



香港友愛會

The Prisoners' Friends' Association

8
2023

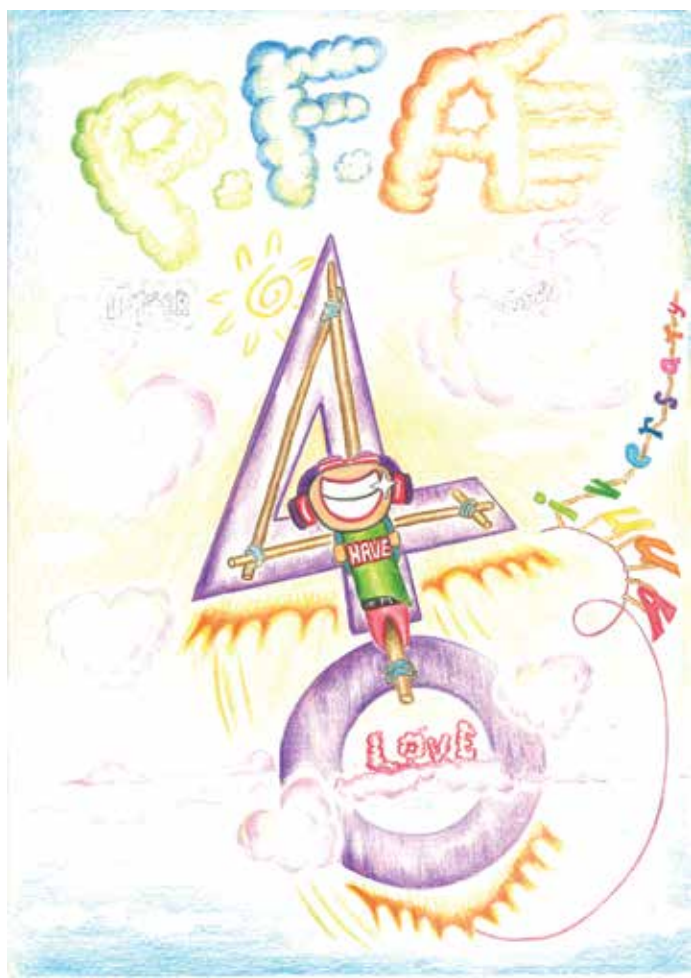
香港友愛會40周年 圖畫及標語創作比賽

有結果啦！今次友愛會40周年圖畫及標語創作比賽反應熱烈，分別收到大量圖畫及標語作品。大家可以睇吓入選作品！



圖畫組

冠軍 赤柱所員



亞軍 赤柱所員



季軍 赤柱所員

標語組

冠軍 赤柱所員



亞軍 赤柱所員

人生總有迷茫時
友愛同行40年
風雨無阻陪伴你
改過自新夢飛翔

優異 赤柱所員

人間有愛，
彰顯關懷；
友愛陪伴，
風雨同路。

優異 羅湖所員

(一九八二誌立成)
香江鄉山總是情
港人善心響蜚聲
友導訪行踏萬里
愛心通郵遍全城
會歷四十拓新程

優異 赤柱所員

友惶恐，友孤寂，
友迷惘，友絕望；
愛支持，愛共行，
愛引路，愛守望；
友愛同行四十載。

優異 赤柱所員

〈有共行〉
有時一書值千金
愛無猶董照萬人
四十風雨同尋路
拾遺孤魂霧點燈

優異 赤柱所員

愛「探」你話事 繼續陪你傾偈 義工探訪服務

“有冇人可以陪我傾下偈？”

“我好悶，心情又唔好，到底有冇人可以聽下我講？”

隨著新冠疫情稍為緩和，懲教署已恢復在囚人士親友及義工探訪安排。如果所員在過去六十天或以上未有親友或義工探訪，歡迎來信至香港友愛會，我們會安排義工進行探訪。有興趣的所員可郵寄到香港筲箕灣郵政信箱44001號，信封底註明姓名和編號、所屬院所、回郵地址、以及「義工探訪服務」。

等緊你呀！

Prison Visit

“Is there anyone who can talk to me?”

“I feel bored and down, is there anyone who can listen to me?”

With the ease of the COVID-19 pandemic, the Correctional Services Department has resumed social visits to persons in custody. In case you have not been visited by family, friends, or volunteers for the past 60 days or above, please mail the Prisoners' Friends' Association and we will arrange volunteers to visit you accordingly. If you are interested, please mail to **P.O. Box 44001, Shau Kei Wan, Hong Kong**. Write your name, number, the institution, return address, and "Prison Visit" on the envelope.

We look forward to hearing from you.

義工探訪在囚人士須知

1. 探訪時間為上午九時至下午五時
2. 探訪每名囚友時限為30分鐘
3. 請攜帶身分證及懲教署發出的探訪證
4. 不建議送贈任何物資給在囚人士
5. 探訪前請與福利官預約探訪日期及時間

Notes for Volunteers (Visiting a Person in Custody)

1. Visiting hours from 9:00 a.m. to 5:00 p.m.
2. Each visit should not exceed 30 minutes.
3. Volunteers are required to produce identification for verification.
Remember to bring your Hong Kong Identify Card and the visitor's card which was provided by CSD.
4. Do not offer any gifts or items to a person in custody.





