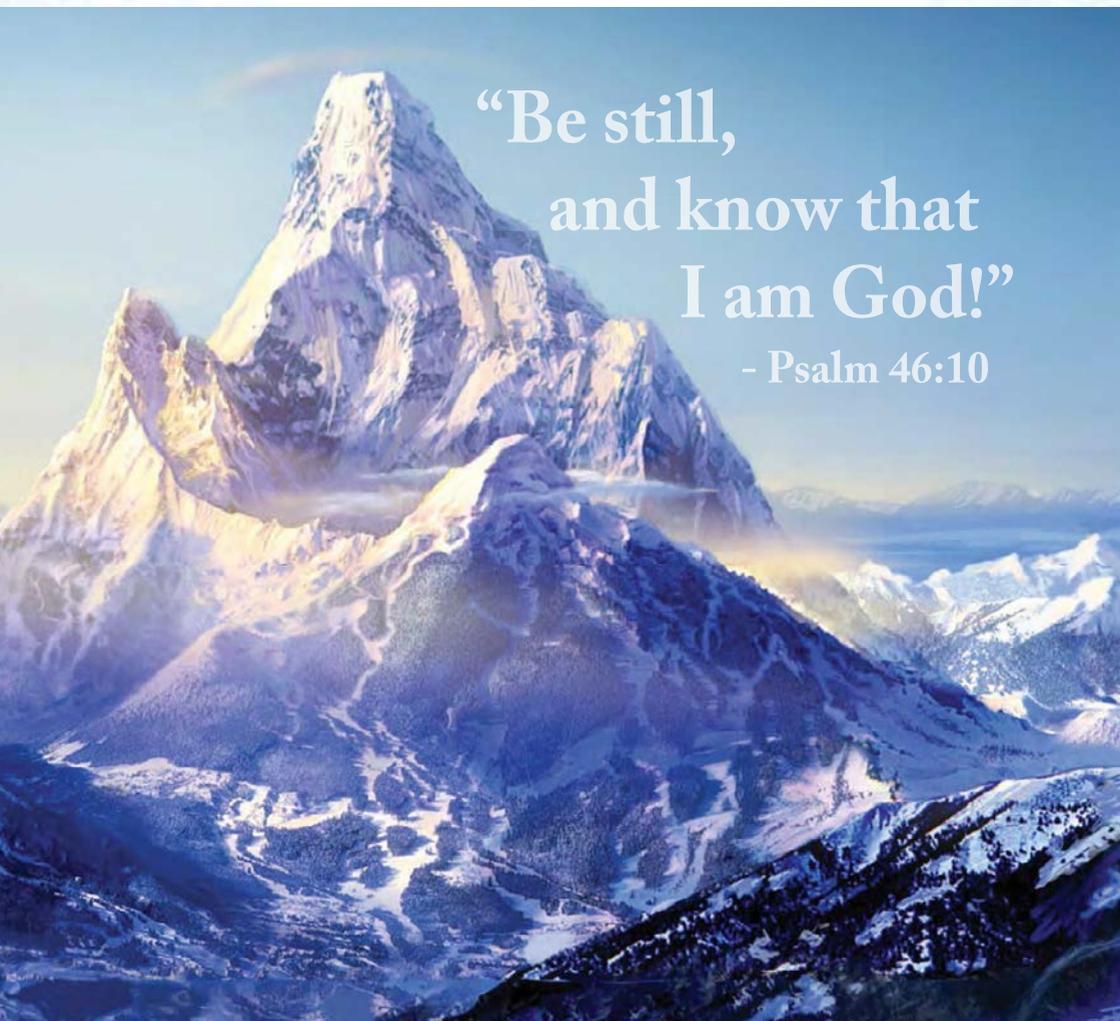


reach

Winter Edition | Issue • 3



“Be still,
and know that
I am God!”

