



PRESCRIPTION

A Singapore Nurses' Christian Fellowship Newsletter

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A LIGHTHOUSE

A mission church in Michigan inspired the naming of a lighthouse the "Mission Point Lighthouse," built in 1870, on a peninsula in Northern Michigan to warn ships of sand bars and rocky shores along Lake Michigan.

Singapore Nurses Christian Fellowship (SNCF) aims to be a focal point where Christian nurses work together in unity, and be a fellowship of faith that provides spiritual light in life's darkness. We are God's light because the Holy Spirit lives in us. SNCF can imitate Christ and be a lighthouse for our Heavenly Father too.

Matthew 5:14-16

14 "You are the light of the world. A town built on a hill cannot be hidden. 15 Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. 16 In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven." New International Version (NIV)

In a hymn, *Jesus the Lighthouse*, the chorus goes:

And I thank God for the Lighthouse

I owe my life to Him

For Jesus is the Lighthouse

And from the rocks of sin

He has shown a light around me

That I could clearly see

If it wasn't for the Lighthouse (tell me)

Where would this ship be?

SNCF is a gathering of nurses called to a mission to "bring Jesus Christ to nurses, equipping and helping them to find meaning and purpose to their work". We were once lost at sea too. Eternally grateful for



In the olden days, the lighthouse functioned more as an entrance marker to ports than as a warning signal for reefs and promontories, unlike many modern lighthouses. Some lighthouses served as the signs, signals and direction for the crowded open waters. They were essential for navigation. Others are simple watchtowers. The lighthouse was often "barraged by storms and the iron roof and lantern panes were often cracked or shattered from flying rock debris."

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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the saving grace of Jesus Christ, members of SNCF have chosen to join God in His work for the nurses in Singapore.

As believers, our anchor in Jesus Christ should provide the strength, the shelter and shield to empower us and bring us victory over the circumstances. However, there are conditions for this to happen. For a start, we must not be self-serving; we must put our hands on the plow and not look back and we must grow our relationship with Jesus. We are much heartened by the encouraging trend of more members blessing each other through attendance at the monthly prayer fellowship at the central, east and west gatherings.

We pray that the rich experience and wisdom that reside in our growing number of senior members will be used to counsel those younger. There are younger ones who are willing to learn. We need more willing role models to impart Christian values, to lead and journey with these younger ones.

Members who are in the workforce are experiencing increasingly demands as the pace of admissions, treatments and discharges intensify. Patient populations in acute and chronic settings are overall sicker and demands attention with little let up. Expectations from patients and family members and colleagues are increasing as people become more informed and educational qualifications go up. The result is accumulative stress causing fatigue and ineffective functioning. Unless nurses are aware of their environment and be proactive in building resilience, they will burn out.

Psalm 18:2 *The LORD is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge. He is my shield and the horn of my salvation, my stronghold.*

Nehemiah 8:10 *Then he said to them, "Go your way. Eat the fat and drink sweet wine and send portions to anyone who has nothing ready, for this day is holy to our Lord. And do not be grieved, for the joy of the LORD is your strength."*

On 1 April 2013, SNCF would be celebrating twenty years of the mentoring/befriending ministry of foreign students who came to Singapore to study healthcare courses, especially nursing. God's amazing faithfulness

is the only reason for the tremendous success of this very special ministry. He has caused members from partnering churches to come forward to take the students under their wing to help them settle in to life in Singapore and minister to them with the love of God. We pray that the Lord of the Harvest will continue to bless the sowing efforts of these faithful brothers and sisters-in-Christ. Come, celebrate with us!

Whether they are members who could be long time Christians, more recent believers, or pre-believers, or whether they have just come to Singapore from foreign lands, SNCF hopes to be the lighthouse to where they can find a guiding light shining forth to them. It was a poignant moment to hear Elvis on Youtube belting out the lyrics of *Jesus the Lighthouse*:

*"Everybody that lives about us
Says tear that Lighthouse down
The big ships don't sail this way anymore
There's no use of it standing round
Then my mind goes back to that stormy night
When just in time I saw the light
Yes, the light from that old Lighthouse
That stands up there on the hill"*

Non-Christians too know the significance of a lighthouse. There are several songs about lighthouses.

*Facing the storm in every side
Afraid to go far when left alright
Tossing and turning with the time
In every direction
It's the light across the ocean
It must be a lighthouse
Calling my ship on
Is it there to show me where I'm going?*

(Lighthouse, Bedingfield, Natasha / Brisebois, Danielle / Elizondo, Mike)

'It is more blessed to give than to receive' (Acts 20:35b)

Let shine for Jesus!

Ms Tan Wee King, President SNCF 2013

SNCF is looking for more willing hands to come on deck to help with keeping the lighthouse going. We need anyone who is able, ready and willing to serve, e.g as a spiritual buddy. Would you?

