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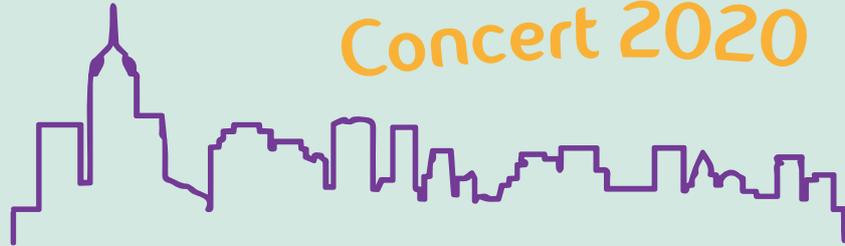
SAR 香港愛樂團
PHILHARMONIC

受惠機構
Beneficiaries

基督教
靈實協會
HAVEN OF HOPE
CHRISTIAN SERVICE
尊重生命 • 改變生命

Cifa
亞洲區家庭研究聯盟

BRINGING Hope HOME Concert 2020



愛樂 • 家點希望 | 音樂會 2020

22-11- 2020 Sunday | 星期日 • 7:30 PM
Concert Hall, Hong Kong Cultural Centre, Tsim Sha Tsui
香港文化中心音樂廳

演奏樂章 Programme

貝多芬艾格蒙特序曲 Beethoven Egmont Overture, Op. 84
貝多芬C大調第一交響曲 Beethoven Symphony No 1 in C major, Op. 21
貝多芬F大調第八交響曲 Beethoven Symphony No 8 in F major, Op.93

鉑金贊助
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Concert Programme

Ludwig van Beethoven (1770 -1827)

-
Egmont Overture, op.84

-
Symphony No 1 in C major, op.21

I Adagio molto – Allegro con brio II Andante cantabile con moto
III Menuet & Trio: Allegro molto e vivace IV Adagio – Allegro molto e vivace

-
Intermission

-
Symphony No 8 in F major, op.93

I Allegro vivace e con brio II Allegretto scherzando
III Tempo di menuetto IV Allegro vivace

House Rules

Dear Patrons,

In order to make this performance a pleasant experience for the artists and other members of the audience, please refrain from recording, filming, taking photographs, and also from smoking, eating or drinking in the auditorium.

Please ensure that your mobile phones and any other sound and light emitting devices are switched off before the performance.

Thank you for your kind co-operation.



香港大學李嘉誠醫學院院長
梁卓偉教授致辭
Message from
Professor Gabriel Leung
Dean of Medicine
The University of Hong Kong



醫學是我的使命，而音樂乃本人最大熱忱。非常榮幸出席由亞洲區家庭研究聯盟及基督教靈實協會合辦的「愛樂•家點希望音樂會 2020」，並與大家分享一些我對音樂的感想。

音樂是人類共通語言，並為人們帶來希望。「希望」一詞，貼切地勾勒出音樂之美，她振奮心靈，帶來安慰，表達人性至善。在此非比尋常又充滿挑戰的當下，音樂尤其能發揮團結人心的特殊力量——讓分隔的世界重逢。只要團結，便存希望，值得我們頌揚。貝多芬無與倫比的音樂，正好是對「希望」最美妙的表達。

醫學與音樂之間有不少共通處，但它們的差異也令我有所裨益。在我們盡卑微力量追求醫學進步的過程中，難免會遇上阻滯、或感覺疲憊，而音樂恰好是一種平衡的力量和慰藉，引發共鳴，讓我更有力量去堅守使命。我對此無言感激。

在此，謹衷心感謝香港愛樂團、主辦機構及所有支持者，當然還有音樂家們的精彩演繹。謹祝願今晚的演出圓滿成功，大家有一個愉快的晚上。

Two key passions have guided my personal and professional life: medicine and music. Though my career as the Dean of Medicine at The University of Hong Kong (HKU) is of the former, my debt to the latter is inestimable. It is therefore my profound honour to be invited to share my thoughts on the *Bringing Hope Home Concert 2020*, organized by the Consortium of Institutes on Family in the Asian Region and the Haven of Hope Christian Service.

Music has always been a universal language of hope, and the word "hope" feels like an exceptionally apt and succinct way to describe the beauty at the heart of music. It raises spirits and brings us comfort. It allows us to express the parts of our humanity which words struggle to capture. In this year of physical distancing and socio-economic challenges, music can provide a sense of unity – connecting a disconnected world. This connection, and the hope it brings, is something well worth celebrating. What better way to celebrate than with the incomparable music of Beethoven?

The commonalities between medicine and music are many, but it is their contrasts that have often served me best. In my life music has served as a balancing force. Where medicine is a tireless scientific pursuit that often leaves one weary, music is a balm for that weariness and a powerful conduit to the shared human experience. Without music, I doubt that I would have been able to sustain my life's work, and I am ever grateful for that.

It is for these reasons that I want to express my most heartfelt gratitude for the invitation to this year's concert. I also give my deep appreciation to the SAR Philharmonic Orchestra and the concert's organisers and supporters, and to the musicians of course, for sharing their priceless talents with the world. May I wish the performance a wonderful success and everyone an enjoyable evening.



**Message from
Mrs. Renata Kaczmarek
Social Affairs Officer,
Focal Point on the Family/SIPB,
Division for Inclusive Social Development
(DISD) of the United Nations
Department of Economic and
Social Affairs (UNDESA)**



COVID-19 pandemic had and in many parts of the world continues to have a dramatic effect on us all. Social isolation, economic hardship, school closures, overwhelming parenting responsibilities, uncertain working situation, challenges of working from home hit hard millions of families, especially those less well-off.

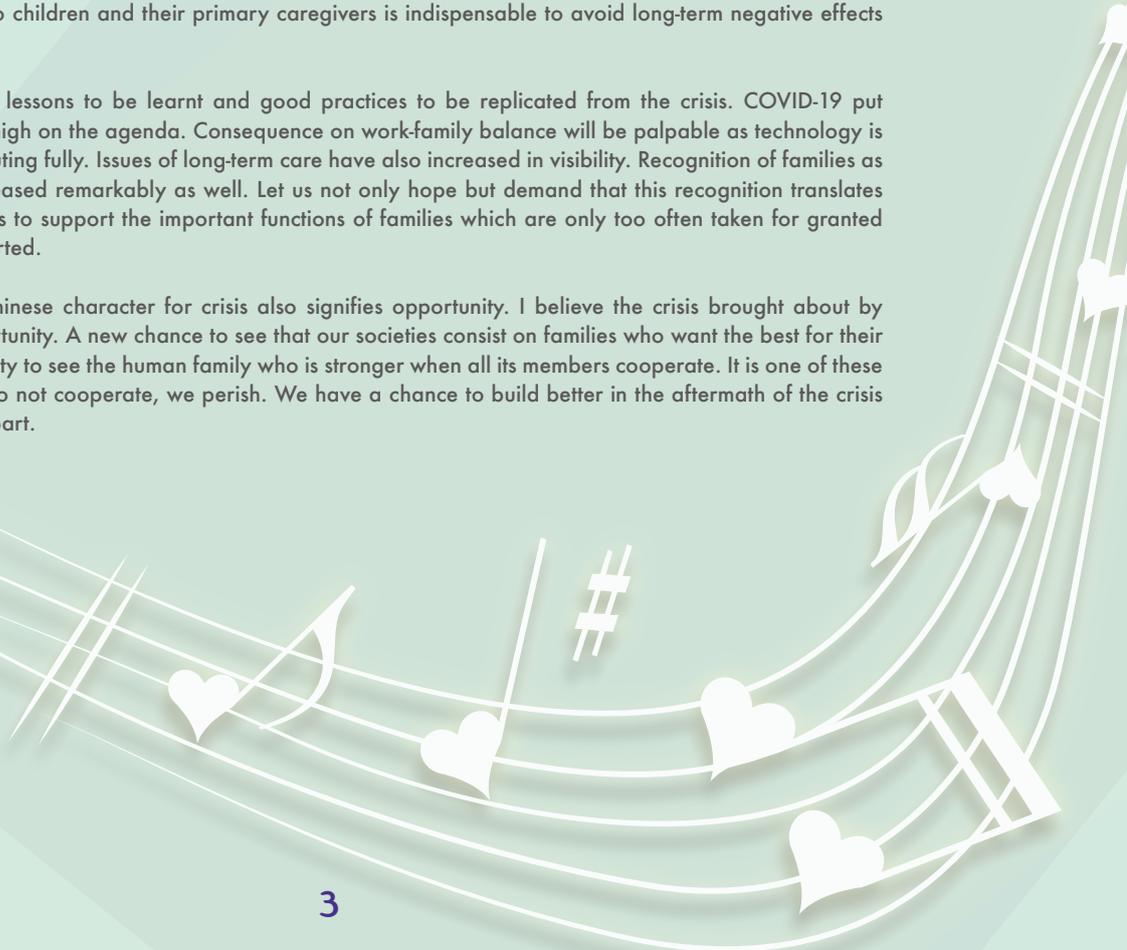
Yet, this health, economic and social crisis made us see how important families really are. It was in families that we felt safe, it was families who supported their close and far members in times of uncertainty. We came together within our families and even when we couldn't meet in person we used technology to keep close. In fact, we never distanced socially, only physically.

