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Lake Avenue Baptist Church

E-MAIL:

lakeavebaptistoffice@gmail.com

OFFICE HOURS

Monday – Friday
10:00 AM to 4:00 PM

SUNDAY SCHEDULE:

10:00 am: Worship for all.
(Communion every first Sunday of the month.)
11:15 am: Fellowship
11:45 am: Adult Education
12:00 pm: Karen Worship
Burmese Worship

CHURCH STAFF

Sr. Pastor
Michael Ford

Associate Pastor
Debbie Bennett Reynolds

Church Moderator
Tom Argust

Music Educator, Chancel Choir
Director and Organist
Lee Foster

Music Educator, Gospel Spirits
Director and Pianist
Isobel Davies

Refugee Coordinator
Hkadin Lee

Karen Lay Pastor
Day Chit

Burmese Lay Pastor
Simon Kui

Office Manager
Ken Setera

Custodial Services
Lloyd Cuyler



LABC SUNDAY SCHEDULE FOR NOVEMBER

Don't forget to "fall back" one hour next Sunday, November 1st when Daylight Savings Time ends and Eastern Standard Time begins.

Sunday, November 1, All Saints Sunday: As we have done in the past, we will have a Time of Remembrance for All Saints Sunday. As Baptists we believe strongly that all of us who follow Christ are "saints," people who have given our lives to God and seek to live in God's way. On this Sunday, we remember those of our church family who have died in the past year. We also will invite you to name other saints, family and friends as well as people of faith who have influenced your life, who have passed away this last year.

10:00 am Worship & Communion for all & Sunday School for children and youth, Pastor Simon Aung Kui preaching. 11:15 am: Fellowship; 11:45 am: Adult Education; 12:00 noon: Karen Worship, Burmese Worship.

Sunday, November 8: 10:00 am Worship for all & Sunday School for children and youth; 11:15 am: Fellowship; 11:45 am: Adult Education; 12:00 noon: Karen Worship, Burmese Worship.

Sunday, November 15: 10:00 am Worship for all & Sunday School; 11:15 am: Fellowship; 11:45 am: Adult Education; 12:00 noon: Karen Worship, Burmese Worship.

Sunday, November 22, Thanksgiving and Stewardship Sunday: 10:00 am Worship for all, Sunday School for children and youth; 11:15 am: Fellowship; 11:45 am: Adult Education; 12:00 noon: Karen Worship, Burmese Worship.

Sunday, November 29, First Sunday of Advent, Hope: 10:00 am Worship for all, Sunday School for children and youth; 11:15 am: Fellowship; 11:45 am: Adult Education; 12:00 pm: Karen Worship, Burmese Worship.

LABC ENGLISH ADULT EDUCATION FOR NOVEMBER

Sunday, November 1: All Saints Remembrance and Story Telling: We will continue our All Saints observance with a time for honoring the recent death of Bessie Graves Giambra and then share in telling stories of other saints of LABC who have touched our lives.

Sunday, November 8: Stewards of Time.

Sunday, November 15: Stewards of Strength

Sunday, November 22: Stewards of Thanks

Sunday, November 29: Advent Bible Study begins.



LABC MIDWEEK BIBLE STUDY: "LET'S START AT

THE VERY BEGINNING". Join Pastor Michael for a Bible study that will lead us through some of the most interesting and exciting sections in the book of Genesis. This multi-week Bible Study (length of

the study will depend on the wishes of the group and the pace that we set) will begin on **Thursday October 29, 2015**. (I will have a weekly schedule available the first class) Where – LABC conference room (next to Pastor Debbie's office) Time – 2:00 p.m. – 3:00 p.m. Please plan to join us for any (or all) of our weeks together!

YOUR PASTOR'S ARTICLE

As we move from the beauty of an unseasonably warm October into the month of November, it stands to be a very interesting month. We have just celebrated with the Karen community a remarkably successful gathering of Karen from the US North East, a weekend full of worship, learning, and business. On October 25 we will (prayerfully) adopt our revised bylaws to guide our church as we move forward into our exciting future. And in about three and a half weeks I will be getting married to Lara Brokaw. Needless to say I am full of great joy at this upcoming event and again invite you all to be a part of our special day.

I am excited about November because it is also the month of our Stewardship emphasis, Thanksgiving, and the start of Advent. It is a very active month in the life of LABC, but moreover it is a month of forward movement. So often churches live in the past, LABC has a great respect for our remarkable past but lives so intently in the present as we move towards our future together. All of these three things: Stewardship, Thanksgiving, and Advent, are about moving forward.

