

VOICES

港青之聲

Jun 2024

“Be strong and take heart, all you hope in the Lord.”

「凡仰望耶和華的人、你們都要壯膽、堅固你們的心。」

詩篇 Psalm 31:24

Meaningful
work

Sustainable
planet

Just world

Community
wellbeing



VISION
2030

THE HAVEN
再臨閣

DISCOVER
THE THAI TASTE
泰滋味
自助晚餐



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主題 Theme

YMCA Vision 2030
青年會2030願景



港青之聲 Y's Voices

香港基督教青年會季刊

The Quarterly Newsletter of
YMCA of Hong Kong



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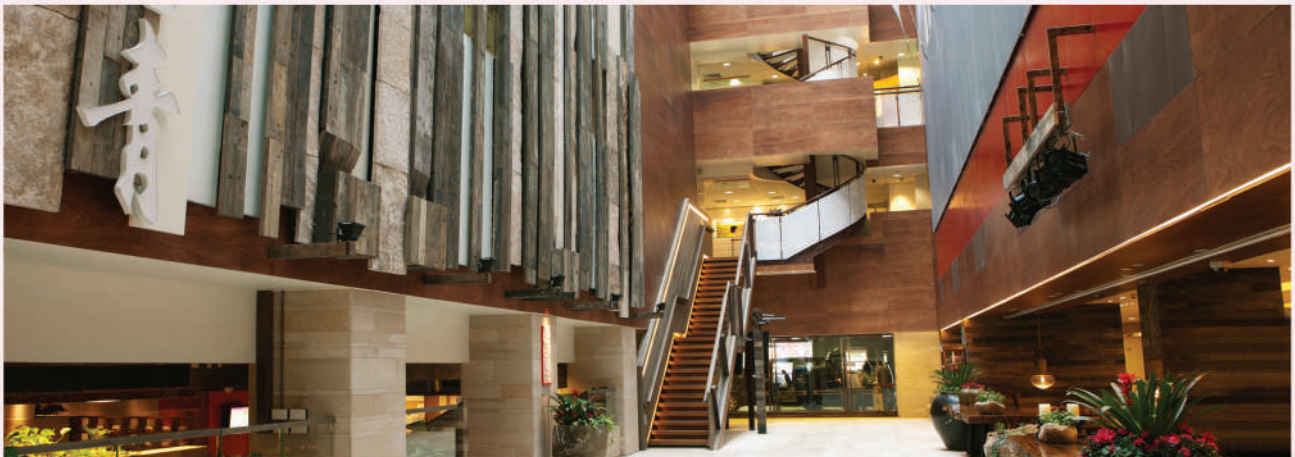


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香港基督教青年會
YMCA OF HONG KONG

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「凡仰望耶和華的人，
你們都要壯膽，堅固你們的心！」

“Be strong and take heart,
all you hope in the Lord.”

(詩篇Psalm 31:24)

願各位蒙天父和主耶穌的恩典，主內平安！

耶穌復活後的40天內向門徒顯現，並講述了神的國度。祂提供了許多令人信服的確據，證明祂的臨在。你今年與復活基督相遇的40天之旅過得如何？耶穌吩咐使徒們在耶路撒冷等候，他們等了10天才等到聖靈。為甚麼聖靈沒有在耶穌升天的那一天就降臨呢？這10天等候的五旬節期間，你的心境如何？

香港電台第二台節目《夢想號啟航》的主持人最初邀請我於三月接受後續採訪，了解港青在後疫情時期的服務。經過兩次改期後，採訪最終在復活節後進行，且沒有預設問題。最令我驚訝的是，《香港經濟日報》恰巧於6月6日刊登了這次採訪的摘要，正值基督教青年會成立180周年之際，這是巧合嗎？這次訪談讓我反思我在青年會實踐僕人式領導的10年歷程，以及30年前重返香港的初心。我實在感到驚訝，神竟在我加入港青10周年的紀念日，透過這次採訪提醒我祂的信實，以及祂如何陪伴我度過過去30年的每一個難關。信靠主是我勇氣、信心和信念的源泉。

亞太協會 (APAY) 於4月在韓國濟州島舉行了年度執行委員會會議 (ECM)，並正式啟用新總部。在會議上，2024-2027年的四年願景獲得通過，其五大支柱包括：加強推動青年會運動、締造豐盛生涯歷程、推動可持續發展、促

進社區全人健康以及提倡和平共融世界。這些目標都建基於基督信仰的根基之上。自1949年成立以來，亞太協會一直忠誠地履行青年會的使命，培育了無數青年會領袖。韓國基督教青年會全國理事會主席Dr. Ahn Jae-Woong在開幕致詞中表示，亞太協會將為濟州島帶來「生命的浪潮」和「和平之風」，成為世界的和平之島。正如載於耶穌的禱告的青年會格言，「使他們都合而為一」，Dr. Ahn Jae-Woong希望亞太協會能成為創造公平、正義、和平、生命和愛的世界樞紐，讓這個世界上的人和諧共存、繁榮發展。願聖靈繼續引領並賜福給全心仰賴主的亞太協會。



孟買基督教青年會展示腓立比書 4:13：「我靠著那加給我力量的，凡事都能做。」

“I can do all things through Christ who strengthens me” (Philippians 4:13) was displayed in the YMCA Bombay.



亞太協會於4月在韓國濟州島舉行了年度執行委員會會議，並正式啟用新總部。
APAY held its annual ECM and officially inaugurated its new headquarters in Jeju Island.

孟買基督教青年會在被稱為「阿富汗教堂」的St John the Evangelist教堂舉行感恩崇拜，以「YMCA – Arm of the Church (基督教青年會 — 教會之臂)」為題，為其150周年紀念慶典拉開序幕。亞洲基督教青年會使命網絡 (AYMN) 的領袖在慶祝活動結束後，聚集在孟買青年會，一同檢討AYMN的核心功能，並制定了擴大AYMN的戰略性計劃。擁有150年歷史的孟買青年會，對其悠久歷史及基督教身份感到無比自豪，我們到訪其會所，到處可以看到青年會的標誌。孟買青年會更將一本打開的聖經置於當

眼的位置，並展示基督教青年會創始人佐治衛良先生至愛的一節聖經經文「我靠著那加給我力量的，凡事都能做。」（腓立比書4:13）。

今年5月，我出席了女兒的畢業典禮，也出席了我的港青師友計劃學員的畢業典禮。Middlebury College校長Laurie Patton將2024年的畢業生描述為「日全食下的人」，因為在4月8日當天，學校的主校園恰巧位於日全食的軌道上。難道我們不都是「日全食下的人」嗎？還記得不久前，世界曾被疫情的陰霾籠罩。但我們堅信，正如聖經所言：光照在黑暗裡，黑暗卻不接受光。（約翰福音1:5）。遺憾的是，如今世界仍然被戰爭、衝突和暴力的黑暗籠罩。我們禱告，所有受苦的人都能得力，並堅信日食無法永遠遮蔽光明。

哈佛大學教育學院（HGSE）院長Bridget Long提醒畢業生，哈佛的使命是通過教育改善世界各地人們的生活，包括那些沒有受哈佛教育的人。他們之所以如此努力達成此使命，因為他們曾經體驗過喜樂，並希望他人也能擁有同樣的經歷。這就是教育工作者的真正美妙之處，他們可以產生滾雪球般的複合效應。教育工作者所作的會對學生、家庭和社區產生連鎖果效，而這種果效累積起來更會成就非凡。院長的話讓我想起了多年前參觀吉隆坡一所國際學校時看到的一首詩，題為「如果你想成為一名教師」：

如果你想成為一名教師，你必須謙卑於山的威嚴…

如果你想成為一名教師，你必須受到啟發並去激勵他人…

如果你想成為一名教師，你必須為一切帶來歡樂…

如果你想成為一名教師，你必須充滿天真的想法…

如果你想成為一名教師，你必須每天都墜入愛河…

如果你想成為一名教師，你必須拋開你的正規理論、知識建構、公理、統計數據和圖表，去觸碰每一個奇蹟——就是每一個獨特的人。

我們不都是青年會的教育工作者嗎？我們怎能不在大自然前感到渺小？難道我們不都必須受到啟發和激勵，給一切帶來歡樂，像小孩子一樣充滿天真的想法，每天墜入愛河，降服，讓神的愛和恩典感動我們，去感動我們所服務的人嗎？

6月6日，世界各地的青年會都同慶180周年生日並獻上感恩，因為以創始人佐治衛良先生為首的12位青年人創立了基督教青年會，開始吸引青年人學習聖經、祈禱和團契。世界基督教青年會會長Soheila Hayek提醒我們，正是：1) 愛，2) 人，3) 遠見和目標，使青年會在過去180年裡經歷時間的考驗。港青的全體同工齊聚港青總部大禮堂，度過了一個歡樂、

充滿熱情的慶祝活動。為了紀念這一時刻，港青酒店更製作了一個饒富意義的「燈塔」造型生日蛋糕。願這座港青燈塔，在今天和未來的180年，繼續透過我們每一個，在香港閃耀出神的愛，這正是我們在主內的盼望。

六月，謝子和主教邀請我向香港聖公會香港島教區的神職人員分享我在港青的基督徒帶領工作，這又是一個寶貴的機會，讓我反思天主在我生命中的臨在，並透過港青的事工去見證祂的愛。神會供應我們的一切所需。當我們靠著以利亞向撒勒法寡婦所作同樣的應許時，我們可以堅強並振作起來，「罐內的麵必不減少，瓶裡的油必不缺短。」（列王紀上17:14）。

在父親節的周末，港青舉辦了一年一度的夏日花祭，在港青酒店展出。最為矚目的是游玉嬋女士的主題作品《向日葵》，這作品表達了三個重要的主題：1) 父親與孩子之間溫暖的愛，2) 父親為孩子提供不間斷的保護和庇蔭，以及3) 感激天父所賜的愛與恩典。儘管父親節當天天氣不穩，不時有暴雨，但我仍決定在日出前騎單車前往香港最高峰——大帽山山頂，向天父說：父親節快樂！並對祂在我生命中所作的表達由衷的感謝。



與游玉嬋女士於港青夏日花祭2024
Photo with Ms. Lily Yau at the YMCA
Summer Flower Festival 2024

為期50天的復活節已經過去。但上帝的臨在並非只局限於特定時刻和節慶，祂賜永遠與我們同在的聖靈，直到世界的末了。上帝存在於平凡之際，也同在於日常生活中。上帝與我同在香港電台的錄音室，上帝與我同在濟州島，上帝與我同在孟買，上帝與我同在波士頓和米德爾堡，上帝在港青，上帝在香港聖公會的神職人員聚會，上帝在大帽山。無論何時何地，我們都可以成為和平的使者。

我們衷心感謝有機會接待來自阿根廷、白俄羅斯、葡萄牙、俄羅斯和烏克蘭的青年領袖到港青，進行文化交流和營舍活動。願他們都能歇一歇、恢復精神、煥然一新。願我們在主內都剛強壯膽。願我們都合而為一。

S.D.G. (願榮耀單單歸於神)

何慶濂

總幹事 / 行政總裁



為慶祝青年會成立180周年，港青酒店製作了「燈塔」生日蛋糕。
The Salisbury made the most meaningful birthday cake - Lighthouse - to commemorate 180 years of YMCA.

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

After his resurrection, Jesus appeared to his disciples over a period of 40 days and spoke about the Kingdom of God. He gave many convincing proofs that he was alive. How was your 40-day Easter journey in encountering the Risen Christ this year? Jesus told his apostles to wait in Jerusalem, and they waited 10 days for the Holy Spirit. Why did the Holy Spirit not come on the day of the Ascension? How was your 10-day waiting time for Pentecost this year?

The host of RTHK Radio 2 program "Dreams Set Sailing" initially set a date to conduct a follow up interview with me in March to chat about our post-COVID service.

The interview was rescheduled twice to eventually take place after Easter. There were no preset questions to prepare for the interview. Was it a coincidence that a summary of the interview was published in the Hong Kong Economic Times on June 6 when YMCA celebrated its 180th anniversary around the world? The interview quickly turned into a spontaneous reflection of my 10-year journey practicing servant leadership at the YMCA and my impetus to return to Hong Kong 30 years ago. I was amazed at how God used my 10th anniversary at the YMCA and this interview to remind me of His faithfulness and how He has delivered me in every difficult situation for the past 30 years. The source of my courage, confidence and conviction rests in trusting in the Lord.

In April, the Asia and Pacific Alliance of YMCAs (APAY) held its annual Executive Committee Meeting (ECM) and officially inaugurated its new headquarters in Jeju Island, South Korea. The Quadrennial Vision 2024-2027 was adopted with the five pillars of Movement Strengthening, Meaningful Work, Sustainable Planet, Community Wellbeing and Just World built on the foundation of Christian faith. Since its establishment in 1949, APAY has been faithfully implementing the mission of the YMCA and training numerous YMCA leaders. Dr. Ahn Jae-Woong, Chair of the Board of Trustees of National Council of YMCAs of Korea, said in the opening message that APAY would bring a "wave of life" and a "wind of peace" in Jeju, the island of world peace. As the YMCA motto, that contains the prayer of Christ Jesus, says, "That they may all be one", Dr. Ahn hopes that APAY would serve as a hub for creating a fair

world filled with justice, peace, life, and love on this earth and where everyone co-exists and prospers in harmony. May the Holy Spirit continue to guide and empower APAY whose hope is in the Lord.

YMCA Bombay kicked off its Sesquicentennial Anniversary with a Thanksgiving Service: "YMCA – Arm of the Church" at the Church of St John the Evangelist, better known as the Afghan Church. Leaders of the Asian YMCA Mission Network (AYMN) gathered at the YMCA Bombay International House after the celebration to review the core functions of the YMCA Christian Mission Network and establish a strategic plan to expand the AYMN. The 150-year old YMCA Bombay is very proud of its heritage and Christian identity. We can see symbols of YMCA

everywhere in their centers. YMCA Founder George Williams' favorite Bible verse, "I can do all things through Christ who strengthens me" (Philippians 4:13) was prominently displayed with an open Bible in the YMCA Bombay centers we visited.

In May, I attended my daughter's graduation as well as the graduation of my YMCA mentee. President Laurie Patton of Middlebury College described the Class of 2024 as the "people of the eclipse" as its main campus was on the path of totality of the solar eclipse on April 8. Are we not all "people of the eclipse" as the world was once covered by the darkness of COVID? However, we are confident that *the light shines in the darkness, and darkness has not overcome it* (John 1:5). Sadly, the world is still covered by the darkness of wars,

conflicts and violence today. We pray that all who are suffering would be made strong and take heart that the eclipse cannot block the light forever.

