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PULSE

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中文部聖誕慶祝會 Cantonese Christmas Celebration

Written By: Margie Fong 鄭劉妙芝 | Photos By: Wai Lam

教會中文部在今年的12月22日晚舉辦了 [聖誕佳音傳萬家] 的特別聖誕崇拜聚會，當晚大約有200多人參加，我們一同唱聖誕詩歌，有兒童組拉小提琴，有父母和子女一同獻唱聖誕詩歌，有年長小組跳排排舞，整個節目就像一家人一同慶祝聖誕節，而何牧師分享經文讓我們回想到主耶穌2000年前卑微的誕生在伯利恆的馬槽裏，然而他謙卑的降世卻是成就了神改變人類歷史的大計劃，重新修好了神和人破碎了的關係，帶來人類真正的平安。

崇拜之後我們一同享用由大家帶回來的精美小點，有各式各樣的甜品餅食，更有人煲了糖水和老火皮蛋豬肉粥，大家吃得津津有味，一同互相道賀及分享歡樂的時光。

跟著召集願意出去街頭報佳音的人，起初以為很多人會怕冷不敢參加，但當開始召集之後，竟然約有七十人願意出去報佳音，我們整個隊伍由教會門口開始，步行到附近兩邊的街口，到每一個街口及街中間都停下來唱兩三首聖誕詩歌，有些屋戶在窗前門口觀看支持，有些走出來和我們握手多謝，更有一間屋戶全家大小出來和我們一同唱詩，令我們感受到和街坊們接觸實在是一個活出社區教會的精神，也將聖誕節的意義用詩歌帶到我們鄰舍中間，雖然天氣是寒冷，但每個隊員都是心中溫暖的，希望下一年能夠繼續這一個有意義的慶祝。▶



On the evening of December 22, the Chinese congregation held a special Christmas worship service with an attendance of over 200 people. We sang Christmas songs, had a group of children playing the violin, parents with their children performed Christmas songs, and an adult group performed line dancing to the song “Jesus Loves You”. The whole program was like a family celebrating Christmas together. Reverend Ho shared the message to remind us of the humble birth of Jesus 2000 years ago in the manger of Bethlehem. His humble descent was the achievement of God’s salvation plan that changed human history, reconciled man to God, and given us real peace.

After the Christmas worship, we enjoyed a variety of snacks brought in by many small groups. There were many kinds of desserts, cake, and pork porridge. We enjoyed the food and shared the happy time together.

After the snack time, we called for people to go out to the street and sing Christmas carols. We initially thought that people would be afraid to participate in the cold, but unexpectedly, about 70 people went out to sing carols. We were also glad to have several members from the English team to play the guitar and ukulele. The caroling group started from the church door and walked the blocks on both sides of our church. We stopped on every corner and in the middle of the blocks. Some neighbors watched and supported us from their doors or windows, while some came out to shake our hands. There was even a whole family that came out to sing carols with us. We feel that these contacts with the neighborhood is really living out the spirit of a community church. Although the weather was cold, our hearts felt warm. We hope we can continue this meaningful celebration next year. ■



Fall Baptisms

Testimony By: Megan Ma | Photos By: Richard Lee



Fall Baptism 2018 L-R: Mikey, Carmel, Kelly, Megan, Gabby, Chris, Jason and Youth Pastor Gabriel



On Nov 18, 羅司徒銀姊妹(Ngan Seto) 在眾人面前接受灑水禮. Sprinkle Baptism



My journey with Christ began in the Spring semester of my sophomore year. I go to Lowell High School, which has an environment surrounding grades and achievement. If you got a B on a report card, you were a failure, and if you didn't take 4 AP classes, you were a failure. I became caught up in this environment, my achievements became a reflection of who I was. I dedicated my entire life to academics and achievements, but no matter how hard I tried, I still slipped up. My grades dropped and I couldn't continue my extracurriculars, I suddenly didn't know who I was. My life was meaningless. Compared to all these other 4.0 students, what did I have to offer? I was not happy, and how could I be, when I put my entire worth into something as unsteady as a grade. I had no direction in life and didn't know what I was doing. I only did what the world said I had to do to be happy.

I have been going to church my entire life, and here was the first time I realized what was important in my life. It wasn't God or Jesus, it was the things that the world said would make me happy and successful. I tried so hard to obtain these goals, and I was still unhappy. I questioned Christianity. If God was really good, then why would he allow these things to happen to me? Looking back, I can see God put me through a very difficult time, not because he didn't care about me, but in order for me to learn about something more important than any hardship I would have to endure in this world, and that was the love of Jesus.

During an Easter sermon, I was listening to the band sing "His perfect love could not be overcome". At that moment I began to believe. It was like a curtain God showed me just how sinful I was, how undeserving I am of His love, and I am so grateful to know about the good news of his son. I realized just how great the sin was in me, how I was living only for my own benefit, but God's love is greater. Before I learned of Christ, whenever my mother spoke of the Bible, I would tune her out until she finished, because I thought Christ didn't affect me and had nothing to do with me, but now I know she is speaking truth and life. My worth is no longer tied to unstable things, and I no longer have to question what I am living for in this life. I am no longer anxious about my future because I trust in God, and I pray for him to use my life for his purpose. God rescued me from a place where I had no hope, and now I have joy because of God's love. ■



慶祝益康團契成立27週年 Celebrating 27 Years of Yut Hong Fellowship

Photos By: Stuart Lee



Alpha Pregnancy Center's Walk For Life

Written By: Stephanie Yee | Photos By: Gary Gin and Jaimie Lee



Alpha Pregnancy Center's (APC) annual Walk for Life took place on Saturday, October 20th, 2018. This year was my first time participating in the event, and I led a team of young adults from Sunset Church - 5 of us on Team D, out of a total of 27 volunteers and one canine Sunset volunteer. I am very encouraged by the number of people who came to represent our church in this event. Sunset Church contributed to just about 20% of all the walkers this year. (Sunset represent!)

This year, Team D walked a total of 4.7 miles (sort of... ask me or my teammates for the whole story) to two client homes, and to Louis Sutter Playground for the community picnic. We delivered individual hand-picked gifts of appropriate toys

and clothing from APC. The last client home we went to had a family of two kids and one on the way. When we presented the gifts we had for the family, the 10-year-old boy held back tears of genuine gratitude. He said, "This is the best... and it's not even my birthday!", before giving us a round of hugs. Other teams from Sunset (and from other churches throughout the Bay Area) had opportunities to minister to the families they were assigned to, pray for them, speak with them, and remind them that they are cared for. This is one of the many ways in which Alpha Pregnancy Center mobilizes people to work for the glory of God.



