

VOICES

港青之聲

Dec 2023

Those who sow with tears will reap
with songs of joy.

流淚撒種的，必歡呼收割。

詩篇 Psalm 126:5





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主題 Theme

Tears of Joy
樂淚



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



Contents

- 2 總幹事的話 GS's Message
- 6 專題特寫 Feature
打拚20載：從新手教師至一校之長
A 20-year Journey: From Novice Teacher to School Principal
- 10 港青人·情·事 Y's Story
Boundless成長印記 — 探索人生旅程中的笑與淚
Boundless — Exploring the Laughter and Tears of Life's Journey
- 15 聖誕賀辭及港青周年大會 Christmas Greeting & YMCA's AGM
- 16 會牧園地 Chaplain's Corner
- 18 港青資訊 Y's News
- 36 義工典範 Volunteer Paragon
- 39 最新動態 Announcement
- 39 可持續發展目標 Sustainable Development Goal (SDG)

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香港基督教青年會
YMCA OF HONG KONG

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「流淚撒種的，必歡呼收割。」 “Those who sow with tears will reap with songs of joy”

(詩篇Psalm 126:5)

願各位蒙天父和主耶穌的恩典，主內平安！

「在困境中，我們須懷謙卑的心服侍。」Seth Kim牧師在10月27日的港青周年會員大會上提醒我們。「那賜諸般恩典的神曾在基督裏召你們，得享祂永遠的榮耀，等你們暫受苦難之後，必要親自成全你們，堅固你們，賜力量給你們。願權能歸給祂，直到永永遠遠。阿們！」

(彼得前書5:10-11) 在困乏下，我們相信及等候神。正如Seth Kim牧師所說，試煉是暫時及轉化的過程。「原來我們不是顧念所見的，乃是顧念所不見的；因為所見的是暫時的，所不見的是永遠的。(哥林多後書4:18) 過去一年，The Salisbury在沒有總經理、房務部總監和餐飲部總監的情況下運作；並出現財政赤字。感謝上帝及賓館服務部同工的盡心盡力和無私付出，整個團隊一同協作，The Salisbury再次錄得盈餘。年初至今年10月的營收比去年增加了一倍以上。我想藉此嘉許及衷心感謝機構事務部高級總監關健薇 (Kin Mei) 和營業及市場推廣部總監林燕玲 (Iris)。Kin Mei在過去的一年兼任了The Salisbury署理營運總監一職，而Iris則由7月起兼任餐飲部總監。我很高興在此宣布，Iris將於2024年1月1日擔任The Salisbury總經理，而Kin Mei在這管理層交替的過渡期和在酒店歷來一個最具挑戰的時

期，履行了她在The Salisbury的使命。神確實親自成全了我們，堅固我們，加能賜力給我們，堅定不移；並革新了The Salisbury的文化。Seth Kim牧師總括他在港青周年會員大會上的分享時，邀請我們 1) 奉上時間敬拜耶穌，2) 堅定地禱告，3) 忠心事奉神。敬拜詩歌「神的良善榮美」走進我的心扉：

「一生信實對我顧念
一生美好待我到永遠
我一切所有生命氣息
我要歌唱神的良善榮美」

神對青年會一直是信實的。自1901年港青成立以來，他對港青就一直非常非常好。祂的良善從創始就一直追隨青年會。我們一息尚存，港青仍會歌頌上帝的良善。2024年1月21日，我們將獻上感恩並紀念港青於一百年前的1924年，在梳士巴利道奠基。願權能歸給祂，直到永永遠遠。阿們。



基督教青年會亞洲使命大會的種子在多年前就已播下，但凡事皆有定時。2022年夏天，在阿爾路斯舉行的世界大會上，幾位充滿熱情的青年會基督徒領袖再次祈禱，為在下一屆亞太協會大會之前，在亞洲召開使命大會。來自印度、德國和香港的三人核心團隊於2023年1月在線上召開了第一次籌備會議。儘管經歷波折重重及安排上的難題，核心團隊仍堅定不移，將整個過程交託給

聖靈。第一屆亞洲使命大會「與耶穌同行」終在9月於印度金奈舉行，作為APAY第21屆大會的預會。以路加福音24章《以馬忤斯路上的人》為基礎，大會集中於4個主題——與耶穌同行，乃是要：1) 釐清困惑，2) 將疑慮轉化為信念，3) 用激情燃點內心，4) 獻身傳揚福音。首屆亞洲使命大會在印度舉行是最合適不過的，以紀念亞洲第一個基督教青年會於1857年在加爾各答成立。與會者參觀了聖托馬斯山，那是使徒托馬斯殉道之地，也參觀了聖托馬斯大教堂，那是使徒托馬斯的安葬地。參加者的敬拜、祈禱和見證鼓勵我們繼續行在主的的光中，及各青年會就自己的社區需要提供服務。亞洲使命大會亦促成了亞洲基督教青年會使命網絡的成立。願聖靈繼續引導其成長與發展。



機構事務部高級總監關健薇 (Kin Mei) (右) 和The Salisbury候任署理總經理林燕玲 (Iris) (左)

Ms. Kwan Kin Mei, Senior Director of Corporate Services, (right) and Ms. Iris Lam, Incoming Acting General Manager of The Salisbury (left)

第21屆APAY大會的主題是「一同邁進靈活的社群：透過2030年願景轉化生命」。主講者透過《撒母耳記下》21:10-14中基列雅比人的故事，幫助參與者解讀主題的4個要素——一同邁進、靈活社群、轉化生命和願景2030。大會選出了吉隆坡基督教青年會會長Philip Thomas牧師為APAY新任會長。港青榮獲綠色環保大獎，以表彰我們在青年會和社區內推動環保計劃和政策的工作。大會也表揚港青作為夥伴支援小組(PSG)成員，為東埔寨基督教青年會和龍坡邦基督教青年會發展的付出和承擔。

由天主教香港教區基督徒合一委員會與香港基督教協進會(協進會)合辦的第一屆香港基督徒合一藝術展於9月30日假期愛專上學院開幕。籌委會邀請港青負責啟動儀式。天主教教區的五位嘉賓在五名港青幼稚園和小學的學生陪同下，及協進會的五位嘉賓在另外五名天主教幼兒園的學生陪同下，共同參與「愛·護·天父世界」的啟動禮。來自港青幼稚園和小學的30名學生合唱團獻唱了《這是天父世界》。這首讚美詩提醒我們上帝創造之美和祂對人類的愛——「這是天父世界，求主叫我不忘，罪惡雖然好像得勝，天父卻仍掌管。這是天父世界，我心不必憂傷，上帝是王，天地同唱，歌聲充滿萬方。」

打從三位基督姊妹在2021年11月構思舉辦藝術展以促進基督團結的可行性開始，這是何等的歷程。這團結的種子促成了包括港青在內的委員會在2022年3月成立。六個月後，委員會在The Salisbury與藝術家舉行簡介會。藝術節誕生背後的故事很簡單：耶穌在我們中間。委員會的成員多元化，但基督團結一致的願景將我們聯繫在一起，並將我們的差異轉化為力量。經過我們一起付出心力，最終見證它的誕生，絕對是一個令人喜悅的時刻。「流淚撒種的，必歡呼收割。」(詩篇 126:5)

哈佛商學院社會企業研究所的Dutch Leonard教授觀察到，儘管社區服務界面臨最艱辛的困難，資源最為匱乏，市場協作能力和激勵機制也最為薄弱，但這界別工作者的堅定承諾是他們日復一日在工作上表現卓越的原因。他指出：「說到底取決於機構的使命。」在建立青年會的過程中，其使命經歷了不少動盪和考驗。受到Dutch Leonard教授的啟發，港青邀請了香港浸會大學凌浩雲教授於11月給賓館服務部和會員及社區服務部的管理團隊重新審視各自的使命。凌教授要求賓館服務部管理層更邁向社會企業，會員及社區服務部管理層則需更具創業精神、積極進取，兩個部門合力以創造共享價值，推進青年會使命。透過各種案例研究，凌教授引導參與同工去達成共同的價

值。然後，所有同工繪畫了各人的生命抱負，並寫上一個最能描述他們將如何為青年會實現其使命的詞語。審視使命是我們基督教青年會為梳士巴利道的下一個一百年做準備的一個起點，我們熱切期待在2025年11月慶祝我們在梳士巴利道的百年華誕，港青將繼續以身、心、靈合一，「以團結培育愛與希望」，這也是2023年世界基督教青年會/女青年會公禱週聯合崇拜暨普世團契的主題。

在耶穌誕生前700多年，先知以賽亞作了這樣的預言：「因有一嬰孩為我們而生；有一子賜給我們。政權必擔在他的肩頭上；他名稱為奇妙策士、全能的神、永在的父、和平的君。」(以賽亞書9:6)在11月26日，教會歷年的最後一個星期日，許多傳統教會慶祝基督君王節，接著進入12月4日開始的將臨期。這是一個讓我們反思過去一年的最佳時刻，讓我們的心靈準備迎接耶穌在2023年聖誕節降臨。

我們在周年大會上展示各式各樣的成就的背後，當中流過不少眼淚。在籌備第一屆基督教青年會亞洲使命大會的過程中經歷了許多參加者們看不到的痛苦時刻。在走向香港第一屆基督徒合一藝術展的道路上，也灑下許多眼淚。多年來，為了達至共同價值，為了延續港青的願景和使命，更有許多眼淚流淌。我們常常只看到功成，卻未意識到在成長之途中所灑下的淚。為了一個美好的目的、出於愛而流下的每滴眼淚，都是撒下一粒種子，可以在上帝的國度裡結出永恆的果實。每一次為此流淚的背後，都是陪伴我們前進的希望與勇氣。沒有一滴為耶穌流下的淚是白流的。儘管困難和艱苦，那些全心全意追隨基督耶穌腳蹤的人心中充滿喜樂。尼希米告訴我們，我們要以喜樂在主裡得力；我們懷著信心生活，相信主會親自復興我們，使我們堅強、穩固、堅定地收穫祂的莊稼。

在這將臨期，我們為那些遭受苦難的人祈禱，特別是在戰爭和衝突中失去家園及家人的。願將臨期的精神在他們心中重燃希望、平安、喜樂和愛，使他們無論在任何情況下都可以迎接和平之君。願上帝安慰那些在戰爭和天災中喪失家人和親人的。願那逝者、那流淚撒種的人，在歡呼的歌聲中收割。願那被主呼召事奉祂的人真的歡喜快樂，因為無論光景如何，我們的名字已被記在天上。

願一切榮耀頌讚都歸給我們在天上的父。

何慶濂

總幹事/行政總裁



基督徒合一藝術展「愛·護·天父世界」The 1st Christian Unity Art Festival in Hong Kong — “Love and Care for the Father's World”

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

"In the midst of adversity, we must serve with humility", Rev. Dr. Seth Kim reminded us at the YMCA of Hong Kong Annual General Meeting (AGM) on October 27. *"And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast. To him be the power forever and ever. Amen."* (1 Peter 5:10-11) In the midst of difficult situations, we put our trust in Jesus and wait upon him. As Pastor Kim said, trials are temporary and transformational, *so we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, and what is unseen is eternal* (2 Corinthians 4:18). A year ago, The Salisbury was operating without a General Manager, without a Director of Rooms and without a Director of Food & Beverage; and running a financial deficit. Thanks be to God and with the hard work and commitment of hostel staff working together as a TEAM, The Salisbury is generating a surplus again. Year-to-Date October revenues more than doubled from last year's. I would like to extend our most heartfelt gratitude and appreciation to Ms. Kin-Mei Kwan, Senior Director of Corporate Services, who took on the additional responsibility of Acting Chief Operating Officer for The Salisbury in the past year, and Ms. Iris Lam, Director of Sales & Marketing, who took on the additional responsibility of Director of Food & Beverage in July. We are pleased to announce that Iris will assume responsibility of General Manager of The Salisbury effective January 1, 2024, while Kin Mei has fulfilled her mission in The Salisbury during the management transition and a challenging time in its history. God has indeed himself restored us, made us strong, firm and steadfast; and transformed the culture of The Salisbury. Pastor Kim concluded his AGM sharing by inviting us to 1) spend time worshipping Jesus, 2) stand strong in prayer, and 3) serve God faithfully. The worship song, "Goodness of God" came to my heart –

"All my life You have been faithful
All my life You have been so, so good
With every breath that I am able
Oh, I will sing of the goodness of God"



與葉偉文會長（左）出席港青周年會員大會2023
Attend the Annual General Meeting of YMCA of Hong Kong 2023 with Mr. Patrick Yip, the President of YMCAHK

God has been faithful to the YMCA. He has been so, so good to the YMCA of Hong Kong since we were established in 1901. His goodness has been running after the YMCA since the beginning. With every breath that we are able, YMCA of Hong Kong will sing of the goodness of God. On January 21, 2024,



與管理層進行使命審視
Mission review with the
management team

we will give thanks and remember YMCA of Hong Kong laying the foundation stone of our headquarters on Salisbury Road 100 years ago in 1924. To Him be the power forever and ever. Amen.

