



# 恩光通訊

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專題：

## 又真又活的無障礙敬拜

Feature:

### No Barrier Worship - so real and so alive



虛心的人有福了!因為天國是他們的。 聖經馬太福音 5:3

Blessed are the poor in spirit, for theirs is the kingdom of heaven. Matthew 5:3, the Bible

## 又真又活的無障礙敬拜

無障礙敬拜，是本校直接向小孩子做的福音工作，我們期望罹患不同弱能程度的小朋友都可以來到主耶穌跟前，一同參加崇拜，享受及經歷敬拜的生活。故此，我校與西區福音堂合作，由2006年12月開始，舉行一年約八次的敬拜聚會，發展至今已有超過一百人聚會（包括學生、家長及義工）。

我們為小孩子提供另類的活動經歷，例如一同唱詩歌讚美神時，我們會帶學生走進感官花園中，接觸大自然，讓他們融入敬拜中。當我們表達神的愛時，我們會將他們抱入懷中。為了讓學生明白互相關心的感覺，義工們為學生塗潤膚霜，以表達滋潤及愛護。讓小孩子明白大自然的彩虹時，我們會教學生揮動不同顏色的紙條，呈現彩虹的繽紛。我們會讓小孩子嗅不同的香料，亦會選擇不同的音樂與主題配合，以節奏輕快的旋律表達敬拜中快樂的心情，或以節奏強勁的音樂表達高昂的士氣。大家絞盡腦汁，只為提供多元感官的經驗予學生，體會神創造的奇妙。

家庭敬拜後，小朋友及家長會分別參與主日學及家長分享小組。在家長小組中，大家可以盡抒心中情，在笑聲淚水當中，互相支持，你為我打氣，我為你喝采。一位家長曾有感而發說：「十分多謝恩光學校安排這有意義的崇拜活動，讓我們一家都可以參與，否則我們便只能困在家裡。」

本年6月，有兩位恩光的畢業生亦為學生子接受洗禮，並加入西區福音堂。他們透過參與無障礙敬拜認識神，決志後繼續尋求真理，並能清楚明確地認定主耶穌是他們的救主！他們的見證感動了很多默默耕耘的義工及教會的弟兄姊妹，各人多年來無私地付出周日下午閒暇的時間，播下無數福音的種子，現已結出擲地有聲的果實！

回聲谷傷健福音協會創辦人林路德弟兄，縱然身體殘障，卻非常投入參與無障礙敬拜，體弱的他不怕長途跋涉，多次到來負責讀經和祈禱。他又在策劃小組與大家一起計劃聚會方向和內容，為上帝作工。透過祈禱，他經歷上帝的神蹟，每日與主同行，祝福你我的生命。



一對學生兄弟齊齊接受灑水禮，加入教會。  
The twin brothers baptized and joined the church together.



傷健共融齊敬拜！  
We people, with or without disabilities worship together to glorify the Lord!

# No Barrier Worship – so real and so alive

No Barrier Worship (NBW) is the direct evangelical work our School specially designed for children with different levels of mental and/or physical impairment. Starting from December 2006, we co-operated with Western District Evangelical Church to hold Sunday Worship eight times annually. At present, there are over a hundred participants including students, parents and volunteers.

We offer children with various activities and experiences. For example, when we praise the Lord with hymns, we bring students to the Sensory Garden to get in touch with the nature and involved in the worship. We hug them to show God's love for them. To let them understand the feeling of caring concern, volunteers put moisturizer on them. We teach children the meaning of rainbow by asking them to wave paper slips of different colors. We let them smell various spices. We also choose different music to match the theme of worship. Brisk and light music represents happiness while strong and heavy music denotes exaltation. We offer multi-sensual experiences to students to sense God's miraculous creation.

After the family worship, children and their parents join Sunday school lessons and sharing group respectively. In the group, parents can share whatever they want in the midst of laughter and tears and encourage one another. Once, a parent said, "Thanks so much to Sunnyside School for arranging such a meaningful event. All of our family members can thus join the worship, or else we can only confine at home."

