Yoices 港青之聲

Jun 2025

"I myself will look after and tend my sheep."
「看哪，我必親自尋找我的羊，將他們尋見。」
(Ezekiel 以西結書 34:11)



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主題 Theme
Love and Harmony
愛 共融

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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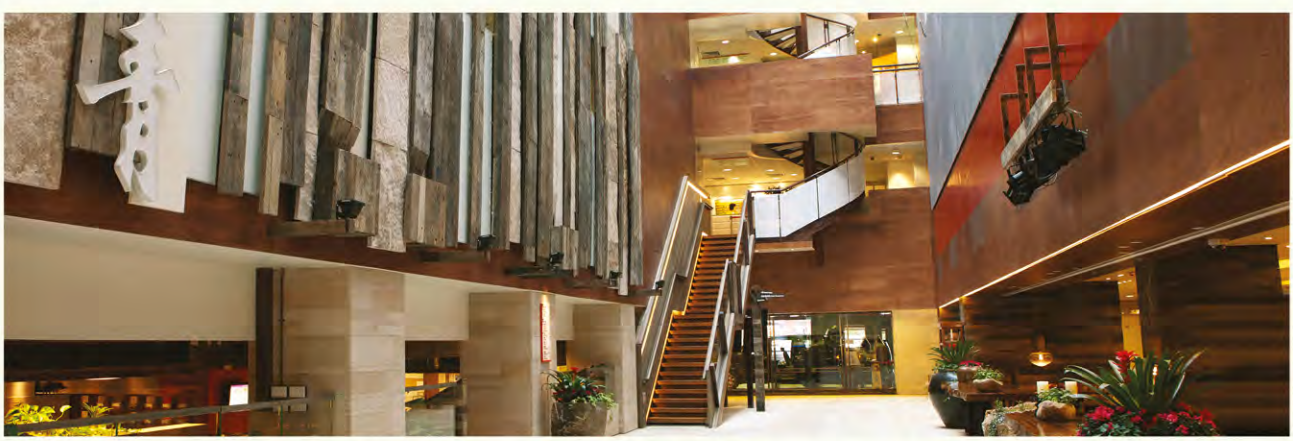
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「看哪，我必親自尋找我的羊，將他們尋見。」

"I myself will look after and tend my sheep."

以西結書Ezekiel 34:11

願各位蒙天父和主耶穌的恩典，主內平安！

當天主教會選出樞機羅伯特· 普雷沃斯特繼任教宗方濟各當日，我收到友人透過WhatsApp傳來的信息：「當白煙升起之際……勿念權勢之榮。勿急於發文、妄加揣測或慶賀權力更迭。當屈膝祈禱……因那即將現身聖伯多祿大殿中央露台之人，非為登臨寶座，乃為肩負十字聖架……他非步入世俗尊榮，實乃踏上犧牲之路。」

耶穌說：*「我是好牧人；好牧人為羊捨命。」*（約翰福音10:11）教宗方濟各在塵世最後數週，即使甫離病榻，仍竭力會見信眾、施予祝福。雖因健康之故，他未能如往年聖週四慣例，效法耶穌為門徒濯足之舉，親為囚犯洗腳，但教宗方濟各仍親切地向羅馬天皇后監獄的70名囚犯溫言問候。復活主日，教宗方濟各於聖伯多祿廣場最後一次為普世信友祝福，他於翌日復活節星期一主懷安息，享年八十八歲。這位牧者直至生命終刻，始終堅守牧職。

「我視此為上主恩典 — 就任後首個主日恰逢善牧主日，適值復活期第四主日……《約翰福音》第十章，記載耶穌啟示：祂是那位認識並深愛羊群、且為羊群捨生的真正牧者。」教宗良十四世在聖伯多祿大教堂舉行的首次公開彌撒中如此說道。善牧之心究竟蘊含何等奧秘？耶穌聖心又承載著甚麼？

耶穌曾向法利塞人和法學士講述這個比喻：「你們中間誰有一百隻羊，遺失其一，而不把九十九隻撇在曠野，去尋覓那失落的，直到找著呢？待尋獲後，便歡欣地負於肩上，返家與友人同慶。」這究竟是怎樣的牧者情懷？

郭芯儒（Perla Kwok），港青基信書院（YHKCC）中六學生，於聖週四舉行的GCE畢業典禮上，分享了她最愛的聖經篇章《迷羊的比喻》及其信仰歷程。雖成長於基督家庭，Perla卻如迷途羔羊，與信仰漸行漸遠。直至一次與摯友的深談，方使她驚覺自己與上主的疏離。「這番對話成為我重返教會的契機，」Perla娓娓道來，「當我再度踏進那熟悉的地方時，一股前所未有的平安與親密感油然而生……即使在我迷失方向、彷徨無助之際，總有一股永不放棄的愛緊緊追隨……不論漂泊至何方，神的恩典總能尋見……因我深知，那位好牧人必不停止尋覓我的蹤跡。」這份鍥而不捨的神聖之愛，如何引領迷途的Perla重歸信仰懷抱？



Perla分享她最愛的聖經篇章《迷羊的比喻》及其信仰歷程。
Perla shared her favorite Bible story, the "Parable of the Lost Sheep", and her faith journey.

Perla 2019年畢業於新會商會港青基信學校（SWYHKCS），作為創校首屆畢業生，她與十九位同窗於本月初自港青基信書院（YHKCC）完成中學學業。奇妙的是，當年新會商會港青基信學校畢業典禮所選經文 — *「你要專心仰賴耶和華，不可倚靠自己的聰明，在你一切所行的路上都要認定他，他必使你的道路平直。」*（箴言3:5-6）— 竟與2025年港青基信書院年度校訓不謀而合。這般契合絕非偶然，實乃上主為這群學子精心預備的恩典軌跡。這段經文貫穿他們六載中學歲月，見證上主不僅在2019年小學畢業時與他們同行，更在2025年中學畢業之際依然同在。當我們領悟世間從無「巧合」，唯有上主精心安排，平凡歲月遂昇華為信仰見證。



港青基信書院畢業禮
The Graduation Ceremony of YHKCC

另一位2019年SWYHKCS畢業生曾煜焙（Felix Tsang），其港青旅程始於港青基信國際幼稚園（西九龍）。在畢業典禮上，他代表2025全體畢業生致謝：「記得入學首日，生性內向的我忐忑不安。幸有三位良師相伴：Cathy校長、Phyllis老師和Jacky老師。感謝他們讓我的幼稚園歲月如此難忘。」這三位教育者以無私之愛，為Felix築起勇氣與自信的基石。他們三位良師心中躍動的，正是善牧精神 — 那份不求回報的奉獻，那份永懷感恩的珍重。



Felix（中）衷心感謝Cathy校長、Phyllis老師和Jacky老師的關愛與照顧。
Felix (center) expresses gratitude for the love and care of three amazing people: Ms. Cathy, Ms. Phyllis, and Ms. Jacky.

港青基信書院（YHKCC）校長盧裕敏女士（Ms. Diana Lo）乃是另一位真正體現善牧精神的港青教育者。她每日所思所念，無非是如何建設更美好的校園、如何以基督的眼光牧養羊群，並悉心發掘每位師生內在的潛能。今年五月，為凝聚教師團隊向心力，Diana校長邀請我參與游泳嘉年華五十公尺接力賽。我原不知她擅泳，她卻坦然道：「我雖不精於此，但賽前尚可勤加練習。」我們訂下規則：須由男女教師各一組隊，分別完成五十公尺蛙式與自由式。最終全校唯我二人符合資格！當Diana校長奮力完成蛙式賽程時，一對父子檔早已以自由式率先抵達。待我完成五十公尺自由式後，Diana微笑相迎：「明年再戰，但願能鼓勵更多教師參與。」雖名落孫山，Diana仍決意來年再試，只因她心中懷抱更高遠的使命 — *在善牧的國度裡，那在後的，終將在前*。



與港青基信書院盧校長一同參與游泳嘉年華接力賽
At the Swimming Gala with YHKCC Principal Ms. Diana Lo

善牧心中流淌的是愛，基督心中的亦是愛。我們以2019年學校的年度經文：*「凡你們所做的，都要憑愛心而行」*（哥林多前書16:14），迎接於2025年畢業的新會商會港青基信學校的同學。這屆畢業生中，有15位學生早年曾就讀於港青基信國際幼稚園或港青基信國際幼稚園（西九龍），他們的成長旅程由此展開。校長特別分享了他們在幼稚園高班時與我在辦公室祈禱的照片，以及一年級時我與他們分享聖經故事的畫面。這份愛伴隨他們走過小學歲月，如今，他們很多將會於港青基信書院開展中學旅程。



曾任台南市基督教青年會總幹事三十餘載的黃德成牧師
Rev. Paul Hwang, former General Secretary of Tainan YMCA for over 30 years



由the DOOOR藝術家設計的手工雕刻牌匾贈予台南市基督教青年會
A hand-carved plaque, designed by an artist from the DOOOR, was presented to Tainan YMCA

台南市基督教青年會於四月隆重舉行七十週年慶典。董事會成員、曾任總幹事三十餘載的黃德成牧師，以感恩之心見證台南市基督教青年會如何蒙神恩典跨越重重考驗，特別是創會初期的艱辛歲月。慶典晚宴上，由黃牧師親自指揮的「榮光時刻」，集結不同身心狀況會員組成的慈光合唱團，將晚會推向高潮。這支成立於三十年前的合唱團，當年曾被音樂專家評斷「難以成軍」，但時任總幹事黃牧師卻堅持親自培育每位申請者。這份執著源自他堅定的信仰：上主賦予每人獨特恩賜，皆為榮耀祂名而存在。正是這顆善牧之心，實踐了*堅固軟弱者、醫治病患、包紮傷者、領回迷羊、尋找亡失*的牧者使命。港青特別致贈由the DOOOR藝術家手工雕刻的紀念牌匾，以台南與香港地標建築為題，象徵兩地基督教青年會歷久彌新的情誼。特別感謝陳振傑總幹事的盛情款待，成就此番美事。

愛是無私。愛是犧牲。愛無條件。愛能戰勝邪惡。愛能戰勝仇恨。愛能戰勝貪婪。愛能戰勝自私。愛能戰勝驕傲。愛能戰勝一切。愛不在己，愛在他人。

作為基督教青年會夥伴支援組（PSG）成員，港青持續支援柬埔寨基督教青年會。四月下旬，來自香港、印度、日本、菲律賓及新加坡的夥伴支援組成員到訪金邊，考察長期推動的「街頭兒童支援計劃」。這些來到基督教青年會的孩子們多數失學，他們的父母以撿拾回收物維生，居住在用廢金屬和木材搭建的簡陋棚屋中。目睹如此惡劣的居住環境，實在令人心碎。然而，孩子們卻滿心歡喜地來到基督教青年會 — 這座位於貧民窟中的簡樸房舍。在這裡，基督教青年會不僅提供課程，更為孩子們創造了一個學習紀律與良好行為的安全空間。在夥伴支援組資源支持下，孩子們得以參加游泳課程。工作人員視這些孩童如己出，而孩子們眼中閃耀的希望之光更令人動容。一個微笑、一次擊掌或輕輕摸頭的動作，都在向他們傳達：即使身處困

境，人性的尊嚴永不磨滅。這正是黑暗中的光明，是愛具有轉化力的明證，更是邪惡無法戰勝良善的見證。世上沒有任何事物，能將我們與上帝的愛隔絕。

愛非交易，而是給予與寬恕；愛是人與神、人與人之間的神聖連結。我們在與基督的關係中得安慰，並從祂的聖心學習以慈悲心懷擁抱世界。

聖經記載，*有一回，一位法學士起身試探耶穌。「老師，」他問道：「我該做甚麼才能承受永生？」耶穌反問他律法上寫的是甚麼？他回答說：「『你要盡心、盡性、盡力、盡意愛主你的神』，又要『愛鄰舍如同自己』。」他繼續追問耶穌：「誰是我的鄰舍呢？」*於是耶穌為他講述了《好撒瑪利亞人》的比喻，最後反問他：*「你想，這三個人中 — 祭司、利未人，還是撒瑪利亞人，誰是那遇劫者的鄰舍呢？」法學士回答：「是那憐憫他的。」耶穌說：「你去照樣行吧。」*耶穌要求這位法學士以憐憫待人，今日也同樣吩咐我們 — 當以憐憫與恩慈相待，因這正是耶穌聖心的本質。

憶昔小學歲月，六月乃敬禮耶穌聖心之月。
早會時分，全校齊聲詠唱這首聖心讚歌：

「温良的耶穌聖心
請細聽我們這些弱小孩兒的禱聲。
因為我們在生活裏
正遇到種種困難
但耶穌說：不要怕，
困難只可傷害我們的肉身，不能傷害靈魂，
我們要怕的只是我們拒絕天主真理。
耶穌聖心，請溶於我們心中，
因為只有在耶穌聖了心內，
我們心靈才可得到安靜和休息。」

我們基督教青年會同工，乃是復活節的子民，是懷抱希望的朝聖者。今年五月，港青慶祝其歷史最悠久的社會服務計劃 — 海外家務助理部成立三十週年。每逢主日，這些離鄉別井的姊妹們來到港青進修，為未來人生裝備自己。此計劃擁有超過三十位義工，其中部分更已持續服務二十七年之久。這些外籍家務助理犧牲與家人團聚的時光，遠赴香江謀生，既為養活故鄉親人，也讓僱主得以無後顧之憂地外出工作。然而，她們往往遭受不平等待遇。我們以「Together We Rise；Celebrating Our Journey」為題慶祝這個重要里程碑。一百位學員中，多數在過去一年完成至少三門課程，並參與了畢業典禮。當日，喜悅自她們心底湧流，眼中閃爍著希望的光芒。見證這群姊妹以勇氣、堅毅與韌性，為社會作出積極貢獻，正是上主之愛最真實的映照，何等令人歡欣！

當晚，港青舉辦「Together We Thrive」感恩慈善晚宴，慶祝本會為海外家務助理及於長沙灣中心為少數族裔群體所開展的服務。the DOOOR的藝術家特別以十二項基督徒價值觀為主題，創作了十二幅藝術作品進行拍賣，包括：關懷、賦權、信念、寬恕、忠誠、希望、仁愛、和平、尊重、責任、自我控制與侍奉精神。為支持斯洛伐克基督教青年會保存其位於布拉提斯拉瓦、擁有百年歷史的基督教青年會大樓，港青將晚宴淨收益的百分之三十捐贈予該會，協助修繕這座優美的歷史建築。這正是愛的體現 — 無私奉獻，成就他人。



會員及社區服務部於6月舉行退修日，凝聚各部門團隊出席。
Member & Community Services hosted its 2025 retreat in June, uniting teams across departments for collaboration.

