

SUNDAY WORSHIP SERVICES

1st Service: 9:00 am 2nd Service: 11:00 am Sunday School: 9:00 am 11:00am

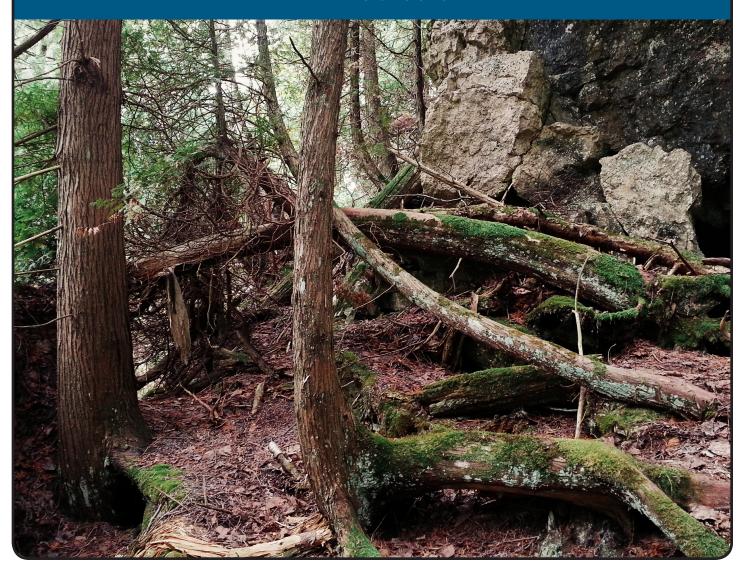
WEDNESDAY PRAYER HOURS

Morning Prayer: 9:30 am Evening Prayer: 7:00 pm

WINTER 2016 VOLUME 9 ISSUE 1

"Christ is the Word of God. It is not in certain texts written in the New Testament, valuable as they are; it is not in certain words which Jesus spoke, vast as is their preciousness; it is in the Word, which Jesus is, that the great manifestation of God is made."

— PHILLIPS BROOKS —





Rooted, Grounded in Christ and Settled in the Faith

by Pastor Elbern Latorilla

olossians is a letter written by the apostle Paul sometime between 60 and 62 A.D. This is one of the prison epistles which the apostle composed while he was incarcerated in Rome simply for preaching the gospel. Through Epaphras, the founder of the church in Colosse and his "son" in the gospel, Paul enjoyed such a spiritual relationship with the Colossian believers that he could freely write this letter to them. His main purpose was to warn them of an insidious and dangerous heresy that was threatening the health and life of the church. The false teaching contained elements of both Jewish legalism and pagan mysticism. Later on, this heresy became known as "Gnosticism" which, among others, taught that Jesus Christ was merely one of a series of emanations descending from God and therefore being less than God. This heresy also insisted that there was a secret, higher knowledge above Scripture which was necessary for enlightenment and salvation. To the Gnostics then, Jesus and the Scriptures were not enough. So, the apostle, by the inspiration of the Holy Spirit, penned down this letter to oppose the heresy's encroaching into the church by emphasizing the supremacy of Christ in all things and then encouraging the believers to be "rooted and grounded in Him and to be settled in the faith as they have been taught" (Colossians 2:6,7).

Almost two thousand years after Colossians was written, the impact of the heresy upon the church has become more pronounced than ever. Paul's challenge is as relevant now as it was then. To combat Gnosticism and other forms of heresy today, for that matter, the need is for the believer to be "rooted and built up in Him and established in the faith". There are 3 metaphors that Paul uses here to reveal what it takes to be able to withstand the onslaughts of heretical doctrine. The first one, "rooted in Christ" is taken from the dis-

cipline of agriculture. Just as the plant or tree receives nourishment from the soil through its roots, so a believer draws life-giving food and strength from Jesus Himself and not from man-made teachings or thoughts. Paul uses the perfect tense to describe a present reality which is the result of a past action. The preferable translation should therefore be, "having been rooted in Christ". It is also interesting to note that the verb is in the passive voice which signifies that they did not plant themselves. The Holy Spirit did and no one or nothing could uproot them anymore. Believers in Christ then are neither "tumbleweeds", blown hither and thither by any wind of doctrine, nor are they "transplants" moved from one pot of soil to another.

