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# PULSE

## NEWSLETTER

- 1 Sunset's Second Annual Harvest Festival
- 3 My Experience at Mount Hermon
- 5 Reflections of the Vision Retreat
- 6 Welcome Brunch
- 7 Yut Hong's 25th Anniversary
- 9 Find Us Faithful
- 10 Special Needs Ministry: Respite
- 11 Remembering our Missionaries
- 11 H2H at Adopt-a-Building
- 13 CE Fire Drill
- 14 City Impact Gala Reflections
- 15 APC's Walk for Life
- 17 First Aid Training
- 18 IJM's Freedom Sunday
- 19 Social Justice at Sunset Church
- 20 Sunset Profile: Bill Tam

## Sunset's Second Annual Harvest Festival



By Theo Low, photos by Theo Low, Melody Lee and Julie Tom

On Saturday, October 29th, we had hundreds of people come out to our 2nd Annual Harvest Festival! It was a blast! We had so many families come out to play carnival games, win prizes, and snack on popcorn and cotton candy! The turn out from the community was amazing. This event was a great time of building relationships between our Sunset Church family and our surrounding neighbors and friends. The event went really well thanks to all the Small Groups and volunteers that put in time and energy to make and run the game booths, balloons, and snacks. Two big game hits were "Hungry Fish" created by Michael

Chinn and his small group, and "Let's Go Fishing" by Grace Kwan and her small group. The energy of all those running the booths were amazing as the kids worked long and hard to earn some of the Grand Prizes. At the end of the night the church was put back together and cleaned up thanks to those small groups who stayed late to make sure rooms were ready to go for Sunday morning. So many people behind the scenes, specifically Megan Low and Sam Yee, helped make sure the prep work, decorations, food, and games were ready to go when the neighborhood came walking through our doors. Thanks to everyone who helped make this year's Harvest Festival a great memory for our community!





# Highlights from the Harvest Festival





# My Experience at Mount Hermon



By Dorothy Chan, photos by Wesley Yan, Christopher Shue and Michael Chinn

When Sunset Church had its recent English Congregation Retreat at Mount Hermon, I felt a sense of coming full circle in my Christian walk because it was at Mount Hermon, eight years ago, during one of their summer retreats, that I really started to understand what the Christian walk was all about. That understanding helped me to turn my life around, and led me to commit myself to attending Sunset Church more regularly, and to build more bridges with my brothers and sisters in Christ by attending small groups. It felt great to go back to Mount Hermon in September of this year, and to listen to Dr. John Coe's message of Gospel Transformation, after God had led me out of my darker, gloomier days. I'm sure Dr. Coe's message touched a lot of hearts and will have a lasting impact on the people who were fortunate enough to attend.

I appreciated how Dr. Coe broke down the problem and revealed God's solution to the dilemma that I had wrestled with for so many years. I grew up in a Christian home, was baptized at age 7, and have been attending church from as far back as I can remember. There were quite a few years, however, especially during the more difficult parenting years, when I just didn't feel the presence of God in my life, or His joy and peace. Somehow, even though I believed in Christ, I had allowed myself to become a person who did not really love people, always expected people to treat me better, kept detailed records of wrongs committed against me, and indulged in "righteous" anger. I was often impatient and unkind, selfish and prideful, and unforgiving. I fell into the trap of having all kinds of expectations of others that I made up myself, and became unhappy when people around me failed to meet those expectations (which

[Read more on p. 4](#)



*Dorothy (right) with husband, Robert and their cousin, Tilly (left) enjoying the shuffleboard game.*



# My Experience at Mount Hermon, cont.



I thought was happening all the time.) Nothing made sense to me, especially when as a Christian, I knew I was “supposed” to feel better about my life.

Dr. Coe really did a masterful job of summarizing many of the lessons that God has been teaching me these last eight years. I had allowed myself to become a moralist who had fallen into moral formation, doing good to cover up and hide, hoping to remove the shame and guilt that I felt inside my heart. The truth is, I could never do enough to remove my own guilt; only Jesus’ death on the Cross can wash away all my shame and guilt. I believed it in my head intellectually, but somehow, I had really missed the whole point and never allowed the Gospel to transform me.



In deep despair, at a very low point in my life eight years ago, I finally opened my heart to God and stopped hiding and trying to justify myself as I realized that all “my crap” (as Dr. Coe describes it) needed to be placed at the foot of the Cross. It was only at that point, when I was humbly transparent with God and willing to take a look at all my accumulated problems, that God graciously gave me a new, transformed heart, free of guilt and shame. By looking hard at my own brokenness, I finally appreciated what Christ did for me, and from that appreciation, I actually started being able to love others in their brokenness. Jesus loved me when I was unlovable. He gave me a new heart and a new purpose in life. He gave me the power and the reason to be humble, to forgive and love others with His patience and kindness.



I also appreciated Dr. Coe’s teaching about praying openly to God, and not being afraid to tell God where we actually stand, as David had done so often in the Psalms. This emphasis on transparency and “taking our masks off,” carried over into our small group sessions, too. It’s so much easier to bear one another’s burdens when we’re willing to tell each other what our real burdens are.

My husband’s cousins joined us at this retreat. One of them had been exposed to Christianity as a child, but has not been in Church or in a Christian setting in decades. She felt very comfortable and welcomed at the retreat. The other cousin told me afterward she was very touched by the genuine love she felt among the people from our church and she learned a great deal about our faith from the retreat. To my brothers and sisters who reached out to them, thank you so much!



As always, the singing and worship was inspirational, and everyone demonstrated outstanding teamwork to make this retreat happen. If you missed the retreat, but would like to experience some of Dr. Coe’s teaching, his Gospel Transformation series can be found online at <http://open.biola.edu/collections/spiritual-formation-lecture-series>.



# Reflections of the Vision Retreat at Mount Hermon

By Elgin Quan, photos by Wesley Yan and Christopher Shue

Change is not always linear. So when life throws you lemons, you cannot always make lemonade! Our human condition is irreparably determined. This was at the essence of Dr. John Coe's message during the three-day vision retreat. We have an incurably sinful heart.

*"The heart is deceitful  
above all else and  
is incurably bad."*

*Jeremiah 17:9*

The heart is always in sin. Therefore, during this three-day retreat, John hit the right notes when he acknowledged that the most important thing Christians can aspire to is to delight in the bible as this is the secret to healing our sinful heart. Clear and powerful, the retreat gave me new insight into a refreshing perspective of a spiritual transformation journey.

