



## 2022年5月協會財政報告

|      |             |
|------|-------------|
| 4月結存 | £ 14,969.70 |
| 5月收入 | £300.27     |
| 5月支出 | £ 5874.80   |
| 5月結存 | £9,395.17   |

## 九周年慶祝(MCSG Soho)

09/06/2022 **11AM-1PM** 倫敦中華基督教會蘇豪福音堂地庫

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

## 病友園地

## 安娜

我嚴重經痛多年，經血又多，導致我無法工作，但久醫無效。GP 早已發現我的左卵巢有個囊腫，但認為我的情況只是停經症狀。我要求做醫院的檢查，GP 前台告訴我 NHS 的電腦系統壞了，兩個月也無法預約。在 2017 年夏天，我到 G 醫院，在完全清醒下切除了數個子宮癌肉，不用十分鐘便完成了。回家後我的陰道出血，便按治療後護理信上的電話求助，獲護士指示前往附近的藥房取抗生素。回家後，才發現藥盒上的地址並非我家地址。取回正確的抗生素服食後，我便沒有發炎。幾週後我回 GP 復診，臨床檢查後，加上我的血壓非常低，GP 懷疑我原先的卵巢囊腫破裂，為我急召十字車去 G 醫院。在急症室，我接受 CT 等檢查，五小時後被送入院。由於是週六，未能進一步做各類檢查，只能靜脈輸入補充體液和開始口服另一種抗生素。由於我肚瀉，獲安排獨立房間，往窗外可看見大笨鐘正進行維修。護士也認為可能是抗生素導致我肚瀉，我停止服食後好轉，前後三日便出院。回家後，我除下在醫院穿了一天的壓力襪，我的腳便出現水腫，扶着椅背才能移動雙腳。我按出院信上的指示打電話求助，護士認為我原本已經肚瀉數天，加上飲水不足，缺水引致我的腳腫。我盡量飲水十天後，我慢慢恢復活動能力。回 G 醫院覆診時，醫生強烈希望將我的病案加入 NHS 正進行的癌症研究。在旁的女醫生也鼓勵我簽字，指出掃描初步顯示有腫塊和陰影，認為極可能是癌症，須要手術切子宮，有待確認切除了的子宮癌肉而已。我聽見了非常害怕，求診一位私家婦科醫生。她答應為我在 NHS 的 R 醫院進行微創手術切除卵巢囊腫。與此同時，我在香港的姐姐確診淋巴瘤第四期。由於我相信自己沒有癌症，所以我更選擇微創手術，希望只切除卵巢和囊腫，可以儘快乘飛機去陪伴她。因某些原因延期了兩次，終於在聖誕節後我才能做手術，醫生告訴我手術成功。但出院後的覆診，病理報告確診卵巢癌，我獲轉介去 NHS 的 U 醫院見腫瘤科。如此振轉到了 2018 年 3 月，腫瘤科醫生認為切除的組織是卵巢癌二期，若擴散了便是末期。當時手術室可能要等候頗長時間，才有預約時段可為我用微創完全切除腫瘤。

其實我信耶穌多年，癌症當前令我面對生死，我便決

定受洗，堅定地信賴耶穌！很快，我便找到一位私家腫瘤科醫生，也認為只有 10%的機會是卵巢癌第一期，但認為剖腹手術較適合清除所有腫瘤。在隨後漫長的十天等待裡，我感到不安和困擾，幾乎無法入睡。一天晚上，我問上帝：「為甚麼我得了這種病？」翻開聖經，我偶然看見了(羅馬書 5:3-5)「不但如此，就是在患難中也是歡歡喜喜的；因為知道患難生忍耐，忍耐生老練，老練生盼望；盼望不至於羞恥，因為所賜給我們的聖靈將神的愛澆灌在我們心裡。」我突然意識到，上帝希望我在危險的時候依靠祂、相信祂，並且靠近祂。從那時起，我明白一切都是上帝的工作，祂的所有承諾都會兌現。我自己不斷祈禱，更請弟兄姊妹為我祈禱。終於在同年的復活節前，這位腫瘤科醫生在 NHS 的 H 醫院為我施行剖腹切除腫瘤。手術後甦醒，我不斷打嗝，年輕護士們鼓勵我飲水以緩解橫膈膜的抽搐，又給我一個細小的方枕放在上腹令我舒服。兩位護士用盡方法仍然無效，她倆便為我祈禱，隨即我便停止打嗝了。衷心感謝護士們的悉心照顧，更多謝她們為我禱告。手術後覆診，得知我的癌症期數竟然是 10%機會的第一期，太奇妙了！（請看後頁「唯一的幫助方法」）