Alpha Pregnancy Center is situated at the edge of the Outer Mission neighborhood of San Francisco and aims to serve individuals and families who face a variety of life circumstances. I started volunteering at APC about a year ago. I now work as a client advocate at APC, and I have seen God change and grow my heart to care for families facing unplanned pregnancies, and also families in need in the time that I have worked here. The center acts as a non-profit family resource center and a licensed medical clinic that aims to (but is not limited to) serve the Excelsior community in San Francisco. The people who live in this community are often people who are of a lower socioeconomic status, of a less privileged background, or are immigrants (primarily Latin American and Chinese) to this nation. Because of this, a big part of our ministry is to offer material things that the center which can be invaluable to a family in need. However, oftentimes, I have seen that a package of diapers or a packet of baby wipes are the very least of what we can offer to these families. The people who walk through our doors every day continue to teach me the value to sit down with someone who is hurting, to be a voice of sympathy, and to be that source of compassion for someone. It reminds me how much more we can be doing as a church, as a community, and as a city -- to be aware of what goes on in the lives of the heavily burdened people we seek to serve so that we can be witnesses of the hopes and promises of Jesus Christ to them. ▶



APC has given me opportunities to sit down with mothers of a variety of different backgrounds. One mother I talked to, felt a profound sense of guilt and shame even before her child made his way into this world because she was unable to provide him one of the basic necessities of babyhood, a crib. I have prayed over and cried with another who confessed her deep fear, anxieties, and insecurities she has with her own abilities as a mother because she blames herself and continues to mourn for her first child who died from SIDS. I have hugged a mother who has found herself in a position where she fears for her child and for herself because she is not safe in a place, she calls her own home. I have seen God move to orchestrate events to lead young women who felt they had no other choice but to terminate a pregnancy and to offer the resources that may help her choose life, whether that be access to peer counselors or case management for housing. These snippets are just a mere sliver of the hundreds of people who walk through the center's doors every year - hundreds of people who do not realize how much they are loved by the God who created them.



Because of that, Alpha seeks to host events like the Walk that manifest as a tangible way to actively take part in the lives of our clients. It is our hope that participants walk away from the Walk with a greater understanding of the Great Commission, and to be a beacon of hope for the lost at home in San Francisco.

APC為生命步行籌款- 社區關懷活動分享及推介 Sharing God's Love at the 2018 APC Walk For Life

Written By: 心愛家庭團契Heart to Heart Fellowship 王馮梨珍姊妹 Lei-Chun Wang

2018年10月20日我參加了APC為生命步行的籌款活動, 這活動我已經參加多年, 每一年我一知道這步行籌款的日子後, 我都趕快放進日曆表上, 今年也不例外; 對我來說, 這是一個非常有意義及能幫助信徒藉步行探訪來關懷社區的活動, 也可以為APC機構作籌款工作。故此在九月初, 準備參加步行的弟兄姊妹, 已開始邀請教會弟兄姊妹及外面的朋友, 用金錢贊助, 感謝主, 溢樂教會很多弟兄姊妹非常樂意的捐助: 5元, 10元, 20元, 50元等, 來支持每一位步行者。

到了10月20日星期六那天, 步行者在APC中心集合過百位來自不同教會的弟兄姊妹, 齊集在開幕禮中, 聆聽APC的現任主任Faith女士分享神在過去一年, 天父如何帶領APC在三藩市米慎區的工作, 包括如何幫助很多懷孕的婦女, 藉著診所醫療的輔導, 超音波的掃描照片, 及見到胎兒的超音波掃描映像後, 決定保存胎兒; APC亦為她們提供產前所需的嬰兒用品, 衣服等; 這些婦女及家人, 得到職員的支持, 鼓勵及禱告, 及在週日參加查經班及婦女家人支持小組等服務。這個開幕儀式及介紹, 加增每位步行者, 更多認識APC的工作, 對當天步行的弟兄姊妹們明白步行籌款及鄰舍關懷有重大意義。

今年溢樂教會參予步行的弟兄姊妹共有20多位, 除以往多年參加的弟兄姊妹外, 新加入的十多位弟兄姊妹, 來自不同團契小組, 年齡從兩歲到六十多歲, 大家非常踴躍支持這社區關懷事工。我們按著語言分成三組, 有英語粵語及西班牙語等。我們每一組帶著APC已預備好的禮物, 包括玩具, 嬰兒及幼兒的禮物, 興高采烈地開始步行到第一個家庭。和我一組的有英文組的年輕夫婦Jason, April一家四口, 並教會負責Social Justice的Gary, 及剛接受雙膝蓋手術後的Judy姊妹等, 大家一路行, 一路分享, 來到第一家是中國人的家庭, 見到夫婦二人及三歲兒子, 及在睡覺中的六月大嬰兒, 我們與他們分享神的愛, ▶



認識他們的情況,並為他們一家禱告,求神祝福保守他們,並加智慧給父母,能夠帶領孩子們認識神,在神的愛中一起成長。這個被採訪的家庭,非常感謝APC對他們的關懷及行動上的支持。我們與他們道別後,繼續沿途步行,來到第二個家庭,在車房土庫開門的是一位二十多歲的年青媽媽,她說嬰兒感冒,不太舒服,她擔心嬰兒的健康,我們為她禱告,將她和新生嬰兒都交託給神,求主醫治嬰兒的感冒,使他早日康復,禱告後年青媽媽問我什麼是禱告,我們有機會與她分享神的救恩;我很開心能夠採訪這年青媽媽,幫助她認識到禱告是什麼,並神如何的愛世人,甚至將祂的獨生子,賜給他們,叫一切信他的,不至滅亡,反得永生。

採訪完這兩個家庭後,我們繼續步行到APC 籌款活動的最後一站,在公園與其他百多位「為生命步行」的弟兄姊妹聚集一起,享受APC 義工們為我們所預備的BBQ 午餐,在主的愛中,彼此分享,一起見證神的恩典,神與我們的同在,榮耀歸給神。在此鼓勵各弟兄姊妹,在2019年考慮參予這富有意義的社區關懷事工。 ■



How Much Do You Know About Alzheimer?

