



PRESCRIPTION

A Singapore Nurses' Christian Fellowship Newsletter

MCI(P) 133/04/2015 • September - December 2015

SNCF CELEBRATES Nurses' Day 3 August 2015

Speaker for the event was Ms Elizabeth Lim

SALT & MATTHEW 5:13-16 LIGHT



Ms Elizabeth Lim

The Lord gave His disciples nine Blessings (The Beatitudes, Matthew 5:1-12) before He called them to be:

Salt of the earth

Light of the world (Matthew 5:13,14)

Call to Nurses: To be the Salt and Light: to be witnesses in our workplace, home and community.

- A special appointment by God
- A privileged position, a compliment

SALT = giving a touch of God

LIGHT = showing a glimpse of God

The active ingredient is the Holy Spirit

God is at Work

God is at Work in our workplace, our lives, and in the lives of patients.

He invites us to partner Him.

We are His workmanship, created in Jesus for good

works, which God prepared beforehand that we should walk in them. (Ephesians 2:10)

A. Characteristics of Salt

1. **Preservative** – Prevent meat, fish from being rotten
2. **Antiseptic** - Cleansing and healing
3. **Flavour** – Add flavour to food

How would you function like as salt in your healthcare setting?

**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.

1. As a preservative?

- i. Worldliness destroys saltiness Do not conform to the pattern of the world, do not embrace rotten values: materialism, selfishness
- ii. Fruit of the Spirit preserves saltiness Demonstrate love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control (Galatians 5:22-23)
- iii. Preserve competence and a high standard of care
- iv. Preserve values and truth
- v. Peace and harmony in the workplace

2. As an antiseptic cleansing agent promoting healing.

Christians function as moral antiseptic. Let your conversation be seasoned with salt so that you may know how to answer every man. (Colossians 4:6)

- (i) As an antiseptic, our conversation may irritate the wound, cause pain but is beneficial, and promotes healing.
- (ii) Words of comfort will heal and uplift a patient's spirit.

3. Add flavour

- (i) The world has no true flavour, no true joy, happiness, and hope. As nurses we can add flavour to the lives of the sick, by sharing the gospel of Jesus Christ – the power of God unto salvation to everyone who believes.
- (ii) Patients can experience happiness, hope, and peace

Salt = giving a touch of God

Light = showing a glimpse of God

The active ingredient is the Holy Spirit

1. To be in the world and not of the world. Be the Salt and Light and glorify the Father in Heaven.
2. Trim our wicks daily, and engage in biblical self-examination that passeth all understanding and see that the Lord is good.

Salt = giving a touch of God?

Is it easy to be Salt in your workplace?

How can you be the salt during problems and trials? Rejoice in tribulations. Develop patience – character –

hope. Hope maketh not ashamed because God's love has been poured into our hearts through the Holy Spirit.

(Romans 5:3-5)

B. LIGHT

- Light is a reflection
- Light is visible.
Everything exposed by the light becomes visible for it is light that makes everything visible. (Ephesians 5:13)

Light = showing a glimpse of God.

The World is sinful and dark. God sent His Son to be the Light. Jesus as the light exposed the reality of evil, and the rottenness of the world. To open their eyes and turn from the power of Satan to God. (Acts 26:18)

We are not light in ourselves. We are the light in the Lord. We reflect the light of Jesus to the world. How do we look as Lights? Those who look to Him are radiant and shall never be ashamed. (Psalm 34:5)

How do we function as light in the workplace?

Do everything without grumbling and arguing that you may be blameless and innocent, children of God without blemish in the midst of a crooked generation among whom you shine as lights in the world. (Philippians 2:14-16)

Personal Application

Am I the Salt and Light?

Am I dead meat or darkness?

- Dead meat or darkness
Cry to Jesus to open your eyes, to save you from rotting in the world and transform you to be Salt and Light in your workplace, home and community.

Arise, shine for your Light has come, and the glory of the Lord has risen upon us. (Isaiah 60:1-3)

- I am Salt and Light
3. Feed on His Word daily. God's Word is a lamp unto my feet and a Light unto my path. (Psalm 119:105)
 4. Claim the 9 blessings from the beatitudes.
 5. Pray for the filling of the oil of the Holy Spirit .
Give me oil in my lamp, keep me shining,

Ready To Jump Workshops 2015

In line with the SNCF objective of equipping and assisting nurses to relate their faith to profession, since 1999 SNCF had been running Ready to Jump workshops to fulfill the objective.

