

Discourse
愛的話語



The Call of the Mother

傾聽母親的呼喚

圖片提供／達志影像

最懷念的滋味

結婚那天，主持人遞給我一張白紙，請我填下想對媽媽說的話以及最懷念的一件事。記得諾大的空白我只寫了「蒜泥白肉」4個字，這道菜餚是母親的拿手菜，很家常，但有著難以忘懷的美味。肥瘦適中的白切肉以滾水氽燙後，切片並用醬油蒜末拌勻，片片層層堆疊，一如媽媽那厚實的愛，在平凡內包裹著深厚底蘊，富含對家人的細心及守候。離家後最想念的永遠是那道佳餚，可能不是龍肝鳳髓，卻是充滿煙火氣的山珍海味。香氣總是能敲開記憶的門扉，以爐火為引、佳餚滋補，讓遊子永遠能找到歸途。母愛，是炊煙裊裊的溫柔，揉進細膩歲月的形狀，樸實無華卻瑰麗雋永。

個金總處個金營運處 潘政誼資深專員



優選作品欣賞

輕輕說聲我愛您

離開家的那一天，我以為自己終於長大了。從蹣跚學步到獨當一面，離開家是為了更大的世界，也是為了成為更好的自己。以為自己飛得夠高、走得夠遠，就能成為真正的大人，卻在某些安靜的時刻，發現心裡始終被一條看不見的線牽引著。那是飯桌上冒著熱氣的晚餐，是臥室裡帶著陽光味道的床鋪，是母親在廚房裡反覆忙碌的身影，將平凡的日子織成最溫暖的依靠。在外的日子，世界再喧囂，也敵不過一句簡單的關心，對話框裡那句「天涼了，多穿件衣服」，電話那頭輕聲的「什麼時候回家」，話語輕得像風，卻重得讓人無法忽視。那一刻我才明白，原來一直有人替我守著一個不變的家；原來所謂歸屬不是方向，而是有人在等，而是母親在的地方；原來長大不是走得更遠，而是懂得回頭，抱著她說一聲「媽媽我愛您」！

法金總處國際融資處 胡孝卉副理



心與心的距離



長大後才發現，能和媽媽談的多半只剩喜事、日常等不會讓彼此擔心的事。我這輩的年輕人追求自我實現，實現了什麼不確定，倒是「自我」似乎永遠不夠。媽媽卻正好相反，怕打擾我的生活，怕成為我的負累，總想著不要造成麻煩，在所有關於我的排序裡，她個人的感受與方便，總是排在最後。有些大事她不說，可母女連心，哪怕沈默也能察覺異樣。

我們用真心去猜對方的真心，心與心的距離有時很遠，有時近得讓人掉淚，即便會痛，心仍是我和媽媽最美好的牽絆。她輕鬆地說：「只是做個手術，幾天就出院了。」爸爸也說：「醫院離家近，我也沒做什麼，煮點她想吃的送去，還是熱的。」這些都是溫柔的謊，發生了大事，而他們做了一切、全部，我盼望媽媽讓我分擔她的悲傷與心碎。只是也許，我永遠是令媽媽擔心的心頭肉，而她也永遠是那個把自己放到最後的人。

總經理室 黃映維資深副理

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優選作品欣賞

留在掌心的餘溫



5月暖陽下吹著舒爽的風，空氣中瀰漫著溫馨的氣息，回憶起那雙厚實且帶著粗糙質感的掌心，是母親辛勞的刻痕，握起來卻比任何絲綢都溫暖，那是我這輩子最想念的溫度。對於母親的記憶停留在20年前的夏天，想念時仰望天空，總覺得雲朵形狀、陽光溫度，都藏著母親未說完的話；想念時吃著您愛吃的黑糖沙琪馬，黏牙又帶著黑糖香氣，是您生前最愛的滋味，每咬一口，彷彿您在我身旁，笑著共享那份樸實

的快樂，也是跨越時空唯一的味覺交集。偶爾路過熟悉的烘焙坊，儘管店招牌已在歲月中斑駁褪色，但鼻尖彷彿又嗅到剛出爐充滿奶油香氣的菠蘿麵包，這酥脆外殼的黃金菠蘿包，是您生前最愛與我分享的戰利品。時光雖帶走了牽手的機會，卻帶不走掌心的餘溫。那份記憶早已烙印在每個有風、有光的5月天，成為陪我一路前行的恆久印記。

稽核處 熊靜君資深專員

永遠的心靈歸宿



有個能回去的地方，有位等著我說「你回來啦」的人。這份溫度，是母親教給我生命中最珍貴的一件事。身為家中3個孩子的老么，我在父母與兄姊的萬千寵愛下長大。年少時，我總是順著好奇心自由生活，總覺得回到家有母親等門、桌上永遠有熱騰騰的飯菜，都是理所當然的風景。直到如今隻身離鄉，我才驚覺那些平淡的日常，其實滿溢著母親深厚的愛。在那看似理所當然的歲月背後，其實藏著媽媽辛

苦的汗水與淚水。現在的我，口袋裡總帶著兩把鑰匙：一把開啟異鄉的生活，另一把則是老家的家門。對我來說，老家的鑰匙不只是一塊金屬，更像是一個溫暖的「御守」。每當在外面感到疲憊或不安，只要摸摸這副鑰匙，心裡就有了勇氣，因為我知道家門後永遠有一盞為我點亮的燈。這份恩情重得讓我不知該如何開口，但我希望能如同母親守護我那樣，將這份勇氣化做行動，一點一滴地回饋給她。謝謝您，媽媽，讓我擁有一個永遠可以回去的地方。

福岡分行 小林里乃香專員

謝謝您那麼愛我



生了孩子之後，我才開始重新看見您。以前我只知道您是我媽媽，會碎念、會管很多事，有時候甚至覺得您有點嘮叨。直到我生了一個孩子，我開始看見另一個您——那個當外婆的您。您抱著他時動作很輕，像抱著一件很珍貴、又很容易碎的東西。他哭的時候，您比我還著急；他笑的時候，您的眼睛會彎成月亮。有時候我會站在旁邊看著你們，看您一邊碎念「怎麼又流口水」，一邊拿紙巾幫他擦；看您明明說很累，卻還是把他抱起來走來走去哄睡。那一瞬間，我忽然有一點難過，原來您當年也是這樣照顧我，只是那時候我太小了，小到完全不記得您為我做過的一切。現在我看見了，但同時間摻雜著一點害怕，這樣的日子或許不會有很多年。有一天，他會長大、我會變老，而您會慢慢走到我們前面，想到這裡我很想把時間抓住，想多看幾次，您抱著孫子笑的樣子。媽，謝謝您。是您曾經那樣愛過我，而我現在也正用同樣的方式愛著我的孩子。母親節快樂，媽媽。

台南法金區域中心 郭怡玄襄理

おかえり

「帰る家があり、『おかえり』と迎えてくれる人がいること。」これこそ母が教えてくれた"愛"。

末っ子として、家族の愛情を一身に受けて育った私は、母が待つ家や温かいご飯を当たり前だと思っていた。故郷を離れた今、その何気ない日常こそが母の深い愛だったのだと実感する。

今の私には二つの家の鍵がある。一つは今の家の鍵、もう一つは実家の鍵。実家の鍵は、私にとってお守りのような存在だ。疲れ果てた時、その鍵があるだけでホッとできる。それは自分をおかえりといつでも迎えてくれる家族がいることを知っているから。

お母さん、私達に「永遠に帰れる場所」をくれてありがとう。少しずつ恩返しをしていくね。

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優選作品欣賞

引母入光

背上那幅舊布，先識風之重，復識人間—原來情，能將勞瘁織作柔牆。
自有識以來，您總守門前灶畔，一肩晨曦，一肩負霜。
四名稚子隨身輕晃，如未穗之禾，將黃未黃。啼聲如雨，您未嘗避；飯氣為火，您未肯讓。
把流年慢煮成湯，送我們各自他鄉。而我，少時乖戾，逆風而長。
誤將呼喚作束縛，以冷言以對，以背影回望。門一闔，您仍在灶前，火未熄，人未歇，夜卻已長。
今始知，您非不倦，但將倦意摺入衣角。亦非無痛，惟以所痛，換我等安穩無恙。
未言之歉，積歲成雙；我一一拾取，終不敢呈上。恐一聲愧辭過輕，難當您半世間扛。
若得重來，願分風浪，使此舊布，易我承當；若不可追，便自此時，續您未竟之溫良。
母親—我不復只隨您遠行，願回首，引您步入徐光。



福岡分行熊本出張所 曾向媛專員

My Mother, the Heart of Our Home

Mother's Day is bittersweet for me. It brings warmth because I remember my mother, her name was Yin Hla Mu, and I feel pain because she was no longer here. She meant everything to me. She was beautiful—brown, warm skin; long black hair; big dark eyes that made me feel safe. A small mole between her left eye and her nose made her face special. We were a family of five: my father, my mother, me, and my two younger brothers. Our house was always busy, but my mother kept it calm. She cooked, cleaned, helped with homework, and kissed us goodnight.
One of my clearest memories is our Mother's Day. We never bought gifts; instead, we cooked together—rice and curry in big pots—and walked the streets looking for people in need. We gave meals to hungry children and lonely elders. My mother always smiled while sharing. She believed giving was better than receiving, and she taught us to do the same.
When I was fifteen, my mother fell ill with a gynecological problem. She grew weak despite our prayers. She passed away, and our family felt broken. I cried for a long time. Life without her was hard. Later, my father passed away too. I hope they are together now, at peace.
My brothers and I live together and work hard. We remember our parents every day—their faces, voices and love. On Mother's Day we honor her memory by continuing the tradition she began: cooking, packing meals, and sharing them with those who need. When I do this, I feel close to her, as if she is still here guiding us. She was a good woman who taught us kindness and love. We will carry her lessons in our hearts forever.



