



軍信

ARMY SCENE

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義工的無償使命感

Sense of Mission –

Volunteering without Rewards

「我凡事給你們作榜樣，叫你們知道應當這樣勞苦，扶助軟弱的人……」。(使徒行傳20章35節)
'In everything I did, I showed you that by this kind of hard work we must help the weak...' (Acts 20:35)



義工「有償」？ Volunteering 'With Rewards' ?

「施比受更為有福」這句經常聽到的格言，原來出自聖經。有能力施予，本身已是一種福份；而施予的人，亦不一定只有付出，在施予的過程中，往往會有意想不到的收穫……

今期「封面故事」的主角是一班樂於助人的義工，他們以一己之長為社區有需要的人服務。他們的付出不但祝福別人，更令自己得到很大的滿足感；亦有義工透過服務他人控制本身患有的疾病，走出生命的幽谷。如果你希望為生活增添意義，或者尋找個人成長和突破的空間，不妨加入他們的行列，以行動支持救世軍的工作。詳情可參閱「封面故事」和「你的參與」。

今年是汶川地震十周年，行政長官林鄭月娥女士率領香港代表團赴四川出席紀念活動，救世軍是其中一員。今期「專題」特別輯錄過去十年救世軍在當地的重建工作，亦會展望未來的新方向，關心內地需要和發展的讀者不容錯過。●

'It is more blessed to give than to receive.' This often heard motto actually comes from the Bible. Being able to give is in itself a blessing. Givers not necessarily only give. Very often, we will receive unexpected rewards as we give...

In this issue's 'Cover Story', a group of volunteers who are generous in giving help use their talents to serve the people in need in the community. Their efforts not only bring blessings to others, but also give themselves a great sense of satisfaction. Some volunteers try to manage their health conditions and walk out of their dark valleys by serving others. If you are looking to add meaning to your life or to seek personal growth and breakthrough, join their league and support the work of The Salvation Army through your actions. Please refer to 'Cover Story' and 'Get Involved' for more details.

This year marks the 10th anniversary of the Wenchuan Earthquake. The Salvation Army was among the delegation led by Mrs Carrie Lam, Chief Executive of Hong Kong to attend the memorial activities in Sichuan. In this issue, 'Feature' highlights the rehabilitation projects of The Salvation Army in Sichuan over the past 10 years and the future perspective of our work in China. Don't miss out on it to catch up with the needs and development in the mainland China. ●

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編採 Editorial Team
林映雪 Anita Lam / 左嘉茵 Dorothy Cho /
陳令兒 Christine Chan / 周紫樺 Eva Chow

設計及印刷 Design & Printing
creation

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救世軍港澳軍區機構傳訊部
Corporate Communications Department
The Salvation Army Hong Kong and Macau Command

香港九龍油麻地永星里11號
11 Wing Sing Lane, Yaumatei, Kowloon, Hong Kong

電話 Tel: (852) 2332 4531
傳真 Fax: (852) 2332 4286
網頁 Website: www.salvationarmy.org.hk

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施宏恩上校
總指揮
Lieut-Colonel Ian Swan
Officer Commanding

新的開始

這個早上，在我撰寫本文時，我的花園裏充滿了鳥兒的歌聲。有的擅於高音，有的唱顫音，還有一兩隻的聲音比較吵鬧刺耳。在這裏住了數年，我開始聽得出各種鳥兒歌聲，甚至認得出歌聲是屬於哪隻鳥兒的。有些鳥兒似乎也習慣了我的存在，在我模仿牠們的時候，牠們會以歌聲回應。

今天早上特別美妙，因為昨晚來了一場強烈風暴。每當花園變得寂靜，鳥兒紛紛躲起來，我們便知道風暴將要來臨。風暴一過，鳥兒又再次喧鬧歡鳴，慶祝「新的開始」。

通過本軍的工作，我們經常接觸到不同的人和家庭，他們渴望有一個新開始。悲慘和痛苦的經歷，使他們陷入絕望的深淵。但願他們能夠慶祝新開始。

連串的復活節歌聲結束後，復活節的信息卻從沒間斷，繼續傳揚盼望和新開始的信息。

我們每個人都極渴望有一個新開始，也極需要與神建立根深的關係。這份關係將會加深我們跟別人的合作關係和家庭互動，並賦予新的意義，改變我們的日常工作和社區。

「若有人在基督裏，他就是新造的人，舊事已過，都變成新的了。」（哥林多後書5章17節）

今期你會讀到藉着關係使生命轉化的故事。在本軍的工作與服務的核心，我們渴望建立良好的關係。項目和服務的質素固然重要，然而，這些都只是一項工具，為要讓我們建立有意義和長久的關係。

透過夥伴關係，我們才能實踐使命，去轉化個人、社區和世界。讓我們同心建立一個更美好的世界。

New Beginnings

As I write this article this morning my garden is filled with the melodies of song birds. Some are gentle warblers, others have trills, while one or two are raucous and demanding. Having lived here for a few years now I have grown to recognise the various calls and identify their owners. Some of the birds have even grown use to me and answer when I mimic them.

