



**Family Day**  
by John Lee



**Huffing & Puffing**  
by Alicia Wong



# PEACE

**A Prayer of Distress**  
by Joyce Tan

## The Vine This Month

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JCC Family Day

Zumba Dance



## Brother Martin Writes

A 104-year-old Australian scientist, David Goodall, a respected botanist and ecologist who had campaigned for the legalization of assisted dying, died Thursday, May 10, at the Life Circle clinic in Basel, Switzerland, after administering a lethal drug under the guidance of doctors. Goodall was not terminally ill; he wanted to die because he could no longer do most of the things he enjoyed doing.

**Is long life a blessing?** *The fear of the LORD prolongs days: but the years of the wicked shall be shortened.* Proverbs 10:27

*Honor your father and your mother, so that you may live long in the land the LORD your God is giving you.* Exodus 20:12

*With long life I will satisfy him and show him my salvation.* Psalm 91:16

There are many other verses in the Bible which seem to suggest that God will bless you with a long life if you keep His commands. My wheelchair bound mother who is almost 90 always pray that God will take her home. My prayer is that she will really know Jesus as Saviour before that day comes. I believe that long life is a blessing only if you are living according to God's purposes and plans for your life and if you have good health.

**Is it right to assist a person to die?** *Saul said to his armor-bearer, "Draw your sword and run me through, or these uncircumcised fellows will come and abuse me." But his armor-bearer was terrified and would not do it; so Saul took his own sword and fell on it.* 1 Chronicles 10:4

We may not do it consciously but certainly some of us may do it unconsciously when we pressurize a person until his back is against a wall and suicide seems to be the only solution, for example a loan shark's tactics. On one hand the death penalty is illegal in some countries and yet assisted suicide is acceptable and legal in other countries. Man does not have a conclusive answer.

**What does the Bible say?** God is the only one who is to decide when and how a person should die. We should say with the psalmist, *"My times are in your hands"* Psalm 31:15. Some people in Scripture felt deep despair in life. Solomon (Ecclesiastes 2:17), Elijah (1 Kings 19:4), Jonah (Jonah 4:8), and even Paul (2 Corinthians 1:8). However, none of these men committed suicide. I pray that God will grant you the strength to live to a good old age in His service.



## Huffing and Puffing

Journey of Jason and Admond Tan

*For those who are followers of Admond (Chinese congregation) and Jason's Instagram/Facebook, you might have noticed that these guys have been working out together. Curiosity perked so I decided to do an interview with them!*

**Alicia:** Hi guys. Thanks for agreeing to the interview. First question for both of you - What made you guys decide on committing to weekly regular exercise?

**Jason:** For me, it started when 3 different brothers spoke to me about my health. I took it as a very obvious sign that God wanted me to honor Him with my health and body. Hence, I decided to start exercising and be serious about my diet. Brother Admond encouraged me to join him at the gym and that's where we began.



Healthy and delicious looking meal in one of Jason's posts

**Alicia:** Admond, I know you started working out earlier than Jason. What kicked u off into committing into a regular exercise routine?

**Admond:** I should say my exercise journey began in 2013, 5 years ago. At that point, I was very busy running a business and taking care of my family. It was basically, work, eat, sleep, rinse and repeat. It was stressful having to work long hours and I was basically eating the biggest meal of the day for dinner as late as 9pm or later and then it's bed time. My weight reached a whopping 133kg and that was the time I started to feel unwell. I was basically tired all the time and I had pain in my joints. I was serving as a worship leader in church during that period and after each worship leading, I felt my heart was going to stop any-time.

The warning bells came one fine morning in year 2012. While I was driving and sending my kids to childcare, I felt a sudden numbing of my right body and I could not control my footing when driving my car. I knew something was not right. After sending my boys to childcare, I got back into my car. Through God's protective hands, I was able to drive my way slowly to NUH's A&E. The nurses pushed me in and did a scan on me. Lo and behold...they found a tiny blood clot at my brain's left frontal lobe and the sensation I was feeling was that of a mild stroke.

