



2020年11月癌症協會財政報告

10月結存	£ 14,618.64
11月收入	£ 823.28
11月支出	£ 1,898.92
11月結存	£ 13,543.00

網上蘇豪關懷癌症月會(MCSG Soho)

每月第二週六，上午 11:00 至 12:00，Zoom 網上平台

病友園地

吳李佩雲

今年九月，丈夫的病情急轉直下，是懸崖式的直插，大腸癌擴散至大腦，短短個半月出入醫院四次。我的心也懸崖式的跌下，連腳也站不穩。我唯一無問的是：「點解？點解這樣？」每次送丈夫入院，我的祈禱總是：「上帝呀！不要離開丈夫，捉緊他的手，讓他依靠着祢。祢是我唯一的依靠，甚麼結果也不重要，因為我深信，耶穌一定為我們做最好、最合適的安排！」如果丈夫再次出現精神錯亂，送他入醫院也沒有作為，醫生早已講明只能轉介他到善終醫院。我突然想起某博士的講道錄音的內容：耶穌給某位弟兄神蹟，就是死前輕鬆。怎樣輕鬆？無可能做到！

義工為我翻譯丈夫的最後一封出院信，看見醫生寫了這個自問自答的問題：「病人會否十四日內離世？不會 No！」經過醫生朋友解釋病情，我知道發生了甚麼事。隨後十天，我心情低落。相反地，丈夫非常的平靜及輕鬆。他也知道出院信的內容，但不當作甚麼一回事，一點也看不起死亡，無憂也無懼，輕鬆如常地生活，反過來安慰我：「確診那天開始，不是已經倒數嗎？最初四個月，我的疼痛到極點，但隨後完全不痛，而且化療其間差不多沒有副作用。我過了一整年一種優質的病人生活，坦蕩蕩做回自己，做了很多喜歡的事情。我所愛的兩個女兒及太太，全家現在的感情及關係，從未如此深厚，不是非常感恩嗎？每次入院，也能出院，簡直是奇妙的恩典之旅。我曾經在某個時刻，真的以為自己會死，但又出院了。今天還有一位好女婿，雖然我未能出席女兒的婚禮，因為我當日還在醫院，但我知這是耶穌為我所作的最合適安排，我順服喜悅地接受。出院後，在家中與大女拍攝的結婚相，開心美麗至極。現在我還行動自如，雖然大不如前，又如何？行慢一點也非常好！更感恩，我的眼睛看見美好的陽光，呼吸到新鮮空氣，嚐到太太為我煮的早、午、晚餐，天天享受兩個女兒對我的關心。人的一生所追求的，豈不是這樣嗎？耶穌已經讓我擁有這一切了！至於有病還是無病，我也懶理。我只知道耶穌永不離棄我；依靠著耶穌，我是最幸福的，成為上帝的兒子，再無所求！」

我明白了，感謝耶穌藉着丈夫讓我明白如何輕鬆地面對死亡。我也懶理「死定唔死」，開心輕鬆地享受每一天。十月，他的精神仍然很好，步行也平穩，只是非常容易累；睡一小時之後就精神很多，每日約三次。

晚上我為他按摩腳，大約十時就寢。晚間他去廁所小便，回房後馬上能入睡。他早上約六時起床，我也起床，隨後助他食藥。照顧員上門幫他沖涼之前半小時，簡單清理過後，我倆一起吃早餐，總是有傾有講，回想上帝的恩典，一次又一次再一次、無數次的恩典，全部是白白領受，總結如下：

- 1) 癌症入骨有幾痛？痛至極點，但四個月後，完全消失，無需服食任何止痛藥至今，感謝耶穌！
- 2) 做化療時，差不多沒有副作用，感謝主耶穌基督！過了一整年優質的病人生活，患末期癌症，但一點也不似病人，還可以很多自己喜歡的事情，感謝耶穌！
- 3) 癌細胞擴散至腦，我還能行動自如：看到、食到、行到、聽到、講到……感謝耶穌！
- 4) 每次入院，由於疫情緣故，沒有翻譯，的確有困難。但每次醫院總有一兩位醫生或護士是懂廣東話的，住院並無任何憂慮，上帝已經天羅地網安排一切，感謝耶穌！
- 5) 由確診那天起，出現身邊的天使真的很多很多，深深感受到人間有愛—不是有愛，乃是有大愛！

