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UNIVERSITY OF WATERLOO
CHINESE CHRISTIAN FELLOWSHIP
INSIGHT

Editor's Note

Steven Wong (sm2wong@engmail.uwaterloo.ca)

Home. Prayer. *Home* - is the theme of this Insight, and *Prayer* - CCF's theme this term. Despite the simplicity that these two words belie, they mean so much more if you think deeper. When reading these articles, reflect on what *home* means to you: where do you call home? What makes it your home? What can you do for your home? And *prayer*: what does that word mean to you? What is it for? To whom are you praying?

This magazine contains many insights into these words - what they mean to the writer and what role they play in their mental, physical, and spiritual lives. The contributions within these pages reflect God's presence, through the Spirit, that dwells in each of us.

This edition of Insight is the first published in the last 8 months, and features the combined work of over 25 members of CCF. At 44 pages, it also stands as the longest ever produced. Within these pages span a wide variety of contributions, from artwork and recipes to testimonies, sharing, and academic discourses. Take your time to enjoy all of the works in this magazine, and allow it to impact your life for the better.

Thank you to all of you who have contributed and made this Insight possible, and to the readers without whom we would have no one to write to. I have included the emails of the contributors - feel free to send them an email if you would like to discuss their work or simply give a thanks for their contribution.

Take care and have a good read!



Kingfisher by Steven Wong



Front Cover: Ogden Point, Victoria, BC (Photo by Steven Wong)
Back Cover: *Puff* and *Raccoon*

ABOUT INSIGHT

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Statement of Purpose

Insight is a magazine/newsletter distributed on behalf of UW-CCF to the CCF community. It is an opportunity for others to share their thoughts, experiences, memories and laughs (or tears) with their fellow brothers and sisters.

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TABLE OF CONTENTS

ARTICLES

CCF MINISTRIES	4	Pasta with Tomato and Bacon Sauce	24
Prayer.....	4	Ode to Curry	25
Women’s Prayer Group.....	6	Macaroni and Cheese	25
Women’s Cell Group	6	Off the Beaten Path to Food	26
Worship Cell Group.....	8	TESTIMONIES AND SHARING	29
Prayer Meetings.....	8	Joy in Difficult Times	29
Ice Hockey.....	9	Down But Not Out... Ever.....	30
REFLECTIONS	11	A Bible Story.....	31
Home Sweet Home.....	11	Back to Prayer.....	34
Potholes	12	Graduates of 2008	35
Then and Now: Reflections of First Year	15	BEYOND CCF	36
Then and Now: Reflections of a 4B Student....	16	Post Graduation.....	36
Sparrow	18	What Christianity Means to Me, After CCF ..	38
Being the Salt	19	A Reflection on “Home”	39
The Article.....	20	Outside the Bubble	42
TASTY NOURISHMENTS	22	Areas of Interest	43
Turnip Cake	22		
Tiramisu	23		

CONTRIBUTORS

ARTICLES

Johnny Au.....	24
Connie Chan.....	36
Michael Chan.....	19
Eric Cheng	39
Ashley Ee	8
Grace Hsiao.....	26
Kar Wai Kwok.....	8
Herman Lam.....	12
Victor Lau	20
Annie Lee.....	34
Jon Lin.....	25
Vivian Lo.....	31
Carson Ma.....	18
Denise Ma.....	6,15,16
Jorge Quan	29

Amanda Tang	22
Joanna Tang.....	22
Dr. Andrew Wong.....	11
Ian Wong.....	30
Joanna Wong	6,23
Steven Wong	9
Bily Xiao.....	4
Christie Yu.....	6
ARTWORK AND PHOTOS	
Betty Chan	6,41
Stephanie Hadi.....	14
Emily Law.....	27,38
Robin Ma	7,32
Joanna Wong	10
Jonathan Wong.....	12
Steven Wong	17,43

Prayer

Bily Xiao, CCF Chairperson (byli@bilyxiao.com)

As your brother, friend, and Chair, I sincerely hope and pray that every single one of you have embarked on this most fruitful journey of (re-)discovering prayer. If you haven't yet—it really is about time.

In a Back to Basics style, let's take a high level look at all this again =]

Who:

You. CCF. Fellow brothers and sisters in God—growing men and women of God—marked to be a generation of prayer warriors for God. First at the individual level, but also at the corporate level.

What:

Back to Basics

— our vision slogan for the year.

Prayer

— our chosen focus of this Winter term.

Revelations 3:20

— our theme verse to the focus.

“Behold, I stand at the door and knock. If anyone hears my voice and opens the door, I will come in to him and eat with him, and he with me.”

Where:

Anywhere and everywhere. Waking in bed. Walking between classes. Morning prayer meetings.

When:

Anytime and all the time.

Why:

Vision – Back to Basics

The vision of Back to Basics drives at building up the strong and proper foundations of our spiritual lives. It is dangerously misguided to have any foundation apart from Christ (*1 Cor 3:10-15*). Let us be as the house that Matthew 7:25 describes: “The Rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its

foundation on the rock.” “And who is the Rock except our God?” (*Psalm 18:31*) Knowing our God and living in Him, then, are quintessential to our life. This term, the way CCF has journeyed closer to this is by more emphasis on prayer and Bible Study. Besides... what is the point of CCF if we are not well-founded in Christ? Our fellowship becomes merely social; our worship merely entertainment; our evangelism merely human. And Back to Basics is not just for our saved souls to fare just a wee bit better in life. It is towards the ultimate purpose of the Great Commission, which we must rekindle in our vision for the campus. We cannot reveal Christ in us if He is not in us! We have no joyful good news to share if we find no joyful good of Christ in us!

“Apart from me you can do nothing” (*John 15:5*) – think *Foundation*

Prayer

“Why do we pray?” Because God desires it of us. *1 Thess 5:17* – “pray continually”. “Continually” – it says!

“But”, we say, “why do we pray?”... “What good is it to pray?” ... Before anything, let us learn from the early Jews on this. They, as a people focused on the way of the Torah (law, instruction, commandments, and way of life), have a better sense of this. The commandments are God's Word and are inherently good. Law: not for the sake of law itself, but because it is what is good. We in a society always in search for answers that are scientifically tangible and functional are prone to do search in the same way for spiritual answers as well. We want answers our way, as if our expectations are right without compromise. Really, we're just idiots... That said, I do personally believe most—if not all—of God's commands have more to it than inherent goodness. Only let us approach the learning of those reasons humbly, always keeping in mind the inherent goodness and worthiness of the way of life God commands us to. – think *Goodness*



Interestingly with all things to do with us and God: it is God who initiates. We love because he first loved us (*1 John 4:19*) God gave Christ for our salvation though we are unworthy. We desire to know God, but His desire for us precedes us entirely. Theme verse Revelations 3:20 well captures where we stand with God and was chosen because (for the same reasons) it represents the essence of prayer.

Before we have even thought or done anything, Christ has come to the very door of our hearts. He knocks. He calls. He waits. He desires to come in to us and sup with us. In CCF we're always gung ho about eating together because we know of the special way people are brought together over a meal. The united fellowship and bonding over a meal is also deep set in Biblical times. Christ desires to come into our hearts and be in a living—thriving—relationship with us. Joyously intimate fellowship. Not remote and at a distance as some may see God to be. – think *Intimate Relationship*

Among the many other great things prayer can be: prayer is a deep, intimate connection with Christ. Prayer is the channel through which we submit, surrender, and are constantly filled with Christ. It is the complete Christ-centeredness of this connection that leads us to the next positive point. When we have Christ we have everything; everything is an outgrowth of our relationship with Christ (in connection with Trinity). Our Christian faith... well... look at the root word in there... With Christ in our heart we have tapped into the very richest wellspring for us in life (*Prov 4:13*). – think *Wellspring*

How:

Now we come to a most pertinent question with the most elusive of answers: How are we to pray? After all, “I’ve been trying all this time and it’s been rather dead and fruitless”, we say.

Speaking practically, I will recommend you to get your hands on and fully read the book *Prayer* by O. Hallesby. One of my 3 favourite Christian books and I can say with certainty it has forever changed my spiritual life.

Here are some of the thoughts which stand out to me; some are quoted fragments from the book:

Prayer is an **attitude** of our hearts, an attitude of mind... an attitude which He in heaven immediately recognizes as prayer, as an appeal to His heart.

Helplessness. Only those who are helpless can truly pray. Your helplessness is your best prayer!

To pray is to **open our hearts to Jesus**. To open the door unto Jesus (*Rev 3:20*) and admit Him into your distress. We think that we must help God to fulfill our prayer. We pray and expect certain answers in specific human ways. Let us not put God in a human box and count by human time. Instead, try just presenting the situation to God – and leave it at that, in faith.

Pray in the name of Jesus. We raise objections: “I can not pray. I do not have enough faith. Nor do I have enough love and earnestness. My heart is not spiritual, and I am not sufficiently zealous.” True. But pray in the name of Jesus, and it will be done.

“Until now you have not asked for anything in my name. Ask and you will receive, and your joy will be complete.” – *John 16:24*

“When you ask, you do not receive, because you ask with wrong motives.” – *James 4:3*

The question of how is not one to be answered concretely and concisely. Prayer is an art. Seek for lifelong mastery. Pray for the Holy Spirit to guide you in prayer and consider the above things. I’ve said a lot, but it may be worth little. If nothing else I hope it will help you in examining your prayer life, and help you to re-awaken it.

Consider this: A *life* without prayer is a *life* without God.

Women's Prayer Group

Denise Ma (ma.denise@gmail.com)

How often do we find joy in the simple things in life? Sometimes we tend to overcomplicate things and get distracted. God has once again reminded us that sometimes the best things in life are the simple and basic. Going with the theme of "Back to Basics", what could be more basic than prayer?

The Women's Prayer Group was started in Fall 2007, and continued throughout the winter term. We've been meeting weekly for an hour, and it has certainly been one of the most wonderful hours of the week. A scheduled program was avoided, and instead we sat together, shared how God had been working in our lives that

week, and lifted each other in prayer. No lesson plans, no preparation, no homework. We had an open environment, knowing that what was being shared would not leave the room. We listened, encouraged, and most importantly, we prayed.

Prayer is a very powerful thing, especially with fellow sisters in Christ as we can share openly and understand each other in a different way than with our brothers. This ministry has been such a blessing, and surely I've been reminded that some of the simplest things can bring the greatest joy.



Women's Cell Group

Joanna Wong (mugggah@hotmail.com)

Christie Yu (christie.j.yu@gmail.com)

"You are all sons of God through faith in Christ Jesus, for all of you who were baptized into Christ have clothed yourselves with Christ. There is neither Jew nor Greek, slave nor free, male nor female, for you are all one in Christ Jesus. If you belong to Christ, then you are Abraham's seed, heirs according to the promise."
-Gal 3:26-29.

A group of sisters have been meeting every week this term in Women's Cell to investigate God's Word, to be challenged, to be a living testimony of Christ, and to grow and build each other up. What an amazing term it has been! In our conversations, God has revealed himself to us time and time again. One of our activities is to look at the Scriptures with a questioning attitude and use them to encourage one another. A big challenge for us has been to clothe ourselves with Christ. In this, we have also been challenged to answer the question, "Who is my God?" So to provide just a glimpse into our hearts, we would like to share with you who God is to us. This compilation is by no means inclusive, but perhaps you might also see a sliver of the God who is very much our reality.

God has a plan for me, and He knows it.

"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you a hope and a future." -Jeremiah 29:11

God is our eternal God. In his vastness, we are nothing in comparison.

And the glory of the LORD will be revealed, and all mankind together will see it. For the mouth of the LORD has spoken." A voice says, "Cry out." And I said, "What shall I cry?" "All men are like grass, and all their glory is like the flowers of the field. The grass withers and the flowers fall, because the breath of the LORD blows on them. Surely the people are grass. The grass withers and the flowers fall, but the word of our God stands forever."
- Isaiah 40:5-8

God is the Creator of all things. He is our Creator.

"Do you not know? Have you not heard? Has it not been told you from the beginning? Have you not understood since the earth was founded? He sits enthroned above the circle of the earth, and its people are like grasshoppers. He stretches out the heavens like a canopy, and spreads them out like a tent to live in." - Isaiah 40:21

God is in control and has the power to guide my life.

"Trust in the LORD with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight."
- Proverbs 3:5-6

Flower by Betty Chan (blu_without_u@hotmail.com)

INSIGHT - WINTER 2008

God is Father. He will rescue me even if it costs Him so much. He can and wants to forgive me.

The Prodigal Son, e.g. “But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him.” - *Luke 15:20*

There is certainty that I will face trials, but through these trials God will only make us stronger because He is our deliverer.

“Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance.” - *James 1:2*

God is in my life to stay. There is nothing that can come between me and God. Romans 8:18-39

“For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us

from the love of God that is in Christ Jesus our Lord.”
- *Romans 8:38-39*

God is concerned with my plight.

He is mighty to save! Psalm 18.

He reached down from on high and took hold of me; he drew me out of deep waters. He rescued me from my powerful enemy, from my foes, who were too strong for me. - *Psalm 18:16-17*

God calls us His own. We belong to Him. The flames will not touch us, because God says, “I am going to redeem you.”

“But now, this is what the LORD says— he who created you, O Jacob, he who formed you, O Israel: “Fear not, for I have redeemed you; I have summoned you by name; you are mine. When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.” - *Isaiah 43:1-2*



“Island” by Robin Ma (chirp_gate9@hotmail.com) - Oil Canvas

Worship Cell Group

Kar Wai Kwok (kevinkwok@gmail.com)

Creekside Church (<http://www.creeksidechurch.ca/>) had an inspiring sermon this past Sunday. The topic was on encouragement, or more specifically, how one person embodied that virtue. His name was Joseph, but the apostles nicknamed him Barnabas, meaning 'Son of Encouragement' (Acts 4:36). One of his most important actions was defending Saul, at a time when he was still notorious as a great persecutor of Christians. The Bible says, "but Barnabas took him and brought him to the apostles. He told them how Saul on his journey had seen the Lord and that the Lord had spoken to him, and how in Damascus he had preached fearlessly in the name of Jesus." (Acts 9:27). As a result, Paul became one of the greatest leaders ever in Christianity. Barnabas' actions have set an example of demonstrating support to countless generations of Christians.