仰光分行 Thiri Hla Min 專員

同じ春を見ながら
古い布を背に結ぶ母。
霜の朝、竈の火を守る姿はまるで、冬の家を見守る山の神のよう。
湯気の立つ鍋は、小さな春。
梅の香のような温もりの中で、まだ実らぬ稲穂のような子らは揺れながら育ち、やがて風に背を押されるように、それぞれの道へ歩き出していった。
若き日の心はまだ青く、母の情を袖の重さと誤り、湯気の向こうへ冷たい言葉を放った。
秋の庭、散り紅葉を踏むたび、露のような悔いが胸ににじむ。
思えば、その古布は旅人に与える蓑のように長い冬から家族を守っていた。
けれど、母の背は春の霞のようにやわらかで小さくなっている。
母さん。
子は今になって、ようやく母の春を知りました。
母さんと、
同じ春を見ながら。

အမေများနေဟာ ကျွန်မအတွက်တော့ ဝမ်းသာစရာနဲ့ ဝမ်းနည်းစရာ ရောယှက်နေတဲ့ နေ့တစ်နေ့ပါ။ အမေ့ကို သတိရတိုင်း နွေးထွေးမှုကို ခံစားရသလို၊ အမေ ရှိမနေတော့ဘူးဆိုတဲ့ အသိကလည်း ကျွန်မကို နာကျင်စေပါတယ်။ ညိုစင်းတဲ့ အသားအရေ၊ နက်မှောင်တဲ့ ဆံပင်တွေနဲ့ မျက်လုံးအိမ် အပိုင်းကြီးတွေ ပိုင်ဆိုင်ထားတဲ့ အမေဟာ သိပ်ကို လှပလွန်းသူပါ။ မိသားစု ငါးယောက်ရှိတဲ့ အိမ်လေးကို အမြဲအေးချမ်းအောင် အမေကပဲ ထိန်းကျောင်းပေးခဲ့ပါတယ်။ အမေဟာ ထမင်းဟင်းချက်ပေးတယ်၊ အိမ်သန့်ရှင်းရေး လုပ်ပေးတယ်၊ ကျွန်မတို့ စာကျက်တာကို ကူညီပေးသလို ညတိုင်းလည်း နဖူးလေးကို နမ်းပြီးမှ အိပ်စက်စေခဲ့ပါတယ်။ အမှတ်ရဆုံး အမှတ်တရကတော့ အမေများနေတိုင်း အိုးအကြီးကြီးတွေနဲ့ ချက်ပြုတ်ပြီး လမ်းပေါ်က ဆာလောင်နေတဲ့ ကလေးတွေနဲ့ အတိုးအဘွားတွေကို ဝေငှခဲ့တာပါ။ "ရယူခြင်းထက် ပေးကမ်းခြင်းက ပိုမွန်မြတ်တယ်" ဆိုတဲ့ အမေ့ရဲ့ အဆုံးအမဟာ ကျွန်မတို့အတွက် တန်ဖိုးရှိတဲ့ သင်ခန်းစာ ဖြစ်ခဲ့ပါတယ်။

Discourse
愛的話語

She Is more than
a Mother

Mother's Day feels softer to me than any other day, drawing my thoughts to my mother through life's smallest, most real moments. It reminds me of a woman who has given everything, including the sacrifices she never speaks about. Turning fifty-five this May, my mother possesses a beauty that has only deepened with time. She is calm, patient, and finds peace in the simple joys of a housewife's life; preparing delicious meals, keeping a spotless home, and spending time in prayer. To me, she is the absolute center of our family and a nurturing sanctuary I can always return to.



Behind her gentle life lies a sacrifice far greater than I once understood. Years ago, she gave up her own house without hesitation so that my brother and I could finish university. She traded her own walls to give us our wings. At the time, I was too young to grasp the weight of that choice, but as an adult, I feel its gravity in every heartbeat. My deepest regret remains the year she underwent major surgery. It was my busiest, most demanding year at university. While she faced pain and fear, I was miles away, tethered to my desk and gripped by helplessness. Even now, I wish I could go back and sit beside her, even if it means holding her hand in silence. True to her nature, she never once blamed me but that absence has stayed with me until now. On this Mother's Day, I want to thank her for being exactly who she is. To me, she is more than a mother, she is my support and my home. I will always carry her in my heart with gratitude that words can barely express.

仰光分行 Lamin Eain 資深專員

優選作品欣賞

To Whom I Learned
Strength and Kindness
From

As I grow older, I realize that growing up is not measured by how far we travel, but by how deeply we learn to cherish the simplest things. There was a time when I believed I had to struggle in the crowded city, pushing myself to prove my worth. Yet the more I experienced, the more I understood that nothing can replace the warmth of my mom's cooking or the joy in her eyes when she sees me eat with delight. Even when I became chubby, she still called me pretty. To a mother, a child's appearance is never a matter of comparison, but a sign of health and fullness. That unconditional love assures me that I will always be beautiful in her eyes.



My mother never had the chance to pursue higher education. She desired to study, but poverty forced her dreams to fade. Therefore, she devoted herself to ensuring her children could study properly, so that we could hold pens instead of plows and work in offices rather than fields. On my graduation day, I placed my bachelor's gown upon her shoulders. That gesture was a silent vow: "I carry my mother's silent dreams, and let my life speak the words she never could." Her eyes reflected years of sacrifice, and her smile was filled with pride. Sophia Loren once said: "When you are a mother, you are never really alone in your thoughts. A mother always has to think twice, once for herself and once for her child." Indeed, my mom has always carried me in her thoughts. Even as I grow and follow my own path, she continues to guard me with her heart. It is these small acts of love that guide me through life.

同奈分行 楊氏翠微專員

အမေများနေ့သည် တခြားနေ့ရက်များထက်ပိုမိုနူးညံ့ကာ အမေ၏ထုတ်ဖော်မပြောသောပေးဆပ်မှုများကို ပြန်လည်အမှတ်ရစေပါသည်။ ဒီမေလမှာ အမေအသက်(၅၅)နှစ် ပြည့်ပါပြီ။ အချိန်တွေကြာလာလေ အမေ့ရဲ့အလှက ပိုပြီးတင့်တယ်လာပါသည်။ အမေသည်တည်ငြိမ်အေးချမ်းပြီး စိတ်ရှည်သူဖြစ်သည်။ ရိုးရှင်းသော အိမ်ထောင်ရှင်မဘဝကိုမြတ်နိုးကာ ဟင်းချက်ခြင်း၊ အိမ်သန့်ရှင်းရေးလုပ်ခြင်းနှင့် ဘုရားဝတ်ပြုခြင်းတို့ဖြင့် စိတ်အေးချမ်းမှုကို ရှာဖွေတတ်သူဖြစ်သည်။ သူမသည်မိသားစု၏ ဗဟိုချက်မ ဖြစ်သလို ကျွန်မအတွက် အမြဲတမ်းနားခိုရာ ရိပ်မြဲတစ်ခုလည်းဖြစ်သည်။ အမေ၏အေးချမ်းသောဘဝ နောက်ကွယ်တွင် ပိုမိုကြီးမားတဲ့ချစ်ခြင်းတရားနဲ့ စွန့်လွှတ်မှုများရှိခဲ့သည်။ လွန်ခဲ့တဲ့နှစ်ပေါင်းများစွာက သားသမီးများ တက္ကသိုလ်ပညာပြီးဆုံးစေရန် သူမ၏ကိုယ်ပိုင်အိမ်ကို တွန့်ဆုတ်ခြင်းမရှိဘဲ စတေးပေးခဲ့သည်။ သားသမီးများကို အတောင်ပံတပ်ပေးရန် သူမ၏လိုခြံရာနံရံများကိုလဲလှယ်ပေးခဲ့ခြင်း ပင်ဖြစ်သည်။ အမေ့စိတ်မူကြီးခံယူချိန်တွင် တက္ကသိုလ်စာမေးပွဲများနှင့် အလုပ်ရှုပ်နေသဖြင့် အနားမှာမရှိပေးနိုင်ခဲ့ခြင်းမှာ ကျွန်မအတွက်အကြီးမားဆုံးသောနောင်တဖြစ်သည်။ အမေကထုံးစံအတိုင်း အပြစ်မတင်သော်လည်း ထိုအချိန်က အမေလက်ကိုဆုပ်ကိုင်မထားပေးနိုင်ခဲ့သည့်အတွက် ယနေ့တိုင် ကျွန်မရင်ထဲစိတ်မကောင်းဖြစ်ရဆဲဖြစ်သည်။ ဒီအမေများနေ့မှာ အမေကို ကျွန်မအမေဖြစ်နေတဲ့အတွက် ကျေးဇူးတင်ကြောင်းပြောချင်ပါသည်။ ကျွန်မအတွက် အမေဟာမိခင်တစ်ယောက်ထက်ပိုသော နားခိုရာ အိမ်တစ်လုံးဖြစ်သည်။ သူမ၏ထုတ်ဖော်မပြောသော စတေးမှုများနှင့် စစ်မှန်သောမေတ္တာတရားတို့ကို စကားလုံးများဖြင့် ဖော်ပြရနိုင်အောင်ပင် ကျွန်မနှလုံးသားထဲမှာ အမြဲတမ်းကျေးဇူးတင်တန်ဖိုးထား နေပါသည်။

Me - Người dạy tôi bài học về sự kiên cường và lòng tử tế
 Có lẽ, trưởng thành không phải là đi xa, mà là biết trân trọng điều giản dị nhất. Đã có lúc tôi nghĩ mình phải bon chen nơi phố thị để khẳng định bản thân. Nhưng càng trải nghiệm, tôi càng nhận ra rằng không gì có thể thay thế bữa cơm mẹ nấu, hay nụ cười hạnh phúc của mẹ khi thấy tôi ăn ngon. Dù tôi có tròn trịa hơn, mẹ vẫn khen tôi xinh xắn. Với mẹ, vẻ ngoài của con cái không phải để so sánh, mà là dấu hiệu cho thấy chúng luôn khỏe mạnh. Chính tình thương vô điều kiện khiến tôi luôn cảm thấy mình xinh đẹp trong mắt mẹ. Mẹ tôi không có cơ hội được học hành đến nơi đến chốn. Khi còn nhỏ, mẹ rất ham học nhưng hoàn cảnh khó khăn buộc mẹ phải gác lại ước mơ. Vì vậy, mẹ luôn cố gắng hy sinh để các con được học tập đầy đủ, có công việc ổn định, không phải lam lũ như mẹ ngày trước. Ngày tôi nhận bằng tốt nghiệp, khoác chiếc áo cử nhân lên vai mẹ, gửi gắm lời nhắn nhủ: "Con mang theo ước mơ dang dở của mẹ, để viết tiếp bằng chính cuộc đời mình." Sophia Loren từng nói: "When you are a mother, you are never really alone in your thoughts. A mother always has to think twice, once for herself and once for her child". Dù tôi đã lớn, mẹ vẫn luôn dõi theo từng bước đi của tôi. Chính những yêu thương lặng lẽ ấy đã trở thành điểm tựa vững chắc, giúp tôi bước tiếp trên hành trình cuộc đời.

