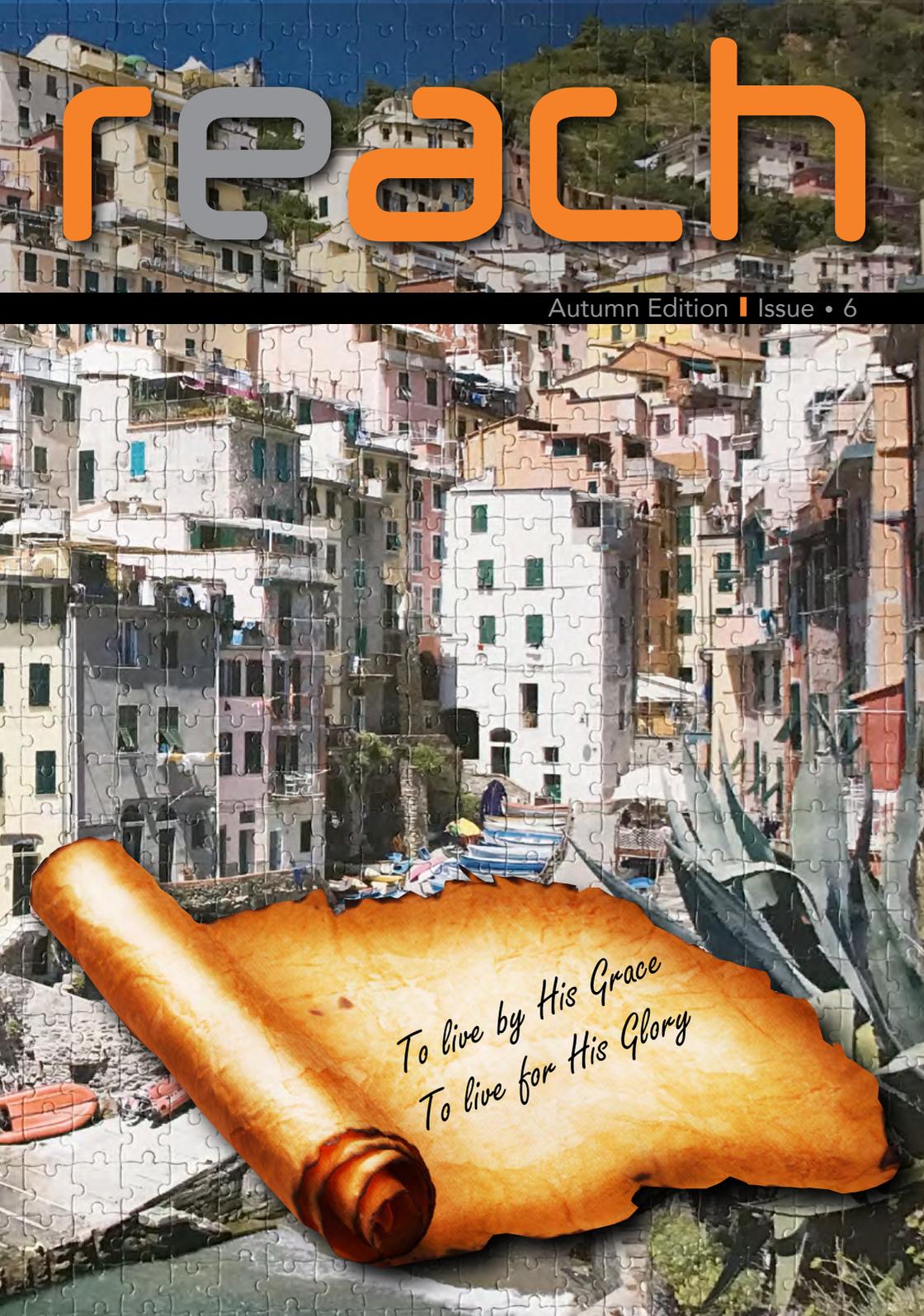


reach

Autumn Edition | Issue • 6

The background of the entire page is a jigsaw puzzle. The puzzle pieces form a vibrant scene of a coastal village, likely Cinque Terre in Italy, with multi-story buildings in shades of white, yellow, and pink, built on a hillside overlooking the sea. In the foreground, a large, unrolled scroll of aged parchment is positioned diagonally across the bottom half of the image. The scroll has a dark brown binding at the bottom left. The text on the scroll is written in a black, cursive script.

*To live by His Grace
To live for His Glory*



Reach Community Church

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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 • 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 sixth issue of Reach Community Church newsletter.

Did God Create Sin? Are you fixing your eyes upon God? What can you do if your child has problem with inattention? You will find the answers in this issue of REACH , plus many more



4_
Reach Message

Fixing your eyes upon your goal

5_
Reach Forum

Did God Create Sin?

9_
Reach Reflection

Where are the missing pieces?