During the current crisis, many Sustainable Development Goals, especially SDG1 (Eradication of Poverty), SDG4 (Education) and SDG5 (Gender) are in jeopardy with targets on poverty reduction, access to education and care and the recognition and valuing of unpaid care and domestic work becoming even more difficult to achieve.

At the United Nations, we do our best to raise awareness of the impact of the crisis on families and encourage Governments to take serious steps to invest in families and make sure they do not fall into worse poverty and neglect. As a prolonged socio-economic crisis is likely to continue, the response requires strong support for families with children. Giving priority to children and their primary caregivers is indispensable to avoid long-term negative effects on future generations.

There are indeed a lot of lessons to be learnt and good practices to be replicated from the crisis. COVID-19 put work-family balance very high on the agenda. Consequence on work-family balance will be palpable as technology is there to support telecommuting fully. Issues of long-term care have also increased in visibility. Recognition of families as social safety nets has increased remarkably as well. Let us not only hope but demand that this recognition translates into effective social policies to support the important functions of families which are only too often taken for granted and not adequately supported.

As far as I know the Chinese character for crisis also signifies opportunity. I believe the crisis brought about by COVID-19 is also an opportunity. A new chance to see that our societies consist on families who want the best for their members. A new opportunity to see the human family who is stronger when all its members cooperate. It is one of these crises showing that if we do not cooperate, we perish. We have a chance to build better in the aftermath of the crisis and we should all do our part.





亞洲區家庭研究聯盟主席
朱楊珀瑜女士 BBS 獻辭
Message from
Mrs. Patricia Chu, BBS
Chairperson
Consortium of Institutes on
Family in the Asian Region (CIFA)



本人熱烈歡迎大家出席今晚的《愛樂•家點希望音樂會2020》。是次活動在新冠肺炎的陰霾下舉行，實在難得。CIFA 希望透過香港愛樂團演奏貝多芬的交響樂曲，可以為我們帶來多一點正能量，重新對生命充滿期盼。

我們十分榮幸，亦非常感謝香港大學李嘉誠醫學院院長梁卓偉教授主持音樂會的開幕禮。在此時此刻，他的出席及鼓勵令 CIFA 十分鼓舞。我們亦感謝來自聯合國 Renata Kaczmarek 女士的賀辭，她分享了聯合國在提高人們對疫情對家庭的影響的意識所作出的努力，並鼓勵各國政府推行有效的社會政策以支持家庭的重要功能，同時亦呼籲大家將疫情視為共同鞏固家庭的機會。

除了感謝表演嘉賓及各位善長仁翁外，亦希望大家留意場刊內出自各繪畫、攝影及中國書法大師，及社會服務使用者的一些作品。他們透過不同的藝術形式分享經驗和感想，為場刊加添色彩。

懷有共同的願景和透過通力合作，CIFA 的工作得到亞洲區及聯合國越來越高的認可，我們感到十分自豪和興奮。CIFA 的成功全賴您的支持和鼓勵，我們非常感謝！

最後，我再次感謝大家賞光出席，並祝各位與家人身體健康、出入平安、幸福滿溢！

It is my pleasure to welcome you all for joining this Bringing Hope Home Concert 2020. This event is particularly meaningful as it is organized under the shadow of the COVID-19 pandemic. Through the performance by the SAR Philharmonic Orchestra of Beethoven's masterpieces, we hope it will convey positive energy, Bringing Hope Home to all families.

We are most thankful and honored to have Professor Gabriel Leung, Dean of Medicine of The University of Hong Kong to be our Guest of Honour. His presence and sharing at this particular time is most encouraging. We are also grateful to Mrs. Renata Kaczmarek of the United Nations for sending her message to us, sharing the efforts made by the United Nations in raising awareness of the impact of the pandemic on families, and encourage governments to implement effective social policies to support the important functions of families, while at the same time to appeal to all to treat the onset of COVID-19 as an opportunity to work together to strengthen the family.

Apart from thanking all the performers, sponsors and donors, I would like to draw your attention to the pieces contributed by masters in painting, photography and Chinese calligraphy as well as those by social service recipients, sharing their experience and insights through different art forms, adding much colour and substance to the Program Brochure.

Sharing a common vision and with concerted efforts, we are proud and excited that our work has received growing recognition, not only in the Asian Region, but from the United Nations. This success story is a result of your full support and encouragement and we are thankful for it!

May I thank you once again for joining us this evening, and wish you and your family good health, safety and happiness!





Message from Mr. Richard Wallace Chairman SAR Philharmonic Orchestra

Welcome to our concert.

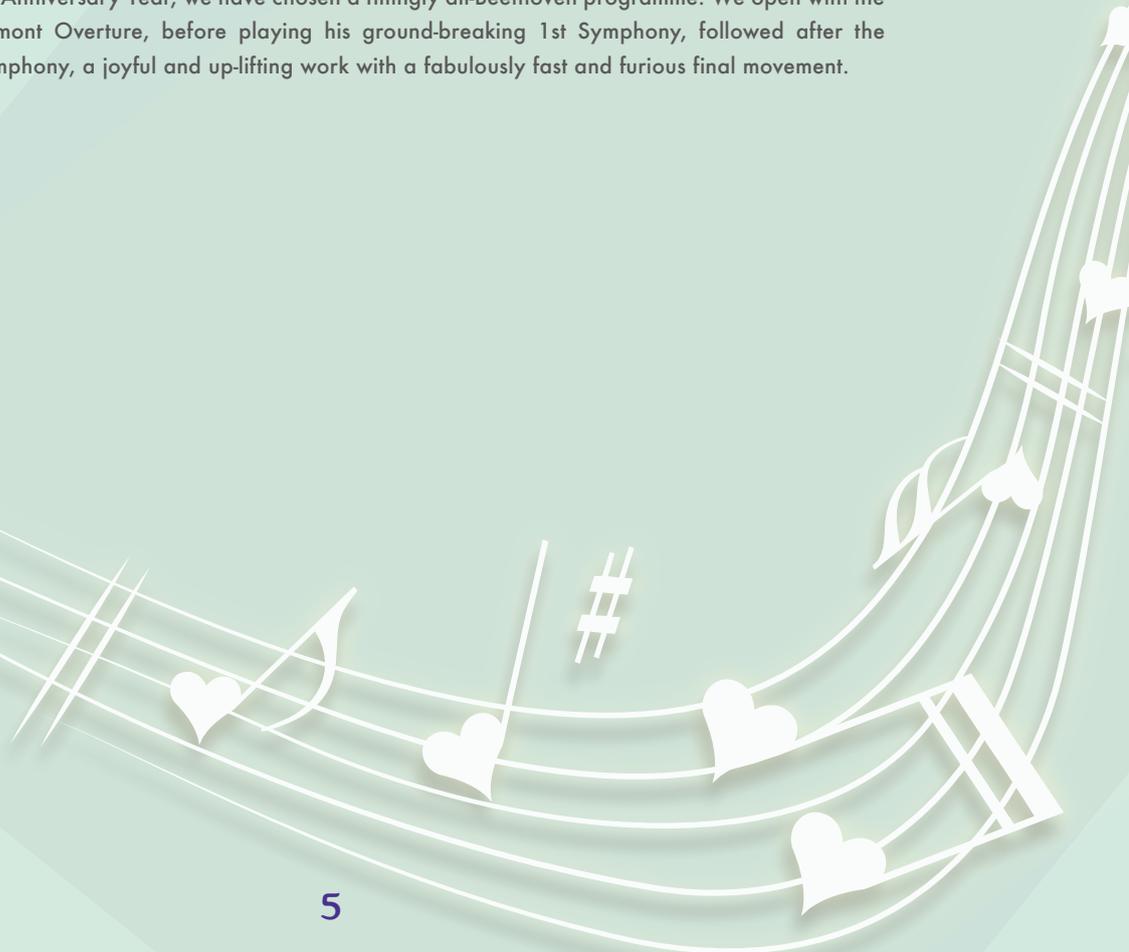
For over 20 years we have been presenting classical music concerts to help local charities raise funds. Tonight, in our "Bringing Hope Home" concert, receipts will go to two charities, Haven of Hope and CIFA.

This is the first time we have ever performed with the social-distancing and segregation you see between our players on stage today, and the first live full orchestral concert we have been able to present for 18 months. It's been quite a challenge!

So I would like to offer my sincere thanks for making tonight possible, first and foremost to you, our audience, for being here this evening, to our amazing and tireless beneficiary charities, and also to our players, for having giving up so much of their time rehearsing not just for this concert, but for all the others that have sadly had to be cancelled.