Discourse 愛的話語

優選作品欣賞

阿母對我的驕傲佻愛

這幾冬，阿母總是一有閒就轉去後頭厝照顧致著失智症的阿公。面對愛人長期照顧的序大人，毋但需要用心佻頂真，閣較需要耐心。自細漢到大漢，阿母對我要求總是足嚴格，我總暗自好奇：這款的伊，面對會不時袂記得的阿公，會有佻濟耐心？等到有一工，我無意中聽著個的對話。阿公一擺閣一擺問講：「庭瑜這馬剛創啥物啊？」阿母口氣輕柔應講：「伊佇銀行上班喔！」阿公閣問：「佻一間啊？」阿母笑講：「伊佇玉山銀行，真厲害喔！」



阿公聽了嘛綴咧講：「有影真厲害欸！」短短的對話，阿公目矚仔就會袂記得，毋過阿母彼句「真厲害喔」，煞深深焮仔我心肝內。原來，佇嚴格的教養背後，阿母對我的驕傲佻愛從來毋捌少過；伊對阿公彼份溫柔的包容，予我看著愛的另外一種模樣。阿母，感謝你用行動予我知影愛佻責任，我嘛會繼續拍拚，做你一直驕傲的查某团。

香港分行 粘庭瑜副理

Wholehearted Love

My greatest blessing Mother's Day has become more meaningful to me as I grow older, I finally begin to understand how many quiet sacrifices sit behind your gentle smile. You are not just my mother, you are my first teacher, my safe place, and the steady light that guides me forward, no matter how dark the road feels. When I was small, your love looked like early mornings and late nights: preparing breakfast, checking my schoolbag, waiting up until you heard the key turn in the door. Back then, I thought these were just "things mothers do." Now I see them as choices you made every single day—putting my needs before your own, to carry worries you never voiced. As I stepped into adulthood, our relationship slowly changed. We started to talk not only as mother and daughter, but also as two best friends sharing our dreams, fears, and secrets. You listened when I doubted myself, reminding me that failure is not the end but a new beginning. You celebrated my small achievements as if they were grand victories. Now that I am grown, one of my greatest joys is exploring the world with you. Whether we are trying new food in a city we have never visited, getting lost in small streets, or simply walking along the seaside near home, every journey feels special because we are together. "Home" is not only a place, but also a person—the one who laughs with me in new countries and holds my hand when things do not go as planned. What moves me most is how naturally you give. You offer your time, your energy, and your warmth to family and friends, never asking for anything in return. This Mother's Day, watching you has shaped how I want to live—I want to show it by becoming kinder, braver, and more patient, just as you have always been with me. Your lessons, strength, and ability to love wholeheartedly live in me every single day. Mom, you are my home, my courage, and my greatest blessing. Happy Mother's Day.



香港分行 柯庭茵專員

愿岁月温柔以待

母亲的爱，是浸润在岁月肌理里的细碎与绵长，如灯暖夜。自记事起，我便在她的羽翼下安渡晨昏，她把半生温柔拆解成细碎的光，铺满我成长的每一寸时光，将柴米油盐的琐碎，过出暖意，把世间风雨稳稳挡在身后，只留一片晴朗予我。时光镌刻的碎片，皆是她爱的注脚：清晨灶火边的饭香熨帖人心，深夜书桌旁的灯火柔软孤寂，失意时她掌心的温度治愈疲惫，犯错时她眼底的包容给予底气。这些细碎温暖，拼凑成我生命最厚重的底色，成为我奔赴远方的力量。

待我褪去青涩，才读懂她眼角细纹里的操劳。媽媽的付出从非理所当然，而是敛于沉默的温柔深情，从不求我鲜衣怒马、功成名就，只愿我三餐暖、四季安。我唯愿时光慢些，让她少些操劳、多些欢喜。何其有幸为她的孩子，往后换我执她的手，细数烟火，愿岁月温柔以待，不负她半生操劳，让这份爱岁岁相伴。

香港分行 董雨汎專員

The First Number in My Phone Contacts

In my phone contacts, my mother's number has always been the first. For more than a decade, it hasn't changed. I don't dial it often, but I carry it with me—like a quiet reassurance I can access at any moment. I still remember the night before my college entrance exam, when anxiety kept me awake. I called her, and she picked up after a single ring. "I knew you would call," she said, as if she had been waiting the whole time. Years later, during my first business trip, lost in a city I had never been to, I instinctively dialed her number again. She couldn't read maps, but she guided me with simple logic: "Find a well-lit place, sit down, and ask someone nearby." Her advice was practical, steady—exactly what I needed. Even now, every call begins the same way: "Have you eaten?" Three words that sound ordinary, yet hold every shade of her concern. During a video call last week, she was airing quilts on the balcony. At sixty-three, she stood on tiptoe, patting each quilt until it was full and soft. The camera caught her hands—knuckles slightly swollen, skin roughened by years of work. These were the same hands that once tightened my scarf on winter mornings and tucked me in at night. They continue, in their own quiet rhythm, preparing for my return. She said, "When you come back, these quilts will be warm." She never say "I love you," yet her care appears in every small detail—stitched into loose buttons, simmered in porridge, folded into bedding, and preserved in that unchanged number saved at the top of my list. The warmest call, I've learned, is not the one you make. It's the certainty that someone will always answer. Happy Mother's Day, Mom.



香港分行 姜宇專員



媽媽的輕聲叮嚀

在新加坡工作生活，「乘三」是我腦海中最揮之不去的公式。身為大馬人，看著物價標籤總是不自覺地在心中運算，省錢的習慣演變成了自我約束的標籤，每一餐的開銷，背後計算的都是生存的重量。還記得初到獅城時，媽媽在電話那頭輕聲叮嚀：「囡囡，記得吃東西啊。」那時的我正為了節省開銷而猶豫著午餐，她幾乎隔著螢幕看穿了我的掙扎，隨即又補了一句：「不要想匯率，再不吃東西遲早得厭食症！」這句話聽起來有點直白，甚至帶著點玩笑的話，卻瞬間擊碎了我的心防。

原來在媽媽眼裡，匯率和消費可以乘三，但唯獨對我的心疼是無法計算的。她不在乎我帶回多少，只在乎我有沒有餵飽那個她一直疼愛的女兒。現在的我，學會了在計算匯率之餘，也要好好吃飯。因為我知道，把自己照顧好，不讓遠方的媽媽擔心，才是我在異國打拚最基本，也最深情的報答。媽媽，我今天有乖乖吃飯喲！祝您母親節快樂。

新加坡分行 陳秋瑾資深專員



牽挂与陪伴

深圳与台北的距离不远，原以为频繁的往返能缩短与家人的距离，直到今年外婆的离开，匆匆推开家门，屋子里静谧的氛围，让我更深刻地感受到时间对长辈的无情刻画。在帮忙整理屋子的余隙中，我瞥见妈妈床头多了块小白板。上面没有什么惊天动地的大事，只有细碎的字迹：「记得吃血压药」「周六回诊」「周四和二姐聚餐」。看着这块白板，我的眼眶不禁有些发热。那一刻，我读懂了她最深沉的爱。这不只是为了提醒自己，更是为了让我能安心在外打拚，不让我担忧，她在用最努力、最自律的方式「好好生活」。

外婆的离开像一声提醒，有些陪伴，经不起一次次拖延。时值母亲节，望着这块白板，我终于懂得，陪伴不是短暂的相聚，而是把牵挂落到实处。珍惜时间并把每一份牵挂，都变成触手可及的陪伴，愿您岁岁安康、喜乐常伴，母亲节快乐。

中國子行 蔡羽皓高級專員

一碗汤的距离

3月，康乃馨的香漫过花店。视频电话里，妈妈背对着镜头搅汤，热气模糊了摄像头，却映出记忆里她等我回家时的「驱寒汤」。我是年归的候鸟，故乡的冬，只在过年那7天。小时候发烧，她用额头试我的温度；高考前夜，她把热茶灌进我书包保温杯。如今千里之外，她总说「别惦记」，可我见过她日历上，从除夕到下一个除夕，三百多天都被红笔淡淡圈过。母亲的爱，是迁徙路上不变的坐标，是行囊里塞不完的家乡味，是电话里欲言又止的「累了就回来」。

今年母亲节，我依然回不去，便在异乡学着她煮汤。慢火熬煮间，姜枣香漫开，我尝到了乡愁。妈，您是故乡最静的花，开在我年关的牵挂里；您是家门最深的河，淌过我所有远行的梦。您的春天很短，短到只够拥抱我7天；您的春天又很长，长成我一生回望的岸。

中國子行 劉永輝主任



默默守护我的爱

世间最甜美的呼唤，莫过于一声「妈妈」。它是生命最初的呢喃，是岁月最长的牵挂。纵宇宙洪荒，生命浩瀚，唯有我们与母亲，真正分享过心跳。妈妈从不在意母亲节是哪一天，在她眼里，我们回家的日子，才是真正的过节。母亲节只是5月中的一天，而母亲的爱，却是岁岁年年。我的成长轨迹，是妈妈的世界地图。我走过的每一步，她都记在心上；我奔赴的每一段远方，都踏着藏不住的牵挂。她为我插上逐梦的翅膀，亦为我留好归巢。临行前的行李箱再满，也装不下她的惦念。世人总在意我是否平庸，可在妈妈眼里，我永远是最棒的小孩；而她不知道，她才是我生命里最了不起的超人。她悄悄扛下生活的苦，赠我温柔时光；默默守护我的笨拙，藏起一身疲惫。以爱之名，陪您到老；与爱同行，岁月长青。妈妈，谢谢您，我爱您。愿您春祺夏安，秋绥冬禧，四季安康，百岁无忧。

中國子行 余佳惠專員



A Mother's Sacrifice Is beyond Measured

My mother lived a life of radical generosity toward others, while remaining stingy only to herself! Life wasn't easy back then; even during her pregnancy, my mother had to face many sleepless nights to build the life she wanted for her children. Five children and a lifetime of bills never dimmed her vision: she wanted to see us walk across a stage she was never allowed to step upon. Her own education was a casualty of hard times, leaving her with regrets for the languages, she never learned and the books she never finished.

To honor her, I turned my education into a tribute, hand-delivering the 3.8 GPA my mother once dreamed of achieving herself. These are not just academic records; they are the harvest of the seeds she planted years ago. Every grade I earned and every success I have is a gift I return to you. Thank you for being 'stingy' to yourself so that you could be everything to me. Of all the gifts life has given me, the greatest is being your son. If I am born again a thousand times, I hope I am lucky enough to be your son every single time. Happy Mother's Day, Mom!

柬埔寨UCB子行 Heng Sopheap



A Child's Deep Gratitude

傾訴子女的感謝

圖片提供 / 達志影像

毫無保留的給予

小時候，家裡住在多山的苗栗，奶奶時常帶著我一同進山林裡採過貓、竹筍，教我辨識各類野菜，在山林野溪遊玩的畫面，占據我絕大多數的童年，奶奶總是陪在我身旁，對年紀尚小的我來說，奶奶的愛是無止盡的陪伴。高中時，第一次去外地讀書，開始住在宿舍，奶奶總是擔心我是否吃飽穿暖、身上的錢夠不夠用，奶奶沒有工作，但她總願意將身上僅有的錢默默塞給我，讓我在陌生的城市中，不會因手頭拮据而多吃苦，對那時的我而言，奶奶的愛是毫無保留的給予。兩年前，我決定跟同性伴侶登記結婚，在親口告訴奶奶前，我很忐忑，害怕她對我失望，失望於我沒有長成她期待的模樣。得知後，奶奶一派輕鬆地說願意支持我的決定，她只願我在人生的漫漫長路上，能真心快樂。奶奶的愛，是無條件的理解與包容。願奶奶身體永遠健康，當我永遠的避風港，奶奶我愛您！



個金總處信用卡暨支付金融處 游馥嘉副理

ការលះបង់របស់ម្តាយគឺធំធេងកាត់ថ្លៃមិនបានឡើយ

ម៉ាក់បានរស់នៅក្នុងជីវិតមួយដែលចិត្តទូលាយបំផុតចំពោះអ្នកដទៃ ប៉ុន្តែបែបជាត្រឡប់ត្រឡាតសន្សំសំចៃបំផុតចំពោះខ្លួនឯងទៅវិញ!

