

DISCIPLESHIP & NURTURE



JAN-JUN 2020
COURSES

Bible & Theology

A) DISCIPLE 1

Becoming Disciples Through Bible Study

Ever wanted to read through the entire Bible? DISCIPLE 1 is where you can do this with a community of like-minded people. This first DISCIPLE Bible study serves as the basis for all other studies in the DISCIPLE family that follow. Over the course of 34 weeks, DISCIPLE covers the entire Bible (Old and New Testaments), following the biblical story from Creation to the New Jerusalem. Each session begins with a short DVD presentation, followed by discussions between participants and their group facilitator. As part of the course, participants receive a manual and commit to a daily personal Bible reading framework.

Introductory Session:

11 Feb 2020 / 7.30pm – 9pm (Compulsory)

Dates: 18 Feb – 10 Nov 2020 (Every Tuesdays)

Time: 7.30pm – 9.45pm

Cost: \$30 (inclusive of Course Manual)

B) OT Study: Daniel

The stories from the first half of the Book of Daniel are familiar Sunday School material, but no-one writes a book for the audience to read only half of it! This course focuses on how to understand the Book of Daniel as a whole, in light of its historical context and genre.

Dates: 19, 26 Feb; 4, 11 Mar 2020

Time: 7.30pm – 9.45pm

Cost: \$10 (inclusive of course materials)

C) Encountering the Holy Land through Mark

This seminar, together with visual presentation, invites you to take an unforgettable journey to the various sites in the Holy Land as seen through the Gospel of Mark. We will investigate the connection between archaeological excavation of Capernaum and the healing of the paralytic man (Mark 2:1-11); explore the significance of Beit She'an and the healing of the demon-possessed Gentile (Mark 5:1-20); read the Bible afresh as we unearth the significance of the temple of Pan in Caesarea Philippi and the crucial question Jesus asked his disciples of who he was (Mark 8:27-33); examine the importance of the discovery of the "Gentile prohibition inscriptions" and the cleansing of the Temple (Mark 11:15-18); and much more.

Come and see, feel, and walk with Jesus and his apostles in Galilee and Jerusalem, and let the Gospel of Mark speak to us.

Dates: 28 Mar 2020

Time: 9.30am – 12.30pm

Cost: \$10 (inclusive of course materials)

D) Miracles of Jesus

Is there more to the miracles of Jesus than just deeds of power? This 6-week study gives you an in-depth look at the miracles of Jesus that will open your eyes to their impact on the lives Jesus touched, what they reveal about the heart of God, and their significance for you today. Every session opens with a DVD teaching followed by group discussions helping you to apply what you learn to your life. Join us in this study and learn to grow in knowing God's heart for your community.

Dates: 23, 30 Mar; 6, 13, 20, 27 Apr;
4 May 2020 (Mondays)

Time: 9.30am – 11.30am

Cost: \$10 (inclusive of course materials)

E) Grasping the Word of God

Find it challenging to understand God's Word? Want to find a simple way to study God's Word? This 4-week course shows you a simple way to get a grip on Scripture. Join us to learn how to read, how to interpret, and how to apply the Word of God. The course incorporates both theory and practice. Participants will learn through actual practice of the different steps. The course will bring you through the process in three sections:

- i. How to read the Book – Basic Tools
- ii. Contexts – Then and Now
- iii. Meaning and Application

Dates: 1, 8, 15, 22 Apr 2020

Time: 7.30pm – 9.45pm

Cost: \$10 (inclusive of course materials)

Spiritual Formation & Retreats

A) Day of Simple Reflection

This day offers one the opportunity to reflect on self and God that we may grow in self-awareness and God-awareness. Learning to reflect and becoming self-aware is a first step towards growing in wholeness and holiness. Each day of simple reflection will have a different theme. You will be guided in simple reflection exercises in groups, some individual time and group sharing. This is NOT a silent retreat, but it can help to prepare you to go on a silent retreat.

