

“Splendid Life” Come and See Thanksgiving

A thanksgiving gathering was held on October 5 for the participants of “Splendid Life” Come and See.

Needless to say there were lots of food, but what made the event invaluable was the spiritual fulfillment. Besides praising God with thanksgiving songs, many participants seized the opportunity to share their witnesses of God’s wide-ranging grace, as well as their experience of life’s annoying trivia, life-threatening situations, uncertainties, ailments, family crises, down moments, and all sorts of struggles. Who is willing to listen, lend a helping hand, and be your companion through these experiences?

Someone shared that she had been through several surgical procedures in the past few years; there was no one to help but her husband alone who stayed by her each and every time. In face of the rough journey ahead, how were they going to cross the trough? After coming to “Splendid Life” Come and See a few times, she sensed that life is not that cold! There are people who will lend a sympathetic ear, beseech the heavenly Father with one heart, and understand her mind!

Another person felt the presence of the Holy Spirit in CCM and became willing to pour out her heart to other participants after a couple of meetings! Jesus, sitting at the right side of His Father, was praying for us 24 hours a day, 7 days a week. At the same time, He also sent earth angels to walk with those in need. In fact, in our lifetime we will all encounter hardships, challenges, misfortunes, depression, helplessness, pains, dejection. These feelings are familiar to us all and no one is spared!



That is why we created the caring series “Splendid Life” Come and See to address these common needs. Through thematic sharing and group activities, we hope to raise participants’ self-awareness. As they transform negative emotions into positive energy, they may recover their worth and the meaning of life, enhance their spiritual, familial and interpersonal health, build a mutually supportive group, and shine forth their rainbows to inspire others!



“Splendid Life” Come and See Exploring topics



Through life’s journey, we are bound to experience challenges, struggles, depression, helplessness and dejected moments. These emotions are familiar to almost everyone. Since August 2018, CCM Centre has started a series of thematic inquiries for the program “Splendid Life” Come and See, exploring topics like managing sadness, advancing from a lack of support to self-confidence, moving from hopelessness to hopefulness, the ability to resolve grievance, finding one’s source of help, overcoming a sense of uselessness, being courageous with no fears, etc. All these are emotional problems that we commonly encounter. And since January 2019, CCM has commenced a new set of themes to get to know more about oneself, including the family of origin, the structure of our brains and our mode of thinking, the need for love and its expression, knowing one’s limits and capacities, confronting here and now’s struggles, dealing with one’s stress, getting to know one’s emotions, understanding one’s need deep down, deciphering how one copes with challenges, how to love oneself, self-appreciation and life renewal, etc.

Participants have been deeply inspired by the group discussion and sharing, the instructor’s comments, as well as the answers deducted from the Holy Bible. Subsequently, the number of participants has gradually been growing, and that confirms that such a need indeed exists in the community.

The program of “Splendid Life” Come and See takes place every Wednesday from 1:00 p.m. to 3:00 p.m. Through this program, we hope that participants can come out of life’s haze to live a brighter and more active, colourful, brilliant and meaningful life like that of the Lord Jesus.

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Christmas Concert



On December 22, 2018, CCM held its first concert in the auditorium since its relocation to Oriental Centre. Volunteers with expertise of all sorts collaborated from planning, promotion to set up to bring about the event. There were 150 seats inside the venue plus two booths of a youth group and a children's group raising funds for their ministries. At the door to the auditorium, volunteers at a booth of a women's group were introducing the Centre's programs and ministries to those lining up for entry. On the stage was a Christmas tree that was full of Christmas spirit, and a giant snowman made of environmentally friendly plastic cups; on the wall were plenty colourful paper flowers; from the ceiling were hung decorations of various shapes, sizes and colours—all these added much festive excitement and warmth.

While the staff and guest performers were getting ready, the audience who came with tickets for the concert were queuing up outside. The show commenced at 2:00 p.m. when everything was in order. In two hours of richly packed programs, vocalists, violinist, harpist, guzhengist and musicians of Chinese musical instruments performed numerous pieces of Christmas music back to back. In addition, there was a show of illusion and sharing of Christmas message. After the concert, volunteers had prepared a variety of refreshments which people consumed with great pleasure. There were also many guests who would not miss the opportunity to take photos in front of the stage for the beautiful decor.

