

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

SUMMER 2014 VOLUME 7 ISSUE 3

"I will refresh the weary
and satisfy the faint."

— JEREMIAH 31:5 —





The Blessedness of Rest

by Pastor Elbern Latorilla

Our Lord led a busy life—preaching and teaching, healing, driving out demons, doing things only He could do. One day Jesus, when He was being persecuted by the Jews for healing a lame man on a Sabbath day, said to them, “My Father is always at His work to this very day, and I, too, am working.” (John 5:17 NIV).

On another occasion, before He healed a man born blind on a Sabbath day also, Jesus declared, “I must work the works of Him who sent Me while it is day. The night comes when no one can work.” (John 9:4). The Lord realized that His life on earth was short and that He had but a few years to fulfill the purpose of His coming to earth. So He took advantage of any opportunity to minister and do good.

But Jesus was no workaholic. He knew how to pace Himself and even learned to take a break from it all. One specific example is an incident that Mark records. It happened at the time when the Lord’s popularity was reaching its peak. The Gospel writer narrates that the 12 apostles had just returned from a teaching-healing ministry and were gathered around Jesus to give a report of what they had done. It was some sort of debrief and short furlough but because of the coming and going of many people they didn’t even have a chance to eat. And so for the disciples’ physical, emotional and

He does not expect us to be constantly on the run and finding ourselves spent and tired.

spiritual benefit, He invited them to “come aside by yourselves to a deserted place and rest awhile,” (Mark 6:31) - away from the madding crowd. This was, of course, a very sensible suggestion. After all, He Himself needed rest from time to time.

The Bible states that there would be moments when our Lord would slip off to a solitary place by Himself. John 4:6 says that “Jesus, tired as He was from the journey, sat down by the well”. One night, in a boat with His disciples, while a storm was raging, “Jesus was in the stern, sleeping on a cushion” (Mark 4:38). These are telling evidences that our Lord valued times of rest and sleep.

We are living in a world populated by harried folks. Our “to-do” lists make us hurry and scurry—to meet a deadline, to fulfill a commitment, to finish an errand. In the process, we can hardly catch our breath as we practically race from doing one task to completing another. We have been tyrannized by the urgent. And what do we get? —frayed nerves, anxious minds, overworked bodies. If we aren’t careful, we might become vexed, irritable, feisty and in danger of losing our focus and neglecting our priorities.

Praise God, He “knows our frame” (Psalm 103:14). He does not expect us to be constantly on the run and finding ourselves spent and tired. Like our Creator, who “rested on the seventh day” after pouring out His energy in six (6) days of creative activity, we, too, should find the time to enjoy the break He offers us. What gracious provision of rest He has given, not only between each day, but also one day out of seven during the week. And surely the “holidays” we enjoy, especially during the summer months, are blessings from Him that we can never take for granted.

“Come with Me by yourselves to a quiet place and get some rest.”
— Mark 6:31 —

But why do we need to take that break? Maybe this story from Terry Hershey’s “Sacred Necessities; Gifts for Living with Passion, Purpose and Grace” will give us a little hint of the reason. “There was once an American traveler who planned a safari to Africa. As a typical Type-A person, he did a thorough research of his travel destination and made a timetable, drew maps and set a clear agenda of the things he needed to see and do. He even hired ahead of time local people to carry some of his supplies he needed for the trek throughout the area. It was that level of planning. On the first morning, they all woke up early and traveled fast and covered a great distance. The second morning was the same—woke up early, traveled fast, and traveled far. Third morning, same thing. But on the fourth morning, the local hired help refused to move. Instead, they sat by a tree in the shade well into the morning. The American became incensed and irate and said to his translator, ‘This is a waste of valuable time. Can someone tell me what’s going on in here?’ The translator looked at him and calmly answered, ‘They’re waiting for their souls to catch up with their bodies.’ “

Jesus invited His disciples, “Come with Me by yourselves to a quiet place and get some rest” (Mark 6:31 NIV). In effect, the Lord was saying that they’ve worked hard and were physically tired. The invitation was for them to get away from everyone else and spend time with one another and with Him for relaxation, rejuvenation and refreshment. It was not just going to be frolic and fun but also time for communion with Him. Their “souls would then be

able to catch up with their bodies” and be ready to go back to the byways and highways of life to draw men to Jesus as He will send them on their errands anew.

