



SUNSET

SEPTEMBER 2016 | ISSUE 46 | SUNSETCHURCHSF.ORG

PULSE

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CampToons 2016: What a Summer!

By Darren Lee aka Tyke (Camptoons' name), Photos by Camptoons staff



Our incredible 70+ staff, composed of high school students, college students, and young adults united with one mission to share God's love to serve 230 campers.

As I try to wrap my head around this past summer, it will be highlighted by what occurred during Camptoons 2016. As one of the directors in the 23rd edition of this 6-week day camp ministry located in Sunset Church, I was a thankful witness to what God was doing in the lives of those in our youth ministry. Since Camptoons' first priority is gauged towards the spiritual maturity of the staff, I was excited to see if those serving would embrace the mission statement. I am pleased to say, by God's grace, o' boy did they ever!

In the letter written to the Galatians, Paul exhorted the truth that "Christ redeemed us from the curse of the law by becoming a curse for us" (Galatians 3:13). This made up our theme verse and it embossed the back of our camp T-shirts worn during group outings, such as to Discovery Kingdom and the ice skating rink. Beyond that, the ►

theme verse was the truth that we spent 7 weeks mulling over, a truth that the counselors attempted to impart onto their campers every day, and a truth that we prayed we would all personally internalize.

The great joy I found was in trying to investigate how this 70+ person staff, composed of the high school students, college students, and young adults in our congregation, united to serve the over 230 day campers that walked through our church doors. As God worked through the staff, the children, many of whom from non-Christian backgrounds, were also beneficiaries. If one could walk through on a typical camp day, they might be astounded by the amount of 1-on-1's happening between staff and campers. During these times, counselors presented campers with evangelism tools, such as wordless books and bracelets, and entreated them on why the Gospel was so precious. I realize that this sight should not be taken for granted. This staff embodied the same kind of love for children that Christ demonstrated in Matthew 19.

In conclusion, I want to give thanks again to the staff, who were my fellow directors' main affection this summer. Keep abiding in Christ! Also, a big thank you to the parents of Sunset Church that graciously allowed us to love upon their children. Ultimately, I praise God that He allows Camptoons to be a thriving component of a church that seeks to make gospel transformed disciples for His glory. ■



Our dedicated and fun-loving staff: L-R: Jason (Mr. Krabs), Sam (Chilly Willy), Gabriel (Uncle), Darren (Tyke)



The kids enjoyed their visit from the bear.



Guatemala Short Term Missions Trip

By Gabriel Yip, Photos by team members



The 7 member Sunset Team with a team from Village Church in Texas and NEXT staff.

As the city of San Francisco slept, a team of six sleepily made their way to the airport, trying to mentally and spiritually prepare themselves for a week of missions work in Guatemala. When they arrived at the gate, they were surprised (like really surprised) and encouraged to find a large, yet groggy group of Sunset families waiting to send them off. As they made their way over to Texas for a layover, the team joined up with a team from Dallas; together they would be sharing the Gospel with locals in a city called Antigua. Upon landing in Guatemala, the team was brought to a missions house, which would serve as the 'base' during the course of the week. Because the team was made up of many first-timers they made every effort to prepare themselves, as they would be doing door-to-door evangelism with translators. And as the week began, the team was surprised by the locals' incredible hospitality and kindness- Guatemalans even opened up their houses and invited the teams inside for conversation. By God's grace and the work of the Holy Spirit, people were led to Christ, some from the legalistic teachings of Catholi-

cism, and others from the void of atheism. Overall, the team had their eyes opened to the real purpose of missions, and have begun to look for their role in global Gospel missions. ■

"Going to Guatemala has encouraged me to share the Gospel more with others and I got to see God work in Guatemala in advancing the Gospel."- Daniel Wong



"God blessed me with an inspirational trip as I shared the gospel to people of Antigua. They welcomed us into their homes. The Holy Spirit was with our team as six people accepted Christ. I am reminded of Luke 10:2a: The harvest is plentiful, but the laborers are few. May God continue to use us to build His kingdom. We appreciate Sunset Church for their support and prayers. Next Worldwide and Fellowship Guatemala prepared and accompanied us throughout the trip."- Alan Wong

"I would say that going on a short term mission trip to Guatemala was definitely a great experience. I felt like it really gave me a wider perspective of God's mission and reminded me of the sheer urgency of the Gospel. What stuck out to me the most may not necessarily have been the evangelism we did there, though that was certainly a highlight of my trip, but from visiting the local churches, it really became clear to me of how different we were compared to the local believers in terms of culture and language. Unlike Americans who are often so materialistic, the local people certainly did not have much, but were so hospitable and open that it seemed very foreign. Even during our visit to a church service, though they did not have a particularly comfortable church building, or sound systems and worship equipment like we do, they nevertheless worshipped God wholeheartedly, their faith being so apparent in their lives. I think that there is definitely something so amazing in that, that even though there exists a linguistic and cultural difference, we were able to worship God as a body of believers. That unity in Christ was so awesome to see and experience." - Brian Kwan

"The people and the churches we visited in Guatemala are what makes Guatemala so beautiful! The people we met were so content with whatever they had and they cherished and cared for their families before anything else. The local churches we visited were basically shacks made of metal sheets, but that didn't detract from their worship to God. You can see their passion and love for God by their beautiful worship to Him and it's really cool to see how much effort and love they showed to the community around them."- Justin Gee



迎新事工介紹

作者: Lily Jung 歡迎事工主任



這是我們中文部的迎新桌子。這花式枱布和這「歡迎新來賓」，就是我們的標誌啦！

迎新事工的目的就是按照神的吩咐：彼此接納，彼此款待，好讓每位新來賓都有機會認識教會、認識神，並且在教會的大家庭裏一同學習、一同成長。

迎新組有十二位兄弟姊妹參與事奉，每主日上午十時中文崇拜後，組員們會在後園裏輪流款待新來賓新朋友。

今年我們看到兄弟姊妹們都非常樂意地帶新朋友新來賓來介紹給我們認識，我們希望藉著彼此認識的機會，來介紹中文堂的團契、小組及各種活動，除了有茶點款待之外，我們會贈送一個教會的禮物包給每位新朋友。

羅馬書：15:7

所以你們要彼此接納，如同基督接納你們一樣使榮耀歸與神。

Cantonese Newcomer/Greeter Ministry

By Lily Jung, Lead of Newcomer/Greeter Ministry

The purpose of the Newcomer/Greeter Ministry is to extend our hospitality to all new visitors and pray that they will find a spiritual home at Sunset so they can continue to seek and learn God's Word.

