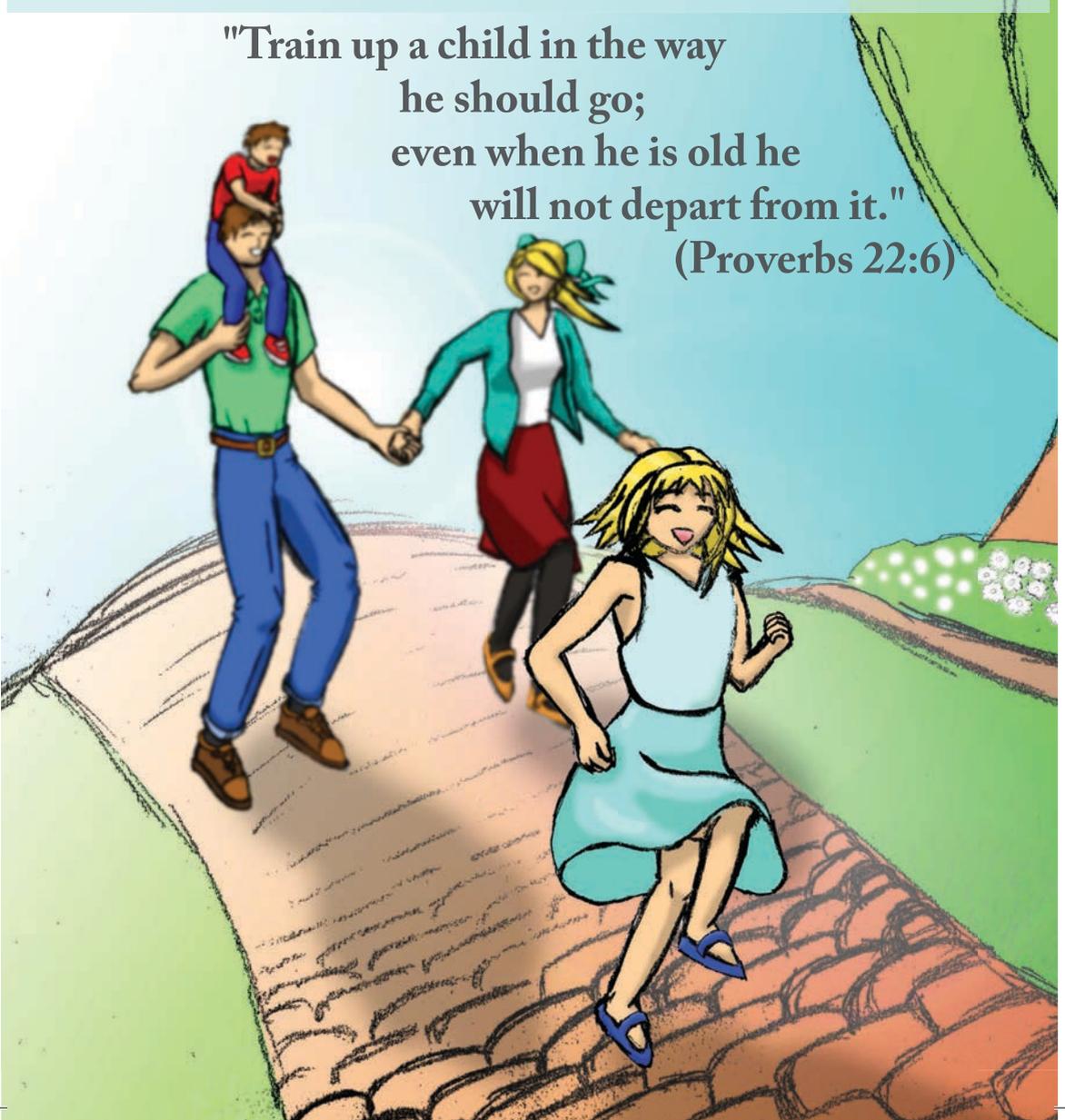


# reach

Spring Edition | Issue • 4

**"Train up a child in the way  
he should go;  
even when he is old he  
will not depart from it."  
(Proverbs 22:6)**





## Reach Community Church

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Email: [info@reachcc.org](mailto:info@reachcc.org)

[www.reachcc.org](http://www.reachcc.org)

Senior Pastor: Pastor Victor Soo  
Church Administrator: Sharon Oen

## CHURCH SERVICE

**Celebration Service • Sunday | 10am - 12pm**

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

**REACH Kids • Sunday | 11am - 12pm**

## MONTHLY MINISTRY & PRAYER

**First Friday Of The Month • 7.30pm - 9.30pm**

## BIBLE STUDY

**Young Adults • Wednesday | 7.30pm - 9.30pm**

**University & Youth Group • Friday | 7.30pm - 9.30pm**

**Family • Friday | 7.30pm - 9.30pm**

## OTHER ACTIVITIES

**Praise Dance • Thursday | 10am - 12pm**

**MOPS (Mothers of Pre-schoolers) • Every 1st, 3rd & 5th Tuesday |  
10am - 12pm**

**Ladies Meeting • Quarterly**

**Men's Breakfast • Quarterly**

**REACHING UP! REACHING OUT! REACHING ALL!**

## *Welcome*

to the fourth issue of Reach Community Church newsletter.