My blood pressure was a whopping 260. As I lay on the hospital bed hearing all these news...man, I felt bad for not even bearing the simple responsibility of taking care of myself, which is God's temple and that at the age of 39, I was already on the verge of death. I felt I had let my family down. As a father, I should be someone my children can lean on for support and care and yet I've become a liability at such young age. After going through all the medical treatments and medications, I was finally discharged. At that point I knew God was giving me another chance and I am not going to rely on medication to determine my health.



**Admond's exercise companions,  
Muffy and Winston**

I started off going on long distance walks with my dog(Winston). Gradually, the walk evolved into a jog. After six months, I was able to jog for around 2 km nightly. Apart from my nightly jogs, I started going to gym every alternate day. Initially I rounded up some church brothers and colleagues to commit to regular exercise with me but slowly they faded away and I was left alone with my routine. Glad that God didn't let me stop. Over the past five years, I've dropped 20kg and am now feeling better than before. I still go on nightly brisk walks with my dogs occasionally and now, I have a great training partner Jason with me at the gym twice a week. Continue to pray that we continue this journey till we reach the peak of health that we are called to have!

**Alicia:** How did this partnership with Jason came about?

**Admond:** It was the latter part of last year when Jason's wife saw me in church and remarked about my weight loss. I told her I've been exercising and she suggested that I could perhaps ask Jason along. Then early this year she texted me via Facebook, saying that she had been praying for Jason's health and she felt strongly about me bringing him along to gym and be a brother in this journey with him. At the same time, the Lord placed the same burden in my heart and so I asked him out. We met. We talked and voila! We began the journey in February.



**The first meeting that started their journey**

**Jason:** Prior to this, the Lord had already brought us to work together in the worship ministry for combined church events. Through all these, God has helped us grow in brotherly love in Christ.

**Alicia:** What exactly do you guys do when you guys hit the gym?

**Admond:** Haha, nothing complex. It's 20 mins of cardio and then the weights...AND encourage each other amidst all the grunts! We will usually end the session with a prayer.

**Alicia:** We know Admond has lost a lot of weight. What about you Jason? Since you've only just started this partnership a few months ago...

**Admond:** Last weigh-in... he lost 8 kg!

**Jason:** It's really a blessing from above. Every day is a conscious decision to battle and honor the Lord in the area of health. There is a lot of denying of self and choosing what is better for us. It's getting tougher I must admit, especially when work and family demands increase.

Pray that we can keep this journey up and hold one another accountable! Of course, we welcome anyone who wants to join us on this journey to honor God with the temple He has given us. I am encouraged that the Lord brings about partners and fellow pilgrims on our journeys. As long as we avail ourselves to meet with one another, pray for one another and encourage each other towards the goals God has set before us. It doesn't matter which congregation we are from; we are one church.

**Admond:** Amen! To add on, this partnership set us brothers accountable to each other. We are reminded not to slack off but pick our butts up to sweat, huff and puff at least twice a week.

**Jason:** Our usual gym times are Sunday afternoons at 4 pm (Jurong west sports complex) and Wednesday evening 8 pm (Gombak sports complex)


**Alicia:** Last question. I noticed you guys have been posting a lot of your workout session on social media. Any reason for that?

**Admond:** We want to let people know that in all things, it's always mind over matters. Everyone is busy in our lives and usually our body and health are the last thing we put efforts in. Trust us, there are times you really do not feel motivated to go to the gym and it's all in the mind. I always tell Jason, the best feeling in this world is when you are done with that day's session and walk out of the gym knowing you have kept your discipline.



**Jason:** Honestly, I know I could use all the accountability and encouragement I can get. Each 'like' or encouraging comment we receive always helps in pushing me forward and going. It's also another way to track our progress!


**Alicia:** Hopefully this sharing from both of you will motivate others to join in similar journeys to honor the bodies God give us.


Through you guys, I am reminded that fellowship isn't just limited to church activities and projects. Even brothers from two different congregations can have a great fellowship beyond the church.