丈夫最想做的任何事情，都是在無壓力下，只是為了想做而做就很開心。他十分喜歡做中式點心，只是想做，不是為生活賺錢而做，他成功了。患病這一年內，他做了很多中式點心，例如：咸水角、奶黃包、叉燒包等……還有西式甜品，他也做到。最開心學會做酥皮奶黃月餅，所有朋友食過，讚口不絕，比酒店的出品更好。他又做了最原始又難做的古味蛋糕。

丈夫的心聲：「我何德何能獲得到這麼大的恩典？當我未認識耶穌，祂已保守我。我末信祂，祂已愛我，為我死在十字架上，為我成就救恩。我曾經做錯很多事情，當我還做罪人的時候，祂一點也沒有放棄我，而且給我身心靈的全人醫治，讓我成為新造的人！我曾經迷失方向，看不到回家的路，看不到家在那裏，內心深處真的很恐懼。然而我是個男人，是一家之主，家庭是我的責任。以往我只能裝作若無其事，但我的心卻在流淚，不敢流淚面上；我的身在顫抖，我的軟弱和壓力，也不敢表達。因為我怕最愛的太太及女兒知道，怕她們驚慌或擔心。感謝耶穌！回家的鎖匙我拿起了，回家的路我看到了，我進入了天家。」

關懷老弱服務

1. 代購食物/日用品
2. 取藥, 郵寄等
3. 致電關懷問候
4. 醫療/情緒建議

如你或知道有人有需要,
請填寫「幫助申請表格」
或聯絡我們。



聯絡人: 麥偉騰 07508 08 7775
Michael 07024 59 5958
Collins 07590 83 6036

* 試驗服務由英國華人關懷強症協會(CACACA) 統籌, 並與教會的義工
提供服務。

- 過了 150 日水漸退
- 17/7 方舟停在亞拉臘山
- 1/10 山頂都出現
- 過 40 日(11/11?) 挪亞放出烏鴉
- (18/11?) 挪亞首次放出的白鴿歸回
- (25/11?) 挪亞第二次放出的白鴿, 咀叨着新橄欖葉歸回
- 等了 7 (2/12?) 挪亞第三次放出的白鴿不返回
- 1/1 (六百零一歲) 地上的水乾了, 挪亞移開舟蓋
- 27/2 地完全乾了, 挪亞全家出方舟



為各地政府祈禱, 有挪亞的智慧, 安步就班地逐漸解封。為各地居民祈禱, 有挪亞全家人的忍耐與合作, 最終重回大地生活。讓我們做以往想做又無時間做的, 將封城引發的被迫性苦悶、居家令所產生的防疫疲勞, 轉化為人生難得的機遇!

好消息

姜百蓉

L 女士很不幸地確診新冠病毒, 她只有乾咳和微燒, 在家中自我隔離十天便可以了。我幫助 L 聯絡 GP, 前枱職員非常迅速地回覆, 並提供了當天的電話問診預約。由於 L 獨居, GP 安排運送兩樣醫療儀器到 L 的住家, 就是檢查肺功能的氧氣飽和度監測器, 又因應 L 表示原先在家量度發現低血壓, 便獲血壓計以確認 L 的血壓情況。此外, GP 為 L 安排在 24 小時內提供「家庭監察支援隊」, 是有翻譯員的電話支援, 任何問題都可以立即得到解答, 令 L 十分安心。此外, L 收到了三則 NHS 短信和帳戶號碼, 以助她: (1)「測試和跟蹤」— 收集有關病人的近期活動, 和感染病毒時的接觸者資料。(2) 提醒「測試和跟蹤」— 以控制 C-19 的傳播。(3) 支援的資源— 將「隔離服務」的信件作為給僱主的病歷證明, 或為低收入的受僱或自僱人士提供的「測試和追蹤支援款項」計劃, 可申請一次過 500 英鎊的資助。

L 想重新測試以確保自己再無病毒感染, 於是我為她上網預約。此測試不是由 GP 執行, 而是由 NHS 在社區進行。在 L 步行距離的範圍內, 有三個測試中心和超過 185 個時段可供選擇。到場登記後, 便獲一個二維碼, 連同有照片的身份證明, 交給技術人員, 五分鐘內完成取「深喉和鼻液」樣本。在 48 小時內收到測試結果: 好消息! 是陰性!!! 現在, L 可以毫無掛慮地恢復日常生活了。

