

# Y VOICES

港青之聲

Jun 2022



“Whatever you did for one  
of these least brothers  
of mine, you did for me” 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 Matthew 25:40



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主題 Theme

To serve Him  
by serving  
服侍人·服侍神



港青之聲 Y's Voices

香港基督教青年會季刊

The Quarterly Magazine of  
YMCA of Hong Kong



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香港基督教青年會  
YMCA OF HONG KONG

香港九龍尖沙咀梳士巴利道四十一號 41 Salisbury Road, Tsimshatsui, Kowloon, Hong Kong  
電話 Tel : 2268 7000 | 傳真 Fax : 2722 4004 | 電子郵件 E-mail : [ms@ymcahk.org.hk](mailto:ms@ymcahk.org.hk)





## 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。 Whatever you did for one of these least brothers of mine, you did for me.

(馬太福音 Matthew 25:40)

願各位蒙天父和主耶穌的恩典，主內平安！

復活節的清晨，抹大拉馬利亞和其他婦女遇見復活的基督，耶穌對她們說：「不要害怕！你們去告訴我的弟兄，叫他們往加利利去，在那裏必見我。」(馬太福音28:10)過了一會兒，彼得告訴多馬、拿但業、雅各和約翰，以及另外兩個門徒，他要去打魚。他們跟隨彼得上了船，但那一夜並沒有打着甚麼。天將亮的時候，耶穌站在岸上，但門徒卻不知道是耶穌。耶穌就對他們說：「你們把網撒在船的右邊，就必得着。」他們便撒下網去，竟拉不上來了，因為魚甚多。約翰對彼得說：「是主！」(約翰福音21:6-7)當其他門徒專注於拉魚時，約翰很快便識別出那是耶穌。3年前，彼得和約翰也有類似的經歷。他們整夜打魚，卻沒有打着甚麼。耶穌對彼得說：「把船開到水深之處，下網打魚。」當彼得下了網，他們就圍住許多魚，網險些裂開。(路加福音5:4,6)這段經歷深深烙印在約翰的心裏！我們何時在辛勤地付出後卻沒有成果、在失望和疲憊中感受到耶穌與我們同在？

香港基督教青年會自2020年5月開展愛心飯盒計劃，為長沙灣及東涌區內有需要人士派發免費飯盒。由於資金不足，無奈於今年1月暫停在東涌區派發飯盒，只維持長沙灣區的服務。2月22日，機構傳訊及伙伴協作部在社交媒體上再次募捐。當看到呼籲時，我想起彼得對耶穌所說的話，「夫子，我們整夜勞力，並沒有打着甚麼。但依從你的話，我就下網。」(路加福音5:5)，於是我向耶穌禱告：「主，我們曾多次在香港甚艱難的時期嘗試籌款來維持這個計劃，卻始終徒勞無功，但我願意遵從你的命令，轉發這信息。」不久一位朋友聯繫我，並向我引薦香港交易所慈善基金。

3月初，正值香港第五波疫情高峰期，單日新增確診數字接連創下紀錄，我喜出望外地收到朋友的短信，詢問港青是否有興趣與香格里拉集團合作捐贈食物。港青一直每周3天在長沙灣及東涌區內派發飯盒，因此我建議香格里拉集團在其餘4天提供相若數量的飯盒。不久，香格里拉集

團回覆確認九龍香格里拉大酒店將會每周7天提供飯盒，至4月30日止。為了感謝酒店的支持，港青團隊在合作的首天拜訪了九龍香格里拉的廚房團隊，並得到他們的管理層熱情的款待。當我看到他們的行政總廚與廚房團隊合力將飯盒送上港青的客貨車時，在在展示九龍香格里拉的服務文化，並深深地啟發了我。隨着社區的需求持續增加，香格里拉集團亦增加了飯盒的供應量，其後更延長合作至5月底。感謝香格里拉集團的慷慨支持。我們祈求 神賜福予香格里拉集團，讓他們能夠繼續幫助社區內有需要的人。你們這蒙我父賜福的，可來承受那創世以來為你們所預備的國；因為我餓了，你們給我吃，渴了，你們給我喝。(馬太福音25:34-35b)



2月下旬，港青許多員工或他們的家人相繼感染新冠肺炎。就業支援服務團隊的9名員工中，有6名員工因病缺勤，此外，他們的許多服務對象亦告染疫。因此，長沙灣中心關閉了一星期。在預期香港實施封城進行全民檢測之前，兩位沒有受感染的就業支援服務主管竭力搜羅購買生活必需品，送給居家隔离中的服務對象。3月3日早上，在我與兩位主管跟進派發物資包的情況後，收到再次令我振奮的短訊——獲得一筆足以向長沙灣和東涌區內450

個家庭提供「關愛物資包」的捐款。我們祈求 神賜福予這位匿名捐贈者及有份參與「關愛物資包」行動的人，全賴他們，行動才得以實現。正如保羅提醒我們，「扶助軟弱的人，又當記念主耶穌的話，說：『施比受更為有福』。」（使徒行傳20:35）

3月3日確實是我們值得紀念的一天。第三個賦予生命的計劃誕生了！繼3月1日的會議後，我們收到香港交易所慈善基金的訊息，探討疫情援助項目的協作。疫情期間，許多海外家庭僱傭被僱主解僱並趕出住所，當中更有人感染新冠肺炎。由於庇護中心爆滿，有些家傭無家可歸，流落公園或露宿天橋底。由於航班停飛，她們無法返回家鄉。一些慈善團體向香港交易所慈善基金尋求財政支援，為這群弱勢且無家可歸的家傭提供住處。基金與港青正值洽談中，遂想到港青。

接待家傭入住後，海外家務助理組在港青專業進修書院和青年服務團隊的協助下，迅速地騰出港青專業進修書院的一間課室，提供零食和清潔用品，讓她們相聚。海外家務助理組的義工亦在星期日分享帶來的食物和日用品，也邀請她們參與海外家務助理組的課程，有些更義助同工們準備課程。衷心感謝香港交易所慈善基金適時的回應和慷慨支持。你們這蒙我父賜福的，可來承受那創世以來為你們所預備的國……我作客旅，你們留我住；我赤身露體，你們給我穿。（馬太福音25:34, 35c, 36a）

港青東涌中心遷往逸東邨，我很高興在奉獻開幕典禮上重遇王慧賢（Janice）。Janice在8歲參加攀石課程後一直在東涌中心成長，除了是芭蕾舞課盡心盡責的學生，更成為港青Boundless的畢業生。當天早上，王影琳（Shirley）在高等法院舉行認許聆訊，正式成為律師。Shirley是港青A-Life的畢業生，亦是Boundless的創辦人之一。第一次與Janice和Shirley見面的情景仍歷歷在目，正如約翰回憶起他與耶穌首次相遇。轉瞬間，Janice已完成香港大學一年級課程，而Shirley也成為了香港的執業律師。當我們欣喜地將新開幕

的東涌中心奉獻予主時，在同一天見到Janice和Shirley，乃是何等雙重的祝福。我們為這些青年人感到自豪，並感恩港青能成為她們人生旅程的一部分。

加利利乃耶穌與他的門徒居住和工作的地方。當我們將基督的愛與有需要的兄弟姐妹分享——就是當我們提供飯盒；當我們派發物資包；以及當我們奉耶穌之名殷勤地款待客人時，加利利便是我們遇見已復活的基督之地。當我們愛 神的兒女，如同耶穌愛我們一樣——我們透過青年計劃培育、裝備、保護、賦權、鼓勵、指導他們，並為他們長大後作同樣的事情作準備，那裏便是加利利。無論我們作甚麼，我們知道我們可以去愛，乃因為祂先愛我們；當我們先尋求祂的國，我們所需的都不致缺乏。

主啊，我們甚麼時候見你餓了，給你吃，渴了，給你喝？甚麼時候見你作客旅，留你住，或是赤身露體，給你穿？又甚麼時候見你病了，或是在監裏，來看你呢？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。

王影琳 Shirley

何慶濂  
總幹事 / 行政總裁



王影琳  
Shirley



王慧賢 Janice



Grace to you and peace from God our Father and the Lord Jesus Christ.

