



# hcf heartbeat

## Hamilton Christian Fellowship's Monthly Newsletter

MARCH 2010

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SPECIAL POINTS OF INTEREST:

- "Can I Help?" by Janine Auchterlonie
- Profile—Maria Simmons
- 'Musings' by Krissie Sullivan
- Monthly Event & Prayer Calendar

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### "Can I Help?"

By Janine Auchterlonie

We don't have to look too far to see people in need. Some people experience need most of their lives while others go through situations that require support for just a season. After Katrina, many of us traveled to the Gulf coast to help where we could. The needs were enormous! It was fantastic to see people respond to this crisis especially the Church. But as Chris Jones reminded us there are needs right here in our own backyard as well. Some people's lives are falling apart right around us and we barely notice. God give us eyes to see and ears to hear!

Galatians 6:2 says, "Share each other's burden, and in this way obey the law of Christ." So what is the law of Christ? It tells us in Galatians 5:14, "For

the whole law can be summed up in this one command. 'Love your neighbour as yourself.'" Jesus said in John 13:34, 35, "So now I am giving you a new commandment: Love each other. Just as I have loved you, you should love each other. Your love for another will prove to the world that you are my disciples." They will know we are Christian by our love. Our witness to the world and to each other is evidenced by what we say and more importantly, by what we do!

Love is more than just a warm, fuzzy feeling; it is an attitude that reveals itself in action. It is compassion in action! How can we love each other as Christ loves us? It means we are to stand side-by-side, shoulder-to-shoulder and help carry the bur-

dens of others. By helping when it's not convenient, by giving when it hurts, by devoting energy to another's welfare rather than our own. It requires concentration and effort. It demands our time, money and personal involvement. It will cost us something. This kind of love is hard to do.

We need to check our motives when we offer to help. They cannot be self-centered. Our motives should not be to make a name for ourselves, to be seen as a good helper or to be considered to be kind. Being caught up in self-concern runs directly counter to the goal of helping someone else. It becomes about us instead of them.

Most of us know the old, inspirational song by the Hollies, "He ain't heavy, he's my brother." The message is not that the brother does not weigh

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### Profile - Maria Simmons

By Jessica Westerholm

"I always notice everything about people."

This was how our interview started. Sitting in the café where we were having lunch, Maria had remarked on the ring that our waitress was wearing, which I hadn't noticed at all. Maria takes great joy in observing particular things about people that make them unique... like noticing someone's mismatching socks, for instance. (Lest you suddenly become self-conscious and check your own socks, she is quick to clarify that that's the sort of thing she LOVES about people) Maria delights in finding out about people's quirks, pet peeves, and even awkward traits they had as

a child – basically whatever makes them unique.

Maria is 15 years old and is in Grade 10 at Hamilton District Christian High School. Growing up as an only child, Maria spent much of her childhood in churches, either at HCF or at other churches where her parents (Barry and Barbara) travelled to lead worship. Unlike some people, who grow up resenting their parents and that sort of life, Maria actually enjoyed it, and she feels that the close relationship she has with her parents has partly come out of all the



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## Can I Help? ... cont'd from Pg. 1

very much but rather that the burden was not too great for him to carry. Why? Because the motive was his love for his brother! Another line says, "His welfare is of my concern." If love for others is our genuine motive, the load will not be as difficult to carry. We are more focused in lightening someone else's burden than in the discomfort it may cause us.

Romans 12:9-13 says, "*Don't just pretend to love others. Really love them. Hate what is wrong. Hold tightly to what is good. Love each other with genuine affection (brotherly love) and take delight in honouring each other. Never be lazy, but serve the Lord enthusiastically. Rejoice in our confident hope. Be patient in trouble, and keep on praying. When God's people are in need, be ready to help them. Always be eager to practice hospitality.*"

Acts of kindness and generosity come in many forms. It could be hard, physical labour or it might just be holding someone's hand and lis-

tening. It may involve giving a sacrificial amount of money or perhaps just a word of encouragement or prayer. Offering to help may replace someone's feeling of despair with hope.

There is a saying that if Satan cannot make you sin, he will make you busy. Life is busy; there are things to do, places to go and people to see. Life rushes by but what do we accomplish that really make a difference? What are some practical things we can do to manage our time better so that we are available when we are needed?

Keep your life in balance. Take care of yourself first. Eat well. Get plenty of sleep. Exercise and manage your own stress well. You will be in a better position to offer help and although it may be a stretch you will be better prepared to give of yourself.

Get organized. When your life is organized, the essentials of your home and family needs fall into place better. It allows you to schedule your time and finances more effectively giving you more flexibility

should your assistance be required elsewhere. You will also have a better idea of what supplies you have that are readily available for a crisis.

Don't procrastinate. Don't leave things until the last minute. Plan out your projects so that if an urgent matter arises you have some space to manoeuvre. Don't get behind so that when someone needs something you can't help because you have another deadline to meet.

As part of God's spiritual family, it is our responsibility to help one another in every way possible. Life constantly presents us with opportunities to take that extra step or show someone some kindness that will make a difference in their lives. The sacrifices we make today may turn out to be some of the biggest investments we make in the Kingdom of God.