10_
Reach Word Search

The Names of God

12_
Reach Testimony

God, our pursuer

14_
Reach Health

Inattention

18_
Reach Recipe

Vietnamese Grilled Pork

19_
Reach Book Review

Stealing from God

Fixing your eyes upon your goal

Written by Victor Soo

When an Australian Women Team recently won Gold at Rio, the mother of one of the winning team members was asked what made her daughter especially ecstatic about her victory. The mother replied that this had been her daughter's dream to one day win a Gold Medal ever since she understood about the Olympic Games. She was then five years old when she made this statement to be an athlete representing her country. This daughter chose her sport event, and since then had been training to turn this vision into a reality. This is a great example of someone who did not merely dream but was out to win. The Olympics was her first love, athletics was her first sport, and being first was her objective. She aligned her whole life to realise her ambition.

As we are about to end the first quarter of 2017, it is a good time to remind ourselves to take stock of our own lives to ensure we are productive with each passing year. New Year resolutions are wonderful but we need to factor God into our dreams and ambitions. After all, it is in Him that we move and have our being. Jesus needs to have the supremacy not only in our lives but He must be the centre of all that we do.

Thomas said to Him, "Lord, we do not know where you are going, and how can we know the way?" Jesus said to him, "I am the way, and the truth, and the life. No one comes to the Father except through me." (John 14:5-6)

A deviation of a few degrees to our objective and mission in life can set us greatly off course. Many start off

life well but finish poorly for the same reason. Many kings of Judah upon their coronations commenced their reigns with good intentions. No one in life sets himself out to fail. However, small self-centred ambitions resulted in them becoming wayward, and eventually their mighty downfall.

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God. (Hebrews 12:1-2)

Live lives of significance, and run your race with faith, keeping your focus upon Jesus. Prioritise, maintain momentum, and continually develop spiritual stamina through prayers and the reading of The Word of Life. If this year was not what you had hoped for so far, assess and learn from it by making another attempt. Never stop until your good becomes your better, and your better becomes your best!

Not that I have already obtained this or am already perfect, but I press on to make it my own, because Christ Jesus has made me his own. Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus. (Philippians 3:12-14)

Did God Create Sin?

Dear REACH,

I grew up in a Christian family, and although my faith is not always strong, I consider myself a devoted Christian. I recently shared my faith with a cynical but intelligent friend, and she took me aback by arguing that if I believe that God is the Creator of the universe and of humans, then God is also the Creator of our sin. Furthermore, she accused God of being cruel, for creating sin, for allowing us to sin, then sending Jesus Christ to die for our sin. I did not know how to answer her, and I'm now very confused. Did God create sin?

Dear friend of REACH,

*Thank you very much for writing to REACH. "Did God create sin?" is indeed a very important question. It involves the character of God and the authenticity of the Bible. Many verses in the Bible describe God as holy, perfect, just and upright (Deuteronomy 32:4, 1 Samuel 2:2, Isaiah 6:3, Revelation 4:8). If God had created sin, then God could not be holy and perfect, which implies that the Bible is flawed in claiming a holy and perfect God. However, we know that the Bible is "breathed out by God" (2 Timothy 3:16) and "every word of God proves true" (Proverbs 30:5). Hence, **God could not have created sin, and in fact, He did not. This is a fundamental truth which is crucial for everyone to understand and not be deceived.***

When God finished creating the universe in six days, there was no sin in it, everything was good:

And God saw everything that he had made, and behold, it was very good. And there was evening and there was morning, the sixth day. (Genesis 1:31)

Sin entered the world when Adam and Eve chose to listen to the serpent and disobey God (Genesis 3:1-13). In another word, sin results from disobeying God.

Nonetheless some argued that God was responsible for the sin of Adam and Eve because:

- 1) God put the tree of the knowledge in the Garden of Eden to "tempt" Adam and Eve.
- 2) God created Adam and Eve with the capacity to sin.
- 3) God created Adam and Eve with the tendency or desire to sin.
- 4) Knowing the consequence of disobedience, God, who is omnipotent (all powerful) and omniscient (all knowing) did

not stop Adam and Eve from choosing sin. Let's examine these statements carefully.

Did God tempt Adam and Eve (or us)?

God did put the tree of the knowledge in the Garden of Eden (Genesis 2:9), but He also gave Adam and Eve a very clear and specific instruction:

And the Lord God commanded the man, saying, "You may surely eat of every tree of the garden, but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall surely die." (Genesis 2:16-17)

Why did God put the tree of the knowledge in the Garden of Eden? I don't know. There might be a purpose which is not explicitly stated in the Bible.

It is not wrong for God to put the tree in the garden, the sin is the act of disobedience to God. In the same way, God is not wrong to bless us with wealth; however, if we act in ways contrary to God's command in the midst of wealth, we sin! Are we to claim that God tempts us when He blesses us with wealth?

In addition:

Let no one say when he is tempted, "I am being tempted by God," for God cannot be tempted with evil, and he himself tempts no one. (James 1:13)

Did God create Adam and Eve (or us) with the capacity to sin?

