

# VOICES

港青之聲

Mar 2026

如今常存的有信，  
有望，有愛這三樣，其中最大的是愛。  
And now these three remain:  
faith, hope and love.  
But the greatest of these is love.

哥林多前書 1 Corinthians 13:13



125<sup>th</sup>  
愛就是力量  
*Power of Love*  
ANNIVERSARY OF  
YMCA OF HONG KONG

# 人氣活動 火熱登場 Trending Events

港青耀信社區體驗日  
YMCAHK The Beacon  
Community Day  
28/03/2026

「愛·分享」大埔社區嘉年華  
Tai Po Carnival  
26/04/2026

港青運動體驗日  
Sports Trial Day  
1/05/2026

港青羽毛球雙打分齡賽  
YMCA Age Group Badminton  
Doubles Tournament 2026  
25/05/2026

港青羽毛球女子單打分齡賽  
YMCA Age Group Badminton  
Singles Tournament 2026 — Girls  
19/06/2026

果子遊藝盛會  
Spirifruit Blossom Gala  
19/06/2026 & 28/06/2026

立即鎖定心水活動，相約好友到時見！  
Pick your favourite events and save the date with friends!

各項活動詳情將陸續公布，敬請留意港青網頁及  
社交平台的最新消息。

Details of each event will be announced gradually.  
Please stay tuned to the YMCAHK website and social  
media platforms for updates.

主題 Theme

愛就是力量  
Power of Love

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

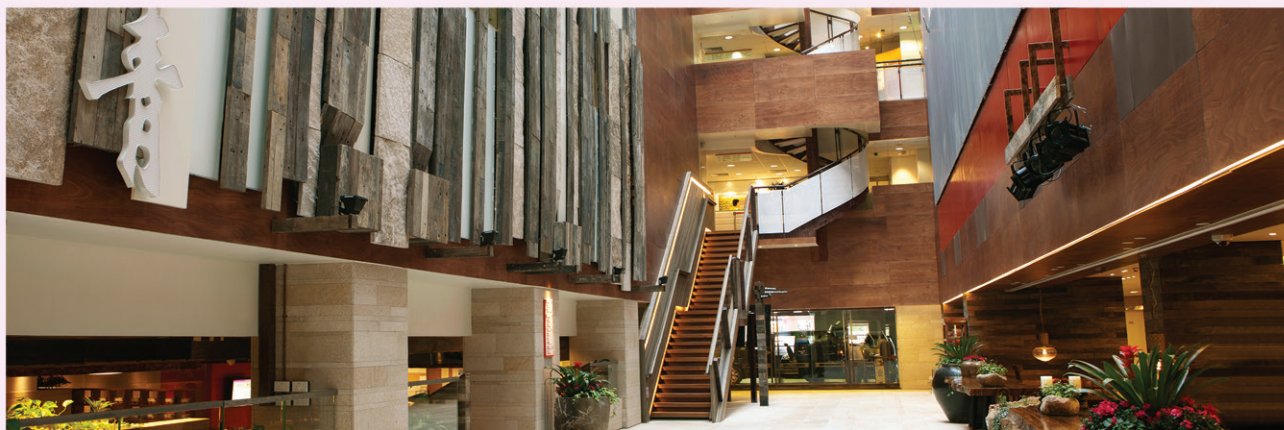


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香港基督教青年會  
YMCA OF HONG KONG

125<sup>th</sup>  
ANNIVERSARY OF  
YMCA OF HONG KONG  
愛就是力量 · Power of Love

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願各位蒙天父和主耶穌的恩典，主內平安！

我在提交2025年12月號《港青之聲 — 總幹事的話》初稿後，便離港前往美國與家人共度聖誕節。當我開始撰寫這篇《總幹事的話》時，聖週將至。回顧過去三個半月所發生的一切，從聖誕跨越四旬期直至復活節，實為一條以愛為核心的生命路徑。

抵達三藩市時，看到我租用的車輛，心中充滿喜樂。那輛車讓我想起港青那部車頂為黑色的白色座駕「JOHN1721」。我興奮地對妻子Kim喊道：「主與我們同在！」回到家中，正當我準備把《總幹事的話》最後定稿發回港青時，卻驚覺將手提電腦遺留在飛機上——那正是我最後編修文稿的地方。令人驚訝的是，我內心竟出奇地平靜。我以信心禱告，相信電腦會尋回；更渴望領受此事背後的意思，相信上主允許此事發生，必有其旨意。果然，不到24小時，電腦便被尋回。

1月24日，董事會成員聚首一堂，共享「盆菜」聯誼午餐，藉此提醒我們團結合一。糕餅總廚阿榮師傅與其團隊匠心獨運，打造出象徵性的盆景造型紀念蛋糕，寓意「始在香港，根在香港」。踏正下午1時25分，港青中庭大堂的LED屏幕上，一扇象徵性的紅色大門徐徐打開，無數「愛心」隨之湧現，象徵港青125年來對香港及社區的無私奉獻。董事會成員手持心形氣球連成一線，生動展現「心連心」的「愛的力量」。港青基信幼稚園（啟晴）的學生以聖詩《先求祂的國》為感恩慶典揭開序幕。在歷史牆的剪綵儀式上，我回顧了12年前的1月24日，當日董事會作出兩項重要決策：成立港青基信幼稚園（啟晴），以及委任我為港青副總幹事。

在這個別具意義的日子裡，其中一位董事會成員遺憾未能親臨現場——他就是前會長、現任副會長黃佩翰先生

(David)。然而，他在我心中卻從未缺席。我特地寫了一篇感謝文，向他表達我們的思念與感激，感謝他一直以來對我的支持與鼓勵。儘管當天他不在場，我仍能感受到他與港青同在。David曾於2010至2016年擔任港青會長；在他任內，董事會啟動物色副總幹事之流程，以接替當時即將退休的第13任總幹事梁先生。因此，David也是我在港青共事時的第一任會長。

David於2021年確診第4期癌症。他向我坦言自己的健康狀況，並向我保證，他會以積極的態度面對人生，並在能力所及的範圍內繼續以同一身分服事青年會。往後的日子裡，每當他到港青，必會向我更新病況；每當青年會需要任何法律意見，David總是隨時接聽電話或回覆WhatsApp。他從未缺席任何關鍵會議，持續以其深厚見解與智慧貢獻於會務。儘管他的健康每況愈下，他仍在2025年10月出席港青會員周年大會，以行動表達對本會的支持與認同；同年12月，他更在輪椅輔助下參與一次重要會議，親自陳述意見。

我感恩能在David臨終期間能到醫院探望他，並代表董事會向他致謝，感謝他為青年會無私奉獻38載。David謙遜



轉眼間，距離我與第16屆YLD完成標誌性的「長征」已達10年  
In the blink of an eye, it has been 10 years since I completed the signature  
“long march” of the YLD overnight camp with the 16th cohort



我與Kim在午夜時分現身營地，  
為YLD成員及同工帶來驚喜  
Kim and I showed up at midnight  
to give everyone a surprise

地回應：「每一次蒙召，我就去服侍。」的確，他凡有召命，皆忠心以赴。過去12年來，我雖非其徒弟，卻在他身上獲益良多。然而，David不喜被矚目。他很快轉移話題說：「輪到你了，Peter……」即使在離世前8天，他仍牽掛着我。我向他述說未來3年的計劃，並蒙受他的祝福。臨別之際，他以一貫堅定且帶微笑的語氣對我說：「Peter，你就去做吧。」David是信、望、愛的真實榜樣。

過了一個異常繁忙的一星期後，3月14日（星期六）的彌撒上，一幅畫面忽然在我心中浮現：「傲翔新世代」全方位青年領袖訓練計劃（YLD）的學員在夜色中抵達營地。這彷彿是聖靈的感動，促使我當晚到訓練營探訪YLD。於是我與Kim在午夜時分現身營地，為大家帶來驚喜。轉眼間，距離我與第16屆YLD完成標誌性的「長征」已達10年。這次我以舊生身分回歸，為第26屆學員加油打氣。看到同工在午夜為完成「長征」的學員歡呼，我深受感動；更使人溫暖的是，不同年齡層的舊生回來協助，令整個通宵營隊成為彼此連結的家。後勤團隊忙碌備餐，為飢腸轆轆、歷經艱辛遠足的學員補充體力；部分隊伍的檢討會甚至進行至凌晨3時。營中雖有許多新面孔，卻也不乏資深支柱——例如Isabella，她已有19年YLD資歷，是多年來YLD倚重的中流砥柱。

我在閉幕禮上問Isabella，是甚麼驅使她年復一年回來服侍，甚至擔任組長參與「長征」。她說：「最主要的原因，是在這裏能夠感受到一班有共同目標的朋友，給予我深厚而真摯的愛與關懷，正如YLD 25周年主題曲《致青春的你》副歌所說：『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。』不論是YLD的大小事務，還是生活中遇到的難題，這班朋友都會互相支持，陪伴大家前行。無論是高光時刻，還是低迷時期，我都知道這班朋友會陪伴你一起流淚、一起歡笑。大家互相聆聽、分析、鼓勵後，又會重新獲得力量繼續前行。當年一同挑戰長征的友誼，已經昇華為如家人般的關係。另一個同樣重要的原因，是我在YLD體會到『雙向生命影響生命』的力量。在我們陪伴同學挑戰自我、突破界限的同時，他們的勇敢、坦誠與堅持，也啟發我們這班舊生不斷反思和成長。我希望能將自己在YLD得到的愛與體會薪火相傳，見證更多生命互相影響的時刻。」

當我離開YLD訓練營時，一位同工問我會否如常於週日清晨騎單車前往大帽山。我答道：「當然。」她提醒我現在

正值觀賞雲海的季節，許多攝影愛好者會上大帽山拍日出。果然，數小時後我抵達大帽山頂，眼前正是壯麗的日出與翻滾的雲海。我為David禱告，並將這如同天堂的壯麗景色拍照給他。翌日（3月16日）醒來，我翻開日記時，卻驚覺整個3月8日那一週竟全然空白——一行字也未留下！那週我忙碌得連翻開日記的時間都沒有，彷彿失了魂。（「他失去理智了」（馬可福音3:21）。）當天晚些時候，David離世了。得悉噩耗時，約翰福音3:16立刻浮現在我心：「神愛世人，甚至將他的獨生子賜給他們，叫一切信他的，不至滅亡，反得永生。」

香港基督教青年會學校退修日以悼念David揭開序幕。在靈修環節中，二百多位教師與管理團隊一同仰望同一終點一天家，並默想我們如何回應約翰福音3:16。我們一同反思作為「基督教青年會」的一員，及身為基督徒的身份：何謂基督教育？它與一般教育的差異何在？傳授基督價值觀，是否等同於以基督為中心的教育？

世界基督教青年會首任會長兼總幹事Charles Fermaud（1879-1912）於1878年曾言：「……切記，成功的唯一祕訣，是神的靈在我們生命中的運行，以及那使每位基督徒成為傳道者的愛心。沒有外在的助力，我們的前輩仍能成功，因為他們心中燃燒着起初之愛；若無此愛火，再寬闊的建築、再周詳的組織、再多能幹的幹事與團隊，也無法使青年會免於衰敗。屬靈生命無可取代，而屬靈生命是一場長久的勝利。因此，今日與明日的弟兄們當有勇氣！讓我們跪在十字架前，向我們的主立誓效忠，並不住地祈求那生命洗禮的更新——正是這洗禮孕育出無數蒙福的機構，其中之一便是我們的基督教青年會。」

教導是一種屬靈恩賜（以弗所書4:11；羅馬書12:7），成為教師乃蒙召的聖職。基督信仰是一種與基督建立的個人關係，始於與耶穌相遇。約翰福音四章中撒瑪利亞婦人的故事提醒我們：認識耶穌是一段旅程。本會轄下的學校——新會商會港青基信學校與港青基信書院——以「我來了，是要羊得生命，並且得的更豐盛。」（約翰福音10:10）為校訓，強調在與神的關係中，常是神先向我們伸手；我們的回應既是恩典，也是責任。就此觀之，耶穌的來臨，正是使基督教青年會得著生命。港青董事局義務會牧師高牧師於2014年1月24日，在我面試時曾言：「若基督教青年會失去了『C』（基督），它就不再是基督教青年會。」基督是青年會的中心。基督必須是青年會的中心。

