

Oct

SALTSHAKER

2 0 1 1



TRINITY
Methodist Church

MICA (P) 158/09/2010

EAT



SHOP

COMPLAIN



PNEUMAPSYCHOSOMATOLOGY
AND ME

7 HABITS OF HIGHLY
“AFFECT”-IVE CHURCH-GOERS?

LOVE MORE,
LOVE FREELY



(Shaking) (Salt)



EAT SHOP



COMPLAIN



Eating and shopping. These are two of the top pastimes of Singaporeans. But there is also a third favourite hobby, and that is complaining.

To complain is to express resentment over circumstances that are beyond my control. Unknowingly, complaining can be contagious and a joy-killer. It is also a hard habit to break.

Take the complaints and criticisms made during the general election campaign this year. The mudslinging was so loud that it drowned out the cries of the needy.

Complaining and criticising can be the outward sign of a far more serious spiritual condition within us. It can be a sign of moral and spiritual immaturity. In short, it is spiritual halitosis.

Criticising and complaining stains the image of God. Paul exhorts the church in Philippi to “do everything without complaining or arguing, so that you may become blameless and pure, children of God without fault in a crooked and depraved generation, in which you shine like stars in the universe.” Phil 2:14-15 (NIV).

Here are four common types of complainers:

THE WHINER

These are the people who wake up negative, probably from the wrong side of the bed. While others rise and shine, they rise and whine. David whines all through the Psalms.

“All day long I have been plagued; I have been punished every morning.” (Psalm 73:14)

There is a tell-tale sign for the whiner which is: “It’s not fair. I don’t deserve this. Everybody else gets all the breaks.”

“When they received it, they began to grumble against the landowner. ‘These men who were hired last worked only one hour,’ they said, ‘and you have made them equal to us who have borne the burden of the work and the heat of the day.’” (Matthew 20:11-12)

God never said it was going to be fair. Life will never be fair on this earth. Life can only be fair in Heaven. And only God will settle the final score in heaven and in hell.

THE MARTYR

The martyr’s favourite phrase: “No one appreciates me.”

He asked the Lord, “Why have you brought this trouble on your servant? What have I done to displease you that you put the burden of all these people on me? Did I conceive all these people? Did I give them birth? Why do you tell me to carry them in my arms, as a nurse carries an infant, to the land you promised on oath to their forefathers? Where can I get meat for all these people? They keep wailing to me, ‘Give us meat to eat!’ I cannot carry all these people by myself; the burden is too heavy for me. If this is how you are going to treat me, put me to death right now- if I have found favour in your eyes - and do not let me face my own ruin.” (Numbers 11:11-15)

These people are pros at having pity parties.

THE CYNIC

He is a person who believes that everyone is motivated by selfishness. As a result, his or her outlook is scornfully and often habitually negative. His favourite phrase is: “Nothing will ever change.”

The preacher once wrote in Ecclesiastes 1:2-3: “‘Meaningless! Meaningless!’ says the Teacher. ‘Utterly meaningless! Everything is meaningless.’ What does man gain from all his labour at which he toils under the sun?”

Ecclesiastes 1:9 says that the world stays just the same. What has been done before will be done again but this time it will come with new packaging.

THE PERFECTIONIST

For the perfectionist, nothing is ever right or good enough. His favourite phrase: “Is that the best you can do?”

Solomon reminds us in Proverbs 27:15 that “A quarrelsome wife is like a constant dripping on a rainy day.”

And in Proverbs 21:19, Solomon says that it is “Better to live in a desert than with a quarrelsome and ill-tempered wife.”

To be fair, those verses in Proverbs refer to husbands, too! They can be nagging perfectionists. They are always arguing, there are always trivial things to pick on. But nothing destroys the warmth of a home and the harmony of a marriage faster than complaining. One of the key factors in marriage break-ups is complaining and criticizing. Nagging doesn’t work. It just makes everybody upset within the family, the church and the workplace.

ADMIT IT AS A PROBLEM

It takes both courage and humility to admit that complaining is a problem for us as individuals.

“He who conceals his sins does not prosper, but whoever confesses and renounces them finds mercy.” (Proverbs 28:13)

Very often, the most difficult part in learning how to handle complaining is recognising it in yourself. If someone were to record your conversations for a week, what would it reveal about your speech?

How much time do we spend griping, grumbling, complaining, arguing, and saying “life stinks”?

We have to admit that complaining can be a problem. Complaining isn't just a bad habit; it's a contagious sin. Complaining was the sin that kept the Israelites out of the Promised Land. The reason the children of Israel never got into the Promised Land was because they were complainers and they were kept in the wilderness for one generation.

ACCEPT RESPONSIBILITY FOR MY OWN LIFE

Often, complaining is just a way to blame other people for the problems we've created.

The wise Solomon once said in Proverbs 19:3: “A man's own folly ruins his life, yet his heart rages against the Lord.”

Interestingly, you will soon discover that those who complain about the way the ball bounces are usually the ones who dropped it. Often, complaining is just an excuse to be irresponsible and a refusal to accept the fact that I've caused this situation and that I am part of the problem. But we reap what we sow and when we bring problems into our own lives, we have no legitimate right to complain about the consequences.

God has given us the freedom of choice. Once we have made the choice, we are no longer free. We're free to decide, to make choices, but we're never free from the consequences of that choice.

In my pastoral ministry, I hear of many sad stories, including people who complain about being in debt, about losing much money in the casinos. Did anyone force them to visit the casinos in the first place? Is it possible one was being irresponsible about spending and saving? That they made purchases they really shouldn't have? Then I hear others saying: “I'm just not appreciated at home.” Maybe you don't appreciate the others at home. We reap whatever we sow.

Just as there are physical laws in reaping what we sow, there are also spiritual laws in governing, giving and receiving. Whatever you want in life, you've got to learn to share with others. That is the inviolable rule of God. And so when we want friends we've got to be friendly. When we want to live a Christ-like life, we have to first die to self. When we want appreciation at home or at work, then we've got to appreciate others. When we want to be appreciated in our marriage, we need to put our spouse first in the marriage. We reap what we sow and we must accept responsibility for our own life and the choices that we make every day. The changes that are going to take place are because we choose to change.

There are three kinds of people in life: Accusers, Excusers, and Choosers.

Accusers are always going around saying: “It's your fault.” When Adam sinned, he took it like a man and blamed his wife (“Eve did it”) and then he blamed God (“You gave me that woman”).

Excusers say: “I'm a product of my environment. It's not really my fault.” The people who are really successful in life are neither accusers nor excusers.

They are choosers. They accept responsibility for their own decisions. What they sow, they reap, and so they take it and they move on.

DEVELOP THE HEART ATTITUDE OF GRATITUDE

Paul writes in 1 Thessalonians 5:16-18: “Be joyful always; pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus.”