កាលនោះជីវិតមិនមែនងាយស្រួលឡើយសម្បើមតែអំឡុងពេលពោះក៏ម្តាយរបស់ខ្ញុំត្រូវហែលឆ្នងយប់អាត្រាគ្រោះដោយគ្មានការសម្រាកជាច្រើនយប់ដើម្បីកសាងជីវិតមួយដែលគាត់ប្រាថ្នាចង់ឱ្យកូនៗ។ កូនប្រាំនាក់ និងបន្ទុកផ្សេងៗពេញមួយជីវិត មិនដែលធ្វើឱ្យគាត់ចង់ចុះចាញ់ឡើយ ពោលគឺគាត់ចង់ឃើញពួកយើងដើរលើផ្លូវមួយដែលគាត់មិនអាចមានឱកាស។ ការសិក្សារបស់គាត់ត្រូវបានលះបង់ដោយសារគោលបំណងដែលបន្សល់ទុកនូវការសោកស្តាយចំពោះគាត់នូវភាសាដែលគាត់មិនបានរៀន និងសៀវភៅដែលគាត់មិនអាចបញ្ចប់។

ដើម្បីជាការអរគុណដល់គាត់ ខ្ញុំបានប្រែក្លាយការសិក្សារបស់ខ្ញុំទៅជាសក្ខីភាពនៃការដឹងគុណ ដោយនាំយកមកនូវនិទ្ទេស 3.8 GPA ដែលម្តាយខ្ញុំធ្លាប់ស្រមៃចង់សម្រេចបានដោយខ្លួនឯង។ នេះមិនមែនគ្រាន់តែជាលទ្ធផលសិក្សានោះទេ ប៉ុន្តែវាគឺជាផ្លែផ្កាដែលកើតចេញពីគ្រាប់ពូជដែលគាត់បានដាក់កាលពីច្រើនឆ្នាំមុន។ រាល់ពិន្ទុដែលខ្ញុំទទួលបាន និងរាល់ភាពជោគជ័យដែលខ្ញុំមាន គឺជាការដួងដែលខ្ញុំតបស្នង ជូនគាត់វិញ។ អរគុណអ្នកម៉ាក់ដែលបាន "ត្រឡប់ត្រឡាត" ចំពោះខ្លួនឯងដើម្បីក្លាយជាអ្វីៗគ្រប់យ៉ាងសម្រាប់កូន។

ក្នុងចំណោមកងដុំទាំងអស់ដែលជីវិតបានផ្តល់ឱ្យខ្ញុំដ៏ដែលអស្ចារ្យបំផុតនោះគឺការបានធ្វើជាកូនរបស់ម៉ាក់។ ប្រសិនបើកូនកើតជាថ្មីមួយពាន់ជាតិទៀតកូននៅតែប្រាថ្នាចង់មានសំណាងបានធ្វើជាកូនរបស់អ្នកគ្រប់ៗជាតិ។

រីករាយទិវាអ្នកម្តាយ ជូនចំពោះអ្នកម៉ាក់!

愛的故事書

在我心裡，母親的愛像是一本厚實的故事書，封面有著歲月的痕跡，翻開書頁，寫著媽媽對我的叮嚀與守護，也寫下和媽媽在一起的快樂時光，我們母女倆牽著手走在宜蘭的鄉間小路，笑聲輕輕溜過溫泉的水霧，美好的風景悄悄印在心裡，讓人難以忘懷。如今，我也成為母親了，孩子在牙牙學語的年紀，我的媽媽雖然沒有讀很多書，卻仍耐心地為孫子讀著每一本童書，那專注而溫柔的模樣，我突然發現，原來媽媽的愛一直沒有改變，時光在這一刻重疊，而愛也默默延續下來。

我想，這本故事書永遠讀不完，因為母愛就像沒有句點的文章，在每一代時光慢慢鋪成。媽媽是溫暖又堅韌的書皮，守護著家人；我像書頁，承載著愛與責任；而我的孩子是可愛的新字跡，在媽媽的愛裡書寫屬於他的未來。媽媽，謝謝您一直深愛著我們，媽媽，我真的好愛您，祝您母親節快樂，身體健康。

個金總處信託處 張心瑜襄理

只要思念還在，愛就一直都在

我是北漂的孩子。高中畢業後到台北求學、工作，父母鼓勵我勇敢闖蕩，像放風箏般讓我飛向遠方，而那條看不見的線，始終牽著他們的叮嚀與牽掛。於是，我住進了台北阿嬤的家。阿嬤長年茹素禮佛，一個人安靜生活。我的到來，讓家多了幾分熱鬧。她為我準備豐盛葷食，我卻笑說清爽素食也很好吃；我陪她看台語劇，只為能和她自在聊天，享受祖孫時光。第一天到玉山銀行上班，她叮嚀我：「你著愛頂真一點仔，玉山袂歹喔」。交了男朋友、遇到挫折難過時，她總在旁默默陪伴。直到我步入禮堂，她依然牽著我的手。母親節總讓人想起母愛，而在我的生命裡，阿嬤也用歲月與陪伴，給了我如母親般溫柔的守護。她93歲安詳離世。如今，每到母親節，看見餐桌上一道簡單的素菜，或電視裡熟悉的台語節目，思念便悄悄湧起，而愛，從未遠離。

個金總處個金營運處 高于婷資深副理



始終守候的燈塔

歲月如潮，我在時光裡學著遠行，而母親始終是一座不言不語的燈塔。童年每逢雷聲隆隆，她用掌心輕拍我的背一下、兩下，像一首低低的搖籃曲，把恐懼按回夜色。長大後，我追逐遠方，常把那道目光留在身後。直到那天，我握起她的手，手背上布滿斑點，細密的繭一粒粒頂在指腹，像受海風侵蝕的女王頭，也像帶我回家的地圖。母親的愛，不在誓言，在日常深夜桌角那杯仍冒著霧氣的牛奶；出門前一句「記得帶外套」；還有我遲歸時，門縫下那束

耐心不滅的燈。它們不張揚，卻一點一滴長成我胸口最篤定的底氣。我終於明白，成長不是走多遠，而是有一天能回頭，看見光從哪裡開始。媽，謝謝您用溫柔的堅韌包容我的任性。往後的路，換我牽您的手。

稽核處 劉紘君襄理



黑暗中的那道光

親愛的媽媽：

這段日子，我才真正讀懂了您的愛。從我懷孕時那份不安開始，是您溫柔的叮嚀安撫了我；在生產的劇烈疼痛與徬徨中，是您堅定的目光給了我勇氣。當我成為新手媽媽，面對育嬰的疲憊與挫折時，又是您默默接過孩子，讓我能有一絲喘息。我們曾一起帶著孩子旅遊，在各地的風景中留下祖孫三代銀鈴般的笑聲，那是我生命中最燦爛的時光。我看著孩子在您的疼愛下慢慢成長，那份被愛包圍的安全感，是您給我們最珍貴的禮物。然而，當命運露出殘酷的一面，在孩子生病到離開的那段黑暗日子裡，是您撐住了瀕臨崩潰的我。您強忍著同樣的心碎，用那雙長滿繭的手牽著我，陪我走過那段最痛的送別。媽媽，謝謝您不只是我的母親，更成了我孩子生命中最溫暖的依靠。您的陪伴像是一道光，照亮了我為母之路的所有喜樂與哀慟。這份愛，我會永遠銘記在心，謝謝您，我愛您。

稽核處 陳瑞岑襄理



Discourse 愛的話語

佳作作品欣賞



麵線裡的時光～ 寫給歲月裡的母親

父親走後，屋裡的喧鬧未曾止息，只是母親臉上的光，在那時便悄悄熄滅了。記憶中的餐桌，色調單一。那是一碗碗被醬油染深的麵線，偶爾出現的雞腿總在孩子碗裡打轉，母親總在忙碌中輕聲說她吃飽了。那時我不明白，她守著的鹹，是為了換取我們日後的甜。直到她病了，我才在病榻前讀懂她的手。那雙手枯皺如旱季河床，布滿刻痕。那一刻，我被時間敲醒，驚覺她的脊樑早已在沉默歲月裡，為我們彎成了弓。我多想跑得比餘生快一點，讓她看見我已長成的模樣。

治療是段沉靜長路，感謝上天讓生命齒輪重合，讓我能帶著延續的生命回到故鄉。

再次吃起那碗麵線，同樣的鹹味裡，多了女兒稚嫩的笑聲。我望向母親看著孫女，那曾經壓在她肩頭的苦澀，彷彿都在孩子紅撲撲的臉上，湮開成無聲的甘美。生活依舊簡樸，但這一次，我在這碗麵線裡，嚐到了那份苦盡甘來的甜。

台南法金區域中心 邱垣翔襄理



媽媽的微笑

「不要闖紅燈，媽會擔心！」那天，我騎著摩托車直奔醫院，與時間賽跑。在要闖紅燈之際，耳邊彷彿傳來熟悉的聲音……最後，我終究沒能趕上與媽媽道別。原來，那聲叮囑是媽媽對我的牽掛，她總無時無刻惦記著子女。我的媽媽愛打扮也愛唱歌，高中放學走路回家，轉進巷口就可以聽到媽媽高歌的聲音，她最喜歡的歌手是詹雅雯，我總想著，長大後一定要帶她去聽演唱會，讓她圓夢。媽媽手藝極好，我最期待端午節，媽媽在廚房綁粽子，家裡飄著粽葉香，那是家的味道。夢中的媽媽總是對著我微笑，像在告訴我，她過得很好，也希望我們好好生活。媽媽，我和姊姊們都很珍惜陪伴爸爸的時光，我也成為母親了，養兒方知父母恩，我時常向孩子提及您，每當孩子賴著我，我就會想起有您呵護的那些日子。我知道，您從未離開，只是換了一種方式守護著我們，每當我想您，您就在！

員林分行 羅婉慈資深專員

那些理所當然的日子

有沒有一個人，懷胎10個月，把你帶到這個世界？有沒有一個人，不論多晚，仍在門口等你回家？有沒有一個人，三餐時間總會打電話，只怕你餓著？那個人，就是媽媽。從小到大，媽媽總把最好的留給我。生活再忙再累，她也習慣把笑容留給孩子，把辛苦藏在自己心裡。那些曾經被我視為理所當然的日子，如今回想起來，才明白那其實是她用一點一滴的愛，默默替我鋪好的路。我永遠記得您生病的那段時間，身體日漸消瘦，卻仍然握著我的手，輕聲問我：「最近過得好嗎？」那一刻我才明白，原來母親的愛，是在自己最虛弱的時候，依然把孩子放在心上。進入職場後，長輩與主管常稱讚我待人溫和、樂於助人。我知道，那不是我好，而是因為從小看著您的背影長大。您教會我的那句話，我一直記在心裡：「你給別人的，其實也是給自己的。」如果今天我有任何一點成就，那份榮耀其實都屬於您。如果有來生，我仍然願意做您的孩子。I love you, Mom.

