

香港友愛會會刊

The Prisoners' Friends' Association Newsletter

海上大巡游 2025

今年11月初香港維多利亞海港上演了海上巡遊的節目。小編看今次節目的資料後發現。原來是由香港本地一間藝術創作公司自發的籌辦,希望透過四個來自不同地方的卡通人物,表達香港是一個華洋共處的城市,將來自五湖四海、帶有正能量及友誼的卡通人物與大家分享。四位卡通人物分別為:

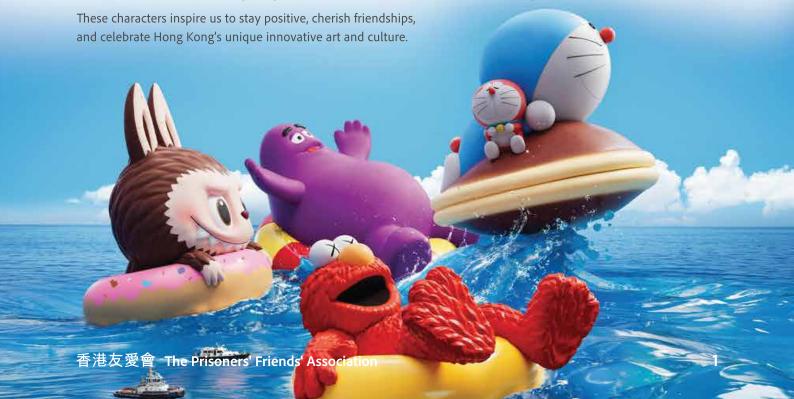
- 多啦A夢 使用神奇法寶幫助大雄的同時,始終傳遞著友情與夢想的重要性。
- Elmo 象徵著快樂、好奇心與友誼,而KAWS則通過這種大眾熟悉的形式,打破了藝術與通俗文化 之間的界限。
- 滑嘟嘟 作為麥當勞樂園中最受歡迎的角色之一,以其樂觀開朗的性格和無限正能量而聞名,亦 喚起了幾代香港人的共同回憶。
- LABUBU 是由香港本土藝術家創作。他們是一群居住在森林裡的小精靈,它們對一切充滿好奇並 充滿活力,調皮搗蛋但心地善良。

雖然有些人或者未有機會可以看到是次節目,但我希望值著四位可物的卡通人物的象徵意義,鼓勵大家 繼續持守正面樂觀的人生態度、把握及珍惜現在擁有的友情、以及傳承香港獨特的創新藝術文化。

Water Parade 2025

In early November, a boat parade took place in Victoria Harbor, Hong Kong. This event was initiated by a local art company to showcase four cartoon characters from different regions, symbolizing Hong Kong as a city where Eastern and Western cultures coexist. These characters represent positivity and friendship worldwide:

- · Doraemon Uses magical tools to help Nobita, emphasizing friendship and dreams.
- Elmo Represents happiness, curiosity, and friendship; KAWS uses this form to blend art and pop culture.
- **Grimace** A beloved McDonaldland character known for optimism and positive energy, evoking shared memories in Hong Kong.
- LABUBU Created by a Hong Kong artist, these elf-like creatures are curious, energetic, mischievous, yet kind-hearted.



對白沙灣懲教所的新印象

Seeing Pak Sha Wan Correctional Institution in a New Light

日前義工們參觀白沙灣懲教所期間,親身了解「立德學院」如何透過教育 支援在囚人士,協助他們重建信心、規劃未來。這次之行讓大家對院所 環境、學習氛圍,以及同學們的投入有了全新的體會。

During their recent visit to Pik Sha Wan Correctional Institution, the volunteers got a firsthand look at how the "Ethics College" supports persons in custody through education,

helping them rebuild confidence and plan for the future. The visit gave everyone a fresh perspective on the environment, the learning atmosphere, and the students' dedication.

おんらん士教(下で)様様な ないでない までない 表で見いいいない のまかすけででの 表で見い Pretty souveries made by innected Pretty souveries made by innected Pretty souveries made by innected

看到囚犯在圍牆斗的生役和符遇, 讓人感受良好。懲赦署付出了很多 努力,並為在囚人士提供機會,讓他們「改正」 過去的錯疑,並期待更美好的未來。

It was good to see how the prisoners live and are treated beyond the boundary walls. The correctional services department is making a lot of effort and giving opportunities to inmates to "correct" the wrong they have done and look

forward to a better future.

