

reach

Summer Edition ■ Issue • 9



*Peace I leave with you;
my peace I give to you.
Not as the world gives do I give you.
Let not your hearts be troubled,
neither let them be afraid.
- John 14: 27*



Reach Community Church

2/177 Beavers Road
Northcote VIC 3070

Tel: (03) 9481 6889
Email: info@reachcc.org
www.reachcc.org

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 Groups • Friday | 7.30pm - 9.30pm

Family • Monday | 7.30pm - 9.30pm

Friday | 7.30pm - 9.30pm

OTHER ACTIVITIES

Praise Dance • Thursday | 10am - 12pm

**MOPS (Mothers of Pre-schoolers) • Every 2nd & 4th Friday
| 10am - 12pm**

Ladies' Meeting • Quarterly

Men's Breakfast • Quarterly

Welcome

to the ninth issue of Reach Community Church newsletter. As we are about to enter 2018, let us make the decision to be at peace with God, to enter the promised land with the presence of the Lord, and to practise generosity... read on to find out more.



4_

Reach Message

Peace or Pieces? The Choice Is Yours.

8_

Reach Reflection

The Presence of the Lord

10_

Reach Teaser

Godly Character

11_

Reach Teaser

Practise Generosity

12_

Reach Reflection

The Promised Land

14_

Reach Health

Food Allergy

17_

Reach Book Review

The Counselor. The Root of the Righteous

18_

Reach Recipe

Cereal Bar

19_

Reach Recipe

Mango Cheesecake Slice

Peace or Pieces?

The Choice is Yours.

By Pastor Victor Soo

Do you ever wonder where your life is heading towards? Are you frustrated with how your life is going? Are you hoping for something better in life? In this article, Pastor Victor Soo shares his insight on life, what it means to be at peace with your life, how to connect with God and His people.

Where is the peace you long for? Is it possible to enjoy such bliss? The answer is a resounding "Yes"! Personally, I have experienced it. There were times when events hit me with cyclonic impact, but I sensed that I was shielded from these devastations by a nuclear bomb shelter.

Adam unwisely chose to stride in his own way, discarded the original design, and caused broken partnership with an unfailing God. Since then, men lost the access to the expertise and connection with the Creator. Living life without acknowledging the Creator is like operating any appliance without regard for the manufacturer's user manual; damage and even death may occur in the event when electricity or power is involved. Similarly, any attempt to bake a cake without following its time-tested recipe shall surely result in doom. To live life without God is like a ship without a compass, ebbing and floundering aimlessly without control in a sea of hopelessness. When we live each day believing tomorrow may be better, we deceive ourselves. A flotsam bobbing away in the drain merely ends up in a mighty ocean, lost amongst the countless debris. A man caught in a quicksand eventually dies in the futility of his struggles unless he is rescued.

But there is hope for salvation! By holistically re-connecting to the Creator, the way we are wired. A car needs a mechanic to be functional, a robot becomes effective and useful only through a programmer; and so we become significant and purposeful when we start to acknowledge God. Do not give up, for you have not tried everything. Do not frustrate yourself by hitting your head against the wall, for you shall not get the solution to your problems, only more hurts. Try this circuit-breaker and give your tired life a re-boot! Consider an age and time proven method. Today, you and I can find meaning to our existence by having our relationship restored with God. Remember... His Purpose is to renew us, so we feel we are fresh out of the box. To achieve this transformation, we need to take the following process:

1. Repent and accept Christ

We need to acknowledge that we have been selfishly walking our own path with our journey ending up being messy. We are often hurt as we go through the highs and lows of our journey through life. And yet we refuse to concede we are lost and drive ourselves farther away from our destination. When drowning, we need to raise our hand for the observant lifeguard to sight our distress in order to save us. No one can do this for us but ourselves, it is a personal issue. Sin means not being in the will of God, and when Jesus Christ the Lord is out of our life, we miss out big time. So, turn from walking out on Him but invite Him into your life as your Lord and Saviour. This is repentance! He shall help you navigate out of your challenges.

