

三級石階 咫尺天涯 A World Only 3 Stone Steps Away

Stella - 本會多年義工 Veteran Volunteer



我問路，途人答：「啊！很簡單，先轉右，上三級石階，再轉右就可以見到了。」

很簡單？三級石階很簡單？對很多人來說，三級石階也許依然簡單，但是對於一群需要輪椅輔助的人來說，對著三級石階，卻是前路不通，束手無策。

我做義工多年，對著此情此境，感觸良多，所以我感謝上天的賜予。

扶康會舉辦步行籌款，很多義工參與其中，扶持及陪伴殘疾人士，漫步於太平山頂盧吉道，環繞山頂一圈，沿途景色宜人，俯視下面的維港，大家指手劃腳，有說有笑；中環的大都會氣勢，轉入薄扶林綠色的住宅區，一眾健兒邊走邊說，好不開心，又到了香港仔水塘，遠處南丫島的海面金光耀眼，是夕陽最後一場表演，參與步行的殘疾朋友們比較多在電視見到這樣的畫面，現在置身其間，自然興奮一點。他們之中，有情況較嚴重的，大部分時間留在院舍裡，要來到山頂呼吸一口新鮮空氣，比走上三級石階還要麻煩。不論你是一個怎樣的人，當你見到你參與和付出的，能夠令到他們如此雀躍歡呼，你會自然欣慰，心感滿足。

如果你問我：「你這樣幫助了別人，你會覺得自己偉大嗎？」我相信沒有人會這麼想過，因為這只不過是很簡單的事，舉手之勞，跟偉大扯不上關係；到山頂走一趟也沒有甚麼大不了。然而大家可知道？這群殘疾人士大半年前知道可以參加這個活動，早就興奮了半年，盼望著這一天的來臨。其實，同樣望穿秋水，等待這一天的，不只是他們，我們當義工的也在等待。

足球場上的球員，渴望觀眾的掌聲鼓勵；行義助人的，並不需要受助的說聲多謝，只要我們工作其間見到他們笑，工作之後知道他們開心，這就是給我們的掌聲了。也許就是這些「掌聲」給了我們義工頑強的鬥志，在職的、退休的，就算有點疲累，很多人都可以堅持下去，一做就是十多年，甚至幾十年。

你工作有壓力嗎？你放假的日子不知做什麼嗎？你平時運動少嗎？我建議你可以考慮做義工，感受一下我們的喜悅。

Whenever I ask for directions, passers-by always answer along the lines of "Ah! Very simple. First turn right, go up three stone steps, then turn right, and there you have it."

Very simple? How "very simple" are "three stone steps"? For many, three stone steps may still be a piece of cake, but for those who rely on wheelchairs for mobility, they represent an insurmountable barrier.

Looking back at my many years of volunteering, situations like these evoke a mixed bag of sentiments. For this reason, I thank God for my gifts.

FHS organized its Charity Walkathon, when many volunteers assisted and accompanied persons with disabilities to walk around the Peak, along Lugard Road, which overlooked Victoria Harbour. We had the opportunity to admire the scenery and cityscape along the way - from the cosmopolitan Central to the lush residential area of Pokfulam. Time flew, and the many participants finally arrived at Aberdeen Reservoir, where the coastal sea surrounding Lamma Island glistened during the early evening sunset. For our participants with disabilities, such a picture was more often seen on television than experienced, and they can hardly hide their excitement. For those in more serious conditions, who were stayed at their rooms most of the time, catching a breathe of fresh air at the Peak was much more troublesome than climbing three stone steps. It was truly heartwarming for our volunteers to see their effort and devotion paid off, when hearing the happy cheers of the service users.

One might ask me, "do you feel great now that you have helped others?", but I never think of it that way, as these were merely simple tasks, so insignificant to me that they had nothing to do with "greatness". A trip to the Peak probably did not mean much to me. However, since being told about this event over six months ago, this group of persons with disabilities has been looking forward to this very big day! Can you imagine? In fact, they are not the only ones looking forward to it - we volunteers are equally excited.

Football players crave deeply the applause from their audience after good play on the pitch; our volunteers, however, do not require a thank you; as long as we see our service users laughing, knowing that they are happy, it serves just as well as applause. Perhaps it is this "applause" that gives our volunteers, whether working or retired, their indomitable fighting spirit; even at times of weariness, and they choose to soldier on, for more than one decade, and sometimes even longer.

Are you stressed at work? Don't know what to do during the holidays? Not really a fan of exercise? Come and share our joy through volunteering!