Plunge once more into the task to which God has called you

I am sure that most of you have had wonderful moments of rest lately. The Lord had wondrously provided them for you—enjoying the outdoors, swimming in the lake, hiking through trails, relishing those meals cooked outdoors, basking in the sunshine and laughing your hearts out as you shared stories with family members and friends. For sure there were special times of prayer, meditation and worship also. Whatever you did, those moments must have been priceless for you have been greatly refreshed and reinvigorated. Now you are ready to plunge once more into the task to which God has called you—as an employee or a supervisor, a teacher, a nurse, a factory worker, a housekeeper, or even a student as well as a volunteer in our church—for the honor and glory of God. As we have come to another season of ministry and service for Jesus, I am confident that you are physically and spiritually ready to face the challenge before you because the Lord has graciously provided the strength and energy through your days of rest. May it be another exciting and fruitful year ahead as you serve Him in the best way you can wherever He has placed you.

RHUM: A Revitalizing Regimen

by Jhun Castro

Do you often feel irritable, unforgiving or impatient towards your family and friends? At work, are you becoming irrational, unproductive or not performing at peak? How about in your spiritual life, are you experiencing a diminishing interest and vigor in your prayer time, Bible devotions or ministry?

If you answer “yes” to any of the above symptoms then you may be at risk for Acute Weariness.

Acute weariness is a sudden onset of tiredness or feeling physically, mentally or spiritually worn out. It is a condition caused by stress, chronic sleep or rest deprivation, as well as viral and other respiratory diseases. When left untreated, this condition can lead to weight gain, depression, general sense of malcontent, and more. The above symptoms of acute weariness can be easily manifested in us if and when we harbor grudges, doubts, malice, lust, impatience, covetousness, and any other carnal motivation against another.

RHUM is a natural approach for the prevention and treatment of acute weariness-related symptoms. It is made up of scripturally fortified steps that act directly on the revitalizing needs of your physical, emotional and, spiritual faculties. It is used as a regulated plan of action – a regimen - with effectiveness varying individually, depending on the cause, the severity of the condition, as well as the person's determination to become well. Here's how you can benefit from the RHUM (Relax – Harmonize - Unclutter - Meditate) regimen:

Relax

To relax means to have a milder manner; to become less tense, or; to stop feeling nervous or worried. This is also your initial step when following the RHUM regimen, and knowing how to relax is a crucial aspect to this step. To start:

- Learn to let go of the belief that being “on-the-go” constantly is the only way to prove your value. Bearing such unrealistic interpretation of “hard work” can easily wear you down.
- Recognize the importance of sleep. Sleep restores and refreshes your body in myriad ways that cannot happen when you're awake. Do not be tempted to devalue the worth of sleep.
- Set a time in your day to relax. Consider it as an appointment with your most important client—you—that you absolutely cannot skip or break. Relax and rest from all the works that you are doing and commit the one day out of seven days of each week for the Lord.
- Don't give up. Recognize that finding the right combination of activities to optimize your relaxation and rejuvenate your enthusiasm for living fully may take some time.
- Remember, we can now cease from our spiritual labors and rest upon Christ for the rest of your life “For God made Christ, who never sinned, to be the offering for our sin, so that we could be made right with God through Christ.” (2 Corinthians 5:21).

Harmonize

To harmonize means to make the necessary adjustments in life in order to blend in or be in conformity with the Word - not the world. The Scripture commands of us:

- “...Love your neighbor as yourself. No other commandment is greater than these” (Mark 12:31).
- “Then make me truly happy by agreeing wholeheartedly with each other, loving one another, and working together with one mind and purpose.” (Philippians 2:2).
- “Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tender-hearted, forgiving one another, as God in Christ forgave you” (Ephesians 4:31-32).
- “Obey your leaders and submit to them, for they are keeping watch over your souls, as those who will have to give an account. Let them do this with joy and not with groaning, for that would be of no advantage to you” (Hebrews 13:17).

Unclutter

This is about simplifying your life by getting rid of the unnecessary things that takes away or hinders your focus in seeking God. It is not just putting your home and space in order though. It is simplifying your mental and emotional realms; detaching from the baggage of self-limiting beliefs and constant mental clutter; and also finding some quietude in your life. When your life is cluttered with so many activities and too much stuff that are jumbled together, you won't be able to find your path because there is so much in the way. You cannot walk with Jesus without tripping over the clutter.

Walk with Christ through your life – your home, your work, your relationships, your undertakings – and let Him show you what you can let go and what you can hang on to. Make a plan to work on it, one day at a time, and you will see yourself emerge from under the clutter.