Dates: 4 January and 4 July (9.00am-4.00pm)

Venue: Retreat centre (to be confirmed)

Cost: \$20 per person

B) A Quiet Morning for First Timers

A gentle introduction to a prayer retreat experience... an opportunity to learn and experience spending a quiet morning with the Lord with a little taste of silence and solitude. Recommended for those who have never been on a prayer retreat to “come and see”.

Date: 18 January, 8.00am-1.00pm

Venue: Lifesprings Canossian Spirituality Centre,
100 Jalan Merbok, Singapore 598454

Cost: \$10 per person

C) A Quiet Day with the Lord

This one-day guided retreat gives more space for silence and solitude with the Lord, an unhurried space to listen, reflect and journal. Participants will be guided through meditation on Scripture with a particular focus for the retreat. Recommended for those who need to pause from the busyness of life, who are spiritually dry or who desire to draw near to God.

Date: 8 Feb, 1 August, 21 November (9.00am-5.00pm)

Venue: Lifesprings Canossian Spirituality Centre,
100 Jalan Merbok, Singapore 598454

Cost: \$45 per person (includes lunch and a single room)

D) Tending the Soul Retreat

This is a stay-in silent retreat which offers a sacred space to come away and abide in the Lord's presence and find your rest in Him. It is a time of rest, of silence and solitude and quiet listening to the God who loves you. It is an opportunity to experience God and let Him refresh and tend to your soul. One will enjoy two full days of silence. An experienced spiritual companion will be available to guide you on your retreat.

Date: 4 June (5.00pm) - 6 June (5.00pm)

Venue: Lifesprings Canossian Spirituality Centre,
100 Jalan Merbok, Singapore 598454

Cost: \$150 per person
(includes accommodation and meals)

E) Retreat in Daily Life (in Lent)

Take time during the season of Lent to draw close to God through this two-week retreat in daily life. This retreat is done in the midst of one's daily living and not at a retreat centre. It is about intentionally setting aside 30 minutes daily to spend with God over a two-week period. With assistance from a spiritual director, Bible passages are given for prayer and one is taught and guided to listen to God through Scriptures. It can bring a refreshing change to how you spend your quiet time with God as well as help you to develop a habit of seeking God daily. Recommended for those who desire a close or renewed relationship with God.

Dates: 21 March - 4 April

Venue: PLMC (Opening and Closing Sessions)

Cost: \$20 per person

SPECIAL ARRANGEMENT FOR A PERSONAL RETREAT IS POSSIBLE

If you find yourself needing space to seek God and the scheduled retreats above do not fit your schedule, special arrangements can be made for you to have an individually guided silent retreat any period of time that suits you. Guidance of a trained spiritual director will be available on your retreat. Do contact Soo Hoong at 62851234 if you are interested to do a personal retreat.

F) The Way of The Cross

Take a quiet morning on this unique Saturday (in-between Good Friday and Easter Sunday) to contemplate Jesus our Lord and His journey to Calvary by walking the Way of the Cross at the Garden of Remembrance.

Date: 11 April 2020

Venue: Garden of Remembrance,
920 Old Choa Chu Kang Road,
Singapore 699815

Cost: \$20 per person

G) Companions in Christ

This is a small group spiritual formation course which helps us to grow spiritually, that is, to grow in communion and wholeness in Christ. The course focuses on our experience of God and discovery of spiritual practices that opens us to share more fully in the life of Christ. The course will take us through:

- the practice of learning to listen to God through Scripture and to let our lives be shaped by the Word;
- experiencing new dimensions of prayer, trying fresh ways of opening to God and learning what it means to practice the presence of God;
- reflecting on Christ's call in your life and discover anew the gifts that God is giving you for living out your personal ministry;
- experiencing the true meaning of a Christian community as we grow together with members in our small group and learn skills that allow our small group to become settings for spiritual guidance to one another.

The 28-week course is divided into 5 parts with interesting daily exercises that help you to look at your faith journey and relate with God.

