



reach

Autumn Edition | Issue • 2



Reaching Up!
Reaching Out!
Reaching All!



Reach Community Church

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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
7.30pm - 9.30pm

Young Adults Meeting
Wednesday
7.30pm - 9.30pm

REACH Kids
Sunday
11am - 12pm

Youth Group Meeting
Friday
7.30pm - 9.30pm

OTHER Regular Meetings outside
Reach Community Church

**Weekly Various
Family Group Meetings**

Quarterly
Ladies
Meeting

MEN'S
BREAKFAST
Quarterly



Welcome

to the second 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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A Quest for Easter

By Ajibade Aibinu

Easter is significant.

It is not about bunnies, baskets of chocolates or colourful eggs.

Easter signifies the deep love of God for humanity. The bible says *'For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life'* (John 3:16).

When humanity was deeply lost in sin with no hope of redemption, God provided a saviour to pay the price and make a way. God demonstrates His love for us in that while we were still sinners, Christ died for us (Romans 5:8). We have all sinned and come short of the glory of God and for that reason we have been condemned to eternal death but the gift of God to us is salvation through the work of Christ and by which we have eternal life (Romans 3:23; 6:23). We have been forgiven. Sin is rooted in rebellion against our maker. It kills and destroys. Sin brings spiritual death – it separates us from God. To restore the separation, Christ Jesus came and died a gruesome death on a cross for our sake. But He overcame the sting of death and rose again to give eternal life to all who will believe in Him. **For this, we celebrate Easter in remembrance of the death and the resurrection of our Lord Jesus. It is a reminder that we need to commit our lives to Christ and renew our faith in Him.**

The biblical account of Christ's death tells us that God loves us even during our darkest moments. Mocked, despised, beaten and crucified on a cross, Christ Jesus suffered. He felt forsaken, lonely and abandoned for no reason but for humanity's sake. He cried to

the Father for help at the point of death but there appeared to be none. On the third day, He triumphed over the grave and death and was raised to life, to an exalted position, by the love of the Father. The love of the Father triumphs over the power of the grave. May be you are feeling forsaken, disappointed, abandoned, agitated or disturbed, remember that there is a saviour who experienced the same adversities.

Christ knows exactly how you feel, having felt the same way but overcame. He will comfort and strengthen you. In His name you can be victorious. **Easter reminds us that there is hope regardless of our circumstances. No matter how low you have sunk in life, you can rise again!** There is no problem that God cannot solve; no mountain that He cannot move; no sickness that He cannot heal. Christ has come to save and heal. He is merciful, kind, full of grace and peace. The bible tells us that *'he took up our pain and bore our suffering,....he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed'* (Isaiah 53:4-5).

Easter teaches us to submit to the will of God even when it is not convenient and when it is contrary to our feelings. Prior to crucifixion, our Lord Jesus Christ prayed to the Father at the garden of Gethsemane. He wanted the Father to help him avoid the pain of death on a cross. It appeared that there was no answer to His prayers. In humility, He surrendered to the will of the

Father. Jesus prayed '...my father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will' (Matthew 26:39).

Easter teaches us to be humble. Have you learnt how to be humble and to surrender to the will of God? God opposes the proud, but shows favour to the humble (James 4:6).

The bible says that 'he humbled himself by becoming obedient to death - even death on a cross! Therefore God exalted him to the highest place and gave him the name that is above every name, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue acknowledge that Jesus Christ is Lord, to the glory of God the Father' (Philippians 2:8-11).

His resurrection to an exalted position teaches us that it pays to obey the will of God. Today, we live in a culture of rebellion and disobedience. God is calling us to a life of obedience to Him and His constituted authorities.

In 1 John 2:4-5, it says 'Whoever says, "I know him," but does not do what he commands is a liar, and the truth is not in that person. But if anyone obeys his word, love for God is truly made complete in them. This is how we know we are in him'.

As we celebrate Easter, let us remember the deep love of God by which we have been forgiven through the gift of His only son.

Easter is about the death and resurrection of Christ, and it teaches us that there is hope in every situation and that God loves us in the darkest moments of our lives. Easter teaches us to be humble, it compels us to obey and submit to the will of God. Do not harden your heart. Open your heart to the saviour and to God's eternal life in Christ Jesus.

