

heart+beat@PLMC



PLMC's Holy Week observances included the meditative Tenebrae service of darkness, as we pondered Jesus' journey to the cross..
PLMC 圣周纪念活动包括冥想的黑暗和阴影的Tenebrae仪式，引导我们思考耶稣走向十字架的旅程。

Holy Week: A Time to Reflect, Renew & Rejoice 圣周: 反思、更新与欢欣的时期

During our Holy Week services, the PLMC family remembered Christ's sacrifice of love for us and celebrated His resurrection that brought us hope with services in April.

Maundy Thursday was observed with the Tenebrae service. Amid the dimming lights and growing darkness in the Sanctuary, worshippers reflected on Jesus' journey to the cross and the price He paid for our sin through hymns, songs and passages from the Gospel of Mark.

The contemplative mood continued on Good Friday, as Pastor in Charge Rev Dr Kow Shih Ming preached on how we can persevere and overcome darkness with God's help, holding onto Him and the hope He offers.

On Sunday, we celebrated the resurrection of Christ on Easter, securing victory over sin and death and granting life eternal for us. Guest preacher Judith Halim urged us to surrender our desires and seek the Lord's perfect will, purpose and plan for us instead. — *Geraldine Yeo*

在圣周礼拜期间，PLMC 大家庭以四月的礼拜来纪念基督为我们付出的爱之牺牲，并庆祝祂的复活给我们带来希望。

濯足节星期四举行了晚祷。随着圣所逐渐昏暗，阴影和黑暗逐渐加深，信徒们被引导通过赞美诗、歌曲和马可福音的经文来反思耶稣走向十字架的旅程以及祂为我们的罪付出的代价。

在耶稣受难日，默想的气氛持续进行，林建成牧师宣讲关于上帝的使命以黑暗告终。

复活节那天，在欢庆的气氛中，王洁生牧师敦促说，由于耶稣的复活，信徒应该全然为神而活。

Please turn to the next page for more photos of our Holy Week events.

请翻到下一页查看更多圣周纪念活动的照片。

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PLMC's first Inter-generational Workshop

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门徒课程: 早期宣教士在新加坡

Young Adults Hotspots: Finance and NS

Events in May



A big 'Thank You' to our photographers Chris Cardano, Leo Celino, David Goh, Jack Kwok, Tetty Teh, and Kirsten Yap.

A Family that learns together:

PLMC's First Intergenerational Workshop



How well does the Singapore Church engage across generations?

On 12 April 2025, 50 participants from PLMC across different age groups and ministries attended the first intergenerational workshop organised by the PLMC Bridge Building Task Force with The Generations Project.

The workshop aimed to equip participants with insights of generational trends within the Singapore Church in order to grow in humility and understanding when working with one another. With greater awareness of the distinct trends that each generation faces at a similar life stage, participants are more aware when relating to others within their ministries across the generations moving forward. — Rachel Loh

What Participants said:

“ I've often tried to put myself in the shoes of my first-generation Christian parents who had to raise four children. This talk helped me to empathise with the older Christians and also made me imagine what kind of Christian family I now desire to have in the future after having heard the struggles faced by the generations before. ”

– Amanda Cheng (Gen Z)

“ What Wei Hao shared about Gen X resonated with me. We are living in a radical world and we need to be relevant to make an impact. ”

– Toh Bee Lian (Gen X)

“ I found this very enlightening and informative and gives me greater understanding into working and communicating more effectively with my ministry members. ”

– Paul Seow (Boomer)

“ Understanding the unique traits of each generation helps us connect and relate more meaningfully. My key takeaway is that I must approach everyone I work or serve with with humility, respect and a non-judgmental heart. ”

– Patricia Tay (Boomer)

“ It was eye-opening and a good reminder that each generation has its own unique experiences that inform its expectations of the church and of other generations. It was encouraging to see church members from different generations dialoguing with and affirming one another, sharing a common love for God's people and His church, and a desire to grow as a church family that embraces differences 😊 ”

– Tay Yi Xin (Millennial)



门训课程 《早期宣教士在新加坡》之城市步行 Living Stones' Early Missionaries in Singapore City Walk

清晨微凉的4月5日星期六，我参加活石华语崇拜举办的门训课程《早期宣教士在新加坡》，由曾俊盛弟兄带领的城市步行活动。此次的步行必须要完成由李宗高牧师博士在教会开设的两个晚上的课程，学习早期宣教士在新加坡的故事与宣教历程，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被宣扬。

