



心光

通訊
EBENEZER
NEWS

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在衝突中擁抱復活節的意義

當我們慶祝復活節之時，心中仍不免記掛當前世界各地的地緣政治衝突，特別是中東持續緊張的局勢。這些紛擾顯示出與基督精神相違的態度——霸凌、對立與分裂。而部分偏激的政壇人士出於政治野心所發表的言論，更使矛盾與不安日益加深。復活節的核心精神源於耶穌基督的受難與復活，是愛、犧牲與寬恕最崇高的寫照。基督甘願為人類捨身，以祂的大愛啟示我們憐憫與和解的重要。年輕一代必須學習真正的強大並非來自敵意或支配，而是源於同理與包容，並要知道真正「悔改」是在於洞悉不公義之事，並敢於打破暴力與仇恨的循環。推動世界和平離不開對話與尊重。我們的教育應以同理心與理解歷史為核心，以培育珍視和締造和平的下一代。復活節提醒我們，要從信仰中汲取愛與寬恕的力量。在紛亂不安之中，讓我們效法基督捨己為人的精神，攜手建構一個更公義、更和諧的世界。如此，我們方能真正體現復活節的精神，保守合一的心。「慈愛和誠實，彼此相通，公義和平安，彼此相親。」(詩篇85章10節)

院長 郁德芬博士

EMBRACING THE MESSAGE OF EASTER AMIDST CONFLICT

As we celebrate Easter, a time of reflection and renewal, we cannot ignore the geo-political conflicts that plague our world, particularly the tensions in the Middle East. These struggles often reveal unchristian attitudes that manifest as bullying and division, exacerbated by politically ambitious rhetoric, especially from some extreme politicians.

At the heart of Easter is the crucifixion of Jesus Christ, a profound symbol of love, sacrifice, and forgiveness. His willingness to endure suffering for the sake of humanity teaches us the importance of compassion and reconciliation.

Our younger generation must learn that true strength lies in empathy and understanding, not in hostility. They must recognize that repentance involves acknowledging injustices and committing to dismantling cycles of violence and hatred.

To foster global reconciliation, we must prioritize dialogue and mutual respect over division. By promoting education centered on empathy and historical context, we can cultivate a future generation that values peace.

Easter encourages us to embody love and forgiveness. Amidst uncertainty and turmoil, let us draw inspiration from Jesus' sacrifice, working together to create a more harmonious world for all. In doing so, we honor the spirit of Easter and pave a path toward unity. Let us pray, "Mercy and truth are met together; righteousness and peace have kissed each other." (Psalm 85:10)

Dr. Alice Yuk
Chief Executive Officer



靜聽與共鳴：地水南音在恩望



In 2025, with continued support from the ICH Office, the Ebenezer Music Academy launched the one-year "Community-driven Projects 2024", the 'Ebenezer "Nanyin Around Town" Project', further embedding Nanyin in campus life and extending it into the community. Through the programme, ENHS students with visual impairment and multiple disabilities can learn and experience Nanyin through hearing and touch.

Nanyin is challenging for ENHS students. Instructor Ms. Tong Siu Yin replaces visual cues with beat sounds and teaches phrasing through listening. Guzheng teacher Ms. Lau Wai Yan added tactile string markers for students to build pitch and rhythm.

After two years' training, students progressed: some excel at singing with accompaniment, others keep a strong rhythm, others express Nanyin's nuance. On 13 February 2026, three of our students performed at the "Ebenezer Nanyin Concert," earning warm applause. Their instructors, Ms. Tong and Ms. Lau, praised their effort and focus. Nanyin is now in the ENHS curriculum; lessons are taught weekly. Students hum it in corridors, and some of them hope to become tradition bearers someday.