Stewardship is about asking each of us to prayerfully consider how our personal financial resources can be used in the ministry of the church. We use these numbers to help develop a responsible budget for the upcoming year that balances our call to serve, to worship, to educate, and to grow in fellowship within our walls and beyond. It is a time when the decisions we make today impact the future God is calling us into. It is about moving forward.

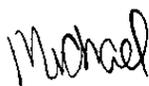
Thanksgiving is an opportunity to look forward also. It is a time to reflect on the year that we have experienced and to look around at the people who make our lives so meaningful, to give thanks, and to pray for a year of thanksgiving to come. It is for many people a great day of family, friends, and (at least in these lands) football. It gives us an intentional time to take pause and give thanks, and moving forward can create a template for intentional thanksgiving throughout our year to come. It is, if we allow it, our example moving forward of how we can incorporate thanksgiving into our lives in all times and all places.

Advent is a season of preparation for the Christ event at Christmas. So often we rush through the season preferring instead to get to the manger that first Christmas morning. We pass over the hope, peace, joy and love that the season of Advent invites us to consider. These too are themes that can provide a basis for how we live during this season and all of these seasons.

I am excited for the life of LABC because we are moving forward, not by our own drive, but by God's calling upon us as a faith community. The month of November and beyond is about moving forward.

May you be guided by the Spirit as we move through the month of November and beyond. And may you bless others as the Spirit moves through you into the world around us.

Blessings,



A LETTER FROM YOUR ASSOCIATE PASTOR

The Question We Need to Ask: "What Happened to You?"

New understandings are emerging about the long-term effects of toxic stressors and trauma in the lives of children and adolescents. I had the opportunity to attend recent education events for medical and mental health workers, social workers, counselors, and clergy that have all focused on this growing understanding of how stressful and traumatic events can overwhelm a child's ability to function and affect their lives years later. Some stress is good and necessary for growth and learning, but too much stress and chronic, on-going stress becomes toxic, and of course we are learning in studies of PTSD that trauma has serious long-term impacts. Adverse childhood events like abuse, neglect,

divorce, and violence in the home, as well as the incarceration, substance abuse, and mental health problems of a household member all have been shown to lead to much higher likelihood of adult diseases like diabetes, cancer, and heart disease. 2/3 of adults studied had at least one of more adverse childhood event. 1 in 5 had at least 3. These experiences were common, but the more a child had the more impact it had long-term. For those who had 6 or more of these adverse childhood events, life expectancy was 20 years less! Poverty, homelessness, multiple moves, and racial discrimination were not even included in the list of adverse events studied in this research. Imagine what the research would show if those were added in!

Our human responses to toxic stress and trauma can be labelled as fight, flight, or freeze. But repeated or severe events can lock our brains and bodies into one of these modes as biological changes happen in the brain and body in response to overwhelming stress and trauma. These responses are adaptive and needed for survival at the time, but they can cause serious problems over the course of a person's life, setting a person up for physical health problems and social problems. The child who has learned to fight can get labelled "combative" in school. The adolescent who has survived by freezing is labelled "unmotivated," while the young person in flight mode is seen as "resistant." Those who are most in need of love and support may have the most difficulty getting what they need. How often do schools and social service agencies and other "helping" organizations end up further traumatizing those who are already victims?

But what can help? Asking "what has happened to you?" and being willing to listen. Providing a place of safety and fostering a sense of belonging. Being culturally sensitive and increasing our awareness that people act the way they do for good reasons. Offering meaning and purpose and a sense of direction for life. Again, medical research shows that having a religious faith and being a participant in a faith community impacts people's health. As a church community, we know there are many of us who have experienced toxic stress and trauma – whether growing up here in the USA or by being forced to flee homes as refugees and trying to start a new life here. We are making a difference as we offer a community of safety and belonging and meaning. Our faith matters for our long-term health. We don't think of it this way, but as a faith community we are a "health care provider" in the broad sense of the word.

But there's more we can do - to be more supportive to one another, more culturally sensitive, and more understanding of what has happened in our lives that shapes who we are today. Whether we actually ask the question, "what happened to you?", or whether we just keep that question in our minds as we interact, we can grow in our ability to know and love one another. Let's be especially sensitive to those who might have experienced or might be experiencing on-going stress and trauma. If you yourself need extra help or you have a concern for someone else, please talk with one of us as your pastors.

