

# In Touch

The Cathedral Magazine - Spring Edition

ST JOHN'S CATHEDRAL HONG KONG

Diocese of Hong Kong Island Hong Kong Sheng Kung Hui

香港聖公會聖約翰座堂



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## IT ALL HAPPENS AT THE ALTAR



1. Paul Phoenix and The Pelicans sang an 'a cappella' song on the chancel steps at 'Christmas Carols with Paul Phoenix and Friends'.
2. His Eminence John Cardinal Tong (left) and Archbishop Paul (right) gave a joint blessing at the service for the Opening of the Legal Year.

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# In Touch

Editorial

As always, In Touch has worked for balance in this, our tenth issue. We try to bring you stories on new developments at St John's and also articles which tell of continuing features of the Cathedral's work and community. We are including accounts of what has happened since Advent, including a back page montage of happy Christmas and Lunar New Year moments, and bringing you news of what is to come.

We aim to run regular features on the Cathedral's outreach ministries because they are a vital part of our work and reputation in the community. The article on the regular work of the Prison ministry is enriched by impressions, not only from the volunteers but prisoners themselves, who give a powerful testimony to the work that The Revd Will and his team are doing at Stanley.

A ministry of ours which grows in public awareness is Helpers for Domestic Helpers, and we bring you news that it is going to be called something different very soon. The Revd Catherine and Holly Allan explain that their team are rebranding themselves. It always feels odd that a Christian mission should need to be so corporate in its approach, but HDH is involved with gritty social issues and, in the promotional cacophony of the world as it is, they need it to be clear who they are and who they are for.

Looking back a little, we recall the delightful evening of music in the church arranged by Paul Phoenix and the concert organising committee. This was to raise money for our famed nineteenth century pews. Another traditional feature of the Cathedral was the service for the opening of the legal year. We feature on the front page, pictures of the Roman Catholic cardinal and our own Anglican archbishop giving a joint blessing, and music makers singing 'a cappella' on the chancel steps. It all happens round the altar in a lively city church.

More immediate events in the Cathedral's worship are the alterations in the Sunday services, which bring the whole

Sunday School into the full 9.00am Eucharist once a month. This is an important improvement for the children and their parents, (not to mention regular worshippers), for whom it should not be 'Holy Chaos', a working title for the experiment enjoyed for five minutes round the table in the Worship Committee. We are also happy to report musical invigoration of the 11.45am services - nicknamed the 'sad masses' because no one sang - by the introduction of new responses, more accessible music and a cantor. We also bring you news of the Lent courses and the Tenebrae office which will be sung on Palm Sunday.

You will notice two unobtrusive pieces from the Dean and the Hon Treasurer trying to tell us, as politely as possible, that we don't give enough. Please pay particular attention to the third paragraph from Craig Lindsay. The bit of doggerel below summarises this point.

'We give eighteen. It costs thirty three.  
Without On Lee, where would we be?'

The body of Christ is, in the end, a group of us and we have poignant stories about three of us. There was a moving memorial service for James Collins, actually the founder of HDH, who died in November 2016. As well we had a very inventive and cheery service with Hugh and Ruth Phillipson, who reaffirmed their marriage vows amid family and friends around the High Altar.

Archbishops blessing judges and cribs, groups singing 'a cappella', male voice choirs singing farewell, children having fun with their grandparents; in that space between the chancel steps and the East Window, it really is all happening. And once again, we tell you that we are constantly on the lookout for stories involving St John's and the daughter churches. If you think you know of events or people (past, present, or to come), which would fit into our pages, please be in contact with the Editor on [communications@stjohnscathedral.org.hk](mailto:communications@stjohnscathedral.org.hk)

*St John's Cathedral is a place of God's grace, welcoming all, following Christ and changing lives in the heart of Hong Kong.*

Mission Statement, St John's Cathedral

## THE DEAN'S MESSAGE

Dear Friends,

It is Lent! Slow down!

In a bustling city like Hong Kong, one common response we hear from people exchanging salutations is 'busy!' We run from one thing to the next and occupy ourselves with all sorts of obligations and demands. Bosses demand people work long hours to keep up with the competitors, students cram to meet the deadlines for homework and projects, parents hurry young children from one class to the next not only on schooldays, but also on weekends to equip them for kindergarten interviews. Rush, rush and rush! One parishioner battling with cancer recently told me, 'Dean, you must be so busy! I don't want to bother you with my troubles.' It saddens me when I hear comments like that. I told this parishioner, 'Yes, parish life can get busy at times but as priests, we always have time for people in need. Just let us know!' Knowingly or unknowingly, in our busyness we have distanced ourselves from others and have brought adverse psychological and physical impacts on our lives. Our lives are way too busy!

The 40 days penitential season of Lent is a time for us to slow down. By slowing down it not only balances our emotional needs, but more importantly it strengthens our spiritual well-being. The Psalmist says 'Be still and know that I am God.' When we need to rush through life, we lose the sensitivity and awareness of the many blessings and goodness around us. We are starving our emotional and spiritual needs, not to mention barring us from the presence of Jesus Christ. In Lent, we should heighten our spiritual disciplines, not for the sake of merely exercising piety, but because we understand that God desires us to first come close to him and be nourished by his loving presence.

One way which helps me to slow down is to use the simple and yet meaningful spiritual exercise called The Examen, taught by St Ignatius Loyola, the founder of the Jesuits. It calls people to pause at the end of the day and reflect on the following.

1. Ask God for light. 'I want to look at my day with God's eyes, not merely my own.'
2. Give thanks. 'The day I have just lived is a gift from God. Be grateful for it.'
3. Review the day. 'I carefully look back on the day just completed, being guided by the Holy Spirit.'
4. Face your shortcomings. 'I face up to what is wrong – in my life and in me.'
5. Look toward the day to come. 'I ask where I need God in the day to come.'

What a difference it will make if this becomes part of our daily routine! By slowing down, we actually gain a lot more than we realize. This Lent, St John's Cathedral, along with all the Anglican parishes in Hong Kong, will take part in a series of study on discipleship based on the book 'Being Disciples' by the former Archbishop of Canterbury Rowan Williams. This will yet be another opportunity for us to slow down in our busy lives and to receive nourishment for our souls. If you have not been part of this, I encourage you to join us. Every week, 8 groups meet at different times of the week are available. Please come!

Slow down, my friends. By slowing down, you will discover a lot more of Jesus Christ and his goodness around you. Have a holy Lent in preparation for the glorious Easter!

Dean Matthias +



各位，大齋期已至，是時候放慢腳步了！

在香港這個繁忙的大都會，當我們匆匆打招呼時，經常聽到對方說「最近很忙」，我們的人生有各式各樣的責任、要求。老闆要求員工長時間工作，以免被競爭對手比下去；學生趕在死線前做功課、交報告；家長為幼兒報讀興趣班，不分平日周末，只為裝備他們應對幼稚園的入學面試。除了忙，還是忙，彷彿字典裏只有「忙」一個字。

最近，有一位與病魔搏鬥的教友跟我說：「座堂主任牧師，你一定很忙吧？我不想因自己的問題，耽誤了你的工作。」當我聽到他這樣說時，不禁難過，我告訴他：「沒錯，座堂工作有時真的很忙，不過，作為牧師，總會預留時間關心有需要的人，當你有需要時，請告訴我們！」有意無意之間，生活中各項事務讓我們與他人產生距離，為我們帶來負面的心理及生理影響。我們的生活的確太忙！

四十日的大齋期作為悔罪、等候的節期，正好讓我們慢下來。慢下來，不止為平衡我們情緒上的需要，更為提升我們的屬靈健康狀況。《詩篇》中，詩人說「你們要休息，要知道我是上帝」，當我們的人生只剩下忙，我們會變得麻木，以致未能察覺身邊的祝福及美善，未能滿足自身的情感及屬靈需要，更未能經歷主耶穌基督的同在。

在大齋期，我們要加強屬靈的紀律，不止為操練敬虔，更為回應上帝。因為上帝渴望我們先親近祂，從祂的同在在中，得到愛的滋養。

由天主教耶穌會會祖聖伊格那丟教導的「省察」(The Examen)是讓我慢下來的屬靈練習，簡單而有意義。「省察」練習鼓勵人每晚跟着以下步驟自省：

1. 請上帝光照我 — 我希望從自我中跳出來，轉向上帝，體驗上帝臨到我的生活中。
2. 謝謝祢 — 今日是上帝賜給我的禮物，當心存感恩。
3. 請幫助我 — 仔細回顧這一天上帝如何臨在到我的生活中。
4. 對不起 — 我勇於面對內在及生命中的不足。
5. 請與我同在 — 我向上帝訴說明天最需要的恩典。

試想像「省察」成為日常的習慣後，將為我們帶來怎樣的改變！慢下來，我們實際的得著將超乎所想所求。今年大齋期，聖約翰座堂將參與全教省靈修計劃，並以前任坎特伯里大主教羅雲·威廉斯的新著作《門徒：歸自屬靈生命的初心》為2017年大齋期的靈修讀本。

靈修計劃給予我們機會，在忙碌的生活中慢下來，得著屬靈的更新。如果你尚未參加計劃，我鼓勵你報名。聖約翰座堂是次計劃共分八個小組，各組於每星期不同時段見面，總有一組適合你。

慢下來吧，朋友，放慢腳步，你將發現生活中原來有許多主耶穌的蹤跡及祂的美善。讓我們虔守大齋期，迎接豐盛歡樂的復活節！

座堂主任牧師  
謝子和 謹啟

# 'WORSHIP FOR ALL': NEW DIRECTIONS FOR SUNDAY MORNING

TEXT BY / DEAN MATTHIAS, FR ROBERT MARTIN, FELIX YEUNG, STUART WOLFENDALE

*From Pentecost Sunday this year we will be trying to bring together for worship the various generations that make up our community here at St John's. What this means is that once a month we will be inviting our Sunday School and young adults to join us for our 9.00am Sung Eucharist. The Worship Committee consulted widely over many months and decided to offer a slightly shorter service which will engage all present. The current once a month 'All Age Worship' service at 11.45 am, which is well past the Sunday School time and attended by very few children, will come to an end.*

## DEAN MATTHIAS

The Dean sees great potential in 'Worship for All' for nurturing the St John's community for years to come.

