

heartbeat@PLMC



Ash Wednesday was observed at the March Corporate Prayer Meeting. Members going on mission trips were also commissioned..
我们在三月份的联合祷告会中守圣灰星期三，也为三月份即将展开的八次宣教之旅祷告。

Observing the Season of Lent 遵守四旬期

The season of Lent is a 40-day period of reflection, fasting and praying as we prepare our hearts for the ultimate show of love—Christ's sacrificial death on the cross and resurrection to accomplish the Father's plan to save sinners once for all.

This year, PLMC marked it with several initiatives, starting with observing Ash Wednesday at March's Corporate Prayer Meeting. The solemn Imposition of Ashes ritual was a reminder of our mortality and dependence on God for our salvation. We also prayed for the eight mission trips in March, committing the trippers to the Lord as they stepped out to share the Gospel and share Jesus' love for the world.

The Missions Ministry produced a 40 Days of Prayer and Fasting for the Nations devotional guide for members to follow along.

On top of the Corporate and Missions Prayer Meetings on the first and third Wednesdays respectively, some young adults organised prayer rooms on Wednesdays for cell groups to come together to pray.

May we never lose sight of what it cost Jesus to redeem us and give us hope of life eternal.

四旬期是一个为期40天反思、禁食和祷告的时期，我们在此期间预备自己的心，迎接至高无上的爱—基督为成就天父拯救罪人的计划，甘愿牺牲自己，被钉十字架并复活。

今年，PLMC 通过多项活动来度过这一神圣的季节。三月份的联合祷告会格外意义深远，因为我们在本次聚会中守圣灰星期三。庄重的施灰仪式提醒我们生命的短暂，以及我们对神的救赎完全的倚靠。此外，我们也为三月份即将展开的八次宣教之旅祷告，将所有宣教队员交托于主，愿他们踏上旅程，勇敢传扬福音，为我们的主和救主耶稣基督作见证，并向世界分享祂的爱。

宣教事工团队为会众编写了《为万国祷告与禁食40天灵修手册》。除了联合祷告会和宣教祷告会外，一些青年人也聚集在一起，在整个四旬期的每个星期三组织祷告室，让小组成员共同祷告。

愿我们永不忘记耶稣为救赎我们所付出的代价，并持守祂所赐的永生盼望。

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Art of Marriage Retreat

Would you recommend the Art of Marriage Retreat to your friends? The answer was a resounding 'yes' from the 24 couples who attended the latest run from 13 to 15 March at St Giles Southkey in Johor Bahru. Organised by the PLMC Family Life Ministry with Cru Singapore, the retreat aimed to help couples strengthen their marriage. Sessions included expert teaching, engaging stories, man-on-the street interviews, humorous vignettes, and more to portrayed both the challenges and the beauty of God's design for marriage. Two participants shared their key takeaways below:



Gerard & Joy Ling

I thought I knew what marriage was but The Art of Marriage gave me greater understanding and insights to what marriage really is and that gave me greater faith and hope in my marriage. Truly blessed by the stories of other couples who shared because of that, I feel assured that I am not alone and that many who have faced similar issues as I did, managed to overcome it and build a stronger marriage. — *Joy Chia*



James & Esther Yip

The retreat was a game-changer for our marriage. Through the insightful teachings, engaging videos, and heartfelt sharing, we gained a deeper understanding of each other and our relationship. We were reminded that marriage is a beautiful, divine institution that requires effort, commitment, and a willingness to grow together.

We gained practical tools to strengthen our communication, conflict resolution, and intimacy. We learned how to navigate our differences, forgive each other, and cultivate love, respect, and appreciation. The retreat helped rekindle our passion for our marriage and our faith. We left wanting to be more united, more in love, and more committed to building a strong, Christ-centred marriage. — *James Yip*

Discipleship Class: Early Missionaries in Singapore

门徒课程: 早期宣教士在新加坡



3月18日及25日，活石邀请李宗高牧师博士(上图)分享早期宣教士在新加坡的故事与宣教历程，讲述新加坡教会早期建立的过程，以及福音如何在新加坡扎根并传播。同时，这也鼓励大家积极参与教会的宣教外展或宣教活动。每堂课程分别有超过30位弟兄姐妹参加。

On March 18 and 25, our Living Stones Mandarin Service invited Rev Dr Lee Chong Kai (pictured above) to speak about the early missionaries to Singapore as well as the establishment and growth of the church as the Gospel took root and spread. It was hoped that members would be encouraged to participate in PLMC's Year of Expansion activities to bless the nations. Each session attracted over 30 attendees.

第一堂：

这节课让我对新加坡早期福音的开展工作有了更深入的认识。那些远渡重洋来到新加坡的宣教士们，他们的信心与坚持深深触动了我。在神的带领下，他们克服语言障碍，把握每一个机会，将福音传播到这片土地。正因如此，新加坡才有了第一间教会、第一位基督徒，甚至第一位被按立的牧师。其中，最让我印象深刻的是第一位来华宣教士马礼逊的助手——米怜的故事。由于没有受过高等教育，伦敦宣教会最初认为他不具备成为宣教士的资格。然而，米怜对传福音的热忱无比坚定，即使只是照顾马礼逊的生活起居，他也甘愿承担。来到新加坡后，他不仅兢兢业业地服侍，还勤奋学习中文，并钻研神学。最终，他竟然协助马礼逊完成了第一本中文圣经的翻译。这个故事让我深刻体会到：只要我们愿意，神就能使用我们成就伟大的事。因为所有的才干、恩赐都来自祂。愿我们每个人都能向神回应：“Yes! 我愿意！”让祂来使用我们、差遣我们，成为这个世界的祝福。