When Mary Magdalene and the other women encountered the Risen Christ on Easter morning, *Jesus said to them, "Do not be afraid. Go tell my brothers to go to Galilee, and there they will see me." (Matthew 28:10)*. Sometime later, Peter told Thomas, Nathanael, James and John, and two other disciples that he was going fishing. They joined Peter and went into the boat, but that night they caught nothing. When it was already dawn, Jesus was standing on the shore; but the disciples did not realise that it was Jesus. *Jesus said to them, "Cast the net over the right side of the boat and you will find something." So they cast it, and were not able to pull it in because of the number of fish. John said to Peter, "It is the Lord." (John 21:6-7)* While the other disciples focused on pulling in the fish, John was quick to realise that it was Jesus. Three years earlier Peter and John had a similar experience. They went fishing all night and caught nothing. *Jesus said to Peter, "Put out into deep water and lower the net for a catch." When Peter had done this, they caught a great number of fish and the nets were tearing. (Luke 5:4, 6)*. This experience etched indelibly in John's heart! When have we experienced the presence of Jesus in the midst of our disappointments and exhaustion after working so hard and got no results?

YMCA of Hong Kong started the Giveaway Lunch Programme in May 2020 to provide free lunchboxes for the needy in our Cheung Sha Wan (CSW) and Tung Chung (TC) communities. We ran out of funding and suspended the TC programme in January but continued with CSW. On February 22, Corporate Communication and Engagement posted another appeal for funding on social media. When I saw the appeal, I recalled what Peter said to Jesus, *"Master, we have worked hard all night and have caught nothing, but at your command I will lower the nets." (Luke 5:5)*, so I prayed to Jesus, "Lord, we have tried so

many times to raise funds to sustain this programme during this difficult time in Hong Kong but to no avail, but at your command I will forward the message." A friend responded promptly and introduced us to the HKEX Foundation.

At the peak of the fifth wave in early March when Hong Kong was setting daily Covid-19 infections records, early on March 3, I received an unexpected pleasant surprised message from a friend asking if YMCA was interested to partner with the Shangri-La Group (SLG) to donate food to the needy. As YMCA was providing lunchboxes in CSW and TC 3 days a week, I suggested SLG could provide the same for the remaining 4 days of the week. Shortly after, SLG confirmed the Kowloon Shangri-La Hotel (KSL) would provide lunchboxes 7 days a week until April 30. I decided to visit the KSL kitchen team on the first day of the programme to show our gratitude. The YMCA team received a warm welcome from their management when we arrived. The serving culture of KSL was evident and inspired me when I noticed the Executive Chef joined the kitchen team to load the lunchboxes into the YMCA delivery van. As the needs in the communities continued to mount, SLG increased the daily lunchboxes provision and later extended it to the end of May. Thank you SLG for your generosity. We pray blessings to SLG so they can continue to reach out to communities with needs. *Come, you who are blessed by my Father. Inherit the kingdom prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink. (Matthew 25:34-35b)*

By late February, many YMCA staff or their family members were infected with Covid-19. Six out of nine members of our Employment Support Services (EmSS) team were on sick leave. Many of their service clients were also infected. We closed our CSW Centre for a week. Ahead of the expected lockdown for everyone in Hong Kong to undergo mandatory Covid testing, the two EmSS team heads who have not gotten



Covid continued to buy what necessary supplies they could find to deliver to their service clients who were isolating at home. Later in the morning on March 3, after catching up with the two EmSS team heads, I received another message that lifted my spirit a second time in the same morning – a donation to provide care bags for 450 families in CSW and TC! We pray a blessing to the anonymous donor and those involved in the process to make the Care Package Programme happen. As Paul reminded us, *“It is necessary to support the weak and to remember the words of the Lord Jesus, how he said, ‘It is more blessed to give than to receive.’”* (Acts 20:35)

March 3 was indeed a day we would remember. A third life-giving programme appeared! We received a message from HKEX Foundation to explore a pandemic relief project following our initial meeting on March 1. Many overseas domestic helpers were displaced after they were terminated by their employers and expelled from their homes. Some were infected with Covid-19. The shelters were full. Some became homeless and slept in the park or under an overpass. They could not return to their home countries because there were no flights. Some NGOs appealed to HKEX Foundation for financial support to provide accommodation for these vulnerable displaced domestic helpers. The timely meeting with HKEX Foundation inspired them to invite the YMCA to provide accommodation for these displaced overseas domestic helpers.

After welcoming our overseas domestic helper guests, the Domestic Helper Unit (DH) promptly converted a classroom in the YMCA College of Continuing Education (CCE) to a meeting point providing snacks and hygiene supplies with the support of CCE and the collaboration of the Youth Team. Our DH volunteers would bring food and supplies on Sundays to share with these guests. We invited them to join our DH classes; and some would volunteer to support our DH staff in the preparation of classes. Thank you HKEX Foundation for your timely response and generosity. *Come, you who are blessed by my Father. Inherit the kingdom prepared for you from the foundation of the world... I was a stranger and you welcomed me, I was naked and you clothed me.* (Matthew 25:34, 35c, 36a)

What a joyous moment to see one of our programme participants Janice Wong at the Grand Opening and Dedication of the relocated YMCA Tung Chung Centre (TCC) in Yat Tung Estate. Janice grew up in TCC after joining the rock-climbing programme when she was eight years old, became a committed student in the TCC ballet programme, and a graduate of the YMCA Boundless

Programme. Earlier that morning Shirley Wong had an admission hearing in the High Court to be a solicitor. Shirley was a graduate of YMCA A-Life Programme and co-founded the YMCA Boundless Programme. I could recall vividly the moment when I first met Janice and Shirley as John would recall his first encounter with Jesus. In the brink of an eye, Janice finished her first year at the University of Hong Kong, and Shirley became a registered solicitor in Hong Kong. What a double blessing to see both Janice and Shirley on the day when our hearts were overflowing with joy as we dedicated the new TCC to the Lord. We are proud of these young people and grateful that YMCA forms a part of their life journey.

Galilee was where Jesus lived and worked with his disciples. Galilee is where we encounter the Risen Christ when we minister his love to our brothers and sisters in need – when we provide free lunchboxes, when we distribute care bags, and when we extend our hospitality in the name of Jesus. Galilee is where we love God’s children as Jesus loves us – in the youth programmes where we nurture them, equip them, protect them, empower them, encourage them, coach them, and prepare them to do the same when they grow up. Whatever we do, we know we can love because He first loved us. Whatever we need, we know we will receive when we seek first His Kingdom.

*Lord, when did we see you hungry and feed you, or thirsty and give you drink? When did we see you a stranger and welcome you, or naked and clothe you? When did we see you ill or in prison, and visit you? Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me.*

**Peter Ho**

*General Secretary / Chief Executive Officer*





## 服務以外的服侍精神

## Serve Beyond the Service



Mary (左) and Fish (右)  
高級中心主任 — 長沙灣中心  
Senior Programme Officer,  
Cheung Sha Wan Centre

今年二月初，第五波疫情在社區急劇惡化，確診個案以幾何級數上升，不少低收入家庭及獨居長者欠缺支援和防疫物資，束手無策。香港基督教青年會開始在長沙灣向有需要人士派發物資包，並吸引有心人士匿名捐贈10萬元，遂擴大服務範圍，為長沙灣及東涌區內450個有需要家庭提供緊急食物及生活必需品，以解燃眉之急。

面對沉重的職責，她們互相勉勵，在心靈及身體上彼此堅固，盡己力幫助更多有需要的人。她們連日到街市、超市購買物資，又聯絡區內商舖，「當時區內物資短缺，我們見那裏有貨便買，每當收到服務家庭的求助電話，翌日便將物資送上。」

她們的善行終於得到回應，獲有心人捐贈10萬元贊助「關愛物資包」，令Fish及Mary得以購入更多物資，於3月21日開始向長沙灣及東涌區內450個有需要家庭派發物資包。除了受助人數增加，她們更可以調整所派發的物資，如考慮到大部分確診人士都會喉嚨不適，便將餅乾換成蛋糕；家居檢疫人士不能外出，便選購罐頭華南菜等以維持均衡飲食。

事實上，Fish和Mary所付出的遠比她們所做的要多。隨著第五波疫情來勢洶洶，在家工作已成為常態，她們卻選擇走得更前。「我與祖母及女兒居住，因擔心染病連累家人，決定暫住港青酒店。我不知如何讓家人明白這個決定，便先以短訊通知他們，當晚回家再解釋。」Fish的女兒剛滿5歲，她亦從未離開家人在外渡宿，為了派發物資包，一整個月她只能以視像與女兒見面。「幸好家人尊重及支持我們的決定，讓我們可以專注於服務。」

