

TRINITY

## NEWSLETTER

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*From the Pastor's Desk*

- Rev. Chan Chok Ong, 14/08/2021

On June 30, 2021, the UK Methodist Conference passed 256 votes against 45 votes, to "give blessings to same-sex marriages and recognise common-law partners", thereby becoming the largest religious denomination in the UK that allows same-sex marriages. Only 1 out of 30 parishes did not support this resolution. As a member of the Methodist Church, we have witnessed a tragedy in the Christian world. The Bishop of the Malaysian Methodist Church has written an official letter in response and has expressed our position on this matter. Our position is that we obey God's Word that marriage established by God is between one man and one woman and not between two men or two women. (Genesis 2:24) The Lord Jesus Christ reiterated this regarding marriage in Matthew 19:4-6. Therefore, we need to be careful and build the foundation of our faith on the Word of God and not on the laws of this world because there are many heresies and false teachings even in the Christian church today. This is why the Lord Jesus, through the analogy of the yeast, commanded us to beware of the yeast spread by the wicked in the church. There are three kinds of yeasts.

In Matthew 16:6, the Lord Jesus commanded us to be cautious and guard against the yeast of the Pharisees and Sadducees. Therefore, the first type of yeast is "the yeast of the Pharisees." What is the yeast of the Pharisees? In Luke 12:1, we see that the yeast of the Pharisees is hypocrisy. Hypocrisy does not appear suddenly. You can be led slowly until you become a hypocritical Christian. No one wants to be a hypocritical Christian in the first place. The Pharisees also didn't want to be hypocritical initially. According to the history of the church, the Pharisees are devout people. Many Christians today are devout believers when they first entrusted their lives to Christ. After a while, they are gradually dazzled by the trends of the world. This is why Paul said in Colossians 1:23 "if you continue in your faith, established and firm, and do not move (original text is leave) from hope held out in the gospel..." Therefore, hypocrisy is a gradual process. You are slowly and subtly changed, and then the hypocrisy penetrates in. Therefore, we must be cautious, and continue to pursue growth on the path of following the Lord Jesus. This path is like rowing a boat upstream and to not advance is actually to fall back. We will then become hypocritical Christians who praise God only with our lips, and whose hearts are far away from Him.

The second kind of yeast is "the yeast of the Sadducees." We learn from Luke 20:27 that the yeast of the Sadducees is unbelief. The Sadducees believed that there is no resurrection, no angels, or ghosts. The yeast of the Sadducees is the unbelief that enters the church. This is a terrible thing. How did this happen? At first, you may just have a little doubt in your mind. But if you don't handle this doubt well, it will become bigger and bigger and gradually will erode away your faith. Initially you may have a question of faith, but if you do not seek help from your pastors or elders in the church, unbelief can slowly creep in. We must know how to overcome these doubts otherwise, we will feel that our belief in Jesus is not true and that the God we believe in does not exist.

The third type of yeast is "Herod's yeast." In Mark 8:15, "Be careful," Jesus warned them. "Watch out for the yeast of the Pharisees and that of Herod." Herod was a very selfish man. A selfish person is a worldly person. Since he is a selfish person, he is also an opportunist and likes to use others to benefit himself. Opportunists are "fence-sitters", who have no stand of their own. When you read the history of Herod, you can see how he changed his position. He first became a friend of the Palestinians. But when the Romans defeated the Palestinians, he became a friend of the Romans, and then he became a friend of the Egyptians. He can become anyone's friend just for his own benefits. In the Bible, you can see that he did many evil things with his power.

Many Christians today are also opportunists! They want the best in this world and in the kingdom of God. They want to have everything. They have one foot in the kingdom of God and the other in the world, hoping that when Jesus comes again they will be accepted into the kingdom of God. What kind of Christians are this? They are opportunists and it is also a terrible thing. What are these Christians like? They are selfish. They just want to do their own thing and do what they want. The values of the world enter their lives through their desires. The world had influenced their needs and desires. They thought, "I must have my own stand that is to do only do what I want to do. Why do I have to do what God says?" This means that they believe that the teachings of the Lord Jesus are no longer practical today. There is no point in loving your neighbour as yourself when you neighbour slaps you in the face. even though they know you love them. This is not the lifestyle you want to follow. They think that such teachings are bad and impractical. They need to be more practical. If someone slaps him in the face, he slaps him back twice. This is the world's values, to demand what others owe them, including the interest; to them this is wisdom. However they think they can still be Christians, attending church but if someone dares to slap him, he will slap him back twice. If the opponent is better than him, he will learn Kung Fu, and seek revenge.

So, if you want the best of both worlds, you might think, "I want to uphold my interests. Jesus is unrealistic. Sometimes I like his teachings, but sometimes his teachings are not very practical. So I will do what I want to do. I don't mind being baptized, as long as I can do what I like to do. I still like to be a Christian because it's easy to be a Christian. As long as I can do what I like to do." In this way, Herod's yeast seeps into our body, and we have become an opportunist.

We can see how the values of this world permeate into our lives. This is why Jesus Christ has been constantly reminding and teaching us. Perhaps persecution might not make you fall apart, but the values of this world can. Christians, let us be cautious and alert. I believe that every Christian, especially those who are alive in Jesus, will not be afraid of persecution. But watch out for the values of this world which will destroy our faith. The world says "Love yourself more. Do you know how interesting this world is? Look at the splendour and wealth that this world provides. They look fascinating and interesting. Give it a try?" Subtly we have already been carried away by the tide of this world. Christians, don't be fooled by the values and attractions of this world. Focus on God, and finish the race! Amen.

2021年6月30日, 英国卫理公会会议以256票对45票通过“为同性结合提供祝福并承认同居伴侣”, 成为英国允许同性婚姻的最大宗教教派, 而30个教区里只有1个教区不支持此决议。作为同是卫理公会的一员, 我们目睹了一个在基督教世界中所发生的悲剧。然而, 作为马来西亚卫理公会的教会, 我们的总会督已经写了一封正式的公函来回应和表达了我们的立场。我们的立场是, 我们顺服神的道, 即上帝所设立的婚姻是一男一女, 而不是两个男人或两个女人之间【创世记2:24】。在新约中, 根据【太19:4-6】主耶稣也坚持婚姻必须是一男一女。所以, 我们需要小心, 把我们信仰的基础建立在神的道上, 而不是这个世界的律法, 因为今天的基督教会中存有许多异的异端和错误的教导。这也是为什么主耶稣透过面酵的比喻, 吩咐我们要提防恶者在教会中所散布的酵。其中就包含了三种酵。

第一、主耶稣在【太16:6】吩咐我们要谨慎, 防备法利赛人和撒都该人的酵。所以, 第一种酵是“法利赛人的酵”。法利赛人的酵是什么? 在【加12:1】中, 我们可以知道法利赛人的酵就是假冒为善。假冒为善不是突然间出现的。你可以慢慢地被引导, 直到你成为一个假冒为善的基督徒。没有人一开始就想成为一个假冒为善的基督徒。法利赛人同样也不是一开始就想成为一个假冒为善的领袖。按照教会历史, 法利赛人是虔诚的人, 和今天许多基督徒一样, 当他们将生命交给基督的时候, 他们是非常虔诚的。但过了一段时间, 他们逐渐被世界的潮流冲昏了头。这也是为什么保罗在【西1:23】说, “只要你们在所信的道上恒心, 根基稳固, 坚定不移, 不至被引动失去(原文是离开)福音的盼望。。。”所以, 假冒为善是一个逐渐产生的结果。你慢慢地、无形地被改变, 然后假冒为善慢慢地渗透。所以, 我们要谨慎, 一定要在跟随主耶稣这条道路上, 不断追求长进, 因为这条路是不进则退, 没有维持在现状这个状态。不然我们就会成为只用嘴唇赞美神, 心却远离祂的假冒为善的基督徒。

第二种酵是“撒都该人的酵”。我们从【加20:27】得知, 撒都该人的酵是不信。因为撒都该人说, 没有复活, 也没有天使, 和鬼魂。撒都该人的酵就是进入教会中的不信。这是一件很可怕的事情。这是怎么发生的呢? 一开始, 你可能只是心里有一点疑惑。但你如果不好好处理这个疑惑的话, 它会变得越来越大, 并逐渐侵蚀你的信心。可能你只是有一个信仰问题, 但你不知道如何回答, 也不去找牧者解惑或上网找答案。渐渐地, 不信占据了上风。我们必须知道如何克服这些疑惑。不然我们就会觉得这个信仰不真实, 帮助不到你, 接着就认为我们所相信的神是不存在的了。

第三种酵是“希律的酵”。在【可8:15】“耶稣嘱咐他们说: 你们要谨慎, 防备法利赛人的酵和希律的酵。”希律是一个非常自私的人。一个自私的人是一个属世的人。由于他是一个自私的人, 所以他也是一个机会主义者, 喜欢利用别人来让自己得利益。机会主义者是墙头草, 没有自己立场的人。当你阅读希律的历史, 就能知道他是如何改变他的立场。他先成为巴勒斯坦人的朋友。但是当罗马人打败了巴勒斯坦人的时候, 他就成为了罗马人的朋友, 然后他又成为了埃及人的朋友。他成了大家的朋友。他也可以为了他的利益, 而不择手段。在圣经里, 可以看到他因为权力的关系, 而行了许多恶事。

今天有许多基督徒也是机会主义者! 他们想要这个世界上最好的, 也想要神国中最好的。换句话说, 他们想拥有一切。他们想把一只脚放在神的国度, 另一只脚放在世界上, 希望以后复活的时候, 神的国度会接纳他们。这是一种什么样的基督教? 这是机会主义, 同时也是一件可怕的事情。这些基督徒是怎样的? 他们是自私的。他们只想做自己的事; 按照自己的意愿行事。世界的价值观透过他们的意愿进入了他们的生活。这就是世界在他们生活中的运作方式——通过影响他们的需要和欲望。他们会想: “我必须有自己的立场。只做我想做的。为什么我必须照神的话去做呢?” 这里的意思是说, 他们认为主耶稣的教导在今天已经不再实用。爱人如己是没有意义的了。因为他们认为你爱他们, 但他们打你的脸。这不是你要过的生活方式。他们认为这样的教导是不好的、不实用的。他们需要更加实际。如果有人打他的脸, 他就打回去两下。这就是世界的价值观, 把别人欠他的和利息一起还给对方。这对他们来说就是智慧。不管怎样他们仍然可以成为基督徒, 去教堂。但是, 如果有人敢打他一巴掌, 他就打回对方两下。如果对方比他强, 他就去学功夫, 一旦学会了, 他就会去报仇。

所以, 如果你想要最好的, 你就会开始想, “我想捍卫我的利益。耶稣是不切实际的。我有时喜欢他的教导, 但他的教导有时不是很实际。所以我只会做我自己想做的事。我不介意受洗, 只要我能做我自己喜欢做的事就行了。我还是喜欢做基督徒, 因为做基督徒很简单。只要我能做我自己喜欢做的事就行了。”就这样, 希律的酵就渗入了我们的身体里, 我们就成了一个机会主义者。

我们可以看到这个世界的价值观是如何渗入我们的生活中。这也是为什么耶稣基督一直不断地提醒和教导我们。也许逼迫不会让你崩溃, 但这个世界的价值观能够做到逼迫所无法做到的。基督徒们, 让我们保持谨慎和警醒。我相信每个基督徒, 尤其是耶稣生命的基督徒, 是不会害怕逼迫的。但是这个世界的价值观会抹杀了我们的灵性。比如说: “多爱自己一点, 你知道这个世界有多有趣吗? 看看这个世界所提供的荣华富贵, 它们看起来既迷人又有趣。为什么不试试呢?” 不知不觉中, 我们已经被这个世界的潮流所淹没了。基督徒们, 不要被这个世界的价值观和享受所迷惑了, 专注与神, 努力向着标杆直跑吧! 阿们。

Pada 30 Jun 2021, Persidangan Methodist UK meluluskan 256 undi berbanding 45 undi, untuk "memberi restu bagi perkahwinan sesama jenis dan mengiktiraf undang-undang pasangan yang sama jenis", dengan demikian menjadi denominasi agama terbesar di UK yang membenarkan perkahwinan sesama jenis. Hanya 1 dari 30 paroki yang tidak menyokong keputusan ini. Sebagai anggota Gereja Methodist, kita telah menyaksikan tragedi di dunia Kristian. Bishop Gereja Methodist Malaysia telah menulis surat rasmi sebagai tindak balas dan telah menyatakan pendirian kita mengenai perkara ini. Pendirian kita adalah bahawa kita mematuhi Firman Tuhan bahawa perkahwinan yang ditetapkan oleh Tuhan adalah antara satu lelaki dan satu wanita dan bukan antara dua lelaki atau dua wanita. (Kejadian 2:24) Tuhan Yesus Kristus mengulangi hal ini mengenai perkahwinan dalam Matius 19:4-6. Oleh itu, kita perlu berhati-hati dan membangun asas iman kita pada Firman Tuhan dan bukan pada undang-undang dunia ini kerana terdapat banyak ajaran sesat dan ajaran palsu bahkan di gereja Kristian hari ini. Inilah sebabnya mengapa Tuhan Yesus, melalui perumpamaan ragi, memerintahkan kita untuk berhati-hati terhadap ragi yang disebarkan oleh orang jahat di gereja. Terdapat tiga jenis ragi.

Dalam Matius 16:6, Tuhan Yesus memerintahkan kita untuk berhati-hati dan berjaga-jaga terhadap ragi orang Farisi dan Saduki. Oleh itu, jenis ragi yang pertama adalah "ragi orang Farisi." Apakah ragi orang Farisi? Dalam Lukas 12:1, kita melihat bahawa ragi orang Farisi adalah kemunafikan. Kemunafikan tidak muncul secara tiba-tiba. Anda boleh dipimpin perlahan-lahan sehingga anda menjadi seorang Kristian yang munafik. Dari mulanya, tidak ada orang yang mahu menjadi orang Kristian yang munafik. Orang Farisi juga tidak mahu bersikap munafik pada mulanya. Menurut sejarah gereja, orang Farisi adalah orang yang taat. Banyak orang Kristian hari ini adalah orang percaya yang taat ketika mereka pertama kali mempercayai hidup mereka kepada Kristus. Selepas beberapa ketika, mereka secara beransur-ansur terpesona oleh tren dunia. Inilah sebabnya mengapa Paulus mengatakan dalam Kolose 1:23 "jika kamu tetap percaya, kuat, teguh, dan tidak goyah (teks asal di tinggalkan) dari pengharapan yang ada dalam Injil ..." Oleh itu, kemunafikan adalah proses bertahap. Anda dengan perlahan dan halus berubah, dan kemudian kemunafikan menembus masuk. Maka dengan itu, kita mesti berhati-hati, dan terus mengejar pertumbuhan di jalan mengikuti Tuhan Yesus. Jalan ini seperti mendayung perahu ke hulu dan tidak maju, sebenarnya mundur ke belakang. Kita kemudian akan menjadi orang Kristian yang munafik yang memuji Tuhan hanya dengan bibir kita, namun hati jauh dari-Nya.

Ragi jenis kedua adalah "ragi orang Saduki." Kita belajar dari Lukas 20:27 bahawa ragi orang Saduki adalah tidak ketidakpercayaan. Orang Saduki percaya bahawa tidak ada kebangkitan, tidak ada malaikat, atau hantu. Ragi orang Saduki adalah ketidakpercayaan yang memasuki gereja. Ini adalah perkara yang mengerikan. Bagaimana ini berlaku? Pada mulanya, anda mungkin mempunyai sedikit keraguan dalam fikiran anda. Tetapi jika anda tidak menangani keraguan ini dengan baik, itu akan menjadi semakin besar dan secara beransur-ansur akan menghancurkan kepercayaan anda. Pada mulanya anda mungkin mempunyai pertanyaan tentang iman, tetapi jika anda tidak meminta pertolongan dari pastor atau penatua anda di gereja, ketidakpercayaan perlahan-lahan dapat masuk. Kita mesti tahu bagaimana mengatasi keraguan ini, jika tidak, kita akan merasakan bahawa kepercayaan kita kepada Yesus adalah tidak benar dan bahawa Tuhan yang kita percayai itu tidak wujud.

