



Welcome!

“Come unto me, all ye that labour and are heavy laden, and I will give you rest.” (Matthew 11:28, KJV)

This is a song that I learned to sing when I was a kid in Sunday School.

Hong Kong is such a busy city. We consider busyness and lack of sleep as a badge of honour. It is almost a shame if you say you are not busy. (By the way, we pastors easily work over 50 hours a week ...).

Yet we all know by instinct that our life is intertwined with a Rhythm of Work and Rest. Quite contrary to our practice, the rhythm of rest is God’s design for us to live a life that is full and meaningful.

So how are you doing? Are you rested well physically, emotionally, and spiritually? Is your “tank” full, half empty, or totally empty?

Alberty.

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WOMEN

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YOUNG ADULTS

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YOUTH

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CHILDREN

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VOLUNTEER

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CLASSES

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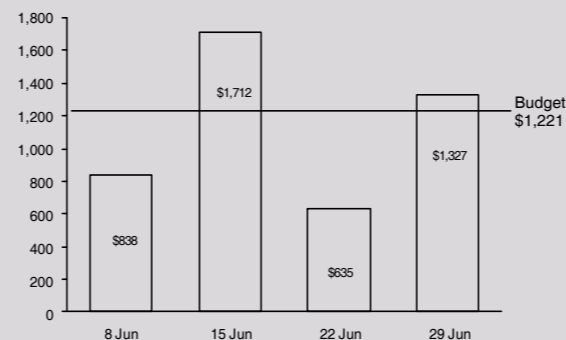
YEAR TO DATE (44 WEEKS)

0.20% surplus on giving

YTD Budget \$ 53.731M
YTD Giving \$ 53.839M
YTD Variance \$ 0.108M

FISCAL YEAR SEPT 2014-AUG 2015

PAST 4 WEEKS (Thousands HKD)



	8 Jun	15 Jun	22 Jun	29 Jun
Weekly Budget	1,221	1,221	1,221	1,221
Weekly Giving	838	1,712	635	1,327
Weekly Variance	-383	491	-586	106

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 to 'Island ECC Ltd.' for HK tax receipts or to 'Friends of Hong Kong Charities Inc.' for US citizens. More info at www.islandecc.hk/give. Enquiries to karen.kwok@islandecc.hk.

ISLAND ECC

8/F 633 King's Road, Quarry Bay, Hong Kong T 2864 9360 info@islandecc.hk www.islandecc.hk

RHYTHM

Rhythm Of Rest

July 5, 2015 9.30am, 11.30am, 3pm, 5pm
633 King's Road, 1/F, 2/F, 10/F

COMING UP AT ISLAND ECC

TODAY Prayer After Service

We want to encourage the church to set aside time to pray today wherever you are, and if you need to pray with people, feel free to approach our prayer volunteers at the front.

JUL 13-31 Summer Enrichment Programme for Children

Summer holidays are right around the corner, which means...Summer School! Hope of the City is seeking services from high school or university students to help out in our summer programme for low-income families in Sham Shui Po on weekdays, 9am-4pm. Please email volunteer@hopeofthecity.com for more information.

JUL 18 Sports Fellowship — Kickboxing

Want an efficient way to spend that extra bit of energy? Join us to punch & kick away! 9-11am in a gym in Tin Hau. Ticket is \$150 at 1/F Connect Counter. Email: sportsfellowship@islandecc.hk.

JUL 19 Workshop: Should I Get a Helper?

Is hiring a helper the right decision for your household? Join Melanie Leung-Shea for a one-off workshop that will demystify the helper topic and help you understand more about this unique living/working dynamic: the basics of the Hong Kong helper scene, key questions and concerns. Visit <https://www.islandecc.hk/classes/> for detail and registration.

JUL 19 & AUG 2 iGlee Auditions

iGlee is recruiting singers for all parts, as well as piano players. We will hold auditions on Sundays, July 19 and August 2 at 2.15pm. Just come with one of your favourite songs. Email iglee@islandecc.hk for full details!

JUL 22 Summer At The Village

Calling all women in Island ECC! The Village weekly gatherings will be starting on Wednesday, July 22 (7.30-9.30pm), 2/F. As most people will be travelling over the summer, we are calling this Summer At The Village which will be from Jul 22-Aug 26. There will be worship, sharing, silence, prayer and a study led by Kwen. Check the website for details <https://www.islandecc.hk/ministries/women/the-village/>.

