

In Touch

The Cathedral Magazine - Winter 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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BEACON OF GOD'S LOVE



The Thanksgiving Eucharist for the 170th Anniversary of St John's Cathedral was celebrated by the Most Revd Dr Paul Kwong, Archbishop and Primate of the Hong Kong Sheng Kung Hui, and the Most Revd Michael Curry, Presiding Bishop and Primate of The US Episcopal Church, served as the preacher. Read the full story from page 4 to page 7. (Photos by Conrad Yu and Olddog)

In Touch

For over 170 years, St John’s Cathedral has been a beacon of God’s love in Hong Kong. In this issue, we see how love flows and grows in our community.

The Thanksgiving Eucharist for the 170th Anniversary on 24th November marked the end of our year-long celebrations. The cathedral community and our guests gathered together to praise the Lord for the witness of St John’s Cathedral and to give thanks for all who have been touched by His grace through our ministries. There was a definite sense of a family occasion as people chatted and caught up with friends before and after the service.

The St John’s community enjoyed a great night out at the Cathedral on 6th September. St John’s Family Night was a special evening filled with music, fun and love, and members of St John’s showcased their talents. The audience was especially amazed by the singing performance of the cathedral clergy team led by Dean Matthias and many among the audience sang along.

As ever, the Michaelmas Fair was splendid and the Cathedral was full of cheerful fair-goers. The Fair is a great opportunity

for the cathedral community to reach out to the wider community, sharing our joy and love with them.

In the new series called ‘A Sunday in the Life of...’, one of our reporters will chat with different people who love our Cathedral and contribute to our Sunday worship. In this issue, we chat with a member of the Cathedral Choir. If you have any suggestions of whom you would like to know about ‘A Sunday in the Life of...’ in the forthcoming issues, please get in touch with the Editor.

When the Most Revd Michael Curry, Presiding Bishop and Primate of The US Episcopal Church, preached at the Thanksgiving Eucharist, he remarked on love – love is the only thing that has ever worked and will ever work. It is the only way to the life that God intends, so don’t underestimate the power of love to lift and to liberate, to help and to heal.

God calls us to be agents of hope and ambassadors of peace. All of us are His people in this broken world. As Presiding Bishop Michael Curry reminded us, let love be our witness to Jesus; let love guide our way. This way of love is hard, but it can work and make a difference.

We Need Your Help to Save The Environment

A little step by all of us can make a sea change to our environment. The Joint Ministry Committee of St John’s Cathedral has recently decided that St John’s will use less plastic in the cathedral grounds, and stop using plastic utensils is the first target.

In response to the appeal, *In Touch* would like to invite our readers to join us in protecting the environment. There are two ways to get involved:

1. Pick up the magazine at the Cathedral

The Cathedral Office keeps a subscription list of *In Touch* and mails hard copies of the magazine to readers and parishioners quarterly. If you choose to pick up the magazine at St John’s Cathedral, fewer plastic bags will be used for delivery. Please inform us by filling out and returning the form below to the Cathedral Office if you would like to unsubscribe from the mailing list.

For those who wish to continue receiving *In Touch* by mail, we wish to assure you that the bags are 100% degradable.

2. Read the magazine online

Starting from 2017, the *In Touch* editorial team has been exploring the possibilities of digital publishing. In 2018, we

have started publishing *In Touch* on Issuu, an online digital publishing platform that provides readers with a more convenient reading experience, regardless of the mobile devices or computers they are using.

The link to the online version of *In Touch* is posted on the cathedral website. For more details, visit the cathedral website: <http://www.stjohnscathedral.org/hk/>.

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THE DEAN'S MESSAGE

Dear Friends,

What a wonderful celebration we had on the Feast of Christ the King for the 170th anniversary of our beloved Cathedral!

God has truly blessed this community with much love and grace over the years. I give thanks to God for all those who have gone before us, and the present congregation we have today. This Cathedral has walked faithfully witnessing Jesus Christ at times of prosperity with much joy and sense of achievements, as well as times of trials and tribulations with tears and broken dreams. In each of these times, God has empowered this family of God to stand firm in its faith in Christ and radiate a beacon of hope for the people. I am so proud of the faithful witness we have seen over the years. As I write, after five months of unrest which started as protests against the government's proposal of the extradition bill, Hongkongers are still living in fear, disappointment and frustration, no matter where they stand politically. I believe the history of our past has much to say to us at this difficult time. The courage and faithfulness of our forefathers are the great cloud of witnesses for us. They endured hardship in their own times but came out stronger than before. It is my sincere prayer that this is one of those eras that future generations will look back to with pride and thanksgiving, because of the courageous faith we hold for the values of God's kingdom.

In Advent, we wait and anticipate the coming of Christ. This season reminds us that there is hope before us even when we face weariness and despair. Christ is the Lord of history and He is in control. Christ and the Gospel He preached are the true power through which He can transform our lives and the world we live in. Life can be difficult at times, but the grace of God abounds. When we follow him and continue to serve God in bringing peace and reconciliation to where we are, we can change the world without us realising it.

I am humbled by the privilege of being part of this great Cathedral of St John's. I am encouraged by the potential and commitment I see in so many serving Christ today in Hong Kong and beyond. Let's work hard together in building God's kingdom in Hong Kong, manifesting His love, peace, and hope!

Have a blessed Advent and a very joyful Christmas.