*"If we say we do  
not sin, then we  
deceive ourselves."*

*1 John 1:8*

The truth is that our human tendency is to fall into sin. Our innate disposition is to dwell in our habits of sin. Worse, this disposition deceives us into thinking this is normal, even rationalizing to the point we can heal ourselves.

When asked, "How deceptive are our hearts?" John proposed we all deceive ourselves into thinking sin can be eradicated by the following:

1. Our will — yet sin is more powerful than the weakness of our will. (i.e. Schick Center for weight loss.)
2. Our moralism — the continent person, knows the good, but does the good with no joy.
3. Our obedience — the incontinent person, knows the good, but fails to do the good.



It was interesting to hear how John overcame his sinful habits. A three-week spiritual journey gave John the safety of a spiritual net to truly confront his hidden heart. Through intently focusing on his spiritual journey, John opened up his heart to allow God to be his master soul doctor.

During this time, God's intimate care for John led him in ways that enabled John's heart to deeply feel God's love, forgiveness, and truth. In the light of being honest, being fully forgiven and accepted, with a heart ready to change, God's loving relationship empowered John to work through and sort out his layers of embedded sin. During this "dark night of the soul," John discovered God's care, great affection, and mercy.

When life throws us lemons, we cannot always make lemonade. Faith is about changing the affections of the heart. During this retreat, I was impressed with the depth of duplicity of man's heart in contrast with the depth of God's pursuit for our affection. The power of His relational love can overcome sin. Loved into loving, indwelt in Christ, the Christian is a transformed person. Now set free to love God and love others, he is finally made whole — to live, love, and be loved in the way God intended.





# Welcome in the Name of Jesus!



Thanks to the POW Small Group for hosting the Welcome Brunch on September 25th! Front row, left to right: Yang, Howard, Gavin and Abe. Back row, left to right: Lily, April, Stephanie, Liz, Suzette, Kitty, Mark and Nate



By Suzette Lee, photos by Suzette Lee and Lucy Gee

Every quarter, Sunset Church extends a warm welcome to newcomers and visitors with a meal, hosted by Sunset small groups. On Sunday, September 25th, most of the People of the Way (POW) small group came together to cook and set up the church's back patio for a festive Welcome Brunch. We served up breakfast burritos, fruit salad and croissants, and offered some icebreaker questions to encourage mingling among newcomers and Sunset "regulars". About 40 people attended the event.

Stephanie Wong said she was motivated to volunteer for the event because "I serve in the Welcome ministry [as an Usher], so it goes hand-in-hand with welcoming newcomers." Gavin Chak noted, "I've been trying to find a way to serve the church. I think it's a good way to serve and get to know a lot of newcomers." Nate Hui agreed that it was a good opportunity to serve. "The food was good, and it was cool to

work the registration table writing name tags, handling logistics and getting newcomers ready.

April Yan appreciated her time with the small group. "It was a good to do something to serve the church together, something that we don't get to do as often." Abe Lee reflected on the event, saying that "it was nice to be able to live out our gospel-transformed lives by showing Christ's love to new friends and neighbors."

We would encourage others to host future Welcome events. Mark Yuan, who also serves in the Welcome ministry, commented that "it's enjoyable to meet and greet people." Howard Chin said, "I did it because I was once a newcomer, so I remember what it was like being new. Having people welcome you is nice. We should get others involved by reminding them, 'Hey, you were once a newcomer. Do this to help welcome them.'"

Interested in helping at the next Welcome event? Email Pastor Aurum at [aurum.laguna@sunsetchurchsf.org](mailto:aurum.laguna@sunsetchurchsf.org).





# 益康團契25華誕

文章由薛健策益康團契主席著。照片由 Stuart Lee 拍攝

益康團契於9月23日召開團友大會，隆重慶祝團契誕生25週年，藉此齊聲頌讚神的大愛，衷心感謝神賜給豐盛的恩典，榮耀神的大能。

參加慶祝大會的有100多人。應邀出席大會的嘉賓有我教會中文部的長老、執事，有來自其他教會和已退休的牧師、師母，有醫生，有來自我教會其他團契、小組，專責接載我團友的弟兄姊妹等等。

在慶祝大會上，譚克成長老代表教會致賀詞，薛偉華長老為我團契上靈修課。隨後是文藝表演節目，當中有我團契詩班演唱

詩歌，有鍾鴻基醫生的男聲獨唱，鄭林雪亮姊妹的女聲獨唱和薛健策弟兄的詩歌朗誦。然後播送由關紹基弟兄解說的我團契25年成長過程的歷史片段。最後全體與會人員集體照相留念。慶祝大會自始至終洋溢着歡樂的氣氛。

大會結束後，會眾一齊享受神所賜的、由我教會中英文部廚藝精湛的弟兄姊妹精心煮製的午餐。大家一邊食，一邊讚口不絕，都話“食過返尋味”，同聲感謝神，讚揚在廚房工作的弟兄姊妹奉獻出愛心和辛勞。

食過美味可口的午餐，大家都拿着一本我團契贈送的《益康團契25週年》紀念特刊、一袋由我團契譚馬妙珍姊妹精心製作



Left to right: Susan Ng, Eva Eng (Yut Hong President for the past 2 years), Mrs. Chiu Yee W.K. (97 years old) and Mr. Kin Chuck Sit

的微型點心禮物，高高興興地回家去了。

在這裡，我們要特別感謝為慶祝我團契誕生25週年而奉獻出他(她)們的愛心，犧牲他(她)們的寶貴時間，竭盡他(她)們的勞力的所有幕後工作的弟兄姊妹，我們會永遠紀念你們，愿神時刻保守你們，賜福給你們，阿們！

*"I want to thank our whole church in participating to make this special celebration happen! My heart is warmed to see how our church comes together as one big family in Christ. I pray that the legacy of the YH Fellowship and the spirit of unity at Sunset will carry on for many more years to come!"*

- Eva Eng



## Yut Hong Fellowship's 25th Anniversary



By Kin Chuck Sit, translated by Jasmine Wong, photos by Stuart Lee

Yut Hong Fellowship gathered on September 23, 2016 for a grand celebration of its 25th anniversary. The purpose of this special event is three-fold: to praise the great love of God together, to express our heartfelt gratitude for God's abundant grace, and to give glory to the mighty power of God.

