

Pentecost Times

The Newsletter of Pentecost Methodist Church

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TRUE SPIRITUALITY

Spirituality is a subject which no faithful Christian should ignore. It is every pastor's wish that every member of the church will grow spiritually and this growth will show in the way the members live out their Christian life.

The problem with spirituality, however, is that while it is obviously desirable, it is also difficult to measure. How do we know whether we have grown spiritually? If evidence of spirituality is required, what are they?

Throughout church history we have records of people seeking to express their spirituality in different ways. Some early Christians sought to be spiritual by retreating to the desert where they could maintain a certain level of prayer, fasting and study, away from the temptations of the "world". In my younger days, as a new Christian, I was told that spirituality meant keeping a regular quiet time, memorizing scripture verses, witnessing, and attending worship.

Nowadays, we have Christians pushing for all kinds of "spirituality," some of which border on the spectacular and an emotionally charged religiosity.

To comment on the various types of spirituality will take more than the space of this page. However, as a pastor who is interested in spiritual formation, my desire is to promote a spirituality that depends less

on the spectacular and superficial, so that we can pursue a spirituality that has substance and stamina.

It should be clear that no amount of religious busyness or holy activities would make a person "spiritual." Equally clear is that spirituality does not depend on the level of "spiritual" noise and gestures that we make, or the number of "spiritual" meetings we attend. People who chase after a quick-fix spirituality will find that the high feelings they yearn for, like spectacular fireworks, will not last. It may be brilliant for a while, but soon it fades away.

True spirituality of substance, and with stamina, must carry the marks of the Fruit of the Spirit. In other words, we know we are on the right track of spirituality when we have evidence of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. It is my prayer that we will all be Christians who will cultivate the Fruit of the Spirit. (Galatians 5: 22,23)

With you for a Spirituality of Substance



Rev. Dr. Daniel Koh Kah Soon



REJOICING

AT

DESARU!

Perry Lee

“Being here is a miracle for me!” exclaimed Hubert Koh. “Exactly a year ago, I had a triple open heart bypass operation soon after Church camp in Shah Alam. And now I’m here again!”

And he had more time to relax and enjoy the sun and sea at Family Church Camp at Desaru this June. The programme was structured to include more recreation time and the pace made more leisurely, allowing campers to interact and get to know each other beyond a Sunday “hi!” in church.

Like many others, Hubert had the time to chat with old friends, make new ones and even discover a fellow camper who turned out to be a relation of his! (*see picture*)

“Afternoons were either free time or games times,” said camp Commandent Vincent Chong. To facilitate fun time and interaction, the campers were divided into four groups. Shrieks of laughter and shouts of exuberance were heard from the field and beach as afternoon games of Captain’s Ball and beach games were played with care free enthusiasm and youthful vigour. (Age was no barrier as the youthful energy was also supplied from campers in their 30s to 50s!)

A treasure hunt with its many clues was cheerfully messed up as the children got into the fun - the adult way of deduction in clue finding was thrown into disarray by the children’s energetic inquisitiveness!

Indoor games were played with equal gusto and the Yellow team under Anthony Yeo emerged champions after the final score of the different games was added up.

Rev Edmund De Souza provided the spiritual input and his three messages on Rejoicing in The Lord - through praise, evangelism and ministry - touched many a heart. “The messages taught me to bring the joy of the Lord to all areas of my life, especially to the workplace!” said Natalie Kaur, one of PMC’s new members.

“I’m glad I came to the Family Camp!” continued Natalie. “I need to know more people in PMC - so this camp was just right! It was also a relaxing time from work and one of spiritual refreshment!”

“I wish there would be more such camps in future!” she concluded. Many of us would agree with that sentiment!





HAPPY 70TH BIRTHDAY, PMC!

Adelene Lim & Perry Lee

The number 7 is the number of completion in the Bible. It connotes an ending, a closing, a finishing. Multiply 7 by 10... and we have the time span of Pentecost Methodist Church!

