**《但主的慈愛 永不離開你》**

**院長 郁德芬博士**

        我習慣反思—每天，每週，每月，每年，當然還有在特別日子。西曆除夕和元旦；農曆大年夜和初一；以至基督受難日和復活日。對，身為中國藉的基督徒，我們幸運地每年至少有三次大好機會，反思成敗得失、反思自己的現況。當然，最重要的是可以重新計劃，重燃希望—運用有成效的態度和策略，抓緊一切做得對的，並改變過往做得不理想的地方，再接再勵！

        可能有不少朋友還沒有養成反思的習慣，或對反思的價值存疑，但我真心希望你們能不時反思，檢視自己的生活。

        反思是一種人生態度和自我認識的過程：讓我們從檢視自己在學習、工作、與人相處、以至對社會國際的看法和人生中的每一個選擇，瞭解到自己的人生價值—甚麼是我們最重視的，甚麼是我們的人生目標。反思就好像一個機制，促使和保障我們在人生的路途上，時刻保持「勝不驕、敗不餒」的正向心態，並不會偏離了軸心和初衷。

        反思亦可以幫助我們瞭解自己的情緒：你可曾因爲別人一句話而差點把歡樂的同學生日會弄得不歡而散？有一次與一位失明的年輕同事出席研討會，這位同事被安排到大會議廳前三行的特定位置就座，而我卻要自行在餘下的八百個位置中覓一個座位。當時我有點難堪和不悅。幸好，我即時反思到，這不開心的情緒是因為我覺得自己被冷待了、有被取代的落寞感、甚至嫉妒。這時，我的正向思維提醒我：你不是以培養視障青年領袖為使命嗎？難道你忘記了初心？今天這安排不是值得我高興才對嗎？我的心靈之窗頓時開啟了，並悠然自得地坐下來，積極投入參與研討會。

        無可否認，有時候反思是痛苦的，尤其當我們身處各種矛盾的狀況、被無情冷酷地批評、被誤解、被冤枉，感到無助，看不見出路……就好像耶穌在客西馬尼園所感受到的痛苦—「這苦杯可否離開我？」這時候，家人、朋友和專業人士的開導固然重要，但基督順服父神的旨意為我們而死、復活，所帶來的應許，更是我們在逆境順境時的支持和訓誨：「情願照祢的旨意」（馬可福音14:32-42)

        有了上帝的恩典應許，我們毋需害怕反思。透過反思，我們可以誠實坦白地面對和瞭解自己、克服情緒、有力量解決難題挑戰、更能體諒別人，建立活潑共融、充滿希望的社會和人生。

        「大山可以挪開，小山可以遷移，但主的慈愛，永不離開我！」

**But God's Mercy Never Leaves You                     Dr. Alice Yuk, CEO**

I have a habit to think and reflect on myself every day, every week, every month, every year.  Of course, there are certain special days, like New Year's Eve and New Year's Day; Lunar New Year's Eve and the first day of the Lunar New Year; the Good Friday and the Day of Resurrection, that I would fall into my deep thinking ( or contemplation) again.  Yes, as a Chinese Christian, we are fortunate enough to have at least three opportunities every year to review what we have achieved last year, our success, our failures and whether we have just remained our status quo.  No matter how disappointed we are, we are able to master our coming days and make our plans again to turn negatives into positives.  Turn over a new leaf!  Do it right!  Do it effectively and in a way that is more strategically benefiting our community.

Perhaps some people have not yet developed the habit of self-reflection or have doubts about the meaning of self-reflection.  But I sincerely share with you, my friends, that it is worth developing a habit of having regular self-reflection, or at least from time to time.

Reflection is an attitude and a process to self-understanding.  The art of self-reflection allows us to review our behavior in learning, working and how we are getting along with others.  It even goes further to shape our view towards the world and in decision making.  With regular reflection, we understand the value and goals of life. Self-reflection is like a mechanism that guides our way and instills a positive thinking of “Victory is not conceited, defeat is not dispirited” to us.  The habit of regular reflection steers our path so that we won't deviate from our original intention.

Self-reflection can also help us understand our emotions.  Have you ever spoiled a birthday party of classmates just because of someone’s naive comments?  I remembered an occasion in which myself and a young colleague of mine were invited to join a forum.  While my colleague was assigned to a seat reserved for her in the first three rows, I had to find a seat for myself in the conference hall of remaining 800 seats.  Feeling embarrassed and displaced, I had a strong feeling of desolation at that moment.  Fortunately, I realized immediately that this unhappy feeling was caused by my jealousy of being treated coldly and being neglected.  At this moment, an instantaneous reflection, like a lightning, had flashed through my mind.  How happy I should be because today's seminar had indeed provided such a good opportunity to my young colleague to overcome her obstacles in seeing, to step forward and speak up for her peers as a young leader.  And that is my initial and ultimate goal to nurture young visually impaired leaders.  What a joy it is in seeing that my young colleague had turned my vision into reality.  My mind was opened then at that moment.  I sat down relaxingly and actively participated in the seminar.