And as we interact with our children and youth, we are impacting the rest of their lives! The most important things young children learn about God is through their feelings about faith experiences. Does the church feel like a place of safety and belonging? Do they feel loved and valued? Are their feelings and thoughts respected? I think we do a good job at this in many ways, but we can be especially sensitive to the ways that culture differences may challenge our good intentions. And as we work with children and their families, there are many ways we may need to empower them and advocate for them and be ready to raise the question, "what happened to you?" as the first step toward understanding and love.

Debbie



Our 2015 Stewardship Campaign

One of the opportunities of the fall season for us at LABC is to reflect on our past year--its blessings, learnings, revelations, and challenges. We have a unique way that we can express our personal response by considering how we wish to become involved, and specifically how much.

In order to further our mission together we need to give to LABC in dollars as well as involvement. Our Stewardship Campaign is beginning, and you will hear about it Sunday's from the pulpit, in

classes, and in more detail in a letter to each of us coming during November. Please start this thoughtful and prayerful process now, so that we can all joyfully go forward as we bring each of our gifts to a glorious summation by Thanksgiving.

Trevor Ewell

OUR CHURCH FAMILY

- Our sympathy is offered to **Gail & Alan Newton** at the death of Gail Newton's father, **Eugene McSweeney**, who passed away October 8 in Florida. Gail had been with her parents dealing with his declining health since the middle of August.

●Congratulations to **Taw Wah & Ben Paw** who celebrate the birth of their baby girl, Grace, born Oct. 14.

●Long-time member **Roy Shafer** has moved to Grande Ville Senior Living Community, 555 Maiden Lane, in Greece for additional health care services. His wife, Evelyn, remains in their home.

●**Edith Abell** is in the Transitional Care Unit at Unity Hospital.

●Congratulations to out of town member, **Eric Shoen**, who recently announced his engagement to **David Ogonovu**, a refugee from Nigeria.

●Prayers for **Bill Gibbs** who will be having surgery on November 5.

●Our healing prayers are with **Carol Gardner** who is home recuperating from recent shoulder surgery.

●Congratulations to our alto section-leader, **Migle Zaliukaite**, and her new husband, **Martynas Limontas**, who were married on September 27 under the lilac arches in Highland Park.

●Wedding congratulations to **Steve Gates** who was married on September 13th to Diane Navarro.



●CONGRATUALATIONS

Ja Nan Lahtaw (Rev. Saboi Jum's daughter & Hkadin Lee's cousin) will be receiving 2015 N-Peace Award on Friday in New York City. She has been making history in Myanmar as well as for the Jinghpaw Kachin People as a peace Activist. She currently serves as the Director of Shalom Foundation in Yangon, Myanmar.

N-Peace is a multi-country network of peace advocates in Asia seeking to advance Women, Peace & Security (WPS) issues. It supports women's leadership for conflict prevention, resolution and peace building, and promotes the implementation of United Nations Security Council Resolution (UNSCR) 1325, and related resolutions, at regional, national and community levels. N-Peace is also active in Nepal, Pakistan, Indonesia, the Philippines and Afghanistan, and also hold activities in Timor-Leste and Sri Lanka. Members represent civil society, government, non-government organizations, academia, United Nations agencies, religious groups and the media. N-Peace's mission is to work for peace, equality, and empowerment of the people. N-Peace was established in October 2010 and the N-Peace Awards were first launched in 2011 to recognize and profile women and men who are

active peacebuilders helping to create change from the grassroots to national levels in Asia.

●A Note from Simon Aung Kui, pastor of the Myanmar (Burmese) Fellowship and student minister here at LABC:

"Shalom to everyone. I am so thankful to God for all the blessings I have every day in my life. When I look back at my previous times, I often wonder how I could be handling all that I currently do at this time. This September I started attending classes at CRCDS for my Master of Divinity. Also, as part of my field education, I am working as the student minister at LABC. Also, I work a full time job at Hillside, beginning each day at 8:00 am and ending at 4:30 pm, (Monday-Friday). When I am done with my day job, I then go straight to school for classes which normally finish by 9:00pm. On Saturdays and Sundays I do home visitations, conduct prayers and Bible studies with our church and Fellowship members, and also lead the Burmese worship service at 12:00 noon each Sunday. Despite all that I am doing, I still have to keep in mind that my first priority is family, being the husband of Jewly Mana and the father of three kids, Esther, Mercy and Joseph. When I meditate and look at my life, I count all that I am doing as blessings for I know that these things are not done by me alone, or my own knowledge and skills. I know that all that is taking place in my life is through the Grace of God, my Love of God and the strength and power of God. Also I wish to thank you for all your prayers and support. In the scriptures Paul said, "I can do all things through Christ who strengthens me." Remember this when you too feel overwhelmed or stressed with the many things that you are doing in your life. Remember to always put your trust in God.



