



SAINT BARNABAS' SOCIETY AND HOME 聖 巴 拿 巴 會 之 家

21 Fung Mat Road, Western District, Hong Kong

香港西環豐物道 21 號(屈地街電車廠側)

Tel: 2548 9056

Fax: 2857 6575

Website: www.sbsh.org.hk

Email: enquiries@sbsh.org.hk

<http://www.facebook.com/dwelling.place?sk=timeline>

第十六期通訊(2015 年 4 月至 6 月)

Newsletter Issue 16 (April to June 2015)

老人院的話劇表演 Drama Performances at Elderly Homes.

我們的老友記雖然生活貧苦、孤單寂寞，被社會邊緣化，但他們多年來在我們中心的栽培下，已建立了一顆與人分享的心，隨時準備貢獻社會。有幸，最近我們獲得機會到兩間護老院表演，為院舍裏的老人家帶來歡樂。

於五月九日，我們前往鄰近的德安護老院主持活動。老友記為這次活動準備了一齣名為「石頭湯」的話劇。他們在弘立書院的義工指導下，背誦了劇本、編排了動作及走位，並彩排了很多次才正式演出。此劇的主題是要帶出「與人分享的快樂」。他們希望藉此劇鼓勵院友多與人分享。院友看後都熱烈鼓掌，而老友記亦感到滿足及自豪。

此外，在過去的一個學年，新會商會學校的學生積極地參與聖巴拿巴童學會的英語話劇活動，並且在弘立書院的學生義工指導下，於護老院演出了一齣英語話劇「中國灰姑娘」。

同學們經過十二次排練後，於五月廿四日，一行十三人帶同戲服，浩浩蕩蕩地前往位於九龍塘的中華海岸老人院。當日的表演十分精彩，院友都非常享受那二十分鐘的話劇，而同學們更為每位長者送上自製的心意卡。整個活動備受讚賞。回程時同學們都在自我評估上給予很高的分數。

感謝神！兩齣話劇都演出成功，而且各人都盡興而歸。

Our Friends are lonely and live in poverty. Although they are marginalized by the society, they are willing to share with others and contribute to the society under our encouragement and cultivation. Recently there were opportunities for us to perform in elderly homes and to bring them joy.

We visited the nearby Tak On Elderly Home to host programs on May 9. Before the visit, our Friends rehearsed a drama called “The Stone Soup”. Under the guidance of student volunteers of International Schools Foundation, they practiced their lines, actions and movements for a long time. The theme was “happiness of sharing”, and we wanted to encourage the elderly to share this feeling with others. Receiving big applause after the drama performance, our Friends were satisfied and proud of themselves.

Students of San Wui Commercial Society School also participated in English drama activities of SBSH Kids' Learning Club in the last school year. Under the guidance of student volunteers from International Schools Foundation,

they performed the English drama “Chinese Cinderella” at an elderly home.

The students practiced twelve times before they performed. Bringing their own costumes, thirteen team members visited the China Coast Community in Kowloon Tong on May 24. The drama performance was marvelous and the elderly enjoyed the twenty-minute show very much. Afterwards, the students sent hand-made greeting cards to the elderly. The whole event was greatly appreciated. On the way home, the students gave themselves very high marks on their self-evaluation forms.

Thank God for the successful performances and the joy experienced by all the participants.



Kids' Learning Club students visiting an elderly home

自立支援計劃 Self-reliance projects:

滅蚤行動

我們透過探訪活動，了解到老友記家中有蚤患問題，尤其在炎熱的夏季情況更加嚴重，而且被咬後也影響到他們的身心。去年開設此計劃，我們挑選了一些老友記去學習技術，然後去幫助其他的老友記在家中滅蚤，效果理想。在工作中，他們更可賺取津貼呢！如你想參加清潔板間房或滅蚤，請致電 2548 9056 與林先生聯絡。

Flea Removal Project

During outreach visits, we find that our friends have flea problems in their wood partitioned rooms. The situation is worst in summer and our friends are irritated by fleas. We have been teaching some of our friends to learn flea removal skills, and they can now help other friends remove fleas in their rooms. In addition, they also earn some training allowance money for doing this work. If you want to help with flea removal, please contact Mr. Lam at 2548 9056.