- Psalm 46:10



Reach Community Church

2/177 Beavers Road
Northcote VIC 3070

Tel: (03) 9481 6889

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www.reachcc.org

Senior Pastor: Pastor Victor Soo

Church Administrator: Sharon Oen

CHURCH SERVICE

Celebration Service • Sunday | 10am - 12pm

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

REACH Kids • Sunday | 11am - 12pm

MONTHLY MINISTRY & PRAYER

First Friday Of The Month • 7.30pm - 9.30pm

BIBLE STUDY

Young Adults • Wednesday | 7.30pm - 9.30pm

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

Family • Friday | 7.30pm - 9.30pm

OTHER ACTIVITIES

Praise Dance • Thursday | 10am - 12pm

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

Ladies Meeting • Quarterly

Men's Breakfast • Quarterly

REACHING UP! REACHING OUT! REACHING ALL!

Welcome

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



4_
Reach Message

Rejection of God

7_
Reach Health

Teething Tips

10_
Reach Teaser

Jesus Says

11_
Reach Word Search

Word Search

12_
Reach Story

God's Heroes On Samar Island, The Philippines

16_
Reach Advice

Money Matters

18_
Reach Book Review

Nine Minutes Past Midnight

19_
Walnut Cinnamon Cake



REJECTION OF GOD

Do you believe in God? If not, why not? I often wonder why so many people reject the existence of God, that God is the Creator of this universe and everything in it?

When I was a child, God as a Creator was a foreign concept to me. I grew up in a culture where idolatry was rampant, people worshipped man-made statues as their gods, hoping that these gods would protect their households, bring prosperity, wealth, health and many other desires of life.

Later, as a medical student, I was amazed by the complexity of the human body, by how such complex system works so well together. To me, it is ludicrous to believe that such complex design comes into existence by chance.

The perfect synergistic function of our bodies points to the existence of a higher being. God who created the universe and everything in it as described in the Bible makes sense.

“For his invisible attributes, namely, his eternal power and divine nature, have been clearly perceived, ever since the creation of the world, in the things that have been made. So they are without excuse” (Romans 1:20). No other religion dares to claim this superior ability of their gods.

Many people claim that there is no scientific evidence for God. However, most people who make this claim have not done or even attempt to do any research on this topic. The late professor of Biochemistry and atheist, Isaac Asimov once wrote: “Emotionally I am an atheist. I don’t have the evidence to prove that God doesn’t exist, but I so strongly suspect he doesn’t that I don’t want to waste my time.”

Just like this professor, **many people simply decide emotionally that they do not want to believe in God and hence are willing to accept any alternative “scientific” theories presented to them**, with one popular example The Darwinian Evolution Theory, which remains a theory because it has not been proven scientifically. The scientific evidence of God is beyond the purview of this article, instead some “emotional” reasons why people reject the God of the Bible will be explored here:

1. Pride

The British novelist C.S. Lewis once said, "As long as you are proud you cannot know God." The God of the Bible is described as one with power, glory, victory and majesty, and so everything in the universe belongs to Him (1 Chronicles 29:11). "Submit yourselves therefore to God" (James 4:7). However, we are a generation of people who are too proud to submit, to God or to anyone else, except our own will and desires. We desire glory for ourselves, not for God. This spirit of independence and arrogance is often the true hindrance hidden behind the mask of science. The Bible says, "In the pride of his face the wicked does not seek him; all his thoughts are, 'There is no God'" (Psalm 10:4).

Biblical view on the correct response:

Humble yourselves before the Lord, and he will exalt you (James 4:10).

2. Bitterness or Disappointment towards God or other Christians

In the Bible, the Israelites repeatedly complained and turned away from God when they went through hardship during their exodus from Egypt to the Promised Land. Today, many people blame God for the adversities in their lives, even when personal decisions lead to their life circumstances. Since the day of the Garden of Eden, humans have the tendency to shun responsibility for their own actions. Some people are bitter towards God because of unanswered prayers, this attitude of "entitlement" causes many to be ungrateful, leading to their rejection of God. A recent study on college students by psychologist Julie Exline of Case Western Reserve University found that "atheists and agnostics reported more anger at God during their lifetimes than believers."