In this issue, we focus on the impact of family on children and the important role of parents in supervising their children's media use.

Reach / Spring 2016



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# Family Impact

By Dr Moira Eastman

Dr Moira Eastman is a sociologist and author in Melbourne. She offers us important insight into the impact of family on children.

**'Train up a child in the way he should go; even when he is old he will not depart from it' (Proverbs 22:6 ESV).**

In the Bible, the books of Exodus, Leviticus and Deuteronomy stress the need to teach our children the laws handed down from God to Moses and to us, the children will then walk in the way they should go. The promise is that they will prosper if they follow those laws and not veer off the path to the right or the left. There are also many warnings of sorrow and disaster for those who refuse to follow the laws (See Deuteronomy 4:5-6,9; Deuteronomy 4:39-40; Joshua 1:5-9; Psalm 32:8,10,18).

In Australia, as in all advanced societies, parents delegate a large part of their responsibility to teach their children to schools. Sometimes parents are tempted to leave all their children's education to schools. But this is not possible. **Family is always the major influence on how children learn in school.**

Many studies have shown that parents do not only make a powerful impact on the way their children learn in school but that the influence of family outweighs that of the school. One of the earliest of these studies dates back to 1966: The Equality of Educational Opportunity Report in the U.S., often referred to as The Coleman Report, after the principal researcher Dr James Coleman.

This massive and expensive study found that 'differences between schools account for only a small fraction of the differences in student achievement'. **In fact it found that it is the differences between families rather than the differences in school inputs that most strongly account for the differences in student achievement.**

This was a very controversial finding at the time, but since then a constant stream of international studies have supported Coleman's findings on the impact of family on children's learning in school. Children's achievements in school are 80 per cent due to family factors and only 20 per cent due to schools.

The Coleman Report also stated that it is not parent's socio-economic status that impacts on their children's learning. It is the way parents treat their children at home. **Parents' level of interest in their children's education is the most important factor related to a child's school progress** - more important than family size, parents' income, or parents' social class. Coleman found that when parents regularly asked their children 'what happened at school today?' their children performed better than other children. Coleman's critics ridiculed this, asking how such a question could possibly affect a child's learning. There is no doubt



that the interest everyday mums and dads show in their children's schooling impacts powerfully on children's achievement. By showing interest, parents convey to their children that school is important, and children are very influenced by their parents.<sup>1</sup>

Three other parent-controlled factors explain nearly 90 per cent of children's learning in schools. These three factors are:

- the number of days a child is absent from school;
- the variety of reading materials available at home; and
- the number of hours of television watched per week. (Now we also need to add the number of hours playing computer games.)

Paul Barton and Richard Coley summed up their findings in their book, *America's Smallest School: The Family*: 'Thus, controllable home factors account for almost all the differences in average student achievement [in schools]'.

***Time with parents is another important factor in children's school achievement.***

A 1997 Panorama Program on BBC1 'Missing Mum' caused a storm when it drew attention to the work of researchers Margaret O'Brien and Deborah Jones. They found that 'parental employment patterns, when children were 14 years old, were strongly associated with their educational outcomes two years later', that is, when both parents worked full-time, children's school achievement often suffered.

These findings do not mean that schools are not needed or are useless, but that who does or does not benefit from schools is being determined by factors outside schools - in the homes children come from. However, many educational researchers have tended to overlook the importance of parents on their children's learning outcomes.

Unfortunately, the evidence of parents' contribution to learning is not all positive. One in five Australian children has a mental health problem, such as depression, anxiety, addiction, aggression, delinquency, withdrawal, or obsession, which interferes with their day-to-day life. It is clear that these emotional and mental health problems are the major cause of school failure. These mental health problems are strongly linked to family experiences.

Again, researchers find that three family factors account for more than 80 per cent of mental health problems in children:

• **Family style.**

Living with both biological parents is a strong protective factor. Children who do not live with both biological parents have rates of mental health problems two to three times higher than those who do. If the biological parents are married to each other the protection is even stronger.