More than 100 people attended

the celebration. The guests who were invited to the celebration included elders and deacons from the Cantonese congregation of our church, as well as brothers and sisters from the different fellowships and small groups of our church, who had helped with providing rides to our fellowship meetings. We also invited guests from other churches who had helped with our programs, includ-

[Read more on p. 8](#)



# Yut Hong Fellowship's 25th Anniversary, cont.

ing the retired pastors and their wives who taught us the Word of God, and the doctors who gave health seminars.

During the 25th anniversary celebration, Elder Bill Tam delivered a congratulatory speech on behalf of our church, and elder Wayman Sit led a devotional time. After that, we had musical performances, which included our very own Yut Hong Fellowship choir singing hymns, male vocal solo performance by Dr. Hong Ji Zhong, female vocal solo performance by sister Mrs. Kuang and poetry recitation by brother Kin Chuck Sit. We then watched a documentary about how Yut Hong fellowship grew during the past 25 years, narrated by brother Siu Kee Kwan. At the end of the meeting, we took a group picture of all the participants. The 25th anniversary celebration was filled with a joyful atmosphere from beginning to end.

After the celebration event, the participants enjoyed a luncheon delicately prepared by culinary experts from the Cantonese and English congregations of our church. While we were eating, we couldn't stop raving about the food. We thank God for blessing us with this great lunch, and we appreciate the hard work and the love of the brothers and sisters who labored in the kitchen.

After eating the delicious lunch, everyone went home cheerfully with a gift from Yut Hong Fellowship which included the Yut Hong Fellowship 25th Anniversary commemorative booklet, and a party favor bag of mini-snacks exquisitely prepared by sister Molinda Hom.

We would like to extend our special thanks to the brothers and sisters who devoted their love, sacrificed their precious time, and diligently labored behind the scenes for the 25th anniversary celebration of Yut Hong Fellowship. We will always remember you. May God keep you and bless you, Amen!



*The Yut Hong Officers, Sunset Church Elders and Deacons celebrating the special 25th Anniversary of the Yut Hong Senior Fellowship. Front row, left to right: Susan Ng, Siu Kee Kwan, Kin Chuck Sit, Dorothy Tse, May Lin Sit, Donna Chan, Law Ho Man See, Lam Woo Yau Soong, Sheila Lau, Yun Yun Luk Kwan, Ng Chan Yick Ming, Eva Eng, Maria Chin, Ivy Ng and Simon Ng. Back row, left to right: Wing Kwok, Elder Bill Tam, Elder David Ho, Deacon Jerry Kwan, Elder Thomas Fong, Deacon Andrew Lei and Elder Wayman Sit.*





# Find Us Faithful

By Elgin Quan (Yut Hong Fellowship Vice-Chair), photos by Elgin Quan and Stuart Lee

Like clusters of grapes on a vine, seniors can still bear fruit! This was demonstrated in a delightful celebration that highlighted Yut Hong Fellowship's 25th Anniversary on Sept. 23rd, 2016.

From a fledgling group of 10 people to a current membership of over 80, Yut Hong Fellowship (YHF) celebrated its 25 years of growth with a robust program of praise and worship capped by a nine course banquet style meal!

Entirely planned and conducted by seniors, the program began with speeches welcoming elders, deacons, past presidents and community leaders, followed by a male and female soloist, Yut Hong choir, poetry recitation, and photo memories that traced the history of Yut Hong from its inception in 1991.

A delectable banquet catered by volunteers from both English and Chinese congregations, brought mouthwatering dishes of Alaskan baked salmon, roast pork, sticky rice, soy sauce chicken, Asian chicken salad, and special dessert memento as gift to the flower laden table of 120 YHF members and guests. Special thanks to the 14 volunteers who donated their time and efforts to make this evening a tremendous success!

Seniors can bear fruit. Over a three-month preparation period, a testimonial booklet was published with 21 stories of life and faith. This commemorated the footprints of Yut Hong members, whose stories are expressed in this Find Us Faithful song: May the footprints that we leave, lead them to believe. And the lives we live inspire them to obey. May all who come behind us find us faithful.

If you are interested to read the stories of life and faith, please go to: <http://www.sunsetchurchsf.org/YH25thbooklet>.





# Sunset Church Special Needs Ministry: Respite

By Amy Chan, photos by Wesley Yan

July 26th, 2016 marked the Special Needs Ministry's (SNM) fourth respite event. Respite literally means "a time of rest" and that is exactly what the SNM hoped to provide for the parents in our community.

We had 25 amazing volunteers from Sunset church serving nine precious individuals (kids and adults) with special needs and three wonderful siblings. Chris Shue, Phillip Yee, and Heidi Chao volunteered by cooking a delicious lunch for volunteers and families. In the past, parents would drop off their kids and leave. This time, we asked parents to stay for lunch and share a meal with the volunteers that would be taking care of their children. This was a great success as the parents and volunteers were able to build a relationship and learn from one another. After lunch, the rest of the day was packed with activities ranging from baking to jumping in a bounce house!

I was incredibly blessed to witness the servant hearts of my fellow brothers and sisters in Christ. The day was far from easy, and yet each volunteer cared for their buddy with a relentless love that could only come from God.

To give our volunteers an idea of what they were enabling parents to do, we had the parents fill out a post-it sharing a highlight of their kid-free afternoon. They shared the following:

"Had Lunch at Bacon, Bacon. Fun!"  
"Took a nap."  
"Read a newspaper."  
"My wife and I had a quick lunch without needing to feed [our son]."  
"We took a nap in the afternoon and it was great!"  
"We took a very nice hike at Lands End."  
"We had a quiet lunch. Very nice, kinda weird."

To say the least, I was humbled by the simplicity of the responses. Moreover, I felt almost unworthy of the deep sense of gratitude that they expressed for activities that I take for granted everyday. On



Respite volunteers! Front row, left to right: Jeff, Darren, Wendy, Suzette, Amy, Joanne, Harmonie, Patty, Christian. Back row, left to right: Tony (buddy, not volunteer), Isaiah, Jeffrey, Mike, Gabriel, Andrea, Josephine, Stephanie, Stephen, Alyssa

behalf of all the volunteers, we thank the families for allowing us to serve them and learn more about God's relentless love through them.

*As he went along, he saw a man blind from birth. His disciples asked him, "Rabbi, who sinned, this man or his parents, that he was born blind?" "Neither this man nor his parents sinned," said Jesus, "but this happened so that the works of God might be displayed in him."*

*John 9:1-3*

If you would be interested in serving in the Special Needs Ministry or at the next Respite event, please contact Josephine Wu or Amy Chan at [specialneeds@sunsetchurchsf.org](mailto:specialneeds@sunsetchurchsf.org).