The seed of an Asia Mission Conference (AMC) for YMCA was sown many years ago but there is a time for everything. At the World Mission Conference in Aarhus in the summer of 2022, a few passionate YMCA Christian leaders again prayed for a mission conference in Asia ahead of the next Asia & Pacific Alliance of YMCAs (APAY) General Assembly. A core team of three from India, Germany and Hong Kong held its first planning meeting over zoom in January 2023. Despite many twists and turns and logistics issues, the planning team was steadfast and surrendered the process to the guidance of the Holy Spirit. The 1st YMCA AMC "Walking with Jesus" was finally held in Chennai, India in September as a pre-conference of the APAY 21st General Assembly. Based on Luke 24 *The Appearance on the Road to Emmaus*, the AMC centered on 4 keynotes – that Walking with Jesus 1) brings clarity to confusion, 2) transforms our doubts into faith, 3) ignites our hearts with passion, and 4) commissions us to share the Gospel. It was only appropriate for the 1st AMC to be held in India in honor of the first YMCA in Asia which was Calcutta established in 1857. Delegates visited St Thomas Mount where the apostle Thomas was martyred and St Thomas Basilica where the apostle was buried. Worship, prayers and testimonies among delegates encouraged and strengthened each other to continue to walk in the light of the Lord and serve the needs of the communities in our respective YMCAs. The AMC has ignited the formation of the Asia YMCA Mission Network. May the Holy Spirit continue to guide its growth and development.

"Journeying Together as a Resilient Community: Transforming Lives through Vision 2030" was the theme of the 21st APAY General Assembly. The keynote speaker helped delegates to unpack the 4 components of the theme – journeying together, resilient community, transforming lives, and Vision 2030 through the story of Rizpah from 2 Samuel 21:10-14. The General Assembly elected the Very Rev. Philip Thomas, President of Kuala Lumpur YMCA to be the new President of APAY. YMCAHK received the Green YMCA Award in recognition of our work towards promoting environmental programs and policies within the YMCA and our community. The General Assembly also recognized YMCAHK for our efforts and commitment as member of the Partners Support Group (PSG) contributing towards the development of Cambodia YMCA and Luang Prabang YMCA.

The 1st Christian Unity Art Festival in Hong Kong co-organized by the Catholic Diocesan Ecumenical Commission and the Hong Kong Christian Council (HKCC) opened on September 30 at the Caritas Institute of Higher Education. The Organizing Committee invited YMCA of Hong Kong to organize the opening ceremony. Five students from YMCA kindergartens and primary school accompanied five VIPs from the Catholic Diocese, while

five students from a Catholic kindergarten accompanied five VIPs from HKCC participated in a symbolic action to “Love and Care for the Father’s World”. The YMCA 30-strong student choir from YMCA kindergartens and primary school sang “This is my Father’s world”. The hymn reminds us of the original beauty of God’s creation and His love for humanity – “This is my Father’s world... He speaks to me everywhere... Oh let me never forget, that though the wrong seems often so strong, God is the ruler yet... the battle is not done... This is my Father’s world, why should my heart be sad?... God reigns and let earth be glad.”

What a journey it has been since three Christian sisters met in Nov 2021 to brainstorm the possibility of an art exhibition to foster Christian unity. This seed of solidarity led to the formation of the Organizing Committee that included YMCAHK in March 2022. Six months later, the committee hosted the artists briefing at The Salisbury. The story behind the birth of the Christian Unity Art Festival was simple: it was the presence of Jesus in our midst. Members of the committee were so diverse, yet the vision of Christian unity bound us together and turned our differences into strengths. As we have put in our heart and efforts, it was a joyful moment to witness its birth. *“Those who sow with tears will reap with songs of joy” (Psalm 126:5)*

Professor Dutch Leonard of the Harvard Business School Social Enterprise Institute has observed that the unwavering commitment of the people working in the social sector is why remarkable work is done day in and day out in the social sector, despite facing the hardest problems with the least resources and the weakest alignment of market forces and incentives. “It is always all about the Mission of the organization”. The Mission of the YMCA has withstood through storms and turbulence over the century while building YMCA’s resilience. Inspired by Professor Dutch, YMCAHK invited Professor Howard Ling of Hong Kong Baptist University, to facilitate a Mission review with the management team of Hostel Services and Member & Community Services (M&CS) in November. Howard challenged Hostel management to be more social and M&CS management to be more enterprising in order to create shared values to advance the Mission of the YMCA. Through various case studies, Howard facilitated participants to reach a set of shared common values. Participants then drew a picture of their life aspirations and gave a word that best described what they would give to YMCA to achieve its Mission. The Mission review was a starting point as we prepare for the next 100 years of YMCA on Salisbury Road, as we look to celebrate our centennial in November 2025. United in body, mind and spirit, YMCAHK will continue to “cultivate hope and love in solidarity” which is the theme of the 2023 World YWCA & World YMCA Week of Prayer.

Over 700 years before Jesus was born, the prophet Isaiah made this prophesy: *“For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace.” (Isaiah 9:6)* On November 26, the last Sunday of the liturgical year, many traditional churches celebrated the Feast of Christ the King followed by a new season of Advent that begins on December 4. It is an opportune time for us to reflect on the past year to prepare our hearts to welcome Jesus in Christmas 2023.

Underlying the achievements presented at the AGM, many tears have been shed in the YMCA. Many agonizing moments were experienced on the journey to the 1st YMCA AMC that were unseen to the delegates. Many tears were shed on the road to the 1st Christian Unity Art Festival in Hong Kong. Many more tears were shed over the years to reach a set of shared values to continue the Vision and Mission of YMCAHK. Oftentimes we see only the surface of success, but fail to acknowledge the



第21屆APAY大會
The 21st APAY General Assembly

tears that were shed on the journey to nourish its growth. Every tear shed out of love for a good purpose is a seed to bear eternal fruit in the Kingdom of God. Behind every such tear is hope and courage that accompany us to journey forward. No tear shed for Jesus would go to waste. Despite the hardships and struggles, joy fills the hearts of those who wholeheartedly follow the footsteps of Christ Jesus. Nehemiah told us that rejoicing in the Lord must be our strength; and we live with confidence that the Lord himself will restore us and make us strong, firm and steadfast for His harvest.

During this Advent season, we pray for those who are suffering, especially those who have lost their homes and families in wars and conflicts. May the spirit of Advent rekindle hope, peace, joy and love in their hearts that they may welcome the Prince of Peace despite the circumstances. May God console those who have lost families and loved ones in wars and natural disasters. May the tears of those who perished and those who suffer reap with songs of joy. Let those called by the Lord to serve Him truly rejoice because no matter what happens, our names are written in heaven.

Glory, honor and praise be to the Lord Jesus Christ.

Peter Ho
General Secretary / Chief Executive Officer



打拼20載：從新手教師至一校之長 A 20-year Journey: From Novice Teacher to School Principal

畢業廿載的你，是否仍然為同一所機構服務？港青基信書院校長盧裕敏 Diana Lo 從 2003 年起入職，瞬間已屆第 21 個學年。「我喜歡教育，這是我從小的理想。我畢業那年剛好是港青基信書院成立之年，我相信新創立的學校可有無限的發展空間，期望可以共同參與建構制度，增添新元素。」盧校長絕對是與港青基信書院一同成長的表表者，見證著這 20 年的歷程，當中有笑、也有淚。

Are you still in the same job or working for the same organisation 20 years after your graduation? Diana Lo, the Principal of YMCA of Hong Kong Christian College (YHKCC), began her tenure at YHKCC in 2003, 20 years on, this year marks the 21st anniversary of the school's academic year. 'I have always had a passion for education since I was young. The year I graduated happened to be the founding year of YHKCC, and I firmly believe that a new school holds boundless potential for growth. I aspire to contribute by providing innovative ideas and being involved in shaping the systems of YHKCC.' Looking back at her journey of the past 20 years, it was filled with both laughter and tears, and simultaneously represents the growth of YHKCC.



港青基信書院校長
盧裕敏
Diana Lo, Principal of
YMCA of Hong Kong
Christian College (YHKCC)

一般而言，每位校長皆由教職員開始，惟由老師升任至校長，並堅守在同一所學校服務，卻是極少數。最初，盧校長沒有太長遠的生涯規劃，卻默默地全心全意為基信書院打拼20載。「我相信這是神的安排！」

從初出茅廬的新手教師至成為一校之長，談及角色上的轉變及有否經歷一些重大挑戰，她說：「經歷過的事多不勝數，有迷失、有困惑、有苦惱。感謝學校管治委員會的信任和支助，及我的管理層團隊盡心盡力為基信書院服務，即使遇上困難，也有他們一同分擔。而且，在我個人而言，解決到的事，就不是問題！」盧校長樂觀的性格使一切困難都迎刃而解。在處事態度上，作為校長，她希望凡事有備而戰，讓教職員及學生安心。「要有宏觀視野，除了要顧及恆常學校運作及活動、收生事宜等，也要計劃長遠發展方針，審時度勢，了解團隊及學生的需要。」

她憶述，入職首年只有18位教職員，當時的學生能力差異較大，任教公開試班別時更覺苦惱。「那年的中五班只有7位學生，全都是重考生，當時我被委派任教化學科、生物科、數學科，全都由我一力承擔。考慮到學生不同能力的挑戰，我採取雙語授課，考試卷都要準備兩份，很吃力，但我享受與他們一同奮鬥的經歷，以至最後的成果。」

「希望他們可在這裡發揮所長，讓所有人看得見」

教學廿載的盧校長，對於培育學生方面，亦有一番見解。「不少人常以學業成績來衡量學生是否優秀和成功，我卻深信所有學生均可有所作為，關鍵在於學校能否提供適合的學習環境、教師和家長是否看得見學生的長處、協助他們發掘優點。」基信書院的5大核心價值一直引導著師生們向前邁進：創建關愛校園、彼此以愛守望、誠信見諸實踐、尊重從己及人、勇於承擔責任。「神創造的每一個人都是獨一無



港青基信書院
5大核心價值
The 5 core values
of YHKCC



港青基信書院20周年慶典
The 20th-anniversary celebration of YHKCC

二的。我期望基信書院的學生可在這裡發揮所長，發光發亮，讓所有人看得見他們的才能。」

盧校長深信「天生我才必有用」，為協助學生發掘潛能，基信書院提供超過50項各式各樣的課外活動，讓學生參加，獲取多元化學習經驗，她更積極帶領團隊參賽及表演，讓更多人得見學生的才能。

基信書院主要以英語授課，也著重小班教學，師生比例為1:8.6，學生來自42個不同國家，比一般國際學校更國際化。「這裡就像一個小型聯合國，多年來，基信學校在DSE英文科的合格比率是百分之一百。我們亦會舉行大型國際文化交流日，讓學生及教師展示他們國家的文化，互相學習，彼此了解。」

