



CABC Connect

**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

FALL 2013 VOLUME 6 ISSUE 4

**"Prayer does not fit us for the greater work;
prayer is the greater work."**

— OSWALD CHAMBERS





Prayer – A Communication Lifeline

by Pastor Jim Wright

The role and scope and importance of prayer in the life of a believer is nothing less than a profound mystery. Prayer is a lifeline of communication with our heavenly Father. Like communication is in a marriage, or any meaningful relationship, so is prayer in our relationship with the Lord. If we are not communicating, then how can that relationship continue to grow and deepen?

There are so many different levels of communication in prayer, depending on where we are at in our relationship with the Lord. Prayer is both simple, and yet infinite. Prayer can be as simple as the cry of a child, or an expression of the childish faith of a little child, or it can be the anxious cry of a mother's heart for her child, or it can be the cry of intercession for the lost, or prayer can be as infinite as the profound meditations of our hearts as we pursue a deeper relationship with the Lord, and a deeper understanding of the mysteries of the Trinity. The Lord meets each cry, and every seeker, right at the level where we are in our relationship with Him.

Perhaps the most basic and fundamental understanding of prayer is that it is a declaration of dependence and surrender to the Lord. To be prayerless is a declaration of independence – "I'm okay on my own; I don't need you, Lord." But the very nature of prayer is to declare, "I'm not okay on my own. I need you, Lord. I can't do this on my own. Will you please step in and take over, and help me do what I can't do."

But the mystery of prayer deepens, because it isn't enough to simply say a prayer like you were expressing a wish, and carry on with your life as usual. To express a sincere prayer to the Lord that reflects genuine communication with Him means that your life must be aligned with your prayer. That means that we must be continually examining our lives, and seeking to bring our lives in line with what we know and understand to be His will and nature. We need to confess our sins and failures. We need to humble ourselves before Him. We need to ask for His presence

and character to fill our lives, and be reflected in us. We need to seek His holiness and purity. We need to ask for the things that He desires for our lives. In this way a simple prayer leads us ever deeper into a meaningful relationship with the Lord, and shapes and influences our lives. True communication with the Lord in prayer is never something that is shallow or disconnected from the real issues of our lives.

"...go forward into the day with a spirit of prayer and dependence and humility and openness to the Spirit of Christ..."

Finally, a meaningful prayer life can take many different forms in the course of a day. I believe that a fixed daily time and place where you can meet with the Lord, and meditate on a passage of Scripture before spending time in quiet prayer, is an important foundation for a meaningful prayer life. But this is by no means the extent, or the definition, of a meaningful prayer life. If you only do this, and check it off your daily "To Do" list, and never think about the Lord again until the next day, then you have missed the point of prayer as a lifeline of communication with the Lord. Having established a daily quiet time, now we need to build on this, and go forward into the day with a spirit of prayer and dependence and humility and openness to the Spirit of Christ in our lives on a moment-by-moment basis. Paul said, "Pray without ceasing" (1 Thess. 5:17), and "in everything by prayer and supplication with thanksgiving let your requests be made known to God" (Phil. 4:6). In the moment

“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God.”

— PHILIPPIANS 4:6 —

Prayer Line: Free from Power Outage

by Ramny Guatelara

As we look back and reflect on the power blackout after the ice storm that hit Toronto and other areas, we got mixed reactions. For some people, this is a first time experience. Many did not have electric power, and because the winter season has set in, heater is really a necessity. For those in tall buildings and apartments, the use of the elevator is very important. When you focus on what is inside your house, you will only see darkness, feel sadness and experience boredom. But when you look outside, you just cannot ignore the wonderful and marvellous creation of God... the ice everywhere... and with the sun reflecting on it—it was much more amazing!

Without electric power, connection and communication with a lot of people were cut. Some may have had the use of batteries, but the provider or network itself was down. On the other hand, the connection we have with the Lord is available. Our great Provider's connection and network is always up and running!

As we reflect on what has happened, have we ever thought that God was in control? It was difficult getting through the phone lines of hydro, city hall, 911 and our friends' lines, but have we ever considered calling upon Him first? Not only is there a line specific for each one of us, but it is also always open and has been waiting for us. We just have to call Him first.

