港青
YMCA
香港基督教青年會
YMCA OF HONG KONG
125th ANNIVERSARY OF YMCA OF HONG KONG

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

K1-K3 SCHOOL ADMISSION

現正招生

課程特色
Curriculum features

- 校本幼兒聖經基礎課程，配合幼稚園教育課程指引

  Curriculum-based Biblical Curriculum Align with Kindergarten Education Curriculum Guide

- 豐富粵語、英語及普通話學習環境

  Rich in Cantonese, English and Putonghua languages setting

- 其他學習經驗

  Other learning experience

- 照顧學生多樣性

  Cater for learner diversity

- 家教合作及社區參與

  Home-school co-operation and community participation

#本校已參加教育局免費優質幼稚園教育計劃
OUR SCHOOL HAS JOINED THE EDUCATION BUREAU KINDERGARTEN EDUCATION SCHEME

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港青之聲 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

125th ANNIVERSARY OF YMCA OF HONG KONG 愛就是力量 · Power of Love

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「愛弟兄的，就是住在光明中，在他並沒有絆跌的緣由」（約翰一書2:10）

"Anyone who loves their brother and sister lives in the light, and there is nothing in them to make them stumble." (1 John 2:10)

願各位蒙天父和主耶穌的恩典，主內平安！

在前往耶路撒冷的途中，耶穌差遣使者先行。使者到了撒瑪利亞的一個村莊，要為祂預備接待的地方，但當地人卻不接待耶穌，因為祂的目的地是耶路撒冷。*門徒雅各和約翰看見了，就說：「主啊，你要我們吩咐火從天上降下來燒滅他們嗎？」（路加福音9:54）後來，正是這位門徒約翰教導我們「 神就是愛」（約翰一書4:8,16）；「我們愛，因為 神先愛我們」（約翰一書4:19）；「我們相愛，不要只在言語和舌頭上，總要在行為和誠實上。」（約翰一書3:18）*。在約翰福音中，「愛」字出現了超過50次，在約翰一書中，出現了超過45次。從約翰在「約有申正」第一次與耶穌相遇，並獲耶穌邀請*「你們來看」（約翰福音1:39）*，到他告訴我們「 神就是愛」，這位「耶穌所愛的門徒」經歷了一段不可思議的門徒轉化歷程。

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

On the way to Jerusalem, Jesus sent messengers ahead of him and they entered a Samaritan village to prepare for his reception there, but they would not welcome Jesus because the destination of his journey was Jerusalem. *When the disciples James and John saw this they asked Jesus, "Lord, do you want us to call down fire from heaven to consume them?" (Luke 9:54).* The same disciple John later taught us *"God is love" (1 John 4:8,16); "We love because he first loved us" (1 John 4:19); and "Let us not love in words or speech but with actions and in truth" (1 John 3:18).* The word "love" appears over 50 times in the Gospel of John and over 45 times in the First Letter of John. From John's first encounter with Jesus "about four in the afternoon" when Jesus extended him an invitation, *"Come, and you will see." (John 1:39)* to telling us *"God is Love"*, John, the "disciple whom he loved", transformed on an amazing journey of discipleship.

9月的董事局會議如常由義務會牧施力高牧師主持靈修開始。特別的是，他的開場白是：「今天未能親自與大家在一起，我感到非常遺憾。」當時施力高牧師身在新加坡出席一場基督教會議。他感到遺憾，是因為在港青董事局服務了31年後，錯過了任內最後一次董事局會議。然而，他為董事局留下了一句簡單卻極重要的訊息——「好好跑完全程」。他以1968年墨西哥城奧運會的坦桑尼亞馬拉松選手艾哈華里為例，艾哈華里雖然最後一名衝線，卻成為奧運堅毅精神的象徵。他在比賽中嚴重跌傷，仍不顧醫護人員勸阻堅持跑完全程。當記者問他為何不放棄，艾哈華里回答：「我的國家派我越洋5,000里而來，不是要我起步，而是要我跑完比賽。」施力高牧師以此提醒董事局，特別是新成員，要*「存心忍耐，奔那擺在我們前頭的路程，仰望耶穌」(希伯來書 12:2)*。

施力高牧師並非我們唯一一位「好好跑完全程」的董事。傅孟雄先生在董事局服務了43年後，同樣圓滿卸任。傅先生是港青首位華人會長（1990至1994年）。在他的會長任內，港青酒店的南座及北座擴建工程於1992年順利落成。此後，他一直擔任賓館服務委員會主席。傅先生將於2026年周年會員大會上卸任董事一職，並於2027年繼續以賓館服務委員會委員的身分服務。感謝施力高牧師和傅先生數十年來對港青的忠心奉獻、關懷與愛心。

若非董事局將我的退休期延長了3年，9月原本也是我最後一次參加董事局會議。回首過去12年在港青侍奉的歷程，從面試前在奠基石上初見約翰福音17:21，到如今像蒙愛的門徒約翰一樣常談及愛，實在是一段奇妙的旅程。

奠基石上的約翰福音17:21。
JOHN XVII 21 on the foundation stone.

The Board of Directors meeting in September opened with the usual devotion led by Board Chaplain Rev. Dr. John Snelgrove. What was unusual was his opening greeting that began with, "I am so sad to not be with you today. "John was in Singapore speaking in a Christian conference. He was sad because he missed his last Board meeting at YMCAHK after serving on the Board for 31 years! But John left the Board with a simple but profoundly important message to "finish well". He reminded us of an Olympian marathon runner John Stephen Akhwari of Tanzania who finished last in the 1968 Olympic Marathon in Mexico City, yet was remembered as a global symbol of Olympic perseverance. Akhwari suffered from a bad fall, and kept running against medical advice. Asked by a reporter why he did not just quit, Akhwari replied, "My country did not send me 5,000 miles to start the race. They sent me 5,000 miles to finish it." John reminded the Board, especially new Board members, to *run with perseverance the race marked out for us, fixing our eyes on Jesus (Hebrews 12:2).*

John was not our only Board member to finish well. Mr. William Fu also finished well after serving the Board for 43 years. William was the 1st Chinese President of YMCAHK (1990-1994). The South Tower & North Tower expansion of The Salisbury was completed during William's Presidency in 1992. William has since served as the Chair of Hostel Services Committee. William will step down from the Board at the 2026 Annual General Meeting (AGM) but will continue to serve as a member of the Hostel Services Committee in 2027. Thank you John and William, for your decades of committed service, care and love for the YMCA.

Had the Board not extended my retirement for 3 years, the September Board meeting would have been my last Board meeting as well. What a journey it has been in the past 12 years serving at the YMCA from my first encounter of JOHN XVII 21 on the foundation stone shortly before my interview with the Human Resources Committee to sounding like the beloved disciple John talking about love all the time.

我們該如何去愛，才能住在光明中？我們如何將這份愛實踐於事工之中？我們的活動參與者、服務使用者、酒店住客和學生，又如何能從我們身上體驗到這份愛？「 *神說：『要有光』，就有了光。」(創世記1:3)* 這光究竟是甚麼？*「太初有道，道與 神同在，道就是 神。……生命在他裡頭，這生命就是人的光。」(約翰福音 1:1-4)* 耶穌就是 神的道，是我們屬靈生命的源頭，也是指引全人類方向的光。耶穌在約翰福音8:12中明確表明這身分：*「我是世界的光。跟從我的，就不在黑暗裏走，必要得着生命的光。」* 我們的前輩深深明白《巴黎本旨》的使命。當我們讓耶穌的光照進心裡，我們就能去愛。我們必須認識耶穌，每天委身於祂。

教宗良十四世在飛往法國的專機上舉行記者會，向記者表示他感到快樂而滿足，儘管面對日常的種種困難，依然從信仰中得着力量和喜樂。記者追問：「但教會的重擔呢？」教宗承認教會責任重大，但他回答說：「是的，但天主是美善的，祂遠比我們偉大。」教宗回顧一生召命，表示自己一直在重申多年前所作的委身與選擇。如同教宗一樣，天主教徒每天向耶穌奉獻，重申委身：「耶穌聖心，我依靠瑪利亞無玷聖心，將我今日祈禱事工，喜樂，憂苦，全獻於祢，為補贖我們的罪過，為成就你在祭台上的時刻奉獻的旨意，特為本月教宗所囑禱的旨意。阿們。」這篇禱文寫於1844年，正是基督教青年會創立之年。作為天主教徒，我每天早晨參加彌撒時，都會再次立志跟隨耶穌。

How do we love to live in the light? How do we put this love into our programs? How can our program participants, service users, hotel guests and students experience love from us? *"And God said, 'Let there be light,' and there was light". (Genesis 1:3)* What is this light? *In the beginning was the Word, and the Word was with God, and the Word was God. ... In him was life, and that life was the light of all mankind. (John 1:1-4)* Jesus is the Word of God, the source of our spiritual life and the guiding light for all humanity. Jesus explicitly claimed this identity in John 8:12, stating, *"I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."* Our YMCA predecessors knew their Paris Basis Mission Statement well. We can love when we allow the light of Jesus shines into our hearts. We have to know Jesus well. We have to commit daily to Jesus.

During an in-flight press conference aboard the papal flight to France, Pope Leo XIV confirmed to a reporter that he is happy and content, finding his strength and joy in faith despite any daily difficulties. The reporter pushed him, "but the weight of the church…"? Acknowledging the immense responsibility and weight of the Church, Pope Leo answered, "Yes, but God is good, and He is much greater than we are." The Pope reflected on his lifelong vocation, noting that he continues to renew the commitment and choice he made many years ago. Like the Pope, Catholics make a daily offering to Jesus to renew our commitment: "O Jesus, through the Immaculate Heart of Mary, I offer you today my prayers, works, joys and sufferings for all the intentions of your Sacred Heart in union with the Holy Sacrifice of the Mass throughout the world, for the salvation of souls, the reparation of sins, the reunion of all Christians, and in particular for the intentions of the Holy Father

「不要效法這個世界，只要心意更新而變化，叫你們察驗何為 神的善良、純全、可喜悅的旨意。」(羅馬書12:2) 這段經文是港青所有學校在2026–2027學年的校訓經文。雖然我錯過了在開學日與中小學學生分享這段經文的機會，亦未能親自歡迎新上任的基信學校崔穎詩校長，但我有幸在開學崇拜中與教師們分享。聖保羅在信中提醒羅馬信徒，他們因恩典徹底改變，勸勉他們要在基督的身體裡謙卑侍奉，並將愛付諸實踐。當我們明白各學校與港青彼此相連，我們就共同承擔著神聖的責任。當我們不再只關注自己，我們才能真正成為同一肢體，讓聖靈重塑我們的思想、行為與共處。

我有幸在開學崇拜中與教師們分享校訓經文。
I was blessed to share the scripture with our teachers during commencement service.

為慶祝港青梳士巴利道總部成立百周年，港青酒店接掌了迦拿 (Café Imagine) 的營運，並將其轉型為位於港青耀信內的社企餐廳。助理總幹事兼港青酒店總經理林燕玲 (Iris) 在視察迦拿時留意到附近工友和長者常在餐廳前以麵包充飢，節省開支。為此，我們於6月以可負擔的價錢推出了「微光飯盒」，由港青酒店大廚精心烹調，每盒僅售10元，讓街坊能享用一餐熱騰騰而營養豐富的飯菜。「微光飯盒」不止於一餐溫飽，我們更希望能在港青耀信凝聚社群，同時為有多元教育需要 (SEN) 的青年提供寶貴的培訓機會，透過準

this month. Amen." This prayer was written in 1844, the year YMCA was founded. As a Catholic, I renew my daily commitment to Jesus every morning when I go to Mass.

"Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect." (Romans 12:2) This scripture serves as the guiding theme for all YMCA schools for the 2026-2027 school year. Although I missed the opportunity to share this devotion with the students of both Christian School and Christian College on the first day of school, as well as the chance to personally welcome Christian School's new Principal Ms. Jessica Choi, I was blessed to share it with our teachers during commencement service. In this letter, St. Paul reminds the Romans that they are deeply transformed by grace, urging them to serve humbly in the Body of Christ and put love into active practice. When we recognize that we are all interconnected across our schools and the YMCA, we share a sacred responsibility for one another. By shifting our focus away from ourselves, we can truly live as members of one body — allowing the Holy Spirit to reshape how we think, behave, and live together.

To celebrate YMCAHK Centennial on Salisbury Road, The Salisbury took over the operation of Café Imagine (Cana) and converted it to a social enterprise café at The Beacon. On a visit to Café Imagine, Iris Lam, Assistant General Secretary (AGS) and General Manager of The Salisbury noticed nearby workers and elderly residents were relying on bread for their meals in the resting area in front of the café, likely to save on their daily expenses. In response, we initiated the affordable "Glowing Lunchbox Program" in June. Prepared by the chefs from The Salisbury,

備及派發飯盒掌握職業技能，同時在迦拿充滿關愛的環境中建立自信心和責任感。

迦拿於6月推出了「微光飯盒」。
Café Imagine initiated the "Glowing Lunchbox Program" in June.

在港青酒店管理團隊支持下，迦拿推出了「Soul Gor Soul Moon」中秋月餅試點項目，以慶祝一個有意義的中秋節。項目由展亮技能發展中心的學生設計並製作迦拿月餅袋，並由聖雅各福群會借出觀塘的廚房，讓其學員製作月餅，港青酒店的管理團隊親自包裝並分發月餅後，將愛心送給保良局兒童及長沙灣中心家庭。當孩子們問及月餅袋上印著的人是誰時，我們便有機會講述迦拿婚宴的故事——耶穌在那裡將水變成酒，行了祂的第一個神蹟，並記錄了耶穌母親瑪利亞流傳至今的名言：*「他告訴你們什麼，你們就做什麼。」（約翰福音2:5）*。

each lunchbox is priced at HK$10, ensuring access to a warm and nourishing meal for our neighbors. However, Glowing Lunchbox is more than just a lunchbox for food, we hope the initiative would foster a sense of community around The Beacon. Moreover, Café Imagine provides valuable training opportunities for young people with Special Educational Needs (SEN). Through preparing and serving lunchboxes, trainees at Café Imagine are equipped with essential career skills while building their self-confidence and sense of responsibility in a caring and nurturing environment.