The second metaphor is taken from an architect's perspective which pictures an edifice that is rising and taking shape built upon a solid and strong foundation. Grammatically, the word, "grounded" or "established", is in the present tense which denotes a continuing process. As a structure, a believer is, in a sense, not a finished building yet. He is still being erected by the Master Builder Himself on the Rock of Ages who cannot be swayed and shaken by the storms and earthquakes of life that may come. A pastor, who was spearheading his congregation in a church building program, approached the architect and asked why they were taking so much time on the foundation. The architect replied, "Pastor, if we don't go deep, we can't go high." Such must be true of the Christian, too. By the way, the verb is in the passive voice also. This means that the believer doesn't establish himself, the Holy Spirit does.

The third metaphor is from an educational point of view. According to Paul, a believer should be a person who is settled in the faith as he has been taught. A Christian's spiritual strength or stamina is developed

by rigorous and consistent teaching from God's Word. A believer will have the ability to "know around" the faith, which is the body of truth that he has come to accept and believe, when he allows himself to be instructed, corrected and rebuked if needed by the Spirit through the Scriptures. When a believer is taught rightly and truly, then he will no longer be "tossed to and fro and carried about with every wind of doctrine, by the trickery of men..." (Ephesians 4:14). Not only that, but he will also be "ready to give a defense to everyone who asks him a reason for the hope that is in him, with meekness and fear" (I Peter 3:15).

But when does this all start? Paul says that this life of being "rooted, grounded in Christ and settled in the faith" goes back to that initial transaction when one received Christ as his Saviour and then walks in Him (Colossians 2:6). The verb "received" signifies a deed done once and for all and cannot be repeated anymore. The moment a person places his faith in Christ as Savior, Jesus comes into his life, resides there and never leaves him. But to prove this reality, he must "walk in Him". The word "walk" speaks of a Christian life that is active, dynamic and exciting. "Walk" describes one who is in motion and is making progress. His life is not stagnant or dormant but alive. The believer's "walk" begins in Christ, is bounded by Christ and balanced in Christ.

The consequence of this life is gratefulness. Paul declares, "rooted and built up in Him and established in the faith, as you have been taught, abounding in it with thanksgiving" (Colossians 2:7). What this simply means is that a Christian who is "rooted, grounded and settled" manifests this reality in a life of thanksgiving. A thankful life is a beautiful life. When we look into the Bible, we will learn that thankfulness will be focused on two (2) main themes: the attributes of God (who He is) and the acts of God (what He does). And when we reflect deeply on these two, we will have innumerable reasons why we Christians should lead lives that are abounding in thanksgiving.

A group of sociologists studied what comparisons can do to the attitude of people by using a man as a beggar in a strategic location in New York City. First, they wrote the words "I am blind" on a piece of cardboard and hanged it on his neck. He got a measly \$4 that day. The next day, they changed the words to "It is spring and I am blind" on the cardboard and then made him do the same thing as he did in the previous day. The "beggar" earned \$40. When we realize how blessed we are when we compare our lives with others, we cannot but be thankful. This was the message they were trying to present.

Can you say that you "are rooted, grounded in Christ and settled in the faith?" You can if you had already placed your faith in Christ as your Savior and are now walking in Him daily. As you do, then your life will abound in thanksgiving for all that Jesus means to you and what He does for you.

"Rooted and grounded in Him and to be settled in the faith as they have been taught"

Romans 5:3-4 (New International Version)

Rooted In the Word

By Alex Isip

Are you being tested in life on a day to day basis? Would you claim to be more shaken at times or are you able to cope in most instances or occasions? Christians are not immune to seemingly hopeless experiences or predicaments. The difference may depend on how deeply rooted we are in God's Word so that as we face challenges in life, we see things in a different perspective--HIS. Once we are rooted in the Word of God, we now rely on His grace for strength, wisdom and endurance. The book of James tells us to "consider it all joy when we are subjected to various trials, knowing the testing of our faith produces patience" (James 1:2-3).

Being rooted in the Word means the believer is established firm and fixed in Christ, abounding in faith, renewed in the spirit of one's mind, strengthened in the inner man, which was created according to God, in righteousness and holiness (Ephesians 4:17-24). He also meditates in the Law of the Lord (Psalm1:2).

Are you rooted in the Word? Can you honestly say that you are equipped with His Word stored in your memory and in your heart so that you have sufficient weapon to share your faith to the lost and ungodly? Whereas the Psalmist advises for us not even to walk in the counsel of the ungodly, nor stand in the path of sinners, nor even sit in the seat of the scornful, we have the responsibility to share our faith and demonstrate our being rooted in His Word to them. How can we then share to others our being rooted in the Word without being influenced or contaminated by sin?