Our team is comprised of 12 members. We welcome newcomers with light refreshments every Sunday after the 10 a.m. Cantonese Worship Service. We briefly introduce our fellowships, cell groups, and other church programs to them and all new visitors receive a gift bag.

Our team is delighted to see that our brothers and sisters actively bring their friends and walk-in visitors to the Newcomer table in the patio and introduce them to us. We hope that every visitor is able to make at least one or two new friends and have a go-to person if he/she has any questions.

Roman 15:7

Accept one another, then, just as Christ accepted you, in order to bring praise to God. ■



The Newcomer/Greeter team members hosted the 7/26 Newcomer Luncheon. Photo by Julie Choy.

L-R: Lily, Kan Kan, Joe, Sunny, Johnny, David, Heidi, Julie, Kim. Not pictured: Shin, Helen & Jenny

迎新午餐

By Newcomer/Greeter Team, photo by Wai Lam

中文部的「迎新午餐」於七月廿四日下午一時在教會教育樓體育館舉行。當日有六十多人出席, 新朋友, 兄弟姊妹, 長執等濟濟一堂, 非常熱鬧。

節目首先由譚克成長老歡迎各位來賓, 他然後為午餐禱告。迎新組員隨即殷勤地捧出熱騰騰的中式午餐, 菜肴十分豐富, 其中有迎新組一位弟兄愛心泡製的柱侯牛腩, 大家都吃得津津有味, 讚賞不絕。

隨後, 迎新組用幻燈片來介紹教會, 從教會的歷史開始。中文部各團契、小組, 及教會內外以往的活動都一一用圖片展示出來, 令到新朋友對教會的認識加深。之後, 薛偉華長老鼓勵和邀請新朋友參加教會的團契小組, 藉此可以在這大家庭中享受彼此關懷, 在愛中紮根成長。

譚長老又邀請新朋友分享他們對教會的感受, 來賓們都表示對溢樂教會有好感, 感受到溫馨的接待。最後每一位朋友都有一件小禮物作為紀念, 午餐在愉快的氣氛中結束。



Cantonese Newcomer Luncheon

By Newcomer/Greeter Team, photo by Wai Lam



The Cantonese Newcomer Luncheon was held on Sunday, July 24th. at 1:00 p.m. in the CE gymnasium. It was well attended with over 60 people.

Elder Bill Tam welcomed everyone and introduced the Cantonese elders and deacons. A slide show presentation showcased our Church history, cell groups, fellowship groups and some of the church and community involved activities.

Elder Wayman Sit encouraged the newcomers to join a fellowship or cell group. This way, one can learn and grow here in our big Church family. Many visitors stood up and said a few words regarding their impression of Sunset Church. We were delighted that they all felt the warmth and hospitality. Everyone enjoyed a delicious lunch and good fellowship time.

Roman 15:7 Accept one another, then, just as Christ accepted you, in order to bring praise to God. ■

Summer Parenting Series

By Melody Ng (center, in black t-shirt)



The Sunset Youth Ministry kicked off its first ever Summer Parenting Series on June 22. The intent of the series was to better equip the parents of Sunset Church and the local community to lead their homes with a Christian perspective. It was also a way for families to connect and fellowship in an informal setting.

The Series met for five Friday evenings over six weeks. A typical evening looked like this: after a buffet dinner, youth were dismissed into their programs, and various Sunset parents led the group in icebreakers. Then, the night's speaker guided parents through a presentation, discussion time and prayer. After a time for written feedback, and a raffling off of books and gift certificates for family outings, the evening ended

with ice cream and fellowship. Pastor Aurum's talk entitled "Connecting with our Children," reminded us that each child is different and urged us to demonstrate God's love to our children using their specific Love Language. Children's Ministry Director Theo's talk on Social Media was instructive. In addition to giving us his outline in emojis and teaching parents the latest text abbreviations, he urged us to investigate what our kids are logging into, instead of just telling them to "Turn it off." He also discussed how our children use and can be affected by Social Media. Sunset parent and Mills High School counselor Rachel Mack guided us on how to engage with our teens, in her talk, "Help, I have a Teenager in the House." She emphasized how empathic listening can strengthen

your connection with your teen, open them up to our influence, and reflect the love of God. Pastor Clark's talk on Sexuality provided insight on how and when we should be talking with our kids in order to guide them through a potentially overwhelming time. The last session was a Parenting Panel featuring Mike and Cynthia Chinn, Lincoln and Becky Ching, Aurum and Sarah Laguna, and Delvin and Rachel Mack, who spoke candidly about their parenting struggles and successes and gave advice on how to raise our kids with an eternal perspective.

Those who attended felt blessed by the series. We hope to provide other opportunities to re-present these parenting talks in the future. ■



Modeling Christian Servanthood at Lawton School.

By Caleb Yee, Photos by Julie Tom & Lucy Gee

On August 6th and 12th, I had the pleasure of welcoming Sunset Church volunteers into Room 34 of Lawton Alternative School, the first classroom of my teaching career. I can now say firsthand that creating a new classroom from scratch can be a daunting and difficult task, especially as a new teacher. However, the help that Sunset Church provided for its local community school during those two days proved to be invaluable. It was a great joy and blessing to see pastors, parents, young adults, and youth working together to assemble desks, organize piles of books, and clean classrooms, among other things. It was an even greater joy to know that these people have served not for any earthly reward they might gain, but for heavenly, eternal treasure as they humbly modeled Christian servanthood to those around them.

I overheard many teachers say how grateful they were to have Sunset Church supporting them. They were overjoyed to know that others were willing to sacrifice their Saturdays and Fridays to help them do the tiring labor of school preparation. I can personally attest to that as well. I was getting quite anxious that



Lawton Kindergarten teacher, Caleb Yee, (standing) appreciating the help from all the Sunset volunteers!

