



Not looking to your own interests but each of
you to the interests of the others.

Philippians 2:4



Island ECC Japan Mission Trip

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Give and Receive

by Phoebe Cheung

To me this second trip to Ishinomaki was about working together. Whether it be the Hong Kong team with the local GMT staff and the Japanese volunteers on digging ditches and sorting wood, or within our own cooking team on preparing meals, or with the locals on various activities, we had come together to do the tasks assigned by God. And so by miracle no matter how much sweat we shed, how severe the muscle pains we suffered, and how great the language and cultural barrier, we were filled with joy and high spirit during these ten days.

Making dumplings together with the local Chinese
We started the first day of our trip hosting a gathering for the local Chinese workers and residents, who had brought over the ingredients for making Chinese dumplings. We had such fun wrapping the dumplings in various styles (according to their provinces of origin), playing games and singing Chinese songs and hymns. In fact, this was the first time they had a gathering of such scale since they are quite scattered around the northeast region of Japan. A few of them were curious of our mission there as volunteers, and best of all, of the gospel itself. We hope that seeds were sowed and God will prepare the right soil in their hearts for the gospel to grow.

Digging ditches together

Under the blazing sun of the Tohoku region, we were digging hard to build a foundation for setting up an army tent in the Minamisanriku (南三陸) area. Being a new apprentice to construction, I now realize digging a hole in the ground is no easy task at all. As we kept digging and digging and still getting nowhere, we joked that one of the big deterrent to committing murder is that burying a corpse in the ground would probably end up killing us. But as the local residents looked on and got curious on what we were doing, we hope that their interests were aroused and the army tent will eventually grow into a church. The thought that one small shovel today can end up into a big church community in the future really lifted up my spirit and empowered me to shovel on and on!

Sorting wood and removing screws together

If we thought all-day digging in Minamisanriku was the end of hard labor, we were so deadly wrong. God's test on our faith and physical strength continued on the next few days as we were assigned to sort out wood and helped take the old army tent apart. But perhaps the endless process of sorting wood (Tibbie's specialty by now) is God's way of telling us that spreading the Gospel shares the same frustration: just as the seeds are sowed, and patience to fight this endless battle.





Singing together with the temporary home residents

I was so lucky to be able to join Flo and Satoshi to two temporary home visits, the highlight of this trip. Despite our broken Japanese, funny tasting foreign food, unfamiliar faith and Christian songs, the residents welcomed us with open arms and participated in the games with enthusiasm. We had a great time directing them in doing the craft activities for they really seemed to love the end products – Chinese lanterns and paper flowers. In particular, Flo's brave testimony of personal loss struck a chord with the tsunami affected residents. I was also deeply touched as my nose turned red and my eyes became misty. As a whole it was a packed and emotionally demanding day. At the end, I was so drained when I went back to the Help Tohoku House that I was literally paralyzed and couldn't lift a limb, leaving Angela to battle with that night's dinner in the kitchen alone when I was supposed to help her out (luckily she was saved by the Japanese angels God had arranged for her but that's another story).

Shedding tears together with Takahashi San

On the day before we left, we went to visit Takahashi San, the home owner of the house we muddled out in our previous trip. As we listened to her account of recent plans and developments, I was just awe-struck by such courage displayed. In the midst of sadness that lingered, there was tremendous hope and optimism. I was so thankful of Takahashi San's openness to us and I felt privileged to be there holding her hands and shedding tears with her at that moment when she shared her thoughts and feelings with us.

Cooking takidashi together with the locals

We participated in the weekly 'Friendship Gathering'

participate. We were assigned to a challenging task: making Mapo Tofu and rice to feed over 70 people. Luckily we were saved by some very competent local residents who lent their helping hands in the most efficient way. We could never have done it without them. I felt deep respect in their sense of pride and eagerness in giving back instead of just receiving. In fact, they had shown incredible patience in putting up with our clumsiness in chopping vegetables and making the rice, on top of our barely understandable Japanese. It was a lesson on humility indeed. Other than the above, we had done a few memorable yet unplanned things together, namely, killing scary army of flies together at the Help Tohoku House, doing facial masks and enjoying quiet time together with the girls late at night, and agonizing over our 'homework' together (writing encouragement notes to each other and to the GMT staff). These are just small yet memorable things that spiced up our trip and warm my heart whenever they come to mind.

Writing this reflection alone

As I reflect on our trip alone, I am thankful of God's plan for me to join the team in serving. To some it might be unfathomable why we choose to go to Japan. Why mission trips? Why not just donate money? But Jesus is so right in saying, 'Give and you will receive...' (Luke 6:38) - 受けるよりも与えるほうが幸いてある. I have indeed received in multiples of what little I gave to Ishinomaki – warmth of the people, new survival skills, much improved Japanese, great team camaraderie, precious new friendships, and first hand witness of bravery and optimism of the local residents. It is trips and experiences like these that shift our living from the mundane operation mode into existential mode, making our lives real and memorable.



Ishinomaki My 3rd Home

by Candice Yeung

Getting away from the hectic city life of Hong Kong and back to my 3rd home, Ishinomaki for the 3rd time in the past 12 month was an incredible experience, as we have got to have some real time to see how powerful God is. God is always at work and I'm always amazed when we return to the fishing town, Ishinomaki, in the northeast of Japan.

This time round, I could only joined the team half way through the trip and I might not be speaking Japanese as fluent as some other members in my team do, but what matter was that it was making myself available to serve God and others who were in need. Being an empty vessel for God to use for His glory was far more important than what I think I could do. That way, I could only serve love and joy at their best.

Another great thing on returning to Japan for mission trip was hoping that my friends and families in HK and overseas, will get to know more of God's Love better in a country like Japan. Japan might seems like a well-developed country but in fact it is quite spiritually poor. Japan only has about 1% of the popularity knowing about the hope of Christ, but little acts like sowing the seeds during all our 3 missionary trips do matter. As God only knows the bigger picture after the 311, so we all were so excited to see the Lord at work through His people and seeing how

Ishinomaki is being transformed by Him. Little acts have never got such big touching impacts, not until they have been sprinkled with His Love.

I was reading an article of a humble watchmaker on the plane heading to Narita, I was convinced that God gave me the word, humble. I needed to learn and to be a truly humble servant like how Jesus was. Even though I didn't really have any holiday leaves left for this year, I chose to obey Him. Surely with just so little time to serve at Ishinomaki, God will never cease to pour His Love out for the communities at Ishinomaki and I will never stop serving for His glory.