當耶穌位於基督教青年會的中心時，第4期癌症便不再是世界的終結，也非生命的盡頭。最可畏的敵人，仍不必改變我們生命的方向。過去5年，我陪伴David面對第4期癌



3月8日的大帽山日出  
Sunrise on Tai Mo Shan on March 8

症的路程，這段同行提醒我：我們不應把生命視為理所當然。每一天都應活出意義，因無人知道哪一日將成終結。我們應讓信心得以發光、讓盼望通過在愛中服事體現出來。正如我們在David的追思禮上所聽見的：若能重來，他會更早受洗，成為耶穌的門徒。38年來，David作為港青投票會員，一直認同《巴黎本旨》；至人生最終章，他方領悟自己一直以來正活出基督門徒的樣式。認識耶穌，本來就是一場旅程。

當我發現把手提電腦遺留在飛機上時，我深感主與我們同在。這是多麼特殊的四旬期！自從得知David離世後，我一直無法完成這篇《總幹事的話》，直到今日才寫好——而此刻我驚覺今日已是棕樹主日。敬請原諒：今期《港青之聲》將因此延遲出版。

我從沒有想過，我會在日本中禪寺湖、在聖週的第一日完成此稿。「你們來，同我私下到荒野的地方去歇一歇。」（馬可福音6:31）感謝天父，並感謝摯友的熱情邀請，讓我與Kim得以在此美麗而寧靜之地歇息數日。而我收到David的訊息：「我自週日早上便一直留在養和醫院。」時，也恰巧正與這摯友用膳。此訊息開啟了我與David共同旅程的最後一章——這豈是巧合？今晨，與David多年共事的往昔畫面不斷浮現；每一幕皆充滿喜樂，閃爍着從那扇港青125周年的紅色大門溢出的愛，並向世界升騰。如今常存的，有信、有望、有愛；其中最大的就是愛。愛正是連結我與David、與主的紐帶，因為天主就是愛。願我們的信心藉著堅定而發光，願我們的盼望藉著忍耐而閃耀，願我們的愛勝過恐懼，承載並推進基督教青年會的使命，踏入下個125周年。

「如今常存的：有信，有望，有愛；這三樣，其中最大的是愛。」

（哥林多前書13:13）「我們愛，因為神先愛我們。」（約翰一書4:19）

「但願賜盼望的神，因信將諸般的喜樂和平安充滿你們，使你們藉著聖靈的能力大有盼望。」（羅馬書15:13）

S.D.G.（願榮耀單單歸於神）

## 何慶濂

總幹事 / 行政總裁



不到24小時，我便尋回我的手提電腦  
My laptop was recovered less than 24 hours later

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

As soon as I submitted the penultimate draft of my December 2025 GS Message, I left Hong Kong to spend Christmas with my family in the US. When I began writing this GS Message, Holy Week was just around the corner. What happened in the last 3½ months were indeed a journey of love — the journey from Christmas to Easter through Lent is all about Love.

What a joyous moment to see my rental car on arrival in San Francisco, which immediately reminded me of the white YMCAHK car “JOHN1721” with a black top. Instantly I cried out to my wife, Kim, “God is here with us!” Once I arrived home, I was ready to send the final GS Message back to YMCA, only to discover I had left my laptop on the plane where I had made final edits. Surprisingly, I was calm. My heart was at peace. I prayed and I was confident the laptop would be recovered. I was more interested in finding what was to come as I believed God allowed this incident to happen for a purpose. And indeed my laptop was recovered less than 24 hours later.

On January 24, the Board of Directors gathered for a fellowship lunch of “Poon Choi” to remind us of our unity. Pastry Chef Ah Weng and his team meticulously crafted a beautifully meaningful Bonsai Anniversary Cake symbolizing “Began in Hong Kong; Rooted in Hong Kong”.（始在香港，根在香港）. At precisely 1:25pm, a symbolic red door displayed in the atrium lobby LED screen opened, unleashing “hearts of love” representing

the past 125 years of work of the YMCAHK to the Hong Kong community and beyond. Board members held up heart-shaped balloons connected together to display the “power of love” when hearts are connected. Students from Christian Kindergarten (Kai Ching) kicked off the Thanksgiving celebration with the hymn “Seek Ye First the Kingdom of God”. At the ribbon cutting ceremony of the Heritage Wall, I reminded the audience that 12 years ago on January 24 the Board made 2 important decisions — establish Christian Kindergarten (Kai Ching) and appoint me as the Deputy General Secretary (DGS) of YMCAHK.

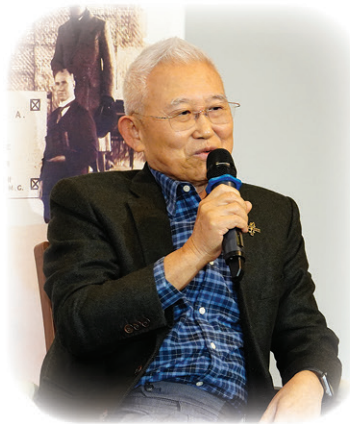
One Board member was notably absent on this momentous day, Immediate Past President and Vice President Mr. David Wong, but he could not be missed in my heart. I sent David a “Thank you” note expressing how much he was missed and my gratitude for his always encouraging words. Even though

David was not present, I could sense his presence at the YMCA in my heart. David was the President of The YMCA of Hong Kong (2010-2016) who led the Board of Directors in the search of a DGS to succeed the retiring Mr. Aldrin Leung, 13th General Secretary of YMCAHK. David was my first President.

David was diagnosed with Stage 4 cancer in 2021. He confided with me his health condition and assured me that he would continue with life and to serve YMCA in the same capacity for as long as he was capable. In the ensuing years, he would update me about his condition when he

came to YMCA. Whatever legal advice YMCA needed, David was always one phone call or one whatsapp message away. David did not miss any critical meetings, and continued to provide YMCA with his valuable insights and wisdom. Despite his deteriorating health, David came to the Annual General Meeting in October 2025 to give YMCA his full support and recognition, and with the assistance of a wheelchair, to a critical meeting in December 2025 to weigh in his views.

I am grateful for the divine opportunity to visit David in the hospital in his last days; and on behalf of the Board of Directors, to thank David for his contribution to the YMCA for 38 years. David humbly responded, "every time I'm called, I serve". Indeed, David served faithfully every time he was called; and I learned so much from David in the past 12 years without being his apprentice! But David did not want to focus on being thanked. He quickly changed the conversation, "on to you, Peter..." David was still concerned about me 8 days before he passed away. I shared my plans for the next 3 years with David and received his blessing. David's departing word for me was "Peter, you do that" in his signature tone of conviction with a



黃佩翰先生 (David) 是信、望、愛的真實榜樣  
Mr. David Wong was a living example of faith, hope and love

participants when they finished the "long march" at midnight and heartwarming to see all the alumni, young and old, returning to help make the overnight camp a home to connect. There was the central team, cooking up a storm for the hungry souls to replenish their energy after their arduous hikes, and staying up debriefing up to 3am for some teams. There were many new faces, and there was Isabella, a 19th year YLD veteran, and an anchor who YMCA has counted on in the ensuing years.

I asked Isabella at the closing ceremony what motivated her to keep coming back year after year to serve, even as a team leader to do the "long march". She said, "At its core, my commitment to YLD stems from the strong bonds I have formed here. I have found a group of friends who genuinely care for me, and whom I deeply cherish... who share common values... This feeling is perfectly captured in the chorus of YLD's 25th Anniversary theme song, "To the Youth in You": "Though the road is winding, we are determined to keep moving forward; Through the storms, we hold hands without fear. With tears and laughter, we persevere under the stars; Embracing this moment, together with our comrades." Through both joyful moments and

difficult periods, I know they will be by my side — sharing tears and laughter. We listen, discuss, encourage one another, and regain strength to keep moving forward. The friendships established during the "Long March" have evolved into relationships akin to family... Another important reason I keep staying at YLD is the power of "mutual life impacting life" within



香港基督教青年會學校退修日  
The YMCAHK Schools Retreat

YLD. As we encourage participants to push beyond their limits, their courage, sincerity, and perseverance inspire me to keep reflecting and growing. I hope to pass on the love and wisdom I have gained at YLD, and continue witnessing moments where lives touch and inspire each other.”



象徵性的紅色大門徐徐打開，無數「愛心」隨之湧現，象徵港青125年來對香港及社區的無私奉獻

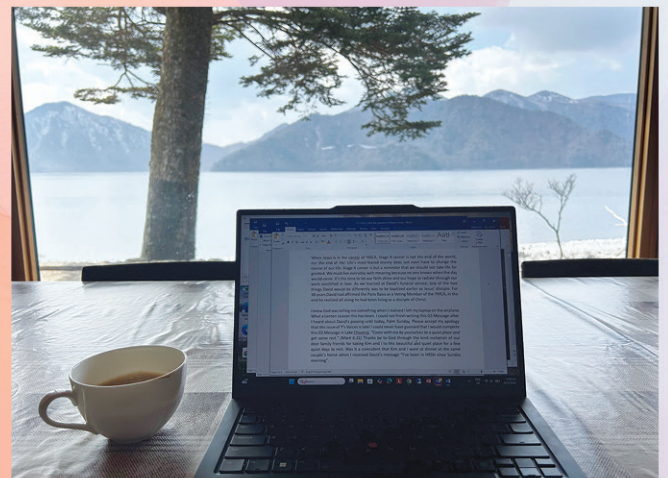
A symbolic red door displayed in the atrium lobby LED screen opened, unleashing “hearts of love” representing the past 125 years of work of the YMCAHK to the Hong Kong community and beyond

As I was leaving YLD overnight camp, one staff asked if I would still do my regular Sunday sunrise cycling to Tai Mo Shan (TMS). “Of course,” I said. She told me this is the season for “sea of clouds” and many hardcore photographers would go up to TMS to take sunrise photographs. Lo and behold, I was greeted by a magnificent view of sunrise above a sea of clouds when I cycled to the top of TMS a few hours later. I prayed for David and sent him greetings with a photo of the magnificent view which I imagined as a glimpse of heaven. When I woke up the next day, March 16 and opened my journal, I realized the entire week of March 8 was blank — not a word was written on it the entire week! I was so busy that I did not have time to open my journal the whole week. I felt like I was out of my mind. [He is out of his mind (Mark 3:21).] Later that day David passed away! When I heard the news, John 3:16 immediately came to mind: “For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.”

The YMCAHK Schools Retreat began with remembering David. Together 200+ teachers and management team looked at the same destination of heaven and meditating on how we respond to John 3:16 in the opening devotion. We looked at our identity as a Young Men’s Christian Association and our Christian identity. What is Christian Education? How is it different from just education? Is teaching Christian values the same as teaching with Christ in the center?

Charles Fermaud, 1st President of the World YMCA and General Secretary (1879-1912) wrote to us in 1878: “...never forget that the one secret of success is the life of the Spirit of God in the heart, and that love of souls which makes every Christian a missionary. Without any outward aids our forefathers succeeded, because they had in their hearts this fire of first love, and without this, no commodious buildings, no wise organizations, no staff of able secretaries can keep our Association from going to decay. Nothing can take the place of spiritual life, and spiritual life is one long victory. Courage then, brothers of today and tomorrow! On our knees at the foot of the Cross, where we swear allegiance to our Divine Master, let us ask without ceasing for a renewal of that baptism of life out of which has arisen, among countless other blessed institutions, our Young Men’s Christian Association.”

Teaching is a spiritual gift (Ephesians 4:11; Romans 12:7) and to be a teacher is a divine calling. Christianity is a personal relationship with Christ and it begins with an encounter with Jesus. The Samaritan Woman in John 4 teaches us that knowing Jesus is a journey. The School Scripture for both the YMCAHK primary school SWYHKCS and secondary school YHKCC, “I have come that they may have life, and have it to the full.” (John 10:10) underscores that God takes the initiative in our relationship. But it is our privilege and responsibility to respond. For that matter, Jesus came that YMCA may have life. Dr. Rev. John Snelgrove, Hon. Chaplain of the Board said to me during the Board interview on January 24, 2014, “YMCA without the ‘C’ is not YMCA”. Christ is the center of YMCA. Christ must be the center of YMCA.



「你們來，同我私下到荒野的地方去歇一歇。」(馬可福音6:31)  
— 攝於日本中禪寺湖

“Come with me by yourselves to a quiet place and get some rest.” (Mark 6:31)  
— photo from Lake Chuzenji, Japan



在歷史牆的剪綵儀式上，我回顧了12年前的1月24日，董事會作出的兩項重要決策

At the ribbon cutting ceremony of the Heritage Wall on January 24, I reminded the audience that 12 years ago on January 24 the Board made 2 important decisions

When Jesus is in the center of YMCA, Stage 4 cancer is not the end of the world, nor the end of life! Life's most-feared enemy does not even have to change the course of our life. My journey with David in the past 5 years as he navigated through Stage 4 cancer reminded me that we should not take life for granted. We must live everyday with meaning because no one knows when the day would come. It's the time to let our faith shine and our hope to radiate through our work sanctified in love. As we learned at David's funeral service, one of the two things David would do differently was to be baptized earlier as Jesus' disciple. For 38 years David had affirmed the Paris Basis as a Voting Member of the YMCA, in the end he realized all along he had been living as a disciple of Christ. Knowing Jesus is a journey.