Dr Art Lindsley, a senior fellow of C.S. Lewis Institute, discussed this issue. He concluded, "God did not create evil (or sin), but He did create within human beings the capacity to choose evil (or sin)¹" (parenthesis added).

Why did God do that? In order to understand this, we need to first understand God's desire for His created human beings:

*And now, Israel, what does the Lord your God require of you, but to fear the Lord your God, to walk in all his ways, to love him, to serve **the Lord your God with all your heart and with all your soul.*** (Deuteronomy 10:12, emphasis added)

And again in the New Testament, Jesus commanded us: *And you shall **love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.*** (Mark 12:30, emphasis added)

God desires a genuine love relationship with His created beings. Let me ask you a question, "How can you be sure that someone truly loves you if he or she is being threatened or forced to love you, without a choice?" **There is no true love**

without the freedom to choose. God gives us the freedom to choose, including the freedom not to choose Him even if it breaks His heart. With this freedom, it comes with the capacity to choose wrongly i.e. to sin. **Yes, we are created with the capacity to choose sin, but we are also created with the capacity to choose goodness. Ultimately, it is our choice!**

Did God create Adam and Eve (or us) with the tendency or desire to sin?

To understand this, let's analyse why Adam and Eve (or us) chose to believe the serpent:

*So when the woman saw that the tree was **good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate, and she also gave some to her husband who was with her, and he ate.*** (Genesis 3:6, emphasis added)

In another word, it gave them (or us) pleasure. There is nothing wrong with seeking and having pleasure. God takes pleasure and He gives us the gift of pleasure:

For the Lord takes pleasure in his people. (Psalms 149:4a)

I perceived that there is nothing better for them than to be joyful and to do good as long as they live; also that everyone should eat and drink and take pleasure in all his toil – this is God's gift to man. (Ecclesiastes 3:12-13)

¹ "The Problem of Evil", in Knowing & Doing, a Teaching Quarterly for Discipleship of Heart and Mind, 2003

However, it becomes a sin when we are “lovers of pleasure rather than lovers of God” (2 Timothy 3:4). In addition, when we are lacking faith, we tend to love pleasures more than God. There are many examples in the Bible where Godly people chose God over short-lived pleasure:

1) Daniel:

But Daniel resolved that he would not defile himself with the king's food, or with the wine that he drank. Therefore he asked the chief of the eunuchs to allow him not to defile himself. And God gave Daniel favor and compassion in the sight of the chief of the eunuchs (Daniel 1:8).

2) Moses:

By faith Moses, when he was grown up, refused to be called the son of Pharaoh's daughter, choosing rather to be mistreated with the people of God than to enjoy the fleeting pleasures of sin (Hebrews 11:24-25).

In short, God did not create our tendency to sin; this tendency started with the fall of Adam and Eve. In fact, the closer we are to God, the less likely we are to choose fleeting pleasures which result in sin, over God which results in eternal life.

Why didn't God stop Adam and Eve (or us) from choosing sin?

In the same article Dr Art Lindsley stated, ***“God could constantly intervene so that no evil consequences could follow from evil choices, but that would make the formation of character impossible”***. God does not purposely put sins in our lives, but He allows them for a reason. In the Bible, God did not stop King David from committing adultery with Bathsheba, which resulted in grave consequences including the death of their child

(2 Samuel 12:15, 18). However, God sent the prophet Nathan to rebuke David (2 Samuel 12:1-12). Fortunately, David repented and developed more reverence for God and humility (2 Samuel 12:13; Psalms 51). In the same way, ***when we sin, God will not leave us in the lurch, are we sensitive enough to hear His rebuke and humble enough to heed His correction?***

It is important to recognise that God does not take pleasure in seeing us sin:

Say to them, As I live, declares the Lord God, I have no pleasure in the death of the wicked, but that the wicked turn from his way and live; turn back, turn back from your evil ways, for why will you die, O house of Israel? (Ezekiel 33:11)

Since the fall of Adam and Eve, it has been God's desire to reconcile with humankind. His ultimate plan of reconciliation involves the sacrifice of His one and only Son, Jesus Christ:

For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. (John 3:16)

In addition, although God allows sin for a purpose, sin is not eternal, only God and His love are: *And the world is passing away along with its desires, but whoever does the will of God abides forever. (1 John 2:17)*

Dear friend, I hope these clarify your confusion. Please explain them to your “UNintelligent” friend, who did not examine all evidence carefully before making bogus calumnies against God.

Yours sincerely,
REACH

Where are the missing pieces?

I love doing jigsaw puzzles. There is something exhilarating about completing a sublime jigsaw puzzle. The bigger and more complicated the picture is, the greater satisfaction it gives me. The process of assembling the jigsaw pieces is also exceedingly calming and relaxing.