During the two decades that I served in North America, one phenomenon that worried me was that very few young people were in church. Standing at the pulpit, in most of the parishes, I would find a sea of grey hair in the congregation. How would the church survive 30 years from now if there were no next generations in our midst? At St John's Cathedral, we have been blessed with about 150 children attending our Sunday School regularly at the 9.00am service. They are not only our future but they are an integral part of our community. And yet, over the years, the children only partook in our worship by receiving the Holy Communion after faith instruction in their classes.

In reality, most of our children have not been exposed to the beauty and wonderful tradition of our Anglican worship. Our faith needs to be nurtured both in our soul and in our mind, through mystical religious experience in public worship and the intellectual understanding of faith development. Our children need to become rooted in our corporate worship and learn the faith from the adults sitting next to them.

Striking a balance for all, adults and children alike, is imperative in this. This new format will, on one hand, maintain the cathedral-styled liturgy and music in sacramental worship which is long treasured by many, while, on the other, it will incorporate some new elements of worship appreciated by the children.

Changing some elements of our worship is always a risky business because it touches our 'comfort zone'. However, if the corporate worship is meant to serve all in the community, we need to find a way which will serve all the ages among us. With a touch of adaptability, patience and open-mindedness, this 'Worship for All' will nurture the St John's community for many years to come. St John's has always been a community willing to take a leap of faith for the changing world. I look forward to this new introduction and do welcome feedback that parishioners might give to make this a success for us all.

## FR ROBERT MARTIN

Fr Robert Martin, Coordinator of Liturgy and Worship, explains the planning and the hopes behind the change.

We plan to have a slightly shorter service with only two readings, a more accessible homily and more contemporary hymns that all can sing. The Cathedral Choir will still sing at the service and we hope that through their ministry we may develop a synergy between the traditional and the contemporary in our worship – truly 'Ancient & Modern', if you like!

The Worship Committee hopes that this development in our Sunday worship will be:

✦ An opportunity for people of all ages, understandings and experiences to come together to offer God their praise and worship.

- ✦ A time when the whole family of God, young and old, can learn from each other and grow together.
- ✦ Recognisably a part of the Cathedral's regular worship pattern.
- ✦ A concept which requires us to think carefully about what we mean by 'Worship' and 'Family of God'

I think it's also important to stress that 'Worship for All' is not a children's service with adults present or an adult service with children present, nor will it seek a lowest common denominator for these two groups. We hope the 'Worship for All' Eucharist will enable different ages to contribute to the liturgy and learn together, sharing in our common call to worship as one as the Body of Christ. We hope to encourage young families and children to see Church as a 'shared experience' and recognize that following Jesus involves worshipping together. We hope that this will make our worship more accessible to newcomers and visitors, introducing them to riches of our Anglican tradition – both traditional and contemporary. Above all, we hope that you will be open-hearted to this change and pray that our worship may be invigorated by it.

Lex Orandi, Lex Credendi, Lex Vivendi. As we Worship, So we Believe, So we Live!

## DIRECTOR OF MUSIC - FELIX YEUNG

Bringing the Sunday School into a full Eucharist is not the only change we are seeing on Sundays. In the choir-less 11.45 Eucharists, drawing more musical participation from the congregation has been long overdue. Since January, a new spirit has come into the congregational singing and responses. Director of Music Felix Yeung explains.

The music that we are used to at the 9:00am Eucharist can be considered as mainstream Cathedral music. The traditional hymns, psalms sung to Anglican chants and choral anthems are found in major cathedrals throughout the world. The difference is probably that we sing more congregational communion settings whereas in most cathedrals, the choir takes the lead and performs a different setting Sunday by Sunday.

The liturgical reform in the previous century emphasised the participation of both the ministers and the faithful. Actual participation of the people is essential in our worship. To that end, we are embracing a wider range of musical styles. Our tradition is not forgotten or replaced, but is enriched by repertoire that will encourage participation from everybody in the congregation, both young and mature. At 11.45am, where we have no choir to lead, we are now using short responsorial settings of liturgical texts that can be picked up by the congregation easily. The tradition from the French community of Taizé is another musical style we will learn from. The short tuneful chants are proving beneficial. This approach will be applied to 'Worship for All' which will also be a fertile ground for nurturing our next generation of church musicians. Our well-established Children's Choir and the children from our Sunday School will be encouraged to take a more prominent role in leading the music of our worship.



# A NIGHT TO REMEMBER

TEXT BY / MAGGIE CHAN PHOTO BY / HERBERT TAM

*The Cathedral hosted a concert, 'Christmas Carols with Paul Phoenix and Friends', which raised an impressive \$750,000 in donations for the conservation and maintenance of the historical teak and rosewood rattan pews in the Cathedral.*



Held on 14th December 2016, 'Christmas Carols with Paul Phoenix and Friends' featured Paul Phoenix, tenor and founder of Purple Vocals, who has 17 years of performing experience and was a member and mentor of The King's Singers. Dominic Lam and Shirley Fu were the conductors, while other talented singers and musicians were from The Pelicans, Brio, St John's Cathedral Children's Choir and Gloves Handbell.

Paul Phoenix first visited Hong Kong ten years ago with the King's Singers. 'I instantly fell in love with the place and the people. Now it has become my "home from home" and as a regular visitor I've got to know my way around pretty well and formed some close friendships,' he said.

The concert, described by John Li, Chairman of the Organising Committee, as the 'brainchild of Colin Lau, (Production Manager) and Paul Phoenix' was very well received by the full house. A highlight of the evening was when the singers performed the world and Hong Kong premiere of an a cappella 'Born is the King', composed by Ernest Hui Ka-chun. At the end of the concert, Archbishop Paul gave a blessing to all.

John Li thanked members of the Organising Committee as well as the Cathedral office for taking care of all the logistics. 'We are very fortunate to have all the stage participants to set us in the right mood for Christmas,' he said.

Dean Matthias expressed his gratitude for the positive response to the concert. 'It was a delightful evening with so many wonderful performances, held in a very warm atmosphere,' he said. The money raised will be used for the conservation and maintenance of the pews. Many of these pews dated back to 1849, when the Cathedral first opened for worship. 'They are a reminder of the continuous Christian witness of this great Cathedral for the last 167 years.'

The concert was generously supported by various donors, including five Diamond Donors: Canon and Mrs Li Fook Hing, Mr and Mrs John Li, Yung Foundation Limited, Mr and Mrs Alfred R. K. L. Li, and Ms Karen Li. Gold Donors, Silver Donors and Bronze Donors were also acknowledged in the house programme for the concert.



# STANLEY PRISON

## *A Place of Grace*

TEXT BY / WILL NEWMAN

Most Friday mornings at 10am you'll find a small group of volunteers, members of St John's Cathedral and St Stephen's Chapel Stanley, walking down the road from St Stephen's College to Stanley Prison, Hong Kong's biggest high-security prison. After going through security, we are escorted to the unimaginatively-named 'Religious Activities Room', and for the next hour and a half that bare room becomes a place of beauty and grace as we celebrate the Eucharist, sing hymns in English and Chinese, receive the Word of God, share something of ourselves with the prisoners, and often receive grace from them more than we give.

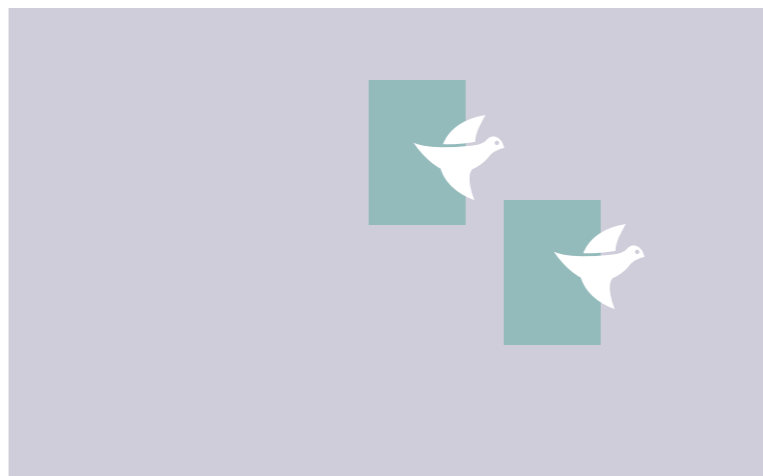
If you've never visited a prison, your images of it may come from the movies: violent, drug-ridden, extremely dangerous – the kind of place you'd have to be crazy to visit. The men we see are in prison on long-term or life sentences. Many of them have committed murder or extremely violent crimes; many of the foreign prisoners were caught smuggling dangerous drugs, dreaming of easy money for themselves and their families, careless of the lives they would ruin. You might expect them to fit the stereotype of hardened criminals.

