



香港家長合唱團音樂會 2016

Christmas Presence

聖誕 ✦ 禮物

the Perfect Present

Hong Kong Parents Choir Concert 2016

22.12.2016 (Thu) 8:00pm

香港大會堂音樂廳

Hong Kong City Hall Concert Hall

香港家長合唱團簡介

Hong Kong Parents Choir

香港家長合唱團屬非牟利註冊團體，有團員近一百人，是現時中國最大型的家長合唱團之一。合唱團為愛好合唱的家長提供交流經驗的平台，藉合唱練習及演出提升個人的音樂素養。團員來自各行各業，均對歌唱和音樂有濃厚興趣和熱誠。創團時日雖短，全團卻以半專業的合唱標準作為努力的目標。家長們堅守鍥而不捨的精神作為對藝術的追求，每周六下午既嚴謹也歡愉地練習三個小時，恆常地彼此切磋，共享音樂與友誼的盛宴。

合唱團演唱曲目多元化，包括聖樂、流行民歌等，雅俗共賞。今年更以多首悅耳樂曲，為觀眾送上聖誕禮物和祝福。除以音樂作橋樑，鼓勵家長為子女樹立良好學習榜樣外，合唱團還向全港學校和家庭展示家長團結的碩果。合唱團成立四年以來曾參與三十多個有意義的音樂會，適時地充當香港家長大使，通過在國內及海外的演出，在音樂及家庭教育上作雙向交流。合唱團積極參與社區和慈善活動，今年除了在西貢區音樂節、民政事務署春節酒會、民安隊四十周年音樂會等演出外，亦大力支持香港首個跨界別的社區慈善活動「同一添」，及為兒童發展配對基金作聖誕籌款演出。繼年初參與中山家庭文化節表演及家長交流外，合唱團更於國際數學奧林匹克競賽開幕禮上，在百多個來自世界各地代表團體前獻藝。

香港需要有一個跨學校的家長合唱組織，而香港家長合唱團的成立，正好回應這種訴求。它代表着來自不同背景的家長，同心合意去作成有益於社會團結的事。通過互相尊重、彼此關懷、去成全一種藝術追求。香港家長合唱團歡迎全港喜愛合唱的家長，一同來參與這個有意義的活動，共享合唱的喜樂，以身作則，用身教去感召自己的子女。有好學的一群家長作榜樣，就有機會培育和造就好學不倦的下一代。我們熱切歡迎有興趣的家長加入，一同享受合唱的樂趣，盼望下一場音樂會你也能與我們一起演出。

Hong Kong Parents Choir is a registered non-profit making organisation with a membership of around one hundred. At present, it is one of the largest parents choirs in China. The Choir serves as a platform for parents who love choral music and singing to share experiences and to enhance personal musical attainment through practices and performances. Members of the Choir are from a wide range of professions and expertise, all sharing a strong passion for singing and music. Even though the Choir has a young history, all parents work diligently towards a common goal of achieving a semi-professional standard in choral singing. Through cordial and serious weekly three-hour practices, the Choir has been experiencing a steady growth in choral techniques, music appreciation and friendship.

The Choir's wide repertoire of religious music and popular folk songs appeals to both refined and popular tastes. This year, the Choir again endeavours to bring to audience an evening of lovely music, topped with Christmas presents and blessings. Music has become a bridge, not only to encourage parents to set good examples of a positive attitude towards learning for their children, but also to demonstrate to schools and families that improvements and achievements are always possible, given time and hard work. Since its founding four years ago, the Choir has participated in over thirty meaningful social activities and concerts. The Choir is always willing and ready to take up the mission and role as parent choral ambassadors of Hong Kong to share the experience of music and family education through cultural exchanges and performances in China and overseas. In the past years, the Choir has also rendered strong support to local community and charitable activities. Earlier this year, the Choir performed at the Sai Kung District Music Festival, the Sai Kung District Spring Reception and the Civil Aid Service 40th Anniversary Concert, and took part in the "Love's Team" community engagement event and the Child Development Matching Fund's fund-raising carol singing. As for cultural exchanges, besides singing and sharing in a parenting forum at the Zhongshan Family Festival, the Choir also sang in the opening ceremony of the International Mathematical Olympiad 2016, in which over 100 international delegations participated.

Hong Kong needs a choral organisation for parents across educational institutes and the establishment of the Hong Kong Parents Choir caters to this demand. The Choir represents the dedication of parents from all walks of life, collaborating to promote social unity and to fulfil aesthetic and artistic pursuits through mutual respect and acceptance. The Choir welcomes all Hong Kong parents who are interested in choral singing to join this meaningful cause, to share the joy of singing together and to be role models for our children. We sincerely look forward to performing together with you on stage in our next concert.

節目程序 Programme

指揮 Conductor

丘日謙 YAU Paul

陳培道 CHAN Pui To

黃建基 WONG Kin Ki

鋼琴伴奏 Accompanist

鄺子慧 KWONG Loretta

譚旨淳 TAM Brian

表演嘉賓 Guest Performer

女高音 Soprano

梁頌恩 LEUNG Joanna

小提琴 Violin

吳俊立 NG Chun Lap

廖子晴 LIU Tsz Ching

大提琴 Cello

方浩文 FONG Jonathan

單簧管 Clarinet

譚旨淳 TAM Brian

長笛 Flute

詹衍豐 JIM Kinson

手鼓 Hand Drum

官瑞波 KOON Raymond

Welcome the Child of Light

混聲合唱, 小提琴, 結他, 長笛, 手鼓
SATB, Violin, Guitar, Flute, Hand Drum

O Holy Night

混聲合唱 SATB

Down in the City of David

女高音獨唱, 混聲小組 Soprano Solo, Mixed Group

Child in a Manger

混聲小組, 單簧管 Mixed Group, Clarinet

On That Starry Night

混聲合唱, 長笛 SATB, Flute

O Little Town of Bethlehem (小伯利恆)

與觀眾齊唱 With Audience

Can You See the Light in Bethlehem?