在十二門徒完成使命後，耶穌對他們說：*「你們來，同我私下到荒野的地方去歇一歇。」*遵循善牧的教導，會員及社區服務部於六月舉辦2025年退修會，主題為「放下‧重整‧再出發」。80名同工分組參加活動，透過遊戲學習放下，在敬拜、聖經反思和祈禱中重整心靈，預備重新啟航，繼續我們的旅程。*「放心！是我，不要怕！」*（馬可福音6:50）*彼得說：「主，如果是你，請叫我從水面上走到你那裏去。」耶穌說：「你來吧。」彼得就從船上下去，在水面上走，要到耶穌那裏去。」*（馬太福音14:28-29）*他講完了，對西門說：「把船開到水深的地方下網打魚。」*（路加福音5:4）善牧對他摯愛的門徒，特別是對彼得的鼓勵之言，深深共鳴在我們心中。欣見整個管理團隊，包括賓館服務部、財務及行政部、人力資源部、資訊科技部和傳訊及伙伴協作部的參與，以及最後，當然還有新會商會港青基信學校校長共同參與，展現港青同心合一的精神。

五旬節主日當天，無綫新聞《探古尋源》播出港青於梳士巴利道總部百周年的專題短片。適時提醒我們再次審視這份傳承，見證上帝之愛如何透過港青的服務彰顯。不足五個月後，我們將隆重慶祝梳士巴利道總部百周年慶典。這些年來，我們究竟是怎樣的牧者？如今又當如何自處？我們是只顧餵養自己的牧人嗎？是從正門進入羊圈，還是攀越旁處？是為工價受雇、對群羊漠不關心的傭工？抑或是那位善牧所呼召、認識祂並追隨祂的忠實牧者？

主耶和華如此說：「我必親自牧養我的羊，使牠們得以躺臥。失喪的，我必尋找；被逐的，我必領回；受傷的，我必纏裹；有病的，我必醫治；只是肥壯的，我必除滅，也要秉公牧養牠們。」（以西結書34:15-16）*「我的羊聽我的聲音，我也認識他們，他們也跟著我。我又賜給他們永生；他們永不滅亡，誰也不能從我手裡把他們奪去。」*（約翰福音10:27-28）

2025年的復活節季節已經過去 — 從主的復活到五旬節的50天。接下來呢？《使徒行傳》的使命正在延續。正如門徒們蒙聖神差遣去宣揚福音，我們也同樣藉着港青的託付，肩負起這神聖使命，透過港青的工作來實踐。願我們在聖靈恩典下，共同譜寫「港青門徒」的新篇章。*我們愛，因為神先愛我們。*

願我們領受的生命之糧化為祝福，滋潤每個相遇的生命。願生活中破碎我們的心的挑戰與天主的心同頻共鳴。願我們如基督般無私付出，以捨己之愛成就一切。正如善牧悉心照料祂的羊羣，求主賜恩，使我們能追隨祂的腳步，照顧並牧養祂託付的每隻羔羊。

S.D.G.（願榮耀單單歸於神）

何慶濂
總幹事／行政總裁

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

On the day the Catholic Church elected Cardinal Robert Francis Prevost to succeed Pope Francis, I received a WhatsApp message from a friend, “When you see the white smoke… Don’t think of prestige. Don’t rush to post, to speculate, or to celebrate power. Kneel. And pray… Because the man who will soon step out onto the central balcony of St. Peter’s Basilica is not claiming a throne — but embracing a cross… He is not stepping into glory — he is walking into sacrifice.”

Jesus said, “I am the good shepherd. The good shepherd lays down his life for his sheep.” (John 10:11) In the last weeks of Pope Francis’ life after he was released from the hospital, he continued to meet and bless the faithful whenever he could. Even though he was not able to wash the feet of the inmates as he had always done on Holy Thursday, because Jesus washed the feet of his disciples, Pope Francis greeted each of the 70 inmates from Regina Coeli prison in Rome. Pope Francis would bless the faithful and the world one last time in St. Peter’s Square on Easter Sunday before he passed away on Easter Monday. The 88-year old Pope served till his last breath.

“I consider a gift of God that the first Sunday of my service is Good Shepherd Sunday, the 4th Sunday of Easter… a passage from the 10th chapter of the Gospel of John, where Jesus reveals himself as the true shepherd who knows and loves his sheep and gives life to them.” Pope Leo XIV said in his first public Mass at St Peter’s Basilica. What is in the Heart of the Good Shepherd? What is in the Sacred Heart of Jesus?

Jesus told this parable to the Pharisees and the scholars of the law, *“Who would have 100 sheep and loses one, and does not leave the 99 behind and looks for the lost sheep until he finds it? And when he finds the lost sheep, joyfully puts it on his shoulders and goes home and celebrates with his friends.”* What kind of shepherd is this?

Perla Kwok, a YMCA of Hong Kong Christian College (YHKCC) F.6 GCE student, shared her favorite Bible story, the *“Parable of the Lost Sheep”*, and her faith journey at the GCE Leavers School Assembly on Holy Thursday. Though growing up in a Christian family, Perla drifted from her faith like the lost sheep. A conversation with a friend made her realize how disconnected she had become from God. “This encouraged me to return to church,” Perla said, “and the moment I stepped back into that familiar space, I felt an overwhelming sense of peace and closeness to Him… Even when I feel lost and distant, there is a relentless love pursuing me… no matter how far I stray, I am never beyond the reach of grace... knowing He will always come



15位新會商會港青基信學校的畢業生，同樣也是來自港青基信國際幼稚園或港青基信國際幼稚園（西九龍）。
15 graduates of SWCS YMCA of Hong Kong Christian School who also graduated from CIKG and CIKG (West Kowloon).

looking for me." What is this relentless Love that pursued Perla?

A graduate from the 1st cohort of graduates from SWCS YMCA of Hong Kong Christian School (SWYHKCS) in 2019, Perla is among 19 students from her SWYHKCS cohort who graduated from YHKCC earlier this month. The Scripture chosen for SWYHKCS Class of 2019 graduation was *"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight." (Proverbs 3:5-6)* happens to be the same as the 2025 YHKCC school yearly scripture. Is it a mere coincidence or is it God's marvelous and incomprehensible plan for the students? That the scripture verses Proverbs 3:5-6 book-ended their 6 years of secondary school is a reminder that God was with them when they graduated from SWYHKCS in 2019 as much as He is with them today when they graduate from YHKCC in 2025. When we recognize that coincidence is but a divine encounter, an ordinary moment becomes extraordinary.

Felix Tsang, another SWYHKCS Class of 2019 graduate, began his YMCA journey at YMCAHK kindergarten, CIKG (West Kowloon), gave a Vote of Thanks on behalf of his YHKCC Class of 2025 at the graduation ceremony. Felix first started his speech with: "I remember my first day in school. I was nervous as I am an introvert. Grateful there were 3 amazing people by my side: Ms. Cathy, Ms. Phyllis and Ms. Jacky. I would like to thank them for making my kindergarten experience very memorable." The love and care of these "3 amazing people" helped built Felix's courage and confidence. They were Felix's Principal and Teachers from the YMCA kindergarten. In the hearts of these amazing YMCA educators is the Heart of the Good Shepherd. Love does not demand recognition and Love appreciates.

YHKCC's Principal, Ms. Diana Lo, is another YMCA educator with the Heart of the Good Shepherd in her heart. Every day, Diana thinks about how to build a better YHKCC, how to see every student and teacher with the eyes of Jesus, and how to see the potential in each of them. With the goal of inspiring teachers to sign up for a relay to build community spirit, Diana invited me to swim a 50-meter relay with her at the swimming gala in May. I did not know she could swim. She said, "I don't really, but there is still time to learn and practise before the swimming gala". We set the criteria and agreed that it would be a mixed relay – a male and a female teacher, 50 meters breast stroke and 50 meters free style. In the end, we were the only one who met our own criteria! By the time Diana finished her 50 meters breast stroke, a father and son team had already completed their 100 meters in free style! Diana greeted me with a smile after I finished my 50-meter free style and she said to me, "Let's do it again next year. Hopefully we will inspire more teachers to participate." Finishing last did not stop Diana to go for it again next year, because she has a higher purpose to achieve! In the Heart of the Good Shepherd, the last will be first.

In the Heart of the Good Shepherd is Love. In the Sacred Heart of Jesus is Love. We greeted the SWYHKCS Class of 2025 when they began their primary school journey in 2019 with this school yearly scripture: *"Let all that you do be done in love" (1 Corinthians 16:14)*. Among the graduates, 15 began their journey at CIKG or CIKG (West Kowloon). Their Principal shared photos they took with me praying in my office when they were in K3 and sharing Bible stories with them in Year 1. Love accompanied these students throughout their primary school years, and now many of them are continuing their secondary school journey in YHKCC.

What is Love? Love is more than hugs and kisses and affection. *Love is patient, Love is kind. Love does not envy, Love does not boast, Love is not proud. Love does not dishonor others, Love is not self-seeking, Love is not easily angered, Love keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. Love always protects, always trusts, always hopes, always perseveres. Love never fails. (1 Corinthians 13:4-8)*

Tainan YMCA celebrated its 70th anniversary in April. Rev Paul Hwang, a Board Director and former General Secretary for over 30 years, shared a reflection with gratitude on how Tainan YMCA overcame many challenges, especially during its earlier years with God's grace. One of the highlights of the evening was the "Glorious Moment" performance by a choir formed by members with various disabilities conducted by Pastor Hwang. The choir was established by Pastor Hwang, then General Secretary (GS) over 30 years ago, when the music instructor gave the choir had no chance to succeed after auditioning the applicants. GS Hwang decided he would personally train all the applicants because he believed God has given each of the applicants a talent to honor Him. His shepherd's heart allowed him to *strengthen the weak, heal the sick, bind up the injured, bring back the stray and seek the lost*. YMCAHK presented a plaque hand-carved by an artist from The DOOOR with our respective iconic YMCA and city buildings in Tainan and Hong Kong symbolizing our friendship and solidarity during the "Friendship Moment". Thank you, GS Daniel Chen for the hospitality that was above and beyond any expectation.

Love is selfless. Love is sacrificial. Love is unconditional. Love conquers evil. Love conquers hatred. Love conquers greed. Love conquers selfishness. Love conquers pride. Love conquers everything. Love is not about you; Love is about others.

YMCAHK is a member of the YMCA Partner Support Group (PSG) that supports Cambodia YMCA. I was in Phnom Penh in late April with PSG participants from Hong Kong, India, Japan, Philippines and Singapore visiting their longstanding "Street Children Project". Not all the children who come to YMCA go to school. Their parents are scavengers collecting recycling materials to make their living. They live in shanties made of scrap metal and wood. It breaks my heart to see their inhuman living conditions. Yet the children are happy to come to the YMCA, a simple house situated in the midst of the slum communities, where the YMCA provides the children with classes and a safe space to learn discipline and proper behavior. Children can even take swimming lessons with the resources provided by PSG. The YMCA staff and teachers there love these children like their own; and hope radiates from the eyes of these street children. A smile, a high-five, a pat on the head from us assured them of their human dignity despite their dire surroundings. This is light in the darkness. This is the transformative power of Love.



作為夥伴支援組（PSG）的成員，港青到訪柬埔寨金邊了解其街頭兒童支援計劃。
As a member of the YMCA Partner Support Group (PSG), YMCAHK visited the Street Children Project in Phnom Penh, Cambodia.

This is how evil cannot overcome good. Nothing can separate us from the Love of God.

Love is not a transaction. Love gives and Love forgives. Love is a relationship with God and with each other. We can find consolation in a personal relationship with Jesus, and from His Heart, learn to have compassion on the world.

The Bible tells us that *on one occasion a scholar of the law stood up to test Jesus. "Teacher," he asked, "what must I do to inherit eternal life?" Jesus asked him what was written in the Law of Moses? He answered, "'Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind'; and, 'Love your neighbor as yourself.'" He went on and asked Jesus, "Who is my neighbor?"* After telling him the Parable of The Good Samaritan, Jesus asked him, *"Which of these 3 – the priest, the Levite or the Samaritan, do you think was a neighbour to the victim?" The scholar of the law replied, "The one who treated him with mercy." Jesus said to him, "Go and do likewise."* Jesus asked the scholar of the law to treat others with mercy. Jesus asks us to do the same today – treat each other with mercy and kindness because this is the Sacred Heart of Jesus.

When I was in primary school, the month of June was devoted to the Sacred Heart of Jesus. We would sing this hymn in morning assembly:

Heart of Jesus, meek and mild
Hear O hear Thy feeble child
When the tempest's most severe
Heart of Jesus, hear!

Sweetly we'll rest on Thy Sacred Heart
Never from Thee oh let us part
Hear then, Thy loving children's prayer
O Heart of Jesus, Heart of Jesus, hear!



港青海外家務助理部成立三十週年
Celebrating 30 years of YMCAHK's Overseas Domestic Helpers Program



「Together We Thrive」感恩慈善晚宴
Thanksgiving Charity Dinner "Together We Thrive"

YMCA people are Easter people. We are pilgrims of hope. In May, YMCAHK celebrated the 30th anniversary of its longest running social program – the Overseas Domestic Helpers Program. Every Sunday, overseas domestic helpers come to YMCA to take classes to equip themselves for their future. There are over 30 volunteers in the program, some of whom have been volunteers for 27 years. Overseas domestic helpers leave behind their families and come to Hong Kong to earn a sacrificial living, enabling them to support their own families at home and make it possible for their employers to work outside of the home. Yet these overseas domestic helpers are often subject to discrimination. We marked the 30th anniversary milestone with "Together We Rise; Celebrating Our Journey". Most of the 100 students completed at least 3 courses during the year participated in the graduation ceremony. Joy radiated from their hearts and their eyes sparkled with hope during their graduation. What a joyous occasion to witness the Love of God reflected in their courage, perseverance and resilience to make a positive contribution to the prosperity of Hong Kong.

