



# 團結就是力量

人很難靠自己的力量做很多事情，所以要建立團隊。每個團隊的組合有其原因，其中最重要是各取所長，以目標為本。若每個團員都能發揮自己的能力，排除私念，向着已定的目標邁進，成功的機會便很高。這理論原則上放諸任何機構或組織都合適，為何做不到，以致最後因團隊的分裂，導致所設的目標不能完成呢？歸根究底，不能團結最大的原因就是各有各的想法及做法，忘記最初建立這團隊目的，不能完成所建立的使命或目標。

人有自己的主見或看法去做一件事，本來未可厚非。因為各人的知識及認知都不一樣，在工作上，人喜歡靠自己的認知作決定。在團隊中，各人的認知都重要，但仍要聆聽別人的意見，接納別人的看法求同存異。為了做成一件事，當中不單要有足夠的溝通，還要坦誠分享自己的看法，更要謙虛聆聽別人的看法，最後以目標為本。不要為滿足自己的想法而結小圈子，藉此建立勢力。因為這樣做，最後只會導致失敗。

團結是力量不單在一個機構或施行一項工程上有必要這樣做，就算一個國家也要有團結精神，否則，因不能團結眾人的心，以致失去民心，怎能有好發展呢？團結不同看法的人，要達到一致的做法，並非容易。但只要明白一個道理，就是孤軍作戰，無論這人有多大的智慧和能力，因不能團結眾人的力量，最後都會被擊敗。若能團結一起，凡事有商量，必定有方法解決問題。當問題解決了，事也是這樣完成了。如經上說：「有人攻勝孤身一人，若有二人便能敵擋他；三股合成的繩子不容易折斷。」(傳道書 4 章 12 節)

港島敬拜會區長  
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World at a Glance

International & Mainland Affairs Section

Sharing from “Be a Global Citizen Campaign” Participants by Frances Yeung, Michelle Ip, Angel Yiu and Joanne Tang



We were delighted to win the "Ultimate Global Citizen 2024" Award and travelled together to Finland in August to explore the concept of Finnish happiness.

During our journey, we visited a local guidance centre for young people, the world's oldest mental health organisation, a community living room designed to reduce loneliness, and a cohousing community created by its residents. Through interviews, visits, and workshops, we engaged in fascinating discussions and interactions with Finnish people, deepening our understanding of their culture. In addition to visiting various organisations, we conducted street activities, inviting passers-by to write down recent things that made them happy on blessing cards. In exchange, they received blessing cards we had

collected previously in Hong Kong. This process led to many unexpected encounters, allowing us to gather diverse small blessings and engage in interesting conversations, all providing us with new insights about happiness. On the last day of our trip, we experienced forest bathing and a sauna session, fully immersing ourselves in the Finnish approach to happiness.

After spending 10 days in Finland, we concluded that Finnish happiness is attainable. The "Sisu" we sought throughout our journey truly exists within each of us. Finnish people are generally content and grateful for their lives. Many describe their culture using the term "moderate," as most individuals are satisfied with what they have and seldom pursue extravagant ambitions. This mindset contributes to the scarcity of luxury brands in Finland. When people focus on leading simple and ordinary lives, happiness naturally emerges. Moreover, Finnish people draw healing power from nature. Finland boasts beautiful natural landscapes, but what's more critical is individuals' strong connection with their surroundings. From childhood, climbing trees and foraging for wild berries and mushrooms are integral parts of daily life, making nature a cherished aspect of their existence. Therefore, nature has become a treasure in their life. Saunas also play an essential role in Finnish culture, emphasising quality time with others. Many Finnish households have saunas, and even infants as young as a few months of age partake in the tradition. During the one to two hours spent in a sauna, friends and family engage in meaningful conversations about their lives. This valuable time fosters honesty and connection, embodying the Finnish approach to maintaining good relationships and contributing to their happiness.

Reflecting on Hong Kong, while it may be challenging to compare our natural environment and social facilities with Finland, we can learn much from their mindset and attitude. "Attitudes determine the realm." We hope that Hong Kong people can draw inspiration from Finnish culture to create their own version of happiness.



促進  
社區全人健康  
Community Wellbeing



The Ultimate Global Citizen programme encourages young individuals to develop a sense of global citizenship through outbound trips and thematic activities. Winners of the award are selected to explore destinations outside Hong Kong and delve deeper into specific social issues, with financial support from the Chinese YMCA of Hong Kong. After the trip, participants will organise and implement local activities related to their chosen topic to raise public awareness.