I would not be able to prepare my classroom in time for my students, but when I saw my room coming together in ways that I could not do alone, I felt at peace - as if a heavy burden was lifted off my shoulders.

Thank you to the volunteers that have taken their personal time (and some have even taken time off work!) to be servants for the community around them. Thank you for modeling Philippians 2:1-18 to my school and to this city, for being in full accord and of one mind, for counting others more significant than yourselves, and for working with joyful and humble hearts. My prayer for you is that you will not grow weary of doing good, and that



you will continue to find ways to bless the church and surrounding communities with your talents.

Please pray that our church's continued labor at Lawton Alternative School will not be in vain, and that it will open doors to build relationships and share the Gospel. Also, pray that Sunset Church will continue to find more opportunities to serve the city in ways that model God's love for us. May we not shy away from opportunities to proclaim Christ and his death and resurrection to the world! ■



Leaving a Godly Legacy at Sunset Youth Hoops

By Steven Li

I have been blessed, once again to be asked to serve in the role of Spiritual Leader for the Chinese Christian Union (CCU). Sunset Church is a member of the CCU and each summer, our church competes in basketball, softball and volleyball.



Coach Steven Li (far left) with coaches Armando, Nelson and Jeff (R) and the Young Disciples Team

This is my second consecutive year to help spiritual lead a group of 7th and 8th grade basketball players. In my role as a spiritual leader, my role is to help facilitate fellowship time at practice sessions as well as on game days. The goal is to provide and present powerful and impactful messages with the goal of sharing the love of Christ to players that may have little or no exposure to the Gospel. Each message must be crafted to engage and empower everyone, regardless of the stage of their spiritual walk. I usually start fellowship time with an icebreaker, which promotes an exchange of ideas between the players. A message is then shared, which is then followed by an ending prayer. Preparing for fellowship time is often a very challenging task, as the minds of the players are focused on the practice or game at hand, so the message needs to capture and retain their attention.

The goal of the coaches and spiritual leaders is that in addition to the gaining basketball knowledge, the players come away with an understanding of the Gospel and to establish a relationship with Christ. For those that are already rooted in their relationship with Christ, it is our hope that the relationship will be strengthened. My personal goal for fellowship time is to pique the curiosity of players who have no exposure to the Gospel. This will in turn allow them to ask questions and hopefully generate meaningful dialogue. For players who have already been exposed to the Gospel, the information shared will cause them to ask further questions, thus increasing their Gospel knowledge and as a result, strengthen their relationship with Christ. The basketball game, though important, becomes secondary. During weekly practices at the Sunset Recreation Center, I am usually sitting in the stands, cheering on our team, as well speaking with the parents. During games, I can be found on the sidelines, cheering on our team, and providing encouragement, when needed. In addition

to my spiritual leading duties, I also assist Coach Alfred with administrative duties.

The highlight of this season, from my role as a spiritual leader is seeing the players being receptive to the messages I deliver. Sometimes, it's hard to tell as some players may seem attentive, but their minds are elsewhere. The reverse is also true, some players may seem inattentive, but they are in fact, listening, but do not comment, due to various reasons, such as shyness, or peer pressure. I do know that some of the players are receptive as they are able to answer intelligently to the questions I pose. I truly feel that if we are able to at least pique the curiosity of the players regarding the Gospel, we have achieved our goal. We plant the seed and allow God to do the rest. One event that truly touched my heart this season was at the end of season luncheon when I was paid the ultimate compliment. The theme for CCU Sports for this season is "Legacy", which basically means, what one wants to be remembered by. One of our players was asked: "What will Coach Steve's legacy be for you"? Without a sliver of hesitation, the player responded that: "Coach Steve was a Man of God!" It totally made my day. Events such as these provide the fuel and motivation for me continue again as a spiritual leader.



Coaches at the Youth Hoops End of Year Luncheon on August 7th.

Front L-R: Jeff, Alfred, Steven & Jean (spiritual leader)

Back L-R: Danny, Albert, Mike, Adrian, Kory, Jerry (player) & Will

It was truly a blessing to serve in the sports ministry and to work alongside and fellowship with other brothers and sisters as we share the love of Christ though the game of basketball. I am hopeful that players will be receptive and ultimately acquire and treasure values such as: loyalty, devotion and commitment. God has blessed each of the coaches and spiritual leaders with the opportunity and an assignment to lead the next generation to Christ. This is an assignment that I wholeheartedly accept. Although I consider myself a rookie, when it comes to leading fellowship, I trust that our Lord and Savior will give me the ability to convey His lessons. I eagerly look forward to serving as a spiritual leader again next summer. ■

My Adopt a Building Experience

By Yulia Lesmana, Photos by Gary Gin



Adopt A Building Team Members. Front L-R: Stewart, Joey, Jasmine, Rachel & Yulia. Back: L-R: Suzette, Mary, Andy, Diana, Molinda and Eric



AAB Team Front - Suzette, Mary, Grace, Rachel, middle- Diana, Yulia, Rachel, Back- Will

It's been two years since I became a believer, and it has been quite a journey. Humbling and amazing. I first came to Sunset Church in spring/summer 2014. I was so lost, and only by God's grace did I find my way here. My life was quite different before. Having turned my back on God in my late teens, I spent the next 20 years walking further and further away. As it turns out, He's never far.

I've always had a passion for helping others; however, I was too afraid to pursue activities where I need to interact with many people, especially strangers (I preferred the company of cats instead). As I grow in faith, I'm slowly learning to overcome my fears. I'm slowly learning to accept myself.

I was searching for a ministry that I could serve in. One Sunday morning, I heard pastor Joey talk about Adopt a Building. The first Sunday I went to the Tenderloin, I didn't exactly know what to expect as we were walking from City Impact to the Iroquois Hotel. After we got there and started visiting the residents, I kept praying for God to guide me in my interactions with the residents. I'm thankful to be able to share my time with them. Time is a valuable thing that we can share with others in need. It is a rewarding experience to be God's hands in reaching out to the people in the Tenderloin.

In addition, I value the connection I get to make with the residents. As we get to know each other better, we find shared interests and experiences. In particular, I'm excited to learn that some of the residents have cats and share my love for cats (I always look forward to visiting them!). Overall, I appreciate their willingness to welcome us into their lives, and I'm humbled by their grace in facing their struggles, and their ability to find joy in life.