当日早上7点30分，感谢主虽然天色下着微雨过没一会儿后变转晴，我们一行9人任执积极学习的态度准时在感恩堂卫理公会集合，展开了为时三小时的信仰步行之旅。从皇后街 (Queen Street) 出发，途经宾利士街 (Prinsep Street)、索菲亚山 (Mount Sophia)，最后在国泰戏院 (The Cathay Cineplex) 圆满结束。这次步行也由建成牧师与沙龙传道协助协调。俊盛弟兄使用连接手机的麦克风进行讲解，所有参与者则通过WhatsApp群组语音一同聆听讲解内容，既便利又清晰。

此次导览的重点包括新加坡多间早期教会的历史与背景，如：

- 感恩堂卫理公会 (Kum Yan Methodist Church)
- 善牧主教座堂 (Cathedral of the Good Shepherd)
- CHIJMES
- 圣伯多禄与圣保禄教堂 (Church of Saints Peter & Paul)
- 长老会磐石教堂 (Prinsep Street Presbyterian Church)
- 马来基督教会 (Church of Christ of Malaya)
- 三一神学院旧址 (Trinity Theological College former site @ Mount Sophia)

俊盛弟兄详细讲述了这些教会如何由宣教士建立、以及背后的信仰见证与牺牲精神。此外，我们还走访了马格音·阿博犹太会堂 (Maghain Aboth Synagogue) 和卫理公会甘榜加卜堂 (Kampong Kapor Methodist Church) 的首个聚会地点 (位于Middle Road 155号)。该地曾是宣教士索菲亚·布莱克摩尔 (Sophia Blackmore) 的服事聚点，她也是花菲立卫理学校 (Fairfield Methodist Schools) 及美以美女校 (Methodist Girl's School) 的创办人。如今，该建筑已改为“Objectifs”摄影与电影艺术中心。

总结：透过俊盛弟兄生动且有趣的讲解，我因此获益不少。这段旅程不仅是一场历史学习，更是信仰的反思与激励。我们今日所蒙的福气，源自于昨日有人甘心付出、不懈努力，为主奉献他们的时间，金钱和精力。这是我们信仰先辈用汗水与祷告所留下的美好见证。让我对新加坡教会历史有了更深的认识，也更珍惜今日基督教会群体中所享有的丰盛恩典与福气。——曹慧玲姐妹

Over two Saturdays, on April 5 and 19, about 20 of our Living Stones Mandarin Service worshippers went on a walk through time to the early days of Christianity in Singapore.

We had to first go through a discipleship course in March on the Early Missionaries in Singapore conducted by Rev Dr Lee Chong Kau, who was lecturer at the Trinity Theological College before his retirement.

Led by cluster leader Chan Choon Seng, who is a licensed tourist guide, the groups started at Queen Street before making their way to Prinsep Street, and Mount Sophia before ending at Cathay Cineplex.

The three-hour walk covered landmarks such as Kum Yan Methodist Church, Cathedral of the Good Shepherd, CHIJMES, Church of Saints Peter & Paul, Prince Street Presbyterian Church, Church of Christ of Malaya, Maghain Aboth Synagogue, and the former sites of the Trinity Theological College and Kampong Kapor Methodist Church.

History came alive and I felt renewed gratitude for the faith of the missionaries and early church planters, which paved the way for the church in Singapore today. — Evelyn Cho



4月5日，我参加了由曾俊盛弟兄带领的城市步行——参观新加坡早期被建立的教会。行程中，俊盛弟兄带领我们走访参观了卫理公会感恩堂、赞美广场、天主教善牧座堂、长老会磐石堂、及三一神学院旧址。结合不同教会及事工的历史，详细地介绍了早期宣教士在新加坡的福音拓展工作及教会的建立。透过此次行程，早期宣教士及早期教会的工作跃然眼前。宣教士及早期教会对新加坡的教育、尤其是双语政策奠定了良好的基础，许多学校被设立，至今仍在新加坡社会中发挥着重要作用。上帝深爱新加坡，祂早已看见新加坡。祂差遣祂的仆人在这片土地上宣扬福音，设立教会，创办教育，影响社会，并在他所预定的时间使用新加坡，成为周边国家的祝福。我们应该投身到上帝所开展的工作当中，在福音工作与社会关怀工作中与上帝同行，将耶稣的爱更多地带到新加坡的社会中。——李沙龙传道