Jenis ragi ketiga adalah "ragi Herodes." Dalam Markus 8:15, "Berhati-hatilah," Yesus memperingatkan mereka. "Berhati-hatilah terhadap ragi orang Farisi dan Herodes." Herodes adalah seorang lelaki yang sangat mementingkan diri sendiri. Orang yang mementingkan diri sendiri adalah orang yang duniawi. Oleh kerana dia seorang yang mementingkan diri sendiri, dia juga seorang oportunis dan suka menggunakan orang lain untuk keuntungan dirinya sendiri. Oportunis adalah "pengawal pagar", yang tidak mempunyai pendirian sendiri. Apabila anda membaca sejarah Herodes, anda dapat melihat bagaimana dia mengubah kedudukannya. Dia pertama kali menjadi rakan rakyat Palestin. Tetapi ketika orang Roma mengalahkan orang Palestin, dia menjadi teman orang Roma, dan kemudian dia menjadi teman orang Mesir. Dia boleh menjadi kawan sesiapa sahaja untuk kepentingannya sendiri. Dalam Alkitab, anda dapat melihat bahawa dia melakukan banyak perkara jahat dengan kekuatannya.

Ramai orang Kristian hari ini juga oportunis! Mereka mahukan yang terbaik di dunia ini dan di kerajaan Tuhan. Mereka mahu memiliki segalanya. Mereka memiliki satu kaki di kerajaan Tuhan dan yang lain di dunia, berharap ketika Yesus datang lagi mereka akan diterima oleh kerajaan Tuhan. Orang Kristian macam apakah ini? Mereka adalah oportunis dan ini juga perkara yang mengerikan. Seperti apakah orang Kristian ini? Mereka mementingkan diri sendiri. Mereka hanya melakukan perkara sendiri dan melakukan apa yang mereka mahukan. Nilai-nilai dunia memasuki kehidupan mereka melalui keinginan mereka. Dunia telah mempengaruhi keperluan dan keinginan mereka. Mereka berfikir, "Saya mesti mempunyai pendirian saya sendiri yang hanya melakukan apa yang saya mahu lakukan. Mengapa saya harus melakukan apa yang Tuhan katakan?" Ini berarti bahawa mereka percaya bahawa ajaran Tuhan Yesus tidak lagi praktikal sekarang. Tidak ada gunanya mengasahi jiran seperti mengasahi diri sendiri ketika jiran anda menampar muka anda, walaupun mereka tahu anda mengasahi mereka. Ini bukan gaya hidup yang anda mahu ikuti. Mereka berpendapat bahawa ajaran seperti itu buruk dan tidak praktikal. Mereka perlu lebih praktikal. Sekiranya seseorang menampar wajahnya, dia menamparnya balik dua kali. Ini adalah nilai-nilai dunia, untuk menuntut apa yang orang lain berhutang, termasuk faedahnya; bagi mereka inilah hikmah. Bagaimanapun mereka berpendapat bahawa mereka masih boleh menjadi Kristian, pergi ke gereja tetapi jika seseorang berani menamparnya, dia akan menamparnya dua kali. Sekiranya lawan lebih baik daripada dia, dia akan belajar Kung Fu, dan dia membalas dendam.

Oleh itu, jika anda mahukan yang terbaik dari kedua-dua dunia, anda mungkin berfikir, "Saya ingin menegakkan kepentingan saya. Yesus tidak realistik. Kadang-kadang saya suka ajarannya, tetapi kadang-kadang ajarannya tidak begitu praktikal. Oleh itu, saya akan melakukan apa yang saya mahu lakukan. Saya tidak keberatan untuk dibaptis, selagi saya dapat melakukan apa yang saya suka. Saya masih suka menjadi orang Kristian kerana menjadi Kristian itu mudah. Selagi saya dapat melakukan apa yang saya suka." Dengan cara ini, ragi Herodes meresap ke dalam tubuh kita, dan kita telah menjadi seorang oportunis.

Kita dapat melihat bagaimana nilai-nilai dunia ini meresap ke dalam kehidupan kita. Inilah sebabnya mengapa Yesus Kristus selalu mengingatkan dan mengajar kita. Penganiayaan mungkin tidak membuat anda hancur, tetapi nilai-nilai dunia ini boleh. Umat Kristian, marilah kita berhati-hati dan berwaspada. Saya percaya bahawa setiap orang Kristian, terutama mereka yang hidup dalam Yesus, tidak akan takut akan penganiayaan. Tetapi berhati-hatilah dengan nilai-nilai dunia ini yang akan menghancurkan iman kita. Dunia berkata "Sayangi diri anda lebih. Adakah anda tahu betapa menariknya dunia ini? Lihatlah kemegahan dan kekayaan yang disediakan oleh dunia ini. Mereka kelihatan mempesona dan menarik. Cubalah?" Secara halus kita sudah terbawa oleh arus dunia ini. Umat Kristian, jangan terpedaya dengan nilai dan tarikan dunia ini. Fokus pada Tuhan, dan selesaikan perlumbaan! Amin.

# Contents

Editorial Committee & The Editorial .....	P1
Workplace Testimony - Simon Huang .....	P2
Goodbye - Lau Mee Ting .....	P2
Beautiful women in God's eyes - Esther Chew .....	P3
The Trinity in my life - Gracia Tiong .....	P4
Worshipping God during the pandemic - Anne Chua .....	P4
Experiencing God at the Eldercare - Lee Mee Ling .....	P5
"Go and make disciples of all nations" ... Yes, I will go, but where, Lord? - Amy Ting .....	P5 - P6
Tadika Trinity Methodist: Coping during the pandemic - Hii Kwong Ing .....	P6
My forty Days Love Dare Challenge - Hestor Cheong .....	P7
Dare to Love - Lim Re Gal .....	P8 - P9
The Love Dare ...to wives .....	P9
The Love Dare Journey.. a man's view - Wong Chin Hook .....	P10
Sunday School Gives, 2021 .....	P10 - P11
Christians - Maya Angelou .....	P23
Trinity Bookroom is now on facebook & Shopee .....	P23
Trinity Food Bank .....	P23

# Isi Kandungan

Rencana Pengarang - Tim Editorial .....	P1
Perkongsian peserta cabaran cinta berani .....	P12 - P13
Perkongsian peserta kursus manual keahlian .....	P14

# 内容

编者的话 - (编辑部) .....	P1
《同性恋是不是天生的》后心得 - (黄燕萍).....	P15
《一掷千金的上帝》读后心得 - (吴微虹) .....	P15
《都在於祂》读后心得 - (黄道财) .....	P16
《圣经餐桌小旅行》读后心得 - (杨官莲) .....	P16 - P17
姐妹说40天《爱的挑战》 .....	P18
弟兄讲40天《爱的挑战》 .....	P19
CQ海外数码短宣 - (张孔馨) .....	P20
CQ海外数码短宣 - (郑丽冰) .....	P20
放手; 交托? - (吕颂杰) .....	P21
新造的人 - (已故陈亚柳) .....	P21
三一日间托老中心 - (李美玲) .....	P22

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## Rencana Pengarang

Dengan meningkatnya jumlah kes virus Corona, kebaktian fizikal hari Ahad di Gereja Methodist Trinity dihentikan buat sementara waktu. Kebaktian fizikal terakhir kita adalah pada tanggal 8 Mac 2020 dan sejak itu, kita telah mengikuti kebaktian gereja dalam talian setiap hari Ahad.

Dalam suasana nyaman di rumah kita, di sofa kegemaran kita, tertidur ketika khutbah itu mudah terjadi. Selain itu, kita juga boleh tergeda untuk memeriksa telefon bimbit kita, mungkin ada mesej keceemasan! Dan sementara kita melakukannya, kita mungkin juga akan memeriksa e-mel dan Instagram kita kerana rakan Instagram kita mengharap-kan kita untuk memberi tanda "suka" pada perkongsian mereka! Lagi pun, Rev. Jabez dan pastor-pastor yang lain tidak dapat melihat kita. Tidak pernah iman kita untuk mendengarkan firman Tuhan setiap hari Ahad diuji seperti sekarang ini. Terlalu banyak gangguan di sekitar kita. Siapa yang tahu sekiranya kita tidur dan terlepas kebaktian minggu ini? Kemudian kita terlepas kebaktian Ahad dua kali dan sebelum kita menyedarinya, kita akan selalu sibuk atau letih untuk mengikuti kebaktian hari Ahad.

Ketika kita berfikir bahawa kita tidak perlu bertanggungjawab kepada siapa pun, ingatlah bahawa sebagai anak-anak Tuhan, kita harus memberikan kebertanggung-jawapan kita kepada-Nya. Sebagai anak-anak-Nya, cubaan dan godaan adalah bahagian penting dalam kehidupan kita ketika kita masih di bumi.

Yakobus 1:2-4 berkata: "Saudara-saudaraku! Anggaphlah diri kamu berbahagia apabila mengalami bermacam-macam cubaan, kerana kamu tahu bahawa semasa kamu mengalami cubaan, dan masih tetap percaya kepada Kristus, kamu sudah membuktikan bahawa kamu tabah menanggung penderitaan. Pastikan supaya ketabahan kamu untuk menanggung penderitaan itu berterusan, sehingga kamu menjadi benar-benar sempurna dan tidak kekurangan sesuatu pun."

Pastor Vincent berbicara tentang menghormati Tuhan dari hati kita pada tanggal 20 Jun 2021. Amsal 9:10 berkata: "Jika kamu hendak menjadi bijaksana, pertamanya kamu mesti hormat dan takut kepada TUHAN. Jika kamu mengenal Yang Maha Suci, kamu akan memperoleh pengertian."

Oleh itu, marilah kita memupuk rasa hormat kepada Tuhan dan rasa takut akan Dia dari hati kita kerana hal ini dijamin akan memberikan kita kebijaksanaan yang berupaya membimbing kita untuk hidup dengan baik bagi Tuhan. Walaupun kita berfikir bahawa tidak ada yang memerhatikan, mintalah pertolongan daripada Tuhan agar kita dapat melatih iman kita dengan penuh tanggungjawab, rasa takut dan gemetar." (Filipi 2:12) Dan jika kita kekurangan hikmat, Tuhan berkata 'MINTALAH!'

Yakobus 1:5 berkata: "Jika ada sesiapa antara kamu kurang bijaksana, hendaklah dia berdoa kepada Allah supaya Allah memberikan kebijaksanaan kepadanya; kerana Allah memberikan dengan murah hati dan dengan sukacita kepada setiap orang."

Jaga diri, tetap selamat dan BIJAKSANA!

Tim Editorial.

## The Editorial

With the surge in the number of corona virus cases, the physical Sunday service at Trinity Methodist Church was suspended. Our last physical service was on the 8th of March 2020 and since then, we have been attending online church service every Sunday.

In the comfort of our homes, on our favourite sofa, dozing off during sermons does not require much effort! Then we can also be tempted to check our handphones just in case there is an emergency message! And while we are at it, we might as well check our emails and Instagram as our Instagram friends are counting on us to like their sharing! After all, Rev Jabez and the other pastors cannot see us. Never has our faith to tune in to God's word every Sunday been so tested as now. There are just too many distractions all around us. Who would know if we were to sleep in and miss this week's service? Then we miss Sunday service twice and before you know it, you will always be too busy or too tired to attend the Sunday service.

When we think that we do not have to be accountable to anyone, remember that as children of God, we have to give our accountability to Him. As His children, trials and temptations are part and parcel of our life while we are still on earth.

James 1: 2-4 says 'Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance. Perseverance must finish its work so that you may be mature and complete, not lacking in anything.'

Pastor Vincent spoke about the reverence for God from our heart on the 20th of June 2021. Proverbs 9:10 says 'The fear of the Lord is the beginning of wisdom and the knowledge of the Holy One is understanding'. So let us cultivate a reverence for God and the fear of Him from our heart which will guarantee us wisdom to guide us to live well for Him. Even when we think that no one is watching, ask God to help us to be self-accountable to work out our faith with fear and trembling (Phil 2:12). And if we lack wisdom, God says 'ASK!'

James 1:5, says, 'If any of you lack wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him'. Take care, stay safe and BE WISE!

The Editorial Team

## 编者的话

随着我国冠状病毒确诊病例的激增，卫理公会三一堂为配合地方政府的应对措施，也不得不暂停实体主日崇拜。犹记得我们最后一次实体崇拜是在2020年3月8日，从那时起，我们就只能在每周日参加线上崇拜了。

这也意味着，我们崇拜地点由庄严神圣的敬拜场所变为安闲舒适的住家。在家中，我们无拘无束；在我们最喜欢的沙发上或坐或躺，我们随心所欲。打瞌睡（特别是牧者证道时段），就更加不在乎了！就这样我们受到许多以前不曾面对的诱惑：有的时候，我们会查看自己的手机，以防自己遗漏任何来自朋友的“重要信息”。有的时候，我们还会查看我们的电子邮件和Instagram，满心以为这些Instagram的朋友在指望着我们“实时报导”主日崇拜实况！毕竟，每个牧者都看不到我们在家做什么？每周日我们要聆听神话语的决心从未像现在这样，受到这么大的考验。似乎就在当下，我们周遭环境带给了我们太多的干扰。如果我们因为睡懒觉而错过这周的礼拜，谁会知道呢？谁又会在乎我们呢？不知不觉中，我们总会以太忙或太累为借口，错过了一场又一场的礼拜。

就在我们以为我们无需对任何人负责任时，请记住，作为神的儿女，我们必须向我们的神负责任。作为祂的儿女，当我们还在世上的时候，考验和试探是我们生活的一部分。【雅1：2-4】说：“我的弟兄们，你们落在百般试炼中，都要以为大喜乐；因为知道你们信心经过试验，就生忍耐。但忍耐也当成功，使你们成全完备，毫无缺欠。”

刘立伟传道在2021年6月20日谈到了从我们内心深处对上帝的敬畏。

【箴9：10】“敬畏耶和华是智慧的开端，认识至圣者便是聪明。”因此，让我们从心里培养对上帝的敬畏之心，这将保证我们有智慧，让我们为祂好好生活。即使我们认为没有人在看，也请神帮助我们对自己负责，以敬虔的心来实践我们的信仰。”这样看来，我亲爱的弟兄，你们既是常顺服的，不但我在你们那里，就是我如今不在你们那里，更是顺服的，就当恐惧战兢做成你们得救的工夫”【腓2：12】。如果我们缺乏智慧，神说“求！”。【雅1：5】“你们中间若有缺少智慧的，应当求那厚赐与众人、也不斥责人的神，主就必赐给他。”

愿大家保重，注意安全，并保持明智！

三一堂讯编辑部



## Workplace Testimony

After the medical consultations, some patients would comment that "Ah, you are also a Christian". I was hoping the reason for that comment was based on my loving care or attitude but most of the time it was because of the bible they saw on my shelf! It serves as a reminder to me that I need to walk the talk to be a worthy testimony for Jesus Christ.

Indeed, as most of us would spend a lot of time in our

workplace –at times even more than in our homes or elsewhere, our workplace offers great opportunities for us to share the gospel and our faith to those whom we have contact. I used to separate my professional life from my private spiritual life-with the excuse that I want to be very professional and not impose my own Christian belief and value system on my patients. The fact is I prefer to stay within my comfort zone. Yes, I am willing to participate in visitations led by pastors, medical evangelical outreach even to third world countries etc. but it is clearly defined and strictly separated from my medical profession.

However, in the last few years, I began to realise that we cannot and should not compartmentalise our life as it is like wearing different hats on different occasions! We should be the same person in and outside the church and in whatever role we play in the society, otherwise we smack of hypocrisy. In the scriptures, Jesus reserved the harshest words and criticism against the hypocritical Pharisees! In my workplace, I encounter people from different backgrounds whom God brings to me and I should seize the opportunities to share with them my Christian faith. As Paul reminds Timothy in 2 Timothy 4:2- 'preach the word-in season and out of season'.

God is indeed amazing and once I have started to reach out to people

spiritually in my workplace, He changed hearts and His marvellous deeds really affirmed my decision.

A brief testimony:

A patient Mr Ting who was diagnosed with a terminal illness despite treatment, came with his wife to my clinic about 2 years ago. After discussing about the palliative options in my clinic, I inquired about his spiritual state/faith. His wife said that he attended church as a child but has stopped for decades and has lost his faith. I encouraged him to return to the Lord but he did not give me any firm response. However recently, the couple came to my clinic. I was obviously delighted that he is still alive! This time Mr Ting did most of the talking. He shared with me his changed life as he has returned to church and had re-embraced Jesus and is now serving voluntarily in the Victory House (drug rehabilitation Centre) in Sibul! The couple thanked me for taking time to share my faith with them 2 years ago which has indeed changed his life. I reminded them that my 10-minute sharing which made him do a U-turn in his faith was the work of God and that I was but a humble instrument!

