

VOICES

港青之聲

Jun 2023

What do you want me to do for you?

耶穌說：要我為你作甚麼？

馬可福音 Mark 10:51a上

Jesus

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主題 Theme

Choices 選擇
Decisions 抉擇
Outcomes 結果



港青之聲 Y's Voices

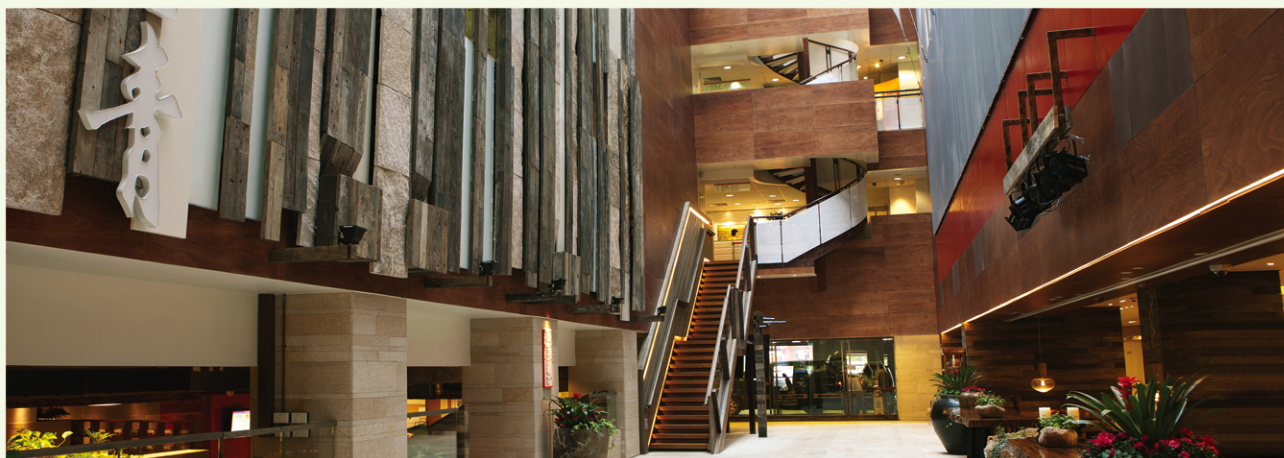
香港基督教青年會季刊
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YMCA of the Rockies

耶穌說：「要我為你作甚麼？」 “What do you want me to do for you?” Jesus asked him. (馬可福音Mark10:51上a)

願主耶穌基督的恩惠、神的慈愛、聖靈的感動、常與你們眾人同在。

巴底買是一位失明的乞丐，他坐在路旁，聽到耶穌經過，就大聲呼喊：「大衛的子孫耶穌啊！可憐我吧！」即使許多人責備他，要他安靜，他卻越發大聲地喊叫耶穌：「大衛的子孫，可憐我吧！」（馬可福音10:46-47）。最近當我閱讀這段福音時，我不禁再一次注意到這個乞丐有一個名字，而在本章早前提到的那個沒有名字的富人形成了強烈的對比。（馬可福音10:17-31）儘管巴底買身受盲疾，卻能以心靈之眼認出耶穌。約翰·紐頓在《奇異恩典》中寫道：「我曾經迷失，但現在已被找到；曾經是瞎子，但現在已看見。」事實上，許多人雖然有雙眼，卻看不到真相，或者只看到自己想看到的，卻對應該看到的視而不見。

耶穌召喚巴底買。瞎子就丟下衣服、跳起來、走到耶穌那裏。（馬可福音10:50）這件大衣很可能是巴底買唯一的財物，他卻欣然放下它，立即回應耶穌的呼召。我們是否有信心放下一些我們所擁有的，並相信耶穌會引領我們邁向下一步呢？

應香港基督教青年會協會（協會）的邀請，世界基督教青年會協會會長 Soheila Hayek 女士於3月短暫訪問了香港的兩個基督教青年會。協會為 Soheila 舉辦了歡迎晚宴，並邀請了來自兩個基督教青年會的董事出席。香港基督教青年會很高興有機會與 Soheila 女士渡過了一個歡愉的下午，與她分享我們的工作。中式午宴由行政總廚 Rix 預備，並由會長葉偉文先生與領導團隊和我們的青年代表一起宴請 Soheila。我們領著她參觀了 The Salisbury、港青基信國際幼稚園、運動和休閒設施以及天台花園。社區及青年事工發展的代表在海景套房中向 Soheila 介紹了我們的課程及服務。我們的管理團隊，包括所有學校

校長，與 Soheila 進行了歡愉輕鬆的對談，為她在香港基督教青年會短暫卻豐富之行作完美總結。

美國基督教青年會於3月下旬在科羅拉多州埃斯特斯公園的 YMCA of the Rockies 舉辦了全球青年會總幹事會議。抵達後，我第一件注意到的是「我們的使命」清楚地印在房咭上：「YMCA of the Rockies 將基督徒原則滲入到不同的項目和設施中，為員工及受眾建立一個講求身、心、靈健康的環境」。而核心價值觀——關懷、誠實、尊重、責任、信念則印在歡迎文件夾上。超過60位總幹事集結在埃斯特斯公園，其中包括來自亞太地區的12位總幹事。此會議為總幹事們提供了一個機會，讓他們可以保持緊密聯繫及合作，互相分享喜悅和恐懼，並從彼此身上獲得啟發和學習。來自孟加拉、埃塞俄比亞、巴勒斯坦、秘魯和烏克蘭的總幹事展示了他們的「Human Library」，解說了各個基督教青年會即使在非常嚴峻的情況下，如何堅毅地為社群帶來改變。

美國青年會前董事會成員 John Baird 主持了一個名為「以心為舵：在不確定時期的領航之路（Leading with



世界基督教青年會協會會長 Soheila Hayek 參觀了港青的不同設施，包括天台花園。
World YMCA President Ms. Soheila Hayek visited various facilities at the YMCAHK, including the rooftop garden.

Heart: Navigating in Times of Uncertainty)」的研討會，讓總幹事們反思我們最大的天賦和最大的恐懼如何影響我們的領導行為，我們的個人需求如何妨礙我們的領導效能，我們的個人目標如何切合青年會的使命和「2030年願景」，以及我們的光芒如何照耀在黑暗的時刻中。會議中還有更多鼓舞人心的時刻，令我最難忘的是Julie Watkins在晚宴上分享她收到一位老師的感谢信。這是由一位參加了在埃斯特斯公園舉行的謝師項目的教師發出的，信中提及「感謝Julie Watkins和YMCA of the Rockies，你們是耶穌的手和腳。」Julie亦回應：「我們的確是耶穌的手和腳。」

耶穌來見巴底買，對他說：「你要我為你作甚麼？」他說：「拉波尼、我要能看見。」(馬可福音10:51)如果耶穌問我們同樣的問題，我們會求祂為我們作甚麼？我們會不會說：「主啊，我們想看到祢所看到的，我們想做祢的手和腳？」

耶穌復活後給門徒的第一份禮物是和平，當時他在一周的第一晚來到門徒所住的一間樓房，站在他們中間。門徒們看到耶穌還活著，非常高興。在接下來的40天裡，耶穌在不同的場合向他們顯現，然後才被接升天。每年，在四旬期和受難週期間與耶穌一起走過40天後，我都滿懷期待地等著，看看耶穌將如何在復活節期間向我們顯現自己。

會員及社區服務部在4月中旬舉行了一次培訓活動。主題演講者Tricia Bølle女士來自St. Francis Xavier Lay Missionary Society，她提醒每位參加者，上帝曾於詩篇說「因我受造，奇妙可畏」(詩篇139:14)YMCA of the Rockies對「2030年願景」的承擔，啟發了會員及社區服務部團隊，更新了他們在所作的任何事工上，要持守對核心價值一關懷、誠實、尊重和責任的承諾，同時以「信念」為中心及基礎。團隊更透過一系列的集體活動，創作了一塊巨型拼圖。團隊會繼續構思及提出具體的想法，致力將「2030年願景」付諸行動。除了現有的綠色小組外，還成立了3個小組——社群福祉、富義意的工作和公平的社會，以實現「2030年願景」的四大支柱。港青的所有持份者都擁有推動「2030年願景」的使命。我們的同工是將願景變為現實的催化劑，在傳遞使命和實現願景方面絕對發揮著至關重要的角色。門徒若不被差遣，就不能作任何事。主啊，請差派我們去完成港青的使命和「2030年願景」，正如天父差派祢完成祢的使命一樣。

5月上旬，海外家務助理組與來自菲律賓、印尼、印度、斯里蘭卡、尼泊爾、緬甸和非洲的136位2019-2022學年



在榮休派對上與前執行總廚Rix(中)和賓館服務委員會主席傅孟雄董事合照(右)
Photo with our former Executive Chef Rix Cheung (middle) and Mr. William Fu, the Chairperson of Hotel Services Committee (right)

的畢業生一起慶祝，鼓勵畢業生「超越」疫情，重新「連結」社群。得獎者之一Ofelia在2020-2021年度完成了17個課程。Ofelia在她的感謝演說中更分享了她女兒本年度以優異成績從大學畢業，這真是一個感人的時刻。海外家務助理組也緬懷並表揚Emelda的積極參與義工服務及努力活出正向生活，不幸的是，她於去年回到祖國後不幸去世。在Emelda離開家人來港工作的20多年間，她差不多無間斷地全心服侍海外家務助理組。港青衷心感謝她和所有在過去28年間，不遺餘力將港青打造成海外家庭傭工溫馨家園的資深義工們。主啊，請繼續讓港青成為在港外籍家庭傭工的第二個家。

服務了港青15年的執行總廚Rix於上月榮休。Rix從疫情初期起，一直是「愛心飯盒計劃」中領導廚房團隊的重要人物。去年，在最繁忙的聖誕節期間，許多廚房同工因染疫無法上班，Rix亦身體不適，我們一起禱告。Rix迅速應變，務求確保廚房運作不受影響，繼續款待The Salisbury的每一位客人。在Rix的帶領下，餐飲部最後得以在聖誕節和新年期間成功填補了廚房中的每一崗位。Rix更延遲退休，留下來完成由香港基督教協進會共同舉辦的重要宴會和研討會，獲所有參與嘉賓的讚揚。行政副總廚明哥並於本年6月1日接任執行總廚。主啊，求祢祝福Rix在退休後與家人共渡美好的時光，讓他們的日子充滿平安和喜樂，求祢引導明哥率領廚房團隊，選派合適的人來帶領餐飲部，並繼續祝福The Salisbury成為賓客們的祝福，我們都能以此榮耀祢。

耶穌問巴底買的儿子說：「要我為你作甚麼？」今日，耶穌也問我們：「你們願意我為你作甚麼？」我們會否回應：「主啊，祢要我們為祢作甚麼？主啊，祢要我們為彼此作甚麼？」主啊，感謝祢的話語並讓祢的喜樂充滿我們，使我們的喜樂得以圓滿。求祢使我們彼此相愛，就像祢愛我們一樣。沒有祢的差遣及權能，我們不能作甚麼。讓我們時刻緊記我們要為祢而行。求祢時刻提醒我們，無論作何事也要緊記著祢。

當巴底買的儿子表示他想看見，耶穌告訴他：「你去吧！你的信救了你了。」他立刻看見了，就在路上跟隨耶穌。(馬可福音10:52)主啊，願我們的信拯救我們，使我們看見，在祢的道路跟隨祢。

主耶穌，求祢來同在！

聖靈請祢來！

求聖靈充滿你們的心，以信及祂愛之火燃點你們的心！

何慶濂

總幹事/行政總裁

The grace of the Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with you all.