女高音獨唱, 混聲小組 Soprano Solo, Mixed Group

Christmas Grace

混聲合唱, 小提琴, 大提琴 SATB, Violin, Cello

Infant Holy

混聲合唱 SATB

Silent Night (平安夜)

與觀眾齊唱 With Audience

The Coventry Carol

女聲合唱, 長笛 SSA, Flute

Angels Watching Over Me

混聲合唱, 小提琴, 大提琴, 結他 SATB, Violin, Cello, Guitar

That First Nowell

混聲合唱, 長笛 SATB, Flute

The First Noël (聖誕佳音)

與觀眾齊唱 With Audience

Mary, Did You Know?

混聲小組 Mixed Group

Shepherd's Joy

混聲合唱, 童聲合唱, 小提琴, 結他, 長笛, 手鼓
SATB, Treble Voices, Violin, Guitar, Flute, Hand Drum

~~~~~ 休息 Intermission (十五分鐘 15 minutes) ~~~~~

## The Holly and the Ivy

混聲合唱 SATB

## Christmas Shopping Blues

女聲合唱, 色士風 SSA, Saxophone

## The Twelve Days of Christmas

混聲合唱 SATB

## My True Love Gave to Me

男聲合唱 TTBB

## Jingle Bells

混聲合唱, 童聲合唱 SATB, Treble Voices

## Gaudeamus!

混聲合唱 SATB

## 場地規則 House Rules

各位觀眾

為了令大家對今次演出留下美好印象, 我們希望各位切勿在場內攝影、錄音或錄影, 亦請勿吸煙或飲食。在節目進行前, 請關掉手提電話、其他響鬧及發光的裝置。請留待整首樂曲完結後才報以掌聲鼓勵。多謝各位合作。

Dear Patrons

In order to make this performance a pleasant experience for the artists and other members of the audience, please refrain from recording, filming, taking photographs, and also from smoking, eating or drinking in the auditorium. Please ensure that your mobile phones and any other sound and light emitting devices are switched off before the performance. Please reserve your applause until the end of the entire work. Thank you for your kind co-operation.





祝賀 香港家長合唱團  
聖誕音樂會2016  
演出成功

普天同慶聽佳音  
遍地齊頌會真心

王海君敬賀





祝賀  
香港家長合唱團2016聖誕音樂會

2016  
Christmas Concert

和  
聲  
同  
心

神州天立集團董事長、總裁

羅英 敬賀

天之驕子 立己達人





# 香港家長合唱團

## Hong Kong Parents Choir



丘日謙 MH  
YAU Yat Heem Paul MH  
音樂總監及指揮  
Music Director and Conductor

香港中文大學文學士(音樂教育)，香港大學教育碩士(教師教育)，一九九九年獲香港特區政府頒授榮譽勳章。曾任香港教育署督學，中、小學校長，大專兼任講師，服務教育界超過四十年，參與培訓全國不同省市校長及教師逾數千名。歷任香港多所大學及政府多個諮詢委員會主席及成員，服務於學前教育、基礎教育、教師教育、成人教育、資優教育、資訊科技、音樂教育、家庭教育及考試評核等眾多範疇。二零零二年創辦香港真道書院推動十一年一貫中小學合併教育。二零零九年獲頒中國家庭教育知識傳播激勵計劃卓越人物獎。二零一一年起獲雲南省教育廳委任為雲南省榮譽校長。二零一五年獲委任為青島市李滄區教育顧問。現任內地多個教育集團專家顧問一職，並任香港童聲合唱協會顧問；香港家長合唱團創團主席兼音樂總監。

YAU Yat Heem Paul obtained his B.A. (CUHK) in music education, M.Ed. (HKU) in teacher education and was awarded the Medal of Honour by the HKSAR Government in 1999. Having served in the education sector for over 40 years, he has been appointed E.D. Schools Inspector, principal of primary and secondary schools, part-time lecturer of tertiary institutes and also chairman and member of different educational committees in universities, government and other professional associations. His scope of services includes pre-school education, basic education, teacher education, adult education, gifted education, information technology, music education, family education as well as examinations and assessments. He has been engaged in programmes training thousands of school principals and teachers from all over the Mainland. In the year 2002, under his leadership, the Logos Academy that adopts the innovative 11-year through-train mode combining primary and secondary education in a new way, was established. He was honoured as one of the '2009 Outstanding Contributors of Promoting Family Education in China' and was appointed 'Honorary Principal' by the Yunnan Provincial Bureau of Education since 2011. He was also appointed as 'Education Consultant' by the Licang Education Bureau of Qingdao city in 2015. He is now serving as special advisor and consultant for various education entities in Mainland China. He is also an advisor for the Hong Kong Treble Choirs' Association as well as the founding chairman and music director of the Hong Kong Parents Choir.



鄺子慧  
KWONG Tse Wai Loretta  
鋼琴伴奏  
Piano

畢業於加拿大約克大學，再獲香港大學文學碩士，主修語言學；退休前曾任中學英文科老師及科主任逾三十年，桃李滿門。自小學習鋼琴，多年來擔任教會崇拜及詩班司琴。自二零一二年香港家長合唱團成立迄今擔當鋼琴伴奏一職。

KWONG Tse Wai Loretta graduated from York University, Ontario, Canada and obtained her Master's degree from the University of Hong Kong, majoring in linguistics. She had served as English teacher and Head of English Department in a secondary school for more than 30 years before she retired. Loretta started playing the piano at a young age and has been serving as accompanist during church worships, for church choirs and for the Hong Kong Parents Choir since its establishment in the year 2012.





陳培道  
CHAN Pui To  
助理指揮  
Assistant Conductor

自幼學習鋼琴，多年參加教會及學校合唱團，也擔任聲部長、司琴及指揮崗位。現時在香港中文大學進修音樂碩士。

Chan Pui To started to play the piano and participated in choral singing at a young age. She has taken up roles as part-leader, accompanist and conductor in church and school choirs. Other than being a housewife, she is now pursuing a MA Degree in Music in the CUHK.



