

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

SUMMER 2013 VOLUME 6 ISSUE 3

"You see that a person is considered righteous by what they do and not by faith alone."

— JAMES 2:24 (NIV)





Putting Faith into Action

by Pastor Elbern Latorilla

Most of us are familiar with the eleventh chapter of the book of Hebrews. It is known as the Bible's "hall of faith" for it records the lives of Old Testament saints characterized by their strong and steadfast faith in God. When one reads the passage, he cannot but realize that these women and men confessed their faith not

just by assenting to an abstract religious truth but by acting out what they have believed as true and certain. Theirs was not blind credulity, gullibility or even fanaticism. They believed in and accepted God's Word at its face value with an almost childlike quality. But what is more interesting is that their belief was transformed into corresponding behavior. Their creed became conduct; their orthodoxy expressed in orthopraxy. In other words, they didn't just believe in the right doctrine; they showed it in right living.

Faith therefore is not a passive virtue but an active one. Because of our faith, we are enabled to act on what we believe. Our head doesn't only accept and understand the truth from God as expressed in His Word, but our heart welcomes it and our will puts it into practice. James considers this as "pure and undefiled religion before God" (James 1:27). The Greek word translated "religion" appears only in this passage in the Bible and rarely, if ever, in classical Greek. The word refers to the careful outward observances connected to one's belief. The religious person is one who is concerned with all the external aspects of his religion and, yes, even of its ceremonial demands.

James 1:26, 27 gives 3 specific areas in which this faith or true religion is practiced.

First, faith is put into action by bridling one's tongue. The word "bridle" means "to hold in check," "to restrain". This metaphor comes from the practice of making a loop on the halter rope that is passed around a horse's lower jaw for the purpose of

controlling the animal. Of course, the idea is not to literally tie our tongue with some kind of a knot to hold it in check. One of the tests of true religion lays in our ability to curb or control our tongue. James avers that the tongue is a "small part of the body" (3:5), but can be "an unruly evil, full of deadly poison" (3:8), unless it is bridled. We've heard of the nursery rhyme, "Sticks and stones may break my bones, but words will not hurt me." Really?

"...relationships have been severed simply because of carelessly spoken words"

Experiences however, have proved how hurtful words can be. Friendships have been broken and relationships have been severed simply because of carelessly spoken words. If our faith is true, the challenge for us is to "let our speech always be with grace, seasoned with salt" (Colossians 4:6). Paul commands, "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen," (Ephesians 4:29 NIV). Solomon says, "...he who restrains his lips is wise. The tongue of the righteous is choice silver..." (Proverbs 10:19b, 20a). Then he adds, "He who guards his mouth preserves his life..." (Proverbs 13:3a). Faith that is real and religion that is true should lead us to "tame the tongue" through the enablement of the Holy Spirit. Remember this, "A word fitly spoken is like apples of gold in settings of silver," (Proverbs 25:11).

James further declares that pure religion is shown by

True faith is not dead. It is alive and vibrant as it extends itself to those in need through various expressions of kind acts and deeds.

overt acts of love and kindness, that is, by “visiting orphans and widows in their trouble” (1:27). The word “visit” literally means “to look out” or “select” someone with the purpose of giving help. The thought carries the idea of exercising oneself as an overseer or shepherd in order to tend and care for someone- kindly, affectionately, genuinely. Jesus used the same language in Matthew 25:36, 43 in which the idea of “visiting the sick and afflicted” will be the criterion of His judgment of the nations, to separate “the sheep” from “the goats”. John Phillips, in his commentary on this passage says, “In other words, the only kind of religion that James says would be accepted as genuine is that which expressed itself in pure conversation and practical conduct; naturally, one would not go empty-handed to visit orphans and widows.” These folks were the most vulnerable ones in the populace and therefore the neediest of the support of those who had the means and capacity to provide help, comfort and care in the most tangible way possible. James argues, “If a brother or sister is naked and destitute of daily food and one of you says to them, ‘Depart in peace, be warmed and filled,’ but you do not give them the things which are needed for the body, what does it profit?” (2:15, 16). Then he concludes, “Show me your faith without your works, and I will show you my faith by my works,” (2:18b). True faith is not dead. It is alive and vibrant as it extends itself to those in need through various expressions of kind acts and deeds. Yes, we are “saved by grace through faith... not of works” (Ephesians 2:8, 9), but “we are created in Christ Jesus for good works, which God prepared beforehand that we should walk in them” (Ephesians 2:10). Who better to show such than to “orphans and widows in their distress”? This is what James insists.

