



2022年12月協會財政報告

11月結存	£ 35,783.94
12月收入	£ 7,108.44
12月支出	£ 4,724.91
12月結餘	£ 33,400.41

網上聚會 (國/粵語)

26/1 (週四) 上午 11:00 至 下午 1:00 Zoom 網上平台

癌友園地

丈夫患大腸癌，一年半就返了天家。(癌症月訊2020.12) 我非常努力記著這段日子，因為是我與他之間的最後回憶！感謝耶穌親手撫平我的傷痛，喪禮後兩個月後我返回正常的生活，知道天父接力照顧丈夫，定必比我做得好。大女已經結婚，夫妻非常恩愛，小女兒也獨立自主，我再沒有擔心及憂慮。(癌症月訊2022.8)

2022年4月，我發覺大便有血和黏液。GP檢查後說：「有機會是痔瘡，只要飲軟化大便的沖劑就可以。」我滿腦子都是問號，想起一位中醫師，我馬上求診。把脈後他說：「不是痔瘡是炎症，而且身體非常虛弱。」我當時不大明白炎症的意思，我乖乖地飲中藥。他吩咐：「每日保持非常輕鬆的心情，天天運動一個小時，不需要劇烈，出汗就可以，還要注意飲食。」我聽話做每一樣，但保持心情是難以做到的。怎樣輕鬆？最後我早上步行時同天父講：「我是祢的女兒，是祢所造所愛的。我唯一控制不到，是我的腦袋不停地想。我懇求天父，只有祢可以令我的腦袋不想太多，只要祢願意我一定做到的！」就這樣從那一天開始，我不再思想自己的病了。每早我非常享受，看見陽光很開心，聽到雀仔的聲音很高興，能步行就滿足，和天父傾談就快樂無比。輕鬆愉快的心情由早晨開始，感謝耶穌！

我的大腸有3cm的腫塊，隨後一連串檢查報告，一個比一個嚴重。在5月，PET確診我第四期大腸癌，已擴散到子宮、淋巴、肝及肺。當天晚上，我腦海中出現很多丈夫的畫面，由確診到治療到死亡，日常生活的小節。想到累，睡着了也不知道，醒來再繼續想，好累，又睡著，就這樣天亮了，我好像未睡過。我很疲累，但仍然返工專心工作。回到家很疲累，在房內跪下祈禱，我只能說：「天父，天父！」流着眼淚，甚麼話也說不到出來。耶穌知道我想表達甚麼，耶穌愛我愛到底。這一晚我睡得很好，醒來我決定跟自己說：第一、我不再問「點解」，這問題無意義也找不到答案，我決不浪費時間及精力去糾纏！第二、我跪下感謝神，在這時候確診大腸癌，是最合適我患病的時候，多幸福！第三、我與丈夫同患大腸癌，讓我更了解及明白丈夫當時的感受及痛苦。突然間，我覺得與丈夫很接近，感謝耶穌。第四、我以喜樂的心擁抱今日的身體，雖然朽壞了。上帝最初給我的身體是很好的，只是我不懂得珍惜，自私地要身體完成一份又一份的工作，全天候的擔憂，承受壓力及憂慮。今天病了，我要認真地愛惜身體！

我需要時間整合自己的內心，甘心喜樂地接受以上四件

佩雲

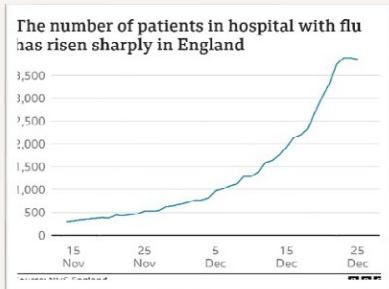
事，我知道一點也不容易做到！再次覆診，中醫說：「當日我確診你有炎症，癌症就是炎症之一！」從此，我的生活習慣180度改變，早睡早起做運動，注重飲食習慣，保持輕鬆愉快的心情去迎接每個清晨。每早步行就是我與天父傾談，與天父最接近的時間！這半年，我真正學懂如何仰望、交托及順服。從前是知道，但不懂得如何做到或做好！我曾經早上步行的時候問神：「我獲得這份功課，是不是因為我快要病死呢？」但不久，我自己回答：「不是！」原因很簡單，因為神認為我今天可以嘗試做這份功課。我做到了，未算做得好，總算做得到！我更加相信耶穌不會因為我做得好而高興，而是因我願意去做而高興。雖然有很多錯漏，但我願意更改和繼續做。希望這份功課我越早做好，深信神喜悅的！