Dean Bridget Long of Harvard Graduate School of Education (HGSE) reminded graduates that the mission of HGSE was to improve the lives of people around the world through education and to improve the lives of those who cannot be there. It is because they have experienced moments of joy that they work so hard to make sure others do as well. The true beauty of being an educator is the compounding effects they can have. The things that educators do have ripple effects through their students, families, and communities until the impact adds up to something extraordinary. Dean Long reminded me of a poem I came across many years ago visiting an international school in Kuala Lumpur entitled "If you want to be a teacher":



港青師友計劃學員於哈佛大學教育學院畢業。
YMCAHK mentee graduation at HGSE.

“Father, may they all be one ... as we are one.”

John 17:21



來自阿根廷、白俄羅斯、葡萄牙、俄羅斯和烏克蘭的青年會領袖 Young YMCA leaders from Argentina, Belarus, Portugal, Russia and Ukraine

If you want to be a teacher, you have to be humbled by the majesty of a mountain...

If you want to be a teacher, you have to be inspired and inspire...

If you want to be a teacher, you have to bring joy to everything...

If you want to be a teacher, you have to think silly thoughts...

If you want to be a teacher, you have to fall in love each day...

If you want to be a teacher, you have to put aside your formal theories, intellectual constructs, axioms, statistics, and charts when you reach out to touch that miracle called individual human being.

Are we not all educators at the YMCA? Don't we all have to be humbled by nature? Don't we all have to be inspired and inspire, bring joy to everything, think silly thoughts like little children, fall in love each day, surrender ourselves and let the love and grace of God move us to touch the people we serve?

On June 6, YMCA around the world gave thanks and celebrated our 180th birthday since 12 young men led by George Williams founded the Young Men's Christian Association when they began to engage young men in Bible study, prayers and fellowship. World YMCA President Soheila Hayek reminded us that it is: 1) Love, 2) People, and 3) Prescience and Purpose that has empowered YMCA to stand the test of time for the past 180 years. Staff gathered at the Grand Assembly Hall for a joyful and spirit-filled celebration. The Salisbury made a most meaningful "lighthouse" birthday cake to commemorate the occasion. May this YMCAHK lighthouse shine out the love of God in Hong Kong through each of us today and in the next 180 years as we hope in the Lord.

The invitation of Bishop Matthias Der to share Christian Leadership at the YMCA with the clergy of the Hong Kong Sheng Kung Hui Diocese of Hong Kong Island in June was another opportunity to reflect on the presence of God in my life and to bear witness to His love through the work of the YMCA. God will supply all our needs. We can be strong and take heart as we count on the same promise He made to the widow in Zarephath through Elijah that *the jar of flour shall not go empty, nor the jug of oil run dry (1 Kings 17:14).*

YMCAHK held the Summer Flower Festival over the Father's Day weekend at The Salisbury. The main focus of the "Sunflowers" center piece prepared by Ms. Lily Yau expresses 1) the warm love between fathers and their children, 2) the constant protection and shelter that fathers provide for their children, and 3) the gratitude for the deep love and grace from God our Father. Despite the unstable weather and rainstorm forecast, I was resolutely determined to cycle to the highest peak in Hong Kong, the top of Tai Mo Shan, at sunrise on Father's Day to say Happy Father's Day to our Father in Heaven and to express my gratitude to all He has done in my life.

The 50-day Easter season came and gone. But God is not only present in special occasions and festivities. He has given us the Holy Spirit to be with us always until the end of time. God is in the ordinary time. God is in our everyday life. God is with me in the RTHK studio, God is in Jeju Island, God is in Bombay, God is with me in Boston and in Middlebury, God is in the YMCA, God is in the HKSKH clergy meeting, God is in Tai Mo Shan. Wherever and whenever we are we can be instruments of peace. We are grateful for the opportunity to bring together young YMCA leaders from Argentina, Belarus, Portugal, Russia and Ukraine to Hong Kong for a cultural exchange and camping program this summer. May they be able to rest awhile and be refreshed and renewed. May we all be strong and take heart as we hope in the Lord. May we all be one.

S.D.G. (Glory to God alone)

Peter Ho

General Secretary / Chief Executive Officer



日出時在香港最高峰——大帽山山頂，向天父表達感謝！

Sunrise at the top of Tai Mo Shan, Hong Kong's highest peak, to give thanks to our Father in Heaven!



青年會2030願景

YMCA Vision 2030

2022年7月，基督教青年會迎來一項歷史性發展——「青年會2030願景」在丹麥舉行的第二十屆世界大會上被採納，在來自世界各地的青年會代表聚首一堂下，投票通過青年會首個全球集體策略「青年會2030願景」。

「青年會2030願景」於2019年在倫敦舉行的175週年慶典開始協商及創建，即使面對數年疫情挑戰，青年會亦繼續為此不遺餘力，並於2021年7月定下了草案並開展第一階段的諮詢工作，直至2021年10月完成；收集反饋後便撰寫第二階段的草案。基督教青年會執行委員會亦通過將「青年會2030願景」的報告議程納入第二十屆世界大會中。在這漫長的磋商、探討和制定後，「青年會2030願景」最終於2022年7月5日順利通過。

「青年會2030願景」作為青年會的共同發展策略藍圖，與聯合國可持續發展目標密切結合，致力賦權予社區和青年人，構建一個公正、可持續、平等和共融的世界。這個集體願景標誌著青年會運動的一個重要里程碑。在這共同策略下，各地青年會可以團結一致、更有效地合作，為社區帶來正面影響，一起應對全球挑戰。在「青年會2030願景」的清晰框架下，各地青年會一同締造更美好的未來。

為推動「青年會2030願景」，港青亦已籌建四個小組，小組由何慶濂總幹事主持，各設一位顧問，成員則來自不同部門，協力推動四大核心支柱。右頁為四大工作小組簡介。

July 2022 marked a historic moment for the YMCA. At the 20th World Council in Denmark, representatives from YMCAs from around the globe came together and cast their vote to adopt the YMCA Vision 2030 - the YMCA's first-ever shared strategy and plan.

The YMCA Vision 2030 emerged after an extensive participatory process spanning many years, with strong YMCA engagement. This process started at the YMCA's 175th anniversary celebration in London in 2019 and continued despite the challenges posed by COVID-19, with the first draft shared with global YMCA family in July 2021. The first phase of the consultation concluded in October 2021, and the second draft of Vision 2030 was then shared. The World YMCA Executive Committee subsequently approved Vision 2030 for presentation to the World Council. After this extensive process of consultation and co-creation, YMCA Vision 2030 was successfully adopted on July 5, 2022.

YMCA Vision 2030 serves as a roadmap for the strategic goals of all YMCAs worldwide. Closely aligned with the United Nations (UN) Sustainable Development Goals, Vision 2030 empowers communities and young people across the globe to build a world that is just, sustainable, equitable, and inclusive. This collective vision marks an important milestone for the YMCA movement. By uniting behind a common strategy, local YMCAs can collaborate more effectively to drive positive change and make progress on global challenges. YMCA Vision 2030 provides a clear framework to guide the YMCA's efforts as it works to create a better future for all.

In line with Vision 2030, YMCAHK has established four task forces, each chaired by General Secretary Mr. Peter Ho, with an advisor for each of them. Members of these four task forces are composed to reflect cross-departmental contribution, focusing on respective key pillars.



VISION 2030



促進社區全人健康 Community Wellbeing

努力促進社區的全人健康發展，
創造身、心、靈健康的成長環境。

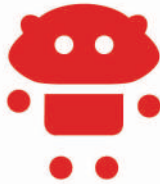
We strive to create environments where
individuals can thrive in
body, mind, and spirit.



推動可持續發展 Sustainable Planet

引導青年人關注氣候變化問題，推動環保及
實現對可持續發展的承諾。

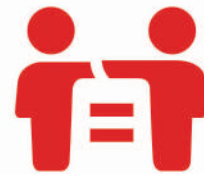
We channel young people's commitment to
climate justice and sustainability.



締造豐盛生涯歷程 Meaningful Work

與青年人同行，致力為青年人提供
公平的教育、培訓和就業機會，締造豐盛生涯歷程。

We collaborate with young people and
communities to promote
equitable education, training, and
employment opportunities.



提倡和平共融世界 Just World

為青年人和社區提倡
和平、共融和公平的世界。

We stand for a Just World for
young people and communities.

今期很榮幸邀請了其中兩個小組的代表，設施管理總監伍佩珊 (Pace) 解說港青綠色工作小組如何推動可持續發展，及人力資源部方凱彤 (Crystal) 解說如何在港青推動有意義工作，為港青同工及青年人締造豐盛生涯歷程。

To provide deeper insights on two of these pillars, in this issue, we will hear from the respective team leaders – Ms. Pace Ng from Facilities Management Department, who will share her perspectives on how the Green task force is driving efforts to promote a sustainable planet at YMCAHK; and Ms. Crystal Fong from the Human Resources Department, who will offer her views on how the team is promoting meaningful work in the workplace, creating enriching career journeys for our colleagues and the youth we serve.

綠色工作小組 — 推動可持續發展 Green Task Force — Sustainable Planet

綠色工作小組於2022年重組，由港青董事、環保建築師葉頌文博士出任顧問，設施管理總監伍佩珊小姐 (Pace) 作召集人，並在總幹事何慶濂的支持下，共同制定「低碳轉型」目標，致力減低碳排放，達至碳中和。

「綠色工作小組於2023年重整工作架構，確立五大範疇，包括設施管理、採購、餐飲、學校及活動。」Pace期望重整架構以推動環保概念生活化。「我們的組員不一定有豐富的環保經驗，只要有熱誠，理念一致，並各自為自身所屬範疇的專責者，便可產生協同效應，把可持續概念推動並應用到不同層面。」

綠色工作小組的理念與青年會2030願景完全吻合。「綠色工作小組就像一個平台，讓同工討論和合作，在港青建立綠色文化和工作規範，推動可持續發展，為社會帶來正面影響。」正如2015年《巴黎協定》中提及，致力大幅減少全球溫室氣體排放，共同努力將本世紀全球氣溫上升幅度限制1.5攝氏度的目標。「我們都是向著青年會對推動可持續發展支柱定義的三個導向出發，期望共同邁向這三個目標，包括：推動青年會共同邁向碳中和、將環保教育納入青年會的項目及支持向服侍對象提倡氣候政策。」



綠色工作小組召集人伍佩珊
Ms. Pace Ng, convener of Green Task Force

港青在營運及社區服務、青年活動等亦致力增添環保元素，包括在港青總部、酒店、學校及社區中心等所有處所設置回收箱，進行環保回收工作。「港青也有不少推動環保概念的項目，例如惜玩文化計劃，讓參加者體驗處理回收回來的玩具，並創作成獨一無二的藝術品。」在設施管理方面，港青亦不斷增加節能措施。「我們正努力更換一些能源效益較佳的機械通風和空調設備，這舉措不僅減少了我們的環境足跡，還降低了能源方面的成本。與此同

港青獲亞太協會頒發綠色環保大獎。

YMCAHK received the APAY Green YMCA Award.



時，我們還積極利用「綠適樓宇基金」對設施進行節能改造和優化工程。此外，我們還在總部設置了太陽能板及天台農圃，定期進行室內空氣品質評估，及持續參與年度地球一小時活動」。這些舉措除減少能源消耗、更可促進生物多樣性和產生可再生能源。

在教育方面，港青的學校均設有綠色學校項目，節能宣傳活動、低碳領袖培訓等，讓學生從小學習及理解可持續發展的重要性，培養保護環境的習慣。除了向莘莘學子灌輸環保理念，同工的培訓也是重要一環。「感謝葉博士於2022年向被提名的15名同工提供低碳轉型培訓課程，並委任為低碳大使，他們負責制定低碳行動計劃，包括綠色採購、低碳飲食及港青活動的環保工作，期望喚起大眾關注。」綠色工作小組亦定期舉辦工作坊，向同工宣揚環保意識，推動「低碳轉型」。

身為設施管理總監的Pace，更注重如何進一步優化及提升港青所有處所的設備、系統及配置。「我期望港青可以透過數碼化及引入智能建築管理技術，進一步優化各項設施，藉此提升能源監察及簡化預防性維護流程。」除了設施更換，Pace亦期望提升不同範疇的環保概念，包括廚餘分類及回收和循環經濟，「就是減少單次使用，鼓勵多次使用。簡單的生活例子：從前我們鼓勵自備杯子，現在是鼓勵借杯還杯。」

最後，Pace亦期望在推動環保的同時不要造成對同工的干擾，並盡量關顧各人的需要。「在推動環保措施時，我們會盡量多做諮詢，期望可以多溝通、多教育，不讓任何人被遺下。剛發布的港青環保手冊就如一個藍圖，鼓勵各同工一同前行。」

在《創世記41章中，約瑟的作為更令Pace反思：「在應對不同挑戰時，包括氣候變化、天災和救援工作等，智慧和領導力扮演著關鍵角色。如今，人類活動是造成氣候變化的主要原因，我們必須認識到，環境並非單純是上帝給我們的恩賜，這乃是我们所借用的資源，應當為未來、我們的後代，付上共同責任，更不應將氣候變化全然歸咎於自然因素，而是應共同承認人類的責任，並採取積極主動的行動。」透過周詳及具前瞻性的規劃，以信仰和行動表達我們的責任，並承認人類為地球帶來的影響，我們定能為子孫後代締造一個更可持續和具有抗禦力的未來。」

Green Task Force was reformed in 2022, with Dr. Tony Ip, the board member of YMCAHK and a green architect, serving as the advisor, and Ms. Pace Ng, Director of Facilities Management, as the convener. With the support of YMCAHK General Secretary Mr. Peter Ho, the mission of the task force was 'Low-Carbon Transformation', dedicated to reducing carbon emissions and working towards carbon neutrality.

In 2023, Green Task Force restructured its framework, establishing five key areas to focus on: facilities management, procurement, food & beverage, schools, and events. Pace Ng, as convener of the task force, expressed her hope to promote the integration of environmental protection concepts into daily life. 'Our team members may not necessarily have extensive experience in environmental protection. However, as long as they have the passion, a shared vision, and are professionals in their respective fields, they can create synergies to effectively promote and apply the concept of sustainability across different levels.'

