

寧養院園地

SASHCC Quarterly Newsletter

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Together, Walking With You

靈實使命 Mission Statement



尊重生命 • 改變生命
RESPECTING LIFE • IMPACTING LIFE

透過關懷全人的事工，我們致力與人分享福音及建立基督化社群。在基督的愛中，我們以關懷、專業及進取的精神提供服務，使服事者及被服事者彼此建立更豐盛的生命。

Through a ministry of holistic care, we strive to share the Gospel and develop a Christian community. In the love of Christ, we deliver our service in a caring, professional and progressive spirit so that the lives of those serving and being served are mutually enriched.

服務格言 Service Motto



用愛擁抱晚晴
Embrace the Last Journey with Love

自2006年 灵实司务道宁养院 | SASHCC since 2006



用愛擁抱生命旅程
Embrace Life Journey with Love

自2024年 灵实司务道宁养院 | SASHCC since 2024



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SASHCC Facebook QR code

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SASHCC website QR code

同在、同行

Together, Walking With You

文：黃建成醫生（副院長）

Written by Dr Paul Wong (Deputy Medical Superintendent)



新年伊始，謹祝各位新年平安，身體健康！

回想 2025 年，彷彿過得很快，卻是不容易走過的一年：世界各地天災人禍、飢荒戰爭……，讓我想起聖經有關末世的預兆：「民要攻打民，國要攻打國，多處必有饑荒、地震。」（馬太福音 24：7）。相信令香港人最難過的，莫過於是大埔宏福苑的五級大火。那天看到電視新聞報導，身在澳洲的我也感到無比心痛，難過得落下淚來。我祈求天父施行醫治和拯救，並安慰受災的居民。隨後看到香港人同心協力參與救災行動，一呼百應，主動到場支援、愛心捐獻物資及善款等等，深深感受到患難見真情！雖然人生變幻無常，悲歡離合，實在不是我們所能控制。但在哀傷難過的背

後，卻發現同路人同行的珍貴。

原來走在生命旅程的不同

階段中，我們並不孤單，因為愛，一直都在！

As the New Year begins, I sincerely wish you all a peaceful New Year and good health..

Looking back on 2025, the year passed quickly, yet it was by no means an easy year to walk through. There were natural disasters, human tragedies, famine, and war across the world. These events bring to mind the Bible's description of the signs of the end times: "Nation will rise against nation, and kingdom against kingdom. There will be famines and earthquakes in various places." (Matthew 24:7) Among these events, what grieved the people of Hong Kong most deeply was undoubtedly the five-alarm fire at Wang Fuk Court in Tai Po. When the news broke, although I was in Australia at the time, I felt profound sorrow and could not hold back my tears as I watched the reports. I prayed earnestly that our Heavenly Father would bring healing, deliverance, and comfort to the affected residents. In the days that followed, I was deeply moved to see Hong Kong people respond with one heart — rushing to offer help on site, donating supplies and funds, and supporting one another in countless ways. Truly, it is in times of hardship that genuine love is revealed. Life is filled with uncertainty — joy and sorrow, gatherings and partings often lie beyond our control — yet it is often through grief that we

discover the precious gift of walking alongside one another. At different stages of life's journey, we are not alone, because love has always been there.

但在哀傷難過的背後，卻發現同路人同行的珍貴。

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正如在二千多年前，神愛世人，差祂的獨生子耶穌降世為人，體現人間疾苦，最終甘心犧牲為人的罪釘身在十字架上，成就全人類救贖的工作，讓一切信祂的人，不致滅亡，反得永生。主耶穌的名字又名「以馬內利」，意思就是「神與我們同在」。神並沒有應許人生沒有苦難，卻應許與我們同在，並成為我們患難中的幫助。

感謝神帶領寧養院過去一年的工作，雖然充滿不同的挑戰，但仍是恩典處處，更感恩的是有你們的同行及支持。擴建計劃的上蓋工程已於 10 月開展，看見天秤正式進場，體會擴建計劃一步一步邁進目標，實在非常感動。仍請大家繼續為擴建計劃祈禱，求主保守工程順利，使新大樓能如期於 2027 年底完成，2028 年第二季投入服務，並求主供應計劃所需的額外資金。「靈實慈善行 2025-2026」將於 2026 年 3 月 7 日假清水灣鄉村俱樂部舉行，主題為「Miles of Smiles – Walk Your Way to Well-Being」，鼓勵參加者在新一年為自己定下身心靈健康承諾，一起為目標努力！除了在環境優美的高爾夫球場輕鬆漫步和欣賞風景，還可以為寧養院籌款，讓更多有需要的體弱長者、晚晴病人，以及他們的家人得到適切的照顧及支援。誠邀你們踴躍參與，共襄善舉！詳情請參閱 p7 宣傳海報。

More than two thousand years ago, God so loved the world that He sent His only Son, Jesus Christ, to become fully human, experienced human suffering, and ultimately willingly sacrificed Himself, dying on the cross. Through Him, all who believe will not perish but receive eternal life. Jesus is also called Immanuel, meaning "God with us." God has never promised a life free from suffering, but He has promised His presence — to walk with us and to be our help in times of trouble.

We give thanks to God for leading the work of SASHCC over the past year. Although we faced many challenges, His grace was evident throughout, and we are especially grateful for your continued companionship and support. In October, the superstructure works of our Extension Project officially began. Seeing the tower crane arrive on site was a powerful reminder that this long-awaited project is steadily moving forward, step by step.

We kindly ask you to continue keeping the Extension Project in your prayers — that the construction will proceed smoothly and safely, and that the new building may be completed by the end of 2027 and begin service in the second quarter of 2028. We also pray for God's provision of the additional funds needed to bring this project to completion.

The Haven of Hope Charity Walk 2025-2026 will be held on March 7, 2026, at Clearwater Bay Golf & Country Club, under the theme "Miles of Smiles – Walk Your Way to Well-Being." Participants are encouraged to make a commitment in the new year to care for their physical, emotional, and spiritual well-being, while walking together toward a shared goal. In addition to enjoying a relaxing walk amid the beautiful surroundings of the golf course, the event also raises funds to support the Hospice, enabling more frail elderly persons, end-of-life patients, and their families to receive timely care and support. We warmly invite you to join us in this meaningful event. Please refer to the promotional poster on p7 for details.

再次感謝你們過去一直的同行，關心寧養院的工作！今年11月是寧養院20周年紀念的日子，將有不同的感恩活動舉行，請密切留意寧養院網頁、Facebook及IG，取到最新資訊。

面對人生的無常，讓我們更學懂常存感恩的心，珍惜當下，愛得及時。感謝身邊同路人（無論是家人、朋友、同事、鄰居……）的同行與支持。亦請緊記上帝不離不棄的愛，祂的恩手一直扶持我們，帶領我們同行人生旅程。

「……因為主曾說：『我總不撇下你，也不丟棄你。』（希伯來書13：5）

「你不要害怕，因為我與你同在；不要驚惶，因為我是你的神。我必堅固你，我必幫助你，我必用我公義的右手扶持你。」（以賽亞書41：10）

共勉！

Once again, thank you for walking alongside us and for your care and concern for the Hospice's ministry. This coming November marks the 20th anniversary of SASHCC, and a series of thanksgiving activities will be held. Please stay connected through our website, Facebook, and Instagram for the latest updates.

In the face of life's uncertainties, may we learn to live with grateful hearts, cherish each moment, and love without delay. We give thanks for the companions God has placed around us — family members, friends, colleagues, and neighbours — who walk with us and support us along the way. Above all, let us remember God's unfailing love: His gracious hand continues to uphold us and lead us through every season of life.

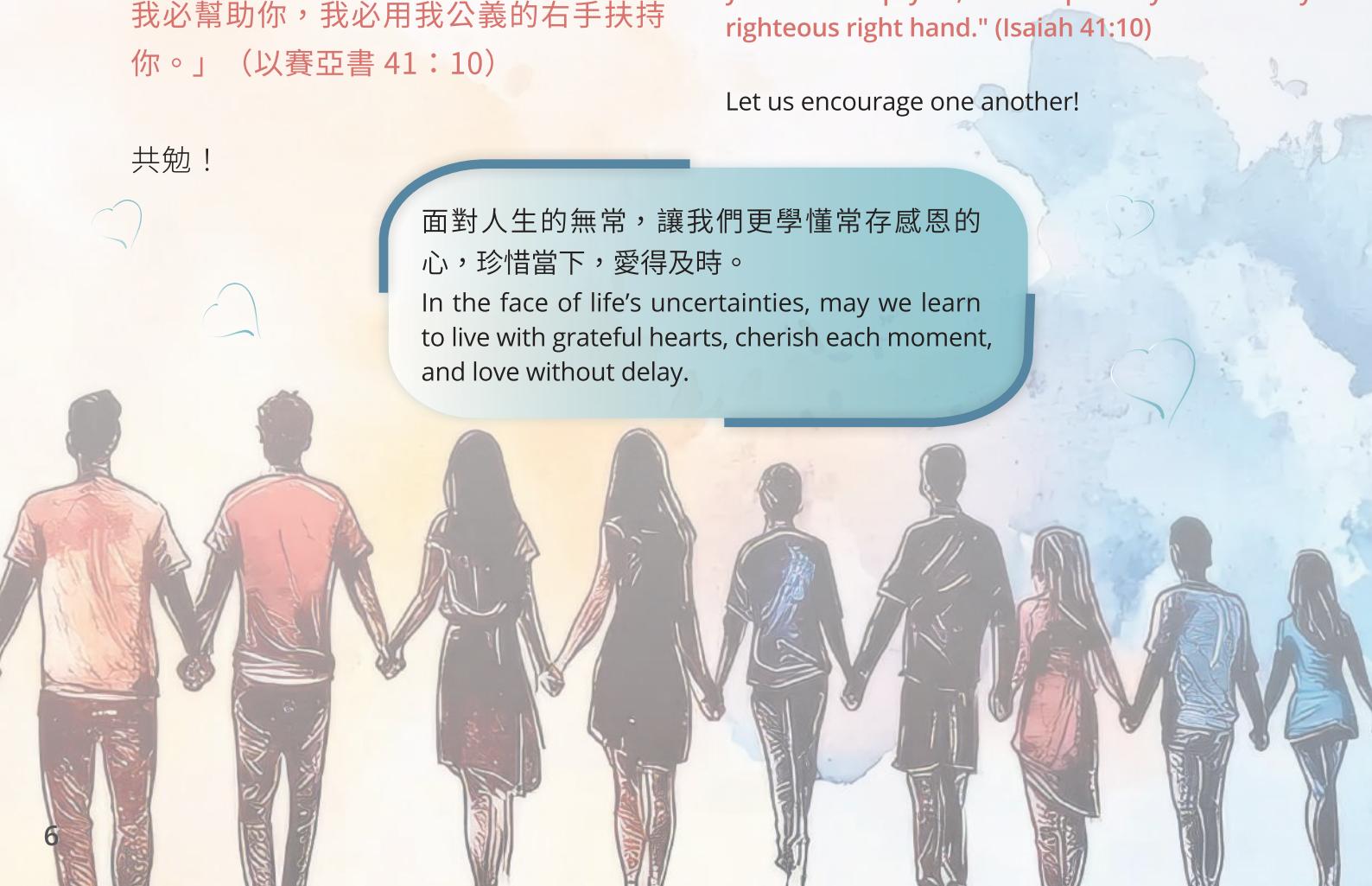
"...because God has said, 'Never will I leave you; never will I forsake you.'" (Hebrews 13:5)

