

reach

Summer Edition | Issue • 1

A close-up photograph showing the hands of several people of diverse ethnicities reaching towards the center over a patch of green grass. The hands are positioned in a circle, with fingers pointing inward, symbolizing unity and reaching out to each other.

Reaching Up!
Reaching Out!
Reaching All!



Reach Community Church

2/177 Beavers Road
Northcote VIC 3070

Tel: (03) 9481 6889

Email: info@reachcc.org

www.reachcc.org

Senior Pastor: Pastor Victor Soo

Church Administrator: Sharon Oen

Regular Meetings @ Celebration Service Reach Community Church Sunday 10am - 12pm

*Chinese Service runs concurrently
with the English Service in a
separate room*

Monthly Ministry & Prayers
First Friday 7.30am - 10pm

Young Adults Meeting
Wednesday 7.30pm - 9.30pm

Youth Group Meeting
Friday 7.30pm - 9.30pm

REACH Kids
Sunday 11am - 12pm

Mother's Group
Tuesday 10am - 1pm

**OTHER Regular Meetings outside
Reach Community Church**

**Weekly Various
Family Group Meetings**

Quarterly
Ladies
Meeting

MEN'S
BREAKFAST
Quarterly



Welcome

to the first edition of Reach Community Church newsletter - **REACH** - our purpose is to **reach up** to God, **reach out** to you, and **reach all** in the community!



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Christmas Message By Pastor Victor Soo

Pastor Victor Soo is the founder of Reach Community Church. Together with his wife Crystal Soo, he continues to pastor the church and serve God and His people fervently.

The **REASON** for the *Season*

Christmas can be a tough time. There are shoppers who cannot remember where they parked their cars in the shopping centres after their frenetic shopping. The police, emergency and health services are forced to work harder during this busy time. This Season can be a traumatic period for family relationships too. The stress of organising Christmas meals, purchasing right gifts for each family member and friend, the need to finish off work before the close for the year, and frantic shopping for food to stock up for the holidays. The lonely feel forgotten, with no gifts or exchange of any greeting, the outcome may be greater loneliness.

My first memory of Christmas was when I was about 3 or 4 years old. My mother took me to a church and all I remember was lots of singing, and a man talking from the front. At the end of the service, people queued to leave and each person was given a gift. That first time I was at church, I received a

cake of soap. Yay, from a 3-year old. Then the following year, I received a handkerchief. Another yay. So Christmas from a young child's perspective was about singing and gifts. Today, this is no different. To many, this is what Christmas represents...joy, love, merriment and exchange of gifts.

During this time, retailers, restaurateurs and shoppers are not the only ones who are busy. Thieves are busier than us. They steal and rob the weary shoppers or break into empty homes. Spiritually, The Bible offers the same insight about a thief named Satan who is all out to steal and destroy our lives. The best prevention against this destroyer is not by having a Doberman or a Rottweiler, a security system or protection of policemen. It is having Jesus who is our source of joy, peace, love and hope to overcome the past, and to move into a New Year. This is why the whole world till today receives solace from time-tested carols rendering adoration of the salvation offered by God. He still remains the reason for the Season.

Journey of Reach Community Church

By L.C.

Based on the testimony of Pastor Victor Soo

"Our journey....." published in the program of Church Dedication Service.

Reach Community Church (RCC) celebrated its **13th** birthday this year. As we continue our journey in Northcote, we are amazed by God's hands in bringing us into this community and look forward to serve His people here.

RCC was founded in 2002, by Pastor Victor Soo, who responded to God's calling "to step out into a beginning." The congregation met many years at Monash University, Parkville.

In 2007, Pastor Victor stepped out in faith to start a Church Building Fund in response to God's leading, and God accompanied His Commands with signs, wonders and miracles:



Miracle 1

The Church Building Fund was granted the full Deductible Gift Recipient (DGR) in February 2008.

Miracle 2

Despite multiple objections, deliberations and mediations, the optimism of the congregation was relentless. With persistent and fervent prayer, in January 2012, we were granted a planning permit to seat 350 people.



Miracle 3

The building was purchased outright without the need of a bank loan. This was the result of God's blessing with surpluses from previous years, and God's love moving the munificent congregation to give generously.