The fear of the Lord is the beginning of knowledge, fools despise wisdom and instruction. (Proverbs 1:7)

Because, if you confess with your mouth that Jesus is Lord and believe in your heart that God raised Him from the dead, you will be saved. (Romans 10:9)

2. Change your diet

The triune man comprising of body, soul and spirit, is in need of a balanced diet. The food we consume daily provides energy for our survival. When we go hungry, we very quickly understand that our strength diminishes. Everyone understands this reality. Similarly, spirit man needs spiritual sustenance to have the bounce to life. Reading and meditating upon the Bible, The Word of God, revives our tired and lifeless spirit being, adding stamina to continue the marathon of life. The Word is also known as The Bible or The Truth, and this supplements the part of man that discerns things of the supernatural. Like physical food, the spirit requires daily nourishment to give us strength and balance.

All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness, that the man of God may be complete, thoroughly equipped for every good work. (2 Timothy 3:16-17, NKJV)

Your word is a lamp to my feet and a light to my path. (Psalm 119:105, NKJV)

3. Boost it with prayers

Sins are like weights that we carry with us, a burden that heaps pressure on our life. Every little weight soon adds worries and anxieties, leading to heart attacks, the lack of joy and peace. Every few grams soon add up to become kilograms. Emotional issues are very delicate and cannot be easily cured with medicine, but God knows every root cause of our ill health. He is the Great Physician. Burdens tire us quickly and stop us from reaching our goals in life. You can relieve yourself of these loads unto a Saviour who will take them off you. But this can only be done through the prescribed regimen called prayers, which are conversations with God, when you can let Him know your need for His intervention. He shall instantaneously release you from your burden.

Call to Me, and I will answer you, and show you great and mighty things, which you do not know. (Jeremiah 33:3, NKJV)

If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. (1 John 1:9)

4. Exercise with a new club

It is hard to motivate ourselves to remain fit and healthy. Wait... but there are many who have achieved their purpose in life, life with meaning and abundance. We are more motivated when we have others to spur us on. After all, loneliness is not good for health. Join a church with lots of fun, friendliness, and faith-filled fellowship of like-minded people. It is scientifically substantiated that people who have affiliations with places of worship fare better in their health. Put aside your reluctance or procrastination immediately and give yourself a chance. Church-goers are people just like you - imperfect but needing encouragement. Go and share, give and take, and live anew. After all, it is free and comes with the benefits that are out of this world!

Make a joyful shout to the Lord, all you lands! Serve the Lord with gladness; come before His presence with singing. Know that the Lord, He is God; it is He who has made us, and not we ourselves; we are His people and the sheep of His pasture. (Psalms 100:1-3, NKJV)

In conclusion, peace is possible, for its source is from God. So... get a piece of heaven here on earth and enjoy it for all eternity.

*Peace I leave with you,
My peace I give to you;
not as the world gives
do I give to you.
Let not your heart be troubled,
neither let it be afraid.*

(John 14:27)

Going into The Promised Land with The Presence of the Lord

By L.C.

As 2017 approaches its end, a time to reflect on the past and look forward to the future, let's go on a journey from **The Presence of the Lord** to **The Promised Land**.

Reflection #1: The Presence of the Lord

When the Israelites were in Egypt, and were under the burden of slavery, they cried out to God for help.

And God heard their groaning, and God remembered his covenant with Abraham, with Isaac, and with Jacob. God saw the people of Israel – and God knew. (Exodus 2:24-25)

God was with the Israelites and ever since. During their exodus from Egypt, the Israelites tested God's patience again and again; but despite their stubbornness and ungratefulness, God continued to be with them.

And the Lord went before them by day in a pillar of cloud to lead them along the way, and by night in a pillar of fire to give them light, that they might travel by

day and by night. The pillar of cloud by day and the pillar of fire by night did not depart from before the people. (Exodus 13:21-22)

Do you have the assurance that God's presence is with you? When we experience difficult times in life, it is easier to be deceived by the enemy that God no longer cares. But He does! There was a time in my life when I was made believe that God had left me, but He revealed Himself to be faithful and everlasting.

It was the darkest moment of my life, I was dropped into a deep despair by a devastating event at work; my pride was wounded and my spirit crushed. To make the matter worse, I was nudged by a hostile voice in my mind that God had left me, because of my disobedience. A few months before the event, God urged me to put something of my life on the altar for Him, just like Abraham putting Isaac on the altar for God. But I reasoned with God, attempted to persuade Him to change His mind, and to give me more time.

