感官協調能力。他發現，許多學生在上課時會出現注意力不集中或不當行為，有機會是源於感覺統合的問題。透過針對性的感官評估及訓練，Eric幫助學生減少這些不良行為，提高他們在課堂上的參與和學習。他運用遊戲和實際操作的方式，讓學生在輕鬆的環境中提高自己的感覺協調能力，從而提升他們的學習成果。

跨專業合作與個人成功案例

Eric的工作並非孤軍奮戰，而是與老師、宿舍同工和其他專業人士密切合作，組成多方協力的支持系統。班主任會擔任案例經理，協調各方力量，確保學生的需求得到充分的重視和支援。此外，Eric更與教育心理學家、言語治療師和物理治療師等合作，全面了解學生的需要，提升他們的學習體驗，精準地設計治療計劃，為學生創造更好的成長環境。



Developing Basic Life Skills and Sensory Coordination

Eric emphasises that the essence of "occupational therapy" lies in engaging students in "meaningful activities" that encompass self-care, learning, and recreation, thus fostering joy and a sense of achievement. At school, students are expected to focus on "learning", while an occupational therapist helps to equip them with essential skills to support their learning process.

In daily practice, he concentrates on imparting basic self-care skills, such as eating, dressing, and personal hygiene, which pose significant challenges for students with severe disabilities. In his personalised training programmes, he first trains students with specially designed cutlery and gradually progresses to using ordinary utensils. In a nutshell, this approach helps them improve their life skills and rebuild self-confidence.

Moreover, Eric also addresses sensory coordination issues that may lead to classroom misbehaviour and difficulty concentrating. Through targeted assessment and playful training in a relaxing environment, he enhances students' engagement and learning outcomes.



在Eric的職業生涯中，有許多感人的故事令他印象深刻。例如，某位學生在經過長期的職業治療後，不僅能夠獨立進食，還開始有足夠的手眼協調及運用簡單工具的能力，能主動參加各類活動。這一轉變不僅改變了他的生活，也讓Eric深切體會到職業治療的深遠影響。「每一天，我都在尋求新的方法來提高我們的服務質量，讓學生們能夠在學校和社會中更好地適應和成功。」每當看到學生們的進步，Eric都倍感欣慰，這份成就感驅使他不斷前行。

Eric的故事展示了職業治療的真正價值：職業治療不僅是技術的應用，更是對每位學生生命的尊重與關懷。透過耐心的指導和支持，職業治療師幫助學生克服困難，發掘潛能。Eric和他的同事致力於通過各種治療方法幫助學生，展望未來，Eric和他的團隊將繼續努力，讓每位學生都能在生活中找到屬於自己的光芒，並勇敢面對挑戰。他們的工作不僅限於治療，更是一種對生命的承諾，讓每位學生都能感受到被重視和支持的力量。透過不懈的努力和專業的指導，Eric和他的團隊將不斷推動特殊教育的發展，為每位學生創造更美好的未來。



Cross-Professional Collaborative Support Systems and Successful Storytelling

Eric's work involves collaboration with teachers, co-workers in residential homes, and other specialists, forming a comprehensive support system. Within this system, the form teacher acts as a project manager, coordinating with various partners to ensure that students receive the necessary attention and support. Eric works closely with educators, psychologists, speech therapists, physiotherapists, and others to acquire a full understanding of the student's needs and provide tailored treatment plans. This creates a better environment for the students to grow.

Throughout his career, Eric has experienced many impactful success stories. He shares an inspirational example of a student who achieved independence in eating and improved hand-eye coordination by using simple tools after undergoing extensive occupational therapy. Ultimately, the student actively participated in different activities. This story highlights the transformative power of occupational therapy, as Eric elaborates: "Day by day, I seek innovative methods to enhance the quality of our services and improve the students' ability to adapt and thrive both in school and in society." These advancements multiply his job satisfaction and motivate him to keep striving.