化療後，我掉頭髮外，經常極度疲倦、噁心、思想遲鈍無法集中注意力…非常辛苦，真的往事不堪回首。止嘔藥導致便秘，又要服食排便藥，令我不勝厭惡。我用其他方法止嘔，因為飲食營養太重要了。六個月的化療日子，我都是坐著睡，以避免躺下容易嘔吐。我又選看美食旅遊等開心視頻、在窗口空氣流通減低氣味、不勉強自己進食、服用某種薑汁飲品等方法，都可以避免嘔吐。此外，因為我的整體生活都改變了，我便列表記下每日的作息、飲水進食、嘔吐排便等。這方法大大有助我重新掌控自己的生活，更清楚了解甚麼情況下，及那種食物導致噁心，化療護士看見了也大為欣賞。每次化療前都需要驗血，多次顯示我的免疫系統弱或血少板低。我不想打骨針提升自己的白血球，醫護尊重我的決定。等了六至七週，我的驗血報告才自然回升至正常數目，可以完成最後兩次化療。我從香港人學會用花生皮煲水來飲，又聘請居家嫗母來保持環境清潔，每次進餐前我都用滾水洗餐具。在耶穌的保守下，我能够堅持下來，沒有受感染和嘔吐。我記得某次療程後，我躺在床上疼痛難忍，（下頁）



## 9/6/2022 (星期四) 蘇豪月會

|      |             |
|------|-------------|
| 題目   | 九周年慶祝       |
| 主席   | 何嘉莉         |
| 場地   | 曹余秀玉 / 潘志良  |
| 接待   | 曹余秀玉 / 潘麗娟  |
| 活動   | 呂劉佩儀 / 蕭詩華  |
| 影音   | 陳曉心         |
| 急救   | 顏陳美鳳 / 呂劉佩儀 |
| 當值理事 | 曹余秀玉 / 顏陳美鳳 |

感覺我的胃和所有腸子都被纏住了。我開始祈求，希望得到聖靈的幫助。不到幾分鐘，疼痛就停止了。到了年終我生日前，終於完成了六次化療。

手術後和化療期間，我難免感到無助和沮喪。朋友介紹我認識一位癌症康復的基督徒，她幫助我面對疾病。幾位教會姐妹陪我接受每次化療、多次探訪和聊天，減輕了我的恐懼和憂慮。雖然我因免疫力低必須居家，但我能够參加每週的查經班和主日崇拜，幫助我靈性成長，帶給我希望。我更加感謝耶穌的大愛為我安排了一切，在我生命中最困難的時候，帶著我走過每一步。不幸的是，我的姐姐在我完成治療後的第十二天去世了。我感到很愧疚，未能陪伴她走最後一程。願上帝寬恕她，願聖靈引導她到天家。

阿們！阿們！

## 蘇豪月會 (逢每月第二週六 11am-1pm) 9/6

14/5 30 人參加林嘉欣 主講「生死教育」

**生命教育**

- ✓ 了解生命意義、理解價值觀，探討道德、生命科學倫理的本質，發展判斷能力。
- ✓ 建立生命觀，進而實現生命關懷的理念與實踐。

**死亡教育**

- ✓ 探討生命科學與文化，此課程包括文化與宗教對死亡與死後生命的理解，並希望透過對死亡的研究而使學習者 **更加欣賞生命**。(Bernsley, 1975)
- ✓ 「死亡教育是一門學科，以增進個人對死亡與死後生命之理解；並探討一個個體的價值，以幫助學生檢視生命事實，並從實際的人類生活之中。」(Karlshchek, 1977)

**生死教育三大範疇**

- 善終
  - ~ 能安樂祥和，**了解**面對生命的終結
- 善別
  - ~ 能 **妥善處理/化離世**的憂慮，處理分離所引發的哀傷情緒並能適應及重投新生活
- 善生
  - ~ 能渡過 **逆反**的一生

