



PRESCRIPTION

A Singapore Nurses' Christian Fellowship Newsletter

MCI(P) 133/04/2015 • January - April 2016

SECRET TO MY CHRISTIAN LIVING

On the 11 January this year, I decided to celebrate my 70th birthday with my god-children. As I reflected on my 70 years of existence, I was filled with gratitude unto my Maker. Not that my life was smooth sailing but it was precisely the 'abrasive' experiences that made me grow deeper in His love and showcased God's mighty power. It was indeed a celebration of God's tender mercy upon my life. In July 2015 I discovered a growth in my left ovary. What was highly suspicious of an ovarian cancer turned out to be benign – who else could perform such a miracle but only God!

I have been asked several times by many people, including my godchildren, as to the 'secret to my Christian living'. So, I took the opportunity at my birthday party to humbly share from my heart – more so, especially when my audience were my own godchildren – about fifty of them present on that day. I pray I will not be boastful about my sharing, and if there was anything to boast, I boast in the Lord.

Firstly, the love and fear of the Lord undergird all that I do or say. These are my guiding principles in my daily action and interaction with people I meet along the way.

Secondly, I intentionally put into practice two of my favorite scriptures. The first one is Philippians 4:8-9. Not that I have already attained this, but as much as I possibly can. "....., *whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things.*" Truly, what we put into our minds will determine what comes out in

our words and actions. And how true the promise of God is when one practices this truth, that *"the God of peace will be with you."*

At this age, I find it more so to 'press on toward the goal that Christ has called me heavenward'. I am always reminded that it is not how well we begin, but how well we end the race that matters. Philippians 3:12-14 *"Not that I have already obtained all this, or have already been made perfect, but I press on to take hold of that for which Christ Jesus took hold of me. Brothers, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead. I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus."* Personally I believe Christ has 'taken hold' of me in the area of pastoral care and evangelism. Putting aside all that hinders me, I press on to what God has purposed for me and run to finish this race well. Abraham Lincoln once said this: *"I may be a slow walker but I never walk back."*

Thirdly, there are two things that I practise in my daily life. Amidst my busy schedule, I make a point to practise the presence of God and to pray. This can be done in silence or stillness, or even in the mundane daily routine. The practice of 'silence' gives me opportunity to sit at His feet and enjoy the beauty of His holiness, and also to hear His heartbeat. I would either go to a quiet place by myself or bring a few people along with me and be guided by our great Spiritual Director – Jesus Himself! Personally I find this to be beneficial and refreshing in many ways. God is always wanting to speak to us – if only we would

**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.

spend time listening to Him. Prayer as part of my meditation is vital to my Christian life. I practise *Lectio Divina*, a form of meditative and contemplative prayer using Scriptures that builds up my Spiritual life.

Finally, I pray to leave two legacies for my children and godchildren. That is, one of faithfulness and the other one of service unto the LORD! I pray that I will be found faithful to the end, and that I will serve Him to the best of my ability.

To conclude, as my audience were my god-children, I identified with Paul's sentiment to the church at Philippi, and I want to say this very thing to my godchildren that "*Whatever you have learned or received or heard from me, or seen in me – put into practice*".

Praise God for His tender mercy!

Alice Ong

Thanksgiving Service Message on 7 Dec 2015 : HE IS GOD AND HE IS GOOD

We are less than a month to the end of 2015 and 18 days to Christmas day. This an appropriate time to give our thanksgiving to God not just for 2015 but as we remember 2000 years ago He gave His only son Jesus.

As I thought of what passage to share to you tonight on the subject matter of thanksgiving- Psalm 100 stood out. It is one of the most comforting and encouraging chapter in the book of psalm of thanksgiving.

A psalm : For giving grateful praise.

- 1 Shout for joy to the Lord, all the earth.
- 2 Worship the Lord with gladness;
come before him with joyful songs.
- 3 Know that the Lord is God.
It is he who made us, and we are his[a];
we are his people, the sheep of his pasture.
- 4 Enter his gates with thanksgiving
and his courts with praise;
give thanks to him and praise his name.
- 5 For the Lord is good and his love endures forever;
his faithfulness continues through all generations.

What are the two enriching truths from the passage?

He is God! (verse 3)

And *He is good!* (verse 5)

He is God and *He is good* gives comfort, peace and hope because He is both God and good.

Let me share a very intimate story of myself and my family. A few weeks ago my husband went for stress

test and failed - it was suggestive of ischemia -and may require angioplasty if there are any blockages.

We were very concerned and we further learned that it will cost us beyond our means should we have it done here. We asked for prayers from our vicar, students at the seminary my husband works, church small group and the migrant workers and domestic workers we minister to.

We decided to go back home for an angioplasty, for if a bypass is needed, at least it is at home. But we prayed for healing. Every day I implored on God that he will heal my husband. Back home this cardiologist who knows George's heart condition since 1990's gave him another stress test and he passed everything. He only made adjustments to his medication.

He is God and good throughout all time.

HE IS GOD

God has intricately woven us in our mother's womb. He said what He made is good. God made us and we are his. We are made for his purpose. We were made in His image.

David said, "I will magnify God with thanksgiving" Psalm 69:30-32 . He said this in the midst of pain and distress and of being scorned and shamed.