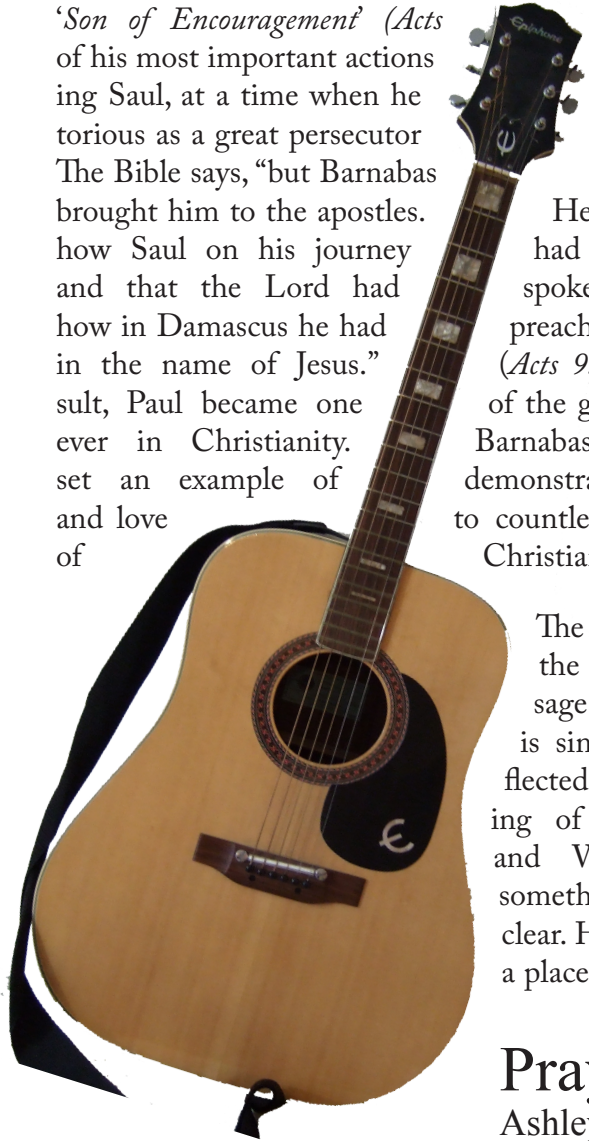
The reason that the above passage is there at all is simple. As I reflected on the meaning of home, CCF, and Worship Cell, something became clear. Home *should be* a place of encourage-

ment, of support. It's a place where people near and dear rebuke you when necessary, but more importantly, build you up and strengthen you. It's a place where everyone is looking out for each others interests. A place where a guy like Barnabas is commonplace. What it *shouldn't be* is a corrosive environment, full of pessimism disguised as "realistic perspectives", and tearing down of any efforts. A place where Saul would have been kicked out at first glance.

I believe Worship Cell has become a home for many in the cell group. It's a safe place, held together by the common bond of Christ, where future worship leaders are free to try new and radical things, where people can share about their problems if comfortable, where we all laugh and cry if we want to, but most importantly, **we build each other up**. Everyone involved has grown thanks to a simple meeting every Wednesday night.

It's my sincere belief that this encouragement, this support, this attitude of Christ-like home is what stands out in this generation of so-called 'cool' cynics. Not all of us will reach our own standards of success. Some of us will never make as much as our parents, or have as nice of a house or car. Our fears divide us, but our love strengthens us. This is how we'll be known as Christians - **by the joy that we have in God and in each other**.

Jesus, with a simple Sermon on a Mount, defined and created a home for us. Now let's go and do likewise with CCF.



Prayer Meetings

Ashley Ee (rcxash@gmail.com)

Why pray corporately?

"And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints," - *Ephesians 6:18*.

Prayer is an essential tool that God has given us. In our personal lives, it is a direct method of communication between God and us. In ministry, it serves to uphold and support the work that God wants to do.

aspect in fuelling the fellowship's ministries and upholding its members and leaders. In the book of Acts, it is clear that everything the believers did was under girded by prayer and fasting. For example, praying before choosing a disciple to replace Judas, or, praying before sending off Barnabus and Saul on a missions trip. Prayer is a powerful weapon that we as believers hold. Through interceding for the fellowship and for God's will, we can help in forcefully advancing God's kingdom.

The enemy seeks to prevent us from growing in God and advancing the kingdom. In Daniel 10, Daniel receives

With respect to CCF, prayer is therefore a crucial

a word from the Lord and fasted for three weeks concerning it. At the end of the three weeks, an angel appears before Daniel and explains that he had been sent to explain the word to Daniel since day one, but that the principality over the kingdom of Persia had withstood him for twenty-one days (three weeks), until the angel Michael came to help. Therefore, the words of Ephesians 6:12 are quite pertinent: "For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of darkness of this age, against spiritual hosts of wickedness in the heavenly places." In order to truly uphold the fellowship in its advancing of the kingdom, we must lift God's name up in praise, pray for a covering of protection over the fellowship, and war against the enemy.

In this light, corporate prayer is an essential aspect of any ministry. Let us never cease praying and interceding.

Through all this, just as it is important to worship God in Spirit and truth, so we must also pray by the Spirit. For the Holy Spirit that Jesus sent us is truly there to help us and back-up our prayers:

"In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints in accordance with God's will."

- Romans 8:26 - 27.

Ice Hockey

Steven Wong (sm2wong@engmail.uwaterloo.ca)

Over the past 4 years, CCF has taken part in UW's intramural's competitive ice hockey league. This winter term has been no different - we have continued the tradition by fielding two (beginner level) teams: the *Chasers* and *Seekers*.

Members of each team range from beginners (knowing how to skate, but not stop) to veterans (who played in high school and continued into university), and enlist both those inside CCF and without. Over the term, members (about 15 to a team) have gotten to know and fellowship with each other intimately (*especially when crammed into a small, smelly dressing room.*) As we have grown better in hockey through numerous practices and games, so have our friendships grown over the term.

For its members, hockey has provided a source of physical nourishment and mental refreshment, helping us to work with clearer minds and serve with good health. (*The 8am practices also helped us all get an early start on the day.*)

New this year was the introduction of a CCF alumni hockey game, which pitted the undergrads vs alumni's and grad students against undergrads. Held on March 29, grad dinner weekend, it was a great success, with over 40 players joining in from Waterloo and the GTA.

If you would like to play in future terms, and are willing to learn a few skills, feel free to contact us. No experience necessary.



CCF Alumni Game Participants - March 29, 2008



Home Sweet Home

Dr. Andrew KC Wong (akcwong@pami.uwaterloo.ca)

When I was a boy, I came across an old English Song “Home Sweet Home”.

The verse goes as follows:
‘Mid pleasures and palaces,
 Tho’ we may roam;
 Be it ever so humble,
There’s no place like home;
 A charm from the skies
 Seems to follow us there,
Which, seek through the world
 Is ne’er met with elsewhere.

Home! Home! Sweet home!
 There’s no place like home!
Oh! there is no place like home!

Years later, I have traveled a lot, sometimes staying in a five stars hotel suite, enjoying my afternoon tea in the executive lounge with a notebook with me, overlooking a beautiful harbor. Sure, I was quite excited in the first week. Yet just like that old song says, in all such pleasure, a thought often flushed through my mind. I wish I were home.

Then what is the magic of the word “home”? What actually come across your mind when you think of the word “home”.

When God said: “It is not good for the man to be alone”, woman was created and the concept of “home” was revealed. One of God’s greatest blessings to man and woman is to give them children. In God’s plan for them, **Home has become the social unit formed by a family living together.** When we are home, we feel safe. When we were tied, we go home. When a storm is oppressing, we rush home. At home we feel at ease, relaxed and comfortable; we share, we feel the care, the love and the support of our family members.

As I recall, the happiest moments in my college days were Saturday nights when my brothers and sisters gathered together around the piano. My elder brother played the accompaniment for a quartet made up of me, my younger brother, and my two sisters. Indeed, it was

heaven on earth. I thank God for a “Home, Sweet Home”, for keeping my family in His love and care. I am extremely thankful for having such a Christian home.

You may say that you were fortunate, not everyone could have a Christian home. That was not true. Just a few years before I entered the university, not all my brothers and sisters were in Him. A change of life style and attitude of some family members gradually influenced the whole family. “Believe in the Lord Jesus, and you will be saved - you and **your household.**”

But how about homes today? There are so many broken homes, single parents, “astronauts”, and in many households, each family member cares only for himself/herself. There were disharmonies, quarrels, suspicions, jealousies and competitions. “Home” becomes more like a motel so distant and alien. To some, it is like a battlefield or a hell, a place they would rather stay away. Actually, Peter has warned us for this in the last days.

“But mark this: There will be terrible times in the last days. People will be lovers of themselves, lovers of money, boastful, proud, abusive, disobedient to their parents, ungrateful, unholy, without love, unforgiving, slanderous, without self-control, brutal, not lovers of the good, treacherous, rash, conceited, lovers of pleasure rather than lovers of God— having a form of godliness but denying its power.” - *2 Timothy 3:1-5*.

This happens when godliness is sweeping over our family fabric and secularism prevails.

Then how could we restore the blessings of home?

If you have not been a Christian yet, I heartily beseech you to accept Christ as your personal savior and His value of life - this life and the life to come - for this is the perfect will of God for humans and the source of a perfect home.



If you are already a Child of God, just follow His teaching.

“Honor your father and mother.” This is the first commandment with a promise: If you honor your father and mother, “things will go well for you, and you will have a long life on the earth.” - *Ephesians 6:1-4*

If you continue to overwhelm your family members with His undying love; profound understanding; persistent care; and make Him the Centre of your life, things will surely change. As Jesus told Zacchaeus, “Salvation has come to this home today, for this man has shown himself to be a true son of Abraham.” *Luke 19:8-10*. “Believe in the Lord Jesus, and you will be saved—you and your household.” - *Acts 16:30-32*

Jesus also teaches us: “All who love me will do what I say. My Father will love them, and we will come and make our home with each of them.” - *John 14:22-24*

The Lord said, “Who then is that faithful and wise steward, whom his lord shall make ruler over his household, to give them their portion of meat in due season?” - *Luke 12:41-43*

These are the teachings and promises of our loving God. Be not discouraged. Do as what He wants us to do. God will listen to our prayers and prayers will change things.

Soon you will have your own home. Wait upon Him to meet the right one to form a new home together, totally a home of your own. You have the entire future ahead of you to have a **Home Sweet Home**. This is the blessing He has promised for those who love him. Make Him the centre, your home will be the heaven on earth - from here to eternity.



CCF Home by Jonathan Wong

Potholes

Herman Lam (hermlam@gmail.com)



Over the past four years in university, I occasionally traveled back home to Montreal. Before Québec put up a lit “Bienvenue à Québec” sign, it was easy to miss their welcome sign. The sign was simply a small metal panel - rather insignificant. But at the end of the day,

it didn't really matter if there was a sign at all; all you need to hear and feel was “bump... bump... bump.... THUMP!”..... and you know you're in La Belle Province. The roads in Quebec are atrocious.

Just to give you an idea the extent of this atrocity, an Ontario friend of mine lost his muffler in his encounter of a Québec pothole a few years back. On an-

other incident, the news traffic told motorist to avoid using the service road of the Trans-Canada because of a stalled car who lost his tire to a pothole. Then there's the most recent specimen that I witnessed when I visited home - a pothole the size of a shopping cart with the depth equivalent to the width of vehicle tire. Québec's roads are black holes.

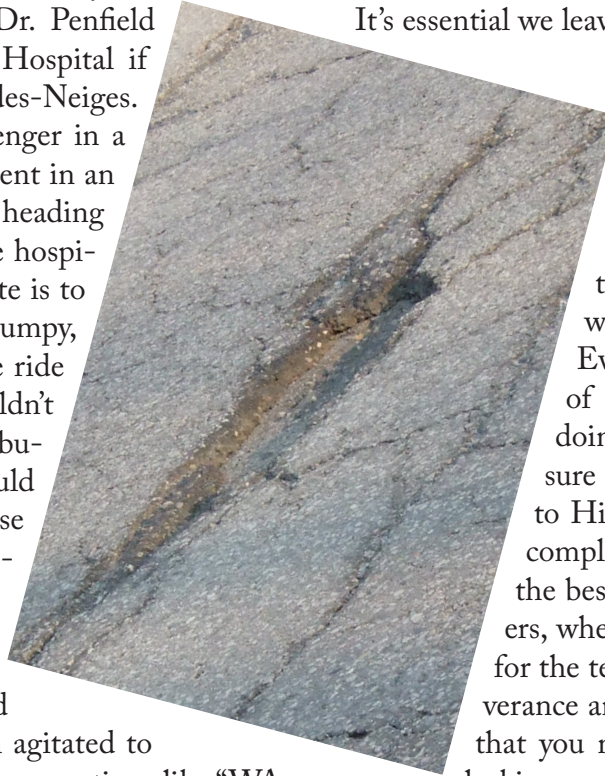
While I was living in Montreal, I still recall this one time were I was driving on a road called Dr. Penfield and I almost got into an accident due to my attempt to dodge potholes. If you haven't realized, potholes are dangerous and can cause some serious damage to the car. The thing is, our lives are laid out with a network of roads for us to drive on and often, like the roads of my home province, they are bumpy and filled with potholes. They can't be avoided. They hurt and break us down. The logical course of action would be to give the driving wheel over to God.

But, I have come to realize that even with the wheel in his hands, we'll still be traveling over potholes and

bad roads. WHY? Why are there so many times in our lives where it seems that all we have is pain and a bumpy ride? Well, let's go back to my experience on Dr. Penfield and raise the stakes. First, if you're not familiar with Montreal roads, Dr. Penfield leads to the Montreal General Hospital if you're heading south on Côte-des-Neiges. Second, instead of being a passenger in a car, think of yourself being a patient in an ambulance. This ambulance is heading south on Côte-des-Neiges to the hospital and the shortest, quickest route is to go through Dr. Pendfield, this bumpy, pot-holed road. Just because the ride became slightly bumpy, you wouldn't wrestle to take control of the ambulance. I sure hope not. You would trust the one who's driving because you trust he knows where he's going and what he's doing.

Sometimes God brings us through crazy life events and we're confused and perhaps even agitated to the point of anger. You start asking questions like "WASUP WITH THAT???" LIKE, YO GOD???" YOU PLAYING WITH ME???" (Or at least, I did). Thing is, God ain't playing. He's growing you. It is in these downtimes that we need to rely and trust in God the most. We NEED the bumpy ride in order to get to the

destination. There is always a challenge that stands in our way. The ride is bumpy, but we've got to trust God. When put in trials, there are always two extremes that come out of it. We either learn and grow, or we stumble. It's essential we leave the steering wheel up to God.