Brothers and sisters, what a worthy investment that was! A short sharing leading to a changed life! I have other testimonies in my workplace- of spiritual victories and failures. The key issue is not the outcome but our willingness to be a channel of blessing to others. God can do mighty things even through unworthy people like you and me! However, we must be prepared to pay the price for our workplace testimony. We can be humiliated, blamed, threatened or even persecuted (Matthew 10:22 - 'you will be hated by everyone because of my name'). We need to be bold and guided by the Holy Spirit. In our approach, we need to be 'wise as serpent but gentle as a dove' (Matthew 10:16). We need to be righteous and trustworthy in the eyes of those with whom we share our faith; otherwise it will have a negative impact!

Simon Huang  
3/7/2021



# GOODBYE!

*Henri Nouwen in his book – Our Greatest Gift- A meditation on Dying and Caring, writes... people are dying... not just the few whom I know, but countless people everywhere, every day, every hour. Dying is the most common human event that we all have to go through.*

It is always hard to say goodbye especially when your loved ones or your close friends are dying. Recently I had to face the reality of DEATH, death of my good friends, death of respected church leaders and death of people whom I knew.

To me, as Christian, death is a paradox. On, one hand, we mourn for the deceased but on the other hand, we are glad that he or she is finally "home", back into the bosom of our loving Father in Heaven.

For those who were suffering from sickness, they and their family

members were more prepared for the coming "day". Nevertheless, it is still hard to accept that our loved one is leaving us and we will not be able to see him or her again until we meet in heaven. That is why Henri Nouwen wrote the book to prepare himself to face death. And I think it is also something that we need to be bold enough to talk about it with our loved ones.

Brothers and Sisters, Jesus told us in John 14:3 "I am going there to prepare a place for you, I will come back to take you to be with me that you also be where I am. Then, further in John 15:19, he said, "You do not belong to the world". Jesus taught us that we are just pilgrims in this world and He reassured us that after we die, He will take us to be with HIM forever. Isn't this good news? Should we not rejoice that "Death" is the end of our journey here on Earth? Physically, we might be dead but spiritually we are very much alive if we believe that Jesus died for us and has cleansed us of our sins that is when we accept Him as our personal Lord and Saviour.

With the knowledge that Jesus will greet me at the end of my life journey on earth, I think our "Goodbyes" to our love ones or friends who departed earlier will truly be "GOOD byes" because the minute we close our eyes in this part of world, our spiritual eyes will be open to see our loving Saviour coming with His angels to take us to His heavenly dwelling where there is no more tears and suffering.

In memory of my dear sister & GB Officer, the late Khoo Hui Sim & our Lay preacher, the late Chen Kee Sang, we will always cherish the memories of you two at TMC !!

Lau Mee Ting

# Beautiful women in God's eyes



I would like to share with you, the lives of 2 beautiful women who love the Lord and had left a great impact on me.

They were my mother-in-law and my mother. Both went home to be with the Lord within a weekend of each other's passing. My mother-in-law was 95 and my mother 91. God truly had His timing. Both lives were well lived to the glory of God.

Prioritising God in their lives was very evident. My mother-in-law used to attend mass everyday (if she could) prior to starting work in the shop in the morning back in Sibuluan and my mother who lived in Klang was quite often on her knees in the wee hours of the morning. We used to go to my mother with our prayer requests, mostly for our children when they were growing up...to walk closely with the Lord and later in life to find godly partners. Whilst my mother was getting more forgetful and more dependent for help in basic activities of living, her daily prayer was still very much part of her day.

Both women loved and trusted the Lord deeply and were always close to God, and in all their ways, throughout their lives had acknowledge Him and served Him in the capacity they knew how. Such lives are worth emulating as to love the Lord with all our heart, our soul and our mind. I am so grateful to God for placing these 2 beautiful women in my life.

Both mothers had different gifts and used them to God's glory. They had many qualities, the best being their diligent and hardworking nature.



My mother-in-law was undeniably a strong determine, clever woman who was well respected in the Sibuluan community for her skill as a sinseh (Chinese physician) and the matriarch in the family. She was much love by all.

Seldom an idle moment, always ready to bless someone, my mother-in-law, in her younger days would teach, do hairdressing, sew and work whilst bringing up a family of 11 children. She was a great encourager to her children to aspire to work hard and do the best they can. Her devotion to God and her life was exemplary. Later in her life, she gave freely her consultations as a Chinese physician, help relatives with lesser means and even bringing home stray dogs and cats.

On the other hand, my mother was an ordinary woman, you would say. An ordinary woman whose extraordinary deeds was echoed by many during her funeral. Her simple acts of kindness had touched many lives. She would warmly welcome people into her home and always has a smile and a kind word and .. a cup of coffee! Her gift of hospitality spoke her life.

In my mother's younger days, I remembered her serving her bedridden mother-in-law with great patience for many years. My mother was also naturally very hardworking and very good with her hands. Always busy with home produce and selling them to the local for some extras. My mother would cook, sew bags and baby clothes for fund raising, offer her hospitality generously to all without finding fault. She was a great example to me to always love the less fortunate and to always be diligent and hardworking, honouring God in everything.

I believe and learn from both women that whatever gifts and talents we have been given, be it big or small, let's do them well and to the best of our abilities. I am reminded that God has given me talents and that I should not be like the man who hid his talent in the ground. I would endeavour to be a faithful steward of all that God has entrusted me with. God honours those who honours Him and in whatever we do, we do unto Him. Nothing is too insignificant in God's eyes. Mother Teresa once said, "Not all of us can do great things, but we can do small things with great love".

I love how both my mother-in-law and my mother grew gracefully into their twilight years, feeble and old, they were always appreciative of everything and taking an interest in and around them, and contentedly happy with each day that God had blessed them with.

God has truly blessed me with these 2 beautiful women who had enriched my life. Their lives reminded me of the Proverbs 31 woman. Truly, their children arise and call them blessed! They were women who fear the Lord.

Towards the end of their lives on this earth, my mother-in-law suffered a bad stroke, and my mother went into dementia. God was merciful and took them both home to eternal glory in January this year.

From my 2 mothers, I have learnt to place God first and love what He loves. Let's seek first the kingdom of God above all else and live righteously, and everything will be provided for us as well! To quote CS Lewis, "Aim at heaven and you will get earth thrown in. Aim at earth and you get neither."

The legacy they left behind and the many lives they had impacted, all spoke of the love overflowing from our Abba Father. All glory be unto God.

Esther Chew

# The Trinity In My Life



My first acquaintance with Trinity Methodist Church (TMC), Petaling Jaya was in 1969 as a medical undergraduate at University of Malaya, Kuala Lumpur. It was the nearest Methodist Church for a poor student with no car or motorcycle. However, there was always a kind soul who would give me a lift to and from church. When I stayed in PJ Section 10 as a non-hostelite, attending Sunday worship was an easy walk across the Federal Highway. But at that time, I loved watching Saturday midnight movies, so my roommate had to be my guardian angel and dutifully drag me out of bed to get me to the church on time. I felt very welcome at TMC and very much at home.

After graduation, I returned to Sarawak to serve in the Medical and Health Services. Later, God orchestrated the circumstances that led me to further my professional career in Kuala Lumpur. My experience on initial return to TMC in 1994 was disappointing. After Sunday service, church members hurried to find and talk to their own clique of friends. No one tried to a newcomer feel welcome. The thought crossed my mind to attend another church in KL or PJ, but the Spirit of the Lord led me to persevere and continue to worship at TMC. Eventually, I found fellowship with the Sanctuary Choir. As a worship enabler, I made it a point to pay special attention to "strangers", even at the risk of offending TMC members who do not worship regularly being mistaken as visitors.

While being blessed abundantly in my profession and career, I got derailed from the path of spiritual growth. I led the life of a nominal Christian, worshipping regularly and giving tithes, but neglected my personal relationship with God and failed to take care of my body— His temple. God chastened me severely in February 2004. I collapsed at Heathrow Airport from an occlusive stroke affecting my right brain. I was quickly admitted to the Stroke Unit at Hillington Hospital, London. My left hemiplegia resolved quickly, but the frontal lobe neurological deficiencies took nine months to heal. God was ever merciful and gracious. He sent me "angels of mercy" both from within and outside TMC to help me through the trials and tribulations of my physical healing. Helping to count the Sunday offerings

speeded up the recovery of my brain functions.

Stopping work, I found time to attend Bible Study classes – starting with Experiencing God, then Essentials of New Life and Alpha. These gave me the opportunity to develop fellowship with church members, whom I did not have time for in the past. When I was unable to drive, different church members took the trouble, going out of their way sometimes, to send me home from church when I could not get a cab. Through the study of God's Word, I learnt more about the Triune God and His ever-faithful love for me. This enabled me to realise and repent of my sins of self-centredness and disobedience to God's will for my life.

Professionally, as I recover, I was blessed with work on project basis, which allowed me time to further progress in my spiritual growth. Participating in Disciple Red and Disciple Green in 2007-2008 deepened my relationship with God and strengthened my fellowship with the TMC community. When my ailing mother went to be with the Lord on 21st October 2008, the church members' outpouring of care and concern reached across the South China Sea to support me and my family during our bereavement.

*"Blessed is the man, whom God corrects, so do not despair the discipline of the Almighty. For He wounds, but He also binds up; He injures, but He also heals." (Job 5:17-18)*

In the past five years, TMC has helped me in my journey to become and be a Disciple of Christ. I know now the depth of God's love for me, recognise Jesus as my Christ of Salvation, and accept the church as my family on earth. As a Disciple, I am seeking to "finding light in a blind and darkened world, spiritual food and drink in a hungry and thirsty world, and meaning in a confusing and seemingly meaningless world" (excerpt from Essentials of New Life). With Jesus as my Shepherd, I await with hope for the Lord God Almighty to reveal to me what mission He has for me in this lost and lonely world in order to build His Kingdom on earth.

Gracia Tiong

*{Reprinted with author's permission from Book of Testimonies 1959-2009, Trinity Methodist Church, Petaling Jaya Celebrating 50 years of God's Faithfulness}*



## Worshipping God during the pandemic

"I long to see you so that I may impart to you some spiritual gift to make you strong—that is, that you and I may be mutually encouraged by each other's faith," Paul wrote in Romans 1:12.

Now, during the COVID-19 pandemic, technology has added another dimension to how worshippers come together and experience worship services

Prior to the COVID-19 pandemic, church live-streaming services were only an option for our congregations. However, since the pandemic's onset in March 2020, live streaming has become necessary for Sunday worship services. Churches are now using live-streaming services like Facebook Live, YouTube Live, Zoom, Google+, and Periscope, as well as a variety of third-party streaming services that enable multiple platform simulcasting, to worship God. The sudden influx of online services added to the already long list of activities churches provide their members has both positive and negative consequences.

The biggest challenges and obstacles that the IT and Multimedia ministry faced during the pandemic are the IT, Visual, and audio equipment, as well as the connectivity whereby we had to deal with the setting up and configuring. I thank God for our AV Teams from the three congregations who are very committed and who have put in so much effort to make the church live streaming a reality in a brief period of time since March 2020. However, during this time, we have encountered issues such as unusable existing equipment, internet outages, and a flood of feedback from the

congregation.

We thank God that we have rectified the issues by replacing the audio and video equipment, IT accessories, live streaming devices in which a lot of money had been invested. Everything costs money when doing a good live streaming from the costs of cameras, streaming service, audio mixer for online feed, cables, converter boxes, computer to host feed, and so on. We also need extra hands to run and monitor the live streaming which can be finicky, requiring careful monitoring and on-the-fly (or second) troubleshooting. I am indeed grateful for our AV crew who has spent their time and energy to make live streaming even a possibility for our church. We are all still learning and improving. Here I would like to ask the congregation to be patient with the AV and IT crew and to pray for them that God will continue to guide them with wisdom and skill to master the live streaming of our Sunday worship.

The benefits of live streaming are:-

- Serve the Homebound church members,
- Reach out to the Seekers,
- Connect With People Who Are Homesick,
- Connect with the Youths,
- Host Community Events,
- Overcome Space Limitations,
- Provide New Ways to Engage

Finally, please do pray for wisdom and integrity for the AV and IT ministry. I thank God for the teams' commitment, diligence, and the God-given skill to serve Him in this calling.



Anne Chua



# Experiencing God at the Eldercare



I can still remember back in the early 2014 when I learned from a brother that Trinity Methodist Church was starting a day care centre and was looking for a suitable centre manager. At that time, I had not much interest, but when I was listening to this brother's sharing of how God led this group to care for the elders, I was moved by God. I went home and kept thinking about the job and questioned my competency in

taking the position. However, God inspired me with ideas and many interesting activities that I can carry out for the elders. This is something that I have never thought of in my life journey, but God let me see it.

In June 2014, I joined the Eldercare ministry. I visited a day care centre in Taiwan and in Singapore to observe and learn about the management model, service concept, activities model, facilities offered and many other things. The lives of the elders there are colourful and even fulfilling. What about the elders in our country? Of course, our elders also need such a fulfilling life, but they must be given this opportunity to experience it.

I am like a principal at the day care because the elders call the centre, 'the school'. The centre is where they go to spend their day. My responsibilities at the centre are administration and personnel management, reception and follow-up of customer applications, event plans, follow-up and improvement, arrangement of staff training, family group meetings, special program arrangements, volunteer management, facility management and publicity.

Our elderlies need love, care, attention, affirmation and being listened to, just like kids. But due to the busy lives of their adult children, taking

good care of the old and young at home can be too much a challenge. Hence the day care centre is the next best place for elders to spend their day. The elders can enrich themselves through healthy exercises, intellectual activities, group activities and various craft activities. However, since March 18, 2020, due to the sudden outbreak of the pandemic, the Eldercare centre had to be closed temporary, and the elders have lost a place to spend their day creatively. The pandemic had not only caused the elders to lose interactions among their peers but had also brought crisis and added pressure to their families.

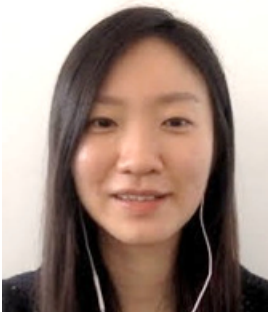
I have experienced countless difficulties and challenges during these 7 years of service. However, God has never abandoned me or my co-workers and even allowed us to experience His greatest commandment-"Love God and love others". My service at the centre has made me change and grow in the following ways:

- 1) From being not understanding to being understanding
- 2) From having fear to having acceptance
- 3) From being random to planning ahead
- 4) From being passive to being initiative
- 5) From being evasive to experiencing breakthrough

The Eldercare is not only a day care centre for the elderlies, but also a place where the co-workers can share God's love through their services. It also allows people who come in as volunteers to experience a breakthrough in their fears and hesitancy to care for their elderlies. We are limited in what we can do, but we can do everything if we are willing to seek God and obey Him.

Finally, Matthew 22:37-39: "Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is this: Love your neighbour as yourself.

Lee Mee Ling



*"Go Make Disciples Of All Nations" .....*

Yes, I will go Lord, but where?

I grew up going to church, which meant I heard about Jesus from a young age. At that time, being a Christian didn't mean very much to me, except that I had to

wake up early to go to Sunday School. I thought pleasing God was very much like pleasing an earthly Asian father. I either had to do a list of things in order to earn his approval, or suffer his wrath if I didn't comply. My faith was challenged when I visited the US at the age of 18 and encountered Christians from a culture very different from mine. We read the same Bible, yet lived such different lives. In fact, it didn't seem like we worship the same God at all - was my life all a lie? I realised I didn't really know God after all. I was in a state of despair for a few months.

By God's grace, He didn't give up on me. I started digging deeper into His Word, and I finally understood that God accepts me not because of what I've done, but because of what Jesus has done for me. He died on the cross for our sins, but He didn't stay dead - He resurrected again as King! I no longer have to work so hard to gain His approval. My life turned around as I repented and gradually I grew in my faith and understanding of God through His Word.

## Call to Missions

My first exposure to cross-cultural missions was when my dad took my sister and I on a mission trip organised by TMC to the Iban longhouses



in Betong, Sarawak. I was very encouraged to meet the local Ibans who had become Christians. Thanks to some faithful missionaries in the 19th century who had translated the Scriptures, they even have the Bible in Iban! As a result, the Iban churches flourished and grew. Since God speaks to us through the Bible, it makes sense that everyone should have access to it in a language that they understand best.

The whole experience filled me with so much joy that I hoped I would one day be a part of God's mission to make disciples of all nations, as commanded in Matt 28:19-20. Even though I had the desire to serve God, I was not ready, nor was I equipped. What if I did not have what it takes to be a missionary, or what if God did not call me, and I was utterly mistaken? "I am willing, Lord, please use me if You will," I prayed.