Story corps: Htee Shee

Htee Shee, of Burma, came to Rochester from a refugee camp in Thailand through a resettlement program. She had no family here when she came, but she came with her two daughters. Both daughters graduated from high school, one is married & she is now a grandmother.

Here, in a conversation with her friend, Garth Brokaw, she describes — partially through an interpreter — the decision to come to the United States.

"My name is Htee Shee, my age is 53 years old. My name, the meaning is "clear water."

Brokaw: "Can you tell us how you made the decision to come to the United States?"

"Because we can't stay in the camp anymore. That's why UNHCR (the office of the United Nations High Commissioner for Refugees) came and announced whoever wants to go to America, they can choose. There were so many countries, but I chose America."

Brokaw: "Can you tell us why you chose America over the other countries?"

"Because we don't have home to go back to, and stay in the refugee camp also very difficult. I asked my daughters: 'Where are we to go?' And they said, 'We go to USA.' No relatives. Like that — God is planning for us. ... I came with my two daughters."

● **CONGRATULATIONS** On Sunday October 18, 2015, Pastor Day Chit, lay pastor of the Karen Fellowship at LABC was officially recognized/installed by the Karen Baptist Church USA North East in his role at with the Karen Fellowship. As part of this time of worship there were words of commitment/covenant between Pastor Day Chit and leaders within KBCUSA. We are excited to affirm their recognition of his leadership skills and look forward to serving alongside Pastor Day Chit for many years to come. When you see Day Chit, please express your congratulations.



COINS FOR CAMERON!

I really don't like to carry change around with me. I have this routine where at the end of the day if I have any change in my pocket I put it into this little plastic box in my room. The

change collects and every couple of weeks I take that change to a local Tops and put it into one of those change machines that counts the change and gives me a little receipt that I take to a cashier who hands me the paper money.

I am going to stop doing that ... at least through the next few months. Instead, I am going to bring that change to church and put it into the empty water jug at the welcome center. That jug is being filled for a fundraising initiative for Cameron Community Ministries.

Cameron is one of our many partners in mission and one of the organizations where I sit on the board (Rev. Alan Newton, a member of LABC, also serves on the Cameron board and has for many years). Cameron is one of those ministries that does amazing work with a very limited budget. One of our funders has informed us that there will be less money coming from them in the year to come, and so we have had to be somewhat innovative in how we choose to make up those necessary but lost revenues. And so now we have the change challenge.

These water jugs have been sent to churches across our city. People are being encouraged to put their loose change in the jugs and just before Christmas, Cameron will count that change. In the past when we did this we collected over \$1000 for Cameron. I know we can beat that amount when we work together.

I invite you to bring your change ... I invite you to let your change be

added to that of churches across our city and together we can literally be the "change" we want to see in the world.

Pastor Michael (on behalf of the Mission Ministry)

The next ABW meeting is Tues, Nov. 17 at 1:30. Please bring an item for Fairport Baptist Home residents; hand cream, socks, scarves. etc.

CHAPLAINCY

An Article by Rev. Jackie Sullivan

Christ's love to all of you servants!

Chaplaincy is a challenging vocation no matter where the ministry takes place. As I have often described it, our ministry is essentially helping those people who are the "shut-ins" of a community, from a wide variety of churches and often denominations, to follow their faith journey.

In my last Chaplaincy position I was the Protestant Chaplain in the NYS women's prison in Albion. At that time, on paper, it was calculated that there would be 1 Chaplain for every 400 inmates. In reality I was the only Protestant Chaplain for all of the Protestant inmates. At the time when I was working I had more than 700 women under my "watch care" who were listed as Protestant and in case of an emergency we were responsible to help any women in need of emotional, spiritual or family support. We were the ones who notified a family if an inmate was taken to a hospital and if they died. We also notified an inmate if a family member died and we made the arrangements for him/her to attend the funeral if that family member died or was being buried in NYS.