This morning is especially wonderful as there was a dark and threatening storm last night. We are always alerted to the approaching storm by the silence of the garden as the birds disappear into whatever shelter will hide them. When the storm has passed there is a cacophony of celebration as each individual bird rejoices over a 'new beginning'.

Our ministry brings us constantly in contact with individuals and families who long for a new beginning. Something tragic or catastrophic has happened to plunge them into the darkness of despair or desperation. If only they could celebrate a new beginning.

Long after the final strains of the Easter chorus have faded the Easter message continues to proclaim hope and a message of new beginnings.

Each of us is in desperate need of a new beginning. A deep rooted need to be in relationship with God. This relationship with God will bring new meaning and depth to our partnerships, family dynamics, and transform our daily work and communities.

'Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.' (2 Corinthians 5:17, KJV)

In this Issue you will learn of lives transformed through relationships. At the very heart of all our ministry and service is the desire to build quality relationships. While the project and the service delivery are important they are only a vehicle to develop meaningful and long lasting relationships.

Our Mission to transform individuals, communities, and the world can only be achieved if we work in partnerships – Building Together a Better World.



▲ 芝強和惠貞會帶備色彩繽紛的魔術道具，每次演出都令會場滿載老友記的笑聲。Chi-keung and Wai-ching prepare colourful magic show props. Every performance is filled with laughter of the elderly audience.

義工的無償使命感

Sense of Mission – Volunteering without Rewards

救世軍的長者中心不時充滿歡笑聲，劉芝強和李惠貞是其中兩位帶來快樂的「幕前」搞手，他們更助人自助，幫助自己走出陰霾。另一邊廂，余錦榮、梁浩恩及龐俊標每星期跟隨救世軍露宿者綜合服務的社工落區探訪，向無家者送暖。五位都是救世軍的義工，他們樂於成為同行者，用愛感染他人。

The Salvation Army elderly centre is always filled with joy and laughter. Lau Chi-keung and Lee Wai-ching are two of the happiness makers. They not only help others to help themselves, but work their way out of the dark valley. On the other side, Yu Kam-wing, Leung Ho-yan and Pong Chun-bill visit homeless people every week with social workers of The Salvation Army Integrated Service for Street Sleepers. These five persons are volunteers of The Salvation Army who are glad to act as companions and influence others with love.

走出陰霾 散播快樂能量

71歲的芝強和年逾60的惠貞是一對義工拍檔，他們非常熱衷參與社會服務，以魔術和扭氣球點亮有需要人士的生活。他們腦筋靈活，健步如飛，訪問當天一邊用氣球扭出多款卡通人物，一邊津津樂道分享當義工魔術師的趣事，「做義工似返工」正是兩人的退休生活。

對義工服務如此積極，皆因他們曾經歷過患病和喪親的低潮。芝強在十多年前確診患上認知障礙症，他聽從醫生叮囑多接觸社會及學習新事物，偶然發現學魔術後，奇蹟地減慢了病症的惡化速度；惠貞則寄情做義工，藉以走過喪親之痛，五年前受邀擔當芝強的助手，從此「上癮」，觀眾的笑容徹底治癒了她的抑鬱症。

做義工並不只是施予，走過低谷，芝強和惠貞更能懷着同理心來服務他人。除了表演魔術，他們亦有在救世軍長者中心教班，希望向老友記分享用魔術「治病」，惠貞說：「學魔術要記步驟和手法，能夠令精神集中，訓練腦筋。」感受過魔術奇蹟的芝強則寄語同路人，即使年老也不要放棄學習和躲在家中，「人不能決定生命的長度，但可以控制其寬度。」



▲ 為博「老友」一笑，兩人出錢出力購買鬼馬的表演服裝。They contribute their effort and money to purchase amusing costumes, just to bring joy to the elders.