In the evening, YMCAHK hosted a Thanksgiving Charity Dinner "Together We Thrive" to celebrate our work with overseas domestic workers and the ethnic minorities in Cheung Sha Wan Center. Artists from The DOOOR created 12 art pieces for a silent auction with the theme of the 12 Christian values: Caring, Empowerment, Faith, Forgiveness, Honesty, Hope, Love, Peace, Respect, Responsibility, Self-Control and Servanthood. Standing in solidarity with YMCA Slovakia to save its 100-year old YMCA Building in Bratislava, YMCAHK contributed 30% of the net proceeds raised to support the renovation of their beautiful historic brick building. Love is generous. Love empowers us to give ourselves generously for the good of others.

After the 12 apostles returned from a mission, Jesus said to them, *"Come with me by yourselves to a quiet place and get some rest."* Following the advice of the Good Shepherd, M&CS hosted its 2025 Retreat in June – "Let go, Reorganize, and Walk again together". 80 staff gathered in groups and engaged in games to let go, and to reorganize through worship, scripture reflection and prayers that we may set sail again to continue our journey. *"Take courage, it is I, do not be afraid!" (Mark 6:50) "Lord, if it is you," Peter said to Jesus, "command me to come to you on the water." Jesus said, "Come." (Matthew 14:28-29) Jesus said to Peter, "Put out into deep water and lower your nets for a catch." (Luke 5:4)* The encouraging words of the Good Shepherd to his beloved disciples, and in particular to Peter, resonated in our hearts. GS rejoiced at witnessing the unity of the YMCA with the participation of the entire management teams of Hostel Services, Finance & Administration together with Human Resources, Information Technology and Stakeholders Engagement, and last but not least SWYHKCS Principal.



應無線新聞《探古尋源》專訪的邀請，詳述基督教青年會的歷史發展與社會貢獻。
Sharing YMCA's history and community impact at the TVB News program "Historical Hong Kong".

On Pentecost Sunday, TVB News released a short documentary on the 100-year history of YMCAHK Headquarters on Salisbury Road. It was a timely reminder of our heritage and the Love of God manifested through the work of the YMCA of Hong Kong. In less than 5 months, we will be celebrating the Centennial Grand Opening of our headquarters on Salisbury Road. What kind of shepherds have we been all these years and are we now? Are we shepherds who pasture ourselves? Do we enter the sheepfold through the gate or climb over elsewhere? Are we hired men who work for pay and have no concern for the sheep? Or are we good shepherds who hear the voice of the Good Shepherd, who know Him and follow Him?

I myself will pasture my sheep; I myself will give them rest, says the Lord God. The lost I will seek out, the strayed I will bring back, the injured I will bind up, the sick I will heal, but the sleek and the strong I will destroy, shepherding them rightly. (Ezekiel 34:15-16) My sheep hear my voice; I know them, and they follow me. I give them eternal life, and they shall never perish. No one can take them out of my hand. (John 10:27-28)

The 2025 Easter Season came and gone – 50 days from the Lord's Resurrection to Pentecost. What's next? Acts of the Apostles. As the disciples were sent to proclaim the Gospel in the power of the Holy Spirit, we are also sent with the same responsibilities through the work of the YMCA entrusted to us. Let us write our own Acts of the YMCAHK Disciples with the grace of the Holy Spirit. We love because He first loves us.

May the Bread of Life we take bless us to be blessings to those whom we encounter. May the challenges in life break our hearts as they break God's. May we give as Jesus gives. May all that we do be done in love, in self-giving Love. As the Good Shepherd looks after and tends His sheep, may we have the grace to follow Him to look after and tend the sheep He entrusts to our care.

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

Peter Ho
General Secretary / Chief Executive Officer

「頌揚主恩燃亮愛，讚美生命展光彩」「頌・讚」港青夏日花祭暨展能藝術家李世豪作品展圓滿舉行

2025 "Praise Be" YMCAHK Summer Flower Festival X ADA-Registered Artist Lee Sai-ho's Art Exhibition Concludes Successfully

2025年5月9日至11日，香港基督教青年會（港青）於尖沙咀總部大堂及藝術空間the DOOOR同步舉行「頌・讚」夏日花祭與展能藝術家李世豪藝術作品展。適逢港青尖沙咀梳士巴利道總部成立百周年，本次活動以詩篇139:14 *「我要稱謝你，因我受造奇妙可畏。」* 為活動金句，透過花卉與藝術頌揚創造之美。

From May 9 to 11, 2025, the YMCA of Hong Kong (YMCAHK) hosted the "Praise Be" Summer Flower Festival alongside ADA Registered Artist Lee Sai-ho's Art Exhibition at YMCAHK Headquarters atrium and the DOOOR art space. Coinciding with the Centennial Celebration of the YMCA of Hong Kong Headquarters on Salisbury Road, the event drew inspiration from Psalm 139:14 — *"I praise you because I am fearfully and wonderfully made"* — using floral artistry and paintings to celebrate divine creation.

百年獻禮・雙重寓意

花祭以康乃馨為主題花，主裝置藝術品由百朵鮮花與紙筒構成，象徵銅管樂聲環繞上升，喻意讚美之聲不絕；同期展出的李世豪四季油畫，則以自然意象呼應「神的恩典」與「母愛偉大」雙重主題。兩大展覽巧妙融合，呈現「花中有畫，畫中有詩」的意境。

見證分享・生命之光

開幕禮由港青敬拜隊Eben帶領唱詩敬拜揭幕，特邀港青花藝導師游玉嬋女士與李世豪母親楊玉梅女士分享見證。楊女士講述陪伴世豪突破限制的歷程；游導師則透過花藝詮釋受造之物全是神的大能，真摯分享感動全場。





深度體驗・創意傳承

活動首創導賞環節，由港青花藝導師游玉嬋女士帶領解說花藝創作理念，引領來賓深入體會作品的深層意思。展能藝術家李世豪更在母親楊女士陪同下，親自闡釋四季畫作中蘊含的生命感悟。適逢母親節，現場推出多項限定工作坊，包括：花藝工作坊、紙藝花畫工作坊、押花花畫工作坊以及拉花體驗等。

共融實踐・展望前行

是次活動不僅實現藝術與信仰的對話，更實踐青年會 2030 願景中「提倡和平共融世界」的精神 — 共同推動和平、共融和公平的社會。透過支持展能藝術家、舉辦花祭及各類型的工作坊，讓不同能力人士均能參與藝術培育，共同邁向更包容、公平的社會。



Centennial Tributes with Dual Symbolism

The Summer Flower Festival featured carnations as its theme, with a centerpiece installation of 100 blooms and paper tubes symbolizing ascending brass harmonies—a metaphor for unceasing praise. Lee Sai-ho's oil paintings, depicting seasonal landscapes, echoed twin themes of "God's grace" and "a mother's love". The dual exhibitions intertwined seamlessly, creating a poetic dialogue where "flowers mirrored art, and art embodied verse."

Testimonies Illuminating Lives

The opening ceremony began with hymns led by YMCAHK's worship team Eben, followed by heartfelt testimonies from floral instructor Ms. Lily Yau and Lee Sai-ho's mother, Ms. Antia Yeung. Ms. Yeung shared her journey of helping Sai-ho transcend limitations, while Ms. Yau interpreted floral artistry as "a testament to God's power in creation", touched the attendees deeply.

Immersive Experiences, Legacy of Creativity

A first-time guided tour, led by Ms. Yau, unveiled the spiritual narratives behind the floral designs. Artist Lee Sai-ho, accompanied by his mother, personally explained the life reflections embedded in his Four Seasons series. Mother's Day featured exclusive workshops—including a floral design workshop, a framed paper flower art workshop, a pressed flower frame art workshop, and a latte art experience workshop.

Inclusion in Action, Vision for Tomorrow

Beyond fostering an art-faith dialogue, the event advanced YMCA Vision 2030 of the Just World pillar. By supporting special-needs artists and hosting diverse workshops, it enabled diverse participants to engage in artistic cultivation, collectively progress toward a more equitable and compassionate society.









綻放生命色彩：展能藝術家李世豪的四季花語
Colors of Life: Art Exhibition by Artist Lee Sai-ho

首個個人藝術展

李世豪，展能藝術家，於5月9至11日在尖沙咀總部大堂及藝術空間the DOOOR舉辦首個個人作品展。十幅油畫以細膩筆觸描繪四季更迭：春日櫻花爛漫、盛夏荷風送爽、金秋楓紅似火、寒冬雪野蒼茫，展現其對自然生命的獨特體悟。

藝術之路：天賦與堅持

「他還沒學會寫字，就先拿起了畫筆。」世豪母親回憶道。自幼展現藝術天賦的世豪，特別鍾情以巴士為創作主題。在母親全力支持下，安排他不斷學習與進修，並參與海內外繪畫比賽，屢獲佳績，通過持續學習水彩、沙畫、油畫等技法，不斷拓展豐富的藝術世界。

港青築夢

從the DOOOR的寄賣起步，到獲港青邀請舉辦首個個人藝術作品展，展現了無限可能。對於世豪一家來說，這一年的籌備歷程見證了世豪多年來藝術之路的重要突破；展出的十幅油畫，更見證了港青對特殊藝術家的支持與肯定。「感謝港青提供平台，讓特殊藝術家的作品能被更多人欣賞。」

如今世豪定期返回母校（特殊學校）教授沙畫，由母親講解要領，世豪親自示範技法。這種獨特的教學模式，不僅實現知識傳承，更生動地演繹了社會共融的真諦。

生命的禮物

「當知道世豪確診中度智障時，是我人生最黑暗的時期。」世豪母親坦言，「但現在，我們已經看見彩虹。」祖母為他取名「世豪」，取其諧音「呢世好」（這一生會好），彷彿預示著光明的未來。而今年母親節恰逢舉行花祭及其個人展覽，正是最珍貴的禮物，為她帶來雙重意義。「這是最好的母親節禮物。」



世豪曾於港青表演沙畫
Sand art performance by Sai-ho at YMCAHK

後記

港青通過提供藝術展示平台，不僅讓特殊藝術家的才華被看見，更實踐青年會2030願景中「提倡和平共融世界」的精神 — 共同推動和平、共融和公平的社會。世豪與母親的港青故事告訴我們：愛與支持能創造無限可能，而一個包容的社會，能讓每個生命都綻放獨特光彩。



















First Solo Art Exhibition

Lee Sai-ho, a talented artist with moderate intellectual disability, held his debut solo exhibition from May 9 to 11, 2025 at the YMCAHK Tsim Sha Tsui Headquarters atrium and the DOOOR art space. Featuring ten oil paintings, the exhibition vividly captures the transitions of the seasons — from the delicate cherry blossoms of spring and the refreshing lotus ponds of summer, to the fiery maple leaves of autumn and the serene snowfields of winter — revealing his unique perspective on nature and life.

Artistic Journey: Talent and Perseverance





"He picked up a paintbrush before he even learned to write," recalled Sai-ho's mother. From a young age, Sai-ho displayed a natural gift for art, particularly in painting buses as his favorite subject. With his mother's unwavering support, he continuously refined his skills through structured training and participation in local and international art competitions, earning numerous accolades. His dedication to mastering various mediums — watercolor, sand painting, and oil painting — has enriched his artistic expression.

YMCAHK: Making Dreams a Reality

Starting with consignment sales at the DOOOR to receiving an invitation from YMCAHK for his first solo art exhibition, Sai-ho's journey exemplifies boundless possibilities. For his family, the year-long preparation marked a pivotal milestone in his artistic journey. The ten meticulously crafted oil paintings on display not only reflect his creative growth but also highlight YMCAHK's commitment to support artists with special needs. "We are grateful to YMCAHK for providing this platform, allowing more people to appreciate the works of special artists," said Sai-ho's mother.

Today, Sai-ho regularly returns to his alma mater, a special needs school, to teach sand painting workshops. While his mother explains the techniques, Sai-ho demonstrates them firsthand. This unique teaching approach not only fosters skill-sharing but also beautifully embodies the spirit of social inclusion.

A Gift of Life

"The diagnosis of moderate intellectual disability was the darkest period of my life," Sai-ho's mother admitted. "But now, we've seen a rainbow." His grandmother named him " Sai-ho", which in sounds like "this life will be good" — a hopeful prophecy that has come to fruition. This year, Mother's Day coincided with both his floral-themed exhibition and the Flower Festival, making a dual meaning as it was "the best Mother's Day gift" she could have received.

Epilogue

By offering artistic platforms like this, YMCAHK not only amplifies the talents of special artists but also advances YMCA Vision 2030 of the Just World pillar — commitment to fostering an inclusive, fair, and just society. The story of Sai-ho and his mother reminds us that with love and support, limitless possibilities emerge, and in an inclusive society, every life can shine in its own extraordinary way.



世豪與他的媽媽
Sai-Ho and his mum

香港基督教青年會慶祝海外家務助理部三十週年 致力支援外籍家庭傭工及少數族裔共建共融社會

YMCA of Hong Kong Celebrates 30th Anniversary of Overseas Domestic Helpers Unit Dedicated to Empowering Foreign Domestic Workers and Ethnic Minorities for an Inclusive Society

2025年5月1日，香港基督教青年會（港青）於總部隆重舉行「海外家務助理部第三十屆年度畢業典禮」暨「香港基督教青年會2025年感恩晚宴」，見證機構服務海外家務助理社群三十載的重要里程碑。

兩大活動緊扣青年會2030願景中「提倡和平共融世界」的核心精神，彰顯我們推動社會和平、共融和公平的堅定承諾。當日百名畢業生、領事代表、社區領袖及合作伙伴齊聚一堂，共同見證港青課程如何賦予外籍家庭傭工與少數族裔開創人生新篇章。

On 1 May 2025, YMCA of Hong Kong hosted two milestone events at its headquarters – the 30th Annual Graduation Ceremony of the Overseas Domestic Helpers Unit and the YMCA of Hong Kong Thanksgiving Dinner 2025, marking three decades of transformative service to Hong Kong's foreign domestic helpers community.

Aligned with YMCA Vision 2030's Just World pillar, these events underscored the YMCA's commitment to fostering an inclusive, fair, and just society. On that day, over a hundred graduates, consular representatives, community leaders, and partners gathered together to witness how YMCAHK empowers foreign domestic helpers and ethnic minorities to embark on a new chapter in their lives.