 **Jason Tan**  
May 9 at 9:17pm · [AL](#)  
truly an exhausting past 2 months, brother Admond Tan rest well and let's get back to the gym together soon! as for tonight, I pumped on our behalf! 🙌🙌🙌🙌



 Like  Comment

 5

 **Admond Tan** Awesome beastie look! Sure bro! Thanks for keeping up the momentum!  
Like · Reply · 1d

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## **BMI**

In 1970, a 23-year-old Austrian named Arnold Alois Schwarzenegger became the youngest ever Mr. Universe. The Guinness Book of World Records once called him "the most perfectly developed man in the history of the world." Standing at 6'2" and weighing 235 pounds, he could bench press more than 500 pounds and barely had a ribbon of fat.

Yet, at his physical peak, his Body Mass Index (BMI) was 30.5, indicating that he was obese.



We are all familiar with the firefly that delights us with its display of bioluminescence. It is a wonder of nature for which we give praise to God:

“Thou art worthy, O Lord, to receive glory and honour and power: for thou hast created all things, and for thy pleasure they are and were created.” – Rev. 4:11

On a recent vacation at Blue Tears Island (Pulau Sembilan in Perak), I realised that the firefly is not the only living thing that has bioluminescent properties. Blue Tears – tiny phytoplankton (0.2mm – 2mm in size) living in abundance on the seabed – also give out light naturally.

We travelled by boat to the destination where the blue tears lay in the quiet darkness of the night. The boat assistant leaned over the side of the boat to scoop up the blue tears for us to see. They are called “blue tears” or “blue sand” – because the dots of blue look like transparent teardrops and feel like sand to the touch.



The picture here of the blue tears is as best as a picture can show of the surreal beauty of the bright light energy that the phytoplankton exudes with the energy of seawater.

Our vacation also brought us to a beach (Sky Mirror Island) which we had to wade briefly through seawater to reach, after a half-hour boat ride.



The sandbar appears at low tide for only a few hours per day, at which time the calm surface of shallow water is like a perfect mirror reflecting the azure blue sky and providing brilliant photography opportunities. After the fun moments of posing for photographs, we took home unforgettable memories to reflect on the moments of enjoyment we had of nature's beauty before the tide came in to drown the sand.



“The heavens are yours, and yours also the earth; you founded the world and all that is in it.” – Ps 89:11



As we bask in the enjoyment of the intricate beauty of God's creation, we behold the glory of God!

*John Lee*

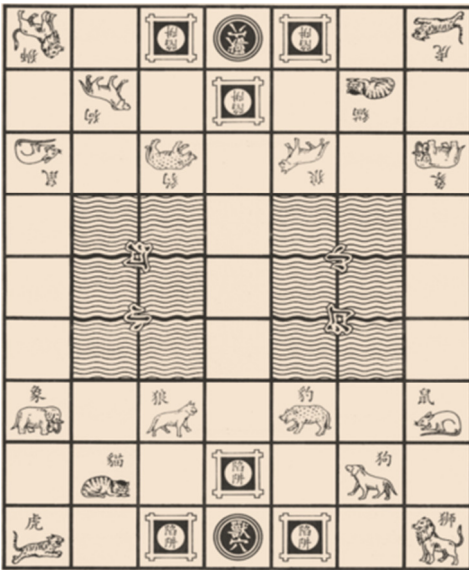
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**October 19-22, 2018 Cambodia Mission Trip 0118**  
 Children's Outreach Program @ *Tang Krang Community Centre*

The Mission Team will plan and run the Children's Outreach Program with the help of Zewen and the Cambodian Team. Effectively, this is a continuation of last year's outreach program to reinforce JCC's presence in the village. **SIGN UP NOW!!!**

# FOLLOW THE ANTS

The picture shows a simple type of Animal Chess that I played as a kid.



In the chess game, it seems logical and expected that bigger and more powerful animals get to kill the smaller and less powerful – the elephant kills the lion, the lion kills the tiger, the tiger kills the wolf and fox, the wolf and fox kill the cat and the cat kills the rat ...