In this, Beethoven's 250th Anniversary Year, we have chosen a fittingly all-Beethoven programme. We open with the stirring and powerful Egmont Overture, before playing his ground-breaking 1st Symphony, followed after the intermission by his 8th Symphony, a joyful and up-lifting work with a fabulously fast and furious final movement.

Have a great evening!





亞洲區家庭研究聯盟

亞洲區家庭研究聯盟(CIFA)是一間根據香港有關法例註冊的獨立非牟利機構。它是區內各國進行有關家庭工作的核心，並提倡“凝聚專業智慧，倡導家庭健康”。聯盟的宗旨是促進家庭健康，為國際的人際科學領域出一分力。聯盟亦會支持及鼓勵區內相關研究項目、培訓工作及分享實踐經驗，並提供意見，以便在亞洲區內制訂家庭政策。自2008年成立以來，在亞洲區得到越來越多的支持，最近更得到聯合國的認可，並由社會發展政策司司長 Daniela Bas 女士代表出席2016年於韓國舉辦的第五屆地區性研討會及2018年於香港舉辦的亞洲家庭高峰會；以及由社會發展政策司 Focal Point on the Family 的 Renata Kaczmarek 女士代表出席於2017年舉辦的和富3A計劃交流會及愛樂•愛家•共譜和諧慈善音樂會。CIFA活動的影片亦已上載到聯合國網站(<http://unsdn.org>)，並於秘書長報告中轉載。



Consortium of Institutes on Family in the Asian Region (CIFA)

The Consortium of Institutes on Family in the Asian Region (CIFA), an independent non-profit making organization registered under laws in Hong Kong, aims to serve as a regional hub for networking with the mission of “Converging Professional Wisdom for Family Well-Being” with representatives from 8 regions/countries in Asia. The goal is to promote family health and contribute to the body of knowledge in relationship science in the international arena. It supports and enhances mutual interest in research and training initiatives, shares good practices and policy formulation on families that are unique to the Asian region. Since its incorporation in 2008, CIFA has gained increasing recognition and support, not only in the Asian region, but also from the United Nations, with the presence of Ms. Daniela Bas, Director of Division for Inclusive Social Development of the Department of Economic and Social Affairs (DESA) of the United Nations, at both the 5th CIFA Regional Symposium in Korea in November 2016 and the Asian Family Summit in August 2018 in Hong Kong, as well as that of Mrs. Renata Kaczmarek of the Focal Point on the Family of the DESA at the Exchange Programme of Wofoo 3A Project and Charity Concert for Family Harmony in June 2017. Videos on activities of CIFA have been uploaded onto the United Nations Portal (<http://unsdn.org>) and featured in the reports of the Secretary General to the General Assembly.





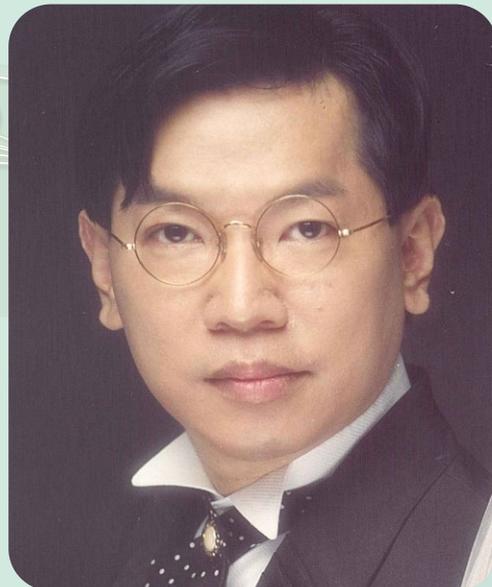
香港愛樂團

香港愛樂團成立的目標是：透過美妙動人的音樂，幫助有需要的社群。一直以來，樂團都朝著這個目標進發，以舉辦募捐音樂會的方式，為多個慈善機構籌募善款。香港愛樂團是香港愛樂慈善基金會的音樂組織，屬於香港政府註冊的非牟利慈善團體。自1999年起，樂團每年都會舉辦多場音樂會，迄今已為本地的民間慈善團體籌得超過五千萬港元的善款。超過100位成員的香港愛樂團，陣容完整，勇於挑戰難度極高的曲目，而成員亦秉著為善最樂之心，慷慨獻出他們的時間和精神，盡力為各慈善團體募捐。

SAR Philharmonic Orchestra

The SAR Philharmonic has a simple goal: Helping to lessen suffering through Sweet And Romantic music. This is mostly carried out by presenting concerts for fund raising by other charitable organizations. The SAR Philharmonic is the musical arm of SAR PHILHARMONIC CHARITABLE FOUNDATION, a Hong Kong Government registered Charitable Foundation. The orchestra performs several concerts a year and since the first concert in 1999 over \$50 million have been raised for local charities. Orchestra members are dedicated volunteers who give their services freely - thus maximizing the financial benefits for the recipient charity. The orchestra boasts over 100 members and presents ambitious programs for full symphony orchestra.

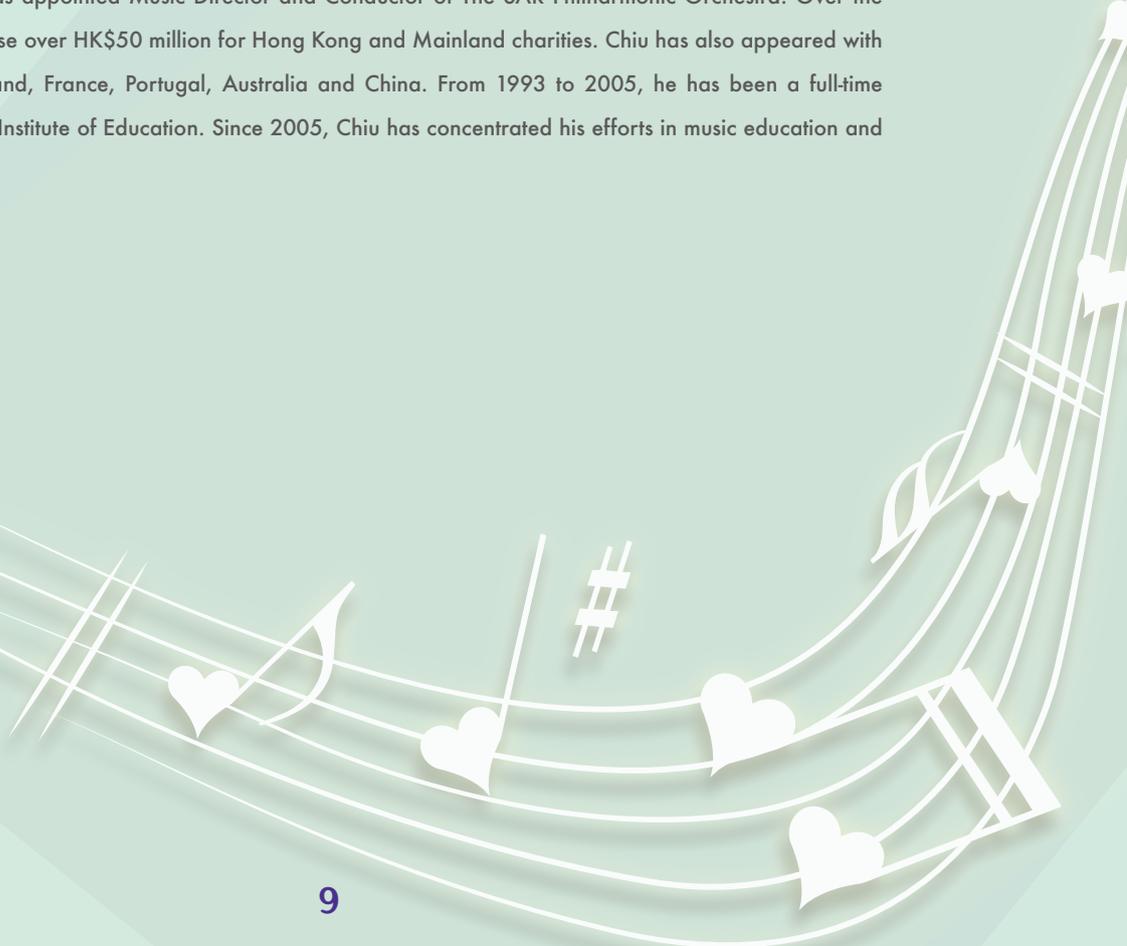




趙啟強先生 (總監及指揮) Mr. Chiu Kai Keung Music Director & Conductor

趙啟強超卓的才華使他在國際上贏得了不少讚賞，他的才智及與聽眾溝通的能力更深受香港樂迷的愛戴。畢業於香港演藝學院後，他與 Hong Kong Mozart Orchestra 香港莫扎特樂團於1988年作首次公開演出。他的才華很快獲大眾的認同。1989年獲委任為香港醫學會管弦樂團的音樂總監。1999年以來為香港愛樂團 SAR Philharmonic Orchestra 音樂總監。數年來，他為香港和國內的慈善團體籌款超過港幣五千萬元。同時他亦曾參與韓國、英國、法國、葡萄牙、澳洲及中國的管弦樂團演出。自1993年至2005年，他任教於香港教育學院。現致力於音樂教育及指揮工作。

K.K. Chiu's extraordinary talent has earned him international praise and his wit and ability to connect with the audiences has endeared him to the people of Hong Kong. A graduate of the Hong Kong Academy of Performing Arts, Chiu made his debut with the Hong Kong Mozart Orchestra in 1988. His talents were soon recognized and he was appointed Music Director of the Hong Kong Medical Association Orchestra in 1989 and as guest conductor of other orchestras. In 1999, he was appointed Music Director and Conductor of The SAR Philharmonic Orchestra. Over the years, he has helped to raise over HK\$50 million for Hong Kong and Mainland charities. Chiu has also appeared with orchestras in Korea, England, France, Portugal, Australia and China. From 1993 to 2005, he has been a full-time lecturer at the Hong Kong Institute of Education. Since 2005, Chiu has concentrated his efforts in music education and conducting.