Café Imagine launched a pilot mooncake project "Soul Gor Soul Moon" to celebrate a meaningful Mid-Autumn Festival with the support of the management team of The Salisbury. The project brings together the vocational students of Shine Skills Centre to design and pack the mooncakes in a unique custom-designed packaging pouch and the vocational students of St. James' Settlement to produce the mooncakes in their Kwun Tong Kitchen. The management team of The Salisbury personally packed and distributed the mooncakes, bringing love to the children of Po Leung Kuk and families of Cheung Sha Wan Centre (CSW). When the children asked who the people printed on the mooncake pouches depicted, we had the opportunity to tell the story of the Wedding at Cana where Jesus turned water into wine, his first miracle and recorded Mary, his mother's famous advice of all time, *"Do whatever he tells you" (John 2:5).*

SEN學員製作「迦拿月餅」，將節日祝福化為暖心禮物。
Students with SEN handcrafted "Café Imagine Mooncakes", transforming festive wishes into heartfelt gifts.

展亮技能發展中心的學生設計並製作月餅袋。
The students of Shine Skills Centre designed and produced the mooncake bags.

自2021年舉辦首屆以「Grace is So Beautiful」為題的花祭以來，港青便建立了每年舉辦花祭的傳統。花祭不僅僅是花卉展覽，每一屆都是以一句聖經經文為核心的崇拜，藉此讚美　神。9月，以哥林多前書13:8為基礎、主題為「愛·永不止息」的港青125周年花祭及攝影比賽圓滿舉行。主禮嘉賓林偉基先生在致辭中完美總結出今年主題的精髓：「花朵是　神美麗的創造。花藝不單是裝飾，更是以　神所造的色彩、姿態和芳香重新組合而成的禱告。光是攝影的語言，我們用鏡頭捕捉光，但事實上，是　神的光先捕捉了我們。正如詩篇36:9所說：*『因為在你那裡有生命的源頭，在你的光中我們必得見光。』*」林先生提醒我們，花朵雖然是自然界中最美的藝術品，但它們終會枯萎凋謝，唯獨　神對世界的愛永遠長存。「愛·永不止息」花祭幫助我們將光與愛連結起來——光照亮了愛。

Since the first flower festival in 2021, "Grace is So Beautiful", YMCAHK has established a tradition of organizing an annual flower festival. These are not merely flower exhibitions. Each flower festival is a worship anchored in a Bible verse to praise God. In September, the YMCAHK125 flower festival cum photography competition "Love Never Fails" based on 1 Corinthians 13:8 was officially launched. Guest of Honor Mr. Joseph Lam perfectly captured the essence of this year's theme in his opening address: "Flowers are God's beautiful creation. Floral art is not merely decoration; it is a prayer reassembled from the colors, postures, and fragrances created by God. Light is the language of photography. We use lenses to capture light, but in truth, it is God's light that first captures us. As Psalm 36:9 says, *'For with you is the fountain of life; in your light we see light.'*" Joseph reminded us that while flowers are nature's most beautiful pieces of art, they wither and fade. Yet, God's love for the world is everlasting. The flower festival "Love Never Fails" helps us to connect light with love. Light illuminates love.

The YMCAHK family gathered for a beautiful Mid-Autumn Festival staff assembly on September 22-23. Filled with worship, fellowship, games, festive food, and updates from Hotel Services and M&CS, staff also read Philippians 1:18-27, reflecting on what it means to conduct ourselves in a manner worthy of the gospel of Christ. As a token of special appreciation, The Salisbury management team thoughtfully prepared a sumptuous festive lunch to thank YMCA staff for their hard work and commitment to celebrate Mid-Autumn Festival the following day. Staff were treated to a delightful surprise: a festive lunch of lobster and abalone personally served by The Salisbury management team. We are grateful for these moments of grace, for our dedicated staff, for our Food & Beverages team

今年的花祭以「愛·永不止息」為主題。。
This year's flower festival is themed "Love Never Fails".

港青同工大家庭於9月22至23日聚首一堂，以崇拜、團契、遊戲、節慶美食慶祝中秋節，酒店服務和會員及社區服務部匯報最新動態，同工一同研讀腓立比書1:18-27，反思如何使行事為人與基督的福音相稱。為感謝員工的辛勤奉獻，港青酒店管理團隊於9月24日特意準備了豐盛的午餐慶祝翌日的中秋佳節，團隊親手送上龍蝦鮑魚佳餚，讓一眾同工驚喜萬分。我們為這些恩典時刻感恩，感謝一班盡心盡責的同工，亦感謝餐飲團隊不斷改善員工餐廳菜單，讓午膳時段更添熱鬧與暖意。

港青酒店管理團隊準備了豐盛的龍蝦鮑魚午餐，慶祝中秋佳節。
The Salisbury management team prepared a sumptuous lunch of lobster and abalone to celebrate Mid-Autumn Festival.

for their ongoing efforts to re-engineer the staff canteen menu, creating a more engaging and welcoming lunch hour for all.

This summer, a YMCAHK delegation of 11 comprised of Board members, staff and youth leaders was sent by the Board to Toronto to participate in the World Mission Conference and the 21st World Council. Cathy Chan, AGS and Senior Director of M&CS, led the delegation to the Mission Conference. Upon our return, staff and youth delegates shared our experience with YMCAHK staff. After welcoming the Holy Spirit and opening prayer, each delegate shared their experience – one delegate recalled David Newman's keynote: "A YMCA lighthouse is beyond a coastal decoration. Christ is the true fuel. We are the keepers of the flame." Another delegate highlighted the essential components to shape a YMCA: "rooted in Christ, driven by Mission, powered by volunteers, led by convictions and responsive to the needs of the world." There was one among us who professed to be an atheist, yet still she is welcome as Jesus would welcome anyone. She was struck to hear that "Christianity is a relationship with God". With an open mind, she was captured by the lyrics of the worship songs: "You didn't want heaven without us, so Jesus you brought heaven down" and researched the meaning of "religion" which translates to "rebind" that eventually led her to these takeaways: "Let us bind with humanity. Reconcile with humanity – war, hatred, prejudice… Starts with yourself." The sharing was closed with "Receive Reflect & Give Thanks" singing "Here I am Lord" and "You are my all in all", followed by Benediction.

今年夏天，董事局委派由董事、同工及青年代表組成的11人代表團，前往多倫多參加基督教青年會世界使命大會及第21屆基督教青年會世界大會，由助理總幹事兼會員及社區服務部高級總監陳何惠敏（Cathy）率團，同工及青年代表並於返港後與同工分享此行體會。聚會先迎請聖靈並以禱告開始，隨後各代表依次分享，有人引述David Newman的主題演講：「青年會這座燈塔絕非海岸邊的裝飾，基督是真正的燃料，而我們則是守燈人。」亦有代表分享青年會精神的核心要素，包括「扎根於基督、以使命驅動、靠義工力量、憑信念領導，並回應世界需要」。代表團中有一位無神論者，但正如耶穌接納萬民一樣，大家同樣歡迎她。她被「基督信仰其實是與　神建立親密關係」這句話深深觸動，她敞開心扉，被敬拜詩歌的歌詞深深吸引：「祢不願天堂沒有我們，因此耶穌祢把天堂帶到地上。」她更查考「宗教」（religion）一詞原意，發現其本義為「重新連結」（rebind），從而有所領悟：「我們要與人性連結，與人和解，消除戰爭、仇恨與偏見，一切由自己做起。」分享會在唱頌《主我在此》（Here I Am, Lord）及《祢是我的一切》（You Are My All in All）的「領受、反思與感恩」時刻中完結，並以祝福結束。

I am pleased to announce the appointment of Ms. Ling Hung as Director, Community & Youth Development of M&CS and The Beacon. Reporting directly to Cathy, Ling would be responsible for community and youth development at the YMCA. She will also be advancing the education mission of The Beacon. Ling will lead initiatives to establish The Beacon as a Jesus-centred "Community Lighthouse." By integrating living, arts, and learning, The Beacon aims to transform the neighborhood into a vibrant community rooted in faith, hope, and love. The Beacon seeks to galvanize education as the catalyst for unlocking individual potential, equipping people of all ages to become guiding lights who inspire others to become well-rounded, contributing members of society. This mission is guided by Matthew 5:16: *"Let your light shine before others, that they may see your good deeds and glorify your Father in heaven."*

同工及青年代表分享加拿大之行的體會。
Staff and youth delegates shared our experience in Canada.

我很高興宣布任命洪婉玲女士（Ling）為會員及社區服務部暨港青耀信的社區及青年發展總監。Ling直接向Cathy匯報，負責港青的社區及青年發展事工，並推動港青耀信的教育使命。她將推展各項工作，把港青耀信建設為以耶穌為中心的「社區燈塔」，結合生活、藝術與學習，讓社區充滿信、望、愛。港青耀信致力以教育發揮個人潛能，裝備不同年齡人士成為指引他人的光，啟發他人成長，造福社會。這項使命承載著馬太福音5:16的教導：*「你們的光也當這樣照在人前，叫他們看見你們的好行為，便將榮耀歸給你們在天上的父。」*

Ling（右一）直接向Cathy（中）匯報，負責港青的社區及青年發展事工，並推動港青耀信的教育使命。
Reporting directly to Cathy (center), Ling (first from the right) would be responsible for community and youth development at the YMCA and advancing the education mission of The Beacon.

轉眼間，我代表天主教香港教區出任選舉委員會宗教界別委員的5年任期經已屆滿。慶祝中華人民共和國成立77周年升旗儀式暨國慶酒會上，我驚喜巧遇副會長葉頌文博士，瞬間想起施力高牧師在最後一次董事局會議上提到的「好好跑完全程」，亦印證了我卸任委員的決定正確。展望未來，港青有兩位董事正角逐香港基督教協進會2026年選舉委員會界別分組選舉中代

In what seems like the blink of an eye, I have completed my 5-year term as a member of the Religious Subsector of the Hong Kong Election Committee, representing one of the 10 seats of the Catholic Diocese. It was a wonderful surprise when I bumped into our Vice President, Dr. Tony Ip, unexpectedly at the Flag Raising Ceremony and Reception celebrating the 77th Anniversary of the Founding of the People's Republic of China. The moment instantly brought to mind John's words to "finish well" at our last Board meeting. It was a moment of affirmation that my decision to step down and not seek another 5-year term was the right one. Looking forward, two of our Board members are currently on the ballot of the Hong Kong Christian Council, running for the 10 seats that represent the Protestant and Christian denominations in the upcoming 2026 Election Committee Nomination. May the Holy Spirit guide the selection of these 10 nominees from among the dedicated candidates.

我驚喜巧遇副會長葉頌文博士。
It was a wonderful surprise when I bumped into our Vice President, Dr. Tony Ip.

表基督教的10個席位。願聖靈指引，從眾多熱心的候選人中選出最合適的10位委員。

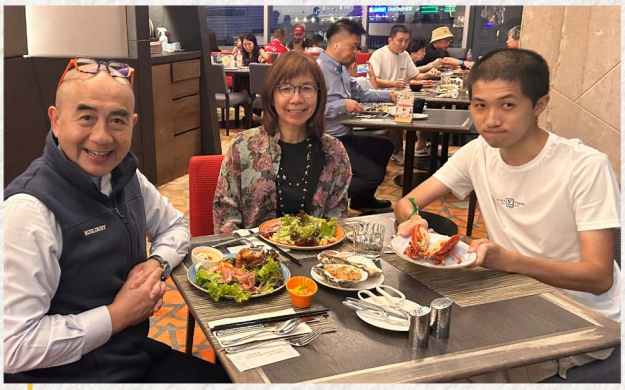
為慶祝10月1日國慶，港青酒店為住客及食客提供豐富的晚餐選擇，包括大禮堂燒烤晚餐、再臨閣自助餐及港青咖啡座套餐，讓賓客於天台花園欣賞璀璨的煙花匯演。我們亦邀請了東涌中心兒童發展基金計劃的兒童觀賞煙花。中心同工與部分家長在封路前帶著孩子來到港青。那是一個令人難忘的國慶之夜，活動由回顧港青總部遷至尖沙咀的歷史揭開序幕，孩子們從625室看著警察有條不紊地以螢光橙色封鎖線分隔車流，引導成千上萬的人群走向海濱。隨後孩子們登上天台花園，居高臨下，第一次親眼目睹五彩斑斕的煙花照亮維港夜空，為整晚劃上完美句號。

我和太太Kim也在再臨閣與客同樂。當晚的賓客之一是房務部員工文仔。文仔自2018年從匡智會畢業後便一直在港青酒店工作。文仔對我說當晚的龍蝦特別美味，我便高興地邀請他同桌享用龍蝦。我很慶幸自己當晚回到港青，見證員工的專業與投入，從後勤廚房人員、大廚、侍應、經理，到安全風險管理、公共區域及設施管理，再到銷售市場部及港青酒店整個管理團隊，每人都熱愛工作，並以愛奉獻、以熱誠服務賓客。我在此深深感謝酒店服務部。

一個令人難忘的國慶之夜。
It was an unforgettable National Day evening.