However, as the predator-and-prey chain goes around, the smallest of them (i.e., the rat) becomes the “most powerful” to be qualified to kill the elephant.

In the real world, it seems possible that the small rat has the capability to kill a giant elephant if the rat manages to get into elephant’s trunk. It also

seems possible that a rat can kill the elephant by transmitting a fatal disease with a good bite.

It is well-nigh possible for a seemingly small and powerless to defeat a big and powerful. The story of David vs. Goliath and the beatitude on “Blessed are the weak ...” tell us that things don’t always work out the way of natural expectation.

We humans may have a feeling of superiority that we are the smartest in the kingdom of living things and we can take for granted to do as we wish against the plants and animals that we depend on for survival. Unfortunately, while we do as we like to subjugate the “voiceless” plants and animals, humans do end up as the crushed victims of invisible toxins, germs and viruses that have their sources in the “powerless and subjugated” inhabitants of the living kingdom.

We humans may be too proud for our own good. Despite our special position in God's creation, we can temper our superiority complex by taking note of what we can learn from the tiny ants that we are wont to despise and trample under our feet:

“Go to the ant, you sluggard; consider its ways and be wise! It has no commander, no overseer or ruler, yet it stores its provisions in summer and gathers its food at harvest. How long will you lie there, you sluggard? When will you get up from your sleep? A little sleep, a little slumber, a little folding of the hands to rest — and poverty will come on you like a thief and scarcity like an armed man.” (Prov.6:6-11)

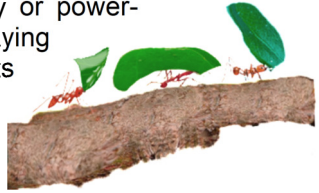
The New American Commentary remarks that “the ants are models of diligence in that they work tirelessly in spite of having no taskmaster to goad them on, and they prepare for the winter in spite of having no administration to lay out economic plans. Wisdom literature often examines the natural world for moral lessons.”

No doubt Genesis 1:26-28 tells us that human life was at the peak of God's creative order, created in His own image, and clothed with authority to subdue the earth and rule over the animals. The connection between humans and the rest of creation was a sanctified relationship with the members at peace with and serving one another. Analogously, I think of a manager having dominion (a special responsibility) over his dependents; the former takes care of the latter and the latter serve the former with both in a mutually blessed correlation, with no enmity to scuttle a perfect order. Unfortunately, after the Fall, “to subdue and rule” in practice has taken on the perverse shade of “managing with power to suppress and boss around”. This has fractured a delicate and coherent order.

When things have already gone very bad among people in hostile relationships in the world, it is hard to fathom the possibility of a recovery to a sanctified order. If it is “impossible” on the macro global scale, how is it easier on a smaller scale concerning a sanctified order of relationships in an office or in a home?

Just like in the Animal Chess, each member of the animal kingdom does not have unfettered power, or safety against being despatched, irrespective of its perceived physical size or intimidating strength. The big cat (tiger) can “oppress” the small cat, but it will in turn be “oppressed” by another big cat (lion); and even the biggest in size (the elephant) can have its turn of fearing being swarmed by the insignificant and despised “lowly” rats.

In an ant colony, there is no single power-hungry or power-holding ant. Even the queen just does her duty of laying eggs with no commanding authority. The worker ants work hard by their own initiatives on what they must do. They have no need for a leader to bark orders, and there is no slave driver on their backs.



The behaviour of ants has been studied extensively by zoologists. The fact that this tiny creature (no less God's creation) is praised twice in the Bible (Prov. 6:6 & 30:25) gives us pause to think about the lessons we can glean from it, such as:

- Its industry
- Its complex social economy
- The great teamwork among groups of ants with different functions, without a leader
- Its persistence in dealing with challenges
- It has no worry about having not enough provision for survival (God is its provider!)

Maybe you can think of more.