## 美景月會 (逢每月第三週四 11am-12N) 16/6

WMC 69-71 Brook Grn, London, W6 7BE

19/5 6 人參加，互相支持



## 美倫月會 (逢每月第四週四 11am-12N)

26/5 12 人參加，互相支持

網上 23/6

CHINESE ASSOCIATION FOR CANCER CARE  
英國華人關懷癌症協會  
雨後陽光 • 重獲健康

# 周年慶祝聚會

## 歡迎參加

聚會完結後，將於唐人街餐館午膳，每人收費£20，可自由參加。請向本會理事Annie Yee 報名  
電話號碼：07521702456 (致電/WhatsApp/微信均可)

## 唯一的幫助方法

安娜

當英國在 2020 年處於封鎖狀態時，我和大多數人一樣呆在家裡。就個人而言，我生活得很好，總是想方設法打發時間，看電視、上網、參加網上聖經學習、與朋友和家人視頻聊天外，還發展了新的興趣，例如烘焙和烹飪。當時最讓我擔心的是，那些來自不同癌症支援組的癌友，他們不僅有癌症，還有焦慮和抑鬱症。他們的治療被取消、手術被推遲、覆診只能在網上進行。他們在手機群組和社交媒體，發放出自己的苦惱和擔憂。每當我看到這些信息時，我感到很無助，好像有一個巨大的重擔落在我的肩上。我無能為力，感到非常沮喪，不知道如何安慰他們，尤其是在封鎖的情況下，不允許探訪其他人。這些信息讓我非常困擾，以致我晚上無法入睡。在某程度上，我決定暫時停止查看社交媒體上的消息。

基督徒可以擁有的最大資產之一，就是為他人的需要祈禱。我記得確診癌症時，每當我的基督徒朋友為我的手術或康復祈禱，我總是感到如釋重負。(請看前頁癌症故事) 封城期間，我有的是時間，卻無處可去，我便善用時間為朋友的需要禱告。在禱告中，我將憂慮帶到神面前，平息了我的恐懼，重振了我的勇氣，釋放了我的負擔。我無法為有需要的朋友提供更多的幫助和關心，但在我的祈禱中記念他們。我只是信靠耶穌，把一切都交給祂。

最近，一位非基督徒朋友對我說：「祈禱是無用的！」願上帝原諒她的無知。聽到這話令我很震驚，一直纏繞在我的腦海裡好幾天。老實說，上帝從來沒有應許地上的繁榮或完美的身體健康，祂也沒有回應我所有的祈禱。我某些朋友已經完全康復，並恢復了正常的生活，其中一些還在病床上等待治療，還有一些朋友離開了我們，去了天堂和耶穌在一起。患病和悲傷的朋友，可能無法看到我們為他們祈禱，但許多人告訴我，他們在受苦時經歷到上帝同在。這些經驗令他們感到驚訝，他們知道這是其他基督徒祈禱的結果。願我們真誠地為那些掙扎的人代禱，成為需要者的無形支持和力量來源。



#### CACACA May 2022 Finance report

|               |             |
|---------------|-------------|
| April Balance | £ 14,969.70 |
| May Income    | £300.27     |
| May Expenses  | £ 5874.80   |
| May Balance   | £9,395.17   |

