

懷念您

• 思親紀念冊

Thinking of you: A memorial book



執行機構
Implemented by: 香港大學行為健康教研中心
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懷念您—思親紀念冊
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Thinking of you

懷念您

獻給：

為遠方的您，送上無限的祝福

In memory of

For you, my dear...

有關此紀念冊

親人的離逝，總會為我們帶來無限的思憶。

您可以將當中對親人的回憶和美好的片段記在此紀念冊內，
從而成為您與親人之間一份珍貴的禮物。

每當您再次翻閱，
您將會發現：

死亡並沒有帶走您們彼此的愛...

*You may write down your memory of your beloved one here,
and you will find out that ...*

Love is the continuing connection that death cannot serve...



生有限
但愛無限

生命的盡頭
連接著對您思念

就在心裡的某一個位置
留存著對您的懷念

這一點一滴的回憶
成為了寶貴的禮物

跨越了生死
連繫著您與我

Love is always there...



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平凡的日子裡，
總會遇上一些瑣事，
讓我不期然想起遠方的您，
一些微不足道的小習慣，
令您變得獨一無二。

平凡的日子，想起您的獨一無二。
Your uniqueness will be remembered.



Your favorite food is...

您最喜歡的食物是...

阿甘：「媽媽常常說，生命就如同一盒朱古力，你永遠不會知道你將得到甚麼。」

- 《阿甘正傳》

Momma always said: "Life is like a box of chocolates, Forrest. You never know what you're gonna get."

~ < Forrest Gump >

您最喜歡的衣著是...
Your favorite clothes are...



平凡的事，卻成全不平凡的您。
These simple little things make you special.

您最喜歡的嗜好是...
Your favorite pastime is...



對自己的信念予以熱誠，同時身體力行。
Be passionate about your beliefs and act on them.

您最喜歡的地方是...
Your favorite place is...

無論您在哪兒駐足停留，我的愛都會跟隨您的腳印而去。
Wherever you go, my love will trace you steps.





您最常說的口頭禪是…

Your favorite quote is...

我仍有快樂地活下去的理由。
I still have reasons to live happily.

您最好看的樣子是…

You look best when...



我的至愛，縱然有時笑中有淚，總是笑著面對人生吧！
My dear, face up to life with a smile, and keep smiling though
sometimes its with tears in eye.

您最拿手的是…

You are good at…



我也以您為榮。
I'm so proud of you.

您的夢想是 … **Y**our dream is…



您讓我重新尋回生命中的夢想。
You have helped me to rediscover my dream in life.

您令我最難忘的是…

Our most unforgettable moment is...

您是我心所愛的，您永遠藏在我心。
You are my beloved; I will never forget you.





沉重的日子裡，
鬱悶的感覺令人透不過氣來。
但偶然地，
想起您的趣事、樂事、烏龍事，
不知不覺間，
嘴角泛起了一絲笑意。

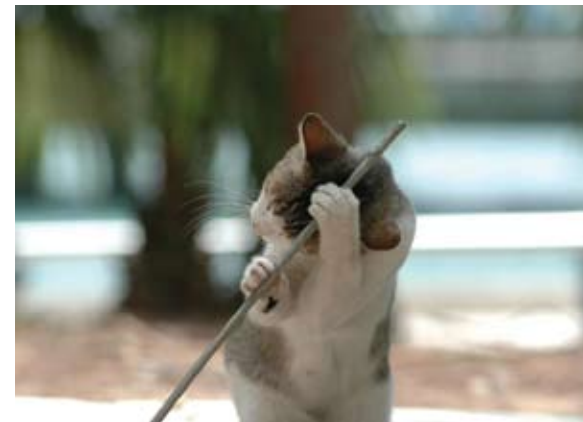
沉重的日子，想起您的開心樂事
Your happiness will be shared.

有關您最好笑的一個笑話…
The most amusing thing about you is...

喜樂就是愛的網，能抓緊人的靈魂。
- 德蘭修女
Joy is a net of love by which you can catch souls.
~ Mother Teresa



您最烏龍的一件趣事…
The silliest thing you have done is...



