



### 見證分享 Testimonies

#### 《上帝的拯救大能》

我叫家松，兩年前（2022年12月）的聖誕節期間，正是我洗禮的日子。回想這兩年的經歷，我深深感受到上帝改變和拯救了我。

#### 《上帝為我預備道路》

小時候，我曾就讀天主教學校，耶穌對我來說並不陌生，但我也聽佛學、道教、老子和莊子的學說。當我涉足社會工作和做生意後，均經歷了不少挫折，卻自信總能靠自己渡過難關。然而，退休後僅兩三年，我竟已耗盡了積蓄，唯有每晚在機場大堂露宿，日間則在機場外面附近流連。那一年間，我每天過着「望天打卦」的日子。有一次，我與一名在機場工作的職員傾談，他透露偶爾會有社工到機場找尋有需要幫助人士，或許能幫到我。不久後的一個早上，我便真的在機場遇上聖雅各福群會西安中心的社工。他們了解過我的狀況後，立刻為我申請了單身人士宿舍；輪候四年後，我更獲派公屋單位。回想起來，這實在是「窮途末路中的上帝拯救」。

經歷主恩後，過去一年，我每天回聖巴拿巴會之家（下稱「中心」）服侍。上月，我乘坐地鐵回中心時，有一奇妙經歷。當日我站在上班人潮的車廂中，列車駛到紅磡站時忽然煞車，當我失去平衡又找不着扶手之際，情急下心裡呼叫「耶穌救我」！突然感到自己被一隻手拉着，我回頭看發現原來是一位大約50多歲的女士拉着我，雖然她表示這只是情急之下找支撐的舉動，但我感覺這是耶穌的天使把我拉着，才不致跌倒，感覺相當真實。我連忙向這女士道謝，她可能也怕我會跌倒，直至下一站才鬆開我的手。

#### 《願意為主而作》

從這次的經歷，我體會到在困難當中，要隨時「呼求耶穌」，祂必定幫助。打從當年參加「橋下祝福站」舉行的「啟發課程」後洗禮，我便藉着參與救恩堂的崇拜，以及在聖巴拿巴會之家的信仰小組學習聖經，不斷讓上帝改變我。以往從不做家務的我，透過祈禱回應上帝，這一年來，我更多在聖巴拿巴會之家服侍，由協助廚務、大堂清潔，甚至清洗廁所，也是本着「為主而作」的心。期盼藉此見證上帝，影響身邊的人，阿們！



#### The Mighty Salvation of God

My name is Ka Chung. Two years ago, during the Christmas period of December 2022, I was baptized. Reflecting upon these past two years, I profoundly sense how God has transformed and saved me.

In my childhood, I attended a Catholic school where Jesus was no stranger to me, though I was also exposed to Buddhist teachings, Taoism, and the philosophies of Lao Tzu. Upon entering the workforce and business world, I encountered numerous setbacks yet remained confident in my ability to overcome challenges independently. However, after merely two to three years into retirement, I had depleted my savings entirely, finding myself sleeping in the airport terminal by night and lingering in its vicinity by day.

#### God's Prepared Path for Me

For an entire year, I lived each day in uncertainty, looking to the heavens for direction. During one conversation with an airport staff member, they mentioned that social workers occasionally visited the airport seeking individuals requiring assistance, suggesting this might prove helpful in my situation. Shortly thereafter, one morning, I indeed encountered social workers from St. James' Settlement Western District Centre at the airport. After assessing my circumstances, they promptly assisted me in applying for single persons' hostel accommodation; following a four-year waiting period, I was even allocated public housing. In retrospect, this was truly divine salvation at my darkest hour.

Having experienced the Lord's grace, I have been serving daily at St. Barnabas' Home (hereafter referred to as "the Centre") over the past year. Last month, I had a remarkable experience whilst travelling to the Centre on the underground railway. Standing amidst the rush-hour crowd in the carriage, the train suddenly braked at Hung Hom station. As I lost my balance and failed to locate a handrail, I instinctively cried out in my heart, "Jesus, save me!"

Suddenly, I felt a hand grasping me. Upon turning around, I discovered it was a lady, approximately in her fifties, who had caught hold of me. Though she explained it was merely a reflexive action to seek support in the moment, I sensed she was Jesus's angel, preventing my fall - the sensation felt remarkably authentic. I hastily expressed my gratitude to the lady, who, perhaps concerned for my stability, maintained her grip until the next station.

