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香港基督教更新會  
The Hong Kong Christian Kun Sun Association Ltd

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## Chairman's Message

Rev. Chow Wing Fu

"You prepare a table before me in the presence of my enemies.  
You anoint my head with oil; my cup overflows."

Psalm 23:5

After enduring the hardships of the pandemic for the past few years, on the 9th September KSA held their 45th anniversary Thanksgiving Banquet, with thirty-four tables. The venue was excellent - a harbourside restaurant in Tsim Sha Tsui, a venue where an ex-inmate who had worked before. We were able to secure a very reasonable price (someone told me that the owner of the restaurant is a Christian). Apart from guests, donors, and staff, there were also many ex-inmates and their families who attended the banquet. It was a joyous family feast, together we witnessed the abundant grace of God, who never leaves us nor forsakes us.



Deed of Gift Ceremony

Unlike previous thanksgiving banquets, which portrayed ex-inmates as the recipients of help, although their participation was beautiful but the presentation were very basic. This year was different - their testimonies were as moving as before but concise. The most surprising aspect was the drama performance, which departed from the monotonous style of the past. This year, they incorporated multimedia and scene transitions, making the message more touching and profound. The Assistant Commissioner of the Correctional Services Department, Mr. Tong Soen, and Assistant Commissioner of the Social Welfare Department, Miss Chan Lai Chu were fully engaged in the performance. Assistant Commissioner Tong Soen even mentioned that he had met some of the participants before their release, and he was deeply moved by the confidence and spirit they displayed in this performance. This confirmed our efforts over the past decade in community work, especially the Onesimus Course, hostel pastoral care, family support, mentorship programs, and more that have been on the right track.

In addition to speeches by two Assistant Commissioners at the Thanksgiving Banquet, Pastor Fan Kwok Kwong, the General Secretary of the Christian & Missionary Alliance Church Union Hong Kong, presented the title deed of the property of "338 Lai Chi Kok Road" (referred to as "338") on behalf of the Christian & Missionary Alliance Church Union Hong Kong, to KSA. Pastor Fan shared his fond memories of volunteering at KSA and being called "Big and Small Kwok Kwong" due to sharing the same name as Pastor Pan Kwok Kwong. The Christian & Missionary Alliance Church Union Hong Kong has allowed KSA to use "338" free of charge for many years, and now they are giving this property to KSA. This is truly a great act of love.

Over the years, whether it was "338" laying a solid foundation for KSA or receiving support and assistance from all aspects during the pandemic, God's grace has been evident. This greatly encourages us. Although there may still be difficulties ahead, the gospel and grace of God will continue to manifest His power and blessings through the faithful servants who love Him, both within and outside the institutions.



Advisors, Directors of Kun Sun and two Assistant Commissioner of the Correctional Services Department



Pastor Esther Tung has officially become the Assistant General Secretary of KSA starting from October this year. We are thankful to see the next generation of staff stepping forward to continue the work.

## 14 Years for Abundant Grace

Rev. Esther Tung

Assistant General Secretary

Fourteen years ago, I embarked on my journey as a volunteer at the KSA. It was a completely new experience for me as I had never engaged in such work before. Stepping into the prison for the first time, I found myself at Tai Lam Centre for Women, where I was assigned to visit English-speaking inmates due to my inability to speak Cantonese. To my astonishment, the very first inmate I encountered shared a striking similarity with me. We were both Chinese Australians, alumni of the same university, and even pursued the same course of study, she was just one year older than me. Despite our shared background, there was a boundary that separated us, I was able to go outside, while she remained confined within the prison walls.

During the initial three months of my volunteer work in the prison, I found myself weighed down by personal challenges, and I was not sure how to connect with the inmates. Yet, it was during this time that I encountered numerous single, incarcerated women who were mothers to children living overseas. They shared their testimonies with me, revealing their unwavering faith in God's provision for their parentless children. They spoke of how God orchestrated miracles by providing caregivers for their little ones and sponsors to support their education. These women emphasized the significance of expressing care and genuine compassion through heartfelt letters, when deepened their relationships with their loved ones. Their stories touched me profoundly, and I asked them to pray for me, so that I could have the faith that they lived out.