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." (Isaiah 41:10)

Let us encourage one another!

面對人生的無常，讓我們更學懂常存感恩的心，珍惜當下，愛得及時。

In the face of life's uncertainties, may we learn to live with grateful hearts, cherish each moment, and love without delay.



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MILES OF SMILES WALK YOUR WAY TO WELL-BEING

為基督教靈實協會非政府資助項目籌款，
包括：靈實司務道寧養院

Raise funds for non-subvented projects of
Haven of Hope Christian Service, including:
Haven of Hope Sister Annie Skau Holistic Care Centre



靈實慈善行

HAVEN OF HOPE - CHARITY WALK
17. MAR. 2026 | SAT | 9AM - 12PM/



清水灣鄉村俱樂部
THE CLEARWATER BAY GOLF & COUNTRY CLUB

最低捐款額 Minimum Donation Amount
個人 Individual: \$380 | 家庭 Family: \$600 | 企業 Corporate: \$5000 |



詳情及報名 EVENT DETAILS AND ONLINE ENROLLMENT

截止報名日期 CLOSING DATE **16. FEB. 2026/**

https://HOHCS.ORG.HK/CHARITYWALK2025_26



查詢熱線

2703 3251 | 2703 3236

愛是一生的堅持

—訪問院友李秀安的女兒 Lilian 及 Judy

Love Is a Lifelong Commitment — An Interview with Lilian and Judy, Daughters of Lee Sau On

訪問及撰文：黃少清女士（院友聯絡主任）

Interview & Written by Ms Joanne Wong (Client Liaison Officer)



假使有一天，你所愛的家人突然不能說話，繼而不能進食，甚至長期臥床，你有何感受？面對家人身體狀況每況愈下，心情難過卻又要「硬撐」起來承擔照顧者的角色，真的不容易。然而，在寧養院，每天看見的院友家屬均不辭勞苦的來探望及照顧他們的家人，他們沒有抱怨，沒有計較，只希望珍惜每個與家人相聚的機會。究竟是什麼讓他們這樣堅持？是責任？還是愛？

承蒙院友李秀安的女兒 Lilian 及 Judy 接受本院訪問，分享他們作為照顧者的心路歷程，深信她們的分享能為其他照顧者帶來鼓勵與幫助！

What would you do if, one day, a loved one suddenly lost the ability to speak, then to eat, and eventually became bedridden for the long term? Watching a family member's health decline day by day is heartbreaking. Yet caregivers often have to "stay strong," shouldering heavy responsibilities even when their own hearts are breaking. This journey is never easy. At SASHCC, however, we witness something deeply moving every day. Family members come faithfully to visit and care for their loved ones. They do not complain or calculate the cost. They simply treasure every moment they can still share together. What gives them the strength to persevere? Is it responsibility — or is it love?

We are grateful to Lilian and Judy, daughters of our resident Lee Sau On, for accepting our invitation to share their caregiving journey. We hope their story will bring encouragement and support to other caregivers walking a similar path.



「還記得那一年，媽媽在半年內已入了醫院 7 次，經常進出急症室，不單令媽媽感到折騰，我們也疲於奔命。」秀安的女兒 Lilian 憶述。

秀安是寧養院的院友。12 年前患上失智症、帕金森氏症等疾病，近幾年因身體狀況轉差經常進出急症醫院。至 2021 年，更因吞嚥困難開始使用胃管餵食，需要吸氧氣。面對媽媽的身體狀況每況愈下，而且無法逆轉，身為子女的心情當然不好受，但無奈也得接受，唯有見步行步。

「作為照顧者，我們覺得最大的挑戰是媽媽身體機能衰退來得很突然，我們一家人都不懂得事前準備，也不知道如何回應，特別是在醫療決定上，例如是否替媽媽插鼻胃喉，心中充滿矛盾和掙扎。其中一次還聽到醫院的護士笑說我們『謀殺』，因為我們還在餵媽媽進食。」Lilian 及 Judy 分享她們的照顧者壓力時，也讓人感受到她們的無奈和無助。

我們一家人都不懂得事前準備，也不知道如何回應，特別是在醫療決定上，例如是否替媽媽插鼻胃喉，心中充滿矛盾和掙扎。

We didn't know how to prepare, or how to respond, especially when it came to medical decisions, like whether to insert a nasogastric tube. We were filled with conflict and struggle.

“I still remember that year, my mother was admitted to hospital seven times within just six months. She was constantly going in and out of the emergency department. It was not just exhausting for her, but also drowning for us.” Recalled by Lillian.

Sau On, a resident of SASHCC, was diagnosed with dementia, Parkinson's disease, and other illnesses twelve years ago. In recent years, as her condition worsened, hospital visits became increasingly frequent. By 2021, swallowing difficulties meant she needed tube feeding, and she also required oxygen support. Faced with an irreversible decline in their mother's health, her children were heartbroken, yet they had no choice but to accept reality and take each step as it came.

“As caregivers, the hardest part was how suddenly our mother's condition deteriorated,” Lilian and Judy shared. *“We didn't know how to prepare, or how to respond, especially when it came to medical decisions, like whether to insert a nasogastric tube. We were filled with conflict and struggle. Once, we even heard a*

nurse jokingly tell us 'committing murder' because we were still feeding our mother.” Their words carried deep helplessness and pain.

猶幸他們兄弟姊妹即使有不同意見，仍有商有量，最終也能達到共識。當然，還有一個非常重要的支援，就是信仰的力量。作為教會牧者的 Lilian，分享當他們感到不知所措，徬徨無助時就禱告倚靠神，神就給他們恩典讓他們經過。「常聽說插鼻胃喉會令病人不舒服，導致病人會經常拔出喉管。但出乎意料地，媽媽並沒有感到不適，讓家人鬆一口氣。」

即使秀安需要聞氧氣，並以胃管餵食，家人仍堅持在家照顧媽媽，不願安排她入住老人院或醫院。為了方便照顧，Lilian 及丈夫與媽媽同住，因而需要多次搬家及聘請傭人。神的恩典差派了一個擁有基本護理知識的工人姐姐悉心照顧秀安，大大減輕他們的壓力。

直至 2024 年，Lilian 經教會同工介紹，認識了寧養院的同工，因他們當時正安排在教會舉辦晚晴關懷訓練。Lilian 從同工口中得知寧養院「智愛晚晴家居照顧計劃」¹，後，便為媽媽申請此服務。透過家訪部的護士及社工定期上門跟進秀安情況，並教導 Lilian 他們如何照顧媽媽。家人得到實際支援，感到非常安心。



家訪護士為秀安身體進行檢查
The home care nurse checking
Sau On's health during a home visit

Thankfully, even when siblings held different views, they were willing to communicate and eventually reach consensus. More importantly, their faith became a vital source of strength. As a church pastor, Lilian shared that whenever they felt lost or overwhelmed, they turned to prayer and relied on God, who gave them grace to carry on.

"We often heard that tube feeding would cause discomfort and that patients would keep pulling the tube out. But unexpectedly, our mother didn't experience discomfort at all. That was a great relief for our family."

Despite Sau On's need for oxygen and tube feeding, her family remained determined to care for her at home, unwilling to place her in a nursing home or hospital. To make this possible, Lilian and her husband moved in with her mother, which lead to moving home multiple times and hiring domestic helpers.

By God's grace, a helper with basic nursing knowledge came alongside them and provided attentive care, greatly easing their burden.

In 2024, through a church coworker, Lilian came into contact with SASHCC staff who were organizing end-of-life care training at her church. She learned about the "Abundant Life Supportive Home Care Programme"¹ and applied for the service for her mother. Through regular home visits by nurses and social workers, Sau On's condition was closely monitored, and the family received practical guidance on caregiving. This support brought them great reassurance.