# Remembering our Missionaries During the Holidays



By Lucy Gee

For several weeks in October and November, our Missions Ministry hosted a holiday card writing station in the lobby for our congregation to write notes to our Sunset Missionaries. Sending a note or a care package to a missionary lets them know that “we miss you,” and “we’re thinking about you,” and most of all, “we care and we are praying for you.”

Did you know that Sunset Church supports 20 missionaries serving around the world? These dedicated men and women are following God’s command to bring the gospel to the unreached. The leadership at Sunset Church hopes to engage every member in the task of global missions both at home and abroad and are always seeking passionate and able believers to be involved in God’s global plan.

Most of our missionaries have been adopted by a Sunset small group who prays and cares for the missionary. If your small group would like to adopt a missionary or if you would like to get more information about global missions, please visit the Missions webpage at <http://www.sunsetchurchsf.org/serve/world>.



## H2H Fellowship Serving at City Impact’s Adopt-A-Building

By Lei-Chun Wang with quotes from H2H members, photos by Wai Lam, Chinese translation by Jasmine Wong

Over the years, many of the Heart to Heart (H2H) brothers and sisters have participated in City Impact’s Thanksgiving and Christmas Food Delivery outreaches to the residents in the Tenderloin neighborhood.

On October 9, 2016, under the leadership of H2H officers, 24 brothers and sisters went out on a Sunday afternoon during our usual fellowship meeting time to visit the residents in the various buildings through the Adopt-a-Building (AAB) program. It was a wonderful experience seeing God’s wonderful work to the residents in the Tender-



[Read more on p. 12](#)



## H2H Fellowship Serving at City Impact's Adopt-A-Building, cont.

loin area! One H2H member shared, "It was amazing how people are devoting themselves to serve the community unconditionally." Another member was reminded how "God cares for all."

Jenny Sit commented, "I feel God is with me when I am serving others at AAB. God sends his love through us by delivering meals in AAB event."

Some of us were able to speak Chinese when we visited the building and practice displaying God's love to the residents. We want to thank Diana Lee and Molinda Hom for their leadership in the Adopt-A-Building Ministry! We witnessed the dedication of Sunset's AAB leaders who have been visiting the residents regularly so it really helped the rest of the team when we delivered the food and made the visit.

Iris Lam shared, "This is my first time to attend the AAB



event. It was heartwarming to see many brothers and sisters helping the needy families. And when our leaders Molinda and Diana can express their care toward the elderlies and speak in Toishanese, I see the elderlies feel more secure and comfortable. I will participate in the AAB ministry again and hopefully will invite more people to join. It is not solely helping others but we can be in touch

to make an impact in other people's life."

Annie Choi commented, "I admire the sisters from my group, Diana and Molinda, who helps the people every month. Visitation takes time, energy and love. Participating in the AAB also shows God's love. The AAB Ministry is a great ministry that encourages the retired people and all people to serve others in our community."

Our H2H brothers and sisters would like to get involved more in the future. May God use H2H and Sunset Church in reaching out to the people in our community.

If you would like more information about the Adopt-a-Building Ministry, please email Diana at dianainsf@gmail.com or Molinda at molindahom@gmail.com.

## 「心愛家庭團契」參與「城市事工」的「領養一樓」事工

心愛家庭團契的王馮梨珍姊妹提供的團友訪問。林偉雄弟兄提供相片。黃靜瑩姊妹負責翻譯。

多年來，許多心愛家庭團契(H2H)的弟兄姐妹都參予了城市事工的感恩節和聖誕節送餐外展，服務田德隆區的居民。

2016年10月9日週日下午，利用H2H平常聚會的時間，一共有24位H2H的弟兄姐妹在團契職員的帶領下，透過「領養一樓」(AAB)的計劃探訪了田德隆區內數座大廈的住客。有機會目睹神在田德隆區居民身上所行的奇妙工作，是一個

很特別的經歷！一位H2H成員分享，“人們無條件地投身服侍社區是多了不起！”另一名成員被提醒到“神關心所有人”。

Jenny Sit 分享 “當我透過AAB事工服侍別人的時候，我經歷到神的同在。神藉著弟兄姐妹送餐，將愛帶給其他人”。

探訪大廈居民時，我們當中有些人有機會說中文，並實踐彰顯神的愛給居民。我們感謝Diana Lee和Molinda Hom在AAB事工的帶領！我們見證到溢樂教會 AAB事工的領袖們，委身定期探訪居民，對團隊的其他成員在探訪和派送

食物上確實大有幫助。

Iris Lam 分享，“這次是我第一次參與此活動。見到很多主內弟兄姊妹一同探訪有需要的人，確實很感動。尤其是組長Molinda & Diana，見到她們與那些長者談話問候，而且她們能夠說台山話，令到長者們感到很有親切感和對她們信任。我會再參加此項活動，亦希望能帶一些朋友參與。這不只是幫助別人的活動，更是一個好機會讓自己體會別人的生活處境”。

Annie Choi提到，“好欣賞與我同組的兩位姊妹，Diana &

Molinda，定時(每星期/每月)都去探訪，付出時間，精力及愛心去傳揚主的愛，值得我們學習。尤其是可鼓勵退休的弟兄姊妹參與這樣有意義的工作。當然，未退休的弟兄姊妹也可抽時間參與事奉”。

我們H2H的弟兄姐妹希望將來能參予這事工。願神使用H2H和溢樂教會多接觸和關心我們社區的人。

若你想多了解「領養一樓」(AAB) 事工，請與 Diana (dianainsf@gmail.com) 或 Molinda (molindahom@gmail.com) 聯絡。



# CE Fire Drill

By Chris Tan, photos by Chris Tan and Lucy Gee

9:18 AM. Being a MET member, I'm here to observe. Great. The fire truck is here. The firemen are here to observe the fire drill and to give tips. The alarm goes off. The kids line up against the wall and as soon as they are in line, they are out the door, marching down towards the corner of 42nd and Lawton. Oh no! Where is the stop sign that someone should be holding up in order to stop traffic? Thank goodness that there is the teacher's assistant to direct traffic as the group crosses the intersection towards Francis Scott Key. Last ones leaving clock out at about 3 1/2 minutes. After everyone was lined up at the school yard, Lieutenant Bruce Samson gave a short talk and complemented the group on their great job. The fireman said that any evacuation time less than 3 minutes is considered good. Total number of participants involved in the drill were 62 kids and 35 adults.

