



SAINT BARNABAS' SOCIETY AND HOME

聖 巴 拿 巴 會 之 家

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三十五期通訊(2020年1月至3月)

Newsletter Issue 35 (January to March 2020)

上帝保護我們免受冠狀病毒攻擊 God protects us from Coronavirus Attack

隨著最近的社會動盪和當前嚴重的病毒攻擊，我們的服務(例如“美膳傳情項目”)靈活地改為在社會動盪時期取餐盒而不是在大堂用膳。我們的中心從1月29日起關閉，在冠狀病毒情況下大部份服務暫停。

儘管我們的中心在1月底暫時關閉，我們的用餐服務和活動也停止，但我們的員工仍在輪流值班，在2月我們輪流在家及辦公室工作，向我們的老友記提供緊急且最大的支援。感謝不同的機構，教會和個人向我們中心捐贈乾糧，口罩，消毒產品和日用品馬。我們的大多數老友記都是弱勢社群，他們缺乏衛生防護知識。因此，我們的牧養團隊必須通過電話關懷或外展訪問，以口頭及書面形式，分發他們衛生包，宣傳抗疫消息。此外，由於食物短缺，我們的工作人員因應要求為他們提供了5天的食物。

在中心內，我們也採取所有可能的合理預防措施。自2020年1月29日起，我們每天清楚記錄所有預防措施，特別是在訪客到訪中心時。

感謝天父在這段時期保守了老友記健康及中心同工的安全。阿們!

With the recent social unrest and the coronavirus outbreak, our services such as Yummy Food and Love Delivery Project has to change to meal boxes pick-up instead of meal gathering at hall. Our centre was closed from Jan 29 and all services were temporarily suspended during the coronavirus outbreak.

Although our centre was temporarily closed by the end of January and our meal services and activities were suspended, our staff were on roaster to work at home and work at office in February to provide urgent and minimal support to our service users. Thanks to different organisations, churches and individuals for their donations of dried food, masks, sanitizing products and daily necessities to our centre. Most of our service users received low level of education and they did not have sufficient knowledge of hygiene protection. Therefore, our pastoral team have to promote the message on how to protect oneself from the coronavirus infection

orally over the phone, or through outreach visits and in written form packed in hygiene packages distributed to them. Besides, due to the suspension of meal services, our staff have provided them 5 days of food upon request.

Inside the office, we also did all possible reasonable precautions at centre all the time. Such measures have been carried out since Jan 29, 2020. In order to systematically record the evidence of our measures implementation, we document all our precaution measures in written record every day, particularly when there are visitors in our centre.

Thanks to Heavenly Father for keeping the friends' health and protecting the safety of our Center during this period. Amen!



各位親愛之老友記及讀者：

☺ 今期介紹的湯水，加入了能提升免疫力的紅蘿蔔，以及能增加免疫力的保健食品—雪耳；而栗子含有豐富的維生素C，與有潤肺作用的雪耳，一併放進水裏煮，成了在這乍暖還寒的日子裏，一道窩心又可以強身健體的食療湯水。今天起，除了洗手、戴口罩外，大家一起來動動身，動動手，煮個強身湯水，來好好保護/保重身體吧。



Dear Our Friends and Readers :

☺ The soup introduced in this issue adds carrots that can improve immunity, and fungus which are health foods that can increase immunity Chestnuts are rich in vitamin C, and fungus that has lung moisturizing effects. Put it into the water and boil it together. In this warm and cold day, a diet soup that can strengthen the body and keep fit. Starting today, in addition to washing your hands and wearing a face mask, everyone will start to move together, start with, cook a strong body of soup, and protect / take care of your body.