Written By: Eva Eng | Translated By: Ernest Lam

What's facing her and how do we deal with her situation? The patient, as well as the people around her, including her spouse, children, relatives and friends are all involved. How much do they need to know to truly understand her needs? At what stage should they admit her to an in-patient facility without her feeling being abandoned or abused? How can care be carried out without being misunderstood that they no longer respect her? All these questions will pop up when a family member encounters Alzheimer's disease. It brings into focus the need for each one involved to have the relevant knowledge and resources to come up with a constructive game plan to extend help to the one in need. For this reason, I am thankful that the Holy Spirit has moved in my heart to share with you some common misguided notions regarding this disease and my personal family experience.

About 25 years ago, my mother began to suffer from Alzheimer's disease. In the beginning, she seemed normal but gradually her emotions became easily perturbed. She wanted to go out all the time and once she was out, she wanted to hurry back home. She kept complaining that people had stolen her money. She became impatient. One day, she went out with dad to the busy 19th Avenue in the Sunset District. She ignored the traffic light and dashed into the middle of the street. Dad grabbed her back to the side walk, but unfortunately her arm hit the lamp post and she broke her wrist and had to be rushed to the ER. After putting her wrist in a cast, she was discharged. She took a cleaver and wanted to cut away the cast. Fortunately, she was stopped in the act in time and the cleaver was taken away from her. She then tried to boil some water to dissolve the cast; she was again stopped. At 11 pm that night, she went outside and sat in the street waiting for a car to come and run over her cast. We had to take her to the hospital to ask the doctor to remove her cast and the drama finally came to an end. Unfortunately, there was no appropriate institution to take in such a patient. Only the family was there to care for her, and this went on for seven years. It drained us physically and emotionally, and as a result, I began to suffer from depression. From my personal experience, I know that such caring is indeed not easy. Even if you give up your life, you seem to accomplish so little. We had to resort to hiring home care service or put her in a nursing home. Many consider putting a loved one in a nursing home to represent not respecting the senior. Actually, it is just the opposite. It has nothing to do with respect. We were simply not capable of providing this kind of care because we lack the training and we do not know how to extend proper love and patience. I believe the proper way is to turn to professional help to tap into proper health care resources. She will be in the company of other patients and there are constructive daily activities to help them.

One day, a sister in our fellowship group called to invite me to visit an elderly sister, "A", with her. She said a week ago she visited this elderly sister and in this visit she unintentionally offended "A's" children, making them very unhappy. During that visit, "A" told my friend that she was forced to live in this nursing home, and she was concerned that her husband had no one to care for him living alone at home. Her children took away her phone cutting her off from her only means of communication. She became fearful, lonely and did not know what to do. Months went by, and her children never came to visit her. She constantly thought of her lonely and helpless husband who was at home and she herself also became very lonely. She felt that she was still independent and was quite capable of going home and did not need the service of the nursing home. Her children insisted that she needed to be examined by the nursing home and said that they would take her home in a month or two. Three months went by and there was no sign of her being discharged. She poured her heart out to the visiting sister telling her that she was being abandoned by her children, begging her to take her home. The visiting sister felt very bad and asked her how she may help. "A" complained with tears that she did not have a phone to use to call her husband. Because of this, the children later became quite unhappy that the visiting sister allowed "A" to use her phone to disturb their father and was unhappy that the visiting sister considered them disrespectful to their mom. Therefore, the visiting sister then called me to go together to visit "A" to see how we can help her return home.

What we need to focus on is how little the patient, her children, her spouse, her relatives and friends really understood the nature of the disease. When does the patient need help? How should they extend care? When should they release the patient to be cared for by others without being misunderstood as abandoning or abusing her or not respecting her? If she was able to carry on a normal conversation, and could even remember the phone number at home, did she really have Alzheimer's? How should we have handled her children's feelings of being misunderstood that they abandoned or disrespected her?

From this visitation experience, I became aware that such misunderstanding is common because the patient often appears to be normal but may break into abrupt self-destructive behavior. The patient herself had no idea what's happening. For the sake of her safety, she needed around-the-clock surveillance. In this situation, placing her in a nursing home was a sensible move. It may appear to people outside the family that it's abandonment or even abuse. I am writing this testimony in the hope of letting those friends and relatives who take part in caring, visiting or in the ministry of encouragement to be ►

careful in expressing your opinion. Ask God to give you wisdom to speak in love and to be constructive. Do not rush into saying or doing things that are counter-productive to make the situation worse. May the Lord give us wisdom and love to care for our seniors who suffer from Alzheimer's disease.

如何正確看待患腦退化症的病人？

Written By: 慧修

我們面對的是怎樣的一個問題？又如何去處理呢？而病人，兒女，伴侶，親戚以及周圍的朋友對這病況要認識多少才算是真正的認識呢？如何認定病人何時需要照顧，什麼情況下讓病人進院而又不被誤會是家人遺棄或被虐待？如何才不被人認為家人或兒女做了不孝的決定？種種的問題出現時而家中又有這樣的一個病人時，每一個人真的需要有相關的智識及資訊才可以有建設性的幫助這些有需要的人。

為此我很感謝聖靈觸動我要為以上所常見的誤解而想分享一些關於現今最常見的家事決定引起很普遍的誤解。

我的分享：

大概二十五年前，我媽媽患了阿茲海默症，初期生活如常，漸漸她情緒高漲一些，一天到晚都要出街，出了街又忙着回家，不停的投訴有人偷了她的錢，很沒耐性，甚至有一天媽媽和爸爸要行過日落區的十九亞運由，這是一條很繁忙的街道，媽媽却不理會交通燈紅或綠便衝過街中心，爸爸急忙把她拉回來，因此把她的手碰到電燈柱，媽媽的左手腕骨便斷了，急忙送急症室打石膏医治，回到家後，媽媽找來大菜刀要把石膏砍開，幸好被家人發覺便把刀收起，仍後媽媽去煲滾水好讓熱水溶化石膏，家人又阻住了她。最後晚上十一時媽媽落樓走出馬路坐在地面等待車來幫她車破石膏。最後我們只好立即送她回醫院，要求醫生幫她除下石膏，這鬧劇才平靜下來。可惜那時還沒有機構或療養院肯收留這樣的病人，我們家人在家服侍了媽媽七年，其中的精神，體力，身心都很疲倦，我也因此得了憂鬱症，我親身經歷過服侍這類病人不是容易的事，我覺得你賠上了你的生命也幫不到忙，因此要請日夜家居護理或送進療養院才是智慧的決擇。現在很多人以為送去療養院是不孝，是遺棄！其實剛剛相反，不是不孝而是有心無力，因家人沒有專業訓練，愛心和耐心有限，但交托專人服侍才得到正規醫療幫助，和有其他的病人做伴，又有建設性的活動幫助他們日常生活是一件好事。