And the King will say, "I tell you the truth, when you did it to one of the least of these my brothers and sisters, you were doing it to me!" (Matthew 25:40)

"You can give without loving but you cannot love without giving."

Amy Carmichael



## Profile ... cont'd from pg. 1

time they spent "carting her around" with them to different places. "My parents are my best friends," she says.

You need only to look at Maria to figure out that she is a unique individual. Creativity and colour literally ooze out of her. She tells me that as a child her bedroom was a "constant creation" of some sort. She would spend hours creating amusement parks for the many mice that seemed to run freely in their old house. She enjoys creative writing, and will often make up stories about people she doesn't know well. On at least one occasion, the story she made up about someone actually ended up being quite accurate. A little prophetic gifting there, perhaps? Painting is another hobby of hers, though she prefers not to paint on canvasses. One of her more recent creations was on an old window that she found at the Reuse Centre, which she painted and

added other items to. It now sits on the floor in her bedroom with a light behind it.

When asked how she would describe herself, Maria told me that she's not sure if she's an introverted extrovert or an extroverted introvert. She takes delight in the many small things in life, which together accumulate to become special moments for her and shape who she is. For example, as a child, she would stop and notice even a tiny piece of glitter on the ground. When I asked, Maria wasn't sure she could pinpoint any big "defining moments" in her life. However, she could easily talk about the small things that bring her joy and that have been significant for her. In Peru last summer, for instance, she saw God do incredible things – healings, salvations, etc – but some of the most profound things for her were little things that He did just for her. While Maria has grown up believing in Jesus and He has always been real

to her, more recently she has been discovering how "absolutely personal" He is, and has been falling in love with Him in a whole new way.

In the future, Maria sees herself involved in the arts through creative writing or painting. For next summer she is planning another missions trip, this time to India, which she is quite excited about, since she has been fascinated by India since she was little. In the longer term, while she is not sure what her life will look like, her heart is to "quietly love people," in whatever place she lives, bringing God's light and love wherever He plants her. Given her tendency to notice personal details about people and to care about the small stuff, I have no doubt that many people who might otherwise go unnoticed will be loved and blessed through her life.

Recently, one of Maria's friends described her as

APRIL'S THEME IS "KEYS TO DEATH AND HELL"

Send us your dreams, poems, songs, quotes, thoughts before March 22nd at [newsletter@hcfchurch.ca](mailto:newsletter@hcfchurch.ca)

# “Misings”

By Krissie Sullivan

Have you ever felt like a situation was so overwhelming, you wondered if anything you did could really make a difference? You want to help, but you just don't know where to start. This can refer to an international situation as devastating as the recent earthquake in Haiti, or to a more personal issue affecting family or friends in your own neighbourhood.

One important thing I have learned in my twenty years is that either way, even the littlest thought, prayer or action DOES help. It DOES make a difference! You DO make a difference!

I have repeatedly been confronted by skeptics as I prepare for various humanitarian trips, or attempt to balance my schedule to fit in different volunteering opportunities here in Hamilton. They've said things like "What good is one person when the problem is so much

bigger?" or "What makes you think anything you can do will help?" The most recent comment was that "Who do you think you are 'Superman'?" and "Do you think you can somehow save the whole world?" "You should realize that is not going to happen." .... I'm not so sure how accurate that last 'superman' point is – I like to think that I am able to be realistic and understand that I can't carry the world on my shoulders, especially not on my own, but just being told that people, particularly people I know don't believe in the power and ability of one person is really hard to hear. Even more so growing up in a family and community where I was always reminded of the words in Philippians 4:13: "I can do all things through Christ, who strengthens me."

I decided a long time ago that

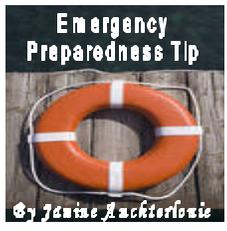
if I have some sort of ability and an opportunity to help out in even the smallest or strangest of ways, here in Hamilton or across the world, how can I decide it is not my responsibility to do so? And what makes me think there will be anyone out there willing to help me on the day I am in need, if I myself am not willing to do the same for them?

I often ask those people that can't understand why I do what I do, "Where would we be if everyone thought like you? If there wasn't one person that believed they could help somebody, somewhere, in even the smallest way, then what kind of a community, city, country or world would we live in?"

If you have ever wondered if you can help, my answer is "absolutely". But the 'how' is up to you...

"How can I be useful, of what service can I be? There is something inside me, what can it be?"

Vincent van Gogh



I asked my sister-in-law one day, "Have you started an emergency kit yet?" She replied, "Yep. It's at....What's your address?" We laughed but later that night I said to Steve, "We better plan on having extra water and supplies on hand". During an emergency many people will be unprepared. It is important to stock enough water and supplies not just for your immediate family but also extra so you can offer help to others.

