



Loving Christ | Loving the Church | Loving the Community 愛基督 愛教會 愛社區

# SFCC 40<sup>TH</sup> NEWSLETTER

March 2010 Volume 2, Issue 3

## Community Service Focus of the Month

### Recruiting Volunteers to Serve International Students

SFCC was started as a Bible study fellowship by a group of international students from Taiwan. In these past 40 years, God has blessed and led us to become the church that we are now. In a way, God has situated SFCC uniquely in a position to offer help to international students. Many of us at SFCC were once international students. We know that being far away from home in a foreign land can be very difficult. This is especially true when international students first arrive, where the lack of friends and family, a brand new culture, and language challenges all make starting school life extremely daunting. If you have experienced this, you will no doubt remember how precious a helping hand was in this crucial time.



One way that we can help is to offer airport pick-up service to newly arriving students and help them settle into their new life here. If you want to offer your help, please sign up with Connection Deacons Mike or David Shen.

A qualified driver must be

- at least 25 years old,
- with a current WA drivers' license and insurance,
- with no major traffic violations within the past 3 years.



### A Sharing From an International Student

Author: Chi-Yu Chen

(The author worshipped and was baptized in SFCC while studying in UW a few years ago)

Before the start of my Undergraduate journey, I kept thinking to myself that I wasn't going to be ready to adjust to a new place. My fears of meeting a complete new environment and people were the main obstacles that I had to face. It was August 24, 2003 when I first arrived to Seattle for my official start as a Husky. Upon arrival, my sister and one of her best friends from SFCC came to pick me up at the airport. At that moment, I felt quite a relief and care from someone whom I just met.

As the academic year started, my sister introduced me to other friends from SFCC. At that point, I was still somewhat shy and not ready to meet that many people. As a surprise, all these new friends I met at SFCC treated me just like part of themselves, as a big family. I was able to meet friends with common tastes for sports, studying, cooking, etc. The possibilities of knowing each other were just infinite.

During the year, even though I was in the U.S. and unable to celebrate some traditional Taiwanese festivities, the SFCC family prepared for each event as if we were all in Taiwan. It was hard to feel as a complete stranger in their presence. In addition to festivities, you also got the chance to know them as if they were your brothers and sisters. Moreover, you were also able to ask questions regarding life, career, shopping, travel, and many other topics while feeling confident that their answers would be beneficial. More importantly, it is a two way learning where you can be yourself and not having to hide yourself behind a mask. Knowing each other's weaknesses and strengths were the building blocks of a true relationship and friendship.

Last but not least, after knowing the SFCC family, I can say that you not only get friends while you are in Seattle, but also you get a family you can rely on and share unique experiences for a lifetime. Even now that I have left Seattle, I still feel grateful and blessed to have known them during my first days in Seattle. You can rest assured that there will always be someone caring for you

### UPCOMING EVENTS



Community Service:

March - Serving International Students

April - Child Sponsorship

3/18-3/20

Northwest Ministry Conference

4/2 (Fri)

8 pm Good Friday Service

4/4 (Sun)

12 pm Easter Combined Service

4/9-4/10

YG Acquire the Fire conference

4/17(Sat)

Renee Stearns from World Vision

## Sunday Sermon

### **Change Yourself First-** Part 1

**Pastor Livingstone Chen 01.17.10**

It is the hope of many. It is a necessary step of progress. It is a slogan of Obama's presidential campaign. It is also something that we think about a lot at the beginning of the New Year. What am I talking about? It is CHANGE. There are many different types of change. There is change in the external appearance of a person, and there is change on the inside. Some changes are changes in an individual, and some changes are in a family, in a church, in a society, in the world, or in the environment. This morning I want to share about internal changes in an individual through the following six main points.

**First, changes within the self are the easiest to neglect.** I believe that all of us understand the importance of change, and all of us wish to change, especially to change for the better. Some say that only two kinds of people do not need to change, the dead and the foolish. Actually, in a way, people who are dead continue to change physically, as their bodies decompose. It's just that they are no longer conscious, so there is not anything dead people can do. On the other hand, the foolish, though living, are not aware of their need for change. All the rest of us want to change.

However, often the type of change people focus on is on the outside, changing our appearance through plastic surgery or make up. Changes in the heart are then neglected. Moreover, often we focus on changing the people around us, including family members, brothers and sisters in church, our fellowships, our communities, our society, or the world. We so often want to change others.