Ironically, people who claimed to have no belief in God reported negative emotion towards God. In Acts 8:23, it says, "For I see that you are in the gall of bitterness and in the bond of iniquity" (Acts 8:23). Still, other people have previous acrimonious experience with Christians and become disillusioned with Christianity, and dissociate themselves from God. They confuse God with Christians. The Bible tells us that humans are sinful and God alone is holy: "For all have sinned and fall short of the glory of God" (Romans 3:23), and "There is none holy like the Lord: for there is none besides you; there is no rock like our God" (1 Samuel 2:2).

Biblical view on the correct response:

Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice (Ephesians 4:31).

Good sense makes one slow to anger, and it is his glory to overlook an offense (Proverbs 19:11).

3. Peer Pressure or Family Ties

It is human nature to avoid being singled out in the family or social group. In Mark 7:9, it says, "And he said to them, 'You have a fine way of rejecting the commandment of God in order to establish your tradition!'", and "For they loved the glory that comes from man more than the glory that comes from God" (John 12:43).

Biblical view on the correct response:

Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect (Romans 12:2).

In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven (Matthew 5:16).

4. Human Sinful Nature

The proclivity of human nature creates a gulf between God and human. *“For the mind that is set on the flesh is hostile to God, for it does not submit to God’s law; indeed, it cannot” (Romans 8:7). Also, “And this is the judgment: the light has come into the world, and people loved the darkness rather than the light because their works were evil. For everyone who does wicked things hates the light and does not come to the light, lest his works should be exposed” (John 3:19-20).*

Biblical view on the correct response:

Repent and turn from all your transgressions, lest iniquity be your ruin (Ezekiel 18:30).



Do you identify with any of the above emotions contributing to your rejection of God?

The good news is that God is merciful and He is too magnanimous to be offended by our resentment towards Him. In Acts 17:30, it says, *“The times of ignorance God overlooked, but now he commands all people everywhere to repent.”* God waits patiently for our repentance: *“The Lord is not slow to fulfil his promise as some count slowness, but is patient toward you, not wishing that any should perish, but that all should reach repentance” (2 Peter 3:9).*

Although God’s patience is indefatigable, a day WILL come when it is too late, **the time to respond to God IS NOW!**



“Teething” Tips

Healthy Teeth for Your Children

By Dr Whiskey Yim

A healthy and strong set of teeth are important for health, nutrition as well as cosmetic reason. Oral hygiene for healthy teeth should be “cultivated” from young. Dr Whiskey Yim (a qualified dentist who owns a dental practice in Frankston, Melbourne) provides his expert advice on looking after your children’s teeth.



Reach / Winter 2016

Baby Teeth

Contrary to widespread belief of their insignificance, deciduous (baby) teeth are important for many reasons:

- They keep the correct space for the eruption of permanent teeth.
- They play a pivotal role for healthy diet.
- For speech development.

The common belief that a tooth is lost for every pregnancy because the calcium is taken up to supply for the baby is a myth. A nutritious diet and good dental hygiene during pregnancy will ensure healthy teeth for both mother and baby.

Teething

First baby tooth comes through between 6 to 9 months of age. A full set of 20 baby teeth should be erupted by about 3 years old.

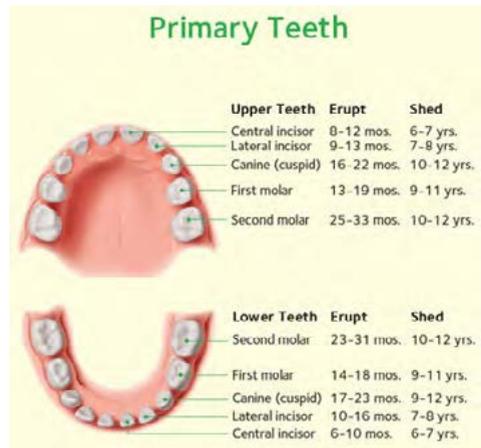
Teething can cause pain and discomfort in babies. Symptoms may include:

- Red, swollen and sore gum
- Increased dribbling

- Flushed cheeks
- Mildly raised temperature
- Changing eating patterns or bowel movements
- Nappy rash

Signs of serious illness (e.g. high temperature) should not be attributed to teething and medical advice should be sought.

Eruption of primary teeth:



The definition of dental caries (tooth decay) is the demineralisation of tooth structure (enamel, dentine and cementum). The major cause is acidic attack on teeth.