In many ways putting together a jigsaw puzzle is comparable to living our life. Each jigsaw piece represents the different aspects at different stages of life. We might not know the big and complete picture of our life.....yet, but the God of the Bible holds this picture in His mighty hand.

Every single piece of the puzzle is unique and significant. One missing piece makes the picture incomplete. I remember once when I completed a 500-piece puzzle, three pieces were missing. I was disappointed. I was discouraged. I was disheartened. Dejectedly, I disassemble the whole puzzle. I couldn't bear the sight of an incomplete jigsaw puzzle in my room. It reminded me of my failure. Had I been deceived when I bought the puzzle with the missing pieces? Did I fail to "guard" all the pieces while working on it? Was I neglectful to not even realise that three pieces were missing until the very end? Could I have spent my time more wisely than assembling a puzzle with missing pieces?

How about you? Do you have any regret in your life? Past failures that you wish you had avoided? Wrong decisions which led to bitterness and unforgiveness? Difficult life obstacles which seem insurmountable? What are the missing pieces in your life?

A preacher once said that the missing pieces in our life are those that we hold onto and refuse to give them to God. God alone knows the complete picture of our life. As we submit each aspect of our life unto God, He puts it in the right place. When we hold onto the missing pieces, God does not force us to hand them out to Him. However, He will not be able to put them in the right place for us. As a result, if we refuse to let go and let God, our life will never be complete.

Challenge: What aspects of your life have you been holding onto and refuse to submit to God? What is holding you back?

Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take. (Proverbs 3:5-6, NLT)

For that is what God is like. He is our God forever and ever, and he will guide us until we die. (Psalms 48:14, NLT)

The Names of God

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

P	G	G	E	E	C	D	E	N	J	H	L
I	H	B	H	L	L	L	L	B	S	E	U
I	M	N	P	E	C	O	S	E	J	Z	D
I	S	X	O	L	U	H	H	Y	Z	A	M
Q	B	S	R	Y	S	P	A	I	E	L	V
L	N	L	I	O	E	H	D	I	M	P	J
V	P	V	R	N	W	Q	D	I	Y	H	M
P	D	M	B	E	U	D	A	B	B	A	C
N	U	U	H	E	N	N	I	D	L	O	I
R	H	E	L	R	O	I	S	O	E	C	G
S	C	C	D	D	M	O	L	A	H	S	Z
Z	V	G	A	O	M	E	G	A	Z	F	H

Abba

Adonai

Alpha

Elohim

El Chaiyai

El Elyon

El Olam

El Roi

El Shaddai

(Jehovah) Nissi

Omega

(Jehovah) Qadesh

(Jehovah) Rophe

Rum Rosh

(Jehovah) Shalom

Shub Nephesh

(Jehovah) Uzzi

Yahweh

Do you know the meaning of the names of God listed?

Abba = Father

And because you are sons, God has sent the Spirit of his Son into our hearts, crying, "Abba! Father!" (Galatians 4:6)

Adonai = Lord

I say to the Lord, "You are my Lord; I have no good apart from you." (Psalms 16:2)

Alpha and Omega = the first and the last

I am the Alpha and the Omega, the first and the last, the beginning and the end. (Revelation 22:13)

Elohim = the mighty Creator

In the beginning, God created the heavens and the earth. (Genesis 1:1)

El Chaiyai = the God of my life

By day the Lord commands his steadfast love, and at night his song is with me, a prayer to the God of my life. (Psalms 42:8)

El Elyon = the most high God

I will be glad and exult in you; I will sing praise to your name, O Most High. (Psalms 9:2)

El Olam = the everlasting God

Abraham planted a tamarisk tree in Beersheba and called there on the name of the Lord, the Everlasting God. (Genesis 21:33)

El Roi = the God who sees me

So she called the name of the Lord who spoke to her, "You are a God of seeing," for she said, "Truly here I have seen him who looks after me." (Genesis 16:13)

El Shaddai = God Almighty, the all sufficient God

When Abram was ninety-nine years old the Lord appeared to Abram and said to him, "I am God Almighty; walk before me, and be blameless," (Genesis 17:1)

Jehovah Nissi = the Lord is my banner

And Moses built an altar and called the name of it, The Lord is My Banner, (Exodus 17:15)

Jehovah Qadesh = the Lord who sanctifies

Keep my statutes and do them; I am the Lord who sanctifies you. (Leviticus 20:8)

Jehovah Rophe = the Lord who heals

"If you will diligently listen to the voice of the Lord your God, and do that which is right in his eyes, and give ear to his commandments and keep all his statutes, I will put none of the diseases on you that I put on the Egyptians, for I am the Lord, your healer." (Exodus 15:26)

Rum Rosh = the lifter of my head

But you, O Lord, are a shield about me, my glory, and the lifter of my head. (Psalms 3:3)

Jehovah Shalom = the Lord is peace

Then Gideon built an altar there to the Lord and called it, The Lord is Peace. To this day it still stands at Ophrah, which belongs to the Abiezrites. (Judges 6:24)

