CCFCIV 2021

Retreat

退修會

CCFCIV

2021 retreat

CCFCIV 2021 RETREAT 退修會

Compelled by Christ's Love

被基督的愛激勵

2021 CCFCIV Retreat

4/24

9:00am	Message 信息 (Kids Program 兒童課程)
11:15am	Small Group 小組 (Kids Program 兒童課程)
2:00pm	Workshop 專題 (Kids Program 兒童課程)
3:30pm	Joyful Activities 歡樂時光
7:30pm	Family Fun 歡樂家庭

4/25

9:00am	Message 信息 (Kids Program 兒童課程)
11:15am	Small Group 小組 (Kids Program 兒童課程)
2:00pm	Workshop 專題 (Kids Program 兒童課程)
3:30pm	Testimony 見證

1-3 grades / 1-3年級
4-6 grades / 4-6年級

*** Workshop 專題

- 你得救了嗎？
- 從過紅海的真相談人生的意義
- Positioned for the Gifts 屬靈恩賜的裝備
- Praying Through Scriptures 通過經文祈禱
- Raising Kingdom-minded Children 養育出有國度意识的孩子
- 行到水窮處 坐看雲起時－淺談《詩篇》

*** Joyful Activities 休閒活動

- What's For Dinner? 晚餐吃什麼？
- Craft Hut 工藝小屋
- sing for joy/歡樂歌唱
- Aerobics Dance & Praise 健美操與讚美
- You Only Get One Face 你只有一張臉

4/24 Saturday

Time	Program	Title	Speaker/host	Zoom number
9:00 am	Kids' program		Mr. Simpsons	Email/text/card
9:00 am	Message 信息		Pastor Alex Liu	Live-stream/website
11:15 am	Small group 小組討論		Youth group English group Chinese brothers Chinse sisters	853 6599 7505 895 3344 3234 809 253 2964 376 428 8287, 498 740 4728
2:00 pm	Workshop 專題 Kids' program	Raising Kingdom-minded Children 養育出有國度意识的孩子	Sister Cindy Fan /Rebecca Liu /Nancy Hu	869 7581 8542
		行到水窮處 坐看雲起時 – 淺談《詩篇》	Sister Sharon Hou	498 740 4728
		Praying Through Scriptures 通過經文祈禱	Brother Frank Lee	841 6145 2580
3:30 pm	Activity	Craft Hut 工藝小屋	Sister Mable	626 437 3064
	歡樂時光	You only get One Face 你只有一張臉	Sister Kelly	829 8731 5128
		What's for dinner? 晚餐吃什麼？	Brother Darren	809 253 2964
		Aerobics Dance and Praise 健美操舞蹈與讚美	Sister Feifei	498 740 4728
		Sing for Joy 歡樂歌唱	Brother Daniel	841 6145 2580
7:30 pm	Family Fun 歡樂家庭	Worship songs, Cupcake decoration contest and cup noodle	Brother Darren	819 7706 7422

4/25 Sunday

Time	Program		Speaker/host	Zoom number
9:00 am	Kids' program		Mr. Simpsons	Email/card
9:00 am	Message 信息		Pastor James Fan	Live-stream/website and links
11:15 am	Small group 小組討論		Youth English Chinese brother Chinse sister	853 6599 7505 895 3344 3234 809 253 2964 376 428 8287, 498 740 4728
2:00 pm	Workshop 專題 Kids' program	Positioned for the Gifts /屬靈恩賜的裝備	Brother Peter Hu	828 6874 0893
		从过红海的真相谈人生的意义	Brother John Lei	626 437 3064
		你得救了嗎？	Mrs. Chu	498 740 4728
3:30 pm	Testimony 見證分享		Brother Frank	819 7706 7422

