



## CULTIVATING A THANKFUL ATTITUDE

Psalm 118:1 says, "Give thanks to the Lord, for He is good; His love endures forever." And Colossians 2:7, "...rooted and built up in [Christ], strengthened in the faith as you were taught, and overflowing with thankfulness." **It is easier for us to be thankful when we remember the Lord's goodness.** As Psalm 23:6 David says – "Surely Your goodness and love will follow me all the days of my life..." and Psalm 34:8 - Taste and see that the Lord is good; blessed is the one who takes refuge in Him."

May I share these three suggestions on how we can practise an attitude of gratitude? First, **slow down**. When we slow down, we learn to appreciate God's blessings. Gratitude is an act of appreciation. Gratitude is an act of love. It is an act of love towards God and towards others. Secondly, **stop comparing yourself to others**. As Mark Twain said, "Comparison is the death of joy." And thirdly, **thank God even for your trials**. I think this one is the hardest. It's easier for us to be thankful for the sunshine. It's a lot more challenging to thank God for the trials. But as 1 Thessalonians 5:18 says, "give thanks IN all circumstances; for this is God's will for you in Christ Jesus."

How can we be thankful for our trials? Sam Crabtree said, "We can only be thankful in our deepest pain when we trust that our God is still here with us and is working all things for our good (Rom. 8:28). Our God isn't finished producing fruit through your circumstances, no matter how painful they may be. Suffering is productive. It is a means to an end." A thankful attitude can be cultivated. May we grow in thankfulness as we **yield to the Holy Spirit**.

~ Pastor Andrew Bendicion

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# ANNOUNCEMENTS

## MENTAL HEALTH WORKSHOPS



Don't forget to sign up for the December 3, 2025 [Mental Health Workshop!](#)

### December 3: Caring for Loved Ones and Church Family Through Mental Health Challenges

- reduce stigma within our church community
- learn practical, faith-integrated strategies for support
- gain tools for navigating crisis moments with confidence



[Sign Up Link](#)

## CHRISTMAS PRAISE AND PRAYER

We are excited to share that our Christmas event this year is a Praise and Prayer Night, presented by the CECC worship team. It will be on **Saturday, December 13 from 5:00 to 7:00pm.**

Let's get together to praise and worship Jesus this Christmas season with great music, and give thanks to Him in prayer. It's going to be a special night, so join us and invite your family and friends!

**We really hope to see all of you on December 13!**



## ANNUAL GENERAL MEETING

We will have our Annual General Meeting (AGM) on **December 7th** in between the English and Chinese service at **10:50am.**

This is an important time to reflect on God's blessings over the past year and discuss our vision for the future. We encourage **all members** to attend the AGM. Your presence and participation are greatly valued as we come together as one church family.

**View the full calendar at**  
**[www.cecctoronto.com/events](http://www.cecctoronto.com/events)**



# OCTOBER SERMON RECAP

## October 5 David and Goliath | 1 Samuel 17:32-50

Have you been going through a tough time? Do you feel like you're lacking the strength needed to push through these storms? Dive deeper into the story of David and Goliath as Pastor Andrew explores themes of **courage** and **faith**.



### SERMON SPOTLIGHT

**"Let us go into Mission Month with a renewed passion for the message of the cross and the preaching of the gospel of our Lord Jesus Christ!"**

## October 12 Thanksgiving | Luke 17:11-19

Ten lepers. Ten healed. Only one returns to give thanks. Find out the importance of gratitude in this Thanksgiving service.

## October 19 Unnamed and Faithful | Genesis 24

Are you struggling with your faith? Or have you already gone through your faith journey? Pastor Heusen takes a deeper look at the **faith** of Abraham and his servant and passage of faith from the experienced to the young.



## October 26 The Message of the Cross | 1 Cor 1:18-25, 2:2

The cross is typically seen as a symbol of Christianity. **But what exactly does it mean?** Pastor Angela prepares us for Missions month with a sermon about the message of the cross and how we should respond to it.

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





# ALPHA

Our Alpha Ministry was in full swing throughout October as we explored meaningful topics such as **“Who Is Jesus?”** and **“How Can I Have Faith?”**. Each Wednesday evening, around thirty participants gathered to share in heartfelt discussions, grow in faith, and form new friendships within our small groups.

We are especially grateful for the many volunteers who have blessed us with delicious meals, featuring cuisines from around the world. We also want to extend a heartfelt **thank you** to those who faithfully help with setup and cleanup each week—your time and effort make these evenings run smoothly and create a welcoming space for everyone.

As we continue this journey together, we warmly invite you—and your friends—to join us in discovering more about **God’s love** and **deepening our faith** in community.





# CONSTRUCTION UPDATE

The busy days of construction projects during the summer at CECC are almost over. October was mostly on inspections, fine-tuning, adjustments, etc. The highlights are listed below:

1. Elevator Safety inspection is done and the **TSSA certificate** received and posted.
  2. Electrical Safety Authority (ESA) inspection is also done for the electrical works.
  3. Attic building permit is now closed after City inspection. The attic will serve as an **additional storage area**.
  4. A Training for the ushers on how to use the accessible platform will be scheduled.
  5. For better visibility, **railing handles** were painted on the Accessible Ramp
  6. Mulching and Fall bulb planting done in the accessible ramp planter area.
- If you have a green thumb and would like to help, please speak to any of the Building Committee members!**



Uncle Carlos leading the way



Visit to the attic by deacons

# JUNCTION FRIDAY NIGHTS



Junction Fellowship has gotten off to a great start! Following Blue Team's handmade escape room, the second fellowship was held by the **Yellow Team**, who planned a fun, cozy **Worship Night** topped with board games and karaoke. In the Sanctuary, the Yellow Team kicked things off with a devotional and small groups for discussion centered around thanksgiving. Afterwards, the youth sat in a circle while Yellow Team led a delightful time of worship, singing songs like **"I Thank God"** and **"Our God is an Awesome God"**. It was a reflective, heartwarming time of worship, a wonderful time to slow down and just praise God. The Yellow Team also organized a karaoke, testing the youths' knowledge of both Christian and secular songs. This evening was an amazing and perfect balance of both laughs and worship, a great time to decompress, praise God, and unwind.



Two weeks later, the third Junction Fellowship, arranged by the **Orange Team**, tested the youth's creativity, innovation, and teamwork as they worked in groups to make the best **sushi-based dish**! After a devotional, they were split into four groups and were given an hour to work with seaweed, rice, and randomized ingredients from eel to marshmallows. The goal was to work with what they had despite the crazy ingredients to cook up the best culinary masterpiece! In the end, each group presented their dish to the Orange Team to taste with a twist of **relating their creations to the Bible**. All of the dishes were extremely creative and delicious in their own right. Without a doubt, this fellowship was one memorable evening full of laughs, fun, and of course, unforgettable food.

**Join us every 1st and 3rd Friday at 7 pm and every Sunday at 11:15 am. See you there!**

# 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@cecctoronto.com](mailto:chair@cecctoronto.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@ceccutoronto.com](mailto:pastors@ceccutoronto.com). Your request will be kept confidential unless you indicate otherwise.

## FAMILIES OF THE MONTH

PLEASE LIFT UP THESE FAMILIES IN PRAYER

JIMMY CHUA

EULYSSES CO

NICASIO CO

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