• **The quality of the relationship between their parents.**

When there is a high level of discord between parents (or parent and partner), children's mental health suffers. A harmonious relationship, on the other hand, is a strong protector of children's mental health.

• **The way parents discipline their children.**

Discipline styles also affect mental health outcomes. Inconsistent, ineffective or punitive discipline styles lead to more mental health problems while authoritative (or warm and fair but firm) discipline builds competence and health.

***Undoubtedly, parents are the major influence in promoting (or hindering) their children's emotional health as well as school achievement.***

1. 'The Impact of School, Family, and Community Connections on Student Achievement', by Anne T. Henderson Karen L. Mapp, 2002.

## ● Reach Message

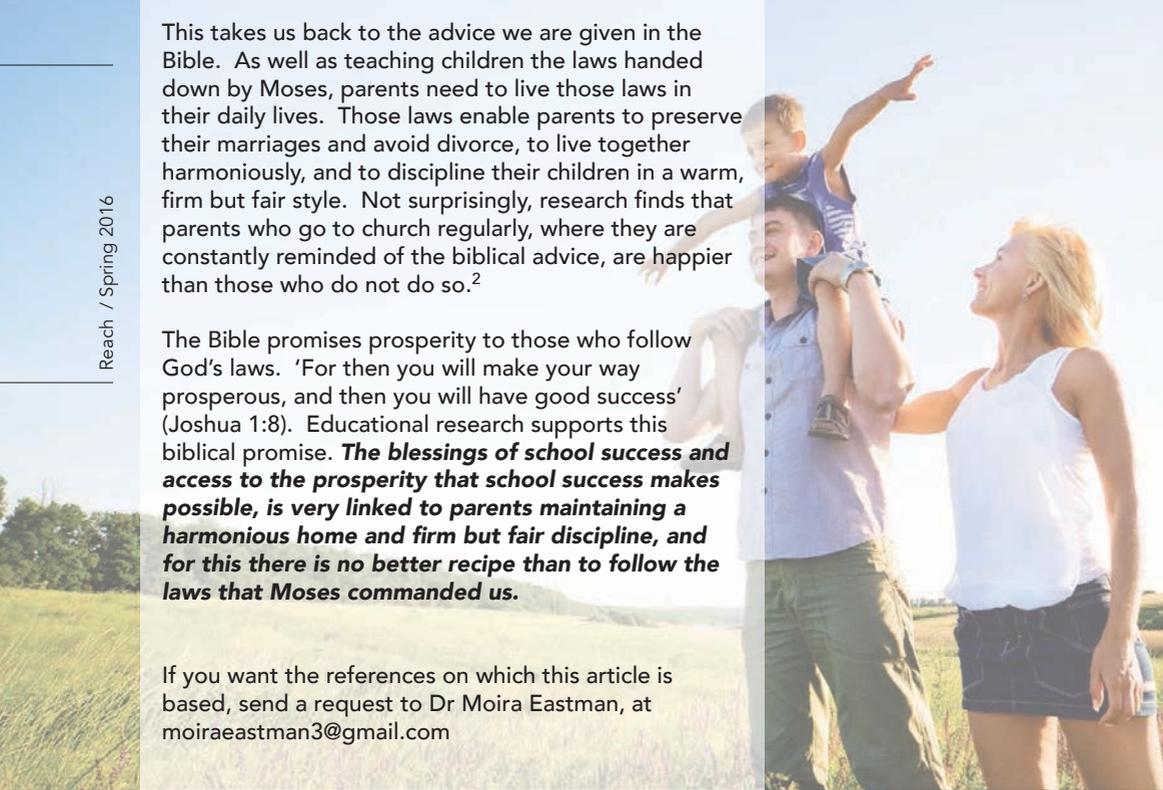
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This takes us back to the advice we are given in the Bible. As well as teaching children the laws handed down by Moses, parents need to live those laws in their daily lives. Those laws enable parents to preserve their marriages and avoid divorce, to live together harmoniously, and to discipline their children in a warm, firm but fair style. Not surprisingly, research finds that parents who go to church regularly, where they are constantly reminded of the biblical advice, are happier than those who do not do so.<sup>2</sup>

The Bible promises prosperity to those who follow God's laws. 'For then you will make your way prosperous, and then you will have good success' (Joshua 1:8). Educational research supports this biblical promise. ***The blessings of school success and access to the prosperity that school success makes possible, is very linked to parents maintaining a harmonious home and firm but fair discipline, and for this there is no better recipe than to follow the laws that Moses commanded us.***

If you want the references on which this article is based, send a request to Dr Moira Eastman, at moiraeastman3@gmail.com



