


VOICES

港青之聲
Sep 2022



耶穌對那人說：
「伸出手來！」
Jesus said to the man,
“Stretch out your hand.”

路加福音 Luke 6:10

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主題 Theme

The Lord is
our vitality
主是我們的
生命力



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



14



38

Contents

- 2 總幹事的話 GS's Message
- 8 專題特寫 Feature
M&CS重組：賦權年輕員工 為港青帶來突破
M&CS Restructuring: Breakthrough by Empowering Young Staff
- 12 會牧園地 Chaplain's Corner
- 14 港青人·情·事 Y's Story
 - 第20屆基督教青年會世界大會
20th YMCA World Council
 - 藉壁畫凝聚力量 以色彩榮耀上帝
Social Cohesion through Murals Glorify God with Colour
- 22 港青資訊 Y's News
- 34 最新動態 Announcement
- 38 低碳港青 Low Carbon
- 40 雲彩見證 Cloud of Witnesses

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香港基督教青年會
YMCA OF HONG KONG

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耶穌對那人說：「伸出手來！」

Jesus said to the man, "Stretch out your hand."

(路加福音 Luke 6:10)

願各位蒙天父和主耶穌的恩典，主內平安！

從在安息日醫治癱瘓病人到呼召利未，到回答禁食的問題，到門徒掐了麥穗吃，耶穌一次又一次觸怒法利賽人！耶穌為何又在安息日治好枯乾一隻手的人而再次激怒法利賽人呢？為何耶穌不多等一天或至日落時才醫治？耶穌想就人世間的傳統及我們的態度向我們傳達甚麼訊息？

2020年香港爆發第三波疫情導致港青所有暑期課程全被取消，卻無阻同工們於2021年籌備暑期課程的熱情。他們抱着同樣的態度及精神順利完成2022的暑期計劃。然而，由於暑假入住The Salisbury的房客大大超出預期，不難想像賓館服務的同工所承受的壓力。此外，疫情期間款待業的結構性轉變，令我們難以聘請足夠的房務員收拾房間，尤其在最繁忙的周末。由於我們已絞盡腦汁依然解決不了營運上的困難，管理層決定身體力行在周末支援房務員，於8月份辦理入住及退房手續最繁忙的時段，義務幫忙收拾房間。

當耶穌留意到有位枯乾了一隻手的人在會堂，便在文士和法利賽人面前叫他站起來，對他們說：「我問你們，在安息日行善行惡，救命害命，哪樣是可以的呢？」（路加福音6:9）接着耶穌主動地向那人說：「伸出手來！」（路加福音6:10上）儘管世上有既定的傳統及社會規範，管理層在支援同工方面不應受到任何因素所限制。感謝部門主管及機構事務的同工，包括人力資源部、資訊科技部和傳訊及伙伴協作部，在8月份最後3個周末與我們的房務員及前堂部顧客服務同工並肩作戰，義務分擔他們的工作。

全球性的基督教青年會義工運動的成立，源於年輕小伙子佐治衛良思忖自己的生命應否運用在比在自家位於英國的農場上拖拉乾草更有意義的事上。當佐治的父親將他帶到

窗簾工廠沒日沒夜地工作，他再次自問生命的意義。有一天，佐治發現兩位耐心且親切的同事，就算在烏煙瘴氣的工作環境中依然活得有目標及快樂。對他而言，他們就是黑暗中的亮光。沒多久他亦從耶穌那裏找到同樣的光照亮他的心，讓他充滿盼望和喜樂。佐治於19歲時遷居倫敦，再次面對一群在陰暗環境中工作且不快樂的年輕工人。他不願屈服於社會規範，遂召集了數位朋友開始為工廠裏的每位工人禱告，讓耶穌的光照亮他們的心。認同佐治的人不斷增長，不久便由12位年輕人發展成於1844年創立的基督教青年會。現今在120個國家中共有超過14,000個青年會。在阿爾路斯基督教青年會世界大會（世界大會）前舉辦的世界使命大會中，我遇到《The Shining Light》的作者David Newman博士，他在影片《The Reason Why》中提醒我們「基督教青年會的宗旨乃必須以14,000座燈塔將神的愛光照在世界上的群體中。」今天我們的世界支離破碎，甚至比耶穌的年代或佐治的年代——根據佐治的形容，當時的工人被當成機器一樣，更為破碎。我們是否願意打破舒適圈、世間的傳統、社會的規範，問一問為甚麼？我們是否願意伸出手讓耶穌醫治？那會堂裏枯乾了一隻手的人在耶穌的指令下伸出手，手就復了原。（路加福音6:10下）

世界使命大會的代表在世界大會前集合為全球基督教青年會運動禱告。今年世界使命大會的主題為「將你們的光照在人前」（馬太福音5:16）如何令我們的光照在人前？與世界大會同時舉行的世界城市網絡領袖大會中，英國達爾弗頓青年會的事工啟發了我——他們的3所小型酒店物業為16至24歲露宿或頻臨無家可歸的青年人提供學徒訓練機會。10位在款待業資歷豐富的同工憐憫這些青年人，並對他們的處境感同身受，在他們的領導下，20位年輕同工從學徒計劃中畢業。在過去兩年



人力資源部的義工 Volunteers from Human Resources



何慶濂先生與烏克蘭青年會董事局成員Marta
Mr. Peter Ho and Marta,
Ukraine YMCA Board member

半的疫情期間，每所酒店不但財政健全，同工更不用停薪休假。更令人讚嘆的是，行政總裁 Martin Hodgeson 告訴我，啟發他開始做酒店的乃2010年他來香港參加世界大會及世界城市網絡領袖大會時入住The Salisbury！2011年，即 Martin 從香港回到英國

之後，達爾弗頓青年

會購入第一所酒店物業。當世界使命大會邀請我分享，在疫情期間香港基督教青年會如何以對基督的信心繼續營運時，Martin 的見證強調了The Salisbury 殷勤款待的影響力。他們的學徒們伸出了手，他們便復了原！

9月30日，於1992年落成啟用的港青南座將會慶祝30周年，接着是於數月後開幕的北座。1990年初因應The Salisbury的重建工程，我們聘請了許多年輕的專業同工。在過去25至30年間，這些專業的管理層忠心耿耿地服務港青，他們現已相繼退休，包括前酒店總經理及後來的總幹事梁耀源先生、房務部總監文慶祥先生、銷售及市場部總監陸驥萍女士、管家部經理王志權先生及採購部高級經理林瑞賢女士等。我們十分感激這些前輩透過在The Salisbury服務為港青的事工作作出貢獻。環顧現時賓館的管理團隊中，我們慶幸仍有銷售及市場部總監林燕玲女士及管家部及衛生經理伍沃輝先生是自1990年初到任的。

我們正開始籌劃The Salisbury未來的30年，現正就The Salisbury的4大部門招攬了許多年輕的經理及主管，延續前輩們所建立的美好基業。The Salisbury必須在款待業中與時並進，務求在疫情後達成其使命。香港正走在經濟復甦的路上，而疫情經已成為生活的一部分，正是時候再次體驗1990年代的朝氣活力了。這是恢復活力的時候，也是我們重新立志服務香港及更廣之地之時。此時此刻回想前輩所建立的美好基業，及為未來的世代訂立願景。

作為香港特別行政區傑出學生聯會的榮譽顧問之一，我有幸出席在The Salisbury舉辦的重點活動「港傑·港未來2022」閉幕禮。今年的主題為「Mental Kaleidoscope: Shedding Light on Diverse Mental Needs」，與7月份青年會世界大會正式通過的「2030願景」中4大影響範疇中的「社區的身心健康」不謀而合。學生們參加了數節有關精神健康的工作坊及探索營後，要發起一項社會行動以喚起公眾對大量精神健康問題的關注，並透過社交媒體平台發放相關資料，以緩和或處理相關問題。我問了學生們一個問題：他們自身的行為在項目前後有分別嗎？互聯

網上已有充分的資料唾手可得，我們唯一的挑戰便是將所知的付諸行動。除非在行為上有所改變，否則我們所學的就枉然了。世界上最遙遠的距離是從頭到心，從腦袋裏的認知到從心發出的行為。當我們得知該作甚麼時，是否願意伸出手尋求醫治？

法利賽人會否在耶穌的指令下伸出手？尤其是對掌權者而言，為甚麼承認我們並非無所不知或在犯錯時說「對不起」有時候是這麼困難呢？我們會否在耶穌的指令下伸出手，暴露出自己的不足之處，或許會得到醫治？為何使徒彼得，一位專業的漁夫，整夜打魚均無所獲，卻依從夫子的指令再次下網？（路加福音5:5）我們可以從耶穌時代的駱駝學習到，它們如何在晚上主城門關閉後穿過為駱駝而設的門。駱駝必須先將背上的包裹放下，再屈膝蹲下，緩緩地爬過去。這是困難的，卻並非不可行。那些不願放下驕傲或權力的法利賽人、掌權者，永遠不會依從耶穌。使徒彼得謙卑自己，依從一位非專業漁夫的指令下網，因此他復了原，他的生命亦改變了。

香港奧運獎牌得主及女子200米自由泳世界紀錄保持者何詩蓓蒞臨The Salisbury，向正向教育學院及港青泳隊的家長分享她的游泳歷程。從她的分享，我深深被這位具才能卻謙卑、相信自己且抱良好態度的年輕女孩子所感動。她自律，知道自己所想要的，亦對自己正在做的充滿熱情。在訓練

或比賽中遇上低潮時，她經常聽到一道聲音，她形容為好像自言自語，說：「你沒有問題的」、「你可以做到的」，讓她重新得力繼續努力。我知道詩蓓是天主教徒，可能這是 神的聲音鼓勵她呢！她的分享令我回想起去年9月在《總幹事的話》分享過的另一位基督徒奧運選手 Eric Liddell。他將跑步的天賦歸功於 神。他以跑步去榮耀 神；當他跑步時能經歷從 神而來的喜樂——「因靠耶和華而得的喜樂是你們的力量。」（尼希米記8:10）當我們還未造在腹中時，有誰能比父神更清楚我們的潛能呢（耶利米書1:5）？詩篇的作者說：「我的肺腑是你所造的；我在母腹中，你已覆庇我。我要稱謝你，因我受造，奇妙可畏。」（詩篇139:13-14上）誠然，誰能使我們在疾病和痛苦中得以完全並發揮所長，唯有耶穌——那位被差派到這破碎的世界，醫治及使我們復原的。



來自烏克蘭的歌手 Singers from Ukraine

誰能使我們與主耶穌基督的愛隔絕呢？在阿爾路斯舉行的世界大會中，當我們看到烏克蘭的國旗、當我們看到青年會的小巴從利沃夫接載着烏克蘭的歌手、及當我們聽到他們令人驚奇的聲音以帶着喜樂的讚美去敬拜時，我們知道烏克蘭的戰爭不能隔絕基督的愛。我們在烏克蘭青年會的弟兄姊妹很高興地在耶穌的指令下伸出手，因此他們得以在疾病和痛苦中復原。

在The Salisbury重建工程開始的30周年時，讓我們就賓館服務向主重新立志，願主保守我們以正確的態度在The Salisbury建立一個可造就跨年代協作及培養未來領袖的環境和文化！願聖靈繼續激勵及啟發The Salisbury成為燈塔，在香港以 神的愛光照來自世界各地的房客！願主保守The Salisbury不受世間傳統及社會規範的影響，伸出手尋求醫治和復原！

獻上「予 神的榮耀及為青年人服務」！

何慶濂

總幹事 / 行政總裁

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

From the healing of the paralytic to the calling of Levi, to the question about fasting, to the disciples picking the heads of grain and eating them on a Sabbath, Jesus had repeatedly offended the Pharisees! Why would Jesus provoke the Pharisees again by healing the man with a withered hand on the Sabbath? Why did Jesus not wait for a day or till sunset? What was Jesus trying to convey to us about human traditions and our attitude?



位於丹麥聰島的燈塔教堂
Lighthouse Church in Tuno Island, Denmark

The devastating blow of the 3rd wave of Covid-19 in Hong Kong that led to cancellations of all YMCAHK summer programmes in 2020 did not discourage our programme staff to enthusiastically prepare for summer programmes in 2021. The same attitude and spirit of our programme staff had once again carried them through to achieve the summer plans in 2022. Hostel staff, however were understandably stressed as we had many more guests staying at The Salisbury in the summer than expected. Moreover, the structural change in the hospitality industry during the pandemic made it difficult to recruit sufficient room attendants to turn over the rooms, especially on the weekends. As we were running out of ideas from the playbook to ease an operation bottleneck, management decided to volunteer on weekends to support our room attendants during the peak check-out and check-in hours in August.

When Jesus noticed the man with a withered hand in the synagogue, he invited him to come up and stand before the scribes and Pharisees and said to them, "I ask you, is it lawful to do good on the Sabbath rather than to do evil, to save life rather than to destroy it?" (Luke 6:9) Jesus then took the initiative and said to the man, "Stretch out your hand." (Luke 6:10a) There is no limit as to what management can initiate or need to do to support our staff despite human traditions and social norms. Thank you Area Heads and Corporate Services staff from Human Resources, Information Technology and Communications & Engagement for standing in solidarity with our room attendants and front office guest service staff by volunteering as runners to alleviate their workload in the last few weekends in August.

