



PRESCRIPTION

A Singapore Nurses' Christian Fellowship Newsletter

MICA (P)103/02/2012 • January - April 2012

GROWING AS ONE IN CHRIST BY DISPLAYING CHRISTLIKENESS

Warmest Greetings to all fellow members of the Singapore Nurses Christian Fellowship (SNCF) and fellow Christian nurses who may not YET be members of SNCF. I was elected as President of SNCF at its Annual General Meeting (AGM) on 14 January 2012. However, I acknowledge that transition is a process and not an event. Immediate past President, Ms Low Mui Lang has promised to avail herself to my consultation. I look forward to stand on her shoulders to tap on her ten years of experience helming SNCF. I feel most humbled and yet grateful for this opportunity to lead this small resilient organisation which had weathered the ups and downs through more than five decades. I would like to say a big "THANK YOU" to members who made the effort to attend the AGM. We wish more had turned up. It was a precious time to catch up with past acquaintances and renew friendships. The amazing grace of our heavenly Father has honoured the co-labouring by His faithful servants in our seniors to accomplish the unbelievable. Indeed His mercy is new every morning and the new Council will ride on His promise that He will empower us to great things if we are obedient to His bidding and love Him above all.

For this term, the Council has agreed to focus on growing ourselves, as individuals, each into a "true" child of God. As we strengthen ourselves in Christ, grow to be more like Him, we will infect with the same qualities, those whom God bring into contact with us, with the qualities that are found in us. Colossians 3:12-14 will be a constant reminder for us. Christian nurses

out there, arise and shine forth His light in you - whether you are by the bedside, in the clinics, in the schools or offices, let's shine for Jesus! We pray that more Christian nurses will come and join the SNCF - there is strength in unity. God can use a stronger SNCF to touch even more nurses and bring more blessings to pre-believers in our midst.

The Council appeals to nurses who had joined SNCF previously but has lost contact over the years, to respond to letters sent to you faithfully by the secretariat. If you know of anyone who might have moved in the recent years and had not updated our records, please prod them to do so. We aim to tidy up our databases to get a true picture of our membership and consolidate the baseline and expand from there.

I would like to remind us of SNCF's motto: *ONE IN CHRIST*. Our Mission Statement: *SNCF seeks to bring Jesus Christ to nurses; equipping and helping them find meaning and purpose in their work*. This Council propose one effective way is to allow our lives to be a living testimony.



Ms Tan Wee King,
President, SNCF
Executive Council 2012
(Jan-Sept 2012)

**SNCF
MOTTO**

One In Christ

**SNCF
MISSION
STATEMENT**

SNCF seeks to bring Jesus Christ to nurses, equipping and helping them find meaning and purpose in their work.

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An exciting piece of news is the quarterly publication, Journal of Christian Nursing (JCN), is now available online at US\$40/- annually. Be inspired by authors from all over the world, Christian nurses, like ourselves.

Log on and subscribe now to start the journey of continuous learning and be edified : <http://journals.lww.com/journalofchristiannursing/pages/default.aspx>

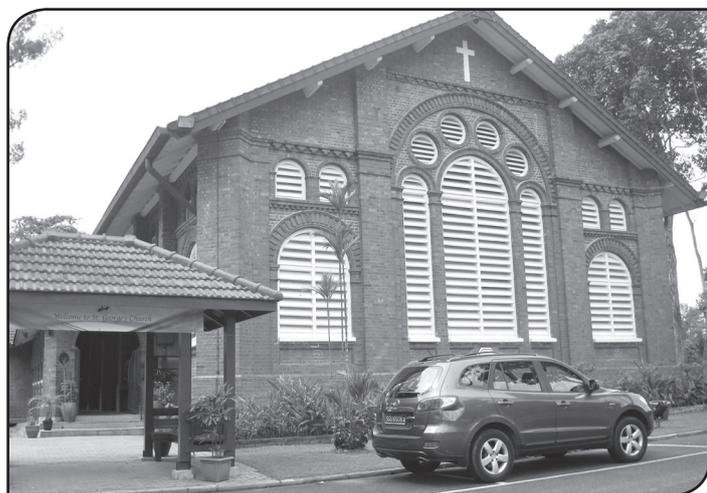
¹² Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. ¹³ Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. ¹⁴ And over all these virtues put on love, which binds them all together in perfect unity. Col 3: 12-14 (NIV)