As the specially composed song goes, "It all started at a old Geyland town..." From Geylang to Joo Chiat. From Joo Chiat to Pasir Ris. 70 long years. Under God's guiding hand, PMC has grown from strength to strength!

That is reason enough to celebrate, and we did just that at Kallang Theatre! The 70th Anniversary Service was packed full with church members, ex church members, friends, well wishers, guests and pastors who had served previously in PMC. It was a grand affair at the Kallang Theatre. A multi media presentation of PMC was screened - from its founding at Geylang up to present day Pasir Ris.

The Sunday School children praised God with their singing and dancing. There were song offerings from the Youth Choir, 9.15 am Choir, 11 am Choir and the Combined Choir with the Mandarin Service. A tambourine dance added to the festive air of praise and worship. Choral directors Mrs Grace Tan and Miss Debby Lee presented a Mandarin duet that was strongly reminiscent of the Flower Duet (*think British Airways advertisements's accompanying music*).

TRAC President Rev Dr Isaac Lim, the guest speaker, preached a rousing sermon, exhorting the



congregation to give of its best to the Master - releasing their children to serve God fulltime. He ended it with a challenge to be filled with the Holy Spirit for power and anointing to accomplish God's continuing work in our congregation.

The cake cutting ceremony followed, with representatives of the various laity segments - the English, Peranakan, Mandarin - reflecting the age groups of the entire church - the young, adult and senior citizen.



The Combined Choir closed the service with Handel's Hallelujah Chorus to a standing crowd - a befitting end to a thanksgiving service for 70 long years!

A chapter is closed - with 70 long years. A new one is opening - with many more years to come!

Happy 70th Birthday, Pentecost Methodist Church!



ANYTHING BUT COSY!

Solomon Jesudasan



“If you believe this trip is gonna be like any other trip, then you’ll be in for a surprise!”

Jon Er

This was the first Youth missions team that PMC had ever sent and the experience in the Khmer Republic (ex Cambodia) was anything but cosy!



Six days spent with COSi (Community Outreach Services - Immanuel) was an eye opener and our youths saw a paradigm shift in their cosy Singaporean worldview. Oppressive, searing heat and a lack of drinkable water were minor inconveniences compared to what Cambodians have to put up with in their daily lives.



Cambodia Missions Trip - COSi ORPHANAGE.

“This trip has definitely changed my perspective of life!” Tash

The youth of PMC led by their exemplary team leader Amy Teo did a fabulous job at COSi. There were perspiration, dedication and determination to do something tangible at the orphanage. From the early hours of the day to late night, there was tiredness written all over the faces but a sense of accomplishment that “we had ministered” to the children. The schedule for the trip included teaching English, balloon sculpturing, songs, mimes, art & craft, puppetry, bible and moral stories, and a fully dressed clown to keep the children ministered and entertained.

One main highlight was taking over and running the orphanage during the fourth day of our stay. The COSi staff had to go for their R & R and left us with directions and information to run the place. The youths, led by the chief ‘chef’ Poh Kiang, cooked for 83 hungry mouths! We took care of the security, made evacuation plans (in case of emergency) and kept the children occupied with the teaching of English, games, art & craft work and songs.

“God has been real to me through the children...” Jac

Helping to facilitate medical treatment was another highlight. Villagers streamed in to seek medical help from Dr Tan Poh Kiang and dental help from Dr How Hsung (a volunteer from Orchard Road Presbyterian Church). That day saw more than 170 villagers! Some of our youths commented that they

never knew teeth could come in so many different colours! They helped out in dispensing medicine and cleaning dental equipment while another group sang songs (English & Khmer), put on puppet shows and shared a testimony to the villagers waiting for medical treatment. That was an exhilarating and eventful day.

“I went there with an empty heart but I came back with a heart filled with God’s love!” Gaby

The last night was a time of teary farewell to the adorable kids. Some youths prayed for them while others wanted to ‘adopt’ them but everyone knew that their lives were changed and touched with the contact they had with the children.