我的使命：

有一天團契姊妹來電約我去探訪一位年老的A姊妹。她說上星期剛剛去探訪過這A姊妹，但這次的探訪無意中得罪了A姊妹的兒女。令她的女兒很不高興。原因是A姊妹告訴這團契姊妹，她覺得是被兒女們強行留在療養院裡。A姊妹很掛念丈夫獨自一人在家沒有人照顧，而她的兒女讓她進療養院後又沒收了她的唯一可以通訊的電話，以致她覺得很徬徨，孤單，不知所措。從開始到現在，幾個月過去了，兒女從沒有來探望過。而她又很掛念家中年老體弱的丈夫獨自一人留在家中，沒有人照顧。她又覺得在這療養院裡很寂寞，又覺得自己可以行走，自理，不需要人照顧，所以一直都想回家。但兒女却要她留在此驗查說一兩個月後便接她回家。但因三個月過去了，仍然沒有出院的跡象，因此她很傷心的訴說她自己被兒女們遺棄了，她哭求探訪姊妹幫忙救她出院。探訪姊妹聽後很難過便問如何幫她。因而A姊妹又哭訴說沒有電話可以聯絡她丈夫，因她很掛念他在家的情況，所以探訪姊妹便借了自己的電話給A姊妹打給丈夫。就因為這樣，A姊妹的女兒很不高興團契姊妹借電話給她母親打電話回去擾亂她父親，和很不高興團契姊妹懷疑兒女們有不孝順的舉動！為此團契姊妹找我去探望A姊妹和看看如何或可否幫她搬回家住。

現在要重視的問題是病人，兒女，伴侶，親朋戚友對這病例有多少認識？何時認定病人需要照顧？如何照顧，何時放手被他人照顧而又不被誤會被遺棄或虐待和不孝？例如某姊妹她對答如流而且還記得家裡的電話怎會是阿茲海默症呢？因此兒女被誤會遺棄或不孝，我們應如何處理呢？

在此次的探訪我領悟到以上的誤會是一個很普遍的現象，因為病人很多時都很正常，但却有時可以突發性的做出傷害自己或別人的事件，病人自己一些也不知和理解，為了安全起見，病人是需要二十四小時的守護，因此能住進療養院是一個很有智慧的安排，但病人和外人看來是一件不孝或被遺棄的感覺。因此我分享這文章是希望參與這些探訪，問候，鼓勵，支持的親朋戚友請謹慎的表示你的意見，切切要求神給你智慧和愛心來說建設的話，不要做一個越幫越忙的魯莽人！願主賜各人智慧和愛心來關顧有阿茲海默症的病人！■

Serving Butte County

Quotes and Photos by Various Team Members

"We go and try to help the homeowner find whatever valuables or keepsake that are buried in the ashes but the best thing we leave with them is God's amazing love." – Gary Lee (Team Lead)

Sunset's week-long and day volunteers:
Front L-R: Roger, Pin Hua, Jenny, Wayman, Maria, Bryon, Polly & Pablo.

Back L-R: Gary, Paul, Tina (not from Sunset) and Hazel.



Personal Experience from a Paradise Fire Victim

"I heard the wind howling through the night, but something woke me early in the morning. I got up and stepped out for a bit of fresh air. How nice it was: the smell of log smoke, a faint red glow of the sunrise in the skyline. It was a bit breezy for the morning but it was not unusual. I thought, 'What a beautiful sunrise we will have today.' As the red color grew more intense and the roaring sound of the wind picked up, I began to think something was wrong. Then I saw the flames rolling over the edge of the ridgeline. The entire ridgeline, as far as I could see, was on FIRE and it was heading in my direction. I quickly woke my daughter up and told her to get the cats. It was early for her after a long night of study for midterms; however, she quickly responded when I yelled 'Fire!'."

She grabbed the cats and headed to the car. I was in the car for a moment, but left it to grab another cat who had escaped. When she put the cat in the car, it also jumped out and ran for it. I returned and we got into an argument about why the cat got out. Too late, the flames (we found out later was consuming forest at a rate of 50 to 75 feet per second) had already reached our neighbor's house.

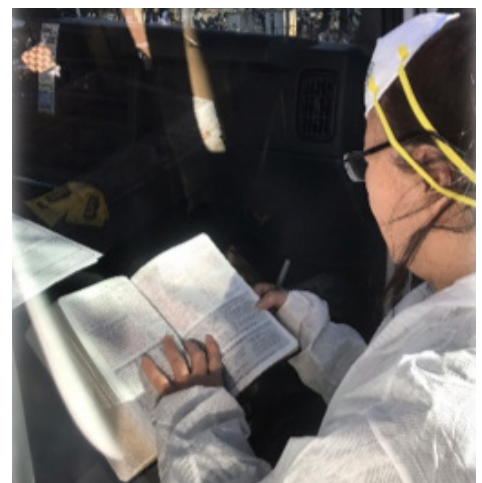
We raced our car down the windy road, glowing embers flying in the air like a gazillion fireflies.

Emergency stop! A panicked neighbor ran in front of our car and pleaded for us help her. She tripped and lost her car keys in the leaves. We had to take her dogs. She had 2 with her; so we loaded them up... 'WAIT! There are more dogs!' She runs into the house and emerges with 2 more dogs. We load them up. 'WAIT! There's more!' She runs back into the house and returns carrying her disabled, overweight basset hound.

Ok. Ok. Dogs saved. Neighbor saved. We continue our hasty trek down the winding road, using the wrong side of the road as needed.

We make it into Chico, never to see our home the same again. But we were safe from the flames."

P.S. The cats made it.



Time and time again, we heard stories of harrowing escape and near misses for each family we worked with. Everyone lost their home. Some lost their church and fellowship. But the most heart-wrenching were the families who lost family members. Life in Paradise, CA will never be the same again for many. It is unclear if the town will even be rebuilt. It is unclear how long the team efforts and support will continue. It is unknown how long Paradise, CA will be on peoples' minds before something else occupies their resources, thoughts, or prayers. ►

The only certainty is that the teams were sharing of God's word and HIS love with the victims. Each family we visited includes sharing a gift ... God's Word in the form of a topical indexed bible. The front pages of each bible contain personal notes from each of the visiting team members.