西屯分行 陳佳盈資深專員



母愛，是長達一生的馬拉松

故事的起點，是那場幾乎「以命換命」的生產艱辛。她忍受著撕心裂肺的陣痛，用柔弱的身軀開闢出生命的通道，那是女性最英勇的時刻，卻也是她們犧牲自我的開端。隨後而來的，是長達數十載的養育苦旅。在無數個啼哭的深夜裡清醒，在簡陋的爐灶前忙碌，將青春與夢想揉進了一日三餐。她用粗糙的手掌，為孩子磨平了成長路上的稜角，所有的疲累，最終都化做看著孩子健康成長時眼角隱約的笑意。然而，母愛最令人動容的，是那份永不收回的操勞。即便孩子已長大成人、羽翼豐滿，她依然是那個在風雨前夕叮嚀添衣、在深夜燈下掛念遠方的人，為孩子的工作、家庭與平安操碎了心，彷彿只要她還在，那份牽掛便沒有終點。感謝母親，她用平凡的歲月譜寫了最不凡的守護。這份愛，值得我們用一生致敬，用餘生回報。

高雄法金區域中心 藍虹雅資深專員



Discourse
愛的話語

佳作作品欣賞



母親的背影

在我的記憶裡，母親的背影總是忙碌的。父親身為職業軍人，長年都不定時需留守軍中，家裡大小事務便落在母親肩上。外人或許以為家管生活清閒，但我知道那是一份沒有休息的責任。她日復一日操持家務、照顧我們的生活與學業，像一座不曾熄滅的燈塔，在父親守護國家時，默默守護著這個家。兒時的我並不懂事，看見同學的愛心便當，便任性地向母親要求，她為了滿足我的心願，每天清晨早起準備，一連撐了一個月，最後因過度勞累病倒，當時的我還曾因便當中斷而生氣，如今回想，只剩深深的愧疚。原來，那些被我視為理所當然的日常，都是母親用心力與時間換來的溫暖。母親很少說辛苦，她只是默默地把一切安排妥當，把疲憊藏進忙碌的身影裡。長大後我才明白，那份安穩與踏實，其實是她數十年的付出與守候。母親節將至，我想對您說一聲謝謝，謝謝您用歲月教會我什麼是責任、什麼是愛，未來的日子，換我守護您。

高雄法金區域中心 謝子渝襄理

The Path My Mother Chose

One winter morning, snow covered the roads and the sky was still dark when my mother started the car to drive us to school. The streets were quiet and slippery. Sitting in the back seat, I watched her grip the steering wheel tightly as she carefully guided the car through the snow. At the time, it was simply another ride to school for me. Only years later did I realize how much courage that moment required. When I was in grade six, my mother made a decision that changed our lives. She brought my brother, my sister, and me to Canada so that we could pursue a better education. To us, it was an exciting new beginning. To her, it meant stepping into a world completely unknown. Canada was a place she had never lived before. The language was unfamiliar, the culture was new, and even the simplest daily routines felt different. Driving had always scared her. In Taiwan, she avoided driving, but in Canada it became necessary for everything. She had to take us to school, buy groceries, and manage daily life in a place where everything was far apart. I still remember how she studied maps before leaving the house, memorizing every turn as if preparing for an exam. By bringing us to Canada, she had to live far away from my father for long periods of time. While we were adjusting to a new school and making new friends, she was learning how to navigate a new country while raising three children on her own. She rarely spoke about the difficulties. Instead, she focused on making sure we felt safe and supported, as if everything was under control. Looking back now, I realize those unfamiliar roads were not just places she drove through. They were the path she created for our future. Mom, thank you for your courage, your sacrifices, and for choosing a difficult road that gave us the future we have today.

洛杉磯分行 侯貴英專員



Who is Mom?

Mom is the one who always hopes you will have the best life. No matter how old you are or how far you go, she is always thinking of you. Our home may change, but Mom's home will always be a place where I feel safe and loved. Mom is also the one who quietly waits and longs for you to come home. Her love does not change with time or distance it only grows deeper. Now, I understand her more than I did in my twenties, more than in my teenage years, and far more than when I was a child. I have come to see that a mother's love changes its shape at every stage of life. When I was a child, her love was the hands that held me, a voice that called my name, a warmth I always felt. When I was a teenager, her love was still there I could see it and feel it. I always knew her love, but only later did I realize how deeply it shaped me. In my twenties, her love became quieter not because it was less, but because I was learning to stand on my own, while she stayed behind me, steady and strong. Now, her love feels even stronger not new, but something I have always known, seen more clearly than before. Her love has never changed, only its shape. And I, your daughter, treasure your love more than anything. Every day, I wish you're healthy and happy with us. Thank you for being my home, my guide, and my heart. Happy Mother's Day, 媽咪！

仰光分行 王玉明副理



အမေဆိုတာ?

အမေဆိုတာ သင့်ဘဝအတွက် အကောင်းဆုံးအရာများကို အမြဲမျှော်လင့်ပေးနေသူပါ။ သင့်ဘယ်လောက်အသက်ကြီးလာခဲ့ပါစေ၊ ဘယ်လောက်ဝေးကွာနေပါစေ၊ အမေဆိုတာ သင့်ကို အရာရာအဆင်ပြေဖို့ ဆုတောင်းပေးနေတတ်သူပါ။ ကျွန်ုပ်တို့နေထိုင်ကြတဲ့အိမ်က နေရာတစ်ခုထဲမှာ မရှိနေပေမဲ့၊ အမေရဲ့အိမ်ကတော့ ကျွန်ုပ်တို့အတွက် အမြဲလုံခြုံမှုနဲ့ ချစ်ခြင်းတရားကို ခံစားရတဲ့နေရာတစ်ခုဖြစ်နေပါ။ အမေဆိုတာ သင့်ကို တိတ်တဆိတ်စောင့်ရှောက်ပြီး အိမ်ပြန်လာမယ့်အချိန်ကို မျှော်လင့်နေတတ်သူလည်း ဖြစ်ပါတယ်။ သူမရဲ့ချစ်ခြင်းက အချိန်နဲ့အကွာအဝေးကြောင့် ဘယ်တော့မှပြောင်းလဲသွားမည့် အရာမဟုတ်ပါ။ အခုတော့ ကျွန်ုပ်တို့ သူမကို အရင်ကထက် ပိုပြီးနက်နက်နဲနဲနားလည်လာပါပြီ အသက် ၂၀ ကျော်အရွယ်တုန်းကထက်၊ ဆယ်ကျော်သက်အရွယ်တုန်းကထက်၊ ကလေးဘဝတုန်းကထက် အမေရဲ့ချစ်ခြင်းဟာ ကျွန်ုပ်တို့အသက်အရွယ် ပြောင်းလဲလာမှုအလိုက် မပြောင်းလဲသောချစ်ခြင်းတစ်ခုနဲ့ မတူညီသောလမ်းညွှန်မှုပုံစံများဖြင့် အမြဲတမ်း မေတ္တာအပြည့်နဲ့ လွှမ်းခြုံနေတယ်ဆိုတာကို ကျွန်ုပ်တို့တို့ဖြည်းဖြည်းနဲ့ သဘောပေါက်လာခဲ့ပါပြီ။ ကလေးဘဝတုန်းက သူမရဲ့ချစ်ခြင်းဟာ ကျွန်ုပ်တို့ ပွေ့ဖက်ထားတဲ့ နွေးထွေးသော ချစ်ခြင်းမေတ္တာတစ်ခုဖြစ်ခဲ့ပြီး၊ ဆယ်ကျော်သက်အရွယ်မှာတော့ အလင်းရောင်လို လမ်းပြပေးတဲ့ ချစ်ခြင်းမေတ္တာဖြစ်လာခဲ့ပါတယ်။ အသက် ၂၀ ကျော်အရွယ်ရောက်လာတဲ့အခါ သူမရဲ့ချစ်ခြင်းက လျော့နည်းသွားခြင်းမဟုတ်ဘဲ ကျွန်ုပ်တို့တိုင်၏ ရပ်တည်တတ်လာမှုအပေါ် နောက်ကွယ်ကနေ တည်ငြိမ်စွာ ခွန်အားပေးနေတဲ့ အင်အားတစ်ခုလို ဖြစ်နေခဲ့ပါတယ်။ အခုအသက်အရွယ်မှာတော့ သူမရဲ့ချစ်ခြင်းမေတ္တာကို အရင်နေ့ရက်တွေများထပ် လေးနက်စွာ ပို၍ပို၍ ပုံဖော်မိလာနိုင်ခဲ့တယ်။ ထို့ကြောင့် ““သမီးအနေနဲ့ မာမား၏သမီးဖြစ်ခွင့်ရတာကို အမြဲတမ်းဂုဏ်ယူပြီး မာမားရဲ့ချစ်ခြင်းမေတ္တာကို အရာအားလုံးထက် တန်ဖိုးထားပါတယ်။ ဒါကြောင့် နေ့ရက်တိုင်းမှာ မာမားနေကောင်းကျန်းမာပျော်ရွှင်ဖို့ သမီးအမြဲတမ်း ဆုတောင်းပေးဖြစ်တယ်။ သမီးအတွက် လုံခြုံမှုအဖြစ်၊ လမ်းညွှန်သူအဖြစ်နဲ့ ချစ်ခြင်းမေတ္တာတွေ အမြဲလွှမ်းခြုံပေးနေတဲ့အတွက် ကျေးဇူးအများကြီး တင်ပါတယ်။ ပျော်ရွှင်ဖွယ် မိခင်များနေဖြစ်ပါစေနော် မာမား။””

The Light of Dawn

I am certain that if anyone in this world ever met my mother, they would agree that she is an incredibly happy woman. She carries within her a boundless source of joy and positive energy, and she lives her life with deep gratitude for everything she has been given. My mother says that her life has always been radiant, filled with the light of dawn. To her, it is a life gently arranged by the universe, one that has blessed her with many good things.

She had me when she was twenty. When she was seven months pregnant, she suddenly fell. In that moment, my father was forced to face a heartbreaking choice: to save my mother or to save the baby. She once told me it remained their most painful decision. Yet, perhaps because she prayed with all her heart, the tiny baby taken from her womb at just over six months old survived. I lived, and I grew up healthily. It truly felt like a miracle.

Because I was born too early, my mother worried about me constantly. She cared for me with endless tenderness. Whenever I got sick or seemed weaker than other children are my age, she quietly blamed herself for not carrying me to full term. She told me that from the moment I came into her life, her world was filled with light—her first touch, my first cry, my first glance, and the first time she held me close.

My mother taught me how precious I am, and because of that, I want to live with kindness, gratitude, and quiet happiness, like hers. I will carry her light forward in everything I do, cherishing life deeply and sharing warmth with others so her love continues to shine through me every single day ahead.