第三十屆畢業典禮：攜手同行三十載 見證成長綻放

本屆畢業典禮以Together We Rise, Celebrating Our Journey為主題，百名畢業生在菲律賓及印尼駐港總領事館代表見證下榮獲證書。典禮亮點包括：

- 紙飛機啟航儀式：嘉賓將手寫祝福的紙飛機貼於象徵藍天的展板，喻意學員與港青服務比翼翱翔，展望未來，創造成長故事
- 傑出學員表彰：共百名學員畢業，嘉許在職業技能、語言能力及社區服務表現優異者及畢業生



30th Graduation Ceremony: "Together We Rise, Celebrating Our Journey"

This year's graduation ceremony, themed "Together We Rise, Celebrating Our Journey", saw one hundred graduates receive their certificates under the distinguished witness of Representatives from the Consulate General of the Philippines and the Consulate General of The Republic of Indonesia in Hong Kong. Key highlights of the ceremony included:

- Symbolic Paper Plane Ritual: Guests inscribed blessings on paper planes attached to a "sky" backdrop, representing graduates' soaring aspirations
- Excellence Awards: Recognition for outstanding achievements in vocational skills





紙飛機啟航儀式 Symbolic Paper Plane Ritual

香港基督教青年會2025年感恩晚宴：凝聚多元力量 共繪共融藍圖

2025感恩晚宴隆重慶祝港青支援家務助理社群三十載的深遠貢獻。當晚更展出由the DOOOR藝術家精心創作的12件藝術作品，並進行慈善拍賣。衷心感謝各界善長仁翁的慷慨支持，讓愛心與藝術共融，攜手創造更美好的社會。動人時刻包括：

- 晚宴特邀香港人道年獎2020年得主馬夏邏女士（小彬紀念基金會創辦人）擔任主禮嘉賓，深入剖析少數族裔在香港面對的困難。
- 彩沙共創藝術：嘉賓協作完成Together We Thrive主題沙畫，象徵多元文化匯聚成塔；即使大家來自不同地方，但凝聚在一起就可成為強大力量，寓意港青與少數族裔社群同行，共創美好將來。
- 生命影響生命見證：服務27年的海外家務助理部義工Ms. Doris與港青基信書院畢業生、第4屆Change Agent Ms. Sabita真情分享港青如何重塑其人生。
- 跨界別交流：促成各機構及合作伙伴與少數族裔的交流。

YMCA of Hong Kong Thanksgiving Dinner 2025: Strengthening Community Bonds

The Thanksgiving Dinner 2025 not only honored YMCAHK's three decades of profound contributions, but also featured a charity auction showcasing 12 exquisite art pieces specially created by the artists from the DOOOR. We extend our heartfelt gratitude to all benevolent donors for their generous support, uniting compassion with art to collectively build a better society for all.

Key Moments of the Evening:

- Ms. Shalini Mahtani, 2020 Hong Kong Humanity Award recipient and Founder & CEO of The Zubin Foundation, served as the officiating guest. She highlighted the challenges faced by ethnic minorities and commended YMCA's pivotal role in fostering positive change.
- "Together We Thrive" Sand Art Collaboration: Guests created a unified artwork with colored sand, symbolizing multicultural cohesion.
- Heartfelt Testimonies:
  - Ms. Doris (a YMCA Domestic Helper Unit volunteer for 27 years) shared on her inspiring YMCA journey, reflecting on her personal growth, and the transformative experiences that motivated her years of service.
  - Ms. Sabita (a graduate of YHKCC and YMCA Change Agent alumna) on breaking ethnic barriers through education.
- The dinner fostered stronger connections among diverse communities, recognizing the invaluable contributions of those who champion inclusivity.









馬夏邏女士（中）
Ms. Shalini Mahtani (center)



12件藝術作品在慈善拍賣中展出，每件作品均體現了12個基督徒價值觀。
12 art pieces were featured in a charity auction, with each piece embodying one of the 12 Christian values.









港青歡慶基督教青年會運動181周年
YMCAHK Celebrates 181 Years of the YMCA Movement

2025年6月6日，香港基督教青年會（港青）於總部舉行盛大慶典，管理層成員、全體同工與尖沙咀國際聯青社代表歡聚一堂，共同見證基督教青年會運動創立181周年的重要時刻。透過精心設計的團體互動遊戲，參加者在歡樂氛圍中，深入瞭解青年會的歷史傳承與核心價值。



作為社區希望的燈塔，港青始終秉持服務社會有需要人士的使命。展望未來，我們將持續拓展基督教青年會運動，為不同階層人士提供成長與學習平台，讓這份光明與溫暖惠澤更廣；讓希望之光照亮社區每個角落。

On June 6, 2025, YMCA of Hong Kong held a grand celebration at its headquarters, bringing together management team, staff, and representatives from Y's Men's Club of Tsim Sha Tsui to commemorate the 181st anniversary of the world YMCA movement. Through thoughtfully designed group activities, participants engaged in meaningful interactions while deepening their understanding of the YMCA's history, development and core values.

As a beacon of hope in the community, YMCAHK remains steadfast in its mission to serve those in need. Moving forward, we will continue to expand the YMCA movement, providing growth and learning opportunities for people from all walks of life — spreading light, warmth, and hope to every corner of our community.




181YMCA
LOVE ONE ANOTHER
AS I HAVE LOVED YOU
John 15:12
181YMCA
the Overcomers
Group
Y-Adventurers
Body · Mind · Spirit
181YMCA
181
YMCA
HAPPY
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Y Adventurers
Happy Birthday
Team
181YMCA
181YMCA



李穎濠
Oscar Lee

藝術與餐盤之間：Oscar Lee獨特而精彩的職涯藍圖

Oscar Lee's Journey: Artistry and Hospitality at The Haven

午後陽光斜斜地照進再臨閣的玻璃窗，Oscar正專注地擦拭餐具，動作熟練而輕柔。這位在港青酒店服務四年的年輕侍應，原來充滿藝術天賦。

As the afternoon sun streams gently through the glass windows of The Haven, Oscar Lee focuses intently on polishing the cutlery, his movements skilled and delicate. This young server, who has worked at the YMCA of Hong Kong for four years, is also filled with artistic talent.

四年前剛從匡智松嶺學校畢業的Oscar，懷著學習與人相處的渴望，以及對餐飲業的濃厚興趣，踏入了港青酒店再臨閣。從最初連餐具擺放都要反覆確認的「餐飲新手」，到如今能從容應對餐廳中各項任務，Oscar的成長歷程生動展現了社會共融的可能。「記得第一次打破餐具時，我緊張得不知所措。」他回憶道，當時同事和上司只是輕拍他的肩膀：「沒關係，我們慢慢來。」



由Oscar繪畫的限量版餐具
Limited-edition tableware designed by Oscar

職場上的小插曲往往最能體現團隊精神。Oscar坦言曾因報錯價格而引發誤會，但團隊的處理方式讓他感受到滿滿包容。「同事們沒有責備我，反而陪我一起複習價目表。」

藝術天賦意外為Oscar開啟了另一片天地。當主管發現他精美的手繪插圖後，大膽讓他參與再臨閣餐點展示的設計。他筆下生動活潑的線條，成功跳脫傳統菜單的呆板框架，為再臨閣增添獨特魅力。

去年，Oscar更獲邀以畫筆重現港青重建前的歷史風貌。「我仔細研究老照片中的細節，」Oscar憶述：「連人力車都盡量畫好。」這組充滿溫度的畫作更被印製成限量版餐具，成為港青共融的具體象徵。

「看到客人用餐時露出滿足的笑容，就是最大的成就感。」談及工作的意義，Oscar眼中閃著真摯的光芒。他深信，餐飲工作的價值不僅在於提供美食，更在於讓賓客體驗難忘的用餐經歷。

窗外華燈初上，Oscar正仔細整理餐具，準備迎接晚餐時段。身旁展示著他親手繪製的餐點插圖，那些躍動的線條不僅勾畫出美味佳餚，更描繪出這個年輕人獨特而精彩的職涯藍圖。



Having graduated from the Hong Chi Pinehill School four years ago, Oscar entered The Salisbury with a strong desire to learn and connect with people, as well as a deep interest in the F&B industry. From a novice who needed to repeatedly confirm the arrangement of cutlery, he has grown into a confident team member capable of handling various tasks in the restaurant. His journey vividly illustrates the possibilities of social inclusion. "I remember the first time I broke a piece of cutlery; I was so nervous I didn't know what to do," he recalled. At that moment, his colleagues and supervisor simply patted him on the shoulder and said, "It's okay; take your time."

Such small moments in the workplace often reflect the spirit of teamwork. Oscar admitted that misquoting a price once led to a misunderstanding with a guest, but the team's supportive response left a lasting impression. "No one scolded me. Instead, they sat down with me to review the menu pricing together," he shared.

Oscar's artistic talent unexpectedly opened another door for him. When his supervisor discovered his beautiful hand-drawn illustrations, he boldly invited him to participate in designing the menu displays for The Haven. His lively and vibrant lines broke free from the rigid conventions of traditional menus, adding a unique charm to the restaurant.

Last year, Oscar was even invited to recreate the historical appearance of the YMCAHK Headquarters before its reconstruction through his artwork. "I studied old photographs carefully," he explained, "paying attention to every detail, even the rickshaws." His heartfelt artwork was later printed on limited-edition tableware, becoming a tangible symbol of the YMCA's commitment to inclusion.

"When I see guests smiling as they enjoy their meals, that's the most rewarding feeling," Oscar said, his eyes shining with sincerity. To him, hospitality is not just about serving food — it's about crafting memorable dining experiences.

As the city lights begin to twinkle outside, Oscar meticulously arranges the cutlery, preparing for the dinner service. Beside him stands his hand-drawn menu — each stroke not only capturing the essence of fine cuisine but also painting a portrait of a young man's extraordinary career path, where artistry and service beautifully intertwine.



由Oscar繪畫的限量版餐具
Limited-edition tableware designed by Oscar





藝術與慈善的交響詩：Art♡Charity: Colours of Teresa Au 區佩兒女士

Art & Charity in Harmony: Art♡Charity: Colours of Teresa Au

2025年5月，香港基督教青年會（港青）the DOOOR藝術空間化身溫暖的藝術殿堂。水彩畫家區佩兒（Teresa Au）以五十幅充滿生命力的作品，在畫布上編織出慈善交響樂。

In May 2025, the YMCA of Hong Kong's the DOOOR art space transformed into a warm artistic place. Watercolour artist Teresa Au wove a philanthropic symphony across fifty vibrant canvases, celebrating life's simple joys: the selfless love of pets, nature's breathtaking beauty, and the soul-nourishing power of art. With her delicate brushstrokes, Teresa captured the essence of these wonders, creating works that blend aesthetic grace with profound meaning.



區佩兒的作品以頌揚生活中的簡單美好：寵物無私的愛、大自然令人屏息的美景，以及藝術所蘊含滋養心靈的力量為題。她以其精緻的水彩筆觸，捕捉美好事物的精髓，創造出兼具美感與深意的作品。「每一筆水彩都是一個故事。」展覽所有收益將平均捐贈予港青及香港愛護動物協會，實現藝術與慈善的結合。

談及與港青的緣起，區佩兒眼中閃著光芒：「第一次走進the DOOOR，就被這裡藝術無界的理念打動。這不僅是藝術空間，更是連結人心的橋樑，讓創作者與社區連結。」

區佩兒的人生猶如她的水彩畫般多彩。曾任跨國銀行主管的她，在知命之年毅然轉換人生跑道。「藝術讓我平靜，讓我得到更多。原來我的作品也可為社會帶來正面影響。」她微笑分享道。

港青的全心投入

為籌辦是次展覽，港青不僅提供場地，更動員各部門同仁及義工團隊，從展覽策劃、宣傳推廣到現場餐飲及典禮服務，處處可見港青上下對社區服務的熱忱。「感謝港青團隊的盡力配合。」

色彩交融的無限可能

當水彩在紙上自然暈染時，總能創造出意想不到的層次 — 這恰似港青與各界夥伴的合作關係，在相互激盪中孕育出加倍美好的社會影響力。這次合作不僅籌募善款，更讓大眾看見藝術的社會價值。





"Every brushstroke tells a story," Teresa remarked, gesturing to her pieces. All proceeds from the exhibition will be equally donated to the YMCAHK and the SPCA, uniting art and charity in perfect harmony.

Recalling her collaboration with the YMCA, Teresa's eyes sparkled: "When I first stepped into the DOOOR, I was moved by its vision of boundless art. This isn't just an art space — it's a bridge connecting creators with the community."

Teresa's journey mirrors the fluidity of her watercolours. After a career with multinational bank, she embraced art at fifty. "Painting brings me peace — and now I see how my work can create positive impact to the community." she shared with a smile.



YMCAHK's Wholehearted Commitment

For this exhibition, the YMCAHK went beyond providing a venue. Staff and volunteers from across departments dedicated themselves to curation, promotion, hospitality, and ceremony coordination — a testament to their passion for community service. "We're truly thankful for the YMCAHK team's commitment." Teresa noted.

The Alchemy of Collaboration

Just as watercolours bloom unpredictably on paper, the YMCAHK's partnerships with diverse stakeholders yield extraordinary social impact. This initiative not only raised funds but also demonstrated art's unique power to inspire and strengthen communities.