After a two-year ministry apprenticeship with a church in KL, and with lots of prayers plus discussion with my parents, I gave up my career as a dentist to join Wycliffe Malaysia as a missionary. Wycliffe is a mission organisation that partners with the local church to fulfil God's mission to make disciples of all nations through the work of Bible translation. By God's grace, I will join the Sign Language Bible Translation team in Romania in 2022 for training to be a translator.

That the Deaf may hear...

Out of an estimated 48 million deaf people in the world, only 2% have the Bible in their heart language, i.e. sign language. Contrary to popular belief, the sign language is not universal. Out of more than 200 sign languages in the world, only the American Sign Language has the complete Bible. The American Sign Language Bible was published recently in 2020. I pray that God will raise more missionaries to fill the gap because the harvest is plentiful, but the workers are few (Matthew 9:37).

Missionaries do not and cannot work alone but require a partnership with the body of Christ – the global church to advance His kingdom.



Everyone can be a part of missions, whether to go, to give financial support, or to offer much-needed prayer support. I thank God for so many brothers and sisters in Christ who are faithfully partnering with gospel workers like myself to advance God's kingdom. Would you please pray for me as I prepare to go to Romania? May I continue to fix my eyes on Christ and serve with faithfulness and humility so that the gospel will go out to the Deaf, for God's glory alone.

Now to Him who is able to do immeasurably more than all we ask or imagine, according to His power that is at work within us, to Him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen. (Eph 3:21)

Amy Ting (amytingli@wycliffe.my)



## TADIKa METHoDIsT TRINITy (TMT):

### Coping during the Pandemic

TMT started twenty years ago. The first batch of students came in 2002. TMT caters for children between the ages of 4 to 6 years old, and it is an English-medium Kindergarten.

This year we have one Level 1 class and two classes each of Level 2 and Level 3. We have 58 students with 7 teachers and a principal out of whom 7 of them are trained in Early Childhood Education. Morning school is from 8:00 am to 12:00 noon, and we are open as early as 6:45 am to receive the early birds. We also have afternoon care that ends at 5:00 pm.

TMT is a non-profit organisation. Our school fee is RM 220 per month for the morning session, and if the child stays on for the whole day, the fee is RM470 per month, inclusive of a lunch and a bath. We also teach the children in the afternoon, focusing on linguistic and numeracy skills. For those who require financial aid, there is a fund set aside to help them. This fund comes from cheerful brothers and sisters-in-Christ.

Although TMT is an English-medium kindergarten, Malay and the Chinese language are taught too. Before the pandemic, we have volunteers coming in to do a one-to-one reading with the children in all the three languages.

The pandemic has affected many things in life, including our kindergarten. The attendance was actually picking up from the beginning of this year till it peaked in April when we had a 95% attendance. However, as the number of Covid cases increased, TMT was closed for the first time this year on the 20th of April. Later in the year, we opened again when it was permitted, as some parents require the kindergarten and afternoon care services. It has been a challenging situation for us because we are also concerned for the safety of the children and our teachers. When the school is closed, teachers prepare virtual lessons every day ([https://www.youtube.com/channel/UCZ\\_tqNWpFO1IZmleAGC-oQg](https://www.youtube.com/channel/UCZ_tqNWpFO1IZmleAGC-oQg)).

However, even with the kindergarten open, teachers continue to send



virtual lessons to the children due to the poor attendance. Some children can follow the video lessons well. Some parents play the video repeatedly for their children to ensure that their children understand the lessons. However, there is a minority group who do not follow the virtual lessons as they lack internet connections at home or computer devices. For virtual lessons to be carried out more effectively, parents need to guide

their children.

During this pandemic, a lot of our activities like dental, vision and hearing screenings, educational outings, festive activities, Sports Day and other performances have to be cancelled.

Ever since the MCO in March 2020, teachers have to ensure that the SOPs are strictly adhered to. Students have to sit at least 1 meter apart, and as a result we need to go for the single-seater tables instead of the double-seaters. As a result, each classroom can only accommodate 15 students instead of 25. Then teachers must frequently sanitise stationery, toys, tables, chairs, staircase rails and toilets every day. The floor is mopped at least once daily too. The sad thing is that the children cannot play and interact closely with each other and the teachers had to avoid physically assisting them unless necessary. Imagine they are only 4-6 years of age, when in normal times, they can play together and stay close with each other! Nevertheless, we hope that the children have fun learning and acquiring academic skills at TMT as they develop into children with confidence, love and care for others.

We thank God that the principal and all the teachers are fully vaccinated by 26 July 2021. Let us pray that God will protect all of them including the children and their families and keep them safe from all hidden dangers and diseases. May God in His mercies and sovereignty stop this pandemic from advancing, curb the mutations of the virus and heal our land. Then life will go back to normal.

Hii Kwong Ing



# *My forty Days Love Dare Challenge*

When I received this 40 days Love Challenge, I felt very excited as I am not the type of person who is very committed to God's word. What impressed me to join this challenge was that the members in the group are all ladies, and I felt we might have relevant topics to discuss. With the guidance of the Holy Spirit, I have confidence that I am able to complete this challenge.

During the first week of this Love Challenge, I felt joy in expressing my thoughts to the group. The topics are very encouraging and interesting. After the first day, I always looked forward to the next day's challenge. It was a coincidence that the first day of this challenge fell on the first day of MCO, so I decided to make some tarts for my family. Halfway doing the tarts, my husband came and sat next to me and offered to help. I told him that he needed to be gentle or else the tart would crack, so he followed the steps that I did. From here, I realised that Love is patient, as he only managed to finish 1 piece of tart while I had already done 10 pieces. This teaches us to learn that love is built on 2 pillars - patience and kindness.

Throughout this Love Challenge, I have a deeper understanding of myself in terms of personal behaviour and was able to recognise my weakness. Previously, I was a quick decision maker of everything which has caused me to be anxious and depressed. As for my husband who is a person that always responds slowly and throughout this challenge, I realised that he is unable to multi-task. He told me that he can only focus on one thing at a time without any distractions, so I learned to be more thoughtful for him.

Both my husband and I are brought up from different families. As such, in terms of behaviour and mindset, we seem to have differences and certain disagreements at times. I believe that God has His purpose to put both of us together as one. From the chapter 'Love believes the best', I personally felt that no one is perfect. To maintain a healthy relationship, we must learn to give and take, appreciate one another, and emphasise one's strength rather than their weakness. Always putting and setting our eye on the word of God. From here, we will feel more joy in our daily life.

I am a person who is quiet and have difficulty to express myself. Throughout this journey of challenges, I was surprised that I have improved and opened myself up to express more of my feelings and thoughts to my partner and others. I used to suppress my emotions as I thought that I could handle everything with my own ability. However, I found out expressing to my partner rather than keeping to myself would be a better choice. As Proverb 3:3-4 says, 'Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart. Then you will win favour and a good name in the sight of God and man'.

I tell myself that life is short and always remember to forgive whatever that is hurtful. For the past 27 years of marriage life, I have found that forgiving one another is very important in a relationship. Always learn to forgive and let go of any bondages in order to have a peaceful mind. Both of us rarely argue, as we think that it is not worth to be emotionally down. From the chapter of 'Love is not irritable', it has taught me not to do anything under pressure, but with a joyful and willing heart.

I choose my marriage relationship to be a covenant and not a contract. I need to love, commit, surrender and be sincere to my husband for the rest of my life. The unconditional love in our marriage never ends and lasts a lifetime. This is the beauty of God's love and glory be to God as we cherish and honour our marriage.

By God's grace and guidance, all things are possible. I have finished my 40 days challenges. I will continue to love my family and learn to appreciate my partner in my everyday life. There are nine (9) spiritual fruits to remind ourselves which is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Love endures forever and we shall cherish, honour & support one another throughout our marriage for a lifetime. I thank God for his provision and rejoicing in truth through love.



Hester Cheong



I joined the Love Dare after encouragement from several sisters. Initially, I was not keen because I had various other commitments and my children were learning from home during the MCO period. Another reservation was my fear of being dared to do something I might not be comfortable with. A kind sister assured me that it was merely going through devotional materials with a group of sisters. I would not be demanded to complete embarrassing tasks. So I registered happily and was assigned to a group of veterans who have married from 27 to 48 years! Comparatively, I was only a child with 18 years of experience under my belt. In the 40 days, we were required to read daily a passage on different aspects of love. Then, we were challenged to a dare and a reflection question on each day. The dares call for simple acts of kindness, unself-

# Dare to Love

ishness, thoughtfulness and so forth. I remember completing one of the dares by making chamomile tea and ordering special food for my husband. Some dares are more extravagant and challenging. For example, on Day 38, we read about Love Fulfills Dreams. A sister posted the photo of her first attempt at pumpkin pie to satisfy her husband's craving. On Day 39, we were dared to write a letter of commitment and resolve to our husbands; on Day 40, we were challenged to renew our wedding vows. One sister met the challenges valiantly and posted photos of the special occasion in our WhatsApp group. I was very encouraged by their devotion and the camaraderie of the group. The Love Dare calls me to be accountable to a group of sisters in studying God's Word for 40 days. Their experiences and sharing gave me lots to reflect on. They set good examples for me to follow. The daily reading and reflection also reminded me of the covenant I made with my husband. Marriage is an earthly picture of God's covenant with His church. Keeping this covenant is challenging if I do it with my own strength. But by the Spirit of God within me and the examples of those who go before me, I am empowered to honour my role as a covenant keeper. The Love Dare is a secret mission that we kept from our husbands. When my husband reads my sharing, he will finally discover THIS is the "bible study" group I talked about. I hope he will consider joining it too. I will also encourage everyone to give The Love Dare a try. Explore our needs to grow. Lead, instead of follow, our hearts towards lasting relationships. All the best and may God bless you with a fulfilling marriage!

Lim Re Gal

## The Love Dare.. to wives

On the 1st of June, 77 wives from the English congregation embarked on a 40 day challenge to love their husbands in the way that will glorify and please God. The following are snippets of their thoughts after the 40 days.

Right relationship with my husband begins with right relationship with God.

Catherine Tang

Praying together with my husband is the secret to a God-centred and loving marriage.

Yeoh Gim Suan

My husband is God's gift to me to love, cherish and honour.

Joyce Wong

I choose to love not because my husband is so loving but because God is so loving.

Anonymous

I pray for my husband and give thanks daily to God for our marriage.

Rosaline Eu

As each of us draws near to God, we naturally grow closer.

Fui Lian

Obedying God transforms me to love, serve, appreciate and communicate with my husband better.

June Ling

I choose to love and pray for my spouse even though he is not so lovable as I have faith in God in everything that He does.

Anonymous

I thank God for giving me my most loving and caring husband.

Tan Leng Eng

More disciplined prayer and personal time with God for a more affectionate relationship with my husband.

Anonymous

Being patient and showing kindness to my husband are keys to a happy marriage.

Lee Ping

I have learnt a lot from all the sharing and from the daily articles. It gives me knowledge and has taught me to be a better wife to my husband.

Anonymous

Every day I send the studies to my 2 daughters, 2 sons-in-law and relatives to enrich their marriage too.

Anonymous

Marriage is a commitment and sharing of sacrificial love between husbands and wives.

Hester Cheong

Marriage is a covenant; a lifetime commitment to establish unconditional love based on God's unchanging words.

Wong Ing Ting

Honour and respect each other. Love each other as God has loved us.

Irene Tie

United in love, guided by Light, partners for life.

Lim Re Gal

Choose unity, togetherness, and oneness in marriage to glorify God.

Hilda Chan

I would pray more fervently for my husband's salvation.

Siew Choo

Choose love to be a blessing and be blessed.

Chieng Yew Ming

Remember our marriage covenant before God: to love our husband without reservations or conditions.

Lily Ting

To love the people that God place around us especially our spouse with patience and understanding.

Sarah Liaw Hui Woan

Treat our spouse the same way we want to be treated.

Ling Teck Kee

I pray that my husband will come and seek the Lord's gift of salvation.

Julie Ng

Marriage is a covenant, lifelong commitment to the husband and wife through God's unconditional love.

Lily Sia

The devotion inspires me to honour my husband through God's word and be intimate in oneness with unending love.

Sally Lim

Partners for life in good times and in bad times, united in love for God.

Susanna Pau

A happy and successful marriage celebrates godliness guided by the Word of God.

Lily Eu

Marriage is not just a commitment of our vow but it is our Covenant with God that we will love and cherish each other till the end of our days.

Christina Wee

Marriage binds a man and a woman together by a covenant and pronounced as husband and wife; spending the life journey together under God's wings in good times and in bad times, supporting and loving each other.

Christina Ang

Strong marriages need the love of God in our hearts every day.

Stella Lai

Love, unity, commitment, honouring husband and sacrificing without conditions are some of the things that I learned. I must always place God in the first place in our daily marriage life.

Catherine Ung

I have learnt and benefited so much from this Love Dare Challenge. It has helped improved my marriage. I am grateful that Jenny invited me to join.

Penny Sii

It is only because God meets my needs that I can learn to unconditionally love my spouse and family.

Nancy Wong

Remember our marriage covenant before God. Consciously guard my heart against any temptation and pray without ceasing.

Boon Ling

It has been an encouraging journey to rekindle my love for my spouse, reminding me to make every day a special for each other and keeping God in our marriage at all times.

Aileen Teo

After these 40 days, I have been reminded to rekindle the love we had for each other and show more patience even amidst our busy schedule.

Diana Ling

We love because God is love. On God we rely, Before God, we keep the covenant. May God be enthroned in our marriage.

Aivee Su

Marriage, like life is a journey where we have to learn and discover new things. The 40 day journey is very challenging but I know that God will always lead me as He is the centre of our marriage and family life.

Susan Soon

With God's love, we can love. It is not always about me, it is about my husband too.

Yvonne Ling

It was a privilege and blessing to learn and journey through the forty days Love Dare challenge with my fellow sisters in Christ. A journey of exploring and demonstrating genuine love which is selfless, sacrificial and transformational toward our husbands. A journey that never comes to an end but goes on for the rest of our lives by God's grace and love. Each of the forty days discussed about the different aspects of love. I would like to share Day 37 which is about 'Love agrees in prayer'.

God gave us a wedding gift- a permanent prayer partner for life when Vincent and I were joined together as husband and wife. Within the sanctuary of our marriage, praying together works wonders on every level of our relationship.

I am so thankful that I took the initiative to ask my husband to pray together twenty over years ago when we faced some difficult trials. It is true that at the beginning, a habit like this can feel awkward and uncomfortable. But the unity that binds us together forms an intense and powerful connection.

I am thankful that we still pray together after breakfast every morning. Prayer is a privilege to be enjoyed on a consistent daily basis.

God is pleased when He sees you both humbling yourselves and seeking His face together. His blessings falls on you when you and your husband agree in prayer.

I am so thankful for this 'one thing' that changed everything. This is one area where it is imperative that you must agree to agree. To God be the glory!

Lau Sing Ping

Marriage is no longer about me, nor about my husband and I but about God and us. I am called to be a faithful wife, obedient to Christ and striving towards holiness in my marriage. I am to love my husband till death do us part. God has revealed my weaknesses through this Love Dare journey and there are still a lot of room for improvement that I need to work on. I need to humble myself and to let go of my selfish desires and stubbornness. I need to go back to God's word in my daily decision - making. I pray that God will help me to love Him and my husband even more.

Wang Siew Ling

When Rev Jabez called to ask me help him put together a team of leaders for this Love Dare challenge, I gladly offered my help. I was excited to embark on this 40-day journey. In a short space of time, a great team was selected and set up to form the various groups.

Rev Jabez gave an orientation to all the 77 participants and the Love Dare to wives began on 1st June. We were committed to read the daily devotions that talks about the unconditional love between husbands and wives that reflects God's unconditional love for us. Only then will we be able to weather through trials in our marriage. From the sharing among the group members, this devotion has helped numerous couples.

I have been married for almost 40 years but still find the love dare challenging! With the supportive leaders and daily sharing and encouragement among the ladies, we finally completed the 40-day journey on 10th July.

I pray and hope that all marriages are sealed with the precious blood of Jesus and that the evil one will not kill, steal, or destroy any marriages.

I highly recommend the Love Dare challenge to all married couples.

Jenny Wong



## The Love Dare Journey (1st May - 9th June 2021)... A Man's View

This forty-day journey reiterates that the head of the marriage is our Lord. For me the journey can be divided into two parts. The first part from Day 1 to Day 19 is the working of the fruits of the Holy Spirit. The second part from Day 20 to Day 40 emphasises that Jesus Christ must be the head of our marriage and family.

The Love Dare Journey is a timely reminder for me not to take the dedication of my wife to me and the family for granted. I have to show my appreciation by expressing through my words and gestures. My Asian upbringing may have resulted in me being apprehensive in verbalising as well as showing my love for her.

