

**April 2019**

**Upcoming Events**

**13 April, 2:30-7:30pm**  
Rethink Youth Ministry  
Training – Parramatta  
SDA Church

**14 April** Working Bee

**27 April** Pathfinder and  
Adventurer Camp

**11 May** Mother's Day

**2pm** Flower Arranging  
Class

**25th May 5:30pm** Teen &  
Young Adults Car Rally

**25th May** Adventurer  
Fun Day

# Sydney Chinese Church Newsletter

Welcome to the Sydney Chinese Church Newsletter. In this issue, we'll show the events of February and March, including a youth camp, Converge. We also have a bible emergency numbers guide which you can use in spiritual emergencies! For the second issue of our Sydney Chinese Church newsletter, we're introducing a junior section where we have a comic, based on a bible story.

If you have any articles, ideas, suggestions, comments, please send them to Glenda, Karen or SuHan at church or via email/whatsapp.

## Converge



I was so excited to attend Converge 2019, an annual Australia-wide SDA convention for youth 18+ hosted by the Australian Union Conference. The camp was held on February 8-11 at Stuarts Point Convention Centre, NSW. More than 350 young adults from across Australia came to enjoy a very spiritual and social time together. I now have a really beautiful memory of these four days that were filled with music, worship, inspirational speakers and fun activities.

Stuarts Point is a beautiful place. We had a great time camping in the tent. The facilities were very clean and tidy and the area was kid friendly and alcohol-free so we felt safe and relaxed. The staff were super friendly and helpful too. Our camp was very close to the beach and it was great to swim in a clean, clear beach. It was also really good to see so many stars out at night. And I loved the vegetarian and vegan meals, especially the Saturday supper social.

When we arrived on the first day there was a thunderstorm, but that did not stop our passion for pursuing God. Each day was a full program filled with sermons, workshops, boot camp, sports at the lake and beach, surfing, mountain climbing and Convergefest. We woke up at 5.30am and climbed the mountain to watch the sunrise which was really gorgeous.

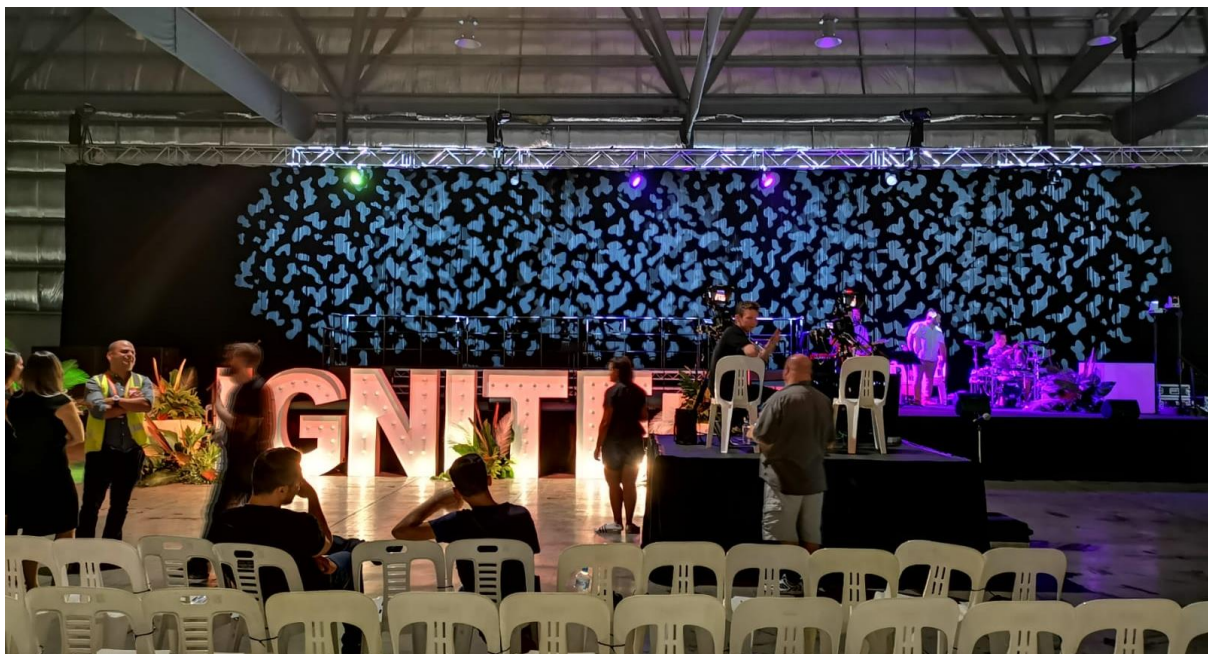
This year's main speaker was Tacyana Nixon who is a speaker and pastor from USA. She attended Andrews University and in 2013 she accepted the call to minister in the New Jersey Conference. She was the first female ever to serve in the New Jersey Conference where she pastored for 4 ½ years. Currently she is pursuing her Masters of Divinity at Andrews University.