In June, two graduates of Sunnyside who were also twin brothers baptized and joined Western District Evangelical Church. They knew the Christ through NBW and accepted Jesus as their personal savior after quest for the gospel truth. Their witnesses touched many volunteers and brothers and sisters in church, who spent many Sunday afternoons to spread countless gospel seeds, and at the end, ripened solid fruits.

Mr. Luardes Lam, founder of Echo Valley Evangelistic Association for the Handicaps devotes to serve in NBW. Though weak in body, he always reads the Bible verses and prays in NBW, helps plan its direction and details. Through prayers, he experiences the love of God by walking with and blessing others.



林路德夫婦在無障礙敬拜中同心侍奉。  
Mr. Lam serves in NBW together with his wife.



每一位忠心侍主的弟兄姊妹，都是無障礙敬拜的幕後功臣！  
The success of NBW counts on each and every devoted brother and sister here!

# 活動花絮 Activities in Snapshots

## 10月1日國慶活動 National Day on October 1

宿生齊集禮堂參與升旗儀式，當中有雀躍地擔當旗手，揮動國旗及區旗。

All boarders went to the hall to participate in the flag raising ceremony. Some were so eager to hold the national flag and district flag.



## 荔枝角公園之旅 A Trip to Lai Chi Kok Park



公園設計以傳統嶺南風格為主，同學樂於欣賞園內美景。

The park is constructed in classical Lingnan style. Students are impressed by the traditional design.

遊覽公園之餘，同學還是最喜歡玩遊樂場的設備。

Apart from touring around the park, our student loves to play the facilities in children's playground.



學生與教練玩拋球遊戲。

Students and coaches tossed footballs happily.

## 阿仙奴(香港)足球學校到訪 Visit of Arsenal Soccer School (Hong Kong)



該校總監高志超先生(左)帶隊到校獻技。

Mr. Koo Chi Chiu (left), Director of the School led his team of coaches to exhibit their football skill.

## SportACT獎勵計劃 SportACT Award Scheme

為鼓勵學生恆常參與運動，使之成為生活習慣，學校在日常流程中時常提供機會，讓學生參與各種運動。你看他們擲球和坐騎馬機，玩得多開心！

To encourage students to exercise regularly and build up a healthy life style, our School offers various opportunities for them to participate in different sports activities. See how merry they are in throwing balls and using horse-riding fitness equipment.

## 家職會活動 - 楊式太極初班 PSA Activity – Yeung Style Tai Chi Foundation Course

家長教職員會特別邀請了康民署太極註冊導師李國權先生為家長教授楊式太極八十五式，如持之以恆地練習太極，可以鬆弛身心，紓緩壓力。

The Parent Staff Association invited Mr. Lee Kwok Kuen, registered Tai Chi instructor of The Leisure and Cultural Services Department to teach parents the eighty five forms of Yeung style Tai Chi. Regular practice of Tai Chi can reduce stress and improve both mental and physical disposition.



## 宿舍小家庭活動 Activities in Small Group Homes

### 以勒小家庭 Jireh Home



我們透過宿生會，收集同學對食物款式的意見，以便安排當晚的餐單。

Through boarders' union, we collected students' preference on food and arranged the menu accordingly.

以勒組親子活動 - 與家長及宿生渡過一個美好的晚上。  
We invited parents to spend a pleasant night with boarders of Jireh Home.



### 沙龍小家庭 Shalom Home



家居訓練小組提昇同學的自我照顧能力，會按個別能力分配工作，如抹家具及玩具、清洗食具...等等。

Household training group aims at enhancing boarders' self care ability. Members will be assigned different tasks such as cleaning furniture, toys and washing utensils.

型男組可學習到社交生活中的合適禮儀，期望增加他們自信及改善形象。

Cute Boys' Club members learn the proper etiquette so as to boost their self confidence and improve their image.



### 沙瑪小家庭 Shammah Home

由於沙瑪組很多成員都未光顧過影樓拍照，同工刻意地將禮堂佈置成家居環境，輔以專業攝影器材，為每一個家庭拍下溫馨家庭照。

As many boarders in Shammah Home haven't taken photos in studio, our colleague deliberately decorated the hall into a homelike environment and took pictures for each family with professional photographic equipment.