Green Task Force aligns with the YMCAHK Vision 2030. 'Serving as a platform for colleagues to discuss, collaborate, and establish a green culture and business norms within YMCAHK, it promotes sustainable development, and brings positive impact to the community.' As mentioned in the 2015 Paris Agreement, leaders agreed to substantially reduce global greenhouse gas (GHG) emissions to limit the global temperature increase in this century to 1.5 degrees Celsius. 'We are all setting out from the three guiding principles defined by World YMCA for promoting sustainable planet: working towards climate-neutral, integrating climate education components in all YMCA programmes, and advocating for inclusive climate



policies to encourage environmental responsibility among beneficiaries.'

YMCAHK is committed to incorporating environmental elements into its operations, community services, and youth activities. These include setting up recycling bins in all premises and implementing eco-friendly initiatives like 'Toy Reborn' programme, which encourages participants to create unique art pieces from recycled toys. 'In facility management, YMCAHK continuously enhances energy-saving measures, such as upgrading to more energy-efficient Mechanical Ventilation and Air Conditioning (MVAC) equipment. This proactive step not only reduces the Association's environmental footprint but also leads to significant reductions in energy costs. Additionally, we have actively utilised the Eco Building Fund to finance energy-saving improvement works across our facilities. We also maintain rooftop gardens and solar panels, conducting regular indoor air quality assessments, and participating in the annual Earth Hour event. These measures all contribute to our overall environmental stewardship by reducing energy consumption, promoting biodiversity, and generating renewable energy,' said Pace.

On the education front, YMCAHK schools launch green school programmes that promote energy conservation



港青環保手冊剛於6月發佈。 YMCAHK Green Manual was officially launched in June.



綠色工作小組成員 Green Task Force members

and low-carbon leadership training, with the aim of promoting the importance of sustainable development. 'In 2022, YMCAHK also provided a Low Carbon Transformation Leadership course, hosted by Dr. Tony Ip, and appointed 15 Low Carbon Ambassadors to develop action plans for green procurement, low-carbon dining, and environmental protection.' The Green Task Force also promotes environmental awareness and 'Low Carbon Transformation' by organising regular eco-workshops.

As the Director of Facilities Management, Pace expresses the highest concerns about how to further optimise and upgrade the equipment, systems, and configurations of all YMCAHK premises. 'I hope that YMCAHK can further optimise its facilities through digitalisation and implementation of smart technology in building management, which can improve energy monitoring and simplify maintenance processes.' We are also focusing on promoting other sustainable practices, such as food waste

reduction and the circular economy. 'It's about reducing single-use and encouraging multi-use. A simple everyday example: previously, we used to encourage bringing your own cup, but now we encourage borrowing and returning the cup.'

Last but not the least, Pace also emphasises the need to balance environmental initiatives with the needs of staff, and to promote open communication and education to ensure no one is left behind. 'The newly released YMCAHK Green Manual serves as a roadmap to guide YMCAHK's collective green efforts.'

Drawing inspiration from Joseph's actions in *Genesis 41*, Pace said, 'It becomes clear that wisdom and leadership play a crucial role in addressing challenges like climate resilience, disaster preparedness, and relief work. In today's world, where human activities are the primary cause of climate change, it is important to recognise that the environment is a loan from future generations, rather than just a gift from the past. Instead of attributing climate change solely to natural factors, a collective recognition of our shared responsibility is necessary, compelling us to take proactive measures. By planning ahead, expressing our responsibility through faith and action, and acknowledging the impact of human influence, we can strive for a sustainable and resilient future for many generations to come.'



締造豐盛生涯歷程小組 Meaningful Work Task Force

於2023年5月成立，由現任賓館服務委員會和會員服務及活動委員會成員凌浩雲教授出任顧問，人力資源部方凱彤 (Crystal) 擔任小組主席。根據青年會對其支柱定義的三個導向，分為內部層面（為青年會同工提供有意義工作和終身學習的機會，確保青年會建立為所有人提供有意義工作和終生學習的內部文化）、社群層面（幫助青年人準備未來的工作，制定提供教育、技能提升、就業和創業機會的計劃）、和倡導層面（促進相關政策，讓所有人擁有受尊重、富靈活彈性和有意義的工作，擴大青年人的聲音）。

Crystal介紹了港青在推動以上三個層面的工作。在社群層面，她指出港青一直給予青年人學習機會，讓他們為未來工作做好準備，包括設有實習計劃、協助青年人應對面試的工作坊等。既然港青在社群層面上的工作早已有紮實的根基，那小組對於推動內部文化的角色更迫在眉睫。「我制定了小組框架，帶領小組及同工認識此小組成立的目的及青年會2030願景，讓他們了解各自崗位的重要性，明白自身價值，從而反思人生的意義、推動富有意義工作的內部文化，令同工的工作生涯歷程更豐盛。」

小組未來將籌劃各類培訓活動，以管理層及部門主管作先導，在他們的支持下將理念推廣到所屬部門。「我們在各項活動中看到同工間不同的組合及各自的角色，一些兼任部門代表和小組成員，達至word-of-mouth的果效（意指：通過人與人之間的推薦，提供消息來進行信息傳遞的一種方式）。」

Crystal亦讚賞團隊的承諾和投入。早前，世界青年會發起的「青年有意義工作調查」，在團隊的努力推動下，透過內部宣傳及走訪學校，香港的總收回問卷數目排名全球第五，可見小組對於推動青年會2030願景的決心。

那麼「工作」一詞對於Crystal來說，又有甚麼意義呢？Crystal坦言，儘管畢業前的她已擁有多次工作實習機會、畢業後亦曾當管理培訓生，但從未領略到工作的真正意義。她更分享了其親人於就業市場上遭受歧視的親

身經歷，「在我仍是大學生時，已協助他尋找工作。那時候，社會不太重視平等就業機會，因為他是殘疾人士，我們飽受白眼。」這經歷燃點了她立志為社會帶來改變的決心，那怕只是一點正面的影響；更促使她加入港青人力資源部。

Crystal感謝機構事務部高級總監關健薇，讓她反思工作的意義。「在基督國度裡，今天信仰的種子播在小孩身上，當他們長大發芽後，就可以明白耶穌基督的愛。特別是在聘請幼稚園教職員時，我更真摯體會到這工作中的深層意義。」

港青月前更榮獲香港人力資源管理學會頒發「多元共融獎」。早於2017年至今，多年來港青先後夥拍多家非政府



Crystal (左二) 與人力資源部Melody (右二) 代表港青領取香港人力資源管理學會「多元共融獎」。

Crystal (2nd from left) and Melody (2nd from right) received 'Diversity and Inclusion Award' from HKIHRM.

機構，提供工作機會予他們的服務對象，「人力資源部也上下一心，堅定不移照顧各同事的需要。」而The Shining Light — 一本記錄青年會如何及為何誕生及擴展成環球運動的書，書中其中一句「LORD, what would you have me do? 主呀！祢要我作甚麼？」正正是上帝給Crystal的回應 — 這是上帝給她的使命；祢所賜的，遠遠多於我們所需。

「禱告是動力之源 — 火熱我們的運動！」





The Meaningful Work Task Force was established in May 2023, with Professor Howard Ling, currently member of the Hostel Services and Member and Community Services Committees, as the advisor, and Ms. Crystal Fong, Assistant Human Resources Manager serving as the Head of the pillar. The task force is guided by the practical guidelines developed by the World YMCA, and aims to promote meaningful work through three key aspects: internal, community, and advocacy. The internal aspect focuses on providing meaningful employment and lifelong learning opportunities for YMCA staff, with a goal to create an internal culture within the YMCA that nurtures meaningful work and lifelong growth for all employees. The community aspect of the task force aims to assist young people and communities in preparing for the future of work through the development of programmes that offer education, upskilling, employment, and entrepreneurship opportunities. Lastly, the advocacy aspect involves amplifying the voices of young people and communities, and seeks to advocate for policies that promote decent, flexible, and meaningful work for everyone.

As Crystal walked us through the work of YMCAHK in all the three aspects, she started with the provision of learning opportunities for young people to prepare them for future work, including internship programmes and trainings to assist young people in handling job interviews. Since

YMCAHK has a solid foothold on this aspect, the role of the task force in promoting internal culture becomes imminent. 'I have developed a framework to lead the team to understand meaningful work and YMCA Vision 2030, helping them understand the importance of their respective roles and the value they can bring, thereby reflecting on the purpose of life, promoting an internal culture of meaningful work, and enriching the careers of the staff,' said Crystal.

Looking ahead, the task force plans to organise various training activities, with the support and participation of management and department supervisors. The knowledge and insights gained from these activities will then be cascaded to their respective teams, fostering a culture of meaningful work through word-of-mouth communication. 'We see our staff assuming different combinations of role, some staff having dual roles of department representatives and member of the (task force) team, as a result of word-of-mouth communication.'

Crystal appreciated the team's commitment and efforts in advancing meaningful work. It was evident in their efforts to promote participation of the 'Meaningful Work Survey' initiated by the World YMCA - through internal and school promotions, Hong Kong ranked fifth globally in driving survey responses.

So, what does 'work' mean to Crystal? Although she had prior internship and management trainee experience, she did not truly grasp the meaning of work. She shared a real-life case which involved her family member with disabilities being discriminated when looking for employment. 'At that time, the community was not aware of equal employment opportunity, and discrimination was commonplace.' This experience ignited her desire to bring about positive change and led her to join the Human Resources Department of YMCAHK.

Crystal expressed gratitude to Ms. Kwan Kin-mei, Senior Director of Corporate Services, for inspiring her to contemplate the meaning of work. She recognises the profound purpose of her recruitment work, especially in hiring staff for kindergartens, where seeds are sown in children, and they would grow up understanding the love of Jesus Christ.

YMCAHK's dedication to meaningful work has earned recognition, including a 'Diversity and Inclusion Award' from The Hong Kong Institute of Human Resource Management (HKIHRM). Since 2017, YMCAHK has collaborated with



與香港失明人協進會合辦流動品味咖啡加油站
Inclusive pop-up coffee corner co-organised with Hong Kong Blind Union (HKBU)

a number of organisations and provide job opportunities to those they serve. 'The HR Department remains steadfast in caring for the needs of all colleagues.' Guided by the motto 'LORD, what would you have me do?' from the book 'The Shining Light', which documents how and why the YMCA was found and spread to become a worldwide movement. Crystal finds purpose in this mission, knowing that what God has given her goes beyond her own needs.

Prayer is the powerhouse – the fire – that heats our movement.



...t they may have life,
...ie full."

John 10:10



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



Build a Community that CARES



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- ▶ Offering a balanced combination of the English National Curriculum, and Hong Kong Curriculum in Chinese Language and Mathematics
- ▶ A multi-cultural community with around 45% international students
- ▶ Strong Christian faith with CARES principles and values
- ▶ Using both inquiry-based and skill-based learning approaches
- ▶ A caring and positive school learning environment
- ▶ Close connection with YMCA of Hong Kong Christian College which is a DSS School that offers an international style education with both UK GCE A-level and DSE Curricula



混合學制 科目多元

新會商會港青基信學校採用混合學制，以香港本地課程教授中文和數學科，音樂方面結合本地和國際的課程，其餘學科則使用英國課程。課程所涵蓋的科目多樣，中、英、數、音樂、體育、藝術與設計外，亦設有資訊及通訊科技科目（ICT）、歷史、個人、社會、健康與經濟教育（PSHE）。



Primary School

San Wui Commercial Society YMCA of Hong Kong Christian School
Address : 5 Kwong Lee Road, Sham Shui Po, Kowloon
Website : <http://www.cs.edu.hk>
Tel : +852 2361 3383 Email : info@cs.edu.hk



Kindergarten

YMCA of Hong Kong Christian International Kindergarten
Address : 2/F, 41 Salisbury Road, Tsim Sha Tsui, Kowloon
Website : <http://ymcahk.org.hk/cikg/>
Tel : +852 2268 7766 Email : kindergarten@ymcahk.org.hk

港青敬拜隊Eben — 善用神所賜的恩賜

Worship Team of YMCAHK, Eben: Making the Best Use of God — Given Gifts



港青敬拜隊「Eben」於2024年1月21日正式成立，正值港青於梳士巴利道奠基百周年紀念之日。

Eben的名字源自希伯來語「石頭」一詞，名字的靈感來自聖經約書亞記4:1-7：「當全民都過了約旦河，耶和華對約書亞說：『你要從百姓中選出十二個人，每支派一人，吩咐他們說：『你們從這裏，從約旦河中祭司的腳穩站立的地方，取十二塊石頭，一起帶過去，放在你們今夜住宿的地方。』』於是約書亞召集了他從以色列人所選的十二個人，每支派一人。約書亞對他們說：『你們要過去，到約旦河中，耶和華——你們神的約櫃前面，按以色列人支派的數目，每人各取一塊石頭扛在肩上。這些石頭在你們中間將成為記號。日後，你們的子孫問你們說：『這些石頭對你們有甚麼意思呢？』你們就對他們說：『這是因為約旦河的水在耶和華的約櫃前中斷；約櫃過約旦河的時候，約旦河的水就中斷了。這些石頭要作以色列人永遠的紀念。』』當時約書亞肩負重任，在進入迦南應許之地時，選出了十二個以色列人帶著十二塊石頭為記，他們就是被神選召的。這好比Eben的組成：有3位是來自不同青年項目的青年人，8位是來自6個不同部門的同工，他們回應神的呼召，組成11人的敬拜隊，透過音樂傳揚祂的信息，令人更靠近祂。

「我們的隊名選用希伯來文，聖經舊約原文也是希伯來文。」為何港青需要籌組敬拜隊呢？來自社區及青年事工發展的敬拜隊代表Lok說：「港青期望培育一隊由同工和青年人組成的敬拜隊，藉著頌詩，將人帶到神面前，合一地敬拜及榮耀祂。因此，Eben的使命就是透過聖樂事奉為媒介，成為基督徒及非基督徒明白信仰的平台。我們更希望加強敬拜隊隊員及青年人之間的聯繫、促進彼此成長、團結合一。最終希望通過敬拜文化體現青年會的核心價值。」

港青敬拜隊的成立亦非朝夕之間，種子早於數年前播下。「那時候港青還沒有正規的敬拜隊。最先由宗教推廣部帶領、其後人力資源部接力統籌，有數位熱心同工在港青的不同活動如周年晚會及員工大會上自發組成Singsparation小組，獻唱頌讚詩歌，那時我有參與，並負責彈奏吉他。」而轉捩點則在前年的慶祝聖誕活動，「是第一次有青年人加入Singsparation，讓我們發現，可以嘗試透過音樂連繫青年人。除了同工定期敬拜，更給予青年人機會以音樂表達所感所想。」那次的協同效應加速了港青敬拜隊的成立。

為統一Eben的方向，敬拜隊以詩篇121為團訓，強調神是我們的靠山和生命之泉，要常注目於上帝，帶著渴慕的眼睛，心存渴望去投靠祂。「大家的信仰歷程不一，關鍵在於我們都注目於神。」談及隊員在Eben的角色，Lok指出，他和Dorcas來自所屬教會的敬拜隊，對於敬拜隊的運作相對熟悉，因此，他們擔當領會一職，「而其他成員也有不同崗位，包括負責樂器部份如鋼琴、結他，及主音等。」

Eben又如何能在云云詩歌中選擇合適的呢？「我們會因應活動主題去討論並決定合適的詩歌。作為敬拜者，我們期望透過音樂帶出福音。除了旋律優美，更希望歌詞易於理解、容易上口，好讓會眾能被詩歌的信息感動，並投入於敬拜當中。」Eben成員來自不同部門，排練會有困難嗎？「因為大家工作時間有異，且有學生成員需要上課，未必每次練習及敬拜能全團出席，但我們都會盡量參與。」不問報酬，全賴各人的自律及自發性。「在個人層面上，Eben的成立讓我們的關係更緊密，從前只維持同僚的關係，沒有太多工作以外的交流，甚至毫不認識；現在大家更像朋友，會相互了解及關心。」期望敬拜隊的經歷強化各人的信仰，與上帝關係更進深，也希望更多人、包括我們的同工及服務使用者能認識基督信仰。

Eben歡迎有心志者的參與，且不限於港青同工。「不管是否音樂專才或基督徒，只要有渴慕認識上帝的心，就歡迎加入敬拜事工。」祈望在不久的將來，港青敬拜隊更能推動信仰生活化。



敬拜隊代表Lok（前排左二）與敬拜隊成員。
The representative of Eben, Lok (2nd from left, first row) with the team.

