

# REBUILDING PRINSEP

By Ng Keng Gene

The Building Renewal Project was announced at PSPC's 181st anniversary service in September 2024. In the first quarter of 2026, Prinsep Street Presbyterian Church will hold its last Services in the sanctuary, before the space is closed for its first major renovation in about two decades.

While the plan is for services to continue in the church's four-storey annexe building when renovations take place, whether this is possible depends on the sanctuary's contractors, who are slated to be appointed by January 2026. Eld Andrew Ong, who chairs the Building Renewal Project Steering Group, said that the group is on track to call a tender for the works by the end of September 2025.

As part of the tender specifications, he said, the steering group will make clear to potential contractors the church's intention to continue using the annexe while the sanctuary is being refurbished. This means that the contractors will have to devise ways for congregants to access the annexe safely while work on the sanctuary is ongoing.

Eld Andrew said that the reason for the project is twofold. First, the building is ageing and in need of repair, as recent incidents – such as the sanctuary's roof leaking – have shown. Second, with the church's lease successfully renewed for 30 years in October 2023, the church has to prepare its premises for ministry needs in the coming decades, as well as update infrastructure to meet an ageing population.



(Above) Current artist impressions of the sanctuary and façade, subject to change.

The Building Renewal Project comprises two phases, with the works on the sanctuary under Phase One. Phase Two comprises works on the church annexe. For now, the steering group's focus is on Phase One, said Eld Andrew, who added that detailed planning for Phase Two will likely start in 2026, when physical work on the sanctuary i.e. Phase One, has started.

Given that major changes cannot be made to the church's sanctuary due to its National Monument status, inputs for Phase One were sought mainly from those with technical expertise, such as the worship team, the building management committee, the church office, and the finance committee.

The works broadly fall under three categories. In the first category are essential repairs and replacements. This will involve replacing the sanctuary's roof tiles, investigating and repairing cracks, and re-laying electrical cables, among other works.

The team is also exploring installing a catwalk above the ceiling boards, so that future maintenance works on the sanctuary's roof will be made easier and safer. While there is a ladder that allows one to get to the height of the sanctuary's ceiling, there is currently no in-built access to the entire roof, which means inspection and maintenance works cannot be done easily. Whether the catwalk can be installed will depend on the outcomes of a structural investigation that is especially important because the sanctuary, which was completed in 1931, does not have piled foundations – a feature in newer buildings that increases their structural integrity.

The second category of works will make the sanctuary more accessible. This includes potentially levelling or adding small ramps in the sanctuary, so that those with mobility issues will no longer have to negotiate the small step between the sanctuary's main hall and its wings.

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The last category involves other improvements, such as replacing the hanging lights so that they will no longer block the view of congregants in the pews, constructing a new booth at the rear for the livestreaming team, and possible security enhancements like installing electromagnetic locks.

In total, the works on the sanctuary are expected to cost about \$2.8 to \$3.5 million, with the final cost to be determined based on the outcome of the tender. An Extraordinary Congregational Meeting will have to be called – likely in early 2026 – for church members to approve the sum to be spent, before works begin.

At the moment, Phase One is slated for completion in April 2027. As for Phase Two, Eld Andrew said that planning is in very early stages, and that congregants will be engaged more widely as the Building Renewal Project

Steering Group makes projections for the church's needs in the decades to come.

For now, he said, it's unlikely that the annexe will be demolished and rebuilt under Phase Two, as there are controls on building height that will prevent the church from getting more usable floors if the annexe were to be rebuilt.

"We need to look at what the most cost-effective solutions are that will help us to maximise the use of this building, and make it as "future proof" as possible for the next 30 to 60 years," said Eld Andrew. "Please pray for wisdom and unity as we embark on this project together," he said, adding that planning will likely only start in earnest for Phase Two in 2026.

Feedback and suggestions on the works can be submitted via e-mail to [pspcbrpfeedback@gmail.com](mailto:pspcbrpfeedback@gmail.com)

## A Personal Note



Last year, on my way to work, I passed by the former Ngee Ann Polytechnic staff quarters. The perimeter was ringed by mature rain trees, and several of them had been cut down. To my shock, I saw that the core of one of the trees was hollow. Did that mean that the tree was actually rotting inside, while looking fine on the outside? When I looked it up, I learnt a few things. A hollow in an old tree is not necessarily a sign of disease, although the rotting could have been caused by fungi and insects. The inner part of the tree, the heartwood, comprises dead cells, and it is the outer part of the tree, the sapwood, where transport of water and nutrients takes place. Hollows that are open to the exterior provide a habitat for birds and animals.

At PSPC, we are celebrating our 182nd anniversary and embarking on a building renewal project (cover story). Having secured the lease on the land for another 30 years, it's time to renew the buildings for the next generation. But of course, a church is not so much a building but a congregation. As living stones of PSPC, are we living sapwood or dead heartwood? Is PSPC like a life-restoring refuge for the wounded, the sick, and the lost?

Our senior congregant, Ruth Cheah, celebrated her 100th birthday this August. She graciously shared parts of her life story with the Messenger (see pages 3 & 4). Some parts were painful for her to recall, such as the period of the Japanese Occupation in the 1940s, when she lost her parents and two brothers. Those were the times that she had tried her best to forget. As I listened, I realised that the pain and suffering that she and many others had gone through as a result of war and conflict were not something from the distant past but a lived reality for many around the world today, that the peace we experience today is not something to be taken for granted, but to be protected and treasured 'while it is yet day'. Another reflection was that from the time that she first came to PSPC as a teenager, and through her travels in life, PSPC was one of the constants in her life, together with some of the enduring friendships made through the church. The Chinese form of the church's name means 'rock.' May the PSPC family be a rock and a refuge where we and other fellow travellers can shelter and find respite and the strength that we need to weather the storms of life.

*Chia Gaik Bee*

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Do you have any feedback on *The Messenger*? Do let us know at [pspcmessenger@gmail.com](mailto:pspcmessenger@gmail.com)

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# Living Stones of Prinsep Ruth Cheah at 100

Interviewed by Chia Gaik Bee

Ruth Cheah celebrated her 100th birthday on 12 August 2025. In this article, she looks back on the seasons of her life, intertwined with PSPC, as told to The Messenger.

## Childhood

I was born on 12 August 1925 to a Peranakan family. I was the fifth in a family of ten children, and the first girl after four boys. My father, Chew Cheng Bow, worked as a conveyancing clerk at a law firm, Donaldson and Burkinshaw. My mother, Phoebe Fones, was a very talented person. She was very good at embroidery and could sew a kebaya. She could play the piano and would accompany my grandfather when he visited homes to share the gospel. In those days, all the women would go out in white gowns and share the gospel. We attended Kampong Kapor Methodist Church.

When I was nine years old, my father built a house in the Kheam Hock Road area to house the large family. There were three brick houses there, and ours was the largest and most outstanding. The houses were in a rubber plantation area, and the other dwellings were attap homes with dirt floors, put up by the rubber tappers who came from China. In a sense, this outstanding house was the cause of the troubles my family faced when the Japanese came during World War 2.

When I was 13, I started going for music lessons at Anciano School of Music (Far Eastern Music School) at Kirk Terrace. Getting to the lessons was an adventure. If I was lucky, I could get onto a mosquito bus. If I was unlucky, I would have to walk to Newton, where I could catch a trolley bus to Tekka. From there, I could take a rickshaw for two cents to the music school at Kirk Terrace, next to Cathay. I had lessons twice a week, one for theory and the other for practical.

On weekdays, my father would send me to school. I looked forward to going early, so that I could help some of my schoolmates. As the school, Raffles Girls' School, was in town, there were many hawkers' children who were students, and together with my friend Chan Pheng Looi, we helped them with their sums and other schoolwork.

## The Japanese Occupation

Our life as we knew it came to an end with the Japanese Occupation. Our house, being so large, was annexed by the Singapore Volunteer Corps. Thankfully, my brother's friend in High Street took us in. One day, the Japanese came and herded us to a camp around Middle Road. We had to sleep on the floor in a school for a day or two. Eventually, most of us were released, but my father never came back. I was never told what happened to him. A few weeks later, they came for my second brother. He had to report on several occasions,



and the third time, he did not return. He was taken away and shot.

My mother had been ill with nephritis for a few years, and when my cousins were evacuated to India, I refused to leave. I nursed my mother in the hospital and stayed with her there for a few months. It was terrible. There were patients with gaping wounds, and everything was very chaotic in the early days of the Occupation. Aunt Daisy, the youngest of my mother's sisters and a doctor, told us that it was no place for a young girl, and my mother would never recover, so we should go home. She passed away a month or two later, leaving us as orphans. My third brother had to look after the family. Later, he too was detained by the Japanese on suspicion of being a communist and was tortured for three months. They eventually released him and gave him a certificate that stated he was not a communist.

The Lord provided for my family. My eldest brother had graduated from agricultural school in KL and had a job as a plantation manager in Johor. He brought all my siblings to live with him as he had a large house. However, I stayed behind in Singapore with my grandmother, Naomi Fones. She was worried about what could happen to me if I were to fall into the hands of the Japanese, as I was then about 16-17 years of age. As my grandmother was a member of Prinsep, I also attended the church. I always attended Prinsep when in Singapore. I never thought of changing churches. I'm the sort who sticks to something and makes the best of it.