吳卓融同學@心光學校

盧熙堯同學@恩望學校

心光音樂學院於2025年開展為期一年的「2024年社區主導項目」——「心光區區有南音計劃」，進一步把南音帶入校園日常，並延伸至社區。計劃讓心光恩望學校的視障兼多重障礙學生有機會學習南音說唱及伴奏，親身接觸中國樂器，感受南音悠長婉轉的韻味。

南音講究「慢中有情、靜中有韻」，對學生而言是一項極具挑戰的藝術。南音說唱班唐小燕導師特別為學生設計感官導向的教學方法：以節拍聲代替視覺標記，引導學生「以聲尋韻」。教導古箏的劉惠欣老師為學生在弦上貼上不同質感的觸覺標籤，讓學生用指尖去「閱讀」音律，慢慢建立音準與節奏感。

經過兩年多的學習與練習，學生們各自取得可喜的進步——有的兼擅彈唱，在舞台展現自信；有的節奏穩健、具感染力；亦有學生能細膩地詮釋樂曲情感，唱出南音婉轉柔和之美。三位學生更於2月的「心光·地水南音青雅頌音樂會」中登台演出，表現亮眼。

唐小燕老師表示：「他們（學生）從完全不熟悉到能登台表演，確實十分努力。」而劉惠欣老師則笑言：「彈古箏讓同學找到表達自己的方法。」而當中更有學生為自己訂下新目標，希望成為地水南音的傳承人。當南音的旋律再次在校園內流淌時，傳統與共融在學生心中悄然交會，綻放新的光彩。

「同心同行・創建未來」 心光傲行2025

WALK WITH PRIDE 2025 “TOGETHER WE CREATE THE FUTURE”

第十屆「心光傲行」步行籌款活動於2026年2月7日圓滿舉行。本屆活動有幸邀請房屋局局長何永賢女士及心光愛心大使張衛健先生主持起步禮，並獲長期支持本活動的蘇永康先生偕同家人出席。活動吸引逾500名師生及各界人士踴躍參與，齊心支持心光為視障人士提供更優質和多元化的服務。

活動當日，先由心光學校及心光恩望學校的學生和校友為嘉賓呈獻精彩的舞蹈及音樂表演。其後，參加者由心光出發，沿薄扶林道步行至薄扶林水塘，並透過蒙眼步行環節，親身體驗視障人士的生活情況。大會同時安排多項體驗活動，包括視障棋藝、扭計骰、乒乓球體驗、藝術體驗，以及由眼科醫生主講的「瞳」你護航工作坊等。現場亦設有特色小食、由視障咖啡師沖調的咖啡及義賣攤位，氣氛熱鬧。

是次活動共籌得善款約75萬元。心光衷心感謝贊助單位、參加者及教職員的鼎力支持，攜手為視障人士創建更理想的未來。



何局長感受觸感藝術
Ms. Ho Wing Yin, Winnie, JP experienced touchable art for the visually impaired



學生於起步禮獻上精彩的舞蹈及音樂表演
Student performances at the kick-off ceremony



The 10th “Walk with PRIDE” fundraising event was successfully held on 7 February 2026. This year, we were honoured to invite Ms. Ho Wing Yin, Winnie, JP, Secretary for Housing, and Mr. Dicky Cheung, Ebenezer Goodwill Ambassador, to officiate the opening ceremony. We also welcomed Mr. William So, a long-time supporter of the event, who attended with his family. The event attracted over 500 students, staff, and participants who came together to support Ebenezer in providing better quality and diverse services for the visually impaired.

During the event, students and alumni from Ebenezer School and Ebenezer New Hope School presented exciting dance and music performances for our guests. Afterwards, participants embarked on a walk from Ebenezer along Pokfulam Road to Pok Fu Lam Reservoir, with an experience of walking blindfolded to deepen their understanding of the lives of visually impaired individuals. The event featured several experiential workshops, including activities such as chess, Rubik's Cube and table tennis for the visually impaired, art experiences and an eye health workshop led by ophthalmologists. The campus also buzzed with food stalls, coffee brewed by visually impaired baristas, and charity sales booths, creating a warm and lively atmosphere.

This year's event raised approximately HK\$750,000. Ebenezer sincerely thanks all staff, sponsors, participants, and benefactors for their strong support in creating a better future for the visually impaired.