Esther in 45th Anniversary

Through my visits to mainland Chinese inmates at the Chi Ma Wan Correctional Institution, God helped improve my Mandarin-speaking skills. As for Cantonese, I went alongside with a dear late colleague, Sister Wong Sze Kam from KSA to various regions in Guangdong Province to follow up with rehabilitated individuals. During the visitations, all communication was solely in Cantonese. Starting from not being able to speak Cantonese, within a year and a half, I was able to converse with Cantonese speakers—it is indeed a miracle. Subsequently, during my visits to the Lai Chi Kok Correctional Institution to meet with young offenders, I discovered that despite not fully comprehending what they were saying, especially their slangs, by the power of the Holy Spirit, I could share the Gospel with them in Cantonese most of the time.

Throughout the years, I was blessed to become one of the staff in KSA, actively engaged in the ministry to foreign inmates. God's way is always perfect. Around 2011, there was a significant influx of non-Chinese ethnic prisoners in the correctional facilities. Given my Australian background, I had already established connections with international churches, who committed to regular prison visits and the establishment of educational programs within the correctional facilities. They also recruited volunteers proficient in various languages to cater to the needs of non-English and non-Chinese speakers. I'm touched to witnessing individuals from all corners of the world, received the Gospel when they were confined in the prisons of Hong Kong. My earnest prayer is that they may bring the Gospel back to their homelands.

Praise God for His grace that the Correctional Services Department gave me an appointed chaplaincy license. This license allows me to visit and minister to the female inmates as a pastor. Through this privilege, I am able to continue sharing God's Word with them and providing individual care and support. Particularly during the ongoing pandemic, when in-person classes and gatherings are suspended, my visits hold even greater significance. I am grateful that despite the restrictions, I can still offer fellowship to the inmates and ensure they receive spiritual nourishment through the Word of God.

In 2017, I had the privilege to become the Ministry Director in KSA. It has been a remarkable experience working alongside a diverse group of dedicated staff, each with their own expertise and backgrounds. They have established strong relationships with various government departments, and passionate for the ministry and dedicating significant time to serve inmates, rehabilitated individuals, and their families. I have personally grown so much because of the inspiration of their wisdom, patience, kindness, and insight. Throughout this journey of service, there have been many moments of joy and laughter to share, particularly in my continuous improvement in Cantonese and understanding of Hong Kong culture. I look forward to closer collaboration with my fellow staff as we continue to expand the ministry and impact of the KSA.

### The author and volunteer from various groups



Tai Lam Centre for Women (2012)



Pik Uk Prison (2016)



Castle Peak Bay Immigration Centre (2017)



We are thankful that we are able to return to the prisons and visit the inmates alongside our volunteers after the pandemic. In addition to the regular religious classes, we also organize special activities in different Correctional Institutions to address the physical, mental, and spiritual needs of the inmates.

## Total Fit Class

Chan Chin Hong

Ministry Secretary

We collaborated with the Correctional Services Department's Psychological Services Unit, held a series of Psycho-fitness classes (TOTALFIT) at Pik Uk Correctional Institution and Sha Tsui Correctional Institution, with selected incarcerated teenagers participating.



Both mental and physical aspects require nurturing to become stronger and more resilient. Therefore, this class is specifically designed to address both areas. On the psychological side, our aim is to help participants develop a better sense of self-awareness through a series of activities. We also provide them with appropriate techniques to effectively manage their emotions and handle stress. In terms of the physical aspect, a professional fitness instructor incorporates various exercises in each session to enhance participants' understanding of their bodies. This may include targeted muscle training, body nurturing through stretching, and the ability control over their bodies.