### 一切由一通電話開始……

2月27日，Fish收到課餘託管服務名單親家長來電，告知她全家陸續確診及其窘境。Fish知悉家長與3名孩子居住在劏房單位，正打算採購一些生活必需品送給他們，Mary亦陸續收到更多處境相若家庭的來電，於是她們在應付日常工作以餘，開始搜羅物資，並親自上門派送。當她們忙於處理服務家庭的求助時，長沙灣中心的同工卻陸續確診或因密切接觸患者而需接受隔離，在人手短缺的情況下，她們單單想着「幫得幾多得幾多」。





## 多行一步 惠及更多人

「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）當我們致力支援弱勢社群，為有需要人士提供服務，便是服侍神。Fish及Mary雖然並非基督徒，但她們所做的正正彰顯出基督服侍的精神。「有一天在上班的路途上，我看到一篇文章中一位教授提到：『此時此刻，正正就是需要互相幫助』。我時常提醒自己工作的初心是希望幫助更多人，現在正是別人需要幫助的時候，我豈能置身事外？」Fish說。她和Mary總是把「有能力便去做」、「幫得幾多得幾多」掛在口邊，從未想過放棄。

透過派發物資包，Fish和Mary得以再次聯繫從前的服務對象。「其中一位受惠者，因為患上癌症而終止了我們的服務。今次再去探望她時，她很高興地向我們道謝：『很多謝你們還記得我，這些物資來得很及時』，最後她笑着與我們合照留念。」一個燦爛的笑容，令她們更有動力繼續服務。Fish和Mary總是先考慮受惠者的利益，只因她們並非將港青的崗位看作成工作，而是真誠地服務、關懷服務對象，正正彰顯出基督的愛。

她們的付出固然難能可貴，港青其他部門同工的協助亦令人十分鼓舞，使物資派發工作能在短時間內順利完成。其中來自設施管理部的阿聯更在例假、有時甚至特意請年假幫忙。同事們的參與大大減輕了Fish和Mary的負擔，她們十分感謝管理層及同工身體力行的支持。

作為多年的工作伙伴，Fish和Mary的性格截然不同，然而同樣懷着善良且無私的心，全心全意地支持和信任對方。「如果沒有她的支持，我不可能堅持下去，也不會有這次善舉。」Mary笑說。留宿酒店期間，她們常在晚上休息時進行檢討，商討如何改善派發程序，以便將來再有同樣需要時作出更佳的分析。

回顧這次經歷，Fish和Mary更堅決要加強「送暖」服務，尤其是對從前的服務對象，務必要保持聯絡，照顧他們的需要；及為正在等候審批的綜綫申請者送上所需物資。雖然這些行動看似簡單及微小，但對受惠者而言，看重的是那份關懷和尊重。

The fifth wave of the pandemic has been rapidly escalating in the community since the beginning of February this year. With the number of confirmed cases growing exponentially, many under-resourced families and seniors living alone were out of anti-epidemic and living supplies. Therefore, YMCA of Hong Kong Cheung Sha Wan Centre launched a Care Package Campaign for the people in need in Cheung Sha Wan. Miraculously, the Campaign had attracted an anonymous donation of \$100,000 that allowed the supplies to include emergency food and daily necessities to 450 families in Cheung Sha Wan and Tung Chung to relieve their urgent needs.

## It all started with a phone call...

On February 27, Fish received a call from a single parent, who is on the After School Care Programme and live in a subdivided flat with her 3 children, she expressed her devastation as her entire family had been tested positive. When Fish was planning to purchase some necessities for them, Mary received more calls from other families in the similar dire situations, so they started buying and delivering the supplies to them, on top of their normal duties. While answering the call to response and suffering from manpower shortage as a consequence of their staff being tested positive or undergoing quarantine as close contact, all they thought about was 'how much they could help'.

With the enormous responsibilities ahead of them, they encouraged each other to stay strong and healthy, to step up and rush to rescue those

were helpless. They dashed out to purchase supplies for several days and contacted the local grocery shops, "there was a shortage of supplies around town, so we bought whatever was available on the shelves. As soon as we received a call for help, we headed out to deliver the supplies the following day."

The good cause bore fruit and was eventually attracted an anonymous donation of \$100,000 for the Care Package Campaign. With the sponsorship, Fish and Mary were able to procure more supplies and expand the reach to 450 families in



謝謝你為社區送上好多好多愛，你既堅持，你既付出，真係令我好佩服。真心感謝你呢個月一路上與我同行。🙏🏻

在酒店渡宿一個月後，Fish發給Mary的感謝短訊。



Cheung Sha Wan and Tung Chung. Besides serving more beneficiaries, they were also able to include supplies to address symptoms such as sore throat, to replace biscuits with cakes; and for those under home quarantine, to bring them canned vegetables to maintain a balanced diet.

Little did we know that Fish and Mary had given up more than what they did. With Hong Kong facing an onslaught from the 5th wave of the pandemic, work from home had become a common phenomenon, but they were not stopped by any of these. "As I live with my grandmother and daughter, I was worried to put my family at risk, so I decided to stay at The Salisbury temporarily. I found it hard for my family to understand why I am doing this, so I just texted them, and explained to them when I got home at night." Fish's daughter just turned 5 years old, she has never slept alone and away from her family. She could only see her daughter via video call for a whole month because of the work they did. "Thankfully, our families respected our decision and were supportive, so that we could stay focus to serve."

## Step up to serve more people

*"Whatever you did for one of these least brothers of mine, you did for me" (Matthew 25:40)* When we are committed to supporting the disadvantaged and serving those in need, we are serving God. Although Fish and Mary are not Christians, they have shown the spirit of serving as Jesus did. "One day when I was on my way to work, I read an article about a professor's remarks 'we need to help each other during this unprecedented time.' I always remind myself that my objective is to serve more people at work – and now it's the time. How can I turn a blind eye?" Fish said. "Do it if you can", "Help as much as you can" have become their mottos, and giving up had never crossed their minds.

Through the Care Package Campaign, Fish and Mary reconnected with former service targets. "Among others, one hasn't been in touch since she had cancer. When we visited her again this time, she was very happy and thankful: 'Thank you so

much for remembering me, these supplies came in timely'. We took a photo to commemorate this moment with a big smile on her." A radiant smile motivates them to continue serving. They always put their beneficiaries ahead of themselves because they do not see what they do at YMCAHK as a job – they live out Jesus' love through their commitment to serve and genuinely care for them.

Their dedication is commendable while the support from colleagues of other departments of YMCAHK is equally heartening, which makes the timely distribution of care bags possible. One of the colleagues, Ah Luen, a technician from the Facilities Management Division, volunteered to help on his regular day off and even took annual leave. The participation of colleagues has eased the burden on Fish and Mary. They are very grateful to the management and staff for their support.

Having been working partners for years, we have no clue that they have completely different personalities, yet one thing in common is, they are both kind-hearted and selfless. They fully support and trust each other, "Without her support, I would not have gone this far, and the Care Package Campaign might not have happened." Mary said with a smile. During their stay at the hotel, while late at night, they always looked into how to make delivery better and more efficient, in case similar service was needed in the future.

Looking back, Fish and Mary are more determined and committed to providing caregiving services than ever through this experience, especially for their former service beneficiaries. They have come to aware that they should always stay in touch and stay on top of their needs, including to ensure applicants of Comprehensive Social Security Assistance Scheme have the daily necessities while awaiting for the application outcome. Despite the simple caregiving acts, showing our respect and care to the beneficiaries is all that matters.