I knew God was in the midst when I realized I left my laptop on the airplane. What a Lenten season this has been. I could not finish writing this GS Message after I heard about David's passing until today, and I just realized it's already Palm Sunday. Please accept my apology that this issue of Y's Voices would be late! I could never have guessed that I would complete this GS Message on the 1st day of Holy Week in Lake Chuzenji in Japan. "Come with me by yourselves to a quiet place and get *some rest.*" (Mark 6:31) Thanks be to God through the kind invitation of our dear family friends for taking Kim and I to this beautiful and peaceful place for a few quiet days to rest. Was it a coincidence that Kim and I were at dinner at the same couple's home when I received David's message "I've been in

HKSH [hospital] since Sunday morning" that began the closing chapter of my journey with David! Images of David and I working together over the years kept flashing up this morning. Each one of them was filled with joy sparkling in love flowing out of the red YMCAHK125 door and rising up to all the world. Faith, hope and love indeed remains, but love is what connects my spirit with David's spirit and the Spirit of God for God is Love. May our faith shine through our conviction, may our hope radiate through our perseverance and may our love overcome our fear and carry the Mission of YMCA forward for the next 125 years.

*And now these three remain: faith, hope and love. But the greatest of these is love. (1 Corinthians 13:13) We love because he first loved us. (1 John 4:19) May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. (Romans 15:13)*

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

**Peter Ho**

*General Secretary / Chief Executive Officer*



## Tribute to Mr. David Wong Immediate Past President and Vice President The Young Men's Christian Association of Hong Kong

*"For God so loved the world that he gave his one and only Son,  
that whoever believes in him shall not perish but have eternal life." (John 3:16)*

Dear David,

Thank you for your "yes" to me 12 years ago.

Thank you for coming in to join the Executive Officers Meeting on December 10, 2025, even on a wheelchair.

Thank you for letting me know you were in the hospital; and responding to my prayer that I could spend the time with you on March 8.

The list of "thank yous" could go on for pages..... I really could not thank you enough for your advice, patience, trust and encouragement over the years.

I was at Christian School for Easter Chapel this morning. I told the students about you, that you sent me to be their School Supervisor [10 years ago]. I asked them if it was a good decision. Did you hear how loud was their "Yes"? I then went to YHKCC for Sports Final. My first day as YHKCC School Supervisor was Sports Final in 2014. It was also you who sent me there. We stood in silence to remember you. I hope you heard our prayers.

You were the President of the Board who brought me to the YMCA of Hong Kong. How I wish you could be there when we celebrated the Centennial Thanksgiving of the Grand Opening of YMCCHK on Salisbury Road last year. We missed you there in person but not in spirit. I was heartened at your joyful response when I shared that YMCA guests from overseas were inspired by the hospitality they received; and that spiritual leaders from around the world experienced the Christ-centeredness of our staff and programs. Praise the Lord.

I really missed you on January 24 when we kicked off the Thanksgiving celebration for our 125th Anniversary. I reminded the audience at the ribbon cutting ceremony of the Heritage Wall that 12 years ago on January 24, 2014 the Board met and made 2 important decisions — to establish Christian Kindergarten (Kai Ching) and to appoint me as the Deputy General Secretary.

Early on, you asked me what I would do as the General Secretary of the YMCA if the Board were divided on a difficult issue. I was prompted by the Holy Spirit to say that "Jesus knew his disciples would be divided, but he prayed for them, he also prayed for us at the Last Supper. The scripture I noticed engraved on the foundation stone on Salisbury Road, John XVII 1, 'Father, may they all be one as we are one' is what the General Secretary should remind the Board — to gaze humbly at Jesus on the cross, and seek the will of the Father for the good of YMCA, and everything can be worked out."

During my initial interview with YMCA, I asked the Board what it wanted me to do as the General Secretary of YMCA, the response was "invite Jesus back in the YMCA." Jesus is back in the YMCA, and David, you have played an essential role in supporting me all these years with all the initiatives.

You have encouraged me through all my challenges. You were in every major event in the YMCA. I missed our phone calls although almost every call we had we were working on solving problems whether they were related to management, HR, legal, governance, members, schools or anything YMCA. I missed hearing Elizabeth [retired GIS Executive Assistant] said, "Peter, Mr. Wong is on the line", or calling Zoe [GIS Executive Assistant] and said, "Call David for me please". Patrick [YMCA President] cannot say anymore, "Peter, see what David thinks"!

On my way to Tai Mo Shan on March 8, I kept seeing "A S K". Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. (Matthew 7:7) I could not stop but thinking about my 1st meeting with you at the YMCA, the 1st time you took me out to lunch after I joined YMCA. I prayed that I had more opportunities to learn from your wisdom. I was afraid to lose you. I hoped I was wrong. I thank God for the grace to see you in the hospital. I thank you for your care about my health. I thank you for your last words of encouragement, "Peter, you do that", with just as much conviction as I would expect from you.

Thank you for showing me your Bible when I visited you. You were right that I would be very happy to see you were reading the Bible. Thank you for sharing your faith journey and what is authentic Christianity. Thank you for your trust. I rejoiced to hear a few days later that you were finally baptized to be one of Jesus' disciples in the Paris Basin that you had affirmed all these years as a Voting Member of YMCA. How joyful, how beautiful, how good it is. This is the day the Lord has made. Rejoice and be glad in it.

When I heard that you had left us on Monday, March 16, John 3:16 immediately came to mind. That afternoon I was at Christian School watching the Year 3 & Year 4 Easter play, "You are Special". One of the lines really touched my heart, "Every time I see you, There's a smile upon my face." I was on Tai Mo Shan again on March 15, and the sea of clouds were but a glimpse of heaven for you. I put the scripture on the photo and used it to remember you at the beginning of the devotion led by me at the YMCA Schools Retreat on March 20.

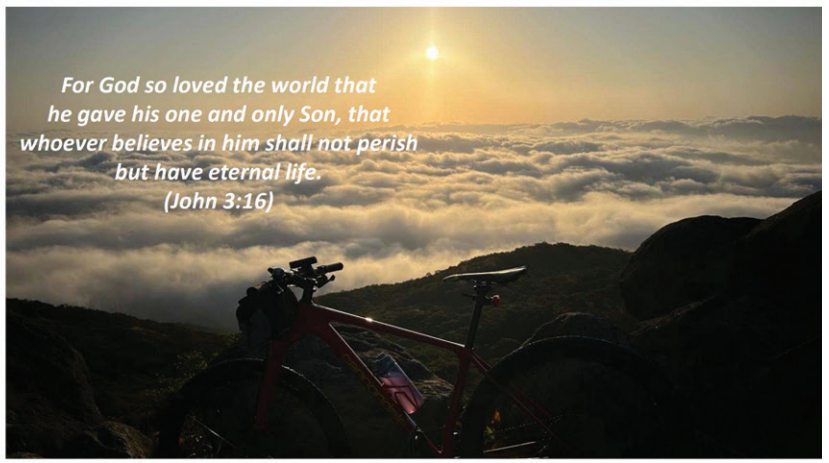
David, you had faithfully served YMCA for 38 years. Thank you. You were there every time you were called to serve. The Board of Directors has lost a voice of authority. YMCA of Hong Kong lost a pillar. Your presence will be missed. You will always be remembered. Pray for the Board. Pray for YMCA. Pray for us.

David,  
you have fought the good fight,  
you have finished the race,  
you have found the faith.

May you rest in the eternal peace  
of our Heavenly Father.

God bless & SDG,

**Peter**



*For God so loved the world that  
he gave his one and only Son, that  
whoever believes in him shall not perish  
but have eternal life.  
(John 3:16)*

# 基督教青年會運動在香港成立 125周年暨港青開放日

## 125th Anniversary of the YMCA Movement in Hong Kong cum YMCA Open House

2026年1月24日，港青於尖沙咀梳士巴利道總部隆重舉行「基督教青年會運動在香港成立125周年暨港青開放日」。是次活動不僅慶祝基督教青年會在港扎根超過一世紀，更旨在向公眾展現其以基督價值觀為根基、致力服務社群的恆久使命。活動以「愛就是力量」為主題，透過一系列豐富多元的公開活動及具象徵意義的典禮，深刻闡釋了基督的愛。

On January 24, 2026, YMCAHK held the “125th Anniversary of the YMCA Movement in Hong Kong cum YMCA Open House” — at the headquarters on Salisbury Road, Tsim Sha Tsui. This event not only commemorated more than a century of the YMCA’s deep-rooted presence in Hong Kong but also showcased the enduring mission to serve the community built on the foundation of Christian values. Under the theme “Power of Love”, the day featured a diverse array of public activities and meaningful ceremony that beautifully reflected the love of Christ.

### 下午1時25分開啟愛之門扉：見證百年初心

典禮於下午1時25分正式啟動，由總幹事及董事局成員攜手開啟螢光幕上的大門。此象徵性的莊重儀式，標誌著基督教青年會自1901年在港成立以來，歷經125載春秋，其服務社群之心始終如一。大門開啟之際，無數「愛心」意象隨之湧現，生動喻示著從神而來的愛，乃歷代先賢與同工持守勇氣、堅定信心的源泉，即使面對無數挑戰、仍堅守使命，並在一切服務中彰顯屬靈力量。其後，一眾董事手持心型氣球、心連心合影，寓意「神的愛是永不止息」的深遠承諾。

### 125周年火炬接力跑

為誌記港青尖沙咀總部成立百周年，並迎接青年會運動在港125周年，典禮特設火炬接力跑儀式。大會邀請24位來自不同部門的同工及學生代表，環繞總部接力傳遞火炬。此儀式猶如一部動態史詩，將歷史的火焰從1901年傳承至2026年，象徵著青年會運動的精神代代相承，綿延不絕。儀式過程更進行現場直播，讓大眾得以同步見證此歷史性時刻。





**更多125周年慶祝活動，敬請期待！**

**南樓紀念牆剪綵儀式：銘刻歷史、傳承使命**

當日典禮的另一重要環節，是於南樓地下舉行的紀念牆剪綵儀式。這面精心鑄造的紀念牆莊重刻寫港青創立以來共25任會長及14任總幹事的名字。每一個名字，不僅代表著一位領袖，更象徵著一段承先啟後、在時代洪流中持守信念的珍貴歷史。

從成立之初於鼠疫蔓延中艱難起步，到戰亂動盪中飽經試煉，港青歷經無數風雨挑戰。正是歷任領袖以從神而來的智慧、勇氣與不屈不撓的奉獻精神，如同忠心的管家，跨越危機，使港青得以在125年後的今天，依然屹立於尖沙咀梳士巴利道，持續服務社群。

剪綵儀式由現任會長葉偉文先生、總幹事何慶濂先生及多位董事會成員共同主持。在眾多來賓及同工的見證下，紅綵帶應手而開，標誌著這面承載厚重歷史與感恩的紀念牆正式落成。它時刻提醒著我們勿忘初心，並激勵全體同工與會友，傳承這份以基督為根基的神聖使命，繼續書寫服務社會的新篇章。

**童聲頌主恩：幼稚園學生詩歌獻唱**

慶典亦洋溢著純真與感恩的氛圍。港青基信幼稚園（啟晴）及港青基信國際幼稚園的學童為來賓獻上優美聖詩。孩子們以清澈歌聲頌揚主愛，體現了基督教青年會的基督培育，從幼年開始播揚福音種子。



**1:25 PM — Opening the Door of Love:  
A Century-Long Journey of Faith**

The ceremony commenced at 1:25 PM, as the General Secretary and Board Members jointly opened a symbolic door displayed on a LED screen. This solemn gesture represented the YMCA's steadfast dedication to community service since its founding in Hong Kong in 1901. As the door opened, numerous "hearts" emerged, poignantly reflecting how God's love has empowered generations of pioneers and staff with courage and faith. It is this enduring love that has sustained the YMCA through challenges, upheld the mission, and expressed faith across all its services. Following the ceremony, Board Members held heart-shaped balloons for a group photo, symbolizing the enduring promise that "God's love never fails".

**125th Anniversary Torch Relay Run**

To mark the centenary of the YMCAHK's Tsim Sha Tsui headquarters and celebrate the 125th anniversary of the YMCA Movement in Hong Kong, a torch relay was conducted during the ceremony. 24 representatives from various departments and schools were invited to pass the torch around the headquarters. This dynamic ritual served as a living narrative, carrying the flame of history from 1901 to 2026 and symbolizing the enduring continuity of the YMCA spirit. The relay was broadcast live, allowing the public to witness this historic moment in real time.



