

依士靈頓華人協會

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an: Hanifah Law

***Staying Well Connected* - Bulletin 8 (26 June 2020)**

"I never could have done what I have done, without the habits of punctuality, order, and diligence, without the determination to concentrate myself on one object at a time." **David Copperfield by Charles Dickens**

Katy BLAIR (Fundraising Manager)

Appreciate and Cherish

A beautiful and nearly perfect rainbow appeared on the sky of Hong Kong on 16-17 June 2020!



My friends are spreading news and information widely on social network. One of them said: "many things and scenery in Hong Kong are very beautiful, but many people neither appreciate nor cherish" while another responded: "Lots of people do not realise that they are blessed because they are used to it."

I remember talking to another friend a few days ago, "What kind of life I want to lead the most? I really don't know! I'm still searching. Maybe everything is already the best, maybe nothing is good. Good and bad is actually decided by myself - my attitude. I think one day if I can understand how to appreciate and cherish, I have no need to search anymore." Although just those two simple words, I may be unable to master them in my lifetime!

Donna SO (CEO)

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The Art of Refusal

A young man asked the Grand Master: "I have a big dream. If it is realised, there will be no disputes in this world. So, I need a lot of money. Master, can you help me?"

The master took out a pair of child's gloves and a child's hat for the young man to put on, and then asked: "How do you feel?"

Young Man: "Hands...head, a little tight."

Grand Master: "Me too."

Reflection: Both of them are like martial arts masters, they compare and exchange each other's tricks while maintain a good sense of humour.

John MAK (Community Development Coordinator)

Be Strong and Brave to Face the Challenge Ahead

Earlier, the UK Prime Minister Johnson announced that most of the lockdown will be lifted on July 4. Most public places will be reopened (including community centres). But what is worrying is only a political decision made after weighing the public health and safety VS economic impact, as the UK epidemic has not retreated.

Looking back at the epidemic, as of June 24: the global epidemic is still high, with 9,443,190 infections and 482,107 deaths; the United States has 2,444,764 infections and 123,910 deaths. Brazil, Russia, and India followed closely, with the number of infections ranking second to fourth in the world. The UK ranks fifth with 306,862 infections; but the number of deaths ranks third globally, reaching 43,081. The above figures show that the epidemic situation in the UK and even the world is still high and severe. It is really not optimistic, and we must wait for it and not relax.

Life would not have been smooth sailing: some people faced minor ripples, others faced the stormy waves. But as long as the course is adjusted, even headwinds can be overcome!

At present, the epidemic is rampant. After the epidemic, how to manage oneself? The world is changing and society is changing. If we do not change, we cannot keep up with this era and we will only be hurt by others. To meet the needs and change, but still need to maintain a pure heart. Of course, do not feel uptight about interpersonal relationship; regard snobbishness light-heartedly; be passionate with people; do not exploit people's trust.

We must learn to be joyful, compassionate and undivided with others. Don't be arrogant and respect humble people. *Let others see us through our actions and see the glorious beauty of a small corner of humanity. Let everyone be strong and brave to face the challenge every day!*

Perry FUNG (Centre Manager)