

# Welcome!

Today we begin a new five week series on emotions called "Raw Emotions." If you are like me, you experience a wide range of feelings, some of them raw, every day. This series is designed to help us pause and consider more fully some of our primary emotions and discover scriptural truths about them.

The Bible is full of examples of how we are emotional beings. If you know anything about Jesus, you know that He was emotional. It is normal to be emotional. It is normal to express emotions. Unfortunately, emotions can sometimes get the better of us. If you have trouble controlling your emotions sometimes, you are not alone!

We have all had times when we do or say things in the midst of a raw emotion that we later regret.

The fact is that we are vulnerable to emotional takeovers. But we can do something about this. Hang on for a fun ride as we explore our emotions and a scriptural way to build a foundation for controlling them rather than letting them control us.



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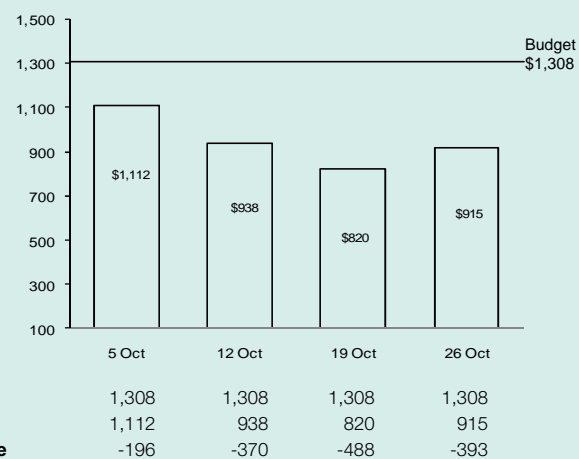
## FISCAL YEAR SEPT 2015 - AUG 2016

### YEAR TO DATE (8 WEEKS)

**-22.54% deficit on giving**

**YTD Budget \$ 10.462M**  
**YTD Giving \$ 8.104M**  
**YTD Variance \$ -2.358M**

### PAST 4 WEEKS (Thousands HKD)

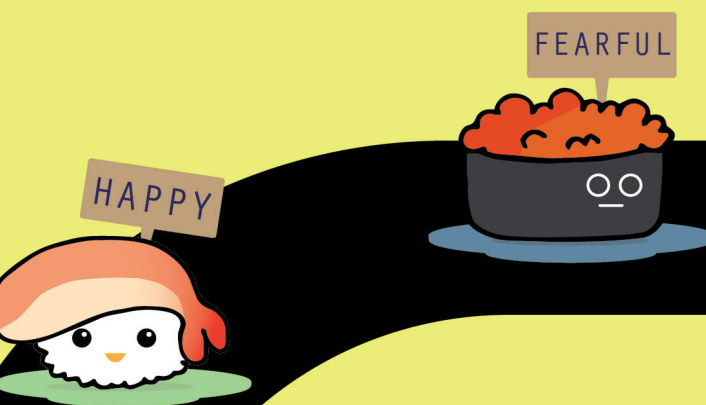


**GIVING TO ISLAND ECC** We encourage those who consider Island ECC their church home to prayerfully give a percentage of their income to the church on a regular basis.

Cheques payable to 'Island ECC Ltd.' for HK tax receipts or to 'Friends of Hong Kong Charities Inc.' for US citizens. More info at 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 islandecc.hk



## RAW EMOTION

### Emotional Takeover

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

# HIGHLIGHTS

## TODAY **BABY DEDICATION**

It is our joy today to witness the dedication to the Lord of baby "Harvey Zhao", born 25 December, 2014 to parents Michael & Cathy. We warmly welcome visiting family and friends (9.30am, 2/F).

## TODAY **EMULATE YOUTH CONFERENCE**

This is the last day to purchase your Emulate Youth Conference tickets at the advanced price. Visit the Connect Counters on the 1/F and 11/F to purchase your ticket and register today! For any questions email youth@islandecc.hk.

## NOV 8 **ONE SERVICE FOR ISLAND YOUTH**

Next week Island Youth will be having their One service. The One service runs from 10:30am-12:00pm. We will not be having our regular services at 9:30am and 11:30am. The Well will still be open for its regular hours.

## NOV 8 & 15 **FOOD DRIVE**

It is a sad fact that 1.5 million people in Hong Kong go hungry every day. Hope of the City wants to help change that, so we are holding a food drive for Feeding Hong Kong over two Sundays. Bring your contributions to church and drop them in the boxes on 1, 2, 8 & 10/F. For a list of items needed, check out www.hopeofthecity.com - cooking oil and pasta are especially welcome. For bulk donations, contact info@hopeofthecity.com.

## NOV 15 **NEWCOMERS LUNCH**

If you're new to the church and want to know more about Island ECC, please join us for the Newcomers Lunch at 1:15pm on the 10/F. There is no cost for this lunch, but you do need a ticket to get in, so please pick one up today at the Connect Counter on your floor.