Wishing you
a Happy & Blessed Easter.

God is my life-giver

At 63 years old,

the taciturn but avuncular Allan Paremain is as fit as ever. He shared with us his evocative experience of surviving a major heart attack and two cardiac arrests, the indelible impact of these experiences on his life, and his words of wisdom for those who do not believe in God.

Surviving a major heart attack

Allan remembered vividly that it was the Saturday of the Grand Prix weekend in 2013, just before midnight, as he was about to turn in, his throat itched and he couldn't stop coughing. Each time he attempted to lie down, the cough came back with a vengeance. Finally, at around 4 o'clock in the morning, he was desperate. "I could hear bubbling in my lungs. I knew that if I lied down again, I wouldn't be able to get up, so I drove myself to the hospital. That's when the first miracle happened." He was effusive while recollecting his experience, "when I arrived at the hospital, I could hardly walk. The emergency department of Frankston Hospital on Saturday night is usually full of drug addicts and drunkards; but that night when I walked in, there was no one in the waiting area. By that time I was unable to speak. When the triage nurse saw me, she immediately pushed the emergency button and everyone rushed in. After some tests, I was told that I had a heart attack."

For the next 10 days Allan had various tests which confirmed that he needed a



Photography by Lidia Xia

triple bypass cardiac surgery. Allan was then transferred to The Alfred Hospital. He underwent the surgery the day before Good Friday. His speedy recovery coincided with the celebration of the resurrection of Jesus Christ by Christians all over the world. The following Tuesday, he was discharged from the intensive care unit to the lower dependency shared-ward. Another significant event transpired.

Surviving two major cardiac arrests

After dinner, he was talking to another patient. The next thing he remembered, he was surrounded by a crowd of medical professionals and someone was pounding on his chest. "I asked them to go away, I told them I just had an operation." Then a cloud of dread passed over him. "It dawned on me that something terrible was going on. I was awake but couldn't speak. The next morning, I woke up in the intensive care unit." He was told that he had an inexplicable recovery from two successive cardiac arrests within two hours.

Miraculous cure of fluid accumulation around the heart

After further tests, Allan was told that fluid was accumulating around his heart cavity which needed to be drained. During his hospitalisation, the solitude in the hospital allowed him time to read the book 'Dialogue

with God', given to him by Pastor Victor Soo. He told God, *"I don't feel sick enough to die"*. When it was time to have the fluid drained, the puzzled-looking doctor told him that the fluid was gone and the planned procedure was abandoned. He was cured miraculously.

Dead to self, alive in Christ

Allan was in the intensive care unit for another 12 days. Multiple tests were performed daily. Another blockage was found in one of the arteries of his heart and he was to have a stent insertion. After the procedure, terrible anguish seized his heart.

"I felt like I was dying." He had a moment of epiphany. The fragility of his life dawned on him. He said to himself, "I have to change my life". He realised that it was not simply fortuitous that he survived all those ordeals so far, it was the Hand of God upon him.

A new life

After being discharged from the hospital, Allan felt different. "Before this turning point in my life, I couldn't be bothered with many things, now I have more passion for people." Once, at a bus stop, he met a young man in his thirties, drinking alcohol on a bright sunny

day. They started a conversation. The young man had a wife and three young children, and was a "frequent flyer" to prisons. Allan had deep concern for this young man, and ardently shared his experience with him. Allan advised him to give up alcohol and to turn over a new leaf. About 6 weeks later, Allan was strolling in Frankston, the same man tapped him on the shoulder and thanked him; he told Allan that he had given up alcohol.

To keep himself active, Allan is now the caretaker of the Crossover Christian Centre in Warragul and lives there. Commuting one and a half hour each way, he attends Reach Community Church cheerfully every Sunday. His heart attack made an indelible impact on his soul and spirit but not his physical body.

It is preposterous that many people live their lives as if there is no God. Allan's advice for them *"in times of trouble, the first person we need to talk to is God", and "never give up, have faith in God."* The realisation of the Hand of God in his life gives him a sense of imperturbability. God gave him a second chance in life, and he has nothing to vaunt but the life-saving power of God.

