

# heart+beat@PLMC



Thank you, PLMC Family, for doing your part to reduce the use of disposables by bringing your own cups and tumblers..  
感谢 PLMC 家庭成员尽自己的一份力量，减少使用一次性用品，并自带杯子和水瓶。

## Caring for God's creation – One disposable cup at a time 关爱上帝的造物 – 从减少使用一次性杯子开始

In the familiar creation account, God made mankind in His image to rule over the creatures that He has made (Gen 1:26-28). God meant for man to steward His creation, placing Adam in the Garden of Eden to work it and take care of it (Gen 2:15).

We can all fulfill our God-given role by being more conscious of our impact on the environment, especially in our usage of disposable items. Singapore was reported to be the global leader in single-use plastic waste generation in 2019. Paper/cardboard and plastic are the second and fourth highest type of waste generated in Singapore respectively. Recycling rates for these materials are at 31% and 9% respectively (2023 NEA data).

To remind the PLMC family to be more circumspect, the bi-monthly Bring Your Own (BYO) Sunday was introduced. No disposable cups will be given out on the first Sunday of every even month, starting from 1 June. Many in the PLMC family supported it by bringing their own cups and tumblers. Hopefully, this will become a habit, so that we can reduce waste and be kinder to the world God has created for us to steward and enjoy. — Geraldine Yeo

The next Bring Your Own (BYO) Sunday is on 3 August.

在人们熟知的创世记中，上帝按照自己的形象造人，让他们统管万物（创世记 1:26-28）。上帝的旨意是让人类管理祂的造物，于是将亚当安置在伊甸园，让他耕耘和看守（创世记 2:15）。

我们每个人都可以通过更加关注自身对环境的影响，尤其是在消费和使用一次性物品方面，来履行上帝赋予我们的职责。据报道，2019 年新加坡是全球一次性塑料垃圾产生量最大的国家。纸张/纸板和塑料分别是新加坡产生的第二大和第四大垃圾类型。这些材料的回收率分别为 31% 和 9%（2023 年国家环境局数据）。

为了提醒 PLMC 的家人们更加谨慎，我们推出了每两个月一次的“自带杯子”（BYO）主日活动。从 6 月 1 日起，每个双数月的第一个主日将不再提供一次性杯子。许多 PLMC 家人都自带杯子和水壶来支持这项活动。希望这能成为一种习惯，让我们减少使用一次性物品，更加善待上帝为我们创造、让我们守护和享受的世界。

下一个“自带杯子主日”将于 8 月 3 日。

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## Year of Expansion: Heading out as a cell group on a mega Missions Exposure Trip to bless Batam



Toward the end of 2024, our cell group heard the call over the pulpit to engage in missions in PLMC's 2025 Year of Expansion. How could we do this when most of our families were young, with the youngest member at just over two years of age? This was a very real consideration as we grappled with the idea of a Missions Exposure Trip. Doubts reared their ugly head and we thought perhaps the call wasn't for us in this phase of life.

Nevertheless, we got everyone signed up for the missions preparatory course. If nothing else, we would equip ourselves with the knowledge of what missions is all about, its biblical basis and the reason we would go out there. We heard stories from other families who had gone into the field and decided to avail ourselves to do a Missions Exposure Trip. If only two families committed, we would go with two families because that would be the team the Lord put together. To my surprise, every cell member wanted to sign up. Suddenly, we were looking at a 29-person trip, with 14 adults and 15 children ranging in age from two to 15.

We began preparing in earnest about two months prior to the trip. It felt like a gigantic task to plan the logistics and ministry activities. However, we had a team with many talents, including a couple who spoke fluent Bahasa Indonesia, and another two members who spoke Bahasa Melayu. We had members who were involved in Silverboxes children's ministry and experienced in handling children's programmes. It really brought the cell together as we planned how to dramatise the plagues of Egypt from the Moses stories. About two weeks before the trip, we felt we had done the necessary preparations and were all excited to go.

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Upon arriving in Batam, we were treated to a wonderful breakfast at a local food centre. We got to know the local Pastor, who ate with us and shared what we were going to do. We then proceeded to a local shopping mall to buy provisions for goodie bags for our ministry. Perhaps we didn't quite understand how much to provision for because we exited the supermarket with six full trolleys!