在我感覺身體有不對勁的兩個半月後，我見的首位醫生是胃腸外科，再見的竟是當年丈夫的腫瘤科醫生。太高了興，一個深情的擁抱，我的眼淚快要掉下來。她說：「最近期的PET Scan報告顯示，肝及肺的腫瘤太小或者不存在了，只餘下直腸、子宮及淋巴有癌細胞。兩星期左右，你將會開始化療，如果腫瘤縮小，就做手術切除。」我回家等通知信，我想：「肝及肺的腫瘤沒有了，好像看到一點光。」總會問自己：「我現在無痛，又精神，又能順暢排便！我是否一定要化療呢？」丈夫的化療畫面再次在我腦裏浮現，我不想這樣。過了兩天，我下定決心放棄所有的化療、電療及手術，只用中醫及自然療法，例如生機飲食、全素食、保持每日3至4次排便等。我更鼓起勇氣坦白告知腫瘤科醫生：「在等候見你的這段時間，我一直看中醫及用自然療法。既然檢查報告顯示我的體內狀況有改善，我排便也改善了，再無血和黏液，所以我從新考慮是否還接受化療，希望你明白我今天的決定。」沒想到，醫生竟然回答我：「我也相信中醫的，更明白病人的真正需要。我仍然跟進你的病情，六星期再見你。10月31日見外科醫生前，為你安排照一次CT。」我聽見後不太敢相信：「耶穌為何這樣愛我？！我配嗎？我拒絕接受治療，腫瘤科便沒有甚麼可以做，但醫生仍然提供合適的醫療服務！」耶穌為我安排一位如此明白病人真正需求的醫生，更懂得尊重病人的選擇。

此刻，我不管自己是否患病，耶穌醫治過所有的病人康復之後都會死，有病無病的人到最後也會死，我有何懼呢！生、老、病、死，是必然的！我現在只想輕輕鬆鬆活好每一天！每天都是美好的。各位親愛的，往後日子如何我也深信是美好的，因為耶穌與我同行同在！

流感病例的持續激增

截至2022年底，NHS正面臨流感病例的持續激增，英格蘭住院病人的數量增加了近八成。在過去一個月裡，流感住院人數飆升了7倍。新冠病毒的持續對醫護造成嚴重的打擊，相關的缺勤率比11月底增加了近50%。



NHS鼓勵有資格的人儘快接受流感和Covid疫苗注射，以抵禦「雙疫」（新冠+流感）。在這個流感季節，5歲以下的兒童和老年人的入院率很高。

<https://www.bbc.com/news/health-64126654>

<https://www.england.nhs.uk/2022/12/flu-pressure-rises>

80歲的義工

張保羅牧師

我是退休的教會牧師，曾參加馬來西亞怡保市的中央醫院，由癌症科醫生主講的「認識癌症及照顧癌症病人」，當時我的教會也有幾位弟兄姊妹患癌症。來到倫敦，我認識了CACACA，便參與義工行列，探訪關心癌症病人。某次，求助的馬拉人陳生聽錯了，想我幫他申請難民身份。我在電話說明：「我是張牧師，不是張律師！」疫情兩年我無法探訪癌友，但可以在電話中鼓勵他們，為他們禱告。