國際營員計劃 — Esther Hui
Camping International Staff programme — Esther Hui



阿根廷基督教青年會總幹事馬里奧先生
YMCA Argentina General Secretary Mr. Mario

今年，我很榮幸能代表本會參加國際營員計劃，赴阿根廷基督教青年會進行交流。阿根廷基督教青年會一直是我們的重要合作夥伴，其優秀的領導者致力創造強大的社區及提升營員的體驗。總幹事馬里奧先生兩度邀請我們參訪其營地項目，使本次交流成為深化合作、相互學習的寶貴機會。

在參訪期間，我有幸會見馬里奧先生及其領導團隊和一位董事會成員。我們互相交流兩地基督教青年會的見解，討論各自面對的挑戰和成就。即使阿根廷面對不同挑戰，他們的服務精神依然堅定不移。特別令人印象深刻的是其獨特的兩年制義工培訓體系，所有青年領袖必須完成為期兩年的義工培訓方能正式帶隊，這正是其領導力培養的精髓所在！

我實地考察了兩個露營營地：YMCAMAR和Ymcapolis。這兩個營地擁有完善的設施規劃與自然環境融合，為各個年齡層提供了豐富體驗。與曾到訪香港的領袖們重聚更讓我感到溫暖。他們的家庭導向營地1至92歲皆宜，營造出熱情而溫馨的氛圍。雖然是次我是被邀去教學，但相對於我所教的，我學到更多，並吸取了不少寶貴的意見。

阿根廷基督教青年會是一個強大而緊密的社群。我遇到的每位營友，不論年紀，都有強烈的歸屬感。許多家庭年復一年地回來與親朋好友相聚，共同創造美好回憶。我特別被兩位年長女士的故事深深感動 — 她們於1944年在營地相識，從此每年都回來，數十年來一直維持這段友誼，從未間斷！她們的故事充分體現基督教青年會的深遠影響，以及透過營地體驗促成的終生聯繫。

我非常感謝阿根廷基督教青年會的安排。讓我學懂新遊戲，還領悟到為參加者創造和重溫回憶的重要性。對許多人而言，露營是一種儀式，更是一種珍貴的傳統。這次交流中最大的收穫是學會營造一個安全營地環境的重要性，這不但能增強露營者的歸屬感，還可結交新朋友，繼而培養一種良好的營地文化，讓他們每年都願意回來，這種持續性和傳統正是基督教青年會特別且富有影響力的原因。

這次交流是一次難得的經歷，使我們能建立一個溫暖而有凝聚力的社群，讓營員能夠感受到歸屬感。我們將秉持基督教青年會的價值觀、促進團結，並與所有參與者共同創造難忘的回憶。





This year, I participated in an exchange trip to YMCA Argentina through our Camping International Staff programme. YMCA Argentina, a long-time partner, demonstrates exceptional leadership in community-building and camper engagement. General Secretary, Mr. Mario invited us twice to visit their camp programmes, making this year perfect for deepening our partnership and learning from each other.

During my visit, I had the pleasure of meeting Mr. Mario, his leadership team, and one of their board members. We exchanged insights about our respective YMCAs, discussing various challenges and successes. Despite the obstacles faced by Argentina, their passion for service remains unwavering. Their leadership training stands out—young volunteers undergo a rigorous two-year program before leading camps, ensuring excellence.

I visited two campsites: YMCAMAR and Ymcapolis. Both were well-maintained and offered a variety of activities for all ages. Reuniting with leaders who previously visited Hong Kong was a joy. Their family-oriented camps welcome campers from 1 to 92-years-old, creating a vibrant environment. Though I was there to teach, I gained even more—new games, programming insights, and a deeper appreciation for memory-making in camps.

YMCA Argentina is a strong, close-knit community. Every camper I met, regardless of age, had a tremendous sense of belonging. Families return year after year to meet and have fun together, forging lifelong bonds. I was particularly touched by 2 elderly ladies I met at one of the camps. They first met at camp in 1944 and have returned every year since then, maintaining





their friendship without a single break! Their story is a testament to the enduring impact of the YMCA and the lifelong connections that can be formed through camp experiences.

I deeply appreciate everything arranged by YMCA Argentina. I learned not just new games, but also the importance of creating and rekindling memories for campers. For many, camp is a ritual and a cherished tradition. The key takeaway from this exchange is the importance of creating a safe environment for campers to foster a sense of belonging, make friends, and build a camp culture that encourages them to return year after year. This sense of continuity and tradition is what makes the YMCA so special and impactful.

This enriching experience will help us build a strong, welcoming community for our campers. By embracing YMCA values and fostering unity, we can create meaningful and lasting experiences for everyone involved.

「看哪，我必親自尋找我的羊，將他們尋見。」
"I myself will look after and tend my sheep."

以西結書 Ezekiel 34:11

羊。

如果我問你，世界上哪個國家擁有最多的羊，你可能會回答新西蘭、澳洲或威爾士 — 這可能取決於你選購羊排的來源。然而，你可能會驚訝，實際上，答案是中國 — 它飼養超過一億七千萬隻羊！

此外，無論你走進哪個教堂或基督教組織，你都會聽到一種動物 — 羊。只不過，它們並不是在良好農業規範或哪裡選購最好的羊肉切塊的背景下被提及。仔細聆聽，你會發現這謙卑的羊象徵著信徒 — 你和我。

「我們是他的民，也是他草場的羊。」（詩篇100:3）
事實上，聖經中充滿了上帝將我們比喻為羊的例子。羊在聖經中被提及超過五百次：這使得它們成為聖經中最常被提及的動物。以下是一些例子：

「但他像羊群一樣將他的百姓帶出來；他在曠野中像羊一樣引導他們。」（詩篇78:52）

「我們都如羊走迷……」（以賽亞書53:6）

你是否曾經思考過為甚麼？為甚麼聖經要將我們比作羊？— 這種被認為是最愚蠢、最脆弱的生物之一？我們被侮辱嗎？

關鍵不在於羊，而在於牧者。

羊並不擅長自我保護。羊需要一位保護者。

同樣，作為人類，我們容易受到許多誘惑，尤其是我們的私欲。在像香港這樣的地方，誘惑隨時都在我們面前。我們常常追求對我們不利的事物。我們追求金錢、追逐意義、追求享樂。我們容易受到罪惡的困擾，並且經常無法抵擋自然力量的侵襲。任何自以為無敵的人，只需在強烈的颱風中無處庇護，就會意識到人類的脆弱。

我們需要一位保護者來保護我們。我們需要一位牧者。他的名字是耶穌。聖經中最著名的經文之一，常在葬禮中誦讀的是詩篇23:1：*「耶和華是我的牧者。」*

馬太福音9:36 描述耶穌說：*「他看見一大群人，就憐憫他們；因為他們困苦無助，如同羊沒有牧人一樣。」*

有牧者的羊是快樂的羊。牠們在牧場上舒適地吃草。當牠們來到穀倉時，知道那不是陷阱。當牧者修理圍欄或清理穀倉時，牠們會跟隨在旁。在熟悉的人的照顧下，牠們得以休息。

當牠們身邊有牧者時，牠們不會因為巨大的噪音和突然的動靜而倉皇逃竄。

我們需要好牧者。沒有祂，我們會孤獨、迷失、流離失所。我們會無助、無望且易受驚擾。只有那些認識牧者的人，才能在這動盪的世界中安然休息。

「我是好牧人；我認識我的羊，我的羊也認識我。」（約翰福音10:14）

我為你祈禱，願你能親自認識好牧者，學會聆聽祂的聲音，並感受到祂的平安。



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

Sheep.

If I was to ask you which country in the world has the most sheep, you might be tempted to answer New Zealand, Australia or Wales – probably depending on where your lamb chops originate from. But you might be surprised to know that the answer is, in fact, China - boasting over 170 million sheep!

AND…if you visit any church or Christian organisation, you will invariably hear the name of one breed of animal – Sheep. Only they're not spoken of in the context of good farming practices or where to get the best lamb cutlets. Listen closely, and you'll realise the humble sheep symbolises believers – you and me.

We are His people, the sheep of His pasture...Psalm 100:3

In fact, the Bible is full of places where God compares us to sheep. Sheep are mentioned more than 500 times in the Bible: This makes them the most frequently mentioned animal in the Bible. Some other examples are:

But he brought his people out like a flock; he led them like sheep through the wilderness... Psalm 78:52

We all, like sheep, have gone astray… Isaiah 53:6

Have you ever stopped to wonder why? Why does the Bible compare us to sheep – one of the dumbest, weakest creatures known to man? Should we be insulted?

The key here is not so much in the sheep – but in the shepherd.

Sheep are not very good at guarding themselves. Sheep need a protector.

So too, as humans, we are susceptible to many things, not the least of which is our own selfish desires. In a place like Hong Kong, temptation is always staring at us. We are prone to chase things that are bad for us. We chase money, we chase significance, we chase pleasure. We are easily sickened by sin and often defenseless against the forces of nature. Anyone who thinks they are invincible need only be caught in the middle of a powerful typhoon without shelter to be reminded of his frailty as human beings.

We need a protector to keep us safe. We need a shepherd. And His Name is Jesus. One of the most famous verses in the whole Bible, often read at funerals, is Psalm 23:1 *"THE LORD is my shepherd."*

Matthew 9:36 tells us this about Jesus: "*When He saw the crowds, He had compassion on them, because they were harassed and helpless, like sheep without a shepherd."*

Sheep with a Shepherd are happy sheep. They graze in their pasture in comfort. They come to the barn for grain, knowing it isn't a trap. When the Shepherd is fixing the fence or cleaning the barn, they follow along. They rest in the care of someone familiar.

And when they have a Shepherd nearby, they aren't so quick to run from loud noises and sudden movements.

We need the Good Shepherd. Without Him, we are alone, lost and wandering. Hopeless, helpless and flighty. Those who know their Shepherd are the ones who can rest in peace, even in this tumultuous world.

"I am the good shepherd; I know my sheep and my sheep know me." John 10:1

I pray today that you would know the Good Shepherd for yourself, learn to hear His voice and know His peace.


"I myself will look after and tend my sheep."
「看哪，我必親自尋找我的羊，將他們尋見。」
(Ezekiel 以西結書 34:11)





西九龍耀信發展學習中心 — 建築學習體驗日
YMCA of Hong Kong Beacon Centre Lifelong Learning Institute — Architecture Exploration Day

佐敦谷聖約瑟天主教小學的183位小三及小四學生及14位老師於3月31日及4月2日參與了由港青西九龍耀信發展學習中心與建造業議會合辦的「建築學習體驗日」。作為「STEAM UP」計劃的一部分，活動期望透過多元化的學習體驗，讓學生探索建築世界的奧妙。

活動先以特別設計的瑜伽課讓學生感受身體平衡，從而理解建築結構中的力學原理；亦安排學生進行桌上遊戲，讓他們了解建築師在設計過程中需要考慮的細節。

學生亦實地走訪深水埗區，了解當地建築歷史與設計背後理念，加深對香港建築發展的認識，並體會社區文化與人情的連結。

On March 31 and April 2, 183 students and 14 teachers from Jordan Valley St. Joseph's Catholic Primary School participated in the "Architecture Exploration Day", organized by the YMCAHK and the Construction Industry Council. The event, part of the "STEAM UP" program, aimed to provide diverse learning experiences that allow students to explore the wonders of the industry.

The activities began with a specially designed yoga session to help students understand structural forces. Students also engaged in a board game that illustrated the various challenges architects must consider during the design process. Students also took a field trip to Sham Shui Po, where they learned about local architectural history and the concepts behind various designs. This enriching experience provided students with insights into architecture and highlighted the connections between community and human interactions.



香港基督教青年會東涌中心：復活節福袋派發
YMCA of Hong Kong Tung Chung Centre: Easter Blessing Bag Distribution



為將愛與關懷帶給區內長者，港青東涌中心得到尖沙咀（國際）聯青社的慷慨贊助及義工的熱心支持，於4月12日舉行了復活節福袋派發活動。義工們共送出了70個福袋，讓長者感受節日歡樂。義工們還親自探訪了多位長者，了解他們的日常生活，傳遞祝福與關懷。

On April 12, the YMCA of Hong Kong Tung Chung Centre held the Easter Blessing Bag Distribution Event to spread love and care to the elderly in the community. Generously sponsored by the Y's Men's Club of Tsim Sha Tsui and supported by dedicated volunteers, a total of 70 blessing bags were delivered to bring festive joy to the elderly. Volunteers also visited several residents to understand their daily lives and share warm wishes and friendly care.



港青長沙灣中心就業支援服務 — 發展可轉移技能工作坊
YMCA of Hong Kong Cheung Sha Wan Centre EMSS — Developing Transferable Skills Workshop

長沙灣就業支援服務團隊於5月底舉辦了一個以「發展可轉移技能」為題的工作坊，重點涵蓋溝通技巧、團隊合作及人際互動等職場必備能力。透過工作人員的講解及參加者經驗分享，參加者被引導從日常生活與過往經歷中發掘潛能。

在工作坊中，參加者亦學習如何在工作中清晰表達自己，並掌握團隊協調與分工的實用技巧。同時，他們也了解到可轉移技能在不同職業之間的靈活應用，這將幫助他們在轉換行業時迅速適應新環境，發揮所長。

In late May, the Employment Support Service organized a "Developing Transferable Skills" workshop focused on essential workplace abilities, including communication, teamwork, and interpersonal skills. Participants were encouraged to identify their strengths from everyday life and past experiences through staff guidance and sharing.

Attendees learned to express themselves clearly at work and gained practical skills in team coordination and collaboration. They also discovered how transferable skills apply across different industries, helping them adapt quickly and perform well when changing career paths.



港青長沙灣中心 2025復活節託管
YMCA of Hong Kong Cheung Sha Wan Centre — Easter Childcare 2025

30位小學生參與了由港青長沙灣中心於2025年4月17至25日舉辦的2025復活節託管活動，小朋友參與了一系列豐富活動，包括「護蛋大挑戰」、「杯子蛋糕製作」和「假日農場參觀日」，既能歡度節日，又能鍛煉體能、學習科學、自然及宗教的相關知識。

同學們還透過尋蛋遊戲和詩歌影片欣賞學習聖經經文和復活節相關故事；同學們亦在義工協助下學習制作珍珠奶茶，為一系列復活節活動畫上圓滿句號。

30 primary students participated in the Cheung Sha Wan Easter Childcare Program 2025 from April 17 to 25. They engaged in activities focused on motor skills, science, and religious education, including an Easter challenge, egg design projects, and a visit to Holiday Farm. The program concluded with a festive party where students learned Bible verses and crafted bubble tea with the help of volunteers.















香港基督教青年會員工籃球隊　港青 X 嗎哪 第二屆基督教籃球聯賽
YMCA of Hong Kong Staff Basketball Team　YMCAHK X MANNA Street Hope Basketball League 2

香港基督教青年會員工籃球隊秉持體育精神和社區參與的承諾，以基督的愛為動力，於2025年1月至4月參與了由本會與嗎哪機構合作舉辦的第二屆基督教籃球聯賽。儘管球隊最終以3勝4負1和的成績未能晉級決賽，但對隊員來說這不僅是一場競技，而是對個人成長和團隊凝聚力的提升，在球場上學習彼此關懷。

The YMCA Staff Basketball Team, driven by the love of Christ and a commitment to sportsmanship and community engagement, participated in the Street Hope Basketball League 2 co-organized by YMCAHK and MANNA from January to April 2025. Despite finishing the season with a record of 3 wins, 4 losses, and 1 draw – falling short of the finals – the experience transcended competition. For the players, it was an opportunity for personal growth and strengthened teamwork, fostering mutual support and care on the court.