By God's grace, SNCF completed the Ready To Jump Workshops (5 September to 10 October 2015), together with trainers from Pasir Panjang Hill Brethren Church (PPHBC). The topics included were as follows:

1. Tips To Prevent Medication Errors And Falls
2. Common Nursing Mistakes During Admission, Transfer And Discharge
3. Professional Conduct
4. Nursing Career Paths & A Clinical Instructor's Perspective
5. Common Laboratory Tests And Other Investigations
6. Nursing Interventions For Critical Situations

We praise God for bringing a total of 38 students to this workshop. The students comprised local, foreign students; including a few from the accelerated programme. Thank God for the PPHC team led by Ms Lin Chating for their relentless effort in serving. Some of the trainers dedicated time and effort to this ministry over and above responsibilities of a full time job and that of their own families with very young children, yet they still choose to set aside time to teach and help these students. Personally, I am very encouraged by their passion and commitment. I thank God for the opportunity to help in this workshop.

I confess, as a member of SNCF, it is only recently I got to know some history of this Ready To Jump Workshop.

"Ready To Jump" could be traced all the way back to 1998. SNCF has been reaching out in helping graduands



Participants and trainers –Ready to Jump Workshop 2015

and graduating students through the "Ready To Jump Workshops" for almost two decades! Praise God for sustaining this outreach program and using it to bless many nurses... and by extension, their patients!

Throughout this Ready To Jump Workshops, we have received quite a lot of feedback:

1. "I really find the workshops useful as it helpfully points out all the small details that we may overlook during Clinical and areas where the school doesn't teach us. And the sharing from the speakers and peers gave me encouragement. At least I know that I'm not the only one who experience such emotion such as fear"
2. "The Ready To Jump Workshop provided much rich knowledge and experiences from our seniors, which not only prepare us for our PRCP, but also guides us on what we should continue to do to become a good nurse." --Shared by our local students
3. "The workshop is quite helpful. The things I like especially were when they shared about their experiences and how to prevent incidences from happening." "I really enjoyed this course." --Shared by our foreign students

As we evaluated this year's workshop, we continue to see the great needs of graduating students. These needs to continue to exist and we hope to see more 3rd year students come and be blessed by similar workshops. SNCF and PPHBC desire to join hands together to train more nurses to conduct this workshop. We are planning a "Train The Trainers" workshop in the near future. Would you pray with us and also consider to join us in nurturing our young generation of nurses? We'd love to hear from you! We are blessed to bless!

Ms Wang Dandan

SNCF Committee member

SNCF has been running the Ready To Jump Workshop yearly since 1999. The first Ready To Jump Workshop was held on 15 August 1999 with 4 students. Previously it was known as "Called to Care" as well as "Ready To Jump Workshop". The history was reported in more detail in the May-Aug 2007 issue of Prescription by Ms Joanna Teoh, then staff worker at SNCF. (You can access the complete copy on the SNCF website.)

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)

Time: 7.30pm

Prayers items can be submitted to

admin@ncf.org.sg or call 6220 0587

SNCF CONTACTS

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SNCF Website:

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

SNCF Email:

admin@ncf.org.sg

Gifts through cheques to be made payable to:

Singapore Nurses' Christian Fellowship

SNCF CALENDAR OF EVENTS

THANKSGIVING SERVICE

Date: 7 Dec 2015, Monday

Time: 6.30 pm dinner
7.15 pm meeting proper

Venue: Fairfield Hall
Fairfield Methodist Church
1 Tanjong Pagar Road
Singapore 088437

57TH ANNUAL GENERAL MEETING

Date: 16 January 2016, Saturday

Time: 3.30 pm refreshment
4.00 pm AGM

Venue: Fairfield Hall
Fairfield Methodist Church
1 Tanjong Pagar Road
Singapore 088437

NURSES CHRISTIAN FELLOWSHIP INTERNATIONAL (NCFI) CONGRESS

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

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

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

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

SNCF
celebrated it's 55th
Anniversary on
3 August 2015
attended by 84
members and
friends.



*Blessed by the Sharing of talents
by Evelyn Ho and Dorea Chin*

SNCF 2015 EXECUTIVE COMMITTEE

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