4/24 2:00pm | Workshop 專題

中 En Raising Kingdom-minded Children 養育出有國度意識的孩子

Speaker 講員：Cindy Fan / Rebecca Liu / Nancy Hu

The influences of peers, electronics, culture, and relationships play a huge role in shaping our children. How have we as moms approached raising our own kids to be kingdom-minded? We will share our personal stories and experiences, welcome your questions, and pray for one another.
許多外在的因素如: 同齡人，電子產品，文化和人際關係對孩子性格有著巨大的影響。 作為母親，我們如何撫養自己的孩子成為國度意識的孩子？ 我們將分享我們的個人故事和經驗，也歡迎您提出問題，並互相祈禱。

Raising Kingdom-minded Children 養育出有國度意識的孩子

Zoom# 869 7581 8542

中 行到水窮處 坐看雲起時 – 淺談《詩篇》中語言表述形態及神學思想內涵之交織與融通

Speaker 講員：Sharon Hou 侯師娟

聖經各書卷所使用的文體（敘事、說理、言情等等）與正確分解神的話語之間有著密切的關聯。我們將通過對幾首《詩篇》實例的解讀賞析來掌握詩歌這種文字的特質以及研讀《詩篇》的一些基本技巧， 從而與詩人、與我們的神之間能達到心靈上更高更深層次的交流。

淺談《詩篇》

Zoom# 498 740 4728

中 En Praying Through Scriptures 通過經文祈禱

Speaker 講員：Frank Lee

Join me as I lead us in praying through an amazing list of powerful Scriptures that declares God's sure promises! Timely passages that bring assurance and comfort during challenging times. We will specifically pray for these 4 areas.
1. Peace, 2. Protection, 3. Provision, 4. Healing
Feel free to just listen in, but bring a heart of anticipation and expectation for God to answer our prayers~!
請加入我們, 我將帶領大家通過一段神奇而強有力的經文來宣告神的應許！ 從神而來並及時的話語是我們在艱難時期的保障和安慰。我們會特別為以下四個方面禱告：
1. 平安, 2. 保護, 3. 供應, 4. 治愈
您可以旁聽，但請帶着參與的意願和期待上帝回應我們的禱告的心。

Praying Through Scriptures 通過經文祈禱

Zoom# 841 6145 2580

4/25 2:00pm | Workshop 專題

En Positioned for the Gifts 屬靈恩賜的裝備

Speaker 講員：Peter Hu

Our Great God is a gifter. In this workshop we'll discover the difference between natural gifts we receive from our creator and the spiritual gifts we receive from the Holy Spirit revealed from Scripture in 1 Corinthians 12. We'll explore how to use and manifest these gifts for His glory in the building up of the body and the expansion of His Kingdom.
我们全能的上帝是一位恩賜的给予者。在我們今天的探討當中，我們會神奇地注意到我們從造物主那裏得到的天賦和從聖靈而來的屬靈上的恩賜是不同的，請詳見"哥林多前書12章"。為了榮耀神，我們將一起來探索如何使用并証明這些屬靈的恩賜，從而作為肢體共同建造基督的身體，并擴展神的國."

Positioned for the Gifts 屬靈恩賜的裝備

Zoom# 828 6874 0893

中 行從過紅海的真相談人生的意義

Speaker 講員：John Lei 雷翔遠

紅海的平均深度超過一千公尺，坡度陡峭，以色列人是如何走乾地過去的？您知道，當埃及的武則天遇見漢武帝，再加上一个摩西，會激起什麼樣的火花嗎？本課程將透過考古的發現，還原以色列人過紅海的真相，同時透過摩西的視角，來探討人生的意義.

從過紅海的真相談人生的意義

Zoom# 626 437 3064

中 你得救了嗎？

Speaker 講員：Mrs.Chu 朱師母

一.經常來教會的人都得救了嗎?
二.得救的人有何生命表現？
三.何謂得救的信心.

你得救了嗎？

Zoom# 498 740 4728

JOYFUL 歡樂時光 ACTIVITIES

4-24-2021 3:30pm

What's For Dinner? 晚餐吃什麼？

Host: Darren

zoom：809 253 2964

Let us show you how to prepare one of my favorite dishes: Pesto Chicken Pasta.