I worked at Kokusai Denki, a telegraph company. It had taken over the Cable and Wireless company. I was in the office, and some friends worked at the telegraphy side. We had to follow many rituals – when you came in to work, you had to bow to the higher-ups, and the same when you left. One day, I forgot. When the higher-up called me back, I thought it would be the end of me. But he let me off after a scolding. My eldest brother Cyril gave me a bicycle, and I cycled to work, carrying the bicycle up two flights of stairs to get home every day. I still have a persistent pain in my shoulder now.

I hero-worshipped my Aunt Daisy, who was a doctor. I wanted to follow in her footsteps, and did well in school, where I was always among the top three girls, together with Pheng Looi. However, neither my siblings nor I were able to go to university, because we were cheated out of our inheritance. We had no money and were not clever enough to get scholarships. So my career plans were frustrated. Well, God had His plans.

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### Marriage and Family

I had no intention of getting married, but during the Japanese Occupation, we all got married as quickly as possible. I married Cheah Teng Cheoh, a police officer who was boarding with my cousins. Eld Song Kok Hoo, who was a close colleague of Teng Cheoh, arranged for our wedding in Prinsep. My husband was not a Christian, and I wish that at the time, they had insisted that he become a Christian when we got married.

Over the next few years, our children were born – Richard in 1947, Elizabeth in 1948 and Madeleine in 1952. When Richard started going to the kindergarten in Prinsep, I decided to join him and started teaching there as well. I think they took me in because I could play the piano. The kindergarten had been started by Trinity Theological College, and was the best kindergarten then. Many prominent families sent their children there. The principal was Mrs Goh, the sister of Song Kok Hoo. I also got to know Diana Wong, who worked in the church office, and Tan Lee Leng, who was also one of the teachers. We became very good friends even though we were of different ages, and are still close today.

There were also church activities and hobbies. Lambert Chiang's mother got us involved in cutting out postage stamps from envelopes to help the Children's Aid Society. Girlie Tan (the late Eld Girlie Tan, mother of Magdalene, Aaron and Paul), recruited all of us into the choir. I got involved in Ikebana, the Japanese art of flower arrangement, when a friend who taught Ikebana classes recruited all her friends. For my 100th birthday, my friends from Ikebana International threw me a big party.



### Living Overseas

In the 1960s, we moved to Kuala Lumpur. By that time, Richard was studying in Australia, and the girls were in secondary school. My husband worked at a company that made concrete pipes. I volunteered at the SPCA. There were many neglected dogs. The volunteers would bring them in, clean and feed them, and try to find homes for them. We had at least four dogs at home at any time. There were so many adventures with the dogs. We had a large garden, and sometimes there were cobras. While the other dogs knew how to steer clear of the snakes, one dog was particularly stupid and would challenge the snake. On two different occasions, the snake spat venom at the dog's eyes – thank God, my husband was able to take the dog to the vet in time for treatment. The dog redeemed itself, though, by finding fallen durians and bringing them to us, with a face full

of injuries from the thorns.

When I was 67, my husband experienced chest pains. We went to Singapore for a medical examination. "If I die, I want to die in Singapore," my husband said. The same day that he had his medical appointment, he passed away suddenly in Singapore. I never returned to KL. The SPCA helped to clear out the house, and I rented it out.

In Singapore, I looked after my grandson James. I joined Eld Lambert Chiang's cell group as it was close to my home. I also rejoined the choir, still under Eld Girlie Tan. Later, I went to Australia to live close to my daughter, Elizabeth. While there, I attended a Wesleyan church.

### Back in Singapore for good

In 2017, when I was 92 years old, my son said it was time to come home. Since returning to Singapore, I have been living independently. I joined the cell group that Lee Leng and Diana attended, first in person, then online since the pandemic. I sang in the choir until I became too frail to attend church physically. I was also active in Ikebana International, and we even had sessions on Zoom. In October 2023, I had a bad fall, which required hospitalisation and a stint in a nursing home, but I managed to return home after several weeks. I used to go to the gym daily to use the stationary bike, but stopped as there were fewer people using the facilities, and it was quite lonely and potentially dangerous if something should happen. I still keep busy with my crochet and sewing.



### Keeping the Faith

You have to be strong in your faith and not allow yourself to be shaken when things happen to you or around you. When you see people who profess to be Christians do unChristian things, you have to watch your heart. You may get hurt, but you can't do anything. It's no use having self-pity; you just have to get on with life. People have expectations about church, like everybody should be nice and good, and then something happens, and sometimes people get disillusioned – "Wow, church is like that." "Wow, that person is a Christian." Then some of them may quit or lose their faith. So to me it is important to be strong in your faith. Don't let the world come between you and God.

# Serving God in Missions, Right at Home

By Chia Gaik Bee

## Goer, sender, or something in between?

You may have seen the colourful quilted bags sewn by the ladies from Marta Sewing Mission displayed for sale in the Fellowship Hall during Missions Month. The friendly faces behind the table, Se Sam and Violet, share how they came to be involved in this ministry and how they are contributing through their talents and availability.



## Marta Sewing Mission

Shortly after PSPC adopted the Ming people in Indonesia in 2000, the late Charles Lim and Pak Huise bought two sewing machines for Marta, a Ming lady who is now in her 60's. The sewing machines were used to make quilts.

In 2009, an earthquake of magnitude 7.6 struck the city, damaging around 135,000 homes and displacing over a million people. Marta's home was reduced to ashes, along with the beautifully sewn products that were ready to be shipped out.

With the help of missionaries from the United States and Singapore, Marta and her team gradually picked up the pieces and resumed taking orders for quilt blankets and other fabric-related items. As time passed, Marta's home also became a refuge and sanctuary for women believers who were misunderstood, abused and battered by their loved ones.

During the COVID pandemic, Charles' daughter Lim Ai Lin and her friends, Violet Lee and Chan Se Sam, decided to help revive Marta's sewing mission. It is their prayer that this mission can continue to thrive and strengthen each woman in the community to "stand tall in Christ, with strength and dignity as her clothing, as she smiles at the future"(Proverbs 31:25).



(L-R) Violet and Se Sam

## Chan Se Sam

I look after the webstore for the bags produced by the Marta Sewing Mission (<https://www.innerspacesanctuary.com/>). It all started when I got to know Ai Lin as a fellow traveller on a tour to Turkey. I liked the tea that she carried with her, and contacted her as I was thinking of selling it. Instead, she asked me to help with a website to market the bags.

I have been interested in missions for a long time. In my university days, I'd attended missions courses, such as Perspectives, and I have kept in touch with missionaries whom I had befriended from those days, like Calvin Ma. However, I can't go out to the mission field because of my physical limitations. I'm grateful and happy that I am able to be involved with missions by putting the bags up for sale on the website.

This is not an area that I have expertise in. During the COVID period, I was not working, and I did a course called Digital Enterprise. They taught us about the Internet, how to set up webstores and so on. I was able to apply what I learnt in the course, even though it was fairly new to me. There are challenges, such as website design and putting up products for sale in the US market in USD currency. Recently, I had a challenge with the website. I was asked to put up an offer of '2 bags at \$60', and I struggled a lot trying to figure it out. I couldn't sleep, thinking about how I could do this. But somehow, after I prayed, the next morning, a solution occurred to me. It was not very elegant or seamless, but it was good enough. So I managed to solve these problems with prayer. I'm very thankful that God has given me the opportunity to serve in this way.

## Violet Lee (Violet worships at Bukit Batok Presbyterian Church)

I've known Ai Lin for a long time, since secondary school when we were in the Girls' Brigade. During the COVID period, I was into art therapy, and suddenly I thought of Ai Lin and that we needed to get together to do something about art. Ai Lin was involved with the Marta Sewing Mission and we came up with some ideas to support them.

We came up with the designs for some bags. As the ladies were good at sewing, we got them to sew decorations on the bags, which would help them generate some income. We were very encouraged when we went there. Marta gathered the ladies, and we discussed how it could be done. The ladies also came up with ideas, such as adding beads to a print of Peranakan shoes.

There are six families involved in sewing one of the patchwork bags. Each family takes a portion of sewing and puts it together. It's a lot of hard work. Ai Lin herself did a lot of research into the design of the bag. The bag could not be too big as it would be too heavy. The straps would also need to be long enough to sling over the shoulder easily. Each bag also has textured features – the tactile features can help people with anxiety issues feel better when they touch them.

We don't just sell bags; we also sell the story behind them. Each bag comes with a tag that tells the story.

Are you thinking about how you can serve the Lord in missions through your gifts and talents? If you are wondering where to start, contact Eld Andrew Aw or any missions committee member.

# What Does Church Look Like? HELLO Class - Yelly's Story

By Chia Gaik Bee

*"There is neither Jew nor Greek, there is neither slave nor free, there is no male and female, for you are all one in Christ Jesus," Galatians 3:28.*

The HELLO Ministry conducts English classes for foreign domestic helpers, who come from the Philippines, Indonesia and Myanmar. Yelly was one of the helpers who joined the HELLO Class.

## YELLY

Yelly grew up in Manado, North Sulawesi in Indonesia, in a Christian family. Her grandfather worked in the church, Gereja Masihi Injili Minahasa. He would prepare the church premises for worship and ring the bell early on Sunday mornings.

She went overseas to work as a domestic helper soon after her second daughter was born, as she was a single mother and had to support her children. She worked in Taiwan, then in Singapore. Her first job in Singapore was to look after a bedridden 98-year-old man. After he passed, her next employers were Stefan and Ying Ying from PSPC, who employed her to help care for their then newborn baby and later their second child as well. Looking after the children, she would read them Bible stories and remind them to pray before sleeping and eating.