I've had the opportunity to wed many couples. In preparation for the wedding, the bride and groom to be usually consider many things in selecting the church building to get married in. They note the location and length of the aisle, whether or not there are stained glass windows. They want the church to look like a church, so often they want there to be an altar as well. Certainly, they also carefully choose the hymns that will be sung at their wedding. So it has been said that marrying couples have on their minds "Aisle, Altar, Hymn", which incidentally, sounds like "I'll

alter him". Indeed, oftentimes newlyweds expect that they will be able to change their spouse after they get married. In all of this, we easily forget about ourselves. We think "I want to change you", but we don't as often think "I need to change myself". This mentality can be the cause of many unpleasant conflicts. One thinks "I want to change you", but the other thinks "I don't need to be changed". One thinks "I need to change you", but the other does not allow himself to be changed. This also leads to much grief, as we think that our good intention to help is being rejected. People become unhappy, or sometimes even depressed. Or sometimes after being unable to change others, people decide to leave. People may leave a church because of this, or they may choose to move to a different location. All in all, changing in one's self is the most neglected and overlooked.

**Secondly, changing one's self is the most reasonable.** If you want to cause change, it makes the most sense to start from what's nearest to us, and work our way further away from us. And what is the nearest to me? That would be me, myself. The Chinese philosopher Mencius said, "A crooked man can never straighten another." Indeed, if I were crooked, I cannot teach others to be straight. Yet another compelling reason to begin change with one's self is that you don't need permission from others. If you were to change another person, you would need his or her consent to be changed, which is not easily given. But I have the free will to change myself. That is my right and my choice. Therefore I can choose to change myself freely.

**Thirdly, changing one's self has lasting and significant impacts.** Changes in one's self often trigger a chain reaction. People around this person watch the change occur, and whether or not they admit to it, their hearts may be moved by what they see. They often adjust themselves in response to our changes. If we treat others well, often they respond by treating us well. If we are cruel to others, others respond in kind. If we are generous, courteous, and friendly, people see it and treat us likewise. We can think of exchanges in human relationships like hitting a ball. If you hit a ball with great force, the ball bounces very high; and if you hit the ball lightly, the ball barely bounces. Or think of it like a boy Johnny

yelling in the wilderness. He yells "I am Johnny", and the canyon echoes "I am Johnny". He then shouts "I hate you", and again the canyon echoes "I hate you". Johnny cries home to his father and says that there is a bad man in the valley who mimics him. Johnny says "I hate him, and he hates me". His father says "go again, but this time, say something nice". Johnny goes again and yells "I am Johnny", and the canyon again echoes "I am Johnny". Then this time Johnny yells "I love you", and the canyon echoes back "I love you".

**Fourthly, changing one's self is very difficult.** I said earlier that it is not easy to change others. At the same time, it is not easy to change yourself either. I think there are at least three reasons for this. First, we are set in our ways. Especially for us grown-ups, in our mid-age or in our old age, our habits and personalities are formed by the way we have lived our lives. I am who I am. How can I possibly change myself? It may be easier to move mountains than to change one's self. The Bible also tells us "Can the Cushite change his skin, or the leopard its spots?" (Jeremiah 13:23) The Bible says that if it could happen, then those who are wicked would do good. Indeed, we often want to change ourselves, but are unable to do so. Secondly, we all have blind spots. Our eyes are used to seeing others and not ourselves. It's naturally much easier to see the shortcomings in others. When I write, I ask others to proofread. Usually it takes people no time to pick out errors that I am unable to see even after spending a long time on the draft. Thirdly, often we do want to change, but simply lack the strength to do so. We say that the spirit is willing but the flesh is weak. Mankind is highly capable, but when it comes to ourselves, our abilities are very limited. A strong man may be able to lift a mountain, but can he lift himself off the ground? He can't. Likewise, we can see the smallest speck of dust around us, but we can't see our own eyelashes. There are simply things that we cannot do ourselves. Changing one's self is that difficult.

