

May
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SALTSHAKER



TRINITY
Methodist Church

MICA (P) 083/09/2013



“*#@!!*%,”
PG 16

EPIPHANIES FROM
A MOZZIE BITE
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MESSAGES FROM
MESSENGERS
PG 26



LIFEGUARDS NEEDED



by Lim Sue Yien

“World of Warcraft” in Exchange for Homework

Contact 123 began life as an outreach post of TMC, to bring God's love to the community around Block 123 at Serangoon North Avenue 1.

The centre set out to serve the needs of the many young school-going children who visited the centre to play computer games at a nominal cost. It did not take long to realise that these young visitors were spending time on the computer at the expense of their school work. An innovative solution was devised in which the students were given time to play computer games for free if they spent time doing their homework under supervision at the centre. This was the genesis of the Tuition Programme at Contact 123.

By 2010, a formalised timetable was created. Flyers went out to the nearby flats advertising free tuition services at the centre. Word of mouth also brought more students in from the nearby school. Volunteers were recruited, and the programme started with 6 tutors for 20 primary school students. At its peak in 2011, the programme had 18 tutors and 54 students.

“Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God.” Hebrews 13:16

Today, the centre has a faithful batch of around 20 tutors from TMC who have been serving quietly over the years. While some of them are retired teachers, hence

“We hope that through the Homework Help programme, we can provide our church members with opportunities to serve and to bless the community, especially those who are academically weak and underprivileged and cannot afford tuition,”
Jestyn Koh, TMC’s Outreach and Social Concerns lay executive staff.

able to come to the centre on a weekday afternoon, others are simply answering the call to serve out of a sense of Christian duty.

Neither retired nor a teacher, Mercy George holds a job with flexible hours. She started manning the Contact 123 counter and progressed to tutoring when she found out from the bulletin announcements that the centre was short of tutors. Armed with a “How difficult can it be?” attitude, she signed up. Even though she can

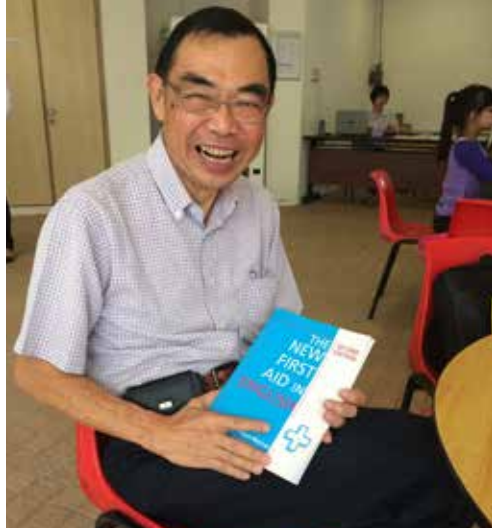
make it for the classes only once a fortnight because of her work schedule, she has been faithfully doing it over the past 3 years. Mercy does not see herself as a tutor, but as someone helping the children with their studies. She was humble enough to admit that she sometimes has trouble tackling the questions. She has to look for the answers on the back page!

Skill is not as important as a heart of compassion for these students. Many who come have genuine difficulties with their academic work. However, as Mercy says, in the end these kids do not need a lot. They do need someone to spend time with them on their schoolwork that their families may not be able to. The warm “thank you”s said by the children’s mothers make Mercy realise that she wants to continue doing her small bit to bless these families.

“In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.” Matthew 5:16

Paul Ng, a retired businessman and TMC’s Outreach and Social Concerns Ministry chairperson, has been a familiar face at Contact 123 over the past 2 years. He drops in regularly to be-friend the young people who hang out there.

This year, he’s taken the step to journey through the PSLE exams



Paul with his English tutoring material 'The New First Aid in English', which he used 50 years ago as a student

with two Primary 6 students who have borderline scores in English.

This was a daunting prospect for Paul as he has never taught before. However, knowing that he is imperfect does not deter him from allowing God to use him to impact the lives of these two youths. He believes that understanding these students holistically is important as he can help them better if he knows their academic and family background. He is encouraged to see that the centre is a place that these two girls choose to visit regularly, and hopes that they will find both discipline, through focused academic coaching, and meaningful interactions at the centre.

The new Youth Avenue continues to look for volunteers. There is a waitlist of students needing Homework Help from Primary to Lower Secondary levels for a variety of subjects. The programme will re-commence in the second half of the academic year, beginning in end-June 2014.

If you would like to volunteer or find out more about the programme, please contact Cathrine Sunitaa at cathrine@tmc.org.sg / 6282 4443.

You can also volunteer online at www.tmc.org.sg/servegod.html

For more information on Contact 123, go to: www.facebook.com/Contact123

Youth Avenue

Say goodbye to Contact 123 and hello to Youth Avenue.

Contact 123 will be rebranded and renamed Youth Avenue in May 2014.

What's new at Youth Avenue is that it seeks to be a youth drop-in centre for youths in the Serangoon North community.

This is on top of the academic support that the centre will continue to offer to youths who need it. Even in this area, more changes are in the offing. The Tuition Programme will also be rebranded in July 2014. It will be replaced by Homework Help, or Study Help, to more accurately reflect its purpose. Volunteer helpers would ideally offer both academic support and friendship.

Lifestyle evangelism will be the core of Youth Avenue's work.

Volunteers and staff are expected to role-model Christian values in their interaction with all who come into the centre. It will only be through time spent together that meaningful friendships can be developed and spiritual conversations can take place. Through the years, some youth have come to TMC through Contact 123, attending the Youth camps as well as Youth Ministry on Sundays.

More Lifeguards Needed

The modern day parable of the life-saving station in the March issue of the Saltshaker reminds us of the need to continually look out for lives to impact. Many Contact 123 tutors did not – and still don't – see themselves as great teachers or evangelists. Yet the work that they do quietly in the background continues to affect individual lives that may otherwise never see God's light.

No matter how small we think our efforts, every homework helper is a volunteer in that life-saving station. You could be one too.

SOWERS IN GOD'S FIELD



by Samuel Wong



Boys from the Boys' Brigade 47th

LIKE sowers in God's field.

This is how Koh Eu Beng describes himself and his fellow TMC members who are involved in TMC's ministry to the boys from the Boys' Brigade (BB) 47th Singapore Company from Serangoon Garden Secondary School (SGSS).

TMC has been supporting the Christian uniformed group, which is offered as a co-curricular activity (CCA) in SGSS, for more than 10 years. TMC members who serve there include Lim Choo Siang, the Company's captain, and Eu Beng and Jestyn Koh, who are Company officers. (See other story)

Eu Beng says that they are heartened to know that some of the boys who have passed through the Company have received Christ.