香港愛樂團名單

SAR Philharmonic Orchestra Players list

Conductor

KK Chiu

1st Violin

Aniela Chaudhuri (Leader)

Henryk So

Joanne Tam

Salina Chen

James Kim

Edwin Lam

Kelvin Yip

Sam Lau

Kenny So

Goshu Tamura

2nd Violin

Joyce Chan

David Ho

Sarah McLellan

Rachel Catanach

Rinko Hazawa

Richard Wallace

Jacqueline Sung

Jonathan Hui

Valerie Weston

Yanis Yip

Flutes

Jay Liu

Maggie Holmes

Viola

Monica Johnston

Benedikt Fohr

Shirley Hui

Dr YK Wong

Eugene Au

Frank Chow

James Woo

Clarinet

Susan Edwards

Maša Mujic

Bassoon

Leung Tak Wing

Ng Ka Ming

Horn

Beethoven Symphony No 1

Tommy Wong

Charles Chan

Oswald Ng

Beethoven Symphony No 8

Nadia Lo

Fred Cheng

Alfred Kwok

Cello

Alex Ling

Bart Chan

Alison McMillan

Yoko Vukovich

Juliette Sung

Chelsea Hwang

Nick Kwok

Pao Yen

Stephen Chan

Atsushi Yamamoto

Oboe

Betty Sin

Chau Wai

Double Bass

Hannah Thiriet

Rio Li

Li Ki Si

Carola Richter

Michael Bradley

Hylas Chung

Adrian Davis

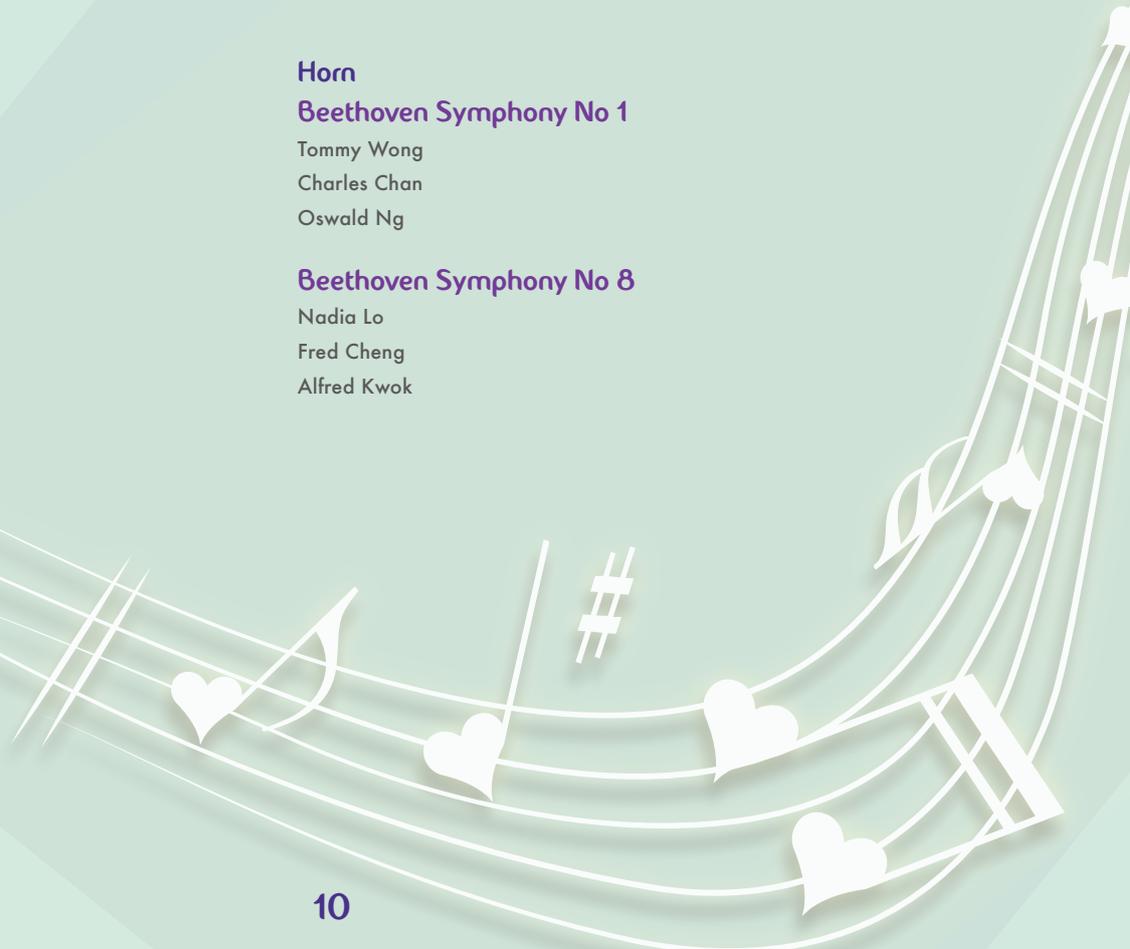
Timpani

Choi Suk Fan

Trumpet

Joshua Hiew

Angus Woo



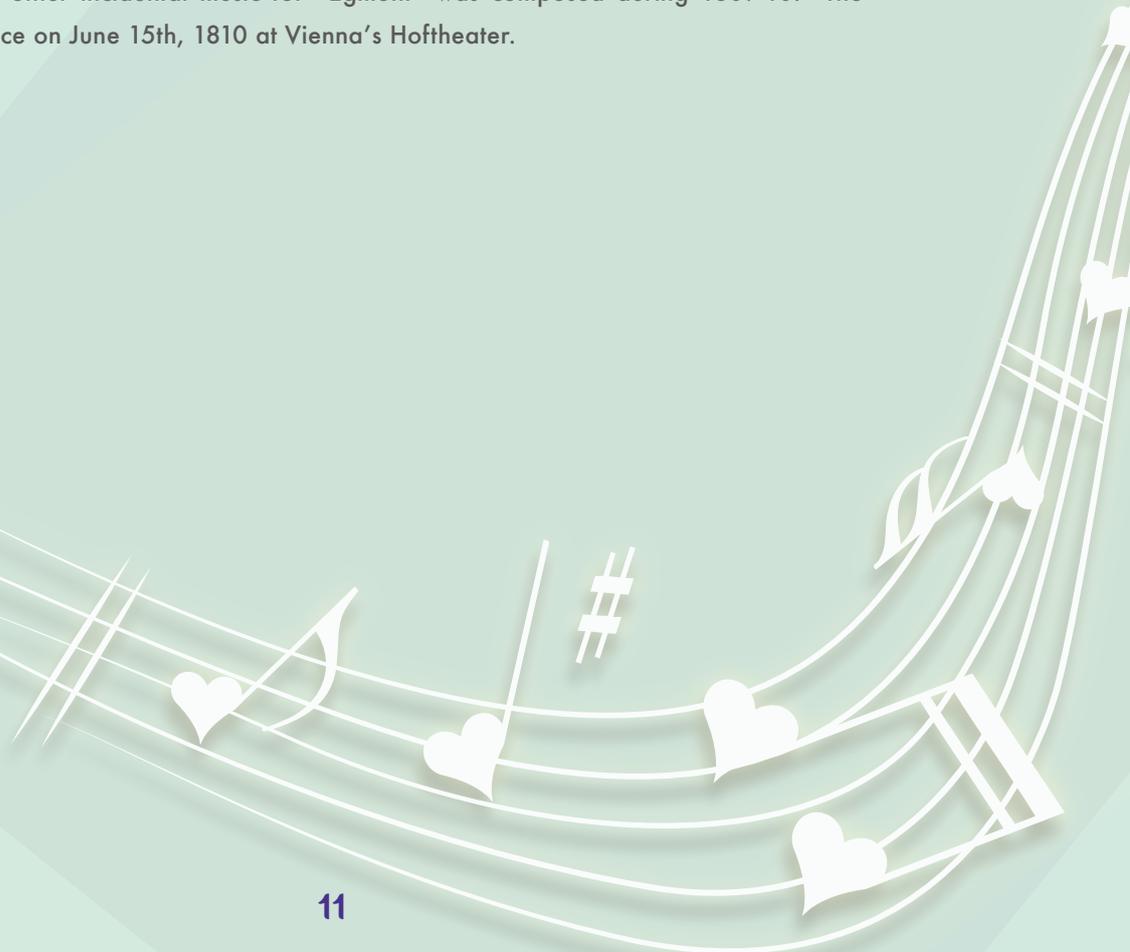


Beethoven's Egmont Overture, op.84

Beethoven was most enthusiastic when he was approached with a commission to compose music for a revival of Goethe's tragic play "Egmont" by the Vienna Court Theatre. He called Goethe "the foremost German poet". He was also drawn to the subject matter of the play. Count Egmont, a Flemish figure from the sixteenth century, who fought to save his country from military conquest by the Spanish Duke of Alba and was later executed for his actions. He was an inspiring character whose heroism encouraged others to continue the fight for their freedom. Perhaps Beethoven compared the topic of the play to the more recent occupation of Vienna by the French.