Sincerely yours

Dean Matthias +



各位：

170周年感恩聖餐崇拜及茶會於基督君王日順利舉行，當日聖約翰座堂大家庭團聚慶祝的時光是如此的美好！

一直以來，上帝以滿滿的愛及恩典祝福這個大家庭，我為着我們的前人及現時的會眾，向上帝獻上感恩。時光荏苒，聖約翰座堂一路走來，信實地作耶穌基督的見證——繁榮昌盛之時，座堂滿載許多喜樂及成就感；患難試煉之際，座堂盛載無數眼淚及破碎的夢。在不同的年代，上帝也賜下能力，讓祂的這個家在基督的信仰上站立得住，作鹽作光，為人們帶來希望。過去多年，我們看到不少信心的見證，我為此相當自豪。

執筆之際，因反對修訂《逃犯條例》而起的示威活動及社會動盪已持續五個月，香港人仍然活在恐懼、失望及無奈之中（不管其政治立場為何）。我相信，在此艱難的時刻，歷史有不少值得借鑑之處。前人的見證如同雲彩圍繞我們，面對時代的試煉，他們持守勇氣及信實，忍耐着結實，變得更剛強。我懇切地祈求，這個年代能成為讓人記住的年代之一，因我們敢於持守天國的價值觀，以致將來的世代回顧這個年代時，可以感到自豪及感恩。

我們在將臨期靜候及期待基督降生，這節期提醒我們，即使我們感到困乏及絕望，前路仍然有希望。基督掌管歷史的發展，一切都在祂手裏。基督及祂所傳的福音大有能力，足以轉化我們的生命，改變我們的世界。人生總有不如意時，但上帝的恩典夠我們用。當我們跟從祂，繼續服侍上帝，於我們所在之處帶來和平及復和，我們就可以在不知不覺間改變世界。

能夠作為聖約翰座堂的一份子，我與有榮焉。目前，有許多人在香港及鄰近地區服侍基督，他們的委身及潛能每每令我感到鼓舞。讓我們齊心攜手，致力於香港建立上帝的國度，宣揚祂的愛、和平及希望。

祝你在將臨期滿有祝福、在聖誕節滿有喜樂！

座堂主任牧師

謝子和 謹啟

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



Lead Story

TEXT BY / ANDREW ASHLEY
PHOTOS BY/ CONRAD YU, OLDDOG & JANICE TSANG

Thanksgiving Eucharist for 170th Anniversary



This has been an exciting year at St John's. Faith in the City, the series of services and events celebrating the Cathedral's 170th anniversary has been a considerable success, emphasising St John's focus on 'changing lives in the heart of Hong Kong'.

The culmination of this special year came on Sunday 24th November, the feast of Christ the King, with a Thanksgiving Eucharist at 4 o'clock, followed by a reception in the garden. Thirty minutes before the appointed hour, there was a wonderfully expectant atmosphere in the already crowded Cathedral – a combination of hushed excitement at the prospect of a splendid archiepiscopal eucharist with the relaxed feeling of being at an extended family gathering.

A series of organ preludes – Jongen, Pachelbel and Buxtehude – foreshadowed the splendour of the service to come, while the sermon was keenly anticipated. An old friend of St John's, the Most Revd Michael Curry, the guest preacher, has

become known to a much larger public since his previous Hong Kong visit. As Presiding Bishop Michael put it with endearing self-deprecation, 'A year and a half ago I was at a wedding, a very nice wedding ...' He went on to express surprise at the subsequent demand for selfies by others and interviews by major TV networks.

At the same time, there was a definite sense of a family occasion as people chatted and caught up with friends, not least with former St John's chaplains, who had come from far and wide to celebrate with us. This atmosphere seemed perfectly fitting for such a significant event in the life of the Cathedral, the mother church of the diocese.

From the moment a host of bishops and priests started processing through the nave, the service unfolded as a brilliant combination of magnificence, excitement and spiritual uplift. Fabulous music and singing, including the St John's Mass and Vaughan Williams' majestic anthem O Clap Your Hands, lay participation with lessons and intercessions in Tagalog and Cantonese, gorgeous vestments and incense drifting upwards, combined to ensure that thanks were well and truly given for the Cathedral's 170th anniversary.

And the sermon... Bishop Michael more than lived up his reputation for electrifying and inspiring preaching. The packed Cathedral was gripped from start to finish.

Bishop Michael had an intriguing Christian upbringing: his father was an Episcopal priest and his grandmother a 'rock-ribbed southern Baptist'. But for all Christians, of whatever background, he reminded us, everything goes back to love. The point was made in song, with a spirited rendering of 'Yes, Jesus loves me'.

He'd been struck, Bishop Michael said, with the opening words of our anniversary prayer, 'Heavenly Father, we praise you for the witness of St John's Cathedral as a beacon of your love in Hong Kong'. A beacon of God's love at this time, a beacon in this world, he emphasised. We are all called to be beacons, to fulfil a commitment to love one another.

It wasn't quite 'a thousand ages in thy sight are like an evening gone' in the words of the hymn but two hours went by very quickly and the service was over. Time for the family reunion atmosphere once more, as everyone trooped out of church to a reception in the beautifully lit garden.

Highlights of the party included Archbishop Paul congratulating Dean



Matthias on his election as Bishop Co-adjutor of Hong Kong Island and reminding us that St John's has a powerful reputation for producing bishops. Rita Chan, chair of the anniversary organising committee, thanked everyone involved for the huge amount of work they'd done. June Li, St John's 'Auntie June', touchingly added to the family atmosphere by referring to Archbishop Paul and Bishop-elect Matthias as her 'godsons' and saying how much they mean to her. A sweet touch was provided by the talented *patissiers* at The Peninsula, who created an amazing cake that showed almost every detail of St John's in strawberry buttercream and chocolate.

Our 170th anniversary year ended on a high note. This was the perfect conclusion to an extraordinary year at St John's.





*Thanksgiving
Eucharist for*
170th
Anniversary





Celebrating *170th* St John's Family Night

TEXT BY/ STAFF REPORTER PHOTOS BY/ CONRAD YU & OLDDOG

It was a special evening filled with music and fun when members of St John's showcased their talents to celebrate the Cathedral's 170th anniversary. Over 300 people attended the St John's Family Night on 6th September and enjoyed a great night out. The audience was amazed by the performance of the Cathedral clergy team led by Dean Matthias. The team of six sang the popular Chinese song 'Tian Mi Mi' (甜蜜蜜) and many among the audience sang along. Other performing groups included the Cathedral's choirs, groups from the daughter churches, The Pelicans, 36th Hong Kong Scout Troop, Hong Kong Pipe Band, Friends of the Harp, and Isla School of Dance.