This was after being exposed to the Gospel through the BB. Some of these boys started worshipping in other churches after leaving SGSS.

"We know it is all God's plan and timing," says Eu Beng. "We are just glad to have been instruments and able to do our share of the sowing."

"Whatever we reap is to God's glory and as He sees fit to encourage us."

Eu Beng believes that BB "continues to be a sowing field" as he has personally encountered many young men who are now serving as officers after graduating from their BB companies.

So what are the compelling reasons for SGSS boys to join the BB in the first place?

With most not coming from a Christian background, the probable reasons are the activities the group conducts. Apart from football, there is archery and other outdoor sports that attract them. There is also the draw of collecting badges, coupled with the opportunities to participate in various types of competitions.

The families of many of the BB boys also get involved and the officers feel blessed to have the opportunity to engage them as well. The BB is a partnership with the boys' parents, and aims to cultivate good values in the boys. Most parents recognise the work of the BB and are appreciative.

However, there are some who are not supportive of their sons' involvement in the BB. Often,



Singapore Company from Serangoon Garden Secondary School attended TMC's 11.15am service which was also their Enrolment Service

these parents object to their son's involvement, citing reasons like the timing of the weekly BB meetings being disruptive to their son's other activities like tuition classes.

Some boys find themselves unable to commit to the rigours and discipline of an uniformed group as each weekly session takes up the whole Saturday morning and is typically divided into four periods of Drill, Devotion (Christian Education), Badgework (various activities like first aid, map-reading, camp craft and other life skills) and Games or Sports.

Throughout the year, the BB calendar is also filled with different camps and activities including a Leadership Training Camp, and BB CARES, which involves bringing cheer to specific social

groups; e.g. senior citizens' centres, orphanages or charities. The 47th Company has adopted the Institute of Mental Health as its BB CARES VWO, the same voluntary welfare organisation as TMC's Outreach and Social Concerns ministry.

Other activities include opportunities to participate in national-level programmes like the BB Share-A-Gift, an effort to bring household and food items to the needy, and competitions such as Character Quest, which helps to develop the boys' characters through the study of Bible characters as the game's role models.

At the recent Trooping of the Colours of the 47th BB Company in March 2014, several sets of parents lent their support by attending

the ceremony held at TMC. One father present, Mr Edmund Poh, was proud that his son, Joshua, 13, had followed in his footsteps, a decision Joshua made completely on his own. Although he may have only just joined the BB, his father is already looking forward to observing greater discipline and independence in his son.

However, such fruits do not come easy. But Eu Beng says that he and his co-workers remain committed to the BB ministry as "the platform works".

And they look forward to having more men from TMC join them in this ministry.

"It is our prayer that the young men in our midst will heed the call of Christ to this ministry, to touch lives and witness through sharing our lives," he says.



MINISTRY IN BLUE

TMC supports the 47th BB company as part of our outreach to the community. And we have managed to do so thanks to a succession of supportive SGSS principals. However, any overtly religious activities are frowned upon as government schools have to remain secular in orientation.

Apart from using the subsidies the school disburses to co-curricular activity (CCA) groups, the 47th Company has had to raise its own funds to finance its operations. And it has done so with TMC's help as well. The bulk of the funds go to pay for the operational and training activities including the weekly parades, competitions, recruits' and leadership camps and special projects and events. The

money is also used for other needs like training courses, recruitment materials, the boys' uniforms and new equipment.

Four years ago, members of Teleios-in-Christ, one of TMC's small groups, started an initiative to support and raise funds for the 47th Company. And they haven't looked back since. They hold an annual food sale at the church plaza for two consecutive Sundays. At their most recent sale, held in March 2014, they raised \$2,000 from dishes such as nasi lemak, curry chicken and cheng tng, which were either home-cooked by the team members or sourced from good suppliers. They say they have grown in their Christian walk through serving in this ministry.

They see it as a privilege and an honour to be able to support worthy causes and the church's outreach ministry to the young. Later this year, they are also planning to bless the boys with their tasty treats during the annual 47th company leadership training camp.

The boys themselves were also individually tasked to raise funds on their own all through March 2014, intensively soliciting donations both at TMC over two weeks as well as from their own families and friends. Officers (adult TMC members) each had their own targets as well, in line with the overall 47th company target. Figures raised were not available at print time but will be announced later through the church bulletin.



by Wenjia Foong & Amanda Yong

How do I know that this is the job for me?

How do I truly find satisfaction and meaning at work?

What should I do if I'm in a workplace with unreasonable bosses and office politics?

What should I do if I have not been given the opportunities to thrive?

How can I climb the corporate ladder in a way that's pleasing to God?

How can I manage my boss?

Questions like these and more were addressed at the “Thriving in the Workplace” seminar organised by TMC’s Young Adults Ministry (TMC YAMY) on 16 Feb 14.

The four panellists at the session, three of whom worship at TMC, provided godly perspectives on work, dispensed practical tips and shared testimonies of their own struggles in the workplace. The Saltshaker brings you a sampling of some of those pearls of wisdom as well as 6 takeaways from the seminar.

GOD AT WORK

THRIVING IN THE W

- *pearls of wisdom* -

“Success cannot be defined only by success at the workplace. Think of what you’ll look back on in your life many years from now, when you’re on your deathbed. You have to think and ask yourself what you want to achieve in life. And it’s not just about your job.”

Fang Yea Yee. He leads the Grapevine Small Group at TMC and is general manager of Shell Chemicals.



“For satisfaction, you can’t put your entire definition of success and happiness in your job. It will eventually lead to your realising that it’s very empty. You have to find your interests, your ministry, spend time to develop outside interests and relationships. We all have the same questions on what we were put on this earth to do? The answers don’t always get any clearer as you get older but your values don’t change. Money is essential but for something that gives you purpose, you should think about that. Pray about it.”

Liew Wei Ling. She is a member of Wesley Methodist Church and is an executive director and fund manager at Morgan Stanley.

“It’s about having the eternal view, what work means for us as Christians. Is it really the reason why we were sent to earth? After all, we’re only “aliens” here, here for a short period of time. So it’s only when you know your destination that you’ll know what to do. And we’re guided by two things: a compass and a map. What’s your compass? What’s your map? Your map must be the Bible. Your compass must come from spending time with God.”

Albert Yeo. He is a lay leader at TMC and is legal counsel at JPMorgan.



“When I look at the title (of the seminar), I think the operative word is “thrive”. What does it mean to thrive? For some people, it means money, money and more money. What I’m trying to say is that when you wear a shirt, you need to get the first button right, then the rest will follow. So it’s about how your work jives with your values. And the rubber meets the road when you have to make decisions on how you spend your money, how you spend your time.”