There are multiple sources of acid. The most common source is through ingestion of sugar which is converted into acid by bacteria. Typical examples are lollies and sweet drink, acidic food and beverages, which include but not limited to soft drink and juices. Due to its high acid content, consumption of sport drink is also a large contributing factor to tooth decay.

Nursing caries is a unique form of baby tooth decay. This is caused by constant sucking of bottle containing sweet fluid (e.g. milk, baby formula, juices, cordials, soft drinks etc). Some parents allow their children to sleep with the bottle as an easy way of dealing with sleeping problem. This can result in undesirable effect. Nursing caries characteristically affects upper teeth sparing lower teeth, due to the protection of tongue covering lower teeth during sucking.

Nursing Caries:



Prevention of Tooth Decay

The major effective defence mechanism for tooth decay is saliva. It is a natural cleansing agent but it needs time to “work”. Limiting the frequency of daily food or drink intake allows time for saliva to work as cleansing agent. Consumption of sugar, juices or milk is particularly detrimental if they are consumed constantly or in high quantity. “Tooth friendly” snacks, such as fruits and vegetables, are more favourable.

Parents should examine their children’s teeth regularly. If “white spots” (early sign of tooth decay) are noticed, seek advice from dentist.

Temperature of food or drink

Cold and hot foods do not usually cause damage to teeth since teeth are more temperature resistant than gum or mucosa. It is more likely to cause damage to gum or mucosa than teeth. Gum or mucosa serves as the first defence to protect teeth from extreme temperature of food or drink. Some people suffer from hypersensitivity of teeth. This can be relieved by toothpaste designed for sensitive teeth (e.g. Sensodyne). Seek dental advices if symptom persists.

Early Sign of Tooth Decay



Teeth Brushing

Teeth should be brushed twice a day. It should begin when first tooth appears. Use a small toothbrush. It can be started by giving your child a toothbrush to play with during bath time. Supervision is essential for young children. If children are too young to tolerate teeth brushing, a piece of gauze can be used to wipe their teeth.

Electric vs. manual toothbrush

Both are as effective. I only recommend electric toothbrush for people with physical disability, e.g. epileptic sufferers.

Flossing

Flossing is a good oral hygiene practice because toothbrush is too large to clean the space between teeth. This can be introduced in children who are capable of doing it. It can be started from the age of mixed dentition, i.e. older than 6 years old.

Toothpaste

Fluoride is the most important ingredient in toothpaste. However, children under 5 years old should only use junior toothpaste which contains less fluoride. The amount to be used depends on the age. Children should be encouraged to spit out rather than swallow the toothpaste.

Appropriate amount of toothpaste used in children:



Important Tips!



- Aim for healthy diet, healthy teeth and healthy gum during pregnancy and beyond.
- Minimise frequent food or snack intake.
- Never put a child to bed with bottle containing anything other than water.
- Do not dip dummy in any food or liquid.
- Start cleaning your children's teeth as soon as they erupt.
- Look for early signs of decay (e.g. white spots).
- Visit Dentist regularly for check-up, not only when they have pain and / or require uncomfortable procedures.

Jesus Says

Fill in the blank for the following sayings of Jesus Christ. The first letter of each answer will form the solution phrase.

1. _____, for the kingdom of heaven is at hand. (Matthew 3:2)
2. But the one who _____ to the end will be saved. (Matthew 24:13)
3. But when you fast, _____ your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you. (Matthew 6: 17-18)
4. Let the little _____ come to me and do not hinder them, for to such belongs the kingdom of heaven. (Matthew 19:14)
5. Whoever _____ himself like this child is the greatest in the kingdom of heaven. (Matthew 18:4)
6. Blessed are the meek, for they shall _____ the earth. (Matthew 5:5)
7. Go therefore and make disciples of all nations, baptising them in the _____ of the Father and of the Son and of the Holy Spirit. (Matthew 28:19)
8. And then they will see the Son of Man coming in clouds with great power and _____. (Mark 13:26)
9. Woe to you, scribes and Pharisees, hypocrites! For you are like whitewashed tombs, which outwardly appear beautiful, but within are full of dead people's bones and all _____. (Matthew 23:27)
10. Blessed are the _____, for they shall be called sons of God. (Matthew 5:9)