Finally, religion that is pure is shown in keeping oneself “unspotted from the world”. This refers to the believer’s duty towards himself. His faith makes him lead a clean life. The Greek word

that is translated “unspotted” means “unstained”, “unblemished”, “spotless”. This is the word that is used to describe Jesus as the “Lamb of God”. James recognized that the world he was living in was dirty, polluted and vile just like ours today. If we were to show the reality of our faith, we have to make sure that we distance ourselves, not physically, but morally and spiritually from the world. It is to be understood that the word “world” is not referring to the planet in which we live but rather to the system of human morality and governance under the grip of the evil one (1 John 5:19). It is the world of sinful men set over against God, following its own wisdom and living by the light of its own reason. Its two dominant characteristics are pride and covetousness. Accordingly, John commands us, “Do not love the world or the things in the world... For all that is in the world-the lust of the flesh, the lust of the eyes, and the pride of life-is not of the Father...” (1 John 2:15, 16). How can this be done? Paul says, “Do not be conformed to this world, but be transformed by the renewing of your mind...” (Romans 12:2). “We must resist the devil and he will flee from us.” But first, we “submit ourselves to God” (James 4:7). Then we should walk in and be led by the Spirit and we will not fulfill the lust of the flesh (Galatians 5:16). Let’s saturate our minds with the truth of God by consistent Bible reading, meditation and memorization (Psalm 119:11). We are to think of things that are true, noble, just, pure, lovely, of good report, virtuous and praiseworthy (Philippians 4:8). Doing these won’t make us sinless, but they will surely give us the motivation to lead clean and holy lives as the Scripture demands. Praise God that, even if we become defiled by this dirty world, we have recourse to the cleansing blood of Christ and the purifying Word of God.

These, brethren, are practical ways of putting our faith into action. Let’s go and do them.

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 Show me your faith without your works, and I will  
 show you my faith by my works.  
 — JAMES 2:18 —

# Little and Ordinary

by Michael Borja

*...their daily consistency that truly converted souls.*

*Our daily lives are filled with tiny and ordinary things.*

JR Miller once said, “It is in the everyday of life that nearly all the world’s best work is done”. Indeed, the little and lowly ministries of daily living are the manifestations of genuine Christianity. Conspicuous ministries with expensive adornments may draw more attention and admiration. But it is the little saintly deeds that truly shape the world.

When the citizens of Rome complained to Augustus Caesar about how slow the building of the city was, Augustus simply responded “Brick by brick, my citizens, brick by brick.” It is the small things of life that make or break us. Did not the Bible warn us that it is the “little foxes” that ruin the vineyards of our souls? (Songs of Solomon 2:15). Consequently, is it not the small things of life that truly define faithfulness? Luke 19:17 says “Well done, good servant, because you have been faithful in a very little thing”.

God has never commanded us to shake the world with big events and gigantic tasks. There are men who have done great tasks but it was their daily consistency that truly converted souls. He commanded us to simply follow Him in the little and ordinary things of life wherever we are. He promises to take care of the rest. He knows we are weak and but dust (Psalm 103:14).