Bartimaeus, a blind man was begging by the roadside, heard Jesus coming and began to cry out, "Jesus, son of David, have pity on me." When Bartimaeus was rebuked and told to be quiet, he kept calling out all the more, "Son of David, have pity on me." (Mark 10:46-47) When I read this gospel passage recently, I could not help but notice again that this beggar had a name, unlike the rich man earlier in the chapter who did not have a name. (Mark 10:17-31). Though Bartimaeus was physically blind, he could recognize Jesus with his heart and spiritual eyes. John Newton wrote in Amazing Grace, "I once was lost, but now I am found; was blind, but now I see." Indeed many have eyes but could not see, or only see what we want to see and blind to what we should see.

Jesus called for Bartimaeus. *He threw aside his cloak, sprang up, and came to Jesus.* (Mark 10:50) The cloak was likely to be the only possession that Bartimaeus had, yet he gladly left it behind and responded immediately to Jesus. Do we have the faith to let go just some of our attachments and trust that Jesus would guide our next step?

Upon receiving an invitation from the Council of YMCAs of Hong Kong (Council), World YMCA President Ms. Soheila Hayek came to visit the two YMCAs in Hong Kong briefly in March. Council hosted a welcome dinner with Directors from both YMCAs. YMCAHK was grateful that we had the opportunity to spend an afternoon with Soheila to share our work with her. President Mr. Patrick Yip together with the Leadership Team and our youth representative hosted a Chinese lunch prepared by Executive Chef Rix Cheung. We led Soheila on a tour of The Salisbury to visit Christian International Kindergarten, sports & recreation facilities and the rooftop garden. Representatives from Community and Youth Outreach shared our programs and service with Soheila in a Harbor View Suite. Management team, including all school principals, enjoyed a joyous and relaxing townhall dialogue with Soheila to complete her brief yet fruitful visit with YMCAHK.

YMCA of the USA hosted the World YMCA National General Secretaries (NGS) Conference at YMCA of the Rockies in Estes Park, Colorado, in late March. One of the first things I noticed upon arrival was "Our Mission" clearly printed on the cabin key holder: "YMCA of the Rockies puts Christian principles into practice



YMCA of the Rockies 總幹事 Julie Watkins 回應：「我們的確是耶穌的手和腳。」
Julie Watkins, YMCA of the Rockies CEO said, "Indeed we are the hands and feet of Jesus."

through programs, staff and facilities in an environment that builds healthy spirit, mind and body for all." The Core Values – Caring, Honesty, Respect, Responsibility, Faith were printed on the welcome folder. Over 60 NGSs participated in Estes Park, including a delegation of 12 NGSs from Asia and Pacific. The NGS Conference was an opportunity for NGSs to stay connected for support and collaboration, to share our fears and joy, and to be inspired and learn from each other. NGSs from Bangladesh, Ethiopia, Palestine, Peru and Ukraine presented the "Human Library" on their ongoing challenges and how their YMCAs have persevered and made a difference in almost impossible circumstances for their communities.

John Baird, former Board member of Y-USA led a workshop "Leading with Heart: Navigating in Times of Uncertainty". NGSs were asked to reflect on how our biggest gifts and biggest fears have impacted our leadership behavior, how our personal needs tend to get in the way of our leadership effectiveness, how well our personal purpose align with the YMCA mission and Vision 2030, and how our lights are shining all the time to lead through the dark times. There were many more inspirational moments from the conference, but the most memorable one was the "thank you note" that Julie Watkins, YMCA of the Rockies CEO, shared at the reception dinner that she received from a teacher after staying for the teachers' appreciation program at Estes Park – "Thank you Julie and YMCA of the Rockies. You are the hands and feet of Jesus". Julie said, "Indeed we are the hands and feet of Jesus."

Jesus said to Bartimaeus when he came to him, "What do you want me to do for you?" He said, "Master, I want to see." (Mark 10:51) If Jesus asked us the same question, what would we ask him to do for us? Would we say, "Lord, we want to see what you see, and we want to be your hands and feet"?

The first gift that Jesus gave his disciples after his resurrection was peace when he came and stood among them in the Upper Room on the evening of that first day of the week. The disciples were overjoyed to see that Jesus was alive. Jesus would appear to them on different occasions during the next 40 days before he was taken up to heaven. Each year, I wait with anticipation to see how Jesus would reveal himself to us during the Easter season after spending 40 days journeying with him during the Lenten season and Holy Week.

Member and Community Services (M&CS) conducted an offsite retreat in mid-April. Keynote speaker Ms. Tricia Bølle from St. Francis Xavier

Lay Missionary Society reminded each participant what God said through the psalmist, “*You are beautifully and wonderfully made*” (Psalm 139:14). Inspired by the commitment of YMCA of the Rockies to the mission of YMCA and Vision 2030, M&CS renewed its commitment to the core values of Caring, Honesty, Respect and Responsibility in all we do while underscoring Faith at the center and the foundation. A series of team building activities led to the creation of a beautiful giant puzzle to mark the occasion. The teams would continue to collaborate on concrete ideas in putting Vision 2030 into action. In addition to the existing Green Task Force, three additional committees have been formed – Community Wellbeing, Meaningful Work and Just World, to implement the mission of each of the four pillars of the same of Vision 2030. NGSs are only champions of Vision 2030. The ownership belongs to every YMCA and every stakeholder. Staff play a crucial role in delivering the mission and serve as the catalysts of bringing the vision to fruition. Disciples cannot do anything unless they are sent. Lord, please send us to accomplish the YMCA mission and Vision 2030 as the Father has sent you to accomplish your mission.

In early May, Domestic Helper Unit (DH) celebrated with 136 graduates from Philippines, Indonesia, India, Sri Lanka, Nepal, Myanmar and Africa from 2019 to 2022. Graduates were encouraged to “go beyond” the pandemic and “get connected” again in the community. One of the Top Loyalty Award recipients, Ms. Ofelia Tamayosa completed 17 courses in 2020-2021. It was a touching moment when Ofelia shared the joy of her daughter graduating with honors from university this year in her Vote of Thanks. DH also celebrated the life and honored the volunteer service of Emelda Velasco, who sadly passed away last year after returning to her home country. She served DH wholeheartedly and unceasingly for over 20 years, almost the entire time she worked in Hong Kong away from her family. YMCA is grateful to Mel and all senior DH volunteers who have unreservedly committed themselves to making YMCA a welcoming home for overseas domestic helpers in the past 28 years. Lord, please continue to make YMCA a home away from home for overseas domestic helpers in Hong Kong.

Executive Chef Rix Cheung retired last month after serving YMCA faithfully for over 15 years. Rix was instrumental in leading the kitchen team in the Giveaway Lunchbox Program since the beginning of Covid-19. During the busiest festive Christmas

season for Food & Beverage (F&B) in hotels last year, many kitchen staff were infected with Covid-19 and could not come to work. Rix was genuinely concerned about how to fulfill the responsibility of the kitchen and deliver the necessary hospitality to the guests of The Salisbury. He was not feeling so well himself. We prayed. Rix managed to fill every gap there was in the kitchen working day and night through Christmas into the New Year. Rix stayed beyond his retirement to complete an important banquet and seminar event co-organized by the Hong Kong Christian Council that was greatly appreciated by all participating guests. Executive Sous



與其中一位得獎者Ofelia合照
Photo with one of the Top Loyalty Award recipients, Ms. Ofelia

Chef Mingor Wong has assumed the role of Executive Chef on June 1. Lord, please bless Rix’s retirement time with his family, guide Mingor to lead the kitchen team, send us the right person to lead F&B, and continue to bless The Salisbury to bless our guests for your glory.

Jesus asked Bartimaeus, “*What do you want me to do for you?*” Jesus also asks us now, “*What do you want me to do for you?*” Would we say, “Lord, what do you want us to do for you? Lord, what do you want us to do for each other?” Lord, thank you for telling us so that your joy might be in us and

our joy might be complete. Help us to love one another as you have loved us. We cannot do anything without you sending us, without your empowerment and authority. Remind us to do everything in memory of you.

After Bartimaeus expressed his desire to see, *Jesus told him, “Go your way; your faith has saved you.” Immediately he received his sight and followed him on the way. (Mark 10:52)* Lord, may our faith save us that we may receive our sight and follow you on the way.

Come, Lord Jesus!
Come, Holy Spirit, come!
Come, Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love.

Peter Ho
General Secretary / Chief Executive Officer



以「信念」為中心及基礎的巨型拼圖
A giant puzzle with 'Faith' as its centerpiece and foundation



認識自己，突破自我

Understanding Yourself and Pushing Beyond Your Limit



「傲翔新世代」全方位青年領袖訓練計劃 (YLD) 的學員，無一不認為每年的2天1夜野外訓練營是最令人難忘的活動。參加者須學習地圖閱讀技巧，根據座標尋找登山路線，成功抵達6個站點後，方可返回營地。由於不能採用電子產品尋找方向，若學員讀錯地圖、選錯路線，走冤枉路乃常事，有組別曾從中午走至第2天清晨才返到營地。李潤華便是該組的組員之一。

「那是我第一次行山及行夜山，便如此震撼。」李潤華回憶開始時還怕弄髒鞋子，到後來累至躺在泥地上休息也不介意，對當時只是中六學生的他，是全然突破自我的經歷。完成計劃後，他以舊生身份繼續協助野外訓練營，至今已有10年。「YLD的學員通常在校內已擔當領袖的角色，但當全組均是『領袖』時，他們選擇在組中擔當甚麼角色？訓練營中他們需作出許多抉擇，如角色、分工、路線等，他們每個決定均會引致不同的結果。」縱然結果是好是壞並不重要，李潤華認為最重要是在過程中讓學員認識自己，從而突破自我。

闊別了3年的YLD野外訓練營，終於在3月18及19日再次復辦，共有45位學員參加。學員分成7組，在YLD舊生和港青同工的帶領下從西貢北潭涌燒烤場出發。「籌委並沒有給予主題，因此負責帶組的YLD舊生可自行決定帶組的方法，而我傾向讓學員思考他們在這個團隊中期望擔當的角色。」這是李潤華給學員的第一道選擇題。

「性格外向的不一定適合做領導者，反之平日默不作聲的也不代表他們並沒有領導才能，他們選擇甚麼角色才是對整個團隊最好的？」選擇並沒有對錯，而他們所作的抉擇能直接影響行山路線及團隊分工，無論結果如何他們也必須接受。作為學員，「結果」或許是指最終所得的名次；然而對負責帶組的李潤華而言，「結果」卻是指學員透過回答選擇題能否有所得着。「而我的角色是令學員們有足夠的信心去嘗試。無論他們作出甚麼抉擇，都有信心我能夠帶領他們平安返回營地。」