Upon my arrival at Ishinomaki, I was quite surprised that my Japanese friends from Sydney, the custom guy at Narita and my Tokyo friends were all saying thanks to me and my team for our help! I have yet to learn a few more great things from my super polite Japanese friends!

On my night bus ride to Ishinomaki, I was just asking God for one, only one thing. To live with Him my whole life. I'll contemplate the beauty of His Love for Japan, and to be at Ishinomaki to study at His feet (Psalm 27:4). This makes me more committed in going back to Ishinomaki and other tsunami affected areas. I was looking forward in seeing the hope of Christ being re-written there. So on the bus, I was also thinking what God has in stored during my time at Ishinomaki with Grace Mission Tohoku (GMT), the local ministry at Ishinomaki whom we worked with in the last 2 trips.

I admired their serving hearts and seeing their post updates on Facebook on how the community is progressing well with God have been blowing my minds. The awesome spirits of the long-term volunteers there at Ishinomaki offering themselves as living sacrifices in reaching out to the locals by instilling hope and life back to the community have been amazing. The other thing, was hoping that me and others would get to catch up with the Kitami family and the home owners like Takahashi-san, whom we met at the last few home repair programs with Samaritan's Purse Japan. So I was praying about how to listen for Him better so that I could be flexible in serving more wholeheartedly.

After travelling for 10 hours straight, I finally arrived at Ishinomaki bright and early. It was definitely nice to be back. The sky was in a perfect blue and nothing beated by starting the day with God at the

morning devotion at GMT. On the way from the station to the Hope House, I could definitely noticed that the city is showing signs of recovery like with more cars traveling on the streets, some more fixed sites and with school children on the streets.

We got teamed up with another Japanese team from Shiga for our tasks on the day I arrived. Such an honor to work as one Body with people from different countries and with different backgrounds. We helped out with moving some mattresses for the volunteers living at the Yoshida's house (now a home for the male volunteers) and the Igarashi's house (now a home for the female volunteers). Really happy to see the transformations since our first trip in September 2011. Little things like having a veggie patch outside Yoshida's and the flowers outside the Igarashi's are pleasing to see how the community is set for more exciting things to come.

The Japanese girls from Shiga were really helpful and learnt a lot from their serving hearts throughout all our different delegated tasks such as unscrewing nails and sorting woods, and through to our cooking duties.

One of our main tasks there at Ishinomaki was to give support and to pray for our local missionaries and volunteering friends, so I was very pleased that we managed to have some prayer time in small groups together. I got teamed up with Ly-ann and Rimpei. Rimpei san is part of the local missionaries at GMT and really amazed by his love for reaching out to not just to the people at Ishinomaki but now for the community at Minamisanriku! GMT is currently expanding and praying that God will help them to find the extra hands that they need for their expanding ministry!

The constant thing on my mind this time was how to use my creative gift well and I had the time to do some GMT logo signboards as they have a few different sites where they are serving at. It was a one person task but that means I had more quality time with God. Not only that, a few Japanese locals walked pass and made a few basic Japanese conversations with them. I could really tell that they were really interested in what GMT and other volunteers are doing for the community. It was really lovely to see their smiling faces too!

Meeting Takahashi san again, the home owner of the house, which we and our friends from Samaritan's Purse Japan helped to mud out on, was one of the most touching moments. She showed such an intense of hope while she updated us on how things have been progressing with her and her family. We shed tears together and her courage had greatly touched our hearts. The other highlight was meeting up with the Kitami's, the local family whom we have continuously met up with during all of our 3 trips. We shared many laughters and happy moments together and just so thankful for their openness to us like a bunch of good old friends hanging together.

It might sounds like that I hadn't done much during my time at Ishinomaki, but it was not about how many things I have done, but it was about doing what were pleasing to Him. To be used by God, is the most wonderful thing that I can ever imagine.



And when two or three of you are together because of me, you can be sure that I'll be there.

Matthew 18:20



Rimpei ♡
We are thankful
that you & Akemi
have such a great
serving heart.
We'll continue to
pray for you
with love & joy
and thank you
for all you
do!

Virginia ♡
We think that
you are super-
duper amazing!
Esp ur heart!
HTK
Team

Akemi ♡
We love love love
you and how you
& Rimpei love the
ppl & the communities
at GMT! We think
that you are
super-amazing!
HTK
Team

Koshi ♡
We love your
& your heart
temporary
as! You
are so
beautiful!

Recipe

Mapo Tofu マーポー豆腐



Ingredients

Hard tofu 2 pieces
Ground pork 150 grams
Chicken stock
Oil
Green onions (chopped)

Ground Pork seasoning

Chili sauce – 2 table spoons
Ground ginger – 2 tea spoons

Seasoning

Dark soy sauce – half table spoon
Light soy sauce - half table spoon
Shaoxing wine – one table spoon
Black beans - half table spoon (crushed)
Sesame oil – 1 table spoon
Chili oil
Chili powder

Steps

Cut the tofu into cubes, boil in water for around 30 seconds to 1 minute, drain and set aside.

Marinate and season ground pork with chili sauce and ground ginger.

Heat oil in frying pan, stir in ground pork to cook until golden, add tofu pieces and a little bit of chicken stock.

Then add dark soy sauce, Shaoxing wine, black beans, cook and simmer until the water is dried up.

Serve onto plate, add sesame oil, chili oil and chili powder evenly on top, finish by sprinkling the chopped green onions on top.

***NOTE:** it's very important to boil the tofu pieces separately first since it helps to harden the tofu and also prevent it from becoming too watery when stir frying.



Cooking with Passion

by Angela Tsang

Japan Again?!