In the midst of this Love Dare journey, a question came to mind. How do we walk through this journey if we were staying with our parents, especially those who are possessive of their sons? This question led me to recall the story of a daughter-in-law who was staying with an unreasonable, fussy & fault-finding mum-in-law. All the neighbours knew about the bad attitude of the mum-in-law. The daughter-in-law became so stressed that one day she decided to poison her mum-in-law with some poisonous herb that would cause her to fall sick slowly. She sought the local herbalist and told him her intentions.

She got the herbs and every day she prepared some nutritious soup with the herbs for her mum-in-law. Weeks passed and nothing happened to her mum-in-law. Instead, she grew stronger and healthier. In the meantime, the daughter-in-law discovered that her mum-in-law had become caring and loving. They were enjoying the companionship of each other. The daughter-in-law regretted her intentions to poison her mum-in-law and quickly went back to the herbalist to ask for a herb that could neutralise the effect of the poisonous herbs. The herbalist smilingly told her that the herbs that she had been cooking with was in fact nutritious! Since then, the two ladies were enjoying a good relationship.

Love is a 2-way journey. One party must initiate and persevere in commitment to make the marriage work. The other party will definitely be lured in. The sure way is to make Our Lord, Jesus Christ, the head of our marriage. This reminds me of the marriage triangle where Christ is at the apex and each spouse occupies each of the other two points at the base. The stronger the relationship the husband has with the Lord, the more he is able to give his bride love, kindness, goodness, gentleness and faithfulness. Similarly, the stronger the relationship the wife has with the Lord, the more she is able to give her husband respect, honour, service and authority. The closer the spouse's relationship is with God, the closer is the relationship will be with the spouse. Hence let God be the head of our marriage so that the fruits of the Holy Spirit will be evident in our marriage relationship.

Wong Chin Hook



## Sunday School gives, 2021

Sunday School Gives 2021: Before the onset of Covid-19 in Malaysia, we gather and train children, parents and teachers to visit the elders at Trinity Eldercare during the school holidays. We did many activities such as Bible reading, skit, sing-along, coloring, crafts, Bingo and games. Sadly, we are not permitted to visit them due to the spread of Covid-19 currently. Yet, we are thinking of

them. So on May 7, 2021, we gave to the elders and their family a gift pack comprising of Jar (sourced from Trinity Bookroom), Hand Towel (sourced from Trinity Bookroom), Cranberry & Oat Cookies (made by Fiona Chai), Granola (made by Kelly Lau) and Love Notes (written and drawn by our children Ashley Bong, Fidel Bong, Emma Fong, Sebastian Fong, Bronson Liaw, Bella Sze, Natalia Tan, Nataniah Tan, Jeslyn Ting, Kaitlin Ting, Mireille Ting, Nathanael Ting, Lewis Tiong, Caren Voon, Celine Voon, Ryan Voon).



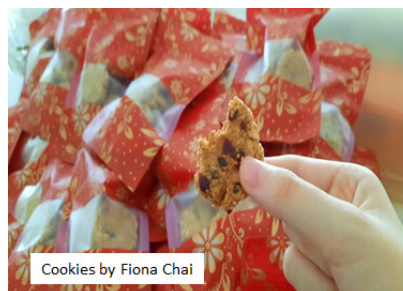
Hand Towels sourced from Trinity Bookroom



A Blessed Parent's Day to you and your family!



Jars sourced from Trinity Bookroom



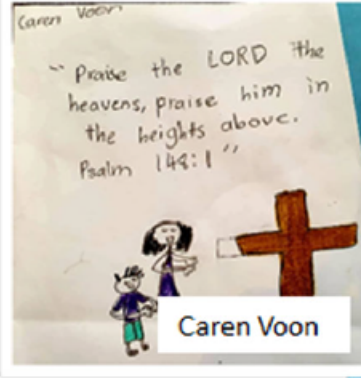
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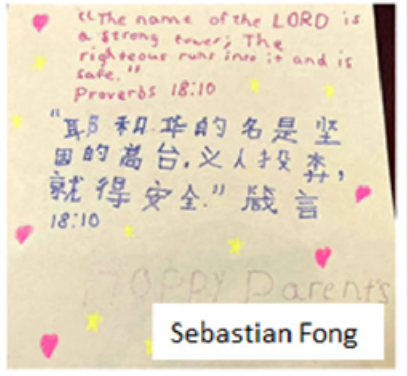
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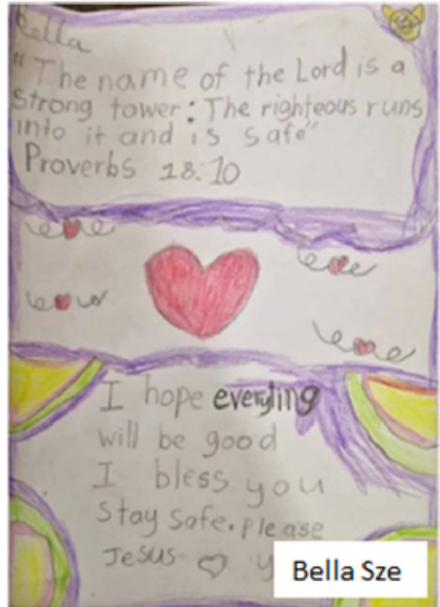
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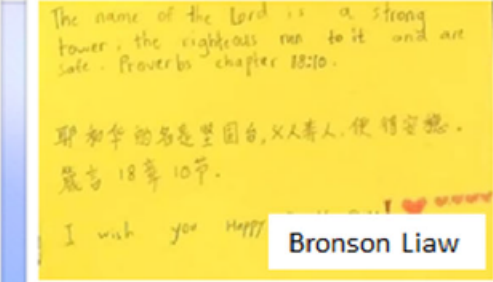
Caren Voon



Sebastian Fong



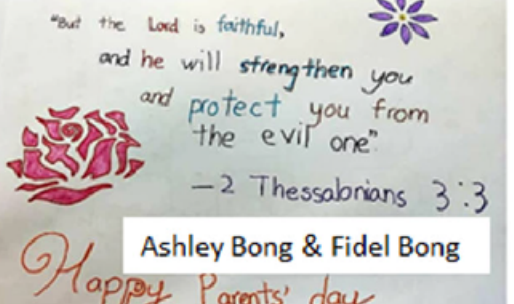
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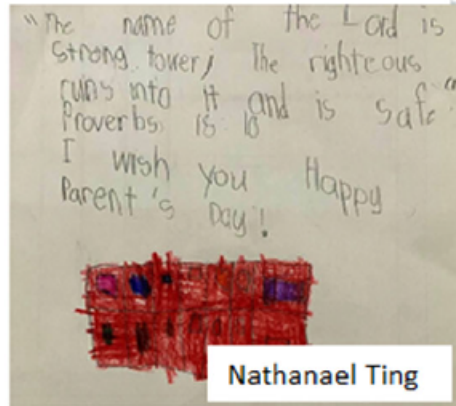
Bronson Liaw



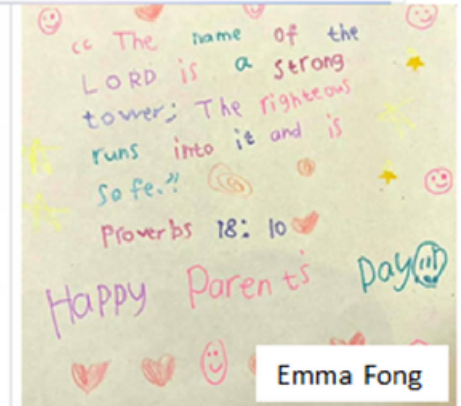
Kaitlin Ting



Ashley Bong & Fidel Bong



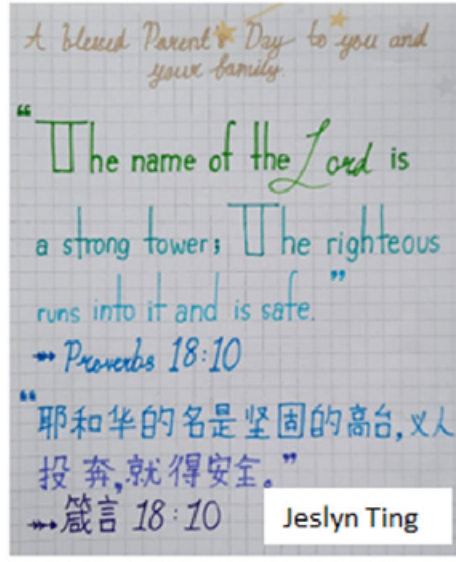
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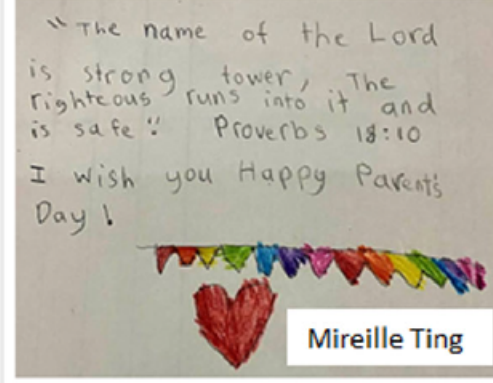
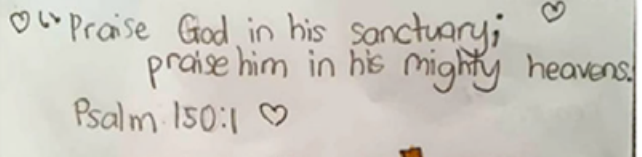
Emma Fong



Ryan Voon



Jeslyn Ting



Mireille Ting



Celine Voon



# Perkongsian peserta cabaran cinta berani



Puji Tuhan, Pelayanan BM telah menganjurkan Cabaran Cinta Berani bagi peserta lelaki bermula pada 1 Mei sehingga 9 Jun 2021 dan disertai oleh 14 orang (para suami)

Sementara para isteri pula bermula pada 1 Jun sehingga 10 Julai 2021.



Ada 33 orang (para isteri) telah mengikuti Cabaran Cinta Berani ini sehingga selesai. Berikut adalah perkongsian pengalaman beberapa orang peserta.

Saya bersyukur walaupun saya hanya berkahwin selama dua tahun dan mempunyai seorang anak perempuan, saya betul-betul mendapati bahawa saya masih banyak

kekurangan dari bidang mengkaji isteri saya dan saya belajar banyak cara untuk mencintai isteri saya dengan lebih dalam lagi melalui Cabaran Cinta Berani selama 40 hari ini.

Saya perlu mengakui bahawa pada peringkat awal, saya melakukan

cabaran itu hanya seperti melaksanakan satu misi, tetapi selepas saya memahami injil Yesus dan ajaran Yesus tentang tanggungjawab sebagai suami, saya bertaubat dan saya bertekad bahawa saya mahu mengasihi isteri saya sehingga sanggup mengorbankan nyawa saya untuknya seperti Yesus mengasihi Jemaah, dan mengorbankan nyawa-Nya untuk Jemaah. (Efesus 5:25) Selain itu, saya juga bertekad dan mencabar diri sendiri untuk mengisytiharkan firman Tuhan kepada isteri dan anak saya setiap malam.

Satu perkara yang paling menyentuh hati saya selepas menonton "Fireproof" (satu filem mengenai Cabaran Cinta Berani selama 40 hari) ialah semasa isteri watak utama bertanya suaminya tentang sampai hari berapa dia telah melakukan cabaran itu, suami itu menjawab, "Hari ke-43," Isterinya tidak faham jawapan yang diberikan lalu suami itu menjawab "Siapa berkata saya harus berhenti pada hari ke-40?" Jadi, saya juga mahu mengasihi isteri saya semakin hari semakin dalam dan meneruskan cabaran itu sehingga saya dipanggil Tuhan.

Rev. Chan Chok Ong



Shalom semua, dalam Cabaran Cinta berani selama 40 hari ini, tak banyak yang telah saya lakukan sepanjang menyahut cabaran ini. Satu hal yang telah saya pelajari adalah mencintai dan menghargai suami (pasangan) semasa ada kesempatan atau meluangkan masa bersama-sama untuk mengeratkan hubungan sesama sehingga ke nafas terakhir kita. Dalam saya

menyahut cabaran ini dalam hari yang ke 23, saya telah mengalami perselisihan faham dengan suami, selama 2 hari kami tidak berapa bertegur mesra, sehingga saya merasakan saya ada kekosongan dalam hati saya, gara-gara sama ego, tidak mahu mengalah, namun hati saya berbisik, haruskah diteruskan atau mengalah untuk kebaikan?? Tuhan memimpin dan melembutkan hati saya, untuk mengalah demi kebaikan bersama. Justeru itu saya melihat kembali dalam masa 2 hari dalam pergolakan, saya menyesal kerana tidak menggunakan waktu bersama dengan suami. Mengalahlah demi menyelamatkan rumahtangga yang bahagia. Selagi ada kesempatan menikmati hidup yang diberikan olehnya, bersama suami tersayang. Amen ♡ ♡

Catherine Sawai Anak Kaba



Saya bersyukur, kami suami-isteri telah mengikuti Cabaran Cinta Berani ini. Secara jujur dari awal lagi, suami tidak berahsia dengan saya kerana dia tidak berapa faham tulisan Bahasa Malaysia. Kalau ada mesej yang datang, dia akan beritahu dan bertanya apa cabaran yang perlu dia lakukan. Jadi saya pun beritahu dia, kamu harus buat baik macam ini dengan saya. Ada masanya

saya ambil peluang mengacau dia.

Kami mengaku tidak semua cabaran itu kami buat tapi kami berusaha untuk memperbaiki kelemahan masing-masing. Apa yang kami

belajar ialah bahawa suami-isteri harus saling mempercayai dan mengambil inisiatif melakukan yang terbaik untuk membahagiakan pasangannya. Contohnya mengingat tarikh harijadi, Hari Bapa atau Hari Ibu dan berusaha meraikannya walaupun secara sederhana. Saya gembira setelah mengikuti Cabaran Cinta Berani ini, sekali sekala, suami pandai tolong buat kerja rumah yang selama ini tidak pernah dia buat.

Saya membuat tekad untuk berkomitmen mendoakan suami setiap hari berpandukan buku 'Berdoa Untuk Suami' yang telah disediakan oleh sdra Welfred Tungku. Saya rindu dia dapat menjadi pemimpin rohani bagi keluarga kami. Dan pada hari terakhir Cabaran Cinta Berani bagi para isteri pada tanggal 10 Julai, 2021, kami telah bersetuju dan menandatangani satu Pembaharuan Perjanjian Perkhawinan untuk setia kepada satu sama lain sehingga kematian memisahkan kami. Itu saja dari kami dan harap perkongsian ini dapat mendorong pasangan yang lain.

Sitee Anak Jet





Shalom, saya bersyukur dan bergembira kerana saya telah mengikuti Cabaran Cinta. Dalam menyahut cabaran cinta ini, saya mengakui sedikit sebanyak dapat mengubah kelemahan kepada kekuatan kepada suami saya, dapat membimbing antara satu sama lain. Walaupun suami saya jarang mengikuti Persekutuan Doa, tetapi yang menarik hati saya, ketika saya menghadiri setiap persekutuan, dia

sebenarnya duduk menemani sambil mendengar. Bagi saya itu menunjukkan dia berminat cuma dia berasa malu. Ketika saya mengikuti apa-apa perjumpaan melalui zoom dia juga memahami tanggungjawab saya untuk melayani. Tidak macam dulu-dulu, suami saya agak cemburu. Puji Tuhan, kerana telah membuka hati dia untuk membuatkan dia berfikir terbuka dan saya pun menerangkan kepada dia apa tujuan saya menyahut cabaran. Melalui Cabaran Cinta ini ia nya banyak mengajar kita sebagai suami isteri sentiasa saling memahami, menghormati dan menghargai satu sama lain. Sama-samalah kita memperlengkapi peranan masing-masing, Tuhan pasti memberkati, Amen.

Dalina Anak Jawan



Cabaran Cinta Berani, adalah sesuatu yang menyeronokkan, walaupun secara peribadi tidak banyak yang dapat kami lakukan tetapi kami dapat menikmati masa yang indah memberi perhatian kepada satu sama lain, sekali pun tindakan itu tidak disedari oleh si suami/isteri.

