

## HKAA HIGH SCHOOL SHARES LOVE IN SABAH



HKAA Highschool Mission Trip team at Mount Kinabalu! 📷 Photo: Kyle Chan

### The Story Behind HKAA's Mission Trips

The value of serving at Hong Kong Adventist Academy does not change as the years go by. Every year a group of high school students have the opportunity to travel to another country to serve others and learn more about Jesus. This includes past travels such as Cambodia and Vietnam, whereas students headed to Sabah this year. Students could paint buildings and teach primary students at the Sabah Adventist Secondary School campus. Students also partook in the celebration of the Sabbath as well as had free time to get to know the culture. Many have grown more independent as they had to adapt to the rural environment, and teachers are always able to see a significant growth in each student's character. Students have also viewed mission trips as not only a place to help those in need but also an opportunity to grow closer to God. Pastor Soontorn always maintained a perfect balance between hard work and fun, making mission trips the highlight of every school year for students!

**(Doll Doll Dai, G12)**



- (From Left to Right)
1. Organizing learning stations for the whole primary.
  2. Playing "Red Light, Green Light" with the students;
  3. Playing the bridge game made by teachers;
  4. Students scraping the Youth Building near the church;
  5. Tiffany painting the cafeteria walls red again!

📷 Photos: Ms. Bella Tungkir & Kyle Chan

### A Memorable Bond Created While Teaching

I went on this mission trip not having any prior knowledge as to what activities we would be doing or what to expect. I wanted to choose teaching because it allowed me to bond with the children there. I have never been too liked by kids even if I try my hardest but the experience in Sabah was different. Other students and I had to adjust to the daily surprises of teaching kids. We prepared songs for them to sing about Christ and also planned fun games to play together. The more days we spent with these kids the more I felt like I was growing closer to God and maturing as a person. I realized that they are not as privileged, yet they still have very bright smiles and are full of positive energy. I reflected and allowed myself to endure the feeling of being tired because their optimistic energy was contagious. Many of my friends also grew great bonds with the children remembering their names. The kids in Sabah also gave us gifts at the end of our class with them. The children said they would never forget about us and will always remember our names. I too won't ever forget about the experience and I am so thankful I got to spend time with them.

**(Doll Doll Dai, G12)**



Teaching grade 5 students, and after party before graduation!

### Painting With Fun!

During this year's Mission Trip, the high school students travelled to Malaysia to serve at the Sabah Adventist Secondary School in Tamparuli. From January 9 to 19, these students engaged in roles as painters and teachers, infusing dedication and joy throughout their work. While teachers facilitated activities within elementary classrooms, painters undertook various manual tasks around the campus. Their work included painting poles, fences and walls, as well as transporting bricks, carrying trees, and clearing logs. Through every project and assignment, the painters inevitably left a monumental impact on the community.

The Mission Trip not only focused on external changes, but on internal change and growth –spiritually and emotionally. Enoch Marjee, a first-time participant in the painting crew, reflected on his shifted perspective towards service. He realized that service can take many forms and does not always require a dramatic transformation. Presence alone has the potential to make a difference.

However, in the scorching Malaysian heat, any task can seem daunting. In spite of these multitudinous obstacles – the fiery temperature, the copious amounts of insects, and overall tiredness –the painting team demonstrated resilience and endurance. Enoch personally recalled the intense heat and agonizing muscle pain he felt. Yet, recognizing the significance of his work and the needs of the community encouraged him to persevere, even managing to scrape an entire wall alone.

Ultimately, the spiritual fulfillment derived from their service proved to be profoundly rewarding and inspiring, cultivating a unique experience for the painting team and the entire Mission Trip crew. This trip not only offered valuable aid to the Sabah Adventist Secondary School, but also fostered personal development and a deeper comprehension of the impact of service. **(Brogan, G11)**

### Value of the Month--Thoughtfulness

The word "thoughtful" has two important meanings for students to understand. First, it describes someone who is considerate and cares about others. A thoughtful person takes the time to think about how their actions affect those around them. For example, if a classmate is feeling sad and an intelligent friend might ask how they are doing or share a kind word. This shows empathy and kindness. Second, "thoughtful" can also mean being reflective or deep in thought. When we are thoughtful in this way, we take time to think about our ideas, feelings, and decisions. This can help us learn better and make good choices. **(Carly, G9)**



# SERVING GOD AT HOME HKAA'S SERVICE WEEK



## Service Week: Giving Back to Our Community

Service week was a week where we did community service around the school and also outside. We went to clean up the back area of the school to make it into a space for younger people to camp in the future. My friends and I had to pick up trash from the ground and cut weeds there too. I was mostly assigned with using the rake to rake up the weeds to make a path for the camping grounds, and it was very tiring, but it was fun. After doing that for a good amount of time we were assigned to work in the school building.