His reflection on work captures the core values of occupational therapy that extend beyond the application of learned skills. More importantly, it is about showing respect and care for every student's life. Through patient guidance and caring support, occupational therapists help students overcome difficulties and explore their potential. Eric and his team are committed to enhancing service quality and creating an environment where every student can excel, achieve their potential, and shine. With the unwavering efforts and professional guidance provided by Eric and his team in special education, a brighter future is created for every student.



預防心腦血管疾病的7小錦囊

SEVEN Tips to Prevent Cerebrovascular Diseases

香港人忙碌，不少人會以快餐匆匆解決膳食問題。不少快餐店也推出香口又吸引的快餐菜式，例如漢堡包、炸雞、薯條、薯角等食品。淺嚐尚可，但長期或過量進食這類油炸食品就萬萬不可，因為它們會增加你患上心腦血管疾病的風險！

心腦血管疾病是心血管及腦血管疾病的統稱。根據世界衛生組織研究報告，心腦血管疾病(常見有心臟病和中風)對人類健康的威脅不亞於癌症，而且已成為全球人類的頭號殺手，每年約有1,790萬人因心腦血管疾病喪命。於2022年，香港則有高達6,791人死於心臟病。

如你希望在新一年繼續過一個健康生活，請看本欄所提供的7小錦囊，並裝進腦袋中：

People in Hong Kong are so busy that they often fill up their stomachs with fast food. On the other hand, many fast-food caterers try their best to offer their customers delicious and alluring food like hamburgers, fried chicken, French fries, potato wedges, etc. These fried foods should be seen as an occasional treat rather than a regular occurrence in your diet, as they will impact your risk of suffering from cerebrovascular diseases!

Cerebrovascular disease collectively refers to a group of disorders that affect the blood vessels and blood supply to the brain. According to a study by the World Health Organization (WHO), cerebrovascular diseases (principally heart disease and stroke) are becoming a global health challenge, like cancer-prone diseases. In fact, the former has turned out to be the top killer worldwide, with the annual death toll from cerebrovascular diseases amounting to 17.9 million. In 2022, as many as 6,791 people in HK died of heart disease.

If you hope to live a fit and healthy life year after year, the 7 tips below are useful to you. Let's learn them by heart:

Tip 1 錦囊 培養健康飲食習慣 Build up a Healthy Diet

每天請問一問自己是否已有「2+3」？成人每天應進食最少2份水果和3份蔬菜。一份水果約相等於一個中型水果或半杯水果塊。一份蔬菜約相等於一碗未經烹調的葉菜或半碗煮熟的蔬菜。培養多菜少肉的飲食習慣，並改變用餐順序：先吃青菜，再吃豆、魚、蛋、肉類配飯，細嚼慢嚥，放慢吃東西速度，可幫助你控制血糖的升幅。另外，亦鼓勵大家每星期至少食兩次深海魚，可保持心腦血管健康。健康飲食習慣除了多菜少肉之外，也要緊記控制每天的鹽份攝取量，避免過量進食醃製及加工食物如雪菜、香腸等。在家中烹調時盡量少以蠔油、雞粉等作調味，這兩種調味料是廚房裡的常見「鹽疑犯」。過量攝取鹽份是會加速血管硬化及令血壓升高！

Ask yourself daily: Have I got "2+3"? Generally speaking, an adult should get a daily intake of at least 2 servings of fruit and 3 servings of vegetables. One serving of fruit is equivalent to a medium-sized fruit or half a cup of fruit chunks. One serving of vegetables is about a bowl of uncooked leafy vegetables or a half-bowl of cooked vegetables.

Firstly, try to cultivate a habit of eating more vegetables and less meat. Secondly, change the eating order: start with vegetables; next, consume proteins such as lentils, fish, eggs or meat; finish with carbohydrates (like rice). Remember to chew and eat slowly. All these will help control the rapid rise in blood glucose.