2025年4月，隨著秀安的情況轉弱，照顧的需求日漸增多，不得不安排入住院舍。家訪部社工及護士得知Lilian他們有經濟上的需要後，遂替他們申請寧養院「基督教牧者/牧者父母優質療養病床計劃」²，讓秀安在寧養院療養，同時大大減輕他們的經濟負擔。家人非常感謝同工的協助，亦深深感受到神再次成為他們患難中的幫助。

入住初期，秀安情況變化較反覆，主診醫生、護士、院牧及社工，約見家人召開家庭會議，以了解每位家人的看法，幫助他們在面對媽媽身體情況轉差時作好心理預備，並為日後的照顧帶來一致共識。團隊亦向家人建議中醫及護理照顧計劃，幫助秀安適應院舍生活。家人非常感謝團隊悉心照顧媽媽，並與他們保持良好溝通：「最欣賞同工經常以院友及家屬的需要作優先考慮，事事為我們著想；醫護團隊幫助我們清楚知道媽媽的情況，讓家人有更充份的時間溝通及作決定。」

其後，秀安曾一度因氣促而被送往急症室，情況穩定後再回到寧養院。得悉媽媽類似的情況將會持續出現，家人遂決定改用「基督教牧者父母安寧療護病床計劃」³，當媽媽情況進一步轉差時，不用再送出急症醫院。最後秀安在全家人的陪同下，在寧養院平安而有尊嚴地完成人生地上的旅程。

By April 2025, as Sau On's condition further weakened and care needs increased, residential care became unavoidable. After learning about the family's financial challenges, the home care nurse and social worker helped them apply for the "Quality Infirmary Care Bed Programme for Christian Pastors / Pastors' Parents" ². This allowed Sau On to receive care at SASHCC while significantly easing the family's financial burden. Once again, they experienced God's timely help in their time of need.

Shortly after admission, Sau On's condition fluctuated. The attending doctor, nurses, chaplain, and social worker met with the family to understand each member's perspective, help them prepare emotionally for further decline, and work toward a shared understanding of future care. The team also recommended Chinese medicine and nursing care plans to help Sau On adjust to life at the hospice. The family was deeply grateful for the team's care and communication: *"What we appreciate most is that the staff always put the needs of residents and families first. The medical team helped us clearly understand our mother's condition, giving us time to communicate and make decisions together."*

Later, when Sau On experienced shortness of breath and was sent to the emergency department, she returned to SASHCC after stabilising. Knowing similar episodes might recur, the family decided to transition to the "Christian Pastor's Parents Bed Programme" ³,



回顧整整 13 年的照顧過程，雖然一點都不容易，但對 Lilian 及 Judy 而言，仍是充滿恩典，因為看見在每件事上，都有上帝恩手的帶領：「實在有太多的『恰巧』，無論是找房屋、傭人，或是入住寧養院等等，一切『恰巧』的背後，都是神的安排！真的！恩典夠用，不要疑惑，只要相信。」Lilian 總結整個照顧過程，盡是感恩。

Lilian 及 Judy 在回顧媽媽的人生時，她雖然經歷艱苦，曾患上抑鬱症，卻得到神的醫治及安慰，生命帶來改變：「媽媽在一次的崇拜中，藉著讚美神，將心中多年的鬱結全然放下，經歷真正的平安和喜樂，並如她所願，活到 90 歲，而且是在寧養院——在神的家，一個最好的環境、最有愛、最有尊嚴及神同在的地方，完成人生旅程。這些點點滴滴更讓我們確信聖經所應許：『你們所遇見的試探，無非是人所能受的。神是信實的，必不叫你們受試探過於所能受的；在受試探的時候，總要給你們開一條出路，叫你們能忍受得住。』（哥林多前書 10：13）」

一切『恰巧』的背後，都是神的安排！

Behind every 'coincidence' was God's arrangement!

so that future deterioration would not require repeated emergency hospital transfers. In the end, surrounded by her family, Sau On completed her earthly journey peacefully and with dignity at SASHCC.

Looking back on thirteen years of caregiving, Lilian and Judy acknowledged that the journey was never easy — yet it was filled with grace.

"There were so many 'coincidences,'" Lilian reflected. "Finding housing, helpers, even admission to the hospice. Behind every 'coincidence' was God's arrangement. Truly, His grace is sufficient. Do not doubt; just believe."

As they reflected on their mother's life, they shared how she had once struggled with depression but later experienced God's healing and comfort:

"During one worship service, through praising God, Mum released burdens she had carried for many years. She experienced true peace and joy. As she wished, she lived to 90 years old — and completed her life's journey at the hospice, in God's home: a place filled with love, dignity, and God's presence. This reaffirmed us the promise of Scripture: 'No temptation has overtaken you except what is common to mankind. And God is faithful; He will not let you be tempted beyond what you can bear.' (1 Corinthians 10:13)"

秀安在寧養院得到悉心的照顧，令家人感到安心

Sau On received attentive care at SASHCC, giving her family great peace of mind.



後記：

有人說：「無辦法，責任使然」，似乎責任是無從選擇；但亦有人說「責任是一種選擇，有人選擇堅持，有人選擇逃避」。在整個訪問中，筆者看得出 Lilian 及 Judy 他們整個家庭非常疼錫媽媽，一份不離不棄的愛，一份子女盡孝義報親恩的責任，讓他們陪伴她走過這 13 年來的患病旅程。相信責任及愛都是一種選擇，選擇堅持、選擇相信！

「凡事包容，凡事相信，凡事盼望，凡事忍耐；愛是永不止息。」（哥林多前書 13：7-8）

備註：

1. 「智愛晚晴家居照顧計劃」透過上門服務，視像或電話支援形式協助患有中度或晚期認知障礙症或認知能力下降的長者及其照顧者，雙方都需要共同面對因身體和認知能力轉變而帶來的照顧需求，希望有助於減輕照顧者壓力，並提升長者的生活質素。
2. 為答謝牧者及宣教士在主裡的勞苦，支援他們與親屬應對身體狀況轉變時的照顧需要，特設立「基督教牧者 / 牧者父母優質療養病床計劃」。此計劃適合身體狀況相對穩定，且需要過渡期照顧，以至長期護理的人士。
3. 自 2021 年 1 月起，寧養院開展「基督教牧者 / 牧者父母安寧療護病床計劃」，旨在為合資格的晚期病患者提供部分院費資助，讓他們在院內理想的環境中獲得優質的紓緩治療及安寧療護服務。

Postscript:

Some say, "There is no choice — responsibility leaves us no alternative," as if responsibility itself were unavoidable. Others, however, believe that responsibility is in fact a choice - a choice to persevere, or a choice to turn away.

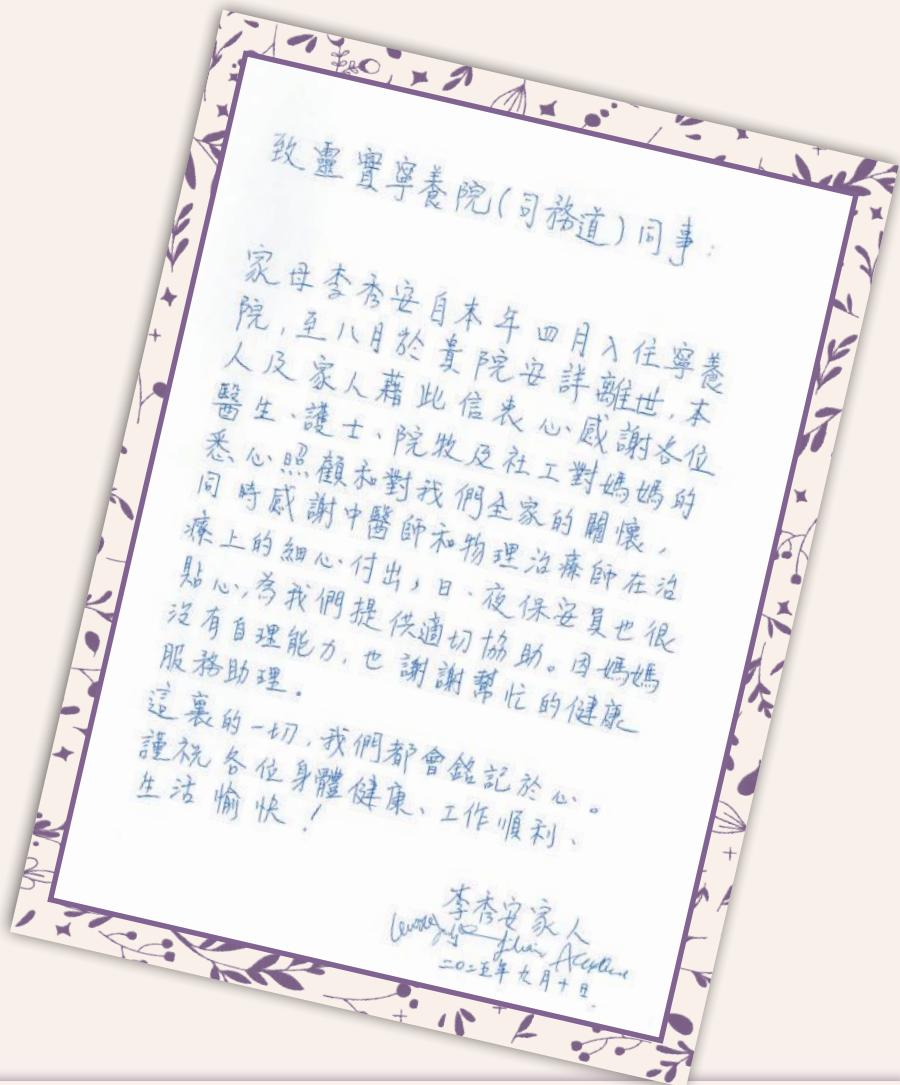
Throughout the interview, it was clear to the writer that Lilian, Judy, and their entire family deeply cherished their mother. Their unwavering love, and their sense of filial responsibility to honour and care for her, sustained them as they walked alongside her through thirteen years of illness. In the end, both responsibility and love are choices — choices to persevere, and choices to believe.

"Love always protects, always trusts, always hopes, always perseveres. Love never fails."

(1 Corinthians 13:7-8)

Notes

1. "Abundant Life Supportive Home Care Programme" provides home visits, video, or telephone support for elders with moderate to advanced dementia or cognitive decline and their caregivers, aiming to reduce caregiver stress and enhance quality of life.
2. "Quality Infirmary Care Bed Programme for Christian Pastors / Pastors' Parents" established to support pastors and missionaries and their families, suitable for individuals requiring transitional or long-term care.
3. "Christian Pastor & Spouse Bed Programme (PSB) and Christian Pastor's Parents Bed Programme (PPB)" launched in January 2021 to provide partial subsidies for eligible terminally ill patients to receive quality palliative and hospice care in an ideal environment.



