



## 2023年5月協會財政報告

|      |   |           |
|------|---|-----------|
| 4月結存 | £ | 37,471.19 |
| 5月收入 | £ | 1,188.64  |
| 5月支出 | £ | 5,817.24  |
| 5月結餘 | £ | 32,842.59 |

## 蘇豪關懷癌症月會 (MCSG Soho)

(國/粵語) 24/6 (週六) 上午 11:00 至下午 1:00

倫敦中華基督教會蘇豪福音堂地庫 SOC, 166A Shaftsbury Ave, SOC WC2H 8JB

## 癌友園地

2020年我70歲，持續地排小便後痛楚，但無尿頻或遺尿。GP處方抗生素卻無效，我感到身體很虛弱，要求轉介往醫院。當時開始封城，我戴着兩個口罩和手套，獨自前往覆診，若有醫學名詞，醫生使用線上的翻譯服務。初步尿道鏡窺探時，我躺在床上看見醫生的螢幕上有兩處紅色，醫生便安排在全身麻醉下取活組織。確定了檢查日，我須要事前驗病毒和居家隔離至手術日。取完活組織，我甦醒過來見插了尿喉。原本即日可出院，但我是獨居又感到頭暈，便要求翌日才出院。兩週後覆診，活組織報告確診尿道癌。我的第一個反應是拒絕醫治，因我的生命很豐足，兒媳自立，三名男孫孝順，我真的無遺憾。我的生活也無所缺，雖然封城，我儘快前往購買必需品便回家，不需義工或任何人協助。況且我有永生確據，大不了就是死，去見天父吧。醫生多方鼓勵，認為我的病情不嚴重，我才接受醫生的治療方案，簽署手術同意書。隨後，我須接受多項手術前檢查：驗血、心電圖、CT等。我再次驗病毒後居家隔離至手術日。入院在全身麻醉下刮除尿道的癌細胞，甦醒後我見安裝了尿喉。我要求翌日才出院，沒有血尿，服食止痛藥就夠了。隨後每週一次回醫院，在尿道注射入BCG卡介疫苗。此治療前須禁飲水兩小時，以保持BCG的濃度。首次注射後，我排小便感到痛楚。第二週我告訴護士，她叫我服食普通止痛藥。這次注射BCG後，我飲很多水，便不再痛了。注射六次後做掃描評估療效，須要再次入院在全身麻醉下刮除尿道的癌細胞，及每週一次在尿道注射入BCG卡介疫苗。三次BCG後再次素描評估，結果是須要再注射BCG三次。隨後，我不需要化療或電療，定時覆診密切觀察就夠了，我實在感謝耶穌。由發病到完成12次BCG治療，前後半年。

30多年前，我丈夫確診肝癌，半年後離世，真的往事不堪回首。家婆家公也有癌症，但我的家人沒有。我習慣了中午才起床，不吃早餐，常煲湯水飲，喜歡吃魚，只服食最低量的血壓藥。我不知自己為何有尿道癌，多想無謂。我非常容易感冒，而且症狀嚴重，個多星期才能痊癒。自己知自己事，所以自從患了癌症，加上新冠病毒，我比以往更注

## Julie

重家居清潔，例如全屋噴消毒劑、出入帶口罩、經常洗手、回家後馬上沐浴更衣。我按NHS的疫苗邀請信，注射了四針新冠疫苗，肺炎針和生蛇針兩次，副作用不大。我從沒有感染病毒，可能因為經常戴口罩，兩三年來反而沒有患感冒，是意想不到的健康。完成癌症治療，我如常生活無戒口，只注意吃低鹽食物。三年後的今天，我只需電話問診，遲了去廁所會遺小便。我衷心多謝NHS的全面照顧，給我免費的癌症治療，每位醫護的忍耐和溫柔，對我毫無歧視。我自給自足，無需申請政府資助。對於其他癌友，我可以給予的幫助，就是分享我的信仰。每個人都要面對死亡，都期望好來好去不受太多痛苦。只要有耶穌在心中，內心就舒服輕省，身體有病也可以痛而不苦。