Moreover, we should eat deep-sea fish at least twice a week to promote our cerebrovascular health. Apart from a healthy diet of more plants and less meat, we should remember to reduce daily salt intake. Avoid excessive consumption of pickled and processed foods such as pickled cabbage and sausages. When we cook at home, use less oyster sauce and chicken broth powder to season the food. They are two common kitchen ingredients, also known as "salt suspects". Mind this: a high-salt diet will conduce to arteriosclerosis and a rise in blood pressure!

Tip 2 錦囊 維持健康體重及腰圍 Maintain a Healthy Weight and Waist Circumference

肥胖是高血壓、糖尿病及高膽固醇的成因之一。故此，大家要懂得怎樣計算及詮釋自己的體質指數 (Body Mass Index, BMI) = 體重(公斤)/身高(米)

當 BMI $\geq$ 23.0(過重)已代表身體響起警號，便需留意體重並開始減重。

與此同時，維持正常腰圍也是十分重要，因為腹部若有大量內臟脂肪則會增加胰島素阻抗，肌肉不能有效使用胰島素分解血糖，從而導致二型糖尿病(糖尿可導致心腦血管的併發症)。總括而言，亞裔成年人的標準體重指數(BMI)應介乎18.5至22.9公斤/米²，而男性的腰圍應少於90厘米(約36吋)，女性應少於80厘米(約32吋)。

正確量度腰圍的方法是把軟尺在肚臍位置量一圈。

Obesity is one of the causes of hypertension, diabetes and high cholesterol. Firstly, we should learn how to calculate and interpret our Body Mass Index (BMI), which is equal to body weight (kg) divided by the square of body height (m²), or expressed in units of kg/m². A BMI $\geq$ 23.0 is regarded as overweight and poses an early warning sign to our health. This requires intervention and action to lose weight.

Moreover, equally important is to have a normal waist circumference, because the accumulation of abdominal visceral fat will trigger insulin resistance. As muscle tissue fails to properly use insulin to break down blood sugar, this results in Type 2 diabetes (diabetes may trigger cerebrovascular complications).

In general, the standard BMI for Asian adults should be between 18.5 and 22.9 kg/m², while the waist circumference should be less than 90 cm (about 36 inches) for men and 80 cm (about 32 inches) for women. The correct way to measure waist circumference is to take a tape measure and wrap it around the belly once.

Tip 3 多做體能運動 Do More Exercise

帶氧運動對預防心腦血管疾病尤其重要，多做運動不但可以減少脂肪積聚，也可降低「三高」指數。世界衛生組織建議，年滿18歲或以上的成人每星期進行至少150分鐘中等強度帶氧體能活動，例如：急步行、踏單車。

Physical exercise, especially aerobic exercise, is one of the most effective methods to help prevent cerebrovascular diseases. Doing more exercise not only reduces fat accumulation, but also lowers the risks of "three highs". The WHO pinpoints that adults aged 18 or above are highly recommended to do some moderate-intensity physical activity for at least 150 minutes weekly, such as brisk walking and cycling.

Tip 4 避免過量飲酒 Avoid Excessive Drinking

酒精和煙草一樣都是第一類致癌物質，亦會直接和間接影響身體多個器官和系統。所謂純酒精份量，是取決於飲用的份量和飲品中的酒精含量。「酒精單位」是量度酒精的常用單位。根據世界衛生組織的建議：女士每天不應飲超過1個酒精單位而男士則每天不應飲超過2個酒精單位。我們常見的一罐330ml啤酒有1.3個酒精單位。此外，酒精含高卡路里（每克酒精約提供7,000卡路里），增加肥胖及患上糖尿病的風險。

Both alcohol and tobacco, being classified as Group 1 carcinogens, are toxic substances with direct and indirect effects on various body organs and systems. The term "alcohol unit" is commonly used to measure the amount of pure alcohol contained in a serving of drink. The amount of pure alcohol is determined by the volume and alcohol content of the beverage consumed.

As mentioned by the WHO, women are recommended not to take in more than 1 unit of alcohol per day, and men not more than 2. For example, an ordinary can of beer (330ml by volume) may contain 1.3 alcohol units. In addition, alcohol is extremely calorific (each gram of alcohol contains 7 kilocalories), so it will accelerate the risk of obesity and diabetes.