As we read I Thessalonians 5:16-18(NIV) "Be joyful always, pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus," let us be reminded of the following:

1. *God wants us to be joyful always*

- Not just when we have electric power, but even when there is none. He said always!
- Can we be happy when what we planned, or things we got excited about and prepared for could not be done as planned because of the power outage? Yes we can because God said so and He is in control.
- Toronto being the biggest city in Canada, which in turn is one of the most developed countries in the

world, was no match to nature. Can you just imagine how powerful God is? He controls nature.

2. *God wants us to be thankful always*

- Not just to be joyful, but much deeper than that. Being responsive to Him is to be thankful to Him for everything regardless of the situation.

3. *God wants us to be prayerful always*

- This reminds us that when we pray, it is not only when we do not have power, nor only during church worship, bible study, or personal prayer times. Our spirit has to be in prayer mode the whole day.
- We do not have to fall on our knees, with clasped hands nor say it loudly. As we go through our day, life decisions (big or small), and how we deal with our relationships, can all be brought to God.
- Wherever we are and whatever we do, God wants us to include Him and make Him part of it.

When we have a prayerful life, having prayer as part of our lives in every aspect of it, God will be able to use us mightily for His glory. We will also enjoy a life of being joyful and thankful always.

So if there be another ice storm, snow storm or whatever storm that may come to our lives, remember that God is in control. We do not have to worry for we can pray. *Always*.

► CON'T. A COMMUNICATION LIFELINE

of crisis, as he stood before the king, with God's mission, and his very life in the balance, Nehemiah breathed a silent prayer to the Lord. "So I prayed to the God of heaven" (Nehemiah 2:4). The foundation of this prayer "in the moment" was his relationship of prayer as a lifeline of communication with his God, that he established and lived out on a daily basis of dependence and surrender and humility and seeking His face.

This amazing experience of prayer as a lifeline of communication with our heavenly Father is available to all those who are willing to pay the price of aligning our lives with the will and purpose of our heavenly Father, and to humbly surrender our lives to His Lordship as our prayers become a declaration of dependence on His grace and mercy and power at work in our lives.

Looking Through the Ice of Love

by Gina Montemayor

It's crystal clear to me now. For almost two decades living here in Canada, I do not quite remember having an extremely icy winter, all the more having to lose electric power because of it. But on December 22, 2013, just 3 more days before Christmas, we woke up to an extraordinarily silent home, free from the sounds of technology, except for my cellphone that signalled several text messages. If my memory serves me right, this was the very first time CABC cancelled church services due to the weather. It was that bad. So after several calls and text messages to pass the word around to those I think would brave the weather to go to church, my cellphone finally showed the bold seven-letter word "goodbye."

My communication with the outside world had been totally cut! It was time to panic ... not really. I could have charged the cellphone through the car, but to go out in the biting cold just to do that—wasn't that desperate (and my husband had 43% battery left on his phone so we were ok). So what does one do when deprived of the usual comforts we often take for granted? Maybe just relax, watch the snow while taking a sip of warm brewed coffee ... coffee? No electricity ... therefore no coffee! How did my sense of logic just escape me? My morning without coffee? You might as well shoot me! It was definitely time to panic! Just then my husband's phone rang. A couple of friends who happened to be at a coffee shop called to ask how we were—and if we would care for some coffee! In a short while, I was sipping the best coffee ever which was delivered right to our home. And as I thanked God for such thoughtful friends, I marveled at how He granted the desire of my heart even before I asked. I then realized it was not time to just sit back and watch the snow. It was time to gather the family to worship the Lord that Sunday morning without any modern day distraction.

The last time I played several songs on the guitar was far too long ago to recall. I knew I would later have to bear the pain of swollen fingertips, as I struggled to catch up with my 14 year old son's guitar skills. But that morning, my son and I joyfully played songs of praise and worship as the family sang together.

It was reminiscent of my growing up years when, amidst typhoons and consequent blackouts, our family would gather around singing out loud competing with the sound of the storm, while my mom played the piano under candlelight. This time, we had only pure silence to contend with.

