



SUNSET

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PULSE

NEWSLETTER

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Celebrating Easter at Sunset

Photos by Gary Gin, Lucy Gee and CFC Team.



A big thanks to Daniel and Jason's small group for hosting a fabulous home-cooked Easter Mixer Lunch that was enjoyed by over 80 people!



Melody using her skills and props to run the photo booth.



Coffee for a Cause servers. L-R Kelly, Katie, Faustine, Emmanuel, and Maya.



Enjoying some good chicken jook! 享用美味的雞粥!

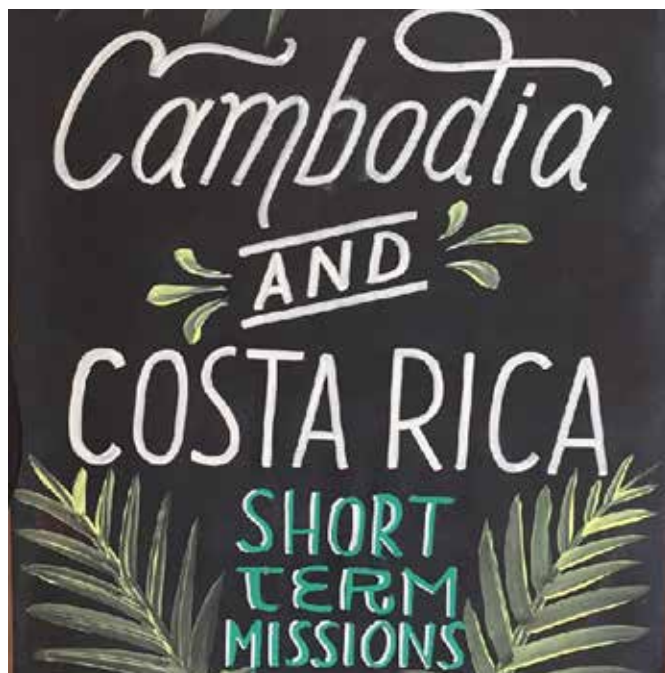


Costa Rica Short Term Missions Team:

Back Row L-R: Matt K, Jonathan L, Clark F, Brian K, Nathan Y, Micah C.
Front Row L-R: Justin G, Emmanuel C, Katie Q, Maya C, Daniel W, Jared L, Stephanie Y. Not Pictured: Alan W, Erika C, and Reginald W.

We had a blast at Sunset celebrating Easter this past month. After a powerful night of worship and Word on Good Friday, we had record attendance at Easter Sunday. Pastor Joey gave a powerful message on how Jesus renews hope even in the most challenging circumstances. We also had a number of people join the Start Here class, a gathering where people are welcome to bring their questions and learn what it means to follow Jesus. It was a great month, let's keep it up!

Let's remember to invite non-Christian family, friends, and coworkers into our lives and to come join us for worship at church. As Paul wrote to Timothy, it's God "who desires all people to be saved," and it just might be through YOUR invitation that someone hears the gospel and finds new life in Jesus!" – Pastor Jesse P.



Cambodia Short Term Missions Team:

Back Row L-R: Greg G, Lila G, Karen M, Byron C, Eric T, Melody G, Lucy G, Polly, and Quincie W.

Front row R-L: Thomas F (Team Lead), Margie F, Teresa C, Rosanna C, and Lauren G. Not pictured: Joyce C. and Alicia C.



Praise God as Coffee for a Cause raised \$1,665.00 for Cambodia and Costa Rica Short Term Missions Teams! Thanks to our generous Sunset Church Community! A big appreciation goes to our wonderful CFC bakers, both Cambodia and Costa Rica STM teams, for your service and participation! - Faustine N. ■



受難節聚會 -- 逾越節晚餐 (Passover Seder)

由黃巧龍註, 相片由 關李瑤真 提供



Members of the Cantonese congregation were able to experience what it was like walking through the torn veil.

受難節是紀念主耶穌基督在各各他被釘死受難。今年教會的耶穌受難紀念聚會中，譚克成長老透過講解和示範逾越節晚餐的意義及程序帶領我們紀念主耶穌的受難。逾越節對基督徒來講應該並不陌生，《出埃及記》第12章25-27節中記載：“逾越節行的禮是獻給耶和華逾越節的祭。當以色列人在埃及的時候，祂擊殺埃及人，越過以色列人的房屋，救了以色列各家。”而逾越節晚餐 (Passover Seder) 是猶太人守的禮儀，標誌著逾越節開始。耶穌受難前，最后的晚餐就是與門徒共進逾越節晚餐。真的很難想像，耶穌自己在將遭受極大苦難的前夕，還特意和門徒共進晚餐。逾越節晚餐的程序複雜，每一個步驟和次序都象徵著不

同屬靈意義。在餐桌中間有一專用的盤，放上幾種食物：有無酵餅，苦菜，混合切碎的蘋果和乾果，青菜應蘸著鹽水，雞蛋，羊骨。現在，就讓我們簡單瞭解一下晚餐環節的內容。

無酵餅是記念以色列人在耶和華施展十災的最後一場時逾越了以色列人的家門後，由於他們倉促逃難，身邊所攜帶的麵餅都來不及發酵。在晚餐程序中，剝開無酵餅 (Yachatz) 是個重要環節。在桌前擺著一個放了三個無酵餅 (matzah) 的盤子，象徵亞伯拉罕，以撒，和雅各。剝一半去藏起來稱為 "afikomen"，另一半放回兩個無酵餅中間，在晚餐環節中會由小孩子去尋找 afikomen，然後，一起把餅吃完。在最后的晚餐，耶穌指無酵餅代表了自己所獻出的身體，基督徒用吃無酵餅來記念主耶穌釘死受難為我們的罪付出的犧牲。苦菜是記念以色列人在埃及為奴的時候吃苦，提醒為奴時的光景。混合切碎的蘋果和乾果代表以色列人在埃及為奴時每天工作的灰泥和磚頭。青菜應蘸著鹽水代表以色列人在作奴隸時的淚水。雞蛋記念聖殿被毀後以色列人對不能在聖殿舉行節日的哀悼。最後，羊骨代表在逾越節時被宰殺的羔羊，而羊的血是塗在以色列人的房屋門框，以救他們不被耶和華擊殺。在屬靈上這象徵主耶穌為我們的罪流出寶血。