Tip 5 戒煙 Quit Smoking

眾多研究已證實吸煙可導致多種致命疾病。長期吸煙亦會增加個人患上心腦血管病的風險，例如：冠心病、中風、動脈粥樣硬化等。為了你和你家人的健康着想，請及早戒煙。

Numerous studies substantiate the strong association of tobacco use with a variety of fatal diseases. Persistent smoking inevitably increases the risk of cerebrovascular diseases, notably coronary heart disease, stroke, atherosclerosis, etc. For your and your family's health, do quit smoking ASAP.

Tip 6 妥善處理壓力 Handle Stress Properly

工作或家庭壓力過大會引致血壓升高及心跳加速，增加患上心臟病的風險。有些人更會以暴飲暴食的方式來減壓！若能轉換減壓方式為做適量運動、在生活中作息定時，不但可緩和壓力，也可預防心腦血管疾病。

Excessive stress at work or at home can lead to increased blood pressure and a rapid heartbeat, thus raising the risk of heart disease. Some people even overeat to de-stress! If we manage stress through moderate exercise, and regulate work and rest balance in life, we will gradually relieve our pressure and also prevent cerebrovascular diseases.

Tip 7 定期做身體檢查 Have Regular Body Checks

定期進行心腦血管疾病風險因素篩查，例如檢查血壓、膽固醇和血糖水平，有助及早發現疾病，以作出適當治療和跟進。

Do regular cardiovascular disease risk screenings, including blood pressure, cholesterol and blood glucose levels. This helps to detect diseases at an early stage and allows for early intervention, appropriate treatment, and further follow-up.

願各位緊記以上的錦囊，並努力實踐，讓自己活得更健康快樂！

Hope that you will all remember the tips above and stick to them to live healthier and happier, day by day!

錢碧瑜 (藥健同心靈實社區藥房註冊藥劑師)

Priscilla Chuen

Registered Pharmacist, PHARM+ Haven of Hope Community Pharmacy

感恩回饋，多做善事，倍大人生意義

Gratitude in Action: Doing Good and Enriching the Meaning of Life

靈實的服務不斷向前，祝福到更多有需要嘅人，全賴眾多對靈實不離不棄的支持者，細水長流，默默為我們付出。其中的表表者——宏利地區領袖Ling姐，多年來不僅積極參與靈實的年度耆樂餅慈善義賣活動，更率領團隊身體力行，展現其工作機構宏利保險。

The continuous growth of services in Haven of Hope Christian Service (HOHCS), bringing blessings to more people in need, is made possible by the steadfast support of many long-term friends. Among them is a shining role model – Ms Ling, a regional leader at Manulife. For many years, Ling has not only actively taken part in our annual Qile Cake charity sale but also led her team by example, showcasing the caring spirit of Manulife.

「尊重生命・改變生命」

Ling姐在事業上非常成功，她指公司的核心價值「以人為本，以客為尊」的服務精神，與靈實「尊重生命・改變生命」的理念不謀而合，相得益彰。Ling姐分享道：「無論是保險還是慈善工作，本質皆是以人為本。我們透過耆樂餅作為感恩回饋，不僅是一份禮物，更是一份承諾。」她解釋，選擇耆樂餅而非其他物質上的禮物，是因為它能透過善舉倍大人生意義與心意，讓客戶感受到這份心意背後的深層價值。Ling姐亦鼓勵其屬下宏利團隊趁此機會向客戶介紹靈實的工作，將這份回饋社會的善意延續下去。

生命影響生命：暖心時刻

現時，Ling姐團隊主要負責醫療和風險事項的跟進工作，包括陪同客戶就診和協助處理文件。當得知靈實同樣提供陪診服務時，感到格外親切。「聽過不少靈實陪診服務的感人故事後，我更希望能延續這份感動和溫暖。有時候，最簡單和真誠的舉動反而最能幫助他人。」Ling姐愉快地分享。