黃建基  
WONG Kin Ki  
助理指揮/結他  
Assistant Conductor/Guitar

現職中學數學教師，雖從未接受正統音樂訓練，但自少已接觸西方流行音樂、搖滾樂及受聖樂薰陶並自學結他。曾任教會詩班指揮、組織樂隊及作曲填詞，不乏公開演出經驗。

Despite the absence of proper training in music, Wong Kin Ki is an experienced musical performer. He was much influenced by traditional hymns and was his church's choir conductor. He loves rock music and has been a guitar player for years. He is a Mathematics teacher in a secondary school.

## 表演嘉賓 Guest Performer



梁頌恩  
LEUNG Chung Yan Joanna  
女高音  
Soprano

多倫多大學主修聲樂演唱；中大文學碩士(音樂)。啟思幼稚園音樂主任及小天使合唱團指揮，積極參與獨唱及教會詩班培訓。

Joanna holds a Bachelor of Music in Vocal Performance from the University of Toronto and Masters of Art in Music from the CUHK. Now the Music Supervisor at Creative Kindergarten and conductor of the Angela's Children Choir, Joanna is an active soloist and vocal coach.



譚晉淳  
TAM Brian  
鋼琴伴奏/單簧管  
Piano/Clarinet

現師從楊習禮先生於浸大主修鋼琴。自小熱愛音樂，獲聖三一音樂學院ATCL演奏文憑及皇家音樂學院八級單簧管優異證書。

Brian is studying piano with Mr. Young, Chap-Lai Raymond at the HKBU. Brian has loved music since childhood. He attained ATCL from Trinity College London for piano under Chiu, Wai Ying Elizabeth's teaching, and Distinction in his ABRSM Grade 8 Examination for clarinet under Fong, Hiu Kai Johnny.



吳俊立  
NG Chun Lap  
小提琴  
Violin

畢業於香港科技大學，現從事指揮、小提琴教學、演奏、製作及維修工作。

Graduated from the HKUST (Bsc), Chun Lap is a conductor, violin maker and violinist.



廖子晴  
LIU Tsz Ching  
小提琴  
Violin

現於香港教育大學主修低音大提琴、副修小提琴，並在外從事音樂教育及義教。

Studying double bass as major instrument and violin as second instrument at the Education University of Hong Kong, Liu also plays cello and drums. She is engaged in music teaching.



方浩文  
FONG Ho Man Jonathan  
大提琴  
Cello

現於浸會大學主修大提琴，並師從陳怡春及王翹鵬。去年夏天曾參加亞洲青年管弦樂團巡迴演出。現為巴羅克室樂團及浸會大學管弦樂團成員。

Jonathan is currently a student of the HKBU majoring in cello, under the tutelage of Chen Yi Chun and Juanita Wong. Last summer, he joined the Asian Youth Orchestra (AYO) and participated in an Asian performance tour. He is currently a member of the Collegium Musicum Hong Kong and HKBU Symphony Orchestra.



盧衍豐  
JIM Hin Fung Kinson  
長笛  
Flute

現為中六學生。自六歲起學習長笛，由中一起師隨演奏家馬家敏小姐，現為香港青年交響樂團成員。

Jim Hin Fung is a F.6 student who started playing the flute since 6 years old and is now studying with Carmen Ma, a renowned flutist in Hong Kong. He is currently a member of the Hong Kong Youth Symphony Orchestra.



官瑞波  
KOON Shui Por Raymond  
手鼓  
Hand Drum

從小喜愛音樂，年少時曾與友人共組樂隊，擔任鼓手，退休後仍有參與教會業餘樂隊的演出。

Raymond started playing drums in a band when he was young. He now serves as drummer in church and other amateur groups.





祝香港家長合唱團音樂會  
演出圓滿成功

用音樂感動世界  
用歌聲傳遞友愛



凌春濫 敬賀



*May the miracle of  
Christmas fill all  
hearts with love,  
joy and warmth!*

*Cheers,  
Wong's Family  
Dec 2016*





祝賀

香港家長合唱團  
聖誕音樂會 2016

樂聲悠揚

胡霞 敬賀





祝賀  
香港家長合唱團  
聖誕音樂會 2016

演出成功

楊暉 徐蒂  
同賀











祝賀  
香港家長合唱團  
2016 聖誕音樂會

演出成功

慕銘仕  
敬賀







## 團員名單 2016 樂季 Choir Members 2016

音樂總監及指揮 Music Director and Conductor

丘日謙 MH YAU Yat Heem Paul MH

鋼琴伴奏 Accompanist

鄺子慧 KWONG Tse Wai Loretta

女高音 Soprano

陳慕容 CHAN Mo Yung Daisy  
陳培道 CHAN Pui To Momo ♦  
陳淑汝 CHAN Shuk Yu Suki  
鄭群英 CHANG Kwan Ying Gloria  
蔡家怡 CHOI Ka Yee Joey  
周碧娟 CHOW Pik Kuen Sally  
何 丹 HO Tan Tanica  
孔潔文 HUNG Kit Man Kitman  
關雪明 KWAN Shirley  
關小敏 KWAN Siu Man Debby  
郭麗英 KWOK Lai Ying Maria \* ♪  
林綺華 LAM Eva  
劉佩玲 LAU Pui Ling Virginia  
劉雪貞 LAU Suet Ching Angela \*  
利月鳳 LEE Yuet Fung Anka  
梁小顏 LEUNG Siu Ngan Juliana  
李海寧 LI Haining

練麗萍 LIN Lai Peng Lavie  
盧艷梅 LO Yim Mui Annie  
陸潔苓 LUK Kit Ling Elly  
麥綺賢 MAK Yee Yin Karen  
聶慧儀 NIP Wai Yee Shirley  
鄧儀貞 TANG Yee Ching Jessica  
唐詠琴 TONG Wing Kam Tina  
唐婉儀 TONG Yuen Yee Sharon  
曾秀銀 TSANG Sau Ngan Margaret  
曾燕芳 TSANG Yin Fong Eva  
黃桂媚 WONG Kwai Mei Estella  
王春美 WONG Chun Mei May \*  
黃美珍 WONG Mei Chun Peggy  
汪倩明 WONG Sin Ming Louisa  
黃慧芬 WONG Wai Fun  
姚敏嫦 YIU Man Sheung Sophia  
袁佩貞 YUEN Pui Ching Mabel

女低音 Alto

陳淑芬 CHAN Suk Fan Joanne  
陳燕玲 CHAN Yin Ling Teresa  
鄭麗薇 CHENG Lai Mei Sharon  
張麗華 CHEUNG Lai Wa Jennifer  
郭志英 KWOK Che Ying  
林嘉芬 LAM Ka Fan Patricia

林倩儀 LAM Sin Yee Iris  
李順桂 LEE Shun Kwai Grace ♪  
李淑芬 LEE Suk Fun Janice  
梁翠瑩 LEUNG Chui Ying \* ♪  
梁淑琮 LEUNG Shuk King Camille  
莫燕琮 MOK Yin King Rita





## 6 Season

吳敏華 NG Man Wah Catherine  
 孫淑玲 SUEN Suk Ling ♪  
 談麗燕 TAM Lai Yin Dorcas • ♪  
 狄慧人 TI Hwei Jen  
 謝展燕 TSE Chin Yin Vivien  
 蔡少如 TSOI Siu Yu Caroline