The apostle Paul admonishes for us to "stand firm therefore, having girded your waist with truth, having put on the breastplate of righteousness, having shod your feet with the preparation of the gospel of peace; Above all, taking the shield of faith in which you will be able to quench all the fiery darts of the wicked one". He also mentioned for us to "take the helmet of salvation, and the sword of the Spirit, which is the Word of God." (Ephesians 6:14-17)

Therefore, possessing all these good attributes and being rooted in the Word of God, we can now confidently go out into the perverse world and proclaim God's good news of salvation to the lost, boldly and mightily equipped.

By doing so, we will be compared to:

"a tree planted by the rivers of water, that brings forth its fruit in its season, whose leaf also does not wither; and whatever we do, shall prosper"

Psalm 1:3

Being Rooted in God's Word

By Rebecca Regio

Exodus 34:5-7 "Then the Lord came down in the cloud and stood there with him and proclaimed His name, the LORD. And He passed in front of Moses, proclaiming, "The LORD, the LORD, the compassionate and gracious God, slow to anger, abounding in love and faithfulness, maintaining love to thousands and forgiving wickedness, rebellion and sin. Yet He does not leave the guilty unpunished, He punishes the children and their children for the sin of the parents to the third and fourth generation."

This is the YHWH we serve. He is a God who is certain of who He is. He is a God who is personal and pursues. A God who is overflowing with love yet does not compromise that, by his Holy Justice. Our God, the only God on earth has left a message for the world and it isn't just one small piece of paper, but instead, He has left an entire book for us. Sixty six in total: 38 in the Old Testament and 27 in the New. Amongst that are stories of our brothers and sisters in the past; an entire history of the world – how it began and how it will end. I like to call it His love story. Some like to call it the manual to life or the military guide. Either way, we can all agree that it is His story and we need to and we should want to read it. Yet sadly, that's not the case with many Christians today and they're missing out.

Christians proudly boast about Christianity not being a religion but being a relationship instead; and I concur. There is so much joy being in a relationship with Jesus, YHWH and the Holy Spirit. It's a purpose driven, life fulfilling, hard stumbling, intense, and sanctifying journey that we take when we say yes to walking life with our Creator. A journey with someone will cultivate a relationship whether it's a season, multiple years or eternity – the main premise is that we're building a relationship. In the same way, knowing the Word of God is getting to know Him above all else.

I think there can be such a broken approach, when reading the Bible, which desperately needs to be fixed. The main character of the Bible is God. The main character of history is God. The main character of our lives should be God. And we only understand this when we know and are rooted in His Word. He begins to use it as a way to replace our selfishness for a higher calling of living life the way He designed it to be and to live life with full joy of knowing who He is.

So when that selfishness is taken away, God begins to direct our eyes towards the things that stir His heart. He invites us and honours us into His plan for His glory and every time we say "yes" to Him, it's investing in eternity. There's such a bigger picture when we see things in the eternal perspective. Our actions begin to change; our restored motives start to bless others. Characteristics of who Jesus is, begin to cover us and through that, we know with guarantee that at the end of this life He will say, "Well done, my good and faithful servant". The desire to hear those words come from a place of wanting to be affirmed by someone we love, to finally reach the day when we're with Him.

So if you're meant to spend eternity with YHWH, it's important to start now. How awkward would your wedding be if you didn't know your partner? Well, here's good news – He left an entire book for you to find out exactly who He is.

CHRISTIAN FOUNDATIONS GOSPEL SERIES

JANUARY 24, 31, FEB 21, 28

The Christian Foundations Gospel Series continued on scheduled dates with topics on: "Evidence of Salvation and the Gospel" (facilitated by Bro. Mike Borja); "What the Gospel is Not" and "Five Ingredient of the Gospel" (facilitated by Bro. Exie Sinena)

AED AND CPR COURSE

FEBRUARY 6

The 3½ hour training held at the multipurpose hall, had 13 participants in attendance which included our Senior Pastor, church workers and volunteers from different ministries of the church: trustees, deacons, Sunday school Superintendent and teachers. Our Provider was Rescue 7 with Lisa Matthews as Instructor. The purpose for the course was to teach our leaders and volunteers the proper way to administer First Aid, whether to seniors or children.



