

SEPT
2017

港青之聲

Y's Voices



你們義人當靠耶和華 **歡喜**，
稱謝他可記念的聖名！

Rejoice in the Lord, you who are righteous,
and praise his holy name. (詩篇 Psalm 97:12)

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主題 Theme

喜樂 Joyful



港青之聲 Y's Voices

香港基督教青年會季刊

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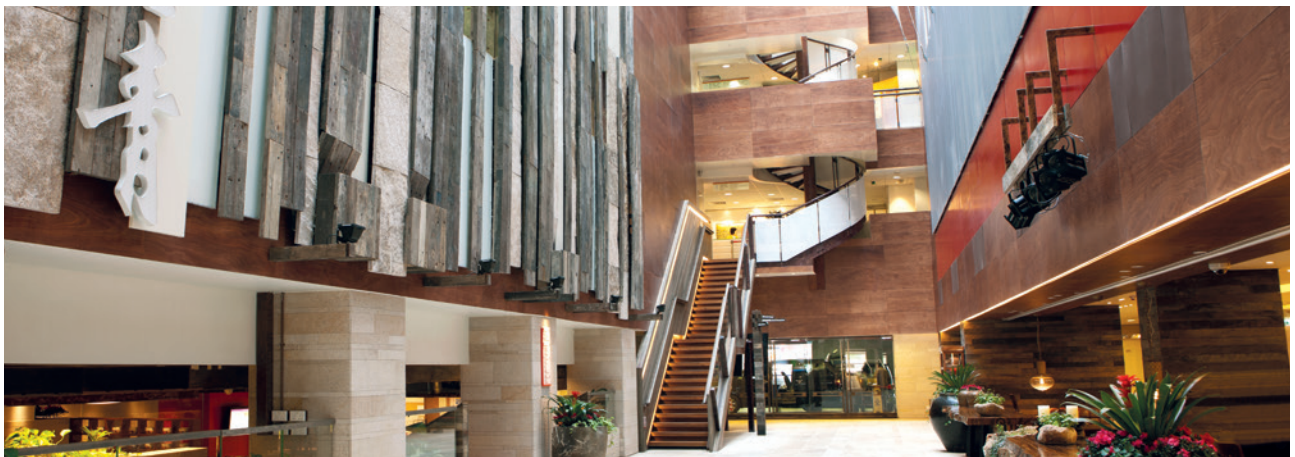
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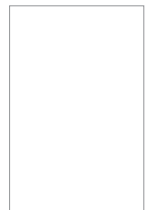
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你們義人當靠耶和華歡喜

Rejoice in the Lord, you righteous (詩 Psalm 97:12)

願各位承蒙天父和主耶穌的恩典，主內平安。

歡欣！基信國際幼稚園慶祝廿五周年校慶。歡欣！基信幼稚園（啟晴）慶祝首屆高班學生畢業。歡欣！基信學校首齣音樂劇The Magical Land of Oz正式上演。擔任其校監是何等榮幸又謙卑的體驗，親身見證着這些港青學生的成長！



在全面翻新的港青游泳池內的聖經金句
The Bible verse in the newly renovated YMCA swimming pool

最近，一位晚宴嘉賓跟我說：「於順境時感覺歡欣是多麼容易，但當諸事不順時我們又如何喜悅？」我們喜悅，是因為無論順境逆境，神都與我們同在。我回想於過去一學年曾令我心情沉重的兩件事情。兩次我都從神的話語找到安慰，這正是為翻新後的港青游泳池所挑選的金句：「他領我在可安歇的水邊」（詩篇23:2）。第一件事是在神回應了我們為籌備新游泳池開幕禮所需要的聖經金句禱告後的數小時發生，第二件事是在新游泳池奉獻禮暨開幕禮完畢後幾小時發生的。

在基信學校的感恩崇拜上，我與小學學生分享耶穌治好癱子的事（馬太福音9:1-8）。耶穌行可見的神蹟，亦行看不見的神蹟。我們不能看到罪如何被赦免，但當我們寬恕他人時，我們能得享箇中奇妙的喜樂和平安。當耶穌帶領我們在可安歇的水邊，應當喜悅；這樣我們的心也能得享平安，寬恕他人，如同神寬恕世人一樣。

當我們靠近天父的心時，應當喜悅。我們並非因為有智慧和學問而得以靠近天父，而是擁有孩童的

心和心存謙卑，讓我們辨識真理（馬太福音11:25, 29）。當我們能從一名獲得年度體育精神獎的基信書院中二學生身上獲得寶貴的一課時，應當喜悅。在運動獎項頒發晚會上，這名學生在300多位同學、老師、家長和貴賓面前，公開分享關於她的恐懼和不安，鼓勵同學用信任和愛，克服恐懼和不安。當我們有勇氣在公開場合承認自己的恐懼和不安，應當喜悅。

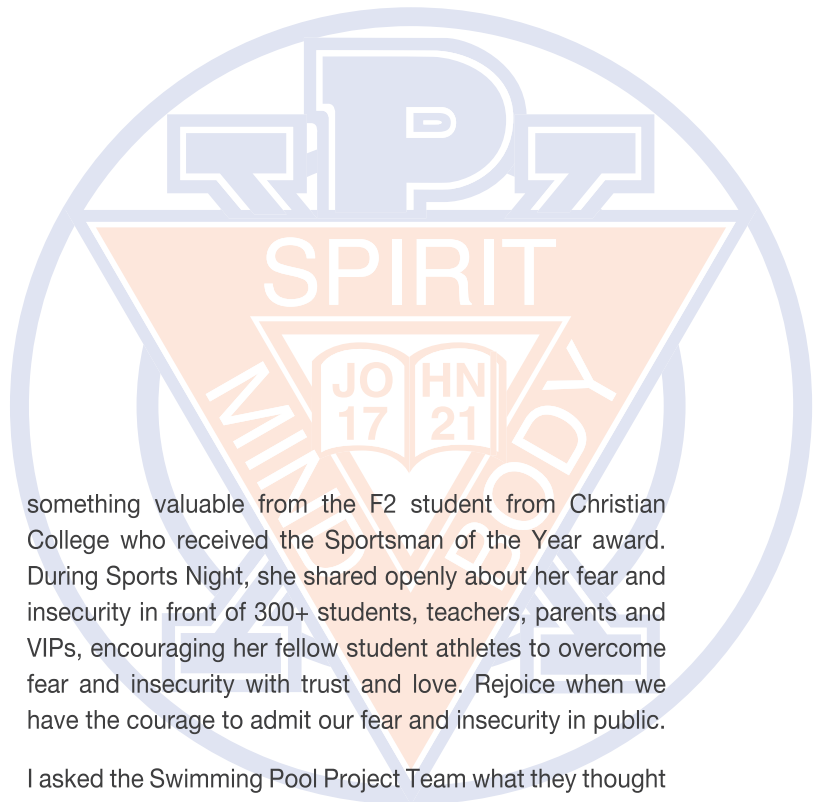
在游泳池翻新工程接近完工時，我問負責的團隊對這項目有甚麼感想。主要承建商表示，他們很是滿意這項工程，因為港青給予他們五個月的時間，去完成需時五個月的工作，而有些客人則相對地給他們較少時間。當我們能彼此公平對待，應當喜悅。

困難和挑戰是測試我們信仰的機會。若我們願意擁抱十字架，便能開拓道路，讓他人，包括我們的敵人或指責我們的人，得以領受神的祝福。正確面對艱辛困苦，能使我們的敵人更靠近耶穌。為義受逼迫的人有福了……人若因我辱罵你們，逼迫你們，捏造各樣壞話毀謗你們，你們就有福了！應當歡喜快樂，因為你們在天上的賞賜是大的（馬太福音5:10-12）。

當我在教會聽到這兩首美妙的聖詩，內心深感喜樂——《我只想跟耶穌祢一樣》(I Just Wanna Be Like You, Jesus): *In everything I do, in everything I say; in every move I make, and in every step I take*; 及《或許愛》(Perhaps Love): *Perhaps Love will see us through when things don't go well*。

願翻新後的游泳池能把平安和喜樂帶給使用者。願我們在新學年當靠耶和華歡喜。願我們保持警覺，不要錯過與耶和華相遇之時。

總幹事 / 行政總裁
何慶濂



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

Rejoice! Christian International Kindergarten celebrated its 25th anniversary. Rejoice! Christian Kindergarten (Kai Ching) celebrated its first K3 graduation. Rejoice! Christian School performed its first musical, *The Magical Land of Oz*. What a privilege and humbling experience to be the School Supervisor to witness the growth of these YMCA of Hong Kong students!

“It’s easy to rejoice with celebrations,” a dinner guest said to me recently, “but how can we rejoice when things don’t go well?” We rejoice because God is with us in celebrations and in adversities. I recalled two incidents that had burdened my heart in the past school year. Both times I was consoled by the Word of God in the scripture chosen for YMCA’s new swimming pool: “*He leads me beside the still waters*” (*Psalm 23:2*). The first incident took place just hours after God finally answered our prayers for a Bible verse for the dedication of the renovated swimming pool. The second incident took place just hours after the Dedication and Grand Opening Ceremony of the renovated swimming pool.

