基督教靈實協會 HAVEN OF HOPE CHRISTIAN SERVICE

尊重生命 • 改變生命
RESPECTING LIFE • IMPACTING LIFE

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寧養院園地

SASHCC Quarterly Newsletter



美麗的生命樂章

A Beautiful Symphony of Life

Issue 67 | October | 2026

靈實使命 Mission Statement

基督教 靈實協會 HAVEN OF HOPE CHRISTIAN SERVICE

尊重生命 • 改變生命
RESPECTING LIFE • IMPACTING LIFE

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.

服務格言 Service Motto

用愛擁抱晚晴™
Embrace the Last Journey with Love

用愛擁抱晚晴
Embrace the Last Journey with Love

自2006年 靈實司務道寧養院 | SASHCC since 2006

EMBRACE LIFE JOURNEY WITH LOVE
用愛擁抱生命旅程®

用愛擁抱生命旅程
Embrace Life Journey with Love

自2024年 靈實司務道寧養院 | SASHCC since 2024



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每一段生命，都有屬於自己的旋律。今期《寧養院園地》透過歌聲、陪伴與分享，細聽院友、家屬、義工及同工交織而成的生命樂章，感受其中的愛與盼望……

Every life has a melody of its own. In this issue of SASHCC Quarterly Newsletter, songs, companionship and shared stories, bring together the voices of patients, families, volunteers and staff, revealing the love and hope through their lives...

繞樑三日的不只是歌聲……

More Than a Lingering Melody...

文：黃建成醫生（副院長）
Written by Dr Paul Wong (Deputy Medical Superintendent)



9 月 23 日晚，寧養院的好友，亦是前院友家屬的 Ann 及 Peggy，主動籌辦「友愛同行—Live」慈善網上直播音樂會，匯聚多位樂善好施的同行者，以歌會友，友愛同行，音樂會為寧養院「慈惠安寧療護病床計劃」籌款，讓經濟有困難的晚期病人在人生最後一程，得到適切而有尊嚴的寧養照顧。

On the evening of 23 September, Ann and Peggy, two dear friends of SASHCC who are also family members of former hospice residents, took the initiative to organize "Voices of Hope – Live", a charity livestream concert. They brought together a group of generous supporters, connecting through music in friendship and love, to raise funds for the hospice's "Relief & Charity Service Beds Programme". The funds raised will help terminally ill patients facing financial difficulties receive appropriate and dignified hospice care in the final stage of their lives.

我有幸獲邀與 Peggy 合唱經典歌曲《愛在心內暖》。從事前籌備、綵排，到當晚直播，我一直感受到這份「愛在心內暖」的溫暖與情誼。



I had the privilege of being invited to sing the classic song "Love is Warm in Heart" as a duet with Peggy. From the preparations and rehearsals to the livestream that evening, I felt the warmth of love and friendship reflected in the song throughout.

其實早在 2018 年及 2022 年，他們已聯同另一位院友家屬 Winnie，先後舉辦了兩次慈善音樂會為寧養院籌款。事隔 4 年，Ann 及 Peggy 再度攜手主動籌辦，其中 Ann 更和同工分享：「我一直有感動為寧養院籌款，適值今年是寧養院 20 周年紀念，在此特別日子舉辦倍添意義。但知道你們都非常忙碌，不用擔心，我們會一手包辦，包括所有活動開支，籌得的善款將全數撥捐寧養院。」

Ann 及 Peggy 不但心繫寧養院，更將感動化為行動，以實際付出支持我們，令我和同工們深受感動。在此，特別感謝一眾台前幕後的傾力參與，以及善長們的鼎力支持，令是次活動能夠圓滿舉行。您們的無私付出，將讓更多晚晴院友及他們的家

In fact, back in 2018 and 2022, they had already joined hands with Winnie, another family member of a hospice resident, to organize two charity concerts for SASHCC. Four years later, the two of them once again took the initiative to organize a charity concert. Ann shared with our staff: "I have long felt moved to raise funds for SASHCC. As this year marks the hospice's 20th anniversary, organizing the concert on such a special occasion makes it even more meaningful. I know you are all very busy, but please don't worry. We will take care of everything ourselves, including all the event expenses, and all funds raised will be donated to the hospice."

Ann and Peggy not only hold SASHCC close to their hearts but have also put their heartfelt commitment into action through their generous support, deeply touching my colleagues and me. I would like to express my sincere gratitude to everyone who contributed, both on stage and behind the scenes, and to all the donors whose generous support made the event such a success. Your selfless contributions will help more residents

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是繞樑三日的歌聲，更是滿滿的祝福
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Although the concert has come to an end and everyone has gone home, what remains is more than a song that lingers: it is an abundance of blessings and boundless love.





庭得到幫助。雖然曲終人散，但留下的不只是繞樑三日的歌聲，更是滿滿的祝福和無限的愛！

回顧寧養院這 20 年來走過的歲月，全是恩典！事工從零開始，在沒有政府資助下，靠著神的恩典及同行者的支持，一步一步走過來。一路走來，寧養院逐漸得到社會大眾的認同，如今更邁向擴建的新里程。實在感謝神的使用及賜福，讓我們能服事超過 3000 位院友及他們的家庭，見證生命的改變、關係的復和，以及心靈的平安；而院友家屬的回饋，無論是代禱、捐款或是成為義工，更成為我們堅持服事的動力及鼓勵。寧養院這 20 年來所遇見美麗的人和事，生命在愛中彼此祝福及建立，深深經歷**「我們愛，因為神先愛我們」（約壹 4：19）！**

寧養院這二十年來所遇見美麗的人和事，生命在愛中彼此祝福及建立。

Throughout these 20 years, the Hospice has been blessed with countless beautiful encounters and stories. Lives have been nurtured, strengthened, and blessed through love.

懇請大家繼續為擴建計劃祈禱。感謝神的保守，擴建計劃的第一期「安寧療護大樓」的上蓋工程進展良好，整座大樓如期於 10 月底平頂。求主保守工程順利，使新大樓能如期於 2027 年底完成，2028 年第二季投入服務，並求主供應計劃所需的額外資金，讓

approaching the end of life, and their families, receive the care and support they need. Although the concert has come to an end and everyone has gone home, what remains is more than a song that lingers: it is an abundance of blessings and boundless love.

As we look back on SASHCC's journey over the past 20 years, we see that it has all been grace! From its beginnings, the ministry has grown step by step, sustained by God's grace and the support of those who have walked alongside us, without Government funding. Over the years, SASHCC has gained growing recognition from the wider community and is now embarking on a new chapter with its extension project. We thank God for using and blessing this ministry, enabling us to serve more than 3,000 residents and their families, and to witness lives being transformed, relationships restored and hearts finding peace. The way residents' families have given back, whether through prayers, donations or volunteering, has also been a source of encouragement and motivation for us to keep on serving. Over these 20 years, we have encountered so many beautiful people and moments, witnessing people bless and strengthen one another in love. We have truly experienced the words of Scripture: **"We love because He first loved us" (1 John 4:19).**

We earnestly ask for your continued prayers for our extension project. Thanks to God's protection, construction of the superstructure for Phase One, the "Hospice Care Block", is progressing well, and the building was topped out on schedule at the end of October. We pray that the Lord will watch over the works so that they continue smoothly, enabling the new building to be completed as planned by the end of 2027 and to come into

我們一起築建一個以愛守護生命的地方，繼續攜手「用愛擁抱生命旅程」！

引用同工在 20 周年「毋忘初心」的活動中的口號彼此勉勵：「深耕廿載、同行友愛；毋忘初心，數算主恩！」

感謝神豐富的恩典，一直保守帶領寧養院的工作；感謝每一位與寧養院並肩同行的同工們，義工們、善長們，一切很美，只因有祢及你！

「我每逢想起你們，就感謝我的神；每次為你們大家祈禱，我總是懷着喜樂的心祈禱，因為從頭一天到現在，你們都有分參與福音的工作。」

（腓立比書 1：3-5，新漢語譯本）

service in the second quarter of 2028. We also pray for God's provision of the additional funds needed for the project. Together, may we build a place where every life is cared for with love, as we continue to walk hand in hand to "Embrace Life's Journey with Love".