The worship team of YMCAHK, Eben, was officially established on January 21, 2024, during the 100th anniversary of the laying of the foundation stone at the Salisbury Road's centennial thanksgiving dinner.

The name 'Eben' is from the Hebrew word for 'stone'. This name was inspired by *Joshua 4:1-7*: "When the whole nation had finished crossing the Jordan, the Lord said to Joshua, "Choose twelve men from among the people, one from each tribe, and tell them to take up twelve stones from the middle of the Jordan, from right where the priests are standing, and carry them over with you and put them down at the place where you stay tonight." So Joshua called together the twelve men he had appointed from the Israelites, one from each tribe, and said to them, "Go over before the ark of the Lord your God into the middle of the Jordan. Each of you is to take up a stone on his shoulder, according to the number of the tribes of the Israelites, to serve as a sign among you. In the future, when your children ask you, 'What do these stones mean?' tell them that the flow of the Jordan was cut off before the ark of the covenant of the Lord. When it crossed the Jordan, the waters of the Jordan were cut off. These stones are to be a memorial to the people of Israel forever." Twelve men were chosen to take twelve stones as a sign as they entered the promised land of Canaan. Similarly, members of Eben include three young people from various youth programmes and eight colleagues from six different departments, they have responded to God's calling to

spread His words through Singsparation and help draw people closer to Him.

'We chose our team name in Hebrew because the Old Testament was originally written in Hebrew,' Lok from Community and Youth Outreach, the representative of Eben, explained the purpose of forming a worship team. 'YMCAHK hopes to nurture a worship team composed of colleagues and young people who are dedicated to worship. By doing so, worship can serve as a platform for both Christians and non-Christians to learn about the Christian faith. We also aim to strengthen the connection between worship team members and young people, promote mutual growth, and foster a sense of unity. Ultimately, it is an embodiment of the core values of YMCA movement.'

The journey of forming the worship team began several years ago when enthusiastic colleagues led by Christian Outreach Unit formed Singsparation team and sang hymns at different staff occasions such as the annual dinner and staff general meeting (SGM). Later Lok joined the group and played guitar. The turning point came during a Christmas caroling event two years ago when young people including staff, programme participants and volunteers joined Singsparation together. Lok shared, 'It was the first time that young people joined Singsparation, and we discovered that we could use music as a means to connect with them. This not only allows colleagues to

成員分享 Members' Sharing

敬拜隊對你來說有甚麼意義？有甚麼動力讓你一直為敬拜隊貢獻？

What does being a member of the worship team mean to you? How do you uphold your motivation and inspiration to contribute to the worship team?

Dorcas Lam, YMCA of Hong Kong Christian Nursery School (Farm Road)

我希望藉著詩歌，讓港青同工認識上帝。當可為主擺上時，就學習放下自己。

By praising God through hymns, I hope our staff can come to know Him. When serving the Lord, I have learned to set aside my own interests.

Xavier Lau, SPE

敬拜隊讓理念相同的人向著同一目標出發。期望藉著自己的恩賜，讓大家放下煩惱，一同投入敬拜隊的活動當中。

Worship team brings us together - with common belief - to jointly work towards a shared purpose. I hope everyone can fully immerse themselves in the worship.

Cyrus Lo, Sales & Marketing

成為敬拜隊一員意味著承擔重要責任，領導他人進入敬拜經歷，與神連結。維繫敬拜隊需要個人靈修、團隊合作和持續學習。敬拜隊讓我與神連結，同工之間亦會互相支持和尊重。

Being part of the worship team carries an important duty - guiding others to experience worship and connect with God. To stay motivated, I leverage on personal devotion, teamwork, and continuous learning, which allow me to connect with God, and foster mutual respect and support among team members.

Leo Li, Youth (A-Life)

敬拜隊讓我能夠侍奉在主耶穌基督的跟前，對我來說也是一個重拾信仰的機會。我會保持自己對音樂的熱愛及一顆侍奉主耶穌基督的心。

Joining the worship Team not only grants me the privilege to serve the Lord, but also rekindles my faith. I will keep up with my passion for music, and be wholly dedicated to ministering to the Lord through this endeavor.

worship regularly but also provides young people with an opportunity to express their feelings and thoughts through music.' This discovery of using music as a means to connect with young people accelerated the formation of Eben.

To ensure alignment within Eben, the team adopted *Psalm 121* as their motto, emphasising that God is the protector and the source of all life. They keep their focus on God with longing eyes and a united heart, seeking refuge in Him. Lok said, 'Though our journey of faith is different, the key is that we all focus on God.' In terms of various roles within Eben, Lok mentioned that he and Dorcas are worship leaders in their respective churches, therefore, they will take turns assuming the leading role. 'Other members have different focus, including responsibilities for musical instruments such as piano, guitar, and lead vocals.'

When it comes to selecting hymns for worship, 'We discuss and identify suitable hymns according to the occasion's theme. We hope to share the words of the Bible through Singsparation. In addition to beautiful melodies, we also focus on lyrics and messages that are easy to understand and catchy, allowing the audiences to grasp God's words and fully immerse themselves in worship.' Practice can be a challenge for Eben as members come from different departments with varying schedules. He said, 'It may not be possible for the entire group to attend every practice



due to different working hours and obligations of student members. However, we encourage everyone to make it as much as possible.' We are counting on self-discipline to keep the team moving forward. 'On a personal level, the establishment of Eben has brought us closer as a group. In the past, our relationship was limited to being colleagues with minimal communication outside of work, and some of us didn't even know each other. Now we feel like friends, we understand, care for, support, and accompany each other.' They hope that the worship team experience deepens everyone's faith and establishes a closer relationship with God, and once again, to provide an opportunity for co-workers and service users to know more about the Christian faith.

Looking ahead, Eben always welcome more members, not limited to colleagues but open to anyone with a heart ready to know God. Lok concluded, 'You don't have to be a music professional, and you don't have to be a Christian. As long as you are willing to know God, you can join us. Through the worship team, we aim to promote faith in life.'

Nicole Ng, Youth (YLD)

敬拜隊讓我用歌聲榮耀神，以音樂傳揚祂的大能與恩典。期望可接觸更多不同風格的基督教音樂，不論是一些傳統詩歌或是近來興起的Gospel music，讓自己能從音樂中感受神的同在。

Being on the worship team allows me to glorify God and spread His grace and power through music. I look forward to embracing diverse Christian music types, from hymns to contemporary worship, I am able to feel the presence of God.

Melody Chan, Human Resources

敬拜隊讓我代表港青，透過詩歌去帶領眾人去讚美及宣揚神的恩典。我亦非常享受與隊員一起演奏及合作。

Representing YMCAHK on the worship Team enables me to guide audience in proclaiming God's grace through music. And I have profound joy from jointly playing music with fellow team members.

Coco Fu, Youth (YLD)

成為敬拜隊一員是我意料之外的事。感恩神給我這個機會，相信這是神對我能力的肯定和信任，所以我不會辜負祂，會盡心盡力的作好敬拜事奉。

I never envisioned myself serving on the worship team. I am deeply grateful to God for this opportunity, which I believe is an affirmation of my capability. I will show a resolute commitment, to do my utmost to serve Him by worship.

Jessie Cheung, Community & Youth Outreach

我希望讓更多未有信仰的人從音樂中認識神，同時亦提醒我以事奉來展示神的愛，包括團隊合作、無私事奉，以生命影響生命等。我會保持對敬拜的熱愛，反思詩歌的意義。

Through worship, I aspire to introduce God to those not knowing Him yet. It also reminds me to proclaim God's love by serving on the team, selflessly, and positively influencing those around me. I will uphold my worship passion, and consistently reflecting on His words.

Nico Ho, Sales & Marketing

感恩可以在工作中以詩歌讚美及事奉神，我會一直禱告，求神的恩典和力量與我們同在。

I am grateful that I can worship and serve God through my work. I will keep praying, may the grace of our Lord Jesus Christ be with us all.



日營及社區服務部： 我們在德國營會交流培訓的得著

The Camping Unit: Our Learning from the Germany Globalcastle Camp

大家好！我們是日營及社區服務部的同工！我們有幸於今年初前往德國進行營會交流培訓，亦很感恩能在此分享旅程中的所見所聞。

整個二月，我們都逗留在德國。首兩周到訪巴伐利亞青年會的Globalcastle營地，在每個為期五天的營會進行活動。其後的一周拜訪了當地青年會中心，與工作人員和義工交流。在營會期間，我們協助國際義工團隊帶領不同的遊戲和活動，並融入了有港青特色的營會項目，藉此促進互相學習與合一。

營會旨在透過多元化的活動，協助一些在學校中缺乏關注的學生提升英語會話能力，祈望為他們的未來

開拓更多機遇。雖然該計劃僅在一年前啟動，尚處於起步階段，卻已有穩固的架構，當地的導師在領導營會和指導青年人方面均擁有豐富經驗。

Greeting from the Camping Unit! Earlier this year, we were blessed with the opportunity to travel to Germany for a camp exchange training, and we are excited to share our experience and learning with you.

We spent the whole month of February in Germany – the first two weeks in the Globalcastle 5-day camps organised by YMCA Bavaria, followed by a week off from the camp, during which we visited other YMCA centres across Germany and had exchange with their staff and volunteers. During the camp weeks, we assisted the team of international volunteers to lead different games and activities, bringing some of our own ideas in the spirit of unity and mutual learning.

The camps aim to help students, who are less supported within the school system, by boosting their confidence in speaking English, and hopefully to open up more doors for them in the future. Although the programme was still in its infancy having started only for a year, the structure was extremely solid, and the team leaders were very experienced in both leading camps and guiding young volunteers.





這次旅程中有遇到甚麼挑戰嗎？這經歷對你有何啟發和影響？

其他青年會所舉辦的營會與港青所籌辦的有甚麼差異？

*Did you face any challenges during the trip? How did this trip impact you?
What were the key differences between the German camps and ours?*

Esther Hui

面對文化差異，我們在規劃活動時確實更具挑戰性。與香港相比，德國的文化傾向自主獨立，這也反映德國青年人的學習方式有更強主導權。在營會中，他們可以根據個人興趣選擇參加多於一項活動；每天亦設有自由活動時間，讓青年人自由參與他們感興趣的項目。這模式有效增進導師與青年人之間的聯繫。然而，因為香港家長對營會的期望有所不同，這種模式較難在港實行，不過，這仍讓我學習到要給予參加者選擇，自由探索自己的興趣。

能夠與巴伐利亞青年會總幹事Michael Götz和慕尼黑青年會總幹事Joachim Schmutz會面，也讓我十分難忘，作為巴伐利亞青年會的總幹事，Michael熱情好客，甚至親自駕車帶領我們遊覽紐倫堡的不同景點，介紹當地的豐富歷史和各青年會中心，真正體現了基督理念中的僕人精神。

在整個德國之行中，周遭的人與事不斷提醒著我，青年會是一個由青年人創立的運動，賦予青年力量是我們的共同目標。這趟充滿啟發的旅程，令我更加期盼日營及社區服務部能繼續發亮，為青年人生命帶來改變，為社區帶來合一。



巴伐利亞青年會總幹事Michael Götz (後排左)
與慕尼黑青年會總幹事Joachim Schmutz (後排中)
General Secretary of YMCA Bavaria, Michael Götz (left, second row) and
General Secretary of YMCA Munich, Joachim Schmutz (centre, second row)

One of the tasks that proved challenging was planning our programmes in accordance with the German camp style, which differed from the approach in Hong Kong. The German culture leans more towards individualism, which was reflected in the options offered to campers. Although it helps leaders to bond with campers, it would be inconceivable in Hong Kong due to local parents' expectations. This experience provided a valuable lesson about offering choices to campers and allowing them to freely explore their interests.

Having the privilege to meet General Secretary of YMCA Bavaria Michael Götz and General Secretary of YMCA Munich Joachim Schmutz was also a remarkable and inspiring experience, as General Secretary of YMCA Germany, Michael hosted us with passion and love, even driving us to different locations across the city of Nuremberg to give us a personal tour about its rich history and different YMCA's service locations. His hospitality truly embodied the servanthood element of the Christian principles.

Throughout the month in Germany, I was constantly being reminded of how YMCA is a movement created by youths for youths, and the empowerment of them was observed to be the shared motif. Equipped with this newfound inspiration, we hope that the YMCAHK Camping Unit can carry on shining its light, transforming the lives of youths and bringing unity to our community.