| <u>紅蘿蔔、栗子、雪耳湯</u> | <u>Carrots chestnuts fungus soup</u> |
|--|--|
| 功效: 提高免疫力，潤肺，增強身體和保持健康 | Efficacy: improve immunity, lung moisturizing, strengthening the body and keep fit. |
| 紅蘿蔔一條、栗子 10 粒、雪耳 5 塊。放入所有材料於一大鍋中，放八大碗水，煲半小時至一小時。 | One carrot, 10 chestnuts, and 5 fungus. Put all ingredients into a large pot, put eight bowls of water, and cook for half an hour to one hour. |



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

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

捐贈物資

如果你想捐贈一些物品，請先用電話或以電郵的方式聯絡我們安排運送時間。現在需



- 1) 食物: 完整密封包裝、有食物保質期標籤、距離食物保質期屆滿尚有半年或以上的米糧、罐頭(魚、豬、牛、雞、豆)、乾貨(餅乾)及奶粉。
- 2) 電器及衣物: 購置2年內產品，可安全、正常使用及性能良好的家庭電器(包括手提電話) / 全新清潔的衣服鞋襪。
- 3) 口罩和消毒產品

◦ Donation items

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

- 1) Food: Well-packed, with food nutrition labeling, and expired date (6 months or above) Food, Canned Food (Fish, pork, beef, chicken, beans) / Biscuits and milk powder.
- 2.) Electrical appliances, clothes: Purchased with 2 years, safety, normal functioning, electric appliances (including mobile phone) / new, clean clothes.
- 3) Masks and sterile products

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.)

我支持聖巴拿巴會之家服務，以幫助露宿者及貧困人士(弱勢社群)身心社靈全人關顧，重投社會。
Yes, I support St. Barnabas' Society and Home to help homeless persons & persons in poverty to reintegrate into the society.

一次性捐款 每月定額 童學會(Kids' Learning Club) 1/2/2020 賣旗(1/2/2020 Flag Day)

HK\$200 HK\$500 HK\$1,000 HK\$5,000 HK\$8,000 [約 85~100 名弱勢社群晚膳]

其他捐款金額 other amount HK\$ _____

(您的善款多一分一毫，皆可幫助他們 The more you donate, the more persons could be helped!)*

捐款方法 Donation Methods:

郵寄劃線支票到 香港郵政總局郵箱 3681 號 (抬頭請寫: 聖巴拿巴會之家)

Crossed Cheque (payable to Saint Barnabas' Society and Home) can be sent to
P.O. Box 3681, General Post Office, Hong Kong ; 或 or

直接存入聖巴拿巴會之家在渣打銀行的戶口 #447-1-008393-1

(請將收條連同此表格寄回或傳真: 2857-6575)。

direct transfer to the account of Saint Barnabas' Society and Home at
Standard Chartered Bank #447-1-008393-1

(Please send the bank pay-in slip together with this form to St. Barnabas' by mail or by fax at 2857-6575).

捐款人姓名(Donor Name): _____ 電郵(E-mail): _____

地址(Address): _____

聯絡電話 Contact Telephone: _____ WhatsApp: _____

老友記袁得蔭得救見證

我是袁得蔭，今年八十四歲，在晚年認識及相信主耶穌基督，並於去年十二月聖誕節前在聖巴拿巴會之家受洗及成為救恩堂的會友。

我認識聖巴拿巴會之家已有一段頗長的日子，同工們隔一段時間就來派禮物，有餅乾、麵、米及其他日常生活用品。當與同工們熟絡之後，由於女兒返工，自己煮飯也有點吃力，便往聖巴拿巴會之家吃飯及聚會，十分感恩。

我在啟發課程中更多認識耶穌而相信。從前是拜多神的，信主後那些神像不要了，也不用照顧它們。為什麼不是他們照顧我呢？棄掉偶像的過程沒有遇到阻礙。我希望餘生都有耶穌照顧。更發現主耶穌基督是獨一的真神，便戒除多年的賭博習慣，深感不賭便贏，且要活在主上。



