



PRESCRIPTION

A Singapore Nurses' Christian Fellowship Newsletter

MITA (P) 141/07/2003 • May - August 2005

SNCF MOTTO

One In Christ

SNCF MISSION STATEMENT

SNCF seeks to bring Jesus Christ to nurses and nursing, helping them to find meaning and purpose in their work, and to see their workplace as a mission field.

SNCF 2005 CENTRAL COMMITTEE

President:
Low Mui Lang
M: 97771557

Secretary:
Lo Chew Yong
R: 68736028

Treasurer:
Koh Ah Yan
R: 64877975

Mission/Prayer Secretary:
Loh Suet Lan
M: 81122119

Committee Members:
Karen Yang Sook Quin
R: 67730178

Hannah Liew
R: 67761792

Judy Chor
R: 68947819

Refocus and Realign our lives to Christ- Or are we occupied and preoccupied?

Over lunch in a food court, I listened to a newly qualified Registered Nurse rattling away about her busy role and demands on her life. She ended the conversation by saying "I am sure nursing was very different during your time"

Yes, perhaps during my time nursing was different. We were not caught up in the personal and corporate race to be outstanding nurses and hospitals of the millennium. Today, there are many distractions and distresses experienced in nursing. But what has kept me going was my faith in God and the spiritual bond and fellowship with fellow nurses in Singapore Nurses Christian fellowship meetings. This has helped me stay focus, refocus, aligned and realigned in my life to God.

Preparation of hearts

"Above all else, guard your heart, for it is the wellspring of life" (Proverbs 4: 23)

If we are to live a life that is in alignment with God and to live deeply as a Christian, the first and most important preparation is the preparation of our hearts. The Bible reminds us to guard our hearts, for it can be easily preoccupied and occupied with demands of the world and above all with self. So how do I guard my heart? By observing disciplines in our lives.

In spiritual life, the word "discipline" means "the effort to create some space in which God can act". In an article "From solitude, to community to ministry", Henri Nouwen explained that discipline means, "to prevent everything in your life from being filled up. It means that somewhere you are not occupied, and certainly not preoccupied." Just like a cup, if it is filled up with fluid, the owner cannot use it and would have to look for another empty cup for use. So if we are filled or full of self, stress and strain we will have no room to receive anything from God.

"Let us draw near to God ..." (Hebrews 10:22). It means that we need to go back to basics of Christian growth in our spiritual lives by drawing near to God and practice the presence of God in our daily living. I am referring the

important discipline of setting apart time daily to read the Bible, to pray, to be still in His presence and hear from Him.

Sometimes as independent human beings, we think we do not need God at all. I think I can manage without Him. So I skip my devotion time with Him. When that happens, I just go about my work, drifting my way in and out of the meaningless routine and schedule of work life. However, when I come to sense and realized this is not the "fulfilled and abundant life" promised in the Bible, and turned to secure the presence of Christ I noticed the vast difference. Yes, there are still ups and downs as a nurse, but I sense His presence, guiding me, comforting me and affirming me. Will you allow God to minister to you through His words?

Cultivation of the hidden life begins with a close relationship with God through daily Quiet Time, prayers and time of solitude. Such time spent in fellowship with God bring a blessing, strengthen our inner man and prepare us to meet the demands of the world.

Making space for God takes discipline. If we can accord the time and the energy for our secular life we deem important in our lives, such as exercise, meeting up with friends, more so we ought to discipline ourselves to nourish and strengthen the inner man. We make appointment with everyone; maybe we should make an appointment also with God. Begin today to refocus and realign to God and experience the presence of God with you in nursing.

" O God, I have tasted Thy Goodness, and it has both satisfied me and make me thirsty for more. I am painfully conscious of my need of further grace. I am ashamed of my lack of desire. O God, the Triune God, I want to be filled with longing; I thirst to be made more thirsty still. Show me Thy glory, I pray Thee, that so I may know Thee indeed. Begin in mercy a new work of love within me. Say to my soul "Rise up, my love, my fair one, and come away". Then give me grace to rise and follow Thee up from this misty lowland where I have wandered so long.."

AW Tozer, in The Pursuit of God

⇒ Ng Kim Choo, Staffworker, SNCF

Called to Care Workshop for Nurse Graduates of Nanyang Polytechnic School of Health Sciences

Date: 30th April 2005, Saturday

Time: 9am-5pm

Venue: Salvation Army Bishan, Chapel.