## 21 January 2025:

That evening, Yelly felt that something was not right. She could not lift one arm and was walking 'senget' or slanting to one side, classic signs of a stroke. Stefan and Ying Ying were not at home. Yelly told Stefan's mother that she needed to go out and went to the clinic downstairs, but it was closed. She called Ying Ying, who was then in Japan, and who in turn called Stefan. When he arrived home after picking up the children from childcare, he went to find Yelly and brought her to another clinic.

When the doctor saw her, Yelly was sent to Singapore General Hospital (SGH) by ambulance immediately. The first night, the nurse, who was a Christian, closed the curtains around the bed to give her some privacy when she saw Yelly praying.



Yelly was hospitalised in SGH for two weeks, and then transferred to Raffles Hospital for another two weeks for therapy and rehabilitation. As she could no longer work, she had to return to Indonesia. She flew back to Manado on 22 February 2025. Ying Ying and Stefan covered her expenses and also helped with some of the fittings for her home in Manado to be more disability-friendly.



## JUDY, ROSE AND EVELYN

Judy, Rose and Evelyn (left) are Filipina domestic helpers. They got to know Yelly when the HELLO Ministry was started in 2018, bringing together the Filipina, Indonesian and Myanmar outreach ministries.

Judy: "Early this year, we had a gathering with Yelly, jalan-jalan. Then the next day, we heard from our teacher in the HELLO Class that she was confined to hospital because of having a mild stroke. So we visited her and comforted her. We encouraged her not to give up, just keep on praying to hold on for her family and for her."

"We know that she has children and she is a single mother. So we are helping, not so much financially because we are not rich, but as friends we can support her by praying and encouraging her to pray and ask God's help to recover," shared Rose.

Evelyn added, "Yelly is very positive and very strong. That's why I admire her. Every Sunday when she was in hospital I visited her. I'm so grateful to God that in Yelly's spiritual journey, whatever happened, she was still positive, still grateful to God. She understood what happened to her, but whatever happened, she still thinks that God is always with her. I saw who Yelly really is. This HELLO Class is a big help to us, because we are inspired by her – whatever difficulties and challenges, to keep fighting. She is a sister to us, no matter what race we are. But we are one family. Yelly is a good person, we know her well. She is kind and her heart is open to listen."



## THE HELLO MINISTRY TEAM

The HELLO facilitators also visited Yelly in hospital. They passed the hat around to collect freewill contributions from the team. The HELLO Class ladies also pooled together what they had. These contributions were sent to Ying Ying to forward to Yelly.

Colin Koh, one of the HELLO facilitators, reflected that it was very fortunate for Yelly that the stroke affected the right side of her brain. This meant that it weakened the left side of her body, but spared the speech-controlling part of her brain. Lawrence Goh, also a facilitator, said, "The HELLO Class is even more of a family now, not just a class. Yelly's incident rallied the ladies."

## YING YING

"We are really grateful to God and to Yelly that she took good care of our children. I remember those moments when she taught our kids to pray before their meals, sing children's worship songs and read them Bible stories. We thank God for everything He has provided us."

## YELLY

**8 July 2025:** Yelly is making steady progress. She is able to do self-care and walk. Every day, if it is not raining, she would take an early morning walk in the hills to

strengthen her legs. Her left knee is still somewhat unsteady. She is able to hold and lift up a cup, but it is still difficult to bring it to her mouth. She hopes to recover enough to go back to work.

Yelly said, "Everything is in God's control. I believe God put me in my employer's home for a reason, so that I could attend PSPC and HELLO. I thank God that I could go to the same church as my employer. When I had my stroke, PSPC helped me. Everything came from God. I am thankful that I met them, the kids and my HELLO Class friends."

# PSPC Ladies' Ministry Walking Together In Faith And Friendship

By Jasmine Chee

In the first eight months of 2025, we continued our "walks & talks" with encouraging participation and joyful fellowship. Each walk remains a meaningful time to connect, unwind in nature, and grow closer as sisters in Christ.

Whether you're a regular or joining us for the first time, we warmly invite you to walk with us – share a story, enjoy God's creation, and strengthen bonds of friendship and faith.

## Some Reflections from Our Participants

*I loved the walk to Coney Island. It let me set aside my worries over school to just relax and enjoy nature. The ladies were very kind and cheerful, and were happy to sing hymns with me while we walked. I observed a lot of kindness in the group - one lady was helping another lady with impaired vision walk. I think God's goodness was shown not only in the beauty of the island, but also in the people I walked with. I felt happy.*

~ **Cheryl Tan**, invited to join the walk ~

### Thankful & Grateful

*I am truly thankful and grateful to LM for organising these wonderful walks for health. I always look forward to the carefully chosen locations and the joy of journeying together with like-minded sisters. These walks offer precious opportunities to make new friends and to deepen bonds with long-time friends.*

*The journeys are always a delight – feasting our eyes on God's beautiful creations of flora and fauna. Most of the time, we are blessed with good weather, and we always end the day with a hearty meal and rich fellowship. It is truly a blessed time of sharing with sisters in Christ.*

~ **Dora Kong**

*We have the sun.*

*We have the skies.*

*We have the seas.*

*We have the air and the breeze.*

*We have the trees, plants and flowers.*

*We have the laughter and the chatter.*

*We have the quietness and smiles as we tread along.*

*We have the island not solely for ourselves but shared with the general public,*

*yet we have each other for company in the Lord.*

*The walk in Coney island is like our walk with God and with one another in God's family. It is filled*

*with laughter and chatter,*

*with smile and quiet hurts,*

*with bright days and gloomy days,*

*with easy roads and treacherous pathways.*

*We can tread along the roads, the pathways and the*

*seasons of life with much mutual*

*encouragement and edification in the Lord.*

*Because we have one another.*

*Because we are the family of God.*

~ **Carol Ng**

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## WALKING WELL by Adeline Goh

As someone who enjoys high-impact workouts, walking used to rank low in my list of preferred activities. If I ever did go on walks, they were usually solo or in small groups. That changed in 2022 when a few friends from my cell group and I began exploring different trails and food spots together. What started as casual walks evolved into something more regular and meaningful — we even gave our group a funny name: KLKK, short for Kia Lai Kia Ker (Hokkien for “Walk here, walk there”).

My first experience with the Ladies’ Ministry Walk was in 2023 — an evening walk at Labrador Nature Reserve, graced by a stunning sunset. That peaceful walk left a lasting impression. In 2024, I joined two more walks:

1. The Punggol Riverine Loop
2. The Katong Laksa Kueh Kueh Food & Heritage Walk — a delightful blend of cultural insights and culinary treats.

So far in 2025, I’ve participated in one walk — a serene morning at the Botanic Gardens.



## What these walks have meant to me

### GRATITUDE

- I’m deeply thankful to the Ladies’ Ministry for taking the time and effort to scout and plan each walking route.
- I’ve come to appreciate the privilege of being able to walk, to move freely through God’s creation.
- These walks have helped me rediscover the simple joy of walking — not for speed or sweat, but for presence and connection.

### FELLOWSHIP

- These walks reminded me of the importance of journeying with others.
- Whether in deep conversation or shared silence, the presence of fellow walkers adds warmth to the experience.
- These are times to appreciate the quiet reflection moments, spontaneous laughter, unexpected beauty, and new friendships.

### TALKING TO GOD

- When I walk, my prayers are often simple: “Thank you for a beautiful day, God.” “I’m really tired today, help me complete my work deadlines later.”
- These words may be few, but they are intimate — a way for me to tell God what’s on my heart, to be still in His presence, and to simply be.

These walks have been more than just physical activity — they’ve become my spiritual pauses and opportunities for meaningful community. I do look forward to more walks ahead.

# Kuching (27 - 29 June 2025) Choir Retreat & Mission Trip Reflections

By Diana Chou & Grace Ang

As part of this year’s mission trip, our choir had the opportunity to sing alongside Methodist and Anglican church choirs in Kuching, in a programme coordinated by our choir conductor, Mrs Simon Chan. Months of preparation preceded the trip — tickets and accommodation were booked, itineraries planned, music selected, and practice sessions underway. With Tenebrae just behind us, we had only a short runway leading up to the departure. The few remaining Sunday mornings and afternoons before our departure were packed with rehearsals, leaving many of us juggling multiple commitments. By God’s grace, the choir was kept in good health, and the day finally came



for us to depart for Kuching. We reached Kuching late on Friday night and began early the next day at our host church - Chin Daw Methodist Church. The church’s grandeur was awe-inspiring, and upon entering the sanctuary, we sensed God’s presence. We were welcomed warmly by

choir members from the other churches - Chin Daw, Trinity Methodist Church, St Thomas Cathedral and Faith Methodist Church, and soon felt at home — God’s home. We began the day with a choral workshop - a series of talks on the order of the worship, the importance of theology and the role of music in worship. What truly stood out for us was the message on “Whole Person Worship”. It struck

a personal chord and resonated deeply with us, as it addressed a question that was pertinent to us at that time: How do we continue to serve with purpose and passion, even in the midst of fatigue?

