



突破海外使團董事會主席  
李時雄牧師

## 主席的話

年少時唱的聖詩，蘊含了不少屬靈真理。

在 2022 這多災多難的年頭，我以《趕快工作歌》自勉：「趕快工作，夜來臨，趁着暮色未深，紅霞籠罩羣山頂，紅日正西沉；一簣功成看此時，雖勞切莫暫停；趕快工作，夜來臨，夜臨工便成。」正如聖保羅說：「黑夜已深，白晝將近。」（羅 13:12）我們不用灰心，反當把握機會，多作主工。「突破」正在青少年迷惘迷失的年代，竭力建立他們，不離不棄，陪伴他們在正路上成展。這神聖的工作需要耐性，而成果的出現也需要忍耐，這正是參與青年工作的聖靈果子。而對於奉獻支持者來說，這是長綫的投資，積財於天國，上帝會帶出果實，有三十倍的，有六十倍的，有一百倍的。（太 13:23）你願意參與撒種嗎？



突破機構副總幹事 周思藝

經歷幾年疫情，感恩今年 9 月終能到多倫多，和一眾突破海外使團董事會面，分享「突破」在香港的事工，見證神奇妙的作為和恩典。強烈感受到各人仍是非常關心及支持「突破」的事工，更難得是突破海外使團自 1992 年成立，30 年來無論起伏，一直對香港青少年不離不棄，風雨同路，實在讓我感動、感激、感恩……

香港仍在試煉之中：疫情持續帶來的壓抑，移民潮下帶來的離愁，社會經濟急速下滑帶來的憂慮……正衝擊着成長

及求學中的青少年，無論在身心社靈或價值觀上，皆出現負面影響。其中青少年精神健康已亮起警號，不同調查皆顯示青少年出現明顯的情緒困擾、以及特殊教育需要的情況正不斷加劇，加上疫情令面對面及適時的支援服務受阻，使問題愈趨惡化。

面對眼前挑戰，青少年的醫治與轉化成為「突破」的事工重點，在回應他們此刻的需要之餘，更探索創新的服務模式。人際事工年內推出多項回應青少年精神心理健康的計劃，如因疫情持續引起抑鬱症及焦慮症之青年個案服務、促進親子溝通及情緒管理的網上小組及講座等；同時在疫情放緩之際，帶年輕人到野外，提升他們的抗逆力和成長動機等。在受限的日子，同工亦不懈地以網上及熱線維持平常服務及緊急支援，並善用社交媒體向青少年傳遞療愈及鼓舞的訊息，獲得廣泛分享及讚好。

另一邊廂，我們亦繼續透過文字工作傳遞正向價值。媒體事工出版一系列針對當下處境的心理與栽培書籍，如《劫了，躺躺吧——為超載心靈減重》、《別跟內心怪獸拔河——接納與承諾治療的生活法則》等，反應非常良好。另亦加強電子書推廣，並探索有聲書發展。現時已增至超過 10 個網上平台可購買「突破」出版的電子書籍及其他產品，讓文字和訊息在無遠弗屆的網絡走得更廣更遠。

疫情下，突破青年村雖只能作有限度開放，但仍能為身心俱疲的年輕人提供休憩空間，並以心靈導引及表達藝術治療等活動，助他們釋放情緒及發現真我。2022 對「突破」來說也是充滿試煉的一年，但我們也正踏進新的一頁；無論順逆，我們仍堅持與香港青少年同行，並一起慶祝突破 50 週年。期望你們的參與，並繼續以禱告、以捐獻支持「突破」，祝福年輕人的生命。



## 突破海外使團 2021 年財務報告

	2021 加幣 \$
<b>收入</b>	
奉獻	26,110.00
其他收入	0.00
總收入	26,110.00
<b>支出</b>	
海外事工	13,000.00
辦公室及行政	10,800.00
核數師費	4,157.00
銀行服務費	48.00
總支出	28,005.00
本年度不敷	(1,895.00)

\*備註：2022 年一月至五月海外事工支出 \$41,000

## 突破海外使團董事會

李時雄牧師（主席）	萬樂人
譚建徽	黃鳳玲
梁方慧卿	陳國強
鄭建城	梁蔚平
方偉晶	梁永華
陳華恩	

如欲取得加拿大免稅收據，捐款可寄往：

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Ontario, Canada L3R 3K8

電話：(905) 944-1944

電郵：simonli.toronto@gmail.com

支票抬頭為 "Breakthrough Overseas Missions, Inc."