To the Colleagues of Haven of Hope Sister Annie Skau Holistic Care Centre,

Our mother, Lee Sau On, was admitted to SASHCC in April this year and passed away peacefully in August. Through this letter, my family and I would like to express our heartfelt gratitude to all the doctors, nurses, chaplains, and social workers for the attentive care given to our mother, as well as the compassion and support shown to our entire family.

We would also like to thank the Chinese medicine practitioner and physiotherapist for their dedicated and thoughtful treatment. The day and night security staff were equally caring, always offering timely and appropriate assistance. As our mother was unable to care for herself, we are deeply thankful to the healthcare assistants for their devoted help and support.

Everything we experienced here will remain in our hearts.

We sincerely wish you all good health, smooth work, and joyful days ahead.

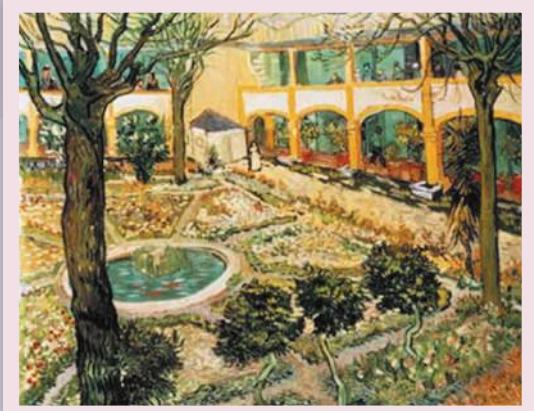
Family of Lee Sau On
10 September 2025



Vincent van Gogh, *The Starry Night*, 1889,
Museum of Modern Art, New York City.

當我們首次欣賞梵谷的作品《星夜》，或許會聯想到畫家於夜間在大自然寫生，捕捉到這迷人的一幕。然而，此作品是畫家於精神病院留院期間，望向星空所作的創作。入住精神病院期間，梵谷創作了大量作品，繪畫創作成為了他把心境與渴望抒發的途徑。

《星夜》的夜空，如同運動場上的田徑選手在奔馳，充滿著動感與生命力。《星夜》的村莊，是梵谷的想像；而在他的想像中，村莊裡有一座教堂，臨在於村莊的中央。細看他的作品，我們感受他心靈深處的嚮往。



Vincent van Gogh, *Garden of the Hospital in Arles*,
1889, Winterthur, Switzerland.

苦困中的嚮往

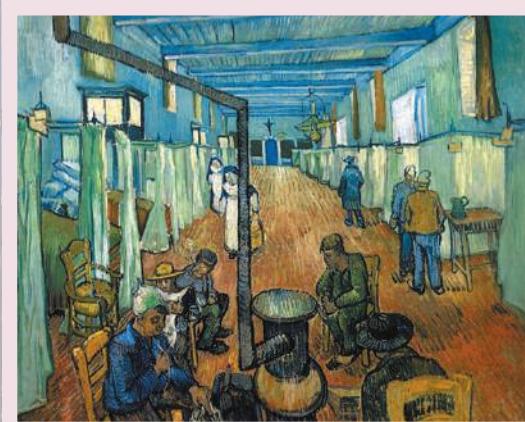
Yearning in Times of Hardship

文：謝素心女士（心靈社康服務及牧關部院牧）
Written by : Ms Tse So Sum (Chaplain, Psycho-social
Spiritual Service)

著名畫家梵谷於 1899 年在入住精神病院期間的不同畫作。
Different works by the renowned artist Vincent van Gogh,
created during his stay in a mental hospital in 1899.

When we first encounter Vincent van Gogh's *The Starry Night*, we may imagine the artist painting outdoors at night, capturing a breathtaking moment in nature. Yet this famous work was created while Van Gogh was staying in a mental hospital, painted as he gazed at the night sky from within. During that period, he produced a remarkable number of paintings. For Van Gogh, painting became a way to express his inner world—his emotions, struggles, and longings.

The swirling night sky in *The Starry Night* is full of movement, like athletes racing across a track, alive with energy and vitality. The village beneath the sky is imagined, and at its centre stands a church. As we look closely at this painting, we can sense the deep yearning within the artist's heart.



Vincent van Gogh, *Ward in the Hospital at Arles*,
1889, Winterthur, Switzerland.

在去年十一月底，那一夜的星空，親眼見證了火災的失控和無辜生命的逝去。倘若梵谷繪畫那夜星空，相信那片夜空已經落淚了！

一首聖誕頌歌《古時候，在大衛城中》("Once in Royal David's City") 的一段，對耶穌基督有這樣的描述：

他的童年，就如我們的童年那般，
一天一天的成長。

他曾經是弱小的、是無助的；
就如我們，他有歡笑之時，
也有落淚之時。

我們的悲傷讓他感到難過，
他也分享我們的喜悅。

這首為兒童所作的詩¹，讓兒童明白主耶穌也經歷喜與悲，並且他留心我們的經歷，替我們的悲傷而難過，也替我們的喜悅而高興。我們的苦困悲傷在主的關注中——這不是我們心靈的嚮往嗎？

詩人大衛在詩篇 56 篇與我們分享他在患難中的對上帝的信任與禱告。根據撒母耳記上第二十一章的記載，這篇禱告詩的背景是大衛正逃往迦特的經歷。他相信他所經歷的一切困難主都知道，並且記念：「我幾次流離，你都記數；求你把我的眼淚裝在你的皮袋裏。這不都記在你的冊子上嗎？」(詩篇 56:8) 詩人願主一直的臨在，知道他每次的流淚，並以皮袋盛載起他每一顆眼淚，如同我們會為哭泣的人遞上紙巾，以表達我們留意到對方在流淚。

Late last November, on one particular night, the same starry sky bore witness to an uncontrolled fire and the loss of innocent lives. If Van Gogh had painted that night sky, I believe it would have wept.

A verse from the Christmas carol *Once in Royal David's City* describes Jesus Christ in this way:

For he is our childhood's pattern;
day by day like us he grew;
He was little, weak, and helpless,
tears and smiles like us he knew:
And he feeleth for our sadness,
and he shareth in our gladness.

Written for children,¹ this hymn gently reminds us that the Lord Jesus experienced both joy and sorrow. He notices our lives, grieves with us in our sadness, and rejoices with us in our gladness. When we face hardship and sorrow, is this not also a deep longing of our hearts—to be seen, understood, and held in God's loving care?

In Psalm 56, King David shares his trust in God amid suffering. According to 1 Samuel chapter 21, this psalm was written during David's flight to Gath. He believed that God knew every hardship he endured and remembered each one: "Record my misery; list my tears on your scroll — are they not in your record?" (Psalms 56:8). David longed for God's continual presence — One who notices every tear and carefully gathers them, much as we might offer a tissue to someone who is crying, simply to show that we see their pain.

在寧養院的房間裡，也有著臨別與道別的淚。院牧置身其中，體會著

家人間真摯的情與暫別的難捨，也有著願家人能被擁抱與安慰的淚。在耶穌的時代，有一種器皿是為盛載眼淚的，稱為「淚瓶」(lacrymatory)。為逝者而流的眼淚收集起來，淚瓶給逝者伴葬，讓這些化成了淚水的珍惜與愛意，代我們陪伴著我們所愛的。求主把寧養院院友與家人每一顆眼淚都裝在你的皮袋裏，在一切痛苦與哀傷中有你拿著皮袋盛載他們的眼淚，在他們身旁，時刻陪伴著他們，當他們傷心流淚之時得到主的垂注。

眼淚，是我們真摯的語言，是我們的禱告。倘若有一個容器把寧養院院友與家人的眼淚收藏，相信那將是寧養院最珍貴的寶物，藏著每一位院友被深深珍惜的淚水，以及院友們感觸的淚水。倘若梵谷繪畫去年十一月底那個星空，那個夜空落淚了，而在星空下的，相信是一個個載滿愛的眼淚的淚瓶。



院牧置身其中，體會著家人間真摯的情與暫別的難捨，也有著願家人能被擁抱與安慰的淚。

As a chaplain, I witness the deep love between family members, the pain of temporary separation, and the longing for loved ones to be embraced and comforted.

Within the rooms of SASHCC and the nursing home, there are also tears—tears of farewell

and parting. As a chaplain, I witness the deep love between family members, the pain of temporary separation, and the longing for loved ones to be embraced and comforted. In the time of Jesus, a small vessel known as "lacrymatory" was used to collect tears shed for the departed. These bottles were buried with the deceased, allowing the love and grief expressed through tears to accompany those who were dearly loved.

We pray that the Lord gathers every tear of our residents and their families into His bottle. In the midst of pain and sorrow, may He be present beside them, holding their tears with tenderness.

When they weep, may they know that they are seen, accompanied, and cared for by the Lord.

Tears are our most sincere language; they are our prayers. If there were a vessel to hold all the tears shed by our residents and their families, it would surely be SASHCC's most precious treasure—containing tears of deep love, remembrance, and compassion. If Van Gogh had painted the night sky of that late November evening, the sky itself would have wept. And beneath it, perhaps, would stand countless tear bottles—each one filled with love.

土耳其開塞利考古博物館中展出的淚瓶。

The tear bottles displayed in the Kayseri Archaeological Museum, Turkey

1. 此詩由倪西絲 (Cecil F. Alexander 1818-1895) 所作，首見於她 1848 年出版的 *Hymns for Little Children*，共六節各六行，此乃第四節。高勒德 (Henry J. Gaunlett 1805-1876) 於 1849 年為這首詩譜上曲調，為供人在家裏詠唱，並於 1861 年予以和聲，擴充為四聲部。This poem was written by Cecil F. Alexander and first appeared in her 1848 publication, *Hymns for Little Children*. It consists of six stanzas, each with six lines, of which this is the fourth stanza. Henry J. Gaunlett set the poem to music in 1849 for home singing, and in 1861, he added harmonies, expanding it into four parts.