That summer night, after the devastating event, I lied on my bed, not knowing what to do. I couldn't read the Bible, I couldn't pray, believing that God had left me. I had always taken pride in what I do and believed that God blessed my work. To feel that God was no longer with me, I surmised, "There is no reason for me to wake up in the morning to go to work anymore." Tears smeared my face, my heart was rent by painful perplexity, and my mind by terrified thought of what was ahead of me.

Miraculously, after some times, I felt an overwhelming peace within me and a powerful sense of the presence of God in my room. With this assurance, I fell asleep and went to work the next day. The following week, God gave me this verse from the bible:

And God **heard** their groaning, and God **remembered** his covenant with Abraham, with Isaac, and with Jacob. God **saw** the people of Israel – and

God **knew**. (Exodus 2:24-25, **emphasis** added)

It was a personal message for me - God heard my cry, He remembered His promise to me, He saw and He knew! He had not left me and never will! God's love is unfathomable. That same week, He resolved the issue at work for me, completely and thoroughly.

The presence of the Lord was so vivid and real that night and ever since. He taught me that I can endure anything in life when I know that the presence of the Lord is with me.

Then Moses said, "If you don't personally go with us, don't make us leave this place. How will anyone know that you look favourably on me – on me and on your people – if you don't go with us? For your presence among us sets your people and me apart from all other people on the earth." (Exodus 33:15-16, NLT)

***Continue on page 12**

*When you pass through the waters,
I will be with you; and through the rivers,
they shall not overwhelm you;
when you walk through fire you shall not be burned,
and the flame shall not consume you.*

-Isaiah 43:2

Godly Character

Match each character with its definition. As you do it, meditate on some practical ways to display these characters in your daily life.

Characters

Attentiveness

Boldness

Compassion

Determination

Honour

Justice

Obedience

Tolerance

Virtue

Wisdom

Definitions¹

1. Investing whatever is necessary to heal the hurts of others.
2. Seeing and responding to life situations from a perspective that transcends my current circumstances.
3. Confidence that what I have to say or do is true, right and just.
4. Showing the worth of a person or task by giving my undivided concentration.
5. Quickly and cheerfully carrying out the direction of those who are responsible for me.
6. Respecting those in leadership because of the higher authorities they represent.
7. The moral excellence evident in my life as I consistently do what is right.
8. Purposing to accomplish right goals at the right time, regardless of the opposition.
9. Realising that everyone is at varying levels of character development.
10. Taking personal responsibility to uphold what is pure, right, and true.

¹ The definitions are taken from the Character First! Program, Character Training Institute

- Answers**
- 1. Compassion
 - 2. Wisdom
 - 3. Boldness
 - 4. Attentiveness
 - 5. Obedience
 - 6. Honour
 - 7. Virtue
 - 8. Determination
 - 9. Tolerance
 - 10. Justice

Practise Generosity

In the Character First! Program, generosity is defined as “carefully managing my resources so I can freely give to those in need”. In another word, to be generous, we need to be a good steward of our resources (money, time, talent etc). So, being generous is not only for those whom we think are richer or more talented than us, it is for everyone who is willing. The only prerequisite is to make wise decision daily!

They are to do good, to be rich in good works, to be generous and ready to share, thus storing up treasure for themselves as a good foundation for the future, so that they may take hold of that which is truly life. (1 Timothy 6:18-19)