SOLUTION PHRASE:

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Answers:

1. Repent 2. Endures 3. Anoint 4. Children 5. Humbles 6. Inherit 7. Name 8. Glory
 9. Uncleanness 10. Peacemakers

Solution phrase: Reaching Up

Word Search – New Testament

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

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

- ACTS**
- COLOSSIANS**
- CORINTHIANS**
- EPHESIANS**
- GALATIANS**
- HEBREWS**
- JAMES**
- JOHN**
- LUKE**
- MARK**
- MATTHEW**
- PETER**
- PHILEMON**
- PHILIPPIANS**
- REVELATION**
- ROMANS**
- TIMOTHY**
- TITUS**

SOLUTION:

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God's heroes on Samar Island

The Philippines

by Troy Truong



A GRAND ADVENTURE AWAITS

Whilst on holidays, I was summoned by Reach Community Church to visit a local orphanage on Samar Island, in the Philippines, to deliver some financial aids. A local van service took me from Tacloban City through some remote tropical forests to Dolores, a sleepy coastal town you won't find on glossy travel brochures.

On arrival at Dolores, I boarded a long timber bangka (boat) upriver to a quaint little village easily missed behind forests of coconut trees teeming the river's bank. Fittingly, the orphanage is called River of Life Orphanage.



A CLOSE KNIT VILLAGE

Dolores is a very small village with a tight knit community. Everyone seems to know one another, and no doubt their parents and grandparents grew up knowing one another too. A throng of joyous children playing in the streets made me feel safe, above all things.

These children were cheery, with an easy smile, vied for and responded to my attention with glee. After all, how often did they get to mingle with a strayed tourist, lost a thousand miles out of town?

The orphanage is in the middle of the village. It houses children ranging from babies to late teenagers. A staff of faithful ladies and men cooks, teaches, guards and does general maintenance. This can easily be mistaken as one big happy, functional family, and in many ways it is!





THEIR FACES AND STORIES

Each and every one of these orphaned children comes from sad circumstances beyond their control. One kid came because both parents had died. Another child's father was jailed, and his mother remarried into an indifferent family. There is an Eurasian boy whose father he knows not of, and is rejected by his new step-father. The most telling case is 3 siblings: a little sister and her 2 younger brothers, aged 2 and 1; all abandoned at the orphanage simply because their mother could not afford to raise them along with other children she already has.



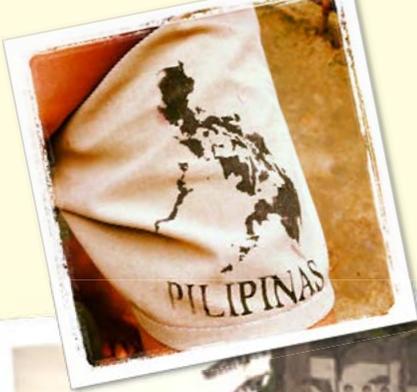
As crestfallen as the children's stories are, we ought to be empathetic of the harrowing circumstances these parents must have endured to be forced to abandon and lose their treasured children.

A NEW START. A NEW HOME. A NEW FAMILY

These orphaned children's new home is clean, orderly and modern, with electricity, running water, plumbing, a functional kitchen, living areas and various bedrooms housing bunk beds. A gate is manned and protects the property day and night.



These children's lives are filled with activities. Morning starts at 6am, where there is much merriment and melody as they sing worship songs. After a hearty breakfast, they venture to school up the street starting at 8am. Bible class is on every Tuesday night with the other village children joining in. Everyone has assigned housework to do. They are joyous, sweet, disciplined, obedient and respectful, with an ever present smile!



GOD'S KIND OF HERO

In the West, we adopted the concept of heroes as men in flying capes, or idolised pop and movie stars, who are only famous for their, well, self-centralised fame. These idolised heroes come and go, like stars in the night skies at dawn's break.

