

從跑步籌款看金錢與交往 3/2013

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每個年頭我都會抽空聯群結隊，帶著學生、家長、導師或友好，一齊參加「蕉拼日」跑步籌款。

其實捐款贊助有很多種方法，要自己又出錢又出力是沒有問題的；反正善款多少都只是出點心而已，實在沒必要驚動身邊的朋友。可是對我來說，這個籌款正給了我一個與大家交往的好機會，互相的問候，互相的祝福。既可以一方面支持「癌病基金會」關注現代人忽視對飲食和運動的習慣，而另一方面亦讓我為身邊患癌症或患病的人作點記念祝福。

這個籌款的交往遊戲，讓我好像要發帖請客一般的高興。想想近年那些人在自己的身邊，那些又是我的情深好友。雖然要他們掏腰包破費，我有點不好意思，但反正款項是義務籌集，為公益而不是為自己的私利，那麼我就變得更理直氣壯。而事實大多數人往往需要別人的催逼才願意行善，所以總需要有一個當醜人的去開聲。如果你是不能厚著面皮或不能清楚公益的目的，怕別人誤解，怕別人拒絕，怕別人批評，怕別人反對，那麼就恐怕難以啟齒了。

經過這種負面想法的考驗之後，我又可以再一步深深體會到不同人對金錢的態度。在芸芸捐款者當中，有一些是慣性有公益行善的預算，有一些會衡量與你交往的深淺，有些無奈地作基本開支，有些助你一臂去籌款，有些還你一個人情，有些給你藉口推搪；而有些我會低估了他們意願和經濟能力而不想開口，有一些我卻太高估他們經濟的富裕，而捐款實在不成正比。過程感受無法完全估計，充滿感激和探奇！

到了這個籌款項目的高潮，當然是跑步的當天。星期天的大清早晨，在尖東海旁，大大小小的參加者，業餘的、健碩的、睡眼的、精靈的；超過一千人穿上黃色的 T-Shirt，胸前掛著運動員編號，集體運動熱身，真使我有片刻像一個運動選手的感覺。出發擠湧的人潮，更讓士氣振奮高漲；路旁的歡呼，眼神的支持，雖然我們的腳步不算強勁，甚至會有落後及氣喘的時刻，但終歸人潮的力量，互相鞭策刺激；熱汗與熱血的奔馳，終點轉眼就在面前，然後再拚一口氣，拔步而飛！那怕明日要休息 48 小時！

所以如果我們沒有你的支持鼓勵作推動，我是不能獨個兒完成項目。多謝「世界癌症研究基金會」的統籌及友人的付出。來年再見，祝全年安好，身心康泰。

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From Charity Run to Money and Relationships

Mrs Mable Lam (Consultant - Education & Psychology)



At the beginning of each year, I take the time to form a team with my students, parents, tutors and friends to participate in the 'Beat the Banana!' Charity Run organised by the World Cancer Research Fund, Hong Kong (WCRF HK).

In fact, there are many ways to raise fund for charity. There is hardly any problem if I were to run and self-sponsor for the money. Besides, it is just the kind intention that matters, not the amount of donation raised, so it is not necessary to disturb my circle of friends at all. But for me, this event is a perfect opportunity for me to connect with friends, for mutual greetings and blessings. On one hand, I am willing to support WCRF's goal of raising awareness of the importance of exercise to our health; on the other hand, my participation is also meant as a thoughtful blessing to cancer patients and many others in a fight against deadly illnesses.

This interactive fund-raising game made me as happy as if I was inviting guests over for a party - it made me think about the people around me over the past years, and the people who I see as my closest friends. Although I felt a bit of unease when I had to make them contribute money from their own pockets, the fact that since this is for public charity rather than for my own benefit gave me the courage of my own conviction. In reality, most people will only contribute when they are pressed. Someone had to do the dirty job to ask for the fund. If you cannot be thick-skinned about it, or are ignorant of the aims of your charity; if you fear misunderstanding, rejection, criticism, or opposition, then you will have trouble making your request.

After breaking through these negative thoughts, I began to have a deeper sense of people's attitudes towards money. Among the various donors, some already had the habit of planning for their donations, some weighed the closeness of our relationship, some reluctantly

made their basic expenses, some gave you a helping hand, some returned you a favour, and some brushed you aside with excuses. There were those whose willingness and financial ability I had underestimated, and so I found myself hesitant in making requests. There were others whose wealth I had overestimated, and their donations were disproportionate to my expectations. My feelings during the whole process have been unpredictable, full of gratefulness and adventure.

The climax of this event was of course the run itself. That early Sunday morning, at the Tsim Sha Tsui East waterfront, big and small runners - be they amateurs, athletic, sleepy-eyed, or playful - the thousand of them were wearing yellow T-shirts, with their runner's numbers on their chest. As we were doing our mass warm-up, at that moment, I felt like a real athlete. As the wave of runners sprang forward, spirits were high with excitement. People by the roadside were cheering hard, their encouragement reflected in their eyes. Even though our strides were not at all powerful, even though at times we were falling behind, or even gasping for breath; but the energy of the crowd, the mutual encouragement, and the excitement kept us going. Running with blood and sweat, the finish line soon appeared before us, and with one big breath, we dashed forward with the very last of our strength - even if we would have to take a rest for the next 48 hours.

Without your support and encouragement, I could not have accomplished this event on my own. A very big thank you to the organizers and helpers at World Cancer Research Fund, Hong Kong, as well as to all my friends who have contributed in one way or another. See you again next year! In the meantime, I wish everyone healthy and well, in body and mind.

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