快樂的回憶已成為我的一部份。
The memory with you has become part of me.

和您共渡最開心的日子...
Our happiest days are...



我容許自己再次快樂起來。
I allow myself to be happy again.



您最快樂的時候是...
You are happy when...

真正的快樂就是當您對自己的過去與將來抱有感恩。
- 選自美國正向心理學家馬丁·沙尼文的著作《真正的快樂》
The key to happiness in past and future lies in enhancing gratifications.
~ extracted from *Authentic Happiness*, written by Martin E. Seligman

您最燦爛的笑容…

Your most beautiful smile...

微笑中您的淚流入我的心田，睡夢中您就在我身邊，帶上我的祝福。

- 佚名

Smiling, your tears run into my heart. In dreaming, you are just beside me, holding on to my wishes.

~ Anonymous





在艱辛的日子裡，
灰心失意的時候，
我總會想起您。

想起您堅強的鬥志，
和面對逆境時的忍耐。

於是，
我又會咬緊牙關，
再次上路。

艱辛的日子，想起您的堅強忍耐
Your perseverance will be
memorized.

您最艱苦的日子...

Your hardest time is...

即使生活到了實在難以忍受的地步，也要能夠活下去，使生命變得有意義。

- 奧斯特洛夫斯基

Even if your life is hard to bear, you must live on to make life meaningful.

~ Nikolay Ostrovsky



您最難過的日子...

The saddest days you've gone through are...

只要我們能把希望牢牢地放在心裡，我們終能戰勝風浪。

- 哥倫布

As long as we can keep firmly in mind the continent of hope, we will certainly conquer the winds and the waves.

~ Christopher Columbus

您會這樣面對逆境…

You overcome adversity by...



世上對勇氣對大的考驗是敗而不餒。
- 英格索爾

The greatest test of courage on earth is to bear
defeat without losing heart.
~ Robert Greet Ingersoll

您的人生座右銘是…

Your motto in life is...

我會銘記在心。
I will remember.



您生命中最大的成就是…

Your greatest achievement in life is...

成功是希望與奮鬥的結合。

- 英國諺語

Success is the combination of hope
and struggle.

~ English proverb



我最欣賞您的是…

I appreciate most about your...

欣賞，轉化成我進步的動力。

Appreciation leads to improvement.





思念您的日子，
令人若有所失。
總希望找到一些蛛絲馬跡，
證明您曾在人世間存活過。

然後我赫然發覺：
自己已經在不知不覺間，
延續著您的生命。

思念的日子，想起您生命的延續
Your spirit will be endured.

我和您最相似的地方是...

We share some similarities...



您的歷史，讓我承傳下去。
I will pass on your legacy.

我從您的生命中學習到...

What I've learnt from you...

您的生命影響著我的生命。
My life is influenced by your life.





我會繼續延續您的…

I will pass on your...

延續您的心願，彷彿將您的生命延續。
Fulfilling your wish is like continuing your life.

我知道您對我有這樣的期望…
Your expectation on me...



我會好好地活下去。
I will go on with my life...



未來的日子裡，
我仍然會想起您。

您的說話，
您的期望，
和您的一切，

都推動我努力活出每一天。

未來的日子，我仍然想起您的一切
Your love will be valued.

在這些日子裡，我會特別懷念您...

I will especially think of you when...

特別的日子，有我特別的祝福，願平安與幸福永遠環繞著您。

In the special days, I have a special wish

– wishing peace and happiness would be with you forever.



每當我想起您，我都會...

Whenever I think of you, I will...

我把您的愛存放在內心某一個位置。

I will value a small place within myself that remains close to you.



我最感激您的是...

I thank you for...



因為您，我的人生更美。
Thank you for being part of my life.



內心未曾向您說的話...
Something I haven't told you...

我知道，您仍在聽。
I know you are still listening...

可以的話，我希望為您送上…
If possible, I wish I can give you…



我知道，您會收到我的祝福。
I know you will receive my blessings with joy.