Kenny Lee

這次旅程滿載學習和果效，這是我首次離家，長時間在一個陌生國家，這無疑需要適應。另一個需要適應的是服務營友的年齡層。在港青的日常工作中，我主要與5至7歲的兒童互動，而在Globalcastle營會中，服務對象的年齡都在14至18歲之間。這意味著，無論在溝通方面或活動期間，我都需要採取截然不同的方法，並策劃合適的活動。這次經歷不僅提升了我的適應能力，同時也增強了我靈活處理事情的能力。

從德國青年會的運作中，我還領會到義工們在其中所扮演的重要角色。在參訪德國不同的青年會中心時，青年人的熱心貢獻和義工團隊的龐大規模，實在使我驚嘆不已。

目前，我和Brian負責CIT青年義工計劃，我們致力尋找更多忠誠的義工，為日營及社區服務部和港青服務。最後，能夠親身見證青年會運動在全球的影響，讓我對青年會有更深入的了解，增強了我服務社區、延續青年會使命的決心。

The trip was educational and rewarding, in spite of being the first time I was so far away from home for such a long period, it took me some time to adjust to being alone in an unfamiliar country. Another factor that required adaptation was the age of campers. In my daily work, I mostly work with children aged between 5 and 7, whereas in Globalcastle, the campers were well into their teens, ranging from 14 to 18. This, of course, meant that a different approach had to be adopted when trying to bond with them and deliver activities. I felt that this experience has positively impacted my adaptability, and ability to be spontaneous within a pre-planned framework.

Another important takeaway from the trip was the involvement of volunteers in the operations of Germany YMCA. As we visited different YMCA centres across Germany, I was constantly amazed by the level of contribution the volunteers made and the size of the volunteer teams.

As Brian and I are in charge of the Counselor in Training (CIT) volunteering programme in camping, and we are dedicated to attracting more committed volunteers to serve both camping and YMCA. Lastly, witnessing the global impact of the YMCA movement has deepened my connection with the YMCA, and I feel more empowered to serve our community and to continue the YMCA mission.



Brian Wong

在Globalcastle營會中，讓我最深刻的是對基督信仰的堅定。當中尤以每天的晚禱環節最令我難忘。無論是否有宗教信仰，導師們也非常鼓勵青年人一同參加晚禱，大家都對基督信仰保持開放態度。晚禱中的導師見證及詩歌敬拜均深受青年人歡迎。

另一個深刻印象的是魔術師Mr. Joy的表演。每個營期他只會到訪一次，大家會暫時放下工作或活動，一同投入他的表演，這無疑也是建立關係的最佳時刻。身為基督徒的

Mr. Joy會將基督元素融入魔術，常在表演時以象徵和隱喻的方式介紹基督故事，讓營友容易理解及投入於當中。他對藝術的追求和侍奉耶穌的心，並將兩者結合，啟發我思考如何將基督理念展現及融入營會。讓我們把信仰的種子帶到港青營友的生命。

I was most impressed by how strong their Christian faith was – one of my most memorable experiences from the Globalcastle camp was the night prayer session after the regular daily programmes. The campers always encouraged leaders to attend the session regardless of their religious background, and many of them were open-minded and willing to accept Jesus. The format of the prayer session was also a big hit, campers resonated well with both testimonies from leaders and singspiration.

Another notable moment of the camp was performance by a magician named Mr. Joy, who would come one night for each camp. During his session, the leaders joined campers to enjoy the show, and it was a great opportunity for leaders to bond with campers. Being a Christian, Mr. Joy incorporated Christianity into his illusions, often using symbolisms and metaphors in his narration to keep the campers engaged. I was very much fascinated by his dedication to his craft and faith, and seeing him combining both inspired us to find workable ways to adopt Christian principles into our camps, with the hope to sow seeds of faith into our campers' lives.





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「凡仰望耶和華的人，你們都要壯膽，
堅固你們的心！」
'Be strong and take heart, all you hope in the Lord.'

詩篇 Psalm 31:24

我很喜歡這段經文！這是一首約3000年前寫於危難與個人罪疚之中的詩篇——如今卻被收錄於我們現代聖經之中……在2024年的香港，就是如此清楚地向我們說話。

大衛很可能是在逃避掃羅的追殺時寫下詩篇31篇。正如馬修·亨利神學家所指出，其中某些段落特別切合他在基伊拉（撒母耳記上23:13），以及後來在瑪雲曠野九死一生的處境，當時掃羅在山的一側行軍，他則在另一方行走。但聖經並未明確告訴我們這詩篇是在何時何地所寫。它將祈禱、讚美和對神的信任與忠誠融為一體，相輔相成，效果非常出色。

我們正處於充滿挑戰的時代。每當我閱讀今天的新聞頭條，似乎沒有甚麼好消息！戰爭、分裂、政局動盪、經濟與社會危機重重，讀起來令人沮喪不已。

我們應該效法大衛。在詩篇的開首，他先宣告了對上帝的喜悅與信賴，並在此信心中祈求上帝拯救他脫離當前的困境。

這對我們今天的基督教青年會意味著甚麼？我們需要認識到，我們的信心不僅是盲目的希望，也不僅是空洞的幻想，而是紮根於一位何等愛我們的神——祂差遣祂的獨生子為我們捨身，使我們能回歸慈愛天父的懷抱。我們有十字架的確據、基督復活的明證，以及常存在內的聖靈，這一切都賦予我們信心。

在港青的百年歷史中，我們見證了世界大戰的戰慄、經濟蕭條和社會動蕩的艱難歲月。然而，我們不僅存留至今，更能忠於我們作為基督教機構的願景，投資於下一代。我們見證了許多果實，也看到我們竭力所作的福音事工造就了許多生命。這些都是上帝信實的見證。

我並非表示要盲目地忽視我們的生活、這城市和世界的重重挑戰。事實上，詩篇31篇中，大衛亦對自己的悲慘處境抱怨。然而，他仍然祈求上帝的恩典臨在，為他敵擋那些迫害他的

人。我們並非為求安逸幸福的生活成為基督徒。

今天我可以挑戰你嗎？從自給自足、倚靠自己的光景（在我們的社會中何其普遍）轉向為完全投靠上帝，祈求祂介入我們的生活、城市和這個世界中。這正是我們港青董事會的心之所繫，因為我們正值尋求上帝指引未來之際。

世界各地的青年會運動已虔誠地採納青年會2030願景，本期港青之聲亦有廣泛的描述。這些都不是空想的事，而是要我們明白：從未叫我們失望的上帝，今天亦然！

大衛以讚美和勝利為這詩篇作結，將榮耀歸給上帝，並鼓勵自己和他人相信祂。他以這節經文作結：「**凡仰望耶和華的人，你們都要壯膽，堅固你們的心！**」

大衛好像瞥見我們將生活在一個日益絕望的社會。最近的調查發現，我們的城市和世界各地的人，尤其是年輕一代，正感到絕望。我們觸目可見，更在心理健康問題和青少年自殺展現了。詩篇作者愛德華·莫特在1836年寫下了這話：「**我的希望建立在耶穌的寶血和正義之上。**」我們可以相信自己的感受、周遭環境、銀行存款或所擁有的。但如我們所見，凡此種種皆不可靠，必將令我們失望。

如果可以的話，讓我重寫這詩：「**港青是建立在耶穌的寶血和正義之上。**」這就是為甚麼我們可以慶祝上帝的百年信實，也是我們可以自信地宣告青年會2030願景的原因。

那麼這一切竭力作工所為何事？**我的朋友：你們都要壯膽，堅固你們的心。**

世界有它的問題。噢，是的。

生活艱難。噢，是的。

但我可以鼓勵你堅強並振作起來嗎？



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

I love scripture! A verse written close to 3000 years ago, written at a time of danger and personal struggles - embedded in the middle of our modern Bibles.....speaks to us clearly in 2024 in a place such as Hong Kong.

It is probable that David wrote Psalm 31 when he was persecuted by King Saul; theologian Matthew Henry tells us that some passages in it agree particularly to the narrow escapes he had, at Keilah (*1 Samuel 23:13*), then in the wilderness of Maon, when Saul marched on one side of the hill and he on the other, and, soon after, in the cave in the wilderness of En-gedi; but that it was penned upon any of those occasions we are not told. It is a mixture of prayers, and praises, and professions of confidence in God, all of which do well together and are helpful to one another.

We live in challenging times. As I read today's news headlines, there seems to be little good news in there! Wars, division, political, economic and social challenges. It doesn't make good reading and it would be easy for us to feel downcast.

We would do well to take a leaf out of David's book. At the beginning of the Psalm, David professes his cheerful confidence in God, and, in that confidence, prays for deliverance out of his present troubles.

What does that mean for us at the YMCA today? We need to recognise that our confidence is not just a blind hope, not just wishful thinking. It is rooted in a God who loved us so much that He sent His Only Son to die for us and bring us back into relationship with our loving Father. We have the certainty of the cross, Christ's bodily resurrection, and the indwelling presence of the Holy Spirit to give us that confidence.

We have seen this demonstrated powerfully in more than a century of the YMCA of Hong Kong. We have experienced the horror of world wars, economic downturns, and social upheaval. That we not only still exist 100 years later, but have been able to be true to our vision as a Christian organisation investing in future generations. That we have witnessed so much fruit and seen so many lives impacted by our outworking of the Gospel. These things stand as witness to the faithfulness of God.

I am not suggesting that we become naively blind to the great challenges we face in our lives, in our city and in our

world. Indeed, in Psalm 31, David complains of the very deplorable condition he was in. And yet, he still prays that God would graciously appear for him against his persecutors. We do not become Christians to achieve a happy life.

Can I challenge you today? To move from a stance of self-sufficiency (so prevalent in our society!) to a place where we are pleading for God to move in our lives, our city and our world. That is the heart of our YMCA Board, as we seek God's guidance for our future.

Vision 2030 has been prayerfully adopted by the YMCA movement worldwide, and it is widely covered in this edition of Y's Voices. It is not wishful thinking, but rather a recognition that God who has never let us down isn't going to start now!

David concludes the psalm with praise and triumph, giving glory to God, and encouraging himself and others to trust in him. He concludes with the verse **'Be strong and take heart, all you hope in the Lord.'**

David almost seems to have a glimpse that we would live in a society that increasingly seems to be losing hope. Recent surveys in our city and across the world would indicate that, especially the younger generation is feeling this hopelessness. We see this all around us, and its manifestation in mental health issues and teenage suicides. The hymn writer Edward Mote wrote these words in 1836: **'My hope is built on nothing less, than Jesus' blood and righteousness'**. We can trust our feelings, our circumstances, our bank balance, our possessions. But as we have seen, they cannot be relied upon - and will invariably let us down.

Let me, if I may, rewrite the words of that hymn: **'The YMCA of is built on nothing less, than Jesus' blood and righteousness'**. That's why we can celebrate 100 years of God's faithfulness and why we can confidently announce our 2030 Vision.

So what is the outworking of all this? **My friend, Be strong and take heart.**

The world has its problems. Oh yes.

Life is not easy. Oh yes.

But can I encourage you to be strong and take heart?

港青會員及社區服務員工退修日2024 YMCAHK Member & Community Services Staff Retreat Day 2024



會員及社區服務的員工退修日於5月2日順利舉行，共有60位同工參與。退修日的目的是為了加強團隊凝聚、通過反思、討論和分享為工作帶來正能量。活動邀請了正向教育學院創辦人鍾明崇先生分享正向觀念，讓同工了解自己的內心思想和信念，學會保持正向思維。此外，籌備委員會亦設計了一系列分組活動，組員不分職級、不分部門，從不同的團體遊戲中互相認識、溝通和合作，並加強如何將基督價值應用於工作和日常生活。會員及社區服務期望透過是次退修日，讓同工不論個人和工作中都得到正面的力量，重新得力，更希望將這份正能量帶到服務使用者，繼續為社區服務。



With an aim to strengthen team cohesion, and bring positive energy to work through reflection, discussion and sharing, the annual staff retreat day for the Member and Community Services (M&CS) was successfully held on May 2 for 60 colleagues. The founder of the Teengineer, Mr. Carl Chung, was invited to share on positive concepts, to help colleagues understand their own inner thoughts and beliefs, and learn to maintain a positive mindset. In addition, a series of group activities also allowed colleagues from different departments and ranks to get to know each other more, communicate and collaborate through various team-building games, and most of all, to learn how to apply Christian values to work in daily life, gain positive energy, and be re-energised to continue serving the community with this positive force.



香港基督教青年會 x PET SPACE：慈善寵物行運一條龍 YMCA of Hong Kong x PET SPACE: Charity Walk

港青一直致力宣揚愛與關懷，並將這份愛延伸到對動物的愛護。本會於2月16日與PET SPACE合作舉辦了「慈善寵物行運一條龍」行山活動，共有12位參加者和7隻寵物出席。活動於西貢龍蝦灣郊遊徑進行，旨在引起大眾對愛護動物的關注，同時讓大家一起保持健康、活躍的生活態度，放鬆身心，度過愉快且有意義的時光。活動籌得港幣3,600元善款，並全數捐贈予香港拯救貓狗協會，以支援他們為流浪貓狗提供糧食、醫療、絕育及領養等服務。

The YMCA of Hong Kong is dedicated to promoting love and care, which were extended to the protection of animals. Partnered with PET SPACE, a charity event was organised on February 16, and attended by 12 participants, who brought along a total of 7 pets, completed the excursion at the Lobster Bay Trail in Sai Kung. They all had an enjoyable and meaningful time.

The activity aimed to raise public awareness about the importance of caring for animals, while also promoting a healthy and active lifestyle, and to relax both physically and mentally. A total of \$3,600 was raised and donated to the Hong Kong Save Cat and Dog Association, in support of its work to provide food, medical care, sterilisation and adoption services for stray cats and dogs.



港青 X Game On HK : 港青當入樽 YMCAHK X Game On : HK TEENAGE DUNK

「港青當入樽」是一個由香港基督教青年會與Game On HK合辦的籃球計劃，旨在為缺乏資源和機會參與體育活動的學生提供學習打籃球的機會，透過籃球的力量，幫助他們發展技能、提升自信心，並促進個人成長。

計劃邀請了來自不同社區和學校的15名學生參加，他們在3月的每個星期六進行訓練，內容包括籃球技巧、戰術培訓和比賽經驗的提升。這些訓練由港青的專業教練和Game On HK的義工教練負責，為學生提供良好的指導和支持，通過團隊建設活動和合作訓練，學習如何與他人合作、溝通和建立信任，這些技能在他們的學業和日常生活中都非常有價值。

Jointly organised by the YMCA of Hong Kong and Game On HK, TEENAGE DUNK is a basketball initiative which aims at providing a platform for students who lack resources and opportunities to participate in sports activities; and through the power of basketball, to help participants develop skills, boost self-confidence, and promote personal growth.

