

LOAVES + FISHES

The Covenant Community Methodist Church Magazine

Reflecting on
Singapore's
Jubilee

A NEW
MAN
FOR OC

How to
Release
Anxiety

Doing
GOOD

AGELESS
IN CHRIST

Testimonies
from
DISCIPLE 1
Class

Janie Wong's traditional Kueh Pai Tee recipe

Seven Important Dates with Your Spouse

THE MARRIAGE COURSE 2016

Calling all MARRIED COUPLES! If you have yet to attend the Alpha Marriage Course, sign up for this program NOW! Come and learn useful tools and tips to make your marriage even better! Come for scrumptious buffet dinners evening DVD-run sessions with the Alpha Marriage Course.

Enjoy discussions with your spouse only; there will be no group discussions.

SCHEDULE & TOPICS : (6 Thu & 1 Sat)

10th Mar – Building Strong Foundations

17th Mar – The Art of Communication

31st Mar – Resolving Conflict

14th Apr – The Power of Forgiveness

21st Apr – Impact of Family

28th Apr – Good Sex

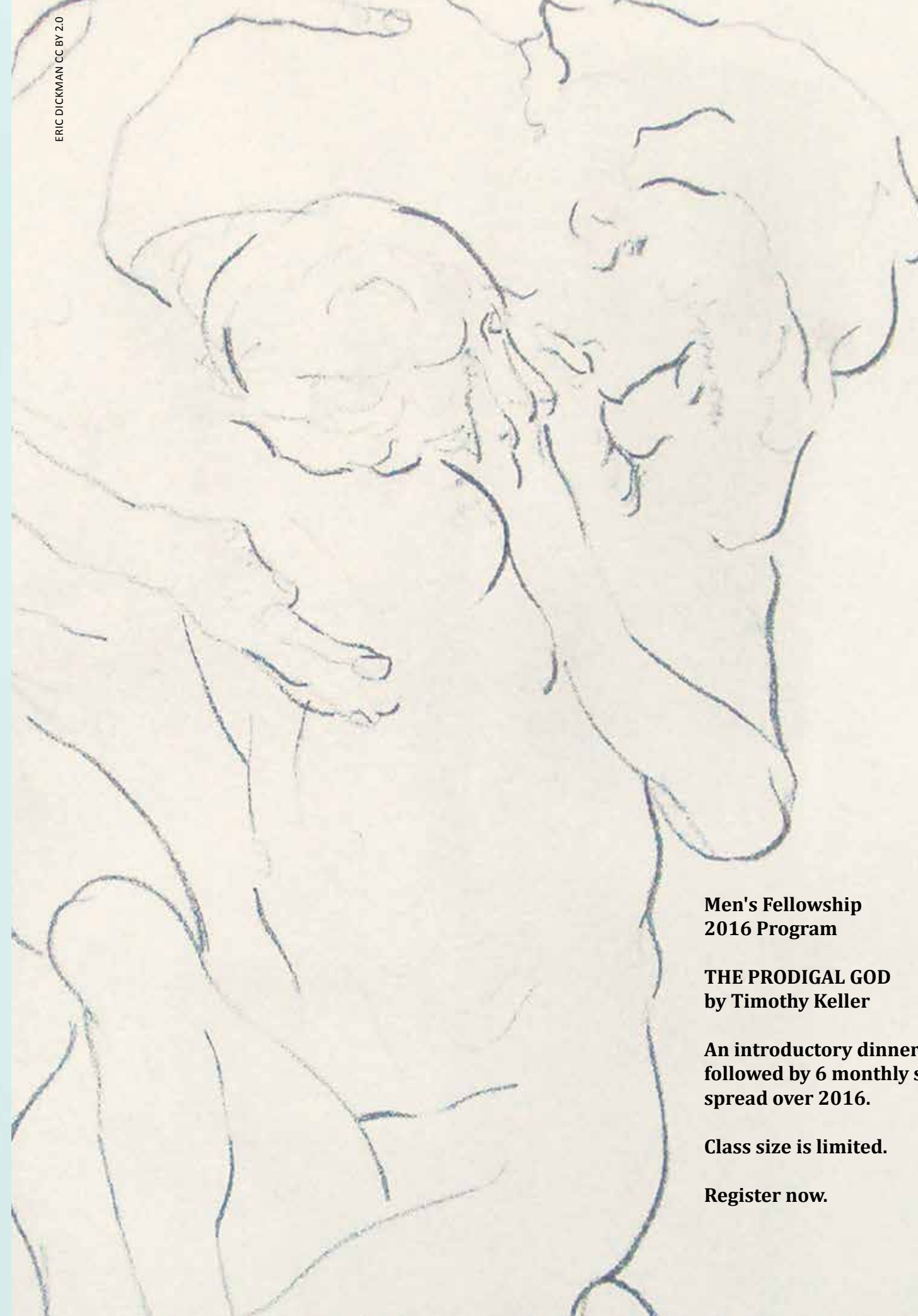
7th May – Love in Action (Saturday)

Venue: Temasek Club
(New location: 131, Rifle Range Road).

Come speak with us in the concourse
after service or call 64669652 (ccmc office)
or email: roger993@gmail.com.

Closing date: 21st Feb 2016. Places are limited.

Cost: \$250 per couple for CCMC Members
\$300 per couple for non-CCMC members
(substantially subsidized!)



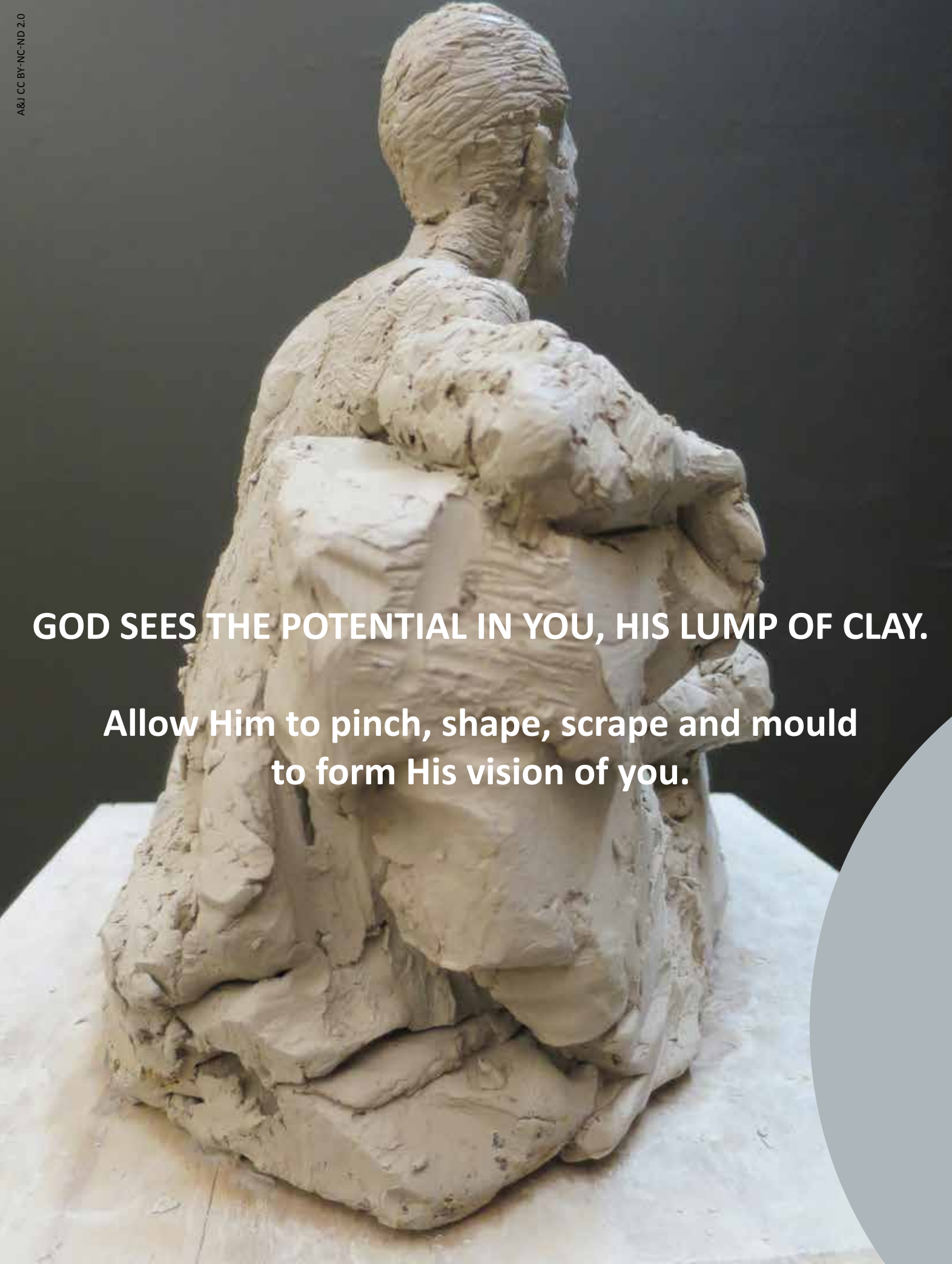
**Men's Fellowship
2016 Program**

**THE PRODIGAL GOD
by Timothy Keller**

**An introductory dinner
followed by 6 monthly sessions
spread over 2016.**

Class size is limited.

Register now.

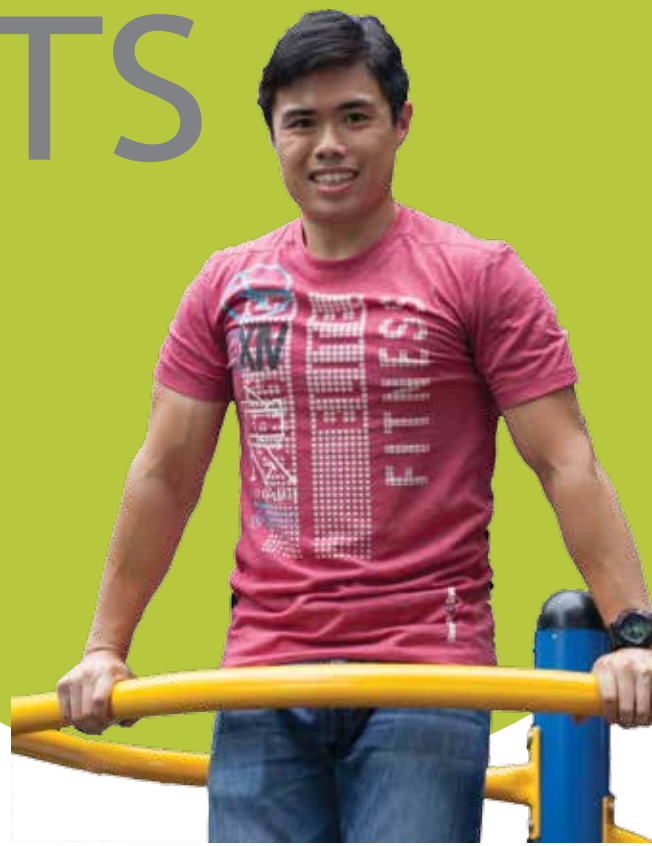


GOD SEES THE POTENTIAL IN YOU, HIS LUMP OF CLAY.
**Allow Him to pinch, shape, scrape and mould
to form His vision of you.**

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LOAVES+FISHES FEEDBACK

Loaves+Fishes wants to hear from you on a number of levels.

We are looking for people to join our editorial committee to plan and publish the magazine.

We are looking for people to contribute to the magazine on an *ad hoc* basis. If you have a recipe to share, a testimony (short or long) to give, something to publicise in the Good Things pages, news to report, a Christian principle to edify our readers with, or any other piece of writing, we say "thank you" to you in advance.

We also want to hear from you about what you think about *Loaves+Fishes*.

Tell us what you like and what you don't. Tell us about what you want in future issues. Is there something about a particular subject you'd like? Let us know. Is there a word that you would like illuminated by the Word through the To The Point Bible study page? Let us know too.

Help us make this magazine always relevant to you. Email us at ccmcloavesfishes@gmail.com.



Loaves + Fishes is published quarterly by Covenant Community Methodist Church

Level 4, Methodist Girls' School
11, Blackmore Drive
Singapore 599986
Tel: 64669652 Fax: 64667470
Email: admin@ccmc.org.sg
www.ccmc.org.sg

MICA (P) No: 104/03/2013
Printed by Oxford Graphic
Printers Pte Ltd

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Editorial Advisor
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Jonathan Choy

LET'S FACE LIFE

Dear Members and Friends of CCMC,

Greetings in Jesus' Name!

By the time you get to read this edition of *Loaves+Fishes*, Christmas would have already arrived. Praise God for such an important time of the year. It's wonderful to celebrate the birth of Christ with so many other people all around the world. Indeed, it is a time of joy and peace, of celebration, of laughter and cheer, of being with loved ones and family and of being in church with the people of God. But, never forget, it is not Christmas everyday throughout the year!

We also have ordinary time where the daily chores of life and its many challenges seem to be unavoidable. That's the nature of the Christian faith: we are not supposed to escape and run away from life. Rather, our faith is to give us the strength to face life without trying to be an escape artist! Life must be faced because the God we believe in, is not a figment of our imagination but the God of Truth and Reality!

Face life with God. Face life with the Church. It's wonderful to know that we belong. That we belong together with the people of God. We stay together with good company. This edition of *Loaves+Fishes* tells us more about our CCMC community in recent times. I pray that you will be refreshed as you read what is found inside. Happy reading.

Grace and Peace,

Rev Malcolm Tan OSL
Pastor-in-Charge
Covenant Community Methodist Church

AGELESS IN CHRIST Glow in the Golden Years

34

Jonathan Choy

FIT FOR THE CROSS

INTERVIEW BY GOH ECK KHENG

Jonathon Choy has joined the lay ministry team at CCMC to support One Community and the Young Adults Ministry. *Loaves + Fishes* spoke to him to find out what makes him tick and fit for Jesus.