Out of Dark Valley and Spread Positive Energy

71-year-old Chi-keung and Wai-ching in her 60s are volunteer partners. Dedicated to community services, they brighten the lives of people in need by doing magic and balloon twisting. The two elders are quick-witted, strong and healthy. On the day of the interview, as they made various cartoon characters by twisting balloons, they shared the funny things they have encountered as a volunteer magician. 'Volunteering is like going to work'. This is their life in retirement.



▲ 兩人熱心參與救世軍的義工服務（左一及左三）。The two volunteers are devoted to volunteering services of The Salvation Army (1st left and 3rd left).

One of them had experienced illness, and the other loss of family. That is why they become so active in volunteer service. Chi-keung was diagnosed with Alzheimer's Disease a decade ago. Following his doctor's advice, he stays in touch with the community and keeps learning. By coincidence, he found that learning magic tricks miraculously slowed down the progression of his disease. Wai-ching indulged in volunteering to heal her pain of bereavement. Five years ago, Chi-keung asked her to be his assistant. Since then, she became 'addicted' to it, as the laughter of audience is the best cure for her depression.

Volunteering is not giving. Chi-keung and Wai-ching have walked out of their dark valleys, and now serve others with empathy. In addition to magic performances, they also teach other elders at elderly centres of The Salvation Army, sharing their experience of using 'magic as a cure for diseases'. Wai-ching said, 'You have to memorise the steps and techniques when learning to do magic tricks. It helps concentration and training of the brains.' Having



▲ 每次出隊前，救世軍露宿者綜合服務的護士（中）或社工都會與義工簡介無家者的情況。Every time before their visits, the nurse (middle) or social workers of The Salvation Army Integrated Service for Street Sleepers briefs volunteers about the situation of the homeless people.

醫護天使 助露宿者接受診治

救世軍露宿者綜合服務於2014年發起「醫護天使」流動醫療外展服務計劃，余錦榮（阿魚）、梁浩恩（Ryle）及龐俊標（阿標）是其中三位參與計劃的醫護義工，也是社工們的長期戰友。三人本身是醫護人員，工作以外，他們走入無家者的羣體，關心他們的健康和精神需要。

曾任公立醫院護士的阿魚，接觸過不少無家病人，成為救世軍義工前更參加過露宿體驗；有感在醫院制度的框架下，難以令無家者得到充分的醫療支援，於是藉着計劃主動進入社區，義診之餘也鼓勵他們主動求診，利用自己的醫護知識為他們提供治療，「很多無家者都缺乏對自己健康狀態的認知能力，連自己患病也不知道，要說服他們並不容易，需花時間彼此建立信任，當看見他們願意踏出第一步，主動尋找服務幫助自己，令生命有所改變，這是最大的滿足感。」

與無家者建立關係，任職醫生的Ryle體會甚深。義工會在探訪中派發蘋果或橙，兩年前「新手義工」Ryle面對無家者只要橙不要蘋果的「揀擇」行為感到大惑不解；後來有一次為他們做口腔護理教育，才發現他們有非常嚴重的蛀牙問題，「情況最好的一個只剩下三隻比較完好的牙齒，那一刻才明白何以他們堅持

experienced the power of magic, Chi-keung encourages fellow 'elder buddies' not to give up and hide at home despite their old age. 'We can't determine the length of our life, but we can control the width of it.'

Cure Angels Give Street Sleepers Medication

The Salvation Army Integrated Service for Street Sleepers has implemented the 'Cure Angels' mobile medical outreach service since 2014. Yu Kam-wing (Yu), Leung Ho-yan (Ryle) and Pong Chun-bill (Bill) are three medical volunteers of the project, as well as long-term companions of the Army social workers. The trio are medical personnel. Outside of their work, they walk into the homeless community and care about their physical and emotional needs.

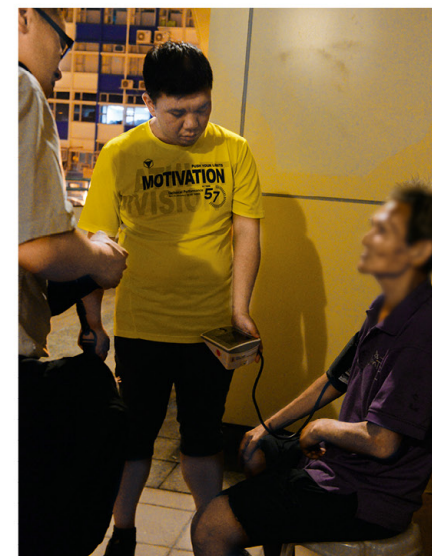
Yu worked as a nurse in a public hospital before, where he met many homeless patients. He even joined some sleep-out activities to experience homelessness before joining The Salvation Army as a volunteer. He felt that under the existing medical system, homeless people cannot receive comprehensive medical support. That is why he joined the volunteering project to reach out to the community. By offering free medical consultation, he also encourages the homeless to seek medical treatment. He wants to provide treatment for them by using his medical knowledge. 'Many homeless people know little of their health conditions. They may not even realise when they fall sick. It's not easy to convince them. It takes time to build mutual trust. I find the greatest sense of achievement when they become willing to take the first step and look for services to help themselves and their life transformed.'