## NOV 15 **"OH WHAT LOVE" WATOTO CHOIR CONCERT**

The Watoto Children's Choir from Uganda, Africa is coming to Island ECC. This is a wonderful opportunity to worship with your family. Their new production, Oh, What Love, is based on 1 John 3:1: says, "See what kind of love the Father has given to us, that we shall be called children of God." Concert starts 7.30pm, 1/F. Pick up free tickets at the Connect Counter.

## NOV 22 **FAMILY THANKSGIVING: PARENT-CHURCH PARTNERSHIPS**

Kids Club invites parents for a thanksgiving lunch, 1.30-2.45pm, 10/F Auditorium. Discover how the church and family come together to influence and impact our children's spiritual growth. \$50/adult. Kids free. Tickets available at 9/F Welcome Desk. Please RSVP by November 15 to confirm headcount.

## OPPORTUNITES

### STRING PLAYERS WANTED

Do you play violin, viola or cello? Our goal is to build a team of 10 string players for our Christmas Eve services at Queen Elizabeth Stadium. If you will be in town this Christmas Eve and play the violin, please send an email to worship@islandecc.hk.



## OUTREACH

### NOV 6 **FAMILY CNY CAMBODIA MISSION TRIP APPLICATION DEADLINE**

We are looking for more families to join us to return to Cambodia to serve children from poor backgrounds. Trip dates are from Feb 10 to 14, 2016. Cost is \$6800 per adult and \$6200 per child. Email [go@islandecc.hk](mailto:go@islandecc.hk) to sign up or for more information.

### NOV 15 **LEBANON MISSION TRIP INFO SESSION**

Women's Ministries is leading a small team of 9 to Lebanon from March 24 to April 3 to serve Syrian refugees. We will work with our local partner to bring God's love to children, women and widows. Join us for the informational meeting, 2-3 pm, 8/F Living room.

### NOV 15 **"OH WHAT FAITH" UGANDA TRIP SHARING**

Since 2008, Island ECC teams have been visiting the poorest of the poor in Uganda and extending God's love to vulnerable children and women. Join us in this celebration of God's unfailing love and sharing the team's experience in slums and prison homes. 2/F, 4.30pm.

### NOV 20 **CHRISTMAS PRISON OUTREACH SIGN UP DEADLINE**

Most English speaking inmates will not have any visitors during Christmas, so we are looking for volunteers to visit Tung Tau prison and show love in action on Dec 20 (9.30-11.30am). Email full name and HKID# to go@islandecc.hk. Priority to men.

## CLASSES

### REGISTER AT ISLANDECC.HK/CLASSES

### TODAY **NEW CLASS — SPRINGBOARD COURSE**

A 6 week class exploring through small group discussions how Scripture breathes life into our faith. 3pm-4.30pm.

### NOV 8 **NEW CLASS — ART OF PARENTING**

Are you a bit worn out as a parent with the never ending "on-the-job" training? Would you like some practical assistance based on both biblical truth and proven experience? Plan to attend this 3 week class with Pastor Didi Wong and team, 9.30am 10/F.

### NOV 8 **NEW CLASS — THE RISE OF RADICAL ISLAM (PART I)**

This 4-week course with Lincoln Loo introduces you to Islam, strengthens your Christian faith, and equips you to respond with respect and confidence. 2pm, 10/F. Material cost: \$100. Completion of this course is a pre-requisite to Part 2, to be offered in 2016.

# NEW TO ISLAND ECC

## MEET US AT THE CONNECT COUNTER

**1** We are so glad that you're here today and would love to get to know you! Visit the Connect Counters on 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.

## VISIT OUR WEBSITE

**2** Check out [www.islandecc.hk](http://www.islandecc.hk), where you'll have access to information about all our ministries and events, as well as a broad spectrum of resources - including weekly blog posts and video podcasts of sermons.

Children's Ministries VBS (Vacation Bible School)



NOVEMBER 1, 2015

## Emotional Takeover

"There can be no transforming of darkness into light and of apathy into movement without emotion."

Carl Jung, Swiss psychologist

*In your anger do not sin. Do not let the sun go down while you are still angry.*

Ephesians 4:26

*There is no fear in love, but perfect love casts out fear.*

1 John 4:18

<sup>3</sup>God's divine power has given us everything we need for a godly life through our knowledge of Him who called us by His own glory and goodness. <sup>4</sup>Through these He has given us His very great and precious promises, so that through them you may participate in the divine nature, having escaped the corruption in the world caused by evil desires.

2 Peter 1:3-4

<sup>5</sup>For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; <sup>6</sup>and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; <sup>7</sup>and to godliness, mutual affection; and to mutual affection, love. <sup>8</sup>For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ. <sup>9</sup>But whoever does not have them is nearsighted and blind.

2 Peter 1:5-9