擴建計劃進度 | Progress of SASHCC Extension Project

寧養院第一期擴建計劃「安寧療護新大樓」的上蓋工程亦已於 2025 年 10 月正式開展，並於 11 月 18 日假靈實禮拜堂舉行「擴建計劃異象分享會」，介紹寧養院如何透過服務為病人及家人帶來祝福，藉此與工程團隊互勵互勉。

The superstructure work for the new Hospice Care Block (Phase I of the Extension Project) was officially commenced in October, 2025. A Vision Sharing Session for the Extension Project was held on 18 November at the Haven of Hope Chapel, where the hospice team shared how holistic hospice services can bring blessings to patients and their families, thereby encouraging and inspiring the construction team.



「擴建計劃異象分享會」於 灵實禮拜堂舉行。

A Vision Sharing Session for the Extension Project was held at the Haven of Hope Chapel.

11月24日，建築現場迎來重要進展——隨著天秤（塔式起重機）正式進場，司務道寧養院擴建計劃第一期「安寧療護大樓」的上蓋工程又邁向新里程。工友們以專注和堅毅的態度操作天秤，安全地將鋼筋、水泥及各種重型結構材料吊運至樓層指定位置；不論烈日或細雨，每個細節都用心守護。這份專業和默契，正是新大樓穩健建設的基石。

「主啊，求祢看顧每一位工友的平安，帶領工程順利進行。亦主供應計劃所需的額外資金，以支持第一期「安寧療護大樓」的興建，以及第二期華永樓的翻新及司務道樓改建為員工宿舍的計劃。」

願我們一同禱告，迎接新大樓於2027年如期落成，並於2028年正式啟用；繼續攜手「用愛擁抱生命旅程」，延續更多愛與關懷的故事！

On 24 November, the construction site reached a major milestone—with the official installation of the tower crane, the superstructure stage of Phase I of SASHCC Extension Project, the "Hospice Care Block", has entered a new chapter. With focus and perseverance, workers carefully operate the crane to lift and position steel bars, concrete, and other heavy structural materials safely at their designated levels. Whether under the blazing sun or drizzling rain, every detail is handled with dedication. This professionalism and teamwork serve as the solid foundation for the steady progress of the new building.

"Lord, we pray for the safety of every worker and for the smooth progression of the construction work. We also pray for God's provision of the additional funds needed to support Phase I — the Hospice Care Block – as well as the Phase II project — the renovation of Wah Wing Block and the conversion of Sister Annie Skau Block into staff dormitories."

Let us join in prayer, welcoming the new building's completion as scheduled in 2027 and its official opening in 2028. Together, we will continue to "Embrace Life Journey with Love" and extend more stories of love and care!



歡樂時光 | Happy Moments

生日會 Birthday Celebration

不少院友及其家屬視寧養院為「第二個家」，藉共渡院友的生日，為院友留下溫馨美好的回憶。

Many residents and their families regard the hospice as "a second home". By celebrating birthdays together, they create warm and cherished memories for our residents.



聖誕活動 Christmas Activities

心靈社康服務及牧關部悉心為院友及同工安排各式聖誕活動，讓院友、家屬及同工在一同感受節日氣氛，相聚在愛裡。

The Psycho-social Spiritual Department thoughtfully organised a variety of Christmas activities for residents and staff, bringing residents, families, and colleagues together to share the festive spirit and moments of love.

「員工花藝燭台製作坊」 Christmas Floral Arrangements Workshop



寧養院好友兼花藝師 Peggy 再次親臨，教導同工製作聖誕花藝，讓同工在忙碌的工作中為心靈充電。

Peggy, a long-time friend of the hospice and a floral designer, once again joined us to teach staff in creating Christmas floral arrangements, offering them a moment of calm and renewal amid their busy work.

聖誕傳光 Christmas Carol

將近 50 位同工與其家人、義工，以及現住院友的家屬，一同手持著燭光走進病房，頌唱耳熟能詳的聖誕歌，將耶穌的愛和平安帶到每位院友、家屬和同事的心中。

Nearly 50 staff members, together with their families, volunteers, and the families of current residents, held candles and entered the wards singing familiar Christmas carols, sharing the love and peace of Jesus with every resident, family member, and colleague.



員工聖誕聚餐 Staff Christmas Luncheon Gathering

今年的「聖誕聚餐」邀請不同的同工分享感恩經歷，提醒我們愛與陪伴才是最珍貴的禮物！

This year's Christmas Luncheon Gathering invited staff members to share their stories of gratitude, reminding us that love and companionship are the most precious gifts of all.



聖誕團契 Christmas Fellowship

伙伴教會中國基督教播道會同福堂的弟兄姊妹藉佳節探訪院友，與他們分享主愛。

Brothers and sisters from our partner church, EFCC Tung Fook Church, visited residents during the festive season to share care and the love of the Lord.



生死關懷服務全貌

A Full Landscape of Life and Death Care Services

李瑞昌院牧（心靈社康服務及牧關部主管）

Written by Larry Lee (In-charge of Psychosocial Spiritual Care Service, Chaplain & Social Worker)

近代生死關懷掠影：人文、人權、人生

近代生命晚期照顧的實踐，源自一份深切的人文關懷。1967年，集醫生、護士及社工於一身的桑德絲女士 (Dame Cicely Saunders) 在倫敦建立了當代第一所寧養院，重視以全人照顧回應晚期病人的整體痛 (Total Pain)，不僅著眼於身體徵狀控制，更關注心理、社會與靈性需求，讓患者在尊嚴與愛中走完生命旅程。這份人文關懷後來觸動了一位年青泌尿外科醫生蒙特 (Balfour Mount)，促使他在1975年加拿大蒙特利爾皇家維多利亞醫院設立專門照顧晚期病人的病房，並取名為紓緩照顧單位 (Palliative Care Unit)，名稱源自拉丁文 *palliare* (即以斗篷把有瑕疵的東西遮蓋)，引伸出緩和及減輕痛苦之意。¹

隨著醫療科技進步，生命延長成為可能，同時帶來「過度醫療」的困境——拯救生命與延長痛苦之間的界線，變得朦朧難辨。美國人權律師路易斯·庫特納 (Luis Kutner) 在1967年首次提出預設醫療指示的概念，提倡病人應提前以書面形式表明願意接受治療的程度，從而保障病人權益。²而以「我拒絕哪些治療？」為重心的預設醫療指示，亦漸漸發展出關注「什麼對我的生活和照顧最為重要？」的預設照顧計劃。世界衛生組織在2023年發表紓緩治療的最新定義，更首次形容為病人提供以人為本的紓緩治療是一項普世道德責任，適用對象亦由「生命受限疾病」 (life-limiting illness) 擴展至「嚴重健康相關的痛苦」 (serious health-related suffering)，並從專科療護應用到所有層級的護理。

1960年代，當代生死學及生死教育萌芽，成為一門廣闊、跨學科的學問，涵蓋所有與死亡相關的課題，例如死亡、瀕死、哀傷等，幫助人從死看生——凝視死亡，學會人生。1969年，精神科醫生伊莉莎白·庫伯勒-羅斯 (Elisabeth Kubler-Ross) 出版《論死亡與臨終》 (On Death and Dying)，書中她探討人們面對死亡的心理過程，對於生死教育和臨終關懷有著深遠的影響。

A Glimpse into Modern Life and Death Care: Humanistic Concern, Human Rights, and Life

The practice of modern end-of-life care (EOLC) stems from a profound sense of humanistic concern. In 1967, Dame Cicely Saunders—who was a physician, nurse, and social worker—established the world's first modern hospice in London. She emphasized "Total Pain" management through holistic care, focusing not only on physical symptom control but also on psychological, social, and spiritual needs. This approach allows patients to complete their life journey with dignity and love. This humanistic spirit later inspired Dr. Balfour Mount, a young surgical urologist, to establish a specialized ward for terminal patients at the Royal Victoria Hospital in Montreal, Canada, in 1975. He named it the "Palliative Care Unit," derived from the Latin word *palliare* (to cloak or cover flaws), implying the alleviation and easing of suffering.¹

As medical technology advances, life extension has become possible, yet it brings the dilemma of "over-medicalization"—the line between saving a life and prolonging suffering has become increasingly blurred. In 1967, American human rights lawyer Luis Kutner first proposed the concept of "Advance Directives," advocating that patients should indicate their preferred level of treatment in writing to protect their rights.² Over time, Advance Directives, which once focused on "Which treatments do I refuse?", have evolved into Advance Care Planning (ACP), which asks "What matters most to my life and care?". In 2023, the World Health Organization (WHO) updated its definition of palliative care, describing the provision of people-centered palliative care as a universal ethical responsibility. The scope of care has expanded from "life-limiting illness" to "serious health-related suffering," extending from specialized care to all levels of healthcare.

In the 1960s, contemporary Thanatology and Life and Death Education began to bud as a broad, interdisciplinary field covering all death-related topics, such as dying and bereavement. It helps people "look at life through the lens of death"—to gaze at death and learn about life. In 1969, psychiatrist Elisabeth Kübler-Ross published *On Death and Dying*, exploring the psychological stages of facing death, which had a profound impact on life education and hospice care.