That He is God is obvious to everyone

20 For since the creation of the world God's invisible qualities—his eternal power and divine nature—have

been clearly seen, being understood from what has been made, so that people are without excuse.

21 *For although they knew God, they neither glorified him as God nor gave thanks to him, but their thinking became futile and their foolish hearts were darkened. - Romans 1:20-21(New International Version)*

God has wonderful attributes and awesome loving deeds he has done to us but we let it pass in one ear and out the other ear and without causing the slightest ripple of emotion in our hearts. When we are like this we need to ask God to open our eyes, and move our hearts that we might know the hope to which he has called us, and what are the riches of his glorious inheritance in the saints and what is the immeasurable greatness of his power in us who believe

There is hope no matter what your condition or situation is - because your maker is God.

But often when God graciously removes the scales from our eyes so we can be moved by his acts, we forget.

Eph 1:18-19

GOD IS GOOD

The creator God is good. He not only causes all things to work together for good those who love Him, but he is the standard bearer for goodness. Jesus in Luke said this that No one is good except God alone.

Man has a sin problem. We all have sinned and fall short of the glory of God. We deserve to die

But God is good God. Even if man deserves separation from him he provided a way of escape in the coming of the Lord Jesus. He is our Shepherd, he sees to it that none of the sheep is lost, killed or injured. Even if one is lost among the hundred that he has this shepherd will look for the one who is lost.

David in Psalm 23 has described how the Lord as a shepherd provided for him. We need nothing if He is our shepherd.

What is our response?

Shout for joy!

I am so blessed that NCF is one of the many ministries where young lives are called to live for God. I can think of Naty Lopez who helped me with how to study Scripture and share it to others. I learned values of Christian life by observing them, in fact it was through NCF that I became a follower of Jesus.

b) Worship the Lord with gladness

Or serve the Lord! What a privilege it is to serve God. Servant hearts, we ought to have. Let us continue to serve God through NCF, our churches and other organizations.

Jesus said the Son of Man did not come to be served but to serve as to give his life a ransom for many.

c) Enter his gates with thanksgiving

Thanksgiving is associated with confession with our lips that God has forgiven us, a repeated communal expressions like what we are doing now in formal celebrations over what God has done, to SNCF, to us individually. To be thankful for all our circumstances even in difficult ones because we know He is a good God.

As a result, confessing that God's steadfast love and faithfulness will never fail opens the way to JOY. In summary, we respond with:

Shouts of joy by declaring His deeds
Worship or service to him and fellowman,
Enter his presence with thanksgiving

And through all these responses we see the rooting of joy in our life.



Dawn M Capaque

MONTHLY PRAYER MEETINGS

CENTRAL REGION: 1st Monday of Every Month

Venue: SNCF Workbase

Fairfield Methodist Church, Room 201, 1 Tanjong Pagar Road, (088437)

Time: 7.30pm Tel: 6220 0587 Fax: 6221 7150

EASTERN REGION: 2nd Tuesday of Every Month

Venue: Level 2, St Andrew's Community Hospital, 8 Simei St 3 (529895)

Time: 4.00pm (Refreshments at 3.30pm)

WESTERN REGION: 2nd Wednesday of Every Month

Venue: Blk 106, Bukit Batok Central, #04-221 (650106)

Prayers items can be submitted to: admin@ncf.org.sg or call 6220 0587

SNCF CONTACTS

Correspondence Address:

Toa Payoh Central
P.O. Box 468
Singapore 913116
Tel : 6220 0587
Fax : 6221 7150

Workbase Address:

Fairfield Methodist Church
Rm 201, 1 Tanjong Pagar Road
Singapore 088437

SNCF Website:

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

SNCF Email:

admin@ncf.org.sg

Gifts through cheques to be made payable to:

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SNCF CALENDAR OF EVENTS

SALINE BASIC COURSE

Date: 7 and 14 April 2016 Time: 9.00 am to 1.00 pm

Venue: Fairfield Methodist Church (Room to be confirmed)

SPIRITUAL RETREAT FOR 2016

Date: 22 April 2016 Time: 8.30 am to 6.30 pm

Venue: Meadows @ Pierce Upper Thomson Road

Facilitator: Ms Alice Ong Giok Lian

Fees: SNCF Member : \$50.00, Non-SNCF Member : \$65.00
(include breakfast, lunch & tea)

Please contact SNCF for enquiries at 62200587 / 97379041

Last day of Registration – First week of April 2016

COACHING @ SNCF (by Ms Tan Wee King will be on 2nd and 4th Saturdays)

Date: Begins from 26 March 2016 Time: 10.00 am to 12.00 noon

NURSES CHRISTIAN FELLOWSHIP INTERNATIONAL (NCFI) CONGRESS (PLAN TO ATTEND AND BE BLESSED!)

Date: 6 -10 June 2016

Theme: Healthy Life in a Broken World

Sub Themes: Healthy Living, Broken World and Christian Nurses' Response

Venue: Development Academy Of the Philippines,
Tagatay City, The Philippines

Speakers: R. Paul Stevens, Dr Babara Parfitt, Dr Junko Tashiro, Dr Euisook, Dr Melba Padilla Maggay & Jane MN

Programme I: Staff and Leaders Training Programme, Concurrent Seminars, Bible Expositions, Professional Sessions Workshops

Further details about Congress events – www.ncfi-congress-2016.html