The global YMCA volunteer movement began with a young boy George Williams wondering if his life should be more than hauling hay from his family farm in England. When George's father brought him to a small city to work in a drapery factory from early morning to late at night, George again questioned the reason why. One day George noticed two young co-workers who were patient and kind, and seemed to live with a purpose and joy despite the gloomy working conditions of the factory. To George, they were like a shining light in the darkness. George would soon find the same light of Jesus shining in his heart that filled him with hope and joy. George moved to London when he was 19 and once again found himself surrounded by many sad young factory workers working in gloomy conditions. George was not content with the social norms and gathered a few friends to begin praying for the workers in the factory each by name that the light of Jesus would shine into their hearts. The number of people joining George grew; and soon 12 young men would eventually establish the Young Men's Christian Association in 1844. Today there are more than 14,000 YMCAs in 120 countries. Dr. David Newman, author of *The Shining Light*, whom I met at the World Mission Conference

(WMC) immediately prior to the 20th World Council in Aarhus, reminded us in the video “The Reason Why” that “the purpose of the YMCA is meant to be 14,000 lighthouses shining out the love of God in the communities of the world”. Today our world is just as broken, if not more broken, than in the time of Jesus or the time of George Williams when factory workers were treated like machines as described by George. Are we willing to break out of our comfort zone, our human traditions, our social norms, and asked the reason why? Are we willing to stretch out our hand and be healed by Jesus? The man with the withered hand in the synagogue stretched out his hand at Jesus’ command and *his hand was restored (Luke 6:10b)*.

Delegates of the WMC gathered ahead of the World Council to pray for the global YMCA Movement. The theme of this year’s WMC was to “Let your light shine” (Matthew 5:16). How do we let our light shine? At the World Urban Network (WUN) CEO Conference that took place concurrently with the World Council, I was inspired and enlightened by the work of YMCA Dulverton in England, who provides apprenticeship opportunities for young homeless or near homeless people aged 16-24 in their three small-scale hotel properties. All 20 junior staff graduated from their apprenticeship programmes, led by 10 senior experienced hospitality staff who have empathy for these young people and understand their journey. Each hotel has been financially sustainable; they did not have to furlough one staff in the past two and a half years during the pandemic. What was even more amazing was Martin Hodgson, CEO, told me his inspiration to start a hotel came from staying at The Salisbury during the World Council and WUN CEO Conference in Hong Kong in 2010! YMCA Dulverton purchased their first hotel property in 2011 after Martin returned to England from Hong Kong. While WMC invited me to share a testimony on how YMCAHK have lived our Christian faith during the pandemic, Martin’s testimony underscored the impact of The Salisbury hospitality he experienced. Their apprentices stretched out their hands, and they were restored!

On September 30, YMCAHK will mark the 30th anniversary of the opening of the South Tower in 1992 followed by the opening of the North Tower several months later. We recruited many young professionals in the early 1990s for The Salisbury Redevelopment Project. Management professionals who have served YMCA faithfully in the past 25 to 30 years and have since retired include former General Manager and later General Secretary Mr. Aldrin Leung, Directors of Rooms Mr. Alfred Man, Director of Sales & Marketing Ms. Grace Luk, Housekeeping Manager Mr. Sidney Wong and Senior Procurement Manager Ms. Rosanna Lam etc. We are grateful for the dedication of our predecessors to the work of the YMCA through their service in The Salisbury. Among the current hostel management leaders recruited in the early 1990s we are blessed we still have

Director of Sales & Marketing Ms. Iris Lam and Housekeeping and Hygiene Manager Mr. William Ng.

As we embark on the next 30 years of The Salisbury, we are recruiting many young managers and supervisors in all four Divisions of The Salisbury to bring forward the good work of our predecessors. The Salisbury has to remain relevant in the hospitality sector in order to achieving its mission in the post-COVID world. This is a time to experience the vibrancy of the 1990s anew as Hong Kong emerges on the path of economic recovery and Covid becomes a part of life. This is a time of rejuvenation and a time of renewal of our commitment to serving Hong Kong and beyond. This is a time to remember the good work of our predecessors and set vision for our future generations.



香港特別行政區傑出學生聯會「港傑·港未來2022」閉幕禮
HKSAR Outstanding Students' Union 'Hong Kong Future Pioneers 2022'
closing ceremony

As a member of the Honorary Advisory Board of the HKSAR Outstanding Students' Union (OSU), I was privileged to attend the closing ceremony of OSU's flagship programme, the Hong Kong Future Pioneers, at The Salisbury. The theme of the year was “Mental Kaleidoscope: Shedding Light on Diverse Mental Needs” which ties in well with Community Wellbeing, one of the four Pillars of Impact of YMCA Vision 2030 adopted at World Council in July. After participating in several mental health workshops and exposure camps, students launched a social campaign to raise awareness on an array of mental health issues and provide resources via social media platforms to mitigate or manage such issues. One question I asked the students was the difference in their behaviour before and after the social campaign. With access to information readily available on the internet, the challenge is to convert what we know into action. We have not learnt from our knowledge unless there is a change in behaviour. The longest distance in the world is from the head to the heart, from knowing in the head to acting from the heart. Are we willing to stretch out our hands for healing after knowing what we should do?

Would the Pharisees stretch out their hands at the command of Jesus? Why is it sometimes so difficult, especially for those in authority, to admit that we do not have all the answers or say 'I'm sorry' when we made a mistake? Would we stretch out our hand at the command of Jesus to expose our inadequacies that we may find healing? Why could St. Peter, a professional fisherman, submit to a rabbi and lower the net at his command, after fishing all night and caught nothing? (Luke 5:5) We can learn from how a camel passed through the camel gate in the time of Jesus after the main city gate closed for the night. The camel must first unloaded all the baggage it carried on its back. Then the camel had to get down on its knees, and crawled through it. It is difficult but not impossible. The Pharisees, or people in authority, holding on to their pride or power would never be able to submit to Jesus. St. Peter humbled himself to lower his net at the command of a non-professional fisherman, he was restored and his life was changed.



奧運獎牌得主何詩蓓分享她的游泳歷程
Olympic medalist Siobhan Haughey shared her swimming journey

Hong Kong Olympian medalist and World Record holder on Women's 200-meter Freestyle Siobhan Haughey visited The Salisbury and shared her swimming journey with families from Teengineer and the YMCAHK swimming team. When I heard Siobhan, I was inspired by a talented yet humble young woman who believes in herself and has a good attitude. She is disciplined, knows what she wants, and is passionate about

what she does. When Siobhan went through low points in her training or competition, she would often hear a voice, like self-talk as she described it, saying "you got it" or "you can do it", to keep her going with renewed strength. Knowing Siobhan is a Catholic Christian, I wondered if that is God's voice encouraging her! Listening to Siobhan reminded me of another Christian Olympian Eric Liddell whom I mentioned in my GS message last September. Eric attributed his running talent to God. He ran to honour God; and he experienced the joy of the Lord when he ran – *"The joy of the Lord is my strength"* (Nehemiah 8:10). Who would know our potential better than Father God who knew us before we were formed in the womb (Jeremiah 1:5)? The psalmist said, *"For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made."* (Psalm 139:13-14a). Indeed,

who could make us whole from our infirmities and afflictions to achieve our potential but Jesus who was sent into our broken world to heal us and to restore us.

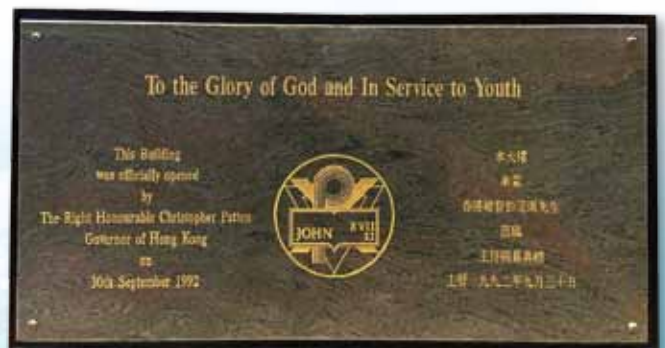
What could separate us from the love of God in Jesus Christ? At the World Council in Aarhus, we knew that the war in Ukraine cannot when we saw the Ukrainian national flag, when we saw the YMCA van from Lviv transporting the Ukrainian singers, and when we heard their astounding voices worshipping in joyful praises. Our brothers and sisters from Ukraine YMCA were delighted to stretch out their hands at the command of Jesus and restored from their infirmities and afflictions.

As we renew our commitment in Hostel Services to the Lord on the 30th anniversary of the commencement of The Salisbury Redevelopment Project, may the Lord bless us always with the attitude of a servant, and never a master, in building an environment and culture conducive to cross generation collaboration and development of our future leaders in The Salisbury! May the Holy Spirit continue to inspire and enlighten The Salisbury to be a lighthouse shining out the love of God in Hong Kong and to our guests from around the world! May the Lord bless The Salisbury to be free from human traditions and social norms that we may stretch out our hands for healing and restoration!

Dedicated "To the Glory of God and In Service to Youth"!

Peter Ho

General Secretary / Chief Executive Officer



港青南座於1992年9月30日揭幕
Grand opening of YMCAHK South Tower on September 30, 1992



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單芷筠
Vivian Shan

M&CS重組：賦權年輕員工 為港青帶來突破 M&CS Restructuring: Breakthrough by Empowering Young Staff

「使他們都合而為一。」約翰福音17:21乃基督教青年會的基礎——讓大家在基督裏合一，重組後的會員及社區服務部 (M&CS) 正正顯示出這股合一精神。

會員及社區服務部於7月1日重組架構。新架構由5個組別、2個工作小組和1個行政辦公室組成。重組前的會員及社區服務部分工明細，且各組別獨立運作，除了籌備機構的大型活動，鮮有合作機會。重組後所有服務及課程統整為5大組別，增強同工之間的連繫，有效培育「T型人才」，為港青注入新活力。會員及社區服務部高級總監單芷筠強調，重組後的會員及社區服務部正反映《聖經》所說的「一個身上有好些肢體」(羅馬書12:3-5)，「頭、手、腳是不能分開的，亦各有用處。我們是一個團隊，各人憑着神的恩賜各司其職，互相補足，發揮出來的力量更強大。」

「正如我們一個身上有好些肢體，肢體也不都是一樣的用處。我們這許多人，在基督裏成為一身，互相聯絡作肢體，也是如此。」(羅馬書12:4-5)

團隊年輕化

近年有不少年輕人加盟港青，會員及社區服務部現有約3成同工為30歲以下，乃前所未見，單芷筠十分樂見這紀錄。「年輕同工敏銳的思維往往會為習以為常的工作帶來創新的想法。」年輕化的團隊為部門帶來的活力和生命力不言而喻，單芷筠亦希望他們能在港青的培養下轉化，從而為社會帶來改變。簡而言之，賦權年輕同工是重組的其中一個核心目標。

會員及社區服務部 (M&CS)

5 個組別

- 教育服務及休閒項目
- 社區與青年外展
- 社區中心與參與
- 運動與休閒
- 幼稚園及幼兒園

2 個工作小組

- 基督教外展
- M&CS發展委員會

1 個行政辦公室

新成立的M&CS發展委員會由5位來自不同組別的年輕同工組成。他們就部門所提供的服務和課程進行討論，除了更了解不同組別的工作外，他們也能向管理層提出部門未來的發展方案。

年輕同工亦會不時以「觀察者」身份參與主管會議，單芷筠強調：「目標是讓他們了解整體部門的工作及未來方向。」會議後，他們可向上司提出意見，以加強上司和下屬之間的連繫，使工作分配更有效率。

培育一專多才

不少同工在工作專業以外，還有不同的興趣和專長。一位海外家務助理組的同工有意成為社工，為社區服務。因此，單芷筠安排他每星期一天到港青長沙灣社區中心，參與少數族裔的社區工作。「看到他們在工作上很有動力，從中得到滿足感。」她喜悅地說。

又有一位在港青東涌中心負責課餘託管服務的同工，原來她的興趣是畫畫，去年慶祝基督教青年會在香港成立120周年，她帶領一群小孩子在舊東涌中心的牆壁作畫。單芷筠發現她這項專長後，靈機一觸邀請她為港青的社區中心及幼稚園繪畫壁畫。「團隊之間可以了解彼此的優點，讓同事在不同崗位充分發揮自己的專長。」至今她已為港青增添兩幅美麗的壁畫。

同工既可發揮所長，且有機會接觸工作以外的「工作」，讓同工發展成為「一專多才」，意味部門擁有更大的發展潛力，單芷筠期望這些潛力可推至整個機構。

勇於表達意見

從前的會員及社區服務部管治方式比較傳統，新入職或年輕同工都不會主動向上司表達意見。單芷筠希望透過重組，將架構簡化，同工可直接向她表達看法。她認為所有工作崗位同等重要，因此同工的意見值得被聆聽。同時亦鼓勵他們在遇到疑難時會共同尋找應對方法，而非以負面態度面對。運動及體育組的一位同工在第二次參與周年大會的短片製作，單芷筠驚喜地說：「在分配工作前，原來她已有計劃，有些周詳的想法和考量比我預期的多。」文化上的轉變為團隊注入正能量，亦是推動港青未來發展的原動力。

基督價值為部門主軸

會員及社區服務部首次將宗教推廣組抽出成為部門的主軸，致力將基督教價值融合體育、青年服務等範疇，加強基督教信念在機構和社會上的影響。以康樂及運動部為例，將聖靈的果子套用在球隊的訓練，教導他們忍耐、和平等美德，讓基督精神實踐在生活之中。

單芷筠以「麻雀雖小，五臟俱全」形容港青，皆因港青屬多元平台，涵蓋不同的課程和服務，讓同工在不同的領域發展所長。曾有同事問她：「部門的績效指標是甚麼？」然而，她最關心的是同事是否熱愛工作，「要實踐基督教青年會的理念必須要激發員工的熱情，從工作中得到滿足感。」她回望在港青服務的日子，親身經歷生命的轉化。

同樣地，她期望透過重組、賦權年輕員工，轉化他們的生命，與港青共同前行，並在社會上發光發熱。

讓我們在工作上作鹽作光，讓別人因看我們的善行，有好的見證，便把榮耀歸給神。



運動及體育組同工製作周年大會短片
SPE staff made video for AGM



青年事工會議 Youth team meeting

Feature

專題特寫

“That they all may be one” (John 17:21) is the foundation of the YMCA of Hong Kong – to unite everyone in Christ, the same spirit of unity demonstrated by the restructured Member & Community Services Department (M&CS).