王美惠 WANG Mei Hui  
 黃少瓊 WONG Siu King Angel  
 胡慧慈 WU Wai Che Angela  
 余惠芬 YU Wai Fun Florence \* ♪  
 余玉蓮 YU Yuk Lin Rita  
 單冬怡 ZEN Tung Yee Toni

### 男高音 Tenor

陳永達 CHAN Wing Tat \*  
 蔡伯儀 CHOI Pak Yi Patrick  
 周業昌 CHOW Yip Cheong Markus  
 朱國強 CHU Kwok Keung  
 黎振光 LAI Chun Kwong Simon ♪  
 劉琮威 LAU King Wai Andas  
 梁永鏗 LEUNG Wing Hang Michael \*

梁子賓 LIANG Che Ban Benny  
 潘孝祖 PUN Hau Cho Joe ♪  
 唐遠峰 TONG Yuen Fung Raymond  
 黃君量 WONG Kwan Leung Julian \* ♪  
 邱志生 YAU Chi Sang James • ♪  
 袁沛權 YUEN Pui Kuen Aaron  
 葉喜明 YIP Hei Ming William ♪

### 男低音 Bass

陳彥強 CHAN Yin Keung Comte  
 程天惠 CHING Tin Wai \* ♪  
 朱永康 CHU Wing Hong Leo \* ♪  
 鍾漢強 CHUNG Hon Keung ♫ ♪  
 鍾懷國 CHUNG Wai Kwok Eric  
 何浩祥 HO Ho Cheung  
 葉家禮 IP Ga Ri Gray \*

關國章 KUAN Kuok Cheong Peter  
 林耀文 LAM Yiu Man  
 劉志偉 LAU Chi Wai Tony  
 謝樹芝 TSE Shu Chee Steve  
 黃建基 WONG Kin Ki ♦ ▲  
 胡連彩 WU Lin Choi Vitas  
 阮志敬 YUEN Chi King

- ◆ 助理指揮 Assistant Conductor
- \* 聲部長 Section Leader
- ▽ 客串樂手 - 色士風 Amateur player - Saxophone
- ▲ 客串樂手 - 結他 Amateur player - Guitar
- 司儀 Master of Ceremonies
- ♪ 音樂會籌備委員會成員 Concert Organizing Committee Member





祝賀  
香港家長合唱團  
聖誕音樂會 2016  
演出成功

鏗鏘悅耳  
動人心弦

景洪波  
敬賀



*Dear Hong Kong Parents Choir,*

*“May you be blessed  
With the spirit of the  
season, which is peace,  
The gladness of the season,  
which is hope,  
And the heart of the season,  
which is love.”*

*Cheers,  
Cathy & Joe Maher  
X'mas 2016*



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AUTHENTIC  
ITALIAN CRAFTSMANSHIP



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# Rui'an Veritas Academy

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- 讓學生學會如何學習
- 具備終身學習和溝通能力
- 具有高尚品德、健壯體魄
- 構建正確生活價值觀
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### 書院簡介

為滿足大溫州地區居民對優質國際教育日益增長的需求，讓當地子弟享受到優質的港式國際化教育，經瑞安市教育局批准，瑞安市惟理達書院于二零一六年九月正式開學。書院是集小學、初中于一體的九年一貫制雙語學校。



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# 歌詞 Lyrics

## Welcome the Child of Light

(Words and Music by Mark Hayes)

Good people of God, rejoice and sing. Prepare to meet your newborn King.  
The waiting is over, Messiah has come. Open your hearts and receive God's Son.  
Welcome the Child of Light, the bright morning star that illumines the night,  
the hope of the ages, the Savior of all;  
Welcome the Child of Light. Welcome the Child of Light.\*

*\*This, this is Christ the King, whom shepherds guard and angels sing.  
Haste, haste to bring Him laud, the babe, the son of Mary!*

Shepherds were watching their flock by night when lo, there appeared a wondrous sight.  
Angels announced the glorious birth, good will to all and peace on earth!

Gloria in excelsis Deo! Gloria in excelsis Deo!

## O Holy Night

(Arranged by René Clausen)

O holy night, the stars are brightly shining, it is the night of the dear Savior's birth;  
Long lay the world in sin and error pining, till He appeared, and the soul felt its worth.  
A thrill of hope, the weary world rejoices, for yonder breaks the new and glorious morn:\*

Led by the light of faith serenely beaming, with glowing hearts by His cradle we stand.  
Led by a star, above them brightly gleaming, appeared the wise men from far Eastern land.  
The King of kings lay in a lowly manger, to us this day is born to be our God;\*

*\*Fall on your knees, O hear the angel voices! O night divine,  
O night when Christ was born.  
O night, O holy night, O night divine.*

## Down in the City of David

(Words by Bert Stratton, Music by Vicki Tucker Courtney)

There were shepherds watching their flocks at night. Heaven's glory shone all around them bright.  
And the angel spoke of an awesome sight, down in the city of David.  
"You will find a babe wrapped in swaddling clothes." He's the King of kings in a lowly throne.  
Go and see the light, Christ, the Lord of lords, down in the city of David.

*Gonna go to Bethlehem to see the Savior. Gonna see the love sent from on high.  
Gonna worship Christ inside the manger. Gonna kneel before our Lord divine.*

So the shepherds came to the holy place. There they found the sign that the angel gave.  
And they praised with joy heaven's flow'r of grace, down in the city of David.  
Lift your hearts and sing of Messiah's birth. Share the hope and peace all across the earth.  
When the world was blessed with the living word, down in the city of David.

## Child in a Manger

(Words and Arranged by John Rutter)

Child in a manger, Jesus our Saviour, Born of a virgin holy and mild;  