This was the third time me and my husband going to volunteer in Ishinomaki, one of the most badly impacted cities after the March 11 Tsunami in North East Japan. As we were preparing for this trip, the political situation between Japan and China was getting worse and worse. The news media in Hong Kong has been actively reporting many negative emotions and acts between the two countries, and how some people in China got carried away with their anger towards Japanese products, companies and people. With these issues, my parents have concerns on our safety going to Japan (they were afraid that we may be badly treated by some Japanese). However, I remembered God's word is for us to love all His people, does not matter if they are rich or poor, male or female, Chinese or Japanese. Everyone is the same in front of God, i.e. a sinners, including ourselves. The poor relationship between the two governments does not mean that the people in these two countries should hate each other. In fact and in reality, not that everyone would be bothered by these political messiness. I believe that the most important thing is for people to get to know Jesus Christ and become children of God, in His family. As most of the Japanese still have not heard about Jesus Christ, my husband and I still

felt a strong compassion to go. Also, we trusted that God will protect us along the way. Anyway, my parents did not object our trip so we went ahead. Turned out that everyone in the team was safe and sound! There were no mention of the political situation by anyone at all and we were treated really nicely by all the locals. We have also gathered with a group of Chinese, who came from all over China and currently working/living around Ishinomaki. Our team was probably one of the very few volunteering teams who can speak Chinese. Praise the Lord for this opportunity!!

Cook VS Combat

As I don't speak Japanese well and am not particularly strong physically, my main duties in this trip was to help cleaning houses for the local missionaries and to cook. Our cooking team was to cook for our own team, the local missionaries and staffs and a few volunteers from other teams. A total of 20-30 people. We also need to cook for a few local outreach events, such as the temporary housings and the Saturday cook out local gathering (for 80 people). Me and some cooking team members had prepared our recipes and even bought ingredients from Hong Kong. We were all prepared and I had a lot of trust in our team. After cooking for a few days, with lots of great feedbacks from various people, I was confident that I will be able to get my cookings done. The last dinner that I had to cook was a no brainer, I became familiarized with the local grocery stores and it only took me and my cooking partner



to finish grocery shopping in 30 mins (compared to the first day, we shopped for two hours, including the traveling time to look for various things). By 2pm, we were ready to rock (start to cook for dinner)! Suddenly, my cooking partner came crying out to me saying that there were lots of flies in the washroom. Since it's always a good practice to goto washroom and wash our hands before cooking so I better go check out what she meant by "lots". As soon as I opened the washroom door, I saw a room full of big black flies flying around. A few even flew out of the washroom through the door. It was like a horror movie and I immediately shut the door again. I felt kind of helpless with no one else around (where were the men who were supposed to help ladies to get rid of insects?!). My cooking partner was screaming behind me so I needed to act like I was calm. While I was praying to God and thinking what to do, I saw a bottle of insect killing spray outside the washroom near the window. The next thing was that I found myself like a war zone gun shooter, hiding myself behind the door but extending my one arm as far into the washroom as possible, to aim and spray at each fly as quickly as I could. After some serious spraying, I shut the door again and literally heard "zii ziii" sound inside, which was made by all the flies dying on the floor. I felt a bit of relieve at that stage but my cooking partner continued to ask me nervously what we should do next. We could not just use the washroom pretending there was nothing on the floor. Well, thanks to my first Japan mission trip, I had a similar bug killing incident in the sleeping area, where the vacuum cleaner saved my life. My partner immediately went looking for the vacuum cleaner, while I stayed behind to "finish up" the few "still alive enemies". My final task in the "war

zone" is to clean up after all the dead bodies. Not sure why I have decided to count as the vacuum suck up each one... and there were a total of 42! I could not believe my great partner had took a photo of me vacuuming!

After the exciting combat, time to go back to cook. First step was to boil a big bowl of water to make soup for 30 people. Then there came our second incident when I found out there was a small hole at the bottom of the bowl! So we had to go crazy again looking for another big bowl in the store house. By the time we were truly ready to cook, almost two hours had past and we were running out of time!! I messaged all the other cooking team members asking for help but they were physically in some other locations doing something else and could not come back in-time. As I was anxious, God sent three angels to us. Three Japanese girls from other volunteering groups joined our hectic cooking team. They helped us to chop up all the ingredients and washed countless dishes and bowls. Later on, other cooking team members also came back to help and we just made dinner time with all the dishes! Hooray!!

Just when I was all confident that I could accomplish my tasks, I was again reminded by God that I should rely on Him, rather than my own ability and experience. In Proverbs 16:9, the bible said "We can make our plans, but the LORD determines our steps." The bible also said in Proverbs 3:5 "Trust in the LORD with all your heart; do not depend on your own understanding.". Thank you God for Your teaching and guidance over this exciting afternoon!



What are you waiting for?

by Bernie Tong

Prior to this year and the Japan Mission Trip, I was what you would call a Christian CEO, (i.e. Christmas and Easter Only type Christian). Ironically, by way of background, I was brought up in a Christian family, I attended Sunday church when I was a child, and my dad is a part-time pastor at a local Chinese ministry.

Nonetheless, Christianity has always been something as foreign to me as Kowloon is for most people living on Hong Kong island (you know its near-by but you never choose to actively explore it). I have never read a page of the Bible, and praying to me was basically a mindless recital of the Lord's Prayer.

I believe God existed but never really thought I needed Him. My career was going well, my health has never had any major issues, and my pride and confidence seemed to have worked well for me over the years. My philosophy to life was: If I work hard enough, I can control my own destiny. Life is a game of how well you can juggle family, relationships, health, career and money.

I was introduced to Island ECC in 2008 by my girlfriend at the time. About a year ago at Sunday worship, standing at the very back of the 1st floor doing my regular 360-degree scan of the crowd as we were singing, I found myself fixing my eyes

upon the people at the very front. I asked myself – "Why are those people pointing towards the sky as they sang? How is it possible that they could feel such a "spiritual high" from worship?" I remember closing my eyes briefly and praying to God – "Show me what I was doing wrong in my pursuit for Christ. Let me know how it feels to be filled with the Holy Spirit"

Four months later, God answered my prayers – but definitely not in the way that I had expected. To keep the story short, I went through a difficult break-up with a girlfriend of 7 years. What followed was a period of sadness, many sleepless nights, and a general sense of losing control over my life.

Thanks to His Grace, that tough period coincided with two major events that triggered my active pursuit for Christ – 1) As part of the "In Transit" series, Pastor Brett reminded me that transitions are times to keep my eyes and ears open for that is a time when God likes to come knocking at the door and 2) The Men's Conference, where a few brothers kindly prayed for my peace of mind. Embarrassingly enough, I broke out in tears in front of a group of men whom I have never met, but soon to realize that God had lifted a big stone off my shoulders after the prayer.

I decided that I needed to do something if God was in fact calling me back to Him. Part of that was for me to join the Japan Mission Trip; for I thought



surrounding myself with Christians and carrying out God's work in Japan would be for sure, a crash-course on Knowing God 101.