YLD由創辦至今已進行了23屆，隨着學生在校內外越來越多學習的時間，他們的體能也相對地較弱，雖然是次野外訓練營的行山路線比歷屆容易，然而李潤華認為這並不影響學員在活動中的學習。「最重要是他們的心態。只想行

畢全程？還是懷着勇於接受挑戰的心，無論如何落後，也會努力地趕上或拉近距離？心態會影響他們在整個過程中投放多少努力作抉擇。」

今年有1組在尋找第1個站點時已迷路，結果花了比其他組別多2至3小時才到達第1個站點，然而他們並沒有放棄。由於到達時間太晚而錯過了第2及4站點所設的加分挑戰，他們選擇行額外路段爭取加分。雖然仍是最後到達營地的一組，但至少與前一組到達的拉近了分數。「只有抱着這種心態，野外訓練營對他們才有意義，否則不過是一次普通的行山體驗罷了。」李潤華語重心長地說。

人在最辛難、疲憊的時候才會顯露出真正的自我，李潤華每年都嘗試將參加者推到這個臨界點，從而讓他們更深入地認識自己。「大部分組員來自不同的學校，因此相處時通常表現得很客氣和友善。然而在累極時，他們是否仍能維持平常的表現？他們曾否展現另一面的自己？」這便是野外訓練營的可貴之處，亦是李潤華多年來仍然熱衷義務帶組的原因。「當年我經歷了這種震撼的體驗，學習了寶貴的一課。我希望將這種體驗帶給學員，並承傳下去。」





Every student of the Youth Leadership Development (YLD) scheme agrees that the two-day-one-night overnight camp each year is the most unforgettable activity. Participants are required to learn map-reading skills, find hiking routes, and can only return to the camp after successfully reaching 6 checkpoints. Since electronic devices cannot be used, participants easily get lost if they read the map incorrectly or choose the wrong route. One group once walked from noon until the next morning before returning to the camp. Wa was one of the members of that group.

“That was my first hike and I did that at night, it was impressive,” he recalled. In the beginning, he was afraid of spoiling his shoes, but it didn’t take long for him to change his mind, he was so tired that he didn’t mind lying on the muddy surface to rest. For him, as a Form 6 student at the time of the hike, it was a breakthrough experience. After completing the scheme, he continued to assist in the overnight camp as an alumni for 10 years. “YLD students usually are already school leaders, but when the whole team is made up of ‘leaders’, what roles do they choose to take on within the group? In the overnight camp, they have to make many decisions, such as identifying roles, division of labour, making route choices, etc., and each decision they make will lead to different outcomes.” Wa believes that the outcomes, whether good or bad, are not important. What matters most is that the students get to know themselves better and push beyond their own limits during the process.

After a 3-year hiatus, the YLD overnight camp finally resumed on March 18-19, with a total of 45 participants this year. Students were divided into 7 groups and led by YLD alumni and YMCA of Hong Kong staff, setting off from the Pak Tam Chung barbecue area, Sai Kung. “The organising committee did not provide any theme, the YLD alumni responsible for leading each group are allowed to decide on their own means of leading the group. I prefer to let the students think about what role they want to play in this team,” said Wa, presenting his first multiple choice question for the students.

“Just because someone is outgoing doesn’t mean they are fit to lead; and conversely, a reserved and mild person should not be ruled out as leaders. Is the role they choose to play the best for the whole team?” There is no right or wrong decision, but the decision they make can directly affect the hiking route and the team’s functioning, and everyone must accept whatever outcome turns out. As a student, ‘result’ may refer to their final ranking. However, for Wa, who is responsible for leading the group, ‘result’ means what have the students picked up through the collective decision-making process. “My role is to give the students enough confidence to try. No matter what decisions they make, they have confidence that I can lead them safely back to the campsite.”

YLD has been running for 23 cohorts, with students spending more and more time on studies, naturally their physical fitness would decline. That is why the overnight hiking route is also getting easier than it was in previous years. Yet, Wa believes that this does not affect the students’ learning in the activity.

“The most important thing is mindset. Do they just want to finish the hike? Or do they have the courage to accept challenges? No matter how far behind they are, they will try their best to catch up. Mindset will affect how much effort they put into making decisions throughout the entire process.”

This year, one group got lost while looking for the first checkpoint and ended up taking 2 to 3 hours longer than the other groups to reach destination. However, they did not give up. Due to their late arrival, they missed the bonus challenges at the 2nd and 4th checkpoints, and instead they chose to hike an extra route to earn bonus points. Although they were still the last group to arrive at the campsite, at least they closed the scoring gap with the group who arrived right before them. “Only with this mindset can the overnight camp be meaningful to them; otherwise, it is just another hiking experience,” said Wa emphatically.

People often reveal their true selves when facing the most difficult and exhausting situations. Every year, Wa tries to push the participants to this critical point, so that they can gain a deeper understanding of themselves. “Most of the team members come from different schools, so they usually behave politely and friendly towards each other. However, when they are pushed to the extreme, are they still the same under normally circumstances? Have they revealed their true selves?” This is the value of the overnight camp and the reason why Wa has been voluntarily leading teams for many years. “I went through this awakening experience myself and learnt a valuable lesson. I hope to bring this experience to students and pass it on.”

Alex



Angela

角色 Roles

Angela一向在家裏、同儕間、以至今年的野外訓練營中也擔當照顧者的角色。「我們組員的體能較參差，也有傷員，他們通常在較後的位置。由於舊生需照顧在前的組員，因此我主動殿後，照顧其他人。」

至於Alex，他認為自己在過程中的角色不停地轉換。「在第一次工作坊時，因為組員之間太陌生，大家都很安靜，我擔當了『破冰者』的角色引導大家進行討論；在訓練日的障礙賽中，我負責出主意及鼓勵大家；至於在野外訓練營中擔當的角色最多——做領袖，負責看地圖、找路線及在最前開路；做支援，負責遞指南針及地圖，並鼓勵疲憊的組員繼續前行；做跟隨者，跟隨其他組員的節奏前行。」

Angela has always played the role of caregiver in her family and among her peers, and she continued to do so during this year's overnight camp. "Our team's physical abilities varied, and there were injured members who lagged behind. Since the alumni needed to take care of those up front, I purposely stay behind and take care of others."

As for Alex, he felt that his role kept changing throughout the process. "During the 1st workshop, everyone was quiet because we didn't know each other. I took an icebreaker role and started the conversation. During the obstacle challenge in the day camp, I came up with ideas and encouraged everyone. In the overnight camp, I played different roles – as a leader, responsible for looking at the map and finding the route, and leading at the forefront. As a supporter, I was responsible for passing the compass and map, and encouraging the exhausted team members to keep going; and as a follower, I followed the pace of other team members."

選擇 Choice · 抉擇 Decision · 結果 Outcome

在第一次工作坊時，Angela的組員同樣因為彼此太陌生而十分沈默。「我一向都是等待別人的建議我才發表意見，但當時的情況讓我選擇踏出自己的舒適圈，帶領大家進行討論，因為我知道這個抉擇對全組是最好的。」這次大膽的嘗試，讓Angela體驗到：「我們在不同的情況會面對不同的選擇，但不要怕去作決定，因為只有嘗試，我們才會知道結果。」

Alex認為結果並沒有絕對的好與壞，乃取決於個人的觀點及看法。「我們去第一個站點所選擇的路線極崎嶇，結果花了四小時才到達，我們錯了嗎？我反而這麼想，七組中只有我們這一組有如此特別的經歷，是很好的體驗；此外亦訓練了膽量，因為我們當時已沒有退路，只有繼續向前行，既然總要繼續走下去，為何不樂觀面對？以不同的心態經歷同一件事，結果會截然不同。」

During the 1st workshop, Angela's team was also quiet because they were all strangers to each other. "I usually wait for others to

come up with ideas before I speak up, but the situation at that time made me choose to step out of my comfort zone and lead the discussion, as I knew that this decision would lead to the best outcome for the whole team." This bold attempt allowed Angela to experience that, "we face different choices in different circumstances, but we shouldn't be afraid of making decisions, because only by trying, will we know the outcome."

Alex believes that there is no absolute good or bad outcome, depending on an individual's perspective and opinion. "The route we chose to the 1st checkpoint was extremely rugged, and it took us 4 hours to get there. Did we make a mistake? Instead, I think that we, as the only team with such a special experience among the 7 teams, had a great experience. Furthermore, it also trained our courage because we had no other way out but to continue moving forward. Since we couldn't give up, why not be positive about this? Experiencing the same encounter with a different mindset will yield different results."

得着 Takeaway

Angela在學校籌備過許多活動，也是老師眼中得力的助手，然而經歷了工作坊及野外訓練營後，她充分體會自己的不足。「有時遇到突發情況，我不懂得怎樣處理，但組員很輕易地解決了，當時覺得自己十分不濟。但經過反思後，我需要學習接受有人在某些方面比我更優秀，且不可自私，要讓各人發揮所長，因為我不一定、亦不可能經常是最優秀的。」

Alex則對是次行山體驗十分感慨。「當我們幾經艱辛終抵達第一個山峰時，感覺真的很特別。後來到達第2個山峰時已天黑，但仍有最後一個山峰才算大功告成。整個過程就似是不斷地挑戰自己的極限。」Alex的組別最終以超過12小時到達終點營地。「我深深地體會到，只要肯嘗試，甚麼都難不倒我們。」

Angela is responsible for organising many activities in school, and is also a very capable helper in the eyes of her teachers. However, after the workshops and overnight camp, she realised her shortcomings. "Sometimes, when faced with unforeseen circumstances, I don't know how to handle them, but my teammates could easily solve them. At that time, I felt very useless. But after reflecting this, I learnt to accept that someone may be better than me in certain areas. And I should not be selfish, to allow everyone play to their strength because I may not always be the best."

Alex is deeply moved by experiencing a real mountain hike. "When we finally reached the 1st peak after many hardships, it felt really special. When we reached the top of the 2nd peak, it was already dark, but there was still one more peak to climb. The whole process involved constantly challenging ourselves. Alex's team took more than 12 hours to reach the campsite. "It was a profound experience as I realised as long as we are willing to try, nothing can stop us."