Speakers: Ng Kim Choo, Ang Seok Khim, Joanna Teoh

Group Facilitators/ MC/ Helpers / Testimony: Charlene Lim, Loo Min Min, Laura New, David Roy Jr



This year SNCF pregraduation preparation workshop took on a different tone. We decided to change it into a workshop to encourage maximum participation for the nurses. We also had the previous year nurses who went through the program to facilitate and lead some of the sessions. In reflection, one of the young facilitators commented that "we have grown in size, though not dramatically but slowly and steadily".

What is the purpose of such workshop? We know that no amount of preparation can really equip us for the real world. One has to jump into the deep end to know what nursing is really all about. There is a saying, "the difference between a follower and a leader is perspective". In this workshop we hope to impart a Christian perspective of nursing to those who are just starting out in it. There are many reasons why one would choose to become a nurse. For some it might not have been a first choice, for others, it is a stepping stone to something better, an affordable education, parental pressure, job security, and for some, a simple act of beneficence, compassion, or desire to serve God by caring for the sick. Whatever the reason, I am convicted that it is a call by God to care.

In a recent conversation with some nurses, I discovered that there are young nurses whose goal in nursing is to rise up the career ladder. When asked about the heart of nursing or the essence of it, neither caring nor compassion was mentioned. This compels us to rethink and consider how nursing has evolved and the values that shape the thoughts and volition of our nurses.

Shelly and Miller, in the book *Called to Care*, defined "Christian Nursing as *a ministry of compassionate care for the whole person, in response to God's grace toward a sinful world, which aims to foster optimum health (shalom) and bring comfort in suffering and death for anyone in need*". We need to return to the heart of nursing which is to care for others as Jesus did when he responded in love and compassion to the poor, the hungry, the lost, the sick and those in oppression and in bondage.

Using games, interaction and worship, this workshop helped the participants on how a nurse could care for herself, her co-workers, and her patients. Some of the participants feedback by saying that they had learnt how to, "learn from mistakes, how to work and learn through God and working with God, and to care with love".

At the end of the workshop, the nurses were channeled to their respective hospital groups to continue to receive support, encouragement and mentoring. If you are interested to join one of these groups or to know more, please contact the following persons:

Charlene Lim (SGH): 96458847

Loo Min Min (TTSH & KKH): 98174521

Karen Ho (NUH): 97475521

☞ Report by Joanna Teoh, Staffworker, SNCF

9th NCF PACEA Regional Conference, May 24-27 2006

Theme: Caring for the whole person in a broken world

9th PACEA NCF Regional Conference

Date : 24-27 May , 2006

Venue : YWCA ,Fort Canning Lodge, Singapore

Theme: Caring for the Whole Person in a Broken World

Bible Exposition: Mrs Leong Keng Teng

For enquiries: Contact Kim Choo at 97379041

Email: kimchoo.ng@ncf.org.sg

The last time 5th NCF PACEA Regional Conference held in Singapore was in 1986. Twenty years on, in 2006 May, Singapore will host the 9th NCF PACEA Regional Conference. For the 2006 conference, the theme is "Caring for the whole person in a broken world". According to Shelley & Miller in their book *Called to Care*, "Christian nursing is a ministry of compassionate care for the whole person, in response to God's grace toward a sinful world, which aims to foster optimum health (shalom) and bring comfort in suffering and death for anyone in need". Through the conference, NCF PACEA hopes to share the uniqueness of NCF and to help Christian nurses to integrate faith to practice and of course, to focus on the whole aspect of nurses caring for themselves as they care for others. While Christian nurses may pride themselves as people trained to be caring, it is not necessary a reality in their life or nursing experience.

There are many-twisted thinking and practices even among Christians in healthcare and nursing today. In the area of

leadership or management practice, or alternative therapies or definition of health, we may unwittingly embrace the philosophies of the world. Thus it becomes critical to host such a meeting for NCF conference gives opportunities to share nursing from the Biblical perspective. For spirituality is not just about worship, Bible study, or volunteering in relief works. To present the Biblical viewpoints on healthcare and nursing issues at the conference is a spiritual act and fighting twisted thinking is spirituality. If I may dare say, with the absence of such NCF conferences in Singapore over the years, our Christian thinking in nursing may have become dull. Conference fatigue is a reason for the absence of NCF conferences. There are just too many nursing and medical conferences going on each year that to add one more would add to seminar fatigue. It is time to refocus and realign our hearts, minds and spirits as Christian nurses.