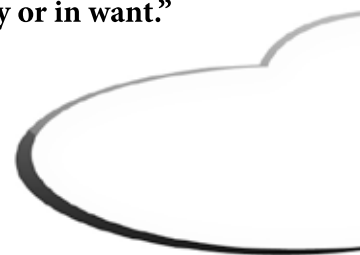
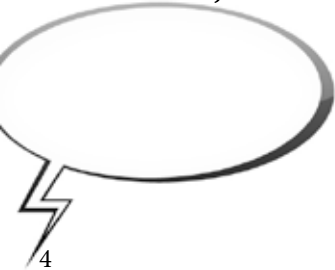
God says: “I want you to be thankful in all circumstances.” He does not say “for all circumstances”. We cannot always be thankful for the circumstances, but we can be thankful in the situations. Whatever the circumstances are, God is working all things for our good. He has a pattern and He fits even the bad things in our lives into His divine pattern for our good. God's purpose for my life is far greater than the sum total of all my problems, so in everything I can give thanks. Not for but in all circumstances.

It took me many painful years to learn and to develop the heart attitude of gratitude and to be grateful for what I have. The heart attitude of gratitude is a tremendous antidote for complaining. Whenever we complain, we are usually being ungrateful. We can focus on either the negative or the positive. We can look at the cup and say that the cup is half empty or half full.

Of course there will always be things in our lives that we are not satisfied with. There may be some things in you marriage that you don't like, that you want to change, things in your business, habits in yourself, your spouse, your children, your boss and even your pastors and your church.

While we cannot change others, what we can change are the things within ourselves, like being less critical and negative. The mouth can be a weapon of mass destruction. But I believe there are always some positive things in those situations and people that we can learn to be contented and thankful for.

Paul writes in Phil 4:11-12: “I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.”



When Paul wrote this, he was in a Roman prison. The harsh situations did not take away his contentment and joy in the Lord. Whenever we learn to be joyful and give thanks in spite of our life circumstance, that is maturity. We know that we are not controlled by the challenging circumstances around us. We choose our heart attitudes. Do you remember the healing of the 10 lepers by Jesus? When Jesus told the one healed leper who returned, that his faith had made him well, it was more than his physical healing, it included the healing from an ungrateful heart.

LOOK FOR GOD'S HAND IN LIFE CIRCUMSTANCES

Whenever you struggle with a complaining spirit, look for God's hand in your life circumstances.

Again, Paul writes in 2 Cor. 4:17-18: "For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal."

Paul is saying that there will always be problems that come into our lives. But the way we look at them determines our attitude. God is working these things for good in our lives and this will last much longer than the problems we are experiencing, especially when we view them in the light of how long we're going to live in eternity.

So we need to look for God's hand in our life circumstances. Positive people realise that God in his sovereignty is controlling all circumstances. He is putting everything into His divine pattern and His purpose is greater than the sum of all our problems.

And so the reason why we are repeatedly told in the Bible not to complain or grumble is this: Complaining is essentially a rebellion against God and a reflection of our lack of trust in Him. When I complain about my circumstances that are beyond my control, I'm really saying: "If I were God, things would be different. If I were in charge, the whole human race would be much better." That's rebellion and that's why it's so serious. Complaining is a spiritual cancer. It eats into us and makes us really sick.

PRACTICE WHOLESOME THINKING AND SPEAKING POSITIVELY

Complaining is a habit. Habits can only be broken by replacing them with something better, and this begins both in the head and in the heart. Take out the complaining and replace it with positive thinking and speaking. What you say is always processed through your mind and heart.

Paul writes in Ephesians 4:29: "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen."

The Bible also says that we're going to give an account for every idle word that we speak. Paul is telling us not to let any unedifying words come out of our mouths but only that which helps people, that which benefits and encourages them. If we can't say anything good, don't say anything at all. We can intentionally replace our complaints and criticisms with sincere and genuine compliments.

This is a crucial factor in parenting. Affirmation always gets better results than nagging. Ephesians 6:4 says: "Fathers (that includes mothers), do not exasperate your children; instead, bring them up in the training and instruction of the Lord."

Parents, grandparents and even godparents, how do your words help your children and your children's children to grow? How do your words hinder them? How are you building them up? Be positive in our words for positive words beget positivity and edification.

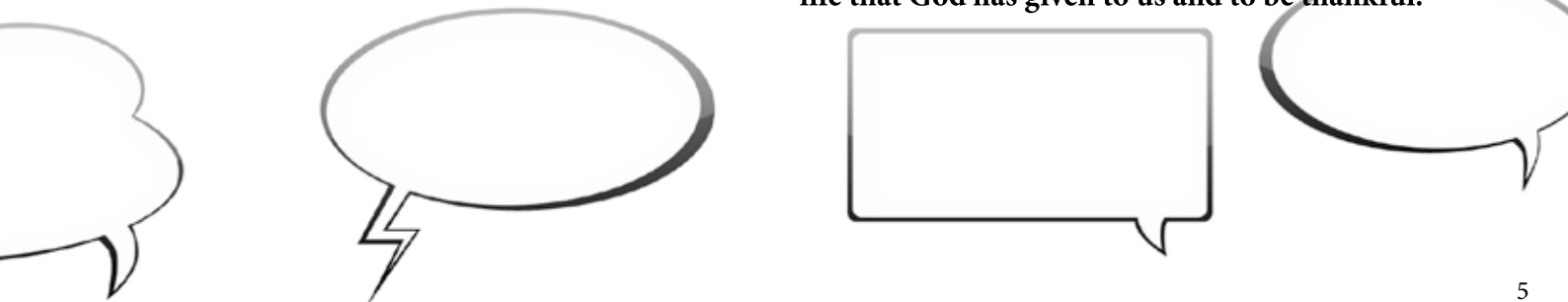
"Do everything without complaining or arguing..." and then Paul gives us three results "so that you may become blameless ..." Is a complaining Christian, a good witness?

A positive attitude with integrity is a great witness. It has impact both on our lives and our families, in the church and society at large. And so whenever we become so busy criticising and complaining, we are slowly being dimmed in becoming the lighthouse for Christ, instead of expressing God's grace and compassion to our neighbours.

A story was once told about hot and cold water springs that were found flowing side by side in Mexico. Because of the convenience of this natural phenomenon, women would often bring their laundry to boil in the hot springs and then rinse them in the cold springs. A tourist who happened to be visiting the springs commented to the tour guide that the women were so blessed. The women must be grateful to God that He is so generous to provide so much free hot and cold water for them to boil, wash and rinse their laundry.

The tour guide replied: "Senor, I wish that were true. But there is much grumbling because God did not provide the soap."