1. Olson, I. (2025, February 3). Dr. Balfour Mount, 'father of palliative care,' dead at 85. CBC News. <https://www.cbc.ca/news/canada/montreal/balfour-mount-death-palliative-care-1.7648430>
2. Sabatino C. P. (2010). The evolution of health care advance planning law and policy. *The Milbank quarterly*, 88(2), 211–239.
3. International Association for Hospice and Palliative Care. (n.d.). Palliative care - 1990, 2002 and 2023 WHO definitions. *Pallipedia*. <https://pallipedia.org/palliative-care-1990-2002-and-2023-who-definitions/>

紓緩治療：是綜合及以人為本的健康服務重要的組成部分。減輕「嚴重健康相關的痛苦」，不論是身體、心理、社交還是靈性的痛苦，都是一項普世道德責任。因此，無論是心血管疾病、癌症、主要器官衰竭、耐藥結核、嚴重燒傷、末期慢性疾病、急性創傷、極早產還是極度虛弱的老年人，紓緩治療可能是必需的，並且必須在所有層級的護理中可用。³

香港的生死關懷

簡略回顧近代生死關懷的發展歷史，不難看見：生死關懷揉合了人文與靈性的關懷、人權與尊嚴的維護、人生與死亡的反思；只有正視死亡、瀕死、失落並提供相關的照顧，我們才能在死亡的必然中，守護生命的尊嚴與整全。

香港的生死關懷服務，若以 1967 年南朗醫院的成立作為起點，⁴ 至今已有 60 年歷史。生死關懷亦從醫療護理界別，漸漸擴展至社會服務、文化教育等範疇。過去 10 年在賽馬會安寧頌的全力推動下，社區及安老院舍安寧照顧有著突破性的發展。2024 年 6 月相關法例修訂後，所有安老及殘疾人士院友都已能夠「在居處離世」。2024 年 11 月通過的《維持生命治療的預作決定條例》亦為「預設醫療指示」和「不作心肺復甦術命令」賦予了明確法律地位，更全面保障病人自主權，有助促進晚期照顧。社會各界比以往更開放談論生死，這對正面對嚴重人口高齡化的香港社會來說，不僅是彌足珍貴的轉變，更是刻不容緩的必要。

E.M.P.A.T.H. 生死關懷服務全貌

然而，生死關懷是一個龐大而複雜的領域，橫跨不同年齡層、健康階段和病類，更涉及多個專業與服務，不同概念既相近又相異，因此容易讓人感到混亂。在此，筆者希望透過「E.M.P.A.T.H. 生死關懷服務全貌」建立一個清晰、具結構的框架，讓業界同工與社會大眾都能更容易理解生死關懷服務的全局。除了幫助業界理解各自定位、互相協作補足，亦讓大眾明白生死關懷服務發展至今，已不限於醫療護理，更是一段跨領域合作、全社區的關懷。

Palliative care: a crucial part of integrated, people-centered health services. Relieving serious health-related suffering, be it physical, psychological, social or spiritual, is a global ethical responsibility. Thus, whether the cause of suffering is cardiovascular disease, cancer, major organ failure, drug-resistant tuberculosis, severe burns, end-stage chronic illness, acute trauma, extreme birth prematurity or extreme frailty of old age, palliative care may be necessary and must be available at all levels of care.³

Life and Death Care in Hong Kong

Reviewing the development of modern life and death care, it is clear that this field integrates humanistic and spiritual concern, the protection of human rights and dignity, and reflections on life and death. Only by boldly facing death, dying, and loss can we safeguard the dignity and integrity of life within the inevitability of death.

Hong Kong's journey in this field began nearly 60 years ago with the establishment of Nam Long Hospital in 1967.⁴ Since then, care has expanded from the medical and nursing fields to social services and education. Over the past decade, the "Jockey Club End-of-Life Community Care Project" (JCECC) has driven breakthrough developments in community and residential care home EOLC services. Following legislative amendments in June 2024, residents of elderly and disability care homes can now choose to "Dying in Place." Furthermore, the *Advance Decision on Life-sustaining Treatment Ordinance*, passed in November 2024, granted clear legal status to "Advance Medical Directives" (AMD) and "Do-Not-Attempt Cardiopulmonary Resuscitation" (DNACPR) orders. This further protects patient autonomy and facilitates better EOLC. Society is now more open to discussing life and death—a precious and necessary shift for Hong Kong's rapidly aging population.

E.M.P.A.T.H.: The Full Picture of Life and Death Care Services

However, life and death care is a vast and complex field spanning different ages, health stages, and illnesses. It involves multiple professions and overlapping concepts, which can be confusing. To address this, I have established a structured framework—E.M.P.A.T.H.—to help colleagues and the public understand the global picture of these services. This framework clarifies professional positioning and fosters collaboration, illustrating that life and death care is a cross-disciplinary, community-wide mission.

4. 1963年，何鴻超教授創立香港防癌會，致力於癌症的早期診斷和研究。他與友人籌建香港首間癌症南朗醫院於1967年開始運作。位於黃竹坑的南朗醫院，除了提供癌症治療，亦是香港最早期專門接收末期癌症病人的醫院。醫院於1991年由醫院管理局接管，並於2003年12月因醫院管理局政策改變而被關閉。

In 1963, Professor Ho Hung-chiu founded The Hong Kong Anti-Cancer Society. He helped establish Nam Long Hospital, Hong Kong's first cancer hospital, which began operations in 1967. Located in Wong Chuk Hang, it was one of the earliest hospitals dedicated to terminal cancer patients. It was taken over by the Hospital Authority in 1991 and closed in December 2003 due to policy changes.

筆者選用英文縮寫 E.M.P.A.T.H.，不僅能串連教育、規劃、紓緩、照顧、過渡與善別等服務範疇，「Empath」同時解作富有同理心的人。這提醒我們要以同情共感的愛為核心，攜手打造一個尊重生命、接納死亡，擁抱善終善別文化的城市。E.M.P.A.T.H. 所指的是六個生死關懷的服務範疇：

- ✧ **Education(教育)**：普及生死教育以提升全社會的生死素養 (Death Literacy)，對象涵蓋公眾、學生及專業人員。同時，應在醫護、社工及教師的基礎及專科培訓中，深化生死議題元素。
- ✧ **Mapping(規劃)**：預設照顧計劃及「平安三寶」(預設醫療指示、持久授權書、遺囑)都是生命管理及規劃的重要環節。這並非晚期病患者的專利，健康人士及長期病患者亦需及早思考。不少人對實踐規劃感興趣，但何時開始規劃、誰可提供支援、如何確保規劃過程的質素等，都是下一步要解決的問題。

E.M.P.A.T.H. 生死關懷服務全貌 Full



The acronym **E.M.P.A.T.H.** connects various service domains, and the word "Empath" refers to a person with a deep capacity for empathy. This serves as a reminder that compassionate love must be our core as we build a city that respects life, accepts death, and embraces a culture of "dying well and grieving well."

The six domains of **E.M.P.A.T.H.** are:

- ❖ **Education:** Promoting life and death education to enhance death literacy across society, targeting the public, students, and professionals. It also involves deepening the life-and-death elements in the training of healthcare workers, social workers, and teachers.
- ❖ **Mapping:** Life management and planning, including ACP and the "Three Instruments of Peace" (AMD, Enduring Power of Attorney, and Will). This is not just for the terminally ill; healthy individuals and those with chronic illnesses should also plan early. Many people are interested in practical planning, but questions regarding when to start, who can provide support, and how to ensure the quality of the discussion process are the next hurdles to overcome.

Landscape of Life and Death Care Services



- ◆ **Palliation(紓緩)**：提供紓緩服務旨在減輕病者痛苦及維護生命尊嚴。除了專科紓緩治療，亦要將有關理念及技術普及化，使老人科、腫瘤科、家庭醫學及普通科醫生均能參與其中、提供基礎紓緩治療。
- ◆ **Attending(照顧)**：針對嚴重疾病及晚期病者的全人需要，推動涵蓋身體、心理及實務的照顧服務，包括寧養院、安老 / 殘疾人士院舍及家居照顧等。「規劃」、「紓緩」與「照顧」三者環環相扣，是強化醫社合作的核心領域。
- ◆ **Transition(過渡)**：病者離世後的程序優化及殯葬安排，直接影響家屬的哀傷歷程。此外，醫院及公眾殮房的使用政策，亦是「在居處離世」能否普及的關鍵因素。
- ◆ **Holding(善別)**：支持家屬的哀傷調適，促進大眾對「失落」的理解與接納，締造哀傷友善的文化。

E.M.P.A.T.H. 每一範疇既獨立，卻又彼此緊密相連。這正好提醒我們，整全的生死關懷服務的建立，有賴醫療、社會服務、心理、教育，以至文化、傳媒、學術、宗教、政府、法律、保險、殯儀等領域的團結協作，才能真正實踐「以人為本」的理念，讓每個生命旅程都被尊重與善待。讓我們一起「用愛擁抱生命旅程」。

（本文修訂自筆者於 2025 年 10 月 14 日 JCECC International Conference 2025 Pre-conference Workshop 上的分享）

- ❖ **Palliation:** Providing services to alleviate pain and maintain dignity. Beyond specialized palliative care, we must mainstream these concepts so that geriatricians, oncologists, and family physicians can all participate in providing Generalized Palliative Care.
- ❖ **Attending:** Addressing the holistic needs of those with serious or terminal illnesses. This involves developing physical, psychological, and practical care services, including hospices, residential care homes, and home-based care. Mapping, Palliation, and Attending are the core pillars of closer medical-social collaboration.
- ❖ **Transition:** Optimizing post-death procedures and funeral arrangements, which directly impact the bereavement journey of family members. Hospital and public mortuary policies are also key to making "Dying in Place" more accessible.
- ❖ **Holding:** Supporting family members in their grief adjustment and promoting social understanding of "loss" to create a Grief-Friendly Culture.

Each domain of E.M.P.A.T.H. is independent yet intrinsically linked. This reminds us that a holistic service relies on the unity of healthcare, social services, education, media, religion, law, and the funeral industry. Only through collaboration can we practice a "people-centered" philosophy, ensuring every life journey is treated with respect and kindness. Let us "Embrace the Life Journey with Love."

(This article is revised from the author's sharing at the JCECC International Conference 2025 Pre-conference Workshop on October 14, 2025.)