The Member & Community Services Department restructuring takes effect on July 1. The new structure comprises 5 streams, 2 task forces and 1 administrative office. The former M&CS had a specific division of work and each of the teams operated independently and rarely collaborated except for Association-wide events. After the restructuring, all services and programmes are integrated into 5 major categories, which facilitate the connection between staff, and cultivate ‘T-shaped’ talents effectively, to inject vitality into the YMCA of Hong Kong. Vivian Shan, Senior Director of M&CS, emphasised that the restructured M&CS reflects the Bible verse “*There are different limbs on one body*” (Romans 12:3-5). “The head, hands and feet cannot be separated, and each has its unique function. As a team, we perform our duties by the gift of God, complementing each other for greater strength.”

“For as we have many members in one body, but all the members do not have the same function, so we, being many, are one body in Christ, and individually members of one another.” (Romans 12:4-5)

Young Team

In recent years, many youngsters have joined the YMCA of Hong Kong. Around 30% of the staff in M&CS aged under 30, which is unprecedented, and Vivian is very pleased with this record.

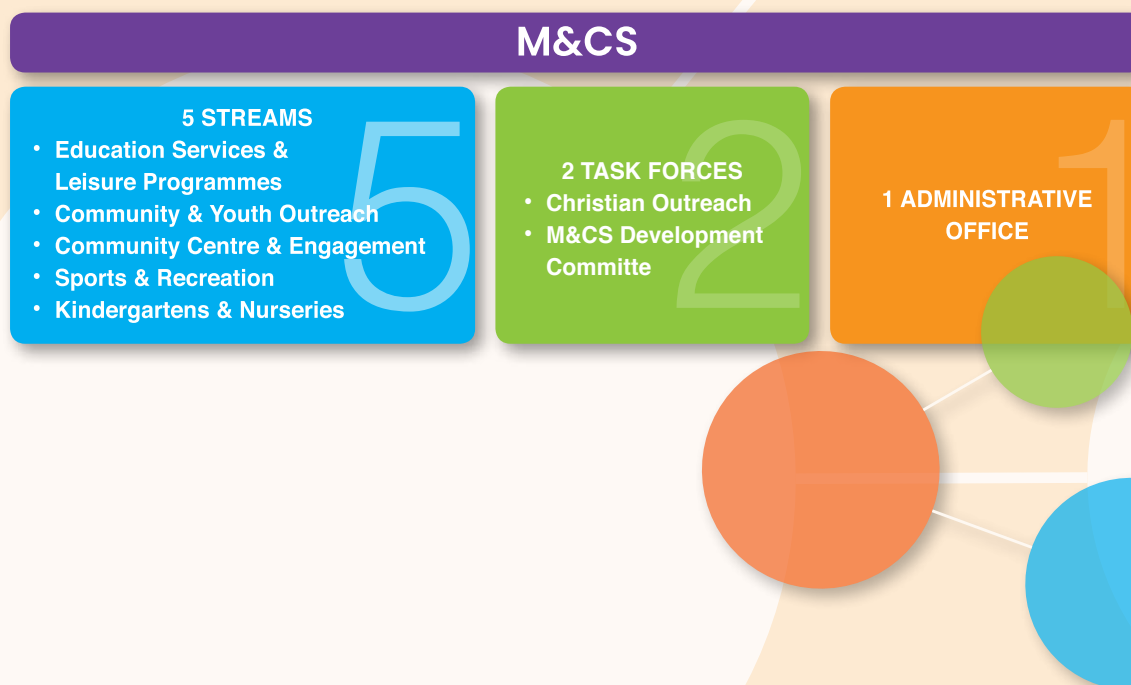
“The insights of young staff often lead to innovative ideas for regular projects.” We clearly see that the young team has energised the department. Vivian also hopes that they can be transformed under the nurturing of the YMCA of Hong Kong and make a positive impact on society. In a nutshell, empowering young staff is one of the core objectives of restructuring.

The newly formed M&CS Committee consists of 5 young colleagues from different teams. They discuss different services and programmes offered by the department regularly. On top of gaining a better understanding of the work of other teams, they can also propose future plans to the management group.

Young staff also participates in supervisory meetings as ‘observers’ from time to time, Vivian emphasised, “it aims to provide them with an overview of the department’s works and future plans.” After the meeting, they can share their opinions with their supervisors, hence, strengthening communication between supervisors and subordinates, and improving the efficiency of work allocation.



年輕同工與學員 Young staff and students



Cultivate Multi-talented Staff

Many colleagues have different talents and aspiration on top of their roles. A colleague from the Overseas Domestic Helper Unit intends to become a social worker to serve the community, therefore Vivian arranged for him to work at the Cheung Sha Wan Centre one day a week to participate in ethnic minorities' community work. "They are full of motivation and satisfaction." Vivian said joyfully.

Another colleague in charge of the After School Care Programme at the Tung Chung Centre is interested in painting. Last year, in celebrating the 120th anniversary of the YMCA of Hong Kong, she led a group of children to paint the walls of the former Tung Chung Centre. After discovering her talent, Vivian invited her to paint murals for different centres and kindergartens of the YMCA of Hong Kong. "I wish the teams to understand each other's strengths and allow colleagues to maximise their talent in different roles." As of today, she has created 2 beautiful murals for the YMCA of Hong Kong.

Not only that colleagues are able to play to their strengths but also have the opportunity to 'work' out of their job responsibilities. By developing colleagues to become 'multi-talents', the department will have a greater collective potential for future development. Vivian also envisions that this could be promoted to the entire organisation.

Expressing Opinions Actively

In the past, M&CS had a more traditional governance approach, new joiners or young staff were hesitated to express themselves to their supervisors. Vivian hopes to achieve a lean structure through restructuring, so colleagues can share their views to her directly. Vivian believes that all positions are equally important, so feedbacks from all staff deserve to be heard. Meanwhile, colleagues are also encouraged to find solutions together when encountering challenges, rather than deal with them with a negative attitude. A colleague from Sports & Physical Education Team who participated in the video production for the annual general meeting for the second year, Vivian was pleasantly surprised: "She had planned ahead before assigning the job to her. Some of her thoughts are thoroughly considered in details, more than I expected." The cultural transformation injects positive energy into the team, which is the driving force for the future development of the YMCA of Hong Kong.



康樂及運動部團隊 Sports & Recreation team

Christ-centred Values

For the first time, M&CS has placed Christian Outreach as an independent element at the core of the department, dedicated to integrating Christian value into various perspectives such as sports, youth services, and more, with an aim to strengthen the impact of the Christian faith on corporate and society. In Sports & Recreation, for example, applying the fruits of the Holy Spirit on sports team training to teach teammates virtues such as patience and peace – to practise Christianity in daily life.

Vivian describes the YMCA of Hong Kong as 'though small, is perfectly formed'. YMCA of Hong Kong is a diverse platform involving different fields of work and services, colleagues can develop their strengths in different fields. She was once asked by a colleague "what is the KPI of the department?" What Vivian most concerned about is whether colleagues are passionate about their work, "to practice the vision and mission of the YMCA, we must arouse staff's enthusiasm and allow them to get satisfaction from their work." Vivian has been transformed during her days serving in the YMCA of Hong Kong. In the same way, she wishes to empower young staff through restructuring, transform their lives and allow them to walk along with the YMCA of Hong Kong and shine in society.

Let us be salt and light in our work, glorifying God when others see our goodness and testimony.

主是我們的生命力

The Lord is our Vitality

作為牧師，你可能期望我會為「會牧園地」撰寫「耶和華是我的牧者」一類的主題，但鑒於我不時出現在港青的健身房或游泳池，這篇文章的標題可能會為你帶來驚喜！

字典將「生命力」(Vitality) 解作強壯和活躍的狀態，它所指的是力量。

常言道：「沒有甚麼比充滿力量和生命力的身體更能推銷健康」。我想表達的是——生命力不僅僅是練出6塊腹肌或在港青游泳池來回游30次。

生命力(原自拉丁文vita, 簡單譯作「生命」)是生活、成長或發展的能力。簡而言之，是能夠得到生命的特質。

耶穌在約翰福音10:10說：「……我來了，是要叫羊得**生命，並且得的更豐盛。**」

我為你能夠过上豐盛的生命而禱告——並提供5個簡單的提示幫助大家做到。

#1 要喜樂

你曾聽說過「笑是最佳的良藥。」

這是真的——快樂是健康最重要的元素。

但喜樂不單只是快樂。信心可帶來無法估量的喜樂，因為它讓我們更親近神——各樣美善之物的來源。(雅各書1:17)

彼得前書1:8-9說：「你們雖然沒有見過他，卻是愛他；如今雖不得看見，卻因信他就有說不出來、滿有榮光的大喜樂……」

「喜樂的心乃是良藥；憂傷的靈使骨枯乾。」 箴言 17:22

#2 要感恩

人總是喜歡抱怨。

多年來，我領略到感恩的力量。感恩就像手機顯示的可用電量，而它應該經常維持在100%。如果我們數算自己的祝福，便會記起我們的生命是何等豐盛，以此為我們的電池充電，給予我們樂觀的力量，快樂地生活和工作。

讓我們努力尋找方法，通過語言、行動和禱告，向主和身邊的人表達更多的感恩之情。

「良言如同蜂房，使心覺甘甜，使骨得醫治。」 箴言 16:24

#3 要謙卑

謙卑並不是社會普遍會表揚的品行。

然而，聖經已無數次告訴我們，謙卑在主的眼中是何等重要。彌迦書6:8說：「**他向你所要的是甚麼呢？只要你行公義，好憐憫，存謙卑的心，與你的神同行。**」

想想你的生命中那些謙卑的人，你是有多麼的賞識他們。現在試想像一下，當你向主謙卑時，祂是何等欣慰。

「不要自以為有智慧；要敬畏耶和華，遠離惡事。這便醫治你的肚臍，滋潤你的百骨。」 箴言 3:7-8

#4 要專注

我們的注意力會被分散，特別是對生活非常忙碌的人。

靈性上的專注對你身體的福祉十分重要。

活在神的話語當中，能為你生命中的每個範疇帶來平安和生命力。耶穌說：「我就是道路、真理、生命。」專注於神的真理並行在其中。

「我兒，要留心聽我的言詞，側耳聽我的話語，都不可離你的眼目，要存記在你心中。因為得着它的，就得了生命，又得了醫全體的良藥。」 箴言4:20-22

#5 要心境平靜

我們所「感覺」的並非總是「事實」。

箴言12:25告訴我們，「**人心憂慮，屈而不伸；一句良言，使心歡樂。**」縱使在人生路上充滿着不確定和障礙，我們必須時刻正面地對待事情。我們可從完美的創造者中找着真理，祂每天以力量和不朽的平安保守我們。

「心中安靜是肉體的生命；嫉妒是骨中的朽爛。」 箴言 14:30

細看你的手，當你數算你每根指頭時，高聲逐一說出以上的5個提示。我祝願你能領悟到豐盛的生命——充滿着生命力的生命。



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 a pastor you might expect me to pen a Chaplain's Corner around the theme of 'The Lord is My Shepherd' or similar. But given the irregularity of my appearances in the YMCA gym or swimming pool, the title of this article may surprise you!

The dictionary defines 'vitality' as the state of being strong and active. It speaks of energy.

It has been said 'Nothing sells fitness better than a healthy body that sparkles with energy and vitality'. I'll need to pass on that - except to say that vitality is more than a six-pack and 30 lengths of the YMCA pool.

Vitality (from the Latin *vita*, simply meaning 'life') is the capacity to live, grow, or develop. More simply it is the property of having life.

Jesus said in John 10:10 '**... I have come that they may have life, and have it to the full**'

My prayer is for you the live a FULL LIFE - And I've got FIVE simple tips to enable us to do this.

#1 Be Joyful

You've heard the saying, "Laughter is the best medicine."

It's true — happiness is the most important element of healthiness.

But joy is much more than happiness. **Faith brings immeasurable joy because it brings us closer to God - the source of all good things** (*James 1:17*)

1 Peter 1:8-9 says, "*Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy...*"

"A cheerful heart is good medicine, but a crushed spirit dries up the bones." - *Proverbs 17:22*

#2 Be Grateful

As human beings we love to complain.

Over the years I've learnt the power of gratitude. Gratitude is like the battery percentage left on your phone, except it should always be 100%. If we count our blessings, we remember how full our lives are and it charges our batteries, giving us optimistic energy to live and work with joy.

Let's make an effort to find ways to show more gratitude to the Lord and those around you through words, actions, and prayer.

"Gracious words are a honeycomb, sweet to the soul and healing to the bones." *Proverbs -16:24*

#3 Be Humble

Humility is not generally a quality that is praised in our society

However, the Bible tells us countless times how important humility is in the eyes of the Lord. Micah 6:8 says, "**And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.**"

Think about someone humble in your life and how much you admire them. Now imagine how much the Lord appreciates when you are humble towards Him.

"Do not be wise in your own eyes; fear the Lord and shun evil. This will bring health to your body and nourishment to your bones." *Proverbs 3:7-8*

#4 Be Focused

We can become so distracted, especially those of us who lead busy lives.