Praying For Hong Kong

Let us pray for Hong Kong and the people in the city

Prayer 1

As this day of violence in Hong Kong comes to an end, and hatred has revealed its most ugly face, let us find ways to sow love; within our families, at work, with friends and strangers.

Avoid speaking harsh words from the mouth or on social media, for they only inflame passions and encourage violence. Do not be deceived by the temptation of evil, but overcome evil with good.

Hold fast to the gospel of Jesus, the gospel of compassion, and to God who is Love, and in whom there is forgiveness for us all. Know that whatever may come, God does not abandon us, God is always with us even at the darkest times.

And may the Peace of Christ rule in your heart. Amen.

(by the Revd Will Newman)

Prayer 2

Lord, make me an instrument of your peace;

Where there is hatred, let me sow love;

Where there is injury, pardon;

Where there is doubt, faith;

Where there is despair, hope;

Where there is darkness, light;

And where there is sadness, joy.

O Divine Master,

Grant that I may not so much seek

To be consoled as to console;

To be understood, as to understand;

To be loved, as to love;

For it is in giving that we receive,

It is in pardoning that we are pardoned,

And it is in dying that we are born to Eternal Life.

Amen.



Prayer 3

O Saviour Christ, in whose love lies the secret of all life and the hope of all people, we pray for quiet courage to match this hour. We did not choose to be born or live in such an age; but let its problems challenge us, its discoveries exhilarate us, its injustices anger us, its possibilities inspire us and its vigour renew us, for your Kingdom's sake. Amen.

Letter From The Council

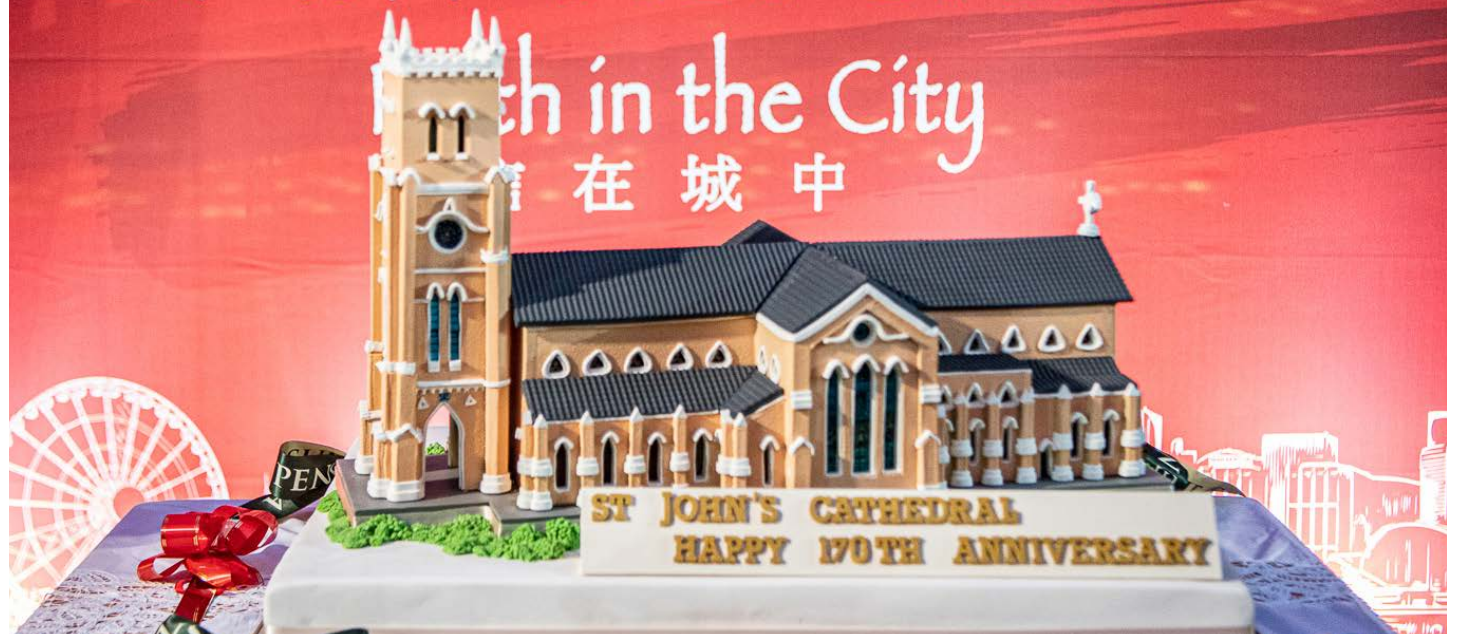
Anniversary Celebration of the Cathedral Church of St John the

聖公會聖約翰座堂170週年堂慶

1849~2019

Feast of Christ the King, November 24th, 2019

二零一九年十一月廿四日 基督君王主日



It has been a busy couple of months for the Cathedral, with the Michaelmas Fair and the 170th Anniversary celebration being events we've been looking forward to all year. We hope parish members enjoyed the Fair as much as we did. The service celebrating the Cathedral's anniversary led by Archbishop Paul Kwong was a joyous occasion marked by the return of many former Cathedral clergy and an engaging sermon by Presiding Bishop Michael Curry. We extend our thanks to the organising committees for both events for their hard work and congratulate them on a successful Fair and a happy Anniversary.

Council members gathered at St Stephen's Chapel on 21st September for a day of worship, bible study, reflection and fellowship. It was not a day for work but of strengthening our faith and getting to know each other a little better and the lovely chapel on the hill in Stanley was an ideal place for it.

Council has also been busy, and not just with organising events and maintaining the Cathedral and its grounds. At recent meetings, Council members have learned about the many facets of the music ministry in a meeting with Felix Yeung, Director of Music; discussed the governance principles for our many outreach ministries and how we see the relationships between them and the Cathedral; and learned about the joint efforts of the Hong Kong Sheng Kung Hui (HKSKH) and the government to redevelop a number of the Province's facilities through which it offers services to the elderly and underprivileged in our community.