Koh Shuwen. She coordinates TMC’s Hospitality Ministry and is an industry alliance Manager at the Biomedical Science Industry Partnership Office.

WORKPLACE SEMINAR

- 6 takeaways -

1

Build resilience. If you breezed through school, you may find to your shock and horror that in the workplace, things aren't always smooth-sailing. You will have setbacks. You have to learn how to overcome that. Draw near to God and He will draw near to you.

2

You may feel frustrated and upset if you were passed over for a promotion or an opportunity you thought you deserved. Sometimes, being passed over may be a blessing in disguise. It's also useful to do a reality check. It's easy to think that you've not been given due recognition. If you have someone you trust in your workplace whom you can bounce this off with, talk to that person to get some perspective.

3

One way to deal with "office politics" is to be open and transparent with people. Darkness will not drive out darkness. Only light will.

4

Don't get caught up in the pantry gossip. Rather than get pulled into a vortex of negativity, make a conscious decision not to be part of it. Instead, make a positive contribution. Sometimes, all it takes is for someone to say that there's a different perspective to change the tone of a negative conversation.

5

It's important to understand and manage your boss. You can learn from both good and bad bosses. Working for a difficult boss gives you the opportunity to learn how to manage a more challenging type of personality. It's important to remember what behaviours you don't want to emulate if you become a boss.

6

Find a good mentor. Some organisations assign mentors to new hires. Even if yours doesn't, do look for a mentor as he or she can provide you with that clarity and perspective that someone older and wiser would have. Pray and seek out a godly mentor.



what I learnt from the seminar...

"I enjoyed the variety of perspectives and how candid the panellists were. Their sharing was heartfelt and I can see how God has blessed them tremendously. I identified with the practical life lessons shared during the session, and it has reinforced how God is sovereign in the workplace."

- Tabitha Ang, a communications consultant.

"I really enjoyed the lively and honest discussions between the panellists and participants! To hear them share about their own journeys of striving to honour God in the workplace definitely spurs me to want to do the same."

- Eliza Tan, a civil servant.



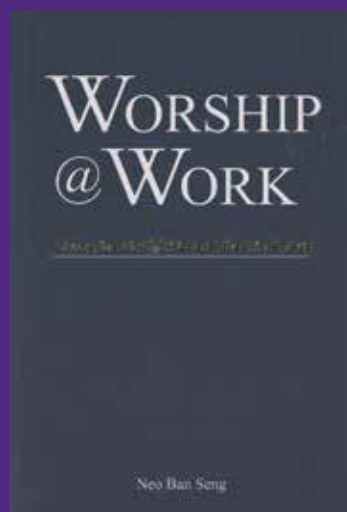
about YAMY

The Young Adults Ministry (YAMY) provides opportunities for young adults in Trinity Methodist Church (TMC) to grow closer to God.

Our mission is to grow the young adults in TMC into Christ-like men and women, and we hope to be a strong community of young adults who share the love of Christ with one another.

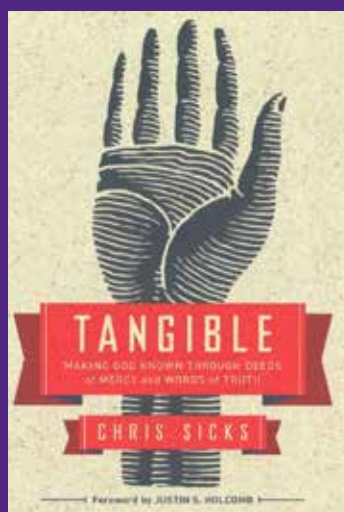
For more information visit: www.facebook.com/tmcyamy

bibliothèque



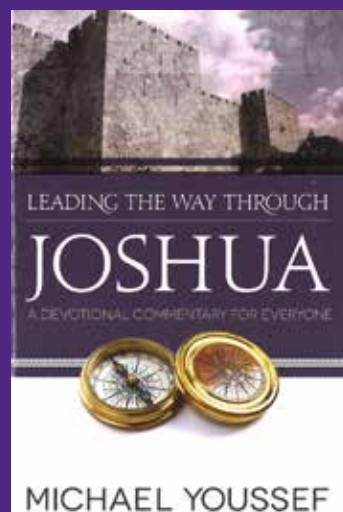
WORSHIP @ WORK
Author: Neo Ban Seng

Neo Ban Seng, a former Partner of a Big Four accounting and advisory firm and the current Managing Director of KAAPS Consulting, has an explosive message in this book: It is not just that it is okay to work in the world but it is part of our worship of God! Worship @ Work is not just about liturgy. It covers most of the dimensions of life in the workplace, from sex to ethics. While the content makes for a good read, this book could be the transformative influence that you have been looking for that will help you to reconcile work with worship.



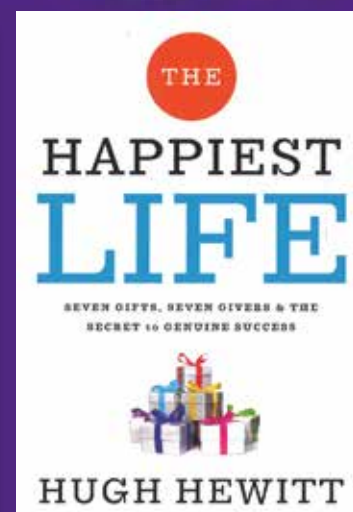
TANGIBLE
Author: Chris Sicks

In today's church, there seems to be two well-intentioned groups. There are the "Deed" people who are focused on feeding the hungry and helping the poor, while the "Word" people proclaim the gospel and engage in apologetics. In Tangible, author and Pastor Chris Sicks explains how God's people can effectively introduce hurting people to God through intentional acts of kindness.



LEADING THE WAY THROUGH JOSHUA
Author: Michael Youssef

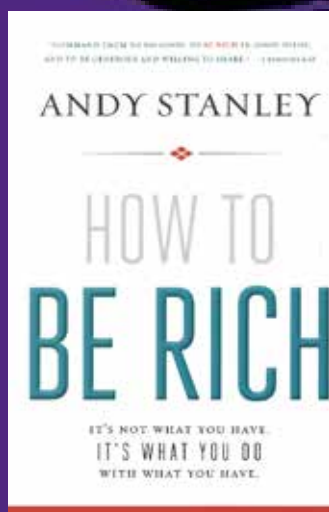
The book of Joshua contains some of the most compelling and relevant truths for your life today. It is about the story of "trembling heroes" - people who were filled with fear but managed to overcome those fears and accomplish the impossible by relying on God. See for yourself how God is calling you to follow Him no matter the cost, and how you can conquer the seemingly insurmountable obstacles in your life as you tell the world about God's covenant love, expressed through the life, death and resurrection of His Son Jesus Christ.