## 靈寶恩光成長中心 Haven of Hope Sunnyside Enabling Centre (SEC)

### 挪亞方舟親子之旅 A Family Trip to Noah's Ark

成長中心頭炮的親子活動，家長陪伴學員參與豐富的節目，留下張張溫情洋溢的家庭照。

It was the first family event organized by SEC this year and attracted parents to join in the trip with their children.



### 「藝想天開 • 啟迪潛能之旅」暨生日會 "Intelligence Infinity: Inspiration through Art" cum birthday party

成長中心學員參觀香港文化博物館之「藝想天開 • 啟迪潛能之旅」，激發學員的多元智能及創意，並舉行生日會，慶祝8月至10月之壽星。

SEC visited the exhibition, "Intelligence Infinity: Inspiration through Art" held at Hong Kong Heritage Museum so as to arouse students' multiple intelligence and creativity. We also celebrated the birthday boys and girls from August to October with a jubilant birthday party.



# 校園新動態

## What's New Around Our Campus

### 「甜」心行動

一切從「愛」開始，我們關愛學校內每一位學生和同工。每天，同學都飲用到廚房烹調的「靚」湯。由本學年起，他們更能每月享用到糖水的滋潤呢！在此特別鳴謝恩光之領袖生，他們以訪問的形式，統計了本校同學對糖水的喜好，再將大家的意見交廚師，請他們炮製最合口味的糖水。而我們的同工，每月最後一個周五亦會享用到糖水，為大家在每月繁忙的工作中，劃上一個甜美的句號。

### Sweetie into action

It's love to our students and staff members that sets off the action. Every day, students drink savoury soups prepared by kitchen. From this school year onwards, they can enjoy dessert of different type once a month. Here, we have to thank the student leaders who interviewed students for their preference on dessert and then sent the interview result to our cooks to prepare their favourite selection. As for our colleagues, we also have dessert on the last Friday every month, marking a sweet ending to every month's busyness.



你喜歡這種味道嗎？  
Do you like this flavour?



彩美老師正為珈言同學做手部按摩，你看她多享受！  
Teacher Anita is massaging Ka Yin's hand. See how happy she is!

### 午間活動選擇多

為了豐富學生午休時在禮堂的活動，學校除了安排原有的電影欣賞外，由本年度起，多位老師會安排不同類型的活動給同學，如：大肌肉活動、推大波、散步和按摩等，同學可按興趣參加，又或按意願繼續休息。

### Various activities at noon

To allow students to enjoy different activities during the rest time at noon, starting from this school year, teachers arrange various programmes including playing gross motor activity, pushing big balls, strolling and massaging apart from showing movies in the past. Students can either join the programs according to their interest or continue to rest in the hall.

### 腦神經發展治療

職業治療師嘗試運用「腦神經發展治療」，發展大腦痲痺學生較弱一邊身體的肌能。治療師以「重力承擔」的方法，讓學生的身體重心移向肌能較弱的一邊，再要求學生肌能較弱的手支撐身體部份的重量，藉此讓學生注意較弱的一邊身體，及改善手部的抓握力度（如圖示）。進行治療後，治療師發現超過半數學生，尤其是年幼學童，功效尤為顯著。期望當治療師掌握到更多「腦神經發展治療」的知識及經驗後，能幫助更多有需要的學生。

### Neuro-Developmental Treatment

The occupational therapist tried out Neuro-Developmental Treatment (NDT) on students with cerebral palsy, to develop the motor skills on the weaker side of their body. The therapist used the Weight Bearing technique, letting students' weight shift to their weak side, and then trained them to bear part of their weight with their less favoured hand, thus making students pay more attention to the less developed side of their body and improve the gripping force of their hands (pictured). After treatment, the therapist found marked improvement in over half of the students, especially among the younger ones. We hope the therapists would be able to help more needy students once they gain more knowledge and experience in NDT.