Our family annually celebrates the Christmas Advent by lighting a one colored candle at a time, each representing who Jesus is and reminding us why He came to this world. We do this 4 consecutive Sunday evenings before we light the center (Christ) candle on Christmas Eve. We opted to take that morning to do our Advent time as part of our family worship service. As the yellow candle (of Hope) was being lit, I just felt immensely moved by such precious time of worshipping together as a family, that the last thing I hoped for was for the electrical power to be restored. We held hands as each of us took turns in prayer thanking God for all our blessings while lifting up in prayer those who are out in the cold. What I will always ponder in my heart though, are the prayers of all three sons. Their prayers reflected the compassion that they have for the destitute, but even more for those who do not have what they gratefully acknowledge as their greatest blessing: a loving family fueled by the love of God. My husband has expressed the same and I have as well. But amidst the holiday rush and series of simultaneous activities, I needed a time like this to realign myself with the Lord's purpose for Christmas: to remind us of His unconditional love for us through Jesus Christ. Thus, whatever unfinished tasks on my chore list, un-shopped gifts, and every tiny bit of "have to do's" I impose upon myself—those were all swept away. Treasurable moments like what we had, should remain unblemished by anxieties that are unnecessary anyway.

Power was restored at noon that same day. We were among the few who had only a few hours without it but we all felt just half relieved as if its return would take away our precious family time. It didn't. We continued the day playing Scrabble, something the family has not done for some time. Then we finally were able to view the movie series we've been procrastinating to watch due to other priorities.

And then there was Light

by Ace Abellanos



MOOD LIGHTING BY KATIETHEBEAU (FLICKR)

I just got my electricity back. Throughout those 48 hours without power I had a lot of time to think and I realized how dependent we are on electricity. We couldn't shower (no-heated water) ... No heat around the house, stoves didn't work... no cell phone charging... no Wi-Fi... no lights... had to pull out the ol' fireplace and start a cute little fire...

All God has to do is literally snap His fingers and a storm will come that can destroy anything, yet He chose to spare our lives. The ice storm wasn't much, but as I looked around the neighborhood and saw frozen tree-branches and trees falling onto house rooftops, cars, or blocking the road, I couldn't help but think of how small we are and how POWERFUL our God is...

I was so amazed looking around... even though it was a bit of a devastation for those whose houses were hit by broken tree branches... I was still in awe thinking... "Yeah, these big trees fell apart because of all this ice and wind... but that's so sick how God can do that!" felt like a little kid on Christmas day... LOL

Okay... my analogy may not make sense. But in these last two days God has really spoken to me and He reminded me that despite all His riches and glory, He still chose to send His son to come down and be one of us to save us.

➤ **CON'T. LOOKING THROUGH THE ICE OF LOVE**

Meanwhile, God produced something truly beautiful for everyone here to see. As the sun shone on every single ice-covered tree branch, bush, grass, stone, pole, rooftop ... everything ... everything just sparkled in grandiose beauty like precious gemstones, as if everyone decided to decorate lavishly for Christmas with the most expensive crystals. Suddenly, instant photographers emerged with cellphones capturing such magnificence that can only be done by the one true Creator.

As other parts of Toronto suffered from the inconveniences caused by the devastation, I do not wish to undermine how terrible they must have felt. However, I could only be thankful since it could have been worse. But at its wake, it aroused kind-heartedness among those who welcomed others to share the warmth of their homes. It fostered instant reunions among relatives and friends

that thought they did not have a common schedule. It made strangers speak to each other as they shared coping experiences. It nestled families to do things which otherwise they would not have found time to do together. Amidst all the ice, it made us look after the comfort of others with love.

At the heart of it all, it was a blessed opportunity for me to once again experience God's love. It was a privilege to witness that my sons have truly learned what it means to be content, to find joy in simplicity, and to be grateful in all circumstances.

“Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts.”

— COLOSSIANS 3:16 (NIV) —

THANKSGIVING PRAISE NIGHT

OCTOBER 12

Our congregation came together for a night of worship, testimonies, and thanksgiving to the Lord. Pastor Alex Lee shared his message and testimony which was centred on the theme of being thankful for the cross.

CHURCH SEMI-ANNUAL MEETING

OCTOBER 20

Amidst all the issues discussed that afternoon, new church officers were also elected to replace the outgoing ones. SEE PAGE 8 for a list of our new set of officers for 2014.



ACQUIRE THE FIRE

OCTOBER 18-19

Sixty-four of our youth and youth leaders attended the Acquire the Fire Conference at Hershey Centre, Mississauga, ON. This year's theme was "Epic Truth: Stronger than Fiction" which was geared towards equipping our youth in discerning the truth of Jesus Christ amidst the lies that surround them daily.