Let us encourage one another with the slogan our staff shared at our 20th Anniversary event, "Never Forget Our Original Calling":
"Twenty years of dedicated service, walking together in friendship and love; never forgetting our original calling, always counting the Lord's blessings!"

We thank God for His abundant grace and for faithfully watching over and guiding the work of SASHCC throughout the years. We are also deeply grateful to every staff member, volunteer and donor who has walked alongside us. All is beautiful because of You, Lord, and each one of you.

"I thank my God every time I remember you. In all my prayers for all of you, I always pray with joy because of your partnership in the gospel from the first day until now."

(Philippians 1:3–5, NIV)

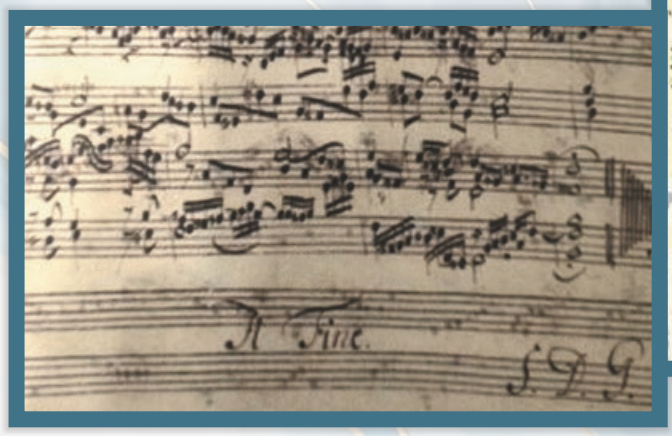
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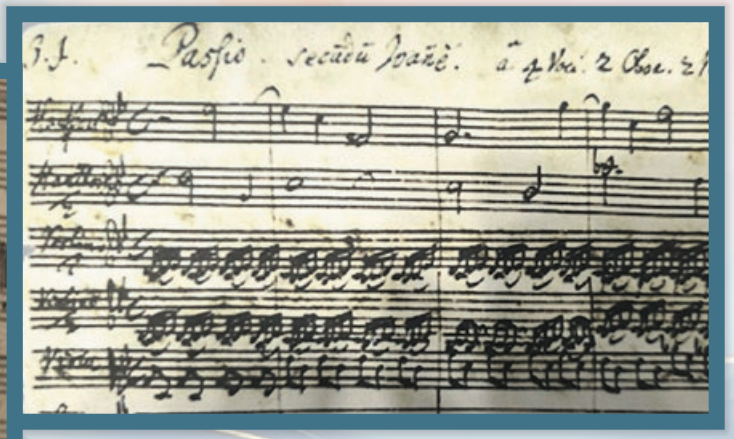
You Speak with Your Faith, Hope and Love, When Life Loses Its Flavor

文：謝素心女士（心靈社康服務及牧關部院牧）
Written by Ms . Tse So-sum (Chaplain, Psycho-social Spiritual Care Service Department)

聆聽音樂的作品，我們會否也能聽見作曲家或填詞人的生命？聆聽巴赫(Johann Sebastian Bach)的作品前，倘若我們有機會了解到一個背景，就是在他作曲前，常在空白的五線譜頁首寫下J.J.（拉丁語 Jesu Juva：耶穌，幫助我），如一份禱告在動筆作曲前先仰賴主之幫助，並在樂稿末尾寫下S.D.G.（Soli Deo Gloria：榮耀獨歸上帝），我們或會有更深的一份聆聽一聽見他的信靠、嚮往與獻呈。

When listening to a piece of music, can we also hear the life of its composer or lyricist? Before listening to the works of Johann Sebastian Bach, if we come to learn that before composing he would often write J.J. (Jesu Juva: "Jesus, help me" in Latin) at the top of a blank manuscript page, as a prayer leaning on the Lord's help before putting pen to paper, and S.D.G. (Soli Deo Gloria: "Glory to God alone") at the end of his score, we may listen more deeply, hearing his trust, longing and dedication.





巴赫在生命晚年仍持續整理及修訂作品。《如今我在您寶座面前》(Vor deinen Thron tret' ich hiermit, BWV 668)是《十八首聖詠前奏曲》的最後一首。關於他在失明後口述此曲的故事，雖然流傳甚廣，細節卻未能確定；然而，這首作品仍讓我們思想，人在生命終章如何表達信靠與盼望。

In his later years, Bach continued to compile and revise his works. "Vor deinen Thron tret' ich hiermit" ("Before Thy Throne I Now Appear", BWV 668) is the last of the Great Eighteen Chorale Preludes. Although the story that he dictated it after losing his sight is widely told, its details remain uncertain. Even so, the work invites us to reflect on how faith and hope may find expression in life's final chapter.

院友留院期間，我們有機會聆聽他們的生命。對於晚晴院友而言，這個階段，他們譜奏出他們生命的最後作品－願意接受照顧、願意接受探望陪伴、願意訴說往事、展露微笑、對同房院友懷著恩慈憐恤、對同事予以關懷、信任醫護團隊的照顧、或願意對上主信靠。

對於晚晴院友而言，這個階段，他們譜奏出他們生命的最後作品——願意接受照顧、願意接受探望陪伴、信任醫護團隊的照顧、或願意對上主信靠。

For patients in the end-of-life stage, they are composing the final movement of their lives—a willingness to accept care, a willingness to receive visits and companionship, trusting the care of the medical team, or being willing to trust in the Lord.

臨終者的一項關鍵的靈性任務，是肯定他們自身的固有尊嚴 (intrinsic human dignity)[1]。在生命的歷程中，我們或擁抱著賦予尊嚴 (attributed dignity)，我們因我們的所能及所成就而獲得價值感；只是，這份價值感或隨著生命的階段及能力的變化而有動搖。我們的固有尊嚴，卻是在創造我們的上主的愛裡，也在基督的救贖裡[2]。這是我們與院友一同學習擁抱及彼此肯定的一份尊嚴！

康哥（化名）是寧養院「慈惠安寧療護病床計劃」之院友，對探望陪伴常存接納的心，儘管他早表明自己對信

During our residents' stay at SASHCC, we have the opportunity to listen to their lives. At this final stage, our residents are composing the last work of their lives: being willing to receive care, to welcome visits and companionship, to share memories, to smile, to show kindness and compassion to those sharing their room, to show concern for our staff, to trust in the care of the medical team, or to place their trust in the Lord.

A key spiritual task for those approaching the end of life is to affirm their intrinsic human dignity [1]. Throughout life's journey, we may embrace attributed dignity, deriving our sense of worth from what we can do and what we have achieved. Yet this sense of worth may waver as we move through different stages of life and as our abilities change. Our intrinsic dignity, however, is rooted in the love of the God who created us and in the redemption of Christ [2]. This is the dignity we are learning, together with our residents, to embrace and affirm in one another.

Brother Hong (pseudonym) was a resident under the hospice's "Relief & Charity Service Beds Programme". He welcomed visits and companionship with an open heart, even though he made it clear from the outset that

1. Daniel P. Sulmasy. "More than Sparrows, Less than the Angels: The Christian Meaning of Death with Dignity," in Swindon, John and Richard Payne, eds. Living Well and Dying Faithfully: Christian Practices for End-of-Life Care (Grand Rapids: Eerdmans, 2009), p.240.
2. Daniel P. Sulmasy, p.241.

