

## 至孝篤親總公所第三十一屆懇親大會

(台山市專訊) 美洲至孝篤親總公所第三十一屆懇親大會一連五天在台山市碧桂園內大酒店舉行、經各埠懇親代表連日來諧和、熱烈討論各埠公所多項建設性應革應興的提案；並於九月廿五日選出陳卓祥及陳秉雄為美東、美西第三十一屆總理。新任美東總理陳卓祥於當選後表示在未來三年的任內、他定會盡力兌現他對大會的承諾、加強美洲各公所間的溝通、求同存異以求推進族裔之諧和。除正總理外、大會並選出陳秉雄、陳國樑為美西正、副總理；陳焯濃被選為至孝篤親總公所秘書長，陳衛平卸任總理即晉升元老。該會每隔三年依章召開全美各埠代表懇親大會、每年於三藩市總堂召開一次由美東、西總理分別主持之由總堂元老、職員及灣區各公所職員出席之小懇親會議。大會完滿閉幕後、主辦大會之紐約公所隨即於九月二十六日率龐大之祭祖團、除暢遊粵北剛獲聯合國核為世界地質遺產之丹霞山後、由清遠市、清新縣熱情接並協助安排往天堂山以金豬三牲恭祭陳族入粵、閩始祖陳鳳台之墓；散隊後各自回美。該第三十一屆懇親大會在大會本月二十一日、為總公所轄下美洲二十多個分公所代表及觀禮會員到台山市報到之日：九月二十二日（農曆中秋節）、是日上午吉時、大會敬備金豬三牲、美東、美西陳衛平、陳耀洋二位總理偕同總公所元老、顧問在醒獅8頭簇擁下隆重拜祭族之人文始祖舜帝隨喧天的鑼鼓聲、震天的炮竹聲後、大會隨而由主辦公所之現任正主席陳錫儒以大會籌備處處長主持開幕典禮。會期一連五天迄九月二十五日選出第三十一屆美東西總理後閉幕，期內大會將討論各分公

所之提案、公所應興應革、修章、各分公所代表之增減及選舉新屆總理、是日大會除出席代表、寶眷、各分公所昆仲姊妹孀



姆之龐大觀禮團逾300多人、場面墟撼、又廣東省及台山市領導單位



及友會致送之花牌花籃琳瑯滿目、加添節日歡樂氣氛美洲至孝篤親總公所第三十一屆懇親大會由輪值主辦之紐約至孝篤親公所為追崇先僑創會之艱辛、亦藉之以聯絡鄉親情誼、本屆特首度離美境移師廣東省台山市假碧桂園大酒店舉行。

圖為：美洲至孝篤親總公所第三十一屆懇親大會陳卓祥、陳家樑當選美東正、副總理、陳衛平晉升元老。（圖片至水大師提供）



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### Reiki After Heart Attacks: A Study from Yale-New Haven Hospital

紐約州註冊501c3的非營利主流組織「火花靈氣」(SPARK)為最先引入華埠的靈氣(Reiki)組織，創辦人及會長葛思奇(David Gorczyński)，旨在提供免費的靈氣治療予勞苦大眾，因為華埠很多沒有醫療保險，長期工作積勞成疾。靈氣(Reiki)是一種放鬆情緒的氣功治療服務，在多間大型的主流醫院，已被引進作為癌症病患及老人癡呆症綜合治療的當中一個重要部分。

Last Sunday, SPARK volunteers were in Manhattan's Seward Park providing free Reiki (a Japanese form of Chi Gong) to the Chinese community. Visitors asked questions such as, "What does Reiki help?" and more personally, "Can it help me?" Reiki and other forms of Chi Gong are still relatively new in the United States and research is being conducted to determine their medical benefits. A recent study published in the Journal of the American College of Cardiology (JACC) by researchers at Yale-New Haven Hospital showed that Reiki treatment can benefit patients who have recently suffered a heart attack.

Following the stress and damage of a heart attack, the human body has an increased risk of a second attack. Doctors are aware of this risk, and helping the body recover its resilience is a primary goal in cardiac care. Cardiac risk is commonly measured using Heart Rate Variability (HRV). A low HRV is associated with an increased risk of a heart attack, and a high HRV is associated with a more resilient body and a lower risk. To help increase HRV following heart attacks, doctors may sometimes prescribe drugs called beta-blockers that reduce strain on the heart and lower blood pressure.

The Yale researchers explored non-traditional treatments and compared the short-term effects of three options for heart attack recovery -- Reiki, music and pure rest. The study measured both HRV and emotional state.

The results showed that a simple 20-minute Reiki session improved HRV. The HRV benefit was comparable to that seen in a study of the beta-blocker propranolol. Reiki also improved all emotional states, and of the three alternatives, Reiki had the most positive changes in emotional state. According to the researchers, the study also demonstrates that Reiki treatment is safe and feasible in the acute care setting.

Study: Effects of Reiki on Autonomic Activity Early After Acute Coronary Syndrome. Rachel S.C. Friedman, Matthew M. Burg, Pamela Miles, Forrester Lee, and Rachel Lampert J. Am. Coll. Cardiol. 2010;56:995-996.

Since 2009, SPARK has provided a free weekly Reiki service at the Greater Chinatown Community Association every Wednesday from 1:00pm to 2:30pm at 105 Mosco Street in New York City, and in November will begin offering free beginner Reiki workshops to the Chinatown community.