*(to be continued next issue)*

**Fifth point, we need God's help to change.**

**Sixth point, changing one's self is a very long process.**

<http://www.seattlefcc.org/worship/bulletin.php>

## Let's get a move on! *The Ministry of Praise Exercise*

Praise exercise originally started in Taiwan in 2003 and has since spread to all corners of the world. These exercises are designed to purify one's heart through God's word, cultivate one's soul through beautiful music, and maintain one's health through exercise.

The Praise Exercise ministry at SFCC first started with the Caleb Fellowship in 2008 when the fellowship led Sunday worship with exercise to the music of "The Lord's Prayer". When we saw that the hearts of the congregation were deeply touched by the beautiful music and lyrics, we thought it would be a good idea to introduce the exercise to the community as well so that the public can have an opportunity to enjoy the benefits of praise exercise. A ministry was therefore started by several members of our church in October of 2008 to teach the exercise from 7:30-9:00 PM every Thursday at Asian Seniors Care Foundation. The class is open to the public and has since drawn 30-40 people. All those who participated in the class felt that the exercise is good for the body, soul, and spirit when it is coupled with the word of God.



We started a day time class last August for the benefit of retirees. This class is conducted 1:00-2:00 PM on Wednesdays at the Bellevue North Senior Community Center and it already has more than 10 students. It is our hope that through the praise exercise everyone will live a joyful and colorful life. If you would like to join this exercise, please contact with sister Yi-Chu Yao at (425 865 8457) or Karin Kuo at (425 246 2580).

**Wednesday 1:00 pm – 2:00 pm North Bellevue Community Center**

**Thursday 7:30 pm – 9:00 pm Asian Senior Concern Foundation in Bellevue**



## ***A new initiative from the Caring Ministry***

### ***Golden Apple Mailbox – The Mailbox of Encouragement Words (Proverbs 25:11)***

*"If anything is excellent or praiseworthy—think about such things"*

In Philippians, the apostle Paul urges us to think about the good in our brothers and sisters and to encourage and learn from them. Paul says "Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you." (Philippians 4:8-9)

To practice this act of encouragement, the Caring Ministry is setting up a mailbox for encouraging words in the hallway outside of the sanctuary. We hope that brothers and sisters can build a habit of noticing and appreciating goodness in one another, and offering words of praise and encouragement. We believe that doing so helps us bond and build up one another, so that we can continue to be a God-pleasing church with one spirit.

We encourage you to each week think about something good that you have seen in a brother or sister. Think about what you appreciate, what you admire, what is pure, what is noble, what is lovely, or what you aspire to learn from, write it on a small piece of paper and deposit it into the Encouraging Words mailbox. The Caring Ministry will give these encouraging notes to the brothers and sisters that they are addressed to. You do not have to put down your name. We believe that in time, this habit of encouragement will have a positive impact on our church family; shaping us into a church that attracts people, a church that shares the peace and joy of God, and a church where God is present.





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台語禮拜 主日上午十時  
English Service Sunday 12 noon



## Missionary Spotlight— Stuart Bullington

***SFCC Vision: A purpose driven church that glorifies God by sharing God's love to the unchurched and training them into devoted followers of Jesus Christ.***

In this newsletter, we want to introduce a very special missionary, Stuart Bullington. Perhaps the name does not ring a bell. That is why we are introducing Stuart and his ministry, for SFCC has supported Stuart in his ministry every year.

Stuart Bullington was an electrical engineer. After being called by God, he gave up his career as an engineer, and started to share the gospel to international students. He particularly has a burden for sharing the gospel with students from Asia. Stuart has come to SFCC in the past to share about International Students, Inc, the organization he belongs to. The mission of ISI is "to share Christ's love with international students and to equip them for effective service in cooperation with the local church and others." When Stuart was still in Seattle, his ministry focus was students from Taiwan; with whom he shared the gospel through bible studies and English lessons. Later on he was sent to Taiwan from Seattle to continue his ministry with students. He met his wife Beth in Taiwan, and the two of them help students coming to the US to find a local church where they are going. They also help students returning to Taiwan from the US to transition to churches in Taiwan so that they can continue to grow in their faith.

After serving in Taiwan for a number of years, the Bullingtons were sent to the ministry field in Hong Kong. In 2009, they returned to the US to Philadelphia, to serve international students from Asia in the surrounding colleges. May God confirm the work of the Bullingtons and bless their service. If you would like to learn more about the ministry of ISI, please visit [www.ISIonline.org](http://www.ISIonline.org).