▲ 因為有醫護背景，Ryle（中）及阿標（右）能夠仔細了解無家者的健康需要。With medical background, Ryle (middle) and Bill (right) can understand the physical needs of the homeless in detail.

要橙；要與無家者拉近距離，原來首先要認識他們，細心理解他們的需要。」

精神科護士阿標過往有不少義工經驗，他會在工餘時間跟隨不同機構探訪、派月餅。成為醫護義工後才發現，無家者的需要遠超物質，背後更牽涉一連串如濫藥、家庭等社會問題。有一個畫面令他最難忘，「有次隨救世軍社工出隊，見到一個小朋友被陌生男人捉住，小朋友的家姐在旁大叫『放開弟弟！』後來我們發現媽媽的精神狀況極不穩定，才會任憑子女在街上流連，最後我們報警處理。」多次出隊經驗，阿標遇過如上述般大大小小的「危機」，他感謝社工並肩同行，在路上給予支援。●



▲ 阿魚為無家者量血壓。Yu takes blood pressure for a street sleeper.



Doctor Ryle has deep experience with building a rapport with homeless people. Volunteers will give out apples or oranges during their visits. Two years ago, as a new volunteer Ryle was surprised to find that some street sleepers were so picky they only took oranges but not apples. Later, Ryle taught them about oral care, only then did he notice that they had very serious tooth decay. 'The best case had only three teeth left in good condition. At that point, I understood why they insisted on picking oranges. I realise that in order to get close to the homeless, I must first get to know them and understand their needs fully.'

Psychiatric nurse Bill had many volunteering experiences. Outside of work, he joins different organisations to pay visits or give out mooncakes. After becoming a Cure Angel, Bill realised that the needs of the homeless were more than just material needs. Behind them are a series of social issues such as drug abuse and family problems. There is a scene he will never forget. 'Once when I went out with The Salvation Army social workers, I saw a child was caught by a strange man. The child's elder sister yelled at a side, "Let go of my brother!" Later, we found that it was because the children's mother was extremely mentally unstable, that was why she would let her kids wander the street. Finally, we reported the case to the police.' Bill experienced various 'risks', big or small, when he went visits with the social workers. He thanks the social workers for their companionship and support. ●

期待你的參與 Join Us!

如想支持救世軍服務，成為義工，請即加入我們，幫助更多有需要的人！

To support The Salvation Army service, join us as a volunteer and help more people in need!

查詢 Enquiry: 2332 4531

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▲ 為求有瓦遮頭，無家者在街頭搭蓋簡陋的「居所」。To have a roof over their heads, homeless people built simple makeshift shelters on the street.

救世軍 在四川

The Salvation Army in Sichuan

救世軍港澳軍區總指揮施宏恩上校和內閣策劃部長陳喜威少校與香港特別行政區行政長官林鄭月娥女士於合作會議上合照。Officer Commanding Ian Swan and Programme Secretary Tommy Chan at the Cooperation Conference with Chief Executive of Hong Kong SAR government Carrie Lam.



2008年5月，一場大地震嚴重摧毀了四川省多條村落。救世軍是最先抵達災區，提供救援的機構之一。過去十年，我們在這些地區支援和陪伴流離失所的個人與家庭，一磚一瓦地幫助他們重建家園。

Ten years have passed since a powerful earthquake struck and devastated many villages in Sichuan in May 2008. The Salvation Army was among the first to arrive and provide assistance at the scene. We accompanied and supported those families and individual that were shattered to recover and rebuild - one brick at a time!