JANUARY FEBRUARY

PARENT/LEADER NIGHT

JANUARY 29

Parents who have a child/children in the Young People's Ministry joined the YPM during their time of worship and fellowship that evening, as Pastor Alex shared the message. Parents were also given the chance to discuss with Youth leaders any concerns or questions they had.



FAMILY SUNDAY

FEBRUARY 14

As the rest of the world celebrated today as Valentine's Day, CABC on the other hand, took the opportunity to celebrate families tagging the day as Family Sunday. The Young@Heart facilitated both services and offered their song of praise. Pastor Elbern's message was a reminder that it is God's desire that our families grow strong in our relationships.

CNU WINTER RETREAT

FEBRUARY 19-21

About 21 of our young people spent an eventful weekend at Cedar Ridge Camp in Bancroft, ON.

Elijah Alderete was the speaker for the weekend and he challenged the group about the theme, "Maturity in Christ". It was truly a blessed retreat to spend time away in corporate worship, prayer, bible study, and fellowship.



MB4KIDS (MARCH BREAK FOR KIDS)

MARCH 14 - 18

Now on its second year, the MB4 Kids whole week all day camp had 24 campers from 4 to 12 years old who were under the care of 18 Volunteers. The Kids had a balance of singing and play time, and learning about Jesus' love and forgiveness through His death and resurrection. They also had field trips to the Kennedy/Eglinton library, Thompson Park and Scarborough Museum.

PRAYER BREAKFAST

MARCH 26

The yearly Prayer breakfast from 8-10 am hosted by the Young @Heart had participants who came together for a special time of fellowship, prayer and thanksgiving that morning having known the value of corporate prayer. See page 7.

RESURRECTION SUNDAY

MARCH 27

It was such a delight to see the youngest generation render the special anthem for the Sunday we commemorate our Lord's resurrection. The Children's choir sang with gusto as Heartie Abellanosa led them with their action song. That was the first of more to come, as we look forward to having the Children's choir sing the anthem more often in the future.

SUNDAY SCHOOL TEACHER'S TRAINING

FEBRUARY 20

A good number of 30 Sunday school teachers/ assistants attended the training. The day went by with Bro. Phil Whitehead from BCM international Canada leading the morning session; an informative time with Grace Damian on "How to handle kids with special needs"; and learning Sunday school songs with Jazmyn Laserna. The new Curriculum from Venture Club was also discussed.



GOOD FRIDAY

MARCH 25

MARCH 26 - 27

The CABC choir once again had the opportunity used to exalt His name!



to share the gospel through a powerful narrative and dramatic musical "Believe" that triggered a reflective state between one's Belief vs truly believing. By God's grace, Choir Director Johnny Isip's patience in training all 50 voices combined with the narrators and cast clearly depicting the message of the whole musical produced a "most powerful musical ever in the past 27 years" as declared by Pastor Elbern. We praise God for how He has blessed CABC with all these talents being

HIStory Bible Study Group



Keren, Kezia, Bianca, Iya, Althea, Czarina, Kisha, Marielle, Sasha, Faith, Shaerin, Aim, Jammy, Ayl, Joy, Tamella, Nicole, Anne, Sherwin. *Eliana not in picture

These vibrant and beautiful young ladies ages 12 to 18, meet every Saturday at 11 am under the leadership of Sherwin Pel to study God's Word.

Their fun time together has created sisterly bonding that has helped each one grow spiritually, as they discover more of God's unconditional love and how to "walk by the Spirit" by being rooted in His Word. They have just completed their study of the book of Galatians and are going to study the book of Romans next.

The group started as 3-4 young ladies simply spending time together on Saturday mornings. As the Lord has led Sherwin to use the time to study the Bible, it formally became a Bible study group on April 25, 2015 and wittingly named "HIStory"

The group grew in number, currently with 12-16 regular attendees since then and the rest…is history.

If you are a young lady within the age range of 12 to 18 and desire to join this group, please contact Ate Sherwin Pel or Aim Abellanosa for details.

Young@Heart: Annual Prayer Breakfast

By Sheila Herbert

March 26, 2016, Saturday

We praise and glorify our Father in heaven for the time that we came together as a body of believers to pray. We had a glorious time of worship.

There were 40 in attendance and we had a fruitful time of fellowship and prayer. Thanks to Brother Ramny Guatelara for sharing with us the morning's devotion.

We also thank each one who gave their time to take care of all the preparations specially the breakfast. May God bless each one as we work in His kingdom with joy; building up each other in love and in the unity of the Holy Spirit; and allowing the Grace of our Lord abide in and through us.