“But if serving the Lord seems undesirable to you,  
then choose for yourselves this day whom you will serve,  
whether the gods your ancestors served beyond the  
Euphrates, or the gods of the Amorites,  
in whose land you are living.  
But as for me and my household,  
we will serve the Lord.”  
- Joshua 24:15

2. 'Want Romance? Go to Church, Study Finds Couples Who Go to Church Together Are in the Happiest Relationships' <http://www.christianpost.com/news/marriage-romance-happiness-couples-church-service-better-together-study-gender-relationships-157202/>



# Media & Children

By Dr LeeChyi Lam

*Dr LeeChyi Lam is a qualified general paediatrician in Melbourne, she gives us professional advice on the role of parents in their children's media use.*

## What is media?

The Collins dictionary defines media as “the means of **communication** that **reach large numbers of people**, such as television, newspaper, and radio” [emphasis added]. Although TV remains the predominant medium, internet has changed the face of media. Computers, tablets, or smart phones are increasingly widespread. Children or young people are particularly vulnerable to the effect of media, and hence it is important for parents to set boundaries around their media use.

## Why the concern?

Increasing media exposure can have negative impact on children by:

### 1) Time spent on media

- a. This interferes with other important activities e.g. homework, sleep, physical activities, and face-to-face social interaction with family members or friends.
- b. Excessive time on media or media addiction (see Box 1).

### 2) Material or content they are exposed to on media

These can cause detrimental impact on children's physical health, psychological well-being, behaviour, as well as socialisation.

## I. Impact on physical health

Table 1: Possible impact of media on physical health:

HEALTH IMPACT	POSSIBLE MECHANISMS
Obesity	Reduced physical activities Opportunity to eat while on media especially TV Influence of food advertisement
Sleep deprivation	Time spent on media instead of sleep Stimulatory effect of screen affecting sleep initiation
Seizures	Light on screen can trigger seizures in some people
Musculoskeletal problem	Poor posture while on screen
Visual problem	Strain on eye with prolonged screen use

### II. Impact on psychological well-being

Excessive media use is known to be associated with depression, social anxiety, and attention deficit hyperactivity disorder (ADHD) in teenagers. Although it is difficult to tease out cause and effect, it is recommended that anyone with problematic media use should have their mental health assessed. Notably, young people who are anxious in social situations tend to avoid social interaction by "burying" themselves in internet activities, which further exacerbates the problem.

### III. Impact on behaviour Violence on media

Violence is often "glamorised" or "trivialised" by the media. The public has been presented with a lie by the entertainment industry that children have no problem distinguishing media violence from realities, and hence there is no connection between exposure to media violence and aggressive behaviour in children.

However this is contrary to research conducted by various medical and public health organisations over the years. As early as July 2000, the American Academy of Pediatrics (AAP) with five other prominent medical groups put out a joint statement on "the Impact of Entertainment Violence on Children", it stated that children who are exposed to media violence are more likely to:

- view violence as an acceptable and effective way of resolving conflicts;
- be desensitised towards real life violence, and hence less likely to act on behalf of a victim when witnessing violence;
- perceive the world as a violent and mean place, leading to anxiety, fear and mistrust of others;

- display aggressive behaviour, leading to real life violence.

It is also suggested that violent interactive games have more detrimental effect than violence viewed on TV, movies etc.

"True, media violence is not likely to turn an otherwise fine child into a violent criminal. But, just as every cigarette one smokes increases a little bit the likelihood of a lung tumour someday, every violent show one watches increases just a little bit the likelihood of behaving more aggressively in some situation." – Psychologists Brad Bushman and L. Rowell Huesmann

### Sexual material on media

Similarly, media often glamorises sexual relationships outside of marriage, while sexually transmitted infections and unwanted pregnancy are rarely mentioned. Multiple studies have linked exposure to sexual content in the media with early sexual activity, increased risk for unplanned pregnancy, and sexually transmitted diseases.

### IV. Impact on socialisation

The effect of media use on socialisation is complex. Excessive internet use affects interpersonal relationships which are strengthened by physical proximity. Ironically, although social media allows communication with more people in less time, people with high internet use reported more loneliness and the resultant depression.

### What is the role of parents?

In 2013, AAP produced a policy statement for healthcare providers, encouraging paediatricians to recommend the following to parents:

- Children younger than 2 years old should be discouraged from exposure to any screen media.
- Limit entertainment screen time to less than 1-2 hours per day.

- TV set and Internet-connected electronic devices should be kept out of children's bedroom.

- Monitor what your children are accessing on media.

- Watch TV, movies, and videos with your children, and use this as a way of discussing important family values.

- Educating your children about the safe and appropriate use of media.

- Establish a family media use plan, e.g. no media during mealtime and bedtime. Set up fun family times together which are media or technology free.