A few weeks later, there I was in Ishinomaki – a town that is clearly still fighting hard to get back on its feet after the terrible tragedy. What followed in the 8 days was nothing short of a life-changing experience:

For one, moving tents for the local ministry, cooking dumplings for the local Chinese workers and building storage facilities made me realize how miniscule my problems were vs. the local population, most of whom were struggling with loss of family and property, job insecurity, fear of radiation and the many other fresh wounds arising from the tsunami devastation.

Second, I was spiritually inspired by the courage and tenacity exemplified by the local Tohoku ministry. The commitment and dedication that are required to reach out to a local neighborhood and country with a statistically less than 1% Christian penetration rate is a feat that only with God's help and grace, would be possible. As we were praying for the local ministry, who had shown signs of physical and mental fatigue as a result of the much blood, sweat, tears and many hours poured into the effort, one particular piece of scripture spoke to me: "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.

For the very first time, I wanted to let go and let God take over the steering wheel. And lastly, perhaps my greatest blessing from this trip, was that God had paired me up with two

wonderful brothers as roommates on this trip – Ka and Henry. Every night, no matter how exhausted we were from the physical labor that we had to perform, they sat me down (and sometimes against my will!) and shared their wisdom and experience with Christ.

Ka had asked at the beginning of the trip whether I have accepted Christ, at which point I said I was not ready to abide by the rules of Christ, that I actually enjoyed certain types of sinning and that I did not want to be a Christian hypocrite.

It was after many countless hours of debate and late nights that I have come to realize that being a follower of Christ is not about abiding to a set of rules, because a joyless existence of rule-following is not true Christianity and the abundant life God has for me. I have learnt that its only through experiencing God's love for us that we will have the power to abstain from sinning, but the first step is to let God into my heart.

And finally, I asked myself the question "What am I waiting for?" I couldn't find a good enough answer for that question so I decided to take the leap of faith to accept Christ.

Today, I still can't recite any scripture, I still question God's word, but I am happy to say that I am excited about this walk with Christ and that I am prepared to carry out whatever plan God has for me. This Japan Mission trip was truly a blessing in my life and a wonderful experience that drew me closer to God, and I highly encourage that Christ seekers ask yourselves the same question I had asked myself – "What are YOU waiting for?"



The Power of Prayer The Comfort of Community

by Michelle Wong

There was a sense of uneasiness in the air as we stood around, waiting for a multitude of tests to be conducted and doctor's recommendations to be declared. A week after we had committed to the Japan missions trip, my younger sister, Denise was admitted to the ER at Queen Mary Hospital. After months of fighting cancer she was suddenly losing the battle; and she was losing it quickly. She was dealing with swelling throughout her body as a result of her growing tumors (particularly in the abdomen area), fluid in her lungs, a persistent fever and difficulty breathing. The situation did not look good.


Prior to this incident, we had spent months mulling over our decision to go. In many ways, it was not the best time, but after much prayer and contemplation we committed to joining the team. We were scheduled to leave for Japan in less than a week, but with my sister in critical condition, we had to reconsider our plans. Eventually, we stuck with our decision and received her blessings to proceed.

Seeing her in that serious state was troubling, but the reassurance from the Lord, as it says in John 14:27, "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not

let your hearts be troubled and do not be afraid." and from brothers and sisters who showed their care in a plethora of ways was inevitably calming. Our family was showered with love and prayers over the 19 days my sister was in the hospital and as a result, we were able to experience this peace.

Now you may wonder what this peace of mind entailed. I admit, I was worried as our bus departed from Narita Airport and embarked on our 8 hour journey to Ishinomaki. It was as if the further I travelled, the more I had to trust fully in God and recognise that His plans are sovereign. This distance required the onset of total trust and full-on faith. Were there times, when I couldn't wait to receive the whatsapp updates on the proceedings of the day? More than enough! But through it all, there was an overwhelming calmness and sense of peace. God reminded me of His promises as stated in: Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus - Philippians 4:6-7.

It was a true blessing to experience the power of prayer and the comfort of community.



A Thankful Heart

by Flo Chiu

Relationships

Having been here in Japan for 2 months now and reflecting on the time I have spent with people (sometimes in very close quarters for nearly 24 hours a day 7 days a week), in different ministries and places, alone at night, with a few or a lot of people, with the team, with friends or strangers.... perhaps the biggest thing I have learnt and am still learning is about relationships. It is certainly not anything new but learning about it while being away from home in a different culture, in very close knit communities and in a ministry context puts an even broader and deeper perspective to it. Relationships is about making choices - choices to love, to forgive, to be hurt, to have patience, to share, to receive, to listen....it is anything but easy but it is the thing most worth investing into - people. I thank God for the people He has placed in my life - in my family, at church and throughout my life.

I knew that Japan is a historically hard place for relationships to be built - Japanese are known to be slow to warm up and it takes a long time to establish friendships. However what I didn't know is how important relationships are to Japanese people even though it's difficult for them to build authentic relationships. During the tsunami, when a foreign missionary chose to leave for safety reasons, some people saw that as abandonment, and trust would be broken to the extent that they would not choose to trust you again even when you returned. In the same way, people can

suddenly stop coming to an ongoing activity if they think that you have ulterior motives. Perhaps what the teams don't realise is how much we are being observed by the people. They are constantly looking to see whether we are genuinely coming to love. The comment I have heard time and time again on random occasions is "she's been coming back" (referring to me) or "she's been here the whole time" (referring to another missionary who have been in the area since the beginning) or "I remember you, you came last time" (referring to another staff when we visited a temporary housing). It is not only about the ministry of presence - being there with them instead of just praying from afar - but I am slowly learning what that presence actually means to them - trust and love and openness to the gospel. For Christians and non-Christians alike, they start realising that we are there to walk with them and not just wanting to offer aid and help. For myself, I realised I chose to return and stay for the people I love and not the "work".

Entering the brokenness

I am thankful (!) that during my time here I have had to face a lot of "people problems". I am thankful because God has allowed me to be a part of people's lives in a way that is not shallow. He has given me opportunities to meet different people and become friends with them in a short period of time. He has allowed me to come face to face with a lot of broken relationships, even arguments. I realised that the gift God gave me to

connect to people's hearts apply cross culturally even with limited language abilities. In doing so, I had to choose not to turn a blind eye to problems which God also used to challenge me to deal with my own broken relationships. Though it was painful, I have no regrets because I truly learnt a lot in the process. It is one thing to only say "I love you" or "I will pray for you". It is another thing to enter into people's brokenness and hearts that were angry or hurt and admit your own. It is definitely much easier to turn a blind eye and consider oneself a mere volunteer that doesn't need to be involved in any of this. But I have been truly blessed to enter brokenness and see God's grace and love shine through, especially in my own life.