"Selama 40 hari itu

hanya dua hal yang ketara saya lakukan yang dia sedar (saya fikir dia sedar kerana ada tindak balas). Pertama saya telah sms dia untuk memberitahu bahawa saya mencintainya bukan kerana siapa dan apa keadaannya tetapi kerana saya telah membuat keputusan untuk mencintainya seadanya dia, ungkapan inilah yang saya beritahu dia setelah saya membuat

keputusan untuk bersetuju menjadi pasangannya sekitar 25 tahun yg lepas. Dan hal kedua, pada hari ke 40 dalam cabaran ini, saya ambil masa untuk melihat kembali 25 tahun perkahwinan ini, saya dapati perkahwinan kami tidaklah sempurna tetapi kami telah menjalaninya dengan bergantung sepenuhnya kepada Tuhan dan saling memelihara cinta kami yang kami dasarkan dalam nama Tuhan Yesus. Tema perkahwinan kami 13/12/1996 adalah Kidung Agung 6:3a "Kekasihku milikku, dan aku miliknyanya" inilah dasar cinta kami dan inilah yg saya ungkapkan kembali kepada suami saya di hadapan anak anak kami, saya sangat bersyukur kerana pada hari ke 41 anak anak kami berdiri bersama dan berdoa untuk kami. Saya akan teruskan cabaran ini untuk sentiasa mencintai suami saya."

Sokimah

"Bagi saya tidak ada perkara yang baru dalam Cabaran Cinta Berani ini. Apa yang lakukan selama 40 hari ini ialah memperbaiki kelemahan dan kekurangan saya sebagai suami dan sebagai pemimpin di dalam keluarga. Namun bukanlah sesuatu yang mudah kerana ianya melibatkan pengorbanan dari segi tindakan dan komitmen. Kerana saya tidak boleh hanya melakukannya selama 40 hari sahaja, tetapi ianya adalah suatu komitmen seumur hidup untuk saya mencintai isteri saya -- Cinta Mekar, Kekal Segar."

Welfred Tungku



Saya bersyukur kerana dapat mengikuti Cabaran Cinta Berani selama 40 hari walaupun tidak semua cabaran itu saya lakukan. Saya berterima kepada ahli dalam kumpulan saya kerana memberi dorongan dan berdoa untuk saya. Saya ada kekuatan baru dan

sukacita Tuhan. Sejak dari hari pertama mengikuti Cabaran Cinta Berani saya bertekad untuk menjaga suami dengan lebih baik lagi dan mendoakannya setiap hari. Puji Tuhan saya melihat ada perubahan dalam sikapnya. Dia lebih lembut dan pandai menghargai saya. Dan sekarang dia tidak keluar sebarang pada waktu malam lagi, tidak seperti sebelum ini. Puji Tuhan hubungan kami semakin mesra. Dan pada hari terakhir Cabaran Cinta Berani pada tanggal 10 Julai, 2021, kami telah bersetuju dan menandatangani satu Pembaharuan Perjanjian Perkhawinan untuk setia kepada satu sama lain sehingga kematian memisahkan kami. Sekian perkongsian saya, Tuhan memberkati.

Lreber Meyah



Saya mengucap syukur kerana diberi kesempatan mengikuti Cabaran Cinta Berani selama 40 hari sehingga selesai. Secara peribadi, ianya tidaklah begitu sukar bagi saya dalam menyahut cabaran ini kerana sikap keterbukaan yang ada pada saya dan suami, sangat-sangat memudahkan saya melakukannya. Melalui Cabaran Cinta Berani ini juga, banyak yang dapat saya pelajari, di

mana saya dapat mengenali hati budi suami dengan lebih mendalam lagi.

Setelah mengikuti cabaran ini dengan selesainya, saya dapat merasakan hubungan kami semakin menjadi lebih erat dan ada satu ikatan kasih sayang yang kuat di antara kami. Akhir sekali, saya sentiasa berdoa kepada Tuhan agar ikatan perkahwinan kami terus kekal bahagia sampai selamanya. Sekian perkongsian daripada saya. Tuhan Yesus memberkati kita semua.

Tagi Anak Kudang



Syalom, saya bersyukur dapat mengikuti Cabaran Cinta Berani selama 40 hari sehingga selesai. Oleh kerana suami saya berada di luar Kuching kerana urusan kerja, banyak cabaran itu saya tidak dapat lakukan. Namun kami sentiasa berhubung melalui hp membincangkan hal-hal

keluarga dan anak-anak. Baru-baru ini suami saya ada balik, saya dapati hubungan kami semakin baik dan mesra. Inilah kuasa doa, sejak mengikuti Cabaran Cinta Berani saya menanam tekad untuk berdoa setiap hari untuk suami saya. Saya berdoa supaya dia dapat menjadi pemimpin rohani bagi keluarga kami. Saya berdoa Tuhan meneguhkan ikatan perkahwinan kami supaya berkekal sehingga ke akhir hayat kami. Dengan kesempatan ini, saya mahu berterima kasih kepada ahli kumpulan saya kerana kami saling mendorong dan mendoakan satu sama lain. Sekian, dari saya.

Patricia Anak Didik

# PERKONGSIAN PESERTA KURSUS MANUAL KEAHLIAN

Puji Tuhan, Pelayan BM SCAC telah menganjurkan Kursus Manual Keahlian melalui zoom selama 4 bulan bermula pada 16 Mac dan berakhir pada 13 Julai 2021. Kelas diadakan sekali seminggu pada setiap malam Selasa. Syukur, ada 12 orang peserta dari PBM TMC. Berikut adalah perkongsian dari para peserta.



Saya bersyukur kerana dapat mengikuti Kursus Manual Keahlian kerana ia menambahkan lagi pemahaman saya tentang doktrin dan sejarah gereja Methodist. Harapan saya selepas ini, saya dapat membantu dalam pengajaran Kelas Baptisan dan Pengesahan dengan lebih berkesan lagi. Dengan ini saya mahu mengucapkan jutaan terima kasih kepada semua Pastor yang telah meluangkan masa membimbing dan memberikan tunjuk ajar kepada kami. Tuhan memberkati.

- Sitee Anak Jet



Shallom semua saudara saudari seiman. Saya bersyukur kerana telah mengikuti Kursus Manual Keahlian lebih kurang 4 bulan. Satu pengalaman dan pengetahuan baru yang saya dapat sepanjang kursus ini dijalankan. Saya juga telah mempelajari kepercayaan, kerohanian, dan etika iman Gereja Methodist. Terima kasih kepada semua Fasilitator kerana telah meluangkan masa bersama kami setiap hari Selasa sepanjang 4 bulan ini. Semoga kita dapat berjumpa lagi dalam kursus yang lain. Tuhan memberkati.

- Senorita Anak Chol



Shallom semua, saya berasa sangat bersyukur kerana telah menghabiskan Kursus Manual Keahlian. Terima kasih kepada Rev dan Pastor yang telah mengajar saya sepanjang kursus ini selama 4 bulan. Saya dapat belajar tentang Allah (Bapa, Tritunggal), Roh Kudus, Gereja Methodist dan selebihnya lagi. Akhir sekali, saya ingin mengucapkan terima kasih kerana telah memberi saya peluang untuk menyertai Kursus Manual Keahlian ini. Sekian terima kasih daripada saya Cloddia Anoi.

- Cloddia Anoi Anak Alfraid



Shallom, saya berasa sangat bersyukur kerana telah menghabiskan Kursus Manual Keahlian 2021. Terima kasih kepada semua tenaga pengajar kerana telah membimbing serta memberi tunjuk ajar sepanjang kursus ini dijalankan. Melalui kursus ini saya dapat belajar tentang kepercayaan, peraturan Gereja Methodist serta banyak lagi. Akhir sekali, saya ingin mengucapkan terima kasih kerana telah memberi saya peluang untuk menyertai kursus ini sepanjang 4 bulan. Sekian terima kasih, Tuhan memberkati.

- Angellynna Grace Anak Renang



Shallom, nama saya Mickson Rodrigu Anak Sidi. Saya sangat bersyukur kepada Tuhan kerana telah memberi saya komitmen untuk mengikuti Kursus Manual Keahlian sepanjang 4 bulan. Dikesempatan ini, saya ingin mengucapkan terima kasih kepada Rev dan Pastor kerana telah memberi masa untuk mengajar kami. Banyak yang saya pelajari sepanjang mengikuti kursus ini dijalankan seperti kepercayaan, kerohanian serta etika Gereja Methodist. Terima kasih sekali lagi kepada semua tenaga pengajar. Doakan juga untuk kesihatan nenek saya yang sedang sakit. Sekian, Tuhan memberkati.

- Mickson Rodrigu Anak Sidi

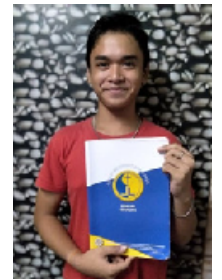


Saya bersyukur kerana dapat mengikuti Kursus Manual Keahlian ini sampai habis. Dengan Kursus ini banyak yang telah saya pelajari terutamanya pemahaman saya terhadap Gereja Methodist. Disamping itu juga telah menambahkan pengetahuan yang baru dalam Kursus ini tentang Makna Keahlian. Di sini saya ingin mengucapkan ribuan terima kasih kepada Fasilitator yang telah meluangkan masa untuk membimbing dalam Kursus ini. Tuhan memberkati kita semua. Amen

- Catherine Sawai Anak Kaba

Saya bersyukur kerana dapat mengikuti Kursus ini sehingga habis selama 4 bulan. Kursus ini serba sedikit dapat membantu saya untuk memahami Gereja Methodist. Terima kasih juga kepada semua fasilitator yang membimbing dari awal sampai tamat kursus ini.

- Dammy Buda Anak Herry



Shalom. Syukur dan pujian kepada Tuhan yang Maha Esa atas kesempatan untuk mengikuti kursus Manual Keahlian. Walaupun bukan semuanya baru bagi kami, namun banyak pengetahuan baru dipelajari daripada semua Fasilitator yang mengajar setiap sesi. Secara keseluruhan kami sangat diperkayakan disepanjang mempelajari setiap sesi kursus ini. Selain dari membantu kami untuk terus berkomitmen dalam gereja atau pelayanan, kami juga dibantu melalui pelajaran ini untuk lebih bertanggungjawab sebagai pemimpin jemaah untuk terus mengambil berat terhadap pertumbuhan rohani jemaah di gereja setempat sehingga mereka terus teguh dalam iman sebagai pengikut Kristus yang sejati dan terpelihara secara rohani di mana pun mereka berada. Terima kasih. Tuhan memberkati.

- Welfred & Sokimah



Shalom, tahun ini saya rasa sangat bersyukur kerana dapat mengikuti kelas SCAC Manual Keahlian yang telah dianjurkan selama 4 bulan. Ketika saya mengambil bahagian di dalam kelas ini, saya dapat menambah sedikit sebanyak pemahaman tentang peranan dan strategi di dalam setiap Bab, lebih-lebih lagi mengetahui tanggungjawab ahli-ahli dan makna keahlian. Oleh itu saya terus berkomitmen dalam meneruskan setiap kelas yang diadakan. Jutaan terima kasih kepada semua tenaga pengajar yang terlibat sepanjang kelas ini diadakan. Sekian, Tuhan Memberkati.

tenaga pengajar yang terlibat sepanjang kelas ini diadakan. Sekian, Tuhan Memberkati.

- Dalina Anak Jawan



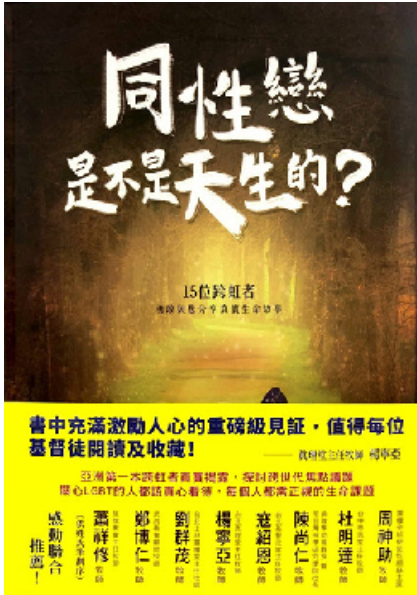
Shalom, saya sangat bersyukur kerana dapat mengikuti Kursus Manual Keahlian selama empat bulan. Walaupun dalam talian ia nya sangat bagus. Banyak pengalaman dan pengetahuan yang dapat dipelajari bersama. Terima kasih untuk semua tenaga pengajar yang telah mengajar sepanjang kursus dijalankan. Tuhan Yesus memberkati kita semua.

- Utie Anak Tugang

Shalom, saya sangat bersyukur kerana berpeluang untuk mengikuti kelas Manual Keahlian selama 4 bulan. Walaupun belajar hanya melalui zoom, tetapi saya berasa seronok kerana dapat belajar bersama-sama dengan jemaat lain. Melalui kelas ini banyak perkara yang baru dapat saya pelajari. Terima kasih kepada semua fasilitator yang telah mengajar. Tuhan memberkati semua.

- Patricia Anak Didik





# 《同性戀是不是天生的?》讀後心得

2021年6月30日，英国卫理公会通过决议，批准了为同性结合提供祝福并承认同居伴侣的变革。为此，诗巫卫理神学院在2021年7月6日举办了一场线上时代课题交流会。这荒唐的决议，也迫使我拿起了这本书《同性戀是不是天生的?》。

同性婚姻是神认可的吗？同性婚姻会得到祝福吗？

身为同性恋者，他们真的快乐吗？TA为何会陷入那恶者的陷阱呢？TA还有得救吗？

《同性戀是不是天生的?》分享了15位跨虹者（同性恋过来人）的真人真事的生命故事。当我得知这些跨虹者们曾为同性恋者，但每一个的TA，却愿意采取果断坚决的态度，选择恢复到「正常的性向」时，我就开始对这些人物充满了好奇。我惊叹那位万有的创造主是用了什么神奇的力量把TA变回正常的他和她？我可以是一气呵成，从我学习属灵阅读以来，用最短的时间看完了这本“神奇（神满有奇妙恩典与作为）”的故事集。我很好奇一个正常的人到底是受了什么样的刺激让“他”变成了“她”，而“他”又变成了“她”？到底是什么原因促使TA要改变他和她原来的性别呢？

当我看完了这本书后，我的疑惑得到了满意的答案。原来同性戀不是天生的！原来同性戀不是天生的！原来同性戀不是天生的！请原谅我要重复三遍，因为这太重要了。上帝并没有把男人的灵错放在女人的躯体上，导致一个明明是女性的人却一天到晚总觉得自己应该是一个雄赳赳的男人。这些同性戀者们，他和她都是在童年，青春期，或成年后受过欺压，羞辱，性侵害，家暴等等

。这些情感和肉体的折磨，导致TA们身，心，灵都受到了极大的伤害和痛苦。这些经历都迫使TA们逃离现状，并开始用另一个身份来把TA们自认为懦弱和无能的自己包装起来。

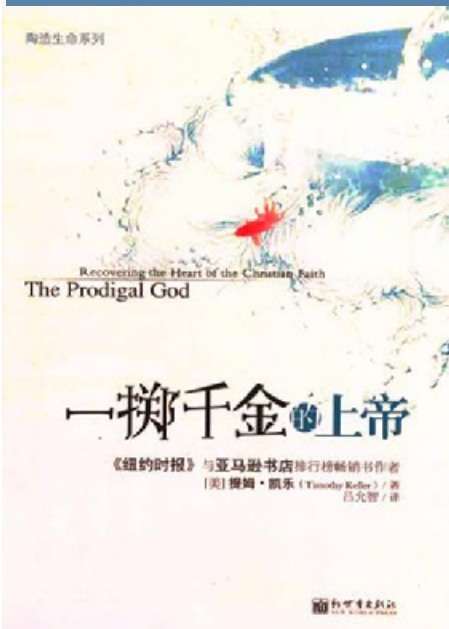
读完了这本书，我感到非常的痛心。我为TA们在不同的时期没有得到应该得到的关怀和关爱而落泪。如果TA们都能够适时得到关心的话，那TA们就不会走那么多的冤枉路，导致自己伤痕累累。成为同性戀后其实TA们并不快乐，TA们满足了肉体的情欲可是TA们的心灵终究还是空虚，始终觉得还是缺少了那么一点点的“什么”。TA们需要的，其实是在心灵深处，那个曾经的伤害可以得到释放，TA们需要放下，并饶恕那些伤害TA们的人。

学习放下和饶恕是一件多么难的事呀！更何况是要饶恕那些不把自己当亲人，甚至不把自己当人对待的仇人，这是需要多么大的勇气呀！**耶穌說：「只是我告訴你們，要愛你們的仇敵，為那逼迫你們的禱告。這樣就可以作你們天父的兒子」【太5：44-45】。**愛自己喜欢的人是自然又容易的事；另一方面，愛伤害自己那么深的仇人甚至还要为他们祷告，则需要一份高尚的情操还有坚忍的意志力。在每一个跨虹者拼尽最大的努力后，在一切人的力量都殆尽时，想要放弃的当儿，靠着从神而来的能力，这15位跨虹者走过去了，这15位跨虹者终于做到了。他和她真的成功的走出了死荫的幽谷，走出了同性戀，并且也让自己受伤的心灵得到了医治。这一切都很难，然而靠神，他和她都做到了。