I attended four of the classes and noticed that there were around 7-8 teenagers present in each session. It was inspiring to see their active involvement in every activity. In fact, even before participating in these classes, they made good use of their time in the institution to exercise, such as engaging in bodyweight training, stretching, and running. Participating in these classes served as an additional boost, allowing them to

learn more movements and gain knowledge about exercise.

In each class, we provide simple goals for the teenagers to practice and implement in their daily lives. These goals enable them to understand how to move forward and align their focus. One time, a student named "fei jai" (means "chubby boy") expressed his desire to look fit. This gradually became his inner motivation and he was self-driven. After a few months, this student had indeed become much stronger, transforming from a chubby boy to a fit and muscular person. He even wanted to have a physique like his fitness instructor. Another student aimed to increase his flexibility, and he experienced many breakthroughs, even coming close to doing a split. Thus, the "TOTALFIT" provided a great opportunity for them to explore new habits and lifestyles and strive towards achieving their goals.

It is worth noting that exercise isn't always easy, and the results may not be immediately visible. Each person may encounter different physical and mental responses during the training process, such as pain, fatigue, or laziness, sometimes people get stagnant. However, I observed that having a "goal" in mind helps them maintain a positive mindset and persevere through difficulties. Life works in a similar way, the psychological resilience gained through "TOTALFIT" also helps teenagers in dealing with their daily lives and interacting with others in the correctional facility.

Before concluding each class, the instructor shares some inspirational stories with them. What impressed me was when the psychologist asked them to reflect on their insights from the stories, they were able to interpret certain impactful moments from the stories and create their own stories with their own perspectives. This is the power of storytelling. Frankly speaking, the stories we prepare are ours, but it is only through their interpretation and reflection that stories which touch them can be developed and internalized within their hearts.

After the completion of the six sessions, their faces were filled with joy when they individually looked back at their achievements. Sometimes it takes a bit of imagination and believing in oneself to move towards goals. May they continue to live their lives with this spirit of goal setting and achieving.

## Mind and Heart Healing Small Group

Zoe Tang

Ministry Officer

The group aims to cultivate positive attitudes among incarcerated individuals through art therapy, helping them confront their inner being through the process of creating art.

We believe that in this small group, whether it's learning to socialise with others or discovering one's own potential, this unique rehabilitation program can help participants release stress, gain self-awareness, tap into their creative abilities, and express themselves.

The program has been implemented at the Lo Wu Correctional Institution, where our ministry staff collaborated with a group of incarcerated women and Art Therapists. We worked together starting from conceptualising a mural to creating the mural. The main theme of the mural is blooming flowers, representing the nurtured buds that can flourish, a woman with butterfly wings symbolizing transformation, and sunlight representing hope. This piece contains deeper meanings with simple illustrations. This artwork aims to encourage the incarcerated participants to face themselves, strive for personal growth, and believe that there is hope for their future, just like the blossoming flowers and beautiful butterflies.

The incarcerated and I both felt that we had no talents in art, but shared a sense of curiosity and self-doubt about this program. We all had the same question in our minds: "Can I really do this?"

Before picking up the brushes, the instructor allowed the participants to look at the sketches of the mural and invited them to

share their feelings about them. Some participants mentioned feeling a sense of autumn, while others discovered angels within the artwork. However, they all expressed concerns about their lack of artistic talent. One participant even jokingly mentioned her lack of experience in painting, except for painting and plastering with her boyfriend who works in construction. It seemed like they lacked confidence in collaborating on a mural.

When they started painting, the instructor asked each participant to choose the part of the mural they felt most comfortable with. As they began working, even in their lack of confidence, they were focused and dedicated. They passed the brush to the next person in an orderly manner, creating a harmonious process.

When they saw their brushstrokes on the wall forming a big artwork, their confidence gradually grew. They were delighted to be part of creating the mural and felt excited and satisfied with their ability to collaborate with others and contribute to a completed artwork. Their eyes sparkled with self-assurance, and it is the ultimate goal of art therapy. It is our hope that they can recognize, understand, and accept themselves, transforming into the beautiful individuals that God originally created us to be.