Michael Spencer

Hon. Secretary, St John's Cathedral Council



Michaelmas Fair



PHOTOS BY /
STEPHEN LEE & BILLY LEUNG







Michaelmas Fair 2019

TEXT BY/ ANDREW ASHLEY

Perhaps the best way of describing this year's Michaelmas Fair is to say that everything was wonderfully normal. The official closing time was brought forward a couple of hours but that was the only concession to events in Hong Kong.

The weather was warm and dry, the cathedral garden was full of cheerful fair-goers and everyone was determined to have a good time. There were guests of honour - Canon Li Fook Hing and Cathedral Trustees John Li and Martin Matsui, scouts, musicians and many others. Bagpipes, bric-a-brac and booming book sales – all the traditional elements of the Michaelmas Fair were there in abundance.

If anything, this year's fair was even more splendid than usual. The Flower Guild was selling gorgeous plants, the Li Hall was packed with eager shoppers, the wine and beer garden was the perfect place for catching up with old friends and the Morris dancers received an enthusiastic reception.

Whatever is happening in the outside world, St John's Michaelmas Fair must go on. Definitely a day to remember.



WELCOMING GROUP

loved by parents

If you make just one new friend at St John's Cathedral Playgroup, our work is done!

TEXT BY/ JAMES OCKENDEN
PHOTOS BY/ STAFF REPORTER

Hong Kong can be daunting for new parents. There's the intense 'pre-birth' competition for schools; the bewildering choice of expensive and exclusive playgroup waiting lists; the loneliness of high-rise living; and a shortage of space for toys or play.

St John's Cathedral Playgroup will celebrate its 10th year in 2020. This family-centred group is the perfect antidote to Hong Kong's highly competitive childcare environment, offering a welcoming, open space for parents and their under-twos.

Around 40 families gather on a typical Thursday afternoon. It's no fuss: \$20 per family, no sign-ups, aptitude tests, interviews or waiting lists. Just show up for tea, toys and cake from 2:30 pm. At 4:00 pm, there is tidy-up time and a rowdy sing-song.

The group's modest \$20 fee might seem insignificant: but penny by penny, founding organiser Vanda Cole has amassed a good-sized charity fund over the years: charities supported by the Playgroup include the Bethanie Appeal for Harvest Festival and the Sheung Shui Home of Loving Faithfulness. Playgroup proceeds also resilvered and repaired the Cathedral's processional cross, and supported the Pew Refurbishment Fund.

The 'no domestic worker' rule sometimes causes controversy. People have even



said it's 'not Christian'. But Vanda says it's vital to keep the group for parents only. For some mums and dads it's one of the only interactions they'll have with other parents. Experience shows opening a group to domestic workers soon changes the whole dynamic of the space into 'childcare' rather than the 'parent care' the Playgroup aims for.

Parents come from all nationalities and walks of life. There are around 80% mums, 20% dads, and a few grandparents. Newcomers often look nervous, but within a few weeks they're part of the family, the older ones playing

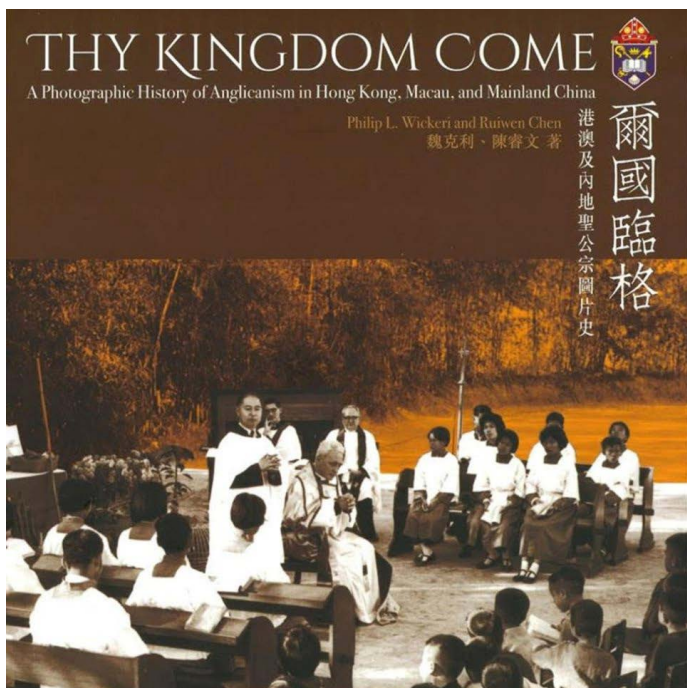
independently and even the tiny babies doing the actions to *Wheels on the Bus* at the sing-song time.

And then they grow up – but they never really leave. For Vanda, a big delight is seeing parents return with their second or even third child, another tiny person peeking from the top of a well-used ErgoBaby wondering what all this noise is about.

For parents and children who are interested in attending the Crib Service, please note that the service will be held on 21st December (Saturday) this year.

WHAT ARE WE READING?

Book recommendations from the In Touch editorial team



THY KINGDOM COME

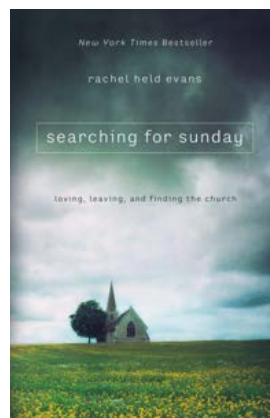
A Photographic History of Anglicanism in Hong Kong, Macau, and Mainland China

Celebrating the twentieth anniversary of the formation of the Hong Kong Sheng Kung Hui (Anglican Church) Province in 2018, *Thy Kingdom Come: A Photographic History of Anglicanism in Hong Kong, Macau, and Mainland China* is a richly illustrated history of the past 200 years.