瞬間看地球 — 伊斯蘭齋戒月

齋戒是伊斯蘭教的五功之一，所謂五功包括證信、禮拜、齋戒、捐獻和到聖城麥加朝覲。五功是穆斯林生活的基礎，也是伊斯蘭教習俗的根基。穆斯林須於每年伊斯蘭曆的第九個月進行齋戒，而今年的齋戒月是西曆3月22日至4月21日。

在齋戒月期間，穆斯林在每天的黎明至黃昏禁止飲食、吸煙、娛樂和進行親密關係。長途旅行者、老弱傷病者、孕婦、餵哺期和月經期婦女等可以不必守齋，他們可以在齋戒月結束後補回，或以施捨方式作為未能守齋的補償。齋戒除了提升穆斯林的道德修養，還鼓勵他們扶困濟貧。

齋戒月結束後，穆斯林會慶祝開齋節。穆斯林通常會穿戴整齊，前往清真寺祝禱，並探望親友，互相交換禮物。穆斯林會以特色食物慶祝開齋節，例如印尼穆斯林會準備米糕和椰漿燉雞招待親友。

受全球通脹影響，今年穆斯林不得不減少齋戒月的慶祝活動。巴基斯坦政府在齋月期間開設食物派發中心，派發麵粉予窮困家庭，可惜在部份食物派發中心發生人踩人事故，造成平民傷亡。埃及政府開設齋戒月市場，以30%折扣價出售食品。

歐美的穆斯林同樣受影響。在英國，約半數的穆斯林家庭處於貧窮，接近五分之一的穆斯林依賴食物銀行救濟。美國紐約市與慈善機構合作，在齋戒月期間向有需要的家庭分發7,500份免費開齋餐。

在院所內的穆斯林朋友，如果你希望分享自己在齋戒月的經歷和感想，歡迎投稿至友愛會會訊編輯。

Global Snaps - Ramadan

Ramadan is one of the Five Pillars of Islam, which includes declaration of faith, prayer, fasting (or Ramadan), almsgiving, and making pilgrimage to the holy city of Mecca. The Five Pillars of Islam form the foundation of Muslims' lives and Islamic religious practices. Ramadan is the ninth month of the Islamic calendar. Ramadan ran from 22nd March to 21st April in this year.

Muslims refrain from eating, drinking, smoking, entertaining, and engaging in sexual activity from dawn till dusk during Ramadan. Muslims who are exempt from fasting include travelers, the elderly, those who are sick, children who have not reached puberty, as well as pregnant, breastfeeding, and menstruating women. They can make up for missed fasts later or give in charity as an alternative. Fasting can make Muslims to grow in morality and prompt them to help people in need.

Eid al-Fitr (the festival of breaking the fast) marks the end of Ramadan, and Muslims celebrate this festival. During Eid al-Fitr, Muslims usually dress up themselves, perform prayers in mosques, visit family and friends, and exchange gifts. Muslims celebrate Eid al-Fitr with special food. For example, Muslims in Indonesia prepare ketupat (a rice cake packed inside a diamond-shaped container of woven coconut leaf) and opor (chicken cooked in coconut milk) for family and friends.

Muslims scaled back their Ramadan celebrations this year due to global inflation. The Pakistan's government launched food distribution centers during Ramadan to give free flour to low-income families. Unfortunately, stampedes at some food distribution centers caused casualties. In Egypt, the government opened discount Ramadan markets, where food was on sale at up to 30% lower prices than elsewhere.

Muslims in Europe and the U.S. were affected as well. In the U.K., about half of Muslim households live in poverty, and nearly one in five Muslims rely on handouts from food banks. New York City partnered with charities to distribute 7,500 free iftar meals to families in need during Ramadan.

If Muslims in custody would like to share your own experiences and thoughts on Ramadan, please contribute articles to editors of PFA newsletter.

依然是人，仍在做夢

淪落人

故事從夏天開始。

昌榮，一位因工業意外而半身不遂、妻離子散的獨居者。伊芙蓮，一位為謀生而從菲律賓來港當家傭的女子。同一屋簷下，兩個淪落人，南轅北轍，言語不通，互相猜疑，咫尺天涯。

緣分讓兩人相遇，歲月使他們相知。

伊芙蓮告訴昌榮夢想是攝影，對方冷道自己只是個廢人，沒有夢想。昌榮哭問伊芙蓮為何自己會遇上意外，對方安慰道人無法選擇命運，但可以選擇面對命運的態度。

為了幫助伊芙蓮實現夢想，昌榮贈她一架相機，甚至鼓勵她參加攝影比賽。伊芙蓮其中一幀參賽作品，就是昌榮坐在輪椅上、手遞紅色氣球的照片，題為「予夢人」。

在為伊芙蓮的祝捷晚飯上，昌榮細訴希望與兒子去畢業旅行。伊芙蓮鼓勵昌榮去紐約出席兒子的大學畢業禮，但他因不欲失禮兒子而婉拒了。

淪落人，既是尋夢者，也是予夢人。

昌榮暗中為伊芙蓮穿針引線，把她介紹給一名攝影師。而伊芙蓮告知昌榮的兒子，父親的夢想是和他來一趟畢業旅行。最終伊芙蓮獲得那位攝影師賞識，擔任其攝影助理。昌榮的兒子答應畢業後回港探望他，來一場畢業旅行。