It's not about effectiveness

I have wondered more than once in my time here (especially when I was weeding!) whether what we are doing is effective. I have wondered whether the choice to minister to a group of people who might take a long time to "get it" is a strategically good decision to make compared to the seemingly many more open hearts in HK. I have wondered about the use of money (where things are soooo much more expensive here), the use of time and the use of resources. But the more I return, the more people I meet, the more I learn, I stopped asking whether what we are doing is "effective" or "strategic". It's not about how much the team has accomplished but how they have loved - not just the Japanese but also each other. I learnt to see God's heart for Japan is a reflection of the parable of the one lost sheep and one lost coin. Yes, even one person is worth it all. And the heavens will rejoice when one is saved. Am I willing to share God's love even with just one person?



A thankful heart

One of the favourite songs I learnt here in Japan was called "感謝の心" - a thankful heart. There are many things to thank God for each day, especially when we receive from someone, when we see God at work, when the weather is beautiful, it is easy to give thanks. Being in Japan has allowed me to ask myself honestly whether I do have a thankful heart. One that chooses to see things always from God's perspective, to see the good in people, one that believes in God's sovereignty and faithfulness even when I don't see it yet. Being thankful is also a choice when my heart hurts and when there is injustice and hurt. When I visited a temporary housing recently and spoke with a lady there, I found that she lost her family and everything she owned. She shared with us that she is now busy looking for work so that she can earn money to buy back the destroyed gravestone for herself when she dies. To her it was the most important thing she was living for right now and wanting to earn money for. Upon hearing that, besides feeling immensely sad for this lady, I started to see that a thankful heart only makes sense when we know deeply there is hope in a Father who loves us so much. Thank you Lord for the simple fact that I know you love me. I wish more people in Japan and HK know that the song we learned as a child "Jesus loves me" is a profound truth that can change our lives.

“ Being in Japan has allowed me to ask myself honestly whether I do have a thankful heart. ”

Building God's Kingdom

by Ly-ann Tan Low



Anyone who knows me well, knows that Japan has an inexplicable hold on my heart. I worked there for four years when I fell in love with the nation. When the tsunami devastated the East coast of Japan, every nerve and muscle in my body screamed for me to return to help them, but I was aware, I had no crisis and emergency experience to contribute and I had a job that would not let me travel. And a little while later, I was made aware that so many volunteers had stepped up to the plate to help and it was getting difficult to balance volunteer logistics with the immediate needs of the locals there. So, I held back for awhile.

So a few months ago when Ricki and Flo asked if I would be interested in helping, I jumped at the chance. I had heard that prior to the crisis, the Tohoku region was known for being a particularly 'hard soil' for Christians to break ground and I had been praying that their hearts would be softened and asking God to step into their lives now and deliver them from this heartbreak. I was in transition at work and had not been back to Japan for very long while. It was the perfect opportunity for me to bring God's love and a testimony for me to see how God's fingerprints were covering the region.

For most part of this trip, we were helping Grace Mission Tohoku in their 'internal' logistics. One of the biggest challenges in crisis management is actually the management of the much-needed

volunteers! I don't think enough appreciation goes to the folks who make it possible for volunteer energy to be channeled into the appropriate avenues for the "resurrection" of these crisis-hit areas. We could see the toll that this had taken on the GMT Crew and our hearts broke for the team whose hearts were so burdened to share the Good News with the Japanese that they expended every ounce of their energy to do so.

A lot of the work we did on this trip was helping to break a camp in Tohoku where they were based to bring it north to another Minami-san-riku which help had only trickled through so far. One of the things we did was to sort through the wood pieces used to construct tentage in order for them to be used again in other construction projects. In these tasks, there were plenty of opportunities to fellowship with the GMT team, to learn from them, speak into their lives and pray for spiritual waters which they would never thirst from.

My continuing conviction from this trip is that our skills should serve the spiritual needs of the larger church rather than just to bring to the table our skills to accomplish great ambitions. Once we get good at doing the things we do; lawyering, teaching, doctoring, investing, I've personally felt that there was for me a plateau of how much personal improvement would bring a return of investment in my time and energy dedicated to the task. There is a place for excellence at the work



we do but when we get there, we should start to think about how to our skills and use the rest of our time to build people up, to speak life into them, spend time and minister to God's Kingdom.

But perhaps more importantly, is that whatever great work we do, whether in the secular world or not, belongs to God's kingdom. And in God's Kingdom, we need to make space for God to work in our lives, for us to fellowship with Him and to

Recipe

Pork Chop in Tomato Sauce

トマトソース ポークチョップ

Ingredients

4 pork chops
2 tomatoes (cut into chunks)
1 onion (cut into wedges)
some spring onion (cut into sections) (optional)

Meat Marinade

1/4 tsp salt
1/4 tsp soya sauce
1 tsp rice wine
1/2 tsp sesame oil
2 tsp corn starch

Seasoning Sauce

1/4 tsp salt
1/4 tsp soya sauce
3 tsp sugar
3 tbsp ketchup
1/4 cup of water

Steps

Tap each side of the pork chops with the back side of a big knife for 8-10 times.

Cut each pork chops into 2-3 pieces.

Mix the marinade ingredients until they dissolve. Pour the marinade onto the pork chops.

Mix well. Leave them for 1 hour.

Lightly coat the pork chops in corn starch. Heat a wok with oil. Fry the pork chops over medium heat until golden on both sides. Set it aside when done.

Use the remaining oil inside the wok or add some new (about 2 tsp). Put in the onion and stir fry it over medium to low heat until slightly caramelized.

Add tomatoes and cook till turning soft.

Mix seasoning and pour into wok and bring to boil. Put in the pork chops and cook for a couple mins.

Turn fire to low. Add spring onion. If sauce is too thin, thicken the sauce with corn starch solution (mix corn starch with small amount of cold water). Add bit by bit until the sauce thickness is good enough.

Bring to boil again and ready to serve.