Deepti

感謝PFA舉辦自对灣懲教所探診治動,治動讓我對懲教工仍有更多認識,幾位所員分享自己的改變更為感動,謝謝懲教處讓在囚人士能夠在股刑中有完善的進修計劃,讓他們重投私會後不至能節。

Thank you to PFA for organizing the visit to Pak Sha Wan Correctional Institution. The event gave me a deeper understanding of correctional work. I was especially moved by several inmates sharing their personal changes. Thanks to the Correctional Services Department for providing inmates with comprehensive continuing education programs during their sentences, helping them stay connected when they return to society.

Cora

知識改變自己

走進台沙灣懲教所,第一感覺是這複的設施十分整潔和友養, 特別是「立德學院」的課室環境以及所真穿著整齊的校販, 讓人感到舒適和親切。在探訪過程中,我們聽到了三位年輕在 因人士的分享,他們的故事讓我更了解你們的日常生混和心悸。 這些分享讓我意識到,時所是一個幫助他們重新規劃未來的環境。

Knowledge Changes Oneself

Upon entering the Pak Sha Wan Correctional Institution, my first impression was that the facilities were very clean and friendly, especially the classroom environment of the "Ethics College" and the inmates wearing neat school uniforms, which made me feel comfortable and welcomed. During the visit, we heard sharing from three young inmates. Their stories helped me better understand your daily lives and feelings. These shares made me realize that the institution is a place that helps you replan your future.

陳爽

型照现仍然到鱼

在呢個「聖誕迷你挑戰站」入面,你可以 搵下聖誕老人,又可以玩幾條輕鬆嘅IQ 小問題。短短幾分鐘,動下腦筋、增添少 少節日氣氛,睇下你有幾快搵到答案! (答案在第5頁)

Christmas Mini Challenge Corner

In this "Christmas Mini Challenge Corner," you can search for Santa and try a few light-hearted IQ questions. Take a few minutes to give your brain a little stretch and enjoy a touch of festive fun — see how fast you can find the answers! (Answers on page 5)

找出圖中10個聖誕老人。

Where's Santa?

Find the 10 Santas hidden in the picture.



- 1 小明寄聖誕咭比英國的朋友,但佢無 貼郵票,為何他朋友仍然收到?
- 2 房間裡有10支聖誕蠟燭。風從窗戶 吹進來,吹熄了3支。過了一會兒, 主人關上了窗戶。請問最後還剩下 幾支蠟燭?
- 3 聖誕老人第一件放入襪內的東西是 什麼?

IQ Quiz for Christmas

Peter mail a Christmas card to his friend in the UK, but he didn't put a stamp on it. Why did his friend still receive it?

There are 10 Christmas candles in a room. The wind blows in through the window and extinguishes 3 of them. After a while, the owner closes the window. How many candles are left in the end?

What is the first thing Santa Claus puts into the stocking?

· 聖誕節的逃費 Christmas



為何聖誕禮物要放在襪子裡面?

傳説公元4世紀,兒童守護神「聖尼古拉斯」,當時他想幫助一個有三個女兒的貧窮 家庭,讓她們都有嫁妝能順利出嫁。聖尼古拉斯為了在不傷害她們自尊的情況下施捨, 在平安夜把金幣扔進了屋子煙囱,而金幣掉進了掛在壁爐裡晾乾的長襪裡。因此, 現今很多人會在聖誕襪裡放一個橘子來代表金幣。

Why are Christmas gifts placed inside stockings?

Legend has it that in the 4th century AD, the children's patron saint, "St. Nicholas," wanted to help a poor family with three daughters by providing them with dowries so they could marry. To give charity without hurting their pride, St. Nicholas threw gold coins down the chimney of their house on Christmas Eve. The coins landed in the long stockings hung by the fireplace to dry. This is why many people today place an orange in Christmas stockings to represent the gold coins.

薑餅人為什麼聖誕節才有?

聖誕節是在一個非常寒冷的季節,吃薑餅有驅寒的作用。但是,薑在歐洲 十字軍東征時代是非常昂貴的食材,只有在盛大的聖誕節才會加入糕點 裡面。還有個有趣的傳説,英國伊莉莎白一世想要送客人禮物,於是要求 廚師把薑餅做成重要客人的形狀,其中包含愛人萊斯特伯爵。英國人口耳 相傳,如果未婚女子吃了男人形狀的薑餅人,可以找到如意郎君。



Why are gingerbread men associated with Christmas?

Christmas falls during a very cold season, and eating gingerbread helps ward off the cold. However, during the era of the European Crusades, ginger was a very expensive ingredient and was only added to pastries for the grand occasion of Christmas. There is also an interesting legend that Queen Elizabeth I of England wanted to give gifts to her guests, so she asked her chef to shape gingerbread into the forms of important guests, including her lover, the Earl of Leicester. It is said among the British that if an unmarried woman eats a man-shaped gingerbread cookie, she will find her ideal husband.