To celebrate National Day on October 1, The Salisbury organized various sumptuous dinner options including BBQ Dinner at The Grand Assembly Hall, Buffet Dinner at The Haven and Set Dinner at Mall Café accompanied by the spectacular fireworks viewing from the Rooftop Garden for our hotel and dining guests. Complimentary fireworks tickets were offered to children of our Child Development Fund program in Tung Chung Center (TCC). Staff from TCC and some of the parents brought the children to YMCA before the road closing. It was an unforgettable National Day evening, starting with a look back in time the relocation of the YMCA Headquarters to Tsim Sha Tsui. From Room 625, the children were mesmerized watching the Hong Kong Police systematically guide the crowd of thousands of people block by block, cordoned off from traffic with neon orange cordon tape, from the street to the harbor front. The night culminated in an extraordinary finale as the children headed up to the Rooftop Garden, rising above the massive harbor front crowds to witness for the first time spectacular fireworks light up the sky of Victoria Harbor.

My wife Kim and I celebrated with our guests at The Haven. One of our guests at The Haven was Man, a dedicated member of the Housekeeping staff who has been with The Salisbury since graduating from Hong Chi Society in 2018. Man told me the lobster was especially delicious that evening. I happily invited Man to enjoy my lobster at my table. I was glad I came back for the evening and witnessed the dedication of our staff – from back of the house kitchen staff to chefs to waiters to managers, from risk safety to public area to facilities management, from sales & marketing to the entire management team of The Salisbury – how everyone loves their work and serves our guests with love. Thank you Hotel Services.



我邀請文仔同桌享用龍蝦。
I happily invited Man to enjoy my lobster at my table.

原本我沒打算回港青觀看煙花，但在Iris盛情邀請下應約。*「你的話是我腳前的燈，是我路上的光。」(詩篇119:105)*。10月1日的福音經文正好是路加福音第10章——差遣72人的使命！港青幹事乃耶穌的門徒，既蒙差遣，便當前行。*「　神就是光，在他毫無黑暗」(約翰一書1:5)*。無論多麼疲憊，我們都要作那帶來光芒的光，驅散黑暗。當煙花璀璨綻放、照亮維港夜空之際，我流下了感恩的淚水，感謝過去12年在港青的歲月。我是誰，竟蒙此厚恩？這只可是神的恩典！

我希望自己已經完成了董事局當初交託的使命——「把耶穌帶回港青」。耶穌回來了！祂差遣我來到港青，正是要邀請祂重臨到我們之中。回想中小學沒在我缺席下的開學日，以及多倫多世界使命大會在我未有隨行下的盛況，如今的港青與我12年前接手時已大不相同，一切皆井然有序。聆聽多倫多代表的分享時，我十分認同David Newman所言：港青這座燈塔正散發璀璨光芒，讓人看見　神的榮耀。今天，「愛」在港青有了全新意義——那是無條件、甘願犧牲與無私的愛。我們不僅是一個提供社會服務或慈善工作的非政府組織，更是扎根於基督、住在光明中的港青。*「我們愛，因為　神先愛我們。」(約翰一書4:19)* 願我們的心窗常向基督的光敞開，好讓我們能像耶穌愛我們一樣去愛。

Initially I had no plans to return to the YMCA for fireworks, but at the persistent invitation of Iris, I obliged. *Your word is a lamp for my feet, a light on my path. (Psalm 119:105).* The Gospel reading on October 1 was Luke 10 – The Mission of the 72! YMCA Secretaries are disciples of Jesus. We have to go when we are sent. *The Light shines in the darkness and the darkness has not overcome it (John 1:5)* We have to be the light that bring forth the light to cast out darkness no matter how weary we are. As the fireworks lit up the sky of Victoria Harbor in glorious brilliance, my tears flowed freely in gratitude for my past 12 years with YMCAHK. Who am I to deserve this, but by the grace of God!

I hope I have completed what the Board initially charged of me, "Bring Jesus back to the YMCA". Jesus is back! He sent me to YMCA to invite him back. As I recalled the 1st day of school at Christian College without me, the 1st day of school at Christian School without me, Mission Conference in Toronto without me, how different this YMCA is from the one I inherited 12 years ago and that all is well. As I listened to the Toronto delegates sharing their experience with YMCAHK staff, I agreed with David Newman that the Lighthouse of YMCAHK is shining brightly that others see the glory of God. Love today has a different meaning at YMCAHK – it is unconditional, sacrificial and selfless. We are more than just an NGO providing social service or doing charitable work. We are a Christ-centered YMCA that lives in the light. *We love because he first loves us. (1 John 4:19)* May the window of our hearts be always open for the light of Christ that we may love as Jesus loves us.

「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)
And now these three remain: faith, hope and love. But the greatest of these is love. (1 Corinthians 13:13)

S.D.G.（願榮耀單單歸於神）
何慶濂
總幹事／行政總裁

S.D.G. (Glory to God alone)
Peter Ho
General Secretary / Chief Executive Officer

連結全球青年會 堅守信仰使命
港青代表團多倫多世界大會之旅

YMCAHK Delegation's Journey to World Council in Toronto

Connecting Global YMCAs, Steadfast in Faith and Mission

第21屆基督教青年會世界大會於今年7月19至25日在加拿大多倫多舉行，以「轉化（Transform）」為主題，匯聚超過100個地區逾1,300位代表，共同為全球青年會運動訂立發展方向。港青亦有11位代表參與，包括董事局成員、管理層、同工及青年代表。今屆大會緊扣「青年會2030願景」舉辦分組會議，涵蓋人工智能應用及青年賦權等，亦有文化體驗及敬拜聚會。會上亦選出2026至2030年新一屆世界基督教青年會協會執行委員會，並為第6屆Change Agent舉辦畢業禮。

From July 19 to 25, the 21st YMCA World Council took place in Toronto, Canada. Themed "Transform", the World Council convened over 1,300 delegates from more than 100 regions to collectively set the future direction for global YMCA movement. YMCA of Hong Kong was represented by an 11-member delegation, comprising board members, senior management, staff, and youth representatives. Aligned with the "YMCA Vision 2030", the World Council hosted breakout sessions covering topics such as AI applications, and empowering young people, alongside excursions, and devotions. The council also elected World YMCA Executive Committee for 2026–2030 and held a graduation for Cohort 6 Change Agents.

連結全球青年會 堅守信仰使命

世界大會開始前，基督教青年會世界使命大會於7月16至19日在多倫多天道大學舉行，以「上升」（Ascend）為主題，聚焦使命網絡的協作與靈性培育。港青總幹事何慶濂先生亦為聯合籌辦人之一。大會讓各地青年會聚首交流學習，而對港青代表來說，這次體驗更遠超預期，以下為他們的深刻體會：

World Christian Mission Conference: Fostering Spiritual Growth

Prior to World Council, YMCA World Christian Mission Conference 2026 was held from July 16 to 19 at Tyndale University in Toronto, themed "Ascend", focusing on collaboration across Christian Mission networks and spiritual development. Mr. Peter Ho, General Secretary of YMCAHK, served as one of the co-hosted. World Council enables YMCAs worldwide to gather, exchange, and learn. For YMCAHK delegates, the experience far exceeded expectations. Below are their personal reflections:

閱讀完整分享
Read full reflections online

吳斯穎 Nicole Ng Change Agent

回顧成為Change Agent的旅程，最寶貴的收穫之一，是我培養了改變的勇氣。一位組員曾經分享，社群的轉變很少一蹴而就，更重要的是我們願意嘗試。

我帶走的絕不僅僅是知識，更是這段歷程所塑造的自己——一個更加有洞察力的領袖。社會經常灌輸我們「年輕人是未來領袖」的概念，然而我們需要明白，在培養年輕人的過程當中，不應以讓他們完成任務為目標，更需要給予他們實踐帶領的機會，結果或未如理想，重要的是令他們感覺被信任、有安全的空間去表達感受和想法，讓他們知道自己的聲音值得被聽見及重視。

One of the most profound takeaways from my journey with the Change Agent programme was cultivating my courage to embrace change. As one of my fellow teammates once shared, community transformation rarely happened overnight. In fact, they evolve because individuals are willing to try.

As I graduate, I'm taking forward not just what I learned, but who I became through the process—a more thoughtful, self-aware, and driven young leader who is fiercely committed to creating a lasting, positive impact wherever my footsteps may lead. Society often teaches young people that they are the leaders of the future. Yet we need to understand that, in the process of nurturing young people, our goal should not be merely to have them complete tasks. More importantly, we must give them opportunities to practice leading. Even if the outcomes are not as ideal as we hoped, what matters is helping them feel trusted—creating a safe space where they can express their feelings and ideas—so they know their voices are worth hearing and taking seriously.

Change Agent 畢業禮
Change Agent Graduation

傅凱怡 Coco Fu Change Agent

今年7月在加拿大的畢業典禮上，螢幕裡那些熟悉的面孔終可親眼相見。令我最感共鳴的是捷克Change Agent的一句話：「你可以花5分鐘做一件小事，也可以花5分鐘改變世界。」這讓我深刻反思自己的影響力——變革從不遙遠，關鍵在於我們是否願意選擇在當下，成為當下的改變者。

這段經歷重新定義了我的領導力以及我的使命感。會議的結束只是改變的開始；未來，我將把這段經歷帶回港青，培養更多青年人才，並繼續竭盡全力為社區服務。

At the graduation ceremony in Canada this July, familiar faces from the screen finally took on a human warmth. What resonated most deeply was a remark made by a Change Agent from the Czech Republic: "You can spend 5 minutes doing a small thing, or you can spend 5 minutes changing the world." This sparked a profound reflection on my own impact—change is never far away; the key lies in whether we choose to step up and become changemakers in the present moment.

This experience has redefined my leadership and my sense of mission. The conclusion of World Council marks only the beginning of change. Moving forward, I will bring this journey back to YMCAHK to empower more young talents and continue striving to serve our community to the best of my ability.

廖謙瑜 Joanne Liu 青年代表 Youth Delegate

世界大會引導了我思考青年工作的過去、現在與未來。在會議中所描繪的年輕聲音，讓我想起自己從Boundless走進青年會的體會。在青年運動中，前輩帶來希望，因為他們深明協作的力量；而青年帶來聲音，因為他們了解時代的變遷。至於如何選擇，則取決於我們：要讓這些聲音停留在無力的抱怨中，還是幫助它萌芽生根，化為具持久影響力的意念？

This World Council has stirred deep reflections on the past, present and future of youth-centred work. Coming into YMCA through Boundless, I have been struck by a simple truth: In a youth movement, the seniors bring forward hope—they have tasted the strength of collaboration. The youth bring forward voices—they are sensitive to the world's shifting currents. The choice before us is whether we allow those voices to remain helpless complaints, or whether we help them take root as budding ideas for lasting impact.

葉頌文博士 Dr. Tony Ip 港青董事局副會長 Vice President, YMCAHK Board of Directors

持守燈火的人！

這次多倫多之行讓我重新思考我們的共同使命。能與來自世界各地的青年會同工相遇，是一份珍貴的祝福。這個全球大家庭以信仰為根基，以志願行動為動力，以勇敢的領導力為方向。參觀Wagner Green YMCA讓我印象深刻。他們為無家可歸的年輕人提供食宿，捐款用於教育、就業和技能培訓，幫助他們邁向穩定獨立的生活。最觸動我的，是和各國代表的真誠分享。他們的祝福、祈禱和鼓勵，溫暖而有力。我深深感受到對港青以及世界青年會大家庭的歸屬。感恩能成為這個群體的一員，也確信我們都在守護同一盞燈火。

The keeper of the light!

My time in Toronto reminded me of our shared calling. It was a blessing to meet fellow YMCA changemakers from around the world. This global community is grounded in faith, driven by voluntary action, and marked by courageous leadership.

The visit to Wagner Green YMCA left a strong impression. The shelter provides meals and beds for unhoused youth. Donations fund education, job support, and skills training to help them move into stable independent housing. What moved me most was the heartfelt sharing sessions with fellow delegates. Their blessings, prayers, and encouragement resonated deeply. I felt a strong sense of belonging to both the YMCA of Hong Kong and the wider global family. I am grateful for this community, and for the reminder that we are all keepers of the same light.

葉頌文博士（左二）參加了3天清晨慢跑
Dr. Tony Ip (second from the left) joined the morning runs for 3 days

伍小翠女士 Ms. Shella Ng 港青董事 YMCAHK Directors

首先，我想感謝董事局支持我參加兩個世界大會。就我個人而言，透過在YMCA學習「C（Christian）」的真理，我有著充實且深刻的屬靈經歷。就社群面向而言，我想特別提出兩個我認為與我們最息息相關的重點。第一是「有意義的工作」。透過總幹事的努力，我們建立了能幹且有效的團隊，能服務社區並創造收益。然而，我們仍要幫助團隊每一位成員，找到自己的呼召、使命，以及使他們的工作在主的國度裡展現真正的意義。第二是AI對營運以及我們所服事的青年所帶來的影響。兩次大會為這個議題的討論提供了基礎與資料。我建議能以更有組織的方式探討AI的影響，以便掌握新世代的脈搏，讓我們能更好地服事他們。

First, I would like to thank the Board's support for my attendance of the two conferences. Personally, I have fulfilling spiritual experiences having learnt the truth "C" (Christian) in YMCA. Community wise, I would like to highlight 2 matters that I find particularly relevant to us. One, the pillar on "meaningful work". Through General Secretary's hard work, we have established a winning team here that is capable and effective in serving the community and having surplus. We nevertheless should help each one in the team to find their calling, mission, and what makes their work truly meaningful in the Lord's kingdom. Two, the implications of AI on our operations and the youths that we serve. The conferences have provided foundation and data points for the conversation on this topic. I suggest we continue to explore AI implications in an organised fashion in order to feel the pulse of the new generation so that we could serve them better.