THE HAPPIEST LIFE
Author: Hugh Hewitt

In this book, Hugh Hewitt reminds us of what is truly important in life and shows us that neither money nor achievements is as important as what we give away. He looks at the seven gifts that are sure to improve the lives of both giver and receiver: encouragement, energy, enthusiasm, good humour, graciousness, gratitude, and patience, and how anyone can give these gifts.





HOW TO BE RICH

Author: Andy Stanley

Most of us do not think we are rich as we are often worrying about the bills which are due or wondering how we will ever save enough for those large expenses such as buying a home. We might even tell ourselves that if we had just a little more money, we would feel less anxious about our situation. In *How to Be Rich*, Andy Stanley provides considerable food for thought as he seeks to change your mind about the resources that you have. It is not about how much you have, it is about what you do with what you have.



WOW GOSPEL 2014 – Various Artistes (CD)

Filled with songs that hit the top of the gospel radio charts in 2013, this double CD set is chock full of hits, including songs from Hezekiah Walker, Marvin Sapp, Tasha Cobbs, Deitrick Haddon, Lecrae and more. *WOW Gospel 2014* is a must-have for those who like modern worship music and is perfect for singing along to all year.



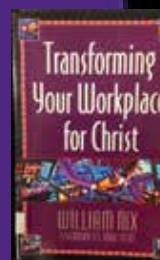
THE WHITE ALBUM – Hillsong United (CD)

Hillsong United: *The White Album* is a collection of well-known songs previously released by Hillsong United but remixed to give these well-loved songs a new and creative arrangement! Coming off the most successful album of their career, Hillsong United are more committed than ever to creating a musical expression that is almost unique in the Christian music circle. Always pushing the boundaries of music, these remixes sound as groundbreaking and current as the songs on their previous albums while staying focused on the goal of giving voice to a generation of worshippers who are passionate about God.

TMC RESOURCE CENTRE

You can also borrow books related to Christians in the community from the TMC Resource Centre on Level 2.

Some available titles are:



Transforming Your Workplace for Christ, by William H. Nix

The Good and Beautiful Community: Following the Spirit, Extending Grace, Demonstrating Love, by James Bryan Smith



Rules of Victory: Rules to Succeeding in your Work, your Relationships and your Ministry, by Adriel Loh



LEARN TO UNLEARN TO LEARN

by Robert Yeo, Church Treasurer & Associate Lay Leader

August will soon be upon us.

It will mark the beginning of the Methodist Church's financial year, a time for us to make our gift commitments to the Lord on Pledge Sunday (6 July 14) for His work in TMC.

As disciples, this question - what have we brought to the table that has helped the community to grow in the past year - should come to mind.

We need to find the answer to this question in order to understand how best we can assist the community and ourselves on this journey of lifelong discipleship.

In today's context of the marketplace, there is no ideal state. Things change at almost the speed of light with change being the only constant factor. So how do we embrace change as part and parcel of our daily life, yet keep ourselves focused on the need to do our outreach work in the marketplace and not be blown away by the noise around us?

Can we learn to unlearn to learn? Is it about emptying our minds and then refilling it or is it about retaining some of our existing knowledge and refilling the rest of the space with new knowledge?

Should we address the three "Rs" - **R**emoving dated knowledge, **R**etaining current and relevant knowledge and **R**efilling with new knowledge?

Rom 12:2 tell us: "Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect."

As Christians, we need to understand the secular world in order to help us avoid the pitfalls that will be stumbling blocks to our spiritual growth. In our journey as disciples, we need to embrace the discipline to pray, grow and serve.

"And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near." - Heb 10:24-25

What is serving you may ask? Am I not serving in one form or another by attending worship service every Sunday and having fellowship in the Plaza? Is it not enough to be a pew-warmer every Sunday?

Serving can be understood as the journey of helping one another spiritually. This means being a role model for others to follow in our footprints of servant leadership, adding value to others to grow spiritually and to be accountable to one other in our accountability groups.

Serving can be within the various ministries in TMC or in the community such as Contact 123, St Luke's Eldercare Centre, the Institute of Mental Health and even overseas missions like Cambodia. As we do this, we will find the meaning of our own spiritual growth and growing others as one body of Christ.

Serving is therefore not restricted to just participating and giving our time but also through our material gifts. This leads me to Pledge Sunday when we step forward to pledge our tithes. In giving, we are committing financial resources to the church for the work we do in the various ministries within the church and the community (Heb 10:24-25).

Let us embark on this journey together, and move from a mindset of being a doer - someone who is happy to remain a pew warmer - to that of a grower.

To begin this journey of being a grower, one must first adopt the mentality of abundance. We must be able to see that to give or to reach out to another person is an act of building the other.

The first step is always the most difficult. By taking small but sure steps, we will find out how meaningful the journey can be and the more so if we do it together.

Pledge Sunday falls on 6 July 2014.
Pledge envelopes can be found at the iSunday Counter.
www.tmc.org.sg/resources.html



WE GIVE BECAUSE WE TRUST

One of the cultures that YM wishes to cultivate is a culture of faith amongst the youths.

The act of giving an offering is a part of such a culture. From February 2014, the Youth Ministry started to collect offerings during their weekly youth service.

As we give of our offerings to God, we are making a bold statement that we trust in God.

We trust that He is sufficient for us.

We trust that He is God, our Provider.

We trust in the God who provided for the Israelites in the desert during their exodus.

And that He continues to provide for us today.



Our youths, tithing every Sunday

As we tithe, we acknowledge God's abundant blessings in our lives. We give out of gratitude for what God has done and is doing in us.

We also tithe to remind ourselves that we will not make money an idol in our lives. Deut 14:23 (NLT) tells us to: *"Bring this tithe to the designated place of worship—the place the Lord your God chooses for his name to be honored—and eat it there in his presence. This applies to your tithes of grain, new wine, olive oil, and the firstborn males of your flocks and herds. Doing this will teach you always to fear the Lord your God."*

In Lk 21:1-4 (NIV), we read about the account of the widow's offering:

"While Jesus was in the Temple, he watched the rich people dropping their gifts in the collection box. Then a poor widow came by and dropped in two small coins. 'I tell you the truth,' Jesus said. 'This poor widow has given more than all the rest of them. For they have given a tiny part of their surplus, but she, poor as she is, has given everything she has.'"

It isn't about how much one is able to give. It is about the heart of the giver.

An offering must come from a generous heart – one that is full of gratitude for all that the giver has and for all that God has given the giver.

We pray that our youths will be brave enough to trust God with their money.