Miracle 4

Reuben Kuah, an architect from the congregation, was commissioned to design the church. The church building is not meant to be conspicuous, but to reflect the Church Vision of "Exalting Jesus. Equipping People. Extending into Cities and Nations". The concept design was completed, and God again provided financially to proceed with the construction.

Miracle 5

A faithful member of the congregation, Troy Truong accepted the responsibility of leading the charge over the construction. He oversaw the process in meticulous details and indomitable spirit. Despite the shaky start and hiccups along the way, God's promise prevailed. After many months of travail, the building was finally completed in December 2014.

The completion was possible only through the assiduity of many people. During this long process, the congregation was united by our love for God, our faith in Him and the hope of His promise.

Most importantly, this glorious achievement was the evidence of the inexorable power of our God. The transformation from Commercial Warehouse into Congregational Worship marked the beginning of a transformational process from fruitlessness to fruitfulness. We would like to invite the residents of the City of Darebin to be part of this tremendous blessing. Our mission is to serve you.



God is my Security

Henry Tiong interviewed Reuben Kuah, an architect who designed the Reach Community Church. Reuben gave us insight into the design concept, his conversion to Christianity and his iron man experience. Despite the adversities he encountered in life, he remains optimistic and gives thanks to God as he prepares to enter fatherhood in February next year.

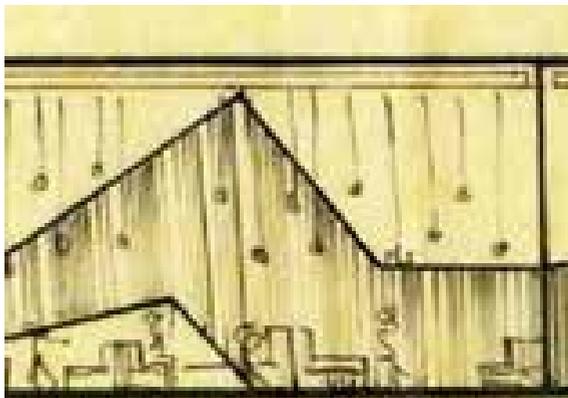


Despite being born in a Christian family, Reuben was not a typical Christian kid growing up. Peer influence was a major distraction pulling him away from church. When he left his family in Singapore to study in Melbourne, he never thought his life would have such an extreme turnaround. "I always believe in going all the way, work hard and play hard. Up until the end of the second year of University, I was absolutely crazy and did the most shocking things with friends."

It was during his Architecture Degree at RMIT that he met Rachel, now his wife. Rachel is the daughter of Pastor Victor Soo, the pastor of Reach Community Church. "She was different, perhaps like a keeper." Without attempting to ingratiate his mother, Reuben knew his mother would be happy about his relationship with Rachel. "When I told my mum about Rachel, she challenged me, 'Are you sure about this? A girl from church?' I was pretty interested in her, so I prayed, for the first time in 10 years. I asked God if this was His plan to bring me back to

Him. I struggled to get myself out of what I got myself in. 13 of my good friends were deported from Australia, only one left and he was leaving soon. When that one friend left for the airport, it was my breaking point, I sat by the road and cried." Retrospectively, Reuben believes it was God's intention to take everything displeasing to Him out of his life at the time. That breaking point became a turning point for him. It led him to a vigorous reconsideration of his life. Irresolute of his future, he started to attend Reach Community Church with Rachel.

The design of the side wall panel of Reach Community Church (see text for the idea behind the design)





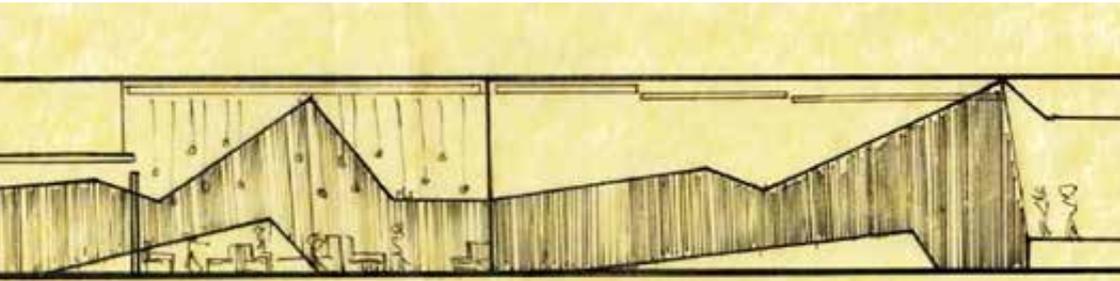
*Section of the side wall panel of
Reach Community Church*