As what the wise king Solomon wrote, "Go to the ant ... consider its ways and be wise!" (Prov. 6:6)

*John Lee*



If you have missed reading any past issues of The Vine, you can still find them at this link: <https://jccvine.shutterfly.com/>

## A Testimony



I was the only non-Christian member of my family, but I followed my brother-in-law to his church a few times.

In brief, the story of the Cross had its way of replacing all the negatives in our thoughts and giving us all the positives.



By God's grace, I found the opportunity to walk into Jurong Christian Church at her Open House on 4<sup>th</sup> March 2017.

It was a time that God had planned for me to get to know Him more.

It was a step forward, with no walking back. I started attending the church service weekly and then the time of decision came for me to accept Jesus Christ as my Shepherd.



I was baptised on 3<sup>rd</sup> December 2017 and have been regularly attending the Jurong West Cell Group meetings.

Give thanks to God that I can now feel restful in Christ – trusting Him more and worrying less.

**TEH KEAN PENG**

# Thoughts from a parent of Jurong Christian Church Kindergarten

My son, Joash, is really growing up fast now that he is in primary 1. In a way his "carefree" days are past, given that in Kindergarten his learning involves games and songs and creative play. This makes learning fun and a joy for young children like him. Primary school learning is more structured now and involves more rote learning, reading and writing.



As a parent, I'm actually very grateful to Jurong Christian Church Kindergarten for the education and foundation that they provided for Joash, making the transition over to Primary school a smooth one for him. I knew a parent from JCKK who drew her child out from the school to put her in childcare for the last year. I had a brief conversation with her and she actually regretted doing so as she felt that the teachers at JCKK were more responsible and caring towards the children. As such I am very pleased with the decision that I made in enrolling Joash at JCKK, and more so that he is being inculcated with Christian values.



The childhood education in Singapore is changing. Church-run Kindergartens are facing stiff competition from childcares and the subsidies that the government childcares and kindergartens are providing. In the past most of the childcare education was provided by religious institutions, including the church.

Church kindergartens are actually a very good avenue for outreach as children are being read stories from the Bible and songs sung about Jesus and the gospel message. Jesus said "Let the little children come to me." That is exactly what the church kindergartens do in reaching out to the children and their parents. I



strongly believe that kindergartens are an outreach arm of the church.

As a parent and a Believer, I would be very sad if we lost this opportunity to be salt and light of the world. In this increasingly secularized world, we need to seize any opportunity of sowing the gospel seed. How and when that seed grows and bear fruit we may not know, but our responsibility is to ensure that as a church we need to be faithful in sowing the gospel seed. I am one of the fruits of the gospel seed sowed by JCK. My parents who were non-believers then, enrolled me in JCK and the rest is history.

I would like to thank all the past kindergarten principals and the current principal, Betsy and the teachers for their faithfulness in sowing the gospel seed to all the little children.

Jesus said "Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these." "From the lips of children and infants you, Lord, have called forth your praise."



*Saw Peh Ern*

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6 May 2018

JCC Cell Group Leaders were installed, prayed for and blessed for the service of the



Lord. Individual CG leaders of the adult CGs will present a preview of their CG activities to the church over the following Sundays of the month. A cell member will also share his/her experience of CG life.

## ***PAPA, HOW CAN I BELIEVE IN JESUS?***

12 May 2018 is an important date for us. On this special day, Jake and Jean received Christ.

That night we spoke of the topic of 'death' e.g. Why my granny had to die (she passed away in 2015), and why his new-found pet fish (he just received fondly from his uncle a couple of hours ago) will soon die. I wanted to manage his expectations so I told him that it is a matter of time before all good (living) things, including his pet fish, must die.



One question led to another and soon Jake asked me why we all have to die. I told him about sin (aka 'naughty things' as he would understand in his basic vocabulary). It didn't end with 'death'; I also reminded him about the good news and the eternal life we received if we believe Jesus and invite Him into our lives.

I was pleasantly surprised when he asked me, "Papa, how can I believe in Jesus?" This was sweet music to my ears, but to confirm what I heard, I asked if he wanted to believe in Jesus and he said "Yes". Since Jean was sitting near us and heard the entire conversation, I asked if she wanted to believe in Jesus. She said "Yes" too.

