



PRESCRIPTION

A Singapore Nurses' Christian Fellowship Newsletter

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NCFI CONGRESS 2016

The four-yearly Nurses' Christian Fellowship International (NCFI) World Congress was held in Tagaytay, Philippines from 8th – 11th June 2016. With the theme of "Healthy Lives in a Broken World: A Christian Nursing Response", this 5-day congress attracted 300 delegates from 35 countries in six regions — Africa, Caribbean and North America (CANA), Europe, Latin America, Pacific and East Asia (PACEA), South Asia and Middle East (SAME). Ms Ng Kim Choo, Ms Joy Lim, Dandan and myself had the privilege to represent Singapore Nurses' Christian Fellowship (SNCF) to attend the congress. It was truly an excellent conference filled with Bible teaching, education, networking, and fellowship. Praise the Lord for the great things He has been doing through NCFI and the Christian nurses all around the world.

On the first day of the congress, during the opening ceremony, there was a Parade of A Nations, welcoming and opening address by NCFI President Dr Barbara White, flag ceremony, keynote address by Dr Melba Maggay, choral presentation and singing by NCFI music team. The most impressive scene was when delegates from different countries and ethnic groups paraded into the congress hall with colorful national flags and in beautiful costumes. This scene marvelously provided a glimpse of "All the nations you have made will come and worship before You, O Lord; they will bring glory to Your name" (Psalm 86:9). Praise and honor be to the Almighty God!

On the subsequent days, every morning at 7am, Ms Phyllis Ferrier the NCFI CANA Regional Chair led us in 30-minute prayer and meditation, exploring four aspects of living a healthy life in a broken world. Firstly, "One's focus is critical: Meditation on the Word of God (Psalm 1:1-3)". We were reminded of the need

to step back from unhealthy influences (e.g. opposing world views, pornography), and develop daily focused meditation on God's Words and God's promises "day and night". Sometimes when we feel that God is doing nothing, we can just keep praying and reading His Words. He is training us to trust in Him unconditionally, to have greater capacity of faith, to prepare us for greater calling. Secondly, "Resilience from his Grace". Through the challenges we learn to depend on His grace, and come to the end of ourselves. We should never stay down because of who God is. He sustains us with the same power that created and holds the universe in place, and that raised Jesus from death. As we come to the end of ourselves through the challenging experiences, others experience His grace and power in and through us. Then, "Perspective in the face of suffering — 2 Cor 4:16-18". God's redemptive work in our life is completely compatible with our very tough, difficult situation. God is using the trials to produce something beautiful in our lives. Ms Phyllis used the metaphor of a scale to compare the weight of trials to the weight of the promises and glory we have in God. Use the promises in the Bible as a basis on one end of the scale. Nothing (no suffering) on the other end of the scale can outweigh the promises we have from God. The present suffering is not worth even comparing with the glory that will be revealed in us. Lastly, "Maintain an Attitude of Gratitude — Philippians 4:4-7; 1 Thess 5:18". The antidote for the negativity in this broken world: 1) Don't worry about anything, but pray about everything; 2) In everything give thanks. These facilitate a focus on the positive,



**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.

life-giving thoughts, and on Who God is. When Paul and Silas (Acts 16) were put into a dungeon, they chose to worship and praise God, as other prisoners around them were watching. In the end the jailor and his family were saved. When God's children who in whatever situation say "I'm trusting God", they will generate hope in a broken and hurting world.

This Congress had three sub-themes: healthy lives, broken world, and the Christian nurses' response. These were reflected through Bible expositions, professional plenary sessions, concurrent seminars, workshops, papers and poster presentations.

On scheduled days, after praise and worship session, there was Bible exposition by Rev Dr Paul Stevens. For the first part of Bible exposition, Dr Paul Stevens covered Luke 9:46-10:24, focusing on "Being Kingdom Ministers". The Gospels of Jesus proclaimed and embodied the Good News, and is also the Gospel of the Kingdom of God, which is the glorious invasion of God-energizing shalom or wholeness in which the nursing profession is so directly engaged. The extraordinary pathway into the Kingdom is simple trust and humility. Dr Paul Stevens also covered Luke 10:25-37, focusing on "Having a Kingdom Heart". Jesus appeals for a Kingdom heart, a heart from God that is aware of needs, and is moved with compassion. For the third part of Bible exposition, covering Luke 10:38-42, "Developing Kingdom Spirituality". In the story of Mary and Martha, Martha was traditionally viewed as busy and unspiritual, Mary was viewed as quiet and spiritual. But Dr Paul had reinterpreted that the authentic disciple of Jesus should have hyphenated name "Mary-Martha", which means a mixed life of action and reflection/contemplate. The workplace is where we spend most of our waking hours. Nursing is both a scientific profession and sacred calling. Spirituality is our response to the seeking and loving

God who wants to make us more human and sanctify us. It is a lifelong process. Our deep need is to know God and know self. We also have a deep need for a spirituality that will fit us for the pressures of overwhelming work. Thus we need to live a balanced life. How to maintain balanced life? Put God first in everything (God before work, God before family, God before ongoing learning, etc). Follow Jesus' example, who did not live a "balanced life", but did live a disciplined life (Matthew 14:22) -- We must spend time alone with God amidst the business. Dr Paul Stevens gave us a few "Mixed Life Disciplines": 1) Daily Sabbath, prayer and crawling through the Scripture (make it our own); 2) Weekly Sabbath; 3) Retreat - Solitude (twice yearly or yearly). No man could afford to live in the marketplace who also does not live in the desert.