2021年我注射了四針疫苗，副作用不大。10月份的每年心臟覆診，我在電話中告訴醫生：「我的脈搏只在46-52之間，而且時時感到很累。」他立即吩咐我將心臟藥的份量減半兩個星期，然後才完全停服。隨後到醫院裝上24小時心臟監測器，測試結果是我必須植上起搏器。手術順利成功，在醫院觀察大約五小時。六星期後回醫院覆診，若一切正常，以後只需每年一次覆診。在此感謝主耶穌基督的保守眷顧。我很有同感：「人算甚麼？祢竟看顧他！」近年我常有健康問題，也進行了多項檢查和調整藥物治療。2022年3月我小便有血，泌尿科發現尿道有兩粒瘻肉，用激光割除後，掃描又發現肺部有兩黑點，總之這段時間就是不斷進出醫院。每次進餐後不久就感覺非常的累，甚至不想動。GP查看驗血記錄，卻沒有發現原因造成這種累，唯一的方法就是與這些不適共存。我祈求耶穌幫助，靠聖靈力量度過每一天便是了。由於看不清楚肺黑點到底是甚麼，須要再次掃描。師母陪我去看CT 報告，醫生告訴我們完全沒事，甚至連黑點也消失了。我們聽了便馬上說：「感謝讚美主，哈利路亞！」奇怪的是醫生也開口說：「哈利路亞！」同時笑得很開心！雖然沒有問他是否基督徒，我們相信他還是一位很好的基督徒。

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。



每晚能入睡，早上醒來有精神，是大腦的成就。
每次吃完飯舒服，不吐不嘔，是口和胃的成就。
每次排便通暢，無便秘無肚瀉無失禁，是大腸和肛門的成就。
每次排尿通順，無刺痛無血尿無遺尿，是腎和膀胱的成就。
每天行完當行的路，是雙腳的成就。
每天活著，不是必然的成就！

他的態度非常友善，還詳細查看整個檢查過程的手術記錄，並加以解釋。真是感謝主耶穌為我安排這位醫生。

我已80歲了，同年齡的一位朋友已離世，另一位患了老人癡呆。既然我的健康安頓下來，便重新關懷癌症病人。除了電話關懷，我儘量參與探訪，或與癌友飲茶。我盼望在交談和彼此分享中，講述自己的親身經歷，見證上帝真的不偏待願意尋求真道的人。癌症病人實在太多，醫生醫治他們的身體，唯有耶穌能醫治他們的心靈。

蘇豪月會 14/1 (週六) 1-3pm

17/12 14人參加，互相支持。
在蘇豪佈道中心SOC



美倫月會 19/1 國語 (週四) 11am - 1pm

King's Cross Methodist Church
58 Birkenhead St. London
WC1H 8BB

美景月會 24/1 粵語 (週二) 2pm-4pm

20/12 7人出席互相支持。





CACACA December 2022 Finance report

Nov. Balance	£	35,783.94
Dec. Income	£	7,108.44
Dec. Expenses	£	4,724.91
Dec. Balance	£	33,400.41

Online Gathering

26/1 (Thursday) – From 11am to 1pm

Zoom Online Platform

Patient's Story

Mrs Ng

After one and half years of his bowel cancer, my husband passed away in Dec 2020. (MCSG 2020.12) I tried hard to keep my last memory with him and thanked Jesus for healing my grief. Two months after the funeral, I resumed my normal life, knowing that my Heavenly Father would care for him much better than I ever could. My eldest daughter is married and very much in love, and my youngest daughter is independent. I had no worries. (MCSG 2022.8)

In April 2022, I found blood and mucus in my stool. My GP said, 'If it is piles, you take a laxative.' My mind was full of questions and I remembered a Chinese practitioner and consulted him immediately. After taking my pulse, he said, 'It is not piles, it's inflammation, you are very weak.' I didn't understand what inflammation meant but took my herbal medicine. Following his instructions, I kept a relaxed mood, exercised for one hour daily, not strenuously, just sweating, and watched my diet. However, I felt hard to keep a good mood and ended up praying during the morning walk, "Heavenly Father, I am your daughter, who you created and love. I can't avoid worrying but only You can if You want!" Since then, my mind stopped thinking about my illness. Every morning I enjoyed seeing the sunshine, hearing the birds' songs, walking happily and praying. My relaxation started in the morning.