面對當下的困境，
我知道您希望我這樣活下去…

In facing adversity,
You would want me to live in this way…



繼續活下去，為愛您的人兌現您的承諾。
Go on with life. This is the fulfillment of promise to someone who love you so much.



再一次回顧您的人生，
我的內心又再次泛起絲絲的漣漪。

有不捨，
亦有難過，
但更多的是感恩的感覺。

感謝您曾在我的生命出現，
您的愛，
讓我更勇敢地走眼前的人生路。

Your love has given me courage to
live my life.



心的留言

Messages for you...

一句問安，句句心語，數不盡懷念情緒，都是殷殷祝福。

My blessing contains my heartfelt wishes, and it expresses my deep feelings of missing you all the time.

- 佚名

~ Anonymous

美善生命計劃

承蒙香港賽馬會慈善信託基金贊助，香港大學行為健康教研中心成立了「美善生命計劃」(簡稱善生計劃)。「去者善終，留者善別，能者養生」，藉著在社區上推動生死教育和有關的專業培訓，我們期望社會人士更有能力面對死亡。死亡變得不再令人害怕，反而成為生命完滿的句號，讓我們能更正面和感恩地面對生命的每一天。

計劃使命

- 推動公眾人士對死亡和喪親的認識；
- 支援長者、病人及其家人為死亡作預備；及
- 發展有關專業人士對支援臨終病人及喪親家屬的全面培訓。

社區層面 -- 妥善安排生命的抉擇

- 為從事安老服務和健康醫療服務等之員工及專業人士提供專業培訓，並支援他們在社區推行『囑』福生命計劃；

專業層面 -- 妥善加強生命的支援

- 提供系統化、全面和資訊性的培訓課程予從事支援臨終病人及喪親家屬服務之專業人士，當中包括體驗性工作坊，以及按不同需要而設計之善別輔導培訓課程

研究層面 -- 妥善結合理論與實踐

- 為增強各項培訓工作之理論基礎，及令培訓課程更切合本港情況所需，計劃的研究活動包括：相關量表之試驗、確定及發展；對死亡之態度、預備及應付能力的監察及流行病學研究；公眾及健康醫療服務專業人士的哀傷復原模式；及計劃成效研究。

Project ENABLE

An Empowerment Network for Adjustment to Bereavement and Loss in End-of-Life

Background

The Centre on Behavioral Health (CBH) of the University of Hong Kong has established an Empowerment Network for Adjustment to Bereavement and Loss in End-of-life (ENABLE), a project funded by the Hong Kong Jockey Club Charities Trust. Through a societal-wide campaign which serves to educate the general public on effective death preparation as well as to promote enhanced adjustment to bereavement and loss, we believe that life can become much more beautiful and fulfilling and death can be peaceful and at the same time manifest a blissful sense of life completion.

Project Mission

The mission of the ENABLE project is to:

- Promote public awareness on death, dying and bereavement;
- Facilitate the elderly population, people with chronic and terminal illnesses as well as their families members in preparing for death, dying and bereavement; and
- Develop overall competence of professionals in supporting dying patients and bereaved persons.

Project Content

a) Community level training

Training is provided for the helping professionals who will be recruited as “ENABLERS”. Through a “train-the-trainers” approach, the enablers will then deliver life and death education workshops in the community;

In order to further promote life and death education in the community, we will offer mass lectures, symposiums and different kinds of manuals to the general public.

b) Professional level training

In order to strengthen the professional support to the dying and the bereaved persons, we offer experiential workshops, as well as systematic, comprehensive and knowledgeable training programmes at different levels.

c) Research

In order to expand our knowledge base and ensure our training programmes meet the needs of local professionals, we will conduct a series of research studies that include i) scale validation and development; ii) exploration and surveillance of attitudes about death, preparation and competence; and iii) evaluation of program efficacy.