They don't. There is never any feeling of unease or threat. We sit and talk with the prisoners as you would with any friend. We have a privilege that even their family members don't have, because there's no glass screen between us, no physical

barrier separating us. Our experience of Stanley Prison is of welcome, friendship, often laughter, sometimes tears – because sometimes things get emotional when past and present unhappy things encounter the love of God in Jesus Christ.

And yet the reality is that even without the threat of violence, prison life is very hard. Coming to terms with yourself and the consequences of your actions is not easy. Coming to terms with a life that is so different from the outside world is not easy. When a chicken leg for Chinese New Year is a luxury eagerly anticipated, when your life is regulated by bells and locked doors and following orders, when every day is like every other day, when you see the same people every day, when you wear the same clothes every day, when you never see a flower, your life has become very limited.

What is astonishing is that even for those who are spending 20 to 30 years of their lives in prison, it is not necessarily a negative experience. It would be easy to think how much of your life is wasted, but that's not how all the prisoners see it. Human beings can be incredibly resilient; and even with all the constraints of being in prison year after year, you can still choose how to live your life, and how to relate to the people around you. All the prisoners have work to do in the workshops, but in addition many of the prisoners we know make constructive use of their time through study. Some have gained degrees from The Open



University of Hong Kong while in prison, while others try hard to catch up on the basic schooling that they never really acquired.

But most wonderful to see is prisoners helping others who are slow-witted, patiently finding the right place in the service book or the bible for them, and gently encouraging their participation in the services and discussion. That's when you see that they are finding meaning by living for others, not only for themselves. It is our privilege to see such things, and to play a small part in bringing the kingdom of God into their lives. And in return, we gain from them a truly humbling insight into the steadfast Christian faith that helps them to live through decades of captivity, giving them hope, and even the capacity for joy!

## NO EASY ANSWER

Visiting Stanley Prison raises some stark issues for us as Christians. Some of the prisoners we see were triad members, living violent lives before being imprisoned; but others were living ordinary lives, yet they came up against impossible situations, acting out of despair, or provoked beyond endurance. If we found ourselves in such terrible situations, with no way out, would we do the same? I sometimes think 'There but for the grace of God go I'.

Someone who has committed murder is a murderer, identified forever by the worst thing they ever did in their lives. But what if we were all identified by the worst thing we have ever done – the lies, the cheating, the anger, the failures, the betrayals, the hurt we have inflicted, the pain we have caused... who could stand? 'Let the one who is without guilt cast the first stone.'

One of the fundamental Christian beliefs is the idea of repentance and

### PRISON VISITORS NEEDED – ESPECIALLY CHINESE SPEAKERS

Would you like to join our Friday morning visits to Stanley Prison? Most (though not all) of the prisoners we see are Chinese speakers, so Chinese-speaking volunteers are especially welcome. You don't have to come every week, and you don't have to make a long-term commitment before trying it out. If you'd like to find out more, if you can sometimes be free to come to Stanley on a Friday morning, and you'd like to give it a try, please contact Fr Will, email: [newman@stjohnscathedral.org.hk](mailto:newman@stjohnscathedral.org.hk)





感谢你们的鼓励和照顾，我一定会更加努力！  
Thank you so much for your love and care. Words can't express the deepest thoughts. May God bless you and always be with you.  
多谢你们热心的帮助和支持！ Sunny

衷心感谢你们的无私关怀！必定不会辜负你们的期望！  
谢谢你们的热心帮助！

感谢你们的热心支持和帮助！  
偏文

▲ Thank you card drawn by prisoners

# LETTERS FROM PRISONERS

## PEACE OF MIND TEXT BY / JERRY

I'm a prisoner who is serving a life sentence in Stanley Prison. When I first came here, I felt like I'd gotten on a wrong flight and landed in a strange place where it seemed dark, cold and horrible. Anger, guilt, fear, depression and despair all rushed in my soul.

As time went by, I felt so tired, restless and had no peace of mind. I was eager to seek a compass which could lead me, and heal my inner wounds. That's when I finally sought solace in Christ through the Fellowship Service organised by Fr Will, brothers and sisters from St John's Cathedral and St Stephen's Chapel.

Through the service, I shared the good news about the kingdom of God, and experienced unconditional love, and forgiveness, learning to cultivate an attitude of gratitude.

Also, I'm grateful to brothers and sisters who always stand by me with kindness and love. I recognise that 'reach out' is a key to cure my inner wounds as healing power will be found in both giving and receiving.

Honestly, life imprisonment is aimless and hopeless, where it is hard to foresee the future. However, walking in the light of God, my journey becomes fruitful and meaningful, and it's filled with joy, peace and hope.

I deeply appreciate that the fellowship service helps me to overcome the darkness of life and get on the right track with God. I promise that I will walk in faith and keep moving with love, hope and positive attitude.

## GLIMPSE OF LIGHT TEXT BY / SUNNY

It's not easy to be in prison for more than half of your life. It's even harder to see your loved ones on the other side of the wall, and it's much worse when there is no glimpse of light at the far-end of the tunnel. With all these back to back worst-life scenarios, it's not easy to remain optimistic, hopeful and positive, especially, when you believe you can. I tried, but I failed. So I began to rely on myself less and on God more. I did not like the idea of relying on Him, because I was afraid. I was afraid of being rejected. I was afraid of being judged. I was afraid of being pointed to the dark holes that I caused to my soul and most of all, I was afraid of being rejected from God's love.

It was during the 'Fellowship', Fr Will revealed Jesus to me. A compassionate, caring and merciful Jesus, who doesn't judge or reject, who loves to heal our wounds with his own, he waits on us like a loving father and calls us his best friends.

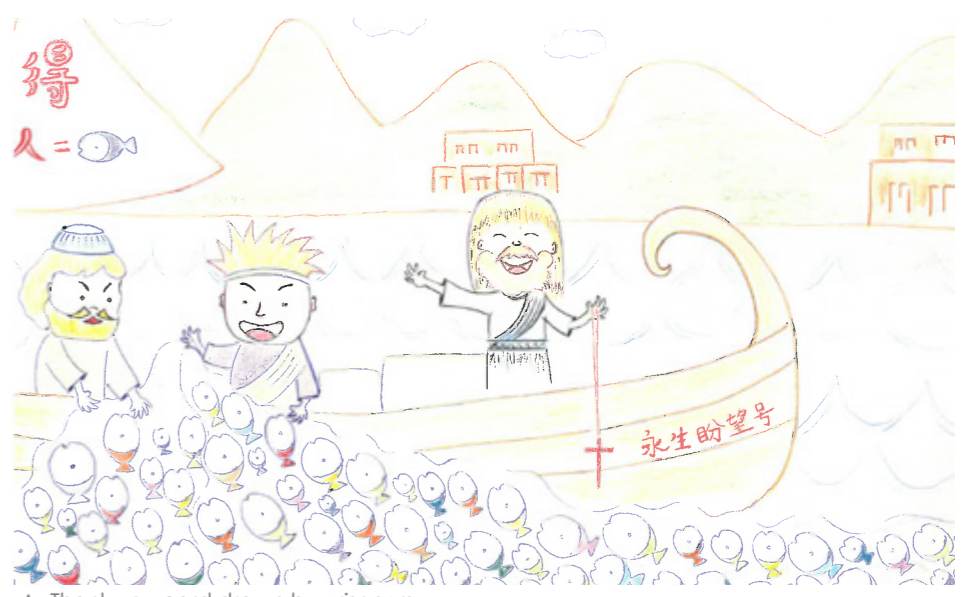
Yes! Best friends. The volunteers, who come every week with the same

affection, love and care. For the last 13 years I've been hearing from Fr Will about our compassionate, loving Father – our wounds healer and our best friend.

Sure, it's not easy to be in prison for such a long time and with no glimpse of light. But it is possible and easy to remain positive and hopeful because of His love. Because of the love of all the loving friends of Jesus, who bring us joy and peace. I am so blessed and grateful to all these friends from St John's Cathedral and St Stephen's Chapel for praying with us, holding our hands, giving us hugs and singing with us David's song 'May God Bless You'.



# REFLECTIONS FROM VOLUNTEERS



▲ Thank you card drawn by prisoners

## PRIVILEGE THAT I TREASURE TEXT BY / A FRIEND OF THE STANLEY PRISONERS

The 'Friends of Stanley Prisoners' are a group of about 20 volunteers who assist Fr Will Newman in the Prison Ministry every Friday morning, except the holidays. The service, with 3 to 4 volunteers each time, includes hymns, sermon, Holy Communion and discussion time between the volunteers and the prisoners.

The Friends meet with four groups of prisoners who are under long term sentences, one group per month. Some prisoners have committed murder, some armed robberies and some serious drug offences. About half of the attendees have been baptised and the others are just interested in learning more. Most inmates are Cantonese-speaking Hong Kong residents, and Chinese immigrants, but also some foreigners. The foreigners are mainly from Nigeria, India, Vietnam and South America, and most have been involved in serious drug trafficking.

Some prisoners have family members who visit them regularly. They meet in glass-partitioned rooms and can only talk through intercom systems. Some have regular correspondence with loved ones. Some have hardly any or no visitors. Most prisoners will be reviewed for release after they have served 25 years. A few, particularly those with no one to care for them, are left in jail for almost 40 years.

I joined the ministry about 6 years ago because of Jesus' teaching in St Matthew's Gospel chapter 25. I wanted to do something for the prisoners. After

several visits I realised that the prisoners are actually doing more for me. As a volunteer, I can shake their hands, hug them and talk to them face to face. We share family news, hardship in life and the joy and comfort of our Christian faith. These visits are now a privilege that I treasure.