- Establish reasonable but firm rules about cell phones, texting, internet, and social media use.

It is also important for parents to be good role models around media use. Be conscious of the time you spend on your smartphone and tablet!

There is no doubt that media use can be positive and educational. ***The challenge for parents is to ensure positive and minimise negative impact of media use on their children. If you choose to be negligent or indifferent in this area of your children's lives, the consequences might be too much to bear in the future!***

## Box 1: Media addiction

Media (or Internet) addiction is an increasing concern among young people. The diagnostic criteria for "Internet Addiction" are controversial. However, multiple researches are currently being undertaken on "Internet Gaming Disorder", which might be included as a formal mental disorder in the near future.

Adopting the checklist for alcohol addiction (the most well-known addictive disorder), the following questions might be useful for your children (or yourself) to test for possible problematic media use:

1. Have you ever decided to stop using media for a week or so, but only lasted for a couple of days?
2. Do you wish people would mind their own business about your media use and stop telling you what to do?
3. Have you ever switched from one kind of media to another in the hope that this would keep you from feeling guilty?
4. Have you had to use media upon awakening during the last year?
5. Do you envy people who can use media without getting into trouble?
6. Have you had problems related to media use during the last year?
7. Has your media use caused trouble at home?
8. Do you ever try to get extra "data" because you do not get enough?
9. Do you tell yourself you can stop using media anytime you want to, even though you keep using it when you don't mean to?
10. Have you missed days of work or school (or being late) because of media use late at night or early in the morning?
11. Do you have "blackouts"? A "blackout" is when you've been using media hours or days but when you're asked, you have little memory about using them.
12. Have you ever felt that your life would be better if you did not use media?

If you or your child answered "Yes" to four or more questions, it is time to evaluate and assess your or your child's media use.

Modified from A.A. (Alcoholics Anonymous)



# My Conscience Rules!

*Rules are made to be broken.....are they? Do you think you have too many rules to follow? Do you wish to have more freedom? Do you think your parents are too strict? Do you wish your parents are like your friend Tom's parents, who let him do anything he wants? Well, you can't change your parents but you can change your own attitude and perspective! Read the following interesting rules or laws around the world, do you think they are reasonable?*

## **Rule #1:**

### **It is illegal to drive a dirty car in Belarus!**

Mmmm.....do you even know where Belarus is?

The official traffic law in Belarus states that "driver is prohibited to participate in road traffic on a vehicle covered with dirt, limiting the driver's field of vision and also making indiscernible the information on the registration plate a distance of 40m and less". That means, it is illegal to drive a car which is covered with so much dirt that the

driver cannot even see the road; and if the registration plate is so dirty that it is not readable. It makes sense, doesn't it? Do you want to be in a car where the driver cannot see where he or she is going?

## **Rule #2:**

### **It is illegal to be overweight in Japan!**

In 2008, "metabo law" was passed in Japan, that yearly measurement of waist circumference is compulsory for people 40 to 75 years old. Men and women must not have waist circumferences over 85cm and 90cm, respectively. Those who are over the measurement need to attend counselling session, and be monitored through phone and email, to lose "waist".

Increased waist circumference is a known risk factor for heart disease, diabetes, high blood pressure and lipid abnormalities (metabolic syndrome, and hence the "metabo" law), all of which result in early death and high cost of health system for the country.



“How about the Sumo wrestlers?” you might ask. Sumo wrestlers are generally recruited at a young age, in their teens, and retire by the time they are in their thirties. It sure will take a high level of motivation for them to lose their “waists” by 40 years old. Sumo wrestlers are known to have shorter life expectancy compared to the average Japanese males, due to the increased risk of the metabolic syndrome.

**Rule #3:**  
**It is illegal to step on Thai currency (paper and coin) in Thailand.**

Thai currency bears the image of the king or a deceased relative, stepping on them signifies disrespect towards the royal family. Well, we all want to be respected by others, the extent we allow ourselves to “enforce” this depends on how much authority we have and how big our ego is! Royalty or not, do unto others what you’d like others to do unto you! Respect others and you will in turn be respected!

**Rule #4:**  
**It is illegal to flush the toilet after 10pm in Switzerland!**

Well, this is not quite a law in Switzerland.

There is no strict law to ban toilet flushing after 10pm in Switzerland. However, in the old apartments where the plumbing system is particularly noisy, some housing associations may ask the tenants to be mindful of this. Be considerate of others’ comfort is the key message!

**Rule #5:**  
**It is illegal to eat chewing gum in Singapore!**

Chewing gum was banned in Singapore in 1992, due to the problem with vandalism, with irresponsible people leaving chewing gum leftovers on public areas e.g. seats and automatic door sensors of trains. It cost the country a lot of money to clean them up. Now, if everyone had been responsible to put chewing gum leftovers where they belong – rubbish bins, would the ban have been necessary?