Spiritual focus is very important to your physical wellbeing.

Living at the centre of God's word brings peace and vitality to every area of your life. Jesus said, "I am the way and the truth and the life." Stay focused on God's truth and walk in it.

"My son, pay attention to what I say; turn your ear to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and health to one's whole body." *Proverbs 4:20-22*

#5 Be At Peace

What we 'feel' is not always our 'truth.'

Proverbs 12:25 tells us, "**Anxiety in a man's heart weighs it down, but a good word makes it glad.**" Although life is full of uncertainties and bumps in the road, we must always keep things in perspective. Our truth is found in our perfect creator who blesses us daily with strength and everlasting peace.

"A peaceful heart leads to a healthy body; jealousy is like cancer in the bones." - *Proverbs 14:30*

Take a look at your hand. As you go through each finger, speak out each of the FIVE TIPS. I bless you to know FULL LIFE - full of VITALITY.



第20屆基督教青年會世界大會 20th YMCA World Council



第20屆基督教青年會世界大會於2022年7月4至8日舉行，乃歷來最大規模的一屆。大會以「點燃」為主題，集合了來自70個地區的青年會代表 — 1,200位親赴丹麥阿爾路斯、1,200位則透過線上參與，一起為青年會運動訂立未來10年的發展方向。會上通過了青年會的「2030願景」，並透過35個實體及8個線上Co-Lab小組討論執行計劃。大會亦選出世界基督教青年會協會新一屆會長及執行委員會成員。

香港基督教青年會亦有超過30位同工參與這個首次以線上線下混合模式進行的世界大會。其中4位親身前往丹麥赴會，並在此分享其得着。讓我們一起「點燃」，向前邁進！

The 20th YMCA World Council (WC) from July 4-8, 2022 was the biggest World Council ever. Themed 'IGNITE', it brought along 1,200 in-person participants in Aarhus, Denmark, and 1,200 people online, from 70 different national movements, together to set a decade-long direction for the YMCA Movement. The Movement-wide Vision 2030 was adopted; and its implementation was discussed in 35 in-person and 8 online 'Co-Lab' (collaboration laboratory) groups. A new President and Executive Committee of World YMCA were also elected.

Over 30 staff from YMCA of Hong Kong joined this first ever hybrid event, among them, 4 delegates participated in-person and shared their learnings here. Let's go forth and ignite!

何慶濂 Peter Ho

總幹事兼行政總裁 General Secretary cum Chief Executive Officer

在疫情肆虐下，出席基督教青年會世界大會（世界大會）並非理所當然的事。當主辦國丹麥於1月份宣佈結束所有新冠肺炎的管制時，香港卻正在對抗第五波疫情並延長向8個國家實施地區性航班「熔断機制」。當時我很遺憾地通知世界基督教青年會協會（世界協會）總幹事Carlos Sanvee，我們未能派代表到阿爾路斯出席第20屆世界大會。然而，在神卻是無所不能。隨着第五波疫情逐漸減弱，我亦於4月29日得到董事局的允許，帶領3位年輕同工前往阿爾路斯。5月5日我報名參加世界大會。在成功報名的一刻，這個訊息出現在電腦螢幕上：「於59天10小時23分8秒後見」。當我為着這次行程的平安而禱告時，詩篇91篇浮現在我的腦海裏：

「你必不怕黑夜的驚駭，或是白日飛的箭，也不怕黑夜行的瘟疫，或是午間滅人的毒病。雖有千人仆倒在你旁邊，萬人仆倒在你右邊，這災卻不得臨近你。」

7月3日，丹麥基督教青年會於阿爾路斯大教堂主持「歡迎蒞臨阿爾路斯」。丹麥基督教青年會及女青年會會長Martin Thomsen致歡迎辭。Martin乃真正在青年會成長的青年人。雖然他只有28歲，從負責財務的小組委員會開始，已在丹麥基督教青年會及女青年會的全國董事局服務了10年。然而，開幕禮的高潮卻是來自利沃夫青年會的烏克蘭人

唱得古老歌曲！烏克蘭不是正在爭戰中嗎？那些歌手是來自烏克蘭嗎？是的，他們在世界大會之後會回去烏克蘭。他們的歌聲觸動了我的心，讓我感到與在戰爭中的烏克蘭人民連成一線。

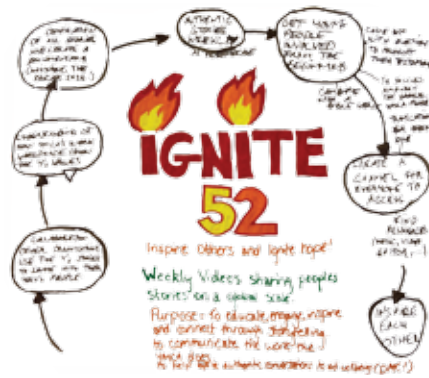
翌日，我有幸在「具意義的工作」的遊覽團中遇見兩位競逐世界協會會長的候選人。「具意義的工作」乃世界協會所提出的「2030願景」中4大影響範疇之一，其他為「社區的身心健康」、「可持續的地球」及「富公義的世界」。早上我們探訪了Special Minds — 為患有自閉症的青年人提供發揮創意的空間和選擇，讓他們能發展所長、健康地成長。下午我們探訪了The Green Academy — 為受過教育的失業人士提供有關氣候行動的再培訓課程，讓他們在其專業技能上融入可持續元素，提高他們獲參與計劃的機構聘請的機會。遊覽團提供了獨特的機會，讓我可以與兩位會長候選人 — 來自黎巴嫩的Soheila及我在香港知之甚稔的任德輝先生詳談。

我們花了3個早上以Co-Lab形式發掘及尋求方法去解決大家共同面對的挑戰，以及世界各地最佳的做法，深入地探討「2030願景」的4大影響範疇。我所屬的組別自豪地提出了「IGNITE 52」，每周發表一段影片分享世界各地的青年會感動人心的故事。「IGNITE52」的目的是透過故事形式教育、吸引、激勵和連繫青年會的事工，並激發真誠可靠的對話，在社區的身心健康層面去建構一種文化，及在青年會的團體中製造一個安全和共融的空間。

對我而言，每天的敬拜聚會乃青年會全球及地區性活動中的重要部分。第20屆世界大會每天的主題均圍繞着4大影響範疇 — 爭取社區身心健康的完整性、激發對具意義工作的盼望、燃起建設可持續的地球的責任感，及維護富公義世界中的尊嚴。來自世界各地的同工及義



港青代表與世界協會會長Soheila
YMCAHK delegates and World YMCA President Soheila



工分享他們的觀點及禱文，縱使擁有不同的信仰，亦無礙他們與大會精力充沛的敬拜樂隊一同慶祝我們這個多元及世界性的大家庭。

青年會的活動必定包含體驗當地文化及熱情款待的項目。主辦單位親切地在「阿爾路斯的古城」中安排了一節體驗丹麥文化的黃昏聚會——開放式的博物館讓我們回到過去感受1974年丹麥人的真實生活。在導遊帶領我們前往古城的途中，沿途設立了活動攤位讓代表們體驗丹麥基督教青年會及女青年會的共融式基督教精神，他們稱之為「3個空間」——身體及團體的空間、心靈及啟發的空間，以及靈魂及信仰的空間。我有機會與老朋友、亞太區基督教青年會協會的上一任會長Babu Gomes和Martin聚首，Martin更分享了他在丹麥基督教青年會及女青年會全國董事局服務了10年的經歷。與Martin的對話更堅定了我的信念，就是要賦權予香港年輕同工及青年人，讓他們成為今天及未來的領袖。在古城裏看到一輛Volkswagen經典甲蟲車Beetle是何等興奮！那輛藍色的甲蟲車與我成長時期的家庭車十分相似呢！我兩名年輕的新朋友——來自哥倫比亞的Caro和來自德國的Christina更安排了我乘著它免費遊覽！太棒了！感謝剛獲選為世界協會執行委員會成員的Maurine，及來自東耶路撒冷的青年代表捕捉了這珍貴的一刻。次日黃昏，我們進行了私人的聚會「Dinner with a Dane」。我們很幸運得到丹麥青年會的長期義工Christian和Maria的款待及享受席間令人鼓舞的對話。

一切看似盡都完美。其實當我報名參加世界大會時，神已應許事事完美。那4個仿似隨意的數字，「59天10小時23分8秒」，加起來就是滿分100。當我在哥本哈根機場辦理返回香港的登機手續時，赫然發現我在91號櫃檯——提醒我在旅程之初聖靈澆灌在我心中的詩篇91篇。相信在未來的日子中我會有更多的反思及啟發。感謝神於1844年將基督教青年會賜給我們，並邀請我們成為第20屆阿爾路斯世界大會的一分子。願主繼續帶領香港基督教青年會跟隨聖靈的感動去做我們所當做的。

Traveling to World Council is not a given in the pandemic world. While the host country Denmark had declared an end to COVID restrictions in January, Hong Kong had extended flight bans to 8 countries in the midst of battling the fifth wave. Regretfully I had to inform Mr. Carlos Sanvee, Secretary General of World Alliance of YMCAs (WAY) that we could not commit to sending a delegation to the 20th WC in Aarhus at the time. However, nothing is impossible for God. With the fifth wave subsiding and blessings of the Board of Directors on April 29 for the General Secretary to lead a small delegation of 3 young staff to Aarhus, I registered for WC on May 5. The moment the registration was submitted, this message appeared on the computer: "See you in ... 59 days 10 hours 23 minutes 8 seconds". In my prayer for a safe journey, Psalm 91 came to mind – "You will not fear the terror of night, nor the arrow that flies by day, nor the pestilence that stalks in the darkness, nor the plague that destroys at

midday. A thousand may fall at your side, ten thousand at your right hand, but it will not come near you."

Denmark YMCA hosted 'Welcome to Aarhus' at the Aarhus Cathedral on July 3. Mr. Martin Thomsen, Chairman of YMCA-YWCA Denmark delivered the welcome speech. Martin is truly a YMCA

youth, merely 28 years old and he has served on the YMCA-YWCA Denmark National Board for 10 years initially in the Finance Subcommittee. However, it was the Ukrainian 'Archaic Singing' from YMCA Lviv that made the opening memorable! Was Ukraine not at war? Did the singers come from Ukraine? They did, and they would return to Ukraine after WC. Their voices touched my heart, allowing me to stand in solidarity spiritually with the sufferings of the Ukrainian people in the war.

The next day, what a pleasant surprise to see both candidates running for WAY President in my Meaningful Work (MW) excursion group. MW is one of the Four Pillars of Impact for YMCA Vision 2030. The others are Community Wellbeing, Sustainable Planet, and Just World. In the morning we visited Special Minds – a programme that supports young people with autism, providing space and options for creativity so these young people can flourish and live up to their potential. In the afternoon, we visited The Green Academy – a programme that retrains educated unemployed individuals on climate action to embed sustainability in their professional skillset and create working opportunities for employment with the companies involved in the programme. The excursion provided a special treat for me to have an extensive conversation during lunch with the two presidential candidates, Ms. Soheila Hayak from Lebanon, and Mr. Ronald Yam, whom I know well from Hong Kong.



We spent 3 mornings in Co-Lab sessions exploring and developing solutions to common challenges and best practice around the world to dive deep into each of the Four Pillars of Impact for Vision 2030. My group was proud to present "IGNITE 52" which would be a weekly video programme sharing inspiring YMCA stories around the world. IGNITE 52's purpose is to educate, engage, inspire and connect through storytelling to communicate the work of the YMCA, and ignite authentic conversations to build a culture in community wellbeing and create safe and inclusive spaces in our YMCA communities.

The Daily Devotion is always a highlight for me in YMCA global and area alliance events. The daily themes for the 20th WC centered around the Four Pillars of Impact to ignite wholeness for Community Wellbeing, to ignite hope for Meaningful Work, to ignite responsibility for Sustainable Planet, and to ignite dignity for Just World. Staff and volunteers around the world with different faith background shared their perspectives and devotional messages to celebrate our diverse worldwide family with energising house worship bands.

爭取完整性 IGNITE WHOLENESS

我們的造物者希望我們擁有完整的生命——在心、身、靈方面得以完全。我們可以選擇——揀選神並抵擋邪惡。耶穌的智慧和身量，並神和人喜愛他的心，都一齊增長。路加福音2:52概括了耶穌從孩童到開始傳道之間的那些年。這一節亦描繪了全面的健康——智慧（心靈/精神的健康）、身量（肉身的健康）、神喜愛他的心（屬靈的健康）、人喜愛他的心（關係的健康）。

The desire for our Creator is for our fullness of life - for wholeness in mind, body and spirit. There are choices for us to make - choices for God and choices against evil. Jesus grew in wisdom and stature and in favor with God and people. Luke 2:52 is the one verse we have on the years in between Jesus as a child and the start of his ministry. It is a verse that describes holistic health – wisdom (mind/mental health), stature (physical health), favor with God (spiritual health), and favor with people (relational health)

激發盼望 IGNITE HOPE

戰爭及疫情摧毀了人們的經濟狀況。耶利米書29:11-13是為失去盼望、被入侵勢力迫害而流離失所的人所寫——然而神沒有忘記他們；祂已計劃好他們的未來。在馬太福音20:1-10、16中，耶穌以比喻告訴我們，無論從甚麼時候開始，人人在神的國度中都是寶貴的。

那些正在工作的——願你的工成為你們所服務的人盼望的來源。那些正失業中的，神是看見你們的，祂亦在你們身上有旨意——無論你們的貢獻是在「一天」之始或稍晚才呈現，你們在神的國度中也是大大被重視的。

War and the pandemic have ravaged people's economic circumstance. Jeremiah 29: 11-13 was written for a people who had lost hope, displaced by an invading force – but God had not forgotten them; he had plans for their future. In Matthew 20:1-10, 16, Jesus shows us in the parable that everyone is valuable in the Kingdom of God, whatever the time you begin.