盡力無悔 成就更好的自己

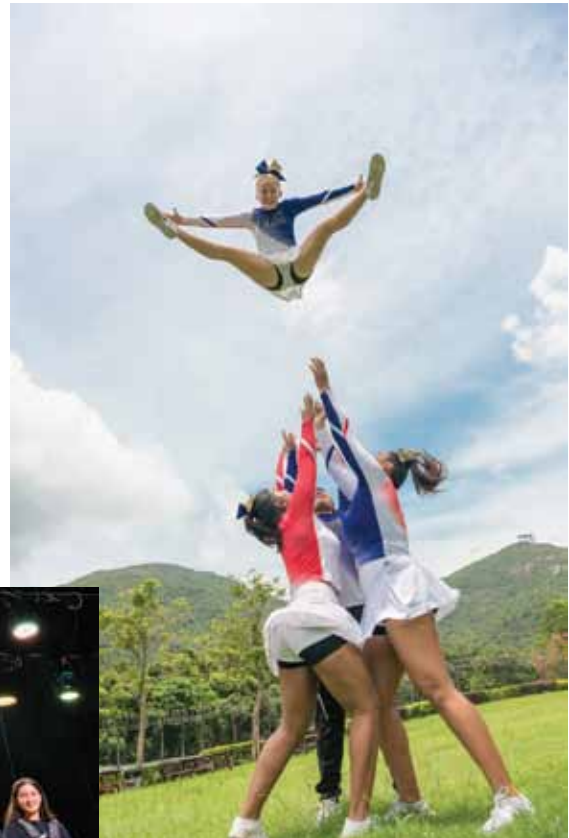
剛過去的20周年慶典，一系列的慶祝活動更為基信書院的學生及教師創造不少難忘點滴，「師生們共同製作了手掌畫，更創作了全新的校歌。」校歌邀請了蔡寬量教授編製，並由盧校長與2021-2022的畢業生一同錄製。他們又成立了編輯委員會，出版20周年年刊，年刊上記錄著的，都是一個又一個真摯燦爛的笑容。看著他們在各自崗



港青基信書院管理層團隊 The management team of YHKCC

位上奮鬥，盧校長寄語：「我不需要全A的學生，但我希望我的學生都會盡心盡力做好每一件事，無論在學業上、在課外活動上、在待人處事上都全情投入。」

未來，盧校長期望可以為學校開拓更多資源，讓更多人認識基信書院，孕育出更多不同成就的學生。



港青基信書院提供多元化的課外活動
YHKCC offers a wide range of extracurricular activities

Under normal circumstances, all principals embark on their journey as a teacher, but not all would stay at the same school and end up assuming the top job. Initially, Principal Diana Lo did not have any long-term career plans, what she did was faithfully dedicated herself to YHKCC for two decades. 'All because of God's amazing grace!' she remarked.

From being a new teacher to her current position as the head of the school, when asked about the challenges she faced during this long journey, she responded, 'There have been countless experiences, moments of confusion, and struggles. I am grateful for the support and trust of School Management Committee, as well as my management team, for their wholehearted dedication to serving YHKCC, which provided me with tremendous support as a team, particularly during difficult times. To me, once an issue is resolved, it is no longer a challenge!' Being an optimist person helps her overcome any difficulties; as a principal, she strives to ensure everything is well-prepared, allowing both staff and students to feel at ease. 'Having a broad perspective is important. Apart from managing day-to-day school operations

and admissions, it is essential to plan for the long-term development of the school, constantly assessing the ever-changing external circumstances and understanding the needs of the team and students.'

She recalled that in her first year at YHKCC, there were only 18 staff members, and the students had significant variance in abilities. One of the noticeable challenges she faced was teaching public examination classes, which required additional effort and dedication. 'There were only 7 students in the Form 5 class that year, and all of them were retaking the exams. I was assigned to teach chemistry, biology, and mathematics. Considering the diverse needs of the students, I adopted a bilingual teaching approach and had to prepare two versions of the examination papers. It was stretching, but I enjoyed the ride and how we had all come along.'



盧校長小秘密
Fun fact about Principal Lo

盧校長熱愛旅遊，深信每次旅程都能獲得啟發，更是學習的好時機，但原來她害怕乘坐飛機的。如何克服飛行恐懼症？盧校長說：「祈禱吧！讓神與我們同在。」

Principal Lo likes traveling and believes that each journey opens for inspiration and valuable learning experiences. However, it is a surprise that she still grapples with flight anxiety. How does she overcome this fear? Principal Lo shares, 'I pray! Let God be with us.'

學生在港青周年會員大會上獻唱
Beat Club performed at the Annual General Meeting
of YMCA of Hong Kong

‘I Hope That They Can Showcase Their Talents Here.’

Principal Lo has her unique insights when it comes to student development. ‘People tend to measure students’ excellence and success primarily based on their academic accomplishments, but I firmly believe that all students are capable of being successful one way or another. The key is whether the school can provide a conducive learning environment and whether teachers and parents can recognise their individual strengths, so as to assist them in discovering and realising their talents.’ In this regard, the five core values of YHKCC have always served as guiding principles to teachers and students: building a caring



錄製港青基信書院的第一首校歌
Recording the first-ever YHKCC school song

community, serving one another with love, acting with integrity, respecting themselves and others, and taking responsibility. ‘In God’s creation, everyone is unique. I hope that YHKCC students can unleash their talents and shine here at school.’

To provide an essential platform for students to discover their potential, YHKCC offers over 50 different types of extracurricular activities. These activities allow students to engage in various pursuits outside the classroom, gain diverse learning experiences, and actively showcase their talents to a wider audience through taking part in different competitions and performances.

In addition, with English as a primary medium of language, classes are run in small sizes with a student-teacher ratio of 1:8.6. The student body comprises individuals from 42 different countries, making the school’s international education model more globally diverse as compared to typical international schools. ‘It’s like a small United Nations here. Over the years, YHKCC has maintained a 100% passing rate in the English subject of the DSE examination. We also organise large-scale International



Funfair Day, where students and teachers display their countries’ cultures, engage in mutual learning, and foster understanding among each other.

Achieve a Better Self

The 20th-anniversary celebration brought a series of festive activities, creating numerous unforgettable moments for the students and teachers of YHKCC. ‘Our students and teachers collaborated on creating handprint artwork, and we even had the privilege of inviting Prof. Daniel Chua to compose a school song for YHKCC. He engaged with our staff and students before that!’ Principal Lo said. The school song was recorded by Principal Lo and the graduating class of 2021-2022. They also formed an editorial committee to publish a 20th-anniversary yearbook, capturing smiling faces and happy memories. Witnessing students’ dedication and effort in their respective roles, Principal Lo expressed, ‘I don’t expect all my students to score straight As, but I do hope that they will be committed to be their best in everything they do.’

Looking ahead, Principal Lo aims to seek more resources for the school, allowing more people to become acquainted with YHKCC, and nurturing students to achieve various accomplishments.



盧校長是個愛學習、愛嘗試的人。她的興趣有很多，採訪當日，她就分享了剛學會的泡茶技巧！

Principal Lo loves learning. Her diverse range of interests knows no bounds. During the interview, she enthusiastically shared her most recent achievement – mastering the art of tea brewing!



Boundless成長印記 — 探索人生旅程中的笑與淚

Boundless — Exploring the Laughter and Tears of Life's Journey

香港中文大學城市研究二年級的梁育曦 (Ken) 及香港大學土木工程系二年級的林文彬 (Benjamin) 在中學時是第五屆 Boundless 學員。那時候，他們並肩作戰過無數個晚上，共同協作數年前的一個大型環保展覽。今天，他們仍然合作無間，在剛過去的暑假，便以委員的角色，帶領第七屆學員到訪蒙古，進行海外服務及交流。旅程總不是一帆風順的，計劃永遠趕不上變化，那淚灑當場的畫面仍歷歷在目，而當中的經歷，更顯團隊合作的重要性。

Leung Yuk Hei (Ken), a year 2 student majoring in Urban Studies at CUHK, and Lin Wenbin (Benjamin), a year 2 student in the Department of Civil Engineering at HKU, formed a strong partnership during the 5th cohort of Boundless several years ago by working tirelessly together for an environmental exhibition. This summer, they have taken on leadership roles as committee members for the 7th cohort of Boundless, guiding a group of 16 students on a service trip to Mongolia. Despite facing various challenges, the memories of shedding tears during their journey remain etched in their minds, serving as a poignant reminder of the obstacles they overcame. These experiences also highlight the significance of collaboration and unity for them.

不一樣的海外交流服務團

為期七天的蒙古海外交流服務團在跌跌撞撞中完成了。Ken及Benjamin均異口同聲地形容旅程為「艱苦」、「驚險」。他們早在半年前構思是次服務團的地方，期望尋找有意義、可深入了解當地文化，同時又可幫助當地社區，帶給學員全新體驗的地方。出發前，他們幻想著一幕又一幕美好的畫面：在廣闊無垠的大草原上騎著駿馬奔馳、入住蒙古包與原住民進行文化交流、欣賞民俗表演、投入野火晚會等……

「在籌備蒙古服務之旅時，所有學員都要構思及策劃旅程的細節。我們分為幾個小組，分工合作，包括設計活動流程、構思服務及文化學習內容。而委員則充當輔導員、師友的角色，確保整個旅程的方向正確，適時提供意見。」 Benjamin解說16位學員及6位委員在旅程中的角色與分工。

遇突發狀況仍臨危不亂

當一切看似準備充足、正確無誤時，總會經歷一個又一個的難關。學員們原先計劃了當天的連串環節，包括：在蒙古校園內限時尋找最多英文詞彙的遊戲、教授當地青少年學習泡製港式奶茶及製作麥芽糖餅、燈籠製作工作坊等，而預期服務對象是約三十位略懂英語的青少年。

「誰料當地青少年及兒童風聞活動將會派發文具，吸引了高峰時多達80個6至15歲的參加者。」 Benjamin與Ken看著人潮蜂擁而至，而眼前的物資遠超於預期人數，不禁憂慮起來。

為了不想讓參加者失望，團隊即時採取應變方案，例如將製作港式奶茶及麥芽糖餅工作坊以小組形式進行，務求所有參加者均有機會參與。「真的沒有預計服務對象的年齡差距這麼大，也沒有想過他們完全不懂英語。原先設計了與當地義工進行文化交流環節，但最後，他們都忙於做傳譯，而原定於校園內限時尋找英文詞彙的遊戲最終取消，更要馬上構思替代方案。」 Ken憶述時也不禁苦笑起來。「我們決定一起到大操場跳舞，用舞蹈打破語言界限！」



林文彬 (Benjamin) (左) 和梁育曦 (Ken) (右)
Benjamin (left) and Ken (right)

當場淚崩 只因嘗盡喜與悲

來到服務的第一天晚上一「文化交流之夜」，學員們數月前便準備歌唱表演，期望與當地小孩及青年共渡歡樂的晚上。但鑑於白天的日程不斷改動而延誤了。「家長們紛紛到來接孩子回家，因為太晚而不願看演出了。我們只好盡力安撫歸家心切的家長。」

Ken坦言那刻已有點情緒崩潰。「真的很大壓力，第一天已發生不少變數。我擔心白費了學員們數月來的付出，又不斷反思是否因為溝通不足令日程延誤。」

看著學員完成台上的演出，台下的Ken當場淚崩。「那刻真的鬆一口氣！這天總算完成了，談不上順利，但我們都在做有意義的事情。最令我感動的是學員們沒有因為各種意外而氣餒，更互相幫忙。我那一刻在想：原來我的擔心都是枉然，因為他們比我想像中更成熟、更有韌力。」

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Benjamin又提及到埗的第一個晚上，16位學員為演出自發練習至深夜，那團結的力量在香港是從沒見過的。經歷了這天後，看著他們開始學習從整體性出發，互助互信，願意分享自己的感想。



在蒙古大草原騎馬 Horse riding in Mongolia

迷失於大草原之中！

這不一樣的旅程，驚險的事又何止一天呢。Ken分享了另一件難忘事。「有一天的行程是入住當地蒙古包，與原住民交流，觀摩如何切割及烹調羊肉。我們乘坐旅遊巴到達大草原後，突然刮起狂風暴雨，有如香港的颱風！由於天氣非常惡劣，我們只能在車上靜候，怎料車子竟入水了！我們只強裝鎮定，一同唱歌、彈結他，苦中作樂。」數小時後，雨勢終見緩和，但已是傍晚時分。一望無際的草原，蒙古包與蒙古包之間也有距離，我們靜心等待車子接送我們前往各小組的蒙古包。

原以為雨過天晴，可以到蒙古包稍作休息，但他們卻迷失於大草原之中！「同伴們逐一上車離開，剩下的只有我們幾人在等待。大草原黑得伸手不見五指，等了很久也未見我們的車子歸來，那時已是晚上十一時。」Ken與幾位團員商討如何是好。「手機沒有訊號，不能與外界聯絡。又沒有照明工具，只好亮起手機的照明燈，期望那點光可以引起注意。」正當他們徬徨失措時，原來蒙古青年會的總幹事也在尋找他們。「就是那一點光，蒙古青年會的總幹事終在萬里無人的大草原找到我們了！」終於，他們在深夜時分也順利入住了蒙古包。