老友記袁得蔭

老友記傅秀珠得救見證

我是傅秀珠，今年八十八歲，我很喜歡聖巴拿巴會之家的服務。我雖然吃得不多；但每次與好友在聖巴拿巴會之家同枱食飯時都很開心。我的印尼姐姐也很愛耶穌，她好像我的女兒一般，她的笑容使我很感動要信耶穌。

當我參加了啟發課程及已決定要受洗及信耶穌時，我的印尼姐姐要放假差不多一個月，我更返內地住一個月；但我知道，我可以趕回來參加洗禮的，結果我真的如期參加洗禮。牧師的代表更特別提早為我問了信德，使我更確信教會因我的洗禮十分歡喜。

認識主耶穌的家人們，他們都很高興知道我會受洗加入救恩堂，我深信主的恩典必定夠我們一家人用。願主耶穌也愛我所有的家人，引導他們相信主。阿門。



老友記傅秀珠(右)

(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

Testimony of our Friend,

Yuen Duck Yum

My name is Yuen Duck Yum. I am eighty-four years old. I knew and believed in the Lord Jesus Christ in my old age. I was baptized and became a member of the Kau Yan Church before Christmas in December last year.

I have known St. Barnabas' Society and Home for a long time, and the staff come to give gifts, including cookies, noodles, rice and other daily necessities. After getting acquainted with the staff, and with my daughter returning to work, I had a bit of trouble in cooking my own meals, so I went to St. Barnabas' for dinner and gathering.

I learned more about Jesus and believed in Jesus during my Alpha courses. In the past, I worshipped many gods, but those idols were unnecessary and there was no need to take care of them. Why didn't they take care of me? I did not encounter any obstacles during my process of abandoning idols. I hope Jesus will take care of the rest of my life. After discovering that the Lord Jesus Christ is the only true God, I got rid of my years of gambling addiction, and gained victory in God without gambling.

(Note: The above only reflects the views of the individual writers and do not represent the view of the Centre.)

Testimony of our Friend,

Fu Sau Chu

My name is Fu Sau Chu and I am eighty-eight years old this year. I really like the services of St. Barnabas' Society and Home. Although I do not eat much, I am happy every time I eat with my friends at the St. Barnabas'. My Indonesian maid also loves Jesus very much. She is like my daughter. Her smile moved me to believe in Jesus.

When I attended the Alpha courses and decided to be baptized and believe in Jesus, my Indonesian maid would like to take a vacation for almost a month, and I would return to live in the Mainland for a month. I knew that I could rush back to participate in the baptism and finally I really attended the baptism as scheduled. The pastor's representative asked me to exercise my faith earlier, which convinced me that the church rejoiced in baptizing me.

My family members who know the Lord Jesus are very happy to know that I will be baptized and became the member of Kau Yan Church. I am convinced that the grace of the Lord will be sufficient for our family. May the Lord Jesus love all my family members and lead them to believe in the Lord.

服務報告(2020年1月至3月)

Service Report (January – March 2020)

人次 Headcount

| | |
|------------------------|-------------|
| 午膳 Lunch | 464 |
| 晚膳 Dinner | 1206 |
| 臨時住宿 Temporary Shelter | 0 |
| 聚會活動 Activities | 3197 |
| 外展服務 Outreach | 252 |
| 義工 Volunteers | 88 |
| 總數 Total | 5207 |

代禱事項:

1. 求神祝福四月十八日賣旗捐獻。
2. 求神賜予疫情早日退去，並保守醫護人員身體健康。
3. 求神感動老友記關注抗疫情報，保持身體健康。

活動剪影 Activities Snapshots



Givers 提供義剪服務(1/2020)

Givers provided free hair cut services



參與聖安德烈堂的宣教日(1/2020)

Participation of Mission Day at St. Andrew's Church



中心外展派防疫包(2/2020)

Center outreach distributed epidemic prevention packages



獅子會捐贈口罩(2/2020)

Lions Club donated masks to centre