Voices 港青之聲

Sep 2025

"Jesus departed to the mountain to pray,
and he spent the night in prayer to God."
「那時，耶穌出去，上山禱告，整夜禱告神。」

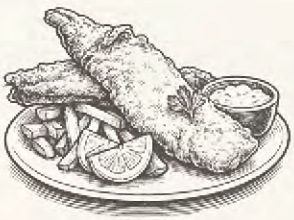
Luke 路加福音 6:12



Mall Café

品嚐100週年經典美味

CENTENNIAL MENU



炸魚薯條
Fish & Chips
HK$108



YMCA
牛肉漢堡配炸薯條
YMCA Beef Burger, French Fries
HK$138



經典焗豬扒飯
Baked Rice with Pork Chop
HK$148



海南雞飯
Hainanese Chicken Rice
HK$148



乾炒牛河
Fried Rice Noodle with Beef
HK$148



港式咖喱牛腩飯
Hong Kongese Curry Beef Brisket with Rice
HK$148



德國豬手
Pork Knuckle with Sauerkraut
HK$238



原條龍脷魚
Whole Sole with Vegetable
HK$248

辣 Spicy

"ASK, SEEK, KNOCK," *MATTHEW 7:7*

所有套餐均配是日西式餐湯
All set menus served with soup of the day

加配 Add on:

5餅2魚甜品拼盤
5 loaves and 2 fish dessert combo
HK$30 (原價 $88 另加一服務費 original price at $88+10%)

雙重朱古力曲奇、蔓越莓曲奇（含堅果）、伯爵茶曲奇、
牛油曲奇、咖啡曲奇、芒果布甸、椰汁西米糕
Double Chocolate Cookies, Cranberry Cookies (with nuts),
Earl Grey Tea Cookies, Butter Cookies,
Coffee Cookies, Mango Pudding, Coconut and Sago Pudding

咖啡/茶/日式虎皮瑞士卷
Coffee/Tea/Japanese fluffy cake roll
HK$15 (1杯cup/件pc)

廚師推介 Chef's Choice

餐單食品可能含導致過敏的成份，如蛋類，堅果類，奶類及麩質等。如顧客有食物過敏或其他飲食有關的飲食限制，請於點餐前向職員查詢。

Items in our menu may contain food allergens, e.g. eggs, nuts, milk, gluten.For customers with food allergies or other health-related dietary restrictions, please contact our staff before placing order.

另收加一服務費
A 10% service charge is required

圖片只供參考
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主題 Theme

成長印記
Journey of Transformation

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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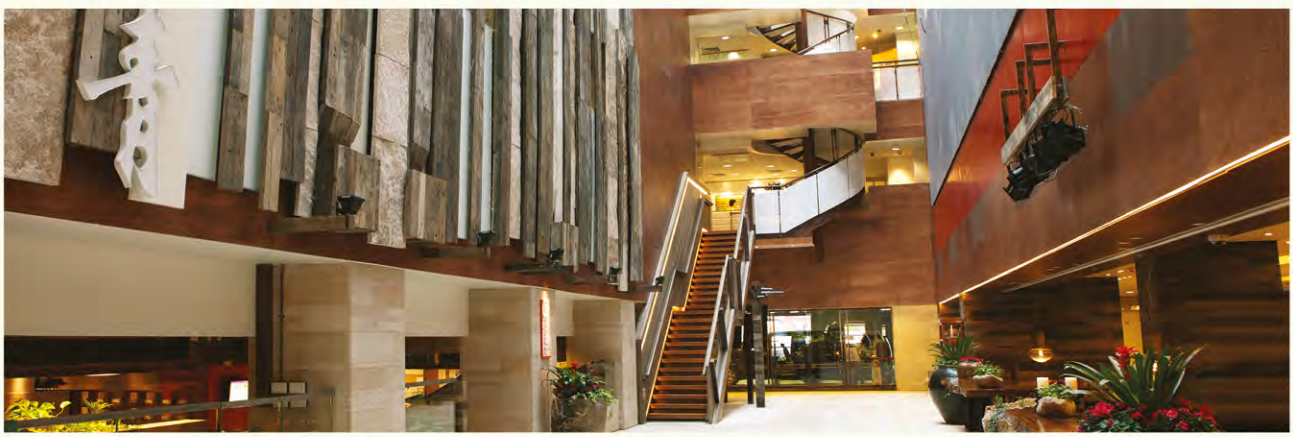
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YMCA OF HONG KONG

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GS's Message
總幹事的話



「那時，耶穌出去，上山禱告， 整夜禱告神。」
"Jesus departed to the mountain to pray, and he spent the night in prayer to God."

路加福音Luke 6:12

願各位蒙天父和主耶穌的恩典，主內平安！

某個週日清晨，我照常騎單車上大帽山時，遇見一位神情沮喪的少女，便停下來與她交談。這位中六女生為了紓解新學年文憑試帶來的壓力，特地相約友好於清晨與朋友登上大帽山，期待欣賞壯麗日出轉換心情。然而她只見濃霧瀰漫，更驚訝於我在如此大霧中仍能這般愉悅。其實濃霧、雲霞、雨露、清風、溪澗與驕陽，全都是上主的創造。當內心平靜時，我們方能體悟萬物相依相存之美。大帽山的晨景從不重複。我告訴她：若登上大帽山只為觀賞日出，十有九回難免失望。「既然你不在乎是否能夠看到日出，你為何仍每週日的清晨都要騎車上山呢？」她好奇地追問。

其實，耶穌登山也不是為了觀賞日出。祂上山是為了與天父相聚 — 透過禱告與神緊密連結，在讚美與感恩中尋求上帝的心意，尤其是在面臨重大決策之前。耶穌生命的核心永遠是神：聖經上記載，*「那時，耶穌出去，上山禱告，整夜禱告神；到了天亮，叫他的門徒來，就從他們中間挑選十二個人，稱他們為使徒。」*正因這徹夜的祈禱，這十二位門徒的生命從此徹底改變。

當彼得、安得烈、雅各、約翰、腓力、巴多羅買、馬太、多馬、亞勒腓的兒子雅各、奮銳黨的西門、雅各的兒子猶大，以及後來賣主的加略人猶大回應那聲*「來跟從我」*時，他們便展開生命轉化的旅程。這些人都是耶穌徹夜禱告後，從門徒選出的使徒，以繼承耶穌在世的事工。此後三年，耶穌親自栽培、裝備他們，將一切所需教導他們，又應許賜下聖靈永遠與他們同在，叫他們想起耶穌的一切教導。在最後的晚餐上，耶穌鄭重宣告：*「不是你們揀選了我，而是我揀選了你們，並且派你們去結果子，讓你們的果子得以長存。」*基督教青年會是神所託付的事工。每一代基督教青年會領袖都是蒙神揀選，為要延續1844年佐治衛良帶領十二位青年所開啟的使命。只要我們尊基督為基督教青年會的核心，祂就必與我們同行；聖靈也必繼續引導我們遵行神的旨意，結出常存的果子，成就生命的轉化。



週日清晨，我照常騎單車上大帽山。
My regular Sunday early morning cycling trips to Tai Mo Shan.



港青於6月21日舉行了賣旗日
YMCAHK held a Flag Day on June 21

港青於6月21日舉行了賣旗日，作為慶祝香港基督教青年會尖沙咀梳士巴利道總部成立百周年的慶祝活動之一。賣旗日結束後，我們仍有一個月的網上金旗認購活動，直到7月11日，我才意識到自己尚未啟動網上旗袋。這時我深知這是聖靈的提醒。原本我打算直接開支票給港青，以履行我的責任，但內心的一把聲音告訴我：「且慢。」我停下來禱告，隨即聽見那段熟悉的對話：主對彼得說：*「把船開到水深的地方下網打魚。」*（路加福音5:4）而彼得的回應態度正是我應該效法的。他說：*「夫子，我們整*

夜勞力，並沒有打著甚麼。但依從你的話，我就下網。」（路加福音5:5）上主啟示我要邀請更多人參與港青的賣旗活動，讓百年恩典得以分享，見證神如何透過這些回應呼召的門徒，在基督教青年會的事工中成就祂的旨意。

我最初設定的籌款目標是象徵十二門徒的一萬二千元，結果在短短十二小時內便達成了。隨即，我將目標提高至二萬四千元，並在正午前順利達成。此後，我陸續將目標提升至三萬、三萬三千、四萬元 — 每個數字都具屬靈意義；而五萬元的「五旬節目標」也在第三天達成。我的最終目標是七萬二千元，象徵路加福音10章1節中，主親自揀選並差遣的七十二門徒：*「主另外指定七十二個人，差遣他們兩個兩個的在他前面，往自己所要到的各城各地方去。」*經過禱告尋求主的指引，我將目標重新設為七萬二千元，稱之為「信心的目標」。令人驚喜的是，在第八日正午前，這個目標果然達成！從十二門徒到七十二門徒的籌款歷程，實在是一段奇妙的屬靈旅程。當晚正值港青標誌性青年計劃「傲翔新世代全方位青年領袖訓練計劃（YLD）」慶祝二十五週年。我受到神的感召，開始數算網上賣旗的捐款；當我發現恰好有一百筆捐款來慶祝百週年紀念時，這豈不是神最完美的安排？



在2024至2025，Rainbow（中）成功帶領港青基信書院在同一學年內獲得四項不同運動的團隊冠軍。
Rainbow (middle) led YHKCC to 4 team champions in 4 different sports in 2024-2025.

我們的神是全能的神！這段經歷清楚地顯示了祂確實與港青同行。當我們回顧百年來經歷的戰爭與疫情、成長與繁榮的恩典之路時，基督始終同在。翌日，我受到深刻感動，將這個見證分享給所有捐款者，結果立即有朋友主動將總額補足至十萬元，以慶祝百周年；另一位友好也被聖靈感動，選擇再次奉獻。在此，我謹向各位表達由衷的感謝，感謝你們的慷慨支持。

當時，耶穌召集了十二位門徒，賜予他們權能，差遣他們傳揚神國的福音，並吩咐他們在旅途中不必攜帶任何物資，因為天主必會供應他們所需。門徒們因此走遍各鄉，宣講福音，醫治病人。1901年，基督教青年會的國際幹事被差遣至香港，他們如同門徒般傳播福音，並在香港建立了青年會運動。梅含理爵士於1904至1914年間擔任基督教青年會會長，並在1912年就任香港總督。儘管面臨第一次世界大戰的挑戰，他仍憑藉來自神的異象，積極籌募資金。最終，在1925年11月26日，由當時的總督金文泰爵士主持梳士巴利道的會址隆重開幕。這座百年基業，是歷時十二年，歷經一次世界大戰與四任總督更迭所凝聚而成，見證了神在動盪時代中的信實引領。

港青在過去一百年中，透過教育、酒店及餐飲款待、社區服務、青年項目以及各種計劃，持續宣揚神的國度，將上主的愛轉化為改變生命的力量。港青基信書院（YHKCC）每年學期結束時，會在運動之夜慶祝學生運動員的成就，並在學院之夜表彰學術成就。2024至2025年度的年度運動員Rainbow，在四年級轉學至港青基信書院時是一名音樂家。在老師的鼓勵下，她開始嘗試運動，以促進全面發展。在過去三年中，Rainbow成功轉型為一名運動員，並帶領港青基信書院在同一學年內獲得四項不同運動的團隊冠軍，包括足球、手球、曲棍球和田徑。

學院之夜的一大亮點是表彰最卓越全方位發展學生。最卓越全方位發展學生獎旨在表彰那些不僅學業優秀（在學年內排名前十），還在兩至三個領域中表現卓越，包括課外活動、領導角色、社區服務，以及體現學校的五項核心價值。其他素質如主動性、創新能力、協作精神和團隊合作能力也會被納入考量，以強調學生對學校及更廣泛社區的積極影響。今年獲得最佳全方位學生榮譽的七名學生中，有三名是來自新會商會港青基信學校（SWYHKCS）的畢業生。見證耶穌所託付的孩子們，在基督的品格中茁壯成長，對我們而言確實是無上的獎賞。

夏天來去匆匆，我們的學校也開始了新學年。在港青基信書院和新會商會港青基信學校的教職員開學典禮及首日集會中，我們共同反思了2025至2026學年的經文：*「應當一無掛慮，凡事藉著禱告、祈求和感謝，將你們所要的告訴神。」*（腓立比書4:6）保羅在被囚禁、無法預知自己命運的情況下，怎能對腓立比人說不要焦慮呢？他的堅定信念源自與耶穌的個人相遇，以及他所懷有的感恩，這使他享有與耶穌及其父親之間的親密關係。儘管身處困境，保羅仍然寫信給腓立比人，鼓勵他們並分享認識耶穌的喜樂。我們與耶穌的緊密關係，使我們能更好地履行神的使命。

港青基信幼稚園（啟晴）在七月慶祝了十周年的里程碑。在這個重要的紀念時刻，港青幼稚園成立了首個基督少年軍分隊。基督少年軍與基督教青年會共享相似的基督教價值觀，其使命是從三歲起培養兒童和青少年，通過基督教教育塑造他們具備基督的品格，包括服從、敬畏、紀律和自愛等特質。令人驚喜的是，香港基督少年軍總幹事吳淑玲女士告訴我們，香港的第二支基督少年軍分隊實際上是在梳士巴利道港青總部成立的。而在典禮上，吳總幹事亦邀請港青恢復梳士巴利道的第二支基督少年軍分隊，這番說話啟示了港青傳承機制的重要性，使我們能夠將港青的歷史記憶代代相傳。神在申命記中告訴以色列人，不要忘記他們親眼所見的事物，也不要讓這些記憶淡忘於心。神在

他們生活中所行的奇事，祂命令他們要教導自己的兒女及孫子。我們也應當傳述神在港青所賜的恩典，將這些故事一代一代地傳承下去，使後世不會忘記神與我們同在。

「因我受造奇妙可畏。」（詩篇139:14）這句話印在今年夏天每一位營員的衣服上。在這個夏季，日營部共舉辦了七十九場營會，迎來了一千三百八十五位營員。在一百零六位來自海外基督教青年會的組長、統籌者及國際同工的協助下，並在全職同工Esther的帶領下，各項事工順利完成。我們衷心感謝上帝，賜給我們一群能幹又熱心的同工，讓每一個營會都能圓滿進行。三位表現出色的暑期實習生在實習結束後獲聘為營會統籌者，他們為夏令營提供了不可或缺的領導力量。這豐碩的成果見證了我們團隊的投入、承擔與堅持。此外，我們也要特別感謝港青酒店的餐飲團隊，每天為營友精心準備營養均衡的午餐盒。在本屆夏令營中，港青基信書院的畢業生Saby獲選為最受歡迎統籌者，榮獲「超級統籌者」獎。他參與的營會數量最多，更獲頒「鐵人獎」，獎座上刻着「證明Saby熱愛基督教青年會」。夏令營同工們還投票選出了在營會中最能體現12項基督價值觀的成員，這些價值觀包括：關懷、忠誠、尊重、責任、信念、希望、仁愛、和平、賦權、侍奉精神、寬恕和自制。看見我們的夏季同工如此出色地活出這些價值，實在是一個蒙恩時刻。我很榮幸獲得了「信念獎」，因我不斷禱告，求神供應我們的一切所需，使營友能在安全、喜樂中，擁有難忘的青年會營會體驗。此外，Esther也實至名歸地獲得了「侍奉精神獎」。她不僅是夏令營的策劃者，更常常擔任「替補」，默默支援每一個營會的運作。



今年夏天，每一位營員的衣服上均印有*「因我受造奇妙可畏。」*（詩篇139:14）這聖經金句。
"I am fearfully and wonderfully made" (Psalm 139:14) was printed on every camper tee-shirt this summer.