I still have a lot to learn from my wonderful team leaders and teammates, who have inspired me to keep serving. Thanks to Diana and Suzette for their helpful edits with this article. It has been an enlightening experience for me, and also a reminder to count my blessings. I'm grateful for the life that God has given me, for the people He has put in my life, and for the opportunities and experiences that He has presented to me.

Please contact the team leaders if you are interested in joining the Sunset Adopt-a-Building Teams.

Iroquois (835 O'Farrell) - Last Sunday of every month, 2-5pm. Contact Suzette Lee or Mary Choy.

Padre (241 Jones)- Second Sunday of every month, 2-5pm.

Contact Molinda Hom or Diana Lee. Volunteers who speak some Cantonese, Mandarin or Toisan is helpful but not required. ■

2016 City Impact Conference – Worship & Justice

By Lucy Gee with quotes by Mike and Cynthia Chinn, Gary Gin, Pablo Loo and Rachel Mack
Photos by Cynthia Chinn and Gary Gin

Getting up at the crack of dawn on a Saturday summer morning to take the Muni to downtown was not an easy task for my teenage son, Justin, and me. That morning, I had to remind my son that anything worthwhile often requires sacrifice of our comfort and time. Even though our family had served previously in numerous City Impact holiday events, we were looking forward to our first all-day City Impact Conference on July 23rd.

The energy that filled the Warfield Theater was exhilarating as over 2000 people lifted their voices to sing and worship God followed by a powerful sermon that reminded us to make your life count. Then all 2000 of us gathered in the heart of the Tenderloin (TL) to cook and deliver 8000 meals, conducted 450 medical exams, played with 200 kids, washed 120 pairs of feet and performed 40 makeovers and demonstrated God's love in practical ways to the TL residents.

Mike Chinn shared his experience, "Giving up an entire day on Saturday in the summer isn't always easy! However, the benefit of experiencing the Holy Spirit move God's people including myself was very humbling and loving on the people of the TL was good for me. What a great concept..."worship God, then go do something for the poor and lonely" so simple, yet so profound!"

The keynote speaker was Pastor John Ortberg who spoke about how God opens doors for us to serve others and we need to be intentional to step through the doors by faith. Listening to Pastor Ortberg was one of the highlights for me as well as for Cynthia Chinn who was reminded that "open doors" are about opportunities and not guarantees! Cynthia shared, "The take home lesson for me is that God has 'opened doors' for me but He is not promising smooth sailing. He is more concerned about the person I am becoming than about my personal comfort. When things get tough and messy, do I remember to lean into Him as my ultimate source of strength, guidance and rest? It is God who softens my selfish heart to expand (to break in the way His heart breaks) by loving and serving others not on my terms but on His", says Cynthia.

It was also Pablo Loo's first time attending the CI conference and he shared how blessed he was by the conference. "The conference resembled those past experiences (serving at Adopt a Building and Compassion Weekend) in that we are still loving and serving the needy in the inner city--only on a much wider scale! I was part of the foot washing station this year and it was definitely a new and humbling experience that reminded me of how Jesus teaches us to serve one another when He washed the disciples' feet. Attending the City Impact conference genuinely allowed me to serve others in need in a real meaningful and tangible way."

Gary Gin served at the Health Fair's First Aid Station and he shared a story about helping a homeless man named David who had a deformed foot in need of surgery. Gary witnessed ►



CI Conference Team L-R: Katie (lead), David, Pablo, Justin, Rachel, Jasmine, Micah, Maya, Mike, Miguel, Cynthia and Lucy



Pastor John Ortberg



Wilson (L) with the Dermatology Team



Gary (R) with the First Aid Team

first-hand how beneficial the CI program is and shared, "City Impact has loving, concerned staff and volunteers that will take the time to listen and probe and prayed for David. They are trying to help David find his nephew in the Bay Area through the Social Services program at City Impact and he has an appointment for detailed counseling the following week. City Impact provides an environment where intervention is possible. God loves us all and City Impact seeks to share that love. Giving people dedicated time to be heard and providing a network of services is what City Impact does daily."

Rachel Mack shared, "My daughter Jasmine and I had the opportunity to serve as leaders hosting a party for residents of the Jefferson Hotel (government-subsidized housing). We had a great time serving lunch, hosting a bingo game, and getting to know the residents. It was clear that the residents were very grateful that we took time to serve them and listen to their stories. What made it even more special was that City Impact was permitted to host the party after being barred from the Jefferson for the past 2 years (due to concerns about religious proselytizing). We were very excited for the opportunity to not only host this unique party, but also to collect a list of signatures of residents interested in future visits from City Impact. Their signed consent means that God has now opened a door for City Impact to return to the Jefferson!"

Rachel shared an aha moment, "after the conference, I found myself wishing that I could follow up again with some of the residents that I met, and wondering whether anyone would ever get in touch with them again. I happened to share these thoughts the following day at a meeting with other Sunset Church members who serve in City Impact's Adopt-a-Building ministry. I was pleasantly surprised to learn that Diana Lee (who co-coordinates Sunset's Adopt-a-Building team) has been praying about adopting another building in the Tenderloin. Diana was so excited to learn about our experience at the Jefferson that she followed up the very next day with City Impact staff, asking whether our church could send a new team into Jefferson building. They replied right away, "Yes, of course!" So now, we are looking forward to continuing to participate in the good work that was started at the conference. It was amazing to experience first-hand God opening a door for us back into Jefferson."

I encourage our congregation to look around our community and see how we can add value to other people's lives. Serving others in Jesus' name is invigorating and addictive! Rachel says it best, "The opportunity to serve the poor and the lost in the Tenderloin made our faith come alive in a way that was both challenging and invigorating -- not something that can be experienced while hidden within the safe walls of the church. Serving in the Tenderloin gave us front row seats to witnessing God's passionate love for those whom the rest of the world has forgotten. I hope more people within our Sunset community will consider attending next year... we guarantee they will be blessed to be a blessing!"