漢堡包推介

Burger Promotion



供應時間

2023年6月1日至8月31日
中午12時至晚上9時半

Serving Time

1 June - 31 August 2023
12noon - 9:30pm



- A 龍蝦沙律漢堡包 Lobster Burger \$178
Boston Lobster Chunk Salad and Rocket Tomatoes in Brioche Bun
- B 三式迷你漢堡包 Trio of Mini Burger \$158
US Beef Patty with Cheese, Chicken Fillet with Cranberry Sauce and Grilled Pork Belly with Pineapple in Mini Burger Bun
- C 韓式牛肉漢堡包 Bulgogi Beef Burger \$158
Grilled Marinated Tender Beef Slices, Kim Chi, Cheddar Cheese, Ripe Tomatoes, Onion and Crispy Lettuce in Brioche Bun
- D 希臘羊肉漢堡飽 Greek Lamb Burger \$148
Grilled Lamb Patty, Cheddar Cheese, Caramelized Onion, Mint Jelly, Crispy Lettuce, Tomatoes and Pickles in Burger Bun
- E 大蘑菇無包漢堡 Bunless Portobello Burger \$148
Grilled Vega Meat Patty, Avocado, Cheddar Cheese, Crispy Lettuce, Tomatoes and Pickles on Portobello
- F 檸檬蜜糖雞漢堡包 Lemon Honey Chicken Burger \$138
Crispy Fried Juicy Chicken Supreme, Avocado, Honey & Lemon Mayo, Crispy Lettuce and Tomatoes in Brioche Bun

所有漢堡包配炸脆薯角
All burgers are served with Potato Wedges



那些年，我們一起參加過港青夏日營

It all started when we met at the YMCA of Hong Kong Summer Camp

人的關係是因著緣份或純粹偶然？由相識至成為摯友，或只是萍水相逢，緣份又扮演著甚麼角色？Janet及Esther讀書時在港青夏日營相識，因負責不同的日營，交流不多。緣份卻好像一再把她們連結，再遇時仍是在港青。

當年，Janet在港青基信國際幼稚園已任教5年，Esther則加入日營部工作。7年後的今天，她們仍各自在所屬的崗位服侍，Janet已是幼稚園的署任校長，7月將被正式任命校長；Esther亦已成為部門主管，負責統籌港青的所有日營，並聯絡其他國家的青年會，尋找協作機會。她們的相知相遇，演繹了她們的青年會故事。

Is relationship a coincidence or a destiny? Does destiny play a role in how two persons encounter, become friends for life or merely a casual acquaintance? Janet and Esther met at the YMCA of Hong Kong Summer Camp during their school days, as they were responsible for different camps, they didn't have much interaction back then. However, it appears that destiny has brought them together again and again — at the YMCA.

When they first knew each other, Janet had already been teaching at the YMCA of Hong Kong Christian International Kindergarten (CIKG) for 5 years, while Esther just landed a job in the Camping department. Today, 7 years later, they are still serving in their respective positions. Janet is now the Acting Principal of the kindergarten and will officially be appointed Principal in July. Esther is now a department head, responsible for coordinating all the YMCAHK camps, and connecting various YMCAs around the world for cooperation and partnership opportunities. How they first encounter, and how God's plans have worked out on each of them manifested their YMCA stories.

當她們仍是學生時……

Janet與Esther在中學時赴英國讀書，每年暑假回港都會參加港青夏日營當Camp Counsellor負責帶組。由於負責帶組的Camp Counsellor超過100位，起初她們並不認識，直至兩人轉為統籌人員時方認識對方，卻因負責不同日營而交流不多。「第一次參加後覺得好玩，便每年都參加了，直至畢業後加入港青國際幼稚園（當時仍未更改校名）工作為止。」Janet說。

Esther也是因為「好玩」，每年暑假回港都會到港青夏日營「報到」。她畢業後回港修讀學位教師教育文憑，教授英文，直至收到日營部主管的來電，邀請她到日營部工作。「當時人力資源部知道我有教育文憑，問我會否考慮去幼稚園工作，但因我自問不適應教室環境，所以選擇了較有趣的日營部。若我當時選擇了幼稚園，便與Janet是同事了。」這個選擇，讓她們擦身而過，卻沒有斷了她們的緣份。

當她們在港青工作時……

Janet服侍的幼稚園在港青總部2樓，而Esther所處的日營部在總部地庫，由於負責的範疇不同，工作上甚少交流。直至去年4月Janet獲晉升署任校長，而Esther因去年7月代表港青赴丹麥參加基督教青年會世界大會，回港後需進行匯報，兩人多了見面的機會。

儘管服務對象的年齡不同，她們同樣需面對家長的期望，這方面她們均經驗豐富。「在日營部擔任統籌人員時已需要接觸家長，今天面對學生家長時，我已懂得要在抱持學校理念的同時，用正向的方法去表達負面事情。例如有家長希望我們能令學生的學術水平媲美傳統幼稚園，我會強調學校的教學是寓學習於遊戲，鼓勵同學自行探索，及發揮創意和想像力。」Janet堅定地說。Esther則笑指她要面對的不單是營友的家長，也有學生導師的家長。

明年1月，Esther將帶領日營部同工遠赴德國的青年會，協助其籌備營會，向他們學習之餘，期望為港青的營會注入新元素；Janet亦快將正式升任幼稚園的校長，她對於新崗位既緊張又期待。「我希望提升港青基信國際幼稚園的競爭力，增加學生報讀人數」。Janet於4月1日舉辦開放日，首次邀請校外的家長參加，反應十分理想，逾7成的參加者從未到訪過幼稚園。此外，她在各課室安裝投影機，方便進行電腦教學。

「一位我倆的共同朋友謂，責任會隨著晉升而加重加大了。我們均努力地為新崗位付出，做好自己的工作。」Esther說著，與Janet交換了一個充滿自信的微笑。

Esther

Janet

Back then.....

Both Janet and Esther went to high school in the UK, incidentally they both came back to Hong Kong every summer to support the YMCAHK Summer Camp as group leaders, though they didn't know each other back then as there were over 100 camp counsellors. Finally, they came to know each other when they became coordinators supporting different camps – still without much interaction because their paths didn't cross. "I thought it was fun the first time as coordinator, so I kept coming back every year until I joined the International Kindergarten (before it was renamed) after graduation," Janet said.

Esther also took part in the YMCAHK Summer Camp annually because it was fun. After graduation, she returned to Hong Kong to study for a Postgraduate Diploma in Education (PDGE) and taught English, until she received a call from the head of the Camping department, asking if she was interested in working there. "The Human Resources department knew that I have the PDGE qualification and asked if I would choose to work in a kindergarten. As I knew myself fairly well that I might not adapt well to a classroom environment, I chose to work for the Camping department, which seemed more interesting to me. If I had chosen the kindergarten, Janet and I would have been co-workers," Esther said. By that choice, they missed getting to know more about each other, though it wasn't the end of their stories.

When they are working at the YMCAHK.....

Located on the second floor of the YMCAHK Headquarters, the kindergarten is 3 floors up where Esther's Camping department is. Although the two venues are in the same building, they rarely cross each other at work. It wasn't until last April when Janet was promoted to Acting Principal, and upon Esther's return after representing the YMCAHK at the World Council in Denmark last July, their paths started to merge when Esther was asked to report her overseas exchange.

Despite serving children of different age groups, they do have to meet parents' expectations on what they do, and they both have abundant experience in this regard. "When I was a Summer Camp coordinator, I had to interact with parents. Now when it comes to engaging parents of my students, I know the technique of conveying negativity with a positive spin, without giving up what we should be holding on. For example, when some parents expect us to match their children's academic level to that of mainstream kindergartens, I have to remind them that our play-based learning aims at enabling children to explore and make sense of the world around them, as well as to use and develop their imagination and creativity." Janet said firmly. Esther echoed and added that, on the sense, she exchanged with parents of the campers, as well as those of camp counsellors a lot.

In the coming January, Esther will lead the Camping department staff to the YMCA in Germany, to learn from them by helping to arrange their summer camps, hoping to inspire new elements into YMCAHK's camps back here. As for Janet, she is nervous yet anxious about becoming CIKG's Principal – a common promotion anxiety. "I hope to improve the kindergarten's competitiveness and bring in more enrolments," Janet said. On April 1, Janet held an Open Day welcoming parents from outside the school for the first time. The response was very positive, with more than 70% of the participants had never visited the kindergarten before. She also upgraded teaching facilities by installing projector in every classroom to facilitate teaching.

"A common friend once told us, with higher positions come with greater responsibilities; we have been working hard and gearing up to meet the new challenges." Esther said, and exchanged a confident grin with her pal Janet.



歡迎我們的新同事

Welcome Our New Joiner

在2022年最後一個季度，當疫情減退及復常後，大家開始恢復旅行時，與其他酒店一樣，The Salisbury一直面對人手不足的挑戰。我們通過與Christian Action合作，為其服侍的少數族裔提供工作機會。截至3月底，已有3名員工順利完成為期3個月的試用期，正式成為香港基督教青年會全職員工。讓我們介紹其中的Sultana。

In the last quarter of 2022, when the pandemic subsided and travelling began to resume, same as the other hotels, The Salisbury has been battling with understaff challenge. Partnered with Christian Action, job offers were made to its ethnic minority clients. By the end of March, 3 staff had successfully completed the 3-month probation and officially become YMCAHK full-time staff. Let's meet one of them, Sultana.

Sultana

1. 加入YMCA之前找工作有挑戰嗎？

由於我之前沒有工作經驗，在香港找工作對我來說很困難。另外，我遇到的前僱主對外籍同事的要求很高。

2. 你找工作多久了？你試過多少僱主？

找了一年左右的工作，疫情期間找工作好難。我嘗試了4個僱主，包括酒店餐廳的接待工作。

3. 你能描述一下得知YMCA的工作機會時的感受嗎？

當我知道獲青年會聘用時，我感到非常感恩。我覺得夢想成真了，因為我將在酒店業開始我的職業生涯。

4. 你為甚麼想在酒店行業工作？

酒店業是一個「人文產業」，讓我了解不同國家的人，了解他們的文化和習俗，比如中國客人喜歡雙人床，韓國年輕客人喜歡去香港等等，我喜歡和客人面對面交流。在YMCA，學習是無疆界的，因為酒店業務歡迎來自世界各地的客人。

5. 在YMCA工作最好的是甚麼？

絕對是我可以為客人服務。雖然我可能無法解決客人所有的問題和要求，但我很享受為不同客人、同事、不同文化的交流和過程。

6. 請與我們分享一次難忘的經歷。

值班期間的每一個案例都讓我難以忘懷。當我回想起1月20日時，我感到既緊張又興奮，因為那是我在The Salisbury的第一個工作日。這就像開學的第一天。

7. 你能分享一個例子嗎？或好或壞。

最近讓我印象深刻的個案是尖沙咀重建項目失火。那天晚上我在值班，因為擔心安全，所以有很多客人致電詢問火災情況。雖然我們都在擔心，但幸運的是，我們沒有受到影響。

8. 你想從這份工作中獲得/學到甚麼？為甚麼？

希望我能繼續學習，例如溝通技巧、客戶服務、時間管理、市場策略……這對我將來的發展有很大幫助。再次感謝YMCA給我機會，我很高興成為青年會的一員。



Sultana

1. *Was it a challenge to look for a job before joining the YMCA? If so, what were the challenges?*

It was difficult to get a job in Hong Kong for me as I have no prior working experience. Also, the previous employers who I have met are demanding to foreign worker.

2. *How long did you look for jobs? How many employers did you try?*

I was looking for a job around 1 year, it's so difficult to find a job amid the pandemic. I tried 4 employers including restaurant reception in a hotel.

3. *Could you describe your feeling when you knew about the working opportunity at the YMCA?*

When I knew that YMCA of Hong Kong will offer a job to me, I felt very blessed. I felt the dream has come true as I will be starting my career in the hospitality industry.