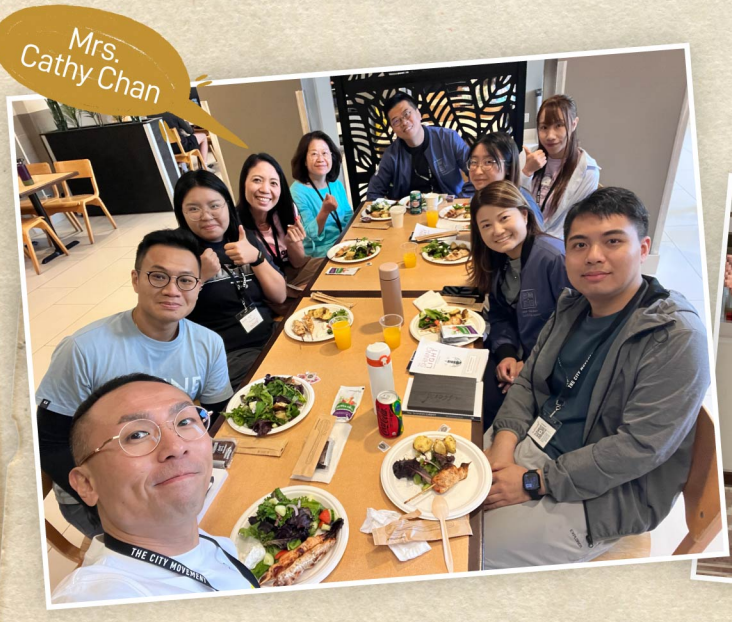
左起：葉頌文博士、何慶濂先生、伍小翠女士
From left: Dr. Tony Ip, Mr. Peter Ho , Ms Shella Ng

陳何惠敏 Mrs. Cathy Chan

助理總幹事 / 會員及社區服務高級總監
Assistant General Secretary / Senior Director of Member & Community Services

在聖靈帶領下，團隊於世界使命大會中，與來自世界各地的130名代表共同參與專題演講、小組反思、敬拜與禱告，我們深深感受到耶穌的同在，也感受到青年會運動的合一精神。這場啟發靈性的旅程後，團隊隨即出席世界大會。這是一趟意義深遠且改變生命的旅程，加深了我們的信念：青年會的核心價值，是一個受蒙召事奉神與人的基督教機構。

Led by the Holy Spirit, the team experienced the richness of Christian fellowship at the World Mission Conference. Together with 130 delegates from every continent, they took part in inspiring keynote sessions, small-group reflections, worship, and prayer. Throughout the conference, they were deeply encouraged by the presence of Jesus and by the unity of YMCA movement around the world. Following this spiritually refreshing experience, the team joined the World Council. This journey was a deeply meaningful and life-changing experience. It renewed our conviction that YMCA is, at its heart, a Christian organisation called to serve God and humanity.



何俊傑 Kit Ho

會員及社區服務　社區拓展經理
Community Outreach Manager, Member & Community Services

在世界使命大會短短的4天裡，我感受到青年會運動的核心價值，反思如何以基督精神及門徒的信念，走在成就地上天國的道路上。其中一個令我印象深刻的分享，是Rev. Dr. Samuel D. Stephens提及在人的軟弱和限制中，　神的大能與力量得以彰顯，同時作為門徒的最高之處，不在於追求在世的影響力、權力或聲望，而是在於「主的足前」。

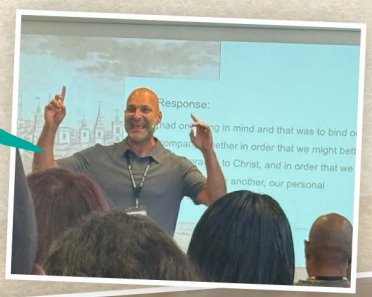
Over just 4 days of the Christian Mission Conference, I experienced the core values of YMCA movement. I reflected on how we can walk the path of bringing God's kingdom on earth, guided by the spirit of Christ and the convictions of discipleship. One sharing that left a profound impression on me came from Rev. Dr Samuel D. Stephens, who highlighted that God's power and strength are manifested through human weakness and limitations. He also reminded us that the highest place for a disciple is not found in pursuing worldly influence, prestige, or power, but "at the feet of Jesus".

簽署《巴黎本旨》
Reconfirming Paris Basis

簡雪盈 Zoe Kan 總幹事執行助理 Executive Assistant to GS/CEO

感謝主，回望世界使命大會，讓我感受到信仰分享的力量，參加者之間互相代禱、分享反思，以生命影響生命，讓我更熱切追求地上天國。Dr. David Newman於分享中引述亞伯拉罕兒子以撒重啟舊井的故事。在聖經裡，井是生命的源頭，人們因著能取用活水就聚集，青年會亦一樣，把不同年齡、族群凝聚。作為門徒，望我們能讓青年會成為活水的泉源，連結生命，把上帝的祝福傳承下去。

Thank you, Lord. Looking back on the Christian Mission Conference, I was deeply moved by the power of sharing in faith. Through prayers and reflections shared along one another, I could see the impact of life. I am even more longing for the Kingdom of God on earth. Dr. David Newman referenced the the Bible story of Isaac re-digging Abraham's wells in his sharing. Biblically, a well was the source of life; people would gather because they found the living water. Where YMCA does the same, brings different ages and races together. As disciples, may we strengthen the YMCA become the fountain of living water, to connect lives and pass on blessings.



何慶濂先生（左二）、Zoe（左一）與烏克蘭青年會代表
Mr. Peter Ho (second from the left), Zoe (first from the left), and Ukraine delegates

梁鎮滔 Sam Leung

社區及青年事工拓展 課程統籌主任
Programme Officer - Migrant Workers Unit, Community and Youth Outreach

令我印象最深刻的是美國青年會、歐洲青年會及墨西哥青年會分享他們對新移民的服務經驗。移民在不同人生階段面對不同需要：初到埗時需要安全的居所和基本支援，往後需要穩定就業及生活發展機會，再進一步則需要建立公民身分認同以及融入社區的歸屬感。而他們的實踐，體現了約翰福音15:12「*你們要彼此相愛，像我愛你們一樣，這就是我的命令。*」的教導。

I was particularly impressed by the experiences shared by YMCA USA, YMCA Europe, and YMCA Mexico in serving migrants and newcomers. Migrants face different needs at different stages of their settlement journey. Upon arrival, they often require safe accommodation and basic support. As they settle, stable employment and opportunities for personal development become increasingly important. In the longer term, building a sense of civic identity and belonging within the community becomes essential. Their work reflects the teaching of John 15:12: *"My command is this: Love each other as I have loved you."*

盧卓謙 Cyrus Lo

酒店服務 營業及市場推廣總監 Director of Sales & Marketing, Hotel Services

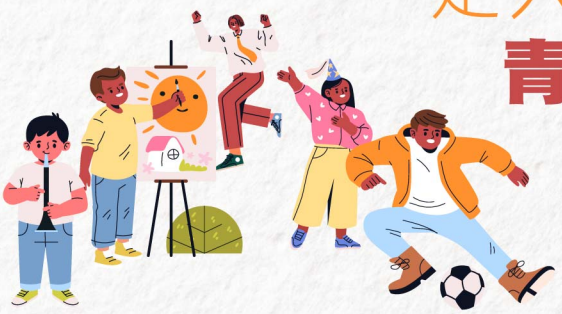
世界大會讓我獲益良多。討論中，我分享了港青百周年活動的經驗，包括我們如何在日常工作中落實基督價值，從客房門卡、機構文化，到照顧有特殊教育需要的同工。扶助弱勢不只是善行，而是天國的工作。我很榮幸成為代表港青出席的酒店同工。港青酒店不僅是住宿或用餐的地方，它更是一個充滿上帝之愛的家園。能將這份愛與世界各地的弟兄姊妹分享，我也深感蒙恩。

The World Council taught me a lot. During our discussions, I shared our story and the Centennial event at The Salisbury, and how Christian values shape our daily work, from guest room key cards to our culture, and caring for staff with special educational needs. Serving the vulnerable is not just kindness; it is kingdom work. I'm deeply honoured to be the hotel colleague representing YMCA of Hong Kong at the World Council. The Salisbury is more than a hotel—it's a home filled with God's love. I'm privileged to share that with the world.

團隊在大會分享港青酒店如何落實基督價值
The team shared how Christian values shape The Salisbury's work

走入東南亞服務社區 青年的成長與蛻變

Serving Communities in Southeast Asia: A Journey of Youth Growth and Transformation



跨越語言與文化界限，走入資源相對匱乏的社區，青年人能看見怎樣的風景？今年暑假，港青兩個青年計劃帶學員踏足東南亞多個國家，走進當地安老中心、兒童療養院和教會，服務社區。「傲翔新世代」全方位青年領袖訓練計劃（YLD）學員前往越南胡志明市，Boundless學員則到訪菲律賓馬卡蒂，目的地不同，卻同樣讓學員明白服務不是單方面施予，而是在交流中成長。

What insights do young people gain when stepping into relatively resource-limited communities beyond their familiar boundaries? This summer, 2 YMCAHK youth programmes brought participants to Southeast Asia countries to serve in elderly home, children's care homes, and church. Members of the Youth Leadership Development Scheme (YLD) visited Ho Chi Minh City, Vietnam, whilst Boundless mentees travelled to Makati, the Philippines. Both journeys led to a shared realisation: true community service is a journey of reciprocal growth.

YLD學員Chelsea：打破語言隔閡　體會陪伴的力量

YLD Mentee Chelsea: Overcoming Language Barriers to Embrace thePower of Companionship

就讀中五的張考晴（Chelsea）是YLD第26屆學員，今年8月3日到胡志明市展開7天服務交流，行程涵蓋文化考察及社企餐廳、安老中心、兒童療養院服務。最令她難忘的，是在安老院表演歌舞時，一位婆婆主動拉著她分享年幼與姊姊失散的往事，說到感觸處不禁落淚，「雖然語言不通，但她很努力和我說話，令我十分動容。」

Secondary 5 student Chelsea Cheung, a 26th-cohort YLD mentee, joined a 7-day service trip to Ho Chi Minh City on August 3, spanning cultural visits and service at a social enterprise restaurant, an elderly home, and a children's home. Most unforgettable was during a performance at the elderly home, when a lady tearfully shared memories of childhood separation from her sister. "Though we didn't share the same language, she tried her best to communicate with me," Chelsea recalled. "I was deeply moved."

另一個深刻體驗是在一間照顧腦麻痺、唐氏綜合症等兒童的療養院發生。Chelsea被派往照顧10多位臥床病童，為他們按摩及餵食。「遊玩時他們因身體限制無法參與，但看到他們的開心反應及笑容，我也很欣慰。」離別時孩子們不捨的目光，讓她明白關懷不在於形式，「就算是幾小時的陪伴，也能為他們帶來溫暖。」

At a care home for children with cerebral palsy, Down's syndrome and other conditions, Chelsea massaged and fed over a dozen bedridden children. "Though physical limitations kept them from playing, seeing their joyful smiles was deeply comforting," she shared. Their lingering gazes upon her departure showed her that care is not bound by forms, "Even a few hours of companionship can bring genuine warmth."

Chelsea有家庭成員是殘疾人士，故對照顧者的辛酸尤有共鳴。看見當地院舍員工的投入，令她對服務有新理解：「能夠服務別人，看到他們享受我的陪伴，其實也是服務自己。」走出舒適圈的體驗，不僅拓展了她的視野，更是日後繼續服務的起點。今年已是YLD舊生的她，選擇留任帶領新學員，並申請成為港青義工，實踐她給師弟妹的寄語：「有力就出力，用盡全力幫助社會。」

With a family member who has disability, Chelsea deeply resonated with caregivers' hardships. Local staff's devotion offered her fresh insight, "Serving others and seeing them enjoy my company is, in truth, serving oneself." Stepping beyond her comfort zone expanded her horizons and launched her ongoing service journey. As a YLD alumna, she stayed on to lead new cohorts and became a YMCAHK volunteer, putting her advice to younger peers into practice, "Give whatever strength you have, and serve society with all your heart."

Boundless學員Eugene：學懂知足　重新定義快樂

Boundless Participant Eugene: Embracing Contentment and Redefining Happiness

就讀中六的Boundless第10屆學員潘維亨（Eugene）則在8月17至23日前往馬卡蒂，參與小學輔導、教會修繕，並與當地青年領袖交流，馬卡蒂青年會總幹事Magda Dana亦帶領學員反思，體會「僕人領袖」精神。香港與菲律賓關係密切，Eugene過往卻鮮有機會了解當地文化。在小學與兒童遊玩及輔導功課時，他負責照顧一名小學男孩，孩子主動分享生活，熱情融化了彼此的隔閡。旅程中遇上突發狀況，在異地資源有限下需即時編排1小時活動，「當時幸有隊友支援，讓我明白面對突發狀況時不要害怕，只要信任團隊，身邊總有支持你的力量。」

Secondary 6 student Eugene Poon, a 10th-cohort Boundless member, joined a trip to Makati from August 17 to 23 for school tutoring, church maintenance, and youth exchanges, where Magda Dana, General Secretary of YMCA Makati, led a reflection on servant leadership. Despite close ties between Hong Kong and the Philippines, Eugene had rarely explored Filipino culture. While playing and tutoring at a primary school, Eugene cared for a young boy whose enthusiastic sharing melted away their distance. When an unexpected challenge forced them to design a 1-hour activity on short notice with limited resources, Eugene recalled, "Fortunately, my teammates had my back, teaching me not to fear unexpected situations. As long as you trust your team, support is always there."

旅程也改變了他對「快樂」的看法。「菲律賓的經濟和物質條件不如香港，但快樂指數卻比香港高。」當地人的樂觀態度，啟發他以積極心態面對挑戰，亦明白作為青年領袖，日後帶領兒童服務時必須更主動引導。

The journey also reshaped his view on happiness, "Compared to Hong Kong, the Philippines is less affluent, yet its happiness index ranks higher." The locals' optimism inspired him to embrace challenges positively and taught him that, as a youth leader, actively guiding children is key in future services.