Nevertheless, NCF PACEA hopes to bring the conference to the younger generation of Christian nurses yet to experience something uniquely NCF. Yes, NCF conference has its unique features. For one thing, the Spirit of Christ is among nurses (where two or three are gathered in His Name) and the close interaction between nurses from different member countries is unlike other nursing conferences. That is Christian fellowship. I can't really explain. You have to experience it yourself. Make a date with us.

☞ Goh Swee Eng

Chairperson, NCF PACEA Regional Committee (2002-2006)

Behold I am the Lord... is anything too hard for me ?

Then Moses turned again to the Lord and said, "O Lord, why hast thou done evil to this people? Why didst thou ever send me?" ... But the Lord said to Moses, "Now you shall see what I will do to Pharaoh." Exodus 5:22,6:1

Instead of the fretful "Why?" of doubt, remember the triumphant "Now!" of faith. Just at the point where we say in discouragement, "Why did You send me here?" the Lord may be about to say, "Now you shall see what I will do !"

One of the hard things in nursing is the discouraging everyday-ness of a load too big to bear, responsibilities too overwhelming. We meet so many things we're unable to do because we only have two hands. And we feel so inadequate.

But His strength is made perfect in weakness, even your weakness. Trust Him for today's need. You'll see what He will do !

"Behold I am the Lord Is anything too hard for me ?" Jeremiah 32:37

From : On Call- daily devotional readings for nurses- by Lois Rowe

SNCF Financial Status

As a not for profit organization, Singapore Nurses Christian Fellowship (SNCF) has been maintained on faith basis, and depends heavily on donations and subscriptions to fund the ministry.

Nurses form the main force of the healthcare industry. They render care to patients and families. As nurses care for others, it is imperative they are supported, cared for and have resources to assist them.

The centre core of ministry of SNCF is to CARE FOR NURSES. Our mission is to bring Jesus Christ to nurses and nursing, helping them to find meaning and purpose in their work, and to see their workplace as a mission field.

In order to run SNCF ministry of reaching out to our student and graduate nurses as well as foreign nurses ministry, we need a monthly operational cost of \$5,000. Our accumulated deficit for the year as well as finance needed till the end of the year will be \$40,000.

We are grateful to many members and friends who had been faithfully supporting

us. We are appealing to you to consider giving a donation towards our ministry. Your generosity will help us to continue the ministry of caring for nurses.

To donate, please write cheque to "Singapore Nurses Christian Fellowship" and mail to

Singapore Nurses Christian Fellowship
Toa Payoh Central, PO Box 468
Singapore 913116

Income and Expenditure Statements for the period from 01/11/04 to 30/6/05

General Fund	S\$
Total Income (1/11/04-30/6/05)	43,457
Total Expenditure (1/11/04-30/6/05)	50,682
Deficit	(7,225)

SNCF Calender of Events

August Prayer Meeting

Date : 8 August 2005,
Time : 7 pm
Venue : The Salvation Army Building
20, Bishan Street 22
#02-03, Singapore 579768
Contact : Loh Suet Lan 81122119 for details

SNCF Ministries

Monthly Prayer Meeting

Every 1st Monday of the month
Time: 7.00 pm
Venue: SNCF Workbase
Prayer items can be submitted to Suet Lan at snCF@ncf.org.sg

Hospital & NYP Ministries

Contact: Joanna Teoh at 98303694

Foreign Nursing Students & Mentoring Programme

Contact: Ng Kim Choo at 97379041

Caring for Members

Contact Kim Choo at 97379041 for visitation needs

SNCF CONTACTS

Correspondence

Address:

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

Workbase Address:

The Salvation Army
20 Bishan St.22
#02-03
Singapore 579768

SNCF Website:

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

SNCF Email:

snCF@ncf.org.sg

Staffworker:

Joanna Teoh
(98303694)
Ng Kim Choo
(97379041)

Gifts through cheques to be made payable to:
Singapore Nurses' Christian Fellowship

SNCF EDITORIAL

Ms. Goh Swee Eng
Members:
Ng Kim Choo
Joanna Teoh
Hannah Liew YH

BOARD OF ADVISORS

Mrs. Margaret Liew
Siew Cheng
Ms. Roselin Liew
Ms. Lim Ee Lee
Dr. Ivy Sng
Pastor Yip Khoon Mei