Hebrews 12:1 says, “Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us.”

Meditate

To “meditate” according to the King James Version dictionary is to dwell on anything in thought; to contemplate; to study; to turn or revolve any subject in the mind.

Biblical meditation then is a process in which you allow God's Word to dwell in your mind, so that in time, it will not only occupy your thoughts but it will also govern all your actions and guide your tongue with every word you speak. It involves a day-to-day process of taking a short passage of Scripture - usually no more than a few verses - and allowing God to show the different shades of meaning it has for you. This process cannot be hurried and it needs at least 30 minutes of your time.

The success of Joshua in leading God's people into the land He had promised them, depended on his persistent meditation on the Word of God. “This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success” (Joshua 1:8).

In order to become revitalized and to stay revitalized in life, you will need to find time to: Rest from your labors and be refreshed by spending time with the Lord; Harmonize with the Word of God; Un-clutter your life from things that hinder your focus in seeking God; and Meditate by allowing God's Word to dwell in your heart and mind.

As useful and needful as this RHUM Regimen may be to your physical, emotional or spiritual vitality, ultimately, it is God alone who knows and can provide for our needs. Thankfully, He promises to do just that as we wait on His return for renewal!

“But those who wait upon GOD get fresh strength. They spread their wings and soar like eagles, they run and don't get tired, they walk and don't lag behind.”
— Isaiah 40:31 MSG —



SALUTE TO CANADA SUNDAY **JULY 6**

As a post Canada day celebration, CABC members and adherents dressed up in red or a touch of it to signify their gratitude for being blessed to be in Canada. The GLORY (God loving ordained and redeemed young men and ladies) and RICH (Revived in Christ) Bible study groups joint forces to facilitate both services. A short trivia Q&A and testimony were some of the additions to the worship service that made the celebration more exciting and upbeat. Pastor Elbern's message on "What Makes a Nation Happy?" based on Psalm 144: 12-15 emphasized most on letting God be our God alone. It also highlighted the physical and spiritual blessings of being a resident of Canada. It was another Canada day celebration that one will not forget easily, eh?

ANNUAL CHURCH PICNIC **AUGUST 16**

About a hundred members and adherents came together at the Morningside Park for food and fellowship to enjoy a day during these last days of summer. Brother Ferdie Umali shared a short devotion based on John 4: 4-7. Although wrap-up time came an hour earlier due to the rain, earlier time spent with the brethren was sufficient just to touch base with those we miss seeing in between worship services. Praise God for the Socials Committee for facilitating the whole event.

YOUNG@HEART FELLOWSHIP TRIP **AUGUST 9**

Our seniors are always on the go, Praise God! They have once again enjoyed a time together outdoors savoring the beauty of God's creation. SEE PAGE 7 FOR DETAILS.

JULY

AUGUST

VBS PRAYER RALLY **JULY 16**

As Vacation Bible School this year meets more challenges, brethren gathered to spend this Wednesday's prayer meeting focused on lifting up all the children expected to attend 5 whole days for the VBS week. It was also a time of dedicating all volunteers and their commitment to the Lord's work.



VACATION BIBLE SCHOOL **JULY 21-25**

Five whole days containing more than a hundred children was a real challenge for about 50 volunteers. SEE PAGE 6 FOR DETAILS.

YPM LOCAL MISSION TRIP **AUGUST 11-14**

10 of CABC's young people, under our Youth Pastor Alex Lee's supervision, took up the challenge of being local missionaries for a week. SEE PAGE 8 FOR DETAILS.



COMMUNITY CARWASH AND BBQ SEPTEMBER 13

A joint effort of the newly revived Men's fellowship group, the YPM and the Community Relations committee brought about 48 neighbors to our church grounds for free hotdogs and/or burgers while about 12 had their cars washed by our volunteers. It was simply CABC's way of saying 'thank you' to our neighbors, while opening doors to meet with them.



SUNDAY SCHOOL PROMOTIONAL SUNDAY SEPTEMBER 14

Both worship services were facilitated by our dedicated Sunday school teachers and their assistants, as the children sang a few songs of praise under Nes Navarro's direction. SS superintendent Lyncie Antonio gave an overview of what happens during regular Sunday school time. CABC is truly blessed to have our children under able leadership. Praise God for this next generation.