Shub Nephesh = restorer of life

He shall be to you a restorer of life and a nourisher of your old age, for your daughter-in-law who loves you, who is more to you than seven sons, has given birth to him. (Ruth 4:15)

Jehovah Uzzi = the Lord my strength

The Lord is my strength and my shield; in him my heart trusts, and I am helped; my heart exults, and with my song I give thanks to him. (Psalms 28:7)

Yahweh = I am

God said to Moses, "I AM WHO I AM." And he said, "Say this to the people of Israel: 'I AM has sent me to you.'" (Exodus 3:14)

GOD, Our Pursuer

By Frankie Chai



For many Christians, the seed of the gospel or the existence of a true God is planted in our hearts well before the climate (the condition of our hearts) allows it to grow and mature. During this time, God continues to pursue us and waits patiently for us to respond to Him. Here, Frankie shared with us his testimony of a patient and loving God, who pursued him.....

When I first arrived in Australia in 1978, I was not a believer of The Lord Jesus. My heart was to come here to search for fortune. Working hard to save money was my agenda.

When I first arrived, I worked in various types of jobs. At one stage, I worked with my friends in a farm, living the lifestyle of a farmer; but soon after that, they all moved on and I was the only one left behind. I remember at that time, the Chinese New Year was soon approaching, I was alone by myself to celebrate it. On the morning of the New Year, I picked the prime grade peaches to offer to an unknown god of the universe. At that time, in my heart,

I knew there must be a God, but I did not know who this God is and what he is like. My prayer to this unknown God was, "If you are the true God, please let me know you one day!" I lifted the fruits towards the sky and prayed, not knowing why I did that, except the feeling that I was missing out on something important.

For the next ten years, life continued like a roller coaster, I got married and became a father of two. Life got tougher because of economic recession, many people lost their job under Paul Keating's government, and by that time I ran a fast food business, which was heading south.

One day, a retired midwife from the small town of Sibü in Sarawak, East Malaysia, came to my shop, my wife and I chatted with her for a little while. We knew that she attended church every Sunday, and she sincerely invited us to attend her church service. She came to the shop very often and repeatedly invited us to church. My response was, "Why should I go to church?" And she answered, "So that you'll have peace and joy in your life!" In my heart I said no because I was not doing well in my business, and if I attended church on Sunday, I would have no income that day. Later my business deteriorated further, interest rate was at the killing rate of 18% for house loan and 21% for business loan. Jobs were scarce. I tried to sell my business during that time, but couldn't find any suitable buyer. One day the retired midwife came

to the shop and invited me to go to the church with her again. I asked her to pray for me and to help me to advertise on the newspaper to sell my business. She promptly replied yes. Finally the business was sold.

After the business was sold, I followed her to the church. The power of the Holy Spirit touched me that very day, and the second week I accepted Christ as my Lord and Savior. I thank God for His love and patience. When I first prayed to an unknown god at the peach orchard, a seed was planted in my heart, but I was then distracted by the drudgery of life. As soon as I obeyed and went to church, He revealed Himself through the power of the Holy Spirit. Since then, His grace has never left me.

*Ask, and it will be given to you;
seek and you will find; knock, and it will be opened to you.
For everyone who asks receives, and the one who seeks
finds, and to the one who knocks it will be opened.
(Matthew 7:7-8)*

*And we know that the Son of God has come
and has given us understanding,
so that we may know him who is true;
and we are in him who is true,
in his Son Jesus Christ.
He is the true God and eternal life.
(1 John 5:20)*



Paying Attention to Inattention

By Dr LeeChyi Lam

For children, the ability to concentrate is an important factor in maximising academic achievement and establishing meaningful interpersonal relationship. This article is to help parents to identify factors which might affect their children's attention span, and strategies to assist children with an attention problem.

What is normal attention span?

Although it is indisputable that children's attention span improves with age and maturity, it also varies depending on the times of days, and the types of tasks. Instead of being preoccupied by the idea of "normal attention span", and comparing your child with another child of the same gender and age, it is more practical to consider it as an "instrument" for your child's achievement. For example, "Is my child able to concentrate enough to learn age-appropriate information?" or "Is my child able to sustain attention in conversation to form meaningful relationship with people?"

Before we discuss possible factors affecting attention span, it is important to recognise that not all children with attention problems are hyperactive or impulsive. However, the underlying factors might overlap.

Possible causes of attention problem

Predisposing factors

Some children are more vulnerable to

develop problems of inattention than others. These predisposing factors include maternal drug use during pregnancy (e.g. tobacco, alcohol, other illicit drugs)¹; prematurity, especially those born at less than 32 weeks gestation², early life trauma, and a co-existing neurodevelopmental problem e.g. Autism Spectrum Disorder.

Physical or medical factors

Tiredness affects the ability to concentrate. Two important causes of tiredness in children without other obvious manifestations are iron deficiency and poor sleep.

