

聆聽心跳 heart+beat

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paya lebar
methodist church

Our Heartbeat – Love the Lord Our God; Love Our Neighbours

我们的心跳 – 爱主，我们的神；爱人如己

PLMC's 78th Anniversary Celebration Service

巴耶利峇堂 78 周年庆典



On 11 July 2010, we celebrated our 78th Anniversary. We are thankful to God for His faithfulness to us all these years. It was also a good time to recap what God has intended for the church as He placed us in this strategic location.

Having been through some rough patches in the beginning, when the church almost lost the land on which it is situated now, PLMC grew from the initial 18 members in the 1930s to the current 2000 over members. Among us today are some

members who have been worshipping in PL for the past five and six decades. Praise God!

As the church grows, it must fulfill God's call. All these years God has placed in us this calling – blessed to be a blessing, which was reflected in our previous Fatman logo. In 2002, we designed a new logo and redefined our vision to be "A Family Blessed to Bless the Community and the Nations". So as we receive blessings from God, we need to go and bless others

News

PLMC's 78th Anniversary
Celebration Service

1

Reaching Out

Sonshine Kids 6th
Anniversary Celebration

3

In the Buzz

WSCS Fellowship Tea

5

本堂在7月11日举行了78周年庆典。我们感谢上帝这么多年来对我们的信实。那也是重新回想上帝为何安置本堂在此处的时刻。

本堂在创建初期经历了一些波折，差点失去现有的这片土地。之后便从最初在30年代的18名会友逐渐增长到今日的两千多名会友。今日，在我们当中敬拜的就有一些在本堂超过50，甚至60年的会友。赞美主！

教会成长，也必须履行上帝的呼召。这么多年来上帝对我们的呼召是：蒙福并成为他人的祝福。这也显示在教会的旧徽标上。在2002年，教会设计了新的徽标，也重新界定我们的异象为“一个蒙福去祝福社区和列国的家庭”。我们领受上帝的祝福，也要把这份福气带给其他的人。

PLMC's 78th Anniversary Celebration Service

Our Pastor-in-charge, Rev Dr Jonathan Seet, brought to us the sermon topic on "Our Heartbeat" from Matthew 22:37-40.

Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.' All the Law and the Prophets hang on these two commandments."

Our Heartbeat, as disciples of Christ, is to obey the two most important commandments - love God and love our neighbour. We cannot just observe one and neglect the other. If we only focus on our relationship with God but do not practice what the Bible teaches, everything will collapse. Likewise, if we focus on just helping the poor and needy but neglect our relationship with God, our labour is in vain. Fulfilling these

two commandments, we would have fulfilled all the laws of God, because all the Law and the Prophets hang on them.

So how can we grow in our love for God and our neighbours? Pastor Seet introduced the Spiritual Disciplines of Growth.

LOVING GOD WITH ...

Our Heart ...

1. Through the discipline of **WORSHIP**

Our Soul ...

2. Through the discipline of **SURRENDER**, through prayer, fasting and silence.

Our Mind ...

3. Through the discipline of the **STUDY OF GOD'S WORD**

Our Strength ...

4. Through the discipline of **SERVICE**
5. Through the discipline of **GIVING**

LOVING OUR NEIGHBOUR ...

6. Through the discipline of **SOCIAL HOLINESS**
7. Through the discipline of **EVANGELISM & MISSIONS**
8. Through the discipline of **LOVE & FORGIVENESS**
9. Through the discipline of **FELLOWSHIP**
10. Through the discipline of **REST**

As we grow in our love for God and our neighbour, God is going to bless us, so that we can be a blessing to others. This is our Heartbeat – blessed to be a blessing to our community and the nations!