仰一向禮貌地拒絕，沒有興趣認識及相信。聆聽他的家庭、友情與工作故事，聆聽他的興趣，也聆聽他在當下的掙扎、他對上主的未能理解與認同，院牧與他彼此同在共度了許多個下午。院牧相信，康哥對真摯關心及陪伴的接納，是他在這當下樂章中對上主的開放心，讓院牧分享他百般滋味的往事，彼此分享對上主的理解與體會，也一同誠實面對當下及將會持續的失去。院牧亦體會，如盧雲神父所分享，我們的恩賜是我們表達人性的方式：友情、仁慈、忍耐、喜樂、平安、寬容、溫和、愛心、盼望、信任等等，都是我們可以互相贈送的真正禮物[3]。康哥的「信」，有著猶豫，但他誠實地讓我們聆聽；他對於徵狀管理的「望」，正是醫護團隊能回應的部分，醫護團隊每天細心對他狀況的聆聽與照料；而他的「愛」，我們每天仍在見證，他仍用心愛著他的家人，擁抱他們向他送上的每份關懷，並且他以他的恩賜愛我們。

he had always politely declined faith and had no interest in learning about it or believing in it. As the chaplain listened to his stories about family, friendships and work, his interests, his present struggles, and his difficulty in understanding and accepting God, the two of them spent many afternoons in each other's company. The chaplain believed that Brother Hong's openness to genuine care and companionship also reflects an openness to God in this present movement of his life. He had allowed the chaplain to share in his memories, with all their joys and sorrows; together they had shared their understanding and experience of God, and honestly faced the losses he went through and those still to come. The chaplain also came to understand, as Father Henri Nouwen shared, that our gifts are the ways in which we express our humanity: friendship, kindness, patience, joy, peace, forbearance, gentleness, love, hope, trust and more are all true gifts we can give to one another [3]. His "faith" comes with hesitation, but he honestly lets us listen. His "hope" for symptom management is something the medical team can respond to, as they listen attentively to his needs and care for him each day. And his "love" we still witness every day: he continues to love his family wholeheartedly, embracing every expression of care they offer him, and he loves us through his gifts.

3. 盧雲：《活出有愛的生命》(香港，基道，2005)，頁 57。
Henri J.M. Nouwen, Life of the Beloved: Spiritual Living in a Secular World (Hong Kong: Logos Publishers, 2005), p. 57.

院友在最後的樂章靜待曲終
那和弦時，我們得見證他們奏出與摯愛
親人珍惜、關愛、解開心結、囑咐與道別的樂段。
As patients quietly await the final chord in their life's last movement, we witness them playing passages of cherishing, caring, resolving misunderstandings, passing on final wishes, and saying farewell to their loved ones.

巴赫自九歲起經歷十七段失去，包括他的父母、叔父、太太、其中兩位哥哥，以及他其中十一位兒女。從他的作品，我們除了聽見他愛的哀痛，也聽見他的信與盼望。院友在最後的樂章靜待曲終那和弦時，我們得見證他們奏出與摯愛親人珍惜、關愛、解開心結、囑咐與道別的樂段。願在此樂章中我們同仰望上主的幫助，並為著生命與家庭中的愛如何榮耀上主而感恩！

From the age of nine, Bach experienced seventeen losses, including his parents, an uncle, his wife, two of his older brothers and eleven of his children. Through his works, we hear not only his grief for those he loved, but also his faith and hope. As our residents quietly await the final chord in the last movement of their lives, we have the privilege of witnessing them play passages of cherishing and caring for their loved ones, making peace, sharing their final wishes and saying farewell. May we, in this movement, look together to the Lord for help, and give thanks for how the love within our lives and families brings glory to God.



淺談預設醫療指示

An Overview of Advance Medical Directive

文：靈實司務道寧養院醫生團隊
Written by Medical Team, SASHCC



近年香港人口急速老化，晚期照顧至關重要。《維持生命治療的預作決定條例》已於 2026 年 7 月 31 日正式生效，為預設醫療指示 (AMD) 及不作心肺復甦術指令 (DNACPR) 提供明確的法律框架。這將確保病人能獲得適切的臨終照顧，在生命最後階段免受無效維持生命的治療，讓他們能有尊嚴地走完人生旅程。

預設醫療指示

預設醫療指示 (AMD) 是確保個人意願得到尊重的關鍵工具。倘若您在精神上無能力自行就維持生命治療作出決定，這份文件能確保您的選擇受到重視。讓我們一起了解制定預設醫療指示的各項益處。

預設醫療指示 (AMD) 是確保個人意願得到尊重的關鍵工具。
An Advance Medical Directive (AMD) serves as a vital tool for ensuring that your medical preferences are respected

With the rapid increase in Hong Kong's aging population in recent years, end-of-life care is of vital importance. The Advance Decisions on Life-Sustaining Treatment Ordinance has officially come into effect on July 3, 2026, providing a clear legal framework for Advance Medical Directives (AMD) and Do-Not-Attempt Cardiopulmonary Resuscitation (DNACPR) orders. This ensures that patients receive appropriate end-of-life care, protecting them from futile and burdensome medical interventions in the final stages of life, and empowering them to complete their life journey with peace and dignity.

Advance Medical Directive

An Advance Medical Directive (AMD) serves as a vital tool for ensuring that your medical preferences are respected if you become mentally incapable of making decisions about life-sustaining treatments (LSTs). Let's discuss the benefits of making an AMD.

對個人的益處

1. **維護自主權**

   預設醫療指示讓您能直接參與未來的醫療決策，在面對健康危機時掌握主導權；這對於患有認知障礙症等慢性衰退性疾病的患者尤為重要。

2. **確保個人化護理，避免不必要的治療**

   您有權預先拒絕任何不符合個人意願或具入侵性的維持生命治療；例如：當晚期病況已無法逆轉時，選擇不使用呼吸機或進行心肺復甦。

3. **維護尊嚴**

   透過預先記錄維持生命治療的意向，確保個人臨終照顧的意願得到滿足，維持個人尊嚴走完人生旅程。

Benefits for the Individual

1. **Maintains Autonomy and Control:**

   It allows you to participate directly in decision-making about your future, providing a sense of control over an uncertain health crisis. This is particularly empowering for individuals with progressive conditions like dementia.

2. **Ensures Personalized Care & Avoidance of Unwanted Treatments:**

   You can explicitly refuse aggressive LSTs that you find undesirable, such as being placed on a ventilator or receiving cardiopulmonary resuscitation (CPR) when the chances of recovery are slim.

3. **Protection of Dignity:**

   By documenting your values, you can ensure your end-of-life care aligns with your wishes, allowing you to maintain your dignity.

對家人和親人的益處

減輕家屬情緒壓力

家人在面對摯親瀕危的情況下，要代為作出醫療決定，是極其沉重和痛苦的。預設醫療指示就如同一份體貼的「禮物」，讓摯愛無須經歷揣測您個人意願的壓力。

達至生死兩相安

清晰的預設醫療指示，能確保病人按個人意願平安告別，有助減輕親屬在哀傷期所產生的重擔、歉疚及抑鬱的情緒。

減少家庭衝突

清晰的預設醫療指示記錄能為家人提供明確指引，避免日後家人因持不同的醫療抉擇而產生矛盾或法律爭議，以守護家庭和睦。

換來心靈平安

當家人清楚您的意願並有所依循，便能免卻作繁瑣醫療決定的壓力，能專注於彼此的情感支持與陪伴，好好道別。

Benefits for the Family and Loved Ones

Relieves Emotional Burden:

Making decisions on LSTs for a loved one during a crisis is deeply distressing. An AMD acts as a "gift" that removes the pressure of guessing what you would have wanted.

Reduces Guilt and Depression:

Loved ones of those with a clear plan often feel less burden, guilt, and depression during the grieving process.

Minimizes Family Conflict:

Clear written instructions reduce the likelihood of disagreements or legal battles among family members who may have different ideas about your care.

Provides Peace of Mind:

Knowing they are accurately following your wishes allows family members to focus on emotional support and saying goodbye rather than navigating complex medical dilemmas.