In March, 15 students from different communities and schools were invited to a month-long training held every Saturday. Led by professional coaches from YMCA and volunteer coaches from Game On HK, the training included basketball skills development, tactical training, and game experience. Guidance and support were provided to students over team-building activities and collaborative training, for them to learn to cooperate, communicate, and build trust with others—skills that are valuable in both their academic and everyday lives.



港青 X 城市青年商會全城義剪日 YMCAHK X Junior Chamber International City (Hong Kong): Volunteer Haircutting Service Day

香港基督教青年會於與香港城市國際青年商會合作舉辦「全城義剪日」活動，並於3月16日假港青西九龍耀信發展學習中心舉行開幕典禮，超過60名參加者出席。

義剪服務的目的是引起社會對長者的關注，同時推動義工運動服務社區。透過招募義工、提供剪髮技巧訓練為長者理髮，以創造一個社區支援互動和建立關愛網絡的環境。

為期十節的義剪訓練班已於5月14日開展，有12位義工參加，為於7月31日舉行的「全城義剪日」做好準備！

The YMCA of Hong Kong collaborated with the Junior Chamber International City (Hong Kong) to launch the 'Volunteer Haircutting Service Day' on March 16, with over 60 participants attended an opening ceremony held at the YMCA of Hong Kong Beacon Centre Lifelong Learning Institute.

The purpose of the service is to raise the community's awareness to care



for the elderly, while promoting a volunteer movement to serve. The initiative recruits volunteers and offers them haircutting skill training to provide free haircutting service for the elderly, to create an environment that supports social interaction and a caring network.

A total of 12 volunteers took part in the 10-session haircut training which commenced on May 14, in preparation for the 'Volunteer Haircutting Service Day' to be held on July 31.



基督教外展 — 啟發課程 Christian Outreach — Alpha Course

港青基督教外展夥拍「啟發香港」，在3月至5月舉辦第二次為期10週的員工啟發午間聚會。來自9個部門的18位同工在輕鬆愉快的氛圍下一起探索人生、信仰和生命的意義，而在5月18日的啟發週末，大家更有機會在活動中體驗聖靈的工作。

啟發課程的順利開展，獲得了薪火匯事工的義工支持。他們與基督徒同事們負責帶領小組的交流、對話及陪談。是次課程更有個人見證及按課程主題而揀選的詩歌分享。港青將繼續為有興趣認識基督教信仰和生命議題的同事們開設啟發課程。



Partnered with Alpha Hong Kong, the second staff's Alpha series, featuring a 10-week course, was held on a weekly basis during lunchtime from March to May. A total of 18 colleagues from 9 departments explored life, faith and meaning at interactive lunch sessions in a light-hearted atmosphere, and were exposed to the work of the Holy Spirit on the one-day Alpha weekend on May 18.

The successful launch of the second series was supported by volunteers from Burning Bush Connect Ministries, who worked along with Christian staff to host and facilitate the exchange and conversation in each group. Highlights of this series were the sharing of personal testimonies and hymns based on the session's theme. YMCA will continue to run the Alpha Course for staff who are interested to learn more about Christian faith and life.

基督教外展 — 「靜·感受」復活節慶祝活動 Christian Outreach — 'Be Still' Easter Celebration

復活節是紀念昔日耶穌被釘在十字架，用祂的寶血洗淨我們的罪，使人能得著救贖，且祂在被釘後的第三天勝過死亡復活。為了傳遞此救恩及讓大眾經歷從神而來的平安，港青基督教外展藉以賽亞書30章15節「你們得力在乎平靜安穩。」為主題，於3月23日假港青總部大堂舉行了慶祝活動。當天邀請了DRIME事工團隊表演兩齣默劇，表達神對人不止息的愛與犧牲。此外，亦透過詩歌分享和以木塊作畫體驗，使參加者的內心得以平靜。

Easter is a commemoration of the crucifixion of Jesus, whose precious blood was shed to cleanse us from our sins, and

offering redemption. On the third day after His crucifixion, He rose from the dead, and conquered death. To share this salvation and allow everyone to experience the peace that comes from God, 'Be Still' themed around *Isaiah 30:15* "..... in quietness and trust is your strength.....", was held on March 23 in the atrium of the YMCA of Hong Kong to celebrate the occasion. The DRIME ministry team was invited to perform two mimes, portraying God's relentless love and sacrifice for humanity. Additionally, singspiration and the experience of wood painting brought inner tranquility to participants.



看「建」未來「築」及生活 STEAM x Toy Reborn Workshop

由建造業議會的建造業推廣計劃支持，於3、4月期間與「惜玩文化」合辦「STEAM城市由我建」，共42位年齡介乎8至12歲的學生，分別參加了6節互動工作坊，讓他們學習與STEAM（科學、技術、工程、建築與藝術和數學）相關的建築元素，並共同創造了一個獨一無二的藝術裝置。活動更邀請了來自建築業不同領域的專業人士分享知識，讓小朋友了解未來在建造業的未來升學和就業發展路徑。



The Construction Industry Council's Construction Industry Promotion Programme and YMCAHK's Toy Reborn jointly launched 'Toy Reborn x STEAM City' workshop in March and April, to introduce the industry to students.

A total of 42 children aged 8 to 12 participated in a series of 6 interactive workshops, which introduced construction-related elements of STEAM including science, technology, engineering, architecture and art, and mathematics; and together, a unique art installation was created. Professionals from diverse fields of the construction industry were also invited to share their knowledge and valuable insights, from academic requirement to career pathways, so as to arouse children's interest in the profession.



學前教育及小學文娛服務部：HELLO SUMMER！暑期課程資訊日 Preschool & Primary Leisure Education Services: 'HELLO SUMMER! Summer Course Information Day'

學前教育及小學文娛服務部於4月20日舉辦了「HELLO SUMMER！暑期課程資訊日」，活動內容豐富，包括幼兒課程試玩、兒童感官探索活動、彩繪、攤位遊戲和手工藝工作坊，旨在激發小朋友的好奇心和探索精神。活動當日還設立了暑期課程資訊站，透過短片回顧過去暑期活動的精彩時刻，介紹今年的暑期活動和優惠，幫助家長為小朋友選擇最適合的課程。

暑期課程已於4月8日開始接受報名！除了皇牌課程「兒童暑期樂園」和「Step Up暑期學堂」外，還推出了一系列不同主題的全新課程，詳情請掃描以下二維碼。一起啟發孩子的潛能，讓孩子們度過一個愉快而有意義的暑假！

Preschool & Primary Leisure Education Services organised the 'HELLO SUMMER! Summer Course Information Day' on April 20. The event offered a diverse range of activities, including trial classes for preschoolers, sensory exploration for children, face painting services, booth games, and arts and crafts workshops, all aimed at stimulating children's curiosity and exploration spirit. An information station was set up to review the exciting moments of past summer activities through short videos, introduce this year's summer activities and special offers, helping parents to choose the most suitable courses for their children.

Enrolment for the summer programmes have begun on April 8! Besides flagship courses 'Children's Summer Playgroup' and 'Step Up Summer School', there is also a series of new programmes covering various themes. Scan the QR code below for details. Let's inspire children's potential and give them a joyful and meaningful Summer!



網上報讀
Online Enrolment



課程概覽
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香港基督教青年會京士柏百周年紀念中心 — 匹克球體驗日 YMCA King's Park Centenary Centre – Pickleball Fun Day

香港基督教青年會京士柏百周年紀念中心於3月23日與中國香港匹克球總會合辦了匹克球體驗日，反應熱烈，吸引了近80人參與。匹克球注重技巧而非純粹的體力，適合不同年齡人士，除訓練心肺功能，手腳協調外，亦有助改善參加者的肌肉柔韌度和活動。當日讓參加者盡情體驗匹克球的樂趣。

Supported by the Pickleball Association of Hong Kong, China, a Pickleball Fun Day was organised at the King's Park Centenary Centre on March 23. The event received an enthusiastic response and attracted nearly 80 participants. The increasingly popular sports emphasises skills rather than purely physical, making it suitable for people of all ages.

In addition to training cardiopulmonary function and hand-foot coordination, it also helps improve muscle flexibility and mobility. The fun day provided a platform for participants to fully experience the joy of pickleball.



選舉會員迎新日 New Voting Member Orientation Day

港青選舉會員迎新日於2月24日順利舉行，讓新選舉會員認識港青的願景、使命、發展里程碑和服務。

迎新日由新成立的Y MUSÉE為第一站，了解基督教青年會運動的起源、香港青年會成立、發展、演變和服務；他們亦參觀了酒店、體育館、泳池等設施，更與參加班組的學員攀談，聆聽他們的反饋。

選舉會員亦造訪了長沙灣社區服務中心，了解中心運作、發展和服務。到訪期間更與課後托管服務的小朋友一起製作湯圓，歡渡愉快的時光。

To familiarise new Voting Members with the YMCA vision, mission, developmental milestones, and services, a new Voting Member Orientation Day was held on February 24. The full-day itinerary began at the newly-established Y MUSÉE, where new Members learned about the origin of the YMCA movement and its development, as

well as the setup and evolution of the YMCA of Hong Kong, including its services. Participating Voting Members also visited The Salisbury, sports facilities, swimming pool, and engaged in dialogues with programme participants for valuable feedbacks from participating in the activities. They also visited the Cheung Sha Wan Community Service Centre

to see for themselves the Centre's operations and services; and last but not the least, they joined After School Care Programme (ASCP) recipients to make glutinous rice balls while having a good exchange with them.



the DOOOR藝術空間：聯合藝術展 — 幸福大門 the DOOOR Art Space: Joint Art Exhibition — eudaemonia DOOOR

ARTHOOD計劃已成立將近一年，旨在提供一個平台和製造不同機會以提高公眾對本地藝術家的認識。計劃邀請了17位本地藝術家，於2024年2月3日至3月2日在本會的the DOOOR藝術空間舉辦了一個名為「幸福大門」的聯合藝術展。每位藝術家都以自己獨特的方式表達了他們對幸福的理解，並不受任何媒體形式的局限。

展覽期間舉辦了7個名為「藝術家的幸福時光」的藝術工作坊，通過這些活動，公眾可以在藝術家的指導下，親身體驗創作的樂趣，並製作手工藝品，一同感受藝術家尋找幸福時光的過程。是次展覽吸引了超過1,800名參觀者和工作坊參加者，並得到正面的迴響，藝術家們亦很感謝能夠參與是次展出機會。我們相信這次展覽對所有參與者都具有深遠的意義和價值。

Since its launch a year ago, ARTHOOD provides a platform and creates opportunities for the public to get to know them. As part of this ongoing endeavour, a joint art exhibition themed 'eudaemonia DOOOR' was organised at "the DOOOR art

space" from February 3 to March 2, featuring a total of 17 artists' work to express happiness from each of their unique perspectives.

Seven workshops titled 'Artists' Happy Moments' were run, to allow the public to experience the artists' joyful moments by participating in their hobbies or jointly making handicrafts, so as to reach participants' inner feelings and reunite with happiness.

The exhibition attracted over 1,800 visitors and workshop participants, with encouraging feedbacks received. The artists also expressed gratitude for the exhibition opportunity, which was indeed a meaningful initiative for everyone involved.



ARTHOOD藝術商店 — 新進駐藝術家 New Artists of ARTHOOD Arts Store

2024年4月起，ARTHOOD計劃成功將合作藝術家人數由17位擴展到29位。ARTHOOD的目標是創建一個充滿活力的藝術社群，展示本地藝術家巨大的潛力和才華。

Starting from April 2024, the ARTHOOD initiative successfully expanded the number of collaborating artists from 17 to 29. ARTHOOD's goal is to create a vibrant art community that showcases the immense potential and talent of local artists.

精神健康教育日營2024 Mental Health Day Camp 2024

香港基督教青年會聯同半山區扶輪社及正向教育學院於2月24日舉行第二屆精神健康教育日營，為加強中學生對精神健康的關注及學習以正向思維去關懷及支持身邊的人，共13間中學超過100名中學生參加。日營邀請了半山區扶輪社胡凱婷社長及正向教育學院創辦人鍾明崇先生，分享了個人生活經驗及如何以正向思維面對逆境，並透過其他活動，包括心理分析工作坊，加強同學對自己的了解、攀石及舞蹈讓同學以運動舒緩個人壓力、禪繞畫工作坊學習舒緩及平復情緒。

Joint with the Rotary Club of Mid-Level and Teengineer, the second annual Mental Health Day Camp was held on February 2, with an aim to raise secondary school students' awareness of mental health, teach them positive thinking and adopt a caring attitude to support family and friends. Over 100 students from 13 local secondary schools participated in this year's event, which invited special guests Ms. Lavender Wu, the President of Rotary Club of Mid-Level and Mr. Carl Chung, the founder of Teengineer. They



shared their personal experiences on how to approach life's adversities with a positive mindset. The day camp also featured a self-understanding workshop and through psychological analysis, wall-climbing and dancing to help relieve personal stress, and a zentangle workshop to learn how to soothe and calm one's emotions.

Boundless專題計劃 — 精神健康與你 Boundless The Project — Mental Health with You

為舒緩中學生壓力及提高對精神健康之關注，Boundless於4月1日舉行為期兩天的「精神健康與你」活動，共吸引了50名來自不同學校的中學生參與。活動透過展板和短片傳遞精神健康的資訊，亦透過擴香石工作坊、禪繞畫及學習實用技巧讓中學生放鬆心情，並培養正面積極的生活態度。

With the objectives to raise awareness of mental health and to alleviate stress and anxiety, Boundless organised a two-day event themed 'Mental Health with You' on April 1, and it was attended by 50 secondary school students. There were informative exhibition boards and short films to convey mental health-related information, and aroma stone, zentangle art workshops and practical techniques to help students de-stress and cultivate a positive and proactive mindset.