陪伴的力量——專訪動物醫生 Goofy & Angela

The Power of Companionship - Interview with Doctor Pet Goofy & Angela

訪問及撰文：余欣恩女士（服務主任）、黃少清女士（院友聯絡主任）

Interview & written by:

Ms Yan Yu (Service Administration Officer)

Ms Joanne Wong (Client Liaison Officer)



每年 10 月 4 日是世界動物日 (World Animal Day)，根據維基百科記載，這一天是為了紀念義大利傳教士聖方濟各，以及他所倡導的理念——「向獻出愛心、陪伴人類的動物們致謝」。

在寧養院，動物醫生非常受院友歡迎。Angela 是動物醫生 Humpty 和 Goofy 的主人，與他們一起到寧養院探訪已有十多年。她接受本院訪問，與我們分享一路上許多動人經歷。

1. Angela 參與「動物醫生」的服事有多久？

當初是怎樣開始的？

我從 2006 年開始參與動物醫生服事，至今已經 20 年。最初陪同我的並非現在的高飛 Goofy，而是我第一隻狗狗 Humpty。當時是一位朋友邀請我探訪，他的狗狗也是動物醫生。其後我也開始養 Humpty，朋友覺得牠有潛質成為動物醫生，我便替牠申請。結果 Humpty 真的考上了，從此展開我們的探訪之旅。Humpty 離世後，我收養了 Goofy，牠同樣成為動物醫生，繼續這份有意義的使命。



Every year, 4 October marks World Animal Day. According to Wikipedia, this day commemorates Saint Francis of Assisi, an Italian missionary, and the values he championed – “giving thanks to animals that offer love and companionship to humankind.”

At the hospice, Doctor Pets are especially popular among residents. Angela, the owner of Doctor Pets Humpty and Goofy, has been visiting the hospice with them for over ten years. In this interview, she shares many touching experiences from her long journey of service.

1. How long have you been involved in the Doctor Pet service? How did it begin?

I started serving as a Doctor Pet volunteer in 2006, which means it has been 20 years. At the beginning, it wasn't Goofy but my very first dog, Humpty, who accompanied me. A friend once invited me to join a visit - their dog was also a Doctor Pet. Later, when I adopted Humpty, my friend felt he had the right temperament to become a Doctor Pet, so I applied for him. Humpty successfully passed the assessment, and that was how our visiting journey began. After Humpty passed away, I adopted Goofy, who also became a Doctor Pet, continuing this meaningful mission.

2. 要成為「動物醫生」，需要甚麼條件？

需通過考試。因動物醫生參與探訪時也會遇到其他的動物醫生如貓、狗、兔等，所以牠們必須能與陌生動物和平共處，也不抗拒陌生人，接受觸摸。通過考試後，亦需要接受獸醫的評估，包括身體檢查和性格評核。因此並非所有寵物都適合作為動物醫生。

動物醫生的主人亦需要完成培訓課程了解如何進行探訪。課程結束後，主人便可以跟動物醫生一起展開為期六個月的實習，地點可由主人選擇，例如老人院、復康中心、療養院等，以找出最適合的服務對象找出最適合的服務對象。

動物醫生每年須達到一定探訪次數，並需接受年度評核以維持資格。每次探訪都會由一位領隊義工帶領，他們除了協助新的動物醫生適應，亦會觀察所有動物醫生的表現，提供回饋，幫助義工了解自己的動物醫生的表現。

3. Angela 是何時開始到寧養院探訪院友？你認為動物醫生對長者或晚期病人有什麼幫助？

我印象中已超過十年了。我認為動物醫生對長者及晚期病人真的有很大幫助，不只是我們義工自己親眼看到，很多時是由院友家屬告訴我們。在寧養院，體弱的院友較多，或需要較長時間休息，但每當動物醫生出現，這些院友便會精神起來，大家積極互動，充滿歡樂氣氛。院友每次都很期待我們下一次的探訪。

4. 請分享你在本院最深刻的體會或經歷。

早年我帶 Humpty 探訪時，發現部份院友不懂讀英文名字，因此我替 Goofy 改了中文名叫「高飛」。有一次來寧養院探訪，同工邀請院友讀出 Goofy 的名字，

每當動物醫生出現，這些院友便會精神起來，大家積極互動，充滿歡樂氣氛。

Whenever Doctor Pets arrive, their spirits are lifted. They become more engaged, the atmosphere brightens, and there is shared joy.

2. What are the requirements for becoming a Doctor Pet?

Doctor Pets must first pass an assessment. During visits, they may encounter other Doctor Pets - such as cats, dogs, or even rabbits - so they need to be comfortable with unfamiliar animals, unafraid of strangers, and willing to be touched. After passing the assessment, they must also undergo a veterinary evaluation, including a physical check and temperament assessment. This means that not every pet is suitable to become a Doctor Pet.

In addition, owners are required to complete training courses to learn how visits are conducted. After training, the owner and Doctor Pet begin a six-month practicum, which may take place in elderly homes, rehabilitation centres, or nursing homes, allowing them to identify the most suitable service setting.

Doctor Pets must complete a required number of visits each year and undergo annual evaluations to maintain their qualification. Each visit is led by a volunteer team leader, who helps new Doctor Pets adapt, observes their performance, and provides feedback to owners.

3. When did you start visiting residents at the hospice, and how do Doctor Pets help elderly or terminally ill patients?

If I remember correctly, it has been over ten years. I truly believe Doctor Pets bring tremendous help to elderly and terminally ill patients. This is not only what we volunteers observe ourselves - very often, family members

tell us how much difference these visits make. Many residents at the hospice are frail or require long periods of rest, but whenever Doctor Pets arrive, their spirits are lifted. They become more engaged, the atmosphere brightens, and there is shared joy. Residents always look forward to our next visit.



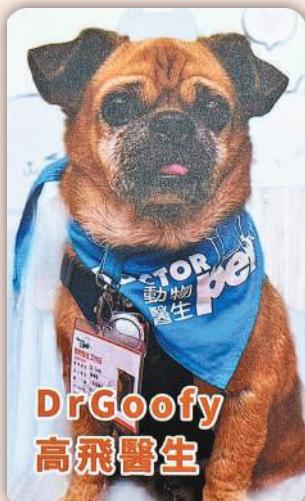
院友喜見 Angela 及 Goofy，並送上親自製作的感謝咁，以示謝意。

Residents were delighted to meet Angela and Goofy, and presented them with handmade thank-you cards as a gesture of gratitude.

院友笑著說：「高飛醫生，是高醫生啊！」。自此，Goofy 便多了一個稱呼叫「高醫生」。

5. 不時看到你們在 Facebook 帖文懷念離世動物醫生，其實在參與動物醫生，或服務晚晴院友的過程中，有沒有因此對生命或生死教育有新的體會？

事實上，如果自己不是參與了動物醫生這個義務工作，也不會有機會接觸那麼多晚期病人。每次探訪，我有機會接觸不同年齡的病人有小孩，亦有晚期病人。見證不同生命階段，也得到不同啟發。而動物醫生的壽命本就比人短，這也提醒我要珍惜與牠們一同去探訪的機會。



Dr Goofy 高飛醫生

花名：高醫生、少爺仔

品種：八哥混種犬

性別：男

生日：2012年12月26日

性格：文靜、傻傻的

志願：做個好醫生

夢想：做影帝

4. Please share your most profound experience or memory at our hospice.

At my early visits with Humpty, I noticed that some residents could not read English names, so I gave Goofy a Chinese name: 高飛 (Ko Fay). During one visit, a staff member invited a resident to read Goofy's name. The resident smiled and said, "Doctor Ko – It's Doctor Ko!" From that moment on, Goofy gained a new nickname: " 高醫生 (Doctor Ko)".

5. We can often see Facebook posts remembering Doctor Pets who have passed away. Has this service changed how you view life and death?

Honestly, if I had not joined the Doctor Pet volunteer service, I would never have had the chance to meet so many terminally ill patients. Each visit allows me to encounter people at different stages of life - children, adults, and those nearing the end of life. Every stage offers a different lesson. Doctor Pets also have much shorter lifespans than humans. This constantly reminds me to cherish every opportunity we have to serve together.

6. 你已服事 20 年，最推動你繼續走下去的是甚麼？

每當看到狗狗與院友建立關係，由起初的害怕到慢慢熟悉、甚至主動擁抱，那份互動的信任與喜樂，是我持續的動力。事實上，要「老友記」每次在探訪的一兩小時內，重新認識新的動物醫生 並不容易，所以 我會盡量固定探訪同一 機構，讓院友與動物醫生之間建立熟悉感與連結讓院友知道有我們陪伴他們，為他們加油！這樣的持續探訪，轉眼便是 20 年！

後記：

香港人生活節奏急促，但 Angela 能堅持 20 年參與「動物醫生」義務工作實在難能可貴。衷心感謝所有動物醫生義工與愛寵的無私付出，將愛與陪伴帶入院舍，為長者與病人帶來笑容與溫暖。願每位可愛的「動物醫生」都身體健康，繼續走訪不同地方，發放愛與正能量！

6. After 20 years of service, what keeps you going?

What motivates me most is seeing the bond that forms between the dogs and the residents - from initial hesitation, to familiarity, and eventually even to spontaneous hugs. That trust and joy are deeply moving.

It is not easy for elderly residents to become familiar with new Doctor Pets within just one or two hours, so I try to visit the same institutions consistently, allowing relationships to grow over time. I want residents to know that we are there to accompany them and cheer them on.

This kind of steady companionship - before I knew it - has become 20 years.

Postscript

Life in Hong Kong moves at a fast pace, making Angela's 20 years of commitment to Doctor Pet volunteer service especially admirable. We sincerely thank all Doctor Pet volunteers and their beloved animal partners for their selfless dedication - bringing love, companionship, smiles, and warmth into care homes.

May every precious Doctor Pet stay healthy and continue visiting different places, spreading love and positive energy wherever they go.