The overture begins in a somber manner, with blasts of fanfare heralding the oppressive power of the Spanish armies. This section segues into an energetic Allegro that captures the brave spirit of the resistance against the Spanish. In spite of the pause in the music, denoting the execution of Egmont, the music ends with a victorious finale.

The overture and other incidental music for "Egmont" was composed during 1809-10. The premiere took place on June 15th, 1810 at Vienna's Hoftheater.





Beethoven Symphony No 1 in C major, op.21

Probably written in 1799, Beethoven's First Symphony is a work grounded in the eighteenth century, but gives many clues as to the musical evolution to come. Having explored all the other common musical genres, Beethoven waited until the relatively mature age of 29 before embarking on the composition of his first symphonic effort. Premiered on 2nd April, 1800, the symphony announced to the audience that there was a new force on the musical scene. However, the general opinion at the time seemed to be that the vitality of Beethoven's writing, and particularly his orchestration and novel use of the wind section, were too new and challenging. Within a short time, though, this innovation was accepted as the new norm.

The First Symphony is in four proper movements. The first, marked *Adagio molto - Allegro con brio*, although closely related to the Mozart/Haydn ideal, shows interesting touches reflecting Beethoven's personal style. The very first chord breaks with tradition, and the characteristic wind writing throughout and closely woven thematic structure suggest the shape of things to come.

The second movement, *Andante cantabile*, has been justly famous from the very first performance for its simple purity and immaculate part writing. Beethoven's sense of drama, apparent in all his later works, makes an appearance here.

Obeying all the traditional rules of the Classical symphony, the minuet nevertheless hints at the Scherzos to come. Moving along at a fair pace, it has intriguing cross rhythms.

The finale, marked *Adagio - Allegro e molto vivace*, starts with a bang and progresses into a spirited *Allegro*. Only slightly more conservative than his later works, the piece concludes with a mood of great humour.





Beethoven Symphony No 8 in F major, op.93

Completed in 1812, the Eighth Symphony had its premiere in Vienna on 27th February, 1814. Played alongside the Seventh Symphony, it did not compare favourably at first. However, Beethoven himself thought it one of his best symphonies and Robert Schumann praised its "profound humour" and wrote that the second movement filled him with "tranquility and happiness".

The first movement is in a lively $\frac{3}{4}$ time and is in the home key of F major. It is written in sonata form, like most of Beethoven's opening movements. The opening theme is in three four bar sections with the pattern forte-piano-forte. At the recapitulation, the theme is made more emphatic by omitting the middle four bars.

The second movement is said to have been inspired by Beethoven's friend, Johann Maelzel, who had recently invented the metronome. The metronome-like parody starts at the beginning of the movement, with the winds playing semiquavers in even staccato chords. The tempo is unusually faster than a normal symphonic slow movement.

The third movement pays homage to the Classical minuet, which had by then fallen out of fashion. Written in ternary form, it has a trio section with glorious solos for the horns and clarinet.

The finale is the most substantial movement of this symphony, with a very fast tempo. It is written in a version of sonata rondo form. The opening material reappears in three places: the start of the development section, the start of the recapitulation and about half way through the coda. The coda is one of the most substantial and elaborate of all Beethoven's work, almost longer than the rest of the movement in itself.



藝術作品的分享 Sharing of Art Pieces

為配合本音樂會的主旨，我們刊登了數位本地著名藝術家的作品，計有嚴以敬先生(亞虫)、常霖法師、黃英傑先生、徐梅女士和駱雪玲女士。他們的作品都啟發我們要以正能量面對逆境，生命才會充滿愛和希望!

同時，我們也加插了一些由會員機構服務使用者提供的創作。我們希望透過這些作品分享他們的經歷和面對困境的感受，並帶出正面的訊息，與香港人共勉之。

謹此期望各位欣賞這些作品及從中獲得啟發!

To tally with the theme of the Concert – Bringing Hope Home, we have included some masterpieces of the local renowned artists who are Mr. Yim Yee-King (Ah Chung), Ven. Chang Lin, Mr. Wong Ying Kit, Madam Sui-may and Mrs. Susan Mak, stimulating all to adopt a positive attitude to enjoy love and hope in life.

In addition, we have also inserted several art pieces produced by the service recipients of our Member Organizations, sharing the positive messages in facing adversities in life.

Let's hope all of you would gain insight while appreciating these pieces!

尋找 The Trajectory of Hope

(Watercolour and ink in Xuan, 60cm X 90cm)



在新冠肺炎侵襲及被迫留在家中的日子，駱女士專注於園藝及工筆畫，並將兩者揉合成以四張畫作組成的「育園」系列。

香港曾一度連續數天錄得過百宗確診個案，「尋找」便是在這個背景下開始。駱女士在觀察一種生於澳洲東部的百合花朵中尋找希望。該百合因可生長至五米高而被冠以「巨人」稱號。花朵從蓮座狀葉叢中生出，葉子外形呈劍狀。

當花朵的生命走到盡頭，但社交距離仍未到達完結的一刻。駱女士感受到時間與空間的距離皆超越了人的想像，頓時陷入迷茫。她清洗花瓣，重新探索痕跡，以此勾畫出正在尋找希望的人體姿態。

花朵的盛衰與人體有許多異曲同工之妙。如同藏於畫中的百合，常存希望。

In the midst of COVID-19 and forced to stay home amid lockdowns in Hong Kong, Susan decided to pick up gardening on her rooftop and Gongbi or Traditional Chinese Meticulous Painting. She completed the "Cultivate Your Own Garden" series comprising four paintings.

The Trajectory of Hope is completed whilst Hong Kong saw an uptick in COVID-19 cases with more than a hundred cases being reported several days in a row. Susan searched for hope by first studying the great spear lily, a native flower in Eastern Australia. Giant is its name as it can grow up to five metres in height. It grows in a rosette and leaves grow in the shape of a sword.

When the giant lily is done, undefined social distancing is still in force. Susan felt like facing a new jigsaw pattern because the distances of time and space exceed normal imagination. Susan washed the giant lily and rediscovered traces to draw the human body and how it responded in search of hope.

The biological feeling of a plant growing and fading synchronises with the human body in many ways. Like the giant spear lily underlaid in the painting, there is always hope.

駱雪玲

駱雪玲女士於香港居住及工作。醉心於中國書畫逾十年並於2018年完成香港大學專業進修學院創意人體寫生課程，而其作品亦先後於香港、上海及日本展出。

Susan Mak

Susan lives and works in Hong Kong. Intensively interested in Chinese Calligraphy and Classical Chinese paintings for over ten years, she completed the first HKU SPACE Creative Figure Paintings in 2018. Susan has exhibited her works in Hong Kong, Shanghai and Japan

新冠肺炎的啟示 - 小心和擔心

What COVID-19 has taught us - Being Cautious or Being Worried



在「新冠肺炎」的影響之下，全世界都人心惶惶，甚至產生過度的恐懼情緒，因此推動讓大家能夠安心的方法，是刻不容緩的。

在這個非常時期，我們還是要維持正常生活，出入都要小心做好防禦措施，佩戴口罩，避免去人多擠迫的地方，仔細瞭解預防疾病的方法，並且做好這些本分之後，再去擔心便是不必要的了。

「小心」是清楚覺察自己當下正在做的事，「擔心」卻是把心放在未來不一定會發生的事。當我們「小心」行事的時候，內心仍然是積極正面的，但在「擔心」時，內心卻是消極負面的，內心的負面情緒會產生負能量，而這些負能量會消耗和減弱我們的抗疫能力。

這個時候的禪修練習除了可以提升自我的覺察能力，穩定的身心狀態也能使免疫系統發揮最佳功效，身心得到平衡，不論是對內或對外，都能使身體與心智做出最好的反應。這次的困難和逆境，就是讓我們好好學習的，假如放棄了這個令自己更進一步的機會，就真的太可惜了。

在此奉勸大家，日常生活需要小心但不需要擔心，希望疫情盡快受到控制，大家都可以回復正常生活。

The Covid-19 pandemic has caused worldwide panic. Some people have even been pulled into excessive fear and anxiety. Therefore, it is of pressing need to help people better cope with the current uncertainty.