The book is divided into five parts. Part I explores the beginnings of Anglican and Episcopal missions in China. Part II relates the history of the Chung Hua Sheng Kung Hui (CHSKH) from 1912 to 1951, a turbulent time in China, when the church's challenge was to respond to change in every facet of society. Part III illustrates the history of the Diocese from 1951 to 1981, during which new churches, schools, and clinics were established. Part IV records Hong Kong's transition from colonial rule to the return to China. It was during these years that Bishop Peter Kong-kit Kwong developed parish ministries, strengthened missions in education and social welfare, and solidified relations with the church in China. Part V describes new developments in the Hong Kong Sheng Kung Hui.

With almost 180 photos, *Thy Kingdom Come* brings Church history to life in a way no prose history ever could.

Author: Philip L. Wickeri and Ruiwen Chen
Publisher: Hong Kong University Press



SEARCHING FOR SUNDAY

AUTHOR: RACHEL HELD EVANS

In this New York Times bestseller, Rachel Held Evans takes readers through a liturgical year with stories about baptism, communion, confirmation, confession, marriage, vocation, and death that are funny, heart-breaking, and sharply honest. It is a book about overcoming cynicism to find hope and, somewhere in between, church.

Like millions of her millennial peers, Rachel Held Evans didn't want to go to church anymore. Yet, despite her cynicism and misgivings, something kept drawing her back. And so she set out on a journey to understand church and to find her place in it. 'This is what God's kingdom is like: a bunch of outcasts and oddballs gathered at a table, not because they are rich or worthy or good, but because they are hungry, because they said yes,' she wrote in the book.

Rachel Held Evans was a popular American Christian columnist, blogger, and author. She passed away on 4th May 2019 after a brief illness.



方濟與耶穌

作者: 默里·博多
(MURRAY BODO)
譯者: 黃家燦

聖方濟 (St Francis of Assisi) 被譽為歷來最肖似耶穌的聖徒，他的生命和教導至今仍在感染萬千信徒，鼓勵人切實活出福音信仰，全然愛慕上主，並愛顧眾生萬物。他原是富商之子，年少時一心追求名利，卻突然得蒙上主呼召，決意放下一切跟隨上主，建立修道羣體，走進人羣服侍社會大眾，共渡貧窮生活，義無反顧地追隨耶穌基督的生命聖範。

本書旨在完整呈現聖方濟的生命故事，並闡述主耶穌如何與聖方濟同行艱難多變的人生路，以無限的慈愛和大能激勵這位聖人，使他能夠一生堅守使命，徹底活出簡樸的福音，令信仰的奧蹟得以真實展現在世人面前。作者默里·博多是方濟會神父，主力研究及講授方濟靈修，每年都帶領方濟朝聖之旅，前往意大利。



Cursillo starts with a three-day residential weekend, a unique experience of leaving behind everyday life. It's an immersion in Christian community with talks, discussion, worship, meditation, prayer, and some fun, too. The short talks (around 10 minutes each) and discussion in small groups form the backbone of the programme. Each talk is delivered by a different member of the team. Although the topics may sound familiar (Grace, Sacraments, and so on), they are presented in a very personal way, drawing on our own experiences. And so Cursillo encourages people to go deeper into their faith, not just engaging our minds but also our hearts.

Cursillo is much more than the three-day weekend. Once you have been on the weekend you are a 'Cursillista', part of the growing Cursillo movement in Hong Kong and worldwide. The three-day weekend is followed by 'The Fourth Day' – which is hopefully the rest of our lives. Cursillistas are encouraged to continue to meet in small groups, once a fortnight or once a month, to share our daily Christian experience of study, prayer and action.

Study – learning to see God at work in the world

Prayer – bringing ourselves into God's presence

Action – living a Christian life

Hong Kong Anglican Cursillo started just a year ago. It's already growing and making a difference to people's Christian lives. We're now planning HK#3, to take place in May 2020. Come and join us!

If you want to know more about Cursillo, ask the Revd Robert Martin or the Revd Will Newman, or any Hong Kong Cursillista.

CURSILLO IS GROWING IN HONG KONG

TEXT BY/ THE REVD WILL NEWMAN
PHOTOS BY/ ARON YUEN

Cursillo is the name of a dynamic movement for spiritual renewal in the worldwide church. Last year we enjoyed a wonderful first Hong Kong Anglican Cursillo (HK#1) led by 13 members of Anglican Cursillo Australia. So naturally the participants wanted to share this exciting experience with others, and Hong Kong Cursillo #2 was held in October at a retreat house on Cheung Chau Island. This time Cursillo was open to anyone interested in applying. We had participants from St John's Cathedral, Discovery Bay Church and Emmanuel Church Pokfulam, plus the Revd Billy Ip from the Diocese of Eastern Kowloon.

Dean Matthias

ELECTED THE BISHOP CO-ADJUTOR

TEXT BY/ MAGGIE CHAN
PHOTOS BY/ ECHO



Diocesan Synod of Hong Kong Island, and lay representatives of the other dioceses and missionary area of Macau in the General Synod.

According to the Constitution and Canons of the Diocese, voting for the Bishop Co-adjutor, in the form of secret ballot, shall be held separately in the House of Clergy and the House of Laity. The candidate shall only be elected if two-thirds majority votes are obtained at each House.

If the required two-thirds majority is not achieved in either of the Houses after conducting three rounds of voting, then the four candidates with the highest numbers of votes in the latest ballot shall be eligible to proceed to the next round of voting. At the fourth round of voting, the three candidates with the highest numbers of votes shall proceed to the fifth round, and so on. After ten rounds of voting, if the remaining candidate still fails to obtain the two-thirds majority required, the election shall be terminated, and the Diocese may call for another nomination three months after the election.

An overwhelming majority voted for Dean Matthias after just two rounds of voting. Archbishop Paul presented the testimonial, signed by members of the Electoral College, to Dean Matthias. The extraordinary meeting for the election, which was scheduled for 21st and 22nd November, was finished on the first day.

Congratulations to the Very Revd Matthias Der, Dean of St John's Cathedral! Dean Matthias was elected the Bishop Co-adjutor of the Diocese of Hong Kong Island after two rounds of voting, obtaining two-thirds majority votes at both the House of Clergy and the House of Laity.