必要的準備步驟

制定「預設醫療指示」是一個深刻的溝通旅程，絕對不只是在紙上簽名那麼簡單。前期的充分準備，能確保您的醫療意願得到充分尊重與準確執行。

制定「預設醫療指示」是一個深刻的溝通旅程，絕對不只是在紙上簽名那麼簡單。
Preparing an AMD is a comprehensive communication process rather than a one-time act of signing a document.

以下是四個重要的準備步驟：

1. **反思個人價值觀與生活質素**

   首先，請思考：在生命的最後階段，對您而言什麼是最重要？您如何定義「活得有質素、有意義及有尊嚴」？您希望在什麼地方（如家中、寧養院或醫院）安詳離世？

A Comprehensive Communication Process

Preparing an AMD is a comprehensive communication process rather than a one-time act of signing a document. Careful preparation helps ensure your medical treatment preferences are understood and followed, while awareness of common pitfalls can prevent your wishes from being ignored during a medical crisis.

Essential Preparation Steps

1. **Reflect on Personal Values and Quality of Life:**

   Start by thinking about what matters most to you at the end of life, such as your definition of "living with quality", "living a meaningful life", "living with dignity" or where you would prefer to receive care (at home, in a hospice or in the hospital). Consider how your wishes might change depending on whether a condition is readily reversible or if the prognosis is unclear.

2. **儘早與家人坦誠溝通**

趁著自己身體健康、神智清醒時主動與家人及醫護人員坦誠分享。在面對病情急轉直下的情況下，人往往容易被情緒左右，難以做出深思熟慮的決定。提早溝通，能讓家人理解您的價值觀，並在關鍵時刻堅定地為您發聲。

3. **挑選值得信賴的責任人**

請指定至少一位了解您的價值觀及意願的人士作為責任人，在您未能表達時能夠作為您與醫生之間的溝通橋樑，並負責保管「預設醫療指示」等相關法律文件。

2. **Discuss Your Wishes Early:**

Engage in open conversations with your family, loved ones, and healthcare professionals while you are still healthy, as decisions made during a medical crisis are often driven by high emotion rather than thorough consideration. Having these conversations early ensures that the people you are fully familiar with your values and ready to act on your behalf.

3. **Choose a Trusted Responsible Person:**

Please designate at least one person who understands your values and wishes as the responsible person, so that they can act as a communication bridge between you and your doctor when you are unable to express your wishes. They should also be responsible for safekeeping relevant legal documents such as your AMD and DNCPR Order.



4. 釐清相關醫學術語

預設醫療指示中經常會使用「末期疾病」、「持續性植物人狀態」或「不可逆轉昏迷」等臨床醫學術語，並涉及各式各樣的維持生命治療（例如心肺復甦術、人工輔助呼吸、鼻胃管餵飼等）。建議您在制定指示前詳細諮詢醫生，釐清這些術語的實際含意，確保您的指示完全符合您的真正意願。

4. Understand Medical Terminology:

The AMD legally uses terms like "terminally ill", "permanent vegetative state", and specific LSTs (e.g., cardiopulmonary resuscitation, mechanical ventilation, nasogastric tube feeding). Clarify these terms with your doctor to ensure your instructions align with clinical realities.

擴建計劃進度 | Progress of SASHCC Extension Project

感謝神保守，第一期擴建計劃「安寧療護大樓」施工順利，進展良好，大樓主結構已如期 10 月底平頂。各項內部工程亦正同步全速推進，包括機電安裝、牆身間隔、防水及油漆工程，以及窗框安裝等。此外，建築團隊亦正積極進行物料審批及協調各項設計細節。求主賜下智慧，保守各團隊之間溝通順暢、協作順利。

We thank God for watching over the smooth progress of Phase I of the Extension Project, the "Hospice Care Block". The building was topped out on schedule by the end of October. Meanwhile, internal works are progressing at full speed, including mechanical and electrical installations, partition walls, waterproofing, painting and window frame installation. The construction team is also actively working on material approvals and coordinating various design details. We pray that the Lord will grant wisdom to all involved and guide all teams towards smooth communication and effective collaboration.





建築團隊亦正積極進行物料審批
The construction team is actively working on material approvals.



屋宇署派員到訪地盤，滿意施工質素及環境衞生
Officers from the Buildings Department visited the site and expressed satisfaction with the quality of workmanship and site hygiene.

在過往的視察中，屋宇署曾讚許地盤的施工質素與環境衞生。在承建商支持下，屋宇署派員到訪地盤，以測試一部用於未來質素監管的鋼筋掃描儀。

During previous inspections, the Buildings Department commended the site for its high standards of workmanship and hygiene. With the support of the contractor, officers from the Buildings Department visited the site to test a rebar scanner for potential use in future quality monitoring and inspection.

請禱告記念擴建計劃之進行，並求主供應計劃所需的額外資金，以支持第一期「安寧療護大樓」的興建。另外，估算遷入新大樓前要增添的醫療器材和額外人手的籌備工作 (commissioning) 需要約五千萬，求主恩待。若你有意捐助，歡迎致電 2703 3008 與高級行政經理郭小姐或 2706 8532 與助理營運經理葉小姐聯絡。

Please continue to pray for the progress of the Extension Project and for the Lord's provision of the additional funding needed for the construction of Phase I, the "Hospice Care Block". In addition, an estimated HK$50 million will be needed for commissioning preparations before moving into the new building, including the purchase of additional medical equipment and the recruitment of extra staff. We pray for the Lord's gracious provision.

If you would like to support the Extension Project through a donation, please contact Ms Vivian Kwok, Senior Executive Manager, on 2703 3008, or Ms Mavis Yip, Assistant Operations Manager, on 2706 8532.

歡樂時光 | Happy Moments

中秋節慶祝活動 Mid-Autumn Festival Celebration

心靈社康服務及牧關部於中秋佳節為院友及家屬舉辦不同活動，包括院友中秋節團契、嫦娥造形照，以及送上應節食品，讓院友及家屬感受節日氣氛，愛中團圓。

The Psycho-social Spiritual Care Department organized a range of Mid-Autumn Festival activities for residents and their families, including a festive fellowship gathering, Chang'e dress-up photo sessions and festive treats. Residents and their families enjoyed the festive atmosphere and a reunion filled with love.







此外，亦有為同工而設的「中秋那些年」慶祝會，設有美食專區、兒時玩意，有獎燈謎遊戲，讓大家盡興而返，在忙碌的工作中重新得力。

A "Mid-Autumn Festival Memories" celebration was also held for staff, featuring a food corner, childhood games and a lantern riddle competition with prizes. Everyone had a wonderful time and found renewed strength amid their busy work.







爪教授 Pawfessor

今年中秋，多了 6 位「教授」到訪寧養院，和院友一起互動，一同做手工，製作中秋節相架，拍照留念，共度美好時光。

This Mid-Autumn Festival, six "Pawfessors" visited the Hospice to spend time with residents. Together, they made Mid-Autumn photo frames, took photos to capture special memories and shared a wonderful time together.











解開未竟之結：以自我慈悲，溫柔擁抱遺憾

Untying Unfinished Knots: Gently Embracing Regrets Through Self-Compassion

文：黃綺婷女士 (心靈社康服務及牧關部社工)
Written by Ms. Judy Wong (Social Worker, Psycho-social Spiritual Care Service Department)

身為家訪社工，在陪伴晚期病人及喪親家庭時，我常聽到一些以「如果」開始的說話。

「如果那天我能多陪他一會……」
「答應帶她去的地方，最後還是來不及，如果……」

照顧與離別留下的遺憾，有時像掉進鞋裡的一粒細沙。旁人看你仍然如常生活，只有自己知道，每走一步，心裡仍隱隱作痛。這粒細沙，也許就是我們心中的「未竟之結」。

In my work as a home-visiting social worker supporting patients with advanced illness and bereaved families, I often hear words that begin with "If only..."

"If only I had spent a little more time with him that day..."
"I promised to take her there, but in the end, we ran out of time. If only..."