## ABOUT PRISON VISITS TEXT BY / TIFFANY

Prison visits, unlike any other visits, are a testimony to the inscrutable ways of providence. Many stories of the inmates illustrate fully the violent coup de grace from ill-regarded, ill-claimed triumphs they didn't dare shout about in their most familiar bars. Mostly, as we can all guess, they were aberrations coming from ignorance and avarice. The result leads to inevitable incarceration. Incarceration is strangely enough a condition we all live with for most of our life. Whilst the inmates are trapped behind bars to pay for their past offences, we are trapped behind our desires and worst of all – the misery of unmet hopes. The notion of freedom varies, but the attainment of it seems to hang on one's very values and on the mercy of God. If redemption appears as the obverse of wrongful doings, I guess we all need it for ultimate spiritual freedom.



# TENEBRAE OFFICES: AN INTRODUCTION

TEXT BY / FELIX YEUNG PHOTO BY / CHARLES COLE

During Holy Week, there is a special form of morning offices, known as the Tenebrae Offices. The Latin word 'tenebrae' means 'darkness' - leading us to the darkness of the Lord's passion. Each of these offices is a combination of Matins and Lauds. They are held on the last three days before the resurrection of Jesus: Maundy Thursday, Good Friday and Holy Saturday. Here at St John's, we have adapted the Tenebrae offices and devised a Tenebrae for Palm Sunday with new readings and psalms, hymns and anthems.

The early church established a pattern of seven designated times for daily prayer: Matins, Lauds, Terce, Sext, None, Vespers, and Compline. These are collectively known as the 'Daily Office', 'office' coming from the Latin for duty.

Matins is the office prayed before dawn, and has either one nocturn or three nocturns. Each 'nocturn' is a series of psalms and readings. In the Tenebrae offices, prayed on the most important days in the Christian calendar, the Matins is of three nocturns. In each

nocturn, three psalms are followed by three readings. In the first nocturn, the Lamentation of Jeremiah is sung to an ancient chant. In the subsequent nocturns, there are readings from Fathers of the Church and Holy Scripture in three portions, each followed by a chant. These chants are known as 'Tenebrae Responsories'. They are texts set by many composers, especially from the Renaissance era, including Orlande de Lassus (1532-94), Thomas Tallis (c.1505-85), Tomás Luis de Victoria (1548-1611) and Carlo Gesualdo (c.1561-1613).

Matins is immediately followed by Lauds, the dawn office. At Lauds, five portions of psalms and canticles are sung. The Tenebrae offices skip a reading and hymn and the Benedictus is sung. The text 'Jesus humbled himself and became obedient to the point of death' is sung on Maundy Thursday. On Good Friday, the words 'even death on a cross' are added, and on Holy Saturday 'therefore God also highly exalted him and gave him the name that is above every name' is added.

Before the departure, a loud noise, called the strepitus, is made by hitting the pews with a hymn book. This represents the earthquake during Jesus's death on the cross. Another important symbol of the Tenebrae offices is the 'Tenebrae hearse'. The hearse is a triangular candlestick which holds fifteen candles. After each portion of psalms and canticles, one of the candles is extinguished, leaving the middle candle lit. This represents the light of Christ, and it is hidden towards the end of the service, symbolising the burial of Jesus after the crucifixion.

On Palm Sunday at the Cathedral, the Tenebrae hearse and the strepitus are to be kept yet there will be a brevity and modernity to worship which will still capture the grandeur and gravity of this powerful liturgical experience. The Tenebrae service will be a very good way to prepare ourselves to experience the Lord's passion in Holy Week.



# YOUR MONEY AT WORK

TEXT BY / DEAN MATTHIAS

'Dean, we are dealing with yet another teen's suicide at the St John's Counselling Service. Please pray for our counsellor and the family', said Dr Mark, Director of our Counselling Service.

'I come to the Cathedral for some much needed quiet time before dashing back to the hectic office!', said a non-parishioner from a nearby office.

'My employer suddenly dismissed me. I had nowhere to go but St John's for help!', said a domestic worker to one of our outreach ministries.

'I have not been in church for more than 30 years. But after attending the worship at St John's, I want to come back.' said a new parishioner.

By the grace of God, our ministries carried out by some 80 staff members and a few hundred volunteers have served and touched many lives. Our outreach ministries serve more than 30,000 people annually. With 2,200 worshippers per Sunday our total worship attendance each year exceeds 110,000. This does not include the thousands who use our facility for private prayers, concerts and other community events.

In 2016, we had 168 people baptised, more than 20 weddings and numerous nurture courses which were held. Much pastoral and administrative preparation was done behind each of these ministries. While we should be grateful and proud of what our beloved Cathedral is offering, much support is necessary to continue our efforts.

St John's Cathedral does not receive any funding from either the Diocese or the government for our day to day operation. Once in a few years, we may get some funding from the Antiquities and Monuments Office (AMO) for the maintenance and repair of the cathedral building. As our Honorary Treasurer has made clear, we are on our own, and rely on individual parishioners and supporters to continue our ministry.

For Christians, it is out of our thanksgiving to God that we offer money for the Church. This is part and parcel of being a disciple of Jesus Christ. The Bible teaches us that we should give proportionally out of our income. One church stewardship expert once said 'if Christians give just 2-3% of their income for the church, we will be able to change the world!' Are you willing to help St John's change the world? I invite you to do so and see the difference we can make together!

## OVERVIEW FOR 2017 FROM THE HON TREASURER

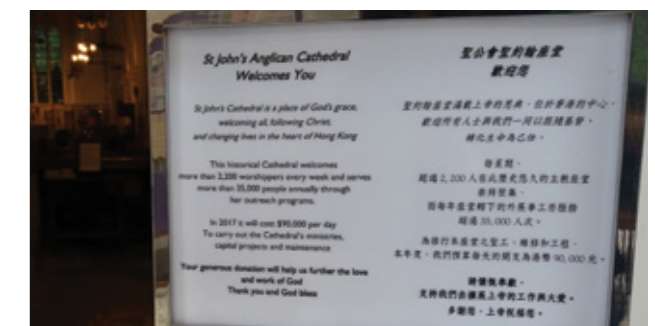
TEXT BY / CRAIG LINDSAY

We have a sign at the entrance to the Cathedral which was recently updated to inform all those who enter that it will cost HK\$90,000 per day to run St John's Cathedral and its daughter churches and outreach programmes in the year 2017. This amounts to almost HK\$33 million for the full year.

During 2016, we had two big capital projects: The Garden renovation project and the painting of the interior of the Cathedral. I am pleased to report that the HK\$7.2 million cost of the Garden renovation project was covered by generous donations from individuals and institutions, and the HK\$2 million project to redecorate the interior of the Cathedral was covered by generous individual donations and a matching gift from our Endowment Fund. We expect to spend around HK\$6 million on various capital projects to keep our Cathedral and office block in good shape in the coming year.

While we will rely on our generous congregation members and others to contribute almost HK\$18 million to keep our Cathedral going in the coming year, we are very fortunate that we have income from our rental apartments at On Lee building in Pokfulam. This offsets the deficit, and keeps us close to breakeven for the year.

At St John's, we have to ensure that we get the best value for each dollar spent and that we run a 'tight ship' to ensure that all the donations and stewardship monies received are used properly - something which the Council, F&GP Committee and myself focus on very closely.



# ENROL OUR LENT COURSES

This year, the Province of HKSKH encourages all parishes and missionary churches to study together in Lent with the book "Being Disciples: Essentials of the Christian Life". Here are the schedules of St John's and her daughter churches, do enrol one of them and journey spiritually together in this Lent! Please sign up with the Cathedral office.

### SCHEDULES OF THE COURSES

SESSION	DATE	TIME	VENUE	LANGUAGE
Tuesday Morning	7/3, 14/3, 21/3, 28/3, 14/4	8:30am-9:30am	Harold Smyth Room	English
Tuesday Evening	7/3, 14/3, 21/3, 28/3, 14/4	7:00pm-8:00pm	Upper Room	English
Wednesday Afternoon	1/3, 8/3, 15/3, 22/3, 29/3, 5/4	2:30pm-4:00pm	New Conference Room	Cantonese
Wednesday Evening	8/3, 15/3, 22/3, 29/3, 5/4, 12/4	7:00pm-8:00pm	Upper Room	English
Friday Afternoon	3/3, 10/3, 17/3, 24/3, 31/3, 7/4	3:00pm-4:30pm	Upper Room	English
Saturday Afternoon	4/3, 11/3, 18/3, 25/3, 1/4, 8/4	1:30pm-3:00pm	New Conference Room	Filipino
Saturday Afternoon	4/3, 11/3, 25/3, 1/4, 8/4	4:00pm-5:30pm	Harold Smyth Room	Cantonese

Your generous donation will help us further the love and work of God. Thank you and God bless!

We welcome donations through the Cathedral office or our website (online donation).

Tel: 2523 4157

Website: [www.stjohnscathedral.org.hk](http://www.stjohnscathedral.org.hk)



# TO LAUNCH AS 'HELP' FOR DOMESTIC WORKERS IN 2017!

TEXT BY / CATHERINE GRAHAM, HOLLY ALLAN, LINDSEY HERMES  
PHOTO BY / INTERNATIONAL LABOUR ORGANIZATION

In 2016, Helpers for Domestic Helpers (HDH) assisted almost 3000 foreign domestic workers in need and reclaimed almost HK \$1 million in money due to them. This year, HDH is renewing its mission by introducing a refreshed brand identity and a new name for the organisation.

The name will change from Helpers for Domestic Helpers to 'HELP' for Domestic Workers ('Help for Domestic Workers'), which is a more accurate and empowering representation of the brand. The acronym, HELP, stands for help, empowerment and legal protection.