Moses simply stretched out his hand in obedience to the Lord and the red sea parted. It was the simple “Yes Lord, here I am” of Abraham that led to the creation of the 12 tribes of Israel. It was John the Baptist’s humble, every day labors that plowed the hearts of the Israelites in preparation for the Messiah. It was Paul’s daily persistence that led to the conversion of the gentiles. Our daily lives are filled with tiny and ordinary things. But it is in performing these “tiny” and “ordinary” things consistently well that we truly demonstrate love, compassion, holiness and sincerity.

*“Well done, good servant, because you have been faithful in a very little thing.”  
—Luke 19:17*



# A New Life...A New Beginning

by Grace Isip



*“Children are a heritage from the LORD,  
offspring a reward from him.”  
—Psalm 127:3*

August 9, 2013. Like any other regular Friday bible study meetings that they were used to, Jennifer and Obed Pandit came not knowing that a surprise baby shower awaited them. The surprise was planned and organized by joint efforts of 3 Bible Study groups: Symphony of Love 1 & 2 and the Bereans.

It was an evening filled with laughter which started with singspiration, sumptuous food, and games led by Ramny G. and Nes N. An inspirational message was shared by Bro. Willy Damian based on 2 Timothy 3:15, Deuteronomy 6:7, Psalm 127:3, and Philippians 4:13.

Couples from the group shared their own personal experiences on parenting and how trusting the Lord had a great impact on their children's lives.

Parenting is the most challenging yet the most rewarding job in the world. As parents we can embrace mistakes as wonderful learning opportunities to raise respectful, responsible and caring children. Congratulations Jennifer and Obed!!!







### SCARBOROUGH CHALLENGE JULY 1-6

Spearheaded by Bro. Ferdie Umali and in cooperation with Operation Mobilization, 18 CABC members participated part time while 14 others completed a week's challenge of training, learning and evangelizing alongside 10 young short term missionaries from Florida, 3 from London, Ontario and 1 from People's church. SEE PAGE 6 FOR DETAILS

### YOUNG @ HEART SUMMER OUTING JULY 13

Our seniors have been consistently active enjoying the outdoors especially during the summer. SEE PAGE 7 FOR DETAILS of their latest fun time.



### YOUTH SUMMER CAMP AUGUST 2-5

The CABC Young People's Ministry held its summer camp for youth ages 13 to 30 at Upper Canada Camp in Palgrave, ON. There were 108 attendees, 14 of which were guests. Byron Bright was the guest speaker and the theme was called "Infinite", focusing on God's infinite attributes.

JULY

AUGUST

### YOUTH COMMUNITY OUTREACH CAR WASH JULY 12

The three groups of CABC's youth ministry, JCREW, SAY, and CNU, came together to organize a car wash for our community. By God's provision, over 10 cars came. Many asked why we would do a car wash and not expect anything in return. Praise God for this opportunity to share and witness to our neighbours.

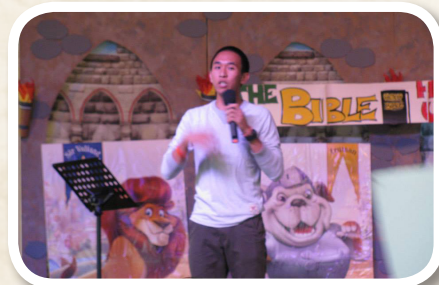


### VBS JULY 22-26

This year's Vacation Bible School theme "Kingdom Rock: where kids stand strong for God", had 104 children ages 3-12, enjoying and learning different Bible points. (SEE PAGE 8 FOR DETAILS). Under the team effort of the VBS committee with Jorel Gatuz as VBS Director and about 65 other volunteers, the week's activities ran smoothly as each day was catered to. What more, at least 30% of those who participated were guests and a good number were from the neighbourhood. God is indeed moving in our community!



### ANNUAL CHURCH PICNIC AT THOMPSON PARK AUGUST 10







## YP'S ANNUAL KICK-OFF SEPTEMBER 6

The Young People's Ministry began the school year with their Annual Fall Carnival Kick-off on the first Friday of September at the church parking lot. A good number of youth, their friends and families, and guests from the surrounding neighbourhood came to enjoy the carnival treats and games. The new and old leaders of the Young People Ministry under the leadership of Pastor Alex Lee were introduced to the attendees as well.