Pastor Nixon's talks were really inspirational. She gave us practical tips for our spiritual life including how to read and apply the Bible, how to let the Holy Spirit guide our life, and how to step up for Christ in today's world.

Our time at Converge was amazing and I wish it were longer. Although we were from all different cultural backgrounds, we are all God's children and many friendships were made. Thanks to God for all the blessings!

-Hedy

## Ignite



Ignite! How does this word make you feel? To me, it makes me feel energised and excited. Eager and recharged to spread the gospel to the world. This past weekend, the Greater Sydney Conference of the Seventh Day Adventist Church, held a Sydney wide worship programme. This included a guest speaker by the name of Pr Lowell Cooper of

Washington, USA. He shared a message called "Light Up the Darkness". It focuses on Daniel 3. In Daniel chapter 3, the story is centred around Daniel's 3 friends and who they chose to worship. When faced with either bowing down to the Golden calf and to live, or to not obey and to face death, they chose to worship the One True God. Their faithfulness and loyalty to God is surely an example we should all follow. Let us go and light up our world and to poke holes in the darkness.

-Karen



## More about the Bible

<b>B I B L E</b>	
<b>EMERGENCY NUMBERS</b>	
<b>QUICK REFERENCE GUIDE</b>	
Upset	John 14
Weak	Psalms 18:1-29
Lonely	Psalms 23
Sinned	Psalms 51
Worried	Matthew 8:19-31
Anxious	Philippians 4:4-9
Unhappy	Colossians 3:12-17
In danger	Psalms 91
Depressed	Psalms 27
Lack of Faith	Exodus 14
Need Courage	Joshua 1
Need Direction	Psalms 73:21-26
Seeking peace	Matthew 11:25-30
Leaving on a trip	Psalms 121
Struggling with loss	Luke 15
Struggling Financially	Psalms 37
Discouraged with work	Psalms 126
<b>AVAILABLE 24/7   PHONE SERVICE NOT REQUIRED</b>	
<b>DIRECT PETITIONS HEAVENWARD</b>	

*The following is a sermon by Pastor Ivor Myers. Pr Myers is a SDA pastor currently serving in California's South Bay area. He is also the speaker/director of Power of the Lamb Ministries. He and his wife Atonte are co-hosts of the 3ABN program Battles of Faith.*

*Many of Pastor Myers sermons can be heard on [audioverse.org](http://audioverse.org) or watched on YouTube.*

### **33 1/2 Years**

Once we have decided to follow Jesus, how should we live?

The life of Christ, or 33 1/2 years is a pattern by which we should live our lives every day.

When we get up in the morning, the first thing we need to do is to be born again. When we are born again, God gives us three gifts. Gold, Frankincense and Myrrh. In the Bible Gold represents faith, Frankincense represents prayer and Myrrh represents being dead to sin and self. When we get up in the morning, God wants us to know that Herod will try to get to us before we mature in our Christian walk. We need to be careful. But God has promised to take care of us if we trust Him.

After we have gotten past Herod in the morning, we think of what Christ was like as a child because we can't live as the man Jesus Christ if we haven't lived first as He did as a child. At the age of 12, Jesus discovered what His mission was. Every morning before we head out the door, we should know what our mission is. God will speak to us and let us know, and if our ears are open we will hear it. Then from the age of 12, Christ began to work in His father's shop as a carpenter. We ought to pray and ask God that as we go through our day to work as diligently at school or in our job as Jesus worked as a carpenter.

Then at age 30, the Bible says that Jesus was baptised. Every morning should be asking God to baptise us with the Holy Spirit. When Jesus was baptised, a voice could be heard saying 'This is my beloved Son in whom I am well pleased.' Imagine that being said of you and I on a daily basis. 'This is my beloved son or daughter in whom I am well pleased.' Then God will send a heavenly dove on your shoulder to walk with you throughout the day. We all need this heavenly dove.

