



Issue 4

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TRUE LIGHT READERS



編者的話
editor's words

相信閱讀

執筆之時，師生們仍因新冠肺炎而停課在家。疫情初期，網上訊息、謠言滿天飛，不少人都活在搜撲物資的惶恐中。讀著「灼見名家」網頁上高行健先生的文章〈回到平常心、平常人〉，讓我從這些氛圍中找到一點平安。他談到在人類社會生存中理性消失了，導致了瘋狂。所以回到平常心，我們就會有一個清醒的認識，對人所處的困境有清醒的認識。

我們相信閱讀，相信文字的力量。於是，此季《真光讀書人》如期出版，由圖書館組組員推介好書，為疫情中的同學打打氣。在不能見面的日子裡，這一點點的交流，叫人倍覺溫暖。還有閱讀推廣組四位老師專業影片及文字分享，相信遠在家中的同學都能感受到老師的熱誠和文字的療癒。希望疫情儘快結束，我們可以回到校園，繼續愉快學習，盡情閱讀。

李妙容老師



喜閱活動齊分享
reading activities

Reading Club



On 18th Dec, the committee of the Library Society invited our True Light Primary 4 students to join a reading activity. In the event, Joyce Cheung and I acted out one part of the book, "The Shack". We prepared the props and costumes, and acted out one part of the book which was about Jesus leading McCann to walk on water. We used blue paper to make "water". The other committee members needed to prepare gifts for the P.4 students who were able to answer our questions correctly. Surprisingly, our P.4 students could answer our questions correctly. Our principal, teachers and students enjoyed it very much. Their laughter filled the Library.



After our performance, Principal Hui shared the story of Nick Vujicic with us. She said he is a man who has had no limbs since he was a child. Ms. Hui told us to have faith, like Nick, who always appears confident and believes Jesus is with him always and forever. She told us about the importance of having dreams. I do have dreams. And do you know the P.4 students do, too? Some of them want to be engineers, some want to be teachers and some want to be vets. They shared their dreams sincerely. Principal Hui's speech taught us to be thankful and tough. She taught us never to give up. What an inspiring speech! We had a wonderful moment with adorable primary kids on that day. They are innocent but they are smart. We laughed, we clapped and we took memorable photos.

3B Li Cheuk Tung



疫情下的共讀時光



過了數月的停課假期，相信同學已對每日孤獨在家的生活感到無聊，圖書館幹事希望通過分享好書，讓待在家中的同學都能感受到閱讀的意義，同時找回內心的平靜。

5A 陳希嵐 (圖書館組主席)

《人生永遠沒有太晚的開始》 摩西奶奶

這是作者首部人生哲學作品，也是一部寫給年輕人的心靈勵志散文。這本書精選了作者經典的作品，給我們展示出世界的美好和善良，給予現代年輕人希望。我很欣賞和敬佩作者對待生活的態度和堅持，為我們樹立榜樣，告訴我們，當我們喜歡上一件事，那就慢慢去做吧，每天做一點點，每天都能感受到那份喜悅，不論得失，只論享受你所愛的事和生活。這本書讓我們重新發現自我、認識自我，收穫內心的寧靜，淡定從容地過好每一天。



3A 歐陽嘉義

《決戰王妃The Selection》 綺拉. 凱斯



女主角一開始被母親慫恿去參加比賽，比賽期間女主角哭過，笑過，氣過，也曾經想放棄過，但因為愛就戰勝一切。在這本書，我有兩個感悟----1.任何人都要學會「斷捨離」，女主角捨棄舊愛而換取了家族社會階級的提升和真愛，我們同樣不能太執著於一些事情而放不下。2.疫情令我想起「愛」，如民間發起的捐口罩、電視發出的抗役資訊等，都提醒着我們要彼此傳遞愛。

3B 李綽桐

《貓咪哪有那麼可愛》 志銘與狸貓

這本書是他們出版的第六本書，記錄了他們與七隻貓在2019年所經歷的大小事。這本書告訴我照顧貓咪並不如想像般美好。其中最令我覺得辛苦的是照顧剛剛出世的奶貓。原本我以為照顧奶貓應該與照顧成年貓沒有太大差別，但是萬萬想不到飼養奶貓不但要提供一個溫暖的環境給牠居住，還要像照顧嬰兒般按時餵食，從書中我已經能夠感受到他們的辛苦。這種不辭勞苦的精神真值得讓人敬佩。



3C 李梓澄

《雖然想死,但還是想吃辣炒年糕》 白洗嬉



這本書讓我明白到「我們都是不完美的人」，我們經常都不能接受自己所犯的錯，一旦接受了，知道自己並不完美後，會出現另一個狀況就是孤單，你會覺得別人都很好，所以很怕去打擾到別人，就將自己關在一間房內，讓自己過得孤單。而作者想透過展現自己內心的狀態，讓有相同心境的人可以彼此看到，知道自己並不孤單，從而一步一步地接納自己，知道自己是獨一無二，非常特別的，正如書中所說「愈深入探究自己，一定會愈幸福」。