10:42AM. I am here teaching the 6th grade middle schoolers. I have ended the lesson early so that we can evacuate the moment the alarm goes off. 10:48 AM. Still waiting and the kids are getting a little antsy. Ringggg. And immediately we leave through the entrance of the annex on 43rd Ave, cross the intersection and pass in front of the church towards the school yard. Total time

evacuation for all was about 4 minutes. Total participation numbers were about 80 kids and youths and about 25 adults. The kids and youths are well prepared in evacuation drills since they do get a lot of practice in school.

Overall, an awesome job for both groups. However, I see one big concern. The earlier group had 11 infants and toddlers in the nursery and other adults to help. Had there been a real fire, can they get enough help in time? Now, what about the adults? Can they evacuate in about 5 minutes?

From the past fire drill and recent unplanned fire alarm evacuation, we have learned 1) that confusion can arise if there is insufficient helpers to direct the congregation, 2) that there needs to be room for firemen to ascend the stairs when the crowd is coming down and 3) that the emergency evacuation chair should be used for those who struggle when going down the stairs.

As a MET (Medical Emergency Training) member, we have put together a protocol for evacuation for different types of disaster i.e. fire, earthquake and tsunami. In order to be better prepared, I hope that you will not hesitate to ask any of the MET members or church staff for information. BE SAFE!





# City Impact Gala Reflections



*"The City Impact Gala on Saturday, October 22 was awesome! We got to hear about lives being impacted through the Adopt a Building (AaB) program, the Health and Wellness Center (HWC), the School of Ministry, and SF City Academy. With AaB and HWC, their home visits directly address isolation and seeks to connect Tenderloin residents with the Healer and a community of Christians that care for them. We heard stories of how getting access to caring relationships really helps to transform lives. People are hurting and seeking to know about God. Are we available to reach out?"*

— Gary Gin



*"I really enjoyed learning about City Impact's new School of Ministry. Students spend between one to four years in the School studying the word of God, learning about ministry, and directly serving the residents of the Tenderloin. The cost of tuition and housing is \$600 per month, which is about one quarter the cost of comparable Christian programs, and students earn official credit through an affiliation with Northwest University. The goal of the School is to develop the next generation of Christian leaders who can spread the Gospel and lift people up across the world."*

— Dr. Wilson Liao

*"It was amazing learning about the Christ-inspired work being performed by City Impact. I love how, in bringing Christ to their community, they are striving to meet the most basic needs: food, health, education, human connection. I am also awed at how the even the call for global missions is being answered by City Impact, by sharing Christ with many immigrants and refugees that arrive in our city."*

— Derrick Lung

*"The City Impact Gala Event helped me to understand more about the various ministries of City Impact, and how these ministries are integrated and connected to each other. In the past, I have participated in the food delivery outreach during the holidays. Recently I participated in the Adopt A Building Program and visited residents in the Padre Building that Sunset Church has adopted. At the gala event, I learned that when the volunteers visit and deliver food to the residents in the building, they discovered some residents who has physical and mental health needs, and they in turn bring the residents to the Health and Wellness Clinic to receive treatment and support!"*

*Navigating through systems can be challenging and difficult. It is very important for volunteers to be aware of the various ministries of City Impact, so we can support the residents in a more holistic and integrated approach. It is wonderful to see City Impact's work in the Tenderloin District! It was also very encouraging to learn that the SF City Academy K-8 has grown from 30 students to 120. All 8th graders graduated and entered high school, and 85% entered college."*

— Lei-Chun Wang





# Making an Impact at the APC Walk For Life

By Jeff Y. Wong (1st time APC Walker), photos by Wai Lam (team leader and photographer) and Gary Gin (Sunset's APC Walk Organizer)

Do you go to church every week and view it like going to the movies? You may be thinking, "Well, what do you mean?" You know. Get your refreshments. Take your seat. Watch. Listen. Go home. Or do you view church and God, like going to the gym? Get your gear on. Stretch out. Work it out. Push hard. Get your game on. And make a difference in your life. Develop your body, mind, and spirit. Get engaged and make an impact.



Sunset's Walk for Life Team. Front row, left to right: Willie, Isaiah, Mark, Simon, Flora, Lei-Chun, Moi-Oi and Mary with Ari. Back row, left to right: Lam, Phil, Gary, Jeff, Sherise, Tyrone, Acker, Dilist, Mabel, Jennifer and April.

Well, on Saturday October 22, 2016, I along with 18 other folks from Sunset Church met at 9 am at the headquarters of Alpha Pregnancy Center (APC) to essentially take our Christian faith "to the gym." We joined Christians from local Bay Area churches in visiting 30 homes in the local area. While half of our group were first timers to this annual community event, somehow God was gracious enough to use our bodies,

minds, and spirits to love on this community of families. Many of these families are locals without a lot of means. The gist of our volunteering was simply to deliver bags of gifts to these families and bless their households with kind words and heartfelt conversations. And of course to share Jesus with the families. Before we left their homes, we prayed for their families with the grace and mercy of our Lord Jesus Christ.

Prior to setting off on our various journeys to 30 homes, we were treated to an inspirational sharing by interim co-director, Faith Wirajsilp. Faith shared about a client of APC who went through a personal journey of an unplanned pregnancy, who seriously considered aborting her baby. The pressures and financial strain of having this child she thought were too much to bear. After seeing her unborn baby on the ultrasound at the APC facility, she connected with the little child within her and decided to continue the pregnancy and give birth to her child. In addition to pregnancy, postpartum, and parenting counseling, and medical support services, APC provides practical support such as providing diapers, clothing, and toy donations to its families.

by volunteers. The gifts were sorted out specific to the age and gender of the children. The homes were assigned by language need and walker ability (2-3 miles or 4+ miles). I thought that I would go for the 4+ mile group since I work out 2-3 times per week. Haha. Little did I know what was in store for me that day — gigantic San Francisco hills! Our total trek was about 7 miles according to my trusty Fitbit. It was relatively flat terrain for about the first 4 miles which encompassed about 3 uphill climbs and at least 3 steep down hills. As a personal challenge I thought it would be fun to see if I could race up the steepest hill, just to get it done quicker. Oh my! Completely out of breath and with my heart racing at maximum capacity, our team completed the hills one after another.