At the Thanksgiving Service of Christian School, I shared with our primary students how Jesus healed the paralytic (Matthew 9:1-8). Jesus worked miracles that are visible, but he also worked miracles that are invisible. We cannot see how sins are being forgiven, but we can receive the miracle of joy and peace when we forgive. Rejoice when Jesus leads us beside the still waters so our hearts may find peace to forgive as God forgives.

Rejoice when we reach the heart of our Father. We do not get there by being wise and learned, but by having a childlike heart and humility which helps us to recognise truth (Matthew 11:25, 29). Rejoice when we can learn

something valuable from the F2 student from Christian College who received the Sportsman of the Year award. During Sports Night, she shared openly about her fear and insecurity in front of 300+ students, teachers, parents and VIPs, encouraging her fellow student athletes to overcome fear and insecurity with trust and love. Rejoice when we have the courage to admit our fear and insecurity in public.

I asked the Swimming Pool Project Team what they thought of the project when the renovation was close to completion.

The main contractor responded that they had an enjoyable experience because YMCA gave five months for them to do five months’ work when some clients gave them much less time. Rejoice when we can be fair with each other.

Challenges are opportunities to test our faith. Our willingness to embrace the cross opens a way for God’s blessings to reach others, even our enemies or accusers. Our right response to a difficult situation will draw our adversaries closer to Jesus. *Blessed are you who are*

persecuted for the sake of righteousness... and when they insult you and persecute you and utter every kind of evil against you falsely because of me. Rejoice and be glad, for your reward will be great in heaven (Matthew 5:10-12).

My heart rejoices when I hear these two beautiful hymns at church - *I Just Wanna Be Like You, Jesus*: In everything I do, in everything I say; in every move I make, and in every step I take; and *Perhaps Love* will see us through when things don’t go well.

May the renovated swimming pool bring joy and peace to those who use it. May we rejoice in the Lord in the new school year. May we stay vigilant that we may not miss the time of the Lord’s visitation.



榮獲年度體育精神獎的基信書院學生
Student of Christian College who was awarded
the Sportsman of the Year

Peter Ho
General Secretary / Chief Executive Officer



Feature

專題特寫



幼稚園是一個充滿喜樂和愛的地方

Kindergarten is a place filled with joy and love

“我要教導你，指示你當行的路；我要定睛在你身上勸戒你。”

I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you.”

(詩篇 Psalm 32篇8節)

幼兒教育看似簡單，照顧小孩子吃、喝、拉、撒、睡就可以了，但是透過這五項簡單的生活基本需要，卻能教導孩子正面的價值觀，造就他們將來成為社會的棟樑。

Pre-school education seems very simple, you just need to look after the children to eat, drink, pee, pooh and sleep. However, through taking care of their five basic needs, we can teach the children positive values, so as to nurture them to become the pillars of our society in future.

Lorna常讓學生自理一些小事情如綁鞋帶，藉以教他們自立。「有些事情不一定要我們做，我問他們：『可不可以自己綁鞋帶？那我就不用彎腰幫你們綁。』他們就會自己綁。」寧願自己綁鞋帶而不用老師彎腰，何嘗不是孩子們愛老師的一種表現？「這就是我喜歡在這裏工作的原因，因為你愛、關懷他們的同時，他們也對你一樣。」Lorna的丈夫和家人常笑說她不像在工作，似是和小孩子玩，而她的確是「玩」，且「玩」了十六年，仍樂在其中。



Ms. Lorna always let the children try something themselves, in order to train them to be independent. “We don’t need to do all the tasks for them. I ask them, ‘can you tie the shoes yourself? Then I don’t need to bend down.’ And they do.” They would rather tie their shoes themselves instead of letting the teacher bend down and do it, isn’t this a way the children show their

loves to the teachers? “That’s why I love working at the YMCA, when you love and care for the children, the children will do the same to you.” Lorna’s husband and her family members always said jokingly that she didn’t look like she was working but rather like she was playing. She admits that she has been “playing” for 16 years and is still enjoying it.

陳何惠敏是港青基信國際幼稚園(西九龍)校長，今年更兼任港青基信國際幼稚園署理副校長。「我們的課程不是只注重學術，也確保小孩子能得到樂趣，學習一些他們能力範圍以內的東西，且讓他們有時間吃、玩和睡。我們也教導他們聖經的價值觀，例如如何禱告、如何分享。」

Ms. Cathy is the Principal of the CIKG (West Kowloon); and she also acted as the Deputy Principal of CIKG in 2017. "Our curriculum does not just focus on academic, it also makes sure children are having fun, learning something within their capabilities, while allowing them time to eat, play and sleep as well. We also teach them the values of the bible such as how to pray and how to share."



在別人眼中，這些可能只是一些微小的事情，卻是港青學前教育及小學文娛服務總監單芷筠心目中的幼兒教育之道。「這就是聖經所說的忠心！『人在最小的事上忠心，在大事上也忠心。』很多人也想成為成功人士，駕名車、住山頂、持博士學位，但這些不是教育工作者或基督徒追求的。你不要小看幼稚園教師做的這些細微事，因為這些事的影響可以很深遠。我們希望以行為影響別人，這也是YMCA怎樣改變生命和社會！」

These might be perceived as little things by some people, but according to Ms. Vivian, the Director of Pre-school & Primary Leisure Education Services Division, this is what pre-school education should be about. "This is what the Bible says about faithfulness! 'He who is faithful in a very little thing is faithful also in much' (Luke 16:10). Most people wish to be a

successful person, driving famous brand car, living at the Peak and holding a PhD qualification, but not for educators or Christians. You can't underestimate those little things done by teachers, as their impact can be profound. We want to influence others by behaviour. That's how the YMCA transforms lives and society!"

她們喜樂的故事 Their joyful stories

Lorna：「作為一位老師，最快樂的就是每次簽約時，因為我又有機會向小孩子進行『SELFIE』。S是保障和安全；E是教導；L是愛；F是友誼；I是獨立；E是享受。我享受在這裏的每一刻。每次經歷挑戰如沙士和人事變動時，我們的團隊精神就會顯露。」

陳何惠敏：「我喜歡與小孩子說話，因為他們很誠實和給我能量。不過令我最快樂的是能與家長一起禱告。當我們進行一些有難度的對話前或之後，我們都會問家長能否一起禱告。通常禱告後大家會一起哭。這種關係你未必能在其他學校找到。」

單芷筠：「幼稚園是一個充滿喜樂和愛的地方。每次當我看到這些小孩子、聽到他們的吵鬧聲，我就感到滿足和充滿動力。我被派到這裏工作是神的旨意。若神的旨意是要我一世蹲着為小朋友綁鞋帶，我也願意。」

Ms. Lorna： "For me as a teacher, the most joyful thing is every time I sign my contract. Because that means I have the opportunity to provide my SELFIE to the children again. 'S' for security and safety; 'E' is educating; 'L' is love; 'F' is friendship; 'I' is independence and 'E' is enjoyment. I enjoy every moment here. The spirit of the team shines whenever we encounter different challenges such as SARS and personnel changes."

Ms. Cathy： "I love talking to the children as they are honest and make me energised. But the most joyful thing for me is that I can pray together with the parents. Whenever there are difficult conversations, we always ask the parents whether they would pray with us before or after we talk. We normally would cry together afterwards. You might not find this kind of relationship in other schools."

Ms. Vivian： "Kindergarten is a place filled with joy and love. Whenever I see the children and hear their noisiness, I feel satisfied and being motivated. God has his purpose to send me here. If his purpose for me is to squat down and tie the shoes for the children for my whole life, I am willing to do so."



這裏讓我們重拾自信!

Here made us feel confident again!



放榜日常會聽到「求學不是求分數」，但如果你的分數未能達到升學要求，真的可以如此豁達嗎？鍾家欣和黃寶儀告訴你：「難！」

她們是過來人。二零零八年中五會考放榜，一個十一分、一個四分，均未能於原校繼續升學。鍾家欣還好，有別校收讀中六，但她怕了：「我是一個很緊張的人，那時每晚溫習至半夜兩點，睡兩小時便難以再入睡，起床繼續溫習，其實疲倦得溫甚麼也不知道。」如此努力只考得十一分，對她的打擊很大。「升上中六又如何？我不認為我能應付高考。」

黃寶儀比鍾家欣更無助，只得四分的她沒有機會升讀常規學校，也未能符合先前已報讀的香港專業教育學院幼兒教育課程取錄要求，徬徨之際母親着她來港青專業進修學院試試。她們因此成了秘書及行政文憑的同學，一年之後一起繼續在港青專業進修學院修讀工商管理高級文憑(ADBM)。



會考失敗其實不是絕境

「我只有四分港青也肯收我，讓我重拾少許自信。」不過令黃寶儀真正轉變的，是「傲翔新世代」全方位青年領袖訓練計劃(YLD)及社會服務團。「我去YLD的青年領袖訓練營，要紮木筏過河、行夜山，去到營地已經凌晨兩點。我不是一個好動的人，能支撐着完成是因為師姐不停鼓勵我們：『就到喇，支持落去!』之後我面對其他挑戰時，也想起師姐這句打氣的話。」

她還參加了YLD的緬甸義工交流團。「那是我第一次搭飛機，從窗望出去，天空很闊很大，我真正感到人很渺小，回想之前會考的失敗已不算甚麼大事了。」她探訪了聾啞學校、老人院及一些貧窮地區，「雖然他們的生活簡單、樸實，人人卻很开心，比較他們我真的很幸福，只是身在福中不知福。」

黃寶儀透過義工服務成長，鍾家欣則在學習中重拾自信。「自小三後我的成績一落千丈，中學時

連老師也說我沒有可能在原校升讀中六，叫我計劃好『後路』，我當時真的很難過。來港青讀書後，我年年考第一名，對我是很大的強心針。」她更感激港青給她一份工作。「我家境不好，所以要做兼職幫補。讀ADBM二年級時開始在港青做兼職，二零一三年轉做全職。」算起來，她已在港青工作七年，從未想過離開。「這裏的同事很好，上司非常照顧我，我怕出去工作找不到這麼好的上司和同事。」

On results release day, you always hear “Learning: It’s more than scoring”. However, if your scores failed to meet the minimum requirement for further studies, can you really stay that positive? Yan and Bonnie would tell you: “It’s difficult.”