The regrets left behind by caregiving and saying goodbye can sometimes feel like a tiny grain of sand in your shoe. To others, you may appear to be carrying on with life as usual; only you know that with every step, there is still a dull ache in your heart. Perhaps this grain of sand is the "unfinished business" in our hearts.



未竟之事，留在心裡的結

記得我與安寧義工探訪剛失去母親的張小姐（化名）。客廳一角放著母親的骨灰和照片。母親入住寧養院後，一直希望可以「回家渡假」，可惜病情突然惡化，最終未能成行。

母親離世後，張小姐把骨灰接回家。她輕輕說：「我想帶她回家，完成她未了的心願。」語氣雖然平靜，卻仍感受到那份「如果能早一步就好了」的遺憾。

另一位陳先生（化名），在太太離世後整理遺物時，無意看到她筆記角落寫著三個字：「對不起」。

他才明白，原來太太一直把患病後為家人帶來的辛勞記在心中。陳先生說，如果沒有看到這句話，他可能仍然不斷責怪自己，認為自己照顧得不夠好。

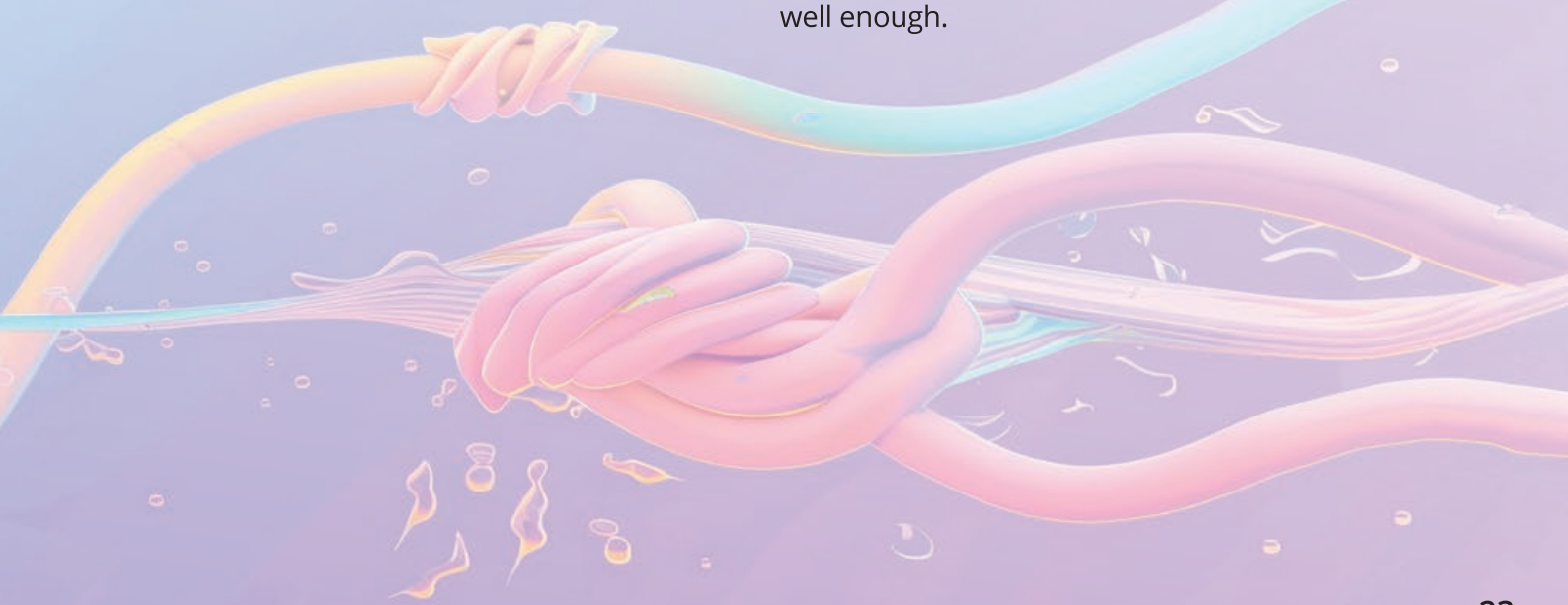
Unfinished Business: Knots Left in the Heart

I remember visiting Ms. Cheung (pseudonym) with a hospice volunteer, shortly after she had lost her mother. In one corner of the living room were her mother's ashes and photograph. After being admitted to the hospice, her mother had always hoped that she could "go home for a holiday". Sadly, her condition suddenly deteriorated and she was ultimately unable to make the trip.

After her mother's passing, Ms. Cheung brought her ashes home. She said softly, "I wanted to bring her home and fulfil her unfinished wish." Although her tone was calm, we could still sense the regret behind her words: "If only we had brought her home a little sooner."

Then there was Mr. Chan (pseudonym). While sorting through his wife's belongings after she died, he came across three words written in the corner of her notebook: "I am sorry."

Only then did he realize that his wife had always held in her heart how hard her illness had been on the family. Mr. Chan said that if he had not seen those words, he might still be blaming himself, believing that he had not cared for her well enough.



真正令人難受的，往往不只是事情沒有完成，而是我們把遺憾變成對自己的責備。

What truly causes pain is often not just that things were left undone, but that we turn our regrets into self-blame.

在哀傷關懷中，這些未完成的心願、沒有說出口的愛、歉意與委屈，可以理解為「未竟之事」。真正令人難受的，往往不只是事情沒有完成，而是我們把遺憾變成對自己的責備。

In bereavement care, these unfulfilled wishes, unspoken love, apologies and hurts can be understood as "unfinished business". What truly causes us pain is often not simply that something was left undone, but that we turn our regret into self-blame.

以自我慈悲，鬆開心裡的結

心理學家 Kristin Neff 提出的「自我慈悲」，提醒我們在痛苦中，也可以像對待一位摯友般理解自己。我們可以從以下三個方面，學習溫柔地對待自己。

第一是**「體恤自己」**。照顧者很容易記得自己沒有做到的事情，卻忘記了無數次陪診、餵食、扶抱和守候。也許我們可以告訴自己：「當時的我，已經在有限的能力和處境中盡力去愛。」

第二是**「共同人性」**。人生本來就不可能事事圓滿。張小姐後來參與寧養院的善別聚會，聽見其他家屬分享相似的遺憾，才發現原來自己並不孤單。當遺憾被理解，它便不再只是責備，也可以慢慢成為和解。

Self-Compassion: Loosening the Knots in Our Hearts

Psychologist Kristin Neff's concept of "self-compassion" reminds us that, even in times of suffering, we can show ourselves the same understanding we would offer a dear friend. There are three elements to this approach.

The first is **"Self-Kindness"**. Caregivers can easily remember the things they did not manage to do, while forgetting the countless times they accompanied their loved ones to medical appointments, fed them, helped them up and stayed by their side. Perhaps we can tell ourselves: "Back then, within my limits and circumstances, I did my best to love."

The second is **"Common Humanity"**. Life simply cannot be perfect in every way. Ms. Cheung later attended a bereavement gathering at the hospice. As she listened to other family members share similar regrets, she realized that she was not alone. When our regrets are understood, they are no longer just a source of blame, but can gradually lead us towards reconciliation.

第三是「覺察當下」。我們不需要勉強自己忘記悲傷，而是承認：「我真的很掛念他，我仍然覺得遺憾。」同時提醒自己：「當時的我並不知道今天的結果，我已經作出了當下能夠作出的最佳選擇。」

從「五道」再多走一步

安寧照顧中，我們常鼓勵「五道」——道謝、道愛、道歉、道諒、道別。
然而，真實的關係除了愛，也可能有委屈、疲累、失望和憤怒。台灣生死教育工作者小冬瓜曾分享，許多人離別後的遺憾，源於生前未有勇氣說出真正的感受。

因此，我們也可以多走一步，嘗試「道怒」。

The third is "Mindfulness". We do not need to force ourselves to forget our grief. Instead, we can admit to ourselves: "I really miss them, and I still have regrets." At the same time, we can remind ourselves: "Back then, I did not know what the outcome would be. I made the best choice I could with what I knew then."