The morning of June 13th saw much sadness as we bade a final farewell. A part of our lives would be etched with the memories of our short but meaningful time at the COSi orphanage.

The youths spent the first morning in Phnom Penh, visiting the Genocide Museum (the exhibits of the Khmer Rouge era), the Hope Centre (a Christian handicraft shop) and the Russian market (an open air day market.)

Amy Teo
Getassha Lee
Chong Shu Ling
Grace Tan
Jonathan Er
Georgiana Phua

Shawn Lim
Jonathan Ng
Seah Ee Ling
Rachel Ng
Jacqueray Chua
Gabriel Sim



40-DAY FAST & PRAY

1 JULY – 9 AUGUST 2002

HOW TO USE THE 40-DAY PRAYER GUIDE

▪ Daily pray through the 40-Day prayer guide. For each entry, first read aloud and meditate on the scripture passages. Then go to the prayer prompts. As you pray through the prompts, read again the verses highlighted, turning each of them into spontaneous prayer. Pray as the Spirit leads. Stop, listen and wait for impressions from the Spirit. Record them in your personal journal. And then, whatever He says to you, just do it.

HOW TO FAST

You are free to fast however the Spirit leads you. Here are some options:

PARTIAL FAST

Abstain from solid foods for an extended part of the day. Take only water. You may fast from sunrise to sundown or from breakfast to afternoon tea.

1-MEAL FAST

Sacrifice one full meal a day. For example: Lunch Fast or Dinner Fast.

BEVERAGE FAST

Abstain from solid foods for 24 hours. Take only water and liquid foods such as milk, milo or other health beverages.

DANIEL FAST

Abstain from meats and other favourite delicacies. (e.g. coffee or tea, chocolate, ice cream) Take only small portions of fresh vegetables, fruit and juices.

LIFESTYLE FAST

Abstain from your favourite hobby or activity. Instead spend the time to pray and seek God. (e.g. computer games, TV etc.)

HOW TO INVOLVE OTHERS

Fasting together as a group is easier than doing it alone. Have fun!

▪ FAMILY

Agree to fast and pray as a family. Decide on the type of fast your family members are comfortable with. Use the 40-Day prayer guide for your family devotion.

▪ OFFICE

Inspire colleagues to fast with you. Utilise tea breaks or lunch breaks at the office to pray together. Follow the 40-Day Fast prayer guide

▪ CELL

Obtain more copies of the 40-Day prayer guide for your cell members. As a group, commit yourselves to a specific type of fast. Throughout this 40-Day period, yearn for personal revival and national revival. Cry for God's visitation in your cell. Ask God to use your cell group to be His bridge of blessing in the community.

▪ FRIENDS

In this city of handphones and pagers, prayer is really just a beep away. Keep a daily prayer appointment with a friend by phone. Send SMS reminders. Call at the agreed time. Pray!

▪ NEIGHBOURS

Organize the Christian homemakers of your block into prayer and fasting triplets. Aim to meet once a week for *at least* an hour of prayer.



HOW TO ENJOY FASTING

▪ Set aside time each day to seek God in prayer and fasting. It may be half an hour or one hour or more.

▪ Adopt an attitude of prayer as you go about each day's duties at home, at work or at school. Apply what you learnt in tangible actions.

▪ Scale down your normal activities. Slow down. Avoid rigorous exercise such as rock climbing or jogging

▪ Be alert! Besides fasting from food, fast from things that distract, such as television, internet, computer games; or things that destroy such as coarse jesting or careless words.

▪ Break your fast gradually and wisely. For health reasons, you should consume small portions as you break fast, avoiding chilli or acidic foods as much as possible.