旅程一波三折，經歷多得不能盡錄。同工Mars在旅程的最後一個晚上提問「如果有機會重來，會想對旅程作出甚麼改變時」學員回答：「沒有，我們一同經歷過意外、面對困難，才讓我們學習更多。只要勇敢面對，所有事情也沒有想像中可怕。」

Ken也分享了這個旅程的得著：「從前的我，面對不如意的事情，情緒就會受困。這趟旅程令我明白情緒管理的重要。原來冷靜處理，我們是可以跨過一個又一個的難關。」Benjamin樂見學員們在短短七天的成長。「原來我也不知不覺地在各學員身上學習、包括處事態度、團隊合作等，他們的適應力及韌力，是我意想不到的。」Benjamin更有機會與當地義工一同觀星、交流拍攝技巧，讓他確切感受到大家也真的享受共處的時光。

與別不同 — Boundless

蒙古之旅總算告一段落，回想他們相識之初，原來早於2020年。

Ken在中學時認識Boundless。「中學時的我較沒自信，學校就是我的舒適圈，很少會主動接觸校外的地方。我的中學老師鼓勵我透過Boundless發掘興趣、計劃未來，也有機會到海外交流。」收到面試的機會時，既驚又喜，Ken努力練習，務求面試表現達標。「是個不一樣的面試。語文能力固然重要，但我感覺到考官不是要看我有多強的硬

實力，而是想了解我對未來的想法、價值觀，更會即場給予建議，包括我的面試表現及我往後的發展方向。」

Benjamin也是在中學時從老師口中得知Boundless。「在好奇心驅使下便上網搜尋相關資料，從社交媒體及網頁中看到Boundless過往的影片及訪問，得知其多元化的活動。」

一同探索未知的領域

就是這樣，他們便成為了第五屆的學員。那時候，他們更與同屆的學員一同舉辦「走望·造藝術」環保展覽，一連三天在饒宗頤文化館展出回收塑膠所製成的藝術品。「數年間我們合作無間，友情也昇華了。」

最令Benjamin快樂的，莫過於找到知己。「我在Boundless認識到很多跟我一樣拼了老命的人！為了籌組的活動，我們並肩作戰，為著同一目標進發，當中投放的心力及時間，可以量化為修讀多一個選修科。第五屆的Boundless就像是很多條木橋，引領我到不同的小島，鼓勵我探索更多。我也希望我可以成為其中一道橋，帶領學員去更多的小島，一同探索未知的領域。」

Ken則指Boundless照亮了他的大學生活。「Boundless一直都是在做有意義的事情。當年作為學員有很多經歷；我希望以學長身份參與時，也可回饋更多學員。」

不畏錯誤 擁抱驚喜

「我們要接受自己是正在成長中的人，沒有人是完美的，但我們要學習盡力做好每一件事，凡事抱持開放態度，以多角度思考。」Benjamin及Ken對於Boundless的情感深厚：「一起跌倒、一同痛哭也沒關係，最重要是不畏錯誤，因為在錯誤中學習到的，會是意想不到的驚喜，也會讓你明白當時的眼淚是絕對沒有白流的。」

昔日那青澀的少年已在經歷及考驗中長大了，唯一不變的，是他們仍然心繫Boundless。Ken及Benjamin計劃本年度繼續參與第八屆的服侍，期望傳承理念，並將他倆的成長印記向身邊更多的人分享。



第八屆Boundless委員 The 8th Boundless committee members



與蒙古青年會總幹事合照（前排左三）
Group photo with General Secretary of Mongolia YMCA
(3rd from right, front row)

A Special Service Trip

The seven-day overseas exchange service trip to Mongolia was successfully completed. Ken and Benjamin described the journey as 'difficult' and 'adventurous'. Driven by a clear objective to choose a destination that would allow mentees to deeply immerse themselves in the local culture and positively impact the community, they, together with other committee members, began planning for this service trip six months in advance. They imagined galloping on a horse across the vast and boundless grasslands in Mongolia, staying in traditional Mongolian yurts, engaging in meaningful cultural exchanges with local residents, enjoying a campfire with vibrant performances and creating lasting memories for everyone involved.

'The 16 mentees broke into small planning group and actively participated in the planning process.' Benjamin explained, 'Each group was assigned specific responsibilities, such as crafting the itinerary, organising service activities and cultural exchange games. As mentors, the 6 committee members have to ensure those ideas aligned with the trip's objectives and provide timely feedback.'

Remaining Steadfast in the Face of Unforeseen Circumstances

On the first day of the trip, the mentees planned various activities, including a timed campus-wide hunt for English vocabulary. They also aimed to teach local teenagers how to make Hong Kong-style milk tea and maltose cookies, as well as organise a lantern-making workshop. The activities were tailored for around 30 teenagers with basic English skills.

'The news that stationery would be made available at the event spread among local teenagers and children, attracting a huge turnout with an age range from 6 to 15 years old, and at its peak, we had up to 80 attendees.' Benjamin said. To accommodate the unexpectedly large crowd, the group quickly implemented contingency plans to prevent any disappointment. 'We organised workshops in small groups, ensuring that every child and teenager had the opportunity to participate.'

'We didn't anticipate such a wide age range among the participants, nor did we expect them to have no knowledge of English. Our initial plan included cultural exchange activities with local volunteers, but we ended up as interpreters to ensure a smooth running of the event,' Ken reminisced. 'So, we gathered everyone on the playground and started dancing! Dance transcends language barriers!'

Shedding Tears of Both Joy and Sorrow

A singing performance, which was prepared by the mentees for months, was planned at the 'Cultural Exchange Night' on the first night, aiming to provide an enjoyable evening for the local children and youth. However, due to constant last-minute changes during the day, the event was running behind schedule. Ken recounted the challenges they faced. 'It was late, and parents started showing up to take their children home, we all scrambled to ask them to stay for the performance.'

Ken admitted feeling emotionally overwhelmed. 'The pressure was tremendous. We've already faced numerous unforeseen circumstances at the start of the trip. I'm concerned that mentees' months of effort might end up in vain, and I continuously question myself whether our communication was inadequate, resulting in a schedule delay.'

As Ken witnessed the mentees' successful performance on stage, he couldn't hold back his tears. He expressed, 'At that moment, I felt a sense of relief. This day has finally come to a close. It wasn't smooth, but we are all doing something truly meaningful. Despite the unexpected hurdles, the mentees never gave up. They supported one another, ensuring the smooth delivery of a day's service.' Ken realised that his worries were unnecessary, as the mentees demonstrated a level of maturity and resilience far beyond his expectation.

Benjamin mentioned that, on the first night, a group of 16 mentees willingly dedicated themselves to late-night practices for the upcoming performance. After facing a challenging day, he noticed a significant increase in communication among the mentees, as well as a greater willingness to support, trust, and openly share their thoughts with one another.

Lost in the Grassland!

This journey was filled with thrilling incidents. Benjamin recounted another exhilarating experience, 'We had the opportunity to stay in a local yurt and witness lamb-chopping and cooking. However, we were caught off guard by a heavy rainstorm accompanied by strong winds, just like a typhoon in Hong Kong! The severe weather forced us to seek shelter inside our shuttle bus. But the rain was pouring down so heavily that the vehicle ended up partially submerged in water! Without any alternative, we did our best to remain calm by singing and playing guitar together. Hours passed as we waited, it was already evening. Since the yurts were distantly scattered from one another, we patiently waited for transportation to arrive and send us to our respective yurts.'

'We anticipated a peaceful rest in the Mongolian yurts, but instead, we found ourselves lost in the vast grassland! As our companions departed one by one, only a small group of us remained, engulfed by complete darkness. The vehicle that supposed to pick us up had not returned, and it was already 11pm.' Ken recalled. 'Without proper lighting tools and no phone signal, we were unable to seek help, we hope that our phone flashlights would catch someone's attention.' Just as despair set in, an unexpected turn of event occurred—the General Secretary of Mongolia YMCA was also on a search mission for them. 'Our flashlights eventually guided him to us.' Finally, in the late hours of the night, they arrived at the yurts, feeling relieved and secure.

The journey was filled with unexpected twists and turns. On the last night, Mars, a YMCAHK staff, asked the mentees. 'If you had a second chance, would you change anything about this journey?' One of the mentees confidently replied, 'No. Those unexpected challenges are what truly help us learn and grow together. As long as we face them with courage, we realise that things aren't as terrifying as we imagine.'

Ken reflected on his personal insights from the journey. 'In the past, I used to become easily emotional when things didn't go according to plan. However, this journey taught me the importance of emotional control. I realised that by staying calm, we can overcome any challenge.' Benjamin was delighted to witness mentees' remarkable growth in just seven days. 'I learned valuable lessons from each mentee, observing how they handled unexpected situations with maturity and exceptional teamwork. Their adaptability and resilience truly surprised me.' Benjamin also had the opportunity to indulge in stargazing and exchange photography techniques with the local volunteers, creating unforgettable moments that added to the enjoyable time spent together.

Boundless – Its' Different!

The Mongolian journey has finally come to an end, Ken and Benjamin have come to recall that they have known each other since 2020.

Ken was introduced to Boundless by his secondary school teachers. 'Back then, school was my comfort zone, they encouraged me to step outside of that zone,



Ken與Benjamin早於第五屆Boundless時認識，尤以當時一同合作的「走望·造藝術」環保展覽最為深刻。Ken and Benjamin crossed paths at the 5th cohort, and their most unforgettable experience was jointly organising the 'Byeplast' Art Exhibition with other Boundless mentees.



入住蒙古包 Staying in traditional Mongolian yurts

and explore new opportunities, like Boundless. I was told it would not only help me uncover my passions but also support my future planning and open doors to overseas exchanges.'

It was a pleasant surprise when Ken received an interview opportunity and he prepared hard for it. 'This interview turned out to be unlike any those I have had before. While language proficiency was important, the interviewers were also interested in my values and aspirations for the future. They also provided on-the-spot advice regarding my interview and offered guidance for my future development.'

Benjamin was also introduced to Boundless by his secondary school teacher. 'I was curious so I looked it up online, watched Boundless' video posts and followed its updates on social media and website, I noticed the diverse range of activities it offers.'



透過舞蹈打破一切界限 Breaking boundaries by dance

Together, Exploring the Unknown

That's how they became part of Boundless's 5th cohort. During that time, they worked with other mentees to organise a 'Byeplast' Art Exhibition, showcasing artwork made from recycled plastic for three consecutive days at the Jao Tsung-I Academy in Mei Foo. 'We worked together for several years, and our friendship grew stronger.'

What brought Benjamin the greatest joy was meeting like-minded individuals over this platform. 'I met many people who were hardworking, just like me or even more so! We collaborated towards a shared goal, and the effort and time we spent was equivalent to taking an extra elective course in university. The 5th cohort is like a host of wooden bridges, leading me to different islands and inspiring me to explore more. I also hope to become one of those bridges, guiding mentees to more islands and exploring uncharted territories together.'

On the other hand, Ken expressed how Boundless lighted up his university life. 'I have always engaged in meaningful activities with Boundless. As a former mentee, I gained valuable experiences, and now I aspire to give back to more mentees as I continue my involvement as an alumnus.'

Embracing Mistakes and Surprises

'We must accept that we are constantly evolving and experiencing changes. We may not be perfect, but it is important to strive for excellence in everything we do, approach situations with an open mind, and consider diverse perspectives.' Benjamin and Ken firmly believe that stumbling and shedding tears together are acceptable because what truly matters is not to be afraid of making mistakes. They have come to realise that the tears shed in the past were never in vain.

These once naive young duos have grown through various experiences and challenges, yet their unwavering dedication to Boundless remains unchanged. They have committed to continue their involvement in the 8th cohort, aspiring to pass on the baton, vision and mission of Boundless and share their journeys with more young people.

神與我們同在 God with Us

本會謹以此段文字，代替傳統的紙製賀卡，在萬眾歡騰的聖誕節，向大家友好致意。

「凡事謝恩，因為這是 神在基督耶穌裏向你們所定的旨意。」(帖前5:18)

在福音的照引下，願 神與我們同在，福杯滿溢，平安喜樂。

This Christmas greeting is intended to express our sincere best wishes to all people for this joyous Christmas season.