賴麗明 Kofi Lai

運動及康樂部 M&CS – Sports Team

「今年有幸成為港青籃球隊領隊，看著球員們在基督教籃球聯賽中奮力拼搏，心中充滿感動。儘管訓練時間有限，球員們仍憑藉對籃球的熱愛和對上帝的信實，在球場上全力以赴。每一次的進攻、防守，都展現了團隊合作精神和永不放棄的毅力。感謝主的帶領，讓我們在過程中學習，體會運動的真諦。」

"This year, I had the privilege of serving as the team leader for the YMCA Basketball Team. Witnessing the players compete with such determination in the Christian Basketball League filled me with deep emotion. Despite limited training time, their love for the game and steadfast faith in God drove them to give their all on the court. Every attack and defense reflected their teamwork and unyielding perseverance. We are grateful for the Lord's guidance, which allowed us to grow through this journey and truly understand the spirit of sportsmanship. This experience not only strengthened our unity but also reaffirmed our belief that, with God's leading, we can overcome any challenge and press onward."

梁凱兒 Jessica Leung

銷售及市場部 Hostel – Sales and Marketing Division

「籃球聯賽讓不同部門的同事聚在一起，大家有著共同目標及信念，一同突破界限、協作、支持，展現了員工對港青的初心及熱誠！正因如此，我們在不同領域上都能各展所長，令我體會到主的奇妙恩典。」

"The basketball league united colleagues from across departments, bound by shared purpose and faith as we pushed boundaries together through collaboration and mutual support. This experience truly embodied our staff's original dedication and passion for YMCA! Through this journey, I witnessed how each member's unique strengths shone in different aspects, revealing to me the marvelous grace God has graciously bestowed upon us all."



陳柏瑋 Mars Chan

社區及青年事工發展 M&CS – Community and Youth Outreach

「這次經歷讓我認識了來自不同部門的同事，讓我們加深了解和默契。雖然相處時間不長，但我們團結一致，亦感受到合一。憑著信，令我們克服重重挑戰。」

"Through this experience, I had the privilege of connecting with colleagues from various departments, deepening our mutual understanding and camaraderie. Though our time together was brief, our shared purpose created remarkable unity. It was through faith that we overcame every challenge we faced."

劉卓恆 Gary Lau

會員服務部 M&CS – MS

「我已經有一段時間沒有打籃球了。感恩這次機會讓我重拾對籃球的熱愛。我們一起練球的次數不多，比賽前亦沒有進行任何練習賽，但球員間的互相配合超出了我的預期。儘管在比賽中落後，我們仍然互相支持和鼓勵。」

"I haven't played basketball for a while, whether in competitions or casual games with friends. I am very grateful for this opportunity to rediscover my passion for the sport. Playing with the YMCA Staff Basketball Team was a completely different experience. With fewer than ten practice sessions together and no preparatory matches before the competition, our team synergy surpassed all expectations. Even when facing communication challenges or significant point deficits during games, we never stopped supporting and encouraging one another. These moments have left an indelible impression on me."

梁宗浩 Andrew Leung

運動及康樂部 M&CS – Sports Team

「參加基督教籃球聯賽的經歷讓我深刻體會到團隊合作的重要性。在第一場比賽中，雖然因為受傷無法繼續，但卻給我帶來了寶貴收穫，讓我學會珍惜健康與運動的機會，並注意身體狀況，保持良好的體能。這場比賽亦讓我明白運動的意義不僅在於勝負，而是在於享受過程。這次經歷讓我重新思考目標與挑戰，讓我以更積極的態度面對未來的比賽和生活中的挑戰。」

"Participating in the basketball league made me deeply appreciate the importance of teamwork. In the first match, although I could not continue due to an injury, I gained many valuable insights from the experience. I learned to cherish both health and every opportunity for sports, while becoming more mindful of maintaining good physical condition. The tournament also helped me understand that the true meaning of sports lies not in victory or defeat, but in enjoying the process itself. This experience has inspired me to reconsider my goals and challenges, motivating me to face future competitions - and life's challenges - with renewed positivity."

羅嘉穎 Catherine Lo

京士柏百周年紀念中心 M&CS – Sports Team

「參賽的過程讓我體會到團隊合作的重要性。我們不僅要依靠個人的技術，更需要相互支持和信任。每一助攻與防守都體現了團隊的凝聚力。我也感受到信仰在運動中的力量。比賽前的禱告讓我們心靈平靜，不論勝負，我們都能在神的引領下全力以赴。這不僅僅是一場比賽，更是一個靈性成長的機會。」

"Through this competition, I gained profound appreciation for teamwork's true value. Success required more than individual skills — it demanded mutual trust and unwavering support. Each assist and defensive play became a testament to our collective unity. Furthermore, this league allowed me to experience the power of faith in sports. The prayers before the games brought us peace of mind, enabling us to give our all under God's guidance, regardless of the outcome. This was not merely a sporting competition; it was also an opportunity for spiritual growth."

翁成智 Rock Yung
京士柏百周年紀念中心 M&CS – Sports Team

「這次經歷讓我學會抗壓並保持冷靜，在勝負中尋找成長機會；亦讓我感恩，感謝神賜予我們健康的身體和團隊的支持。是次經歷讓我更緊密與神連繫。每次比賽前的禱告，讓我感受到神的同在和引導。無論結果如何，我都相信神的計劃是美好的。」

"This experience taught me how to stay calm under pressure and seek opportunities for growth, regardless of winning or losing. Additionally, this competition deepened my understanding of gratitude, thanking God for the healthy bodies and team support we have. My connection with God became stronger during this event. Each pre-game prayer allowed me to feel God's presence and guidance. Regardless of the game results, I believe God has a beautiful plan for me, and this faith helps me engage more fully on the court."

陳焯堯 Yiu Chan
京士柏百周年紀念中心 M&CS – Sports Team

「我體會到團隊合作的重要性，隊友之間的默契讓我們能夠共同面對挑戰。更重要的是，這個聯賽讓我更親近神。在賽前的禱告中，我感受到神的指引和支持，讓我在比賽中保持冷靜與專注。無論在何處，神都與我同行，賜予我力量和勇氣。希望未來能繼續在這條道路上，與神和隊友們一起成長！」

"This basketball league experience profoundly deepened my appreciation for teamwork – the remarkable synergy between teammates empowered us to overcome every challenge. More significantly, it became a transformative spiritual journey that drew me closer to God. Through this experience, I grew not only as an athlete but also in my faith. I came to recognize God's constant presence in my life, a never-ending source of strength and courage. Now, I look forward to continuing this journey of growth - both on the court and in my spiritual walk - alongside my teammates and with God's guidance."

梁宇洋 Jack Leung
人力資源部 HR

「作為新手隊員，我在賽場上感受到無比的活力與熱情。對手從朝氣蓬勃的年輕人到經驗豐富的長者，無不展現運動精神與生命力。運動是一種跨越界限的語言，即使彼此初識，場上卻能以尊重和全力以赴的心態，共享競技的樂趣，締造珍貴的聯繫。」

"As a first-time participant in this basketball league, I experienced the court's extraordinary vitality firsthand. My opponents—ranging from energetic youth to seasoned veterans—all embodied the true spirit of athleticism and sportsmanship. Basketball proved to be a universal language that transcends boundaries, allowing us to connect through mutual respect and wholehearted competition."

鄭樂堯 Lok Cheng
社區及青年事工發展 M&CS–Community and Youth Outreach

「參與港青籃球聯賽後，感恩可以與不同部門的同事成為隊友。我們面對幾場落敗的賽事，不但沒有氣餒，還增強了默契，以及在港青服務的凝聚力。期待未來能再次並肩作戰！」

"Participating in the Basketball League has been a rewarding experience, and I'm truly grateful for my teammates from across different departments. Despite facing several losses, we remained undiscouraged — these challenges only strengthened our collaboration and unity in serving YMCA's mission. What made this experience particularly special was the mutual respect we developed through the competition. I eagerly look forward to teaming up with them again in the future tournaments!"



王振輝 Gary Wong

保安部 Hostel–Risk & Safety

「感謝隊友在百忙中抽空參與比賽。我們每次都以「友誼第一」的宗旨作賽，展示『港青士氣』。最深刻的是，在其中一場比賽中，對方隊員全都非常壯健，人數亦比我們多；然而，我們仍全力應戰。還記得比賽進行到下半場時，我感覺體力快要耗盡，卻看見一道光，仿佛在指引我堅持下去。到了最後一場比賽，我們抖擻精神，終以精彩的勝局作結。希望來年能與隊友們再聚，為港青籃球隊爭勝。」

"I am very grateful to all my teammates. We all took time out of our busy schedule to get together for sports and engaged in activities with other organisation. Throughout the tournament, we embodied the true spirit of "friendship first" while proudly showcasing the indomitable YMCA morale. One match remains etched in my memory - facing opponents who were not only more numerous but also physically superior. Yet we fought with unwavering determination. In the second half, as exhaustion threatened to overcome me, a glimmer of light seemed to appear, guiding me to persevere. By our final game, we rallied our spirits and concluded the season with a spectacular victory.

I sincerely hope we can reunite next year to once again represent the YMCA Basketball Team with the same passion."

陳納賢 Calvin Chan

酒店禮賓部 Hostel – Rooms

「比賽強調公平競爭和與對手的互相尊重，讓我明白勝利並非是唯一的目標。比賽也是社區交流的機會，觀眾的支持讓我們感受到溫暖。參賽讓我挑戰自我，提升技能，並在壓力中成長。總括而言，這段經歷不僅增強了我的球技，也深化了我的信仰。」

"This competition emphasises fair play and respect for opponents, making me realise that victory is not everything. The games also provided opportunities for community engagement, and the audience's support filled us with a deep sense of warmth. Participating challenged me to push myself, improve my skills, and grow under pressure. In summary, this experience not only enhanced my athletic abilities but also deepened my faith."





港青會員迎新日
YMCAHK Welcomes New Members with Engaging Orientation Day

港青會員迎新日於2025年4月12日舉行，共15位會員參加。參加者參觀了Y Musée、the DOOOR及總部內的各項設施。透過生動的導賞與互動環節，讓參加者深入瞭解港青的願景和使命；參加者亦紛紛表示期待更深入了解港青。未來我們將舉辦更多迎新活動 — 敬請期待，加入港青這個充滿活力的大家庭！

On April 12, 2025, YMCAHK welcomed 15 new faces to a Member Orientation Day at our headquarters. Participants explored Y Musée, the DOOOR, and the facilities at our headquarters, immersing themselves in YMCAHK's mission and values. The engaging tours and interactive sessions sparked enthusiasm, with attendees eager to deepen their involvement. More orientations are coming — stay tuned to join the YMCAHK community!















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







課程特色
Curriculum Features

*校本幼兒聖經基礎課程，配合幼稚園教育課程指引
Curriculum-based Biblical Curriculum Align with Kindergarten Education Curriculmn Guide

*豐富粵語、英語及普通話學習環境
Rich in Cantonese, English and Putonghua languages setting

*不同的學習經驗
Other learning experience

*照顧學生多樣性
Cater for learner diversity

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

K1 to K3 School Admission 現在招生



#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 Bureau-Kindergarten Education Scheme

地址：九龍城沐虹街12號啟晴邨賞晴樓地下
電話：2341 5262 WhatsApp :9232 9002
電郵：ckkc@ymcahk.org.hk

第25屆「傲翔新世代」全方位青年領袖訓練計劃 — 歷奇為本訓練
The 25th Youth Leadership Development Scheme (YLD) Adventure — Based Counselling Training

第25屆「傲翔新世代」全方位青年領袖訓練計劃中一系列的戶外訓練已於2月至3月期間順利舉行。來自8間學校的學生被分成不同隊伍，參加了兩個日營及一個兩日一夜的宿營訓練。在整個過程中，同學發揮團隊合作和溝通能力，挑戰各種任務。他們學會了繩結技巧以完成竹筏挑戰，並運用地圖閱讀的技巧，成功走完長達14.4公里的山路。透過這次訓練，同學們結識了許多緊密朋友，更加強了團隊合作及領導能力，為未來成為青年領袖奠定良好基礎。

The 25th YLD Adventure-Based Counselling (ABC) Training successfully took place from February to March. Students from eight schools were divided into different teams to participate in a 2-day day camp and an overnight camp. Throughout the program, they utilised teamwork and communication skills to complete various tasks and activities. Participants learned knotting techniques for a bamboo raft challenge and developed map-reading skills to navigate a 14.4 km mountain journey using a compass. Through the ABC Training, students formed friendships and enhanced their teamwork and leadership abilities, laying a solid foundation for becoming future leaders.













ARTHOOOD 第4期 — 新藝術家進駐
ARTHOOOD Phase 4 — New Artists

自2023年4月至今，“ARTHOOOD”已進行了3期招募，共吸納29名本地藝術家加入。第4期招募於今年1月啟動，成功吸引122位藝術家申請。經初步篩選和面談以及深入了解他們的品牌故事與創作理念後，最終選出了23名藝術家進駐，累計藝術家數量達53位。

寄賣作品的創作範疇變得更多樣化，除了原創插畫外，還引入了皮革藝術、紙藝、植物印染和舊物再造等特色手藝創作。目前，藝術家人數顯著增加，不僅擴大了對藝術創作者的支持平台，還促進了更多的聯繫與機會。

Since April 2023, “ARTHOOOD” has opened three recruitment phases, welcoming 29 local artists. The 4th phase reopened this January, attracting 122 artist applicants. After an initial screening process and a deeper exploration of their brand stories and creative concepts, 23 artists were selected to join this phase, bringing the total to 53 artists.

The range of artwork categories for consignment has become more diverse. In addition to original illustrations, unique handcrafted creations have been introduced, including leather art, paper crafts, plant dyeing, and upcycling of old items. The significant increase in artists not only expands the support platform for art creators but also fosters more connections and opportunities.