在了解逾越節晚餐的意義和體驗晚餐程序的同時，我再一次感受到主耶穌對我們的愛和犧牲。特別是想像主耶穌即將面對極大的苦難前，祂仍樂意和門徒們一起享用這最後的宴席。他們共同坐在飯桌旁，不單單分享食物，也表明彼此之間的親密關係。如今主耶穌也和我們有親密關係，祂的受難和復活給予我們極大的盼望！

Good Friday - Passover Meal Presented by Elder Bill Tam

Article and photos by Elgin Quan

Imagine you are a Jew living during the time of Exodus 1-15 - Pharaoh, the 10 plagues and Passover. You are in the throes of being delivered from Egypt to face crossing the Red Sea into Canaan. Imagine the state of your mind. Your spirit is willing but your heart is heavy. ▶

This scene was re-enacted by Elder Bill Tam on Good Friday. In lieu of a sermon, he offered the congregation an unusual experience from a vantage point of a Seder meal featuring unleavened bread and other food items symbolic of various aspects of the exodus.

The night of the Passover was the night of the 10th plague, death of the firstborn son. I found it fascinating that this story has been repeated over and over again as one of the most momentous times in history -- God breaking through to lead the Jews from slavery into freedom and thus, into the story of redemption.

Meaning "order" the Hebrew word Seder, has a specific order in which food is eaten. Each item on the Passover plate has a specific historical meaning related to the exodus, thus alluding to several strong symbols of Christ.



Bill teaching about the Seder meal on Good Friday Service.

One is the "matzah" or unleavened bread. As the Hebrews left Egypt, they had to do so quickly in a dash and had no time to allow their bread to rise. The matzah is then placed in a bag called an "echad" which has three chambers: one never seen (Father), second broken in half (Jesus) and third placed in a linen cloth (Holy Spirit). Each has a ritual involved alluding to aspects of the Trinity.

The matzah must also be prepared in a certain way; it must be unleavened. Leaven in Scripture is often equated with sin and its overpowering force. Second, the matzah must be striped (Jesus' wounds). Third, matzah must be have holes (Jesus' pierced on the cross).

Another symbol is the unbroken shank bone of the lamb. A lamb must be sacrificed to avoid the tenth plague -- the death of the first born sons and livestock. By spreading the lamb's blood on the door post of the Hebrew homes, death can be bypassed.

Other elements added later to the Seder plate are traditional reminders of Israelite enslavement to the Egyptians.

1. **Parsley** - dipped in salt water and eaten representing the tears shed during bitter years of slavery.
2. **Bitter herbs** - (usually horseradish) reminding the Jews they were unable to offer sacrifice and worship to God that was more bitter than the slavery of Egypt.
3. **Apples, nuts, wine spices**, representing the mortar Israelites used in constructing buildings during their slavery. The sweetness of the apple is reminder of the hope of redemption.
4. **Roasted egg** - roasting is a picture of sacrifice on the altar of the temple and mourning for the temple loss.
5. **Four cups of wine** - representing the origins of communion -- cup of sanctification, cup of judgment, cup of redemption and cup of fulfillment. On the night of the last supper, Jesus drank from three cups at certain times during this meal (Ex. 6:6-7). The third cup taken after supper symbolized "*the new covenant in My blood, which is shed for you*" (Luke 22:20). Jesus instructed his disciples and the future church to "do this in remembrance of me" (Luke 22:19). By observing this communion, believers were promised a new covenant of grace and salvation. It would be poured from the cup of redemption in His blood. However, a fourth cup remained, which Jesus did not drink. This last cup was added to the Seder meal to point to Old Testament prophecy not yet fulfilled -- the coming of kingdom age with Christ's earthly reign.

To bring home the significance of the fulfillment of Jesus' mission, a door post draped by a heavy curtain was placed next to the Passover table. This was used to demonstrate the symbolic meaning of Jesus' death. As Jesus took His last breath on the cross, the heavy curtain in the temple was torn from top to bottom. The sudden and stark opening of this solid temple curtain symbolized that the barrier of sin had finally been broken --- the sin that throughout history had separated the entire human race from God. Through the fulfillment of the finished work of Jesus death and resurrection, a way has been opened for believers to freely access God and His Kingdom. At the end of the service, communion was offered. Each member was invited to walk through the opened curtain to partake of the cup and bread of Jesus' sacrifice.

While appearing complicated, by using your imagination, I discovered that the Seder meal is a wonderful way to celebrate a Jewish tradition of how Jesus fulfilled the Passover symbolism and infused the whole feast with new meaning. Above all, the Passover story gives all believers a greater understanding and appreciation for Christ's death and resurrection -- a time of great and extraordinary rejoicing in being freed from the bondage of sin. ■

中文部迎新午餐 Cantonese Newcomers' Lunch

Photos by Wai Lam

我們讚美主. 復活節迎新午餐有近150位新朋友和弟兄姊妹一同快樂地享用美味的午餐及彼此溝通.

We praise God that the Easter Sunday Cantonese Newcomer Luncheon was a joyful event with good food and fellowship and over 150 attending!