## SUNDAY SCHOOL PROMOTION SEPTEMBER 8

It was a delightful Sunday seeing our Sunday school kids facilitate both services from greeting to ushering to singing the choir anthem. Sunday school superintendent Lyncie Antonio gave an overview of what typically happens on a Sunday morning in the classrooms of these little people. We continue to praise God for the many volunteers that teach God's word to our children every Sunday.

## BAPTISM AND NEW MEMBER TRANSFERS

SEPTEMBER 29

CABC welcomed 12 new members, 6 through transfer of membership and 6 who have publicly declared their faith in Jesus as Lord and Savior through water baptism. SEE PAGE 10 FOR DETAILS

SEPTEMBER

## CABC CHOIR RETREAT SEPTEMBER 7

A total of 67 participants composed of choir members and their families joined together for a day retreat at Upper Canada camp in Palgrave, ON. With the theme "Multiple voices, One choir", the day's activities served as good refreshing ways to be united and be reminded of the music ministry's goal to serve together for the audience of one, God alone. Music director John Isip likewise gave an overview of the upcoming Christmas musicale which he personally composed. Election of incoming officers for the next term was accomplished the same day as well.

## MORE THAN LOVE DINNER FELLOWSHIP SEPTEMBER 19

It was a rare opportunity that the MTL couples group grabbed after finding out that the co-authors of the study material they were using would be in town for a couple of days. Will and Jacquie Chevalier shared inspiring insights and answered several questions involving marriage conflicts to about 16 couples who attended that Thursday evening's dinner fellowship at the CABC multi-purpose hall.





# SCARBOROUGH Challenge 2013

JULY 1-6

by Gina Montemayor

The blessed experience of a whole week of training surpasses the seeming inconvenience of the 8 AM to 9 PM schedule for 6 days. Sharing the gospel door to door within the neighborhood, distributing Jesus film DVDs, and praying with and for willing neighbors were big challenges to face but were worthwhile experiences. Visiting other religious places and hearing their leaders share about their religion was educational and informative. Testimonies shared about life-changing stories and God's unquestionable intervention amidst their persecution, affirmed our faith in an awesome God. The wrap up barbeque fellowship on the evening of the last day which was attended by a good number of neighbors, a first in many years, brought overwhelming joy. This was evidence that the week's labor was not in vain as 'prayer walks' around the neighborhood were likewise done.

But what others may not see as an added blessing was the effect of the week's challenge on every participant. It was an awakening of all sorts bringing each one to a state of

gratitude; to a realization of the blessing of possessing a faith that is clearly the truth; a faith on the one who is the only way, the one true Lord and Savior, Jesus Christ. The sharing time at the end of each day with each excited participant attested the fact that there is joy in being empowered to share the gospel to strangers. Moreover, the compassion felt for those blinded by their belief cannot be denied. The challenge continues as the desire to evangelize did not stop that week. Contacts are being followed up. The evangecube tool is still being used by some participants; a new bible study group has resulted as a couple of participants have been stimulated to keep on with the task at hand. God continues to work in more ways than one in our lives beyond what we hoped for... and the challenge remains: to look at each person we meet with the eyes of a loving Father... to reach out more to a lonely world in need of that love... to 'walk our talk'...

"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up"  
Galatians 6:9



*"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up." —Galatians 6:9*



# Y@H Summer (Outing) To Remember

JULY 13

by Ligaya Borja



Fenelon Falls, here we come! The Young At Heart group had their summer get-together-outing last July 13, Saturday, at Fenelon Falls. According to a travel brochure, Fenelon Falls is the name of a quaint village named after Father Abbe Fenelon, a missionary to the area's First Nation Peoples. It has a population of about 2,000. It is just about one and a half hours drive from CAB, close enough, so the ride back and forth was not tiring at all.