Well, one thing we can do in overcoming complaining and the wilderness attitude is to increase our awareness of the gifts and the joy of life that God has given to us and to be thankful.



you give and take away; still I will say, blessed be your name



Prior to leaving Singapore for my undergraduate studies in Perth, I made a recce trip there to find accommodation. I was very worried that I wasn't able to find a place to stay that would be comfortable and reasonably near to my school, and was praying that God would provide me with such a place.

On my second day in Perth, however, I chanced upon a fellow Singaporean who was coincidentally also trying to find accommodation for his daughter in Perth. It was a divine meeting on a random street in Perth. He explained that he already found a unit which he was planning to rent for his daughter but was still looking for a co-tenant.

Amazingly, the unit which he was planning to rent was newly-renovated and in a very convenient location. It happened also to be a five-minute walk from the school, the neighbourhood supermarket and other amenities!

Not only that, I found out that the man's daughter was also enrolled in the same course as I was, even taking the same modules!

It was no surprise that I would end up renting this unit. But more importantly, God answered my prayers in a big way. In fact, He provided me with even more than what I had requested for!

After my recce trip, I came back to Singapore to finalise my preparations before heading off to Perth. However, my grandmother's health took a turn for the worse. She was very ill, and I prayed for her health to improve. She was very dear to me because she had brought my siblings and I up.

To my family's relief, her condition did improve after a successful operation to remove her gallstones and gall bladder. The doctors found that her other organs were not infected.

However, she unfortunately contracted dengue fever and this led to several other medical complications. Despite my earnest prayers, my grandmother passed away from cardiac arrest and multiple organ failure shortly before I was to leave for Perth.

Although God didn't answer my prayer by healing my grandmother, I still give thanks because I know that He allowed

my grandmother to pass on peacefully and without worry. Just hours before her passing, my uncle who had migrated to Australia years ago, made it back to Singapore on time to see her for the final time. Similarly, the rest of my family members also managed to take turns to go by her side to say our last words to her, one by one.

Right now, I'm still praying for comfort for my family, for God to heal the pain of losing someone so dear to us. But thankfully, before her death, my grandmother had accepted Christ as her personal Lord and Saviour. I know therefore that she's in heaven and I'll get to see her again one day.

Have you been touched by the sharings of our two siblings-in-Christ? Please consider telling us how God has been speaking to you! Drop us a message at tmccomms@gmail.com with the excerpt from your quiet time journal – you never know how your walk with God may touch the lives of others.



Pneumapsychosomatology

connect with God



and Me

Just one day into the Children's Ministry Teachers' Retreat in July, we were introduced to this big word Pneumapsychosomatology.

Pneumapsychosomatology defines the unique relationship between the spirit, soul and body (the triune body).

In other words, our brains which control our thoughts (soul) have an impact on our physical bodies (soma) and our spiritual lives (pneuma).

Joyce Seow, from Oikos Church, explained that the roots behind many diseases are often spiritual, and often linked to how we think and feel.

Are we riddled with fear, stress, guilt, bitterness, anger, accusation, rejection, envy, resentment, retaliation, hatred? Do we suffer from an unforgiving or critical spirit?

We face different types of fears in our lives: fears of failing in examinations, career, death, suffering, disease, losing loved ones, rejection, being ridiculed.

Fear leads to many physical ailments, from psychiatric illnesses like anxiety, depression and obsessive compulsive disorders to somatic disorders like chest pains and irritable bowel syndrome.

It is vital to remember that fear is not from God but from the evil one.

For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline (2 Timothy 1:7).

We must understand that our struggle is not against flesh and blood but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms (Ephesians 6:12).

So do not hold grudges against those who hurt you. Instead, forgive and love them.

Do not allow the devil to have a foothold in our minds.

Learn to identify and recognise any unhealthy, negative, fearful, evil thoughts that enter our minds.

Reject them before they consume and defile us. Purify our minds with honourable thoughts by feeding on His Word.

Use this simple **R formula** and be transformed to be more Christ-like each day.

Recognise our sins and disobedience

Take Responsibility for having disobeyed God.

Repent of our sins.

Receive forgiveness from God, forgive others and oneself

Resist the devil and he will flee

Rejoice in the Lord always

Remember to consume God's Pills (God's Pearls) ...the Gospel....daily.

Recall and **Repeat** (memorising) His Word always.

We were told it takes about two weeks to form a habit.

We will challenge ourselves and our children to cultivate this wonderful habit of swallowing God's precious pearls daily for at least two weeks, and thereafter, we trust that we shall all be addicted to His Word.

God's Own Healing

A spotlight on the Healing Ministry meetings held on Fridays at TMC, which is surprisingly often more popular with other church members than our own.



by Samuel Wong



“The ministry started long ago before I started attending in 1994 and I must say that my family and I have been very encouraged and blessed by it. Through Brother Yan teaching the bible, prayers and his genuine love for people regardless of their church membership, I believe God uses Brother Yan mightily. It is clear he makes many sacrifices and has a genuine love for people. It touches me when he prays for people he does not even know. I have also witnessed how God has given him the power of discernment and to cast out demons,” said long-time TMC member Mrs Jessie Loh.

The Healing Ministry started some 40 years ago as a Friday prayer meeting with a handful of members in the garden of the old church. Quaint and makeshift, the meetings were held in the library in the basement whenever it rained. When the group grew to over 20 members, it moved to the Upper Room on level



3 above the old TMC sanctuary. The then Reverend George Wong was an ardent supporter, attending the meetings most weeks. With God's provision and the support of some TMC members, the prayer meetings continued even after Rev Wong was transferred to another church. At that time, it was known as the Friday Prayer Fellowship and Healing Ministry. However, the actual Healing Ministry was held only once a month due to the nature of the sessions. Then, it was like a mini worship session that required considerable logistics support and help.

Fast forward to the present, the Healing Ministry is now held every Friday at the TMC Prayer Chapel in the basement. Existing on little else and more as an intimate get-together for those who need help, the evening sessions are primarily helmed by Mr Yan Fook Sum and Mrs Adeline Chia, with blessings from the church pastors. So strong is his faith and belief, he is better known as Brother Yan. For him, this journey began in 1986. Then in his mid-50s, he had been suffering from various health ailments for several years. At that point, he was touched by God, and in his own words “was set free” from his many health problems.

He started attending the Friday meetings. There, he had the extraordinary experience of seeing an angel. With the many blessings and changes in his life, he decided to devote much time and effort to the church via the Healing Ministry. He also attended a part-time six-year Bible Study course at Manna House Bible School run by Dr Paul Tan to enhance his Bible knowledge. Over the years, God led him and put him in charge, anchoring him with special gifts of sight, discernment and the ability to speak in tongues. When he is led by the Holy Spirit, he is also able to prophesy about the future, often of happy events that lie ahead. Having received the promise that Jesus will walk with him through his ministry, Brother Yan is used as God's vessel to heal the sick and comfort the troubled, exorcising demons on many occasions through the power of prayer.