It is undeniable that self-reflection is sometimes painful, especially when we are in conflicting situations such as being ruthlessly criticized and misunderstood.  Feeling helpless and being unable to see the way out....just like the pain of Jesus when he was in Gethsemane alone....  "O My Father, if it be possible, let this cup pass from Me?”  At time of adversity, while both the support of family and friends and the advice from professionals are important, the sacrifice of Christ to die for us sinners, and the promise and the resurrection of Jesus has helped us through all adversities and enlightened our heart.  "Nevertheless not what I will, but what thou wilt" (Mark 14:36)

With God's promise, we need not be afraid of self-reflection.  Through self-reflection, we can face ourselves honestly and frankly, overcome our emotions, understand and have the power to solve problems, be more considerate of others, and be able to build a promising, energetic life and society in harmony.

"Moved can be taken away, hills can be removed, but the mercy of the Lord will never leave me!"

**打破隔膜，熟能生巧**

**【松心體驗】助理項目主任 何睿知**

【松心體驗】一行5人獲成都基督教女青年會邀請，於3月底的一個下午為其青年領袖提供培訓。這也是本社企成立一年多以來首次走出香港。

活動吸引了幾名女青的高層到來，加上語言的限制，起初似乎為大家帶來壓力。但當大家開始嘗試戴起眼罩，邁開黑暗中的步伐，好奇心所驅使的熱鬧氣氛就瞬間爆發。其後在一個配對遊戲中，參加者起初都各自為政，但當遊戲重複到第三輪，他們的領袖本色被啟發出來，不但快速完成，更比他們訂立的目標還高。

當我們在活動結束前詢問他們的感受時，台下的發言非常踴躍，令活動延遲20分鐘才完結。原來，不斷的嘗試，才是打破隔膜的不易法門。

**Familiarizing Breaks Obstacles**

Invited by YWCA Chengdu, 5 representatives of ***Cedar Workshop*** started their first training outside Hong Kong serving the young leaders there in an afternoon in late March.

Possibly due to language barriers, or the participation of YWCA seniors, all of us seemed to be starting with stress.  However this was eliminated after participants stepped out their first step in darkness.  At the following matching game, participants did not do well at first.  Then their genes of leadership appeared when the game ran through the third time.  They even did better than their own target.

At last when we asked about their feeling, participants gave so much response that the training ended 20 minutes later.  It is really true that trials bring familiarizing and break obstacles.

**Merrick Ho**

**Assistant Project Officer**

***Cedar Workshop***

**心光職員周年聚餐2019**

**心光學校  高恩雋老師、周珮瑩老師**

        本年度心光職員周年聚餐於2019年3月15日(星期五)舉行，郁院長及一眾心光機構董事藉此機會感謝心光同事一年來的辛勞付出。當晚的才藝表演非常精彩，當中歌唱表演和棟篤笑環節，令全場氣氛熱烈高漲！大抽獎環節更帶動整晚氣氛至高峰，同事得到各式各樣的獎品，有餐飲禮券、旅遊禮券等，禮物豐富又吸引！ 讓晚宴過後，心光同事繼續作鹽作光，願天父保守心光及所有愛護心光的朋友。

Ebenezer Annual Dinner 2019  
        Ebenezer annual dinner was held on 15 March this year.  The board members, IMC managers and our CEO, Dr Alice Yuk took the opportunity to thank all the colleagues for their hard work.  The evening features a series of performances by our colleagues including singing and stand-up comedy.  Lucky draw was the most exciting part with great gifts such as F&B coupons and travel vouchers.  We shall respond to the love of Jesus Christ by being the salt of the earth and the light of the world.  May God continue to bless Ebenezer and all of you who love Ebenezer.   
  
**Mr Ko Yan Chun and**

**Ms Chow Pui Ying, Pian**

**Ebenezer School**

**行向新希望**                                        **心光學校高級定向行走導師  方天大**

我在1990年入職心光，不久，學校保送我到英國伯明翰修讀「定向行走訓練」國際課程。在英國，導師的一番話啟發了我，亦開了我的心眼：「O&M不是一門學科，而是一種求生技能。我們不是老師，而是導師，更是學生的人生導師！我們不單釋放了學生的自由，也同時釋放了其父母及家人的自由；所以工作意義重大，不可輕視這個專業和輕言放棄！」可見定向行走的重要性。

定向行走就是教導視障人士在任何環境下均能安全、快捷、優雅地獨立行走的一門復康訓練。香港視障人口目前約有20多萬，其中約三分之一是失明，其中大部分皆是後天失明，而另外的三分之二則有不同程度的低視力。無論是全失明或低視力，他們在日常生活、工作及學習上都必有一定的困難和障礙，尤其在定向行走方面；因為任何年齡及身分的視障人士都需要外出行走及活動，所以一旦失明了，即使尚有部分剩餘視力，患者都一定倍感徬徨。如果沒法在失去視力或視力減退後盡快得到支援，學習「正規」的定向行走技能，以重拾信心去重投社區、重新上路，那人生也一定失去不少色彩。