YM meets every Sunday at 8.45am

<http://trinityyouthmin.tumblr.com>

IN AND ABOUT TMC

Ash Wednesday



Contact 123 - At Kovan Sports



IN AND ABOUT TMC

Baptism



Good Friday & Easter Services



“*#@!!*%;;”



by Kwan Kiem Kior

Have you ever felt deep anger at the deep injustices that you see around you?

For instance, the high incidence of rape in India? Or anger and helplessness when you are blamed for something you did not do but have no opportunity to set the record straight?

Do you feel much gratitude when your relationships, work or school life, worship life all seem to be going well and you wake up each morning feeling great joy and excitement?

Have you felt bewildered and confused when events overtake you...you or a loved one is diagnosed with cancer, or Alzheimer's disease (why, Lord?)?

All these life experiences should make us turn to the Lord, either in lament, or praise, or worship. But so often we do not. Maybe because we do not know how to talk to God about these matters. Or maybe it's because we have the wrong thinking that we have to "be holy" when we come before God and we should not mention these concerns. Or again it could be because we often do not even feel deeply.

The Book of Psalms guides and teaches us in these areas. For the next few months, the pastors will be preaching mainly from this book. In this series in the Saltshaker, I will be going through how we can read and study the Psalms and so complement the sermon series.

The 150 Psalms address the myriad of human situations and emotions. Worship and praise are relatively easy and natural for Christians. Thus, Psalms that speak of God's love, presence and comfort in our lives, and the well-known Psalm 23 ("The Lord is my shepherd"), Psalm 121 ("I lift up my eyes to the hills"), Psalm 139 ("O Lord, you have searched me and you know me") are easy to relate to and pray. I shall discuss them in future articles.

But other emotions like anger are harder to express. Praying the Psalms will give us the language to express those emotions.

This time, I shall consider those Psalms which are called Imprecatory Psalms. These are Psalms or verses which call down curses (that is, imprecate) on the Psalmist's enemies. For example, see parts of Psalms 12, 35, 58, 59, 69, 70, 83, 109, 137 and 140. We find these emotions very hard to accept and think that therefore they should not even be expressed. But we can think of times when we are so angry and upset that if we were honest with ourselves, we do wish that evil people will suffer fates worse than death.

When the case of the Indian medical student who was violently raped was in the news, a friend said he was quite surprised when his usually mild mother rained curses on the perpetrators. Such horrific acts should raise strong emotions.

The Psalms express such emotions...to God. He is the One who can absorb our anger, He is the One to whom we should pour out our feelings, He is the One who can turn our rage into peace; peace within ourselves to know that God truly understands us, peace with others so that we do not harm them. Because when we are angry and hurt at work by an injustice, it is quite easy for us to take it out at home on our children, or parents, or domestic help. Praying the Psalm allows us to take it out on God.

But what if the emotion we feel is more subjective? Is it alright to pour out anger about our boss who may have been hard on us, or our neighbour for being inconsiderate? Is there a place for us to vent our anger? Yes, if we pour out those emotions to the Lord, whose Spirit can transform us and our feelings.

Read the Psalm

Since the Psalms are prayers of the people, they should be prayed aloud. Saying aloud, repeatedly Psalm 137 will allow us to appreciate the emotions of the Psalmist and begin to appreciate the overwhelming sadness and bitterness of the exile at having been forced to leave his beloved home. We learn to appreciate the imprecation in the last verses because the Psalmist and his people have been so harshly treated

Thus, the Psalm is our meditation on God's word as we read them aloud, mull over the words and allow those words, which is still God's word, to sink into our lives.

The Psalms are our words to God

Saying the Psalm aloud then are our prayers to God. Saying words such as, "How long, O Lord? Will you forget me forever? How long must I wrestle with my thoughts and every day have sorrow in my heart? How long will my enemy triumph over me?" (Ps 13:1&2) encourage us to be really open and honest before God. Through these Psalms, we are saying, this is really how I feel Lord. The Psalms therefore give us the language to express our conflicted and unspoken emotions. Such honesty before the Lord is the first step in growing in maturity in Christ.

The Psalms are God's word to us

God also speaks to us in and through His word. Reading the imprecatory Psalms will also teach us profound truths about God. We realise that God allows us to be fully human because he too was fully human in Jesus Christ. And as a man he absorbed on the cross all the wrath and evil of Sin and the Evil One. These Psalms remind us that though things can go horribly and frighteningly wrong for us, God is still there because He is the one we are crying out to. Psalm 12:3, "May the Lord cut off all flattering lips" goes on to say in v.6 "And the words of the Lord are flawless" and in v.7 "O Lord you will keep us safe." Therefore we need to read this Psalm over and over again, and allow the whole Word of God to sink deep in our lives to teach and transform us.

*The Resource Centre on Level 2 carries several titles relating to the Psalms.
Ask our friendly volunteers to point you in the correct direction when you visit the Centre.*

Overflowing Cups



by Yeo Su Min

Epiphanies from a Mozzie Bite

EARLY this year, I was diagnosed with dengue fever and hospitalized for a week. I have since recovered fully (finally!).

Although I would like to say (merely because it makes me sound more interesting / wise / important) “Oh, this near death experience has enlightened me to the true meaning of life”, the reality is that I don’t think I was ever anywhere near death at all.

But while I may not have found the true purpose of my existence, I did have a few epiphanies that made my post-dengue life more meaningful.

Life is worth living

My illness made me realise that people around me care about me, however horrid a friend I might have been – the people who made the inconvenient trip to visit me, those who dropped me texts and remembered me despite their very busy schedules. My family, who came by every single day, who stayed with me (almost round the clock just to watch me sleep and help me to the toilet).

I don’t think it was ever so evident in daily life. You may think you’re insignificant, or that you’ll never be missed, or that they secretly hate you, or you could harbour some other self-deprecating thoughts deep down inside. But if you’re ever in doubt, these people are the ones who make your life worth living.

The truth is that God put these wonderful people in your life, and even if you don’t see much value in yourself, they see it in you, and they will go the distance, although maybe only when they’re put to the test (i.e. when they thought I was dying). But if you ever feel like life is meaningless and stupid, look around you, and thank God for every single person in your life. It’ll make life seem much better. Promise.

“Your Body is a Wonderland”, John Mayer

The media lies. It doesn't matter if you don't have a thigh gap. It doesn't matter if you can't fit into your jeans anymore, or if you have a chest as flat as the fertile plains of Mesopotamia. ALL THAT MATTERS IS THAT YOUR BODY WORKS.

You do not need an IV drip, nor do you need to eat plain boring hospital food, have daily blood tests and feel giddy and tired all the time. You can actually live life because God gave you a fully-functioning body, and that's perfection right there.

Those days in the hospital showed me how grateful I should be for my body. Nothing else really matters if you can't even leave your bed without wanting to collapse. And even though there are many flaws I can still pinpoint about myself, honestly, I'm just so thankful to be able to live again.

