



SAINT BARNABAS' SOCIETY AND HOME

聖巴拿巴會之家

21 Fung Mat Road, Western District, Hong Kong
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<http://www.facebook.com/dwelling.place?sk=timeline>

第九期通訊(2013年7月至9月)

Newsletter Issue 9 (July to September 2013)

修飾儀容、重拾尊嚴 Polish the Appearance and Regain Self-dignity

你有沒有想過儀容對我們的重要性嗎? 尤記得聖經中在格拉森被鬼附的人, 他蓬頭垢面, 沒穿衣服, 活在魔鬼的操控下及耶穌如何拯救他的故事。這使我想到了精神抖擻及整潔的外貌是不容忽視的。事實上, 煥發的面容, 可予人有活力與健康的形象, 使自己也覺年輕, 人也越來越積極。

人若因貧窮或年老體弱, 行動不便, 而不能到理髮店理髮時, 定會對生活失去動力, 更會疏於整理儀容, 導致頭髮亂生。再者, 因無力修飾儀表, 人會蓬頭垢面, 外表產生蒼老的感覺。試問, 若獨居貧窮老友記在暮氣沉沉境況下, 很可能失去生存的興趣, 在極端的情況下有著放棄生命的念頭。

本中心於七月十九日, 得到「香港髮型協會」施予援手, 運用剪髮技術, 用雙手再譜出老友記對生命的熱情, 替他們剪髮, 助他們回復昔日光采, 還他們精神奕奕的外表, 為他們驅走生命的灰暗感, 為他們增添自信及尊嚴。

一行八人的義工花了兩個多小時, 為三十八位老友記重燃希望。剪髮後, 每一個老友記都笑逐顏開, 重拾生命的動力。只要你有基本理髮工具、技術及經驗, 又不欲他們長髮蓬亂披肩、失去尊嚴, 現懇請你與本會聯絡。此間正有一群無助的老友記, 等待熱心的你前來相助。



Our Friend and the Hair Stylist.

Have you ever thought of the importance of appearance? I remember the bible story of a man who was possessed by devils at Gadarenes. He had a messy appearance and did not wear clothes. He was controlled by the devils and Jesus saved him. This makes me think that an energetic and tidy appearance is very important. In fact, if a person has a refreshing face, this will give others the impression of vitality, good health and a younger appearance, and also enable the person to be more enthusiastic about life.

If a person is poor, physically weak and unable to go to have a haircut, he may lose motivation in life and ignore his appearance. His appearance would be messy and would look older than his actual age. Our poor friends living alone in miserable conditions may lose interest in life. In extreme circumstances, they may even commit suicide.

The Hong Kong Association of Hair Design gave our friends a helping hand at our centre on July 19. They used their hair cutting skill to improve our friends' appearance. Our friends looked younger after the haircut. They regained their self-confidence and self-dignity. All the gloominess in life seems to have gone after the haircut.

A team of 8 volunteers spent about two hours to help 38 friends to renew their passion for life. Because of poverty, our friends cannot afford to have a haircut. After the haircut, all of our friends had a big smile on their faces and regained life motivation. If you had the tools, skill and experience of doing haircut, and do not want our friends to lose self-dignity due to messy hair, please contact our centre directly. Meanwhile, there is a group of helpless friends here waiting for your help!



Hair stylist and our friend. Our friend had a big smile on her face after haircut.

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。今年開設此計劃，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. Starting from this year, we have selected some of our friends to learn the flea removal skills. They help other friends to remove fleas in their rooms and the result is satisfactory. Besides, when they work, they can also earn some training allowance money. 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

We have launched the Sunday dinner project since 2012. This project has been warmly received. Our friends prepare food, cook and serve meals. They have been very 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.



