



Hills Christian Alliance Church Newsletter

Apr 2011

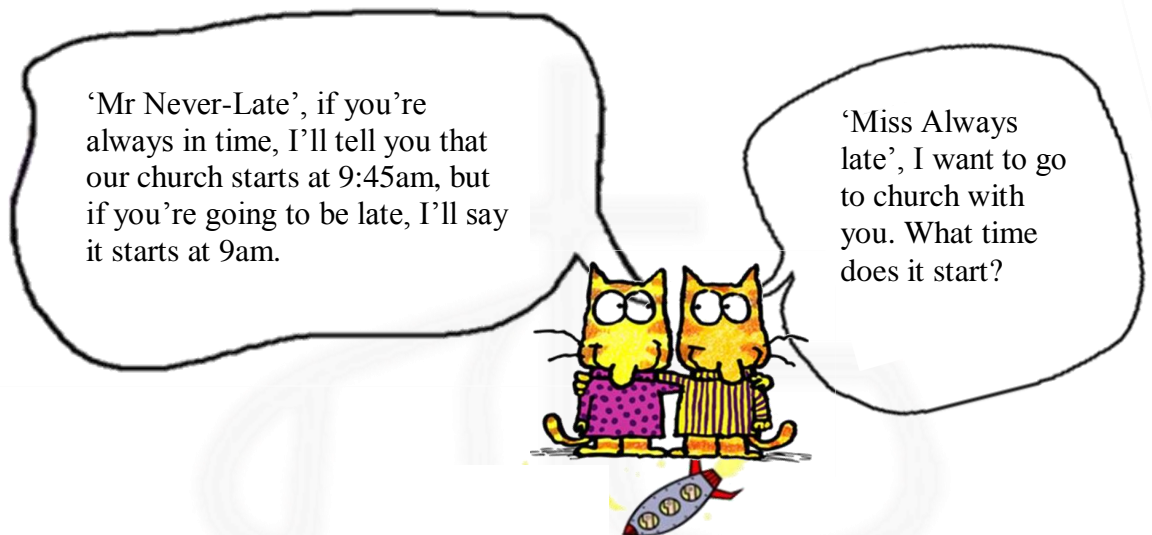
Issue 2

Theme of the year: Armoured and prepared, fighting the battle for God

Apr – Jun subtheme: Punctual

阿拿 Anna Lee

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Oh no, we're late! I told you we should have caught the train!



Tonight I'll sleep over at church so I wouldn't be late because the pastor will definitely wake me up on time!



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Pastor's Sharing – Looking at Depression from Psalm 42 and 43

趙錦添傳道 Pastor Vincent Chiu

Depression is today's most common emotional illness. 40% of females and 20% of males will in their life encounter depression. The statistics are continually rising. According to the 1999 World Health Organisation report, heart attack, as a result from depression, is the second leading cause of death in Western countries. Moreover, anti-depressant drugs are very commonly bought and consumed.

Psalm 42 and 43 talks about depression and how to help those who are in depression.

Psalm 42 and 43 is about the Psalmist crying out to the Lord during his turbulent times. Whether it be literature or content –wise, Psalm 42 and 43 is very coherent, and the song has a chorus, for example: “Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Saviour and my God.” (Psalm 42:5, 11; 43:5) We do not exactly know what hardships he was facing at that time. He may have been in captivity because he wasn't able to go to Jerusalem to worship the Lord (42:4), or maybe he was sick, unable to worship the Lord at the temple.

No matter what reason, we can see the depressive state he was in. There are various examples of his condition in verses 1, 3, 4, 5, 7, 10 and 11.

Why was the Psalmist so depressed? The reason is because of ‘loss’. Besides biological loss, he also lost the things he loved, which caused depression. Losing a job, health, dignity, and love will lead one to pain and suffering, and hence, depression. The Psalmist feels that he has lost the presence of God. The Lord's presence is what he fervently desires (42:1).

So how does one get out of depression? The scholar, Vangemeren, analysis it as follows:

- A1 Plead: Thirst for eternal life (vv.1-4)
 - B1 Hope (v.5)
- A2 Plead: Faced with great pressure (vv.6-7)
 - B2 Hope (v.8)



- A3 Plead: Faced with enemies (vv.9-10)
 - B3 Hope (v.11)
- A4 Plead: Strength from the eternal God (43:1-4)
 - B4 Hope (v.5)

From Vangemeren's analysis, we have two observations: (1) Our emotions are like a rollercoaster ride. (2) It seems God has not given us the ‘secret cure’ for depression, but rather, God presents a view of how depression is an endless battle.

