

## **AIC Update**

### **RE: Move to CAIS**

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Please note the following important updates regarding our move to CAIS in Lai Chi Kok.

- Last Sunday at APSW will be **23 Oct**
- Soft-Launch period (**30 Oct - 20 Nov**)
- AIC public opening date at CAIS: **27 Nov**
- We need your help!
  - Physical move (purge and pack)
  - Ministry move (logistics and volunteering throughout the weekend)
  - Office move (leads and search)

### **EHS: Emotionally Healthy Spirituality**

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1. Pain that is not \_\_\_\_\_, will be \_\_\_\_\_ to the next generation.
  
2. Joseph was able to be an agent of reconciliation and forgive all the wrong his brothers had done, because he had experienced the power of God's love to transform his pain into compassion and grace.
  
3. Joseph had a profound sense of the bigness of God.
  - a. Genesis 45:8 - Gen 45:8 "It was not you who sent me here, but God."

## **EHS: Small Group Discussion**

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In the book EHS, the author says the following: “Jesus may be in your heart, but grandpa is in your bones.” Although we are a new creation in Christ, there are still influences in our flesh through our family. Here are some examples of issues that can be heavily influenced by our past and especially by our families:

Money	Conflict
Grief & Loss	Sex
Expressing Anger	Family & Parenting
Relationships	Success
Attitudes towards different cultures	Feelings & Emotions

Discuss in your group how your past and/or your family has influenced or affected how you view and handle different issues (it is ok to go beyond the list above) in your life.

### **Read and discuss Genesis 45**

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Pastor Henry also talked about two important truths that can help us move forward trusting in God’s goodness:

- 1) Our past and our family no longer dictate our destiny. God holds our future in His hands.
- 2) Forgiveness does not necessarily equal reconciliation. We can forgive someone and still have a broken relationship. But the forgiveness is in obedience to God and unlocks the door towards peace and healing.

Consider to pray for each other, especially any issues or people you feel God is moving you to forgive.