People who are caught with leaving chewing gum leftovers in the public areas can be punished with caning on the buttock..... and you think it is unfair that your mum gets on your back for leaving your dirty socks on the floor?

**Rule #6:****It is illegal to miss your piss in Shenzhen, China!**

In the city of Shenzhen, China, urinating outside the toilet bowl in public toilets will be fined 100 yuan (about A\$20). Can you imagine being watched while doing your "private business" in public? This is what happens when people do not have a proper "aim" of their moral (I mean, urinal) standard.

**Rule #7:****It is illegal to forget your wife's birthday in Samoa!**

What is the penalty? Nothing, unless the wife is so cross that she reports it to the police! Well, in my humble opinion, this should be considered a crime in every country! So next time, if your dad forgets your mum's birthday, please gently remind him. After all, it is for your own peace!

So, it seems that rules are not made to be broken, but to keep us safe (rule #1) and healthy (rule #2), to remind us to be respectful of others (rules #3 and #4), to keep the country clean (rules #5 and #6), and to keep the family in harmony (rule #7).

When God created us in His own image, He put conscience in our heart, to help us distinguish right from wrong. So, next time, if you feel like breaking rules set by your parents or teachers, ask yourself:

1. Will this cause harm or inconvenience to other people?
2. Will this cause harm to me?
3. Will this cause disgrace to God's name?

If you answered "yes" to any of the above,

**STOP and THINK! LET YOUR CONSCIENCE RULE!**

Children, obey your parents in everything, for this pleases the Lord (Colossians 3:20).

All of these blessings shall come upon you and overtake you, if you obey the voice of the Lord your God (Deuteronomy 28:2).

I am the Lord your God; walk in my statutes, and be careful to obey my rules, and keep my Sabbaths holy that they may be a sign between me and you, that you may know that I am the Lord your God (Ezekiel 20:19-20).





# No turning back - my first encounter with God

By L.C.

For many Christians, there was a point in their lives where they could distinctly recall a momentous encounter with God; for others, this encounter is a more subtle journey. When I first became a Christian, to me, God was a higher being who watched over me from a distance. He created the universe and me, and hence was powerful. I wanted His power and wisdom to sustain me, and to keep me sane as I encountered sicknesses and deaths at work. He was everything but a personal God who was interested in my life. This changed after a pivotal experience in Sagada, a village on a mountain 13 hours of bus ride from Manila, the capital city of Philippines.

In the year 2000, still a fairly fresh graduate from medicine, I decided to take a year off from work, before committing myself to the intensive physician training program. My decision at the time was to become a physician specialising in kidney diseases. Through The Church Missionary Society, God led me to serve as the sole doctor in a small missionary hospital in Sagada for six months.

## God answered my Prayer

Unbeknownst to me before my departure from Melbourne, the common "disorder" I would encounter in Sagada was pregnancy, which generally leads to the "side effect" of

child birth, and to my agony, I had to deal with this "side effect".

On the 2nd of July, 2000, just as the day was getting into gear, a heavily pregnant lady walked into the hospital, in labour. Women in Sagada went through labour without any analgesia, with minimal fuss. This time, after the baby's head was delivered, the labour arrested, I couldn't get the shoulder out. I tried all that I could remember from medical school, which unfortunately was not enough to deal with shoulder dystocia<sup>1</sup>. The lady's face was distorted by pain, and my heart was rent by fear. I could hear the panicky voice of the midwife next to me. I knew if I didn't get the baby out in time, the developing brain could be deprived of oxygen, and worse, a stillborn. In that situation where there was no other medical assistance available, I did the only thing I knew, I closed my eyes and prayed to God, "*God, please let this baby live, if you let this baby live, I'll do anything for you, I'll let you do anything in my life.*" It was a prayer of panic and desperation.

Miraculously, I opened my eyes, and the shoulder came out; the baby cried immediately, and no resuscitation required. I looked up, the lady's face shone with gladness and relief. I was overwhelmed by rapturous joy, with irrepressible tears streaming down my cheeks.

## God confirmed my Promise

The next morning, just as the brilliant sun burst forth to paint my room with splashes of gold, with little thought on the event of the previous day, I started my day reading a devotional book written by Joni Eareckson Tada<sup>2</sup>. The bible verse for that day was taken from **Jeremiah 44:25: "Go ahead then, do what you promised! Keep your vows!"** This verse was so apt in timing that I couldn't dismiss it as a co-incidence. I knew without doubt that God heard my prayer, and the promise I made to Him the previous day. He was there with me during my desperation, and He wants to be part of my life. The only sensible response was to submit my life unto Him.