4. *Why do you want to work in the hospitality sector?*

Hospitality is a "human industry", allows me to learn about people from different countries, their culture and customs, like Chinese guests always prefer twin beds, many young Korean guests love to visit Hong Kong, etc. I enjoy communicating with guests in person. And here at YMCA, I can learn without boundaries since hotel business welcomes guests from all places.

5. *What is/are the best part(s) of working here?*

Definitely I am able to serve guests. Although I may be unable to solve all problems and requests from guests, I enjoyed the communication and process with different guests, co-workers with different cultures.



6. *Please share an unforgettable experience with us.*

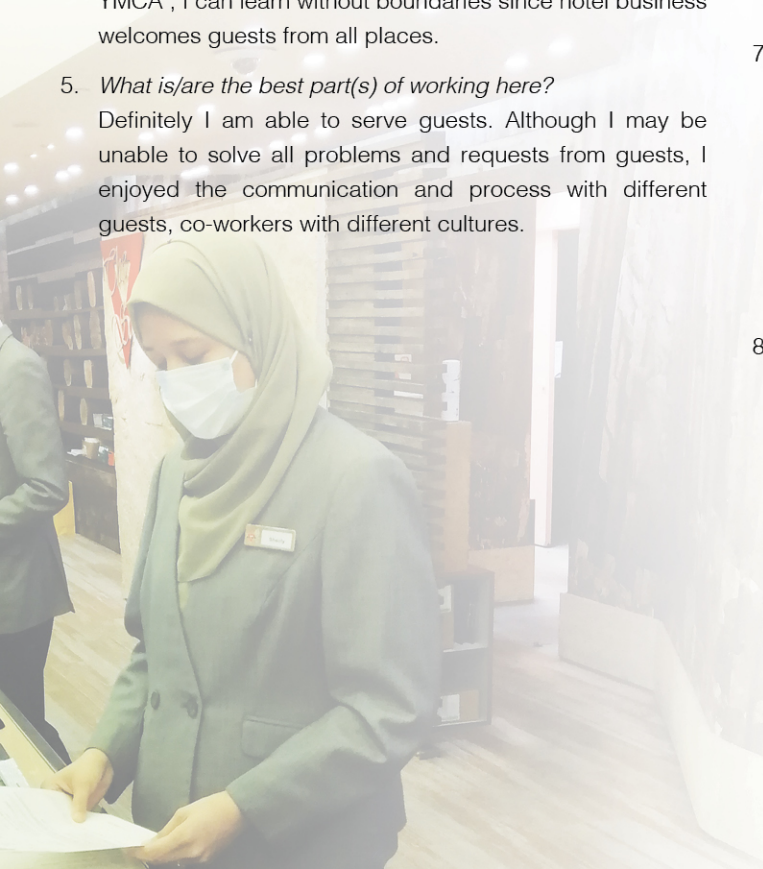
I find every case to be unforgettable, as each one is a reminder of the duty I have to fulfill. When I recall back on January 20, I felt nervous and excited as it was my first working day at The Salisbury. It's like first day of school.

7. *Can you share an example? Either good or bad.*

The most recent case that left a deep impression on me was the fire that broke out in the reconstruction building adjacent to the YMCA Headquarter. I was on duty that night, there are so many phone calls from guests asking about the fire as they were concerned about safety. While we were all worried as we are within the proximity, fortunately, we weren't affected.

8. *What do you want to achieve/learn from this job? Why?*

Hope I can keep on learning, for example communication skills, customer service, time management, marketing strategy..... It will help me a lot to build a better career opportunity in the future. Again, Thank you so much YMCA for giving me an opportunity and I am glad to be a part of the Association.





耶穌說：「要我為你作甚麼。」（馬可福音10:51）

對於一個盲人來說，這似乎是一個相當奇怪的問題。耶穌祇看不到這個人是瞎子嗎，祇認為他需要甚麼？

但是讓我們試著全面地看……

如果你讀馬可福音10:51之前的幾節經文，你會發現盲人是一大群人中之一。他聽到耶穌來了，就開始大喊。人群中不少人罵瞎子，叫他安靜，瞎子卻叫得更厲害了。最後，耶穌停下來，把瞎子叫到祂身邊。

噓！

人群回應了盲人的呼喊，叫他安靜。然而，這只會讓瞎子更大聲地喊。

他心裡清楚自己需要做甚麼，不會讓別人說的話阻止他。如果他決定聽從人群的聲音，不再向耶穌呼喊，他可能會失去恢復視力的機會。

這讓我想到一個問題……

我們是否經歷過 — 一個想法，情景或決定，因為害怕人群而阻止我們往前？祈禱被「別傻了，比利」的聲音壓制住了。

對我們來說，群眾可能是朋友、家人、醫生、陌生人，甚至是我們自己。這會在我們心中產生懷疑的連鎖反應，我們開始告訴自己：「這個祈禱太重了」、「這是不可能的」、「我要求這個是在浪費上帝的時間」、「這是一個壞主意」、「這永遠行不通」、「我不夠好」、「我以為我是誰在試圖這樣做？」、「我不值得這樣做」。

你認得這些嗎 — 我當然認得！

我能想到很多次我都讓嘲笑、尷尬、顯得渺小、毫無準備或不專業的風險阻止了我。

我要面對的最大人群是我，我自己和我……

其他人與此相關嗎？

說出來！

當我們在等著之際，我認為從盲人的角度來看這節經文是非常重要的，因為生命中的那段時間充滿了不確定性，我們非常脆弱。

許多群眾 — 世界、家庭、醫療專業人員、我們自己 — 會試圖讓我們對正在做的決定、正在做的事情保持沉默，認為我們反應過度，質疑我們處理情況的方式，或者判斷對悲傷和損失的反應。他們可能是好意，但最終它會在我們心中產生懷疑，我們不再向上帝大聲請求、相信並懷有希望。

相反，想像一下，如果我們像盲人那樣處理事情，生活會是甚麼樣子；如果我們不讓群眾熄滅我們的聲音。

因為正如經文告訴我們的，瞎子開口說話就復明了。那是大事啊！**他知道如果他決定聽從群眾的意見而不是對耶穌大喊大叫，那將有甚麼危險。**

他願意冒著被嘲笑（甚至更糟）的風險，希望被耶穌治愈……**大聲說出來。**

大聲說出來可能是為了你的健康、工作或婚姻。儘管沒有任何變化，也許多年來重複同樣的祈禱請求。對於某些人來說，這是在選擇自己的健康和幸福而不是他人。

YMCA會員們，我想建議我們像盲人一樣。冒這個險，大聲說出來。我們生活中會有很多人想嘗試讓我們禁聲。當我們大聲疾呼而其他人沒有時，人們會感到不自在並且不喜歡。如果人群開始噓你，請大聲說話。敢於冒險，因為你知道在你的生命中甚麼重要。

我們作為港青，期望當耶穌對我們說：「你要我為你作甚麼」時會有答案。

冒險嘗試，因為你知道你會得著甚麼。相信、並像盲人一樣有信心，在人群中大聲疾呼是值得的。



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

And Jesus said to him, “What do you want me to do for you?” (Mark 10:51a)

This seems a rather bizarre question to ask a man who is blind. Jesus can't see this man is blind, what do you think he needs?

But let's try to put it into context.....

If you read a few verses before Mark 10:51, you'll find that the blind man was part of a large crowd. He heard Jesus was coming and began shouting. Many in the crowd scolded the blind man, telling him to be quiet, but the blind man began shouting even more. Eventually, Jesus stops and calls the blind man to him.

Ssshh!

The crowd had responded to the blind man's shouts by telling him to be quiet. And yet, this only made the blind man shout even louder.

He knew in his heart what he needed to do and didn't let what others were saying put him off. If he decided to listen to the crowd and stop shouting for Jesus, he might probably lose the opportunity to have his eyesight restored.

This leads me to a question.....

Do we experience this – an idea, situation or decision that the fear of the crowd stops us from running with? A prayer that is silenced by the voice that says 'don't be silly, Billy'.

For us that crowd could be friends, family, doctors, strangers, even ourselves. This creates a chain reaction of doubt in our hearts and we start telling ourselves things like: 'It's too big a prayer'. 'This is impossible'. 'I'm wasting God's time by asking for this'. 'This is a bad idea'. 'It will never work'. 'I'm not good enough'. 'Who do I think I am trying to do this?' 'I don't deserve this'.

Do you recognise these- I certainly do!

I can think of many times I've allowed the risk of ridicule, embarrassment, looking small, unprepared or unprofessional stop me.

The biggest crowd I'm up against is me, myself and I.....

Can anyone else relate to this?

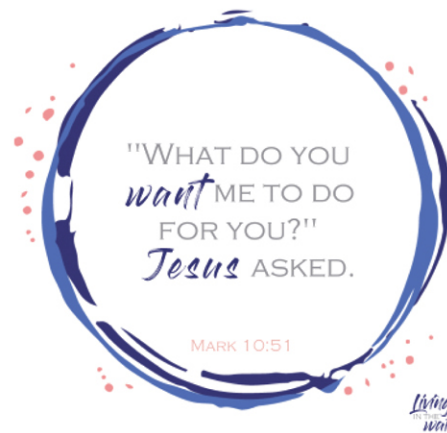
Speak up!

I think this verse from the blind man's perspective is so important while we're waiting because that time in life is full of uncertainty and we're extremely vulnerable.

Many crowds – the world, family, medical professionals, ourselves – will try to silence us about a decision we're making, a procedure we're doing, think we're overreacting, question the way we're handling situations, or judge our reaction to grief and loss. They might mean well, but ultimately it creates doubt in our hearts and we stop shouting our requests to God, believing and having hope.

Imagine instead, what life would look like if we approached things the way the blind man did; if we didn't let the crowd mute our voice.

Because as the verse tells us, the blind man spoke up and received his sight. That's huge! **He knew what was at stake if he decided to listen to the crowd instead of shouting at Jesus.**



He was willing to risk ridicule (maybe even worse) in hopes of being healed by Jesus.....**Speak Up.**

Speaking up could be advocating for your health, job or marriage. Maybe it's repeating the same prayer request for years on end, despite any changes. For some, it's choosing your health and well-being over others.

YMCA members, I want to suggest that we be like the blind man. Take that risk and speak up. There are going to be many people in our lives that want to try and sssshh us. When we speak up and no one else is, people get uncomfortable and they don't like it. If the crowd starts sshhing you, speak even louder. Take the risk because you know what's at stake for your life.

May we as the YMCA go Hong Kong have an answer when Jesus says to us: "What do you want me to do for you?"

Risk trying because you know what you stand to gain. Believe in that and trust like the blind man that it's worth speaking up over the crowd for.