After a short break for lunch, we packed the gift bags and began our ministry activities, which included a children's programme and an evening programme for young adults. It was a real joy to hear the gusto that the locals put into their singing. It made us realise how difficult it was to get our children to worship with energy and enthusiasm. Even as we presented the skits and activities we had planned, we realised how much the local church had invested, with significant number of volunteers present. We had opportunities to share and even joined in the games with the young adults. The last bus brought us back to the hotel weary but somehow feeling lighter.

The second day was a bit less intense as we went to the local church and conducted a similar programme for the children there before heading back to Singapore. Some of our cell members who had gone to work with another church shared how they had ministered to a group of 80 children in an area as tight as a meeting room in church. We saw the difficulties the local church workers faced but we also witnessed the joy in their hearts as they served the Lord, proclaiming His Word to the people around.

And just like that, our short trip was over. I believe we went with expectant hearts and we each saw the Lord at work in different ways, be it in the incredible efforts of the pastor and local church staff, or in the way our members came away with a heart to help the people in Batam, or even just the joy of the children we met. The Lord's work continues there and we have been privileged to be part of this ongoing story of reaching out to the least, the last and the lost. To God be the glory! – Ian Foo



## What participants said:

“ The mission trip deepened our understanding of missions through serving others, joining in worship, and connecting with locals. It left a lasting impression. Our family saw God's love in action. It was both humbling and encouraging for us to be part of something bigger than ourselves.  
– Stan Mong

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“ Loving God can be very easy and simple. One does not need to have good living conditions or environment. A willing and sincere heart is all we need to offer to our God.  
– Audrey Loo

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“ Personally, the trip answered some questions I had about Missions, and made me appreciate even more the verse: 'The harvest is plentiful but the labourers are few.' I also think the trip was hugely important for our kids, who had the opportunity to see how others live so differently, and to learn what it means to be a community blessed to bless.  
– Ryan Ho

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“ The Missions Exposure Trip to Batam was an eye-opening and heart-warming experience for me and my young family. We saw God's provision for children in need and the serving heart of church workers and Bible College students. We also experienced the joy and energy expressed by the children when singing in worship and responding to God's story that we told through a skit.  
– Peter Lim

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## Men's Ministry mark Father's Day by blessing and serving 弟兄事工以祝福和服务来庆祝父亲节



On June 22, the Men's Ministry celebrated Father's Day in a meaningful way. Instead of basking in the love showered on them by family members, they chose to bless and serve the PLMC family. They first manned the breakfast fellowship counter, dishing out hearty portions of food to worshippers before the 9am service.

Between services, they set up two stations to serve hotdogs, much to the delight of the appreciative congregation.

Of course, no celebration is complete without mementos of the day. There were balloons for children and a photo wall for families to take happy snaps to mark the occasion.

*The righteous man walks in his integrity;  
his children are blessed after him.*

- Proverbs 20:7 (NKJV)



Men at work: The Men's Ministry prepared a special blessing for the PLMC family on Father's Day.

6月22日，PLMC的弟兄事工以有意义的方式庆祝了父亲节。他们没有沉溺于家人倾注的爱中，而选择祝福并服侍PLMC大家庭。他们首先在早餐联谊柜台值班，在上午9点的崇拜开始前为信徒们分发丰盛的食物。在崇拜间隙，他们设立了两个热狗供应点，令满怀感激的会众欣喜不已。当然，若没有纪念那一天的纪念品，庆祝活动就不算完整。现场准备了给孩子们的气球，以及一面照片背景墙，供家人拍摄全家福的照片，纪念其乐融融的一刻。



Photos by Ephraim Lin



*行为完全的义人，  
他的后代是有福的。*  
- 箴言 20:7 (CNVS)



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## GYM Senior Connect: Let go and live the fullness of life



When one thinks of 'decluttering', what comes to mind may perhaps be Marie Kondo and her tips on tidying. Does the Bible have anything to say about decluttering? And how is it linked to forgiveness?

At Senior Connect on June 12, organised by the Glowing Years Ministry (GYM), some 80 senior members of PLMC heard from guest speaker, Rev Irene Thung, that decluttering and forgiveness were essentially intertwined concepts, both involving letting go of things that hold us back physically and emotionally.

Referencing the parable of the unforgiving servant in Matthew 18:23-35, she further shared about the biblical principles of righteousness, repentance, reconciliation and divine forgiveness that come only from the Father.

Letting go and letting God will free us to live the fullness of life that He intends for His children.