However, from the passage, there is an important point that we must do, and it is also a significant turning-point for depression. That is, the Psalmist has a lot of self-talk, he is constantly challenging himself not to let depression get the best of him. The Psalmist has three times told himself “Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Saviour and my God.” (Psalm 42:5, 11; 43:5). He has constantly reminded himself not to fall into depression, shouldn't we also be doing the same?

The Psalmist challenges us to put our hopes in God. J.M. Boice stated that in a world full of evil and flaws, nothing can give us eternal hope. We have nothing – always had nothing, never will have anything. However, Christians can always trust in the Lord. Yesterday God has saved us, today He will also save us.

The Psalmist has put his trust in the Lord. He asks God to vindicate for him (43:1). Vindicate means to cleanse one of his sins or to prove one's innocence. Jesus Christ dying on the cross and resurrecting is the



vindication from God. Jesus, the innocent lamb, has taken on all the sins of the world. Jesus' just is also our just – in God's eyes, we are no longer sinners. "Who will bring any charge against those whom God has chosen? It is God who justifies" (Romans 8:33).

Therefore, we have such a great blessing from God. Let us today live by faith. Today is a day to put our hopes in God.

English Translation: 李樂恆 Rachel Li



2011 HCAC English Youth Camp

李樂恆 Rachel Li

One of our highlights for 2011 HCAC-English is our youth camp! For three busy days and two hectic nights, our campers went to The Colloroy Centre for awesome fun and, of course, learning, sharing and new discoveries! Our camp theme this year was "Encore: The Second Coming of Jesus", so there were lots of talks and discussions about the end of days and how we are to live our lives because of this.

The morning talks were definitely a challenge for those who just can't seem to fall asleep! And night talks kept some of us awake from the scary

descriptions from the Bible that our speaker told us. Walking to the beach helped 'some of us' lose a few pounds but the yummy food (that we brought in) became a mortal enemy.

Thank you to Pastor Tony and Margie for looking after us, and the speaker, John North, for giving us wonderful insights in the Bible, and of course, for everyone who participated in camp and made it so worthwhile.

Can't wait for the next exciting adventure!

Chinese Translation: 陳敏瑋 Juliena Chan





Cell Group Sharing - Joel

何桂卿 Nicky Lee

Time flies. In the blink of an eye, two years have already passed since I became the leader of the cell group, Joel.

Thinking back, I really did not choose to be a cell group leader. I did not even think that I have the ability to take up this role (there really is nothing that I can boast of). Like many other Christians, I have always enjoyed being a follower instead of being a leader because I know that it is not an easy role to take up.

But since God has planned it this way, I can only obey His decision! In the duration of this ministry, there had been bitterness, joy, departure of members, and the arrival of new members. Watching the members grow in the Lord continuously, learning and participating in various church ministries willingly, bonding closer to one another, while caring and encouraging one another, I cannot help but give honour and praise to

our Lord and Heavenly Father. He is the One who has personally looked after and led this cell group. May the Lord continue to bless and keep the cell group, Joel! Let us learn to be like the prophet, Joel, depending on God in times of strife, and spreading the gospel so that more and more people will receive the salvation of God.



English Translation: 李佩恩 Carol Li



My CTP Learning Experience

鄧志仁 Bosco Tang

When Rev Li encouraged me to enrol in CTP training, I was really hesitant. After all, I have not studied or sat for an examination for over a quarter of a century. On top of that, my daily life was already very busy and so I was very unsure if I could put more on a full plate. The name "CTP" suggests it's about pastoral training so I thought it was meant for the training of church leaders. Was I worthy of a place in this course?

However, I had been baptized for more than a year. Although there were slight advances in my spiritual life, it was still profoundly inadequate. Shouldn't I do more in response to the salvation of the Lord? With further encouragement from my wife, I finally decided to make the most of this opportunity to learn



more about the life of Christ, learn the truth about the kingdom of God, and put aside all other worries. Once the aim was clear, I embarked on this amazing learning experience.