「一樣幸福 — 藝術聯展」the DOOOR藝術空間
"Eudaemonia 2 — Joint Art Exhibition" at the DOOOR arts space

由the DOOOR藝術空間主辦的「一樣幸福—藝術聯展」於2025年2月22日展開，並於3月31日完滿落幕。是次展覽延續了一年前的藝術聯展主題 —「幸福」，繼續帶領觀眾透過藝術探索不同的幸福角度。



展覽共邀請了27位ARTHOOOD本地藝術家參展，作品涵蓋繪畫、藝術裝置、玻璃工藝、木雕、陶藝、鈎織與沾浸花等多種形式。藝術家們以不同媒介呈現對幸福的體會，用作品感動觀眾，讓大家相信每個人都在各自的幸福旅途中。

展覽成功吸引超過2000人次參觀。場內更特設互動藝術裝置《幸福之處》，觀眾可以寫下自己的幸福鑰匙，與他人分享，邀請大家走進一道又一道的幸福大門，感受彼此的連結；每把幸福鑰匙也象徵著這個時代一個又一個的幸福印記。

除了展覽外，我們更聯同參展藝術家成功舉辦8場藝術工作坊，讓公眾體驗一眾藝術家的幸福時光，專注於創作當下，感受藝術帶來的療癒感和幸福感。

幸福可以有很多種，亦可有不同定義。嘗試轉換角度，其實幸福一直都在。

「相信您也一樣幸福」。

"Eudaemonia 2" organized by the DOOOR arts space, opened on February 22, 2025, and concluded successfully on March 31. Continues the theme of "happiness" from last year's joint art exhibition, this exhibition invited audiences to explore various perspectives on happiness through art.

Features 27 local artists, the exhibition showcased a diverse range of artworks, including paintings, wood carvings, glass crafts, crochets, resin-dipped flowers, and other art installations. The artists expressed their current experiences of happiness through different medium, aiming to resonate with every visitors and instill the belief that everyone is on their own path to happiness.

The exhibition successfully attracted 2,000 visitors and included an interactive art installation titled "Your Eudaemonia", where visitors could write their blessings on the Eudaemonia Key and share them with others, inviting everyone to walk through one happiness door after another, connecting us all. Each Eudaemonia Key represents a mark of happiness for this era.

Additionally, we successfully organized eight art workshops in collaboration with participating artists, allowing the public to share in the happiness of our artists, experience creativity, and feel the healing power of art.

"Happiness" can come as many forms and definitions. By viewing it from different perspectives, you may realize that happiness has always been around us.

"Believe that you are blessed too."









上海科技及文化之旅2025
Shanghai Technology and Culture Exchange 2025

港青同工於2025年5月16至20日帶領20位青年參與上海科技及文化之旅。此行旨在讓學生了解中國的科技發展，並加深對上海文化的認識。

在旅程中，同學們參訪了上海的科研基地，了解最新的科技資訊，並參觀了一家新能源汽車工廠，觀察整個汽車製造過程，增進對相關技術的理解。

同學們還探索了上海的現代與歷史建築，同時也認識了上海的歷史發展。此外，他們還造訪了上海基督教青年會總部及多個服務中心，了解他們的社區服務。為促進文化交流，學生們與當地青年共度了一個晚上，分享和交流文化。此行讓各青年對上海及新科技有更深入的認識和了解，為他們未來發展開啟新方向。

The YMCA of Hong Kong organized a trip for 20 students to Shanghai from May 16 to 20, 2025, for the Shanghai Technology and Culture Exchange 2025. This trip aimed to introduce students to technological advancements and deepen their understanding of Shanghai's culture.



During the journey, students visited a scientific research base to learn about the latest technological developments and toured a new energy vehicle factory, observing the entire production process.

They explored various modern and historical buildings in Shanghai, attending presentations that provided insights into the city's historical development. Additionally, they visited the YMCA headquarters in Shanghai and several service points to learn about the organization's work in the community.





To foster cultural exchange, students spent an evening with local youth, sharing and learning about each other's cultures. This trip enriched the students' understanding of new technologies and Shanghai, potentially guiding their future development.





港青基信國際幼稚園
YMCA of Hong Kong Christian International Kindergarten (CIKG)

開放日
Open Day

港青基信國際幼稚園於2025年4月12日舉辦了以復活節為題的開放日，共有百多個家庭參加，共約300位家長和小朋友出席！是次開放日旨在展示充滿活力的校園生活及分享學校與神之間的連繫。

學校為小朋友準備了各種活動，包括光影體驗、感官區和手工區，小朋友在手工區裡能親手製作可愛的復活節手工作品。以上活動均能刺激小朋友的創造力，帶來不同的快樂體驗。在親子樂方面，學校亦準備了親子種植活動和水上遊戲；旨在為小朋友和家長創造難忘的回憶。

透過這次開放日，學校希望能為更多訪客提供參觀校舍的機會，並與專業的教職員進行深入交流，進一步了解幼稚園的教育理念。

CIKG welcomed over 300 parents and children from more than 100 families to its Open Day event, themed around Easter, on April 12, 2025. The gathering aimed to showcase the vibrant school community and share the kindergarten's mission of fostering a connection with God.

The Open Day featured a variety of engaging activities designed to spark creativity and joy among young attendees. Highlights included a light and shadow experience, a sensory room, and a craft area where children crafted Easter-themed projects. Families also enjoyed planting activities and water play, all aimed at creating memorable experiences.

This event provided a wonderful opportunity for visitors to explore the institution's facilities, meet the dedicated staff, and learn about the kindergarten's educational programmes.



復活節慶祝活動
Easter Celebration

繼開放日後，港青基信國際幼稚園在4月15日舉辦了復活節慶祝活動。活動以詩歌崇拜開始，學童們唱著輕鬆愉快的復活節詩歌，並細閱有關復活節的聖經故事，使他們深入了解這節日的意義。

活動的另一精彩環節是復活節帽子遊行。學童們使用各種材料裝飾他們的帽子，並在遊行中自信地展示各自的創作。這活動不但能進一步激發學童的創意力，也加深他們對復活節的意義和了解。



Following the Open Day, CIKG hosted its Easter Celebration on April 15, 2025. The festivities began with an in-house worship session, during which children sang uplifting Easter songs and read the Easter Bible story, helping them connect with the true meaning of the season.

A highlight of the celebration was the Easter Bonnet Parade, where children decorated hats using various materials. They proudly showcased their creations, further fostering creativity and enhancing their understanding of Easter's significance.















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

綠色教育
Green Education

港青基信幼稚園（啟晴）重視綠色教育，旨在透過各種活動將「環保」融入日常生活，培養師生對環境的友善態度及實踐環保生活。

學校舉辦了多項活動以提高學生的環保意識。例如，在世界糧食日活動中，學生了解全球飢餓問題的重要性；參加惜食講座及參觀粒粒皆辛館，培養珍惜食物的態度；此外，班際種植活動讓學生體驗栽種的樂趣；參與不同機構的植樹活動，以深化對大自然的尊重。學校還舉辦漂書週，鼓勵學生透過交換圖書以延續書本的生命和推廣環保閱讀的文化。紙包飲品盒回收比賽中，家長和學生將紙包飲品盒帶回校，進行循環再造，製作抹手紙。舊衣回收大行動則讓學生探索社區回收設施。

此外，幼稚園還參與海洋公園海馬同學會，透過海洋公園提供的資源及活動，讓學生學習各種保育知識。學校還創建綠色吉祥物「綠悠悠」，以提升家長和學生對環保的關注和認識，積極實踐環保行動，成為環保行動的倡導者。

YMCA of Hong Kong Christian Kindergarten (Kai Ching) emphasizes green education and encourages all stakeholders to adopt "Environmental Protection" sustainable lifestyle through various activities. The goal is to cultivate an environmentally friendly attitude and promote ecological practices among our students.

For instance, during World Food Day, the school enhance students' awareness of global hunger. The Food Wise Talk and a visit to the Foodstep Journey encourage students to cherish food and develop a sense of responsibility towards it. Additionally, inter-class planting activities allow students to experience the joys of planting at school, while participation in tree-planting events organized by various organizations deepens their respect for nature.

To promote a culture of environmental reading, the school celebrate Book Crossing Week, where students exchange books to extend their lives. Our Beverage Cartons Recycling Competition engages parents and students in recycling efforts, turning used cartons into paper towels. Similarly, the Used Clothes Recycling Campaign, led by teachers, helps students explore recycling facilities in the community.

Moreover, the involvement in the Seahorse Rangers program at Ocean Park provides students with valuable insights into conservation through engaging resources and activities. To further the mission, the school created a green mascot, "Green Yoyo", which helps students learn about environmental issues and enhances their awareness. Through these initiatives, our students actively practice these concepts and become passionate environmental advocates.









榮獲聖公會聖十架小學「加油！Amigo」活力操比賽冠軍
Wins Championship at S.K.H. Holy Cross Primary School "Go! Amigo" Energetic Exercise Competition

港青基信幼稚園（啟晴）的高班學生參加了由聖公會聖十架小學舉辦的「加油！Amigo」活力操比賽，並榮獲冠軍！在比賽中，學生們展現了卓越的團隊合作精神和活力，通過精彩的表現贏得了評審的青睞。這不僅是一場比賽，更是學生們展現自信和熱情的舞台。

YMCA of Hong Kong Christian Kindergarten (Kai Ching) was awarded the championship trophy at the S.K.H. Holy Cross Primary School "Go! Amigo" Energetic Exercise Competition. The K3 students participated in this event and emerged as champions! During the competition, the students demonstrated excellent teamwork and great vigour, capturing the judges' attention with their wonderful performance. This event was not just a competition; it was a stage for students to showcase their confidence and passion.



港鐵啟德站熊貓水墨畫作品展覽
Exhibition of Panda Chinese Painting at MTR Kai Tak Station

港青基信幼稚園（啟晴）的學生在中國文化週曾到海洋公園探訪熊貓安安和可可，受牠們啟發，學生們合力創作了一幅熊貓水墨畫，並於三月份在港鐵啟德站社區畫廊展出，讓我們一起感受中國國寶—熊貓的魅力。

Inspired by an educational visit to Panda En En and Ke Ke at Ocean Park during the Chinese Cultural Week, the students of YMCA of Hong Kong Christian Kindergarten (Kai Ching) collaborated to create a panda-themed Chinese painting. The artwork was exhibited at the Community Gallery of the MTR Kai Tak Station in March, allowing us to collectively experience the charm of China's national treasure – the panda.





港青基信幼兒學校（農圃道）
YMCA of Hong Kong Christian Nursery School (Farm Road)



家長同行
Parents in Partnership

港青基信幼兒學校（農圃道）重視與家長聯繫，於3月至4月期間舉辦了多項活動，如親子運動會、家長工作坊、家長小組、家長觀課、家長到校分享工作經驗等，以促進家校合作和溝通。這些活動使家長能更深入地了解幼兒的校園生活，並與學校建立緊密聯繫，從而支持孩子的學習與成長。

透過講座及工作坊，家長能學習育兒知識，互相交流心得，並提供支持，從中舒緩壓力。學校致力與家長攜手同行，共同努力為孩子創造美好未來。





YMCA of Hong Kong Christian Nursery School (Farm Road) places great importance on its connection with parents. From March to April, the school organized various activities, including Parent-Child Sports Day, parent workshops, parent groups, parent observation sessions, and parents career-sharing sessions at school. These activities foster collaboration between families and the school, creating better communication channels. Through these activities, parents gain a deeper understanding of their children's campus life and establish a close relationship with the school, which supports their children's learning and growth.

Additionally, seminars and workshops provide parents with valuable parenting knowledge, allowing them to share experiences, support one another, and relieve stress. The school is committed to working hand-in-hand with parents, partnering with them to create a brighter future for their children.



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新會商會港青基信學校
San Wui Commercial Society YMCA of Hong Kong Christian School (SWYHKCS)

第五屆陸運會暨運動日
The 5th Athletics Meet & Sports Day

3月11日，新會商會港青基信學校如期舉辦了第五屆陸運會暨運動日。學校榮幸邀請了校監何慶濂先生出席閉幕式並為獲獎者頒獎。當天的師生接力賽成為最精彩環節，四社啦啦隊各自為社員吶喊助威，將氣氛推向高潮。謹向所有參賽者致以祝賀，並感謝每位參與者展現的熱情與體育精神。



On March 11, SWYHKCS held the 5th Athletics Meet & Sports Day. The event was honored by the presence of school supervisor Mr. Peter Ho, who attended the closing ceremony and presented the awards. The highlight of the day was the Teacher-Student Relay Competition, with cheerleaders from the four houses supporting their members, creating an exhilarating atmosphere. Congratulations to all participants, and gratitude is extended to everyone for their enthusiasm and sportsmanship.



STEAM 主題日
STEAM Days



今年，新會商會港青基信學校以探索STEAM每個字母所代表的學科 — 科學、技術、工程、藝術和數學為題，成功舉辦STEAM主題日。全校師生均踴躍參加！學生們全心投入專題研究，不僅展現出優秀的解難能力，更體現了堅韌不屈的探索精神。同學們在活動中發揮創意，大家更能體驗從失誤中學習的寶貴機會。科學的核心正是探索並理解物質世界的奧秘，而學生完美地實踐了這理念。師生們已期待明年的STEAM週了！

This year, SWYHKCS celebrated STEAM Days by exploring each element of STEAM; Science, Technology, Engineering, Art and Mathematics. It was amazing to see the level of engagement throughout the school. The students dove into their projects and demonstrated great problem solving skills and resilience. There was a lot of creativity, but more importantly, many opportunities to make mistakes and learn from them. The very heart of science is to explore and seek to understand the physical world and these students have done just that. We can't wait for the next year's STEAM Week!

1 一年級主題：**科學 — 奇妙科學探索**
Year 1 focused on **Science – Science Exploration**

2 二年級主題：**科技 — 創意定格動畫**
Year 2 focused on **Technology – Stop Motion Animation**

3 三年級主題：**工程 — 宇宙空氣動力學**
Year 3 focused on **Engineering – Astronomical Aerodynamics**

4 四年級主題：**藝術 — 精妙視覺錯覺**
Year 4 focused on **Art – Ingenious Illusions**

5 五年級主題：**數學 — 數學趣味遊戲**
Year 5 focused on **Mathematics – Play with Maths**

6 六年級主題：**工程 — 強力氣壓裝置**
Year 6 focused on **Engineering – Powerful Pneumatics**

親子旅行
Parent-Child Picnic

3月21日，新會商會港青基信學校成功舉辦了一、二年級親子旅行。孩子們盡情投入團體遊戲，四社隊伍間展開精彩競賽。當天活動包括「圓頂疊碟樂」、「沙包投擲」和「蛋勺競速」等趣味項目。其中「躲避球」與「圓頂疊碟樂」並列成為最受歡迎遊戲。特別精彩的是，學生們在與家長的對決中脫穎而出，取得了勝利。同學與家長們均度過了愉快的一天！

On March 21, SWYHKCS held the Year 1 and 2 Parent and Child Picnic. The children enjoyed playing group games and participated in exciting competitions between houses. Activities included "Cones and Bowls", "Bean Bag Toss", and "Egg and Spoon Races". Among the students, there was a tie for the most popular game, with 'Human Dodgeball' and 'Cones and Bowls' as the top contenders. The students had the opportunity to compete against their parents in these games and emerged victorious. It was an incredibly fun day!