乃是依靠我的灵

4月19日，黎明即起，跟着专业导游俊盛弟兄在闹市间走走停停，以前经过时不会特别留意的一幢幢老建筑突然间开口说起各自的前世今生，伴着俊盛滔滔不绝的讲解，老建筑们或以它古老斑驳的墙砖，或以门旁一片小小的说明铭牌……在讲述了神对新加坡的眷顾和引领。

那座位于滑铁卢街与密陀路交界之处的密陀路教堂，黄绿相间，清新可爱，她的故事尤其令我心潮澎湃浮想联翩，当俊盛弟兄娓娓道来其与新加坡卫理公会的奇妙缘起，令我不禁感叹上帝的奇妙带领。

你可知道，新加坡卫理公会是从一个关于新加坡港口的梦开始的。

1885年2月7日，蒸汽轮“坎达利亚”号抵达新港(如今的新加坡吉宝港)。著名的布道家詹姆斯·托本博士(新加坡卫理公会创始人)以及其团队一行人甫一下船，就在码头见到了早已等候在那里前来迎接他们的英国军官——长老会的查尔斯·菲利普斯(他负责在新加坡推广基督教)。托本博士非常纳闷，因为他们这次的行程全然依靠神的供应，无法预期神何时供应足够的旅费，因此启程前来不及通知菲利普斯先生关于他们的抵达日期。但是，神奇的是，菲利普斯已然恭候在港口。托本博士惊讶地问他：“你怎么会在这里？你怎么认识我们？”菲利普斯答道：“我昨晚做梦梦见你们了。我梦见这艘轮船进港，还看见船上是你和你们这些人，就是这几个跟着你的人。于是我一早就来码头等着迎接你们。”

然后军官菲利普斯就把他们接到了密陀路教堂安顿下来，开始了卫理公会在新加坡的发展。密陀路教堂成为了海峡华人社群的第一间卫理公会教堂，于1894年揭幕，这间教会于1930年迁去了甘榜加卜，于是被重新命名为卫理公会甘榜加卜堂(Kampung Kapor Methodist Church)。这栋建筑在1891~1900年期间还被用作淡米尔女校(美以美女校的前身)的校舍。为新加坡人的信仰与教育书写了闪闪发光的历史。

撒迦利亚书4:6……万军之耶和華说：不是倚靠势力，不是倚靠才能，乃是倚靠我的灵方能成事。

思想着一百多年前这里发生的事，抚摸着教堂门前老树那虬劲的躯干，仰望它蓝天下细簌作响的枝叶，我心中充满对神的敬畏，是啊，凡祂要做的事，必能成就；凡专心爱祂、顺从祂的灵带领的人，必能亲眼见证我神的伟大。天父何等奇妙伟大！——王海妮姐妹

A Time of Bonding and Mentoring



Our Young Adults have been meeting by industry clusters to bond and learn from other PLMC members. The sixth and final session of the pilot Finance Industry Hotspot just wrapped.

Participants explored a Christian perspective on navigating today's volatile macroeconomic climate, extending grace in the workplace, learning contentment in all circumstances, and making wise, God-honouring decisions in the period leading up to the nation's upcoming General Elections.

Mentors Kwee Juan, Terence, Veronica, and Erny journeyed with the group over the sessions at the Gatekeepers.

Look out for upcoming hotspots for the Finance industry, Educators and NSMen. Register your interest at <https://lnk.bio/PLMCya> – Kang Wen Xu

About NS Hotspot



Our first NS Hotspot was attended by four young men who are either entering or currently serving their National Service, supported by our Hotspot mentors Ezbon, Tim, and Matthew.

We had meaningful conversations around the unique challenges faced during NS, such as the physical demands, packed schedules, and dealing with difficult superiors. While we often "suck thumb and move on," we also shared how vital prayer and mutual encouragement from the family of believers can be during this season.

We also discussed the prevailing culture in NS and how it can challenge our faith. For those yet to enlist, we encouraged being intentional and proactive in nurturing their walk with God—laying a strong foundation before the storm hits.

All in all, it was a rich and fruitful first session. We thank God for the venue provided, the faithful partnership of our mentors, and the turnout—which exceeded expectations! — Kang Wen Xu

Reflections from a Finance Industry practitioner...