### 成長中心退修日

靈實恩光成長中心各成員在暑假期間舉行退修日，齊齊到香港心理衛生會－荃灣展能中心，與中心同工交流成人服務心得。此外，大家還投入團隊遊戲中，加深彼此了解之餘，更建立積極正面的欣賞文化。



### Retreat of Enabling Centre

Staff members of Haven of Hope Sunnyside Enabling Centre held a retreat in summer. They went to Tsuen Wan Day Activity Centre of The Mental Health Association of Hong Kong to exchange experience on adult service with the staff members there. Moreover, they played team building games to enhance their mutual understanding and develop an appreciation culture.

## 家長教職員會選舉

2013-14第五屆家長教職員會選舉已順利舉行。家職會週年大會當天，還安排香薰按摩治療體驗，我們邀請了國際美學及健康培訓學院臨床香薰治療學校的何美玲校長，帶同一隊義工為學生和家長以香薰按摩。聚餐後何校長還為家長舉行了手部按摩工作坊。

### Election of Parent Staff Association

The 5th Election of Parent Staff Association (PSA) 2013-14 was carried out. On the day of Annual General Meeting, an experiential workshop on aromatherapy and massage was also held. Miss Rosita Ho, Principal of International Cosmetology & Health Training Institute led a group of volunteers to massage our students and their parents with aromatherapy. After dinner, Principal Ho held a workshop on hand massage for parents.



義工姐姐的按摩手法純熟，按得學生很舒服。

The skilful volunteer massaged the student comfortably.



### 新一屆的家職會幹事包括

(前排右起)陳彩美女士(教務主任)、王繼生先生(王伊敏父親)、(前排左起)黃意萍女士(社工)、謝寶兒女士(言語治療師)、(後排右起)李耀華先生(李雋諾父親)、葉華新先生(教務主任)、曾寶生先生(職業治療部主管)、潘錦華先生(宿舍導師主管)、惠民先生(雷梓昇父親)、劉子清先生(劉天蔭父親)、王笑嫻女士(舍監)、黎沛薇女士(曾朗晞母親)、李慧敏女士(陳浚煒母親)  
(編者註：尚有幹事汪蘭英女士(伍曜琮母親)不在相片內)

### The new PSA committee members include

(first row from the right) Miss Anita Chan, Senior Teacher; Mr. Wong Kai Seng, father of Natalie Vong;  
(first row from the left) Miss Wong Yee Ping, Social Worker; Miss Judy Tse, Speech Therapist;  
(second row from the right) Mr. Lee Yiu Wah, father of Lee Chun Lok; Mr. Yip Wah Sun, Senior Teacher;  
Mr. Eric Tsang, Head of Occupational Therapy Department; Mr. Wallace Poon, Houseparent-in-charge;  
Mr. Lui Wai Man, father of Lui Tsz Sing; Mr. Lau Tsz Ching, father of Lau Tin Yam; Miss Carole Wong, Warden;  
Ms. Lai Pui Mei, mother of Tsang Long Hei; Ms. Lee Wai Man, mother of Chan Chun Wai.

(Editor's note: Ms. Wong Lan Ying, mother of Ng Yiu Chung who is a PSA committee member, is not present in the photo.)

## 治療器材度身造

為著學生的獨特需要，治療助理除了日常協助治療，也製作或改裝各種小器材供學生使用。以下是一些近年來的例子：



脊柱評估椅 — 背板以透明厚膠板製成，學生坐姿從背後一目了然，是一件很有用的評估工具。  
Spine Evaluation Chair – its backboard is made of thick transparent plastic board. Therapist can observe the sitting posture of student clearly.



改裝企板 — 將捐贈的幼兒仰臥型企床，改裝成為俯臥式企板，誘發學生抬高頭，伸直腰膝，維持站立。

Tilted Standing Frame – it is refitted from a donated kid's tilt-table, the adapted design can induce student to raise his head and stand up straight.

無障礙花槽 - 以往校內各種美麗的花卉都種於地上或矮小的盆中，坐輪椅的學生難以低頭觀賞。故此，我們增建了無障礙花槽，讓學生可以水平角度欣賞植物。

No Barrier Planters – Wheelchair bound students have difficulty to view flowers planted in the soil or pots. Thus, we build no barrier planters to enable students to appreciate plants at eye level.