HALLELUJAH NIGHT

OCTOBER 31

As the secular world focused on their costumes and gathering treats out on the streets for their Halloween, 30 CABK kids enjoyed a Christ-centered fun-filled evening at the multi-purpose hall, decorating pumpkins, bobbing for apples and playing other games presented by Wally & Grace Damian. A message was shared by Pastor Alex Lee for the kids' spiritual feeding, followed by pizza.

OCTOBER

THANKSGIVING SUNDAY AND APPRECIATION DAY

OCTOBER 14

Both services and the afternoon program were led by the Young at Heart. Fruits and vegetables to symbolize the many blessings the Lord has bestowed upon us were shared with anyone who wanted some, after the second service. The afternoon program was held to recognize the church staff in appreciation of all the work that they do, particularly Pastor Jim Wright.



CHILDREN'S MISSION CONFERENCE

OCTOBER 19

Thirty-nine children (14 were from 3 other churches), from age 5 to 14, participated in the Children's Mission conference held at CABK's multipurpose hall. This ministry was led by brethren from ABWE: Karen Weitzel and Edie Cunningham, assisted by Wally & Jeannie Stephenson. The children enjoyed active games; participated in the stories dressing up as bible characters; learned what Muslims believe compared to what Christians believe; and were taught how to pray for people of different religions. They were also told about the story of a Stephenson's Hindu friend's conversion to Christianity.





CANTATA PRAYER RALLY

DECEMBER 4

The powerhouse of every ministry is fuelled by the prayers of faithful members. About 40 prayer warriors prayed for details of the upcoming cantata and a list of 92 prospective guests, with the hope that they would be drawn towards the Lord through the preaching of His word and the message of the musical presented.



CHRISTMAS DAY SERVICES

DECEMBER 25

Diverting from the traditional joint service on Christmas day, a decision was made to have two services at 8:30 and 10:30 am to accommodate all who wished to attend a Christmas day service. Both services had a good number of worshippers as we praised God amidst the cold and not having electric power due to the ice storm.

NOVEMBER

DECEMBER

STEWARDSHIP MONTH

NOVEMBER

CHRISTMAS CANTATA

DECEMBER 8, 14, 15

A bold step was taken for this year's Christmas presentation. The whole production cost was minimized as musical director John Isip came up with an originally composed musical. SEE PAGE 6 FOR DETAILS



NEW YEAR'S EVE SERVICE

DECEMBER 31

Coordinated by the Sunday Friends Bible study group, this year's New Year's Eve service was packed as the service overflowed with praises through testimonies of the many blessings experienced through 2013. Our youth pastor, Pastor Alex Lee shared the message based on Luke 17: 31, 33 emphasizing that though there may be value in the past which we can learn from, we are to "put our hands on the plow" and go forward in 2014 and beyond to fulfill God's plan.

Have you heard the story behind ‘Have You Heard the Story’?

DECEMBER 8, 14, 15. For the first time in the history of CABC’s seasonal presentations, this Christmas’ dramatic musical was originally created, orchestrated and directed by our very own musical director John Isip. Inspired by several sermons throughout the year regarding young people and their importance to the church community; this year’s church theme of “1&1 4Christ”; and not finding the appropriate music material to back up this theme, John decided to write a script that will showcase how reaching out to even just one person can make a difference in another’s life.

New talents that combined acting and singing were discovered in Tim Paras (as Oliver, the runaway teen), Melanie Bautista (as Emily, the orphan with ADHD), and Juancho Chu (as Charles, Oliver’s father). We have been also blessed with our usual talents: soloist Airene laude, Beth Umali (as Laura, Oliver’s mother) and Jairus Laude (as Jackson, the bully). We were entertained with light moments well depicted by Cynthia Pascual (as Matron Lila) and several of our young ladies as orphans. Worth mentioning would be the duet by Bong Belaos (Joseph) and KC Lambino (Mary), that harmonized beautifully with their powerful yet soothing voices.

Meanwhile the choir composed of a wide range of ages were amazingly able to cope with memorizing new songs as well as doing the right choreography. They were dressed in their costumes appearing vintage with a touch of class, while the cast costumes were simple but exactly representing the turn of the 20th century era. Thanks to

the artistic design and work of Niknik Labayen and her team.