My tumour was 3cm. Each report was worse than the last. The final PET Scan confirmed my stage 4 colon cancer had spread to my uterus, lymph, liver and lungs. That night, I recalled many images of my husband, from the diagnosis to the treatment & his death. I fell asleep too tired, but with restless and racing thoughts. Next day, I was exhausted but concentrated on my work. At night, back home, I was fatigued, kneeled and prayed but could only say with tears, "Heavenly Father, Heavenly Father!" Jesus knew what I wanted to say, for He loves me to the end. I slept soundly until dawn. I woke up and decided: firstly, I would not ask "Why" which was worthless because I couldn't find an answer. Secondly, I would thank God for my bowel cancer diagnosis at the right time. Thirdly, I would thank God for having bowel cancer the same as my husband, helping me to understand his feelings and suffering. Suddenly, I felt so close to him. Fourthly, I would embrace my body joyfully, although it was deteriorating. God originally gave me a good body but I didn't cherish it and selfishly asked it to do endless jobs, worrying 24/7, bearing stress and worries. Today I am sick and need to take my body seriously!

I needed time to integrate and accept these four goals willingly.

When I saw the Chinese doctor again, he said, 'Cancer is one kind of inflammation which I diagnosed you with last time!' Since then, I went to bed & woke up early for exercise, watched my diet and was in a relaxed and happy mood every morning. In the past six months, I have learnt how to look up, surrender and obey. I knew I should, but didn't know how to do so well, and often failed! I once prayed, 'Have I been given this lesson because I am going to die of cancer?' Soon I answered myself, 'No!' God thought I could try today. I finally managed it! Jesus is pleased not because of how well I did, but that I am willing to do happily. Although there are many mistakes, I am willing to change and continue. I hope I can improve on this sooner rather than later. God is pleased with my effort.

Two and a half months after the first symptoms, I saw a surgeon, and then the oncologist, who also treated my husband. I was happy, gave a big hug and my tears nearly fell. The latest PET Scan showed that the tumours in the liver and lungs were too small or non-existent, leaving only the rectum, uterus and lymph nodes. In about two weeks, chemo would begin. If the tumour shrank, I would have surgery to remove it. Waiting for the appointment letter, I thought, 'The tumours in the liver and lungs are gone which means I am better. I'm not in pain, in good health with healthy bowel movement. Do I have to undergo chemo?' The images of my husband's chemo came back to me again. After two days, I decided to give up all chemo, R/T and surgery, and to use only Chinese herbal medicine and natural therapies, such as a bio-organic smoothie, an all-vegetarian diet, and 3 to 4 bowel movements a day. I dared to tell my oncologist, 'I have been seeing Chinese practitioners and using natural remedies during the time I waited to see you. Now, the report shows my health condition and my bowel movement have improved without blood and mucus, I have to reconsider whether I have chemo or not. I hope you understand my decision today.' To my surprise, the oncologist replied, 'I also believe in Chinese medicine and understand the real needs of patients. I will follow up on your condition in six weeks, and arrange a CT scan before you see the surgeon on 31 Oct.' I couldn't believe it. 'Jesus! Why do you love me so much? Do I deserve it? Since I refused treatment, the oncologist could do nothing but she still provided suitable medical care!' Jesus had given me a doctor who understood the true needs, cared about the quality of life, and respected the choices of the patient.

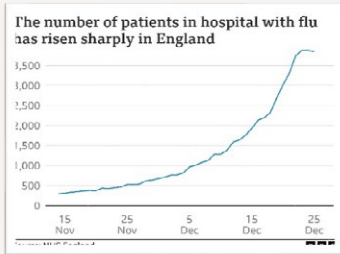
Today I don't care whether I am sick or not. All the sick people Jesus treated eventually died after they recovered. Life, old age, sickness and death are inevitable. I just want to live every day with ease. I'm sure it's going to be good for the rest of my life too because Jesus is with me now!