Sent from the highest, Come down in glory; Tell the glad story, Welcome the child.  
Shepherds, arise now, Go to the manger; Find where the infant Jesus is laid.  
Offer your homage, Kneel down before Him, Praise and adore Him, Be not afraid.  
Wise men, come seek Him – Christ, our Redeemer; Journey to Beth'lem, Led by a star.  
Offer your treasures: Gold, myrrh, and incense, Precious oblations brought from afar.  
Praise to the Christ-child; Praise to His mother; Glory to God our Father above.  
Angels are singing, Songs of rejoicing, Greeting the infant, Born of God's love.

## On That Starry Night

(Words and Music by Elizabeth Campbell)

Long ago in Bethlehem, on a winter's night,  
the sky was filled with shining stars that gave a wondrous light.  
The town lay still in silence beneath the heav'nly glow until a baby's cry rang out from a manger low.  
All who came from far and near to see the baby boy were witness to a miracle;  
their hearts were filled with joy.  
They stood in silent wonder, bathed in glorious light.  
A tiny king had come to earth on that starry night.

*O little town of Bethlehem, how still we see thee lie!  
Above thy deep and dreamless sleep the silent stars go by.  
Yet in thy dark streets shineth the everlasting light.  
The hopes and fears of all the years are met in thee tonight.*

O morning stars together, proclaim the holy birth!  
And praises sing to God the King, and peace to all on earth.



## Can You see the Light in Bethlehem?

(Words and Music by Joseph Graham and David Angerman)

*\*Follow, follow; rise up, shepherd and follow. Follow the star, the star of Bethlehem;  
Rise up, shepherd, and follow, follow, follow that star, come follow that star.*

Can you see the light at the coming of dawn? A star is rising over Bethlehem.

*(I see a star is rising over Bethlehem.)*

Can you see the light, the light that dances on high like a silver flame, a sign of hope in the sky;  
like a candle burning in the dark of night? *(A star is rising over Bethlehem.)*

Can you see the light of the candle of peace? *(A star is rising over Bethlehem.)*

Can you see the glory of the star in the east? *(A star is rising over Bethlehem.)*

Can you see the light, the light that dances on high like a silver flame, a sign of hope in the sky;  
Like a candle burning in the dark of night?

A star is rising over Bethlehem. A star is over Bethlehem.

There's a star in the sky shining bright as day. Rise up, shepherd, and follow.

It will lead to the place where the Savior lay. Rise up, shepherd, and follow!\*

Can you see the light at the coming of dawn? *(A star is rising over Bethlehem.)*

Can you see the light now that shadows are gone? *(A star is rising over Bethlehem.)*

Can you see the light, the light that dances on high like a silver flame, a sign of hope in the sky;  
like a candle in the dark of night? *(Alleluia)*

A star is rising over Bethlehem, a star is over Bethlehem.

## Christmas Grace

(Words and Music by Ruth Elaine Schram)

To take God's Son from heaven, to turn the Lord of all into a helpless infant, a baby weak and small.

To give to our Creator a fully human face! This, this is Christmas grace.

The feet that walked in splendor on streets of purest gold, now wrapped in humble swaddling,  
now shiver from the cold. The hand that Mary holds hung the moon and stars in space.

This, this is Christmas grace.

Grace to share our frailty, understand our fragile lot;

Jesus laid aside His power to be helped, trained, and taught.

To know the sting of hunger, feel the pain of grief and loss,

God's Son allowed Himself to be born for us!

He traded heaven's majesty,

He left His glorious throne for wood and hay and rubble, a shell of flesh and bone.

The Lord Almighty locked in a single time and place.

This, this is Christmas grace. This, this is Christmas grace. Christmas grace.

## Infant Holy

(Arranged by Ruth Elaine Schram)

Infant holy, Infant lowly, for His bed a cattle stall;

Oxen lowing, little knowing, Christ the Babe is Lord of all.

Swift are winging angels singing, noels ringing, tidings bringing:

Christ the Babe is Lord of all. Christ the Babe is Lord of all.

*(Silent night, holy night, all is calm, all is bright, round yon virgin mother and child,  
holy infant so tender and mild, sleep in heavenly peace, peace, sleep in heavenly peace.)*

## The Coventry Carol

(Arranged by Victor C. Johnson)

Lully, lullay, Thou little tiny Child, by, by, lully, lullay.