If you, your family, or small group would like to experience how you can make your faith come alive and be a blessing to others in Jesus' name, mark your calendars and participate in the upcoming City Impact outreaches on 11/12, 11/24, 12/10 and 12/25. For more info, go to: sfcityimpact.com ■



The Chinns assembling over 2000 lunch boxes for the Tenderloin residents.

What We Learned at the Gospel Coalition Women's Conference 2016

By Sherise Lee

This past June the Gospel Coalition Women's Conference (TGCW) was held in Indianapolis with the theme of "1 Peter: Resurrection Life in a World of Suffering." This was the third ever TGCW conference (the conference started in 2012), and the group of eight women from Sunset Church was our largest contingent yet at the conference.

Following a pre-conference session on prayer led by Tim and Kathy Keller of Redeemer Presbyterian in NY, the main sessions featured a series of various men and women teachers who unpacked the entire book of 1 Peter over the course of two days. We were reminded that as Christians we are elect exiles in our lives here on earth and though we know eternity awaits us, it can be hard to recall this in our routines. We are often surprised by suffering that we experience, and yet we are called to embrace the fact that suffering will happen. Harmonie Wong, who attended the conference, put it this way: "I will experience hardship, but my status will always be beloved child." Courtney Hom adds, "Suffering will come. It's not a matter of 'if' but more so 'when.' We can take comfort in the fact that (1) Satan needs permission from God to inflict pain on us, (2) God doesn't allow you to be tempted beyond your ability (1 Corinthians 10:13), and (3) in the end you will be more like Christ."



Honored to meet Dr. John Piper and his wife, Noelle.

Besides the main sessions there were a variety of workshops on topics ranging from biblical genres, sexual identity, serving God as professional women, mentoring, teaching theology to children - and many more practical topics to grow our faith in relevant areas of our lives. We left the conference deeply impressed by the thousands of older and younger generations of women gathered to hear Scripture, worship, and resolve to live more faithfully. This in turn spurs us to live our own lives of faith.

Other favorite quotes from TGCW:

"Others may not see your faithful obedience, but God sees it and it is precious in His sight." - Mary Willson

"We are individually called, yet part of God's church. So we cannot live on our own. We praise, suffer, and serve together. If we belong to the Lord Jesus, we belong to each other." - Carrie Sandom

"If it's a choice between an easier way and a choice to please Christ - decide to make choices that cost you something." - D.A. Carson

To listen to all conference media including plenary sessions and workshops, go to:
<http://resources.thegospelcoalition.org/events/2016>

To learn more about Women's Ministry at Sunset Church, go to
<http://sunsetchurchsf.org/women>



Front L-R: Courtney, Lori and Jeannette, Back L-R Danielle, Sherise, Sherilyn, Mary and Harmony

Men's Ministry Kickoff Picnic

By Byron Chun, Photos by George Lee and Gary Gin



The 2016 Men's Ministry kickoff picnic was held at Junipero Serra County Park (San Bruno). About 60 men of all age groups attended the event with enthusiasm and joy as we begin our next chapter in the ministry quest to build men who love God, seek His will, and follow it. Several newcomers as well as middle and high school aged sons attended the event and were able to connect with some of the other men.

As often as we get together, we are men who appreciate the company of other men as a means of edifying, teaching, learning, and partnership. We want to thank Jesse, Theo, Paul, Gabriel, Steven, Pablo, Matthew, Lincoln, Jason and Ryan for organizing and cooking! Following lunch, the men got together for competitive and challenging games. The Lord brought the men of Sunset Church together for a day of fun in the sun!



Christian discipleship is the ongoing transformation of an individual to become like Jesus in character and purpose as he grows in intimacy with God. (See Matthew 5:48; Ephesians 4:13-15; Philippians 2:5)

Join us on the first Saturday of each month starting on 9/3/2016 to 5/6/2017 at 8-10am in the CE Auditorium for our Men's Breakfast. Come participate in a great time of fellowship and discussion on the topic of discipleship each month. ■



Sunset Profile: Matt Kwan

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

I was born and raised in San Francisco and for college, I attended UC Davis studying in Mechanical Engineering. Currently, I work for PG&E as a Gas Project Engineer where I design/engineer the gas transmission pipelines across California. I also work for Sunset Church as the Youth Ministry Administrative Assistant. I've attended Sunset Church since 1998. I became a Christian in 7th grade after coming back from a Sunset Youth Winter Retreat where I learned that the purpose of my life was to worship and glorify Christ. From there, I learned guitar and began to serve in the youth ministry by leading worship. In college, I attended the college ministry Epic Movement where I learned about evangelism and how the gospel should be the center of my life. After attending college, I became a covenant member of Sunset Church in 2013. I started serving in youth ministry as a youth counselor and worship leader. At Sunset, I learned about unreached people groups and God's global mission for the world. Now I live my life to worship and glorify Christ in everything that I do and to drive my life to support God's mission for the world.

Q: What are your hobbies or interests?

I enjoy playing guitar, cooking, watching movies/television shows and hanging out with friends. I've recently been learning how to play electric guitar. I really enjoy cooking chicken, beef such as chicken, beef, pork and BBQ. I'm not the biggest fan of baking desserts. My favorite movie trilogy is The Lord of the Rings. I also really enjoy watching The Office and referencing quotes from it. I also enjoy hiking or biking outdoors with friends.

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

I would love to go to New Zealand and hike the path to Mordor. But seriously, I would also like to visit Australia, Japan, Korea, and Europe to enjoy the different types of food.

Q: What ministries are you serving in? Why are you passionate about these ministries?

I am serving in the Sunset Youth ministry as a youth counselor and worship leader. I really love discipling and mentoring my high school students. Being able to walk through life with them and showing them what it means to live a Gospel-centered life. I've also been discipling students to lead worship and to learn about the purpose of worship.

I am also serving in the praise worship ministry. I occasionally lead worship when I am able to. I'm also learning how to play electric guitar and hopefully be skilled enough to play for the worship team.

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



One thing that people would be surprised to know about me is that bananas are the bane of my existence. I hate all things bananas. Banana bread, Banana muffins, Banana ice cream, Banana slugs, Banana Island Restaurant, Banana Boat sun screen. It's the principle.

Q: What was the highlight of the recent Guatemala STM trip and how did you feel God working through you?