“And this is the will of God for you in Christ Jesus: give thanks in all circumstances.” (1 Thessalonians 5:18)

May God be with every one of us and may we be blessed with joy and peace.



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葉偉文先生
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Mr. L.N. Shun
Director
沈樂年先生
董事



Mr. Peter Ho
General Secretary
何慶濂先生
總幹事

Our YMCA's AGM

A yearly event in the life of our YMCA is the Annual General Meeting. This is a time when voting members, staff and friends get together for worship, fellowship, and receiving various reports. It is an enjoyable event and a blessing when good people of like mind get together, to reflect on our YMCA's progress and also to recommit our efforts to its work. We are pleased to report on the results of the election of directors by providing a pictorial of our Board of Directors for 2023-2024.

流淚撒種的，必歡呼收割 Those who sow in tears, will reap with shouts of joy

詩篇 Psalm 126:5

臨近聖誕假期和2024年，正值回顧過去、展望未來之際。

但這難免會使人百感交集。我們可能會想起一些逝者，昔日那張笑臉從此不再——至少在這地上。對我來說，確實如此，因為，在1月1日那天，我失去了我珍而重之的岳父。（竟以如此的方式開展新的一年！）

回顧過去……我們都在艱苦困乏中，不論是香港，乃至世界各地。

疫情、政治動盪與撕裂——甚至家庭內部也是如此。值得慶幸的是，儘管世界充斥著敵意、戰爭和兩極分化，我們感恩看見復甦的跡象。

詩篇126篇講述以色列人在巴比倫被囚70年的艱苦歲月後，終於回到耶路撒冷，並且能夠再次踏上耶路撒冷的聖殿敬拜。

對於我們許多人來說，去年的疫情限制解除後，我們終於一如以往地去作各式各樣的事，也會產生一種似曾相識的感覺。還記得疫情後，我再次回到教會參與實體崇拜，與那些曾經只能以線上會面的人擁抱時的感覺！

在詩篇126篇中，當被擄者回到他們的故地，他們的喜樂就開始減退，因為經歷了一段時間的管束後，當要重新開始時，生命並非時常得心應手。我們可能也有同樣的感覺。

這詩篇前半部分描述的喜樂實在的，但只是部份的畫面。詩人以智慧提醒自己和所有人，經歷喜樂之前往往會嘗盡**流淚**的季節，眼淚就如我們**播下的種子**，隨之將帶來喜樂的**豐收**。

我注意到，能同時間有多種感受，是情感成熟的標誌。這首詩中的門徒經歷過一悲傷的季節，卻懷著喜樂回憶起主扭轉以色列命運的一刻。那次的經歷使他們仿如置身夢境之中，他們渴望主再行這樣的事。

今天我們可能會哭泣，流著淚撒種，但我們將會獲得永恆的喜悅。即使目前我們仍活在焦慮中。

詩篇126篇是一首關於信任或信心的社群之歌，它巧妙地運用比喻，去宣揚上帝就是能夠引領我們從悲傷中帶來喜樂、從眼淚中帶來歡笑、從邪惡中帶來美好的那一位。

第5節談及我們應該記得去預見我們的掙扎和罪惡，我們今天流的眼淚就像種在田裡的種子，隨著時間的洗禮，經過辛勞和受苦，最終會以喜悅和感恩大大地豐收。

這對我來說正是關鍵所在……我還記得，帶著將會被釘在耶路撒冷的十字架上的使命，上帝把祂的嬰孩兒子安放在伯利恆的馬槽裡。我在反思，祂是為了我的罪，及記念我及其他為罪悔改而獲得的新生命。如果上帝是**那麼**善良，我可以將我的未來交託祂。但我必須願意撒下悲傷的種子，這樣我才會得到歡愉作收穫。

將臨期——基督將臨

詩篇126篇是完美的將臨期的詩，因為它以上帝的作為為主軸，宣告祂的作為，並為祂將要作的祈禱。在充滿悲傷的世界裡，它歡欣歌唱，更以淚祈禱。這就是將臨期，這就是基督徒的生命。

送上節日祝福



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



As we approach the Christmas holiday season and 2024, it is appropriate to both look back and to look forward.

But I find that doing so inevitably triggers a mixture of emotions. We may start to think of those who have passed, whose smiles we won't be seeing again, at least here on earth. That is certainly true for me, as I actually lost a treasured father-in-law on 1 January. (what a way to start a year!)

Looking back.....We have been through a difficult and trying season here in Hong Kong and, indeed around the world.

Pandemic, political unrest and division — even within families. We are thankfully starting to see the first shoots of recovery, albeit against a world backdrop of hostility, war and polarisation.

The background to Psalm 126 is the joy that Israel had finally returned to Jerusalem after 70 hard years of captivity in Babylon and was able once again to go up to the temple in Jerusalem for worship.

For many of us, the first time we had been able to do various things after the pandemic restrictions were lifted last year must have triggered a similar feeling. I remember going back to live church services for the very first time and hugging those I had only seen on zoom!

In Psalm 126, once the exiles were back in their land, their joy began to subside, for life is not always easy when you are making a new beginning after a time of discipline. We may feel the same.

The gladness of the first half of this psalm was real, but only part of the picture. With wisdom the psalmist reminded himself and all of us that great joy is often preceded by a season of **tears**, as if they are seeds we **sow** that will bring a crop of **joy** to be later reaped.

I have noticed that it is a sign of emotional maturity to be able to feel more than one thing at a time. The pilgrim-disciple in this song is walking through a sad season, but remembers with joy a time the Lord restored Israel's fortunes. It was like a dream, and they long for the Lord to do it again.

We may go out weeping today, sowing our seeds in tears, but there is a harvest of joy we shall reap for all eternity. For now, we live in the tension.

Psalm 126 is a community song of trust or confidence that skillfully employs metaphor to proclaim God as the one who brings joy out of sorrow, laughter out of tears, and good out of evil.

Verse 5 speaks about how we should remember to look ahead of our struggles and sin and that the tears we shed today will be like seeds that are planted in a field that in time through much toil and suffering will rise to a great harvest of joy and thankfulness.

That for me is the key.....As I remember the God who sent His only son as a baby in manger in Bethlehem with a mission to die upon a cross in Jerusalem. As I reflect that it was for my sin and remember the new life that is given to myself and others who have repented of our own sins. If God is THAT good, I can trust Him for my future. But I must be willing to sow my seeds of sadness, so that I may reap a harvest of joy.

Advent — Christ is coming

Psalm 126 is the perfect Advent Psalm, because it stands in the middle of God's work, proclaiming what He has done and praying for what He will yet do. In a world filled with sorrow, it sings for joy, even as it prays with tears. That's Advent. That's the Christian life.

Season's Blessings

世界基督教青年會 / 女青年會公禱週聯合崇拜暨普世團契2023 World YMCA / YWCA Week of Prayer Joint Service and World Fellowship 2023

香港基督教青年會、香港中華基督教青年會和香港基督教女青年會於11月14日假香港中華基督教青年會城景國際舉行一年一度的聯合崇拜，同心為香港和三個青年會的事工發展而祈禱。今年公禱週的主題為「蓓蕾綻放，愛與希望」，並有詩歌敬拜、三會領袖宣召及公禱等環節。香港神學院院長張天和牧師的講道更以「愛帶來希望？愛反映希望？」來勉勵三會同工以愛心投入服務，讓參加者透過不同的服務為自己的人生和社會燃點希望！

YMCA of Hong Kong, Chinese YMCA of Hong Kong and Hong Kong YWCA held the annual joint service at The Cityview at Chinese YMCA of Hong Kong on November 14, and prayed together for Hong Kong and the ministry development of the three associations. The theme of this year's Week of Prayer is 'From Seeds to Blossom, cultivating LOVE and HOPE in Solidarity'. The service included worship, a call to worship, and prayer led



by the leaders of the three associations. Rev. Dr. Richard Tin-Wo CHEUNG, the President of Bible Seminary of Hong Kong, delivered a powerful sermon titled 'Does love bring hope? Does love reflect hope?' His message encouraged the ministry of the three associations to serve with love, and not only to ignite hope in our own life, but also society through various services.



A-Life年度聚會暨畢業典禮 A-Life Academy Annual Celebration

A-Life Academy於10月14日舉行年度聚會暨畢業典禮，活動除了慶祝第11屆同學順利完成兩年的計劃外，同時亦頒發了年度獎項予第12屆的同學。新一屆同學亦受邀出席，希望藉此加強同學對計劃的了解，為未來兩年的活動作準備。同學除了分享他們於計劃中的得著及勉勵新一屆的同學外，更即場表演街頭舞蹈，向各同學及嘉賓分享計劃成果。

A-Life Academy held the Annual Celebration on October 14. The event served as a celebration for the successful completion



of two-year programme by the 11th batch of students. Additionally, the ceremony also presented various annual awards to the 12th batch of students. The new 13th batch of students was also invited to attend, with the aim of enhancing their understanding of the programme

and better preparing them for the next two years. During the event, representatives from the 11th batch of students not only shared their experience from the programme and provided encouragement, but also performed street dance performances on the spot to showcase the programme's positive impact.

第13屆A-Life Academy迎新營 The 13th A-Life Academy O-Camp



A-Life Academy於10月21日至23日為新一屆的16位同學舉行了三日兩夜的迎新營。營中除了進行不同類型的團隊活動，加強同學之間的合作性及溝通技巧外，亦安排同學參與歷奇活動，突破自我。同學亦透過各項小遊戲進一步了解香港基督教青年會及A-Life Academy。

A-Life Academy organised a three-day and two-night orientation camp for 16 new students from October 21 to 23. The camp aimed to provide an immersive and engaging experience for the students while enhancing their cooperation and communication skills through various collaborative activities. Adventure activities were arranged to push students to overcome personal limitations and foster personal growth. Moreover, the orientation camp offered an opportunity for students to learn more about the YMCA and the A-Life Academy through interactive games and activities.



第7屆Boundless畢業禮 The 7th Boundless Graduation Ceremony

第7屆Boundless於10月7日舉行畢業典禮，共有20位同學出席活動，並分享過去一年的感受。透過不同類型的工作坊，同學不但能夠從中發掘潛能，更可增加不同領域的知識。海外服務交流團亦讓同學了解到蒙古文化，接觸當地的小朋友及義工，建立深厚關係。同學亦感謝港青及一眾Boundless委員一年來的支持及努力，讓他們在各方面也有所成長，他們亦期盼未來能回饋港青及Boundless。



On October 7, Boundless held the graduation ceremony for 20 students to share their experiences, reflecting on how they have improved their skill set and gained knowledge through various workshops over the past year. The overseas service trip provided an opportunity for students to immerse themselves in Mongolian culture and establish deep relationships with local children and volunteers. The students also expressed their gratitude to YMCAHK and Boundless committee members for their unwavering support and efforts, which enabled them to grow in all aspects. Graduates are looking forward to giving back to YMCAHK and Boundless in the future.

第23屆「傲翔新世代」全方位青年領袖訓練計劃閉幕禮 The 23rd YLD Closing Ceremony

「傲翔新世代」全方位青年領袖訓練計劃於9月23日舉行閉幕禮，除了頒發各專題研習的獎項外，得獎隊伍亦分享了他們於年度校際項目「保舊創新」中學習到的香港傳統文化，寄語同學珍惜不同的傳統文化。參加領袖歷奇訓練及海外服務交流團的代表亦分享了他們如何面對及克服困難，分享團隊精神的重要性及為從中所獲得的真摯友誼而感恩。最後，各同學被邀請參與往後舊生會，共同協辦來年活動，並把經驗傳承給來屆同學。

The YLD held the closing ceremony on September 23. In addition to presenting awards for the school project, the winning teams also shared their knowledge of traditional Hong Kong culture, which was acquired through this year's school project themed 'Preservation and Innovation'. The students not only learned about what culture was

but also developed a deep appreciation for it, thereby raising awareness of preserving traditional culture in the community. Participants to the activity and the overseas service trip also shared their experiences of overcoming challenges in various situations, the importance of team spirit, and the friendships they gained during the activities. YLD alumni extended invitation to all students to participate in future alumni activities and contribute to the YLD by passing on their experiences to students of the next cohort.