O sisters, too, how may we do for to preserve this day,

this poor youngling for Whom we do sing by, by, lully, lullay?

Herod, the king, in his raging, charged he hath this day his men of might, in his own sight,  
all young children to slay, to slay.

That woe is me, poor Child for Thee! And ever mourn and say,

"For Thy parting neither say nor sing, sing by, by, lully, lullay."

Lully, lullay, Thou little tiny Child, by, by, lully, lullay.

## Angels Watching Over Me

(Arranged by Joel Raney)

Tiny baby rest your head. Angels watchin' over me, my Lord.

Safe inside your manger bed. Angels watchin' over me.

*\*All night, all day, angels watchin' over me, my Lord.*

*All night, all day, angels watchin' over me.*

Sleep, my child and peace attend thee, all through the night, through the night.

Guardian angels, God will send thee, all through the night, through the night.

Shepherds in the fields abiding heard the angels' joyful tidings.

God, with us, is now residing all through the night.

Christ is born this holy night. Angels watchin' over me, my Lord.

Bringing love's redeeming light. Angels watchin' over me.\*



## That First Nowell

(Words by Don Besig and Nancy Price, Music by Don Besig)

High in the heavens a star burning bright brought the good news that first Christmas night.  
The angels were singing of peace and good will; they told of a Savior, a promised fulfilled.  
*\*In excelsis Deo! In excelsis Deo! Gloria, Gloria Deo!*

That first Nowell on a night long ago was to certain poor shepherds on hillsides below.  
They were tending their sheep in the cold winter air when the song of the angels rang out ev'rywhere:  
"Nowell! Nowell! Nowell! Nowell! Come and rejoice in the news that we tell!"

High in the heavens a star burning bright tells us again it's Christmas tonight!  
The angels are singing of peace and good will; the promise of Christmas will stay with us still.\*  
Nowell! Nowell! Nowell! Gloria in excelsis Deo!

## Mary, Did You Know?

(Words and Music by Mark Lowry and Buddy Greene; Choral Setting by Jack Schrader)

Mary, did you know that your baby boy would someday walk on water?  
Mary, did you know that your baby boy would save our sons and daughters?  
Did you know that your baby boy has come to make you new?  
This child that you delivered, will soon deliver you.

Mary, did you know that your baby boy will give sight to a blind man?  
Mary, did you know that your baby boy will calm a storm with His hand?  
Did you know that your baby boy has walked where angels trod?  
When you kissed your little baby, then you kissed the face of God.

The blind will see, the deaf will hear, the dead will live again;  
the lame will leap, the dumb will speak the praises of the Lamb.  
Mary, did you know that your baby boy is Lord of all creation?  
Mary, did you know that your baby boy will one day rule the nations?  
Did you know that your baby boy was heaven's perfect Lamb?  
This sleeping child you're holding is the great, the great "I AM!"

## Shepherd's Joy

(Words by John Parker and Mark Hayes, Music by Mark Hayes)

One quiet night when all was still, I saw a wondrous sight while tending sheep upon a hill  
one peaceful winter's night: for in the sky there shone a light so glorious and bright.  
Behold, an angel did appear upon that special night.\*

The angel said, "Now, have no fear, I bring good news to all. A Savior now is born to you;  
your God has heard your call; in Bethlehem, in lowly manger lying in a stall.  
Go worship Him, the newborn King; before Him humbly fall."\*

Then angels quickly filled the sky with glory all around, praising God with joyful voice;  
I listened to their sound. Glory be to God on high! Then all the shepherds went to where the Baby  
could be found, then bowed in homage to the King, their faces on the ground.\*

*\*Glory to God! Glory to God on high! Messiah has come! Love has transformed this night!*

## The Holly and the Ivy

(Arranged by John Rutter)

The holly and the ivy when they are both full grown;  
Of all the trees that are in the wood the holly bears the crown.  
The holly bears a blossom as white as any flow'r;  
And Mary bore sweet Jesus Christ to be our sweet Saviour.\*

The holly bears a berry as red as any blood;  
And Mary bore sweet Jesus Christ to do poor sinners good.\*

The holly bears a prickle as sharp as any thorn;  
And Mary bore sweet Jesus Christ on Christmas Day in the morn.\*

The holly bears a bark as bitt'r as any gall;  
And Mary bore sweet Jesus Christ for to redeem us all.\*