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賣旗日義工參與

2013年12月21日(星期六)是我們的賣旗日，歡迎您們的參與和支持！只要是14歲或以上，又想為我們出一分力的街坊朋友就可以參加，而家長也可帶同小朋友一同參與作為親子義工，義工於完成賣旗後可獲發証書。如有興趣參與，請致電2548 9056與韓小姐聯絡或致電郵到enquiries@sbs.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取貨或運送時間。我們現在特別需要以下物品：
波鞋 / 拖鞋 / 男裝腰帶 / 新男裝內褲 / 新黑色襪子 / 雨傘 / Box files / 大型儲物箱 / 米 / 飲品

捐款

捐款可在支票抬頭寫上“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)

Volunteers Involvement on Flag Day

*** December 21 2013(Saturday) is our Flag Day. If you are over 14 years old, you can come and support us. If you are parents, you can pair up with your children to sell flags. You would receive a certificate after the service. For those who are interested, please contact Ms Hon at 2548 9056 or send e-mails to enquiries@sbs.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 pick-up or drop-off time.
We are currently in need of the following:

Sports Shoes / Slippers / Man's Belts / New Man's Underwear / New Black Socks / Umbrellas / Box Files / Large Storage Boxes / Rice / Beverages

Monetary Donations

You can make monetary donations to us by sending a crossed cheque payable to "St. 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.)

會友的故事

大家好，我是李嘉兒。

今年在香港教育學院就讀一年級，主修小學常識科。不經不覺在聖巴拿巴會之家當義工的日子已有三個多月了！回想起第一次當義工的服務內容便是外展探訪，便倍感壓力。因為我從來沒有當義工的經驗，加上對露宿者和住在「板間房」的居民的認知亦不多，故對外展探訪這種面對面的直接探訪形式深感不安。然而，所探訪的露宿者和低下階層人士對我們十分友善。雖然大家只是第一次見面，但他們亦會與我們閒聊，令我們不會出現「尷尬」的場面。

經過這幾個月以來數次的外展探訪，我有了不少的體會。從前我總會凡事怨天尤人，如不滿意狹隘的居住環境、碰上不愛的餸菜便不吃，有時更會吃剩很多飯餸。然而，香港有很多低下階層的市民並無安逸的居所，一家多口只能擠在五+尺的「板間房」中，更甚者因未能承擔昂貴的租金而露宿街頭，成為露宿者。

人，凡事應心存感恩之心，要知道一事一物均得來不易，要學懂珍惜和知足，方可獲得心靈上和物質上的滿足。同時，身為社會一份子的我們，應盡力留意和關心社會時事，向身邊的人伸出援手。



鍾芷欣和李嘉兒

大家好，我是鍾芷欣。

因為參加了學校(香港教育學院)所推行的服務考察交流團，令我有一個機會主動去認識聖巴拿巴會之家。我曾經都有當義工的機會，但是在聖巴拿巴會之家的經歷卻與我從前所嘗試的不同，我在聖巴拿當義工都接近3個月了，其中參與的有長者小組，外展探訪，星期六日的飯餐活動等等，透過眾多的活動中，我加深了對基層人士的了解。

在長者小組中，每一個星期都會與婆婆們接觸，向他們講解一些社會上的知識，和跟他們談談天等。最初其實有點害怕要面對不熟悉的婆婆們，幸好他們都非常的熱情，又很歡迎我們的前來，每次我們進行活動的時候都專心地聆聽和主動的發問，大家在過程中都有講有笑，我感到在長者小組中時間過得特別快。透過這個小組，我明白到長者們不需要什麼物質上的大享受，而是心靈上的慰問，獨居長者長時間一個人待在家中，其實只要有心人上前關懷愛護她們多些，她們便會很快樂，會知道自己的存在價值。

另外，在聖巴拿巴會之家所參與的外展探訪是我感到最深刻的部分，還記起第一次出外探訪的情況，我們探訪了天橋下的露宿者，當時是下著微雨的，而露宿者是睡在數張薄薄的垃圾膠袋上，位置仍是濕濕的。我真的第一次看到這類的情況，我不太相信香港這個繁榮的地方，在某街角會有那不起眼的一群，過著那悽慘的生活。我明白到不是所有的露宿者都是自步自棄的，他們有的仍想找尋工作，奈何是社會的資源不足。每次外展完結，心情是沉重的。如果我們有能力，不妨多些關心社會上弱勢的一群，向他們施於援手。我都非常感謝聖巴拿給予了我一個難忘的體驗。

(注意：上述表達的意見乃筆者的個人意見而非本會意見)

Our Friend' s Story

Hello! I am Lee Ka Yee.