**Rev. Simon Li**  
Chairman,  
Breakthrough Overseas Missions

## Message from Board Chairman

2022 was supposed to be the year our world would emerge from the grip of COVID-19 and turn the page to recover. While the pandemic may appear fading, this year has seen gathering storms on many other fronts around the world. As followers of Jesus Christ, we heed St. Paul's exhortation "Make good use of every opportunity you have, because these are evil days." (Ephesians 5:16 Good News Version) A best use of opportunity is investing in the future, investing in our next generation. Breakthrough ministry is making the best of every opportunity to help our young people grow well, in spite of challenges of this time, tending their souls and walking with them through thick or thin. We invite you to join us in sowing good seeds for the future, storing up for yourselves treasures in heaven. (Matthew 6:20)



**Chau Sze Ngai, Jeffrey**  
Associate General Secretary,  
Breakthrough

I felt blessed to meet the board members of BOM again in Toronto this September after the travel restriction of Covid-19 was finally removed. We shared the ministry of Breakthrough in Hong Kong and witnessed God's wonderful works and grace. I was so touched and thankful for their unceasing care and support to the youth ministry of Breakthrough. Indeed, since the inauguration of BOM in 1992, BOM had never failed to walk with the young people of Hong Kong for the past 30 years, in good times and bad.

It had been a year of trials to Hong Kong: the stress caused by the prolonged Covid-19 pandemic, the grief of parting brought by the new wave of emigration, the anxiety triggered by the rapid economic downturn... Adverse effects were shown on the holistic development and value system of the youth. In particular, recent researches raised the alarm on the mental and spiritual wellbeing of the young people, showing that the number and intensity of youth mental & emotional distress as well as the demand of special education need were kept surging. The situation was worsened by the quarantine measures and the suspension of face to face services.

Facing such a challenge, Breakthrough was committed to the healing and transformation of the young people, responding to their immediate needs as well as exploring the possibilities of establishing new service models. In response to the alarming health situation, Breakthrough interpersonal ministry had conducted various projects concerning the mental and spiritual wellbeing of the young people, including youth counseling service for depression and anxiety caused by the prolonged pandemic, online parent-child communication and emotion management groups and seminars during the quarantine, outdoor activities for building youth resilience and growth motivation. During the Covid-19 lockdowns, the interpersonal ministry maintained the regular services and emergency support through online and hotline as well as sent out healing and uplifting messages to youth through social media, which were well received and widely shared.

In view of the prolonged pandemic, Breakthrough media ministry had published a book series in response, including "Restoration of Inner Equilibrium" and "Don't Play Tug-of-war with Your Inner Monster : A Guide for Living by Acceptance and Commitment Therapy", which received very positive feedback. In addition, the media ministry was endeavoring to strengthen the electronic books marketing and exploring the audiobooks development. The online platforms for purchasing Breakthrough e-books and products were expanded to more than 10, a step further for the ministry to reach the youth in the digital world.

Though Youth Village could only open on a limited basis due to the pandemic, it still served as a place of rest and renewal for those young people who felt overwhelmed. With spiritual direction and expressive art therapy programs, they could experience emotional release and self-discovery. 2022 has been a year of trials to Breakthrough too but a new page lies ahead, we are going to celebrate our 50th anniversary with the young people in Hong Kong. We hope you will join us with your prayer and support.



## Breakthrough Overseas Missions 2021 Financial Report

	2021 CAD\$
<b>Revenue</b>	
Donations	26,110.00
Miscellaneous	0.00
	26,110.00
<b>Expenses</b>	
Overseas Ministry	13,000.00
Office and Administration	10,800.00
Professional Fee	4,157.00
Bank Service Charges	48.00
	28,005.00
<b>Total Expenses</b>	<b>28,005.00</b>
<b>Deficit for the year</b>	<b>(1,895.00)</b>

*\* Note: Overseas Ministry expenses of \$41,000 in Jan-May 2022.*

## BOM Board

Rev. Simon Li (Chairman)	Jonathan Chan Joyce Man
Albert Tam	Nicole Wong
Anita Leung	Raymond Chan
David Cheng	Richard W.P. Leung
Eric Fong	Richard W.W. Leung

**If you wish to have Canada receipts for tax exemptions, donations in cheque could be mailed to:**

Breakthrough Overseas Missions, Inc  
232 Hood Road, Markham,  
Ontario, Canada L3R 3K8

Tel: (905) 944-1944  
Email: simonli.toronto@gmail.com

Cheques should be made payable to  
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