為何聖誕節要食火雞?

其實,火雞並非自古以來就是聖誕節的必食佳餚。在火雞成為主角之前,歐洲人的 聖誕大餐通常是烤鵝、野豬頭或烤孔雀。火雞原產於美洲,16世紀由西班牙探險家 從墨西哥帶回歐洲。這種體型龐大、肉質鮮美的陌生禽鳥,一開始被當作極具異國 情調的「珍稀動物」,僅在皇家和貴族的宴會上出現,是身分的象徵。據傳,英王 亨利八世就非常喜愛火雞,並允許它在聖誕大餐中取代鵝的位置。有了皇室的背書, 火雞便成為聖誕節必備美食。

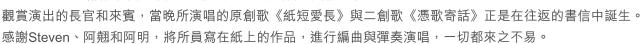
Why is turkey eaten in Christmas?

Actually, turkey has not always been the essential Christmas delicacy. Before turkey took center stage, Europeans typically enjoyed Roast goose, Boar's head or roast peacock for Christmas dinner. Turkeys are native to the Americas and were brought to Europe from Mexico by Spanish explorers in the 16th century. This large, delicious, and unfamiliar bird was initially regarded as an exotic "rare animal" and appeared only at royal and noble banquets as a symbol of status. It is said that King Henry VIII of England was particularly fond of turkey and allowed it to replace goose in Christmas dinners. With royal endorsement, turkey became a Christmas staple.

我與你的互動 作者: 方浩權

「只要彼此牽掛,連繫便不會中斷。思念可以逾越面前的窗,到達 在乎的人心裡。」

透過友愛會的筆友計劃,我認識了不少懷有音樂天賦與夢想的所員,並一起交流、創作歌曲。衷心感謝友愛會以及各位蒞臨周年大會



感謝音樂將我們連繫在一起,期待更多所員的音樂作品被聽見,最盼望的是有天能讓所員親耳聽到,這是一個創作人最大的滿足和快樂。

The Space Between Us Author: Raymond Fong

"As long as we care for one another, our connection will never be broken. Longing can transcend the window before us and reach the hearts of those we hold dear."

Through the PFA pen-friend program, I have had the privilege of meeting many inmates gifted with musical talent and dreams. Together, we have exchanged ideas and created songs. I sincerely thank the PFA, as well as the CSD representatives and guests who attended the AGM and shared in the performance.

I am deeply grateful that music brings us together, and I look forward to hearing more works from the inmates. Above all, I hope that one day the inmates themselves will be able to hear their own creations — for this is the greatest fulfillment and joy a creator can experience.

《紙短愛長》

作曲:石壁Jason 填詞:方浩權

編曲: Steven Leung

掛念着誰 卻未能 親身相對 追憶片段瑣碎 是我想像的依據 願來信 橫越航道 來到手裡 就似我伴隨 時常寫信 告知最在乎的是誰

近況不僅只有 離愁或別緒

話到此 但我知 聯繫不會終結 夢見 在他鄉的故知

期待着回覆 心意悠長 逾越面前的窗文字逐行 構成了 擁抱的意象 期待着郵差 送遞一封一封 總照常連繫着你共我 紙短但愛長

聖誕迷你挑戰站答案:

1: 因小明寄電郵

2:10支(蠟燭被吹熄了,但沒有消失。)

3: 聖誕老人自己隻腳



《憑歌寄話》(原曲:吳若希《愛》)

作曲:張家誠

填詞:石壁YK、方浩權

你至今仍勤學嗎 尚置身球場拼搏嗎 願你心 無時差 天天似初夏

我已經迎難未怕 在每天還憑歌寄話 夢與想 如繁花 旋律間種下

毋忘從前熱血常與你 並肩窺探浮生裡玩味 乘浪悠悠滑飛 球場遊記 累透卻歡喜

明明平庸像我常放棄 但你亦能稱讚了不起 如若旋律聲蜚 詞話多優美 最期望與知己 同享這趣味

舊記憶隨年淡化 舊信紙重頭翻看吧 淚串竟 如流沙 無盡止降下

毋忘從前熱血常與你 並肩窺探浮生裡玩味 乘浪悠悠滑飛 球場遊記 累透卻歡喜

明明平庸像我常放棄 但你亦能稱讚了不起 如若旋律聲蜚 詞話多優美 盼望鳴謝你 燃亮過心扉

原來韶華逝去才銘記 學懂擁抱平生已夢寐 同伴聊聊是非 談談願冀 亦已夠可喜

何時糊塗令你曾洩氣 願我尚能講句對不起 乘着詞話高飛 旋律飄千里 摯誠鳴謝你 情義真摯細膩

Christmas Mini Challenge Corner Answers:

1. Peter use "E-mail" | 2. 10 candles. The candles were blown out, but they are still in the room. | 3. His own foot.

榮譽主席 PFA Honorary President

Michael Tien, JP

榮譽顧問 PFA Honorary Advisor

Andrew Wong

執行委員會名單 PFA Executive Committee 2025

主席 Chairman: Jenny Fok

副主席 Vice Chairman: Jason Wong

義務司庫 Honorary Treasurer: Robert Allender 義務秘書 Secretary: Michelle M.H. & Sarah Leung 榮譽退休主席 Chairman Emeritus: Jack Fung

榮譽退休副主席 Vice Chairman Emeritus: Lorna Gabinera

委員 Executive Committee Member: Mike Newby & Susanna Chong

會刊團隊 Newsletter Team

Kristie Ip & Susanna Chong

義工探訪

若你希望我們的義工來探訪你,可以聯絡福利官, 或寫信直接告訴我們。

Volunteer Visit

If you would like our volunteers to visit you, you may inform your Welfare Officer or write to us directly.

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.



The Prisoners' Friends' Association

郵址 Mail: 筲箕灣郵政信箱 44001 號

P.O. Box 44001, Shau Kei Wan, Hong Kong

電話 Tel: (852) 7041 1980 電郵 Email: info@pfa.org.hk 網址 Website: www.pfa.org.hk

香港友愛會簡介

香港友愛會的目標,是為那些缺乏親友探望的在囚 人士送上關懷與陪伴。義工們透過書信往來和親身 探訪,為他們提供情感上的支持。

這些行動不但在在囚期間給予他們力量,更讓他們 感受到 — 這個世界,仍然有人關心他們,仍有 希望可尋。

Introduction of PFA

The Prisoners' Friends' Association's mission is to provide friendship to prisoners in Hong Kong who have no friends or family to visit them. Volunteers exchange letters and make visits to these prisoners to provide emotional support.

These actions provide benefit to prisoners by giving support while they are in custody and offering hope for the future in a world that still cares about them.

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Disclaimer: The purpose of this Member Newsletter is to maintain the communication between PFA members and people in custody. The PFA and its officers are not liable for incidental, indirect, consequential, special, punitive, or exemplary damages of any kind, based on errors, omissions, or other inaccuracies in the content of the publication, whether or not such damage, claims, losses or injuries were foreseen or foreseeable.







香港友愛會

The Prisoners' Friends' Association

March

February

SUN MON TUE WED THU FRI SAT

1 2 3 4 5 6 7

8 9 10 11 12 13 14

15 16 17 18 19 20 21

22 23 24 25 26 27 28

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

2026

April
SUN MON TUE WED THU FRI SAT
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SUN MON THE WED THU FRI SAT 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24₃₁ 25 26 27 28 29 30

1 2 3 4 5 6 7 8 9 10 11 12 13 20 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

January 1月

SUN	MON	TUE	WED	THU 1	FRI	SAT
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4 +六	5 小寒	6 +八	7 十九	8 =+	9 #−	10 #=
11	12	13	14	15	16	17
世三	廿四	廿五	廿六	廿七	廿八	廿九
18 ≡+	19	20 大寒	21 初三	22 初四	23 _{初五}	24 初六
25	26			29	30	31
初七	初八	初九	初十	+-	+=	十三

February 2月

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March 3月

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8	9	10	11	12	13	14
<u></u> =+	 -	#=	世三	廿四	廿五	廿六
15	16	17	18	19	20	21
廿七	廿八	廿九	Ξ+	二月	春分	初三
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初四	初五	初六	初七	初八	初九	初十
29	30	31				
+-	+=	+Ξ				

April 4月

SUN	MON	TUE	WED	THU	FRI	SAT
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			十四	十五	耶穌受難節	耶穌受難 節翌日
5	6	7	8	9	10	11
清明節	清明節翌日	復活節 星期一翌日	$\forall -$	廿二	廿三	廿四
12	13	14	15	16	17	18
廿五	廿六	廿七	廿八	廿九	三月	初二
19	20	21	22	23	24	25
初三	穀雨	初五	初六	初七	初八	初九
26	27	28	29	30		
初十	+-	+=	十三	十四		