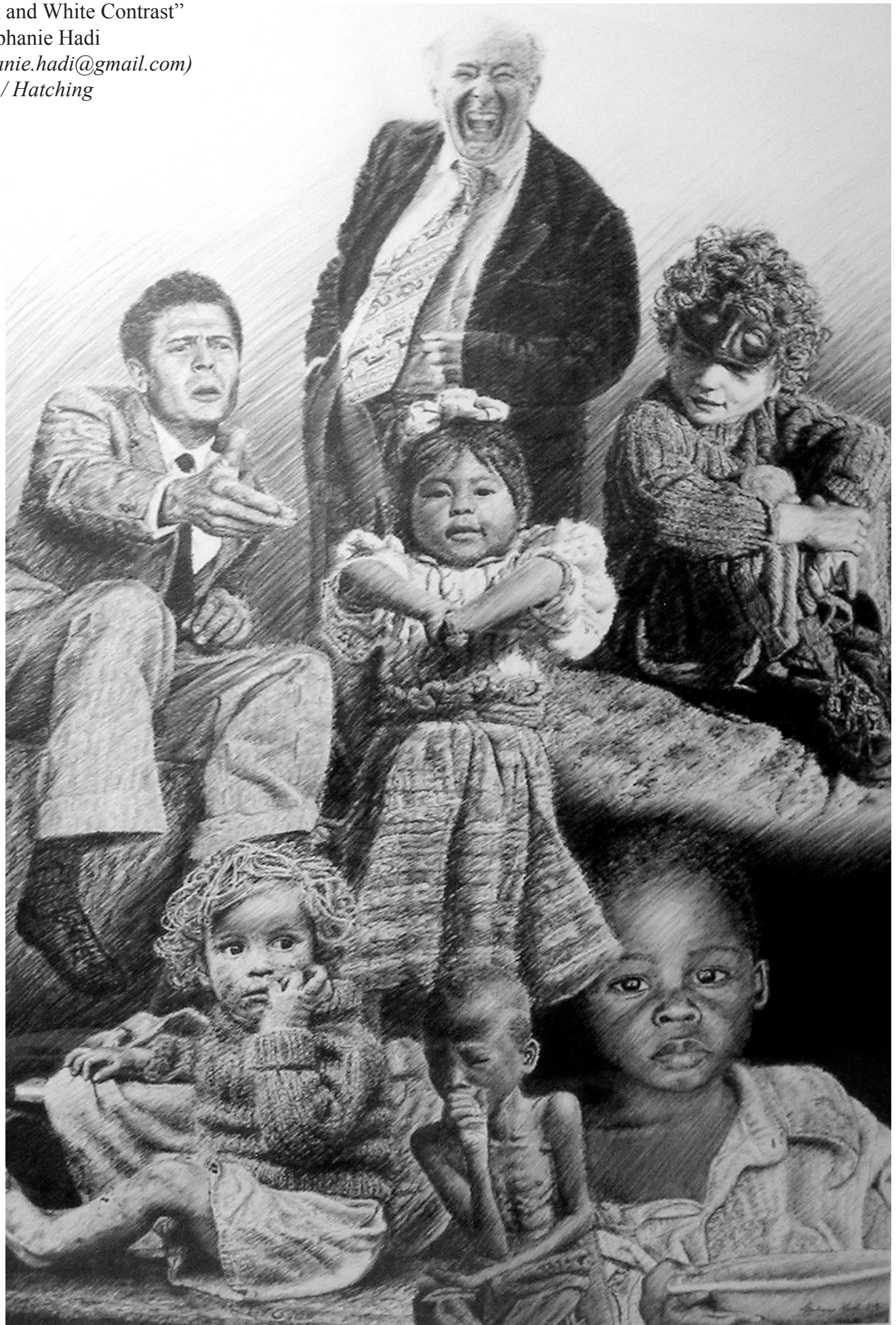
With God being The King of Heaven and Earth, there's only three words fit for the King (as Urbana 2003 Lisa Espenelli put it): Yes, Your Majesty. So in the toughest of situations, these three words are all the more imperative. Even in the most pothole infested of situations, He knows what he's doing and His will will prevail. I'm sure many of us have given the wheel to Him. The challenge is to trust Him completely with it. James 1:2-4 puts it the best: "Consider it pure joy, my brothers, when faced with trials of many kinds, for the testing of your faith develops perseverance and perseverance must finish its job that you may be mature and complete, not lacking anything." God reigns and He's got our best interest in mind. Remain teachable, be joyful always and leave the steering wheel in God's hands in all circumstances, potholes or no potholes.



Jon Lin with Herman, trying to reclaim the other half of his manhood



“Black and White Contrast”
by Stephanie Hadi
(stephanie.hadi@gmail.com)
Pencil / Hatching



Then and Now: Reflections of First Year

Denise Ma (ma.denise@gmail.com)

(Reprinted from Spring 2004)

I've been thinking for the past few days about the lessons I've learned from my first year of university, the experiences, the friends I've made, and the mass amounts of school work. We can all figure out which of the four is clearly my least favourite...

Comparing 1A and 1B, I can see how God has been so faithful and so wonderful to me. 1A was a difficult term for me - I suffered academically, socially, and worst of all, spiritually. I never thought I'd be the one who would be at the bottom of the class, or the one struggling to understand such 'simple' concepts, or the person who would be so overwhelmed that I couldn't be sure about passing a course or not. Socially, I felt that I didn't really fit in with the people around me. Residence (V1) consisted of party-ish type people who went out drinking as often as possible. In class, there were the super smart people that I would only drag down if I hung out/studied with them. In CCF even, I just didn't seem to 'click' with people. I didn't grow up with them like I did with my high school fellowship, and it seemed like they already had their set friends. The struggles in all areas and not knowing how to balance things well caused me to fall further away from God than ever before. I used to think that people who were straying away could always find their way back easily. They just had to do this and that, and 'just have faith' — all the cliché things that are so easy to say, but so hard to do. I never thought I'd be in that position myself, that I'd fall away and not know what to do or where to go. But of course, I was very wrong; I was so afraid to move in any direction — to study more, or be more involved in CCF. It felt like no matter which direction I chose, I'd continue to fail.

Work term was a real blessing. I was able to go home, return to my home church, serve again, and join the university fellowship there. I was *home*. Through the four months there, I knew God was training me, getting me ready for the next school term; bringing me back on track so I wouldn't continue to fail once I returned to school. I loved being back at home so much, I almost didn't want to return to Waterloo! But alas, the time had come to catch the train!

When 1B started, I decided that it wasn't going to be THAT hard, since I could learn from the bad experiences of last term. But of course, how wrong I was! Classes began, and once again, low marks and mass confusion

became familiar to me! Learning from last term, I decided to get more involved with CCF. God has placed me here for a reason, so my mindset was that I was going to try and get the most I could out of my time here. I initially thought that I would sacrifice marks and study time if necessary to make sure that I didn't fall away from God, but was quickly reminded that perhaps there was a better approach. Thus, I made balance the goal of this term — to study more but also become increasingly involved with CCF. There were ups and downs here and there, but altogether, God has been blessing me so much this past term. I've gotten to know some of the CCF people better and I feel like I'm really part of the fellowship; like I am contributing and have a place to serve. I know that without God, I would not have been able to handle the challenges that came my way this term.



I've learned some really valuable lessons from CCF. One came from a Bible study this past term on 1 Corinthians 9. Verse 24, "Run in such a way as to get the prize," really stuck out at me. This could be applied in so many areas of my life! The runner trains himself, beats himself, and has a purpose! In whatever I am doing, I hope that I would give it my all and really aim to get that prize. Perhaps I can't articulate it in this article, but when I read that verse, there's just something inside that makes me want to keep going. I hear that "champion" song in my head (from an episode of Fresh Prince!) and feel ready to face the challenge!

Something that's touched me from this past year is a song I learned from one of the first CCF meetings I went to. "What else can I do but worship? What else can I do but bow? 'Cause all I really long for is You. And all I really yearn for is You." At the end of the day, what's the point of it all? Before I go to bed, I like to

sit and reflect, and this song comes to mind. “What else can I do but praise You?” What else would I want to do but praise Him? Well, I’m sure there’s a lot of stuff I’d like to do, but is anything really as valuable as praise and worship to my Father? Is anything else really worth it? This song captures so much of what I feel at the end of a day. Praise for the great things that happened, comfort for the difficult times, joy and feeling so full, knowing that He is *everything*.

So to sum up, these are a few lessons I’ve learned from first year, in no particular order:

- Spicy chicken wraps from the V1 cafe are super! However, the ‘buns’ that come with the pasta are not....
- **Balance** — such a popular word, kind of cliché, but so necessary!!
- Things won’t be the same as high school. But that doesn’t mean that it’s going to be bad. Be thankful for the situation God has put you in and make the best of it
- ‘Accountability partner! Very valuable and a good thing to have.

- ‘If you don’t fit in right away, it doesn’t mean you don’t fit in at all. God has a special place just for you, wherever you are.
- Upper year students can share wonderful lessons with you. Listen to them! After all, with their **many** years comes wisdom (hopefully!).
- ‘God is so wonderful! He won’t leave you, even if you think that He has.
- ‘Give God the time He deserves, or else it could be detrimental to all areas of life!
- Sitting in the front row in class does not mean that you won’t fall asleep!
- ‘DP is your friend.
- ‘Enjoy your time here, because you’re clearly here for a reason.

God has taught me so much through my first year at UW, through both good and bad experiences. I wanted to share about some of the things that I learned and how God reminded me of his constant presence and faithfulness. Hopefully, I can take these lessons to heart and continue to grow in the years ahead here and continue to serve our wonderful Father. Take care!!

Then and Now: Reflections of a 4B Student

Denise Ma

Where has the time gone? It’s hard to believe that there are only two weeks left of class. Not just for this term, but for the rest of my undergrad career. I’m graduating, and as excited as I am to be finished with all the studying, late nights writing up lab reports, being completely lost in class, and camping out at the library, I’m going to miss Waterloo. How does one go about reflecting on the last 5 years of her life?

I think about the person I was in high school and wonder how much I’ve really changed since I’ve come to university. How has God changed me? I once thought of the Britney Spears song “I’m not a girl, not yet a woman” (I know...this may seem silly...) and thought about my own personal journey of being a godly woman. Was I there yet? No. But I’m not the same little girl I was back in Ottawa, who seemed to think it was easy to have faith in God and deal with troubles of everyday life. God has brought so many challenges, so many opportunities, and incredible people to walk alongside of me during my time in Waterloo. Have I been broken? Oh yes. Have

I made mistakes? Yes. Have I been filled with joy from the Lord? I’d say yes to that too.

Perhaps starting with academics – I’m not the smartest kid on the block. I’ve accepted the fact that I’m in the bottom 20% of my class, and frequently have the fear of failing my courses. It’s been a struggle to feel confident about my academic capabilities, and feel as if I know something that I can apply in a work environment, without the constant help of my classmates. I look at this iron ring on my finger and realize that I have a responsibility to do my job the best I can and be critical in the decisions I make in the workplace as it will affect consumers out there. How many times have I put myself down because I did poorly in school, or just could not find a way to focus in class? We all have our struggles, and mine happened to be the detrimental effect that my academics had on my own confidence.

CCF has provided a place for me to be challenged spiritually and take chances, make some mistakes, and

meet the Lord in amazing ways. I am so thankful for the patience and understanding of CCF members who have encouraged me when I've been in leadership positions and have been learning my way, whether it be on committee, leading a cell group or other ministries, or learning how to evangelize to friends. I've been encouraged to think critically about my faith, and the motivations behind my beliefs and the way I live my life. I've realized that God can use every opportunity to teach me something, if I am open to it. God has humbled me so many times, reminding me just how much I need to depend on Him.

I still remember the upper years that reached out to me in my first year, and I am still so appreciative of their support as I struggled through the growing pains of adjusting to university life. Keeping this in mind, I have tried to reach out to other first years and newcomers and welcome them. However, I'll admit that it is still quite intimidating at times. In my second year, I took the time to build some relationships within CCF and get back on track academically. As different challenges and opportunities came my way, I realized that perhaps I wasn't as mature as I thought, both personally and spiritually.

My third year was the most difficult time in university. I had reached probably the highest point in my spiritual walk thus far, and then dropped to the lowest point all in a matter of months. I was encouraged to focus on prayer in my 3A term – to commit everything to God before I did anything and be in continuous communication with Him. It was an incredible term to grow

in my own personal relationship with God, as well as take a step of faith and serve on committee for the first time. However, in 3B, things were drastically different. I somehow tried to take on everything myself, not knowing how to trust God, not knowing how to keep up with friendships, and yet again failing in school. I felt pressured to make it seem like everything was perfect, that I wasn't struggling, and that I was this wise upper year serving on committee. At the root of all my problems, it all came down to whether or not I was trusting God in all aspects of my life, and I wasn't. I allowed myself to be deceived by Satan's lies and to lack self-confidence even more. It took a long time to recover from this; to realize my mistakes and find a way to come away from that dark place. I had to learn how to trust God again and be intimate with Him.

In this last year, God has been revealing to me who I am. Recognizing my strengths and weaknesses, and understanding what I'm passionate about. I've learned that I don't have to be perfect, and can't be. But that I need to rely on Him and trust that He will take care of the worries that I have. I certainly still struggle with some of the same things as before, and am continuously learning. But there is this joy and hope that can only come from the Lord. Things are not perfect, but when will it ever be? God has carried me through the good times and the dark times, and He has been incredibly faithful. Perhaps it is difficult to summarize 5 years of university life in a brief article. I hope that it has provided at least a little glimpse into the things that God can do and how He is so faithful and will never leave your side, even if you've strayed so far away.

For those of you still in Waterloo for a little longer, I encourage you to anticipate the amazing things that God can and will do in your lives. Pray that He would use you in incredible ways and challenge you. May your lives be blessed and God-centered here.

I'm not the same person I was when I first came into Waterloo, and neither will you. Be blessed. ☺

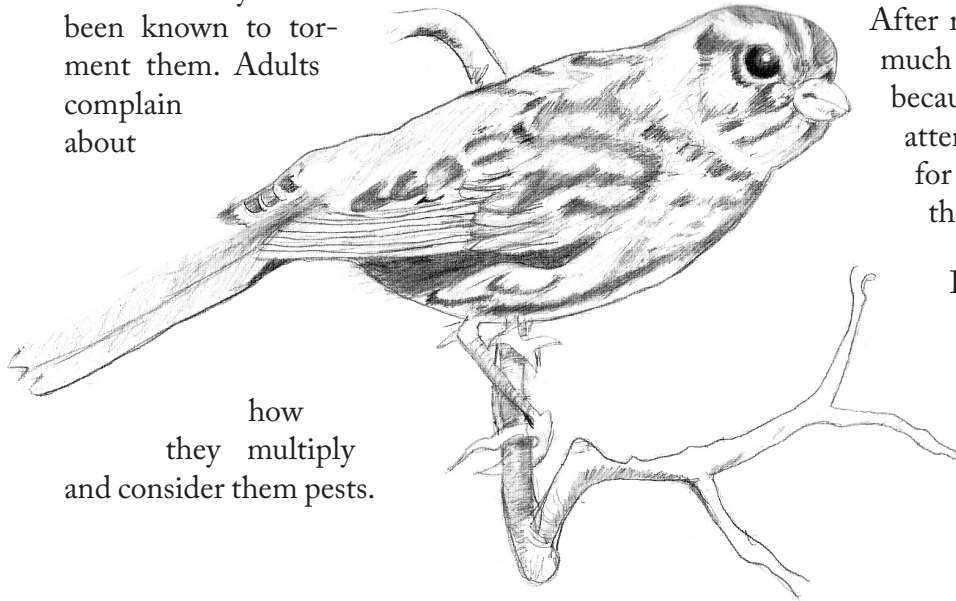


Panda by Steven Wong – *Watercolour*

Sparrow

Carson Ma (pekkles67@gmail.com)

I drew this picture of a sparrow (or a small bird) because I want to stress one point. Sometimes it seems that God is the only one who cares for sparrows. Cats and birds of prey like to hunt and eat them, and little boys have been known to torment them. Adults complain about



how they multiply and consider them pests.

Yet, Jesus said, “not one of them falls to the ground apart from your Father’s will” (*Matt. 10:29*). It is interesting that Jesus chose the most common of all birds to teach a profound truth: in God’s eyes, no one is insignificant!

After reading this passage, it made me realize how much God loves each and every single one of us because even the littlest things are objects of God’s attention. In the bible, Jesus illustrates God’s care for us by pointing out that God cares for even these “pest” sparrows.

