



## TEENS CONFERENCE

Registration for the **Teens Conference TC26** is now open. Teens Conference is hosted by AFC (Ambassadors for Christ). It is a two-day gathering during March Break designed to help students grow in faith, build friendships, and encounter God together!

[REGISTRATION](#)[Learn More](#)

### Event Details

#### **Juniors (Grades 7-9)**

- March 16-17, 2026

#### **Seniors (Grades 10-12)**

- March 18-19, 2026

For questions or assistance, please contact **Pastor Heusen**.

Don't miss this opportunity to connect, learn, and grow in your faith alongside friends. **Sign up today!**

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### CONNECT WITH US!

[Website](#)[Youtube](#)[Facebook](#)[cecc@cecctoronto.com](mailto:cecc@cecctoronto.com)

# ANNOUNCEMENTS

## ANNUAL GENERAL MEETING

Our Annual Congregational Meeting took place on Sunday, December 7, 2025, and it was a meaningful time of prayer, clarity, and shared vision for the year ahead.

### What this means for you:

✓ **Your voice matters** — members approved key decisions that shape the direction of our church.

✓ **Financial transparency** — the 2026 budget was approved, including the General, Building, and Missions Funds, giving you confidence in how resources will support ministry, facilities, and outreach.

✓ **Strong leadership ahead** — members were approved to serve on the Nomination Committee, helping guide healthy leadership and future ministry planning.

### Approved Nomination Committee Members:

- Caitlin Lim
- Carlos Hui
- Helen Manzano
- Melody Hope Uy
- Rowin Gocheco

The meeting concluded with updates and contact information from the pastoral team. Thank you to all members who participated and continue to support the ministry and mission of our church.

# DECEMBER SERMON RECAP

## December 7 | Good News of Great Joy

Why is the coming of Jesus such **good news** and **great joy** for all people? Find out in this message as the countdown to Jesus' birth begins.



### SERMON SPOTLIGHT

**“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. For my yoke is easy and my burden is light.”**

**Matthew 11:28-30**

**Passage from A Weary World Rejoices**

## December 14 | Actions for Righteous

In Scripture, there are moments where Jesus got angry. But why? Taking a look at some of these moments, Pastor Heusen connects the values of Missions Month with the Christmas season.



### December 21 | A Weary World Rejoices

Are you stressed, overworked, or feel the constant need to get things done? Discover what the Bible says about **overcoming weariness** in this joint Christmas service.

## December 28 | Five Things Jesus Left the Church

When Jesus ascended to heaven, He didn't leave the church without a purpose. Reverend Hawkins brings to light five things Jesus left the church that we can apply to our lives as we enter into the new year.

**Visit [our website](#) for full sermons and monthly recaps**



# MENTAL HEALTH WORKSHOP HIGHLIGHTS

## CARING FOR LOVED ONES THROUGH MENTAL HEALTH CHALLENGES



Guest speaker: Joses Wong, from Hope Made Strong

**"Bear one another's burdens, and so fulfill the law of Christ." — Galatians 6:2**

What are some practical, faith-integrated tools for supporting those facing mental health challenges?

- **Mental health is common and affects our church community.** Many people turn first to their faith community for support.
- **Mental health is not mental illness.** Anyone can experience low mental health during difficult seasons, even without a diagnosis.
- **Stigma is a major barrier.** Creating a safe, compassionate environment helps people seek the support they need.
- **The church plays a vital role.** Prayer, presence, friendship, and practical care make a meaningful difference.
- A simple support model: ABC
  - **A – Achieve Rapport:** Listen with empathy and without judgment.
  - **B – Boil Down the Problem:** Help clarify what feels overwhelming.
  - **C – Cope Together:** Offer hope and guide toward next steps, including pastoral or professional support when needed.

Let us continue to make our church a place of safety, compassion, and hope.



# PRAISE AND PRAYER NIGHT

On Saturday, December 13, we welcomed friends and family to gather for a heartfelt Christmas Praise + Prayer Night. This special evening gave us a means to pause during the busyness of the season, reflect on the state of our hearts, while lifting prayers together as a community.

The night was filled with heartfelt prayers, classic worship songs that were both familiar and self-reflective, as well as Christmas songs, which reminded us of Christ's humble birth and the joy and exaltation that comes with it.

The event ended with attendees enjoying snacks, refreshments, and each other's company. A heartfelt thank you to everyone who supported and participated in making this event a meaningful time of worship and community.

**May we never forget the real reason for the season!**



# JUNCTION SLEEPOVER

Junction kicked off Winter Break with an awesome sleepover on Friday, December 19! The night started with a potluck full of great food, followed by a fun and creative gift-exchange auction led by Pastor Heusen—complete with some hilarious surprises.

The youth stayed up late playing rounds of Mafia, full of laughs, teamwork, and friendly debate. Saturday wrapped up with a relaxed breakfast and hangout time before heading home.

It was a night full of **fun, connection, and community**—the perfect way to start Winter Break!



# CHRISTMAS SERVICE AND DINNER

Pastor Heusen reminded us in his message that while many turn to holiday movies for escape and happy endings, the first Christmas was anything but peaceful. The Nativity took place in the midst of political tension, uncertainty, and chaos.

The heart of the message was this: **we don't need to run away from the world's brokenness to find comfort. Jesus meets us right in the middle of it.** God sent His Son into a chaotic world, and He continues to meet us in our own moments of fear, disorder, and overwhelm.

Following the service, those who signed up gathered for a simple Christmas Eve dinner. It was a meaningful time of connection, conversation, and shared joy. Thank you to everyone who cooked, served, and helped with clean-up—your generosity made the evening possible.



# MINISTRY IN MOTION

## WHERE FAITH MEETS ACTION

Looking for a way to **serve** and **connect with others**? There are several ministries in need of passionate volunteers! Whether you're gifted in hospitality, teaching, music, or tech, there's a place for you:

### AV Team

Help run sound, slides, and livestream during services.

### Sunday School Teachers

Teach and care for our children as they grow in faith.

### Worship Team

Use your musical talents to lead our congregation in worship.

### Coffee & Snack Team

Prep and serve refreshments for fellowship after service.

### Usher Ministry

Welcome attendees, assist with seating, and support during service.

### Life Group Leaders

Facilitate small groups and build community throughout the week.

**Interested in volunteering or want to learn more?  
Please contact [chair@ceccctoronto.com](mailto:chair@ceccctoronto.com) and we'll  
connect you with the right ministry leader.**



# PRAYER THREADS

## HOW CAN WE PRAY FOR YOU?

As a church family, we want to keep lifting one another up in prayer. Here are some ways you can be praying this season:

- For those in our **church family** who are facing health challenges — may God bring comfort, healing, and strength.
- For individuals and families experiencing **difficult seasons** — may they find peace, provision, and encouragement.
- For our **pastors and ministry leaders** — may God grant them wisdom, energy, and joy in their service.
- For our **children, youth, and young adults** — that their faith may grow deep and strong.
- For our **community** — that hearts would be open to the hope and love of Christ.

If you have a **prayer request** or would like someone to **pray with you**, please reach out to our pastors at [pastors@cecctoronto.com](mailto:pastors@cecctoronto.com). Your request will be kept confidential unless you indicate otherwise.

## FAMILIES OF THE MONTH

PLEASE LIFT UP THESE FAMILIES IN PRAYER

ANDREW HONG

CARLOS HUI

WILSON KAO

Let's pray for their health, relationships, faith journeys, and for God's presence to be strong in their homes.