海外家務助理部 — 麥理浩夫人渡假村日營 Domestic Helper Unit — Day Camp at Lady MacLehose Holiday Village

10月1日是大部分海外家務助理的假期，海外家務部藉此日於麥理浩夫人渡假村舉辦日營，讓70名家務助理暫時放下日常繁重的工作，一同參與日營活動。

大部分參加者都是第一次來到西貢。對於香港這個繁華城市中竟有著這一片綠洲，她們均表示驚訝。這次的活動讓家務助理認識到及親身體驗香港的另一面。

Taking the opportunity of the public holiday on October 1, while most of the domestic helpers in Hong Kong having a rest day, DH unit organised a Day Camp at Lady MacLehose Holiday Village in Sai Kung. 70 domestic helpers took a break from their regular work and had a great time participating in the day camp activities.

For many participants, it was their first time visiting Sai Kung. They were amazed to discover such a green space in the bustling city of Hong Kong. The day camp provided a wonderful opportunity for domestic helpers to experience a different side of Hong Kong.



「八福」傳福音中秋活動 The Eight Blessings Begin at Tung Chung Centre

由禧福教會協辦，以「八福」為主題的傳福音中秋相聚活動於9月15日舉行，為東涌區長者送上祝福、關懷和喜悅，活動包括唱歌及遊戲等。新世界百貨(中國)和富林工程亦為長者準備了中秋果籃及禮物，寓意節日團團圓圓。

The Eight-blessings event was held on September 15, with a total of 20 elderly participating at Tung Chung Community Centre. Volunteers from Jubilee Ministries shared their love and care through eight blessings songs, and engaged the elderly community through interactive games, with the aim to introduce the gospel. Thanks to Fulam Construction Engineering Company and New World Department Store China Limited for sponsoring Mid-autumn fruit hampers.



東涌中心長者銀齡拍照活動 Tung Chung Centre Silver Age Photo Shoot

港青東涌中心致力於逸東邨推動社區共融。11月12日，東涌中心為長者舉行了銀齡拍照活動。自2017年起，中心開始為逸東村的長者提供服務，建立相互尊重與關懷的社區。而在疫情期間，中心更開展了派飯服務，從而與更多逸東村的獨居長者建立更緊密關係。由於人口老化日益嚴重，逸東村的獨居長者人數亦不斷增加。因此，這項服務的目的是為了讓長者們能夠記錄銀齡退休生活中美麗的瞬間，也能夠參與更多社區活動，發現更多生活樂趣。每位長者完成拍照後，看到照片中有活力的自己，都不禁開懷大笑和充滿正能量，這也正是活動的目標所在。

The YMCA of Hong Kong Tung Chung Centre is actively promoting community inclusion in Yat Tung Estate and recently invited the silver age to a photo shoot activity on November 12. Since 2017, the Centre has been providing services to the

elderly in Yat Tung Estate, fostering a community environment of mutual respect and care. During the epidemic, the Centre also launched a Giveaway Lunchbox service, further strengthening its relationship with senior individuals living alone in Yat Tung Estate. With the population aging at an increasing rate, the number of senior individuals living alone in Yat Tung Estate is also on the rise. Hence, the purpose of this service is to provide a platform for the elderly to capture and cherish beautiful moments, and to encourage their active participation in community events, and discover the joys of life. When they saw themselves radiating in the photos, all participants beamed with happiness and positive energy.



有機農墟低碳手作嘉年華 Mei Foo Farm Fest Low Carbon Handicraft Carnival

由香港何文田山扶輪社和香港華語扶輪社聯合贊助的「美孚有機農墟低碳手作嘉年華 — 玉兔綠色寶盒」於9月24日順利舉行，旨在推廣本地有機農業及蔬菜、低碳生活和手工藝文化。活動包括低碳中秋故事放映和環保燈籠工作坊。約有200名市民參加，認識和了解可持續發展。

On September 24, Mei Foo Farm Fest Low Carbon Handicraft Carnival was held with the generous sponsorship of the Rotary Club of Homantin Hill and Rotary Club of Mandarin Hong Kong. The Carnival had a clear objective of promoting organic farming, advocating for low-carbon living, and celebrating the handicraft culture. One of the highlights of the carnival was the screening of low-carbon mid-autumn stories, which aimed to raise awareness about sustainable practices and their impact on the environment. Participants had the opportunity to engage in an environmental-friendly lantern-making activity, further reinforcing the importance



of sustainable development. It was a success with approximately 200 attendees gaining valuable insights and increased awareness over sustainable practices and the significance of preserving our environment.



Special Offer for YMCA Members
Free Welcome Fruit Punch

Contact us at Tel: 2268 7880 or banquet@ymcahk.org.hk

Terms and conditions apply

月圓相聚迎中秋活動 Harvest of Joy: Sharing the Taste of Mid-Autumn at Cheung Sha Wan Centre

香港新時代獅子會和香港尖沙咀獅子會於9月17日共同舉辦「月圓相聚迎中秋」活動，贊助長沙灣中心派福袋，超過120位長沙灣居民受惠。部分居民更與義工一同製作湯圓，同慶中秋、分享成果，增添社區凝聚力。

On September 17, Cheung Sha Wan Community Centre celebrated the Mid-Autumn Festival by distributing over 120 goodie bags to residents. The event was sponsored by the Lions Club of Hong Kong New Era and Lions Club of Tsim Sha Tsui Hong Kong. Underprivileged families actively participated alongside volunteers in making rice dumplings, which were shared with the wider community, fostering a strong sense of community spirit.



關愛基金「在校課後託管服務試行計劃」 Community Care Fund – School-based After School Care Service Pilot Scheme

政府於9月推出為期一年的「在校課後託管服務試行計劃」（試行計劃），聚焦支援弱勢社群家庭（特別是單親家庭），由學校提供場地，關愛基金提供資金，並由非政府機構負責營辦在校課後託管服務，讓有需要的小學生課後留校，在安全的環境中接受託管及學習支援，家長則可選擇外出工作，改善生活。試行計劃在五個地區推行，包括九龍城、油尖旺、深水埗、觀塘以及葵青/荃灣，服務總名額為3,000人。

長沙灣中心獲社署邀請成為首批認可服務機構，協助推行此試行計劃，並與聖公會基愛小學合作，於9月新學年開展服務，為弱勢社群家庭之小一至小六學生提供托管、功課輔導、及學習支援服務，共有60名學童受惠。

The Government is set to launch the one-year School-based After School Care Service Pilot Scheme (the Pilot Scheme) in September to provide support for families in need (particularly single-parent families). Funded by the Community Care Fund, and operated by NGOs to deliver school-based after school care service at venues provided by schools. The objective is to create a safe environment where primary students in need can

receive care and learning support after school. This initiative also aims to empower parents to enter the job market and improve their livelihoods. The Pilot Scheme will be implemented in five districts, namely Kowloon City, Yau Tsim Mong, Sham Shui Po, Kwun Tong and Kwai Tsing / Tsuen Wan, with a total of 3,000 service target.

Co-operating with S.K.H. Kei Oi Primary School in Sham Shui Po, Cheung Sha Wan Centre has been selected as one of the eligible NGOs by the Social Welfare Department (SWD) to participate in the first batch of Pilot Scheme as Approved Service Providers (ASPs). Since September, the Centre has been implementing the service by providing after school care, nurturing, homework tutorials, and expanded learning experiences for underprivileged students. A total of 60 primary students have benefited from this scheme.



就業支援服務 — 寵物行業分享工作坊 EmSS – Pet Industry Sharing Workshop

超過10位就業支援服務參加者於11月15日參加位於堅尼地城的DOGGER寵物服務中心舉辦的寵物行業分享工作坊。DOGGER負責人講解有關寵物行業的工作概況，如寵物美容、寵物訓練及寵物相關之銷售工作等。工作坊更安排參加者與狗隻接觸及互動，學習與狗隻相處的技巧，讓有志從事寵物行業的參加者加深了解與狗相處的知識及行業狀況。

On November 15, a group of more than ten EmSS participants visited the DOGGER Pet Service Centre located in Kennedy Town. This visit provided them with a comprehensive overview of the pet industry, including key aspects such as pet grooming, pet training, and pet-related sales. The experience deepened the participants' understanding of this industry. Moreover, they had the opportunity to interact with dogs and learn special techniques for interacting with them. It was a fruitful experience that allowed the participants to gain practical knowledge of working with pets and industry outlook.



「Y Alumni」計劃 ‘Y Alumni’ Programme

港青咖啡培訓學院一直致力提供高質素的咖啡及葡萄酒專業證書及課程。為了讓參加者從不同的課程及活動中學習、體驗及實踐，學院於2023年第三季特設「Y Alumni」計劃，凝聚擁有共同興趣的社羣於此交流平台上彼此分享，並鼓勵終身學習。

「Y Alumni」計劃歡迎各位咖啡及葡萄酒愛好者參與，計劃除了設有定期主題活動，包括「品味」日、品酒晚宴、「清酒之名」工作坊、親子拉花工作坊等，學員更可享受報讀課程優惠！

The YMCA Barista Training Academy is committed to providing high-quality professional certificates and courses in coffee and wine. To enhance

participants' learning, experience, and practice, the Academy established the 'Y Alumni' programme in Q3 2023, to offer a platform for academic exchange, sharing, and network-building while encouraging lifelong learning.

The 'Y Alumni' programme features themed activities that welcomes coffee and wine enthusiasts to participate, including coffee tasting, parent-child latte art workshops, wine dinner and 'For the sake of SAKE' workshops, etc. 'Y Alumni' participants will also enjoy an exclusive discount when joining these activities. Join us now and embrace the 'Y Alumni' programme for a fulfilling experience, and enjoy special offer!



港青基信國際幼稚園超市購物樂 CIKG K1 Supermarket Adventure

我們的K1學生於10月去了一趟有趣的超市之旅！他們以觸覺和嗅覺來探索不同種類的水果。在老師和家長的協助下，學生們成功按照購物清單採購所需水果，亦按照計劃製作出營養豐富且色彩多姿的水果沙拉和新鮮果汁。簡單的烹飪課堂讓學生發揮無窮創意，製作出既美味又好看的小茶點。這次的體驗不僅讓學生學會了有關水果的知識，積極投入活動，也讓他們從過程中獲得成就感。這次有趣且具教育意義的外出活動亦鼓勵學生展現出團隊合作精神，並培養健康的飲食習慣。

Our K1 children made an exciting trip to the supermarket as their special activity. During the trip, they had the opportunity to explore different fruits by touching and smelling them. With the guidance of teachers and parents, they selected fruits based on a shopping list for their class project, which involved making salads and refreshing fruit smoothies. The kids were thrilled to participate in this real-life activity, not only to learn about fruits but also feel proud and confident as they actively contributed to the class cooking project. It was a fun and educational outing, providing an immersive experience that encouraged teamwork and active participation. All the children were fully engaged in the learning process, fostering a sense of accomplishment and enhancing their understanding of fruits.



港青基信國際幼稚園「Go Green」活動 CIKG — Go Green



為推廣環保意識，港青基信國際幼稚園在10月30日及31日舉行了「Go Green」活動。家長和學生都積極收集可回收物料，一同學習如何分類及進行回收。我們期望從小教育及培養孩子回收及源頭減廢的概念，以提升他們的環保意識。透過這次活動，學生可接觸到不同的環保及回收

方法。在共同努力下，讓下一代更深切理解環保與可持續發展的重要性，一同愛護地球，努力保護環境。

CIKG recently organised a successful 'Go Green' event on October 30 and 31, when children enthusiastically brought in recyclable materials from home and dropped them in designated bins. Teaching the importance of recycling from a young age is crucial, and this event provided a valuable opportunity to instill this awareness in our

students. By promoting environmental consciousness, we are shaping a generation that deeply understands sustainability and actively contributes to the wellbeing of our planet. Together, we foster a sense of responsibility towards our environment and nurture environmentally-conscious minds.