行善與健康週「成為善良中的『我』」
Kindness & Wellbeing Week: Being the "I" in Kind

3月24日至28日，新會商會港青基信學校全體師生共同參與了「行善與健康週」的活動。活動旨在鼓勵師生關愛他人，更要善待自己。今年，新會商會港青基信以「成為善良中的『我』」為題，以每日透過認識社會上不同的人，如老師、校工、鄰居等，提醒師生在日常生活中主動表達善意和關心身邊的人。

From March 24 to 28, the SWYHKCS community came together to celebrate Kindness & Wellbeing Week. This special initiative encouraged everyone to embrace kindness, not only towards others but also towards themselves. This year, SWYHKCS adopted the theme "Being the 'I' in Kind." Each day of the week focused on a specific group of people, reminding us of the importance of showing compassion and support in our daily interactions.









新會商會港青基信學校
San Wui Commercial Society YMCA of Hong Kong Christian School (SWYHKCS)



三、四年級復活節表演 —《巨人戰紀》
Year 3 & 4 Easter Performance — "Giant Slayer"

新會商會港青基信學校的三、四年級學生今年四月以精彩的《巨人戰紀》表演震撼了全場觀眾。這部關於信仰、勇氣與克服逆境的動人戲劇，展現了小演員們的努力與無限創意。從悠揚的旋律到令人捧腹的橋段，孩子們都能在舞台上展現自信光芒。衷心感謝全體家長、教職員的鼎力支持，讓演出圓滿呈現，期待孩子們未來創造更多驚喜！

SWYHKCS's Year 3 and 4 students dazzled audiences with their captivating performance of 'Giant Slayer' this April. The play, a thrilling tale of faith, bravery and overcoming adversity, showcased the hard work and creativity of our young performers. From beautiful melodies to hilarious jokes, each student shone brightly on stage. A big thank you to all the dedicated parents, teachers and staff for their support in making this memorable event possible. We can't wait to see what our students will create next!



四至六年級全方位學習營
Year 4-6 Life-wide Learning Camps

因受颱風影響，新會商會港青基信學校本學年的「全方位學習營」延期至2025年3月舉行。令人振奮的是，四至六年級學生最終在3月3日至5日順利完成了營隊活動！同學們在營會期間度過了愉快的時光。我們欣然看到每位學生在活動中充分發揮，培養了堅毅不屈的特質，面對困難時不輕言放棄，這份成長讓我們倍感自豪。

This year, the Life-wide Learning Camps of SWYHKCS were postponed to March due to the typhoon in November 2024. It is exciting that our Years 4 to 6 students were finally got to attend and completed the camps successfully from March 3 to 5! The students enjoyed a fantastic time during their LWL Camps, showcasing significant growth in their strengths, perseverance, and resilience throughout the experience.











校園書展
Book Fair

為慶祝世界閱讀日，港青基信書院每年都會舉辦校園書展，讓全校一同於書香中享受閱讀。本年度響應學校年度關注主題「可持續發展」與「STEAM」，特設主題展桌，藉此鼓勵學生主動深入認識相關新知識。學生均對主題展桌上的新書感到興趣，紛紛圍著展桌，一邊選購新書，一邊交流討論，閱讀氣氛濃厚。此外，師生們當天更特意穿上自己心愛的漫畫造型，讓書本中的趣味與內容活現於學校每個角落！

本年度的校園書展不只是師生之間的盛事，家長亦積極參與。應家教會的倡議，本校已在校園內增設「家長圖書館」，鼓勵家長閱讀並分享教育類書籍，校園書展亦為此特設相應主題展桌，展出教育類新書。特意前來支持的家長都很歡迎相關安排，選購如The Anxious Generation等國際暢銷教育類話題作品。

本校的閱讀氛圍在家長的支持下愈見濃厚，學生在書展期間都踴躍選購各類書籍。本校將與合作夥伴協商來年囊括更多不同類型書籍在校園書展內展出，讓家長與師生對書籍有更廣泛的認識，亦期待各位蒞臨共慶世界閱讀日。

At YHKCC, we see reading as more than just a skill; it's a joyful journey of discovery that takes in many forms. This year's World Book Day celebrations came alive as both teachers and students dressed up as their favourite comic characters, bringing stories off the page and into our hallways.

Aligned with the focus on "Sustainable Development" and "STEAM", YHKCC curated special book displays that attracted curious readers. Students moved between tables stacked with fascinating titles, their comic character costumes adding to the festive atmosphere. It was wonderful to see Spider-Man engrossed in a climate change book or a student dressed as Ms. Marvel discussing renewable energy, demonstrating that all reading formats feed young imaginations.

In response to parents' interests in reading and to provide more resources, YHKCC created a special Parents' Reading Corner at the Book Fair. Parents were delighted by our selection of titles, including popular books like The Anxious Generation and other international bestsellers. Many took the opportunity to browse and purchase books while admiring the creative costumes around them. This space allowed us to extend our reading culture beyond our students and into the entire school community.

This year's event, blending comics, costumes and curated books, showed how diverse reading experiences create a richer learning environment. We will continue to celebrate all forms of reading in our ongoing mission to nurture lifelong readers.









港青基信書院
YMCA of Hong Kong Christian College (YHKCC)



運動團隊屢獲佳績
Sports Achievements

過去數月，港青基信書院不同運動團隊在公開比賽中屢獲佳績，包括田徑隊、啦啦隊及羽毛球隊。

在3月26至27日舉行的「香港國際學校體育聯會田徑錦標賽」中，本校的田徑隊表現出色，共奪得6金、3銀、4銅的優異成績。其中，中六學生曾煜焙更以6.51米的成績打破U16組男子跳遠紀錄，並以11.33秒刷新100米短跑紀錄。此外，本校的U14組男子4x100米接力隊以48.64秒創下賽會新紀錄；而我們的U16男子隊更榮獲全場總季軍。













在啦啦隊比賽方面，我們的「鳳凰隊」在3月22日舉行的「香港啦啦隊挑戰賽2025」中同樣表現出色，同時奪得「少年組（大組）L3–L4全女子組」、「少年組（小組）L3–L4混合組」及「少年組（小組）L3–L4全女子組」三個組別的冠軍。此外，鳳凰隊更在L3–L4所有組別中獲得全場最高分！

另外，我們的羽毛球女子隊於4月2日的「2024/25香港國際學校體育聯會羽毛球女子U16比賽（第一組）」半決賽中，以些微分數力壓強敵，成功晉級決賽。隊員們在賽場上展現出精湛的技術與堅韌的鬥志，最終奪得亞軍，創下校隊在此賽事中歷來的最佳成績！

展望未來，港青基信書院將繼續秉持追求卓越的精神，在各大運動賽場上力爭更高、更遠的目標！



Over the past few months, various YHKCC sports teams, including the Athletics, Cheerleading and Badminton Teams, have achieved impressive results in external competitions.

First of all, the Athletics Team performed well at the International School Sports Federation of Hong Kong's Track and Field Championships held on March 26 & 27, securing 6 gold, 3 silver and 4 bronze medals. Our Form 6 student, Felix Tsang, broke the U16 Boys' long jump record with a distance of 6.51 metres and the 100-metre record with a time of 11.33 seconds. Additionally, the U14 Boys' 4x100m relay team set a new championship record of 48.64 seconds; and our U16 Boys team placed 2nd runner-up.

The YHKCC's Cheerleading Team, Phoenix, achieved remarkable success at the Hong Kong Cheerleading Challenge Championships (ISSFHK) 2025 held on March 22, winning 3 Championships in total, including the "Junior (Large) L3-4 All Girl", "Junior (Small) L3-4 Co-ed" and "Junior (Small) L3-4 All Girl" divisions. Furthermore, they also achieved the highest score across all L3 – L4 divisions.

On April 2, the Badminton Team triumphed over formidable opponents with a close overall score in the 2024/25 ISSFHK Badminton Girls U16 Competitions (Division 1) semi-finals, earning a spot in the finals. They showcased incredible skills and determination throughout the tournament. Their journey to first runner-up marks a significant milestone, as it stands as the best achievement in the school's history in ISSFHK competitions.

Looking forward, the YHKCC is committed to striving for excellence in various sporting arenas, aiming even bigger and higher in upcoming competitions!











EVENTS



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2003年在ACM服侍

做人難 做神的工作更難？

撰文：周永雄


陳永業傳道Ivan

有人歷經千山萬水才能投入主的懷抱，有人自小活在主的世界，像陳永業傳道（Ivan）這位「信二代」，年紀輕輕便在基督教音樂機構——香港基督徒音樂事工協會（ACM）擔當重要角色，及後在教會當傳道人的事奉崗位上如日中天之際，卻跌入婚姻關係的低潮，更一陷於為主服侍的自我懷疑之中，主卻藉此契機陶造他，讓他更新與神的關係，轉換「跑道」，繼續做神的工作。在主的帶領，Ivan委身肯上重任，自2024年初起成為ACM總幹事，蒙上主的厚愛和恩典。

信二代的音樂路

由於雙親是基督徒，Ivan自小在教會成長，看到母親與一班詩班員練歌，令他與音樂早結下不解之緣。他指自己欠缺自信，唯一令他有自信的就是唱歌。他不但加入少年詩班，就讀中五時還參加學校歌唱比賽拿下冠軍寶座，自此對唱歌及音樂增添自信。

雖然他當時在教會投入各種事奉，但信仰停留在頭腦上的認知。直至在一次團契分享中，傳道人談到在天堂門口，即使已信主的家人成功進入，若自己未有決志信主，生命冊上依舊不會有自己的名字而會被拒諸天堂門外。對「信二代」的他來說是重要的提醒，撫心自問是否真心信主，讓他認真思考與神的關係。



〈獻上今天〉觸動委身

Ivan笑稱，ACM的「齊唱新歌」系列陪伴他成長，在1996年，他參加ACM的音樂營活動，而〈獻上今天〉這首詩歌觸動他首次對委身有些想法，立志以歌聲獻呈自己給神。他之後加入ACM為義工，成為詩班員，跟團隊前往北美及澳洲等地獻唱。雖曾碰上入境遇阻或大風暴等試煉，他們仍順利繼續行程。從《聖經》〈腓立比書〉4章13節：*「我靠著那加給我力量的，凡事都能做。」*，他學到信靠主的寶貴一課。

在樹仁學院（現稱樹仁大學）修讀工商管理時，Ivan思考甚麼是第一桶金而又不會朽壞，最終決定投資在天國！畢業後，他入職ACM擔任製作助理，參與CD及大型音樂敬拜聚會製作等。但當時的總幹事吉中鳴牧師突然離開ACM，20多歲的他和其他同工肩負更多職責，甚至要走訪海外帶領敬拜聚會，令他獲得難得的工作經驗。

全職侍奉的印證

工作多年而未有去向之際，Ivan坦言轉捩點在美國一次短宣行程，聽到牧師呼召委身，當下他心裡祈禱，確認全職侍奉的心志，毅然報讀浸信會神學院道學碩士課程。

在2005至2008年，Ivan接受神學裝備，成為傳道人。期間成家立室，返回母會服侍時還不到30歲，被視為未來堂主任的不二之選。但婚後短短數年，Ivan的妻子突向他提出離婚！猶如深水炸彈爆破般震撼Ivan，進行輔導時，他方發覺自己的不足，好像雙方缺乏良好溝通，「返家好靜」他回憶道。即使他努力挽救，最終5年婚姻告終。

認識真實的自己

Ivan坦言婚姻結束初期也埋怨神「為何竟發生在自己身上？」。而作為傳道人，「我要怎樣面對其他人呢？」他承認重視感情，當時感到「好hurt」（好痛苦），一度不敢向父母及同工表達自己的婚姻問題，而這份陰影曾令他考慮放棄前線侍奉工作。

在跌倒時，神的奇異之手張開扶起他，Ivan藉靈修指導重新認識自己，學習不用比較，仰望神才最重要。他明白自己是罪人，也有稜角，如缺乏溝通及自信心，需拆毀「老我」，且不應把自己的錯失諉過於「神」，反而要交託予神掌管，他把自己的難處向家人坦誠分享，並獲得他們的接納和支持。

主使我穩行在高處

受音樂事奉而蒙召的他辭去教會傳道人崗位，於2014年重返ACM擔任事工部主管。4年後，Ivan紀念神學畢業十周年，前往南韓祈禱山，主給了他一段經文，來自《聖經》〈哈巴谷書〉3章19節：*「主耶和華是我的力量，他使我的腳快如母鹿的蹄，又使我穩行在高處。」*他哭了出來，因上主明白他內心的憂慮和掙扎，畢竟他曾由高處跌下來，主安慰他，因為能夠行在高處的，唯有靠主的力量。

不信「相睇」的Ivan經介紹，透過相處及認識而開展新感情！他指，藉著禱告及交託給主，建立第二段婚姻。在過去經驗中，他明白結婚後的相處經營很重要，並要擺脫男人可解決一切事情的思維，學懂有困難時尋求幫助，坦誠分享和分擔。

關心真實的痛點

走出幽谷，Ivan被主醫治，再肩負起領導角色，有幸機構願意接納他。在重返ACM約10年，接下總幹事的崗位。而經歷低潮的他明白即使傳道人也是人，故期望製作詩歌關心不同處境的人，盼望藉著主的音樂去安慰及支持有需要的人。

雖在事奉及人生路上遇到過不少困難和考驗，Ivan感受到主的不離不棄。他表示今天同樣擔任牧養角色，只是工作地點不同，期望能在全球華人群體發掘更多服侍神的同行者，培育下一代，建立不同平台和事工，連結眾教會及音樂團隊，為主發光，將人帶到主面前。

「我靠著那加給我力量的，凡事都能做。」《聖經》〈腓立比書〉4章13節


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