Through a sharing session with members from the other churches, God continued to speak to us. While fatigue was a common challenge across churches, it was heartening to know we were not alone in facing it. From the discussion and sharing, we were reminded of several important truths. These truths were not new to us, but having them expounded helped us to see their application to our lives. Living out “Whole Person Worship” encompasses three key aspects:

**Self:** Worship with your life. As Romans 12:1 reminds us, *“I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.”*

**Others:** Worship must be rooted in the unity of the church - a united choir is not about a harmony of voices, but rather a unity of hearts. Psalm 133:1 captures this: *“How good and pleasant it is when God’s people live together in unity.”*

**God:** Our Worship of God on stage must be aligned with the love we demonstrate off stage. As 1 Corinthians 10:31 says, *“So, whether you eat or drink, or whatever you do, do all to the glory of God.”*

These truths refreshed us and renewed our strength for the evening concert. The sanctuary was filled! When the concert began, it came alive, filled with beautiful voices and music – pianists, conductors, soloists, ensembles and choirs, all creating music in harmony. Two moments stood out as powerful expressions of “Whole Person Worship” for us.

The first was a rendition by all five choirs combined. Despite our diverse training, music styles and backgrounds



(and having rehearsed together only once, just a few hours before the concert), we sang as one for God, and the unity was apparent. The voices blended seamlessly together, not one stuck out.

The second moment was a song item that involved congregational singing. Once again, the voices of the congregation and choirs came



together as one before God, praising Him with words from Psalm 146 that captured our desire for that evening:

*Praise the Lord, my heart!  
My whole life, give praise  
Let me sing to God  
As long as I live*

We went to bed that evening still buzzing from the excitement of the concert. The next day, we were up early for a packed schedule, starting with an 8am service at Chin Daw, followed by another at Trinity Methodist at 10:30am. Some weariness began to set in, coupled with the stress of setting up in a new environment and addressing sound and logistical issues. However, our brothers and sisters in Christ from the two host churches worked tirelessly and creatively alongside us to resolve the sound issues, and we deeply felt their support and hospitality. As the services started, the passion and fervour of the worship teams melted away our tiredness and helped us refocus on God, the One who truly mattered.

Notably, the sermon at Trinity Methodist Church was on “Transformation of the Person”. We learned that true transformation is not possible until we are willing to give ourselves to God. This reinforced the message of “Whole Person Worship” that we had heard at Chin Daw Methodist just the day before! The two messages were perfectly aligned – understanding “Whole Person Worship” is just the first step; living it out is where true transformation begins. The choir is deeply grateful for God’s guidance and valuable lessons learned during our trip.

Though our time in Kuching was brief, we learned some fascinating facts about the city. Did you know that Christianity is the largest religion? Almost 42% of the population identifies as Christian, particularly among the indigenous Dayak groups. This is closely followed by Islam, and then Buddhism. Another fun fact is that Kuching might not have been named after cats, as commonly thought. A more plausible theory suggests that it was named after the many “mata kuching” fruit trees, which were ubiquitous along the river in the olden days. In fact, in East Malaysia, cats are referred to as “pusa’k” instead of “kuching”!



Our time in Kuching was a journey led by God. We grew in faith as we saw Him working through other choirs, and we grew in fellowship as a choir ourselves. One of the songs

we sang in the concert contains words from Romans 12. These words beautifully summarise the events of our trip and the prayer of our hearts:

*Let us love, let us live in harmony  
Let us go, let us serve in the power of Jesus’ name  
To show the love of God to all the world  
Lord, let us be a living sacrifice  
Amen*

# PSPC Men's Retreat 2025 (12 Jul 2025) On Being Seasoned to Perfection

By Lewis Tham

Eld Wilson Teng kicked off the Retreat by introducing newcomers, followed by a brief recounting of the inception of the Men's Ministry, which took place at the 2004 Church Camp. He then expounded on Eccles. 3:1-8, which begins with *"For everything there is a season, and a time for every matter under heaven."*

A time of worship followed, as the initial 26 of us lifted our voices to *I Set My Hope on Jesus* and *Speak O Lord*. Eld Wilson then introduced the speaker, Rev Dr Malcolm Tan. He was a Methodist Minister for 40 years and served in five churches, three of them as Pastor-in-charge. Graduating from Trinity Theological College with a Bachelor's Degree, Masters from the Department of East Asian Studies, University of Leeds, and a PhD from the Department of Malay Studies, National University of Singapore, he was well equipped to share his life's personal experiences throughout retirement, firmly founded on the Bible. He also served in the Boys' Brigade (BB) as Group Chaplain of the ACS-based 12th Coy and was National Chaplain of the BB for over 10 years. Rev Kelvin Chen then started the programme with a prayer.

## Part I – A Biblical Worldview and the Meaning of Man

Rev Malcolm began with something that struck me immediately: "We either choose how we want to live, or we let life decide for us – and for most people, it turns out unfavourably." He contrasted the Christian worldview with the non-Christian, explaining the distinctive features with the aid of whiteboard drawings, which included the concepts of creation and divine revelation. Now retired, he shared how he lives life and how non-Christians take on retirement differently. Delving even further into worldviews, he sketched out three perspectives:

First, a non-theistic worldview – Nature is the only reality, and life began with the Big Bang and ends in a black hole of nothingness.

Second, a theistic worldview – God exists and creation leads to a friendship with Him, ultimately ending with God's summation, the final accounting of one's life.

Third, a Christian worldview – Everything in a theistic worldview, but with the addition of The Fall and a Redemption.

He emphasised that The Fall did not take place at the creation and that there was a discernible gap in time.



This indicates clearly that mankind was not created flawed, and there is hope that broken things can be redeemed. Rev Malcolm then walked us through the four stages of a man's life (accent on "man," not "men"): a man in innocence, a man in depravity, a man in grace, and a man in eternity. He went on to draw from Genesis 2 to remind us of God's breath of life, our God-given gifts, and our responsibility in making decisions.

What was the purpose of this action-packed introduction? Rev Malcolm promised to depict how the states of a man could be lessons to apply to our lives – lives where some men lose purpose in retirement, upon losing their job, or after failing in school. It was an encouragement in alignment with Psalm 8, which speaks of the glory of man – that we were made with dignity and authority, with nature placed under our leadership.

*"Yet you have made him a little lower than the heavenly beings and crowned him with glory and honour. You have given him dominion over the works of your hands; you have put all things under his feet."*  
~ Ps. 8:5-6

Following that, we broke into small groups to discuss the Christian worldview and to pray for one another to have the wisdom to adopt such a worldview.

## Part II – The Early Seasons of a Man's Life

After a short break, Rev Malcolm spoke from Luke 2:51-52, explaining how children grow into youth. They develop intellectually, physically, spiritually and socially. "An adult figure," he added, "not always the parent, often shapes a child's growth." He highlighted the power of youth ministries, even though their culture can sometimes irk the older generations. An impactful thing he mentioned, which brought out nods from many participants, was: "If their music brings their generation to Christ, live with it – the church must be intergenerational. Youth who truly come to Christ often bring others with them."

He warned about the danger of youth remaining childish rather than maturing, eventually drifting. Quoting from 1 Cor 13:11, he reminded us that growing up in faith is equivalent to putting away childish ways. "When I was a child, I spoke like a child, I thought like a child, I reasoned like a child. When I became a man, I gave up childish ways."

Another imperative point he mentioned was the 4 Cs for young adults, juxtaposed with the 5 Cs of Singaporeans:

1. a creed to live by;
2. a character to live with;
3. a cause to live for;
4. a community to live in.

He encouraged youth and young adults to see the church as a place to find a life partner – "a far better place than outside." Once again, he left us with three

keys: to live life with a purpose, decide on a plan, and pursue a vision aligned with both. We then broke to discuss once again and have lunch.

Lunch was extraordinary. Now, I'm no foodie, but it was one of the finest Balinese meals I have ever had. It was prepared by Joshua Chen's latest entrepreneurship venture, 'The Warung'. Given the choice of Ayam Betutu Goreng or Ayam Betutu Bakar (slow-roasted then chargrilled chicken with rich Bumbu Rajang spice) with turmeric rice, as well as an overwhelming portion of sate lilit (an Indonesian variant of satay served on a stick of lemongrass), each attendee ate their fill, and no complaints were heard. The food was fresh, scrumptious, fragrant and well presented, which made it such a shame that I, in my hunger, had forgotten to take a picture of the food. The planning committee aimed to support our church members' business ventures, and it was definitely a wise decision.

### Part III - Growing Old by the Grace of God

After lunch, the now 40 attendees were full and ready to continue receiving the Word of God. Rev Malcolm read from Eccl 2:1-8, a poetic description of ageing, and urged us to prepare to leave the world in the grace of God.

*"and the dust returns to the earth as it was, and the spirit returns to God who gave it. Vanity of vanities, says the Preacher; all is vanity." ~ Eccles. 12:7-8*

He spoke on psychological preparation for retirement and outlined its four main phases:

1. Vacation – a well-deserved break, but one that cannot last forever
2. Time of distress – a sudden loss of routine, identity, relationships, purpose and power. In the most dire of situations, it could lead to divorce, depression or mental decline.
3. Time of trial and error – discovering what works and what doesn't; realising that old passions may no longer satisfy.
4. Time of reinvention and rediscovery – finding new ways to combine your interests.

On point 4, Rev Malcolm shared a personal example: He loves preaching and travelling, so he combined both by preaching in India, but stopped after a family member fell ill. He had to overcome this new limitation, which led to further rediscovery.

He reminded us that change is constant – both in life and ourselves – and that we need friends to support us through transitions. Citing Ps. 92:12-15, he encouraged us to make our lives count, because retirement never signifies the end of ministry. He also shared about people he

knows who began ministry, both locally and overseas, only after retirement, at ages over seventy.