The Finance Hotspot has been an incredible blessing to me and the other regular attendees, most of whom are either currently working in the finance industry or aspiring to enter it. What is special to me about the sessions is the mentors. They possess a rare combination of qualities that make them not only effective but also inspiring.

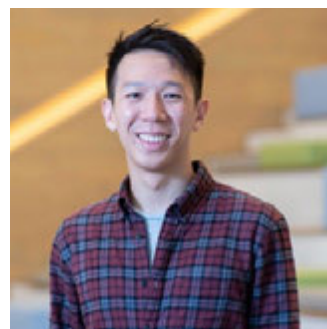
Honesty: In an industry that can sometimes be driven by less-than-transparent practices, the mentors in our program exemplify unwavering honesty. They speak the truth, even when it's difficult, and they always prioritise ethical conduct above personal gain. This commitment to integrity has been a guiding light for me as I navigate the complexities of the financial world.

Humility: Despite their impressive achievements and vast experience, the mentors remain remarkably humble. They are approachable, down-to-earth, and always willing to listen. They never make you feel inadequate or intimidated, regardless of where you are in your career journey.

Wisdom: The mentors possess a wealth of knowledge and experience, and they generously share their wisdom with us. They offer practical advice, insightful perspectives, and valuable lessons that go beyond what you can learn in a textbook. They help us develop not only our technical skills but also our character and judgment.

Through the hotspot sessions, I have gained invaluable insights into various aspects of the finance industry, from career development to business practices and *modus operandi*. More importantly, I have learned how to integrate my faith with my professional life. The mentors have shown me that it is possible to have a successful career in finance while staying true to my values and principles.

I am incredibly grateful for the sessions which not only equipped me with the knowledge and confidence I need to excel in my career but also provided me with a supportive community of like-minded individuals who share a passion for both finance and faith. I highly recommend this program to anyone seeking guidance in the industry. — Oscar Loh



events in

MAY 2025

SUN	MON	TUE	WED	THU	FRI	SAT
					01	02
				Labour Day		03
						<ul style="list-style-type: none"> • Outreach – Woodleigh • Sonshine Kids • Baptism & Membership (Eng & Mand, till 3 May)
04	05	06	07	08	09	10
Combined Baptism Service Outreach – Migrant Workers English Class	<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) • Floral Outreach class (till Jun 9) 	<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 Meeting (ev 1st Tue) • GYM Stretch & Tone (ev Tue & Fri) 	Corporate Prayer Meeting	<ul style="list-style-type: none"> • GYM Senior Connect (ev 2nd Thur) • Disciple 1 (till 27 Nov) • GYM Line Dancing (ev Mon & Thu) 	<ul style="list-style-type: none"> • Outreach – Shaw Road • GYM Stretch & Tone (ev Tue & Fri) 	<ul style="list-style-type: none"> • Outreach – Buangkok • Sonshine Kids • Men's Ministry (ev 2nd, 3rd & 4th Sat)
11	12	13	14	15	16	17
Confirmation Service Outreach – Migrant Workers English Class	Vesak Day	Outreach – St Luke's Serangoon, Friends of Jesus	Missions Prayer Meeting (ev 2nd Wed)		Outreach – Shaw Road	<ul style="list-style-type: none"> • Outreach – Serangoon • Sonshine Kids • Inclusive talk for Sunday School by KIN
18	19	20	21	22	23	24
<ul style="list-style-type: none"> • WSCS Sunday • Bahasa Fellowship • Outreach – Migrant Workers English Class 	WSCS Outreach – Anglican Family Centre	<ul style="list-style-type: none"> • Outreach – St Luke's Hougang, Friends of Jesus • Family Life: The Significant Couple 			<ul style="list-style-type: none"> • Outreach – Hope SCC, Shaw Road 	<ul style="list-style-type: none"> • Outreach – Lor Lew Lian, Serangoon • Sonshine Kids • WSCS Ministry to AFC kids • A Quiet Day with the Lord Retreat
25	26	27	28	29	30	31
Outreach – Migrant Workers English Class	Family Life: Focus on the Family	<ul style="list-style-type: none"> • LCEC • Outreach – St Luke's Hougang Meadow, Friends of Jesus 		Outreach – Shaw Road		Sonshine Kids

Note: Listing is not exhaustive

A FAMILY BLESSED TO BLESS THE COMMUNITY AND THE NATIONS

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