After recommitting his life to God, life continued to be a tumultuous journey for Reuben. Much to his chagrin, after graduating from Architecture Degree, finding a job in his line of profession turned out to be a formidable task. For living and to keep himself occupied, he once worked at the Chemist Warehouse, but as it was neither his profession nor his passion, work was a drudgery to him.

In 2012 Reuben was given the responsibility of designing the Reach Community Church. It was a challenge to convert a commercial warehouse to a church with a stringent budget. "When I first stepped into the warehouse, I had an image of something warm, and I wanted the overall design to reflect that. The design of the side wall panel was the toughest, it has to stand as one element when the operable walls are shut, but also seen as a continuous singular element when the operable walls are fully open. At the same time I wanted the wall panel design to somehow reflect God. The undulating wall panels meant to reflect the hills and valleys in our walk with Christ. The end of the panels closer to the stage pointing upwards represents how Christ lifts us up." Reuben's hard work pays off. "When the place is not occupied, I look around and really thank God

for this building. It was God's hands leading me through the designing process, I don't think I can do another one again. It really was a surreal experience, and I gave my 110%."





However, after completing the church design, job security continued to be a precarious issue in Reuben's life; during that time, in need of a lusty adventure, he signed up for the Iron Man. "Many people asked me why I did the Iron Man. To be honest, I didn't enjoy the training – no one did. I didn't like waking up at 3:30am to train on Saturdays. There was SO much pain! But I related my training to my walk with Christ. When times get tough, I just push on and hold on to Him tighter. Most of the morning training sessions on weekdays, I listened to sermons which fuelled my spirit and my training." When asked about how he perseveres when facing onerous tasks, he said, "I break things down and set small goals. Then I incrementally increase from there."

After their wedding in 2012, Reuben and Rachel struggled to have a family. "I try my best to walk straight, but there are many disappointments and obstacles in life. Thank God that Rachel is now pregnant and our baby will be due in February. Only God could have done this for us." "I try to be appreciative every day. I'm on my 4th job this year. I never expected to go through this in my life. It makes me a bit anxious at work, but it helps me to be thankful every day. This insecurity in myself reminds me to put my security in God." Reuben's past experiences with God enable him to weather the disappointments in life, anchor his faith and point the way forward for him.



Reuben (right) and his wife, Rachel (left)

***"For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope. Then you will call upon me and come and pray to me, and I will hear you. You will seek me and find me, when you seek me with all your heart."
(Jeremiah 29:11-13, ESV)***

Reach Recipe

A simple recipe to appeal to all your five senses, including the sense of sound...unless you have objection to the food-crunching sound.

Reach / Summer 2015



Mini Potato Pies

Ingredients

(Makes 16)

- 1 Egg (beaten)
- 2 slices of bacon (diced)
- Grated cheese – same portion as bacon
- 3-4 medium size potatoes
- 2 sheets of puff pastry (thawed)