How did you come to Christ?

I was born into a Christian family so I went to church every Sunday with my parents. Being brought up on good Christian values, the seeds were sown into my heart since young. I experienced a life change when I was 17, during a mission trip to Chiangmai. That was when I felt the Spirit touch my heart and I decided to devote my life to Christ.

Tell us about your school and growing up years.

I studied in Catholic schools for the most part of my education. First was Holy Innocents' Primary, then St Joseph's Institution followed by Nanyang Junior College. My parents always enforced discipline in the home. I was a playful kid and enjoyed playing pranks on friends. From young, my parents have drilled into me the values of diligence, perseverance and self-control. That has definitely shaped me into the person I am today.

Share one life-changing episode in your youth.

I used to be a rotund kid. Somehow, during my schooling years, I always escaped TAF club, by a mere kilogram or so. Many called me fat, and in reaction to that, I decided to train hard and still score maximum points and a gold for my physical fitness test in spite of my size.

But I love to eat. Hence, I put on a lot of weight during my A levels as I snacked whilst I studied. I began to give excuses to justify my size. Being stronger and able to move faster than others skinnier than me didn't help me see my problem.

One day, I was panting after

sharing in a small group in church. I heard the Holy Spirit tell me, "If you want to serve Me, you need to get your health and body in check."

That was the turning point for me. I began to change the way I ate and also put in more hours of exercise. Since then, I am extremely conscious of what I eat and I ensure that I exercise everyday.

What three spiritual truths and three life lessons which you know now do you wish you knew as a teenager, and why?

Spiritual truth: God is love. As a teen, I always thought that God was "out to get me", that I had to be perfect for him if not I would be struck dead. Sure, it is not wrong that God is a judge and that we are to stand holy and blameless before Him, but I had forgotten that God is, at the same time, a loving Father to me. Take out that aspect of love, and God would just become a tyrannical judge who is out to seek out everyone who has sinned. But throw in love, and you have a Heavenly Father who abhors sin, yet at the same time, lovingly corrects, disciplines and restores his children when they fall short.

Spiritual truth: All authority belongs to God. I used to be big on authority. Well, I still am – in the sense that I always believe in respecting authority and giving due honour and respect. In the past, having grown up being part of the National Cadet Corps and Student Council, I took a very authoritarian approach to doing things. I always saw myself calling the shots and everyone else having to listen. That translated into other areas of my life. Mistake. I have learnt to share authority, to give it away, to trust in the capabilities of others. That which is given by God, including authority, is meant to be shared with other members of His Body.

Spiritual truth: Try as hard as you may, you really cannot control

((I HEARD THE HOLY SPIRIT TELL ME, 'IF YOU WANT TO SERVE ME, YOU NEED TO GET YOUR HEALTH AND BODY IN CHECK.' THAT WAS THE TURNING POINT FOR ME.))

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BUT, LOOKING
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anything. God is in control. I love control, and I love being in control. Having control gives me a sense of security. It makes me feel like I know what is going to happen and how it's going to happen. It gives me a peace of mind. However, I have learnt that the dire need for control stems from a place of insecurity. I called it love but, looking back, I was wrong. People are not meant to be controlled. When they are, they end up being hurt. It is important that I gave up control to God, and surrendered my will to Him. It taught me to get down on my knees more to pray. If things aren't going my way, may be that isn't such a bad thing after all; all we have to do is pray. The last thing we should do ever, is to try to gain control of the people and situation.

Life Lesson: Teamwork, teamwork, teamwork. I am generally a very fast worker and, as a result, I do not quite like teamwork or group work. People work at different speeds and everyone has different priorities in life, hence group work to me is usually time-wasting and inefficient. However, in years

past, I have realised that teamwork, albeit usually a long-drawn process, is important in the long run. No man is an island. There is this saying that I hold close to my heart now: If you want to go fast, do so alone; but if you want to go far, do so as a team.

Life lesson: Lighten up. Nobody likes someone who is always serious and uptight. I used to think that there is no time to play around and everything has to be taken seriously. Nowadays, I have learnt to laugh more, smile more, and just take things a bit easier.

Life lesson: Take care of your body. This may seem superficial, but exercising and eating well translates into having a better emotional and spiritual life as well. I have learnt to discipline my mind and body and, in turn, I am more disciplined in my spiritual walk too. After all, it is important to take care of our bodies as they are the temples of the Holy Spirit. They have been given to us by God, and it is only right that we be good stewards of them.

Which Biblical character do you identify most with and why?

Paul. I used to be extremely self-righteous and judgemental of others. I prided myself in always doing the right thing, and therefore my expectations of others were always very high. Though I didn't have the Damascus experience like Paul, God has been changing me over the years. The grace and love that He has shown to me, He has motivated me to show to others.

Like the apostle Paul, I strongly believe in the importance of tradition and of the Word of God. Paul was a brilliant person, and very well versed in the scriptures. In spite of that, he was extremely open to the moving of the Holy Spirit. There is always a misunderstanding that very intellectual people are those that are closed to the works of the Holy Spirit and vice versa. I think it is possible to break the stereotype. Paul embodied both, and in that aspect he is one of my few role models.

Why did you choose to be a Christian worker?

I felt the Lord calling me to serve Him after I finished NS. I spoke with my pastors about it and we agreed that I was being called into full-time work. In my first few years of ministry, I realized that despite the pains that I faced, nothing pleased me more than doing this.

What have you learnt about yourself and working with others?

I am a very independent worker. Not only that, I tend to work extremely fast. Over the years, I have had to learn to slow down, especially when working with others. Teamwork is not one of my strong suits, so that was one thing that I had to work on. I am thankful for mentors who have come alongside to guide me in these areas.

What is your dream holiday?

To be alone on a private island with my fiancée, with nothing to do or think about.

What do you enjoy doing in your free time?

I enjoy working out and improving myself. I go for CrossFit classes every morning. I enjoy seeing the fruits of my hard work at the gym, and I also enjoy the community there.

I have learnt many lessons from doing CrossFit; one of which is to never give up no matter how hard the going may be and to finish up whatever I have set out to do. I also enjoy watching TV shows like "The Flash", "Arrow", "Gotham", "The Amazing Race" and also documentaries.

Your first impressions of CCMC?

CCMC is a very warm and welcoming church. It is really like a family!

Where would you like to see yourself in 10 years time?

In 10 years time, I see myself still serving God and His people, and also having a family of my own. My biggest dream is to raise a God-loving and God-fearing family, and to be the best father I can be to my future children.

((IT IS
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TAKE CARE OF OUR
BODIES AS THEY
ARE THE TEMPLES
OF THE HOLY
SPIRIT.))

*Jonathan and his fiancée
Gerhardine.*



ANTON CHAN Sr

Stepping into church ministry

Anton Chan Sr has joined CCMC as a probationary Pastoral Team Member on pro-bono and flexible-time bases. When he meets his obligation with his current employer in May 2016, he will be free to join CCMC full time.

What is your role as a CCMC lay worker?

I am taking care of two ministries as trainer and staff. They are Discipleship and Nurture; Witness and Evangelism. I am also assigned as a Bible Teacher or trainer for Church Missions field, Sunday School Teachers' and Senior Fellowship. Also, pastoral care, teaching and preaching as assigned by the Pastors.

Why did you take on this role and responsibility?

I became a baptized Christian in December 1976 at Fairfield Methodist Church. Since then I have served in Bible teaching and mission ministries. I have taught the Sunday school for many years with the previous Methodist churches that I worshipped. I also travelled at least once a year for short-term mission trips, including India, Nepal, China and Indonesia. In May 2013, I graduated with a Master of Theological Studies from Trinity Theological College. For the last few years, I have been an itinerant Bible teacher with the Torchbearers International, teaching at the Bible Schools in Ipoh and Japan. Recently, I have also traveled to Cambodia to teach discipleship

to a group of Methodist pastors. At CCMC, I have been facilitating the discipleship class for the last two years; a Bible teacher for the Promised Land small group and a facilitator for the Men's Fellowship. From all these experiences, I felt that it will be a joy for me to serve at CCMC with the gifts of teaching and a heart of missions that God has given me all these years.

How does your new role shape your continued relationships with CCMC and its members?

CCMC has been my home church for the last 15 years. She has just celebrated her 21st birthday. Personally, I feel that CCMC has grown up and is moving towards a greater role which God has called her in sharing the Gospel around the neighborhood and in the mission field.

Serving as a lay staff has many challenges, particularly my continued relationships with my friends and members within the church. However, I am assured that I am serving Jesus Christ among friends and, with God's help, I will journey with all of them to glorify His name, know Him deeply and make Him known widely.



GALATIANS, EPHESIANS AND PHILIPPIANS

15-Week Expository Bible Study

2 July to 22 October 2016
Saturdays, 230pm to 415pm
MGS Chapel

*

Organised by Discipleship & Nurture Ministry
Register by emailing dn@ccmc.sg

WALKING WITH JESUS

Sharing about DISCIPLE 1

Jesus calls all his followers to be His disciples. How can you start? Those who made the commitment to follow Christ by attending DISCIPLE 1 show the way.



The Saturday D1 class graduated on 7 November 2015 after 34 weeks. Wong Look Tsui (right) shares the journey of growth and faith of those who attended.

Coming from diverse backgrounds, different theological frameworks and unique individual life experiences, we, a group of ten ladies, journeyed together under the gentle guidance of Tjio Bee Ann and Sng Jen Hwei, supported by Tan Ming Ying and Lee Yin Siau occasionally, week in week out, to conclude our DISCIPLE 1 course. Indeed we have plenty to celebrate. Allow me to borrow Randy Pope's acronym TEAMS to elaborate what they are:

We celebrate T for Truth
Each day of the week, we spent time on our own reading, studying and meditating on the Word – one given book or books or several passages a day. The discipline of completing the daily reading grounds our discipleship firmly on the Word which is Truth – God's truth.

We celebrate E for Equip
This is when we come together at the end of the week every Saturday to massage the truth we've studied all week to see how we can help one another be equipped by applying them in our daily lives.

We celebrate A for Accountability
We take these nuggets of truth and the various applications shared to confess and examine our own personal human condition daily so that we can be accountable to what we've learnt.

We celebrate M for Mission
This is when we're encouraged, emboldened and empowered to live as salt and light at home, at work or at play. This intentional attitude of mission is integral to



Blossom Tan, who attended DISCIPLE 1 from 16 July 2014 to 27 May 2015, shares what this disciple journey means to her.

D is for how Daunting it felt to just sign up for DISCIPLE 1 – a 34 week commitment no less; yet as we committed our time to God, He honoured that commitment and protected our time.

I is for the Inspired learning that came from sharing our sometimes diversely different perspectives. Pastor John Foo was right, we did have a lot to learn from each other and that had nothing to do with our age, our tenures in the family of God or the letters of the alphabet behind our names.

discipleship training.

We celebrate S for Supplication
None of the above would be possible without prayer and supplication to God whose providential love, magnificent grace and sustaining power make every seemingly insurmountable challenge on this journey easy and light.

I want to thank each and everyone of you, especially our two beloved leaders, for the commitment you have made to the group, for the open sharing and the honest discussions, for the sometimes naughty but loving nudging and, not to forget, the many unmerciful *make* breaks that manifest in waistlines!

This exciting journey we've embarked upon does not end. Indeed, our discipleship journey must continue as one that hallmarks daily this command: "With Christ! Like Christ! And For Christ!"

S is for the Spirit of God that enabled us through this journey – whether it was to complete our homework, bring us to class on time, help us understand a passage of Scripture or convict us of a particular message God wanted us to learn.

C is for the Camaraderie so evident in this class – the laughter shared, the lessons learnt, the care and concern, the prayers for each other, the personal joys shared ... not forgetting the tummies filled with mountains of food prepared and brought by so many loving hands.

I is also for my realisation through this disciple journey that God must become more, and I must become less – John 3:30.

P is for the People I am commanded to love and serve – the ones I find hardest to, the lost, the last and the least.

L is for the church Leadership that brought us Disciple classes. I owe particular gratitude to Pastor John who moved me to take the first step.

E reminds me that I am now Equipped – but not by my might, nor by my power, but only by His Spirit – Zechariah 4:6.

Engeline Lee (below left), who is on record as the most senior DISCIPLE 1 graduate in Singapore, shares.

It was a difficult journey. Many a time, I was tempted to discontinue. However, as I just got myself baptized, I felt that I should have a better understanding about the Christian religion. Taking DISCIPLE 1 would give me a better understanding of Christian discipleship.

I had no idea that it was so difficult as I have never read the many books of the Bible. As a student in Methodist Girls' School, I had only read the Gospels about Jesus Christ, his life, work and resurrection. That is a very interesting story and quite a breeze compared to DISCIPLE 1.

Trying to keep up with all the required Bible reading and understanding was a well-nigh impossible task. Ideally after the Bible reading I would like to go through the section again using the study Bible to have a better understanding of what really happened and then ideally I would like to again go through using

Google to get a summary of the section. I usually didn't manage to complete the Bible reading.

However, I feel I have gained a lot by staying on the course. I have been in touch with the different books of the Bible. My greatest gain is getting to know the colleagues in the class, the friendly and outgoing characters of all the other members. They have really shown me how disciples should behave.



Graduates of DISCIPLE 1 May 15 class were tasked to run an Alpha course in collaboration with the Singapore Christian Home (SCH), to spread the Good News to their staff. Jimmy Chong (right) shares his experience.

Having run many projects at work in the past, I embarked on the project just like the way I did with my past projects.

Still, there were many obstacles and setbacks from the start. I then realised the biggest mistake we made was our lack of prayer and reliance on God. We tried to do many things on our own.

The first setback was the low take-up rate in SCH. None signed up two weeks after the course was published. A couple of us then took leave from work and went to SCH to *lelong* the course in the hope of more sign ups. Four signed up that day.

