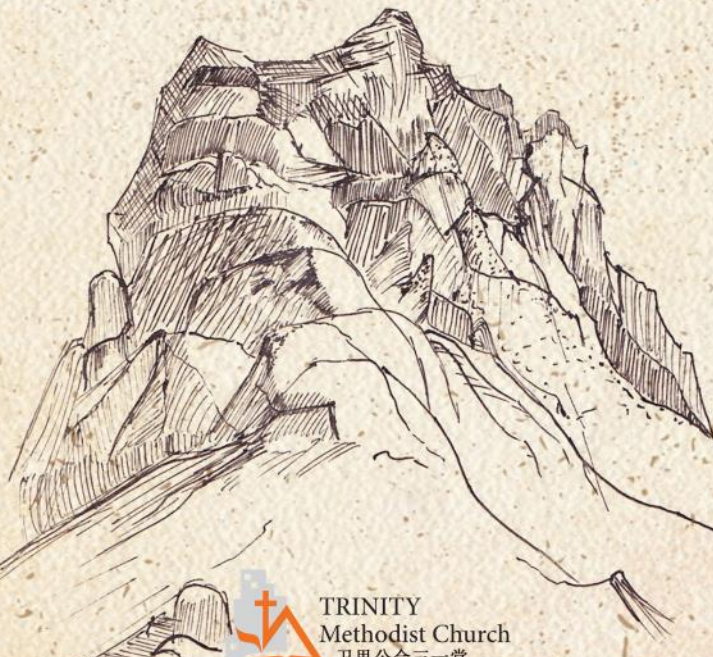


# HIGHER

登上更高处

**Psalm 121 – The theme is God’s protection over His people; the word “keeps” (watches over) is used six times. Safety is something which the pilgrims would be especially concerned as they journeyed on the roads through the hill country.**

*~ Warren W Wiersbe*



TRINITY  
Methodist Church  
卫里公会三一堂

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## Sunday, 8.00am & 9.45am Traditional Services

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### Preparing

Personal Silent Prayer & Meditation • Prelude

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### Praising

\*Call to Worship (*see p4*)  
\*Hymn of Praise - "A Mighty Fortress Is Our God" (UMH 110)  
\*Affirmation of Faith - TMC Creed"  
\*Gloria Patri - "Glory Be to the Father" (UMH 71)

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### Praying

Prayer Hymn - "Lead Me, Lord" (UMH 473)  
Personal Silent Prayer & Confession  
Prayer On Behalf of All  
The Lord's Prayer (*sung - Y Kam*)

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### Participating

Greetings & Welcome  
Concerns & News  
Tithes & Offering  
\*Doxology - "Praise God, from Whom All Blessings Flow" (UMH 95)

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### Proclaiming

\*Hymn of Preparation - "O God, Our Help in Ages Past" (UMH 117)  
Scripture Reading - **Psalm 121:1-8**  
Sermon Series: "ASCEND - The Songs of Ascents"  
Sermon - "**The Lord Our Keeper**" • Rev Paul Nga

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### Promising

\*Hymn of Promise - "I Know Whom I Have Believed" (UMH 714)  
\*Benediction • Postlude  
(*Please remain seated until after the Postlude and refrain from clapping*)  
Church Bells  
Prayer Ministry at Altar

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\* indicates congregation to stand

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## Saturday, 4.30pm The Saturday Service

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### **Praising**

\*Singing of Praise & Worship Songs

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### **Praying**

Praise Reports & Prayer Requests

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### **Participating**

Welcome

Announcements

Tithes & Offering

\*Doxology

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### **Proclaiming**

\*Song of Preparation

Scripture Reading - **Psalm 121:1-8**

Sermon Series: "ASCEND - The Songs of  
Ascents"

Sermon - **"The Lord Our Keeper"**

- Mr Ang Hern Shung
- 

### **Promising**

\*Response Song

\*Benediction

Community Time

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## Sunday, 9.45am Sunday Contemporary Service

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### **Preparing**

Personal Silent Prayer & Meditation

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### **Praising**

\*Call to Worship

\*Singing of Praise & Worship Songs

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### **Praying**

Praise Reports & Prayers

Corporate Prayer

The Lord's Prayer

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### **Participating**

Tithes & Offering

\*Doxology

Greetings & Announcements

Community Time

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### **Proclaiming**

\*Song of Preparation

Scripture Reading - **Psalm 121:1-8**

Sermon Series: "ASCEND - The Songs of  
Ascents"

Sermon - **"The Lord Our Keeper"**

- Mr Ang Hern Shung
- 

### **Promising**

\*Response Song

\*Benediction

Community Time

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*\* indicates congregation to stand*

## CALL TO WORSHIP

Leader: The Lord has been our refuge and our keeper.