海外交流服務團是基督教青年會另一項標誌性的夏季青年項目。今年夏天，「傲翔新世代」全方位青年領袖訓練計劃（YLD）與A-Life Academy前往斯里蘭卡，參與由莫拉圖瓦基督教青年會所籌辦的活動；而Boundless團隊則前往越南，參加由越南青年會安排的項目。我十年前指導的學員Shirley亦於今年夏天返回香港。她從A-Life畢業後，共同創辦並與港青協作了Boundless。我們在基督教青年會共度了一個充實的早晨，互相交流近況。Shirley分享了她在教育初創公司擔任行政總裁及聯合創辦人的心得與挑戰，我也分享了我的一些經驗。之後，她傳來了一段溫暖的信息，令我倍感欣慰及鼓勵：「謝謝你，Peter叔叔！今早的相聚真是滋養心靈，我由衷感激。這是一個圓滿的時刻 — 沒有你或基督教青年會，就沒有Boundless，我也不會走上教育這條路，並從中體會到如此深厚的意義。這一切點滴，引領我走到了今天，也讓我更期待未來更多的可能。」Boundless的初心，源自一群渴望賦權弱勢學生的青年人，他們透過師友計劃，協助這些學生追尋理想。港青與Boundless義工之間的協作，至今已改變了數百名學生的生命。願聖靈持續引領這些青年人，幫助他們尋獲生命的真諦，活出天賦的潛能。

港青派出兩位同工參加了由捷克基督教青年會主辦的「2025 Youth Unify: "Called to be Closer"」國際青年交流活動。Youth Unify是一項全球性的青年聚會，匯集來自世界各地的青年人，透過跨文化學習、經驗分享和建立友誼，促進國際交流。這個活動植根於基督教青年會普世合一的傳統，為參與者提供一個安全共融的空間，讓大家體驗團契生活與團結，本著團結精神服務他人，並共同探索信仰和價值觀在當代社會中的現實意義。透過對話交流、文化體驗和實踐行動，Youth Unify致力培養青年對社會及靈性需求更具回應能力。本會派出同工出席並持續培育同工，期望在不久的將來能在亞洲舉辦同類型的Youth Unify。

在亞太基督教青年會協會的支持下，由新加坡京華基督教青年會與新加坡基督教青年會共同籌辦「亞洲基督教青年會酒店網絡會議（"Asia YMCA Hotel Network Conference"）」，於今年七月假吉隆坡基督教青年會圓滿舉行，是次會議以「建立影響力的傳承（"Building a Legacy of Impact"）」為主題。這是該項會議睽違二十六年後再度舉辦，極具歷史意義。會中以「款待的神聖使命（"The Sacred Calling of Hospitality"）」為題的主題演講，重申耶穌基督為基督教青年會款待精神的根基，強調基督教青年會酒店及賓館服務應扎根於聖經原則，秉持仁愛、服務與接待眾人的使命。來自11個基督教青年會的34位與會代表一致通過以「HOTEL」作為使命框架，其中H代表家（Home）、O代表機會（Opportunities）、T代表轉化



來自11個基督教青年會的34位與會代表一致通過以「HOTEL」作為使命框架
34 participants from 11 YMCAs unanimously adopted the acronym HOTEL as the mission.

（Transformation）、E代表卓越（Excellent）、L代表僕人領導（Leadership），並共同確立使命宣言：「基督教青年會酒店是遠方的家，藉由卓越服務與僕人領導，提供轉化身、心、靈的契機」。會議期間，各方代表分享了關於房價管理、策略定價、市場推廣及可持續營運等領域的專業知識與最佳實踐。特別感謝港青酒店總經理Iris率領團隊與會，並在會議中作出重要貢獻。

當耶穌與新揀選的十二門徒從山上下來之時，有大批門徒與從各地前來的民眾聚集，渴望聆聽祂的教導並得著醫治。根據《路加福音》第六至九章記載，耶穌在此期間持續開展教導與醫治的事工：從平原寶訓中闡明福與禍、愛仇敵、待人如己、寬恕之道，到辨別偽善與真實屬靈領導、從果子認樹的智慧、以及兩種根基的比喻；其間祂更施行許多神蹟、面對日益激烈的反對聲浪、經歷施洗約翰殉道的悲痛、在山上顯現榮光，並預言自己將要受難。這一切事工，為後來差遣七十二門徒的使命鋪平道路 — 耶穌差派他們兩人一組，先行前往祂計劃要訪問的各城各地。正如先前對十二門徒的吩咐，這七十二人同樣受命不帶任何行裝，唯獨攜帶「平安」的信息，並宣告「上帝的國臨近了」。

耶穌從未應許他的門徒走一條平坦的道路。他甚至警告我們，有時會感到像羊在狼群中。然而，神使我們成為堅固的城市、鐵柱和銅牆。雖然對手會攻擊我們，但不會戰勝我們，因為祂與我們同在，拯救我們。主啊，賜我們力量，讓我們能在祢的十字架前站立，賦予我們信心、勇氣和順服，以遵行祢的旨意，並將我們在港青的失望與重擔與耶穌的犧牲結合，繼續在信仰的旅程中事奉祢。港青的莊稼豐盛，但門徒實在稀少。請在我們即將迎接百年慶典之際，為這片莊稼差派門徒，讓我們展開港青在梳士巴利道的第二個一百年。

上帝啊，求祢保守港青，因我們唯獨倚靠祢。我們向耶和華說：「*耶和華是我的產業，是我杯中的福分；我所得的，你為我持守……我要稱頌那指引我的耶和華，在夜間我的心腸也指教我。我讓耶和華常在我面前，因他在我右邊，我就不致動搖*……祢必將生命的道路指示我們港青，在祢面前，港青有滿足的喜樂，在祢右手中有永恆的福樂。」

願聖靈在我們心中燃起上帝愛的火焰，願我們蒙召成為基督的門徒，藉我們的工作帶來和平、傳揚天父的國。願我們蒙揀選，成為簽下《巴黎本旨》的承繼者，忠心實踐基督教青年會世代相傳的使命。

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.

During one of my regular Sunday early morning cycling trips to Tai Mo Shan, I noticed a young girl was upset and stopped to speak with her. She was a Form Six student who rose up early and walked up to Tai Mo Shan with her friends hoping to see a beautiful sunrise to distract herself from the stress and demands of a new school year of DSE examination. She was utterly disappointed as she instead encountered heavy fog, and surprised that I could be so cheerful when it was so foggy. The fog, clouds, rain, wind, running creek and the sun are all part of God's creation. We can experience our interdependence and recognize their beauty when we have peace in our hearts. No two mornings on Tai Mo Shan are the same. I told her if her purpose to come up to Tai Mo Shan was only to see sunrise, she would be disappointed 9 out of 10 times. "Why do you cycle up and down here every Sunday morning then if you don't care to see sunrise?" she asked curiously.

Jesus went up the mountain not to see sunrise either. He went up the mountain to be with God his Father and connect with Him through prayer, to praise, give thanks, and seek God's will in his work especially before making critical decisions. The center of Jesus' life is God. *Jesus spent the night in prayer to God. When day came, he called his disciples to himself, and from them he chose twelve, whom he also named apostles.* The lives of these 12 disciples who became the 12 apostles were changed forever because of Jesus' overnight prayers.

The journey of transformation for Peter and Andrew, James and John, Philip, Bartholomew, Matthew, Thomas, James the son of Alphaeus, Simon the Zealot, Judas the son of James and Judas Iscariot who betrayed Jesus began when they said yes to Jesus' calling them, *"Follow me"*. They were chosen among the disciples to be Jesus' company of successors to continue the work of the Kingdom after Jesus prayed all-night to God. Jesus would spend the next three years with them — developing, equipping and teaching them in all they needed to know to continue his work. Jesus would send them the Holy Spirit to be with them always and remind them of all the things that he had taught them. During the Last Supper, Jesus said to them, *"It was not you who chose me, but I who chose you and appointed you to go and bear fruit that will remain."* YMCA is God's ministry. Every YMCA leader in every generation is chosen by God to continue the ministry that God gave to the 12 young men led by George Williams in 1844. As long as we honor Jesus in the YMCA, he remains with us; and the Holy Spirit will continue to lead us to doing the will of God to bear eternal fruit and transform lives.

YMCAHK held a Flag Day on June 21 to share our stories as part of the Centennial Thanksgiving Celebration for the Grand Opening of YMCA on Salisbury Road (Centennial). We could continue to sell flags online and receive online donation for one month. On July 11, I was reminded that I had not initiated my online flag bag. I knew it was a prompting from the Holy Spirit. I was ready to write a cheque to YMCAHK to discharge my responsibility but a voice from my heart was telling me, "not so fast". I paused and prayed, and I heard the familiar voice of Jesus saying to Peter, *"Put out into deep water and lower your nets for a catch." (Luke 5:4)* The only appropriate response was what Peter said to Jesus in reply, *"Master, we have worked hard all night and have caught nothing, but at your command I will lower the nets." (Luke 5:5)* The Lord asked me to bless every person I would invite to buy a flag from YMCAHK to share the centennial blessing and tell what God has done for YMCAHK over the past century through faithful disciples answering God's call to serve in the YMCA ministry.

An initial target of $12k symbolizing the 12 apostles was reached in less than 12 hours. I immediately increased the target to $24k and it was reached by 12noon. I then increased the target to $30k, $33k, $40k each target with a spiritual significance; and $50k which I called the "Pentecost Target" and it was reached on the 3rd day. My ultimate goal was $72k symbolizing the *72 disciples appointed by Jesus and sent ahead of him in pairs to every town and place he intended to visit (Luke 10:1).* With the permission of the Lord after prayers, I reset the target to $72k and called it the "Bold Target". On the 8th day just before 12noon, the Bold Target was reached. The road from the 12 apostles to the 72 disciples was an amazing spiritual journey. On that evening, the signature YMCAHK youth program Youth Leadership Development (YLD) celebrated its 25th anniversary. I was prompted to count the donations in my online flag bag. Should I be surprised that there were exactly 100 donations to celebrate the Centennial?

Our God is an awesome God. The experience was a clear sign that Jesus is with YMCAHK as we remember His blessings over the years through times of wars & pandemic and times of growth & prosperity to celebrate our Centennial. I was then prompted to share my testimony with all the donors to my online flag bag the next day. Immediately a friend who read my testimony offered to top it up to $100k to celebrate the Centennial. Another friend who was also inspired after reading the testimony decided to make another donation. Thank you all for your generosity.

Jesus summoned the 12 apostles and gave them power and authority and sent them to proclaim the Kingdom of God. Jesus instructed them to take nothing on the journey because God would provide for them. The apostles went from village to village proclaiming the good news and curing diseases everywhere. In 1901, YMCA International Secretaries were sent to Hong Kong. They were the apostles sent to proclaim the good news and established the YMCA Movement in Hong Kong. YMCAHK former President Sir Francis Henry May (1904-1914) became the Governor of Hong Kong in 1912. President May had the vision to establish a permanent home for YMCAHK, and despite WWI, secured funds to construct a new building which would become our headquarters on Salisbury Road. The vision took 12 years, a world war and 4 Governors to come to fruition when the YMCA on Salisbury Road was opened by Governor Sir Cecil Clementi on November 26, 1925, a hundred years ago.

YMCAHK continues to proclaim the Kingdom of God through our work in education, hospitality, community, youth services and a variety of programs transforming lives with the love of God in the past 100 years. YMCA of Hong Kong Christian College (YHKCC) celebrates our student athletes at Sports Night and academic achievement at College Night at the end of every school year. The Sportsman of the Year in 2024-2025, Rainbow Lee, was a musician when she transferred to YHKCC in F.4; she was encouraged to try out a sport for her all-round development. In the past three years, Rainbow was transformed to an athlete and led YHKCC to 4 team champions in 4 different sports — football, handball, lacrosse and athletics, all within one school year.

One of the highlights of College Night is the celebration of Best All-Round students. The Best All-Round Student award



港青基信書院學院之夜的一大亮點是表彰最卓越全方位發展學生，今年獲得最佳全方位學生榮譽的七名學生中，有三名是來自新會商會港青基信學校的畢業生。
One of the highlights of YHKCC's College Night is the celebration of Best All-Round students, three out of seven students from F.1 to F.5 who received the Best All-Round Student honor this year were graduates of SWYHKCS.

recognizes a student who not only achieves high academic excellence (ranking among the top 10 for the academic year) but also demonstrates outstanding performance in at least 2 to 3 areas, including extra-curricular activities, leadership roles, community service, and embodying the school's five core values. Additional qualities such as initiative, innovation, collaboration, and teamwork are also considered, highlighting the student's ability to positively impact the school and wider community. Three out of seven students from F.1 to F.5 who received the Best All-Round Student honor this year were graduates of SWCS YMCA of Hong Kong Christian School (SWYHKCS). There is no better reward than to see the children that Jesus has entrusted to our care continue to mature in Christ-like character.

Summer has come and gone. Our schools have begun a new school year. At both YHKCC and SWYHKCS staff commencement service and the 1st day of school assembly, we reflected on the Scripture of the 2025-2026 School Year, *"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God." (Philippians 4:6)* How could Paul ask the Philippians not to be anxious when he himself was imprisoned not knowing what would happen to him? Paul's conviction came from his personal encounter with Jesus and his gratitude that led him to enjoy the same intimate relationship with Jesus that Jesus has with his Father. Despite his own circumstances, Paul wrote the *Letter to the Philippians* to encourage them and to share with them the joy of knowing Jesus. Our close relationship with Jesus enables us to do God's work well.

YMCA of Hong Kong Christian Kindergarten, Kai Ching (CKKC) celebrated its 10th anniversary in July. On this milestone anniversary, the 1st Boys' Brigade (BB) in a YMCA kindergarten was established. BB shares similar Christian values with YMCA. Their mission is to nurture children and teenagers from the age of 3 onwards, through Christian education and to build them up with Christ-like character, including habits like obedience, reverence, discipline and self-respect. What a pleasant surprise to learn from the General Secretary of BB Hong Kong, Ms. Angel Ng, that the 2nd Company of BB in Hong Kong was actually established in YMCA on Salisbury Road. GS Ng invited YMCAHK to revive the 2nd Company in YMCA on Salisbury Road at the inauguration. This revelation underscores the importance of proper succession in YMCAHK that we may pass forward our institutional memories. God told the Israelites in Deuteronomy not to forget the things they had seen with their



港青基信幼稚園（啟晴）在七月慶祝了十周年的里程碑，同時成立首個港青幼稚園的基督少年軍分隊。
This July, YMCA of Hong Kong Christian Kindergarten (Kai Ching) marked its 10th anniversary with a special milestone: the establishment of the very first Boys' Brigade (BB) in a YMCA kindergarten.

eyes or let them fade from their hearts. The wonders that God had done in their lives they were commanded to teach their children and their children's children. We too have to tell the wonders that God has done at YMCAHK and hand down the YMCA stories to our successors from generation to generation so they would not forget God.

"I am fearfully and wonderfully made" (Psalm 139:14) was printed on every camper tee-shirt this summer. Camping organized a total of 79 camps for 1,385 campers with the support of 106 camp counselors, coordinators and international staff from overseas YMCAs under the leadership of 1 full-time staff, Esther. Thanks be to God for sending us many capable and passionate summer staff allowing us to complete all planned summer camps. Three outstanding summer interns were offered the position of camp coordinators after their internships, and they provided the needed leadership for a successful camping season. This fruitful summer camping experience underscores the commitment and perseverance of our staff. Thanks also for the collaboration of the Food & Beverage team of The Salisbury for preparing the nutritious lunch boxes for our campers



YHKCC和SWYHKCS在2025-2026學年的聖經經文
The scripture for the 2025-2026 school year at YHKCC and SWYHKCS



港青基信書院畢業生Saby（中）獲選為最受歡迎統籌者；Esther（右）也實至名歸地獲得了「侍奉精神獎」。
Saby (middle), the YHKCC graduate was voted the most popular coordinator and received the "Super Duper Coordinator" award, while Esther (right) also received the Servanthood award.

every day. One of the camp coordinators, YHKCC graduate Saby, was voted the most popular coordinator and received the "Super Duper Coordinator" award. Saby also served the most camps and received the "Ironman" award inscribed with "Proof that Saby has a Heart for YMCA". Summer staff also voted for those who most exhibited the 12 Christian Values — Caring, Honesty, Respect, Responsibility, Faith, Hope, Love, Peace, Empowerment, Servanthood, Forgiveness and Self-Control during camps to receive the awards. What a moment of grace to hear the stories of how our summer staff applied the 12 Christian Values in camps. I was honored to receive the Faith award for my continuous prayer that God would provide whatever we need to complete the summer camps and for campers to have a safe and an enjoyable and memorable YMCA camp experience. The well-deserved Servanthood award goes to Esther, who served not only as the mastermind behind the summer camping program but often as the pinch hitter helping out with whatever every camp needed.