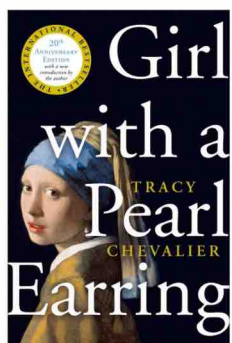
3C 李紫晴

《跟莫克一起環遊世界》 馬克. 布塔方

《跟莫克一起環遊世界》是由馬克·布塔方所創作的，講述了小熊莫克踏著單車環遊世界見識不同的東西和認識不同的朋友。肺炎疫症期間，大家都不能出門旅行，可能感覺會有點沉悶。但是，看著莫克去到不同地方，就如親歷其境般，心情也跟著一起明朗起來。而且，繪本中色彩繽紛的畫面，配合馬克·布塔方的柔和筆觸所展現出的開心氛圍更加令人身心放鬆。



3C 劉樂芊



"Girl with a Pearl Earring" Tracy Chevalier

The author of this book wrote a full story about how the famous painting, "Girl with a Pearl Earring", was painted. The girl in the painting is actually a young maid working for Vermeer. She is asked to wear the pearl earring while Vermeer paints her. I did not feel much when I first read the story, but the aftereffect is huge. Every time I see this painting or when I just look at the book cover, I remember how the girl feels for the painter. The story is so real and it took place in the 1600s in Holland. The way the author described the canals, the streets, the colours of the painting and the smell of the house is so beautiful, which makes you feel like you're just there. It is such a delicate novel.

3C Siu Ho Yuet



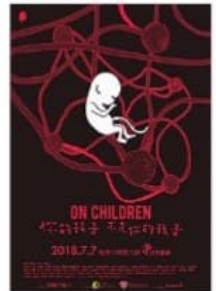
《生命邊緣的守護者—急症醫護最前線》 香港急症醫學會

這本書集合了急症界各方力量寫成，包括急症室醫生和護士，消防處、和急症室病人家屬等。看過這本書後，我明白到不一定要著墨於高潮迭起的情節，單單將醫療現場那份緊張感真實呈現，也能令人印象深刻、看得動容。這本書更讓我了解到急症室裏面的運作及功能，並學會如何適當地使用急症室服務。我真的要向每位生命邊緣的守護者致敬，感謝他們對病人及社會的無私承擔及奉獻！

4A 周倩宜

《你的孩子不是你的孩子》 吳曉樂

《你的孩子不是你的孩子》是由一位台灣的家教老師根據自己的教學經歷改寫成的短篇故事。每個母親都希望孩子好，但這種在意卻演變成母親想將孩子塑成自己心目中的樣子。起初我都對這樣的行為反感，認為每個孩子都應該有自己的思想，而非任其擺佈的物件；後來才發現這背後的原因。這本書除了揭露了台灣教育制度的不足及父親在家庭教育角色的缺失，同時也道出了孩子們無意追逐名聲，他們想有一個真正的童年，做自己喜歡的事而非迎合身邊的人。



4C 張穎怡

《港孩》 黃明樂



在這兩個多月的停課期間，我閱讀了一本很「貼地」的書。這本書名為《港孩》。「港孩」，泛指一些嬌生慣養，自理能力低和抗逆力低的香港孩子。作者在書中介紹了「港孩五型」，講述了許多日常生活中的例子，例如洗衣服、操作基本電器、乘車等也不懂，或者就是從小橫行霸道，恃勢凌人。其實港孩正正是父母與老師的噩夢。我強烈推薦這本書給大家，讓我們一起了解一下那5種港孩，同時看看自己身上有沒有他們的特徵吧。

4D 黃浦心

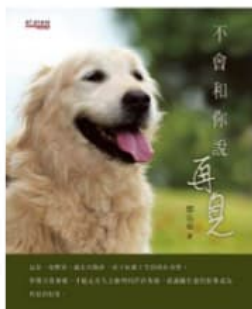
《原來你並不孤單》 茶里

本書圍繞著主角與家人、朋友，甚至老師之間的故事而展開。最特別的是，書中在所有故事的結尾，作者都會借紙飛機說明一個道理。這本書，帶給我的並不只漫畫背後的人生哲理，更是閱讀時的療癒感。因為在作者筆下，所有角色都被設計得別樹一幟之余不失可愛，就例如書中主角有著一張圓圓的臉蛋和一雙大大的眼睛，加上作者使用一系列粉嫩的色彩，令到閱讀時的治癒感十足。