In the end, everyone learned to appreciate themselves and others. They realized that there is no need to be afraid, as long as they have faith. They learned that faith is real and that there will ultimately be fruitful outcomes. Amen.



## Gospel Quit Smoking Class

Vera Tse

Ministry Secretary

Starting from July of this year, KSA together with Lo Wu Correctional Institution organized Gospel Quit Smoking Classes for all foreign inmates. Our hope is that they can develop an understanding of the problem of smoking and make the decision to quit, for the sake of their own health and that of their families.



From July to August, we invited professionals to educate the participants about the harm of smoking to themselves and the community. Initially, the participants believed that smoking was normal, a part of growing up, and the only way to relieve stress and anxiety. Most of them had been smoking for over 10 years. When the speaker explained the irreversible damage smoking (first-hand to third-hand) causes to the body's structure and functions, the participants were surprised and helpless, as they had always believed it was their only way out. We then approached the topic from a Christian perspective, suggesting that the only true and practical way out is to entrust all worries and burdens to the Lord. By having faith and believing that God loves and cares for them, they can find their only hope. Additionally, we encouraged them to reject smoking with faith and acknowledge that it only brings harm. Within the institution, they can become role models and encourage others to quit smoking.

During a group sharing session, one of the participants admitted that quitting smoking was very difficult, mainly due to peer influence and a lack of alternative methods. We encouraged her to reflect on whether smoking actually relieves her stress or troubles. She admitted that it had little to no effect, and it was just difficult to refuse the "invitation" from peers or not knowing how to refuse it. We understood her difficulties and prayed together, asking God to help them resist the deception of smoking, to have the wisdom to refuse the "invitation", and even to become a testimony to their friends, to rely on God to overcome challenging times. After the prayer, she cried. Although she still seemed hesitant, I believe that quitting smoking is not just about living a healthy life but also about living a life of faith in God. May the Lord bless her abundantly and allow her to experience His truth and faithfulness through the process of quitting smoking.

May God greatly use these Gospel Quit Smoking Classes to help the participants stay away from the harm of smoking, prepare them for a healthy future, and embrace the coming blessings.

Presentation of souvenirs to the guests of honor



Directors and staff



Rehabilitated persons leading worship, sharing songs, testimonies and performing a drama.



Thanksgiving for the 45th Anniversary





# 感恩與代禱 Thanksgiving & Prayer

1

感謝主，45週年感恩慶典中充滿了更生人士滿有生命力的見證和分享，我們大大讚美神在監獄事工中彰顯祂的大能和慈愛，也感謝各義工和支持者的付出，禱告和奉獻。神既透過宣道會西差會把荔枝角道 338 號的物業送贈予更新會，我們需好好禱告和計劃這地方未來的用途，使它祝福多人，求主引導帶領。

We thank the Lord for the 45th Anniversary Thanksgiving Celebration, which was filled with impactful testimonies and sharing from transformed individuals. We greatly praise God for displaying His power and love in prison ministry. We also express our gratitude to all the volunteers and supporters for their prayers and contributions. As The Christian and Missionary Alliance has generously donated the property at 338 Lai Chi Kok Road to KSA, we are praying and planning for the future use of this place, so that it may bless many people. May the Lord guide and lead us in this endeavor.



2

疫情後院所的宗教班及探訪復常；某些院所安排的宗教班舉行次數及囚友出席人數較以前減少，我們仍需跟院方商討和協調，請記念。另一方面，感謝主給我們機會，可以在不同院所舉辦特別活動（參本期報導），擴張我們對囚友的接觸，並透過多類型的活動，關心囚友身心靈的需要。求主給我們敞開的門，讓我們在獄中有更多服侍的機會。

Religious classes and visitations in correctional facilities are gradually resuming after the pandemic. However, some correctional institutions have reduced the frequency of religious classes and the number of attendees has decreased. We still need to liaise and coordinate with the correctional institutions. Please remember this in your prayers. On the other hand, we thank the Lord for giving us the opportunity to organize special events in different prisons (as reported in the current issue of the newsletter). Through these various activities, we can reach out to the inmates and address their physical, mental, and spiritual needs. May the Lord continue to open doors for us and provide more opportunities for ministry within the prisons.