我很榮幸獲得了「信念獎」
I was honored to receive the Faith award

Service Trip is another YMCA signature summer youth program. YLD and A-Life Academy went to Sri Lanka with programs organized by YMCA Moratuwa, and Boundless went to Vietnam with programs organized by YMCA Vietnam. One of my YMCA mentees Shirley whom I met 10 years ago returned to Hong Kong this summer. Shirley graduated from A-Life and co-founded Boundless. We spent a morning at the YMCA catching up. Shirley shared her experience and challenges as the CEO and Co-Founder of an education start-up while I shared with her the lessons learned from my experience. Shirley sent me an encouraging message later that filled my heart with joy: "Thank you, Uncle Peter! The morning was very soul-nourishing to say the least. I'm so grateful. It's a full circle moment that without you or YMCA, Boundless wouldn't have happened, and I wouldn't have felt how meaningful the work of education can be. All of these led me to do what I am doing now, and more to come." Boundless began with a few young people passionate about empowering underprivileged students with mentorship opportunities to pursue their aspirations. The partnership between YMCAHK and Boundless youth volunteers have changed the lives of hundreds of students. May the Holy Spirit continue to accompany these young people in finding their true purpose in life and realizing their God-given potential.



我的其中一位學員Shirley從A-Life畢業後，與港青協作共同創辦了Boundless。
One of my YMCA mentees Shirley graduated from A-Life and co-founded Boundless.

YMCAHK sent two staff to Youth Unify 2025 "Called to be Closer" hosted by YMCA Czech Republic. Youth Unify is a global YMCA youth gathering that brings together young people from around the world to learn, share, and build friendships across cultures. Rooted in the YMCA's Christian ecumenical tradition, it creates a safe and inclusive space where participants can experience fellowship and unity, serve others in a spirit of solidarity, and explore how faith and values remain relevant in today's communities. Through dialogue, cultural exchange, and practical action, Youth Unify supports young people in becoming more responsive to both the social and spiritual needs of those around them. We send our staff to be equipped so hopefully one day in the not too distant future there will be a Youth Unify in Asia.

Metropolitan YMCA of Singapore and YMCA of Singapore organized the 1st Asia YMCA Hotel Network Conference in 26 years with the blessings of the Asia & Pacific Alliance of YMCAs. The Conference was hosted by YMCA Kuala Lumpur in July with the theme "Building a Legacy of Impact". The keynote address "The Sacred Calling of Hospitality" reaffirms Jesus as the foundation of the YMCA hospitality, grounding the work of YMCA hotel and hostel services in Biblical principles that call for love, service, and welcome to all. 34 participants



亞洲基督教青年會酒店網絡會議
The Asia YMCA Hotel Network Conference

from 11 YMCAs unanimously adopted the acronym HOTEL that stands for Home, Opportunities, Transformation, Excellent and Leadership; and therefore the mission: "A YMCA Hotel is a *Home* away from home, that provides *Opportunities for Transformation* of body, mind and spirit through *Excellent* services and servant *Leadership*". Participants shared our expertise and best practice in rate management, strategic pricing, marketing strategies and sustainable operations. Thank you, Iris our General Manager for leading The Salisbury delegation to make meaningful contribution to the conference.

When Jesus came down the mountain with the newly appointed 12 apostles, a great crowd of his disciples and a large number of people came from near and far to hear him and be cured of their diseases. Jesus taught them many things from the Sermon on the Plain — the blessed and the woe, love your enemies, do to others as you would have them do to you, forgiveness, hypocrites versus true spiritual leaders, how to distinguish a good tree and a bad tree from their fruit, and the two foundations. Their journey continued as recorded in *Luke 6-9* with many miracles, teachings, oppositions, death of John the Baptist, Transfiguration and Jesus' prediction of his passion. All these led to the *Mission of the 72* whom Jesus appointed and sent ahead of him in pairs to every town and place he intended to visit. Like the *Mission of the 12*, the 72 disciples were commanded not to bring anything on their journey but "peace" and to proclaim *"the Kingdom of God is at hand"*.

Jesus never promised his disciples an easy life. He even warned that we would at times feel like lambs among wolves. But God has made us a fortified city, a pillar of iron and a wall of brass. Our adversaries would fight against us, but not prevail over us, for He is with us to deliver us. Lord, grant us the strength to stand at the foot of your cross that we may have the faith, courage and obedience to do the will of God and unite our disappointment and burden in YMCAHK with the sacrifices of Jesus as we continue to serve You on our journey of faith. The harvest is abundant at YMCAHK but disciples are few, please send us disciples for the harvest as we approach our Centennial and will soon embark on the 2nd 100 years of YMCA on Salisbury Road.

Keep YMCAHK, O God, for in You we take refuge. We say to the LORD, "You are our Lord." You alone are our portion and our cup, it is You who hold fast YMCAHK..... We bless the LORD who counsels us; even in the night our hearts exhort us. We keep our eyes always on the Lord. With Him at our right hand we shall not be disturbed..... You will show YMCAHK the path of life; You will fill YMCAHK with joy in your presence, with delights at Your right hand forever.

May the Holy Spirit enkindle in our hearts the fire of God's love. May we be appointed as the disciples of Jesus to bring peace and to proclaim the Kingdom of God with our work. May we be called to be signatories of the Paris Basis to continue with the Mission of the YMCA.

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

Peter Ho

General Secretary / Chief Executive Officer

VISION 2030
促進社區全人健康 Community Wellbeing
推動可持續發展 Sustainable Planet
提倡和平共融世界 Just World



港青夏令營與孩子一同 乘風破浪、探索自我

YMCAHK Summer Camps: Riding the Waves and Exploring Self with Children

暑假是孩子擺脫常規、探索自我、讓成長超乎想像的黃金時光。今年夏天，港青日營部一如以往，為孩子帶來不一樣的體驗。「海洋探索營（“Explorer Day Camp”）」與「小小創業家營（“Little Entrepreneur Day Camp”）」為孩子們打造了一段充滿挑戰與驚喜的旅程。孩子們帶回家的，不只是歡樂的回憶，更是伴隨一生的成長印記。

Summer is a golden opportunity for children to break free from routine, explore themselves, and experience growth beyond imagination. This summer, as always, YMCAHK's Camping Unit offered children extraordinary experiences. The “Explorer Day Camp” and “Little Entrepreneur Day Camp” provided a journey filled with challenges and surprises. Beyond the summer's joy, the children carried home a lasting imprint of transformation.

海洋探索營：
了解海洋奧秘 在遼闊大海中感受神的創造

「海洋探索營」將大自然與海洋變成最生動的教室。孩子們透過各項趣味任務認識海洋生態的奧秘：在大尾督體驗獨木舟的樂趣，親身感受與海洋互動、透過海洋生態觀豚之旅親眼見證海豚自在悠游、並在沙灘狂歡活動中盡情享受水上遊戲。這些體驗不僅讓孩子學習尊重神所創造的天地萬物，更在歡笑中收穫最純真的快樂與勇氣。

小小創業家營：
在創造與給予中學習社會責任與創新思維

「小小創業家營」則徹底激發孩子的創造力與商業頭腦。孩子們學習將回收材料巧妙轉變為獨一無二的環保商品，從中體現可持續發展的理念。

他們所學的遠不止於手工製作，更是從財務規劃、市場行銷、產品設計到學習生產周期，全面體驗創業過程。孩子們像真正的企業家一樣，為經營周末市集做足準備。當他們向父母自豪地展示並售出親手創作的作品時，臉上那份自信與成就感，成為金錢無法衡量的珍貴成長印記。

最令人感動的是，孩子們在日營中親手設計的日常必需品捐贈給社會上有需要的人。這個溫暖行動將「創業」的意義從個人成就提升至社會責任，讓孩子們深刻體會到自己的創造力能夠真實地溫暖社區。







體驗學習：成長的催化劑

真正的成長源於親身實踐與深刻體悟。無論是海洋的壯闊教會孩子對大自然的尊重，或是創業過程培養的創新思維與社會關懷，這些寶貴的價值觀將內化為孩子生命中最堅實的基礎，陪伴他們走向未來。

這個夏天，孩子們的笑聲、汗水、驚嘆與感動，共同匯聚成一段段獨一無二的成長印記。港青期待繼續與孩子們一起寫下更多勇敢、溫暖且充滿創意的成長篇章。

Explorer Day Camp: Discovering the Ocean – Experiencing the Wonders of God's Creation

The "Explorer Day Camp" turned the ocean into a dynamic classroom. Through engaging tasks, children learned about marine ecosystems and the vital role oceans play in sustaining life on Earth. They experienced the kayaking and water adventure fun day at Tai Mei Tuk. During the dolphin-watching tour, they witnessed dolphins swimming freely in their natural habitat. The children were also delighted by exciting water-themed activities and hands-on learning, which kept them actively engaged and beaming with smiles.These experiences instilled in children a respect for God's creation.

Little Entrepreneur Day Camp: Fostering Social Responsibility and Innovative Thinking through Creativity and Giving

The "Little Entrepreneur Day Camp" fully ignited children's creativity and business acumen. Children learned to skillfully transform recycled and upcycled materials into unique marketable products, embodying the principles of sustainable planet.

Their learning went far beyond handicrafts. From financial planning and marketing to product design and understanding production cycles, they experienced the entire entrepreneurial process. Like true entrepreneurs, the children prepared thoroughly for managing market fairs. As they confidently presented and sold their handmade creations, the pride on their faces served as a priceless imprint of their personal growth.

Most touchingly, the children donated tailor made items to homeless individuals. This heartfelt action elevated the meaning of "entrepreneurship" from personal achievement to social responsibility, allowing the children to deeply understand how their creativity can genuinely warm and impact the community.

Experiential Learning: The Catalyst for Profound Growth

Impactful growth stems from practical learning and profound reflection. Whether it was the vastness of the ocean teaching children respect for nature or the entrepreneurial process fostering innovative thinking and social awareness, these valuable values will become a solid foundation in their lives, guiding them toward the future.

This summer, the children's laughter, sweat, amazement, and emotions converged into unique imprints of growth. YMCAHK looks forward to continuing to write new chapters filled with bravery, warmth, and creativity alongside them in the years to come.







VISION 2030

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六天能改變甚麼？一場關於施與受的學習旅程 Boundless越南海外服務交流團

What Can Change in Six Days? A Lesson in Giving and Receiving Boundless Overseas Service Exchange to Vietnam

Boundless於2025年7月28日至8月2日前往越南胡志明市，展開為期六天的海外服務與文化交流之旅。團員深入了解當地社區，透過探訪兒童療養院和庇護所、參與餐廳義工服務等行動，實踐基督「愛人如己」的精神。行程特別安排參觀戰爭遺跡博物館，並與越南青年會青年進行文化交流，深化對當地社會文化的認識。

在旅程中，團員更透過每日的反思與祈禱環節感受神的引領。此次旅程不僅讓團員深刻體會「施比受更為有福」的真諦，而服務他人的經歷也成為啟發個人成長的重要契機。

From July 28 to August 2, 2025, Boundless embarked on a six-day overseas service and cultural exchange trip to Ho Chi Minh City, Vietnam. Participants immersed themselves in the local community, living out the Christian values of "loving thy neighbor as thyself" through visits to children's rehabilitation centers and shelters, volunteer work at local restaurants, and more. The itinerary included a visit to the War Remnants Museum and a cultural exchange session with members of YMCA Vietnam, deepening the group's understanding of local society and culture.

Throughout the journey, participants engaged in daily reflection and prayer, sensing divine guidance. This experience not only allowed them to grasp the true meaning of "it is more blessed to give than to receive", but also served as a catalyst for personal growth.

從參與者到領袖：廖謙瑜（Joanne）的蛻變

第9屆Boundless籌委會成員

廖謙瑜（Joanne）是第7屆Boundless學員，現為第9屆籌委會成員。在這次越南之旅中，她從參與者的角色蛻變為領袖，承載著旅程策劃與團員引導的使命。「在上次的蒙古交流團，我是蒙恩的參加者，單純享受服務的喜悅；而這次作為委員，我需要學習聆聽團員的心聲，帶領反思，並賦予他們學習空間。」出發前，一些團員因近期東南亞局勢不穩而對交流團的安全產生擔憂。「作為委員，我需要以事實和清晰的解釋，向他們及其家人保證行程的安全性。」在解釋之後，他們最終放心參與，這讓Joanne學會了以耐心和事實回應疑慮，體現了神的引領。





越南服務期間的深刻體驗……

在越南兒童療養院的經歷讓Joanne深有感觸。她們為患有腦麻痺和唐氏綜合症的兒童提供服務，包括餵食和按摩。這些兒童的父母因越戰化學武器的後遺症影響，導致下一代出現先天性缺陷。「他們語言能力有限，卻用聲音和觸感與我們交流，以純真的笑容回應。這讓我放下對傷健人士的刻板印象，學會平等相待。」Joanne說：「沒想到戰爭竟能與自己如此近。」參觀戰爭遺跡博物館的經歷讓她震撼於越南人在苦難中的寬容和勇敢。「那些赤裸的歷史照片，見證了越南人勇敢、堅強的精神，讓我體會和平的可貴。」

團員亦參觀當地一間照顧孤兒和弱勢社群的兒童庇護所。孩子們主動分享糖果的舉動讓Joanne動容。「即使語言不通，孩子們也能透過真誠的互動與我們建立聯繫，那份簡單純真的本質觸動了我。」院長的話尤其啟發：「院長提醒我們：這些孩子並非只是『受助者』，他們同樣擁有尊嚴與快樂的權利。」

Joanne特別感謝越南青年會團隊的付出：「越南青年會團隊僅由一名職員與三名義工組成，但卻為我們的服務交流團照顧周到。」

加入Boundless的成長收穫

Joanne分享了她成為Boundless籌委會成員的緣由，這一切要從她加入Boundless說起。「最寶貴的是師友制度（Mentorship）和海外交流的機會，我曾因師兄的分享找到方向，現在希望以委員身份幫助他人拓寬視野。」Joanne引用《以賽亞書》40:29-31勉勵自己與團員：*「少年人也要疲乏困倦，但等候耶和華的必重新得力。他們必如鷹展翅上騰；他們奔跑卻不困倦，行走卻不疲乏。」*這正是服務中經歷疲憊卻仍堅持的力量來源。她鼓勵青年人參與Boundless，一同探索世界、一同學習與服務，如鷹展翅上騰。






Dora

曾子桐（Dora）的信仰啟蒙：在服務中遇見愛

第9屆Boundless學員

首次參與海外服務的第9屆學員曾子桐（Dora），在越南經歷了信仰與心靈的轉變。在兒童庇護所中與一群6至17歲的傷健兒童和青年一起玩團體遊戲、教授英文，並透過唱歌跳舞進行互動，她真切體會「施比受更為有福」的喜樂。「孩子們雖有身體限制，卻以熱情參與回應，讓我看見生命的韌性。」

Dora也被越南人的善良與純樸深深感動。在餐廳幫忙準備食物、清洗碗碟，並為低收入人士派發餐點時，當地員工的細心照顧與跨階層義工的無私奉獻，讓她反思香港急速節奏生活中遺失的簡單美好。「原來快樂可以如此純粹。」

對越南青年會的深刻印象……

Dora特別提到一位15歲的義工因簽證問題放棄歐洲旅行，卻全心投入為是次服務籌備。「他為我們安排行程細節，默默付出卻不求回報，這份奉獻讓我深受觸動。」Dora感恩整個交流團順利舉行，尤以告別時的感恩環節最為難忘：「我們用手指印製作了一張Boundless標誌的感謝卡，送給這四位義工，以表達我們的感激。」

信仰的啟發

雖非基督徒，但越南之旅的祈禱環節讓她感受到信仰的力量。旅程中失聲的她，在團契祈禱中感受平安，求神醫治她。「當我開口向神求助，竟發現祂一直同在，讓我學會在面對挑戰時祈禱求神帶領。」她以《雅各書2:8》*「要愛人如己」*和《使徒行傳20:35》*「施比受更為有福」*來勉勵自己。「Boundless讓我發現，服務不僅是給予，更是被純真治癒的過程。」

Joanne與Dora的故事，體現Boundless透過師友制度與海外服務等項目培育青年成長。從職涯規劃到生命教育，成員在服務中學習謙卑、在文化交流中拓寬視野，更在信仰反思中找到前行力量。

正如Dora所言：「這裡教會我以愛回報愛。」而Joanne的領袖之路，則見證Boundless如何塑造願意承擔的下一代。這趟越南之旅，不僅是六天的服務，更是關於愛、平等與成長的課題。





From Mentee to Committee: Joanne's Transformation

(Committee Member of the 9th Cohort of Boundless)

Joanne, a former mentee of Boundless's 7th Cohort and now a committee member of the 9th Cohort, transitioned from participant to leader — taking on responsibilities for planning and guiding the team throughout the Vietnam service trip. Reflecting on her experience, she shared, "During the previous service trip to Mongolia, I was a blessed participant, simply enjoying the joy of serving. This time, as a committee member, I needed to learn to listen to the team's concerns, lead reflections, and create learning opportunities for them." Before departure, some participants expressed safety concerns due to recent regional instability. "As a committee member," Joanne explained, "I provided clear, factual reassurance to them and their families." These discussions ultimately eased their worries — teaching Joanne to respond with patience and facts, with the guidance of God.