讓我們向您展示如何準備我最喜歡的菜餚之一：青醬雞肉意大利麵

Aerobics Dance & Praise 健美操與讚美

Host: Feifei

zoom：498 740 4728

Let us use God's words to purify our hearts; Let us sing through beautiful music to worship God; Let us Dance to praise God - Healthy body, mind and spirit is God's blessing.

讓我們用神的話語來潔淨心靈； 讓我們透過優美的音樂來歌唱敬拜神； 讓我們用舞蹈來讚美神-健康的身心靈是神的祝福！

Craft Hut 工藝小屋

Host: Mable

zoom：626 437 3064

Hand craft cards / 5 sets

手工卡片製作 / 5套

CCFCIV 2021 RETREAT 退修會

JOYFUL 歡樂時光 ACTIVITIES

4-24-2021 3:30pm

Sing for Joy/歡樂歌唱

Host: Daniel

zoom：841 6145 2580

Do you miss singing together? Come join us to request your favorite hymns and sing along with the worship team, or just listen to the other voices and enjoy fellowship with music.

你想念和兄弟姐妹一起唱詩嗎？ 加入我們，點選您最喜歡的讚美詩，與敬拜團隊一起唱歌，或聆聽敬拜團隊唱歌，享受音樂與團契。

You Only Get One Face 你只有一張臉

Host: Kelly

zoom：829 8731 5128

Skincare is a process, it's about prevention and protection, not immediate results. This informal talk will touch in why skincare is important, what kind of ingredients and treatments are beneficial, and how to build your own routine to attain your healthiest skin. Remember, it's never late to Bolster your skin health!!

護膚是一個過程，它與預防和保護有關，而不是立竿見影的效果。 這個非正式的演講將探討為什麼護膚很重要，什麼樣的成分和護膚方法是有益的，以及如何建立自己的護膚常規以獲得最健康的皮膚。請記得，增強皮膚健康永遠不會太晚！

CCFCIV 2021 RETREAT 退修會

Pesto Chicken Pasta Ingredients

青醬雞肉意大利面原料

Chicken Breast or boneless chicken legs 雞胸肉或無骨雞腿肉
Pesto Sauce (available at any grocery store or Costco) 青醬
Fresh onion, garlic 新鮮洋蔥, 大蒜
Olive oil 橄欖油
Chicken Broth 雞湯
Flour 麵粉
Butter 奶油
Milk- half and half or some heavy cream 牛奶
Parmesan Cheese (grated) 帕爾馬干酪 (磨碎)
Seasonings 調味料
Pasta _ prefer short pasta 意大利麵-短管狀麵條

Ingredients::

Chicken: In this recipe, I use boneless and skinless chicken breast cut into bite sized pieces. Chicken thighs can also be used.

Pesto Sauce: On really busy days, when my time is limited, using store-bought pesto makes this dish even quicker and easier. Get a good quality pesto sauce. My favorite is Costco's Kirkland brand. From the supermarket, prefer the ones from the refrigerated area.

Onions and Fresh Garlic: I usually use brown or yellow onions and fresh garlic cloves (this pasta recipe also uses garlic powder).

Oil: I prefer using olive oil. Avocado or canola oil are also good options.

Broth: Chicken broth, regular or low-sodium.

Flour: All-purpose flour.

Butter: I prefer using unsalted butter for cooking, but if you only have salted butter, that works as well.

Half and Half: Half and half produces a richer sauce than whole milk however, you can substitute the half and half, if you prefer.

Parmesan Cheese: Freshly grated Parmesan is always best.

Seasonings: Garlic powder, Italian seasoning, salt and ground black pepper.

Pasta: A short pasta with ridges is my preferred pasta when making Pesto Chicken Pasta. The ridges hold the creamy sauce better than most noodles. Cavattapi, penne rigate, rigattoni and fusilli are good options. Besides short noodles, spaghetti is always a pasta that comes to my rescue at home.