同奈分行 申香璃專員



您的叮囑，我的世界

輾轉過許多國家，只有您的叮囑從未缺席。每日報平安是我們的約定，不論時差、無論多晚，您都在那頭亮著燈，等我那句「已落地」。您總說我不懂照顧自己，卻也時常感嘆，視訊那頭的晚餐，居然煮得還挺像樣。我們像朋友那樣聊天，肆無忌憚、無話不說，只是聊著聊著，總會夾雜著幾句您的教導，我假裝不耐煩，卻偷偷記在心裡。一生很長，長到可以走遍世界；時間太快，快到來不及停留。轉過身才發現，歲月已經悄悄爬上您的眼角，可我想告訴您，您在我心裡一直是年輕的模樣。

香港分行 孫若羽襄理



The Warmest Light



In the quiet of morning, a gentle current moves through everyday actions. It does not shine loudly but settles like warm light into corners where worries hide, making hard edges softer and paths less frightening. This calm presence smooths rough days into a room where footsteps slow and a single breath can steady the heart. Think of a small lamp that never asks for attention. Its light is steady and clear: it shows the shape of a room, makes fragile things visible, and warms cold surfaces. Under that light, fear becomes smaller and a tired person can rest, fix what needs fixing, and stand again. The lamp gives without keeping

score; it only makes the space safe to move in. There is also a quiet garden hidden in daily life, where patience is the rain and silence is the soil. Seeds push up through the dark and, with unseen care, grow deeper roots. Flowers come without fanfare, their color a quiet reply to steady care. Even when frost touches the edges of a season, the garden believes green will return. On long roads, a simple compass points not to fame but to steadiness. It gently corrects steps when maps become unclear, teaching that small, repeated choices find the true way. It leaves soft traces others can follow later. None of these things asks for praise. She builds the unseen shape of a home: rooms meant welcome, a table kept ready, a coat folded on a chair. Inside these quiet structures, people learn how to stand—and later how to give the same shelter to others. Thank you for your endless love and support, Mum.

香港分行 陳雋穎資深專員

Tôi tin rằng nếu bất kỳ ai trên thế giới này từng gặp mẹ tôi, họ sẽ đều đồng ý rằng mẹ là một người phụ nữ vô cùng hạnh phúc. Trong mẹ luôn tràn đầy nguồn năng lượng tích cực và niềm vui bất tận, và mẹ sống cuộc đời mình với lòng biết ơn sâu sắc đối với tất cả những gì mình có.

Mẹ thường nói rằng cuộc đời mẹ luôn rực rỡ, như ánh sáng của bình minh. Đó là một cuộc đời được sắp đặt dịu dàng bởi vũ trụ, cuộc đời đã an bài thật nhiều điều tốt đẹp.

Mẹ sinh tôi khi mới hai mươi tuổi. Khi mang thai được bảy tháng, mẹ bất ngờ bị ngã. Trong khoảnh khắc ấy, bố tôi buộc phải đối mặt với lựa chọn: cứu mẹ hay cứu đứa bé. Đó là quyết định đau đớn nhất trong cuộc đời họ. Nhưng có lẽ vì mẹ đã cầu nguyện bằng tất cả trái tim, đứa bé nhỏ xíu được đưa ra khỏi bụng mẹ khi mới hơn sáu tháng tuổi - tôi - đã sống sót. Tôi lớn lên khỏe mạnh, và đó thật sự là một điều kỳ diệu.

Vì tôi sinh không đủ tháng, mẹ chăm sóc tôi bằng tất cả sự dịu dàng. Mẹ sẽ luôn âm thầm tự trách mỗi khi tôi ốm yếu hay trông ngốc nghếch hơn những đứa trẻ khác. Mẹ nói lần đầu mẹ ôm tôi vào lòng, lần đầu nghe tiếng tôi khóc - tất cả đều là những lần đầu tiên quý giá trong đời mẹ.

Mẹ cho tôi biết rằng tôi quý giá đến nhường nào, và chính vì thế, tôi muốn sống một cuộc đời đầy lòng tốt, biết ơn và hạnh phúc, giống như mẹ.

Discourse 愛的話語

佳作作品欣賞

牽著小手的時光

在謐靜的午後，我牽著4歲兒子到公園遊玩。看著他蹦蹦跳跳的模樣，我忽然被一陣熟悉的暖意包圍——這一刻，像極了我童年時與母親在一起的畫面。兒子興奮地拉著我溜滑梯、玩鞦韆，還不停回頭確認我有沒有跟上。看著他的背影，我彷彿看見當年那個總是邊跑邊回頭、確定媽媽是否在身後的小女孩。那時的我，不懂母親為何總緊緊牽著我的手，直到今天，我才明白那是一種無聲的愛，是把孩子的世界托在掌心裡溫柔。在明媚的陽光下，我陪著兒子吹泡泡，他的

笑聲清脆而純粹。我忽然想起母親也曾坐在樹蔭下，陪我一遍遍吹著泡泡，只因為我說「還想再一次」，那份耐心與陪伴，如今換我傳遞給下一代。母親節不只是慶祝母親的節日，更是提醒我在成為母親的旅程中，我其實一直帶著母親的影子前行。今天牽著兒子的手，也像是牽著母親留給我的那份愛。

香港分行 潘慧玲襄理

您撐開的那把溫柔的傘

那一年，在風雨交加之中，您開啟了傘。在傘下，您不畏懼地提醒我越過水潭。雨像一場不肯停歇的責備，打在瀝青上，碎成四濺的白沫。街燈提早亮起，卻照不暖濕冷的空氣，只有您撐開的那圈溫柔的光，像一扇不肯關閉的窗。「這裡有個坑，慢一點。」您聲音很輕，輕得像怕驚動我心裡那個正在崩潰的自己，可那句話卻重得讓我至今抬不起頭來忘記。

那些細碎的動作，比任何正式的感謝詞都更像一場救贖。今天我想將這把傘還給您，不是因為我已經不怕雨了，而是想告訴您：我學會了怎麼撐傘，也想學著像您一樣，把傘的大半邊分給下一個在風雨裡發抖的人。謝謝您，在最黑最冷的那些段落，用您沉默的肩膀為我擋住了一整片塌下來的天。願往後的日子，少一些傾盆大雨，多一些午後透光的雲。若又遇風雨，請記得回頭看一眼，這次換我站在您身旁，把傘盡量往您那邊再挪一點。

香港分行 郭哲廷襄理

Let My Love Be Your Light

Mom, you are the mountain I leaned on before I knew the word for strength, quiet stone, steady shadow, a place that doesn't move even when the weather argues. You walked ahead on narrow trails, making steep days look simply, turning back just enough for me to catch your courage like a strap I could hold. At evening, the sunset would arrive, soft fire poured across the windows and you would turn ordinary minutes into something golden, as if love could warm a room without ever asking to be seen. I think of the practical love, too: the bank lines, the counted coins, the careful "later" you chose so my "someday" could live. I think of insurance, a promise written in forms and signatures, your way of saying, "If storms come, I want you covered." And inheritance, people speak of it like numbers, but I hear it as your voice: be kind, be brave, be truthful, and come home to what matters. That is what you have left in my hands again and again, without fanfare, without noise. So here is my small bouquet of words: Happy Mother's Day, Mom. If life is a long road between mountains and sunsets, let my love be the light beside you, steady, grateful, and always returning.

香港分行 麥禮賢資深專員

描繪愛的模樣

若說記憶是蜿蜒的長河，那您的愛便是河床上溫潤的璞玉，在時光的沖刷下，愈發熠熠生輝。我的整個世界，都因這份光芒而溫暖明亮。我至今仍清晰記得，是童年每一次莽撞跌倒時，您那雙比淚水更先抵達的溫柔手掌；我更銘記於心，是求學路上無數個孤寂的深夜，您在燈火闌珊處無言的守候。您未曾用繁複的詞句教導我人生的大道理，卻用日復一日的堅韌與付出，為我描繪出「愛」最恢弘的模樣。歲月是公正的雕刻師，它將您的青春悄然隱去，而把那份深沉的愛，一筆一畫刻進了您的眼角眉梢。那些在旁人看來是時光印記的細紋，在我心中，卻是最溫柔動人的詩篇。往日，您是為我遮風擋雨的大樹；今後，我願成為您能安心倚靠的港灣。謝謝您，媽媽，謝謝您用無悔的年華，灌溉我生命的沃土，讓我得以在陽光下長成如今的模樣。願時光善待您，願歲月溫柔。

香港分行 王蔚甄專員



教會我生命的自由

首飾盒裡有條母親的項鍊，我不喜歡，可數次搬家，它總在那裡。從小我就覺得母親與眾不同：她的天地在電腦螢幕後、在書房的燈光下、在一次次匆匆出門與歸來之間；她不擅烹煮，很少擁我入眠，也從未陪我挑選過一條裙子。少了那些尋常的溫存，我像一株暗處生長的植物，枝幹朝著天空扭曲地伸展。每一次叛逆，都是對自己笨拙地修剪——我要長成和她全然不同的樣子。直到我成為母親的那夜，所有的不解忽如冰碎石裂。原來二十多年前，她就用前行的背影告訴我：不必成為世俗期待的模樣。母親先一步走到了前方，讓我看見一個女孩的生命，原來可以有如此遼闊的自由。這個週末，我會戴上那條項鍊去看她。那些從未說出口的理解，此時如鎖扣一般安靜地合攏。

香港分行 易嘉旋專員

別怕，有媽在！

有人说，母亲是上帝派到人间的守护神。于我而言，母亲更像是我生命里的一束恒久的光，温暖而坚定，为我驱散成长路上的所有阴霾。从我记事起，母亲似乎就是一个无所不能的「超人」。她能在工作与家庭之间游刃有余，能在我迷茫时给我最中肯的建议，也能在我跌倒时，第一个跑来将我扶起，然后温柔地告诉我：「别怕，有妈在。」这简简单单的几个字，是我听过最安心的话语。她的爱，没有轰轰烈烈的誓言，却如涓涓细流，渗透在我生命的每一个缝隙里。她将自己的青春、梦想和精力，毫无保留地倾注在我身上，看着我的背影渐行渐远，她却始终站在原地，用目光为我护航。人们常说，父母的爱是一场得体的退出。但母亲的爱，却从未退场，它只是换了一种方式，从台前转到了幕后。在这个属于她的节日里，我想对她说一声：谢谢您，用您最美好的年华，成就了今天的我。您是我的光，未来，请让我也成为您的依靠。

新加坡分行 林鎮群襄理



母亲的那双手

在我的记忆深处，总有一双手在为我的生活而忙碌。那是一双并不细腻，甚至有些粗糙的手。每日的清晨，它们温柔的搖醒我貪睡的身體，为我梳妝整齊準備上學；傍晚，它们又會在滿是烟火气的厨房中，变出满桌我爱吃的菜肴；深夜，它们又轻轻为我蓋好被子入睡。我曾细数过那手上的纹路，每一道，似乎都藏着一段关于我的故事。那是指尖为我擦拭委屈泪水的痕迹，是掌心在我发烧时传递的焦虑温度，是指腹在灯下为我缝补衣裳时留下的针茧。岁月如流，我已从蹒跚学步的孩童，长成了可以独当一面的大人。而母亲的那双手，却在时光的打磨下，失去了昔日的光泽。青筋微微凸起，关节也不再灵活，但它们依旧是我心中最温柔、最有力的港湾。母亲节将至，我想，我不必寻找华丽的辞藻。我只想轻轻握住那双饱经风霜的手，就像小时候她牵着我的那样，陪她慢慢走过每一个春夏秋冬。因为，那双写满了爱的双手，就是我全部的世界。