So with their tiny hands clasped, we prayed the sinner's prayer together. I was over the moon.

I didn't expect this to come so soon. As a parent, perhaps we sometimes over-think and worry unnecessarily for our kids. I tend to imagine the worst-case scenario especially when it comes to my kids, and I prepared to struggle alongside with them when it comes to their spiritual being.

God likes to surprise us – in His grace and love. He reminded me that we can only do so much. I am just a father, a steward. My children and their soul ultimately belong to God. He has a destiny with/for them. Even as it is a faith journey for them, it is no less a faith journey for me, one where I need to learn



to let go and let God. But it is not easy when it comes to my most prized possessions.

An encouragement for parents and spiritual parents: press on in sharing God's love regularly. We have to influence them or the world will influence them for us. God works in ways that are sometimes hidden to us and once in a while He throws us these pleasant surprises. Even in our imperfections (raising kids), His bountiful grace can manifest.

I would like to thank all the countless support and love showered by the teachers from Little Lamb. They have given up much of their precious Sunday time (could have joined DE, cell or other activities), but they choose to impact young lives instead through their serving.

Of course, as I write this short sharing on Mother's Day, we need to thank God for all the Mothers, and in relation to this topic, Jake's mum, Serene. May the Lord continue to sustain and guide her as she emulates the character of the noble wife in Proverbs 31.

We continue to covet your prayers for all our kids and mothers in JCC. There is still a long way to go.



*Justin Tay*

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May 2018

Cell members from the various CGs are called to come up to share their experiences in the CG. Joyce Tan (Abundance) and Henry Lim (Jurong West) have completed their stints. Though it was a nerve wrecking experience, thank God they were able to present well.



# **A Prayer of DiSTRESS? the secret of PEACE!**

This was meant to be two different subject matters and probably should end up as two different articles. You know, it all came together as one article instead. Does the title make any sense to you?

A few weeks ago, the Abundance Cell Group was into the topic of “A Prayer of Distress” when we were having our Bible study using the booklet on “Praying the Psalms” by Juanita Ryan. The chapter reflected the need for God’s presence and care in our lives. This follows the challenge of how we have difficulties in bringing our troubles to God when we are in distress. Hence, we have the difficulty of praying when we are in distress?

The passage in Psalms 57 highlighted David’s cries to God in distress and how God intervened for David as a result of his steadfast heart and response to his faith in God. The Psalms encourages us to remember how God can intervene when we are in distress.

I wrote the following in preparation for the Bible study, but did not share it eventually. I was wondering if it rhymes. Does it make any sense at all? This was my attempt to respond to the part where we were asked to write a prayer or a poem thanking God for His help in our times of distress. Let me be bold and share my amateur version with all of you.

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*“I cry out to God in times of need!*