***"The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly."
(John 10:10) (ESV)***



Philippines Missionary Trip



In January 2016,

a team of 13 faithful children of God, diverse backgrounds and ages ranging from ten to over seventy, embarked on a missionary trip to Samal Island, one of the many beautiful islands in Philippines. The team members self-supported financially for this nine days of missionary trip. For many of them, this was their first time stepping on the land of the Philippines. After many months of assiduous planning and ardent prayers, the team members girded themselves with The Word of God and His promises, departed from Melbourne on the 9th of January, 2016. They had one thing in common: their love for our Lord Jesus Christ; and one purpose in mind: to serve His people. Despite the initial journey hiccups, their love for God and their confidence in His promises imbued their ministries with joyfulness. God in turn proved Himself to be faithful, miracles were witnessed, lives were touched and transformed.

During the trip, the team ministered at many churches including Cross Reign

Church, One Way Outreach Foundation, Faith Tabernacle Church, Penaplata Church, United Pentecostal Church, and Kaputian Alliance Church. They also held seminars at two schools: Villarica High School and Samal National High School, with close to 800 students attended the seminars. Not only that God's Word was preached and many testimonies shared, the team also ministered to the congregation by performing drama, praying for the local people, delivering them from spiritual bondage, doing altar call*, and teaching. The topics of teaching include: leadership, first aid, healthy thinking, healthy living, maternal health, Godly wife, parenting teens, and creation, providing spiritual as well as practical guidance in the lives of the local people. In addition, two days were set aside for community health services, one in Babak District, and the other in Penaplata, with more than 500 attendees including children.

**Altar call is the invitation of people to come forward publicly if they wish to make a new spiritual commitment to Jesus Christ*

Activities provided on the day of community health services

- o Blood pressure check
- o Blood sugar check
- o General health and nutrition information
- o Prayers
- o Fun things for the children: games, balloon sculpting, giving out ice cream
- o Distribution of gifts such as school supplies, paracetamol, basketballs, slippers, various toiletries including toothpaste & toothbrushes

In Penaplata, a team of five local volunteer dentists also provided dental check up.

The Miracle of Physical Healing

An elderly man who had been walking with a stick for many years was able to walk without stick after being prayed for.



The Miracle of Spiritual Healing

A lady traumatised by past sexual abuse was prayed for, and after that the villagers saw changes in her, and shared that she is now able to look after her own personal hygiene and is also more joyful.

Go therefore and make disciples of all nations, baptising them in the name of the Father and of the son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age." (Matthew 28:19-20) (ESV)

Pictures of the missionary trip



Photography
by Flor Juera

Pictures of the missionary trip



Reflections from the missionary trip: *This mission trip was an invaluable experience for every team members, as testified by some of them:*

It was so wonderful to witness the power of God operate in signs, wonders and miracles across all borders, transforming lives from here in Australia and to other lands.

– *Pastor Victor*

This trip has really enhanced the faith of all of us.... our good God will always reveal & show us His way by the power of the Holy Spirit.

– *Eddie Li*

I witnessed the power of God setting people free from bondages of fear, despair, sicknesses, to faith, hope & joy.

– *Joanna Li*

Greater is He who is in us than he who is in the world. We are always victorious in Jesus Christ.

– *John Manzo*

I witnessed and experienced miracles, signs and wonders of God as people were healed and transformed when they accepted Jesus as their Lord and Saviour.

– *Eva Manzo*

I feel so blessed to be able to share our blessings to the people of Philippines in Samal Island.

– *Johna Manzo*

I realised that we are so blessed in Australia.

– *Ethan Manzo*

I thank God for the opportunity to help my fellow Filipinos to understand the teachings of the Lord.

– *Sarah McGregor*

I went wanting to bless people and to flow with God's spirit on what He wanted me to do. In return I have been blessed by the people, the churches and most importantly by God! Praise God!