YMCA歡迎世界基督教青年會協會會長Soheila Hayek於2023年3月17日到訪
YMCA of Hong Kong Welcomes the President of World YMCA Ms. Soheila Hayek on March 17, 2023





港青基信國際幼稚園30周年開放日 CIKG 30th Anniversary Open Day

港青基信國際幼稚園於2023年4月1日舉辦了30周年開放日，當天有超過250個家庭帶著愛一同參與我們的慶祝活動。整所學校都被既浪漫又溫馨的粉紅色籠罩著，其中有不少來賓穿起是次活動的主題顏色服飾——粉紅色，來表達對我們的支持。

為了讓各位家長和小朋友帶來愉快和難忘的體驗，港青基信國際幼稚園為他們準備了各式各樣的精彩活動，包括手工、感官遊戲、音樂律動、故事時間和室內攀岩。除此以外，參加者可於平台花園裡參與Art Jamming，享受寧靜和放鬆的時光，並在美麗的環境中展現自己的創造力。

回顧過去30年，我們懷著感激之情，感謝社區對我們的支持。開放日為標誌著港青基信國際幼稚園一個重要里程碑和小小的成就，為大家留下了一個珍貴的回憶。

當開放日落幕時，我們充滿著喜悅和滿足，感激所有人與我們一起創造了許多美好的回憶，我們期待著未來旅程仍得到大家的支持。我們會繼續履行我們的使命，為孩子提供優質的教育。再次感謝所有大朋友和小朋友出席是次30周年開放日，一同參與我們的慶祝活動。



On April 1, 2023, we celebrated the 30th anniversary of our kindergarten with an open day that was filled with love, support and happiness. We were overjoyed and heart-warming to welcome more than 250 families to show their support by dressing in pink, which was the colour of our anniversary theme. The sea of pink that filled our kindergarten was a testament to the strong bond that we have shared with our families over the years.

The open day was packed with a variety of fun activities that kept our little guests entertained throughout the morning. They had a great time engaging in art and craft, sensory play, music and movement, storytelling and rock climbing activities. Meanwhile, our parents enjoyed watching the children's fun activities and were also able to indulge in some serene and relaxed time art jamming at the podium garden, where they could express their creativity while basking in the beautiful surroundings.

Looking back on the last 30 years, we are filled with a deep sense of pride and gratitude for all the support that we have received from our community. The Open Day was an event to cherish and a reflection of the milestones and achievements that our kindergarten has attained.

As the open day came to a close, we felt a sense of joy and contentment, were grateful for the many memories that we had created together and excited for the journey ahead. We look forward to continuing our mission of providing exceptional care and education to generations of children to come. Thank you for being a part of our kindergarten's journey and for making the 30th anniversary open day such a special event.



港青基信國際幼稚園復活節慶祝活動 CIKG Easter Celebration

復活節是紀念耶穌為我們釘在十字架死而復活的事蹟，每當我們經過YMCA Atrium的十字架就會令我們回想起耶穌為我們所作的犧牲。

在復活節慶祝活動上，我們的孩子站在十字架前獻唱了兩首詩歌，提醒我們復活節的真正意義和紀念上帝對我們無盡的愛。孩子們的天籟之音充滿了整個YMCA，傳達了希望和救贖的信息，為大家帶來和平與喜悅。

這是一個動人心弦的時刻，提醒我們復活節背後的意義和耶穌為救贖我們所作的犧牲。

Our Easter celebration was a beautiful and touching event that left an indelible impression on all those who attended. Our kindergarten children were the stars of the show, as they performed a moving tribute to God's sacrifice at the Atrium.

Standing before the big cross, our little ones sang two songs that reminded us of the true meaning of Easter and the immense love that God has for us. Their angelic voices filled the room with a sense of peace and joy, as they conveyed the message of hope and redemption that lies at the heart of this holy season.

It was a moment that touched the hearts of all those who were present, as we were reminded of the profound significance of Easter and the sacrifice that was made for us. Our kindergarten children did an outstanding job in capturing the spirit of the occasion, and we are proud of them for their dedication and hard work.



港青基信幼兒學校（農圃道）愛心復活節

YMCA of Hong Kong Christian Nursery School (Farm Road) Spreading Love in Easter

港青基信幼兒學校（農圃道）的學生和家長在復活節期間一起走到學校所在的社區，藉著派發復活蛋與學生自製的心意咭，與鄰舍分享復活節的喜樂與盼望。活動中，學生及家長義工投入參與，將愛與祝福帶進土瓜灣社區，冀盼區內的鄰舍也能感受到耶穌基督的愛。



In order to celebrate the joy and hope of Easter brought by Jesus, children and parents of YMCA of Hong Kong Christian Nursery School (Farm Road) reached out to the local community by distributing Easter eggs and students' self-made message cards. Our students and parent volunteers were fully engaged to bring love and blessing to the community in To Kwa Wan, and hope they would feel the love of Jesus Christ.

港青運動試玩日2023 YMCA Sports Trial Day 2023

為了提倡運動普及化，並提升社區及大眾對運動的興趣，期望他們在港青持續學習及訓練，港青運動試玩日於5月1日提供超過10項運動予兒童及青少年試玩，包括足球、籃球、羽毛球、劍擊、空手道等運動，共吸引超過200人次參加。活動更通過介紹港青運動隊伍的基督教價值：尊重、韌性、責任、健康、關懷及誠實，助參加者建立正向的生命價值觀。



YMCA Sports Trial Day was successfully held on May 1 to promote sports in the community and enhance the interest in sport among members of the general public. Trial sessions for more than 10 sports including soccer, basketball, badminton, fencing and karate were held for children and teenagers. A total of over 200 visitors came for the event, and we look forward to their continuous learning and training at YMCA. We also hope to foster positive values in life by introducing the 6 Christian Values of Sports Teams: Respect, Resilience, Responsibility, Well-Being, Caring and Honesty.

Boundless 學術研討會 2 Boundless Academic Exploration 2

繼第一節學術研討會介紹大學不同的學科後，Boundless於2月26日舉行第二節學術研討會。活動邀請了不同界別的专业人士如法律、初創企業及教育，除了向同學分享行業的工作環境、職涯規劃及可能面對的挑戰，他們亦分享了應如何為踏上每一個專業或職業道路上裝備自己。同學均表示於分享中獲益良多，亦對選擇未來升學路徑有了更深的把握。

Further to the first Academic Exploration Day when different university disciplines were introduced, Bondless held the second Academic Exploration Day on February 26 when different practitioners in law, start-up companies and education were invited to share their experiences. Besides working environment, career path and potential challenges, they also shared how students could better equip themselves for each of the professions/career paths. Students expressed learning a lot from the sharing and having better grasp on choosing their future study paths.



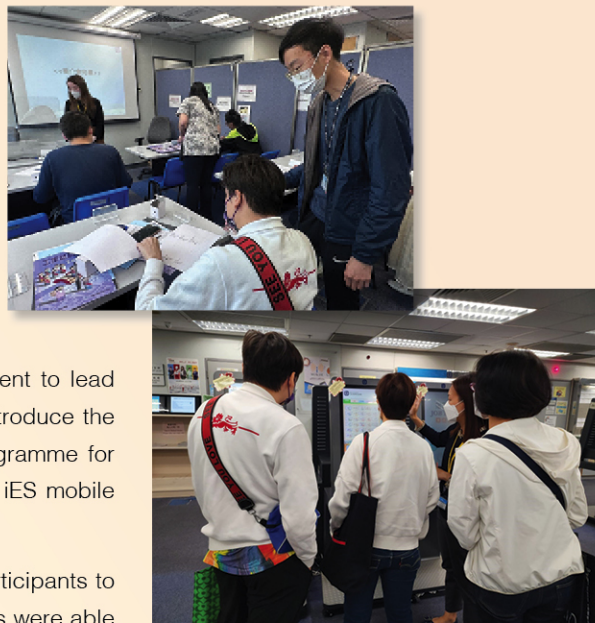
長沙灣中心就業資訊日 Cheung Sha Wan Centre Employment Briefing

長沙灣中心與勞工處合作，於3月15日讓7位就業支援服務參加者到西九龍就業中心出席就業講座，為他們介紹就業中心提供的服務，如工作試驗計劃、中高齡就業計劃等。同時亦教導參加者使用勞工處求職應用程式及參觀中心。

講座結束後，現場設有招聘會可讓參加者即場申請工作及面試。透過今次活動，讓參加者了解勞工處的服務及認識多一個求職途徑。

On March 15, Cheung Sha Wan Centre collaborated with Labour Department to lead 7 participants to an employment briefing at Kowloon West Job Centre, to introduce the services they provided, including Work Trial Scheme and Employment Programme for the elderly and middle-aged clients. They were also taught how to use the iES mobile application and given a tour of the centre.

Following the Employment Briefing, there was an on-site job fair allowing participants to apply for jobs and have interview on the spot. Through the event, participants were able to learn more about the services provided by the Labour Department and get to know one more job search channel.



勞工權益知多D — 少數族裔 Labour Right Talk — Ethnic Minorities

今年2月，長沙灣中心與天主教香港教區牧民中心合作，為少數族裔舉行勞工權益講座，講解勞工法例的知識和權益，例如勞工假期、合約等。共有10位參加者參加，她們有的正在求職，也有做兼職的婦女。現場有安排巴基斯坦裔註冊社工和尼泊爾裔工作人員作現場翻譯，參加者都認真聆聽，講座完結後亦有提問。

我們期望此講座可以提高他們對自身權益認識，幫助他們投身職場，自力更生。

The Catholic Diocesan Pastoral Centre for Workers organised a talk on labour right for the ethnic minorities at Cheung Sha Wan Centre in February. The talk introduced Hong Kong's labour laws and rights, to help increase participants' understanding of laws, and prevent them from being exploited. There were 10 participants, including job seekers and those on part-time

jobs. There were also Pakistani registered social workers and Nepalese staff as translators on site. All the participants listened attentively, and some of them raised questions after the talk.

We hope all participants are aware of their own rights, and be encouraged to join the workforce and be self-reliant.



海外家務助理部 — 第28屆年度畢業典禮 Domestic Helper Unit — 28th Annual Graduation Ceremony

受疫情影響3年後，海外家務助理部終於在今年的5月1日成功舉辦一年一度的畢業典禮。有別於以往在年初三舉辦畢業典禮，為配合本地開關和疫情防控措施，是次典禮稍延至5月，讓身處國外的學生亦能回來參加這場闊別3年的盛事。雖然過往3年受疫情影響未能舉辦畢業典禮，但海外家務助理部的大部分課程仍然如常進行，過往兩屆，不少畢業的學生都因為沒有畢業典禮而遺憾。因此，是次我們特別安排2019-2022年度的畢業生聚首一堂，一同領獎，讓她們親身體驗在畢業典禮台上領獎的喜悅。

是次畢業典禮的主題為“Go Beyond, Get Connected”，喻意為後疫情時代打開新的一頁，向前邁出新的一步。因為疫情，不少外傭在過往3年無法回國或者出國發展，但她們選擇在YMCA的海外家務助理部進修，獲得了進階知識和技能，現在正是她們利用這3年累積的經驗和技能，去發展自己的事業和夢想的時候。因此，畢業典禮以“A Million Dreams”為終曲，寄意眾畢業生去追尋自己的理想。

共130名畢業生及250名嘉賓參與了是次典禮，其中62名畢業生更獲得特別獎項，包括最高參與獎、電腦及美容特別組別證書、蒙特梭利證書等等。她們除獲得了特別證書及紀念相架外，更獲得了嘉許獎牌。此外，我們特別邀請了5組表演嘉賓，演出不同種類的歌曲及舞蹈，包括傳統的印尼和菲律賓歌舞，學生們都樂在其中。典禮以陣容龐大的大合照、祈禱及祝福作結。

After three years of being affected by the epidemic, Domestic Helper (DH) Unit finally held its 28th Annual Graduation Ceremony on May 1. Unlike the previous graduation ceremony held on the third day of the Lunar New Year, the ceremony was postponed to May which allow students from overseas to attend the ceremony in person. Although graduation ceremonies were not held in the past three years due to the epidemic, most of our courses were held as usual and many students who graduated in the previous two years regretted for not having the graduation ceremonies. Therefore, we have invited the 2019-2022 graduates to attend the ceremony so that they can experience the joy of receiving their awards.