A-Life Academy 高桌晚宴 裝備青年前行

A-Life Academy High Table Dinner Empowers Youth for the Future

2026 年 6 月 27 日，A-Life Academy 舉行高桌晚宴，聚集 54 位學員、舊生與嘉賓。大會今年安排學員穿上學術袍，感受大學高桌晚宴氣氛，鼓勵基層青年追尋升學夢；嘉賓葉漢浩教授亦分享應對逆境的經驗，啟發學員勇往直前。

To support more migrant workers in enhancing their skills like Parni, Migrant Workers Unit has co-organised the Childcare Course with Matilda International Hospital, designed for domestic helpers looking after infants aged 0-1. The next course will begin on December 13. Registrations are now open.

香港基督教青年會125周年慶典「支持港青社企」盲盒慈善義賣

YMCA of Hong Kong 125th Anniversary Celebration "Support YMCAHK Social Enterprise" Blind Box Charity Sale

自1901年成立以來，港青持守愛就是力量的信念，透過教育、社區及酒店服務，傳揚基督的愛。適逢125周年，誠邀你支持義賣活動，攜手把愛的力量傳送給有需要的家庭和群體！港青特別推出三種類「慈善盲盒」，由旗下社企精心打造，讓公眾支持港青社企之餘，同時了解基督信仰。盲盒除可自用或餽贈親友，亦誠邀大家捐款支持，港青會將盲盒禮物轉贈予有需要家庭及兒童。收益將全數撥予支援港青社企婦女、青年及社區服務。

Since its establishment in 1901, YMCAHK firmly believes that love is the greatest strength, dedicating itself to spreading Christ's love through educational, community, and hospitality services. On the occasion of our 125th Anniversary, we warmly invite you to support our charity sale to help build a "second home" for those in need.3 Types of Charity Blind Boxes are exquisitely designed by YMCAHK's social enterprises, allowing the public to support our social enterprises while discovering Christian values. Whether bought for yourself, gifted to loved ones, or donated as to families and children in need via YMCAHK, your support makes a real difference. 100% of blind box proceeds will directly support women and youths of YMCAHK social enterprises community services.

「綻放與光芒」花語小夜燈及香薰蠟燭盲盒
"Blossom & Glow" Floral Night Light & Scented Candle Blind Box

共3款，每款 $280，款式隨機 / 一套3款 $840
3 designs in total, priced at $280 per box (shipped randomly) / $840 for the full set of 3

聖靈「果子」造型環保購物袋盲盒
"SPIRIFRUIT" Charm & Eco Shopping Bag

共9款，每款 $125，款式隨機 / 一套9款 $1,125
9 designs in total, priced at $125 per box (shipped randomly) / $1,125 for the full set of 9

聖靈「果子」造型文具套裝盲盒
"SPIRIFRUIT" Stationery Set Blind Box

共 9 款，每套 $99，款式隨機
全套9款 $891
9 combinations in total, priced at $99 per box (shipped randomly) / $891 for the full set of 9

支持義賣 | 選購聖誕禮物或愛心轉贈
Support Charity Sale | Buy Christmas Gifts or Donate|

圖片只供參考，產品以實物為準。
Images are for reference only. The actual product shall be considered as final.

"Anyone
who loves their brother and sister
lives in the light,
and there is nothing in them
to make them stumble."

「愛弟兄的，
就是住在光明中，
在他並沒有
絆跌的緣由」

約翰一書
1 John 2:10

社會經常鼓勵人追求名氣與成就。政客和公眾人物靠支持率立足，在網絡科技年代，成功往往簡化為社交媒體上的「讚好」、點擊率及追蹤人數。

英文有一個成語形容這種現象，叫作「活在聚光燈下」（living in the limelight）。

令人遺憾的是，部分基督教界群體，包括教會和非政府組織亦未能倖免。數據與關鍵績效指標（KPI）有時凌駕了對人的關懷，個人主義隨之盛行，追逐名氣與世俗成功漸成風氣。

One of the things that society often encourages us to do is to seek fame and success. Politicians and public figures thrive on popularity ratings. In our modern technological society, success is often measured by social media likes, clicks and numbers of followers.

One idiom that is used to describe this phenomenon is "living in the limelight".

And sadly, part of the Christian world, including some churches and NGO's, has not been exempt from this. Numbers and KPI's have sometimes superseded taking care of people, with personality cultures coming sharply into play. As a result, popularity and worldly success have become more widely sought.

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

「活在聚光燈下」一語源於 19 世紀，尤其流行於劇場。「聚光燈」是一種特別的舞台燈光，藉由加熱生石灰（氧化鈣）發出強光照亮演員面容，這方法在電燈泡發明前十分普遍。

然而，主耶穌基督展示的榜樣卻非如此。腓立比書2章8節告訴我們：*「既有人的樣子，就自己卑微，存心順服以至於死，且死在十字架上。」*祂傳承給我們的，是「僕人」的榜樣。

要形容僕人，最貼切的是「住在光明中」（living in the light），而非活在聚光燈下。

何謂「住在光明中」？

「住在光明中」意味著過一個完全誠實、良善、道德清晰的人生，毫無隱瞞或欺騙。

在基督教教導中，光代表　神、真理與聖潔，黑暗則代表罪與混亂。

- 這意味著遵行耶穌基督的道路和教導。
- 這意味著摒棄隱瞞或不誠實的行為，在　神和眾人面前坦誠生活。
- 這意味著讓日常選擇反映愛、仁慈、真理和公義。

我們怎樣知道自己正「住在光明中」？

The idiom "in the limelight" came into fashion in the 19th century, especially in the theatre. Limelight was a special kind of light which was produced by heating quicklime (calcium oxide) on the stage so that the faces of the actors and actresses can be glowed intensely. This process of heating quicklime was very common before the invention of electric bulb.

However, this is not the model given to us by our Lord Jesus Christ. Philippians 2:8 tells us *"And being found in appearance as a man, He humbled himself by becoming obedient to death—even death on a cross!"*

The model that has been passed to us is one of a SERVANT.

And a servant is best described as "one who lives in the light" rather than the limelight.

But what does it mean to "live in the light"?

To "live in the light" means to lead a life of total honesty, goodness, and moral clarity without hidden secrets or deceit.

In Christian teachings, light represents God, truth, and holiness, while darkness represents sin and confusion.

- It means walking in the path and teachings of Jesus Christ.
- It means abandoning hidden or dishonest actions and living openly before God and others.
- It means letting your daily choices reflect love, kindness, truth, and righteousness.

But what is the tell-tale sign that we are "living in the light"?

今期的金句：「*愛弟兄的，就是住在光明中，在他並沒有絆跌的緣由*」（約翰一書2:10）
使徒約翰（常被稱為耶穌所愛的門徒）明確指出，「住在光明中」並非指我們在公眾面前有何作為，而是取決於我們如何愛人，特別是愛基督裡的弟兄姊妹。這表明「住在光明中」是探討內在，而非外在表象。彼此相愛，就是我們與耶穌基督關係密切的證據。愛弟兄姊妹的人，就是「住在光明中」——這光就是基督。
約翰接著說，這樣的人「沒有絆跌的緣由」，他已成全了律法，回應了耶穌基督的呼召。
再看前一節經文，會有更深領悟：*人若說自己在光明中，卻恨他的弟兄，他到如今還是在黑暗裡。*
（約翰一書2:9）至此全貌已然清晰——光與恨互不相容。
但我希望再進一步：那些因著愛人而「住在光明中」的人，自然會散發光芒，別人不難看見這光。
當我們接觸到以這種方式分享愛的人，必然會在他們的生命中看見耶穌的光。不知道你如何，但我渴望「住在光明中」，而非「活在聚光燈下」！

Today's key verse tells us *"Anyone who loves their brother and sister lives in the light, and there is nothing in them to make them stumble."* (1 John 2:10)
The Apostle John (often described as the disciple Jesus loved) makes it plain that living in the light, rather than describing the things we do in the public eye—is defined by the way we love people, especially our Christian brothers and sisters.
It indicates that living in the light is more something that is on the inside rather than an external manifestation. Love for one another is evidence of a close relationship to Jesus Christ. The brother or sister that loves their brother or sister remains in the light—which is Christ.
John goes on to tell us that this person has "no cause for stumbling". This person has fulfilled the law and is living as they have called to by Jesus Christ.
We get even more insight by looking at the preceding verse:
If anyone claims to be in the light but hates his brother, he is still in the darkness (1 John 2:9)
We are now getting a complete picture. Light and hate are mutually exclusive.
But I want to go a stage further…….those people who are living in the light by their love for others will quite naturally shine, and it is not difficult to see that light.
When we come into contact with those who share their love in this way, we will inevitably see the light of Jesus reflected in their lives. I don't know about you, I want to live my life living in the light—not the limelight!

最後，我想以山丘之歌教會敬拜牧師Reuben Morgan所寫的著名詩歌《Mighty to Save》幾句歌詞作結：
I want to conclude with some words from the popular Christian song "Mighty to Save" by Reuben Morgan of Hillsong:

「Shine your light and Let the whole world see
We're singing For the glory of the risen King」

我說：阿們！　I say AMEN!

走進港青賽場 緊貼精彩體育賽事

Step onto the Court for YMCAHK Sporting Highlights

健康的體魄是健全人格與信仰的基石。1891年，Dr. James Naismith在 YMCA 國際訓練學校發明籃球運動，希望藉體育培育青年身、心、靈及良好品格。今日港青貫徹信念，推動多項體育項目，讓運動員鍛鍊技能，實踐團隊精神。今年下半年，港青將接連舉行多場重點體育賽事，把體育精神延伸至球場上。

A healthy body is the foundation of a well-rounded personality and faith. In 1891, Dr. James Naismith invented basketball at YMCA International Training School, to nurture people in body, mind, and spirit through sports. YMCAHK continues to uphold this conviction today, hosting sports initiatives that challenge athletes to hone their skills while practising teamwork. In the months ahead, YMCAHK will launch a series of sporting events, bringing these values to the court.

港青羽毛球 分齡系列賽 2026

經過5個月的單打及雙打賽，本年度最後一站—「港青羽毛球團體分齡賽」於10月1日及4日上午9時至下午8時在港青尖沙咀總部2樓體育館舉行，除了爭奪團體賽殊榮，亦會揭曉各組別男女子全年總冠軍，見證羽毛球壇明日之星誕生。

YMCA Badminton Age Group Series 2026

Following 5 months of singles and doubles tournament, YMCA Badminton Age Group Series reaches its season finale with the Team Tournament, taking place on October 1 and 4 from 9:00 am to 8:00 pm at the gymnasium on 2/F of The Salisbury. Beyond competing for team honours, the tournament will also unveil the Boys' and Girls' Individual Annual Most Valuable Player across each category, celebrating the rise of future badminton stars.

港青 YMCA 3人籃球賽 2026

一年一度的港青3人籃球賽於10月18至19日在總部2樓體育館舉行。賽事設有男子及女子U10、U12組別，吸引逾100隊報名參賽，賽程緊湊。歡迎親友到場打氣。

The annual YMCA 3 x 3 Basketball Tournament took place on October 18 and 19 at the gymnasium on 2/F of The Salisbury. Featuring Boys' and Girls' U10 and U12 divisions, this year's event has drawn over 100 teams' entries. With a fast-paced schedule, friends and families are warmly invited to come and cheer on the players.

3X3 Basketball Tournament

除了舉辦競賽，港青亦著重籃球技術與精神的傳承。港青與香港亞洲體育學院於2026年7月至8月合辦「青年籃球教練領袖計劃」，由香港女子甲組荃灣主教練任明敏、香港亞洲體育學院教練總監李家偉及Glam Basketball裁判小組教授，涵蓋理論、技巧、心肺復甦法、球例及10小時實習教學，助青年踏上專業籃球助教之路。

港青ASG青年籃球教練領袖計劃

YMCA x ASG Youth Basketball Leader Programme

Beyond organising competitions, YMCAHK is committed to passing on basketball skills and values to the next generation. From July to August 2026, partnered with Asia Sports Group (ASG) to co-organise the "YMCA x ASG Youth Basketball Leader Programme". Taught by Ms. Dora Yum, head coach of Tsuen Wan women's division 1 Hong Kong League team, Mr. Thomas Li, coaching director of ASG, and Glam Basketball Referee Panel, the curriculum covered theoretical lessons, skills training, CPR certification, basketball rules, and a 10-hour teaching practicum, equipping young participants for a professional path as basketball assistant coaches.

> 任明敏教練講解教練應有的態度及如何處理突發事件，我亦掌握了助教應如何配合主教練照顧每位球員。
> Miss Yum explained the essential mindset for a coach and how to manage unexpected situations. I also learnt how an assistant coach can support the head coach to ensure every player receives sufficient care.
> 馮裕晉 Fung Yu Chun

參加者心聲 Participants' Reflections

> 導師講解清晰，傳授了不少實用教學和溝通技巧，豐富的實戰經驗對我日後的教學工作大有幫助。
> The instructors explained clearly and shared many practical teaching and communication skills. The hands-on experience will be of great value to my future coaching work.
> 施凱侗 Sze Hoi Tung

> 教練清晰指導教學應有態度、語氣、技巧及應變方法，讓我掌握助教的角色與責任。
> The coaches taught us the right coaching attitude, tone, instructional technique, and conflict handling methods, giving me a solid grasp of the assistant coach's role and responsibilities.
> 鄭心源 Cheung Zoie

> 我學會了如何提升訓練的流暢度，並按球員需要精準設計訓練內容。
> I learnt how to improve the flow of training sessions and design tailored drills that precisely address players' needs."
> 盧嘉嵐 Lo Ka Lam

廢物大變身
再生玩具藝術畫創作比賽

Waste Transformed:
Recycled Toy Art Competition

殘缺的舊玩具，是否只能被丟棄？由港青「惜玩文化」主辦、香港賽馬會贊助的首屆「再生玩具藝術畫創作比賽」將於2027年初舉行，邀請大家組隊參賽，10支入圍隊伍事前須參與玩具回收及化身「玩具工程師」義工，並於比賽當日以舊玩具零件作為主要材料，在180分鐘內拼砌立體藝術畫，以創意回應棄置與資源循環議題。所有作品將於今年12月至明年1月於社區展覽展出，呈現青年的環保創意。

Must an incomplete, old toy simply be thrown away? Organised by YMCAHK's Toy Reborn, and sponsored by The Hong Kong Jockey Club, the inaugural Recycled Toy Art Competition will take place early 2027, inviting teams across Hong Kong to participate. Prior to the event, 10 shortlisted teams will join toy recycling activities, and serve as "Toy Engineer" volunteers. During the 180-minute competition, they will create 3D artworks from toy fragments to address the issue of waste disposal and resource circularity. All artworks will be showcased in a community exhibition from December 2026 to January 2027, celebrating the environmental creativity of youth.