Then we asked ourselves if we should press on with just four sign ups. The answer was an obvious one – we pressed on. Paul wrote in 1 Corinthians 15:58, "Therefore, my dear brothers and sisters, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labour in the Lord is not in vain." We believed what we do will not be in vain for we were doing God's work to spread the Good News to SCH.

Outwardly, I said we should push on but inwardly, I questioned the sanity and feasibility of running a course with just four attendees. With only four attendees, logistics posed a challenge. Food is a big part of Alpha. The *makan* time is a time for everyone to relax, mingle and interact with each other. But where could we find catering for four persons? Should we use the chapel for four attendees? With four attendees, there will be more facilitators than guests!

I was running around trying to do everything on my own strength. With the setbacks and obstacles in all possible areas, stress started to build up.

I shared my concerns with a DISCIPLE 1 classmate and was

asked, "Did you guys pray about what you intend to do or hope to achieve? Is it in God's will?"

At that moment, it was like someone whacked me hard on my head – and I found the missing piece in all that we were doing.

1 Peter 5:6-7 6. "Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you."

I started praying and lifted all the issues to Jesus. Solutions started to appear out of thin air. For any issue we discussed and pondered, a solution came almost immediately. We opened up the course to the church and the number of sign ups grew to nine. And as each session progressed, more people came as the guests brought their friends. The highest attendance we had in one session was 21. Imagine! We started out with four!

There were not many pre-believers in the course; those from SCH were mainly Catholics from the Philippines. As they left home, some also left God behind. Throughout the course, we saw all of them turning to God once again. This fulfilled the main purpose of Alpha – to let people come to know Jesus.

The course was extended by one session and was welcomed by all. In that last session, all the guests that were present agreed to be prayed for and we know that some of them have started reading the Bible everyday. To God be the glory!

From the conception of running the course till completion took four months. On reflection, these four months taught us many things:



We saw how fellow brothers and sisters in Christ came together to do God's work with the sole objective of serving God and not for our own intent and purpose.

We saw how Jesus reached out to people who did not know Him. They broke down in tears as they felt Jesus touching their hearts.

We saw how the Holy Spirit moved amongst a group of strangers to build up a closeness and relationship through knowing our Saviour and Lord. This made us grow in our faith.

The most important of all, we learnt to rely on God for His deliverance and providence. We certainly still had to do our part but He was there to lead and guide us as we submitted ourselves to Him instead of trying to do things on our own.

1 Corinthians 1:25. "For the foolishness of God is wiser than human wisdom, and the weakness of God is stronger than human strength."





Peacefully Anxious

DAVID WEE testifies about how his life was transformed when he gave his anxieties over to God.

Shalom. Peace be with you. I am David Wee (not the pastor) and I would like to share with you my journey of being peacefully anxious in the last 12 months.

Peace was the farthest from my mind one morning just over a year ago when I was invited to an urgent meeting with my boss in the United States. (What happened?) You may have guessed it – I was made redundant due to company restructuring.

Many emotions, thoughts, even resentment welled up in me that morning. God ranked quite low in the pecking order that morning. How was I to break the news to my wife, manage expenses and mortgage, shelter my children from the repercussion of losing my job and finding a new one. It was quite a list. But God wasn't on that list.

Being a highly driven person, I quickly composed myself, updated my resume and went on a frantic job-search – I just needed to do something. For a couple of weeks I was like a headless chicken, calling every recruitment firm or possible leads to land a job. Guess what? No job!

Then it dawned on me that in the midst of all that was happening around me, I was lost even though I claimed to have a plan. I was lost without God.

I prayed and sought God. I shared with some church members who prayed for and with me. Some also reached out and offered help in various ways that warmed the heart and spoke volumes of the godliness in them. For this, my small group and DISCIPLE 1 classmates have been an encouraging source of support.

Festivities came and went, and I was still without a job. But I was less anxious. Instead, I began an overdue journey in God's Word that brought me closer to His heartbeat.

How do you come close to God's heartbeat? It's quite a remarkable piece of work, a customised solution from God.

Knowing I would not quit chasing

targets, pushing for corporate objectives and the like, He put me out of a job, got me to slow down and listen. He made me vulnerable and humble – to go to Him in prayer that I may hear him through discernment.

Six months of being jobless and dipping into shrinking savings was a stressful time but I was peacefully anxious, trusting that God will reveal his plan. I was halfway through DISCIPLE 1, midway through Bible Study Fellowship (BSF), developing a discipline to read God's word regularly and building a sense of God-driven values.

I learnt from the book of Job about how Job coped with his plight and I knew there was a need for me to examine my heart and get right with God.

God was merciful in how he dealt with me. He took away what made me proud and diminished my pride to make space for Him in me.

In those times, God revealed issues in my life, matters in my heart. He broke and moulded me so that I could deal with these issues. He also gently showed me ways I could serve, revealed my calling and ministry through a series of encounters.

As I write this, I recall that the message from this evening's CCMC 201 topic is "Transformation through Knowledge and Application". It is apt for the testimony I am sharing.

I believe God put me through a path of seeking him first, obeying his commandment. I believe his blessing will follow.

Today, I am gainfully employed (thank you God!) in a role in which I can contribute. I give thanks that it's God's blessing.

My life journey with God is just beginning after wandering in the wilderness for two decades. Don't wait till God acts. The Bible has many accounts that show that God deals with unrepentant souls. God gave me a hard knock. I pray that my sharing can help you to seek God in your personal way.

BE ANXIOUS FOR
NOTHING, BUT IN
EVERYTHING BY
PRAYER AND SUP-
PLICATION, WITH
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YOUR REQUESTS BE
MADE KNOWN TO
GOD; AND THE PEACE
OF GOD, WHICH
SURPASSES ALL UN-
DERSTANDING, WILL
GUARD YOUR HEARTS
AND MINDS THROUGH
CHRIST JESUS.

~ PHILIPPIANS 4:6-7

REFLECTIONS ON SINGAPORE'S JUBILEE

What does it mean to be a Christian in Singapore? CCMC members of different backgrounds share their thoughts about living their faith in a plural Singaporean society.

Grace Wong
Age: 59
Occupation: Housewife

What defines you as a Singapore citizen?

My family came to Singapore in 1989, decided to take up citizenship in 1996, and are staying here for good. We not only enjoy the privileges here but have also made the commitment to be loyal and responsible to our *home* country, Singapore.

How do you think a Christian should express loyalty to Singapore?

Definitely, I should be loyal. God tells us in Romans 13:1, "Everyone must submit himself to the governing authorities, for there is no authority except that which God has established. The authorities that exist have been established by God."

How should Christians live their faith in a multi-religious society such as our?

Like Daniel did in the book of Daniel, we must be faithful to God in our daily lives, in whatever jobs or circumstances that we have to face. Simply, whatever decisions and deeds we make or do, they must be holy and pleasing to God.

As a Christian, how would you contribute to Singapore society?

As a Christian Singaporean, I carry dual citizenship: Citizen of Heaven and citizen of Singapore. It is my responsibility to be faithful as God's ambassador as well as the ambassador of Singapore, simply to be the salt and light wherever I am and whatever I do.

What is your prayer for Singapore?

Sovereign Lord, Creator of heaven and earth, great is Thy faithfulness! Indeed, Your Word, O Lord, is eternal, Your love endures forever



and Your faithfulness continues throughout all generations!

Lord, thank you so much for all Your blessings on us in Singapore, especially the freedom to worship and to study of Your Word in this Garden City with a clean and corrupt-free government.

I pray, Father, that You will give wisdom to our Prime Minister and ministers to take Singapore from strength to strength. Enable them, Father, to serve Singapore with the spirit of Mr Lee Kuan Yew: with integrity, sense of togetherness, justice and equality, commitment, the clarity of purpose and the ability to turn weaknesses into strength.

In the process of taking Singapore from strength to strength, I pray, Father, for Your mercy and grace to be on them, to open their hearts and minds to know that You are the only one, true, living God. May they have their personal encounters with You, experiencing Your greatness and goodness to them. Give them the faith and courage to make the first step of obedience, Lord!

All honor and glory are yours alone!

In Jesus' Almighty Name I pray, Amen.

((AS A
CHRISTIAN
SINGAPOREAN,
I CARRY DUAL
CITIZENSHIP:
CITIZEN OF
HEAVEN AND
CITIZEN OF
SINGAPORE.))



Name: Daniel Soo
Age: 43
Occupation: Banker

What things define you as a Singaporean?

Home is where the heart is – so family, friends and food!

How do you think a Christian should express loyalty to Singapore?

By respecting authority and finding constructive avenues to express dissenting views. Also, being not afraid to speak up when we feel that the moral fabric of our society is in danger of being compromised.

How should Christians live their faith in a multi-religious society such as ours?

We must be respectful of others' religions and outlook, whether or not we agree with their views.

As a Christian, what would you do to contribute to Singapore society?

To do our part for the less fortunate who may have been left behind or have fallen through the cracks.

Name: Elliott Tan
Age: 23
Occupation: Student

What defines you as a Singapore citizen?

I haven't been able to pin down what exactly makes Singaporeans identify with each other, but I know it's there. Being able to recognize a Singaporean in a foreign land. Having our own lingo. Our shared experiences of hazy days, but in the past LKY's passing, SG50, SARS, etc.

How do you think a Christian should express loyalty to Singapore?

Give unto Caesar what is Caesar's. I gave two years to defend the nation

like any other Singaporean male. I think, as a Christian making my way through university, the best thing I can do is open my heart to love and understand my neighbours, regardless of their race, language or religion. To be an example of a Christian in a diverse society.

How should Christians live their faith in a multi-religious society such as ours?

As Christians, we are taught to be set apart, but not discriminatory. Disagreement with different beliefs does not mean we cannot co-exist in a single society. Especially so in Singapore, I feel that faith should be practised on a personal level, but not imposed on people who do feel similarly. We should all practise mutual respect in living differently. Just as God gave us free will, it is not for us to impose on others.

As a Christian, what would you do to contribute to Singapore society?

It's a little hard to say at age 23, what I'm supposed to do to make an impact on society. I would go where God leads; it is not through my hands that I make change, but through Christ in me.



What is your prayer for Singapore?

I pray that we will have another 50 long, prosperous years of peace and growth; and that we will become a more gracious, caring and accepting society.



Name: Ho Kwan May
Age: 59
Occupation: Homemaker

What defines you as a Singapore citizen?

I've always been proud of Singapore being known as a clean and green city, so it's always a habit of mine to locate a rubbish bin to throw away my trash.

How do you think a Christian should express loyalty to Singapore?

We should use the skills, gifts and talents that God has blessed us with to contribute to our society, as well as impart them to our future generations to build an even better Singapore.

How should Christians live their faith in a multi-religious society such as ours?

I think it's important to respect individual beliefs regardless of race or religion, but at the same time, put our faith into action to be a living testimony for God.

As a Christian, what would you do to contribute to Singapore society?

I would render help to those in need as an expression of God's love, be it with time, money or any other means.

What is your prayer for Singapore?

I pray for unity among Singaporeans so that we can continue to have a harmonious society.

Name: Eddie Chau
Age: 54
Occupation: Entrepreneur & Angel Investor

What defines you as a Singapore citizen?

Similar to many, be it first- or fourth-generation Chinese in Singapore, my ancestors are from Southern China. I settled down here in 1993 with Siew Lin from Malaysia and became Singaporean in 1998. Many Singaporeans or their ancestors are migrants from different parts of the world who came at different times. I am one of them.

How do you think a Christian should express loyalty to Singapore?

Not just for Christians. I believe for all Singaporeans and those who newly decided to call Singapore home, we have the responsibility to upkeep and to continue to build Singapore for ourselves and for our future generations.

1 Peter 2:13-3:17 says, "Submit yourselves for the Lord's sake to every human authority: whether to the emperor, as the supreme authority, or to governors, who are sent by him to punish those who do wrong and to commend those who do right. For it is God's will that by doing good you should silence the



((MANY SINGAPOREANS OR THEIR ANCESTORS ARE MIGRANTS FROM DIFFERENT PARTS OF THE WORLD WHO CAME AT DIFFERENT TIMES.))

((BEING NOT AFRAID TO SPEAK UP WHEN WE FEEL THAT THE MORAL FABRIC OF OUR SOCIETY IS IN DANGER OF BEING COMPROMISED.))

((WE ARE CALLED TO LOVE ONE ANOTHER, CHRISTIANS AND NON-CHRISTIANS. WE ARE TO BE SALT AND LIGHT WHEREVER GOD HAS PLACED US.))



ignorant talk of foolish people. Live as free people, but do not use your freedom as a cover-up for evil; live as God's slaves. Show proper respect to everyone, love the family of believers, fear God, honor the emperor."

How should Christians live their faith in a multi-religious society such as ours?

We are very lucky to live in Singapore which, from independence in 1965, maintains a harmonious and environment of mutual-respect among all religious. I strongly believe this is the way we, as Christians, should live, work and interact with others, including atheists.

As a Christian, what would you do to contribute to Singapore?

Amongst other things, I would like to spend more time to nurture young innovators and social entrepreneurs – this is what I am doing now.

What is your prayer for Singapore?

Recently, I watched an old interview with our late founding father Lee Kuan Yew. He always had the sense of the inherent limitations of Singapore which kept him going and thinking to make a better Singapore. I continue to pray for Singapore to have capable leaders with wisdom, to have a harmonious environment for all who live here, and that when the crisis arrives, we are able to handle them.

Name: Terence Phung

Age: 62

Occupation: Retired

What defines you as a Singapore citizen?

Born here, and lived all my life here. Happy to be living here. No intention to live anywhere else.

How do you think a Christian should express loyalty to Singapore?

He should have an understanding of the history and key issues facing Singapore. He should do his part for the good welfare of the country. He should support the government, which is freely elected.