After each day's Bible exposition, there were also personal testimonies by NCFI Next Generation young nurses, and professional plenaries delivered by different international speakers, sharing their vision and experiences of living healthy lives in this broken world. These were followed by country groups sharing and discussion to allow individual delegates to share what they learned from the Bible exposition and professional plenaries.

The concurrent sessions programme offered a wide variety of presentations for the delegates to enjoy and learn from with an impressive array of expertise. These sessions enlightened us on important nursing issues and relevant evidence for practice.

On day 3, there was a series of Interest Groups' meetings, which facilitated meetings of participants from around the world with similar interest to share and encourage each other, as well as providing opportunity to form and develop networking in the future. Before the meeting, Dr Paul Stevens gave the introductory talk: "Taking your soul to work; honouring God in professional practice". He reminded us that: All healing is from God; We ought to see people the way Jesus does — image bearers of God, allow Jesus to motivate us to love and serve, and to view serving people as a way to serve God.

Besides the above mentioned, there were also the Region Forum and International Forum where topics of major interest for the organizations were discussed; Craft stalls where the delegates could buy crafts from another country to bring back as souvenirs at the



same time contribute to the NCFI sponsorship fund. The tiger balm and handicrafts from Singapore were very popular. The NCFI evening on day 2 gave the delegates an overview of what is happening around the world as Christian nurses witness for Jesus and bring His hope to a hurting world; the Philippine night on day 4 provided a special taste of this great country, and we all enjoyed the delicious local food, the joyful Filipino dances and lovely songs. It was also a special experience to witness the installation of new NCFI President and committee board during the International Forum, with Dr Tove Giske becoming the new NCFI President for the next four years.

I'm sure that each delegate was filled with thankfulness for this wonderful experience: thankfulness for God's living and powerful words, for fellow believers who are great role models as well as who are earnestly seeking to serve God, and for the opportunity to gather together in fellowship to become more equipped to serve. As Dr Barbara White noted, it is indeed a great privilege and blessing to be called to the



Xia Xiangbing, Huang Yu Jia, Wedding on 18 June 2016

sacred profession of nursing. May the Almighty God continue to strengthen and empower us to serve by His grace and for His glory!

Ms Yin Ya Pei

Note: Ms Tan Wee King, President SNCF was at the NCFI Congress for the pre-congress workshop PRIME and had to curtail her stay because of her husband's urgent medical situation.

The Spiritual Retreat

The SNCF Spiritual Retreat was truly refreshing for 9 of us attended. It was challenging for me to attend, being like Martha with self preoccupations.

During the retreat, we enjoyed quiet moments and sweet fellowship with the Lord and one another. We had meaningful times which included worship, meditative scripture reading, journaling and awareness walk. Deepening river waters in Ezekiel chapter 47 refreshed and enlightened us. My heart was also inspired by Ms Alice's testimony of the Lord's leading her into her present ministry.

Prior before our Awareness Walk came a heavy downpour with thunder. While waiting for it to mellow down before proceeding, I felt that it was God preparing my heart to listen to His voice as I recalled the encounters of prophet Elijah in 1 Kings chapter 19. God spoke to him in a gentle whisper after the passing of a strong wind and earthquake.

The subsequent Awareness Walk through the surrounding nature despite the drizzle, allowed me to ponder over God's revelation and sense the Spirit's prompting through His marvellous creation. For

example, trees with rough but colourful barks seemed to reflect the complexities yet beauty of life. Observing the same trees with various length of exposed roots made me reflect upon the real depth of one's faith beyond the superficial.

The walk was followed up with personal sessions with Ms Alice Ong who helped us further discern our own spiritual direction. Overall my own strength had been renewed to move on with a clearer sense of purpose for my personal life and ministry.

Beatrice Foo



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: 6225 7485

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

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Gifts through cheques to be made payable to:

Singapore Nurses' Christian Fellowship

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SNCF CALENDAR OF EVENTS

NURSES' DAY 2016 THEME: RESILIENCE IN NURSING

Date: 6 August 2016, Saturday
Venue: Fairfield Hall,
FairField Methodist Church
1 Tanjong Pagar Road
Singapore 088437
(Tanjong Pagar MRT Exit B)

SPIRITUAL RETREAT 2 FOR 2016

Date: Date: 21 October 2016,
Friday
Venue: to be confirmed

MISSION TRIP TO ULU TIRAM CHINESE METHODIST CHURCH

Date: 27 August 2016, Saturday
Time: 8.30 am to 7.00 pm

SALINE BASIC COURSE

Date: 8 and 15 October 2016
Time: 9.00 am to 1.00 pm
Venue: Fairfield Methodist Church,
Room 201

PRCP PREPARATION:

SNCF READY TO JUMP WORKSHOPS (3HRS X 5 SATURDAYS)

1	10 Sep 2016	Start it Right (communication skills, infection control and Self Readiness)
2	17 Sep 2016	Tips for Survival in an Acute Ward
3	24 Sep 2016	Career Paths. A Clinical Instructor's Expectations
4	1 Oct 2016	Nursing Interventions for Critical Situations
5	8 Oct 2016	Pointers from the Clinical Tutor's Perspective

Fee : \$10 (For Handout and Material)
Venue : Fairfield Methodist Church
1 Tanjong Pagar Road, Singapore 088437
Time : Saturday, 1400-1730 hrs
Registration : Email to Ms Janet Kong (admin@ncf.org.sg) with your name, mobile number & PRCP Hospital
Directions : **Nearest Bus Stop** B05271 - Bus 80 and 145
Nearest MRT Chinatown MRT (NE4)