Taking One Step Beyond the "Five Expressions"

In end-of-life care, we often encourage the "Five Expressions": expressing gratitude, love, apology, forgiveness and farewell.

Yet real relationships involve not only love, but also hurt, exhaustion, disappointment and anger. Taiwanese life and death educator “Little Winter Melon” once shared that many regrets after saying goodbye arise from not having had the courage to express one’s true feelings while there was still time.

Therefore, we can go one step further and try another expression: "expressing anger".



「道怒」並不是責罵，而是容許彼此坦誠說出關係中的刺。照顧者可以說：「我真的很累，也曾經委屈和生氣，但我仍然愛你。」

當怒氣和傷痛能被聽見、被理解，愛反而更有空間流動。因為真正的和解，不是關係裡從來沒有傷口，而是我們願意看見它，再慢慢面對。

"Expressing anger" is not about scolding, but about allowing each other to speak honestly about the thorns in the relationship. A caregiver might say: "I'm really tired. There were times I felt hurt and angry, but I still love you."

When anger and pain can be heard and understood, love actually has more room to flow. True reconciliation does not mean that there have never been wounds in a relationship, but that we are willing to see them and slowly face them.

當怒氣和傷痛能被聽見、被理解，愛反而更有空間流動。因為真正的和解，不是關係裡從來沒有傷口，而是我們願意看見它，再慢慢面對。

When anger and pain can be heard and understood, love gains even more space to flow. True reconciliation is not about a relationship having no wounds, but about our willingness to acknowledge them and face them gently, step by step.

致每一位正在陪伴的人

照顧和告別的路從來不容易。如果你心裡也有一件「如果當時」的事情，不妨問自己：

「如果今天經歷這一切的是我最珍惜的朋友，我會怎樣安慰他？」

然後，把那句話也送給自己。

To Everyone Walking Alongside a Loved One

The journey of caregiving and saying goodbye is never easy. If you, too, carry an "if only..." in your heart, try asking yourself:

"If my dearest friend were going through all of this today, how would I comfort them?"

Then, offer those same words to yourself.



生命也許沒有毫無遺憾的告別，但我們可以學習不讓遺憾成為枷鎖。

曾經在乎，所以才會遺憾。
曾經深愛，所以才會捨不得。

願我們以多一點理解和慈悲，慢慢鬆開心中的結，讓鞋裡那粒細沙有一天不再那麼刺痛，而成為愛曾經走過的痕跡。

生命也許沒有毫無遺憾的告別，但我們可以學習不讓遺憾成為枷鎖。
曾經在乎，所以才會遺憾。
曾經深愛，所以才會捨不得。

Life may not offer a farewell completely devoid of regret, but we can learn not to let regret become a chain.
It is because we cared deeply that we feel regret.
It is because we loved profoundly that it is so hard to let go.

There may be no farewell in life without regret, but we can learn not to let regret turn into chains.

Because we cared, we feel regret.
Because we loved deeply, we find it hard to let go.

May we, with a little more understanding and compassion, gradually loosen the knots in our hearts, so that one day the grain of sand in our shoe will no longer sting so much, and will instead become a trace of where love once walked.

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暑假爸媽「童」來做義工

Summer Holiday: Parents and Children Volunteering Together

今年暑假，寧養院裡多了一陣稚嫩的歌聲，還有幾對蹦蹦跳跳的小腳步，因為我們首次舉辦了「暑假爸媽『童』來做義工」親子探訪服務。8 位小朋友在家長的陪同下走進病房，透過唱歌、陪伴院友和動手做小食送給院友，把純真、笑容與活力帶給院友們。

以下是其中的義工分享：

This summer holiday, the hospice came alive with young voices singing and the patter of little feet, as we held our first "Parents and Children Volunteering Together" family visitation programme. Accompanied by their parents, eight children visited the wards, bringing innocence, smiles and energy to our residents as they sang, kept them company and made snacks for them with their own hands.

Here are reflections from some of the volunteers:

今個暑假我帶同兩個女兒到寧養院做義工，是希望她們學習將快樂帶給有需要的人，感謝寧養院的安排。我媽媽以前也曾在寧養院做義工，所以我對院舍也有一點認識。

This summer, I brought my two daughters to volunteer at SASHCC, hoping they would learn to bring joy to those in need. I am grateful to the hospice for arranging this opportunity. My mother also volunteered at SASHCC in the past, so I was already somewhat familiar with the hospice.

我的女兒在一個物質豐富的環境長大，好多時只想自己，亦很少接觸跟自己不同背景的人。透過這個機會讓她們廣闊視野，學習做義工幫助別人，期望她們日後能夠貢獻社會。

My daughters are growing up in a materially comfortable environment. They often think mainly of themselves and rarely interact with people from different backgrounds. This opportunity has broadened their horizons and helped them learn to serve others through volunteering. I hope they will go on to contribute to society in the future.



過去幾次的義工服務，讓我的女兒能夠接觸院友，唱歌給他們聽。見到小朋友帶給院友歡樂，我自己內心都十分喜樂，令我深深體會到「施比受更為有福」。每次完成義工服務，她們都提出很多問題，甚至生死的問題。我亦把握機會讓她們明白人生短暫，唯有天國才是我們永遠的居所。我很開心她們慢慢學會關心別人，甚至為院友禱告。

~ 媽媽黃宛平 (Sharon)

Over the past few volunteer sessions, my daughters had the opportunity to spend time with residents and sing for them. Seeing the children bring joy to the residents filled my heart with gladness and helped me truly understand that "it is more blessed to give than to receive." After each session, my daughters asked many questions, even about life and death. I took these opportunities to help them understand that life is short and that only the Kingdom of Heaven is our eternal home. I am very happy to see them gradually learning to care for others and even praying for the residents.

~ Wong Yuen Ping (Sharon), Mother



一直以來，我都希望能為女兒安排一個充實有意義的暑假。今年看到寧養院舉辦爸媽「童」來做義工活動，我毫不猶豫就報名了。一方面想讓女兒親身體驗我平日的工作環境，另一方面也希望她能學會關懷他人、傳遞愛心。

起初，女兒其實對「義工」兩字一頭霧水。但來了幾次後，透過一起唱歌、

I have always wanted to plan a fulfilling and meaningful summer holiday for my daughter. When I saw that the hospice was organising the "Parents and Children Volunteering Together" programme this year, I signed up without hesitation. I wanted my daughter to see where I work every day, and I also hoped she would learn to care for others and share love.

At first, my daughter had little idea what it meant to be a volunteer. But after a few visits, singing together and making snacks with our

動手做小食送給院友，她漸漸明白到做義工，就是把快樂和溫暖傳遞給他人。當她笑著對我說：「看到公公婆婆笑，我自己也覺得好開心！」那一刻，我心裡滿是感動。

感恩能和女兒一起體驗這趟意義非凡的義工之旅，這份難得的記憶，將永遠烙印在我們心中。

~ 媽媽暨寧養院同工黃翠怡

own hands for the residents, she gradually came to understand that volunteering means bringing joy and warmth to others. When she smiled and said to me, "Seeing the grandpas and grandmas smile makes me so happy too!" I was deeply touched at that moment.

I am grateful to have shared this truly meaningful volunteering journey with my daughter. This precious memory will remain forever etched in our hearts.

~ Wong Chui Yi, Mother and Hospice Staff Member

今年暑假，寧養院舉辦爸媽「童」來做義工的活動，作為媽媽的我當然希望希望兒女能在合適的場境下，學習關懷體弱病者和長者，加上自己在寧養院工作，所以問了兒女意願後，便為他們報名來做義工，學習一下如何關心他人。



大兒子較內斂，未必會自如地用言語表達，但是在練習唱歌和製作小食等每一個準備環節，他都用心地去記著

This summer, the hospice organised the "Parents and Children Volunteering Together" programme. As a mother, I naturally wanted my children to have an opportunity to learn how to care for people who are frail, unwell or elderly. Since I also work at the hospice, I asked my children if they would like to take part and then signed them up, so they could learn a little about caring for others.