5A 陳希嵐

《不會和你說再見》 鄭品茹



這本書是在記錄一隻叫Goldie的狗的晚年生活和與作者度過的最後時光。狗的壽命總比人類短幾倍，雖然面對心愛的狗離世會感到不捨，但只有直面傷痛才能真正離開傷痛，人的生活也是如此。最近疫情嚴峻，很多人聽信謠言而殺害自己的寵物，令人痛心。牠們不只是寵物也是我們的朋友，甚至如家人一樣，需要我們去珍惜。

5A 張可兒



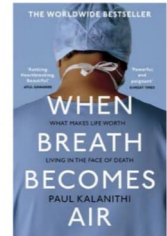
Good Book Recommendations by Teachers

“When Breath Becomes Air” Paul Kalanithi

This is a heart-touching autobiography called *When Breath Becomes Air* by Paul Kalanithi. He was a neurosurgeon who won a lot of national awards and received attractive job offers from major universities. He had great interest and talent in English Literature, so he also held a degree in it. As for his family, he had a wife who was also a doctor. When everything seemed to go right and bright on him, the stage 4 lung cancer struck him.

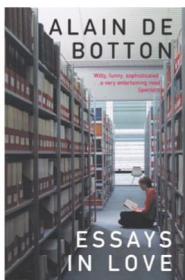
His story shows us the possibility to love, choose and serve. Before getting the cancer, he had the passion to do whatever he loved. He was in charge of his life and he had the ability to serve and help others. Sadly, everything became vulnerable and unpredictable once the cancer arrived. He lost the ability to do the things that we all take for granted.

We always have great plans and thoughts for our future, but fate sometimes can be cruel. The unfortunate things can land without notice and make our future bleak. If we do not take actions and treasure the moments to love, choose and serve now, we may regret and realize that we have little time left.



Miss Candy Wong

“Essays in Love” Alain de Botton



Have you ever wondered why romantic stories in the movies and TV dramas are so much more mesmerizing than those you experience in everyday life? Think about the romantic scenes in the classical love movie *Titanic* or the legendary and record-breaking Korean drama entitled *Descendants Of The Sun*: how the male protagonists are willing to sacrifice their lives to bail the damsel in distress out, how they would be dedicated to the one and only one, how the flame of love never dies…… It all seems so enticing that we wish to live in their world because in real life, we all seem so obsessed with the first flux of love that we would pine for the ever-fleeting passion in a relationship.

However, I can guarantee that you wouldn't be on a high even if you were to enter their world as these movies, dramas or stories tend to focus on merely one stage of love, that is, falling in love. As the love story unfolds, problems will still crop up, and in the end, even Jack and Rose will end in arguments, or even fights. Therefore, to understand the nature of love, one has to reconsider what the showbiz has shrouded from us in the name of romance. If you are ready to remove the mysterious veil of romance, you are recommended to read *Essays in Love* written by Alain de Botton.

This book is an autobiography which deconstructs the story of love and divides it into a couple of chapters, allowing you to reflect on different stages of love, ranging from staying in love to falling out of love. You will certainly be given new perspectives on the idea of love.

Disclaimer: Upon reading the novel, you may no longer marvel at romantic stories by which you were enthralled, but perchance, the reward is you will be able to love rationally.

Mr. Hau Nok Hin

《聆聽寂靜》 厄凌·卡格

作者是一位具有冒險精神與行動力的探險家，為甚麼他卻「動極思靜」，以三十三篇散文表達自己對「什麼是寂靜」、「何處可尋」、「寧靜為何如此重要」三個問題的所想所感呢？或許這就是一種「不假外求，返求諸己」的思考。

(閱讀提示：此書必須由第一篇開首順序而翻閱，到最後一篇定必為你帶來驚喜和意猶未盡之感。)



區寶文副校長

《隈研吾：奔跑的負建築家》 隈研吾

何謂「負建築」？原來「負」是輸掉、敗北的意思，隈研吾先生有見20世紀以來，世人紛紛以建築高度作為人類文明和商業發展的標竿，仿佛愈高愈好，且造型愈古怪愈能突顯其地標性意義，偏偏忽略建築存在的核心價值——講求就地取材、因地制宜及延續當地傳統。因此，他的設計偏愛把建築物融合自然景觀，多利用木材、泥磚、竹子、玻璃等天然建材，結合環境的水源、光線與空氣，創造外表看似柔弱，卻甚為耐震，展現傳統日式建築的溫馨與柔美的「負建築」。

無疑，他對建築的信念使我產生好奇心，同時也啟發了我，使我明白無論對人、對事，過多的介入有時並非好事。相反，好好認識對方、尊重對方的存在，才是最合宜的方法。

許美玲老師