They both went through this difficulty. During the HKCEE 2008, one of them got 11 points and the other 4 points, both failed to stay in their original schools for further study. Yan, with 11 points, was luckier as she could still be admitted to Form 6 in other schools, but she was scared. “I am a very nervous person. I went to bed after studying until 2 a.m. every day but woke up to continue studying as I couldn’t go back to sleep again. In fact I was so tired that I didn’t know what I was studying.” It was a severe blow for her for having got only 11 points even after all her hard work. “Even I was admitted to Form 6, I didn’t think I could handle the HKALE.”

Bonnie was more desperate as she had no chance of receiving any offers from regular schools with only 4 points, or meeting the entry requirements of the early childhood education programme of the Hong Kong Institute of Vocational Education which she had applied before. Her mother advised her to try the CCE. Therefore, through the Diploma in Business (Secretarial and Administrative Studies) programme, Yan and Bonnie became classmates. One year later they completed the diploma and were both admitted to the TAFE WA Advanced Diploma of Business Management (ADBM) of the CCE.

Failure in the HKCEE was not the end

“CCE accepted me even though I only got 4 points, it made me feel confident again.” In fact, Bonnie was transformed after she joined the Youth Leadership Development Scheme (YLD) and Social Service Team. “I joined the Adventure Base Camp of YLD, which required us to cross a river by building

a raft ourselves and to hike at night. When we reached the camp site, it was already 2 a.m. I am not an active person. What enabled me to complete the tasks was one of the senior fellows kept saying ‘keep it up, you will arrive soon!’ to me. I always remember her encouraging words when I faced different challenges.”

Bonnie also joined YLD’s service trip to Myanmar. “That was my first time flying. I looked out from the window and saw how wide and big the sky is, it reminded me that my failure in the HKCEE was no longer a big issue.” She visited the school for the deaf and dumb, elderly homes and some poor areas, “Even though their lives are simple, they were very happy. We don’t realise how lucky we are.”

Bonnie grew up through volunteering, and Yan regained her self-confidence through studying. “My academic performance had severely dropped since Primary 3, even my high school teachers reckoned that it was impossible for me to stay for form 6 at my original school and suggested me to start making alternative plan. I was very upset at that time. However, after I studied at the CCE, I was ranked first in the class every year, which was a real shot in the arm for me.” She is also grateful to the YMCAHK for giving her a job. “I don’t come from a wealthy family, so I need to do part-time jobs for financial subsidy. I had been working part-time at the YMCAHK since year 2 of ADBM, and I changed to become full-time in 2013.” Yan has been working at the YMCAHK for 7 years, and she has never thought about quitting. “My colleagues are very nice and my supervisor looks after me, I am afraid I wouldn’t find the same nice supervisor and colleagues outside.”



最開心的回憶 Their most joyful memories

ADBM一年級學期尾，鍾家欣獲選去台灣交流，令她首次嘗到搭飛機的滋味。「我家境不好，別人畢業後有機會出國旅行，我家只能返鄉下探親。其實一千五百元的旅費對屋企來說仍是負擔，幸好有親人資助。」

The most joyful thing for Yan was being selected to go for a Taiwan experience trip at the end of ADBM year 1, which let her fly the first time. “I don’t come from a wealthy family, so when other people had the opportunity to go overseas for vacation, I could only go to my hometown in China. Although the \$1,500 trip fee was still a burden to my family, I was lucky enough to have sponsorship from my relative.”

至於黃寶儀最開心的是認識到一班好朋友，包括老師和同學。「我有幾次因為怕考試成績不好哭了，同學、社工都安慰我，老師也很照顧我，比較以前的中學，這裏簡直是天堂，這間學校充滿愛。」

For Bonnie, her most joyful thing is being able to know a group of good friends, including teachers and classmates. “There were a few times I was so worried about my examination results, I cried. My classmates and the social worker encouraged me, and the teachers also looked after me. Compared to my high school, CCE is absolutely a heaven to me and filled with love.”



建立信仰的根基 Y Build Foundations

我想在今期《港青之聲》談談「穩如磐石的根基」。當我還是個小學生的時候，猶記得唱過一首名為《智者於磐石上蓋房子》的歌，還配以全套動作。這歌描述智者和愚者的故事，一人把房子蓋在堅固的石頭上，另一人則沒有。

我們都了解香港的暴風雨，執筆之時，正是颱風季節。香港設有颱風信號、避風塘等。為颱風作好準備能減低潛在破壞和損失。很多僱員和學童都很歡迎八號或以上颱風信號，並視之為一天休假。但颱風可以非常危險，例如1937年9月2日一個沒有名字的颱風吹襲香港，造成11,000人死亡，成為香港颱風史上影響最嚴重的颱風之一。

但我們在生命裏皆要面對各種颱風和暴風雨。

例如：慢性疾病、失去心愛的人、關係破裂 / 離婚、失業、恐襲威脅……還有更多。當任何一項意外地侵襲我們的生活，都有可能把我們完全擊倒。作為牧師的經驗告訴我，人們在順境時都很快樂地跟隨 神，但當暴風雨來臨，他們都拋離四散。

事實上這些人都在流沙上蓋房子。廿一世紀的「流沙」，包括財富、家庭、工作和事業、信仰，甚至是教會或教會領袖、所愛的人 / 情感關係等。我並非否定其價值，但把生命建基於這些事物就如在流沙上蓋房子。

讓我們深入參詳馬太福音7:24-27。這二人均道出問題：我們把生命建基於甚麼？二人讓我們看到比較和對比，給我們帶來明確的結論。

二人擁有共同理念，都聽從 神的話語，都面對同樣的暴風雨。

但二人性格相異，擁有不同的根基，並經歷截然不同的結果。

只有暴風雨能揭示我們根基的本質。

我的結論：必須於暴風雨來臨前打好根基。這二人有甚麼分別？他們都聽到 神，但只有一人遵從……他們都聽到 神，但只有一人遵從。

我希望能告訴你們，遵從 神的話語便能免受暴風雨侵害，但這是謊言，絕非事實。我可以告訴你，謹守 神的話語，無論遇到甚麼風雨，這都不會是盡頭。

For this edition of Y's Voices, I want to discuss about firm foundations. When I was a primary school student, I remember singing the song "The Wise Man Built his House upon the Rock" complete with actions. It tells the story of two men, called wise and foolish - one built on solid foundations the other did not.

We know all about storms here in Hong Kong. As I write, this is typhoon season. We have typhoon signals, typhoon shelters. Preparation for typhoons here reduces the potential for damage. Many employees and schoolchildren embrace the Signal 8 or above as a day off. But typhoons can be dangerous. For example there was an unnamed typhoon in Hong Kong on September 2, 1937. It was one of the worst typhoons in Hong Kong history killing 11,000 people.

BUT we all have to face TYPHOONS, storms in our life.

Some examples are: chronic illness, loss of a loved one, relationship breakdown/divorce, loss of our job, threat of terrorism... I could go on. When one of these unexpectedly hits us, it has the potential to knock us flat. My experience as a pastor, is that people are often happy to follow God when things are swimming. BUT... The storm comes, they fall away.

The truth is they have built their house on quicksand. Some examples of 21st century "quicksand" include money, family, job and career, religion even church, or church leaders, loved one/relationships etc. Now I'm not saying any of these are bad. But building our life on them is like building on quicksand.

Let's look at Matthew 7:24-27 and dig a bit deeper. **These two men raise the question, what kind of foundation are we building on?** These two men can be seen in terms of both comparison, and contrast, leading us to a clear conclusion.

The two men shared the same vision, both listened to divine truth, both faced the same storm.

But the two men possessed different characters, had different foundations and experienced drastically different results.

Only the storm reveals the nature of your foundation.

My conclusion is that: **Our foundation must be formed before the storms come. What differentiated these two men? Both heard, but only one did... Both heard, but only one did.**

I wish I could tell you that hearing God's Word means no storms, but that's a lie. Nothing could be further from the truth. What I can tell you is that adhering to God's Word means whatever storms there are, it won't be the last word.