薛添宝牧师博士，我们的主理牧师，将神的话语带给我们。证道题目是“我们的心跳”，经文取自马太福音 22:37-40。

耶稣对他说：你要尽心、尽性、尽意爱主——你的神。这是诫命中的第一，且是最大的。其次也相仿，就是要爱人如己。这两条诫命是律法和先知一切道理的总纲。

身为耶稣基督的门徒，我们的心跳是遵守这两条诫命——爱主，及爱人如己。我们不能只遵守其中一条诫命而忽略另外一条。如果我们只爱主却不

遵守圣经的教导，那一切会崩溃。如果我们只爱他人却忽略了与神的关系，那我们所费的劳力只是一场空。遵守这两条诫命是遵守神的所有律法，因为这两条诫命是律法和先知一切道理的总纲。

那我们要如何和在这两方面成长呢？薛牧师指出属灵的操练。

爱主，通过。。。。

1. 敬拜的操练
2. 舍弃/顺服的操练
3. 查经的操练

4. 服侍的操练
5. 奉献的操练

爱人如己，通过。。。。

6. 社会圣洁的操练
7. 传福音及宣教的操练
8. 爱及饶恕的操练
9. 团契的操练
10. 休息的操练

当我们在这两方面成长时，上帝必祝福我们，而我们也能去祝福其他人。这就是我们的心跳——蒙福去祝福社区和列国！

Love God & Love Your Neighbour – Sonshine Kids 6th Anniversary Celebration on 26 June 2010

By Lennard Teo

爱上帝和爱人如己 – 2010年6月26日阳光儿童6周年庆祝会

On a beautiful and sunny Saturday afternoon, Sonshine Kids outreach ministry celebrated its 6th Anniversary. Aunty Rose, Sock Boon, and Uncle John led the 45 children in singing praises to God. After worship, Carolyn, our Children's Ministry Director, spoke to the children about being filled with the fruit of right living (righteousness) produced by Jesus Christ, and all these things bring glory and praise to God (Philippians 1:11). After their CellTime, the children were treated to the six fun station games organised by the adult lay volunteers.

The past six years were not without its challenges. The Sonshine Kids ministry was nearly closed in 2007. It was the 3rd year of its existence, and although no open discussion was called for, many of the adult lay volunteers felt discouraged by the decreasing number of children. I thank God that they prayed, and decided to keep this precious Outreach Ministry alive, in spite of their circumstances and challenge to keep growing the number of children, so as to help more of them and their families to know and love God for who He is! Besides knowing and loving God for who He is, the Sonshine



Kids ministry is also about loving your neighbour as yourself (Matthew 22:37 - 40).

For a firsthand retrospective of the Sonshine Kids ministry, I interviewed Daniel, our former Director of Outreach, who pioneered this ministry.

Q : As the pioneering person, share your first vision of the Sonshine Kids ministry.

A : When we started Sonshine Kids, it was with the vision of sharing the gospel with the children and families that God has entrusted us through the various outreach centres, namely Covenant Kindergarten, Covenant Family Service Centre (CFSC), Hope

Student Care Centre (Hope SCC), and PLMC's Blessed To Bless Project initiatives among blocks 201 to 210 of Serangoon Central.



Sonshine Kids 6th Anniversary Celebration

Q : What would you suggest in terms of growing the number of our volunteers?

A : We need to have the end goal in mind, and thereafter work backwards to see what is needed to finish the task. I am fully confident that the ministry is in very good hands. The Lord would have given the people who are serving this ministry the vision, passion, strategy and integrity to finish the work before us.

Q : What words of encouragement do you have for our children, their families, and all our volunteers?

A : As we continue to strive towards a family blessed to bless the community and the nations, let us have the Lord's harvest in mind. I would like to encourage those who are serving Him in this ministry to persevere in our good works. I Corinthians 15:58 says that in due time we will reap the harvest in God's name. You have been faithfully planting the seed of God's love into the lives of these children and their families. We might be the only people who will be able to bring the gospel to them as God has entrusted them in our hands through the various outreach initiatives.

However, it is the Holy Spirit who will convict them of His love, righteousness and judgment. They will be saved at

different times, as long as we do not give up. The farmer always expects a harvest. We just need to know the different seasons in a ministry. We are channels of His blessings to bring the good news to them.

As for the families, I believe that the Lord would want them to be blessed holistically by having their lives restored to the Lord, prospering in their soul (wonderful family relationships and inter-personal relationships with everyone) and blessed with good health.

It will be great for the children to come to know the Lord at a young age so that their whole life will be blessed. When a child gets saved through Jesus Christ, He saves them time from a lifetime of wrong decisions, wrong influence, and wrong friendships. God will be the positive voice that speaks into their very precious lives.



