

IN THE LORD'S SERVICE – THANK YOU

	This Week	Next Week
Worship Leader	Robert O	Glenda
Music Leader	Anthony Y	David
Bible Reader	Tony Wai	Benson
Ushers	Jean, Shirley	Janet, Blake
Techno	Darren, Anthony	Harvey, Anthony K
Cup of Tea	Weng Wai, Cindy, Carl	Suan, Sheryl, Allister
Dishes		

HOME GROUPS

	Leader	Meeting time	Location
COLLEGE & CAREERS GROUP	Pr Mark Maney	Every Wednesday @ 7.30pm	@ ACPC 021 309 544
GREENLANE GROUP	George Lowe	Thursday fortnightly @ 8pm	@ Glenda Choy's 021 7335 9838 (George)
LADIES GROUP	Glenda Choy	Wednesday fortnightly @ 10.30am	@ Glenda Choy's 524 9391
NEWMARKET GROUP	Robert O'Callahan	Every Tuesday @ 7.30pm	@ ACPC 021 783 289
REMUERA GROUP	Ken Cheung	2 nd and 4 th Saturday @ 10am	@ Quin Gee's Contact Ken 021 431 607
ST HELIERS GROUP	Marty Bing	Tuesdays fortnightly @ 8pm	@ Marty Bing's 021 753 406
YOUNG FAMILIES GROUP	Pr Mark Maney	Saturday monthly @ 2pm	Contact Pr Mark 021 309 544
CANTONESE GROUP	Albert Ko	Saturdays fortnightly @ 4 pm	See noticeboard for more details on the Cantonese and Mandarin home groups
ALBANY CANTONESE GROUP	Peter Zen & Edith Poon	1st & 3rd Friday @ 8pm	
MASSEY CANTONESE GROUP	Rev M Tang	1st & 3rd Wed @ 10am	
CBD MANDARIN GROUP	Rev M Tang	Every Sunday @ 1pm	
ISAAC GROUP	Lydia Lam	Every Friday @ 7.30pm	

AUCKLAND CHINESE PRESBYTERIAN CHURCH

105 Vincent Street, Auckland City

ENGLISH MINISTRY COMMUNION SERVICE

16th February 2014



Speaker: Rev Micah Tang
Sermon Title – How to live a Healthy Life



A warm welcome to everyone to the service today!!!!
Please stay for a cup of tea after the service.

THE APOSTLES' CREED



I believe in God, the Father Almighty,
the Creator of heaven and earth,
and in Jesus Christ, His only Son, our Lord:
Who was conceived of the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died, and was buried.
He descended into hell.
The third day He arose again from the dead.
He ascended into heaven
and sits at the right hand of God the Father Almighty,
whence He shall come to judge the living and the dead.
I believe in the Holy Spirit, the holy catholic church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting.
Amen.

PASTOR MARK ON LEAVE

Pr Mark will be on leave for two weeks.
For emergencies, please see Rev Tang , Marty Bing or
Jean Wong.



OUTREACH BBQ TODAY AFTER CHURCH

After church today, Pr Mark and his team will be outside in the ministers' car park barbecuing sausages and offering free sausages and chatting to people walking past ACPC.

If you would like to enjoy a sausage also, a gold coin donation is requested. That would be most helpful. The box will be in the foyer. Our thanks to the people who have donated sausages for this outreach.



ACPC URBAN GARDEN WORKING BEE TODAY

For those not involved in the Outreach BBQ, we would love your help with clearing the back yard of weeds into rubbish bags, collecting the dry leaves for mulch and preparing drainage holes in the polystyrene boxes. Please see Jenny or Celia for instructions.

ACPC CHURCH CAMP 21st – 23rd MARCH 2014

Camp fees cover accommodation and all food. We would encourage everyone to stay from Friday to Sunday for maximum enjoyment and benefit. Register today!!!

HOW TO LIVE A HEALTHY LIFE? – Sermon Notes

The Beatitudes Part 1 of 8

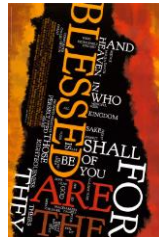
What is Unhealthy in Your Life?

My pace of life	My diet	My financial situation
My thoughts	My worries	My relationship with
My overwork	My habits	My holding on to the past
My marriage	My family	My perfectionism
My addiction	My memories	My resentment or anger
My expectations	My regrets	My need to control

The 1st step to a healthy life

"Blessed are those who recognize they are spiritually helpless."
Matt. 5:3 (GW)

REALIZE I'm _____



"I don't understand myself at all, for I really want to do what is right, but I can't! I do what I don't want to – what I hate! I know perfectly well what I'm doing is wrong... but I can't help myself." Rom. 7:15,17

The Bible calls this my: _____

How do we "play" God?

By denying our _____

and by trying to _____

The Consequences:

1. _____

"It seems to be a fact of life that when I want to do what is right, I inevitably do what is wrong... but there is something else deep within me, my lower nature, that is at war with my mind and wins the fight..." Rom. 7:21, 23 (LB)

2. _____

"My strength evaporated like water on a sunny day until I finally admitted all my sins to You and stopped trying to hide them." Ps. 32:4-5 (LB)

3. _____

"You will never succeed in life if you try to hide your sins. Confess them and give them up; then God will show mercy to you." Prov. 28:13 (GN)



The 1st step to healthy life : _____

IMPORTANT CHURCH CONTACT INFORMATION

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