During this extraordinary period, we still have to go about our daily activities, but not without vigilance and proper precautions. We should wear masks when we go out, avoid crowded places, and stay informed about ways to protect ourselves from the virus. After our parts are done, further worry is unnecessary.

Being 'cautious' is being aware of our surroundings and what we are doing at the present moment; while being 'worried' is putting our mind on things that may or may not happen in the future. When we act cautiously, we are positive and forward-moving. Yet when we worry, we are pessimistic and negative, which will only weaken our defence against the virus.

This is where Zen Meditation comes in. Besides enhancing self-awareness, Zen Meditation promotes a balanced physical and mental state, thereby boosting our immune system. It sharpens the senses of our mind and body. The adversaries and challenges that we face today are in fact opportunities for us to learn. It would be a loss for all of us if we do not seize these opportunities to improve.

I sincerely advise everyone to be cautious but not be worried. I hope the pandemic will soon be under control, and life will return to normal.

常霖法師俗名葉青霖，出家前為香港著名專業攝影師，香港理工學院（今理工大學）設計系畢業。接觸攝影經驗超過50年，現為「香港專業攝影師公會」創會及榮譽會員。他在2009年放下俗世的名與利，到台灣於果如法師座下剃度出家，現時經常以輕鬆易懂，融合生活藝術的方式帶領禪修活動，希望幫助多些人活出自在的人生。

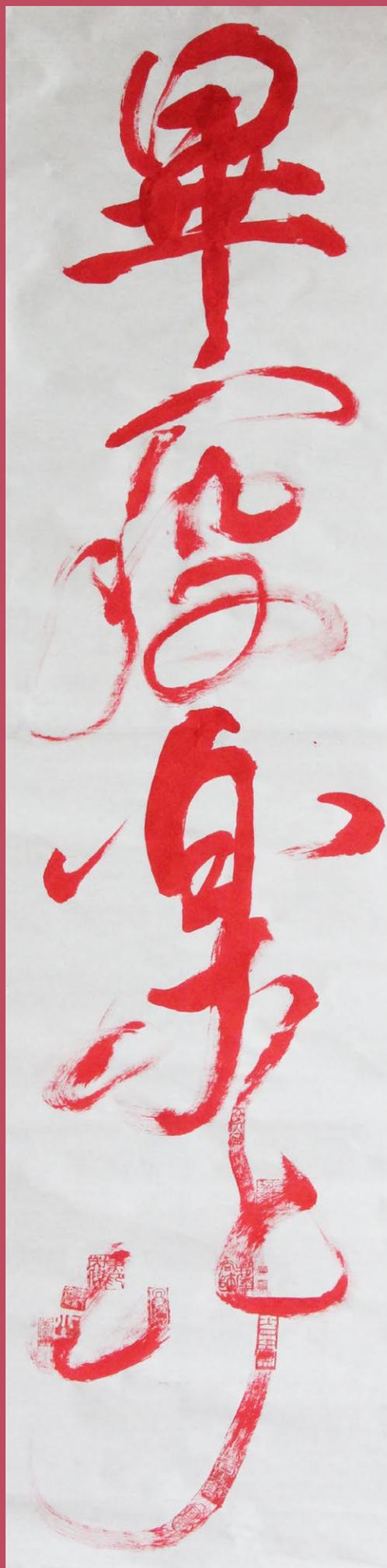
Ven. Chang Lin, formerly known as Alain Yip, is a reputable professional photographer in Hong Kong who graduated from the Hong Kong Polytechnic (now Hong Kong Polytechnic University) studying Design. With over 50 years of experience in photography, he is a Founder and Honorary Member of the 'Hong Kong Institute of Professional Photographers'. In 2009, he decided to give up all his fame and fortune and went to Master Guo Ru's temple in Taiwan to start his monastic life. Ven. Chang Lin now leads meditation retreats in a simple and easy-to-follow way, helping others incorporate meditation into their daily lives.

Facebook: <http://www.facebook.com/changlinfashi>

畢疫樂乎 Facing adversities in life

黃英傑 字觀覺 法號一塵禪師
別號悟夢 書齋名渾沌齋

Wong Ying Kit is known for his simple yet innovative approach to his calligraphy - a reflection of his view on life.





嚴以敬先生 (亞虫) Yim Yee-King (Ah Chung)

(Ah Chung's painting)
©2019 Ah Chung/visual
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著名畫家嚴以敬先生 (阿虫) 2018年8月11日因突發性的心臟衰竭於美國洛杉磯家中離世，享年85歲。

他的禪意水墨小品風格，叫人觸眼頓悟和滿篇生輝的更是那些題詞，令人看了愛上心頭、忍俊不禁。

阿虫生前是CIFA的策略伙伴及顧問，期透過藝術鼓勵年青人，並推廣和諧家庭的訊息。我們將永遠懷念。

Renowned artist Yim Yee-King (Ah Chung) suffered acute heart failure and died on August 11, 2019, at his Los Angeles home at age 85.

He was best known for his paintings by adding lively and humorous depiction of his philosophy of life, a philosophy that brings us breathing space and food for thought in this busy world.

Ah Chung was CIFA's strategic partner and advisor, aiming to promote family harmony through art, especially among young people.

He will be forever missed.



小貓之愛 (布油畫)

Kittens' Love (Oil on Canvas)

作者：徐梅

Artist: Sui May

作品隨想：

Random thoughts from the Artist:

歡樂與悲傷，不離縈夢，
希望與絕望之間，是猶疑耽誤之痛，
面對天堂的喜悅，死亡的哀訴，
唯愛是靈魂的出路。

Cheerful and tearful, and laden with care,
Swaying, delaying, 'tween hope and despair
Joyous now, heav'n high, now dying with dole,
Happy alone is the true loving soul.

—— 貝多芬《艾格蒙特劇樂》
：克拉琴之歌

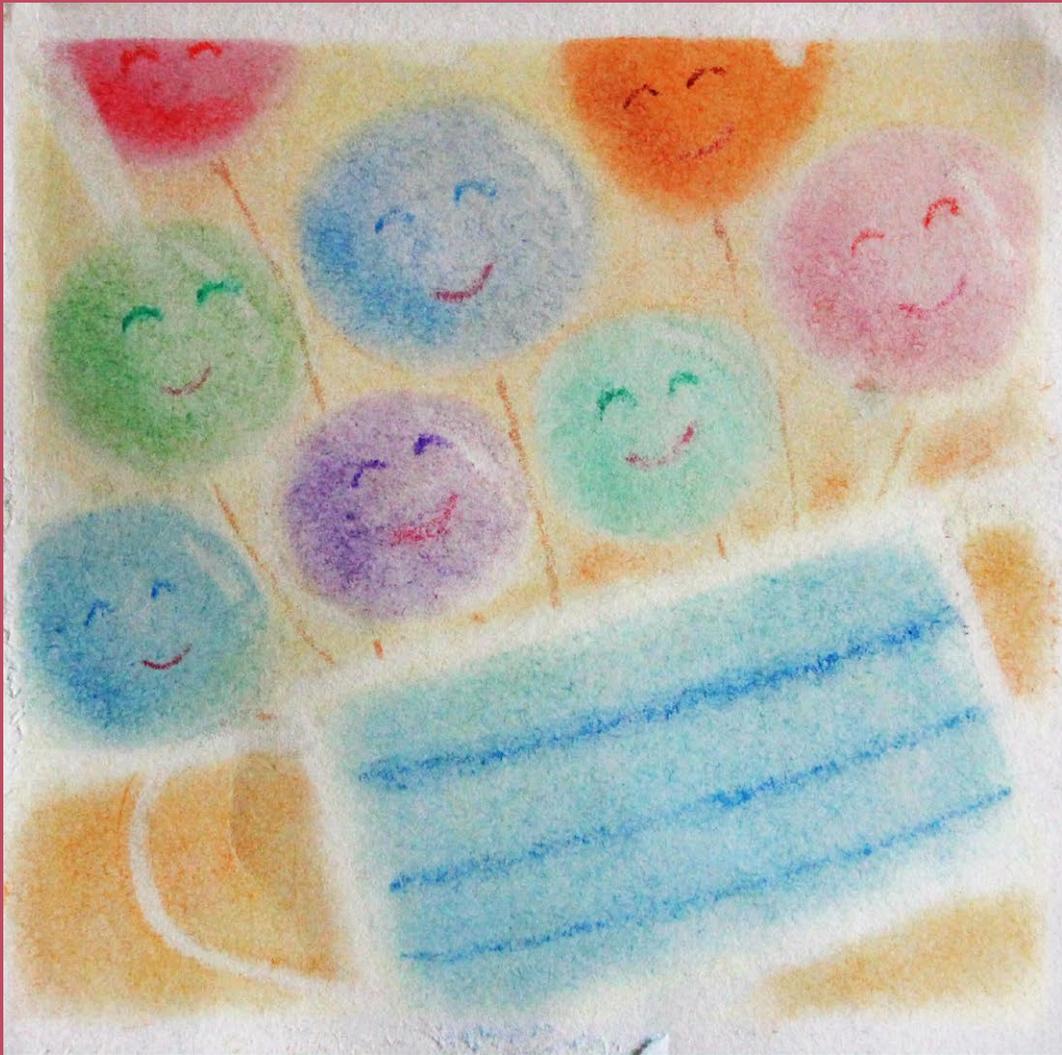
— Beethoven "Incidental Music to Egmont"
： Klärchen's Song

—— 歌德（詞） —— 吳敏倫（中譯）

— Goethe (Verse)

徐梅，吳敏倫教授的太太，從牙牙學語之始，已流露對繪畫的鍾愛。她的畫作是非賣品，祇用於饋贈、慈善捐贈或展覽。

Sui-may, wife of Professor Ng Man Lun, has loved to paint since toddler days. She never sells her paintings but only gives them to friends, or donates them or stage exhibitions for charitable cause.