故事於夏天終結。伊芙蓮告別昌榮，踏上尋夢之旅。

誰說你是孤單的淪落人？只要你敞開心扉，你自會發現原來上天已把同路人悄悄帶到你身邊。他會伴你走過一段人生路，陪你走過低谷陰霾，共同細看沿路風光。正因有同路人的扶持，你再不是隻身旅人。

誰說你不配有夢想？夢想不一定遠大，只要能令自己尋回人生目標，看見希望，都可以是夢想。雖然人生難免受命運播弄，但命運無法阻止我們追求夢想。正如昌榮和伊芙蓮，他們就是因為心懷夢想，才能笑對命運的擺弄。

你的夢想是什麼？



Still human, still dreaming

Still Human



The story begins in summer.

Cheong-wing is a wheelchair-bound solitary who is paralysed due to an industrial accident and his wife and son are separated from him. Evelyn came from the Philippines to Hong Kong to work as a caregiver to earn a living. These two strangers have different backgrounds and languages, but they live under the same roof. They face difficulties in getting along and do not trust each other.

Destiny brings them together. They get to know each other better over time.

Evelyn tells Cheong-wing that her dream is to become a photographer. However, Cheong-wing says he does not have any dream as he is good-for-nothing. Cheong-wing asks Evelyn why he is so miserable. Evelyn comforts him by saying that while he cannot change his destiny, he can change his attitude towards it.

Cheong-wing buys Evelyn a camera to help her pursue her dream. He also encourages her to take part in a photography competition. One of Evelyn's entries, which is titled "Dream Giver", is a photo of Cheong-wing sitting in a wheelchair and handing out a red balloon.

People who dealt a bad hand in life can pursue their dreams. They can also help others to pursue dreams.

Cheong-wing secretly refers Evelyn to a photographer. Evelyn tells Cheong-wing's son that the dream of his father is to go on a graduation trip with him. Finally, Evelyn becomes a photography assistant, while Cheong-wing's son agrees to visit Cheong-wing and have a graduation trip with him.

The story ends in summer. Evelyn bids farewell to Cheong-wing and pursues her dream.

Who says that you are a lonely person who dealt a bad hand in life? If you open your heart, you will find that God has brought a fellow traveler to you. He or she will accompany you to get through tough times and enjoy life's journey with you. You will no longer be lonely when you have such a fellow traveler.

Who says that you do not deserve to dream? Dream is not necessarily lofty, but it can help you find your target of life and let you see hopes. While destiny plays tricks on us, it cannot stop us from pursuing our dreams. Taking Cheong-wing and Evelyn as an example, they think positive as they have dreams.

What is your dream?

榮譽會長 PFA Honorary President
Hon Michael Tien, BBS, JP

榮譽顧問 PFA Honorary Advisor
Andrew Wong

執行委員會名單 2021-2022 PFA Executive Committee

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司庫 Honorary Treasurer: Anna Chou

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義工探訪

你是否想我們來探訪你？如果你希望我們來探訪你請告訴你的福利官，並來信知會我們。

Visits of volunteers

Would you like a PFA volunteer to visit you? If yes, please tell your Welfare Officer.

義工通信

有否想過與我們的義工成為筆友？如果你想與我們的義工通信，歡迎參與「愛【郵】你話事」。參加「愛【郵】你話事」，只需要郵寄到「香港筲箕灣郵政信箱44001號」，信封底請註明你的姓名和編號、回郵地址（所屬院所），以及「愛【郵】你話事」，就會有義工同你成為筆友，寫下信、傾下計。

Correspondence with volunteers

How's about being penfriend with our volunteers?

If you are interested, please join our "Penfriend Program: Love Mails Around" by mailing to "P.O. Box 44001, Shau Kei Wan, Hong Kong". Please write your name, number, return address (the institution), and "Penfriend Program: Love Mails Around" on the envelope.



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The Prisoners' Friends' Association

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友愛會簡介

友愛會是一個志願組織，成立於1982年，沒有任何宗教立場。我們的宗旨是藉着探望那些沒有人探訪的囚友，給予不時的探望和通信，聆聽他們的心聲，鼓勵他們積極去面對自己犯錯的責任。友愛會的會員是來自不同種族和行業人士，以至我們能與不同國家和語言的囚友交談和通信。

Introduction of PFA

The Prisoners' Friends' Association (PFA) was established in 1982. It is a voluntary organisation and does not have any religious background. Our aim is to give friendship to prisoners, especially those who have no regular visitors. We hope to be able to help prisoners cope with imprisonment as well as prepare for rehabilitation. PFA members are of different nationalities and can communicate with Chinese and foreign prisoners.

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