Iron deficiency (with or without anaemia) is relatively common in two age groups: 1) toddlers or pre-schoolers; and 2) adolescent females. In toddlers or pre-schoolers, excessive cow's milk consumption is a major cause of iron deficiency, for a number of reasons. Cow's milk is low in iron. Excessive milk consumption is often associated with reduced solids intake, the main source of dietary iron after 6 months of age. In addition, cow's milk protein is known to cause a small amount of blood loss through the bowel³. As a result, it is recommended that cow's milk (unlike formula which is fortified with iron) should not be introduced in children less than 12 months old, and the intake should not exceed 600mL per day. In adolescent females, a combination of restrictive diet

1 "Prenatal Substance Abuse: Short- and Long-term Effects on the Exposed Fetus." Behnke M, et al. Pediatrics 2013; 131:e1009-1024

2 "Inattention in very preterm children: implications for screening and detection." Brogan E, et al. Arch Dis Child 2014; 99:834-839

3 "Cow milk feeding in infancy: further observations on blood loss from the gastrointestinal tract." Ziegler EE, et al. J Pediatr. 1990; 116(1):11

and heavy period contributes to iron deficiency. Another risk factor is being vegetarian or vegan in any age group, due to lack of dietary iron intake from meat.

Generally the younger we are, the more sleep we need:

Age	Recommended Total Sleep
Newborn -1 year	>14 - 16 hours
Toddler (1-3 years)	10 -14 hours
Pre-schooler (3-5 years)	10 - 12 hours
Primary School Age (6-12 years)	10+ hours
Pre-teens	9+ hours
Teens	8 - 9.5 hours
Adults	7 - 8 hours
Elderly	8 - 9 hours

Quality of sleep is as important as duration of sleep. If your child has restless sleep or persistent loud snoring during sleep, seek medical advice.

Ensure that your child has good balanced diet and physical exercises. Breakfast is an important meal of the day. Avoid sending your child to school in the morning on an empty stomach.

It is important to exclude visual and hearing problems as contributory factors to your child's inattention. These can be tested easily.

Other medical problems which cause lethargy and affect concentration often manifest in other ways as well; seek medical advice if you have any concern.

Lastly, medication can cause attention problems. This includes prescriptive medication as well as over-the-counter (OTC) and alternative or herbal medicines. Check with your prescribing doctor and be informed of the ingredients of any OTC or herbal medicines.

Psychosocial or emotional factors:

Our emotion can affect the ability to concentrate. Children who are anxious and/or depressed will have difficulty in concentration. Be vigilant of any stressful or traumatic events at home or school which might affect your child's emotions. It is important to explore the possibility of bullying at school. High demand and over scheduling with activities can cause emotional as well as physical exhaustion.

Interestingly, but not surprising, a large study in the US found that children who watched non-educational programs on television before the age of 3 were significantly more likely to exhibit subsequent attention problems⁴.

In addition, another study which tested the executive functions (e.g. self-regulation, working memory) of 4-year-old children after certain activities, found that immediately after watching just 9 minutes of fast-paced cartoons, these children performed significantly worse than those who watched an educational program or drew⁵.

⁴ "Associations Between Content Types of Early Media Exposure and Subsequent Attentional Problems." Zimmerman FJ et al. Pediatrics 2007; 120(5):986-992

⁵ "The Immediate Impact of Different Types of Television on Young Children's Executive Function" Lillard AS et al. Pediatrics 2011; 128 (4):644-649

Cognitive factors

Gifted children can present with symptoms of inattention due to boredom. On the other hand, children who are intellectually challenged or with any form of learning difficulties might present with inattention. If you suspect that your child has learning difficulty, discuss with school teachers. Formal testing might be beneficial.

Attention Deficit Hyperactivity Disorder (ADHD)

ADHD is a neurodevelopmental disorder which affects about 5% of children. There are three major presentations: 1) inattentive, 2) hyperactive-impulsive, 3) combined inattentive and hyperactive-impulsive. There are specific diagnostic criteria for this condition. If you have a concern that your child might have ADHD, seek medical advice.

Strategies to help children with attention problem

Unfortunately, not all factors which affect a child's attention span are amenable. However, there are strategies which can help children with attention problem to complete tasks in a timely manner. All schools should have strategies that they can implement in the classroom to assist children with attention problem. At home, you can help by implementing the followings:

Communication

Be clear and specific with your instructions. Break them down to small steps if possible. Establish good eye contact with your child when communicating, to ensure that your child

is listening to you. Check for your child's understanding by having him or her repeat the instruction. Include in your instruction when a task needs to be completed and the duration you think it will take your child to complete the task.

Conductive environment

Reduce distractions e.g. noises (music, TV, loud talking) when your child performs tasks. Have other family members work at the same time if possible. However, some children get distracted easily by their siblings, and you might need to separate them. If possible, sit with your child when he or she performs a task, e.g. during homework time. You can read or knit at the same time. Children with attention problems learn better in smaller groups. This is especially important to remember in the big classroom setting.