The lasting impact on their lives will be the prayer, love, and fellowship that the property owners shared with the visiting team. For most, it was their first time seeing the remains of their property. For most, it was their first small-group/fellowship meeting in many weeks since being forced to flee. God's hand was there to rescue them so we could have the privilege to serve them.

- Byron Chun.



This was a unique experience; the sight of miles and miles of absolute destruction is difficult to comprehend by merely seeing it in the news. Seeing the magnitude and the enormity of the total incineration of all things that we see as homes, it could be our homes as well gives a small portal of insight as to what the residents of Paradise may feel, but the depth of the pain and sorrow can only be known by those that suffer the loss.

The homeowners and residents seem to be in relatively good spirits, given the circumstances, but even with our minimal exchange with them. One can feel some of their deep sorrow within for the losses of a entire town and some of their neighbors or friends.

Our team was cheerful, energetic and worked diligently to sift through the rubble for any remnants of sentimental value to the residents. This was truly a good experience in the company of people with giving hearts.

This was my first time and I feel that we can do much more, given our diverse backgrounds, there is much talent that can be harvested to do much more, since the need is enormous out there. I would very much find another group that can go up there during the first two weeks of the new year for a week or so, say a Monday to Friday stint back up to Paradise. We can all do more given the vast diversity of talents, we all have (actually, I have extensive training in Safety, SCA (surface contamination areas), hazardous material training (previously certified during my engineering/construction days).

- Roger Moy



If you are interested to serve as a Day Volunteer with Sunset Church, please sign up at sunsetchurchsf.org/firerelief. ■

City Impact Gala Reflections

Written and Photos By: Various Contributors



2018 City Impact Gala Sunset Church Attendees:

Front Row L-R: Avery, Fennie, Richard, Donna & Lei-Chun

Back Row L-R: Diana, Lois, Jasmine, Molinda, Warren, Jeff, Eric & Jennifer

"I tell you the truth, when you did it to one of the least of these my brothers and sisters, you were doing it to me!"
Matthew 25:40 (NLT)

This verse is what I think of when I think of the many ministries/departments that City Impact has in SF's Tenderloin. I was blessed to hear touching testimonies at their annual Gala from a lady who has come to know God's love in a real & personal way through the ministry – "Adopt A Building" (which Sunset Church participates in, please join us on Sunday afternoons!!) and by one of the graduates from City Impact's Academy (K-8th). God is so good!!

City Impact's motto is "We exist to intervene on behalf of the people in the inner city of SF." They spend time and effort investing in lives and building relationships to share God's love and introduce them to a personal relationship with God. Their staff and volunteers reach out to people via: Adopt A Building, Church (Sunday mornings & a Chinese service at 4-5pm), City Academy, Conference Day (next one is July 20, 2019), Health & Wellness Center, Rescue Mission, School of Ministry & Thrift Store. Please see their website sfcityimpact.com/playbook to read more about this great ministry here in SF.

Thank you Sunset for supporting this work in the Tenderloin and to all who pray, volunteer and/or give to God's work through SF City Impact. Blessings! - Lois Wong

The one thing that stood out for me was hearing the story of a boy at the school who was benefitting from therapy. The reason for this is the person providing the help is my wife, Fennie. I heard the story the previous night at another fund raiser, so I was pleasantly surprised that the same example of the need for therapy for students was used at the City Impact Gala. It made me proud of my wife to see that the work she's doing has a positive impact for the kids. – Richard Bing-Wo



Thank you to Sunset Church for being involved with City Impact and to encourage and subsidize the cost for people to attend the City Impact Gala. It was my first time to attend this event although I have heard about City Impact and about our church's involvement. I thank God I was able to attend. I learned about City Impact being involved in many ministries that benefitted many people in the inner city. I praise God for the three testimonies that I heard about at the Gala. I heard a high school girl share that her family was not able to support her at her young age. She was able to get help from City Impact for financial aid, living support, her schooling, etc. Throughout all these years, she formed good relationships with the people she encountered and more importantly, she learned about Jesus from Bible Study and accepted Jesus as her personal Savior.

The 2nd testimony was a lady who shared about her cancer. She felt so lonely since her friends left her when they found out that she had cancer. She also needed help financially for treating her cancer. She had no one to turn to. She was glad she found City Impact. The people in City Impact helped her tremendously especially at the City Impact Medical Aid Clinic. She attended City Impact's Bible Study where she found hope and accepted Jesus.

I was really touched by the 3rd testimony from a teacher. He shared that he gave up his good paying job in a private company and became a full-time teacher teaching at City Academy School which was a much lower paid job compared with his former job. He said he feels really rewarded in God and also feels really privileged to work for God under City Impact. I really thank God for guiding me to attend this City Impact Gala. I praise God for leading the large group of faithful and loyal people to work at various ministries to help out so many people who desperately needs help in the city. May God continue to bless every worker who helps out at City Impact. May every person who received help from City Impact get to know God. I praise God for the City Impact staff and all the volunteers. May we all give Glory to God! - Donna Chan ►

We were inspired that night at the City Impact Gala by the personal stories that were shared — Because of funds raised last year specifically for special needs services at their school, City Impact brought on a special services director who assessed all the students and has now placed services for students who have been identified with developmental delays. One elderly man who has been sponsoring a student at the City Academy with his wife continued his sponsorship even after his wife had passed away, knowing that it would be what his wife had wanted. Another woman shared her story of how she was diagnosed with cancer and lost her own mother (her only family member living in the U.S.) all within a one-month span. In the midst of her devastation and losing all hope to live, she heard a knock on her door that changed her life. The person on the other side of the door was part of City Impact's meal delivery ministry and stayed to chat with this woman for half an hour that day. She connected her to Bible Studies, worship services, and helped drive her to and from chemotherapy and surgery appointments. City Impact became her family when she was at the lowest point in her life, and she is now giving back to the ministry by volunteering with them regularly. These stories show God working through City Impact to reach the people of the Tenderloin. - Eric and Jennifer Ling

This was my first time attending the gala, though I've been serving with Adopt a Building for a few years. Being what I consider to be a foot soldier volunteer monthly, being at the gala reminded me that God also uses people who will volunteer to donate finances as well. Both types of volunteers are vital, and it's God alone who maximizes physical efforts and monetary gifts to reach the Tenderloin residents with His love.