SNCF SPIRITUAL RETREAT @ ST GEORGE'S CHURCH ON 4 NOVEMBER 2011

A fine drizzle stopped and the day remained cool and cloudy as I stood by the gate to welcome the participants to SNCF's first Spiritual Retreat. God answered the prayers of many members for good weather on the day of the retreat. Retreat Director John Chong Ser Choon, Director of Trinity Life Centre guided and paced the 28 participants through what was a first spiritual retreat for several. The theme of the retreat *"Everyone is looking for you!"* an utterance by Simon in Mark 1:37, was aptly chosen by John after some discussion with SNCF staff worker, Ms Ng Kim Choo.

³⁵ Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. ³⁶ Simon and his companions went to look for him, ³⁷ and when they found him, they exclaimed: "Everyone is looking for you!" Mark 1:35-37

John thought that many nurses may have felt like various people were always looking for them – usually to do more work. Senior nurses are familiar with the official motto for Nurses' Day celebrations, "Service



St. George's Church

before Self". To prevent burnout, hopefully the retreat will bring home the message that individually, Christian nurses must remember to refresh themselves regularly in our Father God. It's such a privilege to be reminded how God delights in each one of us (Zep 3:17).

John gave clear instructions on being silent and focused on spending the time exclusively with God and sent us on the Wander and Wonder @ Botanic Gardens across the road from St George's church. 26 nurses, a chaplain and an admin officer from St Luke's Hospital listened to God with our hearts as our senses took in the sights, sounds and smells of the abundant fabulous flora of one of Singapore's icon. I imagined how Adam and Eve could have lingered in the Garden of Eden during the days before the Fall.

Jesus must have been quite exhausted with the previous day of teaching, healing the sick yet He got up early to spend time communing with His Heavenly Father. He did not let the clamour of Simon to distract Him from His Father's work (Mark 1:38). John encouraged various participants to share their walk in the garden, while urging the rest to honour the speakers and exercise the "gift of listening". I enjoyed the open, insightful sharing of personal reflections by some participants.

The afternoon's teaching by John exhorted us to learn from the example of how Jesus managed the situation when everyone was looking for Him. Firstly, we must remember our identity as a child of God, as Jesus has taught us to pray "Our *Father* in Heaven...". So we must nurture our relationship with our Father, listening and talking to him, going to Him for help when the going gets tough... John urged us to live a rhythmic Sabbatical lifestyle, one that swings from

rest to work and work to rest, rather to try to maintain a stressful balancing act.

The principle of "one in seven" can cultivate a mindset, habits (disciplines) and routines to attain the posture and practice for rhythmic daily living. This principle is derived from the Biblical creation account where God created the heavens and the earth in six days and rested on the seventh day (Gen 1:1 – 2:3). Jesus role modelled the rhythm of work and rest. John had written in his book, "On the Cross Road with Jesus ", that there is a time to be with and a time to be away from. We enter into community to involve ourselves with other people. We withdraw in order to recover and grow deeper as persons. This is to happen with the time and days that God has given us. No matter how busy we are, there always is time. We all live in God's time. Each new day is God's new gift of time. I have been keenly reminded of this fact since having had a pacemaker inserted in April 2011. Within this framework of time, there must be the rhythm of work and rest, the night for the day, the Sabbath rest for six days of day.

John used the story of how God ministered to Elijah in I Kings 19 to illustrate God's loving kindness and gentleness, role modelling for us how spiritual care may look like. Elijah received nourishment and rest as he needed at that point of time. God did not chastise him for his seemingly irrational flagging faith after all the miraculous wins from Mount Carmel and over king Ahab. Instead, God provided for him as a loving father would a sullen child. Then when he was restored physically, God gave him another assignment,



Sharing moment at the retreat

showing His confidence in Elijah, instead of writing him off.

We can take comfort in the story of Elijah. There are times when we just feel like quitting. Yet God never gives up on us... so we should not give up on ourselves! This reminder of remembering who we are in Christ is such a blessing. I can testify to that! It was such a heartening and reassuring feeling, empowering me to do the right thing, despite challenging circumstances. Praise God from whom all blessings flow!

The feedback from participants of this one-day Spiritual Retreat has been unanimously positive. We are very grateful to St George's church for their hospitality and those who worked behind the scene to make this event possible.