海外家務助理組 — 第29屆年度畢業典禮 Domestic Helper Unit — 29th Annual Graduation Ceremony

海外家務助理組於2024年5月1日假港青尖沙咀總部大禮堂舉辦「第29屆年度畢業典禮」，畢業典禮主題為「Memories in Time, Creating Our Stories」，2023年畢業生們獲得了各種獎項，分享了過去一年的收穫和喜悅，並展望未來創造自己的故事。

典禮更邀請了菲律賓駐香港總領事館和印度尼西亞駐香港總領事館的代表出席。本年共有108位畢業生及180名來賓參與，其中44名畢業生更獲得特別獎項，包括最高參與率獎項、電腦及美容特別組別證書、蒙特梭利證書等，她們更獲得嘉許獎牌。此外，多個表演項目均由畢業生、義工及導師負責，包括結他、拉丁舞、話劇等，充分展現了她們所學才能和知識。為了展示學生在課堂所學的成果，典禮設置學生成品展示區，成品包括剪髮、烘培、蔬果及香皂雕刻等興趣班作品，吸引了不少嘉賓駐足觀賞。



The Domestic Helper Unit held its 29th Annual Graduation Ceremony on May 1 at the YMCA Headquarters. Themed 'Memories in Time, Creating Our Stories', classes of 2023 graduates received various awards, and shared their achievements and joy from the past year, with a prospect to create their own future stories.

Graced by representatives from the Consulate General of the Philippines in Hong Kong and the Consulate General of The Republic of Indonesia in Hong Kong, a total of 108 graduates and 180 guests attended the graduation. Among others, 44 students received special awards, including

the Loyalty Award, group certificates in Computer and Beauty, and Montessori Certificates, in addition to medals to recognise their hard work. The graduates, volunteers, and instructors also showcased their diverse talents in singing, dancing, musical instruments and drama. A dedicated exhibition area was set up to display the students' work from classes including hairstyling, baking, fruit and vegetable carving, and soap carving. All guests were able to admire the students' skills acquired through the programmes.



海外家務助理組與菲律賓海外勞工福利署合作 Domestic Helper Unit — Cooperation with Overseas Workers Welfare Administration (OWWA)

海外家務助理組與菲律賓海外勞工福利署合作，為在港工作的菲律賓家務助理提供培訓課程。自2024年2月起，為新來港的家務助理提供多個實用及與工作相關的課程，有助於他們日後運用於工作上。課程包括「長者照顧訓練證書課程」、「City and Guilds國際咖啡師證書課程」和「新娘化妝工作坊」。這些課程專為家務助理設計，確保符合其興趣和需要。

Partnered with Overseas Workers Welfare Administration (OWWA), the Domestic Helper Unit has started organising courses for new domestic helpers arriving in Hong Kong since February, to provide them with additional skills that will benefit their future endeavors. These courses included 'Caring for the

Elderly', 'City & Guilds International Award in Barista Skills', and 'Bridal Makeup Workshop', specifically designed to cater to the needs and interests of OWWA students.



「傲翔新世代」全方位青年領袖訓練計劃 — 戶外領袖訓練營 Youth Leadership Development Scheme (YLD) – Adventure-base Counseling Training

2月17日至3月10日期間的三個週末，80名來自10所中學的學生參加了「傲翔新世代」全方位青年領袖訓練計劃於西貢舉辦的、富挑戰性的戶外領袖培訓活動，目的是鍛煉未來青年領袖的團隊合作與領導能力。

首天的日營通過團隊合作遊戲建立了團隊精神，為接下來的訓練打下基礎。隨後則學習使用指南針和地圖的技巧，並在定向活動中實踐所學。最後，學生們在為期兩天一夜的露營中，綜合運用所有技能完成了15公里的山野遠足和竹筏活動。活動更讓學生親身體驗如何實踐基督教的六大信念 — 愛、信念、關懷、寬恕、責任和尊重。

80 students from 10 secondary schools took part in the annual signature adventure-based training of YLD, which was held in Sai Kung over three weekends from February 17 to March 10, featuring a series of challenging outdoor leadership training activities aimed to hone the team leadership skills of the future youth leaders.

To build a solid foundation for the subsequent training, students took part in team-building activities to establish a strong team spirit on the first day, followed by learning navigation and map-reading skills, and practicing an orienteering activity. Finally, the students undertook a 15-kilometre wilderness hike and a bamboo rafting activity during a two-day-one-night camping trip, utilising all the skills they had learnt. Throughout the training programme, the students experienced how to live out six core Christian values – love, faith, caring, forgiveness, responsibility and respect.



香港基督教青年會東涌中心：關懷社區長者日 YMCA of Hong Kong Tung Chung Centre: Bringing Joy to the Elderly

在尖沙咀（國際）聯青社的贊助和義工們的大力支持下，港青東涌中心於4月5日舉行了「關懷社區長者日」。當天，共有70份福袋由義工親自送到長者們手上，讓他們感受到溫暖和關懷。為了促進與長者們的聯繫，為他們帶來歡樂和支持，義工們還進行了家訪，聆聽及與長者閒談，分享生活近況，傳達關懷之情。

With generous support from the Y's Men's Club of Tsim Sha Tsui and dedicated volunteers, YMCA of Hong Kong Tung Chung Centre organised 'Caring for Community Elders Day' on April 5. A total of 70 care packages were personally delivered by volunteers to the elderly, bringing them warmth and compassion. Furthermore, to foster closer connections among elderly in the community, and to bring them joy and support, the volunteers also paid home visits to the elderly, conveyed genuine care and concern by engaging them in conversation and listening to them.



尖沙咀（國際）聯青社成立於1981年，是一個非牟利組織，一直熱衷於社區服務。作為香港基督教青年會的合作夥伴，聯青社亦積極支持其活動及服務。歡迎香港基督教青年會的會員和對社區服務有興趣的人加入尖沙咀（國際）聯青社。如欲獲取更多資訊，請發送電子郵件至 ysmenhk.tst@gmail.com。

The Y's Men's Club of Tsim Sha Tsui, established in 1981, is a non-profit organisation dedicated to community service in Hong Kong. As a close partner of the YMCA of Hong Kong, it actively supports their activities and services. The club welcomes members from the YMCA and individuals interested in community service. For more information, please email ysmenhk.tst@gmail.com.

就業支援服務 x 多元文化融匯網絡: 復活節美孚農墟攤位 Employment Support Services X Multicultural booth at Mei Foo Farm Fest

為慶祝復活節，港青長沙灣中心就業支援服務及多元文化融匯網絡的參加者於3月31日到美孚農墟擺設攤位，旨在賦予他們展現才能的空間。就業支援服務的參加者製作針織裝飾品，並即場售賣，而少數族裔參加者亦繪畫寓意祝福的Henna民族手繪，及售賣手繪圖案的記事簿、書簽及自家設計的耳環。

In celebration of Easter, participants from the Employment Support Services (EmSS) and the Multicultural Team from Cheung Sha Wan Centre came together on March 31 to unleash their talents at the Mei Foo Farm Fest. While EmSS participants made knitted decorations for sale, ethnic minority participants drew Henna with symbolic blessings, made and sold hand-painted notebooks, bookmarks and earrings.



港青長沙灣中心：多姿多采的復活節託管服務 Cheung Sha Wan Centre : A Colorful Easter Childcare Programme

為培養學生的創造力和美術技巧，並透過活動提高他們對本地工業的認識，共33名學生參與了港青長沙灣中心於3月27日至4月5日舉辦的復活節託管服務。活動包括製作色彩繽紛的馬賽克杯墊、與香港年金公司的義工合力製作玩具木船及製作野餐小食；並參觀了益力多工廠、到訪大埔海濱公園的昆蟲屋，探索本地昆蟲的種類、標本和棲息資訊。此外，我們邀請了基督教宣道會深水埗堂合作透過一系列遊戲及活動，向學生介紹復活節的真正意義。

To foster children's creativity and artistic skills, and raise their awareness of local industry through outdoor activities, a total of 33 students participated in the Easter Childcare programme held at the Cheung Sha Wan Centre from March 27 to April 5.

The programme featured making of colorful mosaic coasters, collaborating with volunteers from HKMC Annuity Limited to create toy wooden boats, and making picnic snacks. The students also visited the Yakult factory and the insect house in Tai Po Waterfront Park to explore different species, specimens, and habitat information of local insects. In addition, the

Christian and Missionary Alliance Church Sham Shui Po Church was invited to introduce the true meaning of Easter to students through a series of games and activities.



港青基信幼稚園(啟晴)綠色教育

YMCA of Hong Kong Christian Kindergarten (Kai Ching) Green Education

港青基信幼稚園(啟晴)著重綠色教育，引領學校各持分者透過不同的活動，使「環保」變成持之以恆的生活模式，培養他們對環境友善的態度及實踐環保生活。活動包括：

- ♥ 環保自由遊戲區，讓師生發揮創意，利用不同的環保物料設計及創作小遊戲；
- ♥ 惜食講座，培養學生建立珍惜食物的態度；舉辦「一人一花」班際種植活動，讓學生於校內體驗栽種萬壽菊的樂趣；
- ♥ 漂書週，鼓勵學生透過交換圖書，延續書本的生命和推廣環保閱讀的文化；
- ♥ 製作童玩爪子，本校家長義工隊利用布碎製作爪子，將中國童玩文化傳承給子女；家長玩具重生工作坊，讓家長將舊玩具重生變為藝術品；
- ♥ 不同機構舉辦的環保講座及「世界地球日」，讓持分者學習不同的環保資訊，提升他們關注和認識不同的環保議題，積極實踐，使他們成為環保行動的倡導者。

YMCA of Hong Kong Christian Kindergarten (Kai Ching) supports green education and leads all stakeholders in the school to turn 'environmental protection' into a persistent lifestyle through different activities. We cultivate environmentally friendly attitude and encourage them to practice ecologically friendly life by the following initiatives:

- ♥ The Green Free Play Area allows teachers and students to use their creativity to design and create mini-games with different environmentally friendly materials;
- ♥ Food Wise Talk cultivates students' attitudes towards cherishing food attitude;
- ♥ The 'One Person, One Flower' inter-class planting activities are organised for students to experience the fun of planting *Tagetes erecta* at school;
- ♥ Book Crossing Week, encourages students to extend the life of books and promotes the culture of environmentally friendly reading;
- ♥ Remaking from children's old toys, parent volunteer team of our school used scraps of cloth to make children's toys, and brought Chinese cultural inheritance to children;
- ♥ Parents' Toy Reborn workshops to regenerate old toys into works of art;
- ♥ Environmental workshops and 'World Earth Day' organised by different organisations enable stakeholders to learn different environmental information and raise their awareness and understanding of different environmental protection issues so that they become advocates of environmental protection actions.



港青基信幼兒學校（農圃道） — 愛在香港

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



Thank you Heavenly Father for giving us a lovely place, Hong Kong! During February and March, students of Christian Nursery School (Farm Road) had the opportunity to go out and have a glimpse of the community. K1 to K3 children took the MTR, the Star Ferry and the tram to try different means of transportation, and learn to be a good passenger who would abide by the rules and care for those in needs. N1 children went outside the school to observe the traffic on the road, and learn to appreciate the wisdom that the Lord of creation has granted to human to create transportations.

In addition, K1 to K3 children also visited different community facilities, such as pharmacies, fire stations and police stations. The experience not only provided better understandings of the responsibilities, and the work of different community helpers, but also gave children opportunities to thank them in person. It is grateful that children can feel the love and care of different walks of life in their early age. How beautiful Hong Kong is with the care and blessings of the Lord!

感謝天父賜我們美麗的居所 — 香港！在二、三月間，港青基信幼兒學校（農圃道）的幼兒有機會走出學校去感受社區。K1至K3班幼兒分別乘坐了港鐵、天星小輪及電車，認識不同交通工具的特點及學習做一個遵守規則、懂得關愛的好乘客。而N1班幼兒則到學校外觀察馬路上的交通工具，學習欣賞偉大的造物主所賜予人類創造交通工具的聰明智慧。



K1至K3班幼兒亦到社區參觀藥房、消防局及警署等，不但更深入了解社區服務人員的職責和工作情況，同時讓幼兒有機會親自感謝他們的付出。感恩幼兒從小就能感受到身邊不同的人的愛護及幫忙，有主看顧和祝福的香港是多麼的美麗！



港青基信國際幼稚園復活節慶祝活動 YMCA of Hong Kong Christian International Kindergarten (CIKG) Easter Celebration



為了讓孩子體會復活節的意義，CIKG以希望和愛為主題策劃了一系列活動。孩子們圍繞著耶穌復活和「信基督者得永生」積極參與討論、製作手工藝和講故事，並在香港基督教青年會總部舉行了復活節敬拜。他們還精心製作復活節賀卡，向社區傳遞希望、愛、無私和福音。

此外，CIKG家庭也積極投入今年的PeaceBox祝福大行動，把一盒盒獨特而滿載愛心的禮物捐贈至弱勢及有需要的社群及長者，傳遞關懷與溫暖。孩子們通過了這些活動學會了關懷、慷慨與分享。

CIKG organised a variety of activities for children to understand the significance of Easter, with a focus on hope and love. The students participated in discussion, crafts, and storytelling centered around the resurrection of Jesus Christ and the promise of eternal life, and a Easter worship service was also held at the YMCA Headquarters, where they shared Easter gift cards with messages of love, hope, selflessness, and the gospel with the community.

For children to cultivate important values and qualities such as caring, generosity and sharing, the CIKG family also actively participated in the Peace Box 2024 event, to donate gifts to those in need, including underprivileged families and the elderly.



港青基信國際幼稚園校園開放日

YMCA of Hong Kong Christian International Kindergarten (CIKG) Open Day

港青基信國際幼稚園於4月20日舉辦了充滿魔力的童話書籍探索之旅的開放日，旨在激發孩子們的閱讀興趣和想象力。一系列精心策劃、以滿足孩子們多元學習需求的活動，包括創意十足的說故事會、互動式閱讀體驗和根據自己喜歡的故事角色進行手工藝創作。

家長與老師們深入交流，參觀了校園設施，也藉開放日感受我們為孩子創造的良好學習環境，注重啟發孩子的思維，引導他們主動探索、積極表達，進而培養自主學習能力和創新精神。

With an aim to foster a lifelong passion for learning among children and their families, YMCA of Hong Kong Christian International Kindergarten (CIKG) Open Day was held on April 20. It was a magical journey through the enchanting realm of storybooks, designed to ignite a love for reading and imagination in young minds. Various activities that promoted literacy

and creativity were carefully curated to cater to the diverse interests and preferences of the children, including engaging in storytelling sessions, interactive reading experiences, and hands-on crafts inspired by students' favourite storybook characters. The joy of reading and storytelling was celebrated as a cornerstone of early childhood education throughout the event.