重建

救世軍在什邡市、綿竹市、廣漢市和羅家市的災後援建工作包括基本建築和耕作、教育、醫療和復康，項目包括復建灌溉渠道、鑽鑿水井、興建水塔，以及建成共358間村衛生站。此外，我們亦為鎮級衛生站和醫院提供醫療設備，改善當地的醫療狀況，惠及數百萬人。

Rebuild

Our disaster relief works covered basic construction and farming, education, as well as medical and rehabilitation in the cities of Shifang, Mianzhu, Guanghan and Luoja. Projects included reconstruction of irrigation canals, the drilling of wells, construction of water towers, and building and setting up of a total of 358 village clinics. Medical equipment was also provided to improve the medical condition of the township clinics and hospitals. Millions of people benefited.

A New Chapter

Lieutenant - Colonel Ian Swan, Officer Commanding, and Major Tommy Chan, Programme Secretary, attended the Sichuan - Hong Kong Cooperation Conference hosted by Mrs Carrie Lam, the Chief Executive of the Hong Kong Special Administrative Region and Mr Peng Qinghua, Party Secretary of the Sichuan Provincial Government on 10-12

左：綿竹市的村衛生站 Left: One of the village clinics in Mianzhu
右：水塔 Right: Water Tower



新的一頁

2018年5月10至12日，救世軍港澳軍區總指揮施宏恩上校和內閣策劃部長陳喜威少校前赴四川，出席由香港特別行政區行政長官林鄭月娥女士及四川省委書記彭清華先生主持的「川港合作會議」。是次會議紀念汶川大地震十周年，也為兩地合作揭開新一頁。

救世軍（香港）四川辦事處正式開幕，也為本軍工作翻開了新的一頁。

救世軍在中國大陸的工作始於1916年。當時，因着天然災害和貧困，救世軍在北京展開工作，為有需要人士提供服務。救世軍初期工作發展至不同省份和地區，直到1930年擴展至香港。隨着時代變遷，救世軍在國內的工作暫停了一段時間。直到1988年，雲南省耿馬縣發生7.2級強烈地震，救世軍隨即展開緊急救援及重建工作。從那時起，救世軍致力透過基礎建設、教育、醫療和農業發展等項目，在國內貧困地區推動社區發展工作。

成就改變

為配合內地新政策，救世軍於2017年正式在四川註冊為境外非政府組織。

承蒙政府官員和當地的合作夥伴出席本軍四川辦事處開幕禮，本軍深感榮幸。總指揮施宏恩上校在典禮致辭：「這次開幕禮並不是慶賀新的友誼，因為經過這些年來的合作，你們都是我們非常好的朋友！」救世軍在中國的所有工作和參與得以成就，實有賴合作夥伴的支持。感謝他們為本軍付上時間、專業知識和意見！

救世軍的使命，是要支持有需要的人。因着神的愛，我們致力就地方的需要、緊急救援和災難作出回應。期待繼續與各界人士和機構合作，為現今和未來的世代帶來改變。

May 2018. The event was to remember the 10th anniversary of the earthquake and to kick start a new chapter of cooperation.

This new chapter also includes the official opening of The Salvation Army (Hong Kong) Sichuan office.

The Army's work in China dates back to 1916 in Beijing to serve needy people at the time due to natural disasters and poverty. The initial work expanded into different provinces and regions, and reached Hong Kong in 1930. Along with changes, the Army's work in China ceased for a period of time until 1988 when a 7.2 magnitude earthquake occurred in Gengma County of Yunnan. Emergency relief and rehabilitation work were provided. From then onwards, The Salvation Army continued to provide community development in poverty stricken areas in the Mainland through programmes of infrastructure construction, education, healthcare and agriculture development.



救世軍（香港）四川辦事處開幕禮。Opening ceremony of The Salvation Army (Hong Kong) Sichuan Office.

Making a difference

In compliance with the new policy, The Salvation Army has officially registered as an international NGO in Sichuan in 2017.

It is with great pleasure that the Sichuan Office Opening Ceremony was well attended by government officials and local partners. As Officer Commanding Lieutenant-Colonel Ian Swan said at the ceremony, 'this occasion is not to celebrate new friendships, because after all these years of cooperation, we are all very good friends!' Our work and engagement have only been possible thanks to the support and cooperation of our partners. We are grateful for their time, expertise and consultation.

The Salvation Army is called to support people in need. We strive to respond to local needs, emergencies and disasters with the love of God. We look forward to continuing our work with individuals and organisations committed to making a difference today and for future generations.