Holly Allan, Director of HELP for Domestic Workers, says 'It is important to recognise the work of domestic helpers is not simply "help"; it is legitimate "work", where domestic workers have the same rights as any other type of employee.' The change comes to reflect international standards set out in the International Labour Organization's Convention on decent work for domestic workers, 2011.

'Changing our name is about human dignity,' says Catherine Graham, chaplain and vice chair of HDH, who has oversight of the rebranding and strategic plan. 'One goal of the rebrand is to empower domestic workers who are subject to exploitation because their work is not seen as anything more than "help". In the Asia Pacific Region alone, there are over 21 million domestic workers working in private homes. These are work places that remain unregulated where the workers are especially vulnerable to abuse.



'The International Labour Organisation highlights the fact that "Domestic work is work like any other" and the workers should have reasonable working hours, fair wages and the right to a full day of rest each week. Sadly for many this is not reality.'

HDH came into being when James Collins, a barrister and worshipping member of St John's Cathedral, offered a sympathetic ear to the problems of domestic workers in the congregation of St John's Cathedral. He and other lawyers were outraged at what they heard, and believed that domestic workers should have access to the law and know their rights. Soon they were overwhelmed, as demand for their assistance, both in and outside the Cathedral grew through word of mouth. St John's came to the rescue

and provided space for them to work. They adopted the name Helpers for Domestic Helpers, and HDH is now one of the most respected organisations serving domestic workers in Hong Kong.

At his retirement dinner in 2015 James made a moving speech about HDH and the people we serve. 25 years after its inception, domestic workers need HDH services more than ever, he said. James passed away in November 2016.

Catherine says, 'Last year was a good point to look at who we are as an organisation, with four full time staff, a committed group of volunteers and a re-energised board. We were fortunate when Lindsey Hermes, managing director of Unison Creative, a Hong Kong-based branding and marketing

agency which has won international awards, (particularly in the NGO field), offered to transform and update our identity, pro bono.

'Lindsey consulted with everyone involved and saw that while we have a unique position in the market, we need to communicate our message more clearly. With our new name comes a new logo, website, and additional materials that will raise awareness of who we are and what we do.

HELP for Domestic Workers will announce several fundraising events for later in 2017, including a launch party on 22nd March to introduce the new brand. Our identity will be enhanced with new photography and graphic design, but our work will remain the same. Expect to

▼ James, Catherine, Alex Barr and the Dean ▼ James and Holly



▼ Lindsey



see more updates on the organisation's evolution in the coming months.

If you would like to get involved, we are actively seeking volunteers to assist with photography, videography, fundraising, education, events, and of course providing support to domestic workers.'



International Labour Organization

## DECENT WORK FOR DOMESTIC WORKERS BEGINS AT HOME

- ✓ treat domestic workers with respect
- ✓ recognise their work
- ✓ pay a decent wage
- ✓ guarantee sufficient rest
- ✓ provide decent living conditions



WWW.ILO.ORG/DOMESTICWORKERS



A Service of Thanksgiving for the life of

# 1941 { JAMES COLLINS } 2016

TEXT AND PHOTO BY / HELPERS FOR DOMESTIC HELPERS



On the 20th of January 2017 a memorial service was held at St John's Cathedral to give thanks to God for the life and work of James Collins, a very active member of the Cathedral for almost 30 years, and the founder of Helpers for Domestic Helpers. Afterwards many gathered at the Foreign Correspondents' Club to share their memories of James, known as 'Jim' to his close friends and family. Many people contributed to the eulogy, which was read by his close friend David Woods. These included Richard Sheehan, Julian Stargadt, Ted Tyler, Alexandra Barr and David Lawrence, Board members of HDH. Holly Allan, Director of HDH, gave an emotional and moving tribute to James.

The following is a brief summary from the tributes to James' life.

James was born in Lampeter in Wales, and from an early age went to church, which marked his whole life. He had a deep faith in God. After studying science at university he went to teach in Uganda before returning and joining Gray's Inn and reading for the Bar. After pupillage, James taught law at Harrow Polytechnic and, after completing the LLB to pass the LLM, James came to Hong Kong to teach at the law department of City Polytechnic now City University. After successfully setting up the Law Department, he joined the Government legal service working in the Department of Justice, where he rose to become Principal Crown Counsel in the Civil Division.

James was an excellent lawyer, but he also enjoyed many other things. He loved music and sang with the Hong Kong Welsh Male Voice Choir for some years. He was a member of the Foreign Correspondents' Club and enjoyed long discussions and debates there. On Sunday he always attended the 9 am service at St John's Cathedral, and it is here he met Marcela. They were married in the Cathedral in 1992. Both were passionate about their faith and justice and in 1989 he set up Helpers For Domestic Helpers, providing legal and practical advice and guidance to domestic workers in need. They lived a happy and fulfilled life in Hong Kong before retiring to Wales in 2015. Once again they were active in their community and the local parish church in Llantwit Major, where his funeral service was held.

At the end of the tribute, David said on behalf of all James'

friends around the world 'thank you for your friendship'. Whilst there will be no more entertaining Christmas letters, they will all have a memory of James as 'a true friend'.

Holly Allan said 'It is a great honour to pay tribute to Mr Collins' great work and legacy. My only hope is to do justice in celebrating the many good things he should be remembered for. His passion for justice and compassion for the oppressed were infectious. But always he was humble.' She later said 'Mr Collins passing is a great loss for the legal community, but most especially for the community of domestic workers whose interest and welfare he held so close to his heart. We miss him greatly. We may never hear his voice again or benefit from his legal advice but we will always be inspired by the generosity of his spirit.'

The Reverend Catherine Graham, chaplain to HDH, said in her homily that 'the readings from Romans chapter 8 and Luke 4 put James' life and work in its widest and deepest context. The Lucan summary focused on what Jesus had come to do; to announce, to release, to recover and to free the poor and oppressed. James was not a saint, but he was a blessing to many people. His presence and actions touched and changed many lives for the better. He was compassionate to those who needed understanding, who needed kindness, care and access to the law. He accompanied those who were suffering and took a stance against injustice, and in support of those who were often prejudiced in society. He reflected God's compassion and love. He knew that it was through the grace of God that he was able to do what he did. Whatever James did was grounded in faith in God and serving him as a disciple of Christ.'

The service to celebrate his life had hymns and music which were important to him and Marcela, including 'Love divine, all loves excelling,' John Rutter's 'the Lord Bless you and keep you' sung by the Cathedral Choir, and the Lord's prayer ( in Welsh 'Gweddi'r argludd' ) sung by his friends from the Hong Kong Welsh Male Voice Choir. The final hymn 'O Lord my God When I in Awesome Wonder' was a beautiful end, proclaiming James belief, 'My God how great thou art'.

May he rest in peace and rise in glory. Amen.

# EMMANUEL CHURCH: A FRIENDLY, INCLUSIVE, ENGLISH SPEAKING COMMUNITY

TEXT BY / FR ROBERT MARTIN CMP , PRIEST-IN-CHARGE  
PHOTO BY / EMMANUEL CHURCH



Emmanuel Church, Pok Fu Lam is an English speaking Anglican Church serving the west of Hong Kong Island. We pride ourselves on being a friendly, inclusive, English speaking community standing firmly in the Anglican tradition.

Emmanuel Church is one of three daughter churches of St John's Anglican Cathedral, Hong Kong, led by Fr Robert Martin our Priest in Charge. The others are Discovery Bay Church on Lantau Island led by Fr Mark Rogers, and St Stephen's Chapel in Stanley led by Fr Will Newman. As well as leading their own communities, all three Priests-in-Charge have special duties and responsibilities as St John's Cathedral Chaplains.

In April 1980, Emmanuel Church was established as a daughter church of St. John's Cathedral to provide an English-speaking church in the west of Hong Kong

Island. On 17 April 2005 Emmanuel Church celebrated 25 years of being in Pokfulam. Over the years the Emmanuel community has worshipped in a variety of locations including: St John's College, West Island School, Ebenezer School and, briefly, in the Cathedral's Li Hall.

In December 2006, the English-speaking Anglican community that makes up Emmanuel Church, Pokfulam moved to our new home: the George C. Tso Memorial Chapel at Béthanie. This beautifully restored neo-gothic Chapel at Béthanie is a heritage building built by the Missions Etrangères de Paris (the French Mission) in 1875.

One of the most distinctive things about our church is our name. In the Anglican Communion, churches dedicated to Emmanuel are rare. Throughout the pages of the Bible over 150 names and titles are

given for Jesus. Whether he is called Son of God, Son of Man, Son of David, the Alpha and the Omega, Wonderful Counsellor, or Lamb of God, each of these names and titles is rich with meaning and say something about who Jesus is.

However there is no name more significant than Emmanuel. This name was first given to Jesus by the prophet Isaiah 700 years before his birth (Isaiah 7:14). And St Matthew tells us precisely what this special name means: God with us. In other words: Jesus Christ is Emmanuel – God with us.

At Emmanuel Church, Pokfulam we welcome visitors as well as permanent and temporary residents from all over the world. Whatever their background or circumstances, everyone is invited into a loving relationship with God in a fellowship of unconditional acceptance.

Every Sunday at Emmanuel Church we celebrate a Sung Eucharist at 10.15am. Many who worship at Emmanuel have young families, and we encourage their children to join our growing Sunday School at 10.15am, called Emmanuel Kids. Once a month we celebrate what we call our 'Joyful Noise' Eucharist – a simplified liturgy especially for children and all who are young at heart.