As a strong prayer supporter, Adeline sees herself as a prayer warrior and assists in all aspects of the weekly gatherings, encouraging and helping out where the Holy Spirit leads her. Having witnessed and experienced many miracles during her years in the ministry, she herself received a gift from God 17 years ago. While praying for her, Brother Yan had a revelation from God and told her that she was to be blessed with another grandchild. True enough, her daughter, who already had two children, gave her another grandchild exactly a year later. In all, from her three children, Adeline counts herself most blessed and is now a happy grandmother of eight. “Glory be to God,” she proclaimed.

PRAYER



WALKING

A WALK-SHOP BY REV PETER KOH ON 13

The Lord sent them ahead of Him to every city and place where He himself was going to come. (Luke 10:1)

Prayer Walking, as defined by Steve Hawthorne in his book of the same title is “Praying on-site with in-sight.” It is a way of saturating a particular place and people with prayer. It is praying in the very places where we expect God to bring forth His answers.

The main reasons for prayer walking are:

1. To bless the community
2. To claim the ground for God
3. To change the spiritual atmosphere

As one walks and prays on-site, it is essential to “open” all our five senses of sight, smell, touch, hearing and even taste. This offers a way of listening more deeply to God, to what His concerns for the place might be. Jesus is the Leader of the walk, and the Holy Spirit the Enabler.

It becomes so exciting when we walk with an increased sense of awareness of the surroundings and are able to see what God wants us to see so that we know how to pray for the people that we see.

Rev Peter Koh used this analogy for prayer walking - when army commandos are sent ahead of the other soldiers to penetrate the land and clear the minefields for them.

Prayer warriors are those “sent ahead” to tear down strongholds so that the hearts of the people of the land will be ready and

receptive. This can be done either for a one-off initiative (for example an invitation to a church Christmas party) or as part of an ongoing prayer ministry where the church is praying for the neighbourhood, church or home.

We are given full authority by God to bind strongholds and loose the captives. Also, God has given us His full armour and we need not be afraid (Eph 6:13-18).

To prepare for a prayer walk, we need to seek the Lord and confess any sins which may hinder us from hearing God.

On 13 Aug, participants of Rev Koh’s “walkshop” headed off to pre-identified HDB blocks in Serangoon North in twos and threes.

As we walked in our groups, we prayed quietly with our eyes opened to observe the surroundings. We tried to be natural so as not to invite attention. Sometimes we stopped praying and made conversation, took a rest or stopped at one particular spot to pray. We also shared and affirmed with one another what we had observed.

Interested in serving the Serangoon North community? There are many avenues to do so. Get in touch with Caroline Lim or Paul Ng through the church office, or visit www.tmc.org.sg/osc.html and www.tmc.org.sg/witness.html

SIGHTS & SOUNDS

“I prayed for the maid and the Bangladeshi worker...”

- SOK ENG

“It is the seventh month (in the Chinese calendar)... (I was reminded of) what I was like many years ago. I was like one of those people burning joss paper... What God has done for me, God will do for them. God’s love has prevailed in my life... My prayers can help them.”

- DAVID LIM

“(When I walked past the Montessori school, I saw a beautiful mural), I felt for the children. Usually, children’s hearts are much softer than adults’ hearts... As I was led to look at the notice board, I saw that the school had been there for 10 years. Somehow the principal’s name popped out at me so I just prayed for the principal... somehow through her and her staff, somehow God will touch the children over there.”

- CHEW KIM LING

“(There are churches on the perimeter of Serangoon North.) The light from the churches will come and invade (the place)”

- VIOLET KHOR

“(We were instructed to) march around silently... I felt that this was just a prelude to the seven days [referring to the story of the Israelites marching around the walls of Jericho] which will happen and we just have to wait for God and trust in Him.”

- DAMEIN CHEONG



AUGUST 2011



Praying to Walk Back to Christ



by Russ Hoe

When I was asked to write an article for the Saltshaker, I was a bundle of excitement, but also apprehension, as I haven't been keeping in pace in my walk with Christ as much as I used to. To write this article, I decided to venture into the drawer where I keep all the notes of love and affirmation that my fellow brothers and sisters in Christ gave me over the past Youth camps I had attended. I found my old prayer journal, with the last entry dated two years ago. Ironically, one of the prayers in the journal was that I would keep the journal alive...

As I flipped through the journal, I could find no prayer that would be as relevant for today.

The years have changed me. I have lost old friends, and gained new ones.

I have realised, sadly, that change is constant. But I am also very heartened that the Lord has certainly answered most of my prayers.

The 2009 me was very convicted to bring my friends to Christ. And indeed many whom I prayed for in this journal, have been brought to God. What a wonderful revelation!

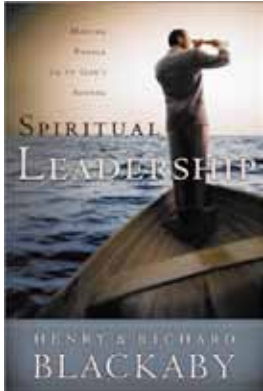
Perhaps the 2011 me is different. The 2011 me is caught up with the pressures of the pivotal O-level year. The 2011 me is caught up with chasing the beauties of life. The 2011 me has lost sight of his Lord, and his Lord's mission for him.

Perhaps through the writing of this article, the Lord is telling me that He is above the pressures of life and above the superficial "beauties" of life, He is above the changing times and the friends that come and go. My God is unchanging, and he is waiting for the 2011 me to walk back to him.

Therefore, **it is my prayer, a very real prayer that I'm sure most Christians young and old will encounter in their life, to walk back to Christ. There are many things that my adolescent self doesn't know, but one thing is for sure, my God will never forsake anyone, not even those who sometimes choose to forsake him.**

Perhaps I will start writing in my prayer journal again tonight. After all, it's been a long time since I have had an intimate conversation with my Father, and this time, my vocabulary has gotten better!

enjoy a cuppa along with these great reads!

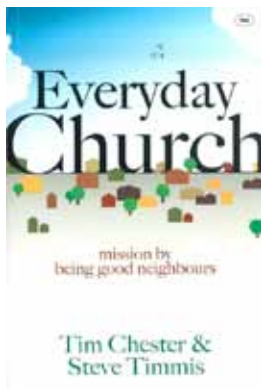


Spiritual Leadership by Henry & Richard Blackaby

Spiritual Leadership is one of Henry and Richard Blackaby's most highly regarded and best-selling books to date after "Experiencing God".