新加坡分行 李姣青專員

安靜的守望者

媽媽從未向歲月低頭，即便年華老去，依舊體面從容。她步履依舊生風，只是偶爾揉揉膝蓋，笑稱身體「零件」不如年輕時順滑。她染著溫柔的栗色頭髮，唯有發根悄悄生出的銀白，才洩露時光的痕跡。她開始鑽研養生食譜，總念叨著要寄給我親手熬製的膏方。她一面是愈發通透從容，聊起人情世故，總有四兩撥千斤的智慧；另一面仍保有天真熱忱，學會一項手機新功能便滿心歡喜，也會在家庭群組裡，為我們分享的生活照片認真點讚留言。她不再事無巨細為我張羅，卻把牽掛化做更綿長的注視。每次回家，我仍是她的世界中心，目光裡催促少了、包容多了，她正從照料者慢慢成為安靜的守望者。歲月以最輕柔的方式為她勾勒細紋，在我眼中，年過50的媽媽站在人生開闊的坡地上，背後是沉澱的篤定，面前則是依舊值得憧憬與擁抱的悠長時光。

中國子行 藍浩馨主任



Discourse
愛的話語

佳作作品欣賞

藏在白发里的爱

Behind the Mother,
Just a Girl



工作已逾一年，每日下班，当我拖着略显疲惫的身躯推开家门，一盏暖黄的灯总会第一时间映入眼帘，温柔地驱散外界的阴霾。灯光里，妈妈笑意盈盈，宛如春日暖阳，将热气腾腾、香气扑鼻的饭菜端到我面前。那熟悉的味道，丝丝缕缕萦绕在鼻尖，是家的温度，是妈妈无声却深情的守候。直到那天，妈妈轻轻拉住我的手，略带羞涩地说：「闺女，帮我把长发剪了吧，白头发太多，剪短好打理，看着也少些。」我手一颤，剪刀悬在半空，迟迟不敢落下。我缓缓拿起剪刀，仔细端详妈妈的头发，曾经那如瀑布般乌黑亮丽的长发，如今已夹杂着许多银丝，在灯光下格外刺眼。每一根白发，都像是一把刻刀，刻下了岁月的痕迹，见证着她为我日夜操劳的点点滴滴。原来，在我忙碌于工作、尽情享受生活时，妈妈正悄悄老去。她把所有的爱，都藏在了日常的琐碎里，藏在那一句句温声细语中，藏在一顿顿精心准备的热饭里。

You see, more often than not, I've forgotten that my mom is just a girl,
a girl who couldn't walk until she turned two,
a girl who cherished every memory she had with her parents, for she didn't have the privilege to see them every day as a child,
a girl who aced all her high school exams, yet compromised her learning ambitions to provide for her family,
a girl who, god knows how many times, endured multiple cycles of grief from losing her parents and siblings, yet never complained of her pain,
and yet, at the end of her days, behind being a mother, she's just a girl who wants nothing more than a dinner table filled with all the family, her husband, her sons, and her only older sister left.
Though there's no established protocol, policy, or guidelines for parenting, she did her best to be a great mother, and for that it is my life greatest gift for being my mother's son.
Happy Mother's Day to all the mothers who are just girls living and navigating their lives for the first time, yet masters their children's love like no one else.

東莞分行 周佩華高級專員

柬埔寨UCB子行 Koy Virakboth (柬埔寨籍員工)

母爱



常言道：父爱如山，厚重无声；母爱似水，温柔细腻。

什么是母爱呢？大抵是从襁褓里的轻声哄睡，到书桌前的暴躁指导，再到出门前的反复叮嘱，到而今电话里的细细询问。妈妈的叮嘱真的好似天上的星星一样多，数不清也道不尽，在她身边时总觉得聒噪，但翻开行李箱时看见整齐衣物、备好的食材、箱底的钞票以及那句突然回荡在脑海里的「不开心就回家」，又会陷入无尽的思念与愧疚。妈妈渗透在成长的每一个点滴里，原来这细碎如星光般的唠叨从来不是负担，而是母亲用一生织就让我可以勇往无前的铠甲。小时候，母亲的唠叨是束缚，长大后那声音成了穿越时空的牵挂。

柬埔寨UCB子行 Liu Feier

ទិដ្ឋភាពពីក្រោយភាពជាអ្នកម្តាយ

ជារឿយៗ ខ្ញុំតែងតែចង់ អ្នកម្តាយរបស់ខ្ញុំក៏ធ្លាប់ជាក្មេងស្រីម្នាក់ដែរ។ គាត់គឺជាក្មេងស្រីម្នាក់ ដែលមិនអាចដើរបានរហូតដល់អាយុពីរឆ្នាំ។

ជាក្មេងស្រីម្នាក់ ដែលស្រឡាញ់ និងប្រកាន់ខ្ជាប់នូវវាលវេទនាស្រស់ស្អាតដោយធម្មតា ព្រោះគាត់គ្មានសំណាងបានរស់នៅក្បែរពួកគាត់រាល់ថ្ងៃ កាលពីវ័យកុមារ។

ជាក្មេងស្រីម្នាក់ដែលរៀនពូកែក្នុងវិទ្យាល័យប៉ុន្តែបានលះបង់ក្តីស្រមៃសិក្សាដើម្បីចិញ្ចឹមគ្រួសារដោយក្តីលះបង់បំផុត និងជាក្មេងស្រីម្នាក់ដែលបានឆ្លងកាត់ ការបាត់បង់ទាំងឪពុកម្តាយ និងបងប្អូន ប៉ុន្តែមិនដែលទុក្ខប្រមាទពីការលើកលែងរបស់ខ្លួនឡើយ។

ក្នុងរាល់ថ្ងៃនេះ ទោះឆ្លងកាត់ទុក្ខលំបាកយ៉ាងណា គាត់នៅតែជាក្មេងស្រីម្នាក់ ដែលប្រាថ្នាចង់បានត្រឹមតុអាហារដែលពេញដោយសមណិតគ្រួសារជុំគ្នា ទាំងប្តី កូនប្រុស និងបងស្រីតែម្នាក់គត់ដែលគាត់នៅសល់។

ទោះបីជាគ្មានកូនច្បាប់ច្បាស់លាស់សម្រាប់ភាពជាម្តាយ ប៉ុន្តែអ្នកម្តាយរបស់ខ្ញុំបានប្រឹងប្រែងអស់ពីសមត្ថភាព ដើម្បីធ្វើជាគំរូល្អបំផុត។ ហេតុនេះហើយ ខ្ញុំពិតជាមានមោទនភាព និងសប្បាយចិត្តបំផុត ដែលបានកើតមកជាកូនប្រុសរបស់ម៉ាក់។

ក្នុងឱកាសទិវាអ្នកម្តាយអន្តរជាតិនេះ ខ្ញុំសូមចូលរួមអបអរសាទរដល់អ្នកម្តាយទាំងអស់។ បើទោះបីជាវាលើកដំបូងដែលពួកគាត់បានរស់នៅក្នុងជីវិតជាម្តាយ ប៉ុន្តែអ្នកម្តាយគ្រប់រូបតែងតែដើរតួជាវិនិច្ឆ័យ និងជាគំរូល្អបំផុតសម្រាប់កូនៗដោយក្តីស្រឡាញ់ឥតលក្ខខណ្ឌ។

Discourse
愛的話語

Realization

In a time, inconsequential and space naught of meaning, a rock floats aimlessly through the void, and on it stands you. Everything you've ever done, loved, or hated—it's all there, on a minuscule rock, as if your existence were merely a fever dream of some unknown entity—yet you exist nonetheless. Throughout this meaningless journey called life, one constant remains from the moment we see the light until it finally takes us: Mom.

Dear Mom,
I have been ill-fated to be born into this world, yet your eyes see me as the brightest blessing. I cannot comprehend this, yet here I am.
Dear Mom,
I have graduated. The lessons you taught me—from simple math to a language foreign to you—you kept teaching through my

stubbornness. For that, I am thankful.
Dear Mom,
I got married today. It should be my happiest day, yet the joy in your eyes far surpassed my own. That is a sight I will never forget.
Dear Mom,
I do not know where I am—dark yet bright, eerie yet comforting. I

remember... you are gone, yet I remember everything.
They say all things are forgotten. But one truth remains:
I love you, Mom.



柬埔寨UCB子行 Ek Elite (柬埔寨籍員工)

ក្តីភ្ញាក់លើក

ក្នុងគ្រាជីវិតនិយម និងក្នុងលំហដែលគ្មានខ្លឹមសារ មានថ្មមួយដុំកំពុងអណ្តែតក្នុងទឹកស្រាវជ្រាវ ហើយនៅលើថ្មមួយនោះគឺមានរូបអ្នក។ អ្វីៗទាំងអស់ដែលអ្នកធ្លាប់ធ្វើ ធ្លាប់ស្រឡាញ់ ធ្លាប់ស្អប់ វានៅទីនោះទាំងអស់ នៅលើថ្មដ៏តូចតាមមួយនេះប្រៀបដូចជាជីវិតរបស់អ្នកគ្រាន់តែជាសុច្ឆន្ទៈដ៏ចម្លែករបស់អ្វីម្យ៉ាងដែលមិនស្គាល់ តែទោះជាយ៉ាងណាអ្នកពិតជាមានវត្តមាននៅទីនេះមែន។ នៅដំណើរជីវិតនិយមដែលគេហៅថាជីវិត គឺមានវត្តមានមួយដែលនៅជាប់ជាមួយយើងគ្រប់គ្នាតាំងពីខណៈដែលយើងមើលឃើញពន្លឺដំបូង រហូតដល់ថ្ងៃដែលពន្លឺនោះមកយកយើងទៅវិញ៖ នោះគឺម៉ាក់។

ជូនចំពោះម៉ាក់
ខ្ញុំមានវាសនាដ៏អាក្រក់ដែលបានកើតមកក្នុងលោកនេះប៉ុន្តែក្នុងភ្នែករបស់ម៉ាក់សម្លឹងមើលខ្ញុំដូចជាពេជ្រដ៏ត្រីចងចាំដំបូង។ ខ្ញុំមិនអាចយល់បានទេយ៉ាងណាក៏ដោយខ្ញុំនៅទីនេះ។