My older son is rather reserved and may not always find it easy to express himself in words. However, throughout the preparations, from practising songs to making snacks, he paid careful attention to every detail and did his very best to give what he could. My daughter, who is just over three years old, also put her whole heart into everything she

細節，「盡力」將最好的奉上。女兒3歲多，觀察到她在能力範圍內「盡心」，歌唱時她會大聲唱歌；院友問她的名字時她會自我介紹；送上小食給院友後會講：「希望你鍾意食呀！」看到這些畫面，媽媽內心很感動。

今個暑假爸媽「童」來做義工活動，有八位小朋友及家長參與其中，一同送上溫暖與歡笑給院友們，很是難得。小孩子的童真可愛令很多院友面露歡喜的笑容，大家都想拖拖小孩子的手，搭搭他們的膊頭，聽聽他們說話。可能只是一兩次的碰面和傾談，但是見到院友們開心大笑、囑咐和問候小朋友，彷彿在那一刻，院友都暫時忘卻了病患帶來的不適。就是在那個空間，溫暖的愛就在彼此當中。

感恩在這個炎夏，主讓我們八對親子在寧養院有不一樣的體驗和服侍，很有意義！

~ 媽媽暨寧養院同工鄧潔瑩

was able to do. She sang out loud, introduced herself when residents asked her name, and, when handing out snacks, would say, "I hope you enjoy them!" Seeing these moments was deeply touching for me as a mother.

This summer's programme brought together eight children and their parents to share warmth and laughter with the residents. It was truly precious. The children's innocence and charm brought smiles to many residents' faces. Many of them wanted to hold the children's hands, gently pat their shoulders and listen to them talk. Although they may have met and chatted only once or twice, seeing the residents laugh, offer words of advice and show concern for the children made it seem as though, for those moments, they had forgotten the discomfort caused by their illnesses. In that shared space, there was warmth and love between them all.

I am grateful to the Lord for giving our eight parent-child pairs such a special and meaningful opportunity to serve at the hospice in the heat of this summer!

~ Tang Kit Ying, Mother and Hospice Staff Member

生死教育講座 Life & Death Education Talk

1. 主日學「走在生 ..... 死之間」(1)-(4) @ 宣道會宣基堂
   Sunday School lesson "Walking Between Life and Death" 1-4
   @ C & MA Sun Kei Alliance Church



2. 人生「美 / 尾」景導賞團 (2)：四道人生
   @ 中華基督教會公理堂
   "Life's 'Beautiful/Final' Scenic Tour." (2): "Four themes of life"
   @China Congregation Church

3. i) 如何面對父母老去 Coping with aging parents
   ii) 用愛擁抱照顧旅程 Embracing the Care Journey with Love
   @ 牛頭角浸信會 Ngau Tau Kok Baptist Church

4. 「自主晚晴路」"My Care, My Choice"
   @ 宣教會恩耀堂 (屯門) Hong Kong Evangelical Yan Yiu Church

參觀 / 協作會議 Visit / Collaboration meeting





1. 宏恩基督教學院及完美句號基金參觀
   Visit by Gractia Christian College & Gloryreturn Foundation

2. 消防團契參觀
   Visit by Hong Kong Fire Services Christian Fellowship

3. 靈實 & 清水灣鄉村俱樂部合作備忘簽署儀式暨健康日 2026
   Haven of Hope Christian Service & The Clearwater Bay Golf & Country Club MOU Signing Ceremony & Health Day 2026





牧關崇拜 Pastoral Care Service

1. 迦密山堂 Church of Mount Carmel
2. 深恩浸信會 Abundant Grace Baptist Church
3. 播道會康泉堂 EFCC Kornhill Community Church



4. 循理會恩田堂 Yan Tin Free Methodist Church
5. 播道會港福堂 EFCC Evangel Kong Fok Church
6. 宣道會康怡堂
   Kornhill Alliance Church



7. 宣道會會幕堂（元朗）
   C & MA Alliance Tabernacle Church
8. 宣道會長亨堂
   C & MA Alliance Cheung Hang Church
9. 循理會葵涌堂
   Kwai Chung Free Methodist Church

晚晴關懷訓練 End-of-Life Care Training

1. 晚晴關懷訓練 (3)：晚晴病者的關懷及溝通技巧
   End-of-Life Care Training (3) : End-of-Life Care and Communication Skills
   @ 基督大使教會（神召會） Ambassador Assembly

2. 晚晴病患與照顧者的信仰靈性關顧
   Spiritual and Pastoral Care for Palliative Patients and Caregivers
   @ 宣道會北角堂 North Point Alliance Church

3. 「以愛為居 在家安寧」
   @ 醫管局「智友集」系列
   Home with Love, Palliative Care at Home
   @ Hospital Authority "Smart Patient Series"





20 周年感恩活動

為 11 月 7 日舉行的「慈憐關愛社區研討會」的事前籌備，當天活動的進行，以及講員及論壇嘉賓的分享，求主保守及幫助；另求主賜福 11 月 28 日上午舉行的「20 周年感恩崇拜」的籌備工作，保守各負責事奉人員及分享嘉賓的預備，求主使用，讓眾同工及來賓一同見證主在寧養院的一切奇妙作為，得著激勵。

20th Anniversary Thanksgiving Celebration

We pray for the preparations for the "Compassionate Community Conference" on 7 November, for the smooth running of the event, and for the speakers and forum panellists as they share. May the Lord watch over and help us in every part of the conference. We also ask God to bless the preparations for the “20th Anniversary Thanksgiving Service” on the morning of 28 November, and to watch over all who are serving and the guest speakers as they prepare. May the Lord use this occasion to encourage staff and guests as they witness all His wonderful works at SASHCC.



院友生命紀念禮讚

「院友生命紀念禮讚」將於 11 月 28 日下午舉行，求主帶領事前的安排、與家屬的聯絡，並使用聚會安慰一眾逝世院友的家屬，藉著一起呈獻愛意、讚頌生命、讓愛傳承。

Residents’ Memorial Ceremony

The "Resident’s Memorial Ceremony" will be held on the afternoon of 28 November. We pray that the Lord will guide the preparations and communication with families, and use this gathering to bring comfort to the families of residents who have passed away, as we come together to express our love, celebrate their lives and let that love live on.



第一期擴建計劃進度

感謝神保守，第一期擴建計劃「安寧療護大樓」施工順利，進展良好。樓高十一層的新大樓於今年十月完成上蓋主體結構工程，並逐步推展外牆、屋宇設備及室內裝修等後續工程。項目團隊目前正積極落實各區域的設計佈局與選材，並加緊推進設備配置的協調與審批工作。求主賜下智慧，並保守團隊之間溝通順暢、協作順利。擴建工程整體預算為六億七千五百萬，承蒙香港賽馬會慈善信託基金慷慨捐助五億七千五百萬，靈實要籌募一億元，現還欠一千萬，求主供應。

另外，新大樓啟用前的籌備工作，包括增添醫療器材和額外人手估計需要約五千萬元，求主恩待。

Phase I Extension Project Progress

We thank God for watching over the smooth progress of Phase I of the Extension Project, the "Hospice Care Block". The new 11-storey building completed its main superstructure works in October this year, and work on the external façade, building services installations and interior fitting-out is now progressing in stages. The project team is actively finalising the layouts and material selections for different areas, while working to expedite the coordination and approval of equipment configuration. We pray that the Lord will grant wisdom to all involved and guide the team towards effective communication and smooth collaboration. The total budget for the extension project is HK$675 million. We are grateful to the Hong Kong Jockey Club Charities Trust for its generous donation of HK$575 million. Haven of Hope is responsible for raising the remaining HK$100 million, of which HK$10 million is still needed. We pray for the Lord's provision.

In addition, an estimated HK$50 million will be needed for commissioning preparations before the new building comes into service, including medical equiment and staffing. We pray for the Lord gracious provision.