Listening to the stories of people in the tenderloin — Keith and a young girl now a sophomore in high school, who have been redeemed and transformed by God through City Impact encouraged me to "soldier on", as God is rescuing tenderloin residents, one at a time. — Diana Lee

Jesus and Zacchaeus - Luke 19

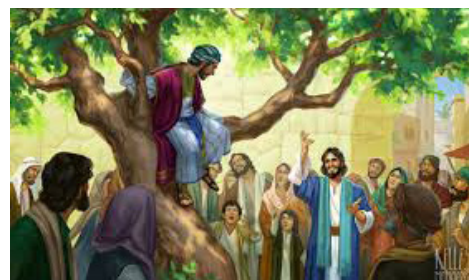
(Fourth in Series of Relational Wisdom Applications)

Article By: Elgin Quan 关李瑶真

How the Gospel Transforms Relationships

How did Zacchaeus turn from living for himself to living for Jesus? How does the Gospel transform relationships?

In the Gospel of Luke chapter 19 we read about a head tax collector who was quite rich. He was also very short. He wanted desperately to see Jesus, but the crowd was in his way, so he ran ahead and climbed up a sycamore tree. When Jesus got to the tree, he looked up and called: "*Zacchaeus, hurry and come down, for I must stay at your house today*". Luke 19:5



Six Relational Wisdom Principles:

- 1. God-Aware** - Zacchaeus was curious about Jesus who drew crowds wherever He went. Luke 19:3. The crowd was in his way. He couldn't see over the crowd.
- 2. God Engaged** - Zacchaeus was aware of God's love and mercy. He was moved to the point of desperation. His desperation made him climb a tree to see Jesus. Luke 19:4
- 3. Self-Aware** - Jesus called Zacchaeus by name. There were many people in the crowd, but Jesus called only Zacchaeus by name. His name is mentioned 3 times in this short story. By calling his name, Zacchaeus saw his own sin. He knew he was despised and hated in Israel since tax collectors often took for themselves a high percentage of what they demanded.
- 4. Self-Engaged** - Delighted to welcome Jesus to dine at his house, Zacchaeus felt affirmation, acceptance and honor. Zacchaeus' heart was won over, his heart set free. He no longer wanted to live for himself. Inspired and empowered by the Spirit of God through Jesus, Zacchaeus was able to turn from living for himself to living for Jesus.
- 5. Other-Aware** - Transformation happens when the heart is set free. Zacchaeus' heart had been changed. Having first understood the truth about himself, Zacchaeus now understands the truth about his relationship with others and with God. He is no longer the center of the world. He no longer only lives for just himself. Transformed by the Gospel, Zacchaeus repents of his selfishness and entrusts his life to Jesus Christ. As a result, he develops compassion, kindness, forgiveness and understanding and begins to grow more and more into the heart and mind of Christ.
- 6. Other-Engaged** - Having a heart that is changed, Zacchaeus determines to deal generously with others. He gives half of his income to the poor and if caught cheating, restore four times the damages. Luke 19:8

Does God know you by name? How has the Gospel transformed your relationships? Zacchaeus was hated and despised, yet he was honored by God. The Gospel transformed Zacchaeus from living for himself to living for others. It restored his relationships and reconciled him to God. Transformed by the Gospel, Zacchaeus embodies the Gospel mission statement: "... *For the Son of Man came to seek and to save the lost*". Luke 19:10 ■

Prepare to Believe - Answers in Genesis Ark Encounter and Creation Museum

Article By: Elgin Quan 关李瑶真



Myth or reality? Creation or evolution? Young earth or old earth?

Early in the morning, 51 Cantonese speaking members embarked on a delightful trip to Kentucky, Oct. 8 – 12 led by Mr Lam Sau Wing, (林慘榮) under auspice of S.O.W. (**Serving Others Worldwide**) ministry. Outstanding biblical presentations of life size Noah's Ark, and stunning exhibits of origins of the universe and human race displayed at the Creation Museum challenged and inspired our personal bible knowledge and biblical understanding. Four nights and five days became the catalyst to stimulate hearts to believe and embrace the importance of biblical authority.

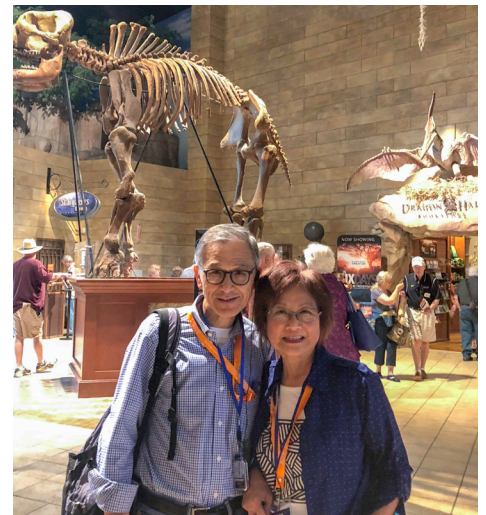
Ken Ham, CEO of Answers in Genesis, has always stressed the need to equip Christians to face the challenges of today's culture. He established Answers in Genesis ministry to equip Christians with a wide variety of tools in order to enable Christians to defend their faith, proclaim the gospel of Jesus Christ effectively and to share the gospel with skill and confidence.

Day One - Was the Ark, myth or reality? Climbing the 3 floors of the massive Ark, was spellbinding. The life size Ark built entirely according to biblical standards, 510 feet long, 85 feet wide and 51 feet high, were stunning displays, complete with animatronic exhibits that portrayed a clear biblical picture of historical events of Noah and his day. The Ark Encounter is a one of a kind historically themed attraction that immerses the visitor to be transported back in time to the Genesis story of Noah.



Day Two - How do we know the Bible is true? A visit to the Creation Museum, we were amazed by bible history that came to life with realistic Garden of Eden, flood dioramas, stargazer's planetarium, botanical garden, camel rides and much more. I found the exhibits to be extremely helpful in examining age old questions about science and the bible, current social issues and enhancing today's understanding and application of God's word.

Day Three - What Price is Freedom? This day included a moving presentation from *Slavery to Freedom*. After an early morning walk across the bridge from Kentucky to Ohio, a tour of the National Underground Railroad Freedom Center gave us new appreciation of American history. The Center is an amazing monument to the souls of black negro slaves who risked everything in the fight for their freedom. Historic documents, videos and exhibits portrayed how heroic 19th Century Americans sympathetic to the black slaves' condition helped enabled their perilous escape. At the end of the history tour, we came on board the BB Riverboat, the "Belle of Cincinnati", and enjoyed a cruise of the historic and scenic Ohio River.