SEPTEMBER



URBAN STREET MISSION SEPTEMBER 28

Nineteen of CABC's SAY and CNU with leaders, and Pastor Alex participated in USM that Sunday afternoon. Meeting place was at Nathan Philips Square from where they walked to designated areas for 2 hours to share the gospel and some packed lunches which included a sandwich (either black forest ham, chicken, or cheese), bottled water, clementine, cereal bar and a piece of tract regarding salvation. They were able to meet with 31 people and pray with some of them. For those who refused prayer, the young people still prayed for that particular person but as a group on the side.

Vacation Bible School Day Camp

JULY 21-25



VBS has been an annual children's ministry since 1998, but for the first time, the schedule has been changed to a whole day affair for the whole week. As VBS co-directors Abby Chu and Jenny Umali met challenges alongside the VBS and Christian Education committees, by God's grace, a well-attended, fun-filled week had almost 120 children smiling until the last day, and still craving for more. God's faithfulness has once again been evident as we obeyed His bidding to "let the children come" to Him and let His Word be planted into the hearts of these little ones.



Day 1

Bible Point: Even when you're left out...Jesus loves you!

Bible Verse: "I am with you always, even to the end of the age." (Matthew 28:20)

Bible Story: Jesus heals the lepers. (Luke 17:11-19)

Day 2

Bible Point: Even though you're different...Jesus loves you!

Bible Verse: "For we are God's masterpiece. He has created us anew in Christ Jesus." (Ephesians 2:10)

Bible Story: Jesus reaches out to a Samaritan woman. (John 4:1-30)

Day 3

Bible Point: Even when you don't understand...Jesus loves you!

Bible Verse: "Do to others as you would like them to do to you." (Luke 6:31)

Bible Story: Jesus washes the disciples' feet. (John 13:1-17)

Day 4

Bible Point: Even though you do wrong...Jesus loves you!

Bible Verse: "God...loved us and sent his Son as a sacrifice to take away our sins." (1 John 4:10)

Bible Story: Jesus dies and comes back to life. (Luke 22:47-24:12)

Day 5

Bible Point: Even when you're afraid...Jesus loves you!

Bible Verse: "Don't be afraid...Take courage. I am here!" (Matthew 14:27)

Bible Story: Ananias bravely helps Saul. (Acts 9:1-19)

Young @ Heart Summer Trip

By Lorna Bovell

AUGUST 9



I thank God for the successful trip that we took to St Jacobs on August 9, 2014. We were blessed with a beautiful warm sunny day; and we are also thankful that we had no accidents or no one got sick.

There were other brothers and sisters that we had never met before and it was great that we could have fellowship with others in the faith. We were also privileged to have friends that are not yet believers but enjoyed the fellowship with us.

About our driver, he did an excellent job! He was very pleasant and friendly. We also enjoyed the beautiful Gaither music that was provided for us by Rose Damian. This made the trip even more enjoyable.

Our first stop was in the town of Stone Crock. We took a leisure walk through the village and later attended the Mennonite story. It was very informative. Here are some of the highlights:

The Mennonite are divided into three groups: (1) the traditional ones who still do not use modern facilities; they still use the horse and boggy, (2) the second is the conservative group; this group uses only black cars, (3) and the third is the modern group. We also learned that the children go to school only up to grade 8. After which, the boys go to work on the farm with their fathers while

the girls work at home with the mothers. It is also interesting how the community help each other. Even though they have differences, they have a community that works together.

After our session of the Mennonite story, we proceeded to the Stone Crock restaurant where we had a delicious buffet lunch. All enjoyed the meal.

Our next stop was the Farmers Market and mall at St Jacobs, where we were able to shop for fresh fruit, vegetables and baked goods and of course clothing.

After we were all shopped out, we went to the park for relaxation and fellowship. Sheila Herbert shared a short devotion from Psalm 133: 1-3 where she stressed on love, unity and respect. She pointed out that even though we are a diverse people from different parts of the world, we can communicate and respect each other.

Our thanks to Sheila Herbert, Rita D'Agostina and Rose Damian and anyone else who planned and help to make the trip a success.

May God continue to use the gifts for the benefit of the group. His Blessings to all of us.

YPM LOCAL MISSION TRIP

AUGUST 11-14



*“Not to us, Lord, not to us
but to your name be the glory,
because of your love and faithfulness.
— Psalm 115:1 —*

People are in need of Jesus Christ's love. Love is not only spoken, but is to be expressed through our actions. As followers of Jesus, we should love others by sharing with them the hope that we have. God opened my eyes by teaching me to go and share His love—through sharing the gospel, praying for others and even just simply listening.