I think the bottom line is that we should always take time to step back and count our blessings. Living in Singapore has led us to take many things for granted. When we focus on what we can't do or can't have, this negativity has the power to overcome us and ruin our lives. That's the greatest lesson I've learnt from contracting dengue: to know exactly how thankful I should be!

“It doesn't matter ...if you have a chest as flat as the fertile plains of Mesopotamia.”

This testimony first appeared on 7 Mar on the Facebook page “Overflowing Cups”, an initiative by the Youth Ministry to build one another up through the sharing of prayers, prayer requests, testimonies, and encouragement.

GET CREATIVE IN PRAYER!



by Vinitha Jayaram

“Let’s Pray”.

What is your natural reaction when you hear this phrase? Most people would close their eyes, bow their heads, clasp their hands and prepare themselves for prayer.

In March 2014, the children in TMC’s Children’s Ministry learnt that they can do more.

They can get creative in prayer!

The two creative prayer sessions conducted by facilitator Catherine Cheng got the children on their feet and actively involved in prayer. Find out what Catherine taught about creative prayer. Perhaps this could change the way you pray too!

“Then the angel showed me the river of the water of life, as clear as crystal, flowing from the throne of God and of the Lamb down the middle of the great street of the city.” In the first session, starting from Revelations 22: 1, Catherine began by describing the image of the River of Life flowing from the throne of God and of the Lamb. She then led the children through an experiential and active prayer journey.



The children were invited to step into the River of Life, coming down from the throne of God. The gold cloth laid out on the floor represented the River of Life. They echoed Catherine’s words: “Jesus, I step into Your River of Life, coming down from the throne of God. Fill me with Your life and power.”

All the children were then asked to close their eyes and commit all their fears and sadness to God, saying “Jesus wash away all my sadness, fears, unhappiness and stress.” The children were encouraged to physically act out the washing away of all their hurt and anxieties into the river.

In the second session, Catherine taught the children how to pray while reading God's Word. Following a simple framework, Catherine shared with the children that they can pray using three very simple steps:

1. FIND THE CHARACTER OF GOD THROUGH THE ABCS

2. ADORE GOD

3. ASK GOD

Through these very simple three steps, the children learnt that from reading any verse in the Bible, they can firstly look for what the verse says about God's character (Character of God through the ABCs), secondly they can thank God and praise Him for His wonderful qualities (Adore God) and lastly they can ask God to help them or help others around them (Ask God).

Catherine emphasised that the methods of creative prayer can be used every day and in any place.

As the Children's Ministry moves forward with creative prayer, let us continue to pray for the children to develop spiritual discipline through these creative prayer sessions.



"Jesus fill me with Your love and peace from Your River of Life"



"Jesus, what presents do You want to give me that are coming down from Your throne through Your River of Life?" The children then went on to draw or write down the gifts that they envisioned Jesus giving to them.

The Children's Ministry meets every Sunday (except first Sundays)
at 8.45am and 11.15am. www.tmc.org.sg/cm.html

Youth Retreat 2014

Speaker: Ps Alvin Chan

This June, our youths can look forward to spending a meaningful time at a Youth Retreat – PHÓS (Gk: light / radiance). If you are a youth reader, it's never too early to express your interest to participate. If you are a parent, do encourage your teenage child to carve out time to spend with God and His people. Read what some have had to say about their experiences at past youth camps.



I went for my first youth camp in secondary one. That was a life-changing experience for me. It may sound like an exaggeration, but in my second youth camp, I experienced the Lord's presence during a praise and worship session. Amid the fun and games at camp, I earnestly prayed: 'Lord, give me more, I want more, I want to serve You.' Many older youths led the youth camps. I wanted to be like them, giving back to the Youth Ministry."
– Eugene Goh

"The awakening that I had about God being a personal God came during Youth Camp in 2007. On the last night of the camp, I felt a stirring in my heart. I broke down weeping. It was then that I accepted Jesus into my life as my personal Lord and Saviour. I had a real hunger to know more about God and what it meant to live a Christ-like life."

– Timothy Tan



"At Camp 7lbs, I learnt more about my purpose in life. God gave me the strength to get through my problems. I started ushering at a youth conference called Fusion and have done so for a few years. Every year of ushering service, God has shown me His great works and how big His kingdom is."
– Caleb Koh

"I came to know the Lord Jesus when I was in Secondary Two at my first youth camp, Code Red. At Code Red, a pastor prayed for me: "Let it all out to the Father. Feel His presence." I didn't expect to feel anything when he first started praying. But I was later struck by the overwhelming power of the Spirit. I now look at church and service in a whole different light. I understand who Jesus is. He is not some distant powerful God beyond our reach, but a close personal God Whom we can speak to in times of trouble and need."

– Grace Koh

MAY SERMON SERIES – DNA OF A DISCIPLE

4 May - A Disciple Serves (Speaker: Eliza Tan)

11 May - A Disciple Prays (Speaker: Emily Tan)

18 May - A Disciple Makes Disciples (Speaker: Hern Shung)

25 May - Community Breakfast

JUNE SERMON SERIES – DNA OF A TRINITY YOUTH.

1 Jun - Faith (Speaker: Hern Shung)

8 Jun - Prayer (Speaker: Emily Tan)

15 Jun - Honour (Speaker: Ming Xuan and Walter Wong)

22 Jun - Youth Retreat

29 Jun - Community Breakfast

YM meets every Sunday at 8.45am for prayer.

Community Breakfast is held every fourth Sunday of the month. The youths gather for a time of fellowship and intentional community building. The aim of these breakfasts is to build the YM Community, especially the community within the youth groups in YM.

Website: <http://trinityyouthmin.tumblr.com>

Email: tmcyouthmin@gmail.com

Facebook: TMC Youth Min

Twitter: @TrinityYM

Instagram: @TrinityYM





By Lim Sue Yien



JConnect began life as a small group in February 2014. While the name of the group sounds very contemporary in a world of iconnect, imap and jpeg, small group leader William Chua came up with the name more than 20 years ago. Currently, two young couples together with William Chua and his wife Lilian (first photo from left) meet fortnightly on Tuesday nights at the Chuas' apartment in the west. Saltshaker finds out more about this new TMC small group

SS: JConnect....What an interesting name.

William: JConnect initially meant connecting my children, Joel and Janice, to God. But it is also (Jesus)Connect. I registered it as jconnect@pacific.net.sg until the service provider stopped the email service. While Hotmail, Yahoo etc were free, I continued to pay the annual fee to Pacific Internet to keep jconnect. Today, I use it as the name of this new small group.

SS: Who is in this small group?