All in all, this epic 4-day tour challenged me to re-read the bible with a new and fresh vantage point. It helped members of our group to prepare to *give an answer to everyone who asks you to give the reason for the hope that you have.* 1 Peter 3:15.

Myth or reality? The Ark Encounter experience not only made alive, a credible eye witness account of the stories written in Genesis but also offered definitive and authoritative answers to those who are *prepared to believe.* ■

Operation Christmas Child 2018

Written By: Steve Li | Photos By: Steve Tse, Gary Gin, Richard Lee & Lucy Gee



“packing party” ran smoothly and efficiently.

My wife Stella and I have participated in the program for the past six years. We were touched for the first time, when a video shown in service, demonstrated the happiness of a child who received a gift of a filled shoebox. It is something that we both look forward to each year. From the beginning of November, a table would be set up in the church lobby where information would be given about the program and donated shoeboxes are received and distributed. As the time gets closer to collection week, gifts in the form of filled shoeboxes, supplies or monetary donations are received. We have been blessed to have had the opportunity to attend to the table each year. Stella, being bilingual, is able to share the information with members of the Cantonese congregation.

The packing party took place the week before Thanksgiving. The church lobby was transformed into “Santa’s workshop”. It was really a festive atmosphere. With Christmas music playing in the background, (courtesy of John Wong), we began our day with a prayer that these gifts safely reach the children, and that they may also be the impetus to start a relationship with our Lord and Savior, Jesus Christ. Then, the elves (volunteers) eagerly wrapped and/or packed boxes with basic toiletries such as a toothbrush, face towel and soap along with other items such as pens, notebooks, toys and maybe a t-shirt or scarf. It is truly a pleasure to share God’s love through these gifts. This year was a bit different than in previous years. We hit the ground running on Monday, November 12th. Since Sunset Church is the drop off point for all of the churches in San Francisco, we also processed the shoebox gifts collected by other churches as well by placing them into cartons that will ultimately be transported to our drop off location in Belmont. On that first day, we processed 90 cartons of shoebox gifts as other churches began dropping off their gifts earlier than in previous years. Day after day, we had a steady stream of drop offs. With a servant heart, we packed, boxed and helped unload cars, despite the bad air quality due to the fire in Butte County. We can truly see God at work, as each day we see carton after carton being piled up ready for transport. By the end of Day 4, we had processed over 3,800 shoeboxes, which exceeded our total at that point in time last year. The last day was Sunday, our busiest day, as “all hands were on deck” to handle the late afternoon rush of drop offs by other churches. It was a very busy day, but well worth it. Sunset Church processed a total of 8,206 shoeboxes, of which 3,503 were packed by our home church.

It’s been an absolute pleasure to once again participate in Operation Christmas Child. God has truly blessed us in the form of many volunteers who came into offer their time and help. It was great to see many new faces. Veronica, one of our volunteers, made the following observations: “I have met such great people and was given joy from being able to partake in such a great cause. You don’t have to have a ton of money to donate just to “do your part or give back”. You can donate by giving up your spare time. Don’t feel bad if you can’t give money to charities/fundraisers, there’s always other ways to do good in this world.”

The Operation Christmas Child core team members would like to extend our sincere thanks and appreciation to all of the volunteers for their phenomenal support and donations as we share God’s love with children around the world. We are eagerly looking forward to participating again in 2019 and beyond. ▶





"Thanks for all the support and partnership with OCC this year...a truly church-wide effort! There were around 150-200 people who were involved in one way or another this week...shopping, assembling items, wrapping and packing shoeboxes, boxing shoeboxes into cartons, documenting shoebox counts, transporting cartons to Belmont, cleaning up, and many more acts of service that I'm overlooking...overall, a good time of fellowship as we serve together! 8,206 shoeboxes were processed at our church, of which Sunset made 3,503!

46 different churches/organizations/and 61 individuals dropped off shoeboxes during the week at Sunset (which is the only drop-off location in San Francisco). Thanks again to everyone who participated! It was a pleasure to serve and partner with you all to bring joy to kids around the world and to let them know that Jesus loves them!" - Steve Tse ■



Sunset Profile: Lorraine Lee

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

I was born and raised in the Philippines though my family is ethnically Chinese (Fookien). I am a middle child, with an older sister, an older brother and a younger brother. For as long as I can remember, we have always slept in the same room with my parents (I only moved out after I got married). Because it was always hot and humid in the Philippines, we had AC and to conserve electricity we just all slept in one room. Because of that, my siblings and I grew really close to each other.

I grew up in a typical Chinese home, my parents were strict and protective. I couldn't hang out with friends if no one would take me home and I had to be home by 10pm until after college. I wasn't allowed to date until after college as well. Although my parents attended Christian schools, I didn't grow up Christian. Our family religion was a mix between Catholicism, Buddhism, and Christianity.

I went to a Christian school and that is where I first heard the Gospel. I would attend Sunday school because I would get additional points for my Christian Education class if I did. When I was in 6th grade, my dad had a series of dreams that prompted him to look for a church. From then on, we started going to church as a family.

Although we started attending church, my life was still pretty much unchanged. My parents would always testify that I was their most stubborn kid. I lied a lot, did things behind my parent's backs, and had secret relationships. It was not until I became a senior in high school did I really meet Jesus and understand what it meant to be His follower.

During one of our annual youth summer retreat, as we were worshipping, I felt Jesus ask me, "When are you going to make me the Lord of your life?" It was then where I made a decision to surrender my life to Christ and let Him take control. I was tired of trying to find love and significance elsewhere, tired of the power struggle I had with my parents, tired of living life my way. I do not know and cannot explain what happened, but I came home a different person after that summer.

Since then, I became active in joining fellowships and Bible Studies and started to serve more regularly in ministry. When our youth pastor left, I was one of the leaders that helped take care of our church's youth ministry. It was here that my burden and desire for ministry grew. I found myself saying that this is what I wanted to do until I die - serve the Lord in ministry.

I am thankful to have a home church that walked with me through this whole process of discovering my calling and my gifts. They had encouraged me to go to seminary and that is where I met my husband, David Lee and the rest was history.

Feel free to come and ask us about our story because that will be another long one!



Lorraine with husband, David Lee

Q: What are your hobbies or interests?

This has always been a hard question for me to answer because I don't know. I love to cook, eat at new places, read, watch cooking shows but none really that I am very passionate about. My husband will always say that he thinks my hobby is church and to some extent that is true.