Steps:

. Cook the pasta in salted water until al dente. Reserve about 1/2 cup of cooking water and drain the pasta.

. While the pasta is cooking, season the chicken with Italian seasoning, salt and pepper then sprinkle with flour and toss to coat.

. In a large skillet, cook the chicken until golden brown then remove the chicken from the skillet. Set aside.

. In the same skillet, melt the butter and saute the onions until they become translucent. Add the garlic and cook for a minute.

. Add the broth to the skillet and deglaze it by scraping the bottom with a wooden spoon. This will remove the brown bits stuck at the bottom of the pan.

. Add the pesto, half and half and garlic powder and simmer. The sauce will start to thicken a bit.

. Return the chicken and any collected juices to the skillet. Simmer for a few minutes.

. Stir in the Parmesan cheese and mix well to combine.

. Add the pasta and toss gently. If you want a creamier consistency, add some of the cooking water and mix well.

FAMILY FUN 歡樂家庭

CCFCIV 2021 RETREAT 退修會

4-24-2021 7:30pm

zoom : 819 7706 7422

Cupcake Decoration Contest
杯子蛋糕裝飾比賽
Host: Darren

Sign up before 4/15
4/15 之前報名參加

Cup Noodles

Worship Musics
Host: Daniel

https://us02web.zoom.us/j/81977067422

CCFCIV 2021 RETREAT 退修會

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Testimony
見證分享

見證分享

4/25 Sunday 3:30 pm 星期日下午 3點 30分

Zoom : 819 7706 7422

人要傳說你可畏之事的能力； 我也要傳揚你的大德。
詩篇 145:6

Men (& women) shall speak of the might of Your awesome acts, And...declare Your greatness.
Psalm 145:6

CCFCIV
2021 retreat

Schedule:

No Saturday fellowship on 4/24 evening　週六 4/24 團契暫停
No Sunday school on 4/25 morning　週日 4/25 主日學暫停
Sunday service starts on 9 am on 4/25　週日 4/25 的主日崇拜從9點開始

Zoom meeting will be opened 10mins before the workshops and activities starting time. Please be on time.

綫上會議室會提早10分鐘開啟，請大家準時上綫。

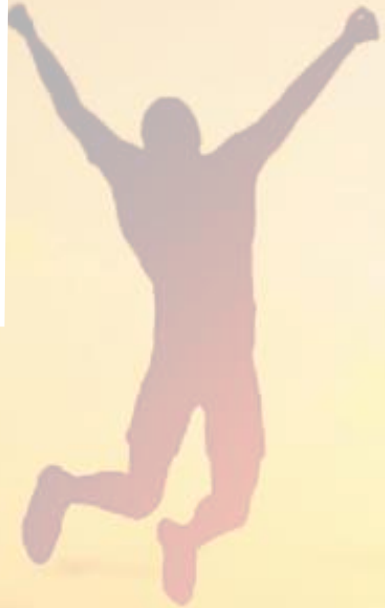
Please mute your audio and turn on your video whenever possible.
It is an encouragement and courtesy for the serving brothers and sisters

請大家參加網路會議時靜音，並儘量可能打開視頻。
這是對服事的兄弟姐妹的一種鼓勵和禮貌。

CCFCIV
2021 retreat

Small groups: Zoom numbers

Youth group: 853 6599 7505 (youth fellowship)
English group: 895 3344 3234 (English fellowship)
Chinese brothers/中文弟兄組: 809 253 2964 (雅歌團契)
Chinese sisters/ 中文姊妹組: 376 428 8287 (Sarah)
498 740 4728 (Thursday bible study)



CCFCIV
2021 retreat

All information are available on CCFCIV site :

Schedule, program details, Zoom numbers/links/QR codes

教會的網頁 :

退修會的活動內容, 時間表, Zoom會議號/連結/二維碼

Retreat hotline: 退修會熱線

Mimi : 909-228-6862

Glorie : 909-451-3181

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2021 retreat