How should Christians live their faith in a multi-religious society such as ours?

Singapore allows freedom of religion. We should be grateful that we are allowed to practise our religion and respect the rights of others to practice theirs. We are called to love one another, Christians and non-Christians. We are to be salt and light wherever God has placed us. It's by our love that others will know we are Christ's disciples.

It follows that there is every basis for Christians to be as good citizens of Singapore as those from any other religions or those with no religion.

Our faith does not require us to be disloyal to our country. In fact we are required to submit to authority.

The command to love God and put God first does not hinder us from being the best citizens possible.

As a Christian, what would you do to contribute to Singapore society?

This is a very wide question, too wide for a simple answer. It ranges from being law-abiding, paying your taxes, to being a good steward of what God has seen fit to bless one with – including time and talents – and in the situations He has put one in.

What is your prayer for Singapore?

I pray that we will have good people in government, people who are wise, compassionate and driven. That all our people will live in peace and harmony.

This year, 2015, Singapore celebrates the golden jubilee. What is the biblical teaching of jubilee?

In Leviticus 25, God commanded the Hebrew people entering into the Promised Land to observe the Sabbath year (v 1 to 7) and proclaim liberty, return and rest after the 49th year – the year of jubilee (v 8 to 55). Why 50th year? In biblical terms, it represents a new generation.

So God wants to begin the new generation with freedom like a new creation in Christ.

LIBERTY

On the Day of Atonement sound the trumpet throughout your land. Consecrate the fiftieth year and proclaim liberty throughout the land to all its inhabitants (v 9-10).

God wants the people to recognise that the land and the people all belong to him. He grants them liberty of freedom after 49 years. All

debts incurred will be forgiven. The Lord's prayer teaches us to pray: "Forgive us our debts, as we also have forgiven our debtors" (Matthew 12:6).

Have you forgiven your debtors? Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. (Ephesians 4: 32).

Jubilee

BY ANTON CHAN SR

RETURN

It shall be a jubilee for you, each one of you is to return to his family property and each to his own clan, everyone is to return to his own property (v 10, 13).

Imagine the joy of a prisoner being released and returning home to his family and to his people. When the prodigal son returned, the father ran with joy to welcome him home (Luke 15:20).

God wants each

new generation of his people to return to freedom and start afresh. He commanded that the land sold should also be returned to the original owner. The word 'return' is mentioned seven times in Leviticus 25 and 448 times in the Old Testament.

God has been calling his people to return to him. Jesus also invites us to return to him. Come to me, all you who are weary and burdened, and I will give you rest. (Matthew 11:28).

REST

The fiftieth year shall be a jubilee for you; do not sow and do not reap what grows of itself or harvest the untended vines. For it is a jubilee and is to be holy for you; eat only what is taken directly from the fields (v 11-12).

God commanded the people to let the land rest for the fiftieth year and promised that the harvest will last them for three years.

Do you trust the Lord to rest in him (Hebrew 4:11) from your labour and allow him to bless you?

Sing and make music in your heart to the Lord. (Ephesians 5:19b). Trust and Obey!

In this year of the golden jubilee, let us enjoy the freedom in Singapore, return to God and rest in his love. Let us forgive, trust and obey the one who owns the whole world.



Thy word is a lamp unto my feet
And a light unto my path.
Thy word is a lamp unto my feet
And a light unto my path.

When I feel afraid,
And think I've lost my way.
Still, you're there right beside me.
Nothing will I fear
As long as you are near;
Please be near me to the end.

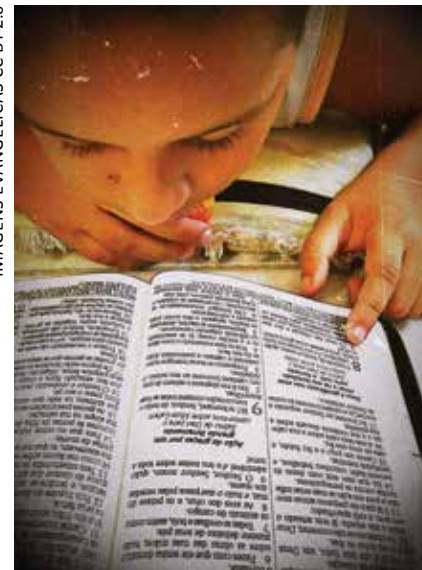
I will not forget
Your love for me and yet,
My heart forever is wandering.
Jesus be my guide,
And hold me to your side,
And I will love you to the end.

Nothing will I fear
As long as you are near;
Please be near me to the end.

Thy word is a lamp unto my feet
And a light unto my path.
Thy word is a lamp unto my feet
And a light unto my path.
And a light unto my path.
You're the light unto my path.

Amy Grant, Michael Withaker

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HERE ARE TWO basic and essential questions about being a Christian. Do you have a relationship with God and is that relationship growing? Are you going to Him with your needs?

If your answer is: "Yes, I go to church, listen to sermons, and even read books about the faith", think again. You are basically getting spiritual crumbs from books, podcasts and the pastor. You are living a vicarious relationship with God through others.

There is a need for a personal relationship with God. It is certainly good to learn from others and their experiences, but we are called to follow Jesus – not to follow others who are following Him. We need to go to the Source ourselves – and one essential gateway is to spend time everyday listening and being aware of what God is saying to us personally through the Bible.

Wayne Cordeiro, author of *The Divine Mentor* who developed the SOAP method of Bible reading, gives some helpful advice on establishing a meaningful daily Bible-reading routine.

Wayne suggests that having the following resources will help you have a meaningful time with God through the Bible.

A Bible, of course! Choose any version that you are comfortable with, in a style of language which you understand.

As we read the Bible, we begin to see how God responds to us. Daily Bible reading gives us a framework for the way we think and transforms our spirit. So, when we face similar situations as Jesus did, we begin to respond in the way He did too.

Choose a Reading Plan. Strange as it sounds, it is not the best idea to read through the Bible from Genesis to Revelations. Choose a reading plan that has a mix of scripture passages from different books of the Bible for each day. Some plans are designed to take you through the whole Bible in a year.

You can find many, many plans in phone Apps and by searching on the Internet.

In CCMC, many people use the the SOAP reading plan which is printed and given to the congregation every quarter. Call the church office for the current edition.

Have a journal to record your daily thoughts as you meet God through His Word.

Wayne Cordeiro recommends using the first few pages of your journal to keep an index of what you are learning and what God has said to you. This way you can review your journey with God.

Cordeiro wrote: "Without writing these down, you may forget those blessings and some very important lessons! While journaling is a very personal time with the Lord, you may want to share some of your daily devotions with your small group or mentors. Through discussion, you may be able to look deeper into what God is speaking to you, gain new insights and even encourage others."

Get a notepad. This is for when you are in the middle of having a meaningful time with God and you remember that you need to do something or other. Immediately, you can write down, "get eggs" or "call electrician" or whatever and return to Bible reading and journaling. This is a practical tip that you will find yourself using often!

Use the SOAP method to structure your time with God. SOAP stands for:

S – Scripture
Read the passages of the Bible according to your reading plan. Take your time and allow God to speak to you. Write the verse that particularly spoke to you in your journal.

O – Observation
What do you think God is saying to you in this scripture? Ask the Holy Spirit to teach you. You might paraphrase this Scripture in your own words in your journal.

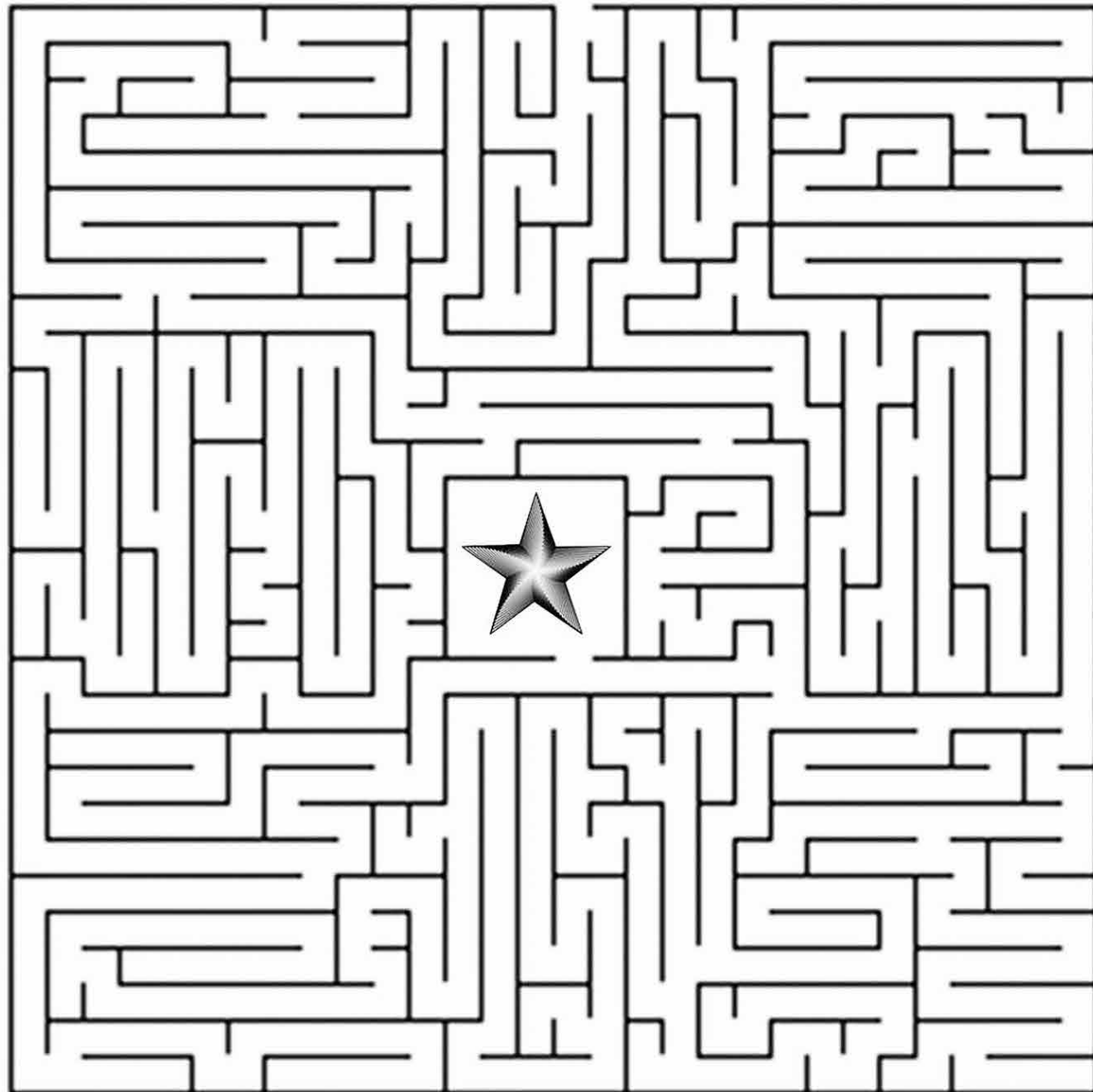
A – Application
Ask yourself how the Scripture applies to your current life. Is it an instruction, encouragement, a promise, or correction for a part of your life? Write this down too.

P – Prayer
This can simply be asking God to help you use this Scripture, or a response to what He has revealed to you. As prayer is a two-way conversation, be sure to listen to what God has to say! Write your prayer down and also write what God is saying to you.

Many in CCMC are using the SOAP method for daily Bible reading and they testify to how it has become an integral part of their life that keeps them close and in tune to God.

Christmas Maze

Can you help the wise men follow the star to find Jesus?



Epiphany Crossword

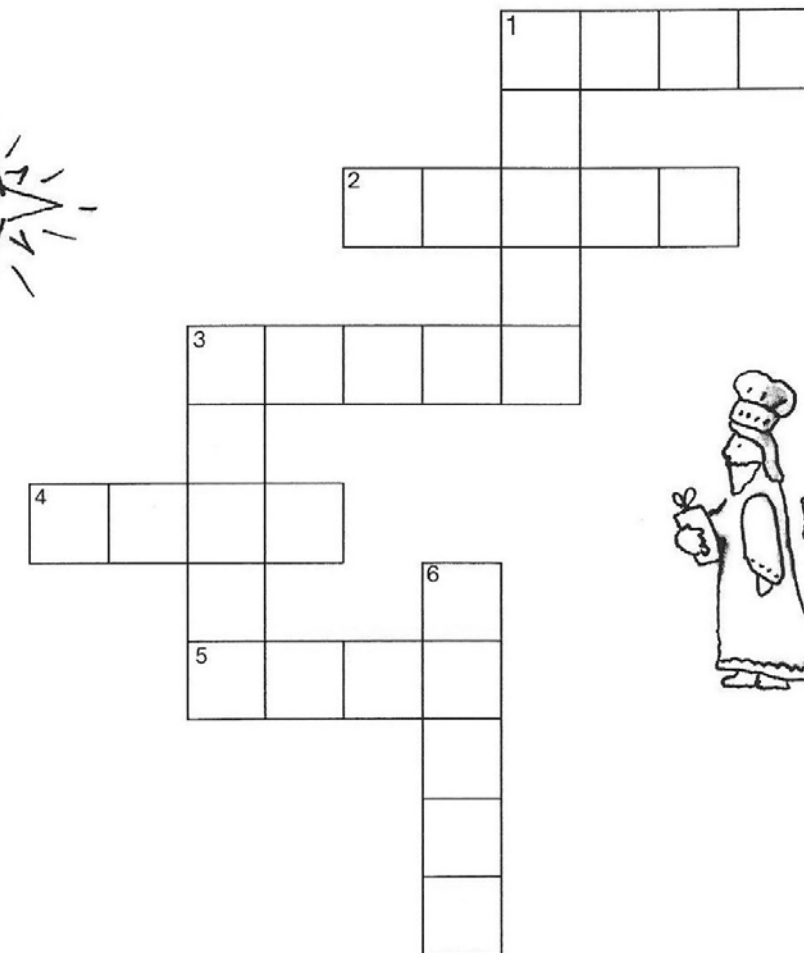
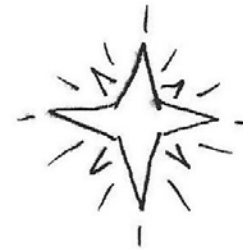
Test yourself by trying to do this crossword on your own. See how much you know about the story of the three wise men. If you have trouble with any of the answers, read Matthew 2:1-12 with a family member.