#### Willing to Serve the Lord

Through this experience, I have come to comprehend that amidst tribulations, one must perpetually be prepared to "invoke the name of Jesus," for His divine assistance shall undoubtedly manifest. Since receiving baptism following my participation in the Alpha Course, conducted under the auspices of the "Bridge Blessing Station," I have submitted myself to continuous divine transformation through regular worship at the Church of Salvation and scriptural study within the fellowship group at St. Barnabas' Home. I, previously unaccustomed to domestic duties, have, through prayerful response to divine calling, dedicated the past year to enhanced service at St. Barnabas' Home - encompassing kitchen assistance, hall maintenance, and even lavatory cleansing - all undertaken in the spirit of "labour for the Lord." I fervently pray that through this testimony to God's grace, I might serve as an instrument of influence upon those in my vicinity. Amen!

活動剪影 Activities Snapshots



「橋下祝福站」開辦的啟發課程(9月至12月)，完滿結束並為完成參與的學員設慶典。  
The Alpha Course (September to December) [organised by "The Bridge Blessing Station"] concluded successfully with a celebratory ceremony for participants who completed the course.



香港浸信教會的弟兄姊妹，在崇拜後帶領活動，為老友記分享信息。  
The brothers and sisters from Hong Kong Baptist Church led activities after the worship service, sharing messages with our elderly friends.



無家者冬至晚宴，同享上主恩典。  
Winter Solstice dinner for the homeless, sharing in the Lord's grace together.



佑寧堂教友帶領健康操，見到老友記們全情投入參與。  
Members of Union Church led exercise sessions, and it was delightful to see our elderly friends fully engaged in participation.



崇拜由宣道會北角堂的以利沙團契主領，並由堂主任周曉暉牧師證道。

The worship service was conducted under the leadership of the Elisha Fellowship of North Point Alliance Church, with the Reverend Arnold Chow, Senior Pastor offering prayers for the event.



救恩學校(幼稚園部)探訪，同學們為老友記祈禱。  
Students from Kau Yan School (Kindergarten Section) visited and prayed for our elderly friends.



佑寧堂主領聖誕節活動，由堂主任為活動禱告。  
Union Church led the Christmas activities, with the Senior Pastor offering prayers for the event.



「板房戶聚餐」，會員與傳道交流生活，分享信仰。  
"Dinner for Subdivided Flat Residents" - Members share life experiences and faith with pastoral workers.

## NEWSLETTER ISSUE 54 October to December 2024

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# Winter 通訊

第五十四期

### 代禱事項 Prayer Items

農曆新年假期將至，可能會延長流感高峰期，求上主保守長者、幼童及有需要人士，保守他們健康及提高他們對預防病患的意識，並願上主保守眾人身心靈安康。With the approaching Lunar New Year holiday, the influenza peak period may be extended. We pray for the Lord's protection over the elderly, young children, and vulnerable individuals, safeguarding their health and raising their awareness of disease prevention. May the Lord preserve everyone's physical, mental, and spiritual well-being.



為中心每年開支所需要的經費代禱；求神祝福本年提交的申請計劃書順利被接納。We seek divine provision for the centre's annual financial requirements; we earnestly pray for the Lord's blessing upon our submitted funding proposals, that they might meet with approval.

求主賜福給所有小朋友，讓他們在新學年身心健康和樂於學習；智慧與身量，並神和人喜愛他的心都一起增長。We pray for God's blessing to the children, granting them good health in body and mind, and joy for learning in the new school year. May they grow in wisdom and stature, and in favour with God and man.

求主記念 2025 年黃旗籌款，仍急需大量義工、學校及企業支持。求主賜智慧，在這大型活動有上帝特別的帶領及保守，願籌款活動整個過程，盡都順利。阿們 We pray for the Lord's remembrance of our 2025 Flag Day fundraising event, as we urgently require substantial support from volunteers, schools, and corporations. We seek the Lord's wisdom, special guidance, and protection for this major event, hoping that the entire fundraising process shall proceed smoothly. Amen.



現在非常欠缺願意穩定每週一次兩小時恆常來當功課輔導的義工，求主供應每天有足夠的義工導師教導小朋友功課。There is currently a significant shortage of volunteers willing to commit to weekly two-hour homework tutoring sessions. We pray for the Lord's provision of sufficient volunteer tutors each day to assist the children with their studies.

受助家庭及學童數字增加，求主賜我們智慧關心他們，盼望可以建立互信的關係並祝福他們有願意認識信仰的心。The number of families and students requiring assistance has increased. We pray for the Lord's wisdom in caring for them, hoping to build trusting relationships and bless them with hearts open to learning about faith.