## 工作以外的服侍精神 Serve Beyond the Job



Parni 助理項目統籌主任—  
海外家務助理組  
Assistant Programme Officer,  
Domestic Helper Unit



第五波疫情爆發，不但令許多人束手無策，更使一群弱勢社群陷入生活困境，當中不少外傭在沒有通知期的情況下被解僱，以致流離失所。

由香港交易所慈善基金贊助、及外勞事工中心和白恩達女移民工庇護中心的支持下，港青於3月14日起開展為期3個月的支援計劃，向有緊急庇護需要的外傭提供臨時住宿。透過兩間慈善團體的轉介，本會共提供20間客房供最多40位外傭暫住。截至5月31日，本會共接待了100位外傭及1位新生嬰兒入住The Salisbury。

香港基督教青年會海外家務助理組自1994年成立以來，一直致力關顧外傭的身心健康，除了提供安全舒適的處所予她們於週末聚會，亦開辦不同類型的進修課程提高她們的技能。Parni於港青工作多年，主要負責統籌海外家務助理於週日的進修課程，此乃她首次處理與平日職責截然不同的工作，「對我來說是很大的挑戰，開始時我也很迷茫，不過內心有一鼓力量驅使我去幫助她們。」最終那股「力量」令計劃的成效超乎預期，令她喜出望外。此外，除了在住宿方面解決了外傭的燃眉之急，Parni更使她們在心靈上得到慰藉。

自計劃推出以來，大部分外傭都是因突然被解僱而無家可歸，臨時獲轉介過來的。Parni曾於早上7時收到有外傭需要棲身地，她毫無怨言地返回機構打點，「只要想到她突然被終止合約，拿着行李獨自流落公園，我只想盡快安排她入住港青。」有一個周日，因疫情關係所有課程暫停，休假中的Parni到天星小輪碼頭與一位外傭會合，卻同時收到電話通知有另一位外傭需要臨時居所，安排她們登記入住期間再收到另一個轉介電話，那天Parni在黃昏時才「下班」。「幸好那天我剛好在碼頭，不然在星期日，

尤其是全面停課的時間，賓館的人手應該應付不了臨時的住宿安排。」Parni不但沒有抱怨在假期工作，反而慶幸自己能夠幫得上忙。

儘管每天都需要安排新的外傭住宿，Parni仍盡心盡力照顧這些女孩的生活所需，如協助訂購回國機票、陪同到醫院候診和解答工作簽證問題等，「我絕不能夠因為已下班，便漠視

她們的需要。」她犧牲與家人相處的時間，幸而Parni的丈夫十分支持她，「有一次他工作回家，我仍未開始準備晚餐，做飯時又不斷回覆工作訊息，最終晚上11時才用膳。」Parni的丈夫十分體貼，親自開車送她添置物資，身體力行地支持她，讓她能夠專注工作。

即使外傭只是短暫的過客，Parni卻很認真地讓她們賓至如歸。她總是設身處地考慮她們的需要，除了在房間添置微波爐外，更特別安排附設基本煮食設備、零食等的活動室，讓她們可以見面相聚，彼此支持和安慰。

### 「我陪伴她們左右」

對於Parni來說，每位被接待的外傭不僅是工作上的個案，更是一個個辛酸的故事，她耐心地與她們傾訴。「有些剛入住的女孩不斷地哭，雖然我未能在經濟上支援她們，但我能陪伴她們左右，並聆聽她們的故事，讓她們感到安慰。」協助她們渡過難關的同時，Parni樂意成為她們的精神支柱。「很高興見到她們的淚水變成笑容。」

縱然工作量增多了，然而Parni並不孤單，海外家務助理組義工的支援大大分擔了她的壓力。她們自掏腰包購置食物、超市現金券；為新生嬰兒Edwin準備尿片、奶粉和衣服，更特意在假日與茫然無助的外傭相交，慰藉她們的心靈。

莫因善小而不為，或許Parni認為自己所做的很渺小，但她無微不至的關懷對流離失所的外傭來說意義深遠。她無私的付出，展現了耶穌基督的服侍精神。而令Parni欣喜的是，「海外家務助理組不再只為外傭提供進修課程，而是扎實地服務社會上有需要的一群。」

Not only that the people of Hong Kong were devastated by the 5th wave of the pandemic, but also the most vulnerable minority groups; among others, our domestic helpers – quite a number of them were let go without advance notice and subsequently displaced with nowhere to go to.

Sponsored by the HKEX Foundation and supported by Mission For Migrant Workers and Bethune House Migrant Women's Refuge, YMCAHK launched a 3-month project on March 14 to provide temporary accommodation for the domestic helpers in need of emergency shelter at The Salisbury. A total of 20 rooms, which can accommodate up to 40 displaced domestic helpers (DH), were made available to those referred by the 2 non-profit organisations. As of May 31, The Salisbury welcomed a total of 100 domestic helpers and a newborn baby boy.

Since its establishment in 1994, the mission of the YMCA of Hong Kong Domestic Helper Unit has been to care for the wellbeing of the domestic helpers, including offering a safe haven for them to get together on weekends and a learning platform to equip them with various skill sets. Parni, a staff of the YMCAHK who for many years has been responsible for the Unit's Sunday learning programmes for domestic helpers, it is the first time she takes on an assignment which is very much different from her usual duties. "It was a challenge to me indeed, I was so confused in the beginning, but I had a willpower to help them." She never imagined her 'willpower' would enable the project to achieve beyond what was expected. Besides providing accommodation support, she also provides spiritual solace to them.

Since the project has launched, most of the homeless domestic helpers came in unscheduled. Parni once received a helper being let go at 7 am and needed to move in, she went back to YMCAHK to assist her without any complaint, "When I thought about the girl being suddenly terminated and left alone in a park with her luggage, I just wanted to help her as soon as possible." On a Sunday, since all classes were suspended due to the pandemic, Parni was supposed to be on leave, while she went to greet a domestic helper at the Star Ferry Pier, a call came in about another helper needed immediate shelter. And as Parni was at the reception counter helping check-in, another referral call came in. When Parni finally 'got off work' in the evening on that day, she recalled, "Luckily I was at the pier, normally on a Sunday, especially when there is no programme, The Salisbury might not have sufficient manpower to handle unscheduled check-in." Just like that, without any complaints about working on her day-off, Parni stepped up and was thankful that she was able to help.

Not only that Parni received new displaced helpers every day, she did her best to look after the girls beyond giving them a roof, she also took care of other chores such as booking return flight tickets, accompanying them to the hospital and checking on work visa matters. "I can never ignore their needs just because it is not my working day." Although she sacrificed her family





time, Parni's husband has been very supportive, "Once when he came home from work, I was so occupied that I hadn't started preparing dinner yet. While I was cooking, I still kept working on the phone, and finally we had dinner at 11 pm." Parni has a very considerate husband, he also drove her to refill supplies for the helpers. His unflinching support allows her to focus on work.

Despite the helpers being temporary guests, Parni did her best to make them feel welcome. She was emphatic and always thought of them from their perspective. Besides arranging microwaves in their rooms, Parni specially arranged a room with cooking facilities and snacks, for them to get together, so that they can chat, support and comfort each other during their stay at The Salisbury.

### **"I am here for them"**

For Parni, each domestic helper is not just a work case, but an unique sad story. She listened to them with patience and empathy. "Some of the girls couldn't stop crying when they just moved in. Although I cannot support them financially, I am here for them to listen to their stories. That's the least I could do to make them feel better." When helping them to overcome the challenges, Parni was delighted to be their source of emotional comfort. "I am glad to see their tears turning into smiles."



Considering the additional workload Parni needs to take on, she is not alone. The support from the volunteers of the Domestic Helper Unit took a lot of pressure off her. They bought snacks and supermarket cash coupons out of their own pockets; prepared diapers, milk powder and clothes for baby Edwin, let alone meeting the girls' emotional needs on their day-off by being there for them.

Never fail to do anything good which you deem as petty. Perhaps Parni sees what she did were insignificant, but her meticulous care means a lot to the displaced helpers. Her selflessness has shown the spirit of serving as Jesus did. "The Domestic Helper Unit is no longer just to equip the domestic workers with skills, but to serve the needy in the community." said Parni.



第五波疫情最嚴峻時，  
我們依然謹守崗位，服務社區。  
Amid surging fifth wave,  
we served.





# 白白地付出 Freely Give

35年前我剛來到香港，很快便接觸到「著數」和「對我有甚麼好處？」等概念。我在英國長大，自小受「你幫助我，我幫助你」的觀念薰陶，讓人感覺公平、平等。我偶然碰到從事不同職業的朋友，他們在工作上好像或多或少互相有往來。那時我從事保險行業，不久便發現許多保險從業員都是向朋友銷售保單，與此同時，亦會購買朋友銷售的產品。

每當我們獲邀請出席飯局時，幾乎都是屏息等待着那一刻出現——主人家叫我們做一些事、買一些東西——腦海裏立刻出現「世上果然沒有免費午餐」。

或許這是生活上的寫照，卻不是福音所傳達的。

首先，我們不需要作甚麼與耶穌「建立」關係。這是一份免費的禮物，我們以「GRACE（恩典）」來形容它（一個強大的字母縮寫詞——以耶穌基督的代價彰顯神的豐盛）。對我們來說，這終究是免費午餐，然而並非便宜的午餐——天父獻上祂寶貴的兒子，而耶穌基督犧牲生命為我們「付賬」。

然而遠不止於此。作為基督的跟隨者，我常被鼓勵要白白地付出（馬太福音10:8），並不求回報；尋找失喪及弱者，讓他們滿有祝福。

我總是以好撒馬利亞人的比喻挑戰自己。耶穌以好撒馬利亞人的比喻為例子，讓我們彼此相愛，就算那些談不上是朋友的人。耶穌被問到他對「鄰舍」的定義。因此他以好撒馬利亞人的比喻（路加福音10:25-37），向我們解釋要愛所有人，包括我們的仇敵。