*\*O the rising of the sun and the running of the deer;  
the playing of the merry organ, sweet singing in the choir.*

## Christmas Shopping Blues

(Words and Music by Ruth Morris Gray)

*\*I've got the Christmas shopping blues. I've got the Christmas shopping blues;  
Too many presents to buy and I don't know what to choose.  
I've got the Christmas, Christmas shopping, the shopping blues.*

Ev'ry year I make a list of gifts I need to buy. One year I even started my shopping in July.  
But no matter when or where I shop, I worry and I fret.  
Will I find the perfect gift for ev'ryone who's on my list? \*

It's hard to find the perfect gift when you don't have much to spend.  
They say it is the thought that counts, so I'm thinking hard, my friends.  
I've bought shirts and socks and lots of stuff, but I'm not nearly through.  
I'm afraid my money will run out. I don't know what to do! \*  
Hey, wait a minute. I think I have a few ideas: I'll bake some cookies, tie them with ribbon.  
I can sew and bake. I can decorate, take pictures and create Christmas gifts myself.  
I'll chase away the Christmas blues. I'll chase away the Christmas blues.  
Hey, I've got presents to make and lots of cookies to bake.  
No more Christmas, Christmas shopping, no more shopping blues.  
I'm done with Christmas shopping, with shopping blues.



# The Twelve Days of Christmas

(Arranged by John Rutter)

On the first day of Christmas my true love sent to me a partridge in a pear tree.  
On the second day of Christmas my true love sent to me two turtle doves and a partridge in a pear tree.  
On the third day of Christmas my true love sent to me three French hens, two turtle doves and a partridge in a pear tree.  
On the fourth day of Christmas my true love sent to me four calling birds, three French hens, two turtle doves and a partridge in a pear tree.  
On the fifth day of Christmas my true love sent to me five gold rings, four calling birds, three French hens, two turtle doves and a partridge in a pear tree.  
On the sixth day of Christmas my true love sent to me six geese a-laying, five gold rings, four calling birds, three French hens, two turtle doves and a partridge in a pear tree.  
On the sev'nth day of Christmas my true love sent to me sev'n swans a-swimming, six geese a-laying, five gold rings, four calling birds, three French hens, two turtle doves and a partridge in a pear tree.  
On the eighth day of Christmas my true love sent to me eight maids a-milking, sev'n swans a-swimming, six geese a-laying, five gold rings, four calling birds, three French hens, two turtle doves and a partridge in a pear tree.  
On the ninth day of Christmas my true love sent to me nine ladies dancing, eight maids a-milking, sev'n swans a-swimming, six geese a-laying, five gold rings, four calling birds, three French hens, two turtle doves and a partridge in a pear tree.  
On the tenth day of Christmas my true love sent to me ten lords a-leaping, nine ladies dancing, eight maids a-milking, sev'n swans a-swimming, six geese a-laying, five gold rings, four calling birds, three French hens, two turtle doves and a partridge in a pear tree.  
On th' elev'nth day of Christmas my true love sent to me 'lev'n pipers piping, ten lords a-leaping, nine ladies dancing, eight maids a-milking, sev'n swans a-swimming, six geese a-laying, five gold rings, four calling birds, three French hens, two turtle doves and a partridge in a pear tree.  
On the twelfth day of Christmas my true love sent to me twelve drummers drumming, 'lev'n pipers piping, ten lords a-leaping, nine ladies dancing, eight maids a-milking, sev'n swans a-swimming, six geese a-laying, five gold rings, four calling birds, three French hens, two turtle doves and a partridge in a pear tree.

## My True Love Gave to me (What to do with the Presents?)

(Words by Andy Beck and Brian Fisher Music by Andy Beck)

What to do with the presents, what to do with the things?  
What to do with the treasures that my true love brings?  
What to do with the partridge, what to do with the tree?  
What to do with the presents my true love gave to me?  
What to do with the ladies, always with their dance?  
What to do with the French hens, send them back to France?  
What to do with the pipers, piping out of key?  
What to do with the presents my true love gave to me?  
Take back the lords a-leaping, take the other things.  
The only ones I'm keeping are the five golden rings!  