Profound Experiences During the Vietnam Service Trip

Joanne was deeply moved by her time at a children's rehabilitation centre in Vietnam. The team served children with cerebral palsy and down syndrome, assisting with feeding and massage sessions. Many parents were affected by chemical weapons from the Vietnam War, resulting in congenital disabilities in their children. "Though their verbal abilities were limited, they communicated through sounds and touch — responding with pure, innocent smiles," Joanne shared. "It helped me let go of stereotypes and learn to treat everyone equally. I never imagined the war could feel so close." A visit to the War Remnants Museum deepened her awe for the resilience of the Vietnamese people. "Those raw photos witnessed their bravery and strength, making me appreciate peace." she reflected.

At a local shelter for orphans and vulnerable children, Joanne was touched by the children's initiative to share candies. "Even without a common language, their genuine interactions connected us. Their simplicity moved me." The shelter director's words resonated deeply: "These children are not just 'recipients of aid' — they deserve dignity and happiness."

Joanne expressed special gratitude to the YMCA Vietnam, noting: "With just one staff member and three volunteers, they took exceptional care of our service trip."

Growth and Gains from Boundless

Reflecting on her journey, Joanne shared her motivation for becoming a Boundless committee member. "The mentorship and overseas exchange opportunities have been most valuable to me," she explained. "I once found direction through a senior's guidance — now I hope to help others broaden their horizons in the same way." Joanne drew inspiration from Isaiah 40:29-31 to encourage herself and the team: *"He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint ."* This verse became a source of strength during moments of exhaustion in service. She encourages young people to join Boundless — to explore, learn, and serve together, and to soar on wings like eagles.

Dora's Faith Awakening: Encountering Love Through Service

(Mentee of the 9th Cohort of Boundless)

Dora, a first-time participant in an overseas service program, experienced a transformation of faith in Vietnam. At a children's shelter, she engaged with children and youth aged 6 to 17 with disabilities through group games, English lessons, and interactive singing and dancing activities. She truly felt the joy of "it is more blessed to give than to receive. Despite their physical limitations, the children responded with enthusiasm, showing me the resilience of life."

She was also struck by the kindness and simplicity of the Vietnamese people. While helping prepare and distribute meals for low-income families, Dora witnessed selfless dedication across social boundaries. "It made me rethink what true happiness is — it can be so pure," she reflected.

Impressions of the YMCA Vietnam

Dora specifically mentioned a 15-year-old volunteer who gave up a trip to Europe due to visa issues but wholeheartedly dedicated himself to preparing for the service. "He arranged details for our itinerary, working tirelessly without seeking anything in return. Dora expressed gratitude for the smooth execution of the exchange, particularly the farewell session: "We made a thank-you card with thumbprints forming the Boundless logo and presented it to the four volunteers to express our appreciation."

Inspiration in Faith

Although not a Christian, Dora felt the power of faith during the prayer sessions in Vietnam. During the trip, she lost her voice but found peace in group prayers, asking God for healing. "When I opened my heart to seek God's help, I realized He had always been there. This taught me to pray for guidance when facing challenges." She encouraged herself with James 2:8, *"Love your neighbor as yourself,"* and Acts 20:35, *"It is more blessed to give than to receive."* Boundless helped me realize that service is not just about giving — it's also about being healed by purity and innocence."

The stories of Joanne and Dora reflect how Boundless nurtures youth growth through mentorship and overseas service programs. From career planning to life education, members learn humility through service, broaden their horizons through cultural exchange, and find strength through reflections.

As Dora learned, "to repay love with love," and Joanne grew into leadership, this Vietnam trip was not just six days of service — it was a lesson in love, equality, and growth.



「傲翔新世代」全方位青年領袖訓練計劃 25週年晚宴

Youth Leadership Development Scheme (YLD) 25th Gala Dinner

2025年7月19日，「傲翔新世代」全方位青年領袖訓練計劃隆重舉辦二十五週年晚宴，逾六十位來自不同屆別的舊生齊聚一堂，溫馨回顧歷年精彩點滴，場面洋溢著深遠的意義與價值。

晚宴特別設置了象徵傳承的火炬傳遞環節：首屆學員Heidi（現為港青同工）作為主火炬手，將代表「傲翔新世代」精神的火炬莊重傳遞給數位學員代表，象徵計劃二十五年來綿延不絕的使命傳承、薪火相傳，更寓意未來道路將繼續被這份光明與熱情照亮。

席間首度發佈由舊生創作的主題曲〈致青春的你〉及紀念影片，作品真摯記錄青年成長路上的歡笑與挑戰，並寄語大家無論前路如何，勿忘在「傲翔新世代」中所領受的教誨與情誼。



晚宴同時設有互動環節，透過輕鬆的遊戲重溫計劃的發展歷程與核心價值，並鼓勵舊生積極參與未來活動，共同推動計劃邁向新高峰，延續「傲翔新世代」精神。

這一夜，不僅是歡慶與重逢，更是使命延續的新起點 — 傳承之火，自此燃向更遠的未來。

On July 19, 2025, the Youth Leadership Development Scheme (YLD) celebrated its 25th anniversary with a grand gala dinner. United by shared history, over sixty alumni gathered for an evening of warm reminiscence, creating a profoundly meaningful celebration of their collective journey.

The evening featured a special symbolic torch-passing ceremony, with Heidi, 1st cohort of YLD member (currently a YMCA staff member) serving as the lead torchbearer. She solemnly passed the torch, symbolizing the YLD spirit, to representatives from the subsequent cohorts. This meaningful ritual symbolized the program's uninterrupted legacy over twenty-five years — the passing of the torch from generation to generation — and signified that the path ahead would continue to be illuminated by this light and passion.

The event also marked the debut of the alumni's self-composed theme song and a commemorative video. These heartfelt works authentically documented the joys and





challenges of their growth journey, conveying an important message: no matter what lies ahead, one should never forget the lessons and friendships gained through YLD.

Interactive segments featured lighthearted games that revisited the program's development history and core values. Alumni were encouraged to actively participate in future activities, working together to elevate the program to new heights while perpetuating the enduring YLD spirit.

The evening represented not only a celebration and reunion but also a new beginning — the flame of YLD has been kindled anew, now burning brightly toward an even brighter future.

簡介

「傲翔新世代」全方位青年領袖訓練計劃
Youth Leadership Development Scheme (YLD)

港青自2001年舉辦「傲翔新世代」全方位青年領袖訓練計劃，透過一系列的領袖訓練，培育中三至中五的學生成為敢於挑戰、勇於承擔及積極參與社會事務的青年人。計劃以「體驗學習」和「歷奇為本」為訓練原則，使參加者能夠掌握領袖素質及達致個人成長反思的效果。

Established in 2001, the Youth Leadership Development Scheme (YLD) aims to empower students in secondary 3 to 5, enabling them to become individuals who dare to challenge, take responsibility, and actively engage in social affairs through a series of leadership training activities. The programme is based on "Experiential Learning" and "Adventure-Based" approaches, allowing participants to develop leadership qualities and reflect on their personal growth.



致青春的你

歌詞

Verse 1

往日 青春裏每一張臉
某天再遇 已成年
故事回到 初識 那瞬間

再多困惑 去覓尋
挫敗嘗試 在每次奮鬥共成長

Chrous 1

路途縱崎嶇 亦決心前去
無懼風雨 牽手不顫抖
有淚有歡笑 星空下堅持
迎接這刻 相擁 這戰友

Bridge

期待與你再經歷 無奈各有理想要追
就算歲月會有變化 但意念從未變卦
看到這裡仍有光嗎

Chrous 1

路途縱崎嶇 亦決心前去
無懼風雨 牽手不顫抖
有淚有歡笑 星空下堅持
迎接這刻 相擁 這戰友

Chrous 2

往事已很遠 問你可回看
回到這裏 承存拼搏與見識
未來每一篇 在旁支撐護蔭
願你可以 不擔心去試

Coda

時日怎過 回來始終有你位置



同行百載 千載傳承
香港基督教青年會九龍區賣旗日2025圓滿舉行
A Century of Togetherness, A Legacy for Millennia
YMCA of Hong Kong Flag Day 2025 Kowloon Region





2025年是港青於尖沙咀梳士巴利道總部成立百周年的重要里程碑。為慶祝這個重要時刻，港青於2025年6月21日舉行九龍區賣旗日，標誌着百年服務精神的傳承與延續。儘管當日天氣酷熱，仍有超過數百位義工穿梭於九龍各區，遍佈尖沙咀、長沙灣、啟德、美孚、紅磡、旺角及觀塘的街頭，積極參與賣旗籌款，以實際行動支持青年發展及社會服務。

是次賣旗日匯聚各界力量，包括港青管理層團隊、同工、中學、小學及幼稚園師生和家長、地區中心同工、制服團隊、會員、青年人及合作夥伴等。眾人齊心協力，透過街頭募捐傳遞關愛精神。今年的賣旗日更推出線上金旗認購，善長可透過港青賣旗日專屬網站進行金旗認購，讓愛心跨越地域與時間限制，讓更多市民能便捷參與這項極具意義的百年盛事活動之一。賣旗日所籌得的善款將用於推動社會服務、支持青年人發展、改善基層家庭的生活質素和促進本地種族融和。

衷心感謝義工及社會各界的無私付出和慷慨支持。讓我們繼續攜手同行，秉承「同行百載 千載傳承」的百年主題，將基督之愛薪火相傳。

期待在未來的服務及義工活動中再次與各位相聚，一同創造更多感動瞬間！







2025 marks the Centennial Celebration of the YMCA of Hong Kong Headquarters on Salisbury Road, Tsim Sha Tsui, a significant milestone in our history. To celebrate this momentous occasion, the YMCA of Hong Kong held a Flag Day in the Kowloon Region on June 21, 2025, symbolizing the inheritance and continuation of a century-long spirit of service. Despite the sweltering heat, over several hundred volunteers enthusiastically took to the streets in Tsim Sha Tsui, Cheung Sha Wan, Kai Tak, Mei Foo, Hung Hom, Mong Kok and Kwun Tong, actively participating in the fundraising event to support the YMCA of Hong Kong's youth and community services. Their dedication showcased the vibrant community spirit and commitment to the YMCA of Hong Kong's mission.

This flag day brought together strengths from all sectors, including the YMCA of Hong Kong's management team, staff, teachers, students and parents from secondary, primary and kindergarten schools, colleagues from district centres, uniformed groups, members, young people, and partners. They showed care and compassion through their actions, spreading love through street fundraising. This year, the YMCA of Hong Kong also introduced an online gold flag donation, allowing donors to contribute via website, enabling acts of kindness to transcend geographical and temporal boundaries and making it easier for more citizens to participate in this meaningful centennial event. The funds raised will provide all-round services for those in need, improve the quality of life for underprivileged families, and foster intercultural harmony in the community.

We sincerely thank the volunteers and all sectors of society for their selfless support for the YMCA of Hong Kong (Kowloon Region) Flag Day 2025. Their generous contributions and unwavering dedication have made this centennial celebration a resounding success. May we continue walking together in the days ahead, carrying forward the centennial theme of "A Century of Togetherness, A Legacy for Millennia" and sharing Christ's Love with generations to come. We look forward to reuniting in future volunteer efforts, creating more heartwarming moments together!



曾憲顥 Tsang Hin Ho Hugo
港青「傲翔新世代」全方位領袖訓練計劃舊生會主席、日營部兼職員工
Chairman of YMCA Youth Leadership Development Scheme (YLD) Alumni Committee, Part-time staff of YMCAHK Camping Unit



從服務使用者到服侍他人：青年領袖Hugo的成長印記

From to be served to Serving Others: The Growth Journey of Youth Leader Hugo

現就讀大學二年級的曾憲顥（Hugo），自2021年中三時經學校推薦參加港青「傲翔新世代」全方位領袖訓練計劃（Youth Leadership Development Scheme，簡稱YLD）後，便一直積極參與港青的各項服務及活動，「參加YLD時正值疫情，整整三個月都是透過ZOOM與台南的基督教青年會的青年領袖交流和合作，那是一段非常奇妙的經歷，疫後我們也有親身見面，至今仍保持聯絡。」YLD的一段美好經歷，加上港青同事的鼓勵下，令Hugo漸漸成為港青活躍的一員，積極參與YLD舊生會活動的策劃及各項青年相關服務與活動。今年，Hugo不但擔任YLD舊生會主席，更在港青會員及社區服務部高級總監單芷筠女士（Vivian）的推薦下擔任西九聯青社副主席。除了參與義務工作外，Hugo更以日營部兼職員工身份服侍他人，負責帶領和照顧參加日營的幼兒。



Hugo（右1）由過往服務使用者身份蛻變成為港青員工服侍他人，負責帶領和照顧參加日營的幼兒。
Hugo (1st from right) has transformed from his previous role as a service recipient to now serving others as an employee of YMCA, where he is responsible for leading and caring for young children participating in day camps.

回顧這幾年的成長與蛻變，Hugo坦言從服務使用者到港青員工，這個身份上的轉變獲益良多，「當我還是YLD參加者或舊生時，我的身份仍然是一個服務使用者，在有需要時得到港青同事的協助與支援；但當我成為港青員工時，我肩負的責任更多，要與同事並肩作戰，去面對工作上的挑戰。」Hugo表示非常敬佩港青日營部的上司Esther，直指從她身上不單學習到認真、嚴謹的工作態度，更讓他重新思考何謂「領袖」，「以前覺得領袖的意思是領導、帶領其他人，但經過在港青工作後，我領會到領袖更深層次的意義，是在於賦權、團結、服侍他人的心。」



自中三時獲學校推薦參加「傲翔新世代」全方位領袖訓練計劃後，Hugo（左1）全程投入港青各項青年領袖活動。
Since being recommended to participate in the YMCA Youth Leadership Development Scheme (YLD) in his third year of secondary school, Hugo (1st from left) has fully immersed himself in various youth leadership activities organized by the YMCA.

Hugo在兼顧學業的同時，亦全程投入港青的各項活動與服務，他笑言母親會說他「返YMCA多過返屋企」，但這句說話背後卻是來自滿滿的自豪與欣慰。「我來自基督教家庭，積極參與港青的活動，就是神把我帶回身邊，讓我心中充滿喜樂與感恩。」

展望未來，Hugo期望更深入參與港青的青年服務，貢獻己力，並期待與世界各地基督教青年會的青年有更多交流機會，擴闊視野，豐富自己作為青年領袖的成長之路。



在港青會員及社區服務部高級總監單芷筠女士（右5）的推薦下，Hugo（右2）擔任了西九聯青社副主席。
Upon the recommendation of Ms. Vivian Shan (5th from right), Senior Director of Member and Community Services at YMCA, Hugo (2nd from right) assumed the role of Vice Chairman of the Y's Men Club (West Kowloon).

Currently a second-year university student, Hugo Tsang Hin-hoi has been actively involved in various services and activities of YMCAHK since 2021 when he was recommended by his school to join the Youth Leadership Development Scheme (YLD) during his third year of secondary school. "I participated in YLD during the pandemic. For three whole months, we communicated and collaborated with youth leaders from the YMCA in Tainan via Zoom. It was truly an amazing experience, and we eventually met in person after the pandemic. We still keep in touch today." Hugo shared. This positive experience, coupled with encouragement from YMCA staff, inspired Hugo to become an active member of the association. He enthusiastically participated in planning alumni activities for YLD and engaged in various youth-related services and events. This year, Hugo not only serves as the chairman of the YLD Alumni Association but was also recommended by Ms. Vivian Shan, Senior Director of Member and Community Services at YMCA, to assume the role of Vice Chairman of the Y's Men Club (West Kowloon). In addition to his volunteer work, Hugo also serves as a part-time employee in the Camping Unit, where he leads and cares for young children participating in day camps.