*"The righteous flourish like the palm tree and grow like a cedar in Lebanon. They are planted in the house of the Lord; they flourish in the courts of our God. They still bear fruit in old age; they are ever full of sap and green, to declare that the Lord is upright; he is my rock, and there is no unrighteousness in him." ~ Ps. 92:12-15*

### My Two Cents

By the end of the Retreat, I felt I had travelled together with Rev Malcolm through the whole journey of a man's life – from youth, to maturity and to old age – all the while centred on God. I have no space to fill in Rev Malcolm's many stories on Anglo-Chinese School history and the founding of the Boys' Brigade in Singapore, nor his array of other personal ventures that guided him through each phase of his life. Still, as that day closed for me with a renewed sense of purpose, I hope that this dramatically shortened synopsis highlights the watershed points to inspire you to fully live for Him, no matter which season of life you are in.

### About the Organising Team

This year's Retreat had the largest ever attendance since COVID-19 struck, and we praise God for it. The organising team was greatly encouraged by the strong attendance and the handful of newcomers. Planning had started almost a year back, the foremost item on the checklist being securing the speaker. PSPC Men's Ministry encourages men of all ages, especially the young adults (the least represented group at the Retreat), to join in the Ministry's events. The Retreat, for example, provides a safe space to share with one another the trials, successes and even the seemingly mundane, which may unknowingly be an inspiration to someone else. As aligned with the message, change is everlasting, and we need people around to guide us through those changes.



# Baptism & Transfers: Testimonies

## 洗礼见证

### BAPTISM

**黄秀娥 Angie Ng Siew Ngor** (Interviewed by Xie Ronghua)



我第一次接触到基督信仰是在上教会小学的时候，那时我的英文老师邀请我去教会，我以为这位洋人的神可以帮助自己学习英文，所以就跟着去，老师也时常跟我讲耶稣的故事。但小学毕业后我就没有机会再接触福音，反而时常被姐姐拉着去不同的庙堂拜拜。

多年后的一次偶然机会，我居然又碰到以前的老师，她为我能认识主祷告，我当时很感动。过后，我的几位客户也开始跟我分享福音。生命中突然出现这么多人跟我传福音，真是很奇妙。

一次生病住院时，我突然收到那位邀请我去教会的客户打电话询问我的身体状况。我当时很震惊，她是如何知道我身体不好而住院的呢？当她为我祷告时，我很感动，心里决定要去教会。但由于工作性质，我星期天也要做工，而且因为星期天很缺人手，所以很难请假。我怀着惴惴不安的心情跟老板请求减少工作时间，最重要的是每星期三和星期天不做工。出乎意料地，老板极其爽快地就答应了我的请求，而且也没有因为减少工作时间扣我太多薪水。从那以后，我每个星期天都去教会参加主日敬拜和查经学习。

自从去教会后，我发现自己的脾气有很大改变，不再那么容易焦虑生气。教会的姐妹也说我整个人增添了很多喜乐。去教会之前，我的腿不知为何走路时很痛；但自从去教会后，我走起路来竟然一点问题都没有了。这真是非常奇妙！

以上种种让我经历到神的同在，我逐渐相信神要将祂的恩典临到我身上，这让我更加坚信耶和華神是真实存在的，我要更多了解和信靠祂。所以我毫不犹豫地决定参加教会今年9月的洗礼，真正成为神的儿女。

### TRANSFER

**蒋宗和 Chioh Chong Ho** (Interviewed by Xie Ronghua)



结婚之前，我一直是个没有任何信仰的自由思想者。后来我认识了我的太太，她是一名基督徒，于是我开始跟着她去教会。可是我并不是很上心，尽管有时读圣经，但对神和圣经都是一知半解。我的岳母也是一位基督徒，尽管她没有受过什么高等教育，但她对上帝的敬虔态度让我非常敬重她。在我第二个孩子出生后，我的岳母通过我的

太太一直问我到底什么时候要洗礼。我敬重岳母，知道她的规劝一定是对的，于是我决定接受洗礼。洗礼至今，40年过去，现在为了和我女儿一家一起在磐石堂敬拜，我决定转会来磐石堂。

回想这40年，我非常感谢岳母当时的督促。在洗礼后，主教会我很多真理，让我明白我们都是罪人，唯有主的宝血才能洗净我们的罪。

另外在主里最大的收益就是靠主有平安。正如约伯记22章21节所说，“你要认识神，就得平安，福气也必临到你。”几十年来，我曾面临很多工作上的压力，也有健康方面的问题，尤其是最近几年我又经历了几场大手术，但主一路带领保守让我平安度过。感谢主的恩典！

**林妹珠 Ling Mooi Choo** (Interviewed by Jinbo)



我从小就跟着身为基督徒的父母一起去教会，渐渐地也自然而然地信了主。记得有一次我搭地铁回家，离家还有两站时突然感到一阵头晕，像是低血糖发作。我想从包里拿颗糖吃，可是还没来得及拿到就晕倒了，甚至包掉在地上也完全没有察觉。那时，周围的乘客立刻按铃求助，等到地铁工作人员在下一站匆匆赶来时，我已经清醒

过来，自己可以安全回家了。这件事情让我更加体会到主的看顾与保守。

正如诗篇143篇第8节所说：“求你使我清晨得听你慈爱之言，因我倚靠你；求你使我知道当行的路，因我的心仰望你。”

我愿每一天都凭信心仰望主，靠着祂的恩典前行。

**李亚发 Lee Ah Huat** (Interviewed by Michelle Chau)



My name is Lee Ah Huat. I was a freethinker before I accepted Christ in 1989. One of my office colleagues back then invited me to his church and I was baptised in the same year. However, over the years since then, I went to church on an ad-hoc basis. Things changed after the COVID-19 pandemic, when I started

to visit PSPC with the Sarah Active Ageing Centre (SAAC) Ministry. I want to transfer my membership to PSPC because the environment suits me and I like the community here.

**Thomas Aw and Jennifer Khoo**

We are married with two children. We worshipped and served at Grace Assembly of God. We visited PSPC through



Sharon Goh, a good friend of Jennifer's and a former colleague at Ernst & Young. Since 2017, we have been attending PSPC quite regularly and are part of the Bishan Cell Group.

**Alex Tang Fook Wah**



I am retired after working in the Ministry of Education for 39 years. To keep myself fit, I play tennis once a week and go for walks around my estate. My wife is Yueh Tarn, and we both enjoy travelling. We have been to different parts of the world especially Europe, Australia, USA and South America to understand the different lifestyles and cultures in each country.

## 张晓红 Dorcas Zhang Xiao Hong



我生长在一个基督徒家庭，爸妈都是虔诚的信徒。小时候我们家就是一个小型“教会”，每周邻里都会来家里聚会，爸爸带领大家唱诗敬拜、读经祷告。

爸爸的声音特别柔和，他讲道时那滔滔不绝的话语总是很催眠。我常常抱着小枕头，听着听着就睡着了。等我渐渐长大，爸妈就不允许我听道时睡觉了。只要我一打瞌睡，

他们就会叫醒我。就这样日积月累，通过爸爸的讲道，我听到了很多神的话语。

让我最能理解圣经故事的是《妙妙书》光碟。那时我刚上小学，妈妈特意买给我。光盘放进CD机里，一个故事接着一个故事播放，动画片的形式让我看得入迷。我深信这个世界有一位神，看《耶稣受难记》时，我痛哭流涕，为耶稣所受的苦难感到心疼。

小时候我跟神特别亲近，因为我很听话，爸妈教导我的我都相信。我不害怕走夜路或看僵尸片，因为妈妈告诉我那些都是假的，爱我的神会派天使时刻保护我。遇到困难时，我也会向神祷告。

直到上了初中，生物课上学习了进化论，我开始用自己的思维思考“神”的存在。我甚至产生了怀疑：这个世界真的有神吗？从小到大都是爸妈告诉我有，他们说有就一定有吗？心里的疑问让我与神的关系渐渐疏远。

那时家乡的信仰环境还比较自由，每逢寒暑假，当地教会都会为青少年举办营会。周边地区的孩子们聚在一起，最短两天一夜，最长一个星期。教会场地很大，有宿舍、餐厅，吃住全免费，每天都有叔叔阿姨照顾我们。讲道的牧师都是从大城市来的，还带着大学生哥哥姐姐们带领活动。

每次有这样的聚会，爸爸都会给我报名，但我很抗拒参加。一方面我怀疑神的存在，另一方面我性格内向，不想和其他陌生孩子接触。爸爸的哥哥，也就是我的三叔是当地教会的传道人。所以我总是被我爸爸和叔叔“强行”送去参加。那时候常感叹“胳膊拧不过大腿”，虽然不情愿，还是得去。每次营会结束后，我的信仰会短暂火热几天，但很快就冷淡如初。

初二那年的夏令营，我又被爸爸逼着去了。那年的牧师团队特别棒，有从美国来的宣教士夫妇、很多年轻同工，以及新加坡来的医生夫妇。（现在想来真是奇妙，那时完全没想到有一天我会在新加坡定居。）美国宣教士夫妇年纪较大，估计有七十多岁了，但他们特别会带动气氛。聚会的第二天，我的抵触情绪就完全消失了，反而开始期待接下来的活动。整个营会近二百人，大家都沉浸在欢乐的氛围中。我们玩各种圣经知识问答、背诵经文等游戏，获胜者能得到从美国带来的玩偶和糖果。这些奖品对我吸引力太大了，我特别积极地参与各项活动。

欢乐的时光总是过得很快。营会过半时，一位美国哥哥给我们看短片前问：“谁怀疑世上有没有上帝？”我第一个举手！他看到很多人举手，没有多说什么，而是给我们播放了一个关于太阳系八大行星的短片。他讲解道：这些行星各有轨道，运行有序，互不干扰。你想过为什么这么精确吗？宇宙大爆炸能巧合到这种程度吗？这难道不是精心设计的吗？看完短片我思考了很久，觉得这真是太奇妙了！以我有限的知识，完全无法反驳神的伟大。神的拣选是有时机的，这次营会让我收获很大。回到家后，我的心被圣灵充满，开始重新思考与神的关系。

从那以后，我陆续经历了许多神迹奇事，真切地感受到祂的同在。我坚信：世上有神，祂爱我，保守我！祂的恩典数算不尽，我愿追随祂脚步，直到永永远远……

# Marketplace Commissioning 2025

## JOSHUA WEE

I recently graduated from NUS Biomedical Engineering. God has led me and provided for me throughout my four years at university and indeed all of my 25 years, and I hope to continue serving and glorifying Him in healthcare or manufacturing.