God's kind of heroes do not fly in capes, live on the cover of magazines or sing under spotlights to millions of adoring idolisers around the world, nor are they followed on Tweeter, YouTube or Facebook.

God's kind of heroes are those who, in gratitude to Jesus' atoning death, sacrifice their entire lives to seek the welfare of these little ones, in a place where Google search, the internet, time and the world at large have forgotten.

In these corners of an isolated island, up a river bank, and through the nooks and crannies of their forgotten land, they labour and toil to see that these little ones have a second chance in life, teach them that God is their faithful Father, and to grow up to become viable men and women in their own communities.

The world may not know these men and women, nor do they care to know; but God knows them all very well, for they are God's heroes. And that is all that really matters.

Money Matters

By Kent Lim



Are you “money smart”? (“What does it mean?” some might ask.) Do you know how to manage your money effectively? Do you have control over the money you earn or are you a slave to it? Read on, for tips on money matters, from Kent Lim, a qualified chartered accountant, because your money matters.

Be Money Smart

Money plays such a major role in our lives that it requires our attention to manage it wisely. If we turn a blind eye to our cash flow, it might get out of control and put us in unwanted stressful situations. Some of us rely on professionals such as accountants or financial planners to manage our finances while others are self-sufficient, using available software products or apps.

I want to share with you a simple yet reliable tool provided by the Australian Securities and Investments Commission (ASIC). ASIC launched the ‘Money Smart’ website specifically to assist everyday people like you and me, to be informed when dealing with money related matters.

Heading to **www.moneysmart.gov.au**, I discovered three useful tools that have helped with my own financial situation:

1. Budget planner

Are you aware of how much money you take home (income) and how much you spend (expenses) every

month? Do you have an income surplus or deficit at the end of each period?

By completing the online budget tool, the result helps to identify and break down your spending areas. This planner has assisted me in executing my saving plans and cutting back on expenditures where necessary. An Excel spreadsheet version is also available for download.

2. Calculators

Do you have any saving goals? Whether it is for your next holiday or a deposit to purchase a property, the saving goal calculator shows you how much money to put aside in order to hit your savings target in a tailored time frame.

I personally found the loan repayment calculator useful and had used it to prepare for the purchase of my first home. The calculator produced an estimated monthly commitment which prepared me financially in advance and as a result changed some of my spending habits in order to service the potential debt.

Be sure to also check out the variety of other calculators available on this website.

3. Investment

There are many financial products on the market to help build wealth and they offer different levels of returns and associated risks. The Money Smart website provides a basic understanding and guidance on common types of investments. It is worth spending time to review and research before you invest.

Some questions to ask yourself before you invest:

- Do you understand how the product works?

- Are the terms contained in the Product Disclosure Statements (PDS) clear?
- What would be the taxation implications?

Seek professional advice if the product is not as straightforward as you think it might be. Fortunately, ASIC has a dedicated area on the Money Smart website to identify products and schemes which are scams!

Don't let money control you! Take action and manage your finances "smartly", starting from today!

What does the Bible say about money?

Money is used widely during the Biblical times. There is nothing wrong with money itself, it is a tool for us, to exchange for goods. ***"You shall purchase food from them with money, that you may eat, and you shall also buy water from them with money, that you may drink. For the Lord your God has blessed you in all the work of your hands"*** (Deuteronomy 2:6-7a, ESV). Hence, money can be a blessing from God, when it is earned in an honest way. ***"Wealth created by a lying tongue is a vanishing mist and a deadly trap"*** (Proverbs 21:6, NLT), and ***"Wealth from get-rich-quick schemes quickly disappears; wealth from hard work grows over time"*** (Proverbs 13:11, NLT).

What should we do with our money when God blesses us with wealth?

"Honor the Lord with your wealth and with the firstfruits of all your produce" (Proverbs 3:9, ESV), and ***"Teach those who are rich in this world not to be proud***

and not to trust in their money, which is so unreliable. Their trust should be in God, who richly gives us all we need for our enjoyment. Tell them to use their money to do good. They should be rich in good works and generous to those in need, always being ready to share with others" (1 Timothy 6:17-18, NLT).