另一個令她難忘感動的時刻是，以往每逢佳節，團隊都會為客戶準備小禮物。某年中秋節，他們改變慣例，將傳統月餅改為印有靈實標誌的水樽贈送給客戶，未料多年後仍見客戶珍重使用。Ling姐尤為感動，「這不只是禮物，更是我們與客戶之間連繫關係的證據，比送月餅更體貼及有意義！」Ling姐從工作中深刻體悟：「其實我們每人不需計較付出多少，只要燃點自己的善意傳送出去，相信會感動更多人願意付出，持之以恆、積少成多，就可以有更大力量，作更大的事。」

用愛心服事關懷

如何鼓勵同事一起投身志願服務？Ling姐坦言，參與雖是自發性，但她深信「生命影響生命」。「親身參與過的同事會分享他們的喜悅，這份感染力比任何說話都有效。」她期盼透過團隊實踐，讓大眾明瞭支持慈善並非遙不可及，每個人的微小付出都能帶來改變。

「我的恩典夠你用的，因為我的能力，是在人的軟弱上顯得完全」（哥林多後書12：9）

Ling姐分享了她的人生領會：「人憑能力賺取金錢不足為奇，但若憑愛心作出施予，才是真正的意義。」她望藉自身經歷，鼓舞更多人支持靈實善業，因為每一個人的支持，都能為生命帶來美好的改變。慈善從非遠大目標，而是融入生活的日常實踐。無論是認購耆樂餅，或參與志工服務，每一份支持都是改變生命的契機。

"Respecting Life • Impacting Life"

Ling has enjoyed great success in her career and believes that Manulife's core service values – "People-oriented, Customer-first" – align perfectly with HOHCS's motto, "Respecting Life • Impacting Life". She shares, "Whether it's insurance or charity, both are fundamentally people-centred. Through Qile Cake gift packs, we express our gratitude and care – it's not just a gift, but a promise." She explains that choosing charity sale gift packs instead of other gifts adds greater meaning and intention through kind acts, allowing clients to feel the deeper value behind the gesture. Ling also encourages her team to grab this opportunity to introduce clients to the work of HOHCS and to continue spreading goodwill in the community.

Life Touches Life: Heartwarming Moments

Ling's team mainly handles follow-ups on medical and risk matters, including accompanying clients to medical appointments and assisting with paperwork. She felt an immediate connection upon learning that HOHCS also offers patient escort services. "After hearing so many touching stories from Haven of Hope's escort service, I truly wanted to help continue spreading this warmth. Sometimes the simplest and most sincere gestures make the biggest difference," Ling says joyfully.

One particularly moving moment was during a past Mid-Autumn Festival. Traditionally, the team prepared small gifts for clients, usually mooncakes. But one year, they broke from tradition and gave out water bottles printed with HOHCS's logo instead. To their surprise, some clients were still using those bottles years later. Ling recalls, "It wasn't just a gift –

it became a meaningful connection between us and our clients. It was more thoughtful and impactful than a mooncake." She adds, "We don't need to worry about how much we give. As long as we spark kindness from within and send it out into the world, it will move others to do the same. With persistence and collective effort, we can accomplish greater things."

Serving with Love and Care

How does she encourage her colleagues to take part in volunteer work? Ling candidly shares that while participation is voluntary, she firmly believes in the concept of "life influences life." "Colleagues who've taken part often share their joy, and that kind of contagious positivity is more powerful than words." She hopes that through action, more people will realise that supporting charity isn't out of reach – even the smallest effort can bring about change.

**"My grace is sufficient for you, for my power is made perfect in weakness."
(2 Corinthians 12:9)**

Ling reflects on her life's journey: "It's nothing extraordinary to earn money through ability, but if we can give from the heart, that's where true meaning lies." Through her own experience, she hopes to inspire more people to support the good work of Haven of Hope. Every act of support can lead to a meaningful transformation in someone's life. Charity is not a lofty, unreachable goal – it's about integrating good deeds into our everyday lives. Whether it's purchasing charity Qile Cakes or joining as a volunteer, every bit of support is a chance to make a difference.



