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Web version (Chinese) : <http://www.fcbsa.org/ministries/cantonese-newsletter/chinese-version.html>

(English) : <http://www.fcbsa.org/ministries/cantonese-newsletter/english-version.html>

Friday Cantonese Fellowship:

Every Friday 7:30 – 9:00 pm :Education Building (6:45pm Potluck)

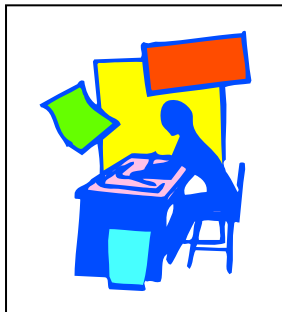
Saturday Cantonese Family Group

Third Saturday of the month : 7:30 -9:30 pm (No Potluck, usually in Fellowship Hall)

Cantonese Sunday School

Every Sunday: 10:00-11:00 am ; Sunday School room outside Sanctuary

From the Desk of editor



Worry-free is something we all wish for. However, it haunts everything man of the modern world. There are so many theories, or religions to explain such phenomenon and they try to provide answers, unfortunately, not to the satisfaction of everyone.

One may say desiring no more than you already have will make one worry free, but too much content will render one unproductive giving rise to new worries.

Worries will make one anxious. Symptoms of anxiety include unfounded worries, trembling, exhaustion, palpitation , dizziness and easy to be angry.

Modern medicine has identified the malfunctioning of certain neural chemicals with give rise to anxiety or even depression, however, whether it originates from psychological or physiological reason is still controversial.

Generally speaking, body malfunctioning should be treated with medical methods, otherwise mental health should not be neglected for all of us. The reasons for being anxious tie with one's belief, value system and habits.

For this, the Cantonese Fellowship has launched a series of workshops on coping with anxiety. We wish you

may benefit by thinking or knowing more about anxiety and thereby finding a way suitable for yourself.

Saturday Workshops for Anxiety

4/25/2009 Visiting Anxiety

Ho Yung

5/16/2009 Living with anxiety – A Christian perspective

Pastor Panha

6/27/2009 Coping with Anxiety worship has to be established and the Cantonese Fellowship

Cantonese Fellowship Choir presented a song during Palm Sunday service to remember the triumphant entry of Jesus into Jerusalem to be crucified. We sang “Remember me, Lord” as a reflection of another crucifying robber’s repentance.



More photos in Chinese version

On April 12, we have a tea party for Easter and also say goodbye to Lisa Chan who will be departing on 4/14 to Hong Kong via New York for several months.

“ I am really happy to attend this church especially the Friday Cantonese Fellowship, I have so many wonderful brothers and sisters. Also, through the bible studies, I learnt a lot about God’s word.”



More photos in Chinese version

Mr Hu Chuk Kai(Lily Hu’s father) was promoted to glory on 4/14/2009. He was 63, The Memorial service will be held on 4/18/2009(Saturday) at Castle Ridge Mortuary (8008 W military Drive, San Antonio, TX 78227). Pastor Panha will speak at the ceremony. Visitation will be on the same day from 9 am to 9 pm. Please try your best to attend to support Mrs Hu and her family

Sophia Mah has some sign of tumor regrowth in her regular check up. She will stay longer in Canada for further for follow up. Please pray earnestly for



Mark your calendar for

this year's Church-wide

Mission Trip to San Carlos (Rio Grande Valley area).

Start praying about this and see if God is leading you to be a part of this mission trip. Application forms are available at the foyer of Sanctuary...



2009 RENOVARÉ International Conference

June 21-24, 2009

Municipal Auditorium and Hyatt Regency River Walk Hotel San Antonio

THE JESUS WAY... recovering the lost content of discipleship. Contact Pastor Panha if you are interested. We have some partial scholarship to help you attend this unique spiritual conference.

http://www.renovare.org/journey_events_2009ic.htm



News from Various Departments

Friday Cantonese Fellowship

Schedule for this semester (April to June)

4/3	背景,大綱	Background, Main Theme		
4/10	受難節	Good Friday	No fellowship	無團契活動
4/17	基要信仰	Basic Belief	Panha	

4/24	我們有貴重的身份 -作神的兒女	Right as children of God	1:1-34	
5/1	跟從主 – 第一批門徒	Follow Jesus- disciples	1:37-51	
5/8	水變酒, 潔淨聖殿	First miracle, clearing temple	2:1-11 2:13-25	
5/15	AWANA Graduation	AWANA	No fellowship	無團契活動
5/22	基要信仰	Basic Belief	Panha	
5/29	脫胎換骨 -重生	Reborn	3:1-21	
6/5	活水泉源	Living water	4:3-30, 39-42	
6/12	神蹟 – 聖父與聖子	Father and Son	4:46-54 5:1-47	
6/19	假期聖經	Vacation Bible school	No fellowship	無團契活動
6/26	五餅二魚-無盡恩典	5 fishes, 2 loaves	6:1-15	

Saturday Cantonese Family Group

Saturday Workshops on Anxiety

4/25/2009

Visiting Anxiety

Ho Yung

5/16/2009

Living with anxiety – A Christian perspective

Pastor Panha

6/27/2009

Coping with Anxiety worship has to be established and the Cantonese Fellowship

Cantonese Sunday School

Every Sunday 10:00 - 11:00 am, We shall continue our study on Gospel according to Matthew.



Prayer Requests

1. Sophia Mah has some sign of tumor recurrence, please pray for her.
2. Mr Hu was promoted to glory on 4/14, please pray for his family.
3. Nearly half of the Cantonese Fellowship leadership are unable to function to the full due to health and other reasons, please ask God to raise more workers.
4. Pray for the network groups.
5. Pray for the health of brothers and sisters

Allen Kong, Ho Yung