**Heritage Wall Ribbon-Cutting Ceremony at South Wing: Honoring History, Continuing the Mission**

Another highlight of the day was the ribbon-cutting ceremony for the "Heritage Wall" located in the South Wing. The heritage



wall is engraved with the names of all 25 Presidents and 14 General Secretaries since the YMCAHK's founding in Hong Kong. Each name represents not only a leader but also a chapter of perseverance and faith upheld through the tides of history.

From its difficult beginnings during a plague outbreak to enduring the trials of war and turmoil, YMCA has overcome countless challenges. It is through the God-given wisdom, courage, and steadfast dedication of successive leaders — faithful stewards who guided YMCAHK through crises — that the YMCAHK stands strong today on Salisbury Road, Tsim Sha Tsui, continuing its service to the community.

The ribbon-cutting was presided over by Mr. Patrick Yip, President of YMCAHK; Mr. Peter Ho, General Secretary of YMCAHK; and members of the Board. In the presence of guests and staff, the red ribbon was ceremoniously cut, formally unveiling this wall which carries profound historical significance and heartfelt gratitude. It stands as a lasting reminder to remain true to our mission and vision, inspiring all members and staff to continue the mission rooted in Christian faith, as we write new chapters of service to society.

### Kindergarten Children's Hymns

The celebration was also filled with gratitude as students from YMCA of Hong Kong Christian Kindergarten (Kai Ching) and YMCA of Hong Kong Christian International Kindergarten sang hymns for the guests. With their pure voices raised in praise of God's love, the children reflected the YMCAHK's emphasis on spiritual nurturing and the sowing of Gospel seeds from an early age.



# 2025年度港青義工嘉許晚會 以心觸印 讓希望延續每個角落

## YMCAHK Volunteer Appreciation Evening 2025 Every Touch Leaves a Heartprint



港青年度盛事——「港青義工嘉許晚會2025」已於2026年1月15日圓滿舉行。一眾義工聚首一堂，在「Every Touch Leaves a Heartprint」的主題下，共同回顧過去一年的服務點滴，見證每一個微小行動所綻放的動人光芒。

晚會上，大會播放了以「觸印」為主軸的義工故事影片，真實記錄義工如何在服務中與生命相遇、彼此影響。從自助到助人，由個人成長延伸至社會貢獻，由接受關懷到學會給予——每一個片段，都是生命轉化的見證；每一次觸碰，都在無聲中改寫了身邊的他、我、他的故事。影片展現的，不僅是服務的歷程，更是人性中最真摯的光輝。

義工們留下的觸印，並非止於一刻。它們將交織成一段循環不息的旅程——凝聚希望、光芒與愛，滲透至社區每個角落。當微笑成為力量，感動化為行動，每一位曾經付出的人，都將在這趟旅程中被看見、被珍惜。

嘉許晚會亦設有互動遊戲環節，讓義工們在輕鬆愉快的氣氛中，加深對港青服務理念與發展歷程的了解，進一步增強彼此的連結與歸屬感。

頒獎環節將晚會的氣氛推至高峰。港青頒發多個義工獎項，以最誠摯的心意，感謝每一位義工過去一年的無私奉獻與堅持。獎項不只代表肯定，更是一份承傳——提醒我們，每一個微小的觸印，都在社區中留下永恆的印記。

你們的觸印，不僅改變了他人，也成就了更美好的社區；而這份美好，將在未來的日子裡，繼續書寫。

**每一個微笑與善行，都是祝福的種子。**

「你們的光也要這樣照在人前，叫他們看見你們的好行為，把榮耀歸給你們在天上的父。」（馬太福音5:16）





The YMCAHK annual volunteer celebration — “YMCAHK Volunteer Appreciation Evening 2025” — was successfully held on January 15, 2026. Volunteers gathered together under the theme “**Every Touch Leaves a Heartprint**” to revisit the moments of service over the past year, celebrating every act of love and kindness that illuminated the community.

During the evening, a short video centered on the concept of “heartprints” was screened, authentically capturing how volunteers encounter and influence lives through their service. From self-empowerment to helping others, from personal growth to social contribution, from receiving care to learning to give – each scene bore witness to the transformation of lives. Every touch silently reshaped the stories of those around – me, you, us. What the video revealed was not merely a record of service, but the most genuine radiance of humanity.

The heartprints left by the volunteers do not fade with the moment. They weave together into a never-ending journey – gathering hope, light, and love, reaching into every corner of the community. When smiles become strength and inspiration turns into action, every person who has given will, along this journey, be seen and cherished.

The evening also featured interactive games, allowing volunteers to deepen their understanding of YMCAHK’s mission and vision in a relaxed and joyful atmosphere, further strengthening their connection and sense of belonging.

The award ceremony brought the evening to its climax. Multiple volunteer awards were presented, expressing heartfelt gratitude for the dedication and perseverance of every volunteer over the past year. The awards were more than just recognition – they carried forward a legacy, reminding us that every small heartprint leaves an eternal mark on the community.

Your heartprints have not only touched others but have also shaped a better community. And this beauty will continue to be written in the days ahead.

**Every smile and act of kindness is a seed of blessing.**

*“In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.”*  
(Matthew 5:16)

歡迎「未來的你」一同加入  
You're welcome to join us

- 💡 立即掃描QR Code，成為港青義工的一份子！
- 💡 Please scan the QR code now to become a volunteer of YMCAHK!



**別讓精彩停留在這一刻！**  
立即掃描下方二維碼，解鎖更多動人瞬間。

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# 港青2024/25年度傑出員工選舉 「卓越服務 — 個人獎冠軍」吳卓思 (Tracey) YMCAHK Outstanding Staff Award 2024/25 – Service Excellence (Individual Award) – Ng Cheuk Sze Tracey



吳卓思 (Tracey) 於2015年展開她的港青旅程，在學前教育及小學文娛服務部服務約4年，其後轉至本地教育界工作。在職涯路上，Tracey不斷尋求神的心意，使徒行傳1章8節如明光照耀：

**「但聖靈降臨在你們身上，你們就必得著能力，並要在耶路撒冷、猶太全地，和撒瑪利亞，直到地極，作我的見證。」**（使徒行傳1:8）

這節經文不僅鼓勵Tracey，更成為她生命的方向——原來，職場不只是謀生的地方，更是開展神的國度的平台。

2024年，機遇來臨。Tracey重返港青，加入宗教推廣事工部，彷彿上帝早已預備。她舉辦團契、信仰栽培、查經小組、報佳音、詩歌音樂會及藝術工作坊等社區活動，讓福音的種子悄悄落在參與者的心田。

Tracey深信：「聖經真理能實化在生活中，機構的服務能流露基督的香氣，使更多人因此認識神。」她一直效法基督樣式，以行動實踐愛與服務，不知不覺間感染身邊的同工和社群。她又與港青敬拜隊Eben透過詩歌頌揚及述說神的愛，讓每一個音符都成為傳揚福音的媒介，真正實行了神起初帶領她到港青的旨意。

在第二屆Asia YMCA Mission Conference (AYMC) 上，Tracey與同工深深經歷神的同在所帶來的平安與靈命

的更新，這不僅讓他們反思人生的真正意義，也讓她從全新的角度看待宗教推廣的工作。

Tracey坦言：「人十分微小，能力亦有限。」在傳福音的路上，難免遇上困難，但她學習凡事藉著祈禱交託神並倚靠祂，也鼓勵初信者可抱著開放的態度參與團契，通過閱讀神的話語及見證中認識神，同樣藉著禱告經歷神一切奇妙的作為，神定會在大小事上成就祂的計劃和美意。

**神是我們一生的供應者，是隨時的幫助。**

對港青而言，頒發這個獎項不僅是肯定一位員工的表現，更是見證一個生命如何回應使命的故事。當同工能在工作活中活出信仰，港青就不只是一個服務機構，而是一個承載愛與關懷的群體——真正活出基督的樣式。

**「我的 神必照他榮耀的豐富、在基督耶穌裏、使你們一切所需用的都充足。」**（腓立比書4:19）

## 港青傑出員工獎

港青傑出員工獎自2018年設立，並於2025年更新提名及評選準則。

### 獎項類別

類別一：卓越服務 — 個人獎

類別二：卓越服務 — 團隊獎

類別三：機構卓越貢獻獎（須由領導層提名）

### 提名資格

全職員工或幼兒／幼稚園半職員工，於提名截止前已任職不少於六個月。

### 評選標準

按候選人的卓越表現、可量化的貢獻，以及對機構基督價值觀、願景和使命的積極影響作甄選。



Tracey Ng began her journey with the YMCA of Hong Kong in 2015, serving in Pre-school & Primary Leisure Education Services Department for four years, before transitioning to local education sectors. Throughout her journey, Tracey has continually sought God's will, and the verse from Acts 1:8 has shone like a guiding light:

***“But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.”*** (Acts 1:8)

This verse not only encouraged Tracey, but also became the direction of her life that workplace is not just a place to earn a living, but a platform to expand God's kingdom.

In 2024, an opportunity arose. Tracey returned to YMCAHK and joined the Christian Outreach department, as if everything had been planned by God. She organized Alpha courses, Bible study, art with hymns sharing workshop and outreach events, allowing the seeds of the Gospel to quietly take root in the hearts of participants.

Tracey firmly believes “The truths of the scripture ought to be lived out daily, allowing our services to reflect the fragrance of Christ and bringing more individuals to Him.” She has always embodied the principles of Christ, practicing love and service through her actions, unknowingly inspiring her colleagues and the community. Additionally, as a member of Eben, the YMCAHK worship team, she praises and declares God's love through hymns, making every note a medium for preaching the gospel and truly fulfilling God's will in leading her to the YMCAHK.

At the second Asia YMCA Mission Conference (AYMC), Tracey and her colleagues experienced God's presence, and felt peaceful and renewed. This not only made them reflect on the true meaning of life, but also gave them a new perspective on the work of Christian Outreach.

Tracey admits, “Our abilities are limited”. In the course of promoting religion, she inevitably encountered difficulties, but she did not give up – she entrusted everything to God and kept praying. Upon surrendering her burdens to God,

grace is present. She encourages new believers to engage in fellowship with an open heart, get to know God through reading His word, and experience His wonders in prayer. God will surely accomplish His plans and good purposes in every circumstance, regardless of its scale.

***God is our lifelong provider and the ever-present help.***

For YMCAHK, this award signifies far more than the recognition of professional performance, it stands as a powerful testament to a life shaped by and responsive to the mission. When colleagues live out their faith in their work, YMCAHK becomes not simply a service provider, but a vibrant community sustained by love and care — manifesting the Christian values.”

***“And my God will meet all your needs according to the riches of his glory in Christ Jesus.”*** (Philippians 4:19)

## YMCAHK Outstanding Staff Award

Established in 2018. Award criteria and nomination process updated in 2025.

### Award Categories

Category 1 — Service Excellence (Individual)

Category 2 — Service Excellence (Group)

Category 3 — Association's Long-term Development (Leadership nomination only)

### Eligibility

Full-time staff, and kindergarten/nursery half-time staff, with at least 6 months of service by nomination deadline.

### Selection Criteria

Based on outstanding performance, measurable contributions, and positive impact aligned with the Association's Christian values, vision, and mission.



「如今常存的有信，有望，有愛這三樣，  
其中最大的是愛。」

“And now these three remain: faith, hope and love.  
But the greatest of these is love.”