We give all Praise and Glory to our Lord Jesus Christ.







Take Note A New Hymn for Him: Words, Music and Expression Part 1: Words

By Johnny Isip

Sing to Him a new song; Play skilfully with a shout of joy. - Psalm 33:3

unday morning service rolls around once again, the piano Oprelude ends as we take our seats in our favourite pews, and the service leader reminds us, "sing to Him a new song." Amid the familiar and habitual we often forget the Lord, through the Bible, constantly speaks of newness. But how often do we listen? And how often do we sing new songs?

As humans we are fascinated by and obsessed with the new, as if we are programmed to desire and lust after it. These fleeting and worldly traits are most obviously manifested in the material: our obsession with consumption. The latest iPhone is released and like lemmings we line up to get our paws on it as every TV channel and radio station plays Adele's latest song. And throughout history the search for the new brought Europeans to send their ships to the far corners of the world, seeking fortune, fame and favour. Worldly indeed.

How does scripture define the new? We as humans tend to see newness as brand new. Something shinier and better that didn't exist before: no doubt the iPhone7 will have a different design, a better camera, and a faster processor. Yet, when we first believed and trusted in the Lord we ourselves became new, as Paul says in 2 Corinthians 5:17,

... If anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.

Yes, we remain in the same body, but that is only our physical state here on planet Earth. Not only is newness shown as transforming, it is also described as renewing. My personal favourite way of illustrating this is found in Lamentations 3:22-24,

Through the LORD'S mercies we are not consumed, because His compassions fail not. They are new every morning; great is Your faithfulness.

The thought of our Lord's mercies renewing every morning is astounding. Every morning. Not only are we kept from being consumed by His mercies, but these mercies sustain us because they are renewing. Imagine an upgraded iPhone delivered to your door every day; you can only begin to imagine the greatness and faithfulness of the Lord.

In what little we can offer in return, we can offer our praise and worship through song. As the psalmist above (most likely David) reminds us, our songs should be new, skillful, and joyful.

How often do we sing new songs? Our hymnals contain all the old favourites, and often it's the praise band that teaches us a new song. But let's not forget we ourselves were made new creations, residing in the same physical bodies. Like ourselves, we can

transform favourite hymns and make them new creations. Hymns are essentially poetry set to music that tell of the songwriter's experience and relationship to God. If we are to make these songs new, we must first understand what the words (lyrics) mean. Just as we hear the Lord speak through the scriptures, we can hear the writer speak through the text.

Music, here, becomes secondary, and the meaning of each hymn must first be decoded. I say decoded because often poetic language can be difficult to understand. Music by itself may touch the heart, but it is the words that convey the message and meaning. Before teaching a song or hymn to the choir, I always take time to analyze and understand the text. Yes, music has the power to transform the text (more on that in part 2) but the text is where the emotion lies. Try humming the first line of Great is Thy Faithfulness, and you'll actually see how boring the melody is. There are only three different notes used, and most of them are repeated:

EEEE DD, FFFFE

Not only that, but the rhythm is boring and does not push the music forward. But the composer transforms this boring motif into beauty by adding the words: Great is thy faithfulness, O God my father! The melodic line (at that point) may be lacklustre, but the words are the complete opposite. Thus, we must never take the words for granted.

Words by themselves are simple enough things. But in the context of poetic language, they can be difficult to understand. Poetic language uses many linguistic devices, most importantly of all metaphor and simile. These techniques are most often used in hymns because they use words to describe and attempt to explain our relationship to God. A metaphor attempts to describe something by using something else, and is not literally true, for example: Jesus is the Lamb of God. Jesus is not physically a lamb at all, though He is being described as one. This is a poetic way of telling us that Jesus was sent by God to save us from our sins by sacrificing His life for ours (essentially, John3:16). A simile, on the other hand compares two different things by using the words like or as, but is not as effective as a metaphor: like a rose, trampled on the ground, He took the fall. Here, a fallen rose is compared to our fallen Saviour, but when you think of it, there is absolutely no comparison at all. How can you compare a dead rose to our Saviour who died and rose again? The simile is not completely effective, yet it serves to show how we can barely imagine or understand the love of God. Here, poetry shows us how we can relate to one another by expressing human emotion and experience.

