

***Staying Well Connected* - Bulletin 6 (29 May 2020)**

AS THE DUST SETTLES

In dark times our thoughts turn to irony
To creating an experimental art project
To commemorate the Covid19 pandemic
To question our own values

Daisy Chan + Hinchee Hung

1. Why? <https://wp.me/P5WPNU-JX>
2. Can it be...? <https://wp.me/P5WPNU-Kc>
3. Awakening <https://wp.me/P5WPNU-Kg>

BRIGHTER DAYS AHEAD

I want to share with you part of the lyrics from the Cantonese theme song for the 1975 Japanese drama "BRIGHTER DAYS AHEAD" (my translation) by Hong Kong artist, the late Roman Tam. It tells the story of the struggle of three young people in Japanese society in the 1970s, many of which were unsatisfactory and painful, yet they bravely managed to face / overcome as we do with the Corona-virus pandemic.

Music: Kei Ogura (Japanese singer, songwriter and composer)

Words: Kwok Jim Lo (Hong Kong lyricist)

In the setting sun, the spirit is strong
The setting sun falls, don't panic
Every dawn brings new hope
Help and encourage each other, even if we have to go our different ways
Do your best for your future
Wipe away the tears, dare to resist the rocky mountains, climb the horizon
Little bitterness brings encouragement
Through perseverance, we should always look forward to brighter days ahead

Katy BLAIR (Fundraising Manager)

“HIGH HANDICAP” GOLFER

The golfer swiped the golf ball with his club and the ball landed on the anthill. He walked over and vigorously made another swing at the ball. Without hitting the ball, he hit the anthill and killed many ants. He took a swing again, but still missed the ball, this time killing even more ants.

An ant saw this happening and said to his fellow ants who were panicking and running around: "Come! Come with me! As long as we climb on the ball, we will be fine!"

Reflection: The place that seems to be the most dangerous may be full of vitality and functioning.

John MAK (Community Development Coordinator)

PEACE OF MIND

When our mind is quiet, we can hear our own voice;
When our hearts are clear, we can see the true nature.

Things you are unwilling to let go are often not worth cherishing;
The more you chase after something, the more you realise they are not needed in life.

The pace of life often goes too fast, so we have to learn to:

- Stop and smile at situations,
- Sit down and admire the flowers bloom,
- Calm down like the still surface of the ocean,
- Settle down and observe things restfully.

When the state of our mind is calm, everything is naturally reflected.
If I am at peace with myself, nothing can bother me.

Donna SO (CEO)

******* NOTICEBOARD *******

Alice of Spectrum Radio would like to share several radio interviews on **mental health** during the lockdown period with you. As they were conducted in Cantonese, so only shown in the Chinese version of this e-Bulletin.