But then what happens next? Christ is led into the wilderness and is tempted three times. And throughout the day Satan will also tempt us. He will tempt us to turn stone into bread or to take part in what is unlawful for us and make it seem right. He will tempt us to throw ourselves down to sin because God will forgive us later. He will tempt us to bow down to something we know is wrong and have us think that he'll give us everything we want. But we can overcome all these temptations. Jesus overcame with the power of the spirit. And if we spent time in prayer in the morning, we too can overcome in the power of the spirit.

Then as we go about our day, it is all about turning water into wine which was Christ's first miracle. This includes doing things which may seem mundane and small like going out and saying 'hello' to someone, helping someone or giving them an encouraging word. All this is considered as turning water into wine or making the Gospel sweet for those who partake of it. That is what God has called us to do.

Then throughout the day, we know that at some point we need to come aside to rest awhile. So we take a break and go talk with Jesus again, after which we go back into the work field.

Then evening comes and it is time for the last supper or the evening meal. It is time to gather the family around as Jesus gathered His disciples around. It is time to love one another and wash each other's feet and ask each other if we have done anything to offend the other. We need to make sure that everything is good with everybody, because we don't want any Judases in the family that could eventually betray Jesus.

Then after we've said goodnight to everyone, it is time for us to go alone to the garden to pray because we know that we'll need everything in our power to stand up to the trials and conflicts that we'll have in the next day. And then we get up from our knees and are ready to be nailed to the cross.

Between the time that we get up from our knees and the time we go to bed, the devil is going to be trying to get us down from the cross. The devil is going to do everything in his power to make sure that we do not go to sleep without first honouring him. So, we get up from our evening prayer and then the phone rings, and it's the kind of phone call that we wished we didn't get - it is

the devil saying 'Come down from that cross.' And by the grace of God, we can answer and say 'I will not come down from this cross. Love is going to hold me up here.'

Then as we lay down in bed and our eyes begin to close, what are we thinking about? We are thinking about Jesus on the cross. As Jesus' eyes began to close, what did He pray? And what do we pray? "Into thy hands I commend my spirit." Do you know that the devil can't penetrate the life of Christ? If we live the life of Christ, there's no way that the devil can get in it because Christ lived it for us. And all we've got to do is walk in it.

But it doesn't there. The Bible tells us that Herod had Roman soldiers guarding Christ's tomb. The devil also has soldiers around our bed to keep us sleeping so that we don't get up to have enough time to pray. But God sent an angel who caused an earthquake and said 'Son, thy Father calls.' And so, our heavenly Father will call us every morning too. Then after getting up and if we haven't prayed yet, we can say 'Touch me not, for I have not ascended to my Father in prayer.'

When we understand the life and power of Christ, we can know that Christ can give us the strength we need to get through every day. We can live 33 1/2 years in a day, every day.

## **Health**

### **Ten Effective Guidelines To Keep In Shape**

Follow this simple rule: reduce your girth  
And your life will be long upon the earth.

Avoid all those between-meals snacks,  
Or soon you'll need some bigger slacks.

Avoid eating too much food  
Or else your tummy will protrude.

You shouldn't skip the breakfast meal.  
And eat light at night, if you're for real.

You should not plunge into the deep  
And raid the fridge before you sleep.

And beware of those empty caloric meal  
And the quick-loss diet, it's not a deal.

Watch out for all that ice-cream and cake  
And those "seconds" you feel you want to take.

High-fibre meals are clearly okay  
New eating habits must be here to stay.

Eat your meals without any haste  
With peace of mind – you'll have better taste.

Take time to swim, cycle, walk or run  
But whatever you do, make it fun!

*-Winston J Craig, PhD, RD. in A vegetarian approach to optimal health 2<sup>nd</sup> Edition*

## Recipes



### Prosperity Golden Bag

#### ***Ingredients:***

(A)

Needle Mushroom 150g

Mushroom 100 g

Carrot 70 g

Broccoli 150 g

Celery 100 g

(B)

Tofu Sheet 2 pieces

(C) (Seasoning)

Soy sauce 2 tbsp

Sesame oil 2 tsp

Rock salt 1 teaspoon

(D)

Vegetarian Oyster Sauce 2 tbsp

Water 1/2 cup

Corn flour 2 tbsp

Dressing: (E) Lime Juice, Sweet Orange Juice, Pineapple juice

Side Dish: Cucumber, Tomato, Pineapple, Carrot Slices

**Method:**

1. Cook the mushrooms in (A) first.
2. Wash the (A) material and cut into pieces. Then add into the wok and add (C) seasoning. Stir fry and serve on a plate.
3. (B) Cut tofu sheet and wrapped the stir fry content into it and tied neatly.
4. Put a little oil in the pan and fry the tofu bag until turn golden brown. Add the (E) and (D) dressing onto it. Wait until it's dry before serving.