*Tan Wee King
President, SNCF*

TRIBUTE TO DR KHOO OON TEIK

Many of you would have read of the passing away of Dr Khoo Oon Teik, the father of nephrology on 5 March 2012. He established the National Kidney Foundation and many other initiatives. However most of you may not be aware that he was also the "midwife" who birthed the Singapore Nurses Christian Fellowship.

According to our record, " as early as 1958, Christian nurses met in small groups to fellowship at Outram Road General Hospital (current Singapore General Hospital). They were identified by their denominations - Anglicans, Brethrens, Methodists. In March 1959 a Pro-tem Committee was set up under the Chairmanship of Dr Khoo Oon Teik. Later realising how much effective a combined witness would be, steps were taken to form an inter-denominational group working under

a Central Committee (current name Executive Committee). So in October 1960 Singapore Nurses Christian Fellowship came into being, with the motto "One in Christ". Mrs Eileen Kuhn was the first President."



We praise God for this remarkable man and the numerous contributions among his lasting legacy.

*Ms Ng Kim Choo
Ministry Staff, SNCF*

ANNOUNCEMENT

MONTHLY PRAYER MEETING

Held at 2 locations: Central and Western Regions

Time : 7:30 pm

Venue :

CENTRAL	WESTERN
Every 1st Monday at SNCF Workbase, #02-03, The Salvation Army Territorial HQ, Bishan	Every 2nd Wednesday at Blk 106 Bukit Batok Central, #04-221 S650106

Prayers items can be submitted to Ng Kim Choo at kimchoo.ng@ncf.org.sg or call 9737-9041

SNCF SPIRITUAL RETREAT

Theme: "In quietness and trust is your strength"

Date: 27 April 2012, Friday

Venue: St George's Church

Time: 8.30 am to 4.30 pm

Cost: TBC

Facilitated by Dr George & Ms Dawn Capaque from Discipleship Training Centre

NURSING VACANCIES IN ST LUKE'S HOSPITAL

1. Assistant Director of Nursing
2. Senior Nurse Manager/Nurse Manager
3. Clinical Instructors
4. Staff Nurses
5. Administrative Assistant (Nursing)

If you are interested in the above positions, please contact:

Ms Amanda Shen,
HR Executive, St Luke's Hospital.
Tel: 68953246 / 68953244(DID)
Fax: 65618205

MONTHLY HEALTH SCREENING OF THE ELDERLY

on every 1st Wednesday of the month's joint project with Chinese Corps of The Salvation Army together with SNCF

Date: Every First Wednesday

Time: 9.15 am

Venue: Social Hall
The Salvation Army Territorial HQ, Bishan

NURSES' DAY CELEBRATION

Date: 4 August 2012, Saturday

Time: 3.30 pm -Refreshment
4.00 pm - Programme Starts

Venue: Auditorium The Salvation Army Territorial HQ, Bishan

SNCF OUTING – "REFLECTIONS AT BUKIT CHANDU" & HORT PARK

Date: 12 May 2012, Saturday

Time: 8:30am

Fee: \$2 admission charges to the Reflections at Bukit Chandu Museum

Meeting Point: Pasir Panjang MRT (Circle Line) Exit Street Level.

Things to bring: Water, snacks, lunch, umbrella (in case of rain).

Attire: Comfortable clothes with sport shoes as there is quite a bit of walking.

SNCF CONTACTS

Correspondence Address:

Toa Payoh Central
P.O. Box 468
Singapore 913116
Tel : 6553 3530
Fax : 6553 3101

Workbase Address:

The Salvation Army
Territorial Headquarters,
20 Bishan, Street 22, #02-03
Singapore 579768

SNCF Website:

<http://www.ncf.org.sg>

SNCF Email:

sncf@ncf.org.sg

Staffworker:

Ms Ng Kim Choo (97379041)

Gifts through cheques to be made payable to:

Singapore Nurses' Christian Fellowship

SNCF 2012 EXECUTIVE COMMITTEE

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Welcome



Ms Serene Chua joining SNCF as Administrative Assistant

We like to extend a warm welcome to Ms Serene Chua who joined SNCF with effect from 15 March 2012. She came to us with her vast experience working for various organisations. She works part time from Monday to Friday morning. Her email is admin@ncf.org.sg. Office telephone 65533530. Welcome on Board, Serene.