At that time there were 70 prisons in NYS with over 70,000 people incarcerated at various levels of confinement, including a "Boot Camp." which was a facility whose whole population were all in prison due to a drug or alcohol abuse associated with a crime. If a person successfully completed this stringent program then very often they could go home on parole. This was modeled along the same regulations as military boot camp. In the meantime there have been a couple of prisons that have been closed and fewer people imprisoned. I believe that the current number is 58,000 people incarcerated. That is in part because there has been an increased use of alternatives to prison partially due to the tireless work that our own Executive Minister, Rev. Alan Newton and what others have done. This is a good thing. At the same time, there has been an increase in the number of "faith communities" that have demanded equal time in representation. At the retreat which I attended last week I believe that said that there were over 50 'faith groups' listed. These include many different Native American religions, the wide variety of Islamic groups, as well as Wickens.

While I am an American Baptist Minister it is equally important to remember that as a Chaplain I am there to help each person practice the Religion/Faith that they choose. Needless to say, however, that in this day of the ever shrinking dollar, more and more Chaplains are

stretched very, very thin, especially since the leaders of these additional faith groups expect to be paid. Some Protestant Chaplains are serving in more than one facility which is very often quite a distance from their usual facility, normally over an hour away. Some facilities are refusing to pay for the time and or gas that it takes to go from one prison to the next. I believe that one chaplain said that he is now serving in 3 prisons. I do not know if there is a "bottom line" number of inmates that must be represented in order to have a faith leader allowed in and to be paid. This does, of course, cause a lot of tension within the Chaplaincy staff and there has become more animosity in some of the prisons due to the above. Some people see that by becoming a NYS Chaplain it means a steady income, insurance and a retirement pension. In some of these instances very little or no advanced training or education is required for a person to be a leader in a particular faith group. In the instance of the prison where I was a Chaplain, the Co-coordinating Chaplain retired a couple of years after me. The Chaplain who replaced me has been dealing with health concerns and a lesser trained lay person has been filling the role.

There are many challenges in prison chaplaincy. Please pray for those who are serving in this important ministry. Please pray also for those who are called to this ministry will receive the appropriate training and be able to serve faithfully in this often difficult context.

As we pray for those who are being harmed by violent crime, let us pray also for those committing the crimes. Let us pray that they will be watched over by our loving God as they serve their sentences in prisons across the country.

SAW SOLOMON OPEHTOO, OUR GUEST PREACHER ON SUNDAY, OCTOBER 18TH

BIOGRAPHY: Saw Solomon Opehtoo is: A faculty member at the Karen Baptist Theological Seminary in Burma (Myanmar), - Currently doing PhD in Theological Anthropology at Lutheran School of Theology at Chicago, anticipated project for PhD program is *"In Search of A New Karen Theology"* with special focus on Christology and Anthropology, Future Ministry: (1) Teaching Ministry at The Karen Baptist Theological Seminary, (2) Intends to be an ordained Baptist Minister. Married – Spouse – Naw Thar Gay and son – Saw Tarsogay Opehtoo; Education (1) Bachelor of Theology, Karen Baptist Theological Seminary, Burma, (2) Master of Divinity, Myanmar Institute of Theology, Burma, (3) Master of Arts in Theological Studies, Episcopal Divinity School, Boston.

HIS OCTOBER 18TH SERMON:

The People with God and the People without God
John 15:4-5, Philippians 4:13, John 1:3, Matthew 4:4

Word of Thanks and Introduction: It is a great privilege for me to stand here and to talk about the WORD OF GOD, although I am not accustomed to preaching a worship service like this. Therefore, I admit that it is only by the grace of God that I am afforded this opportunity to talk about HIS WORD. Therefore, I give thanks to God for this opportunity. I also would like to thank the Lake Avenue Baptist Church in Rochester, pastor, leaders and the members who have given me this great opportunity. I also express my thanks to the leaders and pastor of the North East Region Karen Churches Fellowship for this opportunity.

For this morning, the topic that I would like to talk about is *"The People with God and the People without God."* I chose this topic because I would like to remind you of the connection between the divine and the human. Since I am earning my PhD in Theological Anthropology at Lutheran School of Theology in Chicago, whenever I get a chance to talk, to teach or to preach, I want to focus on this area of study. My personal statement of faith totally relies on the Apostle Paul's personal statement of "Without God, I can do nothing. Nonetheless, I can do all things in the power of God." Paul makes this explicit again in saying, "For I can do everything through Christ, who gives me strength." This is a quotation from the New Living Translation on Philippians 4:13.