星期日晚膳

在 2012 年度開始了星期日晚膳計劃，反應相當熱烈。由準備食材、烹調、和上菜，都是由老友記們一手包辦。他們都很投入參與。而當中的活動，老友記們更可賺取津貼，並獲得工作訓練！如你想參與，請致電 2548 9056 與黃姑娘聯絡。

Sunday Dinner Project

Launched in 2012, the Sunday dinner project continues to be warmly received. Our friends prepare food, cook and serve meals, and are closely involved with the project. They can receive job training and earn training allowance money. If you want to receive job training, please contact Ms. Wong at 2548 9056.



SAINT BARNABAS' SOCIETY AND HOME

聖 巴 拿 巴 會 之 家

21 Fung Mat Road, Western District, Hong Kong

香港西環豐物道 21 號(屈地街電車廠側)

Tel: 2548 9056 Fax: 2857 6575 Website: www.sbsh.org.hk Email: enquiries@sbsh.org.hk

捐贈物資

如果你想捐贈一些物品，請用電話或以電郵的方式聯絡我們安排運送時間。我們現在特別需要以下物品：

男裝腰帶 / 男裝細碼、大碼或加大碼長褲 / 大型儲物箱 / 罐頭 (魚、豬、牛、雞、豆)

捐款

捐款可在支票台頭寫上“聖巴拿巴會之家”，郵寄到
香港中環郵政總局 3681 號郵箱

直接存款

銀行：渣打銀行戶口號碼 A/C NO.: 447-1-008393-1. 請將入數紙寄回香港西環豐物道 21 號聖巴拿巴會之家(捐款 HK\$100 以上可減稅)

電郵通訊

如閣下有意以電郵取代郵寄方式收取本中心通訊，請電郵你的姓名及地址至 enquiries@sbsb.org.hk。

Donation items

If you wish to donate any of the following items, please give us a call or an email to arrange a drop-off time. We are currently in need of the following:

Men's Belts / Men's Pants (small, large or extra large) / Large Storage Boxes / Canned Food (Fish, pork, beef, chicken, beans)

Monetary Donations

You can make monetary donations to us by sending a crossed cheque payable to "Saint Barnabas' Society and Home" to the following address:

P.O. Box 3681

General Post Office

Central

Hong Kong

Direct Transfer

Bank: Standard Chartered Bank A/C NO.: 447-1-008393-1. Please mail your payment slip to us. Our address is 21 Fung Mat Road, Western District, HK. (Donations over HK\$100 are tax deductible.)

Newsletter via email

If you want to receive our newsletter by email instead of post, please email your name and address to enquiries@sbsb.org.hk.

實習生楊麗芬之分享

我是香港大學輔導系學生，在聖巴拿巴會之家不經不覺地進行了九個月的實習。我衷心感謝韓姑娘，林傳道及謝姑娘在這段期間安排我去跟進一些真實個案。

除了家中年長的父母外，我平常也沒有太多機會跟長者交流。因此，當所服侍的對象大部分為長者時，我帶著緊張的心情開始實習。

在此，我非常感激每位跟我會面的長者。因為在輔導的過程中，他們對我信任，願意分享，並傾訴他們過往的經歷，生活；雖然當中難免勾起不少的傷痛，但他們都能勇敢地去重溫以往的種種，讓我跟他們一起經歷過往的點滴，走進他們的內心世界，明白他們的渴求及期望！在輔導的過程中，我們一起訂立目標，一齊去面對當下的困難，一同去尋找及發掘不同的路向、方法去解決及處理問題！

在這段實習的日子，我也經歷了人生寶貴的一課，獲得很多反思的機會，明白到每一個人都渴望得到愛及尊重。

我藉此機會跟大家分享一段我最喜愛的經文！

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

(注意：上述表達的意見乃筆者的個人意見而非本會意見)

實習生陳穩立之分享

是次在聖巴拿巴會之家的實習，讓我學習到用不同的角度去看事情。我一直用人生中的大部份工作時間，在商界和金融業打滾，也習慣了以實際金錢或物質去衡量事情。然而，自從在實習之後，我深深體悟到「施比受更快樂」，亦比金錢物質回報來得更振奮人心！

在實習初期，我的確作了很多準備及調整，為的是跟我的「新朋友」建立關係。雖然一開始時，我需要拼棄一貫在商界打交道的方式，實不容易，但是，當我打開心扉，以真心誠意的態度，加上耐性，非批判性及包容的心，便慢慢讓他們感受到被尊重及認同。