We hope that you will come and see us soon. If you do, you can be assured of the warmest of welcomes!

However, in the meantime have a look at our website at [www.emmanuel.org.hk](http://www.emmanuel.org.hk)

## The Amazing gRace: A CATHEDRAL OUTREACH EVENT

Teams of four will compete to complete a series of challenges at different locations in Hong Kong, starting at St John's Cathedral. After each challenge is successfully completed the team will be told where the next challenge will take place; the team will get to the location as quickly as possible, complete the challenge and then move on to the next.

The winning team will be the first to arrive at the final location after completing all the challenges. They will

receive the splendid St John's Cathedral Amazing gRace Trophy!

Cost of entry is: \$100 for adults/ \$50 for children/ \$200 for a family

People may join as a team or as individuals. Individual entrants will form teams as assigned by the organisers.

To register, contact the Cathedral Office at [reception@stjohnscathedral.org.hk](mailto:reception@stjohnscathedral.org.hk) or 2523 4157



# HUGH & RUTH PHILLIPSON

## REAFFIRMING AFTER

# 50 years

TEXT BY / STUART WOLFENDALE  
PHOTO BY / HUGH PHILLIPSON, MAGGIE CHAN

On the 50th anniversary of their wedding on 29<sup>th</sup> December 2016, Hugh and Ruth Phillipson reaffirmed their vows in a ceremony at the Cathedral's high altar in front of a gathering of friends and family. The proceedings involved very creative participation from some of Fr Hugh and Ruth's eight grandchildren expressing the keys to longevity in a marriage, a homily from Fr Robert, and an organ voluntary, Widor's Toccata in F, from Felix Yeung. The party then moved uphill for a reception at the Helena May where speeches and a slideshow revealed more than most ever knew about the story of Fr Hugh and Ruth before their involvement with St John's began 25 years ago.

Picture bachelor Hugh, returned from post graduate studies in Canada, living in a Chelsea flat with four others and rather enjoying himself. His mother pictured it too and was not at all happy. It was time for a 'nice girl' to come on the scene and Hugh was encouraged to find one at Hinde Street Methodist Church,



for it was from the Methodists that he came. On a retreat with that church to Battle in Sussex, he found himself advancing on, rather than retreating, from the newly discovered Ruth.

Watching a feature on the Grand Canyon with her in a cinema on their return to London, Hugh suggested that he should take her there. It was a sign of the wanderlust to come, but Ruth thought this remarkably pushy. Hugh persisted, however, and took her home to meet his parents where she fell sick with mumps and had to stay quarantined and hear Hugh's mother singing his praises to her for two whole weeks.

He proposed to her on The Thames Embankment, so he could throw himself in if she refused and they married on 29<sup>th</sup> December 1967. Ruth's father told Hugh that he'd had only 100 pounds in the bank when he married in 1939. At that point Hugh had fifty pounds and kept quiet.

That was enough for them to emigrate to Australia as 'ten pound Poms' in January 1967, the beginning of many travels. They started out in Sydney as an engineer and a teacher, moving to the Hunter Valley and then Darwin. They drove extensively round Australia, sleeping in the back of a small van, Yet Australia could not hold them. They travelled throughout Asia, including Hong Kong, where they roughed it in Chungking Mansions. They went on to live in Canada and England again. But the Asia bug had bitten. In 1977, they returned to Hong Kong, kitted out with three kids, and Hugh joined the Government in the PWD. Their passion for travel, along with their love of music and singing, and their shared faith, is something that has bound them together over those 50 years. They have visited 70 countries and lived in 25 homes. Their children and grandchildren are spread from England, through Hong Kong to Tasmania.

Presently, Fr Hugh and Ruth both sing in the Cathedral Choir, and Fr Hugh is the Choir Chaplain.

Fr Hugh was keen to stress the support that Ruth has been to him throughout, particularly in his decision to be ordained in 1997 and the training that went with that. No clearer demonstration of this support came than when he had a medical emergency in England 18 months ago. As a driver, Ruth had always demonstrated a sensible caution. On this occasion, a steely recklessness surfaced and she zapped down the motorway at over 90 mph to get him to hospital.

Theirs is a marriage nothing has stood in the way of. Everyone at the Helena May that afternoon wished it a clear and happy road onwards.

# HAPPY HOMES

TEXT AND PHOTO BY / MFMW



and spread the message of fairness, harmony, and multiculturalism.

Thus, Project: HappyHomes was born.

The first component of the project is the Stories of Harmony in the Households. We know that there are stories of employers who care about the well-being and health of their workers, and workers who try their best to understand their employers' needs. We want to share these stories of understanding, fair treatment, friendship,

and inter-cultural connection between migrant workers and their employers.

In December 2016, Stories of Harmony in the Households Project was launched, but positive stories have been posted on the Happy Homes Facebook page since late-October. These stories highlight positive relationships between employer and employee through time spent together, encouraging words, and/or gifts.

The second component of Project: Happy Homes is the Employer Awareness Programme which aims to give employers the correct and timely information pertaining to policies governing employment of foreign domestic workers, especially those hiring for the first time. The MFMW believes there are problems that arise due to misinformation given to employers. The programme is projected to launch spring of 2017.

Lastly, Project: Happy Homes also includes Christian Households Promotion that takes inspiration on messages of love and concern for fellow human beings, which ecumenical founders of the MFMW valued when the organization was founded.

Project: Happy Homes is our humble contribution to making Hong Kong truly a place where everyone is treated with fairness and dignity. We believe that happy domestic workers and happy employers lead to a harmonious and happy home! If you have stories to share, please do not hesitate to contact us at HappyHomesHK@gmail.com.

Like and share our **Facebook** page: <https://www.facebook.com/HappyHomesHK>

At the Mission for Migrant Workers (MFMW Ltd.), we work with migrant workers to address situations, from answering contract questions to guiding them in filing abuse cases. However, despite the negative stories we hear on a daily basis, we know that there are also positive ones. These are stories that we believe should also have a place in the public's consciousness as they promote positive actions, value human dignity,

## POSITIVE STORIES FROM OUR FACEBOOK PAGE



▲ Mhae with Hayden- A robot made out of recycled materials

Making a robot out of trash: This was Hayden's idea. He said he wanted to reuse trash to create robots. That's when the transformer series was popular and he was addicted to it. We spent almost three months to gather those boxes and other recyclable materials he used to build that robot. He has creative thinking, and he said it's fun, exploring through imagination and challenging and figuring out how to put them together. He was happy with the outcome and he found the robot fanciful and cool.

Mhae



▲ In the picture: We were at the airport having lunch.

It's been two years since he left home for overseas studies. A few weeks after his birth, I took care of him and became his 'second mom', as he would always remind me. While waiting at the airport, I couldn't help myself crying...

When he returned home during his break, he would sometimes crawl to my bed at night like he did when he was small, telling me his struggles and adventures. I wish he wasn't growing up so fast.

Lory Jean Yungco

## 香港聖公會婦女總團

# 聖誕探訪長者院舍

撰文 / Mandy, 聖約翰座堂



在二零一六年十二月十日，我們聖約翰座堂十多位教友，由胡偉豪牧師帶領下，參加了香港聖公會婦女總團舉辦的聖誕探訪長者院舍活動。當日天朗氣清，陽光普照，我們懷着興奮的心情，連同其他牧區的弟兄姊妹和義工團隊，一行數十人浩浩蕩蕩地前往香港聖公會李嘉誠護理安老院及林護長者之家探訪。我們都很高興在臨近聖誕佳節期間與一班老友記歡聚一堂，齊齊頌讚上主的恩典及提早慶祝聖誕節的來臨。

當我們踏入長者院舍，便看到一班院友整齊齊的坐滿整個禮堂，他們用熱烈的掌聲歡迎我們來到探訪。在座每位老人家都老而彌堅，精神矍鑠，他們對每個表演項目都表現得十分欣賞，時而拍掌唱和，時而開懷大笑，並且積極投入參與每一項互動環節，令會場的氣氛更為高漲。而我們的義工團隊，

亦精心策劃了一連串的精彩節目，包括會眾祈禱、讀經、木偶戲、歌唱及健身操等，與一班老友記齊齊玩、齊齊笑。來到「音樂傳球」遊戲時更掀起一片高潮，老友記都很落地地隨著音樂節拍傳送皮球，當音樂戛然而止時，所有目光都注視著手執皮球的幸運兒及其得到的豐富禮物。但禮物又何止是得獎者才有呢？每一位院友都收到我們的聖誕禮物，滿載而歸。

感恩當日的兩項行程都進行得十分順利。多謝一班勞苦功高的義工朋友們。他們盡心盡力籌辦當日的活動，在台上的表演者固然施展渾身解數，台下的弟兄姊妹亦不遑多讓，把握機會跟各位公公婆婆握手問好，及協助他們玩遊戲等等。對於一些行動不便的院友，亦有義工到每個房間去慰問及派送禮物。他們用滿滿的愛心，眾志成城地為老人家安排既溫馨又熱鬧的聖誕派對。我亦很榮幸擔任了隨團攝影師，為

探訪活動拍攝花絮，把當日盛況及各位老友記的笑靨一一留住。

當日最教我動容的，是一位年過九十的義工婆婆，她雖然已屆垂暮之年，依然鶴髮童顏，慈眉善目，活力充沛地「滿場飛」，輕聲細語地和老友記談笑風生，又耐心地教導長者做健身操。當兩老用慈愛眼睛相視而笑及兩雙滿佈皺紋的手掌緊握互牽時，那一刻我看到了人世間的真、善、美。而我亦有幸為這一位滿頭花髮的人間天使留下倩影，她以身作則，以老敬老的助人精神實為我等晚輩的學習榜樣。