Flu pressure rises with hospital cases

At the end of 2022, the NHS is facing an ongoing surge in flu cases, with the number of patients in hospital in England up nearly 80%. The sharp rise continues a worrying trend, with flu hospitalisations soaring sevenfold over the past month. The continued impact of Covid hit staff hard, with related absences up almost 50% on the end of November.

NHS encouraged those eligible to take up their flu and Covid jabs as soon as possible to ward off a 'twindemic'. Admissions among children under 5 and older people have been high this flu season.

<https://www.bbc.com/news/health-64126654>
<https://www.england.nhs.uk/2022/12/flu-pressure-rises>



MCSG

MCSG is open to individuals touched by cancers.

It aims to give support and strength to patients, survivors, family, friends and carers.

Let us move forward together.

It is important to know that none of us is alone!

Sleeping every night and waking up refreshed in the morning is the achievement of the brain.

Feeling comfortable after **each meal**, without vomiting or nausea, is the achievement of the mouth and stomach.

Having a smooth **bowel open**, without constipation, diarrhoea, is the achievement of the lower digestive system.

Urination without pain, blood or leaking, is the achievement of the kidneys and bladder.

Walking every day is the achievement of the feet.

Living every day is not a necessary achievement!



80-year-old volunteer

Pastor Paul Chong

I am a retired pastor. I attended an oncologist's talk on 'Cancer awareness and patient care' at Ipoh Central Hospital, when several church people had cancer. After learning of CACACA in London. I joined their volunteers. Once, a Malaysian misheard and asked if I could help him apply for refugee status. I clarified over the phone, 'I am Pastor Chong, not lawyer Chong.' During the two-year pandemic, I could not visit my cancer friends but I encouraged them over the phone and prayed for them.

In 2021, I had four Covid vaccines with only mild side-effects. In Oct at my annual check-up, I told my cardiologist on the phone that my pulse was between 46-52, and I felt very tired sometimes. He immediately reduced the dosage of my heart medicine to half for two weeks and then to stop taking it completely. I was then given a 24-hour Holter monitor, which confirmed I needed a pacemaker. The implantation was successful and I was under observation for 5 hours. After follow-up in six weeks, I would only need an annual check if all went well. Thank Jesus for His protection. I asked, "What is man, that you are mindful of him?" In March 2022, I had haematuria. After the laser removal of my two polyps from the urethra, two black spots in my lungs were found by CT. I was in and out of the hospital during these periods. Shortly after each meal, I would feel exhausted. After checking my blood report, my GP suggested I live with these discomforts because NAD. I prayed to Jesus for help and relied on the Holy Spirit to get me through each day. To confirm the black spot in my lung, my wife and I attended the clinic for another CT report which confirmed the black spots had disappeared. We immediately said, 'Thank you and praise the Lord, hallelujah!' Strangely enough, the doctor also said, 'Hallelujah!' and laughed heartily! Although we have not asked if he was a Christian, we

believe he was a good Christian. He was very friendly and went through the document of the procedure and explained it throughout.

I am 80 years old and one of my friends of the same age has passed away and another has Alzheimer's disease. Now, my health has settled down, I have returned to support cancer friends. In addition to telephone care, I participate in visits or have tea with them. I hope to share my experience that Jesus is not partial to those who seek the truth. There are so many cancer patients, the doctors heal their bodies, but only Jesus can heal their hearts.

MCSG Soho 14/1 (Sat) 1-3pm

17/12 14 people supported each other
SOC, 166A Shaftsbury Ave, WC2H 8JB



MCSG Macmillan 19/1 (Thurs) 11am-1pm

King's Cross Methodist Church
58 Birkenhead St. London WC1H 8BB

MCSG Maggie 24/1 (Tue) 2pm-4pm

20/12 7 people supported each other

