



BE STILL AND KNOW HE IS GOD

By Fronica Yiu

“I am the Lord, and there is no other; apart from me there is no God. I will strengthen you, though you have not acknowledged me, so that from the rising of the sun to the place of its setting people may know there is none besides me. I am the Lord, and there is no other. I form the light and create darkness, I bring prosperity and create disaster; I, the Lord, do all these things.” (Isaiah 45:5-7)

Do we believe that we live in God’s creation, that He is sovereign, that we are made to be His dependents and that only He can satisfy us? In Ecclesiastes, even Solomon, as wise as he was, could not discover the answers for many things in life. As healthcare workers in the midst of COVID-19, we experience daily the uncertainties and limitations of life, where not all things are comprehensible or to our satisfaction. Solomon led us to reflect, “Fear God, and keep His commandments, because this applies to every person. For God will bring every act to judgment everything which is hidden, whether it is good or evil.” (Ecclesiastes 12:13-14).

Let’s respond by praying: “I raise my eyes to the mountains. Where will my help come? My help comes from the Lord, the Maker of heaven and earth.” (Psalms 121:1-2).

RESPONDING TO THE COVID CALL

By Mary Ng

Throughout the COVID-19 pandemic, I have been working as a Registered Nurse within pediatrics at a large community hospital. As the number of cases grew within the region, my job gradually became less working with pediatrics and more working with the adult population. In retrospect, I am grateful to have been able to work when many were facing unemployment.

On my first day back at the hospital after the pandemic had been declared by the WHO, the fear was palpable within the entire staff. As I lined up at 7 AM to be screened for symptoms of COVID-19 before my shift, I realized that everything - even nursing - would be different for a long time to come.

Many nurses and other health care providers were redeployed to areas they had little to no familiarity with, which added to the anxiety many were feeling while at work. In my case, the patient census on the pediatrics unit had decreased significantly, and there were many days where our nursing team was overstaffed. Simultaneously, there were areas within the hospital that needed staff urgently, such as the COVID-19 unit. It was at this time that I felt led to help out with our hospital’s Airway Team.

Facing Uncertainties

Though I felt prompted to join this team, I felt quite hesitant as well. I had worked predominantly with children in the early years of my career, and was a bit fearful in caring for adults who were critically ill. The role of this newly-formed team was to respond to any respiratory emergencies, Code Blues, and intubations in the hospital. My team members and I would sit in our office, prepare our supplies and practice the

meticulous process of donning and doffing our PPE. There were many times where we felt very on edge, especially in the moments where we sat in silence. Sometimes I would use this time to quietly pray and read a devotional, or reflect on God’s presence even in the midst of chaos. It was in these quiet moments, however, that our pagers would suddenly beep erratically, jolting us back to the reality we were in.

When responding to a call, whether it was in the ER, ICU or on the ward, we never knew what kind of situation we were walking into. Was the patient COVID-positive, or negative? Had they been tested? Had one of us contaminated ourselves in the process of providing care? These were all questions that remained unanswered as we went about our work.



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Finding Strengths

My hands would shake without fail every time we prepared to enter into a patient's room. I would feel like all eyes were on me, the physician, and the respiratory therapist as we prepared our supplies,

put on layers of protective gear, and began working on the patient. I found strength in meditating on scripture as I recited to myself everything I needed to do as I walked into the patient's room. What comforted me, and what I found has always comforted me in the middle of emergency situations, is reflecting on Isaiah 43:2: "When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze." Looking into the

eyes of my air hungry, anxious patient, I felt calm. Working in rapid sequence, the three of us in the room found ways to communicate beneath all the protective gear. We trusted each other, and we relied on each other.

As we were about to intubate an elderly patient one afternoon, who began thrashing about on her ICU bed when she saw us approach, I realized I was no longer just following a procedure or sequence. I was caring for a precious life, even in the middle of a pandemic. I reached out, and held her hand. I saw the face of Christ in this woman whom I did not know. I saw a woman that was loved, deeply.

MATTHEW 6:26-34

By Anonymous

"Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add a single hour to his span of life? And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be added to you. Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

While the last year and a half has been a very challenging time for me with many changes in my personal life and career, God has been guiding me every single step of the way.

In 2019, I tried out a new specialty and took on an opportunity in nursing to further myself in my career. My tenure at my new position was short-lived. Not only was it a horrible fit, but it left me so hurt and defeated as a young nurse that I considered leaving the profession altogether. I wondered what I was going to do for work, how I would support myself, and how I could start newly-married life in the city without secure employment. I was fortunate to have a good support system in my church, family, and NCFC. People gathered to pray for me as I navigated through going back to school. They prayed not only for job opportunities

for myself, but for my husband as well. My church members shared the verses from Matthew 6:26-34 with me and reminded me that I am the King's daughter. If God takes care of the birds and all the other creatures he has created on earth, He will certainly take care of his daughter. While I knew this was true, I had to preach it to myself daily.

The experience led me to consider further schooling in graduate studies to further my career outside of nursing. The opportunity challenged me to depend on God daily and truly thank Him for daily provision. Through the COVID-19 pandemic, I was able to find employment quickly at a healthier and more supportive work environment. I was able to slowly rebuild my confidence again. I am constantly reminded that God will never give up on His children and of His love and goodness.

Perhaps the greatest strength I found during the early days of this pandemic was relearning to trust God, in everything. There was always the risk of becoming exposed to the virus, and sadly there still is. Yet, in the midst of uncertainty, God's faithfulness remained the same. Though we continue to walk through uncertain times, though we may bear witness to suffering and unimaginable loss, our God is still with us – as He always has been.



Mary Ng RN

I joined NCFC as a nursing student in 2015, and was quickly blessed with many nurse mentors who supported my growth and faith. From starting my career at SickKids

Hospital, to where I work currently, I have been so grateful to have this community surround me. I currently reside in Mississauga with my loving husband (who I had the pleasure of marrying during the pandemic in a virtual celebration!).

**We'd love to
hear from you**

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