Ms Tan Chin Choo said: "To me, the highlight of Rev Irene's message was when she admitted praying for someone. Puzzling? Actually, this was someone she had been avoiding as she had found it difficult to relate to her. After submitting to His will, Rev Irene was able to pray for a person who had caused her much grief. As seniors, we need to "declutter" matters that we struggle with or that hinder our walk with God. That was an 'Aha!' moment for me."

Participants also enjoyed a time of worship led by the Ukulele team and fellowship over lunch. GYM Senior Connect meets every second Thursday of the month for a time of worship, various activities such as health talks, games and craft, before ending with fellowship over lunch. PLMC worshippers are welcome to join in. – Amanda Lee



Seniors enjoyed a time of worship, teaching by Rev Irene Thung and fellowship over lunch at GYM Senior Connect. Photos by Jack Kwok

# events in JULY 2025

SUN	MON	TUE	WED	THU	FRI	SAT
		01	02	03	04	05
		<ul style="list-style-type: none"> <li>• Companions in Christ (ev Tue, till 13 Sep)</li> <li>• Disciple 3 (till 21 Oct)</li> <li>• MS Prayer Meeting (ev 1st Tue)</li> <li>• GYM Stretch &amp; Tone (ev Tue &amp; Fri)</li> <li>• Outreach – Friends of Jesus</li> </ul>	<ul style="list-style-type: none"> <li>• Corporate Prayer Meeting</li> <li>• GYM Line Dancing (ev Mon, Wed &amp; Thu)</li> </ul>	<ul style="list-style-type: none"> <li>• GYM Line Dancing (ev Mon, Wed &amp; Thu)</li> <li>• Disciple 1 (till 27 Nov)</li> </ul>	GYM Stretch & Tone (ev Tue & Fri)	<ul style="list-style-type: none"> <li>• Outreach – Woodleigh</li> <li>• Sonshine Kids</li> <li>• YA NS Hotspot</li> <li>• Emotionally Healthy Women (till 26 Jul)</li> </ul>
	06	07	08	09	10	11
<ul style="list-style-type: none"> <li>• Outreach – Migrant Workers English Class (ev Sun)</li> <li>• Welcome Lunch</li> </ul>	<ul style="list-style-type: none"> <li>• Companions in Christ (ev Mon, till 13 Sep)</li> <li>• Christian Believer (till 6 Oct)</li> <li>• GYM Line Dancing (ev Mon, Wed &amp; Thu)</li> <li>• Study of the Book of Acts (till 28 July)</li> </ul>	Outreach – St Luke's Serangoon, Friends of Jesus		<ul style="list-style-type: none"> <li>• GYM Senior Connect (ev 2nd Thur)</li> </ul>	<ul style="list-style-type: none"> <li>• Outreach – Shaw Road</li> <li>• GYM Stretch &amp; Tone (ev Tue &amp; Fri)</li> </ul>	<ul style="list-style-type: none"> <li>• Outreach – Buangkok, ECON RR</li> <li>• Sonshine Kids</li> <li>• Men's Ministry (ev 2nd, 3rd &amp; 4th Sat)</li> </ul>
	13	14	15	16	17	18
PLMC's 93rd Anniversary		<ul style="list-style-type: none"> <li>• Outreach – St Luke's Lor Ah Soo, Friends of Jesus</li> <li>• YA Hotspot</li> </ul>	Missions Prayer Meeting (ev 3rd Wed)	YA Finance Hotspot	<ul style="list-style-type: none"> <li>• Outreach – Shaw Road</li> </ul>	<ul style="list-style-type: none"> <li>• Outreach – Serangoon, ECON RR</li> <li>• Sonshine Kids</li> <li>• Missions Prep Course</li> </ul>
	20	21	22	23	24	25
Bahasa Fellowship (ev 3rd Sun)	WSCS Outreach – Anglican Family Centre	<ul style="list-style-type: none"> <li>• LCEC</li> <li>• Outreach – St Luke's Hougang, Friends of Jesus</li> </ul>			Outreach – Shaw Road, Hope SCC	<ul style="list-style-type: none"> <li>• Outreach – Lor Lew Lian</li> <li>• Sonshine Kids</li> <li>• WSCS Ministry to AFC kids</li> </ul>
	27	28	29	30	31	
		Outreach – Friends of Jesus				

Note: Listing is not exhaustive

A FAMILY BLESSED TO BLESS THE COMMUNITY AND THE NATIONS

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