哥林多前書 1 Corinthians 13:13

好吧……我承認，我是一個音樂愛好者，我最喜歡的就是音樂問答測驗。其中一個很受歡迎的問題：「有哪首冠軍歌曲，曾以三種截然不同的版本登上流行榜榜首？」答案是《愛的力量》，曾分別由Jennifer Rush (珍妮佛·羅許)、Frankie Goes to Hollywood (法蘭基到好萊塢) 與 Huey Lewis and the News (休路易斯與新聞合唱團) 演唱。

我對音樂與歌唱的熱愛，更促使我踏出一步——大約十五年前，我在菲律賓的一場基督教佈道大會上高歌一曲，鍛鍊聲線。(或許此舉略顯冒昧，因為菲律賓人可謂世界上數一數二優秀的歌手之一！) 當天我選唱的是Hillsong (新頌教會敬拜團) 的《因祢愛的大能》。雖然我的唱功中規中矩，卻巧妙地為一篇聚焦於「大能」與「愛」這兩詞的講道拉開序幕。當晚有許多人決志信主——並非因為我的歌聲，而是因著基督的愛確實滿有權能！

「愛」一字在聖經中共出現1,157次，而「大能」一詞亦出現近300次。

聖經與廣大世界之所以對《愛的力量》著墨甚多，實不足為奇。

聖經中愛的力量在哥林多前書第13章中被定義，這是一章常在婚禮上朗讀的篇章，將愛描述為具轉化力、永恆的力量——這力量履行了律法，治愈破碎，並源自於上帝的愛。這意味著這種力量正是上帝自身的本質中是核心的。

愛不僅僅是情感，而是行動：恆久忍耐、恩慈良善和自我犧牲，並以耶穌願意獻出生命為典範。

請看……

「人為朋友捨命，人的愛心沒有比這個更大的了。」(約翰福音15:13)

隨著我們臨近復活節，紀念耶穌為我們所作的犧牲時，我們必須謹記：將耶穌釘在十字架上的，並非那些鐵釘……而是「愛」。不是鐵鉤、不是武力、也不是痛苦，乃是祂對我們那份熾熱的愛。

聖經中最著名的經文已充分說明了這一切：

「神愛世人，甚至將他的獨生子賜給他們，叫一切信他的，不至滅亡，反得永生。」(約翰福音3:16)

在我們對上帝的信仰核心中，你會找到愛。而加略山樹立了信徒應遵循的標準。這歷史上最偉大的愛，彰顯了祂愛的旨意，並為耶穌所給予所有承載祂名的人提供了背景。

耶穌在馬太福音第22章中指出，要盡心、盡性、盡意愛主你的上帝，並要愛人如己，這是兩條最重要的誡命，支撐著所有其他誡命。

耶穌在約翰福音第13章中教導，彼此相愛是人們辨識祂的跟隨者的主要方式。

愛如同一股醫治的力量，能夠轉化人心境與狀況，正如在路加福音第13章中耶穌治愈駝背婦女所展示的那樣。

但……在我們能夠給予愛之前，我們必須先接受愛。聖經教導，領受上帝的愛是愛他人的基礎，因為我們無法真正給予未曾先領受的東西。

因此，請容我建議，在這個復活節期，願你敞開心扉，簡單地說：「主啊，我領受祢的愛」，並讓祂以愛充滿你，直至滿溢。如此，你便能將這份愛與人分享。而根據我的經驗，付出愛，正是真正體會「愛的力量」的最佳途徑！

要為這篇文章作結，我想不出比引用保羅對哥林多教會的話更恰當的方式了，正如我之前提到的：

「愛是恆久忍耐；又有恩慈；愛是不嫉妒；愛是不自誇，不張狂，不做害羞的事，不求自己的益處，不輕易發怒，不計算人的惡，不喜歡不義，只喜歡真理；凡事包容，凡事相信，凡事盼望，凡事忍耐。愛是永不止息。」

這真是強而有力！！！！



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

OK... I admit it. I am a music lover and I love nothing more than a music trivia quiz. One of the popular questions is which song title has been No.1 in the pop charts, with three totally different songs? And the answer is "The Power of Love", boasting versions by Jennifer Rush, Frankie Goes to Hollywood and Huey Lewis and the News.

My love of music and singing also led me around 15 years ago to decide to exercise my vocal cords, singing at a Christian crusade in the Philippines. (Perhaps a little foolish as the Filipinos are among the world's best singers!). The song was "The Power of Your Love" by Hillsong and, although my vocals were, at very best, so-so-, it served as an introduction to a sermon focused on those two words "Power" and "Love". Many people made first-time commitments that evening - not because of my singing, but because Christ's love is indeed powerful!

The word "love" appears 1,157 times in the Bible and "power" almost 300 times.

It is no surprise that scripture and the wider world gives so much bandwidth to "the power of love".

The power of love in the bible is defined in 1 Corinthians 13, the great chapter on love often read at weddings, as a transformative, eternal force - one that fulfils the law, heals brokenness, and originates from God, who is love. Meaning this power is central to the nature of God himself.

It is not just emotion, but action: patient, kind, and self-sacrificial, exemplified by Jesus laying down His life.

Look at this.....

***"Greater love has no one than this: to lay down one's life for one's friends."*** (John 15:13)

As we approach Easter and remember the sacrifice that Jesus made on our behalf, we need to remember that it wasn't the nails that held Jesus to the cross... it was LOVE. Not the iron. Not the force. Not the pain. It was His burning love for us.

The most famous verse in the Bible says it all.

***"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life."*** (John 3:16)

At the very heart of our faith in God you will find love. And Calvary sets the standard for us as believers to follow. The greatest act of love in history demonstrates the intent of His love and provides the backdrop for the instructions that Jesus gave to all who bear His name.

Jesus had stated in Matthew 22 that loving God with all your heart, soul, and mind, and loving your neighbor as yourself, are the two most important commandments, upholding all others.

Jesus had taught in John 13 that love for one another is the primary way people will recognise His followers.

Love acts as a healing force that transforms hearts and situations, as seen in Jesus' healing of the crippled woman in Luke 13.

But... before we can give love, we have to receive love. The Bible teaches that receiving God's love is the foundation for loving others, as we cannot truly give what we have not first received.

So may I suggest that, this Easter season, you open your heart and say simply "LORD, I receive your love" and allow Him to fill you to overflowing, which will, in turn, allow you to share that love with others. And giving love away is, in my own experience, the best way to truly know "The Power of Love"!

I can think of no better way of concluding the article but to quote Paul's words to the Corinthian church, that I mentioned earlier:

***"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonour others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails."***

Now that is powerful!!!!



如今常存的有信，

有望，有愛這三樣，其中最大的是愛。

And now these three remain:

faith, hope and love.

But the greatest of these is love.

哥林多前書 1 Corinthians 13:13





生活總是忙碌，偶爾停下來，會否覺得欠了自己一點甚麼？不是物質，而是與自己好好相處的時間。

加入港青會員，給自己一份禮物——一趟由內到外的身心靈之旅。

三類會籍，切合不同需要：



#### 成人個人會籍

##### Adult Individual Membership

18歲或以上，按自己節奏，展開身心靈旅程

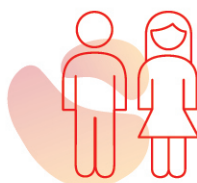
For those aged 18 or above. Embark on your wellness journey at your own pace.

Join YMCA of Hong Kong as a Member — Embark on a Journey of Wellness for Body, Mind and Spirit

Life is often busy. In the midst of our daily routines, we may sometimes feel that something is missing — not material possessions, but quality time with ourselves.

Becoming a YMCAHK member is a gift you give to yourself — a journey of holistic wellness from the inside out.

Three Membership Categories to Suit Different Needs:



#### 青少年個人會籍

##### Youth Individual Membership

6至17歲，透過活動建立自信、韌性與友誼

For children and youth aged 6 to 17. Build confidence, resilience and friendships through activities.



#### 家庭會籍

##### Family Membership

夫婦及18歲以下子女，一同活動，感情升溫

For couples and their children under 18. Enjoy activities together and strengthen family bonds.

# 加入港青會員行列 展開身心靈之旅

# Membership Corner Volunteer Highlights



## 👉 身 | 動起來，也鬆起來

健身室、室內暖水池、多元運動場館，加上瑜伽、太極、水中健體等班組，由專業導師帶領，總有一款合你節奏。

## 🧠 心 | 與自己對話，發掘更多可能

透過多元課程與活動，探索你的興趣、發掘新知識。在學習與體驗中，慢慢培養從容與韌性——不只認識世界，也更認識自己。

## 🕯️ 靈 | 在群體中，找到內心安穩

港青懷抱基督的愛與誠信，相信生命不止於成就，更在於內心深度，以及與人、與社群的連結。我們陪你放慢腳步，滋養靈性。同時走進社群，同時透過一起服務社群，在多元文化中彼此尊重，讓成長延伸至社會關懷。

在這裡，不分年齡、性別、種族或信仰，我們互相支持，在服務中實踐公義與和平。

「以恩典為年歲的冠冕，祢的路徑都滴下脂油。」詩篇 65:11

## 👉 Body – Stay Active, Find Balance

Our fitness gyms, indoor heated swimming pools and multi-purpose sports venues offer a wide range of options. From yoga zumba fitness dance and tai chi to aqua fitness — all led by professional instructors — there is something for everyone, whether you seek an energetic workout or gentle exercise.

## 🧠 Mind – Discover Your Interests, Explore New Possibilities

Through diverse courses and activities, explore your interests and acquire new knowledge. In learning and experiencing, cultivate composure and resilience — not only to understand the world better, but also to know yourself more deeply.

## 🕯️ Spirit – Find Inner Peace in Community

Grounded in Christ's love and faithfulness, YMCAHK believes that life is not merely about achievements, but also about inner depth and our connections with others and the community. We invite you to slow down, nurture your spiritual well-being, and engage with the community. Through serving together, we foster mutual respect in a multicultural environment, extending personal growth into social care.

Here, regardless of age, gender, ethnicity or belief, we support one another and practise justice and peace through service.

*"You crown the year with your bounty, and your carts overflow with abundance."* — Psalm 65:11



加入港青會員，不只是多了一張會籍卡，而是在忙碌中找回平衡，在群體中找到同行者。

Becoming a YMCAHK member is more than acquiring a membership card — it is about rediscovering balance in your busy life and finding companions on the journey.



了解更多即將開辦的活動：  
Learn more about upcoming activities:



成為港青會員：  
Become a YMCAHK member:



## ARTHOOD 創意設計博覽期間限定店 ARTHOOD Pop-up Store at DesignInspire 2025

the DOOOR 藝術空間獲香港貿易發展局邀請，參與於12月3至6日在香港會議展覽中心舉行的「DesignInspire 2025 創意設計博覽」。

一連四日的活動中，the DOOOR 展出30位ARTHOOD本地藝術家的精彩作品——從細膩畫作到獨特工藝，每一件都展現了香港藝術家的無限創意與手作溫度。展覽不僅讓大家一睹香港藝術的多元風貌，更為一眾新晉藝術家打響知名度！

the DOOOR 更在現場舉辦一場升級再造藝術工作坊。工作坊由ARTHOOD的紙藝藝術家Cindy So帶領參加者透過再造紙進行創作，向大眾推廣可持續的藝術實踐，體驗環保與藝術結合的可能性。

the DOOOR arts space was invited by the Hong Kong Trade Development Council to participate in “DesignInspire 2025”, held from December 3 to 6, at the Hong Kong Convention and Exhibition Centre.

During the four-day event, the DOOOR showcased artworks by 30 local artists from ARTHOOD — from delicate paintings to unique crafts, each piece reflected the boundless creativity and handmade warmth of Hong Kong artists. The exhibition not only offered a glimpse into the diversity of local art, but also helped boost the visibility of emerging artistic talents!

the DOOOR also hosted an upcycling art workshop on site. Led by Cindy So, a paper-craft artist from ARTHOOD, participants explored creative expression using recycled paper, promoting sustainable art practices and allowing everyone to experience the magic where environmental consciousness and creativity meet.



## 「幸福島嶼」社區藝術展覽 “Happiness on Island” Community Art Exhibition

跟著青年的畫筆，一起發現小島幸福！12月15日至31日，the DOOOR 藝術空間化身成一座「幸福島嶼」，展出超過40位青年的藝術作品。他們於10月及11月參加了「幸福島嶼」社區藝術計劃，在社企「藝·們·青」導賞員的帶領下，探索西貢鹽田梓或長洲。

在島上，青年人參與ARTHOOD藝術家Mandy及Ling指導的水彩寫生及天然染工作坊，用水彩描繪鹽田梓別具特色的建築及自然景觀；又用長洲落葉印染成飄帶，化成一棵色彩斑斕的大樹形態藝術裝置。同場亦放映了青年探索島嶼及參與工作坊的歡樂片段。

展覽吸引超過1,800人次到訪，讓觀眾放慢腳步，通過青年人的作品及視覺，發現鹽田梓及長洲的美麗風貌，感受大自然及藝術交織的幸福。

Follow the young artists' brushes and discover island happiness together! From December 15 to 31, the DOOOR arts space transformed into an “Happiness on Island”, showcasing the works of over 40 young people. They joined the “Happiness on Island” Community Art Programme in October and November, exploring Yim Tin Tsai in Sai Kung or Cheung Chau, guided by youth docents from the social enterprise DOOORWAY.

On the islands, the youths took part in watercolour painting and botanical dyeing workshops led by ARTHOOD artists Mandy and Ling. Using watercolours, they captured the unique architecture and natural landscapes of Yim Tin Tsai; on Cheung Chau, they turned fallen leaves into dyed ribbons, which were then arranged into a tree-shaped art installation. Footages of the youths exploring the islands and participating in workshops were also featured in the exhibition.