Method

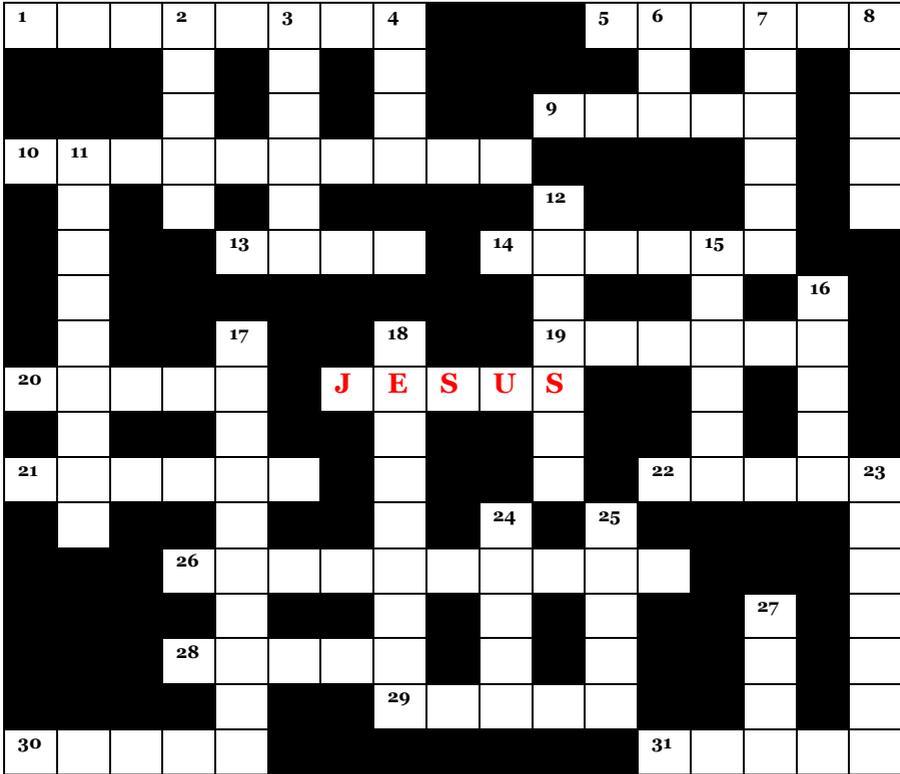
1. Peel the potatoes, cut in half, then slice thinly to the shape of semi circles.
2. Soak the sliced potatoes in salted boiled water (off the heat) for 1 minute to soften the potatoes. Drain the potatoes for later use.
3. Cut each puff pastry into 8 long strips. Brush with beaten egg.
4. Arrange the potatoes along the puff pastry strip. Sprinkle bacon and cheese on the potatoes.
5. Roll up the strip. Tuck the last bit of puff pastry under to form the base. It should look like a rose from the top.
6. Put in the greased mini muffin tray and bake for 20 minutes at 180°C in the oven.

By InChyi



Crossword

Jesus be the centre of my life



Across

1. The Christians believe all will stand in the _____ seat of God
5. A prophet who was taken to heaven in a whirlwind
9. A structure on which sacrifices were made
10. Officially approved
13. Jacob's twin brother
14. A place where Christians will go after their death
19. The prophet who succeeded Elijah
20. Make amends
21. Where Jesus was born in a stable
22. Jesus died on this
26. This word means Praise the Lord
28. The Word of God
29. He led the Israelites out of Egypt
30. The devil
31. A prophet who was swallowed by a large fish

Down

2. All honour and _____ belong to God!
3. The book of Bible on the Israelites' journey from Egypt to Canaan
4. The Israelites lived in this when they wandered in the wilderness
6. Abraham's nephew
7. A river in Palestine
8. Songs of praise to God
11. The celebration of the birth of Jesus Christ
12. The first book of the Bible
15. The celebration of the resurrection of Jesus Christ
16. The brother of Jesus
17. The last book of the Bible
18. The birth city of Jesus Christ
23. Day of rest
24. He betrayed Jesus Christ
25. The underworld
27. One of the gospels



Sleep Slips

Having trouble getting your child to go to bed at a desirable time, or remain asleep through the night? This article gives you tips to help your child to self-soothe to sleep with more alacrity.

Have you ever wondered why fairy tales such as Sleeping Beauty and Snow White are so popular? What do the two beauties have in common?

During one of my sleepless nights, it dawned on me that both beauties fell into “deep sleep” until their true love appeared. Could it be that when parents read these fairy tales to their children at bedtime, they entertain the secret desire for their children to fall into “deep sleep”, until it is convenient to wake them up in the morning with a kiss?

Sleep problems are very common in children. Sleep practices vary in different culture and social expectation. I had a distressed parent who came to me to seek medical advice because her 11-year-old son would not fall asleep before 9.30pm, yet I have difficulty convincing the parents of my 11-year-old nephew that he needs to be in bed well before 9.30pm.



How much sleep?

The amount of sleep needed for a healthy body and a healthy mind varies for different age groups and within the same age group. Generally the younger we are, the more sleep we need

How well is the sleep?