What to do with the drummers, drumming constantly?  
What to do with the presents my true love gave to me?  
What to do? What to do? What to do with the milkmaids? I don't have a cow.  
What to do with the birdies calling to me now!  
What to do with the goslings? May I set them free?  
What to do with the presents my true love gave to me?  
Take back the swans a-swimming, the turtle dovey things.  
The only ones I'm keeping are the five golden rings, golden rings!  
What to do with the treasures? What to do with the things?  
What to do with the presents my true love gave to me?  
What to do with the presents my, my true love gave to me?

## Jingle Bells

(Words and Music by James Pierpont, Arranged by Jack Gold and Marty Paich, Choral Adaptation by Mark Hayes)

\*Jingle bells, jingle bells, jingle all the way. Oh, what fun it is to ride in a one-horse open sleigh, hey!  
Jingle bells, jingle bells, jingle all the way. Oh, what fun it is to ride in a one-horse open sleigh.  
We're dashing through the snow in a one-horse open sleigh.  
O'er the fields we go, laughing all the way. Bells on Bob-tail ring, making spirits bright.  
Oh, what fun it is to sing a sleighing song tonight. \*

A day or two ago I thought I'd take a ride. And soon Miss Fanny Bright was seated by my side.  
The horse was lean and lank. Misfortune seemed his lot.  
He got into a drifting bank and then we got upset. Upsot? \*

Dashing through this field of white, on this happy Christmas night.  
Off we go through the snow, bells are ringing, we'll be singing.  
Jingle bells, jingle bells, jing jangle, jingle bells, jingle bells, jing jangle,  
Jingle bells, jingle bells, jing jangle, jingle bells, jingle bells, jing jangle.  
J-j-j-j-j-jingle bells, j-j-j-j-j-jangle bells. J-j-j-j-j all the way on a one-horse open sleigh!

## Gaudeamus!

(Arranged by Mary Lynn Lightfoot)

Gaudeamus! Gaudeamus! Gaudeamus hodie! Gaudeamus hodie, alleluia!  
Gaudeamus! Gaudeamus hodie! Cantate Domino, alleluia! Gaudeamus!  
Cantate, cantate, canticum novum. Cantate, cantate omnis terra.  
Cantate, cantate, canticum novum. Gaudete! Gaudete!



# 引進台灣經筋專家 黃國松教授所科研的

## 整復棒...



- 減輕或消除痠痛
- 睡眠品質差
- 手臂痠麻
- 腿部脹痛
- 消化功能不好
- 腰痠背痛
- 頭痛、發燒
- 全身倦怠疲累
- 膝關節退化

是防病及保健的一種非藥物療法

|                                                                                                                                                                                                                              |                                                                                                                                                                                                                                         |                                                                                                                                                                                                                       |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p><b>枕</b></p> <ol style="list-style-type: none"> <li>1. 緩解頸、肩的筋脈</li> <li>2. 頭痛</li> <li>3. 改善睡眠品質</li> <li>4. 緩解腦部壓力使腦部更輕鬆</li> </ol> |  <p><b>跪</b></p> <ol style="list-style-type: none"> <li>1. 緩解腹腔的壓力與脹氣</li> <li>2. 小腿脹痛</li> <li>3. 膝關節疼痛與退化</li> </ol>                               |  <p><b>壓</b></p> <ol style="list-style-type: none"> <li>1. 緩解肩關節不舒服感</li> <li>2. 緩解肘關節與腕關節的疼痛</li> <li>3. 強化手指與手掌的活動功能</li> </ol> |
|  <p><b>站</b></p> <ol style="list-style-type: none"> <li>1. 緩解腦部壓力，使注意力集中</li> <li>2. 減輕小腿脹痛</li> <li>3. 跟腱痛</li> <li>4. 膝關節退化</li> </ol>  |  <p><b>躺</b></p> <ol style="list-style-type: none"> <li>1. 緩解背部與脊椎骨緊張的筋脈</li> <li>2. 改善頸、肩、腰、腿的壓力</li> <li>3. 改善睡眠品質</li> <li>4. 強化身體免疫功能</li> </ol> |  <p><b>坐</b></p> <ol style="list-style-type: none"> <li>1. 緩解痔瘡</li> <li>2. 前列腺腫脹</li> <li>3. 婦科疾病</li> <li>4. 改善睡眠品質</li> </ol>  |

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# 祝香港家長合唱團 屢創佳績

## 名聲顯揚

香港中樂團理事會主席  
李偉強 敬賀

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義工 Volunteer

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馬浩天 MA Ho Tin Samuel

小司儀 Master of Ceremonies (Junior)

吳旻穗 NG Man Sui ♪

黃朗晴 WONG Rachel ▶ ♪

黃朗曦 WONG Jessie ▶ ♪

黃朗天 WONG Martin ♪

童聲 Treble Voice

陳昭政 CHAN Chiu Ching Michael

程心怡 CHING Sum Yee

何曉欣 HO Hiu Yan Hillary

何天朗 HO Tin Long

黎子圖 LAI Gerald

梁筱悠 LEUNG Siu Yau

吳籽慧 NG Tsz Wai

唐樂天 TONG Lok Tin Ron

唐樂遙 TONG Lok Yiu Roni

黃頌為 WONG Chung Wai

邱澄欣 YAU Ching Yan

▶ 義工 Volunteer

♪ 童聲 Treble Voice



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