慈善活動

為前院友家屬發起的「友愛同行—Live」慈善網上直播音樂會順利完成感恩，願主親自報答眾人的愛心付出。另「靈實慈善高爾夫球賽」將於 11 月 26 日假清水灣鄉村俱樂部舉行，為「慈惠安寧療護病床計劃」籌款。求主保守籌備工作順利，活動當天有美好的天氣。

Charity Event

We give thanks to God for the successful completion of the "Voices of Hope – Live" charity livestream concert, initiated by family members of former hospice residents. May the Lord Himself reward everyone for their love and generous contributions. We also pray for the "Haven of Hope Charity Golf Tournament", to be held on 26 November at Clearwater Bay Golf & Country Club to raise funds for the "Relief & Charity Service Beds Programme". May the Lord watch over the preparations so that they go smoothly, and bless the event with good weather.



身心社靈全人關顧

心靈社康服務及牧關部將於 12 月舉行不同聖誕慶祝活動，宣揚救主降生的大喜訊息。求主使用，讓未信的院友及家屬、同工、義工等能得聞福音的好處，經歷屬天的平安和盼望。



Holistic Care

The Psycho-social Spiritual Care Service Department will organize a series of Christmas celebrations in December to share the joyful news of our Saviour's birth. We pray that the Lord will use these occasions to reach residents, their families, staff, volunteers and others who have not yet come to faith, so that they may hear the Good News and experience the peace and hope that come from God.



Dear Dr Lau, the nurses, Chaplain Tse, Ms Tang (social worker), and all the care workers and staff,

Mum passed away in the early hours of Sunday, 11 October 2026. She is now at rest in the Lord's arms, home in heaven with Dad — no more pain, no more tears.

Dr Lau, my heartfelt thanks for doing all you could to ease Mum's pain, and for taking the time to talk with me and encourage me. Your kindness will stay in my heart always.

Chaplain Tse, thank you so much for your gentle care and your prayers, and for the love you put into preparing Mum's funeral service. I am deeply grateful.

To every one of you, I really appreciate how well you looked after Mum in her last days.

I especially remember the night she passed. Two other residents passed away that same night, and everyone was so busy. Yet you remained so professional and caring, doing everything you could for the residents who had passed and their families. Words cannot express how grateful I am.

May you continue your meaningful work, bringing comfort and blessing to many more patients and families in need.

Wishing you all good health and every happiness!

基督教 靈實協會 HAVEN OF HOPE CHRISTIAN SERVICE

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復康服務
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由資深老人科和骨科駐院醫生及護士提供醫學評估及治療，按院友能力制定復康計劃

完善復康設備
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設綜合復康中心，由駐院物理治療師、職業治療師及護理團隊爲院友提供密集式綜合復康訓練和護理

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提供各樣輔助治療 (言語治療、中醫治療及針灸、香薰治療、言語治療、園藝治療、藝術治療、足部治療等)

彈性住院期
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配合院友及家屬的需要，設彈性住院期，而院友出院後，亦可按需要銜接家居復康服務

*可銜接家居復康服務 Supports home care rehabilitation service

住院服務 INPATIENT SERVICE
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家居復康服務
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Physiotherapy/Occupational Therapy Services



由物理治療師、職業治療師及護理團隊提供上門物理治療、職業治療、復康運動及訓練

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Home Setting Assessment



由護士及治療師家訪跟進，建議和指導使用合適復康器材，及提供改善家居環境配套方案

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針對病人的照顧需要，爲照顧者度身訂造培訓方案

護理及個人照顧
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提供護理服務 (健康評估、傷口敷料和造口護理、藥物管理) 及個人照顧服務(如廁、沐浴、餵食、口腔護理)

*可銜接暫托服務 Respite care services available

家居服務 HOME CARE SERVICE
2706 8502

hohcshcc.org.hk 19-21 Haven of Hope Road, Tseung Kwan O, N.T., H.K.

靈實司務道寧養院

捐款表格 Donation Form

盼望得到您的支持，讓我們能為院友及家屬提供全人生命晚期照顧、長者復康治療及優質療養/長期護理照顧服務，一起攜手「**用愛擁抱生命旅程**」。

We need your support in order to provide holistic end-of-life care, specialist geriatric rehabilitation service and quality infirmary/ long-term care. Let's join hands to "**Embrace Life Journey with Love**".

☐ 按月捐款 Monthly donation ☐ 一次性捐款 One-off donation （☐ *請在適當方格內加"✓"*）

☐ $150 ☐ $500 ☐ $1,000 ☐ $2,000 ☐ $5,000 ☐ 其他 Others：_____

☐ 上述捐款有指定用途 Designated purpose of Donation

☐ 寧養院擴建計劃 SASHCC – Extension Project ☐ 夾心階層安寧療護病床計劃 SCB Programme

☐ 慈惠安寧療護病床計劃 RCS Beds Programme ☐ 其他，請註明 Other, please specify : _____

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2. 直接存入戶口 Direct Debit：匯豐銀行 HSBC 848-175063-292
3. 轉數快 FPS： 匯豐銀行 HSBC 110649647
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☐ VISA ☐ MasterCard ☐ American Express

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有效日期：_____ 持卡人簽署：_____
Card Valid Until : Authorized Signature :

請將支票或銀行入數收據連同填妥之表格寄回：新界將軍澳靈實路 19-21 號或傳真至 2703 5575 或電郵 sashcc@hohcs.org.hk。

Please send cheque or deposit slip together with completed donation form to: 19-21, Haven of Hope Road, Tseung Kwan O, N.T. or by Fax: 2703 5575 or Email : sashcc@hohcs.org.hk

*捐款人資料 Donor's Details

姓名 Name：_____聯絡電話 Telephone No.：_____

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Please provide address if receipt is required (for HK$100 or above) :

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*為必須填寫的項目，以便用作印發捐款收據之用 All fields are required to be filled in for issuing donation receipt.

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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 3000，電郵至 sashcc@hohcs.org.hk 或致函至香港九龍將軍澳靈實路 19-21 號與本院行政部聯絡。

Haven of Hope Christian Service intend 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 SASHCC at 2703 3000, or sashcc@hohcs.org.hk or 1/F, 19-21 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 by Haven of Hope Christian Service and its service units for service communication, event promotion, donation receipt and charitable fundraising purposes.

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簽署 Signature：_____ 日期 Date：_____

靈實司務道寧養院乃一所非牟利、自負盈虧的院舍，秉承靈實創辦人司務道教士的宗旨「尊重生命．改變生命」，爲體弱長者、長期病患者及晚晴病人提供整合性的醫療護理、復康和靈性關懷的全人照顧。透過跨專業的醫護團隊和完善的配套設施，在清幽的環境中，我們致力於與院友及家屬**「用愛擁抱生命旅程」**，確保院友在面對身體機能衰退乃至生命晚期時，仍能獲得適切的治療、有尊嚴的照顧和心靈的平安。

Haven of Hope Sister Annie Skau Holistic Care Centre (SASHCC) is a non-profit, self-financing hospice. Upholding Sister Annie Skau's mission of "Respecting Life · Impacting Life," the Centre is dedicated to providing holistic and integrated medical and nursing care, rehabilitation and spiritual support for the frail elderlies, chronically ill, and those at the end of life. With our trans-disciplinary healthcare team and comprehensive facilities in a serene environment, we are committed to working hand in hand with our patients and their loved ones to **"Embrace Life Journey with Love."** We strive to bring comfort, dignity, and peace to patients facing frailty, organ failure and even death.

（本通訊內的院友故事及相片均已徵得院友家屬允許使用）

(All photos and stories published in this newsletter are used with the consent of residents' families)

靈實司務道寧養院

Haven of Hope Sister Annie Skau Holistic Care Centre

香港新界將軍澳靈實路十九至廿一號

19-21, Haven of Hope Road, Tseung Kwan O,

New Territories, Hong Kong

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