Speaking of God's Love, let's take for example the third verse of the hymn, *The Love of God*, by Frederick Lehman. This verse was not actually written by the hymn writer, Lehman, in this case. Lehman explains that the words "had been found penciled on the wall of a patient's room in an insane asylum." Lehman obviously felt a spiritual connection to them, enough so to borrow them for his hymn:

Could we with ink the ocean fill,
And were the skies of parchment made,
Were every stalk on earth a quill,
And every man a scribe by trade;
To write the love of God above
Would drain the ocean dry;
Nor could the scroll contain the whole,
Though stretched from sky to sky.

Now this poetic language is enough to give an English undergrad some trouble, let alone a congregation opening a hymnal to sing during service. Language like this can be a hindrance, therefore understanding it and taking time to study it will offer us some clarity. In this verse the writer uses multiple metaphors to describe the love of God--they are quite tricky, but careful study will reveal the meaning: first, imagine the oceans are filled with black ink. And the sky from here to Pluto and beyond is paper. And all the branches and twigs are fountain pens. Finally, imagine every human on earth is a writer and all we ever did was to write and describe the love of God. If you imagine all that, the writer says, we'd drain the oceans dry of ink before we could even begin to start describing how vast that love if. As humans, we can picture this at least, even if we cannot comprehend the love of God. The most dominant feature on earth (the ocean waters) are not a drop compared to God's love. The writer paints us a picture that we as humans can imagine in our minds, and that creates an emotional response and understanding.

Often the choir will sing a hymn to warm up before starting a rehearsal. Let's take Great is Thy Faithfulness as an example, once again. Yes we all know the melody, and surely the first verse. But then ... what? How often are we left stumbling through the words of the subsequent verses? How can we give praise and worship our God if we don't even know (let alone understand) the words that are coming out of our mouths. There's a saying that, He who sings speaks twice, and I definitely believe this to be true. But if you don't know the meaning of the words, I believe this is doubly untrue. It is not praise or worship at all, and often it's just like going through the motions. We do not want to be robots who are indifferent, especially during a worship service. This bring up another way of making hymns new. If we take time to learn the words to what we sing afresh, our relationship to our Lord will grow stronger. Just like memorizing scripture, I believe it is also important to memorize hymns (and relate them back to scripture of course). Understanding what other believers before us have experienced and said will also develop fellowship between believers and bring perspective and meaning to corporate worship. Here are the words

by Thomas Chisholm to that (familiar?) hymn:

Great is thy faithfulness, O God my Father; There is no shadow of turning with thee; Thou changest not, thy compassions, they fail not; as thou hast been thou forever will be.

Great is thy faithfulness! Great is thy faithfulness! Morning by morning new mercies I see; all I have needed thy hand hath provided; great is thy faithfulness, Lord, unto me!

Summer and winter and springtime and harvest, sun, moon and stars in their courses above join with all nature in manifold witness to thy great faithfulness, mercy and love.

Pardon for sin and a peace that endureth thy own dear presence to cheer and to guide; strength for today and bright hope for tomorrow, blessings all mine, with ten thousand beside!

Notice how each verse describes something different. The first verse is addressed to our Father. The writer is praising our Father's qualities of faithfulness to the writer as a human. In the second verse, the writer is relating to fellow believers by listing things which we all see and experience ourselves such as the seasons and celestial bodies. All of these things are witness to the Father's faithfulness, mercy and love. Finally, in the third verse, the writer gets to the heart of human existence by showing the ways ("blessings all mine") in which the Father is faithful to us all (the "ten thousand beside"): pardon for sins, peace, the Holy Spirit ("thy own dear presence"), joy, guidance, strength and hope. Amazing! In that one verse, the writer encompasses all of Christian life and relates to other believers. He starts with Jesus dying for us ("pardon"), and goes all the way to show the blessing we receive to live life on earth (peace, guidance, strength), and finally that which we can look forward to (hope), that our Saviour will return. The singing of hymns, as we can see, must be strengthened and will be strengthened with the learning and understanding of the words. Memorizing hymns is another way to hide them in your heart, and to freely express the words when singing (more of that next time!)

Finally, remember each verse express different things. Yet when you bring music into the picture, we realize each verse is sung to the same melody. Another difficulty arises: if the words in the verses mean different things, why is the melody the same? Over the next issues of Connect, we will discuss the music of hymns and the **expression** of singing. Among other things, we'll see how the words of the hymns relate to the music of the composers (often writers and composers lived centuries apart!), and how we can use text and music to become more expressive with our voices, and how we can sing hymns afresh, as powerful vehicles of praise and worship.

Please remember to pray for our

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