It was a wonderfully sunshiny day to begin with. Not too hot, not balmy, just a little breeze blowing to cool the air. Perfect day! Boarding time was 7:45 AM and mind you, as early as 7:30, most of the YAH were promptly at the CAB grounds, excited and waiting for the bus.

Once boarded at the bus, sister Sheila Herbert started the day with a prayer. Gaither Gospel Music was played throughout the trip. It was just so relaxing to hear such beautiful, timeless, inspirational songs from these very talented musicians. Once in a while YAH members sang along or clapped in rhythm with the melodies.

Just before lunch time, we arrived at the historic, picturesque village of Fenelon Falls at the city of Kawartha Lakes, in central Ontario, northeast of Toronto. We had a quick tour of the shops around the boarding dock where we were to take the boat cruise. Cheap stores? Nah! But we really had a great time window shopping, and having fun just looking at the price tags! One of us was "horrified" to see an ordinary-looking blouse with a price tag of \$163! We were in middle of a beautiful tourist downtown core, what were we expecting!

Before the boat cruise, we had our lunch at the very rustic, Lakeshore Restaurant. Lunch was sumptuous with a choice of roast turkey or beef, toast, vegetables and mashed potato on the side. Dessert was a big square of chocolate fudge pecan cake with whipped cream. Everybody had their fill.

The boat cruise, aboard Kawartha Spirit started at Fenelon Falls' Lock 34, one of the 45 locks of a man-made waterway system which was developed to interconnect more than 250 lakes and rivers in central Ontario (source-Explore Kawartha Lakes brochure). As explained by the boat captain, each lock has 2 tunnels, one water discharging tunnel and another for intake. The lock controls the water flow at a scheduled time. Once Lock 34 opened, our boat entered into a narrow canal where the water level where we came from (Cameron Lake) is

much higher than where we were headed (Sturgeon Lake). We waited for about 8 minutes in the canal for the water to be discharged up to the right level to cross to the other side. It was about a 12-foot drop and no pump or machine sucks the water up, just sheer gravity pulls the water down to the discharging tunnel. It works very much like "draining the bathtub", says our captain.

Right next to Lock 34 is the low waterfall, aptly called, Fenelon Falls. The falls has a dam and a bridge on top of it. Some of us were expecting to see a tall waterfall, just like the majestic Niagara Falls. Some even brought a change of clothes just in case we got soaked up.

The view along the lake was breath-taking, scenic, unspoiled, real beauty of the past. It was also breezy that day which made the cruise even more relaxing. There were cottages on both sides of the lake, most of them were built 100 years ago (as per our Captain)! There were beach cottages of different sizes and architectural designs, from modest to palatial cottages. Imagine one cottage of about 20,000 square feet of floor area!

There were plenty to see on both sides of the lake, the foliage along the banks, the beautiful flowers and plants on the cottages, an antique fire hydrant decorating a cottage owned by a retired Toronto fireman and the people who were out in the sun that day, lounging in their beach chairs, swimming, diving, kayaking, boating, fishing and waving at us, especially when our captain sounded the boat's horns. They were friendly people.

It was a truly a no-fuss, 2-hour boat cruise to enjoy the beautiful sceneries and marvel at how great our God who has created all these wonderful things for us.

After the cruise, we gathered at a nearby park where we had coffee and huge muffins. Some of us tried the homemade ice cream at one of the eateries. Different, unique local flavours, like the Muskoka Ice flavour which has some chocolate and coffee tidbits in it. Yummy, yummy.

Before heading home, Pastor Elbern gave a short encouraging message on Psalm 90, the blessings of beauty around us and the blessings at every aspect of our abundant lives because of Jesus. And with all God-given beauty around and within us, we should be satisfied and should have no reason at all to end our days with a sigh. Thank you for the message, Pastor.