– *Sharon Chai*

5 Well-known Christian Missionaries

Name	Nationality	Country of Mission	Important works	Famous sayings
William Carey (1761-1834)	British	India	Known as the 'father of modern missions'; translated the Bible in many languages; founder of Baptist Missionary Society.	"Expect great things from God; attempt great things for God."
David Livingstone (1813-1873)	Scottish	Africa	Made geographical discoveries of Africa; opened up Central Africa to missionaries.	"God, send me anywhere, only go with me. Lay any burden on me, only sustain me. And sever any tie in my heart except the tie that binds my heart to Yours."
Hudson Taylor (1832-1905)	British	China	Founded the China Inland Mission; evangelised to the "unreached" inland provinces of China.	"Christ is either Lord of all, or He is not Lord at all."
Amy Carmichael (1867-1951)	Irish	India	Founded the Dohnavur Fellowship; provided sanctuary for young women who were forced into temple prostitution.	"You can give without loving, but you cannot love without giving."
Eric Liddell (1902-1945)	Scottish	China	Olympic gold medallist; his story was depicted in the Oscar-winning film Chariot of Fire.	"I believe God made me for a purpose, but he also made me fast and when I run I feel His pleasure."



Help!!! My child refuses to EAT!!!!

By Dr LeeChyi Lam

“My child refuses to eat” is a common complaint of many parents. About 25-35% of parents of toddlers and preschoolers described their children to be “picky eaters”. Parental expectation differs significantly, hence it is difficult to have a universal definition of “picky eating”.

Importantly, the majority of these “picky eaters” are healthy and have normal appetite for their age and growth. Children grow rapidly in the first year of life, the average weight gain from birth to one year old is around 6 kg. However, this growth rate slows down in the second year of life, and the average weight gain between one and two-year-olds is 2.5kg. The yearly average weight gain is even less between two and five-year-olds.

As the growth rate slows down, the appetite decreases accordingly. Unrealistic parental expectation often results in force feeding, which further worsens the eating resistance. In addition, children develop a sense of autonomy during this time, which reflects

in their eating practices, in their desire to self-feed and to choose the type of food they put into their mouths. Children also become more interested in their environment during this time and become easily distracted during mealtime. Generally, most children do not welcome new food readily. This can be fostered in a positive environment, with role modelling and repeated exposure in a non-threatening way. Studies suggest that it takes an average of 8 to 15 exposures before children incorporate new food into their diet.

Establishing regular family mealtimes in a positive environment has many benefits:

1. It fosters family relationship.
2. It avoids the habit of eating and walking around simultaneously, which is a choking hazard for young children.
3. It provides opportunity for modelling healthy eating habits.
4. It provides positive environment for exposure of new food.

Tips to establish positive family mealtimes:

4A's

1. **ATTITUDE** - watch your own attitude towards food.
2. **AVOID DISTRACTIONS** - no television, no toys and no mobile phone!
3. **ADEQUATE TIME** - set aside adequate time.
4. **APPROPRIATE TIME** - set aside appropriate time, for example, at a time when your child is not over-tired.

In addition, family mealtimes do not have to be strictly around the table, a barbecue in the backyard over the summer will make it enjoyable for your child.

Other tips to avoid stress around mealtime and to establish a healthy eating habit in your child (N4H):

N4H

- **No force feeding.**
- **No frequent snacking** through the day and no snacks too close to mealtime. Nutritious snack can be offered mid way between meals.
- **No excessive sugary drink** (this includes fruit juice) and milk – toddlers and preschoolers do not need more than 600mL of milk daily for their calcium requirement, which can also be provided with cheese and/or yoghurt.
- **No unhealthy food** after they refuse healthy food, for example, do not give them chips after they refuse to have pasta during mealtimes.
- **Healthy lifestyle for healthy appetite** – regular exercise and play during the day.



Fussy eating habit in an otherwise healthy child is usually a behavioural issue, so just like any other behavioural concern during this period, your child is testing your boundaries and the same behavioural strategies can be used:

- Do not pay too much attention to the fussy eating habit.
- Positive reinforcement – praise your child specifically as he or she makes any attempt to eat.
- Use a reward chart with an older child. Rewarding instead of bribing.
- Allow your child to have appropriate degree of autonomy according to his or her age, for example, self-feed with finger food and/or cutlery, allow him or her to help with food preparation as desired, allow some choices but limit the options i.e. instead of asking "what do you want for dinner?", ask, "do you want pasta or baked potatoes for dinner?"
- Lastly, examining your relationship with your child, is he or she using the food refusal as a means of getting your attention?

Remember, changing a habit takes time!



Mealtimes can be very distressing for some families, seek medical help if you have any concerns and especially if:

- Feeding problem starts early e.g. as soon as solids are introduced.
- It is associated with other developmental issue e.g. speech delay.
- It is associated with other behavioural or emotional problems e.g. restrictive behaviour, anxiety, autistic behaviour, obsessive-compulsive behaviour.
- If you are concerned about growth or any nutritional deficiency.