口罩背後的笑容 Smile behind your mask

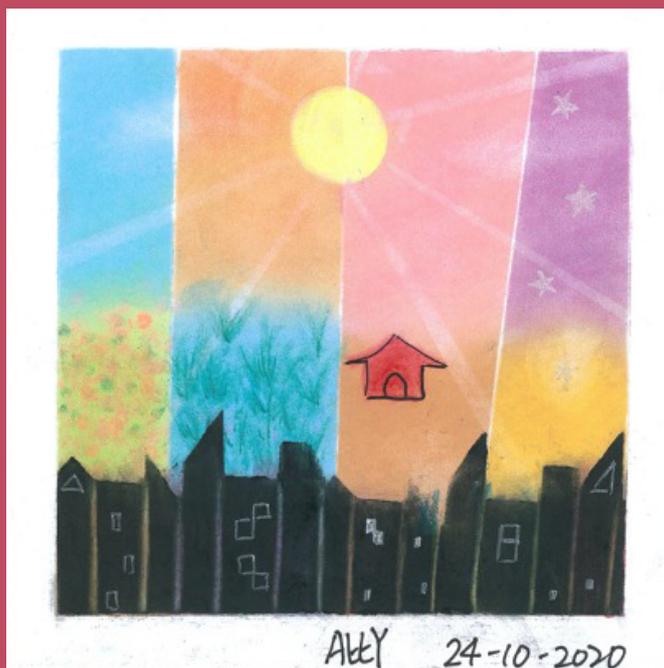
你口罩背後的笑容會昇華成別人的力量。抗疫再艱苦，一起帶著散發正能量的微笑來應付。
總有一天，口罩會被微笑氣球紛紛升走，展露你們口罩背後的笑容。

香港仔坊會社會服務社區中心
查詢電話：3550 5540
網址：www.aka.org.hk

Your smile behind the face mask can always empower others. Stay positive and fight against the pandemic together with a smiling face. One day, you will find all the masks being taken away by the smiling balloons flying up to the sky. Let's smile while wearing mask!

Aberdeen Kai-fong Welfare Association Social Service Community Centre
Tel: 3550 5540
Website: www.aka.org.hk

疫情下香港的 春夏秋冬 Four seasons of Hong Kong under the outbreak of Covid-19



一年前我在救世軍接觸和諧粉彩後，發現這項創作令我學懂活在當下，放鬆之餘又能儲備抗壓能量。即使不諳畫畫的我也可以專注於在紙上掃抹的過程，忘卻生活中的煩惱，找回最簡單的自己。

在疫情出現之後，整個社會都充斥著令人難以言喻的氣氛和無助感，又因為停課期間我與兒子多了時間相處，少不免會有衝突的出現。每次我感到心煩的時候，我都會拿出粉彩，好好感受當下的自己，將所有想法和盼望都投射在畫作上，每完成一幅作品，我都好像跨越了一座小山丘。慶幸地，兒子都受我影響，也愛上了和諧粉彩。

現在，我們常常一起創作、互相分享對和諧粉彩的想法。我發現兒子原來也可以專注於一件事情上，也擁有很多自己的想法。雖然疫情令我們失去很多外出的機會，卻多了機會讓我們與重視的家人好好相處，發現大家也擁有可愛的另一面。

救世軍新界東綜合服務 隆亨青少年中心

電話：2605 5569

網站：<https://www.salvationarmy.org.hk/ssd/lhcyc/hk>

Through studying the Pastel Nagomi Art in The Salvation Army last year, I found that this creative painting made me learn how to enjoy the moment of here and now. Not only relax my mind but also the degree of my resilience was strengthened. Although I was not good at drawing, I could concentrate and experience the magical beauty of Pastel Nagomi Art in the process. Nothing could distress me, and I discovered that I do enjoy my simple life.

Since the Covid-19 pandemic began, the whole city was thrown into a helplessness status and schools being suspended. My children and I have spent much time together in a cubicle and conflicts happened daily. When I felt stressful or being irritated, I would start drawing which help me to calm down, sooth emotion and project myself into the drawing. After finishing the art product, it seemed like that I could conquered a mountain. Luckily, my son was being affected by me and enjoy learning the Pastel Nagomi Art.

Now, we often enjoy drawing and sharing our creative ideas about the Pastel Nagomi Art together. Besides, I discovered that my son can focus on one thing and has lot of his own ideas. The epidemic has indeed caused us much inconvenience, but it also gave us more precious moment to share and understand each other.

The Salvation Army New Territories East Integrated Service Lung Hang Children and Youth Centre
Tel : 2605 5569

Website : <https://www.salvationarmy.org.hk/ssd/lhcyc/hk>



家頌希望計劃 Project of New Life

大家好，我和先生分居數年，育有2名女兒，一方面需要兼職養家，一方面需要養育2名女兒，也為我帶來壓力和情緒困擾。這2幅圖畫是2名女兒送給我，玫瑰花是大女畫，表達開心與甜蜜，雖然不是完整家庭，但與女兒的相處都是快樂，縱然偶有爭執；另一幅是細女畫，她說我是太陽，花朵是家姐，自己是水，令我覺得感動，也讓我我知道我對她是正面的影響，帶給她溫暖感覺。現在2幅畫貼在家，為我打氣，成為我每天工作的動力，讓我看見堅持下去是有希望，走出情緒困難，走出生活困局。

新生精神康復會賽馬會家頌希望計劃 阿陶

查詢電話: 3552-5253

網址: <https://www.nlpra.org.hk/>

Hello everyone, I separated with my husband for a few years. I have to take care of my two daughters as well as having part time to afford the daily expenses. I felt depressed and stressful in balancing various stuffs. The two Pastel Nagomi Art pictures are drawn by my two lovely daughters. My elder daughter drew a rose to express our happiness and sweetie in the family. Although we are not intact family and sometimes with minor conflicts, my elder daughter felt happy around. The other one is drawn by my younger daughter. She said the sun is me, flower is her elder sister and herself is the water. I am deeply touched with the warm feeling in the picture. I put the two pictures on the wall of my home that cheer me up in everyday busy work. Even though life is difficult and I sometimes feel distressed, I am hopeful to work for my family, that is my two lovely daughters.

By Tao from Jockey Club Embracing H.O.P.E.S Project of New Life Psychiatric Rehabilitation Association

Enquiry: 3552-5253

Website: <https://www.nlpra.org.hk/>

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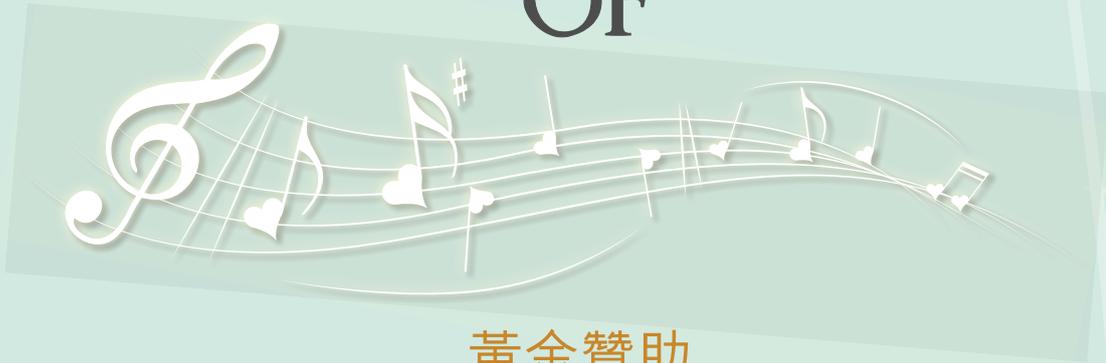