矮樓梯扶手 - 樓梯加裝了不鏽鋼扶手，非常堅固，供體型細小的學生扶著上落樓梯。

Low-level Handrail – stainless steel handrail is firmly installed in the staircase, facilitating shorter students to walk along the staircase.

# 鳴謝 Acknowledgements

我們謹在此向以下的支持者致衷心的謝意，大家對學童的愛心關懷和支持，足以燃點他們生活的火花，帶來歡樂及希望。

We owe our sincere gratitude to the following donors and supporters who have contributed to the betterment of our children's lives. Just a little concern from you, lives of our severe mentally impaired children will be much richer and full of fun. Let's thank ....

Chang Chang Hua (張章華)  
Cheng Chiu Fong  
Chiu Wing Yan  
Chu Li Li, Lillian  
Ho Ying Cheung (何英祥)  
Hui Hon Ming (許漢明)  
Kwan Chi King  
Lau Hok Bun, Andrew

Law Cheng Nga Yee  
Law Cheuk Ying  
Leung Mo Yin Liu Suet Chun, Janny (廖雪珍)  
Liu Wai Lin  
Lui Kin Chung (呂健忠)  
Mak Tung Shing  
Ng Wai Chun (伍惠珍)  
Profits Consultant Company

Tang Wai Kuen (鄧惠娟)  
Universal Realty  
Wong Kam (黃鑫)  
Yau Kit Yu  
Yeung Yat Hang (楊逸衡)  
Yip Ho Lam (葉灝霖)

## 捐款回條 Donation Coupon

本人樂意捐助靈實恩光學校，支持嚴重智障兒童服務。

港幣/HK\$: \_\_\_\_\_

中文姓名: \_\_\_\_\_ \*先生/小姐/太太

地址/Address: \_\_\_\_\_

*\*請刪去不適用者*

I would like to donate to Haven of Hope Sunnyside School in support of its service to the severe mentally impaired children.

Name in English: \*Ms./Mr./Mrs. \_\_\_\_\_

電話/Telephone: \_\_\_\_\_

*\*Please delete whenever appropriate*

請將劃線支票(祈付“基督教靈實協會”)寄回新界將軍澳安達臣道301號靈實恩光學校收

台端之個人資料，只為傳遞本校資訊之用。如台端不願收到本校資訊或需要更改個人資料，請致電 2703 1722或電郵至info@hohss.mysch.net與本校聯絡。

Please send crossed cheque made payable to "Haven of Hope Christian Service" to Haven of Hope Sunnyside School at 301 Anderson Road, Tseung Kwan O, N.T.

Your personal data will only be used by our School for passing information. If you don't want to receive our information or want to change your personal data, please contact us at 2703 1722 or email to info@hohss.mysch.net.

## 徵求義工 Interested to be volunteer?

你有否想過善用餘閒，做些有意義的工作呢？靈實恩光學校誠邀十八歲以上有興趣人士參與，本校會提供所需之義工培訓。請致電2703 1722或電郵 sunnyteer@gmail.com 與朱水珍小姐聯絡。

Would you like to spend your spare time meaningfully? Haven of Hope Sunnyside School is now recruiting volunteers. Any interested persons who are 18 years old or above could call Miss Kelly Zhu at 2703 1722 or send email to sunnyteer@gmail.com. Training will be arranged.

姓名: \_\_\_\_\_  
Name

日間聯絡電話: \_\_\_\_\_  
Daytime tel. no.

擬參與的工作 Interested work: \_\_\_\_\_

- 學校時段的活動 (9am-3:30pm) Activities held during school time (9am-3:30pm)
- 宿舍時段的活動 (4pm-8:30pm) Activities held during boarding period (4pm-8:30pm)
- 外出大型活動 (outdoor activities in large scale)
- 雜務 (如摺疊衣服、製作教具等) Miscellaneous (e.g. folding up clothes, making teaching kits etc.)
- 其他，請列出: \_\_\_\_\_  
Others, please list