   然而現時社會提供這方面的服務資源有限，為了我們視障青年、他們的親人朋友，心光於今年二月開展了名為「行向新希望」的項目，目的是為視障人士提供專業的定向行走訓練，教導其所需的定向行走技巧，讓他們盡快重回社區。我們會按個案的緩急需要，承諾3個星期內一定會面見及評估申請人的需要，並在個案評估後的3個月內必安排其接受定向行走訓練，好讓其能減低因視障帶來的心理壓力，也同時讓其家人減少精神困擾，達到真正的「行向新希望」。

   如您或您的家屬/朋友正面對因視障而帶來困擾，徬徨地呆坐家中等待，歡迎即聯絡我們，希望能為您在暗中帶來一點光明；帶來一個希望。

**Walk with Hope**

“Orientation and Mobility (O&M) training isn’t a just subject or a course; it’s an essential life skill.  The visually impaired person wouldn’t lose an arm if they couldn’t spell a word, but they could get themselves or others in danger if they missed an O&M technique.  Our profession has the power to set free our clients and their caretakers.”  I was greatly inspired by my O&M trainer as I completed the course in Birmingham, UK.

Orientation and Mobility, or O&M, is a profession which focuses on instructing individuals who are blind or visually impaired (V.I.) with safe and effective travel through their environment.  There are more than 200,000 blind or V.I. people in Hong Kong.  Some are born with the condition; while for some the disability is developed later in life or caused by injury.  Whichever the case, it is hard for V.I. people to navigate new places on their own or adapt to environments without proper O&M training.  However, due to limited government support, such training cannot always be provided in time.

As the major educational institution for the visually impaired in Hong Kong, Ebenezer aspires to help as many V.I. people as possible, and hence the birth of our new project ‘Walk with Hope’.  We will meet with the V.I applicants within three weeks upon receipt of their request and carry out a set of assessments before starting the training (wait time shall not exceed three months).  We hereby welcome anyone who is interested in the service to contact us through 3159 5400.

**Mr Ben Fong**

**Senior O&M Instructor**

**Ebenezer School**

**《奇蹟男孩》慈善電影籌款2019**

**心光學校 曹永莊舍監**

    3月2日（星期六），心光盲人院暨學校於九龍灣國際展貿中心之「星影匯」順利舉行《奇蹟男孩》慈善籌款活動，當天有接近500位觀眾入場觀賞電影，是次活動籌得款項將用於發展視障同學及校友的音樂潛能。

    我們很榮幸邀請到以下幾位主禮嘉賓，有香港特別行政區民政事務局常任秘書長謝凌潔貞女士、立法會議員田北辰先生、立法會議員葉建源先生、華人置業執行董事劉鑾雄夫人及香港中華廠商會婦女委員會主席李阮錦鑾女士。

    當天由心光恩望學生以打鼓為活動揭開序幕，隨即幾位嘉賓分享對心光同學的感受並給予勉勵，及後還有由心光畢業生及義工組成的樂隊「The Hong Kong Band」精彩演出，贏得現場百多名觀眾的熱烈掌聲。他們雖有視障，卻無懼障礙，用心演繹每首樂曲；跟電影裡的主人翁一樣，雖有缺陷，卻無礙追逐夢想！

‘**Wonder’ Charity Film Gala 2019**

        ‘Wonder’ Charity Film Gala was held in E-Max Metroplex on 2 March (Saturday) with 500 guests in attendance supporting the event.  We were especially honoured to have the Permanent Secretary for Home Affairs, Cherry Tse Ling Kit-ching, JP.; LegCo Members Mr Michael Tien, BBS, JP, and Mr Ip Kin Yuen; Managing Director of Chinese Estates Holdings Ltd, Mrs Lau; and CMA Ladies’ Committee Chairperson, Mrs Li Yuen Kam Luen as the officiating guests, who showed great support towards our work in Ebenezer.  Proceeds of the event will benefit the visually impaired community and for this, we thank you all.