親子樂融融
Happy family time



參與者體驗發聲乒乓球
Participants experienced adapted table tennis



視障象棋體驗
Chess for the visually impaired

善用健康科技 促進體能發展

心光學校一直積極引入先進科技，以支持視障學生的全面健康發展。本學年，物理治療的一項核心措施，是引進及運用兩項創新設備：InBody 270身體組成分析儀（分析儀）與PowerPlate My7全身振動治療儀（治療儀）。分析儀能進行客觀、數據驅動的身體組成評估，包括肌肉量和體脂率，有關資料能提供寶貴的非視覺回饋，使學生能精準地追蹤自身的健身進展。治療儀與分析儀相輔相成，它能提供安全有效的全身震動訓練，適用於增強肌肉力量、提昇平衡力、改善骨質密度和促進血液循環。治療儀不但易於使用，更能帶來顯著的感覺統合益處。我們期望這兩項創新設備能更全面地協助學生實現其健康與體能目標。

At Ebenezer School in 2025-26, we are integrating advanced technologies to support the holistic wellness of our students with visual impairments. A key initiative involves the combined use of two innovative tools: the InBody body composition analyzer and whole body vibration therapy (PowerPlate My7). The InBody analyzer provides an objective, data-driven assessment of body composition, including muscle mass and body fat percentage. This offers valuable, non-visual feedback, empowering students to track their fitness progress with precision. Our vibration therapy units deliver a safe and effective method for improving muscle strength, balance, bone density, and circulation. This accessible form of exercise provides significant sensory-motor benefits. This integrated approach provides a comprehensive and empowering pathway for our students to achieve their health and fitness goals.



✓ 強化訓練

學生使用全身振動治療儀進行下肢肌力強化運動訓練

The student is having a lower limb strengthening exercise training with the whole body vibration therapy unit.

✓ 平衡訓練

學生使用全身振動治療儀進行平衡訓練

The student is conducting a balance training with the whole body vibration therapy unit.



退修親近主@夏達華聖經世界參訪

退修，意指暫時離開日常的工作環境，藉著安靜與反思，重新體會與神同在的關係。感謝神！讓我能與心光同事一同參加一年一度的職員退修活動，使我們得以放下繁務、親近主。今年我們參觀了夏達華聖經世界的文物館，這不僅是一趟參觀之旅，更是一場靈性的啟發旅程。導賞員姊妹以真摯而生動的分享，帶領我們透過聖經古卷與珍貴文物，探索聖經時代的背景與生活環境，重溫主耶穌的足跡。更難得的是，她以真摯而豐富的解說，甚至透過角色扮演，生動地分享聖經中的事跡，啟發我們思考並明白：主耶穌基督正是那位捨己、愛人和奇妙救主。

A retreat means pausing our daily work to reconnect with God through quiet reflection. I thank God for the chance to join the annual staff retreat with my Ebenezer colleagues. We set aside our busy tasks to draw close to the Lord. This year, we visited HaDavar Biblical Museum. It was a journey of spiritual inspiration. The ancient scrolls and artifacts, the guide's vivid sharing and role-playing have brought the Bible stories to life. This experience helped us deeply feel that Jesus Christ is our self-sacrificing and wonderful Saviour.



學生領袖訓練營

本校在上學期試後活動期間舉行了兩日一夜學生領袖訓練營，透過不同的活動培養學生的領導才能。

心光學校



鄭栩譽 (中三)

今年是我第一次參加學生領袖訓練，我和同學一起合作完成了很多任務，例如購買食材、洗菜、洗餐具、分配食物、收拾桌子等，從中我學會了互相幫助和分工合作。我很開心可以和同學一起玩遊戲，能學習到如何與人相處。

This was my first leadership training. We bought hotpot ingredients, then took a bus to the campsite. We prepared food together—some washing vegetables, some washing dishes. We learned to cooperate. After dinner, we cleaned up, played games, and built a music box with volunteers.