G ive your resources (time, talent, treasure) willingly and cheerfully	Do not withhold good from those to whom it is due, when it is in your power to do it. Do not say to your neighbour, “go, and come again, tomorrow I will give it” – when you have it with you. (Proverbs 3:27-28) Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver. (2 Corinthians 9:7)
E ncourage others readily with sincere praises	Therefore encourage one another and build one another up, just as you are doing. (1 Thessalonians 5:11)
N ever expect a return when you give	He said also to the man who had invited him, “When you give a dinner or a banquet, do not invite your friends or your brothers or your relatives or rich neighbours, lest they also invite you in return and you be repaid. (Luke 14:12)
E xercise hospitality	Show hospitality to one another without grumbling. (1 Peter 4:9)
R efrain from self-indulgence	But she who is self-indulgent is dead even while she lives. (1 Timothy 5:6)
O ffer your help before being asked	And as you wish that others would do to you, do so to them. (Luke 6:31)
S erve sacrificially – in missions and in ministries	As each has received a gift, use it to serve one another, as good stewards of God’s varied grace. (1 Peter 4:10)
I nstruct others lovingly	I will instruct you and teach you in the way you should go; I will counsel you with my eye upon you. (Psalms 32:8)
T ithe dutifully	Bring the full tithe into the storehouse, that there may be food in my house. And thereby put me to the test, says the Lord of host, if I will not open the windows of heaven for you and pour down for you a blessing until there is no more need. (Malachi 3:10)
Y ield your desires and possessions to God	For the world offers only a craving for physical pleasure, a craving for everything we see, and pride in our achievements and possessions. These are not from the Father, but are from this world. (1 John 2:16, NLT)

Reflection #2: The Promised Land

In the Bible, Caleb is best known to be one of the twelve men sent out by Moses to spy out the land of Canaan. Together with Joshua, they were the only two spies who brought back positive report on the land,

"The land, which we passed through to spy it out, is an exceedingly good land. If the Lord delights in us, he will bring

*us into this land and give it to us, a land that flows with milk and honey. Only do not rebel against the Lord. And do not fear the people of the land, for they are bread for us. **Their protection is removed from them, and the Lord is with us; do not fear them.**" (Numbers 14:7-9, **emphasis added**)*

Forty-five years later, when the Israelites reached the promised land, Caleb said to Joshua,

*"I am still as strong today as I was in the day that Moses sent me; my strength now is as my strength was then, for war and for going and coming. So now give me this hill country of which the Lord spoke on that day, for you heard on that day how the Anakim were there, with great fortified cities. **It may be that the Lord will be with me, and I shall drive them out just as the Lord said.**" (Joshua 14:11-12, **emphasis added**)*

Two years ago, I had to make a major decision regarding my work. As the health service expanded, it was no longer feasible for one consultant to be on call for two hospitals simultaneously after hours. Each of

us was asked to choose one of the two hospitals to work for. Between the two hospitals, Hospital A was a relatively new hospital in a growing suburb, with the potential for growth, and was always thought to be the one which the government would invest more money in; whereas Hospital B was an old hospital, in the suburb with the majority of its residents from non-English speaking background and much lower socioeconomic status. It was not only that the government was unlikely to invest more money in it, there was speculation that it would eventually be downsized, with reduction of services. My logical mind and human wisdom swayed me to stay in Hospital A, for a better future and career security.

I set my mind on Hospital A, until one day I was prompted by an inner voice, *"No one really knows what is going to happen; no one can predict the future"* (Ecclesiastes 10:14b, NLT). I was reminded of the psalmist's cry, *"My future is in your hands"* (Psalms 31a, NLT), and the biblical wisdom, *"Trust in the Lord with all your heart, and do not lean on your own understanding"* (Proverbs 3:5).

Caleb knew God's promise - to take the Israelites into the land of Canaan, and he set his mind on this promise. When they were sent out to spy the land, the other ten spies saw *"people of great height"* and *"fortified cities"*, which are too strong for them to overcome (see Numbers 13:25-33). But Caleb saw God's promise - *"a land that flows with milk and honey"* (see Numbers 14:5-9).

When the Israelites finally arrived at the promised land, even though the enemies were still not completely driven out, Caleb again saw God rather than the obstacles, “..... the Lord will be with me, and I shall drive them out just as the Lord said” (Joshua 14:12b). This gave him the courage to go into the promised land despite the expected challenges.

What is God’s promise to you? Does it seem too distant and too daunting to achieve? What stopped you from taking steps to move into the promised land? What should your response be

when you face life challenges (perceived or real)?

But my servant Caleb, because he has a different spirit and has followed me fully, I will bring into the land into which he went, and his descendants shall possess it. (Numbers 14:24)

As we enter into 2018, let’s make the decision to let go of our own understanding, and to hold onto God’s promise. Whatever challenges ahead of us can be overcome when the Lord is on our side!



