



PRESCRIPTION

A Singapore Nurses' Christian Fellowship Newsletter

MCI (P) 061/08/2022 May - August 2022

2022 NCFI-PACEA Virtual Conference is coming!

Theme:

Excellence in Nursing: A Christ Centred Response - The Being and The Doing.



**NCFI 2022
PACIFIC EAST ASIA
VIRTUAL CONFERENCE**

**Excellence In Nursing:
A Christ centered response;
The Being and the Doing**

Abstract submission due date:
May 30, 2022.

Send to Alicia Banas
E-mail: pacea.conference2022@gmail.com

DATE
28-29 October 2022

TIME
0800hrs - 1530hrs
(SGT)



**NCFI PACEA Regional
Virtual Conference**  Nurses Christian Fellowship International

BIBLE EXPOSITION
Rev. Dr. Andrew Sloane 

KEYNOTE SPEAKER
Dr. Anne Biro
NCFI President 

Program: Bible exposition, keynote and panel forum, concurrent workshops and presentations, and interactive sessions



www.ncfi.org

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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Reflections from SNCF Spiritual Retreat on 26 May 2022

Theme : Serenity My Portion

Led by Ms Alice Ong

(Join us in our next retreat on Thursday 27 October 2022)

What is Lectio Divina?

Lectio Divina is a contemplative way of reading the Bible. It dates back to the early centuries of the Christian Church and was established as a monastic practice by Benedict in the 6th century.

It is a way of praying the scriptures that leads us deeper into God's word. We slow down. We read a short passage more than once. We chew it over slowly and carefully. We savour it.

Scripture begins to speak to us in a new way. It speaks to us personally, and aids that union we have with God through Christ who is Himself the Living Word.



Back from left: Kary Chen Xiaojuan, Tan Poh Ling, Huoy Ling, Alice Ong (Spiritual Director) and Yan Yee (front)

Reflection from Houy Ling

Thank you, Sis Alice, for conducting this Spiritual Retreat for us! It was a wonderful & awesome session with God 😊

We started with praying with scripture of Ezekiel 2:8-3:4

This is an effective prayer come from God's Word. The Holy Spirit showed me what I should be praying through His Word. During this session, God revealed 2 words to me: Patience and Obedience.

- Hears (listening)
- Sees (receiving)
- Tastes (response)
- Commissions (action)

I learned about being open to God in my prayers, we use our senses to hear from God's Word, respond to what we are receiving and be commissioned to turn our prayer into action.

*"Dear Heavenly Father,
I lift my heart, body, minds, emotions into your hands, may you lead me to your plan you have for me. Many times, I depended on my own strengths which resulted in exhaustion and tiredness. I pray that God, I could submit to you fully, be patient and obedient. May you continue to guide me & lead me in this life journey ahead. I pray in the Jesus name, Amen"* 🙏

Second part of the Spiritual Retreat was the Awareness Walk and Lectio Divina session, I experienced God's presence and was touched greatly by the Holy Spirit 😊

During the Lectio Divina session, I read Isaiah 6:1-8 God revealed to me that He is always there for me to protect and defend me!

Whenever I was caught in situations of uncertainty, I had experienced fear and anxiety. God reminded me to stay focused on Him and He will always be there for me, He will cover me with His eagle wings & be with me during the difficult times.

I will continue to seek intimacy with God daily, seek to see Him more clearly, to follow Him more nearly, to love Him more dearly, day by day! 🙏





Reflection from Xiao Juan

This spiritual retreat was held at a cozy mission house nearby Lower Pierce Reservoir. The weather was perfect on that day. We were treated to Alice's excellent culinary skills and 5-star hospitality.

The topic for this Spiritual Retreat was Holy Spirit and Me. We reflected and meditated on the 10 supernatural ways that Holy Spirit wants to empower us as a child of God. Here I would like to recall the 10 supernatural ways:

1. The Holy Spirit is our helper (John 16:7)
2. The Holy Spirit sanctifies us (1 Corinthians 6:11)
3. The Holy Spirit makes us more like Christ (2 Corinthians 3:18)
4. The Holy Spirit helps us to do the Father's will (Acts 8:29)
5. The Holy Spirit gifts us for ministry (1 Corinthians 12:4-11)
6. The Holy Spirit imparts love to us (Romans 5:3-5)
7. The Holy Spirit gives us hope (Romans 15:13)
8. The Holy Spirit teaches and gives us insights (John 14:26)
9. The Holy Spirit guides us in our prayers (Romans 8:26)
10. The Holy Spirit uses you for evangelism (Acts 1:8)

It seems like I have "downloaded" all these 10 ways in my mind. However, for me to be truly walking in the Spirit and by the Spirit, it cannot stay at understanding level and I just a consumer.

After the retreat, I felt refreshed as I sensed that God has poured his love and peace into my inner self. It was a miracle as I knew that somehow or another, my worries for my kids, for my family, and for my work no longer take a strong hold on me. I felt a sense of liberation and had that extra portion of empowerment to rejoice within. It was kind of hard to use words to explain or articulate. But I know I have been renewed by the Holy Spirit in a very special way.