錫錫媽媽曲奇義賣

Kiss Mama Cookie Sale

救世軍第三屆「錫錫媽媽曲奇義賣」由4月中起一連五個週末，招募了超過5,000名親子義工，走遍全港各區義賣曲奇，身體力行為有特殊學習需要（SEN）孩子的家庭送上關懷，也在母親節向每一位媽媽表達謝意。感謝大家支持，是次活動共賣出逾24,000盒曲奇，籌得善款超過港幣600,000元，其將用作支持救世軍服務，為SEN孩子提供專業評估及治療，又讓面對這類問題的家長得到合適的訓練和輔導。

The Salvation Army 3rd Kiss mama Cookie Sale was held on five consecutive Fridays since mid-April. Over 5,000 parents and their children volunteered and sold cookies in various districts, showing their care for families with special educational needs (SEN) children and gave thanks to all mothers on the Mother's Day. Thanks to their enthusiastic support, over 24,000 boxes of cookies were sold, and over HK\$600,000 was raised through this activity in support of The Salvation Army service in providing professional



assessment and treatment to SEN children, as well as suitable training and counselling for their parents.

學生捐出愛心利是送暖

Students Share Love by Donating Lai See

感謝50間學校熱烈響應救世軍2018年的「愛心利是捐贈行動」，呼籲學生慷慨捐出利是；有賴師生家長的愛心回應，是次活動共籌得超過港幣460,000元。同學從中體會關愛和分享的快樂，集腋成裘，協助救世軍服務更多有需要的人。

最高籌款獎：

冠軍：國際英文幼稚園及幼兒園

亞軍：天神嘉諾撒學校

季軍：聖士提反堂幼稚園

救世軍最高籌款獎：

冠軍：救世軍田家炳幼稚園

亞軍：救世軍田家炳學校

季軍：救世軍吳國偉紀念幼稚園

The Salvation Army Lai See Appeal received positive response from 50 schools in 2018. Students were encouraged to donate their red packets to help us serve more people in need, understanding how to care and share. The total donation from schools is over HK\$460,000.



Top Fundraising Schools:

Champion: St. Catherine's International Kindergarten & St. Catherine's International Nursery

First runner-up: Holy Angels Canossian School

Second runner-up: St. Stephen's Church Kindergarten

The Salvation Army Top Fundraising Schools:

Champion: The Salvation Army Tin Ka Ping Kindergarten

First runner-up: The Salvation Army Tin Ka Ping School

Second runner-up: The Salvation Army Ng Kwok Wai Memorial Kindergarten

救世軍培訓社工學生 支援 SEN 學童

The Salvation Army Equips Social Work Students in Support of SEN Students

救世軍（澳門）教育中心於4月22日舉行義工啟動暨嘉許禮，感謝20多名澳門城市大學社工系二年級學生於過去一年為有特殊學習需要（SEN）的學童擔任「義工導師」；他們按學童需要構思課程，包括情緒管理、專注力訓練等多個針對性範疇，與此同時又參與救世軍的籌款活動，身體力行服務社區，令社會對「特殊學習需要」有更豐富及正面的認識。

The Salvation Army (Macau) Education Centre held the Volunteer Programme Kick-off cum Appreciation Ceremony on 22 April, expressing their gratitude to Year 2 Social Work students of the City University of Macau for their efforts in being 'Volunteer Tutors' for students with special educational needs (SEN) over the past year. These volunteer tutors focused on the



students' needs and plan the curriculum on various aspects including emotional management and attention training. The tutors also engaged in The Salvation Army fundraising activities. Through their service in action, the community has a positive and comprehensive understanding of SEN.

市區重建攝影展

Urban Renewal Photography Exhibition

救世軍市區重建社區服務隊在5月9至17日於尖沙咀香港文化中心舉辦攝影展。是次作品展邀得區內居民及社區人士，親身走進重建項目拍攝，以不同視角探索「市區重建」。展覽以「序述」、「時序」及「序幕」三個方式，用相片展現五位重建項目居民的生活故事，並記錄市區重建的歷程，呈現新舊建築之更替，以及重建項目的各種面貌。

The Salvation Army Urban Renewal Social Service Team held the 'Urban Renewal Photography Exhibition' at the Hong Kong Cultural Centre in Tsim Sha Tsui during 9-17 May. Residents and the community were invited to go into the renewal projects sites and explore the projects from different perspectives.



The photos told stories of five residents of the renewal projects in three different ways: 'narrative', 'sequence' and 'prologue'. The photography exhibition was a record of the urban renewal process, showcasing the transition between old and new buildings as well as conditions of the renewal projects.