Nevertheless, putting the whole production together was quite taxing. With limited time and resources, decreasing participants, and technology glitches that caused more delay to supposed practice convenience, the pressure was running high. As Production Director Alex Isip collaborated with Stage Manager Neal Salangsang and the rest of the production team, each one was still wondering if things will fall into place at least a day before the presentation.

But again by God’s infinite grace, everything flowed according to His agenda and perfect timing. And although the presentation nights were not the usual ‘standing room only’ capacity due to the snowstorm that chose to fall that weekend, the very purpose of all the presentations to win souls for Christ was met. Described as “the most difficult but the most fruitful” by Pastor Elbern, this year’s presentation drew more decisions for a Christ-centered life, as compared to past ones.

In toto, as the musical portrayed how God amazingly orchestrates events in the lives of people to attain His purpose of spreading the news, while teaching them lessons in life to learn and grow from, He did likewise with the events behind the scenes. While purposefully teaching each participant a lesson in patience, and to learn to trust Him more, it was definitely a step towards spiritual growth. As always, God alone deserves the glory!





YOUNG@HEART

Young@Heart Fellowship

written by Willie Damian

Last November 10, 2013, the Young@Heart fellowship started with an important item in the agenda: the election of a Y@H president for 2014-2015. After two rounds of voting, the members finally elected Sis SHEILA HERBERT as president for a 2-year term. Please join me in giving Sheila a heartfelt CONGRATULATIONS!

After Sheila will complete the list of appointed officers to assist her during her term, she will then inform the membership as to the program of activities the Y@H will have in the future.

HOPE in HIM was the lesson for the day led by sis Delores O'Connor. It was an interesting topic as we had a wonderful sharing time.

PHOTO: Young @Heart Ladies during the Christmas Fellowship last December 6, 2013 at the CABC multi-purpose hall.

Agnes 60 and older are very much welcome to join the Y@H fellowship. We can assure that you will have a wonderful and exciting time with the group, as we have varied activities throughout the year. We have fellowship lunch every first Sunday of the month where we also spend time studying God's words; we do annual fieldtrips around Ontario; we have fellowship with other Seniors' groups from other churches, either we host the event or basically just attendees; and we also hold a yearly breakfast rally during the month of March or at the onset of spring.

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If you are interested in joining the group, please contact Sheila Herbert at [soutram@rogers.com](mailto:soutram@rogers.com).

## How Time Flies

*by Elaine Vaughan*

Brother Willie Damian has been President of the Young at Heart for 4 years. He has served us well with enthusiasm and love. His faithfulness, dedication,

love, willingness and loving spirit and his organizational skills are greatly appreciated. For all these blessings we give God the glory.

For our new president, Sheila Herbert, we thank God for her and wish her all the blessings in her new undertakings.

Visit our church web site at  
**[www.cabchurch.org](http://www.cabchurch.org)**

If you would like to contribute  
or be involved in any area(s),  
contact Gina Montemayor at  
**[connect@cabchurch.org](mailto:connect@cabchurch.org)**

## 2014 New Set of Officers

As we face a new year, here is a reminder for us to pray for our  
Pastors and all our church officers. \*NEWLY ELECTED

### BOARD OF TRUSTEES

Allan Abellanos (Chairman)  
Ana Lissa labayen\* (Secretary)  
Carmen Vaughan-Burnett\*  
Sheila Herbert\*  
Bong Montemayor  
Louie Pascual  
Lovell Vidal\*

### TREASURER

Susan Nano\*

### CHURCH SECRETARY

Faye Latorilla\*

### FINANCIAL CONTROLLER

Dennis Borja\*

### SUNDAY SCHOOL SUPERINTENDENT

Lyncie Antonio

### BOARD OF DEACONS

Wally Damian (Chairman)  
Juancho Chu (Vice Chairman)  
Ramny Guatelara (Secretary)  
Vic Asetre\*  
Ferdie Bollozos  
Quirino Calura\*  
Jhun Castro\*  
Willie Damian  
Jeff Fegarido  
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## Welcome Baby

Our newborn this quarter:



**Samuel Mason Lee James**  
born Oct 16, 2013  
weighing 7 lbs, 11.6 ounces  
Parents: Leroy and Anne James