網上蘇豪月會 (逢每月第二週六 11am-12N) 12/12

14/11 多謝 35 位出席一起運動和鄧麗瑩的講座「跨越痛苦」



請賜予我寧靜,
接納無法改變的一切
請賜予我勇氣
調整可以改變的一切
請賜予我智慧
分辨兩者的是與否。

網上美景月會 (逢每月第三週四 11am-12N) 17/12

19/11 多謝 16 人參加分享生活體驗和為癌友祈禱。



網上美倫月會 (逢每月第四週四 11am-12N) 24/12

26/11 多謝十多位出席, 閒話家常和唱歌





CACACA Nov 2020 Finance report

Oct Balance	£ 14,618.64
Nov Income	£ 823.28
Nov Expenses	£ 1,898.92
Nov Balance	£ 13,543.00

Zoom Soho Monthly Cancer Support Group (MCSG Soho)

2nd Saturday of each month 11:00–12:00 Zoom

Patient's story

Mrs Ng

In Sept 2020, my husband deteriorated sharply when his colorectal cancer spread to his brain. He was admitted into the hospital 4 times in 6 weeks. It was hard for me to accept and adapt. The only thing I didn't ask is, 'Why?' but prayed whenever he was admitted, 'Jesus! Please hold his hand tight. Let him rely on You. I am convinced that you will make the best arrangement for us!' The doctor had already stated that nothing could be done and referred him to the hospice. I suddenly remembered a sermon video which mentioned that Jesus miraculously let a brother relax before dying. Isn't that impossible?

Volunteers translated my husband's latest discharge letter and saw this question, 'Will the patient die within 14 days? No.' With a doctor friend's explanation, I understood but was depressed for the next ten days. However, my husband was very calm and relaxed, though he also knew everything. He made light of death and lived easily, worry-free and fearless as usual. In turn, he comforted me: 'Haven't my days been numbered since the day of my diagnosis? Originally, I had extremely serious pain for 4 months, but then there was no pain at all and almost no side effects from chemo. I lived a whole year of high-quality life as a patient with many things I like. My relationships with my two daughters and my beloved wife have never been deeper. I was discharged after each admission. Once I really thought I was dying but I was home again. Today I have a good son-in-law, although I could not attend the wedding because I was still in the hospital that day. I accept joyfully that this was the best arrangement from Jesus. Afterwards, I took an extremely happy and beautiful wedding photo with my elder daughter at home. I can still move freely; even if it is not as good as before, so what? It's also great to go slower! I am even more grateful to see the beautiful sunshine, breathe in the fresh air, eat the meals cooked by my wife, and enjoy my two daughters' love every day. Don't people spend their entire lives pursuing these things? Jesus has given them all to me! I don't mind if I am sick or not. I only know that Jesus will never forsake me. Relying on Jesus, I am the happiest person as a son of God, and want nothing!'

Through my husband, I understood how to face death with ease, praise Jesus. I thought no more about death but enjoyed every day happily. In October, he was still in a good condition and walked steadily, but tired easily and needed 3 one-hour naps a day to regain energy. In the evening, I massaged his feet then we went to bed at ten. He used the toilet at night and fell asleep again easily. We got up at six in the morning for him to take medicine.

In the half-hour between a simple clean-up and the carer helping him shower, we ate breakfast and always recalled Jesus' countless blessing as follows:

1. Cancer spread to the bone should cause serious pain but he didn't need painkillers from the fourth month until now.
2. There are almost no side effects from chemo. Afterwards almost one year, he doesn't look like a patient and can do what he likes.
3. Cancer spread to his brain but he can move freely: seeing, eating, walking, hearing, speaking... Praise, Jesus!
4. Due to C-19, interpreters were not available which made it difficult for him. However, at every hospital admission, there were medical staff who could speak Cantonese. Jesus arranged everything for him!
5. Since his diagnosis, there have been many angels surrounding him and there is great love in the world!

My husband wanted to do everything without pressure; he just did what he wanted then he was happy, e.g. making Chinese dim sum but not for money. During the year of his illness, he made a lot and western desserts too. His happiest achievement was making custard mooncakes with shortcrust pastry which earned all of his friends' highest recommendations. This ancient cake with primitive favours was the most difficult to bake.