主日下午的兒童成長班及信仰活動，需要教會幫忙。求主祝福被邀的教會，有年青人承諾願意 12 個月每月一次前來為一班小學生帶領主日活動。We need church assistance for the Sunday afternoon children's development classes and activities. We pray for the Lord's blessing upon the invited churches, that young people may be moved by God and commit to leading Sunday activities for primary school students once a month for twelve months

## 服務報告 Service Report

2024年10月至12月 October - December 2024

服務數據 Service Statistics	
服務項目 Service item	人次 Headcount (日間中心及童學會 Day Centre and Kids' Learning Club)
膳食 Meal	15,418
物資 Material Distribution	1347
外展服務 Outreach	39
總數 Total	16,804





佑寧堂逾 20 多位弟兄姊妹表演聖誕話劇。  
Over 20 brothers and sisters from Union Church performed a Christmas drama.



聖母書院 10 多位師生來中心協助中心的 KLC 舉行聖誕慶祝晚宴。  
Our children found joy and satisfaction in the toy cars designed and made by themselves.



香港青年獅子會的義工，教小朋友設計環保聖誕樹。  
Volunteers from the Hong Kong Junior Lions Club taught children how to design eco-friendly Christmas trees.



KLC 有 50 位家長及小童參加了這個冬季外遊活動，暢遊了迪欣湖和亞洲協會香港中心的復修軍火庫。  
50 parents and children from KLC participated in this winter outdoor activity, visiting Inspiration Lake and the restored ammunition depot at Asia Society Hong Kong Center.



一連三天的冬季日營節目豐富，有：  
The three-day winter day camp programme was filled with various activities, including:



(a) 義工帶領大家玩全副軍裝尋寶遊戲  
(a) Volunteers leading a full-gear Scavenger hunt game.



(b) 基督教般福堂的義工，教授烹調聖誕玻璃曲奇  
(b) Volunteers from Evangelical Church of All Blessings teaching Christmas glass cookie baking.



(c) 西島中學學生，教小朋友製作神奇雪人等等。  
(c) Students from West Island School teaching children how to make magical snowmen, among other activities.

### 見證分享 Testimonies

我是義工 Jacky。最近適逢是我的求職空檔期，所以有較多空間和時間，於是我參加了聖巴拿巴童學會的義工。從十月開始義務功課輔導直到現在，箇中體驗、感受良多。坦白說，過程比想像中辛苦，不過回想起來也甚值得。

剛剛來的時候，我教一位小四男孩做功課。初時的確有點壓力，因為我發現自己離開校園久了，對小學的功課也開始不熟悉，有時要即時應對也有點困難，而且，男孩也挺活潑，做完功課時也很想找同學玩，有時會因此產生一些小衝突。在幫助他功課之餘，同時也要顧及他行為上的需要，再加上他會不停催促我，這樣的確令我有些緊張和吃力。不過，後來對他瞭解更多後，心情就放輕鬆了。

以前曾聽前輩說：「接待人的時候，其實自己也被接待。」「接待」在這裏可看為幫助別人的意思。我覺得在聖巴拿巴童學會正正在體會到這一點。其實在義補過程中我自己也學到很多，其中最深刻的是學習接受不完美。補習時，我心中會有一些要求，如功課要全部正確，寫字筆順要對等等，但後來我發現原來對學習有困難的同學來說，這些實在太苛刻呢。於是慢慢學懂放下自己的執著，接受沒有完美，鼓勵他們慢慢改善。我在童學會中的服侍，發現到其實除了學生們在學習，我也同樣在學習呢！

最後，願小朋友們能快樂地成長，未來縱然遇到更多挑戰和困難，儘管會有沮喪和痛哭的時候，仍盼望他們可以勇敢去面對。

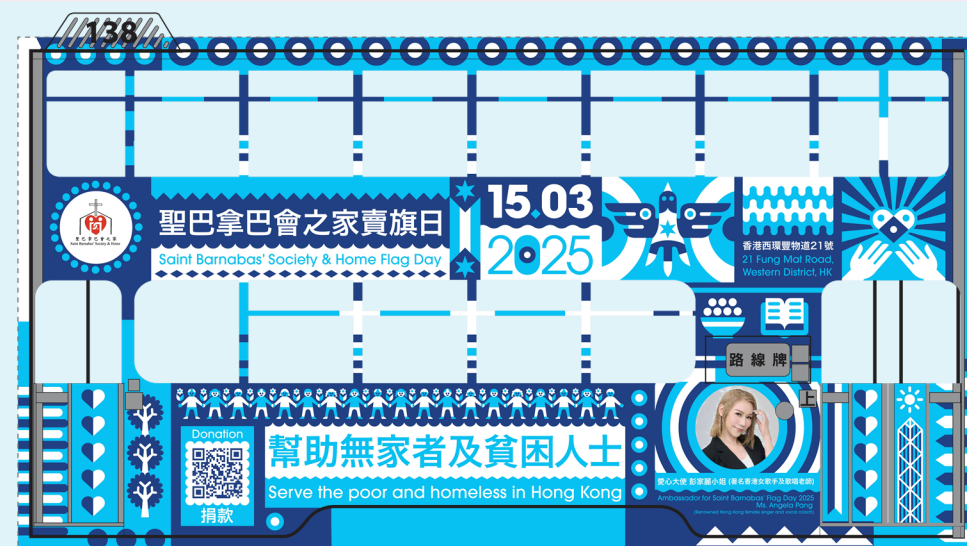


(功課輔導義工 JACKY)