The Unleavened Bread

By Grace Kwok, Photos by Richard Lee



Ruth from Jew's For Jesus taught us the tradition of seder meals and even sang some traditional songs.

I like visual presentation. Visual presentation helps me to remember. That's why I was interested to attend the "Christ in the Passover" presentation held by Jews For Jesus on March 31st hosted by Sunset Church. I wanted to see and from what I saw, I can use this image to remember what Jesus has done for me. Ruth from Jews for Jesus gave us a wonderful presentation of the different types of food eaten during Passover. Each of these food item, such as bitter herbs or egg in salt water, help in reminding us of the Israelite past. The food item that left the most impression on me is the unleavened bread.



Throughout the entire year, it is only on Passover that the Jews can only eat unleavened bread and not leavened bread. There are three significances of the unleavened bread. First, when God brought the Israelites out of Egypt, the Israelites left hastily and there was not enough time for the bread to rise. So it was made the first Passover without leaven, also known as yeast. Eating unleavened bread, called Matzo, helps the people to remember how God brought them out of Egypt. Secondly, yeast in the Bible symbolizes sins. So a yeast-less bread symbolizes the removal of sins. Thirdly, Matzo has stripes that look like bruises and is pierced through. For Christians, the Matzo represents Jesus who "was pierced for our transgressions; He was crushed for our iniquities; upon Him was the chastisement that brought us peace, and with His wounds we are healed." Isaiah 53:5.

Looking at the unleavened bread, it reminded me of Jesus who was pierced for my sins. Additionally, the unleavened bread reminded me to always remember the faithfulness of God. Often, as Ruth mentioned, we might be so concerned about our current situation that we wonder where God is. By remembering what God has done for us in the past, we can trust that He is faithful. Because of Jesus, we can now sit reclined, which is the way to sit on Passover. We can sit reclined because in Jesus, we are free. ■



Spring Baptism

May God bless our 14 brothers and sisters who were baptized on May 7th and experiencing a new life in Christ!

願主祝福14位於5月7日接受浸禮的弟兄姊妹並讓他們在基督中經歷新生命。



Photos by Wai Lam

Front Row L-R: Jasmine H., Maya C., Katie Q., Jared L., Micah C., Danny L. & Justin F.

Middle Row L-R: Mui Fong Lau 劉梅芳, 譚庭樞, Yau Kan Cheung 張有根, Fung Ping Lau Lai 黎劉鳳萍 & Helen H. 許黃雪瑩

Back row L-R: Elder Victor Y. 甄慰慈長老, Elder Thomas F. 鄭傑安長老, Elder Wayman S. 薛偉華長老, Transitional Minister Bill T. 譚克成暫代傳道, Glenn C. 周國樑 and Edwin L.

Edwin's Testimony

During high school, I was going through a lot of stress. As a joke, I told my track team coach that I needed God. He did not take it as a joke and told me his church address. It turned out that his church was very near my home. I tried a couple times but did not make much of it and was not very consistent.

Fast forward a couple years to 2012. My life was almost perfect. My girlfriend had moved to NY to live with me and I got a job after college.

Due to multiple reasons, she left to go back to Taiwan after a few months in NY. On top of that, my boss put me on night shift. I did not have a purpose and felt empty at the time and it was very cold in upstate NY. All I did was work, go to NYC every weekend to see my family, watch TV, and work. I had lost all emotions. It was like being a zombie--being lost.

It was January of 2013 when I was driving by a church--one that was always there but I had never paid attention--and I had a feeling that I should try it out. When I joined this church in Latham, I would cry every Sunday during the worship songs. My tears would just pour out, hearing the songs and singing together. ▶



Every Sunday at church, I felt a kind of relief and peace that I could not feel anywhere else. My parents, my friends, my coworkers--no one could help me at that time. At church, I felt safe. I felt like I was rescued and brought into the light. That was when I started to become more serious about Christianity.

Fast forward to 2015, my girlfriend and I got back together. God let me join a small group back home in NY where I met James Lee, who was the small group leader. He sensed that I did not fully understand Christianity and explained to me in detail: we are sinners and Jesus died for our sins. We must repent and we must believe that Jesus is the way. He is above all else.

When we moved to San Francisco, we met Joe and Kan Wong, who brought us to Sunset Church. It was not a coincidence--I believe it was God who led Dorisa and me to be at an exact place at the right time to meet them at a pet store.

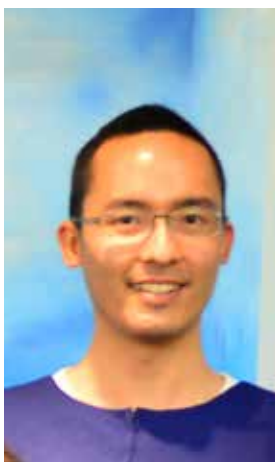
The reason I want to be baptized is because I realized that God has always been watching over me. He helped me stand up from a low point in life. He helped me and Dorisa get back together and He guided me at work and in all areas of life.

Ever since I believed, life has never been the same! God helped me see things differently. I used to place money first, before all else. Now, I know that as long as we follow Jesus, everything else will fall into place.

I want to be baptized, to show that I am a believer. I want to thank God for always being at my side, for always leading me. I believe that I am a sinner and I choose to follow Jesus, for He is the way. Always.

When I look back, I know that God guided me through the storms, and I am very grateful and know what my priority should be.

Welcome our new Sunset Members!



Edwin L.



Elaine C.



Elizabeth R.



Sandra E.



Sukhmani C.