圣经上说，“**神不愿有一人沉沦，乃愿人人都悔改**”。【彼后3：9】天堂不是为好人预备的地方，而是为那些得蒙饶恕的人。每个人都可以得蒙饶恕，只要他们愿意回转归向耶穌基督。回到英国卫理公会通过的同性决议，这颠覆圣经教导的决定将会导致多少有意悔改的同性戀者，再次的跌入同性网罗里。我担忧着会有多少的同性戀者将失去了走出死荫幽谷的机会，因为不少的教会已经开始失去光和盐的功能了。

- 黄燕萍

# 《一掷千金的上帝》讀後心得



作者借由路加福音15章人人都知道的“浪子回头”的比喻向我们显明，上帝是一位不计一切的恩典施恩在我们身上的上帝，是我们最大的盼望。浪子的比喻中我们的焦点时常都集中在父亲及小儿子身上，描述父亲如何无条件地接纳悔改回头的小儿子。

透过阅读这本书，我才发现这个故事的目標不只是小儿子那个“离家的罪人”，还有大儿子。他虽然留在父亲的身边，而且“从来没有违背过”父亲。弟弟悔改回家，父亲大事庆祝，但是大儿子却愤怒拒绝进入筵席。当父亲接纳小儿子时，大儿子的心思完全被显露出来。

作者表示耶穌所要教导的是不论人是违背上帝的诫命，或是殷勤遵守诫命，都有可能是悖逆并远离祂的人。这个信息很令我震惊，小心谨慎地顺服上帝的律法，也可能成为悖逆并远离上帝。正如我们是不是也是有用顺服来得到我们在生活中想要的东西？作者藉两个迷失的儿子，重新定义“罪”，“迷失”，“盼望”，也让读者认识真正的大儿子，那真正的问题是什么。

这个比喻展示出上帝一掷千金地施恩典。无论是大儿子类型的人或是小儿子类型的人，上帝都愿意无条件接纳及以爱包容

- 吴微虹

# 《都在於祂》 读后心得



在面對這世紀性的疫情當兒，恰巧成团见证组负责人介绍了這本書，《都在於祂》。这让我感受特别的深，因为世間的每一件事，神都參與其中，都在於祂。

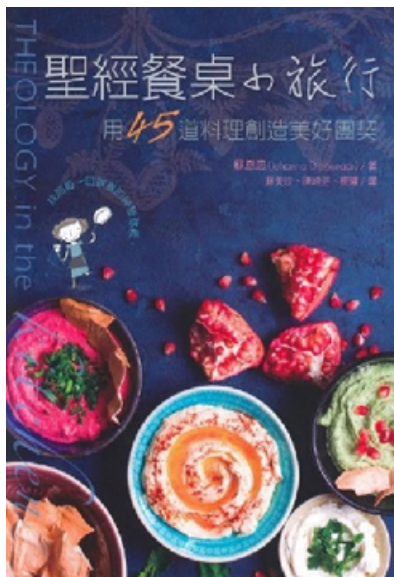
當我們在忙忙碌碌的生活中，停下腳步，抬頭望天，低頭看看周圍環境，細看人生百態，思想生活中每一個細節，就像作者的書名“都在於祂”。我只有驚嘆創造宇宙萬物的主宰啊！祢真是那獨一無二，無所不知，無所不能，無所不在，無所不理的上帝。祢掌控一切，凡事都有祢的时间，祢的旨意。就如聖經記載，祢連我們的頭髮都數過了。

人的眼光，總是短淺的。人都以自己的智慧，知識，經歷，感覺或感受來判斷和處理世間的每一件事情。對錯巧合，其實都難以判斷。不過，相信主耶穌的門徒，就有聖靈與我們同在。人算什麼。世人以財富，地位，權利來評價人的價值和行為。上帝以慈悲怜悯愛我們，祂以犧牲的愛，為世人擔當一切的罪。

我們只是其中一樣的被造物。上帝因愛，賜給我們有生命的氣息，有祂的形象，有祂給我們的智慧，吩咐我們來管理這個地球。從古至今人類從智慧中，製造文明和科技，造福人群。相反的，卻以小聰明，自私自利，唯我獨尊，把世界搞到一場糊塗。國與國戰爭，朝代的替換，黨派的相爭，環境的污染，病毒疾病的產生，宗教的派系爭鬥，同性戀問題，气候的转变等等，這些都是人的驕傲自私悖逆所產生的。

上帝的子民也難免被世界的潮流趨勢所影響。傳道者在傳道書重複提到，“日光之下，沒有新事”，“虛空的虛空，一切皆是虛空”。聖經記載，敬畏耶和華是智慧的開端。【伯二十八：28】敬畏主就是智慧。遠離惡便是聰明。我們生活處事都必須謙卑，自省，相互守望，提醒和糾正，對上帝必須存有敬畏的心。人活在世上的目的就是榮耀神，並以祂為樂，直到永遠。

-黃道財



## 《圣经餐桌小旅行》 读后心得

《圣经餐桌小旅行》是一本很特别的食谱，藉着制作圣经中的料理和有关经文，使读者能够跨时空与圣经时代的人物和事迹相遇。第一次看到这本书，就深深被那鲜艳且富有浓厚中东色彩的封面所吸引。

本着好奇心，想探究到底它如何能带我走进“圣经餐桌”去旅行一趟呢？尤其是面对疫情的肆虐，人们都无法像以往一样到处观光旅行，享受当地的美食。我想来个“圣经餐桌小旅行”也挺不错，或许能为生活增添一些小乐趣，更期待会有意想不到的惊喜，就毅然把它借回来慢慢阅读一番。

翻阅中，看到里头备有十一道菜的图片和食谱，非常吸睛，为要亲自品尝每道色，香，味齐全的菜肴，便有想动手制作的冲动念头。故此，我花了好几个星期，一面阅读，一面带着愉悦的心情，按照食谱一一作出每道的菜肴，与家人共享。

当围在餐桌享受每道菜肴时，我们一起回顾并分享圣经里有关故事的一些情节。原来，把“圣经搬上餐桌”竟带来意想不到的新鲜感，这不一样的餐桌体验，其乐无穷！

第一次的尝试 刚好遇上受难周的最后晚餐，我就制作了逾越节的晚餐，用无酵饼设立圣餐。当晚，我们围着数算上帝救赎恩典并献上感恩，彼此代祷。这样的预备真的为家人带来全新不一样

的体验。当我制作“但以理素食餐”和“每日应用的饮食”的餐食，才体验到原来是如此的清淡和简单却不失营养，更认识到，中东的食材是如此的天然和营养丰富，而且香味特别浓郁，家人们每次嗅到就非常好奇，并猜测这次到底是那道圣经料理，心中充满期待！制作“以斯帖皇后的鸿门宴”及“亚伯拉罕接待天使”的餐食其实没有我想象中的复杂。还有“院子里的爱人”的食材都是以甜食为主，让家人们吃在口里却甜在心里。

过程中，我多希望自己在孩子们还年幼，就能接触到这本可当教材的书。我必会带着孩子们一起进入厨房，一起与他们揉面粉制作出埃及的无酵饼，一起烤羊肉预备逾越节的晚餐；一起捏捏哈曼的帽子馅饼，一起揉面粉做他们喜爱的“佛卡恰”面包，并述说圣经故事，相信会有一番不一样的童年乐趣。还有，可以带他们一起煮食雅各的“咸味”红豆汤；想想，再带着孩子们到郊外一起享用旷野里五饼二鱼的野餐，这又会是怎样的乐趣呢？我深信，透过品尝食物的色香味和圣经故事，把圣经和感受摆在餐桌连接起来，就更能深刻进入孩子们的灵魂深处，丰富他们对圣经知识的理解，亦必永远无法忘怀，一生获益无穷！

《圣经餐桌小旅行》每一章都以圣经谈到的一组食材为主题，内容则分成三部分：

- (一) 简短研讨一段经文或主题。
- (二) 介绍特定的几种食材，解释它们在圣经中的角色以及象征意义。
- (三) 提供简单的食谱，说明如何用那些食材煮出一桌菜。

在此，附上简单九道菜肴的图片与大家分享，剩下两道菜就让大家也走入《圣经餐桌小旅行》，试试动手去制作，相信你必跟我一样会有意想不到的惊喜和收获！

我们日用的饮食，今日赐给我们



亚伯拉罕接待天使



一碗红豆汤~长子名分的代价



设立逾越节晚餐



在旷野摆设筵席



素食者但以理



以斯帖王后的鸿门宴



耶稣喂饱众人~五饼二鱼



园子里的爱人



浪子回家了!

不妨大家也来试做做:

- 「马纳亦什」香薄饼/
- 水果干炖牛肉/
- 烤百花椰秦果沙拉/
- 粗麦奶酪/水果干坚果羊乳酪

马大的厨房

不妨大家也来试做做:

- 羊肉鹰嘴豆泥佐柠檬酱/
- 「拉沙什」薄脆饼/
- 椰枣优格甜点

# 姐妹说40天《爱的挑战》

## 心得分享#1

神用男人的肉和骨头来造女人，祂没有用造男人的方法来造女人就是向我们说婚姻是男女一体，是心灵及生命奇妙的结合。我们会和配偶相知相遇也是上帝的安排，在婚姻生活中所遇的挫折，痛苦，失望，也是有高兴，满足喜乐的时候，这都是要两人一起经历一起快乐；彼此珍惜及相爱，才能将正确的婚姻价值观传承给我们的下一代。

我和我的爱人是结婚十年后才信主。之前我们都知道婚姻关系是有责任，需要付出的，他主外我主内，彼此配搭才能使孩子有家庭温暖，多是以孩子为重。信主后学习更珍惜婚姻关系，感谢教会提供很多夫妻/亲子课程，让我们看到自己不足的地方，可以做适时的补救。

这次的40天《爱的挑战》就好像给自己为婚姻充电。结婚二十多年了，他的很多习惯是现在或将来我觉得是无法改变的了，所以我要学习转变自己的思维。爱是将注意力放在其他方面，不是单单在他那缺点上。人无完美，自己也是不足之处。我常常把他的不好放在显微镜底下放大，却漠视自己的不好，只看他的不好。

经过这几天的功课，学习包容忍耐，瞬间觉得这些都是小事一桩了。因为我们不能要求别人做的更多更好，因为自己也有不足。所以婚姻关系要夫妻彼此鼓励，努力经营，而不是攻击，不是批评。

其实我们彼此都很关心对方，他也是体贴的丈夫。他不喜欢我大声骂人，所以我学习温柔些。因为我们希望配偶如何待自己，自己就要用同样方式待他，并像对待他人一样体贴及重视对方的要求。

感谢这40天里有五位好姐妹陪伴与我一组，我们一起分享，交流生活中夫妻相处之道，有感动，有泪有爱，让我们的姐妹情谊更进一步升华。爱是从上帝而来；爱被视做是对上帝的奉献；爱是感恩报答主的恩典；爱是彼此委身和真诚地尊荣上帝；这是我40天挑战所学习的，它成为我每天爱的指南。

合一，联合，同心，这都是上帝不动摇的心意。这合一的力量在婚姻生活中是永不分开及停止。让我们的婚姻靠主得胜。阿门！

- 吴微虹

## 心得分享#2

在40天《爱的挑战》里，我们这一组共有六人，婚龄最大的有29年；最小的有3年。虽然之前我们这一组的成员很少或不曾交流过，但在这40天里大家都很高兴分享，让我感觉非常亲切和感动。姐妹们彼此的鼓励和分享反映了经上说的你们要彼此相爱，因为这是上帝赐给我们的命令。

在这40天里，上帝再次的提醒了我，婚姻乃是祂所赐的，夫妻能够相遇，相识并结合都是祂的旨意，故此我们每一个人都要好珍惜并感恩祂的看顾和保守。

40天《爱的挑战》里，我最大的得着是夫妻之间要彼此包容，彼此忍耐，最重要的是彼此相爱，因为爱是从神而来的！

- 符月枝

## 心得分享#3

在这40天《爱的挑战》里，我学习到的是我自己要先调整自己的态度，语气当我要与另一半沟通，交流时。很多时候我会因为自己的工作难题，和周遭因素而影响自己的情绪，以至不能好好的与另一半沟通。经过这40天的挑战，我认真的反思，静静的回想，时常会再一次的问自己是否还记得当初相爱的一点一滴？我是否还会记得当时在上帝的面前，对另一半所许下的誓言吗？

在这40天里面我学习到不要轻易就对另一半发飙，要时常想到自己也是一个有缺点的人；另一半也有他的苦衷。我不需要发大另一半的缺点，同时也需要刻意放下各自的手机来增加彼此的亲密关系。

我告诉神，我需要祂，使我们的婚姻与家庭更能荣耀祂的名。阿门！

- 彭洁心

## 心得分享#4

40天《爱的挑战》并不是一个容易和可以随意敷衍的课程。40天的挑战看似很短暂，但要实行起来并不容易，而且需要更多勇气和忍耐在当中。从这个课程里，我可以看清到自己的软弱，自私，高傲。忍耐这功课对我来说非常具有挑战性，当我情绪失控的时候，我总是会把怒气发泄在另一半身上。所以当我看到第一天的挑战“爱是忍耐”时，我感到震惊，因为神非常清楚我的问题和软弱。神要我学习安静，勒住自己的舌头，不说我说了会后悔的话，要用温柔和忍耐的态度跟另一半沟通和相处。

其实爱并不复杂，可以是很简单的。一个真诚的微笑，温暖的拥抱，甜蜜的亲吻，一个问候的信息，一份的礼物，一起的分享，祷告等等就可以改变夫妻之间的关系。更重要的是如果这个关系里没有神的参与，这关系很难维持，也无法走得更长远。夫妻之间的爱是无条件的，就像耶稣爱我们一样，当我们在神面前彼此承诺的时候，我们的爱就不分你我，没有附上任何条件，爱是不求回报。愿我们的爱情和婚姻不仅仅只是结婚日当天步入礼拜堂的仪式而已，而更是步出礼拜堂之后的每一天的俩人相处。我们需要在生活中不断地经历神的同在，在婚姻中亦是如此。

- 李美莹

## 心得分享#5

这40天《爱的挑战》让我学习去“看见”丈夫的优点，学习站在他的立场去想事情，多了解他的想法。有意见不合时，我也学习去思考，谦卑和道歉。因为其实不是每件事情都是我做得对；我也有不对的时候，只是我们处理事情的方式和速度都不一样。我需要学习放慢脚步；而他需要加快速度，这样才能达到平衡点。彼此互相包容，互相了解，互相接纳。用爱去处理事情，不是用分别对与错的态度去解决问题。最后，耶稣的爱再次提醒我，祂爱我是无条件的，今天因为耶稣的爱而结合了我们俩，我应该学习无条件的爱去爱另一半，婚后二人已成为一体了，不应该分彼此。最后想对江明（我的爱人）说，谢谢你给予我的爱和默默的付出，我心里都感受到了。我愿意每天祷告我们俩在世上唯一人生最重要的目标就是：为主而活，天天讨主喜悦！

- 雷志妹

# 弟兄讲40天 《爱的挑战》

## 心得分享#1

5月对我来说，是特别的月份，充满温馨与喜乐。我被邀请参加40天《爱的挑战》。说实在，刚被拉入40天《爱的挑战》群聊时，真不明白这是一个什么样的活动？我只被告知，结了婚的弟兄才有资格参加，而且我们还被“无理”要求尽可能对另一半保持隐密。这在我家是“大事件”，会被太太问责的。幸运的是，有鸿恩牧师，昨安牧师，立伟传道陪伴着我们。如果真不幸被太太追究的话，可以借用他们的“好名声”。没有他们的参与的话，这群聊真是给人一种‘犯罪’集团在偷偷运筹着某些见不得光的勾当。

我被分派去第一组，总共有七个弟兄。组长还特别用心，挑选了英国著名特工007做为我们小组群聊的档案照。过程中，也开始了解到这不是一个圣经课程。但是却很好的将圣经上所教导的，实用在自己心爱的太太的身上。这也是使徒雅各一再鼓励门徒们要尽力去实践，合神心意的品德与行为。【雅1:22-25】：“只是你们要行道，不要单单听道，自己欺哄自己。因为听道而不行道的，就像人对着镜子看自己本来的面目。看见，走后，随即忘了他的相貌如何。惟有详细察看那全备、使人自由之律法的，并且时常如此，这人既不是听了就忘，乃是实在行出来，就在他所行的事上必然得福。”