After Faith's powerful sharing, the teams of Kingdom minded walkers headed out to their assigned homes with bags of toys, clothing, and school supplies, which were painstakingly assembled the day before

The first home we visited was a garage in-law apartment. The family that Jesus blessed

**Read more on p. 16**



"Wonderful fellowship on the walk with our fabulous Team F!" — Lei Chun Wang



# Making an Impact at the APC Walk For Life, cont.

through our team was a young Asian family. We had gifts for both mom and new born baby and we connected and conversed with them. The baby was just a week old wearing tiny mittens and completely sound asleep. The second child was an energetic boy who was happy to see our team bearing gifts for his baby brother. We parted ways after praying for the family and their journey. Assuring them that APC and Jesus were there for them to help them along the way and that the grace of God was real and we were just a little part of that mercy.

The second and final home that we visited had a mom and two young children who spoke Cantonese. Before praying and blessing the family, God nudged me to briefly engage with the two kids who were already playing with the APC gifts for them. The little boy was enthralled with his 4 inch tall Duck Dynasty bearded

figurine. I had no idea when packing that toy in the bag the day before that such a nondescript innocuous and goofy character toy could bring such joy and warm smile to a child! He likely has never seen the reality TV show, but no matter. God can use the simplest things or people to further His Kingdom work. I am not a fluent Cantonese speaker, but the kids and I connected through high-fives, the excitement generated by the gift and toys, and genuine smiles. These two families were just two of the households that APC reached that day.

APC is so welcoming and far reaching in the community, it honors our Lord and Savior Jesus Christ. When looking to invest in social justice and Kingdom service, please consider “going to the gym and getting engaged” and not just “watching a movie” of real life from a passive audience area.



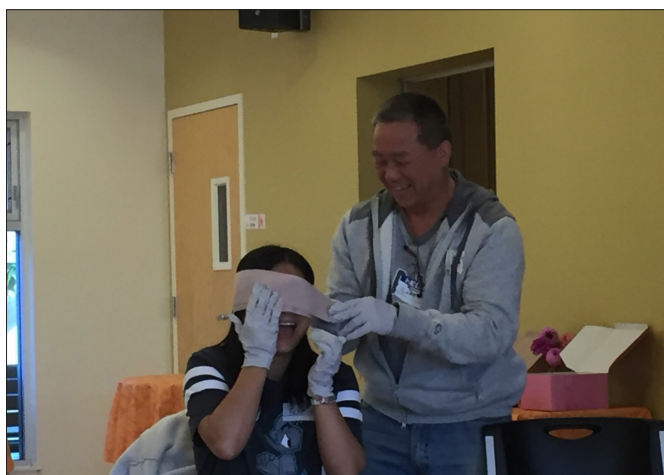
Left to right: Faith Wirajsilp, (interim co-director), Jeff Wong and Chastidy Ronan (APC Executive Director)



# CPR/AED/First Aid Training



*October 1st CPR/AED/First Aid Class. Front row, left to right: Alan, Fennie, Julie, Josephine, Stephanie, Jean, Lucy and Amy. Back row, left to right: Suzanne, Zang, Betty, Gary, Virginia, Collins (instructor assistant) and Ed (instructor)*



by Stephanie Yee, photos by Julie Tom, Chis Tan and Lucy Gee

The MET (Medical Emergency Team) hosted a First Aid/CPR/AED training at church on October 1, 2016 through the American Safety & Health Institute. A motley crew of about 10-15 people woke up way too early on a Saturday morning to learn basic life saving techniques from our main instructor, Ed Fong. By the end of our six hour course, we all walked away with knowledge on how to respond in the event that someone gets sick or injured — we even have certification cards to prove it!

This was the second time I'd taken this class with Sunset Church. My first certification was exactly two years ago in 2014. Certifications expire in two years — I guess they've estimated the knowledge leakage rate from our brains to be about two years! Although I've taken the class before, I am happy to report that I have not used what I have learned. However, a side effect of not putting these skills into practice meant that I was due for a re-training. The materials I learned this time around were vaguely familiar, but I became very much aware of my need for this refresher course. Should the time come for me to actually use these skills, I would like to be as prepared and as knowledgeable as possible.

The class started off with viewing a series of rather dramatic enactments of scenarios in which one might encounter a need for first aid — like a co-worker getting smashed in the head by falling boxes from a

forklift, or a child tripping over a sprinkler head and ending up with a giant gash in her arm. After watching each vignette, we practiced the skills on each other. It was kind of silly (and somewhat awkward) to pretend to be hurt while being tended to by our partners. We learned how to use an ACE bandage properly, how to care for someone suffering from an eye injury, how to place someone in the rescue position, and so on. We took a break for lunch then resumed the second half of the class with learning how to perform CPR, how to use an AED (automated external defibrillator), and how to perform the Heimlich maneuver on plastic dummies. We learned the techniques differed between adults, children, and infants. After completing the course, we took a quiz to demonstrate competency in order to get our certification.

Overall, I had a great time learning, and in some cases, relearning basic first aid skills. However, my greatest takeaway from this course is witnessing how much we are cared for by our MET Team at Sunset Church. They tirelessly carry out both intricate and mundane tasks to ensure our safety while we're at church. They restock first aid kits, taking care to pick out the cute Pooh Bear Band-Aids for our babies in the nursery. Even while we were learning, members of the MET came by the church lobby to make sure the AED was in working order! If you know someone on the team, take some time to thank them for all that they do, and for offering this class so that more people can be prepared for when an emergency does occur!



# IJM's Freedom Sunday

By Audrie Lee, photos by Gary Gin

In hope of a better life, fifteen individuals from an impoverished community in Southeast Asia borrowed loans from the owner of a lumber-cutting facility, and promised their hard work to repay their debts. These dreams for a better life were quickly shattered. Rather than allowing these lenders to repay their debts, the lumberyard owner charged false interest, bonding these workers in labor slavery for years. Forced to work 12-hour days chopping wood, these workers faced beatings if they worked too slowly or attempted to escape.

International Justice Mission (IJM) mobilized to rescue these entrapped workers on August 24. Not only did IJM free them, but also welcomed them into IJM's two-year aftercare program. With the help of local law enforcement, the lumberyard owner was arrested. Today, the survivors are safely back in their hometowns and beginning their recoveries, and the lumberyard owner will soon face trial for his crimes.