I want to encourage those who are struggling or going through some tough times, hang in there because through God’s care for sparrows, Jesus is able to encourage us in Matthew 10:31. It says “so do not fear; you are more valuable than many sparrows.”

Being the Salt

Michael Chan (michaelchan87@gmail.com)
(Excerpt from the CC series from blog.deblurr.com)

Contagious Christianity living as children living as the salt and light of this world.

“**You are the salt of the earth**, but if the salt has lost its flavor, with what will it be salted? It is then good for nothing, but to be cast out and trodden under the feet of men. You are the light of the world. A city located on a hill can’t be hidden. Neither do you light a lamp, and put it under a measuring basket, but on a stand; and it shines to all who are in the house. Even so, let your light shine before men; that they may see your good works, and glorify your Father who is in heaven.” - *Matthew 5:13-16*

I’ve always loved this metaphor, and at the same time - I’ve always neglected certain parts of its message. I’ve never really fully taken the time to understand what Jesus was trying to say during his time on the Mount.

I’ve always been mesmerized by the message of being the light of the world, but always have seemed to have put aside what it means to be the salt. Back when

Youth on a Hill formed to shine its light in the GTA area, I was drawn in by this concept of being the light for the world, a light for Toronto. And somehow always chased after the latter, forgetting what it meant to be the former.

And as I was reading and learning things these past couple of months, I realized that we need to be both of these things. If it was just about being the light, Jesus would’ve said so explicitly.

Many of us go about living out our faith. Among those who believe, we find that certain people have frequent seekers ask about our faith. And they are given these awesome opportunities to minister to friends, co-workers or even total strangers. Have you ever wonder why they get asked? And why it doesn’t happen to me?

I know I have.

And one of the reasons why they are approached is because they are being the salt Jesus preached about.



Salt generates thirst, which is a biological miracle down to the very hormones we secrete, for water. And coincidentally Jesus is the living water. (*Jn 4:7-13*) And as the salt of this world, we should strive to be able to invoke that thirst for others to want to know more about Him. To be salty. So salty that

others around us will inherently gain a thirst to know what is so special about this faith we believe in; about our God. Whether it is through our complexion, authenticity, compassion, sacrifices or actions - we should aim to have others around us question our faith.

The saltier something is, the thirstier we get. And likewise, we should increase the presence of God in our lives. To have our lives centered around Him and become passionate sons and daughters of God. To be so 'salty' that those who come in contact with us will be impacted and want to know more about our faith.

In Matthew 15:3, Jesus said that salt without savor is worthless. It has lost its power. It cannot generate any thirst. And no matter how hard we try to get others to know about our faith - it will only be trodden under the feet of men. So let us remain in Him and he will remain in us. (*John 15:4-5*) Pray that we can become more potent; to want others thirst for God.

But why should we make someone thirsty in the first place? Being thirsty is a bit undesirable anyways. Why would someone want to ingest salt in the first place? Why do we eat things with salt in the first place?

The answer is because it provides flavor. It makes plain tasting food seemingly transition into awesome dishes. I don't really see how something so small and insignificant, can totally change how something tastes. But it does. And like the metaphor suggests - we as the salt can provide flavor into people's lives. The flavor is not really us, per say, but the relationship that springs forth from knowing God. The joy of knowing Christ is the flavor.

So as the salt we must also go and be that flavor!

But salt is useless on its own, it has no effect on its own. It has to get close to whatever it needs in order to generate an effect. Salt, has no affect on its own. If we're talking about adding flavor to food - salt has to first mix with the meat before it can have an effect. And similarly we are also useless if we just keep to ourselves. We need to get close to those who have yet to experience Christ. It's no use if we just stick with other fellow believers; stay within our comfort zones. Because if we do we'll just be salt that is stored in a cupboard. He did not tell us to be salt amongst the believers, instead Jesus said to be the salt of the earth. To be the salt for his people.

We are to be in the world, so that the world may benefit by our difference. (*By difference, I mean that we are not the same as the world. And it should stay that way, for if we lose our saltiness when we minister to our friends and non-believers, then our faith is useless.*)

Preserve! And with everything in mind, we must also preserve. Preserve both this rotting world from decaying, and also our faith. For salt is a preservative by nature.

“And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.”
- *Romans 12:2*

A lot of us live these awesome Christian lives and there really isn't anything wrong about it. But take up the **challenge** to be the salt that Jesus asked us to be. So many of us are such potent and 'salty' Christians. And I'm really happy to see that, but the next step is to take up the challenge - to go out and mix salt into this world.

To be **potent** and **close**, so that a thirst and flavor may affect to those around us.

Only after we become that salt, can we proceed to be the light. For if they are not willing to open their ears and hear, our light, the gospel, will never reach their hearts.

The Article

Victor Lau (victorlau29@gmail.com)

Among the wide variety of courses in university, at least some of them would teach us a little bit about life. And for those that don't, those people would twist their course material until it does (the engineers). Luckily for me, I don't have to wait for the right opportunity for my engineering courses to come up with some obscure connection with something at the least life-related, because of the elective that I'm taking this term. Along with some brother and sister in CCF, I'm taking a course on the Apostle Paul and his epistles. This course gives a very fresh and unique perspective on the Bible that a Christian would never have. Some of the things that we read in the New Testament may be very typical sounding and almost trivial to us after hearing it so much, but with an in depth knowledge of the context, as well as an idea of the mind of the Apostle Paul, a much more rich understanding can be developed about his message, and of course, Christian living.

There is much that can be read in the text just by knowing more about the recipients of the letter. Paul's purpose in writing letters is because there are issues in the church that require a higher authority in the early Christian faith to deal with. Since each church has its own problems, then the premise of each letter is also very different. Depending on the degree of the church's problems, Paul's tone and attitude toward them could be different as well. In addition, it is important to regard the social and cultural make-up of the church. The early church was established first in Jerusalem, and by the spread of the gospel, other churches were formed in the surrounding area. Even before the arrival of Jesus Christ, the continent had been taken over by Alexander the Great, and hence, the Greco-Roman Empire. Countries were destroyed and taken over, and survivors not wanting to fight any more have no choice but to be assimilated by the Roman government. The Romans created new cities and reconstructed old cities by their own form. The survivors tried their best to retain their own culture and resist complete Greek domination. The result of this is an amalgamation of cultures and beliefs. This process, called Hellenization, is very prevalent among

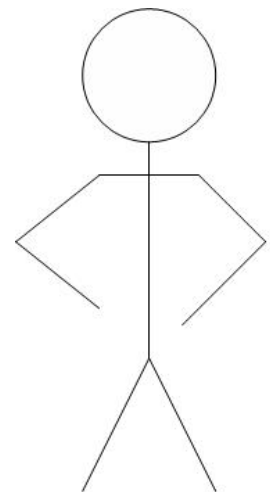
the churches that Paul addresses. After many years of the Greco-Roman takeover, the cities consist of a very wide range of people classes; from the slave to the rich.

This too is reflective of the early Christian church. Did they have big churches back then? No, they would meet at separate homes and have small meetings, and then meet at the "marketplace" for large group meetings where they are susceptible to the message of other missionaries, Cynic philosophers, pagan mystery religion worshippers, or people that just want to scam for money.

Only with all these things in mind can one get a good image of what Paul has to deal with, and how he would respond to specific congrega-

tions. Paul generally follows a consistent letter structure in most of his letters, but in the letter to the Galatians, he does not use this structure. Unlike most other letters, he does not have a thanksgiving section after the salutation in the beginning of the letter. The reason for this is because Paul is absolutely furious at the Galatians. From a careful reading of Galatians, a few of their issues can be observed: the Galatians have been "preaching another gospel" (1:6), and have been holding onto the value of circumcision. Paul is angry at the Galatians because some of them have not accepted God's free salvation for what it truly is, but have preached that the observance of the Law is needed to attain salvation, and are causing the entire congregation to follow this pattern. Paul responds in much anger and frustration for leading the congregation astray.

Paul uses the story of Abraham to challenge the Galatians, which is the main idea that I wanted to share with you. Whether Abraham was asked to pack up his life and move to a foreign land or to sacrifice his own son on the altar, he did so without complaining, and believed in the Lord. And this was "credited to him as righteousness". For his faith, the Lord blessed him and blessed all the nations through Abra-



ham. Later, Abraham was given the sign of the covenant, which was circumcision. Some years later, God also gave the Israelites the Law on Mount Sinai. But because the basis of God's blessing was Abraham's faith, then the Law is secondary to God's promise to Abraham. It's more important for us to have faith in God than to follow his Law and circumcision. In the new covenant, God has given us the gift of grace through Jesus Christ, and if one believes in him, he will have eternal life, and the seal of the Holy Spirit as the sign of the covenant. The motif of faith and trust is carried through in both covenants. Yet in Galatians 3:23, Paul describes the Galatians to be "held prisoners by the law" or "under the restraint of the law". What Paul means is this: knowing that there is something much better being given to you, why would you stick with something less? A more accurate image can be seen in a better translation of the text. Paul uses the Greek word, *paidagogos*, to describe the law. Paul says so with a lot of contempt and sarcasm, because the meaning of the word will shock you. When families have children that are not mature enough to handle the freedom of walking to school on their own, the parents must hire someone to take them by the hand and guide them to school. Usually this person is a slave or a hired hand. This hired person is called a *paidagogos*. Paul equalized the Law, which God gave to the Jewish nations as a revelation of his will, to a babysitter or a nanny. Isn't that a bit harsh? But why should you follow the Law when you are given the Holy Spirit, who intercedes and communicates with God on our behalf? If that is true, then why did God give us the Law? According to the analogy Paul has given, a *paidagogos* is needed for those not mature enough to handle themselves. A young child who is an heir cannot handle themselves, even though they have the status of an heir. They need to depend on someone to live, so the parents must hire a *paidagogos*. Before Christ, the Israelites needed someone to walk them through life by holding their hand through life. With the coming of Christ, we are a new creation. We believe in the power of Christ's death and resurrection, and in Christ, we "grow" and become children of God and heirs according to God's promise to Abraham.

Take a good read of Galatians 3 and think about this. After all this analysis into Paul's letter, how should we

as Christians today think about ourselves? Do you find yourself following some kind of legalistic ritual to work for your relationship with God? Are you trying to earn your salvation? Do you see your devotions failing, your prayer life slipping and your desire to seek God disappearing? And when that happens, do you desperately try to jump back on that speeding train of discipline? Of course there is good in discipline, but what good is it if you are trying to impress God with your works of piety? It is by *grace* that you have been saved, through faith; not by *works*, so that no one can boast. Why do you want to be a child and hold on to the paidagogos, when you are already adults? Are you like an adult that still wants to live like a child, not firmly grasping to your true level of maturity?

Recommended reading: Galatians 3, Romans 1-8, The Ragamuffin Gospel, by Brennan Manning.



Tasty Nourishments

Turnip Cake (蘿蔔糕)

Amanda Tang (tang_amanda29@hotmail.com)

Joanna Tang (tang_joanna29@hotmail.com)

Prep time: 30 mins

Total cooking time: 1 hour 20 mins

Serves 6 (original recipe yields a 9 inch round, 3 inch thick pan)

Ingredients:

- 1 kg turnip (daikon), shredded
- 240 ml water
- 1 cube, chicken stock
- 6 pieces, Chinese preserved sausages, diced
- 60g Chinese dried mushrooms, soaked overnight, diced
- 20g dried shrimps
- 200g rice flour



Directions:

- Boil turnip with chicken stock until the turnip strips become transparent.
- Stir-fry the sausages, mushrooms and dried shrimps.
- Stir the cooked ingredients into the turnip mixture.
- Bring to boil.
- Taste and season to liking.
- Add flour, mix and let simmer until the mixture is well mixed and forms a paste.
- Pour mixture into pan. Use 2 tsp of oil to smoothen the surface.
- Steam for about 1 hour.
- Serve steamed with chilli sauce.
- For pan-fried turnip cake, leave to cool, refrigerate overnight, pan-fry.








Tiramisu





NO-BAKE!!
EASY... KISS


Ingredients:

- Lady Fingers 
- 2 cups BLACK COFFEE with sugar 
- Whipped Cream 
- Mascarpone cheese [OR cream cheese]
- Chocolate (OR CRUSHED SKOR)*

*GARNISH ☺

-  In a pan/dish, spread thin layer of whipped cream on the bottom.
- Dip lady fingers in coffee (cooled) & layer onto pan. (NOT TOO SOGGY!) 
- Spread mascarpone cheese on the lady fingers (IF USING CREAM CHEESE, WARM IN MICROWAVE FOR E-Z SPREAD!)
- Spread on a layer of whipped cream... & make more layers of #2-4!
- on top layer, garnish with shaved chocolate (TIP: USE A CHEESE GRATER!) or crushed SKOR! (BE CREATIVE ... SPELL A MESSAGE WITH CHOCOLATE CHIPS!)
- Chill covered in fridge overnight

CLEAN UP...

- * DRINK ANY LEFTOVER COFFEE 
- * GO STUDY ... WHILE YOU WAIT...

Joanna Wong (mugggah@hotmail.com)

FUN MEMORIES:
LIZ! SURPRISE
BIRTHDAY @
WESTCOURT
!!

Pasta with Tomato and Bacon Sauce

Johnny Au - Env. Chem. Eng. '06 (johnnytyau@gmail.com)

Every cook has their own philosophy that they follow when they are in the kitchen, if not, it would be boring because all the dishes are going to be the same. With that said, I view recipes as guidelines, a starting point from which you can improvise. You might not have one of the ingredients the recipe asks for so open your fridge to see if you can find a replacement. Flexibility is key. When you cook it once, it becomes your dish, so personalize it a bit and add more of an ingredient that you like or less of something you don't like. Words have no flavour, it is up to you to decide what goes well together and which complement each other. With practice, experimentation and in time, you will know just that.

This recipe is modified from one of Michael Smith's, host of *Chef at Home* on *Food TV*.

Ingredients:

- 1/2 lb. of bacon, chopped
- 1 x onion, chopped finely
- 8 cloves of garlic, thinly sliced
- 4 x plum tomatoes, dice coarsely
- 2 sprigs of fresh rosemary, minced or any other dried herbs
- Salt and pepper
- 1 box (600 g) farfelle, penne or spaghetti pasta
- 1 can of sun dried tomato Alfredo sauce

Directions:

1. Brown bacon in a large saucepan. Feel free to drain some of the fat away. Add onion and sauté until they soften and begin to caramelize, about 3 minutes. Add garlic and continue to sauté for a few more minutes. Pour in Alfredo sauce and bring to a simmer. Add tomatoes last, let it simmer for minutes or until they soften, don't cook till they break apart. Add rosemary or dried herbs and season with salt and pepper.
2. At the same time, bring a large pot of water over high heat and bring to a boil. Add a liberal amount of salt and when it comes back to a rolling boil, add pasta. It is done when pasta is just tender to the bite. Drain the pasta, but do not rinse.
3. Add pasta to the finished sauce, adjust seasoning, toss and serve.



