

Praise and Worship Morning Exercise



赞美操

Does anyone have an idea what this is? Is it a one-off event that took place in church but was never advertised? No, it is not. In case you are wondering, it is a weekly morning exercise that takes place every Saturday in JCC on the 5th floor (multi-purpose hall). This exercise is organised by the Chinese Congregation from 730am to 830am. Rev Anthony briefly shared about this during one of the meet ups with the leaders and it piqued the interest of my boss, who told me to go dig this up.

Actually, I was aware of this morning exercise for quite a while as my mother-in-law is from the Chinese congregation and she had shared about it. There was a period she attended this regularly while she was staying with us (our home then was just 5 mins walk from church).



Why is it called 赞美操 (roughly translated as Praise and Worship Morning exercise)?



This exercise is based on Chinese songs of praise. It first originated from Taiwan and around 4 years ago, the members in the Chinese congregation choir got their hands on the VCD and started this morning exercise activity, following the instructions being played in the VCD. The weekly exercises quickly gained popularity.

However, this activity was halted during the period when our church was in the rebuilding process and we temporary resided in 101 Yuan Ching Road. Fortunately, the activity was resumed once we shifted back to the new building. Now they have around 10 regulars, with some non-Christians attending. Anyone can join up so if you are an early riser and keen in some exercises in an air-conditioned room, go take a look. In fact, take this opportunity to evangelise by approaching some of your non-Christian friends to join you in it!

Alicia Wong

Recently, I attended a pledge ceremony and that led me to come up with some acronyms for these words:

Share the Word of God
Hold meetings regularly
Encourage members to attend
Pray for members
Help members to grow
Equip them with God's Word
Reach out to the lost sheep
Direct them back to the group

Pray,
Administer
Sacraments,
Teach,
Outreach and
Reconcile

Ensure
Details
In
The Vine
Original and
Refreshing