For those who currently work – may your work be a source of hope to those you serve. For those who are unemployed, God sees you, he has plans for you – whether your purpose is revealed at the beginning or later in the 'day', you are greatly valued in the Kingdom of God.

燃起責任心 IGNITE RESPONSIBILITY

我們的地球正處於氣候危機中。多年以來，基督徒不斷被提醒着他們的角色乃神所造之物的管家，然而卻一直十分被動。我們要從差勁管家的概念轉化成積極主動的責任感。神的國度將降臨在地上乃奮興的過程，我們所有人都有責任成為當中的一分子。

Our planet is in the middle of a climate crisis. For decades Christians have been reminded of the role as stewards of God's creation, yet have remained passive. We need to move from the concept of poor stewardship to proactive responsibility. The coming of God's Kingdom on earth is a restorative process, that we all have a responsibility to be a part.

維護尊嚴 IGNITE DIGNITY

要維護尊嚴乃製造範式的轉移、思維的改變，及將生命體驗質素提升至新一個層次的發射臺。尊嚴可培育出平等，並帶來和平和公義的完全皈依。然而要實踐尊嚴，可能需要做一些倡導的工作。

耶穌並沒有受社會規範所限制，貶低大部分社群裏的人，包括貧窮的人。他以身作則，經常向被邊緣化的、外來的及迷失的人伸出援手。

在路加福音18:1-8的比喻中，貧窮的寡婦主張公正及尊嚴，及對抗法官腐朽的權力。此乃基督教青年會必須肩負起的角色——向權力虔誠地道出真理；提倡尊嚴和公義，及為沒有尊嚴的人帶動一個範式的轉移。

To ignite dignity is to create a paradigm shift, a change in mindset, a launch-pad from which quality of life experience moves to a new level. Dignity breeds equity and must lead to peace and justice to be fully embraced. But for dignity to be realised, advocacy may be needed.

Jesus was not constrained by the social norms which devalued huge parts of his community, including the poor. He led by example, regularly reaching out to the marginalized, the outsider, the lost.

In the parable in Luke 18: 1-8, it is the poor widow who is the advocate for justice and dignity, and against the corrupt power of the judge. This is a role that YMCA must take up - prayerfully speaking truth to power; advocating for dignity and justice and to bring about a paradigm shift for those without dignity.

It is not a YMCA event without a programme to experience the local culture and hospitality. Our host graciously organised a Danish Cultural Evening in 'The Old Town in Aarhus' which is an open air museum for us to travel back in time to experience the authentic Danish life in a 1974 neighborhood. On the guided walk to the Old Town were stations of activities set up for delegates to experience the inclusive Christianity of the Denmark YMCA and YWCA which they call the 3 spaces - a space of body and fellowship, a space of mind and edification, and a space of spirit and faith. I had the opportunity to catch up with my old friend Mr. Babu Gomes, immediate past President of Asia and Pacific Alliance of YMCAs, and Martin who shared his 10-year journey in the National Board of the Denmark YMCA-YWCA. The conversation with Martin affirmed my conviction on what we must do to empower our young staff and young people in Hong Kong to be leaders of today and tomorrow. How exciting it was to see a Volkswagen Beetle in the Old Town! The blue Beetle looked exactly like our family car when I was growing up. My two new best young friends Caro from Columbia

and Christina from Germany arranged a free tour ride for us. What a treat! Thank you Maurine, newly elected Executive Committee Member of WAY, and youth delegates from East Jerusalem for capturing the precious moment. The next evening we had an intimate 'Dinner with a Dane'. We were blessed to be hosted by a long serving volunteer couple Christian and Maria of the Danish YMCA with inspiring conversations.

Everything seemed perfect. Indeed everything was perfect as promised by the Lord when I registered for WC. The four seemingly random numbers of "59 days 10 hours 23 minutes 8 seconds" added up to the perfect score of 100. When I was at the Copenhagen Airport checking in for my return flight to Hong Kong, I suddenly realised that I was at counter 91 – a reminder of Psalm 91 that the Holy Spirit instilled in my heart for the trip. There were many more inspirations to reflect and unpack in the days and months to come. Thank God for giving us the YMCA in 1844, and the invitation to be a part of the 20th WC in Aarhus. May the Lord continue to guide the YMCA of Hong Kong to do what we should as inspired by the Holy Spirit!

許芷諾 Esther Hui

高級活動統籌主任 — 運動及康樂 (日營組)

Senior Programme Officer, Sports and Recreation (Camping Unit)

我非常榮幸可以前往丹麥阿爾路斯出席第20屆基督教青年會世界大會。今次的體驗令我大開眼界，其中一個亮點必定是Co-Lab。Co-Lab是提供一個空間讓來自不同國家的青年會同工合作，共同研究各自地區所面對的困難，然後商討出最理想的解決方案，最終達成「2030願景」。我很幸運地獲選為其中一個Co-Lab小組的主持人之一，負責帶領小組的討論。能夠與來自世界各地的同工合作是很好的體驗。在世界大會開幕之前，我們在阿爾路斯接受了兩次實習培訓。結合我以往在日營組帶領活動的經驗，令小組討論得以順利及有效率地完成。此外，其他活動例如不同議題的小組討論及給全體人士出席的活動、見證着執委會成員的誕生也是非常新鮮的體驗。

It was absolutely a huge pleasure to have attended the 20th World Council in Aarhus, Denmark. The experience was eye-opening in a lot of ways. One of the highlights of this year WC was 'Co-Lab'. 'Co-Lab' groups worked as a collaborative space throughout the WC. With participants from different YMCAs we gathered to explore and develop solutions to common challenges and best practice examples from around the world,

and worked to achieve Vision 2030. I was lucky enough to be selected as one of the facilitators to facilitate activities and discussions in one of the Co-Labs groups. Working with other facilitators in different meetings prior to WC was a very good experience. We also had 2 in-person trainings at Aarhus before the WC. When it came to the actual Co-Labs sessions, with the experience I had over the years in the Camping Unit of the YMCA of Hong Kong, I am glad that our sessions went very smooth and everyone were very productive. Other experiences like engagement panels and plenary, witnessing governance and elections are also some very fresh experiences.



許芷諾主持其中一個小組討論

Esther facilitated the discussion in one of the Co-Labs Groups

陳柏璋 Mars Chan

項目統籌主任 — 社區及青年事工發展

Programme Officer, Community and Youth Outreach

這次的旅程不但讓我體會到基督教青年會是一個世界性組織，更重要的是，青年會是一個充滿無限可能性及不斷突破界限之地。在參加世界大會之前，我經常構思如何運用港青有限的資源制定迎合青年人需求的活動。在世界大會中我接觸了許多來自不同地方的青年會同工，互相交流舉辦活動的心得。例如有些青年會為青年人提供野外求生訓練，並安排他們到野外生活一星期，這類活動適合我們的「傲翔新世代」全方位青年領袖訓練計劃。此外，我們亦探討了合作的可能性，例如建立一個平台讓來自世界各地的青年人就環境問題發表意見，並同共商討解決方案。這些交流有助擴闊我的視野，令我策劃活動時更能幫助參加者發掘他們不同的潛能。



當地義工款待陳柏璋

Mars was received by local volunteers

This wonderful trip made me realise how globalised YMCA is, and more importantly, YMCA is full of possibilities and always goes beyond boundaries. Before joining the WC, my mind was occupied by the ideas of how to develop our youth programmes with the limited resources to meet the needs of the youth. During the WC, I met many representatives from different YMCA movements and exchanged ideas with them. For example, some YMCAs provided survival skills training for the young people and then put them in the wilderness for a week, which suits our Youth Leadership Development programme. Besides, we also discussed possibilities for future collaboration such as to create a platform for the young people around the world to share their views on environmental issues and to work out solutions together. These discussions helped me develop a broader vision to plan the future activities, which will allow the participants to explore their potentials.

李文信 Wilson Li

高級課程統籌主任 — 教育及文娛服務
Senior Programme Officer, Education Services and
Leisure Programmes

是次大會讓我感受最深的必定是各地青年會代表的熱情。從他們簡單的一句問候及我們的對話，我能感受到他們對在青年會工作的投入及熱誠。我亦深切地體會到青年會是世界性的大家庭。

大會中最特別的環節莫過於「Dinner with a Dane」。席間各地青年會代表分享他們的運作模式及所面對的困難，例如英國青年會面對義工不足的問題，而丹麥青年會的義工以青年人佔絕大比數！儘管我們正面對不同的困難，仍然堅持付出自己所有去完成青年會的工作。我亦分享了港青在疫情期間如何在有限資源下，為流離失所的外傭提供住宿及在社區派飯送暖，互相啟發。



李文信最喜歡的環節之一「Dinner with a Dane」
Wilson enjoyed 'Dinner with a Dane'

世界大會已正式通過「2030願景」，我們亦分成小組商討未來青年發展的策略，並比擬出對未來青年教育可持續發展的計劃。藉此我亦了解到各地青年會為青年人所提供的教育服務，將來可應用於港青的教育事工上。

是次大會的主題是「Ignite」，意即點燃。經歷了數年的疫情後，大會旨在重新連結各地青年會，並以新思維及新方式去支持青年人及推動相關的工作。我期望如薪火一樣，將世界各地青年會同工的熱誠，以至2030發展願景由丹麥帶回香港！

One of the observations that really impressed me during the WC was the enthusiasm of the representatives. I could feel their dedication and enthusiasm toward their jobs in YMCA through their greetings and our conversation. Indeed I also realised how globalised YMCA is.

The most special programme for me was 'Dinner with a Dane'. The representatives shared how their YMCAs operate and the difficulties they are encountering. For example, UK YMCA is lack of volunteers, yet high percentage of young people volunteering in Denmark. Even though we are encountering various difficulties, we still devoted all our efforts to complete the work of the YMCA. I also shared how we helped displaced domestic helpers and distributed lunch boxes to the needy with limited resources.

As the Vision 2030 has been officially adopted, we were separated into different Co-Lab groups to discuss

the future strategies for youth development, and to formulate a plan to attain sustainable development on youth education. I also learnt how various YMCAs provide education services to the local youth, which inspired me to apply to my work in YMCA.

The theme of WC 2022 was 'Ignite'. After the pandemic, the council aims to reconnect, respond to new learning, new imperatives, new roles and new methods in supporting young people and their communities. I hope I can bring the enthusiasm of the YMCA staff around the world, together with the Vision 2030, back to Hong Kong and ignite!





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藉壁畫凝聚力量 以色彩榮耀上帝

Social Cohesion through Murals Glorify God with Colour

青年要如何保持純潔呢？是要遵行你的話！（詩篇119:9）

我們都從《聖經》中尋覓 神的話語以獲得力量，但祂的恩言遠非只限於文字表達，更能夠通過圖像去鮮活呈現。數年前，何慶濂總幹事察覺到港青在不同地方皆有許多空白的牆壁，他希望在純潔的空間增添生命力。縱有地利，但時與人的條件尚未成熟，直至港青成立120周年，轉機隨之出現。



Winnie

去年暑假，在東涌中心即將喬遷前，負責課餘託管服務的同工Winnie以慶祝港青120周年為主題，帶領一群小孩子在舊東涌中心的牆壁作畫。這源自於一時一地之終結，卻牽引了港青生生不息的色彩。Winnie對繪畫的熱誠和才能，受到上司的欣賞與青睞。她隨之被邀請到港青不同地區中心及幼稚園繪畫壁畫。

大家可有注意到在港青各地共有多少壁畫？

繼東涌中心舊址的第1幅壁畫後，基信國際幼稚園、西九龍耀信發展學習中心及長沙灣商店也製作了3幅壁畫，並以 神的話語為主題，透過繽紛的圖畫展現不同的聖經故事。

今年年初正值第五波疫情，前基信國際幼稚園的校長Cathy希望給校園一個新的氛圍，以在恢復面授課堂後迎接學生回來，便促成了與Winnie的第一次合作。有別於僅為紀念周年慶而作的第1幅壁畫，基信幼稚園的壁畫開宗明義地展現了基督對幼兒的關愛。Winnie與數名老師在牆上繪畫了耶穌和基信幼稚園的



基信國際幼稚園
Christian International
Kindergarten



西九龍耀信發展學習中心
Beacon Centre Lifelong
Learning Institute



Cathy

吉祥物「比利熊」，歡迎不同國籍的孩子來到校園的情境——耶穌說：「讓小孩子到我這裡來……」（馬太福音19:14），展現了祂以慈愛、包容、接納的心教導孩子的旨意。Winnie更特意利用繽紛的顏色作畫，「希望色彩豐富的圖案能帶來快樂。」壁畫完成後，不但為久違學校的學生和家長帶來新鮮感，Cathy更喜見：「它令幼稚園充滿愛和關懷的形象更加鮮明。」

憑藉卓越的作品，Cathy與Winnie在耀信中心繪畫的第2幅壁畫展示了一個更宏大的主題。通過對上帝7日創造故事的呈現，「神看著一切所造的都甚好」（創世記1:31）的和諧美滿躍然於牆壁之上。在射燈的照耀下，創世情景被渲染出明亮的色彩。此非凡的作品更是凝聚了不同港青學生、義工，以及來自不同中心的同工的力量。Winnie：「感謝各方的參與和協作，壁畫才能在短時間順利完成。」Cathy更說：「壁畫的獨特之處，在於合眾人之力而成。」

令人欣喜的是，力量的凝聚不僅來自於港青的內部，更有外來有心人的奉獻。今年6月，長沙灣商店翻新後，特意請來壁畫設計師阿花，聯同當區街坊、義工團隊和長沙灣中心同工在店內繪畫壁畫，以「活化」商店。團隊幸得到更長的籌備時間以及更多的參與者聯手完成創作。壁畫以「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）為主題，描摹了長沙灣區地圖。阿花藉此壁畫記錄長沙灣一帶的地標，他期望：「透過描繪長沙灣區新舊交替的景象，讓大家了解當區歷史，重溫該區的集體回憶。」他在設計過程親自考察社區環境，記錄區內細微動人之處，將長沙灣的生命力和特色活現在壁畫之中。他亦特意為建築物填上繽紛的顏色，象徵社區共融。

從暑期活動到團隊創作，凝聚的力量愈發堅實；從慶祝120周年到描繪聖經故事與記錄社區歷史，每幅壁畫的創作目的亦變得愈來愈明確。Cathy相信：「是祂引領我們在適當的時候一起實踐基督精神，完成這些壁畫。」Cathy和Winnie已計劃在港青其他地方繼續創作，讓 神完美的旨意延伸至社區每一處。



阿花 Ah Fa

*"How can a young person stay on the path of purity?
By living according to your word." (Psalm 119:9)*

We all seek out God's words for strength in the Bible. However, His grace goes far beyond words and can be vividly presented through drawings. A few years ago, Mr Peter Ho, the General Secretary, noticed that there were many blank walls in different places of the YMCA of Hong Kong, his wish was to inject vitality into the pure spaces. Despite the favourable geographical location, timing and talent availability were not yet ready, until the Association's 120th anniversary, when a turning point finally took place.