Cost: \$20 (inclusive of course materials)

Church & Ministry

A) Baptism & Membership Class (Adult/Youth)

This 6-week session is for anyone who wants to make a declaration of faith through baptism or making a commitment to become a member of PLMC. The sessions cover the distinctives of PLMC, basic theology as well as our Methodist distinctives through lectures and small group discussions. Applicants for baptism/membership/transfer of membership must submit completed application form available at Contact Point by stipulated date. Incomplete form will delay the process of your application.

Criteria for Baptism:

- i. Profess faith in Jesus Christ as personal Lord and Saviour
- ii. Have completed the Baptism and Membership Class

Criteria for Membership:

- i. 16 years and above
- ii. Already baptised
- iii. Have attended PLMC for at least 6 months
- iv. Preferably attending a cell group in PLMC
- v. Have completed Baptism and Membership Class

Criteria for transfer of Membership:

- i. Have attended PLMC for at least 6 months
- ii. Preferably attending a cell group in PLMC
- iii. Completed Baptism and Membership Class

Dates: 1, 8, 15, 22 Feb; 14, 21 Mar 2020 (Saturdays)
/ 2.30pm – 5.00pm

Ministry Weekends: 29 Feb and 7 Mar 2020
/ 9.30am – 3.00pm

Baptism Service: 22 Mar 2020 / 3.00pm

Confirmation Service: 29 Mar 2020 during services

Cost: FOC

B) Infant/Child Baptism Parent's Briefing

Parents who want to have their child(ren) baptised must attend this briefing by the pastor and at least one parent has to be a baptised Christian and member of PLMC.

Date: 9 Mar 2020
Time: 7.30pm – 9.00pm
Cost: FOC

C) Faith at Home

Increasingly, we are seeing a large number of second- and third-generation Christian youth and young adults who fall away from the faith, because they lack a strong spiritual foundation that can only be built at home, and from young – through intentional parent-child discipling and positive role-modeling. This series of workshops aims to help parents see why faith at home is so critical and helps parents to become disciple-makers in their own homes. At the end of this course, participants should be able to:

1. Understand the Biblical role of parents in bringing up their children;
2. Understand the unique parent-church partnership in a child's spiritual formation;
3. Understand and apply the basic principles of leading family devotion time; and
4. Write a simple family devotional lesson plan that can be used and shared.

Dates: 16, 23 Feb; 1 Mar 2020 (Sundays)
Time: 2pm – 5pm
Cost: \$20

D) SkillsFuture Advice

In our ever-changing society, one crucial challenge is to equip ourselves with new skills for the new future and embark on a journey of lifelong learning. But how do we plan for our skills upgrading and lifelong learning? Join us at SkillsFuture Advice to:

- i. Learn about skills upgrading and lifelong learning resources available;
- ii. Learn the latest global and local trends in skills;
- iii. Discover personal interests in work by doing the RIASEC profiling test; and
- iv. Take steps towards skills upgrading, embracing technology and lifelong learning.

Date: 4 Apr 2020
Time: 10.00am – 11.30am (Lunch provided)
Speaker: Central Singapore CDC Team
Cost: FOC

E) Workplace EQ & Relationship with Senior Colleagues

Working in a multi-generation environment? Do you want to know how EQ can help you in your workplace? Join us for this talk by Center for Seniors. They will share with you some insights into the key characteristics of different generations and how best to communicate, connect and work with colleagues of different generations. Come and find out also how emotional intelligence could help you in your daily work and get useful tips on managing emotions in a highly diversified workforce.

Date: 16 May 2020
Time: 9.30am – 1.00pm
Trainer: CFS Trainers
Cost: FOC

F) Basic Counselling

The Basic Counselling course is a 6-session workshop that aims to equip participants with the fundamental skills and knowledge to be effective people helpers. Participants will be taught attending, listening and responding skills.

Role-plays, case studies and discussions will also be incorporated in the training. Participants are required to complete the relevant readings from the book, *How to Be a People Helper* by Gary Collins.