Across

1. Another name for the three wise men.
2. The jealous king who reigned at the time of Jesus' birth.
3. Bethlehem is in the land of _____.
4. The Magi came from the _____.
5. They followed the _____.

Down

1. The three kings gave Jesus gifts of gold, frankincense and _____.
3. The three kings paid homage to _____.
6. The wise men were warned in a _____ not to return to Herod.



CHRISTMAS WORD SEARCH

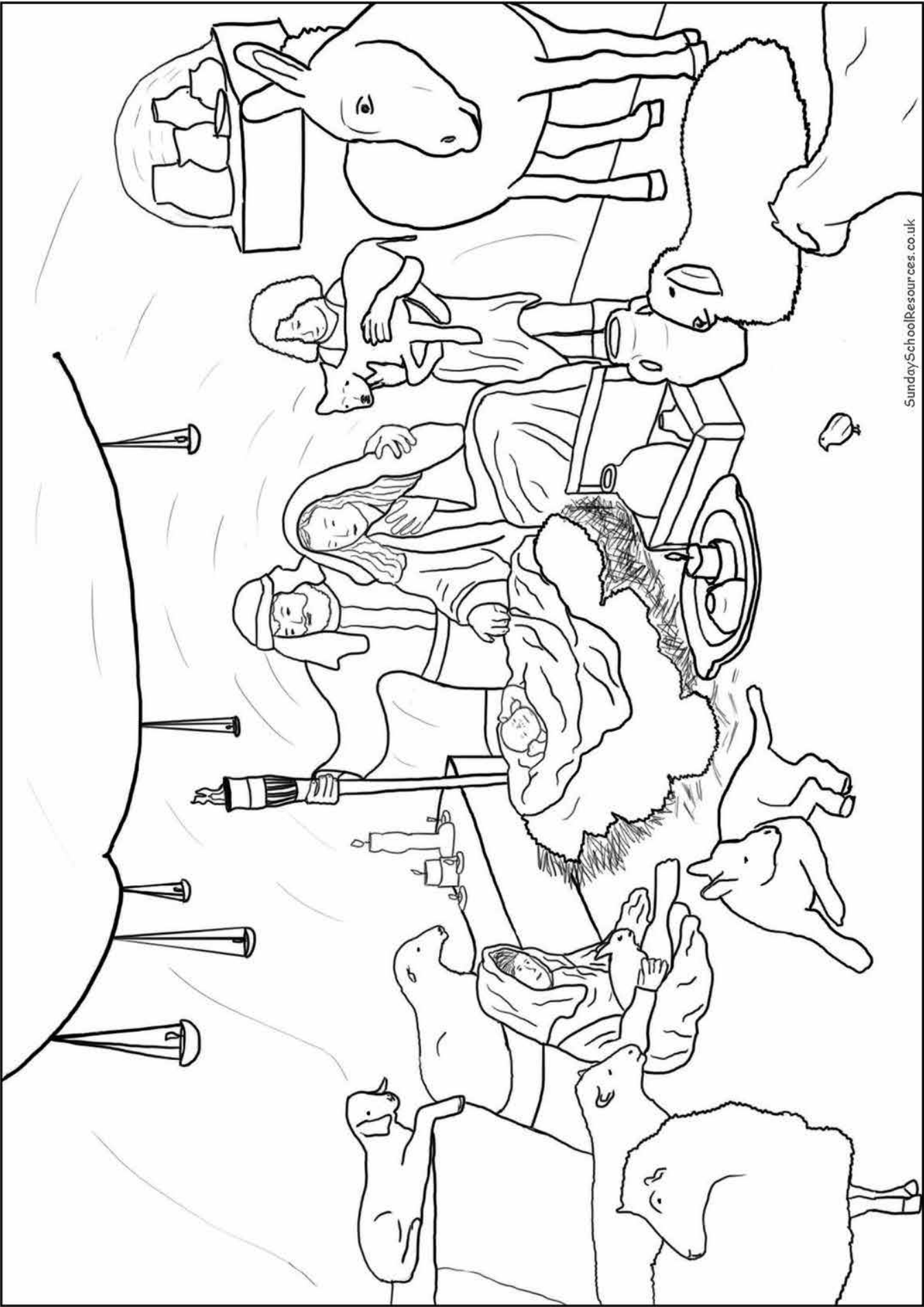


BiblePuzzles.org.uk

ADVENT
ANGELS
BAUBLES
BELLS
BIRTH OF JESUS
BOXING DAY
CAROL SINGING
CHIMNEY
CHRISTMAS CAKE
CHRISTMAS PUD-
DING
CHRISTMAS TREE
CRACKERS

ELVES
FAMILY
FOOD
HOLIDAYS
HOLLY
IVY
MINCE PIES
MISTLETOE
MULLED WINE
PARTY
PRESENTS
QUEEN'S SPEECH
REINDEER

ROBIN
RUDOLPH
SANTA CLAUS
SCROOGE
SHEPHERDS
SNOWMAN
STAR
TINSEL
TURKEY
WISEMEN
WRAPPING PAPER
YULELOG



SundaySchoolResources.co.uk

The GOOD Programme

Providing a Fresh Start

by Alicia Tan

“Even if someone is not redeemed in any of these ways, they and their children are to be released in the Year of Jubilee, for the Israelites belong to me as servants. They are my servants, whom I brought out of Egypt. I am the Lord your God.” ~ Leviticus 25: 54-55 (NIV)

Count off seven Sabbath years — seven times seven years — so that the seven Sabbath years amount to a period of forty-nine years. Then have the trumpet sounded everywhere on the tenth day of the seventh month; on the Day of Atonement sound the trumpet throughout your land. Consecrate the fiftieth year and proclaim liberty throughout the land to all its inhabitants. It shall be a jubilee for you; each of you is to return to your family property and to your own clan. ~ Leviticus 25: 8-10

As Singapore celebrates her Golden Jubilee, it is indeed a fitting time to remember our blessings and to bless others. It is also a time to reflect on His plan for our release and salvation.

Launched to commemorate the 130th anniversary of the Methodist Church in Singapore and the 50th year of Singapore’s independence, the GOOD (Get Out of Debt) programme blesses needy families by helping them clear chronic debt.

An important component of the programme is financial education as it is a form of sustainable assistance. Families learn how to better manage their debts and finances through improved financial literacy and on-going intervention.

Another important part of the programme involves the engagement and assistance of church members. Through engagement events, Methodists reach out and befriend beneficiaries and their families, and provide encouragement and support to help them overcome their difficulties.

The programme also aims to assist beneficiaries to clear debts. Where possible, direct payments will be made to their creditors of the beneficiaries.

A workshop for beneficiaries was organised at CCMC on Saturday, 16 May. Here are some insights on the GOOD programme from our CCMC volunteers.

LESLIE WONG

The GOOD programme is designed and organised by Methodist Welfare Services. The workshop at CCMC was one of many that MWS held.

There were about 15 beneficiaries who came to CCMC on the morning of 16 May.

The workshop was facilitated by a trainer from Singapore Polytechnic’s Institute for Financial Literacy. The trainer had an optimistic and energetic disposition and opened up the workshop by sharing that he himself was once given help to get out of a situation of poverty.

He used himself as an encouraging example that it was possible to spring back onto one’s feet.

Simple and pragmatic concepts on income and expenses planning were shared with the beneficiaries, and the volunteers helped by working through some of the exercises with them.

The beneficiaries were encouraged to list as many daily and monthly expenses as they could remember. They were then asked to prioritise them as necessities or nice-to-haves so as to fit their expenses within their regular income.

They were also encouraged to think of ways to earn extra income, for example mini-jobs that pay per hour, like house cleaning.

Most of the beneficiaries are from the Sembawang area, and are clients of the Sembawang Family Service Centre. It was heartening to see that they were comfortable with coming to familiar premises at CCMC/MGS. This regular touch by Christians is indeed an opportunity provided by God. That several of the beneficiaries were comfortable at CCMC made the first timers feel comfortable too.

Generally, the beneficiaries felt comfortable enough to share honestly about their situations; they did not feel stigmatised. Very likely, this is because the facilitators and volunteers demonstrated patience and kindness.

((THE GOOD
(GET OUT OF DEBT)
PROGRAMME
BLESSES NEEDY
FAMILIES BY
HELPING THEM
CLEAR CHRONIC
DEBT.))

((METHODIST
WELFARE SERVICES
IS NOW WORKING
ON A NEW DEBT-
MANAGEMENT
PROGRAMME TO
HELP LOW-INCOME
FAMILIES BUILD
A CUSHION FOR
RAINY DAYS.))

We also shared with the beneficiaries other social support available such as obtaining regular food donations (for example regular supply of bread from Food From The Heart <http://foodheart.org> or other VWOs that can be found on the National Council of Social Services website).

Sharing between the volunteers after the event revealed that the beneficiaries who were there came due to a variety of circumstances, ranging from coming from chronic low-income family situations to unexpected loss of savings due to investment losses. I believe that the moral of this is everyone may find themselves in a position where they need help every now and then.

Meanwhile, there was general acknowledgement from the volunteers that it would be useful and important for social workers to follow up with the beneficiaries after the workshop.

Overall, the volunteers were grateful for the opportunity to serve.

JOYCELYN CHOW

I was one of the facilitators in the financial training workshop for the beneficiaries of the GOOD programme. The training programme was developed by Singapore Polytechnic.

However, many clients had difficulty understanding the training materials. Our roles were to explain the principles of financial training and to walk through with them the examples in the materials. The goal of the training is for the clients to be equipped with the basic principles of financial planning and to be able to use these principles at any point in their lives.

There are mainly two groups of beneficiaries: those in chronic poverty and those who just needed a one-time financial assistance to settle their debts.

The second group of clients are those who had made a bad financial

decision or investment and thus incurred a heavy debt. They would otherwise not be facing financial woes. When I heard some of the mistakes they made, I realised that the stories we read in the newspapers are actually happening daily. Many of them expressed such regret at their mistakes that my heart really melted for them.

The GOOD programme is wonderful as this group of clients can return to normal lives with the assistance provided.

The first group of clients have a recurring problem: their monthly income is below their monthly expenses. Their expenses are already very minimal and yet they are just not generating enough income no matter how hard they try. This is very depressing for them. The GOOD programme helps to improve their financial situation by linking them to more job opportunities. In this way, the aim of the programme is to provide a more sustainable form of assistance by helping them increase their income to meet essential expenses.

MOVING FORWARD

Methodist Welfare Services is now working on a new debt-management programme for 2016, in particular to help low-income families build a cushion for rainy days in the event of unforeseen crises.

To encourage beneficiaries to work towards financial independence, there may be plans for dollar-matching for debts cleared or savings set aside.

The programme structure is still being put through the planning process and MWS will share more details in time to come.

***For more information or to make a donation to the GOOD programme, visit mws.sg/ways-to-give.

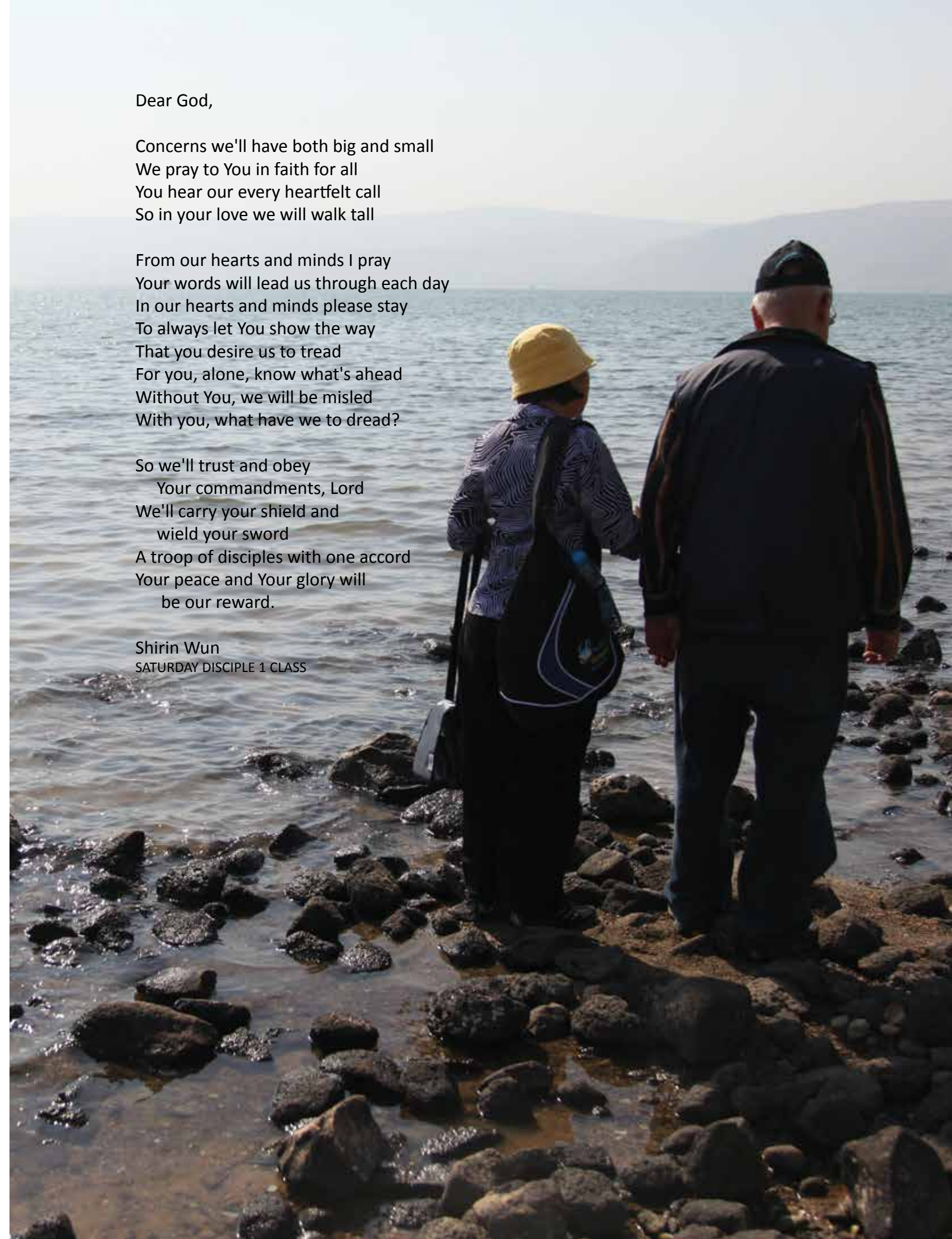
Dear God,

Concerns we'll have both big and small
We pray to You in faith for all
You hear our every heartfelt call
So in your love we will walk tall

From our hearts and minds I pray
Your words will lead us through each day
In our hearts and minds please stay
To always let You show the way
That you desire us to tread
For you, alone, know what's ahead
Without You, we will be misled
With you, what have we to dread?