Be a Humble Servant

by Fanny Su

I remember that the last thing I wrote in my reflection for the Japan mission trip in March is hoping that I would have the chance to come back to Ishinomaki this year to serve again, to be part of God's plan. I made it and I truly thank God that have been so wonderful to me for giving me such a blessed opportunity again. Many of the team members from the last trip all have the hearts to come back again but reality is things keep on changing everyday in Japan and we really could not tell if we would be going back. Having said that, to me this trip has given me a time of rest which I needed most right at this time even though it sounds a bit contradictory cause this trip is actually even more tougher than the last one in March! There are lots of hard labour work including digging ditches for army tent base, sorting and lifting woods from here and there, unscrewing nails of piles of woods, replacing mattresses, moving bunk beds, chairs, tables etc. and getting up early every morning at 5am to prepare breakfasts (I have to say I'm definitely not a morning person), working from sunrise to sunset, under the strong blazing sun.

Despite of these hard labour works, I found an exceptional peace within me. One very special thing about the trip this time is we actually did not have a clear schedule of tasks for each day before the trip. The only thing we know is we would be responsible for preparing daily meals for the local missionary GMT, the long-term and short-term volunteers; we would be moving the army tent,

we might have some home visits, or might need to participate in local cultural events. We did all the preparations beforehand anyways. However, things kept on changing and we really could not estimate what the final agenda would be. Usually I don't like things unplanned and unorganized which would make me so uncomfortable and a bit nerve wracking. The fact is it turns out we only know our next day's tasks the night before, and even sometimes the team would be split into different small groups to perform different tasks on ad-hoc basis. This is really an extremely well opportunity for me to learn about patience and humility. We were told before the trip that the main purpose of this mission trip is to lessen the burdens of GMT, to give them a time of rest as they are the long-term fighters in that area, yet, they are so burnt out of energy after 1.5 years of volunteer work. I recalled one verse in Mark 10:45 saying "For even the Son of Man came not to be served but to serve, and to give his life as a ransom for many." We stayed at Ishinomaki for a week only and what we did is so little that can only count as planting a few seeds only. Normally we would love to witness the results of our work immediately but obviously this would not be the case here. Having this verse pop up in my head, those "factors" like ad-hoc schedule, tough labour work and severely hot weather suddenly became unimportant, not bothering me anymore. God had taught me a good lesson on humility!

Then the other day I was assigned to participate

"Humble yourselves in the sight of the Lord, and He shall lift you up." - James 4:10

in the "weekly café" event organized by GMT. Weekly café is an activity hosted by a local American missionary who has been in Japan doing missionary work for few years and moved to Ishinomaki after 311. It is an event that aims to invite the local people in the neighbourhood to gather together, share and listen to each other's stories, and have a time and place to hang out. After the disaster, the local community was broken due to many casualties and lost. People are scared to come back to their original hometowns due to those scary memories. Running the weekly cafes is hoping that we can help rebuild the local community and let the people know that we are here to support them. On that day, before the café started, my team members and I decorated the living room area of GMT Hope House and prepared the food and drinks. I was very excited to wait for the people to come since this is my first time to participate in the weekly café event. However, end up there were only two ladies showed up. I wasn't disappointed that not many people came but instead, I was kind of worried what to do with them since the games we prepared were actually for a bigger group of people. Again, it proved that things are not always happening as you have planned. God always have better plans than you. Turns out we just sat down with these two ladies, listened to them talking about their families, their beloved children, and they even shared about their romances at young age. We talked for almost two hours, after



that, these two ladies left with great smiles and thankfulness on their faces. When I was cleaning up the place after they have left, I thought, sometimes it really doesn't matter how good you have prepared the games, food and music. Being there with them is the most important! Just like the key of this mission trip is to "Be Present" with GMT. This has given me a new thought on mission trips. In the past, I thought that going on mission trip must accomplish a whole list of tasks to make it a meaningful one.

During the café event, we didn't really do much. We were just talking and listening. However, I believe that we have sowed the seeds in their hearts that it is because of God's unfailing love and grace that have brought us here to be with them!

Another awesome experience that God has given me is the temporary house visits. With the help of Satoshi san (the GMT staff who's doing regular work for people living in temporary housings), we were able to visit two temporary





*For even the Son
of Man came not
to be served but to
serve, and to
give his life as a
ransom for many.*

Mark 10:45

housings and we will be hosting cultural exchange gatherings there. The temporary housings are located relatively far from the central area of the town. One of them is even located on the uphill of a mountain, far away from the coast. Since this is my first time to visit a temporary housing, I really have no idea what it looks like. When we almost arrived, I could see from far end a large area packed with rows and rows of wooden houses, actually quite similar to the temporary houses in the early times of Hong Kong. When we arrived and looked closer, it was actually very crowded. Every family has to squeeze into a 200-400 sq.foot room. It is hard to imagine how tough it is for the people that they have to continue to live there for few more years (many families are still having financial difficulties to rebuild their homes whilst government support is so limited). At the cultural exchange gatherings, we played some ice-breaking games, sang a few songs, taught the people making paper lanterns, sharing the Chinese food that we made, and Flo shared her testimony at last. It is a real enjoyable and amazing experience. Most people came were elderly people but they were really energetic when we played games and did the crafts making. The biggest gift is seeing the beautiful smiles on their faces while we sang the song "What a friend we have in Jesus". Though they don't know how to sing the song, they were still following the melody clapping their hands. What a great bonding built by God's amazing work! I'm hoping that we could really touch their hearts this time and we would hear more stories of them coming to Christ!

The trip this time has given me lots of opportunities to interact with the local people, which is quite different from last "mud-out" trip where it is more task-based. I thank God that gave me such a blessing to come to Japan to serve. I also thank God that I finally understand my ultimate purpose of studying Japanese at college. I thank God that has provided such a great team to us that we were able to work seamlessly with each other whilst still be able to have some good funs and laughters during everyday's hard work! I have always loved and admired Japan for their culture and the inborn nature of the Japanese people. My prayer will be seeking God's presence with GMT and the local missionaries in Japan and God's healings and blessings for the Japanese people!



Sowing Seeds in the Hearts

by Henry Hung

This is the third time in 18 months we served in Ishinomaki since the Tsunami disaster. When I learned from Global Outreach that a mission trip will be organized in September 2012, it was a hard call for me to go or not go.