當時，這個比喻或會令聽者憤怒。在好撒馬利亞人的比喻中，耶穌講述一個人從耶路撒冷前往耶利哥途中，遭受強盜襲擊，把他打個半死後，丟下他自生自滅。

首先經過這傷者的人是一位祭司，他漠然地走開了。第二個經過的是一位利未人，乃祭司的助手。他同樣沒有幫忙便繼續上路了。第三個經過的是一位從撒馬利亞來的撒瑪利亞人。當時猶太人十分憎恨撒瑪利亞人。然而當這撒瑪利亞人看見那傷者，便動了慈心，為他包紮和清理傷口，並扶他騎上自己的牲口，帶到店裏，付錢讓店主照顧他。比喻結束時，耶穌命令我們，撒馬利亞人所作的，我們要同樣去作。

對撒馬利亞人而言，他所做的並沒有「著數」，我們也該如此。的確，能夠照顧朋友和家人總是榮幸的，但我們不應止於此。

讓我們積極地尋找貧窮的、孤獨的、沮喪的及流離失所的人，並緊記基督對我們的愛——我們並未付出甚麼，而祂卻獻上了所有，讓我們將基督的愛實踐在最有需要的人上，並向他們送上物質、屬靈和情感上的祝福。他們或許永遠不會感謝你，但我們只需要神讚賞說「很棒啊！」。

你們聽見有話說：「當愛你的鄰舍，恨你的仇敵。」只是我告訴你們，要愛你們的仇敵，為那逼迫你們的禱告。（馬太福音5:43-47）





施力高牧師  
**Rev. Dr John Snelgrove**  
港青董事局義務會牧  
Founding Pastor, The Vine Church  
Hon. Chaplain to the Board of Directors,  
YMCA of Hong Kong

Upon my arrival in Hong Kong 35 years ago, I was quickly introduced to the concept of 著數 (Jet.so) and the 'what's in it for me?' aspect of it. I had grown up in the UK with the phrase 'you scratch my back and I'll scratch yours', and there seemed a certain fairness, an equality to this approach. I came across groups of friends who were in different occupations but all seemed somehow to do business with each other. I was in the insurance industry at the time and soon became aware that agents in those days typically sold policies to their friends, at the same time as purchasing products from whatever line their friends were involved in.

When somebody invites us out to lunch, we are almost waiting with bated breath for the punchline — Our host asking us to do something, buy something — the expression 'there is no such thing as a free lunch' immediately springs to mind.

Whilst that might be a commentary of life, it is not the gospel.

For a start, we don't have to do anything to 'achieve' a relationship with Jesus. It is a free gift, we use the term GRACE to describe it (a powerful acronym is God's Riches At Christ's Expense). There is a free lunch for us after all, but it was not a cheap lunch — it cost the Father His Precious Son and Jesus Christ paid the bill with surrendering His life for us.

But it goes further than that. As a Christ-follower I am encouraged to FREELY GIVE (*Matthew 10:8*) and not to expect anything in return. To seek the lost and the least and to shower them with blessing.

I am always deeply challenged by the parable of the Good Samaritan. **Jesus used the Parable of the Good Samaritan as an example of loving those who may not be our friends.** Jesus was asked to confirm what he meant by the word 'neighbour'. This is when he told the Parable of the Good Samaritan (*Luke 10:25-37*), to explain that people should love everyone, including

their enemies.

The parable would have been an outrage to the hearers at the time. In the Parable of the Good Samaritan, Jesus tells of a man who was travelling from Jerusalem to Jericho and was attacked by robbers on the way. He was badly beaten and left for dead.

The first person to pass the injured man was a priest, who crossed the road and continued walking.

The second person to pass the injured man was a Levite, a priest's assistant. He also crossed the road and continued walking without helping the man.

The third person to come by was a Samaritan, a person from Samaria. The Samaritans were hated by the Jews. When the Samaritan saw the man, he took pity on him. He bandaged him and cleaned his wounds. He then put him on the back of his donkey and took him to an innkeeper, whom he paid to look after him.

The parable ends with Jesus giving a commandment to go out and do the same as the Samaritan had done.

There was no 'jet-so' for the Samaritan and it should be the same for us. Yes, it is honourable to care for friends and family — but let's not stop there.

Let us actively seek the poor, the lonely, the depressed, the refugee and remembering Christ's love for us, which cost us nothing and Him everything, start to pour out Christ's love and material, spiritual and emotional blessings on those who are in greatest need. They may never thank you, but to hear God's voice saying 'Well done' is all you need.

***You have heard that it was said, 'Love your friends, hate your enemies.' But now I tell you: love your enemies and pray for those who persecute you.***

***Matthew 5:43-47***



司徒美美

## 療癒的詩歌



1992年，公司的長輩跟美美傳福音，初出茅廬的小妮子抱著單純的心態決志信主，可是並沒有很認真對待信仰。

直到2008年，不論在工作上、感情上都遇到樽頸位，人想尋求力量，自然想到上帝。那年，她行了受洗禮；想不到雙親也在觀禮後決志歸主。後來，創傷好了，人要重新投入工作，一星期六天都在上班，久而久之，幾年前已經沒有再去教會。

### 呼叫平安與剛強

回到2020年5月某天。美美在開會期間突然覺得呼吸不太順暢，於是去看醫生，結果被診斷罹患肺癌第三期。外表堅強的她，由唸小學開始就擔任班長直到畢業為止。投身社會後，她先是當初級秘書，沒多久便做到管理級的職位，一直以來，她都是好榜樣的角兒。得知患病的一刻，她向神祈求的並非得醫治，而是經歷療程中有平安與剛強。平安是不想情緒崩潰，跌入谷底。

大半年過後，身體開始出現狀況：咳血。每當外出時，她要走到沒人經過的角落一尋找垃圾筒以熬過咳血的過程。起初是一星期咳一次血，漸漸地變為一天咳五次血，血量也很誇張，每次需要花上三十至四十五分鐘吐血。那時候，她首次呼叫神要醫治她。「我向天父說：『你容許這個病在我身上發生，即是你應該有工作想我去做。如果我經常咳血，根本不能走進人羣，別人都被嚇怕了，我怎能將福音傳開去呢？』」

### 最冷的冬天：100%的氧氣

2021年1月某天晚上，美美在家中感到喘不過氣。醫生問她插喉與否，病痛如此折磨人，當下她拒絕插喉，情願在兩小時內安安靜靜地離開人世。家人亦都按照醫生的安排，趕到醫院來道別。再次睜開雙眼時，見到一道光，還以為自己到了天家。原來是天花的射燈照著眼睛，隔天清晨她仍然活著。

醒來後，美美被送往普通病房。腦海飄來一句歌詞：Sing Hallelujah to the Lord。經歷兩次瀕臨死亡，美美不忍看到家人及朋友如此傷心，於是主動跟醫生商量服用標靶藥，醫生表示至少要兩星期才能見效。第十天，美美預起背囊離開醫院。「護士長對我說：『我未見過一個病人像你這樣，聞著100%氧氣的通常都是橫著走，你居然可以自己站著，如學生放學般離開醫院。』」

### 生命在倒數的話，你會怎樣過日子？

美美記得她跟醫生的一席話：「如果我乖，接受化療及電療治療、吃標靶藥，我可會多活五年？」

醫生說：『如果有五年，你就好叻好叻好叻！』雖然腫瘤縮小了，美美仍然是肺癌第四期末期病人。「我覺得神給我的啟示是：神與我同行的時候，生命是多姿多彩的。」生老病死是每個人的必經階段，人終有離席的一天。今天，對於美美來說，能活多久、會否康復只是其次，最重要的是在世時與神建立關係，祂的同在勝過人間一切。

「你已將我的哀哭變為跳舞，將我的麻衣脫去，給我披上喜樂。」（詩30:11）





## 東涌中心開幕典禮暨奉獻禮

### Grand Opening Ceremony cum Dedication of Tung Chung Centre

香港基督教青年會東涌中心於5月14日以簡單而隆重的儀式舉行了開幕典禮暨奉獻禮，感謝一眾嘉賓包括各友好機構，街坊及同工等出席支持。本中心繼續致力為東涌居民提供各種服務，滿足社會人士在社會、教育、康體及靈性的需要。

回顧過去10多年來，港青在東涌社區服務上一直不遺餘力，為區內居民提供多項服務，包括幼兒小組、小學課餘託管服務、初中課研小組、兒童發展基金、玩具銀行、食物援助服務、義工服務及各種不同的興趣班等。

典禮當日，本會義務會牧施力高牧師及副會長王主心女士致辭表示，本着如同新中心主題的精神，「你們要先求他的國和他的義，這些東西都要加給你們了。」（馬太福音6章33節）跟隨主耶穌基督學習成為僕人領袖，在困境中互愛互諒，互相幫助，事事心存謙卑和感恩，為更多東涌社群服務。

開幕式以「延續」為主題，以影片呈現由舊址的服務一直延展至新中心，並繼續伸延至各地服務人群。最後在兒童發展基金學員的鋼琴伴奏下，由一班從小在中心成長的學生唱出一首《我的驕傲》，以表達他們的感激之情。

「凡你們所做的，都要憑愛心而做。」（哥林多前書16:14），我們定會憑愛心繼續盡心盡力服務社區，把港青的愛傳揚到每個街坊、家庭以至整個社群。

The YMCA of Hong Kong Tung Chung Centre held a simple yet solemn opening and dedication ceremony on May 14, thank you to all the guests including friendly organisations, neighbours and colleagues for their support, the centre is committed to providing services that cater to the social, educational, physical, and spiritual needs of the people in our community.