隨著聖誕節及新年假期過去，農曆新年快將來臨，在此我謹祝願每一位老友記身體健康，龍馬精神。感謝他們每一位都曾經努力拼搏為社會作出貢獻，使我們現在可享有豐富富足的生活。祈求天父賜福，使每一位老人家都平安喜樂，安享晚年！



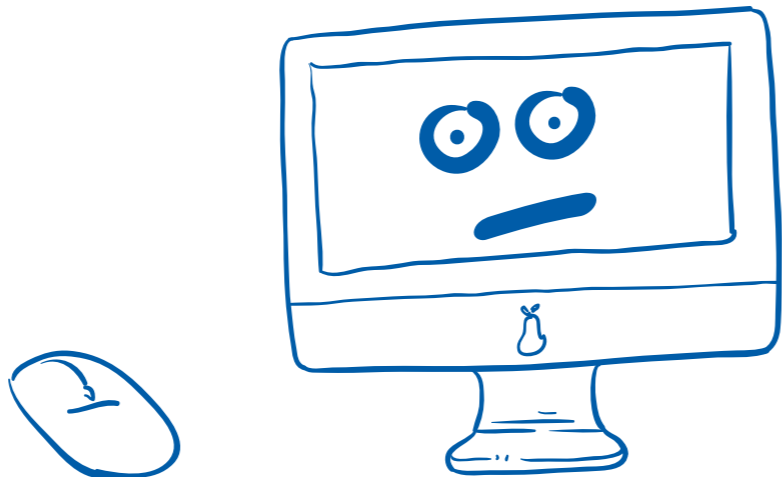
## 兒童聖經班嘉許禮

兒童聖經班早前在提前崇拜中舉行嘉許禮。一眾小朋友從謝子和座堂主任牧師手上接過嘉許狀，表揚他們過去一年在聖經班的出席率及表現。兒童聖經班自2013年開辦，以中文為主要溝通語言，逢星期六下午六時聚會，歡迎新朋友參與。

# I CAN IS GREATER THAN IQ

TEXT BY / MARK L GANDOLFI (DR MARK)

**The onset of the internet has a long history starting in the 1950s. The first internet message was sent from UCLA to Stanford University in 1969 between members of a group of computer scientists. Subsequently, in 1971, the very first email message was sent from one computer to another, again between scientists and it was not until the advent of the personal computer in the late 1980s to early 90s that the internet was made available to the non-scientific community. Until the birth of social media in the late 1990s, it was still an adult population that predominantly used the internet.**



According to a recent Pew Research Center report, 13% of American adults do not use the internet. A most interesting fact, since I cannot think of one friend, patient, client or acquaintance of mine who does not use the internet. The reasons vary as to why that 13% does not integrate the internet into their daily lives but little research has been done, and very few headlines or commentaries can be found on the negative impact on a person suffering from no internet use. Where interest grows and headlines abound is the impact internet use, overuse and abuse/addiction has on the user, especially in the child and teen population.



In actual numbers today, more adults use, overuse and/or abuse the internet than do children and teens. However, in terms of percentages, over 94% of children and teens use the internet for academic and non-academic purposes. Internet addiction, which includes devices, online gaming, social media engagement, online shopping, texting, gambling and pornography, are impacting the adult population in numbers we can only roughly estimate. Studies are growing on the internet addiction rates among adults, with some statistics reporting 8% of adult Americans with internet addiction. In the UK, BBC/Digital Clarity reported in 2014 that 16% of 18 to 25-year-old Britons have internet addiction issues. But the bigger headlines, focus, research, debates and concerns on internet use, overuse, abuse and addiction are concerned with the digital natives: our children and teens.

My next series of four articles will be on how the digital world has both a positive and negative impact on our children. My concern, among many, is how quickly and often erroneously



parents, healthcare professionals, schools, individuals and even Dr Google are labelling our digital natives as 'addicted to the internet' when in fact they are not. Some of us remember how, as kids, we played endless football and other games in neighborhood backyards and the great difficulty our parents had in getting us home to do chores, eat dinner and finish our homework. Not surprisingly, I can't ever recall my parents telling me I was addicted to football because I resisted coming home, had a mood change over leaving the pitch early, and counted the hours until I was outdoors playing again.

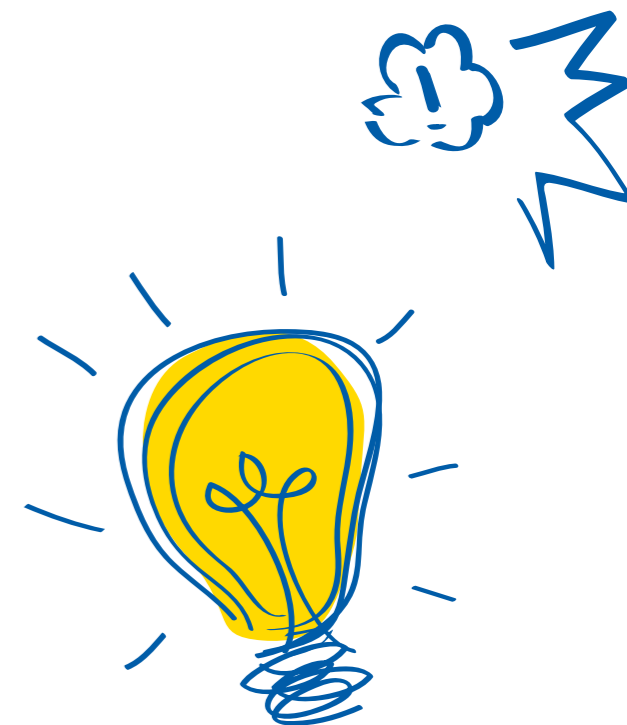
As of today, the neurosciences have yet to come to an agreed upon definition of what is addiction, never mind what is internet addiction. As a vivid example, the Diagnostic Statistical Manual (DSM), used extensively by the healthcare industry to diagnosis a mental health disorder, has yet to include in its most recent 2013 publication internet addiction. To further complicate matters, there has been an expanded use of terms and associated symptoms to better understand/define this growing social issue: impulse control disorder, chronic brain disorder, device addiction, social media abuse, compulsive internet use, and problematic internet use. And that list of labels and symptoms is growing as I write this article.

So, as we continue to better understand the negative consequences of the internet (to include social media, gaming, gambling, texting, emails, video watching, etc), we must also give equal attention to the benefits of the internet. A Google search of 'the benefits of technology and education' will give us over 385,000,000 links to visit and understand how the digital revolution has created 'digital knowledge' and the changes this process of acquiring digital knowledge has on the developing brains of our children. The common benefits from merging education and technology have been expanded student-teacher-parent collaboration, real-time updates and reviews of school progress, instant communication to parents, less paper and more hugging of trees, and technology that makes learning more interesting. No doubt my list is not exhaustive of all the benefits our children experience with technology and

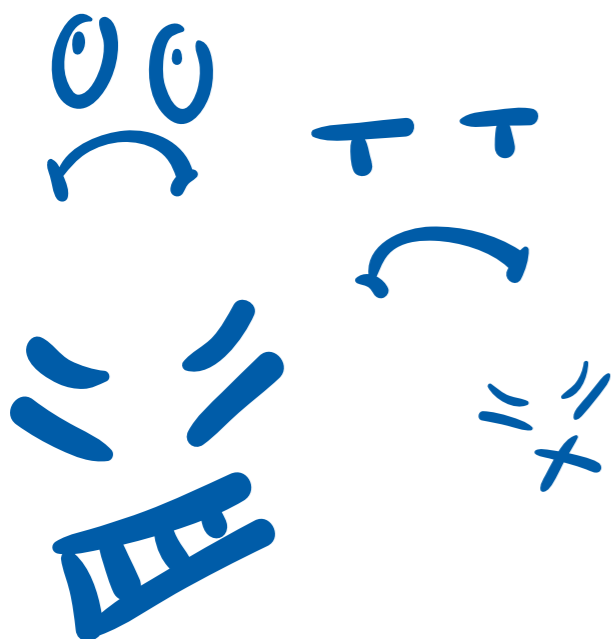
learning.

'Learning is not a spectator sport' as quoted by Chickering and Gamson in their book Seven Principles for Good Practice in Undergraduate Education. The key then to ensuring that children see technology devices and the internet as more than a place to play games, text, download and hang out in social media platforms is to have the internet and digital devices be seen as an interesting place to seek out individual and collaborative learning activities. Research has shown conclusively since the 1960s that when a student utilises the cognitive (mental), affective (emotional) and psychomotor (physical) domains of who they are in a learning world, general knowledge and digital knowledge grow.

My next article will highlight the various activities parents can undertake to ensure their digital native children stay out of harm's way with their devices and at the same time still have fun online and enjoy learning through the internet. Long before the onset of the internet and the digital revolution in the late 1990s, Albert Einstein was quoted as saying, 'We cannot solve our problems with the same thinking we used when we created them.' I truly believe the internet and technology will form new neuro pathways for thinking about historic issues such as poverty, global warming, saving rain forests and the oceans. Let's give technology and our children a chance to show us they can!



DR MARK



# BISHOP'S THRONE SHOWCASED

TEXT AND PHOTO BY / STAFF REPORTER



The first-generation Bishop's throne at the Cathedral, dating from around 1898, and a St John's Review published in 1947 are among the highlights of the Antiquities and Monuments Office (AMO)'s exhibition on Hong Kong's Built Heritage.

