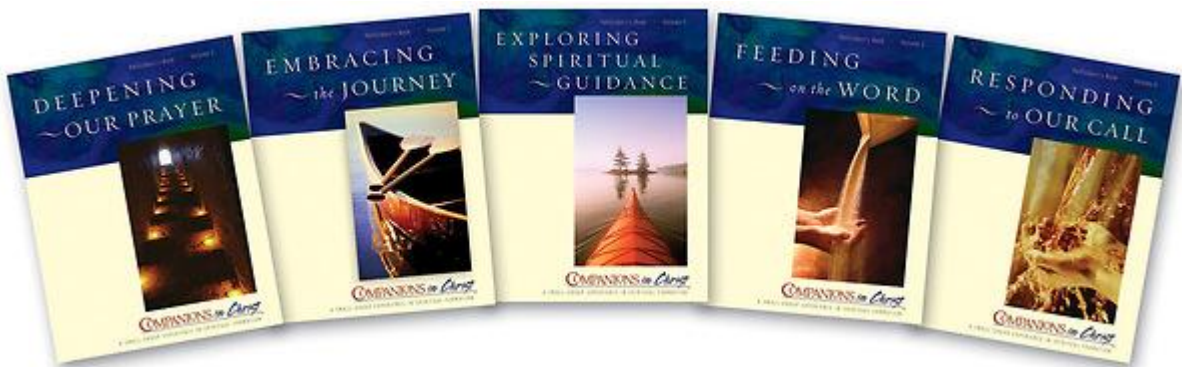


# COMPANIONS<sup>®</sup> *in Christ*



Alternate Tuesdays, starting from 23 Feb 2016 to 25 April 2017 (28 Sessions) 10.00am-12.00pm | TMC  
Cost of Participant's Book: \$20.00

**Facilitators:**

Rev Paul Nga has served one year at TMC – having been first appointed in January 2015 after his sabbatical year in 2014. He began his pastoral ministry in mid-July 1981, and has been appointed to Christ MC, Aldersgate (formerly Clementi) MC, Toa Payoh MC, Faith MC, Living Waters MC, and now Trinity MC – as serving concurrently as Full-time TRAC Youth Director, Chairman TRAC Board of Youth Ministry, & Director Ministry in Schools (DMS) GC from 2006-2008. Throughout his ministry, the importance and need for being connected to and with God has been one of his major emphases – making time to come alongside worshippers in their faith journey. He has made time to be involved in and to conduct spirituality retreats (both silent and preached, and mixed) for individuals and groups. He is currently one of the leaders of the Walk to Emmaus movement in Singapore.

Mr Lee Park Ming, a long-time member of TMC, joined TMC as a full-time member of staff in 2009, after having served God in many other capacities, including Overseas Missions Fellowship from 2007-2008 after he retired from work. In TMC, his portfolio and responsibilities span almost the entire life and ministry of the church. Park Ming, a multi-talented and extremely capable person, can be described as having seen and done all, and knows almost everything about TMC. Spiritual formation and retreats stand out as one of his many and varied passions. He is always ready to make time to connect with people to connect them to and with God on their own, and to connect them with others in support groups. He has personally participated in, as well as organised and led, many forms of spiritual retreats.

**Who Should Participate?**

Worshippers who would like a mid-week spiritual feeding. You would like to DEEPEN your experience of God, to EXPLORE the fullness of life in Christ through spiritual practices, and to RECEIVE the grace and guidance of the Spirit in a community-setting.

**Registration**

Register for the Informational-Orientation Session (not compulsory to attend the course) with the attached form by Sun 17 Jan at the iSunday Counter / [www.tmc.org.sg/d&n.html](http://www.tmc.org.sg/d&n.html)

## Course Overview

The Companions in Christ series begins with the foundational 28-session resource. This resource guides participants through the original Companions in Christ small group experience. Additional resources in the series build on the foundational resource.

The foundational Companions experience takes groups through a journey of five parts. Each part is five to six sessions in length. Participants follow the same pattern for each session—readings assigned and daily exercises are based on a weekly reading schedule and five daily exercises. Each group meeting is structured for a two-hour long session. During the group session, participants share their insights from their readings and exercises, and then engage in a deeper exploration together.

The Companions in Christ 28-session journey involves ...

- Preparatory Meeting (1 session)
- Embracing the Journey: The Way of Christ (5 sessions)  
An exploration of spiritual formation as a journey toward wholeness and holiness, individually and in community, through the grace of God.
- Feeding on the Word: The Mind of Christ (5 sessions)  
An introduction to several ways of meditating and praying with scripture.
- Deepening Our Prayer: The Heart of Christ (6 sessions)  
A guided experience of various classic forms and styles of prayer.
- Responding to Our Call: The Work of Christ (5 sessions)  
A presentation of gifts and calling, giving of ourselves to God in willing obedience, and receiving the fruits and gifts of the Holy Spirit.
- Exploring Spiritual Guidance: The Spirit of Christ (5 sessions)  
An overview of different ways of giving and receiving spiritual guidance from one-on-one relationships with a spiritual guide, to spiritual growth groups, to guidance in congregational life.
- Closing Retreat: Developing a Rule of Life (final session – possibly stay-in 2D1N – tbc)

## REGISTRATION FORM

### COMPANIONS IN CHRIST (CIC)

Alternate Tuesdays, starting from 23 Feb 2016 to 25 April 2017 (28 Sessions) | 10.00am-12.00pm | TMC  
Cost of Participant's Book: \$20.00

Mr/Mrs/Ms/Mdm/Dr (delete as applicable)	<i>(name)</i>		
Contact No. (mobile preferred)	<i>(mobile)</i>		
Email address			
<input type="checkbox"/> I wish to register for the CIC course.			
<b>FOR OFFICIAL USE ONLY</b>			
Fee payable <i>(if applicable)</i>	\$	<input type="checkbox"/> Paid Cash / Cheque No.	<input type="checkbox"/> Unpaid

**By providing the above information and submitting this form, I consent to Trinity Methodist Church ("TMC") collecting, using and disclosing the information for all purposes arising out of or in connection with this event, and I consent to TMC using and disclosing the information to contact me with regard to similar events in future. I also consent to having my records (if any) in TMC's database updated with respect to my attendance at this event. I understand that I may withdraw my consent at any time by letting the Data Protection Officer know at Tel: 6282-4443 / Email: [dpo@tmc.org.sg](mailto:dpo@tmc.org.sg)**

**If I have provided the personal data of another individual in this form, I warrant and represent that I have that individual's consent to do so.**