陳穎思 (中四)

活動讓我學會了團隊合作及臨場應變。活動前，我們需要商討分組安排，要兼顧不同同學的視力狀況。雖然我們的想法不一，但最後都能達成共識，令分組安排更妥善。活動當日有同學感到身體不適，所以我們需要臨時把四組改為三組。突如其來的改動令我感到驚慌失措，但最終能冷靜下來，順利分組。這個經歷令我學會做事要有準備，這樣才能靈活地面對突發狀況。

Through this training, I developed teamwork and adaptability. Coordinating groups meant balancing visual needs with compatibility. Though opinions differed, we understood each other better. When a student representative fell unwell, forcing four groups into three, I was flustered—but we had prepared a backup list. With minor adjustments, grouping proceeded smoothly. I learned preparation is key.



許名揚 (中五)

這次的領袖訓練營令我獲益良多，我們要自行安排兩餐的食物。除了要決定吃甚麼，還要安排份量，最後要煮出來，這些都是很難預計的。最後我們預備了較多的食物，確保大家能吃饱，這遠比預算過少好。除食物外，我們也要自行安排活動時間，這對我來說有點難度。幸好，最後除了清洗碗碟較趕急外，整體時間都掌控得不錯。我覺得安排膳食和活動時間都是很大的挑戰，有很多不確定因素，但我們都一一克服了。相信有了這次的經驗，未來籌辦活動時，我們可以更得心應手，在未來需要做決策時也會三思才行動。

Unlike regular camps, we planned two meals—deciding food, portions, and cooking. We prepared extra food, ensuring everyone was well-fed. We also scheduled activities ourselves. Despite rushing dishwashing after hotpot, our time management was good. Arranging meals taught me to handle uncertainties.



心光 相片集

EBENEZER PHOTO GALLERY



心光恩望學校
ENHS

中國舞校隊 - 舞步漸見自信
Chinese Dance School Team — Our dancers are becoming more confident!



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小小魔術師
Students assisting a magician during a performance



心光恩望學校
ENHS

多元智能課 - 小小藝術家以多感官
探索創作樂趣

Multiple Intelligences Activities — Young artists explore creative joy through multi-sensory discovery.



心光恩望學校
ENHS

新年大會做糖畫，畫出美麗圖案
At the New Year assembly, students created beautiful patterns with sugar painting.



心光幼兒中心
ECCC

水中運動訓練多快活
Aquatic motor skills training



「有作為」計劃
P.W.

心隨樂動慶元宵@3.3.2026
房屋局何永賢局長親臨現場與表演者親切交流
Celebrating the Lantern Festival with Music



恒隆視障人士獎學及發展金
The Hang Lung Scholarship and Development Donation
for the Visually Impaired
2025-2026

恒隆首席財務總監趙家駒先生及傳訊總經理林婧華女士
代表頒發恒隆視障人士獎學及發展金(2025-2026)
The Hang Lung Scholarship and Development Donation
Ceremony and Gathering @ 9.1.2026

心光學校
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心光合唱團受邀於「第四十一屆亞太眼科學會 (APAO) 年會」，為來自世界各地的專業眼科醫生和學者獻唱歌曲 "YOU RAISE ME UP" @ 5.2.2026

The Ebenezer Choir was honoured to perform "You Raise Me Up" at the 41st Asia-Pacific Academy of Ophthalmology (APAO) Congress.

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文化體育及旅遊局局長羅淑佩，JP 到訪心光；學生獻上一連串精彩的表演 @ 19.1.2026
Ms. Rosanna Law Shuk-pui, JP, Secretary for Culture, Sports and Tourism, visited Ebenezer and enjoyed an impressive showcase of student talent.

心光幼兒中心
ECCC



主題課堂—自我認識，看看自己的五官
Thematic lesson: My five senses

視障幼兒教育支援服務
EIP



EIP 定期舉辦不同小組，例如學童寫前小組
Various groups are held regularly, e.g., the pre-writing skills group for school children.

視障幼兒教育支援服務
EIP



治療師為幼兒提供訓練
The therapist providing training for a young child

心光福音事工
CM



港島佑寧堂聖誕聚會
Christmas gathering at Union Church HK

心光福音事工
CM



探訪元朗盲人安老院校友
Visit to Alumni at Yuen Long Home for the Aged Blind

心光護理安老院
CA



加拿大國際學校學生探訪
CDNIS students visit our elderly ladies



心光盲人院暨學校

Ebenezer School & Home for the Visually Impaired



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