Ode to Curry

Jon Lin (jlin815@gmail.com)

One day, I felt a great urge to eat curry. The box said: “add x amounts of water, makes y amounts of curry”...well. What if I wanted more? I really, really



wanted curry. I looked at the mixture... it looked like it can handle more water... so I add 3x the amount. Meh, maybe it'd be a little dilute. Who reads labels on boxes anyway? Not surprisingly, I ended up with curry soup, which did not

look very appealing. I figured that the best way to handle this situation was to reduce the amount of solvent on hand. Rice absorbs water. Lets dump rice into the mixture! I proceed to dump all my rice into the soup. Needless to say, I had to put up with curry congee for the next three meals.

From all that, one could gain many life lessons. I suppose the most applicable one I can think of is trust. How much do I trust this box? How much do I trust the instruction it gives me? Will following it give me... satisfaction? It's interesting, how much we trust the

things around us to bring us happiness. We hang out with friends, we do well on school. We eat ice cream, we play hockey. Anime, YouTube and StarCraft all have their place. We trust all these things to bring us happiness...sometimes without even realizing it. I sometimes wonder...can I really trust these things to bring me happiness? One day, when I don't have any of that, where would I turn?

This isn't saying that these things are not good. As students, school should be a priority. Friends and family are valuable gifts from God. And how can anyone say that ice cream and cookies are not good? Rather, I think the importance is realizing that we are dependent on these temporary things. Where would I be without them? Swinging from one fad to another, hoping that if one thing grows old, we'll move onto the next. With these, are we simply addressing the symptoms? Surely, the answer must be somewhere. If only I got the perfect job. The perfect grades. The perfect guy. Nothing lasts forever. Attitudes and personalities change. Situations change. People come and go. So does health. Happiness is good, but it is fleeting. What then? I point to the concept of joy. Instead of temporary happiness, we shoot for eternal joy. Take up Paul's challenge in 1 Thessalonians 5:16 to be joyful always. To stand in God's presence brings joy. Seek God. The joy from this shines against sadness, with the firm knowledge that God takes care of His people, even when it seems that He is silent. The pursuit of happiness is great. But as Christians, we have so much more we can go for. Joy.

Macaroni and Cheese

(Jon taking Johnny's substitution advice *literally*)

Total cooking time: 15 mins

Serves 2 (*kinda*)

Ingredients:

- 1 pkg. macaroni and cheese
- 1 tsp. butter
- 1/2 cup strawberry milk
- 2 L water

Directions:

- Boil macaroni for 8-10 min in 2L water, drain, and set aside.
- In saucepan over low heat, melt butter into strawberry milk. Stir in cheese powder.
- Add macaroni to sauce and serve.

Off the Beaten Path to Food

Grace Hsiao (gehsiao@gmail.com)

After living in Waterloo for over five years now, the city of Kitchener-Waterloo has come to be my home. So, sometimes I get frustrated when I hear people complain that Waterloo is boring, especially when their concept of Waterloo does not extend further than the University plaza. Then again, not everyone has my love for good food. I particularly like the interesting and local places that you can find in and around the Kitchener-Waterloo area.

Now that every undergraduate student has a bus pass, there is no need to beg someone with a car to try out these places; unless the restaurant is out of town. If you ask them nicely, I promise you these places are worth the drive.

By Laurier

Raintree Café (220 King St. N)

This place is rather pricey so would probably be best for when someone else is paying (a.k.a. for a date or visiting parents). The ambience is elegantly casual and cozy, and the food is tasty and well presented. They also occasionally have live local music performances. www.raintreecafe.ca

Miju (192 King St. N)

If you ever have a craving for Korean pork bone soup (gamjatang) this is probably the closest place you can get a decent bowl. Their tofu stews are worth trying as well.

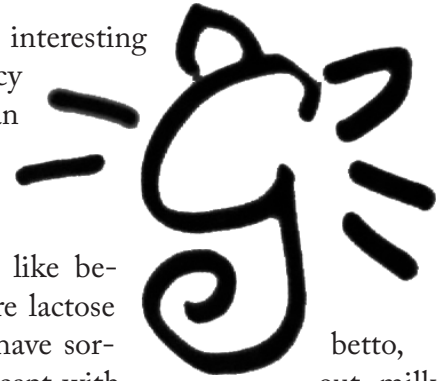
Uptown Waterloo

Uptown Waterloo has changed quite a bit since I came here as a frosh; the clientele are becoming increasingly more upscale and it shows in the restaurants and the shopping at Waterloo Town Square and along King St. It's an easy walk through Waterloo Park (about 10 minutes from South Campus Hall), so there's no excuse for not giving these places a visit.

Whole Lot-a Gelata (120 King St S)

Everyday they make fresh batches of Italian gelato, which is denser and less creamy than ice cream since it uses milk instead of cream and does not have air whipped into it. So, the cups are smaller than those you would find at an ice cream parlor, but just as

satisfying. They have interesting flavors such as spicy mango that you can sample before buying. In fact, you can sample as many different flavors as you like before buying. If you are lactose intolerant, they also have sorbetto, which is the same except without milk. The variety is not the same as you would find in Toronto, but it's still a nice place to hang out with friends.



Yukiko's Café Bistro (30 William St W)

This is my favorite restaurant in Waterloo but, unfortunately, it is now for sale. They have the best cakes in Waterloo, which are made in-house and much better than the factory cakes you will find at William's or Symposium. (Tip: if you order a slice to go, you can save \$2.) The lunch and dinner menu are also on the pricey side, so this place is probably best to visit for special occasions. The inside is cozy, so be sure to make a reservation in advance.

Café Bon Choix

This place is apparently a favorite of the business people working uptown. The décor is horrible, but the food is well-priced and quite good. They offer a variety savory crêpes for dinner as well as sweet dessert crêpes and also make their deserts on site.

Jane Bond (005 Princess St W)

A cool vegetarian bar and lounge that features live music and DJs. The mod décor makes for a great atmosphere. www.janebond.ca

Heuther Hotel (59 King St N)

The Huether Hotel actually houses as three food establishments: The Lions Brewery Restaurant, Café 1842, and Barley Works. Owned by the Adlys family, they brew their own beer and have recently revamped their menus at the Lions Brewery and the Barley Works. The schnitzel (German breaded and fried pork cutlet) is quite good and worth trying. The Lions Brewery is in the basement and has a very warm and inviting atmosphere. The Barley Works has a great second

floor outdoor patio overlooking King St. in the summer. Café 1842 sells Seattle's Best Coffee as well as matcha lattes and is a great place to get some studying done. www.huetherhotel.com

Princess Café & Espresso Bar (46 King St N)

On Sunday to Wednesday from 5-8pm, they have a dinner and movie special for \$20. It comes with a bowl soup and Panini sandwich, dessert and tea or coffee. The Panini sandwiches are made fresh to order, with gourmet ingredients such as prosciutto and Brie, and are well worth the wait. The staff are friendly too, and willing to customize your order if you have dietary concerns. www.princesscinemas.com

(Note: Prosciutto, pronounced "pro-shuu-tto", is like bacon's mature, very thin, smoky cousin from Italy.)

Kitchener

The following places are easiest to get to if you take the

iExpress to the Charles St. Transit Terminal.

Banh Mi Girvral Deli (203-301 King St. E)

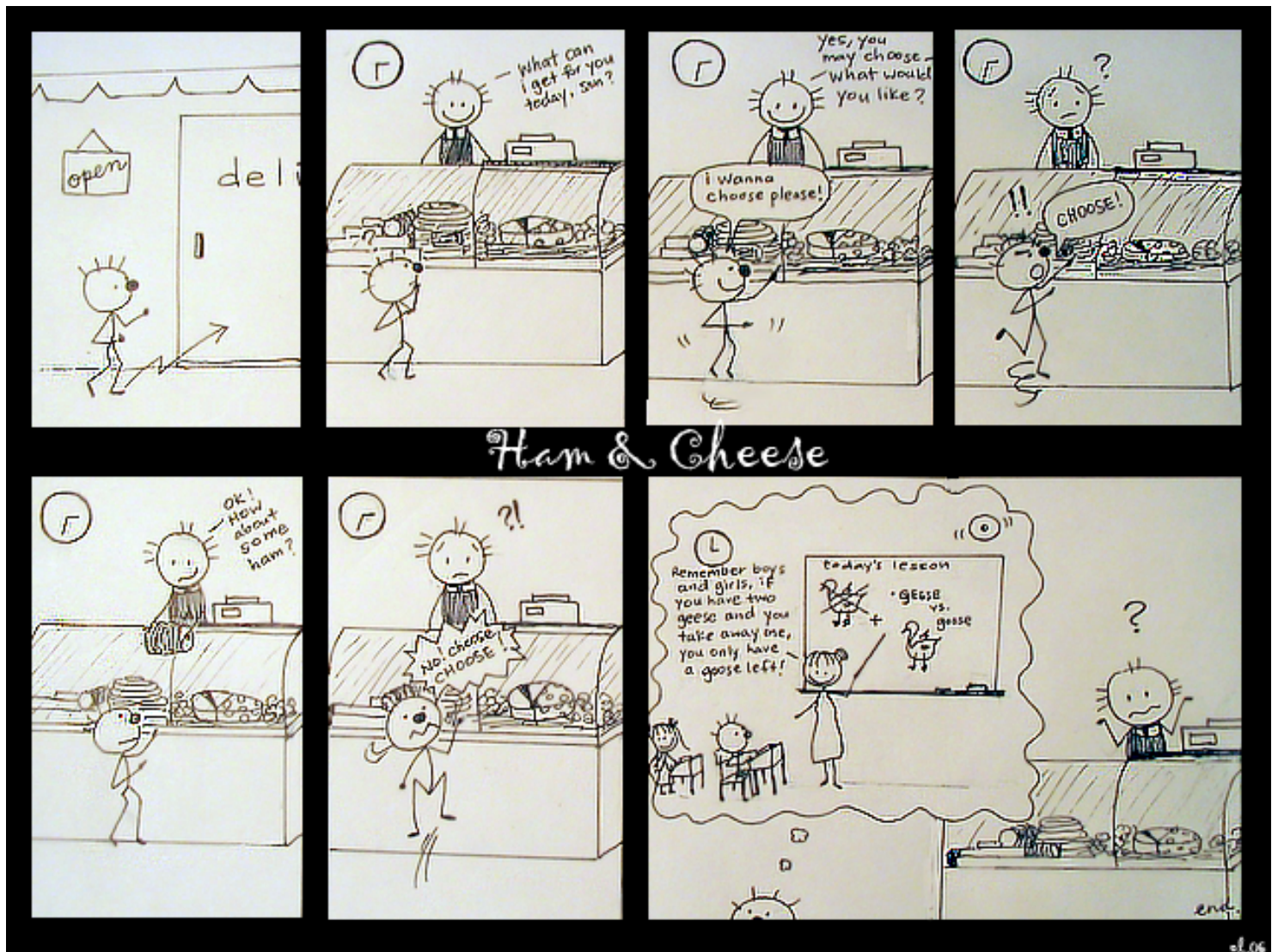
Above Pho Dau Bo, this modest deli sells Vietnamese subs (Banh mi) for under \$5. They aren't as cheap as the ones that you can find in Toronto, but they're just as good and conveniently located on Route 7.

Korean BBQ Restaurant (265 King St. E, Unit 204)

In the same plaza on the second floor, this modest Korean restaurant is not a grill-your-own-meat place, but a simple family-owned restaurant that probably has the most authentic Korean food in Kitchener-Waterloo. They have at least three or four delicious side dishes (panchan) that come free with your meal and can be re-filled on request.

Cameron's Seafood Restaurant (21 Cameron St.)

Cameron's has the best dim sum in the Kitchener-Waterloo region. Jackal says that the shrimp in the ha gaoi



Comic by Emily Law (ehlaw@artsmail.uwaterloo.ca)

FOOD NETWORK

is extremely fresh (but the quality is not always consistent). The prices aren't cheap, but if you have a dim sum craving this is where to go. It's best to go with a group (preferably with someone with a car, otherwise take Route 22), but be prepared to wait in line if you don't go early.

City Café Bakery (175 West Ave.)

You can see this bakery from about a block away when you take Route 20 or Route 19 because it's painted a screaming lime green; right next to Lai Lai's, a Taiwanese restaurant. Be sure to take cash, because they don't take any other form of payment; in fact, you have to figure out the total price yourself and deposit the money in the fare collection box (apparently from a Cleveland Transit bus). They use the honor system, so if you don't have enough money, you can pay the next time you go. Anyway, from the moment you walk in, you'll see the huge wood-burning oven that they bake everything in: their sourdough bread, bagels, tarts, melts, and pizzas.

Around Charles St. Bus Terminal

Ellison's Bistro (14 Charles St. W)

Ellison's specializes in Caribbean food with "European flair." The atmosphere is nice and classy and the chef, Elvis, is very kind. The Tuesday night taje-out special is \$3 Jerk Chicken, which is definitely worth the trip out to the Charles Station. I have yet to try the rest of the menu but I am keen to go there before I leave.

East African Café (Unit C – 50 Ontario St.)

This recently opened café specializes in vegetarian Ethiopian and Eritrean food, but also offer beef and lamb dishes. They have the fluffiest injera I've ever had. Injera is like a huge baked crepe and you tear off pieces to pick up the food with your hands. If you have never had African food before and are open to the experience, you should try this place. Eating Ethiopian food is a communal experience and a group eats off the same platter. Incidentally, the café is owned by a Christian family.

Working Centre – Queen Street Commons

(43 Queen St S)

Queen Street Commons is a Working Centre initiative that helps those who have trouble getting a job gain work experience by volunteering in their café. The food is all vegetarian (like the founders) and organic. In the summer, their pizzas are baked in wood-fire oven down the street and they try

to use produce from local gardens. They also sell gifts made by local artisans and host community events. www.theworkingcentre.org

Boa Nova Rodizio Grill House (6 Charles St W)

While Boa Nova is a Brazilian Portugese-style grill offering all-you-can-eat meat that is grilled and sliced in front of you at your table. The meal also includes a buffet. The atmosphere is nice, but only go if someone else is paying and you have a lot of room in your stomach for that much meat. I recommend the garlic steak and the lamb; also, you can ask for slices that are more rare. The grilled pineapple spiced with cinnamon is absolutely amazing.

Out of town

The area around Waterloo is known for their Mennonite food and there are some notable places that are worth trying.

Anna Mae's Bakery & Restaurant

(4060 Perth Line 72, Millbank)

Anna Mae's has the most amazing broasted chicken I've ever tasted. Broasted chicken is deep-fried in a pressure cooker so that the outside is flavorful and crisp while the inside meat is tender and juicy. They have a lunch special that consists of a plate of broasted chicken with potato and vegetables and a slice of pie for dessert. Anna Mae is famous for her pies, and they sell 19 different types depending on the season. If you end up driving out there to eat, be sure to buy a pie to take home and bake in your own oven. Note: They do not accept credit cards.

Testimonies and Sharing

Joy in Difficult Times

Jorge Quan (*koino.warrior@gmail.com*)

A “poem” I want to share:

May God make your year a happy one!
Not by shielding you from all sorrows and pain,
But by strengthening you to bear it, as it comes;
Not by making your path easy,
But by making you sturdy to travel any path;
Not by taking hardships from you,
But by taking fear from your heart;
Not by granting you unbroken sunshine,
But by keeping your face bright, even in the shadows;
Not by making your life always pleasant,
But by showing you when people and their causes need you most,
And by making you anxious to be there to help.
God’s love, peace, hope and joy to you for the year ahead.