**Ms Stella Cho**

**Warden**

**Ebenezer School Boarding Section**

**與香港猶太教國際學校音樂交流活動**

**心光學校  鄭臻賢老師**

  2019年1月4日及1月18日下午，心光合唱團與香港猶太教國際學校合唱團進行了音樂交流練習和音樂會。練習當日先由心光學校鄭老師帶領全體同學進行開聲練習及熱身活動，然後連同猶太教國際學校的梁老師，協助兩所學校的同學分兩聲部合唱《我要向高山舉目》。交流音樂會由心光合唱團及猶太教國際學校合唱團分別演唱三首樂曲，Sander Day同學及心光林澤耀同學分別小提琴及鋼琴進行樂器獨奏演出。雖然兩所學校同學所使用的語言並不相同，音樂卻成了他們的共同語言！音樂會最後以大合唱共譜美麗旋律，作交流活動的總結。

**Music Exchange with Carmel Elementary Choir**

     Ebenezer Choir co-organized a two-day music exchange rehearsal and concert with Carmel Elementary Choir on 4th and 18th January 2019 respectively.  On the rehearsal day, the two choirs rehearsed the two-part choral piece “Lift my eyes up to the hills” under the guidance of Ms Cheng (Ebenezer music teacher) and Ms Leung (Carmel music teacher).  On the concert day, each choir performed three choral pieces followed by solo instrumental performances by Carmel Violinist Sander Day and Ebenezer Pianist Jason Lam.  Notwithstanding that students from the two schools do not speak the same language, music has brought them together as a common language.  The concert concluded with a finale by the two choirs together.

**Ms Cheng Chun Yin**

**Ebenezer School**

**視褔40周年籌款音樂會**

**心光學校  鄭臻賢老師**

     2019年1月12日晚上，心光合唱團應邀參與於聖安德烈堂生命中心舉行的視障人士福音中心40周年《讓我感恩‧讓我看見》音樂會演出。合唱團演唱了《我要向高山舉目》、《放心倚靠上帝》和《頌讚祢哈利路亞》，以詩歌表達感恩的心。除此之外，當晚亦有多位心光校友演出，包括鋼琴獨奏者張俊軒先生（1999年畢業生）、樂頌聖詠團（70年代中期於心光組團），還有Sparkling（2017年組成的視褔樂隊）。當晚音樂會座無虛席，一眾演出者最後更合唱《成為我異象》完滿結束活動。

**CMVIP** **40th Anniversary Fundraising Concert**

     On 12th January 2019, Ebenezer Choir participated in the 40th Anniversary Fundraising Concert of the Christian Ministry to Visually Impaired Persons (CMVIP) held at St Andrew’s Life Centre.  The Choir sang praise to God with three hymns “Lift my eyes up to the hills”, “Be still and know” and “Shout for Joy”.  Several Ebenezer alumni groups also performed in the concert, including pianist Mr Cheung Chun Hin Joseph (graduate of 1999), the Cantata Choir (formed in the mid-1970s during their days in Ebenezer) and the Sparkling (CMVIP Christian Pop band formed in 2017).  The concert ended on a high note with all performers joining hands performing the finale “Be Thou My Vision”.

**Ms Cheng Chun Yin**

**Ebenezer School**

**《我們的故事，他們的成長》**

**有作為計劃  何睿知**

        除了為企業客戶提供團隊培訓，***Cedar Workshop***的另一項工作，就是走訪全港的大中小學舉行講座，以生命影響生命，以經歷啟發反思。

        作為一名個人及職涯教練，我不認同單憑一篇視障人士的勝利宣言就會帶來聽眾的改變。因此，在90分鐘的講座，我先從生活化議題出發，讓聽眾代入視障人士的境況，接著便展開我與視障嘉賓的對談環節。人生總多挫敗，因此我們從不避談當下的迷茫和掙扎，重點在於我們是否願意尋找出路。

        最後，我發問了一些反思問題，並邀請聽眾將答案及一首最喜歡的歌曲名稱寫在紙上，由視障講者即場演奏歌曲。從聽眾的回饋得知，真正啟發他們的，不是音樂，也不是提問，而是我們生命中那種不可言喻的動力與魅力。

**Our Story, Their Growth**

***Cedar Workshop*** organizes corporate training and visits to primary, secondary and tertiary institutes, with the hope to inspire people with our stories.

We walk my audience through our doubts and struggles as a visually impaired person and the journey to self-discovery.  Then we invite the listeners to reflect on their own and name a song which echoes their feelings.  Our V.I. colleague plays that song as everyone takes a moment to ponder what motivates them and drives them forward.  It might just be all it takes to reconnect themselves to what is important in life.

**Mr Merrick Ho**

**Project WORKS**

**「喜迎新春樂心光」春茗宴**

**心光學校**

**曹永莊舍監**

        剛踏入豬年，心光學校宿舍於2019年2月24日（正月十八）舉行了「喜迎新春樂心光」春茗宴。當日超過100名家長及同學出席活動，濟濟一堂。宿生會負責的攤位遊戲更吸引不少家長和同學參與，晚宴進行時，宿生楊恩華的二胡演奏、一眾宿生和宿舍家長預備的賀年短片，以及同學們的唱歌表演皆非常精彩，贏得全場熱烈掌聲！我們十分感謝所有家長及義工們抽空出席，特別鳴謝家教聯、院長、校長及同事們捐出禮品，讓當晚的抽獎環節更豐富多彩。

**Chinese New Year Celebration at ES Boarding Section**

        The boarders and their parents celebrated Chinese New Year together on 24 February 2019.  They had much fun playing the booth games and greatly enjoyed our boarder En-Hua’s Erhu performance.  The heartwarming short video of our boarders sending best wishes and their singing performance were much appreciated. We were grateful to PSA, CEO, Principal and colleagues for their kind donation of gifts for the lucky draw, which ended the evening in joy and laughter.