## YUH HYOJIN

I did Economics at Yale-NUS College. I am now in corporate banking. Though I've only been working since July, there were no issues adjusting as I had done my internship with the bank during my studies. Please pray that I will be able to do my best for this job.

## ETHAN TENG

I am an Associate Specialist (Engineering) embarking on the Manufacturing Leadership Development Programme (MLDP) at Merck Sharp and Dohme (MSD) Singapore — a biopharmaceutical company developing important medications and vaccines. Please pray for God's wisdom, guidance, and sustenance for me as I navigate this new chapter of my life, thank you!

## DANIEL TEO

I recently graduated from National University of Singapore with a Bachelor of Laws. I am currently studying for the Singapore Bar examination that will be held in December 2025, after which, I will become a lawyer at WongPartnership in 2026. Please pray that I continue to surrender everything to God and remember that He is Lord over all of my life.

## NOEL THAM

I've recently graduated from the Singapore Institute of Technology with a degree in Mechanical Design and Manufacturing Engineering. I'm currently working part-time while exploring new job opportunities. Please pray for me to have patience, wisdom, and unwavering faith in God's perfect timing and providence.

## JEREMY TSANG

I recently graduated from Yale-NUS College with a Bachelor of Arts, majoring in Literature. I have joined the teaching fraternity as a Secondary School teacher, and would be grateful for prayer support as I seek God's guidance and wisdom at work!

# Breakfast, anyone?

By Lewis Tham

Every Sunday morning, before the congregation gathers for worship, a dedicated team of people is already hard at work. Though we may not realise it, the Church caretakers and staff, the worship leader and musicians, and even those driving others to Church are all collaborating to put on their best for God that morning. What may look like a simple gathering each Sunday is, in fact, the fruit of hours of planning, teamwork, and a shared heart to bless the Church.

One particular group that puts in a tremendous amount of effort to carry out their task – both mentally and physically -- is the Breakfast Ministry. Can you imagine a Sunday with no breakfast? Picture this: you leave the service famished, expecting a delicious bite to eat, only to find the closed windows of the kitchen!

You may think, “I can always find food outside” or “I don’t eat breakfast”. However, some people rely on the Breakfast Ministry. Having to rush to Prinsep Lighthouse (PLH) or assist in the Mandarin Service, amongst other commitments, tends to limit one’s breakfast choices. Some have thought about that and are persevering in ensuring there’s always food on the kitchen counter every Sunday.



One unsung hero of this Ministry is Popo Dorothy. Did you know she’s been serving in the Breakfast Ministry since the 1970’s? Back then, breakfast was simple; it was served only on Communion Sundays and prepared for the bright and early congregation of the 7:30am service. Yet, it carried the same heart it

does today – to gather, to share, and to bless. Over the years, many faces have come and gone, but Popo Dorothy stands out. Whenever a breakfast team cannot make it, she would step in without hesitation. She has never made a fuss, nor sought recognition. She simply fills the gap, making sure there’s always something warm for the congregation. But her proudest moment? Being able to sell 150 packets of Farrer Park wanton mee back then. For comparison, teams today bring in roughly 70-80 servings a week, so 150 back when the Church had a smaller congregation meant almost everyone ate!

Over time, she had volunteers working alongside her serve in a similar manner. For example, Uncle Michael Goh has made it a point since 2019 to wake up as early as 6am to pick up Popo Dorothy

and collect food with her. Initially, he only came to help count the money. But soon, he realised more hands were needed, so he arrived earlier and helped her with the heavy lifting and wherever else he was needed. Today, Popo Dorothy and her team joyfully fulfil the duties of the Breakfast team at least once a month. When asked what keeps her going all these years, she just replied, “I never thought about stopping. I just show up and do what needs to be done.”

Another person who has been serving for a long while is Aunty Neo. She had taken up the responsibility of making coffee and tea for the longest time and only decided to take a break in 2021. Cell groups that serve in the Breakfast Ministry usually assign two members to manage the beverages, which Aunty Neo has been doing alone all along. In the year she decided to take a break from serving beverages, she was baptised at Telok Ayer Chinese Methodist Church and later transferred to PSpC when the Chinese Ministry began.

Each year, cell groups are invited to sign up for the breakfast slots. Some groups go the extra mile. Lionel Gan’s cell group, or ‘Siglap Sedap’, for example, have their own aprons and signboard. Food-wise, the group also thrives on variety. In such a team with many foodies among them, discussions regarding the next menu often spark lively debates. Should it be something home-cooked this week? How many servings will be enough? Which dishes will appeal to both the young and the elderly? Having to balance these considerations is no easy feat, and at times, they result in unique and uncanny pairings. In one case, the group had a laugh serving marshmallows with mayo.

Despite constraints such as limited cooking facilities, a small kitchen, and food safety restrictions from serving totally home-cooked food, the team persists with their resourcefulness and determination. Whether by way of microwaving, careful planning, or making do with what is available, they stretch every available resource to their limits. Their goal remains the same with each serving: to provide the congregation with an affordable meal that nourishes not just the stomach, but the soul as well.

These small acts of service are where love is living. Every person brings their own strengths and abilities – whether it’s consistently brewing a good cup of coffee, managing to get orders straight, or



delivering food on time (at 8:30am or earlier). Everyone does their share differently, but as a whole, they embody the spirit of real community.

Of course, the work comes with challenges. Collectively, every team that has served in the Breakfast Ministry has faced people who expect certain foods, request hard-to-acquire condiments, and even voice strong opinions on how things should be done. Yet through these moments, they have learned patience and resourcefulness, often finding joy in turning small difficulties into opportunities to serve with a willing heart. Several cell groups have also added an element of fun while serving through competing for the best decoration and whiteboard posters.

Occasionally, teams get tired of doing the same thing. But even on those occasions, they remember the big picture: this ministry is not about impressing but about serving. It is not about failing if things are not extravagant; it is about being faithful in actions that matter.

Groups like Uncle Michael's have discovered that food is not just about sustenance - it's a ministry of presence, of welcome, and of love. By simply serving breakfast, they gather their cell group, foster what it means to be one Church, and create a real space where love for one another can be known. When asked what really makes the group gather to serve, they said it's all about teamwork.



"If you forget why you're doing it, you'll get burned out," says one member of Siglap Sedap, "But when you remember the purpose - to bless the church - every meal, no matter how simple, becomes an act of worship."



These cell groups and church members put in a great deal of effort to not only support those who rely on their ministry, but also bless those who simply want a bite after service. Especially since there are just a handful of groups dedicated to this ministry, their responsibilities become overwhelming and exhausting week after week. If you are keen to serve in this area, why not pitch the idea to your cell group, or even to your own friends? There's no rigid recipe to carrying out the duties; all it takes are just willing hands and cheerful hearts!



# WE ARE ON SOCIAL MEDIA!

Er... Who's on Social Media? **PSPC!**

Why? **To reach out to more people out there.**

Who? **The Boomers, Gen Xs, Millennials and Gen Zs who are active on social media.**



[facebook.com/pspcsg](https://facebook.com/pspcsg)



[instagram.com/pspcsg](https://instagram.com/pspcsg)



# Girls' Brigade (GB) 7th & 8th Companies

## ~ 3rd Quarter Update



By Jess Goh

Captain, 7th Company Girls' Brigade

Acting Captain, 8th Company Girls' Brigade

### ADVENTURE CAMP REFLECTIONS

GB 8TH 2025



**GRACE LEE, 8th Company, Girls' Brigade Singapore :**

We had our very first 8th Company Girls' Brigade camp from 23 to 25 June this year. This was a combined camp with the 1st Company Boys' Brigade. Although the camp was short, we had a fun-filled and memorable time, as we explored the theme of 'courage' with the Girls and Boys from Yusof Ishak Secondary School.

As our Company is new, all the Girls are from the Secondary One cohort. For many of them, it was their first experience trying their hand at various outdoor adventure activities such as abseiling, high element, gliding down a zip line, as

well as constructing a raft and riding it in the open waters off Sembawang Park. Using the approach of adventure, we wanted to bring out the importance of demonstrating courage, one of the core values of the Girls' Brigade.

At the start, most of the Girls expressed hesitation or even initial unwillingness to participate in the activities, but in the end, almost all could be persuaded to give the different challenges a shot. As Officers, we did our best to motivate them to have the courage to try and to make the most of the opportunity. Through various means, we told them they could do it, that there were safety measures in place to prevent injuries, and that learning to overcome one's fears builds resilience in our character. After all the cajoling, I felt it was important for some of us to also take part in the activities, as a way to lead by example.