Dates: Saturdays: 6, 13, 20, 27 Jun and 4, 11 Jul 2020

Time: 10.00am-1.00pm

Cost: \$40 (inclusive of course reading materials)

Family Life

A) The Parenting Children Course (TPCC)

Under great pressures of today, parents face bewildering choices to practise effective parenting. While striving to keep family-life in check, we often forget that our children do not come with an instruction manual. The Parenting Children Course is a 5-session course designed for any parent or caregiver, regardless of their parenting skill level. Learn to build strong foundations, the 5 love languages, how to set boundaries with love, and more.

Dates: 7, 14, 21, 28 Feb & 6 Mar 2020

Cost: \$6 per person

B) PLMC Marriage Preparation 2020

This course aims to help you and your partner understand your relationship and be better equipped together. Topics like Biblical View of Marriage, Communication, Commitment, Resolving Conflict, Keeping the Love Alive, and Shared Goals and Values are covered. A Prepare-Enrich Assessment for the couple and small group facilitation are included in the course which is held once a year.

Dates: 1, 8, 15, 22, 29 Apr, 6 & 13 May 2020

Cost: \$100 per couple

Get to Know Your Trainers & Speakers

1. Center for Seniors (CFS)

CFS was founded in 2006 and is committed to promoting the total well-being of older persons in Singapore, especially in their vocational, financial and psycho-social health. Their mission is to encourage seniors to be gainfully employed for as long as possible, and to remain actively engaged in the community in order to foster an active ageing mind-set in our seniors.

2. Ms Judy Chiam and Ms Jeanette Aquino (DISCIPLE 1 Facilitators)

Judy and Jeanette are active members of PLMC serving in various capacities. They were the first batch to complete DISCIPLE 1 & DISCIPLE 2 in PLMC. Both are trained D1 facilitators and have facilitated a DISCIPLE 1 course in PLMC. Their experience as participants and facilitators has equipped them with the skills to journey along with you in the D1 class fruitfully.

3. Mr Daniel Lee (OT Study: Daniel)

Daniel Lee is a PLMC member and currently sent by the church as a student at Trinity Theological College (TTC), Singapore.

4. Ms Grace Phoon (Basic Counselling)

Grace is a trained counsellor with more than six years of experience in counselling people from all walks of life.

5. Rev Dr Lim Kar Yong (Encountering the Holy Land Through Mark)

Rev Dr Lim Kar Yong is passionate about anything related to the New Testament. Because of this interest, he pursued his PhD in the New Testament, and currently teaches at Seminari Theoloji Malaysia and other seminaries in Malaysia and the region. He also finds time to research and write as well, and has authored four books and numerous academic essays. His latest book, *Following Jesus: An Illustrated Guide to the Places in the Holy Land According to the Gospel of Mark*, features more than 180 photographs of the Holy Land in full colour. He also serves on the Boards of World Vision Malaysia and Bible Society of Malaysia.

6. SkillsFuture Advice Team @ Central Singapore

SkillsFuture Advice was launched in October 2017, and is a community outreach initiative to help more Singaporeans understand the importance of skills upgrading and lifelong learning. They provide tailored sessions to create AWARENESS on the future of work and the ever-changing industry and skills trend. They also help Singaporeans to be able to take action in embarking on their skills upgrading and lifelong learning journey.

7. The Treasure Box (Faith @ Home)

Elvin and Esther have been happily married for 11 years and have 2 lovely children – Nathan (8) and Phoebe (6). They are the founders of The Treasure Box SG – a products and services company that aims to inspire, train and equip parents with the tools they need to lead their families in seeking God together – as well as full-time itinerant family and kids ministers. Elvin and Esther are also trained marriage mentors and speakers with Focus On The Family Singapore. They believe that every parent's first ministry is to their home - and their first disciples are their own kids. Their vision is for a generation of spiritually healthy families to rise up and display Jesus' love to a lost and broken world.



A FAMILY BLESSED TO BLESS THE COMMUNITY AND THE NATIONS

5 Boundary Road S(549954) • Tel: 6285 1234 • Fax: 6285 4434

nurture@plmc.org • www.plmc.org

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