The Guatemala STM trip was an amazing experience where I saw the brokenness of our world and how the gospel is urgently needed in all places. We went to the city of Antigua where we visited the different villages in the area to go door to door evangelism. Our team learned about the lives of the many families we visited where we shared the Gospel. I mainly went to this trip because the students that I was discipling were going as well and I wanted to walk alongside them in missions. God has been teaching me more about his global mission for the world. I've been trying to learn more about mobilizing people for missions and the Guatemala trip was a perfect place to introduce students to missions.

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

Colossians 3:16-17 - Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

This verse has shaped the way I lead worship and lead people to worship God. I believe the songs we sing should be rich in the word that teaches us about Christ and how our worship should glorify Him in everything that we do. ■

Ministry Spotlight: Yut Hong Cantonese Senior Fellowship

Compiled by Elgin Quan and Lucy Gee, translated by Molinda Hom



On September 23, 2016, the Cantonese Yut Hong Senior Fellowship will celebrate their 25th Year Anniversary with a special event to commemorate this momentous occasion. The Yut Hong (YH) Fellowship is a cherished community of senior-age believers who gather weekly to worship, sing, pray, grow in their bible knowledge, exercise, learn from health educators, eat together, and develop deep lasting friendships.

We were privileged to interview the children of some of the long-time members of the Yut Hong Fellowship. Below are their reflections on how Yut Hong Fellowship has played such an important part of their parent's lives.

The Yut Hong Fellowship is led by a dedicated and caring Officer Leadership Team. We praise God for blessing the Yut Hong Fellowship these past 25 years and we pray that it will continue to be a blessing for the senior community for the next 25 years!

事工的焦點： 益康中文年長者團契

由Elgin Quan 和 Lucy Gee 整理, 翻譯: Molinda Hom

二零一六年九月二十三日，益康中文年長者團契舉行慶祝二十五週年特別活動，來紀念這個重大的場合。益康團契是年長者信徒非常珍愛的聚會。每星期集合一起崇拜，唱詩，祈禱，聖經知識的長進，健身運動，學習醫學常識，用午餐，和建立深厚的友誼。

李瑤真和我榮幸有機會向一些參加團契多年的長者子女們作訪問。以下的就是他們父母親對益康團契生活的感想。

我們榮幸有機會向一班非常盡心和有愛心的領導者帶領。這過去二十五年來



Mr. Kin Chuck Sit and Maylin Sit.

Written and translated by son, Wayman Sit, Sunset Church Elder

"Most importantly, they have grown spiritually."

My parents, Mr. Kin Chuck Sit and Maylin Sit, became Christians in 1992. They first attended Sunday worship at SF Bible Church. Later, they found Yut Hong Senior Fellowship 2009.

Now every Friday for the past 7 years, they look forward to meeting their Yut Hong friends. They enjoy all activities there. But most importantly they have grown spiritually.

Both my dad and mom are serving as fellowship officers. They plan, care, pray and support members. They have become very faithful to God and very dedicated to Yut Hong. Because of Yut Hong, every morning they read bible, pray and give thanks to the heavenly Father. ►

I really want to thank God for all the services and efforts provided by Yut Hong Fellowship.

-薛偉華長老

一九九二年，我父母薛健策，薛趙美蓮開始在三藩市聖經教會參加主日崇拜，後來信主受洗成為基督徒。二零零九年認識了益康團契並加入他們的活動。

從那開始每逢禮拜五早上，他們都期望去見益康的弟兄姊妹和朋友們！因為他們很喜歡益康團契各項活動：讚美操，太極拳，小組查經，靈修分享，健康講座，戶外郊遊和聚餐。

他們參加團契的事奉，時時和其他職員一起計劃團契活動，關心團友，同心禱告。他們都忠心事奉神和團契。自從參加了益康團契，他們每天早上讀經靈修，向天父感恩禱告！神讓他們身，心，靈都成長了！



Mr. Sit Kin Chak and Chieu May Lin



L-R: Jerry with wife, Jenny and their children, Brian and Vivian with parents, Yun Yun Luk & Siu Kee Kwan and family members.

Siu Kee Kwan & Yun Yun Luk

By Jerry Kwan, son of Mr. & Mrs. Siu Kee Kwan and Cantonese Fellowship Deacon

My parents (Siu Kee Kwan & Yun Yun Luk) have been attending Yut Hong Fellowship for 24 years. They are one of the pioneers in the group. It is by GOD'S GRACE my parents have the opportunity to serve in the fellowship with such joy and passion. A "must do" is for my parents to read the Bible daily. This serves as a vivid example for me to seek God and to have a close relationship with our heavenly Father.

Yut Hong Fellowship is offered every Friday regardless whether Friday is a holiday or not. Once I asked my parents "Why do you guys still have fellowship on Chinese New Year?" My parents simply replied, "We, the elderly just love to get together in church every Friday. Yut Hong Fellowship is precious to my heart, like the precious stones of living jasper, sapphire, emerald.... A blessed flock that gathers at Sunset Church!"

Siu Kee Kwan & Yun Yun Luk

我父母在益康團契已有二十四年之久。我深信是神的恩惠和慈愛給我父母機會在團契中彼此服侍。他們在團契生活中非常喜樂。給我印象深刻的是我父母畢時在家中讀神的話語，充滿熱誠地作團契的事工。曾經好奇地問他們：「怎麼在大假日如新年你們也有團契呢？」回答是：「我們老人家總是每星期五喜愛返團契，假日也不例外。」益康團契確是溢樂教會的「活寶貝」，是我們的天父所珍貴！

Henry and Lillian Lew

By son Melvin Lew, translated by Jasmine Wong

"It is a miracle they became Christians. They were so far off!"