I am Jacky, a volunteer that has recently joined Saint Barnabas' Kids' Learning Club because I am currently having a career break and therefore have some free time. I started the voluntary teaching in October. Up till now, I would say that the whole experience has been very fruitful. However, to be honest, teaching was tougher than what I had expected. Though, I think it was worthwhile. When I first came, I helped a boy in Primary Grade 4 with his homework. I was under significant pressure at first because I have left school for quite a long time and I am no longer familiar with the homework of primary school anymore. It was not easy to give immediate answers or feedback. On the other hand, the boy was very playful. He would play with toys and with other students after finishing his homework but also had quarrels with others. Thus, I was at the same time examining his homework, looking after him and being urged by him to finish checking his homework. I felt really overwhelmed. Of course, after I know him better, I don't feel too pressurized anymore.

In the past, I learned a quote, "When you are helping others, you are being helped at the same time." I think I am experiencing this in St. Barnabas. In fact, in the tutorial service, I learned a lot, especially about embracing imperfection. When teaching, I have some unconscious demands in my mind such as the homework should be finished without any mistakes or when writing Chinese words, you should write the strokes in the correct order, etc. But I gradually realize that it is too harsh for the students when they are already struggling with the basics. I am now slowly adjusting my standards and embracing imperfection. I am encouraging them to improve step by step. Thus, in St. Barnabas, the children are learning and I am learning as well.

At last, I wish the children to grow up and learn happily. Although they must face even more adversity and challenges, and they would be sad or even cry, I hope they could bravely face and tackle problems.



緊急招募 2025 年 3 月 15 日賣旗籌款義工  
We are currently in urgent need of volunteers for flag selling day on the 15th of March 2025



請即登記  
Enroll now

### 成為義工 Become a Volunteer

- 備餐 Food Preparation
- 派發膳食 Meal distribution
- 功輔班導師 Homework class
- 外展 Outreach

### 企業伙伴 Corporate Partnership

- 擺放捐款箱 Donation box placements
- 成為活動贊助商 Activity Sponsorships
- 直接捐款 Cash Donations
- 合作舉辦慈善活動 Co-hosting charity events
- 義務工作 Volunteering
- 宣傳服務 Services promotion Support

### 物資捐贈 In-Kind donations

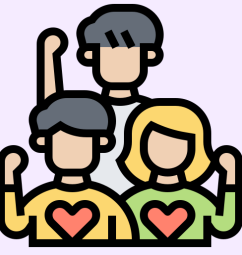
- 罐頭食品、餅及即食麵 Canned food, biscuit, instant noodle
- 預先包裝食物 (乾貨) Prepacked food (Dried)



YOU CAN GIVE A MONETARY DONATION FOR BUYING INSTANT FOOD TO THE NEEDY  
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### 義工申請表 Volunteer Application Form



### 網上捐款 Online Donation



捐款 Monetary Donations (\* 捐款達 HK\$100 可憑收據申請免稅。Donations of HK\$100 or more are tax-deductible.)

一次性捐款 One-off donation  每月定額 Monthly Donation 捐款金額 Amount HK\$\_\_\_\_\_

#### 捐款方法 Donation Methods

- 郵寄劃線支票到 香港西環豐物道 21 號 (抬頭請寫：聖巴拿巴會之家)
- 直接存入聖巴拿巴會之家渣打銀行的戶口 #447-1-008393-1
- PayPal/ PayMe
- 請於備註前填寫 姓名、電話及電郵
- 請將收條連同此表格電郵 enquiries@sbs.org.hk 或傳真至 2857-6575 或 WhatsApp 至 5576 8486。
- Crossed Cheque (payable to Saint Barnabas' Society and Home) can be sent to 21 Fung Mat Road, Western District, Hong Kong
- Direct transfer to the account of Saint Barnabas' Society and Home at Standard Chartered Bank #447-1-008393-1
- PayPal/ PayMe
- Please write down your full name, phone number & email in the remarks
- Please send the bank pay-in slip together with this form to Saint Barnabas' by email: enquiries@sbs.org.hk, by fax at 2857-6575 or WhatsApp to 5576 8486

捐款人全名 Donor Full Name: \_\_\_\_\_ 電郵 Email: \_\_\_\_\_  
地址 Address: \_\_\_\_\_  
聯絡電話 Contact Telephone: \_\_\_\_\_ WhatsApp: \_\_\_\_\_