Elaine's Testimony

I first heard the gospel in Chinese School when I was in 7th grade. but did not accept it because I felt I did not need to believe in God. In high school, I struggled with my future and self-esteem. My sister came home all excited because a friend at school shared the Good News of Christ with her. She gave me a pamphlet called the "4 Spiritual Laws" and I read it. It made sense to me and I wanted to believe in a God that loved me and had a plan for my life. I remembered the Bible stories about God and his son Jesus from Chinese school.

God softened my heart and I asked him to forgive me for my sins and invited God into my life. He has always remained faithful and good to me. I had attended Sunset Church during my college years, but have come back recently after attending and serving at another church for 25 years. I am excited that my Mom accepted Jesus during Christmas 2015 through the ladies at Sunset Church and was baptized this month. God is really good! ■

Sharing God's Work in East Asia

By Tiffany

I had always loved adventure. By 2012, I had been working for a few years in biotech and realized that a gleaming opportunity laid before me. God had always planned to save people from ALL nations. Yet, there are still about 4000 people groups, over 2 billion people, on earth with no hope of heaven, since the news of Christ has yet to “reach” them. God’s solution to this problem is that we Christians “Go, and make disciples of all nations.” I set myself to obey our King and reach the nations while in the U.S. Then in 2014, the doors finally opened to physically go and I left to serve unreached peoples in East Asia.

In the first half, God gave me a double-edged experience while learning language. I was immersed in opportunities to learn language, make friends, and enjoy fellowship with local believers. Walks to and from class were filled with meaningful conversations with locals. I even witnessed one shop owner commit to following Christ, then grow to share Bible stories with her family, pray for her customers, and withstand persecution from skeptics. “God is at work everywhere!” I declared, skipping. At the same time, I was in close proximity to a fellow cross-cultural worker, who was so different than me. Her immaculate cleanliness caused me to grumble. Her perfect baked goods aroused spite



in me. Her strict discipline propelled me to keep going out and making friends, as if it were a competition I needed to win. “Perfect love among Christian workers was more vital than evangelism, if the two could be separated at all,” J.O. Fraser wrote. I started to understand how God wanted my heart, my obedience, and my Christ-likeness, not my performance.

During the second half, God flipped the experience while learning about the WTY “unreached” people group. In a small town where people don’t interact with foreigners, my Asian appearance paired with unique speech caused many locals to think I was strange. With less people to have meaningful relationship with, I felt my own capacity as a Christian and person was in atrophy. Yet, I saw God doing better things. A local sister housed me, taught me local ways, encouraged me, and accompanied me. A group of local brothers and sisters welcomed me to join their visits to WTY villages, and we became international co-workers in the gospel. They brought local know-how, familiarity, and faith; I brought training, vision, and willingness. Our diversity of cultures, backgrounds, and styles became our greatest asset to reaching the WTY. I saw Revelation 5:9 brought to life; the people who Jesus ransomed from East Asia, America, and the unreached nations were being God’s kingdom on earth together.

The past three years were filled with God proving himself loving, faithful, and “with [me] even to the very end of the age” (Mat 28:20). As the global church looks to the remaining 4000 people groups without the gospel, may we obey and “Go” together, that we can be part of “the whole church taking the whole gospel to the whole world” (Lausanne slogan).

Please pray that:

- I would learn to be settled and at home with God
- I receive clarity and wisdom regarding possible paths back to East Asia
- God would raise up a people willing to pray for the WTY

To learn more about God at work among the WTY or to receive my prayer updates, please email: mcsbcbsf@gmail.com ►





Courtney and Tiffany shared their experiences serving in missions.

"**H**aving the opportunity to listen to Courtney and Tiffany share about their individual experiences of how God was leading them in China gave me greater insight into what "being a missionary" looks like. Not only was it exciting to hear some old friends share how God was unraveling His great plans to them through their missionary work, but it was also a great reminder that God is active and so alive at this very moment regardless of where we are physically, mentally, and spiritually. That truth rang true after listening to Courtney's honesty in how she felt confused the first time she went to China and how God had brought her some more clarity in how His missional work plays out in her life. The truth rang true as I listened to Tiffany share in her struggles with learning a new language and yet God had already been working to use Tiffany's limited Chinese and a new friend's limited English to share His amazing gospel. In both situations, God was actively working and preparing hearts even before they obeyed the call to go. God was, is, and will always be working through His church to bring Him glory. And we can rest in the sovereignty of His word as He calls us to take part in this adventure with Him. What an amazing and good plan! Thanks for sharing Courtney and Tiffany!" – **Sharon Lee**



"Listening to the stories that Tiffany and Courtney shared from their experiences in East Asia was extremely encouraging, especially hearing personal stories about specific individuals that are hearing the gospel and responding! Though they were in different cities, it is clear that God is utilizing workers to share the Gospel in ways we can't fathom, and fruit is being bore in His timing. I'm further motivated to seek opportunities to show Christ in my workplace-- to be bold and go outside my comfort zone, and to be fervently praying for His Kingdom to reach the Unreached." – **Hilary Low** ■



滿足的喜樂

益康團契 記盧健體長老上的一堂靈修課

作者：關李瑤真 - 翻譯：健體

今年3月24日，應我教會益康團契的邀請，在中國大陸從事宣教工作回美國度假的盧健體長老和夫人Suzanna參加了團契聚會。在這次聚會上，盧長老為我們上了一堂題為“滿足的喜樂”的靈修課，詳盡地分解了神的話語——《詩篇》第16篇。在一大群人面前講解深奧的真理，不是一件容易的事；在眾多年長的文化程度參差不齊的弟兄姊妹面前講解，更是不容易啊！然而，憑着多年豐富的宣教經驗，他語帶溫柔、風趣，以通俗易懂的語句，深入淺出地把《詩篇》第16篇從頭到尾解釋得非常清楚。在座的團友都靜靜地聽，相信他們得益匪淺，初步懂得如何才享受到滿足的喜樂。