So we'll trust and obey
Your commandments, Lord
We'll carry your shield and
wield your sword
A troop of disciples with one accord
Your peace and Your glory will
be our reward.

Shirin Wun
SATURDAY DISCIPLE 1 CLASS





Aging with Wisdom and Grace

Ageless in Christ

Chong Cheh Hoon

The news is abuzz these days lauding the Pioneer Generation along with the promise of \$3 billion in the national coffer for upcoming active ageing initiatives. A quick look at the demographic profile of Singapore explains why.

Come 2030, Singapore will start to see fewer working adults supporting the retired elderly. The Old Age Support ratio fell from 9.0 in 2000 to 6.0 in 2014. This means, in 2000, we had 9 working adult to support one senior whilst in 2013, this ratio fell to 6 working adults to support one senior.

Singapore will see more citizens in the older age groups compared to the younger age groups in 2030, resulting in an inverted age pyramid. This is significant since we are currently ranked fourth in the world for life expectancy at 84 years of age.

Singapore is indeed ageing and will continue to do so unless Singaporean families have more babies or younger people choose to migrate to Singapore.

The biological clock starts on the day we are born and will continue to tick till death. Ageing is normal in the lifespan of humans. However, ageism is not normal. Beliefs that old people cannot perform and understand tasks as well as their younger cohort or that old people are frail are attributes of ageism. These are prejudices set against a particular age group especially to the elderly.

Sadly, ageism is present in churches when it comes to designing church activities for the elderly. Too often, these activities are about the congregation serving their ageing members. At worst, the elderly are segregated from the rest and get clustered into church activities that are exclusive to the old. Little attempts are made to be intergenerational across the congregation and even lesser effort is made to re-

cruit what is known as the "young old" (65-74 years) to volunteer in the church body.

What does research say about ageing?

Research literature supports the fact that there is a strong linkage to an individual's active involvement in social and physical activities to better mobility and mental function across time. To understanding the multi-dimensional perspectives on health and well-being of older adults, it is possible to use identified roles to gauge how older adults navigate through life experiences that define what they do physically, how they feel emotionally and why they see things in a certain way. Such social, physical, and mental activities are critical factors that lead to the well-adjusted elderly. If research attests to the fact that the elderly has to stay involved and active to lead better lives, why is the church not doing more to encourage this?

Successful Ageing is about Living Significantly

Life experiences and milestones reflect the many evolving dynamics that an older adult would have experienced in their ageing process. In many ways, they measure how successful an individual has managed to give meaning and to attain satisfaction in life. Ageing well and successful ageing have become trendy slogans in recent times to promote the idea that one can choose to live well till the end of life. Positive attributes such as active engagement in social exchanges, physical exercise, healthy diet and lifelong learning are touted as the elixir to youthful ageing and effective living. How then can an elderly Christian demonstrate this?

Perhaps, a peek into the life of Abraham can provide insights into what it means to age with wisdom and in grace. Abraham was grant-

ed much grace when God gave him a son at an age when his wife could no longer biologically have a child. He was astonished, laughed and said to himself "Will a son be born to a man a hundred years old? Will Sarah bear a child at the age of ninety?" (Gen 17: 17) Abraham was old and yet God saw the need to mobilize this faithful servant to fulfill His covenant with a chosen people. This is God's clarion call to Abraham to serve His people and to work dutifully alongside Him. Abraham was deemed wise in all he did and successfully lived out another busy 75 years in which he witnessed how "the Lord had blessed him in every way" (Gen 24: 1). At 175 years old, Abraham completed his life journey and "breathed his last and died in a ripe old age, an old man and satisfied with life; and he was gathered to his people" (Gen 25: 8).

The example of Abraham begets the following questions. Would it be true to assume that older Christians who are highly engaged in activities that revolve around their community and intergenerational families live better? For elderly Christians to have positive outlooks in life, they must feel valued for their multiple roles that they fulfill at home and in church? In return, does the elderly feel supported and affirmed because of the respect accorded to them? Successful ageing is not just about staying healthy. It is about ageing well by contributing to the next generation. This is the key to achieving life satisfaction through living significantly.

Legacy to the next generation

Current research literature have pointed out that intergenerational social exchanges do result in benefits especially when there is a strong and mutual grandparent-grandchildren relationship. This reciprocity is expressed in deep and meaningful relationships based on mutual support, respect and responsibility



((SOCIAL,
PHYSICAL
AND MENTAL
ACTIVITIES
ARE CRITICAL
FACTORS THAT
LEAD TO THE
WELL-ADJUSTED
ELDERLY.))

shared in the life exchanges between the generations. Similarly, mental function does improve when the elderly stays engaged through volunteer work, lifelong learning and mentoring, thus proving the dictum "Use it or Lose It".

With the increased life span, a healthy adult of 65 years can expect to live another 20 more years before they reach the very old adult stage. Too often, retirees bemoan the fact that they are bored or have little to do because there are no opportunities to volunteer meaningfully. Or retirees may mistakenly view volunteerism as being tied down to full-time, unpaid job that may turn bothersome or be undervalued in time. How can the church help to reframe this mindset so that the Christian elderly can lead a fulfilling and meaningful life in serving the church at large?

For a start, perhaps the church can look tap into mobilizing grandparents to volunteer as mentors to come alongside working parents with young children. Fictive kinship or 'stand-in' grandparenting is known to be meaningful and can work when they are positioned as ad hoc support to time-strapped

parents who can then be freed to attend a church Bible class or prayer group knowing that there is trustworthy child care in place.

Such supportive roles yield life satisfaction when the elderly sense a valued contribution to church life. In return, there are positive outcomes when volunteer work supports active social and physical involvements that improve their mobility and mental function. Volunteering can result in protective factors against depression, premature onset of physical disabilities and social disengagement when feelings of contentment, happiness and meaningful social exchanges grow over time.

The church is a family that thrives on serving one another in love and in harmonious living. If the elderly in our midst are the wise custodians, their legacy to the next generation will be to "Remember the days of old; consider the generations long past. Ask your father and he will tell you, your elders, and they will explain to you" (Deut 32:7). Growing old can be a time of new discovery, unlimited creativity and abundant living if we choose to age gracefully and wisely.



BOTH: FECHI FAJARDO CC BY 2.0

**A gray head is a crown of glory;
It is found in the way of righteousness.**

PROVERBS 16:31

**They will still yield fruit in old age;
They shall be full of sap and very green**

PSALM 92:14

**Even to your old age I will be the same, And even to your
graying years I will bear you! I have done it, and I will
carry you; And I will bear you and I will deliver you.**

ISAIAH 46:4

**I remember the days of old; I meditate on all Your
doings; I muse on the work of Your hands.**

PSALM 143:5



THE STORY OF SAMUEL

Samuel was a miracle child. His mother Hannah could not have children. She prayed to God for a son, promising that she would dedicate him to God if her prayer was answered. God answered her prayer and Samuel was born.



Manga by GILLIAN GOH

Hannah kept her promise. As soon as Samuel was weaned, She brought him to the priest Eli and she dedicated Samuel to God.



One night, when Eli and Samuel were sleeping in the Temple of God, God called Samuel. Samuel thought that it was Eli who was called him. He went to Eli but Eli told him to go back to sleep.



Instead of obeying God, the Israelites demanded a king like the other nations around them. God told Samuel, "Give them a king if they want one, but tell them that the king will make their lives miserable."



Samuel followed God's instructions and anointed a tall and handsome man named Saul as the king of Israel.



Saul did not follow God according to what the prophet Samuel told him, and chose to do things his own way. For example, King Saul disobeyed God, offering a sacrifice himself instead of waiting for God's priest, Samuel, to do it.



God was so grieved that he rejected Saul and chose another king. God told Samuel to make a shepherd named David king of Israel. Saul plotted to kill David.



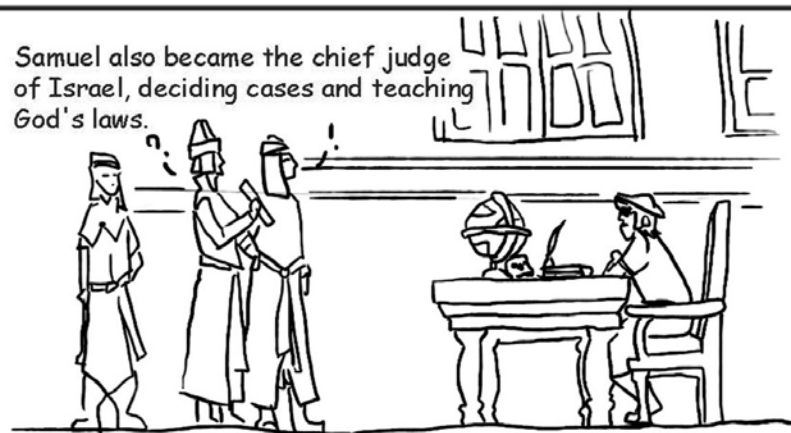
The third time this happened, Eli knew that it was God who had called Samuel. He told Samuel: The next time God calls, answer: Speak, for your servant hears." This was how Samuel became God's prophet, hearing and speaking God's message.



Sometime after that, Samuel died. All of Israel mourned him. They buried him in his hometown of Ramah.



Samuel also became the chief judge of Israel, deciding cases and teaching God's laws.



Samuel rebuked the nation of Israel about their evil ways. He tried to bring them closer to God.



But that is not the end of Samuel's story. Saul tricks a medium to call up Samuel. Samuel tells Saul that because Saul had disobeyed God, Saul and his sons will die in battle. Samuel's message from God once again comes true.



In Hebrews 11, Samuel is listed as one of those who had faith in God and obeyed Him.



BANDING TOGETHER IN CHRIST

Needtobreathe

BY JANICE FANG



American rock band Needtobreathe are made up of brothers Bear (lead vocals, guitar, piano) and Bo Rinehart (backing vocals, guitar), Seth Bolt (backing vocals, bass) and Josh Lovelace (backing vocals, keys).

It's the classic American tale - brothers grow up wanting to sing and form a band with their teenage friends. Band finds fame, needs to fuel the flame, quench fame's thirst and get carried away by life's demands and challenges. Fame drives competition between said brothers who try to out-write and out-perform each other, causing stress on the band which almost falls apart. Brothers go back to their roots to make it work, find their way and all is happy in the world again. And the band plays on....

This is the true story of brothers Bear and Bo Rinehart, as well as their two friends Seth Bolt and Josh Lovelace from American rock band Needtobreathe. But what the classic tale failed to reference was the ingredient that had tied the four friends together in the first place and where everything had begun. The Rinehart brothers had grown up sons of a pastor in a small upstate town in South Carolina, and spent their formative years bound by Christ and worshipping through song. When their careers started to flourish, the foursome made a concerted effort not to be labelled a Christian band – they wanted to be accessible to all. Indeed, the band is one of the rare few that has managed the successful crossover from the religious music market to the mainstream – except unlike many others, they did this in reverse.

Their songs and lyrics mostly centered around Christ. In 'Signature of Divine (Yahweh)' from *The Heat* (2007), the band sings: Yahweh, Yahweh / Great is your glory when you go before me / Oh we sing / Holy Holy / Your ways are lovely. So high above me / Yahweh. 'Washed by Water' from the same album evangelises: People started talking / Just to hear their own voice / Those people tried to accuse my father / Said he made the wrong choice / Though it might be painful / You know that time will always tell / Those people have long since gone / My father never failed. The song was nominated and won the Dove Award for Rock/Contemporary Song of the Year in 2009. It was also the song that was touted to have established them as one of the most successful newcomers in Christian rock.

Like all people, Needtobreathe has had its up and downs – and battling these challenges very nearly tore them apart a few years ago. Last year, the brothers and their friends finally put their heads and hearts back together in Christ and were born again with their latest album *Rivers in the Wasteland*. I leave you with lyrics from 'Multiplied' from this same album:

God of mercy sweet love of mine / I have surrendered to Your design / May this offering stretch across the skies / And these Hallelujahs be multiplied. Your love is like radiant diamonds / Bursting inside us we cannot contain / Your love will surely come find us / Like blazing wild fires singing Your name.