## Purple Fantasy

*Ingredients:*

Purple Cabbage 3 (medium)

Sesame Seeds 3 tbsp

Coconut Powder 3 tbsp

Side Dish Lettuce

*Method:*

1. Wash the 3 red cabbage heads and slice into strings.
2. Wash the lettuce and put them on the plater.
3. Then place the red cabbage sliced strings on the lettuce.
4. Add sesame seeds, coconut powder and nuts on top of it.

# Kid's Corner

## **Ellen White was a teenager who believed Jesus was coming**

When she was a teenager, Ellen Harmon and her family went to a church. They heard a preacher named William Miller. "Jesus is coming soon," Pastor Miller preached. "Look at what the Bible says." Then he talked about the prophecies – verses from the Bible that talked about the future. "Jesus will come in just a few years"!

Many more people listened to William Miller. Before long, thousands of people were studying the Bible, and also believed that Jesus would come very soon. The prophecies seem to say that Jesus would return in October 1844. Ellen would only be seventeen years old!

Do you ever count down the days until your birthday? Or to Christmas? Ellen and her family started counting down the days until Jesus would come and take them to heaven. The Harmons began selling the things in their house. They gave all their money to a special newspaper that could be sent out to tell even more people about Jesus and his soon return.

When the special day in October came – October 22 – thousands of people woke up early to start watching the sky to see Jesus and His angels coming to take them to heaven. They waited all morning, but Jesus didn't come. They waited all night but Jesus didn't come. Everyone were very sad and disappointed.

Ellen and her family went home. "What happened?" they asked each other with tears in their eyes. While some people stopped believing, Ellen and her family kept studying the Bible and praying. Not many days later, Ellen met some friends, and together they prayed and studied. While they were praying, God sent Ellen a vision. A vision is like a dream, but you're not asleep.

In her vision, Ellen saw the people who believed in Jesus' return, or Advent, as it was called. She saw them moving along a path to heaven. The ones who kept believing kept moving closer to heaven. The ones who didn't believe fall off the path and were gone. When the vision as over, she told her friends what she had seen. They felt better after they knew that they were still on the path to heaven.

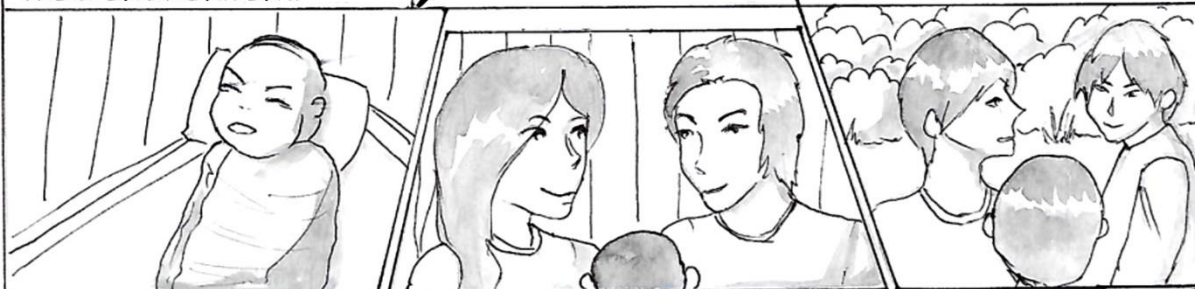
Who was Ellen White? She was a girl who believed that Jesus was coming soon. And she was someone that God talked to through visions.

# Teens' Corner

ALL BABIES ARE BORN IMPRESSIONABLE. THEY ARE SHAPED BY THEIR ENVIRONMENT.