Both mom (Li Hong Lillian Gee) and dad (Henry Lew) were in their 70's when I brought them to Sunset in 1991. By that time, mom had suffered a stroke, and was non verbal. My dad did not drive, was the sole caretaker and felt very isolated and helpless. I became a Christian at age 26 and was the only Christian in the family. I attended other churches and I was led to Sunset and discovered the senior fellowship and it had the warmth I was looking for. Growing up with immigrant parents with all the cultural, generation gap, there was a lot of turmoil and confusion in the family. ▶



There was nothing but arguments in our family. When my dad came to YH, he was very happy, like being in a new world. Communication had been very difficult at home; he did not have an outlet to socialize. Coming to this fellowship, dad was able to interact with other Christians, talk with not only people with his own generation, but also, from his wife's village and exchange village related stories. Guidance from the fellowship about health, about prayer, about God, helped him feel the word of God was the right direction. Even though he and mom did not attend church service, he felt they had a purpose each week in going Yut Hong, a place outside the home. So much so, they were both baptized in 2002. The last 20 years of their lives they had come out of their shell. They were very happy. Their lives were definitely transformed.

Henry and Lillian Lew

By son Melvin Lew 訪問, 翻譯: Jasmine Wong

"他們能成為基督徒真的是個神蹟... 他們距離這麼的遠!"

當我在1991年把媽媽（劉朱麗棠）和爸爸（劉相慶）帶到溢樂教會時，他們兩個也是七十多歲。那時候，媽媽曾經中風，並失去了說話的能力。我爸沒開車，並獨力照顧媽媽，因而感到非常孤立無援。我在26歲時成為基督徒，並且是家庭裏唯一的基督徒。我曾經參加其他教會，但當我被帶領到溢樂教會時，我發現了益康長者團契有我一直在尋找的溫暖。

在我的成長過程中，因與從中國移民來美的父母有著文化和年齡的代溝，家庭有很多衝突和混亂。在我們的家庭裏只有爭執。當我爸爸來到益康長者團契後，他很快樂，就像處身於一個新的世界之中。家裡的溝通一直很困難，而爸爸沒有一個抒發的社交渠道。來到這個團契後，爸爸能夠與其他基督徒交通，不單能與年紀相近的人聊天，更有些從他妻子的村莊來的同鄉與他交流有關鄉下的事情。從益康團契他得到有關健康，禱告，以及上帝的教導，幫助他感受到上帝的話是正確的方向。儘管他與媽媽沒有參加主日崇拜，他感到他們每星期參加益康團契很有意義，有一個離家出外的原因。正因如此，他們都在2002年受洗。

在他們最後20年的生命，他們已經破繭而出了。他們都非常高興。他們的生命肯定得到蛻變。



Lillian Lew



Henry Lew

May Fong Louie

By Joanna Ng, translated by Marco Lo

My mom, May Fong Louie, started attending Sunset Church in 1988. Pastor and Mrs. Johnny Wang, with my dad and mom, along with a few senior couples, started the Yut Hong Fellowship in 1991. My mom is one of the founding members.

When my mom was a younger senior, she was very active in the fellowship. She would spend her week shopping for meat and vegetables on Irving Street, prepare the ingredients at home, and cook lunch at church every Friday for the entire fellowship group. She also spent a few years teaching a form of Tai Chi to the seniors. She supported the fellowship by helping in any way she could. As she has gotten older, she is not able to serve in the same ways. However, she is committed to being a prayer warrior and prays faithfully for her friends. ►

The Yut Hong Fellowship is very focused on having the seniors grow in faith and love for Christ. My mom has been blessed by the teaching and encouragement of the Bible study leaders and guest speakers. She enjoys the special activities and celebrations throughout the year. The Yut Hong Fellowship has played an important role in her life, not only spiritually, but also socially. She, like many of the seniors, look forward to the teaching of God's Word and sweet fellowship each week. The leaders and coordinators have done an outstanding job, for God's glory. My mom and many seniors, are blessed by this ministry.

May Fong Louie

由 Joanna Ng 著. 翻譯 Marco Lo

我的媽媽，May Fong Louie，在1988年開始參加溢樂教會。黃煥禎牧師和師母，跟我的爸爸和媽媽，幾對年長夫婦一同於1991年建立了益康團契。



Joanna and her mom.

當我的媽媽初初踏入長者年齡時，她在團契非常活躍。她會花時間買食材，在家裡預備，並在教會為整個益康團契煮午飯。她還花了幾年時間在團契教授太極給耆英。她會盡力的幫助團契。由於她現在年事已高，她不能用以往的方法來服務團契。然而，她致力成為一個禱告的戰士，忠心地為友代求。

益康團契是非常注重團友栽培在信仰上成長和建立愛主的心。我的媽媽經常從查經班和客席講員得到教養和鼓勵。她喜歡每年的特別講座和不同節日的慶祝活動。益康團契在她的生活中扮演著重要的角色，不僅是靈命上，也是社交上得到幫助。她像很多長者，期待著神話語的教導和甜美的團契關係。團契領袖和事奉的弟兄姊妹都為神的榮耀而做得很出色。我的媽媽和許多長者都受到團契事工的祝福。

Yick Tse 謝奕

By daughter, Frances Tom, translated by Molinda Hom

My dad, Yick Tse 謝奕, was the charter member of Yut Hong Fellowship and attended from 1981 until he passed away in 2012.

When my dad retired in 1981, he kept his word to God that he would attend church after his retirement. He had become a believer through a home visitation by Pastor Gary and Flora Wong. He and others soon realized the need for a senior fellowship. He and my mom served on the leadership team for many decades. The fellowship was an integral part of their lives. They met weekly on Wednesdays and Fridays. The fellowship met their spiritual needs through bible study, memory verses, retreats, and singing praises together. Also, social needs were accomplished through planned outings, eating weekly meals together, and they even cruised together.



Mr. Yick Tse (l) with daughter, Frances and son-in-law, Jeff Tom.

The fellowship had an exercise component which addressed their physical needs before the actual meetings. They even had an outreach component by teaching English, inviting special speakers to address health and wellness issues, and providing other social services.

My dad loved attending Yut Hong and made many good friends. It gave him an opportunity to put his gifts to use and a place for him to grow in understanding and love of God and His kingdom.