In the last summer, before the relocation of the Tung Chung Centre, Winnie, a colleague in charge of the After School Care Programme at the Tung Chung Centre, led a group of children to paint the walls of the former Tung Chung Centre. At that time, no one could have imagined that the closure of a place would represent drawing of endless colour around the YMCA of Hong Kong. As soon as Winnie's passion and talent for painting was appreciated and recognised by her supervisor, she was invited to paint murals in its different community centres and kindergartens.

Have you noticed how many murals are there at different YMCA of Hong Kong venues?

After the first mural at the previous Tung Chung Centre, 3 more murals were subsequently made at the Christian International Kindergarten, Beacon Centre Lifelong Learning Institute and Cheung Sha Wan Community Shop, with the latter 3 based on God's words to illustrate different biblical stories with inviting drawings.

During the fifth wave of the pandemic which struck at the beginning of this year, Mrs. Cathy Chan, former Principal of Christian International Kindergarten (CIKG), had an idea to give the campus a new ambience to welcome students back as soon as in-person classes resumed, which led to the first collaboration with Winnie. Unlike the first mural, which represents commemoration of anniversary, the mural at CIKG portrays a clear image of Jesus's love for children. Joined by several teachers, Winnie composed a scene of Jesus and CIKG's mascot 'Billy Bear' welcoming children from different countries to the school — 'Jesus says, *"Let the little children come to me....."* (Matthew 19:14) — the mural expresses His will to teach children with love, tolerance and acceptance. Winnie also used dramatic colours to paint the mural, "hope the colourful drawings can bring happiness to others." Apart from bringing fresh energy to students and parents, Cathy is pleased that "the mural makes the kindergarten more vibrant with love and care."



長沙灣商店
Cheung Sha Wan
Community Shop

Riding on the good work, the second mural jointly created by Cathy and Winnie at Beacon Centre Lifelong Learning Institute gives a deeper meaning. By depicting the story of God's 7-day creation, the harmony and happiness of *"Then God saw everything that He had made, and indeed it was very good."* (Genesis 1:31) are pleasantly presented on the wall. The creation scene is rendered in vibrant colours under the spotlight. This masterpiece is created by the joint effort of students, volunteers and colleagues from different centres of the YMCA of Hong Kong. Winnie is "thankful to the participation and cooperation of all parties, the mural can be successfully completed in a short period of time." Cathy added, "what makes this mural so unique is the joint effort of multiple parties."

It is gratifying that social cohesion has been displayed by people inside and outside of the YMCA of Hong Kong, they are willing to contribute. After the Cheung Sha Wan Community Shop was renovated in June, Ah Fa, the mural designer, was invited to "revitalise" the shop by working with people from the neighbourhood, volunteer team and colleagues of Cheung Sha Wan Centre, and the team was blessed with longer preparation time and more participants than all the mural creations before. With the theme of *"Assuredly, I say to you, inasmuch as you did it to one of the least of these My brethren, you did it to Me."* (Matthew 25:40), they sketched a map of Cheung Sha Wan on the wall. By drawing landmark buildings in Cheung Sha Wan, Ah Fa hopes that "through depicting the past and present of Cheung Sha Wan in the mural, people can understand the history and relive the collective memory of the district." To inject vitality into the murals, Ah Fa conducted field research in the community during the design process and made sure impressive characteristics of Cheung Sha Wan were included. He also applied different colours to the buildings to symbolise community inclusion.

From summer activities to teamwork, the power of cohesion has become more solid; from celebrating the 120th anniversary to depicting biblical stories and recording the history of the community, the creation of each mural has become increasingly purposeful. Cathy believes, "He led us to practise the spirit of Christ together and complete these murals at the right time." Cathy and Winnie have planned to continue their mural creations in other places of the YMCA of Hong Kong, bringing God's perfect will to every part of the community.



暑期課程花絮 Summer Programme Snapshots

感謝 神！今年的暑期活動順利完成！讓我們一起回顧這些歡樂時光。

By the grace of God, our summer programmes were completed with joy and fun! Let's share their happy moments.



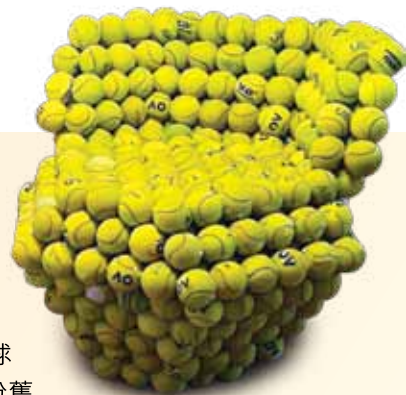




賦予網球新生命 Recycling Tennis Balls

運動燃希望基金發起「AFTERLIFE」計劃，首個項目是將舊網球組裝成藝術傢俱，於商場展出後再進行義賣。京士柏百周年紀念中心支持這項有意義的計劃，收集由網球班、網球隊及公眾捐贈的舊網球，再轉交運動燃希望基金。此外，部份舊網球亦會用作製成兒童運動鞋的鞋底。

As the first project of 'Afterlife' introduced by Sports for Hope Foundation, abandoned tennis balls were collected across Hong Kong to create a series of pieces of art furniture. These art furniture were displayed in the shopping malls and for charity sale. King's Park Centenary Centre supported this meaningful project by collecting used tennis balls from tennis classes, tennis team and the public for the Foundation. Besides, some of the tennis balls will also be used as material for making the soles of children's sports shoes.



種菜 · 傳愛 Planting Vegetable, Planting Love

京士柏百周年紀念中心的同工好姐和華仔，多年來利用工餘時間打理中心的菜圃，最近終於有穩定收成，與社區分享他們努力的成果！他們將所種的新鮮蔬菜派發給參與長沙灣區愛心午餐計劃的有需要人士。在義工們的幫助下，80袋自家種植的蔬菜包裝妥當，並於港青社區商店派發。受惠者均十分高興，令我們的「農夫」喜上心頭。

After years of concerted effort on the small farmland located in the King's Park Centenary Centre, our staff Ho and Wa are able to share their steady harvest with the community! Their fresh vegetables were given out to the recipients of the Giveaway Lunch Box programme at the YMCA Community Shop in Cheung Sha Wan! With the help of volunteers, 80 bags of home-grown fresh vegetables were packed and given out. This welcoming responses put smiles on the faces of our 'farmers'.



2022「信、望、愛」花祭 'Faith, Hope, Love' Flower Festival 2022

神就是愛。基督的愛是醫治的良藥，能修補及溫暖我們的生命，帶給我們無比的信心和永恆的盼望。如經上說，「如今常存的有信、有望、有愛，這三樣，其中最大的是愛。」（哥林多前書13:13）

以「信、望、愛」為主題的花祭於父親節圓滿結束。花祭中一共展出16盆花藝設計，均由香港基督教青年會花藝班導師游玉嬋女士創作，並帶領22位學員合力製成。其中一盆命名為「信、望、愛」的作品，更是本年的主題花藝品。「信、望、愛」以不同的鮮花攀藤着心形框架，由下至上綻放，象徵有「愛」的支持，才能帶來「信」和「望」。

感謝游老師及學員為大家製作出充滿生氣的花藝品！

God is love. The love of Christ is the healing remedy which repairs and warms our lives. It brings us unparalleled faith and eternal hope. "And now these three remain: faith, hope and love. But the greatest of these is love." (1 Corinthians 13:13)

The Flower Festival with the theme of 'Faith, Hope, Love' was held successfully on Father's Day weekend. Created by Ms. Lily Yau, the YMCA of Hong Kong's floral design class instructor and her team of 22 students, a total of 16 amazing floral arrangements were displayed to celebrate the festival. The centerpiece of the flower arrangements is titled 'Faith, Hope, Love', with the blooming flowers arranged along a heart-shaped frame, symbolising that 'Faith' and 'Hope' are supported by 'Love'.

A big Thank You to Ms. Yau and her students for bringing us such lovely floral art pieces!



「信、望、愛」

望 Hope



信 Faith



愛 Love



《米田上河圖》展覽 'Along the Paddy Field in Ho Sheung Heung' Exhibition

THE DOOOR聯同長春社舉辦的《米田上河圖》展覽於4月尾正式展開。是次展覽透過種米，把生態、農業和城市連結起來。《米田上河圖》展覽旨在引起公眾對本地農業的關注，更希望利用食物作為切入點，把「從農場到餐桌」及「社區支持農業」的概念傳達給港青服務的社區，鼓勵大家直接從本地農場及所營運的商店購買自家種植的時令食品，加強農民與消費者互相支持，共同建構可持續的本地消費模式。

除了一系列與米田相關的展品，THE DOOOR更為展覽繪製《另類生態米手繪食譜》，免費給公眾人士取閱；且舉辦了不同相關主題的工作坊鼓吹永續農業。A-Life Academy 舊生、現職法國餐廳廚師的李錦輝主持了部分與「從農場到餐桌」概念有關的工作坊。參加者使用港青東涌綠機田的香草和河上鄉的糙米，製作天然染色飯糰和糙米布甸。

在每個工作坊的尾聲，李錦輝都會向參加者分享進餐、季節、本地文化和社會責任之間的關係，從而幫助他們實踐可持續的生活模式。



Co-curated with The Conservancy Association, THE DOOOR launched an exhibition titled 'Along the Paddy Field in Ho Sheung Heung' at the end of April. The exhibition sought to integrate the themes of ecology, city, and agriculture through learning about rice cultivation. Leveraging on food as a lead-in, the exhibition aims to raise the public awareness of local farming, but it also conveyed the concepts of 'From Farm to Table' and Community-Supported Agriculture (CSA) to the communities which the YMCA serves. These concepts encourage the consumption of local and seasonal products directly from local farms and shops, to enhance mutual support between urban and rural dwellers, and to make every effort to achieve sustainable consumption.

Apart from installations, THE DOOOR also designed a hand-drawn brown rice recipe booklet to be distributed to the public, and organised various workshops to encourage sustainable agriculture. Several 'From Farm to Table' workshops were held by Fai Li, an A-Life alumnus who is now a French restaurant chef. By using local brown rice and herbs grown in Ho Sheung Heung and the Tung Chung Green Organic Farm, participants made use of local ingredients to make natural food dye, rice balls and rice puddings. As workshop participants' takeaways, Fai always shared about the relationships among cuisine, seasons, local culture and social responsibility, providing insights for the participants to live a sustainable lifestyle.

「惜玩文化」獲選為2022香港十大優質社會服務 Toy Reborn was awarded Hong Kong Ten Outstanding Community Service 2022

由國際獅子總會中國港澳303區舉辦的香港十大優質社會服務計劃於6月5日在中環街市舉行頒獎典禮，香港基督教青年會的「惜玩文化」因以創新方式鼓勵公眾源頭減廢、宣傳資源共享及提出將被棄置的玩具升級再造而獲肯定，當天由負責同工何俊傑領獎並介紹項目。

港青於2009年成立「玩具銀行」，將回收得來的玩具清潔後轉贈予東涌區內基層家庭的小朋友。13年來更衍生了「惜玩文化」、「再生玩具計劃」及「再生玩具工程師」，至今已捐出115,000件玩具，惠及80,000人及逾190所學校及團體。



Project-in-charge Kit received the award and introduced the project.

Established in 2009, the project was started as Toy Bank and has been distributing used toys to the underprivileged children in Tung Chung. Throughout these years, various programmes such as 'Toy Reborn', 'We Play Art' and 'Toy Reborn Engineer' have been spun off from this meaningful community green project. A total of 115,000 used toys have been distributed to benefit 80,000 individuals and over 190 schools and groups.