William: For now, there are two young couples, aged between 30 and 40 years old. One couple has a three-year-old daughter. The other couple will be married in 2014. So in a sense, they are in a similar stage of life.

SS: What was the objective of starting this small group?

William: I ran Hougang Small Group (HGSG) for 13 years and passed the baton on to Debbie Tng for two years before I stepped out to start JConnect. I hope JConnect will raise disciples like HGSG, which is an active small group in TMC with members striving to be disciples of Christ, not just church-goers. I try to journey by example and set the path so that others can follow.

SS: What happens at small group meetings?

William: For the next three to six months, I will build the concept of leadership. Not theoretical leadership, but setting the example of high standards in today's world. The recent "Global Leadership Summit" used a modern world-class practical leadership development programme, and I will be using it as my training material.

SS: What are your thoughts on spiritual leadership?

William: As a leader, I have to illustrate what I have done for the Lord, as though I am standing before God on judgment day. Things have to be transparent. When I am transparent, then others will see Jesus' light. If leaders only talk, it is hypocritical.

SS: Is there any spiritual theme that is common to this group?

William: Not yet, but my personal guide has always been Psalm 82:3-4 – "Defend the weak and the fatherless; uphold the cause of the poor and the oppressed. rescue the weak and the needy; deliver them from the hand of the wicked."

It is not DVD but DRD - Defend, Rescue and Deliver the weak!

SS: What is your prayer for the group?

William: There are three basic fundamentals that many leaders must understand.

1. God's Word is given. Unless a leader is willing to accept it as valuable, it becomes devalued
2. God's Word is removed if leaders do not live up to it
3. God's Word is taken back if someone is stubborn and chooses to remain as a non-Christian.

"Take heed therefore how ye hear: for whosoever hath, to him shall be given; and whosoever hath not, from him shall be taken even that which he seemeth to have." (Lk 8:18)

My prayer is to build disciples who will value God's word.

SS: Is the small group open to other members?

William: Yes of course! I want to make disciples. Adults of any age who want to become disciples of Christ are most welcome.

More about small groups at TMC can be found at www.tmc.org.sg/smallgroup.html. Or contact Park Ming at parkming@tmc.org.sg, or through the church office.

Messages and Messengers to a soon-to-be Mum and Dad



I am currently 24 weeks pregnant. In a recent 3D/4D scan, I got to see baby John's features (I think he looks like daddy), and his movements inside me. It was an incredible experience! Looking back over the last few years, it was really by God's grace that He showed both Desmond and I, on multiple occasions, His plan for our family so that we could journey on with His peace and assurance.

My story

Weeks before my 33rd birthday (more than two years back), while I was sitting on my bed one evening, this statement “dropped” into my spirit. I vividly recall sensing God say: “You will have a child when you are 35.” That was it. Clear and concise. I freaked out. Because it wasn’t something I had prayed or thought about, I was one hundred per cent sure I didn’t come up with it myself. I was so shaken by what I had heard, it took me days before I shared it with Des.

However, roughly five months later, I was diagnosed with breast cancer. Post-operation and treatment, coupled with our age, physical state/history, and the inability to undergo fertility treatment, I concluded that I must have “heard wrongly” from God.

Fast forward to 7 Oct 13 (weeks before my 35th birthday) - the day I found out I was pregnant while doing a routine check. Because the news was so unexpected, I was in shock. I remember the gynaecologist and his nurse being totally excited while I was flabbergasted. But even amid my shock, I had such a clear flashback to what God had said prior to my 33rd birthday and then He said: “I told you so!”

Indeed, He had told me way ahead of time that I would deliver John this year when I am 35!

Without His assurance, His preparation, I can imagine myself being inundated with fears and worries, particularly given my previous medical condition. But because I know He is involved and He is above all, He is the Alpha and the Omega, and has the first word and the last, I can rest in the knowledge that He will bring to pass what He has said and promised.

Desmond's story

A few years back, Desmond himself received the impression that if we were ever to have a child, the meaning of the child's name would be "a blessing to those around him (or her)". We spent several weeks trying to find a name that would bear this meaning, to no avail.

We gave up looking for "the name" after some time. What Des didn't tell me then was that he had sensed from God that the child would come around the same time that we found the "name".

Fast forward to 6 Oct 13, which was the day before I found out I was pregnant. We were in a service at New Creation Church during which Pastor Joseph Prince was preaching on "Waves of Grace" and he said: "John the Baptist was a blessing to everyone around him ..." At that moment, Des "got" the name for the child, although he still did not tell me about it. This explained his rather bizarre (in my view) response to my "I am pregnant" SMS! (see illustration)

So my dear husband seemed to have been pretty prepared for this news! We also had a strong sense that the child would be a boy since the name would be "John". The ultrasound has now confirmed this.



God is indeed good. He is a Father who desires to walk closely with us. There are no details in our lives that are too mundane for Him to care about. But we didn't always see our heavenly Father this way. Many years ago, we did not understand God's desire to have such a relationship with us. We incorrectly thought that God was too busy with "other things" to care about our day-to-day lives. We were also too busy with our own lives to bother finding out what He had to say. We had too much faith in ourselves, and not enough in God's love for us.

One important turning point for us was when we picked up Jack Deere's book "Surprised by the voice of God". It reminded us that God greatly desires to have a personal and intimate relationship with us, just like when He walked and talked with Adam before the Fall. That is why He created us! He is the Father – expectantly waiting for His prodigal children to turn back to Him. We found that learning to hear from Him is not unlike how human relationships develop – we begin to hear the other party's voice better as we make ourselves more available, willing and humble enough to do so. The more you communicate with Him, the easier it is to recognise His voice and understand His heart.

Through these little "conversations" with God, we have such an assurance that He is fully in the midst of our family in this new season. Without this, we would likely have focused more on - and been overwhelmed by - the "natural" and seemingly endless demands of parenthood. But now, we recognise God's loving hand in John's life and are empowered to focus instead on His provision and grace for every situation that may arise. We know more than ever that we are but stewards of this precious new life, resting in the knowledge that God loves John more than we could ever love him. This really liberates us to enjoy and partner God in this exciting and wonderful new phase in our lives.

(This is Sophia's blog post of 13 February 2014)



"I Love Mommy and Daddy because..."



By Vinitha Jayaram

We asked the young ones in TMC why they love their parents and they were overflowing with words of gratitude for their mothers and fathers. Read on to find out what they said.



"I love my mummy because she always does art and craft with me. My daddy takes me and my brother out. Every morning he takes me out shopping....for food."

Faith Sathiasingam, 5



"I love mummy because she takes me out. My daddy takes me out to the park and they play with me at the playground. My daddy reads me stories and mummy cooks for me."