This rescue operation is just one example of how IJM works to free victims from violence, and restore their emotional, physical and spiritual health,



Left to right: Audrie, Tina, Lucy and Gary.

while also bringing abusers to justice and reforming local legal systems to ensure that such abuses do not reoccur. With 17 field offices — four in Africa, five in India, three in Latin America, and five in Southeast Asia — IJM has rescued 25,000 survivors from cycles of abuse and violence in the most vulnerable corners of the developing world. Labor bondage is only one form of violence that IJM seeks to end. Sex trafficking, sexual violence, police bru-

tility, property grabbing, and citizens' rights abuses against men, women, children, and the elderly, are other forms of oppression and violence that IJM battles each day. Still, an estimated 21 million people are not safe from violence, and IJM's work is far from complete.

By Sunset Church's steadfast and generous contributions over the years, it is clear that supporting IJM's mission is very important to you. On September 25, Sunset joined with 380 churches nationwide on Freedom Sunday, dedicating its message to the call to end injustice. To support Sunset's efforts, IJM sent Tina Min from its headquarters in Washington, D.C. to join Sunset in prayer and worship, and to answer questions from the congregation. After Freedom Sunday, Coffee for Cause continued the charge by

pledging the proceeds it raises from October through December to IJM. So far this year, Sunset has donated over \$3,000 in funds for IJM. With the money you have wholeheartedly given, IJM can now provide access to medical care for a survivor of sexual abuse, purchase a DNA detection bluelight for undercover investigators, provide vocational training for a survivor of sex trafficking, offer legal representation for innocent prisoners, and can pay for start-up costs for a widow's small business.

Thank you for your faithfulness, and for joining IJM in living God's word: "Learn to do right; seek justice. Defend the oppressed. Take up the cause of the fatherless; plead the case of the widow." — Isaiah 1:17. For more information about IJM, please visit [www.ijm.org](http://www.ijm.org).





# Social Justice at Sunset Church



By Gary Gin (pictured on right with IJM Founder and CEO, Gary Haugen, and Jocelyn White, IJM Director.)

I had the privilege of attending a pastors and ministry leaders evening meeting with International Justice Mission's Founder and CEO, Gary Haugen, and President, Sean Litton, on October 8th.

The highlight of the evening was sitting with and hearing the testimony of Raja Ebenezer. Raja's parents were victims of brick kiln slavery because of a \$360 loan. In 2004, at the age of 14, Raja was compelled to join them and was held captive for 2 years. Through the efforts of IJM, he and his family were rescued. Raja was able to resume his education and went on to become an attorney. Because of his experience, he decided to join the IJM legal staff to help investigate and prosecute cases of human slavery.

He shared that his mother was a Christian who constantly prayed for her family. When she became ill with much pain, Raja decided he needed to pray for his mother. When she was healed, he realized her healing and their rescue from slavery were the work of God. He subsequently became a Christian.

IJM's goal is that modern day slavery in India will cease by 2030. This also happens to be the goal of the Indian government.

One might ask, how could the Indian government tolerate the existence of illegally operating brick kilns?

Gary Haugen made an important point. Governments set up laws made with important moral standards. But, if the laws are not rightly enforced and good people do nothing, then injustice prevails.

In America, our Declaration of Independence states: We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the Pursuit of Happiness.

A century later, we fought a Civil War to abolish slavery and in 1898, we passed the 14th Amendment which stated: No state shall make or enforce any law which shall abridge the privileges or immunities of citizens of the United States .. nor deny to any person within its jurisdiction the equal protection of the laws.

In spite of the above, injustice continued to exist.

So the fight against injustice continues.

It is wonderful to have a Christian based organization such as IJM which actively seeks out those in need to be rescued and indeed rescues them and refers them for rehabilitation/restoration. And, their oppressors are prosecuted.

IJM's staff are committed Christians who desire to obey Christ in everything. They are devoted to the God of love and justice. And, their work is upheld by daily prayer.

If you are interested in learning more about IJM, refer to the contact information below.

Join us for Sunset Church's Coffee for a Cause Event in support of IJM on December 11th.

For Christian organizations that reach out to people locally in the Bay Area, contact the following:

International Justice Mission  
ijm.org  
Sunset liaison — Audrie Lee

Alpha Pregnancy Center  
alphapc.org  
Sunset liaison — Gary Gin

Because Justice Matters  
becausejusticematters.org  
Sunset liaison — Cassidy Pterman

City Impact.  
sfcityimpact.com  
Sunset liaison — Lucy Gee

Freedom House  
freedomhousesf.org  
Sunset liaison — Betty Lee

The vision of the Sunset Pulse Newsletter is to share stories and testimonies of how God is glorified in various ministries or events and inspire our Sunset Community to step out in faith to make disciples in our city and in the world.

We want to highlight the work God is doing not only through Sunset Church but through YOU outside of Sunset Church. If you'd like to submit an article or join the Sunset Pulse Newsletter Team, please e-mail us at [pulse@sunsetchurchsf.org](mailto:pulse@sunsetchurchsf.org).

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## SUNSET PROFILE: BILL TAM 譚克成

Cantonese Transitional Minister 中文部暫代傳道

**Tell us a little about yourself, your background, and your spiritual journey.**

I was born in Hong Kong and came to the U.S. at 18. The U.S. is where I spent most of my life and established my family. My wife, Hazel, works for the state government in the finance field. Hazel and I have been married for 35 years and we have three grown children, Cindy, Derek and Emily, who are building their careers in the Bay Area. I was trained as a chemical/bio engineer and received my Ph.D. from Columbia University in New York. Although I enjoyed a successful career, I felt that my emotional quotient was lacking. I suffered from depression after a series of turbulences in my life. During my therapy, my brother introduced me to Jesus Christ and I started to read the Bible. There I found God and saw my ignorance and sins. My wife and I trusted in Christ as our savior on the same day and we never turned back. I eventually recovered from depression and every day, I grew stronger spiritually, emotionally and physically. In 2006, I felt called by God to serve Him full time. I first served in a para-church organization, then I became a Transitional Minister at Sunset in 2012. In my spiritual journey, I learned to submit to God, humble to people, and push my limits to serve.