Attracting over 1,800 visitors, the exhibition invited everyone to slow down and appreciate the beautiful landscapes of Yim Tin Tsai and Cheung Chau through the youths' works and perspectives — discovering the beauty of these islands and experiencing the joy where nature and art intertwine.



## 港青「有意義聖誕樹」展覽第三年夢幻登場 “Meaningful Christmas Tree” Exhibition Returns for the 3rd Year

這個聖誕，一起用玩具說故事！2025年12月20日至2026年1月4日，「惜玩文化」將港青酒店大堂化身為充滿驚喜與意義的藝術樂園，呈獻第三屆「有意義聖誕樹」展覽！

適逢2026年為基督教青年會運動在香港成立125周年，展覽特別展出125幅以再生玩具創作的聖誕卡，每件作品不僅承載著祝福，更象徵港青與社區的緊密連結，以及對歷史傳承的堅持。

這些獨一無二的藝術作品，全由回收塑膠玩具拼組而成——積木化身聖誕老人，玩具碎件變成繽紛裝飾……創作者更在作品背面寫上暖心祝福，為每一件玩具賦予全新生命！展覽不僅推動減廢與可持續發展理念，更讓玩具的故事延續下去，為佳節增添一份特別的意義！

This Christmas, let's tell stories with toys! From December 20, 2025, to January 4, 2026, Toy Reborn transformed The Salisbury's atrium into an art place full of surprises and meaning, presenting the 3rd edition of “Meaningful Christmas Tree” exhibition!

As 2026 marks the 125th anniversary of the YMCA Movement in Hong Kong, the exhibition features 125 artworks creatively crafted from upcycled toys. Each piece carries heartfelt blessings while symbolising YMCAHK's deep connection

with the community and its commitment to preserving heritage.

These artworks are assembled from recycled plastic toys — building blocks become Santa Claus, toy fragments transform into vibrant decorations... Creators also wrote warm blessing on the back, giving every piece of toy a new lease on life! More than just promoting waste reduction and sustainability, the exhibition allows the stories of toys to live on, adding a special touch of meaning to the festive season!



## 祝福聖誕頌2025 Children Christmas Caroling 2025

12月24日聖誕前夕，由學前教育及小學文娛服務部聯同宗教推廣事工合辦的「祝福聖誕頌」在港青總部順利舉行。

8位年齡介乎4至6歲的孩子，以純真歌聲傳遞平安、愛與盼望的祝福。活動內容包括報佳音、創意手工及聖經故事分享，透過多元形式培育孩子的心靈與

品格，並鼓勵他們以音樂見證神愛世人的信息。最後，孩子們齊集港青總部大堂報佳音，以充滿祝福的旋律承傳基督的愛，為活動劃上溫馨而圓滿的句號。

On Christmas Eve, December 24, Children's Christmas Caroling 2025 was joyfully held at the YMCAHK Headquarters, co-organised by the Preschool and Primary Leisure Education Services and the Christian Outreach.

8 children, aged between 4 and 6, lifted their pure voices in carols, sharing blessings of peace, love, and hope with the community. The event included caroling, creative handicraft activities, and Bible storytelling, offering diverse ways to nurture the children's spiritual growth and character, while encouraging them to witness God's love for all people.

The celebration concluded warmly as the children gathered in the Headquarters lobby, singing carols together in harmony. Their melodies carried blessings that embodied the spirit of Christmas, leaving a heartfelt and fulfilling finale to the occasion.



## 港青耀信開放日 The Beacon Open Day

港青耀信已於2025年11月完成翻新工程，並於本年1月10日舉行開放日，標誌中心重新投入服務。

活動以簡單而隆重的開幕典禮揭開序幕，由港青總幹事何慶濂先生及助理總幹事單芷筠女士親臨主禮。嘉賓為象徵光明與指引道路的「燈塔」進行亮燈儀式，寓意中心展開新篇章。並藉此向友好夥伴及嘉賓分享未來服務與發展方向。

開放日吸引近600位街坊熱烈參與！活動包括感恩分享會、無人機飛行體驗、烹飪工作坊及健康講座等。未來，港青耀信將繼續連結社區夥伴，設計更多創新活動，回應長沙灣青少年及街坊的需要。

YMCA of Hong Kong The Beacon completed its renovation in November 2025 and successfully held its Open Day on January 10, 2026.

The event began with a simple yet meaningful inauguration ceremony, officiated by Mr. Peter Ho, General Secretary of YMCAHK, and Ms. Vivian Shan, Assistant

General Secretary of YMCAHK. Guests lit the beacon — a symbol of light and guidance — to signify a new chapter for the centre, while sharing the future service with partners and attendees.

The Open Day attracted nearly 600 local residents, featuring diverse array of activities, including thanksgiving sharing, drone flight experiences, culinary workshops, and healthcare sessions. With the support of community partners, The Beacon remains committed to developing innovative programmes and events tailored to the needs of both the youth and the broader Cheung Sha Wan neighbourhood.



## 港青耀信大變身！全新網站正式登場！ New Website Launched! Discover the New Look of The Beacon

好消息！「港青耀信 YMCA of Hong Kong The Beacon」已以全新形象與大家見面！

作為港青一員，港青耀信將繼續秉承港青使命，肩負「照亮社區、引領方向」的重任。這次形象革新不單是空間上的更新，更代表將港青耀信原有的教育服務基礎上，進一步拓展至藝術、生活及青年發展等多元範疇。期望在這個充滿活力的社區中，引領青年及社區人士，一同綻放光芒，照耀前路。

Exciting news! Effective immediately, "YMCA of Hong Kong The Beacon" is unveiling its brand-new look!

As a member of the YMCA family, The Beacon continued to uphold the YMCAHK's mission, embracing the responsibility to "illuminating the community and leading the way". This rebranding represents more than just a fresh appearance; it expands upon the foundation in educational services into diverse realms such as arts, lifestyle, and youth development, committing to guide young people and community members in this vibrant neighbourhood, shining a light on the path ahead.



配合全新形象，港青耀信的官方網站亦已換上嶄新設計，正式登場！立即掃以下二維碼，發掘更多精彩內容：

To mark this exciting transformation, The Beacon's official website has been redesigned and is now live! Scan the QR code below and discover the latest updates:



<https://thebeacon.ymcahk.org.hk/>

敬請密切留意港青耀信，一同見證更多驚喜！  
Stay tuned and join us in witnessing more surprises ahead!

## 愛與歡樂處處飄！港青小朋友的不一樣聖誕！ Love & Joy All Around! A Christmas to Remember for YMCAHK's Kids!

東涌及長沙灣的託管學生及兒童發展基金學生渡過了一個與別不同的聖誕！

12月20日，東涌15位託管學生參加了由香港新時代獅子會贊助的聖誕派對，他們為義工獻唱聖誕歌、更在「再生玩具工作坊」中，用回收物料創作冬日畫作。

12月22日，兒童發展基金19位學生來到港青酒店再臨閣，享用由尖沙咀（國際）聯青社贊助之自助午餐。活動尾聲，義工向小朋友送上暖心祝福，讓小朋友滿載愛與溫暖而歸。

長沙灣中心的聖誕同樣精彩！30位託管學生一連九日體驗聖誕節創意活動：親手製作布朗尼小蛋糕；又以新年願望與祝福為題，製作祈願風鈴。他們還走出課室，參觀香港抗戰及海防博物館，認識本地歷史。再搭乘電車漫遊港島，參加由香港麗酒店舉辦的兒童聯歡派對！

這個聖誕，小朋友收穫的不只是歡樂，更是滿滿的祝福與難忘回憶，就讓港青伴隨他們一起迎接充滿希望的2026！

This Christmas, the Childcare and CDF children from Tung Chung Centre and Cheung Sha Wan Centre experienced a holiday like no other!

On December 20, 15 Childcare students from Tung Chung Centre joined a Christmas party sponsored by the Hong Kong New Era Lions Club. During the party, they sang Christmas carols for the volunteers and created winter artwork in the "Recycled Toys Workshop" using recycled materials.

On December 22, 19 CDF children enjoyed a delightful "Thanksgiving Buffet Lunch" at The Haven, sponsored by the Y's Men's Club of Tsim Sha Tsui. They shared a hearty meal in a cheerful atmosphere, concluding with Christmas blessings that added love and warmth to the occasion.

The festivities at Cheung Sha Wan Centre were just as exciting! Over nine days, 30 childcare students took part in a series of creative Christmas activities: they baked festive "Christmas brownies", and crafted wind chimes, adorned with their New Year resolutions and blessings. They also stepped out of the classroom to visit the Hong Kong Museum of the War of Resistance and Coastal Defence, learning about local warfare history, before hopping on a tram ride for a scenic ride around Hong Kong Island. A joyful Christmas party hosted by the Conrad Hotel, featuring game booths, clown performances, Christmas wreath-making, movies screenings, and festive treats – all prepared by the hotel's staff volunteers.

This Christmas, the children received more than gifts—they gained heartfelt blessings and unforgettable memories. YMCA Hong Kong will continue to support them every step of the way into a bright and hopeful 2026!





## 照顧者的「Me Time」 Carers' "Me time"

港青長沙灣中心多元文化融會團隊，獲社會福利署資助，在11月至12月推出一系列專為少數族裔照顧者而設的「照顧者幸福計劃2025-26」活動。

「Chill Art晨早會」：讓參加者透過手工藝創作，在專注與美感中忘卻日常壓力，享受寧靜的個人時光。

「瑜珈班」：由印度瑜珈導師Eeshaanee指導，提升參加者身心靈活性。

「輕鬆煮意」：不只是一場烹飪體驗 — 參加者在享受入廚樂趣的同時，也學習如何在家中與子女安全地一起煮食，將這份幸福感延續到日常生活裡。

「冬日山頂行」：讓各家庭登上太平山頂，飽覽維港壯麗景色。

這一系列活動，不僅為少數族裔照顧者提供喘息的空間，更讓他們在港青找到歸屬感與被重視的溫暖。

Funded by the Social Welfare Department, the multicultural integration team at YMCAHK Cheung Sha Wan Centre organised a series of activities under the "Caretaker Wellbeing

Campaign 2025-26" from November to December, aimed at supporting all ethnic minority carers.

"Chill Art Morning Gathering" — Participants enjoyed quiet personal time through handicraft creation, leaving daily stress behind in moments of focus and creativity.

Yoga Class — Led by Indian instructor Eeshaanee, the sessions enhance participants' physical and mental flexibility.

"Cooking Relax Time" — More than just a cooking experience, this session allowed participants to enjoy the pleasure of preparing food while learning how to cook safely with their children at home — bringing that sense of happiness into everyday life.

"Go! Winter The Peak" — Families travelled to The Peak to admire the stunning view of Victoria Harbour from The Peak.

This initiative was more than a series of events — it was a space where ethnic minority carers could pause, connect, and feel truly seen and valued at YMCAHK.



## 香港基督教青年會專上學生聯會 — 香港理工大學「心訪街友」 Campus Y of Poly U Visiting the Homelessness

香港基督教青年會專上學生聯會 — 香港理工大學分別於1月17日及24日於深水埗及油尖旺區舉辦「心訪街友」關懷行動，向區內有需要的露宿者派發糖水及生活日用品。義工們不僅送上物資，亦主動與街友交談，送上關懷。活動後，義工們於分享環節中表示，此次經歷讓他們加深對街友之認識，並消除不少既有誤解與偏見，亦希望繼續參與活動，為露宿者提供更適切的關懷與支持。

On January 17 and 24, the Campus Y of Poly U organised outreach activities to support homeless individuals in the Sham Shui Po and Yau Tsim Mong districts. Volunteers distributed desserts and daily necessities to those in need and took time to sit down and talk with them. After the event, volunteers shared that they had gained a deeper understanding of homelessness and dispelled many misconceptions. Many shared that the experience helped break down stereotypes and inspired them to continue supporting homeless individuals in the future.



## 港青基信國際幼稚園

YMCA of Hong Kong Christian International Kindergarten (CIKG)



### 聖誕慶祝活動 Christmas Celebration

12月16日，學校禮堂化身歡樂舞台——聖誕崇拜暨話劇《天使快車》溫馨上演。K1至K3的學生以純真歌聲及台詞，活潑演繹耶穌降生的喜訊，傳遞聖誕節的盼望與平安。

On December 16, the school hall transformed into a joyful stage—a Christmas Worship and Nativity Play titled “Angel Express”. Students from K1 to K3 sang carols and confidently delivered their lines, joyfully reminding us that Jesus is the reason for the season.