Most children with fussy eating habits do not need nutritional or vitamin supplements, but if you are concerned, seek medical advice.



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



References:

1. Raising Children Website
2. The 'picky eater': The toddler or preschooler who does not eat. Canadian Paediatric Society, Nutrition and Gastroenterology Committee

Mascarpone Dessert Duo

By Sharon Oen

Mascarpone Filling

Ingredients

- 500g Mascarpone cheese
- 2 tablespoons soft brown sugar
- 1 teaspoon vanilla extract

Method

1. Combine all ingredients in a mixing bowl
2. Beat until just combined
3. Set aside for use later

Variation 1: Tartlet

Ingredients

- 250g Anzac biscuits
- 90g melted butter

Method

1. Place biscuits in a zip lock bag and crush into fine crumbs with a rolling pin.
2. Place crumbs in a bowl.
3. Pour in melted butter to combine thoroughly.
4. Place 1 heaped tablespoon of crumbs into each greased 12 hole silicon muffin tray.
5. Using your fingers shape crumbs halfway up the muffin hole.
6. Refrigerate for 30mins to firm.
7. Carefully remove tartlet from muffin hole and place on serving plate.
8. Scoop 1 heaped tablespoon of mascarpone filling into each tartlet shell.
9. Decorate with your favourite fruit.

Variation 2: Strawberry Sponge



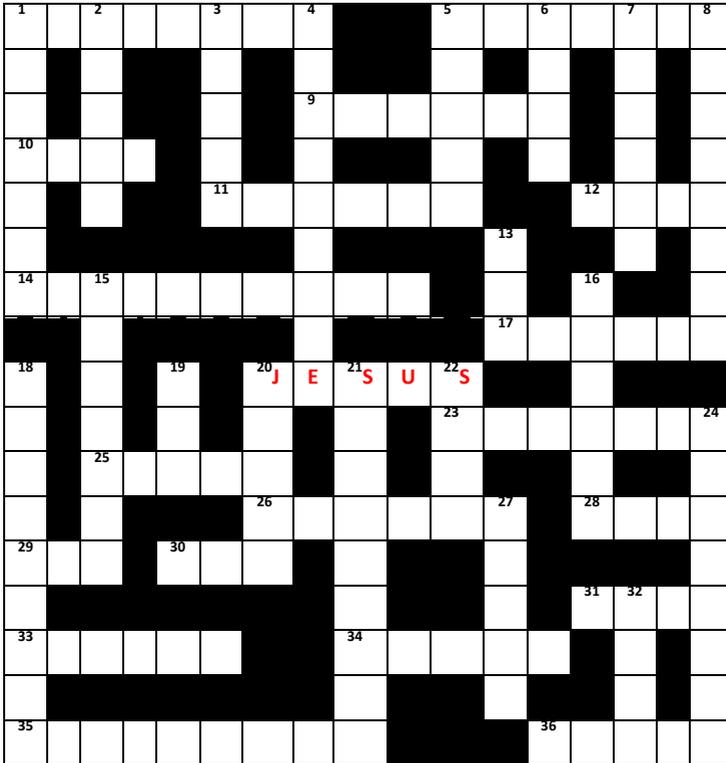
Ingredients

- 250g sponge fingers
- Assorted fruits
- 170g can passionfruit pulp

Method

1. Spread 2 sponge fingers with generous amount of mascarpone filling.
2. Place sliced strawberry (or other fruit) on top of the mascarpone filling.
3. Stack one sponge finger on top of another on a serving plate.
4. Drizzle generous amount of passionfruit pulp.