*When we see the mountains from our own eyes,
they are lofty and unconquerable;
but when we see them from God’s eyes,
they are only calm reflection on the water,
limpid and unthreatening.*

FOOD ALLERGIES



By Dr LeeChyi Lam

Food allergy involves the immune system in our body reacting towards certain type of food (an allergen) which is otherwise harmless. This is in contrast to other adverse reactions such as food poisoning and food intolerance (e.g. lactose intolerance).

Although any food can induce an allergic reaction, 90% of food allergy is due to nine foods: cow's milk, egg, peanut, tree nuts, sesame, soy, fish, shellfish and wheat¹. Children tend to outgrow allergy to cow's milk, eggs, soy and wheat. In addition, children with cow's milk and egg allergy might tolerate milk and egg when they are extensively heat-treated, for example in cakes or biscuits.

Classification and Manifestations of Food Allergy

1. IgE mediated (immediate onset)
2. Non-IgE mediated (delayed onset)
3. Mixed IgE and non-IgE mediated

IgE mediated allergy

This type of food allergy involves the production of IgE antibodies in our body. Clinical symptoms usually occur within 2 hours of food ingestion.

Mild to moderate reaction:

- Angioedema (swelling of face, lips and /or eyes)
- Urticaria (hives or welts) or other rashes
- Vomiting

Anaphylactic reaction:

- Difficulty in breathing, wheezes
- Tongue swelling, which can cause breathing obstruction
- Swelling or tightness of throat
- Collapse
- Bowel symptoms – vomiting, diarrhoea or pain
- Young children can become pale and floppy

Non-IgE mediated allergy

This reaction does not usually occur within hours of food ingestion, and can take up to a few days before symptoms appear. The symptoms consist of bowel symptoms (e.g. chronic diarrhoea, blood in the stool), or skin problem (e.g. eczema). It can also cause significant unsettledness in infants and failure to gain weight.

Infants' skin is usually more sensitive than older children and adults, and skin irritation (e.g. redness) can occur when in direct contact with some foods, this is not an allergic reaction. Hence, smearing food onto infants' skin to test for allergy is not recommended.

Diagnosis of Food Allergy

Food allergy can sometimes be diagnosed based on clinical history alone. However, diagnostic tests are often used to confirm the diagnosis of IgE-mediated allergy. Two major diagnostic tests are skin prick test and serum allergen specific IgE.

Skin Prick Test (SPT)

In children, this is generally performed and interpreted by an allergist. It involves pricking the skin (usually on the back or forearm) using sterile needle with chosen allergen.

Serum allergen specific IgE

This is a blood test measuring the IgE level of specific food allergen.

The pros and cons of these two diagnostic tests are summarised in Table 1:

	<i>Skin prick test</i>	<i>Serum allergen specific IgE</i>
Pros	Result is available within 20 minutes.	Readily available. No exposure to allergen. Useful in children with history of anaphylaxis or significant skin conditions e.g. severe eczema. There is no need to stop any medication prior to testing.
Cons	Not as readily available. Some medications (e.g. antihistamine) need to be stopped a few days before the test. Risk of anaphylaxis.	Result is usually not available within the same day.

It is important to understand that the above tests need to be interpreted with clinical symptoms, and are not recommended for children without clinical history of allergic reaction, even in the setting of family history of food allergy. Our body can produce antibodies without clinical symptoms of allergy (sensitisation); hence children can have positive test but no history of allergic reaction with ingestion of the food, i.e. positive result does not necessarily equivalent to food allergy. In addition, the level of antibody (or diameter of SPT) does not necessarily correlate to the severity of clinical reaction.

Sometimes, even after detailed history and diagnostic tests, the diagnosis of food allergy might still be unclear, and oral food challenge under medical supervision might be necessary.

In addition, diagnostic tests are not useful in non-IgE mediated reaction, which can be diagnosed by food withdrawal and challenge – resolution of symptoms when food is excluded from diet, and return of symptoms when food is reintroduced. Seek medical advice when diagnosis is unclear, before excluding any food from your child's diet. Many commercially available tests (e.g. patch test, hair analysis testing) have not been scientifically validated, and are not recommended for diagnosis of food allergy.