吳少華 — 田間・療癒・共享

70後的Frances與很多年輕人有著相同的經歷：中學便隨家人移民澳洲，大學主修的是建築，但是並未能學以致用。大學畢業後便隨家人回流香港打理家族的食品貿易生意，與大部分城市人一樣，做著不是自己最喜歡的工作，每周工作七天，還經常加班，營營役役便是十幾年。然而，生命突然來了挑戰。

當時Frances只有三十多歲，剛剛結婚一段日子，正計劃生兒育女，卻突然發現自己患上乳癌（二期），徘徊死亡邊緣，除了驚訝與不能接受，她只能放下家族生意，經歷一整年的化療、手術。

像聖經中的約伯一樣，突然從人生最高處掉下，Frances坦言那一刻也會怪她所相信的上帝：「點解你要咁對我呢！係咪我特別唔好呢！」

「我真的髒，髒了一段長時間！到開始化療經歷痛苦：嘔吐……掉頭髮……又生頭瘡，又流鼻血，很多副作用都出來，當時更唔明點解！」

很長的一段時間，Frances把自己困在家中，不見朋友，不參加團契，不上教會。掙扎了一年還是沒能接受到這現實。「連祈禱也不能，你要我祈禱感謝上帝，我要感謝什麼？我感謝唔出！個心真係好痛！」

做完治療那一刻，Frances坐下問自己，「我可以做些什麼？！不想回到以前的生活模式，我不想再有病，不想有機會比佢復發，不想再經歷一次，這過程實在是太痛苦！」

那一刻，我強烈感到，我找到自己的位置！

為了找到自己的位置，Frances曾做過一年花藝學徒，但是仍不是自己最喜歡的。直至有一天Frances丈夫的中學同學鼓勵她到田間走走。「當日好凍，只有5度，但是在田裡看到很多農夫種食得的東西，感覺好開心！」那一刻，Frances突然強烈感到自己找到自己的位置，「我就同自己講，我想做農夫」。就這樣，Frances開始一邊學習永續農業耕種，一邊在鄉土學社實習農務的生活。

「初初來到田間時，身體還是很差，會氣促，但每日除草搬泥，身體得以鍛練，現在好了很多！」現在，大自然就是Frances的療癒師，「每當傷風感冒，會到田間走走，曬曬太陽，出一身汗，傷風便走了！」

Frances很喜歡手作，在田間有很多手作的事情，以及建築所需的知識，如搭棚、小型基建等，田上的花及農作物的佈置等。「有趣的是上帝好像把我學到的知識重新放在一幅圖畫！」

土地不但療癒Frances的身體，還慢慢修復著她與造物主的關係。腳踏大地、頭頂天空的日子，讓Frances經歷神奇妙的創造，也開始認清自己的未來。「看到果實纍纍，看到他們成長的整個過程，我覺得好實在和踏實。」

Frances的轉變亦影響了家人：「以往在家食飯只會談工作，但現在會談種菜，爸爸也開始在天台種菜！我現在是他的種子供應商，他會每次很開心地問有咩種子給他……生活中多了很多話題。」

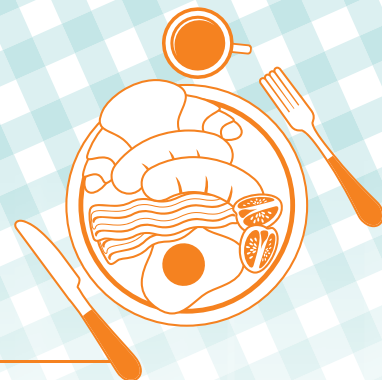
Frances表示，現在的生活是「與天合作」，不用符合別人眼中的期望，就連不開心也是很短暫的。Frances想起聖經所言：「天空的飛鳥，不種也不收」上帝尚且養活牠們。她慨嘆道：「所有東西不是我們的能力可以去做的，所有都是上帝供給的。」

約伯最後回轉，上帝給予比以往更多的。「很慶幸自己有這樣的轉捩點，好開心上帝為我開了一條更特別的路！」對Frances來說，同樣是滿滿的恩典，承載於土地裡。



與總幹事晨敘

Breakfast with GS



不經不覺，「與總幹事晨敘」已進行了一年。這一年來，共有近二百位港青同工先後與總幹事何慶濂先生一起品嘗The Salisbury的早餐，席間分享自己加入港青的由來、對機構的意見，甚至是對生命的困惑。除了讓同事有分享的平台，「晨敘」還有一個主要目的，就是讓不同部門的同事互相認識、啟發，進而了解自己在機構內扮演的重要角色。



「每個同事都不能視自己和其他同事的工作為理所當然！要互相欣賞，才能活出共融的精神。酒店服務並非只是負責賺錢支持港青的營運，而是間接地做教育工作、社會服務。我希望讓酒店服務的同事，無論是負責清潔的、執房的、洗碗的，都知道他們在YMCA的貢獻並非只是自己的工作這麼簡單。」何先生指，社工的工作不分晝夜，做服務時工作至深夜或周末上班也屬等閒。「但當掛八號風球所有活動需要取消時，The Salisbury仍要營運，酒店服務的同事仍需早上五點半回來準備早餐。同樣，無論前線的同事如何能幹，沒有後勤同事的支援也不能成事。」能互相了解，彼此欣賞，才能真正體會何謂「YMCA一份子」。

藉以回味主恩

同事們性格迥異，席間討論的話題也是五花八門，對何先生而言，個個難忘。「正如施洗約翰的使命是為耶穌預備道路一樣，我在YMCA的使命就是在同事心中播下種子，讓他們真正明白甚麼是愛——就是無私、無條件的奉獻，從而建立共融。」他看過同

事被感動、流淚、發出會心的微笑、臉上表情由沮喪轉為充滿希望，他認為這些得着非言語所能形容。

每次晨敘均有約七位同工出席，他們來自不同部門，服務年資也有長有短。「有些年輕員工可能只在YMCA工作了一年，聽到年資超過廿年的前輩分享，我希望他們能得到啟發。我亦希望這些前輩透過分享這些經歷，重溫過去的起伏，回想他們如何在YMCA成長。」

不單同事們受鼓舞，他也藉此回味神向他施行的恩典。「有時同事的一些問題，讓我可以分享多年不曾分享的經歷，回味主恩，祂如何帶領我走出迷失的時候。」

Time flies, the first “Breakfast with GS” was now already a year ago. In this period, nearly 200 YMCA staff have had Breakfast served by The Salisbury of YMCAHK with Mr. Peter Ho, the General Secretary of the YMCA of Hong Kong. During the Breakfast, they shared the reasons why they joined the YMCA, their opinion of the YMCA and even moment of confusion in their lives. Apart from providing a sharing platform, the Breakfast has one more important purpose, to let staff from different departments get to know each other, to understand the important role each of them plays and to become inspired by each other.

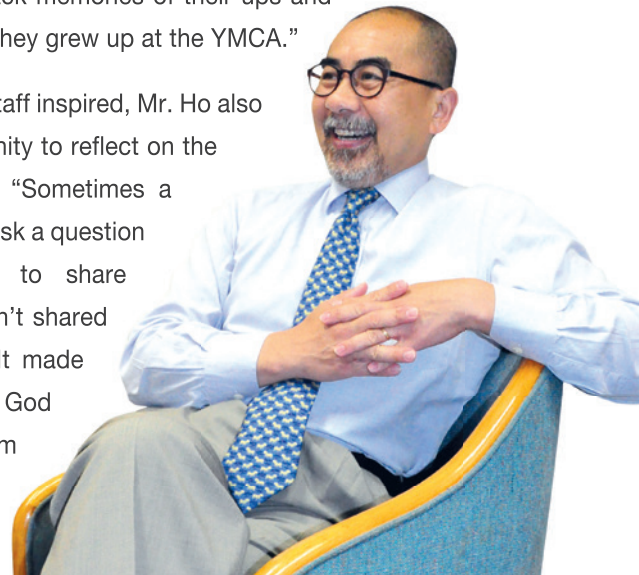
“No staff member can take their own or others’ work for granted! They need to appreciate each other and show a spirit of unity. The Salisbury is not only responsible for generating revenue to support the YMCA’s operation, but also in providing education work and serving the local community indirectly. I hope all the staff of the hostel services, no matter if they are responsible for cleaning, tidying up the guestrooms or washing the dishes, will know that they don’t simply contribute to their own job.” Mr. Ho said. It’s common for social workers to work around the clock or over a weekend when serving some cases. “However, when there’s a typhoon with signal No. 8 being hoisted, all programmes have to be cancelled, but The Salisbury is still in operation. The hostel services staff still need to come in at 5:30am to prepare breakfast. Likewise, the frontline staff cannot work without the support of backend colleagues no matter how capable they are.” Through understanding and appreciating each other, they can truly understand the real meaning of “being a part of the YMCA”.

