

# PULSE MAIL A visit to South Korea

## READING:

### The Great Commission!

Read Matthew 28:16-20



Pulsemail is doing some travel! If we can't leave the country then we can bring other cultures to us!

This week we are going to visit faith through the eyes of our brothers and sisters at Sydney Cheil Youth. This is one of our Korean Uniting Churches.

### What is it like growing up as a Korean Australian?

Growing up as a Korean in Australia can be confusing at a young age due to the exposure of Korean language, food and culture at home whilst engaging with the Australian culture outside of home. However, as we progress through our schooling, we learn to balance both cultural identities and embrace the advantages of being able to speak two different languages in Australia.

### What does this verse mean for the Korean youth in Australia today?

This verse applies to Korean **Christian** youths just as it does to every other youth from another culture or race - to actively reach out to all nations with the good news of Christ. Perhaps specifically, it calls Korean youths not to be confined to the Korean or Asian bubble while doing so, not to pick and choose who we share the Gospel with out of familiarity or comfort, but act in light of the Gospel that is for ALL.

We believe that the Great Commission applies to every Christian in the same way, and that is to make disciples wherever God has called you, placed you and beyond. We believe that the proclamation of the Word should be done in a manner that can reach and resonate with those you are evangelising to (1 Corinthians 9:20-22).

### Favorite Korean saying(s) and its meaning:

1. 급할수록 돌아가라 = 'Make haste slowly'
2. 낭중지추/囊中之錐 = 'You cant hide an awl in a bag.' This is a four-letter Korean proverb based on hanja (traditional Chinese characters) which means talent will reveal itself eventually, especially under difficult circumstances or despite being hidden temporarily.

## PRAYER:

Father God, thank you for sending us your son Jesus Christ, so that we would have this Gospel to share with others. Give us the wisdom, clarity, and courage to share this good news with those around us, regardless of whatever barriers we may perceive to be in the way. Give us your heart and desire for the sweetness of your salvation to go out, and may we continue to strive for your glory alone. Amen

## Sydney Cheil Youth Group!

Korean Jesus: This painting was created during the Korean war, about 30 years ago by Korean artist Woonbo Kim Ki-chang. He was a Korean Missionary and was trying to depict the story of Christ using a Korean background. This is Jesus walking on water.



# Recipe: Kimchi Fried Rice



**Ingredients:**  
 1 cup kimchi (\*see notes), cut into thumbnail size pieces  
 150g / 5.3 ounces bacon, cut into thumbnail size pieces  
 (optional) 1 pack enoki mushrooms (200g, 7 ounces), root removed, rinse the mushrooms in cold water and drain.  
 3 cups steamed white short/medium grain rice – if it is freshly cooked, leave it out for 5 to 10 mins at room temperature to cool down before cooking.  
 1 x-large egg, cooked sunny side up or per your preference  
 1/2 tsp minced garlic or spring onion  
 1/4 cup kimchi juice (\*see notes) – this liquid is from the bottom of the kimchi container  
 1/2 Tbsp sesame oil  
 1/2 Tbsp cooking oil  
 1 to 2 Tbsp roasted sesame seeds, to garnish  
 (optional) 1/2 stalk green onion, thinly sliced  
 (optional) roasted seasoned seaweed, shredded

## What are some iconic and popular foods you should try when you visit Korea?

Popular and iconic foods when you visit South Korea include:

- Tteokbokki (떡볶이) – Spicy Rice Cake
- Samgyupsal (삼겹살) - Korean BBQ Pork Belly
- Hotteok (호떡) - Korean Pancake with a sweet filling
- Bungeoppang (붕어빵) - Fish Shaped Pastry with Red Bean Filling
- Jeon (전) - Korean Pancake
- Odeng (오뎅) - Korean Steam Fish Cake



## Method:

1. On medium high heat preheat a pan/wok and once heated, add the cooking oil and spread it well with a spatula.
2. Add the garlic, stir it fast for about 10 seconds. Then add the bacon and stir it well until half of it is cooked.
3. Add the Kimchi and stir until 80% of it is cooked.
4. (Optional) Add the mushrooms and mix them well for a few seconds. Reduce the heat to medium-medium low.
5. Add the rice and the kimchi juice. Mix all of them together well and thoroughly.
6. Add the sesame oil and mix them well. Remove from the heat.
7. Serve the Kimchi fried rice on a plate. Garnish with the sesame seeds, green onion and seaweed strips. (Garnish is all optional). Place the cooked egg on top. Enjoy!

### NOTE

- Ideally the kimchi is at least 2 weeks old. If not, add 1/2 tsp rice vinegar into the kimchi juice to make it sour.
- Obtaining 1/4 cup of kimchi juice can be difficult if your kimchi is fairly new. In that case, use 2 1/2 Tbsp kimchi juice and 1 Tbsp gochujang instead. If you want it to be not spicy, you can add 1 Tbsp soy sauce instead of gochujang.
- 1 Tbsp = 15 ml, 1 Cup = 250 ml

## What is K-pop and who are the most popular K-pop groups?

K-pop stands for 'Korean Pop' and is a term used to describe pop music in South Korea. K-pop typically integrates intense dance moves with contemporary musical sounds and is very popular in many parts of the world. There are also many sub-genres under K-pop that includes trot music, RnB hip-hop and ballads. Popular K-pop groups include BTS, Blackpink, EXO and ITZY.

Why not take the K-pop dance challenge and share it on the Pulse insta page. #UCApulse!



## Describe 'mukbang' in 1-2 sentences and why people watch it?

Mukbang is when people eat food (sometimes insane quantities) in front of a camera online and live stream it for views. It is extremely popular in Korea because hungry viewers supposedly get a satisfaction out of watching

Staying Sane!



## Challenge!

In the Great Commission, we have been called to make disciples of ALL nations. It is easy for us to connect with individuals of the same culture, that are similar to us, dress like us, listen to the same music as us and share the same interests as us. However, could this be a barrier in our own evangelism where we avoid people who we find difficulty in relating to, or people who are very different to us?

**Challenge:** Who is someone in your life that doesn't necessarily share many similarities with you, but who you could reach out to with the gospel? Is it a fellow student at school you could invite to church or youth group? Could it be someone within your own community or at work? God has called and placed many people in our lives in His infinite wisdom. Do not be afraid to reach them with His good news, for Christ is with you, to the very end of the age.

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<http://1sudoku.com>

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