First question in my mind was to ask what was the purpose and vision of this trip for me. Although I knew the language and people well, but these should not become our obligation to go, if it was not God's will. Angela and I prayed hard to seek God's message about this trip. God then showed us the way by letting us see the importance for the Hong Kong team to be there. We realized that our trip was crucial to support the GMT staffs (Grace Mission Tohoku, the local missionaries), both physically and spiritually.

Even though there were many changes and challenges during the preparation time, God's grace was sufficient in all aspects to lead us day by day towards the departure day. God has also revealed his message to me through the bible, "we can make our plan, but the Lord determines our steps" (Proverbs 16:9).

Throughout the whole trip, God has orchestrated various events and people for me to experience

Him. Firstly, God has responded to my prayer to provide more men (Ka and Bernie) to join the team this time. It was a memorable experience for me to serve with a group of men. Together, we have helped to relocate the GMT army tent from Ishinomaki to Minamisanriku (a town two hours north by car). We have also helped to build a storage house from scratch and have men's chat every night. It was a brand new experience for me to build something, in contrast to the mud-out experience from the past two trips. In addition, God has also prepared a few other men volunteers from US, New Zealand and Japan to join our team, to complete His works together. Even though we all have different culture and working approaches, the wonderful bonding experience for us to serve, to pray, to cook and to sing together was something extraordinary.

Other than the men's serving, God has also prepared an opportunity for us to gather with a group of Chinese workers. Through a SP (Samaritan's Purse) missionary, Ann, we had a dumpling making night with them. It was such a fun night for us to chat and sing, and to sow seeds in their hearts.

Lastly, even though all GMT staffs have a busy round the clock daily schedule, God has arranged some time for me to chat with a few of them during the long drives between Ishinomaki and



**"we can make our plan,
but the Lord determines
our steps" - Proverbs 16:9**

Minamisanriku. These were precious fellowship time. God is just awesome!!

Compared to the last two trips, God has led our team one step closer to the hearts of the local people. We were able to re-visit two families Takahashi-San and Kitami-San to share their joy and happiness. We also had two sharing sessions in two different temporary housing locations, to share our Chinese culture and Christian life. These gatherings could not be taken for granted. Without God's grace, we would not have these opportunities. Throughout our entire program rundown : craft making, cultural sharing, food tasting and testimony sharing and closing prayer; I could see God's spirit has worked among the locals, to open their hearts and souls.

Japan is always a special place for me. Thank you God once again for giving me and Angela another opportunity to serve and to grow spiritually there. I truly believe God loves Japan and He will use His special way to reveal His Kingdom to the people there. :)



Stir-Fried Chicken with Celery セロリ炒めチキン

Ingredients

Chicken steak	300g
Celery	300g
Sea Salt	½ teaspoon
Oil	3 tablespoons
Rice wine	3 tablespoons

Marinade for Chicken

Tasting:	
Soya sauce	1 tablespoon
Sugar	½ teaspoon
White pepper	½ teaspoon
Sesame oil	1 teaspoon

Tasting

Water	4 tablespoons
Oyster sauce	1 tablespoon
Soya sauce	1 tablespoon
Sugar	1 teaspoon
Corn starch	1 teaspoon

Methods

Cut the chicken steak into 3cm thin strips. Then marinate the chicken slices for 10mins.

Clean the celery and slice lengthways and then chop along the lengths.

Preheat a wok or a large frying pan, heat 1 tablespoon of oil and add ½ teaspoon of sea salt (adding sea salt to make the celery greener). Then stir fry the celery, add ¼ cup of water.

Cover with lid for 30 seconds. Remove and set aside.

Clean the wok and add 2 tablespoons of oil. Stir fry the chicken strips, add 1 tablespoon of rice wine, keep on stir frying the chicken strips until it changes color. Now add in the celery and seasoning, stir fry until the sauce is thickened then serve.

Tomato and Potato Soup トマトとジャガイモのスープ

Ingredients (for 6 bowls)

2 tomatoes
2 potatoes (medium size)
200g of pork bones or lean pork
1.25L of water
250ml of chicken broth
Tomato paste, salt to taste

Steps

Prepare the meats. Add the pork bones into a small pot of boiling water. Cook for 3 minutes. Pour out the water, drain the meats. Set aside.

Prepare the veggies. Wash and cut the potatoes into little cubes. Set aside. Then wash and cut the tomatoes into equal chunks. Set aside.

Make the broth-base. In a medium pot, add the 1.25L of water and chicken broth, bring to a boil. Add the prepared meats. Then cook for 30 minutes on medium heat. After 30 minutes, add the potatoes and cook for 20 minutes on medium-low heat. Finally add the tomatoes and tomato paste and cook for another 20 minutes.

When the soup has been cooking for a bit over an hour. Add salt to taste.



Love Surpasses Logic

by Tibbie Chu

GO or not?

As a Christian, I believe God plans what is best for us.

In everyday life, "best" option is commonly characterised by efficient use of time, cost or expertise.

I used to be a bit skeptical about my own "efficiency" to serve on a mission trip. If I do not consider myself physically fit for intensive duties, would it be more efficient (in my case) to donate all spending for a trip? Indeed, this was a frequent comment (typically, a joke) raised by friends, as well as my parents, which I do not mind.

Without any proactive intent to search for a mission trip, God first moved my heart at a regular IECC Sunday service, where 1/F was singing "Hosanna" (those never heard of may google on YouTube), a song I sang countless times in church. But it was the first time I prayed along the lyrics, asking God to: "open up my eyes to the things unseen; show me how to love like you have loved me".

Since then, a series of unexpected events occurred which finally brought me to the "Japan Mission Trip Information Session". According to the team leader (Flo): over a year after the tsunami, the imminent

disaster relief (rebuilding houses) in Ishinomaki had mostly completed. The objective of IECC team's Third visit was to express Act of Love, and to offload the burden of the local missionaries, including Grace Mission Tohoku (GMT) or Samaritan's Purse.

What really struck me was, Flo explained - Grieving and emotions might only come back now, after the people in Ishinomaki had finished rebuilding their necessities. This is the time to rebuild their hearts.

In "A Grief Observed" by C.S. Lewis "No one ever told me that grief felt so like fear. I am not afraid, but the sensation is like being afraid". If grief felt so like fear, only unconditional love from God can drive out fear.

It reminded me God had already planted a seed in me back in 2007. I received a gift made by Japanese Christians at a church in Yokohama, a beautifully written Japanese calligraphy of Psalm 96:1. If God's words can heal a broken heart, perhaps God was giving me a personal mission - to bring hundreds of bookmarks photocopied from this gift to distribute in Ishinomaki? I believed I was meant to embark on my first mission trip.

