Downcast Souls

My son, do not let wisdom and understanding out of your sight,

preserve sound judgement and discretion;

- ²² they will be life for you, an ornament to grace your neck.
- ²³ Then you will go on your way in safety, and your foot will not stumble.
- When you lie down, you will not be afraid; when you lie down, your sleep will be sweet.
- ²⁵ Have no fear of sudden disaster or of the ruin that overtakes the wicked,
- 26 for the Lord will be at your side and will keep your foot from being snared.
- ²⁷ Do not withhold good from those to whom it is due, when it is in your power to act.
- ²⁸ Do not say to your neighbour, "Come back tomorrow and I'll give it to you" when you already have it with you.
- ²⁹ Do not plot harm against your neighbour, who lives trustfully near you.
- 30 Do not accuse anyone for no reason when they have done you no harm.
- ³¹ Do not envy the violent or choose any of their ways.
- ³² For the Lord detests the perverse but takes the upright into His confidence.

Proverbs 3:21-32 (NIV)

Why, my soul, are you downcast?
Why so disturbed within me?
Put your hope in God,
for I will yet praise Him,
my Saviour and my God.
My soul is downcast within me;
therefore I will remember You...







Psalm 42:5-6a (NIV)

We'd love to invite you to our Newcomers Lunch!

Share your contact details via QR code or fill in below and place in the offering bag



Name

Email

Phone

HIGHLIGHTS

TODAY food drive: rice harvest season

Did you know October is peak time for rice harvest in Southern China, but 1.5 million people in Hong Kong go hungry everyday? Hope of the City wants to help change that by holding a food drive for Feeding Hong Kong. Bring your contributions of rice, cooking oil, non-fried noodles and UHT milk to church and drop them in the boxes located at 1/F, 2/F and 10/F Connect Counters. For more info, email info@hopeofthecity.com

TODAY BABY DEDICATION

We are delighted to join with Kane and Jessica Choy in the dedication of their son to the Lord (3:00 pm, 2/F): Arkyn King Tin Choy, born 11 December 2018. We warmly welcome all family and friends visiting for this occasion.

TODAY LOVING THE CITY SEMINAR (PART FOUR)

Hope of the City is hosting the last of our poverty awareness seminar titled "Loving the City". We have invited Kevin Lai, Director of APAC Equity Sales at Bank of America Merrill Lynch and member of the philanthropy board, who will share on the corporation's role in tackling our city's poverty issues. 1:30 pm, 10/F Auditorium. Register at info@hopeofthecity.com

PARENT TALK: SELF-REGULATION TODAY PARENTING

Learn from Deborah Holcombe as she shares about "changing the lens" that we use to parent our children. She will teach us how "self-regulation" can help us recognise, address and aid our children when they, or we as parents, become stressed. 1:30 pm, 10/F Living Room.

TODAY KIDS CLUB VOLUNTEER ORIENTATION

If you have not yet attended a volunteer orientation, please join our session today! This session will help you understand your role better as a Kids Club volunteer! Please RSVP to kidsclub@islandecc.hk so we can order lunch for you. 1:15 pm, 9/F Worship Hall.

NOV 8-9 men's retreat: the great getaway

Join us for the Annual Men's Retreat "The Great Getaway" where you'll have the opportunity to unwind and have fun as you meet other men. Rest, restore and re-energise through spending time in nature or reflecting at the pool and worshipping God in your community of brothers! Friday, 9:30 am - Saturday, 5 pm. Register at islandecc.hk/mensretreat19

CLASSES & SUPPORT GROUPS

To register and for more information on the following classes, go to islandecc.hk/classes.

TODAY INDUCTIVE BIBLE STUDY

Inductive Bible study is designed for us to learn the Bible through observation, interpretation and application. Sign up in class. Fee: \$300. 3 - 4:30 pm, 10/F Classroom.

OCT 24 divorce and separation support group

Divorce and separation bring deep hurts and raise complex issues. This 8-week support group combines videos with group discussions led by safe and caring people. Visit the first session to decide if this will assist you. Thursdays, 7:30 - 9:30 pm, 8/F Living Room. Register online.

VOLUNTEER OPPORTUNITIES

SUNDAY PHOTOGRAPHY VOLUNTEERS

There's a lot happening around church on Sundays that we often miss and we'd love for you to capture these God-filled moments with your camera! Sunday photography could include worship, sermon, classes, baptisms, or anything fun that's happening at church. Sign up by email at serve@islandecc.hk

OUTREACH

HOPE OCTOBER

This month, Hope of the City has lined up different opportunities for you to get a glimpse of how we are regularly serving under-served communities. Hope starts with God and healing begins with us, so join us in being a beacon of love to this city.

Here are the upcoming opportunities to serve:

- Homeless Outreach, Tuesday, 22 October, 8 10:30 pm
- SSP Prayer Walk, Wednesday, 23 October, 7:30 9 pm
- Mobile Shopping Fair, Saturday, 26 October, 9 am 11:30 am
 Bowling Outing, Saturday, 26 October, 11:30 am 2:30 pm

To register, drop off the tear-off form at the Connect Counter.

FAMILY PHILIPPINES MISSION TRIP NOV 3 FAMILY PRILLI

Trip Dates: 4-11 April / Registration Deadline: 30 November

Next Easter, Island ECC will send a team to Dumaguete, Philippines to hold a Kid's Camp that aims to bring fun, love and the Gospel to Filipino children from the slums. 1:30 pm, 9/F Kid's Worship Hall.

NOV 3 FAMILY VIETNAM MISSION TRIP INFO SESSION Trip Dates: 5-11 April / Registration Deadline: 30 November

Interested to serve together as a family? This will be our 5th year returning to Hanoi, Vietnam serving orphans and partnering with a Vietnam elementary school for a day full of activities. 1:30 pm, 9/F Kid's Worship

DEC 22 CHRISTMAS PRISON OUTREACH

Registration Deadline: 10 November / Training Date: 17 November

This Christmas, we will be visiting male inmates on 22 December at Tung Tau Correctional Institution to share our faith through worship, testimonies and celebration. Join the mandatory training on 17 November, 1:30 pm, 8/F Living Room A. To register, email go@islandecc.hk

IOB OPPORTUNITIES

For more information about the below job opportunities, go to islandecc.hk/about-us/employment-opportunities. If you are interested, send your CV and cover letter to hr@islandecc.hk.

- Coordinator of Youth Ministry
- Programme Coordinator (Hope of the City)
- Pastoral Assistant

GENERAL O	FFERING				
LAST 2 WEEKS (Thousands HKD)			YEAR TO DATE	YEAR TO DATE	
Budget Giving Variance	8 Oct 1,585 1,625 40	14 Oct 1,585 1,092 493	Budget Giving Variance	(7 Weeks) \$11.1M \$8.0M -\$3.1M -27.9%	

BOLD FAITH FUND

Received	*	Pledges to be received	A. (= \)
	\$160.3 M		\$16.7 M

GIVING TO ISLAND ECC

We encourage those who consider Island ECC their church home to prayerfully give a percentage of their income to the church on a regular basis.

Cheques payable: 'Island ECC Ltd' for Hong Kong tax receipts or 'Friends of Hong Kong Charities Inc' for US tax receipts

Enquiries: finance@islandecc.hk

т 2864 9360 INFO@ISLANDECC.HK ISLANDECC.HK