The 'Reminiscences: Life in Hong Kong's Built Heritage' exhibition is open from 20<sup>th</sup> January until 1st May at the Hong Kong Heritage Discovery Centre in Kowloon Park. Dean Matthias and the Cathedral's Trustee Ronald Lye were invited as guests at the opening ceremony held on 19th January.

The exhibition is one of the events celebrating the 20th anniversary of the establishment of the Hong Kong Special Administrative Region, featuring valuable historic building components, documents, artefacts, photographs, 3D stereoscopic images and models of Hong Kong's historic buildings.

With the first-generation Bishop's throne

as one of the highlight exhibits, the gallery also includes a September 1947 issue of the St John's Review and footage of St John's Cathedral's important occasions.

'The Bishop's throne is of great historical value,' said Terence Ng, Assistant Curator (Exhibition and Publicity) of the AMO, introducing the exhibit at the opening ceremony. He noted that the Bishop's throne is also called the 'Dragon's Throne' as there are two dragon heads carved on the Throne's arms. The throne was donated by the two sons of Bishop Charles Alford, the second bishop of the diocese, in memory of their father. It originally had an ornate rosewood canopy and surround which was lost.

Outside the exhibition hall, visitors can also view the 3D images of St John's artefacts after scanning the pictures of St John's on the brochure at the 'augmented reality and virtual reality' corner.



Top/ The first-generation Bishop's throne

Right/ St John's Review, 1947

## DETAILS

**DATE:** 20<sup>th</sup> January & 1<sup>st</sup> May 2017

**VENUE:** Hong Kong Heritage Discovery Centre, Kowloon Park, Tsim Sha Tsui

**OPENING HOURS:**  
Monday to Wednesday, Friday: 10am – 6pm  
Saturday, Sunday and public holidays: 10am – 7pm

**FREE ADMISSION**

# MORE THAN A CUP

TEXT BY / STAFF REPORTER PHOTO BY/ KEENABLE CREATION, STAFF REPORTER



Want to take a break and enjoy artworks with a cup of coffee or tea? It's possible at St John's. Creative drawings by a group of young artists on St John's new stained-glass windows are on exhibition at The Nest.

Jointly presented by KeenAble Creation and The Nest, the drawing exhibition was opened in mid-Dec 2016 by Dean Matthias, and Mr and Mrs David Tse as Guests of Honour. Young artists and their parents, volunteers and co-organiser Rita Chan also attended the Opening Ceremony.

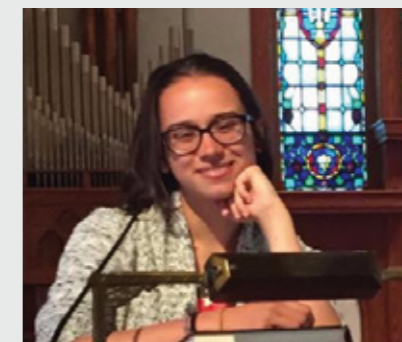
## STAFF NEWS

**Welcome aboard! Sushi, Adrienne and Jennifer have recently joined St John's Cathedral, serving at the Mission for Migrant Workers (MFMW) and Helpers for Domestic Helpers (HDH).**



### Jennifer Sushi Au@MFMW

Sushi is a Global Mission Fellow of the United Methodist General Board of Global Ministries, serving for two years with the Mission for Migrant Workers in Hong Kong.



### Adrienne Davis@HDH

Adrienne Davis is a missionary from the Episcopal dioceses of Southern Virginia and Virginia, interning with Helpers for Domestic Helpers and St John's Cathedral for nine months.



### Jennifer Aledia@HDH

Jennifer Aledia joined Helpers for Domestic Helpers in November 2016 as a full time Administrative Assistant.

**Corrections:** In the article 'History of Bethune House', the year that Bethune House hired its first permanent staff was 1989, not 1898, as shown on the timeline.

# Forthcoming Services at St John's & Daughter Churches

## LENT, HOLY WEEK & EASTER 2017



### St John's Cathedral

4-8 Garden Road, Central, Hong Kong  
Tel: 2523 4157  
www.stjohnscathedral.org.hk

#### LENT

##### 1st March (Wednesday): Ash Wednesday

- 8:00 Said Eucharist (English)
- 12:30 Said Eucharist (Cantonese)
- 19:30 Sung Eucharist (English)

*All services will include the Imposition of Ashes.*

##### Fridays in Lent

- 12:15 Stations of the Cross

#### HOLY WEEK & EASTER

##### 9th April (Sunday): Palm Sunday

- 8:00 Said Eucharist
- 9:30 Palm Procession & Solemn Eucharist (Combined Bi-lingual Service)
- 11:45 All Age Worship
- 14:00 Sung Eucharist (Filipino)
- 18:00 Tenebrae Service

##### 10th April (Monday): Monday in Holy Week

- 8:00 Said Eucharist
- 18:00 Stations & Eucharist

##### 11th April (Tuesday): Tuesday in Holy Week

- 8:00 Said Eucharist
- 18:00 Stations & Eucharist

##### 12th April (Wednesday): Wednesday in Holy Week

- 8:00 Said Eucharist
- 18:00 Stations & Eucharist

##### 13th April (Thursday): Maundy Thursday

- 9:00 Chrism Eucharist, Blessing of Oils & Renewal of Ordinations Vows
- 13:15 Said Eucharist
- 20:00 Sung Eucharist with the Washing of Feet & Watch until Midnight

##### 14th April (Friday): Good Friday

- 8:00 Said Morning Prayer
- 10:30 Liturgy of the Day (Mandarin)
- 12:00 All Age Worship
- 13:30 Liturgy of Good Friday

##### 15th April (Saturday): Holy Saturday

- 9:00 Said Morning Prayer
- 20:00 Easter Vigil & First Eucharist of the Resurrection

##### 16th April (Sunday): Easter Day

- 8:00 Said Eucharist
- 9:00 Sung Eucharist & Renewal of Baptismal Promises
- 10:30 Sung Eucharist (Mandarin)
- 11:45 Easter All Age Worship
- 14:00 Sung Eucharist (Filipino)
- 18:00 Festal Evensong

### Emmanuel Church Béthanie Chapel 139 Pok Fu Lam Road, Pokfulam

Further information Tel: 2523 4157  
www.emmanuel.org.hk



##### 9th April (Sunday): Palm Sunday

- 10:15 Blessing of Palms, Procession & Sung Eucharist

##### 14th April (Friday): Good Friday

- 10:15 The Way of the Cross

##### 16th April (Friday): Easter Day

- 10:15 Sung Eucharist of the Resurrection & Renewal of Baptismal Promises

### St Stephen's Chapel 22 Tung Tau Wan Road, Stanley St Stephen's College

Further information Tel: 2813 0408  
www.ststephen.org.hk



##### 25th March (Saturday): Palm Sunday

- 18:00 A Service of Bible Readings and Music for Lent, by candlelight, with St Stephen's Chorale. Retiring Collection in aid of Fr Nadim Nassar's Awareness Foundation, working with young Christians in Syria and Iraq.

##### 26th March (Sunday)

- 9:30 Family Eucharist, celebrating Mothering Sunday

##### 9th April (Sunday): Palm Sunday

- 9:30 The Stanley Passion Play, including Holy Eucharist. The story of Holy Week dramatically acted out from Palm Sunday to the Crucifixion.

##### 13th April (Thursday): Maundy Thursday

- 20:00 Commemorating the Last Supper, with a light meal, Eucharist, and Foot-washing

##### 14th April (Friday): Good Friday

- 10:00 Children create an Easter Garden, and hear the Easter Story.
- 11:00 Stations of the Cross

##### 16th April (Sunday): Easter Day

- 9:30 Family Eucharist to celebrate Easter, followed by an Easter Egg hunt for children.

### Discovery Bay Church SKH Wei Lun Primary School

Further information Tel: 2987 4210  
www.discoverybaychurch.org.hk



##### 9th April (Sunday): Palm Sunday

- 10:00 Eucharist with Blessing of Palms

##### 16th April (Sunday): Easter Day

- 6:00 Ecumenical Sunrise Service on the beach in Discovery Bay
- 10:15 Eucharist of the Resurrection

#### St John's Cathedral

4-8 Garden Road, Central, Hong Kong

Tel: (+852) 2523 4157  
Fax: (+852) 2521 7830  
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Website: www.stjohnscathedral.org.hk

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The Very Revd Matthias Der

#### Cathedral Chaplains

The Revd Desmond Cox  
The Revd Dwight dela Torre  
The Revd Catherine Graham  
The Revd Canon Peter Koon  
The Revd Robert Martin  
(Chaplain and Priest-in-Charge of Emmanuel Church - Tel: 2523 4157)  
The Revd Will Newman  
(Chaplain and Priest-in-Charge of St Stephen's Chapel - Tel: 2813 0408)

The Revd Mark Rogers  
(Chaplain and Priest-in-Charge of Discovery Bay Church - Tel: 2987 4210)

The Revd Wu Wai-ho

#### Cathedral Honorary Chaplains

The Revd John Chynchen  
The Revd Hugh Phillipson  
The Revd Jenny Wong Nam

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Stuart Wolfendale - Deputy Editor  
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#### Verger

Ho Tat Hoi

#### Head Server

James Choo

#### Head Sidesman

Roger Cole

# STAFF@CHINESE NEW YEAR DINNER



# CHRISTMAS@ST JOHN'S



◀ Sidesmen, Midnight Mass



▲ Preparation for Christingle Service



▲ The Archbishop and priests, Midnight Mass

# In Touch

The Cathedral Magazine - Spring Edition