當梁智達醫生遇上高飛醫生
When Dr Antony Leung met Dr Goofy

社聯生死教育關懷友善雙週 2025 Compassionate Fortnight 2025

@ 香港社會服務聯會

The Hong Kong Council of Social Service



a. 司務道寧養院紓緩治療講座暨開放日
Sister Annie Skau Holistic Care Centre
Palliative Care Talk cum Open Day



社聯生死教育關懷友善雙週 2025

Compassionate Fortnight 2025

@ 香港社會服務聯會 The Hong Kong Council of Social Service



b. 紓緩治療睇真 D
Take a closer look to Palliative Care



c. 聖約翰座堂生死遊蹤
St John's Cathedral :
A Journey Through Life and Death

生死教育講座 Life & Death Education Talk

1. 賽馬會安寧頌國際會議 2025
JCECC International Conference 2025
i) 社區參與：如何啟動倡議安寧照顧
Community Engagement :
How to take in Action to Advocate EoLC
ii) 社區中的安寧照顧晚期病人在家照顧和在居處離世
EoLC in the Community:
Die at Home and RCHEs



2. 「無常 · 有序」堂會生死教育分享會
"Impermanence · Order" :
Promoting Life and Death Education in Church
寧養院、澳洲康恩關懷中心及香港浸信會神學院信徒神學教育部聯合主辦
Co-hosted by Sister Annie Skau Holistic Care Centre - CanCare Centre
& Hong Kong Baptist Theological Seminary Lay Theological Education Program



院校授課 Tutorial at Institution

臨終關懷與紓緩治療
End-of-Life and Palliative Care
@ 香港浸信會神學院信徒神學教育部
基督教生死教育證書課程
Hong Kong Baptist Theological Seminary
Lay Theological Education Program :
Certificate in Life and Death Education



參觀 / 協作會議 Visit / Collaboration meeting



2. 香港護理及衛生管理學院
Hong Kong College of Nursing
and Health Care Management

1. 參觀香港癌症基金會
Visit Hong Kong Cancer Fund



牧關崇拜 Pastoral Care Service

- 基督教恩臨堂
Amazing Grace Christian Church
- 中國佈道會九龍灣萬善堂
Evangelize China Fellowship Kowloon Bay Maan Shin Church
- 柴灣浸信會
Chai Wan Baptist Church



第一期擴建計劃進度

感謝神保守寧養院新大樓的上蓋工程已於 2025 年 10 月 2 日 (四) 正式開展。求主保守施工順利及安全，使新大樓能如期於 2027 年底落成，2028 年第二季投入服務。求主供應計劃所需的額外資金，以支持第一期「安寧療護大樓」的興建，以及第二期華永樓的翻新及司務道樓改建為員工宿舍的計劃。

Phase I Extension Project Progress

We give thanks to God for His gracious protection as the superstructure works of the new hospice building officially commenced on Thursday, 2 October 2025. We pray for safety and smooth progress throughout the construction, so that the building may be completed as scheduled by the end of 2027 and begin service in the second quarter of 2028.

We also pray for the Lord's provision of the additional funding required to support Phase I – the Hospice Care Block, as well as Phase II projects – the renovation of Wah Wing Block and the conversion of Sister Annie Skau Block into staff dormitories



社區參與

感謝主，「無常 · 有序一堂會生死教育分享會」已於 2025 年 12 月 11 日順利舉行，當天共有 190 位牧者及主內同道參與，坐無虛席。求主繼續使用寧養院的生死教育及晚晴關懷培訓事工，能更深入與眾教會同行，攜手共建「慈憐關愛教會」(compassionate church)。

Community Engagement

Thanks be to the Lord, the sharing session "Impermanence · Order" : Promoting Life and Death Education in Church" was successfully held on 11 December, 2025, with the participation of 190 pastors and fellow believers, filling the venue to capacity. We pray that God will continue to use the hospice's life-and-death education and evening-life pastoral care training ministries, enabling deeper partnership with churches as we walk together to build Compassionate Churches.



全新套式服務

寧養院致力推廣「醫養結合」的服務理念，並於 2025 年 11 月推出了「安居頤養長期護理套式服務」 Long Term Care Package (LTCP) Service，求主幫助新的套式服務能有效推廣，配合慶祝寧養院邁向 20 周年紀念而特設的優惠計劃，幫助更多需要長期護理的長者，同時提升司務道樓的入住率。

New Service Package

The Hospice remains committed to promoting the concept of "integrated medical and elderly care". In November 2025, we launched the "Long Term Care Package (LTCP) Service", designed to provide comprehensive and continuous care for seniors. We pray that this new service will be well received and effectively promoted. Together with the special offers introduced in celebration of the Hospice's upcoming 20th Anniversary, may this initiative help more seniors in need of long-term care, while also enhancing the occupancy of Sister Annie Skau Block.

優化工作間

為配合同工人手增聘及善用空間，兩樓均正在進行裝修及重新調配，求主保守工程順利完成，讓同工在優化的工作間有效工作。亦記念護理同工及行政部新崗位的招聘，求主感動合適的人加入寧養院大家庭。

Office Renovation

To support staff expansion and make better use of space, renovation and reallocation works are currently underway in both buildings. We pray for the smooth completion of the project, so that our colleagues may serve effectively in an improved working environment. We also remember the recruitment of nursing staff and new administrative positions, asking the Lord to lead the right people to join our family.



靈實慈善行 2025-26

「靈實慈善行 2025-26」將於 2026 年 3 月 7 日假清水灣鄉村俱樂部舉行，為寧養院籌款。求主賜負責同工有慎密的心思及智慧安排，有效宣傳吸引更多善長參與或捐款支持。

Haven of Hope Charity Walk 2025-26

The "Haven of Hope Charity Walk 2025-26" will be held on 7 March, 2026, at Clearwater Bay Golf & Country Club to raise funds in support of the hospice. We pray that God will grant the organizing team wisdom and careful planning, and that effective promotion will encourage more supporters to join the event or support it through donations.



捐款表格 Donation Form

盼望得到您的支持，讓我們能為院友及家屬提供全人生命晚期照顧、長者復康治療及優質療養/長期護理照顧服務，一起攜手「用愛擁抱生命旅程」。

We need your support in order to provide holistic end-of-life care, specialist geriatric rehabilitation service and quality infirmary/ long-term care. Let's join hands to "Embrace Life Journey with Love".

按月捐款 Monthly donation 一次性捐款 One-off donation (請在適當方格內加 "✓")

\$150 \$500 \$1,000 \$2,000 \$5,000 其他 Others : _____

上述捐款有指定用途 Designated purpose of Donation

寧養院擴建計劃 SASHCC – Extension Project 夾心階層安寧療護病床計劃 SCB Programme

慈惠安寧療護病床計劃 RCS Beds Programme 其他，請註明 Other, please specify : _____

捐款方法 Donation Method

- 劃線支票 Crossed Cheque : 祈付 Payable to "Haven of Hope Christian Service"
- 直接存入戶口 Direct Debit : 匯豐銀行 HSBC 848-175063-292
- 轉數快 FPS : 匯豐銀行 HSBC 110649647
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VISA MasterCard American Express

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持卡人簽署 : _____

Authorized Signature :

請將支票或銀行入數收據連同填妥之表格寄回：新界將軍澳靈實路 19-21 號或傳真至 2703 5575 或電郵 sashcc@hohcs.org.hk 。

Please send cheque or deposit slip together with completed donation form to: 19-21, Haven of Hope Road, Tseung Kwan O, N.T. or by Fax: 2703 5575 or Email : sashcc@hohcs.org.hk

*捐款人資料 Donor's Details

姓名 Name : _____ 聯絡電話 Telephone No. : _____

電郵 Email Address : _____

如要索取收據 (HK\$100 或以上)，請填寫地址：

Please provide address if receipt is required (for HK\$100 or above) :

*為必須填寫的項目，以便用作印發捐款收據之用 All fields are required to be filled in for issuing donation receipt.

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基督教靈實協會（下稱靈實）尊重閣下所提交的個人資料，您所提供的個人資料只限用於靈實發出捐款收據、通訊、籌募經費及收集捐款者意見之用。在未得您的事先同意前，我們不會向其他人士或機構披露所收集的個人資料。靈實並會確保所有個人資料都根據《個人資料(私隱)條例》所載的規定妥善保存及使用。如閣下需要查閱或修正您的個人資料，請在辦公時間內致電 2703 3000，電郵至 sashcc@hohcs.org.hk 或致函至香港九龍將軍澳靈實路 19-21 號與本院行政部聯絡。

Haven of Hope Christian Service intend to use your personal details for our communication in future, including issuing donation receipt, passing information, fundraising work and conducting donor surveys or research. We will not provide your personal data to third parties without your consent. We are committed to protecting the privacy, confidentiality and security of the personal information we hold by complying with the requirements of Personal Data (Privacy) Ordinance with respect to the management of personal information. If you wish to access or correct your personal data, please contact SASHCC at 2703 3000, or sashcc@hohcs.org.hk or 1/F, 19-21 Haven of Hope Road, Tseung Kwan O.

本人同意基督教靈實協會及其服務單位使用本人之個人資料傳遞服務通訊、活動宣傳、發出捐款收據及慈善籌款募捐之用。I agree to the proposed use of my personal data by Haven of Hope Christian Service and its service units for service communication, event promotion, donation receipt and charitable fundraising purposes.

HCC_NEW_2601

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(v202502)

靈實司務道寧養院乃一所非牟利、自負盈虧的院舍，秉承靈實創辦人司務道教士的宗旨「尊重生命·改變生命」，為體弱長者、長期病患者及晚晴病人提供整合性的醫療護理、復康和靈性關懷的全人照顧。透過跨專業的醫護團隊和完善的配套設施，在清幽的環境中，我們致力於與院友及家屬「用愛擁抱生命旅程」，確保院友在面對身體機能衰退乃至生命晚期時，仍能獲得適切的治療、有尊嚴的照顧和心靈的平安。

Haven of Hope Sister Annie Skau Holistic Care Centre (SASHCC) is a non-profit, self-financing hospice. Upholding Sister Annie Skau's mission of "Respecting Life · Impacting Life," the Centre is dedicated to providing holistic and integrated medical and nursing care, rehabilitation and spiritual support for the frail elderly, chronically ill, and those at the end of life. With our trans-disciplinary healthcare team and comprehensive facilities in a serene environment, we are committed to working hand in hand with our patients and their loved ones to "Embrace Life Journey with Love." We strive to bring comfort, dignity, and peace to patients facing frailty, organ failure and even death.

(本通訊內的院友故事及相片均已徵得院友家屬允許使用)
(All photos and stories published in this newsletter have been consented by patients' family)

靈實司務道寧養院

Haven of Hope Sister Annie Skau Holistic Care Centre

香港新界將軍澳靈實路十九至廿一號
19-21, Haven of Hope Road, Tseung Kwan O,
New Territories, Hong Kong

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