Melissa B.

In evangelizing, you have to trust God no matter how scary it seems because if you trust him, He'll give you the words, the confidence and the power to do so. We are the light of the world. As we evangelize, we spread God's light to the people around us!

EJ F.

There is definitely power in the name of Jesus Christ! While we were evangelizing at the malls, I was surprised that not many people have heard that “Jesus loves you”. I know that sometimes, all it takes is for people to know that somebody loves them unconditionally. Jesus is the difference! He is what brings us together, and what separates us from the world.

Joshua P.

As it is written: “How beautiful are the feet of those who bring good news!” — Romans 10:15

Under the leadership of Pastor Alex Lee, 10 YPM members participated in a mission trip that was held on August 11-14. The team went to The Scott Mission where they served food to homeless people and packed emergency groceries for families who can't afford them. They also went to malls (Eaton Centre and Scarborough Town Centre) and shared the gospel. At the end of the week, they prepared 202 gift baskets and handed them out to people in the neighborhood around CABC.

By God's design, this experience surely made an impact in others' lives but the impact on their own, goes even deeper. Here's sharing what some of them testify.

The devil is real and active and will try everything to keep us from fulfilling the Great Commission. However, our Lord Jesus Christ is more powerful – simply saying His name, gave me peace that surpasses all understanding. Truly, the One who is in us is far greater than the one who is in the world! Paul wrote in 2 Corinthians 12:9a, “But he said to me, ‘My grace is sufficient for you, for my power is made perfect in weakness.’” Don't be discouraged and go in the mighty name of Jesus!

Aim A.

God can use you right here and right now! He has placed you wherever you are, to reach out and love the people around you—through the love that Jesus Christ has freely given you!

Abimere A.

God loves His children... His love literally kept us going! Despite so many discouragements, He sent us encouragers and prayer warriors. Even when nobody recognizes you, if your intention and motivation is to serve Him alone, then He's pleased with you. I will never forget standing on the ledge and seeing how many people may be living their lives not knowing that Jesus Christ died for them. This motivated me, even more, to spread the gospel. God is good all the time! Let us continue to serve Him alone.

Maryanne B.

I have learned that God is in control. Nothing can stop God from doing His will. I was encouraged by the boldness and perseverance of the youth that went. Even in the rain and cold wind, they triumphed and handed out all 202 gift bags to the neighborhood. We started with an “umph” and finished in “triumph”. By God's grace, we finished the mission trip strong even in the midst of fatigue. Not to us LORD but to your name be the glory! Praise God!

Pastor Alex Lee

Resting in God

By Abimae Almendarez

It's easy to get stressed out when things don't happen according to our plan. When unexpected circumstances arise, we easily panic as if God is not able to see us through. We pray for God to take control of our lives, yet when The Lord does take control, we tend to question Him, "Why are things not going according to my plan?"

As students, we are anxious about the last few weeks before the exam period—when many projects are finally due and minor tests overlap with deadlines. During this time, we are inclined to cut down our personal time with God and use it to study for quizzes and finish projects. Yet, the more we minimize our time with God, the more we get exhausted. And with this, we find ourselves in need of rest.

As adults, we are anxious about our future. We plan our lives according to what we think is best for us. We praise God and find rest in Him, when things happen according to plan. Yet, it is harder to do the same when things don't happen according to plan.

The truth lies in the fact that only God can give our soul the rest that it yearns for. In Psalm 62:1, King David sang *"Truly my soul finds rest in God; my salvation comes*

from Him." Since our souls can only find rest in God, why should we cutback our time with Him when things get busy? Shouldn't we spend more time with Him so that our souls can be refreshed and we be more effective in whatever we do? And when things don't go according to plan, why do we find it hard to rest in God? In Psalm 127:2, King Solomon sang *"It is useless for you to work so hard from early morning until late at night...; for God gives rest to His loved ones."* Rest is not something that we have to work for; nor is it dependent on our feelings and emotions. In God's presence is where we can truly find rest. Jesus said in Matthew 11:28 *"Come to me, all you who are weary and burdened, and I will give you rest."*



"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

—Matthew 11:28-30—

In Memory of...

Hugh Melvin

November 5, 1920 - July 22, 2014



Visit our church web site at
www.cabchurch.org

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