The peace comes along with the conviction to look beyond the needs of self and to look out for others' needs as more important than min; to help the needy and to love both the lovely and the unlovely, with the same kind of love that I have received from God.

Reflection from Yan Yee



On 26th May, I went on a spiritual retreat with SNCF. Frankly speaking, it was my first time with SNCF so I do not know what to expect. When I reached the venue however, I was warmly greeted by my other sisters-in-Christ and we started the day with lovely conversations about our experiences in nursing over breakfast.

As a fresh graduate who is about to enter the healthcare field as a nurse, it was encouraging to hear stories of faith and hope through God's trailblazers in the healthcare landscape of Singapore.

The rest of the retreat was a pleasant time of worship, journaling, Lectio Divina, prayer and lunch. What I really like most was when we went to Lower Pierce Reservoir, where we sought God in nature through a series of guiding questions. This activity helped a lot in checking the posture of my heart, and I managed to delve deeper into knowing God's heart for me and for those around me as I surrendered my feelings, dreams and plans unto Him.

Overall, I was reminded that God is found in the quiet place when I declutter my mind and heart to make space for Him. I was thankful to be in fellowship with Him and with my sisters-in-Christ and I look forward to another spiritual retreat in the future.

My unfailing love for you will not be shaken

On 1 Jan 2022 morning, when I was looking out from my window, I was captivated with the beauty of white clouds moving gracefully right before my eyes. The sight reminded me of the verse in Exodus 13:21 - "*By day, the Lord went ahead of them in a pillar of cloud to guide them on their way and by night in a pillar of fire to give them light so that they could travel by day or night*". The impression upon me then was Father God would lead me in all my circumstances, not forsaken, nor abandoned. He is in the midst with me in my life journey. Little did I realized that He was reminding me of His deep love even when the "pause" button was about to be pressed on me.

Fast forward to the early morning on 15 Jan 2022. I woke up suddenly as I had experienced an acute episode of shortness of breath. I prayed and called out for His tangible presence and peace. He never failed to answer and I was at peace. In the morning, I went to the General Practitioner who directed me to Changi General Hospital A&E department as my oxygen saturation was hovering at 88%. Even though I was in such a state, His peace in me was evident. After going through various investigations at CGH, it revealed that I had three medical issues:

1. Bilateral pleural effusions
2. ? nodule at right lung
3. Heart murmurs - ? heart valve involvement

Upon receiving the medical report, my first instinct was to plead with Father God for me not to have to undergo any surgical intervention. I believed that Father God who is my Creator can reset/recreate my malfunctioning organs. In Luke 7:1-10, it mentioned about the centurion's faith that caused Jesus Christ to be amazed. The centurion has the fear of God in him. I called out to God for my faith to be similar to that of the centurion, faith that delights our Lord Jesus. In the midst of this situation, His peace prevailed within me.

On the day of my discharge from CGH, my quiet time reminded me of God's Word in Philippians 1:6 "*being confident of this, that He who began a good work in you will carry it on to completion until the day of Christ Jesus*". God was not finished with me yet and I sensed His pleasure in refining me. Like a little girl, I was curiously expectant of how God will journey with me. The discharge medical report revealed that the first two medical issues were completely resolved. I was simply thankful for God's tender mercies.

Investigations indicated that I had mitral and tricuspid valves regurgitation and surgery was the best option for me. At that time, I remained open to God to miraculously fix my faulty heart valves during the window period before meeting up with the Cardio-thoracic Surgeon (CTS).

Before my appointment with the CTS, I earnestly sought God's Word to anchor me in this journey. God never fails and His Word in Isaiah 54:10 states "*though the mountains be shaken and the hills be removed, yet my unfailing love for you will not be shaken, nor my covenant of peace be removed, says the Lord who has compassion on you*". His Word is clear and fully reassuring. I was grateful and overwhelmed by His love, grace and mercy.

The miracle was God's generous provision and favor when I went through the elective surgery to repair my faulty heart valves. It was a successful operation with no complications, no long-term antibiotics post operatively and Covid-free. My surgeon was surprised at the rate of my recovery. I told him that many of my friends have been praying for him and the care team. By day 11, I was fit for discharge.

This unexpected "pause" in my life did not derail me but served to remind me that Father God loves me deeply and He is a miracle-working God. His peace continues to prevail within me. I am a willing vessel for Him to demonstrate His love, faithfulness and goodness repeatedly. It is my desire that my sharing would serve as an encouragement and uplift your spirit. The glory belongs to Him alone! Shalom!

By Alison Sim.

What is Pentecost?

Pentecost literally means “50”

It is celebrated on the 50th day (the seventh Sunday) from Resurrection Sunday

It is a commemoration and celebration of the receiving of the Holy Spirit by the early church → the day the Holy Spirit descended on the apostles, causing them to speak in tongues.