The Most Revd Dr Paul Kwong has announced his retirement effective 1st January 2021. The Diocesan Synod of

Hong Kong Island held an extraordinary meeting for the Election of Bishop Co-adjutor in November 2019. The other three candidates for the election were the Very Revd Samson Fan, the Revd Canon Peter Koon, and the Revd Lysta Leung.

The Electoral College for the election of Bishop Co-adjutor was comprised over 180 people, including all licensed clerics of the Province, lay members of the

'It is quite a humbling experience to be elected. Being a bishop is always an honourable position but it is also a demanding ministry. God quite often does things beyond our understanding. As part of His workers, our role is to obey and to serve Him the best that we can,' Dean Matthias told *In Touch*. He added that he was thankful for the St John's community, 'without the support, love, and words of advice from the community, I would not be able to do the work that I do.'

Dialectical Behavior Therapy Skills Training Group

Facilitators: Dr. Sheena Karnani, PsyD & Dr. Felicia Lee, PsyD
 Date: Thursdays - October 24, 2019 to June 11, 2020 (24 weeks)
 Time: 6:30 PM to 8:30 PM Age: 18 to 28 years

Do you struggle with mood swings and/or feelings of emptiness?
 Do you have strong feelings that are confusing and/or overwhelming?
 Do you need help getting along with others, controlling and/or managing extreme emotions

Interpersonal Effectiveness (8 weeks including Mindfulness)
 Effective strategies to ask for what you want and improve relationships



Emotional Regulation (8 weeks including Mindfulness)
 To regulate your emotions

Distress Tolerance (8 weeks): including Mindfulness
 To accept the current situation and find ways to tolerate it

Early Bird: HK\$4,300 (Register before Thursday, October 8, 2019)
 Price: HK\$4,800 per module (including materials)
 Organiser: St. John's Cathedral Counselling Service

Venue: St. John's Cathedral, 4-8 Garden Road, Central, Hong Kong
 For more information & enrollment: <http://www.sjcshk.com/dbtskillstraining>
 E-mail: sheena@sjcshk.com
 Call: 2525-7207 or 2525-7208



Ever Wish THEY Came With An Instruction Manual THEY DO!

Whether you're the parent of a toddler or a teenager, or a parent-to-be, you know that parenting can be challenging, even overwhelming at times. And, being a parent doesn't always mean that you automatically or instinctively know what to do.

Parent Effectiveness Training (P.E.T.) offers proven communication skills that really work. When parents use the skills they are amazed at the dramatic improvements in their families and in all their relationships.

P.E.T. is developed by 3 time Nobel Peace Prize Nominee and multi-awarded clinical psychologist Dr. Thomas Gordon. It is taught in over 50 countries and the P.E.T. Textbook had been translated in 30 languages. You, too, can learn these powerful, proven skills.

Part I Workshop (sessions 1-4)
 10:00am to 1:00pm
 Nov 5, 12, 19, 26
 HK\$2,800

Fanny Li Hall
 St. John's Cathedral
 4-8 Garden Road, Central

St. John's Cathedral
 Counselling Service



PEER SUPPORT VOLUNTEER PROGRAM

Training Dates and Time:
 3, 10, 17 December 2019 & 7 January 2020,
 7:00pm to 9:00pm

Program Content (Feb to July 2020):
 Provide telephone support and facilitate support group for those who in need of peer and emotional support

Question and Registration:
 Dr. Elda Chan
 at 2525 7207 or elda.chan@sjcshk.com
 St. John's Cathedral Counselling Service

New Counselling Programmes:

St John's Cathedral Counselling Service

The Dialectical Behaviour Therapy (DBT) Skills Training Group explores effective strategies for improving relationships, regulating one's emotions and living in the moment. DBT training helps in the overall management and understanding of feelings. Courses run Thursday evenings through June 2020 and are aimed at 18 to 28 years olds. For more information, contact sheena@sjcshk.com.

Parenting is a challenge and there are times when you don't know what to do. Parent Effectiveness Training (P.E.T.) enhances practical, logical communication skills and promotes non-punitive, compassionate and respectful parenting model. This parenting approach was developed by Dr Thomas Gordon, who has been nominated three times for the Nobel Peace Prize. **To find out more, contact brent@sjcshk.com**

A series of sessions slated for early 2020 will train volunteers interested in participating in peer support through St John's Cathedral Counselling Service. **For more information, call 2525 7207/2525 7208 or contact elda.chan@sjcshk.com.**

A Word from Our Interns

TEXT & PHOTO BY/
HELP FOR DOMESTIC WORKERS

Each year HELP for Domestic Workers (HELP) takes on six to eight summer interns who are studying law and wish to help make a difference to the lives of domestic workers whilst gaining some invaluable experience. We spoke to Nicole, Giya and Myr about their time at HELP this summer.

Nicole joined us all the way from Canada, having just graduated from Queen Mary University of London. Nicole chose HELP as she was passionate about the cause, and also wanted some legal experience outside of a strictly western context. She said the biggest challenge was not to be affected when comforting workers in really unfair situations and also the mathematics!

Giya is studying at The Chinese University of Hong Kong (CUHK) and is familiar with Hong Kong. When asked, she said the best thing she learnt was that help will



always be given to those who ask for it, and that help came in many different forms, including advice and assistance on cases, providing moral support to clients, offering the names of credible employment agencies and shelters, and offering counselling services. The times she smiled the most at HELP were when she saw the clients smiling or laughing. This is because the issues that they were facing were deeply personal and serious, but they were still able to find joy and laughter. It shows that there is always hope.

Myr comes from Zimbabwe and she is also studying at CUHK. She enjoyed her time here over the summer, and being part of the invaluable service to a population

that, she feels really deserves our help. She said if she could change one thing for domestic workers, it would be wishing that the law changed so workers were less dependent on their employers, as well as increasing the minimum wage required to employ a domestic worker to \$15,000 a month.