## Profile ... cont'd from pg. 2

"Autumn." A fitting description, she thought, since autumn is her favourite season. Beyond that, though, she feels that her life often resembles the colourful autumn leaves, which seem to fall rather randomly and independently, but eventually form piles on the ground that take shape and tell a story. "Complete thoughts generally don't happen with me," she laughs. But as she goes about her life, dropping her "leaves" here and there, they begin to take shape and tell a beautiful story that is far from random.

To conclude, here are 3 interesting facts about Maria: 1) She works part-time at a greenhouse. 2) She eats soup every day. 3) She has a 23-year-old niece. Want to know more? Just ask her. I expect you will find her as delightful as I did.

## Financial Update

Watch for the date of our upcoming Annual Meeting.

YTD: \$27,116.00  
As of Feb.14: \$13,039.00

**CURRENT BALANCE**

Bldg. Fund: \$12,136.  
Israel Fund: \$1,297.39  
Gardens: \$942.78  
Arimathea Project: \$702.00  
Prayer Room: \$2,178.58  
Ablaze: \$183.55

Thank you for your ongoing tithes and offerings.

## A LITTLE GIRL WITH A BIG MESSAGE - by Bobby Connor

I was in New Zealand for a conference with a couple of thousand leaders as I walked into the conference hall, as very young girl around five years of age came up to me and said in a sweet child-like voice "I can preach!" Trying to humor her I knelt down and patted her on the head and said "oh sweetie that is wonderful that you can preach", almost in a joking tone. However I was stunned because she said back to me in a very firm and confident tone. "No! I can preach"! She said it with such boldness that I was almost knocked down. So I said to her. "Ok then what is your

message?" She looked me straight in the eye and said my message is- "Pray!" - Listen!"- "Obey!"

I said to her you are preaching tonight. That night the place was packed with church leaders from around the nation. I had been speaking for about fifteen minutes when I looked out in the crowd of people and saw the little girl setting with her folks. I sopped speaking and said to her "Honey do you still want to preach she said "yes!" Coming forward I

picked her up and holding her in my arms high on the platform so that all in the conference hall could see her I placed the mike before her lips and she said in a strong voice. My message is "Pray! Listen! Obey! When she said this hundred of people were knocked out of their seats on the floor weeping and seeking the Lord.

This is the message that God is saying to the Church today. Truly a child shall lead us.

# MARCH 2010



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## “Can I Help?” by Stephen Sawyer

NOTE: All prayer watches are held in the Prayer Room EXCEPT for Sun. Pre-service Prayer (downstairs in main bldg.) and Thurs. a.m. & Sun. Devotional Prayer (main sanctuary)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> 8-9 a.m.— Kingdom Prayer 7:30-8:30pm Prayer for Kids	<b>2</b>	<b>3</b> Corporate Prayer 6:30pm	<b>4</b> 7-8 a.m.—Prayer for Older Kids 9:30 am—Corp. prayer Ablaze Prayer -5:30pm <b>Women Ablaze 7pm</b> Band of Brothers 7pm(fellowship rm)	<b>5</b> 2-4 pm Israel Prayer Watch	<b>6</b>
<b>7</b> Prayer 9am <b>Service 10 a.m.</b> <b>with Rob and Fran Parker</b> Devotional 1pm	<b>8</b> 8-9 a.m. - Kingdom Prayer	<b>9</b>	<b>10</b> Corporate Prayer 6:30pm	<b>11</b> 7-8 a.m. Prayer for Older Kids Nehemiah Prayer First Place 11:30am <b>Lamp Unto My Feet</b> 7pm	<b>12</b> 2-4 pm Israel Prayer Watch Night Watch 10 p.m.—6 a.m.	<b>13</b>
<b>14</b> Prayer 9am <b>Community Sunday 10a.m.</b> Devotional 1 pm	<b>15</b> 8-9 a.m. - Kingdom Prayer 7:30-8:30pm Prayer for Kids	<b>16</b>	<b>17</b> Corporate Prayer 6:30pm	<b>18</b> 7-8 a.m.—Prayer for Older Kids 9:30 am—Corp. prayer Ablaze Prayer -5:30pm <b>Women Ablaze 7pm</b> Band of Brothers 7pm(fellowship rm)	<b>19</b> 2-4 pm Israel Prayer Watch	<b>20</b> B4L Prayer Siege 1 – 2 p.m. McMaster
<b>21</b> Prayer 9am <b>Service 10 a.m.</b> Devotional Prayer 1 pm	<b>22</b> 8-9 a.m. - Kingdom Prayer	<b>23</b>	<b>24</b> Corporate Prayer 6:30pm	<b>25</b> 7-8 a.m.—Prayer for Older Kids 9:30 am—Corp. prayer Ablaze Prayer -5:30pm <b>Lamp Unto My Feet</b> 7pm	<b>26</b> 2-4 pm Israel Prayer Watch	<b>27</b>
<b>28</b> Prayer 9am <b>Service 10 a.m.</b> Devotional 1 pm <b>Leadership Mtg</b> 6pm	<b>29</b>	<b>30</b>	<b>31</b> <b>Passover Seder</b> (Home Groups) 7pm			