Modify activities

Break down your child's tasks to make them shorter and simpler. Evaluate if the tasks are too complicated for your child. Assist by providing resources necessary to complete tasks. In addition, provide ways to remind your child to complete tasks e.g. written reminders on the fridge or a timer. Children with short attention span also do better with regular routines which incorporate important tasks e.g. homework, at a certain time each day. Having regular short breaks can help them to re-focus. Educational games can be helpful.

Reward to motivate

Reward can come in many forms, be creative; don't forget the power of verbal praise and affirmation. In older children, a written contract can be valuable. A visible chart with a star or sticker next to the completed task can be effective for many children. Consider rewarding your child for the effort of staying on the task even if it's not completed. Be consistent with your expectation.

period of time, rather than waiting till the last minute. Teach your child not to procrastinate. Encourage him or her to do the task when it is still fresh in the mind instead of waiting till the due date. Model your own behaviour; remember, your action is caught, not taught. Impart the importance of personal responsibility. Do not "save" your child from natural consequences of not completing a task by not focussing.

Coach for success

Teach your child time management, and how to break down major projects into smaller components to work on over a

*Pay attention, O Job, listen to me; be silent, and I will speak.
(Job 33:31)*

*Pay attention to all that I have said to you, and make no mention of the
names of other gods, nor let it be heard on your lips.
(Exodus 23:13)*

*Therefore we must pay much closer attention to what we have heard,
lest we drift away from it.
(Hebrews 2:1)*

*Oh that you had paid attention to my commandments!
Then your peace would have been like a river, and your righteousness
like the waves of the sea;
(Isaiah 48:18)*

Reach Recipe

Vietnamese Grilled Pork (Nem Nuong)

By LyLy Quach



Ingredients

Pork mince 1.2kg – ask the butcher to mince the pork twice so it is very smooth

Spring onion head (the white part) x 2 - diced

Whole garlic (not cloves) x 1 - crushed

Sugar ½ cup

Milk ½ cup

Fish sauce ¼ cup

Baking powder ½ tbsp

Wooden skewers (soaked in water for 20 minutes)

Fish sauce to serve with the grilled pork and vermicelli:

Sugar 1 ¼ cup

Lemon juice ½ cup

Fish sauce 2/3 cup

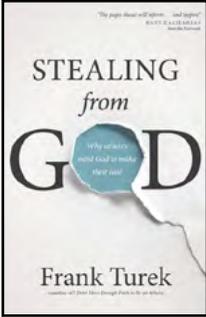
Water 2 cups

Salt ½ tsp

Methods:

1. Add diced spring onion heads and garlic to pork mince.
2. In a separate bowl, mix sugar, milk, fish sauce and baking powder together. Slowly add to the pork mince (one tbsp at a time) and mix well. Leave in the fridge for few hours or overnight.
3. Divide into smaller portions to wrap around skewers. Alternatively, put the whole lot into a flat rectangular tray and spread evenly.
4. Cook in oven at 200°C for 20 minutes for skewers, and 30 minutes for the rectangular-shaped mince.
5. Serve with salads, vermicelli and fish sauce. Add shredded cucumber and mint if desired.

STEALING from God



By Frank Turek
Reviewed by LC

"If Christianity were true, would you become a Christian?" is the question the author of *Stealing from God*, Frank Turek, asked many people. Sadly, for many people, their emotion clouded their mind, so they replied intransigently, "NO!" However, this does not mean that truth is not important. On the contrary, in this age where people value intellect, Frank Turek argued that "...emotions are no match for atheistic college professors who are intent on undermining your beliefs. Facts are necessary.....If Christians continue to rely on emotion and ignore evidence, they will continue to lose their children to secularism."

In this fascinating book *Stealing from God*, Frank described the theory of atheism as "a house built on the sand of illogic". He analysed astutely that their arguments cannot stand alone without referring to the truths from God, and so they steal God's ideas when it suits them and yet argue vehemently that God does not exist! Frank put forth six aspects of reality which would have been impossible to explain if atheism were true: C.R.I.M.E.S.

Causality: "Since all the evidence shows the universe had a beginning, the theists are the ones following the evidence where it leads. The atheists simply have blind faith that some other explanation will be found." (page 26)

Reason: The atheists' worldview: There is no truth! But when they are asked, "Is that true?" They will contradictorily answer, "Yes." What an absolute asinine absurdity! In this book, Frank expounded how atheists use the laws of logic (which is created by God) to argue against the existence of God.

Information and Intentionality: Another common worldview of atheists is that the world exists by chance, but the truth is "nature will take a building and turn it into a pile of bricks, but nature will never take a pile of bricks and turn it into a building." (page 68)

Morality: No objective morality exists unless God exists. The source of immutable moral value comes from God alone.