This book encourages business and church leaders alike to follow God's biblical design for success by giving Biblical guidance to manage challenges a leader might face to character qualities they should nurture. It also touches upon leadership skills such as influence and decision-making techniques while focusing on how leaders discover and promote God's vision for their organisation.

Effective biblical leadership has never been more critical and this book will equip those who are called to lead with the tools to move God's people to follow His agenda.

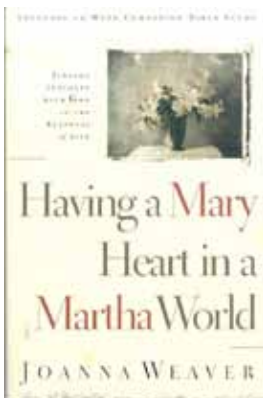


Everyday Church by Tim Chester & Steve Timmis

Christians today live in a post-Christian culture in which some prominent churches are growing, but much of this is transfer growth rather than true evangelistic growth.

Yet many of the evangelistic approaches that Christians use ignore this reality. The author argues that there is a need to shift the focus from putting on "attractational events" to rediscover the original missionary call.

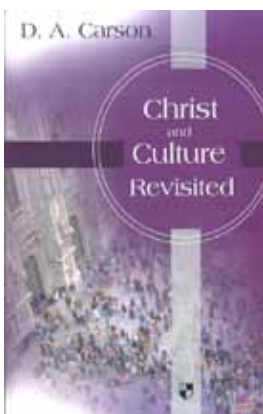
This is a helpful for anyone seeking to understand how they can reach out to the unsaved around them and be "in the mission fields daily".



Having A Mary Heart In A Martha World by Joanna Weaver

Many women are like Mary who long to spend time with the Lord and sit at His feet, listening to him teach but the pace of life in today's society does not allow them the luxury to do so. Then there are others who are like Martha — they want to serve the Lord in their daily lives but are struggling with weariness, resentment, and feelings of inadequacy.

This book is addressed to the many Marys and Marthas in today's church who find it hard to draw deeper to God without feeling stressed due to their commitments and shows them how they can do so with greater joy.



Christ And Culture Revisited by D. A. Carson

Using the Bible and the categories of biblical theology as a comparison against Richard Niebuhr's classic typology, Carson attempts to help the reader understand that the relationship between Christ and culture is not limited to an either/or cultural paradigm. Just as the New Testament celebrates complementary understandings of Christ's work on the cross, Carson suggests that we should stop thinking that it is a matter of picking and choosing what fits into our Christian worldview.

SKS BOOKS WAREHOUSE
SERVING THE KING'S SERVANTS

315 OUTRAM ROAD | TAN BOON LIAT BUILDING | #09-03 | SINGAPORE 169074
TEL: 62279700 | FAX: 62214595 | EMAIL: ENQUIRY@SKSBOOKS.COM





Lessons In Worship

The people of Israel have finished rebuilding the wall of Jerusalem and this has also served to rebuild their sense of identity as a nation. But most importantly, this has helped to rebuild their faith in God. They have, as a people, reached a point of repentance, remembered the Scriptures, and as a result, experienced a spiritual revival as a people of God.

We read in Chapter 12, of an elaborate dedication service for the new wall of Jerusalem that involves the priests, Levites, singers, choirs, musicians, leaders and all the people, including women and children. This record of the dedication of the new wall of Jerusalem provides us with six useful lessons for worship.

THERE IS A TIME FOR WORSHIP

1

There is a time for us to labour and toil. But there is also a time for the people of God to rest from our efforts and to intentionally tear our focus off the fears, struggles and negative experiences of life, and focus our eyes on God.

There is a time to remember who is ultimately in control and has always been faithful. And to give thanks and accord faith, hope and love towards the One who created everything, and has power over all. In the midst of our endless schedule of appointments at work, the never-ending household chores, the many hobbies and entertainment that we want to indulge in, our studies, enrichment classes and tuition, both young and old must pause and remember — there is a time for worship.

WORSHIP IS ABOUT GOD

2

I am sure you have encountered such a question from time to time in church: “Did you enjoy the service?” You may have asked the question yourself. We hear it so often that we may have skimmed past the significance and the danger of such a question.

Instead of worship as a sacred response to God, we are facing the danger of moving from offering a sacrifice of praise and looking for the “satisfaction” of praise, seeking to satisfy our desire for a kind of emotional experience, or our demand for a particular style of worship and preaching, or itching for teaching only of a certain kind.

The writer of Hebrews says: “...let us continually offer to God a sacrifice of praise—the fruit of lips that openly profess his name.” (Hebrews 13:15)

The Israelites’ dedication service was all about giving thanks, expressing gratefulness, wonder, joy, faith, hope and love in a God who is trustworthy, saves, and rescues His people. Worship is expressing thanks and praise to God. Worship points to God and God alone.

WORSHIP INVOLVES ALL

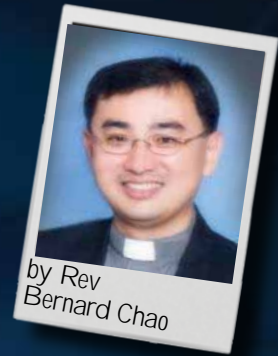
3

We read of both the priests and Levites, musicians and singers, leaders and people, gathering from all over the land, to unite in worship together. All the people, both young and old, ordained and lay, leaders and followers, are involved in worship. God deserves praise and adoration from all his people.

Worship

Nehemiah 12:27-47

The sermon was preached by Rev Bernard Chao on 21 August 2011 at the 8.45 am and 11.15 am English services. The sermon has been edited for the purposes of this newsletter.



by Rev
Bernard Chao

WORSHIP CAN BE EXPRESSED IN MANY WAYS

4

We see in the example of Nehemiah and his people that they worshipped God with music as well as song, with all kinds of instruments which comprised the latest instruments of their time, as well as instruments that had been prescribed in King David's time (verse 36). Both young and old worshipped and celebrated.

We also notice that they had a moving dedication service. There were two congregations who walked along the top of the walls, each moving northwards and southwards respectively to mark God's blessing throughout. Then they gathered and united once again.

The people of Jerusalem worshipped with their presence, movement, coordination, and their unity. They also worshipped with the way they prepared for worship through their purification rituals and the offering of sacrifices.

Today, we can also honour God by our preparation for worship, by examining ourselves, repenting and praying for forgiveness. We can also offer the sacrifice of tithes, money, our skills and talents, our gifts and abilities.

WORSHIP CAN BE DETAILED AND ELABORATE

5

I think we labour under a myth of the Protestant church. We hear Jesus speaking of the age when the people of God will worship "in spirit and in truth" and automatically equate that with bare bones worship.