To reflect on the grace from God

Colleagues have different personalities, so the discussion topics during the Breakfast are diversified; and to Mr. Ho, all of them were unforgettable. “Just as John the Baptist’s mission was to prepare the way for Jesus, my mission at the YMCA is to sow the seeds for the staff to truly understand what is love – a selfless and unconditional dedication, and then to build communion.’ He saw some colleagues got inspired, some cried, smiled or their facial expression changed from gloomy to hopeful. He reckoned that these are the gains that cannot be described in words.

Around 7 staff will attend the Breakfast each time. They all come from different departments with different tenures at the YMCA. “Some of the younger staff may have only worked at the YMCA for a year, I would hope that they can be inspired by the sharing of the long-serving staff. For those long-serving staff, I also hope that their sharing can help bring back memories of their ups and downs, and how they grew up at the YMCA.”

Not only are the staff inspired, Mr. Ho also took this opportunity to reflect on the grace from God. “Sometimes a colleague would ask a question that allows me to share something I haven’t shared for a long time. It made me recollect how God leads me out from my deep end.”



同事的心聲 Colleagues’ thoughts

長沙灣中心項目統籌主任禰善恆：「好開心可以聽到不同部門同事的分享，讓我知道背後有很多同事的支持、及酒店服務同事的努力才令我們有資源做前線服務。我亦從中知道不同部門面對的問題，讓我可以為他們代禱。」

公眾地方清潔員李梅花：「二零零五年入職時，員工迎新會並沒有安排我們參觀其他中心，所以晨敘時聽到其他中心同事的分享，覺得好得意，對中心的認識亦多了。」

高級人力資源主任馬文琪：「席間分享了我加入YMCA的經過，想不到一做就做了十五年。有機會聽到其他同事的心底話，覺得好難得。」

Josiah Huen, Programme Officer of CSW Centre: “I am very happy to hear the stories from colleagues of other departments, they made me realise that we are able to provide our services because of their support and hard work. I also learn more about the problems they have to face so that I can pray for them.”

Li Mui Fa, Public Area Cleaner: “When I joined the YMCA in 2005, the orientation for new staff didn’t arrange a visit to other centres. It was interesting to hear the sharing of colleagues from other centres and it helped me understand those centres better.”

Kelly Ma, Senior Human Resources Officer: “I shared how I joined the YMCA 15 years ago. How fast the time goes by! It was rare to have the opportunity to hear colleagues speak from their hearts.”

喜樂 Joy

兩位南韓實習生的分享

Sharing of 2 interns from South Korea

整個訪問過程中，Anne和Min的笑容一直沒有停過，尤其當她們分享對喜樂的看法時。「對我來說，喜樂就是與別人聯繫或出去玩，雖然我享受獨自一人，但也喜歡與別人一起。」Anne說這也是她喜歡從事酒店行業的原因。「在酒店工作可以接觸不同的人，他們都有不同的性格，我覺得很有趣。」她補充：「生命就是要快樂，因為當你死了就甚麼也做不了。當你仍然生存時，就應該快樂。」

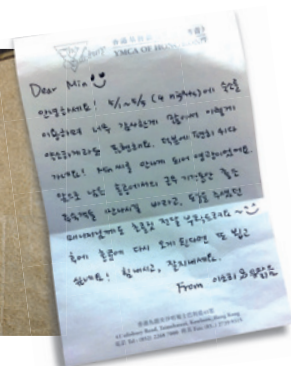
對Min而言，喜樂則是一種成就感和滿足感。「當我能做我想做的事時，我就很快樂。這也能應用在我於港青的工作。能夠幫助客人解決問題，我覺得很滿足。」Min曾幫一班韓國客人取消因大雨而去不了的澳門行程，並延長了他們在港青的住宿。那些客人之後寫了一封感謝信給她，她將之貼在床上常常細讀。「有時快樂並非來自大事，日常做的小事也能令你快樂。」

「我們可以說少許廣東話呢！」

只要你抱着感恩的態度，喜樂其實很容易得到。Anne及Min是南韓Baekseok Culture University畢業班生，雖然她們不能說一口流利英語，仍選擇了港青為她們實習的地方。「剛開始時的确非常困難，如今我們的英語已改善了很多，還可以用英語介紹酒店的服務呢！」Anne說她們甚至可以說少許廣東話。酒店服務的員工對她們在短短四個月有如此大進步也感到很驚奇。

Anne和Min看似是認識了很久的朋友，殊不知她們只是於去年八月、一個給有興趣到海外體驗的學生課程上認識。「來香港前其實我有點擔心，因為我很害羞。我很開心有Anne做我的室友。我們無所不談，也一起去探索香港。」Min指她們倆喜歡嘗試不同種類食物，也喜歡一起去旺角購物。

Anne and Min couldn't stop smiling during the interview, especially when they shared about their thoughts of joy. "For me, joy is about connecting or hanging out with others. Even I enjoy being alone, I like spending time with others." Anne said this is also the reason she enjoys working in the



hotel industry. "Hotel is a place where you can meet different people. People have different characters and I find it interesting to have the chance to understand them." She added, "Life is about being happy. You can do nothing when you are dead. Therefore while you are alive, you should be happy."

To Min, joy is a sense of achievement and satisfaction. "When I can do what I want to do, I am happy. This can also apply to my work at The Salisbury. I feel satisfied when I am able to help our guests to solve their problems." Min once helped a group



of Korean guests who had problems canceling their stay in Macau due to heavy rain and they also wanted to extend their staying at The Salisbury. Later the guests wrote a thank you letter to her, which she stuck on her bed and read it from time to time. “Happiness may not come from something big, but small things that you do every day.”

“We can speak a bit of Cantonese too!”

You can have joy easily if you have a thankful attitude. Anne and Min were the final year students of Baekseok Culture University in South Korea. Although they couldn't speak fluent English, they chose The Salisbury of YMCA of Hong Kong for their training. “It was very difficult at first, but we have improved our English a lot

and are able to introduce the hotel services in English now.” Anne said they can even speak a little bit of Cantonese too. The staff at The Salisbury are also amazed at how much they have improved in only 4 months.



Anne and Min seem to know each other for a long time, but in fact they have only known each other since August 2016, when they both attained a course for those who were interested in gaining overseas experience. “I was a bit worried before I came to Hong Kong because I am very shy. I am very happy to have Anne as my roommate. We talk about everything, and explore Hong Kong together.” Min said they both like trying different kinds of food and going to Mongkok shopping.

「我們很感謝The Salisbury的培訓！」 “We are so thankful for the training!”

Anne和Min在The Salisbury提供的培訓中學了許多。

Anne and Min have learnt a lot from the training provided by The Salisbury.

Min: 「我在大學第一個學期修讀酒店管理，但課堂上學到的與我在這裏經歷的很不同。例如我以前認為酒店前台是關鍵的部分，但我現在知道酒店內的每個崗位都一樣重要。」

Min: “I studied hotel management in the first semester at the University, but what I learned from the class was pretty different from what I experienced here. For example, I thought the front desk is the key work section in a hotel, but now I realise that every position in the hotel is just as important.”

Anne: 「透過與不同客人和同事對話，我們有很多練習機會，因此我們的溝通技巧才能有很大進步。」

Anne: “Through talking with different guests and colleagues, we had many opportunities to practise and now our communication skills have improved a lot.”



何德錦 David Ho

港青資深會員 Long Term Serving Member of the YMCA of Hong Kong

由心發出 *Start from the heart*

懷着主的愛及憐憫的心去服侍及關懷
serve and care with God's love and compassion

何德錦信主多年，他定期參加義工服務，如探訪長期病患者，籌組教會建堂等。「我曾經長期接載半身癱瘓的青年慕道者丁向群先生往返教會。他在教會弟兄姊妹的鼓勵下決志信主，更積極參與義工小組策劃及領導工作，希望將他的苦難變成別人的祝福。他最終獲選為『香港十大再生勇士』及首屆『香港傑出義工』，令我非常感動及安慰。」

何德錦常懷着主的愛及憐憫的心去服侍及關懷基層人士，回饋社會。他成為港青會員逾二十二個年頭，每當看見公公婆婆需要幫助時，便主動攙扶協助，漸漸成為港青先進會員活動義工。他說：「感恩自己有時間及能力，希望陪伴多些老人家，加上港青的活動很有意義，便來幫忙。」

二零零九年他的母親也成為港青先進會員，參加游泳課程。自會員服務部舉辦先進會員活動以來，他定必陪母親一同參加。「每次活動也有職員細心照顧長者，令我很放心，希望藉着和媽媽參加不同活動，共建美好回憶。」



David has been a Christian for many years and has participated in various volunteer services such as visiting chronic patients and assisting church redevelopment project, etc. "I had given Mr. Ting Heung Kwan, a young paralysed man, a ride to and from the church for a long time. With the encouragement from our brothers and sisters in the church, he has become a Christian. He dedicated himself to volunteering and organising activities for volunteer team, hoping to turn his misfortune into blessing for others. He ultimately got elected as 'Outstanding Regeneration Warrior' and winner of the first 'Hong Kong Volunteer Award'! I am very touched and comforted."

David always serves and cares for the grassroots with God's love and compassion, and he puts his faith in practice by serving the community. He has been member of the YMCAHK for over 22 years; always takes the initiative to help the elderly whenever they have needs; and he gradually becomes a volunteer for Master Member activities. "I am grateful that I have spare time and ability to serve the elderly. Also, I want to help because the activities of the YMCAHK are very meaningful."