在當今時代，追求快樂和幸福是常常引起激烈爭論的熱門話題。然而，我十分高興地聽到盧長老講解如何用“五步曲”掌握五種不同的技巧，來達到滿足的喜樂。藉着分解《詩篇》第16篇，他使我們看到詩人大衛如何跳出困境，步至光明，最終得到神所應許的“滿足的喜樂”。



Patrick speaking at the Yut Hong Fellowship.
盧健體長老於益康團契分享

(1) 尋找“藏身之處”。盧長老從寫這首詩的作者大衛，如何從敵人的手中被救了出來，談論到年長的弟兄姊妹也曾經歷生活上的痛楚、失眠和各種煩惱。然而從大衛身上，我們可以學習到如何藏身於神為所有依靠祂的人而預備的“避難所”。也就是說，第一步曲是投身於神，緊緊地依靠祂，使祂成為我們的保障。把重担子交給神，我們就得到安息，平安和喜樂便隨之而來。

(2) 第二步，是以神為首。要學習時時刻刻把神放在首位，操練與神說話，像大衛那樣，我們也可以向神呼求。神不單是在歷史上與人立約的神，也是我們個人的神。無論得意或失意，順境或逆境，都應藉着禱告，首先向神傾訴。祂一直活在我們當中。若我們時時、事事、處處都把神放在首位，就會享受到祂所賜的喜樂。

(3) 多親近敬虔人，此為第三步。我很高興地看到，儘管聚會那天(3月24日)刮風下雨，但仍有不少團友無視惡劣的天氣，前來參加聚會，親近神，把團契當作自己的家，我被他們愛神的行為感動了。在會上，盧長老特別提到前團長伍偉光弟兄。他曾帶領益康團契十多年，時常用車接送弟兄姊妹往返團契，為主的事工嘔心瀝血，無私地奉獻出寶貴的一生。他和他的太太伍慧修非常愛護團契的長者。我們應該把自己融入這些真正榮神益人，活出敬虔生活的人群中，聽聽他們如何愛主，看看他們如何忠心地服事神，必定使你喜樂，基督的香氣必臨到你身上。

(4) 第四步，以神所賜的為滿足。對神所容許發生在我們身上或周圍的一切，都不要猜疑。因為這些都是神賜給我們恩典的記號。《詩篇》16: 5勉勵我們去接受屬於“我們的分”。若如此行，我們會得到釋放。無論處境如何，信徒應當學習滿足的技巧，對神所賜給我們任何位份，都應感到滿足。為了體驗喜樂，我們需要學習如何信靠神，無條件地讓祂引導我們得到喜樂。

(5) 最後一步，是以尋求神為念。學習多尋求神，操練尋求神的技巧。大衛把尋求神作為他生活的指南。當他需要神指引時，他呼喊神，特別在黑夜迷惘中。如果，信徒不斷用持久、毅力和韌性持續去操練，必然得到滿足的喜樂。正如16: 9所描述的：“因此，我的心歡喜，我的靈快樂；我的肉身也要安然居住。”

以上這“五步曲”帶領你掌握五種技巧，使你真正享受到滿足的喜樂。只要你常常認真操練，持之以恆，那“滿足的喜樂”就真正屬於你的！▶

Fullness of Joy - Psalm 16

Patrick Lo Message To Yut Hong Fellowship

By Elgin Quan, Photos by Molinda Hom and Elgin Quan

It is not often easy to share complex truths before a large audience, much less with the elderly, yet Elder Patrick Lo does it with grace, wit and wisdom.

On March 24, Yut Hong Fellowship welcomed Patrick Lo and his wife, Suzanna, to meet the seniors. In this current age, the idea and pursuit of joy and happiness can be a divisive topic. However, I was pleasantly delighted to hear Elder Lo explain how everyone can attain **fullness of joy** by taking 5 specific steps to learn 5 different skills. Derived from Psalm 16, this psalm traces how a person can live a joyful life as they encounter trials and challenges.

- 1. Place** - Elder Lo explained how believers can learn from King David who wrote this psalm to be delivered from the hand of all his enemies and from the hand of Saul. Seniors often have aches and pains, trouble sleeping and carry many burdens. Yet like David, we can find refuge as David did in the cave. This image of “taking shelter” is what is offered to all believers in the way of divine protection in spite of tribulations and troubles. The first step is to practice the skill of place; take refuge in God.
- 2. Priority** - The second step is the importance of priority, placing God first using specific method of self-talk. Like King David we can appeal to God. We can be reminded that God is not only a historical covenantal God, but our very own personal God. If we are sad, we can tell God. If we are glad, we can tell God. He is always in our midst. We can experience fullness of joy if God is placed foremost. Learn to communicate first with God. Practice the skill of priority.
- 3. People** - I was also delighted to see that despite the rainy weather on a Friday morning, many came to church even with canes, even on walkers. I quickly saw that seniors love their church, love their members and want to grow close to each other. Elder Lo was reminded of Howard Eng, who had led the Fellowship for over 10 years. He spoke of the many sacrifices Howard made with time and effort driving the seniors to and from fellowship. Howard and his wife, Eva, cherished being around their beloved seniors. Believers need to be around those types of people. Psalm 16:3 reminds us how much King David loved God and His people - “*all the saints in the land, they are the excellent ones!*” By associating with God’s people, hearing how they love God, and seeing their devotion to God, this will surely give you joy; Their fragrance will spill over to you.
- 4. Portion** - Whether we have aches and pains, health problems or have trouble walking, in spirit and in body, Psalms 16:5 tells us we can be delivered if we accept our *chosen portion in life*.” Whether single, married, with or without children or grandchildren, whether living alone or in a nursing home, believers need to learn the skill of contentment. By accepting and directing our mind to be content in whatever portion we are given, we will experience joy. The fourth step believers need to take is to accept our given portion. Practice the skill of contentment. Recognizing our given portion will give us a peaceful night of sleep, fullness of joy and inner contentment.
- 5. Pursuit** - The last and fifth step is to take pursuit. Practice the skill of pursuing God. David pursues God’s counsel as his guiding principles for his life. Whenever he needed help, he cried out to God, especially in the night. This is a constant process that believers need to continually put into practice. With persistence, perseverance and tenacity, this process will lead to a continuous flow of the fullness of joy. “*Yes, my heart is glad, my whole being rejoices; and my flesh dwells secure.*” (Psalm 16:9).