**People: It is God who has kept us from falling and saved our lives.**

Leader: Let our thanks and praise resound throughout this place of worship;

**People: Let our love and gratitude be shown in all that we do.**

Leader: Open your hearts and spirits to God this day.

**ALL: Lord, be with us and place your hand of healing in our lives.**

### *Next Week*

#### *(Break in Sermon Series)*

15 & 16 Feb 2020 MCS 135th Anniversary Launch   *Holy Communion for TSS & SCS (Communion Offering - MWS)	TSS 1630*	Video Message by Bishop Dr Chong Chin Chung
	TS1 0800	
	TS2 0945	
	SCS 0945*	
Sermon Library: <a href="http://www.tmc.org.sg/pulpit.html">www.tmc.org.sg/pulpit.html</a>		

## ANNOUNCEMENTS

**Health Advisory.** We strongly urge you to stay at home (for 14 days) if you have been to China during the last 14 days.

For those who have symptoms of sore throat, fever, cough, runny nose or feeling unwell, you are strongly advised to seek medical advice & stay home.

As a general precaution, observe good personal hygiene habits.

If necessary, please use the hand sanitizers at the entrances.

For those who are already in church & feel unwell, please approach our staff at the iSunday Counter for a mask.

Let us be responsible people to prevent the spread of the viruses.

### **Soul Journal Songs of Ascents Devotional Booklets**

To help us journey Higher together, we have specially prepared devotional booklets (limited copies left) for you to follow along the sermons for the Songs of Ascents series in your personal devotions and disciple/small groups. The booklet includes a guide on how to have a meaningful time with the Lord in His Word, as well as reflection questions tailored to the uniqueness of each psalm.

Each booklet costs \$2. Make payment and collect your booklet on:

- Saturday@ The booth outside Emmanuel Hall after service.
- Sunday@ iSunday counter after either morning service.

**Trackers 2020 Fundraising.** Trackers is a 3-month discipleship programme for youth in transition (eg. finished 'O' Levels, 'A' Levels, NS, Poly Diploma or taking a gap year). The journey comprises daily worship, devotions, testimony sharing, lectures on the Christian faith, embarking on a mission trip, and serving in local outreach ministry.

The Trackers will be here to raise funds for their 3-month journey, trusting God to provide for them. Do visit their booth on 15 & 16 Feb at the Plaza (Sunday) or outside Emmanuel Hall (Saturday) after service to encourage and support them. Cheques can be made payable to "The Methodist Church in Singapore - TRAC". Please indicate "Trackers 2020", along with your full name and contact number on the back of the cheque.

**AT THE CROSSROADS.** Are you retiring and don't know what to do? Find out more at the seminar "At The Crossroads " organised by TRAC Seniors Ministry on 4 Apr (Sat), 9am-5pm at Faith Methodist Church. Cost \$30. Early bird \$20. Details at the GYM Board.

**Lent Devotionals** are available free of charge for daily reading and meditation for the period of Lent from Ash Wednesday, 26 Feb till Easter Sunday, 12 Apr. Please collect a copy as you leave the Sanctuary / Emmanuel Hall today.

**Together Aging Gracefully (TAG).** The launch of TAG will be deferred until further notice.

**Band & AV Team Open House (9 Feb)** - Interested to join the Band or AV Team, but never knew what is required? Want to try out the various band instruments (including vocals) and AV equipment but never had the opportunity? Come join us at our open house for a fun time of jamming, sharing and experiencing what it is like to be part of the worship team! Event will be at the Emmanuel Hall on 9 Feb from 11:30am to 2pm and lunch will be provided.

**Counselling Week at Singapore Bible College (17-21 Feb)**

How do we cultivate safe relationships? What is Spiritual Friendship? How may we learn to journey with those struggling with marital issues, porn or sex addiction, anxiety, depression or suicidal thoughts?

If you'd like to find out, you may wish to join some of the public lectures or panel sessions during Counselling Week from 17 – 21 February 2020, at the Singapore Bible College School of Counselling. Admission is free.

Register at <http://www.sbc.edu.sg/counselling-week-2020/>.



Scan to register

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## FAMILY MATTERS

**SGSecure in TMC.** All are advised not to leave their belongings unattended. If you see any suspicious person leaving a bag unattended, do not touch the bag but report this to the staff at iSunday Counter.

In the event that there is an emergency evacuation, please take instructions from those wearing the reflective vests.