Looking back over the past 12 years, the YMCA of Hong Kong has spared no effort in providing a variety of community services to the Tung Chung residents, including playgroups, after school child programme, junior-secondary school study groups, Child Development Fund project, Toy Bank, food share, volunteer services, and various interest classes, etc.



"But seek first his kingdom and his righteousness, and all these things will be given to you as well."

Matthew 6:33

In their remarks, our Hon. Chaplain, Rev. Dr. John Snelgrove, and our Vice President, Ms. Julia Ong, reminded everyone the spirit of the new centre's

theme, "But seek first his kingdom and his righteousness, and all these things will be given to you as well." (Matthew 6:33), to follow the Lord Jesus Christ to learn to be a servant leader, love and forgive each other, help each other in difficult times, be humble and grateful in all circumstances when serving the Tung Chung communities.

The theme of the ceremony 'continuity', shown by a video presentation documenting the expansion of services from the previous location to the new centre, to be further expanded to serve in different areas. In closing, with the piano accompaniment by students from the Child Development Fund, a group of students who grew up in the centre sang 'My Pride' to express their gratitude.

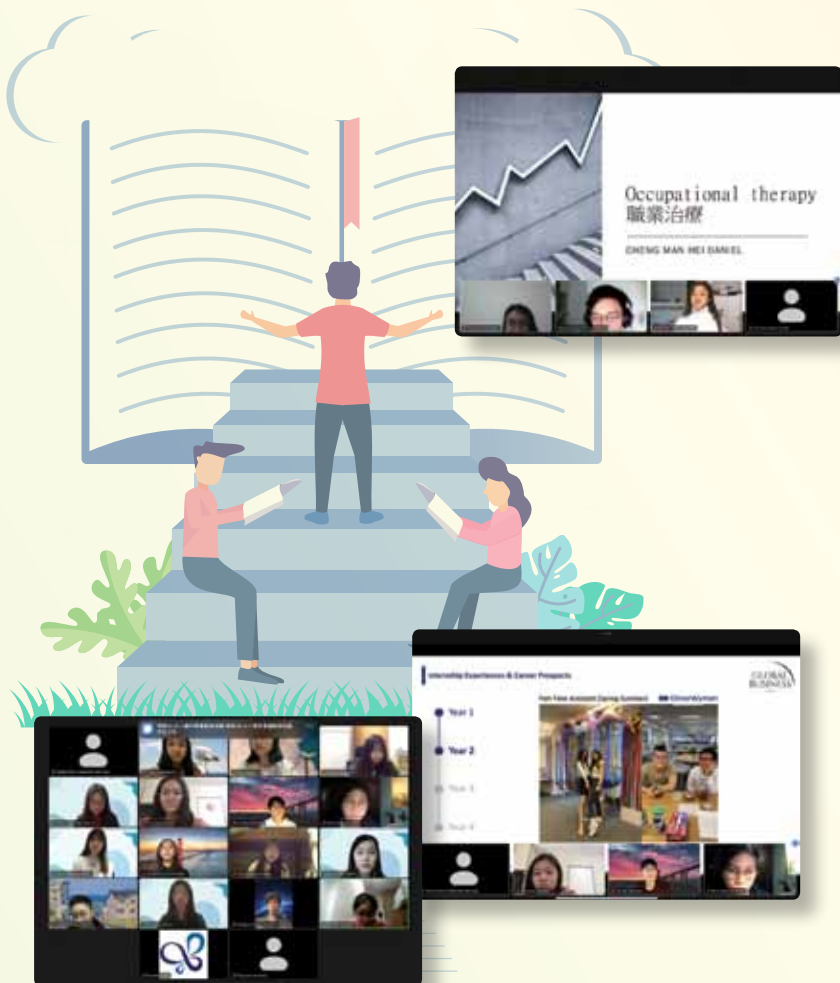
"Do everything in love." (1 Corinthians 16:14) We will continue to serve with love and dedication in everything we do, to spread the love of YMCA of Hong Kong to our kai fongs, families and community.



## Boundless學術研討會 Boundless Academic Exploration Day

為了讓同學於決定未來學業路向前了解不同大學的學科，Boundless於1月30日舉行了學術研討會。研討會邀請了來自不同大學的大學生向同學分享他們學系的內容及發展路向，包括環球商業學、內外全科醫學及新聞系。研討會亦安排不同學系的模擬課堂讓同學體驗大學的學習生活。

With an aim for Boundless participants to understand different university disciplines before they decide on their future study path, an Academic Exploration Day was held on January 30. Students from different universities were invited to share information about their faculties and career path, including Global Business, Medicine, and Journalism. A mock lecture was also arranged for Boundless students to have an opportunity to experience learning in a university.



## Boundless公開演講技巧工作坊 Boundless Public Speaking Skills Workshop

為了提升同學公開演講的技巧，Boundless於2月8日邀請了世界個人辯論及公開演講冠軍賽首席導師曹老師主持了一個公開演講技巧的工作坊。同學有機會即場練習於工作坊學習到的引入和總結技巧，並且接受其後導師個別的指導。工作坊所學到的不單成為他們終身的技能，更有助同學準備其後舉行的青年論壇。

To enhance students' public speaking skills, Ms. Joan Cho, a Head Coach of the World Individual Debating and Public Speaking Championship, was invited to conduct a workshop on February 8. During the workshop, students had an opportunity to practise the hook and conclusion skills they had learnt from the workshop and received one-on-one coaching by the instructor. The learning from the workshop will not only become a lifelong skill but also helps to prepare students for their presentations in the Youth Forum held afterwards.

## 第二十二屆「傲翔新世代」全方位青年領袖訓練計劃啟動禮 The 22nd YMCA Youth Leadership Development Scheme Opening Ceremony

80位來自8間不同學校的同學以及他們的老師參加了於2月19日舉行的第二十二屆「傲翔新世代」全方位青年領袖訓練計劃啟動禮，港青總幹事何慶廉先生於典禮中分享了主題「適應力」。跟據過往的經驗，他差不多每10年便面對一次經濟危機，然而他視危機為學習良機。他鼓勵同學把握機會，在危機中成長；且要在充滿挑戰的時候保持積極正面的精神，特別於新冠肺炎期間，更需如此。啟動禮亦公佈了即將舉辦的活動，包括學校專題研習「綠在港青」，旨在讓同學於綠色生活上進行學習及反思。



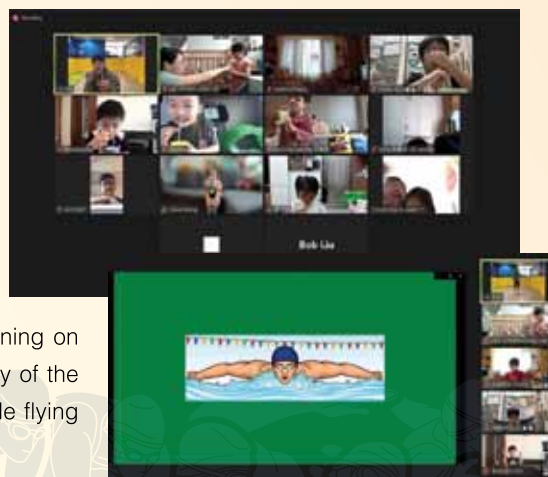
Joined by 80 students and their teachers from 8 schools, the 22nd YMCA Youth Leadership Development Scheme Opening Ceremony was held on February 19 with General Secretary Mr. Peter Ho sharing on 'Resilience'. He discussed his experience on economic crises and how they occurred almost every 10 years, yet he sees every crisis as a learning opportunity. He encouraged students to pursue personal growth and always uphold a positive spirit during challenging times, especially amid the pandemic. Upcoming activities were also announced at the opening, including subject of the school project, 'Green @YMCA', with an aim to benefit students with learning and reflection on green living.