## God directed my Path

Two months later, I returned to Melbourne with a broader horizon and perspective of life. One cloudless night, I was lying on my cosy bed; the moon hung up high in the sky, the application form for a paediatric job was sitting on my table. A friend who did not know about my experience in Sagada sent me a copy of the application form. I had already been accepted into the physician training position at The Royal Melbourne Hospital, but I felt the turbulence inside me, *"is this really what I'm meant to do?"* I was torn between settling into this "known" and the "unknown" of applying for a paediatric job at The Royal Children's Hospital. My rational mind wanted to avoid the hassles of applying for another job and going through another interview. Furthermore, the application closed in less than 48 hours.

As I watched the clock ticking away, I asked God for a clear direction, and a picture of multitudes of children singing and praising God on a suburban street appeared to me. That settled the decision and the rest was history. For the first time after graduating from medical school, I found joy and purpose in what I do.





### God softened my **P**ride

As a paediatrician, I learnt that life and death is often out of human control. Despite the advancement of medical science, medical professionals often cannot predict the outcomes of similar medical conditions. Having been involved in numerous newborn resuscitations, I saw many babies go through eventful beginning of life, but some survived unscathed, others with

neurological sequelae, and yet others did not survive the ordeal, despite the same effort and management of the health care team. We can only try our best in every situation, but God determines the outcome. Many health professionals are too conceited over their ability to heal and save lives, when we are only an instrument used by God. God alone has the ultimate control over human's life.



1Shoulder dystocia is an obstetric emergency where the baby's shoulder gets stuck in the birth canal after the head comes out

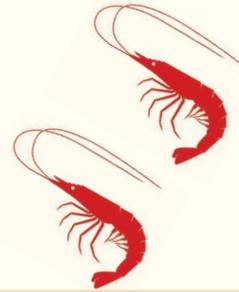
2Joni Eareckson Tada is an evangelical Christian who became quadriplegic after a diving accident at 18 years old





## Prawn Fritters

By: InChyi Lee



### Ingredients:

450g self-raising flour  
60g rice flour  
2 ½ cups water  
1 tsp salt  
3 carrots, shredded  
300 g whole shrimps with shell  
Salt & pepper to taste

Vegetable oil, for frying

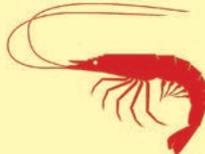
**Equipment:** steel soup ladle

### Optional vegetables:

Spring onion, chopped  
Corn kernels

### Methods:

1. In a bowl, mix self-raising flour, rice flour and salt together. Add water and mix well until batter is smooth.
2. Add small amount of oil in a heated pan or wok, fry shredded carrot until soft. If desire, add optional vegetables. Add salt and pepper to taste. Take out and mix in with the batter.
3. Heat oil in a large, non-stick pan until hot. Heat the ladle in hot oil, take it out and fill the ladle with batter (to about ¾ full), top with 1-2 shrimps. Put the filled ladle back into hot oil. The oil should cover the ladle. As the batter starts to cook and harden, it will be easily released into the oil. Continue to deep fry till golden brown. Repeat the frying process until the batter is used up.
4. Serve hot with your favourite chilli sauce.
5. Makes about 25, depending on the size of the ladle.



## Psalm 139

O Lord, you have searched me and known me!

You know when I sit down and when I rise up; you discern my thoughts from afar.

You search out my path and my lying down and are acquainted with all my ways.

Even before a word is on my tongue, behold, O Lord, you know it altogether.

You hem me in, behind and before, and lay your hand upon me.

Such knowledge is too wonderful for me; it is high; I cannot attain it.

Where shall I go from your Spirit? Or where shall I flee from your presence?

If I ascend to heaven, you are there! If I make my bed in Sheol, you are there!

If I take the wings of the morning and dwell in the uttermost parts of the sea, even there your hand shall lead me, and your right hand shall hold me.

If I say, "Surely the darkness shall cover me, and the light about me be night," even the darkness is not dark to you; the night is bright as the day, for darkness is as light with you.

For you formed my inward parts; you knitted me together in my mother's womb.

I praise you, for I am fearfully and wonderfully made.  
Wonderful are your works; my soul knows it very well.

My frame was not hidden from you, when I was being made in secret,  
intricately woven in the depths of the earth.

Your eyes saw my unformed substance; in your book were written, every one of them,  
the days that were formed for me, when as yet there was none of them.

How precious to me are your thoughts, O God! How vast is the sum of them!

If I would count them, they are more than the sand. I awake, and I am still with you.

Oh that you would slay the wicked, O God! O men of blood, depart from me!