#### 9<sup>th</sup> Anniversary Celebration (MCSG Soho)

09/06/2022 (Thursday) **11am-1pm**

SOC, 166A Shaftesbury Avenue, London, WC2H 8JB

### Patient's story

### Anna

I have had severe menstrual pain with heavy periods for many years, which made me unable to work. My GP had found a cyst on my left ovary but thought my symptoms were menopause. I asked for hospital tests, but GP receptionist explained failure to book for two months because the NHS system had broken down. In the summer of 2017 at G Hospital, within 10 min, I had several uterine polyps removed while fully awake. Later, I had vaginal bleeding and called the nurse. She asked me to get an antibiotic at a nearby pharmacy. Back home, I found out the address on the package was not my home address. After getting the right antibiotics, I was free of infection. Later at the follow-up, my GP found my BP was very low and suspected my ovarian cyst had ruptured, and called an ambulance. At the G Hospital A&E, I underwent a CT scan and was admitted to the hospital five hours later. It was Sat when no further tests could be done, so only IV fluids and oral antibiotics were prescribed. Since I had diarrhoea, I was given a single room and could overlook the Big Ben under repair through the window. The nurse thought the antibiotics were probably causing my diarrhoea. I stopped taking them and felt better. I was discharged after 3 days. At home, I removed the compression stockings worn in the hospital for 1 day. My feet became swollen, and I had to hold onto a chair to move my feet. I called the phone number on the discharge letter. The nurse thought it was dehydration that caused my oedema because I had diarrhoea for a few days. I drank water as much as I could for 10 days and slowly regained my mobility. Following up at G Hospital, the doctor strongly encouraged me to participate in cancer research. The scan showed a lump and a shadow which was likely cancerous so I would need an operation on my uterus, pending confirmation by the pathology report of my uterine polyps. I was frightened and consulted a private gynaecologist who agreed to perform keyhole surgery to remove the ovarian cyst at the NHS R Hospital. Meanwhile, my sister in HK had stage 4 lymphoma. I believed I was cancer-free and opted for the minimally invasive surgery to remove only my ovaries and cysts so that I could fly back to HK to be with her ASAP. After two postponements for some reason, I finally had the surgery after Christmas. However, in my post-op follow-up, the pathology report confirmed my ovarian cancer. I was referred to the Oncology of NHS U Hospital, where the doctor thought that the tissue removed was Stage 2 ovarian cancer, which would have been terminal if it had spread. However, the waiting list for keyhole surgery was long.

In fact, I had believed in Jesus for many years and when I was faced with life and death before cancer, I decided to be baptized and put my trust in Jesus firmly! Soon after, I consulted a private oncologist who thought there was only a 10% chance for Stage 1 but a C-section would be more appropriate to remove all the tumours. During the long 10-day wait, I felt restless and could barely sleep. One night I prayed, 'Why do I have this disease?' I opened the Bible and just happened to read (Romans 5:3-5). I suddenly realised that God wanted me to rely on, trust and be close to Him in times of danger. I knew everything was God's work and all His promises would be fulfilled. I prayed and asked church members to pray for me. Finally, before Easter that year, the oncologist performed a C-section on me at NHS Hospital H. I kept hiccupping when I woke up post-op. Two young nurses encouraged me to drink water to relax my diaphragm and put a small square pillow on my upper abdomen to make me comfortable. Trying everything but failing, they prayed for me then I stopped hiccup immediately. Thanks for their kind care and prayers. Later, I was told that my cancer was only at Stage I, which is amazing! (Please see the back page "The only way to help")

During chemo, I lost my hair, was extremely tired, nauseous, and unable to concentrate...it was very hard. I really cannot look back. The anti-sickness medicine caused constipation. I did not want more drugs, so I used other methods because diet and nutrition are crucial. During the 6 months of chemo, I maintained a sitting up sleeping posture to avoid vomiting; I watched funny videos such as comedy, gastronomy and travel channels to keep myself in a good mood; I sat next to an open window to have good ventilation to avoid the strong smell of my food. I would not force myself to eat if my appetite was poor. I drank a ginger lemon drink to reduce nausea. Since my whole life was changed, I kept a list of my daily routines, drinking and eating, vomiting and bowel movements, etc. It helped me to regain control and be more aware of the issues and foods that cause nausea, which the chemo nurses appreciated. Before my last 3 chemo, my blood count was low but I refused a bone injection to boost my WBC. The medical staff respected my decision. It took 6 to 7 weeks for my blood to rise to normal before I could have the last 3 chemo. There was a time, I was lying in bed in pain and felt my stomach and intestines all tangled up. I prayed then the pain stopped within minutes. By the end of that year, I finally completed all 6 cycles of chemo before my birthday. (Continue on next page)



## 09/06/2022 (Sat) MCSG Soho Volunteer Rota

|           |                                         |
|-----------|-----------------------------------------|
| Theme     | 9 <sup>th</sup> Anniversary Celebration |
| MC        | Carrie Ho                               |
| Set up    | Annie Cho / Chi Leung Poon              |
| Reception | Annie Cho / Laisar Poon                 |
| Activity  | Flora Lui / Sie Wah Siew                |
| AV        | Dion Chan                               |
| First Aid | May Chan / Flora Lui                    |
| Council   | Annie Cho / May Chan                    |

Inevitably, I felt helpless and depressed during my chemo treatment. A friend had introduced a Christian cancer survivor who helps me coping with the disease. Several sisters-in-Christ accompanied me to chemo with love and support, easing my fears and worries. Although I was house-bound, I attended weekly online Bible studies and Sunday services which helped me spiritually with hope. Thank Jesus for carrying me through the hard times. Sadly, my sister passed away on the 12th day after I had completed my treatment. I feel so guilty for not being there at the end of her life. May Jesus forgive her and the Holy Spirit guides her to her heavenly home.