港青基信幼稚園（啟晴）健康教育月

YMCA of Hong Kong Christian Kindergarten (Kai Ching) Health Education Month

港青基信幼稚園（啟晴）每年均會舉行健康教育月，本年度的健康教育月於10月展開，以發展全校師生身心健康為目標，鼓勵學生在日常生活中實踐健康生活方式，透過保護身體、健康飲食及定時運動的策略，使他們成為健康及有責任的公民。活動包括：性教育互動工作坊、足脊檢查、牙齒檢查、水果日、「健康生活小勇士」計劃、體適能學堂、健康氣道計劃、運動日等。長遠而言，我們更希望學生將健康生活態度潛移默化地影響身邊的家人及友人，為社區健康奠立良好的基礎。

With an aim to promote the physical and mental wellbeing of all teachers and students, YMCA of Hong Kong Christian Kindergarten (Kai Ching) held an annual Health Education Month in October. Students were encouraged to adopt healthy lifestyles in daily life through various actions, including protecting own body, maintaining a healthy diet, and engaging in regular exercise. Our initiatives included sexual education interactive workshop, foot and spine examination, dental examination, fruit day, the 'Little Warriors for Healthy Living' Programme, physical fitness classes, Healthy Airway Programme, and Sports Day. These activities aim to cultivate healthy habits and responsible citizenship among our students. In the long run, we hope that students will also influence their families and friends with their positive attitudes towards healthy living, thereby laying a solid foundation for community health.



「基督徒合一藝術展 — 愛 · 護 · 天父世界」開幕典禮聯合詩班獻唱 Joint Choir Performance at HKCC Art Exhibition Opening Ceremony

籌備兩年的首屆「基督徒合一藝術展 — 愛 · 護 · 天父世界」開幕典禮在9月30日於明愛專上學院舉行。基信學校、港青基信幼稚園（啟晴）和港青基信幼兒學校（農圃道）組成聯合詩班，並以英語及粵語獻唱「這是天父世界」，喚醒大眾欣賞天父世界的真善美，並且體現各宗派在基督裡合一的精神。

After two years of planning, the first ecumenical art exhibition finally became a reality. Opening Ceremony took place at Caritas Institute of Higher Education (CIHE) on September 30.

SWYHKCS, CKKC, and YMCA of Hong Kong Christian Nursery School (Farm Road), jointly formed a choir and sang 'This is My Father's World' in both English and Cantonese, aiming to arouse appreciation for the goodness and beauty of Heavenly Father's World, and to showcase the spirit of unity among different Christian denominations in Christ.



基信學校 — 「Back to School」 Night SWYHKCS — 'Back to School' Night

一年一度的「Back to School」Night於9月15日順利舉行，共超過300位家長一同參與。透過是次活動，家長們可以與班主任和科任教師進行交流，從而了解及獲得支援孩子學習的資訊。

The 'Back to School' Night was successfully held on September 15. Over 300 parents attended the event at our school. This annual gathering provided an opportunity for parents to connect with their children's class and subject teachers, and gain valuable information and insights on how to support their children's learning throughout the year.



基信學校世界微笑日籌款活動 SWYHKCS World Smile Day — Fundraising for Christian Action Centre for Refugees

10月6日是世界微笑日。在這個特別的日子裡，基信學校的師生進行了一些有趣而富有意義的活動，讓大眾展現笑容。每位穿著便服回校的學生都為基督教勵行會難民服務中心捐贈港幣20元。活動共籌得超過7,000港元。期望明年再一同歡度這快樂節日！

On October 6, we celebrated World Smile Day by engaging in fun and meaningful activities to bring smiles to others. Each student wore casual attire and donated \$20 to our chosen charity, Christian Action Centre for Refugees. Through this fundraising effort, our school raised just over HK\$7,000! The day was filled with joy and enjoyment, and we eagerly look forward to celebrating the festival again next year!



基信學校學生領袖就職典禮 SWYHKCS Student Leadership Inauguration Ceremony

今天的小領袖將成為明天的領導者。學生領袖在基信學校發揮着重要的角色。他們年紀雖小，卻肩負着不同的崗位和任務。今年，基信學校的學生領袖就職典禮於10月12日舉行。

學生領袖來自一至六年級。我們的風紀隊長和首席學生大使是由老師提名，並需通過校長面試。四社社長則由社員投票選出，得票最多的兩位候選人便會當選為社長。風紀、學生大使和圖書館風紀則由各班主任挑選及委任。

Today's student leaders are tomorrow's leaders in society. Student leaders play an important role in our school, despite their young age, when they are entrusted with various responsibilities and tasks. This year, our Student Leadership Inauguration ceremony was held on October 12.

Student leaders are chosen from Year 1 to Year 6. Our Head Prefects and Head Ambassadors are nominated by teachers, then interviewed and selected by our Principal. House Captains are elected by their House members, with the top two candidates who received the most votes assuming the role of House Captains. Prefects, Ambassadors and Library Prefects are selected by their respective class teachers.



年齡不是障礙：世界先進游泳錦標賽 Age is Not a Barrier: World Aquatics Masters Championships

恭喜港青先進精英游泳隊成員黎瑞年 (Ingrid Lai) 於今年8月在日本福岡舉行的世界先進游泳錦標賽 (55-59歲組別) 中創下了香港先進游泳50米和100米仰泳的新紀錄！

「香港泳手何詩蓓兩週前於同一游泳池贏得了世界賽獎牌，當我抵達賽場時，我以為會被是次盛事而嚇怕。然而，我卻被參賽者們對於游泳的熱情及支持者的鼓勵而振奮，使我游出個人最佳成績，創下新的香港先進紀錄。與來自世界各地的先進精英運動員一同觀看賽事絕對是一次非常珍貴的學習經驗。我的日本對手更在比賽前送我一個摺紙吉祥物，使我感動萬分。很感激香港基督教青年會，特別是港青先進精英游泳隊的隊員和教練的支持，讓我擁有這個難忘的夏季。」

自2018年起，黎瑞年每周一、三、五晚上，也會與港青先進精英游泳隊隊員一起訓練。她除了是游泳健將，更是一名出色跑手。較早前，她還參加了南韓全羅北道舉行的亞太先進運動會，並在800米和1500米賽跑項目中獲得了冠軍，同時在1500米賽刷新了香港先進紀錄。儘管普遍觀念認為運動員的年齡已達到巔峰，黎瑞年卻憑藉其堅毅、決心和熱情，不斷突破自己、打破紀錄、取得佳績，證明了成功不受年齡所限。

Congratulations to Ingrid Lai Shui Nin, a member of YMCAHK Masters Swimming Team, for setting new records in the 50-meter and 100-meter Backstroke Events in the Hong Kong Masters Swimming category at the World Aquatics Masters Championships (55-59 age group) held in Fukuoka, Japan in August this year!



黎瑞年(左)與其他泳手合照。
Ingrid Lai (left) takes a group photo with other swimmers.



'Two weeks ago, Hong Kong's Siobhan Haughey also won a medal in the same swimming pool in the World Championships. When I arrived here, I thought I would be intimidated by this event. However, I was inspired by participants' enthusiasm and supporters' encouragement, which helped me achieve my personal best, and set new records for Hong Kong Masters Swimming. It was a precious learning experience to watch the competitions with Masters Athletes from all over the world. My Japanese competitor even gave me an origami lucky charm just before our race, which touched me deeply. I am grateful to YMCAHK, especially the coaches and members of Masters Swimming Team for their support, which has made this summer unforgettable.'

Since 2018, Ingrid has been training with the YMCA Masters Swimming Team every Monday, Wednesday and Friday evenings. In addition to being a swimming champion, she is also a track and field athlete. Earlier this year, she participated in the Asia-Pacific World Masters Games in Jeonbuk, South Korea, and won the championship in the 800-meter and 1500-meter events, setting a new record for Hong Kong Masters Running in the 1500-meter race. Despite a common perception that athletes reach their peak at a certain age, Ingrid has continuously surpassed herself, broke records, and achieved excellent results with her determination, perseverance, and passion, proving that age is not a barrier to success.

愛心「傷青曲奇」派發活動 'Gift for Love' Cookies Distribution for Elderly at Cheung Sha Wan

為了將愛和喜悅帶給社區，我們藉着中秋佳節，於9月25日為長沙灣長者送上愛心曲奇。是次活動由新世界百貨中國有限公司贊助，共派發了150盒「香港傷殘青年協會」製作的曲奇予有需要家庭。

In a heartfelt endeavor to bring love and joy to the community, on September 25, a total of 150 boxes of cookies were generously distributed to the elderly residents of Cheung Sha Wan by Hong Kong Federation of Handicapped. This meaningful initiative was sponsored by New World Department Store China Limited.



「擁抱青春的你」藝術展 Embracing Youth Art Exhibition

「擁抱青春的你」藝術展於10月27至29日在港青大堂順利舉行。「擁抱青春的你」期望以藝術作為媒介，讓青年人勇敢表達自己，透過藝術將所想所感向大眾呈現，一同擁抱屬於青年的世界、屬於自己的青春。

是次活動招募了第8批兒童發展基金——「展才創富」師友計劃各個技能小組的同學展出成品，期望透過活動，讓同學展示潛能、建立自信，學習與大眾分享其創意和表達感受。

藝術展合共展示出37件由青年們製作的藝術品，包括繪畫、肌理畫、電繪畫、繞線釘畫、流體畫、針戳羊毛氈、環保彩染、奶油膠藝術、戳戳俄羅斯刺綉、絲網印刷、攝影、擴香石板藝術、陶藝、壓克力雕刻藝術、黃銅線藝術、皮革錢包、木雕禦守、永生花裝飾等。

The 'Embracing Youth Art Exhibition' was successfully held at the Atrium of YMCAHK from October 27 to 29. The exhibition aimed to inspire and empower young people to express themselves through the medium of art, bravely showcasing their thoughts to the public while embracing their own youthfulness.



Students from the 8th batch of the Child Development Fund (CDF) – 'BOSS' mentorship scheme were invited to exhibit their pieces in different skill enhancement groups. The goal was to provide a platform for students to demonstrate their potential, build confidence, and share their creativity with the audience.



A total of 37 art pieces, handcrafted by young people, were showcased during the exhibition. The artworks encompassed a wide range of mediums, including painting, texture painting, digital drawing, string art, acrylic pouring, needle felting, eco-dyeing, decoden art, punch needle embroidery, decoupage, photography, aroma stone art, pottery, engraved acrylic art, brass wire art, leather coin purse, wooden omamori, and preserved flower decoration.

香港循道衛理聯合教會國際禮拜堂130周年堂慶： 讚美主——賜環宇及教會花祭2023：花藝活動

Methodist International Church HK 130th Anniversary Flower Festival:
Praise the Lord for His Creation and the Church



承蒙香港循道衛理聯合教會的邀請，香港基督教青年會10月14日至10月23日參加了「讚美主——賜環宇及教會花祭2023」，以慶祝國際禮拜堂建堂130周年，並以花為祭，呈獻上主，以合一精神保護上主的創造。是次參

展作品由本會花藝班導師游玉嬋女士帶領兩位學員設計及完成，作品以白色的百合花為主花，以讚美主及感謝主一直保守帶領，與我們同在、同行，得著一切的平安喜樂。

你們要讚美耶和華！耶和華本為善；要歌頌他的名，因為這是美好的。(詩篇135:3)



With the kind invitation of the Methodist International Church, Hong Kong, the YMCA of Hong Kong participated in the 'Praise the Lord — for His Creation and the Church Flower Festival 2023' from October 14 to 23. The event commemorated the Church's 130th anniversary and featured the offering of flowers to the Lord, to symbolise the preservation of His creation through a spirit of unity. The exhibited works were designed and completed by 2 students, guided by Ms. Lily Yau, instructor of our floral design class. Bouquet of white lily

was used to symbolise praise to the Lord and gratitude for His continuous guidance, presence, companionship, as well as the peace and joy in all circumstances.

Praise the Lord, for the Lord is good; sing praise to his name, for that is pleasant. (Psalm 135:3)

2023員工週年晚會 — 「讓世界變得更美好」

The 2023 Annual Staff Dinner — 'Make the World a Better Place'



2023員工週年晚會分別於12月4日及6日舉行。為配合青年會願景2030宗旨，是次主題為「讓世界變得更美好」，期望同工間能夠攜手合作，讓世界變得更美好。

晚會由詩班及音樂組同工美妙的音樂和歌聲揭開序幕，細說耶穌降生普世歡騰的故事。管理層與同工們亦積極投入康樂委員會成員準備的遊戲，而抽獎環節更成為整晚的高潮部份，歡呼聲此起彼落，氣氛緊張又熱烈。

今年共有34位同事獲頒長期服務獎、並有11位同工樂休。總幹事何慶濂先生逐一祝賀得獎者，感謝他們忠誠及堅定地服侍，與港青同行同進。

The 2023 Annual Staff Dinner was held on December 4 and 6. To echo with YMCA's 'Vision 2030', the event was themed 'Make the World a Better Place', to encourage everyone to join hands and work together to make the world a better place.