在这40天里头，我需要做的是：

- 一， 每个早上读一个灵修短文并默想
- 二， 根据材料，完成对称当天灵修短文所设定的挑战
- 三， 每个晚上，根据题目，进行反思。

这40天过得非常的紧凑，有些挑战完全是来不及去进行，有些挑战又触碰底线，以现在的我，实实在在是跨不过的鸿沟。但是总的来说，这40天的挑战，让我真实审核自己是不是一个称职的丈夫，反省自己对待太太的态度，改善自己的缺点。

在这40天的挑战里头，印象很深刻的是某一天的任务是要我预备一份礼物送给太太。並籍着它来表达对太太的思念。送一份礼物，实在是太简单了。但是不知不觉中，我以自己认为是很好的方式去完成任务。而这样的方式总是以自己为中心，是方便自己的但不一定是另一半愿意接受的方式。那一天我真的是向主忏悔，並下决心要更加认真对待她，更花心思在她身上。

回顾这40天的点点滴滴，我可以说是获益匪浅。太太也开玩笑说，难怪她这段时间察觉我很不一样，让她有被爱的感觉。最后，若您很感兴趣，又想要了解更多关于这个40天《爱的挑战》，欢迎您来向我查询。最后也藉此对所有完成40天《爱的挑战》勇士们说：“一起並肩作战太棒了！”

- 许向仁

## 心得分享#2

就在我很忙碌的时候，突然来了一个短讯，问我有没有兴趣接受一个秘密任务。这个任务是长达40天，只是给丈夫们，需要保密，不可以让太太知道。考虑到40天，还要每天做功课就开始有点害怕，因为工作关系，加上学业跟门徒课程，真担心没时间做这些了。但因为好奇心作祟，又不好意思推掉，就硬着头皮答应了。

秘密任务的第一个星期，看了每天的挑战和功课，开始有点紧张，不知道能不能完成。但是很感恩，我们在小组当中彼此的鼓励 and 分享，每天的挑战开始变得越来越简单，而且也发现有些已经是我们常常在家里都在做的一些事。顿时也开始把这些挑战和功课当成是日常生活的一部分了。

之后也开始数算第40天的到来，原因不是因为要快点结束这个挑战，而是很期待告诉另一半有关这个挑战，也很期待太太有什么反应，她有没有发现我的改变。哈哈！

终于到了第40天，真相大公开！买了老婆爱喝的饮料，再跟她说这个挑战。她开始问了很多很多的问题，最后就跟我说了句：“我好像没发现有什么改变！”。天打雷劈！！怎么会这样？！！！！没有改变？？

这时候我开始检讨我自己到底出了什么问题。在这过程中，我突然领悟到了一件事，虽然太太没有发现我有什么改变，但是，我却开始深深的领悟到了，其实，我一路都有在做这些40天挑战的功课，如帮太太折衣服，洗碗之类的。但是，以前我做这些事的时候，心里有时是很不甘心不愿的做！这个挑战让我开始以不一样的心态面对这一切，也让我对太太的需要更加敏锐，“自动牙”也打得比较快，甘心乐意地在太太要求或“命令”前帮太太做家务。这一切的自动自发，是我很多年来都想做都做不到的！

40天挑战结束了，我仿佛又回去了以前的“手动牙”操作模式，但是，圣灵时刻提醒了我，“你的挑战还没结束”。是的，我听到了，这个不是40天的挑战，这是一辈子的挑战，因为我们在上帝面前立了一个永恒的约！

- 陈如国



感恩，因为在今年的6月18有机会与一帮的兄弟姐妹参加三一堂有史以来第一次的线上数码短宣。这次为期3天两夜的CQ数码短宣与之前我所参与的实体短宣有相同亦有不相同之处。

除去了路途上的风景、各样交通工具的搭乘、语言上的障碍、参与的模式，其余的环节都只能透过视觉去感受。比如当地的美食只能视吃；玩乐与学习的时光和他们满满的热情，也都只能透过声音去感受。

在这三天里，我们需要全程开着视频，这一点对我来说有一定的难度。虽然以线上方式的服事也维持了一年多的时间；从一开始的新鲜到现在的平常，很多时候也都有着不开视频的习惯。当视频关着的时候，没有人知道我在干什么，但很多时候，我都在一心二用，就是耳朵听着，手却在另一件事情。不專心的程度也越来越严重，导致参与线上崇拜，也开始慢慢不專心。纵然知道不对，但还是放任自己。神不断提醒我，即使他人看不见，然而

神却一直都在看着。所以现在无论是各样线上活动，都在网络许可下，开着视频以防自己不專心。

话说回来，我原本是没有打算参与这次的数码短宣，而且当时报名已截止。但是听到负责人林诚谕弟兄说还可以参与，就这样在短宣的一个月前，我才决定参与。很多时候，我总是害怕，自己好像并不合适、自己好像没有那个能力，对于自己总是有着很多“我不能”的藉口。但神又透过这次的数码短宣，否決了我对自己的不認可；祂并没有要很厲害的我，祂只要願意我。祂也透過很多人讓我聽見，不是我有沒有這個能力，而是我願不願意、想不想獻上我自己。雖然我所獻上的不一定是最好的、最好的，但那是我盡上我最大的努力，最真的。总的来说，我希望还在犹豫不定的朋友们，你们一定把握机会，“出去闯一闯”，你们就会有意想不到的得着。

- 张孔馨

打从愿意向宣教接受挑战，勇敢跨出去的那一步起，我就决定参加今年六月份18至20日的“数码短宣”。报了名才知道这次的宣教工场是东亚CQ，当真正搞清楚是什么情况后，那时只剩下一个月的时间去做准备了。

可当我知道所要负责的环节是「诗班培训」时，也是我进入忧虑、挣扎期的开始。怎么可能在线上做诗班培训？当时满脑子就是不可能！而且这也不是我的专长，我告诉神我是真的不会做！再加上在这段疫情期间，我把家里许多年前曾参加的诗班声乐课程、指挥培训课程等等的资料全都清理丢弃了！因此，我心中除了焦虑，也曾有好几个夜晚的失眠。我开始犹豫，为何参加短宣，会带给我这么多的压力呢？

在这无路可退的情况下，我勇敢的转向神，顺服在主跟前，求神让我领受从上头来的的能力，从心出发，并靠着圣灵的大能，找回我的“初心”来扛起这宣教的使命。

感谢神为我预备了陈淑翠姐妹，这个属灵的伙伴与我一同并肩前行，我们成为彼此心中的安慰与鼓励。我们努力争取时间商量策划，分头找资料、备课、练习等。感恩、在事奉主的道路上我们必不孤单，在神的恩典里，许多的软弱却变成了刚强。最终靠着主加给我们的力量，我们预备好出发。

「云端旅程」第一天清晨，我们有一个模拟式的起行到CQ工场。中午我们报到后，就在线上期待着与当地的教会的兄弟姐妹们见面。看到他们群聚在一个课堂，对着一个大荧幕，我们彼

此认识后就由苏牧师先介绍当地的文化、原来他们的教会都是以小型方式来执行，人数有几十个到百多个的会友。在我们的组长林诚谕弟兄介绍了三一堂的事工后，接着的节目就有「破冰」与「诗班培训」。

第二天早上教「发声」与「指挥课」；下午练唱一首诗歌给第二天崇拜中献唱。张鸿恩牧师带领了两个晚上的「年轻夫妇课程」及两场崇拜的证道。星期天崇拜后，于中午及下午有分两个场地的行军祷告，我们进行徒步及游车河、边听讲边看景点，然后会停在一个地方为所提出的代祷事项来祷告。我们也与宣教士一起交流、分享心得，了解他们当地的事工，面对的问题、挑战等。我们看到了东亚遍地一片广阔的禾场需要更多的人去开拓。我在这次短宣里所经历的是：我们短宣队员的同心协力，大家有个团结一致的信念，同心摆上，谦卑在主里合一服侍，与神同工。犹如【林前3:6-7】所记载的，“我们所作的各种工作... 无论是栽种或是浇灌，惟在神叫他生长。”

相信大家有看到张鸿恩牧师在六月尾，就是这次「线上数码短宣」之后所写的那篇《每周反思》吧？我的的确确也很有同感：透过疫情，神带领我们有了很多的突破，只要我们有一颗愿意的心“去！做就是了！”。

若将来有机会或是时间许可，我一定要参加实体短宣，去到CQ这个宣教工场，与他们同做主工，并亲身体验当地的文化、参观景点、也当然要品尝道地的美食！

- 郑丽冰



# 放手；交托？



一个突如起来的变色，使我经历了20多天的心里煎熬。我的MySejahtera Profile Status 忽然变色，被列入观察目标。

经过难受的鼻咽拭子测试后，我妈和我的成绩都是阳性。这也表示我们都确诊了，我们所担心的事还是发生了。所有与我们有接触的家人，亲戚和朋友也需要去做拭子测试。面对这样的结果，还有担心其余家人还没出来的检验报告，我慌了，我茫然了，并尝试用尽一切的力量去组织应策。感谢神，一起上《绿本门徒》的同伴们给了我提醒，要我静下心来，转向耶稣，抓住从神而来的平安。

当问题或风浪被放大，它就会瞬间成为站在我们眼前的巨人歌利亚。歌利亚可怕吗？是的，他是个有无穷力量的巨人，但，少年大卫只用一颗小石子，就把巨人打败，靠的不是大卫的聪明，也不是他那只比熊还大的胆子；靠的却是那位在大卫背后帮助和守护他的神。

当下，我心里确实有了平安，我全然放手，交托神。卫生部怎么安排，我就怎么接受。我享受神给我的平安，《绿本门徒》伙伴们的祷告，祝福和爱心关怀。两天后，我却没有了平安，因为胸口觉得闷，卫生部命令我必须到中央医院以便他们可以帮我做详

细的检查。我百思不解，我的神啊，我不是放手，交托了吗？再一次，《绿本门徒》弟兄姐妹的祷告和分享中，我重新检讨自己。我之前的确放手，交托神，却放到太松了，好像一副事不关己的态度。好像现在不是我和家人Positive, 是神Positive了。求神怜悯我的盲目！

想像下以色列人出埃及走到红海前，前有红海死路一条，后有凶悍埃及追兵。摩西祷告神，神为以色列人在红海中开了条路，若以色列人不自己迈出脚步与神同走过这红海，他们能马上逃离埃及的追兵吗？神狠狠的教训埃及人让后人看到神大能的故事脚本可能也要改变了。

我感谢神，我迈出了，交托后不是两手交叉，也不是自己左手握右手，而是握住神的手，和祂一起跨出脚步，拿起小石子，打倒歌利亚。

今天是我隔离最后一天，感谢神，我妈和我都跨过了生命中的“红海”。至于我妹妹一家，虽然第二次的鼻咽拭子测试结果还没有收到，但我深信主必持续保守，阿们！

- 吕颂杰

## 新造的人

【马太福音:26:14-16】“当下，十二门徒里，有一个称为加略人犹大的，去见祭司长，说：我把他交给你们，你们愿意给我多少钱。他们就给了他三十块钱。从那时候，他就找机会，要把耶稣交给他们。”

犹大为了贪财而精心设计出卖耶稣。让我回想起曾经的我也有过这样的经历。自懂事以来50多年，我都是拜民间神明的。我是什么神都拜，最爱财神爷。那时的我，拜得不亦乐乎。

信主之后，这个坏习惯也还未改。我多次求耶稣基督让我发财。我这么用心又认真的祈求了两年左右，但祂却一次都没有‘天降横财’于我。所以我不时的沉溺在悲观中，也开始埋怨起上帝。虽然每个主日我还是依旧到礼拜堂进行崇拜，但却身在心不在。我当时也对神失去了‘信心’，认为祂也不是很灵的。就这样，贪财的欲念使我离弃了真道。

一直到某一天，透过一位牧者的主日证道，神才让我看清楚我

是真的大错特错了。我求错了，当然神就不给我啦！还有，就算信了耶稣基督，但是我还是以前的我，还是那个以自我为中心的我。说白了，我不过是从一个神明转去另一个神明来铸成我的心愿，满足我的私欲。那日之后，我开始责备自己，我真是太自私自利了，从来只想从耶稣基督身上捞取祂的‘油水’，而从来没有认真想想信主后的我能够为神奉献什么，为人做什么？从此以后我就多在祷告中为自己所拥有的而感恩，也不再执着于自己所没有的。我好像犹大那样因为太想发财，而嫌弃了耶稣基督。回想起来，我很惭愧，因为慈爱的父神，从来没有放弃我。甚至透过乐龄团契的弟兄姊妹们的关怀与鼓励，让我重新回归祂的怀抱。

【箴言:3:5-6】“你要专心仰赖耶和华，不可倚靠自己的聪明。在你一切所行的事上，都要认定他，他必指引你的路。”

- 已故陈亚柳

# 三一日间托老中心



还记得在 2014 年初，我从教会一位弟兄口中得知三一日间托老中心正寻找一位合适的中心经理。当时的我没有特别的想法，但是在聆听这位弟兄分享上帝是如何带领这个小组看到照顾长辈的需要，而我也因此被上帝感动了。回家反复的思考自己是否有能力胜任这个职责时，上帝就让我脑子里浮现出许多长辈活动时的有趣画面。

这是我人生路程里从未想过的事，但上帝竟然让我看见了。2014 年六月我开始加入这个事工，也同时去了台湾和新加坡某间日间托老中心观摩及了解关于管理模式，服务理念，活动模式及设施规模等等。

这些长辈们的老年生活是多姿多彩甚至非常充实，而我国的长辈在哪里呢？当然我们的长辈也是需要这么充实的老年生活，可是必须要有这样的机会让他们接触。

我在托老中心就像是一位校长，因为长辈们都称中心为学校。中心是他们每日前往学习的地方。我在中心的责任是行政及人事管理、接待及跟进客户申请、活动计划，跟进及改善、安排员工训练、家庭小组会议、特别节目安排、义工管理、设施管理、宣传等等。

其实长辈就像小孩一样需要爱、关心、关注、肯定及聆听。但是忙碌生活的儿女就无法给家里老的小的周全的照顾。而日照中心正好就是长辈消磨时间最好的地方。长辈们可以透过保健操、智力活动、团体活动及各种手艺活动来充实自己。但是在 2020 年 3 月 18 日，因为突如其来的疫情让中心必须暂停服务，长辈们也失去了原本充实的生活规律。这疫情不止使长辈们失去了人与人的互动，甚至也带来了生命危机。当然对家人也是一种无形的压力，因为要应付短暂专注力的长辈是需要作很多的准备。

我在这七年的服事里也经历了无数的困难及挑战，上帝从未撇下我和同工们，甚至一次又一次的让我们体会上帝最大的诫命-“爱神及爱人”。

在中心的服侍真的让我人生有很多的转变及成长，列如：

- 1) 从不懂到明白
- 2) 从害怕到接纳
- 3) 从随性到规划
- 4) 从被动到主动
- 5) 从逃避到突破

日间托老服务不只是给于长辈们一个照顾服务，更是透过同工们的服侍来分享上帝的爱。除此，也让更多的人可以透过参与服事或担任义工，来突破自己对照顾长辈的恐惧和抗拒。我们能做的很有限，但是若愿意仰望上帝，就凡事都能。

最后，我以马太福音 22 章 37-39 节：“你要尽心，尽性，尽意，爱主你的神。”这是诫命中的第一，且是最大的。其次也相仿，就是要爱人如己。”与大家共勉之。

- 李美玲



# Christians



When I say... "I am a Christian"  
I'm not shouting, "I'm clean living!"  
I'm whispering, "I was lost,  
Now I'm found and forgiven."

When I say... "I am a Christian"  
I don't speak of this with pride.  
I'm confessing that I stumble  
and need Christ to be my guide.

When I say... "I am a Christian"  
I'm not trying to be strong.  
I'm professing that I'm weak  
And need His strength to carry on.

When I say... "I am a Christian"  
I'm not bragging of success.  
I'm admitting I have failed  
And need God to clean my mess.

When I say... "I am a Christian"  
I'm not claiming to be perfect,  
My flaws are far too visible  
But, God believes I am worth it.

When I say... "I am a Christian"  
I still feel the sting of pain.  
I have my share of heartaches  
So I call upon His name.

When I say... "I am a Christian"  
I'm not holier than thou,  
I'm just a simple sinner  
Who received God's good grace,  
somehow!

- Maya Angelou

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Please contact sis Tees (016-856 7739) for more info.

### Method 3



Church members are welcomed to help up as a volunteer as well.  
Please contact sis Tees (016-856 7739) for more info.

# Parents Sunday