- Anonymous

One particular lesson that God has taught me in this term that stands out, it is what I called the remedy against getting burnt out. It is so often for leaders in CCF (not only committee) to get burnt out from serving. It is indeed very hard to balance among so many aspects of life in university, such as CCF ministry, school, friends, family, extracurricular activities, personal time, etc.

Being a 3A electrical engineer and a CCF committee member gave me the opportunity to experience a very intense week that challenged me spiritually, mentally, physically, and emotionally. During that week, I had five engineering core courses midterms, three interviews, a prayer walk to coordinate for CCF, and some personal struggles that burdened me greatly. It was a very tough week, with very little sleep, and I spend most of my time at the SLC third floor studying, and struggling with focus.

In midst of the helplessness of my week, God reminded me that He is in control of everything and that He has



the best plans for me, “plans to prosper you and not to harm you, plans to give you a hope and a future” (*Jer. 29:11*), even though I could not see it clearly during my struggles. By having that hope and assurance that God has the best for me allows me to feel a very inexplicable and illogical state, which we called joy. Paul was in jail, and he was uncertain whether he will live or die, and many people were against him. In midst of those trials and struggles, Paul was able to see that there is a greater cause for his sufferings, and because of this he rejoiced. And he encouraged others as he said “Rejoice in the Lord always. I will say it again: Rejoice!” (*Phil. 4:4*). Christ is with us and He is alive in us, and that is a reason enough for our joy. Paul reminds us to “be joyful always, pray continually; give thanks in all circumstances, for this is God’s will in Christ Jesus” (*1 Thes. 5:18*).

I cannot give a human explanation of how did I survive that week. Normally, I will break down to the point that I might just go home and cry. But God provided

me this joy that comes from the hope that God will definitely deliver me. This hope in Christ is what keeps me alive, and allows me to know that I can do my best, and leave the rest to God. During that week, I woke up every morning feeling the lack of sleep and physically exhausted, but I also felt a great joy that is continuing to motivate me and to keep me running in the race. This joy is my source of strength, and my remedy against being burnt out.

I know that some of you might find this too hard to

Down But Not Out...Ever

Ian Wong (*kimosabi@gmail.com*)

Failing two semesters here in Waterloo is not a cool thing the first time you hear about it, but that's precisely what I did. It has been an incredibly blessing but it has taken me some time to really understand that and genuinely say that.

The first place I should start is finding out that I didn't make it. The worst part about that was that my average was 59.2%. Which is 0.3% less than the required mark needed to proceed on to 2B. The thing was that I was rather confident that I would be able to proceed on to 2B if I petitioned. I made a fairly lengthy petition, which was 6 pages in length, described a fair amount of what happened. My councilor was confident that I'd be able to go on, since I was so close. But you know, when God wants you somewhere he'll make sure you're there. This was the case when I received the result of the petition because it said that I had to repeat but with no penalty. Even when I was so close to the cut-off mark, they did not let me proceed. I was very upset and confused because I took it as a sign that I wasn't supposed to be here anymore. But I had thought that God wanted me to be in Waterloo, I was still really confused and just really didn't know where to go.



believe, or something too idealistic. My prayer for all of you is to be able to feel and understand this joy, which is such an amazing state that allows you to truly experience Christ working and living in you. Whenever you are in stressful times, my advice for you is to pray and to rejoice, do the best you can, and simply leave the rest to God.

“Be joyful in hope, patient in affliction, faithful in prayer.” - *Romans 12:12*

Being frustrated with Waterloo and all bitter (who isn't bitter in Waterloo eng?), I made the decision to attempt transfer out. Really, my only choice was to transfer to the University of Windsor, and the choice was only logical. I am originally from Windsor, so I would be able to live

at home and have a car. I would also be able to study mechanical engineering (I was a computer engineer and didn't want to program anymore). The crazy part to me was how smooth the whole process took. The associate dean in the university was really efficient, and I had absolutely no problems at all in entering. Most of my credits transferred and I was ready to start second year. Slowly, God revealed his whole plan to me. All I had to do was to have faith and trust in him; that where ever I was, what ever happened, that it was all for his Glory.

I never thought this way before, this mentality came from when I was reading Job (if you're going through the same thing I did, read this book, it's so worth it!). My mentality was that Job was righteous in God's eyes, and

he made it through, I wanted to know his secret! Many things became real to me as I read Job, and it mirrored my own life. I depended too much on my CCF family in Waterloo, which is bad because your primary de-

pendence should be God, ALWAYS. Job 19:25 really summed it up. Here, Job drags on and lists all the crap that has happened to him. But he blows everything out of the water with “I know that my Redeemer lives, and that in the end he will stand upon the earth.” This is the mentality that I was to strive for, that no matter what happened, as long as my goal was God, things were going to be awesome. And they are! As of now, I’m an active member of our ACF here in Windsor, a leader in the Men’s cell, and just really blessed by the continuous challenges.

I learned things here that I would never have learned if I was still in Waterloo, nor would I have grown so much. I’ve been broken, challenged and molded, and I

thirst for more. I guess what I am trying to sum up here in this small article is to just trust God and hold on to him tight. His path is the absolute best, but to traverse it to it’s fullest, you need to let God carry you. Oswald Chambers (author of *His Utmost for His highest*) hits it on the dot.

“Consider the lilies of the field . . .” (*Matthew 6:28*). They grow where they are planted. Many of us refuse to grow where God plants us. Therefore, we don’t take root anywhere.

Just because you fail in school doesn’t mean that it’s the end of the world. It just means that God has some growing for you to do, no matter where he takes you.

A Bible Story

Vivian Lo (viandin@hotmail.com)

Chapter 1—Our First Meeting 1994

It was the first school band meeting where about 40 new middle-schoolers like me waited excitedly in the classroom for our orientation. I was seated about two rows from her. We did not talk much although she introduced herself as WY. She got assigned to the flute section and I got assigned to the clarinet section.

Chapter 2—Rocking the Rock 1995

As WY and I were from different classes, our paths would not have crossed much if it wasn’t by the twists and turns of events where our circles of mutual friends overlapped. Subsequently, WY and I got to know each other more and started hanging out. As we were in the school band, we also spend lots of time practicing our instruments together.

After our usual Saturday band practices, WY and I would walk together towards our bus stop where she would take her bus home and I would catch mine to attend church fellowship. While waiting for our respective buses, I would often talk about the activities and the people that I met in my youth fellowship. I tried to invite WY to some of those events but she would turn me down. In fact, her initial reactions towards my Christian faith were rather defensive and antagonistic as she had previously studied in a Catholic elementary school. WY

claimed that she “knew” everything that she needed to know about this religion because the school head nun often talked to her and even her family about Christianity, and WY concluded that she did not believe in this Christian faith.

Eventually, our bus stop chats rolled into long discussions and arguments in the school canteen where we would sit for hours after school bickering over the Bible until I was blue in my face. To me, WY was like a piece of hardened rock who was argumentative and eloquent in her speeches. How am I supposed to break through this person?

Chapter 3—The Bible 1996

Yet, having a friend like WY—who challenged and questioned my beliefs—kept me on my toes. I had to regularly consult my family and youth leaders to make sure my biblical foundations were right while seeking the Lord for His wisdom and prayed that the Holy Spirit would convict WY’s heart. After many months of discussions, arguments, and prayers for this friend, I decided to get a bible for WY. She had so many questions and enjoyed challenging me. Why not get her the interesting book to read? As I had the Students’ version of the





Untitled by Robin Ma

NIV Bible, I figured I would get the same one for her. But it cost like \$40 over dollars for a hard-cover copy. That amount was not small for a middle-schooler in those days. I told my family about my “grand” plan who lovingly supported the idea of saving my allowances so that I could buy the Bible for WY. After months of saving up, I finally bought the NIV Students’ Bible with the intentions of giving it as a Christmas present. Images of WY’s grateful looks upon receiving the Bible filled my imaginations. I was expecting expressions of gratitude and appreciation phrases like, “oh wow! You are such an awesome friend Vivian! Can I come to church with you?...blah blah blah” In my fantasy world, I would imagine WY being so indebted to me and my efforts that she would come to fellowship with me, accept Christ and everyone in church would applaud and praise me of my good works. Wouldn’t that be awesome?!

Well...things didn’t happen quite the way I had imagine in my creative mind. When I told WY about her Christmas present, what I got was the least expected, “Why are you giving me a present? I don’t really care. I know what you are most probably giving. I don’t want it.”

Now that was a response I did not anticipate. My heart sunk. I had spent so much effort and time on this person and her present and this was a response I got? I was outraged. I was hurt. I wanted to give up. And so I complained and ranted like a broken recorder to my family and youth leaders for days and weeks. I no longer want to give the Bible to WY. Why should I give such a nice and expensive gift to someone like WY who had such an unappreciative heart? So here I was, making up reasons to justify my self-righteousness. But praise God for the strong Christian leadership in my life who encouraged

me not to give up and reminded me that we are mere vessels of God's works. After long deliberations, I went ahead and gave WY her present who was emotionless when she saw the Bible. I concluded that it was pointless working on this person's salvation.

Chapter 4 — Free Play, anyone? 1997

But God was working in WY's life all along. WY became more receptive towards me as she observed how I conducted my life in various areas, be it in my studies, as a student leader etc. She became more curious and started joining me on the social activities organized by my fellowship.

In the final year of our middle school, there was a Christmas drama hosted by another church and I thought I would take another chance of inviting WY. Of course, I did not blatantly say that it was a Christian outreach event. I was like, "hey, you like dramas and plays don't you? Wanna watch a free play with me? It's FREE you know. Oh by the way, it just happened to be held in a church auditorium...." The tactic¹ worked. WY agreed.

Weeks before the event, I prayed and fasted for WY that the Holy Spirit will convict her heart and that the devil will not be up to his funny business. The day came and we went and watched the show. At the end of the play, there was an altar call and I prayed again that WY would raise her hand and accept Christ in her life. I opened one of my eyes to see if her hand was raised but WY just sat there with her eyes closed. Arrgh! I prayed again. Nothing happened.

Afterwards, as we watched individuals who had raised their hands walked to the front of the auditorium to recite the salvation prayer, I tapped on WY's shoulder. I asked if she would like to go to the front to dedicate and accept Christ in her life. If so, I would accompany her. I still remembered her response which was in Mandarin but it went along the lines, "If I go to the front, you cannot be smirking or giggling behind me okay?" I agreed. So hand in hand, I walked with WY down the aisle. By the time we reached the stage area, I was so overjoyed that I was crying buckets of tears. Finally, after more than 2 years, the rock did move! Who would have thought that this day will come?

Chapter 5—A letter 2008

Of course, the story did not end there. Over the years, even though we went on to different high schools and universities, we kept in touch and I saw how WY questioned, struggled, fell, went on the spiritual high roller-coaster (you name it) in her walk with the Lord and how she grew and became a mature Christian woman in her faith. Last month in February, WY wrote a letter to me where she described a video clip about Psalms 139.

"T'was really something I discovered back at my last semester in Perth, Australia. After a strange university exchange experience in Toronto, all I could think of was "Where can I go from you Lord..." I had sought to run away to Australia but you found me and I ran further to Canada, and you still hung around me. I was stumped by your persistence, and I am surrendered to your will.

Anyways, I've decided to retire my first and original bible gifted to me by Ms Vivian Lo on the fateful day(or night?) of 27 Dec 1996. The whole battling chapters on the Book of Romans have fallen apart. I have to the best of my ability to be gentle to this beautiful gift. I couldn't help that there's a fair amount of aggression that remains in me *grinz*

I think I bought the new bible about 2 - 3 years ago when I saw the "seasoned" state of my bible, but I remember bringing it out once with me and couldn't find it anymore.

Well, I found it this year and as much as I'll miss the informative doodles on my first bible, I'm assured that there will be more mature notes to be taken from this year henceforth, so God lead me."

And to think, 12 years ago, I almost did not want to give WY that Bible because of my self-righteous, self-focused attitude with fixed expectations of how God should and would work in her life. Looking back, I am humbled by our Lord's greatness and goodness. The grateful one should be me—for despite my imperfections and iniquities, God had used me to be a vessel for Him. I was blessed to be able to witness that moment where WY came to know our Father in Heaven and be part of this spiritual journey with her. In reality, God has already planted the seed in WY long time ago--way back in her elementary school days where she was sur-

¹Disclaimer: Results of using this free appeal may vary across individuals

rounded by her Christian teachers, friends and even the head nun who tried to reach her with the His Love.

I did not bring WY to Christ. God did. It was not what I have done that brought WY to Him but who God is as the loving Abba Father. I nearly wanted to give up on WY. But prayers are powerful and it is through prayers that the Holy Spirit worked in WY's life. So I encourage everyone today who read this story to stay strong and persevere in reaching out to your lost friends or family members. You do your work. God will do the rest.

Back to Prayer

Annie Lee - MCCF

It was a cold and quiet winter late night in Waterloo. In a lonely corner of the Davis Center library, a student was receiving marriage counselling on GoogleTalk.

Pastor Tim: are u sure u want to marry Annie?

Daniel: Pretty sure

Pastor Tim: why?

Daniel has left

Annie: ohoh...maybe he's not so sure

Daniel has joined

Pastor Tim: did my question scare u so much that u fainted?

To end the suspense for the readers of this story, the betroth-to-be apologized profusely for the unexpected disconnections by GoogleTalk. Aren't you glad we have a 100% reliable line to the creator of the universe, anytime and anywhere? So now that we have this direct line, what are we going to do with it? In many ways, my second "return trip" to Waterloo was a journey back to prayer. The humbling and humiliating lessons I learnt along the way were blessings in disguise that taught me how to listen to our God.

When I first joined mCCF in 2002, I was focused and was zealous about understanding God's word. However, I felt aimless and disillusioned when I returned to Waterloo for graduate school in 2006. I was frustrated by the slow pace and repetitive nature of the academic process. It was as if I have learned nothing along the way. To paraphrase the pessimistic thoughts of Ecclesiastes using the student's lingo, "What the heck! Is any of this studying going anywhere? What does the student gain from all his/her studying as he/she toils? A new class enters university and another class graduates, but

In closing, let me end with another story: George Mueller, the prince of intercessors prayed for more than half a century for a group of five personal friends. The first was saved after 5 years. Two came to Christ after 10 years of prayer. After 25 years the fourth man came to know the Lord. The fifth he prayed for up until the time of his death, and two months after he died this last one got saved.

May the Lord bless each one of you with His Grace and everlasting Love as you shine for Him to the world.

the campus remains the same." I hated being stuck in this endless cycle; I was anxious for God to reveal the grand scheme that He has prepared for me.

I remembered when I first committed to leading prayer meetings at mCCF the beginning this term. I was confident I had all the necessary qualifications and experience to do so. Yet, I was again humbled and reminded of God's faithfulness during a long talk that I had with the mCCF chair, where I jotted down "waiting on God; I am last, God is first" in my notes. This was a foreshadowing of things to come.