我年幼時在香港只有機會讀書三個月，跟父母做小販，有空就到附近的教會看看。我53年前來到倫敦，當時12p已買到一大包薯條。我先後在多間外賣店工作，學做炸魚薯條和櫃面收銀，又從電視機學英文，歷盡在英華人的辛酸。我對耶穌說：「因為要工作無法返教會，但我相信你，我退休便會受洗。」對我而言，信耶穌不是頭腦的知識或教條，而是經驗到耶穌的同在和安慰。每逢談及耶穌，我內心就會溫暖，好像見到至愛親人的感受。十年前退休，我便遵守承諾受洗。我識字不多，但能讀聖經和唱聖詩就夠了，所以我一無所缺！每日起床看見上帝的創造，我就非常快樂。親生兒子也有時信不過，但上帝是全然可靠。我喜歡旅遊，每年都回香港。2023年復活節後，我與癌友們和義工共十一人，參加四日三晚的郵輪遊。（請看後頁「郵輪」）我是首次坐郵輪，每樣事物對我都很新鮮。郵輪好像會移動的酒店，乘客不用經常搬行李也可以到各地遊覽。第三日遊法國，上岸前我找不到乘船証。多次尋找不果，我心急之餘內心唯有祈禱。終於同房的姊妹在我的隨身腰包、經常放証件的側袋找到了，真的感謝耶穌。我們上岸後遊覽諾曼第的港口之一，和兩座不同年代又不同風格的教堂。我在法國餐廳吃蝸牛、生蠔和青口，新鮮又可口。雖然我週身痛，常要貼膏藥和塗止痛油，但在我這個年紀能活動自如，已經非常感恩。五月中，我與朋友行東倫敦的市集兩小時，然後參加現代聖詩的音樂會。悅耳的歌聲和生活性的分享，令我再次不怕死亡，我的每一天都是恩典！

## 春季新冠疫苗接種

超過 300 萬人接受了新冠病毒的春季疫苗接種，以加強對病毒的保護。75 歲及以上、或免疫系統較弱的人，可以使用 NHS 應用程序，或致電 119 預約。2023 年的春季疫苗接種時間，將在 6 月 30 日(星期五)結束。

此後，您將無法在線預約 COVID-19 疫苗。如果您出現新的健康狀況，或開始嚴重削弱您免疫系統的治療，在臨床醫生或 GP 的建議下，您可以較快接種疫苗。



<https://www.nhs.uk/nhs-services/covid-19-services/>

## 郵輪

### 王陳月蓮

自從 2017 年，我參加癌協的蘇豪月會和戶外活動，認識了其他義工和數位病友。經過三年的世紀疫症，又要封城，又要居家隔離，令人心惶惶。今年全世界開始回復正常，人人都想出外走走。四月下旬，我們一行 11 人參加四天三夜的郵輪團。（請看前頁「癌友園地」）當日我從家出發的火車臨時取消，令我非常擔心會遲到。我祈禱後上了別班火車，終於五分鐘前到達 Waterloo 火車站，適時上了前往修咸頓港口的火車。上火車後得知原來所有團友都為我的火車接駁祈禱，我衷心感謝並彼此享受自備的午餐。

可能是疫情關係，相比我廿年前的郵輪經驗，今次遊輪多了一些措施，例如上船前必須填寫健康問卷，是關於呼吸道和消化道的症狀；每個角落都有消毒液供使用；餐廳的廁所內有告示「提醒乘客如廁洗手後，用紙巾墊手才開門」。還有不鼓勵乘客給予現金小費、卻歡迎乘客每人捐一英鎊給海洋環保等慈善機構，行程結束前則容許現金結賬。

郵輪泊岸後，我們都選擇上岸參觀。第二日早上，郵輪到達英屬外島。接駁快艇的甲板因風大浪大非常搖晃，只見數位職員合力協助乘客安全地行過，尤其是傷殘人士真不容易。我和同房姊妹再坐渡輪到另一個荒蕪的小島，環島步行享受怡人景色。考慮回程時間，我倆中途折返碼頭，在下午四點回到郵輪享用下午茶。當晚我還和幾位姊妹享用按摩池，來洗滌一天的疲累。第三天到法國的港口，當要離船上岸之際，我的房友找不到船卡，我陪她折返房間也找不着。最後，我在她的隨身腰包找到了。感謝耶穌！我們上岸與其他團友會合，參觀了兩間教堂，又到一間 1596 年開張的餐館品嚐法國海鮮餐。

我們在船上認識幾位馬來西亞的華人姊妹，其中一位不是基督徒，但她的朋友最近患上癌症，全家都很沮喪。

## 誠邀出席《關懷癌症月會》MCSG

您，並不孤單！

我們是您抗癌路上的同行者。

歡迎癌症病友、家屬、照顧者和朋友，

大家分享近況，互相關懷，祝禱支持。

感謝義工齊心侍奉，出席者預備愛心美食，

一同分享分擔，為抗癌勇士打氣！



第四天早餐後，我們為那位癌友和家人舉行一個祈禱會。我真的很感恩作為神的兒女，難得新朋友向我們敞開心扉，讓我們成為耶穌的使者，歸榮耀頌讚給我們天上的父，阿們！



### 10周年聚餐 9/6 (週五) 1-3pm

地點：倫敦唐人街麗都飯店

Lido 41 Gerrard St, London W1D 5QF

費用：每人£30

### 美倫月會 (普通話) 15/6 (週四) 11am-1pm Zoom

18/5 4人參加，互相支持。

### 蘇豪月會 (國/粵語) 24/6 (週六) 11am-1pm

實體聚會及網上zoom轉播

地點：倫敦中華基督教會蘇豪堂

SOC, 166A Shaftsbury Ave, SOC WC2H 8JB

### 美景月會 (粵語) 27/6 (週二) 2pm-4pm

地點：Maggie Centre, Charing Cross Hospital, Fulham Palace Road, W6 8RF

23/5 10人參加，互相支持。





#### CACACA May 2023 Finance report

|               |   |           |
|---------------|---|-----------|
| April Balance | £ | 37,471.19 |
| May Income    | £ | 1,188.64  |
| May Expenses  | £ | 5,817.24  |
| May Balance   | £ | 32,842.59 |