是次活動亦延續學校「關懷社區·實踐分享」的精神，

同步開展「分享喜樂」食物捐贈行動。孩子們積極參與，帶來白米、罐頭及餅乾等物資，並由港青長沙灣中心轉贈至區內家庭，讓聖誕祝福不只停留在學校禮堂，更送到有需要的家門前。

從台上的認真演出、到台下的慷慨分享，孩子們以實際行動展現了愛、憐憫與分享的聖誕真諦。願這份喜樂與善念，持續照亮學生成長之路。

In addition to the performance, the school organised a “Sharing the Joy” Food Drive to support families in need, with many children bringing in rice, canned goods, and biscuits. All donations were then distributed to families in need by the YMCAHK Cheung Sha Wan Centre, spreading love beyond the school hall and into the homes of those in need.

From heartfelt performances on stage to generous sharing offstage, the children embodied the true meaning of Christmas: love, compassion, and giving. May this joy and kindness continue to shine on their journey of growth.

## 港青基信幼稚園（啟晴）

YMCA of Hong Kong Christian Kindergarten (Kai Ching)

### 「愛心月」活動 “Month of Love” Activities

港青基信幼稚園（啟晴）每年12月舉辦「愛心月」，既紀念耶穌基督誕生，亦鼓勵學生透過多元活動實踐關愛精神，將主的愛傳遞給身邊的人。

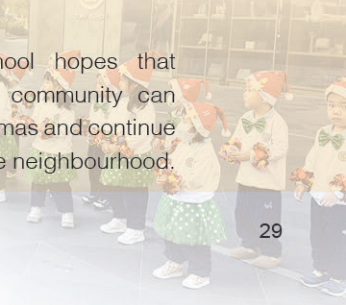
今年「愛心月」活動內容豐富，包括惜食講座，培養孩子珍惜食物的態度；另設「食物捐贈週」，收集學生捐贈的食物予長沙灣中心，讓學生從小體會「施比受更為有福」的意義。何總幹事更到校與學生分享聖誕節的真正意義。學校亦於港鐵啟德站展出聖景藝術作品，並舉辦聖景戲劇及報佳音活動，向公眾宣告耶穌降生的喜訊。家長義工隊更親手製作酒精杯墊，向社區送上祝福，與鄰里分享節日的喜樂與溫暖。

學校期望藉此系列活動，讓師生及與社區人士一同感受聖誕的真正意義，把愛與關懷在社區中持續發揚。

The school holds its “Month of Love” every December to commemorate the birth of Jesus Christ and to encourage students to practice care and compassion through various activities, sharing Christ’s love with those around them.

This year’s “Month of Love” featured a range of activities, including a Food Wise Talk to cultivate children’s appreciation for food, and a “Food Donation Week” that invited students to donate food to the Cheung Sha Wan Centre, allowing them to experience the meaning of “it is more blessed to give than to receive”. Mr. Ho, the General Secretary of YMCAHK, also visited the school to share the true meaning of Christmas with the students. The school showcased Nativity Art at MTR Kai Tak Station, staged nativity plays, and organised Christmas Caroling to spread the joyous message of Jesus’ birth. Parent volunteer teams handcrafted alcohol-absorbent coasters as gifts for neighbours in the community, sharing festive blessings and warmth.

Through these activities, the school hopes that teachers, students, and the wider community can experience the true meaning of Christmas and continue to spread love and care throughout the neighbourhood.



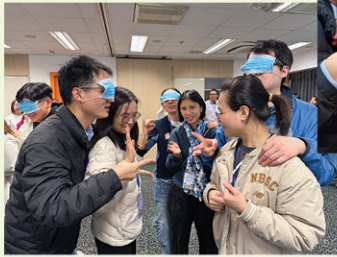
## 港青基信幼兒學校 (農圃道)

YMCA of Hong Kong Christian Nursery School (Farm Road)

### 「伴你童行」親子日營

“Accompanying Your Children” Parent-child Day Camp

學校與基督教迦密村潮人生命堂於1月24日首次攜手策劃並舉辦「伴你童行」親子日營活動，透過親子敬拜及家庭合作遊戲，凝聚家庭力量，增加家庭成員合作及互動的機會。家長透過夫妻工作坊認識夫妻溝通之道，互相分享及交流。願夫婦與孩子在主愛中彼此聆聽、互相扶持，陪伴孩子成長。



The school and Carmel Village Swatow Christian Church joined forces for the first time to plan and hold the "Walking Together with You" Parent-Child Day Camp on January 24. Through parent-child worship and family cooperative games, the event aims to strengthen family bonds and increase opportunities for cooperation and interaction among family members. Parents participated in workshops to learn about marital communication, sharing insights and experiences with each other. May couples and children listen to and share with each other, supporting one another in the Lord's love while accompanying their children's growth.



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# Events

NOV 2025 - JAN 2026



Princess Margaret Hospital



Asia YMCA Mission Conference



Hong Kong Volunteers Association



JCI Ocean



World Vision Hong Kong



Yi Jia Food Science Co. Ltd

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

### 2026學校合唱團參與「迪士尼演藝日」演出 School Choir Performs at Disney Performing Arts 2026

1月24日，學校合唱團參與香港迪士尼樂園「迪士尼演藝日」演出。學生們把握此難能可貴的機會，於專業舞台上演繹一系列迪士尼經典曲目，包括〈小小世界〉、〈美女與野獸〉、〈米老鼠進行曲〉、〈因為我有你〉及〈誰怕大野狼〉，充分展現音樂才華。

是次演出不僅豐富學生的舞台經驗，更提升了他們的歌唱技巧與合奏能力。透過籌備及演出，同學們更學會透過音



樂表達情感，並在協作中強化了責任感與團隊精神。這份寶貴經驗，將激勵合唱團繼續精益求精，日後在校內外以歌聲傳遞音樂的美好。

On January 24, the school choir participated in the Disney Performing Arts programme at Hong Kong Disneyland. This valuable opportunity allowed students to perform on a professional stage, presenting a delightful selection of Disney classics, including *It's a Small World*, *Beauty and the Beast*, *Mickey Mouse March*, *I See the Light*, and *Who's Afraid of the Big Bad Wolf*.

The performance not only enriched the students' stage experience but also enhanced their vocal skills and ensemble abilities. Through the rehearsal and performance process, they learned to convey emotions through music, while strengthening their sense of responsibility and teamwork. This meaningful experience will continue to inspire the choir to strive for excellence and share the joy of music both within and beyond the school community.

### 香港校際合唱節2026「大型學校合唱團大師班」 HKICF 2026 - Mass School Choir Masterclass

「大型學校合唱團大師班」於1月30日在荃灣大會堂舉行，本校合唱團成員與來自其他小學的合唱團團員共同參與合唱訓練。是次活動特別邀請了著名合唱指揮及學者Anthony Trecek-King博士與屢獲殊榮的歌唱家及教育工作者Akiko Otao女士親臨指導。

大師班旨在提升學生的歌唱技巧、深化學員對音樂的理解，並增進他們與專業指揮及聲樂導師交流的機會。學員在講者指導下排練精選曲目，著重鍛煉聲樂音色、咬字清晰度、聲部平衡，以及透過大型合唱所展現的音樂表現力。是次經歷既富挑戰性亦充滿啟發，讓學生更清楚認識自己在合唱中的角色，並培養對合唱藝術的持續欣賞與熱愛。

The Mass School Choir Masterclass was held on January 30 at Tsuen Wan Town Hall, bringing together choir members from our school and other primary schools for a joint choral training session, featuring with guest speakers Dr. Anthony Trecek-King, a highly acclaimed choral conductor, scholar and educator, and Ms. Akiko Otao, an award-winning singer and educator.

The masterclass aimed to enhance students' choral singing skills, deepen their musical understanding, and broaden their exposure to expert conductors and vocal coaches. Under the guidance of the speakers, participants rehearsed selected repertoire, focusing on vocal tone, diction, balance between parts, and musical expression through large-scale choral music-making. The experience was both challenging and encouraging, enabling students to gain a clearer understanding of their roles within the choir, while cultivating a lasting appreciation for choral singing.



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

### 探索文化遺產：北京歷史之旅 Exploring Cultural Heritage: A Journey Through Beijing's History

去年12月15日至20日期間，30名中三及中五港青基信書院學生在老師們的帶領下，前往北京展開歷史文化探索之旅，深入了解這座城市豐富的傳統底蘊與現代風貌。

行程重點包括遊歷長城。同學們挑戰體力攀登古老石階，登城後一睹壯麗景色，親身體會這座象徵堅毅與民族自豪的歷史建築。在故宮博物院，學生穿梭於宏偉的庭院之間，感受數百年的歷史積澱與中華文化的藝術精髓。天壇的寧靜氛圍，則為他們提供了沉思空間，加深學生了解儒家思想及其中華民族身份認同的認識。

期間，學生還到訪了姊妹學校——北京交通大學附屬中學，與當地學生一起上課、共晉午餐，並參與球類活動，促進彼此交流。

旅程亦設有多項互動體驗，包括書法工作坊及京劇臉譜繪畫，鞏固學生所學。

From December 15 to 20, a group of 30 YHKCC students from Form 3 and Form 5 embarked on a historical and cultural exploration of Beijing under the guidance of teachers, exploring the rich heritage and modernity landscape.

Highlight of the trip included a visit to the Great Wall, where the physical challenge of ascending the ancient steps culminated in awe-inspiring views. This experience immersed the students in the history of a structure that represents resilience and national pride.

At the Forbidden City, they wandered through its magnificent courtyards, absorbing centuries of history and the essence of Chinese art and culture. The serene atmosphere of the Temple of Heaven provided a space for reflection, helping students understand Confucianism and its influence on Chinese cultural identity.

Students also visited the sister school, The Middle School Affiliated to Beijing Jiaotong University, where they enjoyed lessons, shared lunch, and participated in ball games with local students, fostering meaningful interaction and friendships.

The journey also featured hands-on cultural activities, including a calligraphy workshop and a Peking Opera facial painting session, which enriched students' learning through direct participation.



## 長春遊學團

### The Changchun Study Tour

去年12月15日至20日，港青基信書院師生前往長春進行交流遊學團，體驗中國東北的冰雪世界，並探訪姊妹學校——長春外國語學校。

是次行程豐富多元，最精彩的環節莫過於在蓮花山滑雪場舉辦的滑雪及單板滑雪活動。在專業教練指導下，學生與姊妹學校的同學一同享受這項冬日運動，樂在其中。



文化體驗方面：學生參與多個實踐工作坊，學習剪紙、中國書法及製作漆扇等傳統工藝，甚至親手包餃子並即場品嚐！為了解中國東北歷史，團員更參觀了偽滿皇宮博物院及中醫藥博物館；另一亮點是到訪璀璨奪目的長春冰雪新天地，欣

賞美輪美奐的冰雕與壯觀的煙花表演。交流期間，學生更寄宿於姊妹學校，深入了解當地學生的生活文化。

是次旅程融合學習、探索與難忘回憶，讓學生體驗截然不同的氣候、文化與生活方式。更珍貴的是加深了同學之間的情誼。

From December 15 to 20, YHKCC students embarked on an enriching study trip to Changchun, immersing themselves in Northeast China's breathtaking winter wonderland while strengthening ties with our sister school, Changchun Foreign Language School.

The Study Tour featured a diverse array of experiences, and the standout highlight being the YHKCC's first-ever skiing and snowboarding experience at Lianhuashan Ski Resort. Students made the most of this exhilarating winter sports experience alongside their counterparts from the sister school, all under professional guidance.

Cultural immersion was another cornerstone of our journey. Students engaged in hands-on workshops, mastering paper cutting, Chinese calligraphy, and lacquer fan crafting — even making dumplings from scratch and tasting them afterwards! To deepen students' understanding of the region's rich history, they explored the Museum of the Imperial Palace of Manchukuo and the Museum of Traditional Chinese Medicine. The dazzling Changchun Ice and Snow New World captivated students with magnificent ice sculptures and spectacular fireworks. Students stayed in the dormitory at sister school, allowing them to gain a deeper understanding of the daily life and culture within the school.

This trip struck the perfect balance between education, adventure and unforgettable moments, offering students an invaluable opportunity to experience a different climate, culture and way of life. Most treasured were the lasting bonds forged among our students and their newfound friends from the sister school.



# 當「青年會2030願景」遇上「港青ESG」

## When "YMCA Vision 2030" Meets "YMCAHK ESG"



香港基督教青年會踏入新里程，正式啟動「港青ESG」。此舉並非隨波逐流，而是源於我們一直堅守的信仰根基。

青年會2030願景聚焦四大核心支柱：促進社區全人健康、提倡和平共融世界、推動可持續發展及締造豐盛生涯歷程。這份以基督信仰為根的承擔，與ESG原則同頻共振。

可持續，是珍惜受造世界；公平，是尊重每一個人；全人發展，是讓身、心、靈都飽足。聖經早已提醒我們：「耶和華神將那人安置在伊甸園，使他修理看守。」（創世記2:15）這份守望大地的託付，正是「港青ESG」的初心。

始於信仰，落於行動！一起參與下列互動填字遊戲，從中加深對ESG和青年會2030願景的認識！

YMCA of Hong Kong embarks on a new chapter—the official launch of "YMCAHK ESG". This initiative is not merely following a trend, but stems from the foundation of faith that has always guided us.