I am studying year one at Hong Kong Institute of Education, majoring in General Studies of Primary Schools. I have served at St. Barnabas' Society and Home for three months. I remember the first time of my service was outreach visit. I had a lot of pressure as I was inexperienced and had little understanding of the poor living in wood partitioned rooms. I worried about how to handle the face-to-face contacts with them. However, streetsleepers and residents in wood partitioned rooms were very nice. Although this was my first encounter, they chatted with me happily and not letting me feel embarrassed.

I had learnt a lot from the outreach visits during these few months. In the past, I had a lot of complaints. For example, I would complain about the overcrowded living environment. I would refuse to eat food that I did not like. I would also have a lot of leftover food. However, after the visits, I realized that there were a lot of low income people with poor living conditions. Many families with a no. of members living in a fifty square feet wood partitioned room. The worst case would be those who could not afford high rent finally ending up sleeping on the street.

Therefore, we should have a thankful heart towards everything. We should learn to treasure everything and be content. Then we would be satisfied with what we have materially and spiritually. Being a member of the society, we should try our best to show more concerns towards social issues and give a helping hand to those in need.

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

Hello! I am Chung Tsz Yan.

Due to participating in the service exchange group of our school (Hong Kong Institute of Education), I have a chance to understand St. Barnabas' Society and Home. I had previous experience as a volunteer but my experience at St. Barnabas' Society and Home is different. I worked as a volunteer of St. Barnabas' Society and Home for three months. I helped the elderly group, outreach visits and the activities before Saturday dinners. Through all these activities, I had a better understanding of the poor people.

In the elderly group, I contacted the elderly every week. I introduced them social issues and chatted with them. At the beginning, I was afraid of facing the unfamiliar faces but as they were very enthusiastic and welcome us warmly, I felt time flew when they listened to us intently. They always took initiatives to raise questions. We laughed and talked. Through the small group activities, I understand that the elderly need other people's care and concern rather than material enjoyment. Those elderly living alone would feel very happy if someone shows them some love and care, and they would know their value of existence.

Besides, I was very impressed by the outreach visits. I remember the first time I visited a streetsleeper under a flyover. It was a rainy day and the streetsleeper slept on some thin plastic bags. The area where he slept was wet. This was the first time I came across such scene. I cannot believe that in a prosperous place like Hong Kong, there are still people leading such miserable lives in some obscure corners. I understand that not all streetsleepers have given themselves up. Some of them still look for a job. It is unfortunate that there are limited resources in the society. At the end of every outreach visit, I always had a heavy heart. If we can afford, we should show concern for the underprivileged group and give them a helping hand. I am grateful to St. Barnabas for giving me such an unforgettable experience.

服務報告(2013年7月至9月)

Service Report(July – September 2013)

人次 Headcount

| | |
|------------------------|---------------|
| 午膳 Lunch | 805 |
| 晚膳 Dinner | 4731 |
| 臨時住宿 Temporary Shelter | 332 |
| 聚會活動 Activities | 4665 |
| 外展服務 Outreach | 404 |
| 義工 Volunteers | 196 |
| 總數 Total | 11,133 |

Prayer Items

1. The 1/F and our backyard will undergo renovation. May God bless that we can have smooth operation.
2. Our Flag Day is on December 21. May God provide us with enough volunteers for flag sale.
3. There are a lot of school students serving as volunteers in summer. Thanks God for their serving heart.
4. The flea problem is very serious in wood partitioned rooms. May God use our flea removal project to remove all fleas.

活動剪影 Activities Snapshots



板間房滅蚤行動計劃於六月展開 (6/2013)
Flea Removal Project at wood partitioned rooms started in June. .



關愛病患基金有限公司義工和老友記合照(7/2013)
Love and Care for the Sick Foundation Limited volunteers took photos with our friends



基督教國際學校教職員清潔本中心 (8/2013)
International Christian School staff cleaned our centre



渣打銀行義工到板間房派月餅(9/2013)
Standard Chartered Bank volunteers handed out mooncakes. at wood partitioned rooms