JUL 26 Workshop: Preparing for Your Helper's Arrival

Are you at the early stages of hiring a helper? Join Melanie Leung-Shea for a one-off workshop that will help you start off well: practical tips for a smooth transition, understand what is required to provide for your helper, how to prepare your home and mindset for her arrival, and explain the need-to-know laws. Visit <https://www.islandecc.hk/classes/> for detail and registration.

College Ministry

We are excited to provide a college-aged/young-adults fellowship for students returning to Hong Kong for the summer, or for individuals looking for a relaxing hangout with other young adults. These will take place July-August on Thursday nights at 7pm, **The Studio** (1/F 321 Java Rd). Food, live worship, and time for discussion and fellowship. Contact: kyle.reed@islandecc.hk.

Upcoming Mission Sharing Sessions and Trip

Cambodia Business As Mission Trip Sharing Session, TODAY, 2-3pm, 10/F Classroom
Philippines Short Term Mission Trip Sharing Session, July 19, 2.30pm, 10/F Classroom

Indonesia Mission Trip (Sept 26-Oct 2) — Taking applications now!

This fall, Outreach Ministry is bringing a team to Indonesia to work among believers in West Java, a strong Muslim area where currently there is no presence of church establishment. Our goal is to produce a video to capture the heart of this ministry and raise awareness for the nation. We are looking for volunteers who have some experiences with video production to join us. Email: go@islandecc.hk for more information.



On The City

Staff Vacancies on the Marketplace

- Executive Assistant to Senior and Executive Pastors
- Senior Coordinator of Women's Ministries
- Coordinator of Ministry Support
- Coordinator of Volunteers
- Part-time Coordinator of Children's Ministries

For details on the above go to the Marketplace/Jobs.

NEW TO ISLAND ECC?

1 MEET US AT THE CONNECT COUNTER

We are so glad that you're here today and would love to get to know you! The Connect Counters are located on the 1/F, 2/F and 10/F. Volunteers are there to answer any questions you might have about Island ECC and its different ministries and events.

2 JOIN THE CITY

The City is the online connection point for Island ECC. It's limited to the people who attend our church and over 3,000 people are already using this fantastic tool. By creating an account and logging in, you'll have access to weekly devotionals, updates on events and the chance to connect with others. Sign up now at the Connect Counter.

3 CHECK OUR WEBSITE

By visiting www.islandecc.hk, you'll have access to information about all our ministries, as well as a broad spectrum of resources - including video podcasts of sermons.

WHAT IT MEANS TO BECOME A CHRISTIAN

HE LOVES

God loves you because he chooses to. "God wasn't attracted to you and didn't choose you because you were big and important... He did it out of sheer love..." (Deut. 7:7-8). He loves you so much that...

HE GAVE

He gave Jesus, His one and only Son. While we do wrong things daily, Jesus is sinless. Though sinless, Jesus took our sin. He died on the cross in our place. Our response to this great gift is simple...

WE BELIEVE

We trust Jesus to do what we can't. We don't trust our own efforts to save us. We can't save ourselves. We don't place our trust in other people to save us. We believe in Him.

WE LIVE

God gives us brand-new life. We have joy because of his Spirit living within us. Little by little his Spirit changes us to be more like Jesus. No guilt in life, no fear of death, He gives life, now ... and for eternity.

You can tell God you accept Him now.
"Father, I believe you love me. You gave your one and only Son so I can live forever with you. Apart from you, I die. With you, I live. I choose life. I choose you."

Women's Conference 2015 Half the Church



July 5, 2015

Rhythm Of Rest

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls."

Matthew 11:28-29

Sabbath Rest (SR) is perhaps one of the most Beautiful _____ that God has ever given us for our _____ Being.

_____ (SR®) is perhaps one of the most Productive Tools that God has ever given YOU for YOUR Long Term Peak Performance.

Three Rhythms of Rest

- The Rhythm of _____ Rest
- The Rhythm of _____ Rest
- The Rhythm of _____ Rest

The Day of Sabbath Rest

- _____ to your inner core
- _____ God
- _____
- _____ with people