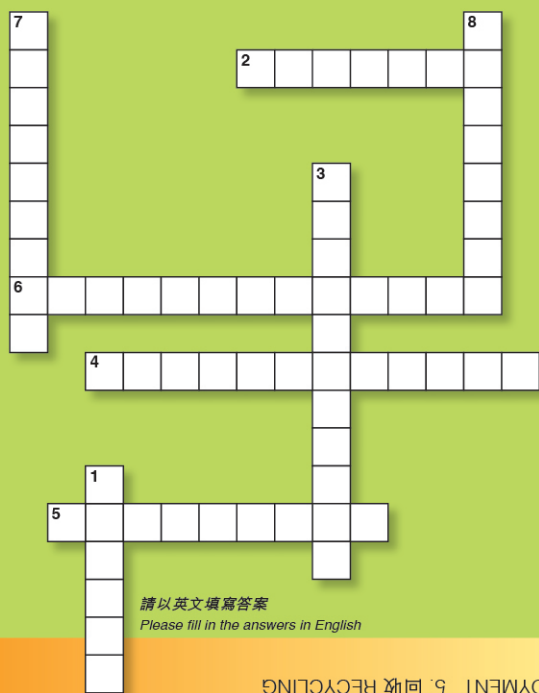
YMCA Vision 2030 focuses on four pillars: Community Wellbeing, Just World, Sustainable Planet, and Meaningful Work. This commitment, rooted in the Christian faith, resonates deeply with ESG principles.

Sustainability means cherishing creation. Fairness means respecting every person. Holistic development means nurturing body, mind, and spirit. As Scripture reminds us: "The Lord God took the man and put him in the Garden of Eden to work it and take care of it" (Genesis 2:15). This sacred calling to steward the earth lies at the very heart of YMCAHK ESG.

Rooted in faith. Lived out in action. Join us in the interactive crossword puzzle below and deepen your understanding of ESG and YMCA Vision 2030!



### 填字遊戲 Crossword Puzzle Game



請以英文填寫答案  
Please fill in the answers in English

#### 橫向

- 「提倡和平共融世界」的核心價值之一，與和平與尊嚴並列。彌迦書6.8呼籲我們「行\_\_\_\_\_」。
- 全球青年正面對其中一項日益嚴峻的挑戰是甚麼？
- 「推動可持續發展」的關鍵行動之一，是透過妥善\_\_\_\_\_來減少廢物。
- 基督教青年會中的計劃協助青年為就業、技能發展與\_\_\_\_\_作準備。

#### 直向

- 清潔食水與有營養的食物，對良好的\_\_\_\_\_非常重要。
- 「推動可持續發展」強調要負責任地守護\_\_\_\_\_，並建可持續的未來。
- 「提倡和平共融世界」所推廣的一項價值，確保每個人都感到受重視、被尊重。
- 個人\_\_\_\_\_可以包含情緒、身體及社交健康。

#### Across

- One of the core values of Just World, alongside peace and dignity. Micah 6:8 calls us to "act \_\_\_\_\_", a value central to YMCA Just World.
- What is one of the most pressing challenges young people face today?
- A key action promoted under Sustainable Planet is reducing waste through proper \_\_\_\_\_.
- YMCA programmes help young people prepare for jobs, skills and \_\_\_\_\_.

#### Down

- Access to clean water and nutritious food is essential for good \_\_\_\_\_.
- Sustainable Planet emphasises responsible care for the natural \_\_\_\_\_ to support a sustainable future.
- A value promoted by Just World, ensuring everyone feels welcome and respected.
- A person's sense of \_\_\_\_\_ can include emotional, physical, and social health.

夢想 — 飛機工程

## 從天堂跌落凡間的求生記

## 余以諾

撰文：Sam

如果努力得到的回報不似預期，有誰可以一笑置之？如果以為自己的天賦應該可以摘星，現實卻不似預期，誰又可接受？柳暗花明，沒有經歷灰暗的人生，又如何知道光明的寶貴？

天資聰穎的余以諾在年幼時，已經確信神是存在的。然而遇上艱難時，他還是懷疑神的存在。升名校中一時，他的成績不賴，卻未能進入精英班。即使和本班同學相處融洽，但他還在想精英班。結果中二的他得償所願，惡夢卻由此而起。

以諾與精英班一位同學竟因為一個小誤會而被同學報復，甚至被同班同學杯葛。旁人聽來像笑話，但對於極需要朋輩認同的中二生以諾，卻有如接受酷刑。「我的書包不時被丟進洗手間，文具被偷，被奚落侮辱，『慘』成了我的日常。」經歷如此大的劫難，令他每天都不願上學。卻因不知如何向父母交代，他選擇絕口不提，每天扮乖仔返學。

### 被排擠 質問神是否存在

「那時候，有個念頭不停纏繞我：我和他們曾稱兄道弟，為什麼會變了做『二等公民』？我們由兩脅插刀變為（被他們）插你兩刀，我的存在到底是為了甚麼？」他憎恨自己的懦弱，曾因此帶摺刀回校自殘，也會趁家中無人時打牆發洩。

每日無止境的被欺凌，令他質疑神，甚至幾乎走上不歸路。就在一個家中無人的晚上，他拿起板手拆除窗花，準備一躍而下告別世界。「就在我想跳落去的時候，忽然聽到有人對我說：『你落嚟啦』。我竟然順著這把聲音，從窗邊走下來，把窗花重新裝上。自殺念頭打消了，甚至連負面情緒也消失了。」當時他察看四野無人，知道是神親自對他說話，這一天成為他的生命轉捩點。

之後，他主動逃避那些同學，「我只與以前的同學來往，這讓我不再感到自卑，也不再鑽牛角尖。回想起來，中一（非精英班）認識的同學，才是我的交心朋友。」有趣的是，為了不再進入精英班，以諾選擇轉校，不過他並沒有因此感到傷心，反而覺得是一種釋放。

### 重新認識主 換個角度看人生

「我自覺被神的愛充滿了，感受到祂的愛，開始與祂建立關係，不停地思考聖經的內容。」他相信神所賜的平安，沒有事情可以阻止。因此他不再擔心前路，靜靜地等候神的安排。「原本我有自己的計劃，但祂另有安排，我就常常提醒自己，需要放下個人的想法。」

走過艱難的中學生涯，以為可以入讀心儀的大學課程，但因為意外延遲了取得高考成绩單，結果他鍾情的理工大學飛機工程課程已滿額，他最後報讀了香港專業教育學院的機械工程高級文憑課程。「當時我問神：為甚麼你不讓我入讀我想讀的大學？但當我到了IVE的教授辦公室面試時，竟然看到一幅相片，與我之前去短宣時見到的異象一模一樣！」神就是藉著一幅照片，平靜了以諾的心，讓他即使帶著疑惑，仍甘心樂意一步步走下去。畢業後他亦順利升讀理工大學，銜接到飛機工程學士學位課程的第三年，大學畢業後獲一間飛機工程公司聘請，完成了他兒時的夢想。

不過，天父原來別有心意。當他熟練了飛機工程的工作時，公司忽然改變了輪班安排，令他無法於週末回教會，打斷他堅持了多年的青少年牧養事工。「當時我感覺到，這是我心靈成長重要之位，絕無妥協，故我相信是時候離職。」

「那時我與內心對話：祂對我的人生召命是甚麼？是教會的少年人牧養嗎？對比起來，我雖然喜愛我的工作，但那又算甚麼？」他說。選擇「青少年」還是「飛機」，他腦交戰了三天，最後他決定憑信心為青少年踏上新里程——哪怕當時他仍在供樓，哪怕當時他的同事完全不能諒解為何他要捨棄這份他最愛的工作。

### 為主放手 反得更美

「其實，我15歲已經領受神的呼召，一生都為祂作牧養。」為了一個更遠大理想而放手面前，祂以一個神跡回應他。「在飛機工程公司最後一日，我和同事的合照，竟然與多年前異象中所看見的另一幅相一模一樣，就像神告訴我：『你成長了。』」說著，以諾流下了感恩的眼淚。

祂的意念高過人的意念。就在他辭職不久，他的一位朋友竟聘請他任職助理工程師，讓他既有收入，亦可繼續牧養青少年。「這經歷讓我深深體會到，我自己想出來的方法是行不通的，祂叫我『放手吧』，打開雙手，倒空自己，由神安排。」

以諾年輕時的人生，就如《聖經·創世記》中的雅各有小聰明，卻以為自己可以控制人生，最終還是降服在神的安排之下，得著平安，活得豐盛。你的人生，是否要凡事操控？又是否真能事事可控？如不，何不放手，由祂引領？



余以諾

中學時期

幼兒時期

# 探索更多精彩瞬間 Exploring More Highlights

港青耀信「STEAM UP想建理」學習資源中心開幕揭牌儀式  
YMCA of Hong Kong The Beacon "STEAM UP" Resource Centre Unveiling Ceremony



新會商會港青基信學校「行善與健康週」  
San Wui Commercial Society YMCA of Hong Kong Christian School (SWYHKCS) — Kindness and Wellbeing Week



長沙灣中心「童你迎新春小市集」  
YMCA of Hong Kong Cheung Sha Wan Centre New Year Market



新會商會港青基信學校聖誕劇場  
San Wui Commercial Society YMCA of Hong Kong Christian School (SWYHKCS) — Nativity Play



港青耀信「銀齡共聚 盆菜傳情」

YMCA of Hong Kong The Beacon Banquet of the Wise Reunion



東涌中心敬老飯廳

YMCA of Hong Kong Tung Chung Centre  
Banquet of the Wise Reunion 2025



東涌中心長青小組活動「樂在書中」

Tung Chung Centre Elderly  
Services Activities



港青基信幼兒學校(農圃道)「愛在土瓜灣」

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



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\*圖片只供參考  
Pictures are for reference only



## 暖暖煲仔菜

2026年3月2日至4月26日  
2 Mar - 26 Apr 2026

- |  |                       |
|--|-----------------------|
| <p><b>A</b> 年年有餘 (京蔥魚蝦煲)<br/>配絲苗白飯及油菜<br/>Braised Prawn, Garoupa with Leek in Clay Pot<br/>served with Steamed Rice and Poached Vegetable</p>  | <p><b>HK\$208</b></p> |
| <p><b>B</b> 財源滾滾 (麻辣雞煲) <br/>配絲苗白飯及生菜<br/>Sichuan Mala Chicken Clay Pot<br/>served with Steamed Rice and Chinese Lettuce</p>  | <p><b>HK\$188</b></p> |
| <p><b>C</b> 鴻運當頭 (黑醋排骨煲)<br/>配絲苗白飯及油菜<br/>Black Vinaigrette Spare Rib in Clay Pot<br/>served with Steamed Rice and Poached Vegetable</p>   | <p><b>HK\$188</b></p> |
| <p><b>D</b> 花開富貴 (鼎湖上素煲) <br/>配絲苗白飯及咸菜<br/>Braised Assorted Mushroom, Fungus, Gingko, Lotus Seeds,<br/>Bamboo Shoot Pith Wrapped in Bean Curd Sheet in Clay Pot<br/>served with Steamed Rice and Preserved Vegetables</p> | <p><b>HK\$158</b></p> |

 素食 Vegetarian  辣 Spicy

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

### 加配 Add on:

咖啡或茶或日式虎皮瑞士卷  
Coffee or Tea or Japanese Fluffy Cake Roll

**HK\$15**  
(1杯cup/件pc)

圖片只供參考  
Images for reference only

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

★ 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.



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



## 課程特色

## Curriculum features

**K1-K3  
SCHOOL  
ADMISSION**

現正招生

- 校本幼兒聖經基礎課程，  
配合幼稚園教育課程指引  
Curriculum-based Biblical Curriculum Align with Kindergarten  
Education Curriculum Guide
- 豐富粵語、英語及普通話學習環境  
Rich in Cantonese, English and Putonghua languages setting
- 不同的學習經驗  
Other learning experience
- 照顧學生多樣性  
Cater for learner diversity
- 家校合作及社區參與  
Home-school co-operation and community participation



☎ 23415262    ✉ ckkc@ymcahk.org.hk    🌐 <http://www.ymcahk.org.hk/ckkc>

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