

FROM STRUGGLE TO FAITH

PERRY CHANG & LORRETTA CHOW

Perry and Lorretta's life together has stretched across cities and seasons. Both studied in Hong Kong through their teenage years before immigrating to Toronto in 1993. They settled there, raising two children—a daughter and a son—and have recently become grandparents to a granddaughter who continues to bring them joy. Family has always been at the center of their story.

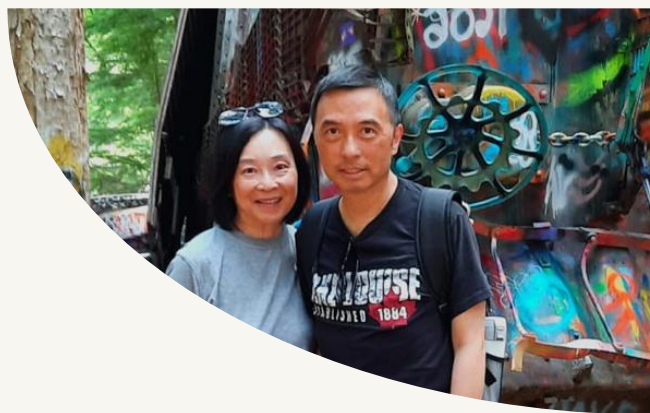
For many years, the church was not part of their lives. Although both attended Catholic schools in Hong Kong, they did not consistently attend church services. That only changed much later, after a significant hardship that impacted them physically, emotionally, and spiritually.

At the end of 2017, Perry was diagnosed with cancer. This sudden downturn in his health forced them both to step away from work. The illness left Perry unable to continue his job, while Lorretta took on the heavy responsibility of caregiving. The emotional impact was overwhelming, especially as the medical team did not give much hope. Perry recalls those years as a time of paralysis—days spent in a recliner with little sense of a future.

In 2018, Perry began cancer treatment reluctantly, uncertain how he would make it through the next few months, let alone a year. Lorretta remembers how he seemed stripped down to his most vulnerable self—"raw, emotional, and without direction."

And yet, in the middle of this valley, small cracks of light began to appear. That same year, a friend invited them to church. Perry accepted the invitation, and in January 2019, he and Lorretta stepped into Zion Alliance Church for the first time. What began as a hesitant visit slowly grew into a commitment. They joined a cell group, found fellowship, and began serving in small ways. Faith began to take root.

The change was gradual. Perry still wrestled with questions—Why me? What did I do wrong? What will happen next?—but over time, he found peace even without all the answers. He realized that faith did not erase suffering but gave him the strength to walk through it. He and Lorretta began to look beyond this life, holding on to hope for what was to come. They also recall the love and care they received from their brothers and sisters at church, as well as the joy of looking forward to coming home to worship God. All of this led to their decision to be baptized in 2022, marking a new chapter in their journey with Him.



Looking back, they now see those difficult years as a turning point. What once felt like wasted time has become a season of growth and development. Faith has reshaped their priorities, teaching them to treasure relationships, live more simply, and notice the small blessings of everyday life. Perry, once weighed down, now focuses on caring for others—especially those facing challenges similar to his own. His willingness to share his struggles continues to bring encouragement and hope to others, pointing them to the peace and comfort that God provides. Lorretta adds that they now want to live differently. Having seen the struggles of those who live alone, they have committed themselves to being ready to step in whenever someone needs help.

Their children, though not yet Christians, have witnessed this change. They have seen how their parents faced illness and hardship with faith and resilience. Perry and Lorretta trust that their example will leave an impression, holding onto the hope that one day their children, too, may come to faith.

Their journey is not one of easy answers. It is a story of struggle, breakdown, and slow rebuilding. For Perry and Lorretta, faith became the turning point that gave meaning to pain and opened the door to peace. It is a story that continues today—rooted in family, deepened by service, and carried by the quiet but steady grace of God.

As the interviewer, I am deeply grateful to Perry and Lorretta for opening their hearts and sharing their story with such honesty and candour. Their journey is a gentle reminder that even during the darkest times, God is always present, walking alongside us. Through their example, they show that there is always something we can do—whether it is sending a kind message, offering a helping hand, or stepping in quietly without being asked. Their lives remind us that faith is not only believed but lived out daily through small, ordinary acts of kindness and care.