第二堂：

上了两堂“早期宣教士在新加坡”的课程后，我对基督教传教士在新加坡的历史及他们的贡献有了更深入的认识。我了解到，早期的宣教士不仅致力于传福音，还在教育和医疗领域作出了重大的贡献。他们创办了许多学校，为新加坡的教育发展奠定了基础，他们也为早期新加坡社会提供了医疗服务。正是因为他们的努力，我们今天才有了这些教育和医疗机构。他们希望通过教育和医疗将福音传播给更多的人。此外，我也认识到，早期的宣教士不仅仅是西方传教士，也有许多华人同工，他们同样在福音的传播中发挥了重要作用。这两堂课让我深刻体会到，传福音不仅仅是宣教士的责任，而是每一个基督徒都应当承担的使命。我们应当向他们学习，积极地将福音传扬出去。最重要的是，顺服神的呼召，跟随祂的旨意前行。— 李园园与陈玉兴姐妹分享她们从课程中学到的重点和感想。



Jana Alayra Live Family Concerts at PLMC

Over two days, the PLMC Sanctuary rang out with the joyous sounds of children worshipping and praising the Lord alongside Jana Alayra.

The renowned singer and songwriter of children's worship songs such as *Everybody, Everywhere; It's About L-O-V-E, Love; and Jump Into the Light* held family concerts here on 22 and 23 March. PLMC also hosted a Praise and Worship Conference for children's ministry leaders on Friday 21 March, where Jana was the keynote speaker.

The events were organised by The Seed Project and supported by Scripture Union Singapore.

Over 800 children and parents turned up for the first concert on Saturday, while Sunday's event attracted about 1,200 people.

Different age groups were called out to the stage area to join Jana in praise. Even the mummies and daddies had their turns, to loud cheers from their children.

Supporting Jana was an energetic children's choir. Among them were kids from our Silver Boxes Children's Ministry, including Audria Thng, aged nine, who said: "I feel super happy and excited to serve the Lord." Her brother Adler, six, added: "I'm happy that I'm dancing for Jesus!"

It was an awesome sight witnessing the generations — from babes in arms to young adults who had grown up with Jana's songs, from parents to even the elderly — all singing and dancing to the Lord! – Carolyn Lee



Jana Alayra's concerts were a hit especially with young ones who sang and danced to her familiar songs. It was also a treat for the children and leaders of PLMC's Sunshine Kids. Images courtesy of Scripture Union Singapore, reproduced with permission.

events in

APR 2025

SUN	MON	TUE	WED	THU	FRI	SAT	
		01	02	03	04	05	
		<ul style="list-style-type: none"> Family Life: The Significant Couple Engaging the World & Communities (till 17 Jun) Companions in Christ (ev Tue, till 13 Sep) Disciple 3 (till 21 Oct) MS Prayer Meet (ev 1st Tue) GYM Stretch & Tone (ev Tue & Fri) 	Corporate Prayer Meeting	<ul style="list-style-type: none"> Disciple 1 (till 27 Nov) Marriage Preparation Course (till 26 Apr) GYM Line Dancing (ev Mon & Thu) 	GYM Stretch & Tone (ev Tue & Fri)	<ul style="list-style-type: none"> Outreach – Woodleigh Sonshine Kids Cell Leaders Training Baptism & Membership (Eng & Mand, till 3 May) MS Disciple Walk 	
	06	07	08	09	10	11	12
New Visitors Welcome Lunch Silver Boxes Zone 2 Zoo Outing	<ul style="list-style-type: none"> Companions in Christ (ev Mon, till 13 Sep) Christian Believer (till 6 Oct) GYM Line Dancing (ev Mon & Thu) 	Outreach – St Luke's Serangoon, Friends of Jesus	<ul style="list-style-type: none"> Missions Prayer Meeting (ev 2nd Wed) Marriage Preparation Course (till 26 Apr) 	GYM Senior Connect	Outreach – Shaw Road	<ul style="list-style-type: none"> Outreach – Buangkok Sonshine Kids Cell Leaders Training Managing Caregiver Stress workshop by Fei Yue 	
	13	14	15	16	17	18	19
Palm Sunday		Outreach – St Luke's Hougang, Friends of Jesus	Missions Prayer Meeting	Maundy Thursday Service	<ul style="list-style-type: none"> Good Friday Services Outreach – Shaw Road 	<ul style="list-style-type: none"> Outreach – Serangoon Sonshine Kids MS Disciple Walk 	
	20	21	22	23	24	25	26
<ul style="list-style-type: none"> Easter Services Bahasa Fellowship 	<ul style="list-style-type: none"> Infant/Child Baptism Parents' Briefing WSCS Outreach – Anglican Family Centre Floral Outreach class (till Jun 9) 	<ul style="list-style-type: none"> LCEC Outreach – St Luke's Hougang Meadow, Friends of Jesus 			Outreach – Hope SCC, Shaw Road	<ul style="list-style-type: none"> Outreach – Lor Lew Lian, Serangoon Sonshine Kids A Quiet Day with the Lord retreat 	
	27	28	29	30			
Missions Sunday		Outreach – Friends of Jesus					

Note: Listing is not exhaustive

A FAMILY BLESSED TO BLESS THE COMMUNITY AND THE NATIONS

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