# JUDAS

SYDNEY CHINESE NEWLETTER  
APRIL 2019  
PRETEENS 01



JUDAS, LIKE EVERY OTHER TYPICAL JEW WAS PROBABLY TAUGHT BY HIS MOTHER

ABOUT THE FIRST AND SECOND COMINGS OF JESUS

LATER HE WOULD HEAR RESPECTED ELDERS AND RABBIS TALK ABOUT IT



HE WOULD HAVE DISCUSSED WITH HIS PEERS ABOUT IT

WHAT HE HEARD WOULD HAVE THEN REGISTERED IN HIS MIND



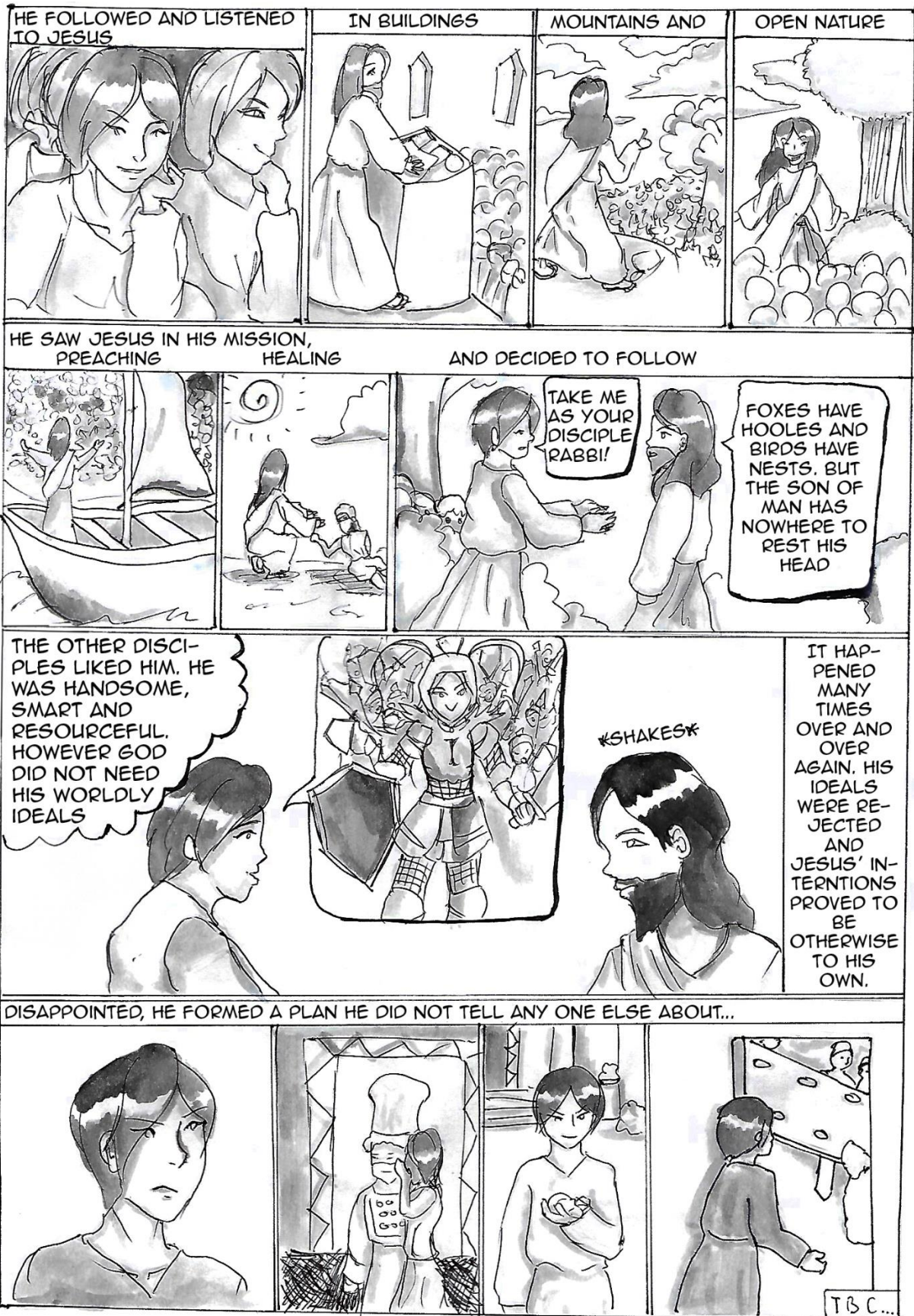
ONE DAY



WAIT! STOP! WHERE CAN I FIND THIS MAN?

PAST THOSE CROWDS, HARD TO MISS

AND HE KNEW HE HAD FOUND SOMETHING WORTH FOLLOWING...





## **Teen Questions - Critical Thinking**

1. Where in the bible is the story of Judas betraying Jesus found?
2. How important is it to have a good upbringing?
3. What was the view the Jews had about Jesus' coming? What were they expecting?
4. Foxes have holes and birds have nests. What was Jesus trying to tell Judas? Was he persuading him to come or dissuading him?
5. What was the plan Judas made?
6. What did Jesus mean when he said that not all his disciples are clean?
7. Judas betrayed Jesus with a kiss. Why do you think he chose this action? What do you think he expected Jesus to do?
8. What happens in the next part of the story? Read your bibles to find out.