Amen! Amen!

## MCSG Soho (Every 2nd Sat 11am-1pm) 9/6

14/5 30 people attended Ms Lam’s talk on ‘Life and Death’

### 生命教育

- 「了解生命意義、認識價值觀」，探討道德、生命與科技倫理的本質，發展判斷的能力。
- 「思考生命價值」，進而思考生命關懷的理念與實踐。



### 死亡教育

- 「探討生命與死亡關係」，此課程包括文化與宗教對死亡及臨死的了解，並希望透過對死亡的研究而使學習者 更加欣賞生命。」 (Berning, 1975)
- 「死亡教育是一個歷程，以增進個人對 死亡是生命的一部分；並提供一臨終關懷的課程，以幫助學生檢視這件事情，並觀察於個人的生活之中。」 (Karlchek, 1977)

### 生死教育三大範疇

- **善終**
  - 能安然平和，了無遺憾地面對生命的終結
- **善別**
  - 能 妥善處理/已盡心的醫治選擇，處理分離所引發的哀傷情緒並能適應及重建新生活
- **善生**
  - 能透過 滿足持續的一生



## MCSG Maggie (Every 3rd Thurs 11am-12N) 16/6

WMC 69-71 Brook Grn, London, W6 7BE

19/5 6 people joined and supported each other



## MCSG Macmillan (Every 4th Thurs 11am-12N)

26/5 12 people supported each other

Zoom 23/6



CHINESE ASSOCIATION FOR CANCER CARE  
英國華人關懷癌症協會  
兩渡陽光·重獲健康

## 周年慶祝聚會

Anniversary

Date: 9 June 2022 (Thurs) 11:00-13:00

Venue: CCIL Soho Outreach Centre (no zoom)

Lunch after celebration 07521702456 Annie

## The Only Way to Help

Anna

When UK was in the 2020 lockdown, I stayed at home like most people. I did well and always found ways to kill time - watching telly, surfing online, joining an online Bible study, and video chatting with my friends and family. I also developed new interests, i.e. baking and cooking. At that time, what seriously worried me was my cancer friend whom I met from various cancer groups. They not only suffered from cancer but also anxiety and depression. Their treatments were cancelled, operations were postponed, and consultations were online only.

Their distresses and worries were revealed in our mobile group chats and social media. Whenever I saw their messages about these problems, I felt helpless, like an enormous weight on my shoulders. There was not much I could do. I felt discouraged and did not know how to comfort them, especially with the lockdown situation where no visits were allowed. These messages bothered me so much that I could not sleep at night. To an extent, I decided to stop checking messages on my social media for a while. One of the greatest assets a Christian has is praying for the needs of others. I recalled that when I was diagnosed with cancer, I always felt relieved whenever my fellow Christians prayed for my operation or recovery. (Please see the front-page cancer story) During the lockdown, I had time on my hands with no place to go, and I could pray for the needs of my friends. Bringing my concerns in prayer calmed my fears, renewed my courage and released my burden. I could not offer great help and care to my needy friends, but I remembered them in my prayer. I put my trust in My Lord and leave everything to Him.

Recently a non-Christian friend said, 'Prayers are useless and pathetic.' May Our Lord forgive her ignorance. I was shocked to hear this, and it lingered in my mind for a few days. Honestly, God never promises earthly prosperity or perfect physical health, and He does not answer all my prayers. Some of my friends have fully recovered and resumed back to their daily lives, but some are still in their sick beds, waiting for treatments, and others have left us and gone to heaven with our Lord. Our sick and sorrowful friends might not be able to see us praying for them. Many of them told me that they are amazed at the presence of God during their sufferings, and they know this is the result of many prayers from friends. May we faithfully intercede for those struggling, and let us be a source of invisible support and strength for those in need.