Warnings against greed and the love of money:

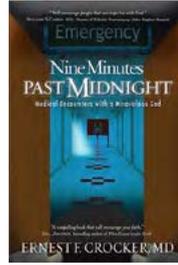
"He who loves money will not be satisfied with money, nor he who loves wealth with his income" (Ecclesiastes 5:10, ESV).

"Don't wear yourself out trying to get rich. Be wise enough to know when to quit" (Proverbs 23:4, NLT).

"For the love of money is a root of all kinds of evils. It is through this craving that some have wandered away from the faith and pierced themselves with many pangs" (1 Timothy 6:10, ESV).

Nine Minutes Past Midnight

Author Dr Ernest F. Crocker



Reach / Winter 2016

Contrary to my usual habit, I picked up this book to read without any foreknowledge of what it was about, and was deeply moved by it.

The author Dr Ernest Crocker was the founding Director of Nuclear Medicine and Ultrasound at a teaching hospital at Westmead, Sydney. He became a Christian at the age of 14, in 1959, during the first Billy Graham Crusade in Australia. Using his own words: "This is a book about doctors and patients who took God at His word and were astonished at what followed.....It is a record of the manner in which a personal God interacts and intervenes in the lives of doctors, their patients, families and friends, to produce radical life change."

He did exactly just that, giving an honest account of the lives of many Christian doctors he interviewed. The recurrent themes of this book include:

1. There is no conflict between science and faith in God. "God cannot be totally contained within nature, so His existence is beyond the ability of science to deduce."
2. The indubitable fact that miracles of healing still happen today. There are multiple accounts of such miracles in the book, encompassing healings of patients, the doctors interviewed or their close family members and friends. Dr Crocker himself witnessed the inexplicable recovery of a lady whom he was involved in the resuscitation and was pronounced dead.
3. God's healing is not restricted to the physical realm, but also extends to the spiritual realm.
4. Each doctor interviewed had a personal

encounter with God, and each conviction led to an indelible impact on their lives.

5. God is our silent partner, He gives Christian doctors insight and wisdom in diagnosing difficult medical conditions. "When either the doctor or the patient is a Christian, they introduce into that relationship a third party. That person is God Himself.....God's power to intervene will not be limited if only one has faith."

I'm particularly impressed by the veracity of the book. Dr Crocker acknowledged that not all sicknesses were healed, nor all prayers answered. The profundity of God is beyond the finite human mind; instead of trying to have all the answers, he put his faith in God's character, "Whatever else you can't hold onto, hold onto this: that God is sovereign."

Although this book is written by a medical doctor, on medical doctors, it is not a book for medical professionals only. The book is free of medical jargons, and all readers will be left with an awe for the power of a superior and yet personal God. The author implored the readers to "read with an open mind and an unencumbered spirit, trusting that God will reveal to you truth that has the potential to set you free from the trappings and entrapments of this life."

Nonetheless, there is one thing that bothers me about this book: despite reading it twice, I can't figure out why it's titled "Nine Minutes Past Midnight", except that it has kept me awake at least nine minutes past midnight, pondering upon it, being paranoid that I might be missing something important.

Reviewed by L.C.

Walnut Cinnamon Teacake

Ingredients A

300g self-raising flour
250g brown sugar
125g softened butter



Ingredients B

1 tsp bi-carbonate of soda
1 tsp ground cinnamon
220g warm milk
1 egg



100g walnuts



Method:

1. Preheat oven to 170°C.
2. Mix all ingredients A together and firmly press half the mixture into a 6 inch (15cm) lined cake tin to form a base.
3. Mix all ingredients B in another bowl and add in the remaining mixture from step 1. Stir in walnuts (leave about 30g to sprinkle on top).
4. Pour the liquid mixture over the base, sprinkle walnuts on top and bake for 45 mins.
5. Cool and enjoy! It tastes even better when leave overnight.

By InChyi



This teacake is one of a kind, its distinctive feature is the flavoursome and crunchy base, very delicious! Unlike other teacakes which are best served warm, this one tastes just as good, if not better, after sitting for awhile, the base becomes more crunchy and tastier!



Reaching Up!
Reaching Out!
Reaching All!

reach

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