I think most of you already know that the Karen people of Burma are living in very challenging situation under the unjust political, economic and social structure of Burma. Not only the Karen people, but also almost all of the poor people, tribal people, and ethnic minorities are experiencing similar suffering. To respond to these challenging situations, there are a number of ways that people choose to seek their liberation. Some of us choose to take arms to fight for justice and peace. Some of us choose to educate ourselves. Some of us choose to get money and power through participating in drug trafficking to liberate ourselves from a poor living condition. Among others, some of us choose God and worship in order to seek a way toward liberation. We realize that we can only rely on God. We have no other power that can liberate us from this suffering. I now would like to claim that we have received the liberation that we want because we choose God to worship for our liberation. Therefore, this morning I strongly believe that I must talk about our success through this intimate relationship with God. To talk about my Topic *"The People with God and the People without God."* I would like to talk about two things on this topic. First, a successful life comes through connection with God and second, there is no hope of true liberation for those who are without God.

First – A Successful Life comes for those who connect themselves to God.

Jesus said in Gospel of John to us, "Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bear much fruit, for

apart from me you can do nothing.” Jesus clearly states that human beings need him. We need to depend on Jesus the Christ in order to obtain a meaningful and successful life. Jesus’ invitation is very simple that branches cannot bear fruit of success without the branch. Some of us believe that human beings have a capacity to build a successful life without God. But for me, based on my political experience in Burma, I strongly claim that without God, it is impossible to obtain true peace, true justice and true integrity.

I humbly express my admiration to those who are struggling for justice in Burma not only for those who are actively participating in the movement of the Karen armed group who fight against injustice in Burma but also those who faithfully stand against injustice and the unjust political administration structure for the sake of democracy. But I suspect that people in Burma actually need God. All leaders who are sacrificing for justice need the power of God. Without God, it is impossible to receive true liberation and a true sense of democracy.

On the other side, some of us, especially for the Karen Christians who do not have political knowledge, or who do not possess a higher education to confront the challenges of this difficult situation, only know to depend on God. We possess only the knowledge of God. We simply believe that God is our liberation. We believe that God shows his way of liberation for us. The United Nations Higher Commissioner of Refugees (UNHCR) has planned for us to exile to the United States, European Countries and Australia. We can begin to live more comfortable lives and can be some support for the friends and families who are still living in Burma and are still suffering. It is not my personal claim. It is a common claim of all of the Karen who are now living in US, Europe and Australia. We are now living with you. We now worship together with you. In that, you all can learn from our experiences. We are now reminding you that “Successful Life is for those who connect himself or herself to God.”

Second – No Hope of True Liberation for Those Who Are Without God

Gospel of John 1:3 states that “Through Him all things were made; without Him nothing was made that has been made.” The Gospel of John begins with the meaning of LOGOS, the Word and the Word is God. It is very clear that there is nothing without God. Most people try to find a way of liberation, a way of justice, a way of peace and a successful life through their human strength. But this morning, we are reminded that without God nothing was made. I also would like to bring my context and my experience for this point. In Burma, tribal people, ethnic minorities, university students and democracy activists have been trying to get true justice, true liberty, true freedom, and true democracy. Although we have been trying to get these things for sixty years, the situation is still hopeless for the people. Therefore, I strongly believe that people need God. I

believe that only a divine power can overcome the unjust and hopeless situation. All things, including DEMOCRACY is made in God. I believe that there can be no true democracy without God for the people of Burma. I believe that no true peace can be attained without God. I believe there can be no true justice and integrity without God. Because all things are made in God and all are connected in God. If we want to see a true transformation of Burma, we need to bring God’s message to people of Burma. If we want to see democracy in Burma, we must faithfully pray for the democracy of Burma. The Karen Christians who came to the United States understand that they need to worship God, and therefore we form several communities to worship together, to teach our children not to forget the God who liberated us from a suffering situation. I also would like to extend special appreciation to the American Baptist Churches for their hospitality and invitation to worship with them and allow us to use their facilities and properties for our worship. We know that nothing will happen without God. Our worship in here is true because we try to connect ourselves with God for our success in the United States. I also believe that our worship with you will be a reminder of the fact that you always need God to obtain peaceful and successful lives. There is no hope of liberation for those who are without God.