Everyone had a unique and different task to work on during this time. For example, I was assigned by Mr. Steve to grade papers. Most students had to work at the library or somewhere else. The last three days I was sick however on Friday I went to Sham Shui Po to give warm food to the homeless people. This entire week made us learn that we should also be considerate of others and help as many people as we can.



HKAA team at Crossroads Foundation

## Amy Shares Her Experience And Feelings From HKAA's Service Week

在其他人去马来西亚的同时，我们留在学校的学生做服务周。前面两天，我们在学校的后面捡垃圾。我们去学校后门，下面有一片类似树林的地方。我们清理里面的垃圾，想不到里面什么都有，小到玻璃碎片，大到渔网，大缸，椅子还有无数的钢铁管。一大堆垃圾堆成了一座小山。后面几天我们留在学校，我们帮助图书馆整理书籍。图书馆的工作人员告诉我们里面的书是怎么分类的，我们照着书上的标签一一分类，放到相应的位置。本以为是一项轻松的工作，没想到会很枯燥且费精力，很磨练我们的耐心。之后我们帮助了小学的老师布置她们门口的留言板，我们把一张张小朋友们的图画钉在板上，布置了一些有关新年的装饰，空荡荡的白板变得有年味了。今年是蛇年，我们用彩纸做了一条“蛇”，还做了两个类似灯笼的装饰。老师很满意也很开心我们能够帮助她完成布置留言板，给了我们一人一个巧克力。经过这十天的服务周，我觉得每一项工作都是值得尊重的，不管是体力活还是费时费力的，都在磨练我们的耐心和精力。我很开心能够有这种体验和经历，我们要尊重每一个努力工作的人。



Tina and Meredith

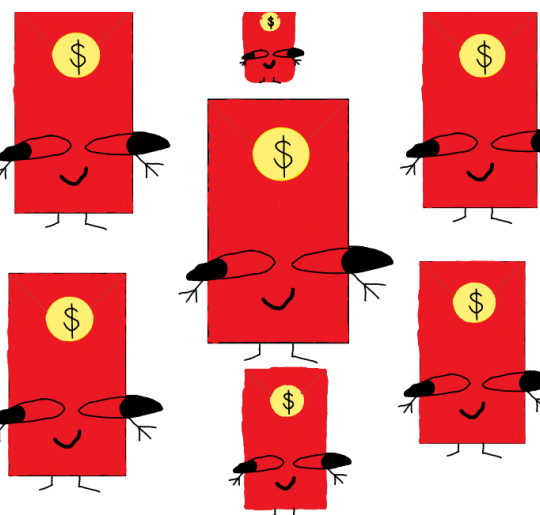


Illustration By Dora

## Team 2 Greeting and CNY Message

Happy New Year! May 2025 bring you good health and endless joy. Wishing you a year filled with happiness, goals, achievements, and numerous new inspirations.

Semester one finally ended. Which means semester two is here with us now. I think you guys enjoyed semester one. Always remember that if you find difficulties in your studies or even life, you can always ask teachers, classmates, and principals for help. Let's make this term a memorable term.

(Dora Lin, G10)

## CHINESE NEW YEAR GREETINGS WITH THE HAROLD TEAM



學業進步

Doll Doll Wishes You

万事如意

Brogan Wishes You

出入平安

Dora Wishes You

身體健康

Marcus Wishes You

新年快樂

Carly Wishes You

六六大順

Amy Wishes You

大古大利

Ivan Wishes You

年年有餘

Kyle Wishes You

心想事成

Kelly Wishes You



Artwork by Berlyne Bautista, Grade 7

## MS Final Exams

On January ten to fifteen the middle schoolers had their final examinations. The sixth graders had their examinations for three days straight. It started on Friday and ended on Tuesday. The easiest subject for the sixth graders would be social studies because they did some coloring for social studies. There are many opinions on the hardest subject on the test, but the top three are English, science, and math for sixth graders. On Wednesday after the middle schoolers finished their final examinations, they had a learning EXPO. It was located in the gym, and it was basically for the students to reflect on their work. They would show what they learned throughout the semester. The students could show what they learned in many ways; some used posters, and some presented. After the learning EXPO, they returned to regular classes on Thursday and Friday.

(Kelly Yip, G9)

"And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work (2 Corinthians 9:8, NIV)."



## Trusting God's Plan: Finding Joy in Unexpected Service

By Ms. Astynnia Gan  
Grade 7 Homeroom Teacher



The first year of Care Group family: Audrey's baptism. (From left to right) Angela, Ms. Nicole, Nicole Chan, Audrey, Ms. Astynnia, Angel, and Jasmine. (Not in the picture) Levanni.