**Ms Stella Cho, Warden**

**Ebenezer School Boarding Section**

**朱玉滿堂迎新春**

**心光護理安老院**

**楊陳彩虹主任**

        2019年1月19日(星期六)中午，安老院團年活動「朱玉滿堂迎新春」假座學校飯堂舉行。當天出席嘉賓、院友家屬、義工及職員等約70人，活動氣氛融洽，好不熱鬧。

        當日不但有卡拉OK環節、集體遊戲、大抽獎活動等，還有新年吉祥物與院友及家屬合照，及後我們一同品嘗美味盆菜，共渡一個溫馨愉快的下午。

**Lunar New Year** **Celebration**

        The annual dinner at the Care & Attention Home was held on 19 January 2019.  A total of 70 guests, residents’ relatives and volunteers attended the celebration.  We had fun singing karaoke, playing games, taking photos with the mascot and winning prizes at lucky draw.  Everyone had a blast.

**Mrs Rainbow Yeung, Superintendent**

**Care & Attention Home**

**健康校園計劃**

**心光恩望學校  莊麗冬老師**

今年的健康校園計劃以「飲食與健康」為主題，讓學生在課堂內外均能建立健康的習慣。新高中的同學更可於選修科目『健康管理與社會關懷』，深入學習相關知識。另外，透過『飲水達人計劃』及小食亭活動，培養全校學生多喝水的習慣及建立健康飲食的概念。

       與此同時，我們亦十分關注員工健康。除了每月一次由專業同工帶領的運動日，亦邀請了不同醫護人員舉辦健康講座。我們還舉辦了「有營快送」活動，由同學為教職員送外賣，鼓勵同事選擇健康小食和飲品。以上眾多活動，旨在提高師生對健康的關注，共同實現「健康校園」。

**Healthy School Program**

      Our “Healthy School Programme” aims to build healthy habits in students’ daily lives.  Our NSS students can take “Healthy Management and Social Care” as an elective to learn in-depth knowledge.  Different programmes like “Master of Water-drinking” encourage students to drink more water and tuck shop refreshment promotes healthy snack choices.  Our staff members also participate in the monthly Exercise Day activity and health talks by medical practitioners.  Our students deliver healthy snacks to our staff to encourage a healthy diet.  We believe the activities will raise healthcare awareness and create a “Healthy School”.

**Ms Chong Lai Tung**

**Ebenezer New Hope School**

**感官綜合課 – 職業治療師與老師共同協作**

**心光恩望學校**

**職業治療師 陳美馨姑娘**

      本學年，心光恩望學校開展了「感官綜合課」，目標在於照顧多重障礙學生的發展需要，亦為有自閉症傾向學生提供適切的訓練。我們在小一及小二班推行課堂，每班參與一星期兩節的「感官綜合課」，內容由職業治療師及老師一同策劃，以「多感官學習」及「感覺統合」理論為基礎，進行多元化的感官活動。老師們仔細調適活動的程度，配合學生能力，循序漸進地誘發學生發揮感官、肌能及認知的潛能。

**Integrated Sensory Training – Collaboration between occupational therapist and teachers**

     Ebenezer New Hope School has established “Integrated Sensory Training” for our Primary 1 and 2 students.  It is designed by the occupational therapist and teachers, aiming to provide comprehensive training for students with autistic features and multiple disabilities.  The training activities follow the “Multi-sensory Learning” and “Sensory Integration” principles, which challenge the sensory, motor and cognitive abilities of the students.

**Ms Chan Mei Hing**

**Occupational Therapist**

**Ebenezer New Hope School**

**壹叁壹懷舊士多**

**心光恩望學校**

**項目主任 李宛茜姑娘**

「謝謝！下次再來！」一平禮貌地向客人道別。我們的服務生積極介紹售賣的小食，待人有禮，工作態度認真，值得讚賞。

鄺一平是心光恩望學校的畢業生，他和四位畢業生每星期輪流在「壹叁壹士多」當值。「壹叁壹懷舊士多」是今年的新試驗計劃，希望透過提供營運士多的訓練來支援本校的畢業生及其家長。我也是心光學校的畢業生，由11月起負責此項計劃，對我來說這是具挑戰性的新嘗試，希望計劃能完滿順利進行。

**Store 131**

“Thanks. See you next time!” Yat Ping said to the customers politely.  Yat Ping and four other graduates take turns to help at Store 131.  They work diligently from greeting customers to introducing the snacks and drinks.

Store 131 is our pilot programme which aims to provide an environment where students are trained to work as storekeepers.  As a graduate of Ebenezer School, I’m excited to be part of this project and I find it truly meaningful.