Themed 'Go Beyond, Get Connected', the 28th Graduation Ceremony means to turn a new page in the post-pandemic



era and take a new step forward. Many DHs were unable to return to their home countries or go abroad over the years due to the epidemic. However, they have chosen to study at the YMCA DH programme, gaining advanced knowledge and skills, and now it is time for them to use the accumulated experience and skills to develop their own careers and dreams. For this reason, we have chosen 'A Million Dreams' as the closing song for the graduation ceremony, an encouragement to all graduates to pursue their dreams.

A total of 130 graduates and 250 guests attended the ceremony. 62 of the graduates received special recognition, including Loyalty Award, Group Certificate in Computer and Beauty, and Montessori Teaching Diploma, etc. In addition to the special certificates and photo frames, they were also awarded medals as special appreciation. Besides, five groups of guest performers were invited to perform a variety of songs and dances, including traditional Indonesian and Filipino songs and dances. Students and guests enjoyed the shows together. The ceremony was closed with a spectacular group photo, prayer and blessing.



「傲翔新世代」全方位青年領袖訓練計劃開幕典禮 Youth Leadership Development Opening

第23屆「傲翔新世代」全方位青年領袖訓練計劃於1月8日舉行開幕典禮。今屆共有12間學校合共96名同學參與。開幕禮中除了向同學介紹未來的活動外，港青會員及社區服務部單芷筠高級總監亦於開幕時以四個「C」：Confidence（自信），Courage（勇氣），Commitment（歸屬感）及Character（性格），勉勵同學於未來計劃中投入參與。開幕禮亦邀請了上屆專題研習冠軍的得獎同學分享心得及經驗，大嶼文化工作室的負責人三秒及小燕也分享他們於大嶼山文化保育的經驗，讓同學對今年專題研習主題「保舊創新」有更多的認識並能順利地完成。

This year, the 23rd Youth Leadership Development Scheme opening ceremony was held on January 8, with a total of 96 students from 12 schools participated. In the ceremony, besides upcoming activities, Vivian Shan, Senior Director of the Member and Community Services, introduced the core pillars of 4 "C"s — Confidence, Courage, Commitment and Character, to encourage students to actively participate in the programme.

During the ceremony, the school project champion from last year was invited to share their experiences. Samuel and Siuyin, Directors of the Lantau Culture Workshop were invited to share their experience in cultural conservation on Lantau Island. All students have a better understanding on the focus of this year's school project about preservation and innovation, and what it takes for the project to be successful.

A-Life生態遊 A-Life Eco Tour

為了讓同學了解及反思生態及本地文化保育的重要性，A-Life的舊生會於2月4日在大澳舉行了生態遊活動，帶領參加者參觀紅樹林及風水林，了解生態多樣性的重要性以及對香港環境和生態的影響。活動中亦參觀了一些歷史遺跡，包括了侯王廟、鹽田及棚屋等，舊生向同學講述了一些相關的有趣歷史及文化，例如侯王誕的由來以及鹽田是如何形成。

To enhance students' awareness of the importance of ecological and local cultural conservation, an Eco Tour to Tai O was held on February 4 organized by the alumni of A-Life. Visiting different habitats were included, such as mangroves and feng shui forests. It allowed participants to be exposed to the importance of biodiversity and its impact on Hong Kong's environment and ecology. The tour also visited historical sites such as Hau Wong Temple, salt pans and stilt houses, where alumni provided interesting historical and cultural facts to the students, such as the birth of Hau Wong and the formation of salt pans.



「計」住去宿營 (兒童發展基金) Camp-culation (Child Development Fund)

港青獲社署資助，營辦第8批兒童發展基金，旨在促進弱勢社群兒童的長遠發展，鼓勵兒童規劃人生、學習資源管理和養成儲蓄習慣，從而減少跨代貧窮。

長沙灣中心於2月25及26日舉辦了「計」住去宿營，共10位同學參加。

活動分兩個環節，在城市追蹤環節內，同學分組在有限時間內選擇並完成任務，從而獲得指定資源。而在宿營環節，每個組別會根據活動獲得的資源，分配得指定金額用作採購晚上及早上之食材。同學亦需要在預算表上寫下採購的物品，學會在有限的預算內合理安排需要及想要的事物。同學還自發地合作在不同商店內進行格價及比較食材質素，為建立正確的金錢觀打下良好根基。

透過是次活動，學童除了學習到如何合適地管理和有效地運用自己有限的資源和金錢，更透過自行商討分工，展現自己提升了團隊溝通技巧和自立能力。

Funded by the Social Welfare Department, the YMCA 8th Batch Child Development Fund aims to alleviate inter-generational poverty support through supporting long-term development of children from a disadvantaged background.

10 students joined the overnight camp activity held on February 25-26. Students teamed up to complete their selected tasks to earn “resources”, which became budget for preparing their own meals over the next day. To allow students to think positively about resource management, they were taught to budget for menu and food items needed, and reasonably chosen the necessary items, which were categorised by ‘need’ and ‘want’. They also took the initiative to conduct price comparison.

Through the project, students have not only learnt how to manage and utilise finite resources, but also improved their communications skills and developed team spirit by cooperating with each other with different roles and responsibilities.



長者義剪 Free haircuts for the Elderly

自去年12月開始，我們的義工每月聚首一堂，為東涌的長者免費理髮，約30位長者受惠。活動總是很受歡迎，當天上午，充滿期待的長者們一早排隊等候。義工們不單免費理髮，也提供造型建議，並與長者傾談。理髮後，長者們都帶著煥然一新的形象及微笑離開。

Since last December, our volunteers offered monthly free haircut service to the elderly who are living in Tung Chung and about 30 elderly benefited from it. Volunteers not only give free haircut, but also

offer styling tips, and most of all, lend a listening ear to those needing companionship. The event is always well-attended. The elders left with a refreshed image and a smiling face.





基信學校農曆新年活動 CNY Activities at Christian School

為慶祝農曆新年，學校特為同學們安排了舞獅表演和中國傳統的變臉表演，而高年級同學還製作了不少新年的遊戲攤位，讓全校學生玩樂。各個級別亦透過一系列的節慶勞作來慶祝，例如製作立體的舞龍、兔年福袋、虎頭帽還有紙燈籠彩繪等等。所有迎接兔年的活動都豐富多彩，為學生帶來美好的學習體驗。

Our school celebrated Chinese New Year in style! Students enjoyed a lion dance, face-changing performance, and game booths organised by senior students. Each class participated in a range of activities including 3D Dragon DIY, Dragon Dance, Lucky Bag DIY, Tiger Hat DIY, Lion Bag DIY, and Paper Lantern Painting. These hands-on experiences provided a fun way to learn about the culture. The event was colourful, exciting, and a great way to welcome the Year of the Rabbit!



基信學校行善週活動 Kindness Week at Christian School

在今年的行善週中，我校秉承了仁慈的精神，鼓勵學生完成一項分為5部份的行善挑戰，目標是讓同學透過學校這個小社區，積極地散播正面、仁慈和同理心。當中，學校的社區服務計劃也安排了衣物捐贈活動，並將所得善款，捐贈致名為REDRESS的註冊慈善機構 (<https://www.redress.com.hk/>) 希望我們的努力能夠激發更多善舉，促進同理心，並對世界產生積極影響。

To embrace the spirit of kindness and to spread positivity, compassion, and empathy to the community, Christian School hosted a five-part challenge for students to complete at home and school during Kindness Week 2023. As part of our community service programme, we organised a clothing collection drive. All donations were sent to REDRESS (www.redress.com.hk), a registered charity organization that supports people in need. We hope that our collective efforts will inspire more acts of kindness, promote empathy, and make a positive impact on the world around us.



基信學校第3屆陸運會暨運動日 The 3rd Athletics Meet and Sports Day — Christian School

於2023年3月10日，星期五，我們舉辦了第3屆陸運會暨運動日。同學們享受著美好的天氣，同時，他們亦從各項運動中學習到體育精神。Key Stage 1的家長們也參與了親子活動。當天，我們十分榮幸邀請到何慶濂校監和港青基信書院的盧裕敏校長頒獎。恭喜所有參賽者和獲獎者！這真是一個體驗到團隊、凝聚和慶祝的一天。感謝大家的熱情和體育精神，我們期待在未來舉辦更多這樣的活動。

March 10, 2023 was an incredible day for our school - we held our 3rd ever Athletics Meet and Sports Day! Students learned about sportsmanship while enjoying beautiful weather. Parents participated in Key Stage 1 Parent-Child events. We were honoured to have Mr. Peter Ho, School Supervisor, and Ms. Diana Lo, Principal of YHKCC, present prizes to the winners. Congratulations to all participants! It was a day of community, togetherness, and celebration. We thank everyone for their enthusiasm and sportsmanship, and we look forward to more events like this in the future.



香港大學牙醫學院及香港賽馬會遴選會員到訪 Visit of HKU Faculty of Dentistry and HKJC Board Members

香港大學牙醫學院及香港賽馬會遴選會員於5月19日到訪港青基信幼稚園（啟晴），了解「賽馬會幼童健齒計劃」的運作情況。當天香港賽馬會遴選會員除了視察牙醫團隊細心地替學生檢查牙齒外，還到各課室與學生分享護齒心得，更與校長、老師及家長交流，包括計劃的成效及對學童的神益。衷心感謝各嘉賓的到訪及香港大學牙醫團隊為本校學生進行口腔檢查。

The Faculty of Dentistry at the University of Hong Kong and Board Members of the Hong Kong Jockey Club visited YMCA of Hong Kong Christian Kindergarten (Kai Ching) on May 19 to learn about the operation of the 'Jockey Club Oral Health Project'. Visitors inspected how the dental team carefully conducted oral examination for the students, visited classrooms to share with students about the importance of dental care. A meeting was also held with principals, teachers and parents including how the project's progress and how it benefits the students. We are grateful for the dental team of the University of Hong Kong for conducting oral examinations on our students.



基信學校10週年壁畫開幕 Unveiling of SWYHKCS 10th Anniversary Mural

於本年4月4日，我校為10週年壁畫舉行了簡單而難忘的開幕儀式，並由校監何慶濂先生、校董方麗麗女士和署理校長陳何惠敏女士主禮。該馬賽克壁畫的靈感來自學校經訓——約翰福音10章10節，當中亦包含了三信班陳星卓同學於10週年壁畫設計比賽中的獲獎作品。

On April 4, Christian School was honoured to have Mr. Peter Ho, SWYHKCS School Supervisor, Ms. Lily Fong, Management Committee Member, and Mrs. Cathy Chan, Acting Principal, as the officiating guests for the 10th Anniversary Mural. The mosaic draws inspiration from the School Scripture John 10:10, featuring a winning design of the 10th Anniversary Mural Design Competition by Sangel Chan of 3 Faith Class.