Parents were invited to meet our experienced educators, and tour our well-equipped facilities. Families witnessed how we fostered love for reading, nurtured imagination, and encouraged active participation in the world of literature. The event provided a glimpse to the rich experiences and educational opportunities we offer, ensuring that children's imaginations could thrive in a supportive and engaging environment.





基信學校復活節音樂劇 — 《約拿和大魚的故事》 SWYHKCS: Easter Musical 'Jonah — A Fishy Tale'



3月22日星期五，基信學校三年級和四年級學生呈獻了一套復活節音樂劇 — 《約拿和大魚的故事》。這部改編的音樂劇充滿了夏日風情，包含了令人興奮的海洋主題歌曲，以陽光、海浪和一群立心不良的海盜為主題。《約拿和大魚的故事》的劇本生動有趣，劇中還介紹了大批新角色，包括美麗動人的Senorita西班牙小姐、惱人的螃蟹以及狡猾的尼尼微海盜Peg It和Leg It。隨著同學們的歌聲，配以鮮明的戲服及別出心裁的佈景和道具，其他級別的學生，小三、四的家長和老師們都非常享受表演。

On March 22, SWYHKCS's Lower Key Stage 2 (Year 3 and Year 4) students performed a musical 'Jonah and a Fishy Tale' in celebration of Easter. This musical adaptation has a balmy, summertime feel, and contains an exhilarating mix of sea-themed songs featuring sun, waves and a bunch of scurvy pirates. With a fun and lively script, 'Jonah - A Fishy Tail' introduces a whole host of new characters, including a beautiful Senorita, an irritating crab, and the nasty Ninevites Peg It and Leg It. With the singing of the students, the bright costumes and the original sets and props, all the other year groups, parents of Year 3 and Year 4, and teachers enjoyed the performance very much.





基信學校STEM週：慶祝創新和鬥智的一個星期 SWYHKCS: Celebrates Innovation and Ingenuity during STEM Week

基信學校一年一度的STEM週於3月11日至15日成功舉辦，展現了各級同學的創造力和工程能力。活動以科學、技術、工程和數學為中心，而今年的重點活動是建造橋樑。同學們利用紙板和雞蛋盒等可回收材料搭建橋樑，並測試其結構的完整性。各年級的優秀設計都獲得了STEM獎。

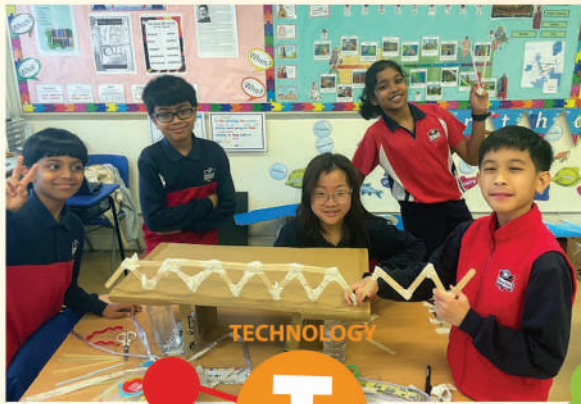
為與3月14日的國際數學日 (International Day of Mathematics) 互相呼應，3月13日為慶祝圓周率日 (Pi Day) 舉辦裝扮日。此外，同學們還參加了社際數學比賽和電腦挑戰賽，展現了他們的分析能力和競爭精神。

本週的一大亮點是一位從事數位動畫設計的家長的職業生涯講座，令同學們更深入明白這行業的特性。

From March 11 to 15, SWYHKCS hosted its annual STEM Week, showcasing the creativity and engineering abilities of students across all year groups. The event highlighted various activities centred around science, technology, engineering, and mathematics, with a special focus on a bridge-building project. Using recyclable materials such as cardboard and egg cartons, students constructed bridges to test their structural integrity. Outstanding designs from each year group were recognised with a STEM Award.

The week was also marked by a dress-up day on March 13 to celebrate Pi Day, coinciding with the International Day of Mathematics on March 14. Additionally, students engaged in an inter-house math competition and a computing challenge, demonstrating their analytical skills and competitive spirit.

A highlight of the week was a career talk by a parent who works as a digital animation designer. He shared about his work, giving students insights about this profession.



MATHEMATICS



基信學校第四屆陸運會暨運動日 SWYHKCS: The 4th Athletics Meet and Sports Day

基信學校於3月26日舉辦了第四屆陸運會暨運動日，家長們踴躍出席打氣，而一、二年班的家長更可以參與親子接力，非常熱鬧。今年的陸運會更增設了師生接力賽，令現場氣氛升至最高點，四社的啦啦隊一方面為爭增取在社際啦啦隊比賽中獲獎而落力打氣，更為代表自己社的老師和同學們出盡全力吶喊助威。一如以往，我們很高興邀請到何慶濂校監出席，並為我們頒獎。恭喜所有參賽者和得獎者！感謝大家的積極參與和體育精神，我們期待明年的運動日。

On March 26, SWYHKCS held the 4th Athletics Meet and Sports Day, attended by many parents to cheer for their children, and Key Stage 1 (Year 1 and Year 2) parents were able to participate in the Parent-Child Relay, which was a great success. This year we also featured a Teacher-Student Relay Competition, which brought the atmosphere to a climax. Cheerleaders from the four houses cheered for their house members to win the Inter-house Cheerleading Competition, and also cheered for the students and teachers who represented their houses. As always, we were delighted to have our school supervisor, Mr. Peter Ho, who attended the closing ceremony and presented the awards. Congratulations to all participants and winners! Thank you for your enthusiasm and sportsmanship, and we look forward to next year's sports day.



港青基信書院作者訪問Ritu Hemnani — 詩歌小說世界的激動人心之旅 YHKCC: Author Visit, Ritu Hemnani — An Inspiring Journey into the World of Verse Novels

在3月20日由香港國際文學節舉辦，港青基信書院很高興能夠邀請到《Lion of The Sky》的作者 Ritu Hemnani和學生分享詩歌小說和各種詩意活動。同學們都被Ritu Hemnani富有想像力的講故事能力迷倒，並點燃了他們對文學的熱情。

在活動期間，學生們積極參與各種詩意活動，沉浸在語言的美麗和自我表達的力量中。透過創作自己的詩句到參與發人深省的討論，培養他們創造力和加深對書寫之道的理解。Ritu Hemnani對文學的熱情感染力貫徹始終，激發了年輕的心靈，培養對講故事的終身熱愛。

On March 20, organised by the Hong Kong International Literary Festival, YHKCC was thrilled to host author Ritu Hemnani, the creative mind behind 'Lion of The Sky'. Our students had an amazing time exploring verse novels and participating in various poetic activities. Ritu Hemnani's imaginative storytelling captivated their hearts and minds, igniting their passion for literature in the process.



During the event, YHKCC's students actively participated in a myriad of poetic activities, immersing themselves in the beauty of language and the power of self-expression. From composing their own verses to engaging in thought-provoking discussions, they embraced the opportunity to nurture their creativity and deepen their understanding of the written word. Ritu Hemnani's infectious passion for literature was evident throughout the sharing, inspiring young minds and fostering a lifelong love for storytelling.



港青基信書院GenerationTech先導計劃 YHKCC GenerationTech Mentorship Programme

港青基信書院的STEAM統籌老師 — 關Sir最近帶領我們的STEAM大使參加了GenerationTech先導計劃，他們的傑出科技設計解決方案給JP摩根評委留下了深刻印象。這些同學作為科學、技術、工程和數學的代表，展示了他們的專業知識和創新能力。

STEAM大使們充滿熱情和自信地展示了他們精心打造的解決方案，評委們被他們的專業素養和將複雜概念轉化為實際應用的能力所吸引。

GenerationTech先導計劃為這些年輕的創新者提供了一個寶貴的平台，使他們能夠得到行業專家的指導。我們並熱切期待他們繼續為科技界作出貢獻。

Mr. Tommy Kwan, our STEAM coordinator, had recently brought our STEAM Ambassadors to the GenerationTech Mentorship Programme where they managed to impress the JP Morgan judges with their outstanding tech solution. Representing science, technology, engineering, and mathematics, these talented individuals showcased their expertise and innovation.

With enthusiasm and confidence, the Ambassadors presented their meticulously crafted solution, highlighting its industry-revolutionising potential. The judges were captivated by their professionalism and ability to translate complex concepts into practical applications.

The GenerationTech Mentorship Programme provided a valuable platform for these young innovators to gain exposure and guidance from industry experts. We applaud their achievements and eagerly anticipate their continued contributions to the tech world.



港青基信書院第十八屆校際運動會：成就與團結 YHKCC Annual Sports Day: Celebrating Achievements and Camaraderie

港青基信書院於3月28日舉行的第十八屆校際運動會，是一個令人興奮、充滿團結和使人印象深刻的運動盛事。來自四社的學生、教師和職員，努力地展示他們的運動才能，同時也加強了學生的凝聚力。

學生們為他們的隊友吶喊助威，給予支持和鼓勵。我們更頒發獎牌和證書來嘉許同學優秀的表現，激勵同學們在運動中追求卓越。我們在此感謝何慶濂校監對我校活動身體力行的支持，給予我們勉勵和肯定。

Our school's Annual Sports Day on March 28 was a day filled with excitement, camaraderie, and impressive sportsmanship. Students, teachers, and

staff from different houses joined forces to showcase their athletic talents and strengthen our school community.

Participants cheered for their teammates, offered words of encouragement, and showed respect towards their opponents. Recognising outstanding performances with medals and certificates, it motivated participants to strive for excellence in their sporting pursuits. We would like to thank the YHKCC family and Mr. Peter Ho, our School Supervisor for their continuous support for this event.





非一般的餐廳：Café Imagine X 營養師大廚 A Special Restaurant: Café Imagine x Nutritionist Chef

由港青營運的Café Imagine自4月份再度開幕，將美食帶到長沙灣！餐廳邀請了營養師兼資深主廚Marco一起合作為社區推廣健康營養飲食。主打菜包括Marco精心製作的四川風味椒麻雞和豬腳，不但惹味，亦是低脂低糖的生酮之選。

Café Imagine致力服務社區，以優惠的價格讓大眾享受健康美食。餐廳更會定期派發免費午餐予有需要的人。我們誠邀有志於服務社區者一同參與。

餐廳在5月舉辦了粽子製作及地中海飲食講座，與中學生製作健康的素食粽子及推廣健康食譜。Marco將在6至8月期間繼續舉辦健康生活講座，鼓勵培養健康飲食習慣，推廣每個人都可以食得好「有營」！

YMCAHK's Café Imagine has reopened in April, bringing healthy and delicious dishes to Cheung Sha Wan! Partnered with an experienced nutritionist Chef Marco to promote healthy and nutritious dining for the community, signature dishes on the



menu are carefully designed including Sichuan-style spicy and numbing chicken and pork knuckle, which are in low-fat and low-sugar keto diet.

Café Imagine is committed to serving the community, not only offering affordable healthy cuisine, but also regularly distribute free meal boxes to those in need. We welcome volunteers to join hands in serving the community.

In May, Café Imagine held a rice dumpling-making activity and a Mediterranean diet seminar, teaching high school students how to make healthy vegetarian dumplings while promoting healthy recipes. Chef Marco will continue to host sharing to promote healthy dieting tips from June to August, to encourage everyone to eat well!



SPECIAL OFFER FOR YMCA MEMBERS

CELEBRATION PACKAGE

EXTEND 1 HOUR BEVERAGE

CONTACT US AT TEL: 2268 7880 OR
EMAIL: BANQUET@YMCAHK.ORG.HK

TERMS AND CONDITIONS APPLY

2024港青多元主題夏令營精彩登場

New Adventure Awaits: YMCA of Hong Kong Summer Camps 2024

今年暑假，日營部將從6月至8月舉辦為期10周共164個不同主題的全英語特色夏令營。我們的團隊致力為5至14歲

的孩子們提供難忘且豐富的體驗，涵蓋各種各樣的活動，以迎合來自不同背景孩子的興趣和需要。今年更新增多個特色主題營會，包括武術日營、小小魔術師日營、水上歷奇日營等。在經驗豐富的活動導師協助下，給孩子們一個充滿樂趣的旅程。期待在營會中見面！

This summer, we are running a total of 164 English-speaking camps during the 10 weeks from June to August. Our camps are designed to provide a memorable and enriching experience for children aged 5-14 through a wide variety of activities, to cater for the interests and needs

of campers from diverse backgrounds. Our latest addition of camp include Martial Arts Day Camp, Magician Day Camp, Water Adventure Day Camp and many more. With the help of our camp counselors, we guarantee it will be a fun-filled journey for all our campers. See you in camps!



4+2義工服務計劃

4+2 Core Aspects of YMCAHK Volunteer

為了迎合社區的需求，港青義工隊將加強4+2義工服務計劃，包括為長者提供義剪、陪診、中小學生課後託管照顧和社區免費派飯，及惜玩文化和有機耕種的義工服務。請前往以下網址：<https://forms.office.com/r/VyAYTMyG1v>或掃描下方的二維碼登記成為義工，支持我們的社區。

To cater to the needs of our community, the YMCAHK volunteer team will enhance the 4+2 volunteer service programmes, which focus on four initiatives including hairdressing service for the elderly, escort service for the elderly, after-school care service, and free meal distribution service; as well as Toy Reborn and Organic Farm. You are invited to support serving our communities by registering as a volunteer at: <https://forms.office.com/r/VyAYTMyG1v> or scan below QR code.



EVENTS



Fullness Social Enterprises Society



100th Anniversary of the Laying of the Foundation Stone on Salisbury Road Thanksgiving Dinner



YMCA Mentorship 2024 Kick Off



Christian Cultural Society Limited



Pearson Education Asia Limited



CNY Fireworks Celebration

JAN - MAR 2024



Mall Café

DISCOVER
THE THAI TASTE
AFTERNOON TEA SET

「泰滋味」
下午茶



香港九龍尖沙咀梳士巴利道41號
41 Salisbury Road, Tsimshatsui, Kowloon, Hong Kong

*圖片只供參考 Pictures are for reference only



Available from 22 April to 21 July, 2024

供應日期：2024年4月22日至7月21日

Reservation 訂座：2268 7819



港青基信幼稚園 (啟晴)
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CHRISTIAN KINDERGARDEN
(KAI CHING)**

**K1 to K3
School Admission
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**課程特色
Curriculum Features**

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*家校合作及社區參與

**Home-school co-operation and community
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#本校已參加教育局免費優質幼稚園教育計劃

Our school has joined the Education
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- Instant Heating Filtration Water Dispenser
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Tel: 2268 7888