## June MCSG Soho

24/6 (Sat) 11:00 am — 1:00 pm

Soho Outreach Centre (SOC), 166A Shaftsbury Avenue, London, WC2H 8JB

## Patient's Story

### Julie

In 2020, when I was 70, I had persistent urine pain. My GP prescribed antibiotics but in vain. I was weak & requested a hospital referral. Due to the lockdown, I attended the appointment alone with double masks & gloves. The doctor used an online translation device for medical terms if necessary. During the urethral endoscopy, I laid on the bed & saw two red spots on the doctor's screen. Then I was scheduled for a biopsy under GA. Once the date was confirmed, I needed Covid testing & self-isolated at home. After the biopsy, I had a urinary catheter inserted. Since I lived alone & felt dizzy, I requested to stay overnight. 2 weeks later at follow-up, the report confirmed my urethral cancer. My initial response was to refuse treatment because my life was fulfilling with my son & 3 grandsons' filial love. I truly had no regrets & lacked nothing. Despite the lockdown, I quickly bought essential items & returned home without people's help. Furthermore, I had faith in eternal life, so even if the worst happened & I died, I would meet my Heavenly Father. The doctors encouraged me that my condition was not severe. Only then did I accept the doctor's advice & sign the surgical consent form. The preoperative tests included blood tests, ECG & CT scans. After another Covid test, I self-isolated again. I was under GA for the removal of the cancer cells. Upon waking up, I had a urinary catheter & no haematuria. I requested to stay overnight & only needed simple painkillers. Afterwards, I had weekly BCG injections via the urethra. Prior to this treatment, I had to drink no water for 2 hrs to maintain the concentration of BCG. After the 1st injection, I had urine pain. Next week, I informed the nurse, & was advised to take painkillers. After the 2nd injection, I drank a lot of water, which eased the pain. After 6 injections, a scan confirmed another surgery & weekly injection were necessary. After 3 injections, another scan showed 3 more were needed. After that, I did not require chemo or R/T, but regular follow-ups for close observation were sufficient. I am truly grateful to Jesus. From the onset of my cancer to completing 12 BCGs, it was about 6 months.

30 years ago, my husband had liver cancer & passed away 6 months later. It's a painful memory that I don't like to mention. My parents-in-law also had cancer, but my own family members did not. I used to get up late, skipping breakfast, often drinking soups & eating fish. I only took the minimum dosage of HT tablet. I don't know why I had urethral cancer & it seems pointless to dwell on it. I used to catch colds easily with severe symptoms taking a week to recover. Therefore, after having cancer & with C-19 around, I focused on cleanliness at home. I sprayed disinfectant throughout the house, wore masks when going out, washed my hands frequently, & showered & changed clothes

upon returning home. Following the NHS's vaccine letter, I received 4 C-19 vaccines, 1 pneumonia vaccine, & 2 doses for shingles. The side effects were minimal. I have never caught the virus, possibly because I always wore masks. I haven't had a cold in the past 2-3 years, which is unexpected considering my health. After completing cancer treatment, I live my life as usual, without dietary restrictions but paying attention to low-Na foods. Today, 3 years later, I only need tele-consultations & may have incontinence if I delay using the toilet. I am grateful for the NHS for offering me free cancer treatment. All the healthcare staff were patient, gentle, & did not discriminate towards me. I am self-sufficient & don't need benefits. As for other cancer patients, the help I can offer is to share my faith. Everyone has to face death & hopes for a peaceful passing without too much suffering. As long as Jesus is in our hearts, we can find comfort & peace within, even when our bodies are in pain.