**Ms Lee Yuen Sai**

**Project Officer**

**Ebenezer New Hope School**

**EIP中心開幕禮暨開放日**

**心光賽馬會視障幼兒支援服務中心**

**計劃經理**  **郭綺雯姑娘**

        2000年，EIP正式成立，當時只有30名幼兒申請入讀。轉眼過了19年，至今已累積服務超過550名幼兒。我們是香港首個提供幼兒視覺訓練的機構，感恩中心團隊與一眾幼兒及家長一同經歷困難及挑戰。

        為提供更優質的視障幼兒服務，中心在2017年參與了社署TSP計劃，以縮短幼兒輪候服務的時間。2018年，獲賽馬會資助翻新中心設施，期望新環境、新設備為每一名視障幼兒及家長帶來一番新氣象。

        聖經耶利米書3:31(節錄)曾說：「我以永遠的愛愛你，因此，我以慈愛吸引你。」19年以來，我們感恩在天父帶領下，中心團隊成員以「愛」與每一位幼兒同行，感受他們的獨特性和可塑性；我們亦以「愛」與家長協調和溝通，用心聆聽他們的需要。

        2019年3月15日，EIP舉行了開幕禮及開放日，在此衷心感激一眾友好同事、熱心夥伴、家長及幼兒的無私支持，使服務發展力臻至善。

**EIP Opening Ceremony & Open Day**

        Ebenezer’s EIP is the first and only provider of visual training for pre-schoolers in Hong Kong.  We started with an intake of 30 students in 2000 and today we have served over 550 visually impaired children.  In view of the increasing need of our service, we joined the ‘’Training Subsidy Program’’ (governed by Social Welfare Department) in 2017 and a renovation project (subsidised by Jockey Club) in 2018 so that we can cater for more children and offer a brand-new learning environment with advanced equipment.

        We were excited to have our Opening Ceremony & Open Day on 15th March 2019 to introduce our brand new facility to the public.  We were honoured to have Director of Social Welfare Department Ms Carol Yip, JP, to officiate the ceremony.  She also listened to the parents’ sharing, toured around the Centre and watched the graduates’ performance.  I would also like to express my sincerest thanks to all colleagues, partners, parents and children for their unreserved support and inspiration, encouraging us to strive for excellence in our services.

        Our team members will continue to walk with every child and parents with God’s everlasting love as said in Jeremiah 3:31 “I have loved you with an everlasting love; I have drawn you with unfailing kindness.”

**Ms Kwok Yee Man**

**Project Manager**

**Ebenezer Jockey Club Early Intervention Centre**

**2019 殘疾人士照顧者嘉許禮暨康復服務機構社會企業博覽會**

**心光學校**

**許永強老師**

內容：

        The Hong Kong Band是一支新成立的本地樂隊，由健視及視障人士組成，致力於宣揚共融訊息。2019年1月20日，The Hong Kong Band參與殘疾人士照顧者嘉許禮暨康復服務機構社會企業博覽會演出，分別演唱了《真的愛你》、《年少無知》、《不再猶豫》及《光輝歲月》四首流行樂曲，以宣揚傷健共融的訊息。演唱後，觀眾被歌聲深深感動，掌聲不斷，現場氣氛非常熱烈！

**Recognition Ceremony 2019 for Carers of Persons with Disabilities cum the Expo for Social Enterprises by Rehabilitation Agencies**

        The Hong Kong Band is a newly formed local band, a collaboration of the sighted and the visually impaired musicians, to promote inclusion to the public.  On 20 January 2019, the Hong Kong Band participated in the performance of Recognition Ceremony for Carers of Persons with Disabilities cum the Expo for Social Enterprises by Rehabilitation Agencies in Sheung Wan.  The audience was deeply touched by the songs.

**Mr Hui Wing Keung**

**Ebenezer School**

2018 新加坡馬拉松比賽

心光學校

陳炳基老師

     2018年12月7日至10日，我校共11名學生及教職員，參加了「新加坡渣打馬拉松」5公里及10公里的賽事。為了讓同學們做好賽前準備，他們在課餘時間，在老師指導下努力進行練習。比賽當天，在領跑員和民間打氣團的支持和鼓勵下，同學們都堅持努力跑到終點，同時各人打破了個人最佳時間，順利完成賽事。比賽後，同學都把握機會，使用酒店的運動設施進行恢復訓練，如游泳、跑步等。同學們能夠參與國外比賽，機會實屬難得！過程中，學生不單充分展現訓練成果，亦體會到堅毅無比及永不放棄的精神。但願同學在成長道路上，能夠以這種精神應付生命中的每一個挑戰！

**Singapore Marathon 2018**

     A total of 11 students and teachers participated in the 5 km and 10 km races of “Standard Chartered Singapore Marathon” on 7-10 December 2018.  With the cheers of the audience along the road and the encouragement of the guide runner, students finished the races with flying colours.  Students spent the next morning enjoying the sports facilities at the hotel.  It was a treasurable experience to participate in a race overseas.  The students gave their best and demonstrated persistence and perseverance throughout;such spirit shall get them through all the challenges in life.