**告訴我們一些關於你自己，你家人，你背景，並你遇見上帝的經歷。**

我在香港出生，18歲來到美



國，我一生大部分時間在美國的生活，並建立我的家庭。我的妻子 Hazel，正任職於州政府機構的財政部門。我們已結婚35年，育有三個子女：Cindy, Derek, 和 Emily。他們都長大了，在灣區建立他們的事業。我畢業於紐約哥倫比亞大學博士班，主修化學及生物工程系。雖然我擁有一個成功的職業生涯，但我以往沒有建立好我的情緒智商，所以經過一連串的動盪人生後，我患上抑鬱症。在我治療期間，我弟弟介紹了上帝給我認識，我開始閱讀聖經。在那裡，我發現了神，並看見我的無知和罪。自從我和我的妻子相信並認定基督作為我們唯一的救主後，我們從來沒有後悔過。之後，我從抑鬱症中康復過來，身體上，精神上，情緒上也一天比一天好。在2006年，神呼召我全職事奉他。我首先在一個基督教組織事奉(PARA-CHURCH ORGANIZATION)，然後在2012年成為溢樂教會的暫代傳道。在我和上帝的經歷裡，我學會了順服神，謙虛的待人，完全把自己奉獻給神。

**What are your hobbies or interests? What is a perfect day for you?**

I love music: classical, folk, jazz, etc. As exercise, I used to jog, but now I ride my exercise bike indoors. Combining some good music and biking is my re-energizing pill. My ideal pastime is remodeling my house. My current project is to reface my kitchen cabinets. I also enjoy socializing with friends and families. I like to see the goodness in people, laugh with them and encourage them.

**你有什麼愛好或興趣？或者你認為什麼是完美的一天呢？**

我喜愛音樂好像古典，民謠，爵士等。若是運動，我過去喜愛慢跑，但現在改為在室內騎健身單車。音樂和運動是可以令我重新振作的良藥。重新改建房子也是我的理想消磨時間之一，我現在的計劃是重裝家裏的廚櫃。其次與家人和朋友有聯誼的活動，我喜歡看人善良的一面，與他們一起笑，鼓勵他們。

**If you can go anywhere and do anything, where would you go and do?**

I would go visit Jerusalem and Rome to see the places where

Jesus walked. I might also consider getting a seminary degree. For the past ten years, I've been asking God what He wanted me to do. He has been giving me projects and assignments. I have obeyed and have done different exciting projects. I believe serving at Sunset Church is His calling for me temporarily. Currently, I'm asking God to bring the right pastors to Sunset, then He can give me a new assignment.

**如果你可以去任何地方，做任何的事情，你會去哪裡和做什麼呢？**

我會去參觀耶路撒冷和羅馬，看看耶穌走過的地方。我也可能會唸一個神學學位。在過去十年中，我一直在問上帝祂要我做什麼事情，祂給我一些項目和任務，我便服從，並得到許多不同的精彩經驗。我相信在日落教會暫時的事奉也是祂給我的呼召。目前，我祈求上帝帶給我們一個合適的牧師。然後再給我一個新的任務。

**You are currently the Cantonese Transitional Minister,**

**Read more on p. 21**



## SUNSET PROFILE: BILL TAM 譚克成, cont.

Cantonese Transitional Minister 中文部暫代傳道

### what is your vision for this role and how can the congregation support the Cantonese Ministry at this transition time?

I would like to see our people grow spiritually strong, willing to take risks for Christ, sacrifice and be bold, outward looking and forward looking, influence the community and the city. Ask not what the church can do for them, but what they can do for the church. Aim high. Make this a great church for the glory of God.

### 目前您是粵語堂的暫代傳道，你對這個角色有什麼看法和會眾如何支持粵語堂在這個過渡的時期呢？

我希望看到我們的會眾強大起來，願意為基督承擔風險，犧牲，勇敢，外向和有向前看的眼光，能夠影響社區和城市。不會問教會能為他們做什麼，但他們可以為教會做什麼。目標遠大，營造一間榮耀神的教會。

### How do you see God working in your life?

He is my savior and my compass, my comforter and my

energizer. I don't know how I can live without Him. I've adopted a praying-self-talk habit in which God becomes my constant communication partner and teacher. I want Him to mold me constantly. Looking back at all the turmoil I went through in life, I now see that it was just lessons He used to teach me and to grow me. "Skilled sailors are never trained in a swimming pool, but in rough seas and roaring storms," that's how He worked in my life.

### 你會如何看上帝在你生命中的工作？

他是我的救主和指南針。我的安慰和力量來源。我怎能活著沒有祂呢？上帝是我的夥伴和老師，我已經習慣使用一種跟上帝對話的祈禱模式及自我交談。我要他不斷地塑造我。現在，我把曾經在生命中所經歷的風暴看作是上帝的教導和栽培。「熟練的水手不是在游泳池接受訓練，相反是在波濤洶湧的大海和咆哮的風暴中訓練出來的」，這就是上帝我在生命中的工作。

### What is something that people would be surprised to know about you?

Perhaps I'm more handy than I look. I like to build things, big and small. When my children were young, I built many toys for them including a tree house, a see-saw and a swing in my backyard. I taught them to build and fix things since they were small. Even with my daughters, I brought them up to the roof and taught them how to fix the leaks. We crawl under cars to change oil and to rotate the tires. We even laid carpet in our family room, stairs and office. Now, they all grow up believing in themselves to be able to fix things and not be afraid to get their hands dirty.

### 你有什麼令人鮮為人知的事呢？

也許我是一個比樣貌看來更喜歡勞動的人。我喜歡建造大，小不同的東西。當我的孩子還小的時候，我造了許多玩具給他們，包括我們後院的一間樹屋，一塊蹺蹺板和一個鞦韆。他們小時我已教他們建做和修理東西。就算是我的女兒，我也領她們到屋頂，並教她們如何修補屋頂的裂縫。我們爬到車底更換機油和輪胎。我們甚至為家裡的房間，樓梯，和辦公室鋪設地毯。所以他們從小到大也相信自己能夠解決事情，而不害怕弄髒他們的手。

### What Bible verse has been the most impactful to you in your Christian Journey?

*"Do not rebuke mockers or they will hate you; rebuke the wise and they will love*

*you. Instruct the wise and they will be wiser still; teach the righteous and they will add to their learning. The fear of the Lord is the beginning of wisdom, and knowledge of the Holy One is understanding."*

*Proverbs 9:8-10*

As for Bible characters, Joseph (in the Old Testament) is my hero.

### 什麼經文是你信仰旅程中最具影響力？

箴言9:8-10  
不要責備褻慢人，  
恐怕他恨你；  
要責備智慧人，  
他必愛你。  
教導智慧人，  
他就越發有智慧；  
指示義人，  
他就增長學問。  
敬畏耶和華  
是智慧的開端；  
認識至聖者便是聰明。  
至於聖經人物，  
舊約的約瑟  
是我的英雄。



Bill in college during the college riots in Wisconsin