The month of March has been a particularly emotional month, as I struggled with choosing my next career move upon graduation. I consulted a hundred and one experts, read books on decision making, and gathered information from all perspectives. Amidst this madness, I have forgotten that God has the power to help me in deciding my future. In fact, just like the Israelites of Deuteronomy 8:17, I was saying to myself "My power and the strength of my hands have produced this wealth



for me”. Praying to me was a weakness of the human ability; however, God has a funny way of countering those self-justified logic.

Finally, at the breaking point of indecision, a sister-in-Christ prayed with me to ask God for a specific answer. As the week passed, God was dropping answers through His word and situations around me. Those around me gave me this wise spiritual council, “God lights His lamp onto my feet one step at a time, but He may not show me my entire path”. To the faithless Israelites in Deuteronomy 8:18, God answered, “But remember the Lord your God, for it is he who gives you the ability to produce wealth, and so confirms his covenant, which he swore to your forefathers, as it is today.” I was reminded that the future is revealed only in hindsight; and that I ought to trust Him now just as He had led me in the past.

In the modern technological age, no matter how cool the application is, whether it is GoogleTalk, MSN, or Facebook, it still depends on the quality of your internet connection. Thank goodness our communication with God is no where as unreliable! Can you imagine? Every time the connection goes down, you have to check if that Holy Spirit cable is plugged. And make sure that those praise, thanksgiving, repentance, and petition software are installed properly. And don't forget about that Jesus provider, the helpdesk better not put you on hold. We have this direct communication to God through prayer; perhaps the challenge is in its application. Personally I know how to go through the actions of prayer; but do I know how to listen to God? Can I wait patiently for Him to reveal His eternal plans? This continues to be a life-long lesson I am learning each day.

Graduates of 2008

Betty Chan (BA)

Kevin Leung (BMath)

Tim Chak (BASc)

Wai Yan Leung (BES)

Kathryn Cheung (BA)

Elliot Lui (BMath)

Laura Cheung (BA) (WLU)

Denise Ma (BASc)

Jasmine Choi (BA)

Robin Ma (BA)

Angeline Chow (BASc)

Jessica Sit (BSc)

Eric Fan (BASc)

Andrew Tsoi (BSc Kin)

Grace Hsaio (BA)

Alison Wong (BSc)

Rebecca Lai (BArch)

Amy Wong (BA)

Vanessa Li (MAcc)

Joanna Wong (BSc Kin)

Tim Kong (BASc)

Ryan Wong (BES)

Miriam Kung (BA)

Sarah Wong (BSW)

Bernice Leung (BSc Kin)

Post Graduation

Connie Chan - Civil Eng. '07 (conniechankawing@gmail.com)

I am supposed to talk about what happens after graduation. First, I'll give a brief introduction of myself for the froshies this year and others who don't know me. My name is Connie and I graduated last year from civil engineering. I've been going to CCF and KWCAC since I was frosh. Whatever stories you hear about me are not true, especially from Jackal or Elliot or Tim Li... or PT.

Facing graduation, like all other students, I had no clue what to do. After 5 years of blood, sweat and tears in engineering, do I really want to use my degree? Or just chuck it and do something else? I wasn't really passionate about my program, it was okay, it's not like I am a great lover of bridges and buildings. So what to do? Where to go? My parents live in Hong Kong and I have a great amount of freedom. They don't really mind where I work. It's hard to make a decision when one has endless choices and possibilities.

As most of you know, the summer after my 4B term, I packed up and went home (to Hong Kong). I missed my family (and food) and I would really like a break from Canadian weather. I got a short term job at a geotechnical engineering company and started working after a 2 week break. The job was utterly boring and I became restless. I knew it wasn't time to stay in Hong Kong and I felt no peace with the thought of staying there for the rest of my life. That was the time it finally hit me, I really needed to seek out God's will for my future.

After my job ended, I travelled in Asia for a while then flew back for my convocation. Holding my degree was pure happiness. Finally, I have this piece of paper I worked so hard for. It's OVER! No more rushing for deadlines and all the stress that comes with it! I stayed in Waterloo that weekend and went to KWCAC for

Sunday service. Jackson (Civil Eng. - '03) brought the Director of EMI (Engineering Ministries International) Calgary office to KWCAC and they gave a short introduction about EMI during service.

A couple years ago, Jackson had volunteered in their India office for 8 months and Johnny (Env. Chem. Eng.

- '06) had volunteered in their Calgary office for 4 months. Jackson had suggested (more like pushed) me to volunteer for them when I was still an undergrad. I remember thinking of how it didn't really fit with the co-op schedule and telling him I'll consider it when I graduate. When graduation came, I had totally forgotten about it. Well, what a reminder. I talked to them after service and EMI stuck in my mind.

EMI is a non-profit Christian organization made up of architects and engineers who volunteer and design for the developing world. They have offices in Colorado Springs, Calgary, Uganda, Costa

Rica and India. An internship lasts around 4 months and there is a 2 week mission trip during the term. I started researching more and reading their website. Also, I started pestering Jackson and Johnny with emails and msn conversations. Additionally, I was looking for civil engineering jobs in Toronto but I only found 8 which seemed interesting, and really, that weren't all that interesting. I felt no motivation to seek a 9 to 5 job besides earning money and paying off some debts.

As you can tell I was confused and didn't know what my calling was. I prayed and mediated to seek God's will but there was no obvious sign or anything that stood out. Maybe there was but I totally missed it. I haven't given missions one single thought before, I thought they were for "superchristians" and people who were really strong in their walk and faith. I thought of myself as average.



I still stumble from time to time and not listen to God and try to do things my way.

After hearing from Jackson that a lot of people apply and not everyone gets hired, I finally decided that I should try to apply and if they decide to hire me then good for them. If not, I'll continue job-hunting, problem solved. Since I applied a month after the deadline, I assumed all the intern positions were filled. Nope, no such luck. The intern director called from India for interviews and accepted me. Later, I found out since I was open to going anywhere, I was accepted to the Colorado Springs head office right away. Since EMI was found in the States, it's mostly Americans who apply. Most of these college grads didn't want to stay in their country and wanted to go to Africa or India or Costa Rica. I guess it seems more exotic? I just thought it was tiring to go to a foreign country and learn new customs and language again. I was an exchange student in Compiègne (near Paris, France) in 2006, so the thought of going through a similar process seemed tiring to me. I didn't feel I was "missing out"; I thought God was being nice to me and I had enough air miles for a free round trip to the States. That must be a sign.

When I got accepted, I started worrying about getting enough donations, I had to raise around \$6500 and to me, that is quite a large amount of money. Johnny advised me and said that should be the last thing I should worry about. Later, I flipped open my bible and it opened to where I had my bookmark (naturally). In the midst of being worried and confused I forgot my all time favorite section: Matthew Ch 6:25-34 "Do Not Worry".

"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes?.....Who of you by worrying can add a single hour to his life?....But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

Aaahhh...so true.

Later, the intern director sent an email to all the interns asking them their top choices for the 2 week mission trip during the term. I remember the choices were Kenya, Sierra Leone, Nicaragua, Rwanda, Liberia, Jordan and some other countries I forgot. I don't mind where I am

sent, God can send me anywhere and I'll go no problem.

I put Kenya as my top choice as I knew it was probably the safest country out of all of them and that my parents were likely to let me go. To my utter surprise, they were completely fine with it. I guess by this time they were very used to not seeing their daughter and not really knowing where she was and what she was doing most of the time. My father thought Kenya was safe since it was growing in tourism due to safari and he was totally fine with me going. Praise the Lord.

But God has a unique sense of humor.

At the end of 2007, Kenya erupted into violence. In the presidential elections, Kibaki won Odinga and many observers have said the government rigged the tallying of votes. This controversy set off fighting across the country between their supporters, who are from different ethnic groups. More than 1000 people were killed.

Since I have no phone number in the States and my parents didn't know my email address, they called my sister in Toronto, who wrote a one line email "You better call dad". They were worried and didn't want me to go. My father asked me not to join the team even if my project leader decides to go.

One thing I learnt from this experience is that I still try to do things my way. I chose to go to Kenya because I knew my parents would let me. I was totally looking at this from my parents' point of view and not praying for direction from God.

My project leader has decided to postpone the trip till Fall term and now the team will be going to Makana, Congo Brazzaville from March 20-April 1. We will be partnering with Habitat for Humanity, Christian and Missionary Alliance (CM&A) and the International Partnership for Human Development (IPHD). The project will focus on a master plan for the development of a new village with housing and infrastructure in order to meet the basic needs of shelter, potable water, and sanitation. If you are interested, details can be found here: http://emisworld.org/projectprofile_5461.html

It's pretty cool.

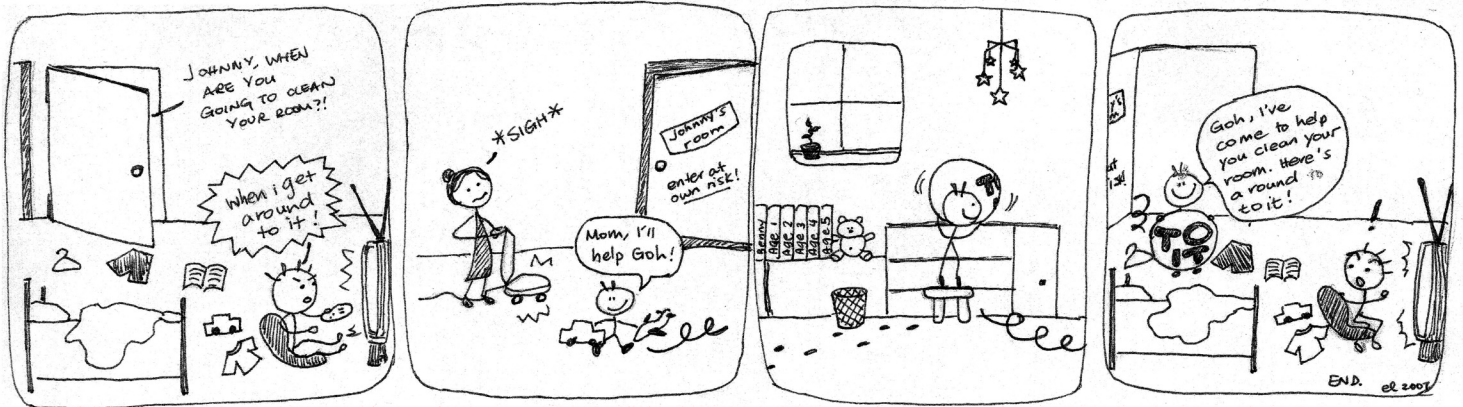
Now, I think getting a civil engineering degree isn't that bad after all. To be able to use my degree to serve God is pretty neat. We can show God's love to people in

developing countries by helping them build orphanages, homes and water supply systems. Serving God isn't only done in a church or fellowship. I feel blessed that God uses my friends to push me in the right direction when I am blind to His plans for me. I feel total peace in Colorado Springs and I think I might continue in civil en-

great learning experience, I've sent out support updates and you can read it on:

www.uwccf.ca/pages/prayer-requests/connie-chan.php

Have fun at school! Enjoy it while it lasts! God Bless!



Comic by Emily Law (ehlaw@artsmail.uwaterloo.ca)

What Christianity Means to Me, After CCF

Chris Tsoi (tsoi.cs@gmail.com)

“Why do we do what we do?” That was the theme of this term’s Winter Retreat, and it was quite remarkable for its ability to capture in just 7 words an essential question about human behavior. While the proposed answers to this question are manifold, one of the clearest approaches for thinking about the issue rests on the concept of intrinsic vs. extrinsic motivation: the idea that the motivations for our behavior can be classified into intrinsic (from within ourselves) or extrinsic (bequeathed by others) sources.

This approach has been widely accepted, as it provides an intuitive way to understand phenomena ranging from the varying performance of professional athletes to the enthusiasm in students for learning. Almost a year after leaving the world of Waterloo and CCF, I have realized that it can also be used to understand what Christianity has meant to me.

This understanding rests on a number of profoundly human desires I have: the desires to be accepted, respected, liked, and even loved. In normal secular society, these are understood to be (partial) explanations for why people do things like buy certain brands of clothing, attempt to enter respectable professions, drive expensive cars,

pretend they like people whom they actually don’t, and so on. Through a complex interaction of psychological and sociological factors, our secular society has evolved to reward these things with acceptance, respect, and love -- and this is why people do them.



In many ways, my personal experience at CCF was of a mini-society with many of the same reward mechanisms. Although instead of the well-dressed philanthropic lawyer being given respect and reverence, it was the prayerful, Bible-knowing, morally sound brother or sister who served in 5 different areas at once and heard God’s voice on a regular basis who was honored. In other words, the reward mechanisms still existed, but they rewarded different things. Now I am not saying that this mechanism was institutionalized, that it is a systemic phenomenon in CCF -- perhaps instead the feeling was self-created out of a lack of self-confidence to be comfortable in who I was as a person with not many attributes deserving of “reward”. Ultimately, it was probably a combination of personal insecurities and “objective” social observations that led me to the mindset that such traits were the tickets to social status in our little community.

In any case, once I figured out that this was the way it

worked, I had plenty of extrinsic motivation to live the Christian life well. I would join the committee and find that younger brothers and sisters asked me for advice as if I had wisdom to share, I would avoid acknowledgment of personal sin struggles and find that others asked me how I could be “so strong”, I would use fancy Christian words like “passion”, “God called me”, and “sanctify” and find that others thought I was mature... and so on.

Was there a genuine desire to know God underlying these efforts to be a devoted Christian and diligent committee member, or was I simply just doing it all to be popular and accepted? I would certainly like to think it was genuine... but the dilemma was that I really didn't know. The tricky thing about reward mechanisms is not only that they often operate in the unconscious realm of our minds, but also that they cannot be turned off. Even if it is solely out of my love for God that I stop downloading MP3's, pray for 30 minutes daily, and lead a cell group, within the CCF social environment I would still be given respect, acceptance, admiration, and love for doing these things. And these are rewards which my human nature causes me to enjoy. Given this, who can say with certainty that even if my initial motivations were exclusively God-focused (“intrinsic”), they didn't take on some extrinsic character over time?

This past year has served as a sort of natural experiment for answering that question, as I have not been back to CCF on a regular basis since Winter 2007. The reward mechanisms which I operated under for 5 years were effectively removed: my social environment now consists largely of non-Christians who do not care how many times I have shared the Gospel with a stranger, whether I go to prayer meeting on Sunday nights, or what God has been “telling me” recently. Now what would Christianity mean to me? Would I still be motivated to devote myself to God? Would I change the way I practiced my faith?

A Reflection on “Home”

Eric Cheng (gofishyfishy@gmail.com)

... is where the heart is indeed.

It is a privilege and burden to share. It is a privilege to bear the name of Christ (and because of that HAVE something of value to share) and burden because this better be worth your time and the trees.

I ramble, so if you're like me and want the Cole's note

BEYOND CCF

In a word, Yes! Christianity is still meaningful to me and I am still motivated to live a life “worthy of the calling”, but I have also changed my idea of what that life looks like. And the most important reason for all of this is that I now have a largely intrinsic motivation for having, and practicing, faith. The aspects of Christianity which now have the most relevance in my life are those which affect the way I see myself, others, and the world -- not the way others think of me, nor the social status I am ascribed based on my spirituality.