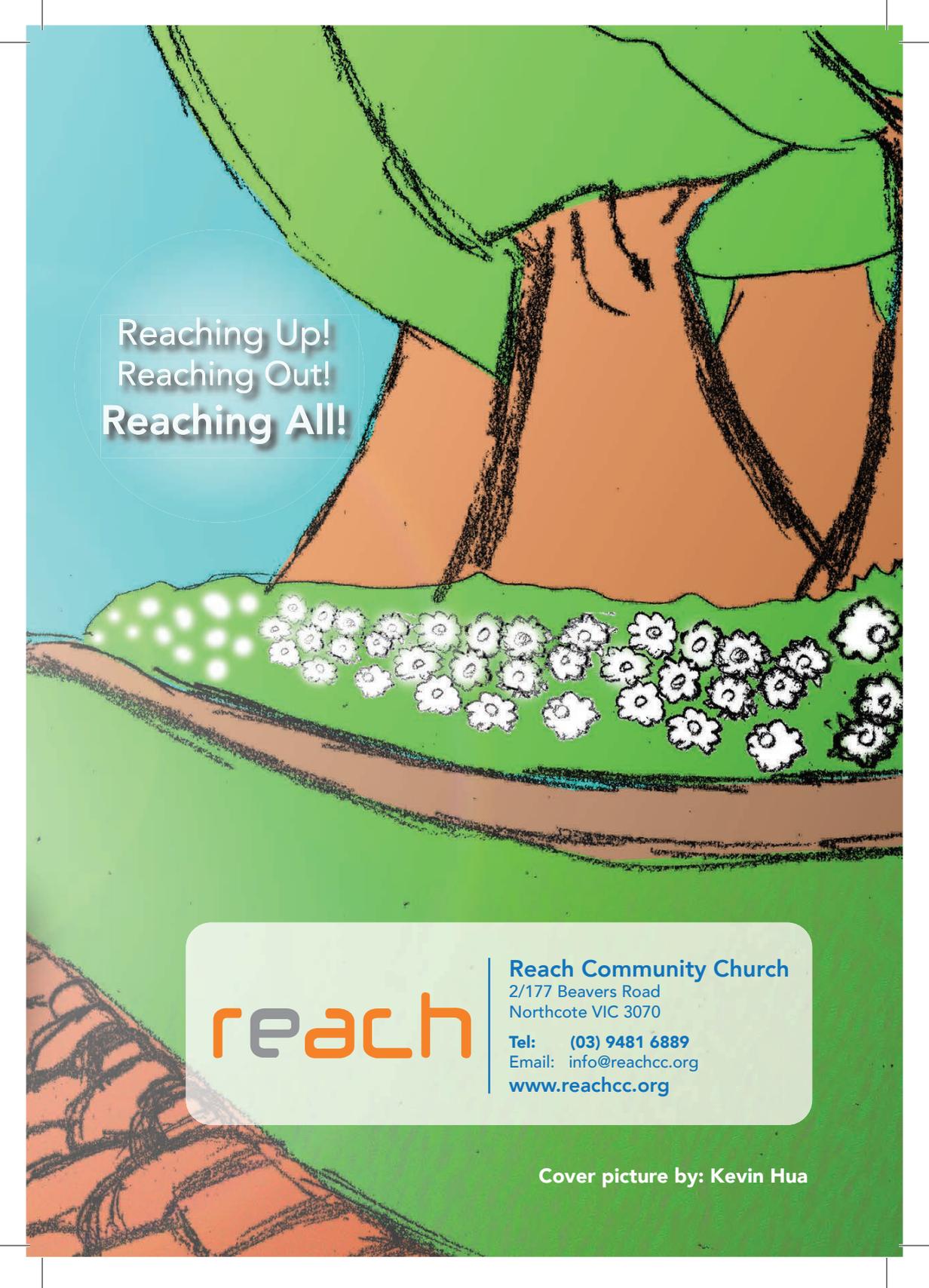
They speak against you with malicious intent; your enemies take your name in vain.

Do I not hate those who hate you, O Lord?  
And do I not loathe those who rise up against you?

I hate them with complete hatred; I count them my enemies.

Search me, O God, and know my heart! Try me and know my thoughts!

And see if there be any grievous way in me, and lead me in the way everlasting!

A vibrant, hand-drawn illustration of a landscape. In the foreground, a brown path curves across a green field. A large, stylized tree with a thick brown trunk and green foliage dominates the upper right. A row of white flowers with black outlines is scattered across the green field. The background is a light blue sky. The overall style is artistic and colorful.

Reaching Up!  
Reaching Out!  
Reaching All!

reach

**Reach Community Church**

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Cover picture by: Kevin Hua