But Jesus welcomed elaborate worship! Remember the woman who poured a whole jar of precious nard perfume on His feet and anointed him, and wiped his feet with her hair (John 12)? Read the visions of John in Revelation and we immediately get a sense of the elaborate detail that points to what is sacred, divine and holy. There is a place for the detailed, majestic and sacred symbols to point us, focus our thinking, and direct our worship to God who has been demonstrably microscopic in creation, magnificent in landscaping the world, magnanimous in grace, and mighty in power.

We worship an incredibly detailed and infinitely wonderful Creator, Savior, Father.

WORSHIP WITNESSES THE GLORY OF GOD

6

We hear of, and I believe many of us would have thought about, making worship services "seeker friendly". I respect the motivation of that desire. I think a lot of what is said about being "seeker friendly" is really a dysfunctional way for Christians to shift responsibility for witness in their daily lives to the institutional church. It is perhaps also a kind of code for talking about our lack of warmth and active hospitality towards people who are new to our fellowship.

I do not think we become a better witness when the focus of worship shifts either to ourselves, or to "seekers". Worship is about God.

However, when true worship happens, it will be a witness to the reality and presence of God – just as the joy of the people of Jerusalem could be heard far away (verse 43). Their worship was a witness to the glory of God.

You've heard of the 7 Habits of Highly Effective People. What about the...

connect with one another

7 HABITS OF "AFFECT"-IVE CHURCH

The Handphone User

Pastors, I do try to listen. I do!
But when that handphone rings, I brew.
Doo-doo-doo-doo Doo-doo-doo-doo Doo-doo-doo-doo-doo -
that sound I fear
is enough to distract me from what God wants me to hear
Yet not one or two but sometimes three ringtones I hear
Are they going to talk whilst we sing "God is here"?
Lord, I know I should love my brother and sister,
I'd love them more if they'd just put on the silencer.

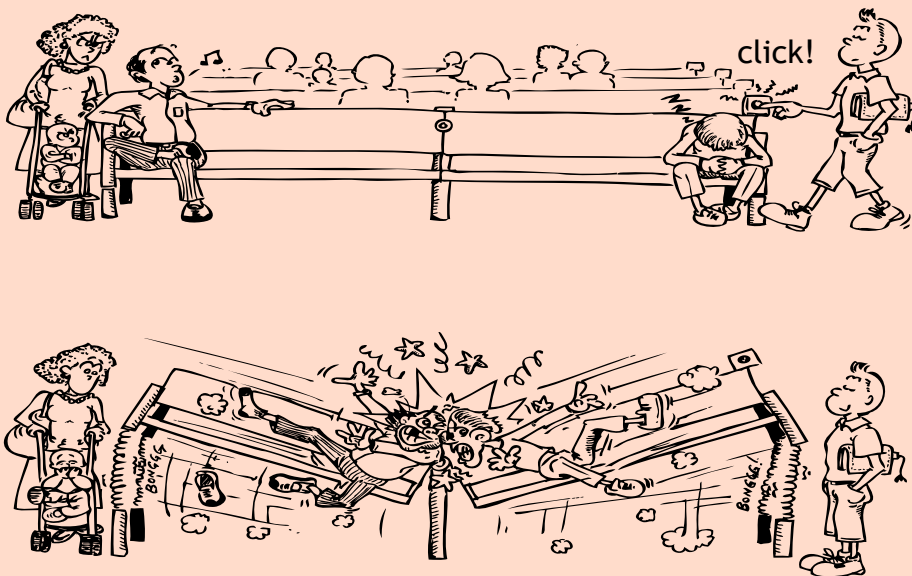
The Serial Complainer

There once was a person called Moan
whose hobby it was to groan.
"Sermon's verbose."
"Aircon's freezing my toes."
All said in a world-weary tone.

The Chit-chatters



The Aisle Hogger



OF HIGHLY CHURCH-GOERS?

Any of these familiar?

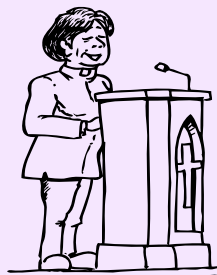
The Door-Slammer



The Latecomer



The Social Media User (who is not taking notes from the sermon)



TITHES & OFFERINGS CAN BE MADE THRU:
1) CHEQUES & CASH
2) INTERNET TRANSFERS
3) AND NOW TMC*



... BANDWIDTH CHARGING @ \$10 per KB!

* TMC Mobile Charges



IN & ABOUT TMC!



YUM CHA!





RECEPTION OF NEW MEMBERS!



G	The Church's Office & Office at Caley	<input checked="" type="checkbox"/>
H	Youth's Ministry	<input checked="" type="checkbox"/>
I	Children's Ministry	<input checked="" type="checkbox"/>

Write or draw what are some of the things that you saw or come to your mind while you were praying at the various church premises.

I feel feel that God's creation is special for us. it is an eye opener to children-children Ministry.

Esther Cheong

CHILDREN @ PRAYER!



WHAT'S NEW ON THE TMC WEBSITE

connect with one another

Take a Quiz: OSC Stands for...



The Outreach and Social Concerns ministry aims to be a **light that shines** so that all may see the good being done for God, and glorify our Father in heaven. It drives TMC's efforts to meet the social, financial, educational and spiritual **needs of people** in society such as needy families, underprivileged children and the mentally ill.

Pick up a pencil and find all ten words to fill in the blanks from the puzzle below. If you are unable to figure the words out, don't head to the dictionary, instead, visit the OSC webpage which can be found under the Ministries tab on TMC's website (www.tmc.org.sg/osc.html).

A ministry which seeks to be shining l_____ to the n_____ and u_____.
 The aim of the ministry is to c_____ with the c_____.
 C_____ 123 is where one can v_____ to provide tuition, help with the legal clinic or help run the IT courses.
 Other ways of serving in OSC include becoming b_____ to the elderly through monthly visits to S_____, or through involvement at the monthly Y_____ sessions.

Outreach and Social Concerns

w	s	o	y	u	i	f	u	e	h	w	t	k	i	r	t	i	y	v	v
f	j	f	z	z	m	e	t	n	s	g	q	f	p	e	h	r	k	c	u
d	n	y	t	i	n	u	m	m	o	c	r	e	e	t	n	u	l	o	v
f	y	p	r	h	u	j	t	x	d	n	c	o	n	t	a	c	t	n	i
k	h	q	v	b	b	j	k	x	q	k	z	p	n	k	z	e	b	n	m
u	d	e	g	e	l	i	v	i	r	p	r	e	d	n	u	s	n	e	n
s	m	j	m	r	n	x	v	c	a	h	c	m	u	y	l	v	e	c	c
c	o	d	b	e	f	r	i	e	n	d	e	r	s	t	s	x	e	t	u
y	l	i	g	h	t	s	b	l	e	w	h	y	b	o	y	v	d	a	h
f	j	c	u	g	i	x	x	s	e	o	p	f	w	j	i	c	y	c	f

Answers in the next issue, or if you can't wait, the answers can be found on the OSC web page from 15 October 2011.