「再生玩具」以玩具畫宣傳惜物減廢 Toy Reborn Promoted 'Use Less, Waste Less' by Toy Paint

港青多年來積極向公眾宣傳「惜物減廢」，同工更是絞盡腦汁，以不同方式將回收得來的玩具進行「升級再造」如3D玩具藝術品，近年更製作玩具畫，將玩具當作「顏料」，以玩具製成平面畫。

6月11日，港青首次參與獅子山青年商會舉辦的「童夢起航」活動，教30位來自基層家庭的小朋友以細小的二手玩具製作玩具畫，並提醒家長及孩子要惜物，同時宣傳源頭減廢的重要性，合力為環保出一分力。



Throughout the years, YMCA of Hong Kong has actively promoted the concept of 'use less, waste less' and our staff also racked their brains to generate various ways for toy upcycling such as 3D toy art pieces. Toy Paint was newly introduced in recent years, with used toys as 'paints' to create 2D 'painting'.

Organised by Junior Chamber International (Lion Rock), YMCA of Hong Kong first joined 'Start For Kids' and taught 30 children from low-income families how to create Toy Paint by small second-hand toys pieces. Participating parents and children were also reminded the importance of cherishing what we have, to promote reducing waste at source, and taking action to protect the environment.



「傲翔新世代」全方位青年領袖訓練計劃專題研習匯報 YMCA Youth Leadership Development Scheme Project Presentation

建立可持續生活模式對現今都市人十分重要。為了讓同學對這項重要議題有更深入的认识，「傲翔新世代」全方位青年領袖訓練計劃以「綠在港青」作為年度專題研習主題，同學們需就港青現有的綠色項目提出建議，並於6月4及5日進行匯報。

同學們除了以別開生面的形式如話劇、模擬街訪等進行匯報，他們所提交的計劃亦令評審們印象深刻。他們建議舉辦環保時裝展、在東涌綠機田設置有機咖啡室及舉辦再生玩具工作坊及定向，以加強港青的綠色行動。同工們將仔細研究計劃的可行性。

Living a sustainable lifestyle is essential to urban dwellers. To ensure students have a better understating on this important subject, 'Green@YMCA' was chosen as the Youth Leadership Development Scheme (YLD)'s annual project topic, and students



were required to propose green events for the YMCA of Hong Kong based on its current green projects. Their proposals were presented on June 4 and 5 respectively.

Apart from using interesting presentation formats such as drama and mock in-street interview, the students impressed the judges with their creative proposals. Eco-friendly fashion exhibition, organic café at Tung Chung Green Organic Farm and Toy Reborn workshop cum orienteering were suggested to enhance YMCAHK green practice. Our staff will look into every proposal and explore the possibility to realise them.



A-Life夢想自薦計劃結果公佈 Result Announcement of the A-Life Aspiration Project

夢想自薦計劃乃A-Life Academy的重點項目之一。學員須就夢想的職業制定實踐計劃，經審批後才獲撥出啟動資金執行。今年共有20位學員參加，共批出42,000元，結果已於5月13及20日公佈。

活動當日除了公布學員所獲得的啟動資金金額外，負責同工亦邀請了歷屆的畢業生分享實踐夢想的經驗，包括所遇到的挑戰及克服方法，加上評審們的鼓勵，幫助同學更堅定地向夢想進發。

Aspiration Project is one of the hightlights of A-Life Academy programme. Students are required to design an action plan of how to realise their dreams. They will receive a fund to kick-start their plans after evaluation.20 students joined the project and a total of \$42,000 was approved. The result was announced on May 13 and 20.

In addition to the result announcement, the Programme-in-charge also invited A-Life alumni to share their journey behind pursuing their dreams, including the challenges they encountered and how they overcame them. With the encouragement of the judges, the students are more determined to move forward with their dreams.



Boundless 學術研討會2 Boundless Academic Exploration Day 2

繼第一節介紹大學不同的學科後，Boundless於5月21日舉辦第二節學術研討會，由不同專業界別人士如酒店管理、醫護及法律等，為同學分享行業的工作環境、職涯規劃及可能面對的挑戰，同時提示有興趣投身該行業的同學如何裝備自己。同學均表示對行業的認識增強了，且更堅定未來的升學方向。

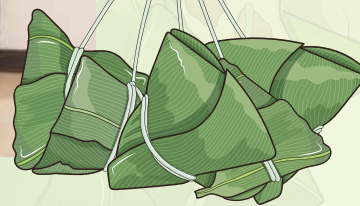
Further to the first Academic Exploration Day on introducing different university disciplines, Boundless held the second Academic Exploration Day on May 21 and invited different professionals in hotel management, medical care, and law, etc. to share with the students. Besides the working environment, career development path and potential challenges the students may encounter, they also shared how the students to equip themselves if they are interested in the industries. Students all learnt a lot from the sharing and reassured their decisions on the future study path.



送贈愛心糰子 Giveaway Rice Dumpling

感謝銀杏館的慷慨捐贈及Café Imagine特別準備的50個素糰，長沙灣中心在端午節時向就業支援服務、愛心午餐計劃及課餘託管服務的參加者派發了200個糰子。受惠者十分欣喜，並大大地感受到節日氣氛。

Sponsored by Ginkgo House and Café Imagine, Cheung Sha Wan Centre distributed 200 rice dumplings to service recipients of the Employment Support Services programme, Giveaway Lunchbox and After School Care Programme. Thank you for the generosity of Ginkgo House for the 150 rice dumplings and Café Imagine for the 50 vegetarian rice dumplings, the grateful recipients were able to feel the festivity of the season.



港青羽毛球分齡系列賽2022 YMCA Age Group Badminton Tournament Series 2022

羽毛球分齡系列賽乃港青年度大型運動賽事之一。本年度的系列賽橫跨5至10月，雖然疫情仍然十分反覆，仍無阻一眾健兒爭冠的決心，本會共收到約200名選手報名參賽。除了團體賽將於10月4日進行，雙打、女子單打及男子單打賽經已先後進行，當中有不少熟悉的面孔呢！

The YMCA Age Group Badminton Tournament Series is one of the annual highlights of the YMCA of Hong Kong. This year, the tournament was launched in May and scheduled to be completed in October. Though the epidemic situation is still unstable, around 200



fearless boys and girls enrolled to compete for the highest honour of the tournament as of now. Besides team games which will be held on October 4, the Doubles, Girls' Single and Boys' Single matches had been successfully completed. We were happy to see many familiar faces at the court!



「港青盾」5人足球挑戰賽2022 YMCA of Hong Kong Shield 5-on-5 futsal Competition 2022

本地5人足球有望普及化，港青亦致力協助推動小型足球的發展，為更多年青人提供比賽機會，因此睽違三年的「港青盾」5人足球挑戰賽再度揭開戰幔。賽事於7月1日順利舉行，本地球會及足球學校共派出16支隊伍參賽。

比賽設有6-8歲及9-11歲兩個組別。雖然因限聚令而令觀眾大減，但比賽氣氛依然十分熱烈。恭喜阿仙奴足球學校在兩個組別中獲勝！

In recent years, local futsal is getting popular, and YMCA of Hong Kong is committed to promoting the development of futsal through holding various competitions for the children. Therefore, we resumed the 'YMCA of Hong Kong Shield'

5-on-5 futsal Competition on July 1 after 3 years of COVID-19 suspension. 16 teams from different local football clubs and football schools participated and they were divided into two divisions (6-8 and 9-11 years old). Despite the social distancing measures, the number of audience were greatly reduced, yet the competition was intense. Congratulations to Arsenal Soccer School (Hong Kong) for winning champion in both division



YMCA幼稚園畢業典禮

YMCA Kindergarten Graduation Ceremonies

香港基督教青年會的4所幼稚園分別在6月底和7月初舉行了畢業典禮。本年度共有100位高班學生從港青的幼稚園畢業。在國際幼稚園的39名畢業生中，23名同學將到港青的小學——新會商會港青基信學校——繼續升學；其他將移居海外或在香港的國際學校升學。資助幼稚園的所有畢業生則會升讀本地小學。

4 kindergartens of YMCA of Hong Kong held their individual graduation ceremonies in end of June and beginning of July respectively for a total of 100 K3 children graduates this year. Amongst the 39 graduates from the international kindergartens, 23 will be moving on to YMCAHK primary school, San Wui Commercial Society YMCA of Hong Kong Christian School, whilst the rest will be relocating outside Hong Kong or studying in international schools. Subsidised kindergarten graduates are accepted to local primary schools.



YMCA of Hong Kong Christian International Kindergarten (West Kowloon) graduation ceremony held at the Upper Ground Hall at Beacon Centre on June 24.
6月24日港青基信國際幼稚園(西九龍)畢業禮在西九龍耀信發展學習中心高層禮堂舉行。



YMCA of Hong Kong Christian Kindergarten (Kai Ching) graduation ceremony held in the school campus on June 30.
6月30日港青基信幼稚園(啟晴)畢業禮在校內舉行。



YMCA of Hong Kong Christian International Kindergarten graduation ceremony held at the Grand Assembly Hall on June 29.
6月29日港青基信國際幼稚園畢業禮在4樓大禮堂舉行。



YMCA of Hong Kong Christian Nursery School (Farm Road) graduation ceremony held at the Grand Assembly Hall on July 8.
7月8日港青基信幼兒學校(農圃道)畢業禮在四樓大禮堂舉行。

新會商會港青基信學校活動

San Wui Commercial Society YMCA of Hong Kong Christian School Activities

6年級畢業禮 Year 6 Graduation

第四屆畢業生於6月24日在學校的禮堂舉行了畢業典禮。應屆畢業生的父母和老師們都為他們感到自豪。今年有超過80位畢業生，其中70位將升讀港青的中學——港青基信書院，其餘學生將移居海外或繼續在香港的國際學校接受教育。

On June 24, the 4th cohort of graduates celebrated their graduation ceremony together with their proud parents and teachers in the school hall. Over 80 students graduated from Year 6; 70 of them will be moving on to YMCAHK secondary school, YMCA of Hong Kong Christian College. The rest of them will be relocating overseas or continuing their education at other international schools in Hong Kong.



中國文化日 Chinese Cultural Day

一年一度的中國文化日原定於今年農曆新年前舉行。然而因為香港爆發第五波疫情，學校轉為網上教學，特別活動亦無奈地被取消，因此當於6月20日補辦中國文化日時，所有師生均興奮不已。當日各人都穿着華服，參加由學生設計的攤位遊戲，沉浸在學習中國文化的樂趣中，享受愉快的一天！



As the fifth wave hit Hong Kong, school was moved online, and special activities were unfortunately cancelled. Originally planned for before the Chinese New Year, the annual Chinese Cultural Day was finally held on June 20, students and staff were thrilled to celebrate by dressing up in Chinese costumes and participating in games designed by fellow students. What an enjoyable day to immerse in Chinese culture and fun!



年終主題 — 「Oh, For Shore」 Year-end Final Topic 'Oh, For Shore!'

對基信學校的教師而言，6月是一個令人興奮的月份，因為他們可以選擇一個特別的主題，從而制定教學計劃，讓學生從中學習課本以外的知識。今年的主題是與海洋有關的「Oh, For Shore!」。每個年級對海洋的探索重點都略有不同。一、二年級專注於了解不同的海洋生物，而三至六年級則專注於提高與海洋相關的環保意識。學校為3個與海洋和環保有關的慈善機構籌募了超過8,000元的捐款。

June is an exciting time for the Christian School teachers as they can pick a special topic of interest and plan teaching and learning around it. This year's final topic was 'Oh, For Shore!'. Different year groups explored this ocean theme differently from each other. Years 1 and 2 focused on learning about different ocean creatures, while the Years 3 to 6 focused on raising environmental awareness relating to the oceans. Over \$8000 of donation was raised in support of 3 charities which share the same focuses.



恭賀港青基信書院2022年的畢業生！ Congratulations, YHKCC Class of 2022!

港青基信書院畢業典禮於6月18日圓滿舉行，並十分榮幸邀請到立法會議員江玉歡女士、施力高牧師、何慶濂總幹事及校董會成員參與。

江女士乃立法會議員（選舉委員會）兼執業律師，孤兒出身並由基層背景的父母領養，她以自身故事勸勉畢業生不要為所缺乏的惶恐，反要把握機會，堅持不懈地追求自己的夢想，且勿忘去愛，讓世界變得更美好。

校長盧裕敏女士致辭時表示，對畢業生於疫情期間面對不同挑戰仍懷抱希望及保持正面態度感到欣喜，並勸勉他們要成為正直及懂得感恩的人。畢業生對能與親友分享他們的成就感到興奮及感激。

The YMCA of Hong Kong Christian College Graduation Ceremony was held on June 18, graced by honourable guests including The Hon. Doreen Kong Yuk-foon, Rev. Dr. John Snelgrove, Mr. Peter Ho, and School Management Committee members.

Having grown up as an orphan adopted by grassroots parents, Ms. Kong, an Election Committee lawmaker and lawyer, shared her real-life story. She encouraged graduates not to be intimidated by what we do not have, be ready for opportunities,

be determined and persistent in chasing one's dream, and never forget to share love to make the world a better place.

Ms. Diana Lo, Principal, expressed her delight to see graduates staying hopeful and positive despite many challenges caused by the pandemic, and reminded graduates the importance of gratitude and to always remember people who have helped us. Graduates were thrilled and grateful to have parents and friends at the ceremony to celebrate their success together!