反觀，是次實習除了幫助了一些受助者，我亦獲益良多。我學習了更珍惜及欣賞身邊的人和事，令我感到無比的滿足及平靜。我也與自己加深了關係，更加認識自己。

藉此機會，讓我與其他準備當義工的朋友分享一下：

- 1/ 關心 - 盡量接近他們，一個簡單的握手，代表你的關心
- 2/ 同行 - 身同感受他們的苦痛，與他們同在
- 3/ 正面 - 避免以教訓的口吻，以正面鼓勵的方法更有效果
- 4/ 同在 - 與他們同在，比千言萬語來得更有效用
- 5/ 代禱 - 為他們代禱，分享信念

最後，我要感謝聖巴拿巴會之家提供是次實習機會。

Our Friend's Story

Sharing of intern, Rosanna Yeung

I am a student of the Counselling Department of Hong Kong University, and have just completed a nine-month internship at St. Barnabas' Society and Home. I sincerely thank Ms Hon, our minister Mr Lam and Ms Tse, who arranged real cases for me to handle.

When I arrived, I was nervous since I needed to serve elderly at the centre. Until then, I had not had a lot of contact with elderly in my life except my parents.

Here, I am thankful for the trust from the elderly who attended my counselling sessions. They were very willing to share their past experiences and issues in life with me. During the sharing, it was inevitable for them to recall some sad experiences. However, they had the courage to review the issues and let me go through the experience with them. I could enter their world and understood their expectations. During the counselling, we set objectives and faced the problems together. We searched for new ways and opened up horizon and methods to handle problems.

I learnt many valuable lessons during my internship. I got a lot of reflection time and understood that everyone has a thirst for love and respect.

There are some favorite scriptures in the bible that I would like to share with you.

“Charity suffereth long, and is kind; charity envieth not; charity vaunteth not itself, is not puffed up, Doth not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil; Rejoiceth not in iniquity, but rejoiceth in the truth; Beareth all things, believeth all things, hopeth all things, endureth all things. Charity never faileth:” Thank you Lord.

(Note: the views expressed above are only those of the above writers, and not our views.)

Sharing of intern, Benjamin Chan

My practicum at Saint Barnabas' Society and Home has offered me an opportunity to see things from different perspectives. I have been working in the financial field for many years, and am used to seeing things from materialistic angles. After this internship, I realized there is more happiness in giving than in receiving.

It took me time to prepare and get used to the way clients talked, acted and behaved. It is totally different from the acquaintances or personal networks that I was used to daily. I needed to open my heart and give love without requiring anything in return, which is very different from the business world. But with patience and non-judgmental acceptance, you can open your hearts slowly. In return, I appreciated more what I have had. Also I felt more satisfied and at peace with myself than I had in a long time. This experience was not about creating a relationship with my clients, but about deepening my relationship with myself. This was an experience I did not have before.

I would like to share something with those who want to be a volunteer or helper in the future:

- a. Be caring - be close to the clients; a simple handshake can show them that you care.
- b. Be a partner – Put yourself into their shoes and feel their pain; be present with them.
- c. Be positive - Give more positive comments instead of lecture.
- d. Be present – Your presence is more effective than a thousand words.
- e. Intercession - Pray for your clients and share your faith.

As I leave, I would like to thank Saint Barnabas' Society and Home for giving me such an opportunity to serve the community that proved to be one the most rewarding experiences in my life.

服務報告(2015 年 4 月至 6 月)

Service Report(April – June 2015)

人次 Headcount

午膳 Lunch	923
晚膳 Dinner	3871
臨時住宿 Temporary Shelter	404
聚會活動 Activities	5865
外展服務 Outreach	388
義工 Volunteers	308
總數 Total	11759

Prayer Items

1. 夏季多雨，求主保守板間房滅蚤隊員的工作。
2. 近日常有暴雨警告，求主保守老友記出入平安。
3. 求主保守童學會夏日營有足夠的義工及兒童。

代禱事項

1. There are heavy rains during Summer time. May God protect the work of our flea removal team in wood partitioned rooms.
2. There are heavy rain alarms during these days. May God protect our Friends' safety.
3. May God bless us we have enough volunteers and kids for the Kids' Learning Club Summer Day Camp.

活動剪影 Activities Snapshots



Give's 為老友記義剪(4 / 2015)
The Give's Association provided haircuts to our Friends.



童學會復活節日營(4 / 2015)
Easter activities at the Kids' Learning Club



老友記探訪老人院(5/2015)
Our service users visiting an elderly home



童學會於老人院表演話劇(5/2015) Students from our Kids' Learning Club performing at China Coast Community