善生同盟

「善生同盟」是以社區網絡模式，組織一群社會服務機構，成為同盟會員。目的是希望建立及強化機構間之彼此聯繫，並希望在前線專業工作團隊與學術界之間能發展策略性專業關係。

參與同盟的機構皆是自強網絡成員之一，負責推動公眾人士對死亡及喪親的認識，及支援長者、長期病患及末期病患者和家屬、以及喪親人士的需要。

ENABLE Alliance

An ENABLE Alliance has been established to build and strengthen communication among different organizations working with the elderly population, people with chronic and terminal illnesses as well as their family members in preparing for death, dying and bereavement, and to develop strategic professional relations between the frontline healthcare professionals and academia.

Under a community networking model, each organization becomes part of an empowerment network that is committed to promote public awareness on death, dying and bereavement, and to facilitate the elderly population, people with chronic and terminal illnesses as well as their family members in preparing for death, dying and bereavement.

善生同盟名單

基督教香港信義會社會服務部總處
伸手助人協會
香港聖公會麥理浩夫人中心
香港中國婦女會
香港基督教服務處
香港社會服務聯會
香港家庭福利會
香港路德會社會服務處
香港聖公會福利協會
香港耆康老人福利會
香港基督教女青年會
拉撒路會善終靈養服務有限公司
光愛中心
循道衛理中心
循道愛華村服務中心社會福利部
新甦豪新生活協會
保良局
博愛醫院
長者安居服務協會
聖公會聖匠堂長者地區中心
耆色園
生死教育學會
善寧會
聖雅各福群會
香港基督教播道會聯會
香港創域會

List of ENABLE Alliance

Evangelical Lutheran Church of Hong Kong, Social Service Units
Helping Hand
HKSKH Lady MacLehose Centre
Hong Kong Chinese Women's Club
Hong Kong Christian Service
Hong Kong Council of Social Service
Hong Kong Family Welfare Society
Hong Kong Lutheran Social Service, the Lutheran Church
Hong Kong Sheng Kung Hui Welfare Council
Hong Kong Society for the Aged
Hong Kong Young Women's Christian Association
Lazarus Hospice Support and Spiritual Nurture Service Limited
Light and Love Home
Methodist Centre
Methodist Epworth Village Community Centre
New Soho
Po Leung Kuk
Pok Oi Hospital
Senior Citizen Home Safety Association
Sheng Kung Hui Holy Carpenter District Elderly Community Centre
Sik Sik Yuen
Society for Life and Death Education
Society for the Promotion of Hospice Care
St. James' Settlement
The Association of Evangelical Free Churches of Hong Kong
The Hong Kong Pioneers Mutual Support Association

鄰舍輔導會	The Neighbourhood Advice-Action Council
救世軍	The Salvation Army
基督教香港崇真會社會服務有限公司	Tsung Tsin Mission of Hong Kong Social Service Company Ltd
東華三院	Tung Wah Group of Hospitals
仁愛堂	Yan Oi Tong
循道衛理楊震社會服務處	Yang Memorial Methodist Social Service
伊利沙伯醫院院牧事工有限公司	Queen Elizabeth Hospital Chaplaincy Limited
香港復康會	The Hong Kong Society for Rehabilitation
肺積塵互助會	Pneumoconiosis Mutual Aid Association
紅豆會 (大埔那打素醫院)	
關心您的心	Care for Your Heart

公眾人士如有興趣參與美善生命計劃中的活動，可向你所屬地區的社會服務機構查詢。

If you are interested in the activities under project ENABLE, please consult the social service agencies above.

「美善生命計劃」由香港大學行為健康教研中心推行。中心的宗旨為將中西醫學理念結合，以全人健康的概念提昇個人及社區的精神、情緒及行為健康。欲查詢計劃內容及有關資訊，可瀏覽網站<http://cbh.hku.hk/enable>或致電(852) 2589 0500。

The project is organized by the Centre on Behavioral Health (CBH) of the University of Hong Kong. The vision of the Centre is to provide a holistic approach for the promotion and betterment of mental, emotional and behavioral welfare of the community, as well as aspiring towards achieving international recognition in the field. Please browse the website <http://cbh.hku.hk/enable> or call (852) 2589 0500 for further information.

懷念您 - 思親紀念冊

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