Yick Tse 謝奕

女兒 Frances Tom 的回憶, 翻譯: Molinda Hom

我的父親名謝奕。他是益康團契創辦時成員之一。他一直參加團契聚會，由一九八一年到二零一二 ▶

年離世回天家。

在一九八一年我父親退休後，他一直保守他對神的承諾到教會聚會。在一次黃煥楨牧師和師母到他家探訪特，他接納主耶穌基督作他個人救主。不久之後，他和一班教友體會到年長人需要一個團契聚會。他和母親都在益康團契領導多年。團契成為他們生活裏很重要的一部份。每星期三和星期五都到教會聚會。在團契不同的節目中，例如念金句，唱詩和退修會，使他們靈命得長進。在社交生活上他們也得幫助，例如出外郊遊，每星期五一同用午餐，甚至參加遊船旅行。

團契同時顧及年長人身體的需要。每星期除了有健身活動之外，也向外推廣發展，例如英文班，健康講座等等。

我父親非常愛益康團契，在那裏他認識了很多好朋友，給他有機會用神賜給他的恩賜，同時使他靈命長進，愛神和祂的天國。

Mrs. Jian You He-Yang 何楊建有

By daughter, Yvonne Lei, Translated by Rita Kwong

My mom, Mrs. Jian You He-Yang 何楊建有, has been attending Yut Hong's Friday morning Fellowship for the past 14 years. My mom considers Yut Hong like a big family in Christ.

My mom likes to attend the once a month Friday health talks because it helps her to better understand her medical condition. She also likes to attend the twice monthly group sharing on Wednesdays where she can share her thoughts, praises and prayer request with the other sisters and brothers. She also likes the bible study which helps her learn more about God's Word.

Mrs. Jian You He-Yang 何楊建有

女兒: Yvonne Lei, 翻譯: Rita Kwong

我媽媽，Mrs. Jian You He-Yang 何楊建有，參加每星期五早上益康團契已有14年。她把益康看成為她的屬靈大家庭。我媽媽喜歡參加每月一次的星期五健康講座，因為可以幫助她更明白到自己醫療上的境況。她也喜歡參加每月兩次的星期三聚會，她可以把自己的意念，感恩和代禱事項與你弟兄姊妹們分享，更藉着查考聖經來幫助她多些學習有關神的話語。



Yvonne (l) with son, Andrew and mom, Jian You-He-Yang and her dad, Mr. Yang.



L-R: Danya, Mrs. Kwai Ling Leung, Ken & Darlene

Kwai Ling Leung

By Ken Leung, translated by Jennifer Yang

My mom, Kwai Ling Leung, has been blessed by the Yut Hong Senior Fellowship since she started attending in 2003. She enjoys the worship, bible study, exercise, health talk and sharing with other Christian seniors. The learning and fellowship from Yut Hong gave her hope, faith, and comfort during her critical time of sicknesses in recent years.

I am thankful to everyone for their help in bringing my mom to the fellowship, their prayers, care, advice, warm friendship, and sharing my burdens over the years, especially in her time of need. I commend the leadership of the Yut Hong Senior Fellowship for their commitment and perseverance in sustaining this valuable ministry for the seniors in the community at Sunset. ►

Kwai Ling Leung

作者 Ken Leung 翻譯 Jennifer Yang

我母親梁 玲從二零零三年起參加了教會的益康團契。她很享受跟其他基督徒長者一起在團契敬拜，查經，聽健康講座及一起做運動的歡樂時光。從益康團契的學習及交通中得到了人生的盼望，增加了信心及很多慰藉尤其是在近幾年的患病的日子裡。

我很感謝一些弟兄姊妹多年來去接送母親往返教會參加團契，弟兄姊妹的恆切的禱告支持，愛心的關懷，溫馨的勉勵，貼心的交通，及窩心的分擔自己的重擔，尤其是在母親病危的時候。我跟教會領袖分享了對益康團契的觀感及表揚了益康團契對溢樂華人教會社區中的長者們作出的貢獻！

May Cheng (Lam, Yat Cham)

By son, Eddie Hong, translated by Rita Kwong

He will renew your life and sustain you in your old age.
- Ruth 4:15

My mom, May Cheng (Lam, Yat Cham) has attended Yut Hong Senior Fellowship regularly for over 10 years, when the new building became operational. It has been a great source of strength and social connection. She has been blessed by God and many friends and family. In turn, she also helped others.

Up to age 92, May drove 3 times a week to Sunset Church to attend fellowship and worship. She is not afraid because she knows her life and health are in God's hands.



Eddie, May Cheng and Wan Wan

兒子: Eddie Hong, 翻譯: Rita Kwong

他必提起你的精神，奉養你的老。
路得記四章15節

我媽媽, May Cheng (Lam, Yat Cham) 在新堂興建時，經常參加益康團契已有10多年了。這是她從神得力量的源頭，也是與弟兄姊妹彼此相交聯繫的地方。她不但一直得到從神而來的祝福，朋友和家人的關愛，她更懂得回饋幫助其他人。

May每星期三次自己開車去溢樂教會參加崇拜和團契，直到她92歲。他毫不畏懼，因她知道自己的健康和生命是掌管在神的手裏。

Pastor Gary and Flora Wong

By Philip Wong, translated by Jasmine Wong

I am glad and rejoice with all of you. Phil 2:17

I remember how very glad my parents, Pastor Gary and Flora Wong, felt when they shared how well certain Yut Hong members were doing with Bible memorization. Their tenacity put a lot of us to shame. Mom would smile at recalling the fun they had on outings and the things she learned during the once a month Friday health talks.

One of the funny things that surprised me was the time Yut Hong members shared their wedding pictures. My mom had a contest to see who would recognize each other by looking at those old black and white pictures from so very long ago! ▶



A drawing of Pastor Gary and Florence Wong.

Pastor Gary and Flora Wong 黃煥禎牧師和黃伍美愛師母

Philip Wong訪問，翻譯: Jasmine Wong

並且與你們眾人一同喜樂。腓立比書 2:17

我還記得，當我的父母黃煥禎牧師和黃伍美愛師母分享到某些益康團契團友在背誦聖經上是何等的優秀時，他們是多麼的欣慰。團友們的韌力讓我們很多人也感到羞愧。

媽媽會微笑著回顧他們外出活動時的樂趣，以及她在每月一次的週五健康講座中學到的東西。

其中一個讓我驚喜的有趣事情，是當益康團契團友分享他們的婚紗照。我媽媽舉行了一個比賽，看看誰能夠從那些陳年黑白舊照中認出對方！ ■