展覽詳情將於「惜玩文化」專頁公布，歡迎公眾到場參觀。

Stay tuned to "Toy Reborn" facebook page for exhibition updates and see these sustainable ideas come to life.

Toy Adoption Day: Passing on Joy and Memories

玩具領養日 延續歡樂與回憶

「惜玩文化」除了向學校、地區組織及服務中心轉贈玩具，今年6月更首度在尖沙咀總部舉辦公眾「玩具領養日」，推廣惜物文化。當日反應熱烈，多個家庭親臨尋寶，學習珍惜資源，逾60件舊玩具找到新主人，延續歡樂與回憶。「玩具領養日」將走進不同社區繼續舉行，請留意「惜玩文化」專頁公布，下一站不妨帶同家人到場挑選心水玩具，將可持續發展融入生活。

Beyond donating pre-loved toys to schools, local organisations, and service centres, Toy Reborn hosted its first-ever public Toy Adoption Day at Tsim Sha Tsui Headquarters this June.

The event drew an enthusiastic crowd of families exploring and learning the value of cherishing resources. Over 60 pre-loved toys found new homes, carrying on their legacy of joy and memories. Toy Adoption Day will continue to visit different communities. Stay tuned to "Toy Reborn" facebook page for upcoming schedules, bring your family to the next stop to pick out a favourite piece and weave sustainability into everyday life.

推廣惜玩文化 港台《十八好時光》專訪

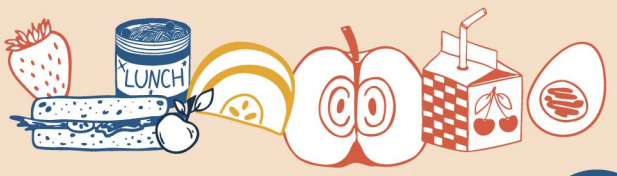
RTHK's *18 Heartfelt Vibes* Feature: Spreading the Message of Toy Reborn

今年6月，「惜玩文化」聯同港青基信幼稚園（啟晴）接受香港電台《十八好時光》訪問，節目拍攝了小朋友參與環保講座及玩具畫創作過程，分享如何透過多元體驗及學習活動引導小朋友從小認識環保，將可持續發展理念傳播至公眾視野。港青期望透過節目走出校園，啟發大眾反思消費與丟棄習慣，將惜物理念帶入社區。

In June, Toy Reborn and YMCA of Hong Kong Christian Kindergarten (Kai Ching) were featured on RTHK's programme *18 Heartfelt Vibes*. The programme featured children taking part in eco-talks and toy-art workshops, showcasing how diverse activities can instil green habits in children from an early age, and taking the message of sustainability to the wider public. Through this programme, YMCAHK hopes to inspire audiences to rethink everyday waste and embrace mindful living.

節目重溫
Programme Replay

一份熱飯 兩重意義



「迦拿」餐廳

以微光飯盒填補社區缺口

逢星期三至五上午11時半，位處長沙灣的港青耀信門外總會出現一條人龍，街坊有序排隊，等待的是由港青酒店主廚為社企餐廳「迦拿」精心烹調的「微光飯盒」。每盒只需10元，既為街坊提供熱騰騰的飯菜，也為多元教育需要的學員創造就業機會，以日常一餐實踐關懷與共融。

港青耀信於2025年11月完成翻新，「微光飯盒」的緣起，來自工程期間一個觀察。港青助理總幹事林燕玲（Iris）憶述：「當時因為工程關係，我們要多次實地視察，常看到附近工友為了省錢，只吃一個麵包便當作一餐，讓我們意識到區內對平價熱食有切實需求。」團隊向有派飯經驗的長沙灣及東涌中心取經，卻發現申請程序繁複，亦未必切合基層工友需要，於是決定推出「微光飯盒」，象徵式收取10元，「老實說，10元連成本也未必能收回。」Iris說，「但計劃不以賺錢為目的，我們希望能填補社區的缺口。」

A Hot Meal, A Greater Purpose: Café Imagine Fills Community Gaps with the Glowing Lunchbox

Every Wednesday to Friday at 11:30 a.m., a queue forms outside YMCAHK The Beacon in Cheung Sha Wan. Residents gather for the "Glowing Lunchbox", a hot meal prepared by The Salisbury hotel chefs for social enterprise restaurant, Café Imagine. Priced at just $10, it provides affordable nourishment for the neighbourhood while creating meaningful work for trainees with Special Educational Needs (SEN), transforming a daily meal into an act of care and inclusion.

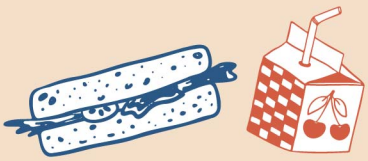
Following The Beacon's renovation in November 2025, the initiative grew from observation. Ms. Iris Lam, Assistant General Secretary of YMCAHK, recalls: "During site visits, we saw local workers eating just a single bun for lunch to save money, revealing a clear local demand for affordable hot meals in the area." The team sought advice from Cheung Sha Wan and Tung Chung Centres with meal-distribution experience, but found that the application procedures for such programmes were complex and might not suit the needs of grassroots workers. YMCAHK thus launched the "Glowing Lunchbox" with a nominal charge of $10. "Frankly speaking, $10 hardly covers the costs," Iris explains. "But making a profit isn't the goal. We wanted to fill the gap in the community."

計劃於2026年6月試行，起初部分街坊見餐廳門面簇新不敢入內，迦拿團隊便走出餐廳派傳單和飲品；遇上陰晴不定，就邀請街坊入室內等候。漸漸地，迦拿成為了街坊的聚腳地，「清潔工友會介紹同事來買飯，大家邊排隊邊聊著飯菜口味，有街坊甚至會送水果給員工。這份人情味，比賣出飯盒更令人感到滿足。」

Piloted in June 2026, at first, some local neighbours were hesitant to enter the newly renovated Café Imagine. The team then step outside with leaflets and drinks, inviting queueing people indoors during bad weather. Soon, Café Imagine became a local hub, "cleaning workers began bringing colleagues to buy meals, and people chatted about the menu while queuing; some even brought fruit for our staff. This shared warmth brings fulfillment far beyond the number of lunchboxes sold."

見證特殊教育需要學員成長

Witnessing the Growth of SEN Traineessom



微光飯盒的另一重意義，是為多元教育需要學員提供訓練與工作的平台。港青與職業訓練局展亮技能發展中心合作已久，資深員工阿Man一直在港青咖啡座帶領學員，陪伴他們建立自信，有學員甚至主動要求調到新開業的迦拿工作。

而Iris對一次賣飯盒情境印象深刻：「當時突然下大雨，但學員沒有先照顧自己，反而立刻用身體保護飯盒避免被雨水濺濕，更說道：『因為我知道很多人需要這些飯盒。』」這份責任感深深打動Iris：「見證學員由一張白紙變成港青耀信的一分子，他們不僅累積了實用技能，更在過程中找到自我價值。」

微光飯盒填飽了基層的肚子，也讓學員在職場上發光發亮。對港青而言，微光雖小，卻能像燈塔一樣，照見他人需要，為社區送上溫暖。

The initiative also offers a vital platform for SEN trainees. YMCAHK partners with VTC Shine Skills Centre and draws on deep experience mentoring trainees at Mall Café under senior staff member Man. Through his mentorship, trainees build confidence, several even asked to follow him to Café Imagine.

Iris recalls a poignant moment during a meal sale, "A sudden downpour caught everyone off guard. Instead of seeking cover, the trainee immediately shielded the lunchboxes with their body to keep them dry, saying, 'Because I know many people need these lunchboxes.'" That responsibility moved Iris deeply. "Watching trainees grow from a blank slate into an integral part of The Beacon means they not only gain practical skills but also discover self-worth in the process."

"Glowing Lunchbox" satisfies appetites of the grassroots while giving SEN trainees a place to shine. For YMCAHK, even a modest glimmer acts like a beacon, illuminating the needs of others and delivering warmth to the community.

各崗位同工齊集 港青ESG工作坊

集思廣益推動「最佳實踐」

Colleagues Across All Roles Gather at the"YMCA ESG Workshop" to Brainstorm and Promote "Best Practices"

27位來自港青各部門及學校的同工，於6月26日齊集港青總部參與「港青ESG工作坊」，共同探討並落實屬於港青的「ESG最佳實踐」。

是次工作坊特別邀請回收及廢物管理公司 The Loops Hong Kong 創辦人Jorch Wong，深入介紹廢棄物稽核（Waste Audit）的概念與最新趨勢；港青ESG委員會成員亦親臨現場，向同工分享「港青ESG」的願景與發展方向。

On June 26, 27 colleagues from various departments and schools of YMCAHK gathered at TST Headquarters to participate in the "YMCAHK ESG Workshop", jointly exploring and working to implement the YMCAHK's own "ESG Best Practices".

The workshop featured a special invitation to Jorch Wong, founder of the recycling and waste management company The Loops Hong Kong, who provided an in-depth introduction to the concept and latest trends of Waste Audits. Members of the YMCAHK ESG Committee also attended in person to share the vision and development direction of "YMCAHK ESG" with the staff.

The Loops Hong Kong 創辦人Jorch Wong（右）介紹廢棄物稽核的概念與趨勢。

Jorch Wong (right), founder of The Loops Hong Kong, introduced the concept and latest trends of Waste Audits.

港青總幹事何慶濂先生特別到場為同工建言鼓勵。他強調，港青ESG的根基源於基督信仰，作為上帝的門徒，我們應發揮良好管家的角色，好好守護上帝在地上的創作。正如聖經提醒：

「耶和華神將那人安置在伊甸園，使他修理看守。」

（創世記 2:15）

工作坊期間，同工分成三組，在ESG委員會成員的帶領與督導下，針對環保、回收、減廢及社會影響力等範疇集思廣益，構思具體的實踐項目。在未來一年，這三個小組將與全體港青同工攜手並肩，將這些創新構想付諸實行，共同活出信仰與「港青ESG」的精神。

General Secretary of YMCAHK, Mr. Peter Ho, made a special appearance to offer his guidance and encouragement. He emphasised that the foundation of YMCAHK's ESG initiatives is rooted in the Christian faith. As disciples of God, we should play the role of good stewards and carefully protect God's creations on Earth. As the Bible 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)

During the workshop, colleagues were divided into three groups. Under the guidance and supervision of the ESG Committee members, they brainstormed on areas including environmental protection, recycling, waste reduction, and social impact to conceive concrete, actionable projects. Over the coming year, these three groups will work hand in hand with all YMCAHK colleagues to put these innovative ideas into practice, collectively living out their faith and the spirit of "YMCAHK ESG".

A Beacon for Migrant Workers:

Parni's 20-Year Journey with YMCAHK

Parni（右一）與外籍僱員部團隊
Parni (first from the right) and Migrant Workers Unit team

「異鄉打工人」的引路者

Parni在港青服務20載歷程

星期日是不少居港外籍僱員休息的日子，有人聚會聯誼，也有人選擇踏進港青總部6樓的課室自我增值，其中一位導師正是印尼裔的Parni。20年前，Parni是坐在課室上課的學員；如今，她是港青外籍僱員部同工，不單每季統籌近70項課程，更是無數「異鄉打工人」的引路者。

Parni離鄉別井，源於家庭變故。2001年，其父在印尼遭遇意外，龐大的醫療開支逼使她辭去文職工作，先後到新加坡及香港謀生。她在2005年底抵港翌年便在港青報讀電腦及簿記課程，希望掌握一技之長。

憑藉文職經驗，Parni在2008年加入港青義工隊，負責把講義翻譯成印尼語及管理Facebook專頁。自此她投入更多時間，2011年起擔任電腦導師，翌年更獲頒港青「傑出技能應用獎」。2017年，當時的海外家務助理組出現空缺，原任職餐飲業的Parni毅然放棄較高收入加入港青，正式從受助者轉變為服務者。

Sunday is a day of rest for many migrant workers in Hong Kong. While some gather to socialise, some step into 6th-floor classrooms at YMCAHK Headquarters to upskill. Teaching them is Parni, an Indonesian staff member. Two decades ago, Parni sat in those same classrooms as a student; today, as a core member of Migrant Workers Unit, she oversees nearly 70 courses quarterly and guides countless women building lives far from home.

Parni's move to Hong Kong followed a family crisis. In 2001, her father had an accident in Indonesia, prompting her to leave her clerical job to work overseas in Singapore and later Hong Kong. Following her arrival in 2005, she enrolled in computer and bookkeeping courses at YMCAHK the next year, hoping to acquire practical skills.

Drawing on her administrative background, Parni joined YMCAHK's volunteer team in 2008, translating materials into Indonesian and running Facebook page. By 2011, she was teaching computer classes, winning the "Excellent Use of Skills" award the following year. In 2017, when a vacancy arose in the then Domestic Helper Unit, Parni left a higher-paying catering job to join YMCAHK full-time, moving from beneficiary to service provider.