SNCF SPIRITUAL RETREAT

One of the ways that Singapore Nurses' Christian Fellowship hopes to strengthen the Christian life of nurses is to give opportunity for any nurse who desires the Holy Spirit to permeate their lives in greater depth. Thus last year, many nurses responded to the one-day Spiritual Retreat held quarterly for nurses.

At this retreat, silence is observed throughout the day as we hope to give our full attention to hear what the Lord is saying to each one personally. The participants were guided into "*Lectio Divina*", which is Latin for slow contemplative praying with Scriptures.

READING: As the Scripture is being read, participants listen deeply to the still small voice of God that will speak personally and intimately. Listen to hear a Word or phrase that is God's Word for them for the day.

MEDITATIO / MEDITATION: Once they have found the Word or it may even be in a form of a vision, they take it in and "ruminate" on it, allowing it to interact with their thoughts, their hopes, their memories and their desires. Through meditation, we allow God's Word to affect us at our deepest levels.

ORATIO / PRAYER: Prayer understood both as dialogue with God - as a loving conversation with the One who has invited us into His embrace. Prayer as consecration - prayer as priestly offering to God parts of ourselves.

CONTEMPLATIO / CONTEMPLATION: Here, we simply rest in the presence of the One who has used His Word as a means of inviting us to accept His transforming embrace. Wordless, quiet rest in the presence of the One who loves us and simply enjoying the experience of being in the presence of God.

The reflection sections are done in small group, but extended time were given for private meditation and response.

AN AWARENESS WALK helps them nurture a reflective life and heighten their awareness of the sacred. God speaks through the parables of nature. Allowing what they have seen or felt to have a place in their heart, allowing it to grow there, upward to God and outward to other people.

JOURNALING: Participants journal as they journey in prayer. A spiritual journal helps make us more accountable and thus be doers of the Word rather than just hearers, as St James urges in James 1:22-25 "*Do not merely listen to the word, and so deceive yourselves. Do what it says.*"²³ *Anyone who listens to the word but does not do what it says is like someone who looks at his face in a mirror*²⁴ *and, after looking at himself, goes away and immediately forgets what he looks like.*²⁵ *But whoever looks intently into the perfect law that gives freedom, and continues in it—not forgetting what they have heard, but doing it—they will be blessed in what they do.*" The tool of journaling provides a mirror in which we can learn to see ourselves as we really are, to be honest with ourselves.

SPIRITUAL DIRECTION: Towards the end of the day, each one would be given an opportunity for a one-to-one Spiritual Direction. The objective, purpose and practice of Spiritual Direction is always focused on the spiritual growth of the person seeking direction. The director may invite, encourage and guide the participants to greater heights of spirituality, but never forces, not even gently. For all practical purposes, I must add that the director is a silent observer standing by while the Holy Spirit is dynamic and operative in the direction.

In conclusion, for those who have ventured into this journey of prayer, let us be reminded that this prayer exercises are not an end, but a beginning. The challenge of the journey is not to fulfil our prayer commitment, but to live the truth and the freedom into which God draws us to Him daily!

Ms Alice Ong Giok Lian

Mark Your Calendar for **Our Upcoming Spiritual Retreat for 2013!**

29 June, 31 August, 26 October

More details will be released at a later date.

ANNOUNCEMENT

NURSING VACANCIES IN ST LUKE'S HOSPITAL

1. Senior Nurse Manager / Nurse Manager
2. Clinical Instructors
3. Home Care Staff Nurses / Enrolled Nurse
4. Staff Nurses / Enrolled Nurse (Inpatients / Outpatients)

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

Ms Leo Bek Hong
Sr HR & Admin Manager
St Luke's Hospital
Tel : 6895-3243 (DID)
Fax : 6561-8205

ST ANDREW'S COMMUNITY HOSPITAL

We invite you to join our team as:

Staff Nurses and Enrolled Nurses For:
Inpatient Wards, SACH
Paediatric Ward, SACH
Psychiatric Nursing Home located at
Buangkok Green

Remuneration will commensurate with qualification and experience. Please write, fax or email to:

The Human Resource Department
Address : 8 Simei Street 3 Singapore
529895
Fax : 6586 1099
Email : applyto@sach.org.sg

MONTHLY PRAYER MEETING

Held at 3 locations: Central, Western & Eastern Regions

Time : 7.30 pm (for Central & Western only) 4.00 pm (Eastern hub)
Refreshment at 3.30pm.

Venue :

CENTRAL

Every 1st Monday at SNCF Workbase,
#02-03, The Salvation Army Territorial
HQ, 20 Bishan Street 22, S579768

WESTERN

Every 2nd Tuesday at
Blk 106 Bukit Batok Central, #04-221
S650106

EASTERN

Every 2nd Tuesday at
St. Andrew's Community Hospital,
8 Simei St 3
S529895

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

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Staffworker:

Ms Ng Kim Choo (97379041)

Gifts through cheques to be
made payable to:

**Singapore Nurses'
Christian Fellowship**

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