The trip back was even further relaxing as most of us napped. It was truly a wonderful field day, we were simply out there to enjoy the scenic view and the wonderful fellowship with one another. Not much strenuous activities, no long walks, perfect weather, great outdoors. God be praised for another perfect day!

Much love and thanks to our trip coordinator, Rita and her husband, Tony Agoncillo; also to the other organizers like the happy-couple Willie and Rose Damian. Kudos!

YAH would like to extend a very warm welcome to the guests, Sai and Nero and to some people who joined the YAH outing for the first time.

Congratulations, Young at Heart! We are surely looking forward to the next one.

# 2013 Vacation Bible School

JULY 22-26



This year's VBS allowed kids to experience God's Word in fun ways they can easily remember as Bible truths were reinforced daily. Kids moved in Kingdom crews through activity stations designed as an interactive setting, to emphasize the daily Bible Point.



## Day 1

**Bible Point:** God's love helps us stand strong.

**Bible Verse:** "I love you, Lord; you are my strength." (Psalm 18:1)

**Bible Story:** David writes about God's love. (Psalm 23)

## Day 2

**Bible Point:** Family and friends help us stand strong.

**Bible Verse:** "So encourage each other and build each other up." (1 Thessalonians 5:11)

**Bible Story:** Mordecai encourages Esther to do the right thing. (Esther 1-9)

## Day 3

**Bible Point:** Prayer helps us stand strong.

**Bible Verse:** "Don't worry about anything; instead, pray about everything." (Philippians 4:6)

**Bible Story:** Nehemiah perseveres to rebuild the wall around Jerusalem. (Nehemiah 1-6)

## Day 4

**Bible Point:** Trusting God helps us stand strong.

**Bible Verse:** "Trust in the Lord always, for the Lord God is the eternal Rock." (Isaiah 26:4)

**Bible Story:** Jesus dies and comes back to life. (Luke 22:39-24:12)

## Day 5

**Bible Point:** The Bible helps us stand strong.

**Bible Verse:** "Your word is a lamp to guide my feet and a light for my path." (Psalm 119:105)

**Bible Story:** King Josiah follows God's way. (2 Kings 22:1-23:23)



# What do you like best in Sunday School?

Marielle - The Lessons, Praying, & hanging out & talking with my friend

Maxan - How we can take alot from the lessons and use it in our daily lives

Aaron - I like to cooperate and share what I think to my classmates.

Krishna I like being with my friends

Brandon What I like is learning about God and the Bible!

Ay - I like how the games we play always relate to our life!!

Jr - learning lessons that can effect our daily life.

Sara - I like the Food, the games and meeting with my friends -3-

# Welcome to the CABC Family!

Last September 29, 2013, the following brethren were welcomed as members of Commonwealth Avenue Baptist Church. The motion was made by Sarah Vega and seconded by John Taylor. It was unanimously carried.

## By water Baptism:

- 1). BELA-OS, Expedito
- 2). BOYER, Joseph Robert
- 3). ISIP, John
- 4). LACHICA, Shirley
- 5). MATUGAS, Christine
- 6). MONTEMAYOR, Jed Joshua

## By transfer:

- 1). CRUZ, Leonila
- 2). LACHICA, Raffy
- 3). LEE, Alexander
- 4). RIVERA, Cynthia
- 5). RIVERA, Oscar, Jr.
- 6). ROBLES, Roxsan



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),  
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## Welcome Babies

Our newborns this quarter:



**Wesley Grayson Damian**  
July 8, 2013, 8.3lbs  
Parents: Wally & Grace



**Cameron Michael Diwa**  
August 27, 2013, 6.15 lbs  
Parents: Daniel & Jenn



**Janelle Raizel Rose Facun**  
September 10, 2013, 9.25 lbs  
Parents: Joy & Rizza

## Milestone

Willie and Rose Damian  
40th (Ruby) Wedding Anniversary - May 11, 2013\*



(\*addendum: this Milestone picture was supposed to be posted in our Spring issue. Our apologies for the oversight/ Ed)