The dinner was kicked off by the Singspiration and musical team, celebrating Christmas season by proclaiming the joyful birth of Jesus. The Staff Social Committee organised exciting games to foster unity and team spirit. The return of lucky draw, boasting up to 150 prizes for everyone to grab, created an atmosphere of excitement and enthusiasm.

This year, a total of 34 colleagues received the Long Service Award, while 11 staff members received the Retirement Award. Mr. Patrick Yip, President of YMCAHK, Board of Directors and Mr. Peter Ho, General Secretary, expressed their heartfelt gratitude for staff's loyal and unwavering service throughout the years.



2022-2023傑出員工頒獎禮

Results of Outstanding Staff Award 2022-2023

2022-2023傑出員工獎今年共收到53份提名，共有13項個人組別及8項團隊組別提名競逐傑出員工的榮譽。他們來自9個不同部門，而大部份組別都是初次被提名或年青的同工，可見港青傑出員工源源不絕，所有同事都表現出色。

All staff members deserve the highest recognition for their exceptional performance. This year, a total of 53 nominations were received for the Outstanding Staff Award. Among the nominees, 13 individuals and 8 team units representing 9 different departments competed for the prestigious honor. It is remarkable to see that YMCAHK is blessed with an abundance of outstanding staff, including many first-time and young nominees. The Association sincerely appreciates all staff's unwavering dedication and professionalism in their work and service.

單一項目或事件
Single Project / Event



梁志洪先生
Mr. Leung Chi Hung
前台部 Front Office



**蕭柏強先生 Mr Shiu Pak Keung、
陳勁富先生 Mr Chan King Fu、
陳曾鴻先生 Mr. Chan Tsang Hung、
張民健先生 Mr. Cheung Man Kin、
戚偉堅先生 Mr. Chik Wai Kin、
方嘉進先生 Mr. Fong Ka Chun、
梁坤先生 Mr. Liang Kun、
甄礎鋒先生 Mr. Yan Chor Fung**
工程部 Engineering



**許芷諾小姐 Ms Hui Tsz Nok Esther、
李鍵浩先生 Mr Lee Kin Ho、
黃之衍先生 Mr Wong Tze Hang Brian**
日營部 Camping

顧客服務 Customer Services



李志成先生 Mr. Li Chi Shing
房務部 Housekeeping (Floor)



傅志雄先生 Mr Fu Chi Hung
風險及安全部 Risk & Safety



潘錦紅女士 Ms Poon Kam Hung Winnie
房務部 Housekeeping (Floor)

長遠發展 Long-term Development



何俊傑先生 Mr. Ho Chun Kit
社會及青年事工
Community & Youth Outreach



**葉慶棠先生 Mr. Yip Hing Tong、
練國輝先生 Mr. Lin Kwok Fai、
鄧嘉祺先生 Mr. Tang Ka Ki、
余定祥先生 Mr. Yu Ting Cheung**
廚房部 Kitchen

除了「2022-2023傑出員工頒獎禮」外，今年更設有「聲響港青－歌唱比賽－決賽」和「我最喜愛影視角色服飾演繹大賽」，刺激感大增。晉身歌唱比賽的六強選手比拼激烈，而工程部、會員及社區服務部及長沙灣中心的同工亦演出多套經典電影場景，實行演技大對決。

In addition to the 'Outstanding Staff Award 2022-2023', this year's dinner featured two entertainments, including six finalists competing in 'The Sound of YMCA Singing Contest' whilst colleagues from the Engineering Department, Member and Community Services and Cheung Sha Wan Centre showcased their creativity by replaying unforgettable scenes from iconic movies, to compete in the 'My Favorite Movie and TV Character Costume Competition'.

聲響港青－歌唱比賽－決賽頒獎 Results of The Sound of YMCA Singing Contest



**梁應東先生
Mr. Leung Ying Tung**
廚房部 Kitchen



**尹福鏗先生
Mr. Wan Fuk Hang**
長沙灣中心
Cheung Sha Wan Centre



**陳穎心小姐 Ms. Chan Wing Sum、
李恩桐小姐 Ms. Li Yan Tong**
人力資源部 Human Resources
余敖雪小姐 Ms. Yu Ngo Suet
港信幼兒學校（農圃道）
Christian Nursery School (Farm Road)

EVENTS



The Elderly Services Association



Welcome Drink



Merck Pharmaceutical HK Limited



Save The Children HK



The National Day Firework Celebration



Hong Kong Sheng Kung Hui

JUL - OCT 23



港青基信書院 YMCA of Hong Kong Christian College

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聯繫我們的招生團隊Bonnie Shing或Cherry Chen。

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Please visit the school website www.yhkcc.edu.hk for more details or contact our Admissions Team,
Bonnie Shing or Cherry Chen, by email at bonnie.shing@yhkcc.edu.hk or cherry.chen@yhkcc.edu.hk.



海灘清潔義工活動 2023 Beach Cleanup Volunteer Event 2023

港青義工隊於10月28日在馬鞍山渡頭灣村舉辦了海灘清潔活動。來自3個家庭的12名成員在兩小時內收集了7袋垃圾。家長們十分享受與孩子度過了美好而有意義的時光。孩子亦於活動中學習了保護環境的重要性，明白到美麗的大自然不應該被不負責任的行為所污染。

On October 28, YMCAHK volunteer team, comprising 12 participants from 3 families took part in a beach cleanup at To Tau Wan Village, Ma On Shan. Through their collective effort over the course of two hours, a total of 7 bags of rubbish was collected. The parents thoroughly enjoyed participating in the event and had a wonderful and meaningful time with their children. On the other hand, the children gained valuable insights into the importance of protecting the environment and understood that beautiful nature should not be polluted by irresponsible human behavior.



香港基督教青年會
YMCA OF HONG KONG

港青義工
招募
Y'S VOLUNTEER
RECRUITING

愛心飯盒派發
GIVEAWAY LUNCH BOX

玩具工程師
TOY REBORN ENGINEER

流動玩具銀行
MOBILE TOY BANK

海灘清潔
BEACH CLEANUP

港青理髮義工
YMCA HAIR CUT SERVICE

VOLUNTEER TEAM

報名表格
sign up here:

義工嘉許晚會 2023「Together We Serve」 Volunteer Appreciation Evening 2023 — ‘Together We Serve’

港青一直致力推動義工運動，服務社會。過去一年，有賴義工的參與及協助，讓服務質素及受惠人數得以提升。為了表揚一眾與港青同心同行的義工，本會於11月24日舉行了義工嘉許晚會，特此讚揚全年服務累積時數達50(銅獎)、75(銀獎)及100小時(金獎)的152名義工，有8名更被選為年度傑出義工。傑出義工獎以四個範疇為評核準則，包括「對社會產生正面的影響」、「善用自己的才能」、「個人成長及轉化」，以及「認同港青的服務願景及使命及基督教青年會願景2030」，得獎義工由職員提名、評核、加上義工的親筆感想及由機構代表進行面試獲選，足以引證他們對義工服務的貢獻是實至名歸的。

The YMCA of Hong Kong is dedicated to promoting volunteerism and serving the community. Over the past year, with the participation and support of volunteers, the quality of service and the number of beneficiaries have been enhanced. To honor these volunteers, a Volunteer Appreciation Evening was held on November 24. We would like to acknowledge 152 volunteers who have accumulated 50 (Bronze Award), 75 (Silver Award), and 100 hours (Gold Award) of service throughout the year. Among them, 8 volunteers were selected as the Outstanding Volunteers of the Year based on their positive impact on society, excellent use of talents, personal growth and transformation, and alignment with YMCAHK's vision and mission & YMCA Vision 2030. These well-deserved awardees were nominated and assessed by staff, then interviewed by representatives of the organisation for their significant contributions to volunteer service.



2023年度傑出義工獎名單：
List of recipients of the
Outstanding Volunteer Award 2023:

陳俊霖 Chan Chun Lam

香港童軍第1357旅 HK Scout Group 1357th

Roselyn Alcaraz

海外家務助理組 Domestic Helper Unit

Rhoda B. Manzano

海外家務助理組 Domestic Helper Unit

阮美君 Yuen Mei Kwan Mabel

兒童發展基金 Child Development Fund

余緒森 Yu Sui Sum Sam

兒童發展基金 Child Development Fund

馮楚穎 Fund Cho Wing

『傲翔新世代』全方位青年領袖訓練計劃

Youth Leadership Development

溫詩鳴 Wan Sze Ming Eric

『傲翔新世代』全方位青年領袖訓練計劃

Youth Leadership Development

李家杰 Li Ka Kit

A-Life Academy



SAN WUI COMMERCIAL SOCIETY
YMCA OF HONG KONG CHRISTIAN SCHOOL
 新會商會港青基信學校

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海外家務助理部 — 低鹽低糖煮食班 Domestic Helper Unit – Low Salt Low Sugar Cooking Class

海外家務助理部與環境及生態局合辦低鹽低糖煮食班，由2023年9月至2024年2月，向海外家務助理提供免費低鹽低糖煮食課程，旨在推廣低鹽低糖健康飲食方式。

第一堂煮食班已於9月3日順利舉行，共18名海外家務助理報名參與。課堂中，學生學習了減鹽減糖的基本知識、如何通過營養標籤選擇健康食材、以及日常煮食時減鹽減糖的小貼士等。她們在第一堂學習了烹調菇菌炒雜菜及果香肉丁兩道菜。

From September 2023 to February 2024, Domestic Helper Unit collaborates with the Environment and Ecology Bureau to provide free cooking classes for domestic helpers, with an aim to promote a Low-Salt-Low-Sugar lifestyle.

The first class was successfully held on September 3, attended by a total of 18 enrolled students. During the class, students learned essential knowledge about reducing salt and sugar intake, how to select healthy ingredients based on nutrition labels, and various tips for reducing salt and sugar in daily cooking. They also learned to prepare two healthy dishes: stir-fried mushrooms and vegetables, and fruity pork cubes.



SDG

可持續發展目標



青年會綠色環保大獎 Green YMCA Award

香港基督教青年會於9月19日在印度金奈舉行的亞太區基督教青年會協會第21屆大會上榮獲青年會綠色環保大獎，以表揚我們在推動永續地球及保護環境方面，致力宣揚及推行多項環保措施及政策的傑出表現。

港青會繼續構思及實踐多項不同措施，共同推動香港的綠色和可持續發展。

On September 19, YMCAHK received the Green YMCA Award at the 21st General Assembly of the Asia and Pacific Alliance of YMCAs (APAY) in Chennai, India. This recognition acknowledges our accomplishments in promoting environmental programmes and policies which aimed at achieving a sustainable planet.

In the future, YMCAHK will continue to conceive and implement a wide range of measures to further promoting the green and sustainable development in Hong Kong.



從亞太區基督教青年會會長陳錦生（左二）手上接過獎項。
Received the award from Prof. Chen Chin Seng, President of Asia & Pacific Alliance of YMCAs (2nd from left).



港青基信幼稚園 (啟晴)
YMCA of Hong Kong
Christian Kindergarten (Kai Ching)

K1 to K3 School Admission

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- * 家校合作及社區參與
Home- school co- operation and community participation



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港青咖啡座推出期待已久的全新東南亞美食及自家製甜品，帶給您終極的美食饗宴。必吃美食包括十三香吉列豬扒配麻辣冷麵、XO醬海鮮炒米型粉、泰辣馬卡龍、流心鹹蛋心太軟等。立即與家人朋友一起前來探索這場驚喜連連的美食之旅！

15% discount for YMCA of Hong Kong Members
港青會員可獲八五折優惠
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圖片只供參考 Pictures are for reference only

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國際美食自助晚餐

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

成人 Adult \$668 小童 Child \$448

星期五至星期日，公眾假期及前夕 | 6:15 pm - 9:30 pm
Fridays to Sundays, Public Holidays & Eves

成人 Adult \$768 小童 Child \$528

自助午餐

Lunch Buffet

星期一至星期五，公眾假期除外 | 12:00 noon - 2:30 pm
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早午合併自助餐

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