These 5 steps can lead to developing the 5 skills that can lead to fullness of joy. They are possible. They are attainable, but they must be practiced over and over before fullness of joy can be yours. ■



L-R: Mr. Sit, Suzanna, Patrick, and Elgin.

Home Emergency Training

By Bessie Woo, Photos by Lucy Gee



Sunset church's Medical Emergency Team (MET) invited San Francisco Fire Department on April 9, 2017 to train members regarding home fire prevention and safety. Fernando Juarez, a Fire Inspector with the San Francisco Fire Department's Bureau of Fire Prevention, came with his co-worker Janet. They taught us the following subjects: fire safety in the home, home escape planning, what to do if you are trapped by a fire, basic fire safety skills, smoke alarms, carbon monoxide alarms, fire extinguishers, including an indoor electronic fire extinguisher trainer for practicing how to put out

fires, the top causes of fire in the home and how to prevent them, earthquake awareness and the basics of earthquake preparedness.

There were 35 participants attending from different ministries. The majority commented that the presenters were very knowledgeable and the information very useful.

Virginia Y. agrees, "The Home Emergency Training was extremely helpful. Hopefully we will not be caught in a fire, but my daughter, Cherise, and I were able to obtain some important lifesaving information in case we ever need to assist or escape!"

"I found the information on maintenance and operation of the fire extinguisher very informative. I actually got to try using one. The training also raised my awareness of potential fire hazards at home," commented by Sandy Tom.

Donna Chan stated, "I really appreciate Sunset's Medical Emergency Team for providing this workshop for people and I appreciate the SF Fire Department has the qualified people to educate us. I really think if every citizen can apply the rules and methods the fire department instructed, we can prevent many fires in our city."

MET plans to invite the SF Fire Department back in the future and would like to have one session taught in English and one in Chinese. What do you think?

Additional home emergency pamphlets are available at the publication rack located near the lobby elevator. For more safety plan information at Sunset church please visit www.sunsetchurchsf.org/met.



Fire Inspector, Fernando J. teaching about fire safety.

What I learned from the Home Emergency Training.

- Electrical fires are the #1 cause of home fires in SF.
- Feel the electrical socket to feel if it is hot and do not overload the socket.
- Do not use extension cords for appliances or portable heaters.
- Use a multi-plug adapter with a circuit breaker made by a brand name manufacturer.
- Install carbon monoxide alarms in your home.
- Avoid using candles and use battery-operated candles instead.

– Lucy G. ►



Bessie (right) with Fire Inspectors Fernando and Janet from the SF Bureau of Fire Prevention.

What I learned from the Home Emergency Training (cont.)



Participants were able to practice using a virtual fire extinguisher.

- Basic rules if your body catches on fire: “STOP, DROP AND ROLL”
- Don't overload the outlet plug.
- Install good working fire extinguishers and check smoke alarms once a month.

– Donna C.



Donna, Julie and Freda practicing with the fire extinguisher.

- Call 911 before you try fighting a fire so that help is on its way.
- Don't try to put out a fire that is bigger than the size of a waste basket.
- Portable heaters use a lot of electricity so you should avoid connecting a heater to power strips with other appliances connected to it.

– John W.

- Buy fire extinguishers with at least classified 2A:10-B:C, UL listed and with metal valve so it can be recharged.
- If a pan catches fire, do not use a fire extinguisher or water on the fire. This can splatter burning grease and spread the fire. Instead stop the fire by putting a lid over the pan.

– Freda C.



Paul practicing P.A.S.S. to put out the fire.

- Operate a fire extinguisher using the acronym PASS: Pull the pin, Aim at the base of the fire, Squeeze handles together, and Sweep side to side.
- Keep the stove clean (especially grease) around the stove.
- To put out an oven fire, turn the stove off and don't open the oven door.

– April Y.

- Before you open a door during a fire, first feel the door to see if it is hot. If so, the fire might be right outside the door.
- Try to get to a room with an outside window and don't open the window all the way because it creates a draft. Just open it wide enough for you to breathe.
- If you are trapped, call 911 and hang a towel or sheet out the window to alert firefighters or rescue workers to let them know your location.

– Virginia Y. ■

Let's Worship Together ("With a Holy Roar" – Article 1)

Article Series by Melody Gawliu

"It isn't a question of 'how was worship today' but the question we should be asking is 'how was MY worship today?'"



As the words "open the eyes of my heart Lord" flowed from our mouths, I couldn't help but sit down with my face in my hands. I saw puddles form in my palms and realized tears were flowing from my eyes. I vividly recall that moment when I was so stirred by God amidst my brokenness that my heart responded in the way it was made to – pure and utter praise. It is my prayer that as God reveals more of Himself as you experience Him personally, that this article will help you to know the freedom you have to respond in worship especially when we join **together**.

Pastor Darren Whitehead of Church of the City in Tennessee shared the 7 Hebrew words for "praise" used in the bible. I'll present the definitions and some examples to help you with understanding.