「因為走過相同的路，我明白離鄉別井的沉重，也理解外籍僱員渴望成長的心情。」在她指導下，有學員學習電腦知識回鄉後成功轉型文職。相似的背景，使她更理解外傭的需要。2022年香港爆發第五波疫情，不少外傭確診後遭解僱及趕出住所，當時航班停飛、庇護中心爆滿，有無法返鄉的外傭甚至流落天橋底。Parni與團隊在3個月內四出奔波，聯繫庇護中心與酒店，為約100名外傭安排緊急住宿。對漂泊異地的外傭而言，這份及時的支援與陪伴，就是最實在的依靠。

任職港青期間，Parni一邊兼顧工作與家庭，一邊修畢遙距工商管理學士學位，更考取駕駛執照。她深信持續學習是改變命運的關鍵：「你學到的每項技能，都是對未來的投資。」如腓立比書2:4所言：**「各人不要單顧自己的事，也要顧別人的事。」**Parni不僅改寫了自己的命運，更將所學技能，化作支援同路人的力量。

"Having walked the same path, I know the weight of living away from home and their drive to grow," Parni shares. Under her guidance, students have gained computer skills, returning home to secure office jobs. This shared bond proved vital in times of crisis. During Hong Kong's fifth wave of COVID-19 in 2022, many migrant workers faced unemployment and eviction after testing positive. With flights grounded and shelters full, some were left stranded under footbridges. Parni and her team worked tirelessly for 3 months, coordinating with shelters and hotels to secure emergency accommodation for around 100 migrant workers. For those stranded far from home, this timely aid was a true source of comfort.

While working at YMCAHK, Parni balanced job and family to complete an online Business Management degree and earn her driving licence. She remains convinced that learning changes lives: "Every skill you acquire is an investment in your future." From a student seeking a way forward to a staff member supporting her peers, Parni's journey mirrors Philippians 2:4: "*not looking to your own interests but each of you to the interests of the others.*" She has rewritten her own story, turning the skills she gained into a way to support those around her.

嬰幼兒照顧課程接受報名

Childcare Course for Domestic Helpers Now Open for Enrolment

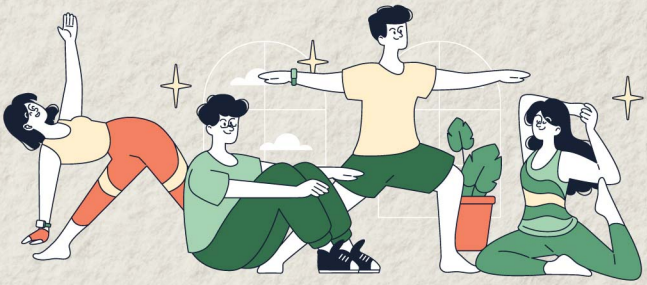
為讓更多外籍僱員如Parni一樣透過學習增值自己，外籍僱員部與明德國際醫院合辦嬰幼兒照顧課程，專為照顧0至1歲嬰幼兒的家務助理而設。新一期將於12月13日開課，現已接受報名。

To support more migrant workers in enhancing their skills like Parni, Migrant Workers Unit has co-organised the Childcare Course with Matilda International Hospital, designed for domestic helpers looking after infants aged 0-1. The next course will begin on December 13. Registrations are now open.

詳情及報名
Details and Registration

Nurturing Body, Mind, and Spirit: YMCAHK Members Put Learning into Action for the Community

會員「身心靈」體驗　學以致用走入社區



成為港青會員
Become a YMCAHK member

港青會員服務部自6月起推出「學以致用共融計劃」，聯同其他服務單位，為新會員及續會會員舉辦專屬的免費活動，鼓勵會員學習新技能並帶入社區，滋養身、心、靈發展的同時服務他人。

Launched in June by YMCAHK Member Services Section in collaboration with various service units, the "Member Learning & Service Connect Programme" invites new and renewing members to participate in complimentary activities exclusively. The initiative empowers members to acquire new skills and extend care into the community, nourishing their body, mind, and spirit through meaningful service.

身Body
水中伸展 普及健康

Aqua Stretching for Community Health

健康是生活的基石。7月25日在總部恆溫泳池舉行的「水中關愛伸展」工作坊，讓會員利用水的浮力伸展全身，減輕膝蓋、脊椎與肩膊關節壓力。活動同時讓會員了解港青如何透過價錢相宜的水中課程，將健康運動推廣至基層家庭。

Good health forms the bedrock of life. Held on July 25 at the Headquarters indoor heated pool, the "Aqua Stretching with Care" workshop enabled members to leverage water buoyancy to perform full-body stretches, relieving pressure on knees, spine, and shoulders. The session also highlighted how YMCAHK extends affordable aquatic courses to low-income families, making healthy living accessible across the community.

心Mind
手作烘焙 分享節日喜悅
Baking Spreads Festive Joy

手作充滿樂趣，更能傳遞情感。計劃的第一個工作坊是「布朗尼爸爸曲奇」，會員學習烘焙，更把曲奇送給長沙灣中心課餘託管的小朋友，把節日氣氛延伸至社區。有參加者表示：「能將成果同時與家人及社區分享，極具意義。」

Baking brings joy and conveys heartfelt warmth. As the inaugural session of the programme, the "Brownie for Dad" workshop invited members to master baking skills and share their treats with children in the After School Care Programme at Cheung Sha Wan Centre, extending festive cheer into the community. One participant shared: "Being able to share the cookies with both our family and local children made the experience deeply meaningful."

靈Spirit
香水靈修 讓心靈沉澱
Perfume Spiritual Reflection for Inner Peace

面對繁重生活，心靈同樣需要休息沉澱。由the DOOOR藝術空間帶領的「香水靈修體驗」於7月25日舉行，引導基督徒會員以香氣為切入點，在靜默中沉澱思緒，深化屬靈體驗，與神建立連結。

Amidst the demands of busy lives, our souls also need rest and stillness. Led by the DOOOR Art Space, the "Spiritual Perfume Experience" was held on July 25, guiding Christian members to use scent as a sensory threshold. Through quiet contemplation and scent tasting, participants deepened their spiritual journeys and strengthened their personal connection with God.

有參加者分享：「早上游泳，下午參加工作坊，再到港青咖啡座用膳，度過充實的一天，感受到港青不僅舉辦活動，更連繫人與社區。」亦有加入逾30年的會員感謝港青持續推動社區服務。

One participant shared: "Enjoying a morning swim, joining a workshop in the afternoon, and having a meal at Mall Café made for a truly fulfilling day. It showed me that YMCAHK does not merely host activities, but also deeply connects people with the community." A member of over 30 years also expressed gratitude for YMCAHK's continuous dedication to community service.

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Events

Association of Hong Kong Diabetes Nurses

YMCA Kindergartens Graduation Ceremony

The Education University of Hong Kong

Hong Kong Inflammatory Bowel Disease Society

Y's Men International The 92nd Southeast Asia Regional Conference

BEAM Society Limited

MAY - JULY 2026

港青文藝新視界：
連結社群·培育青年

港青致力以文化藝術為橋樑，加強連結社群及促進公眾身心靈發展。今期精選3項項目，展現港青在支援創作者、舉辦文化體驗及青年培育的成果，為社區帶來正面改變。

YMCAHK Arts & Culture:
Connecting Communities, Nurturing Youth"

YMCAHK leverages arts and culture as a bridge to connect community and foster body, mind and spirit well-being of the public. This issue highlights 3 key initiatives empowering local creators, offering cultural experiences, and nurturing youth to inspire positive change.

33位本地藝術家加入ARTHOOOD

ARTHOOOD Welcomes 33 Local Artists

由the DOOOR藝術空間營運的ARTHOOOD藝術商店，今年7月迎來33位本地藝術家加入，作品涵蓋插畫、手作、陶藝、文創及藝術精品等範疇，承載著創作者的心思與故事，展現香港創意文化豐富面貌。ARTHOOOD希望透過作品拉近藝術與大眾的距離。歡迎大家到訪港青尖沙咀總部地下的 ARTHOOOD選購心儀作品，以行動推動藝術發展。

Operated by the DOOOR arts space, ARTHOOOD art store welcomed 33 local artists to its collective this July. Featuring a curated selection of works spanning illustration, handicrafts, ceramics, lifestyle and art merchandise, every piece embodies the thoughts and stories of its creator, showcasing the vibrant breadth of Hong Kong's creative culture. ARTHOOOD aims to bring art closer to everyday life through these tangible creations. We warmly invite you to visit ARTHOOOD on the ground floor of YMCAHK's Tsim Sha Tsui Headquarters and select your favourite pieces. Every purchase serves as a direct contribution to sustaining local art and creativity.

果子遊藝盛薈　玩樂中探索世界

SPIRIFRUIT Blossom Gala: Discovering the World Through Play

6月28日，社會企業「藝·們·青」與學前教育及小學文娛服務部於港青總部合辦「果子遊藝盛薈」，吸引多位兒童及家長參與。活動由4個手工藝工作坊拉開序幕。同場亦有3個遊戲攤位及巨型棋盤遊戲「果子世界大冒險」，參加者要回答有關動物、地理及文化等問題，並在限定擲骰次數內前進爭奪大獎。主持人在遊戲中介紹各地地標與文化，引導大家在玩樂中培養對多元文化的尊重與好奇心。錯過今次體驗毋須遺憾，活動將於12月28日及30日再次與大家見面，誠邀家長與小朋友屆時踴躍參與，一同探索世界。

Co-organised by DOOORWAY Social Enterprise and Pre-school and Primary Leisure and Education Services, SPIRIFRUIT Blossom Gala welcomed families to YMCAHK Headquarters on June 28. The event opened with 4 handicraft workshops. Guests also enjoyed 3 skill-based game booths alongside the main attraction, a giant board game "SPIRIFRUIT's Around the World". Players navigated challenge grids by answering questions on animals, geography and culture, and moving their pieces within a limited number of dice rolls to win the grand prize. Complemented by the host's introduction to iconic landmarks and regional cultures, the day blended artistic fun with cultural discovery. Don't worry if you missed the event, it will return in December 28 and 30. We warmly invite families to join the fun and explore the world together.

第二期「藝·們·青」計劃 培訓藝術新力量

DOOORWAY Youth Arts Training Programme Phase 2, Nurturing New Talent

第二期「藝·們·青」藝術培訓計劃於7至8月開始，20位學員先在7月4日的迎新活動中互相認識，並參觀港青總部了解機構服務。培訓涵蓋木雕、羊毛氈及金工等工藝體驗，以及導賞與客戶服務訓練。學員除實地考察大館及六廠紡織文化藝術館外，更獲工作坊導師傳授品牌經營、本地及海外市集參與等經驗。請繼續留意《港青之聲》，見證學員的成長足跡。

DOOORWAY Youth Arts Training Programme Phase 2 welcomed 20 trainees across July and August 2026. Following an orientation on July 4 at YMCAHK Headquarters to learn more about YMCAHK's services. The trainees engaged in craft workshops spanning wood carving, wool felting and metalwork, alongside docent and customer service training. This was complemented by visits to Tai Kwun and Centre for Heritage, Arts and Textile (CHAT), as well as industry insights sharing by instructors on brand development, and local or overseas markets participation. Stay tuned to Y's Voices to witness their continued growth.

the DOOOR　「藝·們·青」

請留意the DOOOR及「藝·們·青」專頁，獲取活動最新消息。
Stay tuned to the DOOOR and DOOORWAY Instagram page for event updates.

探索與創意
港青多元暑期活動

Discovery and Creativity: YMCAHK's Vibrant Summer Programmes

長沙灣中心 Cheung Sha Wan Centre

長沙灣中心於暑假推出多項活動。「暑期學堂2026」以熱氣球為主題，帶領45位學生參與瑜伽、桌遊、歷奇及2日1夜宿營等活動，啟發成長；中心同時舉辦活力探索之旅，帶領多元文化學童參觀香港文化博物館，並於賽馬會啟德水上運動中心體驗獨木舟、直立板及龍舟，鍛鍊合作精神，並在手作創意工作坊製作馬賽克花瓶等作品。

Cheung Sha Wan Centre rolled out a range of summer activities. With the theme of "Hot Air Balloon", the Centre's "Summer School 2026" led 45 students through yoga, board games, adventure quests, and an overnight camp to foster personal growth. Concurrently, Multicultural Team hosted dynamic outings, featuring Hong Kong Heritage Museum visit and water sports at Jockey Club Kai Tak Water Sports Centre, including kayaking, stand-up paddleboarding, and dragon boating to cultivate teamwork, as well as art workshops where children crafted mosaic vases.

東涌中心 Tung Chung Centre

今年暑假，東涌中心為34名學童提供各類課餘託管服務。除了學習及功課輔導助學童鞏固知識及完成暑期作業，中心亦安排食物製作、手作、桌遊、電影欣賞、體育活動及戶外參觀，包括到訪民航處航空教育徑、香港盲人輔導會、香港濕地公園、香港書展及美食博覽，並遊覽香港公園及乘搭山頂纜車，讓學童探索本土文化，提升溝通及解難能力。

This summer, Tung Chung Centre provided after-school childcare programmes for 34 children. Alongside academic and homework support to consolidate learning, the Centre organised food-making workshops, crafts, board games, movie appreciation, sports, and educational outings. Excursions to Civil Aviation Department Aviation Education Path, The Hong Kong Society for the Blind, Hong Kong Wetland Park, Hong Kong Book Fair, Food Expo, Hong Kong Park and a Peak Tram trip, enabled students to discover local culture while developing communication and problem-solving skills.