Joshua Chong, 5



"I love my daddy because he takes me swimming. When I fall down, they help me up and give me a plaster and I feel better after that."

Allyson Joy Pan, 7



I love my mummy and daddy because they take me on holidays and I have a lot of fun!"

Jordan Daphne Lim, 8



"They hug me and kiss me. My mummy goes with me to my school, Sunday school and swimming classes. My daddy made me a big castle with Lego. I love them because they cook for me and take me out to play."

Jayden Ho, 5

Just like how the little ones thank their parents for their acts of love, let us all be forthcoming in expressing our gratitude to our parents and all the parent-figures in our lives! Wishing all mothers and fathers Happy Mother's Day and Happy Father's Day in advance!

THINK YOU'VE GOT WHAT IT TAKES?

AMAZING GRACE 2014

CAR RALLY

FAMILY EDITION

7 JUNE 2014

**THIS JUNE HOLIDAYS, TRINITYYM HOPES TO BRING FAMILIES
TOGETHER FOR THE MOST EPIC ROAD RACE OF THEIR LIVES**

SIGN UP AS A CAR

**THINK YOU HAVE WHAT IT TAKES?
FORM YOUR OWN TEAM!**

TEAM REQUIREMENTS:

- AT LEAST 4 PEOPLE IN A CAR
- AT LEAST 2 ADULTS IN CAR
- AT LEAST 1 TRINITYYM YOUTH IN CAR

\$20
per car

SIGN UP AS A PARTICIPANT

**NEED US TO MATCH YOU UP WITH OTHER
TEAMMATES? NO
PROBLEM!**

**ALSO, LET US KNOW IF
YOU ARE WILLING TO BE A
DRIVER ON THE DAY. THE MORE THE
MERRIER!**

\$10
per person

ATTRACTIVE PRIZES AWAIT! LIMITED SPOTS AVAILABLE! SIGN UP TODAY!

GET A FREE GIFT UPON REGISTRATION!

Please contact Cheryl Sim (9222 4535) or Jill Koh (9159 0326) for more details

Registration fee
waived upon
enrolment
of your child
during Open House



Where Children Play to Learn

You are warmly invited to
attend this Open House if you
wish to enrol your child into
N1, N2, K1 or K2



Trinity Methodist
Church Kindergarten
Open House 2014
Saturday, 17 May 2014
9.00am – 4.00pm



We are proud of our **play-based curriculum**, **small class sizes** and the **Christian values** we instill in each child.

Grandmother
to
Jynette Tan

Over the years in TMCK, Jynette has blossomed into an expressive, articulate and confident child. TMCK has provided Jynette with a warm, conducive environment that has allowed her to be herself and yet has given her the discipline and guidance that all children need.

Mrs
Josephine
Cheo

We were concerned about Sean learning Chinese as we speak only English at home. Sean looks forward to his Chinese speech & drama classes and he is more open to speaking in Mandarin now. We are thankful for TMCK's teaching methods and we experienced the change in Sean.

Max &
Anna Ong

We witnessed very positive developments in Fabian as he was going through Nursery 2, Kindergarten 1 and 2 in TMCK. Fabian has not only grown intellectually, but also spiritually and emotionally. We are really glad that we found Fabian such a good school that focused a lot on Christian values.

Class timing: N1 and N2 8am-11am / 12.15pm-3.15pm
K1 and K2 8am-11.15am / 12.15pm-3.30pm

Contact us: 6284 0894

Website: www.tmc.org.sg/kindergarten.html

Address: 34 Serangoon Garden Way, Singapore 555940



EVENTS

Wed, 7 May, 4 Jun and every 1st Wed of the month

10.00am – 12.00pm

Yum Cha@10 is an opportunity for people to come together for fellowship, and serves as a platform for TMC-ers to meet one another as well as non- Christians in the community mid-week.

Contact the church office / churchoffice@tmc.org.sg

www.tmc.org.sg/ministries.html#gym

Sat, 17 May

9.00am-4.00pm

TMC Kindergarten Open House

www.tmc.org.sg/kindergarten.html

Sun, 18 May

8.45am / 11.15am

Children's Ministry Creative Prayer

www.tmc.org.sg/cm.html

Sun, 18 May, 15 Jun and every 3rd Sunday thereafter

10.00am

WSCS Visitation to Homebound. Those interested to bring the church into the homes of the homebound, please contact Lucy Chan at 9748 2733.

Sun, 25 May

WSCS Sunday

Sun, 25 May, 29 Jun and every last Sunday of the month

9.00am

Visit to Institute of Mental Health by Outreach & Social Concerns.

Contact Yvonne Tan at 9091 8589 / yvnn_tan@yahoo.com

www.tmc.org.sg/osc.html#imh

Thurs, 29 May, 26 Jun and every last Thurs of the month

10.00am – 12.00pm

St Luke's Eldercare Centre Devotions at Blk 217 Serangoon Ave 4. TMC's ministry to SLEC brings hope, help and the love of Christ to many needy elderly. If you wish to join in, contact Eddie in the church office / eddie@tmc.org.sg.

www.tmc.org.sg/osc.html#slec

Sat, 31 May

Youth Avenue (formerly Contact 123) Opening

Sat, 7 Jun

9.30am

AmazinGrace Car Rally

www.tmc.org.sg/highlights.html#rally

Thurs 19 Jun – Sat 21 Jun

Youth Retreat 2014 - PHÓS

www.facebook.com/TMCYouthMin

Fri 20 Jun – Mon 23 Jun

Mandarin Service Camp at Batu Pahat

Every 2nd and 4th Sun

7.30 – 8.30am

Church Prayer Meeting in Sanctuary

www.tmc.org.sg/prayer.html

Every Sun

10.15am

Design for Discipleship

www.tmc.org.sg/d&n.html

Every 2nd and 4th Wed

8.00 – 9.30pm

Bible App – Book of Hebrews

www.tmc.org.sg/d&n.html#bibleapp

Every 3rd Wed

10.00am – 12.00pm

God's Masterworks: A Concerto in 39 Movements

www.tmc.org.sg/regular.html#masterworks

Every Fri

8.00 – 10.00pm

Healing Ministry in the Prayer Chapel

Every 1st and 3rd Fri

9.15 - 11.15am

Bible Study on Genesis

www.tmc.org.sg/regular.html#genesis

Every Sat

9.00 – 11.00am

Fellowship of Ukulelians meet to worship, fellowship, receive coaching and of course play a wide repertoire of Christian hymns and contemporary worship songs with the ukulele.

www.tmc.org.sg/regular.html#ukulele

Alternate Sat

2.00 – 4.00pm

Contact 123 - Soccer Training at Blk 143 Serangoon North Avenue 1.

www.tmc.org.sg/osc.html#c123

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