CCM has also prepared small presents for every guest, just as the gift of the birth of Lord Jesus; one only needs to accept it to receive it gratuitously. On this day when the whole world rejoices, we praised aloud to proclaim to mankind the good news of the birth of Christ our saviour: the Holy infant was born!



Health and Cancer Mutual Aid Group

In the modern times with the ever-changing of cancer, even if we are not a cancer patient, there are always some relatives that we know diagnosed



with cancer. CCM centre witnessed this, and in hopes, through acknowledgment of healthy diet, mental health, and professional guidance, etc; we can help people from the community to understand the cause and cancer itself. As well, one can exercise the body, boost up the immune system, and prevent the cause of cancer to happen.

If you already have cancer, through the knowhow from professionals, or sharing with people with the same path and experience, one can face the illness positively, and even dance together with the deadly disease! Currently, the goal and each topic for health and cancer cell group is to promote the five directions of: healthy diet, aerobic exercise, caring prayer, professional advice and positive attitudes towards this disease.

One of the members was diagnosed with last stage of cancer in January, 2017; it has even spread to her bone marrow. During treatment, her physical body and spirit was gradually deteriorating. There was a sense of frustration and depression. However, thank God that during her treatment, she met a Christian who led her to believe in Christ and she also joined church gatherings. As well, she came to CCM's Women's Era group. She met a group of kind sisters. She also joined bible study class. Currently, a target drug treatment is used. However, doctor praised her as an "Excellent student", an ideal recovery!

Another member began her 'long journey of cancer' in 2013. She deeply felt that her strength to fight came from people with the same path. They experienced God's healing on them, and the sweetness of the Lord Jesus walking alongside them. Therefore, she hopes to spread God's great love to others who is experiencing the same journey.

At present, cancer patients and those who have the burden of caring for them, made some distinctive and exquisite cards with words of encouragement, charged at the lowest price, on sale to anyone for visiting the sick. These encouragement cards also have the component of prayer from the card maker, their token of appreciation, and blessings. Naturally, when given out, there is the goal of positive energy and encouragement!

An Interview with Instructor Mary Wong **Stretch Delight**

Every week, we see instructor Mary Wong three times as she leads the students in stretching exercises accompanied by melodious music. And after one hour, students and instructor alike become relaxed physically and mentally and depart in a delightful mood.

Mary takes it upon herself to select the tunes, match the lyrics, and design the movements. She strives to ensure that she feels moved by the hymns and actions first, in order to bring the sensation to the students through the stretching activities. With a bright smile, Mary says, "What I like the most is that participants develop a mutually trusting bond while they exercise in a pleasant environment, and that the hymns and dancing touch their hearts. This way, people come to know the Heavenly Father and unknowingly receive help that has everlasting value! That's why the more I do this, the more I enjoy it, and I am grateful to the Heavenly Father who brings me inspirations endlessly!"



Once a month, the students have lunch together when they truthfully share their life stories, developing a sense of cohesion and forming a support group. There was a time when a student arrived early in order to ask Mary to pray for her. It happened that she was deeply missing her son with whom she had lost contact for five years. So, prior to the lesson ending, Mary led the students to pray together sincerely. At that time, no one had any idea where her son was! However, God is being omniscient and omnipotent, and He moved this son to phone his worried old mother a few days later, letting her know that he was then working somewhere in the United States.

The plans of the omnipotent God who made ways in the wilderness and streams in the wasteland are amazing! All things are possible with Him who can also call into being things that were not. Not only did He answer the students' prayer and comfort the soul of this mother, but let those who did not believe in Him witness His power. No wonder Mary and her students made it to the top participants list of the Footprints of Love walkathon year after year, and 2018 is no exception. This shows how strong the team spirit of the CCM Stretch Delight class is!