FURTHER ENQUIRY

Call Yoke Lin: 6584 0297

E-mail: jenyokelin@pmc.org.sg

Come together to pray, to feast on God's Word and be ministered:

HEALING MINISTRY

ON THURSDAY, JULY

4 11 18 25

AUGUST 1

AT ALDERSGATE HALL, PMC

PROGRAMME:

7:45 pm - 8:15 pm

Worship

8:15 pm - 9:00 pm

Feasting on God's Word: Teaching on 'Ephesians'

9:00 pm - 9:45 pm

Prayer & Ministry

Worship Services

Peranakan

Sunday 7.45 am

English

Sunday 9.15 am

Sunday 11.00 am

Mandarin

Sunday 1.30 pm

Sunday School

Youth

9 am

Ages 13 - 18

Nursery to Primary School

9.15 am & 11.00 am

Ages 4 - 12

Toddlers

11.00 am

Ages 2 - 3

Mandarin Sunday School

1.30 pm

Ages 4 - 12

Kindergarten

1st Session

8.15 am - 11.15 am

2nd Session

11.30 am - 2.30 pm

Counselling Services

Contact Perry, Yoke Lin or

Debby (Mandarin) at

Pentecost Methodist Church

4 Pasir Ris Drive 6

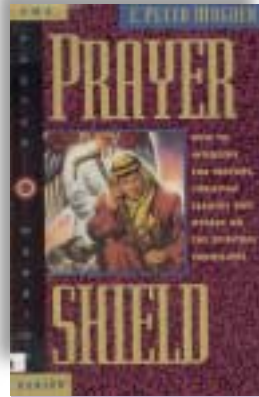
Singapore 519420

Tel: 6584 0297 Fax: 6584 0445

email: pentecost@pmc.org.sg

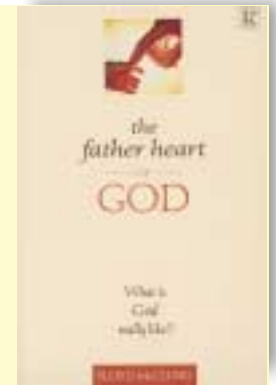
**Great Reads
At PMC Library**

Open during Sunday service times



Prayer Shield is a simple but comprehensive introduction to intercession, especially for Christians in Singapore going through the 40-Day Fast & Pray period. What is intercession? How is it different from ‘normal’ prayer? How do you know if you are called to be an intercessor? How can you pray effectively for your pastors and church leaders? All these basic questions and more are answered by *Dr C. Peter Wagner* with personal anecdotes and experiences that bring alive an otherwise dry topic (to some) in its practical results to prayer.

The Father Heart of God underlines the emotional scars and wounds of childhood as the main causes of our often lacklustre Christianity – our parental authority has been less than perfect and we are now living out the consequences as victims of an unconscious alienation of some degree to the highest authority in our lives, ie God the Father. YWAM’s ex Director in Amsterdam *Floyd McClung* marries theology with human personality development and brings forth numerous true life examples in his ministry to support this claim. A bestseller since published in 1985, this book has been reprinted 16 times, testifying to its healing truths that have made it an evergreen bestseller.



Fasting Can Change Your Life. Can it? 33 Christian leaders say “yes!” Theological leaders from conservative evangelical (*Dr James Kennedy*) to charismatic (*Jack Hayford*) all agree on the effectiveness of fasting as a spiritual discipline. This book is unique in that the entire format is written in a question-and-answer style. That makes for very easy reading and absorbing of truth in an almost casual conversational way. The book ends with 22 questions (and answers) about the A to Z on fasting: *Can fasting be legalistic? Can I fast and still go to work? Is it possible to be neurotic and fast?*

Do you know of *People Pleasers*? If you happen to be one of them, *Dr Les Carter* will tell you how not to satisfy everyone and to stop draining yourself emotionally. How to prevent others from manipulating your helpful and compliant nature. How to assert yourself and stand up for your convictions. How to be helpful without being taken advantage of. *Dr Carter* breaks the book into three sections: diagnosis, cause, change. Soul searching questionnaires and personal reflection sections abound in this frank, no-nonsense book. The message of hope in this book is: we can lead more free lives.