What had we done?

At Ishinomaki, we (a group of 11 commissioned by IECC) were like an extended team of the local missionaries to assist their projects on the ground.

Moving the Army Tent / New GMT Base in Minamisanriku

For the tsunami survivors, it is tough to move on in a place carrying all the memories with their loved ones, who might not be around any more. A new community is important for taking care of their hearts, and rebuilding new purposes in their lives.

One of our major assignments was to assist GMT to move and build an Army Tent, as their new base in Minamisanriku for organizing local events to rebuild the community. It required intensive labour work but miraculously completed within a couple of days.

Cooking / Local Events

We divided ourselves into various cooking teams to prepare breakfast and dinner every day for around 40+ volunteers from different parts of the world. Also, we prepared food for other local events: Cultural Exchange at the Temporary Housing; Opening Local Café - introduced Mid-Autumn Festival; Ddumplings night with Mainland Chinese contractors and outdoor cooking for 100 people at "Takidashi". Such events gave me the opportunities to distribute all Japanese bible verse bookmarks, i.e. Mission Accomplished :)

God defined "Efficiency"

While we were laughing among ourselves that this trip had trained up all boys into professional builders; all girls into professional chefs and housekeepers, in practice, everyone just put on our gloves, ready for any types of work.



I realised, however inefficient for me to carry a heavy shovel to dig the ground, or to assist real heavy lifting, it would still be an additional pair of hands to share each other's burden.

When a bunk bed could be so heavy that even three strong build brothers (stronger than A&F models!) each on one side was not able to balance the weight, three more girls combining could take up the remaining side to make things happen. God humbled my pride and completely redefined His purposes.

“ God humbled my pride and completely redefined His Purposes. ”



Two are better than one, because they have a good return for their labor; if either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up. Ecclesiastes 4:9-10

One Step at a Time

Given the local circumstances were ever changing, we had to maintain flexibility to avoid adding administrative burden to GMT. We simply offered our capacity, picked up any need anytime, without always knowing the full picture of each assignment.

On the personal level, it was a real challenge. When I was literally taking "one step at a time" without knowing exactly when or what I would have achieved, I found it very difficult to incentivize myself to endure. It was only when I simply believed that, God had his own reasons for allocating each task on me, I regained the energy to persevere until the end. Without perseverance, I would not have witnessed the outcome and realised I could have done it after all.

Looking back, we actually completed a wide range of assignments, which was a breakthrough of my personal records – I never did so much cleaning and dishes / never cooked that much / never assisted to kill 55 flies in 30 mins (Thanks our heroic Angela, not by myself) / never moved so

many mattresses and bunk beds / never managed using shovel, electric drill and hammering nails / never used up 3 bottles of sunscreen in 5 days (that explained the length of time under sun) / never used so many types and numbers of mosquito repellents.

Those who know me well enough would understand (or perhaps, still doubting) I would not possibly have the willpower to commit this trip, nor completing a single task IF I would have known the full picture in the first instance. But I did it, by God's grace and wisdom. God answered my prayer to "open up my eyes to the things unseen", by leading me to take one step at a time, otherwise I would have bailed out before I even stepped on the journey.

During the process, I was blessed to be fully supported by my parents, and the amazing love and prayers by many brothers and sisters. When I was struggling with sorting the same pile of wood again and again (to an extent I remembered their appearances), the IECC Team was secretly making me a gift on the site to cheer me up (Thanks Lyn-Ann and all!). On the other hand, some in Hong Kong had been praying for me throughout the entire trip. (Thanks Joyce Fung, Albert and James!)

You are in My Prayers

GMT shared at one of the morning devotionals: Jesus said:

"If you are forgetting my love, you lost sight of my love, no matter how hard you work, everything you do is meaningless."

Let's continue to pray for God's love to heal the hearts of all Japanese impacted by the tsunami; pray that God will bring love to transform the community through GMT's new base in Minamisaniku, also to provide strength and wisdom to the GMT staffs and carpenters for their new phrase of work in Ishinomaki.

For each of you reading this reflection booklet, I prayed that God will reveal abundant love and blessings already prepared for you, far beyond your imagination and understanding.



Faith, Hope and Love

by Ka Wong

Paul said in 1 Cor 13:13 "And now these three remain: faith, hope and love. But the greatest of these is love." God showed me what this means during this mission trip to Japan.

Before this trip began, I had relatively high expectations of experiencing teachings by God while knowing very little of what we would be doing. I purposely chose the approach of not finding out every little detail before I left. Instead, I left it to God to just lead me to do whatever He saw fit, to have Him "wow me" so to speak. And He never disappoints. In the eight days we were there, we got to carry out many tasks in the natural surrounding that I enjoy very much. Here are a couple of them.

Physical Labor with other men Part of our trip was to help GMT, our local partner, to move base. This included taking down a wooden shed and a US army tent, moving all of its contents, and setting them up again in two separate locations. These tasks required days of physical labor. And they were mostly carried out by men. The men in our team worked with men from different countries – USA, New Zealand, and Japan. What a privilege it was, to be working with these great Christian men! My very first missions trip was a men's trip to the Philippines where we built two brick houses for two families. There is just something magical about

doing hard, physical labor side by side with fellow Christian men. That was the only men's trip I have ever taken, and I have missed it ever since, until now.

Meeting up with mainland Chinese living in the area. Some of these Chinese are workers imported to work at the local fish processing plants. Some of them have been married to Japanese and migrated for many years. None of them are believers. We sang, played games, made and ate dumplings, and celebrated mid-Autumn festival. We had such an intimate time, it almost felt like a family gathering.

With all the fun activities, beautiful landscape, clean air, and great food, I was still very sure that they were not the main reason God brought me there. The main purpose of this trip was for God to plant relationships in my life. Many conversations took place with many different people; some were with old friends and some with friends I had just made. Some of the conversations were long and some were short. But these conversations were genuine, open, and deep. They were energizing, memorable, encouraging, and some out-right life changing. Relationships and friendships are built based on love. And isn't that what mission trips are about – to generate faith-based hope through love as Paul said?

Thank You!

The whole HK team would like to say a **BIG thank you** to God and the following lovely peeps for their awesome spirits and for your great serving hearts for Japan and others all these times:-

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Words of

Encouragements

for me