We truly value our interns and see them as a natural extension of our service. If you or someone you know would like to apply for our internships, please visit:
<http://helpfordomesticworkers.org/en/contact/>



Charity Christmas Card & Handicraft Fair

TEXT & PHOTOS BY/ STAFF REPORTER



Christmas already? Yes! And shoppers enjoyed an early start to the festive season with the much-loved fair for Christmas cards and traditional handicrafts in the Li Hall at St John's.

With all proceeds going to local charities, the event, held from 8th to 9th November, gave visitors plenty of reasons to reach for their purses and wallets.

More than 1,000 visitors browsed through the more than 30 stalls packed with boxes of Christmas cards and traditional decorations, homemade jams and vegan cookies, Advent calendars, scarves and jewellery.

The event used to be held on just a single day, but since last year it's expanded to over a two-day period, bringing in new vendors and new shoppers keen to get the holiday season underway.

CELEBRATING DEDICATION FESTIVAL

St John's Cathedral celebrated its Dedication Festival on 15th September. The Rt Revd Andrew Chan, Bishop of the Diocese of Western Kowloon, joined the congregation to give special thanks to God for the Cathedral Church and his blessings on its ministry to Hong Kong and the people in the city over the last 170 years.

Bishop Andrew was the main preacher for the day. He was the Dean of St John's Cathedral between 2005 and 2012. Looking back on his seven years of service at St John's, he said it constituted the most unforgettable period in his ministry and also in his life.

In his sermon, he praised the Cathedral for its contributions to the community. 'The ministry of our Cathedral church has borne vigorous witness, not only of Christian love, but also the outreach we extended to people of various nationalities, cultures, age groups, and races. We have lived together in love and concord, as St Paul the Apostle said in the Ephesians, that Christ is our chief cornerstone.'

In a world which is filled with quarrels and conflicts, Bishop Andrew reminded the congregation that they were the limbs of the same body, and encouraged them to seek mutual support and enrichment in diversity. 'We are building a living temple by eliminating



obstacles and the kingdom of heaven may rise upon our earth,' he said.

On behalf of the congregation, Dean Matthias offered thanks to Bishop Andrew for coming

back to the Cathedral for its 170th anniversary. 'Let's continue to pray that God will use our Cathedral for his kingdom,' Dean Matthias said.

FINAL SALUTE TO SIR DAVID AKERS-JONES

The funeral for Sir David Akers-Jones, a former chief secretary under British colonial rule, was held at St John's on 25 October. Sir David, or Chung Suk (鍾叔), was 92.

A great friend and servant to Hong Kong, Sir David was fluent in Cantonese and chose to stay in Hong Kong with his wife, Jane, after he retired in 1987.

He spent his retirement supporting a range of charitable, non-profit organisations. He was awarded the city's highest honour, the Grand Bauhinia Medal, in 2002.

Born in the UK, he studied at the University of Oxford and first became involved in Hong Kong affairs in the late 1950s.

At this funeral, the Chief Executive of Hong Kong, Mrs Carrie Lam, said even in his final days Sir David expressed his concerns for Hong Kong, especially for the poor and for the housing situation.



'Sir David will be deeply missed as a great mentor to many, and as an eminent figure that shaped Hong Kong - not just in history, but also by building the younger generation of Hong Kong with painstaking love and care,' Mrs Lam said.

STAFF NEWS

WELCOME NEW STAFF

MANISHA WIJESINGHE

Director of Case Management, HELP for Domestic Workers

Manisha Wijesinghe received her formative education in Sri Lanka. She completed her Bachelor of Laws Degree at the Open University of Colombo in 2012. In 2014, Manisha read for her Master of Laws (Human Rights), which she passed with distinction. She is fluent in both Sinhala and English at a native level.

While in Sri Lanka, Manisha served as the Project Officer of the UNICEF Child Protection & Juvenile Justice Programme – Sri Lanka and as a Consultant for Save the Children – Sri Lanka where she developed victim protection guidelines for use by law enforcement officials and conducted a review of Sri Lanka's first Children's Court with a view to establishing further Children's Courts island-wide.

Following the completion of her Master's Degree, Manisha worked as a client advisor at the Domestic Helper and Migrant Worker Programme of Christian Action – Hong Kong and as a paralegal at Daly & Associates, specialising in the area of migrant worker rights and international labour law.

Over the years, Manisha has served on various committees including the Open Society Foundation 'Four country cross border collaboration project' and the project on 'Addressing migrant workers' legal issues along shared routes.'



Manisha believes in the importance of equal access to justice and in providing basic knowledge of laws and rights to all persons, and is interested in working to ensure that these rights are protected.

DANILO ANDRES REYES @ HELP

Daniilo Andres Reyes recently joined HELP for Domestic Workers, as a caseworker. He is finishing his PhD programme at the Department of Asian and International Studies at the City University of Hong Kong. He completed his Master of Laws in Human Rights at the University of Hong Kong. He is the former deputy director of the Asian Human Rights Commission, a Hong Kong-based regional human rights NGO. Before coming to Hong Kong in 2005, he was a journalist for many years in various newspapers in Mindanao, the Philippines. He is

a recipient of numerous research fellowships, academic, and community service awards. These include the 2018 Research Fellowship at the Korea Democracy Foundation, the 2018 Diversity List (Hong Kong), the 2017 Asian Graduate Student Fellowship at the National University of Singapore, and the 2016 Li Po Chun Charitable Trust Fund Scholarship. His PhD thesis focuses on investigating the causes of impunity in political violence that have been taking place in the Philippines since the fall of the Marcos dictatorship.



Do You Know?