In 2009, his mother joined as a Master Member and enrolled in the swimming courses. He accompanied his mother to join every time since the Member Services Section started organising activities for Master Members. "The staff took good care of the elderly in the activities, which made me feel at ease. I also hope to have good memories with my mother through our participation in different activities."

游泳池正式重開 Reopening of Swimming Pool



經過大型設施優化及更新工程後，港青一樓室內游泳池、嬉水池、按摩池、男女更衣室及家庭更衣室等已於7月3日以全新面貌重新開放。在正式對外開放前，港青員工及其家人均獲邀於6月23至25日親臨游泳池參觀及優先享用，體驗提升後的游泳設施。感謝大家踴躍參與，並給予整體正面的評價。

在一眾港青董事們的支持與見證下，泳池奉獻禮暨開幕禮於6月30日在室內游泳池圓滿舉行，場面歡樂又難忘！義務會牧於當日帶領開幕禱告，其後由副會長致開幕辭，在在激勵人心，為泳池的順利運作帶來祝福。眾人參觀場地後，進行簡單而隆重的剪彩儀式，為新泳池揭幕，展開新的一頁。正式開放日首100名入場泳客均獲頒證書留念，以答謝泳客的支持。

After completion of a large-scale facility optimization project, the newly renovated Swimming Pool, Leisure Pool, Jacuzzi, Male & Female and Family Changing Rooms have been reopened on July 3. Before the official opening to the public, a 3-day Free Staff Trial had been scheduled on June 23-25 to give our staff and their family first-hand experience of our upgraded pool facilities. Thank you for their enthusiastic participation particularly the overall positive feedback given by them.

On June 30, a Dedication and Grand Opening Ceremony was held at the Swimming Pool. YMCA Board Directors were invited to witness this memorable moment. Our Hon. Chaplain made an inspiring opening prayer followed by a warm welcoming speech by our Vice-President to bring blessings for the smooth operation of the Pool. The curtain was raised to open a new chapter for the Pool after the group site tour and the ribbon cutting ceremony.



To express our gratitude, first 100 pool entrants on the official opening day were presented with a Certificate of Witness as a memento.



領導層退修

Leadership Retreat

兩年前，在關神父的帶領下，港青領導層與會員及社會服務部總監曾進行領導層退修；於本年5月31日關神父再次帶領有關人等在上水聖保祿樂靜院進行一日的退修活動，作為跟進。關神父以青年會的三角標誌作開首，指出其有聖父、聖子、聖靈三位一體的含意，並強調可從神學角度將之解讀為「愛、關係、個人特質」等三方面，即在愛裏得到認知；通過參與得到認知；從個人理解中得到認知。當我們從宇宙論思考三位一體，更可把全新的結構法則 The Law of Three 用於其上。The Law of Three 指宇宙萬物皆源自三股獨立卻缺一不可的力量所交織而成的結果，這三股力量即為「肯定、否定、調和」。

關神父介紹參與者閱讀 Cynthia Bourgeault 撰寫的 Trinity: The Soul of Creation 一文，作者讓其讀者明白到若把 The Law of Three 應用於日常生活，便能以更廣闊的角度解讀和分析問題。關神父亦提出沉思是個好習慣，有助自我反省、淨空自我，從而推動我們從自身引申第三股力量。不論是思考策劃，還是行動實幹方面，第三股力量反過來讓我們變得包容、心胸開闊、富同情心。

其後關神父更激勵我們以「信任、尊重、聽任下放」來建立團隊，建構社群。當中包含深入認識、非二元思維、淨空自我、權力分享和學會放手。退修最後以反思「如何活得繁而不枯、忙而不燥」作結，參與者感謝關神父的分享，為他們開闢了另一思考領域。



As a follow-up to the Leadership Retreat led by Fr. Thomas Kwan two years ago, the Leadership Team and the M&CS Directors had another 1-day retreat led by Fr. Kwan again on May 31 at the St Paul's House of Prayer in Sheung Shui. Beginning with the YMCA triangle representing the Trinity God, Fr. Kwan highlighted that one could think about the Trinity theologically in the dimension of "love, relationship and personhood", i.e. knowing through loving; knowing by participating and knowing in a personal way. When we think about Trinity in a cosmological way, one could apply a new way of framing called "The Law of Three" ("LoT") which states that anything that comes into being is the result of the inter-weaving of three independent and yet indispensable forces, i.e. "affirming, denying, and reconciling".

Fr. Kwan referred participants to the article "Trinity: The Soul of Creation" written by Cynthia Bourgeault who enlightened her readers that applying the LoT could allow us to break open an issue in a more spacious perspective. He highlighted that contemplative practice could be a skillful means to help us self-reflect/self-empty ourselves in order to help bring out the third force from us. This could in return help us become an inclusive, open-hearted & compassionate thinker & doer.

Fr. Kwan further challenged us to build community with teamwork through "trust, respect and surrender" which include deep understanding, non-dualistic thinking, self-emptying, shared power and letting go. The retreat concluded with a reflection on "how to live life with a full agenda but never busy", and participants appreciated Fr. Kwan's sharing which has opened up another dimension of thinking to them.

2017普世青年會行動 World Challenge 2017



港青響應世界基督教青年會協會的號召，在6月3日舉行了2017普世青年會行動，以慶祝青年會173歲生日的大日子。今年同時是青年會發明籃球125周年，主題是「透過籃球讓年輕人充權」，正點出籃球運動與青年會精神的密切關係。我們的聯青平台成員和新一屆的Change Agents在京士柏百年紀念中心舉辦籃球嘉年華，包括3人籃球賽和各式攤位遊戲，超過135人參與，氣氛熱鬧。參加者包括來自長沙灣中心和東涌中心的家庭或兒童會員、不同單位的青年義工及港青管理層和董事，還有來自亞太區基督教青年會協會的代表。儘管當日驕陽似火，亦無損每位參加者的興致，大家都能感受到青年會運動的衝勁與精神！

In response to the World Alliance of YMCAs' (WAY) invitation to the 173rd birthday celebration of the YMCA Movement, YMCA of Hong Kong participated in the World Challenge 2017 campaign by holding a basketball theme fun day with 3-on-3 competitions and game booths at the YMCA King's Park Centenary Centre on June 3. The theme *Empowering Young People Through Basketball* highlighted the 125th anniversary of the invention of basketball sports by the YMCA and illustrated at the same time the close relationship of basketball sports and the YMCA spirit. The event, organised by members of our Joint Youth Platform and our new cohort of Change Agents, welcomed more than 135 participants from Cheung Sha Wan Centre, Tung Chung Centre, youth volunteers across units, members of senior management and Board Directors, as well as guests from the Asia and Pacific Alliance of YMCAs. Participants were filled with enthusiasm and they could feel the momentum and spirit of the YMCA Movement despite the summer heat on that day.



兒童發展基金「展才創富」師友計劃啟動禮

Child Development Fund "BOSS" Mentorship Scheme Kick-off Ceremony



港青兒童發展基金第六屆「展才創富」師友計劃（深水埗區及東涌區）啟動禮於4月22日順利舉行，逾330人參與。啟動禮獲社會福利署助理署長（青年及感化服務科）郭李夢儀女士擔任主禮嘉賓，有關計劃展現了社區家庭、商界及政府三方緊密協作。嘉賓和畢業學員的分享讓出席同學、家長、師友、學校及商界代表深受啟發。計劃除鼓勵學員學習規劃人生和養成儲蓄習慣，更期望他們與師友加深認識，通力合作，為未來發展奠下基礎。

The YMCA Child Development Fund (6th Batch) "BOSS" Mentorship Scheme (Sham Shui Po & Tung Chung Districts) Kick-off Ceremony was successfully held on April 22 with over 330 participants. The Ceremony was officiated by Mrs. Helen Kwok, Assistant Director (Youth and Correction Branch) of the Social Welfare Department. The close collaboration among social community, business sector and the government was demonstrated through this programme. All the students, parents, project mentors, representatives from schools and business partners in attendance were all inspired by the sharing of the speakers and alumni. Motivated to establish personal development plan and to develop saving habits, our student participants brought home not only new friends and new mentors, but also confidence in building a successful future.



幼稚園學生參觀聖安德烈堂

Kindergarten Students Visited St. Andrew's Church

基信國際幼稚園及基信國際幼稚園（西九龍）的高班學生於4月7日一同參觀聖安德烈堂。同學們在這次參觀中有機會了解教堂的工作和探索教堂的環境。教堂內正舉辦「感動之旅聖經展」，讓他們也有機會認識印刷聖經的過程。

The K3 children from YMCA Christian International Kindergarten and YMCA Christian International Kindergarten (West Kowloon) joined together and visited St. Andrew's Church on April 7. The children were given the opportunity to understand the work of the Church and explore the Church environment. They also spent some time at the "Inspired Exhibit" organised at the Church at that time and had a chance to learn about how the Bible was printed.