## 兒童水動樂網上體驗課程 Kid's Aqua Fun Online Course

由於泳池關閉，港青水運部舉辦了首個可以讓小朋友在網上學習游泳的體驗課程。在每星期30分鐘的課堂內，小朋友透過不同的遊戲學習游泳技巧，例如利用飲管在水中吹泡泡訓練呼氣。更有其他平衡及下肢力量和基礎游泳技巧的訓練，讓學員重溫游泳課的學習。相信在泳池重開之後，這些小飛魚一定能回到港青大展身手！

The Aquatics Unit held its first online course when all pools were closed, allowed children to experience swimming at home. In the weekly 30-minute class, children learnt swimming skills through different games, such as blowing bubbles in the water with a straw to train exhalation. There were also other training on balance, lower body strength, and basic swimming skills to refresh their memory of the learning from swimming classes at the YMCA. We look forward to seeing the little flying fishes to show their talents when the pool reopens!



## 港青基信國際幼稚園 × 東涌中心 — 設計及繪畫壁畫 Mural Painting CIKG × Tung Chung Centre



1月下旬期間，東涌中心的廖靜怡社工帶領港青基信國際幼稚園的教職員一同為幼稚園南座大堂門口外一幅4.2米乘2.5米的牆壁設計及繪畫壁畫。壁畫的構思來自馬太福音19:14節啟發：「耶穌說：讓小孩子到我這裏來……」。每位參與同工都對是次合作的機會十分感恩，一同努力完成壁畫的時刻亦成為大家幸福的共同回憶！

During the suspension of in-person classes, in late January, Ms. Winnie Liu, a social worker from Tung Chung Centre, led the Christian International Kindergarten staff in designing and painting a 4.2m x 2.5m mural painting at the south lobby of the kindergarten. The painting was inspired by Matthew 19:14 where Jesus said, "Let the little children come to me.....". All who participated enjoyed the joint effort thoroughly and felt very blessed by the shared moments together.



## 香港交易所慈善基金 × 港青 — 為海外僱傭提供住所 Partnership with HKEX Foundation for Displaced Domestic Helpers

港青一直密切關注海外僱傭社群，為她們提供適切的照顧。自3月14日起，港青獲香港交易所慈善基金支持，經外勞事工中心及白恩逢女移民工庇護中心轉介，接待流離失所的海外僱傭到港青賓館The Salisbury暫住。

自計劃開始至今，已有超過100名海外僱傭獲得協助。而港青的外僱義工更自發捐贈物資及提供心靈支援，照顧各方面需要。港青會繼續關注海外僱傭社群，並在艱難的時期為她們提供支援。

The YMCA has been caring for the overseas domestic helper community, to provide them with appropriate services. Beginning March 14, funded by the Hong Kong Exchange Foundation and referred by Mission for Migrant Workers and Bethune House Migrant Women's Refuge, YMCA of Hong Kong provides guestrooms for displaced domestic helpers at The Salisbury.

Since the start of the project, over 100 domestic helpers were received. Moreover, YMCA's domestic helper volunteers also took the initiative to offer necessities and spiritual support to meet their needs. YMCA will continue to monitor the foreign domestic helper community and provide timely support during this challenging time.



## 派發愛心物資包 Care Package Distribution

第五波疫情期間，本會得到有心人士捐贈\$100,000，提供物資包予450個長沙灣及東涌的家庭，內有豐富食物及消毒抗疫用品。此外，本會亦獲鐵人暖心慈善基金會有限公司捐贈1,000包5公斤白米予有需要的低收入、劏房及確診人士，以緩解他們的燃眉之急。

Funded by an anonymous donation of \$100,000, a total of 450 families in Cheung Sha Wan and Tung Chung were given care bags during the height of the fifth wave. In addition, 1,000 bags of rice donated by Trainx Charity Foundation Limited were also distributed to low-income families, and those living in subdivided flats or tested positive for COVID-19 to alleviate their immediate needs.



## San Wui Commercial Society YMCA of Hong Kong Christian School – STEM Week 新會商會港青基信學校 – STEM Week

儘管在疫情下，新會商會港青基信學校學生如常學習及參與特別安排的活動，包括於2月28日至3月4日舉行的STEM Week。

老師預備了可在家完成的挑戰任務，讓學生學習有關浮力的知識，並利用回收物料製作船隻。

在製作過程中，他們根據「預測、設計、製作、測試和評估」模式提出假設及考慮不同變量因素。在設計船隻時，學生們需決定使用哪些立體圖形，找出船隻的周界，表面積和速率。

本校積極培養學生在非學術領域學習，讓他們發展所能。

A pandemic did not stop our students from learning, so did our special event — STEM Week, organised from February 28 to March 4.

As a targeted learning objective to understand about buoyancy, an inquiry-based learning activity named Home Learning Challenge was prepared by teachers, for students to build a boat by recycled materials. Using the 'predict, design, make, test and evaluate' model, students were asked to make their hypothesis and carefully consider various variables.

When it comes to designing the boat, students would consider using the most appropriate 3D pieces, perimeter, surface area and speed.

SWYHKCS hopes to go beyond academic learning when it comes to developing students to reach their full potential.



## 「童」你網上放暑假 Special Summer Online Programme

每年暑假家長都會為子女安排精彩活動，2022年在疫情下提早開始了「不一樣的暑假」。學前教育及小學文娛服務部因此於3月份推出了不同的網上課程，包括語文、藝術、唱遊及主題派對等，讓小朋友得到正面學習，度過有意義的時光。

Every summer, parents arrange various exciting activities for their children. However, in 2022, "an extraordinary summer vacation" started earlier than expected due to the pandemic! So, in early March, Preschool and Primary Leisure Education Services launched various online courses, including language, art, playgroup, and online themed party, hoping to give our children a positive learning experience and a meaningful time.



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## 早午合併自助餐 Relaxing Brunch Buffet

星期六、日及公眾假期  
Saturdays, Sundays and Public Holidays 11:45 am - 2:30 pm

成人 Adult \$348 小童 Child \$248

## 自助午餐 Lunch Buffet

星期一至星期五，公眾假期除外  
Mondays to Fridays, except Public Holidays 12:00 nn - 2:30 pm

成人 Adult \$268 小童 Child \$188

## 下午茶自助餐 Afternoon Tea Buffet

星期六、日及公眾假期  
Saturdays, Sundays & Public Holidays 3:15 pm - 5:15 pm

成人 Adult \$248 小童 Child \$188

## 國際美食自助晚餐 International Dinner Buffet

星期一至星期四，公眾假期除外  
Mondays to Thursdays, except Public Holidays 6:15 pm - 9:30 pm

成人 Adult \$558 小童 Child \$378

星期五至星期日，公眾假期及前夕  
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成人 Adult \$598 小童 Child \$418

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有效期至 Valid till 29/9/2020  
星期一至四 Mon-Thu  
(公眾假期除外 except Public Holidays)



## Announcement

最新動態

### 「一對二」私人健體訓練優惠 1-on-2 Personal Fitness Training Offer



為了讓私人健體訓練變得更有樂趣，港青健身中心推出「一對二」私人健體訓練優惠，讓大家可與家人或好友一同接受專業健體教練指導。二人同行，自然信心大增。訓練時可以互相鼓勵，下課後亦可分享感受，共同達成訓練的目標。

In order to make personal training more enjoyable, the YMCA Fitness Centre has launched a 1-on-2 personal training offer, which allows our participants to be paired with a family member or friend to receive coaching from our professional fitness trainers. Participants can encourage each other during training and share feelings after class to pursue common training goals together.