港青基信書院運動會2023 YHKCC Sports Day 2023

港青基信書院運動會於3月13及14日順利舉行。舒爽天氣正好適合戶外競賽，經歷3年停辦後師生們都顯得雀躍興奮。

今屆學生們表現出色，共打破11項學校紀錄，而共158項紀錄達到香港學界體育聯會標準。分社與學科隊伍皆展示通力合作和團隊精神，看台上觀眾則熱熾打氣鼓勵。

一眾師生排列成「YHKCC 20」拍照慶祝書院成立20周年。運動會在學生全情投入及老師和職員的共同協作下順利舉行，學生們也度過了歡樂愉快的一天。

After three years of suspension, the 17th YHKCC Annual Sports Day was finally resumed, and held on the March 13-14 at the Tsing Yi Sports Ground. The crisp weather was a perfect atmosphere for outdoor athletic and field events.

We were proud to see the huge potential and achievements of our YHKCC students. 11 school records were broken, and 158 records met the Hong Kong Schools Sports Federation standards. Houses and teams demonstrated impressive cooperation and team spirit, and cheering from spectators gave great support and encouragement to all those took part in the competition.

We also celebrated 20th Anniversary of the school by taking a “YHKCC 20” photo on the Sports Ground with all students and staff. Sports Day was a great success with students’ enthusiastic participation and collaboration of teachers and staff.



EVENTS IN JAN - MAR, 2023



Jan 18

Kumon HK 2023
香港公民願景講座



Jan 27

HK Film Arts Association 2023 Spring Dinner
香港電影美術學會 - 2023 春茗晚宴



Feb 6

Hong Kong Ajisen Co., Ltd.'s Annual Dinner
味千集團週年聯歡晚會2023



Mar 17

Welcome Lunch for the World YMCA President - Soheila Hayek



Mar 15

Customs and Excise Department - Seminar - Trade Single Window Phase 2
香港海關 - 貿易單一窗口計劃第二階段研討會



Mar 24

National Security Education Centre
國家安全教育中心 國家安全教育課程簡介會



Mar 28

The Agriculture, Fisheries and Conservation Department - Briefing on Funding Enhancement and Experience Sharing Session
漁農自然護理署 - 漁業持續發展基金 優化簡介及成果分享會



The Salisbury - YMCA of Hong Kong

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Wedding Ceremony Packages



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Special Offer For YMCA Members : Extend 1 hour Beverage Package





ARTHOOD正式啟動 Launch of ARTHOOD

“ARTHOOD”是港青藝術空間The DOOOR的全新藝術寄賣商店。目的是支持一班本地藝術創作人追夢，建立一個凝聚藝術創作人的小社區，提供展出機會和平台讓他們發熱發亮。參加者不限於手工藝創作人、設計師、多媒體製作人和創意工作者。公眾可以通過購買和關注我們最新的資訊來支持當地藝術創作。



ARTHOOD中的3個O是延續The DOOOR最初的使命和願景。同時亦代表著機會、聯繫和曝光。我們為本地藝術創作人提供嘗試和成長的機會及透過我們的資源協助他們發展，更讓參加者與不同的藝術創作人聯繫，交流和合作，同時透過The DOOOR向大眾展示他們的成果。

ARTHOOD於4月初已正式啟動，並獲20名本地藝術創作人報名參加。在The DOOOR團隊與每一位藝術創作人面談，以了解他們的創意理念和品牌故事後，最終14名本地藝術創作人成功成為ARTHOOD計劃的第一期成員。我們希望透過計劃支持本地藝術市場，讓藝術融入社區。最重要的是讓參加者可觸及更多元的人群，幫助他們有更長遠的發展。我們誠邀你到訪The DOOOR欣賞他們的作品，一同支持本地藝術家及繼續留意我們的最新發展。

“ARTHOOD” is an Art Consignment Store Project (“Project”) of The DOOOR. It is a platform to gather local artists and exhibit their art pieces; a place for them to shine, and a tiny community for artists to pursue their dreams and create an impact in our beloved city. Our talents are from diverse fields, ranging from handicraftsmen, designers, multi-media producers to creative workers. Communities can support local artists by purchasing and following our latest exhibition news.

To align with the 3Os of The DOOOR, ARTHOOD includes 3Os in the name, which matches the original mission and vision of The DOOOR. Furthermore, they represent Opportunities, cOnnection, and expOsure. We provide chances and resources for local artists to try and grow, and for them to connect with different artists and showcase their fruitful efforts to the public.

Since the launch of the Project in early April, 20 local artists have applied to be showcased. Following discussions with every creative and talented artist to gain insight into their creative ideas and branding stories, 14 of them have successfully become our Phase 1 project fellows. The Project is here to support local art market and integrate art into the community, as much as helping fellow artists to reach out to more diverse groups and support their long-term development. You are invited to visit and stay tuned with The DOOOR’s latest updates ; there is more art to come.





YMCA of Hong Kong Christian College

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F.3

F.4

F.5 DSE

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- ◆ A Fee Remission Scheme is provided for those who are currently recipients of the related CSSA or Textbook Assistance Scheme

Application forms are available on the school website www.yhkcc.edu.hk/en/content.php?wid=53

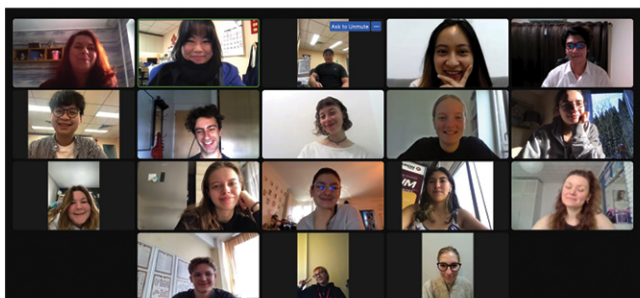
For enquiries, please contact Ms. Bonnie Shing or Ms. Cherry Chen by E-mail at bonnie.shing@yhkcc.edu.hk or cherry.chen@yhkcc.edu.hk, or by telephone on 2988 2024 or 2988 2023 respectively.



日營領袖國際交流計劃 Camping International Staff Programme

我們非常高興今年即將重啟深受歡迎的青年領袖國際交流計劃。為製造一個互相學習的機會，同時也促進各國的文化交流，達致與海外YMCA團結一致，日營部將邀請來自世界各地，包括阿根廷、白俄羅斯、法國、泰國、烏克蘭和不丹的青年領袖，舉辦、帶領並體驗夏令營活動。

其中最令人興奮的，就是安排了一個專為文化交流而度身訂做的夏令營，讓小朋友扮演導遊的角色，展示香港的著名景點，而國際青年領袖也將向小朋友展示他們國家的獨特文化，包括美食、歌曲和舞蹈。我們非常期待與海外YMCA建立更緊密聯繫，並祈望此計劃成為常規的活動。



We are thrilled to announce the relaunch of our International Staff Programme this year! To foster a platform for mutual learning and facilitate cultural exchange between different YMCA nations, and in line with the YMCA's global solidarity, the camping section will invite young leaders from around the world, including Argentina, Belarus, France, Thailand, Ukraine, and Bhutan, to organize, lead, and participate in the camp.

One of the most exciting features is a customized summer camp designed specifically for cultural exchange, where children will act as tour guides and showcase Hong Kong's famous landmarks, while our international camp leaders will demonstrate their countries' unique cultures to the children, including cuisine, music, and dance. We are excited to establish stronger ties with international YMCAs and hope that this programme will become a regular activity.

YMCA of Hong Kong Christian Nursery School (Farm Road)
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Roselyn 港青讓我的夢想成真！ YMCA made my dream come true!



在港青完成電腦及簿記課程後，Roselyn自2018年開始成為港青的義工。「我在課程中有許多得着，希望可以回饋港青；同時我亦希望為子女及孫兒樹立榜樣。」

作為單親母親的Roselyn，於2010來港成為家傭，供養家鄉的3名孩子。現時長女已結婚並育有3名孩子，次子剛大學畢業，么兒仍在就讀中學。「我希望他們看到母親/外祖母的堅強，不單養育他們長大、完成學業，也能幫助社區有需要的人。」

週一至週五接送僱主女兒放學前，她有一個半小時的自由時間，她沒有選擇到處閒逛，而到港青協助海外家務助理組的同事預備烘焙班材料。週日，她義務在櫃台協助查詢及課程報名事宜。她感到日子過得非常充實。「我隻身來香港，在港青結識了許多朋友。我很享受與朋友在這裏相聚，港青就像是我的家。」

除了結識朋友，對Roselyn來說，在港青服務5年最大的獎勵是2019年畢業禮的服裝表演。「年幼時，我經常看見商場裏的穿著漂亮裙子的銷售員，自此我有一個夢想，便是向公眾展示我親手縫製的裙子。當課程主管Parni着我籌備及參加服裝表演時，我的夢想成真了。」2019年的畢業禮上，Roselyn及製衣班學員各自展示自製的裙子，是當年的重點項目。「未來我會盡己所能服務港青。」她回以燦爛的笑容。

Roselyn Alcaraz has volunteered for the YMCA of Hong Kong since 2018, after she finished the computer, bookkeeping and dressmaking courses at the YMCAHK. "I want to give back to the YMCA as I have learnt a lot from the courses; I also want to be a role model of my children and grandchildren."

As a single mother of 3 children, Roselyn moved to Hong Kong in 2010 and worked as a domestic helper to support her family. Now her eldest daughter is married with 3 children; the second son has just graduated from university; and the youngest son is

still studying in secondary school. "I want to show them that their mother/grandmother is a strong lady, not only raise them and support their education, I can also help others in the community."

During a normal weekday, she is able to spare 1.5 hours in the afternoon before picking up her employer's daughter from school. Instead of roaming without purpose, she would visit the YMCAHK and help the Domestic Helper Unit Officer to prepare ingredients for the upcoming baking course. On Sundays,

she volunteers at the counter to handle enquiries and course registration. She finds her life very fulfilling. "I came to Hong Kong alone, yet I have made many friends at the YMCA. I enjoy spending time with my friends here. YMCA is just like my home."

Besides making many friends, the biggest reward for Roselyn's 5-year volunteering at the YMCAHK was the fashion show in the Domestic Helper Graduation Ceremony in 2019. "When I was a child, I used to see the sales ladies wearing beautiful dresses in the shopping mall, and since then, I had dreamt of making beautiful dresses, wearing and showing them in public. When Ms. Parni, the programme's in-charge asked me to organise a fashion show and take part in it, I felt like my dream had come true." All students from the dressmaking class showcased their self-made dresses in the fashion show, which was the highlight of the 2019 graduation ceremony. "I will continue to give my best to serving the YMCA folks." She said with a beaming smile.





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