Mission at your fingertips



In the afternoon of October 6, there was a "city mission sharing" held at Toronto CCM. The ministry director of Small Town Mission, Pastor Stella Wan, cell group leaders, and members from CCM Vancouver came from afar to introduce small city mission.

Mission ministry has always been in place at CCM Canada. Partnering with churches from other cities; and regular visitations teams had been in place with groups reaching out to different townships across Canada. Christian faith, God's love was reached out to them. The teams used God's love and His Word for cultivation. They are indeed faithful servants of the Lord.

The most memorable moment is a testimony from an 81 years old sister in Christ. After her retirement, she had joined over 10 years of service in city mission. Even today, she still is very eager to be part of the visitation team, not showing any signs of her aging years. Her belief is this: "I need to bear fruit even at the end of my age; to moist up the root so grass can be green." Because of her commitment of service, a restaurant owner from a small town was a "non-believer" to a 'believer'. From a 'new believer' to a 'follower', this restaurant owner renovated his home basement into a livable place for welcoming Small Town Mission team. What an inspirational piece of testimony from real people, real cases!

During visitations, we found that Christian heresy often spread their 'false teachings' to these people from small towns. Therefore, during the same afternoon, CCM held a workshop of "how to distinguish heresy belief" As Christians, we should be able to acknowledge the difference between heresy and paganism, so that when we spread the gospel, we can bring them genuine faith. We can lead others to Christ more effectively, and to be able to establish a true faith community!

Volunteer Appreciation 2018



Over 80 volunteers attended our annual volunteer appreciation event between 4:00 p.m. and 6:00 p.m. on Saturday, January 12, 2019. Together joyfully in one place, they raised their voice to sing praises to the Lord and played games. For those who met for the first time or who seldom saw each other, the gathering lent a rare opportunity to make new friends and offer mutual encouragement. In addition, Pastor Maureen Chung reminded us that the driving force of our service really came from the precious redemption of our Christ Jesus on the cross!

The youngest amongst the volunteers was a 7-year-old girl who has been coming to the Centre's activities with her mother since small, and later took on serving the Centre, hence developing the spirit of serving. Most of the volunteers are adults; some of them are working, others may have retired or are looking after their families. However, they are still willing to dedicate their time and gifts. We can see their passion and enthusiasm as they loyally serve others and God with extensive experience and wisdom. Some youth volunteers have been trained to be instructors to care for and be companions with other youths. And those high school students who took part in the Community Care Project also learned to be volunteers; through the training sessions they gained much knowledge, expanded their horizon, deepened their self-understanding, built their confidence, fostered their caring mind, and learned to help the underprivileged.

Although not every volunteer could attend the appreciation gathering, we'd like to take this opportunity to express our deep gratitude to each volunteer! If you have not yet joined our volunteer crew, would you like to serve at the Centre to be someone's angel?

Thanksgiving & Prayers



🙏 Pray for the preparations, volunteer recruitment and the participants of the spring camp, and pray for the true light to be brought to these children and families through the love and truth of Jesus Christ.

🙏 Please pray for the care ministry, including the visit of the senior apartment, the cancer support group and the care ministry of emotional support, etc.. Pray that God will provide more volunteers to join the serving team

🙏 CCM Center will have a movie screening "Men on the dragon" on April 18th, with the aim of cooperating with CCM Men's ministry to care for middle-aged men and explore the meaning of life, and to raise funds for the care ministry. Pray that God will lead the entire project, including preparation, publicity, manpower and follow-up, so that God completes His own plan.



Staff Recruitment

We are recruiting for the following positions:

Ministry Coordinators of

1. Care Ministry
2. Children and Youth Ministry
3. Men's Ministry

**** Please send email to Winnie Ng at wng@ccmcanada.org for details.**

Support for Toronto CCM Centre

Thank you your support for Toronto CCM Centre: Tax deductible receipt will be issued for donation of \$20 or above. Please send donation to: www.ccmcanada.org (Support Us Tab), or contact us at Tel: (416) 291-3202

or Email us at Toronto@ccmcanada.org.

May God Bless You!