When I was young in HK, I only studied for 3 months before becoming a street vendor with my parents. Whenever I had free time, I would visit the nearby churches. 53 years ago, I came to London. At that time, I could buy a large serving of fries for only 12p. I worked in several take-out shops, learning how to fry fish & chips & operate the cash. I also learned English from the TV. I experienced the hardships of the Chinese in the UK. I said to Jesus, "I have to work & cannot attend church, but I believe in You. I will get baptized when I retire." For me, believing in Jesus is not just knowledge or doctrines in my mind, but the experience of His presence & comfort. Whenever Jesus is mentioned, I feel warmth in my heart, as if I am with my beloved family. 10 years ago, when I retired, I kept my promise & got baptized. I may not know many words, but being able to read the Bible & sing hymns is enough for me. Therefore, I lack nothing! Every day, when I wake up and see God's creation, I am filled with joy. Sometimes my own son may let me down, but God is completely trustworthy. I love travelling and visit Hong Kong yearly. After Easter in 2023, I joined a 4-day-3-night cruise with 11 people (please see the back page "Cruise"). This was my first time on a cruise. Everything was new to me. A cruise ship is like a moving hotel, where passengers don't have to constantly move their luggage and can explore various destinations. On the 3rd day, before we visited France, I couldn't find my boarding pass. Despite multiple searches, my anxious heart turned to prayer. Finally, my roommate found it in my waist bag. We toured the port in Normandy and visited 2 churches, and enjoyed fresh seafood at a French restaurant. Though I have pain throughout my body and often apply pain relief patches and oil, I am extremely grateful that at my age, I still move around freely. In mid-May, I strolled with friends at the market for 2 hours & then attended a concert of modern worship songs. The singing and life-story sharing helped me overcome the fear of death again. Every day is a day of grace!

## Spring C-19 vaccination

More than 3 million people have taken up the offer of a COVID-19 spring vaccination to top up their protection from the virus. Those aged 75 and above or with a weakened immune system can book an appointment online, through the NHS App or by phoning 119. Spring vaccinations are available until Friday 30 June.



Afterwards, online booking of a C-19 vaccine is no more available. If you develop a new health condition or start treatment that severely weakens your immune system, you may be able to get vaccinated sooner if your clinician or GP surgery advises it.

<https://www.nhs.uk/nhs-services/covid-19-services/>

## Cruise

Annie W

Since 2017, I have been joining the MCSG Soho & their outdoor activities, where I knew other volunteers & fellow patients. After 3 years of the pandemic, with lockdowns & quarantine, there was a sense of anxiety. This year everywhere is slowly getting back to normal, & everyone wants to go outdoors. In late April, our group of 11 people joined a 4-day-3-night cruise tour. (Please see front page). On the 1st day, my train was unexpectedly cancelled. After praying, I boarded a different train & finally arrived at Waterloo Station 5 min before departure for Southampton Port. Once on the train, I learned that all my friends had prayed for my train connection. I sincerely thanked them & enjoyed the packed lunch we each brought.

Perhaps due to the pandemic, compared to my cruise experience 20 years ago, there were some additional measures this time. Before boarding, we had to fill out a health questionnaire regarding our respiratory & digestive symptoms. Hand sanitisers were available at every corner. The notices in the restaurant bathrooms reminded passengers to use tissue paper to open the door after washing their hands. The cruise also discouraged passengers from giving cash tips but welcomed each person to donate £1 to marine conservations & other charities, with cash settlement allowed at the end of the trip.

When the cruise docked, we all went ashore for sightseeing. On the 2nd morning, the cruise arrived at a British island. The deck of the tender boat was very rocky due to the strong wind & waves. Several staff cooperatively helped the passengers board safely, especially the disabled. My roommate & I took another ferry to a deserted island to enjoy a scenic walk. Considering the return time, we headed back to the pier at 4 p.m. for afternoon tea on the cruise. That evening, a few of us relaxed at the Spa Pool after a tiring day. On the 3rd day, as we were about to disembark in France, my roommate couldn't find her cruise card. Returning to the room, we couldn't find it. Finally, I found it in her waist bag. Thank you, Jesus! We joined other people ashore & visited 2 churches & dined at a restaurant open since 1596, savouring a French seafood meal.

## Monthly Cancer Support Group

MCSG is open to individuals touched by cancers, patients, survivors, family, friends and carers.

We move forward together.

None of us is alone!

Big "thank you" to participations' dedication & wholesome food.

Let us stand together to fight cancer!



We made friends with a few Malaysian Chinese. One of them was not a Christian, but her friend recently had cancer, & the whole family was stressed. After breakfast on the 4th day, we prayed together for the patient & her family. I am truly grateful to be God's child & new friends open up to us, allowing us to be Jesus' ambassadors. May glory & praise be to our heavenly Father. Amen!



### 10th Anniversary Meal 9/6 (Fri) 1-3pm

Lido 41 Gerrard St, London W1D 5QF  
Fee: £30/ Person

### MCSG Macmillan 15/6 (Thurs) 11am-1pm Zoom

18/5 4 people supported each other

### MCSG Soho 24/6 (Sat) 11am-1pm

SOC, 166A Shaftsbury Ave, WC2H 8JB

### MCSG Maggie 27/6 (Tue) 2pm-4pm

Maggie Centre, Charing Cross Hospital,  
Fulham Palace Road, W6 8RF  
23/5 10 people joined & supported each other