Now when I do devotions, it is an enjoyable time of reading as much or as little of the Bible as I feel like that day, instead of trying to madly memorize verses to sprinkle into everyday conversation or deriving artificial “take away” points so that I can talk about what God said to me that day in the Word. When I listen to my friends talk about their non-Christian faiths, I feel like I can be more respectful of them and less aggressive in forcibly creating opportunities for me to share about a Gospel they are already aware of, because there is no social status to be gained anymore from saying that I “witnessed” to my friends.

In addition to this, my new life experiences as a medical student put me in close contact with the sadness, brokenness, and anger that are probably a more accurate representation of the human experience than anything we encounter in the virtual reality bubble that is UW-CCF. And in doing so, I am given the chance to understand a great significance of the personal relationship that is Christianity: more than relatively trite things like weekly rituals or worship songs, it is an explanation for -- and hope about -- the pain and imperfection in myself, others, and the world. Such a truth, and the hope it carries, is a large intrinsic part of my continued motivation to be devoted to God, filling the void left by the extrinsic reward mechanisms I no longer have. This, then, is what Christianity means to me after CCF.

version, scan below to “Getting back to the topic of discussion”.

My *physical home* is Brampton. I intern at the hospital across the street as a respiratory therapy student and I go to the church that is a 2.0 km walk from my house. I attend a Mens group that is in the area 5km from my house. I've been really blessed with being able to

invest most of my time in people directly and not having a long commute. This is something that I have been challenged with for a long time.

This being said, I commute to Brantford almost weekly to visit the one whom God has allowed me to be considering marriage with. It's arguable that it's a long drive, but to me it is far from a hassle for home is where the heart is, and since my heart is set on seeing her it becomes no big deal.

Time out and check this out: at this point in time the journey of driving through wind and storm while trying to keep my eyes open are nothing compared with



spending time with someone I love very much. Is that the same attitude expressed toward our relationship with Christ? Does the world really fade away as we focus on Him? Have we focused enough on Him? At times when I feel like it's not worth it, I find it really helpful to re-focus again on the one at the end of the finishline.

Background: I realized that our society is very conducive to *selection*. We are posed with so many options that we select the environment that suits us best. e.g. we

select the friends we hang out with, we select the social functions that we want to attend, we select the classes we take (engineering students excluded). We do what we please when we please. And we like being in control of our situations. But is life really like that?

I was sitting on the toilet taking care of business the other day (well I do this everyday, but you get the point), and I was thinking to myself, I really don't want to be here. I was reading something really interesting on cardiac output before, but really needed to go – I tried holding it, but after a while you start to get this sharp pain and really have to go. At this moment, I realized that there were things in life that I could not control. No matter how much I try to control my circumstances to remain in my comfort zone, there will always be instances beyond my control.

So instead of trying to control my environment, I have learned to be obedient in all circumstances realizing that

- a) God is does not change (*Hebrews 13:8*)
- b) God is sovereign (*Daniel 7*)
- c) God has purposely put me in a place for a reason (*Matthew 5:13-16* the confirmation that Christians are – not should be, but are (affirmative statement) – salt and light; *Matthew 28:20b, Hebrews 13:5b* God's promise to never leave you.. kind of hard if He's in you though (*Galatians 2:20-21, John 17*)

With this, I have purposed to strive to not pick my surroundings and the people I hang out with rather to pray continually (being cognizant of the Spirit's presence and His prompts at each moment of life) and respond accordingly in obedience. This has led me to be more involved in local ministries, realizing that home is here, in Brampton. It's a real blessing when the spiritual home is the same as the physical home. My physical home is comprised of all the people that I interact with on a regular basis (e.g. co-workers, classmates, family, friends, neighbours). Anyway, it's a real blessing to be able to explore ministry that is non-selective but that is Spirit led. I just pray that I'm sensitive to the Spirit's prompts which can be difficult with the numerous distractions in my attention deficient life. (I'm a product of Sesame Street.)

But that being said, here's the caveat (just when you thought the article was done), I'm here typing away on my laptop in Brampton and people on the other side

of the world can be tortured with my reflections with a click of a button. This begs the question, so what is local ministry? With superior advancement in communication technologies why is it that our communication is still so poor. The weakest link must be the human.

Getting back to the topic of reflection. Home is where the heart is. So the question becomes, where is my heart rooted? Is it within myself? Is it in the fellowship? Or is it firmly rooted in Christ Jesus – the Author and Perfector of our faith?

If it is within myself, I will be selfishly trying to find pleasure in all things, but I become frustrated in not being able to control every situation and be miserable trying to remedy that. Additionally, I will also be negatively influencing the people around me and bearing a bad witness for God whom I try to slot into life. Don't try to slot God into life (*Galatians 6:7*), life is when the Spirit resides in the body He created. (*Galatians 2:20-21*)

If it is rooted in the fellowship, then I will be feeding off the fellowship. This I have done and on withdrawal from CCF during my first workterm, I plummeted into a term. And for this reason I don't recommend rooting your heart in a fellowship group. Fellowship (http://www.bible.org/page.php?page_id=935) is integral to spiritual stability and growth but should not be where your heart is rooted. The group of people you fellowship with is dynamic as you go through different phases in life. The only thing that is constant is God. (*Hebrews 13:8*)

But our citizenship is in heaven (*Philippians 3:20*), therefore our hearts are to be set above (*Colossians 3:1*). Our hearts are meant to be found in the Creator (*Colossians 1:19-20*). In Christ, we will be satisfied being in His presence (*Psalms 17:15*). But satisfaction is a BY-PRODUCT of living life to the full – for which Christ came (*John 10:10b*). Unlike the secular approach to establishing a physical home, our focus must be on the Spiritual home, from there, ALL the physical needs for community, acceptance, approval etc. will be satisfied. Focus on Christ, not the by-products. As we strive to do the will of the Father, we must remember that our home is where the heart is and that we have already been guaranteed residence (*John 14:2*) and citizenship is in heaven (*Phil 3:20*).

“Not that I have already obtained it or have already become perfect, but I press on so that I may

lay hold of that for which also I was laid hold of by Christ Jesus. Brethren, I do not regard myself as having laid hold of it yet; but one thing I do: forgetting what lies behind and reaching forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus. Let us therefore, as many as are perfect, have this attitude; and if in anything you have a different attitude, God will reveal that also to you; however, let us keep living by that same standard to which we have attained. Brethren, join in following my example, and observe those who walk according to the pattern you have in us. For many walk, of whom I often told you, and now tell you even weeping, that they are enemies of the cross of Christ, whose end is destruction, whose god is their appetite, and whose glory is in their shame, who set their minds on earthly things. For our citizenship is in heaven, from which also we eagerly wait for a Saviour, the Lord Jesus Christ; who will transform the body of our humble state into conformity with the body of His glory, by the exertion of the power that He has even to subject all things to Himself.”

- *Philippians 3:12-21 NASB*

May you continue to live as strangers on this earth with hearts set above, ministering as salt and light to the people that God places in contact with you.

Our Father who art in heaven, hallowed be Thy name. Thy kingdom come, Thy will be done on earth as it is in heaven....

Note to the graduates: Congratulations on getting through a university degree. You beat me to it and my ego is scarred, but inside I'm rejoicing with you being completed this phase of life and onward to another. I pray that you might be able to move on taking the experiences and growth within this CCF home community to wherever God takes you. I pray that you might gather with Christians (or go out and gather Christians wherever you are) in fellowship to challenge and grow the local body of Christ as we anticipate the glorious day when we are taken to be with our Father in heaven.

Soli Deo Gloria! Amen.



Outside the Bubble

Steven Wong

In order to make our 'local' home better, we must work to improve our home at large. By that, I mean that we, as Christians, must work to change the world for the better and in a God-edifying manner.

To even start, however, we must look outside the bubble that is campus and observe the world around us. How can we treat our neighbour as ourselves if we do not

even know who are neighbours are, or what they are going through?

The first step is awareness, then we can work on doing something about it. The following is just a tidbit of what has been happening throughout the world in the first 4 months of 2008. As you should come to realize by reading some of these events - we really *must* do something.

Major World Events

JANUARY 2008

Snowfall across the globe has once again made its mark. This year, Baghdad, Iraq, has seen its first snowfall in recent memory. Meanwhile, severe snowstorms in China led to major disruptions in the travel plans of its citizens during the holiday period.

In the U.S., **primaries** have Democratic and Republican candidates vying for the nomination of their party to run as its presidential candidate. As of printing, John McCain had won the Republican nomination, while Barack Obama and Hillary Clinton had been trading spots for the Democratic vote.

FEBRUARY 2008

On February 19, Fidel Castro announced his resignation from the Cuban presidency. Taking his place will be his younger brother, Raul Castro, who on March lifted a ban on consumer electronics, allowing residents to now buy such items as DVD players, microwaves, and computers.

MARCH 2008

The Canadian parliament, on March 13, voted to extend Canada's involvement in Afghanistan to 2011 (subject to getting additional troops from NATO). Along with 36 other members, Canada has been in Afghanistan as part of a UN-mandated mission to help rebuild the country.

Zimbabwe held parliamentary and presidential elections this month, with the Movement for Democratic Change (MDC) (under Morgan Tsvangirai) and the incumbent Zanu-PF (Robert Mugabe) running the majority of candidates. Under Mugabe, Zimbabwe has seen recent inflation rates of 165 000% and a drop in life expectancy to 37 (male) and 34 (female) years from 63 years two decades ago. The results of this election is currently in dispute, with reports of vote tampering and violence against opposition MDC supporters.

APRIL 2008

The United Nations and the World Bank have raised warning of a looming world food shortage. High prices and subsequent shortages of staple foods have already led to food riots in poorer countries such as Haiti and Indonesia.

Areas of Interest

and why Waterloo streets are a few branches short of a tree

Shopping

- Canada Computers..... E-6
- Canadian Tire..... N-1
- Chapters..... N-1
- Conestoga Mall..... N-3
- Gospel Lighthouse..... E-3
- Shoppers Drug Mart E-3
- Michaels..... W-4
- National Sports..... N-1
- Office Depot..... E-8
- Waterloo Town Square..... E-3
- Westmount Place..... W-4

Groceries

- Convenience Store(\$\$)..... E-2
- Farah's Food(\$\$)..... W-4, E-1
- L'Oven Bakery..... W-3
- Sobeys..... W-1
- Valu-mart..... E-3
- Wholesale..... N-1
- Zhers..... W-2

Banks

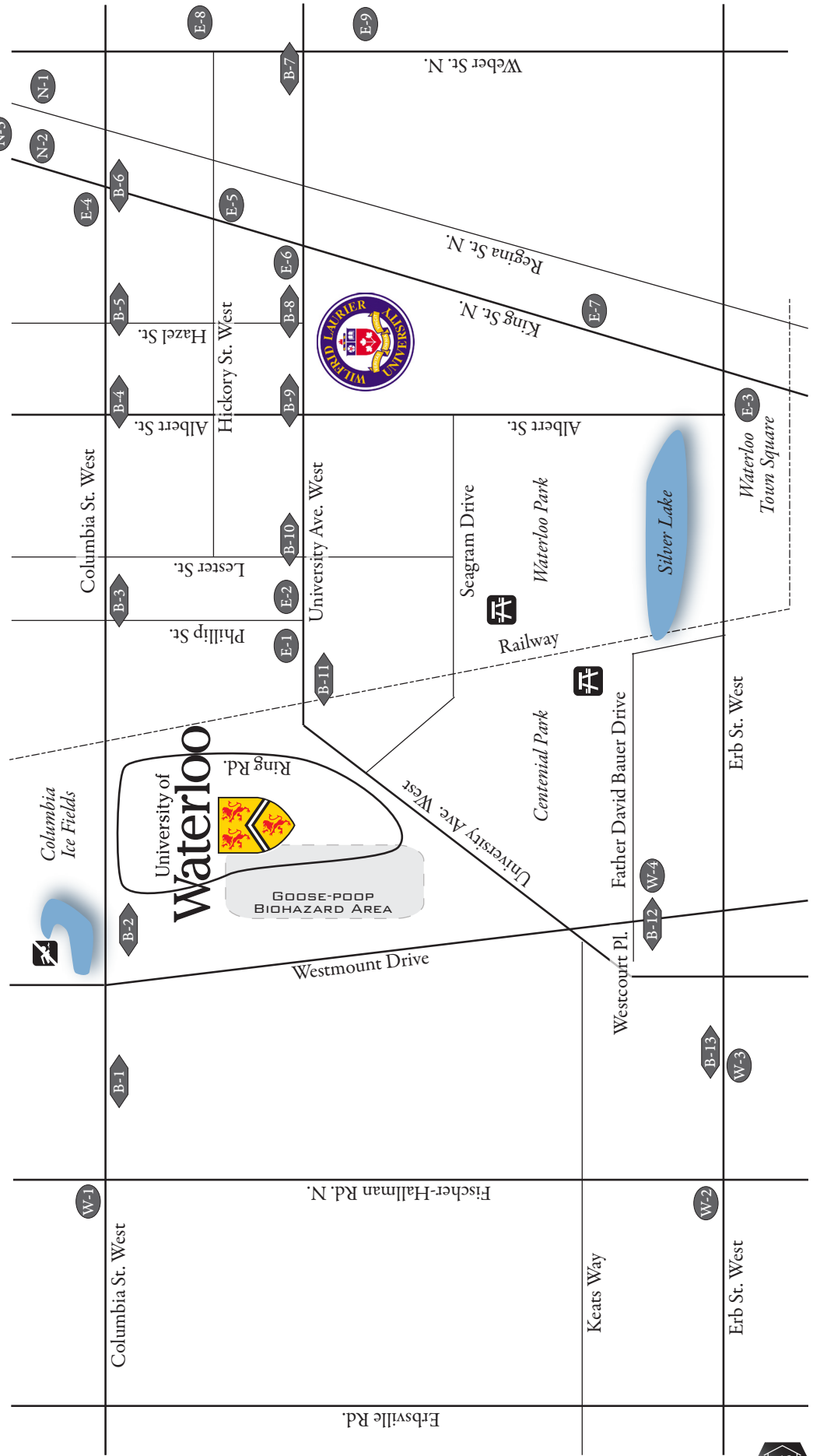
- Bank of Montreal..... E-5
- CIBC..... Campus, E-7
- Royal Bank..... W-4, E-6
- Scotia Bank..... E-3
- TD/Canada Trust..... W-4, E-3

Chinese Cuisine

- China Gardens(\$\$)..... E-6
- Crystal Palace(\$\$)..... E-3
- Jia ylia Lok(\$\$)..... E-5
- King Tin(\$\$)..... E-5

North American Cuisine

- Benny's(\$\$)..... E-9
- Dairy Queen(\$\$)..... W-4
- Duke of Wellington's(\$\$)..... E-3
- Ennios(\$\$)..... N-2
- Lucy's Seafood(\$\$)..... E-3
- Quizno's(\$\$)..... E-3, W-3
- Second Cup(\$\$)..... E-2
- Starbucks(\$\$)..... E-6
- Symposium(\$\$)..... E-3
- Wendy's(\$\$)..... E-9



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