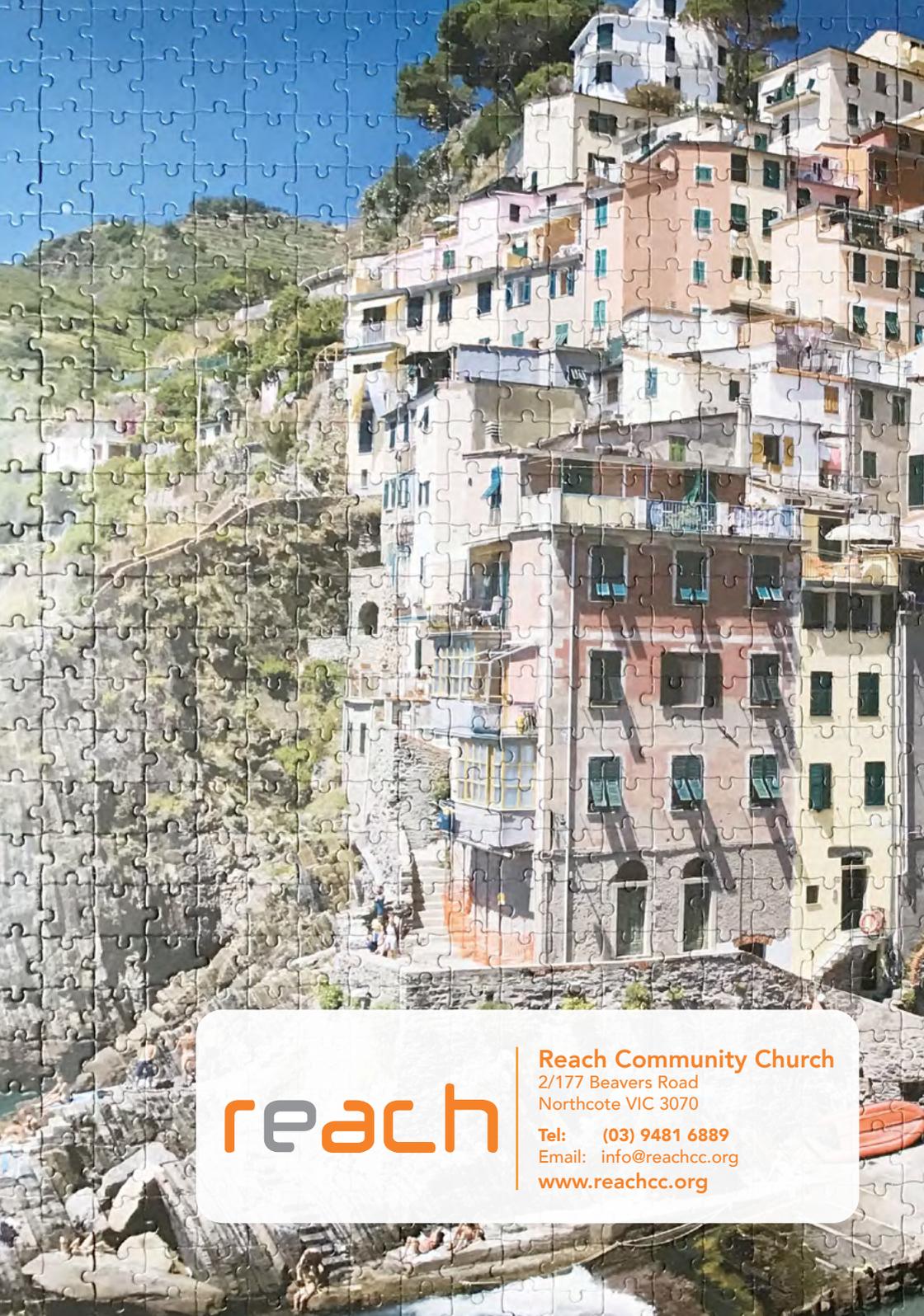
Evil: "Evil doesn't exist on its own. It only exists as a lack or a deficiency in a good thing.....there can be no objective evil unless there is objective good, and there can be no objective good unless God exists. If evil is real – and we all know it is – then God exists." (page 117)

Science: Frank explained logically that it is not only that "science supports theism but that theism supports science. We wouldn't be able to do science reliably if atheism were true." (page 145)

I have to admit that I had scanty knowledge of the worldview of atheism, but through reading this book, I learned the following characteristics of atheists:

- They have a misunderstanding of the Biblical God or who this God is like.
- They have a set of theories and assertions, which apply to everyone else but themselves.
- Their theories and assertions are inconsistent and contradictory to each other.
- Their minds are biased against God, no matter how much the evidence is for the existence of God.

I will conclude by quoting Todd Wagner, senior pastor of Watermark Community Church in Dallas, "If you are serious about sharpening your own mind or want to know how to better engage the hearts and minds of others, then it would be a C.R.I.M.E. not to read this book."



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