Sai Kung: A Place to Inspire, Reflect, and Nurture

Lauded as the backyard of Hong Kong, Sai Kung is not merely a residence for its inhabitants; it is a veritable paradise for both locals and visitors alike. This enchanting locale, where serene waters and lush parks soothe every weary soul, has captivated many. Dr Alex Ling, a qualified chiropractor from Canada and a passionate local musician, echoes this sentiment, "I love Sai Kung totally. Although I am not a resident, if I were to choose my favourite spot in Hong Kong, Sai Kung would undoubtedly be the one. I consistently associate Sai Kung with a holiday atmosphere. Its vastness, combined with breath-taking natural scenery and the most stunning coastline in Hong Kong, is simply unmatched. I cherish the water and revel in nature. Here, I can indulge in golf and explore the country park," he shared in a recent interview. Providing a moment of quietness to connect Alex with nature, art and even God the Creator, Sai Kung no wonder is a wonderland to him.



Like numerous artists, Alex loves exploring quieter places closely connected to the natural world.

Where Nature Enriches the Arts and lead Mankind to God

Born in Hong Kong, Alex was introduced to classical music at an early age through piano and cello. In 1999, he joined the SAR Philharmonic Orchestra (SARPO) as a founding member. As a true music aficionado, he cannot help but express his admiration for the tranquillity and serenity that nature provides. "Many musicians and composers draw inspiration from nature. Numerous artists spend months, or even years, in quieter places closely connected to the natural world." Like many of his peers, Alex reflects on life and appreciates the beauty that God has bestowed upon us. This is precisely why Sai Kung serves as his utopia from urban life. "I work in Central, and Sai Kung is a wonderful

escape for me. It offers a natural environment with the finest coastline in Hong Kong. I often listen to classical music while immersed in nature because they beautifully complement one another." Music remains one of the most profound channels through which we connect with nature, while nature, in turn, inspires us to create exceptional music and interpret art in transformative ways.

SASHCC Charity Concert 2025: "Echoes of Hope: A Melodic Journey of Rebirth"

Nature inspires musicians, who in turn share this message with their peers. Alex firmly believes that music transcends personal enjoyment. It is the awe-inspiring natural world that captivates artists, and it is their mission to convey nature's message to humanity. As the Chairman of SARPO, Alex recognises that music, as a form of art, can play a significant role in charitable endeavours. Haven of Hope Christian Service (HOHCS), located in TKO, Sai Kung district for over 70 years, is a long-standing partner of the orchestra, co-organising an annual charity concert to raise funds for their professional, progressive multi-services. "I am thrilled to witness how HOHCS has significantly expanded its reach within the community. It is an essential organisation for the entire Sai Kung district. Undoubtedly, it (HOHCS) is blessed to provide exactly what the community needs." He eagerly anticipates further collaboration with HOHCS, finding joy in their positive and fruitful partnership.

This year's concert, themed "Echoes of Hope: A Melodic Journey of Rebirth," aims to raise funds for the service development, extension project, and the Relief Service (RCS) Beds Programme of the Haven of Hope Sister Annie Skau Holistic Care Centre. SARPO was set to perform at the Hong Kong Cultural Centre on 20th April 2025, featuring two local solo vocalists and four local choirs. "This concert was special as it coincides with the Easter weekend. Easter is special to commemorate the resurrection of Christ. In Christians' hearts, resurrection is victory over death and fulfilment of prosperous like Haven of Hope Sister Annie Skau Holistic Care Centre who has the faith and skills to encounter death. As a Christian organisation, Haven of Hope finds this to be an opportune and meaningful occasion for the concert. We performed Fauré's (Gabriel Fauré) Requiem, which serves as a mass for the deceased and a heartfelt tribute to those who have touched our lives. For HOHCS, it symbolises the resurrection of Christ." However, this performance was not exclusively for Christians. With its impeccable timing and captivating programme, it was a delightful evening spent with loved ones, allowing us to embrace the true essence of Easter and engaged in the joy of the day.