義工招募
Volunteers Wanted

Family Buddy 大招募 Recruitment

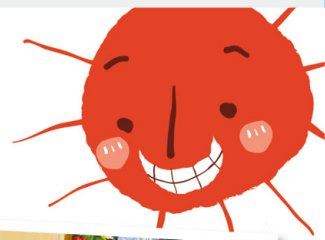
暑假將至，除了帶子女參加暑期興趣班，有沒有想過同孩子一起做義工，服務有需要人士？救世軍屯門青少年綜合服務現正舉行「Family Buddy」招募大行動，活動會為參與家庭配對區內的獨居或雙老長者，在社工協助下定期進行探訪及聚會，增進彼此了解，建立鄰里互助網。

內容：

- 安排參與家庭跟社工面見
- 社工會為家庭配對合適的長者，並安排五次探訪活動
- 以探訪、電話或其他方式定期關心和聯繫已配對的長者
- 參與中心為 Family Buddy 舉辦的聯誼活動

成為 Family Buddy 之要求：

- 主動、有責任心、願意發揮鄰里互助的精神
- 家庭中最少有兩位成員（包括家長及小朋友）一同參與活動



Summer vacation is coming. You may have enrolled your children in different interest classes, but have you considered volunteering and serving the people in need with them? The Salvation Army Tuen Mun Integrated Service for Young People is now recruiting 'Family Buddy'. The programme pair participating families with solitary elderly or elderly couples living in the neighbourhood. With the help of the Army social workers, the volunteers regularly visit and meet with the elders and get to know one another, as a way to build a mutual aid network.

Details:

- Participating families to meet with social workers
- Social workers pair families with elders as appropriate, then 5 home visits will be arranged
- Regularly contact and care about the elders by home visits, phone calls and other ways
- Take part in Family Buddy gatherings at the Centre

'Family Buddy' Requirements:

- Proactive, responsible, dedicated to neighbourhood support
- At least 2 members of the family (including parent and children) participate in the activities

計劃日期 Recruitment Date:

全年招募 Year-round Recruitment

服務對象 Service target:

屯門大興邨獨居或雙老長者家庭
Solitary elderly or elderly couples living in Tai Hing Estate, Tuen Mun

查詢 Enquiries: 2461 4741

放手讓孩子高飛 — 訪何羅乃萱師母

Let Go and Let Children Soar – Interview with Shirley Loo

黎巴嫩文學家紀伯倫（Kahlil Gibran）曾說：「父母是弓，子女是箭，箭透過弓射往遠方。」不過，子女欲振翅高飛，父母必須先學懂放手。

資深親子教育工作者、家庭發展基金總幹事何羅乃萱師母認為，作父母（尤其是母親）最難學的功課就是「放手」。何師母記得女兒還小時，上班前會帶她和外傭到媽媽家中，託媽媽代為照顧，又會囑咐她抱女兒落樓梯時別穿高跟鞋，誰知有天她倆竟一起跌倒。當時，何師母一見媽媽即指責其不是，但媽媽告訴她雖然自己的手弄瘀了，但孫女卻在她懷中



何師母與女兒何凝感情深厚。Ms Loo and her daughter have a strong bond.



'You are the bows from which your children as living arrows are sent forth,' Lebanese author Kahlil Gibran wrote. Nevertheless, for children to spread their wings and soar high, parents must first learn to let go.

According to Ms Shirley Loo, seasoned educationist and General Secretary of the Family Development Foundation, 'letting go' is the most difficult lesson for parents (especially mothers). Ms Loo remembers when her daughter was small, she would send the little one and the domestic helper to her mother's home before she went to work. The grandmother would help take care of the granddaughter. She would remind her mother not to wear high heels when carrying her daughter and walking down the stairs. One day, the grandmother and granddaughter fell down together. Ms Loo blamed her mother when she saw her. Her mother said her arms were hurt and bruised, but the granddaughter was safe in her arms. Ms Loo felt guilty for blaming her mother. At the same time, she realised her daughter's safety was in the hands of God.

From then on, Ms Loo learnt to let go. 'I asked my daughter to review her school work on her own, but I would teach her how to take notes and consider a problem.' Her daughter planned to apply to study in the



▲ 去年何師母應救世軍教育服務部邀請擔任講座嘉賓。Last year, Ms Loo was invited to be a guest speaker at a seminar of The Salvation Army Educational Services Department.