The second year of Care Group family: Sabbath Nature Walk. (From left to right) Angel, Audrey, Ms. Astynnia, David, Zi Ken, and Long. (Not in the picture) Ms. Nicole, Jasmine, and Nicole Chan.

I love planning for almost everything—travel, work routine, weekend plans, etc. I know that God is the greatest planner, and He cares about the things that matter to you. But sometimes He doesn't work according to our plan. That can be frustrating for many of us, especially when you have many plans for your life.

To begin with, HKAA was never my first choice to work at, or in Hong Kong. I continuously asked God if it was the place He wanted me to serve. So, I began testing Him by asking for people that I could do Bible/ discipleship study with. I believe that God will always answer for prayers on soul-winning, and that year He gave me two students to study the Bible with. When I witnessed, one of the boys got baptized, and instantly I recalled that this was one of the things that I was desperately asking God to show me.

Since then, I started to have the confidence that this is the right place for me to be after all. Back in Malaysia, my friend, Nicole and I regularly attended the Care Group (CG) on Friday nights. It is similar to Friday vespers, but we would gather together in a small group at a family's house. Sabbath is always busy for us, from cooking meals for CG, devotional sharing, Sabbath school lessons, Sabbath afternoon program, and Saturday night social. Hence, as we both are here, we wanted to start a CG by inviting some high school students to our house. Our goal was to help the teens to experience the blessings of Sabbath together in a close-knit community.

At HKAA, life got busy as I was adapting. Rest became a foreign concept, and I continued at top speed. With work, study, and many ongoing life events, this went on until I had a massive meltdown. Having a Care Group started to become a burden, especially when there were only two core members. Health was not the best for either of us as well, and I wanted to give up so many times because of exhaustion. This experience taught me that God meets us where we are, not where we pretend to be. After many prayers and talking to several like-minded people, I have learned that the more we try to serve God, the more the devil constantly tries to distract us. As we kept pushing on, we have now witnessed how our Care Group has grown after two years. All that matters now is building relationships with the teens as we are growing together spiritually as a CG Family. Looking back, what seems difficult to start is now bearing its fruits. There were several times when I was moved to tears especially when the kids shared their stories and testimonies of their spiritual journey with God.

No matter what circumstances we are experiencing now, remember the days when we prayed for the things we have now. If it is something that pulls us away from God, it is not from God. After all, in our life here, earthly, sin-restricted, the greatest joy and the highest education are in service. I hope that this reflection story will encourage you to remember that God cares for all that we care about, even when the answers take many years.

## Mr. Norheim & Ms. Gonzalez Reflect on the Impact of the Mission Trip

As a mission trip should, it gave students (and staff) the opportunity to learn to adapt to a new, less comfortable environment. There were some tears the first nights as students realized what comforts they have taken for granted in HK, but as usual everyone settled in nicely eventually. Several students also commented that what locals lack in amenities they make up for with personal relationships and simple pleasures. Having comfort really doesn't seem to correlate to happiness!

The mission trip didn't have as much work as we were hoping, but the extra down time allowed students to talk and connect more with each other, and not feeling any academic pressure allowed the students to let their shoulders down. New friendships were made, and these have also carried over into school life after the trip. Personally, I really enjoyed interacting with students outside the classroom. **(Mr. Norheim)**

With every mission trip, I look forward to the moments when our students come together as a team and as friends. It is never tiring to watch them realize they can overcome so much as individuals and as companions in challenging new circumstances.

It is perhaps my eleventh mission trip and each time I go, I try to stay open about what God has to teach me, too. This time, it was a new challenge of guiding one of our students who found herself in a role similar to that of a social worker. Something as simple as listening to a problem and connecting a person to the right professionals can change a life. Our student was able to be an answer to a prayer for a local primary school student who had befriended and confided in her. It goes to show that these mission trips offer so much mutual, practical, and spiritual growth for all involved. **(Ms. Gonzalez)**

## Fruits: Nature's Powerful Gifts for Our Health

By Ms. Kitty Pang  
Senior Office Manager & Administrative

**Did you know that each fruit has its own unique qualities? Every fruit has its special strengths, functions, and even its own "responsibility" to our health. They are more than just tasty treats - each one offers powerful benefits for our bodies.**



Here's a list of some fruits and their incredible functions:

- Apples** - The best fruit for weight loss
- Oranges** - The best fruit for fruit for vision
- Blueberries** - The best fruit for brain function
- Bananas** - The best fruit for hair growth
- Papaya** - The best fruit for glowing skin
- Figs** - The best fruit for strong bones
- Kiwis** - The best fruit for boosting immunity
- Pineapples** - The best fruit for reducing inflammation
- Pears** - The best fruit for better digestion
- Dates** - The best fruit for energy
- Watermelon** - The best fruit for hydration
- Cherries** - The best fruit for reducing stress
- Strawberries** - The best fruit for blood sugar control
- Lemons** - The best fruit for detoxification
- Avocados** - The best fruit for healthy aging
- Mangoes** - The best fruit for skin repair
- Grapefruits** - The best fruit for liver health
- Guavas** - The best fruit for reducing cholesterol
- Raspberries** - The best fruit for metabolism



# SERVICE WEEK GALLERY



Adrian and Kyle

"For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many (Mark 10:45, NIV)."