"Music is a higher revelation than all wisdom and philosophy. Music is the electrical soil in which the spirit lives, thinks and invents."

- Ludwig van Beethoven



Sai Kung offers a natural environment with the finest coastline in Hong Kong.

《個人資料(私隱)條例》聲明 Use of Personal Data Declaration

基督教靈實協會(下稱靈實)尊重閣下所提交的個人資料, 您所提供的個人資料只限用於靈實發出捐款收據、通訊、籌募經費及收集捐款者意見之用。在未得您的事先同意前, 我們不會向其他人士或機構披露所收集的個人資料。

靈實並會確保所有個人資料都根據《個人資料(私隱)條例》所載的規定妥善保存及使用。

如閣下需要查閱或修正您的個人資料, 請在辦公時間內致電2703 3284, 電郵至privacy@hohcs.org.hk或致函至香港新界將軍澳靈實路7號一樓與靈實傳訊及籌募部聯絡。

Haven of Hope Christian Service intends to use your personal details for our communication in future, including issuing donation receipt, passing information, fundraising work and conducting donor surveys or research. We will not provide your personal data to third parties without your consent.

We are committed to protecting the privacy, confidentiality and security of the personal information we hold by complying with the requirements of Personal Data (Privacy) Ordinance with respect to the management of personal information.

If you wish to access or correct your personal data, please contact HOHCS Communications and Resource Development Department at 2703 3284, or privacy@hohcs.org.hk or 1/F, 7 Haven of Hope Road, Tseung Kwan O.

☐ 本人同意基督教靈實協會及其服務單位使用本人之個人資料傳遞服務通訊、活動宣傳、發出捐款收據及慈善籌款募捐之用。

I **AGREE** to the proposed use of my personal data.

簽署 Signature : _____

日期 Date : _____



RESPECTING LIFE • IMPACTING LIFE

捐款回條 Donation Form

基督教靈實協會創立於一九五三年, 是一所非牟利的社會服務機構, 透過關懷全人的事工, 致力與人分享福音及建立基督化社群, 在基督的愛中, 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。

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.

郵票由持
牌人支付

Postage will be
Paid by Licensee

您毋須貼上郵票; 但如果您能貼上郵票, 我們可以節省
所需的郵費。請幫忙減低我們的開支。

如在本港投寄
毋須貼上郵票

No Postage Stamp
Necessary If
Posted In Hong Kong

BUSINESS REPLY SERVICE
LICENCE NO. 1497

基督教靈實協會
Haven of Hope Christian Service

香港新界將軍澳靈實路七號
7 Haven of Hope Road, Tseung Kwan O, N.T., Hong Kong

基督教靈實協會 Haven of Hope Christian Service

香港新界將軍澳靈實路七號 7 Haven of Hope Road, Tseung Kwan O, N.T., Hong Kong ■ 網址 Website : www.hohcs.org.hk

■ 服務查詢熱線 Service Enquiry Hotline : (852) 2701 9019 傳真 Fax : 2706 0463 電郵 Email : info@hohcs.org.hk
■ 義工及捐款熱線 Volunteer & Donation Hotline : (852) 2703 3284 傳真 Fax : 2702 8173 電郵 Email : crd@hohcs.org.hk

捐款回條 Donation Form

NEW-BL-25-05

本人樂意支持基督教靈實協會的服務，願意捐助 In support of Haven of Hope Christian Service, I donate :

捐款金額 Donation Amount :

☐ HK \$200 ☐ HK \$400 ☐ HK \$600 ☐ HK \$800 ☐ HK \$1,000 ☐ 其他 Others _____

願捐助予 I would like to donate to :