Reach Health

Prevention of Food Allergy

The cause of food allergy is poorly understood. Although “hygiene hypothesis” (the theory that decreased exposure to germs in the environment in early childhood increases the risk of allergy) had been proposed, it is complex and beyond the scope of this article. Simply exposing children to more germs in early childhood is not the answer in preventing food allergy.

Diet during pregnancy and breastfeeding

Eliminating allergenic food during pregnancy or breastfeeding has not been shown to decrease the risk of allergy in children.

Timing of introduction of allergenic food

Solid food is usually introduced when infants are 6 months old, or earlier, but not before 4 months old. In the past, it was erroneously thought that the risk of allergy can be reduced by delaying introduction of highly allergenic food such as peanut. However, this has been refuted in the more recent studies.

In a population based study, it was found that introduction of cooked eggs at 4-6 months old was associated with lower risk of egg allergy, whereas introduction after 10 months old was associated with higher risk². Another study found similar result even in those with family history of allergy³. Similarly, a large study found that in children with severe eczema and/or egg allergy, early introduction of peanuts significantly reduced the development of peanut allergy at 5 years old⁴.

As a result, delayed introduction of highly allergenic food is no longer recommended. Food should be introduced according to family's diet, tradition or practice, and child's developmental stage. Introduce one food at a time, so that if any allergic reaction develops, it is easier to identify the food responsible for it. In addition, start with small amount, and introduce highly allergenic food during daytime. If in doubt, seek medical advice.

Treatment of Food Allergy

Once allergic reaction occurs, it is important to avoid the allergenic food until further testing and medical advice. Be vigilant in reading the ingredient label of packaged food. In children with multiple food allergies, it is important to ensure adequate and balanced nutrition, dietitian consult might be beneficial.

Children with history of anaphylactic reaction will be prescribed Epi-Pen, an auto-injector of adrenaline, with education on its use provided for the family. It is important to have an updated anaphylactic management plan. There are many community support organisations that offer updates and tips for living with food allergy. Although immunotherapy has been used in allergic rhinitis, it is still under research as a treatment for food allergy.

In summary, food allergy is not uncommon. Allergic reaction can be recognised clinically, but diagnostic test is often used to confirm the diagnosis. Recent studies showed that early introduction of allergenic food reduced the risk of food allergy. Once allergic reaction occurs, it is important to avoid the responsible food.

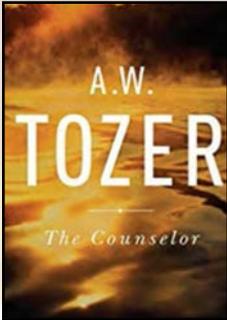
2 “Can Early Introduction of Egg Prevent Egg Allergy in Infants? A Population-Based Study”, *J Allergy Clin Immunol.* 2010;126(4):807-813

3 “Randomised controlled trial of early regular egg intake to prevent egg allergy”, *J Allergy Clin Immunol* 2017;139(5):1600-7

4 “Randomized Trial of Peanut Consumption in Infants at Risk for Peanut Allergy”, *N Engl J Med.* 2015;372:803-813

The Counselor

Author: A.W. Tozer



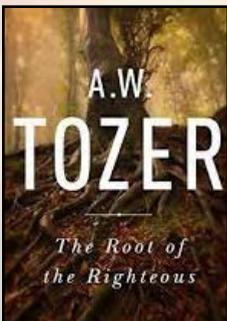
Is it possible to love a mortal man without meeting the person? Yes! I absolutely love A.W. Tozer – his teachings and his writings. Aiden Wilson Tozer (1897–1963), a pastor and writer of the 20th century, is best known for his book “The Pursuit of God”. Recently I picked up his book “The Counselor”, and couldn’t put it down till I savoured it all. After finished reading it, I yearned to read more of his books, so I rushed to the local Koorong bookshop, and bought his other book “The Root of the Righteous”.

As you can guess, “The Counselor” is about the Holy Spirit. It starts with the first chapter on the teaching that “Whenever Jesus Is Glorified, the Holy Spirit Comes”. The second chapter tells us that “The Holy Spirit Is Not Known through the Intellect”. This is followed by chapters such as “The Presence and Ministry of the Holy Spirit”, “The Promised Filling of the Holy Spirit”, “Spiritual Gifts”, “Cultivating the Fellowship of the Holy Spirit”, and “The Holy Spirit Makes the Difference!”