### Boundless 社區項目：「容貌焦慮」 Boundless Social Project – Body Dysmorphic Disorder (BDD)

繼青年論壇於2月27日成功舉行後，Boundless同學們繼續探討心理健康議題。他們分成4組，每組就不同的專題作出研究並提出報告。隨後同學們選出「容貌焦慮」成為今年社區項目的主題並將於8月啟動。「容貌焦慮」是一種心理障礙，患者會花大量時間擔心自己的外表以至嚴重影響日常生活。該活動旨在讓公眾更了解「容貌焦慮」，以便及早發現周邊人的需求並學會緩解症狀。

Following the successful launch of Youth Forum on February 27, Boundless students continue to explore mental health issues in Hong Kong. Students were divided into four groups, and each to look into a specific topic and made a presentation on it. Subsequently, the topic of 'Body Dysmorphic Disorder' (BDD) was chosen as the project theme for this year, to be launched in August. 'Body Dysmorphic Disorder' is a mental health condition where a person spends a lot of time worrying about their appearance and it can seriously affect daily life. The event aims to educate the public about BDD, In order to detect the early signs and learn to relieve the symptoms.



● **港青夏日營**  
Summer Camp Programme



YMCA日營部已準備好在今年夏天為小朋友和他們的家庭帶來非凡的樂趣！為了讓這個夏天更難忘，我們為5-14歲的兒童分別提供週末或平日的日營。經歷了長期的限聚令，我們期待日營魔法重新點燃，與小朋友們營中見面！

YMCA Camping is ready to once again bring extraordinary fun and learning to children and their families this summer! To make this summer even more special, we are offering both weekend and weekday day camp programmes for children aged 5-14. We cannot wait to meet you all after social distancing has kept us away for so long. Let the camp magic begin!



● **長沙灣「社區商店」**  
CSW Community Shop

長沙灣「社區商店」現正進行裝修工程，計劃變身為「故事館」，舉辦「深」度遊導賞團，見證長沙灣的發展。故事館亦將與「惜食堂」合作，在館內設置「自在食」速凍餐自助提取機，為有需要人士提供飯餐。此外，館內亦會舉辦不同活動，如愛「深」麵包回收計劃、社區維修隊、清潔隊，為少數族裔舉辦工作坊等。希望能成為一個「社區歇腳點」，為區內提供一個公共空間。

Currently undergoing renovation, Cheung Sha Wan Community Shop will be transformed into a 'museum', to provide guided tours to revisit the development of Cheung Sha Wan. The museum will also partner with 'Food Angel' to set up an automated food dispenser to provide a collection of 'cook-chill' meals to people in need. Various programmes will also be arranged such as the bread recycling programme, community maintenance teams, cleaning teams, workshops for ethnic minority, etc. The museum will be opened to the public as a 'community space', where kai fongs are welcome to drop by and have a chat with us!



# 「綠色行動」@港青 YMCA Green Action



香港基督教青年會以「低碳轉型」為新的願景，致力在服務及營運中實踐低碳，並以量化和質化的準則進行量度和分析比較。參與落實低碳行動包括賓館、社區中心、學校，以至戶外營地及農場。

With a new 'Low Carbon Transformation' vision, YMCA of Hong Kong is committed to achieving low carbon in our services and operation; and measure and benchmark our carbon footprints by quantitative and qualitative methods. Facilities and places taking part in the Low Carbon Movement include our hostel, community centres, schools, outdoor campsite and farm.

YMCAHK actively participated in Earth Hour 2022 on March 26 with all the exterior lights and non-essential lighting switched off during the hour.

To achieve the ultimate goal of reversing global warming and executing a low-carbon future, we supported the 28-Day Climate Action Challenge launched by Asia and Pacific Alliance of YMCAs. From March 26 (Earth Hour) to April 22 (Earth Day), all YMCAHK staff had been challenged to fulfill a simple task everyday, based on the various themes set from Mondays to Sundays. Through these daily creative challenges, we hope to change our staff's personal habits and to start living a green lifestyle.



## 28天氣候行動挑戰 28-Day Climate Action Challenge

香港基督教青年會積極參與2022地球一小時。活動期間，本會將所有戶外及非必要的照明設備關掉。此外，為了達到逆轉全球暖化及落實低碳未來的終極目標，港青全力支持由亞太區基督教青年會協會發起的「28天的氣候行動挑戰」。在3月26日（地球一小時）至4月22日（地球日）期間，根據星期一至日不同的主題，港青同工被挑戰每天完成一項簡單的綠色任務。透過這些具創意的日常行動，我們期望改變同工的個人習慣，以實踐綠色生活。

## 換樂專區 Love Barter Corner

實踐綠色生活先從循環再用開始。「換樂專區」設立的目的，是讓同工將不再使用的東西與別人分享。

我們總有一些「舊愛」之物，甚少使用但又棄之可惜。在「換樂專區」，同工可送出這些物件，或用以交換他們所需要的。「別人之廢物，他人之寶藏」，讓我們一起實踐零浪費！

Living a green lifestyle begins with recycling; hence, 'Love Barter Corner' has been set up to encourage YMCAHK staff to share their unwanted items with others.

We all have preloved items that ended up barely use but are too much of a waste to just throw away. At 'Love Barter Corner', our staff can either give away these items or barter for something they want. 'One man's trash might be another's treasure', let's go ZERO WASTE!



## 綠色採購計劃 Green Purchasing Plan

除了為採購項目訂立「環保規格」及制訂綠色採購政策進行招標外，我們在賓館客房添置以有機材料製成的 Naturals 沐浴露、洗髮水和護髮素；其容器及支架亦是以循環再用物質所製。

Besides developing 'green specifications' for procurement items and formulating green procurement policy for tendering process, we have purchased Naturals shower gel, shampoo and conditioner for the hostel guest rooms; which are made with organic ingredients; the dispensers and brackets are also made from recycled materials.



## 低碳轉型領袖培訓課程 YMCA Low Carbon Transformation Leadership Training Course

員工教育是實施低碳轉型的關鍵之一。港青董事葉頌文先生將於2022年6月和7月向被提名的同工提供低碳轉型培訓，學習如何透過低碳運動舒緩氣候變化。

完成培訓並通過考核的同工將成為港青的低碳領袖，在所屬部門實踐低碳轉型，並協助達到由香港綠色建築議會所訂立的一套全面的可持續性準則，以獲頒「綠建環評」認證。

Staff education is one of the critical steps to implement low carbon transformation. Our Board of Director Mr. Tony Ip will provide low carbon transformation leadership training to the nominated staff in June and July 2022, which aims to introduce climate change mitigation through low carbon movement.

Staff who complete the training and pass the exam will become the Low Carbon Leaders of YMCAHK, to be responsible for making an impact in their departments and assist in fulfilling a wide range of sustainability criteria, in order to be awarded the BEAM Plus certification by the Hong Kong Green Building Council.



供應時間 Serving time : 12:00 nn - 9:30 pm | 3/5 - 30/9/2022

夏日沙律精選及飲品

Summer

Salads

&

Drinks

\$118起 up



\$42起 up



供應時間 Serving time : 12:00 nn - 9:30 pm | 1/5 - 30/6/2022

☎ 2268 7819

另收加一服務費 10% service charge is required

圖片只供參考 Pictures are for reference only

# LOVE

## Father's Day

19 / 6 / 2022 (星期日 Sunday)

THE HAVEN <sup>4/F</sup>  
再臨閣 2268 7818

**早午合併自助餐** 11:45am - 2:30pm 成人 \$368 小童 \$268  
Holiday Brunch Buffet

**下午茶自助餐** 3:15pm - 5:15pm 成人 \$248 小童 \$168  
Afternoon Tea Buffet

**國際美食自助晚餐** 6:15pm - 9:30pm 成人 \$618 小童 \$408  
International Dinner Buffet

請到四樓再臨閣預交餐飲費用以便確認留座  
Table Reservations and Pre-payment in Advance is Required. Please Kindly Contact 4/F The Haven

每位父親節當天惠顧之父親皆可獲贈再臨閣自助午餐禮券一張  
The Haven Buffet Lunch Coupon for Every Dad on Father's Day



Mall Café <sup>G/F</sup>  
2268 7819

**節日午膳套餐** Special Set Lunch 成人 \$178  
12:00nn - 2:30pm

**節日晚膳套餐** Special Set Dinner 成人 \$298  
6:00pm - 9:30pm

- 以上價格需另加一服務費 All above prices are subject to a 10% service charge
- 加一服務費以原價計算 10% service charge will be levied on the original price
- 父親節當天所有其他折扣優惠及優惠券恕不適用  
All other discount privileges and coupons are not valid on Father's Day

85折 / 15% Off

港青會員及年滿65歲或以上長者可獲此優惠  
For YMCA of Hong Kong Members & Senior Citizens aged 65 or above

f YMCA The Haven

f YMCA Mall Café

**STAY LONGER • SAVE MORE**

**LONG STAY**



*The Salisbury*

**10% DISCOUNT FOR YMCA MEMBERS**



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