The OSC website link can be found at: <http://www.tmc.org.sg/osc.html>
 If you wish to know more about how you could participate in the outreach efforts of this ministry, please contact the church office.

ROCK

small group connect



By Richard Seng



connect with one another

ROCK small group started back in 1996, when a group of young adults felt that there was more to church life than just seeing one another on Sundays during worship services. There was a hunger for a life of worship which was MORE than just the usual “churchy” activities that happen on Sundays.

Our core group comprised ex-MYFers (MYF = Methodist Youth Fellowship) and eventually some “imports”. We were in the midst of a transition from varsity to work life, and just on the brink of adulthood.

We found some common interests that provided a space for us to gather, share, pray and encourage one another in the Lord. Tennis games, night snack sessions, hang-out days were how the Lord enabled us to share our lives with one another, right through life as working adults and eventually family life, from planning and running one another’s weddings to taking care of one another’s kids.

The original group of 10 to 12 young adults also later gave birth to a more Chinese-focused River of Life small group, which the Lord greatly blessed and used as a cornerstone and foundation for the current Mandarin service congregation!

ROCK small group now comprises six families, with the 17 young children in the group outnumbering the adults. Entering into parenthood gave the group a first-hand glimpse and practical life lessons in how our heavenly Father sees us, loves us and cherishes us.

Through handling of the children, hoping to shape their wills through our influence, we learned from God how much it takes to love someone who is dependent on us as earthly parents but still has the God-given power of free will to exercise obedience, faith and trust.

Through inductive Bible studies centered around parenthood, God continues to teach us invaluable life-giving lessons: Being conscious of who we are in Christ as a beloved child of the Most High, how we need to gradually shift from a position of “power and position” to that of being “a powerful influence” in bringing up our children in the ways of the Lord, and how at the end of the day (or life), it is all about having lived a life of faith and trust in the maker of Heaven and earth.

Tears and sorrow may come, but with Jesus as the conscious centre in our lives, we rise with praise each day!

Countless are the ways that we have been so blessed by the Lord, and we pray that the Lord continues to pour out His Holy Spirit upon all at TMC, that all may come and be captured by the unshakeable love and mercy of Christ, overwhelmed by His grace that empowers His people to overcome the ways of the flesh, and led into the very abundant life that Jesus Christ came to give to us all.

About Small Group Connect...

This column is from the small group committee at Trinity Methodist Church. It seeks to bring and integrate small groups into the church life of Trinity Methodist Church. More about small groups at TMC can be found at www.tmc.org.sg/smallgroup.html , or through Park Ming at parkming@tmc.org.sg / 62824443



by Rose Tan

A Look Into Alpha



The lights were dimmed in the Hallelujah room with less than 20 persons, a cosy environment.

Speaking on video, a casually-dressed man was addressing an attentive crowd in a cathedral with beautiful stained glass art. He was Nicky Gumbel, ordained Anglican priest, vicar and author.

He is most famous as the developer of the ALPHA course. In 1990, Gumbel took over the running of the ALPHA course and transformed it from being one designed for new Christians, to include anyone interested to discover the basics of the Christian faith.

Its selling point is that it offers the opportunity to explore the meaning of life.

So what is the ALPHA course?

I was there to find out.

What I learnt is that the ALPHA course provides the chance to ask questions with no reservations in a supportive atmosphere. It was where I met Vinotha Washington, Stanley Godfrey and Irene Lee who were there to discuss the big questions.

Vino and Stanley, who are Singapore permanent residents, are originally from Bangalore or officially, Bengaluru, in South India. Vino works in healthcare at the Khoo Teck Puat Hospital, while her husband, Stanley works in the electronics sector. He comes from a family of Christians.

So what is he seeking in ALPHA?

“I want to be able to answer any awkward questions posed about my faith,” he said.

As a dutiful wife and mother of two, an eight-year-old boy and recently a two-month-old baby girl, Vino supports her husband quietly in his volunteer work as a befriender of needy families through the Methodist Welfare Services.

Irene, on the other hand, was stumped when her friend asked: “Why are there so many church denominations, and how is each one different from the other?”

Do you have a burning question?

Bring it to ALPHA.

Nicky Gumbel had his doubts too. He was an avowed atheist who graduated in law and became a barrister, before God spoke to him through the New Testament. “I was enthralled. It was as if I had found what I had been looking for all my life”.

If you are searching, come and share your concerns, clear your doubts and stand up for Jesus.

ALPHA is a gathering of like minded persons who come together over 10 Sundays to bond and ask questions. Let Caroline Lim, a seasoned facilitator and co-ordinator, share her warmth and experience as she holds your hands through the ALPHA course.



Nicky Gumbel is the author of a number of books related to the ALPHA course, including Questions of Life, which has sold over 1,000,000 copies. Voted “Christian Book of the Year” in 1994, it has been published in 48 languages. Other related books include Why Jesus, Searching Issues, Telling Others, A Life Worth Living, Challenging Lifestyle, Heart of Revival and 30 Days.

The ALPHA course at TMC
Every Sunday from Aug 14 - Oct 23
from 2.00 - 4.30pm

Course details at
<http://www.tmc.org.sg/witness.html>
or contact Caroline Lim 9827 6567 /
feedmylambs@hotmail.com

Trinity Methodist Church

Gardening the soul, A Morning with Jesus

Come and spend a quiet morning walking with Jesus in a garden. Be with Jesus in the outdoors, enjoy and experience listening to Him in Creation. Let Jesus have some refreshing time with you and you with Him. Let all of your senses be aroused in praise and worship of Him as you walk together.

Saturday, 15 October 2011

Programme Schedule:

- 7.30am - Registration at Trinity Methodist Church
- 7.45am - Board Bus to Botanic Garden
- 8.30am - Walking with the Lord
- 10.30am - Board Bus to Trinity Methodist Church
- 11.15am - Sharing time
- 12.15pm - Lunch at The Plaza

Facilitator: Ms Teo Soo Hoong - Director, Spiritual Formation, Paya Lebar Methodist Church

Please register at The Plaza or you may contact Mrs Lilian Chew @ 97573514 for any further queries.

Cost: \$8.00

Closing Date for registration: 9 October 2011

Love More, Love Freely

connect with others



I had the window seat on the airplane headed for Siem Reap. Everyone around me was asleep so I just stared out of the window.

Our airplane was waiting for its turn to use the runway for takeoff. Finally, it took off into a massive lone white cloud that slowly swallowed the entire plane.