3

感恩2023年的「開學有禮」活動，本會接觸到約260位在囚及更生人士家庭的孩子，我們把書券和健康鞋券送贈給孩子們。另九月尾獲懲教署批准舉辦2023年度「天使樹聖誕行動」，有成人及青少年院所參與；求神使用這個活動，在聖誕佳節讓在囚人士向子女或家長表達關愛，又讓每一份聖誕咭及禮物帶着主的愛送到各家庭手中。

We are grateful for the "Back to School" event in 2023, where we reached out to approximately 260 children from families of incarcerated and rehabilitated persons. We provided book vouchers and vouchers for orthopaedic shoes to the children. Furthermore, at the end of September, we got approval from the Correctional Services Department to host the annual "Angel Tree Program". Both adults and teenagers from correctional institutions will participate. We pray that God will use this event to allow incarcerated individuals to express their love to their children or parents during the Christmas season. May every Christmas card and gift show the love of the Lord to each family.

4

近年有不少更生人士接受神學裝備，當中已畢業的分別在教會和機構服事，求主使用他們，成為神喜悅和合用的器皿。今年9月，有一位更生人士入讀神學院，11月，也有一位更生人士神學畢業，請記念他們。求主繼續興起更生人士，生命成為見證和祝福！

In recent years, many rehabilitated persons have received theological training. Some of them have graduated and are serving in churches and organizations. May the Lord use them as vessels of God for His purpose. In September of this year, one rehabilitated person enrolled in a theological college, and in November, another rehabilitated person will graduate from theology school. Please remember them in your prayers. May the Lord continue to raise up rehabilitated persons to testify and be a blessing!



5

聖誕臨近，這幾年因疫情未能在獄中舉行大型的聖誕佈道聚會，期盼今年得以恢復，一切申請和籌備順利。求主大大使用帶領佈道活動的教會和團體，也預備囚友的心，使他們經歷主耶穌基督的愛與福音的大能。

Christmas is approaching, and in the past few years, large-scale Christmas evangelistic gatherings have not been possible due to the pandemic. We hope that this year we can resume these gatherings, and we pray for smooth application and preparations. May the Lord use the churches and organizations leading the evangelistic activities to prepare the hearts of the inmates to experience the love of Jesus Christ and the power of the Gospel.



收入 Income

港幣HK\$

奉獻 Donation	2,917,915
宿舍租金收入 Hostel Rental Income	478,763
其他收入 Other Incomes	27,477
45週年晚宴餐券收入 45th Anniversary Dinner Ticket Income	65,250

總收入 Total Income

3,489,405

支出 Expenses

行政費用 Administration Overheads	928,724
事工費用 Ministry Expenses	3,085,584
「憐憫之家」建立費用 The "Mercy Hostel" Setup Cost	218,104

總支出 Total Expenses

4,232,412

本期不敷 Deficit for the period (743,007)

扣減 2023年備用指定基金 Less Accumulated reserve of designated funds for 2023 (92,039)

本期累積不敷 Accumulated deficit for the period (835,046)

備註：上述報告未經核數師覆核，只供參考。

The above reports presented without auditor review that the figures are only for reference.

奉獻方法 Donation can be made by

奉獻港幣\$100或以上者，將獲免稅收據。Tax-deductible receipt will be issued for donation of HK\$100 or above.

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Crossed cheque made payable to "The Hong Kong Christian Kun Sun Association Ltd."
- 直接存入香港匯豐銀行戶口416-4-010375，並將入數收據連同此封郵寄/ 傳真/ 電郵/ Whatsapp 5409 5099至本會。  
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