With this in mind, I requested to try abseiling. The one and only time that I had done this previously was during a rock-climbing course a long time ago. Although I had not experienced a fear of heights in the past, this time I wasn't so confident of my physical ability to attempt the activity. However, I wanted very much to identify with the Girls, as well as to challenge myself; hence, I told myself to be

courageous – the same thing we were telling our Girls.

I repeated this as I made my way up the four storeys to reach the starting point. There, I listened carefully to the instructors and tried my best to calm myself, even as I started to feel some anxiety as I looked down at the ground below, which appeared to be further than I had thought! With the support of the instructors and the encouragement of the BB and GB Officers, teachers and students cheering from below, I plucked up my courage, whispered a quick prayer and took a leap of faith (literally) to leave the comfort and security of the fourth-floor landing to begin my descent.

Immediately, I found myself in a 'Spiderman' position, trying to walk down the wall with my back to the ground below. To move down, I had been instructed to release the rope behind my back that I held with my left hand. Whilst I knew this in my head, my instinct was to do the exact opposite and to cling to the rope tightly, as I felt more in control this way. Each release of the rope would indeed cause me to slide lower to reach the ground (which was the goal), but it also meant that the soles of my shoes may lose their 'grip' on the wall, or that my balance would be affected and cause me to bounce off the wall, making it difficult to resume the walk down. The instructors above must have noticed my hesitation, and they kept calling out for me to let go of the rope I was holding behind my back. With God's help, the patient guidance of the instructors, and enthusiastic cheering of the Officers and Girls, I finally made it safely to the ground – what a relief, and also a sense of thankfulness and achievement.

As I reflected on this experience and our camp theme of courage, a few thoughts came to my mind:

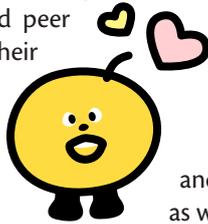
**First, courage is not the absence of fear, but the willingness to take action despite our fears.** The Girls and I had fears of falling, injury, not completing the adventure, and so on, even after we made the decision to try the activities. Whilst fear seems instinctive whenever we are not in control, courage appears to be an attitude we have to intentionally choose. Through our willingness to try, we showed that we had chosen courage.

**Second, trust or faith is foundational to the courage to act.** To have the courage to step out in action, we need to trust others, especially the experts (like the adventure activity instructors), and also ourselves. At the camp, we had to put our faith in the instructors' expertise, in the equipment they set up, and in the instructions they gave, like releasing the rope behind us as we abseiled, despite the natural tendency to want to hold on. We also had to trust in ourselves, in our ability



to take up and complete the challenge. As some Girls shared, they were able to complete the adventure challenges by assuring themselves that they could do it.

**Third, courage is contagious.** As our Girls plucked up their courage to attempt the activities, they provided peer encouragement to one another. When they saw their friends completing a challenge safely and enjoying it, they wanted the same experience for themselves. By learning and growing together, our girls were helping one another overcome the challenges with courage.



Throughout the Bible, God's people are exhorted to be strong and courageous, to take heart and not be afraid. I find this constant call to courage helpful, as my experience at abseiling during the camp reminded me of how unnerving it can be when we can't feel the ground below our feet, and when we are unsure if we can complete the course. We know we have a God we can always trust, and we have the body of Christ to encourage us. I'm thankful for the opportunity to enjoy this camp with the Girls (and Boys) and to learn with them how important it is to put on courage as we face the unknowns and challenges of life.

## GBHQ FRIEND IN DEED



GB 7th and 8th Companies participated in our GBHQ Friend in Deed project. We adopted a total of 52 wishes. Every wish granted had a value of up to \$60. The Girls raised the funds during their school recess and we also raised part of the money in church. Some of the Girls' parents also helped to fulfil some of the wishes.

Below are some reflections by the Girls who delivered the gifts to the families. All of them hope to do more deliveries next year and would like to improve the way they communicate with the beneficiaries.

*"They were all welcoming and kind."*  
- Recruit Jacinda

*"One of the families did not even have proper beds and were sleeping on the floor."*  
- Recruit Rou En

*"I was very scared at first but after seeing that they were so welcoming, I was not scared any more."*  
- Recruit Cheryl



GIRLS AND OFFICERS OF 7TH & 8TH COY

## GB FORTNIGHT: LEADING THE WAY WITH GENEROSITY

The Girls from the GB 7th and 8th Companies had their annual GB Fortnight donation drive on 24 and 31 August 2025 at PSPC.

We thank all donors for their generosity. Do continue to support the Girls in prayer and generous donations.



# BOYS' BRIGADE (BB) 1<sup>ST</sup> COMPANY

## ~ 3<sup>rd</sup> Quarter Update



THE BOYS' BRIGADE

By Ho Yew Keong  
Captain

1<sup>st</sup> Singapore Company

In the third quarter of the year, we focused on the school's National Day Parade, BB Carnival, and BB Cares.



The school celebrated National Day observance day on 8 August 2025. As usual, the uniformed groups, BB, GB, NCC and NPCC formed the guard of honour at the morning parade.

Most of the Secondary 3 Boys were involved in the guard of honour contingent as their drill standard is good. Training started in early July during CCA time. There were not many training sessions but the Boys were good enough with that. The supporting contingent was formed by the Secondary 2 Boys.



On 23 July 2025, we attended the President's Badge Award Presentation.

(L-R)  
Ang Kok Wah,  
Prof Ho Yew Kee,  
LG (RT) Winston Choo,  
Ho Yew Keong.

**23 AUG  
2025**

**ANNIVERSARY  
CARNIVAL**



The Boys' Brigade in Singapore had their Anniversary Carnival on 23 August 2025 at St Andrew's Village. This was part of the BB Cares project that HQ initiated to help the Boys to clock their required hours. Our Boys manned two booths at the carnival. They were there in the morning to set up and decorate the booth for the carnival in the afternoon. The estimated crowd was about 5000 people, including beneficiaries whom other company Boys brought along.



(Continued on Page 20)

(Continued from Page 19)

The Secondary 1 Boys went to Bright Hill Evergreen Home on 29 August to play games and interact with the elderly. They also presented them with a goodie bag each. This was part of the BB Cares project for which the Boys need to clock their hours and learn to care for and share with the elderly. This was also part of their practical for the Community Service Badge.

29 August also marked the last day of the 3rd term. The 4th term will start on 15 September when the Boys will be in their final exams preparation.

Pray that the Boys will be diligent enough to study well for their exams.



# Children's MINISTRY CORNER

## Sunday School Missions in Focus

By Pr Carol Ng  
Sunday School Superintendent

Our Sunday School children got to hear first-hand accounts from our mission trippers in our very own Missions in Focus month.

We thank God for Eld Justin, who shared the heartbeat of EPJM (English Presbytery Japan Mission) with our children on 13 July. The children learnt that Singapore Christians, in particular the English Presbytery, have been reaching out to those who were affected by the March 2011 tsunami and touching lives through ministering to them almost monthly since 2011. Despite the challenges of language and cultural barriers, the Lord has graciously provided the opportunity for EPJM to reach out to the Japanese in Iwate and other prefectures. As Japan is a hard land to receive the gospel, we need more Christians to step up to reach out to them. *Will you be one of them to come forward to support the work in EPJM?*

We also thank God for Rev Peter Chan, who shared his personal experience on 27 July about the Synod-Nepal Medical Mission, where doctors, dentists and support volunteers provided medical and dental care to the Nepalese in the remote villages. Although the team could only provide the most basic medical and dental care in the remote areas, we give thanks to God that the team also carried with them the love and care of Jesus to the locals. May the Light of Jesus continue to shine on the Nepalese. May God continue to bless the work in Nepal as more help and resources are extended to them. *Will you be one of them to support the Synod's Medical Mission work in Nepal?*





## Children's Ministry: Sunday School Training

*Come and understand children with special needs and be equipped with classroom management strategies.*

And that is what our fifteen Sunday School and Joyful Voices teachers and co-teachers did at Yio Chu Kang Chapel on 12 July. This interactive and engaging workshop was conducted by special needs coach Tina Tan. She helped participants to explore how to better understand children with diverse needs and respond to sustainable strategies in church. We give thanks for all who attended, and may it equip our Children's Ministry co-workers with more handles to reach out to our young ones with diverse needs. We thank God for KidminSG which organised this workshop to help churches to disciple the next generation for God.



Below are takeaways from some of PSPC's participants:

### **Chiam Li Li:**

It was an engaging talk by the speaker, Mrs Tina Tan, delivered in a lighthearted yet effective way. Sharing her own experience with her child with special education needs as well as those she works with, helped to make the talk more relatable and create a sense of empathy towards these children.

My key takeaways from the talk were the practical tips and strategies in managing classroom incidents. One of them was the framework for case management and collaborative communication which provides a more structured yet loving and empathetic approach towards managing behaviour.

### **Amanda Ng:**

The workshop was helpful because Tina gave concrete examples of behaviours to look out for and how to address them. The workshop helped me to understand the role we play and the point of view we can take when working with kids. Overall, it was very encouraging!

### **Stefan Huan:**

I must say that I now have a much better understanding of children with these traits. But it does take a lot of effort and commitment to educate and teach them. We are not here to solve the problems for them or their family, but rather to facilitate and educate or teach God's Word to them.