I love being around people and thrive being in church and serving there. I love cooking and hosting friends and guests at our home. Our place is an open house so feel free to come drop by for a visit, announce or unannounced. We mean it! ▶

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

Tough choice. But it will be between going to Greece, stay at one of the beachfront boutiques there, while watching the sunset, eating dinner and sipping wine; and, buying a house in SF :)

Q: What was the most rewarding and challenging experience you faced moving to a new country?

One of the challenging experiences I had here was going to the grocery store! The first time I went to Safeway to buy potatoes, I felt paralyzed not knowing what to pick. There were just so many options here and it made deciding so overwhelming.

However, it was very rewarding meeting different kinds of people here in SF. Being able to build a community within and outside of Sunset was truly a blessing. We are thankful for your friendship!

Q: You are the new Missions Director. Tell us about your vision/hope for this role and how can our congregation be more missions focused.

My hope for Sunset Church is that every member will be able to tell others what missions is and realize that all of them have a role to play in God's missions. It is a call for every believer to pursue God's heart for the nations.

As we create more opportunities for our congregation to learn about missions and serve in various areas, I hope and pray to see a people of God that is responsive and proactive in being part of what He is doing in our city and most especially in the world.

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

I have a huge extended family that would probably total to a 100 people. My dad has 8 other siblings that are all in the States, my mom has 6 other siblings, all of which are in the Philippines and I have a total of 43 first cousins from both sides. Yay for big families!

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

I do not have a specific Bible verse to give but throughout my Christian journey, hearing God tell me "I will be with you." always made an impact in my life decisions. In every milestone or big decision, I would always ask God if He would go with me, and He has always been faithful to answer. Knowing that His presence will be with me was always enough to cover any fear or anxiety I had.

問：告訴我們一些關於你自己，你的家庭，你的背景和你的靈命。

我在菲律賓出生長大，雖然我的家庭是中國人（福建）。我在中間，有一個姐姐，一個哥哥和一個弟弟。自我有記憶以來，我總是與父母同住（直到我結婚後才離開）。因為在菲律賓總是炎熱潮濕，我們雖有冷氣機但為了節省電費，我們只睡在一個房間裡。正因為如此，我與兄弟姐妹成長非常接近。

我在一個典型的中國家庭長大，我的父母嚴格保護。如果沒有人帶我回家，我不能和朋友出去玩，我必須在晚上10點之前回家。直到大學畢業後我才被允許約會。雖然我的父母上過基督教學校，但我並沒有因此成為基督徒。我們的家庭宗教是天主教，佛教和基督教的混合體。

我去了一所基督教學校讀書，這是我第一次聽到福音的地方。我會參加主日學，因為如果我這樣做，我會為我的基督教教育課程獲得額外的分數。當我六年級時，我父親有一系列的夢想促使他尋找教堂。從那時起，我們一家庭便開始去教堂。

雖然我們開始上教堂，但我的生活仍然沒有改變。我的父母總是會證明我是他們最頑固的孩子。我撒了很多謊，在父母背後做了很多的事情，並且有秘密關係。直到我成為高中的第四年學生，我真的遇到了耶穌並明白成為基督徒是甚麼意思。

在我們一年一度的青年夏季退修營期間，當我們正在敬拜時，我覺得耶穌問我：“你什麼時候能讓我成

為你生命中的主？”就在那時我決定把我的生命交給基督，讓他控制。我厭倦了在其他地方尋找愛情和意義，厭倦了我與父母的權力鬥爭，厭倦了我的生活方式。我不知道也無法解釋發生了什麼事，但那個夏天之後我成為不一樣的人。

從那時起，我開始積極參加團契和聖經研究，並開始參與更多事工。當我們的青年牧師離開時，我是幫助照顧我們教會青年事工的領導者之一。就是在這樣的情況下，我的對事工的負擔和參與增長了。我下定決心這是我想要做的事，直到我死 - 只想單單服侍主。

我很感謝本來的教會，在我發現呼召和裝備的整個過程中與我同行。他們鼓勵我去神學院，這是我遇到我丈夫David Lee的地方，其餘的都是歷史。

隨意來問我們關於我們的故事，因為這將是另一個漫長的故事！

問：你的興趣愛好是什麼？

這一直是我難以回答的問題，因為我不知道。我喜歡做飯，嘗試新的餐館，閱讀，看烹飪節目，但沒有一個我非常熱衷。我的丈夫總會說他認為我的愛好是教會，在某種程度上這是真的。

我喜歡和別人在一起，在教堂裡茁壯成長並在那裡服侍。我喜歡在家裡做飯和接待朋友和客人。我們的地方是一個開放的房子，可以隨時探訪我們，預約或未有通知都歡迎。我們說的！

問：如果你可以去任何地方做任何事情，你會去哪里和做什麼？

很難的選擇。或許是去希臘，住在那裡的海濱精品酒店，觀看日落，吃晚餐和喝喝紅酒；並且，或在三藩市購買我們的房子：)

問：你搬到一個新國家面臨的最珍貴和最具挑戰性的經歷是什麼？

我在這裡遇到的一個具有挑戰性的經歷是去雜貨店！我第一次去Safeway買土豆時，我被嚇呆了，不知道該怎麼選。那裡有很多選擇，令我感到很困擾。

然而，在三藩市遇到不同類型的人是非常有益的。能夠在溢樂內外建立社區真的是一種祝福。我們感謝您的友誼！

問：你是新的宣教主任。告訴我們您對此角色的願景/希望，以及我們的會眾如何能夠參與宣教。

我對溢樂教會的希望是每個成員都能夠告訴別人甚麼是福音，並意識到所有人都可以在上帝的使命中發揮作用。每個信徒都應該傳上帝的福音到世界各地。

當我們為會眾創造更多機會來了解宣教並在各地區服侍時，我希望並祈禱會眾能回應及參與上帝的在我們城市中我的工作，並伸展世界的宣教。

問：人們會對你有什麼驚喜？

我有一個龐大的大家庭，可能總共有100人。我父親還有其他8個兄弟姐妹，都在美國，我的媽媽還有6個兄弟姐妹，都在菲律賓，我共有43個來自雙方的堂兄弟。適合大家庭！

問：在你的基督徒之旅中，哪些聖經經文對你最有影響力？為什麼？

我沒有特定的聖經經文，但在整個基督徒的旅途中，聽到上帝告訴我“我會和你在一起。”總是對我的人生決定產生影響。在每個里程碑或重大決定中，我總是會問上帝他是否願意和我一起去，而且他一直忠實地回答。知道他的存在將與我在一起總是足以掩蓋我所有的恐懼或焦慮。■