Pastor Jonathan's message at Our 78th Anniversary Celebration Service clearly illustrated God's greatest commandments, and our need to be disciplined in balancing our "Love for God" and "Love for Neighbour" (Matthew 22: 37-40). We thank God for His direction and faithfulness to His many ministries of our church.

The Sonshine Kids Children's Ministry is held on Saturdays, from 1.00 to 4.00pm. We are always on the lookout for people who have the passion to serve as English Teachers and Coaches. For more information, please contact Carolyn at 6285 1234 ext. 124 or email carolyn@plmc.org.



Sharing the JOY in Ministry - WSCS Fellowship Tea

By Mrs Lily Chan, President of WSCS

分享服侍的喜乐 – 妇女会下午茶团契

On 19 June 2010, 80 ladies gathered for an afternoon Fellowship Tea organised by our Women's Society of Christian Service.

The purposes of the fellowship were:

1. To give ladies who are not in a cell group an opportunity to fellowship with other ladies.
2. For ladies who already belong to cell groups to support and uphold each other.
3. To equip and encourage all ladies to grow and glow through sharing and praying for the needs of women.

During the fellowship, Mrs Joyce Seet, our guest speaker, shared on JOY in Ministry (Philippians 4), and on the conflicts and challenges we may face while serving and how we could overcome them with joy, thanksgiving, gentleness, positive thinking, love, trust and surrender to God.



We would like to specially thank Mrs Joyce Seet, who took the time off her busy schedule to share with the ladies at the fellowship. We also thank God for the love, joy and goodness He has given us. To God be the glory.



For more information on the activities of the WSCS, please check out the WSCS noticeboard at the Fellowship Hall or email mrslilychan@gmail.com.

GROW & GLOW IN GOD

Rise up and shine, for your light has come. The shining-greatness of the Lord has risen upon you. Lift up your eyes and look around you, they all gather together. You will see and shine with joy. Your heart will be glad and full of joy. (Isaiah 60: 1-5)

Blessed Because I Came

Sharing by Ms Helen Huin

During our recent cell meeting, we were encouraged to attend the WSCS Fellowship Tea held on the 19 June. Deep in my heart I wondered who would the audience be, since it was a Saturday afternoon and people would have family activities to attend to. Nevertheless, I went with mixed feelings, not knowing what to expect and thinking that it could be a waste of my time.

On reaching, my eyes nearly popped out on seeing the large crowd of women. There must be something worth their time in coming, else why were they here!!

The topic on "Joy in Ministry" was conducted by Mrs Joyce Seet and she touched on the various aspects of conflicts and challenges. She also encouraged us to reflect upon the various problematic areas in our life that would affect our walk with our Father God. We then broke into small groups to pray for one another. Guess what? We were blessed to have Joyce join our group to pray with and for us!

After the meeting, we adjourned for tea and continued with fantastic fellowship. Indeed, I have been blessed as I was led



by the Holy Spirit to attend this meeting and learnt to journey with God in a joyful manner.

Confirmation Service – 27 June 2010

2010年6月27日坚信礼



At the Confirmation Service held last month, 41 members of the congregation stood in the presence of God and the church to renew their solemn vow and promise made at their baptism. Professing that according to the grace given them, they will keep God's holy will and commandments and walk in the same all the days of their life as faithful members of Christ's holy church. And now as members of the church, to faithfully participate in its ministries by their prayers, their presence, their gifts and their service.



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Sunday Services

- 7.30 am Peranakan Service (Sanctuary)
- 9.00 am Sanctuary Service / Living Stones Mandarin Service (Chapel)
- 10.30 am Filipino Fellowship (Conference Room)
 Except every 1st Sunday of each month
- 11.00 am The Next Generation Youth Service, PLMGSS Concert Hall, Lor Ah Soo
- 11.15 am Celebration Service (Sanctuary) / Living Stones Mandarin Service (Covenant Chapel)

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August 2010

Calendar of Events

DATE	EVENT	DATE	EVENT
7, 14, 21, 28	Sonshine Kids Outreach	24	LCEC Meeting
7, 14, 21, 28	Peranakan Fellowship	28	Senior Oikos Event (Mand)
4, 11, 18	D&N Course: Consider Jesus – A Survey Of The Book Of Hebrews		