香港基督教青年會協會清潔海岸行動日

The Council of YMCAs of Hong Kong Shoreline Cleanup Action Day



香港基督教青年會協會（協會）一直致力推動環保，在5月6日舉辦清潔海岸行動日，希望讓會員和義工親身認識香港的污染問題，並身體力行為環保出一分力。當天約有80多位義工出席，包括協會理事、青少年、長者、少數族裔人士和復康服務使用者等，在三個海灘進行清潔，處理了數十袋垃圾，主要有塑膠、包裝袋、水瓶等，反映我們的生活習慣對環境造成的衝擊。

分享會上，香港中華基督教青年會副總幹事李慶偉博士帶領眾人立志減少污染，協會理事葉頌文先生提醒大家作為「大地」的管理者，要盡責照顧神所創造的環境。葉先生同時也提供了低碳生活的小提示。



On May 6, The Council of YMCAs of Hong Kong (Council) initiated the Shoreline Cleanup Action Day to promote a greener and sustainable life style. Over 80 volunteers from the two YMCAs including Council Members, youths, senior citizens, ethnic minorities and users of rehabilitation services had done cleanup at three shorelines. The large amount of garbage and thrown-away household items such as plastic, packing wrap and bottles etc. were reflective reminders to all of us of how much impact we made to the environment every day.

Led by Dr. Bonson Lee, Deputy General Secretary of the Chinese YMCA of Hong Kong at the sharing session, all volunteers made a pledge to protect the environment by living more eco-friendly. In closing, Mr. Tony Ip, Council Member, shared useful tips on low carbon living and reminded us that we, as stewards of the earth, ought to take good care of God's delicate creation.



港青福音事工：復活節感恩讚美 Christian Events: Easter Celebration



在4月8日復活節感恩讚美當天，港青於尖沙咀總部大堂以多種形式來感謝讚美基督的愛，包括兒童詩班、青少年樂隊、聖經故事分享和聖經魔術表演等。活動讓會眾認識耶穌基督捨身十架的愛，並思考復活節的真正意義，提醒信徒不但要在聖誕節慶祝耶穌的降生，更要在復活節為基督的得勝獻上感恩，持守盼望。

The YMCA has organised a Christian event “My Jesus My Saviour Easter Celebration” on April 8, which involved different amazing performances, i.e. music from Christian Children’s Chorus and youth bands, Gospel storytelling and Gospel magic, as part of the Easter celebration. The YMCA atrium was filled with spirit as families and friends came together to celebrate and praise the Risen Lord. Audience learned more about the sacrificial love of Jesus Christ and the true meaning of Easter. Christians ought not only celebrate Jesus’ birth at Christmas but also give thanks for Jesus’ resurrection at Easter.

先進會員橋咀洲及布袋澳鮑魚海鮮一天遊 Sharp Island & Po Toi O Day Tour of Master Members



會員服務部於4月25日舉行橋咀洲及布袋澳鮑魚海鮮一天遊，逾30名先進會員報名參加。會員先於啟德郵輪碼頭飽覽維港美景，遊覽橋咀洲，欣賞中國香港世界地質公園，其後於布袋澳品嚐特色鮑魚海鮮宴。感謝先進會員的積極參與，期待下一次同遊。

Member Services Section held the Sharp Island & Po Toi O Day Tour on April 25. Over 30 Master Members participated in this tour. They enjoyed the spectacular view of Victoria Harbour at Kai Tak Cruise Terminal, visited the Hong Kong Global Geopark of China - Sharp Island, and then savoured the Chinese seafood dishes in Po Toi O. We would like to express our gratitude to the Master Members for their active participation and look forward to our next tour.

基信國際幼稚園開放日 Open Day of Christian International Kindergarten

基信國際幼稚園於3月17日舉辦開放日，開放校園予家長和學生參與各項活動，包括舊書義賣、烘焙義賣、面部彩繪及親子遊戲。在家長們的參與和支持下，活動所得的收益合共25,406.90港元，有關善款將捐獻給兒童癌病基金。今年適逢幼稚園25周年校慶，學生更參與一項投票活動，為學校的巨型熊先生玩偶命名為Billy Bear。



Billy Bear

The Christian International Kindergarten (CIKG) organised an Open Day and opened up the school on March 17 to parents and children to participate in various fun activities such as book sale, bake sale, face-painting and games. With parents' generous support, a total of HK\$25,406.90 was raised. The proceeds will go to the Children's Cancer Foundation. In celebration of the 25th anniversary of CIKG, the children also took part in voting for a name for the CIKG giant teddy bear. He is now named "Mr. Billy Bear".

『城鄉共生』榮獲藝術發展獎

YMC Arts "Urban-Rural Life Community Arts Education Project" Wins the Award



YMC Arts 我愛我家 城鄉共生探索展2016
YMC Arts "I love my home" Sustainable Life Exploration Exhibition 2016



YMC Arts in Education Project 『城鄉共生』藝術教育計劃榮獲香港藝術發展局2016年度藝術發展獎的藝術教育（非學校組別）獎項。很高興『城鄉共生』計劃受到各界肯定，港青將繼續努力發揮「將藝術結合生活，以藝術結連大眾、從藝術發放人情味」的藝術教育精神。

The "Urban-Rural Life Community Arts Education Project" of the YMC Arts in Education Project is honored to receive the Award for Arts Education (Non-School Division) of Hong Kong Arts Development Awards 2016 organised by Hong Kong Arts Development Council. YMCA will continue to work hard and achieve linking life with Arts, connecting people by Arts, tipping out the warm human magic through Arts.

2017東亞性別公義及社會轉化工作坊 East Asia Gender Justice and Social Transformation Workshop 2017



歡迎晚宴
Welcome
Dinner

由亞太區基督教青年會協會主辦，港青協辦的「東亞性別公義及社會轉化工作坊」於6月7至11日順利舉行。港青總幹事何慶濂先生於開幕禮上提醒12位分別來自日本、南韓、台灣、澳門、澳洲及本地的參加者，因神以其形象和愛來創造我們，所以男性和女性於神的眼中同樣珍貴。何先生亦提到，於馬太福音耶穌譜系的記錄，神讓我們從錯誤中見證祂的旨意。在一連串分享和討論後，參加者盡情參與港青安排的歡迎晚宴，身心靈均獲得滿足。

This subregional workshop organised by the Asia and Pacific Alliance of YMCAs (APAY) and hosted by the YMCA of Hong Kong (YMCA) on June 7-11 welcomed 12 participants from Japan, South Korea, Taiwan, Macau, Australia and Hong Kong. Mr. Peter Ho, General Secretary of YMCA, reminded participants that men and women are equally precious in the eyes of GOD who made them in the image of LOVE. Mr. Ho also pointed out that GOD could use our mistakes to achieve His Purpose as is evident with many sinners, men and women listed in the Genealogy of Jesus as recorded in the Gospel of Matthew. Participants were refreshed and replenished in body, mind and spirit with inspirational message, in-depth sharing and wonderful foods of the Welcome Dinner hosted by YMCA.



觀賞「我的社區·我的故事」短片
Watching the "3 mins story"

參加者於6月9日到訪長沙灣中心和享用由社企 Y Multi 的 Cooking MaMa 所預備的午餐，藉此從性別充權角度了解多元文化融匯網絡的工作。參加者十分支持 Y Multi 的手工製品，亦被「我的社區·我的故事」計劃的會員生命轉化故事所感動。

Participants also visited the Cheung Sha Wan Centre on June 9 and enjoyed a great lunch prepared by the "Cooking MaMa" from the social enterprise Y Multi. Through the "3 mins story" videos and various demonstrations, the workshop participants learned how the YMCA Multicultural team engages with the community from a gender perspective. The Y Multi handmade products and the "3 mins story" programme were also a hit among the group.



Cooking MaMa分享
Sharing by Cooking
MaMa

我創 我夢 我實踐 A Dream to Aspire



「我創 我夢 我實踐」籌款音樂會在4月30日，於香港大學百周年校園李兆基會議中心大會堂舉行，為 A-Life Academy 籌募經費。大會有幸邀請到香港愛樂團演奏，特別鳴謝樂團負責人劉元生先生、指揮趙啟強先生，及鋼琴家張緯晴小姐，為我們帶來如此美好的音樂會。

“A Dream to Aspire”, a charity concert that aims to raise funds for “A-Life Academy”, was held on April 30 at HKU Grand Hall. The concert was a great success with the inspiring performance by SAR Philharmonic. Sincere thanks to Mr. Y. S. Liu, Chairman of SAR Philharmonic; Mr. Chiu Kai Keung, Conductor of SAR Philharmonic and Ms. Rachel Cheung, Pianist, for bringing us such a wonderful concert.

基督教家庭服務中心主題午宴 Luncheon of the Christian Family Service Centre



基督教家庭服務中心於5月23日在港青大禮堂舉行「未來城市·城市未來」主題午宴。當天邀請了社會福利署副署長（服務）林嘉泰先生太平紳士致辭，共170多名賓客出席午宴。

The Christian Family Service Centre hosted a “Services for a Better City Branding Luncheon” at The Grand Assembly Hall on May 23. Mr. Lam Ka Tai, JP, Deputy Director of Social Welfare (Services), was invited to give a speech and around 170 guests joined the Luncheon.