- ☐ 基督教靈實協會
Haven of Hope Christian Service
- ☐ 福音事工，包括靈性關顧
Evangelistic Work, including Spiritual Care
- ☐ 其他，請註明：
Others, please specify: _____
- ☐ 靈實醫院(非政府資助服務，包括院牧事工)
Haven of Hope Hospital (Non-subservated Services, including Chaplaincy Service)
- ☐ 靈實「樂動生命全方位關顧計劃」
The Haven Project
- ☐ 靈實司徒道寧養院
Haven of Hope Sister Annie Skau Holistic Care Centre
- ☐ 非政府資助復康服務
Non-subservated Rehabilitation Services
- ☐ 靈實恩光成長中心
Haven of Hope Sunnyside Enabling Centre
- ☐ 非政府資助長者院舍
Non-subservated Elderly Home

☐ 需單次捐款收據 One-off Donation Receipt

☐ 需每年捐款收據 Yearly Donation Receipt

姓名 Name* : _____ (先生/小姐/太太 Mr/Miss/Mrs) 日期 Date : _____

香港身份證號碼(頭4位數字) HKID (first 4 digits) : _____ 電話 Tel : _____

出生日期 Date of Birth* : _____ 教育程度 Education* : _____ 職業 Occupation* : _____

捐款者編號(封底郵寄地址右下角) Donor's reference no. (the no. on the right hand bottom of the address label) : _____

地址 Address : 室/樓號 Room/Flat _____ 樓層 Floor _____ 座 Block _____ 大廈 Building _____ 街道 Street _____

地區 District : _____ 電郵 Email Address : _____

請轉後頁填寫《個人資料(私隱)條例》聲明 Please turn over for the Use of Personal Data Declaration

捐款方法 Donation Method

☐ 劃線支票 Crossed Cheque : 祈付「基督教靈實協會」 Payable to "HAVEN OF HOPE CHRISTIAN SERVICE"

☐ 直接存入戶口 Bank Deposit : 香港中國銀行 Bank of China 012-874-1-035785-2

☐ 信用卡 Credit Card : ☐  ☐  ☐ 

持卡人姓名 Cardholder Name : _____ 信用卡號碼 Credit Card Number : _____

持卡人簽署 Authorised Signature : _____ 有效期至 Card Valid Until : _____

☐ 繳費電話 Payment by Phone Service (PPS) : 透過電話 18033 或互聯網 www.ppskh.com 捐款，基督教靈實協會商戶編號「9453」。
Make payment through telephone 18033 or www.ppskh.com, merchant code "9453".

☐ 按月自動轉賬 Monthly Autopay : 會按上述個人資料寄上「信用卡 / 自動轉帳授權書」，或可於本機構的網頁 www.hohcs.org.hk 下載。
"Credit Card / Autopay Authorisation Form" will be sent to you according to the personal information above or you can download the form from our website www.hohcs.org.hk.

備註 Remarks : ■ * 為必須填寫的項目，以便用作印發捐款收據之用。 Required fields for issuing donation receipt.
* 非必要填寫 Optional

■ 請將支票、銀行存款單或直接付款授權書寄回本機構的傳訊及籌募部。
Please send cheques, deposit slips or Direct Debit Authorisation Form to our Communications and Resource Development Department.

■ 捐款港幣100元以上將獲發收據。
Receipt will be issued for donations of HK\$100 or above.

■ 以信用卡或繳費電話捐款者可傳真此表格到本機構的傳訊及籌募部(傳真號碼: 2702 8173)。此表格可自行複印。
Please send this form to our Communications and Resource Development Department by fax (fax no.: 2702 8173) if you donate by credit card or PPS. Please copy the form if necessary.

捐款人之個人資料，只為傳遞本機構的資訊及籌款之用。若捐款者不願收到本機構的資訊或需要更改個人資料，請致電2703 3284或電郵至 privacy@hohcs.org.hk 與本機構的傳訊及籌募部聯絡。
Donor's personal data will only be used by HOHCS for passing information and fundraising work. Donors who don't want to receive our information or want to change their personal data, please contact our Communications and Resource Development Department at 2703 3284 or email to privacy@hohcs.org.hk.

《個人資料(私隱)條例》聲明載於後頁。 Turn over for the Use of Personal Data Declaration.