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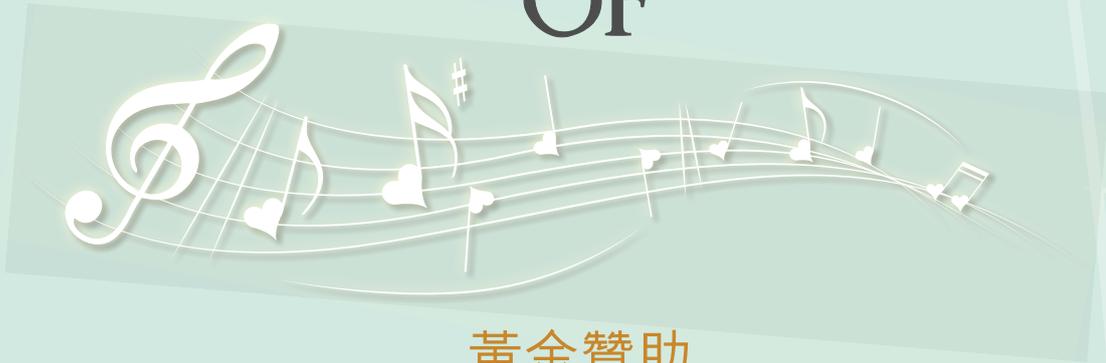
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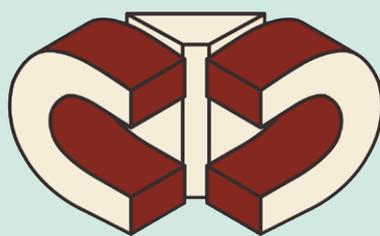
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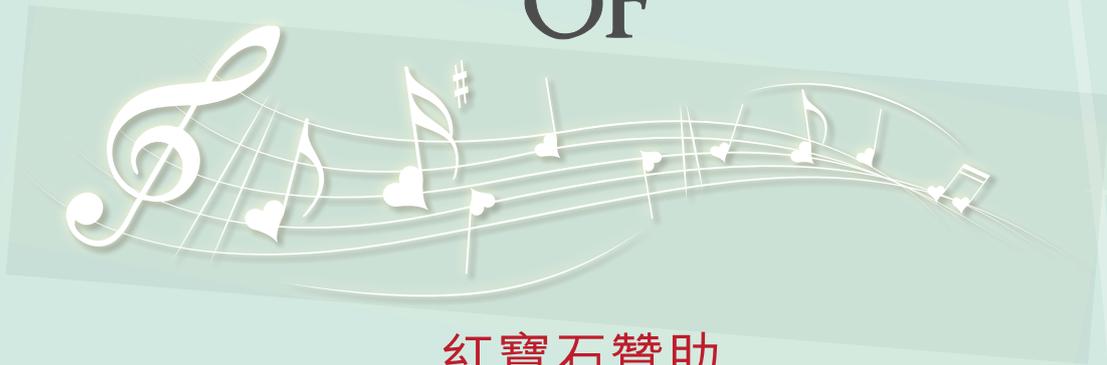
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由2020年初開始，協康會和每位香港人一樣，面對新型冠狀病毒肆虐，有特殊需要兒童及家庭更要面對比一般人更嚴峻的挑戰。但即使面對逆境，我們仍然繼續緊守崗位，迅速地安排應變方案，陪伴所有有特殊需要孩子和家庭渡過困境。

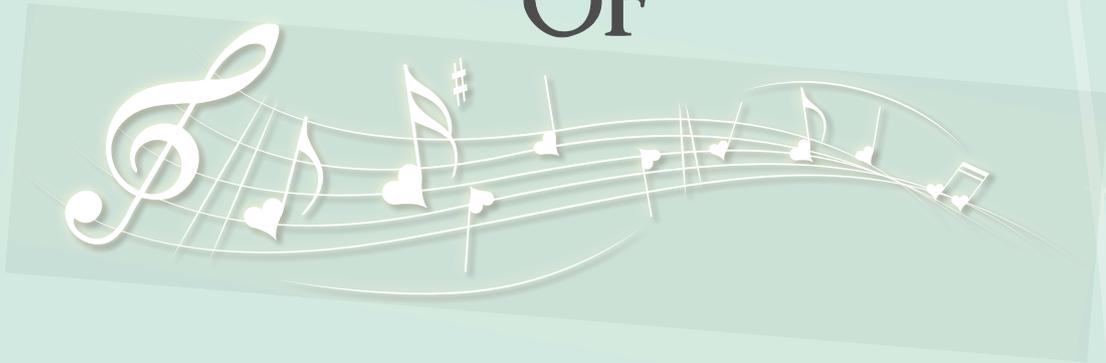
Since the beginning of 2020, Heep Hong Society has been facing the COVID-19 pandemic alongside all of Hong Kong. The situation has been especially challenging for families with children with special educational needs (SEN). Even in the face of such unprecedented adversity, the Society has remained steadfast in our role to help protect children with SEN and their families during these challenging times.

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- 善用科技教育防疫知識
Using technology to teach children about infection prevention
- 與大眾傳媒分享育兒資訊
Sharing child development information through the media
- 為SEN孩子籌募訓練經費
Raising fund to support SEN children from underprivileged families

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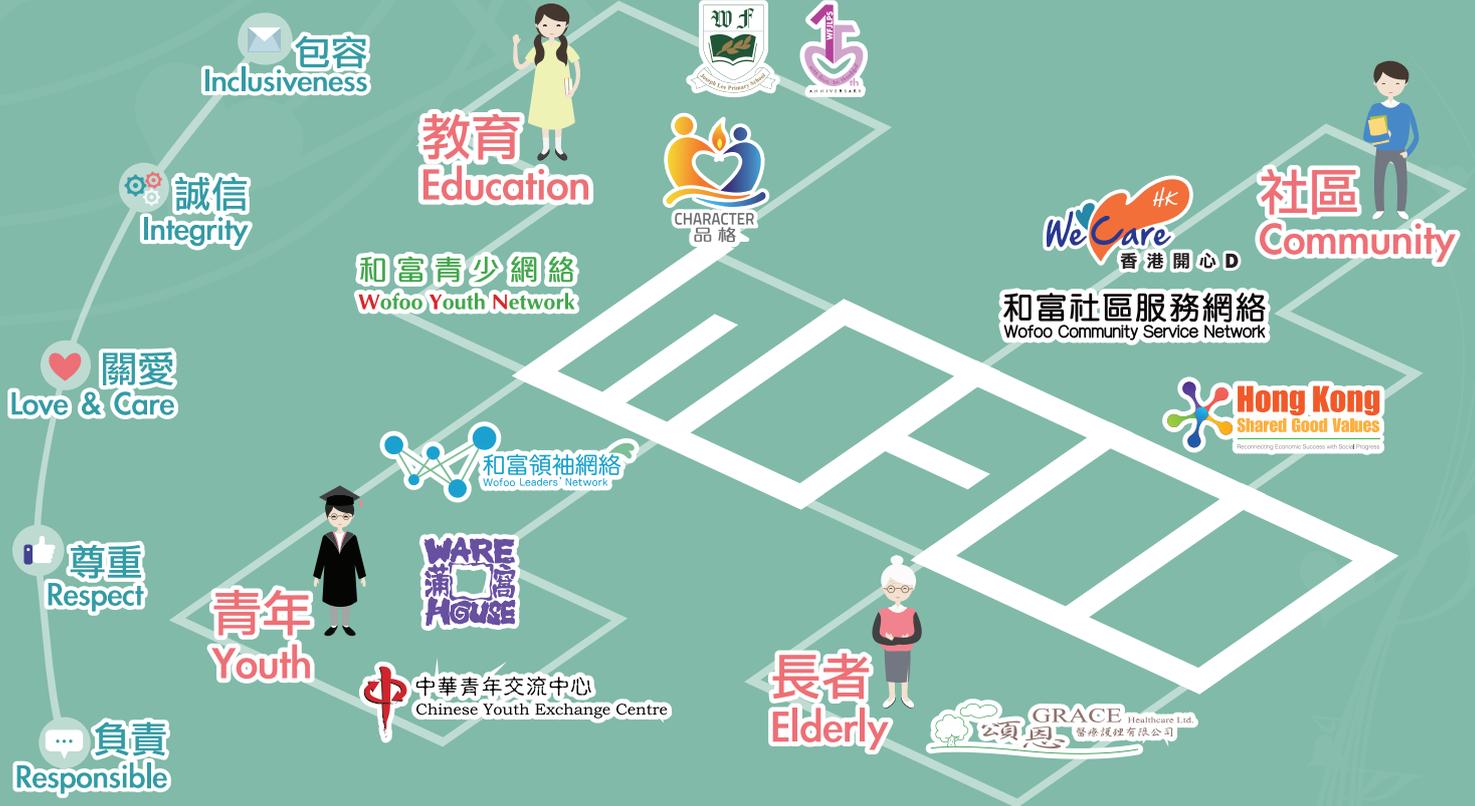
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