Reflecting on his growth and transformation over the years at YMCAHK, Hugo acknowledged that the transition from a service recipient to an employee has been immensely rewarding. "When I was an YLD participant or alumni, I was still a service recipient who could seek assistance and support from YMCAHK staff when needed. But as an employee, I shoulder greater responsibilities and work alongside my colleagues to tackle every challenge at work," he explained. Hugo expressed deep admiration for his supervisor, Esther, from the Camping Unit, noting that he has not only learned a serious and rigorous work ethic from her but also gained a renewed understanding of what it means to be a leader. "I used to think that a leader was someone who directs and guides others. However, after working at YMCAHK, I've come to realize that the deeper meaning of leadership lies in empowerment, unity, and passionate to serve others."

While balancing his academic studies, Hugo remains fully dedicated to YMCA's activities and services. He joked that his mother occasionally says he "spends more time at the YMCA than at home," but her words are filled with pride and contentment. "I come from a Christian family, and my active involvement in YMCAHK's activities is a way God has drawn me closer to Him, filling me with joy and gratitude," Hugo shared.

Looking ahead, he hopes to contribute even more to YMCAHK's youth services and seize opportunities to engage with YMCA youth from around the world, broadening his horizons and enriching his journey as a youth leader.



Hugo（前中）更成為了港青日營部兼職員工，坦言在上司Esther（前右1）身上獲益良多。
Hugo (centre, front) has also become a part-time employee in the YMCA Camping Unit, openly acknowledging that he has greatly benefited from his supervisor Esther (1st from right, front).

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梁儲文
Leung Chu Man
港青酒店樓層清潔員
House Cleaner, The Salisbury

從實習生到大師兄：港青酒店文仔的職涯印記

From Trainee to Senior Brother : The Career Journey of Man at The Salisbury

在港青酒店的七年歲月中，梁儲文（文仔）從一位青澀的房務員實習生，逐步成長為獨當一面的樓層清潔員，更成為指導後輩的「大師兄」。這段旅程不僅見證了他在專業上的成長，更蘊含著基督教青年會賦權青年人的精神與溫暖傳承。

Over the past seven years at The Salisbury, Leung Chu Man (Man) has transformed from a fresh-faced housekeeping trainee into a skilled house cleaner — and, even more importantly, a senior brother guiding new trainees. His journey reflects not only professional growth but also the warmth of empowering youth and sharing knowledge.

2018年，文仔從匡智學校的酒店房務部課程畢業後，進入港青酒店實習。兩個月的實習期間，他專注於房間清潔、整理床鋪等基礎工作，表現出色，因而獲聘為全職房務員。「當時主要負責打掃房間。」雖然是簡單工作，但文仔一絲不苟。

兩年前，他的職涯迎來轉捩點。上司開始指導他操作專業機器，學習清洗地毯與沙發。這項任務難度較高，需要掌握機械操作與清潔技巧，但文仔秉持「邊學邊做」的精神，順利轉型為樓層清潔員。「技能多了，但我很享受獲得這個學習新技能的機會。」

更令他自豪的是，他開始擔任「大師兄」，指導來自展亮技能發展中心的實習生。「他們就像當年的我，需要有人耐心帶領。」從受教者變成指導者，文仔深刻體會到港青強調的賦權青年人與傳承。「以前別人教我，現在我教人，這是一種成長，也是一種回饋。」

對文仔而言，這份工作不僅帶來穩定收入，更能減輕家庭負擔。「港青的同事給予我尊重與關懷，讓我感受到自己的價值。」這種以基督精神為核心的文化，成為他持續進步的動力。

今年農曆新年，文仔到再臨閣用膳慶祝，更與同事一同在港青酒店欣賞煙花。「過去為了看煙花，總是在街上苦等數小時。這次在酒店天台與同事欣賞煙花，另有一番體會。」簡單的時刻，卻映照出他與團隊之間深厚的情誼。

展望未來，文仔決心繼續精進技能，以細心與謹慎的態度面對工作。「客人滿意是最重要的。只要我們用心做事，他們一定會感受到。」從實習生到資深員工，文仔的每一步都刻下他成長的印記，只要堅持與努力，平凡的工作也能綻放非凡光彩。



文仔擔任「大師兄」，指導來自展亮技能發展中心的實習生。
Man took on the role of a mentor and provided guidance to trainees from the Vocational Training Council's Shine Skills Centre.

In 2018, Man graduated from the Hotel Housekeeping program at Hong Chi School and began a two-month internship at The Salisbury. Diligent in his duties — cleaning rooms, making beds, and maintaining high standards — he quickly stood out and was offered a full-time position as a room attendant. “Back then, my main task was cleaning rooms,” Man recalled. Though the work was simple, he approached it with meticulous care.

A turning point came two years ago when his supervisor trained him to operate professional cleaning equipment for carpets and upholstery. This task required technical skill and precision, but Man embraced the challenge with a “learn-by-doing” attitude, eventually transitioning into a floor cleaning role. “I gained new skills, and I truly appreciated the opportunity to grow,” he said.

What makes him most proud, however, is his role as a senior brother, demonstrating professional works to trainees from the Vocational Training Council’s Shine Skills Centre. “They remind me of myself when I first started — they need guidance and patience.” Moving from learner to senior brother, Man deeply understands the YMCA of Hong Kong’s spirit of empowering youth and passing it forward. “I was once taught; now I teach others. That’s growth, and it’s also giving back.”

For Man, this job provides more than just a stable income — it helps support his family. “My colleagues at The Salisbury



treat me with respect and care, making me feel valued.” Respect and caring — rooted in Christian values — have been driving forces in his continuous improvement.

This Lunar New Year, Man enjoyed a meal at The Haven to celebrate the festival and enjoyed fireworks with his colleagues from the rooftop. “In the past, I’d wait for hours on the streets for a good view. Enjoying fireworks from the hotel rooftop with my teammates was a completely different experience.” Such simple moments highlight the strong bonds he shares with his coworkers.

Looking ahead, Man is determined to keep refining his skills and working with diligence and attention to detail. “What truly matters are guest satisfaction. When we give our all to our work, it shows.” From trainee to seasoned professional, every step of Man’s journey leaves a mark of growth — providing that with perseverance, even ordinary work can shine in extraordinary ways.



文仔第一次在港青酒店天台與同事觀賞煙花
Man enjoying fireworks with colleagues from the rooftop of The Salisbury for the first time

「那時，耶穌出去，上山禱告，整夜禱告神。」
"Jesus departed to the mountain to pray,
and he spent the night in prayer to God."

路加福音 Luke 6:12

「耶穌會怎麼做？」（What would Jesus do?）

幾年前，基督教界流行一款只印著「WWJD？」的腕帶。我承認，我也曾佩戴這款腕帶 ── 甚至搭配西裝上班！

當人們終於明白這與世界摔角大賽（順帶一提，那時還沒有「全球資訊網」!）毫無關聯時，他們總會好奇詢問：「這是甚麼？」── 這正是分享基督信仰、開啟屬靈對話的良機。

然而，這也引發一個值得深思的信仰課題：若想用福音影響他人，我們的行動必須與言語一致。

俗語話「坐而言不如起而行」，人們也常說：「我不在乎你說了甚麼，只在乎你做了甚麼。」

這句話提醒我們，「光說不練」這顆子彈，往往射向那些生活中未能活出「WWJD」精神的基督徒。當言行不一時，危機便悄然臨近。

我們需要以聖經和耶穌在世的生命為榜樣。而今天選讀的經文 ─ 路加福音6:12，正是最佳範例：

「那時，耶穌出去，上山禱告，整夜禱告神。」（路加福音6:12）

這段經文的背景是耶穌即將揀選十二門徒。路加福音6:12-16記載，祂從眾跟隨者中選出十二人作門徒的過程。

沒有招聘廣告、獵頭公司，更沒有遴選委員會。那麼，耶穌做了甚麼？

經文告訴我們：在作出這個關鍵決策前，祂走到山上徹夜禱告，用整夜時間尋求父神旨意。

想像那夜的寒露沾衣、山石嶙峋，祂甚至可能連基本的露營裝備都沒有！

但這正突顯了在人生重大抉擇中尋求神引領的重要性。越是重大的決策，越需要禱告。

揀選十二門徒的決定影響深遠 ── 從福音書到使徒行傳都印證了這一點。這不禁令人反思：我們多少次在未尋求祂的旨意的情況下作出關鍵決定？即使是日常瑣事，我們是否配得上那曾自豪佩戴的「WWJD」腕帶？

路加福音6:12為我們勾勒出完美的基督榜樣：

即使是完全的神子耶穌，仍透過禱告尋求指引，這顯明了禱告對每位基督徒的必要性。

這段經文教導我們，禱告應成為生活常態，尤其在面臨重大決定時。它鼓勵我們效法基督，凡事倚靠神、尋求祂的旨意。

身處繁忙都市，我們的生活總被瑣事填滿。這節經文提醒我（其實是我們！）：耶穌特意「退離」日常軌跡，專心尋求神的旨意。

下次當我們需要作出重要決定時，願我們都能自問「WWJD？」。放下手機、暫別常規，留出時間讓聖靈引導。

此刻，我正為大家禱告：願我們所有經過尋求、禱告和順服聖靈所作的決策，都能夠對我們的基督教青年會、我們的城市、我們的至親，甚至我們的工作，產生深遠的影響。



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

WWJD? (What would Jesus do?)

A few years ago, the popular trend in the Christian world was wristbands that merely said "WWJD?". I confess that I would often wear one – even as an accessory to an office suit!

When people had worked out that it had nothing to do with worldwide wrestling (by the way, these were the days before the World Wide Web!) they would invariably ask the question, 'What is that?' – Offering the perfect opportunity to share that you were a Christian and hopefully open a conversation about faith.

But it also represented a major problem: our actions have to reflect our words if we are going to impact people with the gospel.

'Actions speak louder than words.' is a popular idiom.

People say 'I don't believe what you say; I believe what you do.'

'All talk, no action.' is a bullet aimed at Christians who do not reflect WWJD in our lives.

There is a danger when our words and actions don't match up.

We need to look to the Bible and Jesus' earthly life to get our lead. And our chosen verse, Luke 6:12, is a perfect example for us.

Jesus departed to the mountain to pray, and he spent the night in prayer to God. (Luke 6:12).

The context is that Jesus is about to choose his twelve disciples. Luke 6:12 is part of a larger passage (Luke 6:12-16) where Jesus selects twelve men from His disciples to be apostles.

There has been no job advertisement, head hunters or search committee involved.

So what did Jesus do?

Luke 6:12 describes Jesus spending a night in prayer before choosing his twelve disciples.

Before making this crucial decision, Jesus withdrew to a mountain to pray all night. I would imagine it was rather chilly and certainly uncomfortable. We have no reason to even remotely believe He took Any camping equipment!!!!

But what this emphasizes to us is the importance of seeking God's guidance in significant life choices.

This passage highlights the importance of prayer, particularly when facing significant decisions. Jesus's example demonstrates a deep dependence on God and a commitment to seeking His will.

The selection of the twelve was an important decision – as we shall see later in the Gospels and the book of Acts. But it leads me to the question: how often do I make key decisions without consulting God? And even in the smaller, we might say more mundane decisions, do I live up to my "WWJD" wristband that I advertised so proudly?

Luke 6:12 gives me a perfect picture of Jesus's Example.

Even Jesus, fully God, sought guidance through prayer, highlighting the necessity of prayer for all who call themselves Christians.

This passage teaches that prayer should be a regular part of lives, especially when facing important decisions. It encourages dependence on God and seeking His will in all things, just as Jesus did.

We live in a busy city and lead such busy lives. The lesson for me (and us!) from this verse is that Jesus WITHDREW from the routine in order to seek God.

May we ask ourselves, "WWJD?" the next time we need to make a key decision. Let's make time to withdraw from our routine (including putting your cell phone down!) and be guided by God.

I'm praying for us right now, that the decisions we make after making time, seeking God and being guided by His Spirit will have significant impact of our Y, our city, our families, and our jobs.

暑期活動精彩花絮
Summer Activity Highlights

感謝　神。本年度的暑期活動已圓滿結束！讓我們一起回顧這段精彩時光。
Thanks to God, our summer activities have been successfully completed, filled with wonderful memories! Let's take a moment to revisit and cherish these joyful experiences.






















Pet Space










AED
"But seek first his kingdom and
his righteousness, and all these things
will be given to you as well."








廚餘
Food Waste






"Jesus departed to the mountain to pray,
and he spent the night in prayer to God."
「那時，耶穌出去，上山禱告， 整夜禱告神。」
Luke 路加福音 6:12




















EXIT 出口




香港基督教青年會會


Service Trip 2025






Well-being





會員及社區服務部員工退修日
Member & Community Services Staff Retreat 2025

會員及社區服務部員工退修日於2025年6月5日順利舉行，共77位同工出席，更是首次有來自不同部門的員工參與。活動以「啟航」為主題，寓意眾人同在一艘船上，團結協作、各司其職、並肩前行。縱使旅途風浪起伏，我們仍憑信心堅定前行。

通過分組協作，大家進一步加深了彼此瞭解與合作。活動更有詩歌分享、聖經反思及書信環節，讓神的話語撫慰人心，同工之間彼此鼓勵、互相代禱，共同經歷「放下」、「重整」及「一起再出發」的旅程，攜手展望未來。

The Member & Community Services Staff Retreat was successfully held on June 5, 2025, with 77 staff members in attendance. This was the first time that participants from various departments took part. Themed "Sailing", the retreat symbolized our collective journey on the same boat, working together in our respective roles to move forward, steadfast in faith despite challenges.

Through diverse group activities, participants strengthen mutual understanding and collaboration. Through worship, scriptural reflections, and a letter-writing session allowed God's word to comfort participants, while colleagues encouraged and prayed for one another. Together, we embraced the process of "releasing", "refocusing", and "move forward together", looking toward a hopeful future.

















基督教外展 — 療癒詩歌音樂會
Christian Outreach — Healing Music Night

香港人生活節奏急促，往往無暇關顧內心，情感傷痛易被埋藏於日常喧囂之中。為此，港青聯同Mispace及澆靈樂團於2025年7月11日舉辦療癒詩歌音樂會，吸引32位青年及在職人士參與。澆靈樂團分享原創詩歌，創作者述說作品靈感源於神賜的安慰與療癒。音樂會亦設有個人安靜時間，讓參加者在輕柔樂聲中默想內心，將難以言喻的情緒與傷痛化為禱告，全然交託給神。音樂會結束後，參加者駐足分享和代禱。



如詩篇147:3所述：*「祂醫好傷心的人，包紮他們的傷處。」*願我們在繁忙生活中仍能尋回安靜時刻，來到神面前，領受祂的恩典與安慰。

Hong Kong's fast-paced lifestyle often leaves little room for self-care, with emotional wounds frequently unaddressed. To address this, the YMCA of Hong Kong , Mispace, and the Healing Music Worship Team co-hosted a Healing Music Night on July 11, 2025, attended by 32 young people and working individuals.

In addition to worship sharing, the worship team shared original songs, with the creator revealing how God's comfort inspired her work. A quiet time allowed participants to record their pain and emotions, entrusting them to God in prayer. Afterwards, attendees lingered to share and pray together.

As Psalm 147:3 says, *"He heals the brokenhearted and binds up their wounds."* May we find quiet moments to seek God's abundant grace and comfort.

社區共享計劃2025（迪士尼樂園）
Community Involvement Program 2025 (Disneyland)

港青獲「香港迪士尼社區共享計劃」慷慨贈送入場門票，讓基層家庭有機會體驗迪士尼樂園奇妙旅程。港青遂於2025年7月6日及17日安排了600位來自港青兒童發展基金、長沙灣及東涌中心的課餘託管服務及在校課後託管服務計劃的學生和家長、連同東涌區內長者、海外家務助理及本地青年一同入園參觀及暢玩遊樂設施。

是次活動讓孩子、青年、家長、長者及海外家務助理暫忘生活繁憂，共度歡樂時光，締造美好難忘的回憶。









YMCA of Hong Kong received complimentary tickets from the "Hong Kong Disneyland Community Involvement Program 2025" for underprivileged families. On July 6 and 17, 2025, YMCAHK arranged 600 students and parents from the YMCAHK Child Development Fund, as well as After School Care Programme and School-based After School Care Service Scheme in Cheung Sha Wan and Tung Chung Centres, seniors from the Tung Chung area, overseas domestic helpers, and local youth to enjoy a fun-filled day at the park.

The event provided children, youth, parents, seniors, and overseas domestic helpers an opportunity to set aside daily worries and share a joyful experience together, creating cherished memories for all.