My husband wanted to share: 'How can I receive such blessings? Before I even knew Jesus, He guarded me, loved me, and died on the cross to save me even though I have done many wrong things. When I was a sinner, He did not abandon me but healed me holistically. I am a new being now! Once I was lost, couldn't see the way home, was really scared deep down in my heart. However, I am a man, the head of the family. My family is my responsibility and I could only pretend to be nonchalant but my heart was crying. I dared not cry aloud and my body was trembling because I dared not express my weaknesses and stress to my family lest they were afraid or worried. Praise Jesus for giving me the key to go home. I see the way and enter my heavenly home.

On YouTube, a sister mentioned, 'God gave a gift to everyone and hid it in their hearts. If you are willing, take out this gift from your heart and open it. You will see a key for the heavenly home. You must pick up this key yourself, open the door, and go home.'

The time of Coronavirus Outbreak in UK

We care & help

Elderlies & Vulnerable Groups

1. Buy & deliver groceries
2. Collect medicines, post mails
3. Make calls to care regularly
4. Healthcare & emotional advices

If you are or you know anyone in need, fill our "Help Request Form" or contact us

Contacts: Mr. Sham 07508 03 9775

Michael 07824 49 5958

Collins 07990 83 6056

*The trial phase will be coordinated by Chinese Association of Cancer Care and provided services with volunteers from Churches in London

Noah excited lockdown

(600 years old, 40 days of heavy rain from 17/2)

- After 150 days, the water receded steadily.
- On 17/7, the ark rested on Mt Ararat.
- On 1/10, the mountain tops became visible.
- After 40 days (on 11/11?) Noah sent out a raven.
- (On 18/11?) Noah sent out a dove (1st) which returned.
- (On 25/11?) Noah sent out the dove (2nd) which returned with a freshly plucked olive leaf.
- After 7 days (on 2/12?) Noah sent out the dove (3rd) which did not return.
- **On 1/1 (601 years old)** the water had dried up. Noah removed the ark's cover.
- On 27/2 the earth was completely dry. Noah's family left the ark



Pray for the various governments to have Noah's wisdom to gradually exit lockdown step-by-step. Pray for people everywhere to have the patience and cooperation of Noah's family to finally resume life on earth. Let us do what we wanted to do in the past but did not have time to do, turning the period of passive boredom caused by lockdown and the fatigue caused by epidemical precautions into a rare opportunity in our lives!

Good news

Yung

Sadly, L was tested positive for C-19. As her dry cough was not severe with only a low-grade fever, L self-isolated at home for 10 days. I helped L to contact the GP whose receptionist was very responsive and scheduled a same-day tele-consultation. As L lived alone, the GP dispatched equipment such as PO2 monitor to test her lung function and BP Monitor for her low blood pressure, and arranged an interpreter for the Home Monitoring Support Team which provides tele-support within 24 hours to answer any questions. L received three text messages and an account ID from the NHS: (1) Test and Trace to collect information about the patient's recent activities and people in close contact. (2) Reminder of Test and Trace to control the spread of C-19. (3) Signpost for help and support such as a letter from the Isolation Note Service to the employer or a one-off £500 payment from the 'Test and Trace Support Payment' scheme for those who have a low income or are self-employed.

L wanted to retest to make sure she was all-clear so I booked an online test which was not through the GP but with the NHS. There were 3 sites and over 185 time slots within walking distance. After on-site registration, a QR code was given which together with a photo ID was shown to the technician. The sample was taken from the tonsils at the back of the throat then the nose, all within 5 minutes. The result was received within 48 hours. It was good news! NEGATIVE! Now L can go back to her normal routine without any worries.

Zoom MCSG Soho (Every 2nd Sat 11am – 12N) 12/12

14/11 35 people joined Rebecca Tang's talk 'Living beyond



請賜予我寧靜，
接納這法改變的一切
請賜予我勇氣
調整可以改變的一切
請賜予我智慧
分辨兩者的是非。

Zoom MCSG Maggie (Every 3rd Thurs 11am-12N) 17/12

19/11 16 people shared and prayed for cancer patients



Zoom MCSG UCLH (Every 4th Thurs 11am-12N) 24/12

26/11 More than 10 people joined, shared and sang.