Needtobreathe continues to sing as a band today, together in Christ. They have released a total of five studio albums: *Daylight* (2006), *The Heat* (2007), *The Outsiders* (2009), *The Reckoning* (2011), and *Rivers in the Wasteland* (2014). This year, they also produced a live album in Nashville, dubbed *Live from the Woods at Fontanel* (2015).

ABIGAIL GOH



ASK ABIGAIL

Dear Abigail,
My friends and I are planning to form a Christian pop group and want to find a name inspired by the Bible. Do you have any suggestions?

The Who?

Dear The Who?,
The Bible is full of suitable, inspiring names. Consider these:

If the magi formed a pop group, it'd be called Carol Kings.

If Jesus and his brothers formed a pop group, it'd be called The Carpenters.

If Noah formed a pop group, it'd be called The Animals.

If the early disciples formed a pop group, it'd be called Peter, Paul and Mary.

If Joshua formed a pop group after wandering in the desert for 40 years, it'd be called One Direction.

If King David's wives formed a pop group, it'd be called Queen.

No Doubt,
Abigail

Dear Abigail,
My friends who attend the Catholic Church of St Ignatius tell me that after the Farrer Road MRT station near the church opened, the number of parishioners going to church by car decreased as many opted to ride the train.

Now that the we have a train station nearby, do you think there will be the same trend for us?

Mr T

Dear Mr T,
After four years of waiting for King Albert Park station to open, including a period of delay, I have no doubt that many of our church members will come to church from now on by train. The LTA has even put up a sign giving directions to CCMC. I am sure because MRT also stands for Methodists Ride Trains.

All aboard the Hallelujah Line,
Abigail

Dear Abigail,
Christmas is coming and my 7 year-old son is beginning to drop hints as to what he wants. This year, he has a new take. I think he has figured out that Santa doesn't exist but he's confusing me with talk about how wonderful that one of the Three Kings gave baby Jesus such a cool gift. Is my son asking for gold? He's really in his monsters phase.

No budget

Dear, dear No Budget,
There is nothing cool about gold to a seven-year-old boy. How can something his grandmother wears with her mothball-scented sarong kebaya to wedding dinners be cool to him? You can rule out myrrh too. He's too young to want to wear bitter perfume. I doubt he's a brute. Now, he's into monsters, you say? Consider this: Frankincense is a lisp away from Frankenstein.

Mary (Shelly) Christmas to you,
Abigail

Dear Abigail,
My husband does not go to church service. Okay, he goes with the family every Easter and Christmas. He is a Christian and loves the Lord. It's just he does not like going to church.

I asked him recently about this and he explained that although he belongs to the Lord's Army, he prefers to keep his faith personal, to be with God alone in what he calls "a secret place". Those were his exact words.

It all sounds so right but yet feels so wrong. I know that the Church has been called to gather to worship God and fellowship with one another.

I don't know what else I can say to him. Please help.

Lost for Words

Dear Lost for Words,
Tell him: "In God's Army, there is no secret service."

My word is my bond,
James Abigail



MAN AND DOG FOREVER

Theron Humphrey is a prolific photographer who travels frequently with his best friend, Maddie the Coonhound.

You may not have heard about him and you probably won't recognise him, but you may know his book, *Maddie on Things*, which features Maddie in various types of poses either with Theron himself, or on her own. The photos are incredibly heartwarming and the strong relationship between Maddie and her obviously very devoted owner is evident. They are inseparable.

Humphrey is a former commercial photographer and his photos have been featured in *National Geographic*. His Instagram feed has a following of 964,000 followers. (Note: A minute or two on this Instagram feed a day will restore your faith in humanity.)

Follow Theron & Maddie on their adventures at @thiswildidea.

|| Janice Lee Fang

GRATEFULNESS THROUGH ADVERSITY

Popular mom blogger Stephanie Nielson has a story that would inspire almost anyone.

At 27, she and her husband Christian had gone on a day-long joy ride in a small airplane while Christian's parents babysat their kids. Catastrophe struck when the plane crashed, leaving them both injured and badly burned. Stephanie was given a 50 per cent chance to live.

Her burns were so bad that doctors had to operate on her whilst she was in bed as she could not be moved to an operating room. Her burns have left her disfigured for life. But Stephanie has always found a reason to press on, mostly through faith in God and the love for her family.

Read all about her life and her stories of thanks here at <http://nieniedialogues.blogspot.sg>.

|| Janice Lee Fang



CREATIVE FUN

Not all of us know how to make simple things appear fun - Sheryl Khor, an ex-MGS girl, has spent most of her life doing it.

It is her firm belief that children should learn how to appreciate and integrate the arts into their daily activities and lives right from a very young age.

Her creative arts school, SKHOR's Creative Arts, is a self-started business offering great opportunities for young kids and toddlers to be enriched by something other than schoolwork and work sheets.

Sheryl was trained in communications and creative arts at Murdoch University in Western Australia. Her experience includes the fields of theatre, web and fashion design, as well as Fine Arts training with Nanyang Academy of Fine Arts (NAFA) in the mediums of oil and acrylic painting.

She usually offers a programme during the school holidays – although she also does ad-hoc classes and parties upon request.

Find out more on SKHOR's Creative Arts and its creative arts calendar at <http://skhorscreativearts.blogspot.sg>.

|| Janice Lee Fang

ENABLING VILLAGE

Looking for a place for a wholesome bite, grocery shopping and a spot of retail therapy? My recommendation is not another mall, but, wonderfully, the Enabling Village at 20 Lengkok Bahru in Redhill.

The 30,000 sq m village is set in a series of eco-ponds, has street art and also a herb garden. Developed by the Ministry of Social and Family Development and SG Enable which aids people with disabilities, the village has training facilities and services dedicated to integrate the disabled in society at large.

Among these are F&B outlets The Sapling, the restaurant run by

SHATEC trainees, Soul Food, and a cafe. There is also a Fairprice supermarket and a gift shop offering merchandise from the students of Pathlight School. All these are open to the public.

The Enabling Village is a pleasant place to spend a lazy afternoon with the whole family. Here, children can see for themselves the abilities of those with special needs and learn empathy.

|| Goh Eck Kheng

DO YOU HAVE GOOD THINGS TO SHARE?
Send your recommendations to ccmcloavesfishes@gmail.com

CHONG CHEH HOON



Changes in Covenant Kids

A familiar face has returned to Covenant Kids (CK), while a fresh face is on-board to helm its team. Yeo Hwee Lan (below) took up the children’s ministry portfolio as a church staff in early December 2015; Clarissa Soo (right) took over from Lee Yin Siau (below, right) as the CK superintendent in September 2015.

According to Clarissa, she received a literal “call” to the ministry – Yin Siau phoned to ask if she was interested in the position.

A long-time presence on the stage – Clarissa has been a musician with worship ministries for over three decades – she believes in the importance of children’s ministry in church.

“The church has a vital role to play in the overall development of the child. Together with the family, school, and peers, we form the most influential environment that will affect the child’s overall growth, including his or her moral development,” said the mother of two.

With 20 years in education, a former teacher in MGS and now Programme Lead, Co-curricular Programmes, at Singapore Management University, Clarissa said:

“I can’t find a more perfect timing to serve in CK.”

One passion on the seasoned musician’s heart is that CK’s children may learn to worship God. Another hope is to hold annual Sunday school camps or Vacation Bible School.

Meanwhile, Hwee Lan said that after a year of “sabbatical” and a taste of a secular job, she still found it more meaningful to invest her life in things of eternal value. When Reverend Malcolm Tan asked her to consider coming back to CK, a portfolio she had previously held, she accepted without much hesitation.

She was to resume work in CCMC in March 2016 because of her commitment to her employers, but they were able to find a replacement for her so quickly that she was able to begin in early December 2015.

“I’m looking forward to serving together with the many faithful servants of God who have been in CK for many years,” she said. In response to *Loaves+Fish*’s question if there was anything she intended to do differently from the last time she was on the job, she highlighted being more “people oriented” rather than “task oriented”.

Likewise, Clarissa said she was looking forward to working with



the CK Committee’s strong team.

“We all have different strengths and I know God will continue to use us to make an impact in the children’s lives and in the community,” she said.

Working with the CK teachers, junior worship leaders and parents to build a supportive environment for the children’s spiritual growth and development of values and morals, was another aspect she was regarding expectantly.

As for Yin Siau, after serving as CK superintendent for five years and a recent health scare, she intends to let God lead the way into her next season. She shares some of the takeaways of her term.

How would you sum up your experience serving as superintendent?

It was a privilege to be called by God to serve alongside so many of His faithful servants. Looking back, the challenges and the victories, many marked by tears and sleepless nights, were all part of a refining process which grows and strengthens, and ultimately, teaches me to rely on God rather than rely on myself.

Share something memorable that happened during your term.

Recruiting volunteers has always been one of the toughest challenges. One year, there were 13 volunteers, out of about 55, stepping down. That was the largest number of volunteers we were losing in a year, but somehow God’s comforting presence was reassuring and I knew He would provide.

When the message from God was “Have you gone down on your knees yet?”, kneel I did while appealing to the parents during Kindy Worship. Amazingly, shortly after, God provided more help than we needed and we could even pair experienced teachers with the new volunteers who stepped forward. God is good!

What is the one thing that God has taught you in CK?

Everything that happens when we serve, God permits it. We may view them as challenges today, but days or months or even years later, they could turn out to be the blessings we are grateful for. The attitude “let go, let God be God” really is the way to go.

While on the subject of God’s



SANDY CHIAN

lesson, you never truly learn it by “studying”, just like one never really learns how to drive until you are behind the wheel. Only when you personally experience or apply it, then will it be a lesson learnt, and God will move on to the next lesson!

What’s next for you?

With the three new stents in me, God’s wake-up call pointed me to seek Him more and not run ahead of Him. His peace in this urgent world I need and His call amidst all the noise I heed.

While I continue with facilitating Disciple classes, leading worship and Small Group, I am really looking forward to leading BSF next year in the study of Revelations, as well as learning how to lead Junior Worship at 11am.

Any advice for the incoming superintendent?

No advice lah, for we all have different lessons to learn at different phases of our lives. Just be teachable and cling on to God, our master teacher, and love as He loves!

|| Clarissa Yeap

Deacon LKY

Pastor Ling Kin Yew (above) was ordained a deacon of the Methodist Church in Singapore at the Trinity Annual Conference on the evening of 19 November 2015 at Faith Methodist Church in the presence of his family, many CCMC members and supporting pastors.

With the ordination, Pastor Ling is now Reverend Ling, and can wear the pastoral collar.

As a deacon, Rev Ling has now the authority to perform marriage ceremonies and administer water baptism.

Rev Ling qualified to be deacon after graduating from Trinity Theological College (MDiv 2013) and having served two consecutive years as a pastor, in his case, in CCMC, as well as fulfilling the other requirements set out in the Book of Discipline of The Methodist Church in Singapore.

To celebrate his ordination and as a gesture of thanks for his service, CCMC leaders purchased and gave Rev Ling his pastoral robes.

|| Goh Eck Kheng





LORD I LIFT YOUR NAME ON HIGH... LORD I LOVE TO SING YOUR PRAISES

Serving Covenant Kids

Yeap Soon Leong has served as a CK teacher for 18 years.

He stepped up together with his wife Wendy in 1997 to fill the gap at the N2 level, as their son Shane was in N2 that year.

Having taught N2, K1 and K2 levels, he has picked up a few tricks of the trade along the way. He shares what keeps him going.

Where do you draw your motivation from?
From the joy of interacting with kids.

The powerpoints slides that you teach with are famous. Could you explain how you came to use them?
They're basically the CK teaching material, which I've scanned and put into slides. This came about because I wanted to maximise the use of the classroom facilities, i.e. projector and speakers. They also allow me to incorporate video clips to enhance the teaching.

Share a memorable experience from your time in CK?
One Children's Day, I put on a "Gorilla carrying a caged hunter" suit.

What is one thing you've learned about God from teaching CK?
God is able to use our very limited abilities and resources, to serve His purposes.

What advice would you give someone who is just starting out as a CK teacher?
Wear comfortable clothes – be prepared to sweat.

And how long more do you see yourself teaching for?
As long as God allows.



**FEELING INSPIRED?
FEELING A GENTLE NUDGE
TO SERVE?**

Do not hesitate. Join the CK Team. Junior Worship leaders, ushers and teachers are still needed to join the ranks of the many cheerful men and women that lead and teach our children the Word and bring them to a relationship with Jesus.

Call the church office to volunteer.



FREEDOM: Am I still free if I obey a call from Christ?

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Taizé (<http://www.taize.fr/>)



If a thing is free to be good it is also free to be bad. And free will is what has made evil possible. Why, then, did God give them free will? Because free will, though it makes evil possible, is also the only thing that makes possible any love or goodness or joy worth having.

~ C.S. Lewis

Free will is not the liberty to do whatever one likes, but the power of doing whatever one sees ought to be done, even in the very face of otherwise overwhelming impulse. There lies freedom, indeed.

~ George Macdonald

To serve God, to love God, to enjoy God, is the sweetest freedom in the world.

~ Thomas Watson

People are born to be free; it's a gift from God. We're not to be free from responsibility, but free to be led by the Holy Spirit.

~ Joyce Meyer

“While passing by” (Mark 1:16 & 2:14), Jesus noticed his first disciples and called them. In this “passing by” there is a breath of freedom. Jesus had no fixed strategy; he saw his future disciples and called them. He said very little to them about his expectations for them, very little also about what they could expect from him. They would discover it little by little. Jesus wanted them to be just as free as he was. Or rather; free in the same way as he was.