The link between Pentecost and Evangelism

- The disciples were told by Jesus to wait in Jerusalem for the gift of the Holy Spirit, from whom they would receive power to be His witnesses to the ends of the earth ([Acts 1:3-8](#)).
- Peter preached the first sermon about Jesus on the Day of Pentecost, causing 3000 to be converted and baptised ([Acts 2:41](#)).

What is Singapore's role in this?

Sg is **prophesied** by Billy Graham in 1978 to be an **end days antioch**

- Overseas missions
 - Sg is a wealthy nation with relevant professionals in their various fields and is hence favoured with a high sending capacity
 - Sg has an advantageous geographical location and a powerful passport such that we may easily access our neighbouring countries, most if not all of which do not have Christianity as their major religion.
- Local missions → As of June 2021, 27% (1.45m out of our total population of 5.45m) of our population are non-residents and they occupy the ranks of students, domestic workers, E pass holders, S pass holders, work permit holders etc. Just think of how many non-residents we come into contact with in our daily lives, be it at work or in school. Thus, even with the travel restrictions due to COVID, **we are able to do local missions with a regional/global impact.**

Missions is a commission by God, a.k.a The Great Commission

Jesus said to His followers before He ascended to heaven, “All authority in heaven and on earth has been given to me. **Go therefore** and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age” (Matt 28:18-20).

Missions is our temporary necessity in this reality, but worship abides forever

John Piper writes in his book, Let the Nations Be Glad, “Missions is not the ultimate goal of the church. Worship is. Missions exists because worship doesn't. Worship is ultimate, not missions, because God is ultimate, not man. When this age is over, and the countless millions of the redeemed fall on their faces before the throne of God, missions will be no more. *It is a temporary necessity. But worship abides forever.*”

Delve deeper

- What is a particular group that God has placed in your heart to reach out to?
- How may you cherish this burden in your heart?
- What can you do for this particular group?

ANNOUNCEMENTS

SNCF READY TO JUMP (RTJ) WORKSHOP

Time: 9am to 12noon on Zoom

Date	Topic
17 September	Approaches to Pain Management
24 September	Palliative Care
1 October	Gerontology / Community Care
8 October	Approaches to Acute Conditions (Respiratory and Cardio)
22 October	Approaches to Sepsis
29 October	Communication Skills

Please whatsapp Ms Janet Kong Hp: 93925800 to register or make enquiry.

SNCF Spiritual Retreat

DATE : Thursday 27 October 2022

VENUE: 113 Casuarina Road, S579501

FEE : S\$50 per person

Please whatsapp SNCF hp: 91370972 to register or make enquiry.

SNCF READY TO JUMP (RTJ) Support Group

DATE: 3rd Saturday of Every Month wef 23 April 2022

TIME: 9.30am to 11am Via Zoom

Please whatsapp Ms Janet Kong Hp: 93925800 to register or make enquiry.



MONTHLY PRAYER MEETINGS

CENTRAL and EASTERN REGION (combined on Zoom till further notice)

Date : First Monday of Every Month

Time : 7pm

Zoom ID : 814 3156 3554

WESTERN REGION

Date: 2nd Thursday of Every Month

Time : 7.30pm

Venue : Blk 106, Bukit Batok Central, #04-221, (S650106)

St. LUKE's HOSPITAL FELLOWSHIP MEETING (stopped till further notice)

KHOO TECK PUAT FELLOWSHIP MEETING (Salt & Light)

Date : 3rd Wednesday of Every Month

Time : 8pm – 9pm

Contact : Ms Toh Hai Moy Tel : 92375935

Zoom ID: 875 3029 7209 (on Zoom till further notice)

SNCF CONTACT DETAILS

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FOR CONTRIBUTIONS to SNCF

1. CHEQUE

Pay to "Singapore Nurses
Christian Fellowship"

Write your **full name, phone
number** and payment **purpose** on
reverse side of the cheque.

Post to: **Toa Payoh Central,
PO Box 468, Singapore 913116**

2. INTERNET BANKING*

Enter DBS Current Account No.

033-022161-4. Please forward
message of transaction to 91370972

3. PAYNOW*

Enter UEN **S60SS0018F** or scan QR
code with your mobile banking app



*Please enter your **full name**
<space> **phone number** <space>
purpose in the Reference field.
E.g. Lee Li Li 98765432 Mbr

Abbreviations may be used:

Mbr (Membership)

GF (General Fund)

SF (Sinking Fund)

SNCF Editorial Team

Ms Tan Wee King
Ms Ng Kim Choo
Ms Janet Kong Kwai Fong
Ms Chia Mui Sim
Ms Lee Swee Heng

IMPORTANT NOTICE :

Please note there will be no meetings at our workbase at Fairfield Methodist Church premises and our office will also remain closed until further notice. We will continue to work from home.

Meanwhile, stay safe, stay healthy and stay at home as much as possible. Prayerfully consider receiving the vaccinations offered by the government to achieve 'herd immunity' unless contraindicated. God bless.