**Carpark Exit on Sundays.** Please note that the Sunday exit (directly from B1) exiting to Serangoon Garden Way, will be closed at 1.00pm.

**Lost & Found Items.** Please approach iSunday Counter or contact the church office.

**Communion Offering.** A total of \$7,495.20 was collected during the services last Sunday for the **Methodist Welfare Services**.

**Floral Offering:**

**With Thanksgiving from**

- Lawrence & Linda Sim, for God's blessings
- Mr & Mrs Ang Guan Chye

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## PASTORAL AND STAFF MATTERS

**Staff on Leave.** 10 Feb, Sharon Chu.

## THIS WEEK'S ACTIVITIES

### TODAY

**9.30am**      **Mandarin Service Prayer Meeting** - Prayer Chapel @ B1

**11.30am**      **Band & AV Team Open House** - Emmanuel Hall @ L2

**2.00pm**      **Baptism & Membership Class** - Daniel @ L2

### Mon, 10 Feb

**10.00am**      **GYM Line Dancing** - Kindergarten @ L1

**2.00pm**      **Care Like Jesus Workshop** - Benjamin @ L2

### Wed, 12 Feb

**8.00pm**      **Prayer & Intercession Meeting** - Prayer Chapel @ B1

### Thu, 13 Feb

**7.30pm**      **Precept Upon Precept (Acts pt 1)** - The Upper Room @ L3

### Fri, 14 Feb

**8.00pm**      **Healing Ministry** - Prayer Chapel @ B1

### Sat, 15 Feb

**10.00am**      **Youth Ave Captains Leaders' Development** - 123 Serangoon North Ave 1

**1.00pm**      **Marriage Preparation Course** - Benjamin @ L2

### In Recess

*A Tot-ful Morning, Friday Bible Study, Fellowship of Ukulelians*

## WORSHIP SERVICES

### Sat, 4.30pm

The Saturday Service (Contemporary)  
@ Emmanuel Hall, L2

### Sun, 9.45am

The Sunday Contemporary Service  
@ Emmanuel Hall, L2

### Sun, 11:30am

Mandarin Service  
@ Sanctuary, L1

### Sun, 8.00am

English Service (Traditional)  
@ Sanctuary, L1

### Sun, 9:45am

English Service (Traditional)  
@ Sanctuary, L1

### Children's Ministry

9:45am  
@ Hallelujah @ L3

## PASTORAL TEAM & USEFUL CONTACTS

<b>Rev Alvin Chan</b> Pastor-in-Charge alvinchan@tmc.org.sg	9636 0022	<b>Rev Paul Nga</b> Pastor paulnga@tmc.org.sg	9758 4654
<b>Rev Sng Chong Hui</b> Pastor sngchonghui@tmc.org.sg	9673 2874	<b>Rev Byron Teo</b> Assistant Pastor byronteo@tmc.org.sg	9759 4942
<b>Alice Lim</b> ( <i>on sabbatical leave</i> ) LMS (Children's Ministry) alice@tmc.org.sg / alston@tmc.org.sg		<b>Tan Kim Lam</b> LMS (Discipleship) kimlam@tmc.org.sg	9683 2671
<b>Eddie Goh</b> LMS (Mandarin Service) eddie@tmc.org.sg	9835 5058	<b>Lee Park Ming</b> LES (Discipleship & Nurture) parkming@tmc.org.sg	9671 7100
<b>Ang Hern Shung</b> LMS (YM & Prayer) hernshung@tmc.org.sg	9154 7223	<b>Wong Ting Ling</b> LES (Outreach & Social Concerns) tingling@tmc.org.sg	9662 9850
<b>Ian Cheah</b> LES (Administration) ian@tmc.org.sg	9189 0908	<b>Choy Wai Cheng</b> LES (Witness & Evangelism) waicheng@tmc.org.sg	8797 8113
<b>Calvin Ang</b> Snr Facilities Assistant calvin@tmc.org.sg	9172 1638	<b>Cathrine Mathiew</b> Snr Ops/Adm Asst (Youth Ave) cathrine@tmc.org.sg	6285 8450



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For a snapshot of all church events, please visit  
[www.tmc.org.sg/calendar.html](http://www.tmc.org.sg/calendar.html)

By entering these premises and participating in the worship service and other activities, you are deemed to have given consent for the use of your image captured in any photo or video recording by TMC for all communication purposes. For our Data Protection Policy, please refer to [www.tmc.org.sg/pdpa.pdf](http://www.tmc.org.sg/pdpa.pdf).