*He heard my cries and wiped my tears as I whole-heartedly seek.*

*It was my greed that I wanted more mercy from his fleet.*

*His Love abounds though it is pain that I can only see?*

*Give thanks to God as the Only One that I should daily meet.*

*God’s word should be the only thing that I heed?*

*Yes, I should let Him take the lead!*

~~~~~

<sup>1</sup> Have mercy on me, my God, have mercy on me,  
in you I take refuge.  
I will take refuge in the shadow of your wings  
until the disaster has passed.

<sup>2</sup> I cry out to God Most High,  
to God, who vindicates me.

<sup>3</sup> He sends from heaven and saves me,  
rebuking those who hotly pursue me—  
God sends forth his love and his faithful-  
ness.

<sup>4</sup> I am in the midst of lions;  
I am forced to dwell among ravenous  
beasts—  
men whose teeth are spears and arrows,  
whose tongues are sharp swords.

<sup>5</sup> Be exalted, O God, above the heavens;  
let your glory be over all the earth.

<sup>6</sup> They spread a net for my feet—  
I was bowed down in distress.  
They dug a pit in my path—  
but they have fallen into it themselves.

<sup>7</sup> My heart, O God, is steadfast,  
my heart is steadfast;  
I will sing and make music.

<sup>8</sup> Awake, my soul!  
Awake, harp and lyre!  
I will awaken the dawn.

<sup>9</sup> I will praise you, Lord, among the nations;  
I will sing of you among the peoples.

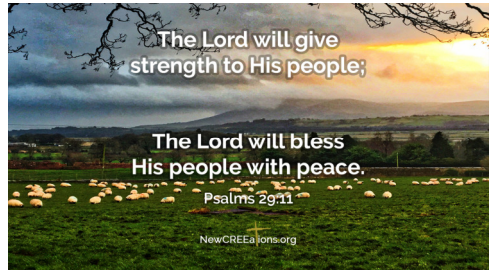
<sup>10</sup> For great is your love, reaching to the  
heavens;  
your faithfulness reaches to the skies.

<sup>11</sup> Be exalted, O God, above the heavens;  
let your glory be over all the earth.

## Psalm 57

It was just a few days after the Bible study when I stumbled upon the daily devotion of “The Secret of Peace” from The Daily Bread. This story reflected on a lady by the name of Grace as she went through a difficult time when her husband was diagnosed with a rare disease and hospitalised.

The author asked Grace the secret of her peace. She said that it is not a secret. It is a person. It is Jesus in her. There is no other way that she can explain the quietness she feels in the midst of this storm. The secret of peace is our relationship to Jesus. He is our Peace in distress!



The co-relation between distress and peace came to my mind almost spontaneously. God grants us the peace we

need when we pray to Him in distress. We must always remember to wait in hope for the Lord as He is our help and our shield. See Psalms 33:20.

When we experience the peace from God, I agree with the author that it goes beyond logic and our understanding. There is no other explanation of how we can only find true peace. It is about Jesus.

*“The Lord of Peace Himself gives you Peace.”  
(2 Thess 3:16)*

Do remember as we learn to pray in distress, allow God to grant us the peace that we need and desperately seek.

*Joyce Tan*

# Tech Disruption

The current buzz word is Tech Disruption, an innovation that creates a new market and eventually disrupts an existing market, displacing established market-leading firms and products. The chart shows some of these technologies that may cause disruptions.

Summarized from an article by **Linda Green**, “Three ways Worldly Distractions can hinder your Spiritual Growth”:

## 1. Worldly distractions can keep us from salvation.

In the parable of the sower (Matt. 13:1–23), we learn that one of the reasons God's truth does not take root and grow is because the cares of the world choke out the Word that's been sown. To fight this battle, I must constantly remind myself that this world is not my home.

## 2. Worldly distractions can keep us from growing and living according to the life-giving truths of the gospel.

Paul prayed that the young church in Colossae would be filled with the knowledge of God's will so they could walk in a manner worthy of the Lord. This would require them to say no to whatever distracted them from seeking Christ above all else. I find the battle is ongoing as I strive to keep good things in their proper place, such as smart phones, Internet, entertainment, Facebook, Twitter, etc.

## 3. Worldly distractions can keep us from enjoying the Lord's presence.

We can be distracted by things we're sincerely doing to please Jesus. Good things. But Jesus doesn't want us to be doing for Him at the expense of being with Him.