Yadah is to worship with extended hand. Where you are so stirred that you raise your hands as seen when we watch sports such as when the Giants earn a run peoples' hands shoot up in the air and cheer. *Biblical references: 2 Chronicles 20:21, Psalm 63:1, Psalm 107:15*

Hallal is where we get the word "hallelujah." It means to rave, to celebrate, to be clamorously foolish. *Biblical references: Psalm 149:3, Psalm 150:6*

Shabach is to exclaim, to glorify, to extol, to make an exuberant statement as to the excellence of someone. An example of this is seen at sporting events or concerts as you see people ROAR in excitement. Also, in Psalm 145:4 we are reminded that we are to SHABACH God from generation to generation. If we do not tell the younger generations about the goodness of God, if we are not shouting to the next generation, the culture will shout to them and will shape their value system and honestly, that's a scary thought. *Biblical references: Psalm 47:1, Isaiah 12:6, Psalm 145:4*

Zamar is to pluck the strings of an instrument, to sing; a musical word which is largely involved with joyful expressions of music with musical instruments. *Biblical references: 1 Chronicles 16:9, Psalm 57:8-9*

Towdah is an extension of the hand in adoration – used for thanking God for things not yet received as well as for things already in hand; the idea that we raise our hands in faith for things that have not yet come to pass. *Biblical references: Psalm 50:4, Psalm 50:23*

Barak is to kneel or bow down, to bless God as an act of adoration. *Biblical references: Psalm 95:6, 1 Chronicles 29:20*

Tehilah is to sing *Hallal*, a new song, an unrehearsed or spontaneous song from your heart to God. It is when you are singing from the depths of your gratitude from the specificity of your own story. It is your own unique song of worship to God. *Biblical references: 2 Chronicles 5, Isaiah 61:3, Psalm 22:3*

My intention for sharing these words for praise is not to make you feel forced to praise in these ways but to give you biblical backing for what the Holy Spirit may move you to do while in worship to God. In giving biblical backing, my prayer is that you would not be afraid to join the scores of people from past, present, and future who experience the freedom of putting self-consciousness aside by putting the priority in worship on God alone and be freed from what other people think. Let's be a church who worships wholeheartedly and with abandon because when we gather we are being reminded of the goodness of God such as through the sacrifice of Christ on the cross for us. We shouldn't need to rely on "atmosphere" for us to say whether or not we feel like worshiping but it is our knowledge of who God is, what He's done, what He's doing, what He will do, and His love for us that should stir us to pour out our worship. It isn't a question of "how was worship today" but the question we should be asking is "how was **MY** worship today?"

May thanksgiving and faith flow from our hearts, out into the ears and eyes of all those around us as we gather together in worship. May there be a holy roar (SHABACH) from God's people. Let us have the heart posture of HALAL as we are prompted by the Holy Spirit to YADAH, TOWDAH, and BARAK. May we never silence our TEHILLAH.

If you'd like to hear more details (since this is a very BRIEF summary) or ask questions, I'd love to chat with you! Please feel free to chat with me at church or send an e-mail to pulse@sunsetchurchsf.org ■



Pastor Darren Whitehead at the Worship Together Conference

Building Community, Bringing Hope

By Ruthie Kim, BJM Founder and Director, Photo by Gus Dizon



Ruthie Kim with her husband, Brian and their two boys.

For the past 7 years Sunset Church has been supporting the work of Because Justice Matters (BJM), a Christian ministry seeking to empower women and girls in the Tenderloin community. The church has also been supporting myself (Ruthie Kim), Founder and Director of BJM, as a social justice missionary. I'd like to extend my deep thanks and appreciation to each of you for investing in my life and the many lives that BJM reaches.

BJM was birthed 9 years ago with the purpose of reaching women who had experienced exploitation, violence and poverty. Over the years and with the expansion into our own women's center, BJM now serves a broad population of women in one of San Francisco's most challenging neighborhoods. Through dance classes and mentoring we support and empower young girls, believing that they are the future leaders of our city. Through our various Christ-centered outreach programs such as manicure nail painting, small group Bible studies and art therapy we walk with women towards their healing and restoration. We also provide ESL classes to recent immigrants and a weekly brunch for local moms and their young children.

The Well, our BJM center located on Ellis Street is buzzing with activity throughout the week. Our staff welcome women and children into a space designed with the purpose to build community, provide safety and act as a reminder to all women in the neighborhood that they are seen and loved by Jesus. Whether it's over a cup of coffee in our cozy living room, preparing food in our kitchen or learning ballet steps in our dance studio we believe that God is present to heal, restore and empower a community of often overlooked women and their families. Thank you for partnering with us to make this all a reality.

Over the years we have welcomed Sunset members as volunteers in our manicure outreach, prayer walks around the neighborhood, family outreach events and as faithful supporters at our galas and fundraising events. Your support has been pivotal in changing lives. We have a number of upcoming events that we would love to invite you to attend. On June 1st we are hosting Created, our annual Summer social. We will be celebrating creativity through dance and spoken word performances, and highlighting some of the women and girls whose lives have been blessed by taking part in our programs. There are a number of volunteer opportunities available on the night, as well as the option to simply bring friends and attend a meaningful and fun night out. All funds raised that night will support the arts at BJM and the ongoing work we do to share the love of Jesus in the Tenderloin. For more information about this event please check out our website www.becausejusticematters.org. ■

Lifting Up Resilient Butterflies

By Stan Pun, Photo by Betty Lee and Stan Pun



Stan (L), Betty (M), and Kelvin (R) at the Freedom House Gala.



A book featuring different Christians in Silicon Valley.