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to us by cheque, credit card, or direct deposit. Please contact the Cathedral Office for details. Tel: (852) 2523 4157. Email: general@stjohnscathedral.org.hk

Advent and Christmas Services and Major Events at St John's & Daughter Churches



St John's Cathedral

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

1st December (Sun) The First Sunday of Advent *(Sunday Services as normal)*

5.00PM 'The Forerunner'

*A Service for the beginning of Advent
(RTHK Recording)*

15th December (Sun) The Third Sunday of Advent *(Sunday Services as normal)*

5.00PM 'Blue Christmas' Eucharist

A Service for those mourning a loss this Christmas season

21st December (Sat)

3.00PM Crib Service (30mins)

6.00PM Chinese Carol Service with Eucharist

22nd December (Sun) The Fourth Sunday of Advent

9.00AM Worship for All with Sunday School Nativity

5.00PM Festival of Nine Lessons and Carols

24th December (Tue) Christmas Eve

4.30PM Christingle Service

11.00PM Midnight Mass of the Nativity and Blessing of the Crib

(A seat in the Cathedral for Midnight Mass is by reservation only. Further details will be published on the cathedral website)

25th December (Wed) Christmas Day *(No Evening Service)*

8.00AM Said Eucharist

9.00AM Sung Eucharist

10.30AM Sung Eucharist (Mandarin)

11.45AM Responsorial Eucharist with Carols

1.15PM Sung Eucharist (Filipino)

31st December (Tue) New Year's Eve

11.00PM Watchnight Eucharist

A service to welcome the New Year

**Due to the current situation in Hong Kong, the service schedule is subject to change*



Discovery Bay Church SKH Wei Lun Primary School, Lautau

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

1st December (Sun) The First Sunday of Advent

10.00AM Festival of Nine Lessons and Carols (at Wei Lun School Hall)

24th December (Tue) Christmas Eve

6.00PM Christingle with Nativity Play (at Wei Lun School Hall) (No Midnight Mass)

25th December (Wed) Christmas Day

10.00AM Family Eucharistic Celebration of the Incarnation (at Wei Lun School Hall)

**Emmanuel Church
Béthanie Chapel
139 Pok Fu Lam Road, Pok Fu Lam**

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



**15th December (Sun)
The Third Sunday of Advent**

6.30PM Festival of Nine Lessons and Carols

.....

**24th December (Tue)
Christmas Eve**

11.00PM Midnight Mass of the Nativity and Blessing of the Crib

.....

**25th December (Wed)
Christmas Day**

10.15AM Family Eucharist with Carols

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

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



**15th December (Sun)
The Third Sunday of Advent**

6.00PM Christmas Lessons & Carols by Candlelight with
St Stephen's Chorale

.....

**22nd December (Sun)
The Fourth Sunday of Advent**

9.30AM Holy Eucharist

.....

**24th December (Tue)
Christmas Eve**

5.00PM Christmas Crib Service for young families, with Carols

11.00PM Christmas Midnight Mass

.....

**25th December (Wed)
Christmas Day**

10.00AM Christmas Eucharist with Carols

St John's Cathedral

4-8 Garden Road, Central, Hong Kong

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

Dean

The Very Revd Matthias Der

Cathedral Chaplains

The Revd Canon Dwight dela Torre

The Revd Canon Peter Koon

The Revd Sharon Langbis

The Revd Franklin Lee

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 Chaplain

The Revd Jenny Wong Nam

Executive Administrator

Viola Ip

Director of Music

Felix Yeung

Assistant Director of Music

Alan Tsang

Organist

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Anna Coles-Gale

A SUNDAY IN THE LIFE OF.....

Cathedral Choir member

Janice Lo
soprano

TEXT BY/ DEBBIE MCGOWAN

PHOTOS BY/ CONRAD YU & DEBBIE MCGOWAN

DM: DEBBIE MCGOWAN JL: JANICE LO

DM Please describe a typical Sunday for you, being a member of the St John's Cathedral Choir

JL *There are six choirs at St John's and the Cathedral Choir usually sings at the 9:00 am service. We are a very disciplined choir, which to me is rightly so, as we are singing for God. Our choir practice before the service officially starts at 8:30 am (having also rehearsed on Friday evening). However, we should be properly robed with all the music ready well before then. The Choir has an active and integral role during the service, and we are all alert to be ready for each piece in the order of the service. More importantly, we all commit to using the gift of music to make a pleasing sound in serving Him. Nonetheless, we are all human with our occasional lapses. As long as we have the heart to improve, I am sure our God, ... and our Director of Music, will be forgiving.*

DM What persuaded you to join originally?

JL *Music has been an important part of my life since I was very young, learning the piano, singing in school choirs, and then in the church choir. Looking back, God has been paving the way for me to join the Cathedral Choir for more than 15 years.*

But it was a series of events just two years ago, including the chance meeting with a few people already in the Choir, that led me to believe that God brought me here for a reason. Soon after, I had an audition with our Director of Music and the rest, as they say, is history!

DM How committed do you have to be, to be a Choir member?

JL *To me, to be a Choir member of the Cathedral is an expressed commitment to serve God, amidst all the competing priorities of life. We may have additional services to sing, particularly around Christmas and Easter and also weddings and funerals. On average there may be over 130 rehearsals and services per year!*

DM What support and training do you receive?

JL *The Cathedral Choir has an extremely high standard. The Director of Music is justifiably demanding of our diligence and discipline. We are constantly reminded during choir practice of techniques on how to sing better, and voice training has been offered to us. To me, all these have been highly beneficial.*



DM What has been the highlight of singing in the Choir since you joined?

JL *My favourite piece of choral music is undoubtedly Mozart's Requiem. I am thrilled that the Choir sang this piece for the All Souls' Day Service in November 2019.*

DM What is the best thing about singing in a Choir?

JL *Singing in a Choir is a miniature of life in Christ, with each choir member being a part of Christ's body, equally important and not anyone being greater than any other. It is a humbling experience to make great music together, irrespective of our age, nationality or background.*

DM What would you tell people if they were thinking about joining the Choir?

JL *One must be prepared for the high musical standard and level of commitment expected. However, ultimately, joining the Cathedral Choir continues to be an extremely rewarding experience for me.*

DM What is your occupation?

JL *I am a medical doctor specialising in microbiology.*

DM What do you like doing in your spare time?

JL *I love playing bridge and reading.*