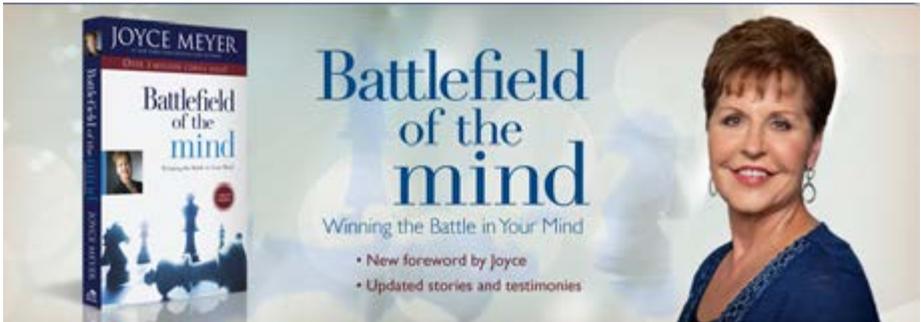


Across

1. The wife of Herod Antipas
5. A king of Israel, the son of David
9. The land God promised to the Israelites
10. So be it. End of prayer
11. People recognised to be holy
12. Tranquil
14. A person who is against Christ
17. The mother of the prophet Samuel
23. A name of God: _____ of Days
25. A long shirt worn by men in Bible times
26. A prophecy revealed by a priest
28. Real or genuine
29. In Genesis, God created the light and called it _____
30. A book in the Bible with the story of a wealthy man who feared God and his righteousness was tested by disaster
31. A musical instrument played by King David
33. Certain to die
34. The name given to something
35. Having authority over everything
36. The brother of Jesus

Down

1. A Hebrew word of praise meaning "save"
2. To disobey or turn against the authority
3. Anything worshipped as a god
4. Jesus Christ offered Himself as a once off _____ for the sins of humankind
5. Official stamps
6. A period of 40 days before Easter
7. The sister of Moses
8. The Jewish 'cupbearer' who rebuilt the walls of the city of Jerusalem
13. The residue left after burning
15. Half Jews whose mother's name is Eunice
16. To pour oil on a person's head
18. A Pharisee who visited Jesus at night and learned about being born again
19. A transgression of the law of God
20. The twin brother of Esau
21. The Good _____: a charitable person
22. The apostle Paul's name at birth
24. Sin, wrongdoing
27. Forced removal from one's country
32. The first man



BATTLEFIELD OF THE MIND

By Joyce Meyer

Do you often have negative thoughts about yourself, about others, or about life in general?

It is human nature to worry, doubt, be confused, feel depressed, be angry and have feelings of condemnation, all of these are attacks on the mind. If you suffer from negative thoughts, take heart! From her One-Million-Copy Bestseller book "Battlefield of the Mind", Joyce Meyer has helped many people win these crucial battles - and she can help you, too.

Joyce Meyer has been teaching the Word of God since 1976 and in full-time ministry since 1980. She is the bestselling author of more than sixty inspirational books. In "Battlefield of the Mind", Joyce teaches us how to deal with thousands of negative thoughts daily and to focus our mind to think the way God thinks.

The book is divided into three main parts:

Part 1: The Importance of the Mind

Our thoughts affect our attitudes and moods. When a person is full of negative thoughts he is miserable. Throughout the book, I am encouraged by the scripture verses quoted to illustrate her main points, for example, in Philippians 4:8, we are instructed to think on good things, things that will build us up and not tear us down. As Joyce says, consider

what we are thinking in our mind; we may locate some of our problems and be on our way to freedom.

Part 2: Conditions of the Mind

The right condition of our mind is described again in Philippians 4:8. We have the mind of Christ, and we should begin to use it. If Christ wouldn't think it, we shouldn't either. It is by this continual "watching over" our thoughts that we begin to take every thought captive unto the obedience of Jesus Christ (2 Corinthians 10:5).

Part 3: Wilderness Mentalities

According to the book, we can have right or wrong mindsets. The right ones benefit us, and the wrong ones hurt us and hinder our progress. Colossians 3:2 teaches us to set our minds and keep them set in the right direction. Wrong mindsets do not only affect our circumstances, but also affect our inner life. A negative outlook, regardless of its cause, leaves a person miserable and unlikely of making any progress towards the Promised Land.

Do you want to gain control over your mind? Do you want to find freedom and peace in your life?

If the answer is **YES**, then this is the book for you! Do not surrender to misery for another day. Let this book help you bring every thought into captivity, into obedience to Jesus Christ, and to have victory in the battlefield of your mind.

Reviewed by Janice Ko

Crossword solution:

H	E	R	O	D	I	A	S		S	O	L	O	M	O	N		
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S	O	V	E	R	E	I	G	N					J	A	M	E	S

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