Conclusion

Matthew chapter 4 verse 4 tells us that Jesus overcame temptation by responding to the Devil with these words: “man shall not live on bread alone, but on every word that comes from the mouth of God.” Today people are worrying about daily affairs. Most people forget the Word of God as their hope. We need the Word of God to revitalize ourselves to have a meaningful life in our society. We have learned the fact that we need God. We are reminded that we need Jesus because he is the vine. We can depend on him so that we can produce meaningful fruits for our society. Jesus also reminds us that the Word of God is the most important thing that we need to receive for our lives. It is the same meaning that living in the Word of God is living with God. People will live not by human strength, not by human power, not by daily bread, but by the Word of God. A truly successful life will be obtained when we choose to live with God. Therefore, the man with God will be the one to achieve a successful life and to give true hope for society. May God Bless You All! Amen.

NEWS FROM OUR LARGER COMMUNITY

● **Interfaith Bible Study, Psalms, Prayers from the Heart.** The Psalms are ancient biblical prayers that call upon God with very complicated human emotions: often confidence and joy but also sadness, discouragement, anger and even hatred. This Bible study will be held on the following Wednesdays from 12:00 to 1:00 pm at the Jewish Federation of Greater Rochester, 441 East Ave. unless otherwise noted.

November 11, 2015, Theme: Providence, Speakers: Rabbi Kelly Levy of Temple B'rith Kodesh and Rev. Denise Yarbrough, Director of Religious Life, University of Rochester.

December 9, 2015, Theme: Consolation, Speakers: Rabbi Sandra Katz of Jewish Sr. Life & Rev. Debbie Grohman, 1st Presbyterian Church of Ontario Center.

February 10, 2016: The Bible Study will be held at Temple B'rith Kodesh, 2131 Elmwood Ave. Theme: Lamentation, Speakers: Rabbi Peter Stein, Temple B'rith Kodesh & Sister Barbara Moore, Colgate Rochester Crozer Divinity School.

March 9, 2016: Theme: Violence, Speakers: Samara Sofian, Director of Education at Temple Beth El & Professor Mark Brummitt, CRCDS.

April 13, 2016: Theme: Healing, Speakers: Rabbi Michael Silbert, Community Educator & Professor Anne Merideth Religious and Classical Studies, University of Rochester

● **An Invitation to "Share Our Blessings"!**

It's the season of giving thanks. One of the gifts for which we are grateful is our freedom in so many areas. Those of us who drive have the freedom to go where we need to go, when we need to go there. Freedom to do the simple, but necessary things in our everyday lives.

Some of our elderly neighbors no longer drive and may need a ride to do these simple, but necessary things...like a stop at the pharmacy...a visit to the doctor...a trip to the grocery store. Can you help?

If you have a couple of hours a week, or even a couple of hours a month, consider being a volunteer driver. You can select your geographic area and the times you wish to drive. You will be provided with training, and supplemental liability insurance. You may receive a discount on your automobile insurance.

As you drive through life, take someone with you! To learn more about becoming a volunteer driver, call Sr. Anne Guerin at 244-8400, ext. 142, or email, aguerin@lifespan-roch.org



An Invitation:



Rev. Dr. Michael Ford and Ms. Lara Brokaw request the honor of your presence at their wedding celebration on Saturday, November 14, 2015 at 2:00 pm at LABC.

A light standing reception will be held in the social hall following the service.

In lieu of gifts to the couple, please consider a donation to the LABC "Rev. and Mrs. Michael Ford Scholarship Fund" which is being created to assist deserving young people who wish to further their education.

Happy Thanksgiving

Dear members and friends of LABC,

The LABC Myanmar (Burmese) Fellowship would like to invite you to join us for a Thanksgiving Worship Service and Celebration on Thanksgiving Day, Thursday, November 26, 2015 at Lake Avenue Baptist Church, 72 Ambrose Street.

Time of the Worship Service: 10:00 am to 12:00 noon

Thanksgiving Meal: 12:15 pm – 1:30 pm

Cultural Entertainment 1:30 pm – 3:00 pm

If you are able, we would appreciate your bringing a dessert to share.

Please RSVP by calling Hkadin Lee at 585-314-3065 or Nay Thorn at 585-435-9797 by Friday, November 20th.

We hope to see you Thanksgiving Day!

The Myanmar Fellowship of Lake Avenue Baptist Church