Throughout his writings, A.W. Tozer made biblical truths personal and challenged the readers to apply these truths in life. He also touched on the characteristics of spirit-filled church, spirit-filled Christians and spirit-filled life. It left me with the determination to be changed... for the better, for no true Christian should resist a spirit-filled life!

The Root of the Righteous

Author: A.W. Tozer



“The Root of the Righteous” is a collection of 46 short essays of A.W. Tozer. The topics include: “We Must Give Time to God”, “On Receiving Admonition”, “Christ Is the Pattern”, “The Presence More Important Than the Program”, just to name a few. Each essay purposes to help the readers to draw near to God and to live a full life, bearing fruit for the kingdom of God.

What impressed me about A.W. Tozer is his ability to convey profound messages in simple writing. His writing is direct and sharp, with great spiritual insight. His teaching is not simply theoretical and doctrinal knowledge; it is convicting, it challenges and compels the readers to take action and to develop a deep relationship with a personal God.

James L. Snyder, the author of A.W. Tozer’s biography “In Pursuit of God: The Life of A.W. Tozer”, wrote of Tozer, “He had the ability to make his listeners face themselves in the light of what God was saying to them.” What an apt description! What a rare gem!

Cereal Bar

By Ellen Kwong

This simple and yet delicious cereal bar is a great family snack and is sure to please the young and the old!

Reach / Summer 2017



Ingredients:

- 4 cups breakfast cereals (cornflakes, rice bubbles or any breakfast cereals that contain fruits and nuts)
- 1/2 cup brown sugar
- 125g butter
- 3 tbsp honey
- 1 tbsp golden syrup

Methods:

1. Preheat oven to 180°C.
2. Line a slice pan with aluminium foil and grease the foil with cooking oil spray.
3. Melt butter in a big pot on low heat. Add honey, golden syrup and brown sugar; turn the heat off when the mixture bubbles.
4. Remove from heat and add the rest of the dry ingredients. Mix thoroughly.
5. Pour the mixture into the slice pan and press firmly using a spatula.
6. Bake for 10 minutes or until golden brown.
7. Remove from the foil when completely cool. Cut into bars or slices to serve.

Variation:

- To make cereal bars with chocolate toppings, melt chocolate in microwave and pour over cooked cereal bar.
- Desiccated coconuts or rolled oats can be used to substitute same quantity of cereal used.

Mango Cheesecake Slice

Reach Recipe

19

By InChyi Lee

Enjoy the mango season by making this delicious mango cheesecake slice! Use a rectangular springform pan 30cm x 24cm. Alternatively, use an 18cm round pan and present it as a whole cake.



Ingredients

Base:

400g digestive biscuit crumbs
180g melted butter

Filling:

500g cream cheese
120g sugar
500g fresh mango puree
40g gelatine powder
60g boiling water
600ml thickened cream

Mango jelly topping:

85g mango jelly powder
11g gelatine powder
200g boiling water
200g water

Methods:

For the base

1. Line the base of your springform cake pan with baking paper. Preheat oven to 170°C.
2. Combine cake base ingredients and press firmly onto the base of the cake pan. Bake for 15 mins and set aside to cool.

For the filling

3. Whip thickened cream until soft peak.
4. Cream the cream cheese and sugar together until light, smooth and creamy.
5. Dissolve gelatine powder in boiling water, mix into mango puree. Stir mango puree mixture into cheese mixture, then fold in the whipped cream.
6. Pour mixture onto the cake base and smoothen the top. Chill for at least an hour till set.

For the jelly layer

7. Combine mango jelly powder with gelatine powder. Add in 200g boiling water and stir till all powder is dissolved. Add in the other 200g water, stir to cool down the mixture.
8. Once the jelly liquid cool down (before it is set), remove the cake from fridge. Gently pour the jelly on top of the cake. Return to fridge and chill for another hour or so (or overnight), until the jelly is set.

**Do you have any pressing
life concerns or puzzling
life questions?**

**Write to us at:
reachforum@reachcc.org
and we will try to address
and answer them.**

reach

Reach Community Church

2/177 Beavers Road
Northcote VIC 3070

Tel: (03) 9481 6889

Email: info@reachcc.org

www.reachcc.org