婦女手作創業分享
Women's Handicraft Entrepreneurship Sharing

港青社區商店兩位婦女導師Mandy及碧芳於2026年7月9日到訪打鼓嶺坪輋的過渡性房屋博愛昇平村，為10位女住戶舉辦手作創業分享會。Mandy分享透過手作創業賺取收入的心得，啟發參加者思考就業方向；碧芳亦教授製作扭扭棒太陽花盆栽。

On July 9, 2026, women instructors Mandy and Fong from YMCAHK Community Shop visited Pok Oi Sing Ping Village, a transitional housing community in Ping Che, Ta Kwu Ling, to host an entrepreneurship sharing session for 10 female residents. Mandy shared insights into monetising creative crafts to inspire new career pathways, followed by Fong guiding participants in making fuzzy wire sunflowers potted plants.

走出課室 啟晴學生化身「小小檔主」
CKKC "Little Booth Owners" Take Learning Beyond the Classroom

港青基信幼稚園（啟晴）於暑假參與「MegaBox · Parents Daily Summer Kids Market小小檔主親子創意市集」，學童化身「小小檔主」經營攤位，主動接待公眾及講解遊戲玩法，展現自信與表達能力；教師團隊亦向家長分享聖經品格教育及探究式學習等校本課程特色。有家長表示：「看到孩子主動與陌生人溝通，真的很驚喜！」亦有家長分享：「活動既有趣又有意義，讓我更了解學校的教學理念。」

YMCA of Hong Kong Christian Kindergarten (Kai Ching) (CKKC) participated in "MegaBox x Parents Daily Summer Kids Market – Little Booth Owner Parent-Child Creative Bazaar" during the summer. Transforming into "little booth owners", students welcomed visitors and explained game rules, demonstrating confidence and communication skills. Teachers also introduced the school's Biblical character education and inquiry-based learning to parents. One parent remarked, "I was surprised to see my child take the initiative to communicate with others." Another shared, "The activity was both fun and meaningful, helping me better understand the school's educational philosophy."

Footprints of Growth: Graduation Celebrations at YMCAHK Kindergartens

成長的足印　港青幼稚園畢業典禮

夏季是畢業季節，港青旗下3間幼稚園舉行畢業典禮，小朋友接過畢業證書，準備步入小學新階段。祝願他們帶着自信與勇氣繼續快樂學習、健康成長。

Summer marks graduation season, and the 3 kindergartens under YMCAHK held their graduation ceremonies, where little ones received their graduation certificates before stepping into primary school. We wish them confidence and courage as they continue to learn joyfully and grow healthily.

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

港青基信國際幼稚園於6月24日在港青尖沙咀總部舉行畢業典禮，當天充滿歡樂、感恩與珍貴回憶，見證孩子在幼稚園的成長與進步。典禮由港青總幹事／行政總裁兼校監何慶濂先生頒發畢業證書，嘉許學生的卓越表現。孩子在台上獻唱畢業歌及聖經詩歌，全日班學生更呈獻K-pop舞蹈，展現多元潛能，打動在場嘉賓和家長。

YMCA of Hong Kong Christian International Kindergarten held its Graduation Ceremony on June 24 at YMCAHK Tsim Sha Tsui Headquarters, marking a joyous, memorable occasion that celebrated the growth and achievements of students. YMCAHK General Secretary/ CEO and School Supervisor Mr. Peter Ho presented certificates to honour student's outstanding performance. The ceremony featured graduation and Bible songs, alongside a K-pop dance by full-day programme students, showcasing their diverse potential and earning warm applause from guests and parents.

港青基信幼稚園（啟晴）及港青基信幼兒學校（農圃道）

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

港青基信幼稚園（啟晴）及港青基信幼兒學校（農圃道）於7月3日舉行聯校畢業典禮。港青副會長王主心女士、總幹事／行政總裁何慶濂先生、時任助理總幹事兼校監單芷筠女士、新會商會港青基信學校時任校長陳何惠敏女士，以及主禮嘉賓基督教香港信義會楊有志監督蒞臨主禮，與家長共同見證孩子的成長。有家長表示：「看到孩子的蛻變，真的非常感恩和驕傲。」亦有畢業生分享：「我會記著老師的教導，升上小學後繼續努力學習，認識更多新朋友。」

YMCA of Hong Kong Christian Kindergarten (Kai Ching) and YMCA of Hong Kong Christian Nursery School (Farm Road) held a joint graduation ceremony on July 3, officiated by YMCAHK Vice-president Ms. Julia Ong, General Secretary/ CEO Mr. Peter Ho, Assistant General Secretary and School Supervisor Ms. Vivian Shan, San Wui Commercial Society YMCA of Hong Kong Christian School Principal Mrs. Cathy Chan, and Guest of Honor Rev. Jackson Yeung, Bishop of the Evangelical Lutheran Church of Hong Kong. One parent shared, "Seeing my child's transformation fills me with gratitude and pride." A graduate also expressed, "I will remember my teachers' guidance, work hard in primary school, and make many new friends."

港青總幹事扮演耶穌幼兒學校說故事

YMCAHK General Secretary Portrays Jesus at CNSFR for Storytelling

港青總幹事／行政總裁何慶濂先生與時任助理總幹事兼校監單芷筠女士於6月初到訪港青基信幼兒學校（農圃道），向學生分享聖經故事。單校監向預備班小朋友分享《大衛與歌利亞》，何先生則向幼兒班至高班分享《耶穌喜愛小孩子》，並穿上耶穌的服飾祝福小朋友。小朋友以自己的方式向耶穌表達愛，其中一人以普通話說「我愛你」，場面溫馨。

In early June, YMCAHK General Secretary/ CEO Mr. Peter Ho and Assistant General Secretary/ School Supervisor Ms. Vivian Shan visited YMCA of Hong Kong Christian Nursery School (Farm Road) (CNSFR) to share Bible stories. Ms. Shan shared David and Goliath with pre-nursery children, while Mr. Ho shared Jesus Loves the Little Children with nursery to kindergarten students. Portraying Jesus to offer blessing, Mr. Ho received warm affection from the children, including one who touched hearts by saying "I love you" in Mandarin.

港青基信書院服務外展周 跨越五地走入社區

YHKCC Service Outreach Week Serving Communities Across 5 Destinations

港青基信書院於6月至7月服務外展周期間籌辦5個海外義工團，逾130名中三及中四學生參加。學生在宿霧與兒童玩遊戲、在台南服務小學和幼稚園、在吉隆坡清潔安老院、在越南社企支援農村女性工匠，並在杜馬加德參與社區服務。

本地服務則涵蓋幼兒教學、長者探訪、扶貧共融及可持續發展。作為基督教學校，校方將「彼此以愛守望」價值融入服務，統籌外展周的顧老師和張老師表示：「看到學生在旅程中竭力協助不同社群，正正是『以生命影響生命』的體現。」

During Service Outreach Week from June to July, YMCA of Hong Kong Christian College (YHKCC) sent over 130 F.3 and F.4 students on 5 outbound trips. Students hosted games for children in Cebu, served primary schools and kindergartens in Tainan, cleaned an elderly home in Kuala Lumpur, supported rural women artisans at a social enterprise in Ho Chi Minh City, and undertook community service in Dumaguete.

Local initiatives covered early childhood teaching, elderly visits, poverty relief, inclusion, and sustainability. As a Christian school, YHKCC integrates its core value "Serve One Another in Love" into service. "Seeing students serve different communities truly embodies 'Changing Lives, Touching Lives'," shared coordinators, Mr. Andrew Koo and Ms. Rita Cheung.

微笑日募捐傳愛 港青基信學校活出信仰

SWYHKCS Living Faith Through World Smile Day Fundraising

新會商會港青基信學校以C.A.R.E.S五大核心價值培育學生品格。每周敬拜聚會藉生活化的故事與詩歌，教導學生體諒他人；時任校長陳何惠敏亦親自向小一學生講述聖經故事，傳遞上帝教導。學生將信仰化為行動，在世界微笑日募捐凝聚愛心，上學年共籌得10,775.3元，捐贈予世界基督教青年會；並於創業日義賣手作為社區籌款，將上帝的愛傳揚開去。

San Wui Commercial Society YMCA of Hong Kong Christian School (SWYHKCS) integrates faith into daily life, cultivating character through the C.A.R.E.S. values. Weekly Chapel draws on relatable stories and hymns to teach empathy, while Principal Mrs. Cathy Chan shares Bible stories with Year 1 students, helping them to understand God's message. Putting their faith into practice, students raised $10,775.3 for World YMCA during last academic year's World Smile Day, and sold handicrafts on Enterprise Day to support the community, extending God's love to all.

光影喧鬧之間 淡然中走過

撰文：Sam

楊瑞麟Joe

沒有爭勝心，是不是就不能在複雜的娛樂圈生存？不少圈中的綠葉角色，都是大眾十分面熟，卻又叫不出其名字之人，但原來他們在公仔箱那麼多年，其實已默默地走過了許多人無法想像的人生風浪。楊瑞麟（Joe）就是其一。

現年67歲的Joe，自言過著半退休的生活，「我在40歲時，我的同學已經形容我沒有什麼拼搏心，總是那麼淡然。」如今，仍是一副淡然模樣的Joe，給大家的記憶或許只有《愛回家》的「時天信」，或許年長一點的觀眾會記起他曾是《都市閒情》的節目主持人之一。然而，他的人生，其實經歷了大大小小的風浪。

堅持信仰被雪藏 淡然之

說起他的風浪，網上可以找到的，總會是他在90年代曾「被雪藏」一事。回憶起這段經歷，Joe也是淡然以對。

「當年電視台的資訊文教科下午節目想改革，後來收到消息，知道節目將會加插一系列有關風水玄學的環節，需要主持們輪流訪問不同的風水師。我因著信仰的緣故，就提早向節目組婉拒了這個訪問環節的安排。」自此他的工作安排也被叫停了。

在這段少有工作的日子裡，支持他生計的，除了是他的副業直銷生意之外，最重要的是他淡然的性格。「我的人生未曾嘗過缺錢，因為我是那種口袋裡有$1，就只會花$0.5的人，我未試過口袋裡有$1而花$1.1。我感恩，是神讓我豐足和知足。」

黃金機會瞬即逝 泰然之

數年前的《愛・回家之八時入席》，他飾演的角色時天信深入民心，讓觀眾留下深刻印象。然而這部劇集僅播出8個月，就因為當中的主角離開此劇而終止。「這類處境喜劇，一般都不會如此短命。但我又對此並沒有什麼感覺，反而當中得到很多幕後同事的認同，讓我肯定自己不是混飯吃的。」Joe的淡然性格，讓他在面對失去黃金機會時，依然可以處之泰然。

無故患重症 體驗神跡

際遇上的困難，他可以淡然地看化一切，但肉體上的艱難時間，就是他經歷神跡的時間。喜歡做戲的Joe，在拍攝《家族榮耀》的時候，卻患上重肌無力症。2023年8月，他到馬來西亞拍攝《家族榮耀》時，發現眼睛出現重影，甚至左眼不能睜開，診斷為免疫系統疾病「重肌無力症」，原來這個病若嚴重起來，可致無法行路、呼吸，甚至致命。

然而神的醫治很奇妙，他到診腦神經科，經醫生處方藥物治療後，到9月初已經沒有重影之症狀，直至現在雖然仍要服藥，疾病的因子仍存留在他體內，但病徵自此至今未再復發。

「我相信是神的作為，讓我在患病時內心有平安，腦海中浮現一句聖經話語『凡事謝恩』，這樣的奇蹟無法解釋，但卻讓我感到很溫暖，我亦沒有因為這樣的身體狀況而埋怨，也明白神的榮耀。」

家貧而知足 學會平淡是福

Joe成長於深水埗鴨寮街，就像70年代的電視劇《七十二家房客》那樣艱難的地方，卻是如此讓他感受到愛與自信，「那時候有些親友，家庭環境很好，我卻沒有因此而忽略關心他們，不怕被誤會想高攀，這份自信也成為我的福氣。」

他回憶起一件小事：小學時，父親給他一元買一把間尺，價值兩毫子，起初他會把餘款交還給父親，「不過後來我沒有交還給他，他卻從未追問我。難道他會忘記嗎？」他認為這就是愛的其中一個表現。或許是他自少受家庭的教導，讓他懂得怎樣處身於豐盛或貧窮之間。「只要有衣食，就當知足，明白這是祝福」。

「小時候在家中爬上高架床，開個風扇，就已經感到舒服，我從來沒有羨慕別人，慶幸自己從未被物質世界吸引。」就是這份信心和價值觀，令他在娛樂圈中亦不覺得有什麼可以引誘到他。

離散與留下 還是要活在當下

對於近年社會那麼多的變化，他覺得過去香港是變得越來越不開心，他自言不會選擇移民，不是因為立場。「我覺得過去這些年，不同立場的人都活得不開心，但至少自己仍能在香港堅守信仰。」

他亦提到：「聖經曾說過世界的終局是混亂而結束，我們都無法逃離神。我相信這樣的日子必然會出現，只要求主帶領。近年社會上不少的爭論，我覺得都是因為不同的角度，如果大家的出發點都是良善的，唯有求神憐憫我們，經常反省自己。」

作為幾十年的基督徒，若問他喜愛的聖經人物，他思索良久才回答「唯有耶穌」。他說，很多聖經人物都曾埋怨神，但唯有耶穌才是唯一從神而來，卻是甘願受苦的。對一個活在五光十色的世界但人生已淡然的長者，的確，唯有耶穌，才會明白他的淡然，原來是順命——順知天命的情操。

一顆與世無爭的心，讓Joe看到生命中最豐盛的恩典。

本文蒙真証傳播允許節錄及轉載，特此感謝。

YMCA of Hong Kong Christian College
港青基信書院

Build a community that cares
Serve one another in love
Respect ourselves and others
Act with integrity
Be responsible

WHOLE-PERSON & QUALITY EDUCATION

2027/28 Form 1 Admission Briefing

The Admission Briefing for 2027-2028 Form 1 Students will be held on 3rd October, 2026 (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.

Complimentary Shuttle Bus Service

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

Registration

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

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2026