ខ្ញុំបានបញ្ចប់ការសិក្សាហើយ។ វាលមេរៀនដែលម៉ាក់បានបង្រៀនខ្ញុំពីគណិតវិទ្យាសាមញ្ញរហូតដល់ការសរសេរដែលម៉ាក់មិនស្គាល់ម៉ាក់នៅតែព្យាយាមបង្រៀនខ្ញុំទោះបីខ្ញុំរឹងក្បាលយ៉ាងណាក៏ដោយ។ សម្រាប់រៀននេះ ខ្ញុំអរគុណម៉ាក់។

ថ្ងៃនេះខ្ញុំរៀបការហើយ។ វាក្មេងតែជាខ្ញុំដែលត្រូវជាអ្នកសប្បាយចិត្តបំផុតនៅក្នុងថ្ងៃនេះ ប៉ុន្តែក្តីសប្បាយនៅក្នុងភ្នែកម៉ាក់គឺមានលើសទ្វាយជាងខ្ញុំទៅទៀត។ រូបភាពនោះ ខ្ញុំមិនភ្លេចបានឡើយ។

ខ្ញុំមិនដឹងថាខ្ញុំនៅទីណាទេ វាដឹងតែ ប៉ុន្តែក្តីវាគួរឱ្យខ្លាចប៉ុន្តែក៏មានភាពស្ងប់។ កូនចៅហើយ...ម៉ាក់បានចាកចេញទៅហើយប៉ុន្តែកូននៅចាំអ្វីៗទាំងអស់ពីម៉ាក់។

គេនិយាយថាអ្វីៗគ្រប់យ៉ាងនឹងត្រូវបំភ្លេចនៅថ្ងៃណាមួយ។ ប៉ុន្តែមានការពិតមួយដែលនៅអចិន្ត្រៃយ៍ កូនស្រឡាញ់ម៉ាក់។

佳作作品欣賞

Unconditional, Unending love: My Mom's Love

My mom's love has showed me sacrifice and care. From earliest memories, she's been my safe place. Her love is unconditional, guiding me through every stage of life. As I grew older, I started to understand the depth of her devotion. She carried my burdens when they were too heavy and reminded me of my worth when I doubted myself. That's the reason I became a person I am today. Now, as I watch her with my daughter, I see that same love from her again. She holds my daughter with the same love she once showed me. It amazes me how her heart has only grown larger, making room for another generation as the love she gives me. There's something incredibly powerful about seeing your child loved by woman who first loved you. My mom's love stretches across time from my childhood to my daughter. Her love is a gift that can't be measured. It's in her gentle advice, and the way she shows up no matter what. For me and for my daughter, her love is not just felt, it is lived every single day. Thank you, mom, for enduring the pain to bring me into this world.



柬埔寨UCB子行 Son Somphors (柬埔寨籍員工)

សេចក្តីស្រឡាញ់ដែលគ្មានលក្ខខណ្ឌ និង គ្មានទីបញ្ចប់គឺសេចក្តីស្រឡាញ់របស់ម្តាយខ្ញុំ

ក្តីស្រឡាញ់របស់ម្តាយខ្ញុំបានបង្ហាញឲ្យខ្ញុំយល់អំពីការលះបង់ និងការយកចិត្តទុកដាក់។ ចាប់តាំងពីខ្ញុំដឹងក្តីមកម៉ាក់តែងតែជាកន្លែងសុវត្ថិភាពរបស់ខ្ញុំ។ សេចក្តីស្រឡាញ់ដែលគ្មានលក្ខខណ្ឌរបស់ម្តាយខ្ញុំគឺជាអ្វីដែលម៉ាក់បានជំរុញឲ្យខ្ញុំដឹងថាខ្ញុំគ្រប់ដំណាក់កាលនៃជីវិត។ នៅពេលខ្ញុំធំឡើងខ្ញុំបានចាប់ផ្តើមយល់អំពីជម្រើសនៃការលះបង់របស់ម្តាយខ្ញុំ។ គាត់ជួយសម្រាលទុក្ខលំបាកដែលខ្ញុំមាន ហើយបានប្រាប់ខ្ញុំពីតម្លៃរបស់ខ្ញុំនៅពេលដែលខ្ញុំមិនជឿជាក់លើខ្លួនឯង។ នោះហើយជាមូលហេតុដែលខ្ញុំបានក្លាយជាខ្លួនឯងសព្វថ្ងៃនេះ។

ឥឡូវនេះ នៅពេលខ្ញុំមើលគាត់ជាមួយកូនស្រីរបស់ខ្ញុំ ខ្ញុំឃើញសេចក្តីស្រឡាញ់ដូចគ្នានោះម្តងទៀត។ ម៉ាក់ពរកូនរបស់ខ្ញុំដោយក្តីស្រឡាញ់ដូចដែលគាត់ធ្លាប់ផ្តល់ឲ្យខ្ញុំ។ ខ្ញុំពិតជាភ្ញាក់ផ្អើលនៅពេលដែលក្តីស្រឡាញ់ដ៏ធំដ៏ម៉ាក់មាន សម្រាប់គ្រួសារជំនាន់ក្រោយ ដូចគ្នាទៅហ្នឹងក្តីស្រឡាញ់ដែលគាត់ផ្តល់ឲ្យខ្ញុំដែរ។ វាជាអ្វីមួយដែលមានឥទ្ធិពលយ៉ាងខ្លាំងពេលដែលមើលឃើញកូនរបស់អ្នកត្រូវបានស្រឡាញ់ដោយស្រ្តីម្នាក់ដែលស្រឡាញ់អ្នកដូចគ្នា។ សេចក្តីស្រឡាញ់របស់ម៉ាក់ខ្ញុំបានលាតសន្ធឹងកាត់ពេលវេលា ពីកុមារភាពរបស់ខ្ញុំទៅដល់កូនស្រីរបស់ខ្ញុំ។ សេចក្តីស្រឡាញ់របស់ម៉ាក់គឺជាអំណោយមួយដែលមិនអាចវាស់វែងបាន។ វាស្ថិតនៅក្នុងដំបូន្មានរបស់គាត់ និងពេលដែលគាត់នៅជាមួយយើងមិនថាមានអ្វីកើតឡើងក៏ដោយ។ សម្រាប់ខ្ញុំ និង កូនស្រីរបស់ខ្ញុំ សេចក្តីស្រឡាញ់របស់គាត់មិនត្រឹមតែជាអារម្មណ៍ប៉ុណ្ណោះទេ ប៉ុន្តែវានៅជាមួយយើងរៀងរាល់ថ្ងៃ។

Discourse
愛的話語



Redefining Motherhood:
Beyond the Boundaries of
Biology

Mother, biologically and generally, refers to woman who gives birth to a child. Yet to me, motherly love is far beyond biology. I am grateful to my mother who brought me into this world, but when I think about the person who raised me, and stood beside me my whole life, the word Mother gently leads my heart to another remarkable woman in my life, my grandmother.

Growing up far away from my mother, my grandmother steps in to take the role as my Mother. In the quiet rhythm of daily life, she filled my childhood with warmth and comfort. Her love was never loud, instead, it lived in the small routines that make sure I grow up with utmost care and safety.

Reflecting, I realize how much her sacrifice went unnoticed. While I can just focus on growing, learning, and dreaming about my future, she was quietly giving her time, energy, and strength to make sure that future possibility for me. She did not give me Life but she gives me A Life.

Every Mother's Day, I celebrate every form of Motherhood, my grandmother may not be my mother by birth, but she embodies everything a mother represents.



柬埔寨UCB子行 Teng Solyka (柬埔寨籍員工)

ភាពជាម្តាយលើសពីនិយមន័យធម្មតា

ពាក្យ “ម្តាយ” ជាទូទៅ តាមន័យដើរវិទ្យា គឺស្ត្រីដែលបានឲ្យកំណើត។ ប៉ុន្តែសម្រាប់ខ្ញុំ សេចក្តីស្រឡាញ់របស់ម្តាយមានអត្ថន័យជ្រាលជ្រៅជាងនោះឆ្ងាយណាស់។ ខ្ញុំដឹងគុណចំពោះម្តាយរបស់ខ្ញុំដែលបានផ្តល់ជីវិតឲ្យខ្ញុំ ប៉ុន្តែរាល់ពេលដែលខ្ញុំគិតអំពីស្ត្រីម្នាក់ដែលបានចិញ្ចឹមខ្ញុំ ឈរជាមួយខ្ញុំក្នុងគ្រប់ជំហាននៃជីវិតពាក្យ “ម្តាយ” បាននាំឲ្យបេះដូងខ្ញុំគិតទៅរកស្ត្រីអស្ចារ្យម្នាក់ទៀត គឺ ម៉ាក់យាយ ។

ក្នុងការធំធាត់ឡើងឆ្ងាយពីម្តាយដ៏ដូនរបស់ខ្ញុំបានយកតួនាទីជាម្តាយនោះមកលើស្មារបស់គាត់ដោយគ្មានការស្នាក់ស្នើ។ ក្នុងជីវិតប្រចាំថ្ងៃដ៏សាមញ្ញប៉ុន្តែពេញទៅដោយក្តីស្រឡាញ់គាត់បានបំពេញកុមារភាពរបស់ខ្ញុំដោយភាពកក់ក្តៅ និងការមើលថែរក្សាយ៉ាងយកចិត្តទុកដាក់។ សេចក្តីស្រឡាញ់របស់គាត់មិនបានបង្ហាញដោយពាក្យជ័រទេ ប៉ុន្តែវាស្ថិតនៅក្នុងទង្វើតូចៗ ដែលបានបង្កើតអារម្មណ៍សុវត្ថិភាព និងធ្វើឲ្យមានអារម្មណ៍ថាត្រូវបានស្រឡាញ់ជានិច្ច។

ពេលខ្ញុំត្រឡប់មកគិតវិញខ្ញុំបានយល់ថាការលះបង់ជាច្រើនរបស់គាត់ ត្រូវបានមើលរំលង។ ខណៈដែលខ្ញុំគ្រាន់តែផ្តោតលើការធំឡើង ការសិក្សា និងក្តីសុបិនរបស់ខ្ញុំ គាត់វិញបានបំណាយពេលវេលា ថាមពល និងកម្លាំងទាំងអស់របស់គាត់ ដោយស្ងៀមស្ងាត់ ដើម្បីធ្វើឲ្យអនាគតនោះក្លាយជាការពិតសម្រាប់ខ្ញុំ។ គាត់មិនបានបង្កើត “ជីវិត” មកឲ្យខ្ញុំទេ ប៉ុន្តែគាត់បានផ្តល់ “ជីវិតដែលមានន័យ” មួយឲ្យខ្ញុំរស់នៅ។

រាល់ពេលដែលទឹកម្តាយមកដល់ ខ្ញុំអបអរសាទរគ្រប់ទម្រង់នៃភាពជាម្តាយ ជាពិសេសសម្រាប់ដ៏ដូនរបស់ខ្ញុំ។ ទោះបីគាត់មិនមែនជាម្តាយរបស់ខ្ញុំតាមឈាមកំណើតក៏ដោយ ប៉ុន្តែគាត់គឺជាអ្វីគ្រប់យ៉ាងដែលពាក្យ “ម្តាយ” ត្រូវមានន័យ។