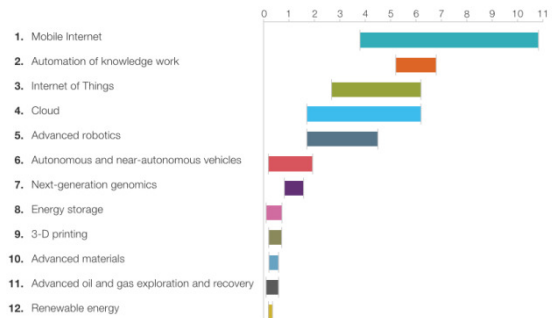
Consider His few years of ministry on earth: Sick people wanted to be healed. Lame people wanted to walk. Blind people wanted to see. The Pharisees and Sadducees wanted to debate Him. Jesus frequently went off by Himself to a quiet place to enjoy fellowship with His Father.

God wants to teach us how to be at rest in the midst of the chaos and confusion of this world. Regardless of what distractions, pressures, trials, or sufferings are coming at me at any given moment, my heart will only be truly at rest when it's fixed on Christ. The more I put my trust in God's goodness and sovereign control over every circumstance of my life, the less unexpected things can steal the peace or joy I have been given in Christ.

Are there any worldly distractions you need to repent of and put aside in order to seek the Lord?

### A gallery of disruptive technologies

Estimated potential economic impact of technologies across sized applications in 2025. \$ trillion, annual



SOURCE: McKinsey Global Institute

# AGM 2018



## 8. Treasurer Report - Central (General)

- 4. Budget 2018 would feature an 18% Y-o-Y increase in Total Income and a 42% Y-o-Y decrease in Net Income.
- 5. The decrease in budgeted Net Income is primarily attributable to increased expenditures in building maintenance and utilities for FY 2018. In addition, it is not anticipated that there should be any intra-JCC transfers to the Central account for FY 2018.
- 6. Overall, Budget 2018 features a net operating surplus of \$69.9K.

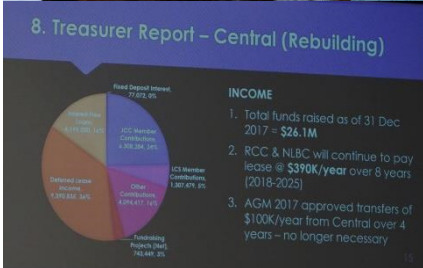


29 April 2018 – JCC held its 50<sup>th</sup> AGM and it was a



long event which ended around 1:00 pm. The main point of interest was the Treasurer's Report.

The Treasurer, Benedict Lee, was very professional in his presentation and was able to answer all the questions posed to him from the members. Kudos for a well prepared report.



government-run kindergartens are very competitive. Presenting the JCKK report was Joey Khoo (Treasurer) and Jiaying (Chairperson).

The 2018 council, including new members Tony Koh and Joyce Tan, was installed on 6<sup>th</sup> May 2018. May God bless them with wisdom and perseverance.



# NOT The Family Day washed out by the rain!

We planned for a JCC Family Day on 1<sup>st</sup> May at West Coast Park. As we left the church in the bus, the sky looked dark. Upon reaching the destination, rain poured down. It looked like the Family Day was going to be a washout. ☹️



introduced to the dance, and my first time being led on as a guinea pig. 😊

The Zumba dance is fun and exercise mixed together with modern music and song. As I danced along, taking my cues from our instructor (Jonathan) and the movements of fellow dancers, I did not catch most of the words of the song. However, one line of the song kept ringing in my ears: “It is so good ... it is so good ...”

Indeed, it was so good not just regarding the fun and exercise, but that God had blessed us with such a nice MPH1 where we could hold our Family Day gathering unmolested by the cats and dogs raining outside. The warm spirit of fellowship as a family in Christ was obvious from the energy that was raised up in the entire hall.

We had two choices: To sit out the rain or to dance.

Guess what: We chose to dance! 😊

Back in the aircon comfort of MPH1, it was a dance like never, as we were the guinea pigs for our brother Jonathan Snr to practise his training in directing us in the steps of the Zumba dance. As he humbly confessed, it was his first time leading a group in such a dance. I must add that it was also my first time being



The “dance with fun” was followed by a delicious nasi lemak meal and then the energy of the JCC family was again manifest in the games that followed – both inside and outside the hall.



There is a saying, “When it rains, look for the rainbows; and when it’s dark, look for the stars.”



Surely, although the rain washed out the West Coast Park, it failed to wash out the family spirit that JCCians amply demonstrated on the 1<sup>st</sup> of May 2018 – when they rested from their labour and rejoiced in their dance, games and fellowship as one in the body of Christ!



*John Lee*



