

## **\*Staying Well Connected\* - Bulletin 4 (29<sup>th</sup> April 2020)**

HELLO MEMBERS, HOPE ALL IS WELL WITH YOU AND YOUR LOVED ONES.

While we are all coping with the stress and anxiety caused by the COVID-19 pandemic, I want to share this poem THE ROCKY ROAD by the famous Tang Dynasty poet, LI BAI, which narrates that **we should find hope amid living in challenging times.**

"The famous wine in the gold cup is worth 10,000 yuan per barrel; the fine dishes in the jade dish is worth tens of thousands of yuan

Depressed, I couldn't eat, put down my cup and throw away my chopsticks; I drew my sword and looked around, I was at a loss

When trying to cross the Yellow River, ice and snow blocked this big river; to climb Tai Mountain, the reckless wind and snow had already sealed the paths

Fishing leisurely, waiting and day dreaming

The world's journey is long and rocky: so many ramifications ahead

I believe that one day, we can ride the long wind to break the waves; hang the sails high and bravely move forward in the wailing sea!"

*Katy BLAIR (Fundraising Manager)*

### **PETROL STATION**

One day, Xiao Ming drove his car together with his puppy to the petrol station to refuel. As he was about to add fuel, his puppy ran away. Xiao Ming told the filling station attendant: "I will chase my puppy, you help me add fuel."

As a result, the attendant shouted at Xiao Ming: "Add fuel! Come on! Add fuel! Come on!" as Xiao Ming ran after his puppy.

Reflection: The tiny sense of humour in life often becomes a clear spring to support life.

*John MAK (Community Development Coordinator)*

## **HAPPINESS COMES FROM CONTENTMENT**

We can now easily watch the news from all over the world on TV and social media networks. When I see that some countries are still in war and hunger, I feel that I am very blessed.

Under the attack of this COVID-19, I saw that some poor countries do not have enough medical equipment, medical staff, epidemic information and virus knowledge. Whether people can protect themselves and their families is a huge question while solving problems in life is much more critical: no job, no income, no food.....

At this unsettling time, we can still stay safe in our own home; still have enough food supply; still possible to exercise outdoors and don't have to worry about any social unrest. We are so blessed!

Be content with life and be happy!

*Donna SO (CEO)*

## **THE WORLD – NO LONGER THE SAME**

In this generation, there is no shortage of material supplies. But after this "epidemic", the world will no longer be the same! In the past, we were all happy-go-lucky people who can easily travel around the world! At the moment in the United Kingdom, even if you want to go out to satisfy your palate, you can't do as you wish or can you have gatherings of relatives and friends, let alone those happy times for big birthday celebrations, wedding commemorations, pleasure of travelling... etc.....all these exuberant activities are now on hold!

I really miss my relatives who live further afield and my heart goes out to those in hospital. One week has passed and the epidemic continued. As of 29th April: The number of global infections exceeded 3 million to 3,188,596 cases (an increase of 533,238 new cases); the number of deaths exceeded 200,000 to 225,615 (new 40,549 deaths). For the two major powerful countries: the United States and the United Kingdom, the number of infections in the United States exceeded one million, with 1,048,834 cases (an increase of 199,742 cases) and the number of deaths was 60,495 (an increase of 12,814 deaths); the number of infections in the United Kingdom was 165,221 (an increase of 31,726 cases), with 26,097 deaths (an increase of 7,997 deaths). To see these figures is really sad and shocking, and behind each of these figures, it represents a life and carries with it the direction that connected families will face in the future, with a wide range of implications.

In this situation, the world is no longer the same. It is inevitable that people will have a difficult life, and they will also have to face their inner confusion while bearing external pressure. When does the epidemic end? What we can do is to enjoy the renewed relationships with long-lost families, support each other, feel blessed and understand more about other people's feelings. If we remain strong and confident, the COVID-19 will be defeated and the world will be reborn.

*Perry FUNG (Centre Manager)*