**Mr Chan Ping Kei**

**Ebenezer School**

**小王子藝術創作工作坊**

**心光學校**

**林思玲老師**

        三月二十七日及二十八日，本校獲邀參與為小三至小六級及展能組學生舉行的三場小王子藝術工作坊。是次工作坊由the Antoine de Saint-Exupéry Youth Foundation秘書長Mr Nicolas Delsalle-Mun， Dr Claude Garrandès及Association Arrimage協作舉辦。

        Association Arrimage為世界各地的視障青少年及兒童提供藝術工作坊，以創新的方式讓他們認識《小王子》一書的魔力，而Dr Claude是一名視障藝術家、插畫師及建築師。 本校有幸於2015年獲贈一本由Dr Claude在基金會的支持下，為視障人士製作的第一本點字及凸圖版的《小王子》。

        是次工作坊，Dr Claude在Mr Nicolas陪同下，由法國遠道而來教授學生繪畫。學生先通過觸摸凸圖及3D打印的角色模型，以及深入的講解來認識《小王子》，再進行藝術創作。學生利用原子筆和凸圖膠片繪畫小王子、狐狸等不同角色。透過繪畫的過程，把心中的喜樂呈現出來。正如書中作者所言：「只有用心靈才能看得清事物本質，真正重要的東西是肉眼無法看見的。」繪畫後，學生更有機會與Dr Claude交流，對學生而言，這次交流定必是十分寶貴的學習經驗。

***The Little Prince*** **Art Workshop**

*The Little Prince* has always been a favourite for many and a timeless novel to which readers react differently as they enter different stages of their lives.  On a very special occasion co-organized by the Antoine de Saint-Exupéry Youth Foundation and Association Arrimage on 27-28 March, our students were inspired to react to the story in a creative and artistic way.  The art workshop was designed by Dr. Claude Garrandès — a blind French artist, teacher and publisher — who previously collaborated with the Foundation to create tactile versions of *The Little Prince*, with embossed illustrations and braille translations and Ebenezer was gifted a copy of the treasure.  Mr Nicolas Delsalle-Mun, Secretary General of the Foundation and Dr Claude guided students to feel the illustrations and the 3D models of the characters and then students drew the characters with a pen on a tactile drawing film.  Even though the students can’t clearly see their drawing, they had so much joy recreating the characters.  As Antoine de Saint Exupéry wrote in his book, "It is only with the heart that one can see rightly; what is essential is invisible to the eye."

**Ms Lam Sze Ling**

**Ebenezer School**

**清潔活動**

**心光學校**

**溫婷昕老師**

本年度學年主題以「惜食、節能、物盡其用」為口號，培育學生保護地球及實踐綠色生活的良好品德。試後活動期間，本校舉辦了全校參與的清潔活動。活動當天，全校師生們抵達大埔三門仔沙欄村後，兵分兩路，小學組學生於沿岸石灘清潔，中學組學生則沿山路執拾垃圾。學生對沿路所發現的垃圾都嘖嘖稱奇，不明白為何在岸邊竟能發現拖鞋、波鞋、車輪等廢棄物品。當天回收的垃圾以塑膠為主，包括大量膠樽、膠袋、食品包裝、膠帶及掃墓祭品等。活動後，學生表示能親身感受，才能深切體會到這不良的生活態度對環境、生物以至人類的影響的嚴重性。他們不單學會了正確的品德態度，也承諾會努力保護地球。

**Beach Clean-up**

        The academic theme of this year is “Food Wise, Saving Energy, Reuse”.  A beach clean-up event was held in Tai Po Sam Mun Tsai.  All students and teachers were split into two teams; the primary students cleaned the beach while the secondary students cleaned the hill path.  We found plastic waste to be the main waste component.  Students were surprised to find waste like shoes and car wheels at the beach and have learned how important it is to protect the environment.