運動獎項頒發晚會

Award Presentation at Sports Night



港青基信書院「運動獎項頒發晚會」於7月4日假香港天際萬豪酒店舉行，承蒙霍啟剛先生太平紳士和李明達先生GBS, QPM, CPM蒞臨主禮及致辭，並向超過200多名學生運動員頒發逾100多個運動獎項，超過330名嘉賓、家長、教師及學生分享此難忘一刻。晚會旨在嘉許各運動隊伍的領隊教師、教練及學生的驕人成績，表揚他們對運動發展的貢獻，宣揚努力不懈、永不言敗的體育精神。

YMCA of Hong Kong Christian College Sports Night was successfully concluded at the Hong Kong SkyCity Marriott Hotel on July 4 with over 100 awards presented to more than 200 students. We were honoured to have Mr. Kenneth K. K. Fok, JP and Mr. Li Ming-kwai, Dick, GBS, QPM, CPM as the Guests-of-Honour. The ceremony was well attended with over 330 guests, parents, teachers and students to share this memorable experience. Students, teachers-in-charge as well as coaches were publicly recognised for their contribution and achievements in sports over



the course of the year. The celebration showed the deepest gratitude and appreciation to their hard work, dedication and outstanding leadership and coaching.

曾燕君女士婚宴

Wedding Banquet of Ms. Jorence Tsang

尖沙咀國際聯青社會員兼香港基督教青年會幼稚園校董曾燕君女士於5月20日在港青大禮堂舉辦婚宴。當晚筵開20席，婚禮順利進行，賓客皆歡度一個愉快又難忘的晚上。

Ms. Jorence Tsang, Committee Member of the Y's Men's Club of Tsimshatsui and School Manager of the YMCA Christian Kindergarten School Management Committees, hosted her wedding banquet in The Grand Assembly Hall on May 20. More than 200 guests attended the wedding banquet and the event was very memorable.



音樂劇演出成功

Successful Musical Showcase



經過九個多月的籌備及練習，新會商會港青基信學校音樂劇 The Magical Land of Oz 於6月30日在學校禮堂上演。音樂劇不僅拓展了學生的視野，更為學生提供學習平台，展現天分。音樂劇展示了學生和教職員在藝術、舞蹈、音樂、戲劇、道具和舞台管理等各方面的才華，亦是百多名學生及教職員共同努力的成果。

After more than 9 months of hard work and dedication from the students of SWCS YMCA of Hong Kong Christian School, the maiden school musical, "The Magical Land of Oz" was on stage on June 30 at the school hall. This musical not only showcased the students' talents but also provided a platform for learning and broadened their horizons. It had drawn the skills and talents of students and staff in the aspects of art, dance, music, drama, props and stage management, and involved contributions from over 100 students and staff.

A-Life Academy高桌晚宴

A-Life Academy High Table Dinner



A-Life Academy 很榮幸邀請到青年事務委員會委員陳浩庭律師於6月27日的 A-Life Academy 高桌晚宴擔任嘉賓。當晚陳律師與港青總幹事何慶濂先生一同分享多角度思考的重要性，並勉勵青少年嘗試跳出框框，縱然面對社會各方的期望，仍需要擁有堅持夢想的心志。

Mr. Mac Chan, Committee Member of Commission on Youth, highlighted the event as the guest speaker of A-Life Academy High Table Dinner. Mr. Chan and Mr. Peter Ho, General Secretary of YMCA of Hong Kong, shared their views on the importance of multi-perspectives thinking. Youths were also encouraged to think out of the box and be persistent in pursuing their dreams even when facing different expectations in society.



Announcement

最新動態

泳池開放時間 Opening Hours of Swimming Pool



	星期一 Mon	星期二至日 Tue - Sun
07:00-11:30	每週清潔 Weekly Cleansing	開放 Open
11:30-12:30	第一節暫停 1 st Session Breaks	
12:30-17:00	開放 Open	
17:00-18:00	第二節暫停 2 nd Session Breaks	
18:00-22:30	開放 Open	

- 暫停時段將不適用於港青游泳課程
The session breaks are non-applicable to YMCA Swimming Programmes.
- 泳池開放時間如有更改，本會將張貼公告通知
The opening hours of swimming pool are subject to change and advance notice will be given.



游泳池新收費 New Admission Fee for Swimming Pools

種類 Category	每節收費 Session Fee	
	八達通 Octopus	現金 Cash
成人 Adult	HK\$32	HK\$35
小童 Youth	HK\$18	HK\$20
長者 Elderly	HK\$18	HK\$20

新收費已於2017年7月1日起生效
The new prices have been effective from July 1, 2017

新會商會港青基信學校入學申請 Admission Entry of SWCS YMCA of Hong Kong Christian School

新會商會港青基信學校是一所私立小學，致力推行學生為本的教育理念，並提供國際學習環境，提升學生的國際思維和語言能力。2018-2019學年的入學申請現已開始，歡迎家長從學校網頁獲取最新的入學資訊，或致電學校與入學主任聯絡。



SWCS YMCA of Hong Kong Christian School is a private primary school dedicated to promoting a holistic, student-centered education and providing an international learning environment to equip students with global mindset and language competence. Admission for 2018-2019 has started. Parents are welcome to get the latest information from the school website or contact our Admission Officer.

網頁 Website ■ www.cs.edu.hk 電話 Tel ■ 2361 3383

全港學界咖啡拉花爭霸戰 Hong Kong Inter-School Latte Art Competition



港青將於本年10月主辦首屆「全港學界咖啡拉花爭霸戰」，發掘有潛質的年輕咖啡師，並為熱愛咖啡的中學生提供表演平台，藉着練習與比賽提升自信，發揮潛能。成功通過預賽及初賽的參賽者將於10月21日角逐「學界拉花王」之名銜。

YMCA will organise the first Hong Kong Inter-School Latte Art Competition in October 2017 to explore potential young baristas. The Competition also provides a performing stage for secondary school coffee lovers and the opportunity for them to gain higher self-esteem and better interpersonal skills. Young and gifted baristas who win the first- and second-round competitions will compete for the champion at the final tournament on October 21.



港青基信書院2018-2019中一入學講座 YMCA of Hong Kong Christian College Admission Briefing for 2018-2019

- 港青基信書院為本地直資英文中學，以基督教信念為本，致力實踐全人教育
- 薈萃多國文化，逾七成學生來自世界各地約四十多個國家
- 關愛校園，訓輔並重，採取以學生為主導的教學模式
- YMCA of Hong Kong Christian College is a DSS English-medium school with a strong Christian faith and CARES principles
- A multi-cultural community with more than 70% international students from approximately 40 countries
- Dedicated to providing an excellent pastoral care system and student-centered learning experiences



日期 Date	14/10/2017 (星期六Saturday)
時間 Time	下午2:30 pm – 4:30 pm
地點 Venue	港青基信書院 YMCA of HK Christian College

免費穿梭巴士服務 Complimentary shuttle bus service

開出時間 Time	下午1:30 pm
上車地點 Pick-up point	尖沙咀梳士巴利道41號 香港基督教青年會 YMCA of HK, 41 Salisbury Road, Tsimshatsui

查詢 / 留位 Enquiry / Reservation ■ 石小姐 Ms. Amanda Shek ■ amanda.shek@yhkcc.edu.hk / 2988 2028



珍惜玩具，由今天起
改變玩完即棄的習慣！
Treasure every
single piece of toy!

PLAY MORE WASTE LESS



「咪咗精靈」是環保及自然保育基金贊助項目「愛玩具 愛環保」的卡通人物！她喜歡教大家如何成為「惜玩達人」！

Misa is a main character of the "Loving Toy Loving Earth" project sponsored by Environment and Conservation Fund. She likes to teach everybody how to be a Smart Toy Player!

原則 PRINCIPLES:



要慷慨 BE GENEROUS

你的玩具喜歡跟你和你的朋友在一起，所以記得多與你的朋友分享呀！
Toys love to play with you and your friends. Please share them with your friends.



多愛護 BE CARING

玩具損壞了，可以給它動動「手術」修理，而不是直接將它送到垃圾筒呀！
Broken toys can be taken to repair but not straight to the trash.



要好奇 BE CURIOUS

玩具可以教我們科學、數學、機械及創意。你只需有足夠的好奇心，去發掘它們隱藏的奧妙！
Toys can teach us science, mathematics, mechanics and creativity. All you need is curiosity to discover the hidden wonder of your toys.



滿樂趣 BE CREATIVE

玩具沒有特定的玩法。用你的創意，創作一個有趣又安全的玩法吧。
Playing toys do not have rules. Use your creativity to come up with different funny and safe ways and enjoy it.



好回收 BE GREEN

建立一個回收玩具的好習慣。將電子零件及不能回收的部分拆除後，舊玩具便可以回收再用了。
Develop a habit of toy recycling. After taking away the electronic and unrecyclable parts, your toys can be recycled and reused.



再創造 TO UPCYCLE

當你對那樣玩具不再感興趣時，應當發掘它的其他用處。發揮你的想像力，善用玩具的每一部分！
When you are not interested in playing with the toys anymore, you should try to think other ways to use them. Use your imagination to fully use every piece of them.