Freedom House is a local non-profit organization that helps provide safe lodging and long term aftercare for survivors of human trafficking. It had its 8th Annual Benefit Gala, on April 29. A trio of Sunset Church members joined over 30 other volunteers to help with the silent auction and other fundraising entertainment. The early evening was filled with positive energy as guests bid on quite an array of donated goodies ranging from opera tickets, original artwork, and even an In-and-Out Burger mega gift pack, which I had one eye on.

While I wasn't able to catch most of the sharing and testimonies during the dinner portion of the night, I was able to hear part of keynote speaker Justin Dillon's sharing. Justin is a "solutionist" who has proven that everyday people with a dream and the resolve to see it through can become remarkable change agents in society. In his recently released book, *A Selfish Plan to Change the World*, Justin provides a step-by-step guide for alleviating the poverty of meaning by fighting others' poverty of means. He encourages people to look beyond just giving donations and casual volunteering. That a person might find a stronger purpose and greater effectiveness if you take hold of other people's chaos. He says Freedom House's own Jaida Im is a perfect example of someone willing to wade in chaos and come out finding new purpose in her life. If you are not quite ready for that, go to his website, slaveryfootprint.org to see "how many slaves work for you" based on your lifestyle.

Please look in Freedom House's work to see if you want to get more involved with it. ■

溢樂人物:鄺傑安長老



Elder Thomas F. 鄺傑安長老

我是生長於香港，在66年與家人移民到三藩市，初來到的時候因為不懂英文，不能融入學校群體，加上父母工作忙碌，很多時候有孤單的感覺，當時我在初中及Galileo高中期間，也接觸到及受到引誘加入童黨，但神的恩典帶領我進入教會聽到主耶穌的愛和祂拯救的福音，69年我在金巴崙長老會信主，成為基督徒及受洗加入教會，開始在青少年團契，和教會中各事工事奉，

及後在87年轉到三藩市播道會參與帶領及開拓新教會工作。

我是在1997年加入三藩市溢樂浸信會，感謝神的恩典給我機會在這教會過去九年加入長老的服侍職責，無論經過過高山或是低谷，都不斷的經歷到神恩典的教導和塑造，雖然現在為教會的“非活躍”長老崗位，仍然繼續參與教導、差傳、及帶領福音外展工作，因為我相信神是要每一個信徒，在不斷的學習神的話語及成長過程中間，才可以經歷祂賜予我們的豐盛生命，而當我們在神的教會當中互相團契及服侍，神會更加賜福你的一生。

職業方面，自從在加州柏克萊大學畢業於機械和核子工程之後，過去三十多年一直在矽谷的不同科技公司工作。除在教會事奉外，也受委任為“美國恩雨之聲”董事之職；并且與太太Margie過去十多年主持灣區每星期五晚AM1450電台的“時事漫談”節目，現在轉為“恩雨同路人”電台的福音節目。

我和太太結婚38年，有三個兒女：大女Michelle和丈夫Curt及孫女Isabella和Jubilee住在Kansas、二女Stacy在三藩市工作、三子Jeffrey在南加州工作。

在休閒時，我和太太喜歡烹調享受美食，音樂，和旅行。

時刻提醒我自己的金句：
哥林多前書 4:1-2 這樣，人應該把我們看做是基督的僕人、神奧秘之事的管家。所求於管家的，是要他有忠心。 ▶



The Fong family enjoyed a Caribbean cruise together last November. 全家三代同遊船河

Sunset Profile: Elder Thomas Fong

I was born and raised in Hong Kong and immigrated to San Francisco with my family in the mid 60's as a teenager. Initially I did not speak one word of English and felt lonely and isolated. During my middle and high school time, I struggled with relationship problems with my parents, and the temptation to join youth gangs. But God was gracious to me and led me to a church where I heard the gospel of Jesus' love and His redemption for me. In 1969, I became a Christian at SF Cumberland Presbyterian Church and started serving as a leader in youth fellowships and various ministries in the church. In the late 80s, I moved to SF EFC and served mostly in the leadership and new church growth strategy.

I came to Sunset Church in 1997 and soon joined the membership. I am really thankful to God for the opportunity to serve as a church elder for the past 9 years. It has been an experience of God's grace and molding through my ups and downs. Although now I am in the "inactive" role, I continue to serve in teaching, mission, and leading outreach ministries. I believe it is how God wants us to have an abundant life by the continuous learning and growing in His word, and committing our life to Him. As we fellowship and serve together with different brothers and sisters in His church, God will enrich our lives.

After I graduated from Galileo High and UC Berkeley in Mechanical and Nuclear Engineering. I had been working in various technology companies in the Silicon Valley for the past 35 years until I retired 3 years ago. Outside of the church, I am also serving in the "Showers Of Blessing Evangelistic Ministry," and hosting the Christian Herald radio program on AM1450 weekly program for the last 13 years, which now changed to SOBEM gospel program.

I am married to my lovely wife Margie for 38 years and together we have 3 children. Our eldest daughter Michelle with her husband Curt and their daughters Isabella and Jubilee are living in Kansas but will be moving to Abu Dhabi in July where Curt will take up the pastor position. Our second daughter Stacy is now working in San Francisco, and our youngest son Jeffrey is working in southern California.

For leisure time, Margie and I enjoy cooking and trying good food, music, and traveling together.

A favorite verse of mine is 1 Corinthians 4:1-2.

"This is how one should regard us, as servants of Christ and stewards of the mysteries of God. Moreover, it is required of stewards that they be found faithful." ■



Interviewed by a SF Chinese newspaper in 2005. 05年金山時報訪問



Thomas and his wife, Margie, in the good ol' days. 那些年



Thomas and his toy. 中年危機的玩具