安然無恙。何師母即感愧疚只願責怪對方，同時明白到原來女兒的安全一直在神手中。

從那時開始，何師母便學習放手的功課。「我要求女兒自己溫習，但我會教她如何做筆記和思考問題。」女兒讀中六那年，準備申請去美國升學。何師母着女兒自己找學校資料分析，就連見領事也沒有陪她。或許領事見到她處事獨立，很快便批出簽證；而由於升學安排都是由女兒一手策劃，所以她有更大滿足感。

定教養藍圖

母親們或許都明白放手的道理，但四周有很多聲音，特別是加入了家長羣組，就更容易受別人影響，難以放手。何師母提醒家長必須有定見，及早為子女定下教養藍圖，這樣便不會輕易被動搖。教養藍圖不只限於學習成就，還可以包括品格、自信心、人際關係、學習態度等。

何師母發覺，要幫助子女達成教養藍圖目標，「身教」勝於「言教」。何師母本身對學習新事物充滿熱誠，這種態度感染女兒，令她對世界感到好奇，勇於發問。女兒小時候問她：「螞蟥從哪裏來？」她沒有即時回

United States when studying in Secondary 6. Ms Loo told her daughter to look up the information of the schools and do her own analysis. She did not even accompany her daughter to the student visa interview at the consulate. The visa was soon granted, probably because the officer found her daughter so independent. Her daughter felt an even greater sense of satisfaction since she had made all the arrangement by herself before studying abroad.

Set a Parenting Plan

Mothers may understand the importance of letting go, but there are so many voices around us that may influence us, especially for those who have joined some parenting groups, making it even harder to let go. Ms Loo reminds parents to have their own views. Set their own parenting plans early. By doing so, they will not be easily faltered. Parenting plans are not only about academic achievement, but also character, self-confidence, interpersonal relationship and attitude to learning.

Ms Loo realises that example is always more efficacious than precept for parents to help their children achieve their goals. As a passionate learner, Ms Loo's attitude has affected her daughter, making her curious about the world and having the courage to ask questions. 'Where are ants from?' her daughter asked when she was small. Instead of answering right away, Ms Loo tracked down the ants with her daughter. When they saw the ants moving back to their



▲ 何師母與女兒及丈夫何志濂牧師合照。Ms Loo with her daughter and husband, Rev Peter Ho.



▲ 在書展簽名會中留影。A photo taken at an autograph session at the Book Fair.

答，反而陪伴她一起追尋蟻踪，當發現螞蟥躲進蟻洞後，便鼓勵女兒找書看，繼續尋找答案。

許多媽媽在子女放學後，第一時間就問：「今日上課有沒有專心？」「今日老師教了甚麼？」彷彿只對孩子的學業和成績感興趣。其實親子是很愉快的時間，媽媽要好好珍惜。何師母提議可問學習以外的問題，例如「今天在學校有甚麼有趣的事情？」「你最想感謝哪一位老師？可以有甚麼行動？」

年長一點的孩子，可以問問他們對熱門時事的看法，從中多了解他們的內心世界，也可以帶出價值觀的問題，父母也可以分享自己的看法和經歷，加深與孩子互動溝通。何師母指出，父母要接納年青人不會甚麼也跟你分享，特別是進入青春期後，當他們不願意回答或者扮 cool 時，父母切勿窮追猛問，多留點空間給他們。父母也要嘗試了解年青人的玩意，進入他們的世界，有助打破兩代間的隔膜。●

caves, she encouraged her daughter to find the answer through reading.

'Did you pay attention in class today?' 'What did the teachers teach you today?' These are questions many mothers ask their children the first thing after school. It may seem they only care about their children's studies and academic performances. The parenting time is delightful and so precious that mothers should cherish indeed. Ms Loo suggests parents asking questions other than studies, for instance, 'Did anything interesting happen at school today?' 'Which teacher do you want to say thanks most?' What actions will you take?'

As for bigger kids, ask their views on some current affairs. This is a good way for parents to understand their children more, to bring up the issue of values, and to share their views and experience. This may enhance parents' interactive communication with their children. Ms Loo points out that parents must accept the fact that young people may not share with parents everything about themselves. For adolescents, in particular, when they are not willing to answer or pretend to be cool, parents should give them some space and do not keep on asking. They can also try to learn about the things young people like to play. This may help get into their world and break down the barriers to communication. ●



足版訪問
Full version

「要無條件接納、包容和擁抱子女，父母永遠都是子女的避風港。」

'Accept, tolerate and embrace your children without condition. Parents are the shelter for their children always.'



最新作品《有教無淚》Latest parenting book written by Ms Shirley Loo.

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 姓氏 Surname 名字 Given Name

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