Announcement

最新動態

新校長任命

Appointment of New Principals

讚美主！我們很高興向大家宣布，在新學期港青的幼稚園和小學有以下的人事調動和新任命：

Praise be to God! In the new school term, we are pleased to announce the following transfers and appointments in the YMCA kindergartens and primary school:

校長 Principals	前職位 Former Positions	新任命 New Positions	備註 Remarks
 陳何惠敏女士 Mrs. Cathy Chan	港青基信國際幼稚園及 港青基信國際幼稚園(西九龍)校長 Principal of Christian International Kindergarten (CIKG) and Christian International Kindergarten (West Kowloon) (CIKGWK)	新會商會港青基信學校 署任校長(9月1日生效) Acting Principal of San Wui Commercial Society YMCA of Hong Kong Christian School, effective from September 1, 2022	陳女士於港青國際 幼稚園服侍了14年。 Mrs. Chan has served the YMCA kindergartens for a total of 14 years.
 曾琬詩女士 Ms. Phyllis Tsang	港青基信國際幼稚園(西九龍)副校長 Deputy Principal of CIKGWK	港青基信國際幼稚園(西九龍) 署任校長(3月28日生效) Acting Principal of CIKGWK, effective from March 28, 2022.	曾女士在港青國際 幼稚園服侍了16年。 Ms. Tsang has served the YMCA kindergartens for 16 years.
 李涇盈女士 Ms. Janet Lee	港青基信國際幼稚園副校長 Deputy Principal of CIKG	港青基信國際幼稚園 署任校長(3月28日生效) Acting Principal of CIKG, effective from March 28, 2022.	李女士在港青國際幼稚園 服侍了11年。 Ms. Lee has served CIKG for 11 years.
 林曉樞女士 Ms. Dorcas Lam	港青基信幼兒學校(農圃道)主任 Head Teacher of Christian Nursery School (Farm Road) (CNSFR)	港青基信幼兒學校(農圃道)校長 (9月1日生效) Principal of CNSFR, effective from September 1, 2022	林女士在港青幼兒學校 服侍了12年。 Ms. Lam has served CNSFR for 12 years.

校長 Principals

前職位 Former Positions

新任命 New Positions

備註 Remarks



黃嫻彥女士
Ms. Azalea Wong

港青基信幼稚園(啟晴)校長
(9月1日生效)

Principal of Christian Kindergarten
(Kai Ching)(CKKC),
effective from September 1, 2022

黃女士在幼教界
工作了18年。

Ms. Wong has 18 years
of experience in early
childhood education.

我們衷心感謝為港青幼稚園服務超過20年的區少群校長和鄭美鳳校長，她們已於2022年8月底榮休。願主大大的祝福已踏入人生新里程碑的兩位校長。願主也祝福Cathy, Phyllis, Janet, Dorcas 和 Azalea，讓她們在新崗位上滿懷信心，繼續為港青和孩子們服務！

We would like to express our heartfelt gratitude to Ms. Loretta Au and Ms. Ava Cheng, the two long serving principals of YMCA kindergartens, CKKC and CNSFR, as they both retired at the end of August 2022. May the Lord bless them abundantly as they turn a new and exciting page in life. May the Lord also bless Cathy, Phyllis, Janet, Dorcas and Azalea as they take this leap of faith in serving the YMCA and the children in greater capacities!

世界基督教青年會/女青年會公禱週聯合崇拜暨普世團契2022 World YMCA/YWCA Week of Prayer Joint Service and World Fellowship 2022

公禱週是世界基督教青年會，基督教女青年會一年一度的盛事。
全球青年會和女青年會都會為着同一主題同心禱告，團結各地會友，共同關心社會議題。

The World Week of Prayer is a major annual event of the World YMCA and World YWCA,
when members jointly pray and share over worldwide concerns and issues.

日期 Date : 17/11/2022 (Thursday星期四)

時間 Time : 上午10:30am

地點 Venue : 香港基督教青年會尖沙咀總部4樓大禮堂

The Grand Assembly Hall, 4/F, YMCA of Hong Kong TST Headquarters



港青基信書院

YMCA of Hong Kong Christian College

- 一所本地直資英文中學，以基督教信念為本，致力實踐全人教育
- 薈萃多國文化，逾七成學生來自世界各地約四十多個國家
- 關愛校園，訓輔並重，採取以學生為主導的教學模式
- 提供本地課程「香港中學文憑」(HKDSE)及國際課程「英國國際普通中學文憑」(IGCSE)及「英國普通教育文憑」(UK GCE "A" Level)。

2023-2024 中一入學講座

日期：2022年10月15日（星期六）

時間：下午2:30 – 4:30

地點：港青基信書院

本校將會安排免費穿梭巴士

由尖沙咀前往本校（敬請預約）

開出時間：下午1:30

上車地點：尖沙咀梳士巴利道41號 香港基督教青年會

如欲出席簡介會，請於網上報名<https://www.yhkcc.edu.hk/en/content.php?wid=53>。座位有限，額滿即止，如有查詢，請致電29882028與陳先生聯絡或電郵至sean.chan@yhkcc.edu.hk

- a DSS English-medium school with a strong Christian faith and CARES principles
- a multi-cultural community with more than 70% international students from approximately 40 countries
- dedicated to providing an excellent pastoral care system and student-centered learning experiences
- offers both Hong Kong curriculum (HKDSE) and International curriculum (UK IGCSE & GCE "A" Level)

Admission Briefing for School Year 2023-2024

Date: Saturday, October 15, 2022

Time: 2:30 – 4:30pm

Venue: YMCA of Hong Kong Christian College

Complimentary shuttle bus from Tsim Sha Tsui to YHKCC (RSVP)

Time: 1:30pm

Pick-up point: YMCA of Hong Kong, 41 Salisbury Road, TST

To reserve a seat, please proceed to online registration via <https://www.yhkcc.edu.hk/en/content.php?wid=53>

For enquiries, please contact Mr. Sean Chan via email sean.chan@yhkcc.edu.hk or telephone on 2988 2028.

BANQUET EVENTS

國際獅子會腎病教育中心 健康展覽及研討會

Lions Kidney Educational Centre and
Research Foundation
Health Exhibition & Seminar

4-5/6/2022



香港基督教協進會
互聯網宗教信息服務管理辦法講座
Hong Kong Christian Council
Seminar on Administrative Measures for
Internet Religious Information Services
1/6/2022

香港安老服務協會
安老業界齊心抵禦第六波記者會暨
《疫境自強 — 安老院抗疫實錄特刊2022》發布會
The Elderly Services Association of Hong Kong
Press Conference

11/7/2022



香港特別行政區傑出學生聯會 港傑2022開幕典禮

Hong Kong Special Administration Region
Outstanding Students' Union
Hong Kong Future Pioneers 2022
Opening Ceremony

9/7/2022



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(ie. 9XXX XX19 entitled to discount on 19 September & 19 October)
- ◆ 惠顧自助晚餐可享85折
Enjoy 15% Discount Off on Dinner Buffet
- ◆ 推廣期 Promotion Date : 2022年9 - 10月 September & October 2022
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Low Carbon

港青的低碳行動

YMCAHK's Low Carbon Action

為實踐「低碳轉型」的願景，香港基督教青年會舉辦一連四節的領袖培訓課程，共15位來自不同部門及學校的同工獲提名參加。課程由港青董事、綠色建築師葉頌文先生主講，題目圍繞建築設計及運作、物料搜索及社區行動方面，落實低碳轉型的未來方針。

跟據環保署公布的數字，於2020年香港人均溫室氣體排放量約為4.5公噸。目標於2035年減至2至3公噸，從而在2050年前達至碳中和的目標。同工透過學習計算碳足跡，了解機構運作和日常活動中所產生的溫室氣體排放量，以便日後製訂節能減排措施。此外，推行環保採購、提供低碳餐點及採用環保方式舉辦活動等，亦是港青未來的減碳行動。



同工們已於7月13日通過考核並成為低碳領袖，期望他們將所學的在所屬部門實踐，協助港青落實低碳轉型，以得到香港綠色建築議會認可並獲頒「綠建環評」認證。



To realise the vision of low carbon transformation, 15 staff from various departments and schools have been nominated to YMCA of Hong Kong's 4-session low carbon transformation leadership training. Hosted by our Board of Director and Green Architect Mr. Tony Ip, he shared his knowledge and experience on how to implement a low carbon transformation plan from the perspectives of building design and operation, material sourcing and community action.

According to the figures released by the Environmental Protection Department, the per capita greenhouse gas (GHG) emissions amounted to about 4.5 tonnes in 2020, which is expected to reduce to 2-3 tonnes in 2035 and eventually to achieve carbon neutrality before 2050. By learning how to calculate carbon footprint, participating staff came to understand the total amount of greenhouse gas generated by the Association's operation and daily activities, the learning allows them to plan for energy saving and emission reduction in the future. Implementing green procurement, offering low carbon diet and enhancing the environmental performance of our events are also among YMCAHK's low carbon action plan.

The participating staff passed the assessment on July 13 and became Low Carbon Leaders of YMCAHK. They are expected to put their learning into practice in their departments and collectively to drive YMCAHK's low carbon transformation, with an aim to be awarded the BEAM Plus certification by the Hong Kong Green Building Council.



01

關掉非使用中的電器
及電子裝置；
Turn off appliances and
electronic devices when
they are not in use;

02

轉用慳電膽或
發光二極管電燈
Switch to compact
fluorescent lamps or
LED lights

03

選用貼有一級能源
標籤的電器
Choose appliances with
Grade 1 energy labels

04

將空調溫度維持在
攝氏24-26度
Maintain temperature
setting of air-conditioner
at 24-26°C

05

以步行、單車取代交通工
具，或乘搭公共交通工具
Walking or cycling instead
of using vehicle or public
transportation

06

減少使用即用即棄
的物品，及循環再用和回收
再造舊產品
Use less disposable products,
recycle and upcycle
used products

07

安裝低流量式花灑頭和
縮短淋浴時間
Install a low-flow shower-head
and take shorter showers

如何減少
碳排放？

CO₂ How to
Reduce
Carbon
Emissions?



Lulu Cheung

絕境祢同在 逢生祢同行

Lulu Cheung並非生於富裕之家，卻在她還未認識生命之主的賜予下，得到了所期待及愛好的運動及文娛活動，不只是有，而是上好的，讓她得享了一段美好而豐足愜意的人生時光。

小時候見到媽媽在家中祭祀，讓Lulu意識到天地中應有位主宰。每天晚上她向這位見不到的主宰傾談，請求每天給她所作的評分。由於她的父親為了生計，與他們分隔兩地，她就視這位每晚與她傾盡心底所有話語的為自己的父親。

由甚麼也不懂，慢慢得到了業界另眼相看。好些名氣顯赫的公司自動與她聯繫合作，歐亞多個著名的時裝展都有她的足迹。由開始時一無所有，公司的傢俱也是撿拾而來，發展至後來有萬尺廠房，數百工人及年夜飯時有六席多的員工。未到而立之年已擁有多個自置物業，人生看似一切都美好之時，她聽信父親勸喻，將一尊像取回家供奉，從此遠離了這位一直守護身旁在天上的父。

一次法國之行，因食物中毒，身體健康一落千丈。生意上也遇上了重重障礙，經營伙伴百般刁難，更被美國列入了黑名單之中。接下來合作建立品牌的客戶竟狠心挖角，手下最重要的員工、助手都轉投那公司。2003年沙士期間，銀行在營運上又要以現金交易，Lulu唯有變賣所有的物業，作為公司繼續經營的資金，但只能撐過一段日子就再度跌進了低谷。

直至2005年東京的一場時裝展中，Lulu的設計吸引了好些大百貨公司的青睞。然而在商議合作的會議之前，她驗出罹患了癌症，未能前往東京，翻身的機會又失落了。



經營處處失利，讓Lulu的經濟進到谷底。後來Lulu選擇到公立醫院接受治療，病友如在學校一般，互學互教，可是心底深處Lulu仍感到孤單無援。

正感到迷惘沒有前路時，一位友人邀請她到教會去，她深深受到見證者的分享感動，醒覺到有一位造物者可傾訴，並將人帶往應走的那地方。那次講道正講到血漏的女子，其中一句話把她觸動起來。耶穌對女人說：起來吧！女兒！那話彷彿像天上的父對她回家的呼喚，頓時從心中紮實起來，自此她便決意尋回這小時候已知道的天父。

在信主初期，公司經營已萎縮得近乎無可挽救，員工們亦不合作，經常與自己對抗，身體患病軟弱，讓她感到乏力。所以她打算改變自己過往營運的方法，刻意花時間做好管理工作。但天父的回應卻是以大衛做回自己，以自己所善長的技巧去擊敗巨人歌利亞作她的提醒。

生活靡難的時刻，生意近乎倒下來之時，天父以一個製服訂單，讓她的事業可重振起來，但卻遇上春節假期，工人返鄉，客人對布料的吹毛求疵，要求布料重新整理，時間極度不足之下，Lulu只能仰望天父，向他訴說自己的困難，也邀請國內的管理一起禱告，最後天父以人看來不能的成就了可能，貨期神迹地準時完成。

單純的她重投這位守護愛她的天父懷中，每時每刻與祂交談，傾出心中所想。用心追求聖經教導，樂意參與教會的服事。眾人當看到這位叱咤時裝界的名人，在教會謙卑服事時，感到驚嘆，但這只是世人的價值觀，Lulu明白到我們甚麼都不是，所有所得都是天父所賜予的，服事也是理所當然的。

葉子脫落不能再度回到樹上成為樹了，但它落到地土，轉化成為養份，供應樹苗生長，再度成為大樹的一部份。Lulu曾是飄落的樹葉，但她以自己的生命去影響生命，成為屬靈的養份，建立別人的生命，也讓她再次找到歸屬。如她受洗時，感受自己的生命，如在黑暗的水中，被那榮光吸出，再度綻放出不一樣的生命來，今天的她已不再孤單，因為無論前路如何，那位在天上愛她的父，都會與她同在。

「耶和華必在你前面行；他必與你同在，必不撇下你，也不丟棄你。不要懼怕，也不要驚惶。」申命記 31:8

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