港青長沙灣中心 — 2025暑期託管
YMCA of Hong Kong Cheung Sha Wan Centre — Childcare Summer Service 2025

本年度的暑期託管服務「暑期學堂2025」有近50位來自加強託管及恆常託管服務計劃及在校課後託管服務計劃的學生參加，旨在為因工作或其他原因而於暑假期間未能照顧子女的父母提供支援。我們透過多元化的活動與服務，讓孩子全方位學習，度過一個豐盛而難忘的暑假。

本年暑期活動內容豐富，包括學科主題活動、手工創作、社區探索、歷奇訓練、興趣小組、功課輔導及戶外活動等。孩子們透過各類活動探索新領域、學習新技能及認識社區，更從中提升社交能力、解難能力及溝通技巧，進一步增強自信心及自我價值。參加者更獲邀參加暑假完結前舉行的「暑期學堂結業禮」，將暑假期間的所見所學與嘉賓、家長及其他參加者分享，共同見證這段成長歷程。

This year's summer care service, "Summer School 2025", had nearly 50 students participating from After School Care Programme and School-Based After-School Care Service Scheme. The programme is designed to support parents who are unable to care for their children during the summer due to work or other commitments. Through a diverse range of services and activities, children were provided with holistic learning opportunities and enjoyed a fulfilling and unforgettable summer.

This year's summer service featured a wide variety of engagements, including subject-themed sessions, creative craft workshops, community exploration, adventure-based activities, special interest groups, homework tutoring, and outings. Through these activities, children had the opportunity to explore new areas of knowledge, learned new skills, and got to know the community. The activities enhanced participants' social skills, problem-solving abilities, and communication skills, boosting their self-worth and confidence.

Participants were also invited to the "Summer School Graduation Ceremony" held at the end of the summer, where they shared their experiences and learnings with guests, parents, and other participants, witnessing the children's growth together.









港青長沙灣中心就業支援服務 — 勞工權益知多D講座
YMCA of Hong Kong Cheung Sha Wan Centre — Labour Rights Talk



長沙灣中心就業支援服務團隊於8月邀請工聯會到中心舉辦勞工權益講座，共吸引20位待業人士參與。講座內容涵蓋多項重要的勞工權益議題，包括工傷處理、勞工保障，以及欠薪問題的應對方法等。是次講座進一步協助待業人士掌握更多保障自身權益的知識，為重新投入職場作更好準備。

In August, the Employment Support Services invited the Hong Kong Federation of Trade Unions (HKFTU) to host a seminar focused on labour rights. The session was attended by 20 unemployed individuals and covered essential topics such as workplace injury compensation, labour protections, and methods to address unpaid wages. The seminar provided practical knowledge to help participants better safeguard their rights and prepare for reintegration into the job market.





港青長沙灣中心夏日多元閃耀樂繽紛

YMCA of Hong Kong Cheung Sha Wan Centre Summer Multi-Joyful Shining Fun

夏季是學生和家長探索和培養興趣的最佳時機。港青長沙灣中心的多元文化融會團隊今年夏季推出了一系列精彩活動，包括「花式足球技巧訓練」、「藝術展才華」、「下午好料理」及「夏日打卡In & Out」，為參與的家庭帶來豐富多元的體驗。

「花式足球技巧訓練」

自2025年7月27日起，一連6個星期日舉行了花式足球技巧訓練。這是中心首次開辦此類課程，共8位7至13歲的足球愛好者參加。在足球教練黃秋然的指導下，學員們掌握了多項足球技巧，展現出濃厚的學習興趣與潛力。

「藝術展才華」

「藝術展才華」活動於2025年7月22日開始，為期五週。兩組共9名學生參與多項手工藝，包括製作手搖飲品鎖匙扣、捕夢網編織、陶藝製作，以及運用3D泡沫質感紙繪畫立體畫；最後一節課更合力完成一幅大型合作畫作，展現創意與團隊精神。

「下午好料理」

在2025年7月27日和8月3日，我們舉辦了兩節「下午好料理」，由中心的印度籍兼職導師帶領5組本地家庭，共同創作融合風味的創意料理。首場主題為「冬蔭功意大利粉」，第二場則為「港式奶茶布朗尼」，活動與港青提倡和平共融世界小組合作，促進文化交流與共融意識。

「夏日打卡In & Out」

「夏日打卡In & Out」結合室內遊戲與戶外參觀，為親子提供多元活動體驗。我們參觀了香港藝術館和麗都海灘，拓展藝術視野與自然體驗。此外，我們特別為5位青少年提供義工領袖訓練，強化其團隊協作與領導能力，讓他們在遊戲日中帶領學生小組，實踐所學。

這些活動不僅激發創造力、培養團隊精神，更為家庭創造了寶貴的交流機會與美好回憶。我們期待在這個夏天，繼續與大家共創更多豐富難忘的體驗！



Summer offer an ideal opportunity for students and parents to explore and nurture new interests. The multicultural integration team at the YMCA of Hong Kong Cheung Sha Wan Centre organised a series of engaging activities, including “Freestyle Football Training”, “Art Is Talent”, “Summer Check In & Out”, and “Bestea Time Cooking”.

Freestyle Football Training

From July 27, a six-session football training programme was held over consecutive Sundays. Eight participants aged 7 to 13 joined this first-time initiative at the Centre. Under the instruction of football coach Mr. Wong Chau Yin, they developed essential techniques such as ball control and freestyle moves.



Art Is Talent

Beginning on July 22, this five-week activity engaged two groups of nine students in various handicrafts. These included crafting keychains for hand-shaken drinks, weaving dream catchers, clay modelling, and creating 3D foam texture paintings. The programme concluded with a collaborative large-scale artwork.

Bestea Time Cooking

Two sessions were held on July 27 and August 3. Guided by our part-time instructor from India, five local families learned to prepare creative fusion cuisine. The first session featured “Tom Yum Spaghetti”, and the second “Hong Kong-Style Milk Tea Brownies”. The activity was supported by YMCAHK’s Just World Pillar in promoting intercultural harmony.

Summer Check In & Out

This series blended indoor games with outdoor excursions, including family trips to the Hong Kong Museum of Art and Lido Beach. Prior to the activities, five youths received volunteer leadership training to strengthen their teamwork and facilitation skills, enabling them to guide younger participants during game sessions.

These initiatives fostered creativity, collaboration, and meaningful family interaction. We are proud to provide a platform for connection and growth, and look forward to continuing to offer valuable experiences throughout the summer.



港青長沙灣中心社區商店 — 基立學院（菲律賓）文化交流工作坊
YMCA of Hong Kong Cheung Sha Wan Centre Community Shop — Jubilee Christian Academy, INC Cultural Exchange Workshop

2025年6月25日，長沙灣中心與菲律賓基立學院合辦「文化交流工作坊」，接待20位來港交流的菲律賓中學生。活動旨在促進文化互動，推動青年認識社區；並透過親身體驗及創意手作，展現本地基層婦女的才華與社會貢獻。

活動以歡迎儀式及中心簡介展開，闡述服務理念與使命。在文化分享環節，少數族裔成員分享他們在港的生活體驗，幫助學生理解本地的多元文化與共融議題。

當日重點活動包括天然蚊怕水製作體驗，學生們學習以中草藥及天然材料製作環保驅蚊劑，認識本地智慧與環保健康知識。其後學生分組探訪低收入家庭，親手派發蚊怕水及愛心飯盒，實踐社區關懷。

工作坊還設有本地婦女導師帶領的手作體驗，讓學生感受創作意義與社區故事。最後的分享環節中，學生積極交流體會，反思文化差異與社區參與價值。

工作坊成功搭建跨文化橋樑，以真誠互動促進同理心，並讓本地婦女透過創作與分享獲得肯定與力量。對菲律賓學生而言，這不僅是文化學習，更是一次深入社區、貼近基層的難忘體驗，體現共融與社會關懷的精神。

On June 25, Cheung Sha Wan Centre co-organised the "Cultural Exchange Workshop" with Jubilee Christian Academy, INC, welcoming 20 Filipino secondary students. The workshop aimed to promote cross-cultural dialogue and community connection, while highlighting the creativity and contributions of local women.

The workshop began with an introduction to the Centre, followed by a cultural sharing where members of ethnic minority communities shared their stories of living in Hong Kong, providing students with a deeper understanding of the city's diversity.

Students then took part in a natural mosquito repellent-making session using traditional methods, raising environmental and health awareness. They also visited low-income households to distribute the repellent and lunchboxes, fostering meaningful engagement.

Following the outreach, a craft session led by local women offered further creative exchange. The day concluded with a reflective sharing, where students discussed insights gained on culture, community, and inclusion.

This initiative built meaningful bridges across cultures, promoted empathy through direct interaction, and, empowered local women by showcasing their skills and stories. It provided Filipino students an immersive understanding of grassroots life in Hong Kong and the values of social inclusion and mutual care.











第一期「藝・們・青藝術培訓計劃」
DOOORWAY Youth Arts Training Programme Phase 1

2025年7至8月期間，港青屬下社會企業藝・們・青推出第一期「藝・們・青藝術培訓計劃」，為十位17至24歲待學或待業青年提供免費導賞訓練、實用英語及工藝課程。學員在ARTHOOOD藝術家指導下，體驗玻璃珠燒製、橡皮印章雕刻、紙膠帶地圖拼貼及皮革卡片套製作。學員亦可按興趣選修西洋書法、鈎織及手捏陶藝課程。此外，學員在導師的帶領下參觀了六廠紡織文化藝術館、九龍公園雕塑廊、香港藝術館及大館賽馬會藝坊。

經過一連串的培訓，學員能掌握導賞技巧，並加深對各類工藝的認識，英語溝通能力亦有所提升。部分學員完成培訓後將擔任ARTHOOOD藝術商店的兼職助理，未來將繼續協助藝・們・青推廣藝術工作坊及展覽策劃等業務。

Between July and August 2025, the YMCA of Hong Kong's social enterprise DOOORWAY launched the "DOOORWAY Youth Arts Training Programme Phase 1", offering free docent training, practical English courses, and a variety of craft workshops to ten non-engaged youths aged 17 to 24. Under the guidance of artists from ARTHOOOD, participants engaged in activities such as glass beads making, rubber stamps carving, and created maps using masking tape and leather card holders. Trainees also had the opportunity to take elective workshops including Western calligraphy, crocheting, and hand-building ceramic workshops. Moreover, the instructor led trainees to visit the CHAT (Centre for Heritage, Arts & Textiles), the Kowloon Park Sculpture Walk, the Hong Kong Museum of Art, and JC Contemporary at Tai Kwun.

Through the comprehensive training, participants not only acquired tour-guiding skills and deepened their understanding of various art forms but also significantly improved their English communication abilities. Several graduates have since taken on part-time roles as assistants at ARTHOOOD Art Store and will continue to support DOOORWAY in promoting art workshops and curating exhibitions, further contributing to the local arts and culture scene.













海外家務助理部30週年慶祝茶會
Domestic Helper Unit 30th Anniversary Tea Reception

海外家務助理部於2025年8月3日於港青尖沙咀總部舉辦海外家務助理部30周年慶祝茶會，共70名學生及義工出席，一同慶祝這個重要的里程碑。茶會期間，來賓們將她們對海外家務助理部的感謝化為祝福語句，匯集成一幅心型留言板，象徵著海外家務助理部過去30年的成長與溫暖相伴。



On August 3, 2025, the Domestic Helper Unit held a 30th Anniversary Celebration Tea Reception at YMCAHK Headquarters in Tsim Sha Tsui. A total of 70 students and volunteers attended the event to celebrate this important milestone. During the tea party, guests expressed their gratitude towards the Domestic Helper Unit in the form of blessings, which were compiled into a heart-shaped message board, symbolizing the achievements of the division over the past 30 years.

會員迎新日
Member Orientation Day



新一季會員迎新日於2025年7月26日在港青尖沙咀總部圓滿舉行。活動透過互動問答環節，介紹港青的會員資訊及主要服務，並預告未來活動，包括低收入家庭探訪及視障體驗項目。其後，在會員及社區服務部同事及主管的帶領下，參觀了總部多項設施，包括再臨閣、空中花園及健體設施等，親身體驗港青的多元服務空間。活動以參觀Y Musée作結，讓會員認識到港青的悠久歷史及「青年會2030願景」，進一步理解本會扎根社區、服務社群的使命。是次迎新日不僅加深了新會員對港青的認識，更凝聚了大家對社區服務的共鳴。





The new season's Member Orientation Day was held on July 26 2025, at the Tsim Sha Tsui headquarters. Through an interactive Q&A session, the orientation introduced YMCA of Hong Kong's membership benefits and core services, along with upcoming programmes such as visits to low-income households and blindness experiences. Afterward, attendees toured various facilities across the building, including The Haven, the Podium Garden, and fitness centres, experiencing firsthand YMCAHK's diverse service environment. It concluded with a visit to Y Musée, allowing members to learn about the long history of YMCAHK and the Vision 2030. The Orientation Day not only enhanced new members' understanding of YMCAHK but also strengthened their sense of belonging.







長沙灣社區商店於母親節在科學園展示與銷售溫馨手作

Cheung Sha Wan Community Shop Showcases and Sells Heartfelt Handicrafts at HKSTP for Mother's Day

港青與香港科技園公司合作，於母親節（2025年5月8日至11日）參與其「On Your MART @ Science Park」活動。港青長沙灣社區商店的婦女們在科學園內展示並銷售她們精心製作的暖心手作，如手織花束、耳環和寵物頸圈等；現場還有少數族裔婦女提供深受歡迎的印度彩繪服務。



活動期橫跨工作日與假日，不僅讓科學園員工有機會認識港青的社區工作，更在母親節當天吸引了大量市民到訪，場面熱鬧。一位參與的婦女分享道，儘管心情緊張，但能向大眾介紹其作品，是一次極具意義的經驗。

我們期盼能拓展更多類似協作，讓社區人士實踐所長，締造豐盛生涯歷程。

YMCAHK has partnered with the Hong Kong Science and Technology Parks Corporation (HKSTP) to join its "On Your MART @ Science Park" campaign during the Mother's Day weekend, from May 8 to 11, 2025. This event allows mid-aged ladies from the Cheung Sha Wan Community Shop to showcase and sell their handicrafts at HKSTP. Additionally, ethnic minority ladies will offer henna tattoos throughout the weekend.

The event spans both weekdays and the weekend, providing an opportunity for those working in the park to learn about the community services offered by YMCAHK, while also attracting the general public visiting during Mother's Day. One participating lady reflected on her initial nervousness about the business but expressed that this was a valuable opportunity to showcase their handicrafts to a broader audience, and they were very happy to participate.



We hope to sustain similar collaborations in the future to achieve more "meaningful work".



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「傲翔新世代」及A-Life Academy斯里蘭卡海外服務交流計劃
YLD and A-Life Academy Sri Lanka Overseas Service Trip

本年度「傲翔新世代」全方位青年領袖訓練計劃於2025年8月18至24日聯同A-Life Academy舉行海外服務交流團前往斯里蘭卡。17位同學及4位舊生計劃了一系列服務及活動與當地兒童進行。除帶領遊戲和教學活動外，參加者亦為當地基督教青年會設計及製作一幅油畫牆。

參加者亦與當地青年進行文化交流活動，透過烹調傳統美食及表演文化節目，互相介紹並體驗彼此文化。這些互動不僅深化相互理解，更建立深厚友誼，體現跨文化共融與服務學習的價值。

This year, the Youth Leadership Development (YLD) Scheme and A-Life Academy jointly organized an overseas service trip to Sri Lanka from August 18 to 24, 2025. 17 students and 4 alumni planned a series of service activities and events to engage with local children. In addition to playing various games and conducting educational activities with the children, participants also designed and painted a mural for the YMCA Moratuwa.

The trip also featured meaningful cultural exchanges with local youth. Both sides cooked traditional dishes and performed cultural presentations, fostering mutual understanding and appreciation. These interactions not only deepened cross-cultural awareness but also built lasting friendships, highlighting the power of service-based learning and global connection.