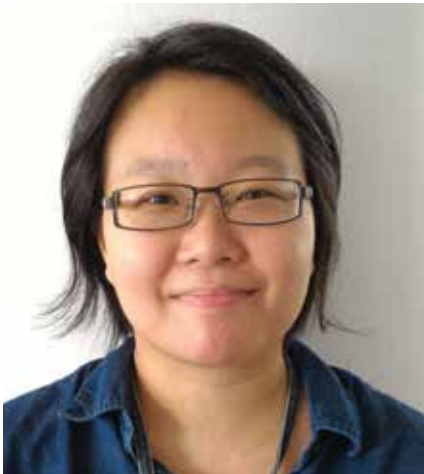
“You, follow me!” are the last words of Christ in the gospels (John 21:22). Risen from the dead, he continues to invite people to follow him. He is always “passing by.” I do not choose the moment. One day, some words of the Gospel touch me. An encounter or an event turns my life upside down and leads me to make a commitment with him. A call is first and foremost something that happens to me.

Where then is my freedom, since I am not the one who chose to encounter Christ but rather he found me? Furthermore, when I am asked why I have made such a commitment, it is hard for me to reply since, as for the disciples, things seem to have happened partly by chance. “Passing by, Jesus saw...” and Levi, without hesitating for a second, “got up and followed him” (Mark 2:14). Is not this action a bit too quick to be a conscious,

responsible and free choice? What is sure is that Levi, by getting up, became free. Until then, he had disposed freely of himself and his tax-collector’s table. From that moment on, his horizons became wider.

Although Christ’s call came to Levi as something evident, it did not violate his freedom. For where Christ is, the Holy Spirit is there as well. Christ’s call corresponds to something in the depths of my heart. It comes to me both from without – from words I have heard or read, an event or an encounter – and from within. It liberates more than it commands. At the same time as Christ calls me, the Holy Spirit unbinds in me what was captive, releases what was cramped and anguished.

Jesus did not determine his disciples’ behavior in advance. He was fond of asking them questions: “Who am I for you?” (Mark 8:29); “Do you want to leave, too?” (John 6:67); “Do you love me?” (John 21:15-17). Our liberty and our creative involvement are important to him. It is only my response that makes his call certain for me. My own footsteps trace out my path as a follower of his. “In calling you, God does not dictate what you have to do. His call is first and foremost a personal encounter.” (Letter to those who want to follow Christ).



JASMINE CHUA

What is your favourite food and drink?

Corn and water.

What do you appreciate the most in friends?

Honesty

What don’t you tolerate in others?

Selfishness

What is your idea of happiness?

To be one with Christ, to know that you’re walking in His will.

What is your idea of misery?

Being detached from Christ, when God seems so far away.

What talent do you wish to have?

Gift of healing

Which Biblical character do you most identify with?

Job

What do you like most about CCMC?

A small and cosy church, where people seem to know each other.

What is your motto?

To do my best always.



STEPHEN YEUNG

What's your fave food and drink?

No particular favourite.

What do you appreciate the most in friends?

Integrity

What don’t you tolerate in others?

Hypocrisy

What is your idea of happiness?

Contentment and knowing that God is taking care of me.

What is your idea of misery?

The opposite.

What talent do you wish to have?

To sing and dance well.

Which Biblical character do you most identify with?

Job and Habakkuk.

What do you like about CCMC?

Comfortable; the familiarity with the people and closeness to home.

What is your motto?

Be kind, be generous, be responsible.



MAY YEOW

What is your favourite food and drink?

Durian and water.

What do you appreciate the most in friends?

Sincerity and honesty.

What don’t you tolerate in others?

As I grow older, I get more tolerant. I try to tolerate most things.

What is your idea of happiness?

Peace with one another. God’s love, family’s love.

What is your idea of misery?

When you see people, particularly the ones close to you, suffering.

What talent do you wish to have?

To be more musically inclined.

Which Biblical character do you most identify with?

Ruth

What do you like most about CCMC?

The closeness of the congregation. Its many activities that cater to many individuals. The openness to suggestions.

What is your motto?

Be prepared for anything. Keep close to the Lord.

Janie Wong’s
KUEH PIE TEE

For about 100 servings

PIE TEE SHELLS
Makes about 110 shells

2 cups flour
2 desertspoonfuls bread flour
2 large eggs, beaten
2 cups water
Salt and pepper to taste
Vegetable oil for frying

To make the batter

Put the flour, salt and pepper in a mixing bowl.

Make a hole in the centre of the flour, add the beaten eggs and slowly stir the eggs drawing flour from the sides to the centre.

Add water a little at a time, to ensure a smooth batter.

Run the batter through a sieve and leave it to stand for an hour.

To make the shells

Heat enough oil for deep frying and heat the pie tee mould in the oil.

When mould is hot, remove the mould from the oil, drain the excess oil from the mould by placing it on a piece of folded kitchen towel.

Dip ⁹/₁₀ of the cup-shaped mould in batter, remove it and let the batter settle properly on the mould. It should not be runny.

Turn the mould over to check that there are no holes at the base of the mould. If the base is not fully covered with batter, dip a chopstick in batter and mend it!

Return the mould to the oil, ensuring that it covers the mould.

When the shell is slightly brown, use a chopstick to remove it from the mould. Continue frying the shell till it is golden brown.

Remove and drain the shell on paper.

When the shells are slightly warm, store them in air-tight containers. They can be kept for a month.

PIE TEE FILLING
For about 100 shells

1 can (550 g) winter bamboo shoots, finely shredded
1 kg yambean (bangkwang), finely shredded and rinsed under a running tap
500 g streaky pork, seasoned with salt and pepper, boiled and finely shred
20 cloves garlic, pounded
4 dessertspoons fermented bean paste
½ teaspoon white pepper powder
Stock from the pork prepared above and prawns for the garnish
Oil for frying.

Heat up the oil. Fry the garlic till golden brown, then add the bean paste. When fragrant, add the shredded pork and bamboo shoot and fry for 5 minutes.

Add the stock. When stock is boiling, add the yambean, mix well, and let it simmer over low fire till it is nearly dry.

Season with white pepper.

• Janie is a sixth-generation Peranakan from Malacca. A keen advocate of her culture, she hopes to preserve the heritage of traditional nyonya cooking.

CHILLI SAUCE
The most important part of Kueh Pie Tee is the chilli sauce.

200 g red chillies, pounded
75 g garlic, pounded
20 ml white rice vinegar
10 ml apple cider
5 calamansi (*limau kesturi*)
1 teaspoon fine salt
2 teaspoons fine sugar
2 teaspoons garlic oil containing some fried garlic.
100 ml cooled boiled water.

Mix all ingredients together except for the water. Leave the mixture to stand for about an hour for it to pickle. Add water before serving.

GARNISH

500 g small prawns
60 g coriander leaves
20 cloves garlic
2 eggs
Salt, sugar and pepper to taste

Season the prawns with salt, sugar and pepper. Let them stand for about 30 minutes before boiling them till cooked. Shell the prawns, slice lengthwise into half and devein.

Add the prawn heads to the prawn stock and simmer for 15 minutes. This is the stock for the filling.

Cut the corinader into 3-cm stalks with a pair of leaves on each.

Chop the garlic and fry in oil to golden brown.

Make an omelette with the eggs and finely dice or cut the omelette into 4 cm strips.





A MATTER OF THE HEART

Lee Yin Siau

I never thought a 2-day Children’s Camp would require me to climb so many stairs.

I never thought the burning sensation I felt in my abdomen and my aching jaw after climbing would reveal that my arteries were 70-90% blocked at age 48.

I never thought I would require emergency stenting to save my life.

Lying on the operating table while the cardiologist performed the angio-

plasty procedure which lasted over an hour, it broke my heart to dwell on the fact that I didn’t have the opportunity to say proper goodbyes to my family and friends, including my daughters. Rachel was in Beijing, Megan was attending a court trial and I could only briefly speak to Audrey as she was rushing for her exams. But when I started praying, turning to Him for solace, images of God, of my loved ones, suddenly flashed before my eyes and God spoke – If I had no fear of death because of the assurance of His salvation, why did I worry about my loved ones whom He loves more than I could ever love? With this liberating knowledge, I cast all my concerns on Him and praised him for His mercies for the remaining time of the procedure.

Truly, we have an awesome God who is with us when we are high on the mountain tops and down in the valleys. God’s wake-up call to me reinforced the fact that every day we live is a gift from Him which we treasure or neglect, evident from the choices we make and the priorities we embrace. By God’s grace, we can have His peace in an urgent world.



"Oldies Night" at the contemporary church.



SOPHIA BLACKMORE, an Australian missionary, was the first woman sent out by the Women's Foreign Missionary Society of the American Methodist Church. She left for India in 1886 where a chance encounter with Rev William Oldham opened for her the doors for missions in Malaya.

Within a month of her arrival in Singapore, she opened a school for Tamil girls on 16 July 1887 that would become MGS. In 1888, a nyonya widow offered Blackmore her home to start the Anglo-Chinese Girls' School which eventually became Fairfield MGS.

In 1890, she started Deaconess Home (Nind Home) that housed single lady missionaries, school girls, *mui tsai*, and orphans.

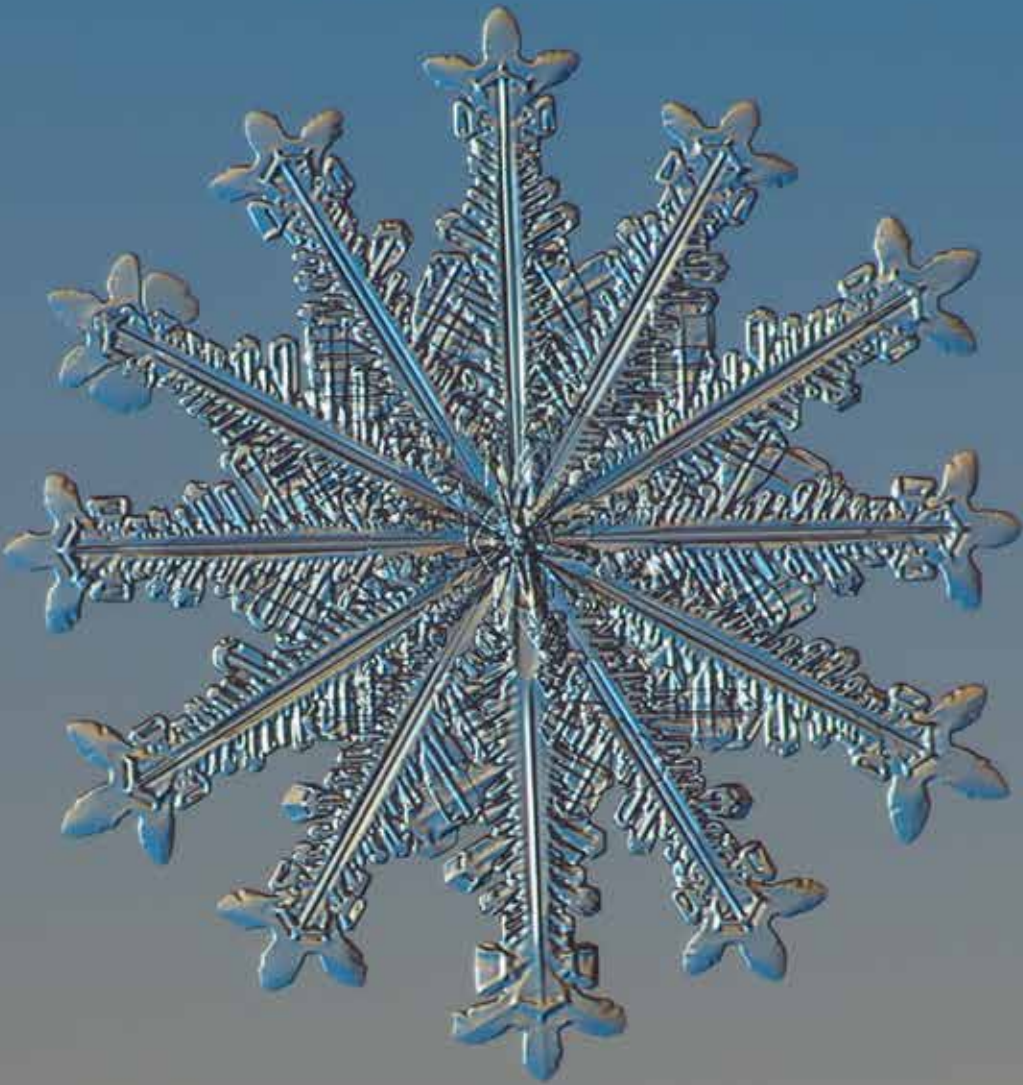
Blackmore became so proficient in Malay that she translated hymns and published *Sahabat*, a Baba Malay periodical for women.

In 1894, she allowed Goh Hood Keng to use her own home as the base for a Straits Chinese church now known as Kampong Kapor Methodist Church.

She also headed the Bible Women's Training School which trained Asian women in Christian social work.

Blackmore retired to Australia in 1927 and passed away, aged 88, in 1945.

For once they say, a star – a star was given
Like language to the dumb,
Flung like a tear between our earth and heaven –
A star, a kingdom come!
Then shepherds lifted eyes from moonlit dreaming
And watchmen on the towers.
And wandering wizards awe-struck at its gleaming –
A star - a world like ours!



WILLIAM ROSE BENET

Mary, did you know
that your Baby Boy
would one day walk on water?

Mary, did you know
that your Baby Boy
would save our sons and daughters?

Did you know
that your Baby Boy
has come to make you new?
This Child that you delivered
will soon deliver you.

Mary, did you know
that your Baby Boy
will give sight to a blind man?

Mary, did you know
that your Baby Boy
will calm the storm with His hand?

Did you know
that your Baby Boy
has walked where angels trod?
When you kiss your little Baby
you kissed the face of God?

Mary did you know...
Mary did you know

The blind will see.
The deaf will hear.
The dead will live again.
The lame will leap.
The dumb will speak
The praises of The Lamb.

Mary, did you know
that your Baby Boy
is Lord of all creation?

Mary, did you know
that your Baby Boy
would one day rule the nations?

Did you know
that your Baby Boy
is heaven's perfect Lamb?
The sleeping Child you're holding
is the Great, I Am.