Photos: Grace Song & Emily Zhang



Jessie Lo and Kelly Ho at the HKAA library



Mr. Slava guiding the students



Rick and Steven



Mr. Steve with the students at the Crossroads

## Happy Birthday to Brogan!



Brogan is our important member who always works her hardest to ensure The Harold Post produces quality news as she edits our members' articles. We are so grateful that she is on our team, and we look forward to more articles from her! --Doll Doll Dai

I wish you a Happy birthday-Kelly

Happy birthday!! Thank you so much for putting so much efforts into newsletter🥰- Dora

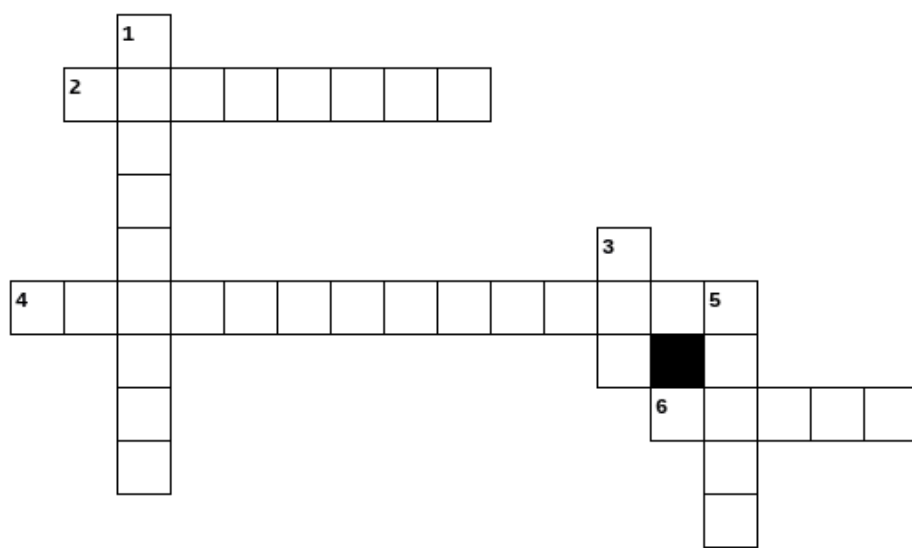
To my excellent Newsletter team member Brogan, wish you will have a great day full of joy and love.-Kyle

Good Luck in life -Marcus

Thank you for your hard work Brogan - Ivan

God bless!

## GAMES AND RIDDLES



### Across

- 2. The mountain high schoolers visited during Mission Trip
- 4. The value of the month
- 6. The Malaysian state high schoolers travelled to for Mission Trip

### Down

- 1. One way the new year is celebrated
- 3. The color most associated with Chinese New Year
- 5. This year's Chinese New Year animal

## EDITORIAL

### The Magic Of Serving



CHIEF EDITOR DOLL DOLL DAI

This month has been a rollercoaster of fun activities in which students got to learn how to serve others and to do the work of Christ. I have grown a lot from the trip so I am very blessed to have gone on this mission trip. Students are still in their holiday mood as middle schoolers have to deal with their final exams. On the bright side, semester one has officially ended meaning a fresh beginning for many. I hope everyone gets to achieve their 2025 goals and keep their eyes on the prize. *The Harold Post* has officially gotten past the new year and so we are excited to report on the news at our school as always. Now that teachers

have also had a say in our newsletter, I am eager to see what the teachers have in store for us this year. Nevertheless, since it is near Chinese New Year I hope everyone celebrates well with their family and hopefully receives a lot of red pockets! Happy Chinese New Year, 新年快樂!

Happy New Year And Thank You!

Thank you for reading the January edition of Harold Post! We appreciate your time in exploring this month's highlights, including the Mission Trip to Sabah, Malaysia, and High School Service Week—both incredible opportunities for students to experience different cultures and learn the value of helping others.

With Chinese New Year just celebrated, our team wishes everyone a joyful and memorable new year. All the best! :)

(Kyle Chan, G9)

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