Adequate sleep is important for children to function well during the day. Sleep deprivation can manifest in children in the following ways: irritability, hyperactivity, inattention, accident-prone, and emotional problems. Sleep deprivation is also found to be associated with overweight and obesity. Furthermore, sleep problems can have major impact on parents’ and siblings’ wellbeing and relationships.

By Dr
LeeChyi
Lam

Dr LeeChyi Lam is a qualified general paediatrician in Melbourne (Monash Children’s and Eastern Health).



Establishing good sleep habits

As part of sleep cycles, children wake up multiple times during their sleep. Children who have learned to self-soothe to sleep are less likely to need external assistance to return to sleep when they wake up. Hence, once your child is ready to sleep through the night without a night feed, usually more than 6 months old, it is important to encourage self-soothing. This can be fostered by the 3 don'ts:

3 DON'TS

DON'T PUT YOUR CHILD TO BED ASLEEP.

DON'T WAIT TILL YOUR CHILD IS OVER-TIRED BEFORE PUTTING HIM OR HER TO BED.

DON'T RUSH IN TO PICK UP YOUR CHILD AS SOON AS HE OR SHE MAKES NOISES AT NIGHT.

In addition, good sleep habits should be established from young. Keep the **"TENSER"** in mind to avoid tension around bedtime:

T - TIME

Consistent sleep and wake time

E - ENVIRONMENT

Environment conducive for sleep: warm, quiet and not too bright. Have a night light on if your child refuses to sleep in darkness.

N - NO

S - STIMULANT

No stimulant close to bedtime, including 'caffeine-containing food or drink, and screens such as TV and electronic devices.

E - EXERCISE

Exercise regularly during the day, but avoid strenuous exercise close to bedtime.

R - ROUTINE

Consistent bedtime routine helps the child to associate certain activity with sleep. Choose activities which are non-stimulating. Bedtime stories are among the favourites, avoid books that can be frightening for some children.

Behavioural strategies

For young children who have not learned to self-soothe and are unable to settle to sleep independently after waking up in the middle of the night, two behavioural strategies are shown to be effective, while continuing with the 3 *don'ts* and "TENSER". Remember, the aim is to teach your child to self-soothe to sleep.

Controlled crying

(also known as controlled comforting)

- When your child cries out, wait for a pre-determined time before going to him or her.
- Soothe your child without picking him or her up, for example, patting or talking.
- Leave the room when your child quiets, but before he or she falls asleep.
- If your child cries out again, repeat the above, but each time with longer set time.

Camping out

1. Station yourself on a chair or bed next to your child's cot.
2. Stay in the room until your child falls asleep.
3. If your child cries or calls out, return to the chair or bed. Maintain minimal interaction, but let your child know that you're in the room.
4. After a few nights, when your child falls asleep with your presence without problem, move your chair or bed further away, until you are eventually outside the room.

Remember, these strategies might take a few weeks to work. Be consistent. Not all children respond to behavioural strategies, seek help if the problem persists and / or if it affects your child's functioning during the day. With a bit of preparation, discipline and consistency, hopefully your child will go to bed and self-soothe to sleep through the night with more alacrity.



Interesting biblical account on sleep

*Not only children love bedtime stories. Persian king Ahasuerus also loved to be read to. It is recorded in The Holy Bible, "On that night the king could not sleep. And he gave orders to bring the book of memorable deeds, the chronicles, and they were read before the king."
(Esther 6:1. English Standard Version).*

References

1. Barbara C Galland, Edwin A Mitchell. *Helping children sleep. Arch Dis Child* 2010; 95:850-853
2. Raising Children Network. www.raisingchildren.net.au

Mistletoe Garland

(by Agnes Soo of ©FlowerFilledLife)

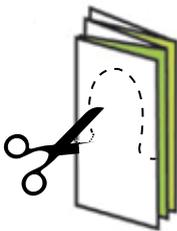
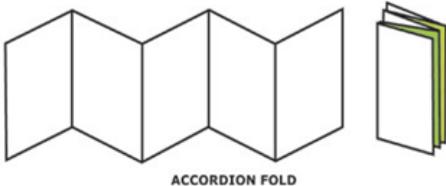
Materials

Green crepe paper
 Small pom poms (red and white)
 Scissors
 Craft glue
 Twisted twine brown string



Method

1. Cut one strip of crepe paper. Each strip measures 14cm by 7cm.
 2. Accordion-fold the crepe paper to cut continuous mistletoe leaves. Take note of the grain (the little longitudinal lines) of the crepe paper. The grain of the crepe paper should always run lengthwise with the leaf template.