At that moment I thought: "Wow we are going into a land we've never been to before." It was rather scary thinking of the things which awaited us, good and bad.

Then it struck me - the pilot knew we had a clear path through the cloud because of the airplane's radar, even though the pilot's vision was blurred by the cloud.

God is our radar. He is our security and assurance. He will bring us through this trip. I smiled as we took off.

Cambodia is very different from Singapore - the culture, the people, the skyline, the roads. Hence, when I was in Cambodia, I had this view that God in Cambodia was different from God in Singapore. The way He revealed Himself in Cambodia seemed to me to be so much clearer and more direct than when I was in Singapore.

In my ten days in Cambodia, I was surrounded mainly by children. I was shown God's love through the love which the children so freely gave to me.



by Maisie Koh

This article was written after a trip with TRACKers to Cambodia in April 2011.

Then I realised that God has always been showing His love through the people around me. In Singapore, I have been blessed with so much love from my family and friends.

God told me to love them more, by doing more for them, and showing more love to them. There need not be any embarrassment in showing your love to others, so love freely!

God will raise up a new generation of people to lead the nation of Cambodia to God. God told me that each child is precious to Him. The children in Singapore are no different.

When it was the last day of the trip, on the tuk tuk ride back to the guesthouse, I asked God what would happen to this city of His. God told me, "I've got it covered".

I also felt that God wanted me to do more for my church and the children's ministry. At first, I did not know how to go about doing so or which area in which to serve Him. So I asked God.

He very clearly answered my prayer. He told me to learn to play the guitar, lead the children in singing praises unto His name and to simply glorify Him. I am very excited and am practising hard now to get proficient quickly so that I can do just that – glorify Him.



Trackers 2012 will run from 11 Jan to 8 Apr 2012

(Mission trips venue include China, East Timor, Cambodia, India, Myanmar and Nepal. Dates: 20 Feb – 4 Mar)

To participate, see details on page 26

TRUTHMIN
presents

trackers

2012

11 JAN — 8 APR 2012

PAYA LEBAR METHODIST CHURCH

A Journey of Faith

Trackers is a discipleship programme for youths aged 17-25

If you are seeking to discover God's will for your life...

If you desire to grow in your walk with God...

Or if you simply want to give 3 months unto the LORD...

Trackers is for you!

FOR MORE INFORMATION

EMAIL trackers2012@gmail.com

CONTACT 6769 5415

ORGANISED BY



YOUTH
LEAD YOUTH MINISTRIES



TRAC BOARD OF
YOUTH MINISTRY

Rev Jenni-Ho Huan

shares

on the challenges many women face in life.

"When God shapes a WOMAN"

Time: 19 Nov, 2.30 – 4.30pm

Venue: Hallelujah Room

Registration Cost: \$3.00

Register at the Plaza.

Contact Person: Mrs Mary Foo 96202311



Rev Jenni Ho-Huan started with establishing a youth ministry and then growing as a pastor-leader both through her public ministry and her multiple roles as a wife and mother, daughter, sister, friend and mentor. She has a passion for drawing out honest responses to life's challenges in order to grow an authentic faith-life. Jenni enjoys working with all ages and is comfortable with both small groups and larger platforms. Jenni was ordained in the Presbyterian Church of Singapore where she came to faith and was nurtured.

Jenni has a Master of Theology (Pastoral Theology) from Trinity Theological College in Singapore. She also contributes regularly to Christian publications and public forums.

EVENTS

Every 1st and 3rd Friday, 9 am

WSCS Bible Study by Esther Wong. Contact Mrs Diana David / Mrs Joanne Wong at 96507126 / 98585517 for more details.



Every Friday, 8 pm

Healing Service

Every Saturday, 7 am

Men at Prayer



Every Saturday, 3 pm

WSCS Line Dancing

Wed, 5 Oct, 2 Nov, 10 am

Yum Cha is an opportunity for people to come together for fellowship. Contact church office 6282 4443. <http://www.tmc.org.sg/osc.html>

Sat, 15 Oct, 7.30am-12.15pm

Gardening the Soul, A Morning with Jesus in the Botanic Gardens
Contact Lilian Chew at 97573514
www.tmc.org.sg/highlights.html

Sun, 16 Oct

SKS Book Sale in TMC
(tentative date)

Thurs, 20 Oct

Seniors' Ministry Get-Together

Thurs, 27 Oct, 24 Nov, 10 am

St Luke's Eldercare Visitation & Devotion. With our partner, Bless Community Services, we are reaching a wider community for Christ at SLEC in Serangoon. More about SLEC at www.slec.org.sg.
www.tmc.org.sg/osc.html

Sun, 30 Oct, 27 Nov, 9 am

Visit to Institute of Mental Health by Outreach & Social Concerns
www.tmc.org.sg/osc.html



Fri, 4 Nov

TMC Kindergarten Concert
www.tmc.org.sg/kindergarten.html

Sun, 6 Nov

Dedication of Leaders

Sat, 12 Nov

Youth Ministry Day Out at Sentosa

Sun, 13 Nov

Seniors' Sunday Lunch

Sat, 19 Nov, 3 pm

Outreach & Social Concerns
High Tea Fellowship and Sharing of Experiences

Sat, 19 Nov, 2.30-4.30pm

When God Shapes a Woman
by Rev Jenni Ho-Huan
Contact Mary Foo at 96202311
www.tmc.org.sg/highlights.html



Sat, 26 Nov

Day of Prayer for Missions
www.tmc.org.sg/missions.html

Sat, 26 Nov, 3 – 6pm

Outreach & Social Concerns
Befrienders Program and Basics to Befriending. Watch out for details.

25–26 Nov

Children's Ministry Holiday Camp
www.tmc.org.sg/cm.html

1-4 Dec

Youth Camp
at BB/GB Sembawang Campsite.
Sembawang.
Visit <http://www.facebook.com/event.php?eid=263350537008892>

CREDITS

Pastors

Rev Dianna Khoo
Rev Peter Goh
Rev Bernard Chao

Editorial Committee

Amanda Yong
Beautrice Wong
Lim Sue Yien
Rose Tan
Samuel Wong
Terri Koh
Tricia Tong

Designers

Noelle Yong
Jill Koh
Seah Gek Khee

Illustrators

Ellen Li
Png Kong Jin

Photographers

Andrew Chong
Chris Chia
GK Tay
Jason Tang
Rachel Lim
Raymond Seah
stock.XCHNG (<http://www.sxc.hu>)

Printer

Lithographic Print House Pte Ltd

Views expressed in the Saltshaker belong to the contributors and do not necessarily reflect that of the church or the Methodist Church of Singapore. Materials may only be reproduced with permission from the editorial team.

Further details on TMC's events can be found at www.tmc.org.sg