**Ms Wan Ting Yan**

**Ebenezer School**

**心光學校 香港學校朗誦節/香港學校音樂節 成績一覽表**

**Results of Hong Kong Schools Speech Festival/Hong Kong Schools Music Festival**

|  |  |  |  |
| --- | --- | --- | --- |
| 班別 | 學生姓名 | 參賽項目 | 獎項 |
| P1 | 陳佳壕 CHEN KAI HO | 普通話男子詩詞獨誦  Putonghua Solo Verse Speaking - Boys | 優良獎狀  Merit |
| P2 | 王心怡 WANG XIN YI | 粵語女子詩詞獨誦  Cantonese Solo Verse Speaking - Girls | 優良獎狀  Merit |
| P3 | 陳穎思 CHAN WING SZE | 粵語女子詩詞獨誦  Cantonese Solo Verse Speaking - Girls | 良好獎狀  Proficiency |
| P4 | 李沛凝 LI PUI YING | 英語女子詩詞獨誦  English Solo Verse Speaking - Girls | 優良獎狀  Merit |
| P4 | 呂渝琳 LUI YU LAM | 粵語女子詩詞獨誦  Cantonese Solo Verse Speaking - Girls | 優良獎狀  Merit |
| P5 | 高麒沛 KAO KI PUI | 粵語男子詩詞獨誦  Cantonese Solo Verse Speaking - Boys | 良好獎狀  Proficiency |
| P6 | 陳柏霖 CHAN BAILIN | 粵語男子詩詞獨誦  Cantonese Solo Verse Speaking - Boys | 優良獎狀  Merit |
| P6 | 方熙雯 FONG HEI MAN | 英語女子詩詞獨誦  English Solo Verse Speaking - Girls | 季軍  Second Runner-up |
| S1 | Sebastian II U Magno | 英語男子詩詞獨誦  English Solo Verse Speaking – Boys | 優良獎狀  Merit |
| S1 | 許佳埼 XU KAI KI | 粵語女子詩詞獨誦  Cantonese Solo Verse Speaking - Girls | 亞軍  First Runner-up |
| S2 | 楊裕陽 YEUNG YU YEUNG | 英語男子詩詞獨誦  English Solo Verse Speaking – Boys | 優良獎狀  Merit |
| S2 | 佘雅琳 SHUE NGA LAM | 普通話女子散文獨誦  Putonghua Solo Verse Speaking - Girls | 優良獎狀  Merit |
| S2 | 林澤耀 Lam Chak Yiu | 分級鋼琴獨奏（六級）  Graded Piano Solo (Grade Six) | 亞軍  First Runner-up |
| P6 | 方熙雯 Fong Hei Man | 分級鋼琴獨奏（四級）  Graded Piano Solo (Grade Four) | 季軍  Second Runner-up |

**《香港電台全港中學生聲演比賽—有聲好書》獲獎感想**

**心光學校**

**中三張佩怡同學**

        本學年度，我參加了香港電台舉辦的《全港中學生聲演比賽—有聲好書》。我在9月先進行初賽，後來獲選進入複賽。得知消息後，感到莫名興奮。經過這兩場比賽後，我被選為最後十強(決賽) 。最後，我在決賽中演繹林海音的《城南舊事》，獲得了優秀表現獎。

         能獲得獎項，當然感到非常高興。過程中，我每天不斷努力地反覆練習，努力在比賽中盡展所長。雖然我未能獲選最後五強，但於我而言，已是很大的鼓舞和成果了。這是我第一次能入選決賽的經歷，讓我覺得很有成功感和滿足感，也證明我在比賽前所花的時間和努力是值得的，願同學們也努力展現所長，突破自己！

**RTHK Audio Book Best Voice Competition 2018**

        I created one of the best memories for myself by participating in the RTHK Audio Book Best Voice Competition this school year.  I entered the preliminary round of the competition in September.  I was happy enough to enter the semi-finals but little had I known that I was one of the top 10 heading for the finals.  In the end, my voice performance of Lin Haiyin in *Memories of Peking: South Side Stories* won the Outstanding Performance Award.  Knowing that my performance was appreciated, I felt a great sense of achievement and satisfaction.  All the time and effort spent practising was worthwhile.  I would like to encourage my fellow schoolmates to develop their strengths and reach their full potential!

**S.3 Cheung Pui Yi**

**Ebenezer School**

到訪民生書院交流活動

心光學校

林意銘老師

      一月二十九及三十日，本校四位小六學生到訪民生書院小學進行交流活動。兩校學生一起學習，學生藉此增廣見聞，與友校聯繫情誼。

      心光小六班陳柏霖、張溢桉、方熙雯和陶小龍同學獲民生書院小學的老師和同學的熱情款待，一連兩天在民生書院小學進行交流和體驗學習。四位同學參觀了友校校園，也參與了小六級不同類型的學習活動，與友校同學一起在課室聽課、討論、在操場上遊戲，更參觀了民生書院的學生藝術展。透過豐富的交流活動，四位同學認識了不少新朋友，感受到學習不一定囿於一個地方，也可以有很多不同的學習方式。

      四位心光同學非常享受是次交流活動，相信他們必能將這兩天的所聞所感轉化成學習的新動力！

**A Visit to Munsang College Primary School**

     To broaden students’ horizon and promote interschool exchange, an attachment programme at Munsang College Primary School was organised for our P.6 students.

     Billy Chen, Hugo Cheung, Hailey Fong and Justin Tao from P.6 had the rare opportunity to be another school’s students for two whole days from 29th to 30th January.  Our students and the students of Munsang bonded through the joyful experience of learning, eating, exercising and playing together.

    The two-day experience has brought our students on a path of self-discovery of strengths and weaknesses. The exposure has expanded the line of sight of our students and motivated them to be better at their studies.

**Mr. Lam Yi Ming**

**Ebenezer School**