3. Align the base of the template with the bottom of the folded crepe paper and cut on the black line of the template leaving the base of the paper folds uncut.

The End Result:



4. Place craft glue at the base of the crepe paper leaves.

5. Roll up each strip along the string. Allow to dry.



6. Repeat step 5 until about $\frac{3}{4}$ of the garland is filled with leaves.

7. Repeat step 5 from the opposite end of the garland so both ends look symmetrical.

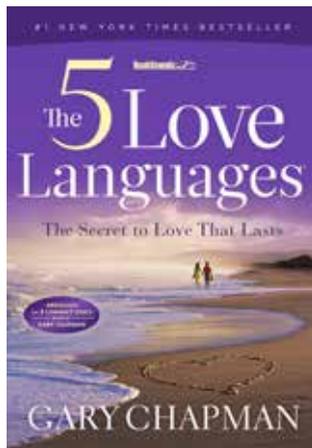
8. Fluff and separate the leaves.

9. Glue red and white pom poms as the berries.

10. Hang it up and enjoy!

The 5 Love Languages

by Gary Chapman



Back in 2011, when I was still dating my now wonderful husband, I was curious to know all the do's and don'ts in courtship and how to get inside the mind of my Mr. Charming. Even though we love each other passionately, little did we truly understand each other back then, and most of the time, we were shy and didn't know how to express our love to each other. One day, someone recommended this book "The 5 Love Languages" to me and it truly opened my eyes.

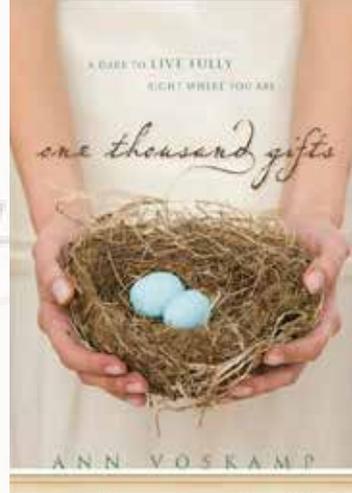
Based on thirty years of experiences in marriage counseling, Gary Chapman reveals an often overlooked fundamental truth: "People speak different love languages." Just as in daily life where people prefer to communicate in their native languages, in the romantic realm, people also tend to communicate using their native love languages. Failure to recognise that we could be speaking different love languages from our spouses, as different as English to Italian, would lead to ineffective expression of affection towards our spouses and eventually empty their love tanks.

Over the years, Gary found five main love languages people speak: Words of Affirmation, Quality Time, Receiving Gifts, Acts of Services and Physical Touch.

King Solomon who was deemed the wisest of men once said in the Bible: "The tongue has the power of life and death". To people who speak the love language of Words of Affirmation, a cheerful word from their spouses will make their day, while a condemning word will easily weigh them down.

To those who speak Quality Time, they feel loved the most when their spouses give them undivided attention. This might mean to sit on the couch, turn off the TV, look at each other and talk. Yet to some others, Receiving Gift is the resemblance of love. It says "I am thinking of you", it says "I remember our love", it also says "I appreciate you". And still to some, actions speak louder than words. Showing love to their spouses by Acts of Services could be as simple as helping them with the house chores. There are also people who speak the language of Physical Touch. Just like myself, when I am frustrated and feel unloved, the easiest way to calm me down is a loving and gentle hug.

Throughout the book, Gary Chapman shares what he and his clients experienced in their married lives and how the 5 love languages worked in their own personal stories. Read the book to find out your love languages and to learn to speak your spouse's love languages effectively!



Have you ever counted how many gifts you've received in your life? Whatever your answer is, you'll love this book "One Thousand Gifts", by Ann Voskamp. It is a book that will stay, deep in the heart of every reader who takes time to savour it.

"How do we live fully so we are fully ready to die?" "How to live in a state of awe when life is mundane and ordinary?" As the author asks herself these questions, she takes the readers on a journey of discovering the answers, and the life-transforming results of practising them.