### **Lai Yi Ying:**

My main takeaways were the classroom management segments, as I'm quite familiar with the signs from my psychology and counselling background. I found the suggestions to go from a strengths/positive approach to encourage positive behaviour, and the use of non-disruptive fidgets helpful.



### **Mary Ho:**

Takeaways:

- Observe and work collaboratively with parents to identify strategies which work for each child.
- Have clear rules which are
  1. age appropriate,
  2. stated in the positive, e.g. "Be kind" instead of "Do not be rude",
  3. reinforced before every classroom session for Special Education Needs (SEN) children because of their poor working memory and recall, i.e. we cannot expect the kids to remember from previous class sessions.
- Teachers must have patience and manage our own expectations. We cannot expect immediate responses and compliance to instructions.

### **Rosalind Ong:**

"ADHD is not an excuse." The statement struck me clearly at the start of the "inclusive" Children's Ministry workshop. It was a moment to recommit and a chance to renew my passion for teaching and sharing the Gospel with children. The challenge for a Sunday School teacher is understanding children with special educational needs and even those who don't.

The speaker, Mrs Tina Tan, shared the **ABC framework (A-Antecedent, B-Behaviour, C-Consequences)** to identify **triggers (A-antecedents)** by examining what happens before a behaviour occurs. It involves observing **Antecedents (what happens right before)**, the **Behaviour** itself, and the **Consequences (what happens after)**. The framework is a good reminder for me as a teacher and also as a grandparent to always **Identify A (antecedents) first** and **not immediately resort to C (consequences) to solve the problem.**

#### **When and why should we discipline them?**

We should seek to understand that there is a **TRIGGER** point for ADHD children and that their behaviour is not a deliberate, wilful, or malicious act. Coach Tina highlighted to us that wrong assumptions would hinder our effectiveness in engaging them. She implored us to have the right assumptions so that we can better support them.

(X) WRONG ASSUMPTIONS	(√) RIGHT ASSUMPTIONS
Stop us from showing compassion	Children do well if they can; if they aren't doing well, it is due to barriers in their way, and not their attitude or motivation issues.
Cause us to be selective in who we show love and care to	Help us reach out beyond ourselves. Help us want to and know how to pray for them.

I am thus reminded to **MAKE** the **RIGHT** Assumptions about them.



# Seniors' Retreat (2 - 5 September 2025, Kluang, Johor)

Speaker: Rev Timothy See. Theme: Alive and Living (Romans 12: 1,2).

Words by Debbie Chai, photos by Rev Peter Chan, Rev Kelvin Chen, Alan Chia & Lee Fei Mei

Time well spent  
 Fed in body  
 Mind and spirit  
 Refreshed, recharged  
 Resolved to live  
 And give our lives  
 In golden years  
 To be salt and light  
 With mind renewed  
 And heart transformed  
 Continually  
 Consistently  
 By God's Word  
 To bear witness  
 Reflecting Him  
 To all around  
 So all may know  
 His reality first-hand  
 So as to live  
 With deep  
 Contentment and  
 His all surpassing  
 Peace within  
 Armed with future hope  
 And assurance  
 Banking on  
 Memorial stones  
 Of God's faithfulness  
 To anchor our days  
 From earth to glory



– a little poem to sum up our time together, written with deep gratitude to God for His grace and tender mercies, protection and provision, for good food and warm fellowship; many thanks to the Pastors and organisers for their hard- and heart-work to give 49 participants the treat of a Retreat.

## IN & AROUND PSPC

### PSPC Updates

(July 2025 - Present)

#### DEATHS

Wan Yue Kwong  
 22 JULY 2025

Eld Wee Char Lee  
 9 SEPTEMBER 2025

#### New Birth

Parents: William Toh & Grace Tsang

Hi everyone, my name is **Matthew Toh**, and I was born on **5 August 2025**. I'm only a month old but I've already been showered with lots of love (and cuddles!) from my family. Papa and mama tell me that Matthew means "gift of God", and that I've already brought them new lessons in patience, joy and trust in the Lord. I'm excited to grow and can't wait to meet



more of you. Thank you for praying for me and my family!

#### Wedding

We are **Eddie Cheung** and **Odelia Lim**! We exchanged our vows at PSPC on **28 June 2025**, and we are still navigating the delightful awkwardness of addressing our in-laws as "mum" and "dad".

We are deeply thankful for the prayers, guidance, and love from the church and community that have carried us to this new chapter. As we begin our married life, we look forward to worshipping, serving, and growing in faith together here as part of the PSPC family.



# YACHT Mid-year Teaching Camp

By Eld Aaron Tan

**Camp Theme:** Into the Word, Into the World (25 - 27 July 2025)

This year, our camp speaker Dr Mark Chan, who is Professor Emeritus of Systematic Theology in Trinity Theological College, shared insights on how we can read, understand, and apply Scripture for life in both church and the world.

We thank God for drawing us closer to Him through His Word, and for the fun times we shared with one another during the camp!



In July 2025, Prinsep Lighthouse organised a series of topical talks for the youth. The talks covered a broad range of topics, ranging from understanding neighbouring faiths (Islam and Buddhism), different denominations (Catholicism and Protestantism), as well as relationships with others (Godly Relationships). We have compiled reflections from three of the youth.

## Christianity in Comparison to Other Religions (Angie Chang)

By Anna Wee (Seniors)



*Our youth mentor, Angie, challenging PLH to consider how we can apply our understanding of different faiths in our daily lives*

Angie's talk about Christianity in comparison to other religions was both interesting and useful to me. I found it quite enlightening to learn about the religions like Islam and Buddhism which are major religions both locally and globally.

I felt it was integral for us to learn about other faith communities in our society, so that we can be more respectful and knowledgeable during our interactions with people from different religious backgrounds.

Throughout the talk, I found it surprising how some religions had more similarity with Christianity than I previously thought. For example, Muslims actually recognise many of the same prophets as we do. However, Angie also clearly highlighted the differences between the core beliefs of each religion, affirming that as Christians, we believe in Jesus as the Son of God.

Towards the end of the talk, we sat in smaller groups to discuss the relevance of the topic to our personal lives and our experiences discussing religion with friends from other faiths. It was especially interesting to hear that my group had a wide variety of experiences – some really enjoyed having in-depth conversations about religion with their friends, while others were concerned about being sensitive to their friends' faiths and preferred not to talk about religion outside of the Christian community.

All in all, a key learning point was that as Christians, we are representatives of Christ to everyone around us. The way we act and present ourselves in our daily interactions is a testament of our faith and the values we believe in, and this too is a form of evangelism in itself – no matter how subtle it may be.



## Denominations (Catholicism vs. Protestantism) (Andre Chia)

By Issac Wat (Middlers)

KK Andre's talk on 27 July was about the differences in Catholicism and Protestantism. He briefly went through the history of the church, and how the denominations diverged and came to be. We were then tasked to research, in DG-level, the similarities and differences between the different denominations. Following that, we gathered together to discuss our findings.

The fact that we had to do some research ourselves made it more engaging and hands-on than it would otherwise have been, and allowed us to retain information much better. I felt that the whole talk was very informative and I appreciate the new knowledge that I have gained.

Through compiling our research, we learned about the similarities and differences between Catholicism and Protestantism. (A few examples might be that the Protestants deny the authority of the Pope, while the Catholics see the Pope as the successor to the Apostle Peter; that Catholics have additional books in the Bible canon as compared to Protestants; that some Catholics pray to Mary, Mother of Jesus, and the saints, while Protestants do not, etc.)

However, despite our many differences, we share many similarities. (For example, both affirm the Trinity; both believe that the Bible is inspired from God, infallible and inerrant; both affirm the resurrection and the second coming of Jesus; both view oriental and animalistic religions as pagan, etc.)

Therefore, despite numerous differences in doctrine and belief, we still have some common ground for discussion. This helps foster unity in the broader body of Christ, as it teaches us to disagree without division. Otherwise, we could have severe conflicts, with some leading to severe casualties as we can see from history. (An extreme example comes to mind, such as the Thirty-Year war, one of the longest and most destructive conflicts in European history. It was a series of wars between various Protestant and Catholic states in the fragmented Holy Roman Empire between 1618 and 1648, due to mounting religious tension.)

Thus, we should strive to understand and reconcile our differences - to find common ground in the faith. After all, we may be many parts, but we are still one body in Christ.

## Godly Relationships: Panel with Julian, Lydia, Amanda, Raymond

By Ryan McKay (Middlers)



I felt that the talk today was very insightful and educational. It was about dating and it focused on teaching us about the many considerations and mindsets one should adopt before or during dating, mainly that a relationship is supposed to be Christ-centred and a loving marriage reflect Christ's love for

the church. I found the panel format really engaging - it made the setting less formal, allowing for more open conversations.

I really liked how the mentors each had different stories, and each of them gave valuable advice that felt relatable. From their stories, I understood the importance of boundaries, being equally yoked (sharing similar and compatible values, not just in Christ) and staying grounded.

The panel also covered our many concerns towards dating (for example, whether one can gauge if they are emotionally and physically mature to date). One point that resonated with me the most was that no one is perfect. Love is about patience, and accepting your partner's flaws and helping each other grow in Christ and as a person.

Having been in a relationship before, I could relate to the panel's perspectives. While there are many potential benefits a relationship can bring, such as having the emotional support of a caring partner, I learnt that other considerations should also be present, and there is no point in rushing into a relationship simply out of one's desire. It was an opportunity to reflect on my relationships, and ponder about what Christ has in store for me.



The panelists sharing with the curious youths their experiences in dating. Cameo appearance from their kids.