香港基督教青年會文化交流營：共融同歡之夏
YMCAHK Cultural Exchange Programme for Camping: A Summer of Connection and Celebration

今年夏天，港青舉辦了一場精彩的文化交流活動，匯聚來自世界各地的青年領袖。我們很榮幸邀請到來自阿根廷、白俄羅斯、泰國、巴巴多斯、瑞典、俄羅斯和烏克蘭的青年代表，進行文化交流或擔任夏令營的國際青年領袖。儘管相處時間僅短短數週，但他們帶來的影響卻深遠而難忘。

在整個計劃中間，這些國際青年領袖積極參與培訓課程，不僅與港青會員及社區服務團隊分享人生故事，更帶領本地青年展開深度的文化交流。大家一同遊戲、分享故事，建立跨越國界的真摯友誼。本地青年特別準備了香港特色美食，讓國際夥伴體驗地道的飲食文化；而各國青年領袖也生動地介紹家鄉風土民情，引發陣陣歡笑與熱烈討論。

是次交流活動不僅提升了青年的國際視野、建立深厚友誼，更培養他們的全球公民意識。

This summer, YMCAHK proudly hosted an enriching Cultural Exchange Programme for Camping, welcoming vibrant youth leaders from across the globe — including Argentina, Belarus, Thailand, Barbados, Sweden, Russia, and Ukraine — to join our local summer camps for cultural exchange or as international staff. Although the time spent together was only a few short weeks, the impact they made was profound and unforgettable.

Throughout the programme, these international camp leaders actively participated in training camps, shared life stories with our Member & Community Services Team, and most importantly, engaged in meaningful cultural exchange with our local youth. Together, they played games, exchanged stories, and built friendships that transcended borders. The local youth introduced the international guests to Hong Kong's iconic snacks and food, offering a delicious taste of local culture. In return, the international staff shared fun facts about their home countries, sparking curiosity and laughter.

This exchange not only enhanced the youth's global awareness and established deep friendships, but also fostered their sense of global citizenship.















A-Life Academy高桌晚宴
A-Life Academy High Table Dinner

A-Life Academy於2025年6月28日舉行的高桌晚宴是每年A-Life Academy的傳統。這項傳統活動仿效學術機構正式宴會形式，為學員提供體驗正式社交場合的機會，為他們的未來做準備。晚宴中，學員展現了在禮儀工作坊中所學的社交技巧，並與師友及舊生進行交流。晚宴特別邀請陳沁炫女士擔任主講嘉賓，分享其創業歷程與人生體會。她對毅力與專注的深刻見解，為學生帶來寶貴啟發，激勵他們在未來道路上勇敢前行。

On June 28, 2025, A-Life Academy held its annual High Table Dinner. This tradition event, modeled after formal academic banquets, provided students with an opportunity to experience a sophisticated social setting while offering an inspiring platform for exchange and growth in preparation for their future.

Students demonstrated the etiquette skills acquired during the preceding workshop and interacted with mentors and alumni. The evening featured a keynote address by Fionz Chan, who shared her entrepreneurial journey and life reflections. Her insights on perseverance and focus provided students with valuable inspiration, encouraging them to pursue their paths with confidence and determination.



「傲翔新世代」全方位青年領袖訓練計劃專題研習匯報日
YLD School Project Presentation

「傲翔新世代」全方位青年領袖訓練計劃於2025年5月17日舉行了本年的專題研習匯報日。7間學校分別以本年主題「社區商店」匯報了他們就著不同地區，透過研究及調查了解當區居民、設施及環境之狀況，以營運一所社區商店的概念，協助當區的發展。同學們運用了話劇、角色扮演等不同充滿創意的方式作出表達，並回應各評審的問題。活動加強了同學對社區的了解，並反思社會議題。

The Youth Leader Development Scheme Programme organized the School Project Presentation Day on May 17, 2025. 7 schools presented their projects based on this year's theme, "Community Stores". They conducted research and surveys to understand the conditions of residents, facilities, and the environment in different areas, and presented their plans to operate a community store to assist in the development of their respective regions. Students employed creative methods such as drama and role-playing to present their ideas and responded to questions from the judges. The activity deepened students' understanding of the communities, while also raising their awareness of social issues.





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



十周年校慶感恩崇拜暨香港基督少年軍第416分隊成立典禮
10th School Anniversary & 416th Company of the Boys' Brigade Hong Kong Establishment Service Ceremony

港青基信幼稚園（啟晴）於2025年7月18日舉行了十周年校慶感恩崇拜暨香港基督少年軍第416分隊成立典禮，凝聚超過200位嘉賓、師生及家長共証主恩。港青副會長王主心女士歡迎各界友好蒞臨、總幹事何慶濂先生回顧十年來蒙受的恩典與愛。感謝香港基督少年軍總幹事吳淑玲女士勉勵新成立的基督少年軍第416分隊，曾智聰牧師主持莊嚴的立願禮。學生隊員獻唱《We've got a BB spirit》，展現為主服事的熱忱。最後，學生以不同的遊藝節目頌揚主愛：K1學生跳唱「我是主的羊」展現單純信靠，K2學生以中國舞「施比受更為有福」傳遞服務精神，K3學生由馮泳施教練帶領彰顯中國功夫的力與美，全體學生更以讚美操「福音鐘聲」傳揚福音喜訊。這場慶典是感恩的回望，更是信心的啟航。願港青基信幼稚園（啟晴）繼續成為孩童成長的快樂園地，引領他們跟從基督的教導，實踐愛人愛己的聖經真理。

YMCA of HK Christian Kindergarten (Kai Ching) held 10th School Anniversary & 416th Company of the Boys' Brigade Hong Kong Establishment Service Ceremony on July 18. Over 200 guests, teachers, students and parents gathered to witness the Lord's grace. Ms. Julia Ong, the Vice President of YMCAHK, welcomed all guests, while Mr. Peter Ho, the General Secretary of YMCAHK, reflected on the grace and love received over the past decade. Ms. Ng Suk Ling, the General Secretary of the Hong Kong Boys' Brigade, encouraged the newly formed Boys' Brigade No. 416, and Pastor Tsang Chi Chung officiated at the solemn Liturgy of Wishes. The student members sang "We've got a BB spirit" to demonstrate their passion to serve the Lord. Finally, the students praised the Lord's love with different performances: K1 students sang "I am the Lord's Sheep" to show their pure trust, K2 students sang "It is more blessed to give than to receive" to convey the spirit of service, K3 students demonstrated the power and beauty of Chinese Kung Fu led by Coach Fung Wing Sze, and all students proclaimed the message of the gospel with the Praise Dance. The celebration was a time of thanksgiving and a time of faith. May the YMCA of HK Christian Kindergarten (Kai Ching) continue to be a joyful ground for children to grow, guiding them to follow Christ's teachings and practice the biblical truth of loving others as themselves.













港青基信幼稚園（啟晴）榮獲「最傑出『綠得開心學校』卓越獎」

YMCA of Hong Kong Christian Kindergarten (Kai Ching) Awarded "Happy Green School Excellence Award"



港青基信幼稚園（啟晴）一直積極推動綠色教育，並參加由港燈主辦的「綠得開心計劃」，競逐「最傑出『綠得開心學校』大獎」。年內，港青基信幼稚園（啟晴）透過網上及實體舉辦和參與多項環保活動，積極推動減碳節能，引導師生實踐「智惜用電」理念。經評審後，港青基信幼稚園（啟晴）連續兩年獲得幼稚園組「最傑出『綠得開心學校』卓越獎」，以表彰學校在環保與節能教育方面的持續貢獻。

The YMCA of Hong Kong Christian Kindergarten (Kai Ching) has been committed to promoting green education among various stakeholders and participating in the "Happy Green Project" organized by Hong Kong Electric, competing for the most outstanding "Happy Green School" award. Throughout the year, the school organized and joined various online and on-site events and initiatives to actively advocate carbon reduction and environmental protection, encouraging students and the community to embrace the concept of wise electricity use. Following a rigorous selection process, the school was honored with the "Happy Green School Excellence Award" in the kindergarten category for the second consecutive year, recognizing its ongoing commitment to energy conservation and environmental education.



港青基信幼稚園（啟晴）及港青基信幼兒學校（農圃道）聯校畢業典禮

YMCA of Hong Kong Christian Kindergarten (Kai Ching) and YMCA of Hong Kong Christian Nursery School (Farm Road) Joint School Graduation Ceremony

港青基信幼稚園（啟晴）及港青基信幼兒學校（農圃道）於2025年7月3日為畢業生舉行了一場既莊重又溫馨的聯校畢業典禮，典禮榮幸邀請港青副會長王主心女士、總幹事何慶濂先生、校監單芷筠女士、新會商會港青基信學校校長陳何惠敏女士及主禮嘉賓合一堂學校校長吳麗霞博士蒞臨，與家長及畢業生聚首同賀。祝願畢業生們成為自信的小學生，並在家人全力支持下，愉快適應新學習環境，建立珍貴友誼，展開豐盛人生新篇章。

On July 3, 2025, the YMCA of Hong Kong Christian Kindergarten (Kai Ching) and YMCA of Hong Kong Christian Nursery School (Farm Road) held a Joint School Graduation Ceremony for K3 graduates. We were honored to have in attendance Ms. Julia Ong, Vice President of YMCHK; Mr. Peter Ho, General Secretary of YMCAHK; Ms. Vivian Shan, School Supervisor; Mrs. Cathy Chan, Principal of SWYHKCS; and our Guest of Honor, Dr. Ng Lai Ha, Principal of Hop Yat Church School. Together with parents and graduates, they shared in this memorable celebration. We wish all graduates confidence and joy as they embark on their primary school journey, building new friendships and embracing new learning experiences with the steadfast support of their families.



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





頌親恩
Tribute to Parents' Love

2025年5月及6月，港青基信幼兒學校（農圃道）分別為父親節和母親節舉辦了溫馨愉快的親子活動，讓幼兒可以透過節日向父母表達感謝與愛意。

在母親節活動中，學校邀請媽媽們到校與幼兒一同製作藝術手工、欣賞子女的獻唱、參與小遊戲等活動，藉此讓幼兒向媽媽傳達心聲和愛意。

父親節則以「與爸爸踢足球」親子活動為主題，由專業足球教練帶領各爸爸和幼兒共同體驗足球樂趣。爸爸們除了與幼兒踢足球外，亦踴躍參與「家長足球友誼賽」。孩子們也全情投入，揮動啦啦球和打氣棒為爸爸加油，非常熱鬧。

家長和幼兒的積極參與為今年的雙親節留下難忘回憶！



This May and June of 2025, the YMCA of Hong Kong Christian Nursery School (Farm Road) held heartwarming parent-child activities in celebration of Father's Day and Mother's Day, providing young children with meaningful opportunities to express love and gratitude to their parents.

During the Mother's Day event, mothers were invited to the school to create art crafts with their children, enjoy heartfelt performances, and take part in fun games—all designed to help the little ones convey their appreciation and affection.

The Father's Day celebration featured a "Play Football with Dad" activity guided by professional coaches, where fathers and children enjoyed playing together. Dads also enthusiastically joined a "Parents Friendly Football Match" while the children cheered them on enthusiastically with pom-poms and cheer sticks, adding to the vibrant and joyful atmosphere.

The active involvement of both parents and children made this year's celebrations truly memorable!

玩轉夏日
Summer Splash Fun

港青基信幼兒學校（農圃道）的師生於2025年7月31日齊齊投入「玩轉夏日」多元活動，透過一系列豐富有趣的體驗，讓幼兒在炎夏中盡情探索與學習。活動涵蓋多個範疇，包括：十二生肖彩繪日、趣味科學實驗、運動會、自製雪糕體驗、玩水活動、教會暑期聖經班等，希望幼兒度過一個既充實又愉快的暑假。







On July 31, 2025, students and teachers at YMCA of Hong Kong Christian Nursery School (Farm Road) enthusiastically joined the "Summer Splash Fun" event, featuring a wide range of stimulating and playful activities designed to spark curiosity and learning during the hot summer days. The event included various engaging experiences such as: Twelve Zodiac face painting, science experiments, sports day, homemade ice cream making, refreshing water play, and summer Bible class. We aimed to provide children with not only enjoyment but also opportunities to develop multiple intelligences through play, ensuring a meaningful and memorable summer vacation.

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

畢業典禮
Graduation Ceremony

港青基信國際幼稚園於2025年6月27日假港青尖沙咀總部舉行畢業典禮，為學童的學習歷程刻下重要里程碑。典禮由本校校監何慶濂先生頒發畢業證書予畢業班學童，表彰其努力與堅持。孩子們以真摯表演回饋師長，包括獻唱優美的畢業歌曲及聖詩，展現堅毅與信仰的價值觀。

全日班學童精彩的K-pop舞蹈表演讓典禮生色不少，其精湛舞技與熱情感染全場。禮堂內洋溢歡笑與掌聲，眾人共同見證學童成長，並對其未來發展滿懷期待。

在掌聲中，我們為畢業生獻上誠摯祝福。這不僅是學習階段的完美句點，更是邁向未來的起點！

CIKG held its graduation ceremony at YMCA of Hong Kong Tsim Sha Tsui Headquarters on June 27, 2025, marking an important milestone in the children's learning journey. The ceremony featured Mr. Peter Ho, our school supervisor, who presented graduation certificates to the graduating class, recognizing their hard work and perseverance.

The children expressed their gratitude to their teachers through heartfelt performances, including a beautiful graduation song and hymns, showcasing values of resilience and faith. The highlight of the ceremony was the full-day class's stunning K-pop dance performance, which captivated the audience with their exceptional skills and enthusiasm. The hall was filled with laughter and applause as everyone witnessed the children's growth and looked forward to their future development.

Amidst the applause, we offered our sincere blessings to the graduates. This was not only a perfect conclusion to their learning phase but also a starting point for their future!





運動會
Sports Day



港青基信國際幼稚園於2025年5月30日在香港基督教青年會京士柏百週年紀念中心成功舉辦年度運動會，全體師生與家長熱情參與，場面溫馨熱鬧。

活動由教師團隊帶領全場熱身展開序幕。親子接力賽作為焦點項目，家長與孩子協力合作，充分展現了親子默契與運動精神。

是次活動內容豐富，包括網球基礎體驗課程、親子舞蹈互動、水上遊戲活動區、團隊障礙挑戰賽，各項活動不僅促進學童體能發展，更培養團隊合作精神。感謝所有家長的積極參與和支持，共同為孩子創造了愉快而難忘的成長回憶。

CIKG successfully held the Sports Day at the YMCA King's Park Centenary Centre on May 30, 2025, with all teachers, students, and parents participating, creating a warm and lively atmosphere.

On the day, the teachers led everyone in a warm-up session, kicking off the programme. The parent-child relay race was particularly exciting, showcasing the spirit of family unity and sportsmanship.

The event featured a variety of activities, including a basic tennis experience course, an interactive parent-child dance session, a water play area, and team obstacle challenges. These activities not only promoted the physical development of the children but also cultivated teamwork skills. We would like to thank all the participating parents for their active involvement and support, which contributed greatly to the success of the event and helped create meaningful experiences for every child.



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

世界閱讀日
World Book Day

新會商會港青基信學校的老師和學生們於2025年5月2日的世界閱讀日中打扮成書中人物及角色。這一國際性節日旨在推廣閱讀與寫作的樂趣。師生們在造型設計上展現了豐富的創意，更有師生別出心裁地打扮成書中「詞語」的造型。

The teachers and students of SWYHKCS dressed up as characters from books for World Book Day on May 2, 2025. This global event is dedicated to promoting a passion for reading and writing. Both students and staff demonstrated remarkable imagination in their costume designs, with some even embodying specific "words" or vocabulary from literature.









六年級學生表演
Year 6 Performance

2025年6月13日，新會商會港青基信學校的六年級學生呈獻了一場「表情符號音樂劇（"Emoji Musical"）」，講述一名女孩在探索表情符號世界的奇妙之旅。學生、家長和嘉賓們均投入於這場精彩的演出中。劇目帶出「自主選擇」的概念，並引導思考如何為自己作出合適的決定。



On June 13, 2025, the Year 6 students of SWYHKCS performed an "Emoji Musical" — a musical about a girl's wonderful journey exploring the world of emojis. Students, parents, and guests were all very engaged in this delightful performance. The musical highlighted the importance of independent decision-making and making thoughtful choices for oneself.







畢業典禮
Graduation Ceremony



新會商會港青基信學校於2025年6月上旬舉行了六年級畢業典禮，並由校監何慶濂先生、校董盧裕敏女士、王主心女士及鄭綺華女士擔任畢業禮嘉賓。何校監在典禮上致辭勉勵畢業生，並向六年級學生頒發畢業證書。

適逢今年是新會商會港青基信學校首屆小六畢業生於港青基信書院中六畢業，為他們的港青教育旅程劃上圓滿句號，別具意義。一如既往，大部分畢業生將於今年9月升讀港青基信書院，繼續他們的港青旅程。

SWYHKCS held its year 6 graduation ceremony in early June 2025. We were honored to have Mr. Peter Ho, the School Supervisor, as well as Board Members Ms. Diana Lo, Ms. Julia Ong, and Ms. Eva Cheng attended as distinguished guests. Mr. Ho delivered a speech to the graduates and officially presented the graduation certificates to the Year 6 students.