When I first laid my eyes on the thick CTP text book, I was dumbfounded. With over three hundred pages, I asked myself how much time would it take to study and memorise the whole book? But when I sat down to do the exercises in the first unit, amazing things began to quietly happen. Whilst the contents and questions in the book were seemingly redundant and repetitive, in fact the authoring and design of the book was very sophisticated. Messages were strategically placed and repeated to achieve complete clarity. After spending merely 90 minutes completing the first unit,

I felt like I had travelled back 2000 years to the days of Jesus. Facts and messages in the book were deeply engraved in my mind. This was by no means the work of the author alone; God must have played a part in the learning. For the remainder of the course, that feeling was even stronger. Oh Lord, thank you for allowing me to gain this valuable experience.

In hindsight, my initial hesitation and worries were totally unnecessary. God has helped me and He will help anyone who's prepared to learn his words and follow his way.



The Art of Verbal Communication - sharing

邱玉蓮 Elaine Yau

Once the book "The Art of Verbal Communication" landed on my hands, I did not want to put it down. I ended up finish reading it all in one go. I have indeed learnt a lot of techniques in which I have neglected in the past related to the ways of verbal communication. The book reminded me that the techniques of speaking can really improve the relationships I have with my daughter and friends. In addition, the book has included many bible verses to teach and guide us. For example, Proverbs 15:2 says "The tongue of the wise commends knowledge, but the mouth of the fool gushes folly". I really like the reminder given in this verse. I have been a "fool" in the past. It is always very easy to utter a word, but it is very hard to take it back once you have said it. Once you have offended someone, it is always too late to regret.

The book has also raised another example to remind us to speak cautiously, avoiding negative comments, such as "you are fat", "you are old", "you are becoming

slower", "you are no longer as beautiful/handsome as you were before", etc. We have to be very sensitive to other people's feelings so as to not hurt them by blurting out comments like such as those above.

- Be concerned about the communication amongst people
- Sometimes one single word or phrase can really hurt the person you are speaking to
- Everyone has their own weak spots and egos
- Many people use their own thinking and feelings to analyse their judgment, and also use their own judgment to communicate with others



English Translation: 李佩恩 Carol Li





Living Testimony, Hymns of praise - sharing

杜麗娜 Lina Tulio

Our church has held various events and activities to count the blessings of God and celebrate our 10th anniversary in 2010. One of the events which were held by a group of brothers, sisters, and me was the "Living testimony, hymns of praise". The event can be broken down into three phases. The initial phase is to encourage brothers and sisters to write their testimonies into songs of praise, glorifying and thanking our Lord. All glory and honour to Him! He has touched the hearts of more than 10 brothers and sisters who composed over 20 songs! A lot of them do not even have any concepts about music, but the songs they came up with were amazing and touching. I truly believe that this is God's almighty work!

The second phase is the fulfilment of our dream on 28th August 2010. We've compiled together the music sheets composed by our brothers and sisters into one book of hymns. Furthermore, together with more than 40 brothers and sisters, we put together a concert, sharing the hymns with about 200 friends and family members openly, and sharing God's grace with them. Throughout the entire process, the Preparatory Committee has experienced the constant grace of God.

Since we have never held this sort of event before, we are all amateurs. From the composition of music and lyrics, the production of music sheets, the use of music softwares, and finally to our rehearsals, we have spent a lot of time and experienced a lot of difficulties and dilemmas. At the end of all these, we have finally crossed the red sea by God's grace into the third phase.



Now, we are about to put these works into a CD as fundraising for the building of our church, and reducing our church's general expenditure. We are now placing more effort to learn the procedures and techniques in the production of music. We pray that God will help us finish this as soon as possible. We sincerely hope that you will remember us in your prayers.

English Translation: 李佩恩 Carol Li



Corner for Newsletter Team

The church newsletter is to provide a place for brothers and sisters to share. This is not what our weekly bulletin or church website can achieve. The continuation of newsletter is solely relied on your support. We hope to see your sharing in our next issue.

All articles can be sent to hcac10@gmail.com or Simmy, Elaine, Grace, or Lincoln. Articles can be either in English or Chinese. We'll translate your articles so that your sharing can reach every member of the Church family.