The book starts on the day the author was born, when she was named Ann, which means "full of grace". Unfortunately grace did not dwell in her family – at the age of four, her family was "snapped shut to grace" when her younger sister was killed under the wheel of a truck, witnessed by her mother. Her childhood memory of herself became "the girl with thick glasses in Mr Colquhoun's English class read books to escape thoughts of her mama sitting up in a psychiatric hospital aching for the baby that bled through the blankets."

This book is not an autobiography, it is a journey of unfolding the profound secrets of living a full life, and the resultant joy in practising these transformative truths, which include: "The only place we need see before we die is this place of seeing God, here and now." "Thanksgiving is the evidence of our acceptance of whatever He gives...the manifestation of our Yes! To His grace." "All fear is but the notion that God's love ends."

Ann's unique writing style makes the book a delight to read. She paralleled her spiritual discovery with the mundane daily events in her life, as a farmer's wife, rearing and home-schooling six children. I particularly enjoy her felicity with words, for example, when describing the chaos her children caused, she wrote, "They tramp in loud and fling themselves out of their coats like cicada splitting skins, leave boots a trail of droppings. The Tall-Girl lets the door swing loose and it slams the fingertips of Little-One and she yelps a pain dance of salty tears." The chaotic scene was transformed into poetic pleasure under her pen.

Whatever stage you are at in your life – whether you're searching for something bigger, struggling with your present life, feeling you're on top of it all, or simply looking for a good book to read – this is the book for you. With the repeated theme of "*Eucharisteo* always precedes the miracle", this book will help you discover the transformative power of counting your blessings.

Reviewed by L.C.

Word Search Puzzle

The OLD Testament points to the Messiah!

Each of the listed words can be found in the grid:
across, down, and diagonally, including backwards. Mark the letters
of each word as you find it. Letters may be used more than once. The unused
letters will be spell out the solution.

Y	S	M	L	A	S	P	J	J	S	P	E	S	E
E	M	I	A	J	O	E	L	H	U	R	C	R	X
N	S	O	S	L	R	S	A	A	C	O	C	E	O
U	E	O	N	E	A	I	S	I	I	V	L	B	D
S	I	H	M	O	N	C	L	A	T	E	E	M	U
S	E	I	E	A	R	E	H	S	I	R	S	U	S
H	A	G	H	M	I	E	G	I	V	B	I	N	J
H	O	P	D	K	I	B	T	T	E	S	A	O	H
E	E	S	E	U	O	A	O	U	L	H	S	N	L
Z	Y	Z	E	J	J	M	H	R	E	H	T	S	E
E	E	O	B	A	D	I	A	H	U	D	E	U	S
K	U	K	K	A	B	A	H	A	S	I	S	A	R
H	!	S	N	O	I	T	A	T	N	E	M	A	L
Z	E	C	H	A	R	I	A	H	A	G	G	A	I

Words

AMOS	ISAIAH	NEHEMIAH
DEUTERONOMY	JEREMIAH	NUMBERS
ECCLESIASTES	JOB	OBADIAH
ESTHER	JOEL	PROVERBS
EXODUS	JOSHUA	PSALMS
EZEKIEL	JUDGES	
GENESIS	LAMENTATIONS	RUTH
	LEVITICUS	
HABAKKUK	MALACHI	ZECHARIAH
HAGGAI		ZEHANIAH
HOSEA		

SOLUTION: _____

Word Search solution: JESUS IS THE ONLY MESSIAH!

Crossword solution:

J	U	D	G	M	E	N	T			E	L	I	J	A	H
			L		X		E			O		O			Y
			O		O		N			A	L	T	A	R	M
A	C	C	R	E	D	I	T	E	D					D	N
	H		Y		U					G			A		S
	R			E	S	A	U			H	E	A	V	E	N
	I									N			A		J
	S			R			B			E	L	I	S	H	A
A	T	O	N	E			J	E	S	U	S			T	M
	M			V			T			I			E		E
M	A	N	G	E	R		H			S			C	R	O
	S			L			L			J			H		A
				H	A	L	L	E	L	U	J	A	H		B
				T				H		D			D		J
				B	I	B	L	E		A			E		O
				O				M	O	S	E	S			H
S	A	T	A	N										J	O
															N
															A
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Reaching Up!
Reaching Out!
Reaching All!

reach

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