This year held special significance, as the first cohort of Year 6 students from SWYHKCS graduated from YHKCC, completing their YMCA education journey. As always, most graduates will continue their studies at YHKCC in September, further extending their YMCA journey.



「童你玩住學」
Sunday Kiss

2025年4月29日，新會商會港青基信學校的四年級生鄭柏岐同學和六年級生黃曉峰同學參加了由Sunday Kiss舉辦的「童你玩住學」校園小記者計劃。他們採訪了煤氣公司企業事務及政府關係總監暨延伸業務總監王佩兒女士，獲得了寶貴的學習經驗。他們並於6月30日出席了由Sunday Kiss主辦的「Kiss Award」頒獎典禮。



On April 29, 2025, the Year 4 student Kyson Cheng and Year 6 student Jayden Wong from SWYHKCS participated in the Reporter Programme organised by Sunday Kiss. They interviewed Ms. Catherine Wong Pui-yee, Head of Extended Business & CRFT of Towngas, which was a valuable learning experience. On June 30, they also attended the "Kiss Award" ceremony hosted by Sunday Kiss.









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

企業日
Enterprise Day — SDG

新會商會港青基信學校的老師和學生們今年再度齊心協力，令一年一度的「企業日」取得圓滿成功。各級學生在活動中積極分享知識、交流互動，充滿樂趣與啟發。是次活動旨在為香港基督教青年會長沙灣中心籌款。所籌得的款項將用於社區支援，為更多有需要的婦女提供技能訓練，協助她們重新投入勞動市場。我們期望通過這些培訓，幫助婦女提升就業能力，增強自信，迎接更美好的未來。

The teachers and students of SWYHKCS once again put in their efforts for the annual Enterprise Day this year, making the event a great success. Students from all grades shared knowledge and interacted with each other, filling the day with fun. The purpose of this event was to raise funds for YMCAHK Cheung Sha Wan Centre. The proceeds will support community programs, offering skill-training opportunities for women in need and assisting them in reintegrating into the workforce. We hope to empower these women by enhancing their competencies and building their confidence for the future.









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



音樂劇《一千零一夜》
Spectacular Musical Production "Arabian Nights"

港青基信書院於2025年6月26日及30日演出了共三場音樂劇，劇目為《一千零一夜》，帶領觀眾展開一場充滿異域風情與奇幻色彩的藝術之旅。

學校選取《一千零一夜》這一經典劇目，不僅因其戲劇張力豐富，更因其深厚的文化底蘊。此外，也希望藉此讓同學領會故事中關於寬恕、智慧與愛的真諦。是次演出不僅是一場舞台盛宴，更是一次重要的教育實踐。同學們通過參與台前幕後的製作過程，在演技、歌唱和舞蹈等方面獲得顯著提升，同時鍛煉了團隊協作、自律精神和自信心。

從後台技術支援到台前演員的精彩演繹，每一位參與者均全情投入，共同成就了本次製作的成功。尾場演出結束時全場熱烈的掌聲，正是對師生辛勤付出與藝術熱忱的最佳肯定。展望未來，港青基信書院將繼續透過多元表演活動，為學生提供展現才華的平台。

The YHKCC's recent musical production of "Arabian Nights" transported audiences to a world of magic, mystery, and storytelling brilliance during its three performances on June 26 and 30.

"Arabian Nights" was chosen not only for its dramatic richness but also for its cultural significance. Through this production, students explored timeless themes such as forgiveness, wisdom, and love. More than just a performance, this musical production represented a transformative learning experience for YHKCC students. It provided opportunities to develop acting, singing, and dancing skills while fostering teamwork, discipline, and confidence.

Every contributor — from the backstage crew to the performers — played an essential role in the success of the production. The roaring applause on closing night served as fitting recognition for the hard work and passion that had been poured into this production. Looking ahead, YHKCC will continue to showcase various types of performances, and showcase the incredible talents of its students.













港青基信書院
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本地及海外義工服務計劃
Local & Outbound Service Trips 2025

港青基信書院的服務外展週於2025年6月下旬圓滿結束。中三及中四學生組成多支義工服務團隊，共同踏上意義非凡的服務之旅。

今年，義工服務團分別前往菲律賓的宿霧和杜馬加德、越南、四川和台南，展開一系列的義工活動。在菲律賓，我們協助社區重建，為當地家庭和機構提供物資支援。在越南，我們參與教育項目，為當地學童提供學習資源，並與他們分享知識和文化。在四川，我們參加了社區服務，組織了各類活動來促進社區的凝聚力；在台南，我們協助改善村落設施與環境，服務當地社群。

在香港，我們為超過170名學生舉辦了共8個本地服務之旅。學生因應不同服務對象的需要，積極參與多類服務實踐，包括協助幼稚園教學、為長者設計並帶領遊戲、與身心障礙者互動交流、協助食物包裝以及清潔海灘與遠足徑等。

這些經歷不僅讓同學們更深入理解服務他人的真諦，也締造了無數難忘的回憶和珍貴的友誼。港青基信書院義工服務團將繼續秉持服務精神，幫助有需要的人，傳遞溫暖與關懷。

YHKCC's Service Outreach Week concluded successfully in late June. Secondary 3 and 4 students formed different volunteer service teams, embarking on a meaningful journey together.

This year, we travelled to Cebu and Dumaguete (both in the Philippines), Vietnam, Sichuan, and Tainan, engaging in a series of volunteer activities. In the Philippines, we assisted in rebuilding communities by providing essential support and supplies to local families and organisations. In Vietnam, we participated in educational projects, providing learning resources to local schoolchildren and sharing knowledge and culture with them. During our trip to Sichuan, we participated in community service, organising various activities to promote community cohesion. Lastly, in Tainan, we visited local villages to help improve facilities and the environment.

Locally, we arranged 8 service trips for over 170 students in Hong Kong. Students engaged in various service exploration activities related to their service targets, such as assisting with teaching in kindergartens, designing and conducting games for the elderly, engaging with individuals with intellectual and physical disabilities, packing food resources, as well as cleaning beaches and hiking trails, etc.

These experiences not only deepened students' understanding of serving others but also created invaluable memories and friendships. YHKCC's volunteer service team remains dedicated to supporting those in need and spreading compassion in the community.

















YMCA of Hong Kong Christian College
港青基信書院



2026/27 Form 1 Admission Briefing

The Admission Briefing for 2026-2027 Form 1 Students will be held on 4th October, 2025 (Saturday), from 2:30pm to 4:30pm. Parents and students are cordially invited to join. The briefing will consist of a School Introduction presented by the Principal and the Leadership Team, a Campus Tour and a Q&A session.

Registration

Complimentary Shuttle Bus Service

Time : 1:30pm
Pick-up point : YMCA of Hong Kong,
41 Salisbury Road, Tsim Sha Tsui

For enquiries, please contact Ms. Ankie Fok at 2988 2028 or ankie.fok@yhkcc.edu.hk.







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May - July 2025

玩具回收服務 — 擁有是幸福，分享是祝福
Toy Recycle Services — Having is a gift of fortune, sharing is a blessing



香港基督教青年會於2009年在東涌中心展開「玩具銀行」計劃，收集各界捐贈的玩具並轉贈予基層家庭兒童。及後，項目擴展為「惜玩文化」環保項目，旨在提升公眾人士對玩具棄置問題的關注，並推行改善措施。

「惜玩文化」透過四大核心項目，包括：環保教育、回收及轉贈、玩具工程師及再生玩具藝術，致力達成源頭減廢、資源共享及升級再造的三大目標。

「惜玩文化」會到訪學校、機構及商界伙伴作環保教育工作，並且讓參加者化身「玩具工程師」，動手將回收後的二手玩具進行清潔、篩選、維修及分類，為轉贈作準備。同時，透過再生玩具藝術工作坊，引導兒童運用細小及不整全的玩具來創作藝術裝置及飾品，延長玩具生命週期，藉此提升公眾對玩具棄置問題的關注，推廣可持續發展社區與環保的信息。

為了更有效回收二手玩具，「惜玩文化」每個月將設立「玩具收集日」進行定期回收服務，詳情可參閱「惜玩文化」的Instagram和Facebook。

Since 2009, the YMCA of Hong Kong has operated the "Toy Bank" initiative at its Tung Chung Centre, collecting donated toys and redistributing them to children from low-income families. The project later evolved into "Toy Reborn", an environmental programme focused on raising public awareness about toy waste and promoting practical solutions.

Toy Reborn aimed to achieve three missions: “Reduce” (reducing waste), “Reallocate” (sharing resources), and “Recreate” (upcycling to transform into something unique). To achieve these goals, Toy Reborn employed four core initiatives: “Toy Academy,” which provided environmental education; “Toy Recycling,” which handled toy recycling and distribution; “Toy Engineer” volunteers who supported the project; and “Toy Upcycling,” which involved creating art installations from reused toys.

Toy Reborn regularly visited schools, organizations, and corporations to provide educational talks. Participants became “Toy Engineers”, helping to clean, repair, and sort recycled toys to prepare them for future distribution. Finally, “Toy Upcycling” educated how to use small, incomplete toys to create art installations, extending their life cycle, raising awareness of toy waste, and promoting sustainable development and environmental responsibility in our communities. Through upcycling workshops, children also learn to transform small or incomplete toys into art installations and accessories, extending the toys' lifecycle and raising community awareness about sustainability and environmental responsibility.

To enhance toy recycling efforts, Toy Reborn will organize a monthly “Toy Collection Day”. For more details, please check out our Instagram and Facebook pages.



港青羽毛球分齡系列賽2025
YMCAHK Age Group Badminton Tournament 2025

港青羽毛球分齡系列賽2025已分別於5月5日、5月31日及7月1日順利完成雙打、女單及男單賽事。參賽選手全力以赴、盡展技藝，競逐各項冠軍殊榮。無論結果如何，所有選手均充分體現「友誼第一，比賽第二」的體育精神，這份積極能量將持續延伸至年度壓軸賽事—團體錦標賽。

團體賽定於10月1日及7日舉行，屆時必將上演多場技藝精湛、緊張激烈的精彩對決。同日，大會也將揭曉各組別的男、女子全年總冠軍，敬請期待！

The YMCAHK Age Group Badminton Tournament 2025 successfully concluded the doubles, women’s singles, and men’s singles events on May 5, May 31, and July 1, respectively. Participants showcased exceptional skills and competitive spirit in their pursuit of the championship titles. Regardless of the final outcomes, the players embodied the spirit of “friendship first, competition second,” and this positive energy will extend to the final event of the year — the Age Group Badminton Team Tournament 2025.



The team competition will be held on October 1 and 7, promising to deliver exciting matches and impressive displays of skill. On the same day, the overall male and female champions for each age group will also be announced. We look forward to another memorable celebration of sportsmanship and skill!

在主路上率性而行



薛校長為DSE學生勉勵祈禱

撰文：周永雄

率性而行 滿有感恩

「率性」可解作隨著本性，放任而行，對青少年來說或許是反叛，對基督徒又是甚麼？中華基督教會扶輪中學校長薛昌華以一帆風順形容人生，經歷質疑過、求問過和印證過上帝，相信率性而行在主的路上，成就他在教育新一代和播下福音種子的服侍上獲得主的祝福。

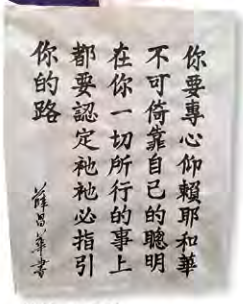
幼居黃大仙的薛昌華在小學四年級暑假參加教會的暑期聖經班，後來繼續返主日學、參與崇拜，不知不覺信了主。今天回想也沒有決志的明確日期。


薛昌華校長

不返教會 歪理開脫

中學階段，他進入反叛期，中四那年感覺信主生活很平淡，「覺得神既然無所不知，何不嘗試不返教會，只要不做壞事，若上帝要我回歸教會，我自然回轉。萬事也在上帝掌握中，我可隨意在教會外玩玩。」薛昌華結果有近3年沒有回到教會。

薛昌華入讀基督教中學的預科時，主再尋找他，藉基督徒同學邀請參加團契，「時候未到，神真的要我回轉，到時我便會回轉」他當時用歪理開脫，甚至安慰同學不要氣餒，可能上帝利用他去鍛鍊同學傳福音的心志呢！



薛校長手筆

試探上帝 自知犯錯

同學們未放棄，輪流邀請他參加在學校舉辦的聖誕福音幻燈播放會，他守諾出席看著播放應驗《聖經》〈啟示錄〉記載的證據，包括民要攻打民、國要攻打國，催促大家快快信主等。

早已聽過的福音內容，聖靈卻感動他，反思離開教會等待甚麼？反問：相信有神嗎？經歷過上帝的愛嗎？神是否安排弟兄弟姊妹勸他回轉等，答案是肯定的，那震撼令他意識到自己犯了大錯，一直試探上帝！他流淚，承認自己迷惘、叛逆，更想起《聖經》「浪子比喻」的故事，感恩及時醒覺自己的無知。

獲聘教職 失而復得

薛昌華回想信主過程很感恩，自覺人生一帆風順，因為早於年輕時的一次大膽妄為，薛昌華差點錯失成為老師，幸好上帝眷顧。他指在中華基督教會錦江紀念禮拜堂參與崇拜，大學畢業後，發現同一教會的燕京書院聘請老師便求職，面試兩次獲受聘。他當時覺得太順利，且未嘗試過其他工作，竟大膽婉拒，及後因尋找工作麻煩，幸好校長體諒而開展教師工作，逐步擔任數學科主任及助理校長之職位。


師生合作繪成的宗教壁畫

疫情來襲 反叫轉職

2020年爆發新冠疫情，校長及教師忙於調整授課及安排防疫工作之際，偏偏上帝帶領薛昌華走向新里程，竟是轉往另一間學校擔任校長！

同年3月，長輩鼓勵他嘗試申請做校長，剛好教會一天默想文章對他的挑戰是：「你有在金錢、事奉、恩賜這幾方面表現對主的愛嗎？」腦中泛起難道神要他回應擔任校長。面對挑戰，無疑是跳出現有的舒適圈，離開工作近三十年的燕京書院，為了回應主，他準備履歷表及教育抱負，靜待其他印證，配合主的工作。

印證支持 接受差遣

同年3月下旬，主再向薛昌華說話，牧師崇拜講道提到〈以賽亞書〉6章8節：*「我又聽見主的聲音說：『我可以差遣誰呢？誰肯為我們去呢？』我說：『我在這裏，請差遣我！』」*他確認上帝呼召，而另一個老闆，即他的太太竟沒有反對轉職。他回憶幸好當時沒有消滅聖靈的感動，反正得與不得時也交給主。在同年4月，學校的法團校董會火速通過聘請。他視成功面試及在舊校的豐富教學經驗為主的恩賜，並藉此回應上帝的愛。

學像耶穌 播下種子

他轉當校長的挑戰著實不少，包括在決策上對收集意見及果斷決定的平衡，與教職員一同發展校內事務等。薛昌華指，在工作中要「學像耶穌」，工作更是傳福音地點，曾與非基督徒同事解決難題，同事知道解難能力乃來自上帝，他和同事分享：「我都話咗我大佬（主）勁㗎啦。」

疫情過去，學校生活重回校園，薛昌華坦言辛苦，但不後悔，且在回轉後已學懂神會用他身邊不同的人提供幫助，好像當年那些預科同學般，明白基督信仰不能事事以理性行先，正因為有不明朗，往往才是操練和建立信心的機會，故作為校長的他更明白向學生播下福音種子的重要性，當學生面對低潮及無助時，如身處密封房間，雖黑暗及驚惶，只要有微小光線的「帶領」，穿過黑暗走出來便豁然開朗！他盼望《聖經》的經文及詩歌能幫助他們，藉基督信仰成出路指示。

他以《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。」*作為座右銘，勉勵自己及身邊人，面對挑戰時，要順從上主旨意，有上主的力量和保守，便無往而不利。

其實，率性的另一個意思，也可解作依循天性的所感而行。

「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

本文蒙真証傳播允許節錄及轉載，特此感謝。

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2025

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