May 5月

SUN	MON	TUE	WED	THU	FRI	SAT
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					勞動節	+六
3	4	5	6	7	8	9
+七	- 八	立夏	=+	#−	#=	廿三
10	11	12	13	14	15	16
母親節	廿五	廿六	廿七	廿八	廿九	Ξ+
17	18	19	20	21	22	23
四月	初二	初三	初四	小滿	初六	初七
2431	25	26	27	28	29	30
佛誕 十五	佛誕翌日		+-	+=	十三	十四

June 6月

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
	十六	十七	十八	十九	芒種	廿一
7	8	9	10	11	12	13
廿二	廿三	廿四	廿五	廿六	廿七	廿八
14	15	16	17	18	19	20
廿九	五月	初二	初三	初四	端午節	初六
21	22	23	24	25	26	27
夏至/父親	節初八	初九	初十	+-	+=	十三
28	29 +五	30 +∴				
		. / \				





October

The Prisoners' Friends' Association

August 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 2330 2431 25 26 27 28 29

November

Sun Mon Tue Web Thu FRI SAT

1 2 3 4 5 6 7

8 9 10 11 12 13 14

15 16 17 18 19 20 21

22 23 24 25 26 27 28

29 30

2026

September:

SUN MON TUE WED THU FRI SAT

6 7 8 9 10 11 12

3 14 15 16 17 18 19

20 21 22 23 24 25 26

27 28 29 30

SUN MON TUE WED THU FRI SAT
1 2 3 4 5
6 7 8 9 10 11 12
13 14 15 16 17 18 19
20 21 22 23 24 25 26
27 28 29 30 31



July 7月

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
		2 E	野港特別行	十八	十九	二十
5	6	7	8	9	10	11
廿一	廿二	小暑	廿四	廿五	廿六	廿七
12	13	14	15	16	17	18
廿八	廿九	六月	初二	初三	初四	初五
19	20	21	22	23	24	25
初六	初七	初八	初九	大暑	+-	+=
26	27	28	29	30	31	
十三	十四	十五	十六	+七	十 八	

September 9月

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
		<u> </u>	#−	#=	#Ξ	廿四
6	7	8	9	10	11	12
廿五	白露	廿七	廿八	廿九	八月	初二
13	14	15	16	17	18	19
初三	初四	初五	初六	初七	初八	初九
20	21	22	23	24	25	26
初十	+-	+=	秋分	十四	中秋節	中秋節翌日
27	28	29	30			
十七	十八	十九	=+			

November 11月

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
廿三	廿四	廿五	廿六	廿七	廿八	立冬
8	9	10	11	12	13	14
三十	十月	初二	初三	初四	初五	初六
15	16	17	18	19	20	21
初七	初八	初九	初十	+-	+=	十三
22	23	24	25	26	27	28
小雪	十五	十六	十七	十八	十九	二十
29	30					
$\forall -$	廿二					

August 8月

SUN	MON	TUE	WED	THU	FRI	SAT
						1
						十九
2	3	4	5	6	7	8
<u>Z</u>	<u></u>	→ #=	∄Ξ	廿四	立秋	世六
9	10	11	12	13	14	15
廿七	廿八	廿九	 	七月	1 4 初二	初三
16	17	18	19	20	21	22
初四	初五	初六	初七	初八	初九	初十
23 30	2431	25	26	27	28	29
	十二 十九		十四	十五	十六	一 十七
17						

October 10月

図慶日 廿二 廿三 廿三 廿三 廿三 廿三 廿五 廿五 廿六 廿七 寒露 廿九 九 九 11 12 13 14 15 16 1 初二 初三 初三 初四 初五 初六 初七 初	TUE WED THU FRI	тни 1	WED	TUE	MON	SUN
18 19 20 21 22 23 24 重陽節 5月 4	図慶日 廿二 日本 日本 日本 日本 日本 日本 日本 日	8 第 15 初 22 + 29	14 初五 21 += 28	廿六 13 初四 20 十 27	廿五 12 初三 19 重陽節翌日 26	十四 11 初二 18 重陽節 25

December 12月

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
		廿三	廿四	廿五	廿六	廿七
6	7	8	9	10	11	12
廿八	大雪	Ξ+	十一月	初二	初三	初四
13	14	15	16	17	18	19
初五	初六	初七	初八	初九	初十	+-
20	21	22	23	24	25	26
+=	十三	冬至	十五	平安夜	聖誕節	聖誕節後 第一個周日
27	28	29	30	31		
十九	三十	-	#=	廿三		

